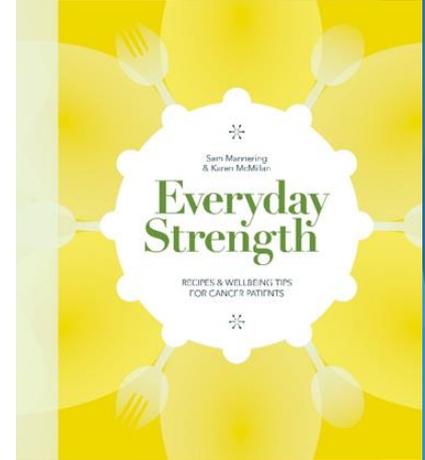
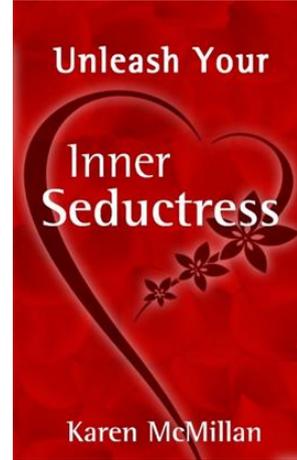
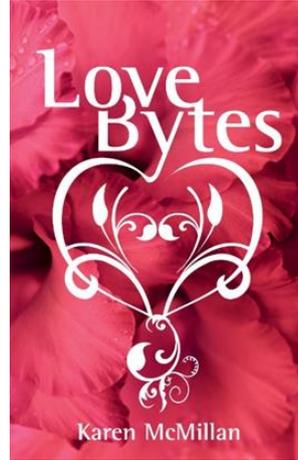
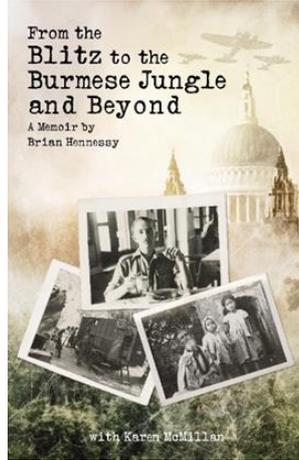
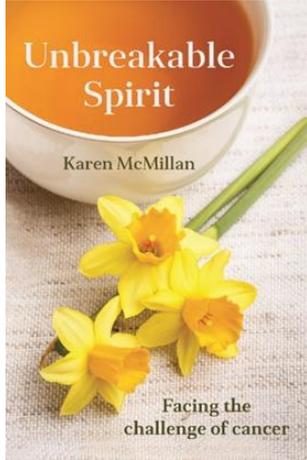


Karen McMillan Non-Fiction Catalogue 2019



Susanne Theune & Asociados

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Karen McMillan Non-Fiction Catalogue 2019



Karen McMillan is the author of fiction, non-fiction and children's books.

Fiction works include the novels *Brushstrokes of Memory*, *Watching Over Me*, *The Paris of the East*, *The Paris of the West*, and the delightful collection of short stories *Shaggy Dog and Fishy Cat Tales*.

Her non-fiction titles include *Everyday Strength*, *Unbreakable Spirit*, *Love Bytes*, *Unleash Your Inner Seductress*, and *From the Blitz to the Burmese Jungle and Beyond*.

Karen is also the author of the junior fiction children's book series, *Elastic Island Adventures*, that have been optioned to be made into movies.

Karen is a cancer survivor, and she lives in Auckland, New Zealand.

For more information about Karen and her writing visit www.karenm.co.nz.

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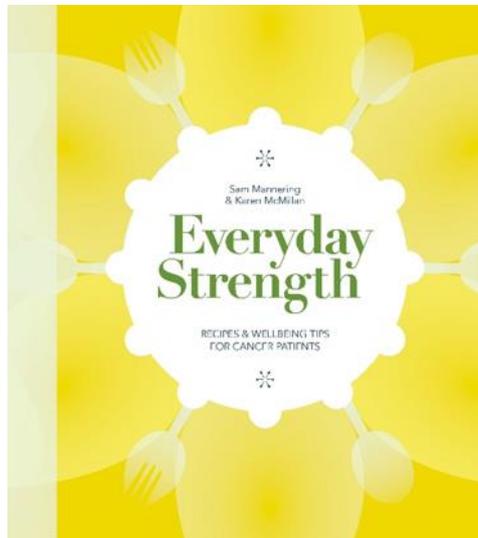
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Karen McMillan Non-Fiction Catalogue 2019

Everyday Strength is an invaluable resource for families facing cancer.

Going through treatments for cancer is undoubtedly challenging, which authors Karen McMillan and her co-author Sam Mannering well know from personal experience. But this book is packed with practical, everyday things you can do to make each day a little brighter during this difficult time.

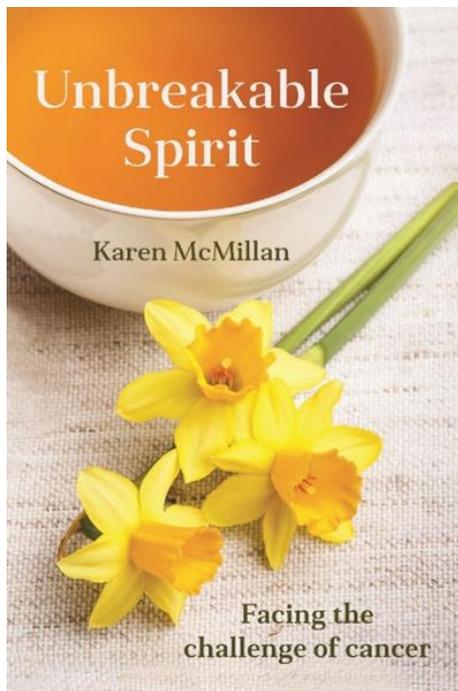
Sam has created nourishing, easy-to-prepare, family-friendly recipes that are designed specifically for people who may be feeling unwell. Karen has sought advice from experts, so there are practical suggestions that may help with common symptoms such as exhaustion, changes in weight, nausea, pain and discomfort, and the various symptoms you might not want to talk about. There are sections on hair and skin care, as well as emotional wellbeing. There is also a special section of recipes especially designed to tempt young children, along with practical tips for parents. **Finalist Gourmand World Awards 2018. Top ten NZ Listener Cookbook.** Rights unavailable: NZ, Australia, UK and Germany.



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An invaluable collection of real life stories of cancer, representing a wide range of circumstances that will provide comfort and help for families facing cancer.

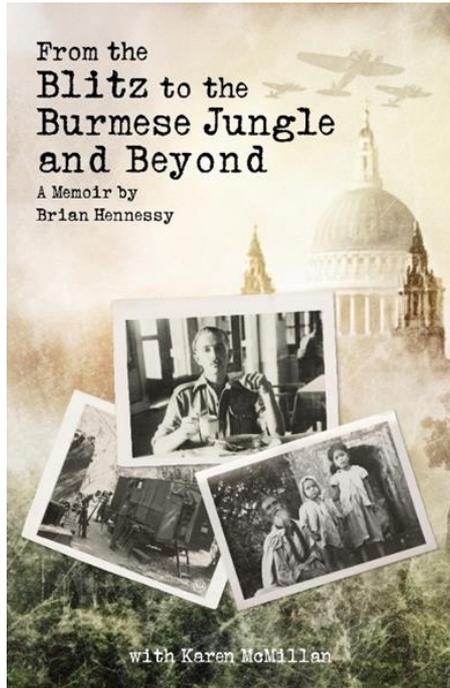
Unbreakable Spirit is a testimony to the resilience of the human spirit in the face of cancer. It tells the true stories of people who have survived cancer and of those who are terminally ill. It also shares the experiences of people who have had a loved one die from cancer and includes information from hospice workers, oncologists, GPs, a counsellor, surgeon and breast physician.

Unbreakable Spirit was first published in 2003, and it has helped numerous families facing cancer. In this revised edition, Karen finds out what has happened to many of the people featured in the book and updates their stories. She discusses the advances of medical science in the past decade and other changes. She also tells her own story of being diagnosed with breast cancer in 2011 – a positive story of the importance of early detection through screening, and she includes insightful new chapters from her medical team.

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One man's memoir of World War II that took him from the Blitz to the jungles of Burma, to the devastation of Hiroshima.

'I consider myself lucky to have survived the global carnage still myself – a reluctant soldier who had to go to war, who only ever wanted peace for everyone.' Brian Hennessy

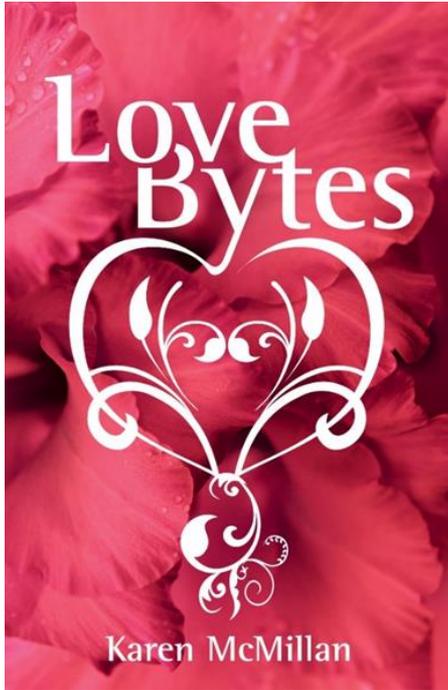
Born in Germany to English parents Brian came from a family who served in the army. He was seventeen years old and living in London when war broke out, and he experienced the Blitz firsthand. Brian joined the British Army and became the youngest armament artificer. What follows was a true adventure story as Brian journeyed via South Africa to India and the remote jungles of Burma. Danger was always present, and his narrative is sometimes humorous, at other times poignant. At the end of the war, he went to Japan and saw first-hand the devastation at Hiroshima.

This is his story, a sweeping journey through the landscape of war and far more fascinating and exciting than any fiction.

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Real life stories of love, punctuated by famous quotations, **Love Bytes** is for everyone from teenagers to grandparents

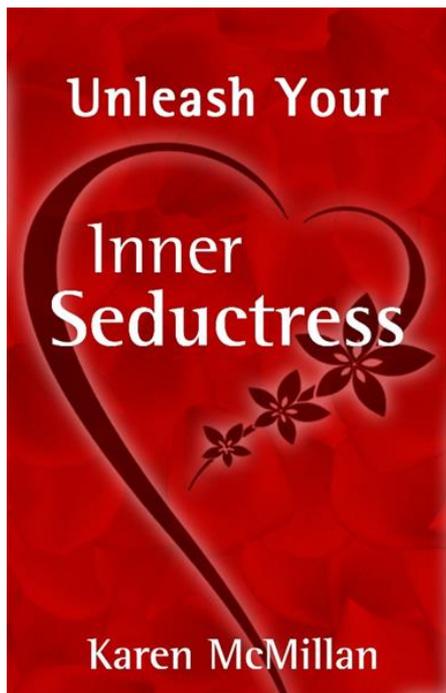
Romance – family – friendship – humanity: love is the most important aspect of our lives. With love we become vibrant, passionate and caring people, living fully.

People of all ages and all walks of life share their special moments of love. Everyday, down-to-earth examples we can all relate to are mixed with stories of love that will challenge and inspire the way we think about love. Karen uses the Greek words for the four different types of love: Eros (romance), Storge (family love), Philia (friendship) and Agape (love of humanity). In Eros, people share their experiences from first impressions to being married for more than sixty years. In Storge, people of all ages talk about the love they have for their children, their parents, their siblings and their extended family. In Philia, friends talk about the simple fun of friendship; and in Agape unsung, modest people take centre stage for a moment to talk about the caring they do and what motivates them.

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The ultimate guide for women looking to increase their confidence, reclaim their femininity and enjoy life to the full!

Accessible for both single women and those in relationships, it explores themes of building confidence and tapping into a woman's natural femininity, tricks of making the most of your physical assets, and taking this information and putting it into action.

Unleash Your Inner Seductress will help women everywhere enjoy the benefits of their inner seductress. Here they learn how unleashing their own charm, beauty, sophistication and intelligence can enrich their entire lives, whether it be in the boardroom, bedroom or at a social gathering.

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PRAISE

'This invaluable resource for families facing cancer offers practical advice to make each day a little brighter. The nourishing, easy recipes are designed for people who may be feeling unwell, and there are tips on how to ease exhaustion, nausea, pain and discomfort.' **MindFood Magazine**

'Told with empathy, clarity and insight, *Unbreakable Spirit* will provide valuable support for individuals with cancer and the families and friends walking beside them.' **Australian Women's Weekly**

'Remarkable stories and an equally remarkable book.' **New Zealand Listener**

'*Unbreakable Spirit* is a book that I believe everyone should read as it is such an honest, well-rounded account of cancer that I can't think of another book that even comes close to it... This book is a very well written, insightful collection of personal experiences giving the reader a very wide ranging view of the experiences of cancer sufferers, as well as the teams behind them...A fantastic book, buy it and love it.' **The Library NZ Blogspot**

'This is not a cancer handbook. Rather it is a realistic, practical and remarkably upbeat book. It will answer many questions, offer some hope, and most especially it should demystify cancer by bringing it out into the open and talked about, frankly and clearly.'

FlaxFlower

'Under the four headings of friendship, family love, love of humanity and romance, the author has captured the essence of the many forms love takes. In this special little gift book, New Zealanders from all walks of life share their poignant stories, views and moments of love, and these are interspersed with various quotations. It certainly celebrates that love is all around us and all you need is...love, aroha, alofa.' **NEXT Magazine**

'*Unleash Your Inner Seductress* is both practical and imaginative, and leaves no stone unturned on the path to uncovering the world of seduction. It is the ideal accomplice to the task of unleashing your signature brand of charm, beauty and sophistication.'

chelsey.co.nz

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