

A stylized illustration of a person with short dark hair, a smiling face, and arms raised in a 'V' shape. They are wearing a white long-sleeved shirt and wide-legged orange pants. The background is a solid light orange color with small orange double-slash marks in the corners.

YELLOW KITE

2020

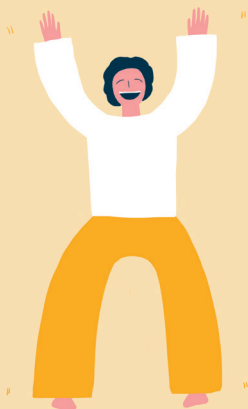


'At Yellow Kite we are passionate about publishing books that put interesting, inspiring and potentially life-changing ideas into people's hands. We love what we do, and there is nothing more rewarding than getting feedback from readers that one of our books has had a positive impact on their life.

The front of this catalogue features the cover of *Laughter Yoga* which we publish next April. We think laughter therapy is an interesting and novel way to encourage feel-good hormones and make people feel happier. This book is a great example of how we love to publish new ideas that are paired with research to create practical books that are inspiring and useful. Get ready for a giggle!

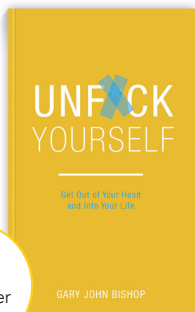
We are delighted to bring you our 2020 list and highlights.'

Liz Gough, Publisher



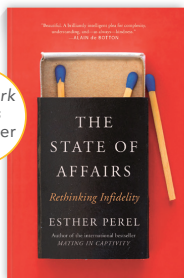


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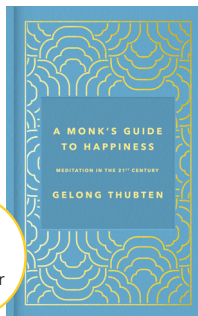


eBook
bestseller

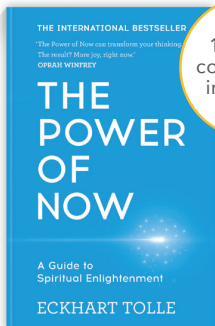
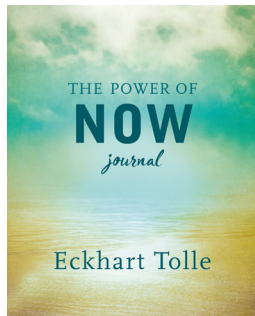
New York
Times
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FROM OUR CORE LIST

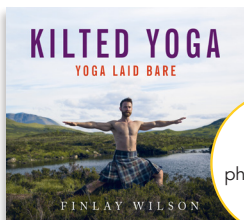


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2020

**YOUR BEST
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UK & COMMONWEALTH



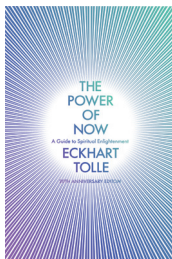
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PROFESSOR DAVID NUTT
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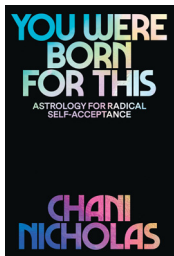
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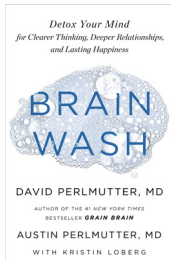


THE POWER OF NOW – ANNIVERSARY EDITION

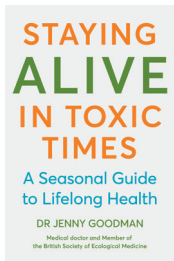
ECKHART TOLLE
9TH JANUARY 2020
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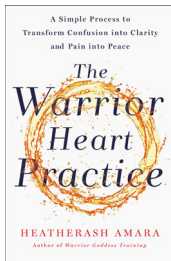
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CHANI NICHOLAS
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BRAIN WASH
DAVID PERLMUTTER
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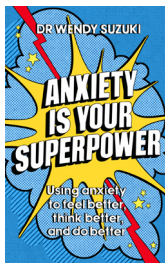
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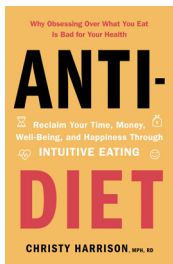
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HEATHERASH AMARA
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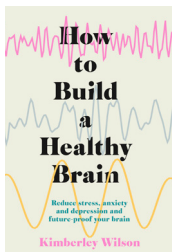
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AMY LANE
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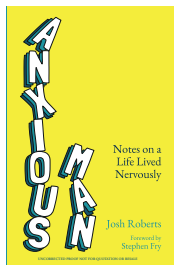
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SUPERPOWER**
DR WENDY SUZUKI
6TH FEBRUARY 2020
UK & COMMONWEALTH



ANTI-DIET
CHRISTY HARRISON
6TH FEBRUARY 2020
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**HOW TO BUILD A HEALTHY
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KIMBERLEY WILSON
5TH MARCH 2020
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ANXIOUS MAN

JOSH ROBERTS
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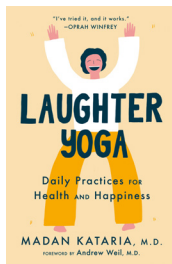
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KIRSTY GALLAGHER
2ND APRIL 2020
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LAUGHTER YOGA

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MAKING PLANT-BASED
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ELLA MILLS
14TH MAY 2020
UK & COMMONWEALTH



ONE PAN PESCATARIAN

RACHEL PHIPPS
11TH JUNE 2020
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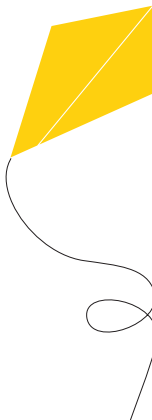
**The Lazarus Method
for
Ageing Well
and Wisely**

Dr Norman Lazarus



**THE LAZARUS METHOD
FOR AGEING WELL AND
WISELY**

NORMAN LAZARUS
28TH MAY 2020
WORLD



YELLOW KITE WAS FOUNDED IN 2014 AND
HAS GONE ON TO BECOME ONE OF THE UK'S
LEADING HEALTH AND LIFESTYLE IMPRINTS.
WE ARE PROUD TO PUBLISH BRILLIANT
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OUR EXPERT AUTHORS OFFER ADVICE,
INSPIRATION AND MEANING TO READERS ALL
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AND AUDIO FORMATS.





The team at our 5th birthday photoshoot

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