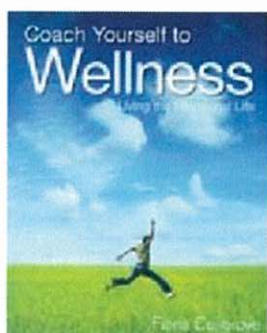


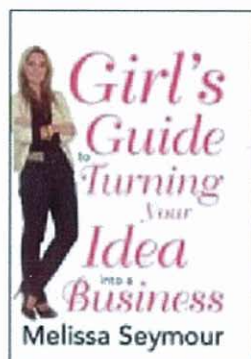
The Africa Book Lonely Planet

Following on from *The Travel Book* and *The Cities Book* in Lonely Planet's best-selling series, this in-depth celebration includes an introduction to the continent, a selection of journeys around Africa, facts and figures for each country, stimulating essays and a swag of knockout photographs. This glossy, hardcover coffee-table book features 54 country profiles covering essential experiences, people, trademarks, random facts, traditions, legends and surprises. A selection of famous and historic routes as well as off-the-beaten-track passages helps you journey Africa from your armchair, and with maps of every country, this book will inspire the imagination for your next journey. RRP \$55.00



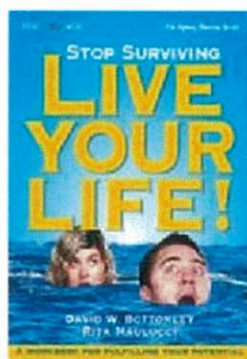
Coach Yourself to Wellness Fiona Cosgrove

According to wellness coach, author, and established fitness expert Fiona Cosgrove, wellbeing doesn't exist in the logic and knowledge of health itself but in the execution of it. Wellness coaching, a methodology newly being introduced to Australia, uses the principles of coaching psychology and behavioural change theory to help people set goals in areas such as nutrition, fitness, weight control and stress management.



Girl's Guide to Turning Your Idea into a Business Melissa Seymour

Melissa Seymour offers advice and her extensive experience to help anyone to succeed in the business world. The book covers topics including marketing yourself and your business for maximum effect, looking after yourself during stressful times and managing relationships with partners, investors and accountants.



Stop Surviving - Live Your Life! David W Bottomley & Rita Maulucci

Living in a fast-paced society makes it difficult for people to step back and look at the bigger picture of their happiness. With exercises and questionnaires to complete throughout, *The Age's Stop Surviving - Live Your Life* provides the tools and information useful to move beyond living life in survival mode and to exceed expectations. Available from all good bookstores or buy direct at www.theageshop.com.au



The Truth About Trust - In Business Vanessa Hall

Trust is critical to every business owner who wants productive employees, loyal customers, confident shareholders and a healthy bottom line. Vanessa Hall outlines how achieving these goals is dependent upon understanding trust as a breakdown often leads to loss of sales, high staff turnover and customer complaints. RRP \$29.95