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Rights Guide Hardie Grant Books

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Hardie Grant
BOOKS



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Hardie Grant Books

**Upcoming:
Adult Non-Fiction Titles**

Hardie Grant

B O O K S

Your Optimal Health

Dr Emilie Steinbach

The Daily Practices That Will Change Your Life

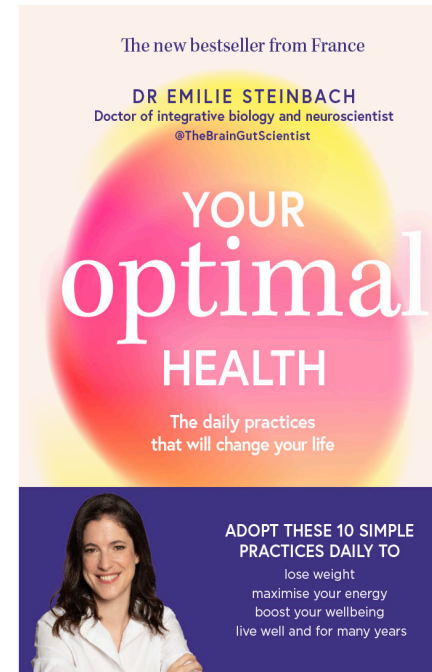
In *Your Optimal Health*, neuroscientist Dr. Émilie Steinbach unlocks the secrets of lasting energy, focus, and resilience with a simple yet powerful 10-step daily protocol. Blending the latest science with practical guidance, she shows how small, consistent habits in nutrition, sleep, movement, and mental balance can dramatically transform your well-being. Whether you want to sharpen your mind, strengthen your body, or boost your mood, this book offers clear, accessible strategies rooted in cutting-edge research.

More than just a guide to “healthy habits”, the book emphasises how small, consistent choices can reprogram biological systems to improve energy, focus, emotional balance and long-term resilience. Steinbach combines cutting-edge discoveries on the gut-brain axis, mitochondria, and circadian rhythms with simple, practical advice for everyday life.

Far from quick fixes or fad advice, Steinbach’s approach draws on her expertise in neuro-nutrition and integrative biology to reveal how your brain and body thrive when supported by the right routines. With inspiring insights and actionable tools, *Your Optimal Health* is both a handbook for everyday vitality and a roadmap to a longer, healthier life.

About the Author

Dr. Émilie Steinbach is a Belgian neuroscientist and science communicator whose expertise bridges neuro-nutrition, sleep physiology, the gut-brain axis, and integrative biology. With advanced degrees in psychology, neuropsychology, and neuroscience from institutions including Sorbonne Université,



University College London, and Maastricht University, she has built a career exploring how lifestyle factors — nutrition, microbiome health, sleep, and physical activity — shape brain function and overall wellbeing.

Hardie Grant

BOOKS

Your Optimal Health is a bestseller in France selling 60,000 copies in its first six months after publication.

Science-backed and practical – grounded in cutting-edge neuroscience, nutrition, and sleep research, yet explained in clear, actionable steps that anyone can apply.

10-Step Daily Protocol – a structured, easy-to-follow framework that guides readers toward lasting improvements in energy, focus, and resilience.

Whole-person health – goes beyond diet and exercise to include sleep, stress, microbiome health, social connection, and emotional well-being.

Evidence meets accessibility – translates complex discoveries on the brain-gut axis, circadian rhythms, and mitochondrial function into simple lifestyle strategies.

Credible, award-winning author – written by an accomplished neuroscientist recognised with international awards for science communication and women in STEM.

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Category: NF - Health
Format: Paperback
234mm x 153mm
Extent: 304pp
Rights Held: World English Language

Getting Murdoched

Andrew Dodd & Matthew Ricketson

How Murdoch's Media Wields Power and Punishment

For decades, Rupert Murdoch's global media empire has shaped political landscapes, influenced elections, and fuelled public opinion. But behind the headlines lies a darker story — of targeted campaigns, smear tactics, and relentless attacks on those who don't fit the Murdoch mould. From LGBTQI communities and women's rights advocates to progressive politicians, human rights defenders, and even conservatives deemed 'not right enough', *Getting Murdoched: How Murdoch's Media Wields Power and Punishment* exposes how dissent is silenced

and reputations destroyed. Drawing on insider accounts, investigative research, and case studies spanning Australia, the UK, and the US, this book reveals how News Corp turns disagreement into a declaration of war.

Powerful, unsettling, and meticulously documented, it's both a warning and a call to defend truth in an age of weaponised media.

Including interviews and international examples, *Getting Murdoched* analyses the damaging effect that this has on democracy in the UK, the United States and Australia.



About the Authors

Andrew Dodd is an Associate Professor of Journalism and the director of the centre for Advancing Journalism at the University of Melbourne, where he coordinates the Master of Journalism and the Master of International Journalism programs.

Matthew Ricketson is an academic and journalist. He is Professor of Communication at Deakin University in Australia and before that was inaugural Professor of Journalism at the University of Canberra.

Hardie Grant

BOOKS

First-ever global assessment of News Corps' bullying tactics and the types of people targeted.

Case studies include high-profile and well-known examples, such as Meghan Markle and Hugh Grant.

First-hand experience and understanding – authors have themselves been targets of News Corps' bullying tactics.

Authors are highly respected academics/journalists.

Analysis is wide-reaching and thorough – across Australia, US, UK and Europe; tabloids, cable and satellite TV, book publishing, movies and print journalism with both historical and contemporary examples.

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Aussie Cosy Baking

Aussie Cosy Homes

Aussie Cosy Nature

Mimi Purnell

Take a moment to slow down with these heartwarming colouring books from Australian artist Mimi Purnell.

Perfect for quiet moments, these books spark childlike joy in the art of colouring with a variety of cute and cosy hand-drawn images.

Aussie Cosy Baking features Australian animals baking iconic and nostalgic Australian treats.

Aussie Cosy Homes features hand-

drawn images of Australian animals and their little nature-inspired homes and gardens.

Aussie Cosy Nature features Australian animals tending to their gardens and frolicking in nature.

All 20 illustrations will also be printed on single-sided pages to prevent bleed-through and keep your artwork looking cute and fresh.

About the Author

Mimi Purnell is an Australian digital artist known for making bright and joyful illustrations. She draws inspiration from the places she travels in Australia and around the world.

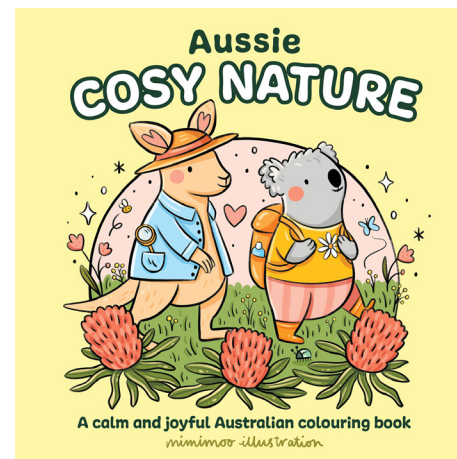
Hardie Grant

BOOKS

WORLDWIDE CRAZE: With millions of books selling around the globe, the cosy colouring trend is set to ramp up across 2025 and beyond!

MAKE IT AUSTRALIAN: The Australian natural environment is unique and this gorgeous series celebrates our own flora and fauna – keeping it cosy and soothing all the way.

SOCIAL SENSATION: Australia's own Mimimoo has over 150,000 YouTube subscribers and over 170,000 Instagram followers.



Pub Date: September 2025
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Rights Held: World

Hardie Grant Books

Recent Titles

Hardie Grant

B O O K S

W*nkernomics

James Schloeffel & Charles Firth

Hardie Grant

BOOKS

A Deep Dive into Workplace Bullsh*ttery

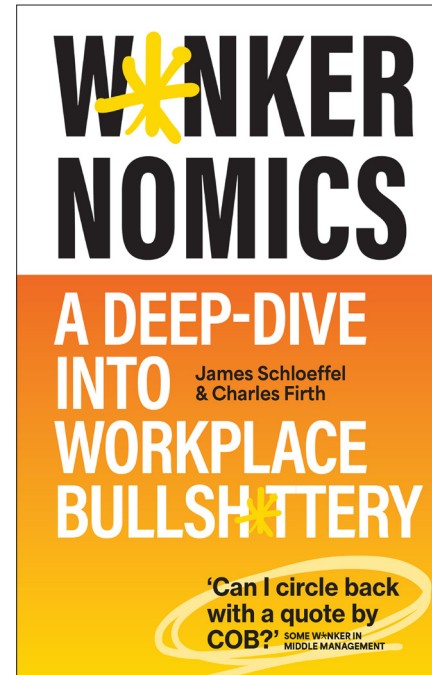
*W*nkernomics* is the hilarious must-have handbook for anyone who has ever had to endure the buzzwords, bureaucracy and bullsh*t of the modern working world.

Written by comedians James Schloeffel and Charles Firth, this business self-help guide teaches readers how to outmanoeuvre their colleagues and climb the corporate ladder with nothing more than an obnoxious LinkedIn profile, a pack of Post-it Notes and the phrase 'circle back'.

Spread over ten informative units, *W*nkernomics* covers essential workplace skills such as how to write a passive aggressive email,

how to snow your colleagues with acronyms (HTSYCWA), and how to look like a genius in meetings when you don't know anything at all. There's even a section on creating a meaningless values-led, strategically-laddered, stakeholder-aligned purpose statement for your business.

Mixing observational comedy with dark satire, *W*nkernomics* is first and foremost a relatable, laugh-out-loud, wince-inducing 'oh-my-god-that's-exactly-what-happens-at-my-work' parody of the working world. Leverage the key learnings or optimise stakeholder alignment.



Creators of a sellout *W*nkernomics* show in Australia and at the Edinburgh festival in 2024.

Like *The Office*, *W*nkernomics* is an hilarious parody of office life.

Reaches out to everyone who has ever worked in an office with relatable terms and situations!

UK's *Sunday Times* bestseller list 2025.

About the Author

*W*nkernomics* founders James Schloeffel and Charles Firth are two of the country's most accomplished comedy writers and performers, known for their unique brand of biting satire and observational comedy.

James is the brains behind *The Shovel*, one of Australia's leading satire outlets.

Charles is a co-founder of the Australian satirical comedy group, *The Chaser*.

Pub Date: August 2025
ISBN: 9781761451515
Category: NF Comedy; Business
Format: Flexi cover
217mm x 147mm
Extent: 256pp
Rights Held: World
Rights Sold: UK

Silk Silver Opium

Michael Pembroke

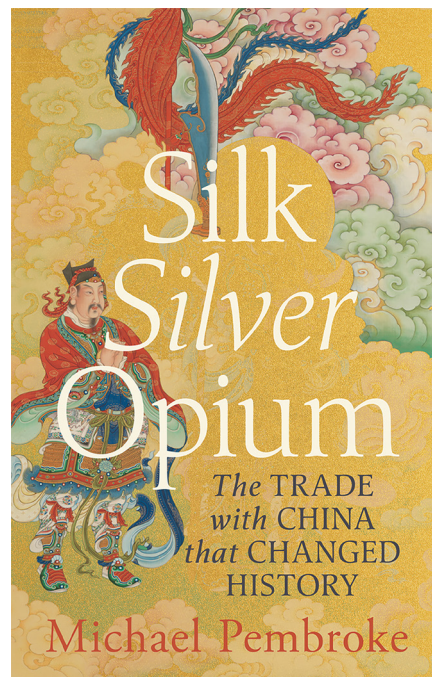
The Trade with China that Changed History

Silk Silver Opium not only tells the fascinating stories of silk and tea, porcelain, silver and opium, missionaries, mercenaries and trade, but also what became inevitable – war and humiliation.

Much about China's modern relationship with the West is the product of its past inter-reactions, conflicts, victories and humiliations. The South China Sea was the place from where the ultimately destructive European sailing ships arrived. The Ryukyu Island chain was the place from where marauding Japanese pirates preyed

mercilessly on China's east coast ports. Taiwan was where anti-Qing rebels established a stronghold in the seventeenth century.

The story of imperial China's trading relationship with the West is a powerful tale, with clear implications for the future.



About the Author

Michael Pembroke grew up in England, Australia and Singapore and completed his education at the University of Cambridge. His books include *Arthur Phillip: Sailor, Mercenary, Governor, Spy*, short-listed for the Prime Minister's Literary Awards; *Korea: Where the American Century Began*, short-listed for the Queensland Literary

Awards and the NSW Premier's History Awards; and *Play By the Rules*, a polemic about American leadership.

He has written for *Time Magazine*, *Al Jazeera*, the *South China Morning Post* and Australian news publications.

Hardie Grant

BOOKS

Michael Pembroke delves into the historical roots of China–West relations, revealing the complex reasons behind China's distrust of the West and why it is unlikely to change that view.

Michael's writing has garnered acclaim from leading intellectuals like Noam Chomsky, A.C. Grayling and Simon Winchester.

This entertaining and enlightening history takes you through the captivating stories behind China's key trading products: silk, porcelain, tea, and more – and how the West's fascination with these goods shaped the Western perception of China and influenced China–West trade relations.

Pub Date:	July 2025
ISBN:	9781761451980
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Format:	Paperback 234mm x 153mm
Extent:	384pp
Rights Held:	World

Trails to Freedom

Simon Tancred

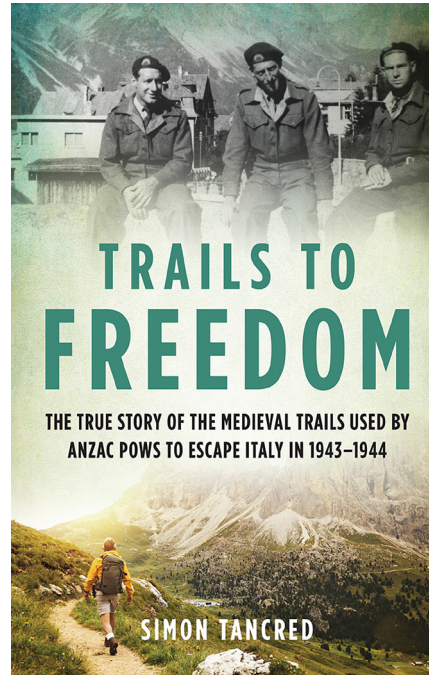
The True Story of the Medieval Trails Used by Anzac POWs to Escape Italy in 1943–1944

Trails to Freedom is the story of a solo hike across the Alps that brings to life the fascinating, largely unknown history of the Anzac POWs who escaped Fascist Italy to find safety in neutral Switzerland during WWII.

In October 1943, four Australian soldiers left Biella in the foothills of the Alps in northern Turin, fleeing Italy's Nazi–Fascist regime. They spoke no Italian, and they had scant clothing and no food. With the help of local partisans, who offered support at great risk to themselves and their families,

the soldiers crossed into neutral Switzerland eight days later. They were four of more than 500 Anzac POWs who followed the *sentieri della libertà*, the trails to freedom.

Decades later, author Simon Tancred embarks on a modern-day pilgrimage along the same route. With every step he takes, history rises to meet him: the stories of the four escapees, the Italian anti-fascists who helped them and the Anzac soldiers who didn't make it. He remembers, too, his uncle John, a POW who perished in the blue waters of the Mediterranean. Along the way, he passes through some of the most spectacular and challenging terrain in Europe.



About the Author

Simon Tancred is the director and founder of *Hidden Italy*, providing guided hiking tours in Italy for between 800 to 1000 clients each year. Since 1993, Simon has walked over 15,000 kilometres up and down Italy and has worn out seven pairs of hiking boots. He speaks fluent Italian, and has lived in both Milan and Florence, where

he worked for Monash University. Simon lives with his family in Surry Hills and spends half the year in Italy. His travel writing has been published in numerous Australian newspapers and travel magazines, including *The Age*, *the Sydney Morning Herald*, *the Financial Review* and *Weekend Australian*.

Hardie Grant

BOOKS

Walking the pilgrim trails is hugely popular and is a nuanced way to experience the world.

This is a slice of World War II history that is barely known, told in a really accessible way.

The author is practiced at telling his story, and loves history, Italy and walking.

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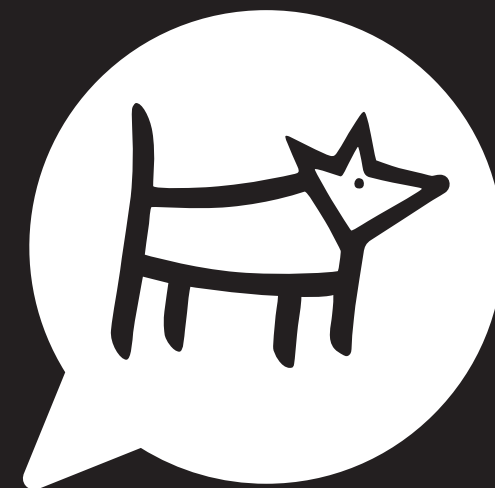
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BOOKS



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