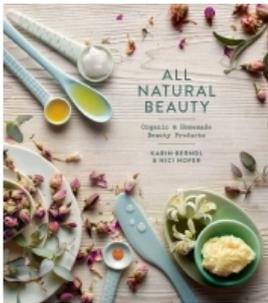


**Key Trend - INNER GLOW**



**Natural Beauty**  
Hofer, Nici  
\$34.99 - 9781784880491 - Hardback

In Natural Beauty, Karin Berndl and Nici Hofer share 40 natural, organic beauty treatments. From dull skin to drab hair and tired eyes, the traditional recipes in this book can solve a multitude of little beauty niggles, and each of the treatments are easy-to-make and really do work. Free from nasty paraffins, synthetic colours and Triclosan, they can also be made at a fraction of the cost of storebought products.

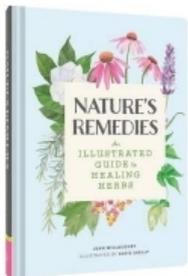
ISBN 978-178488049  
9 781784 880491



**Vinegar Socks**  
Berndl, Karin & Nici  
\$34.99 - 9781784880149 - Hardback

Karin Berndl and Nici Hofer are firm believers in the power of natural remedies. In Vinegar Socks, they share 40 traditional home remedies that have been handed down through the generations and are tried and tested in curing common ailments and illnesses, all of which can be made easily at home using store-cupboard ingredients.

ISBN 978-178488014  
9 781784 880149



**Nature's Remedies**  
Willoughby, Jean  
\$29.99 - 9781452156026 - Hardback

Throughout history, herbs have been used medicinally to promote healing and vitality. Today, herbal remedies are more popular than ever, celebrated not just for their effectiveness but also as all-natural and affordable. This beginner-friendly guide welcomes a new generation to the trusted tradition. Engagingly written for a wide audience of homemakers, nature lovers, and fans of organic living, it presents richly detailed profiles of more than 65 herbs in a gift-worthy, hardcover package.

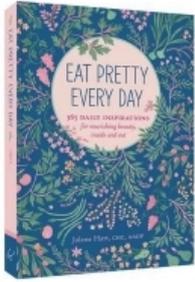
ISBN 978-145215602  
9 781452 156026



**Natural Beauty with Coconut Oil**  
Bee, Lucy  
\$19.99 - 9781849498944 - Hardback

Coconut oil, as we know, is nature's perfect ingredient. It has earned that accolade through not just its versatility in cooking but also its application as an effective and economic beauty treatment for skin, hair and oral health. Tapping into the current trend for making your own beauty treatments every recipe in this book is super easy to make at home, without any expensive specialized equipment.

ISBN 978-184949894  
9 781849 498944



## Eat Pretty Every Day Hart, Jolene

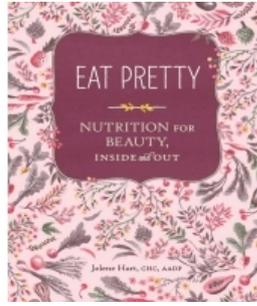
**\$29.99 - 9781452151625 - Paperback**

Breakout hit Eat Pretty continues to win over audiences of all ages with its groundbreaking and user-friendly exploration of beauty nutrition. The author's hotly anticipated new book presents 365 bite-size daily readings that make it easy to put beauty nutrition know-how to use in everyday life. Organized by the four seasons, the readings offer simplified nutritional science, seasonal recipes, motivating goals, self-care exercises, and uplifting mealtime mantras.

[ISBN 978-145215162



781452 151625



## Eat Pretty Hart, Jolene

**\$27.99 - 9781452123660 - Paperback**

Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a user-friendly program for gorgeous looks, at any age, that last a lifetime. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. A ground-breaking beauty book introducing nutrition as our most powerful tool in the quest for a healthy glow.

[ISBN 978-145212366



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## Eat Pretty, Live Well Hart, Jolene

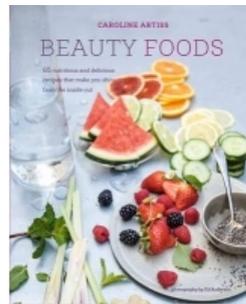
**\$29.99 - 9781452151922 - Stationery**

Bestselling beauty nutrition guide Eat Pretty – which links more than 85 foods to their beautifying benefits – continues to delight audiences with its groundbreaking approach to health and beauty. This follow-up journal presents the basics of beauty nutrition in an interactive, three-part format that encourages readers to look closely at their health and beauty habits and embrace their power to live better.

[ISBN 978-145215192



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## Beauty Foods Artiss, Caroline

**\$39.99 - 9781849757683 - Hardback**

A no-nonsense approach to eating clean for body and mind to get you looking and feeling great. YouTube sensation Caroline Artiss starts with a diagnostic glossary of beauty ingredients highlighting the best things to feature in your daily food regime. She offers a selection of fresh and inventive drinks, giving advice on the combination of ingredients as beauty treatments. She'll help you to start the day right with breakfasts and continue through with snacks, meals and soups.

[ISBN 978-184975768



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## The Yoga Kitchen Parsons, Kimberley

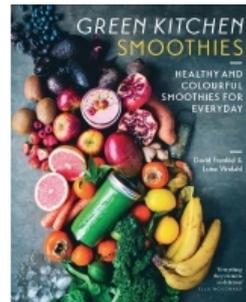
**\$39.99 - 9781849497756 - Hardback**

The Yoga Kitchen teaches you that by eating holistic recipes you can nourish your mind, strengthen your body and bring more balance into your life. All the recipes are vegetarian and gluten-free, allowing you to improve your health, increase your energy and support your spiritual development. Parsons is the owner of The Retreat Cafes, an integral part of London's yoga scene, and in her first book she brings her healthy recipes and yogic principles straight into your kitchen.

[ISBN 978-184949775



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## Green Kitchen Smoothies

**Frenkiel, David & Vindahl,  
Luise**

**\$29.99 - 9781784880460 - Hardback**

Smoothies have become hugely popular in recent years, as many people are looking for healthier ways to live. Packed with fruit and vegetables, a smoothie can increase energy, add fibre to your diet and provide valuable antioxidants. Bestselling authors David and Luise share their favourite smoothie recipes, as well as some new and exciting ideas.

[ISBN 978-178488046



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### Invitation to Meditation Cohn, Howard

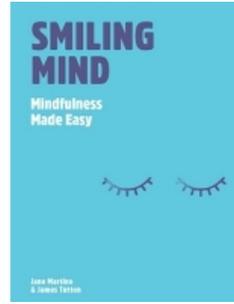
**\$27.99 - 9781452144344 - Hardback**

Meditation has gained widespread popularity as an effective tool for living peacefully and mindfully in the moment. But what is it exactly, and how does it work? This book provides simple answers in a beginner-friendly format, weaving the experience of meditation directly into the reading to prove just how easy and enjoyable it can be. A spaciouly laid-out interior, with light illustrations, evokes calm and serenity, while the timeless wisdom within is perfectly suited to modern life.

[ISBN 978-145214434



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### Smiling Mind Martino, J & Tutton, J

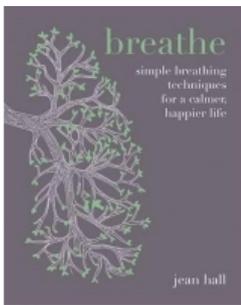
**\$19.99 - 9781743790847 - Hardback**

Mindfulness is one of the most popular ways for people to find time to relax, breath and let go of anxiety. Smiling Mind provides personal insight into the practice of mindfulness meditation borrowing directly from the authors' own experience with using mindfulness in their everyday lives. The authors demonstrate that mindfulness can take people to a more positive, happy and emotionally aware place, in all areas of life – from work to relationships, families and parenting.

[ISBN 978-174379084



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### Breathe Hall, Jean

**\$14.99 - 9781849497749 - Hardback**

Breathing is essential to life and we do it automatically and naturally, but it is also something we can consciously control. However, most of us spend our lives breathing the wrong way and not harnessing the true power of our breath. Breathe teaches some of the simplest methods to increase awareness and help you regain mental focus. Breathing the right way can lower blood pressure, promote feelings of calm and help to de-stress.

[ISBN 978-184949774



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### Yoga 365 Harwood Rubin, Susanna

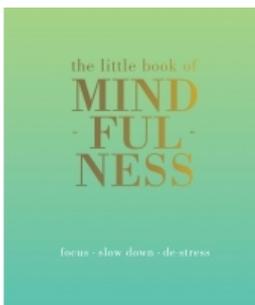
**\$29.99 - 9781452145006 - Hardback**

Yoga 365 presents a year's worth of daily readings that invite yoga lovers of every skill level to bring the inspiration they experience on their mats into their everyday lives. Each entry explores a mind-body theme such as balance, strength and resilience in a short, illuminating paragraph that can be enjoyed in the morning or at bedtime, incorporated into a yoga session, or read on the go.

[ISBN 978-145214500



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### The Little Book of Mindfulness Rowan, Tiddy

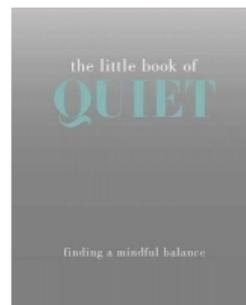
**\$9.99 - 9781849494205 - Hardback**

Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. Linley has gathered together a seminal collection of over 150 techniques, tips, exercises and guided meditations that will enable people to feel relaxed and content.

[ISBN 978-184949420



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### The Little Book of Quiet Rowan, Tiddy

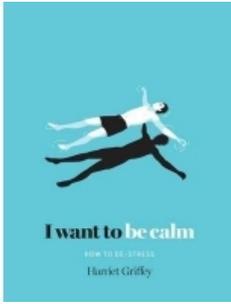
**\$9.99 - 9781849495165 - Hardback**

150 practical tips, mindfulness exercises and inspiring quotes to enable you to achieve more quiet in an increasingly noisy world.

[ISBN 978-184949516



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## **I Want to be Calm: How to De-stress** Griffey, Harriet

**\$24.99 - 9781742709321 - Hardback**

Harriet Griffey explores the issues we may face in our day-to-day lives that make us feel stressed, anxious, depressed or overwhelmed, and shares practical advice on how to overcome them. Covering topics such as the worry cycle, managing emotions and mindful meditation, Harriet shows how to implement easy but effective approaches to find calm.

ISBN 978-174270932



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## **I Want to Sleep: How to get a Good Night's Sleep** Griffey, Harriet

**\$24.99 - 9781742709314 - Hardback**

Harriet Griffey helps you to understand, address and overcome sleep issues as she explores the roots of sleep problems and offers practical advice on dealing with them. Starting with the basics of what sleep is and why we need it, she then explores patterns of sleep for babies, teenagers and adults, and goes on to cover sleep issues like shift work, jet lag, worry and more intense problems like insomnia.

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