

Finch Publishing

2014 Rights Catalogue



Publishers of books that change lives



Praise for Finch Publishing

“Families, relationships, children, parenting and self-awareness ... a range of thoughtful, intelligent, practical books for a modern society.”

PROFESSOR KIM OATES, FORMER CHIEF EXECUTIVE OFFICER, THE CHILDREN'S HOSPITAL AT WESTMEAD

“Great books for parents and carers – practical and easy to understand. Congratulations to Finch Publishing for their commitment to parents and children.”

BARBARA WELLESLEY, FORMER NATIONAL DIRECTOR, GOOD BEGINNINGS AUSTRALIA

“... a well chosen and comprehensive list of books which are relevant, timely and topical ... reflective of the major issues facing Australians today in the areas of gender, family, health and relationships.”

IAN LILICO, PROFESSIONAL DEVELOPMENT CONSULTANT, AUTHOR & RESEARCHER

“Finch Publishing empowers the reader with books from the front lines of social transformation and exploration.”

KALI WENDORF, FORMER EDITOR/CREATIVE DIRECTOR, KINDRED MAGAZINE

“An exciting range of books that respond to the immediate issues experienced by men, women and families.”

ANDREW KING, MEN'S SERVICES MANAGER, MENSLINE AUSTRALIA

“We are proud to carry many Finch titles in our range ... books on varied topics which support the way today's parents bring up their children.”

BARBARA GLARE, AUSTRALIAN BREASTFEEDING ASSOCIATION, AUSTRALIA

“Finch publications are always a pleasure to suggest to our clientele. Their 'life issues' content is always relevant and their layout and format most attractive ... beautiful books to read and to handle.”

ROSEMARY ALLEN & DON GROSE OF PEOPLEMAKING

Welcome

Welcome to the 2014 Rights Catalogue for Finch Publishing – an Australian-based, independent publishing house committed to producing books that change lives. We specialise in a number of categories: family, health, childcare, social ecology, relationships, memoir and society. We are delighted to introduce a new genre this year – Health & Fitness – which we launch with the publication of *Fit Not Healthy*, a riveting tale of an exercise-addicted runner who pushed her body to the point of collapse.

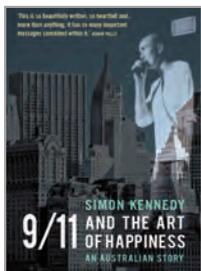
Our 2014 titles include some inspiring and significant books across our different genres:

- *Tricky Teens* – Andrew Fuller’s much anticipated parenting advice for the years that can confound parents
- *Boyfriends We’ve All Had (and Shouldn’t Have)* – Mandy Nolan’s humorous foray into the highs and lows of relationships
- *20 Tips for Parents* – Professor Kim Oates’ advice on how to understand and parent your child (from 2 to 10)

Our commitment is to publish the best authors in their fields, to produce books that have an important role to play in society and to enrich lives. As a small publisher we invest a lot of time and creative involvement working with our authors towards the best possible books. We like to think that is the reason our books stay in print, continue selling through word-of-mouth recommendations and are popular worldwide.

Rex Finch

2014 Forthcoming Titles



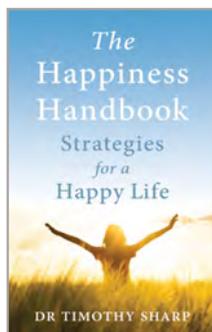
9/11 and The Art of Happiness: An Australian story

Simon Kennedy

On 11 September 2001, Simon Kennedy's mother, Yvonne boarded American Airlines flight 77 to return to Australia after a US holiday. Her flight was hijacked and deliberately crashed into the Pentagon. All passengers on board were killed. How do you forgive a terrorist for murder? Simon Kennedy did forgive and this extraordinary book explains how. An insightful and moving book that examines grief and recovery.

'This is so beautifully written, so heartfelt and, more than anything, it has so many important messages contained within it.'
– Adam Hills, host of UK TV show, "The Last Leg".

February 2014, 256 pages, paperback/memoir. Rights available: all excluding ANZ



The Happiness Handbook: Strategies for a happy life (3rd edition)

Dr Tim Sharp

Dr Sharp, a world-renowned psychologist and the founder of the Happiness Institute in Australia, has developed a range of simple but effective methods designed to increase happiness levels. In this updated edition of *The Happiness Handbook* he incorporates his latest findings on:-

- how to become happy right now
- lowering stress levels
- developing better sleep patterns
- weight management through The Happiness Diet
- developing meaningful and nourishing relationships

'The Happiness Handbook is fresh, inspiring and a must-read for young and old from all walks of life.' – Lisa Messenger, author of *Happiness is...*

'... A book full of practical wisdom, insights, tips and strategies ...' – Dr Craig Hassad, Faculty of Medicine, Nursing and Health Sciences, Monash University

March 2014, 256 pages, paperback, education/mental health. Rights available: all excluding ANZ, Korea, India, Indonesia, Italy

2014 Forthcoming Titles



Boyfriends We've All Had (and Shouldn't Have) Mandy Nolan

Mandy Nolan, author of *What I Would Do If I Were You*, is a successful stand-up comedian. In her new book, she trains the spotlight of her outrageous humour on the bad relationships women endure in the search for Mr Right.

- Her 21 stories feature characters we all recognise, including Mr Shop-a-phobic, Mr Emotionally Challenged and Mr Can't Commit

'I have learnt more reading two chapters of Boyfriends than I have from The Joy of Sex, The Karma Sutra and 40 years of Penthouse Forum combined. This book should come with a warning: "contains truth".' - Tex Perkins

April 2014, 256 pages, paperback, memoir/humour. Rights available: all excluding ANZ



What I Would Do If I Were You: Dispatches from the front lines of family life (2nd edition) Mandy Nolan

Mandy Nolan's day job is being a mother to five children, ranging in age from toddler to teenager. Her humorous accounts of the bizarre events and mundanities of daily life are honestly and sharply observed. Her perspective on home life and all its complications is delightfully unconventional and, above all, wickedly funny.

- An hilarious collection of stories centred around Mandy's chaotic and slightly dysfunctional family life – and her attempts to be like the perfect, ideal mother she knows exists ... somewhere.

'This book will twist your heart inside out and then have you roaring with laughter a moment later.' – Fiona O'Loughlin, writer and international comedian

'So brutally honest, so magnificent, so hilarious ... Dare you to put it down!' – Amanda Keller, nationally popular television and radio host

April 2014, reissue, 224 pages, paperback, memoir/humour. Rights available: all excluding ANZ

2014 Forthcoming Titles



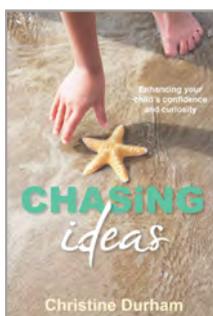
Modern Grandparenting: Games and activities to enjoy with your grandchildren June Loves

Modern Grandparenting is an extensive and imaginative resource of over 180 games and activities to enjoy with your grandchildren, aged three to twelve.

- Over the past 20 years, June has written more than 100 fiction and non-fiction books for children, reference books and academic publications.
- This book responds to the current trend for grandparents to act as carers and as an alternative to child-care centres

'I loved this book. A fantastic resource for any grandparent'.
– Benita Collings, Australian film and TV actress and former presenter of ABC TV's "Play School".

May 2014, 304 pages, trade paperback, photos and illustrations, parenting. Rights available: All excluding ANZ



Chasing Ideas: Enhancing your child's confidence and curiosity (2nd edition) Christine Durham

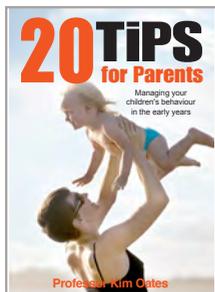
Christine Durham shows how to help children be better, brighter thinkers. She encourages parents and teachers to discover the joys of discussing ideas with children and provides ways to show children, aged 3 to 15, how to explore ideas, think, judge, make decisions and communicate more effectively – all important life skills for them to take into adulthood.

- This updated edition celebrates Christine's nomination as 2014 Victorian Senior of the Year for her work in recovery after brain injury

'The most important thing parents can do for their children is to encourage them to think. Children really enjoy thinking and this book builds on that enjoyment. To have confidence in one's own thinking is the foundation for a happy and successful life.'
– Edward de Bono

June 2014, 192pp/paperback with illustrations, parenting. Rights available: All excluding Arabic, Korea and World English

2014 Forthcoming Titles



20 Tips for Parents: *Managing your child's behaviour in the early years*

Professor Kim Oates

Foreword by Professor Fiona Stanley

A book of helpful advice on the most common concerns of parents of young children aged 2 to 10 years. Topics include: being a good enough parent; loving unconditionally; separating behaviour from personality; saving your energy for what really matters; using discipline that works; letting children play; the effects of stress on children and setting a good example.

- Prof Oates is a leading Australian paediatrician and former CEO of Westmead Children's Hospital in Sydney
- An accessible guide including explanatory stories from a leading expert in children's behavioural issues.

July 2014, 224 pages, paperback, parenting. Rights available: all excluding ANZ



Hitchy Feet

John Card

Realising he had become terminally unmotivated with his job, school teacher John Card decided to abandon his secure world and do something he'd always dreamed of – hitch-hike around Australia. In this entertaining and often hilarious account, we travel with the author to remote places and are introduced to some unforgettable characters. It's a wild ride of adventures and misadventures from a gifted storyteller.

- In addition to teaching, John Card has worked as a radio DJ and journalist.

August 2014, 224 pages, paperback, memoir. Rights available: all excluding ANZ

2014 Forthcoming Titles



Author: Andrew Fuller

Tricky Teens: How to stay sane raising teenagers

Andrew Fuller

Tricky Teens is psychologist Andrew Fuller's much anticipated sequel, following his international bestsellers *Tricky Kids* and *Tricky People*.

- How to understand the many pathways of adolescence
- What causes teen behaviours? Habit and neurochemistry!
- 30 issues parents need to know more about – including teen anxiety, dieting, pessimism, lack of motivation and resilience
- How families can break out of 'ruts' and unhelpful syndromes
- An acknowledged expert on adolescence, Andrew lectures around Australia to parents and teachers on the teen years.
- The author has helped established programs for the promotion of mental health in schools, substance abuse prevention, the reduction of violence and bullying, suicide prevention, and programs for assisting homeless young people

September 2014, 224 pages, paperback, parenting. Rights available: all excluding ANZ



Author: Vanessa Alford

Fit Not Healthy

Vanessa Alford

Fit Not Healthy is a story about obsession and contradiction. As a physiotherapist, Vanessa worked with clients to bring their bodies back from injury to full health. As a young woman who loved to run, she was drawn into the world of competitive running – with the lure of marathon success drawing her on. Her determination led to a dangerous obsession, with injuries developing to a potentially life-threatening level as her body began to break down.

- A powerful account of recovery from exercise addiction
- Targets a market already fascinated with body image and transformation
- Offers hope and a way forward for those undergoing the same experience

November 2014, 224 pages, paperback, health & fitness/memoir. Rights available: all excluding ANZ

2014 Forthcoming Titles



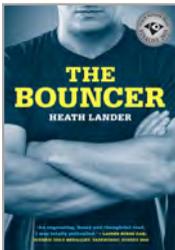
Unsingle: *The art and science of finding true love*
Louise Gabriel

Unsingle contains breakthrough approaches for anyone searching for love. It is based on neuroscience which tells us that by changing what we focus on we can change our life and our experiences. Louise Ashby is a former bookshop manager whose professional life led to a keen interest in neuroscience and plasticity. She explores what neuroscience can teach us about relationships and recounts how it led to her finally finding her own life partner.

- Uses the latest fascinating research in neuroscience to understand what attracts people to each other
- Offers simple, positive step-by-step approaches to understanding others and ourselves as we search for a compatible partner
- Includes information on finding the ‘single switch’ and turning it off– the process of moving the mind into the love zone and keeping it there (by rewriting neural pathways to support positive beliefs about love)
- Written in an engaging and down-to-earth style

December 2014, 224 pages. paperback, relationships. Rights available: all excluding ANZ

Recent Titles



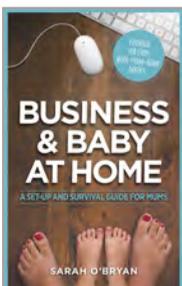
The Bouncer

Heath Lander

'*The Bouncer is Heath Lander's account of his years in crowd control at Melbourne nightclubs. It's hair-raisingly funny, sometimes grotesque, and surprisingly touching: a remarkable piece of writing.*' - Helen Garner, award winning Australian writer

- Finalist in the 2013 Finch Memoir Prize
- A captivating and gritty exploration of the author's dangerous descent into the underbelly of Melbourne night life. Het captures the physicality of the journey from his first tentative steps into martial arts as self-defence to the camaraderie underpinning the barely contained violence of nightclub security
- The turning point for his recovery is the delivery of a near fatal punch which caused a crisis of conscience.

256 pages, paperback, memoir. Rights available: all excluding ANZ



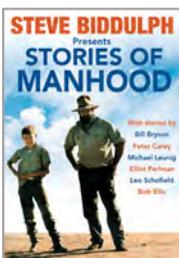
Business & Baby At Home: A set-up and survival guide for mums

Sarah O'Bryan

Starting your own business can be a daunting process – especially when combined with motherhood – so how do you build a business, raise kids and stay sane? *Business & Baby at Home* is a lifeline for every work-from-home parent, packed with business acumen, practical ideas and sensible advice. It explores the joys and challenges of working from home while balancing family life, relationships and domestic duties.

'*Packed with useful tips for women seeking to balance motherhood with a successful home-based business... Sarah O'Bryan explains how to raise a family and grow a business at the same time.*' - Roxanne Elliott, founder of careforkids.com.au

256 pages, paperback, parenting. Rights available: all excluding ANZ



Stories of Manhood: Journeys into hidden hearts of men (re-issue)

presented by Steve Biddulph

Bestselling author Steve Biddulph presents a selection of the best writings from around the world on the inner lives of men, breaking down the narrow stereotypes that men are crushed into.

'*Biddulph ... presents here an often-brilliant gathering of writing on the exposed male self ... [including] Peter Carey's masterful tale of an abortion and fatherhood There is some great writing here for everyone.*' - Matt Condon, journalist and award-winning author

208 pages, paperback, men's health/relationships. Rights available: all excluding ANZ

Backlist



First Time Father: *The essential guide for the new dad* (2nd edition)

Dr Graeme Russell and Tony White

240 pages, paperback, illustrations, parenting

Rights available: all excluding ANZ

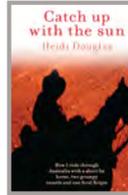


Baby Care: *Nurturing your baby your way*

Rhodanthe Lipsett, OAM

480 pages, PB, photographs, pregnancy & childcare

Rights available: all exc. ANZ

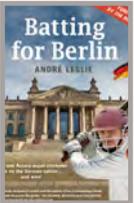


Catch Up With The Sun

Heidi Douglas

240 pages, PB, photographs, memoir/ travel

Rights available: all exc. ANZ



Batting for Berlin

André Leslie

224 pages, PB, colour photographs, memoir/ cricket

Rights available: all exc. ANZ



The Dad Factor: *How father-baby bonding helps a child for life*

Richard Fletcher

240 pages, PB, parenting
Rights available: all exc. ANZ, Spain, Korea, Germany and Chinese Complex and Simple



Birth Stories: *Real and inspiring accounts from Australian women*

Edited by David Vernon

224 pages, PB, pregnancy & birth

Rights available: all exc. ANZ

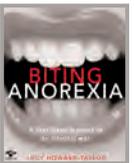


Easy Parenting

Ken & Elizabeth Mellor

128 pages, PB, illustrations, parenting

Rights available: all exc. ANZ, Arabic, Spanish, UK, India, Ireland

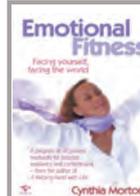


Biting Anorexia: *A first-hand account of an internal war*

Lucy Howard-Taylor

224 pages, PB, memoir/ health

Rights available: all exc. ANZ and North America

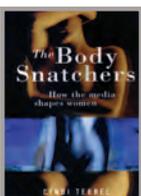


Emotional Fitness: *Facing yourself, facing the world*

Cynthia Morton

256 pages, PB, photos, motivation

Rights available: all exc. ANZ



The Body Snatchers: *How the media shapes women*

Cyndi Tebbel

192 pages, PB, photographs, women's health/ society

Rights available: all exc. ANZ, Ireland and UK



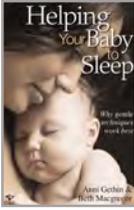
False Start: *A memoir of things best forgotten*

Mark O'Flynn

256 pages, PB, memoir

Rights available: all excluding ANZ

Backlist



Helping Your Baby to Sleep: Why Gentle Techniques Work Best (2nd edition)

Anni Gethin & Beth Macgregor

256 pages, paperback, parenting & childcare

Rights available: All excluding ANZ, North America and Russia



Fathering From The Fast Lane

Practical ideas for busy dads

Dr Bruce Robinson

256 pages, PB, illustrations, parenting & childcare

Rights available: all exc. ANZ, Chinese Simple and Complex



Getting On With Others:

John Cooper

224 pages, PB, illustrations, parenting & childcare

Rights: all exc. ANZ, French, India, Chinese Simple and Complex



The Fat Paddler

Sean Smith

208 pages, PB, photographs, memoir

Rights available: all excluding ANZ



Green Vanilla Tea

Finch Memoir Prize winner 2013

Marie Wilson

256 pages, PB, memoir

Rights available: all excluding ANZ, Korea and North America



Fear-Free Children

Dr Janet Hall

128 pages, PB, illustrations, parenting & childcare

Rights available: all excluding ANZ, India and Arabic



A Handbook For Happy Families

Dr John Irvine

224 pages, PB, photographs, parenting & childcare

Rights available: all exc. ANZ, Indonesian and Chinese Simple

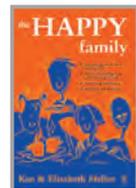


Fight-Free Families

Dr Janet Hall

128 pages, PB, illustrations, parenting & childcare

Rights available: all excluding ANZ, India and Arabic



The Happy Family

Ken and Elizabeth Mellor

128 pages, PB, parenting

Rights available: all exc. ANZ, India and Latin America



The Finch Bumper Book of Parenting: Ages 2 - 6

Steve Bidduph and others

320 pages, PB, photographs, parenting & childcare

Rights available: all exc. ANZ



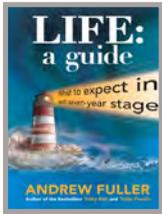
A Life Worth Riding

Sandi Simons

256 pages, pb, photographs, memoir/motivation/equestrian

Rights available: all excluding ANZ

Backlist



Life: A Guide: *What to expect in each seven-year stage*

Andrew Fuller

224 pages, paperback, illustrations, motivation/ philosophy

Rights available: all excluding ANZ.



The Little Pink Book: *A complete guide to breast cancer and its treatment*

Dr Phillip Yuile

296 pages, PB, illustrations, women's health

Rights available: all exc. ANZ



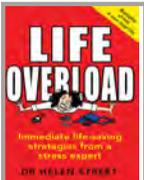
Parenting after Separation:

Making the most of family changes

Jill Burrett

224 pages, PB, parenting

Rights available: all exc. ANZ, Polish and Korean

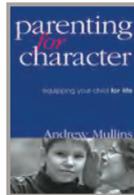


Life Overload: *Immediate life-saving strategies from a stress expert*

Dr Helen Street

256 pages, PB, mental health

Rights available: all exc. ANZ



Parenting for Character

Andrew Mullins

192 pages, PB, illustrations, parenting

Rights available: all exc. ANZ, Thailand, Nigeria and Kenya



Marzipan and Magnolias

Elizabeth Lancaster

224 pages, PB, memoir

Rights available: all exc. ANZ



Sex-life Solutions: *Easy ways to solve everyday sexual problems*

Dr Janet Hall

224 pages, PB, illustrations, relationships/ health/ sex

Rights available: all exc. ANZ and Spanish



No Chopsticks Required:

My family's unexpected year in Shanghai

Katrina Beikoff

256 pages, PB, memoir

Rights available: all exc. ANZ



Shared Parenting: *Raising your children cooperatively after divorce*

Jill Burrett & Michael Green

224 pages, PB, parenting

Rights available: all exc. ANZ, North America, Spanish and Russian



Starting School: *How to help your child be prepared*

Sue Berne

224 pages, paperback, photographs, parenting & childcare

Rights available: all exc. ANZ and Arabic



Sleeping Apart not Falling Apart

Jennifer Adams

224 pages, paperback, relationships/ health

Rights available: all exc. ANZ

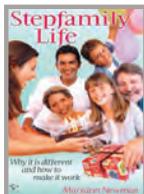
Backlist



ParentCraft: A Practical Guide to Raising Children Well (2nd edition)

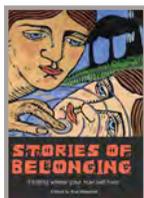
Ken & Elizabeth Mellor

256 pages, paperback, photographs & illustrations, parenting
Rights available: all excluding ANZ, India, Ireland and UK



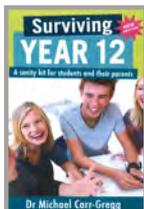
Stepfamily Life: Why it is different - and how to make it work

Margaret Newman
224 pages, PB, parenting
Rights available: all exc. ANZ



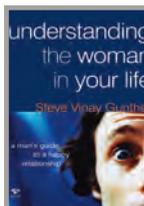
Stories of Belonging: Finding where your true self lives

Ed. Kali Wendorf
256 pages, PB, memoir
Rights available: all exc. ANZ



Surviving Year 12: A sanity kit for students and their parents

Michael Carr-Gregg
208 pages, PB, parenting/ education/ mental health
Rights available: all exc. ANZ



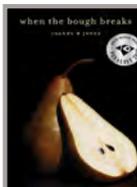
Understanding the woman in your life

Steve Vinay Gunther
256 pages, PB, illustrations, relationships
Rights available: all exc. ANZ, India and Mexico



Under the Skin

Marion van Dyk
296 pages, PB, illustrations, memoir/ society
Rights available: all exc. ANZ



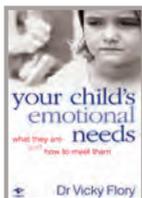
When the Bough Breaks

Joanne W Jones
256 pages, PB, memoir
Rights available: all exc. ANZ



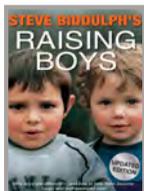
Yes Chef

Phillip McMillan
224 pages, PB, memoir
Rights available: all exc. ANZ



Your Child's Emotional Needs: What they are and how to meet them

Dr Vicky Flory
224 pages, PB, photographs, parenting
Rights available: all exc. ANZ and India



Steve Biddulph's Raising Boys

224 pages, PB, illustrations, photographs, parenting & childcare
Rights available: all exc. ANZ, Portugal, Arabic, Brazil, Bulgaria, Chinese (Complex and Simple), Croatia, Czech Republic, Estonia, France, Germany, Greece, Hungary, Indonesia, Ireland, Italy, Japan, Korea, North America, Poland, Russia, Serbia, Spain, Thailand, Turkey and UK. Audio and eBook rights also available.

Literary agents representing Finch Publishing

BULGARIA

Anthea Agency
Attn: Katalina Sabeva
Sofia
katalina@antheaights.com

GREECE

O.A. Literary Agency
Attn: Michael Avramides
Markopoulo
amichael@otenet.gr

THE NETHERLANDS

Sebes & Van Gelderen
Agency
Attn: Willem Bisseling
Amsterdam
bisseling@sebes.nl

CHINA & TAIWAN

Bardon-Chinese Media
Agency
Attn: David Tsai
Taipei and Beijing
david@bardon.com.tw

HUNGARY

Katai & Bolza Literary
Agents
Attn: Miklos Lekli
Budapest
miki@kataibolza.hu

POLAND

graal literary agency
Attn: Marcin Biegaj
Warszawa
marcin.biegaj@graal.com.pl

CZECH REPUBLIC

Kristin Olson Literary
Agency
Attn: Tereza Dubova
Praha
tereza.dubova@litag.cz

INDONESIA

Maxima Creative Agency
Attn: Santo Manurung
Tangerang
santo@cbn.net.id

RUSSIA

Author Rights Agency
Attn: Svetlana Pironko
Dublin
subrights@authorightsagency.com

FRANCE

Agence Litteraire Lora
Fountain & Associates
Attn: Lora Fountain
Paris
lora@fountlit.com

JAPAN

Japan Uni Agency Inc
Attn: Cecilia Akiko Kashiwamura
Tokyo
akiko.kashiwamura@japan-uni.co.jp

SPAIN AND PORTUGAL

Sandra Bruna Literary
Agency
Attn: Natalia Berenguer
Barcelona
nberenguer@sandrabruna.com

GERMANY

Thomas Schlueck GmbH
Attn: Joachim Jessen
Garbsen
j.jessen@schlueckagent.com

KOREA

BC Agency
Attn: Elva Seo
Seoul
rights@bookcosmos.com

TURKEY

Nurcihan Kesim Literary
Agency
Attn: Filiz Karaman
Istanbul
filiz@nurcihankesim.net

Finch Publishing contact details

Finch Publishing Pty Ltd
2207/4 Daydream Street
Warriewood NSW 2102
Australia

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Rex Finch
Publisher
rex@finch.com.au

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