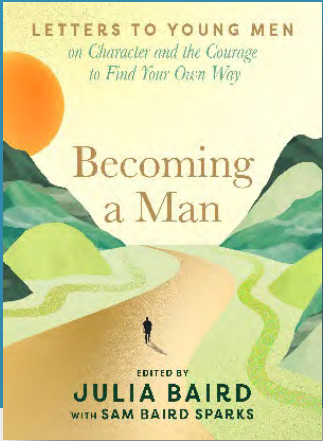
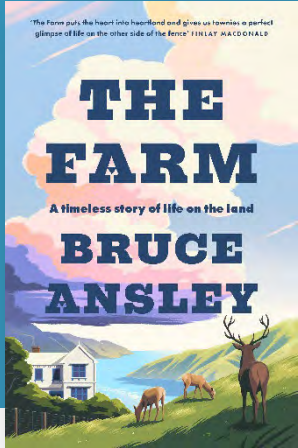
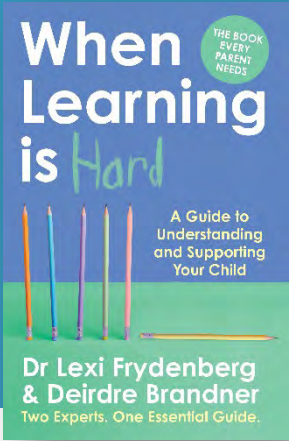
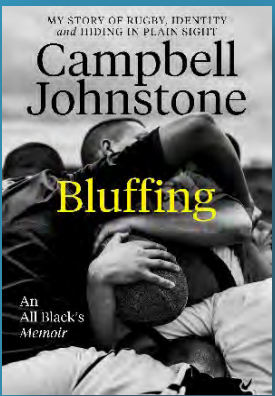
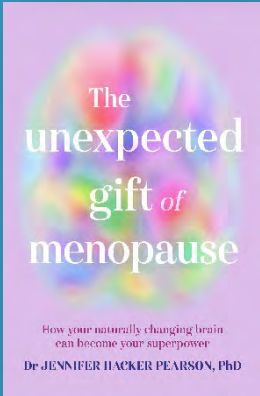
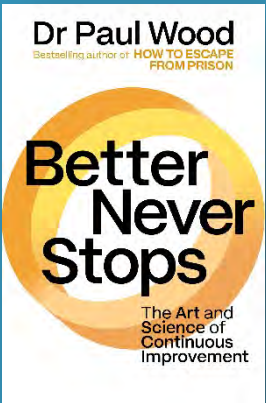
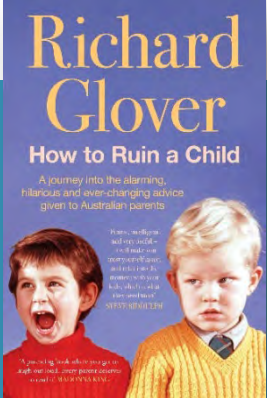
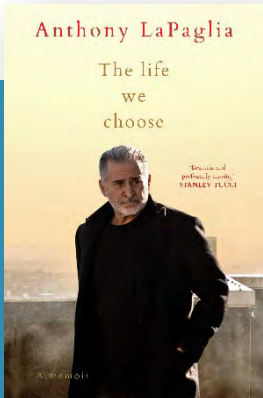
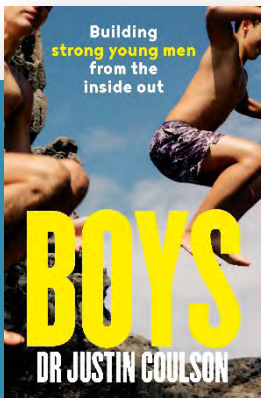




HCANZ ADULT NON-FICTION RIGHTS GUIDE FBF2026



INTRODUCTION

Welcome to the HarperCollins Publishers ANZ Adults Non-Fiction Rights Guide, a comprehensive showcase of the extraordinary talent and unique voices from Australia and New Zealand.

At HarperCollins, our love of publishing Australian and New Zealand stories has spanned more than a hundred years and continues to this day with a dedicated and passionate team of book-makers, book-sellers and book-spruikers. We love books that you can't put down, characters that you fall in love with, stories that stay with you long after you finish the last page.

This guide includes titles from Harper Non-Fiction, Fourth Estate, NZ Non-Fiction and ABC Books. Harper By Design titles are in our illustrated guide which is available by request to airlie.lawson@harpercollins.com.au.

Happy reading!

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WHEN LEARNING IS HARD

Alexis Frydenberg & Deirdre Brandner**A guide to understanding and supporting your child.**

Right now, more children than ever are struggling with learning and many parents are left overwhelmed, unsure where to turn, and often waiting months (or years) for answers.

In Australia, around 10-15% of school-aged children experience learning difficulties, and approximately 5% are diagnosed with specific learning disorders such as dyslexia. Despite these numbers, families face long waitlists for support, inconsistent advice, and a flood of information that is often confusing, expensive, or simply out of reach.

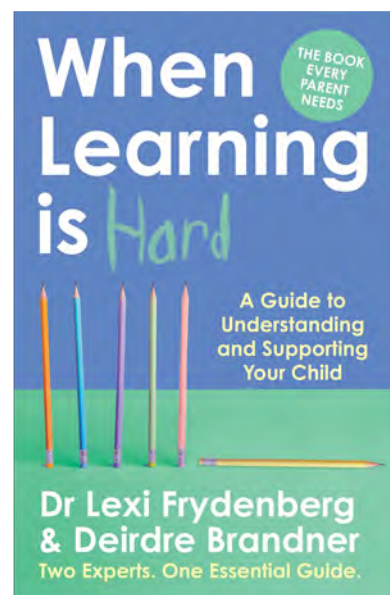
This is the book they need.

Co-authored by a paediatrician and a psychologist, *When Learning is Hard: A Guide to Understanding and Supporting Your Child* offers a clear roadmap for families navigating their child's learning difficulties, from recognising the signs, through to diagnosis, support strategies and next steps at home and school.

Whether a child has a diagnosed learning difficulty or is simply falling behind, this book helps parents take the next step with clarity and confidence.

KEY POINTS

- For parents and educators who are desperate for answers but don't know where to turn, who want to do their very best for their children and students
- Evidence based, written by experts in the field – and sorely needed!
- See the work these incredible authors do through their socials and websites:
 - o **Dr Lexi Frydenberg**
Website: drlexi.com.au
Instagram: @drlexifry
 - o **Deirdre Brandner**
Website: deidrebrandner.com.au
Instagram: @deidrebrandnerpsychology



January 2027

ISBN: 9780733344503

\$35.99

272 pages

234 mm x 153 mm

Imprint: ABC Adult

Rights: World, all languages

Dr Lexi Frydenberg is a respected General and Developmental Paediatrician and educator with over 25 years of clinical experience at The Royal Children's Hospital, Melbourne.

Deirdre Brandner is a registered Child and Adolescent Psychologist and former teacher with more than 30 years' experience supporting children in both clinical and school settings.

BECOMING A MAN

Edited by Julia Baird with Sam Baird Sparks

A practical, funny, uplifting and inspiring collection of letters for young men on how to become the kind of men they want to be.

When Julia Baird's son turned 16, and the internet was rumbling with talk of the manosphere, she decided to ask a handful of family and friends to write a letter to him about what it means to be a 'good man'. The response was overwhelming; her son Sam read them in a three-hour burst.

Now, inspired by the sincere, open, funny and wise letters they wrote – Julia, together with Sam, has collected letters, thoughts and advice from over sixty men on what it means to be, or become a man.

Knowing there are no easy solutions, or flawless role models, each of these men has written from the heart, hoping to spark conversation or be given the advice they never got themselves. From writers and thinkers to boxers and cricketers, from journalists to musicians, former politicians and prisoners to farmers, these men have a broad, idiosyncratic and diverse outlook – sometimes funny, sometimes very moving, sometimes practical, but always thought-provoking. They write about fathers and mentors, sex and love, friendships and families, their own fears, shortcomings and mistakes, and the passions and practices that have sustained them.

This book is the perfect gift for any young man – or man of any age – designed to be dipped in and out of, to spark conversations about the men who we most admire and inspire us, and why.

AWARDS FOR PREVIOUS WORK

Phosphorescence

Winner – Book of the Year, *ABIA*s

Winner – Non-fiction Category, *Indie Book Awards*

Winner – Booksellers Choice Non-Fiction Book of the Year, *ABA*

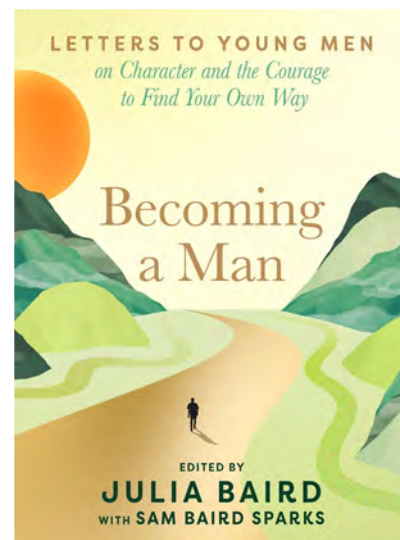
PRAISE FOR PREVIOUS WORK

'Luminous ... A work to both devour and savour, Baird has, once again, written a book the world needs now.' *Guardian* on *Bright Shining*

'This book is beautiful. A book of tough hope. A light in the dark. A thing of beauty. *Phosphorescence* itself. Life, nature, hope. You should treat yourself.' Matt Haig on *Phosphorescence*

'Like spending an evening with a wonderful friend, with unlimited time and a glass of good wine in hand ... A beautiful and rallying read.' *The Australian* on *Phosphorescence*

'I could rave about this gem of a book forever. We need this book. You need this book. It is the perfect gift for us all right now. It is perfect.' *Better Reading* on *Phosphorescence*



November 2026

ISBN: 9781460770375

\$34.99

208 pages

210 mm x 153 mm

Imprint: Fourth Estate Non-Fiction

Rights: World, all languages

Julia Baird is a Sydney-based author and journalist. She writes columns for the *Sydney Morning Herald*, *The Age* and the *ABC*. She is a former co-host of *The Drum* on ABC TV, senior editor of *Newsweek* in New York, Joan Shorenstein Fellow at the Kennedy School at Harvard University, and op-ed contributor for the *New York Times* and the *Philadelphia Inquirer*.

Her first book, *Media Tarts*, was based on her PhD in History about the portrayal of female politicians. *Victoria*, her biography of Queen Victoria, was published globally to critical acclaim and was named one of the *New York Times*' top ten books of 2016. Her third book, *Phosphorescence*, was a multi-award-winning international bestseller. *Bright Shining* was shortlisted for the Australian Book Industry Awards (ABIAs) for Non-Fiction Book of the Year. Julia lives near the sea with her two children and an abnormally large dog.

BOYS

Dr Justin Coulson

This is a playbook for building strong young men from the inside out.

He's disappearing. Behind the closed door, lost in screens, making choices that keep you up at night. He's navigating a world designed to confuse him – algorithms designed to addict him – a world parents don't understand and can't break into. The headlines scream crisis. They warn us that boys are in deep trouble ... and it's getting worse.

But it doesn't have to be like this.

Dr Justin Coulson has a different story to tell. In *Boys*, Justin Coulson reveals what decades of research suggests: when boys get what they actually need, they thrive. Not through force or fixing, but through connection, meaningful challenge, and someone who refuses to give up on them.

This book hands you the 'Playbook'. It cuts through the noise with practical, research-backed strategies for the battles you're fighting right now. Gaming. Pornography. Self-control. Friendships. School motivation. How to discipline without destroying trust. How to stay close when he's pushing away.

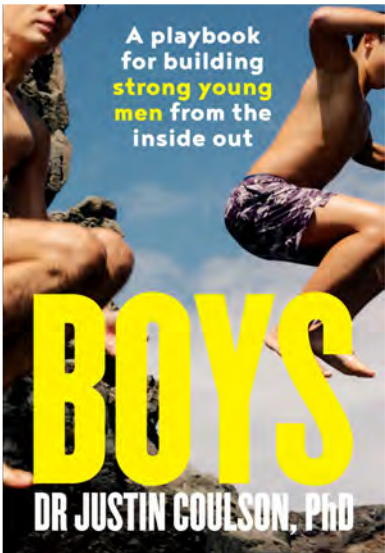
But beneath the tactics lies something more powerful: a vision of masculinity worth fighting for. Boys who help others feel safer and stronger. Who create surplus value. Who become not just good men, but the best version of themselves.

OTHER TITLES

Dr Coulson's previous works include *10 Things Every Parent Needs to Know*, *Miss-Connection*, *The Parenting Revolution*, *21 Days to a Happier Family* and *9 Ways to a Resilient Child*

PRAISE FOR PREVIOUS WORK

'Dr Coulson is a father of six. In my book that means he hasn't seen anything that my 2.5 year old is currently throwing my way. He gets it. And you can tell he gets it. I found myself nodding along at so many points throughout the book, relieved that I'm not the only parent experiencing a particular issue. He knows his stuff, from his personal experience, his studies and the many families he has worked with. The advice in the book is practical, based on scenarios that families so often find themselves in.' *Kid's Magazine* on *21 Days to a Happier Family*



June 2026
ISBN: 9780733342523
\$36.99
304 pages
234 mm x 153 mm
Imprint: ABC Adult
Rights: World, all languages

Dr Justin Coulson is the co-host of the popular TV program *Parental Guidance*, and Australia's top ranked parenting podcast, *The Happy Families Podcast*. He is author of five other family and parenting books and his viral video about raising children has been viewed over 80 million times. Justin is a regular contributor to the *Today* show and other major Australian media outlets. He and his wife, Kylie, have been married since the late 1990s and are the parents of six daughters.

LET'S SLEEP: THE FIRST YEAR

Jazz Kostov

Practical strategies and evidence-based tips for sleeping well in the first year with your baby.

There is a *lot* of conflicting advice about baby sleep and a *lot* of strong opinions about what is the 'right way' to navigate it, so it's only natural to feel overwhelmed and a little anxious about your baby's sleep.

Let's Sleep: The First Year is full of evidence-based and judgement-free advice, giving you all the tools and strategies you need to navigate your baby's sleep with confidence from birth to one.

Written by mum, midwife, nurse and sleep consultant Jazz Kostov, it empowers parents with the knowledge to overcome sleep deprivation, navigate sleep regressions, establish routines and feel confident in a matter of weeks.

PRAISE

'This book is a revelation. Jazz does not 'tell' you what to do, but helps you to find the techniques that will suit your family best. I will be recommending this book for every one of my patients (and the new grandparents!). I wish I had this resource when I had my own children!' Dr Amber Moore, Obstetrician

'Sleep in the first year of life can feel like a mystery – just when you think you have it figured out, everything changes again. Whether you're seeking reassurance, practical strategies, or simply a moment of clarity in the fog of exhaustion, this book is here to support you – every step of the way.' Dr Lexi Frydenberg, Paediatrician

'I have been reading the *Let's Sleep* book and it's every bit as practical and reassuring as the consult, basically like having a sleep coach in your pocket. If you're feeling exhausted, unsure, or just need someone to tell you what's normal and what's not – this is your sign. Get the support. Read the book.' Lauren Treweek, Mum of three, Co-host of *Ready or Not Pod*

'Jazz is an absolute expert when it comes to baby sleep. She's supported my family to navigate baby sleep twice now and her new book includes all the knowledge, routines and advice a parent could possibly need. It also looks incredible – making it a perfect gift for new or expecting parents.' Caitlin Munyard, Mum of two



July 2026

ISBN: 9781460769867

\$45.00

328 pages

215 mm x 165 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Jazz Kostov is a midwife, nurse and sleep consultant with a background in Maternal and Child Health Nursing. As a mother of two, she understands the challenges of infant sleep and has helped hundreds of families create sustainable sleep habits. Jazz empowers parents with the knowledge and confidence to support their baby's sleep, always with a family focused approach.

HOW TO RUIN A CHILD

Richard Glover**A journey into the alarming, hilarious and ever-changing advice given to parents.**

Behind every generation of mothers and fathers in the last hundred years stood an army of advisors – magazine columnists, expert authors, nurses, priests and government agencies. Most of those experts were very certain about their own rules. Any deviation would produce a dire result: you'd ruin a child.

Yet, over time, the advice kept changing. Each generation was told that the last generation had it all wrong. How peculiar that most of the experts did not have children of their own.

And, for the current generation of parents, history offers a consolation. When relatives, and other critics, tell young parents that they are 'doing it all wrong', and that different (usually stricter) methods would make everything go smoothly, the experience of parents over time is wonderfully reassuring. Parenting is tough, however you do it, and the outcome, however you do it, is usually a perfectly fine human.

PRAISE FOR *HOW TO RUIN A CHILD*

'This brilliantly written, forensically researched, laugh-out-loud lampooning of parenting manuals should be a mandatory gift in every maternity ward.' Kathy Lette, author of *Puberty Blues*

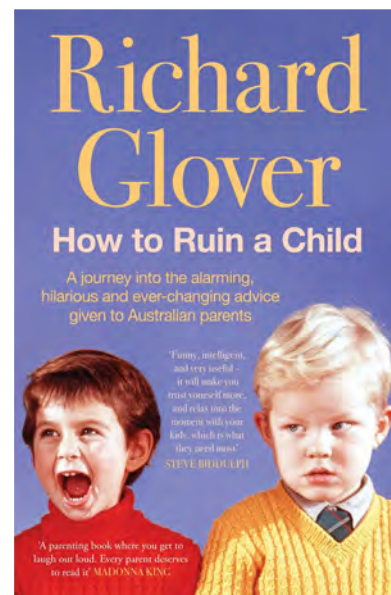
'Funny, intelligent and very useful – it will make you trust yourself more and relax into the moment with your kids, which is what they need most.' Steve Biddulph, author of *The Secret of Happy Children*

'A parenting book where you get to laugh out loud. Every parent deserves to read it.' Madonna King, journalist and author

'Ridiculously funny and breathtakingly profound, this book is the present every new parent needs.' Rebecca Sparrow, author of *Find Your Tribe*

'Raising kids has always been confusing and hard, and Richard Glover's exploration of advice for parents over the last century is fascinating and sometimes devastating to read. I especially love his top 20 tips for parents today – full of compassion and common sense.' Maggie Dent, host of ABC's *Parental as Anything*

'Richard Glover gets parenting right in this book. You can trust me. I'm an expert!' Justin Coulson, author of *21 Days to a Happier Family*



October 2026

ISBN: 9780733344435

\$35.99

288 pages

234 mm x 153 mm

Imprint: ABC Adult

Rights: World, all languages

Richard Glover has written bestselling books *Love, Clancy*, *The Land Before Avocado*, *Flesh Wounds* and *The Mud House*. He writes regularly for the *Sydney Morning Herald* and *The Washington Post*, as well as presenting the comedy program *Thank God It's Friday* on ABC Local Radio.

CHILL LIKE A BUDDHA

Dr Tony Fernando**Ancient wisdom to help us remain calm, flexible and deeply grounded amid the pressures of modern life.**

Why is the human mind so restless, and how do we become calm in an increasingly chaotic world?

Drawing on psychiatry, neuroscience, psychology, evolutionary biology, sleep medicine and over twenty years of Buddhist practice, Dr Tony Fernando, a former Buddhist monk, weaves together ancient wisdom and modern science into a unified framework for emotional resilience.

Through engaging stories, gentle humour, clinical experience and practical exercises, readers will learn about impermanence, dissatisfaction (dukkha), the illusion of a fixed self, relationships, joy, attention and equanimity.

KEY POINTS

- Dr Tony's previous work *Life Hacks from the Buddha* has been a bestseller in New Zealand and Korea
- Rights to *Life Hacks from the Buddha* have been licensed in seven languages to date
- In 2015, Dr Tony was honoured with the Chair's Award by the New Zealand Medical Association, the highest recognition given by the association to a doctor in New Zealand, for his work on physician well-being

PRAISE FOR *LIFE HACKS FROM THE BUDDHA*

'This is an awesome collection of life hacks to help you feel calm amidst all the calamity. It worked for me.' Nigel Latta, author of *Lessons on Living*

'Full of great tips for your mental wellbeing.' Sir John Kirwan, author of *All Blacks Don't Cry*

'Brilliant, relevant, practical. Ancient Eastern wisdom meets modern science.' Art Green

'Overall, *Life Hacks from the Buddha* is a compelling, practical and psychologically grounded guide to cultivating inner peace in a chaotic world ... Dr Tony Fernando succeeds in demonstrating that ancient Buddhist teachings remain profoundly relevant, offering a coherent framework for understanding the mind, overcoming stress, and living with clarity, kindness and contentment.' *Literary Cognizance*



May 2027

ISBN: 9781775543039

\$34.99

288 pages

234 mm x 153 mm

Imprint: Harper NZ Non-Fiction

Rights: World, all languages

Rights Under Option: Korean, German, Russian, Thai, Chinese (complex characters), Polish, English language, Philippines, Japanese

Tony Fernando is a practicing psychiatrist, mindfulness and sleep specialist in Auckland. He obtained his medical degree from the University of the Philippines and his psychiatry and sleep training degree at the University of Pennsylvania. He has been a senior lecturer and award-winning teacher in psychological medicine at the University of Auckland and has been incorporating the Buddha's teachings into his own life and work as a doctor for the past 20 years. Tony has also been ordained as a Buddhist monk in Myanmar.

SHITSTORMS: HOW TO RESPOND TO THE HARDEST THINGS YOU'VE EVER BEEN THROUGH

Nick Arnold

Something awful is going to happen to you. Maybe it already has. A diagnosis, a breakup, a job that vanishes overnight, or a thought so dark you're too ashamed to say it out loud. Nick Arnold calls these moments shitstorms, and he's weathered more than his fair share.

This book isn't about stopping hard things from happening, because you can't. It's about the far more useful question of what you do once they have. Nick isn't a therapist or a psychologist, and he hasn't cracked some secret code to a pain-free life. He's just someone who's been through enough, and interviewed enough people, to develop the 'Now What?' response: a way to survive it, face it, understand what you're dealing with and finally do something about it.

Honest, darkly funny, and refreshingly free of tea-towel wisdom, this is the book you'll wish someone had handed you sooner.

Because bad things happen.

Now what?

KEY POINTS

- Filled with stories of people Nick's met and the strategies he's developed to manage what life throw's at you
- For readers of Mark Manson's *The Subtle Art of Not Giving a F*ck*
- The ideal gift for someone going through a difficult time
- Originally from the UK, Nick now lives in Australia



March 2027

ISBN: 9780733344237

\$35.99

304 pages

234 mm x 153 mm

Imprint: ABC Adult

Rights: World, all languages

Nick Arnold has worked across media for more than 14 years, beginning in the UK's entertainment television industry before moving into journalism and relocating to Australia. Over the course of his career, he has worked with the BBC, ITV, *Channel 4*, *BuzzFeed*, *The Daily Aus* and Junkee Media, where he most recently served as Head of Production.

His work spans multiple formats – including editorial, video, podcasts and photography – and covers a wide range of subjects, from culture, mental health, sexuality, lifestyle, news and travel.

Nick lives in Sydney.

BETTER NEVER STOPS: THE ART AND SCIENCE OF CONTINUOUS IMPROVEMENT

Paul Wood

From delinquent to doctor, Paul Wood knows first-hand how far we can take our lives if we address what holds us back.

At the age of 18, Wood was sent to New Zealand’s toughest prison. Almost 11 years later, in 2006, he walked out a free man, escaping his past and becoming a leading expert in the psychology of personal prisons, limiting mindsets, and the pursuit of excellence.

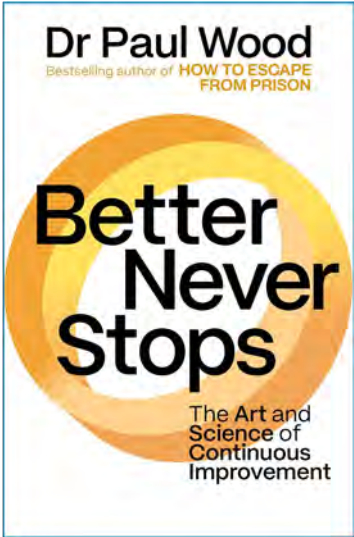
In *Better Never Stops*, Wood explains the neuroscience behind our innate human desire to strive for improvement and how we can supercharge our ability to grow.

Mastering the art of continuous improvement is not only essential to happiness and personal fulfilment - it also offers a better quality of life as we age and, crucially, a life without regrets.

Written as an easy-to-understand guide, *Better Never Stops* combines ancient wisdom, proven psychological techniques, and the latest research to form a blueprint for people wanting to discover how great their lives can truly be.

PRAISE FOR PREVIOUS WORK

‘It is the sort of book that you buy then read, then after some time has passed read a second time, then a third – each time taking different things from it, based on where your life journey is up to at the time of reading. I fully expect to return to this book again for this exact reason.’
Kete Books



August 2026
ISBN: 9781775542971
\$36.99
320 pages
234 mm x 153 mm
Imprint: Harper NZ Non-Fiction
Rights: World, all languages

Paul Wood is a Doctor of Psychology, leadership and development specialist, motivational speaker, media personality, husband and father. His area of expertise is in helping people pursue their potential while developing the mental toughness and resilience necessary to flourish through adversity.

At 18, Paul was in prison and his life was completely off the rails. Paul uses his journey from delinquent to doctor to illustrate the process of transformational change and how we can strive to be the best version of ourselves possible.

Paul lives in Wellington, New Zealand.

EVERYDAY EASE

Mia Northrop

What if creating a calmer, more streamlined home life didn't require grand resolutions, marathon decluttering weekends, or drastic life overhauls – but instead, could be achieved through simple, consistent nudges each day?

Everyday Ease: 365 Nudges Towards an Organised Home Life is a practical, empowering daily guidebook for young adults, busy professionals, parents and pre-retirees who are feeling overwhelmed by household chaos and personal administration. Structured into four intuitive sections – Time, Systems, Money and Self – it offers readers actionable prompts designed to foster clarity, order and peace of mind, one day at a time. Drawing inspiration from the timeless wisdom of *The Daily Stoic*, the behavioural insights of *Atomic Habits*, and the popular life admin strategies of *Life Admin Hacks*, this book uniquely blends daily reflection with real-world action.

Each page-per-day entry features a short quotation to spark thought, a concise commentary to provide context, and a call to action to move readers toward meaningful change in their home and personal lives. Whether a reader seeks to find more time in their day, manage money smarter, strengthen personal boundaries to protect their energy or tie up life's loose ends, *Everyday Ease* offers immediately accessible support, no matter when they start.

PRAISE FOR *LIFE ADMIN HACKS*

'This book flips the switch on life admin as we know it and the perpetual expectation on women to do it all.' Tarla Lamberty, editor-in-chief of *Women's Agenda*

'My stress levels subsided from the opening page.' Helen McCabe, *Future Women*

'Every home needs a copy.' Bron Maxabella Mandile, *Mumlyfe*

'This book is life-changing. Mia and Dinah's practical, wise and clever advice will help you to start important conversations with your partner or children around the day-to-day tasks that have shackled women for centuries.' Tracey Spicer, author and broadcaster



January 2027

ISBN: 9781460769188

\$35.99

320 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Mia Northrop is a researcher, cofounder of life admin education consultancy Time & Grace, and facilitator of The Art of Adulting online community.

She is coauthor of *Life Admin Hacks*, which was the Amazon #1 bestseller in Business Time Management, and was a 2022 finalist in the Australian Business Book Awards.

She was co-host of the number one ranking Australian how-to podcast *Life Admin Life Hacks*, which has had over 150,000 downloads from 100 episodes, where she's interviewed some of the world's leading authorities and fresh voices on time management, the mental load, productivity, personal finance and personal organisation.

YOUR TIME IS NOW

Suzanne Paul

An inspiring guide to overcoming adversity, turning inaction into action, becoming resilient and taking charge of your own destiny.

Suzanne Paul is one of New Zealand's most cherished personalities, known for her unwavering positivity. Over the last twenty years in her work as a motivational speaker, she has taught people around the country how to overcome setbacks and take charge of their future.

Through her own extraordinary path in life, Suzanne has collected tips and tricks she uses every day to help her achieve her goals. Sharing them in this book, these are the pep talks that bolstered her through turbulent highs and lows in business, marriage, family, friendship and mental health, and the lessons she's learned along the way.

Suzanne has a hard-won message for everybody who has ever doubted themselves; who has thought it's too late to pursue a dream; who has faced or feared failure: Your time is now. You can do it.

KEY POINT

- For every woman who has ever doubted herself, thought it's too late, or faced failure – these are pep talks and stories from Suzanne's own life on how to sparkle, shine and succeed!

PRAISE FOR *BUT WAIT, THERE'S MORE*

'The story of Suzanne Paul's triumph over adversity to become a multi-millionaire businesswoman and popular television presenter followed by her more recent financial difficulties has been reported many times. But it was the lesser-known tales in her new book *But Wait, There's More* that had me laughing out loud and even moved to tears.' Jo Bailey

'Scattered with pages of motivational know-how, she shows the hard work behind her success, which she expects more of in future. A lightweight but heartfelt book, no doubt it's author will keep on surprising.' *Otago Daily Times*



November 2026

ISBN: 9781775543190

\$35.99

272 pages

234 mm x 153 mm

Imprint: Harper NZ Non-Fiction

Rights: World, all languages

Suzanne Paul is an English-born New Zealand television personality, who gained fame for marketing Natural Glow makeup and appearing on various infomercials since the 1990s, affectionately nicknamed the 'infomercial queen'. Suzanne has also made appearances in numerous television shows both as a presenter and a guest, including as the winner of the New Zealand version of *Dancing with the Stars* in 2007.

A MATRIARCHAL AGE

Jacinta Parsons

Jacinta Parsons has a lot of thoughts about matriarchal power and wisdom. Her bold suggestion is that equality is no longer what's needed – instead, it's a complete and utter dismantling that we require and the matriarch is ready to get it done properly.

Profiling international and local examples of successful matriarchal businesses, cultures and families, this new book will focus on what matriarchy looks like, how we build the matriarchs of our future, explain how the matriarchal lens is capable of reframing everything, and, that unlike patriarchy, the matriarch ideology can be accessed and mobilised across *all* genders.

PRAISE FOR THE AUTHOR AND HER PREVIOUS WORK

'Jacinta Parsons' superpower is that she is an utterly compelling communicator. She resonates with people all over Australia because she is unafraid to speak the truth with honesty, warmth and humour. This empathetic approach to life is clear in her daily role on public radio, but it is also apparent within her writing.' *Readings*

'This beautifully written book had me laughing, crying and at the end, utterly transformed. It has changed my perspective on ageing and inspired me to live and think about it in a completely different way. Adored it!' Myf Warhurst on *A Wisdom of Age*

'ABC presenter Jacinta Parsons is by turns poetic, angry and circumspectly detached in delivering an intriguing, often moving, collective portrait. A rumination on the female condition and ageing through the generations and beyond ... there is an epic quality to the book. This is distinctive and resonant.' *Sydney Morning Herald* on *A Question of Age*

'A life affirming and necessary read, Jacinta Parson's illumination of womankind devours our female silence and complicity. I was equal parts proud and appalled, validated and illuminated – this book gets personal and goes deep into our collective female experience, I could not look away. Confronting, nurturing, heartbreaking and uplifting, all at once.' Mimi Kwa on *A Question of Age*

'Furious, lyrical, tender and ultimately inspiring, this is a book that should be read by all women, whatever their age.' Monica Dux on *A Question of Age*



September 2027

ISBN: 9780733344510

\$35.99

288 pages

234 mm x 153 mm

Imprint: ABC Adult

Rights: World, all languages

Jacinta Parsons is a broadcaster, radio maker, writer, and public speaker. She currently co-hosts *The Friday Revue* with Brian Nankervis on ABC Melbourne. She has written a memoir, *Unseen* (Affirm Press 2020) and *A Question of Age* (Harper Collins/ABC Books 2022). She is a sought-after public speaker and facilitator with over 15 years' experience hosting live events. Jacinta has lived with Crohn's disease for over 20 years. She is an ambassador for the Crohn's and Colitis Association and speaks and writes about the impact of living with chronic illness. Her latest book is *A Wisdom of Age* (HarperCollins/ABC Books 2025).

THE UNEXPECTED GIFT OF MENOPAUSE

Dr Jennifer Hacker Pearson**How your brain's neuroplasticity during menopause can become a powerful opportunity.**

One night, standing in your kitchen covered in spaghetti bolognese you flung across the room in a rage you didn't recognise, you might find yourself asking: who the hell am I?

If that question feels familiar, you are not losing your mind. You are in transition, and this book will show you why that's the best news you've had in years.

Dr Jennifer Hacker Pearson is a neuroscientist and psychotherapist who spent three decades studying how the brain changes itself. When perimenopause blindsided her in her mid-40s, she turned to the research and uncovered something remarkable: your perimenopausal brain is not failing. It's remodelling.

Just like puberty and pregnancy, perimenopause is a profound neurological and developmental upgrade – your brain's third remarkable renovation project. During this time, your brain enters a heightened state of neuroplasticity, opening a powerful window of opportunity to consciously shape who you become.

Dr Jen calls this menovescence: the transition into your truest, most authentic and most powerful self. Using warm, candid, science-backed guidance, she hands you the tools of self-directed neuroplasticity and a clear map to navigate the wild perimenopausal seas.

This isn't the beginning of the end. It's your invitation to become the person you want to be.

KEY POINTS

- How to use menopause as a superpower – what every peri and menopausal woman needs to know
- A positive, evidence-based new look at a hot subject
- Dr Jen is an active woman's health advocate, speaking out against the lack of support women find in perimenopause

PRAISE FOR *I WISH SOMEONE HAD TOLD ME ...*

'I loved this book so much that I am telling all expectant parents about it. It is the best book I read while pregnant; I found it fully prepared me for the birth and somewhat challenging time after I had my little girl. I don't think my birth experience would have been so amazing if I hadn't read this book – I felt very prepared and empowered.' Maddi M.

'Throughout it all is a complete lack of judgement and a lot of humour, just what new mothers need. There is no other book like this for expectant mothers and it should be prescribed reading everywhere. I will be recommending it to anyone who tells me they are expecting.' Julie S.



March 2027

ISBN: 9781460769461

\$35.99

272 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Dr Jennifer Hacker Pearson is a PhD-qualified neuroscientist, psychotherapist, meditation teacher, women's mental wellbeing specialist, mother and perimenopausal woman. She has a deep passion for educating women about how menopause changes her brain, her mind and her self, and how she can use menopause as her superpower to thrive in life and work.

BEAUTY BY DESIGN: USING MODERN SCIENCE TO LOOK GREAT AND AGE GRACEFULLY

Dr Amy Chahal**For those who want to navigate the changing world of cosmetic medicine to look great now and in the future.**

Are you looking to enhance or maintain your natural beauty or age gracefully but feel overwhelmed by the world of cosmetic medicine and skincare? Do skincare products really work? What treatments are safe, and how can you be sure you're making the best choice?

Cosmetic medicine is a field that bridges beauty and true clinical care. When approached with integrity and expert knowledge, it can lead to fulfilling outcomes – but the choices can sometimes seem confusing or even risky.

In this book, Dr Amy Chahal, a leading cosmetic doctor, demystifies the maze of skincare and aesthetic treatments. With her expert guidance, you'll learn how to assess what's safe and effective, avoid the hype and confidently make decisions that work for you – whether it's a subtle enhancement or something more transformative. After all, what's right for one person might not suit another, and Dr Amy is here to help you find your perfect fit.

Whether you're in your thirties looking to maintain your glow or embracing your later years with grace, this book empowers you to use science-backed strategies to achieve radiant skin and timeless beauty that's uniquely you. When you feel your best, there's power in how you project and how you present to the world.

And remember: beauty isn't all about treatments. A positive outlook and a hearty laugh are just as important as a solid skincare routine.

KEY POINTS

- A doctor's guide to looking great now and in the future
- The one-stop guide to what to do and what not to do
- Science-based strategies
- Born in Canada, Dr Amy Chahal moved to Australia to study medicine – and has stayed



February 2027

ISBN: 9781460766491

\$35.99

320 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, English language

Dr Amy Chahal was born in Toronto, Canada, and moved to Brisbane when she was 24 to study medicine. She worked in country towns all around Australia as she trained as a doctor and is now one of Sydney's most sought out cosmetic advisers. She currently operates the Centre for Medical Aesthetics in Surry Hills, Sydney, and in her spare time, races a Porsche 911 GT3 on the racetrack. Amy lives in Sydney.

A BOY FROM BUCHENWALD

Szaja Chaskiel and Warren Fineberg

The gripping story of a Jewish boy's astonishing courage – and survival – amid the horror of the Nazi invasion of Poland, as told to Melbourne Holocaust Museum director Warren Fineberg.

As I look back on the events of my childhood, I see how often I was robbed of happiness during those years. But I don't want to carry this feeling to my grave. Instead, I want to think about my triumph over adversity, those times when I was in command of myself and the situation.

Szaja Chaskiel was just 13-years-old when the Gestapo knocked at the family door and asked his father to choose 10 Jews to hang in retribution for the killing of cattle. When Szaja's father refused he was shot in the chest. The family was forced to wait nine awful days before Szaja and his younger sister could take their father's body and bury him in the icy ground of the Jewish cemetery.

Soon after, Szaja was sent to Poznan to build roads for the German army. Despite hunger, exhaustion and injury, he escaped from his work group and found shelter in a Catholic presbytery. When it became too dangerous for the parish to hide him, young Szaja set off in a bid to return to his family.

This is the true story of a Polish Jewish boy who, for months, evaded the Nazis, endured the Lodz Ghetto, survived Auschwitz and Buchenwald, but lost most of his family.

After the war, Szaja built a new life in Australia, where he later told his incredible story of courage, loss and hope to Warren Fineberg, then Executive Director of the Jewish Holocaust Centre.

This is a story of boyish adventure, hardship, tragedy – and of hope and forgiveness.

KEY POINTS

- Non-fiction that reads like fiction – the writing is completely immersive
- For readers of *The Tattooist of Auschwitz*, *The Boy in the Striped Pyjamas* and *The Book Thief*



May 2027

ISBN: 9781460769874

\$35.99

320 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Holocaust survivor **Szaja Chaskiel OAM** was born in Wielun, Poland in 1929 and survived imprisonment in the Lodz Ghetto, Auschwitz-Birkenau and Buchenwald concentration camp, where he was liberated at the age of 15. He was a volunteer at the Melbourne Holocaust Museum.

Warren Fineberg was Executive Director of the Jewish Holocaust Centre, now the Melbourne Holocaust Museum, where he met with Szaja Chaskiel and other Holocaust survivors and recorded their stories. Warren conducted more than 100 interviews with Szaja, and also drew on other survivors' testimonies through conversations and interviews at the museum.

THE LIFE WE CHOOSE

Anthony LaPaglia

‘Beautiful and profoundly moving.’ Stanley Tucci

In *The Life We Choose*, Hollywood actor Anthony LaPaglia crafts a memoir as raw and layered as the life he’s lived – a story of reinvention, resilience and the relentless pursuit of something more.

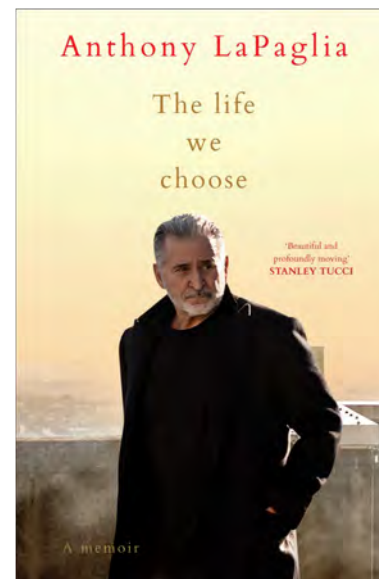
From the suffocating suburbs of Adelaide, where family dysfunction reigned, to the gritty streets of New York, where he found himself bartending for Broadway actors and chasing roles nobody thought he’d ever get, LaPaglia’s journey is a meditation on identity, survival, fame and the cost of ambition.

At its heart, this is the story of a man who grew up in the shadow of his father but refused to be defined by him. Instead, he carved his own path, stumbling through mob-run bars, failed relationships and the unpredictable world of acting, all while searching for a truth that felt like his own.

Unexpectedly funny, brutally honest and steeped in the existential questions of Arthur Miller’s masterpiece *Death of a Salesman*, in which he starred, *The Life We Choose* is a memoir for anyone who’s ever dared to rewrite their story.

KEY POINTS

- This book could be described as a love letter to America, the place LaPaglia chose to live and work
- America embraced him, and the American Dream is woven into the fabric of his story
- This book shows another side to Anthony LaPaglia: along with being an Emmy Award winner, Golden Globe winner, Tony Award winner, screen actor and stage actor, he’s a character, survivor and born storyteller



November 2026

ISBN: 9781460768990

\$45

352 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Anthony LaPaglia is a multi-award-winning Australian actor celebrated for his extensive work across film, television and theatre. Recently, he starred on stage as Willy Loman in the Australian production of *Death of a Salesman*, earning rave reviews, and appeared on screen in Netflix’s *Boy Swallows Universe*, which became a global hit. LaPaglia gained widespread recognition for his role as FBI agent Jack Malone in the hit CBS crime drama *Without a Trace*, earning a Golden Globe in 2004. His portrayal of Simon Moon on NBC’s *Frasier* won him a Primetime Emmy. On stage, he delivered a Tony-winning performance in the 1997 Broadway revival of Arthur Miller’s *A View from the Bridge*. In film, LaPaglia’s wide-ranging roles include *Lantana*, *Balibo* and *Nitram*, each of which earned him three AACTA Awards.

THE STOIC DETECTIVE

Gary Jubelin

In *The Stoic Detective*, Gary Jubelin takes readers on a profound journey through the chaos of crime and the complexities of life. This is not just a reflection on his storied career as a homicide detective but a deeply personal exploration of resilience, redemption and the pursuit of inner peace.

Jubelin's life has been marked by unimaginable darkness – decades spent hunting killers, navigating the violence and pain of humanity's worst moments and enduring the fallout of a career-ending scandal. Yet, through these trials, he has emerged with a renewed sense of purpose. Drawing on the principles of Stoicism and Eastern philosophy, Jubelin shares how he found balance amidst chaos, transforming personal and professional setbacks into opportunities for growth.

Blending gripping true crime stories with philosophical insights, *The Stoic Detective* examines contemporary issues like child abuse, domestic violence and systemic failures in justice. Through conversations with survivors, former criminals and those who've faced life's harshest storms, Jubelin uncovers lessons in resilience, compassion and the power of forgiveness.

This is more than a true crime book – it's a guide to navigating life's challenges with integrity and purpose. Jubelin invites readers to confront their own darkness, embrace life's dualities and discover the light within. *The Stoic Detective* is a testament to the strength of human spirit and a call to find meaning in even the most difficult moments.

AWARDS FOR PREVIOUS WORK

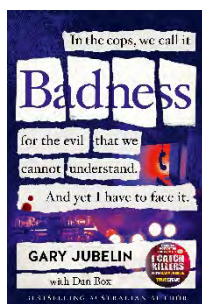
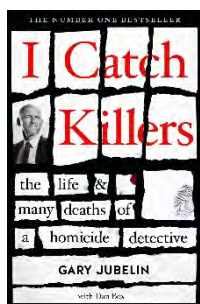
I Catch Killers

Winner – Danger Prize for Non-Fiction, *BAD Sydney Crime Writers' Festival*

KEY POINTS

- Bestselling author – *Badness* was the bestselling true crime book in Australia in 2022
- Combines true crime and self-help
- Looks at the stoic philosophy through the lens of one job that takes the hardest of emotional tolls

PREVIOUS BOOKS IN SERIES



April 2027

ISBN: 9781460769065

\$36.99

256 pages

234 mm x 153 mm

Imprint: Harper Non-Fiction

Rights: World, all languages

Gary Jubelin is one of Australia's most celebrated homicide detectives. He led investigations into the disappearance of William Tyrrell, the serial killing of three Aboriginal children in Bowraville and the murderer Jeffrey Hillsley, who once described himself as 'Walking Evil'. During his 34-year career, Jubelin also ran the crime scene following the Lindt Cafe siege, investigated the death of Caroline Byrne and recovered the body of Matthew Leveson. He retired as a Detective Chief Inspector of the New South Wales Police.

BLUFFING

Campbell Johnstone**A story of rugby, identity and hiding in plain sight.**

A memoir from a former pro rugby player, who grew up on a farm in New Zealand with a dream of one day playing for the All Blacks. The difficulty was that Campbell Johnstone was gay. Petrified his teammates would find out, Campbell lived a closeted life, disguising his disinterest in women with alcohol and binge-drinking. He idolised his older brothers, his tough-as-nails father and no-nonsense mother, but the thought of them finding out was unbearable.

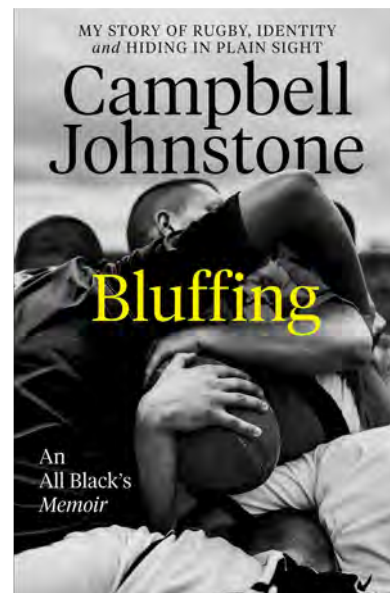
Bluffing is Campbell's journey growing up in the 1980s against a backdrop of anti-gay sentiment and discrimination – it was still illegal for men to have sexual relations until 1986 – and how he hid his true self in his journey through professional rugby. Campbell would eventually realise his childhood dream, playing for the All Blacks alongside greats of the game like Richie McCaw and Dan Carter.

But at what cost?

Being gay didn't fit Campbell's idea of what an All Black should be. The irony is, if he'd only accepted who he was, he would have played many more test matches for the All Blacks, as he wouldn't have drunk to excess to mask his sexuality.

KEY POINTS

- Campbell Johnstone is still the only All Black to have come out publicly as gay
- Speaks on identity, authenticity, being yourself in male environments, inclusion and culture in elite sport, using alcohol as a coping mechanism, mental health and living a double life



February 2027

ISBN: 9781775543350

\$36.99

304 pages

234 mm x 153 mm

Imprint: Harper NZ Non-Fiction

Rights: World, all languages

Campbell Johnstone is a former All Blacks and Crusaders pro who, in January 2023, became the first All Black ever to publicly come out as gay – an announcement that travelled around the world. A three-test All Black, Crusaders forward and former Biarritz and Ospreys player, he is now an internationally recognised voice for authenticity, inclusion and leadership in male-dominated environments. In January 2023 he came out publicly on TVNZ's *Seven Sharp*. He married his partner Ben Thomson in 2024.

THE FARM

Bruce Ansley

A lyrical and entertaining journey to the heart of rural life in New Zealand from one of our greatest living writers.

When Bruce Ansley visited a friend on a sheep farm on Banks Peninsula, they pointed out a property for sale, down by the water.

Down a drive curving through sycamores, oaks and rhododendrons, there was a deer farm, with an old white Victorian homestead, overlooking soft green pastures beneath rocky crags – the Western Valley of Koukourarata, or Port Levy.

What followed were all the things one would expect to encounter when a couple from the city fulfills a lifelong dream to own a farm: joy, heartbreak and disaster – the vagaries of weather, animals and people. All of it made up a way of life that will be recognisable to many who grew up in the country, and anyone who has it still lodged in their psyche.

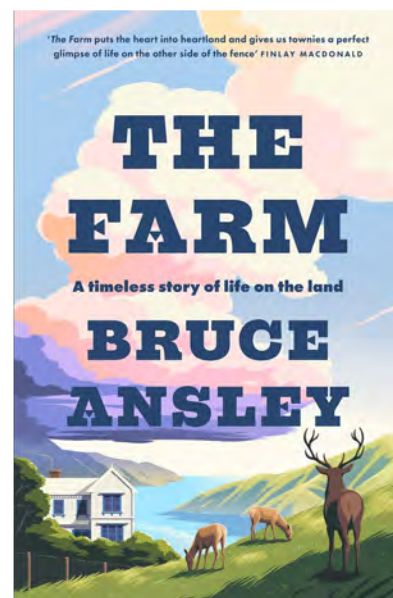
PRAISE FOR THE AUTHOR

‘If New Zealand has a Bill Bryson, it is surely Bruce Ansley.’ Jenny Nicholls on *Down South*

‘Bruce writes the way I wish everyone could tell a story – with wit, grace, wisdom and good timing. Reading him is like listening to a friend whose eye for detail, ear for a yarn and sense of fun remind you why you became friends in the first place. *The Farm* puts the heart into heartland and gives us townies a perfect glimpse of life on the other side of the fence.’ Finlay Macdonald on *The Farm*

KEY POINTS

- A wonderful memoir about buying a hill country farm on Banks Peninsula and fulfilling a life-long dream
- Bruce’s ten previous books have all been bestsellers



September 2026

ISBN: 9781775543336

\$37.99

288 pages

234 mm x 153 mm

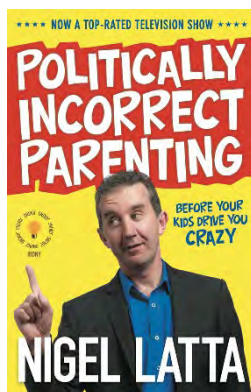
Imprint: Harper NZ Non-Fiction

Rights: World, all languages

Bruce Ansley is one of New Zealand’s pre-eminent storytellers. He has held fellowships at Oxford and Cambridge Universities, and has won a number of journalism awards. He is the author of ten books, including *Coast: A New Zealand Journey* which won Best Illustrated Non-fiction Book at the New Zealand Post Book Awards in 2014. Some of his other books are *A Fabled Land: The Story of Canterbury’s Famous Mesopotamia Station*, *Wild Roads: A New Zealand Journey*, *Wild Journeys* and *Down South*.

PRACTICAL TITLES YOU MIGHT HAVE MISSED

PARENTING



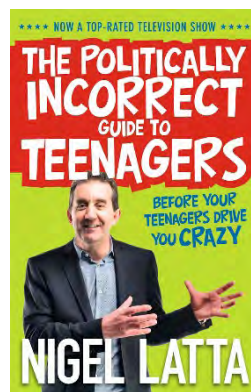
POLITICALLY INCORRECT PARENTING: BEFORE YOUR KIDS DRIVE YOU CRAZY, READ THIS
Nigel Latta

ISBN: 9781869508654
\$27.99
272 pages
Imprint: HarperCollins NZ
Rights licensed: UK & Com, Portuguese (Brazil), Lithuanian, Russian,

Spanish, Chinese – Simplified, Chinese – Complex, Italian, Hebrew, Serbian, Dutch, Bulgarian

For harassed parents struggling to understand why they end up screaming at their kids and tearing their hair out trying to make them understand that bad behaviour has inevitable consequences.

This is the perfect book to help your family make it through the crucial first decade or so – and still enjoy each other's company.



THE POLITICALLY INCORRECT GUIDE TO TEENAGERS: BEFORE YOUR TEENAGERS DRIVE YOU CRAZY, READ THIS
Nigel Latta

ISBN: 9781869509088
\$27.99
320 pages
Imprint: HarperCollins NZ
Rights licensed: Lithuanian, Russian, Croatian, Serbian, Ukrainian

By popular demand, New Zealand's most popular parenting writer drew on his extensive experience in family therapy and working with the country's most difficult teenagers to write the book that will save the sanity of parents everywhere.



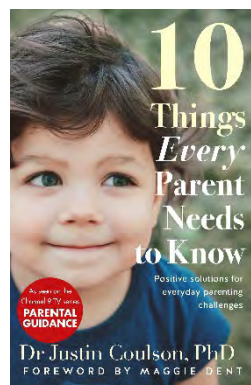
MISS-CONNECTION: WHY YOUR TEENAGE DAUGHTER HATES YOU
Justin Coulson

ISBN: 9780733338892
\$36.99
304 pages
Imprint: ABC Adult
Rights licensed: Polish (Wydawnictwo)

A guide to surviving and thriving through your daughter's teenage years, from Justin Coulson, co-host of Australia's most downloaded parenting podcast, The Happy Families podcast. Justin's video about raising children has also been viewed over 100 million times.

PRAISE

'I predict a dog-eared, underlined copy of this book will soon be on the bedside table of every parent of a daughter! It's a must-have book not just for raising girls but understanding our daughter's inner-worlds.' Rebecca Sparrow, author and social commentator



10 THINGS EVERY PARENT NEEDS TO KNOW
Justin Coulson

ISBN: 9780733338724
\$36.99
272 pages
Imprint: ABC Adult
Rights licensed: Polish (Wydawnictwo)

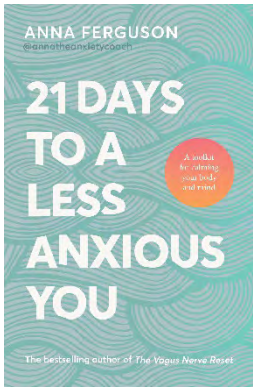
A moving, inspiring and loving call to action for all parents, from Justin Coulson, co-host of Australia's most downloaded parenting podcast, The Happy Families podcast. Justin's video about raising children has also been viewed over 100 million times.

PRAISE

'If your aim is to be the best parent you possibly can, this is your go-to book.' Madonna King, *Being 14*

'A wonderfully practical book that's bulging with heart, soul and wisdom. It's a book I'll definitely be recommending to my children, who are now parents themselves.' Michae Grose, parenting expert and founder of *Parenting Ideas*

SELF-HELP

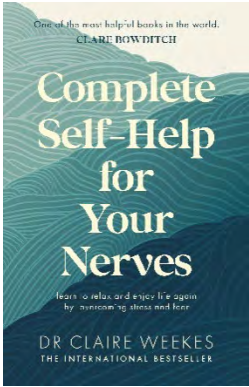


21 DAYS TO A LESS ANXIOUS YOU
Anna Ferguson
ISBN: 9780733344190
\$35.99
336 pages
Imprint: ABC Adult
Rights licensed: English language North America
English language Indian Subcontinent, Serbian, Ukrainian, Dutch

A groundbreaking toolkit for anyone struggling with anxiety, chronic stress, past trauma or difficulty relaxing, from the bestselling author of *The Vagus Nerve Reset*.

PRAISE FOR PREVIOUS TITLE
‘Anna’s book holds the key to overcoming anxiety.’
Chloe Brotherridge, author of *The Anxiety Solution*

‘A must read for anyone who needs some clarity on navigating life in a healthier healed way.’ Helen Marie, psychotherapist and clinical trauma practitioner

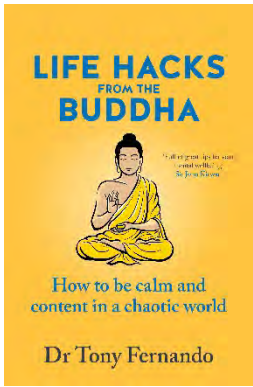


COMPLETE SELF-HELP FOR YOUR NERVES
Dr. Claire Weekes
ISBN: 9780732287078
\$29.99
272 pages
Imprint: Harper Non-Fiction
Rights licensed: English language North America, Thai, Polish, Korean, Japanese, Chinese Complex Characters

The groundbreaking, internationally bestselling step-by-step guide that shows you how to break the cycle of fear and cure your feelings of panic and anxiety.

PRAISE
‘Page after page offers the reassuring reminder that you can best fight your panic by refusing to fight the panic. And in short: It works.’ *The New York Times*

‘It’s the gentle tone and Claire’s empathy that makes it really special ... Life changing stuff.’ *Good Housekeeping*



LIFE HACKS FROM THE BUDDHA
Dr. Tony Fernando
ISBN: 9781775542391
\$34.99
304 pages
Imprint: HarperCollins NZ
Rights licensed: English language, US, UK and Canada (H360) , English language, Phillipines, English language, Indian

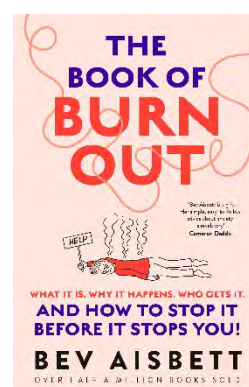
Subcontinent, Russian, Thai, German, Korean, Polish, Japanese, Chinese Complex Characters

With 50 practical and easy-to-follow life hacks, this book will make you a calmer, happier and more chilled-out version of yourself.

A bestseller in New Zealand and Korea. Rights licensed in seven languages to date.

PRAISE
‘Full of great tips for your mental wellbeing.’ Sir John Kirwan

‘This really is an awesome collection of life hacks to help you feel calm amidst all the calamity.’ Nigel Latta



THE BOOK OF BURNOUT
Bev Aisbett
ISBN: 9781460762134
\$25.99
224 pages
Imprint: Harper Non-Fiction
Rights licensed: Vietnamese; Chinese, Simplified Characters

Australia’s bestselling anxiety and mental health expert, Bev Aisbett’s books have sold half a million copies and been translated into eight languages.

In this book, she tackles a growing global mental health emergency: burnout. What it is. Why it happens. Who gets it. And how to stop it before it stops you!

PRAISE FOR THE AUTHOR
‘Bev Aisbett is a gift. Her simple, easy-to-follow advice about anxiety is revelatory.’ Cameron Daddo

RIGHTS CONTACTS

ALBANIA (Kosova, Bulgaria and Macedonia)

Katalina Sabeva
Anthea Literary Agency
62 G.M. Dimitrov Blvd.,
Suite 20 Sofia 1172,
Bulgaria
e: katalina@anthearights.com

BALKAN REGION, SELECT

(Bosnia, Croatia, Montenegro, Serbia, Slovenia)

Enikő Miavec
Katai & Bolza Literary Agents
Vamhaz krt 15 1093
Budapest
Hungary
e: see.rights@kataibolza.hu

CHINA

Gray Tan
The Grayhawk Agency
18, Lane 206, Sec.1, Daan Rd., 106070 Daan Dist.,
Taipei
Taiwan
t: +886 2 27059231
e: fiction@grayhawk-agency.com
e: nonfiction@grayhawk-agency.com

CZECH REPUBLIC

Kristin Olson
Literary Agency s.r.o. Klimentská
24 110 00 Praha
Czech Republic
t: +420 222 582 042
e: kristin.olson@litag.cz

EASTERN EUROPE

PLUS BALTIC STATES

(Select, Latvia, Lithuania, Estonia, Ukraine,
Georgia, Armenia, Azerbaijan, Uzbekistan,
Kazakhstan, Kyrgyzstan, and Turkmenistan)
Tatjana Zoldnere
Eastern European and Asian Rights Agency
19/21-3 Gertrudes St.
Riga, LV 1011 Latvia
t: +371 67506 495
e: zoldnere@eearagency.com

FRANCE

Sophie Langlais
#BAM agency
Books And More Agency
12, rue Juliette Dodu
75010 Paris
France
t: +33 6 86 58 17 42
e: sophie@bamlitagency.com

GERMANY

Niclas Schmoll
The Meller Literary Agency
Landwehrstrasse 17
80336 Munchen
Germany
t: +49 89 36 63 71
e: n.schmoll@melleragency.com

GREECE

Nike Davarinou
Read 'n' Right Agency
9 Amazonon Street
34100 Chalkida
Greece
t: +30 2 221029798
e: nike@readnright.gr

HUNGARY

Ágota Bányai
Katai & Bolza Literary Agents
Vamhaz krt 15
1093 Budapest
Hungary
t: +36 1 456 0313
e: oris@kataibolza.hu

INDONESIA

Santo Manurung
Maxima Creative Agency
Beryl Timur No.41 Gading Serpong
Tangerang 15810
Indonesia
t: + 62 21 5421 7768
e: santo.manurung@maximacreativeliterary.com

ISRAEL

Geula Guerts
The Deborah Harris Agency
P.O. Box 8528a
Jerusalem 91083
Israel
t: +972 0 2 5633237
e: geula@thedeborahharrisagency.com

ITALY

Erica Berla
Berla & Griffini Rights Agency Srl
Via Gian Giacomo Mora, 7
20123 Milano
Italy
t: +39 02 805 041 79
e: info@bgagency.it

JAPAN

Miko Yamanouchi
Japan UNI Agency Inc
1-27 Kanda Jinbocho No. 2 Bldg.
Chiyoda-ku
Tokyo 101-0051
Japan
t: +81 3 3295 0301
e: miko.yamanouchi@japanuni.co.jp

KOREA

Henry Shin
Eric Yang Agency
3F E Building, 54-7
Banpo-Dong, Seocho-gu
Seoul 137-803
Korea
t: +82 2 592 3356
e: henryshin@eyagency.com

NORDIC COUNTRIES

Monique Oosterhof
Mo Literary Services
Zwaluwtong 41
1141 KN Monnickendam
The Netherlands
t: + 31 6 15 425 706
e: mo@moliterary.nl

POLAND

Marcin Biegaj
Andrew Nurnberg Associates
ul. Motławska 9, 6th floor
02-127 Warsaw
Poland
e: marcin.biegaj@nurnberg.pl

PORTUGAL & BRAZIL

Lua Gasset
Bookbank S.L. Agencia Literaria
San Martin de Porres 14
28035 Madrid
Spain
t: +34 91 3733539
e: lua@bookbank.es

ROMANIA

Marina Adriana
Simona Kessler International
Copyright Agency
Str. Banul Antonache 37
011663 Bucharest
Romania
t: +4021 3164806
e: marina@kessler-agency.ro

RUSSIA

Olga Lutova
Andrew Nurnberg Literary Agency
21 Tsvetnoy Blvd.,
6 Stroenie, Suite 72
Moscow 127051
Russia
t: + 495 625 81 88
e: o.lutova@lit-agency.com

SPAIN

Alicia González Sterling
Bookbank S.L. Agencia Literaria
San Martin de Porres 14
28035 Madrid
Spain
t: +34 91 3733539
e: alicia@bookbank.es

TAIWAN

Gray Tan
The Grayhawk Agency
18, Lane 206, Sec.1, Daan Rd., Daan Dist.,
Taipei 106070
Taiwan
t: +886 2 27059231
e: grayhawk@grayhawk-agency.com
e: fiction@grayhawk-agency.com
e: nonfiction@grayhawk-agency.com

THAILAND

Sherri Cheng
The Grayhawk Agency
26/393 Ideo Q Sukhumvit 36, Khlong Tan, Khlong
Toei, Bangkok 10110
Thailand
t: +66 969513093
e: sea@grayhawk-agency.com

THE NETHERLANDS

Monique Oosterhof
Mo Literary Services
Zwaluwtong 41
1141 KN Monnickendam
t: +31 20 632 58 10
e: mo@moliterary.nl

For all other territories, and for film, TV and other
rights please contact:
Airlie Lawson PhD, Head of Rights:
airlie.lawson@harpercollins.com.au

TURKEY

Ayşenur Tural
AnatoliaLit Agency
Caferağa Mah.
Dr. Esat Işık Cd.
Işın Apt. No:42, Daire 9, Kat: 1
34710 Kadıköy – İstanbul
Türkiye
e: aysenur@anatolialit.com

VIETNAM

Sherri Cheng
The Grayhawk Agency
26/393 Ideo Q Sukhumvit 36, Khlong Tan, Khlong
Toei, Bangkok 10110
Thailand
t: +66 969513093
e: sea@grayhawk-agency.com