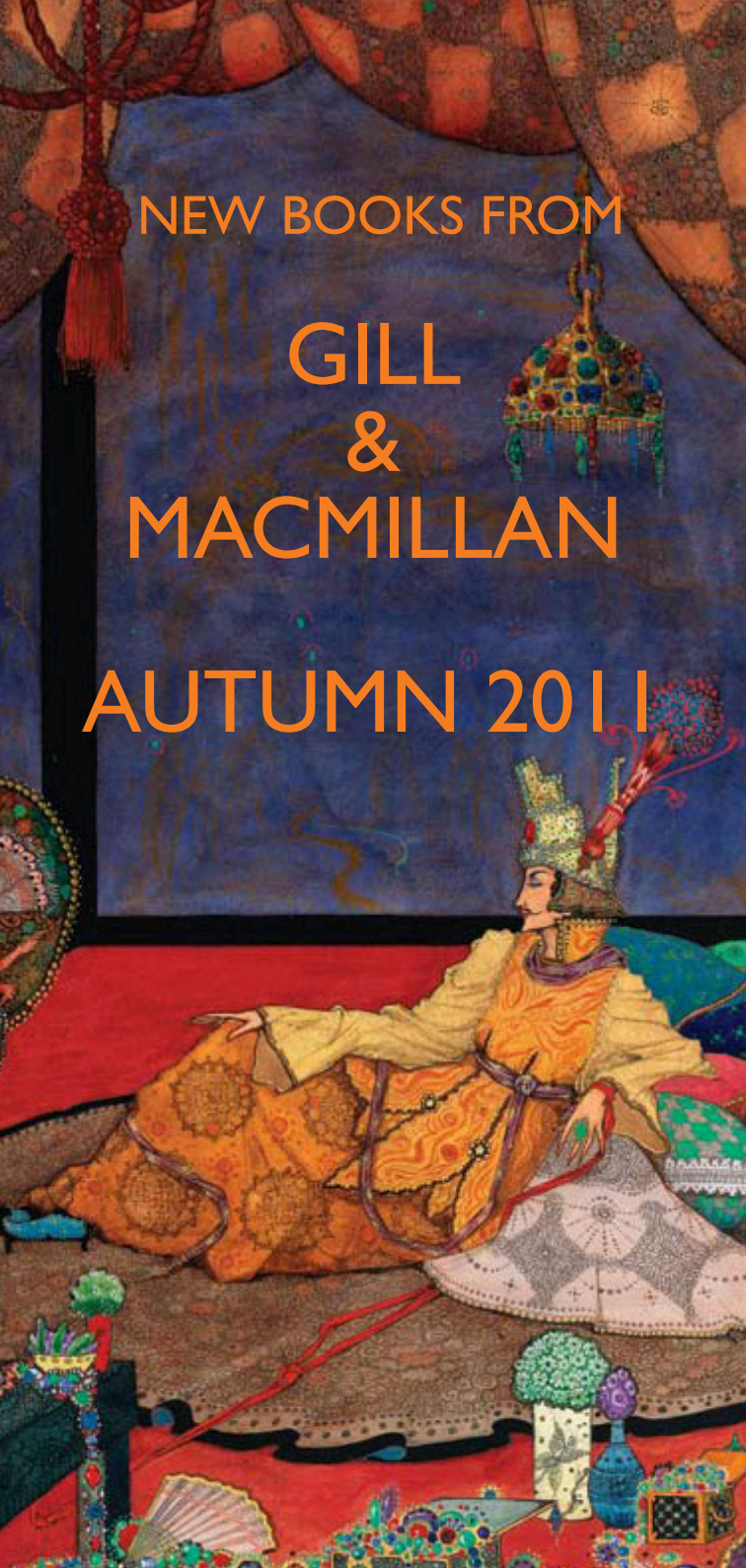


NEW BOOKS FROM
GILL
&
MACMILLAN
AUTUMN 2011





CATHERINE'S FAMILY KITCHEN

CATHERINE FULVIO

Following the success of *Catherine's Italian Kitchen*, Catherine Fulvio now invites you into her kitchen at Ballyknocken House. This is Catherine in her element: practical cooking, geared to our busy modern lives, with no compromise on taste.

With over 100 mouth-watering recipes, including all those seen on her new eight-part RTÉ series (starting September 2011), *Catherine's Family Kitchen* takes you through the full range of home cooking possibilities.

Throughout the book Catherine stresses the power of five to give you easy ways to diversify classic staples, such as five quick soups, five types of mash, five ways with crumble, and lots more.

Author

Catherine Fulvio is the proprietor of the Ballyknocken House Cookery School, a prolific cookery writer and one of Ireland's top television culinary stars.



MAKE, BAKE, LOVE

LILLY HIGGINS

This is a gorgeous collection of easy, delicious recipes for all types of baked goodies. Just like her popular blog 'Stuff I Make, Bake and Love' Lilly Higgins has a chatty and warm style that makes baking approachable and fun. Her fabulous recipes have a hint of nostalgia, and the beautiful photographs will make you want to stock up on butter and sugar and bake that cake!

The book includes twists on old favourites like Banoffee Cake, Bakewell Cupcakes and Rhubarb Macaroons.

There are also sections on big and small cakes, thrifty baking, biscuits, traybakes and even delicious breads like Guinness and Rye Bread. We guarantee that you will Make, Bake and LOVE!

Author

Lilly Higgins is a Ballymaloe trained chef and an enthusiastic food blogger. She presented the TV show 'Fancy Vittles' with her sister Maeve Higgins, a well-known comedian.

Catherine's Family Kitchen	Printed Hardcover
€22.99 / £19.99	978 0 7171 5057 1
	September 2011

Make, Bake, Love	Printed Hardcover
€19.99 / £17.99	978 0 7171 5042 7
	October 2011



GORGEOUS TO GO

AISLING MCDERMOTT

Gorgeous to Go is a companion to the bestselling *Beaut.ie Guide to Gorgeous*. This handy, portable guide contains all the elements that made the original book so successful: humour, accessibility, great advice, tips and suggestions — all with an Irish slant.

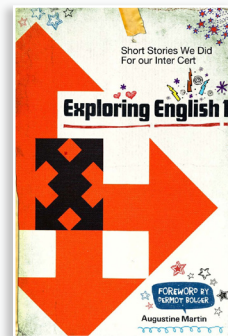
Gorgeous to Go focuses on the art of shopping for cosmetics. It gives insights into the ways products are marketed, solid recommendations about different products and what's value for money.

It identifies key beauty buys, details the current stand-out products, reviews classic cult products and tells you the stinkers to avoid. No need to make lists or memorise things any more: it's all here, in your handbag – just for you.

Author

Aisling McDermott is the bestselling author of *The Beaut.ie Guide to Gorgeous*. She created the Beaut.ie blog in 2006 with her sister Kirstie. It's an award-winning site (winners at the 2007 to 2010 Irish Blog Awards) that receives rave reviews and over 15,000 visitors a day.

Gorgeous to Go	Flexicover
€12.99 / £11.99	978 0 7171 4865 3
	October 2011



EXPLORING ENGLISH I

EDITED BY AUGUSTINE MARTIN

FOREWORD BY DERMOT BOLGER

Exploring English 1 lay on bedroom floors while girls chatted on impossibly heavy house phones, too excited about their lives to get around to studying. It was opened on buses as terrified students tried to cram in the last days before exams. Initials and love hearts and random notes were scrawled in its margins, a shorthand code of teenage life jotted down in blank spaces. But the book remains infused with Gus Martin's love for literature and his desire to inspire that same love in several generations of teenagers.'

Dermot Bolger, from the foreword.

Following the huge success of last year's re-issue of *Soundings*, *Exploring English* will recapture those school days through the short stories and works of Liam O'Flaherty, Frank O'Connor, Sean O'Faolain, Mary Lavin, Brian Friel and Benedict Kiely.

This is the book precisely as you will have remembered it. Read once more and enjoy!

Editor

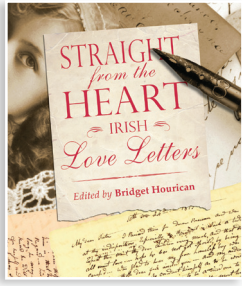
When editing *Exploring English*, Augustine Martin was teaching English at Mount St Joseph's in Roscrea. He was appointed lecturer in English at University College Dublin and later Professor of Anglo-Irish Literature. He was also editor of *Soundings*, which was re-issued to huge popular acclaim in 2010. He died prematurely in 1995.

Exploring English 1	Paperback
€14.99 / £12.99	978 0 7171 5041 0
	September 2011

STRAIGHT FROM THE HEART

BRIDGET HOURICAN

From the early Gaels to Hugh Leonard, Irish people have been seducing, cajoling, stalking, obsessing, throwing jealous fits, begging marriage, urging adultery, mourning lost loves, plotting new loves, threatening to kill themselves, and addressing moving last words to loved ones before going to their deaths, all through the medium of the written word. This selection includes letters from Yeats, Joyce, Michael Collins and George Bernard Shaw as well as from ordinary people, letters from the Front and from emigrants writing home to their sweethearts. A wonderful collection.



Editor

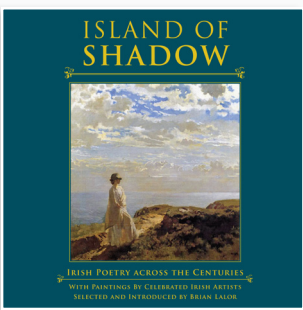
Bridget Hourican is a freelance journalist and historian. She is literary editor of *The Dubliner* magazine.

Straight from the Heart	Hardback
€19.99 / £17.99	978 0 7171 5025 0
80 colour photos	September 2011

ISLAND OF SHADOW

BRIAN LALOR

Island of Shadow is an anthology of Irish poetry from earliest times to the present day, accompanied by Irish paintings of distinction.



Editor

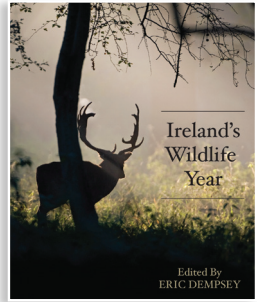
Brian Lalor is a freelance writer and printmaker. He was editor of the *Encyclopaedia of Ireland* and of the Yeats' selection *I Am of Ireland*.

Island of Shadow	Hardback
€19.99 / £17.99	978 0 7171 5061 8
100 colour illustrations	September 2011

IRELAND'S WILDLIFE YEAR

EDITED BY ERIC DEMPSEY

Ireland's Wildlife Year is a superb survey of the four seasons in the Irish natural environment. Driven by beautiful nature photography, seasonal changes are tracked as they affect plants, trees, shrubs, bird and animal life, and the general landscape and natural environment.



Authors

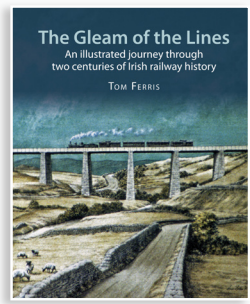
Eric Dempsey is Ireland's leading ornithologist.

Ireland's Wildlife Year	Hardback
€29.99 / £26.99	978 0 7171 5007 6
150 colour photos	November 2011

THE GLEAM OF THE LINES

TOM FERRIS

This superb social history, generously illustrated with images never seen in print before, will excite all Irish railway enthusiasts. As well as photographs of stations and trains it also contains advertising posters, old paintings, postcards and other private and public memorabilia. The result is a visual feast for the railway enthusiast supported by Tom Ferris's reliable and authoritative commentary.



Author

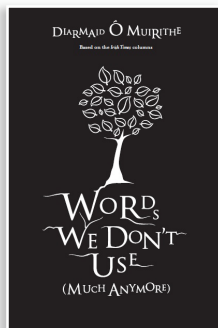
Tom Ferris is a publisher and railway historian. He is the author of many works on Irish railway history, including *Irish Railways: A New History* and *The Trains Long Departed*.

The Gleam of the Lines	Hardback
€24.99 / £21.99	978 0 7171 5002 1
100 colour photos	September 2011

WORDS WE DON'T USE

DIARMAID Ó MUIRITHE

This is an entertaining compendium of words which are either on the brink of extinction or have already been deemed obsolete by the great dictionaries. Ó Muirithe's gentle and witty style, reveals his vast knowledge and scholarship in an accessible way.



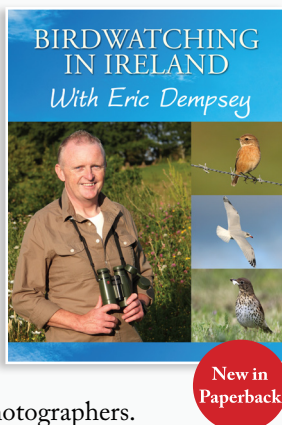
Author

Diarmaid Ó Muirithe is senior Lecturer Emeritus in the Department of English in UCD. He is the author of *Words we Use*, *Irish Words and Phrases*, *Irish Slang* and *A Dictionary of Anglo-Irish Words*.

Words We Don't Use	Hardback
€24.99 / £21.99	978 0 7171 4810 3
	September 2011

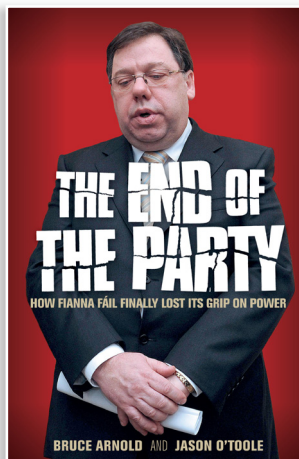
BIRDWATCHING IN IRELAND WITH ERIC DEMPSEY

Now in paperback, *Birdwatching in Ireland with Eric Dempsey* covers the whole process of appreciating birds on a generic level to the specific methods of identifying different species of birds. It is illustrated throughout with stunning full-colour images taken by some of Europe's leading bird and wildlife photographers.



Written in a relaxed and easy-to-read style, and rich with breathtaking photographs, this is a book for anyone who has an interest in Ireland's birds.

Birdwatching with Eric Dempsey	Paperback
€19.99 / £17.99	978 0 7171 51073
	September 2011



THE END OF THE PARTY

BRUCE ARNOLD AND JASON O'TOOLE

The election of February 2011 will be remembered for many things, but most of all for the defeat and virtual annihilation of Fianna Fáil. Stripped of power in humiliating circumstances, the party was disgraced, possibly to the point of no return. Fine Gael triumphed under Enda Kenny, a leader who had been consistently underrated, winning the largest number of seats in its history.

The story of how this happened and of how Fianna Fáil came to demolish itself in the eyes of the electorate is linked with property and banking scandals, inept decisions and the gross mismanagement of Ireland's most profitable time – that of the Celtic Tiger. Two journalists with inside knowledge of the events and extensive experience of politics over many years have joined their talents to write this gripping story.

Authors

Bruce Arnold is a political journalist of long standing in the *Irish Independent*. Jason O'Toole writes for the *Irish Daily Mail* and *Hot Press* and has been described as the finest interviewer of his generation.

The End of the Party	Paperback
€16.99 / £14.99	978 0 7171 5064 9
25 colour photos	October 2011

BERTIE: POWER & MONEY

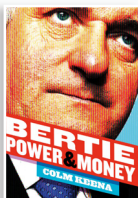
COLM KEENA

This book explores the personality of Ireland's most powerful politician during the country's greatest period of prosperity and potential. It throws light on aspects of Bertie Ahern's character that he managed to hide from public view during most of his high-profile career. Using material from the Mahon Tribunal's inquiry into his finances, it both examines the truth about these matters while also charting Ahern's responses to the matters raised, some of which tested his credibility.

Once hailed as Ireland's greatest politician since Eamon de Valera, Ahern's legacy now includes the near-destruction of a western European economy and the collapse of one of the most successful political parties of the past hundred years.

Author

Colm Keena is Public Affairs Correspondent with *The Irish Times*. He is the author of *The Ansbacher Conspiracy* and the bestselling *Haughey's Millions*.



Bertie: Power & Money	Paperback
€16.99 / £14.99	978 0 7171 5069 4
25 colour photos	October 2011

NEALON'S GUIDE TO THE 31ST DÁIL

EDITED BY STEPHEN COLLINS

This is the new edition of Ireland's outstanding political work of reference. For the past forty years, *Nealon's Guide* has appeared after every general election. It provides a comprehensive profile of the Dáil and Seanad, includes the election results and also has profiles of every TD and Senator, a full list of all cabinet and ministerial appointments and statistical and political analysis.

Editor

Stephen Collins is political editor of *The Irish Times*.



Nealon's Guide to the 31st Dáil	Hardcase
€29.99 / £26.99	978 0 7171 5059 5
	October 2011

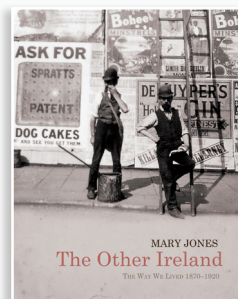
THE OTHER IRELAND

MARY JONES

Drawing on various archives, many previously uncatalogued, Mary Jones has assembled a collection of fascinating images that effectively trace the social history of Ireland from the dawn of the age of photography to the end of British rule.

Author

Mary Jones is a labour historian and film maker.



The Other Ireland	Hardback
€29.99 / £26.99	978 0 7171 5049 6
b/w illustrations	October 2011

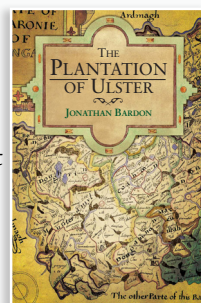
THE PLANTATION OF ULSTER

JONATHAN BARDON

The Plantation of Ulster followed the Flight of the Earls when the lands of the departed Gaelic Lords were forfeited to the Crown. Dangerous instability ensued as the resentful dispossessed Gaelic Irish lived side by side with insecure newcomers speaking an alien language, operating by laws they did not understand, and oppressing them because of their religious allegiance. The folk memory and shock waves of these events in the early 17th century were to reverberate down the centuries to our own time. Jonathan Bardon's new book is the first major, accessible survey of this key event in British and Irish history.

Author

Dr Jonathan Bardon is the author of the seminal *Ulster: A History*, universally regarded as the definitive work on the subject, and of the critically acclaimed *A History of Ireland in 250 Episodes*.

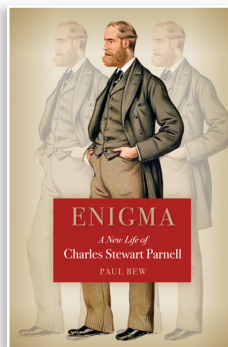


The Plantation of Ulster	Hardback
€26.99 / £24.99	978 0 7171 4738 0
21 mixed illustrations	November 2011

ENIGMA

PAUL BEW

Charles Stewart Parnell is the most enigmatic figure in Irish history. An Anglo-Irish landlord from a distinguished and long-established Wicklow family, he became the most unlikely leader of Irish nationalism imaginable. This is the first major biography of Parnell in 30 years.



Author

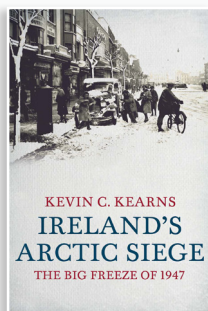
Paul Bew is Professor of Political Science at Queen's University Belfast and one of the most distinguished historians of modern Ireland.

Enigma	Hardback
€24.99 / £21.99	978 0 7171 4744 1
25 b/w photos	October 2011

IRELAND'S ARCTIC SIEGE

KEVIN C. KEARNS

The Irish winter of 1947 was the coldest and longest of the 20th century. From shortly after Christmas until almost Easter, the country was gripped by snow and ice; transport ground to a halt. The normal supply of goods and services was suspended. Kevin Kearns gets behind the headlines to reveal in tremendous detail the hardship, deprivation and loss of life that gripped a vulnerable country as a result of this extended period of freakishly cold weather.



Author

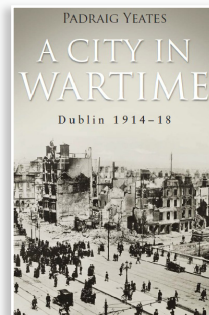
Kevin Kearns is the author of a distinguished series of oral histories of Dublin, including the classic *Dublin Tenement Life* (1996), *Dublin Voices* (2001), *Dublin's Lost Heroines* (2004) and *The Bombing of Dublin's North Strand* (2009).

Ireland's Arctic Siege	Hardback
€24.99 / £21.99	978 0 7171 4863 9
50+ b/w photos	October 2011

A CITY IN WARTIME

PADRAIG YEATES

In the years 1914 to 1918, Dublin was transformed by three forces. The first was the great lockout of 1913. The second was the first world war and the number of fighting men Dublin gave to the British Army, many of whom never returned. The third was the Easter Rising of 1916. Between them, these three major events left Dublin a deeply changed city. Pádraig Yeates looks at how they affected the lives of ordinary Dubliners.



Author

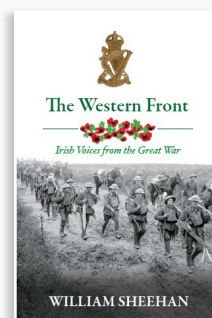
Pádraig Yeates is a journalist, publicist and trade union activist. He is also a distinguished social and labour historian and the author of *Lockout*, the standard work on the great 1913 labour dispute.

A City in Wartime	Hardback
€24.99 / £21.99	978 0 7171 4972 8
25+ b/w photos	September 2011

THE WESTERN FRONT

WILLIAM SHEEHAN

Concentrating on the personal stories of Irish soldiers who fought in World War One, this book chronicles the experiences of officers and soldiers who served on the Western Front from recruitment, through training, to their experiences on the battlefields. This is the human story at the heart of a war that cost the lives of 35,000 Irish men and women.



Author

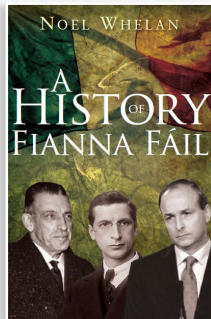
William Sheehan is a military historian specialising in early 20th century British military history.

The Western Front	Hardback
€24.99 / £21.99	978 0 7171 4786 1
25 b/w photos	October 2011

A HISTORY OF FIANNA FáIL

NOEL WHELAN

Fianna Fáil has always seen itself as more than a political party. Its self-image has been that of a national movement, one that represented the nation in microcosm and superseded partisan and regional prejudices. While holding this view of itself, it also managed to be the most ruthlessly successful and professional party machine in Europe. Noel Whelan traces the party's fortunes from its foundation by Eamon de Valera to the disastrous general election of 2011.



Author

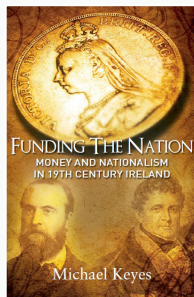
Noel Whelan is a barrister and political commentator. He writes a regular political column for *The Irish Times*.

A History of Fianna Fáil	Hardback
€24.99 / £21.99	978 0 7171 4761 8
25 mixed photographs	November 2011

FUNDING THE NATION

MICHAEL KEYES

Nationalist Ireland in the 19th century invented the modern political party system. The simple question that Michael Keyes examines in this groundbreaking book is how Daniel O'Connell, and afterwards Parnell, financed their political organisation. Until now there has been no serious examination of how early Irish nationalists raised the money, how they accounted for it and – occasionally – how they misappropriated it.



Author

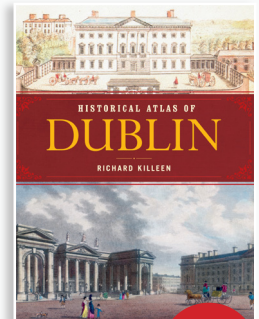
Michael Keyes is a writer and part-time lecturer in NUI Maynooth.

Funding the Nation	Hardback
€24.99 / £21.99	978 0 7171 5000 7
	October 2011

HISTORICAL ATLAS OF DUBLIN

RICHARD KILLEEN

This is a survey of the political, social and economic history of Dublin from Viking times to the present. It is splendidly presented with colour illustrations and maps and offers an accessible overview of the life of the city from earliest times to the present day.



New in
Paperback

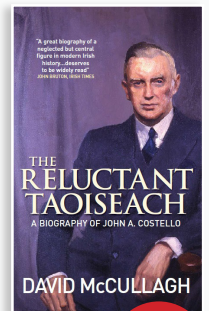
Historical Atlas of Dublin	Paperback
€16.99 / £14.99	978 0 7171 5065 6
Full colour throughout	October 2011

THE RELUCTANT TAOISEACH

DAVID MCCULLAGH

Reviews of the hardback edition

'In David McCullagh [John A Costello] has found the best biographer he could possibly have hoped for.'
Sunday Business Post



New in
Paperback

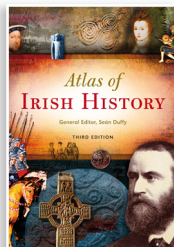
'This is a great biography of a neglected but central figure in modern Irish History, and it deserves to be widely read.'
The Irish Times

The Reluctant Taoiseach	Paperback
€16.99 / £14.99	978 0 7171 5060 1
27 b/w photos	September 2011

ATLAS OF IRISH HISTORY

SEÁN DUFFY

This is the story of the Irish past in graphic cartography, beautifully rendered and augmented by an authoritative text. This new edition adds recent momentous events such as the transformative boom and bust of the Republic's economy and the extraordinary course of developments in Northern Ireland, which resulted in the power-sharing administration of the DUP and Sinn Féin.

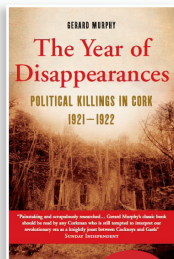


Atlas of Irish History	Hardback
€19.99 / £17.99	978 0 7171 4890 5
60 colour maps, 40 colour & 20 b/w photos	September 2011

THE YEAR OF DISAPPEARANCES

GERARD MURPHY

'Painstaking and scrupulously researched... Gerard Murphy's classic book should be read by any Corkman who is still tempted to interpret our revolutionary era as a knightly joust between Cockneys and Gaels.' *Sunday Independent*



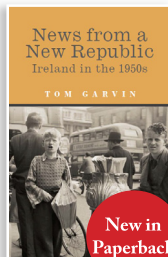
New in Paperback

The Year of Disappearances	Paperback
€19.99 / £17.99	978 0 7171 5101 1
28 b/w photos	September 2011

NEWS FROM A NEW REPUBLIC

TOM GARVIN

'Garvin has done a service in illuminating the debates that helped the country get through the despair that threatened it half a century ago'. *The Irish Times*



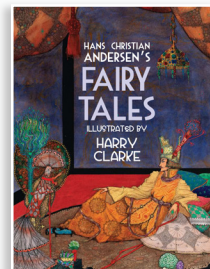
New in Paperback

News From a New Republic	Paperback
€14.99 / £12.99	978 0 7171 5058 8
25 b/w photos	September 2011

HANS CHRISTIAN ANDERSEN'S FAIRY TALES

ILLUSTRATED BY HARRY CLARKE

For this new collection, twenty of Andersen's best-loved tales have been re-written for the modern reader. With Clarke's fabulous illustrations this will make a wonderful gift book for children, young and old.



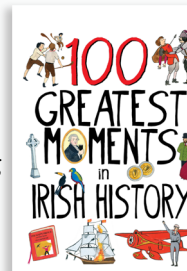
Illustrator

Although now best known for his stained glass work, Harry Clarke (1889-1931) first found fame as a book illustrator.

Hans Christian Andersen's Fairy Tales	Hardback
€16.99 / £14.99	978 0 7171 5023 6
16 colour, 24 b/w illustrations	September 2011

100 GREATEST MOMENTS IN IRISH HISTORY

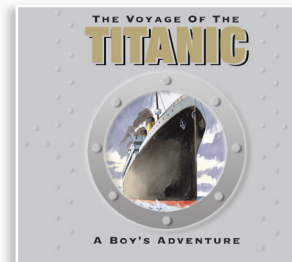
From the earliest settlements at Mount Sandel around 7,000 BC to the first meeting of the Northern Ireland Assembly in 2007, this book introduces the greatest moments in Irish history to children.



100 Greatest Moments in Irish History	Hardback
€12.99 / £10.99	978 0 7171 4970 4
Full colour throughout	September 2011

THE VOYAGE OF THE TITANIC

Re-issued to commemorate the 100th anniversary of the Titanic, this journal of a young boy explains the events of the time from a personal perspective. Includes fabulous pop-ups, flaps.



The Voyage of the Titanic	Hardback
€18.99 / £16.99	978 0 7171 5099 1
Full colour throughout	August 2011

A PARISH FAR FROM HOME

PHILIP O'CONNOR

All over Europe, Irish ex-pats are playing Gaelic football. A whole network of GAA clubs has sprung up across the Continent and they even have their own administrative structure, the European County Board. Philip O'Connor's marvellous book is an account of one year in the life of one player and one club in one country. You wouldn't normally associate the GAA with Sweden or with continental Europe, but it's there, wherever there are Irish exiles to nurture it in parishes far from home.

Author

Philip O'Connor lives in Stockholm with his wife and two children, where he runs his own communications company. He is also PRO of the European County Board of the GAA.



A Parish Far From Home	Paperback
€16.99 / £14.99	978 0 7171 5018 2
25 colour photos	September 2011

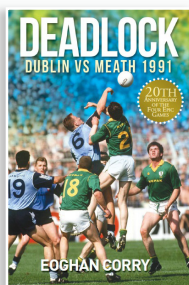
DEADLOCK

EOGHAN CORRY

2011 is the 20th anniversary of the epic games that saved Gaelic football. At the time, the country was drunk on celebration and elation when Ireland qualified for the soccer World Cup finals. Gaelic football was in danger of being left behind. Instead, it was saved by three unlikely events. The GAA decided not to seed the stronger teams in the Leinster championship. Two of the best supported teams were drawn against each other in the opening round. And incredibly, it took four matches and one of the most dramatic finishes in history before there was a winner. Gaelic football was never the same again.

Author

Eoghan Corry is one of Ireland's leading sports and travel journalists.



Deadlock	Hardback
€19.99 / £17.99	978 0 7171 4814 1
25 colour photos	September 2011



LET THIS BE OUR SECRET

DERIC HENDERSON

Let This Be Our Secret is a remarkable true crime story set on Ireland's north coast, where the bodies of a couple were found in a car filled with carbon monoxide fumes – the apparent victims of a suicide pact. But 18 years later, wealthy dentist Colin Howell confessed to police that it was he and his then lover, Hazel Buchanan, who had murdered their respective partners. All four belonged to Coleraine Baptist Church.

Howell went on to run hugely successful dental implant surgeries in Ballymoney, Co. Antrim and Bangor, Co. Down, but despite his strong religious beliefs, he lived a secret life of lust, deceit and greed.

Hazel Buchanan, Howell's ex-lover, also remarried. She emerged as a high-maintenance and glamorous keep-fit fanatic who according to friends always had a haunted look, fearing that sooner or later an investigating police officer would one day tap her on the shoulder. Out of Northern Ireland's dark and troubled history has emerged an incredibly audacious crime like no other.

Author

Deric Henderson is Ireland editor of the Press Association, the national news agency for the UK and Ireland.

Let This Be Our Secret	Paperback
€14.99 / £12.99	978 0 7171 4770 0
25 colour photos	October 2011

ROWDY RHYMES AND REC-IM-ITATIONS

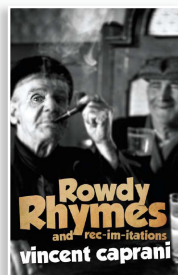
VINCENT CAPRANI

Vincent Caprani's *Rowdy Rhymes...* was first published in the 1980s and established itself as a cult classic. It is a book of pomes (not poems) and bawdy verse.

Rowdy Rhymes... is simply a celebration of the English language as spoken – and recited – in Dublin. And 'recited' is the operative word. These are pomes that rhyme and scan, that rattle along to a reliable bass beat that never lets you down, and that are funny, touching and nostalgic by turn.

Author

Vincent Caprani is a retired printer and trade unionist.



Rowdy Rhymes and Rec-im-itations	Hardback
€14.99 / £12.99	978 0 7171 5019 9
	September 2011

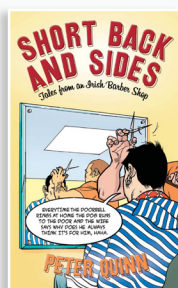
SHORT BACK AND SIDES

PETER QUINN

There is something about barber shop conversations that sets them apart from the usual small talk. These exchanges are enjoyed on both sides of the chair. For the majority of customers the chat seals the deal, and some regulars who wait for a specific barber will tell you it's 'for the chat rather than the hair cut'. Peter Quinn likes to think it's both, but as long as they keep coming he won't be complaining! Here is a range of stories that his customers have told – from funny to eye opening. It's the perfect stocking filler this Christmas!

Author

Peter Quinn is a barber in Rathfarnham.



Short Back and Sides	Paperback
€6.99 / £5.99	978 0 7171 4941 4
	August 2011

NATIONAL GALLERY OF IRELAND DIARY 2012

This beautifully illustrated diary contains some of the finest paintings from the National Gallery's permanent collection. This is the must-have desk diary of the year.



National Gallery of Ireland Diary 2012	Case bound
€19.99 / £17.99 (Inc VAT)	978 0 7171 5027 4
	September 2011

THE IRISH TIMES BOOK OF THE YEAR 2011

PETER MURTAGH

All the best reportage and photography from Ireland's paper of record, covering the period October 2010 to September 2011. The eleventh edition of an established Christmas classic.



Author

Peter Murtagh is a Managing Editor of *The Irish Times*.

The Irish Times Book of the Year 2011	Hardback
€26.99 / £24.99	978 0 7171 4809 7
	November 2011

MONEY DOCTOR FINANCE ANNUAL 2012

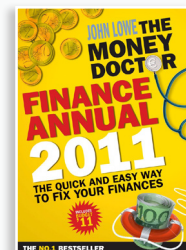
JOHN LOWE

'John Lowe's Finance Annual is a superb easy-to-use manual that gives you dozens of ways to retain and grow your money'. Bill Cullen

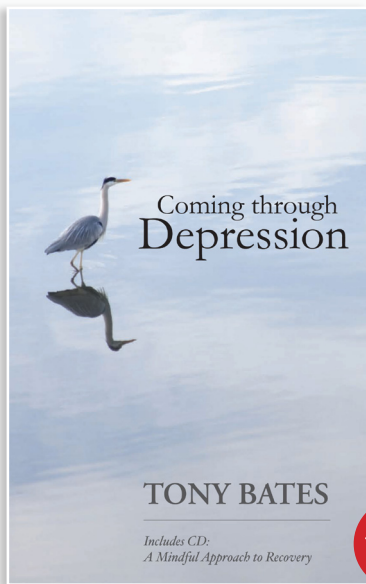
The Money Doctor Finance Annual 2012 is the seventh edition of this bestselling publication.

Author

John Lowe is Managing Director of Providence Finance Limited.



Money Doctor Finance Annual 2012	Paperback
€10.99 / £9.99	978 0 7171 5062 5
	December 2011

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COMING THROUGH DEPRESSION

TONY BATES

First published in 2000 as *The Commonsense Guide to Depression*, this is a completely revised and rewritten edition of Tony Bates' bestselling book.

While intended as a guide to recovery for the sufferer, *Coming Through Depression* is also written with the relatives and friends of the sufferer in mind in the hope that it can make sense of what can be a difficult problem to grasp from the 'outside'.

Complete with a CD of mindful practices, Tony Bates presents a step-by-step recovery plan for overcoming depression.

Author

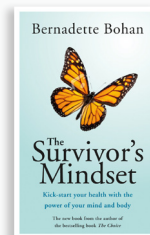
Tony Bates is Founder Director of Headstrong, the national centre for Youth Mental Health. Prior to this he worked as Principal Clinical Psychologist at St James' Hospital in Dublin and has more than 30 years' experience in the area of mental health.

Coming Through Depression	Paperback
€14.99 / £12.99	978 0 7171 47809
Includes Audio CD	December 2011

THE SURVIVOR'S MINDSET

BERNADETTE BOHAN

No one said it was easy to change your life; this is even more true if you are also dealing with a health crisis that is in itself life-changing. *The Survivor's Mindset* provides a series of easily understood strategies to help overcome the hesitations, fears and prejudices that are so often a barrier to making personal change. Using case studies the author shows how different therapies and approaches can be used to develop personal strengths and overcome doubts and uncertainty to help you make the changes you need to make. These real stories from real people vividly illustrate how lifestyles can be restructured both physically and mentally.



The Survivor's Mindset	Paperback
€14.99 / £12.99	978 0 7171 50175
	August 2011

THE CHOICE

BERNADETTE BOHAN

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'Truly a lovely book! Gripping, inspiring and moving, if you read one book this year, read this one.' *Prudence Magazine*

This is an inspiring story of an ordinary woman's spirited fight against cancer that defied all odds. But it is also a signpost for anyone who wants to live a healthier way of life to prevent and treat illness.

ISBN of previous edition published by Harper Collins: 978 0 00 7195213

Author

Bernadette Bohan is a bestselling author and lecturer on health and lifestyle issues.



The Choice	Paperback
€14.99 / £12.99	978 0 7171 5015 1
	August 2011

For publicity enquiries, please contact:

Ciara O'Connor

(01) 500 9521

086 838 3559

coconnor@gillmacmillan.ie

For sales enquiries, please contact:

Paul Neilan

(01) 500 9529

086 254 0626

pneilan@gillmacmillan.ie

Chris Carroll

(01) 500 9554

086 251 8807

ccarroll@gillmacmillan.ie

Gill & Macmillan

Hume Avenue

Park West

Dublin 12

Tel (01) 500 9500

www.gillmacmillan.ie

