

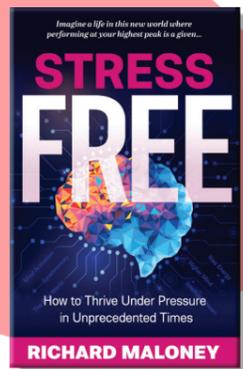
# WE GIVEAWAYS

It's safe to say, we've all spent a good bit of time in front of screens lately. Studies show that Australia's daytime screen usage has increased by as much as 70% over COVID-19. We think it's time to step away from the screen ... and we think there's no better way to relax away than with a good read. Have a look at these beauties, and then keep an eye on Oasis Mag's social media and our fortnightly e-newsletter, O!Mail, for your chance to get your hands on a free copy!

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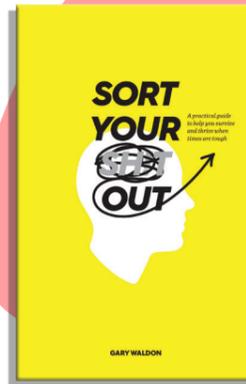


**STRESS FREE** by RICHARD MALONEY  
How to thrive under pressure in unprecedented times

As we slowly navigate our way through the COVID-19 pandemic, our world and our working lives have changed substantially. A move towards a 'new normal' comes with additional responsibilities and pressures for leaders. So, how can you keep performing at your peak and avoid burnout during tough times?

In this new book, *Stress Free: How to Thrive Under Pressure in Unprecedented Times* (RRP \$29.99), author and CEO of Quality Mind Global, Richard Maloney, draws upon over 20 years experience working with hundreds of elite athletes, business leaders, and executives, to provide a practical guide to reducing stress and sustainable high performance.

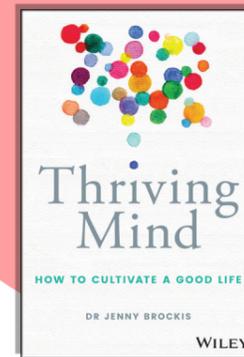
This step by step self-coaching guide (and powerful accompanying app) helps unlock your inner super-powers through actionable and proven mental training, resulting in stronger work performance and increased happiness at home.



**SORT YOUR SH!T OUT** by GARY WALDON  
An Aussie AF guide to help you thrive in tough times

It doesn't matter who you are, we all have our own sh!t that we need to sort out. It might have started with your parents, or the bullies from school, but it's more than likely created from your own insecurities, and even worse, it often stops you from living your best life.

In the new book, *Sort Your Sh!t Out* (RRP \$29.99) transformational change specialist Gary Waldon draws from decades of experience working with a variety of clients to provide an irreverent self-help exploration into where your sh!t comes from and how you can take back control. Everyone experiences life's ups and downs, but Waldon focuses on what you can do to maintain a healthy mental balance while life happens. Using his experiences helping companies transform along with rescuing himself from his own darkness, Waldon presents his unique Self-Help Improvement Toolkit (SH!T)



**THRIVING MIND** by DR JENNY BROCKIS  
How to Cultivate a Good Life

Best-selling author, medical practitioner and board-certified lifestyle medicine physician, Dr. Jenny Brockis draws on over three decades of experience of working with people to understand that while intentions may be good, changing behaviours is not always easy! *Thriving Mind* (RRP \$27.95) walks readers through common issues such as loneliness, stress, relationship breakdowns, loss of social connection, and mental health issues to explain the practical, science-based strategies for overcoming these problems, as well as the habits to help avoid them in the future. Touching on topics that so many of us experience on a daily basis, *Thriving Mind* provides a research-based guide to cultivating your best life to help you uncover the amazing science for reclaiming your humanity and being happy.



**BREAKING GOOD** by SIMON FENECH  
A harrowing journey to ice-fuelled hell and back

Melbourne-based Simon Fenech was a champion kickboxer and committed family man until he tried crystal meth for the first time after a traumatic work accident which left him with severe chronic pain. Like millions of others whose lives are wrecked by this drug epidemic, he was instantly hooked, and was soon dealing to support a \$1000-a-day addiction – which came at a great cost.

Melbourne's drug lords wanted a slice of the action and, when Simon refused, he was shot and stabbed in a brutal three-man attack. The blood loss nearly cost him his life. He was hunted by the underworld and specialist police units – at the same time – and reached the very depths of despair, attempting to take his own life five times. But Simon's story didn't end there. In *Breaking Good* (RRP \$29.99), Simon shares his incredible story of transformation and rehabilitation that will inspire anyone who's been personally impacted by the effects of ice, or seen loved ones battle addiction. Raw, brutally honest and totally engaging, *Breaking Good* is a compelling story of addiction and survival, and proof that even those who've made the most appalling mistakes can turn their lives around.



**FLAWSOME** by GEORGIA MURCH  
The journey to being whole is learning to be holey

In spite of ever-increasing pressures around us, we're often our own biggest critic. Not good enough has become an unnecessary mantra - and it's time this stopped.

In the new book, *Flawsome: The journey to being whole is learning to be holey* (RRP \$29.95), author and feedback expert Georgia Murch says it's time for us to accept our imperfections and learn to be ourselves, flaws and all.

Murch shows readers that being flawsome is not just about accepting your inadequacies or the things you hide - it's understanding where they come from and rewriting how you see yourself, so you can live authentically as you are. After all, your flaws make you, you. *Flawsome* is a call to arms to drop your search for perfection and be OK with being enough, and Murch shows that it's easier to reach than you might think. Practical, engaging and accessibly written, *Flawsome* is a must-read for those looking to discover the awesome in being yourself.