



**MARCH 2009**  
**Health & Beauty**

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**America's Next Top Model Guide**

Bright, J.E.



279 x 216 mm  
144 pages



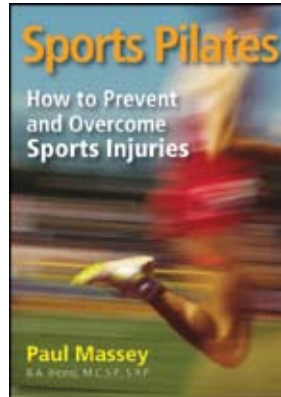
ISBN 9780789318596 - \$45.00 PB

QTY:

Based on the popular television series, this book empowers girls to be themselves while pursuing their dreams. With chapters focusing on beauty, health, and fashion, this guide instructs readers on how to highlight and enhance their own individual features.

**Sports Pilates**

Massey, Paul



210 x 150 mm  
240 pages



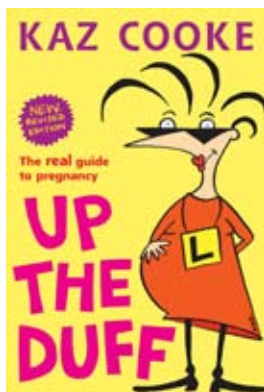
ISBN 9781906525477 - \$34.95 PB

QTY:

Sports Pilates looks at the most common sporting injuries, sport by sport, and shows how you can use the Pilates method of strength building to overcome or prevent injury. Including ways to treat and prevent injuries from football, cricket, golf and tennis, Paul takes you through the Sports Pilates programme. With tailored workouts to choose from, all the exercises are illustrated with easy-to-use artworks.

**Up the Duff (revised edition)**

Cooke, Kaz



230 x 152 mm  
560 pages



ISBN 9780670072347 - \$45.00 PB

QTY:

Australia's top selling, most respected pregnancy book is now revised and expanded! Kaz Cooke gives you the up-to-date lowdown on pregnancy, birth and coping when you first get home. No bossy-boots rules, just lots of cartoons and the soundest, sanest, wittiest advice you'll ever get. Everything you need to know about the scary parts, the funny parts and your private parts.