

LONDON BOOK FAIR 2026

Rights Guide

Katy McEwen
Rights Manager, Hardie Grant Publishing



Hardie Grant
BOOKS



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Pantera Press

Upcoming:

Adult Fiction Titles

Adult Non-Fiction Titles



**PANTERA
PRESS**

The Society of Literary Marauders

Sasha Wasley



PANTERA
PRESS

To everyone who was told they weren't allowed to read that book.

Read the book.

Read any book.

Read every book.

At Oxford University, 1928, four young women make a secret pledge:

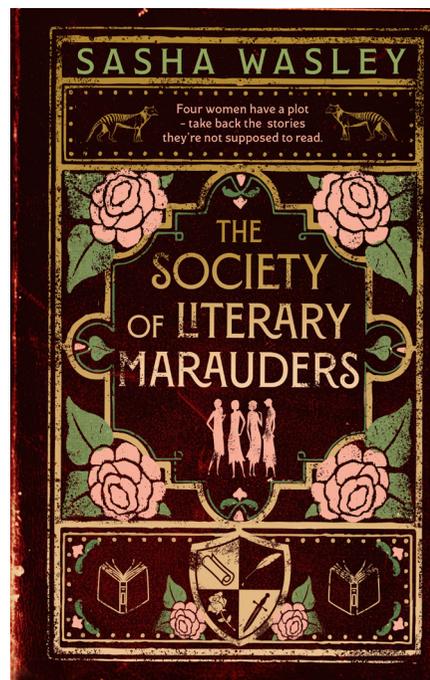
'I hereby undertake to read any book kept away from nice young ladies and make up my own mind whether it is good for me or not.'

They've come from unlikely corners of the British Empire: bricklayer's daughter Annie, wealthy flapper Ridley, refined Parsi aristocrat Dorelia and disheartened

schoolteacher Norma. They call themselves The Society of Literary Marauders and the price of entry is having stolen a book.

Their illicit meetings rapidly become a lifeline in a world where knowledge is power, and women are fed lies and half-truths. They start with small misdemeanours — getting their hands on banned books, stealing back historical records claimed by the men's colleges. But over time they become aware of a true literary injustice — and they slowly formulate a plan to put this historical wrong to right...

Full of intrigue, literary drama and the joy of rebellious female friendships, this stunning novel is an absolute unputdownable joy from first page to last.



For readers who love a bookish mystery – fiction about a bookshop, library or lost text.

For readers who love books set in the closed society of a prestigious university.

For readers who love uncovering stories about women in history.

For readers who love their history with a love story and brilliant female friendship.

For readers who love upmarket historical fiction.

'Intelligent and deftly plotted, *The Society of Literary Marauders* joins works such as R.F. Kuang's *Babel* and Pip Williams's *The Dictionary of Lost Words* as an ode to Oxford and an interrogation of the inequalities that underpin it.'

Books+Publishing

About the Author

Sasha Wasley was born and raised in Perth, Western Australia. She completed a PhD in feminist literature at Murdoch University in 2006, and went on to work as a copywriter on topics ranging from mine safety to sex therapy.

Sasha's debut novel was published in 2015, after which she gave up her copywriting business to pursue her fiction writing career. She is an Ambassador for the Books in Homes Australia charity which provides books of choice for children in disadvantaged circumstances to keep in their home libraries.

Pub Date:	April 2026
ISBN:	9781763550711
Category:	Fiction – Historical
Format:	Paperback 234mm x 153mm
Extent:	432pp
Rights Held:	World
Rights Sold:	Audio (Bolinda)

The Oath

Bronwyn Eley

TRIALS OF POWER Book 2

The heart-stopping sequel to The Rule, featuring a why-choose romance, a dangerous race to reclaim the throne and the fate of a kingdom in one girl's hands.

Even in the light, you can't outrun your shadows.

Zinha Falcona has succeeded in her most dangerous assignment yet: she infiltrated The Trial of Power, seduced the Maetorian Heir as well as his lover, and put her King on the throne of Maetora.

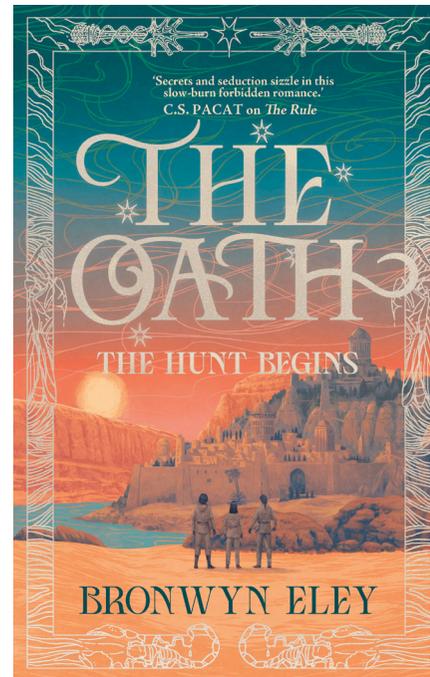
But perhaps death would have been preferable to betraying the men and the country she has come to love.

Zinha has done the unforgivable, and is desperate for a chance to make it right. With Reyher and Mateo on the run to restore the Heir's familial power, and Baleful assassins hot on their heels, she might just have the chance to do so.

Old enemies and unexpected allies emerge in the race to reclaim the throne. And as Zinha holds the fate of the kingdom, and her lovers, in her hands, the same rule applies as before: *succeed or die*.

About the Author

Bronwyn Eley has been doing two things since childhood: writing and fighting. As a fantasy author, she looks for opportunities to incorporate her martial arts experience into her stories. Before being published, Bronwyn was in the military, studied Linguistics at



university, worked in the book and travel industries, and continues to travel excessively. Originally from Sydney, Bronwyn now lives in Edinburgh and confirms she does like haggis.

PRAISE FOR *THE RULE*

'Secrets and seduction sizzle in this slow burn forbidden romance. *The Rule* delivers life-or-death stakes in a game for the fate of the kingdom.'

C.S. Pacat, New York Times bestselling author of *Dark Rise*

'Warning! This book contains intrigue, action, danger, assassins, romance, and political machinations. Side effects include a lack of sleep and avoiding social situations to read.'

Maria V. Snyder, New York Times bestselling author of *The Study of Poisons*

Pub Date:	June 2026
ISBN:	9780645858051
Category:	Fiction - Romantasy
Format:	Paperback 234mm x 253mm
Extent:	464pp
Rights Held:	World
Rights Sold:	Audio (Bolinda)

Without a Trace

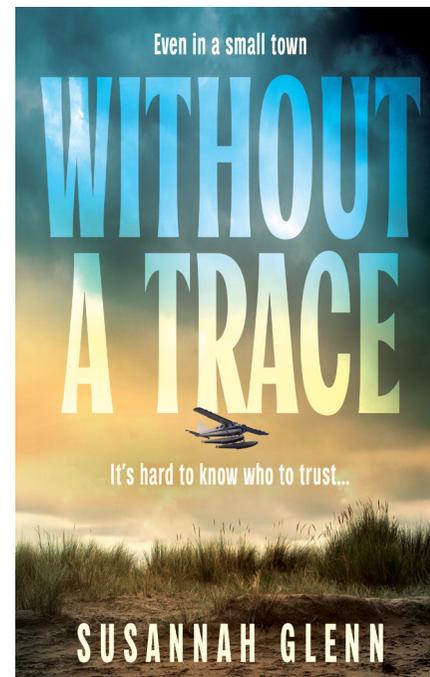
Susannah Glenn

'With a cast of compelling characters and a chain of delicious mysteries, *Susannah Glenn* has proven she is a writer to watch. This is a crime novel that soars!' - Hayley Scrivenor, bestselling author of *Dirt Town*

Flying runs in Charlotte Clarke's blood. As the daughter of a scenic flight owner, her life is spent soaring over Sydney's glittering harbour—until a series of devastating tragedies sends her crashing to earth. First, the deaths of her beloved grandmother and father, then her boyfriend Connor's seaplane vanishes without a trace.

Haunted by his mysterious disappearance and convinced she's being watched, Charlotte flees to a quiet coastal town and hits rock bottom, saved from a storm by a mysterious fisherman. But the calm is an illusion. Her paranoia peaks when she spots a man she believes is Connor, only to be told she's mistaken...

As she uncovers shocking secrets about those she holds closest, Charlotte realises her life isn't the only thing at risk. The truth about her past could be deadly.



About the Author

Susannah Glenn is an Australian author and former journalist. Her works explore themes of domestic noir and psychological suspense. Her debut novel, *Between Husbands and Wives*, was published by Pantera Press in 2024. Her second novel, a psychological

thriller, *Without A Trace*, will be published in 2026.



PANTERA
PRESS

FROM THE AUTHOR:

I am intrigued by the darker side of human nature. The secrets we keep, the lies we tell, the truths we refuse to face. Domestic noir allows me to delve into the complex human psyche to create characters who grapple with demons and whose flawed personalities make them dangerous. Not everything is as it appears. People are not who they seem.

Pub Date:	July 2026
ISBN:	9780645858075
Category:	Fiction - Crime thriller
Format:	Paperback 234mm x 253mm
Extent:	336pp
Rights Held:	World

The Weight of All She Knows

Natasha Rai

Destined to become a politician's wife, Cornelia plans for the day she will be elected as the first female senator in Ancient Rome. Thwarted at every turn by the men in her life, she becomes increasingly ruthless in her pursuit of power.

In south London, teenaged Jaya dreams of becoming a nurse. The only way to make this happen is to escape her violent family, who plan for her to enter an arranged marriage. When she is caught mid-escape she is taken to India, where an uncertain future awaits.

Naav is the leader of Kirandi, what remains of so-called Australia in the year 2522. When her co-leader

Mudaris betrays her in a coup, Naav is pushed to find her own strength and determination to fight back, as she is the only one who can restore peace.

The Weight of All She Knows is a novel about the persistence of patriarchy. It's about how each of these three women – in the ancient past, the contemporary world and in a distant future – must push against the limits defined by the men in their lives, and the beauty of their struggle under the weight of these expectations.



About the Author

Natasha Rai is a writer and somatic counsellor. She is also the co-host of the *Book Deal* podcast, exploring writers' publication journeys. Her debut novel, *An Onslaught of Light*, published by Pantera Press, was longlisted for the 2017 Richell Prize, 2018 KYD Unpublished Manuscript

award, and highly commended for the 2022 Ultimo Press/Westwords Prize. Natasha's nonfiction appears in anthologies on gender-based violence. Her short fiction appears in *Mascara Literary Review*, *Overland*, *Verity La* and *StylusLit*.

A polyphonic, time-travelling work of literary fiction about women's resistance to patriarchy. For readers of Kate Mildenhall's *The Hummingbird Effect*.

Pub Date: March 2027
ISBN: 9781923390324
Category: Fiction - Literary
Format: Paperback
234mm x 253mm
Extent: 384pp
Rights Held: World

The Fair Share

Chantel Mila



PANTERA
PRESS

The Life-Changing Four-Week Program to Ease Your Mental Load

A guidebook to sharing the mental load in your household, from Australia's favourite home-organising expert and the bestselling author of *The Dream Clean*.

We all know that the mental load is often shared unequally in households. We also know that this heavy load can have negative long-term effects on our mental health and wellbeing.

It's high time that we share the load fair and square – and Chantel Mila, who has garnered a global following for her best-practice home-

organising and cleaning tips, is here to help.

Chantel will show you how to get the entire household, including your partner and kids, involved in cleaning and meal preparation and planning. The book is packed with practical, everyday hacks, routines and exercises to make this process interactive and fun.

Look no further: *The Fair Share* is your next home-organising bible.



About the Author

Chantel Mila, also known as Mama Mila, has become a household name for her practical and creative approach to everyday life. Chantel began posting recipes and home hacks in 2020, and now has a reach of over over 4 million across platforms. Chantel's audience turns to her for the very best recommendations in home styling,

cleaning hacks and all things home and lifestyle.

Known for her viral #mamamilastips series, Chantel's tips and tricks have made her a favourite with global brands and audiences alike, and she has worked in ambassador roles for Dyson, Audible, Bed Threads and Haier, among many others.

Huge social media presence – Chantel has more than 4 million followers across platforms.

Her audience is 90% women, most aged 25–44yo with a core demographic: younger mums who manage hectic households.

The conversation about mental load is becoming ever more urgent. The Reese Witherspoon–endorsed *Fair Play* by Eve Rodsky has shown this is an issue that resonates, and this is a book with more practical conclusions.

Full-colour and fully illustrated, with plenty of gorgeous, aspirational imagery incorporated in a fun and accessible design.

Pub Date:	April 2026
ISBN:	9781923390065
Category:	NF - Lifestyle
Format:	Paperback 234mm x 153mm
Extent:	Flexicover
Rights Held:	World

Love Like This

Natalie Bassingthwaighte

My Untold Story

An unflinchingly honest, intimate memoir about love, loss and the courage it takes to embrace your whole story – even the parts you once wanted to hide.

After love, heartbreak, career highs and lows, motherhood, loss and self-discovery, I've learned that real strength doesn't come from holding it all together, but from allowing yourself to be vulnerable.

Natalie Bassingthwaighte, aka Nat Bass, has been on our screens and stages for decades, from her breakout role as Izzy Hoyland on *Neighbours* to iconic theatre performances as Roxie Hart and Shirley Valentine. As the lead singer of Rogue Traders, she took the

Australian music industry by storm.

But behind the curtain, Nat's life tells another story: a teenage pregnancy, two marriages and divorces, the challenges of co-parenting, grief and loss, and, ultimately, finding love again in an unexpected place.

Inspiring and full of heart, *Love Like This* goes beyond the headlines to reveal the woman behind 'Nat Bass'. It's a story of resilience, reinvention, and what it truly means to measure a life; not by mistakes or rejections, but with love, courage and connection.



About the Author

Natalie Bassingthwaighte is one of Australia's most versatile entertainers: an ARIA-nominated musician, Logie-nominated actress and presenter, and a theatre performer who has been on our stages and screens for nearly three decades. She has enjoyed international success as the front woman of Rogue

Traders, and is one of only twenty Australian solo female artists to have a number one album on the ARIA charts. Her screen acting credits include *Neighbours*, *Elvis*, *Underbelly* and *The Wrong Girl*, and as presenter she has hosted *So You Think You Can Dance Australia* and was a judge on *The X Factor Australia*.

Author profile and story: Natalie Bassingthwaighte, aka Nat Bass, has been in the public eye for three decades but she has never taken fans 'behind the scenes' on her personal life. In this no-holds-barred memoir, Nat will share intensely personal details of teenage pregnancy and abortion, being groomed by male mentors, pregnancy loss, grief and mental ill health.

Uplifting, timely message: At its heart this is a book about how Nat has reclaimed her life through intense therapy, (amicable) midlife divorce, finding queer love with a non-binary person and co-parenting with her ex-husband. It's about making the bold and necessary step to rewrite the script of your own life.

Pub Date: April 2026
ISBN: 9781763550773
Category: NF - Memoir
Format: Paperback
234mm x 153mm
Extent: 320pp
Rights Held: World

How to Raise Rich Kids

Sarah Megginson

Build Lasting Wealth for Your Children

The proven roadmap to create wealth for your kids and set them up for the best possible future – without needing to be rich yourself.

We all want our children to lead 'rich' lives, by giving them the tools to set themselves up for prosperity and giving them lives abundant in choice, opportunity and freedom. But so many of us find the world of finance confusing, and have money habits that are hard to break.

Sarah Megginson knows this feeling well, as both a mother and as a highly respected personal finance expert. It's become her mission in life to teach her kids everything she knows about money: how to manage it, how to get more out of

it, how to respect it – and, most importantly, how to enjoy it!

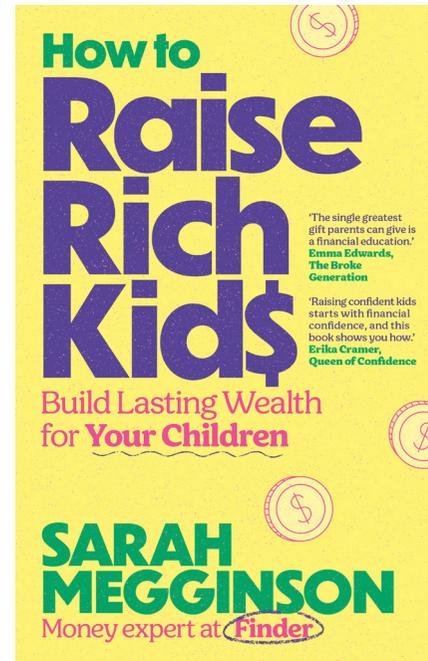
By following Sarah's three-step method to change your family's relationship with money, you will:

- Understand, challenge and shift your own money mindset
- Learn how to talk about finances with your kids in effective, age-appropriate ways
- Build wealth for them through the type of investing that works best for you.

Packed with proven strategies, tips and case studies, *How to Raise Rich Kids* is an empowering, no-nonsense guide to improve your financial literacy and set your children up for financial freedom.

About the Author

Sarah Megginson is a highly respected personal finance expert with over 20 years of experience in property, finance and investment journalism. A regular media commentator, Sarah's expert advice on personal finance, investing and wealth creation is frequently featured across television, radio



and print media, including on *Sunrise* and *ABC News*. She was previously managing editor of *Your Investment Property* magazine, *Australian Broker* magazine and home loan comparison site *Your Mortgage*, and her byline can be found on *Yahoo! Finance*, *Kidspot* and *Mamamia*, and in *Money* magazine, *Cosmopolitan* and *Marie Claire*.

This empowering guide, from a trusted and relatable voice in financial media, takes out all of the gatekeeping and gives people clear, practical steps to transform their money situation and set their kids up for success.

Sarah Megginson is a personal finance expert with 20 years of experience in financial journalism. The book is aimed at parents – especially mothers – aged from their 20s to their 60s.

These are the parents of babies, school-aged children, teenagers and young adults. These people are looking at their finances and the property market.

Pub Date: June 2026
ISBN: 9781923390249
Category: NF - Money
Format: Paperback
234mm x 153mm
Extent: 320pp
Rights Held: World



PANTERA
PRESS

Juicy

Sheree Joseph

How to Live Life in the Wreckage of Expectations

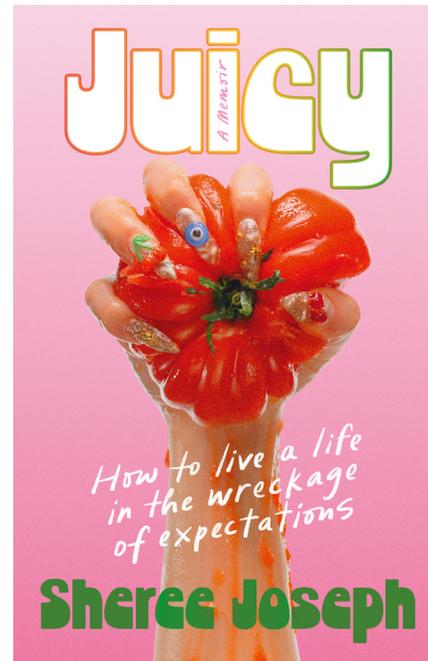
Juicy is the story of what happens when life unravels, and a love letter to those who have had to start all over again.

'Listen. You are the back-up plan. You will always have yourself, no matter what.'

At 33, Sheree Joseph stood in the ruins of the life she thought she'd have: no partner, no children, no neat timeline. Instead, a pandemic, profound grief and the unsettling realisation that everything she'd been told to want – marriage, motherhood, security – might not arrive. Or, if it did, that it wouldn't look anything like she'd imagined.

Set against the backdrop of a world in crisis, *Juicy* is a memoir of heartbreak, healing and rewriting the narrative. In the face of grief, failed fertility treatments, fractured relationships and a love life that refused to go to plan, Sheree searches for meaning and repair: forging forever friendships, tracing her Lebanese-Australian roots, journeying through sun-drenched Europe for the trip of a lifetime and returning to Sydney to rebuild among the wreckage of expectations. Through it all, she learns to let go of a life that was never truly hers.

Written with warmth, wit and unflinching honesty, *Juicy* is a generation-defining memoir for women learning, piece by messy piece, to live lives far richer, deeper, juicier.



About the Author

Sheree Joseph is an award-winning Arab-Australian writer living on the unceded lands of the Darug people in Western Sydney. She was the former Managing Editor of *The Vocal*, an award-nominated solutions journalism publication at Fairfax. Her work has

appeared in *The Sydney Morning Herald*, the *ABC*, *SBS*, *Overland*, *Russh*, *Junkee*, *The Lifted Brow* and *The Everywoman*. As an ongoing member of Sweatshop Literacy Movement, Sheree has published her fiction in *Sweatshop Women* (2020) and *Love* (2025).



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Juicy is a powerful memoir exploring what it means to rebuild a life when every expectation – of love, motherhood and success – has unravelled. Sheree offers a raw, resonant account of being single and childless at 33 and making the radical choice to find joy along the path less taken. This is not just a story of survival, but of self-reclamation.

A rallying cry for a generation rewriting what fulfilment and freedom really look like.

Pub Date: August 2026
ISBN: 9780645858136
Category: NF - Memoir
Format: Paperback
234mm x 153mm
Extent: 352 pp
Rights Held: World

Conscious Tribes

Amanda Tattersall

Thinking Differently about Making a Difference

A call to radically rethink how we make a difference, from a leading expert on social change-making and co-founder of GetUp.

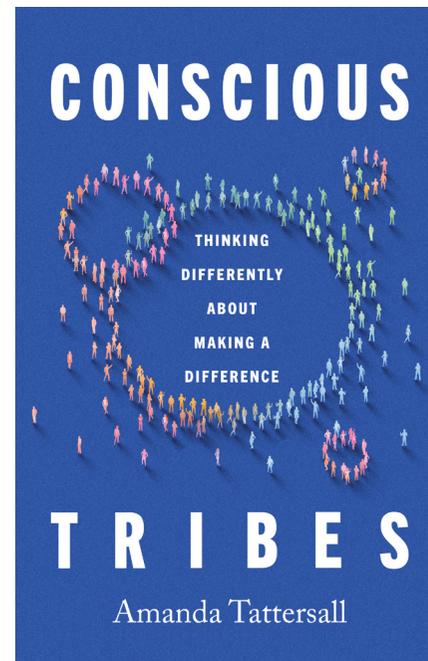
Whether you're a TV-shouter, an exasperated commuter or a keyboard warrior, too many of us feel powerless, knowing that our problems are determined by forces far greater than us. We don't know how to make a difference.

Conscious Tribes offers a way forward, arguing that we can be more powerful than we think. Drawing on a wide range of fascinating case studies from around the globe – from Sydney to Hong Kong; from schoolrooms to boardrooms – Amanda Tattersall

builds a map of public life to show how anyone can make a difference.

By exploring the paradoxes of power – public and private, big and small, sameness and difference, action and reflection – Tattersall argues that the best way to respond is by joining with others in 'conscious tribes': groups with common purpose that allow us to build power across our differences.

Conscious Tribes is a practical, accessible guide from an expert in the field, packed with the stories of activists and unlikely agitators who are taking on the defining challenges of our time.



About the Author

Amanda Tattersall is the co-founder of GetUp, the million-member Australian digital campaign organisation, and the founder of the Sydney Alliance, the country's largest and most diverse community coalition. She is an Associate Professor in urban geography at the University of

Sydney, and she has spent her career making and researching the art of social change in Australia and across the world. She has been active on issues as diverse as climate change, workplace rights, peace, mental health, housing and education. Her previous books include *Power in Coalition* (2010) and *People Power in Cities* (2026).



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Conscious Tribes builds a map of public life – from the neighbourhood battles of a strata complex to some of the defining geopolitical contests of our time – to show how we can all make a difference, no matter how large or small. The book's central argument is that powerful change-making is only possible when we are conscious about our own biases, practices and habits, and when we work in 'tribes' by connecting with groups of people. It's only then that we can better understand power dynamics and agitate for lasting change.

Pub Date: August 2026
ISBN: 9781761451034
Category: NF – Social Activism
Format: Paperback
234mm x 153mm
Extent: 400pp
Rights Held: World

What the Flora?

Vanessa Fuchs

Incredible stories from the Brilliant and Bizarre World of Plants

Get ready for a wild ride through the most shocking, inspiring and downright unbelievable stories about plant life, from the experts at Botanic Gardens of Sydney.

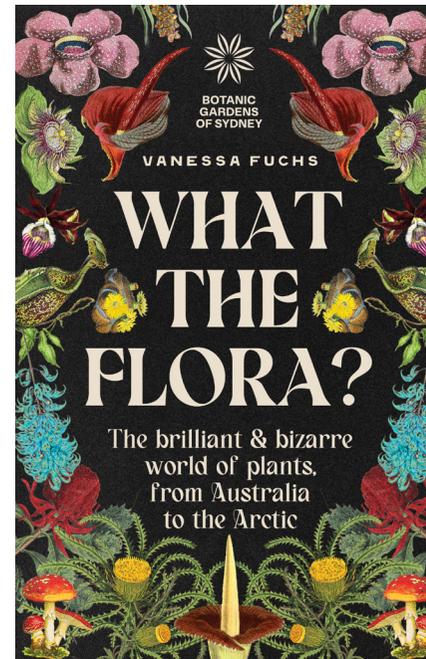
This is your backstage pass to the drama, mystery and importance of Earth's most overlooked species. Blending science, true crime, history and a touch of lore, *What the Flora?* offers a fresh perspective on the ingenuity and wonders of the plant kingdom.

From Australia's wildest landscapes to the farthest reaches of the globe, scientists and plant

obsessives are uncovering the weirdest stories and profound truths about plants that will leave you wide-eyed and jaw-dropped.

You'll encounter trees that survived atomic blasts and deadly species that have shaped medicine and myth, discover the mind-bending secrets of plant intelligence and learn how pollen can crack a murder case.

This thrilling journey also reveals the remarkable ways plants have shaped our world: fuelling civilisations, inspiring innovation and sustaining all life on Earth. Our very survival is intertwined with theirs, and protecting plants may be our greatest hope for the future.



About the Author

Vanessa Fuchs is a science communicator at Botanic Gardens of Sydney and host of the Gardens' award-winning podcast *Branch Out*. Vanessa grew up in the untamed scrub of Alligator Creek in coastal Queensland, where she spent hours behind a camcorder directing and

narrating her own wild backyard adventures. With her trademark blend of enthusiasm and scientific rigour, Vanessa crafts compelling factual tales from the botanical world. Her mission is simple: to make you see plants as the true stars of the natural world, not just the backdrop.

Without plants we wouldn't have any medicine or food. And did you know pollen can be used to solve crimes? This popular science book about the wonders of the plant world is a fun, wide-ranging compendium covering Australia and the world. It comes with the official backing of the team at Botanic Gardens of Sydney, drawing on their extensive archives and ongoing research.

Pub Date:	September 2026
ISBN:	9781923390003
Category:	NF - Popular Science
Format:	Paperback 234mm x 153mm Full colour with botanical illustrations
Extent:	320pp
Rights Held:	World

The Lonely Generation

Michelle Lim

Why Our Kids are in Crisis - and How We Can Fix It

Essential reading for all parents, *The Lonely Generation* sounds the alarm on a looming public health crisis within younger people – and provides empowering, practical steps to build a healthier, more connected world for our children.

We are living through increasingly fractured times, in our era of social media, big tech and rising costs. Younger generations are bearing the brunt of this: their mental health has gone into freefall with higher rates of anxiety, depression and self-harm. How do we untangle the knots that keep them trapped in feelings of loneliness?

Associate Professor Michelle Lim is Australia's leading expert on loneliness, as head of the national peak body Ending Loneliness Together and an expert technical advisor to the World Health Organization. She's here to show us how we got here and what can be done about this public health emergency.

Drawing on the latest research in psychology, sociology and neuroscience, *The Lonely Generation* is an agenda-setting investigation into the profound impacts of loneliness on young people, and how parents and educators can work to form networks and cultures that foster deep, meaningful social connection.



About the Author

Associate Professor Michelle Lim is CEO and Scientific Chair of Ending Loneliness Together, Australia's peak organisation focused on addressing loneliness and social isolation in Australia. She is also a Principal Research Fellow and co-director of the Social Health and Wellbeing Group in the School of Public Health at the University

of Sydney. Associate Professor Lim is considered the leading Australian expert in loneliness, and her work informs governments and the not-for-profit and corporate sectors across the world. In 2024, she was appointed as one of 20 global experts on the Technical Advisory Group to the World Health Organization Commission to Social

Connection. She is a practising clinical psychologist with over 22 years' experience.

The mental health of young people has never been worse. While many of the culprits – social, technological, economic – are familiar, we need to call this for what it is: a loneliness epidemic of ever-increasing proportions and dire consequences. This deep-dive investigation by social psychologist Michelle Lim, Australia's leading expert on loneliness, shows us how we got here – and what we all (parents, carers, educators) can do to help our kids become happier.

Pub Date: October 2026
ISBN: 9781923390294
Category: Non Fiction – social science
Format: Paperback
234mm x153mm
Extent: 320pp
Rights Held: World

World is Almost at Peace

Rob Hirst

A Lifetime of Songwriting, for Midnight Oil and More

Over almost 50 years, Midnight Oil's Rob Hirst wrote and co-wrote some of Australia's best known songs: 'Beds Are Burning', 'The Dead Heart', 'Best of Both Worlds', 'Kosciusko', 'King of the Mountain', 'Read About It', 'Forgotten Years' and many more.

Here for the first time is Rob's entire lyric catalogue from his myriad musical collaborations, including early-version scribbles and unseen photos, plus behind-the-scenes stories from the author and his peers which place the songs in local and international context.

Poignant and deeply nostalgic, *World Is Almost At Peace* is a celebration of a life in music.



About the Author

Rob Hirst was born in Camden, New South Wales, and was a founding member of internationally successful band Midnight Oil. His singing, songwriting, drumming and guitar can also be heard on his many collaborations – with The Backsliders, The Ghostwriters and The Break, Paul Greene, Jay O'Shea, Lez Karski, Sean Sennett,

Jim Moginie and Hamish Stuart.

He is also a published author: *Willie's Bar and Grill* (Picador) tells the story of his band touring a shell-shocked America in the months after 9/11. Rob lived, wrote and recorded in Sydney until his death in early 2026.



PANTERA
PRESS

Pub Date: November 2026
ISBN: 9781923390362
Category: Non Fiction - music
Format: Hardcover
215mm x175mm
Extent: 272pp
Rights Held: World

Pantera Press

Recent Titles



PANTERA
PRESS

The Perimenopause Method

Michelle Bridges



PANTERA
PRESS

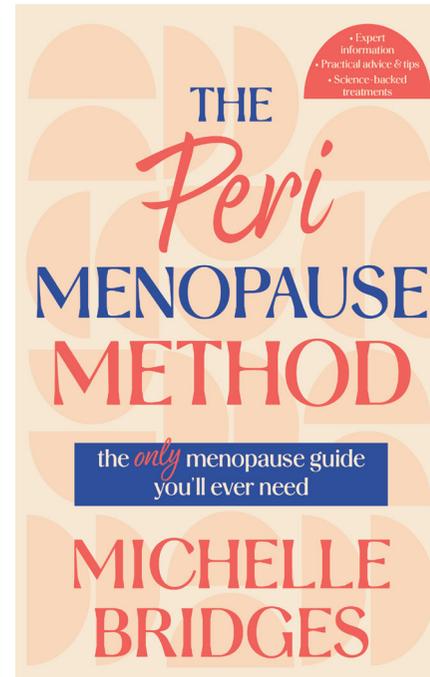
The only menopause guide you'll ever need

Your ultimate guide to all things perimenopause, menopause and post-menopause, combining science-backed information, practical strategies and advice, from beloved health and fitness expert Michelle Bridges.

Sleep, hot flushes, bone health, brain health, sex, relationships, exercise, mood swings, anxiety, MHT and cardiovascular health. Basically, if it's a part of menopause, this book has got it covered! Mish has spent years digging into the research, consulting with experts, and testing different approaches. The result? A plan that helps women thrive.

With all the misinformation out there, you might feel like menopause is the end of the road. It's not. It's a new beginning. Each chapter of this book dives deep into the symptoms, explaining why they occur and giving you practical tips to manage them. From natural remedies to lifestyle changes and medical options, *The Perimenopause Method* explores it all.

Are you ready to transform your menopause experience? We're just getting started, and the best is yet to come.



Author platform: The book expands on Michelle's Menopause and Perimenopause Methods online (12WBT), a 12-week program to assist with women going through perimenopause, menopause and post-menopause.

Key stats on Michelle's platforms – over a million followers total.

Timely subject matter: Michelle has cemented herself as a voice for women in all stages of menopause, drawing on her own experience – and how perimenopause caught her by surprise, despite her extensive health knowledge.

About the Author

Michelle Bridges is one of Australia's most influential personal trainers, a bestselling fitness, nutrition and mindset author and a national commentator on health and wellness issues. She is the host of *We Have a Situation* podcast, a space for honest conversations

about all things menopause related, alongside leading doctors, cutting-edge researchers and inspiring Aussie women.

Pub Date:	October 2025
ISBN:	9781923390089
Category:	NF - Women's Health
Format:	Paperback 234mm x 135mm
Extent:	336pp
Rights Held:	World
Rights Sold:	Audio (Bolinda)

EXCLUSIVE AGENTS:

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