

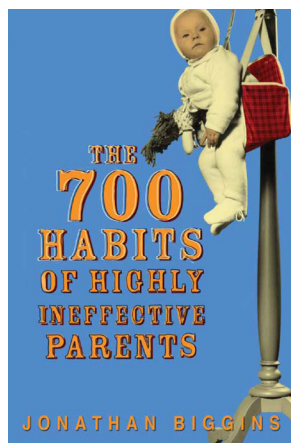
MEDIA RELEASE

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From the best-selling author of *700 Habits of Highly Ineffective People*



THE 700 HABITS OF HIGHLY INEFFECTIVE PARENTS

BY JONATHAN BIGGINS

This is book for those of us who, having been handed the world on an Ikea plate and having prospered in an unprecedented age of peace and economic growth, still think we're doing an inadequate job as parents.

For those of us who jump at the slightest cough from baby, thermometer in one hand and telephone in the other, finger poised on the doctor's surgery speed dial. Those who cover the fridge with the scrawled masterpieces of our toddlers to encourage their artistic genius and tell the world about it: 'Come on, that is unbelievable talent!'

Those who lie awake at night, fretting that they didn't inculcate their eight-year-old with enough self-esteem that day or anticipating disaster if anyone has undocumented nut allergies at the Bollywood-themed birthday party for Skiye's tenth.

MUP RRP \$27.99

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Jonathan Biggins is available
for interview during
November

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Jonathan Biggins is an actor, director and satirist. He was a broadcaster on ABC TV, wrote regularly for *Good Weekend* magazine and has been Director of Revue for the Sydney Theatre Company since 2000. He is the author of the bestselling *The 700 Habits of Highly Ineffective People* and *As It Were*, a satirical look at history. He lives in Sydney and as a highly ineffective parent of twin daughters is currently ruining their lives.