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Non-Fiction

May 2019



Contents

• Rights Department	p.3
• Little, Brown Imprints	p.4
• General	p.5
• Culture	p.13
• Business & Management	p.19
• History	p.22
• Music	p.28
• Memoirs & Biography	p.34
• Sport	p.39
• Travel & Nature	p.41
• Health, Self-Help & Popular Psychology	p.42
• Parenting	p.48
• Food & Cookery	p.53
• Overcoming Series	p.56
• Rights Representatives	p.59

Key

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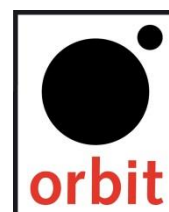
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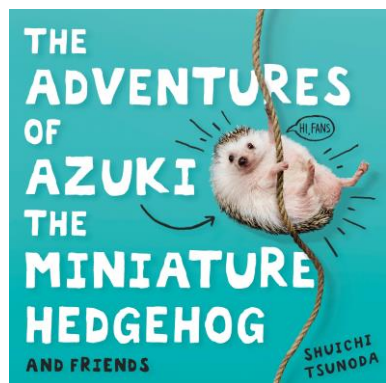


General

Highlights

WHEN THE CLOUDS FELL FROM THE SKY

THE ADVENTURES OF AZUKI



THE ADVENTURES OF AZUKI THE MINIATURE HEDGEHOG

Humour | Robinson | 112pp | 60 colour photographs | September 2019

A full-colour collection of photographs of the adorable Azuki, the miniature hedgehog, enjoying some of his favourite adventures, from camping to baking

Riding on the popularity of everyone's favourite Insta-famous miniature hedgehog (400,000 followers on Instagram and counting), this adorable illustrated book stands out as a gem of originality among the glut of dog and cat books. In the spirit of *Tiny Dog* and *Tiny Cat*, THE ADVENTURES OF AZUKI THE MINIATURE HEDGEHOG features photographs of Azuki as on his Instagram account where he appears in a mini-sized wilderness setting, building a fire, hanging in a hedgehog-sized tent (specially made by camping supplier Coleman Japan) or grilling some snacks.

Azuki has been featured on *Bored Panda* and *Time* magazine's website. *New York* magazine called him 'the only pure thing left in this world', and he has appeared in the pages of *The Independent* and *The Sun*. He's also got fans in Australia and New Zealand. Azuki the Hedgehog's star continues to rise as he constantly gets coverage and requests for interviews and articles including in *Cosmopolitan*, *Mashable*, *Country Living*, the *Daily Mail*, *Laughing Squid*, and more.

Praise for Azuki: *Just got another push notification for Trump's tweets? Here's Azuki wearing a hat! Did reading the details of the latest sexual-assault scandal erode your last shred of hope in the human condition? This is a video of Azuki eating an apple!* – *New York* magazine.

Shuichi Tsunoda is a Tokyo-based commercial photographer and Azuki's owner. In 2016, Shuichi started an Instagram account for his pet, and a star was born. Shuichi was born in Tokyo in 1975. Having graduated from the Department of Graphic Design at Tama Art University, he started working as a freelance photographer in 1998.

LYING NUMBERS by Hugh Barker

Popular Maths | Robinson | 288pp | May 2020

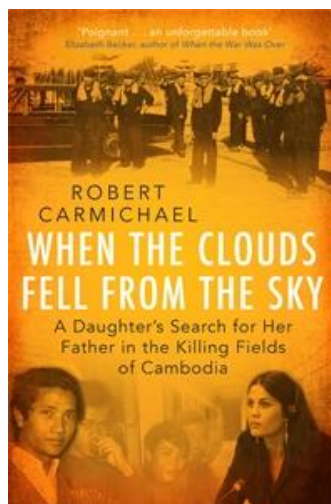
How figures are badly reported or deliberately misrepresented everywhere, from political arguments and business presentations to shopping offers

Politicians, economists, scientists, journalists - all of them have been known to bend the truth and to twist the facts from time to time. But surely the numbers and statistics they rely on are cold, hard objective facts that tell the real story? Of course the truth is much murkier than that. Figures can be misinterpreted, misunderstood, misconstrued and misused in hundreds of different ways. This book takes a look at the many ways that statistical information can be badly reported or deliberately abused in all walks of life, from political arguments, to business presentations, to more local concerns such as shopping offers and utility bills.

LYING NUMBERS is a polemical guide to how numbers are used to mislead, which is intended to help the reader through the minefield of dubious stats and lying numbers.

Praise for Hugh Barker's *Million Dollar Maths*: *Great fun. A clear, original and highly readable account of the curious relationship between mathematics and money* – Professor Ian Stewart, author of *Significant Figures*; *A lively crash course in the mathematics of gambling, investing, and managing. Hugh Barker makes deep ideas fun and profitable* – William Poundstone, author of *How to Predict the Unpredictable*.

Hugh Barker is a non-fiction author and editor; as the latter he has edited several successful popular maths books, including *A Slice of Pi*. He is the author of *Million Dollar Maths* (Atlantic Books, October 2018) and *High Tech Maths* (Atlantic, 2019–20). He was accepted to study maths at Cambridge aged sixteen.



WHEN THE CLOUDS FELL FROM THE SKY: A DAUGHTER'S SEARCH FOR HER FATHER IN THE KILLING FIELDS OF CAMBODIA

by Robert Carmichael

History | Robinson | 352pp | August 2019 | Korea: EYA | Japan: EAJ

To keep you is no benefit, to destroy you is no loss...

In 1977, young diplomat Ouk Ket was recalled to Cambodia 'to get educated to better fulfil [his] responsibilities'. Left behind in Paris were his French wife and their two young children; they never saw him again. In February 2012, the international war crimes court in Cambodia handed down a life sentence to a man known by his revolutionary moniker Comrade Duch. The court found the Khmer Rouge's former security chief responsible for the deaths of more than 12,000 people at S-21 prison in Cambodia's capital city, Phnom Penh.

In describing one family's decades-long quest to learn their loved one's fate and the war crimes trial of Comrade Duch (pronounced 'Doyk'), *WHEN THE CLOUDS FELL FROM THE SKY* illuminates not only the tragedy of a nation, but also the fundamental limitations of international justice. Despite the interference of foreign powers, Cambodia's experience was largely self-inflicted and it remains a sober reminder of the dangers of totalitarian regimes and the importance of accountable political systems.

Robert Carmichael worked for a decade as a foreign correspondent in Cambodia, leaving in 2017. His first stint was from 2001-3 when he was the managing editor of the *Phnom Penh Post*, Cambodia's oldest English-language newspaper. Through his work, Robert developed excellent relationships with some of the leading lights at the Khmer Rouge tribunal as well as experts in related fields including academics David Chandler, Stephen Heder and Craig Etcheson, as well as Youk Chhang who runs the genocide research organization DC-Cam.

*** THE COMPLETE GUIDE TO CODEBREAKING AND SOLVING CRYPTOGRAMS by Elonka Dunin and Klaus Schmeh**

Puzzle | Robinson | 304pp | August 2020

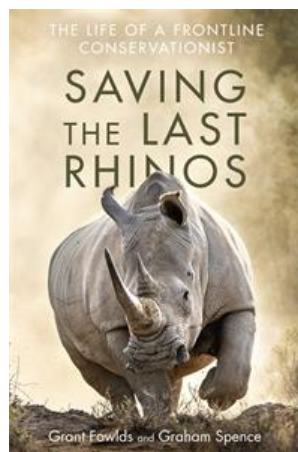
This book describes the most common encryption techniques along with methods to detect and break them.

The Zodiac Killer sent four encrypted messages to the police - one was solved, three were not. Beatrix Potter's diary and the Voynich Manuscript are two encrypted books, only one of which was deciphered. The breaking of the so-called Zimmerman Telegram in the First World War changed the course of history. Several encrypted telegrams sent by Abraham Lincoln during the Civil War are still unsolved. Tens of thousands of other encrypted messages - ranging from simple notes created by children to military messages from the Second World War - are known to exist. Breaking these cryptograms fascinates people all over the world.

This book provides instruction on codebreaking techniques and is complemented with success stories and details of unsolved encryption mysteries.

Elonka Dunin is an American video game developer and cryptologist. Dan Brown named a character, Nola Kaye, in his novel *The Lost Symbol* after her. She is considered the leading Kryptos expert in the world and is a member of the NSA Cryptologic Museum Foundation's Board.

Klaus Schmeh is one of the world's leading experts on the history of encryption and the most published cryptology author in the world - twelve books about encryption technology (written in German), 150 articles, 20 scientific publications and 800 blog posts. He is a member of the editorial board of the scientific magazine, *Cryptologia*, and a frequent speaker at encryption conferences in Europe and the USA.



SAVING THE LAST RHINOS by Grant Fowlds and Graham Spence

Wildlife | Robinson | 352pp | 16-page full colour plate section | November 2019

THE LAST RHINOS tells the remarkable story of conservationist Grant Fowlds

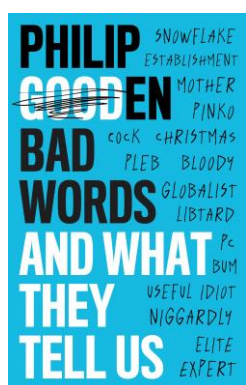
In the last nine years, over 6,100 rhinoceroses have been killed by poachers in South Africa, leaving fewer than 19,000 white rhinoceroses and 2,000 black rhinoceroses in the country.

In 2016, the number of rhinos poached in South Africa stood at 1,054 (Department of Environmental Affairs). In 2017, 529 rhinos had been slaughtered by the end of July. In the last nine years, over 6,100 rhinos have been poached in South Africa leaving fewer than 19,000 white, and 2,000 black rhinos in the country. The situation is critical.

Grant Fowlds is a passionate conservationist who puts himself in the front line, on the ground, where it matters. He is deeply focused on highlighting the vast increase in rhino poaching, a scourge which has placed these mighty animals under serious threat of extinction. He is a partner of Rhino Art with the founder, philanthropic adventurer, Kingsley Holgate. Rhino Art -- 'Let the children's voices be heard' -- Project's aim is to gather the largest number of children's 'Art Voices' ever recorded, in support of Rhino Protection, and to use these 'Hearts and Minds' messages from the children of Africa as a worldwide call to action against rhino poaching. On a broader level he works closely with all of the biggest global and local conservation agencies, including WWF.

Grant Fowlds is a South African conservationist with a unique commitment to everything endangered. Grant's vision is to try to fill the shoes of the late elephant whisperer, Lawrence Anthony and his recent undercover filming of a tusk and horn auction in Vietnam demonstrates that he is on the right track.

Graham Spence is a journalist and editor. Originally from South Africa, he lives in England. Together he and his brother-in-law, conservationist Lawrence Anthony, wrote *The Elephant Whisperer*, the story of the incredible relationship forged between one man and a herd of wild African elephants. Other books with Lawrence Anthony include *Babylon's Ark: The Incredible Wartime Rescue of the Baghdad Zoo*, and *The Last Rhinos: The Powerful Story of One Man's Battle to Save a Species*.



BAD WORDS: AND WHAT THEY SAY ABOUT US by Philip Gooden

Language | Robinson | 320pp | September 2019

BAD WORDS explores why and how certain terms fall in and out of favour and therefore, indirectly, what these changes in taste and taboo say about us.

The most contentious area of English, the one that raises the most debate, discomfort and even fear is the use of taboo words and contentious expressions. Many people assume that these words must relate principally to sex and body parts, but forbidden terms shift through the ages, with the result that current verbal taboos are just as likely to occupy racial and even political areas rather than sexual ones.

However blasé or sophisticated we consider ourselves, plenty of these terms, whether connected to sex or religion or race, retain their power to shock as well as having an intrinsic fascination. Where do they come from? When did they enter the English language and how have they changed in form or impact over the years? And how is it that a short string of letters and sounds, a single syllable or two, can possess the almost magical power to offend, distress or infuriate? Are we less or more easily upset or outraged these days or is it that our focus shifted to different areas? Does the requirement to be shocked meet some psychological need and exist independent of the actual taboo terms?

BAD WORDS looks at the history and current state of some of the most controversial and provocative words in the English language. These range far beyond the seven 'dirty words' which US comedian

George Carlin promised would 'infect your soul, curve your spine and lose the war for the Allies', and the book – discursive, anecdotal, analytical – will cover expressions connected to religion, ethnicity, nationality, politics, swearing and oaths, using examples from past and present, and concentrating especially on those expressions which have an intriguing or scandalous history.

Philip Gooden has written a number of previous books about language including *Who's Whose? A No-Nonsense Guide to Easily-Confused Words*, *The Story of English*, and (as co-author) *Idiomantics* and *The Word at War*. He has also written four historical crime novels and been nominated for a CWA Ellis Peters Historical Dagger Award.

*** FUNDAMENTAL: HOW QUANTUM AND PARTICLE PHYSICS EXPLAIN ABSOLUTELY EVERYTHING (EXCEPT GRAVITY) by Tim James**

Popular Science | Robinson | 240pp | Integrated b/w drawings | August 2019 | Korea: Danny Hong | Japan: TMA

In the same way that Tim's first book *ELEMENTAL*, a *Daily Mail* Book of the Year in 2018, serves as a beginner's guide to chemistry, *FUNDAMENTAL* provides a very entertaining beginner's guide to quantum and particle physics

At the start of the twentieth century, science appeared complete and the laws of nature were almost all discovered, but then we woke a sleeping giant – we discovered quantum mechanics. In the quantum realm, objects can be in two places at once. It's a place where time travel is not only possible, but necessary. It's a place where cause and effect can happen in reverse and observing something changes its state. From parallel universes to antimatter, quantum mechanics has revealed that when you get right down to it, the laws of nature are insane.

The scientist J. B. S. Haldane once said, 'Reality is not only stranger than we imagine . . . it's stranger than we can imagine.' Never is this more true than with quantum mechanics; our best, most recent attempt to make sense of the fundamental laws of nature. *FUNDAMENTAL* tells the story of how the most brilliant minds in science grappled with seemingly impossible ideas and gave us everything from microchips to particle accelerators.

After graduating with a Master's degree in chemistry, specialising in computational quantum mechanics, Tim James decided to get straight into the classroom. As well as being a secondary-school science teacher, he's a YouTuber, blogger and Instagrammer. His first book, *ELEMENTAL: HOW THE PERIODIC TABLE NOW EXPLAINS (NEARLY) EVERYTHING* sold in five territories and was a *Daily Mail* Book of the Year. Option Publishers: Chinese Simplified (Beijing Xiron Books), German (Benevento), Polish (Proszynski Media), Portuguese in Brazil (Zahar), US (Overlook Press).

***THE CLIMATE IS CHANGING, WHY AREN'T WE? A PRACTICAL GUIDE TO HOW YOU CAN MAKE A DIFFERENCE by Daisy Kendrick**

Climate change/sustainability | Piatkus | 288pp | April 2020

The only practical guide to tackle climate change on an individual level with global results, focusing on food, fashion, technology and more, by the founder of Ocean Generation.

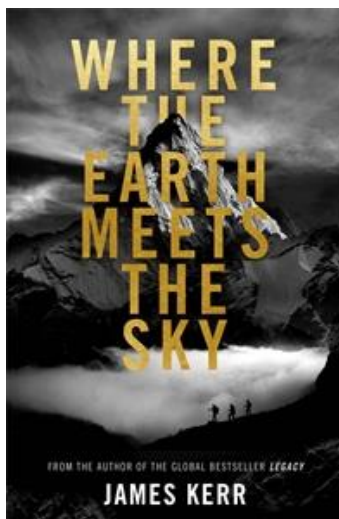
This book is an open-minded tool to endorse environmentalism in a practical and realistic way. A climate change guidebook for millennials and Gen-Z, concerned for their future. This book is not here to convince young people climate change actually exists; we know that. This book will offer easy to understand insights into the structures that suffocate our future, while upholding a sense of optimism and collective faith. Through inspirational stories, shocking statistics and easy switches for readers to make in their everyday lives, this book will smash the 'frumpy' stigma around environmentalism to be a very sleek, fun, bold and cultural translation into the world of climate change.

After graduating Northeastern University in Boston and interning at the United Nations in New York for the Permanent Mission of Grenada, Daisy Kendrick founded Ocean Generation (OG) to disrupt and innovate the standard charity model. Frustrated at the lack of awareness and action being taken by

millennials and Gen Z to protect our climate and oceans, she created OG to utilise media and technology to inform, educate and change behaviour at a global scale. She is the youngest recipient of the 2018 Marie Claire Future Shaper award and was recognized as one of Britain's 50 most remarkable women by the Daily Mail.

WHERE THE EARTH MEETS THE SKY by James Kerr

Nature & Culture | Constable | 352pp | April 2020 | Korea: | Japan: TMA

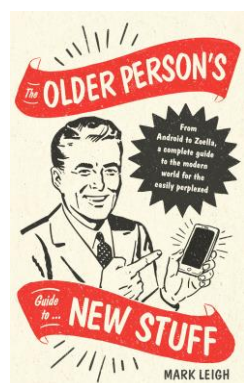


The epic and elemental account of a seismic event - Mount Everest Avalanche, 25 April 2015 - that encompasses the portrait of a nation, the dynamics of disaster, and its impact on the people it envelops

At 11.56am on 25 April 2015, an earthquake triggered an avalanche that took out Everest Base Camp; twenty-two people perished on the worst day in the mountain's history. In Nepal, 9,000 people died and 22,000 were critically injured. Three million required humanitarian assistance. Nepal's infrastructure and economy collapsed. Two years after the disaster, Nepal struggles to recover. Meanwhile, the Gurkhas, who were central to the events of 2015, are back on the mountain and once more aiming for the top. Will they summit? Will disaster strike again?

WHERE THE EARTH MEETS THE SKY is the epic, elemental account of a seismic event - the days leading up to it, the moment it hits and its impact on those it envelops. An unsparing but inspiring chronicle, it shows what it takes to survive a hostile environment, to adapt and overcome. It transports us to the roof of the world, a place where more than sixty bodies lie where they fell; where the mountaineering ghosts of Irvine and Mallory still walk, and the legend of Sir Edmund Hillary lives on.

James Kerr is a bestselling author, award-winning creative director and brand consultant, and advises leading companies on brand identity, advertising, internal communications, and transformational culture change. He is the 300,000 copy bestselling author of THE ALPHABET OF THE HUMAN HEART and LEGACY, and a former captain of the Waihi School 'Under Six Stone' rugby team. Option Publishers: French (Thierry Souccar), German (Copress Sport), Italian (Mondadori), Japanese (Toyokan Shuppansha), Latin America (Deldragon Club House), Portuguese in Brazil (Editora Saraiva), Portuguese in Portugal (Texto), Spanish (Roca).



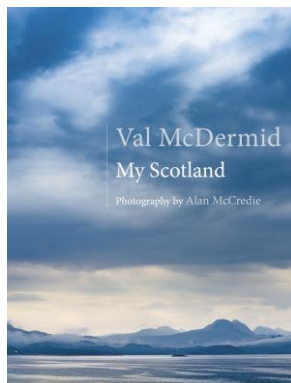
THE OLDER PERSON'S GUIDE TO NEW STUFF: FROM ANDROID TO ZOELLA, A COMPLETE GUIDE TO THE MODERN WORLD FOR THE EASILY PERPLEXED by Mark Leigh

Humour | Robinson | 240pp | b/w images | June 2019

A humorous, illustrated guide to 'new stuff', including vocabulary, for older people

A handy guide for anyone who says, 'The Facebook' or 'The Google' or who asks, 'Do they deliver emails on Sunday?' This is a book for the elderly and not-so-elderly who are bamboozled not just by the technology of the contemporary world, but also various modern concepts and conceits that the more youthful take for granted. It explains a host of modern concepts and technologies that have entered everyday use and parlance but which are alien (and possibly frightening) not just to the elderly, but probably anyone over forty-five. These concepts are universal and should therefore appeal to readers in the UK, Australia, US and Europe. The definitions are all real, but entertaining, making use of easy-to-understand 'real world' references or examples to explain them.

Mark Leigh's career has taken him from scriptwriting for TV comedy acts, through the 'Mad Men' world of advertising copywriting to developing concepts for radio and TV comedy shows and writing bestselling humour books.



MY SCOTLAND by Val McDermid

Popular Culture | Sphere | 192pp | Fully illustrated | June 2019

Discover the Queen of Crime's own Scotland in this remarkable and uniquely personal journey through the landscapes where she has lived all her life

I love stories. My life has been book-ended and bookmarked by hearing them, reading them and telling them. In my mind's eye, I can see where each of these stories unfolds . . .

In MY SCOTLAND, number one bestselling author Val McDermid takes readers to the landscapes where she has lived all her life, and the places where her stories and characters reside. Accompanied by over 100 stunning photographs, this remarkable book uncovers Val's own Scotland in all its glory – from the iconic Isle of Skye to the majestic streets of Edinburgh; from the undiscovered hideaways of the Highlands to the wild and untamed Jura. Featuring excerpts from Val McDermid's bestselling novels and charting Karen Pirie's Fife to Lyndsey Gordon's Glasgow, MY SCOTLAND is an unforgettable and uniquely personal journey.

Val McDermid's novels have been translated into more than thirty languages and have sold over fifteen million copies. She has won many awards internationally, including the CWA Gold Dagger for best crime novel of the year and the LA Times Book of the Year Award. She was inducted into the ITV3 Crime Thriller Awards Hall of Fame in 2009, was the recipient of the CWA Cartier Diamond Dagger in 2010 and received the Lambda Literary Foundation Pioneer Award in 2011. In 2016, Val received the Outstanding Contribution to Crime Fiction Award at the Theakstons Old Peculier Crime Writing Festival and was elected a Fellow of the Royal Society of Literature. She writes full time and divides her time between Cheshire and Edinburgh.

Previous publishers: Bulgarian (Ednorog), Croatian (Leo Commerce), Czech (BB Art), Dutch (Luitingh-Sijthoff), French (Flammarion), German (Droemer), Norwegian (Cappelen Damm).

FROM ACONITE TO THE ZODIAC KILLER: A DICTIONARY OF CRIME by Amanda Lees

Popular Crime & History | Robinson | 224pp | October 2019

An essential popular A-Z reference guide for fans of crime fiction and true crime, in books, TV and film, helping to make sense of everything from asphyxiation to VX nerve agent

More than simply a glossary, FROM ACONITE TO THE ZODIAC KILLER is a guide that provides a doorway into a supergenre, and one that is not just for readers, but also the many fans of film and TV dramas, of podcasts, and crime blogs. It is also an indispensable resource for writers or would-be writers of crime fiction. If you want to know how many murders it takes for a killer to be defined as a serial killer, what Philip Marlowe means when he talks about being 'on a confidential lay' and why the 'fruit of a poisonous tree' is a legal term rather than something you should avoid on a country walk, this is the reference book you've been waiting for.

Amanda Lees is the author of the bestselling satirical novels *Selling Out* and *Secret Admirer* which have both received critical acclaim and have been translated into several languages. Her major YA thriller trilogy, *Kumari, Goddess of Gotham*, was nominated for the Guardian Children's Book Prize and the Doncaster Book Award. It also featured as Redhouse Book of The Month and Lovereading4kids Book Of The Month

VERY BRITISH PROBLEMS 4 by Rob Temple

Humour | Sphere | 288pp | October 2019

The latest instalment of VERY BRITISH PROBLEMS

Rob Temple is back to guide you through the maze of idiosyncrasies, loveable foibles and - let's admit - outright eccentricities that define this sceptred isle. Featuring ground-breaking original research from his @soverybritish Twitter account (spoiler: 84% of Brits prefer milk in first), this book may not be a remedy

for your incurable VBPs, but it will certainly provide amusement as you hide in the loo from an unexpected visitor.

Rob Temple is an award-winning features editor and the founder of @soverybritish

SOFT POWER: THE NEW GREAT GAME FOR GLOBAL DOMINANCE by Robert Winder

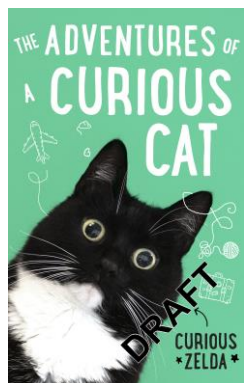
Politics & Culture | Little, Brown | 400pp | February 2020

Prisoners of Geography meets The World is Flat in a ground-breaking new study

There's a new Great Game afoot, and it involves soft power. As national movements resurface across the world, unsettling the international balance, the old-fashioned 'sphere of influence' is making a comeback. Nation states are once again competing to win friends and influence people by selling themselves as alluring brands. In BLOODY FOREIGNERS and THE LAST WOLF, Robert Winder explored the way Britain was shaped first by migration, and then by hidden geographical factors. Now, in SOFT POWER he explores the way modern states are asserting themselves not through traditional realpolitik but through alternative means: business, language, culture, ideas, sport, education, music, even food - the texture and values of history and daily life.

Moving from West to East, from America to Japan, the book will estimate the weight of soft power by exploring the varied ways in which it operates - from an American sheriff in Poland to an English garden in Ravello, a French vineyard in Australia, an Asian restaurant in Spain, a Chinese Friendship Hall in the Sudan. Soft power used to be thought of as merely the surface gloss on hard power - the velvet glove on the iron fist. But in the modern world of high-speed data flow and energetic migration, it now packs a decisive punch in its own right.

Robert Winder was literary editor of *The Independent* for 5 years and deputy editor of *Granta* magazine. He is the author of three novels and four previous non-fiction titles, including THE LAST WOLF and the bestselling BLOODY FOREIGNERS.



THE ADVENTURES OF A CURIOUS CAT by Curious Zelda

Gift & Humour | Sphere | 192pp | b/w illustration & photos | October 2019| Korea: Danny Hong | Japan: Uni

The first book from social media star, @CuriousZelda

Curiosity is more than just a desire to discover. It's a lifestyle, and a purrvoilege. It's hours of observing a fly on the wall. It's entering the sock drawer just before it closes. It's sniffing the lampshade one more time . . .

Such is the wisdom of Curious Zelda: social media star, agony aunt, yoga teacher, cat. In THE ADVENTURES OF A CURIOUS CAT she details her escapades - giving insight into her unique view of the world and dispensing unparalleled wisdom. Zelda will guide readers through the trials and tribulations of life as a cat, such as Living with Humans, Dating, Travel, Cooking and Clawing the Furniture. The perfect gift for cat lovers or for giving advice to the favourite feline in your life.

Matt Tagihoff adopted Zelda in 2014 following an intense staring match at the rescue shelter. She charmed him with her weird habits and permanently spooked expression, which he couldn't resist documenting online. With her signature wide-eyed look and bizarre poetry, Zelda continues to delight her growing number of followers.

German - Droemer Knaur



Culture

Highlights

WRAPPED IN BEAUTY

BE THE CHANGE

CRONE NOTES

WRAPPED IN BEAUTY: WHY OUR CHRISTIAN CULTURAL HISTORY MATTERS by Blanche Girouard

Religion & Culture | Constable | 288pp | September 2020

WRAPPED IN BEAUTY provides readers with the religious framework they need to take pleasure in some of the greatest works of music, art and literature that Christianity has produced

You don't need an iota of faith to benefit from religious art and stories. Step inside the eighty-four foot nave of Salisbury cathedral and you will feel your spirits soar. Attend a service of choral evensong in Magdalen College chapel and you will feel yourself grow calmer. Read the biblical story of Peter's denial, hear it transposed into music by J.S. Bach and Peter's aria 'Erbarme Dich', and you will be as moved by it as you are moved by the most poignant scene in the best film or modern-day soap opera.

This is a heritage that belongs to, and can benefit, us all. Even the stories can help guide us. For Bible stories, writes Karen Armstrong, are to be counted among the world's great myths, pointing 'beyond history, to what is timeless in human existence'. That is why writers, artists and composers have drawn on them for centuries and still draw on them today.

WRAPPED IN BEAUTY will reclaim Christian stories and culture for non-believers, providing readers with the knowledge to discover the great works Christianity has inspired, and seeing them as sources of pleasure and inspiration rather than curious relics of an ignorant past.

Blanche Girouard read Classics and Theology at Oxford and then, after working as a prison officer, barrister and youth worker, took a post as a teacher of Religious Studies at North London Collegiate. She has made features for BBC World Service and presented features on BBC Radio 4. She also interviews authors and writes occasional pieces for *The Times*, *The Guardian* and the *Financial Times*.

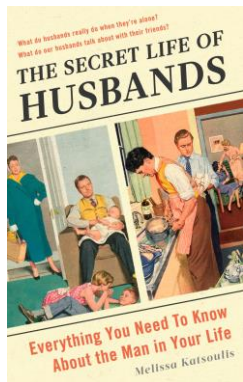
HOW TO BE AN ACTIVIST: A PRACTICAL GUIDE TO ORGANISING, CAMPAIGNING AND MAKING CHANGE HAPPEN by Vanessa Holburn

Politics | Constable | 240pp | January 2020

A practical guide to help and inspire the would-be change maker no matter how big or small their cause, written by experienced campaigner Vanessa Holburn

HOW TO BE AN ACTIVIST covers everything you need to know to create a successful social campaign and bring about positive change no matter what your cause. This practical, inspirational book covers topics ranging from identifying your central issue and setting meaningful milestones and goals, to learning how to use the media effectively and stay safe and within the law. Illustrated with case studies throughout, this is the essential guide to activism. It will help you with every step of your campaign, keeping you motivated through periods of self-doubt and staving off burnout as you celebrate milestones on the way to creating meaningful change in the world. This is the age of activism and everyone is invited to join the movement.

Vanessa Holburn spent two years campaigning for a ban on third party pet sales in a bid to end the cruel practice of puppy farming. In 2018 she was invited to Downing Street to hear Michael Gove announce plans to change the law to support such a ban. The campaign is proof that ordinary people together can achieve extraordinary change. Vanessa's publishing experience stretches over 24 years and her work has appeared in magazines, newspapers and digital outlets. Her consumer press credits include *Private Eye*, *The Mirror*, *The Sun*, *Vegan Living*, *Woman's Own*, *Yours*, *Dogs Today*, *Ask the Doctor* and *The Independent on Sunday*. Her current focus is 'greening' her small Berkshire village - advising business and community groups how to use and waste less and move towards becoming plastic-free, while sharing skills and resources.



THE SECRET LIFE OF HUSBANDS by Melissa Katsoulis

Humour | Constable | 192pp | May 2019 | Korea: Danny Hong | Japan: EAJ

A journey of discovery about the modern-day husband, THE SECRET LIFE OF HUSBANDS will tell you everything you need to know about the man in your life

Now, with masculinity in crisis (again), it's more relevant than ever to understand the secret lives of husbands. Couldn't our gender power-struggles be better understood if we listened, impartially, to how the world looks from inside a man's head? Do they feel sad at the thought of never falling in love again? Would they ever admit that their partner's cooking is worse than their mother's? What do men talk about to their friends? What do they do when they're home alone? What do they think about on their way to work? Who do they confide in? What do they really look at online? Do they obsessively reflect on relationships past, present and future? How do they see their wives?

Journalist Melissa Katsoulis is dying to find out. Melissa's mission in this book is not to find the perfect husband, or the worst. She wants to talk to married men and understand their world. We are inundated with statistical research about gender and domestic politics, but it doesn't tell us how things really feel to real men. Melissa will interview ordinary men everywhere, taking us on a whistle-stop tour of husbands through history, and covering topics such as husbands in the nursery and husbands down the aisle, to husbands and their friends and husbands on holiday. A journey of discovery about the modern-day husband, THE SECRET LIFE OF HUSBANDS will tell you everything you need to know about the man in your life.

Melissa Katsoulis is a journalist and writer. She has written for *The Times* – where she also worked on the books desk – *The Sunday Telegraph*, *Financial Times*, *The Tablet* and the *Ham and High*.

HOW TO WRITE SHORT STORIES AND GET THEM PUBLISHED: A COMPREHENSIVE GUIDE TO WRITING SHORT FICTION by Ashley Lister

How-to-Guide | Robinson | 288pp | December 2019

The definitive, indispensable guide to writing quality short stories and getting them published

This essential guide to writing short fiction takes the aspiring writer from their initial idea through to potential outlets for publication and pitching proposals to publishers. Along the journey, this guide considers the most important aspects of creative writing, such as character, plot, point of view, description and dialogue. All of these areas are illustrated with examples of classic fiction and accompanied by exercises that will help every writer hone their natural skill and talent into the ability to craft compelling short stories.

Ashley Lister is the author of more than fifty full-length titles and countless short stories. His work has been published in a variety of national magazines, celebrated anthologies and academic journals. Ashley has lectured in Creative Writing for more than a decade, writing and running a broad range of courses. He recently completed his PhD in Creative Writing where his thesis considers the relationship between plot and genre in short fiction.



BE THE CHANGE: A TOOLKIT FOR ACTIVISM by Gina Martin

Politics | Sphere | 288pp | June 2019

An empowering toolkit for activism from Gina Martin, who led a year-long campaign to make upskirting a criminal offence, after the police declined to prosecute a man who took pictures up her skirt at a music festival

Without any legal or political experience, I changed the law and made upskirting illegal in eighteen months. But this book is not about changing the law. It's not about me. This is yours. It's your handbook, your road map and your toolkit for pushing for change at absolutely any level. From using social media to gain support and to getting pro bono legal support, to regaining your confidence after a perceived "failure" (hint: there is no such thing), I wrote this book to make sure you believe in your voice, feel ready to put yourself out there and know how to start making things happen. Because my god, if I can do it, so can you.

BE THE CHANGE is an essential handbook for the modern activist, whether your campaign is big or small, local or global . . . or somewhere in between. If you want to challenge injustice in your school, workplace or community; if you want to lend your voice – and more – to a charitable cause close to your heart; or if you are inspired to take on a complex issue on a massive scale, Gina Martin's practical and empowering advice will give you the tools you need to ensure your voice is heard, your actions are noticed and your demands are met.

A writer and activist, Gina Martin writes for publications such as *Grazia*, *Glamour* magazine, *The Daily Telegraph* and *Refinery29* on women's rights, sustainability and lifestyle content. Gina speaks at government events, panels and workshops as well as in schools and for charities such as Girlguiding. She's also worked with brands such as Nike, eBay, Puma and Lazy Oaf on her Instagram where she advocates using social media for good, fighting for women's rights and sustainability. Gina was named 'One to Watch for 2018' by *Cosmopolitan* as well as one of PORTER's Incredible Women of the Year 2018.

CRONE NOTES by Caroline O'Donoghue

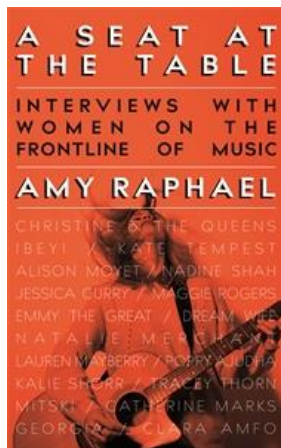
Memoir | Virago | 320pp | June 2020

Everyone knows that tarot is having a moment, and everyone thinks they know why

There has been no shortage of press around the subject, with both *The Telegraph* and *The Observer* recently naming tarot as the millennial remedy for “feeling ‘lost’ over increasingly uncertain futures.” Caroline O'Donoghue doesn't turn to tarot to solve her problems: she uses it to name her problems. The cards are visual aids for feelings that lurk low below the surface, a leech to draw out the poison. They don't tell the future, but rather what we already know and are having trouble admitting, even to ourselves. The cards aren't a literal representation of our feelings. In fact, they work much more like music than text. You know that song that somehow sums up your entire relationship, despite having nothing to do with your situation? That's how tarot works: it pokes and prods, giving our feelings a face.

Using the twenty-two cards from the Major Arcana (the “famous” half of the deck, that features iconic cards like Death, The Devil, The High Priestess, etc), CRONE NOTES presents twenty-two essays that spring from the key meanings and symbolism of the card, and turn it into something personal, cultural, critical, and chiefly, feminist. This book is for anyone who says they don't believe their horoscope, but reads it anyway. It's about reclaiming all the witchiness we were encouraged to leave behind in childhood, and seeing it as a history that's worth reclaiming.

Caroline O'Donoghue is a writer for *The Pool* and columnist for *The Times*. She also hosts the podcast Sentimental Garbage and co-hosts The School for Dumb Women. Her first book, PROMISING YOUNG WOMEN was published by Virago in 2018.



A SEAT AT THE TABLE: WOMEN ON THE FRONTLINE OF MUSIC by Amy Raphael

Music | Virago | 304pp | June 2019 | Korea: KCC | Japan: EAJ

Twenty years after the seminal NEVERMIND THE BOLLOCKS, Raphael re-evaluates female music and musicians

Following on from the success of NEVERMIND THE BOLLOCKS (Virago, 1995), Amy Raphael interviews prominent female musicians to find out what it means to be a woman artist and a female in the music business. Contributors include: Poppy Ajudha; Christine & the Queens; Maggie Rogers; Ibeyi; Kate Tempest; Natalie Merchant; Catherine Marks; Mitski; Grimes; Alison Moyet; Dream Wife; Emmy the Great; Lauren Mayberry; Jessica Curry Georgia; Kalie Shorr; Tracey Thorn; Mica Levi; Clara Amfo

Praise for NEVERMIND THE BOLLOCKS: *Stretches your brain and swells your heart with every page . . . if anyone wishes to understand what Courtney Love has had to go through, this is definitely recommended* – Caitlin Moran; *The women in this book don't just talk about it, they do it. The voices are as diverse and difficult, as weird as wonderful as they are on stage. Listen carefully however and you will hear that this is not simply about rock 'n' roll, it is about a culture adjusting itself to female power. Listen carefully and it will take you higher* – Suzanne Moore.

Amy Raphael is a British writer and critic who has worked for *The Face*, *Esquire*, *Elle*, *NME*, *Rolling Stone* and all the British broadsheets. Her books include *Danny Boyle in Conversation with Amy Raphael* and *Mike Leigh on Mike Leigh*. She co-wrote *Easily Distracted*, Steve Coogan's autobiography, and worked with David Hare on his memoir, *The Blue Touch Paper*. She lives in Brighton with her daughter.



SMALL MEN ON THE WRONG SIDE OF HISTORY: HOW TO BE A MODERN CONSERVATIVE by Ed West

Current Affairs & Humour | Constable | 320pp | February 2020

Exploring why conservatives have lost almost every political argument since 1945, Ed West looks at this endless litany of failure from the perspective of one of the losers, in a semi-autobiographical, self-deprecating way

Exploring why conservatives have lost almost every political argument since 1945, Ed West looks at this endless litany of failure from the perspective of one of the losers, in a semi-autobiographical, self-deprecating way. Since the 1950s the western world has gone through a huge cultural shift, comparable to the rise of

Christianity during the late Roman period and the 16th century religious revolution unleashed by Martin Luther. Both of these led to profound changes in public ideas about morality and sexuality, and eventually to 'culture wars' between two deeply opposed groups. Today what we're witnessing is a sort of second Reformation, and that's why it's going to be long, painful and boring, and both sides are going to get more idiotic and hysterical, just as religious divisions once drove Catholics and Protestants into prolonged insanity.

Conservatives, like the pagans and Catholics before them, are very much on the losing side. The future appears progressive and their defeat is inevitable, part of an 'arc of history' that leads irrevocably to a progressive utopia in which they're left in the dustbin. As Barack Obama said of al-Qaeda, another group of guys not entirely comfortable with the modern world, conservatives are 'small men on the wrong side of history'. Too many polemics and articles on the Right are tediously shouty, and too few of them explore where their arguments have fallen flat and why people find conservatives so repulsive. SMALL MEN ON THE WRONG SIDE OF HISTORY is aimed at being the rare conservative book that someone on the Left will enjoy.

Ed West is a regular for the *Spectator* and has written for a range of publications including *The Daily Telegraph*, *The Times*, *The Week*, *The Guardian*, and many more. He is the only person to have worked for both a lad's mag and the *Catholic Herald*, a record he is likely to hang onto for some time. Although this book is the product of several years of reading polemics, political philosophy and even evolutionary psychology, the real inspiration is his favourite book of all time, Nick Hornby's *Fever Pitch*, which turned a hobby and obsession many found odd and distasteful and made it human and humorous.

***SHELF RESPECT**

Interior design/collectibles | Sphere | 288pp | October 2019

The perfect gift for the book lover in your life: a celebration of the humble bookshelf and all the wonderful ways we organise them.

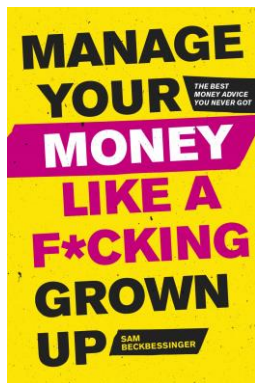
Decluttering is all the rage, but what do you do when your preferred style of interior decor is miles of overstuffed bookshelves? If you can't bring yourself to KonMari your collection, SHELF RESPECT will validate your life choices. The perfect gift for the book lover in your life: a celebration of the humble but oh-so-wonderful bookshelf. Do you alphabetise your books or organise by genre... or (heaven forbid) colour? Have you merged your collection with your other half's? (And do you write your name inside the cover, just in case?) Do you keep all the books you've read, or only the most cherished? (Is there such a thing as too many books?) Are you a Billy aficionado, or are we talking library ladders and bespoke Oak shelves? Bound to provoke (good-natured) debate between Bibliophiles, SHELF RESPECT is a charmingly illustrated book in defence of towering TBR piles and overflowing shelves... no matter how you choose to organise them.



Business & Management

Highlights

HOW TO BE UNREASONABLY SUCCESSFUL



MANAGE YOUR MONEY LIKE A F*CKING GROWN UP: THE BEST MONEY ADVICE YOU NEVER GOT by Sam Beckbessinger

Humour & Finance | Robinson | 256pp | April 2019

Self-confessed money dork, Sam Beckbessinger, tells it to you straight: how to take control of your money to take control of your life

We never get an instruction manual about how money works. Most of what we learn about money comes from advertising or from other people who know as little as we do. No wonder we make such basic mistakes. No wonder we feel disempowered and scared. No wonder so many of us just decide to stick our heads in the damn sand and never deal with it. In MANAGE YOUR MONEY LIKE A

F*CKING GROWN UP, Sam Beckbessinger tells it to you straight: how to take control of your money to take control of your life.

In this clear and engaging basic guide to managing your finances, you will learn:

- How to trick your dumb brain into saving more, without giving up fun
- How to make a bona fide grownup budget
- Why you need to forget what you've learned about credit
- How to negotiate a raise
- Why buying a house (probably) won't make you rich
- The one super-simple investment you need

With helpful exercises, informative illustrations (also: kittens) and straightforward advice, this book doesn't shy away from the psychology of money, and is empowering, humorous and helpful. The book you wish you'd had at twenty-five, but is never too late to read.

Sam Beckbessinger is a writer and fintech entrepreneur who has spent most of the past ten years building tools to help people manage their money better. Sam also writes fiction and once high-fived Barack Obama (true story). She lives in Cape Town, South Africa.

German – Campus; Russian – AST

THE LEGACY WORKBOOK: A PRACTICAL GUIDE by James Kerr

Management | Constable | 224pp | September 2020 | Korea: | Japan: TMA

A companion piece to LEGACY, THE LEGACY WORKBOOK will synthesise the practical steps leaders can take to create a lasting legacy

LEGACY showed readers *what* a true high-performance culture change looks like and *why* it matters. With THE LEGACY WORKBOOK it is time for the how:

- How do I reboot my culture? In my organisation, my team, my life?
- How do I start? What steps do I need to take? What's the right process? What is the right psychological approach? What are the key principles?
- How do I make it work? What tools do I require? What models are proven to work?
- How do I – personally – create change? What kind of leader do I need to be?
- How do I change? What does it take to leave a legacy of which I can be proud?

Bestselling author James Kerr specialises in leadership, teamwork and the psychology of high performance across sport, business and the military. He has advised US and UK Tier One Special Forces, FBI SWAT Units, Premiership Football and Formula One teams, America's Cup crews, International

Rugby and County Cricket squads, Olympic Performance Directors and athletes, and sports organisations including UEFA, Team GB, Team England and UK Sport – as well as blue chip companies from Google to PayPal, McKinsey to Dyson, HSBC to Microsoft, Heineken to Unilever, Boeing to Twitter, the Savoy to Louis Vuitton. He uncovers the winning secrets of the world's most successful teams. Option Publishers: French (Thierry Souccar), German (Copress Sport), Italian (Mondadori), Japanese (Toyokan Shuppansha), Latin America (Deldragon Club House), Portuguese in Brazil (Editora Saraiva), Portuguese in Portugal (Texto)

Spanish – Roca

HOW TO BE UNREASONABLY SUCCESSFUL by Richard Koch

Management | Piatkus | 336pp | August 2020 | Korea: KCC | Japan: EAJ

The bestselling author of *THE 80/20 MANAGER* and *SIMPLIFY* maps out the ten secrets to success in any field, using a cast of illustrious characters past and present as case studies

In *HOW TO BE UNREASONABLY SUCCESSFUL*, Richard Koch unfurls the secret map to success. Using case studies from hugely influential figures past and present, as well as examples from his career as a management consultant, investor and entrepreneur, Koch reveals the ten landmarks consistent in the life stories of each of his subjects. In each chapter, Koch will describe the key ingredient for success and how his illustrious cast of characters came to utilise it on their own path to greatness. He explains how the reader can learn from his own experiences, as well as that of figures as varied as Oprah Winfrey, Winston Churchill, Madonna, Paul of Tarsus and Helena Rubinstein.

Landmarks on the secret map include: self-belief; olympian expectations; transformative experiences; signature skills; make your own trail; find your vehicle; thrive on setbacks; develop intuition and risk short-cuts; imagine; distort reality.

Richard Koch is a millionaire entrepreneur who has started or turned round a number of successful companies, including Belgo Restaurants, Filofax, Zoffany Hotels and Betfair. He is also the author of 13 highly acclaimed non-fiction books. Option Publishers: Arabic (Arab Scientific) Bulgarian (Locus), Chinese Simplified (Ginkgo), Czech (Albatros Media), Italian (Newton Compton), Japanese (Direct Publishing), Korean (Bookie Publishing House), Romanian (Act Si Politon), Russian (Eksmo), Thai (Superposition Company), Turkish (Dogan Kitap), Vietnamese (Minh Thang), US (Entrepreneur Press).



History

Highlights

GLADIUS

BARBARIANS

GLADIUS: LIFE IN ROMAN ARMY by Guy de la Bédoyère

Ancient History | Little, Brown | 400pp | November 2020

Titus Flaminus ... of Legion XIV Gemina, served as a soldier for 22 years, and now here I am. Read this and be more or less lucky in your lifetime. - Tombstone of a legionary, found at Wroxeter, Britain. Mid-1st century AD

GLADIUS takes the reader right into the heart of what it meant to be a part of the Roman army: through the words of Roman historians and those of the men themselves; through their religious dedications, tombstones, and even private letters and graffiti. GLADIUS throws open a window on how the men, their wives and their children lived, from bleak frontier garrisons to guarding the emperor in Rome, enjoying a ringside seat to history fighting the emperors' wars, mutinying over pay, marching in triumphs, throwing their weight around in city streets, and enjoying esteem in honourable retirement.

The Roman army reached its greatest extent and power in the age of the emperors, after developing in the last two centuries of the Republic. This is the main focus of GLADIUS. It was Augustus who formalized the Roman army and turned it into a permanent organization after his victory at Actium in 31 BC. It was the greatest fighting machine the ancient world produced. The Roman Empire depended on soldiers not just to win its wars, defend its frontiers and control the seas but also to act as the engine of the state. Roman legionaries and auxiliaries came from across the Roman world and beyond. They served as tax collectors, policemen, surveyors, civil engineers and, if they survived, in retirement as civic worthies, craftsmen and politicians. Some even rose to become emperors.

GLADIUS takes the reader through all aspects of life in the Roman army from 31 BC to AD 337 (Augustus to Constantine) and goes way beyond the scope of soldiers and weapons.

Guy de la Bédoyère has written a large number of books on the Roman world over the last thirty years, including *Domina: The Women Who Made Imperial Rome*, *Praetorian* and *The Real Lives of Roman Britain* for Yale University Press. He is well known to a wider audience because of the fifteen years he participated in Channel 4's archaeology series *Time Team*. He has degrees from Durham, London and University College, and is a Fellow of the Society of Antiquaries. He has lectured in Britain and abroad, mainly Australia, and is an accredited lecturer of the Arts Society.

***A BRIEF HISTORY OF PORTUGAL by Jeremy Black**

History | Robinson | 288pp | April 2020

Black shows how Portugal had a global impact, but the world, too, had an impact on Portugal

This comprehensive study takes in the Stone Age and the Roman era, from AD 420 to the thirteenth century, Visigoths and Moors. Then, a look at medieval Portugal covers the development of Christian Portugal culminating with the expulsion of the Moors, with a focus on key sites. Portugal had enormous influence, particularly during the 'age of exploration' in the fifteenth century to 1580. In fact, Portugal was the first of the Atlantic empires, with territory in the Azores, Madeira, West Africa and Brazil, and it remained a major empire until the 1820s, even retaining an African empire until the 1970s, but its empire in Asia (Malacca, Macao, Goa and Timor) continued even longer – until the 1990. The nineteenth century brought turmoil in the form of a French invasion, the Peninsular War, Brazilian independence, successive revolutions, economic issues and the end of the monarchy. Republican Portugal brought further chaos in the early years of the twentieth century, then the dictatorship of Salazar and its end in the Carnation Revolution of 1974. Portugal's role in both world wars is examined, and its role in the world today.

Jeremy Black is one of the UK's most respected and prolific historians. He is Professor of History at Exeter University and a renowned expert on the history of war. His recent books include *A BRIEF HISTORY OF ITALY* and *The World of James Bond*, which offers a historian's perspective on the Bond novels and films. He appears regularly on TV and radio, including BBC Radio 4's *In Our Time*.

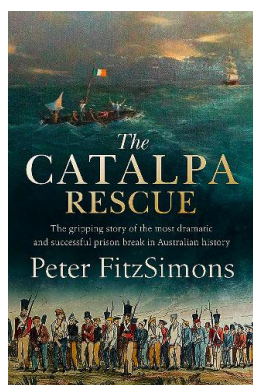
ESTHER SIMPSON: THE FORGOTTEN WOMAN WHO DEFIED THE NAZIS AND HELPED SHAPE THE CULTURAL HISTORY OF THE WORLD by John Eidinow

History | Robinson | 304pp | 8-page photo plate | September 2020 | Korea: | Japan: EAJ

The incredible true life-story of Esther 'Tess' Simpson

Esther Simpson – known as Tess – devoted her life to rescuing and resettling some six hundred, mostly Jewish, academic refugees, whom she called her 'children'. Her 'family' were described as 'the most talented and distinguished in the world'. Among their ranks were sixteen Nobel Prize winners, eighteen Knights of the Realm, seventy-four Fellows of the Royal Society, thirty-four Fellows of the British Academy and two members of the Order of Merit. This is the story of a now largely forgotten woman, a woman whose relentless efforts and tireless bravery helped shape the face of modern world.

John Eidinow has published three books with his co-author David Edmonds, each describing knock-down, drag-out clashes between men of titanic gifts: *Wittgenstein's Poker* (Random House) which was shortlisted for the Guardian First Book Award and translated into over thirty languages; *Bobby Fischer Goes to War* (Faber), which was long listed for the Samuel Johnson prize; and *Rousseau's Dog* (Faber). Eidinow was a previously a presenter and interviewer for BBC Radio 4 and World Service, working in news and current affairs, and making documentaries on historical and contemporary issues.



THE CATALPA RESCUE by Peter FitzSimons

History | Constable | 448pp | October 2019

The incredible true story of one of the most extraordinary and inspirational prison breaks in history

Boston, 1869. Members of the Clan na Gael - agitators for an Irish republic - hatch a daring plan to free six Irish political prisoners from the most remote gaol on earth, Fremantle Prison in Western Australia. Under the guise of a whale hunt, Captain Anthony sets sail on the Catalpa, risking his life to rescue the men from the prison, known among the inmates as 'a living tomb'. What follows is one of history's greatest escape stories - a tale of courage and cunning that stands as an enormously significant event in the histories of no fewer than four nations.

Americans were drawn to the story from the first, most particularly to its climactic moment. When the six escaped prisoners are found to be aboard an American whaler - The Catalpa. For Ireland, who had suffered English occupation for 700 years, a successful escape would be a call to arms. It would show the English that people capable of launching an escape on the other side of the world, really would stop at nothing. For the English the humiliation of an escape would mean the "Irish question" would not go away. And for the young Australia, the Catalpa Rescue was a demonstration that those seeking independence for their own country could triumph, that Great Britain was not unbeatable. Told with FitzSimons' trademark pace and verve, THE CATALPA RESCUE is a true story that has it all: adventure, politics, morality, colonialism, the fight for independence and, most importantly, the triumph of good men, against all odds.

Peter FitzSimons is Australia's bestselling non-fiction writer, and for the past thirty years he has also been a journalist and columnist with the *Sydney Morning Herald* and the *Sun Herald*. He is the author of a number of highly successful books, including *Kokoda*, *Ned Kelly*, and *Gallipoli*, as well as biographies of such notable Australians as Sir Douglas Mawson, Nancy Wake and Nick Farr-Jones. His passion is to tell Australian stories of great men and women, of stirring events in Australian history.

THE UNFORTUNATE COLONEL DESPARD: AND THE BRITISH REVOLUTION THAT NEVER HAPPENED by Mike Jay

History | Robinson | 304pp | August 2019

This is the true story behind the fifth, and probably final, series of the popular BBC television drama Poldark: the remarkable life of Colonel Edward Despard, comrade-in-arms of Nelson and a man who championed the rights of freed slaves

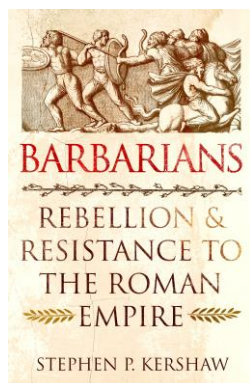
Colonel Despard's execution – he was the last person to be sentenced to hanging, drawing and quartering in Britain – for high treason, having supposedly plotted to kill the king, on 21st February 1803, was witnessed by twenty thousand hushed onlookers. Their silence was ominous, for few believed he was guilty.

But who was Edward Marcus Despard? Was he, as his comrade-in-arms on the Spanish Main Lord Nelson believed, an outstanding British army officer of unimpeachable honour, courage and patriotism? Or, as the white slave-owners of the Caribbean claimed, a traitor not only to his nation but to his race, who had married a local woman and championed the rights of freed slaves?

And when Despard returned to London to answer these allegations, did he commit himself to the cause of political reform in Britain's best interest? Or did he join a shadowy international terrorist conspiracy dedicated to the murder of George III and the overthrow of the state? Despard's contested fate marked the sensational climax to a British revolution that never happened, but it also presaged the birth of modern democracy.

Praise for THE UNFORTUNATE COLONEL DESPARD: *A gem of a book . . . was Despard a hero or villain? In answering this question, Jay has also produced a powerful and energetic study of the political complexity of the 1790s – The Sunday Telegraph; Compelling, absorbing and wide-ranging . . . Jay weaves a complex variety of themes, many with overtly topical resonances, into Despard's journey from hero to traitor – The Sunday Times.*

Mike Jay is the author of *The Air Loom Gang*, *Emperors of Dreams: Drugs in the Nineteenth Century*, *Blue Tide: The Search for Soma* and *Artificial Paradise: A Drugs Reader*, and editor of *1900: A Fin-de-Siècle Reader*. His latest book, which will be published in May by Yale, is a history of Mescaline.



BARBARIANS: REBELLION AND RESISTANCE TO THE ROMAN EMPIRE by Stephen P. Kershaw

Ancient History | Robinson | 592pp | July 2019 | Korea: KCC | Japan: EAJ

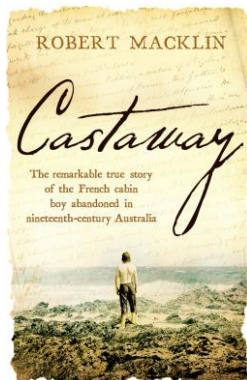
A new history of Rome that takes a fresh and original viewpoint, building its narrative around the lives, personalities, successes and failures both of the key opponents of Rome's rise and dominance, and of the ones who ultimately brought the empire down

History is written by the victors, and in the case of Rome the victors also had some extremely eloquent historians. Rome's history, as written by the Romans, follows a remarkable trajectory from its origins as a tiny village of refugees from a conflict zone, to a dominant superpower, before being transformed into the Medieval and Byzantine worlds. But throughout its rise and fall Rome faced resistance and rebellion from peoples which it regarded as barbarous and/or barbarian. The plan of the book is to present a selection of portrait-histories of Africans, Britons, Easterners, Egyptians, Gauls, Germans, Goths, Huns, Vandals, etc., which can be read individually as stand-alone pieces or collectively as a narrative 'barbarian' history of Rome. These will be based both on ancient historical writings and modern archaeological research.

Dr Kershaw works in the Oxford University Department for Continuing Education and tutors on the Masters in Literature and Art. In addition to titles published by Robinson, *A BRIEF GUIDE TO THE GREEK MYTHS*, *A BRIEF HISTORY OF THE ROMAN EMPIRE* and *A BRIEF HISTORY OF ATLANTIS*, he has edited *The Penguin Dictionary of Classical Mythology*. Steve was an expert contributor to the History

Channel's 'Barbarians Rising' series; former students include the Princess of Jordan; he translated the Greek inscription on Matthew Pinsent's fourth Olympic gold medal for him after his victory in Athens; and he is a guest speaker for the Royal Academy (through Cox & Kings). Option Publishers: Turkish (Egitim Yayınevi).

US – Pegasus



CASTAWAY: THE REMARKABLE TRUE STORY OF THE FRENCH CABIN BOY ABANDONED IN NINETEENTH-CENTURY AUSTRALIA by Robert Macklin

History | Robinson | 336pp | November 2019 | Korea: | Japan: Uni

A true story of an almost unimaginable experience that has at its heart what it means to be human and that what unites us is far more significant than what divides us.

This is the remarkable true story of a French cabin boy Narcisse Pelletier who, after disembarking from his ship the Saint-Paul with the rest of its crew in search of drinking water, found himself separated from his shipmates and in the end abandoned on the north coast of Queensland, Australia. Narcisse was adopted by an Aboriginal group who welcomed him as one of their own for seventeen years, during which time he had a family of his own. In 1875, though, he was kidnapped by the brig John Bell and was returned eventually to his family in Saint-Gilles, France, where he became a lighthouse keeper. Robert Macklin makes skilful use of Narcisse's own memoir *Chez les sauvages* along with new research to tell this extraordinary story.

Robert Macklin is well known as the author of Australian titles including *Dark Paradise*, *Operation Milau* and *Warrior Elite*. His most recent biography, *Hamilton Hume*, is an account of the life of one of Australia's first explorers.

ONE FINE DAY by Matthew Parker

History | Little, Brown | 400pp | 16pp b/w & colour | October 2020

The story of the greatest empire in world history at its absolute, hubristic zenith

29th September 1923. The British Empire was fourteen million square miles, just under a quarter of the globe's land area. 460 million people, a fifth of the world's population inhabited it. In ONE FINE DAY Matthew Parker examines this astonishing edifice in all its glory but with all of its ugly underbelly clearly visible, and with the seeds of its demise already sown. Readers will be able to inhabit the lives of people, rich and poor, male and female, coloniser and colonised, who are agents in this moment of apparent imperial super-glory. We learn what they ate, what they wore, their likes and dislikes, what they thought. This magisterial survey takes in trivial, personal events as well as momentous political and military ones. While there might be ground-breaking elections, military clashes and violent demonstrations, there are also marriages, suicides, strange disappearances, parties.

Matthew Parker was born in El Salvador in 1970 to an expatriate family and while growing up lived in Britain, Norway and Barbados. He read English at Balliol College, Oxford and then worked in a number of roles in book publishing in London from salesman to commissioning editor.

***SLAVERY IN THE AMERICAS by James Walvin**

History | Robinson | 512pp | August 2021

A magisterial work on slavery in the Americas as an agent of global change. The culmination of the life's work of a respected historian of slavery, drawing on the latest research to show how slavery in the Americas had a significant impact on the entire world.

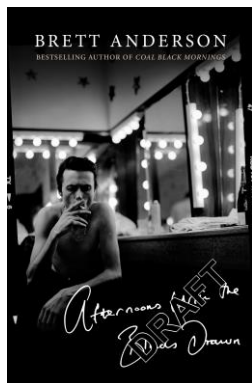


Music

Highlights

BAXTER DURY

THE OX



AFTERNOONS WITH THE BLINDS DRAWN by Brett Anderson

Memoir | Little, Brown | 288pp | October 2019 | Korea: | Japan: EAJ

The essential second volume of memoirs by Brett Anderson, which reveals the whole Suede story

In AFTERNOONS WITH THE BLINDS DRAWN, Anderson unflinchingly explores his relationship with addiction, his regrets surrounding the severed musical bond with fellow founding member and guitarist Bernard Butler, and demonstrates a clear-eyed perspective on his youthful persona: 'As a young man... I oscillated between morbid self-reflection and vainglorious narcissism' he writes. This honesty, sharply self-aware and articulate, makes AFTERNOON WITH THE BLINDS DRAWN a compelling autobiography, and a moving tribute to one of the most significant bands of the last quarter century, its impact on our musical landscape, its resilience, and its evolution.

Praise for COAL BLACK MORNINGS: *A remarkable feat, utterly true. This decade's Heartbreaking Work of Staggering Genius* - Douglas Coupland, author of *Generation X*; *This memoir is a thought-provoking meditation on how our childhoods form the people we become, as well as a love letter to London [...] perfect* - *Evening Standard*; *Fascinating [...] gorgeously written. On more than one occasion it made me well up [...] most certainly not just for the fan club* - *The Guardian*; *elegantly written, gently reflective [...] COAL BLACK MORNINGS stands as a quietly wistful, ineffably romantic coming of age story, a beautiful little reminder of the magic that happens around the edges* - *The Sunday Times*; *COAL BLACK MORNINGS is a triumph [...] A bracingly honest work raised way above the celeb-book fray by Anderson's obvious talent for writing [...] What he says is revelatory, and delivered with writerly panache - as is the rest of this singular memoir, which sends you back to the music, suddenly aware of the wealth of experience that sparked its creation* - *Mojo*.

Brett Anderson is the founder and lead singer of Suede and closely linked with the Britpop scene of the early 1990s. Option publishers: Chinese Simplified (Shanghai Elegant People), Finnish (Sammakko).

Spanish - Contra

FUNK IS ITS OWN REWARD: FROM RHYTHM & BLUES TO HIP HOP by Lloyd Bradley

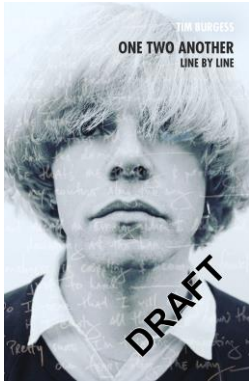
Music | Constable | 480pp | 16pp b/w & colour picture section | March 2020 | Korea: EYA | Japan: EAJ

The story of Funk is spectacular, silly, sexy, militant, profligate, pioneering, disciplined, improvisational, imaginative and never ever boring. A bit like the music itself

Second to Jazz, Funk is black America's most significant and recognizable cultural invention. It remains hugely popular in the UK and Europe, Australia and Japan. Like Jamaica's reggae it put a people's freedom of expression squarely into popular culture. Like reggae it accelerated an internally driven cultural modernisation. Like reggae it is inseparable from the environment and socio-political situations from which it came. And like reggae, Funk deserves to be explored, contextualised and celebrated in its own big book. FUNK IS ITS OWN REWARD will be *Bass Culture* for black music of the 1970s, telling its stories, its triumphs and excesses as an adventure in music and attitude. Like *Easy Riders*, *Raging Bulls*, it will be an intimate portrait of a moment in time that changed things forever.

Lloyd Bradley is the author of *Sounds Like London: 100 Years of Black Music in the Capital*, which was published last year to wide acclaim. It was a Radio 4 Book of the Week and a *Financial Times*, *NME* and *Daily Telegraph* Music Book of the Year.

Bass Culture publishers: French (Editions Allia), German (Hannibal), Italy (Shake Edizioni), Japan (Shinko), Spain (Machado), US (Grove Atlantic).



ONE TWO ANOTHER: WRITING LYRICS: FROM THE CHARLATANS TO THE CHEMICAL BROTHERS AND BEYOND by Tim Burgess

Memoirs | Constable | 256pp | October 2019

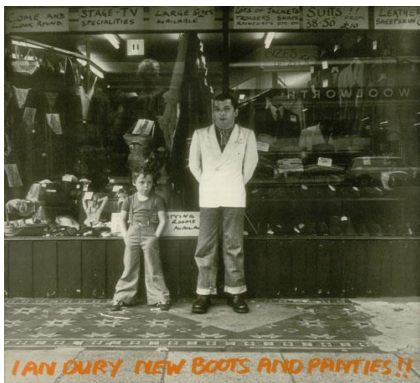
ONE TWO ANOTHER is a collection of the very best lyrics by lead singer of The Charlatans, Tim Burgess, with added commentary and memoir

Tim Burgess is lead singer of one of the defining bands of the '90s, The Charlatans. In ONE TWO ANOTHER, the singer presents and annotates his lyrics - from The Charlatans to The Chemical Brothers - allowing an insight into a very idiosyncratic and creative song-writing process.

As Tim writes: *That's the thing. I imagine almost everybody writes songs in different ways, but then again each person may use all the different ways to come up with the lyrics to a song. From lists to experiences and stories, there are no rules. A good song is a good song whoever writes it and however the writing happens. I only know what I do. In this here book I have collected some of the ideas and thoughts and words.*

Praise for Tim Burgess: *Tim Burgess is a crusader and vinyl's epic voyager. He knows why pop's art, a culture and a cure. Learn and listen. He knows good things* – Johnny Marr: *You can't feel blue around Tim. He makes you feel happy, not just about music but about life. Even the most cynical of souls (mine) become infected by his gorgeous energy. Plus he gives good vinyl* – Sharon Horgan.

Tim Burgess was born in Salford and grew up in Cheshire. He left school at sixteen to work at ICI and soon afterwards he was invited to join The Charlatans. They have gone on to have 3 number #1 albums and 17 top 30 singles. For over a decade, Burgess lived in Los Angeles but now lives in the UK.



UNTITLED MEMOIR by Baxter Dury

Memoirs | Corsiar | 288pp | August 2020

This memoir is a coming of age story like no other

When punk rock star Ian Dury disappeared to make films in the late eighties, he left his twelve year old son in the care of his roadie in a damp run down flat in Chiswick. But this was no ordinary rock and roll tour roadie; this was the Sulphate Strangler. The Strangler having taken a lot of LSD in the 60s was prone to depression, anger and hallucinations. He'd then gone on to gain notoriety in the 70s by working with Led Zeppelin – he undoubtedly presented a complex

personality for a boy of twelve to grasp. Baxter's story is of these formative years and the extraordinary relationship that developed between the two, in a bohemia and time that we can all but imagine now.

Told in the uncompromising tone found in Dury's lyrics and filled with a brutal starkness that will draw comparisons to Viv Albertine's *Clothes, Clothes, Clothes, Boys, Boys, Boys*, this book will be one the most talked about publications of 2020.

The Guardian said of Baxter's last album, *Prince of Tears*, 'the songs are so good, the author's parentage scarcely seems to matter.' Dury said of the record himself 'The man singing and speaking it all is unreliable; he can't see the world properly. It's massively delusional, but because of that it's also emotionally true'. The period described in this book was the genesis of the talent we witness today.

UNTITLED AUTOBIOGRAPHY by John Grant with Fiona Sturges

Autobiography | Little, Brown | 352pp | October 2020

Grant's story is about family, alienation, masculinity, self-destruction, survival, the creative spirit – his voice on the page is just as unique and intimate as his music

In the past seven years John Grant has risen to become a hugely acclaimed singer-songwriter. His musical career started in the mid 90s when he and four other musicians formed the alternative, Denver-based rock band The Czars, and released six albums, while Grant struggled with drug and alcohol addictions. His last two LPs reached the Top Ten in the album charts and topped the end-of-year critics' lists in national newspapers and leading music magazines. He has been nominated for a Brit and a Q Award, won Attitude's Man of the Year award, and has sold out The Roundhouse, Hammersmith Apollo, Royal Albert Hall and Royal Festival Hall, some of them several times over. *Mojo* named his first album, *Queen of Denmark*, 'an Instant Classic' (only the second time they've ever done that) and it was their album of the year in 2010. He has followed up with two further critically acclaimed studio albums and a live album with the BBC Philharmonic. He was Rough Trade's top-selling artist.

He has collaborated with Elton John, Kylie Minogue, Sinéad O'Connor, Robbie Williams, Tracey Thorn, Allison Goldfrapp, Amanda Palmer, the BBC Philharmonic and the Northern Royal Sinfonia, and is a regular stand-in presenter on BBC6 Music. In 2016 he made a programme for Radio 4 about his adopted home of Reykjavik. The filmmaker Daisy Asquith is currently making a documentary about John, which is due to debut at the London Film Festival this autumn. His as-yet-untitled fourth album is due for release in 2018.

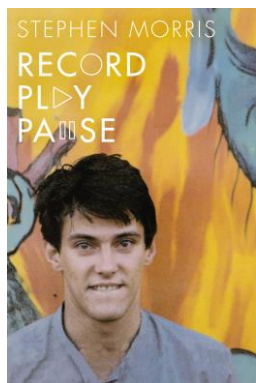
GOOD TIMES by Norman Jay

Autobiography | Dialogue Books | 288pp | October 2019

The autobiography of legendary DJ and musical pioneer, Norman Jay

GOOD TIMES is the enthralling story of a black kid growing up in a (largely white) working class world; of vivid, often violent experiences on the football terraces; of the emerging club scene growing out of a melting pot of styles, looks and influences; of how Jay, with his contemporaries, took the music of Black America, gave it a distinctly London twist, and used the marriage of styles to forge hugely successful career as a trailblazing DJ and broadcaster, becoming an inspiration to a whole generation of dance music fans, black and white, without ever compromising his integrity or credibility. Along the eventful way are tales of adventures up and down the country following Spurs; of Northern Soul nights, warehouse parties, and illegal raves; of sound systems, the good and bad times of the Notting Hill carnival, the heady days of pirate radio, Rare Groove and the burgeoning British dance music scene; of how Jay became a central, formative figure within this colourful and vibrant milieu as it evolved from a tight-knit underground community to the global, hugely successful industry it is today. With major themes of race, class, ambition, and glamorous success, set against the backdrop of a great social change, GOOD TIMES is the story of a man who has lived his life on his own terms, helping to define a new British culture.

Norman Jay is unquestionably one of the most respected and popular DJs in the world today. Co-founder of the legendary Good Times Sound System and London dance music station KISS FM, Jay fostered the 'Rare Groove' scene pushing the boundaries of the UK's emerging club culture. Awarded an MBE for services to deejaying and music, he recently compiled his most eclectic compilation to date, 'Good Times Skank & Boogie'. He is currently taking his legendary Good Times parties to selected venues around the UK, continuing to convert generations of clubbers to the cause, championing new sounds, yet never forgetting his musical roots, thus guaranteeing nothing but 'Good Times'.



RECORD PLAY PAUSE: CONFESSIONS OF A POST-PUNK

PERCUSSIONIST: VOLUME 1 by Stephen Morris

Memoir | Constable | 416pp | May 2019 | Korea:

| Japan: EAJ

Joy Division became the favourite for a new name. We decided to try it out on people and see how it went down. In Macclesfield, predictably, it didn't go down too well

'Sounds like the fuckin' Salvation Army or sommatt' was the man-in-the-pub's response, and I suppose he did have a point. But after a while whatever you call yourself, however silly it sounds at first, does take on another meaning. Once it get tangled up with how you look and the music that you play, it becomes part of your image, but we didn't think of

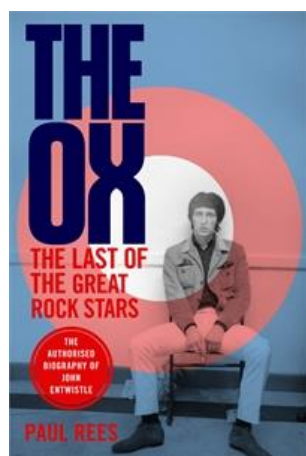
implications of that . . .

Before he was responsible for some of the most iconic drumming in popular music, Stephen Morris grew up in 1960s and '70s industrial Macclesfield, on a quiet road that led seemingly to nowhere. Far removed from the bright lights and manic energy of nearby Manchester, he felt stifled by suburbia and feared he might never escape. Then he joined Joy Division - while they were still known as Warsaw - a pioneer of the rousing post-punk sound that would revolutionise twentieth-century rock.

Following two landmark albums and widespread critical acclaim, Joy Division were at the height of their powers and poised to break the US, when lead singer, Ian Curtis, committed suicide.

Part memoir, part scrapbook and part aural history: Stephen Morris's innate sense of rhythm and verve pulses through Record Play Pause. From recollections of growing up in the North West to the founding of New Order, Morris never strays far from the music. And by turns profound and wry, this book subverts the mythology of and allows us to understand music's power to define who we are and what we become.

Stephen Morris has been a consistent fixture in New Order since 1980. The band's long career has included multiple world tours and headlining appearances at festivals, as well as a performance at the closing concert for the 2012 Olympics. Outside of New Order, Morris has released albums and television soundtracks with his wife Gillian Gilbert under the name The Other Two, and has contributed in the studio and on tour to Bernard Sumner's project Bad Lieutenant. He is also well known for owning a collection of tanks, which he drives near his home.



THE OX: THE LAST OF THE GREAT ROCK STARS: THE AUTHORISED BIOGRAPHY OF THE WHO'S JOHN ENTWISTLE by Paul Rees

Biography | Constable | 320pp | October 2019

The authorised biography of The Who's John Entwistle

It is an unequivocal fact that in terms of rock bands, the Beatles, the Rolling Stones and the Who represent Year Zero; the beginning of all things, ground-breakers all. To that incontrovertible end, John Entwistle, the Who's beloved bassist, is also without question one of the thirteen most important and influential figures in the annals of rock. John Entwistle was a rock star in most everything that he was seen to do and of the grand old school - all swagger, joie de vivre and boundless consumption. With the full co-operation of the Entwistle family and the Who's long-term management, Trinifold, THE OX will

shine a long overdue light on one of the greatest, and most impactful figures in rock history.

Paul Rees is a former award-winning Editor of the fabled British rock weekly *Kerrang!* and was Editor-in-Chief of *Q* magazine for ten years. His work has also appeared in such publications as *The Sunday Times Culture*, *The Observer*, *The Sunday Times Magazine*, *The Telegraph*, the *Sunday Express* and *Classic*

Rock. He is the author of six previous books, among these the best-selling *Robert Plant: A Life*, *The Three Degrees: the Men Who Changed British Football Forever*, which was long-listed for the William Hill Sports Book of the Year, and *THE GOSPEL ACCORDING TO LUKE*.

US – *Da Capo*

WELCOME TO THE JUNGLE: TRUE TALES FROM THE SUNSET STRIP, 1978-91 by Mick Wall

Autobiography | Constable | 416pp | 16pp b/w & colour plate | March 2020

This is the blood-spattered, coke-smeared, dollar-rolled story of L.A. rock between 1978 and 1991.

WELCOME TO THE JUNGLE takes readers through that special, impossible-to-repeat time between the hot sleepless nights of old-timey L.A. vampires like Fleetwood Mac and the Eagles, and new die-young dicks on the block like Guns N' Roses, Mötley Crüe, Van Halen, and Poison. Meet the bad-to-the-bone men behind the scenes, the super-shrewd women that prospered from them, the hangers and bangers, the street dealers and mud wrestlers. Get connected to what life after life was like on the Hollyweird streets of L.A. in the days when "fun was still fun," as Van Halen singer 'Diamond' Dave Lee Roth puts it.

This is not a book about a particular band or artist or record or show, though they are all in here. This book isn't even really about L.A. It's about a state of mind, a space-in-time, as metaphorical as it is geographical, as chaotically real as it is frighteningly unreal, all of it displayed like the grinning fake-diamond death-heads on the crooked back of a heavy-shouldered white-leather jacket.



Memoirs & Biography

Highlights

THE MODERN SHEPHERD

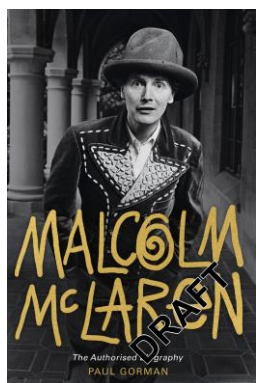
THE ADDICTED MIND: A DOCTOR'S LIFE TREATING EXCESS by Henrietta Bowden-Jones

Memoir | Virago | 320pp | January 2021 | Korea: Danny Hong | Japan: Uni

A searing exploration of the psychological distress caused by addiction, and a celebration of the resilience of the human spirit

The book is structured through the individual stories of some of the thousands of patients Henrietta Bowden-Jones has treated. She takes the reader into her clinics as she works to help her patients rebuild their lives. She is a warm, wise and compassionate narrator. Despite encountering her patients' suffering on a daily basis, her outlook is optimistic. She is driven by her faith in 'the amazing ability of the human mind to be healed'. Her career, with its dedication to helping others and expanding the boundaries of medical understanding, is also an inspiration. THE ADDICTED MIND has a broad appeal to all readers interested in compelling life-stories.

Bowden-Jones is a Consultant Psychiatrist and globally renowned expert in the field of Addiction Psychiatry. Amongst her many eminent positions, she is Honorary Senior Lecturer in the Division of Brain Science at Imperial College London, and media spokesperson on behavioural addictions for the Royal College of Psychiatrists.



MALCOLM MCLAREN: THE AUTHORISED BIOGRAPHY by Paul Gorman

Biography | Constable | 448pp | 3x 8pp plate sections | October 2019 | Korea: | Japan: EAJ

The authorised biography of the figurehead of the punk movement

MALCOLM MCLAREN is the fascinating and definitive life of the controversial cultural iconoclast and visionary who overturned the worlds of art, design, fashion, film, media, music, politics and television in his ceaseless search for expression as a visual artist.

With unparalleled access, MALCOLM MCLAREN will draw on a vast array of first-hand sources from within his inner circle, including family, friends and those who knew him best. Providing first-hand testimony about this complex, multi-faceted and often outrageous personality, contributors include family members, childhood friends, fellow students and art school teachers as well as his lovers, collaborators, fans and peers from Steven Spielberg (who employed McLaren as his Hollywood ideas guru and is providing the foreword), Quentin Tarantino, Marc Jacobs, Bella Freud, Greil Marcus and David Bailey to Richard Hell, Johnny Rotten, Boy George, Lauren Hutton, Chrissie Hynde and Dame Vivienne Westwood.

Paul Gorman first met Malcolm McLaren in 1975. Subsequently they encountered each other in Los Angeles when both were engaged in the film business and later in London in the 90s. They firmed up their friendship when McLaren contributed to Gorman's 2001 style bible *The Look* and remained in regular contact until McLaren's death in 2010.

Gorman is a writer specialising in visual culture. His books include *Straight With Boy George*; *The Look: Adventures In Rock & Pop Fashion* (foreword by Malcolm McLaren; introduction Sir Paul Smith); *Reasons To Be Cheerful* (foreword Peter Saville; introduction Billy Bragg); and *Legacy: The Story of The Face*.

Polish – Czarne Owca

A NEW WAY OF LOOKING by Sarah Knight

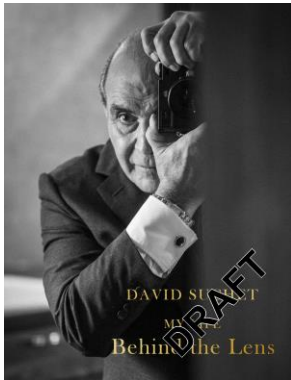
Biography | Virago | 320pp | April 2021

This biography focuses on a closely-knit network of avant-garde artists, writers, designers and dancers who dominated the cultural landscape of twentieth-century Britain and beyond

At its centre, was Barbara Ker-Seymer (1905-1993), a pioneering photographer whose iconic images define this talented forward-looking generation. She disdained lucrative 'society' portraits in favour of modern, abstract images, and her portraiture broke with convention, emphasising light, angles and planes to convey the essence of her subjects.

Her work was not only famous but widely admired among her peers, among them Man Ray. Paul Nash, artist and influential critic championed her work in print. She was the photographer of choice for the leading actors, artists, dancers, writers and intellectuals of her generation, who flocked to her studio, above Aspreys the Bond Street jewellers. Her sitters include Cyril Connolly, Evelyn Waugh, Margot Fonteyn, Jean Cocteau and Vita Sackville-West.

Sarah Knight's first book, *Bloomsbury's Outsider: A Life of David Garnett* was published by Bloomsbury in 2015 to considerable critical acclaim. It was short-listed for the Slightly Foxed Best First Biography Prize (2015) and for the James Tait Black Prize for Biography (2016).



BEHIND THE LENS: MY LIFE IN PHOTOS by David Suchet

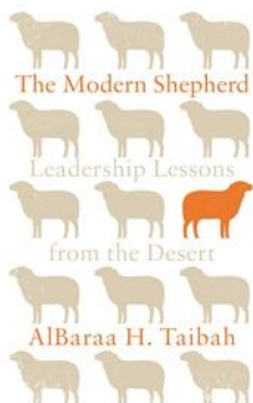
Autobiography | Constable | 320pp | October 2019

The long-awaited autobiography of much-loved actor David Suchet

Much-loved actor David Suchet has been a stalwart of British stage and television for almost fifty years. From Shakespeare to Oscar Wilde, Freud to Poirot, Edward Teller to Doctor Who, Questions of Faith to Decline and Fall, right up to 2018's Press, David has done it all. Throughout this spectacular career, David has never been without a camera, enabling him to vividly document his life in photographs. Seamlessly combining photo and memoir, BEHIND THE LENS is the story of David's remarkable life and career,

showcasing his wonderful photographs and accompanied by his revelatory and engaging commentary.

As well as his work, David will talk about his London upbringing and love of the city, family life with his beloved wife Sheila and their two children, his views on religion, his Jewish roots, his love of photography (inherited from his grandfather, James Jarche, the famous Fleet Street photographer), canal boats, music and much more. There will be photos from David's childhood, family photos and general portraits (David has taken many photos of well-known people), photos from David's television and theatre work (including many behind-the-scenes Poirot shots) and lots of David's stunning general photography.



THE MODERN SHEPHERD: LIFE LESSONS FROM THE DESERT by AlBaraa H. Taibah

Memoir | Constable | 160pp | July 2019

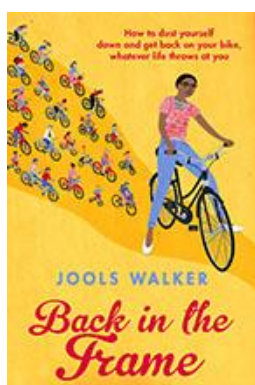
THE MODERN SHEPHERD is a journal of personal discovery and a leadership textbook unlike any other

'There is no prophet who has not tended sheep'. So goes a famous phrase in Islamic scripture, words that had long intrigued young MBA student AlBaraa Taibah. How does shepherding awaken one's wisdom? Empower one's leadership skills? Build one's character? Why was shepherding the starting point

for great leaders like Mohammed, Moses and Abraham? There must be a reason and lessons in shepherding to take away, he reasoned.

So AlBaraa made the decision to become a modern-day shepherd, to spend ten days alone with a herd of sheep in the Sahara Desert, attempting to learn what the scripture was talking about. Confronting the dangers of desert snakes, getting hopelessly lost in the dunes, and suffering from dehydration, on the first day he asks himself, 'Why didn't I just take that leadership course back in Boston?' What transpires is an adventure, a journey into consciousness, that is as poetic and funny as it is profound. THE MODERN SHEPHERD is a journal of personal discovery and a leadership textbook unlike any other. Learn and laugh with AlBaraa as he acquires the secret of being an effective leader from a stubborn flock of sheep.

AlBaraa H. Taibah has a degree in Architecture Engineering from King Fahd University in Saudi Arabia, and later gained a Masters in Education Leadership at Daniels College of Business at the University of Denver. An influential communicator and innovative entrepreneur, AlBaraa is a TEDx speaker and author who believes in the importance of education for national growth. He is a successful education leader with 9+ years of experience in multi-national societies, educational institutions, non-profit organisations and entrepreneurial start-ups.



BACK IN THE FRAME by Jools Walker

Memoir | Sphere | 288pp | May 2019 | Korea: EntersKorea | Japan:

A memoir of bikes, blogs and riding through depression from award-winning blogger, Lady Vélo

Jools Walker re-discovered cycling aged twenty-eight after a ten-year absence from the saddle. When she started blogging about her cycle adventures under the alias Lady Vélo, a whole world was opened up to her. But it's hard to find space in an industry not traditionally open to women – especially women of colour. Shortly after getting back on two wheels, Jools was diagnosed with depression and then, in her early thirties, hit by a mini-stroke. Yet, through all of these punctures, one constant remained: Jools' love of cycling.

In BACK IN THE FRAME Jools talks to the other female trailblazers who are disrupting the cycling narrative as well as telling the story of how she overcame her health problems, learned how to cycle her own path and even found a love of Lycra shorts along the way.

Jools Walker (a.k.a. LadyVelo) is the cycle-style blogger behind www.VeloCityGirl.co.uk that launched in March 2010 when she bought her Pashley Princess 'Frankie' and assumed that would be the only bike she'd ever want. A familiar face and website on the cycling scene, Jools' blog and social media presence has evolved from being her 'tiny corner of the internet' to inspiring women around the world to get back on the saddle and ride. She now finds herself talking about cycling culture on the sofas of BBC Newsnight, writing about it in nationwide publications and giving talks at women's cycling events across the country.

***BEFORE & AFTER: THE INCREDIBLE STORY OF THE REAL-LIFE MRS WILSON by Alison Wilson**

Memoir | Constable | 176pp | July 2019

The memoir that inspired 2018's sensational BBC drama, *Mrs Wilson*, in which Ruth Wilson plays her own grandmother.

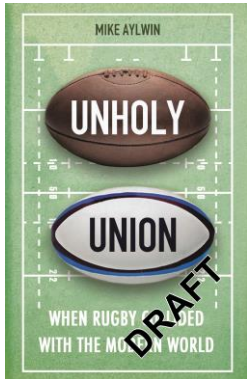
Aged nineteen, Alison McKelvie was a self-confessed romantic, immersed in books and poetry, and dreaming of beauty, truth, goodness and, above all, love. In 1940, whilst working as a secretary at MI6, Alison met Alexander Wilson. Thirty years her senior, Alexander was worldly, charming and charismatic. An intense and deep love precipitated a marriage and two children. But the Wilsons' lives

quickly spiralled into the depths of extreme poverty. Alexander was sacked, imprisoned twice, and then declared bankrupt. His lack of responsibility and reliability was a hefty emotional burden for Alison to bear. Nevertheless, she loved her husband unreservedly and stuck by him through thick and thin.

In 1963, Alexander died suddenly of a heart attack. Alison's world was blown apart when she discovered that their life together had been built upon layer after layer of deception. Who was Alexander Wilson? How well had Alison really known him? Slowly the lies were unravelled (and there are still parts which remain unknown): Alexander had been a novelist, spy, MI6 agent and, devastatingly, a bigamist. Alison was the third of four wives, her children two of seven.

The inspiration for critically acclaimed BBC drama *Mrs Wilson, Before & After* is the powerful and poignant memoir of Alison Wilson. 'Before' peels back the complex layers of a marriage steeped in lies, and the shattering heartbreak which followed. 'After' tells of an intensely-felt redemption through religion. *Before & After* is, first and foremost, a love story, but it is also an account of one extraordinarily strong woman's deep, unwavering faith.

Sport



UNHOLY UNION: HOW PROFESSIONALISM TRANSFORMED RUGBY'S AMATEUR HEART by Mike Aylwin

Sporting History | Constable | 288pp | August 2019

UNHOLY UNION is a snapshot of the sport in the early twenty-first century

No sport has undergone so traumatic a transformation as rugby since the turn of the century. The last of the major sports to be granted a licence to make or dispense money, rugby was propelled on a trajectory that has twisted its cumbersome frame to the very limits of integrity and continues to do so. The pressures exerted throughout, on infrastructure, economics, administrators and, most poignantly of all, the players themselves, have conjured the perpetual impression of a sport on the brink of explosion or implosion, a drama compelling and appalling to behold.

UNHOLY UNION is a snapshot of the sport in the early 21st century, pulling apart how we have come to be where we are, while brazenly prescribing what needs to be done next. It is ambitious in its scope, drawing on rugby's long history from the same cradle as its bigger sister, association football, while tapping into the edgy, prescriptive zeitgeist of this raging age of social media. This book will be irreverent and provocative, asking uncomfortable questions of rugby, sport and life, but it will be imbued throughout with love for a game whose ancient spirit is that of the foot soldier, that of the cavalier. The task at hand is to preserve it in the face of the professional onslaught.

Michael Aylwin is a rugby writer for the Guardian of over twenty years' experience, with a BSc in Sociology and an MA in Medieval Studies. He is the best-selling, award-winning author of five books. *Beyond the Horizon* won Rugby Book of the Year at the British Sportsbook Awards and *A Life Without Limits* was a *Sunday Times* #1 bestseller, shortlisted for the William Hill Sports Book of the Year.



MORE NOBLE THAN WAR: THE STORY OF FOOTBALL IN PALESTINE AND ISRAEL by Nicholas Blincoe

Sport & Politics | Constable | 256pp | 16pp colour picture section | August 2019 | Korea: | Japan: Uni

MORE NOBLE THAN WAR is the vibrant and often shocking history of the Israeli-Palestinian conflict told through football

Football has never been apolitical. This is especially true for Israel and Palestine. The sport was introduced originally through the church, and then encouraged by the British Army, with Jews and Arabs playing on the same team.

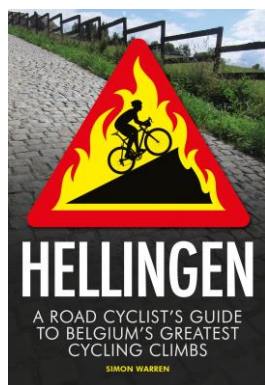
After the creation of Israel in 1948, teams split down Jewish and Arab lines and tensions grew. For Palestine, football continues primarily abroad, where the top four teams in Jordan are refugee teams; while Israel has a thriving domestic league. But some of Israel's best players are of Palestinian descent, creating a rare occurrence in which a Palestinian is heralded and praised by Israelis. In recent years,

efforts are being made to bridge the divide between Israelis and Palestinians with mixed youth leagues. This is a vibrant and often shocking story filled with driven, even ferocious people who are inspired by nationalism as much as a love of the game.

In this unusual history of the world's most intractable conflict, Nicholas Blincoe sets out to answer questions such as: is it hopelessly romantic to think of football as a fourth field, beyond farmlands, graveyards and battlefields? Or will it always be just another space to be fought over and polluted?

Nicholas Blincoe lived in Bethlehem for over twenty years. He is a best-selling, award-winning novelist, playwright and screenwriter. His six novels include *Manchester Slingback*, recipient of the CWA Silver Dagger, and his films include the short documentary, *Human Shield*, winner of the Columbine Award at the Moondance film Festival, and the drama feature *8 Minutes Idle*, recipient of the UK iFeatures Award. He is also the producer of two documentaries on the Israel - Palestine conflict, *Jeremy Hardy vs the Israeli Army* and *Open Bethlehem*.

US – Nation Books



HELLINGEN: A ROAD CYCLIST'S GUIDE TO BELGIUM'S GREATEST CYCLING CLIMBS by Simon Warren

Sport | Robinson | 144pp | Fully illustrated | July 2019

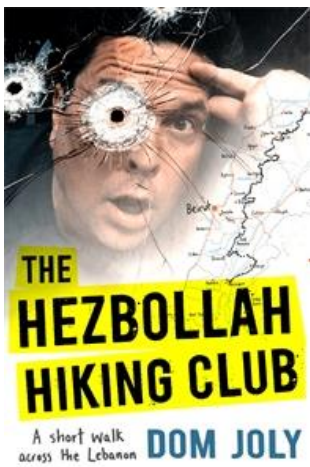
A fully illustrated guide, including photographs, maps and gradient diagrams, to the most famous cycling climbs in Belgium, home of the world's greatest single-day bike races, including the Tour de Flanders and the Liège-Bastogne-Liège

This time Simon Warren has turned his attention to the famous climbs of Belgium and the ascents that define the world's greatest single-day bike races. From the rugged cobbles of the Tour of Flanders, to the jagged peaks of Liège-Bastogne-Liège and beyond, this pocket guide pinpoints fifty climbs that once ridden will give a true appreciation for the races they epitomise. If you thought Belgium was flat . . . think again.

Praise for *100 Greatest Cycling Climbs*: *A must-have for any British cyclist and an essential read for anyone who thinks they know their way around the hills of the British Isles* – *Cycling Weekly*; *An almost perfect handbook - Time Out*; *Once you've opened Pandora's box you won't be able to show up at your next club run until you've bagged them all* – *London Cyclist*.

Simon Warren has lived and breathed bikes and cycling for over twenty years. He's won a few races, held a first-category racing licence and competed - and struggled - at the highest level in the UK, but most of all he loves to ride his bike uphill. He spent seven years working as a designer at *Cycling Weekly* before leaving to broaden his horizons in 2003, although he still regularly contributes event reports to the magazine. He works in publishing and lives with his wife and daughter in Sheffield. Among many other cycling titles, he is the author of the bestselling *100 Greatest Cycling Climbs* and *Another 100 Greatest Cycling Climbs*.

Travel & Nature



THE HEZBOLLAH HIKING CLUB: A SHORT WALK ACROSS THE LEBANON by Dom Joly

Travel | Constable | 320pp | June 2019


THE HEZBOLLAH HIKING CLUB is a comedic travelogue in which Dom Joly and his two best friends hike across Lebanon. It's three men on a camel . . . without the camel

Dom Joly was born in Beirut and lived there until he was eighteen. He lived through the civil war, went to school with Osama Bin Laden, and learned to ski and speak French and Arabic. At the age of seven he was sent to an English boarding school, where he would spend term times before returning to his war-torn home. It was a schizophrenic existence. Dom's parents divorced when he was eighteen and he moved permanently to the UK, becoming a diplomat, a political journalist and then famous as a man who dressed as a giant squirrel.

He has only been back to Lebanon twice since.

Then he read about an attempt to encourage tourism in this long-suffering country. The Lebanon Mountain Trail. This is a hiking trail that runs from the Syrian border in the north of Lebanon, along the spine of the country's mountain range all the way to the Israeli border in the south. The trail takes thirty days to complete. Dom immediately decided that he must hike the trail in 2018, the year of his fiftieth birthday, and invited two friends along. Essentially this is a bonding adventure that just so happens to take place right in the middle of the most important geopolitical region of our times.

Dom Joly is a multi-award-winning television comedian, has been a columnist for the Independent, I and Metro, and is also an award-winning travel writer for *The Sunday Times* and *The Mail On Sunday*. He lives in the Cotswolds with his wife and two kids.



Health, Self-Help & Popular Psychology

Highlights

FRIENDS

SUPER-WOMEN

THE ACT OF LIVING

POST-MILITARY MENTAL HEALTH: A SELF-HELP GUIDE FOR VETERANS AND THEIR FAMILIES by Alan Barrett

Self-Help | Robinson | 288pp | 20 b/w integrated illustrations | April 2020

A new addition to the Overcoming series that provides mental health support for military veterans and their families, who may be experiencing depression, anxiety, PTSD, etc

This new title is aimed at the large market for military veterans, their families, and accredited therapists who may be less familiar with issues particular to this client group, whose mental health needs have been recognised as requiring more support than is routinely available. Psychological complications are very common for 'early service leavers' and for those deployed in combat roles.

There are in excess of 2000 charities and third sector organisations in the UK alone that offer support to this population. In addition to health services (for mental and physical health), and the voluntary sector, military veterans pose particular issues to the local authorities, social services, housing, drug and alcohol services, and the criminal justice system. Veterans often avoid treatment and support they would benefit from, due to various issues of stigma, shame and guilt.

Dr Alan Barrett is a Consultant Clinical Psychologist and the Clinical Lead for the largest dedicated NHS psychological treatment service for military veterans in the UK. As an active member of the North West Armed Forces Network, Alan additionally represents the region at the National Military Veterans Mental Health Network, and supports military veteran mental health as a member of the NW Psychological Professions Network Workforce Board. He is also currently a member of the Mental Health sub group for the National Armed Forces Clinical reference group at NHS England. He intends to donate 100% of profits from this book back into PCFT's Military Veterans' Service to help more military veterans get the best help available.

FRIENDS by Robin Dunbar

Psychology | Little, Brown | 352pp | June 2020

THE book on friends, our social lives and the meaning of friendship

Friends matter to us, and they matter more than we think. The single most surprising fact to emerge out of the medical literature over the last decade or so has been that the number and quality of the friendships we have has a bigger influence on our happiness, health and even mortality risk than anything else except giving up smoking.

Robin Dunbar is the world-renowned psychologist and author who famously discovered 'Dunbar's number': how our capacity for friendship is limited to around one hundred and fifty people. In FRIENDS, he looks at friendship in the round, at the way different types of friendship and family relationships intersect, or at the complex of psychological and behavioural mechanisms that underpin friendships and make them possible – and just how complicated the business of making and keeping friends actually is. Mixing insights from scientific research with first person experiences and culture, FRIENDS explores and integrates knowledge from disciplines ranging from psychology and anthropology to neuroscience and genetics in a single magical weave that allows us to peer into an incredible social world. Working at the coalface of the subject at both research and personal levels, Robin Dunbar has written the definitive book on how and why we are friends.

Robin Dunbar is an evolutionary psychologist and former director of the Institute of Cognitive and Evolutionary Anthropology in the Department of Experimental Psychology at Oxford University. His acclaimed books include *How Many Friends Does One Person Need?* and *Grooming, Gossip and the Evolution of Language*, described by Malcolm Gladwell as "a marvellous work of popular science."

THE COMPASSIONATE MIND APPROACH TO DIFFICULT EMOTIONS by Chris Irons

Self-help | Robinson | 288pp | July 2019

A new title in the COMPASSIONATE MIND APPROACH series helping you to deal with emotional problems and regulate your intense feelings and impulses

Emotions bring purpose, pleasure and meaning to our lives. However, for many people, they are synonymous with distress, pain and suffering. Anger and rage can wreck relationships and cause problems at work; anxiety can prevent us from socialising or engaging in things we would like to; sadness can feel overwhelming and never ending. These types of difficulties are often referred to as emotion regulation problems, and can prevent us from developing stable and happy relationships, communicating our needs, and flourishing.

This practical self-help book based on Compassion Focused Therapy (CFT) will help you to take a new approach to managing difficult emotions. It outlines why we experience emotions, how they can be helpful but also how and why we can get in to struggles with them. It outlines the Compassionate Mind model, and guides you through a series of exercises that will help you to develop your compassion mind, and use this to develop more helpful emotion regulation strategies, and bring greater balance to your emotions.

Dr Chris Irons is a clinical psychologist, researcher, author and trainer. He is co-director of Balanced Minds (www.balancedminds.com), a London-based organisation providing compassion focused psychological interventions for individuals and organisations. He is the author of a number of books, including THE COMPASSIONATE MIND WORKBOOK.

***HAPPY GUT, HEALTHY GUT by Eve Kalinik**

Health/nutrition | Piatkus | 224pp | April 2020

A thought provoking and beautifully designed book exploring the important link between gut health and mental wellbeing.

Eve Kalinik is a nutritional therapist, health writer and brand consultant. She is the author of *Be Good to Your Gut* (Piatkus, 2017). Eve regularly hosts interactive workshops, talks and retreats with various media, corporate and wellbeing companies. She also writes regularly for leading publications and online platforms including a monthly page for Psychologies magazine and is the wellbeing columnist for MATCHESFASHION.COM tackling various nutrition related topics. Eve is a registered member of the British Association for Applied Nutrition and Nutritional Therapy (BANT) and the Complementary & Natural Healthcare Council (CNHC).

AGAINST THE GRAIN: THE PSYCHOLOGY OF REBELLIOUSNESS by Mark McDermott

Popular psychology | Robinson | 288pp | 10 illustrations | May 2020

We are we built to oppose and rebel. Why?

In the past few years, we have seen the 'protest vote' leading to surprising results in elections, and we have also seen a great resurgence in organised marches, resisting a new administration or a referendum decision. But rebelliousness is not just about those high-profile acts of resistance - the psychology of rebelliousness is central to understanding everyday life. From moment to moment we choose to accept or oppose the requirements of those around us, whether those imperatives come from loved ones, colleagues, bosses, agents of authority or those we may serve. The feeling of wanting to oppose a perceived requirement pervades the human condition.

This book looks at the role of rebelliousness as it develops through childhood and adolescence, in relationships, within and between social groups, in the service of civil disobedience, protest and social change, in mental and physical health and across cultures.

Professor Mark McDermott is a lecturer in health psychology at the University of East London, teaching on mental health and leading the PhD programme. In the 1980s, he developed a questionnaire measure of rebelliousness, and has maintained a research interest in rebelliousness within the context of reversal theory, a theory of motivation, emotion, and personality. He was involved in the BBC's recreation of the Stanford Prison Experiment and also co-wrote the bestselling European adaptation of Philip Zimbardo's *Psychology* textbook.

TIME: YOUR JOURNEY TO A SLOWER, RICHER, MORE FULFILLING WAY OF LIFE by Tiddy Rowan

Self-Help | Piatkus | 224pp | November 2019 | Korea: EYA | Japan: Japan Uni

Insights and guidance on how to rediscover our true priorities, rhythm and real needs in life

The one thing that is shared by all of humanity is time, irrespective of wealth, health, race or credo; and one of the things that makes us individual is how we choose to spend it. Time is one of the commodities over which we have most control, yet it is the asset we value the least. *TIME* will help you better connect with time, to establish a better relationship with it and be less enslaved by it. In other words, to own it.

This book will reward readers of lifestyle quests who seek a better, richer, slower, more fulfilling way of life. For anyone who has ever pondered the paradoxes of time and who is interested in looking at their world from a fresh perspective. Whether you want the encouragement to take time out on a life-scale: a year off following a dream or a change of lifestyle completely - or simply adjusting life to accommodate a timetable that suits you, this book will have plenty of inspiration, suggestions and tips to help you get the most out of your time on earth.

Tiddy Rowan practised meditation for the first time in 1971 and has been a student ever since. She has a lifelong interest in mind development and the ancient wisdom of teachers such as Lao Tzu, Buddha and Thich Nhat Hanh. She is the author of *The Little Book of Mindfulness*, *The Little Book of Quiet*, *Colour Yourself Calm* and *THE LITTLE BOOK OF PEACE* (Piatkus, 2016). Option publishers: Arabic (Jarir Bookstore), Spanish (Urano).

SUPER-WOMEN: SUPERHERO THERAPY FOR WOMEN BATTLING DEPRESSION, ANXIETY AND TRAUMA by Janina Scarlet

Self-Help | Robinson | 208pp | 20 b/w illustrations | March 2020

A Superhero therapy workbook for women

Janina Scarlet is a licensed clinical psychologist in San Diego, and is the pioneering creator of 'superhero therapy', an approach to therapy that uses the principles of Acceptance and Commitment Therapy (ACT) but also embraces examples from geek culture and encourages you to find your inner superhero. After her innovative books, *SUPERHERO THERAPY* and *THERAPY QUEST*, this new volume is her first true workbook and has a timely focus on helping women battle with depression, anxiety, trauma, chronic pain, gender discrimination or sexual assault.

Dr Scarlet received training in ACT by its creators Steve Hayes, Kelly Wilson and Kirk Strosahl. She has been featured on the BBC, CBS, MTV News, CW, *Huffington Post* and others. She is frequently invited to speak at pop culture conferences, including the San Diego Comic Con, London Comic Con and others, and has been providing training and consulting internationally. She has also contributed to the following books: *Star Wars Psychology*, *Walking Dead Psychology*, *Captain America vs. Iron Man Psychology*, *Game of Thrones Psychology*, *Star Trek Psychology* and *Doctor Who Psychology*. Option Publishers: Italian (Giovanni Fioriti).

***HOW TO LIVE TO 100 by Ariane Sherine**

Health | Robinson | 272pp | October 2020

Sherine is on a quest to live a long and healthy life, and is working with David Conrad, a consultant in public health, to provide "a funny and scientific exploration of 100 factors which affect life expectancy" in HOW TO LIVE TO 100. The title will follow Sherine's journey to become a healthier person, examining the evidence for everything from drinking green tea to having regular sex, and will provide recommendations on lifestyle changes that could lead to longevity, said the publisher. Sherine will interview celebrity friends including Clive Anderson, Charlie Brooker, Josie Long, Robin Ince, Robert Llewellyn, Arthur Smith, Jon Holmes and Angela Saini about different ways to live to 100.

THE ACT OF LIVING by Frank Tallis

Psychology & Memoir | Little, Brown | 352pp | April 2020 | Korea: KCC | Japan:

This is psychotherapy digested – a toolbox for living.

Compared to previous generations, we have unprecedented access to information, increased personal freedom, more material comforts, more possessions, and greater life expectancy. Yet, a very significant number of people are depressed, anxious, or complain of being unfulfilled. Estimates of the incidence of mental illness vary, with some studies suggesting that a third of the population will experience at least one clinically significant episode of mental illness over the course of a lifetime: people are stressed, worried and unhappy. If science has no opinion and religion has lost its authority, where are we to look for guidance?

Renowned psychotherapist and author of *The Influential Mind*, Frank Tallis, argues that the goals of psychotherapy are not so very different from the goals of everyday life. People want to be happy and optimize outcomes. The theories and ideas that have arisen out of psychotherapy represent something of an undervalued resource. They are highly instructive and can illuminate many subjects – among them, the question of how to live.

THE ACT OF LIVING is not an objective history of psychotherapy or a history of ideas. It is a personal synthesis; an exploration of an intellectual tradition alongside ideas, drawn from a lifetime of practice, of how psychotherapeutic concepts can inform life decisions. Tallis offers readers an unbiased and distilled account of a fascinating body of ideas.

Praise for THE INCURABLE ROMANTIC: *Tallis writes with clarity and wit about the morbid condition of love, which emerges here as a kind of mental disorder . . . riveting stuff* – Sebastian Faulks; *Compelling* – Susie Orbach; *Frank Tallis brings a lifetime's clinical experience and wise reflection to a condition that, by its own strange routes, leads us into the very heart of love itself. This is a brilliant, compelling book* – Ian McEwan; *The great thing about THE INCURABLE ROMANTIC is that it makes you feel better about yourself* – Nick Hornby.

Dr Frank Tallis is a writer and clinical psychologist. He has held lecturing posts in clinical psychology at the Institute of Psychiatry and neuroscience at King's College London. He has published over 30 scientific papers in international journals and has written a textbook on cognitive and neuropsychological aspects of Obsessive Compulsive Disorder (OCD). He has written three works of psychology for the lay reader: *Changing Minds* (a history of psychotherapy), *Hidden Minds* (a history of the unconscious) and *Lovesick* (an exploration of the relationship between romantic love and mental illness). Option Publishers: Bulgarian (CoLibri), Czech (Portal), Dutch (Atlas Contact), German (btb Verlag), Korean (Across), Lithuanian (Vaga), Portuguese in Portugal (Lua de Papel), Portuguese in Brazil (Faro), Russian (AST), Serbian (Vulkan), Slovakian (Inaque), Spanish (Principal de los Livros), Turkish (Het Kitap).

BE EXTRAORDINARY: 7 KEY SKILLS TO TRANSFORM YOUR LIFE by Jennifer Wild

Popular Psychology | Robinson | 256pp | January 2020 | Korea: EYA | Japan: Uni

Combines real-life stories of overcoming adversity/trauma with practical lessons on how to be resilient and achieve extraordinary things in your own life

Some people can get over anything. Doctors diagnose them with a rare form of cancer and they recover. People are viciously attacked and blinded, yet pull through to start a successful business improving other people's lives. We feel inspired knowing how other people achieve success in circumstances more challenging than our own. Their stories feed our curiosity about the transformational journeys of other people's lives. Yet we are often left wondering how they did it and how we could achieve success in our own lives. Knowing how people in difficult circumstances change from ordinary to extraordinary gives us the knowledge to transform our own lives without first suffering trauma. Linking science to achievable transformation, BE EXTRAORDINARY is the result of years of experience working with people who do and do not bounce back from adversity. Dr Wild gives inspiring real-life examples of how ordinary people have come through astonishing adversity, and what the seven processes are.

Dr Jennifer Wild is a consultant clinical psychologist and senior research fellow based at the University of Oxford. She is an international expert in how to overcome posttraumatic stress disorder (PTSD), the crippling stress reaction that afflicts soldiers and other survivors of horrific events, such as mining disasters, car crashes, and the sudden death of loved ones. She has worked with hundreds of people over the last 20 years to overcome PTSD to create a life that matches their dreams rather than their fears. In her 20 years of practice, she has noticed something remarkable.

HOW TO LIVE WELL WITH DIABETES: A COMPREHENSIVE GUIDE TO TAKING CONTROL OF YOUR LIFE WITH DIABETES by Dr. Val Wilson

Health | Robinson | 320pp | August 2019

The essential guide to living well with diabetes, written by an expert who has lived with the condition for more than four decades

HOW TO LIVE WELL WITH DIABETES is a comprehensive self-help guide for people with the condition, either newly diagnosed or for those who've been living with diabetes for some time. This book has been written to help you understand your diagnosis so you can manage and live well with your diabetes for as long as possible. Every aspect of your life with diabetes is covered - from diet, sex and exercise to mood changes, managing blood glucose levels and physical complications arising from the condition - with important words in italics, which appear in the glossary at the end of the book accompanied by a more detailed explanation. Real-life case studies show other people's experiences of diabetes-related issues that you might also be dealing with.

Around 700 people each day are diagnosed with diabetes - that's the equivalent of one every two minutes. In January 2016, Diabetes UK announced that four million people now have diabetes of one form or another in the UK. This is the only book they need to help self-manage the condition.

Dr. Val Wilson holds a PhD in Health Education from the University of Kent. Her thesis concerned effective self-management of diabetes. She also holds an MSc in Health Education and Health Promotion from Canterbury Christ Church University. Dr Wilson has published widely in nursing and healthcare journals, and has had Type 1 diabetes for 41 years.



Parenting

Highlights

THE ZEN MAMA

HOW TO RAISE A TECH GENIUS



THE ORGANISED MUM METHOD: ROCK THE HOUSEWORK AND TRANSFORM YOUR HOME IN 30 MINUTES A DAY by Gemma Bray

Parenting | Piatkus | 288pp | September 2019

THE ORGANISED MUM METHOD is *the* housekeeping bible that will completely revolutionise your home

Say goodbye to mess, clutter and weekends spent tidying and cleaning! Gemma Bray (a.k.a The Organised Mum) is a firm believer that there is more to life than housework, and over the last decade she has perfected The Organised Mum Method (TOMM).* TOMM is a structured, manageable and ultra-efficient cleaning routine that ensures all areas of the home are taken care of, as well as time-saving recipes that can be prepared in seconds. It's easy to follow, effective and ensures that everything gets done in just 30 minutes a day, Monday to Friday...and you get weekends off! As well as handy housekeeping hacks, Gemma shares her super speedy recipes that will focus on delicious slow-cooked dishes that can be prepared in a flash. Moving away from traditional stews and casseroles, she shares family-friendly recipes such as the hugely popular 'fakeaway' doner kebab, chipotle pulled pork and the ultimate veggie korma. The easy-to-follow recipes not only taste delicious but also save valuable time for busy people. Gemma's method shows you how to get housework done fast so you can concentrate on getting on with the fun stuff -- get ready to rock the housework! *Don't worry dads -- it works for you too.

Gemma founded The Organised Mum Method (TOMM) 11 years ago when her first child was born. Fed up with the housework getting out of control, she created a cleaning routine and stuck it on the fridge. TOMM was born! In January 2017 Gemma put it all down in a blog and shared TOMM with her readers. The response has been phenomenal! A firm believer that there is more to life than housework, she shares everything from delicious slow cooker recipes to housekeeping hacks.



HEARTFELT PARENTING: HOW TO RAISE EMOTIONALLY BALANCED AND RESILIENT CHILDREN USING THE NEUROSCIENCE OF CONNECTION by Shelly Chauhan

Parenting | Robinson | 224pp | March 2020 | Korea: EntersKorea | Japan: EAJ

This book will show you how to nurture your child's brain for life-long emotional resilience, authenticity and well-being

Drawing on current powerful neuroscience, this book equips you with a deep insight into how your interconnected brain, mind and body shapes your capacity for heartfelt connection, emotional regulation and compassion, and the compelling influence this has on your child's developing mind. We know, based on established brain science, that children develop well in the care of parents who can regulate and express their own emotions effectively, who are present and attentive rather than in 'autopilot' mode, and who show warmth, empathy and compassion along with the requisite level of authority towards them. But in this day and age of relentless mental overload, busy schedules and constant stimulation, many parents know how difficult it can be to exude the sense of openness, warmth and connection that children need to develop well. The last thing parents need is yet more prescriptive advice about what you should and shouldn't think, do or say as a parent, so this book helps you understand, in a tangible way, how to feel relaxed, open and compassionate when you are around your children. This is a vital ingredient in parenting, because this feeling state, involving your brain, nervous system, heart, facial expressions and voice, deeply calms your children, enables them to listen to you and respect your rules, and nourishes their brains for life-long resilience, empathy, self-acceptance and authenticity.

Shelly Chauhan is a chartered psychologist and executive coach who has coached over a hundred clients in the corporate world on issues such as resilience, emotional intelligence and maximising success in the face of challenges and complexity. Chauhan is a regular contributor to *Psychologies* magazine.

***THE BABY FEEDING BOOK: YOUR ESSENTIAL GUIDE TO BREASTFEEDING, BOTTLE-FEEDING AND GIVING SOLID FOODS TO YOUR BABY WITH CONFIDENCE**

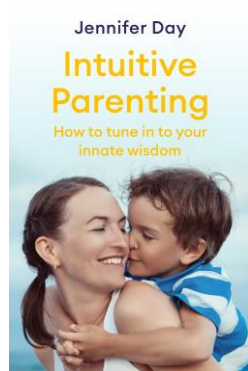
by Vanessa Christie

Parenting | Piatkus | 304pp | February 2020

From breastfeeding and bottle-feeding to weaning, this is the only book you will need to feed your baby with confidence, and without judgement, in the first year.

THE BABY FEEDING BOOK is a unique, fascinating and holistic expert guide into the world of feeding babies and becoming a parent. Central to the non-judgemental and undogmatic delivery of this book is the focus on the importance of the experiences of individual parents, alongside the health and wellbeing of their babies, standing it apart from any other book in this genre. Packed full of bite-size text (to aid those bleary eyes), ground-breaking practical tips, informative illustrations and true stories from parents, this book smashes through the myriad of myths and conflicting advice to cover everything a new parent should know, in order to help them make their own informed decisions and feed 'successfully', according to their own goals. Vanessa covers everything from preparation, being mindful of marketing strategies, 'hypno-boobing', emotional wellbeing, involving partners as well as the practical side of feeding, such as how do you sterilise? Do I have mastitis or a plugged duct? How do I top-up so my baby sleeps longer? How do I store milk? When should I give my baby peanuts? And so much more.

Vanessa Christie (MSc, MN, IBCLC, RHV, RNC, CIMI) is an International Board-Certified Lactation Consultant, Birth & Peri-natal Trauma Practitioner, Health Visitor, Children's Nurse, Infant Massage Instructor and a mother of two. She has worked alongside over 10,000 new families over the past 20 years. She is a Breastfeeding and Early Parenting Expert Speaker for both The Baby Show and Mumsnet and writes for publications and websites including The Huffington Post, OK, Mother & Baby, Families and Baby London, amongst others.



INTUITIVE PARENTING: HOW TO TUNE IN TO YOUR INNATE WISDOM **by Jennifer Day**

Parenting | Robinson | 160pp | July 2019 | Korea: EntersKorea | Japan:

Practical, science-backed information to cut through the myriad of parenting information and tune in to what's most important

Parents today are inundated with information and expert advice, often contradictory and invariably overwhelming. This results in anxiety, insecurity and stressed parenting that inevitably drives wedges between parents and children instead of the much-needed connection. This book offers swift, practical and to-the-point information to help you reconnect with your innate wisdom, giving you the confidence to trust your own parenting intuition.

Learn what gets in the way of connecting to your intuition and how to eliminate it. Discover the key - and underused - ingredient to your own parenting blueprint. Learn the three levels of influence you have on your child and how (and why) to align them. Discover the one simple tool to managing your stress - so easy your child can do it too. Learn how to give unspoken support and how to practice true listening

The practical everyday applications this book offers will reduce your anxiety and help you to connect and be fully present with your child, improving relationships for you both.

Jennifer Day is the best-selling author of *Creative Visualization with Children: A Practical Guide*, and *Children Believe Everything You Say*, as well as other books. She spent nine years studying alternative approaches to the mastering of emotions and stress on both sides of the Atlantic. The resulting Applied Emotional Mastery® (a practical methodology for managing stress in parents and children and building emotional and social intelligence) has been the subject of studies internationally and has been coached

and taught to thousands of individuals, executives, physicians, students, teachers and parents in the US and the UK.

Turkish – Profil Kitap

THE ZEN MAMA by Sarah Ivens

Parenting | Piatkus | 272pp | 10 b/w illustrations | April 2020

THE ZEN MAMA is a guide to letting go of parenting expectations and fears to raise courageous, confident kids through free-range parenting

It outlines a way of life to create a chilled parent and a chilled child. THE ZEN MAMA philosophy is that mother and child complement each other in adventures and experiences, always putting safety first but without getting caught up in the anxieties, drama, impossible expectations and mental baggage that too often comes along with modern parenting in this social media and judgemental age. Learning to become a Zen Mama will help you grow and nurture a Zen Kid - a child who isn't afraid to be different, who can stand up for himself or his friends, and can travel the world and experiment with new things without being overwhelmed with self-doubt or being scared.

Full of facts, actionable advice and practical tips, this book will be about combining the heart and the head with what works for you and your family, not comparing yourselves to others or meeting a societal standard. THE ZEN MAMA will support and nurture the mother's journey like a wise and sympathetic friend and offers ideas and experience rather than judgement.

Sarah Ivens is the Editor of *OK! Magazine* in New York. She has also written for *Marie Claire*, *Tatler*, *Woman's Journal*, *Daily Mail*, *The Mail on Sunday*, *News of the World* and *GQ*. She is the author of the bestselling MODERN GIRL'S GUIDE TO GETTING HITCHED.

HOW TO RAISE A TECH GENIUS: DEVELOP YOUR CHILD'S COMPUTING SKILLS WITHOUT SPENDING A PENNY by Shahneila Saeed

Technology & Development | Robinson | 256pp | 5 b/w line drawings | March 2020

This book will help parents cultivate their child's learning and maximise their potential with creative activities that require minimal computing skills or knowledge

The children learning vital coding skills at school now will be in high demand when they enter the job market, but an increasingly digitally-focussed curriculum is leaving parents feeling out of touch and helpless when it comes to supporting their child's education.

This book aims to:

- Address the importance of the growing digital skills gap, the value of jobs in the sector and their growing demand, in an effort to convince parents of the importance of supporting their children in this area
- Unpick the state of the computing curriculum in everyday speak for parents so that they understand the core requirements of what children are required to learn
- Stress the importance of computational thinking and creativity, explaining what these mean
- Understand how we can use the power of play to engage children with education
- Demonstrate through practical activities how we can support children through guided exploration to develop their digital and computational thinking skills
- Provide a reference point of recommended resources, activities and initiatives that children can get involved with to develop a better understanding of career opportunities as well as develop their digital literacy skills

Shahneila Saeed has twenty years' experience in teaching computing and ICT. She is currently a board member of Computing at School (CAS) and the Head of Education & Programme Director for Digital Schoolhouse. She was previously Head of Computing/ICT at Graveney School.

WHAT MOTHERS LEARN: FROM THE EXPERIENCE OF HAVING CHILDREN by Naomi Stadlen

Parenting | Piatkus | 288pp | April 2020 | Korea: EntersKorea | Japan: EAJ

The follow-up to WHAT MOTHERS DO and HOW MOTHERS LOVE

In this new book, Naomi Stadlen addresses current political and social issues surrounding motherhood such as the widespread and usually covert social prejudice against mothers; whether being a mother is only a matter of menial tasks or whether it counts as intelligent work; whether mothering is detrimental to a woman's mental health; whether mothers damage their children when they have outburst of anger; whether a mother can call herself a feminist; how women develop their potential as mothers and finally some personal views now that she is a grandmother.

Praise for HOW MOTHERS LOVE: *It would be hard to find a gentler, less judgemental book on mothering* – *The Guardian*; *Easy to read and informative and will undoubtedly help many mothers* – *Therapy Today*.

Naomi Stadlen has unique experience of listening to mothers. For over twenty years, she has run a weekly discussion group - Mothers Talking - which meets at the Active Birth Centre in London. She is a qualified psychotherapist and also a mother and grandmother. Stadlen has been variously published in Korean, Romanian, Hebrew, Spanish, simplified Chinese, Italian, Japanese, German, Greek and in the USA. Option publishers: Chinese simplified (China Economic), German (Le Leche Liga), Hebrew (Achiasaf), Italian (Bonomi), Korean (Iljinsa), Romanian (Litera), US (Tarcher Perigee).

Food & Cookery

A HEALTHIER FAMILY FOR LIFE by Donna Crous

Cookery | Robinson | 224pp | December 2020

A beautiful book of healthy recipes that will inspire you to cook delicious, wholesome meals for your family and help them live a healthier lifestyle

In this beautifully photographed, practical book, health coach Donna Crous makes dinnertime less daunting and healthier, with a wide range of delicious and nutritious recipes, including some gluten-free, sugar-free and dairy-free recipes, as well as many dishes incorporating healthy fats.

A HEALTHIER FAMILY FOR LIFE inspires from the very start of your day with recipes including Breakfast Toad-In-The-Hole, Pumpkin Silver Dollar Pancakes and Creamy Scrambled Eggs, through to teatime family favourites like Crumbed Chicken Tenders, Instant Pot Spare Ribs and Moussaka with Cauliflower Béchamel Sauce.

A HEALTHIER FAMILY FOR LIFE is not about a diet, fad or trendy way of eating; it's about creating dishes that are wholesome and nutritious without feeling restricted; it's about cooking healthy food that puts a smile on your loved ones' faces.

Donna Crous is a professional food photographer and works with brands and publishers shooting recipe books. She was born in Zimbabwe and grew up in South Africa where she developed a passion for cooking from a young age, learning to cook intuitively using available ingredients. As a Primal Health Coach, she has combined her knowledge of healthy eating with feeding a hungry and fussy family. In 2015 she created her award-winning blog Eighty20Nutrition, winning UK Paleo Blogger of the Year in 2017.

ROBIN ELLIS'S MEDITERRANEAN VEGETARIAN COOKING by Robin Ellis

Cookery | Robinson | 224pp | 100 integrated colour photos | May 2020

Robin Ellis's Mediterranean-inspired vegetarian recipes are delicious and suitable for the entire family and for entertaining friends, with no sacrifice of taste or quality

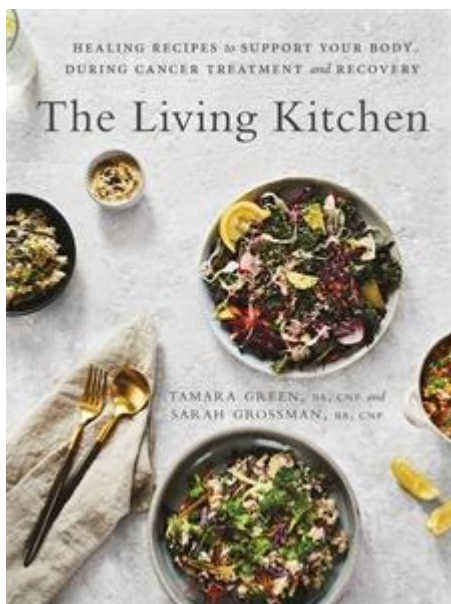
Mediterranean cuisine is among the healthiest in the world and a vegetarian diet has been proven to be particularly health-giving for people who have diabetes. In this book British actor Robin Ellis shares his lifetime collection of healthy and simple vegetarian recipes especially selected and adapted for people wishing to control or prevent Type 2 diabetes.

Diagnosed with Type 2 diabetes himself, Robin explains the strategic changes he made - in what he eats and how he prepares his food - that allowed him to bring his glucose levels down sufficiently to avoid taking medication for six years.

Robin's recipes show how you can cook and eat delicious vegetarian food without recourse to carb-heavy pastries or potatoes, nor to substitutes such as Quorn or soya, which are not traditional staples of the Mediterranean diet. This is a book about real food and a way of living with diabetes that need not mean you can no longer look forward to breakfast, lunch and dinner - Robin does every day!

This fully illustrated book contains photographs, not only of the recipes but of beautiful, rural southwestern France, where Robin lives and leads sell-out cooking workshops focused on simple, delicious and healthy Mediterranean cuisine, making the most of all the fresh local ingredients available.

Robin Ellis is most famous for his performance as Ross Poldark in the successful 1970s' BBC TV mini-series Poldark. He also appeared in Elizabeth R, The Moonstone, Sense and Sensibility and an episode of Fawlty Towers. Several years ago he was diagnosed with Type 2 diabetes and since then he has been perfecting his collection of easy and delicious Mediterranean dishes.



*** THE LIVING KITCHEN: HEALING RECIPES TO SUPPORT YOUR BODY DURING CANCER TREATMENT AND RECOVERY by Tamara Green and Sarah Grossman**

Health & Food | Robinson | 288pp | August 2019

From two experts in cancer care cooking comes an informative, inspiring and empowering guide that will educate cancer patients and their caregivers about the healing power of food

A cancer diagnosis can be overwhelming, frightening, and uncertain. You'll want to learn what to expect from chemotherapy and radiation, how you'll navigate the often-debilitating side effects that come with treatment, and what you should eat to support your body at a time when eating and cooking may be too challenging. THE LIVING KITCHEN will help cancer patients and their caregivers navigate every stage of their cancer therapy journey, from diagnosis to treatment to recovery.

Within the pages of this indispensable guide, certified nutritionists Sarah Grossman and Tamara Green provide easy-to-understand, research-based nutritional information on the science behind how food relates to your health and the effects of cancer, and offer strategies to prepare your body, life, and kitchen for treatment. With nearly 100 stress-free, healthy, freezer-friendly, and flavorful recipes specially designed to relieve specific symptoms and side effects of cancer and its therapies (including loss of appetite, sore mouth, altered taste buds, nausea, and more) and to strengthen your body once in recovery, THE LIVING KITCHEN is accompanied by stunning photography and a simple, user-friendly design. With energizing snacks and breakfasts; superfood smoothies, juices and elixirs; soups and stews, and nutrient-rich, flavorful main dishes, these are recipes that you, your family, and your caregivers will all enjoy. THE LIVING KITCHEN will give you comfort in knowing that your body will be nourished and supported during (and even after) cancer treatment.

Tamara Green and Sarah Grossman are founders of Living Kitchen, a company that provides meal delivery and private chef services to clientele throughout the GTA, bringing food to cancer patients and those people maintaining a healthy lifestyle. They are graduates of the Institute of Holistic Nutrition, and upon launching Living Kitchen in 2010, began working with clients suffering from a myriad of diseases: cancer, IBS, colitis, Crohn's, fibromyalgia, multiple sclerosis, depression, hormonal imbalance, obesity, and chronic fatigue. In 2012, cancer support and prevention became the main focus of their practice.

REAL LUNCHTIME FOOD: DELICIOUS, HEALTHY LUNCHES TO SUIT YOUR FAMILY'S BUSY LIFESTYLE by Jenny Tschiesche

Health & Food | Robinson | 192pp | December 2019

Delicious and nutritious advice for a healthier lunchbox, no matter how busy your family life

This is not a book about stale sandwiches and soggy salads. It is about a healthier, achievable lifestyle. REAL LUNCHTIME FOOD is about stocking the store cupboard with good quality, readily available

foods, having some basic equipment available, being empowered to take control of your family's daily food and involving them in making their own health choices. Lunchtime is an opportunity to enjoy a delicious and nutritious meal. This book will make that a possibility on a daily basis.

REAL LUNCHTIME FOOD is the perfect guide for working adults and parents who want healthier and more inspiring meals than the traditional packed lunch we have come to expect. It contains deliciously simple recipes and practical nutritional information and advice that will put you back in control of your lunch. Also included are tips on how to shop smart, how to make use of leftovers, as well as tips on environmentally-friendly packaging solutions to help you transport your lunch to work or school.

Jenny Tschiesche is a presenter and nutrition expert, and the founder of LunchboxDoctor.com, which provides a range of resources, menu plans, recipes and nutrition advice. Jenny is an inspired and inventive cook who has worked with athletes, sporting bodies, people dealing with illness, parents, fussy eaters and children. She has helped thousands of clients and conducted seminars, workshops and lectures globally. A gifted speaker and presenter, she is also a regular contributor to the national press, BBC radio and TV. She has a degree in Nutritional Therapy from Bedfordshire University.

DRINKOLOGY: THE SCIENCE OF WHAT WE DRINK AND WHAT IT DOES TO US, FROM MILKS TO MARTINIS by Alexis Willett

Food & Drink | Robinson | 256pp | 20-30 b/w diagrams | October 2019

A concise, scientific digest of many of the world's most popular drinks

Do you really know what you are drinking? We all consume many drinks every day, often without thinking. Perhaps we're just thirsty, perhaps we need something to wake us up, perhaps we need something to relax us at the end of the day. But have you ever stopped to wonder what exactly is in that chai latte you're guzzling or just what those added electrolytes in your bottled water are supposed to do? Whether you want to discover the true benefits of fermented drinks, find out if sulphites in wine really cause headaches, or are just sick of the pseudoscience behind the marketing of what we consume, DRINKOLOGY is for you. It offers an easy-to-read guide that may be downed in one go or savoured over time. DRINKOLOGY will distil the scientific evidence and consult the experts to see if we can finally get to the bottom of many enduring questions, such as:

- Is a regular glass of wine good for our health or not?
- What's the difference between spring water and mineral water?
- Do rehydration drinks work?
- What's in Coca Cola?
- Are the health benefits of green tea really that great?
- Should we worry about energy drinks?
- How do non-dairy milks compare with each other?
- What's the secret to the perfect cup of tea?

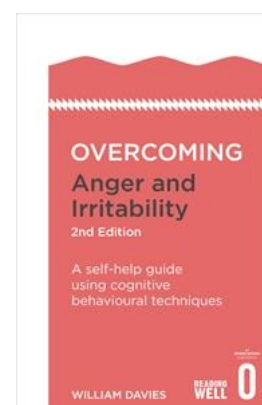
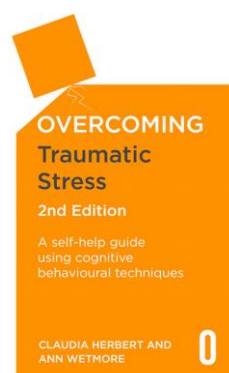
DRINKOLOGY will reveal the answers to these questions washed down with a whole lot more and may just change the way you drink.

Dr Alexis Willett is a science communicator who aims to make science accessible to all. She has a PhD in biomedical science from the University of Cambridge, where she studied at the Medical Research Council's Human Nutrition Research unit. She has lectured on human physiology and published on a wide range of health subjects. She spends much of her time turning cutting-edge research and health policy jargon into something meaningful for the public, patients, doctors and policy makers. She is often called upon to help influence decision makers, from governments to funding bodies, across the UK and Europe. In her spare time, Alexis drinks a lot of rooibos tea. Her first book, HOW MUCH BRAIN DO WE REALLY NEED?, with Jennifer Barnett, was published by Robinson in December 2017.

Overcoming Series

The Overcoming Series is a perennially popular series of psychology books. All use CBT (Cognitive Behavioural Therapy) techniques to treat long-standing and disabling conditions. Titles in the series are always in print, and constantly revised and updated. Fifteen of them have been adopted by the Books on Prescription programme - the UK Department of Health's list of books for doctors, nurses, medical and psychiatric practitioners to recommend to their patients, and indeed for such practitioners to develop their own knowledge. All titles are written by prominent professional experts in their fields.

Books in the series have been translated into many languages, including: Chinese (simplified), Czech, Estonian, French, Hebrew, Japanese, Lithuanian, Norwegian, Polish and Turkish.



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