

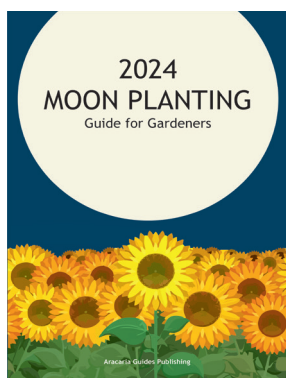


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2024 HEALTH CATALOGUE





2024 MOON PLANTING GUIDE FOR GARDENERS

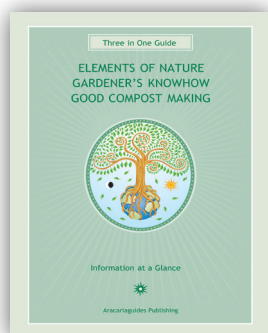
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Put the Moon to work in your garden. Growing by the lunar rhythms' dates back to many ancient civilisations and is increasingly popular with gardeners today. The Moon has been part of the planting and growing process of most early cultures throughout the world.

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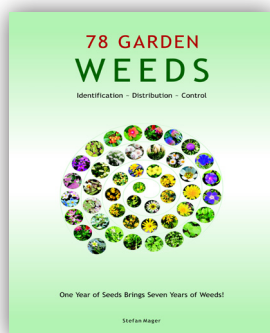


3 IN 1 ELEMENTS OF NATURE GDE: COMPOST (ARACARIA)

ARACARIA GUIDES

A concise and informative overview of three fascinating subjects, presented in one eight page fold out chart with many colourful illustrations.

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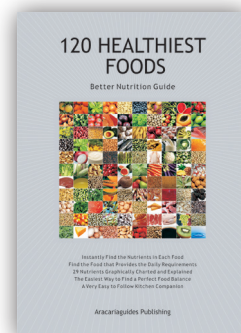


78 GARDEN WEEDS (ARACARIA)

MAGER, STEFAN

The first priority of weed management is pre-venting the introduction of weeds. This requires vigilance on the part of the gardener.

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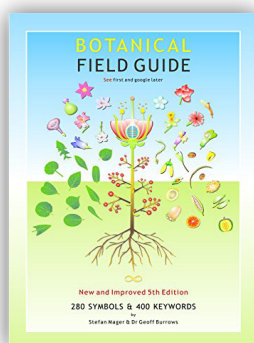


120 HEALTHIEST FOODS (ARACARIA)

ARACARIA GUIDES

Use this guide to instantly find the nutrients in food. Look up the food that provides the daily requirements for the 29 nutrients that are graphically presented

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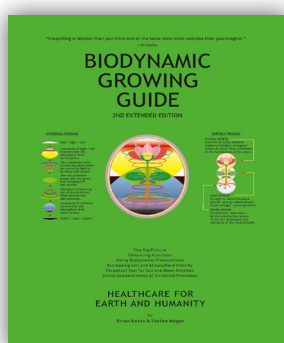


BOTANICAL FIELD GUIDE (ARACARIA)

MAGER, STEFAN

This Guide offers, in symbol and keyword for-mat, a substantial overview of the plant world.

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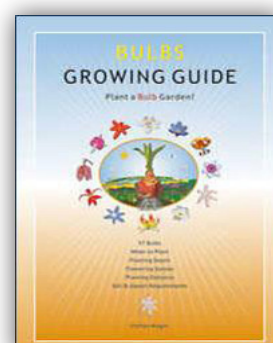


BIODYNAMIC GROWING GUIDE CHART (ARACARIA)

KEATS, BRIAN & MAGER STEFAN

Biodynamics is enjoying world-wide growth. There is an increasing awareness in the community of food quality and production methods.

• RRP \$12.00 • 1/03/2006



FLOWERING BULBS GROWING GUIDE (ARACARIA)

MAGER, STEFAN

The Bulbs Growing Guide introduces 57 flowering bulbs. Most of them can be grown in the home garden.

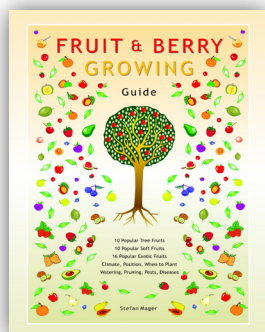
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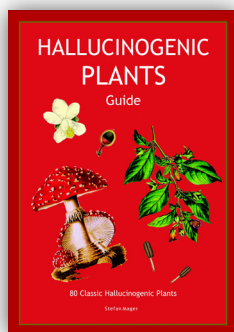




FRUIT AND BERRY GROWING GUIDE (ARACARIA)

MAGER, STEFAN

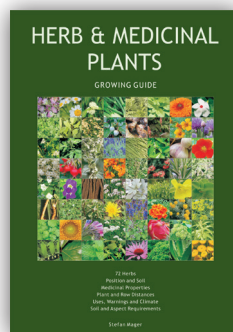
Our Fruit and berry Growing Guide helps gardeners by providing all the important information needed to grow these plants.



HALLUCINOGENIC PLANTS GUIDE. (ARACARIA)

MAGER, STEFAN

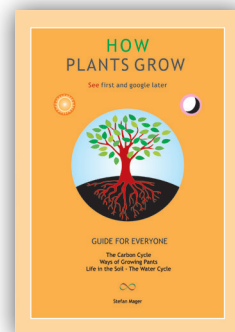
This Guide introduces 80 hallucinogenic plants from all over the world. Many common garden shrubs have known mind-altering effects. Each plant is described and pictured.



HERB & MEDICINAL PLANTS GROWING GUIDE (ARACARIA)

MAGER, STEFAN

72 popular herbs are profiled in this guide. Almost all of them can be grown in your own home garden. Cultivating herbs is fun, provides healthy food and saves money.



HOW PLANTS GROW (ARACARIA)

MAGER, STEFAN

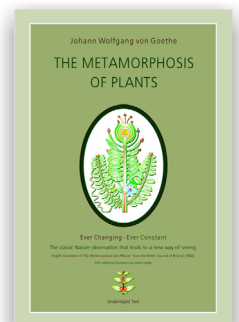
This Guide offers a spectacular overview of nature's growing process. Richly illustrated and profoundly illuminating. Subjects include: The Big Picture Water Cycle Photosynthesis Carbon Cycle Silica Lime Polarity Chemical Growing Carbon Dioxide Cycle and more!

• RRP \$12.00 • 4/11/2010

• RRP \$12.00 • 1/09/2013

• RRP \$12.00 • 1/04/2009

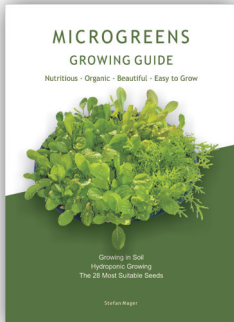
• RRP \$12.00 • 1/08/2008



METAMORPHOSIS OF PLANTS (ARACARIA)

WOLFGANG, VON GOETHE JOHANN

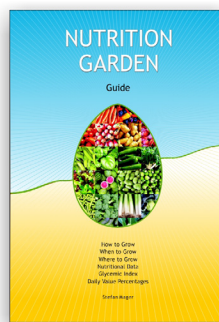
Goethe acquaints the reader with the organs of the plant, with their physiological functions and the roles that they must play in the plant economy. He observes the course of development, the metamorphoses to which the individual parts must adapt.



MICROGREENS GROWING GUIDE (ARACARIA)

MAGER, STEFAN

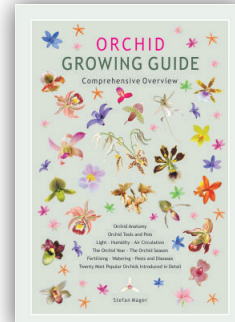
This Guide provides all the information on growing your own mess-free microgreens in your own kitchen. Within weeks you will benefit from this great gift of nature.



NUTRITION GARDEN GUIDE (ARACARIA)

MAGER, STEFAN

Growing your own Superfood Garden has many benefits, both for your health and finances. Each of the 24 vegetables presented in this Guide is easy to grow in all climate zones. Many can be grown in containers and on balconies.



ORCHID GROWING GUIDE (ARACARIA)

MAGER, STEFAN

With an estimated 25,000 different types existing naturally, the orchid family is not only the largest but also one of the most diverse plant flowering families in the world. Since ancient times orchids have been associated with love, luxury and beauty.

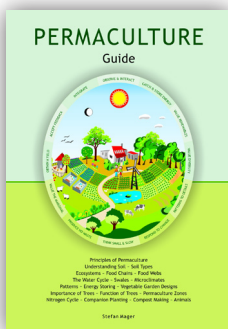
• RRP \$12.00 • 27/02/2008

• RRP \$12.00 • 8/11/2011

• RRP \$12.00 • 1/04/2013

• RRP \$12.00 • 7/06/2010



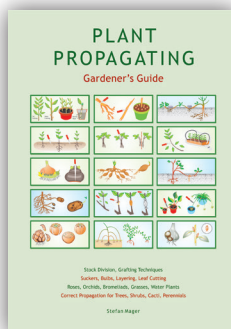


PERMACULTURE GUIDE (ARACARIA)

MAGER, STEFAN

Permaculture seeks to mimic natural ecosystems by creating designs based on a philosophy of working with nature. This Guide provides a broad overview of the subject, enabling you to introduce permaculture concepts without delay.

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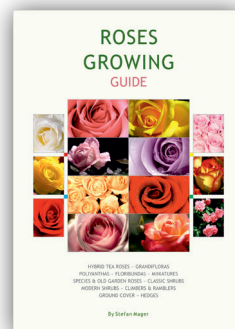


PLANT PROPAGATING GARDENER'S GUIDE (ARACARIA)

MAGER, STEFAN

This useful Guide discusses stock division, grafting techniques, suckers, bulbs, layering, leaf cutting, roses, orchids, bromeliads, grasses, water plants and correct Propagation for Trees, Shrubs, Cacti, Perennials.

• RRP \$12.00 • 5/05/2011

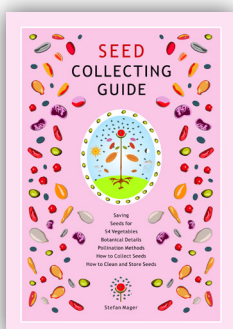


ROSE GROWING GUIDE (ARACARIA)

MAGER, STEFAN

Growing roses is one of the great pleasures of gardening. This Guide provides a comprehensive and colourful overview of the rose world.

• RRP \$12.00 • 20/05/2015

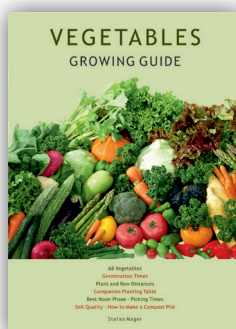


SEED COLLECTING GUIDE (ARACARIA)

MAGER, STEFAN

Seeds from your own crops are accustomed to your climate and soil and likely to be more resilient to pests in your areas.

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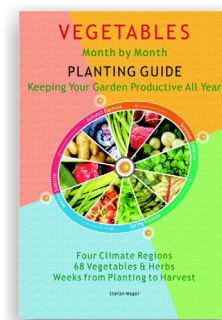


VEGETABLES GROWING GUIDE (ARACARIA)

MAGER, STEFAN

An introduction to 68 delicious vegetables that can easily be grown to provide fresh and nutritious food from your home garden.

• RRP \$12.00 • 1/04/2009



VEGETABLES MONTH BY MONTH PLANTING GUIDE (ARACARIA)

MAGER, STEFAN

This guide will help substantially. Specific vegetables are suggested for planting every month in each of the four climate zones.

• RRP \$12.00 • 8/11/2011



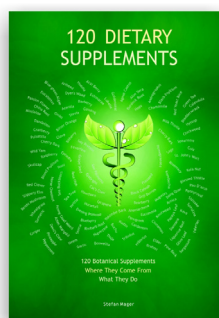
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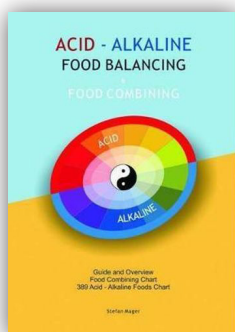


120 DIETARY SUPPLEMENTS (ARACARIA)

MAGER, STEFAN

This chart is a comprehensive guide to dietary supplements and botanical dietary supplements and illustrates why vitamins, minerals, herbs, amino acids, and botanicals are valued for their medicinal and therapeutic properties.

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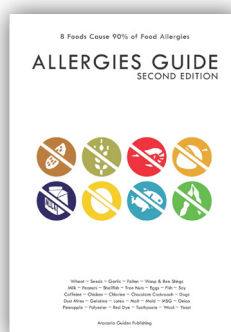


ACID-ALKALINE FOOD BALANCING GUIDE (ARACARIA)

MAGER, STEFAN

This Guide lists 389 foods according to their acid or alkaline forming potential as well as providing an easy to follow overview to food combining.

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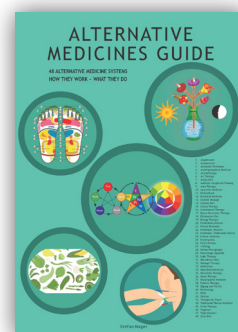


ALLERGIES GUIDE, 2ND EDITION (ARACARIA)

ARACARIA GUIDES

The Allergies Guide, 2nd Edition, provides an important revised and updated overview of the allergy subject. Allergies of some kind affect up to 30% of adults and 40% of children worldwide.

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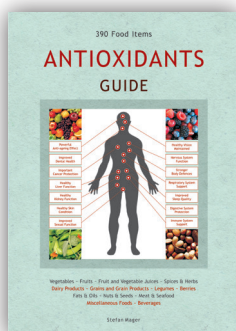


ALTERNATIVE MEDICINES GUIDE (ARACARIA)

MAGER, STEFAN

This guide outlines how many traditional heal-ing systems and alternative medicines attempt to heal the body as a whole rather than exclu-sively focus and treat the symptoms of a dis-ease.

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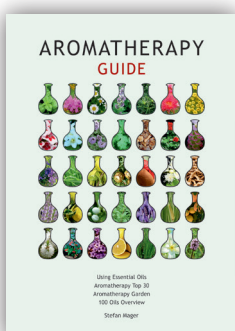


ANTIOXIDANTS GUIDE (ARACARIA)

MAGER, STEFAN

Antioxidants are chemicals that oppose or neutralise oxidation in cells. This is important because oxidation reactions can produce free radicals and research indicates that free radicals can cause damage to nerve cells in the brain, arthritis, damage to eyesight, premature ageing, increased risk of heart attack and certain cancers.

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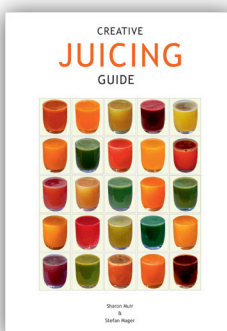


AROMATHERAPY GUIDE (ARACARIA)

MAGER, STEFAN

A concise and informative overview of essential oils, the aromatherapy top 30 oils and extrac-tion methods, and aromatherapy garden, pre-sented in one eight page fold out chart with many colourful illustrations.

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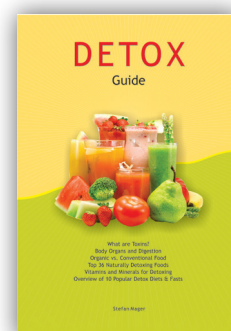


CREATIVE JUICING (ARACARIA)

MAGER, STEFAN

Juicing is the process of extracting juice from fruit or vegetables. Juicing has become a popu-lar way of supplying excellent nutrition to the body. This guide provides 27 recipes for a wide spectrum of delicious and healthy juices.

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DETOX GUIDE (ARACARIA)

MAGER, STEFAN

Many everyday foods have detoxing potential. This Guide provides a helpful overview of the subject and highlights lifestyle changes which will improve overall health and well-being.

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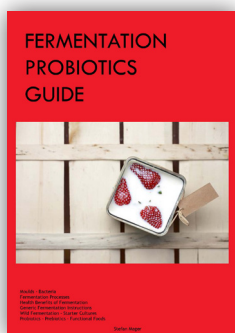


DIET ESSENTIALS: LET FOOD BE YOUR MED. (ARACARIA)

MAGER, STEFAN

Good Nutrition is about finding the right balance between carbohydrates, protein, fat, fibre and micronutrients. Good nutrition reflects in the body's functions and also in its appearance. Eyes, skin, hair and teeth are indicators of how well the body is nourished.

• RRP \$12.00 • 5/05/2011



FERMENTATION PROBIOTICS GUIDE (ARACARIA)

MAGER, STEFAN

Fermentation refers to the transformative action of micro-organisms. This Guide offers an overview of food fermentation and opens the door for further research as well as practical experimentation.

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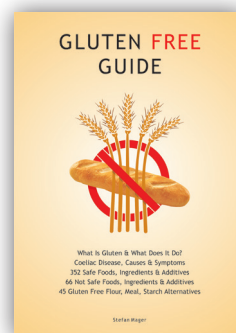


FOOD ADDITIVES GUIDE (ARACARIA)

MAGER, STEFAN

Food additives are substances added to food to enhance taste and appearance, improve shelflife and assist in the manufacturing processes. Many people wish to know what these food additive codes stand for. This Guide provides the information for a better understanding of what is in the food you eat.

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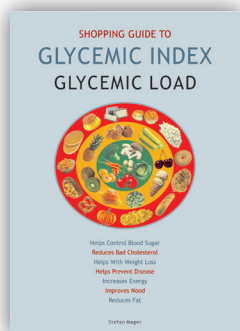


GLUTEN FREE GUIDE (ARACARIA)

MAGER, STEFAN

An A4-size, 8-page, laminated, fold-out, full-colour chart including the following information: - What Is Gluten & What Does It Do? - Coeliac Disease, Causes & Symptoms - 352 Safe Foods, Ingredients & Additives - 46 Not Safe Foods, Ingredients & Additives - 45 Gluten Free Flour, Meal, Starch Alternatives

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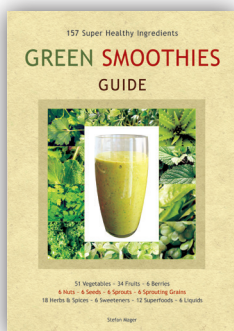


GLYCEMIC INDEX (ARACARIA)

MAGER, STEFAN

The Glycemic Index measures the impact of carbohydrate containing foods on blood sugar levels. Foods with higher index values raise blood sugar more rapidly than foods with lower glycemic index values do.

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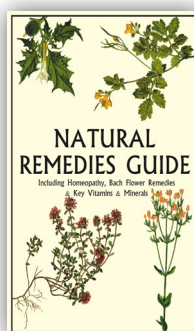


GREEN SMOOTHIES GUIDE (ARACARIA)

MAGER, STEFAN

Green Smoothies can be made from a huge variety of whole, raw vegetables, fruit and other nourishing ingredients. Many creative combinations are possible. The Green Smoothies Guide introduces 157 popular smoothie ingredients and provides a nutritional overview of each.

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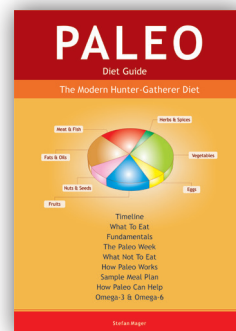


NATURAL REMEDIES GUIDE (ARACARIA)

ARACARIA GUIDES

Natural remedies often involve the use of plants, minerals and other naturally occurring substances to assist in helping to balance the body's health and well being. This Guide provides a simply, easy-to-understand overview of three most common natural dietary and herbal approaches to health.

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PALEO DIET (ARACARIA)

MAGER, STEFAN

Paleo adherents know that the diet of the paleolithic people cannot be simply duplicated. This Guide provides an overview to this increasingly popular way of organising food groups, rejecting some and embracing others.

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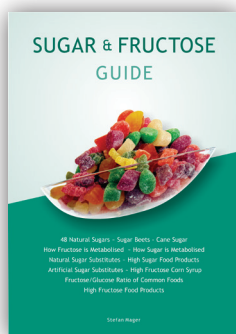


RAW FOOD GUIDE, THE (ARACARIA)

MAGER, STEFAN

Understanding the principles of raw food and incorporating them, at least to some extent, into the daily diet routine, will bring immediate health benefits, add life-energy and a provide a feeling of vitality and well-being. This Guide presents a useful and practical overview of most aspects raw foodism.

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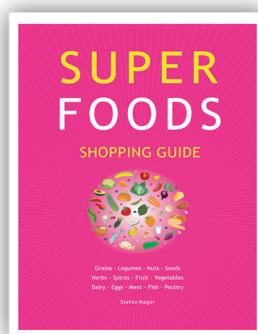


SUGAR & FRUCTOSE GUIDE (ARACARIA)

MAGER, STEFAN

For the aware person it is sensible to have some knowledge of what sugar is, how the body metabolises it, what the risks are and what alternatives are available. The importance of these health choices cannot be overestimated.

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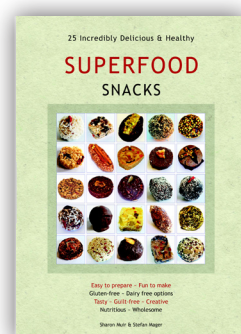


SUPER FOODS SHOPPING GUIDE (ARACARIA)

MAGER, STEFAN

This Guide will help to make shopping easier. A quick glance enables you to make the best nutritional choices when buying food. Includes, fruits, vegetables, nuts & seeds, herbs & spices, meat & fish.

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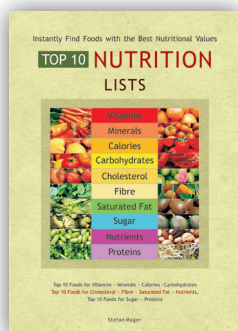


SUPERFOOD SNACKS (ARACARIA)

MUIR, SHARON AND MEGAR, STEFAN

Superfood Snacks are extremely healthy. The 25 recipes presented in this Guide introduce a range of snacks that are delicious, full of goodness, easy to prepare and satisfying to eat. The ingredients are readily available. All you need is a food processor and the fun can start.

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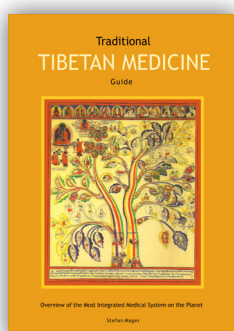


TOP 10 NUTRITION LISTS (ARACARIA)

MAGER, STEFAN

The Top 10 Nutrition Lists can save a lot of research time. This guide provides 41 Top 10 Lists of a wide variety of nutrients including vitamins, minerals, calories, carbs, cholesterol, fibre, sugar, nutrients and proteins.

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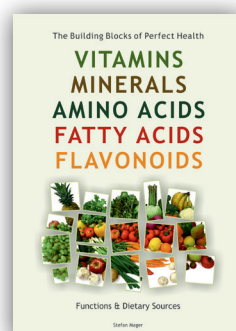


TRADITIONAL TIBETAN MEDICINE GUIDE (ARACARIA)

MAGER, STEFAN

The three great ancient medical systems in Asia are Indian Ayurveda, Traditional Chinese Medicine and Tibetan Medicine. These healing systems have been practiced for thousands of years and together contain a vast knowledge of practical methods to achieve and maintain good health and well being.

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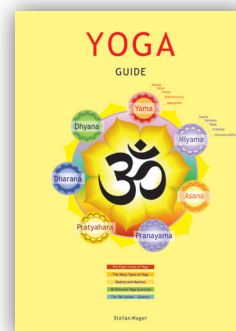


VITAMINS, MINERALS, AMINO ACIDS, FATTY ACIDS... (ARACARIA)

MAGER, STEFAN

This Guide provides a detailed list of the 19 vitamins, the 7 important macro minerals, 11 essential trace minerals, 8 flavonoids, the 4 fatty acids and 22 important amino acids. The information is arranged in easy to follow, colour-coded charts.

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YOGA GUIDE (ARACARIA)

MAGER, STEFAN

About Yoga. While millions of people around the world practice yoga every day, few are aware that the term Yoga actually relates to a much broader concept than physical exercises.

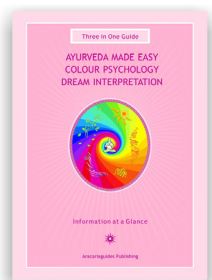
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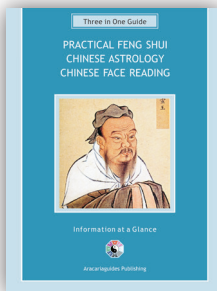


3 IN 1 GDE: AYURVEDA COLOUR DREAM (ARACARIA)

MAGER, STEFAN

A concise and informative overview of colour, psychology and dream interpretation, presented in one eight page fold out chart with many colourful illustrations.

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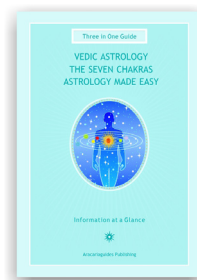


3 IN 1 GDE: FENG SHUI CHINESE ASTROLOGY (ARACARIA)

MAGER, STEFAN

You will have a lot of fun with this colourful production! Practical Feng Shui: Feng shui, is the Chinese art of arranging buildings, objects, and space in the environment

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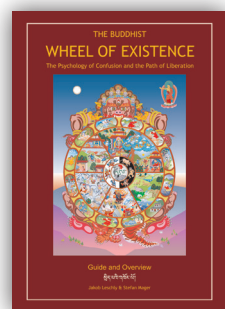


3 IN 1 GUIDE: VEDIC ASTROLOGY SEVEN CHAKRA (ARACARIA)

ARACARIA GUIDES

A concise and informative overview of vedic astrology, the seven chakras, and astrology made easy, presented in one eight page fold out chart with many colourful illustrations.

• RRP \$12.00 • 11/06/2010

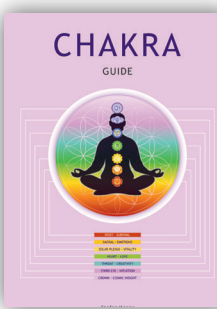


BUDDHIST WHEEL OF EXISTENCE (ARACARIA)

MAGER, STEFAN

This richly illustrated guide takes you through detailed explanations of the six realms and 12 conditions of the ancient Buddhist teaching device the Wheel of Existence.

• RRP \$12.00 • 1/08/2008

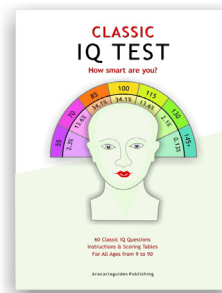


CHAKRA GUIDE (ARACARIA)

MAGER, STEFAN

The concept of chakras can be found in many cultures including Indian, Tibetan and Chinese. Chakras relate to the 'subtle body' which corresponds to a 'subtle plane' of existence.

• RRP \$12.00 • 1/03/2016

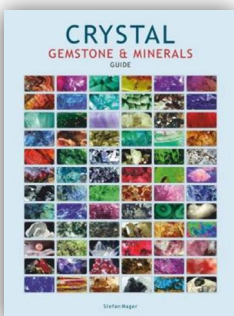


CLASSIC IQ TEST (ARACARIA)

ARACARIA GUIDES

This publication presents a sixty-part test based on classic IQ test variations which include mathematical, logical, verbal and conceptual tasks.

• RRP \$12.00 • 1/10/2012

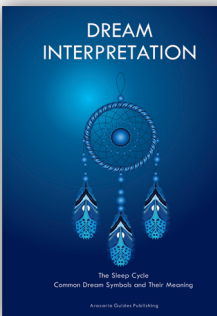


CRYSTAL & GEMSTONE GUIDE (ARACARIA)

MAGER, STEFAN

Pieces of minerals that divide into precious and semi-precious stones. Broadly speaking, diamond, ruby, sapphire and emerald are considered 'precious' while all others are semi.

• RRP \$12.00 • 15/10/2015

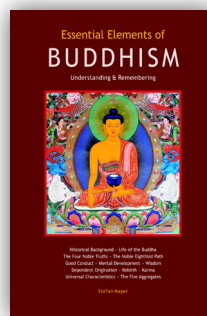


DREAM INTERPRETATION (ARACARIA)

ARACARIA GUIDES

It provides an overview of the tools which can be applied to better remember and interpret dreams. In addition, it contains a straightforward, summarized.

• RRP \$12.00 • 1/11/2017



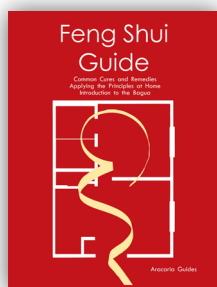
ESSENTIAL ELEMENTS OF BUDDHISM (ARACARIA)

MAGER, STEFAN

This Guide presents the foundations of Buddhist thinking in clear terms with some simple diagrammatic illustrations.

• RRP \$12.00 • 5/05/2011



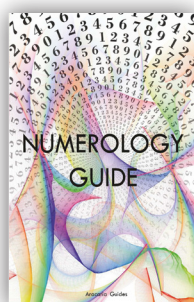


FENG SHUI GUIDE (ARACARIA)

ARACARIA GUIDES

Feng Shui is the ancient Chinese art of arranging buildings, objects and spaces in the environment in order to achieve favourable energy flow, harmony, and balance.

• RRP \$12.00 • 1/01/2023

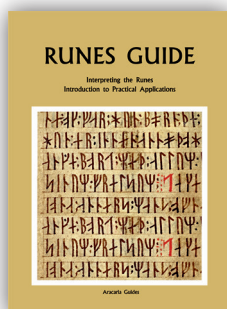


NUMEROLOGY GUIDE (ARACARIA)

ARACARIA GUIDES

Numbers are an integral part of everyday life. They appear in things all around us. Numerology is the study of the relationship between numbers and people, events and more

• RRP \$12.00 • 1/07/2019

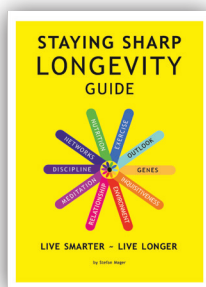


RUNES GUIDE (ARACARIA)

ARACARIA GUIDES

Runes have a long history dating back to over 2000 years. This ancient system of symbols have for centuries been used as tools in divination.

• RRP \$12.00 • 1/08/2020

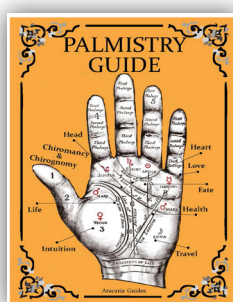


LONGEVITY GUIDE (ARACARIA)

MAGER, STEFAN

This Guide provides an overview of the many factors that contribute to a longer and happier life.

• RRP \$12.00 • 1/08/2018

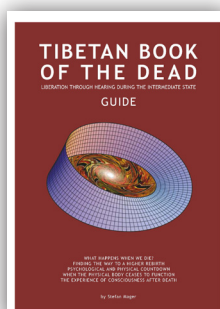


PALMISTRY GUIDE (ARACARIA)

ARACARIA GUIDES

Palmistry is the art or science of working out personal, character or destiny information by observing the lines upon, and the shape of the hand. It's origins go back to antiquity.

• RRP \$12.00 • 1/07/2019

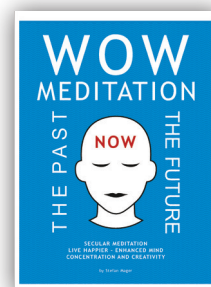


TIBETAN BOOK OF THE DEAD GUIDE (ARACARIA)

MAGER, STEFAN

This Guide provides an accessible explanation and overview of one of the most famous and influential Buddhist texts of all time.

• RRP \$12.00 • 1/08/2018

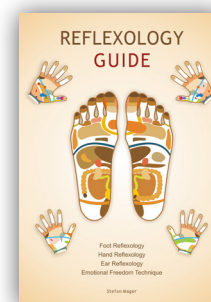


MEDITATION GUIDE (ARACARIA)

MAGER, STEFAN

Mediation is a valuable tool, used for thousands of years to calm the mind and promote emotional and physical wellbeing.

• RRP \$12.00 • 1/08/2018

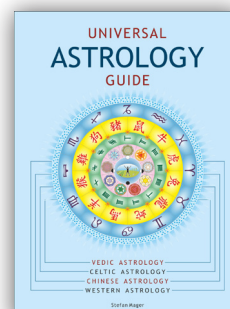


REFLEXOLOGY GUIDE (ARACARIA)

MAGER, STEFAN

This guide includes an explanation of the Emotional Freedom Technique, an alternative psychotherapy which manipulates the body's energy fields by tapping on acupuncture points

• RRP \$12.00 • 1/11/2009



UNIVERSAL ASTROLOGY GUIDE (ARACARIA)

MAGER, STEFAN

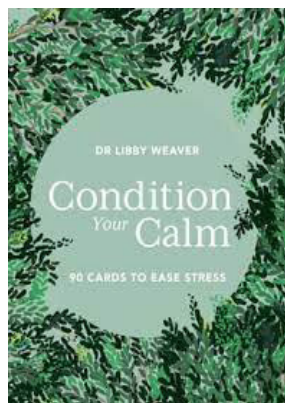
In modern times astrology is considered a non-science. Scientific testing of astrology has found little evidence to support the effects claimed in astrological traditions.

• RRP \$12.00 • 1/03/2016





Nutritional biochemist, Dr Libby Weaver (PhD), is a thirteen-times bestselling author, speaker and founder of the food-based supplement range, Bio Blends. Armed with an abundance of knowledge, scientific research and a true desire to help people regain their energy and vitality, Dr Libby empowers and inspires people to take charge of their health and happiness through her books, live events and online courses. A respected international speaker, Dr Libby's expertise in nutritional biochemistry has led her to share the stage with Marianne Williamson, Sir Richard Branson, Tony Robbins, Erin Brockovich, and other world-renowned thought-leaders.

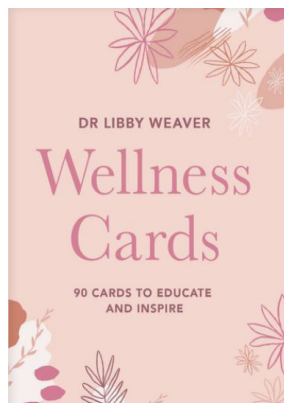


IC: CONDITION YOUR CALM CARDS

WEAVER, DR LIBBY

This deck of 90 cards has been created to help educate and inspire you to take steps to transform your experience of stress and cultivate more calm in your life.

• RRP \$39.95 • 15/04/2022

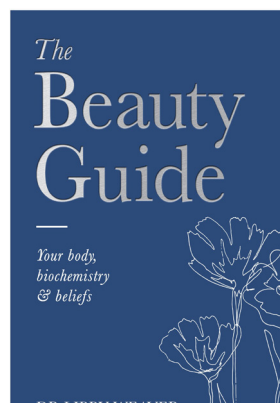


IC: WELLNESS CARDS

WEAVER, DR LIBBY

Using Dr Libby's three pillar approach of looking at health and wellness, this set of 90 cards contains brand new information designed to educate and inspire you daily.

• RRP \$34.95 • 2/10/2020

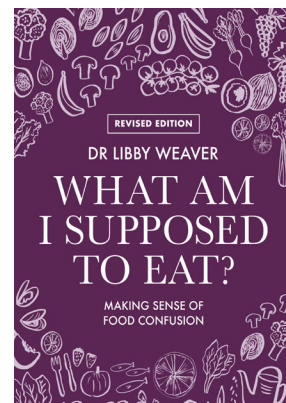


BEAUTY GUIDE, THE

WEAVER, DR LIBBY

The Beauty Guide shines a spotlight on what it means to be beautiful and acts as a guide to help the reader feel and look their best-at any age.

• RRP \$39.95 • 22/08/2018

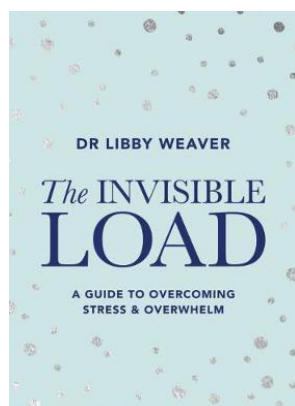


WHAT AM I SUPPOSED TO EAT? - REVISED EDITION

WEAVER, DR LIBBY

The latest book by ten times number one best-selling author Dr Libby Weaver, What am I Supposed to Eat?, puts the reader back in control of their food choices.

• RRP \$39.95 • 1/01/2018

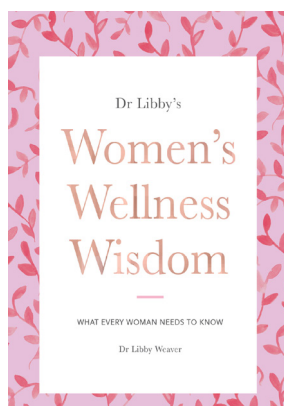


INVISIBLE LOAD, THE

WEAVER, DR LIBBY

The Invisible Load is a completely new approach to understanding stress. It's common today to hear people talk about how they feel under pressure and overwhelmed.

• RRP \$39.95 • 19/08/2019

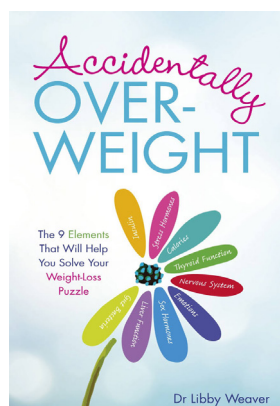


ACCIDENTALLY OVER-WEIGHT - REVISED EDITION

WEAVER, DR LIBBY

In this unique approach to wellness, designed to specifically address the issues that women of all ages face, readers gain a deep understanding of their body and what it needs in order to not just survive but to thrive.

• RRP \$39.95 • 31/08/2016

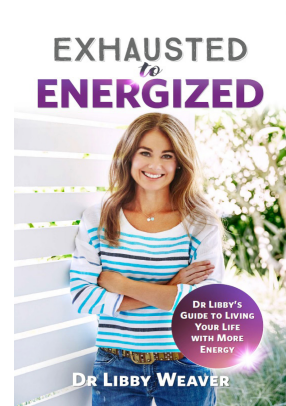


IC: CONDITION YOUR CALM CARDS

WEAVER, DR LIBBY

The fundamental objective of Accidentally Overweight is to help you attain optimum health and the body you want.

• RRP \$24.95 • 1/01/2018



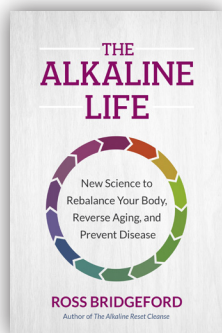
EXHAUSTED TO ENERGIZED

WEAVER, DR LIBBY

Dr Libby explores the concept that energy is the most important currency of our health and a far more accurate indicator of health status than weight.

• RRP \$24.95 • 15/09/2015



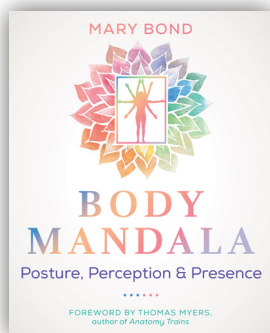


ALKALINE LIFE, THE

BRIDGEFORD, ROSS

Discover the antidote to degenerative disease through an alkaline, anti-inflammatory, and antioxidant-rich diet in "The Alkaline Life."

• RRP \$32.99 • 23/01/2024

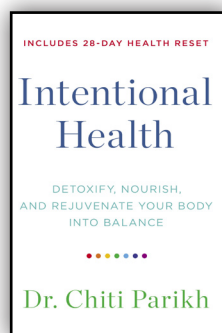


BODY MANDALA

BOND, MARY

Our physical structure, often known simply as "posture," is shaped by the balance of tension between our bones and soft tissues—fasciae, tendons, muscles, and ligaments—as well as by the mental, emotional, and physical stresses we experience.

• RRP \$29.99 • 17/01/2024

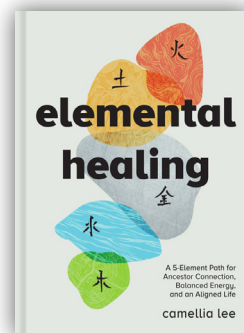


INTENTIONAL HEALTH

PARIKH, DR CHITI

Dr. Chiti Parikh, executive director of New York-Presbyterian Hospital's Integrative Health and Wellbeing Program, blends ancient Eastern traditions with modern Western science to guide you towards lasting whole-body health.

• RRP \$32.99 • 9/01/2024

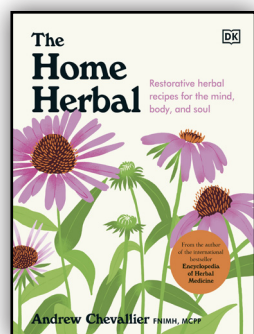


ELEMENTAL HEALING

LEE, CAMELLIA

Taoist philosophy teaches that all things, including the human body, contain the five elements: Fire, Earth, Metal, Water, and Wood

• RRP \$34.99 • 1/12/2023

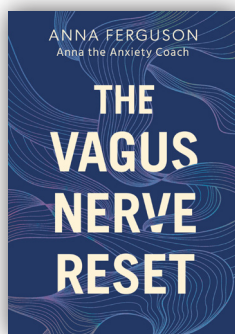


HOME HERBAL, THE

CHEVALLIER, ANDREW

Andrew Chevallier's guide, a companion to his best-seller Encyclopedia of Herbal Medicine, empowers you to create over 100 herbal remedies at home for mental and physical well-being.

• RRP \$42.99 • 5/12/2023



VAGUS NERVE RESET, THE

FERGUSON, ANNA

Feeling anxious and disconnected are signs of a nervous system that's out of balance. Something as small as a curt message from our boss can be perceived by our bodies as a threat to life.

• RRP \$35.00 • 5/12/2023

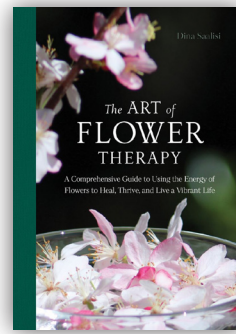


FLOURISHING WOMAN, THE

HOWELL, DR CATE

The Flourishing Woman is a guide to help women achieve optimum mental health and wellbeing.

• RRP \$34.99 • 6/09/2023



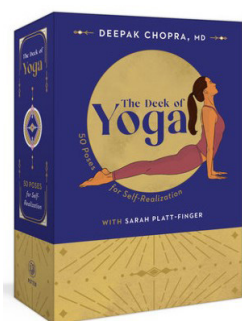
ART OF FLOWER THERAPY, THE

SAALISI, DINA

The Art of Flower Therapy offers a step-by-step guide to using Bach flower remedies for improved health and well-being.

• RRP \$51.99 • 1/12/2023



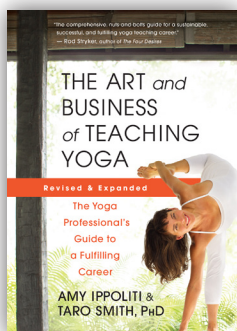


DECK OF YOGA, THE: 50 POSES FOR SELF-REALIZATION

CHOPRA, DEEPAK

Deepak Chopra's "The Deck of Yoga" offers 50 illustrated yoga postures from "Living in the Light," promoting holistic well-being. Portable and convenient, these cards enable you to seamlessly integrate these rejuvenating poses into your daily routine.

• RRP \$37.99 • 23/01/2024



ART AND BUSINESS OF TEACHING YOGA, THE (REVISED)

IPPOLITI, AMY & SMITH, TARO

The ultimate guide for yoga instructors, now updated to address the evolving post-pandemic teaching landscape.

• RRP \$39.99 • 5/03/2024

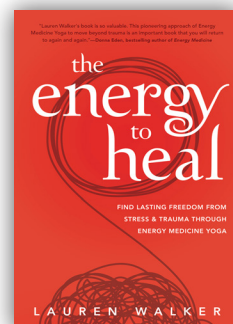


IC: JUSTASANA: YOGA FOR MOTHERS

BARBIER, CLEMENCE & GLADKOFF-VELIZ, ANNA

This edition of JustAsana is designed for mothers who wish to practice yoga safely, both during and after pregnancy.

• RRP \$74.99 • 1/10/2023

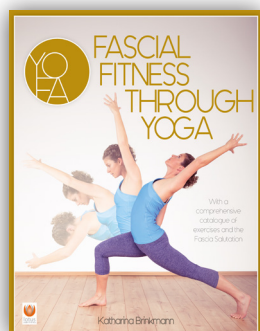


ENERGY TO HEAL, THE

WALKER, LAUREN

Perfected over years of study, Energy Medicine Yoga is a customizable program with step-by-step practices that help you recover from trauma and gain resilience.

• RRP \$39.99 • 01/07/2021

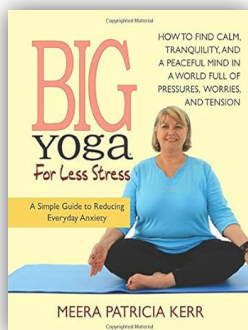


FASCIAL FITNESS THROUGH YOGA

BRINKMANN, KATHARINA

If you want to live a healthy, mobile and pain-free life, it is essential that you take good care of your fascia. If not, it will become matted and stick together, as you age and as a result of repetitive one-sided stressors you'll become immobile and stiff.

• RRP \$36.99 • 1/09/2016

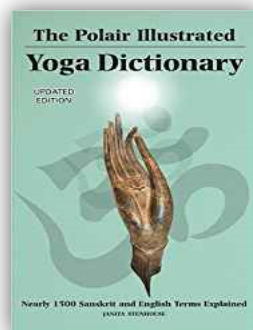


BIG YOGA FOR LESS STRESS

KERR, MEERA PATRICIA

Whether it's relationships, work, politics, or life in general, we seem to be surrounded by things and people that give us stress. We wake up with it, carry it around with us, and even take it to bed.

• RRP \$24.95 • 1/05/15

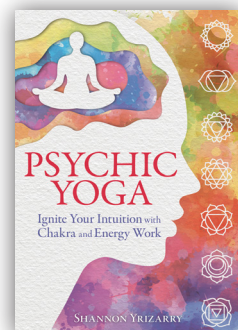


POLAIR ILLUSTRATED YOGA DICTIONARY, REVISED

STENHOUSE, JANITA

This yoga dictionary has no competitors in the English-language market and will become essential equipment for every yoga teacher and many students.

• RRP \$39.99 • 1/11/2018



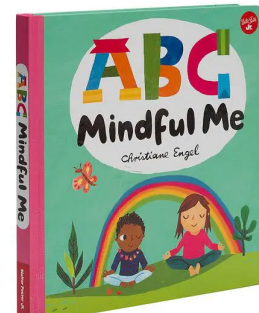
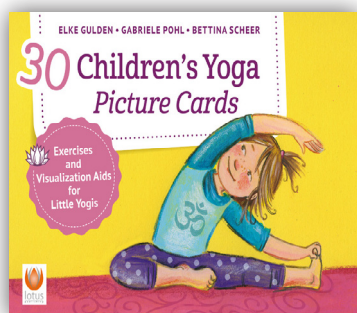
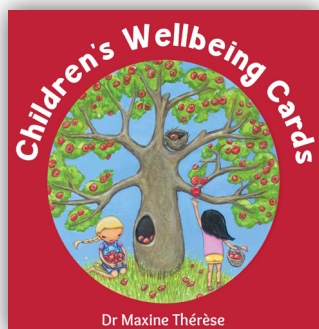
PSYCHIC YOGA

YRIZARRY, SHANNON

This approachable guide presents a powerful fusion of intuition, yoga, and chakra work that makes it easy to heighten your natural gifts, heal yourself, and overcome your biggest challenges.

• RRP \$34.99 • 20/08/2020





IC: CHILDREN'S WELLBEING CARDS

THERESE, DR MAXINE

The Children's Wellbeing Cards have been designed to lovingly encourage children to recognize their seven foundational needs, and bring awareness to those needs in alignment with the chakras.

• RRP \$24.99 • 2/09/2023



30 CHILDREN'S YOGA PICTURE CARDS

GULDEN, ELKE & POHL, GABRIELE & SCHEER, BETTINA

Yoga offers parents, nursery and primary school instructors the ideal opportunity to integrate enjoyable physical activity and relaxation practices into the school day.

• RRP \$23.99 • 1/07/2023



CALM - MINDFULNESS FLASH CARDS FOR KIDS

KINDER, WYNNE

Mindfulness is a big word for a simple idea – it is paying attention, with care, to one moment at a time. The perfect introduction to mindfulness, this box of 40 cards teaches children how to be mindful.

• RRP \$22.99 • 15/10/2019

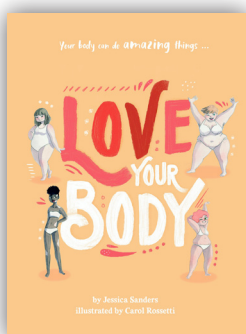


ABC MINDFUL ME (ABC FOR ME)

ENGEL, CHRISTIANE

Pairing simplified mindfulness principles with each letter of the alphabet, ABC Mindful Me features colorful illustrations of children and animals, as well as playful rhymes to explain each concept to toddlers (and their parents!).

• RRP \$21.99 • 1/03/2018



LOVE YOUR BODY

SANDERS, JESSICA

Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! Love Your Body encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and help girls see that they are so much more than their bodies.

• RRP \$24.99 • 1/05/2019



BE YOUR OWN MAN

SANDERS, JESSICA

Have you ever felt you should act a certain way or do certain things, just because you're a boy? This book encourages young boys to broaden their ideas about what it means to be a boy, supporting them to feel free and proud to be who they truly are.

• RRP \$17.99 • 1/04/2023



THIS BOY CAN!

BROOKE, CORI AND ALEXANDER, KATIE

This boy can be anything. A care worker. A stay at home dad. A florist. Showing boys all the very many things they can be when they grow up, this book is a playful romp through the world of jobs and vocations.

• RRP \$19.99 • 25/09/2020



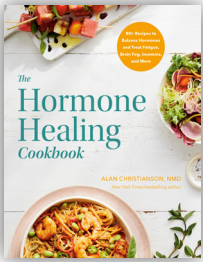
THIS GIRL CAN!

BROOKE, CORI AND ALEXANDER, KATIE

This girl can be anything. A pilot. A firefighter. A film director. Showing girls all the very many things they can be when they grow up, this book is a playful, inclusive romp through the world of jobs and vocations.

• RRP \$19.99 • 25/09/2020





HORMONE HEALING COOKBOOK, THE
CHRISTIANSON, DR ALAN
• RRP \$44.99 • 1/10/2023



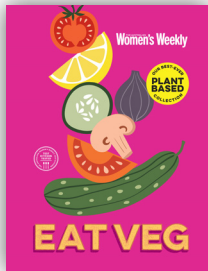
LIFE IN BALANCE
HAY, DONNA
• RRP \$45.00 • 15/11/2015



EVERYDAY SUPER FOOD
OLIVER, JAMIE
• RRP \$49.99 • 15/08/2015



SALAD (TWO RAW SISTERS)
FLANAGAN, MARGO AND ROSA
• RRP \$39.99 • 28/09/2021



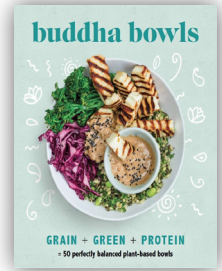
EAT VEG
AUSTRALIAN WOMEN'S WEEKLY
• RRP \$45.00 • 15/09/2023



FIRST FORTY DAYS
OU, HENG & GREEVEN, AMELY & BELGER, MARISA
• RRP \$49.99 • 25/04/2016



BOWLS OF GOODNESS
OLSSON, NINA
• RRP \$45.00 • 1/03/2017



BUDDHA BOWLS
PEMBERTON, HANNAH
• RRP \$32.99 • 19/03/2018



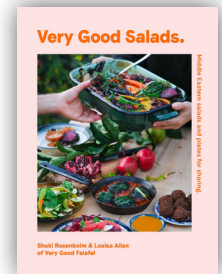
USE IT ALL
ELLIOTT-HOWERY, ALEX AND EDWARDS, JAIMEE
• RRP \$39.99 • 29/09/2020



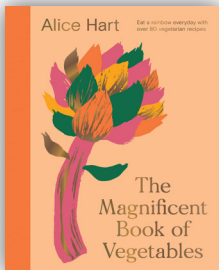
VERY HUNGRY COELIAC
PERSSON, MELANIE
• RRP \$44.99 • 15/09/2023



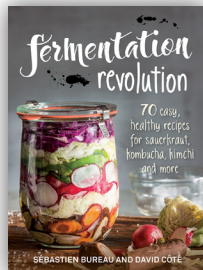
TOO GOOD TO WASTE
AUSTRALIAN WOMEN'S WEEKLY
• RRP \$29.99 • 31/10/2023



VERY GOOD SALADS
ALLAN, LOUISA & ROSENBOIM, SHUKI
• RRP \$39.99 • 27/09/2022



MAGNIFICENT BOOK OF VEGETABLES, THE
HART, ALICE
• RRP \$49.99 • 31/05/2022



FERMENTATION REVOLUTION
BUREAU/COTE
• RRP \$29.95 • 1/07/2018

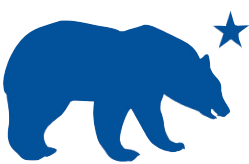


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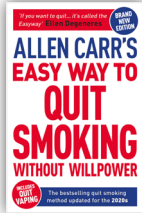


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ARCTURUS – ALLEN CARR

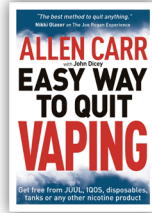
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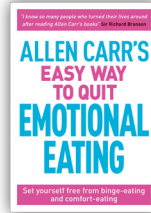
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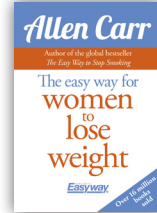
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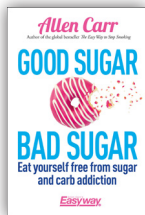
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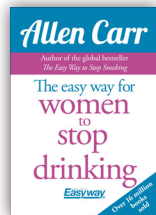
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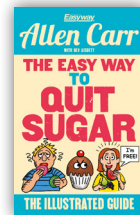
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- RRP \$22.99
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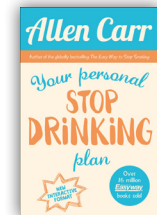
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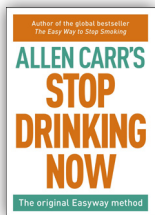
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- RRP \$19.99
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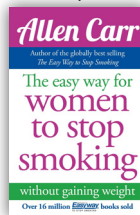
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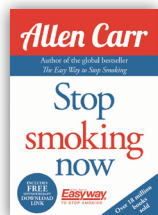
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- RRP \$19.99
- PAPERBACK
- 256pp
- 15.2 x 22.9cm



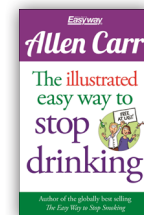
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- RRP \$22.99
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- 14.8 x 21cm



Illustrated Easy Way to Stop Drinking, The



- RRP \$11.99
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No More Fear of Flying



- RRP \$11.99
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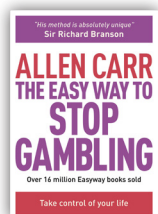
Allen Carr's Easy Way to Better Sleep



- RRP \$22.99
- PAPERBACK
- 288pp
- 15.3 x 23.4cm



Easy Way to Stop Gambling, The



- RRP \$22.99
- PAPERBACK
- 256pp
- 14.8 x 21cm



Allen Carr was a chain-smoker for over 30 years. In 1983, after countless failed attempts to quit, he went from 100 cigarettes a day to zero without suffering withdrawal pangs, without using willpower and without gaining weight. He realised that he had discovered what the world had been waiting for – the Easy Way to Stop Smoking – and embarked on a mission to help cure the world's smokers. He is now recognised as the world's leading expert on helping smokers quit. His Easyway method has since been applied to a host of behavioural issues, including disordered eating, anxiety and tech addiction.



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