

B L A C K I N C.

JAN 2018

**James Adonis
Andrea Owen
Cosmos**

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Extent: 192pp

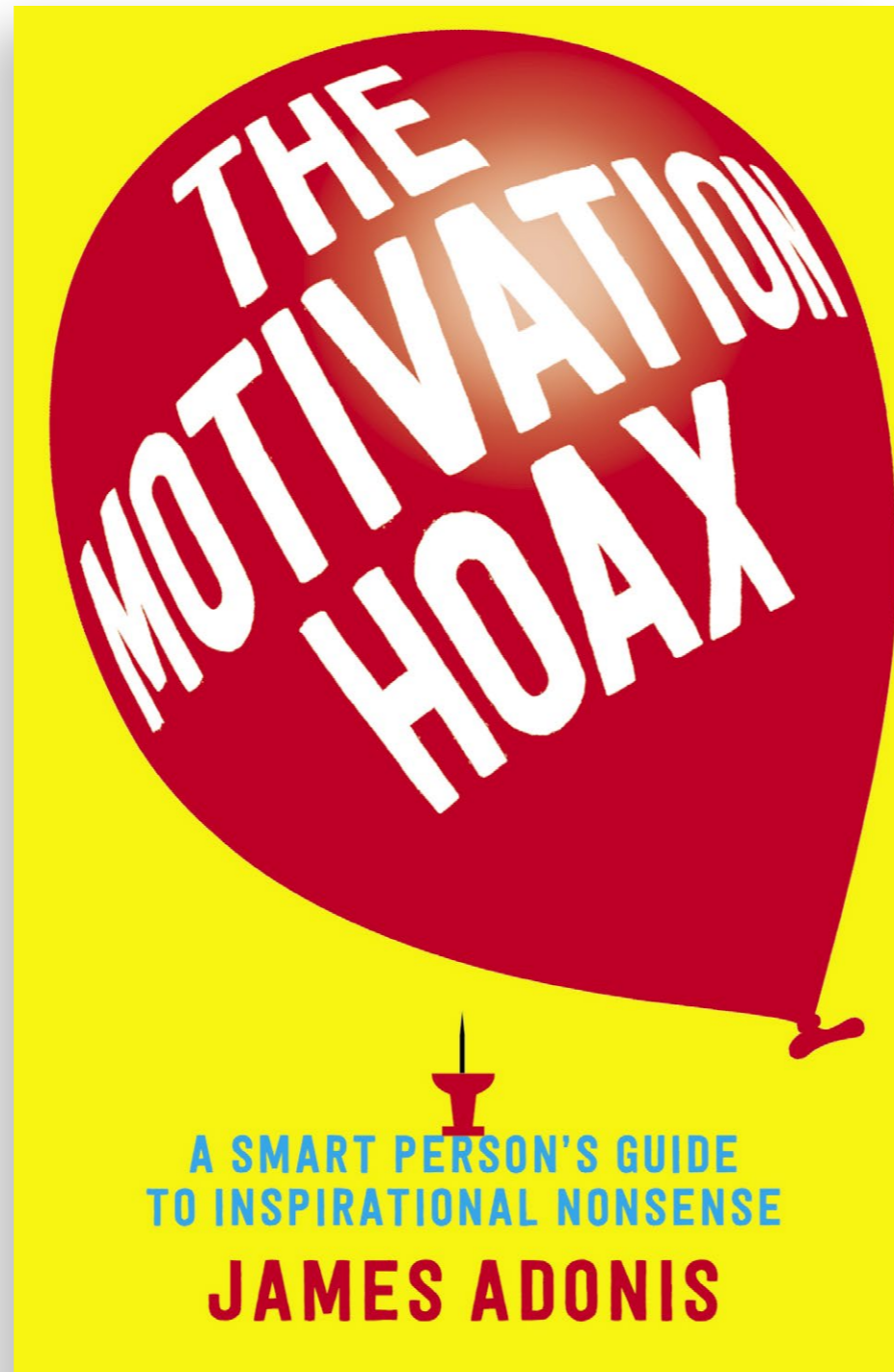
Subject: Self-help;

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Dr James Adonis is one of Australia's best-known leadership educators. His nationally syndicated Fairfax columns reach over 100,000 readers every month. Over the past decade, James has worked with hundreds of organisations – including McDonald's, American Express, Coca-Cola, Qantas, Optus, Ernst & Young, Gucci, Toyota and many government departments – to help them lead change and improve performance.



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JANUARY 2018

The Motivation Hoax

A Smart Person's Guide to Inspirational Nonsense

James Adonis

Everywhere you look – on posters, in offices, on social media – there's a motivational quote to greet you. Dreams can come true! Happiness is a journey! Think positive! You can do anything! But how many of these are accurate? How many are wise? And which of them are based on evidence you can actually trust? The answer is depressing: not many at all.

The Motivation Hoax exposes and unravels the nonsense that permeates the inspiration industry, and in its place offers a suite of tools and insights that are reliable, credible and, most importantly, tested.

Who will benefit from this book? *The Motivation Hoax* is for you if:

- You're a leader who abhors clichés and vacuous platitudes.
- You're an employee who desires a realistic guide to workplace success.
- You find yourself rolling your eyes when you see or hear yet another nauseating motivational quote.
- You value science over rhetoric, no matter how eloquently worded.

A reality check like no other, *The Motivation Hoax* is among the most refreshing, liberating and surprisingly affirming books you'll read this year.

Release date: January 2018

RRP: \$22.99 AUD

ISBN: 9781760640316

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Imprint: Nero

Format: Paperback

Size: B format (198 x 128mm)

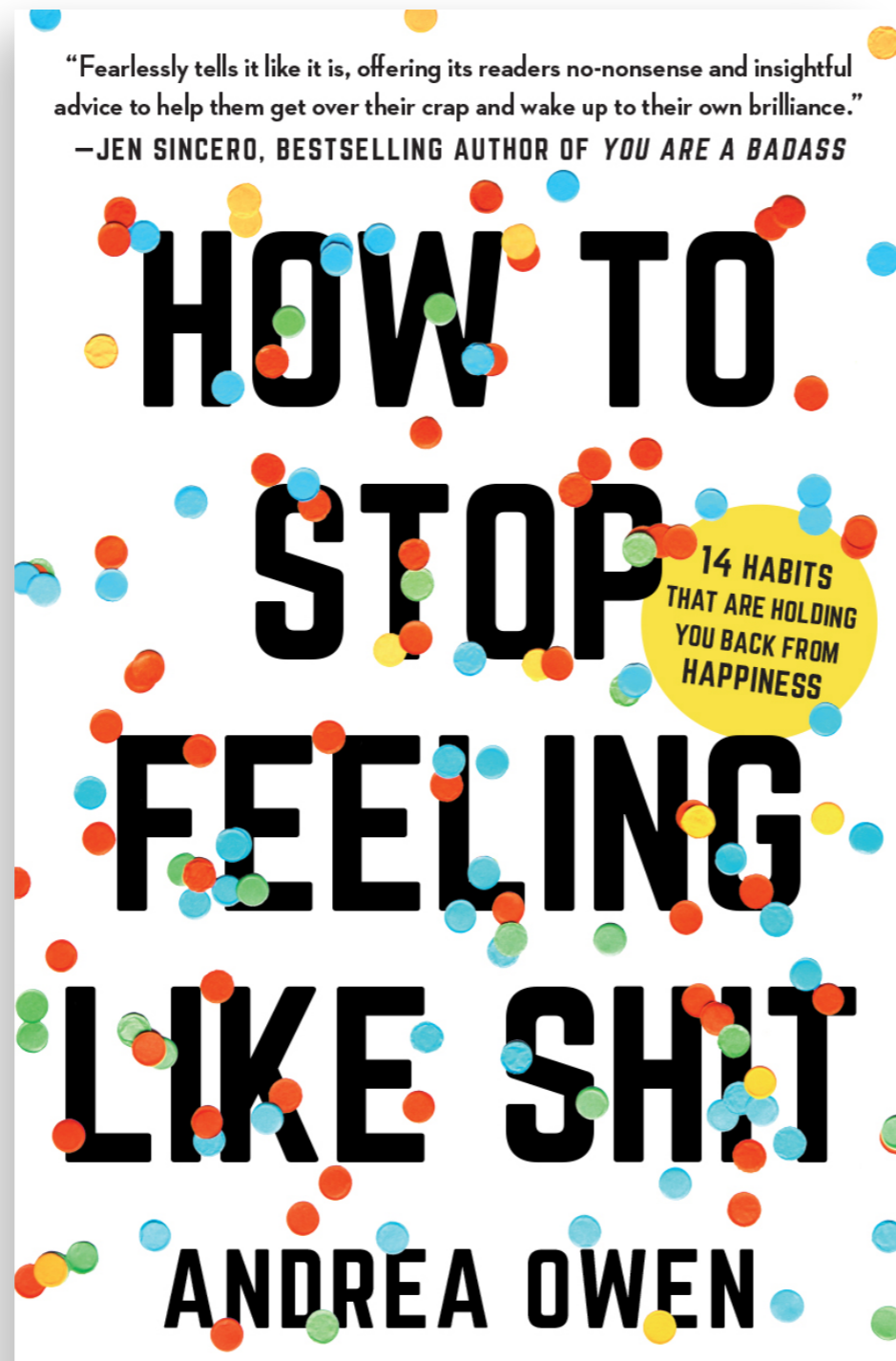
Extent: 176pp

Subject: Self-help

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Andrea Owen is a successful life coach and the author of *52 Ways to Live a Kick-Ass Life* and the popular blog, *Your Kick-Ass Life*.



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JANUARY 2018

How to Stop Feeling Like Sh*t

14 Habits that Are Holding You Back from Happiness

Andrea Owen

How to Stop Feeling Like Sh*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviours women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophising and people-pleasing, Andrea Owen – a nationally sought-after life coach – crystallises what’s behind these invisible, undermining habits. With each chapter, she kicks women’s gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favour of punch-points of awareness.

Release date: 4 January 2018

(DAILY)

RRP: \$15.00 AUD

ISBN: 9781760640323

Imprint: Cosmos

Format: Paperback

Size: 210 x 285mm

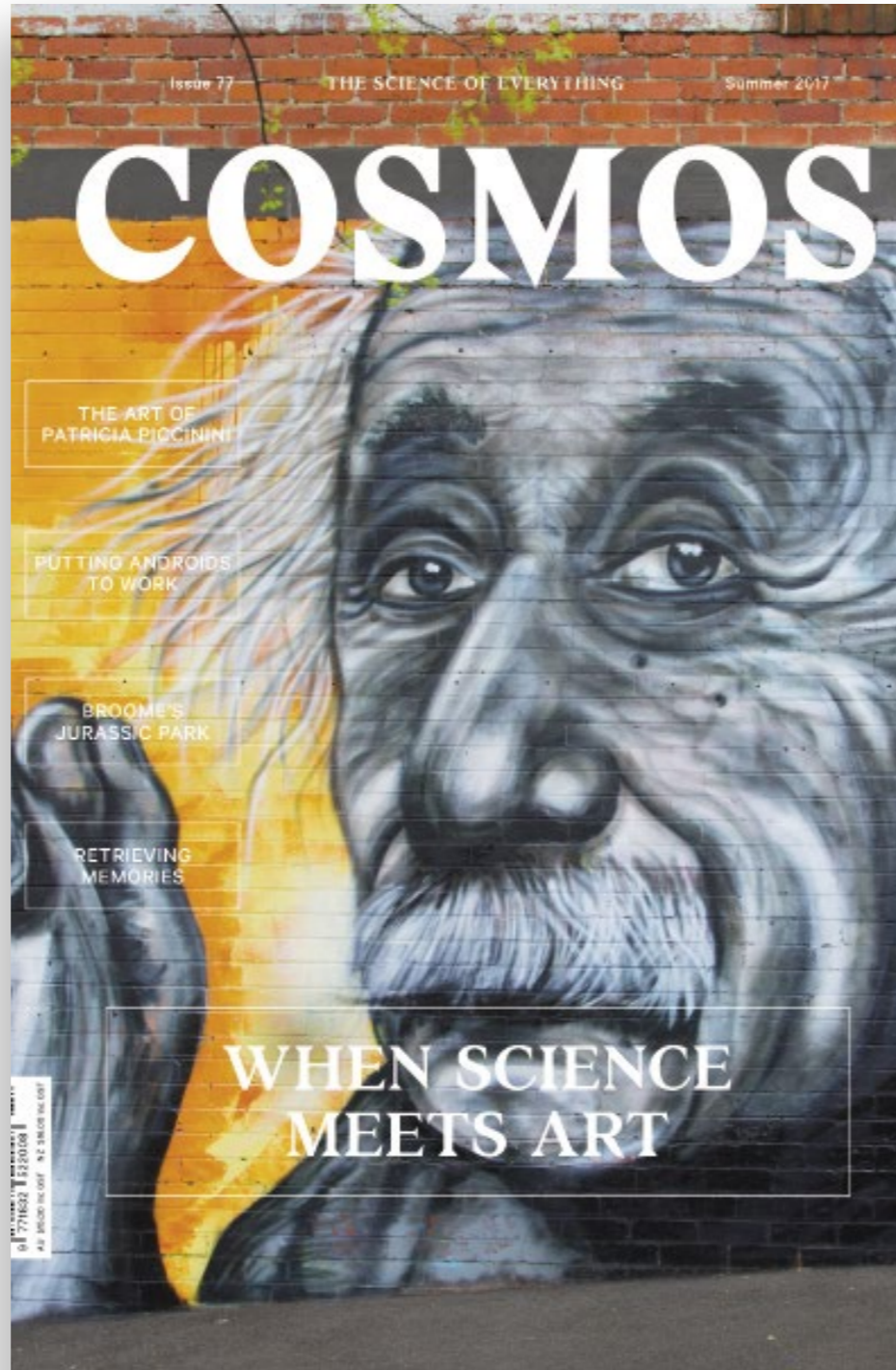
Extent: 130pp, full colour throughout

Subject: Science; Magazines

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Cosmos is a quarterly science magazine, created in Australia with an international reach. We aim to inspire curiosity in 'The Science of Everything'; and make the world of science accessible to everyone. It delivers the latest in science with beautiful pictures, clear explanations of the latest discoveries and breakthroughs and great writing.



COSMOS

JANUARY 2018

Cosmos Magazine

Summer 2017/2018

Issue 77

The Science of Everything

In the Summer Issue:

The Art of Patricia Piccinini by Elizabeth Finkel. Some scientists viewed her work as dystopian and fanciful. But with the 'editing' of human embryos now a reality, Piccinini's work is a compelling statement of the Brave New World we are entering.

Hiroshi Ishiguro: Android Maker by Elizabeth Finkel. A portrait of the world's most infamous android maker. His creations are already being put to work to nurse elderly Japanese, and connect with autistic children. But Ishiguro's real mission is to discover what it means to be human.

Retrieving Memories by Fiona McMillan. While much is known about how new memories are inscribed into the circuitry of the brain, the retrieval mechanism has long been a mystery. New research is providing clues.

Broome's Jurassic Park by John Pickrell. For millennia, the tracks left by dinosaurs were a part of the indigenous dreaming. But a new generation of scientifically-minded custodians, have opened up the trackways to palaeontologists. It has unveiled a rich new chapter in Australia's dinosaur History.

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