



SPARKING
IMAGINATION,
CONVERSATION
& CHANGE

Subsidiary Rights Guide
March 2020
London Book Fair

Pantera Press — taking on the world...

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

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

We released our first titles in 2010 and were short-listed in 2013, 2014, 2018 and 2019 for the Australian Book Industry's (ABIA) Small Publisher of the Year Award. In 2015 we were short-listed for the ABIA Innovation Award. We are the only publisher to have been named a 'Heatseeker' by Nielsen BookScan for three successive years (indie publishers showing both the highest short-term and long-term growth). We have a team of seasoned industry professionals fast developing a list of award-winning and critically acclaimed authors and titles across a range of genres.

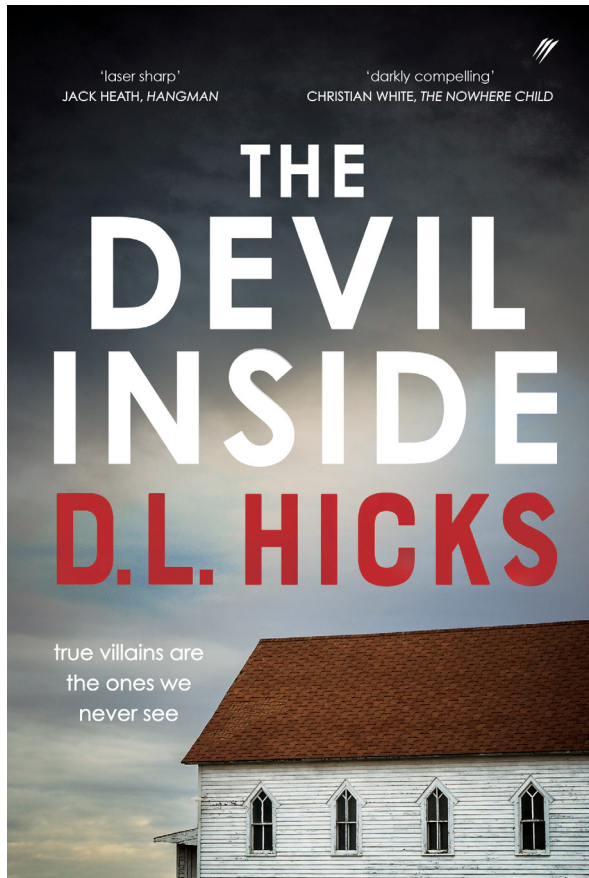
Our books are distributed in Australia and New Zealand by Bloomsbury, and we hold world rights to most of our titles. We would love to introduce you to our list.

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Upcoming and Recent Adult Fiction

The Devil Inside | D L Hicks



Do not fear what you are about to suffer. Revelation 2:10

In a peaceful coastal town, a young woman is found brutally murdered, a piece of scripture held tightly in her hand. Local detective Charlotte Callaghan is put on the case, and she's glad for the distraction – Gull Bay can be a hard place to keep a secret, and she's holding on to a few.

After Charlotte asks her brother, Father Joseph Callaghan, about the verse, her suspicions fall on his parishioners. Then a second victim is found, along with another biblical message.

A dark betrayal is concealed within the small community. For Charlotte, there's something personal about this case, something that threatens the very core of her beliefs. Can she unravel this mystery before it tears her town apart?

About the Author



David Hicks has been a police officer with Victoria Police and has worked on the street for over twenty years, a job which he describes as giving him a front seat to crime and humanity in all its colour – both good and bad – while also providing ideas and insights for his writing.

Through his stories, David hopes to challenge readers to examine the line between good and evil and how circumstance can alter a person's life in the blink of an eye. Along with writing fiction, he has written an extensive article for the Australian Police Journal.

David lives in Geelong with his wife and two children - complete with a dog and picket fence. The Devil Inside is his first novel.

Pub Date: February 2020

ISBN: 9781925700817

Category: Crime Fiction

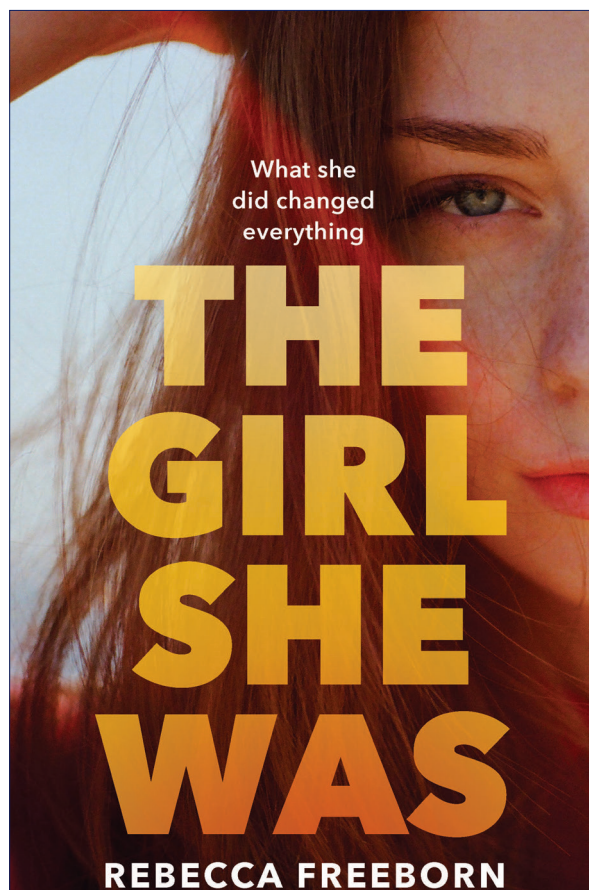
Format: Paperback C 234mm x 153mm

Extent: 350pp

Rights Held: World

Rights Sold: Audio (Wavesound)

THE GIRL SHE WAS | Rebecca Freeborn



'She'd long ago stopped wondering whether anyone would find out what she'd done. It was in the past, and Layla didn't dwell on the past.'

Layla was just like any other teenager in the small town of Glasswater Bay: she studied hard, went out with her friends and worked at the local cafe after school. But when her attractive, married boss turned his attention on her, everything changed.

Twenty years later, she's living a quiet life in the suburbs with a loving husband and two children. She's finally left the truth of what happened behind. Until she receives a text message: I know what you did.

For years, she's outrun her past, turning away from her friends and her home town. Now her past is about to catch up.

A Better Reading 'Rising Star' for 2018

Pub Date: March 2020

ISBN: 9780648508434

Category: Contemporary Women's Fiction

Format: Paperback C 234mm x 153mm

Extent: 356pp

Rights Held: World

Rights Sold: Audio (Bolinda)

About the Author



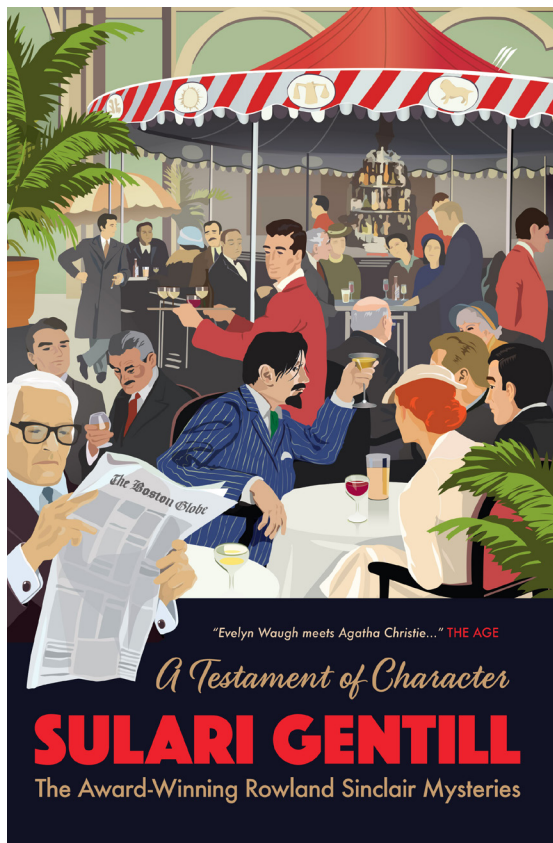
Rebecca Freeborn has been writing compulsively since she was old enough to wield a pen, both for her work in media and communications and for pleasure.

She has had several short stories published and has several manuscripts under development, both literary fiction and contemporary women's fiction.

She lives in Adelaide with her husband, three children and three very entitled pets.



A TESTAMENT OF CHARACTER | Sulari Gentill



THE TENTH BOOK IN THE ROWLAND SINCLAIR MYSTERY SERIES

In fear for his life, American millionaire Daniel Cartwright changes his will, appointing his old friend Rowland Sinclair as his executor.

Soon murder proves that fear well founded.

When Rowland receives word of Cartwright's death, he sets out immediately for Boston, Massachusetts, to bury his friend and honour his last wishes. He is met with the outrage and anguish of Cartwright's family, who have been spurned in favour of a man they claim does not exist.

Artists and gangsters, movie stars and tycoons all gather to the fray as elite society closes in to protect its own, and family secrets haunt the living. Rowland Sinclair must confront a world in which insanity is relative, greed is understood, and love is dictated; where the only people he can truly trust are an artist, a poet and a passionate sculptress.

About the Author



Award-winning author Sulari Gentill set out to study astrophysics, graduated in law, and then abandoned her legal career to write books instead of contracts. Born in Sri Lanka, Sulari learned to speak English in Zambia, grew up in Brisbane and now lives in the foothills of the Snowy Mountains of NSW where, with her historian husband, she grows French black truffles, cares for a variety of animals and raises two wild colonial boys. Sulari also paints, but only well enough to know she should write, preferably in her pyjamas.

Sulari is the author of nine books in the award-winning and best-selling Rowland Sinclair Mysteries as well as the Greek mythology adventure series The Hero Trilogy.

Pub Date: March 2020

ISBN: 9780648508489

Category: Historical Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 384pp

Rights Held: World

Rights Sold: North America (Poisoned Pen Press); UK and Commonwealth ex ANZ and Canada (Oldcastle Books)

"Gentill immerses us in an unfamiliar world that quickly becomes one we willingly reside in." Herald Sun

"..provides the reader with a slick and entertaining story that expertly combines exciting history detail with a scintillating mystery." Canberra Weekly

THE ROWLAND SINCLAIR MYSTERIES | Sulari Gentill

Rowland Sinclair, the black sheep of a wealthy Australian rural grazing family, and his loyal and endearing companions, artist Clyde, poet Milton and the beautiful sculptress Edna, find themselves repeatedly in the wrong place at the wrong time, embroiled in murder and mayhem.

This award-winning gentleman detective series offers a tantalising insight into the people and politics that shaped 1930s Australia and the world, including a fascinating array of real characters, many of whom changed the course of history.

Rowland Sinclair and his friends are guaranteed to charm you against the very real backdrop of the tensions of the Great Depression and the rise of fascism, solving crimes from Australia to London and Germany in their inimitable style.



AWARD WINNING SERIES

A FEW RIGHT THINKING MEN

Shortlisted for the Commonwealth Writers Prize, 2011

A DECLINE IN PROPHETS

Winner of the Davitt Award for Best Crime Fiction, 2012

PAVING THE NEW ROAD

Shortlisted for the Davitt Award for Best Crime and Mystery, 2013

A MURDER UNMENTIONED

Highly Commended, Best Adult Crime Fiction, Davitt Awards, 2015

Shortlisted for the Best Crime Novel, Ned Kelly Awards, 2015

Shortlisted for the Australian Book Industry Awards Small Publisher Adult Book of the Year, 2015

The Serpent's Skin | Erina Reddan



It's a cold and wintery night in 1968 and ten-year-old JJ's mother isn't home. The cows are milked, the pigs fed, and her dad won't answer any questions.

The four children survive as best they can in a cloud of their father's lies and clear misery, dealing with their mother's absence in their own ways. But it's always been JJ's job to cause trouble, and her sleuthing wreaks havoc in their tight-knit community.

Fourteen years on, JJ has a new life, a loving partner and a good job, but she finds herself being pulled back in to the unsolved mystery of her childhood. While pretending to have made peace with her father's dishonesty, she organises a final farewell for her mother so they can all put the past behind them. Will the tragic truth finally set them all free?

The Serpent's Skin is a gripping, literary crime novel about male power and the secrets that can haunt a family. Most of all, it's about the many ways we prove our love.

This novel ushers in Erina Reddan as a brilliant new voice in Australian fiction.

About the Author



Erina Reddan is a writer, a strategist, a public speaker and author. She has a Master's Degree in Professional Writing (University of Technology Sydney) and is currently undertaking a PhD in Creative Writing (La Trobe University).

She has been awarded the prestigious Walkley Award for her work as an ABC foreign correspondent, and won the Screen Producers Association of Australia's pitching award (Holding Redlich) for the documentary concept, Ghosts in the Machine.

Erina is Executive Director of a media messaging business and has lectured in international politics at The University of Melbourne, tutored in creative writing at La Trobe University and taught at Writers Victoria.

"The Serpent's Skin is a powerful, gripping read, with a cast of complex, satisfyingly original characters. Erina Reddan has written a rich, memorable Australian novel."
Graeme Simson, author of *The Rosie Project*

Pub Date: June 2020

ISBN: 9781925700732

Category: Literary Crime Fiction

Format: Paperback C 234mm x 153mm

Extent: 350pp

Rights Held: World

Rights Sold: Audio (Bolinda); Large Print (Ulverstone)

THE REACH | B. Michael Radburn



An isolated town with a dark past...

Devlins Reach in the Hawkesbury River is known for its secluded location and picturesque beauty. But within its tight-knit community of loggers, store owners and tight-lipped locals, a killer is on the loose.

When three bodies are unearthed in an excavation site, park ranger and wilderness expert Taylor Bridges is called in to help local police, and he discovers the town has an unsettling history. But Taylor has a past of his own that still haunts him and his family.

As a torrential storm grows closer, The Reach goes into lockdown. With no way in or out, Taylor finds himself in race against the power of nature to catch the killer before the whole town goes under.

About the Author



Between road trips on his Harley Davidson, B. Michael Radburn is a family man. The hauntingly beautiful surrounds of his rural Southern Highlands holding inspire his stories.

Radburn was an award-winning short-story writer before he moved to writing novels. This freed him to explore his characters, as well as the natural and supernatural environs in his work.

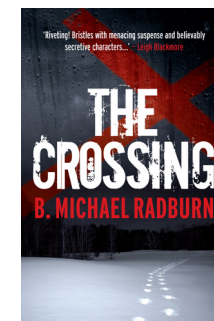
He enjoys farming his small property and has a deep passion for music.

Radburn treasures the time he spends jamming on guitar, banjo and harmonica.

Pub Date: September 2020
ISBN: 9781925700510
Category: Crime Fiction
Format: Paperback C 234mm x 153mm
Extent: 352pp
Rights Held: World

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

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



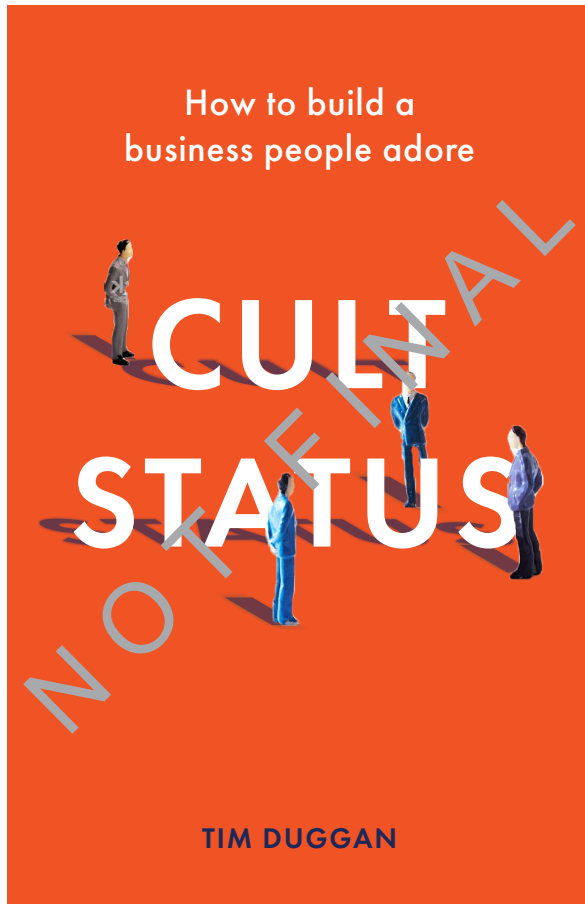
THE CROSSING

Rights Sold:
French (Editions du Seuil);
Audio (Wavesound); Film
Option (James Khehtie)

THE FALLS

Rights Sold:
French (Editions du Seuil);
Audio (Wavesound)

———— Upcoming and Recent Adult Non-Fiction ————



HOW TO BUILD A BUSINESS THAT PEOPLE ADORE

There's never been a better time to have a good idea: consumers are changing, and the businesses forming around them are principled, purposeful and creative. The next generation of entrepreneurs think differently, and *Cult Status* will show you how you can too.

Enough has been written about huge cult brands founded last century - Nike, Apple, Red Bull. What will the cult companies of tomorrow look like? Who is amassing the kind of passionate community that makes a brand a massive, longterm, cult success?

Tim Duggan, Co-Founder of one of Australia's most innovative and awarded new media companies, has studied hundreds of entrepreneurs over the last decade to uncover what successful next generation businesses all have in common.

Drawing on the strategy of the founders of modern companies with cult followings - including Blake Mycoskie (TOMS Shoes), Zoe Foster Blake (Go-To Skincare), Joe Gebbia (Airbnb), Melanie Perkins (Canva), Tim Brown (Allbirds), Daniel Flynn (Thankyou Group) and dozens more – Tim unveils the trends and principles driving modern business today.

Armed with this book anyone from anywhere can help create the next business with serious cult status.

About the Author



Tim is a new media entrepreneur who has co-founded and sold multiple businesses. Described by Time Out as "an entrepreneur with the clout of Tony Soprano and the disposition of Fred Hollows", Tim was named #1 on Startup Daily's Young & Influential list and has had a front row seat to the rapid changes in media and business.

Tim is the Co-Founder and Publisher of Australia's leading Millennials digital publisher, Junkee Media. Under his leadership they are the only publisher in history to be awarded the coveted title of Mumbrella's Media Brand of The Year for multiple titles, Junkee and Punkee. Junkee Media was named Publishing Company of The Year at the 2018 Publish Awards and their content agency, Junkee Studio, helps leading global brands like American Express and Qantas tell and share their stories.

Tim began his career as a music journalist for Rolling Stone, lives with his partner, Ben, and dog, Winnie, in Sydney and also sits on the Boards of Hello Sunday Morning, a tech startup working to change people's relationship with alcohol, and the Griffin Theatre Company, Australia's new writing theatre.

Pub Date: July 2020
ISBN: 9781925700534

Category: Business

Format: Paperback C 234mm x 153mm

Extent: 276pp

Rights Held: World

GLIMPSES OF UTOPIA | Jess Scully



OPTIMISM IN ACTION AROUND THE WORLD

Optimism isn't naive. It is possible to imagine a future worth fighting for, and there are places where people are already living and creating it. Jess Scully takes us on a journey to uncover the people shaping a world you might actually want to live in. Because until we can see these these glimpses of hope, how can we try to work towards them?

Gathering information from around the globe, she explores areas where there is clear hope for the future - including the design of future cities, how work practices will adapt, how we'll cope with disasters and how we can work together to harness technological developments to achieve a better world.

This book is a call for optimism, not in spite of, but because of the scale of the challenges arrayed before us: humans are rising up to confront that challenge with creativity, resilience and community. These people aren't working to save the world, because the world as it is, isn't worth saving. They're building a new world that's designed from the outset to be fair and sustainable, and with our help, they can succeed.

About the Author



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

She was the founding director of Vivid Ideas, Australia's largest creative industries event, and has curated creative sector events including Junket, TEDxSydney and Curating Participation. Jess was a founding contributor to the Sydney Culture Network, launched in late 2017.

She is an advocate for the knowledge economy, creative and cultural sector, and encouraging participation in politics, creativity and enlivening our public realm. As a public art curator, her projects included Green Square Library and Plaza. She has served as an arts policy advisor and strategist, directed the Qantas Spirit of Youth Awards and the Creative Cities East Asia project, and began her career as editor of a number of publications including Yen, Empty and Hotpress.

Pub Date: August 2020

ISBN: 9781925700879

Category: Non-fiction - General

Format: Paperback C 234mm x 153mm

Extent: 278pp

Rights Held: World



FACING YOUR SHIT AND FINDING YOURSELF

Harness your darkness, get your shit together and create a truly fulfilling life.

Indigo Project psychologist Mary Hoang will teach you how to face your fears and anxieties and make meaning from loss and pain, to find your true purpose and a life that resonates for you.

Hidden in the folds of human life are the stories that most of us want to keep in the dark. The shit storms, our anxieties, our failed relationships, our sadness, our fears for the future, our psychological pain.

Darkness is Golden is a commentary on the universal experience of 'darkness' that weighs on us all, and how those shadows can hold the answers we seek. It's an insightful guide on how to embrace the complexity of the mind when navigating emotions and relationships.

Drawing on her years of psychological and therapeutic expertise, Mary Hoang will teach you how the tools of modern psychology, combined with age-old wisdom, provide you with the alchemy to turn darkness into gold; how to traverse, hopscotch, and shimmy with the web of your secrets, stories, and skeletons - to render purpose, meaning and a life that resonates for you.

About the Author



Mary Hoang is an entrepreneur, artist and the head psychologist and founder of The Indigo Project, Australia's largest and most progressive psychology practice. Since 2009, she has been pioneering a creative approach to psychology. Mary has emerged as a leader in the humanisation and transformation of the mental health industry.

After her father's death in 2017, Mary turned to art and writing to explore the darker aspects of life – anxieties, fears, insecurities, loss, emotional pain and 'baggage' – and how these hold the keys to insight, meaning and purpose. The moving artworks she produced, utilising sound, psychology and installation, informed groundbreaking research by the University of Melbourne.

Covering questions such as:

- How facing death can give us an appreciation of life.
- How facing the shit in your life opens pathways to change.
- How facing your negative emotions helps you to connect with yourself.
- How facing your shitty relationships and past hurts allows you to find peace within yourself.
- How facing the fear of change in your life will create a life that's meaningful.

Pub Date: September 2020

ISBN: 9781925700718

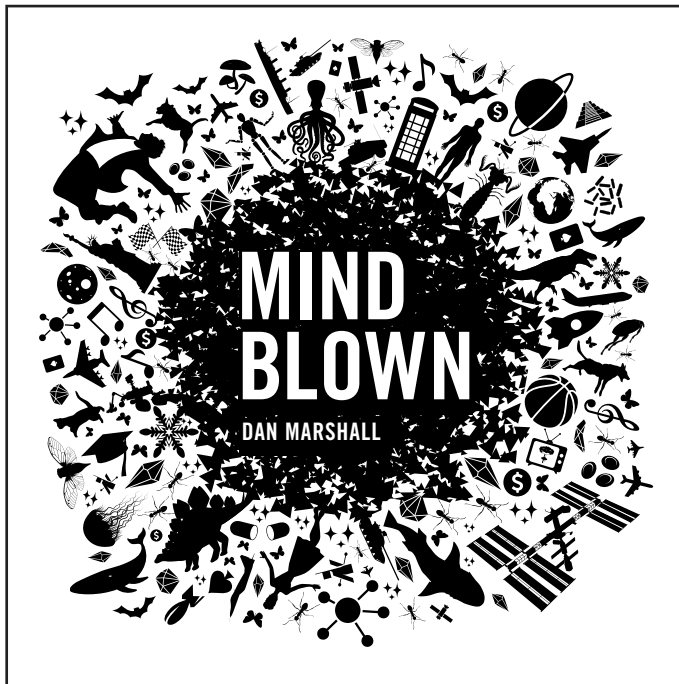
Category: Personal Development/Psychology

Format: Paperback C 234mm x 153mm

Extent: 278pp

Rights Held: World

———— Upcoming and Recent LOST THE PLOT titles ————



Did you know space is only an hour's drive away? Did you know there is a jellyfish that is biologically immortal? Or that of all life that has ever existed on Earth, 99.9% of it is extinct? Dan Marshall's slick new book is packed to the brim with facts that will BLOW YOUR MIND.

Delightful illustrations and beautiful design bring to life some of the hardest to believe and awesomely real facts you'll ever see.

Prepare to have your mind blown...

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

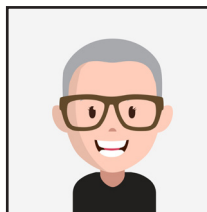
Mind Blown was born from Dan's passion for graphic design, communicating information visually and his deep curiosity for the incredibly strange place that is our universe.

Publication: November 2019

Page Size: 320 x 320mm

Extent: 184 pages

Rights Held: World



If there was a hole right through the Earth, it would take 42 minutes to go from one side to the other.

If you've ever wondered just how far we humans have drilled down into our planet's surface, then try imagining the globe as an apple. It might surprise you that we haven't even sunk our teeth through the skin yet. Bizarrely, some people from the Soviet Union once started digging to see how deep a hole they could make. After almost two decades of constant work, they'd only managed to go down 12 kilometres – that's around 0.1% of the way through the planet.

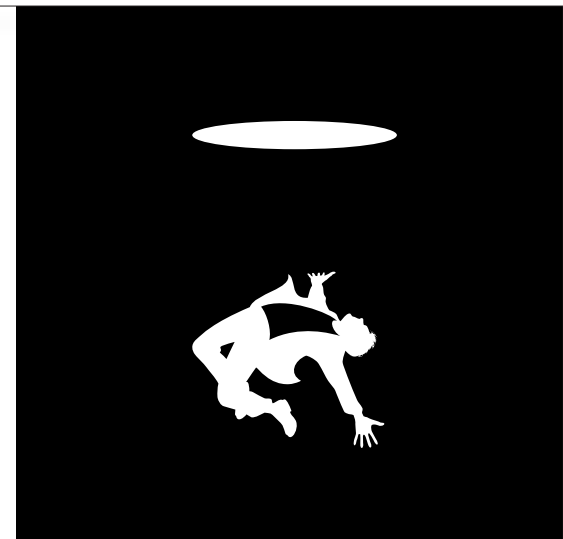
Creating a hole all the way through Earth would be impossible. The tunnel itself would be 12,756 kilometres long, and all of the material in its path would need to be displaced. That would make a very impressive pile. Not only would the tunnel be long but inside it would be hot as all hell. The temperature at Earth's core is a blazing 6000°C!

Imagine for one minute that the Soviets had succeeded in digging their crazy hole. Somehow that hole would go all the way through Earth, ignoring the enormous distance and the heat, not to mention other barriers, like the friction of the drilling process and the rotation of Earth itself.

What would happen if someone was to fall through it? Theoretically, you'd enter the tunnel at one point, fall straight through the centre and then resurface on the opposite side of the planet. Easy peasy. You'd start falling with zero speed, which would rapidly build to a maximum of 28,440 km/hour as you hit the Earth's core. You'd then slow back to zero as you reached the other side. Much like the way a pendulum swings down and up again.

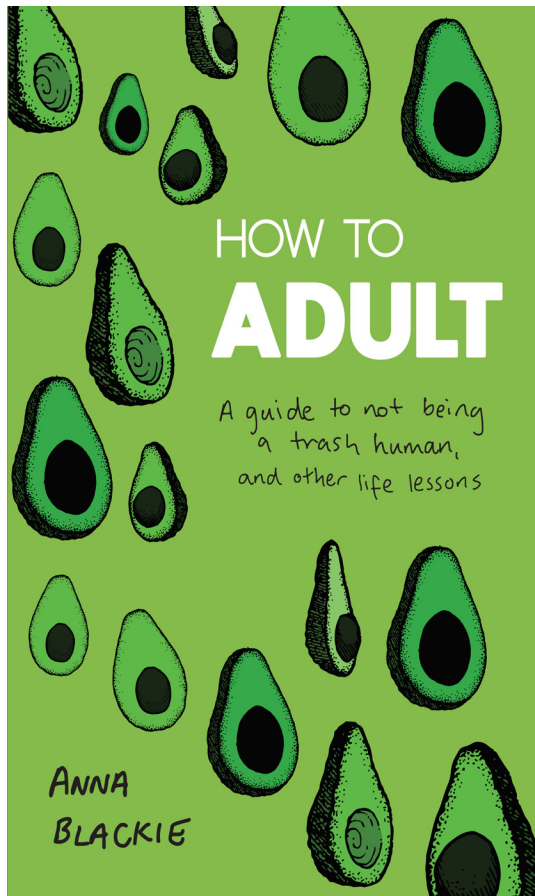
The total travel time for this theoretical journey from one side of the globe to the other would be a tidy 42 minutes. That's less time than the average television drama episode.

10 MIND BLOWN



THE PLOT

A visual feast of facts that you won't believe, uniquely illustrated and displayed. A perfect gift to dip into again and again, with facts guaranteed to impress your friends and family!



Shit you should know, but probably don't.

Do you know your shiraz from your merlot?

Could you find north if you were lost in the wilderness?

Are you craving gravy but don't how to make this magical sauce?

The answers are all here.

From doing your taxes to changing a tyre, asking for a raise to mastering the art of avocado preparation. This is the ultimate guide to all of the things a fully functioning adult should know to survive in the big scary world.

Packed with sage advice from a real-life hopeless millennial, this book will keep you from starvation, make folding fitted sheets a reality, and teach you to look like a real professional adult when you're actually just an incompetent trash human.

Anna Blackie is a real-life hopeless millennial who spends her time advising other millennials on how to function in an attempt to avoid her own shortcomings.

While living in Sydney and dreaming of one day eating an avocado in her very own house, Anna realised there was a shocking amount she didn't know about how to function in the adult world. In a blind-leading-the-blind situation, she decided to write her very own guide to being a grown-up and fill it with all the things she hoped she would one day understand.

With Chapters Including:

Money is Scary and Here's Why
Culinary Skills to Keep You From Starvation
Living Out of Home Without Dying
How Not to Be a Trash Human
(and other useful life skills)
Helpful Tips for Adult Professionalism
How Not to Die in the Wilderness
Basic Wisdom from an Mechanical Engineer
Legal Advice For When You're Too Poor
for a Lawyer
Not Dying: Tips from a Medical Professional
Pretending You're Not a Lazy Shit

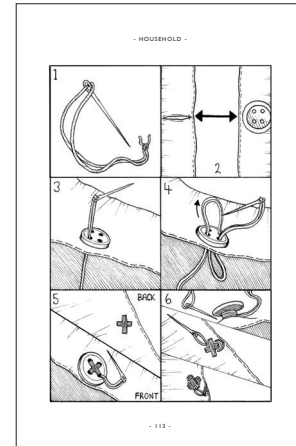
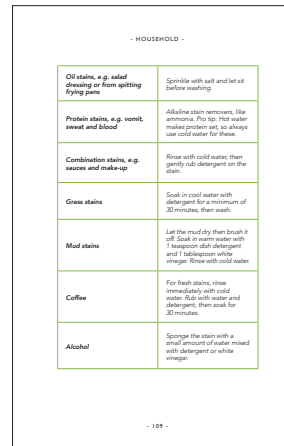
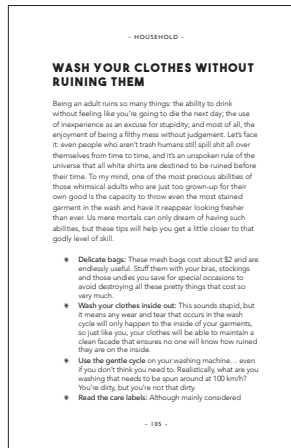
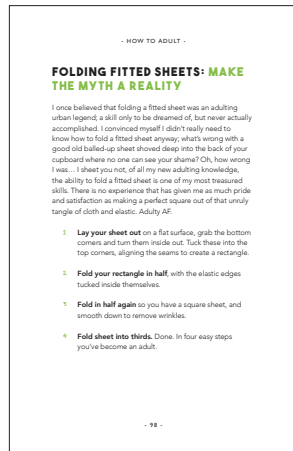
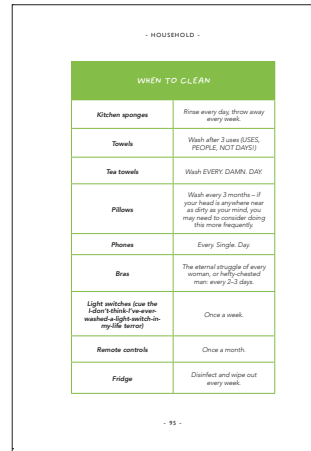
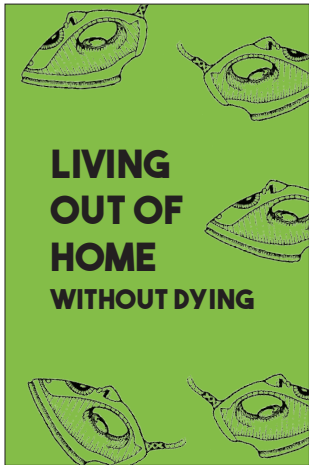
Publication: January 2020

Page Size: 198 mm x 128 mm

Extent: 288 pages 2 colour

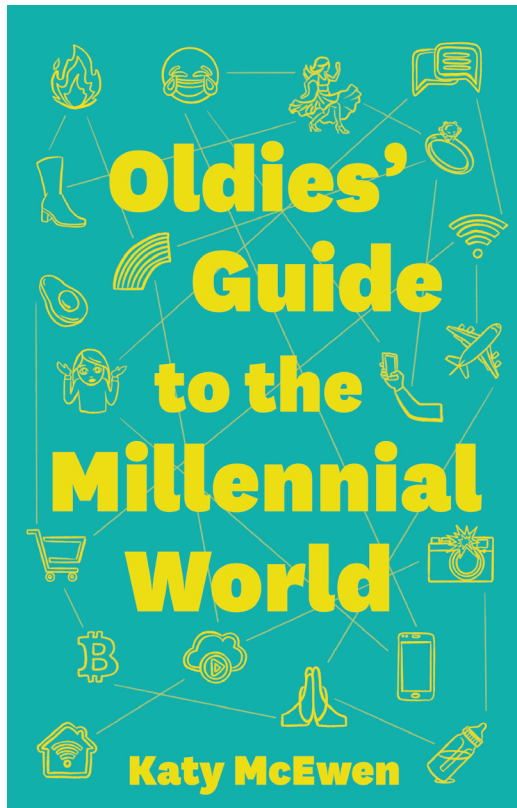
Rights Held: World





OLDIES' GUIDE TO THE MILLENNIAL WORLD

Katy McEwen



Ever felt like you're completely out of touch with the evolving world?

Unable to tell your 'Lots of Love' from your 'Laugh Out Loud'?

Are you in a complete daze when it comes to streaming, swiping left, LGBTQAI+ and cryptocurrency?

This is the book for you.

All these things the millennial generation take for granted are now within your reach thanks to the helpful guide to the banter of the modern age.

'Remember when we cried as kids and our parents said, "I'll give you something to cry about"? We thought they were going to hit us but instead they destroyed the housing market, quadrupled college tuition, and melted the ice caps.'
Imagine@Funny_Imagine on Twitter

Katy McEwen is a baby boomer surrounded by millennials. She grew up in the UK and has spent her life around books, including working in a bookshop and various publishing companies before moving to Australia.

Married with three millennial children she is constantly trying to understand, she decided that there were more than likely others who might like to be let into those secrets too, so put together the Oldies' Guide to the Millennial World (with some help from her kids and workmates!).

With Topics Including:

The World Wide Web, Smartphones, Facebook, Instagram, Twitter, Memes, Reddit, Echo Chambers, YouTube, Streaming, The Cloud, The Internet of Things, Smart Homes, Online Privacy, Google, Big Data, Amazon, Online Shopping, Fashion, Bitcoin, LinkedIn, Self-brand, WhatsApp, Tinder, Relationships, The Rainbow - LGBTQAI+, Marriage, Religion, Politics, Drugs, Feminism, Housing, The New Sharing Economy, Climate Change, Education, Working Life, Travel, Language, Visual Language, Gen Z

Publication: March 2020

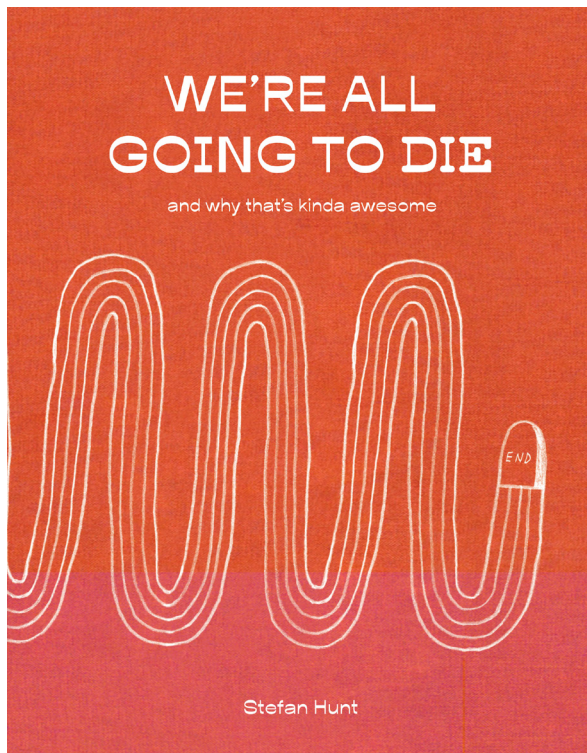
Page Size: 198 mm x 128 mm

Extent: 250 pages Full Colour

Rights Held: World



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10 out of 10 people reading this will die.

Stefan Hunt was a successful film director, travelling around the world capturing beautiful stories and making new friends, a life one can only dream about. Then, at the age of 27, he became riddled with an anxiety which left him paralysed with fear and questioning his purpose. On the advice of a friend he decided to put pen to paper in search of relief, and out tumbled the five words which began a poem that led to his major epiphany: *We're All Going to Die*. Far from being a morbid thought, Hunt felt reassurance and inspiration when he accidentally stumbled across life's only guarantee.

Written and illustrated by Hunt, *We're All Going to Die* takes on the immense task of exploring the meaning of life in the form of a Dr Seuss-esque book for adults. Pairing eloquent prose with whimsical illustrations, this picture book follows a conversation between fear and death asking you to look at the 'what ifs', the 'why nots' and the 'oh wells' that might flash before your eyes if Death were to pay you a visit. The result is a simple message: Fear Less and Live More.

Stefan Hunt is a writer and filmmaker collaborating with the biggest global brands, directing multi-award-winning documentaries, commercials, music videos and TV series.

*His most ambitious creative project to date is *We're All Going to Die*, which also consisted of short-film and multimedia art festival in Sydney, aimed at empowering an audience to 'fear less and live more'.*

He currently lives in New York City.



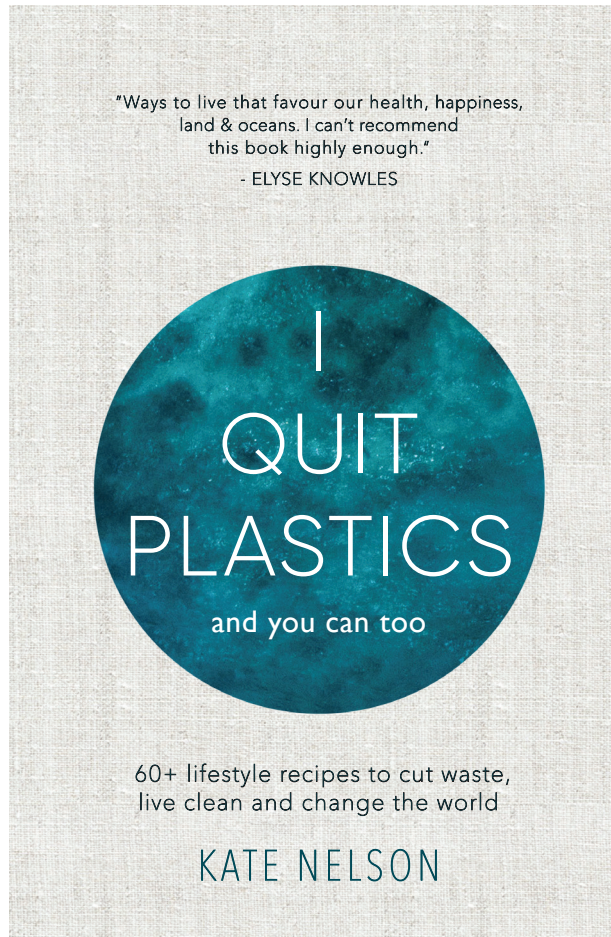
Publication: March 2020

Page Size: 7 inches x 9 inches

Extent: 72 pages Full Colour

Rights Held: World (exc North America)





An inspiring and practical journey to quitting plastic.

Kate Nelson has been disposable plastic free for a decade. She started small by stopping her use of plastic bags and water bottles, refusing straws and using a reusable cup for her coffee. But as she became aware of just how much plastic she encountered in her day-to-day life without realising, she knew she had to do more. It has taken years, but the journey has been humbling and full of learning.

I Quit Plastics is an inspiring and practical guide to reducing your use of plastics, wherever you may be on the journey. Complete with an 8-week phase-out program, and full of recipes and tips to help you cook, shop, wear, clean and live plastic-free, Kate Nelson shows you how to reduce your waste and live more simply and sustainably.

With over 60 recipes that cover cooking, beauty, hygiene, and cleaning, Kate Nelson shares how making small changes within your own life you can help have a lasting, global impact.

Kate Nelson is one of Australia's leading plastic-free advocates. She started her journey in 2008 when she volunteered at Jean Michel Cousteau's Ocean Futures Society.

Since then she has lobbied government, pitched to corporates, spoken at schools all over the world, and founded an education and advocacy not-for-profit called 'Save the Mermaids' to spread the word.

She now lives in Byron Bay where she has been plastic free for 10 years and where she continues to run workshops and educate 50,000+ social media followers on the joys of living simply and consciously.

Recipes include:

Cooking: Banana Bread, Sweet Potato Blueberry Porridge, Maple Glazed Pear Breakfast Crumble, Lentil Chickpea Fafels, Zoodle Pad Thai, Vegan Cheese, Eggplant Chips, Peanut Butter Cups, Rich Gooey Raw Brownies

Hygiene: Toothpaste, Deodorant, Mouthwash, Face Masks, Sunscreen

Beauty: Mascara, Foundation, Bronzer, Blush, Eyeliner

Cleaning: Laundry Detergent, Cleaning Spray, Stain Remover

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Smoothies: blend like a boss

Smoothies have become one of the best things to happen to healthful eating since the dawn of time. They're easy to make, they're portable, and they're delicious. But there's one catch: They're also loaded with sugar. And that's a problem because too much sugar can lead to weight gain, heart disease, and other health problems. So how can you get the most out of your smoothies without getting too much sugar? Here are some tips:

- **Use fruit, but not too much.** Fruit is the main source of sugar in smoothies, so it's important to use it wisely. Stick to one or two servings of fruit per smoothie. That's about half a cup of berries, a small banana, or a few slices of citrus fruit.
- **Use low-sugar sweeteners.** If you need to sweeten your smoothie, use a natural sweetener like stevia or monk fruit. These sweeteners are much sweeter than sugar, so you can use a lot less of them. They also don't have the same negative health effects as sugar.
- **Use healthy fats.** Fats are important for keeping you full and for absorbing the nutrients in your smoothie. Use a healthy fat like coconut oil or avocado oil. These fats are also good for your heart and brain.
- **Use protein.** Protein is important for building muscle and keeping you full. Add a scoop of protein powder or a handful of nuts or seeds to your smoothie.
- **Use fiber.** Fiber is important for keeping you full and for keeping your digestive system healthy. Add some spinach or other leafy greens to your smoothie.

By following these tips, you can enjoy the benefits of smoothies without getting too much sugar. So go ahead and blend like a boss!

Smoothies that are high in sugar can be a problem for people with diabetes. They can cause blood sugar to spike, which can lead to complications. So if you have diabetes, it's important to be careful about the sugar in your smoothies. Here are some tips:

- **Use low-sugar sweeteners.** As mentioned before, use a natural sweetener like stevia or monk fruit. These sweeteners are much sweeter than sugar, so you can use a lot less of them. They also don't have the same negative health effects as sugar.
- **Use healthy fats.** Fats are important for keeping you full and for absorbing the nutrients in your smoothie. Use a healthy fat like coconut oil or avocado oil. These fats are also good for your heart and brain.
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When our lips are cracked and dry it can be a sign we need to drink more water. It's also a nice practice to give your mouth a gentle scrub once a week to keep the lip skin supple. Apparently, how close your submarine goggles to keep your mouth shut, however, can also serve as a tip to keep it hydrated and nourished. We have to clean away the dead skin before we can exfoliate our lips. Scrub regularly and apply balm.

Mix together in your palm:

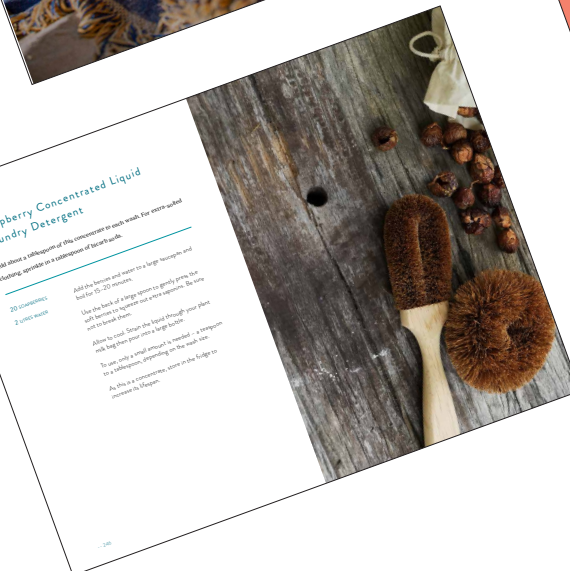
- 2 tablespoons
olive oil
- 2 tablespoons
olive oil
- 1/2 cup
olive oil

Apply to your lips.

Use with warm water.

Apply Lip Balm (see page 203)

Note: You can always use your palms as you have enough for a scrub in the bathroom as well.



Sasberry Concentrated Liquid Laundry Detergent

Add about a tablespoon of this concentrate to each wash. For extra scrubbing, available in a collection of face to soap.

20 concentrates
2 units each

Add the berries and water to a large soapstone and wash for 15-20 minutes.

Use the back of a large spoon or gently press the back of the spoon to separate the berries from the water.

Allow to cool. Strain the liquid through your plant and hold them over a large bucket.

To use only a small amount is needed - a teaspoon to a tablespoon depending on the wash size.

As this is concentrate, use in the large container to dilute.

— 100 —

[illegible]



*Going vegan seems impossible!
What do I tell my family, they think it's unhealthy?
I don't want to annoy my friends!
Where do I find food and clothes?
How do I still get all the vitamins I need?*

Have you been thinking about going vegan? Whether it's for environmental, ethical or health reasons it can be a very big decision to make and implement into your lifestyle.

Vegan Living is a gentle, accessible and inspirational guide for a transition into vegan living by Ondine Sherman, one of Australia's leading voices in the animal welfare space.

Based on Ondine's own personal road to being vegan and expert advice, this is an easy and practical guide to implementing vegan practice into all aspects of your life including food, fashion, cosmetics and health products and other lifestyle items that use animal products. It will also provide you with the tools you need to navigate being vegan in a non-vegan world, and how to answer questions that your friends and family might have about your lifestyle change.

Ondine Sherman is the Co-founder and Managing Director of Voiceless, the animal protection institute. She stopped eating meat at seven and became full vegan (95% in reality) nearly five years ago.

Ondine holds a BA in Communications from the University of Technology, Sydney, and an MA in Environmental Education from Macquarie University. She is an Ambassador for Action for Dolphins and Director of conservation NGO, This is My Earth (TiME). Ondine writes on animal protection regularly in the media and her opinion pieces have been published in Sydney Morning Herald, AlterNet, Mamamia and more.

In 2012 she was Nominated by Cosmopolitan for "Fun, Fearless, Female" Award, presented the Commencement Speech for Macquarie University in 2011 and in 2009 nominated as Australia's top 10 Community Leaders by News Limited & Microsoft.

She lives in Israel with her husband and three children.

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THE TIME IS NOW

"There is nothing so powerful in the world as an idea whose time has come and animal protection is just such an idea."

- MICHAEL KIRBY, AUSTRALIA'S LONGEST SERVING JUDGE

12 - The Time Is Now

Yippee! You've taken the first step on the path to a vegan cruelty-free, plant-based lifestyle and I'm delighted you're here.

If you're an omnivore, pescatarian, vegetarian or even vegan-curious, this book is written just for you. A healthy happy vegan lifestyle is win-win-win-win (repeat infinite times) for you, animals, the environment and the future of our planet.

What's the best time to begin my journey? I hear you ask. How about, now? You'll be in great company. Animal protection is the social justice movement of our century and the vegan awakening is happening, making history in our very generation. It's worldwide and spontaneous, and involves millions of people shifting away from animal products.

We have a global population of 7.7 billion people and, in recent years, 70 per cent of the world's people have

reported either reducing or stopping their meat consumption. This has been largely led by millennials concerned about animal protection and the environment.

If you're thinking the vegan movement is populated by only hippies and hipsters, you couldn't be more wrong. Mainstream businesses, multinational corporations and investors are taking note. There's an explosion of new plant-based products, vegan food technology, ethical fashion and, most importantly, passion.

Hundreds of new cookbooks are filling bookshelves and celebrity chefs are jumping on board. The world's largest multinationals, renowned for their meat and dairy products, are now investing in vegan food technology. And companies like Google, Burger King and even McDonald's are getting on the meat-free train.

Billionaires such as Bill Gates, Jay-Z and Richard Branson are investing heavily in the area while vegan and vegetarian celebrities are influencing their billions of fans. Ariana Grande believes veganism can make you live longer and happier. Ellen DeGeneres is encouraging her fans to stop eating meat, and Miley Cyrus is sure veganism is taking over the world. Music sensation Billie Eilish told her millions of fans, "I understand that meat tastes good... and I know you think you're just one person and it won't change anything if you stop but... you should know 'one person' adds up."

♥ ♥ ♥

32 - The Time Is Now

Veganism is a joyful way of life – a conscious, responsible, ethical decision to live our lives without harming, exploiting or killing other sentient beings. It's a life based on the principles of peace and non-violence and one brimming with kindness, respect and compassion to all living creatures and the Earth.

Don't we all want a world that's more caring, just, fair and less violent? Let's give that a resounding YES.

Vegan living is not hard. Most of us living in industrialised countries have unprecedented choice about what we can eat. Our supermarkets overflow with a wide variety of products and, if we're lucky, with a click of a button, food, fashion and beauty products are delivered directly to our door. We are able to easily meet our nutritional needs and keep up with fashion trends without

supporting industries known to cause both harm to animals and environmental destruction.

But remember – veganism is not a diet, fad, club, fashion or cult. It isn't a new-age concern at all. Veganism and vegetarianism have been a part of Asian Buddhism, Jainism, Sikhism, Taoism and Hinduism for thousands of years – the concept of *ahimsa*, meaning non-violence, respecting life and doing no harm, plays a central role. In fact, the vegetarian and sometimes vegan diet of the Rastafari movement of Jamaica, is intended to improve health, avoid causing death and bring followers closer to what they refer to as universal energy and life force.

Grandpa wisely said that true happiness is when what you think, do and say are in harmony. When our diet and choices are in line with our belief system we feel our deepest values reflected in daily life. This is when we can live our innermost truth.

I know from experience that there is a soulful, authentic, joyful feeling when your outides match my insides. And I'm not alone.

34 - The Time Is Now

Fourteen years as a vegan, Grace from our Vegan A-Team explains what it means to her:

"Veganism is a philosophy on life.
It re-frames the way you see the world, see food and see yourself as a moral agent... It's opened me up to world cuisine, made me think about the intersection of a variety of social issues like animal rights, human rights, migrant rights, environmental rights... Veganism is a powerful idea... one to which very few people can meaningfully provide any kind of robust counter-argument, in my experience."

Harry Bolman, host of the Vegan Hour, a regular four-hour livestream on Facebook in which he interviews vegan identities, describes it this way:

"Veganism is the lifestyle
that seeks to eliminate (as much as possible) the use of animals for any purpose... To cease exploitation, enslavement, commodification and use of animals for any purpose. To treat all animals (and by extension, all living beings) with the love and respect we wish for ourselves. When our intention is to do no harm, we find a way, not an excuse."

35 - The Time Is Now

3

HEALTH & FOOD

"I am living without fats, without meat, without fish, but am feeling quite well this way. It always seems to me that man was not born to be a carnivore."

- ALBERT EINSTEIN

This chapter was written in collaboration with Dr Lella Masson, medical doctor and paediatrician.

100 - The Time Is Now

Today millions of people around the globe are proving that being healthy and being vegan are highly compatible. A healthy vegan diet is appropriate for all stages of our life, including pregnancy, breastfeeding and adolescence. Research supports that vegetarians and vegans are at reduced risk of a number of health conditions including heart disease, certain cancers, Type 2 diabetes, hypertension and obesity. This is because vego and vegan diets are often low in saturated fat and high in vegetables, fruit, whole grains, legumes, soy products, nuts and seeds (all rich in fibre and phytochemicals). This causes lower total and low-density lipoprotein cholesterol levels and better serum glucose control, which leads to the reduction of chronic disease.

A comprehensive large study of nutrition coined the "Grand Prix of epidemiology" concluded that human beings are basically a "vegetation species" and, for our own health

and longevity, we should say clear of meat and dairy.

Expert scientific advice regarding diet usually recommends less animal products but, unfortunately, some nutritionists haven't caught up with the times. Others rely on information from health studies surreptitiously funded by meat, egg and dairy industries using questionable science or drawing suspect conclusions. A number of people I know have also increased, rather than decreased, their meat consumption following trends such as paleo and low-carb diets. And many ill-informed health professionals score away their vegan-curious clients, making them doubt their decision to adopt a vegan diet. Make sure you're getting advice from only the most informed and educated experts.



Where art meets science in the magical, wonderful infinity of space.

Bite-sized chunks of incredible, unbelievable information explaining everything you need to know about our universe from black holes to dark matter, featuring aliens, crazy scientists and incredible worlds!

Space is Cool as Fuck features more than 100 wild artworks, photographs and illustrations from 40 international young artists, expressing the ineffable, immense, beautiful and insane.

Kate Howells is a lover of all things space.

In 2017 Kate secured a position on Canada's Space Advisory Board. Currently she collaborates with the Canadian government and international NGO, The Planetary Society, to help people develop skills and tools to launch space knowledge into their communities.

She has put this book together with a little help from her friends in the community (including legendary Bill Nye the Science Guy).

Kate is based in Montreal, Canada.



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SPARKING
IMAGINATION,
CONVERSATION
& CHANGE

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