

# little, brown

## BOOK GROUP

Translation Rights List

Including



Non-Fiction

Frankfurt 2019

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## Key

- Rights sold displayed in parentheses indicates that we do not control the rights
- An asterisk indicates a new title since previous Rights list
- Titles in italics were not published by Little, Brown Book Group

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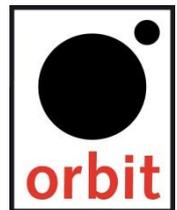
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## Little, Brown Imprints



sphere



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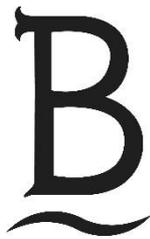


dialogue  
books



corsair

ABACUS



The  
Bridge  
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Press

CONSTABLE



ATOM



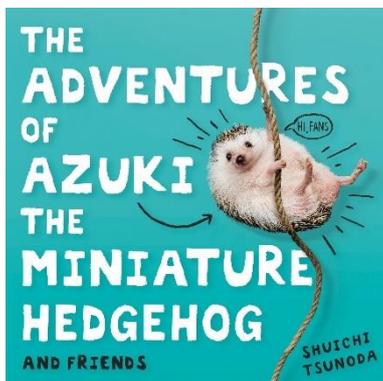


## General

### Highlights

ASTRONOMICAL

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.

*Russian - AST*

## LYING NUMBERS: HOW MATHS AND STATISTICS ARE TWISTED AND ABUSED by Hugh Barker

Popular Maths | Robinson | 288pp | May 2020 | Korea: EYA | Japan: EAJ

**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.

**\* THE 4 DAY WEEK: HOW THE FLEXIBLE WORK REVOLUTION CAN INCREASE PRODUCTIVITY, PROFITABILITY AND WELLBEING, AND CREATE A SUSTAINABLE FUTURE by Andrew Barnes with Stephanie Jones**

**In *The 4 Day Week*, entrepreneur and business innovator Andrew Barnes makes the case for the four-day week as the answer to many of the ills of the 21st-century global economy.**

The world of work has seen a dramatic shift in recent times: the former security and benefits associated with permanent employment are being displaced by the less stable gig economy. Barnes explains the dangers of a focus on flexibility at the expense of hard-won worker protections, and argues that with the four-day week, we can have the best of all worlds: optimal productivity, work-life balance, worker benefits and, at long last, a solution to pervasive economic inequities such as the gender pay gap and lack of diversity in business and governance.

The 4 Day Week is a practical, how-to guide for business leaders and employees alike that is applicable to nearly every industry. Using qualitative and quantitative data from research gathered through the Perpetual Guardian trial and other sources by the University of Auckland and Auckland University of Technology, the book presents a step-by-step approach to preparing businesses for productivity-focused flexibility, from the necessary cultural conditions to the often complex legislative considerations.

ANDREW BARNES is the architect of the four-day week, having successfully trialled the idea at his own company, Perpetual Guardian. The story of that trial and its aftermath made global headlines and turned Andrew into the recognised authority on the future of work.

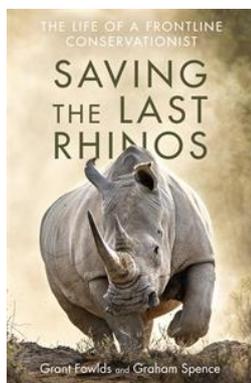
**THE COMPLETE GUIDE TO CODEBREAKING AND SOLVING CRYPTOGRAMS by Elonka Dunin and Klaus SchmeH**

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*.

US – Pegasus Books

## **\* NO FEAR GARDENING by Charlie Hart**

Gardening | Constable | 288pp | March 2020

Gardens are considered good for mind, body and soul. Pruning and planting and watering and weeding can help us to relax and focus and are a wonderful way to spend more time in the great outdoors. Yet just the thought of reaching for shears or a spade can strike fear into even the bravest of hearts, meaning we rarely make the most of our backyard Edens.

A reassuring, easy-to-use handbook, No Fear Gardening is aimed at all budding gardeners and anyone who might be missing out simply because they don't know how and where to start. Maybe you have been put off by the overwhelming number of species of plants and their baffling Latin names. Perhaps you're worried about never having had any formal training, or you might be purely looking for a new way to relax. Whatever the reason, this book will answer all your questions: from getting started and growing flowers and vegetables, to cultivating trees and hedges and landscaping your garden - Charlie has condensed a wealth of gardening know-how into easy-to-follow and practical tips.

CHARLIE HART read Theology at Cambridge University before working in a number of roles in London. He now lives and gardens on the Essex Suffolk border with his family.

## ASTRONOMICAL: FROM QUARKS TO QUASARS: THE SCIENCE OF SPACE AT ITS STRANGEST by Tim James

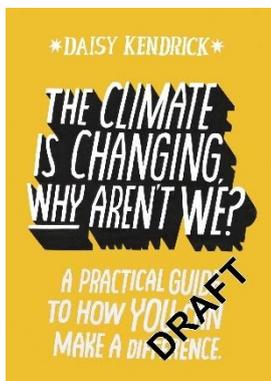
Popular Science | Robinson | 288pp | Integrated b/w drawings | August 2020

### **From Quarks to Quasars: The Science of Space at its Strangest.**

Tim James explains new and strange discoveries from astrophysics, astronomy and cosmology in a light-hearted manner with anecdotes and humour to make the science as accessible as possible. He explores high-concept science and theoretical physics in a straightforward way, accompanied by the quirky explanatory sketches that have become his trademark on his YouTube channel and in previous books.

Tim's emphasis is on space at its most unusual and extreme, but also a response to common Google searches on topics such as dark energy, dark matter, Hawking radiation and the Big Bang. He focuses on recent developments and discoveries from the past few years which will not have been covered by any current books on space. *Astronomical* is not a book about standard space topics such as the names of the planets, the history of astronomy, stargazing or how to use a telescope, as most space books are. It is a book about the weirdness of the cosmos. What sets Tim's book apart is that it focuses on extreme and eccentric stories and discoveries, with an emphasis on explaining the physics behind these in ways that are easy to understand.

TIM JAMES is a science teacher and populariser, YouTuber, blogger and Instagrammer. His YouTube videos have been viewed over 410,000 times and his website receives over 2,000 hits a week. He has regularly appeared on BBC Radio as a science consultant. Raised by missionaries in Nigeria, he fell in love with science at the age of fifteen and refuses to get over his infatuation. After graduating with a Master's degree in chemistry, specialising in computational quantum mechanics, he decided to get straight into the classroom. His first book, *Elemental: How the Periodic Table Now Explains (Nearly) Everything* was selected by the Daily Mail as one of the best books of 2018, his second, *Fundamental: How quantum and particle physics explain absolutely everything (except gravity)*, will be published in August 2019. Option Publishers: Chinese Simplified (Beijing Xiron Books), German (Benevento), Polish (Proszynski Media), Portuguese in Brazil (Zahar), Turkish (Timas Yayinlari), US (Overlook Press).



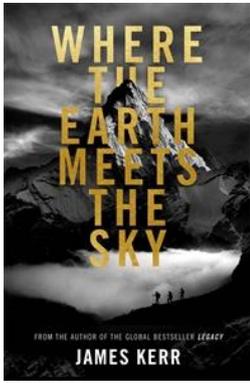
## THE CLIMATE IS CHANGING, WHY AREN'T WE? A PRACTICAL GUIDE TO HOW YOU CAN MAKE A DIFFERENCE by Daisy Kendrick

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).

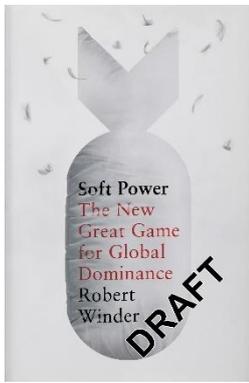
## **FROM ACONITE TO THE ZODIAC KILLER: A DICTIONARY OF CRIME by Amanda Lees**

Popular Crime & History | Robinson | 224pp | July 2020

**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.



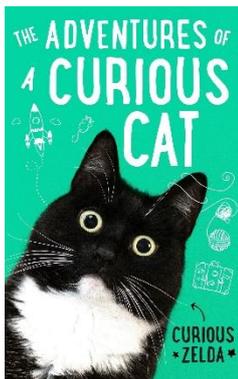
## **SOFT POWER: THE NEW GREAT GAME FOR GLOBAL DOMINANCE by Robert Winder**

Politics & Culture | Little, Brown | 400pp | July 2020 | Korea: EYA | Japan: EAJ

### ***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 privilege. 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 Knauer; Turkish – Profile Kitap; Vietnamese – Culture JSC-Viet Nam*



## Culture

### Highlights

WRAPPED IN BEAUTY

THE LITTLE BOOK OF HUMANISM

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

Religion & Culture | Constable | 288pp | September 2020 | Korea: EYA | Japan:

**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 transported. 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.

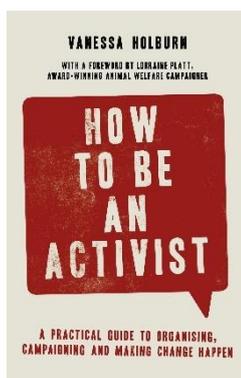
BLANCHE GIROUARD read Classics and Theology at Oxford and then, after working as a prison officer, barrister and youth worker, took a post as a teacher of Religious Studies at North London Collegiate. She has made features for BBC World Service and presented features on BBC Radio 4. She also interviews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

### **\* MODERN TAROT by Alice Grist**

Culture | Piatkus | 240pp | July 2020

The tarot has seen a huge revival in the past decade, with more people interested in learning about how they work and how they can connect to the cards. Modern Tarot provides them with everything they need to know, from what tarot is, to how to choose a deck and start using their cards by connecting to their own intuition. It delves into the author's 25 years of modern-day experience and shares her vast knowledge, secrets and many fun anecdotes. This is a gentle and empowering book to bring tarot fully into the 21st century, while allowing the reader to gain some serious tarot wisdom.

ALICE GRIST is a reader of tarot, speaker and an award-winning author of popular non-fiction spirituality books. She writes articles for *Rebelle Society*, *The Daily Guru*, *The Daily Love*, *Soul and Spirit*, *Spirit and Destiny*, *Kindred Spirit*, *Haunted Magazine*, *Huffington Post*, *Hello Giggles*, *Amanda De Cadenet's The Conversation*, *Natural Health*, *The Daily Love*, and many more. She also writes the Tarotscopes for *Spirit Guides* magazine.



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

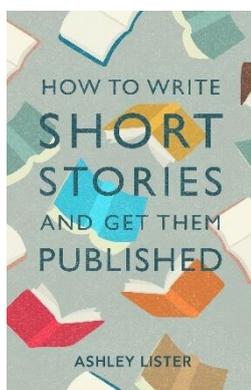
Politics | Constable | 224pp | January 2020 | Korea: Danny Hong | Japan:

**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.



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

How-to-Guide | Robinson | 256pp | December 2019 | Korea: KCC | Japan: TMA

**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.

**\* THE LITTLE BOOK OF HUMANISM: UNIVERSAL LESSONS ON FINDING PURPOSE, MEANING AND JOY by Alice Roberts & Andrew Copson**

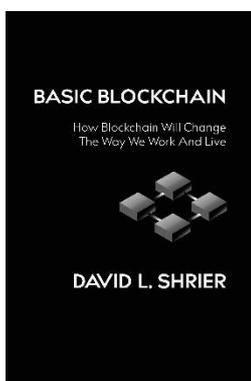
Popular Philosophy | Piatkus | 160pp | May 2020

**We all want to lead a happy life. Traditionally, when in need of guidance, comfort or inspiration, many people turn to religion. But in an increasingly secular world, there is another way to live and treat others well**

In *The Little Book of Humanism*, Alice Roberts and Andrew Copson share over two thousand years of humanist wisdom through an uplifting collection of stories, quotes and meditations on how to live an ethical and fulfilling life, grounded in reason and humanity. With beautiful imagery, playful text design and original artwork, *The Little Book of Humanism* is the perfect introduction to humanist thought and a timeless anthology of some of history and today's greatest thinkers.

ALICE ROBERTS is a writer, broadcaster and President of Humanists UK. She is the bestselling author of eight popular science books including *Evolution: The Human Story*, *The Incredible Unlikelihood of Being and Tamed: Ten Species that Changed Our World*. She has written and presented television series for BBC2, BBC4 and Channel 4, including *The Incredible Human Journey*, *Origins of Us*, *Ice Age Giants*, and several *Horizon* programmes.

ANDREW COPSON is the Chief Executive of Humanists UK and President of Humanists International. He has provided a humanist voice on television and radio and written for publications including *The Economist*, *Guardian*, *The Times* and *Buzzfeed*. He has been the humanist contributor to many compendiums and anthologies of quotations, he edited the *Wiley Blackwell Handbook of Humanism* with AC Grayling, and he is the author of *Secularism: A Very Short Introduction*.



**\* BASIC BLOCKCHAIN: WHAT IT IS AND HOW IT WILL CHANGE THE WAY WE WORK AND LIVE by David Shrier**

Culture | Robinson | 224pp | January 2020 | Approx. 10 b/w diagrams

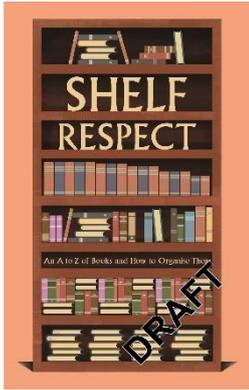
**A revolution is under way across the globe, yet very few people understand it. Basic Blockchain will explain everything you need to know to understand the technology that will soon disrupt and revolutionise everything from financial and health services to the property market and how we vote**

Born of an obscure body of research on game theory developed at MIT, originally championed by child pornographers and drug dealers seeking to launder ill-gotten gains, accelerated by entrepreneurs seeking to improve financial access for the poor, funded by giant corporate interests attracted to the potential for billions of dollars of cost savings, blockchain heralds a new era of financial inclusion, legal inclusion for the dispossessed and lower prices for consumers. In short, it will enact radical change on our lives.

In this book, DAVID L. SHRIER, one of MIT and Oxford University's leading futurists, explains for the general reader:

- The history of blockchain, its apocryphal progenitor Satoshi Nakamoto and the socioeconomic context of its origins in the 2008 financial crisis.
- How blockchain works, including the core technologies that drive it such as cryptographic hashes and network theory, all described in simple, understandable terms.
- The potential of blockchain, including its impact on our jobs, industry and society as a whole.

Blockchain is the new internet, and it will disrupt and transform the economy and society in the same way. Most people don't understand it (yet), but this accessible book, written by a global authority on blockchain, is the essential introduction to the next technological revolution.



### \* **SHELF RESPECT**

Interior design/collectibles | Sphere | 192pp | 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.

*German - HarperCollins Germany*



# Business & Management

## Highlights

HOW TO BE UNREASONABLY SUCCESSFUL

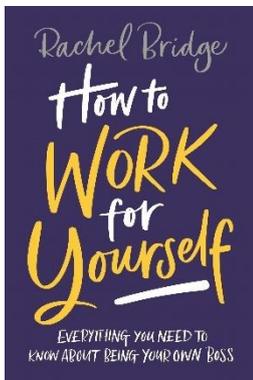
## \* **90 RULES FOR ENTREPRENEURS by Marnus Broodryk**

Business | Robinson | 256pp | March 2020

**Discover the secrets that distinguish successful entrepreneurs from those who fail and learn which rules to follow and which to break. Marnus Broodryk, one of South Africa's best-known young entrepreneurs, shares the lessons he wishes he'd been taught before he started out.**

This is not just another one of those books about 'rules'; this book may be the defining factor that will turn your dream into reality. Many have succeeded at being an entrepreneur, but many, many more have failed. Which side would you rather be on? Sure, entrepreneurship is often about breaking the rules. But there are also a number of them that you should follow if you want to survive long enough to see what happens when you do. A business should be more than just a venture – it should be an adventure! The difference between a successful journey, rather than a wasted one, is knowing when to do what. That is what this book is about. Not science, but experience. The rules of hustle.

MARNUS BROODRYK was born and raised in the small town of Harrismith in the Free State, South Africa. Raised by a single mom, who could barely afford his school fees, his 'rags to riches' success story reads like a movie script. He started washing cars and cutting grass to pay for school himself, followed by 18-hour days to get through university. A short decade later and Marnus has built one of the most valued and successful accounting firms in South Africa and was the youngest investor ever to be on the international television show Shark Tank. Today, this 32-year-old entrepreneur is the founder and CEO of The Beancounter, an accounting firm that takes the stress out of accounting for small- and medium-sized businesses. Marnus is arguably one of the most well-known entrepreneurs in South Africa and has become a thought leader and advocate for small business owners.



## \* **HOW TO WORK FOR YOURSELF by Rachel Bridge**

Business | Little, Brown | 208pp | March 2020

Working for yourself can be an incredibly rewarding way of making a living, giving you more freedom, control, fun, satisfaction and even money, than you could have imagined. But if you have never done it before, it can be difficult to know where to start, how to get established and the pitfalls to look out for along the way.

This book is a step-by-step guide, showing you how to do it in an effective, fulfilling and rewarding way. Drawing on Rachel Bridge's extensive experience and those of many others who already work for themselves, it contains practical advice and information, real-life examples and essential top tips to help you make a successful transition to working for yourself. You'll learn how to decide if this is the right path for you, how to get started, the key issues you need to think about and how to overcome obstacles and setbacks - not just from a practical point of view, but from a personal, financial and emotional perspective too. So whether you are currently in a salaried job and exploring the idea of going it alone, about to take your first step into the workplace after school or university, have just been made redundant or are already working for yourself, but need help and guidance on how to do it better, this is the book for you.

## \* **POWER AHEAD** by **James Reed**

Management | Piatkus | 256pp | January 2020

**By the time you retire you'll have spent a third of your life working. That's far too long to be stuck in a job you hate or even tolerate. You want one you find rewarding – in head and heart, as well as wallet – but where to start?**

The good news is the future lies in your hands. With the right actions and attitude, you can power ahead with a career you enjoy. To grasp this opportunity, you'll need to challenge your old thinking and approach the world of work with new eyes, but you won't be doing it alone. This book will show you the 12 ways of supercharging your career, so you leap out of bed every Monday morning ready to take on the world. The book is written by James Reed, Chairman of REED, Britain's best-known recruitment brand and employer of over 3,500 people. Over the past 25 years he has helped millions of people to find jobs, and in doing so has talked with countless job seekers and thousands of recruiters as well as his own business network. This has given him a deep insight into what makes some people successful in building a rewarding career, while others are stuck in the confusion and frustration of not landing the job they want.

JAMES REED is the Chairman of REED, Britain's biggest and best-known recruitment brand and the largest family-owned recruitment company in the world. Since James joined the company in 1992, REED has grown into a billion-pound business and reed.co.uk has become one of the leading job sites in the UK and Europe. REED now receives more than 40 million job applications a year and has delivered over 100 programmes to help more than 150,000 long-term unemployed people back into work.

A Fellow of the Chartered Institute of Personnel and Development (CIPD), James is also a regular media commentator with recent appearances including BBC Breakfast, BBC Radio 2's Jeremy Vine Show, Channel 4's Sunday Brunch, Sky News, and The Apprentice. He has also contributed insight to a wide range of publications including the Financial Times, Harvard Business Review, and The Sunday Times. James enjoys talking in public about all matters work, jobs, and careers related.

## **THE LEGACY WORKBOOK: A PRACTICAL GUIDE** by **James Kerr**

Management | Constable | 224pp | September 2020 | Korea: Duran Kim | 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**

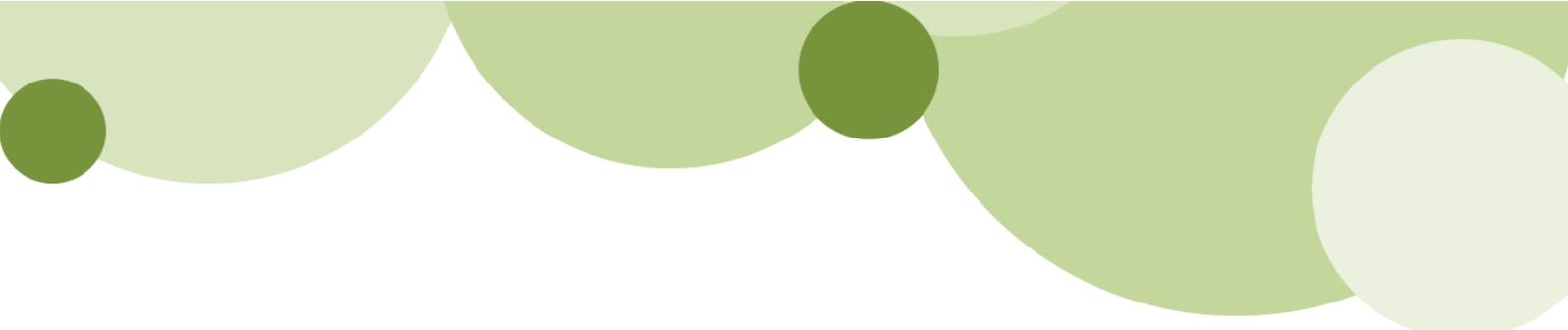
Management | Piatkus | 336pp | June 2020 | Korea: KCC | Japan: EAJ

**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).

*US – Entrepreneur Press*



# History

Highlights

GLADIUS

## GLADIUS: LIFE IN ROMAN ARMY by Guy de la Bédoyère

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

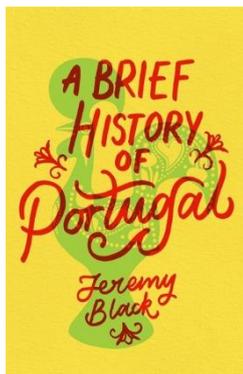
*Titus Flaminius ... of Legion XIV Gemina, served as a soldier for 22 years, and now here I am. Read this and be more or less lucky in your lifetime. - Tombstone of a legionary, found at Wroxeter, Britain. Mid-1st century AD*

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.

*Chinese (Simplified) - Ginkgo*



### 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*.

**\* A BRIEF HISTORY OF MEDITERRANEAN: FROM THE PHOENICIANS TO THE PRESENT DAY by Jeremy Black**

History | Robinson | 288pp | July 2020

**This concise and very readable history of the Mediterranean Sea, from the Phoenicians to the present day, is intended for a popular audience of holidaymakers, looking for something less weighty than a 600-plus-page historical tome, but something much more informative and authoritative than the sort of potted history to be found in a travel guide.**

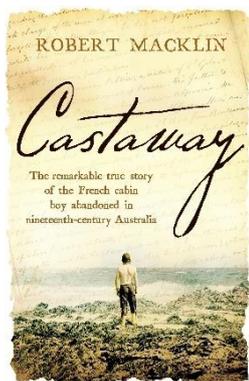
The Mediterranean welcomes tens of millions of tourists, both international and local, every year. Whether cruising or lounging on a beach, the sea itself is the focus for many tourists. This concise history will provide an account of the Mediterranean in which the experience of travel is foremost: for tourism, for trade, for war, for migration and for culture. It will cover everything from the Phoenicians to the modern tourist cruising in comfort. Throughout, there will be an emphasis on the sea and on the port cities – such as Athens, Barcelona, Naples and Palermo – visited by cruise liners. Black covers everything from the ancient world of the Phoenicians, Greeks and Romans, the age of galley warfare and the battle with Islamic forces at Lepanto, to Shakespeare's Mediterranean – A Comedy of Errors, Othello, The Tempest and The Merchant of Venice. He explores the Renaissance and the Baroque, the beginnings of English tourism, Nelson at the Battle of the Nile and the establishment of British power in Gibraltar, Minorca and Malta. He looks at the retreat of Islam as European powers take over in North Africa, the age of steam and the birth of the Pax Britannica as the British take over in Cyprus, Egypt and the Ionian Islands. Black considers the significance of the Suez Canal and the route to India; the Riviera; the Mediterranean as a theatre of war in the Second World War and the Cold War; oil and the Middle East; and, finally, the relatively recent history of cruising the Mediterranean.

**\* THROUGH THE LOOKING GLASSES: The Spectacular Life of Spectacles by Travis Elborough**

History | Little, Brown | 256pp | March 2021

**'Everything was made for a purpose; everything is necessary for the fulfilment of that purpose . Observe that noses have been made for spectacles ; therefore we have spectacles' from Voltaire's Candide**

With the broad appeal of books by the likes of Mark Kurlansky, Billy Bryson and Simon Garfield Travis Elborough uses a single , life-changing object to tell a much bigger story. Using personal observation, memoir, reportage, science, social history and cultural criticism , the book moves chronologically through the story of spectacles The historical scope is wide, ranging from early theories about how the eye worked and theological and philosophical arguments about the limits of perception by Greek thinkers and Arab scholars, through to the ingeniousness of Italian glassmakers in the Medieval and Renaissance periods. There are appearances by the great and the good bespectacled men and women of yesteryear, running the gamut from the fictional Clark Kent in Superman to the authors Aldous Huxley, James Joyce, and Angela Carter, and including such actors and musicians such as Buddy Holly, Michael Caine, Dizzy Gillespie and John Lennon, and their lorgnettes, monocles, Pince-nez, horn-rims, tortoise-shell 'Oxfords' and Ray Ban aviator shades. Through the Looking Glasses is about vision and the need for humanity to see clearly and where the impulse to improve of our eyesight has led us. The society of the spectacle may finally be upon us . . . but how much of it do we really see? Acclaimed by the Guardian as 'one of the UK's finest pop culture historians.' Travis Elborough has been a writer, author and broadcaster for twenty years.



## **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 and military 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 | September 2021

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

29<sup>th</sup> 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.

## **SLAVE EMPIRE: HOW THE ATLANTIC WORLD MADE MODERN BRITAIN by X.**

### **Scanlan**

History | Robinson | 304pp | October 2020

**How Slavery Made Modern Britain. The British empire, in sentimental myth, was more free, more just and more fair than its rivals; if other empires left their old colonies backward basket cases when their power waned, the British empire left railways, print culture and democracy. The claim that the British empire was 'free' and that, for all of its flaws and missteps, it offered promised liberty to all its subjects has always been a lie – the British empire was built on slavery.**

Slave Empire puts enslaved people at the centre of the global web of colonies, territories, outposts, commercial projects and institutions that made up the British empire. The book explores the world of British slavery in intimate, human detail. Each chapter takes readers to a particular moment and place important to the history of British slavery – from the Jamaican bivouac of Oliver Cromwell's New Model Army in 1655, to the secret meetings of enslaved revolutionaries in Barbados in 1816 – and builds outward, showing how slavery and the work of enslaved labourers were the sinews of the empire. With vivid original research and careful synthesis of innovative historical scholarship, Slave Empire shows that British freedom and British slavery were made together.

Dr PADRAIC X. SCANLAN is an historian of Britain and its relationship to the wider world, with a particular focus on histories of slavery, capitalism and emancipation from the early seventeenth to the mid-nineteenth centuries. His research centres on the practices and material history of the abolition of slavery and the slave trade, and the effects of abolition on the governance of Britain and the British empire. He is also broadly interested in the social and administrative histories of bureaucrats and bureaucracies, and in the history of everyday economic life.

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

History | Robinson | 512 pp | August 2021

**A significant new work on slavery in the Americas as an agent of global change, the culmination of the life's work of respected historian of slavery James Walvin. It draws on the latest research to show the significance of the impact of slavery in the Americas on the entire world, from South America to China and from Scandinavia to Africa. Walvin also looks at the Americas as a whole rather than focusing more narrowly on North America.**

Walvin explores the transformation of the world as a result of the global reach of the Atlantic slave system, from the Peruvian silver mined by slaves, which was so vital to the finances of imperial China, to the significance of Swedish iron, vital for shackles and firearms; also the development of regulated labour, bookkeeping and numerous other innovations. Walvin aims to shift the debate about slavery from its more narrowly focused interest on particular countries, to considering slavery as an agent of major global change. At one level – the stark demography of slavery – this is obvious enough: many millions of people of African descent now live in the Americas – their ancestors landed there, against their wishes, as slaves. Twelve million Africans were embarked; eleven million landed in the Americas. But that is merely the most striking of many global changes wrought by slavery.

JAMES WALVIN is the author of many books on slavery and modern social history. His book, *Crossings*, was published by Reaktion Books in 2013 and he is the author of *How Sugar Corrupted the World: From Slavery to Obesity* (Robinson, 2017) and *Freedom: The Overthrow of the Slave Empires* (Robinson, 2019). His first book, with Michael Craton, was a detailed study of a sugar plantation: *A Jamaican Plantation, Worthy Park, 1670–1970* (Toronto, 1970). He became a Fellow of the Royal Society of Literature in 2006, and in 2008 was awarded an OBE for services to scholarship. He has recently been granted the Los Angeles Times Distinguished Fellowship in the History and Culture of the Americas for 2019–2020 and will be living and working in Los Angeles for a year.

*US – The University of California Press*

**\* THE SECRET HISTORY OF SOVIET RUSSIA'S POLICE STATE: CRUELTY, CO-OPERATION AND COMPROMISE, 1917-91 by Martyn Whittock**

European History | Robinson | 288 pp | June 2020

Citizens of the West have, for the most part, been told a very simplified story of the repressive 'totalitarian' state that was the USSR. In fact, it was sustained by more than just policing and force. No amount of revisionist history can erase the reality of millions controlled, imprisoned and killed, but there was much more to the USSR's one-party state than this. Whittock tells a more complex story of the combination of cruelty, co-operation and compromise required to build and run a one-party state. Much of this is the story of the role played by the secret police in creating and sustaining such a form of government, but it is much more than simply a 'history of the secret police'. This is because the 'police state' which emerged (in which dissent, both real and imaginary, was undoubtedly policed, threatened and ruthlessly eliminated) was more than just the product of the arrests, interrogations, executions and imprisonments carried out by the secret police. The USSR was also made possible by a battle for hearts and minds which led millions of people to feel that they really had benefited from the system and had a stake in the new society.

MARTYN WHITTOCK graduated in Politics from Bristol University in 1980, where his degree special study was in the Development of the Soviet State. He taught history at secondary level for thirty-five years, teaching Soviet History at A-Level and writing an A-Level text book entitled *Stalin's Russia* and a GCSE textbook on Russia and the Soviet Union 1917-1941. He has acted as an historical consultant to the National Trust, the BBC and English Heritage and is the author or co-author of forty-eight books, including *A Brief History of Life in the Middle Ages*, *A Brief History of the Third Reich* and *Norse Myths and Legends*.

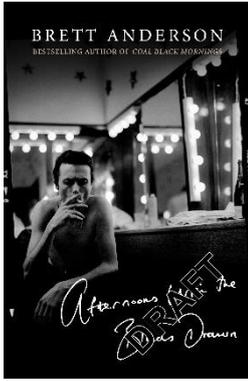


## Music

### 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).

*Chinese Simplified* - United Sky News Media; *Finnish* - Sammakko; *Serbian* - Dibidus Films & Books; *Spanish* - Contra:

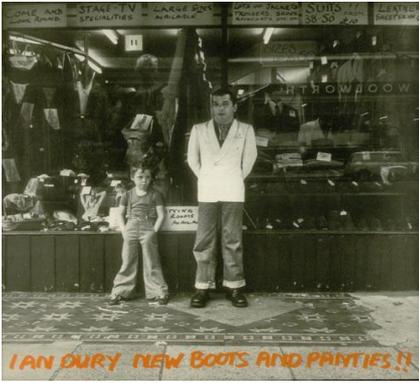
## **FUNK IS ITS OWN REWARD: FROM RHYTHM & BLUES TO HIP HOP by Lloyd Bradley**

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).



## **UNTITLED MEMOIR by Baxter Dury**

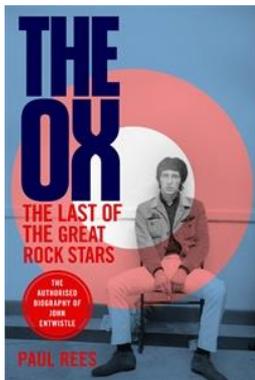
Memoirs | Corsiar | 288pp | August 2020

**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. Its 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.



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

Biography | Constable | 352pp | March 2020 | Korea: | Japan: EAJ

**The authorised biography of The Who's John Entwistle**

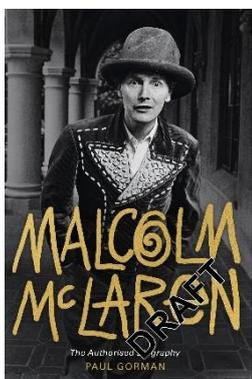
It is an unequivocal fact that in terms of rock bands, the Beatles, the Rolling Stones and the Who represent Year Zero; the beginning of all things, ground-breakers all. To that incontrovertible end, John Entwistle, the Who's beloved bassist, is also without question one of the thirteen most important 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



## Memoirs & Biography



## **MALCOLM MCLAREN: THE AUTHORISED BIOGRAPHY by Paul Gorman**

Biography | Constable | 448pp | 3x 8pp plate sections | April 2020 | 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.

PAUL 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*

### **\* BROKEN BLUE LINE by Alistair Livingstone**

Memoir | Little, Brown | 288pp | September 2020

As a policeman, Ali Livingstone was dubbed Supercop for the number of arrests he made. His bravery was described in Ben Ando and Nick Kinsella's *Beyond the Call of Duty*. But then he broke down. This, vividly told, is the story of what brought him to that point, and how he began his painful recovery.

ALI CAMPBELL joined the police force, in Ipswich, in 2001. He went on to make more arrests than any other police officer and was dubbed Super Cop in the media. He has just retired from the job he loved as a result of mental health issues.

### **\* 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 KNIGHTS'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).

\* **PARTING WORDS by Benjamin Ferencz**

Memoir | Sphere | 128pp | September 2020

**Secrets to a happy life, from a Hungarian-born American centurion who has done the most extraordinary things with his.**

How many people do you know grew up as an immigrant in America during the Great Depression, won a scholarship to Harvard Law School, landed on the beaches of Normandy on D Day, fought at the Battle of the Bulge, was present at the liberation of concentration camps including Buchenwald, Mauthausen and Flossenburg, held leading Nazis to account at the Nuremberg trials and has fought for an International Criminal Court to hold war crimes to account the world over? Now you know one.

Benjamin Ferencz turns 100 in 2020. In the century since he was born, he has witnessed more change, more history and more life than many of us can hope – or sometimes want – to see. He has been an immigrant, a poor boy, a rich man, a soldier, a liberator, a prosecutor, a defender, a change maker, a son, a brother, a husband, a father and many other things besides. He has had an utterly remarkable life, and with it has come a perspective on the world unlike anyone else's. In PARTING WORDS, Ben shares the extraordinary, humble and compelling lessons he's learned along the way, from the subjects of courage and ambition to love, liberty, happiness and fulfilment.



# Health, Self-Help & Popular Psychology

## Highlights

FRIENDS

THINKING

SUPER-WOMEN

THE ACT OF LIVING

SURVIVING STROKE

THE LITTLE BOOK OF MOON MAGIC

## **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 | July 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 subgroup 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.

## **\* THE LITTLE BOOK OF MOON MAGIC: WORKING WITH THE POWER OF THE LUNAR CYCLES by Sarah Bartlett**

Mind, Body, Spirit | Piatkus | 256pp | June 2020

**Whether you seek emotional healing, spiritual growth or better relating, THE LITTLE BOOK OF MOON MAGIC will give you all the tools to channel the moon's energy whenever you need it.**

This little book is filled with secret ways to connect you to the magic and mystique of the moon's power. By using rituals, astrology and affirmations, you will discover how to draw down and maximise this potent lunar energy at the most auspicious times, to make your life what you truly want it to be. From wishing on the new moon and manifesting success, to knowing when to attract new romance, this guide reveals how to go with the flow of the moon to bring you the happiness you seek.

This book also reveals how to track and utilise astrological lunar cycles throughout the year for self-improvement, as well as working with eclipses for positive transformation. You will also discover how your moon-sign determines your moods, comfort zones, emotional needs, and the kind of partner you feel most at home with. Learn also how to work with your personal moon-sign in tandem with the moon's phases for wellbeing and harmony in the home.

This is a book for all those wishing to deepen their connection with nature and take their spiritual practice to a new level.

Sarah Bartlett is the author over many books, including THE LITTLE BOOK OF PRACTICAL MAGIC and the bestselling TAROT BIBLE. She has been the astrologer for the *Evening Standard* as well as many women's magazines such as *Cosmopolitan* and *Spirit and Destiny*. She contributes as astrologer to BBC Radio 2 and is one of the founding members of theastrologyroom.com where she provides both weekly content and a consultation service. Option publishers: Armenia (Italy), Profil (Turkey)

## **FRIENDS by Robin Dunbar**

Psychology | Little, Brown | 352pp | February 2021 | Korea: Danny Hong | Japan: EAJ

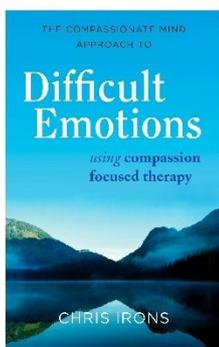
### **THE book on friends, our social lives and the meaning of friendship**

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."

*Korean – Across Publishing Co.*



## **THE COMPASSIONATE MIND APPROACH TO DIFFICULT EMOTIONS by Chris Irons**

Self-help | Robinson | 288pp | December 2019 | Korea: Duran Kim | Japan:

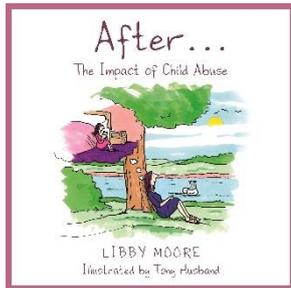
### **A new title in the COMPASSIONATE MIND APPROACH series helping you to deal with emotional problems and regulate your intense feelings and impulses**

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](http://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.

*German – Arbor Verlag GmbH*



### **AFTER... The Impact of Child Abuse by Libby Moore and Tony Husband**

Self-Help | Robinson | 64pp | December 2019

**I want to talk about the things that are happening to you... to us.**

As a little girl, Libby Moore was sexually abused by someone she should have been able to trust. Sadly, her experience is not uncommon. Many vulnerable children find themselves trapped in similarly devastating situations.

Abuse leaves indelible marks; Libby lives with severe low self-esteem that has affected her relationships, career and choices into adulthood. She wishes that she could have supported and comforted her younger self, and explained that even when darkness seems all around light still exists. After... is Libby's way of reaching out and reconnecting with her younger self - and to all other survivors of child abuse.

Essential and heart-breaking, with powerful and expressive illustrations by acclaimed cartoonist Tony Husband, this is a compelling and universal personal story. It will comfort and inspire anyone who has suffered childhood violence and abuse, and act as a trusted, therapeutic resource. Full of sensitivity and understanding, it takes a clear-sighted look at how trauma can affect and shape us and explains how through self-compassion we can learn to embrace life and begin to live again.

### **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.

\* **HAPPY GUT, HAPPY MIND 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**

An expert in the field of gut health, Eve Kalinik believes that nourishing and supporting the gut is at the core of our health and wellbeing. In recent years the interest in gut health has continued to develop with many books being released on the subject, but many people remain unaware of the impact the health of your gut has on your mental health and wellbeing. The fact that 95 per cent of serotonin (often dubbed our 'happy hormone') is produced and managed in the gut is just one of the incredible statistics that links the two and yet many people don't realise that supporting their gut can bring a happier state of mind.

HAPPY GUT, HAPPY MIND will take the gut health conversation further to create an insightful and captivating approach to the gut-brain connection that combines Eve's scientific knowledge and practical advice with inspiring and delicious recipes. It will highlight the impact of gut health on overall wellbeing, help the reader to combat the stresses of modern living and the impact this has on the gut, as well as looking at more specific mental health conditions.

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). Option Publishers: Red Edizioni (Italian)

\* **SURVIVING STROKE: THE STORY OF A NEUROLOGIST AND HIS FAMILY by Helen Kennerley & Udo Kischka**

Health | Robinson | 192pp | 10 b/w illustrations/photos | May 2020

In October 2016, Udo Kischka suffered a severe stroke. A large intra-cerebral bleed, a bleed deep in the right side of his brain. He was not a typical stroke patient: Professor Kischka was a neurologist and specialist in stroke rehabilitation. Like all stroke patients, he embarked on a journey of recovery. In his case it was a re-education in his field of expertise. When he uttered the words, 'This is a life changing event' to his wife, Helen Kennerley, a few hours after the stroke, he had no idea just how life changing it would be or that there would be still be a good life to be had. Helen was a psychologist and CBT therapist who helped others and now had to help herself and her family, practising what she preached.

This accessible and relatable book provides insight and realistic hope about what might lie ahead following a stroke, as well as offering both practical and emotional support. Written by experts on both sides of the fence, this is a personal, honest and hopeful story of a family's survival after a life-changing stroke.

DR HELEN KENNERLEY is a consultant clinical psychologist and CBT therapist (NHS) and university tutor (University of Oxford), as well as a founding fellow of the Oxford Cognitive Therapy Centre. She is the author of *Overcoming Anxiety* (Robinson, 2014), *Managing Anxiety* (OUP, 1995), *How to Beat Your Fears and Worries* (Robinson, 2011), *Overcoming Childhood Trauma* (Robinson, 2000) and *An Introduction to Coping with Childhood Trauma* (Robinson, 2011), and co-author of *An Introduction to CBT* (SAGE, 2016). Professor Udo Kischka is a retired consultant neurologist in neurorehabilitation (NHS), an academic visitor (University of Oxford) and research visiting fellow (Oxford Brookes University). He is co-editor of *The Handbook of Clinical Neuropsychology* (OUP, 2010) and the co-author of *Head Injury* (OUP, 2009).

## \* **THINKING by John Paul Minda**

Popular Psychology | Robinson | 336 pp | Nov 2020

**This book will get you thinking about thinking. We understand more about the brain than ever before, and we also have more tools than ever before to help us think. This book will show you how your brain works, how your mind works, why we all make certain mistakes in thinking, and why that's not always a bad thing**

In order to understand how people behave, you need to understand how people think. And if you want to understand how people think, you need to have a basic understanding of cognitive psychology, cognitive science and cognitive neuroscience. This book explains cognition and the links between the brain, the mind and behaviour in a clear and straightforward way. Through interesting case studies and research examples, Minda shows how the brain is involved in mental activity, how memory works, how language affects thought, how good (and bad) decisions are made, and why we make predictable errors in our thinking. With practical applications for everyday life, this is a book that helps us become better thinkers, better learners and better problem-solvers. In the current era of big data, algorithms and AI, Minda argues that knowing about how humans think—how you think—is more important than ever before.

JOHN PAUL MINDA is a professor of psychology at the University of Western Ontario, Canada. He has been studying the mind and brain for over 20 years and has written extensively on the topic of how people think. He is the author of the textbook *The Psychology of Thinking*.

## **AGAINST THE GRAIN: THE PSYCHOLOGY OF REBELLIOUSNESS by Mark McDermott**

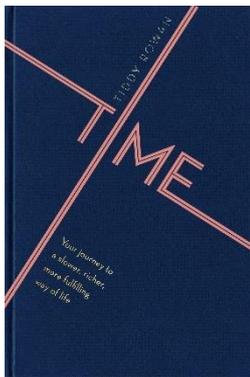
Popular psychology | Robinson | 288pp | 10 illustrations | May 2021 | Korea: EYA | Japan:

**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 | Korea: EYA | Japan: TMA

**Super-Women is a self-help manual for all women that helps you to battle depression, anxiety, trauma, chronic pain, gender discrimination, shame or sexual assault. It comes from the pioneering therapist and innovative author of Superhero Therapy and Therapy Quest.**

When we perceive that something has gone wrong in our lives, we tend to define ourselves by that problem - 'I have chronic pain', 'I was raped', 'I am overweight'. But what if that is not your whole story, but merely the opening of your superhero origin story? This unique self-help workbook helps you reframe your story and set goals for where you want your life to be, using the principles of Acceptance and Commitment Therapy (ACT). This timely book is designed exclusively for women in the more open post-#MeToo climate and deals frankly with the female lived experience of prejudice, assault, gaslighting and body image shaming, as well as looking at sexual and gender identity. It comes from an author who 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 provides training and consulting internationally. She has also contributed to a large number of books combining psychology with geek culture. Superhero Therapy sold rights in several territories, including a US edition with New Harbinger.

JANINA SCARLET is a licensed clinical psychologist in San Diego, USA, and is the pioneering creator of 'superhero therapy', which embraces examples from geek culture and encourages you to find your inner superhero.

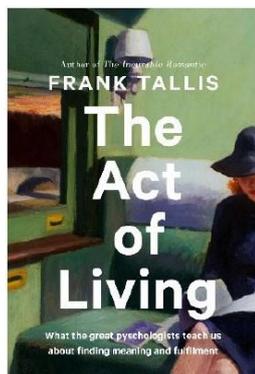
\* **HOW TO LIVE TO 100: One Woman's Quest for a Longer, Healthier Life by Ariane Sherine**

Health | Robinson | 272pp | October 2020

**When newspapers give daily contradictory advice on how to live longer, and on what foods will either help you or kill you, how do we know who to trust and what we genuinely should do? Comedian Ariane Sherine is on a quest to find out the truth, and with the help of Public Health Consultant David Conrad, she looks at the evidence for everything from drinking green tea to having regular sex**

As our life expectancy increases, the question of how to live to a ripe old age in a state of good physical health has become more pertinent than ever before. Government websites, media articles, TV shows, books and self-appointed gurus feed us a seemingly endless diet of advice and instruction on what to do, what not to do and which new scientific discovery could save us from an early death or spending our old age in festering in poor health. *How to Live to 100* cuts through the jargon and contradictory messages in a humorous, easily digestible style, providing simple evidence-based advice and information. In 100 bite-size chapters, the authors draw exclusively on the hard science, covering the key determinants of a long and healthy life as well as potential causes of early death, and address the latest hot topics in the field. Many chapters also include contributions from celebrities giving their own endorsements or condemnations of certain lifestyle choices. *Talk Yourself Better* has been a #1 bestseller in several Amazon categories, and featured contributions from David Baddiel, Dolly Alderton, Charlier Brooker and Stephen Fry amongst others.

ARIANE SHERINE is a comedy writer and journalist. She edited the bestselling *The Atheist's Guide to Christmas* and wrote *Talk Yourself Better*. DAVID CONRAD is a Consultant in Public Health and has co-edited four previous books on health interventions and protection.



**THE ACT OF LIVING: WHAT THE GREAT PSYCHOLOGISTS CAN TEACH US ABOUT FINDING FULFILMENT by Frank Tallis**

Psychology | Little, Brown | 352pp | June 2020

Science, technology and western liberal democracy have all had a dramatic impact on our quality of life. 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. Mental health statistics have never been worse.

The goals of psychotherapy are not so very different from the goals of everyday life. People want to be happy and optimise outcomes. Within the context of the clinic, this is best achieved by focusing on, and eventually removing, symptoms; however, the models developed by psychotherapists have a far broader range of application. Freud used psychoanalysis primarily to treat his patients, but he also used it to explain aspects of civilisation, society, art, literature and the supernatural. As such, 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. It is remarkable how the models of mind and behaviour arising from the practice of psychotherapy have had such little cultural impact. Shelves sag with self-help books, but most of these relate to specific problems and they do not address the broader challenges of the human condition. Yet, implicit in every model of mind are recommendations for life.

*The Act of Living* treats psychotherapy as a single, cohesive philosophical tradition. It synthesises the thinking of the principal figures in the history of psychotherapy (e.g. Freud, Jung, Adler, Frankl, Rogers, Fromm, Ellis and Laing) with a view to providing the reader with an accessible and practical guide to optimal living. Option Publishers: Bulgarian (CoLibri), Dutch (Atlas Contact), German (btb Verlag), Korean (ACROSS Publishing Co.), Lithuanian (Vaga), Portuguese (Lua de Papel), Portuguese in Brazil (Faro), Russian (AST), Serbian (Vulkan), Slovakian (Inaque), Spanish (Principal de los Livros), Turkish (Hep Kitap)

**\* THE LASTING CONNECTION by Michaela Thomas**

Self-help | Robinson | 272 pp | Nov 2020

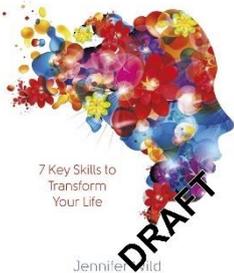
**Have you ever said the words ‘what is wrong with you?’ to your partner? Do you struggle against feelings of anger, fear or upset, wishing it away? Do you beat yourself up or blame yourself or your partner when things go wrong? Are you scared of being left, rejected, criticised or all alone? Do you find it hard to tolerate the bad parts of your relationship, the ‘worse’ in ‘for better, for worse’? Do you find that you miss the good bits you used to have?**

You’re not alone - we all struggle in our relationships, and in our lives. This book explains why we act in ways which we may regret in relationships, how we can make sense of them by developing compassion for ourselves and our partners, so we can connect on a deeper level. Using Compassionate Mind Training, we can become sensitive to our own suffering and that of our partner’s, so we can help alleviate it.

The book will include information based on what we know about the science and art of love; neuroscience about connection and how our brains work; the physiology behind the mind and body connection relevant to couples (e.g. touch and closeness), and about changing behavioural habits sustainably. The Lasting Connection builds on the bestselling successes The Compassionate Mind (over 120,000 copies sold) and The Compassionate Mind Workbook (over 10,000 copies sold), which have sold rights in many territories.

MICHAELA THOMAS is a clinical psychologist and couples’ therapist with many years’ experience in the NHS and private practice.

**Be Extraordinary**



**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 TELL DEPRESSION TO PISS OFF: 40 WAYS TO GET YOUR LIFE BACK** by

**James Withey**

Health | Robinson | 224pp | May 2020

**An accessible, comforting and practical book for anyone experiencing depression, by an author who has first-hand experience, both personal and professional, of the illness.**

Depression is a git. Truly it is. It is an illness that constantly tries to take you down, belittles you, criticise you, blame you, that gives you unbearable pain, destroys your motivation, concentration, gives you sleepless nights, anger, memory loss and has the capacity to kill you. In short, it needs to be given a darn good seeing to. I'm being polite, it needs a good beating and a wedgie at the very least. This book gives you 40 ways to get to a better place with this shitty illness. Unfortunately, we can't always get it to go away completely, but these tips will help you prioritise YOU and not the illness. The advice is born out of my many years working professionally with people with depression and my own discovery of what works when trying to manage depression, which I still live with. I have been on both sides and know how destructive this illness is, but also how resilient we can be. Depression hasn't beaten me because I keep throwing everything I can at it. Yes, it's exhausting but it means that you'll get moments in your life that are wonderful, and those moments are worth every ounce of effort.

You don't need to read this book in order; instead dip in and out when you can. Make marks on the book, write comments in the margin, circle words and phrases that resonate with you. It's fine not to like, agree with or try all the ways; you don't need to do them all. Pick the ones that appeal and give them a go. Then give them another go. Depression is a pernicious bugger, so you have to keep trying. Imagine it as bind weed trying to strangle a plant, you have to keep hacking away to keep it at bay. Keep going. You're doing great.

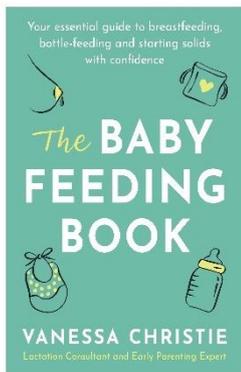


# Parenting

## Highlights

THE ZEN MAMA

HOW TO RAISE A TECH GENIUS



\* **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.

**THE ZEN MAMA by Sarah Ivens**

Parenting | Piatkus | 272pp | 10 b/w illustrations | April 2020 | Korea: | Japan: EAJ

**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.

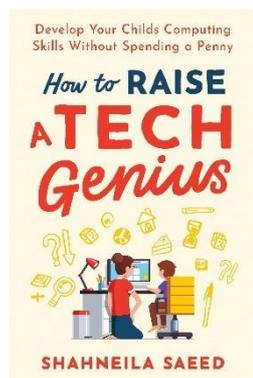
SARAH IVENS is the Editor of *OK! Magazine* in New York. She has also written for *Marie Claire*, *Tatler*, *Woman's Journal*, *Daily Mail*, *The Mail on Sunday*, *News of the World* and *GQ*. She is the author of the bestselling MODERN GIRL'S GUIDE TO GETTING HITCHED.

## \* THE STARTING SCHOOL BOOK by Sarah Ockwell-Smith

Parenting | Piatkus | 259pp | March 2020

There are so many issues surrounding starting school that parents struggle with ranging from selecting the best school for their child (and knowing the right things to look for and questions to ask), preparing their child emotionally and practically for starting, knowing what must-haves to buy (and what not to buy!), navigating school settling-in procedures, coping with behaviour regressions at home, friendship issues, anxiety, tricky behaviour at school, school refusal and homework. Despite these many concerns, there is little advice available for parents in this position. Most 'starting school' books are aimed at the children themselves. Parents are left to turn to internet discussion forums and social media to ask their many questions. The Starting School Book fills this gap.

SARAH OCKWELL-SMITH is the mother of four children. She has a BSc in Psychology and worked for several years in Pharmaceutical Research and Development. Following the birth of her first child, Sarah re-trained as a Paediatric Homeopath, Antenatal Teacher and Birth and Postnatal Doula. She has also undertaken training in Baby Massage, Hypnotherapy and Psychotherapy. Sarah specialises in gentle parenting methods and is co-founder of the GentleParenting website ([www.gentleparenting.co.uk](http://www.gentleparenting.co.uk)). Sarah writes a parenting blog ([www.sarahockwell-smith.com](http://www.sarahockwell-smith.com)) which is read by 3 million parents per year, and is the author of *BabyCalm*, *ToddlerCalm*, *The Gentle Sleep Book*, *The Gentle Parenting Book* and *The Gentle Discipline Book*. She frequently writes for magazines and newspapers and is often called upon as a parenting expert for national television and radio.



## 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 | July 2020 | Korea: Duran Kim | Japan: Uni

**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**

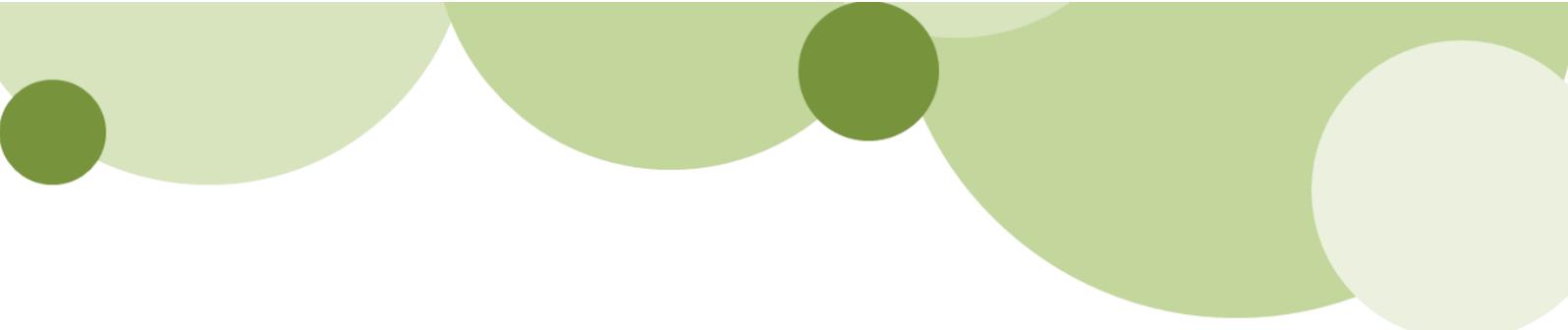
Parenting | Piatkus | 288pp | April 2020 | Korea: EntersKorea | Japan: EAJ

### **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

## \* **THE FOOD EFFECT DIET: VEGAN by Dr Michelle Braude**

Food & Diet | Piatkus | 288pp | January 2020

Ditch the complicated recipes, expensive products and supplements, vegan 'detoxes' and all the other crazes out there - that's the message of The Food Effect approach to nutrition - which, based on real science, separates the fads from the facts, and now presents the program that's had amazing results, adapted to suit a vegan diet.

Set to teach the simple secrets to long-term practical success for weight loss for vegans, The Food Effect Diet: Vegan is a simple, delicious, satisfying way of eating that sheds weight, boosts energy, lowers cholesterol and blood pressure, and also gives glowing skin, increased brain power and optimal health and vitality.

Simple and effective without over-complicating, The Food Effect Diet Vegan delivers a painless and proven way to achieve your weight loss goals and get you on the road to optimal health, all whilst following a vegan lifestyle easily and enjoyably.

Born in South Africa but brought up in Britain, MICHELLE BRAUDE qualified as a medical doctor at University College London. During her medical studies, she completed a BSc in Nutrition from King's College London as well as an elective in Gastroenterology at the Whittington Hospital. Four years ago Dr Braude decided to set up her own nutritional practice, The Food Effect, in north London. Her focus is not just helping people with diet and overall wellbeing but, as a doctor, with related medical conditions such as high blood pressure, cholesterol and diabetes.

Michelle also runs a popular online blog The Food Effect and she is regularly featured as an independent expert in the Daily Mail, Telegraph, Hello!, Women's Health and LOOK magazine. She is also a regular writer for the hugely successful international luxury web-magazine Chic-Overdose and popular models' website, Modellist-ID.

## \* **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: DELICIOUS SEASONAL DISHES FOR LIVING WELL WITH DIABETES 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 Types 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.



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

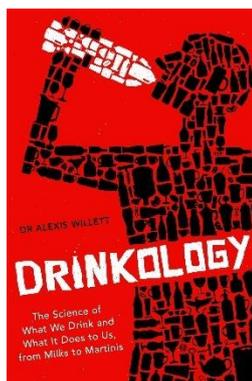
Health & Food | Robinson | 240pp | December 2019

**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 | 320pp | 20-30 b/w diagrams | October 2019 | Korea: Duran Kim | Japan :

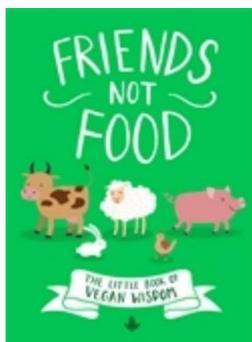
**A concise, scientific digest of many of the world's most popular drinks**

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.



\* **FRIENDS NOT FOOD**

Food & Drink | Sphere | 160pp | November 2019

FRIENDS NOT FOOD is a celebration of our relationship with our animal friends and is packed with vegan sayings as well as facts about both those animals and the industries that prey on them - the perfect gift for the vegan in your life, or for anyone who wants to save the planet or anyone who loves animals.

Between 2017 and 2018 the vegan market grew 66%, on top of a big increase from 2016-2017. Though there are many vegan cookbooks out there, there is little surrounding publishing about a vegan lifestyle as a whole. FRIENDS NOT FOOD would make the perfect vegan gift.

Millennials are driving the growth in veganism, and the #FriendNotFood hashtag has over 1.1 million posts on Instagram

## 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.



**OVERCOMING PERFECTIONISM**  
**OVERCOMING ANOREXIA NERVOSA**  
**OVERCOMING GAMBLING ADDICTION**  
**OVERCOMING CHRONIC FATIGUE**  
**OVERCOMING SOCIAL ANXIETY AND SHYNESS**  
**OVERCOMING INSOMNIA AND SLEEP PROBLEMS**  
**OVERCOMING RELATIONSHIP PROBLEMS**  
**OVERCOMING ANGER AND IRRITABILITY**  
**OVERCOMING LOW SELF-ESTEEM**  
**OVERCOMING SEXUAL PROBLEMS**  
**OVERCOMING PARANOID AND SUSPICIOUS THOUGHTS**  
**OVERCOMING TRAUMATIC STRESS**  
**OVERCOMING PANIC**  
**OVERCOMING ALCOHOL MISUSE**  
**OVERCOMING OBSESSIVE-COMPULSIVE DISORDER**

**AN INTRODUCTION TO COPING WITH EXTREME EMOTIONS**  
**AN INTRODUCTION TO COPING WITH DISTRESSING VOICES**  
**AN INTRODUCTION TO COPING WITH ANXIETY**  
**AN INTRODUCTION TO COPING WITH EATING PROBLEMS**  
**AN INTRODUCTION TO COPING WITH PHOBIAS**  
**AN INTRODUCTION TO COPING WITH STRESS**  
**AN INTRODUCTION TO COPING WITH CHILDHOOD TRAUMA**  
**AN INTRODUCTION TO COPING WITH DEPRESSION**  
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**AN INTRODUCTION TO COPING WITH HEALTH ANXIETY**  
**AN INTRODUCTION TO COPING WITH INSOMNIA**  
**AN INTRODUCTION TO COPING WITH OBSESSIVE COMPULSIVE DISORDER**  
**AN INTRODUCTION TO COPING WITH PANIC**  
**AN INTRODUCTION TO COPING WITH LOW SELF ESTEEM**

**AN INTRODUCTION TO LIVING WELL WITH PAIN**

**HELPING YOUR CHILD WITH A PHYSICAL HEALTH CONDITION**  
**HELPING YOUR CHILD WITH FEARS AND WORRIES**  
**HELPING YOUR CHILD WITH FRIENDSHIP PROBLEMS AND BULLYING**  
**HELPING YOUR CHILD WITH SLEEP PROBLEMS**  
**HELPING YOUR CHILD WITH LOSS, CHANGE AND TRAUMA**

**HOW TO BEAT FEARS AND PHOBIAS**  
**HOW TO BEAT DEPRESSION**  
**HOW TO BEAT FEARS INSOMNIA AND SLEEP PROBLEMS**  
**HOW TO BEAT PANIC DISORDER**  
**HOW TO BEAT WORRY AND GENERALISED ANXIETY DISORDERS**

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