

Health & Wellbeing

2020

A photograph of a healthy drink and ingredients. In the foreground, a glass mug is filled with a vibrant red smoothie, topped with a layer of white foam. A red and white striped straw is inserted into the drink. In the background, two triangular slices of watermelon with black seeds and a sprig of fresh green mint leaves are scattered on a light-colored wooden surface.

**Healthy doesn't have
to mean hard!**



**CITY OF
PARRAMATTA
LIBRARIES**



Hi Everyone,

If ever we needed to reboot, then 2020 is definitely the year, with drought, fires, floods and COVID; what better excuse to make September your month to 'SPRING INTO HEALTH!'

Every year for the past four years, City of Parramatta Libraries has participated in a joint, healthy lifestyle initiative with Western Sydney Local Health District and libraries from three other Western Sydney Local Government areas. The campaign encourages people to live a healthy lifestyle; by being active, eating healthy & quit smoking. You can even sign up to a free, telephone based health coaching at gethealthysw.com.au

This year our programs are moving online! We are holding special online health themed story time, healthy lunchbox video, along with a stay active & healthy for older people video, not to mention our online bilingual healthy life style talks in Mandarin & Korean.

For further information regarding our online 'SPRING INTO HEALTH' program check out the Library web page on the

cityofparramatta.nsw.gov.au/spring-into-health-in-september

Oh! & not to mention the new 2020 edition of our 'Health & Wellbeing' booklet! This years' booklet is packed full of wonderful new and old healthy-inspired titles, plus a new 'Leisure Time' section filled with lots of title recommendations intended to encourage you to spend more time relaxing and doing something just for fun!

For us here at the library that means, embroidery, knitting, crocheting, macrame, gardening, painting, walking, swimming, golf, running music & more!


Have fun exploring!

City of Parramatta Libraries

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Make it happen...



ACTIVE LIVING



get moving!

Active Living

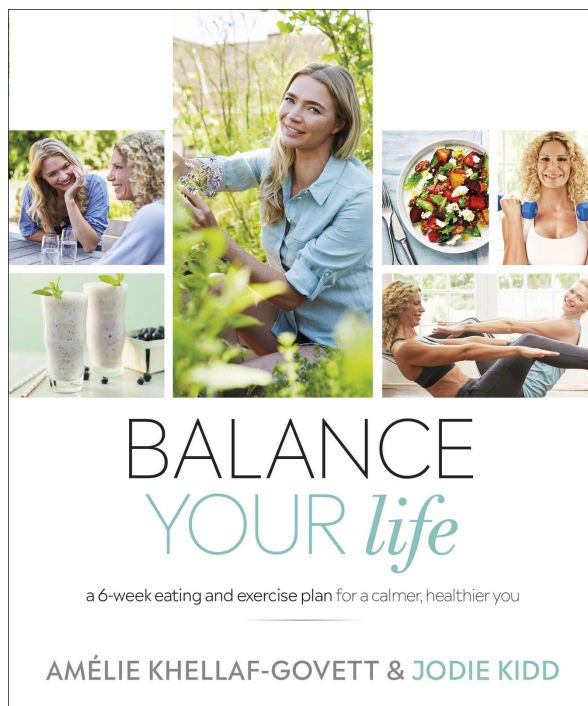
Restorative Yoga

by Caren Baginski

Are you new to yoga and seek a calming introduction to the practice? Or an experienced practitioner who seeks a gentler style that will help heal your body while calming your soul?

Unlike more strenuous forms of yoga, restorative yoga emphasises long, gentle stretches, with multiple props to aid and support the movements. It's the perfect style for those who seek calm and comfort or for those who are just beginning their yoga journey and desire a friendlier approach.

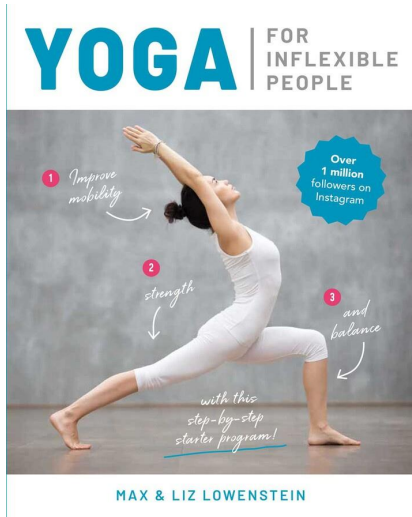
Restorative Yoga is the perfect step-by-step guide for creating your personal restorative journey.



Balance Your Life

by Amélie Khellaf-Govett & Jodi Kidd

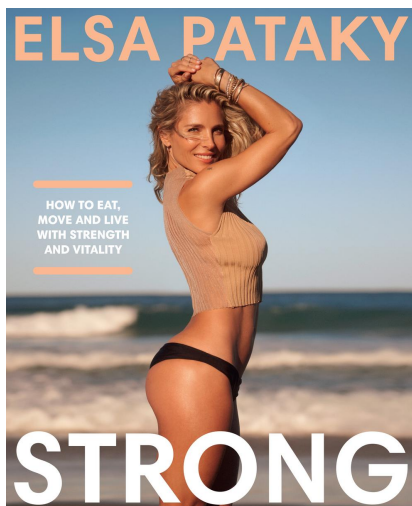
Ex-supermodel Jodie Kidd follows the programme at her home in West Sussex, with Amélie showing her how to fit the plan around the reality of her busy life as a mother, pub landlady, keen gardener, and frequent traveller. With Balance Your Life you too can do this, and benefit from Amélie's motivational coaching, her time-efficient workout routines, and her deliciously French way of eating. Like Jodie, who shares her insight and experience of the programme as she works through it, you'll find that it is a programme you can - and want to - stick to. And when you get to the end of six weeks, Amélie gives you foolproof strategies to incorporate into your life going forward.



Yoga For Inflexible People

by Max & Liz Lowenstein

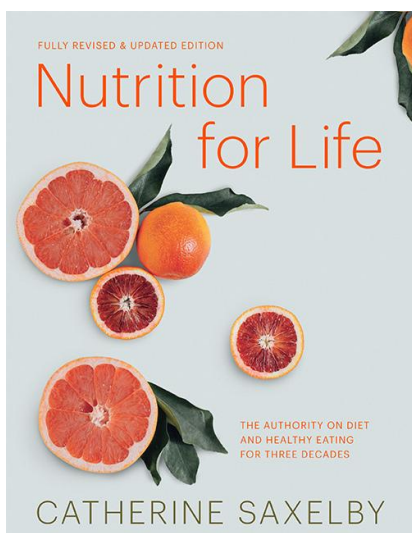
The book breaks down yoga postures into beginner, intermediate and advanced stages. Each pose is helpfully annotated with clear instructions and the reader will learn how to achieve and progress postures using modifications, blocks and straps, as well as their own anatomy to achieve amazing results.



Strong_

by Elsa Pataky

In 'Strong', Elsa shares simple ways to overcome mind-traps and other challenges; tips on managing cravings and sore muscles; her favourite high-intensity exercise circuits that can be done in the comfort of your own home with minimal equipment; straightforward and sensible nutrition advice to support your fitness program and fuel your body; and healthy recipes the whole family will love.

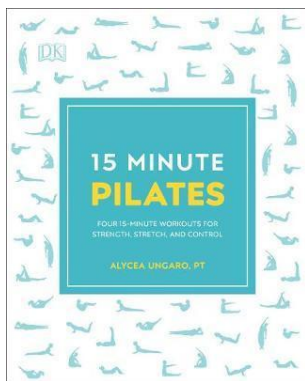


Nutrition for life : the authority on diet and healthy eating for three decades

by Catherine Saxelby

In this fully revised and updated edition, Catherine Saxelby brings us the latest on food and nutrition, and dispels a few myths along the way. She shares with us the fact and figures on: what to eat – and what not to eat – for glowing health; hot topics today; new foods with a nutrition buzz; 20 top superfoods; food, ethics and much more. A must read!

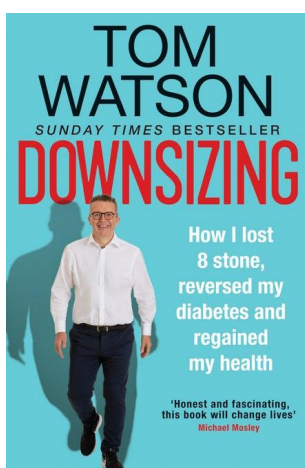
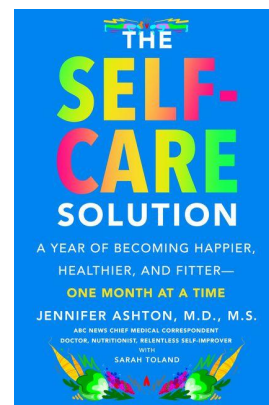




15 Minute Pilates

by Alycea Ungaro

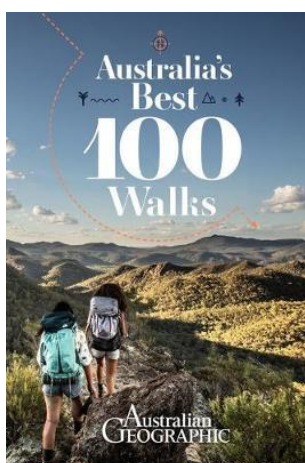
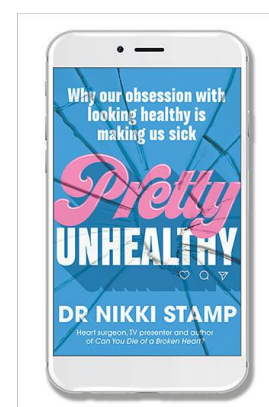
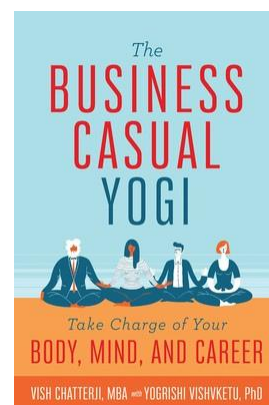
Do you wish you could practise Pilates more often but can't find the time? This book is the answer: these four 15-minute programmes offer the flexibility and ease of use that busy lifestyles demand.



Downsizing: how I lost 8 stone, reversed my diabetes and regained my health

by Tom Watson

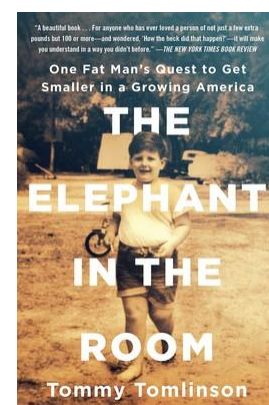
Downsizing is Tom Watson's honest, frank and inspiring account of how he radically changed the way he ate and reversed his type 2 diabetes.



Australia's Best 100 Walks

by Katrina O'Brien

There are so many incredible walks in Australia but how do you know which are the best ones? Australian Geographic has revealed their best 100 walks.



Active Living

How To Live Well With Diabetes

by Valerie Wilson

Whether you are newly diagnosed or have been living with diabetes for some time, this book will help you understand your diagnosis so you can manage and live well with your diabetes for as long as possible. Every aspect of your life with diabetes is covered!

Glute Lab

by Bret Contreras & Glen Cordoza

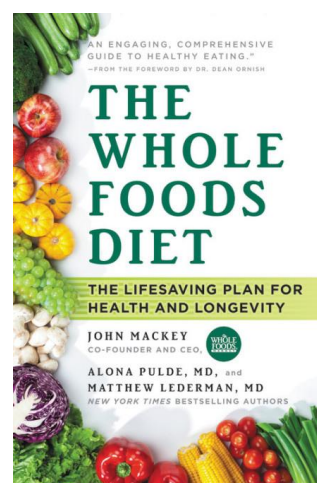
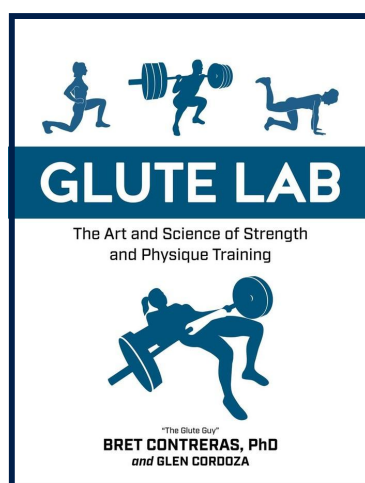
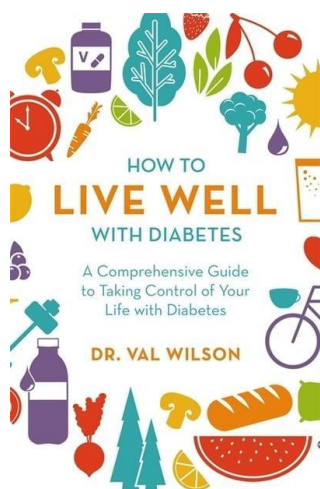
Whether you're a bodybuilder, physique competitor, athlete, powerlifter, CrossFitter, personal trainer, physical therapist, or simply someone who wants to improve your physique, this book contains everything you need to know about building bigger, stronger, leaner, higher-performing glutes.

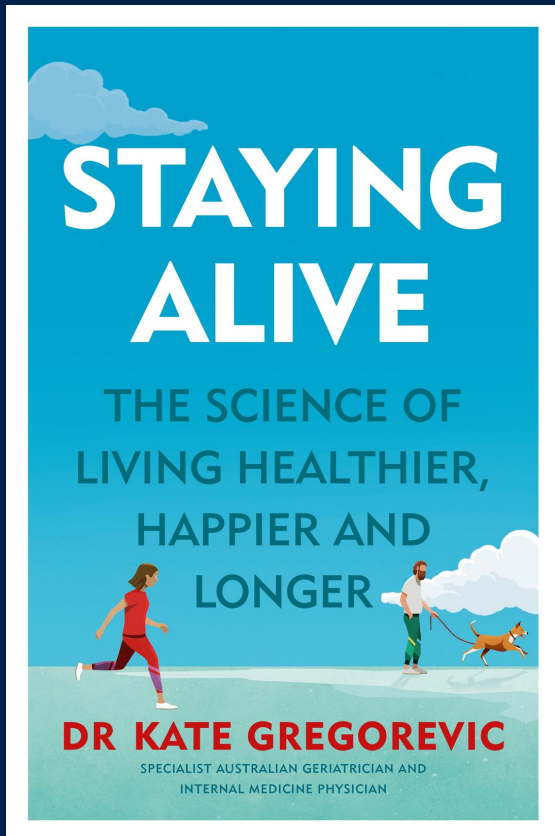
The Whole Foods Diet

by John Mackey, Alona Pulde, MD & Matthew Lederman, MD

The Whole Foods Diet simplifies the huge body of science, research, and advice that is available today and reveals the undeniable consensus: a whole foods, plant-based diet is the optimum diet for health and longevity.

“Start with just one short walk”





Staying Alive: the science of living healthier, happier and longer

by Dr Kate Gregorevic

Discover how to thrive and live better for longer.

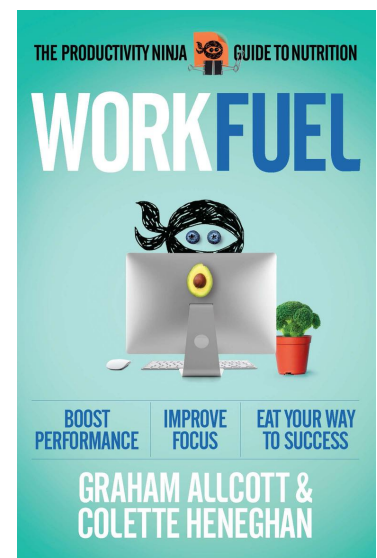
By the time we turn 60 most of us will still have one third of our lives to live. How well we live these years will depend on our health: are we agile and disease free? Or dependent on medication and physical assistance?

In Staying Alive you'll discover the science on how you can avoid or manage the major diseases that impact us as we age, including heart health, diabetes and dementia, and boost your everyday behaviours to improve your enjoyment of life.

Work fuel: the Productivity Ninja Performance, Improve Focus, Eat Your Way To Success

by Graham Allcott & Colette Heneghan

We all know the benefits of healthy eating, but in practice, it's often just not compatible with a busy, working lifestyle. Grabbing food on the go between meetings, before you rush to the gym, after catching up with friends - there's just not enough time to be fussy - what you eat often takes a backseat.



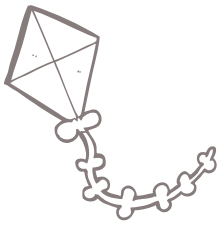
Unscramble the Healthy Words

Put your puzzle solving skills to the test with this 'HEALTHY' themed word scramble. Look carefully at the jumbled words & use the letters in the shaded boxes to form a 'healthy phrase'.

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trspo	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ttinrnuoi	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
gwikani	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
claeban	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
gyao	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Did you guess the 'healthy phrase'?

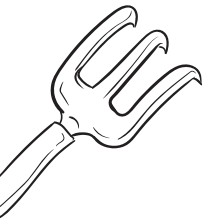
answers on page 32



Enjoy Everyday!



Weekend Activities



Start a herb garden	Take the stairs if you can	Replant those plants that are out growing their pots	Go for a bushwalk
Start and finish a book	Dance to your favorite music	Tell someone that you miss them	Picnic in the backyard or on your balcony
Throw a ball	Try a new exercise	Thank someone for something they did for you	Cook or bake something healthy
Start and finish a craft project	Get some fresh air	Ask someone how they are	Do yoga and meditate
Head to the park	Go for a walk	Fly a kite	Walk the dog, or become a dog walker



Heathly food, can taste...



HEALTHY COOKING



good!

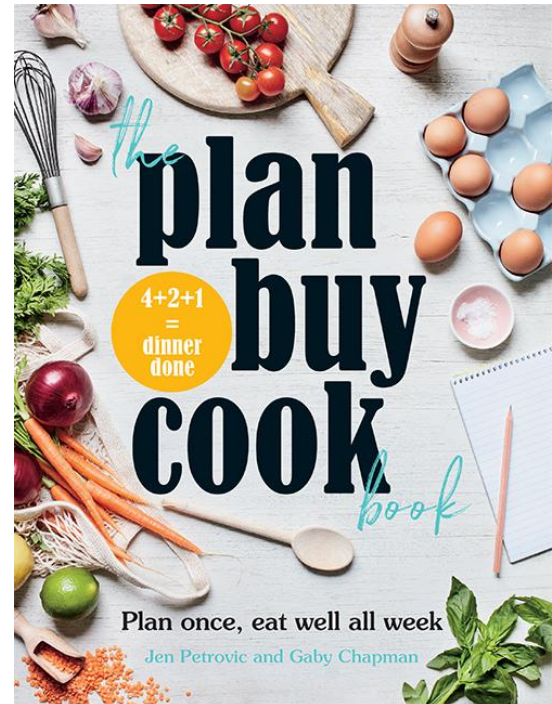
Healthy Cooking

Weight loss for diabetes

Australian Women's Weekly

Another handy Australian Women's Weekly title!

In Australia, someone develops diabetes every five minutes, with more than one million Australians currently living with diabetes. While this is a startling number, there is much you can do to help prevent and manage diabetes with diet and lifestyle changes. Reset your approach to diabetes with our carefully portioned and nutritionally formulated recipes, designed to give you the tools to take control of your health.



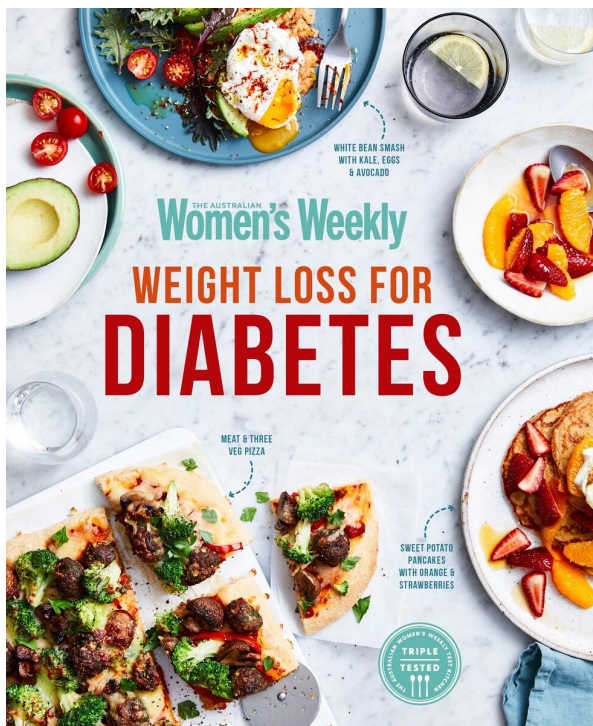
The Plan Buy Cook Book: Plan once, eat well all week

by Jen Petrovic

The Plan Buy Cook Book is your guide to beating the daily dinner grind while saving time, money, food waste – and your sanity.

PLAN with the 4+2+1 formula (which will cut your weekly cooking time in half), along with seasonal meal-plan suggestions and handy tips on how to store food.

COOK with more than 80 simple, healthy and delicious recipes that even fussy eaters will love, from fast Pad Thai to eat-and-freeze tagines, fresh BBQ salads and speedy sides.



Healthy Cooking

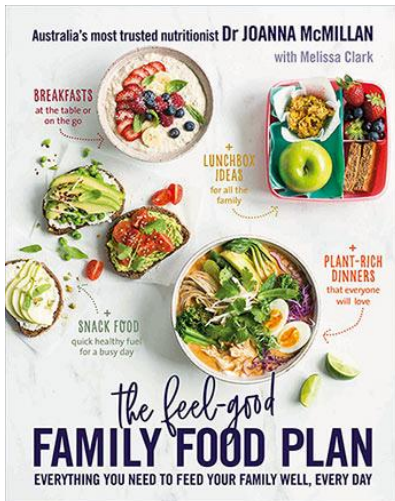


Snack Power

by Tiffany Hall

Don't hate on snacks! This is your one-stop guide to smart snacking.

If you're wanting to lose weight and tone up, it's important to keep your metabolism firing by enjoying healthy, filling snacks between meals, without being derailed.

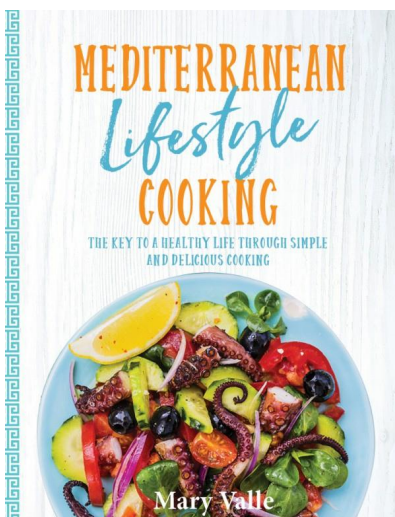


The Feel-Good Family Food Plan

by Joanna McMillan

The only cookbook you need to feed your family well, from Australia's favourite nutrition scientist.

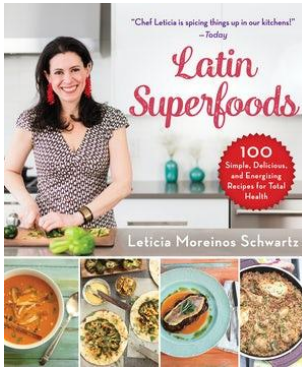
Packed with simple solutions, easy-to-follow advice and expert tips, The Feel-Good Family Food Plan does the thinking for you, so you get delicious home-cooked food on the table, even on the most hectic of work and school days.



Mediterranean Lifestyle Cooking

by Mary Valle

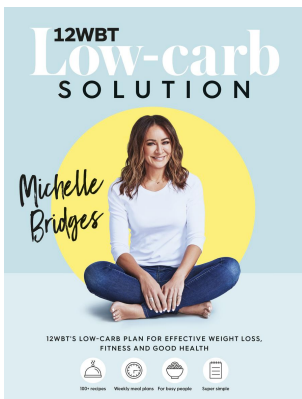
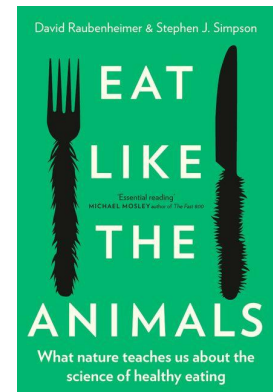
Mary Valle takes readers on a journey through the Mediterranean with an introduction into the use of olive oil and essential pantry items. Her style of cooking is seasonal, simple, healthy, and delicious.



Latin Superfoods

by Leticia Schwartz

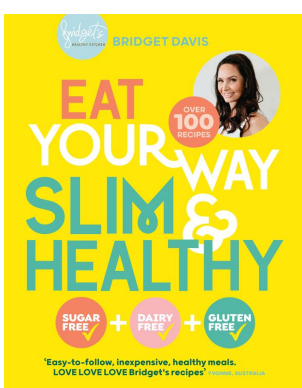
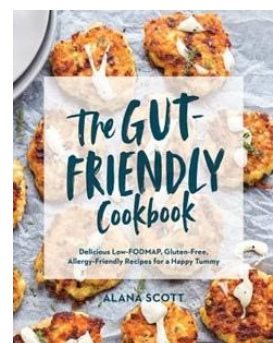
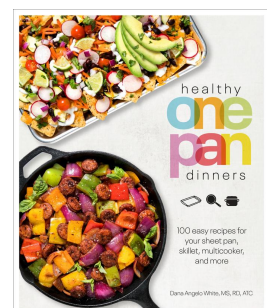
Most people associate healthy cooking with boring taste and flavorless foods, but Leticia is on a mission to prove that healthy eating not only can be absolutely delicious, but also that food is medicine, and that by living a healthy lifestyle you can take control of your health and of your life.



12WBT Low-Carb Solution

by Michelle Bridges

12WBT Low-carb Solution advocates an easy low-carb approach to healthy eating - comprising moderate protein, small amounts of good fat, and SMART carbs (low carbs, not no carbs) - with a focus on natural, unprocessed foods.

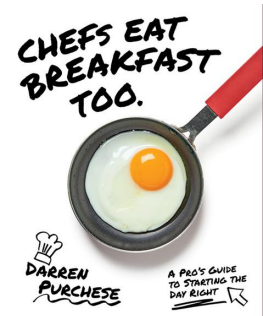


Eat Your Way Slim & Healthy

by Bridget Davis

Say goodbye to brain fog, bloating, mood swings, tiredness and unhealthy weight with gluten-free, sugar-free, dairy-free recipes.

When I switched to sugar-free, gluten-free, dairy-free eating, my transformation was radical. I was in my forties, a wife and mother, and I lost 25kgs in just over 4 months with zero exercise and fell in love with life again.



Healthy Cooking

Find Your Path

by Carrie Underwood

In FIND YOUR PATH Carrie Underwood shares her secrets with readers, with the ultimate goal of being the strongest version of themselves, and looking as good as they feel. Carrie's book will share secrets for fitting diet and exercise into a packed routine.

Good Food Sorted

by Chris Bavin

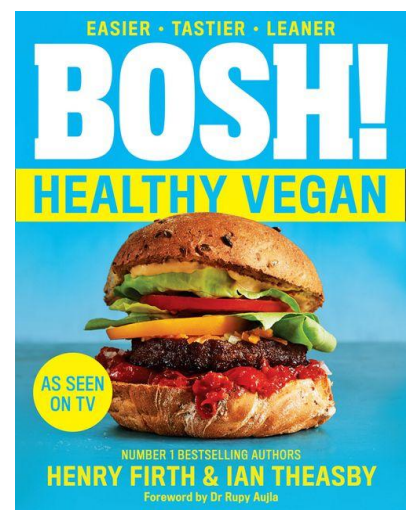
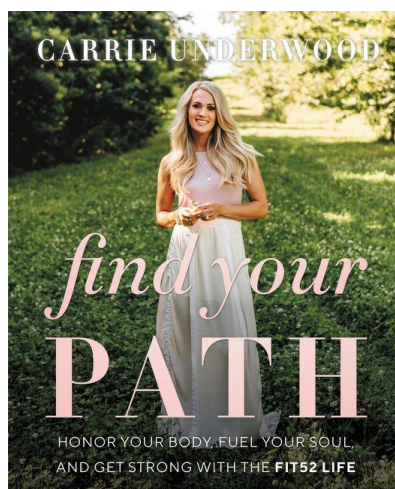
Popular BBC TV chef presenter Chris Bavin is a resourceful home cook who uses his freezer efficiently, makes the most of leftovers and prides himself on producing healthy food fast for his young family. In this, his first solo cookbook, he shares over 100 simple recipes and his approach to no-fuss home cooking so you too can save time.

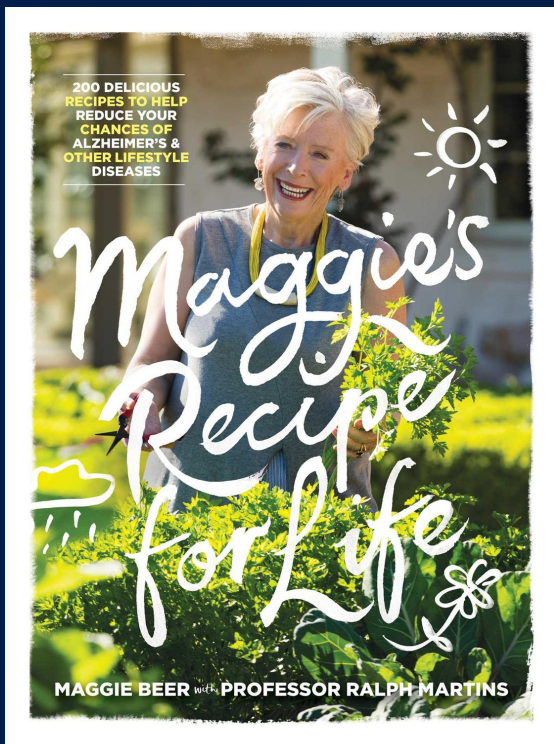
Bosh! Healthy Vegan

by Henry Firth & Ian Theasby

With 80 delicious, plant-based recipes and nourishing meal plans to help you stay on track whatever your goal, this book is your ticket to a healthier, happier life. Try the fresh flavours of a Zingy Watermelon Salad or Jammin' Jambalaya, and indulge in a Not-that-Naughty Burger, safe in the knowledge that a healthy diet doesn't have to mean deprivation.

“ Don't make it about diet - make it a way of life. ”





Maggie's Recipe for Life

by Maggie Beer with Professor Ralph Martins

To have a healthy old age you must act now, whether you are 30 or 50.

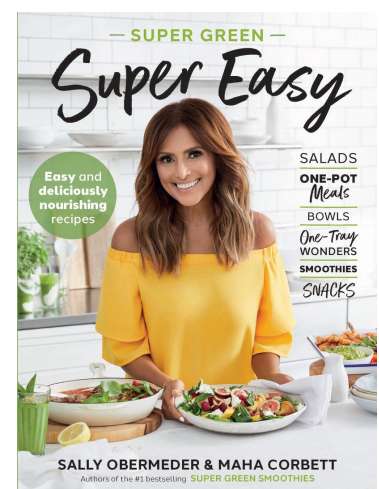
I have two great passions – sharing my love of cooking delicious simple food and improving the health and nutrition of older people. I hope this cookbook does both but it's not for 'old' people, it's for you. I have been delighted to work with leading Alzheimer's researcher Professor Ralph Martins in recent years and I have learned that if we are to avoid Alzheimer's and other lifestyle diseases it is what we eat today that matters.

These are my recipes for every day, for everybody, full of deep flavours and beautiful ingredients that will nourish you and your family.

Super Green Super Easy

by Sally Obermeder & Maha Corbett

Easy and deliciously nourishing salads, one-pot meals, bowls, one-tray wonders, smoothies and snacks from the authors of the mega-bestselling Super Green Smoothies. In their new cookbook, Super Green Super Easy, Sally Obermeder and Maha Corbett have tackled the number one hurdle that faces so many of us when it comes to eating well and feeling healthy - time!



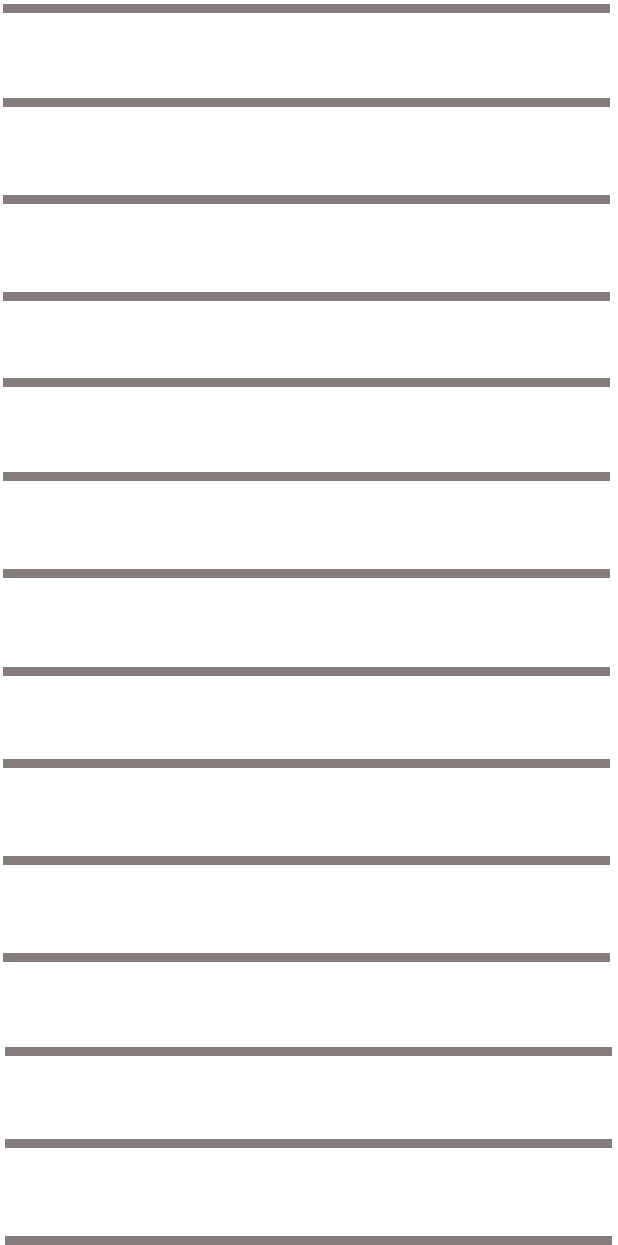
Name _____

Prep Time

Cooking Time

Notes

Ingredients

[illegible]

My Ultimate Healthy Shopping List

Veggies

Snacks

Fruits

Canned Goods

Grains

Herbs & Spices

Protein

Condiments

Dairy

Drinks

Take a minute to...

WELLBEING



breathe & discover something new!

Wellbeing

The Australian Healthy Skin Diet

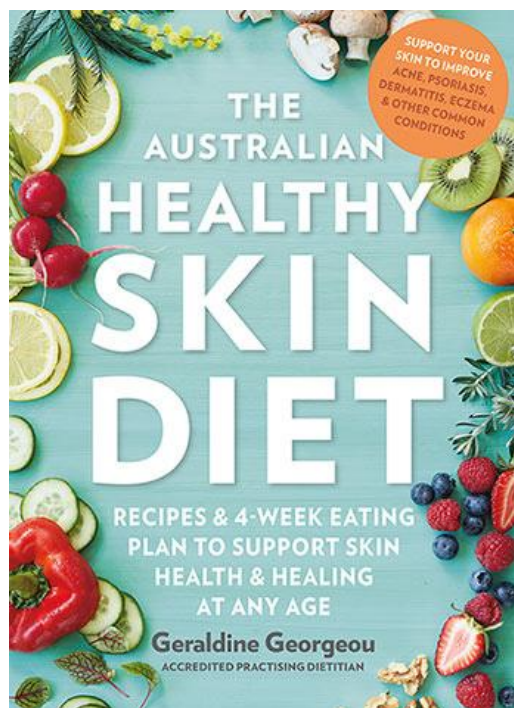
by Geraldine Georgeou

Support your skin to improve acne, psoriasis, dermatitis, eczema and other common conditions.

If you suffer from one of these common complaints, is it possible to help, or even heal, your skin by making simple changes to what you eat?

Based on the latest sound science: yes! Nutrition has been proven to help balance hormones and improve gut health and common inflammatory conditions.

If you are suffering acne or rosacea, have skin problems as part of an autoimmune condition or polycystic ovary syndrome, or are searching to improve dermatitis or eczema, this friendly handbook has you covered.



The Complete Guide to Self-care : Best Practices for a Healthier and Happier You

by Kiki Ely

The Complete Guide to Self-Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it's recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favourite dish... these are all little ways to reclaim parts of yourself that you've lost track of in the daily hustle of life.

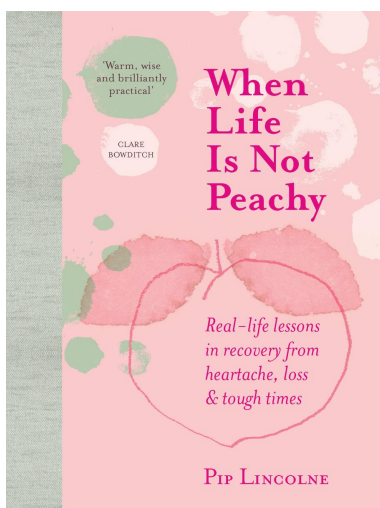
Wellbeing



Natural Women's Health

by Fern Green

A simple guide and resource for women everywhere, it also features specific information on the cycles of women's health broken down by age, 99 recipes for healthy herbal healing, and a variety of methods for getting the most out of each to boost your body's wellbeing. The path to self-care starts here!



When Life is Not Peachy

by Pip Lincolne

When life has taken a difficult turn, our heart is aching and we're only just holding it together, it's easy to question everything. Who even am I, and how will I keep going? We need someone in our corner to travel this journey with us and help keep our spirits up. This book is a gentle guide for navigating loss, grief or other sad times - a resource both for those who are downhearted and those supporting a loved one.



Wellness by Design

by Jamie Gold

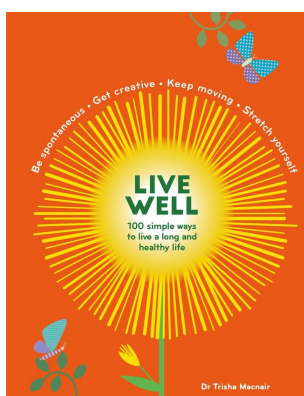
Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Like a lot of folks these days, you're committed to maintaining a healthy lifestyle. You watch your diet, stay active, meditate, and surround yourself with positive people. So why should your home be any different?



Houseplants for All

by Danae Horst

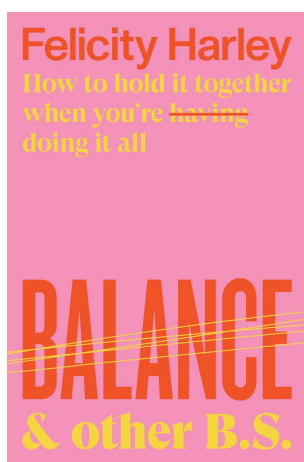
Turn over a new leaf with Houseplants for All, and actually keep all your plant babies happy and healthy. Instead of picking up whatever catches your eye at the store and hoping that it'll survive your home and lifestyle, use the plant profile quiz to easily find your perfect match.



Live Well: 100 Simple Ways to Live a Long and Healthy Life

by Trisha Macnair

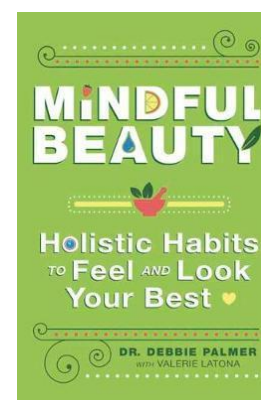
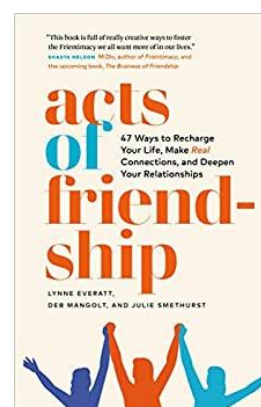
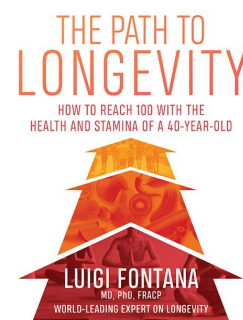
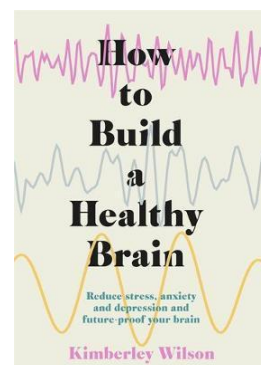
Part health advice, part self-help, part survival guide, Live Well targets emotional, physical, and environmental wellbeing, including how to cope with diseases and risk factors that affect the choices we make.



Balance and Other B.S.

by Felicity Harley

When Felicity Harley, founding editor of Women's Health magazine and Whimn, felt really off kilter, she started talking to other women about their overwhelm. The floodgates opened. Turns out her girlfriends, colleagues and other mums at the school gate were also drowning in feminist guilt while trying to keep everything afloat; plagued by perfectionism, riddled with doubt, ruled by screens and hurtling towards burnout.

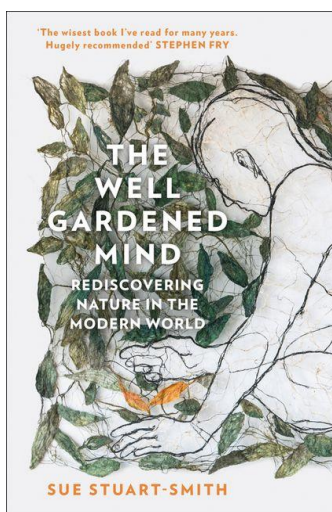


Wellbeing

The Well Gardened Mind: Rediscovering Nature in the Modern World

by Sue Stuart-Smith

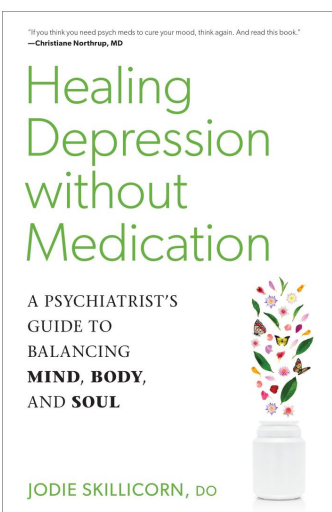
How can getting outdoors help us to look after our mental health? In a powerful combination of contemporary neuroscience, psychoanalysis and brilliant storytelling, The Well Gardened Mind investigates the magic that many gardeners have known for years – working with nature can radically transform our health, wellbeing and confidence.



Healing Depression Without Medication

by Jodie Skillicorn, DO

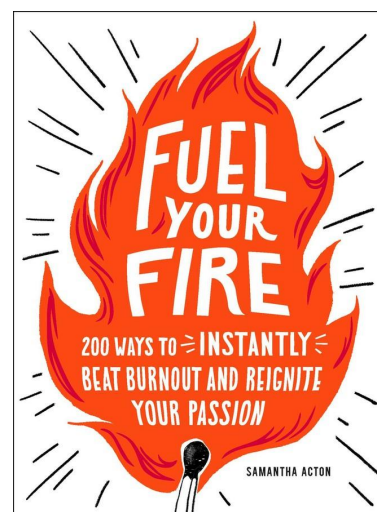
Psychiatrist Jodie Skillicorn presents a new path, debunking the myth of the neurochemical imbalance and exploring the roots of depression, such as adverse childhood experiences (ACEs) and poorly managed day-to-day stress.

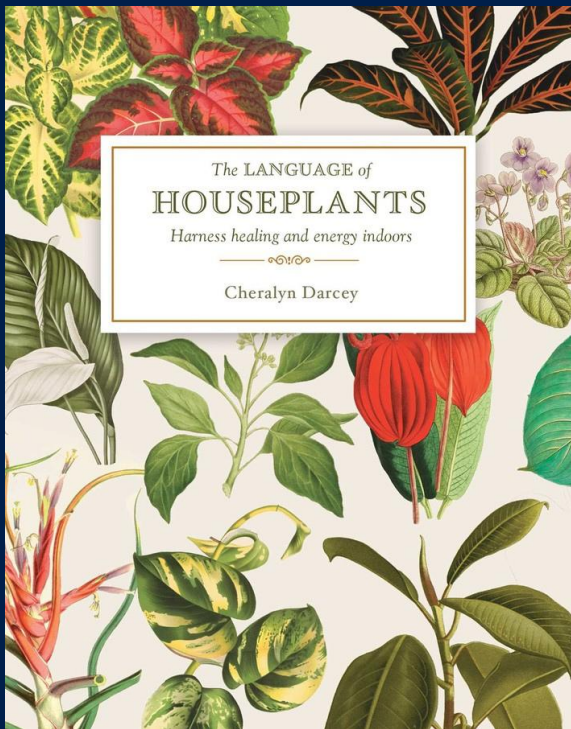


Fuel Your Fire 200 Ways to Instantly Beat Burnout and Reignite Your Passion

by Samantha Acton

Prevent burnout with more than 200 stress-relieving activities so you can feel more energized, engaged, and efficient. Life is full of demands, at home and at work, which can lead to a rise in stress and burnout. And with burnout being recognized as a diagnosable condition by the World Health Organization, it's more important than ever to restore your purpose, energy, and enthusiasm!





The Language of Houseplants Plants for Home and Healing

by Cheralyn Darcey

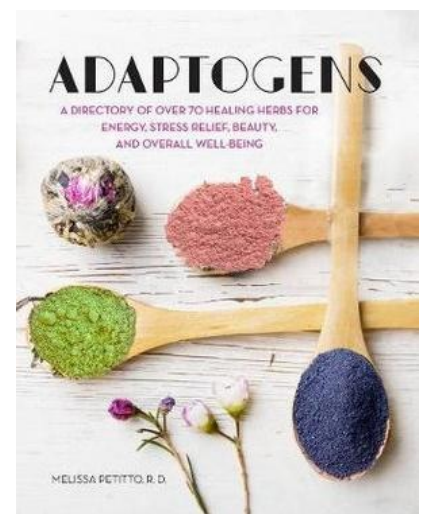
Find the perfect indoor plant to share your life with.

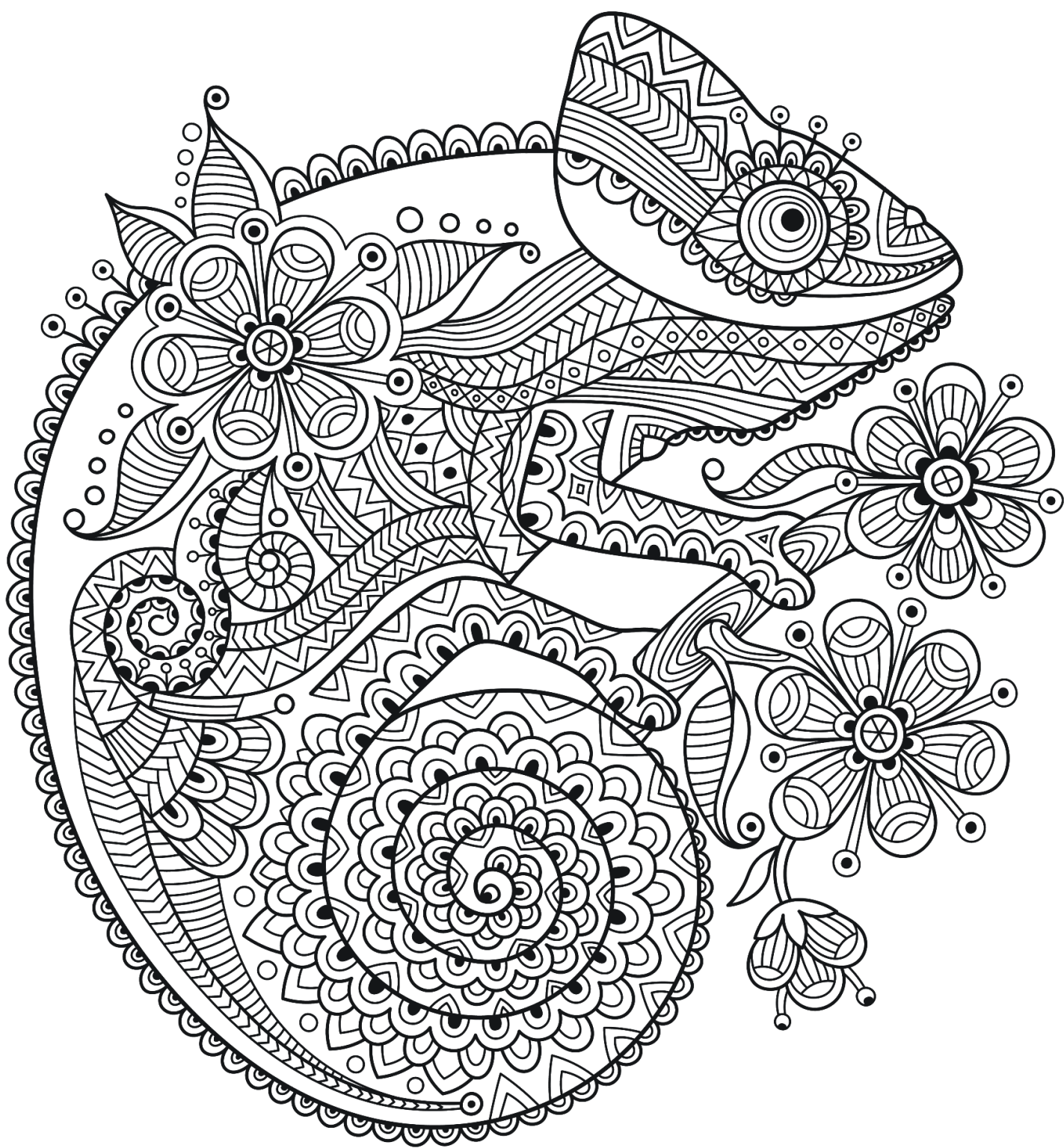
Every plant has a meaning, energy and qualities that will enhance your life and the spaces you live and work in. This stunning guidebook features 44 of the most popular houseplants, each beautifully depicted with a vintage artwork and additional indoor gardening care guide and some helpful tips to keep your plants happy and healthy. Resource lists of plants for each month, and their meanings, a gift guide, as well as information on ways for you to discover the language of any plant, will assist you as you grow a thriving bond with your new botanical friends.

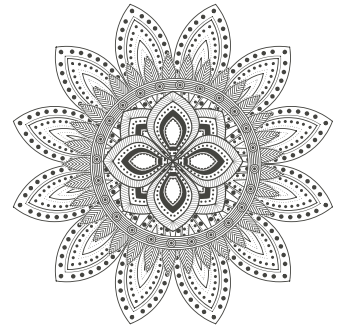
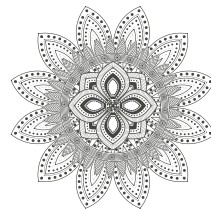
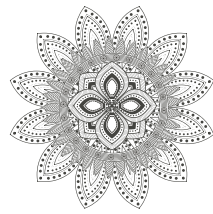
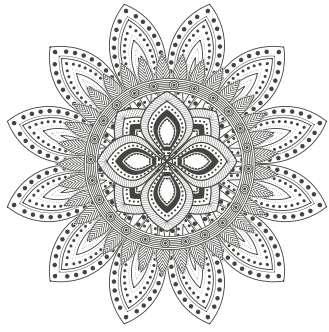
Adaptogens

by Melissa Petitto

Learn all about holistic healing and natural herbology through Adaptogens, a historic account, comprehensive directory, and cookbook on using herbal remedies to your advantage. Harness the ancient healing power of adaptogens: herbs, roots, and other medicinal plants that help the body function better than its natural capacity. Learn all you need to know about 50 of the most common healing herbs and how to make delicious, nutrient-dense recipes to have you functioning at a higher level.







Pause Every Day

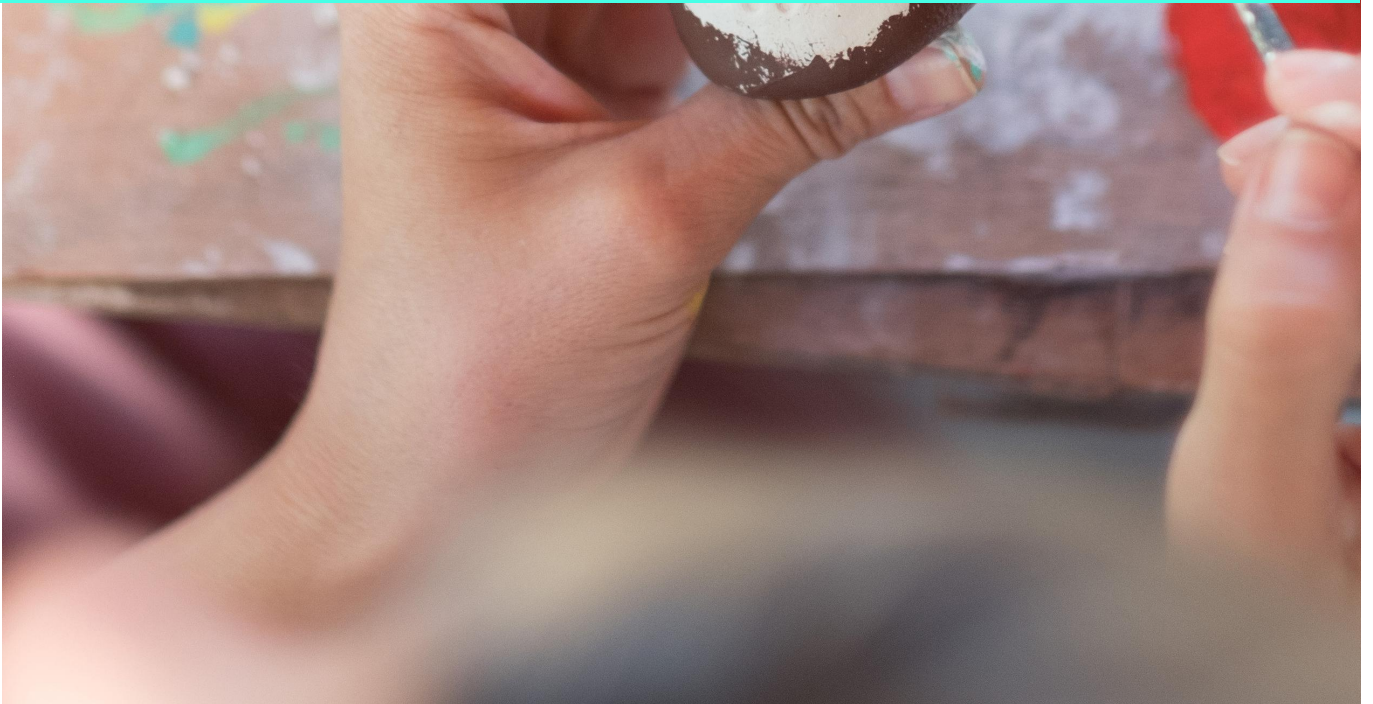
Mindfulness Bingo

Wake up early	Breathe deeply	Eat deliberately	Speak honestly	Sit with your eyes closed
Relate kindly	Listen wholeheartedly	Set a daily intention	Love fully	Live purposefully
Walk slowly	Listen to music	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Pause between action	Get lost in the flow of doing what you love	Connect with your senses
Be in the moment	Think freely	Notice your thoughts	Declutter one space	Get a good night's sleep

YOUR TIME TO...



Leisure Time



ENJOY, CREATE, RELAX!

Leisure Time

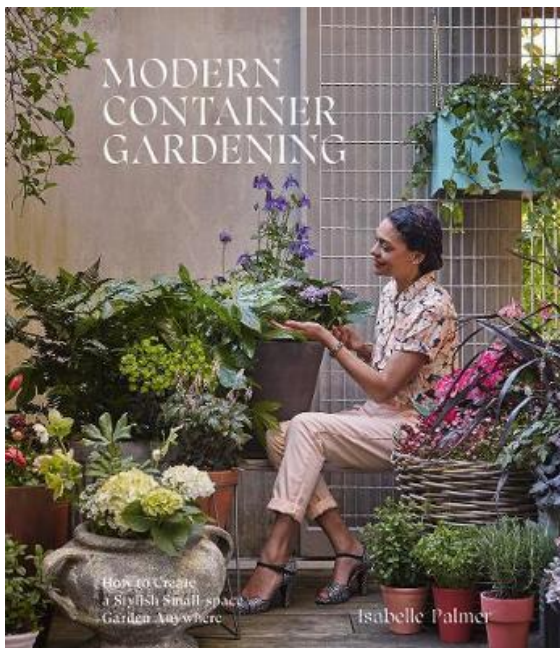
Modern Container Gardening: how to Create a Stylish Small-space Garden Anywhere

by Isabelle Palmer

In Modern Container Gardening, Isabelle Palmer shows just how easy it is to get started in the garden - and how to make the most of every little space.

Modern Container Gardening is the perfect book for novice gardeners who may have mastered the art of indoor plants and are ready to take it outside.

The chapters include the basics, how to make a garden in a day, weekend projects, one-pot wonders, window boxes and finishing touches. It features 28 projects with a mix of small gardens, singular containers and window boxes, all of which are stylish and easy to manage.



Watercolour With Love

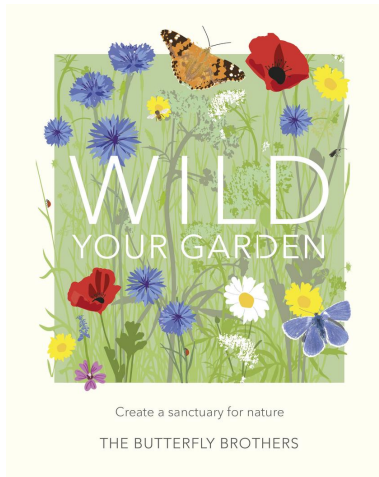
by Lena Yokota-Barth

Paint fifty fun watercolour motifs, each in five easy steps.

Ideal for those new to watercolour painting, this book offers 50 fabulous motifs that can be painted in five simple steps. Among the motifs are trendy animals, popular plants and fun-to-paint fruits and include a flamingo, llama, cacti, succulents and watermelons.

The basics of watercolour painting are explained clearly and simply, and the fifty motifs will give rise to limitless possibilities for designing posters, greeting cards, journal covers or simply as thoughtful, framed gifts.

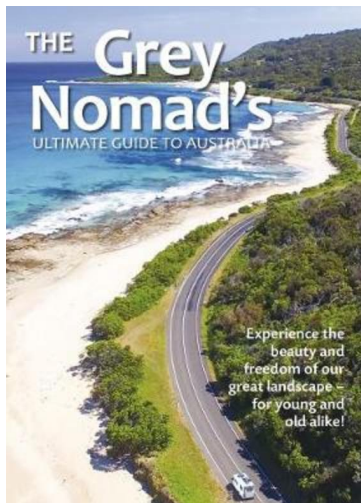
Leisure Time



Wild Your Garden

by Jim and Joel Ashton

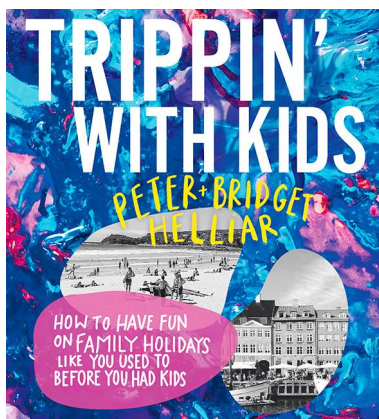
Join the rewilding movement and fill your outdoor space with nature. If we all made a place for wildlife in our garden, we'd boost biodiversity and help combat wildlife habitat loss, plummeting pollinator numbers, and carbon emissions. But it's not just a question of letting the weeds take over - there's an art and balance to rewilding a garden well so that you can enjoy it too.



The Grey Nomad's Ultimate Guide to Australia

by Xavier Waterkeyn

The Grey Nomad Guide to Australia was written specifically with the grey nomad in mind. However, it has lots of useful information for campers of all ages and for camping in general too.



Trippin' With Kids

by Peter & Bridget Helliar

Trippin' with Kids is your (totally legal and not-at-all hallucinogenic) entry to the happy rainbow of travel experiences parents can enjoy with their kids, from babies to teens. Packed Pete and Bridget Helliar's tips and tricks for how to plan, organise and execute a great family holiday!



50 Simple Indoor Miniature Gardens: Decorating Your Home with Indoor Plants

by Catherine Dalvaux

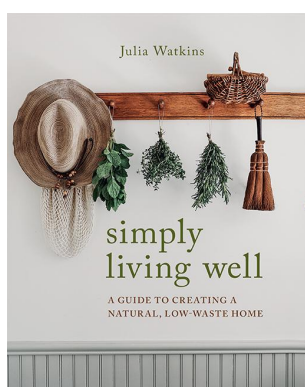
This book is the inspiration you need to add decorative greenery to your small living space and contains 50 projects for creating and maintaining a wide variety of charming and low-maintenance mini indoor gardens.



DIY Watercolour Jungle

by Marie Boudon

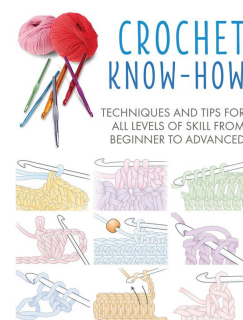
Learn to paint tropical watercolour flowers and foliage in simple steps with this free and easy approach to watercolour painting for beginners. Marie Boudon's beautifully-presented creative course will get you started in this expressive and fun medium.



Simply Living Well

by Julia Watkins

For every area of your household – kitchen, cleaning, wellness, bath, and garden – Julia shows you how to eliminate wasteful packaging, harmful ingredients, and disposable items. Practical checklists outline easy swaps (instead of disposable sponges, opt for biodegradable sponges or Swedish dishcloths; choose a bamboo toothbrush over a plastic one).



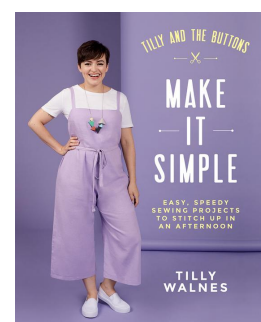
Crochet



Knitting



Macrame



Sewing

Leisure Time

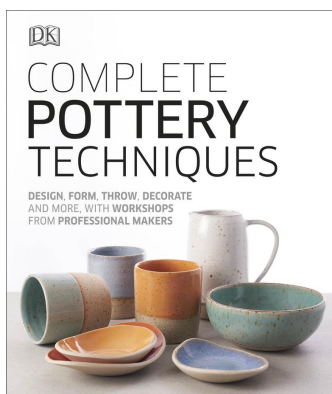
Complete Pottery Techniques

Dorling Kindersley

The definitive step-by-step guide to pottery techniques.

Discover how to develop your pottery design skills and bring your ideas to life from start to finish.

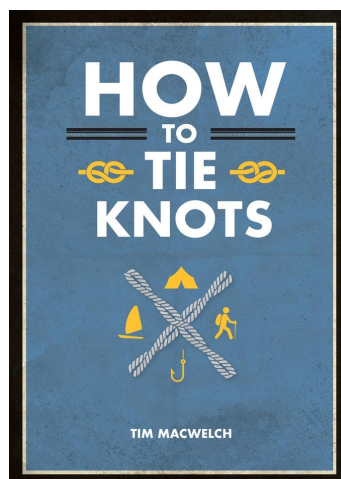
Covering every technique from throwing pottery to firing, glazing to sgraffito, this pottery book is perfect for both handbuilding beginners and potting pros.



How To Tie Knots

by Tim MacWelch

Tying knots is one of life's essential skills and this illustrated back-to-basics guide introduces readers to 50 essential knots to help you sort your Albright knot from your square lashing, and your anchor hitch from your barrel knot. With chapters on the different knots ordered by their uses, including climbing, camping, hiking, nautical and fishing, plus a handy glossary of terms and techniques, this book is an essential guide for everyone who likes to spend time outdoors.



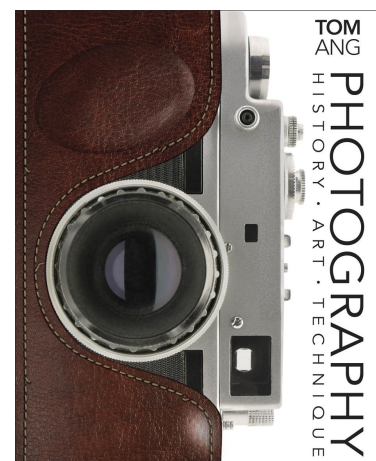
Photography: History. Art. Technique

by Tom Ang

Discover a history of photography and a practical guide all in one beautiful package.

Introducing you to the art, history, and culture of photography, this fascinating all-in-one guide shows you how to take better pictures.

A comprehensive guide to all things photographic.



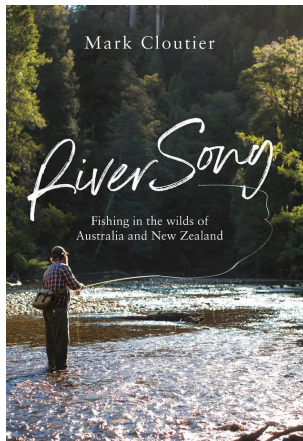
Answers - Wellness, Sport, Nutrition, Walking, Balance, Yoga, Active, Motivation, Health, Body, Athletics, Diet, Breathing, Pilates, Fitness, Stretch - Healthy Slogan - Healthy phrase is 'Spring into Health'.



Small Garden Style: A Design Guide for Outdoor Rooms and Containers

by Isa Hendry Eaton & Jennifer Blaise Kramer

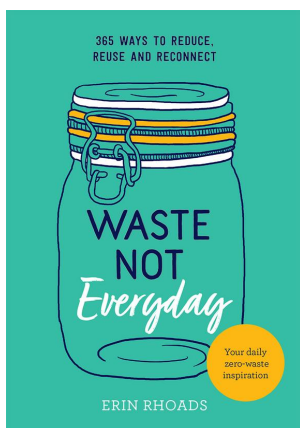
Petite gardens align with the movement to live smaller and create a life with less stuff and more room for living. But a more eco-friendly and efficient space doesn't have to sacrifice style.



River Song

by Mark Cloutier

Every fisherman has a special stretch of water, where the fish are always plentiful and the memories flow. River Song revels in each of celebrated fishing writer Mark Cloutier's special locations, discovered over four decades fishing the mountain streams and lakes of Australia and New Zealand.



Waste Not

by Erin Rhoads

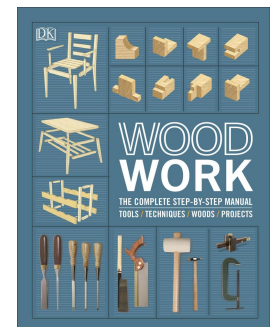
In Waste Not Erin shares everything she's learnt from her own funny, inspiring – and far-from-perfect – journey to living with less waste. Learn how to switch out the disposable plastics from your shopping trolley, make simple cleaning solutions free from harmful chemicals, find your favourite beauty products without all the packaging and more!



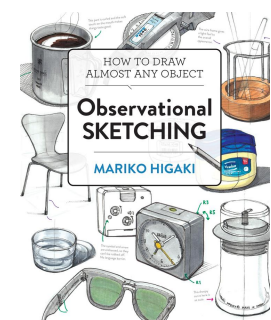
Patchwork & Quilting



Embroidery



Woodwork



Drawing & Sketching



A Day in the Life

How was your day today?

Journal entries are records that can be used to note the highs and lows of your day, to track your progress, or to simply recall how your day went. Use the space below to record your activities and how you felt today.

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