LOST THE PLOT BACKLIST 2021





SPARKING IMAGINATION, CONVERSATION & CHANGE

LOST THE PLOT is a beautifully-designed illustrated imprint from PANTERA PRESS.

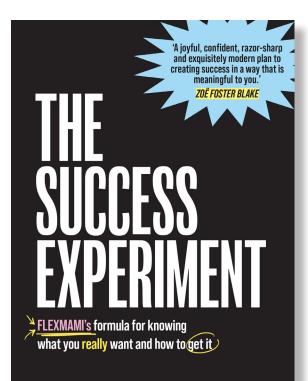
Pantera Press is a young and enthusiastic Australian book publisher, created to champion writing culture and literacy in Australia with a clear community and cultural purpose.

Pantera discovers and nurtures talented Australian writers who are *great storytellers* and also publish non-fiction *books that matter*. As a social purpose business, we use our profits to fund charities and not-for-profits that encourage reading and work to close the literacy gap in Australia.

Our LOST THE PLOT imprint is designed to challenge your thinking, to inform and to entertain. The list contains beautifully illustrated books on a range of topics of the moment.

All of our books are distributed in Australia and New Zealand by Bloomsbury, and we hold world rights to all of our titles. Read on to stretch your imagination and be entertained!

INCT THE SUCCESS EXPERIMENT Lillian Ahenken





FLEXMAMI'S FORMULA FOR KNOWING WHAT YOU REALLY WANT AND HOW TO GET IT

How would our lives change if we set our goals based on what would actually fulfil us, instead of what feels easy or achievable?

Lillian Ahenkan's hypothesis: anyone can create a unique formula for their own personal success. The one-size-fits-all approach to 'your best life' is outdated – you can do better.

You don't have to be exceptional (or even the exception) to be successful. You just need to learn the algorithm.

Through her own success experiment, Lillian transformed herself from a two-time uni drop-out stuck in a career that paid in burn-out, into highly sought-after media personality FlexMami. And here she shows that her experience hasn't been a fluke.

Instead of focusing on what you can't change, spend your time hacking what you can – yourself. This formula combines what you know about yourself with what you know about society. The result? Getting what you really want. Ghanian-Australian Lillian Ahenkan (aka FlexMami) is a DJ, MTV presenter, social media influencer, model and, most recently, a podcaster who is passionate about bringing conversations surrounding identity and intersectionality to mainstream environments.

Flex is all about making sure everyone has the tools necessary to glow up, and uses her platform for real-talk discussions on taboo topics, sexual liberation, dating and critical thinking.

She's been featured in i-D, Stylist, Elle, Grazia, Pedestrian TV, Daily Mail, Man Repeller in addition to being a finalist for Cosmopolitan's Beauty Influencer of the Year 2018. Flex has been championed by actress and body-positive activist Jameela Jamil as an 'inspiration', called the influencer we deserve, the ultimate girl crush, and the beauty icon we need right now. She's known for her playful, thoughtful, empowering posts that are full of confident, modern wisdom and a powerful message of self-belief.

Publication: May 2021 ISBN: 9780648987482 Page Size: 198 mm x 128 mm Extent: 300 pages Full Colour Rights: World Rights Sold: Audio (Audible)



THE Plot

'Self-made, self-motivated and infectiously self- assured, Flex plays both forthright coach and open-hearted student of life in this practical, empowered guide to achieving your own version of success.' Zoë Foster Blake, Founder of Go-To and author of The Wrong Girl

INCT THE SUCCESS EXPERIMENT Lillian Ahenken

'A desperately needed, delightfully digestible conversation on self-betterment that'll have you in tears and in stitches all at once.' Sarah Davidson

This fast-paced how-to packs a millennial sized punch and will make you think differently about the way you live and work. Emma Isaacs, Founder and Global CEO, Business Chicks and author of Winging It

'A clever, empowering and no-bullshit guide to embodying your most authentic and successful self." Mary Hoang

do [],	MANIFE	ST?
BELIEF Bellewe you can actually accomplish this thing you want so badly. A lack of belief fosters insecurity and doubt, which		Section One (Steps one and two) of this book is all about self-belief an how that impacts your ability to achieve.
eventually causes inaction. INTEENT Figure out why you actually want this thing. What do you envision it's going to do for you? How do you imagine it's going to improve your life? Knowing what motivates you		Section Two (Steps three and four) of this book is all about gesting to the core of what you want and wh you want it, which is essential uncovering your intention.
means that when barriers come up, you have a better idea of how to overcome them. ACTION The vital missing step in a lot of the manifestation methods		Section Three (Steps five and six) of this boc is all about figuring out what exactly needs to be done and how to do it, this is action.

INTER

lesson I recount, every anecdote I share is filtered through my own individual way of viewing the world In the same way that how you respond to this book is going to be heavily impacted by your mindeet, and how receptive you are to the information I'm sharing. I'm telling you this because it's so vital to have a healthy level of scepticism. Be discerning about what you read and what conclusions you draw.

Now that you're thinking critically, questioning my motivations, trustworthiness and the stuff I'm sharing use that same curiosity to research, learn more about who I am, what I'm teaching you and make your own judgements accordingly. Critical thinking effectively means that we avoid taking things at just face value. After all, face value can often be a reflection of our biased part experience, or the ways in which we've been programmed by society, family or friends to view the world around us. When I was a teen I loved drinking Powerade not necessarily to replace lost electrolates, but I like the taste and it was always available at my local 7-Eleven. If you're familiar with the drink, you know it comes in every colour of the rainbow (all of which I happily drank), but my mum would always fuss when I hought the blue flavour. From memory, she said that we shouldn't drink blue drinks because cleaning

Evaluating yourself immediately of critical thinking seems perman the charace to become compete trying it on the biggest tasks. Par critical-fitnking ability means be come naturally to your and faces your with its this seem, you and
Figure out if from an any how you rise yournell or yo arran of how your middlest your actions. You'll learn how many area (from and b) and way. You'll learn how ho be you notice areas for growth, accountability for the positive hoppens to you.
Find your own consistent solving, You'll be doing a la ihraughout your lifetime, so i formula that you can tweak than have when you're in the
Reflect on how you see in what informs your beliefs an able to disset if disea it's easi out why things are the way if

after learning the concept	
ng aware of the areas that	
that don't. As you develop	
find it easier to:	



>

ACTIVITY

>

ACTIVIT

>

Dommico			
1.	Make two separate lists, one with all of your		
	positive traits and one with the negatives. Look at		

your two lists and answer the following questions: a. What makes these traits positive or negative? b. When did you start to recognise these traits in yourself? c. Ware these traits learned and if an ushare from?

 d. Are these traits often recognised in you by others?
e. How does reading this list of traits make you feel? f. Have you always regarded the traits as good Fave you aways regarded the trains as good or bad, or has that changed with time?
Do you recognise these traits in others?
How do you regard other people with these traits?
How do you feel about yourself when you

speak to people with these traits? 1. Did you know that you have positive, negative and

neutral traits that you're unaware of, but others can clearly see? How does this make you feel and why? b. If you could adopt a new positive trait, what would it be? c. What would be the worst negative trait someone could say you have?

don't like the feeling of being seen, flaws and all. a. What are some behaviours or characteristics whit at some behaviours of characteri you have that people don't always see?
b. What are some behaviours or characteri What are some behaviours or characteristics you like about yourself, but hide from others? from others? d. Why do you hide these traits, both the

4. How we feel about ourselves and how we're

perceived by others isn't always black and white.

Although we may wish we could, most of us

can't distil our personalities into neat boxes. Sometimes, we can't quite figure out why we

we're happy to be loud and boisterous in some

environments, and a secretive recruse in others. Letting people really see you requires a level of vulnerability that needs to be trained and then

affirmed by positive responses. We're often

afraid to show the world our full selves

because we know we can't control the response we'll receive. Or maybe we simply

ments and a secretive recluse in others

feel the way we do about ourselves - why

c. What are some behaviours or characteristics that you dislike about yourself and hide positive and negative? e. What would encourage you to share these

ACTIVIT

ACTIVITY

ACTIVIT



The journey to acquiring the thing you want isn't linear. The plans you set to reach your goal are unlikely to happen in the ways you expect. But sin't that just how life is? If we stopped wantin things just because there was a chance that we wouldn't get them, then I guarantee our lives would be bland, dull and lacklustre. Self-awareness reminds us that we have to shatter the delusions created by our expectations and remember that a lot of those expectations come from the ways we've been conditioned by society. Our plans and ideas constantly change, often due to forces outside out control, so the best we can do is stay aware, adapt and reflect on what's happening around us and what we can learn from it.

It's easy to get caught up in the acts of doing, moving forward, accelerating and progressing that we forget to pause and assess what we've been through and how that impacts our future. Taking time to think is extremely helpful in getting a better grasp on who you are and your situation.

This is why it's vital that you keep checking back in with yourself and your plan, amending your strategy and expectations accordingly. Like any skill, learning how to reflect takes time and if you've never really done it before, it can feel like you're obsessing over the past.

87

INTEO



ΙΠΟΤ

VEGAN LIVING

An easy guide to a cruelty-free, vegan, plant-based life

VEGRN LIVING



ONDINE SHERMAN

Going vegan seems impossible! What do I tell my family, they think it's unhealthy? I don't want to annoy my friends! Where do I find food and clothes? How do I still get all the vitamins I need?

Have you been thinking about going vegan? Whether it's for environmental, ethical or health reasons it can be a very big decision to make and implement into your lifestyle.

Vegan Living is a gentle, accessible and inspirational guide for a transition into vegan living by Ondine Sherman, one of Australia's leading voices in the animal welfare space.

Based on Ondine's own personal road to being vegan and expert advice, this is an easy and practical guide to implementing vegan practice into all aspects of your life including food, fashion, cosmetics and health products and other lifestyle items that use animal products. It will also provide you with the tools you need to navigate being vegan in a non-vegan world, and how to answer questions that your friends and family might have about your lifestyle change. Ondine Sherman is the Co-founder and Managing Director of Voiceless, the animal protection institute. She stopped eating meat at seven and became full vegan (95% in reality) nearly five years ago.

Ondine holds a BA in Communications from the University of Technology, Sydney, and an MA in Environmental Education from Macquarie University. She is an Ambassador for Action for Dolphins and Director of conservation NGO, This is My Earth (TiME). Ondine writes on animal protection regularly in the media and her opinion pieces have been published in Sydney Morning Herald, AlterNet, Mamamia and more.

In 2012 she was Nominated by Cosmopolitan for "Fun, Fearless, Female" Award, presented the Commencement Speech for Macquarie University in 2011 and in 2009 nominated as Australia's top 10 Community Leaders by News Limited & Microsoft.

She lives in Israel with her husband and three children.

Page Size: 198 mm x 128 mm Extent: 216 pages Full Colour Rights: World



THE Plot

Vegan Living will take you on a journey to help ease you into animal-product free living that enables you to live in harmony with the planet while enjoying great food, good friends, health and satisfaction.

TPNI



THE TIME IS NOW



ippeel You've taken the first step on the path to a vegan cruelty-free, plant-based lifestyle and I'm delighted you're here.

If you're an omnivore, pescatarian, vegetarian or even vegan-curious, this book is written just for you. A healthy happy vegan lifestyle is win-win-win-(repeat infinite times) for you, animals, the environment and the future of our planet. What's the best time to begin my journey? I hear you

ask. Haw about, now?! You'll be in great company. Animal protection is the social justice movement of our century and the vegan awakening is happening, making history in our very generation. It's worldwide and spontaneous, and involves millions of people shifting away from animal

products. We have a global population of 727 billion people and, in recent years, 70 per cent of the world's people have

This has been largely led by millennials conc ion and the environment

If you're thinking the vegan movement is populated by only hippies and hipsters, you couldn't be more wrong. Mainstream businesses, multinational corporations and investors are taking note. There's an explosion of new slant-based products, vegan food technology, ethical ashion and, most importantly, passion.

Hundreds of new cookbooks are filling bookstore and celebrity chefs are jumping on board. The world's largest multinationals, renowned for their meat and dairy products, are now investing in vegan food technology. And companies like Google, Burger King and even McDonald's are getting on the meat-free train.

Billionaires such as Bill Gates, Jay-Z and Richard Branson are investing heavily in the area while vegan and vegetarian celebrities are influencing their billions of fans. Ariana Grande believes veganism can make you live longer and happier, Ellen DeGeneres is encouraging her fans to stop eating meat, and Miley Cyrus is sure veganis is taking over the world. Music sensation Billie Eilish told her millions of fans, 1 understand that meat tastes good ... and I know you think you're just one person and it won't change anything if you stop but ... you should know "one person" adds up.' ~ ~ ~



eganism is a joyful way of life – a co responsible, ethical decision to live our lives responsible, emical decision to live our lives without harming, exploiting or killing other sentient beings. It's a life based on the principles of peace and non-violence and one brimming with kindness, respect and compassion to all living creatures and the Earth.

Don't we all want a world that's more caring, just, fair and less violent? Let's give that a resounding YES.

Vegan living is not hard. Most of us living in industrialised countries have unprecedented choice about what we can eat. Our supermarkets overflow with a wide variety of products and if we're lucky with a click of a button, food, fashion and beauty products are delivered directly to our door. We are able to easily meet our nutritional needs and keep up with fashion trends without

But remember - veganism is not a diet, fad, club, fashion or cult, It in a rew-age concern at all. Veganism and vegetarianism have been a part of Asian Buddhism, Jainism, Sikhism, Taoism and Hinduism for thousands of years - the concept of ahimsa meaning non-violence. respecting life and doing no harm, plays a central role. respecting life and doing no harm, plays a central role. Ital, the vegetarian and sometimes vegan diet of the Rastafari movement of Jamaica, is intended to improve health, avoid causing death and bring followers closer to what they refer to as universal energy and life force.



Gandhi wisely said that true hanniness is when what you think, do and say are in harmony. When our diet and choices are in line with our belief system we feel our deepest values reflected in daily life. This is when we can live our innermost truth. I know from experience that there is a soulful, authentic, joyful feeling when my outsides match my insides And I'm not alone







oday millions of people around the globe are proving that being healthy and being vegan are highly compatible. A healthy vegan diet is appropriate righty companies. A nealing vegan airet is appropriate for all stages of our life, including pregnancy, breastfeeding and adolescence. Research supports that vegetarians and vegans are at reduced risk of a number of health conditions including heart disease, certain cancers, Type 2 diabetes, hypertension and certain cancers, type 2 diabetes, typettension and obesity. This is because vego and vegon diets are often low in saturated fat and high in vegetables, fuits, whole grains, legumes, soy products, nuts and seeds (all rich in fibre and phytochemicals). This causes lower total and low-density lipoprotein cholesterol levels and better serum alucose control, which leads to the reduction of chronic disease. A comprehensive large study of nutrition coined the 'Grand Prix of epidemiology' concluded that human beings

are basically a 'vegetarian species' and, for our own health

and longevity, we should stay clear or mean and daily. Expert scientific advice regarding diet usually recommends less animal products but, unfortunately, some nutritionists haven't caught up with the times. Others rely an information from health studies surreptitiously funded by meat, egg and dairy industries using questionable science or drawing car y industrial and gournmeans bacines of people I know have also increased, rather than decreased, their meat consumption following trends such as paleo and low-carb diets. And many ill-informed health professionals scare away their egan-curious clients, making them doubt their decision to adopt a vegan diet. Make sure you're getting advice from only the most informed and educated experts.

and longevity, we should stay clear of meat and dairy



D **(**)'

SPACE IS COOL AS FUCK



Page Size: 355 mm x 355 mm hardcover 230 mm x 230 mm paperback Extent: 176pp Rights Held: World

Rights Sold: Nth America (Andrews McMeel)

Where art meets science in the magical, wonderful infinity of space.

Bite-sized chunks of incredible, unbelievable information explaining everything you need to know about our universe from black holes to dark matter, featuring aliens, crazy scientists and incredible worlds!

Space is Cool as Fuck features more than 100 wild artworks, photographs and illustrations from 40 international young artists, expressing the ineffable, immense, beautiful and insane.

Kate Howells is a lover of all things space.

In 2017 Kate secured a position on Canada's Space Advisory Board. Currently she collaborates with the Canadian government and international NGO, The Planetary Society, to help people develop skills and tools to launch space knowledge into their communities.

She has put this book together with a little help from her friends in the community (including legendary Bill Nye the Science Guy).

Kate is based in Montreal, Canada.



A highly designed book exploring the idea of the magical, wonderful infinity and possibility of space.

SPACE IS COOL AS FUCK

Space is Cool as Fuck features more than 100 wild artworks, photographs and illustrations from 40 international young artists curated by brilliant designer Cynthia Larenas. From hand-picked unknowns like Kate Kurucz and Adrian du P.B. through up-and-comers like Aida Azin, Waiton Fong, and Chrissie Abbott, to the more established Joel Vans, Kareena Zerefos, James Reka, Regan Tanamui (Ha Ha) and Marina Zumi, each artist brings their own aesthetic to the majesty and wonder of space giving the book its exquisitely eclectic style.







THE PLO

"Bill Nye meets Space Jam and the Wu Tang Clan"

I QUIT PLASTICS Kate Nelson



QUIT

PLASTICS

and you can too

60+ lifestyle recipes to cut waste, live clean and change the world

KATE NELSON

An inspiring and practical journey to quitting plastic.

Kate Nelson has been disposable plastic free for a decade. She started small by stopping her use of plastic bags and water bottles, refusing straws and using a reusable cup for her coffee. But as she became aware of just how much plastic she encountered in her day-to-day life without realising, she knew she had to do more. It has taken years, but the journey has been humbling and full of learning.

I Quit Plastics is an inspiring and practical guide to reducing your use of plastics, wherever you may be on the journey. Complete with an 8-week phase-out program, and full of recipes and tips to help you cook, shop, wear, clean and live plastic-free, Kate Nelson shows you how to reduce your waste and live more simply and sustainably.

With over 60 recipes that cover cooking, beauty, hygiene, and cleaning, Kate Nelson shares how making small changes within your own life you can help have a lasting, global impact.

Kate Nelson is one of Australia's leading plastic-free advocates. She started her journey in 2008 when she volunteered at Jean Michel Cousteau's Ocean Futures Society.

Since then she has lobbied government, pitched to corporates, spoken at schools all over the world, and founded an education and advocacy not-for-profit called 'Save the Mermaids' to spread the word.

She now lives in Byron Bay where she has been plastic free for 10 years and where she continues to run workshops and educate 50,000+ social media followers on the joys of living simply and consciously.

Recipes include:

Cooking: Banana Bread, Sweet Potato Blueberry Porridge, Maple Glazed Pear Breakfast Crumble, Lentil Chickpea Felafels, Zoodle Pad Thai, Vegan Cheese, Eggplant Chips, Peanut Butter Cups, Rich Gooey Raw Brownies

Hygiene: Toothpaste, Deodorant, Mouthwash, Face Masks, Sunscreen

Beauty: Mascara, Foundation, Bronzer, Blush, Eyeliner

Cleaning: Laundry Detergent, Cleaning Spray, Stain Remover

Page Size: 234 mm x 153 mm Extent: 240 pages Full Colour Rights Held: World

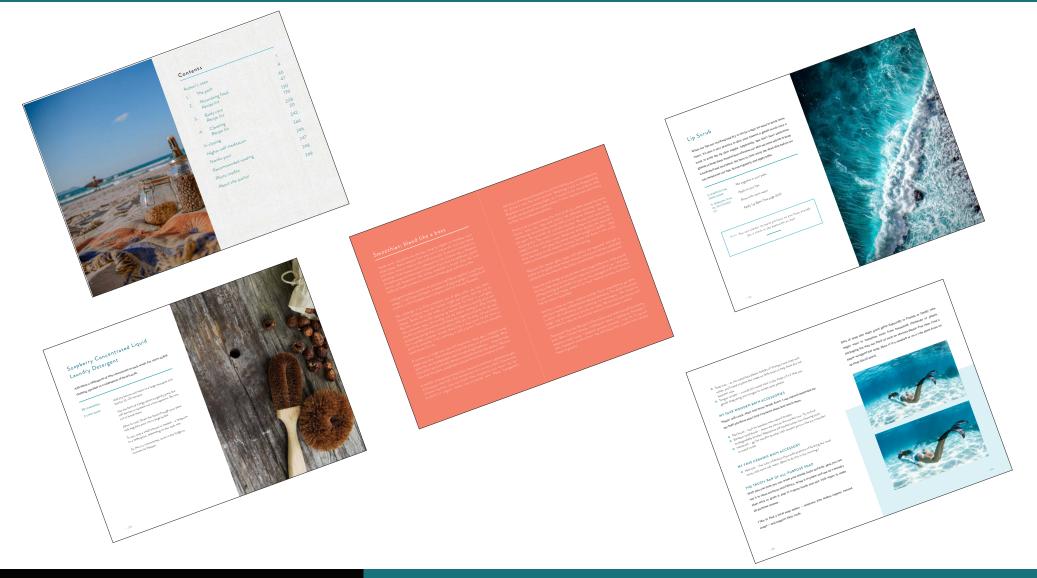


THE Plot

An inspiring but practical guide to reducing your footprint by taking you on a journey to reduce your use of plastics.

I QUIT PLASTICS Kate Nelson

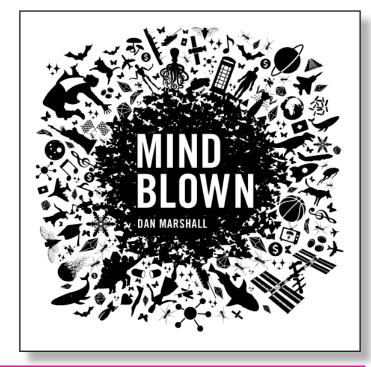




THE PLOT

ΤΡΠ

MIND BLOWN Dan Marshall



Page Size: 320 x 320mm Extent: 184 pages **Rights Held: World Rights Sold: German (National Geographic)**



Did you know space is only an hour's drive away? Did you know there is a jellyfish that is biologically immortal? Or that of all life that has ever existed on Earth, 99.9% of it is extinct? Dan Marshall's slick new book is packed to the brim with facts that will BLOW YOUR MIND.

Delightful illustrations and beautiful design bring to life some of the hardest to believe and awesomely real facts you'll ever see.

Prepare to have your mind blown...

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Mind Blown was born from Dan's passion for graphic design, communicating information visually and his deep curiosity for the incredibly strange place that is our universe.

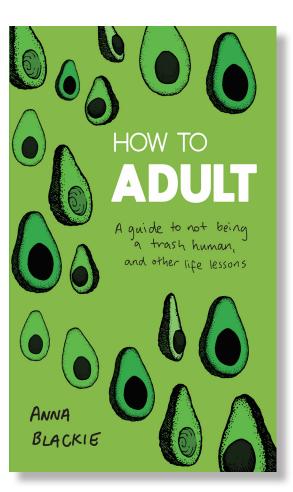
If there was a hole right through the Earth, It would take 42 minutes to go from one aids to the other



PLOT

A visual feast of facts that you won't believe, uniquely illustrated and displayed. A perfect gift to dip into again and again, with facts guaranteed to impress your friends and family!

HOW TO ADULT Anna Blackie



Shit you should know, but probably don't.

Do you know your shiraz from your merlot? Could you find north if you were lost in the wilderness? Are you craving gravy but don't how to make this magical sauce?

The answers are all here.

From doing your taxes to changing a tyre, asking for a raise to mastering the art of avocado preparation. This is the ultimate guide to all of the things a fully functioning adult should know to survive in the big scary world.

Packed with sage advice from a real-life hopeless millennial, this book will keep you from starvation, make folding fitted sheets a reality, and teach you to look like a real professional adult when you're actually just an incompetent trash human.

Anna Blackie is a real-life hopeless millennial who spends her time advising other millennials on how to function in an attempt to avoid her own shortcomings.

While living in Sydney and dreaming of one day eating an avocado in her very own house, Anna realised there was a shocking amount she didn't know about how to function in the adult world. In a blind-leading-the-blind situation, she decided to write her very own guide to being a grown-up and fill it with all the things she hoped she would one day understand.

With Chapters Including:

Money is Scary and Here's Why Culinary Skills to Keep You From Starvation Living Out of Home Without Dying How Not to Be a Trash Human (and other useful life skills) Helpful Tips for Adult Professionalism How Not to Die in the Wilderness Basic Wisdom from an Mechanical Engineer Legal Advice For When You're Too Poor for a Lawyer Not Dying: Tips from a Medical Professional Pretending You're Not a Lazy Shit

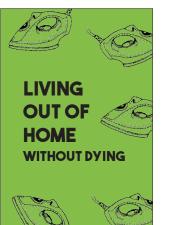
Page Size: 198 mm x 128 mm Extent: 288 pages 2 colour Rights Held: World



THE Plot

"...full of genuinely helpful and easy-to-follow advice about how to tackle all the things that come with being an adult" *Good Reading*

HOW TO ADULT Anna Blackie





WHEN I WAS A KID, all I wanted was to move out of home. To me, having my own place was the ultimate sign of adulthood, and I couldn't wait to reach that peak level of maturity.

I planned to stay up all night, eat chocolate cake for breakfast, and watch whatever trashy TV I wanted without judgement or complaints. Well, it turns out that now I actually do live out of home, I'm in bed by that now I actually do live out of home, I'm in bed by 9.30 and only each chocolate cake for breakfacts when I'm having a mental breakdown. On the bright side, I watch as much of The Simpaone as I want, and my encyclopedic involvedige of quotes has proven to be a beneficial life skill.

I have also had to learn a harsh reality of adult life: living out of home means you have to keep yourself also. For someone who stroughes to keep a plant generif more than 24 hours, this is a somewhat aduring tata. The solitoring a uniform to the exploration into the things you need to know to hole parents to take you had and while you'd never parents to take you have not generif and parts of agest and a soft and an ever progressed past eight years of age.

- 87 -



- HOW TO ADULT

FOLDING FITTED SHEETS: MAKE THE MYTH A REALITY

I now believed that folding a fitted thet was an adding when logance a said only to be downed of that wave a said that the second said of the second second second second processing and the second the adding to fold a fitted sets anyou, when the back of your the adding to fold a fitted sets anyou when the second and second second second second second second second and second sec

- Lay your sheet out on a flat surface, grab the bottom corners and turn them inside out. Tuck these into the top corners, aligning the seams to create a rectangle.
- 2. Fold your rectangle in half, with the elastic edges tucked inside themselves.
- 3 Fold in half again so you have a square sheet, and
- * Fold sheet into thirds. Done. In four easy steps you've become an adult

- 98 -

. HOUSTHOLD .

- HOW TO ADULT

The quickest way to ditch your trash-human vibe is to look at the extpacts for when you should wash and replace basic household items. It turns out that bachdnest are meant to be washed at least once a week. At the time driving I couldry remember the last time I'd washed my sheets. I am fifthy and disputing and probably the reason Jeaus ories at night.

After discovering that beddheets are meant to be changed far more often than is humarily possible, I also stambild across the unsattling humarily possible, I also stambild are discover-within our houses that need to be washed or disposed of completely on a regular basis. Read to be its and themble in terms at your own insidequite adulting skills and generally unsattary babis:

Did you know that things used to clean other things need to be deemed too? I awe as hall didn't. Turns out both your washing methods and Did abhandar methods to be deemed out of the wash with weid and unexplained states; (Fosly understand that has any washing muchose systeg and for help. Washing machines block be springed and block for help. Washing machines block be springed and block of abhandar block be put thooghes that washing has block and clock and be put thooghes that washing blocks and clock and be put thooghes that washing blackets and clock and be.

. 94 -

____ Shi+ you should know

ARE YOU LIVING IN YOUR OWN FILTH?

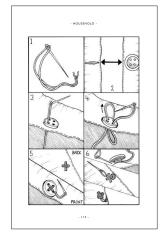
WASH YOUR CLOTHES WITHOUT RUINING THEM

Being an adult ruins so many things: the ability to drink without feeling like you're going to die the next day; the use of inexperience as an excuse for stupidity; and most of all, the engioment of being a fithiry meas which a judgement. Let's face it: even people who aren't trash humans still spill shit all over It even people who aren't tash humans still spill she all over themelaks from the torkin, and it's an uncoplean he of the universe that all white ahits are destined to be nined before their time. To my minit, one of the most periodus abilities of those whimicail adults who are just too grown-ap for their own good is the capacity to threve even the most stained gument in the weah and have it rappear looking feature abilities, but these tips will help you get a little closer to that adults, but these tips will help you get a little closer to that gody level ad table.

- Delicate bags: These mesh bags cost about \$2 and are endlessly useful. Stuff them with your bras, stockings and those undlex you save for special occasions to avoid destroying all these pretty things that cost so wery much.
- very moch. Wash your ochose inside out: This sounds strajid, but it means any weat and ban that sounds in the wash many sound and the sound strain the sounds is plut file your of them will be able to martitum a dear in facels the answers no one all filters how interest the sound of the sound be able to martitum a dear in facels the answers no one all filters how interest the sound of the your needs. Realistically, what any you washing that means to be approximated. This hashing to the straje back. Although manual youndered that the care table. Although many youndered

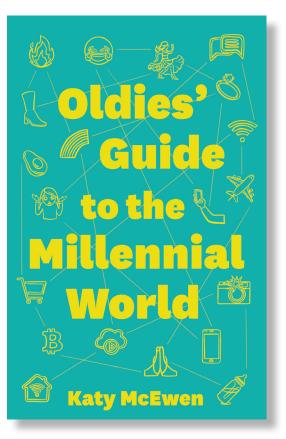
- 105 -

Oil stains, e.g. salad dressing or from spitting frying pans	Sprinkle with sait and let sit before washing.
Protein stains, e.g. vomit, sweat and blood	Alkaline stain removers, like ammonia. Pro tip: Hot water makes protein set, so always use cold water for these.
Combination stains, e.g. sauces and make-up	Rinse with cold water, then gently rub detergent on the stain.
Grass stains	Soak in cool water with detergent for a minimum of 30 minutes, then wash.
Mud stains	Let the mud dry then brush it off. Soak in warm water with 1 teuspoon dish detergent and 1 tablespoon white vinegar. Rinse with cold water.
Coffee	For fresh stains, rinse immediately with cold water. Rub with water and detergent, then soak for 30 minutes.
Alcohol	Sponge the stain with a small amount of water mixed with detergent or white vinegar.





OLDIES' GUIDE TO THE MILLENNIAL WORLD Katy McEwen



Ever felt like you're completely out of touch with the evoloving world?

Unable to tell your 'Lots of Love' from your 'Laugh Out Loud'?

Are you in a complete daze when it comes to streaming, swiping left, LGBTQAI+ and cryptocurrency?

This is the book for you.

All these things the millennial generation take for granted are now within your reach thanks to the helpful guide to the banter of the modern age.

'Remember when we cried as kids and our parents said,"I'll give you something to cry about"? We thought they were going to hit us but instead they destroyed the housing market, quadrupled college tuition, and melted the ice caps.' Imagine@Funny_Imagine on Twitter

Katy McEwen is a baby boomer surrounded by millennials. She grew up in the UK and has spent her life around books, including working in a bookshop and various publishing companies before moving to Australia.

Married with three millennial children she is constantly trying to understand, she decided that there were more than likely others who might like to be let into those secrets too, so put together the Oldies' Guide to the Millennial World (with some help from her kids and workmates!). With Topics Including:

The World Wide Web, Smartphones, Facebook, Instagram, Twitter, Memes, Reddit, Echo Chambers, YouTube, Streaming, The Cloud, The Internet of Things, Smart Homes, Online Privacy, Google, Big Data, Amazon, Online Shopping, Fashion, Bitcoin, LinkedIn, Self-brand, WhatsApp, Tinder, Relationships, The Rainbow - LGBTQAI+, Marriage, Religion, Politics, Drugs, Feminism, Housing, The New Sharing Economy, Climate Change, Education, Working Life, Travel, Language, Visual Language, Gen Z

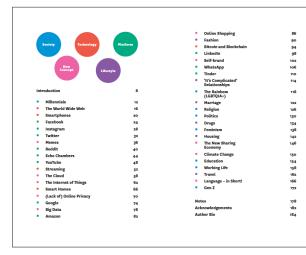
Page Size: 198 mm x 128 mm Extent: 250 pages Full Colour Rights Held: World

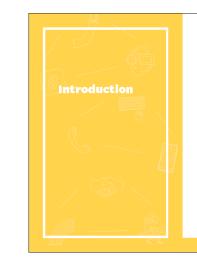


THE Plot

Millennials teach Baby Boomers a thing or two in this clever (and accurate) guide to the Millennial world.

ΙΠΟΤ





GENERATIONS seem to be a big deal. Not bare you want to be defined by your year of birth? Aren't we all unique? Yea, of course. Then again, how do you explain kale, quinos and amashed avocado to someone who grew up on grilled lamb chops and focem peas?

There'so a doubt that would events, developments in technology, and economic and social thifts affect a person's would view tates, attitudes and expectations. There are people called demographens who study all that. The consensus is that we can usually relate to individuals been around the same time as us as we have have indired diffuences, and these become a kind of thared language – even af we have different personalities, policies and private experiences.

'MILLENNIALS ARE THE "KEEP YOUR OPTIONS OPEN" GENERATION BECAUSE THEY'VE HAD TO BE.'

ugh Mackay, social researcher and writer

The trick is learning how to communicate with people who area't born around the same time as us.

In this era of rapid change, it's easy to feel out of touch with how people of different generations speak, and to understand their attitudes and values. Oldins' Guide to the Millennial World is a quick reference for anyone who's feeling a little out of date with it all and wants a simple crash course. The Manyuaris Distinguy defines 'generation' as 'the whole body of individuals born about the same

nine'. Somehow different generations have acquired nicknames for reference. These naming conventions probably started with the Baby Boomer phenomenon,

with the surge of births at the end of the Second World War. There was then a clear and dramatic drop in the birth rate in 1964.

Broadly speaking, people born between 1965 and 1979 came to be known as Generation X, and those born between 1980 and 1995 came to be known as

This is an exciting group. Growing up with a constantly changing array of technology at their fingertips, Millennials have had to devise new ways of

relating to each other – and coping with the burden of 24/7 connectivity. According to Patrick Struebi, Millennials have an urgent, enthusiastic desire to find

new solutions to the world's most pressing problems."

It's definitely worth the effort to figure out what they're speaking about and what they have to say.

Generation Y, or more colloquially, Millennials

E

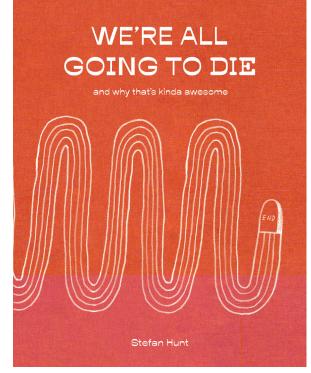
'REMEMBER WHEN WE CRIED AS KIDS AND DUE PARENTS SAID, "I'LL GIVE YOU SOMETHING TO CRY ABOUT"? WE THOUGHT THEY WERE GOING TO HIT US BUT INSTEAD THEY DESROYED THE HOUSING MARKET, QUADRUPLED COLLEGE TUTICIN, AND MELTED THE LICE CAPS.'

Imagine @Funny_Imagine on Twitte



<text><text><text><text><text><text><text><text>

THE Plot



10 out of 10 people reading this will die.

Stefan Hunt was a successful film director, travelling around the world capturing beautiful stories and making new friends, a life one can only dream about. Then, at the age of 27, he became riddled with an anxiety which left him paralysed with fear and questioning his purpose. On the advice of a friend he decided to put pen to paper in search of relief, and out tumbled the five words which began a poem that led to his major epiphany: *We're All Going to Die*. Far from being a morbid thought, Hunt felt reassurance and inspiration when he accidently stumbled across life's only guarantee.

Written and illustrated by Hunt, We're All Going to Die takes on the immense task of exploring the meaning of life in the form of a Dr Seuss-esque book for adults. Pairing eloquent prose with whimsical illustrations, this picture book follows a conversation between fear and death asking you to look at the 'what ifs', the 'why nots' and the 'oh wells' that might flash before your eyes if Death were to pay you a visit. The result is a simple message: Fear Less and Live More.

Stefan Hunt is a writer and filmmaker collaborating with the biggest global brands, directing multi-award-winning documentaries, commercials, music videos and TV series.

His most ambitious creative project to date is We're All Going to Die, which also consisted of short-film and multimedia art festival in Sydney, aimed at empowering an audience to 'fear less and live more'.

He currently lives in New York City.



Page Size: 7 inches x 9 inches Extent: 72 pages Full Colour Rights Held: World (exc North America)



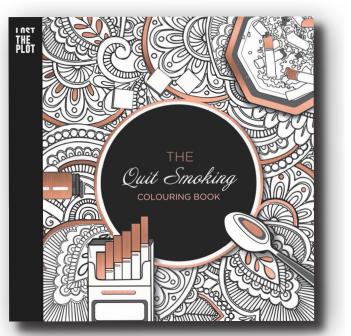


The moment you realise that you're not the only one with these fears, that you're not alone, is the moment it all changes.

THE

THE QUIT SMOKING COLOURING BOOK

A newcomer to the craze that just won't die



The Quit Smoking Colouring Book is equal parts disgusting, insulting, offensive and confronting.

Why smoke when you can while-away the time colouring in these beautiful zen-style doodles by artist Yjulia Gramotneva.

'Delightful' illustrations to colour in; like tongue cancer or a beautifully detailed hole in the throat.

Along with humorously impolite prose, *The Quit Smoking Colouring Book* is also littered with confronting facts, like how smoking can waste 7200 hours in five years.

It is also filled with inspiring information and delightful poetry, for example:

'If your teeth are quite brown and smell like a bum, If you're down in the dumps 'bout your bloody gums, If you're sick of your mouth looking like an ass, Then tell the next ciggie, "Thanks, but I'll pass.' The Quit Smoking Colouring Book is the perfect gift for that friend or loved one that just won't give up the death sticks. A funny take on a perilously unfunny situation.

Designed by up-and-coming Australian artist Aga Makowiecka. This book cover is printed on a matt stock with stunning coppercoloured metallic foil to accent the intricate illustrations.

Page Size: 234 mm x 234 mm

Extent: 84 pages

Rights Held: World

"Cigarettes are killers that travel in packs"





Dating in the 21st Century Based on the Popular Blog TinderTuesday

Dating in the 21st century is *rough*

From bad pick-up lines to death threats and awkward sexcapades, #single is a hilarious snapshot of some of the most ridiculous real-life online dating conversations.

This book is a must read if you match any of the below criteria:

- You are currently online dating
- You have online dated
- You will online date in your future
- You are a smug couple
- You worry your child is a spinster/bachelor for life
- You like to laugh
- You are a Jewish mother
- You like to breathe and live and stuff

#single is based on the popular blog TinderTuesday.com with 20,000 weekly visitors and a large Instagram following of 70,000+. The top 10 countries' visitors are from, in order:

1. Australia	6. Ireland
2. Canada	7. Brazil
3. United Kingdom	8. Germany
4. United States	9. Netherlands
5. New Zealand	10. Hong Kong

#single is designed by up-and-coming Australian artist Anthony Skujins.

Page Size: 198mm x 128mm

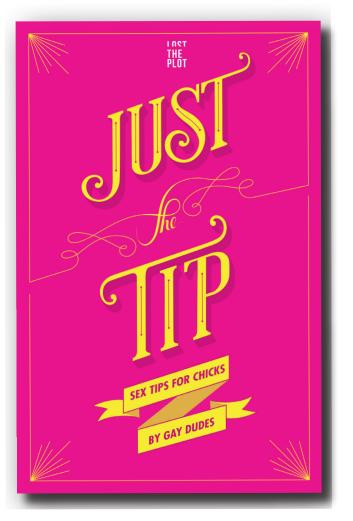
Extent: 168 pages

Rights Held: World



"The perfect book to shove in the face of anyone who has ever asked 'Why are you still single?" - My next door neighbour, Fran

"Definitely giving this to all my friends who have (or, are) suffering through online dating" - Everyone I've ever met



Let's ask the experts sexperts...

Sex tips for chicks by gay dudes!

Ever wondered:

- When hand jobs became uncool?
- How to give the perfect blow job?
- Where a guy should blow his load?

You are not alone.

So we went directly to the experts on everything 'man-junk' to bust some myths, get some tips and learn a lot more.

Just the Tip is a funny, dirty, light-hearted yet informative book full of sex tips for women, inspired by advice from an international panel of gay men in their twenties to thirties (aka the "sexperts").

The target audience is women 20-60 (predominantly 20-40). However, the tips have relevance for a gay audience, and also apply to a heterosexual male audience. Featuring many tips from mild to wild, a nice take-home message from the book is that at the end of the day everything comes back to the importance of chemistry.

Nothing is off limits. This book covers a range of basic, interesting and taboo topics, including:

- Etiquette
- Kissing
- Spooning
- The Penis
- Hand Jobs
- Balls
- Blow Jobs

- The Perineum
- Butt Play
- Sex
- Anal Sex
- Play Time
- Compatibility

Just the Tip is designed by up-and-coming Australian artist Aaron Barnes (Madebya).

Page Size: 198mm x 128mm

Extent: 216 pages

Rights Held: World

THE Plot

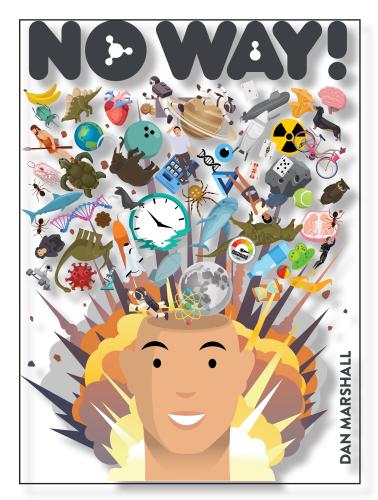
This must-have book is the perfect spontaneous purchase. It is an informative read, and a truly great gift for a friend (or a hilariously cruel gift for an ex-lover).

JUST THE TIP

Children's and YA titles —

ΤΡΠ

NO WAY! Dan Marshall



Get ready to go on a wonderful journey of discovery that will make Dan is a designer, illustrator and writer who runs a design you say No Way! Learn all about space, humans, earth, science, animals and maths, with the help your trusty robot sidekick.

Did you know... Uranus is leaking gas into space? The average yawn goes for six seconds? The fact that there are over three trillion trees on earth? Bicycles ride themselves?!

This beautifully designed children's book is filled to the brim with facts, games and questions that will teach you all the wildest and weirdest things about the world around you!

agency, Studio Marshall. For over 20 years he has worked with a diverse group of clients including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola.

Dan's books stem from his passion for graphic design, communicating information visually and his deep curiosity and include Mind Blown and No Way!

Publication: September 2021 ISBN: 9780648677024 Page Size: 247 x 184mm Extent: 64pp **Rights Held: World Rights Sold: German (Loewe)**

From the same author:

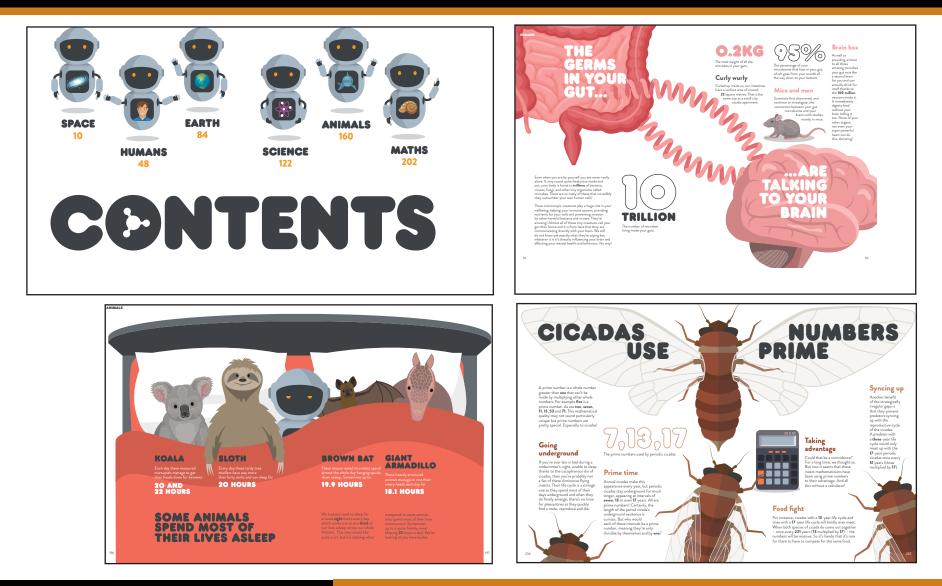




THE PLOT

A beautifully designed children's book full of facts, games and questions to spark imagination in kids aged 8-12.

NO WAY! Dan Marshall

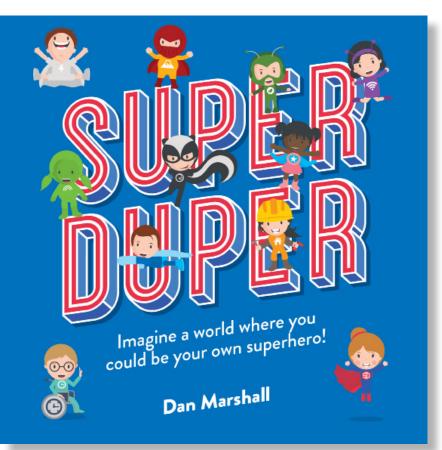


THE Plot

Spot how many times K.L.A.U.S (Knowledge Learning And Understanding System) appears throughout the book!



SUPER DUPER Dan Marshall



If you could choose any superpower, what would it be?

How would you change the world if you could stop time?

What if you could shoot glitter from your fingers?

Would you rather have the power to cough up candy or to grow vegetables to feed the world?

The sky's the limit with imagination – what will you do with yours?

Join super-duper superhero Cooper as she travels the world and meets heroes just like you and me!

Age 4+

Dan is a designer, illustrator and writer who runs a design agency, Studio Marshall.

For over 20 years he has worked with a diverse group of clients, including the Sydney Opera House, The Australian Museum, One Laptop Per Child, The Hunger Project, Facebook and Coca Cola. Dan's first book, Mind Blown, was born from his deep curiosity about the incredibly strange place that is our universe and his passion for communicating information visually.

He has also published the children's titles No Way! and Look Book.

Publication: April 2022 ISBN: 9780648987451 Page Size: 200mm x 200mm Extent: 68 pages Full Colour Rights: World



THE Plot

PLO

SUPER DUPER Dan Marshall



LOST THE PLOT is an imprint of PANTERA PRESS 34/8 Herbert Street, St Leonards, NSW 2065 Australia PO Box 1989, Neutral Bay, NSW 2089 Australia Tel: +61 2 8096 5192 www.PanteraPress.com

> Rights Enquiries: katy.mcewen@panterapress.com

Exclusive Agents:

Czech Republic

Kristin Olson Literary Agency s.r.o. Kristin Olson kristin.olson@litag.cz

France Agence Litteraire Lora Fountain Lora Fountain Iora@fountlit.com

Germany Michael Meller Literary Agency Regina Seitz r.seitz@melleragency.com

Hungary Kátai & Bolza Literary Agents Péter Bolza peter@kataibolza.hu Italy AC² Literary Agency Anna Mioni anna@ac2.eu

Japan Movotun Agency Akiko Mieda miedamtv5@gmail.com

The Netherlands Marianne Schönbach Literary Agency bv Marianne Schönbach m.schonbach@schonbach.nl

> **Poland** Graal Literary Agency Justyna Pelaska paulina.machnik@graal.com.pl

Spain Antonia Kerrigan Literary Agency Antonia Kerrigan antonia@antoniakerrigan.com

> **Turkey** Kalem Agency Nazli Gürkas rights@kalemagency.com

UK and Israel Zeitgeist Agency Sharon Galant sharon@zeitgeistagency.com

THE Plot