



GOODS BOOKS

Between the covers

Grab a page-turner and settle in for some quality me-time

1

I Choose Elena
by Lucia Osborne-Crowley

After suffering unimaginable trauma at the age of 15, aspiring Olympic gymnast Lucia Osborne-Crowley sought solace in reading, and in the process began her journey to healing.
\$18.99 Allen & Unwin

2

The Way of the Monk
by Gaur Gopal Das

If there is ever a time to take advice from a monk it's probably now. Gaur Gopal Das has spent 22 years living on an ashram and his story is an honest account of how to find the path to enlightenment.
\$35 Random House

3

Heavily Meditated
by Caitlin Cady

Following a complete burn-out, Caitlin Cady turned to meditation to change her life for the better. Part memoir, part tool kit, this inspirational guide is the book you've been looking for if you've ever wanted to try meditation.
\$32.99 Hardie Grant



6

Now for Something Sweet
by Monday Morning Cooking Club

The fourth book in this delightful series from a group of Jewish-Australian cooks doesn't disappoint, with more recipes and stories from the Jewish community in Australia and around the world - this time with a deliciously sweet focus.
\$54.99 HarperCollins

5

What Your Birthday Reveals About You
by Phyllis Vega

Everything you wanted to know about the day you were born, including future insights, personal strengths and revealing secrets. A good book for the whole family to pore over.
\$27.99 Allen & Unwin

4

Below Deck
by Sophie Hardcastle

Be prepared to cry bucketloads while reading this soulful, unsettling debut novel by young Australian author Sophie Hardcastle, which follows the journey of 21-year-old Olivia as she discovers the beauty and barbarity of a life at sea.
\$32.99 Allen & Unwin