

Check out what's hot to trot

Take your mind off the winter chill with these hot new releases.

LOOK AT THESE BOOKS

REFERENCE

- Fit & Fabulous for Life After Babies** by Fiona Thomas Hargraves (\$35)
- Enlightenment for Beginners** by Anne Cushman (\$32.99)
- The Chopsticks Diet** by Kimiko Barber (\$29.95)
- Sugar Daddy** by Dr Adam Fraser and Christine Armarego (\$29.95)
- Everything Changes: The insider's guide to cancer in your 20s and 30s** by Kairol Rosenthal (\$27.95)
- The Best Life Diet** by Bob Greene (\$24.95)
- The Gabriel Method** by Jon Gabriel (\$29.95)
- The Basics: A really useful cookbook** by Anthony Telford (\$35)
- The Biggest Loser Secrets of our Success** by The Biggest Loser Trainers and Cast, with Vanessa Waters (\$34.95)
- Stop Making Excuses and Start Living with Energy** by Alyssa Abbey (\$32.95)
- 101 Things to do Before you Diet** by Mimi Spencer (\$32.95)
- 101 Ways to Get Out of Debt and on the Road to Wealth** by Ashley Ormond (\$32.95)
- The Naked Entrepreneur: A journey from fear to true wealth** by Troy Hazard and Maria Elita (\$29.95)
- Screw Inner Beauty: Lessons from the Fat-O-Sphere** by Kate Harding and Marianne Kirby (\$24.99)
- The Biggest Loser Club Calorie Counter** (\$7.95)



WIN IT FIRST!

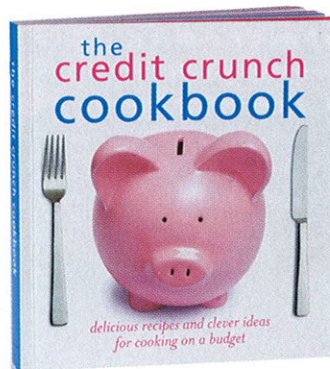
To win a copy of *The Biggest Loser Club Calorie Counter*, *The Biggest Loser Secrets of our Success*, *The Credit Crunch Cookbook* or *101 Ways to Get Out of Debt and on the Road to Wealth*, email 50 words or less telling us why you want the book you do! Email your entry before 3 August to editor@fitnessfirst.com.au

INSPIRATION

Be inspired and motivated by these gorgeous books that will give you that proverbial kick whenever you need it most!

Now is the Time, by Patrick Lindsay (\$19.95)

Our Stories, Our Visions, by Zoë Sallis (\$24.95)



The Credit Crunch Cookbook

This innovative book offers delicious recipes and clever ideas for cooking on a budget. This book will show you how to make the most of two scarce resources: your money and your food. For example, the book suggests how to use up your eggs; how to make the most of dairy products, how

to use your yoghurt, quick ideas to cook with cheese, how to make the most of leftover bread, and more! It even shows you how to make your favourite Mexican, Indian, Thai and Chinese dishes at home! *The Credit Crunch Cookbook* is published by Hamlyn and is available for \$18.99.