



Adult Focus Spring Rights Fair 2021

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HITLER'S BROTHEL

| | |
|--------------------|---------------------|
| Author: | Steve Matthews |
| ISBN: | 978-1-922265-86-9 |
| Publisher: | Big Sky Publishing |
| Release date: | October 2020 |
| Format: | Paperback, C format |
| Pages: | 400 pages |
| Price (incl. GST): | \$29.99 |

Can a young Polish woman survive the horrors of a German concentration camp, rebuild her life and find the courage to exact revenge?

Key Selling Points:

- A thought-provoking thriller set in WWII.
- A historically accurate look at a little-known subject – brothels in SS Concentration Camps.
- Explores the courageous decisions made just to survive, and the choice between justice or revenge.
- Spanning 60 years, this is epic story of survival, both for the captives and the Germans.
- In his second novel for adults, author Steve Matthews does not shy away from the hard questions.

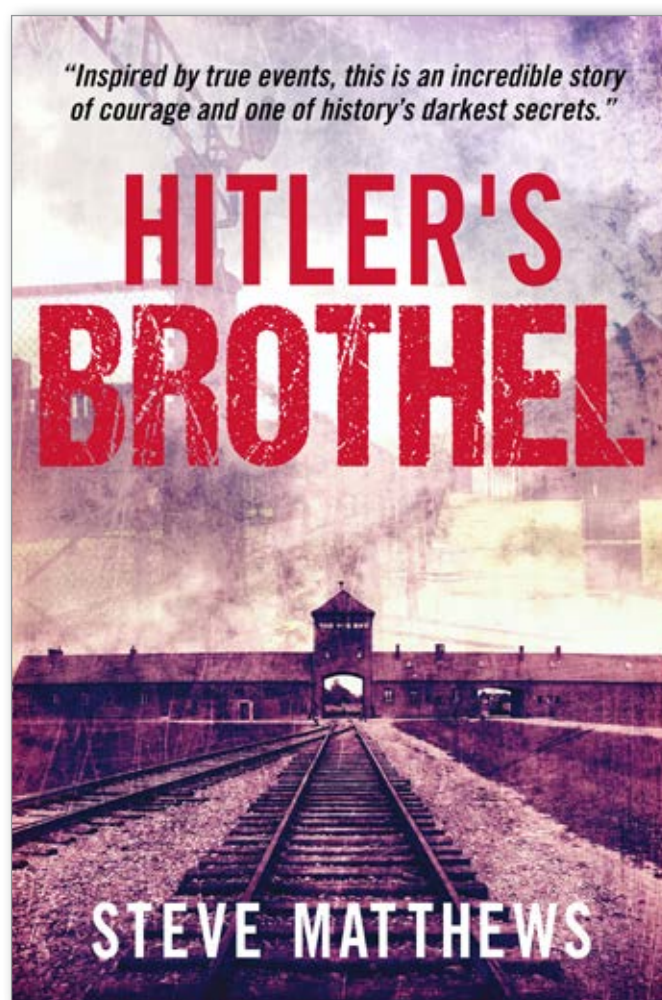
About the Book

Two sisters are cruelly separated by war in tragic circumstances. Ania is imprisoned in a concentration camp in Poland and Danuta's search for her sister leads her into the Polish Underground. They each do what they must to survive long enough to find each other. Their dream of being united ends in shocking circumstances. Amazingly, the opportunity for revenge presents itself 60 years later in New Jersey, USA. But faced with the ultimate decision what will be the outcome: seek justice or revenge?

Spanning 60 years, *Hitler's Brothel* follows the lives of two Polish sisters, separated by the vagaries of war. It examines their lives as well as those of their German masters.

About the Author

Steve Matthews' work in children's literacy in Australia and abroad has been widely recognised and acknowledged, and his acclaimed children's books are sold in Australia, Canada, the UK and the USA. After selling his business interests, Steve has now fulfilled a life-long ambition to write full time. *Hitler's Brothel* is his second novel for adults. While the story and characters are fictional, it is the amalgam of many true events and the culmination of extensive research including two visits to Poland.



*'War and what it does to people.
No one escapes it's clutches ...'*

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HITLER'S ASSASSINS

| | |
|--------------------|---|
| Author: | Steve Matthews |
| ISBN: | 9781922488879 PB 9781922488886 EBook |
| Publisher: | Big Sky Publishing |
| Release date: | October 2021 |
| Format: | Paperback, C format |
| Pages: | 400 pages |
| Price (incl. GST): | \$29.99 |

HITLER'S INNER-CIRCLE. A WEB OF DECEIT.

Key Selling Points:

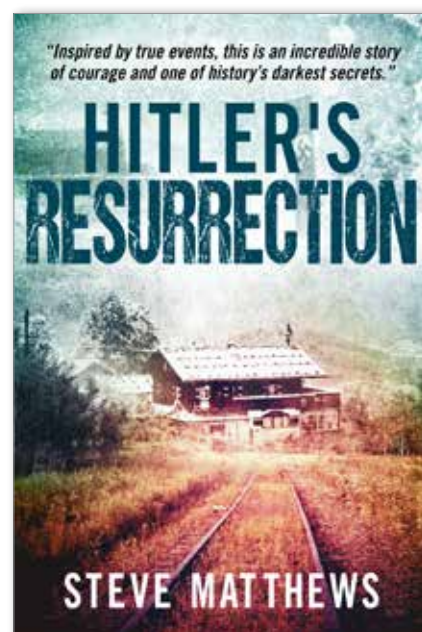
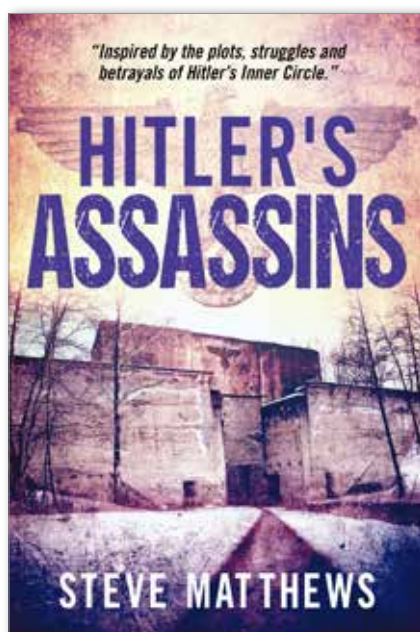
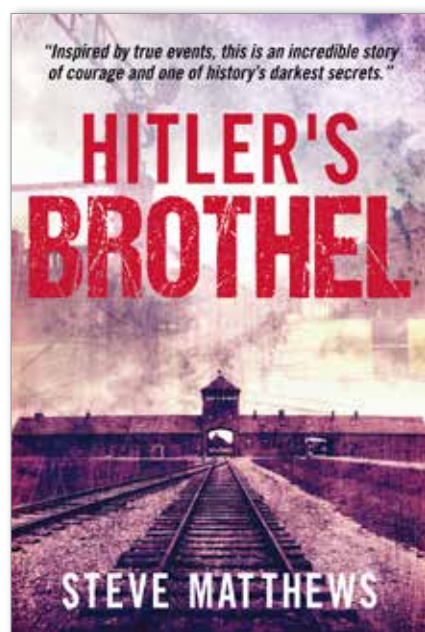
- An historically accurate look into Hitler's private life.
- Provides insights into the minds of Hitler's Inner Circle.
- Explores the strength and courage of women.
- This is the second book in a historical fiction trilogy, with the third book Hitler's Resurrection due for release in 2022.

About the Book

Hitler's new cook finds herself surrounded by secrets and her respect for the Fuhrer is gradually eroded by the events she witnesses. Her life is shattered when her 6 year old daughter is sent to Auschwitz. As the war progresses, Hitler becomes paranoid about assassination. Who can he trust? With the Russians closing in on the Berlin bunker Klara finally discovers the truth about her daughter's internment and takes revenge on the man responsible. She also decides to kill Hitler, but has she been thwarted? Has he already suicided, did someone else get to him first, or is he really dead?

About the Author

Steve Matthews' work in children's literacy in Australia and abroad has been widely recognised and acknowledged, and his acclaimed children's books are sold in Australia, Canada, the UK and the USA. Fulfilling a life-long ambition to write full time, *Hitler's Assassin* is Steve's third novel for adults, the follow up to the bestselling *Hitler's Brothel*. As with his previous book in this genre, while the story and characters are fictional, it is the amalgam of many true events.





SECRETS *and* SHOWGIRLS

Occupied Paris ...

A glitzy cabaret where nothing is as it seems ...

| | |
|--------------------|---------------------|
| Author: | Catherine McCullagh |
| ISBN: | 9781922387660 |
| Publisher: | Big Sky Publishing |
| Release date: | February 2021 |
| Format: | Paperback, C format |
| Pages: | 450 pages |
| Price (incl. GST): | \$29.99 |

Le Prix d'Amour, a vibrant Paris cabaret, is caught in the crossfire of the occupation.

Key Selling Points:

- A page-turning story of deception, heroism and survival.
- Portrays the paradox of occupied Paris: vibrant nightclubs existing uneasily alongside the darkness of occupation.
- The author is a respected historian, bringing to life well-researched historical elements in a compelling and fascinating story.
- Supported an extensive national and online PR and media coverage.

About the Book:

Everyone is being watched, and some of Le Prix's colourful performers are hiding dangerous secrets.

Monsieur Maurice manages Le Prix d'Amour, a successful Parisian cabaret, which boasts glitzy performers and sassy showgirls. But with the German occupation in June 1940, Maurice treads a fine line between his German patrons, the French police and the Gestapo as he hides the dark secrets of his performers. Two of his lively showgirls, Lily and Poppy, soon join Maurice in the hunt for an informer who threatens to betray them. With the Allied landings, the tension builds and Maurice is pushed to his limits as his performers finally take the fight to the invader in their own flamboyant way.

Secrets and Showgirls portrays an occupied Paris in which exotic cabarets existed uneasily under the heel of the invader. It follows the antics of Maurice, Lily and a glittering array of characters, but never loses sight of the battle to survive that characterised the life of the everyday Parisian.

The dramatic rescue of her civilian crew eight months later and her abandonment to sink slowly in rough seas was described on the front pages of major newspapers at the time and by the commander of the Force Sea Air Rescue aircraft, thereby completing *Tarra's* story. Water Transport continues today, with Landing Craft operated by 35 Water Transport Squadron RACT.



About the Author:

Cathy McCullagh is a highly respected editor and author. She has worked as an editor and advisor on numerous military and Australian history books and has two successful non-fiction books, *Willingly into the Fray*, *War Child* and *Dancing with Deception*, a historical fiction also set in WWII. She has a Bachelor of Arts and after a 20 year career in the Army has a teacher and linguist now follows her passion as a writer and editor.

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BIG SKY PUBLISHING



LOVE *and* RETRIBUTION

A wartime story of love, loss and revenge.

| | |
|--------------------|---|
| Author: | Catherine McCullagh |
| ISBN: | 9781922488770 PB 9781922488787 eBook |
| Publisher: | Big Sky Publishing |
| Release date: | February 2022 |
| Format: | Paperback, C format |
| Pages: | 420 pages |
| Price (incl. GST): | \$29.99 |

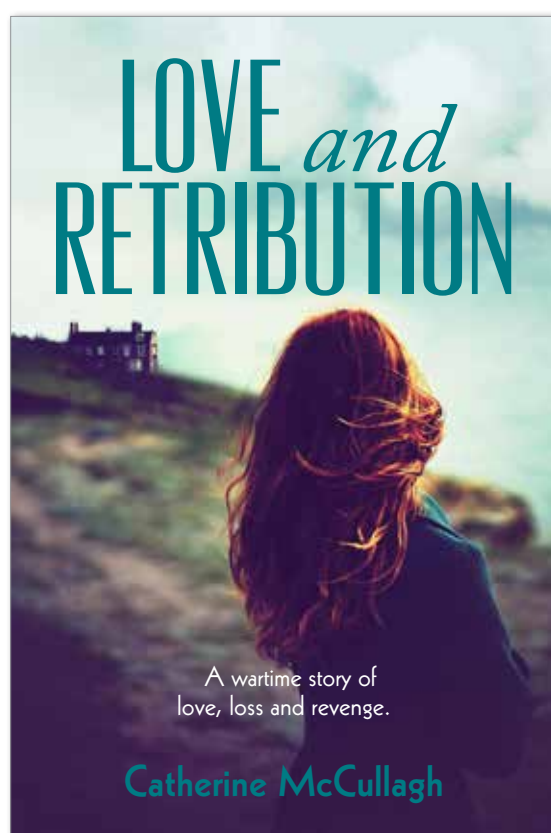
Key Selling Points:

- This is a fast-paced novel with a plot that features numerous twists and turns.
- The setting is detailed and varied, ranging from a fishing village in western Cornwall to a U-boat base in France and a headquarters in Wilhelmshaven, Germany, before moving to the British war crimes trials in Hamburg and back to bomb-damaged London. It describes a colourful local village, offers glimpses of life aboard a U-boat and in its base, and also portrays the difficulties of post-war life in a grim, wintry London.
- The characters range from the three main protagonists who dominate the plot to a series of additional characters who are both detailed and caricatured.
- The plot is tense and poignant in parts but also contains a degree of humour with the inclusion of characters whose personalities act to lighten the tone.
- The backdrop is entirely factual and offers the reader insight into aspects of wartime life outside those encountered in most books on World War II.

About the Book:

In the midst of a devastating war, a young widow finds two men washed up on the beach below her house on a Cornish cliff, a discovery that will eventually draw her across the continent to the British war crimes trials and plunge her into the dark world of post-war retribution.

It's July 1943 and the world has been at war for almost four long years. One morning, young widow Emmy Penry-Jones discovers two men washed up on the beach below her house on the west coast of Cornwall. Emmy is used to rescuing washed-up sailors, the deadly Battle of the Atlantic exacting a heavy toll on shipping. But these men are not like the shipwrecked sailors she has rescued before and Emmy is soon drawn into a web of intrigue that will test both her ingenuity and her patriotism. Rocked by accusations of war crimes against a man she knows to be innocent, Emmy launches a bid to defend him, all too aware that the accusers could turn on her. The trial marks a turning point and Emmy is drawn further into a deadly cycle of post-war retribution from which only one man can save her.



About the Author:

Catherine McCullagh trained as a history and language teacher before embarking on a twenty-year career in the Australian Regular Army as a teacher, linguist and editor. She then left the Army and established herself as a freelance editor, primarily in military history. Fifteen years later, inspired by the extraordinary stories that surrounded her, she embarked on a new career, this time as a writer. She has published two non-fiction works, *Willingly into the Fray* and *War Child*. Catherine's first historical novel, *Dancing with Deception*, was published in 2017 and was followed by *Secrets and Showgirls* in 2021. *Love and Retribution* marks a move away from the Parisian backdrop of these earlier novels, and a foray into the British experience of World War II.

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BIG SKY PUBLISHING

THE HOUSE OF SHUDDERS

| | |
|--------------------|---------------------|
| Author: | Jason K. Foster |
| ISBN: | 978-1-922488-28-2 |
| Publisher: | Big Sky Publishing |
| Release date: | July 2021 |
| Format: | Paperback, C format |
| Pages: | 370 pages |
| Price (incl. GST): | \$29.99 |

In Nazi Germany, Ingrid was considered a bastard, a shame, a national disgrace. Her sin: being born black.

Key Selling Points:

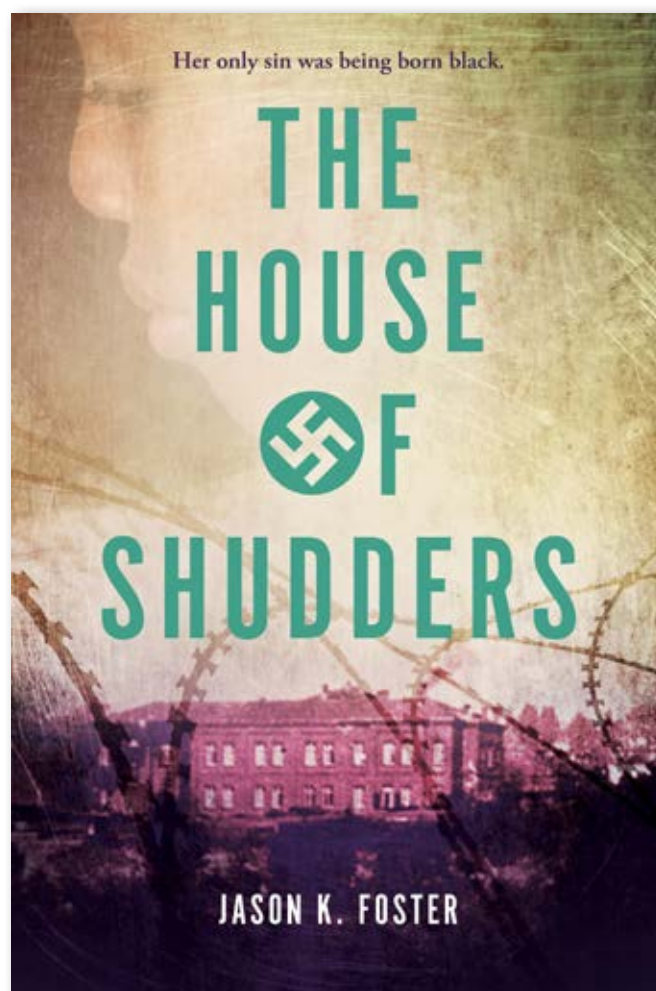
- A gripping historical fiction story with broad appeal.
- A compelling, descriptive narrative featuring a strong heroine and characters that bring the history and period to life.
- Based around little known events such as the trial conducted in centres like Hadamar, known as the House of Shudders.
- Blends history from a shocking chapter from WWII with a powerful story of hope.

About the Book

Hadamar is the story of Ingrid Marchand, a young woman of mixed German-French-African race and her struggle to survive as the Nazis rise to power, and Hitler's barbaric racial policies are introduced.

While Ingrid's colour has always ostracised her in the community, the rise of Adolf Hitler increases the level of hatred and prejudice to a new, frightening level. When Ingrid begins to suffer from epileptic fits, she is forcibly sterilised and sent to Hadamar, an institution for the mentally and physically disabled. There she discovers the true horrors of the Nazi regime, as well as a strength she never knew she had.

The horror continues and Ingrid and the few remaining children are on the verge of starvation when US forces finally liberate the institution. The staff of Hadamar is put on trial, and the information Ingrid gives the Americans about the operation of the institution is crucial to their prosecution. The fight to see her persecutors brought to justice begins.



About the Author

Jason Foster is an author, poet, journalist and secondary school history teacher. He holds a Masters in History, is working towards his PhD, and has taught internationally. He is a multi-published author across a range of mediums and the author of a number of successful true crime, history and children's books.

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THE MUSIC MAKER OF AUSCHWITZ IV

"A superb biopic... A larger than life man, an extraordinary story."

Books Monthly

| | |
|--------------------|-----------------------------------|
| Author: | Jaci Byrne |
| ISBN: | 9781922387820 |
| Publisher: | Big Sky Publishing |
| Release date: | March 2021 |
| Format: | Paperback, C format |
| Pages: | 264 pages + 24 page photo section |
| Price (incl. GST): | \$29.99 |

Key Selling Points:

- A gripping True Story based on the 5-year WWII diaries of POW Drum Major Jackson
- A story spanning two World Wars and the difficulties faced on returning to civilian life.
- A different story of a man who provided hope to thousands through his music

About the Book

The inspirational true story of an Allied POW appointed Kapellmeister (man in charge of music) to the Nazis in Auschwitz.

When called up to fight in yet another World War, Drum Major Jackson promised his beloved wife Mabel that he would return to lead his band and play for her once more.

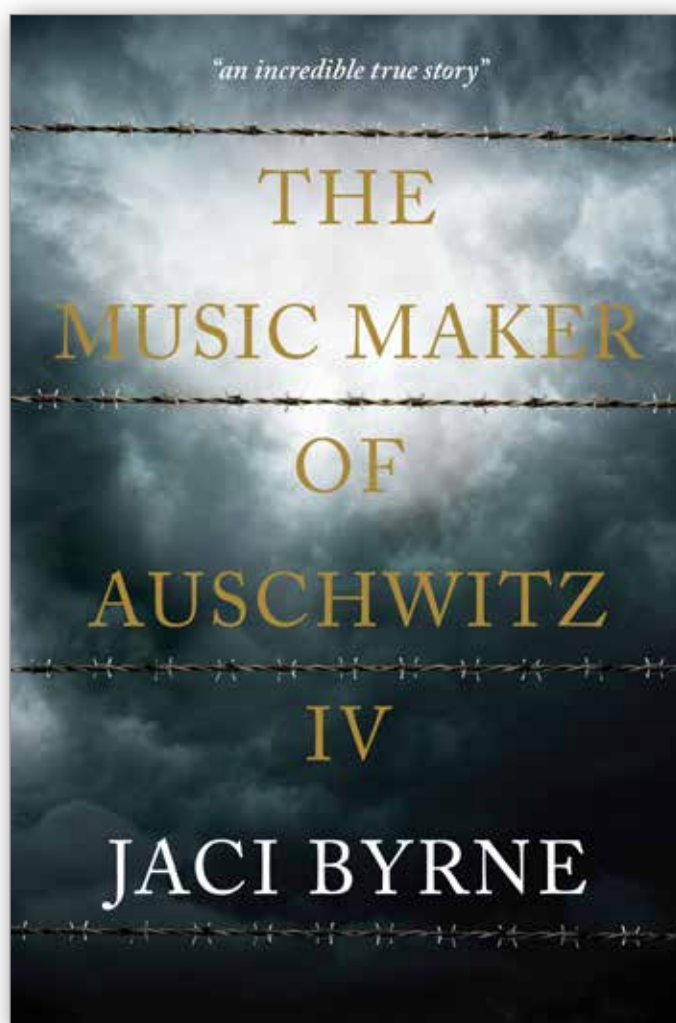
In May 1940, he was captured at Dunkirk and interned in several German forced labour camps throughout Poland. Two years later he was transferred to Auschwitz IV, part of the notorious concentration camp complex where it is not widely known held Allied POWs.

When his captors appointed Jackson their 'Kapellmeister' (man in charge of music), he seized the opportunity to provide entertainment for his fellow prisoners at rehearsals, and cover for escapees during concerts.

Finally liberated in May 1945, malnourished and gravely ill, Jackson carried his secret war diary—an incredible exposé on five years of life and death in Nazi concentration camps.

The Music Maker of Auschwitz IV, based on Jackson's diary, is written by his granddaughter. It is a thrilling testament to the resilience one man found in the darkest of times through his two greatest loves—music and the woman who waited for him.

It was originally published in 2019 under the title *The Music Maker*.



About the Author

Jaci Byrne is the granddaughter of *The Music Maker*, the late Drum Major Henry Barnes Jackson. A full-time writer, Jaci has published four novels and a series of children's books. This is her first work of non-fiction. She lives in Avalon Beach, Sydney.

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A shocking and bizarre murder investigation

SEVEN BONES

Two wives, two violent murders, a fight for justice...

| | |
|--------------------|---------------------------------|
| Authors: | Peter Seymour & Jason K. Foster |
| ISBN: | 978-1-922488-34-3 |
| Publisher: | Big Sky Publishing |
| Release date: | May 2021 |
| Format: | 230 mm x 153 mm, Paperback |
| Pages: | 308 + 16 page photo insert |
| Price (incl. GST): | \$29.99 (Paperback) |

Key Selling Points:

- A tragic story of domestic violence, deception and murder with disturbing new content following the 2019 release of the convicted killer.
- Reaches out to victims of domestic violence to leave their situation before it is too late.
- A compelling story by the investigative detective, it shows the lengths police will go to solve a murder, and reveals the impact of a relentless 16-year fight for justice.
- Supported by a national PR and media campaign.

About the Book

'We have a dead second wife and a missing first wife... we've got a huge problem here.'

Detective Peter Seymour

Two wives die in suspicious circumstances: co-incidence or, as husband Thomas Keir described it, 'sheer bad luck'?

In April 1991, Detective Peter Seymour was called to a grisly scene in western Sydney where the remains of Keir's second wife, Rosalina, lay strangled and scorched on her bed. Three years earlier, Seymour had been to the same residence to investigate the sudden disappearance of Keir's first wife, Jean – Rosalina's cousin. According to Keir, Jean had deserted him for her lover.

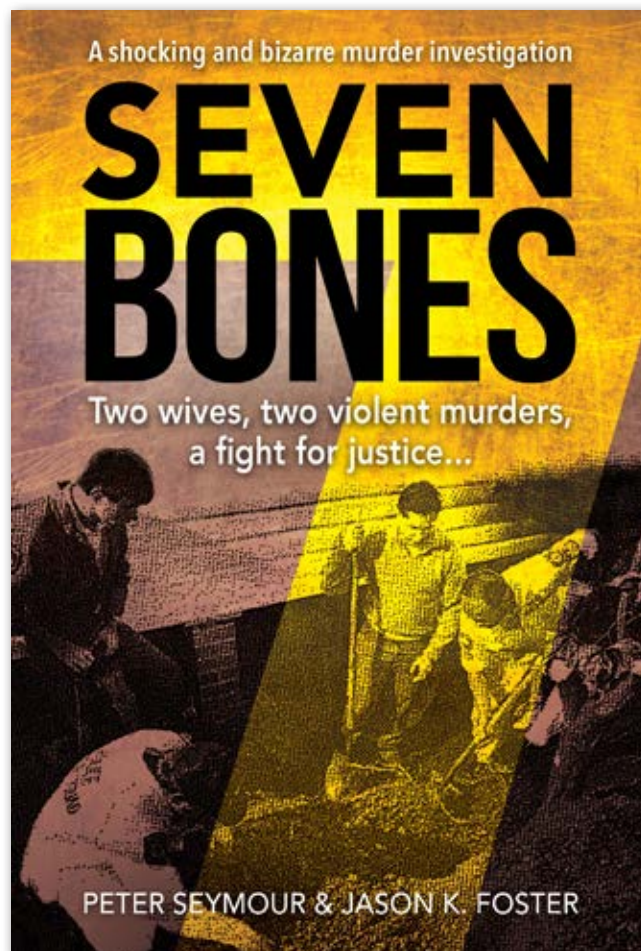
But now, Keir's 'grieving husband' act was again in question...

The investigation into Rosalina's horrific murder ultimately led to a gruesome discovery – seven human bone fragments – fingers, knuckles and toes – buried deep under the house...

Seven Bones reveals a determined quest to find answers for a family shattered by a violent and pathologically jealous husband. It follows Seymour's relentless pursuit of justice throughout the astonishing investigation, including trailblazing forensic analysis, and an obstacle course of trials and appeals that took 15 years to reach a conclusion.

About the Author

Peter Seymour joined the NSW Police Force in 1980 as an 18-year-old, spending four years in uniform, 12 years as a detective and 8 years as a police prosecutor. Before being discharged suffering from PTSD in 2004, he had attained the qualifications of Designated Detective, Designated Police Prosecutor, Specialist



Coronial Prosecutor and Trained Internal Affairs Investigator. His relentless pursuit of justice was revered throughout NSW Police. Peter's books, *Seven Bones* and *Deadly Paths* focus on the stress that murder investigations place on police, their families, and the families of the victims.

Jason K. Foster is an author, poet, journalist and secondary school history teacher. He holds a Masters Degree in History and a Diploma in Languages (Spanish). He has taught in Australia, the United Kingdom, Spain and Argentina. He has been published in American History magazines, Australian travel magazines and poetry anthologies in the United Kingdom. He has published a number of successful books in the true crime, history and children's genres.

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BIG SKY PUBLISHING



INSPIRED BY A TRUE STORY

ENTOMBED

| | |
|--------------------|---------------------|
| Authors: | Tony Matthews |
| ISBN: | 9781922488572 |
| Publisher: | Big Sky Publishing |
| Release date: | September 2021 |
| Format: | 153 mm x 230 mm |
| Pages: | 320 |
| Price (incl. GST): | \$29.99 (Paperback) |

SIX MEN BURIED ALIVE FOR SIX YEARS

Key Selling Points:

- Inspired by the actual events of six German soldiers who were trapped in a storage bunker at Gdynia, Poland, for more than six years at the end of the Second World War.
- One of the most astonishing untold stories to emerge from the era of the Second World War.
- A remarkable struggle for survival unmatched by any other in modern history.
- The book is to be released in 2021 to commemorate the 70th anniversary of the discovery of the survivors in 1951.

About the Book

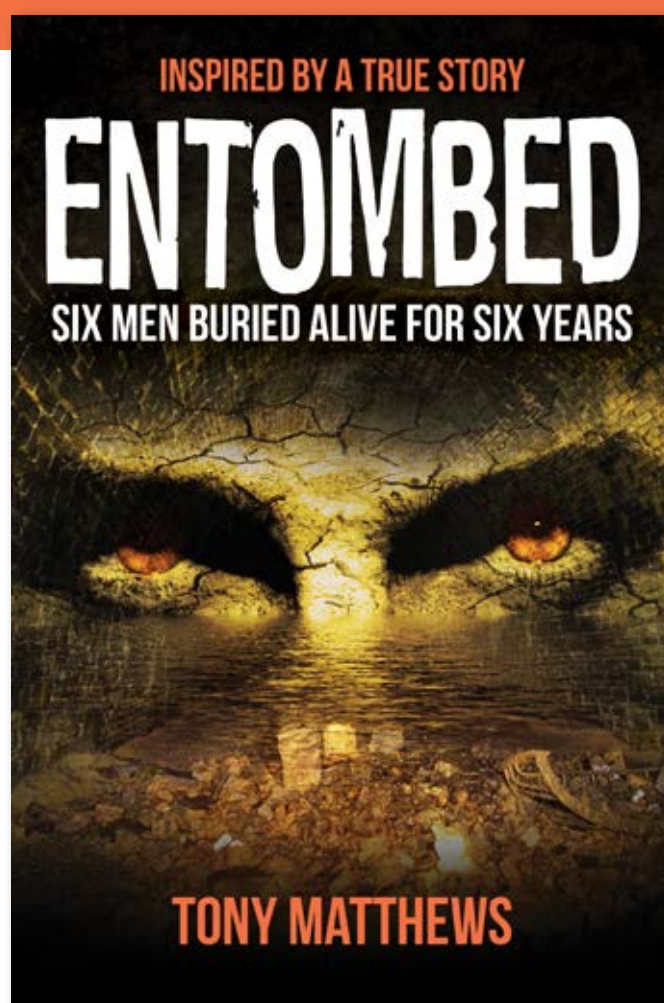
What would it be like to be trapped deep underground for six long years with no hope of rescue or escape? This is a profound question explored deeply in *Entombed*. And the key point here is that *Entombed* is inspired by an astonishing true story and real events.

Six German soldiers led by Captain Hans von Roth are accidentally buried alive in a vast subterranean stores bunker at the port of Gdynia, Poland, in 1945. At first they believe they will soon be rescued, but as the weeks drag into years it becomes appallingly clear that the men will almost certainly face a terrifying death in the grim darkness that surrounds them.

Meanwhile, in Berlin, Hans von Roth's wife, Erika, is desperately attempting to survive the fall of the city and the Russian hordes destined shortly to occupy it. Facing starvation, massive aerial bombing, Soviet shelling and a host of other dangers, she is also attempting to discover what has become of her lost husband.

In *Entombed*, the author has woven a tale of great love and a desperate struggle for survival like no other. The story literally pushes all the frontiers of human frailty and courage to their very edges.

Inspired by a true story and actual events, *Entombed* is one of the most astonishing untold true stories of the Second World War.



About the Author

Tony Matthews is a Welsh-Australian author and historian who has dedicated almost his entire adult life to writing Australian and world history. He writes extensively on military and espionage history with a specific emphasis on both world wars. He is the author of more than thirty books including several historical novels.

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'Gripping and powerful. The Madness Locker is not merely a great debut novel. It is a great novel period!'

John Lescroart - New York Times
Bestselling author

'An exceptional and teasing story about history, contingency, the dignity of humans and fragility of our hold on the earth. You will not easily forget these women.'

Tom Keneally - Bestselling author
of "Schindler's Ark"

THE MADNESS LOCKER

| | |
|--------------------|---------------------|
| Author: | Eddie Russel |
| ISBN: | 9781922488756 |
| Publisher: | Big Sky Publishing |
| Release date: | October 2021 |
| Format: | Paperback, C format |
| Pages: | 260 pages |
| Price (incl. GST): | \$29.99 |

Key Selling Points:

- Inspired by a true crime.
- Readers will be fascinated by the unexpected sequence of events four decades later in Australia.
- A powerful story that dramatically blends harsh reality with moving fiction.
- Historical crime fiction story portrayed within the never-to-be-forgotten background of barbaric savagery committed by Hitler's Nazi Regime.
- The author has degrees in English literature and Creative Writing.

About the Book:

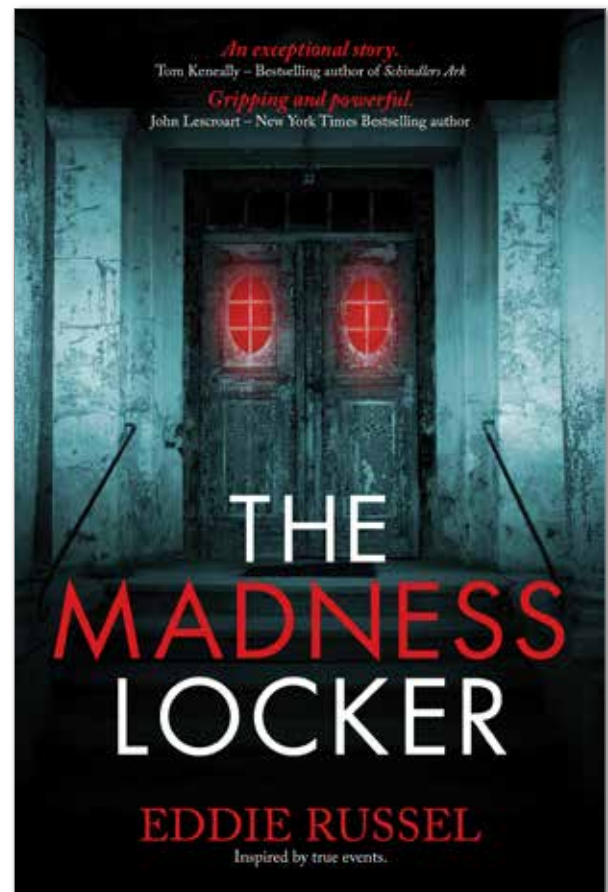
TWO YOUNG LIVES ONE DEVASTATING DECISION

On Christmas Day, 1986 a seventy-year-old widow's body was discovered inside a wheelie bin in the Eastern Suburbs of Sydney, Australia. Despite a long and intensive investigation, the police fail to unearth a motive or identify a suspect. Lacking any clues, the police file it as a cold case.

Some half a century earlier, the Third Reich ramps up its offensive to arrest and deport to the East the Nazi regime's classification of undesirables. As part of the sweep, a young girl is arrested along with her parents. They are placed in a box car and forced to endure a three-day harrowing train journey. The final stop: Auschwitz. On arrival she is separated from her parents to never see them again and is forced to suffer years of punishing labour, near-starvation and daily horrors.

She is freed six years later when the Russian army invades Poland and liberates Auschwitz.

Vindicated by her survival she sets out on a journey all the way around the world to Australia, in search of the one person that she blames for her ordeal in Auschwitz. Is that the clue that the police missed in trying to solve the crime?



About the Author:

Born and raised in the then English colony of East Africa to parents from Manchester, England, Eddie Russel migrated to Australia in 1974. He attended St Joseph High School and then the Church of Scotland. At the dawn of the technology age, he became captivated by IT and subsequently, in 1981 moved to San Diego, CA to work for Hughes Aircraft Corp. He returned to Australia in 1996, found his life partner, settled down and did degrees in English Lit and Creative Writing.

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Pretty girls

| | |
|--------------------|-----------------------------------|
| Authors: | Lisa Portolan & Samantha McDonald |
| ISBN: | 9781922265876 |
| Publisher: | Big Sky Publishing |
| Release date: | July 2020 |
| Format: | Paperback, C format |
| Pages: | 250 pages |
| Price (incl. GST): | \$24.99 |

A STORY THAT WILL RESONATE WITH WOMEN AROUND THE WORLD – #iamevie

Key Selling Points:

- Fiction based on real-life events, *Pretty Girls* is the basis for an Australian feature film.
- A story for all women seeking to reclaim their power and write their own narrative.
- A stunning narrative of personal resilience and triumph, set against a history of violence.
- This story exposes the violence and racism often hidden politely under the surface of Australia's history.
- Provides exposure to the social issues of domestic violence, rape, depression and suicide.

About the Book

Pretty Girls is a visceral narrative of violence, personal tragedy and female resilience set against the backdrop of one of Australia's most politically charged communities, Redfern, where sinister racial tensions underpin everything.

Evie is a woman in her mid-thirties who returns to her hometown to meet with her dying father. In coming back to the place where she grew up she has to revisit her history of violence – the death of her mother, the suicide of her brother and the domestic violence that occurred in her home. Her father only has a short time to live – she expects to find him a changed man. But he's not. He's unrepentant and unapologetic for his actions.

Evie has to reclaim her story – she's not just a pretty girl, she won't just sit down, be quiet, stay still – but getting there is more than tough, more than an ordeal – it's a mammoth display of tenacity and strength.

Pretty Girls is ultimately a story of triumph. Evie rises from the ashes of a hellish past and re-writes her story. There is a part of Evie in every woman and *Pretty Girls* seeks to start a movement.

#iamevie aims to spearhead an empowered future for women across the world.



Currently being developed into an Australian feature film

About the Authors

Lisa Portolan is a journalist and author from Sydney. She has previously published two books, including best-seller, *Happy As* (Echo, Melbourne). She has written for publications like the Australian Financial Review, The Guardian, 9 Honey and 10 Daily, and appeared on the Today Show and The Drum. Samantha McDonald is an Australian director and producer. She has a degree in Law and Communications majoring in film. She has spent the majority of her career working in the fitness, sport and marketing space, as a trainer and later as a production expert. She grew up in Canberra and Sydney as a “pretty girl” and it took her years to shed that skin and reach a place of acceptance, joy and love.

THE OVERTHINKERS

Four people, figuring out sex, love and how to get their lives together

They're kind of messed up, but trying to get things right.

| | |
|--------------------|------------------------------|
| Authors: | Lisa Portolan and Ben Cheong |
| ISBN: | 978-1-922488-17-6 |
| Publisher: | Big Sky Publishing |
| Release date: | August 2021 |
| Format: | 153 mm x 230 mm |
| Pages: | 260 page |
| Price (incl. GST): | \$29.99 (Paperback) |

Key Selling Points:

- A powerful, heart-warming book which depicts the embarrassments and excitements, horrors and humiliations, glories and defeats of a group of twenty something-year-olds, navigating life, love, sex and their dreams.
- A diverse group of characters that reflect a modern Australia and a look at a variety of modern-day intimacies (same sex and casually non monogamous).
- A realistic portrayal of the messiness and complexity of most people's everyday lives, set against the gritty and inspiring miasma of inner city Sydney.
- Fast paced and easy to read, this book creates the sense that the reader is eaves dropping on a series of lives and secrets that are addictive and entertaining and not so very different from their own
- The authors are both extremely proactive and connected in PR and Media networks.

About the Book

Four twenty-two-year-olds doing their best to navigate their lives, loves and dreams in fast paced and status obsessed Sydney. Trying to appear ordinary on the outside but inside obsessing on the unspoken rules of what's okay and racked with self-doubt.

Leo: the confident 'Gay-sian' – fit, fabulous and hilarious – but riddled by anxieties and seeing an unavailable married man.

Benji: a privileged pretty-boy who spends his time pining after Leo's gorgeous house-mate Francesca, who barely notices that he's alive.

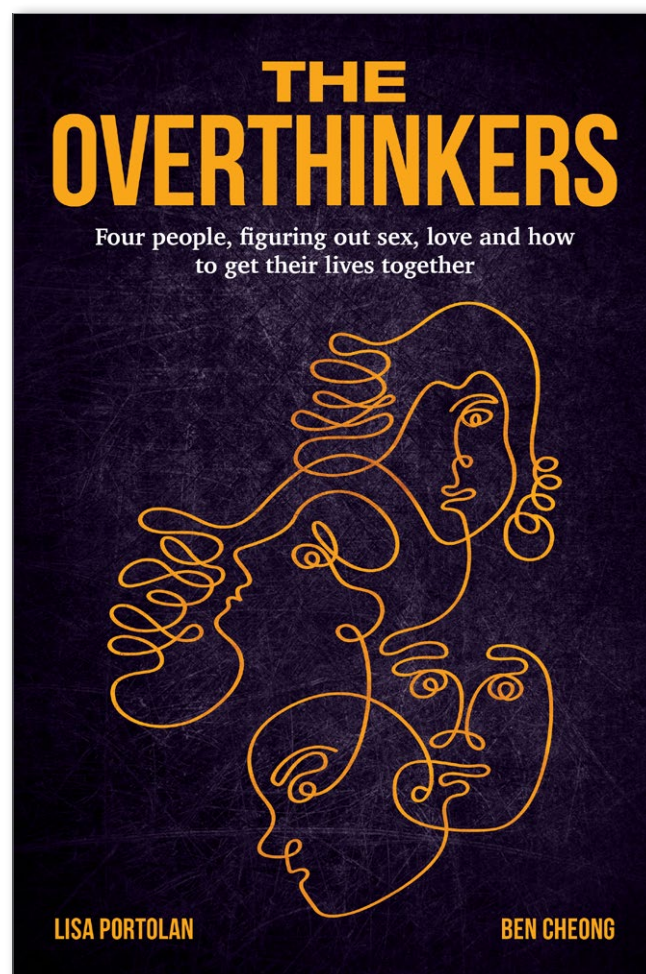
Francesca: a social climber plotting her remarkable and glamorous future, aligning herself to well-connected but lost Hamish.

Hamish: an Eastern-suburbs private school boy dealing drugs to distinguish himself, and now he's met a girl he really likes (who is not Francesca).

They're kind of messed up but trying to get things right. When Leo discovers his married man has been 'grinding' on their side, Benji and Francesca sleep together, Hamish gets close to his new dream girl and their already chaotic lives spin into hyper-gear as things get even more complicated.

About the Authors

Lisa Portolan is a writer, researcher and host of the *Slow Love* podcast series. From Sydney, Lisa has two books published, *Happy As* (2018) and *Pretty Girls* (2020). She is a PhD researcher from Western Sydney (on the impact of dating apps on intimacy) and hosts the successful podcast series *Slow Love*, which examines contemporary

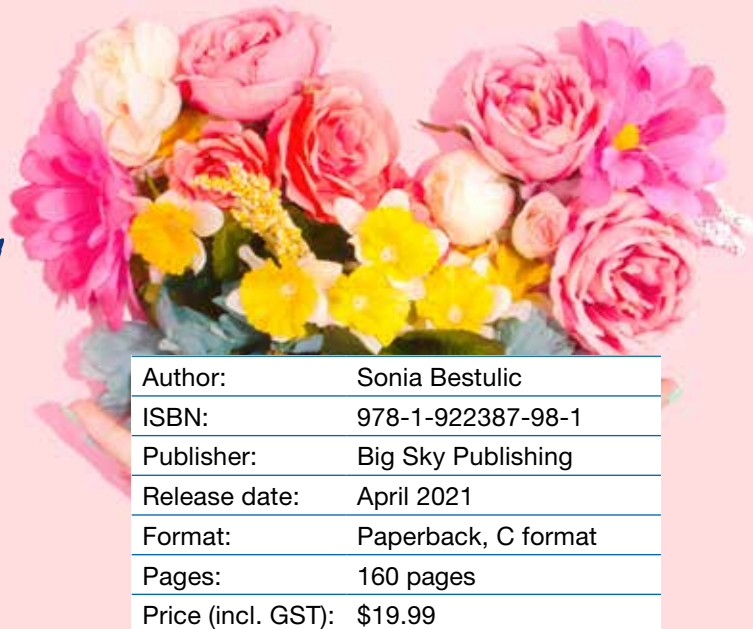


intimacies and modern relationships, and regularly interviews ordinary and infamous Australians about love and sex. She is also a freelance journalist and has written for the AFR, Sydney Morning Herald, the Guardian and The Conversation.

Ben is a PR consultant and accidental first-time author of *The Overthinkers*. An openly-gay, cis man, and son of first-generation Chinese Malay immigrants, Ben grew up in suburbia as an outlier in both the 'Aussie' and Chinese communities. Instead, Ben attempted to make connections in a very closeted, young LGBT+ community. As a young adult, Ben felt embarrassed when talking about mental health issues, and heard similar stories from his close friends, which drove him to write his debut novel with Lisa Portolan

Flourish for mums

**21 WAYS TO THRIVE
WITH SELF-CARE AND
ACCEPTANCE**



| | |
|--------------------|---------------------|
| Author: | Sonia Bestulic |
| ISBN: | 978-1-922387-98-1 |
| Publisher: | Big Sky Publishing |
| Release date: | April 2021 |
| Format: | Paperback, C format |
| Pages: | 160 pages |
| Price (incl. GST): | \$19.99 |

*Honest, real and so easy to relate to. A must read for any mum.
Perfect for all mums! Almost therapeutic. I connected Immediately.
This is a life changer for mums, at all stages of motherhood! Love it!*

Key Selling Points:

- 21 essential wellbeing principles to release 'mother guilt', embrace acceptance, and feel self-empowered.
- Inspires mothers to cultivate inner strength and lifelong wellbeing, offering simple, yet powerful self-nurture strategies.
- A necessary guide for mothers to step into a new zone of self-care – honouring themselves and accepting their worth whilst celebrating the children in their lives.
- Allows a mother to feel understood and valued as an individual, who is also fulfilling a mother role, with its many joys and challenges.
- The perfect gift book for all mothers - especially Birthdays, Mother's Day, Get Well soon, New arrival (whether it be a brand-new mum, or mum welcoming another child)

About the Book

Motherhood carries an unexpected, yet evolutionary path of self-development and self-discovery. The weight of social media, societal expectations, and an ever-evolving concept of what it means to be a good parent plays heavily on the minds of mothers.

Flourish for Mums: 21 ways to thrive with self-care and acceptance is a much-needed circuit breaker. It shares 21 personal, yet universal messages of deep wisdom to release the 'mother guilt' and anxiety around raising children, and ultimately enjoy a new kind of self-nurture. This is the perfect companion for mothers – gifting a warm embrace, and space, to rekindle a refreshing love for themselves.

Sonia Bestulic offers professional expertise, heartfelt connection and understanding, as she tenderly emphasises the need for mums to discover that 'loving right' is 'living right'. Filled with uplifting anecdotes and supportive strategies, while busting big misconceptions, *Flourish for Mums: 21 ways to thrive with self-care and acceptance* cultivates a self-empowerment specific to mothers with its unique, strong, yet gentle messages. Handbag friendly and always ready to provide a dose of inspiration, it welcomes mothers to flourish. Now.



About the Author

Sonia Bestulic is an award nominated Children's Author, Speech Pathologist, Podcaster, and highly regarded Speaker. She is also the Founder of Talking Heads Speech Pathology clinics, in Sydney Australia. Sonia is an advocate for honouring mothers' wellbeing, celebrating children, and living a life powered by love. She combines real-world experience having worked with thousands of mothers and their children, within her Speech Pathology practices, together with her own lived motherhood, raising three children (all born within about 2 ½ years!). An extraordinary blend of creativity, intellect, empathy and passionate, determined drive; Sonia shares a natural gift for empowering those with children in their lives, to embrace their own personal growth.

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EVERYDAY RESILIENCE

Helping kids handle friendship drama, academic pressure and the self-doubt of growing up

| | |
|--------------------|---------------------|
| Authors | Michelle Mitchell |
| ISBN: | 9781922265029 |
| Publisher: | Big Sky Publishing |
| Release date: | May 2019 |
| Format: | Paperback, C Format |
| Pages: | 250 pages |
| Price (incl. GST): | \$24.99 |

This is a timely, excellent read for those who live with or work with children.

Maggie Dent – Author, Educator and Resilience Specialist

An intelligent, practical and transformative resource .

Karen Young - Author, Speaker, Parenting and Child & Adolescent Anxiety Specialist

Everyday resilience is about developing our children's resilience muscle in the everyday moments of life, so when the big challenges arrive they are ready. – Michelle Mitchell

Key Selling Points:

- There has been a significant rise in mental illness concerns and everyday challenges facing our children in recent years.
- This book fills a gap in the market by offering positive, practical support and advice from a expert who has personally worked with families and children over the past 20 years.
- The author is a sought after speaker on the subject of childhood wellness and resilience and completed a hugely successful national tour in 2019.

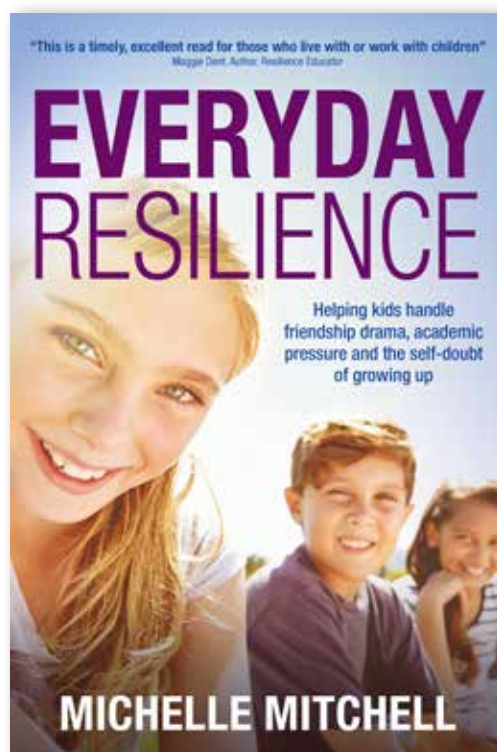
About the Book

The way our children handle 'small knocks' is crucial, as it will be the foundation for much bigger things. Parents are wise to see each small knock as a teachable moment that has long-term significance. We can't dismiss or understate our child's daily experiences.

Our children can 'have it all' and still be ill-prepared to handle life's challenges. Despite the posters on our school's walls and the endless research on resilience, there has been a significant rise in mental illness over the past five years. For many of our young ones, resilience is much easier to talk about than put into practise.

In this book Michelle shows every family how they can cultivate resilience in their children or adolescents by focussing on 7 key traits – courage, gratitude, empathy, self-awareness, responsibility, self-care and contribution. She answers questions like,

- How can I help my child be more confident?
- What do I say when my child is rejected by friends?
- How do I help a child who is struggling academically?
- What do I say when my child says, "I can't"?
- How do I help an anxious or shy child find their voice?
- What can I do to help them discover their potential?



As a teacher, and founder of Youth Excel, Michelle has witnessed first-hand what works. Using every day scenarios and how-to actions, Michelle explains resilience in a way that will relate to every family. Her practical tone, humour and hands on experience provide every parent with tools to nurture strength in young lives.

About the Authors

Michelle is an educator, author and award-winning speaker whose passion is to support families as they build resilience in young people. In 2000 Michelle left teaching and founded Youth Excel, a charity which supported thousands of young people with life skills education, mentoring and psychological services. Michelle's hands-on experience in the health and wellbeing sector have made her an engaging and sought after speaker. She lives in Brisbane, Australia with her husband and two teenagers.

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SELF HARM

WHY TEENS DO IT AND WHAT PARENTS CAN DO TO HELP

| | |
|--------------------|---------------------|
| Authors | Michelle Mitchell |
| ISBN: | 978-1-925 675-57-3 |
| Publisher: | Big Sky Publishing |
| Release date: | March 2019 |
| Format: | Paperback, C Format |
| Pages: | 200 pages |
| Price (incl. GST): | \$24.99 |

If you have a child who is struggling with self-harm, I want to remind you that you are your child's greatest advantage. What you do and how you respond matters.

This book was written for you and your family.

— Michelle Mitchell

Key Selling Points:

- Fills a gap in the market by providing a much-needed practical and compassionate book to support families
- Includes hope-filled interviews with nationally recognised experts, young people, parents and professionals
- Featuring the latest research, including the new digital self-harm phenomenon
- A suicide prevention resource for everyday families
- A book that provides hope and warmth when parents need it the most
- The author is a sought-after speaker and is commencing an extensive speaking tour in 2019

About the Book

Non-suicidal self-injury (NSSI) is a global mental health concern with studies conservatively indicating 10% of young people experiment with self-harm. The ways in which young people self-harm are wide and varied, and a challenge many families now have to face.

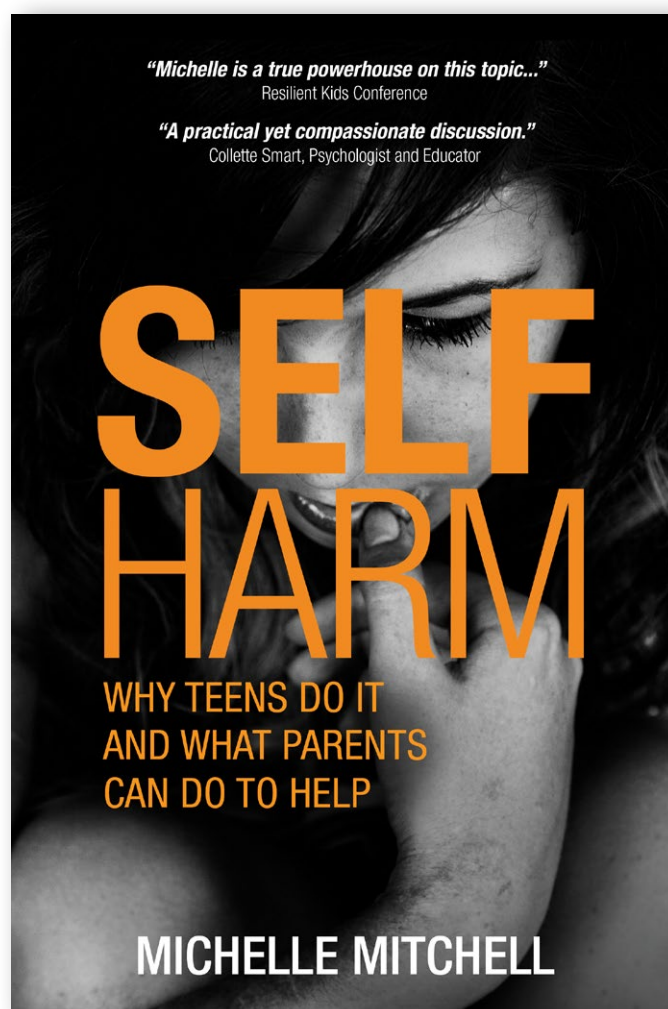
It remains distressing and difficult for parents and caring adults to understand, as it seems to go against every innate instinct of self-protection and survival.

In this book, award-winning speaker, author and educator Michelle Mitchell has combined her 20 years' experience, with the latest research, interviews with experts and stories from professionals and everyday families, to give parents and teachers fresh insights into how-to prevent, understand and respond to self-harm.

Full of evidence-based strategies, this unique resource will provide parents with the facts, practical help and comfort they need.

About the Authors

Michelle is an educator, author and award-winning speaker whose passion is to support families. In 2000 Michelle left teaching and founded Youth Excel, a charity which supported thousands of young people with life skills education, mentoring and psychological services. Michelle's hands-on experience in the health and wellbeing sector have made her an engaging and sought after speaker. She lives in Brisbane, Australia with her husband and two teenagers.



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“Compelling and invaluable.”

Dr Travis Gee, Psychologist, Pain Specialists Australia

“This book is a bible for everyone who knows or works with people living with chronic pain.”

Dr Travis Gee, Psychologist, Pain Specialists Australia

“I have written this book from the heart in the hope that my story helps the millions of us who live with chronic pain to navigate this sometimes seemingly impossible journey.”

Dr Dawn Macintyre

LIVING WITH CHRONIC PAIN

| | |
|--------------------|---------------------|
| Author: | Dr Dawn Macintyre |
| ISBN: | 978-1-922265-890 |
| Publisher: | Big Sky Publishing |
| Release date: | August 2020 |
| Format: | Paperback, C format |
| Pages: | 260 pages |
| Price (incl. GST): | \$29.99 |

From OK to Despair and Finding My Way Back Again

Key Selling Points:

- Chronic pain affects millions of people worldwide (1 in 5), yet millions still struggle living with this condition.
- This book provides a unique and valuable perspective: combining the author's personal journey as both a sufferer of chronic pain and a health practitioner.
- Chronic Pain is currently a hot topic, particularly given changes to legislation around pain medication and the National Pain Management Strategy.
- This book gives hope to those looking to manage their condition and makes excellent suggestions on how family and professionals can offer support.
- The author is a well-respected and sought-after national and international speaker on the subject
- It is written in an easy and accessible style.

About the Book

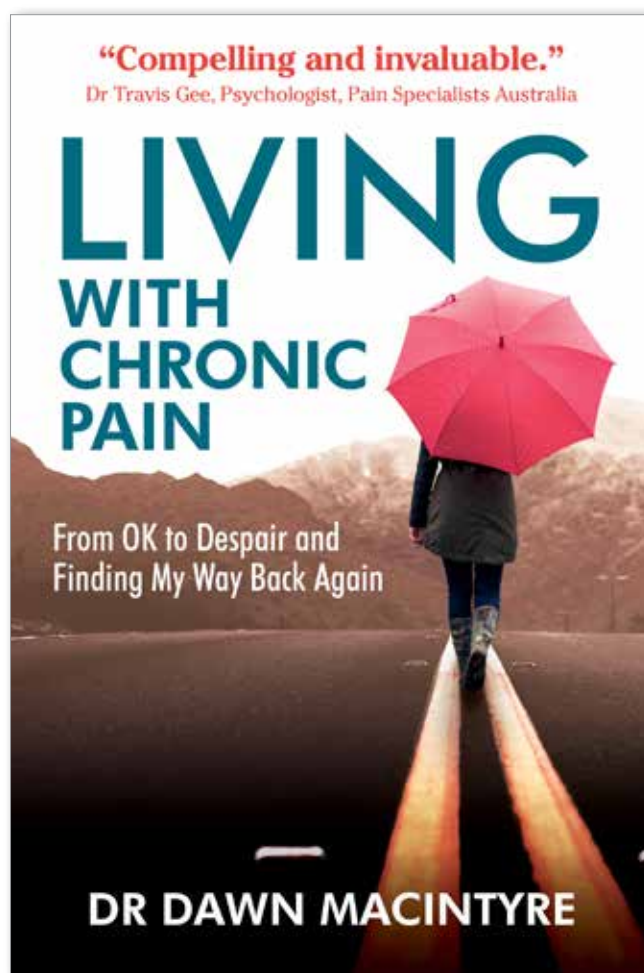
One in five people live with chronic pain and most feel misunderstood and unsupported. Dr Dawn Macintyre is one of those people.

In *Living with Chronic Pain*, Dawn shares her journey from living a full life to a life so diminished, full of pain, shame and exhaustion that she was desperate enough to want to take her own life.

The author's personal story is interwoven with insight into the emotions and challenges faced, as well as practical advice for changes and support to help sufferers enjoy life again. Dawn provides her perspective as both a sufferer of chronic pain, and a health practitioner.

If you are a health professional, this book offers insight into how to best support your patients and clients living with chronic pain.

If you are living with chronic pain, this story will bring you courage, joy and most importantly, the knowledge to find your meaningful life again.



About the Author

Dawn Macintyre is a clinical counsellor, educator and behavioural scientist with a Doctorate in stigmatised conditions. She is also a chronic pain sufferer and now uses her clinical background and personal experience to work extensively with people in this area. Dawn has also authored a number of health books and articles and is a sought-after national and international speaker.

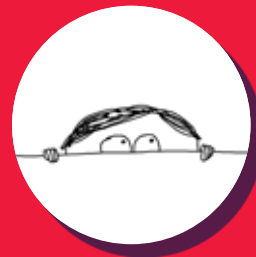
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find YOUR CREATIVE MOJO



| | |
|--------------------|---|
| Author: | Josh Langley |
| ISBN: | 978-1-925675-63-4 PB 978-1-925675-64-1 - ebook |
| Publisher: | Big Sky Publishing |
| Release date: | September 2018 |
| Format: | A5 210x148 mm |
| Pages: | 170 pages |
| Price (incl. GST): | \$24.99 |

‘Josh Langley provides great advice to help anyone bring out their creativity, and light up any aspect of their life.’

‘Josh Langley reignites Inspirational Literature.’ - *Good Reading Magazine*.

Key Selling Points:

- It's a humorous, quick and easy read, while being self empowering and practical.
- Will appeal to anyone wanting to make changes in their life - not just people wanting to be more creative.
- Full of engaging anecdotes and helpful tips.
- A great Australian title in the growing and popular category of contemporary self help/memoir books.

About the Book

Author/illustrator and award-winning radio copywriter, Josh Langley, knows how important it is to find your voice and explore your passions. When he did, his life changed!

In this soul rattling manifesto, he delivers the untold truth about why it's so important to express yourself. This is this perfect call to arms for anyone wanting to unleash their creative spirit, or simply find the confidence to do something different.

A humorous and quirky mix of anecdotes, insights, illustrations and inspirational quotes, *Find Your Creative Mojo* is the perfect companion for any aspiring creative soul.

This is the book that people will want to pick up again and again to inspire them to find their creative voice, or even just to take that first brave step.

Life will never be the same after reading *Find Your Creative Mojo*.

About the Author

Josh Langley is a writer, Outsider Artist and inspirational author who has written and illustrated 6 books. After failing high school twice, Josh went on to create a successful career as an award winning radio creative writer, spanning 20 years. He now gives talks at primary schools and festivals, and runs

workshops on creativity. Josh also runs a creative agency with his partner and lives on 7 and a half acres with a bunch of neurotic chickens. His most recent book, *It's OK to Feel the Way You Do*, was recently shortlisted in the ABIA Small Publisher's Children's Book of the Year category.

