

OCTOPUS

BOOKS USA

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SPRING SUMMER 2020

ASTER • CASSELL • CONRAN • GAIA
GODSFIELD • HAMLYN • MITCHELL BEAZLEY
PYRAMID • SPRUCE
MONORAY • ENDEAVOUR • ILEX
KYLE • SUMMERSDALE



Cassell
9781788401302
1788401301
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 1/2/2020
\$12.99/\$14.99 Can./£8.99 UK
Paperback

256 Pages
Carton Qty: 1
Print Run: 5K
Computers / Internet
COM060000
Status: **FORTHCOMING**

Related Products

Other Formats

Why Social Media is Ruining Your Life 9781788400626 \$14.99

Why Social Media is Ruining Your Life

Katherine Ormerod

Key Selling Points

- The book includes illuminating interviews with numerous experts in their respective fields, from behavioural psychologists, plastic surgeon and scientists, to social media influencers.
- According to a 2016 report, the typical mobile phone user touches his or her phone 2,617 times a day. A third of all divorce cases in the UK now cite the word "Facebook" in the proceedings. In 2017, a UK home insurance survey found that the "Instagrammability" of a destination was the primary booking motivator for a holiday for 18-33 year olds.

Summary

A no-holds-barred, no-filter look at what social media is doing to us as a society, and how we can deconstruct the online fantasy to change our own attitudes about modern womanhood.

Why Social Media is Ruining Your Life tackles head on the bona fide pressure cooker of social comparison and unreachable levels of perfection that social media has created in our modern world.

In her first book, Katherine Ormerod argues that we're all sitting on a dangerous, ticking time-bomb that will explode if we don't begin to take action. She uncovers how our social media addictions have broken our political systems, re-wired our behavioral patterns, destroyed our confidence and shattered our attention spans.

Ultimately, *Why Social Media is Ruining your Life* will provide you with the knowledge, tools and weaponry to combat the most consuming, addictive force humankind has ever created.

Contributor Bio

Katherine Ormerod has worked as a journalist for over a decade, starting her career as a fashion assistant at Sunday Times Style, moving to Grazia to become Senior Fashion News & Features Editor then on to Glamour where she was Fashion Features Editor at Large. Prior to her career, she graduated with a MA(Hons) in History from the University of Edinburgh and went on to get a Master's in Fashion History & Theory from the London College of Fashion. Katherine has written for the FT, the Telegraph, Harper's Bazaar and the Mail on Sunday.

Quotes

A no-holds-barred, no-filter look at what social media is doing to us as a society, and how we can deconstruct the online fantasy to change our own attitudes about modern womanhood.

Marketing Plans

National media outreach
Author social media platform
Giveaway programs

Comp Titles

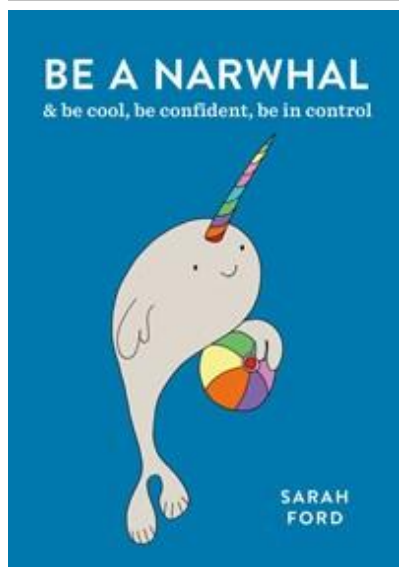
Reclaiming Conversation	Turkle, Sherry	Penguin Books	10/4/2016	9780143109792	\$18.00	Trade Paperback	Social Science
				0143109790	USD		
How to Break Up with Your Phone	Price, Catherine	Ten Speed Press	2/13/2018	9780399581120	\$12.99	Trade Paperback	Self-Help
				039958112X	USD		

Ten Arguments for Deleting Your Social Media Accounts Right Now	Lanier, Jaron	Henry Holt and Co.	5/29/2018	9781250196682 125019668X	\$18.00 USD	Hardcover with dust jacket	Computers
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Subrights

No subrights have been specified.



Spruce
9781846015854
1846015855
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 10/3/2019
\$8.99/\$9.99 Can./£6.99 UK
Flexibound

96 Pages
More than 40 illustrations
Carton Qty: 100
Print Run: 10K
Humor
HUM000000
Series: Be a...
5.9 in H | 4.3 in W | 0.6 in T | 0.3 lb Wt
Status: **FORTHCOMING**

Be a Narwhal

& be cool, be confident, be in control

Anita Mangan, Sarah Ford

Key Selling Points

- A great stocking filler or self-purchase, this will be a strong seller in non-traditional sales outlets as well as in bookshops
- Narwhals, described as 'unicorns of the sea', are a big 2019 gift trend
- This series has universal appeal, suitable for all ages and genders

Summary

A colorful gift book full of cute, hilarious and inspirational narwhal mantras.

Let Narwhal take you from the side lines and show you the true meaning of a successful life. He is always prepared to put in the hours whether nurturing his sea anemones or doing a big presentation to the reef. Feisty and passionate he's no back seat driver, always bursting with ideas, from how to break the ice at parties, to how to tickle a fish. And when all around is in meltdown, he'll stay in control and bounce back with a cool head and a calm heart.

Contributor Bio

Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals...

mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn.

Anita Mangan is a graphic designer and illustrator living, working and breathing in London. She has made a career out of being silly and has recently developed cloven hoofs.

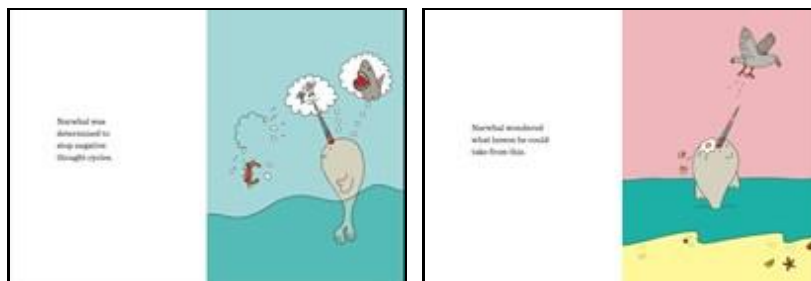
Quotes

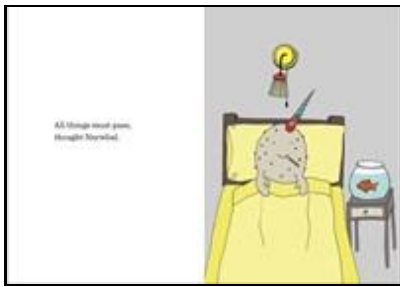
A colourful gift book full of cute, hilarious and inspirational narwhal mantras.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations





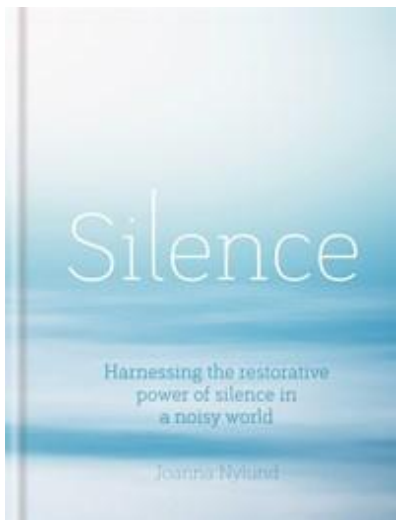
Comp Titles

50 Ways to Kill a Slug	Ford, Sarah	Hamlyn	7/1/2006	9780600608585 0600608581	\$5.95 USD	Paperback	Gardening
50 Ways to Kill a Slug	Ford, Sarah	Hamlyn	2/5/2013	9780600625131 0600625133	\$6.95 USD	Hardcover	Gardening
50 Ways to Kill a Slug	Ford, Sarah	Hamlyn	9/26/2017	9780600635031 0600635031	\$7.99 USD	Flexibound	Gardening
Sad Animal Facts	Barker, Brooke	Flatiron Books	9/6/2016	9781250095084 1250095085	\$19.99 USD	Hardcover Paper over boards	Humor
Happiness Is . . . 500 Ways to Be in the Moment	Swerling, Lisa	Chronicle Books	3/15/2016	9781452152011 1452152012	\$12.95 USD	Paperback	Self-Help
Be A Flamingo	Ford, Sarah	Spruce	3/6/2018	9781846015540 1846015545	\$6.99 USD	Flexibound	Humor
Be a Llama	Ford, Sarah	Spruce	4/3/2018	9781846015625 1846015626	\$6.99 USD	Flexibound	Humor
Be a Mermaid	Ford, Sarah	Spruce	4/3/2018	9781846015632 1846015634	\$6.99 USD	Flexibound	Humor
What Would Unicorn Do?	Ford, Sarah	Spruce	9/4/2018	9781846015663 1846015669	\$6.99 USD	Flexibound	Humor
Be a Sloth	Ford, Sarah	Spruce	3/5/2019	9781846015786 1846015782	\$6.99 USD	Flexibound	Humor
Be a Narwhal	Mangan, Anita	Spruce	3/3/2020	9781846015854 1846015855	\$8.99 USD	Flexibound	Humor

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Silence

Harnessing the restorative power of silence in a noisy world

Joanna Nylund

Key Selling Points

- Author of the bestselling Sisu
- Silence is a google trend reaching peak interest in March 2019.
- Search results for 'silent retreats near me' have increased 400% since 2018.
- Silent retreats are now a popular activity amongst millennial's and are often used as corporate retreats

Summary

Discover and implement practical ways of increasing silence in our daily lives. In our increasingly frenetic, modern lives silence has become a treasured commodity. In an era of constant technological stimulation, moments of silence and reflection are harder to achieve than ever before. But what really is silence and what effect does it have on our wellbeing?

In Silence, Joanna Nylund reflects on the cultural, scientific and spiritual impact of silence and the ways in which it has impacted our human history, while suggesting how we might be able to harness its power to boost our health. With practical tips and techniques Nylund demonstrates that integrating moments of silence into our everyday routine can increase creativity, improve communication and improve mental health.

Silence shows us that moments of quiet are not to be feared but are windows of introspection to be embraced and harnessed for our own personal development.

Contributor Bio

Joanna Nylund was born and raised in Finland, where she started her writing career doing music reviews for a local magazine at age 15. After studying English literature at university and living in the UK for a few years, she has been working as a translator, journalist, copywriter and photographer. She resides in Helsinki with her husband.

Aside from writing for Finnish newspapers and magazines on topics of culture, literature and history, Joanna is a regular contributor to ThisIsFinland, the Finnish Foreign Ministry's portal on all things Finnish, and SCAN Magazine. She has to rustle up a bit more sisu whenever cold autumn winds begin beating the Helsinki shoreline where she goes running, but secretly enjoys the challenge.

Find out more about Joanna on Instagram @joannaulfsdotter, Facebook @joanna.nylund or her website and blog at www.joannaulfsdotter.com.

Quotes

Discover and implement practical ways of increasing silence in our daily lives.

Marketing Plans

National media outreach targeting business & wellness

Author social media platform

Giveaway programs

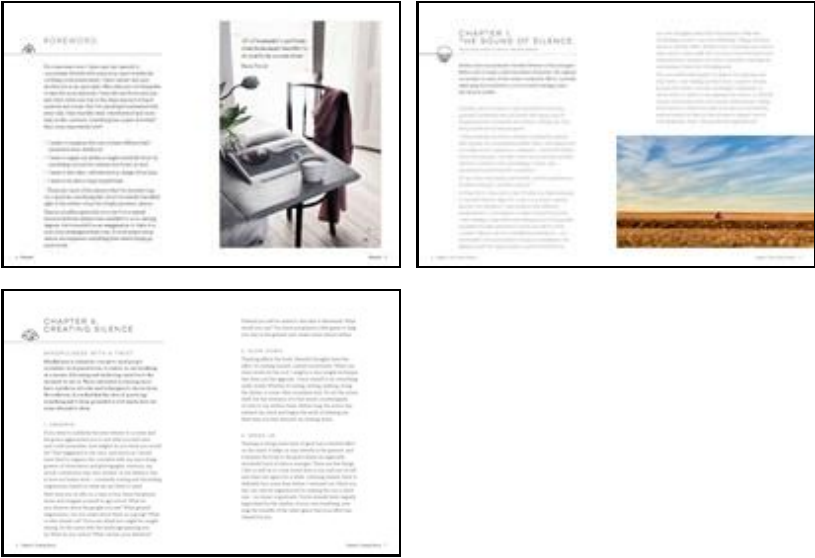
Trade & Library outreach

Gaia
9781856754200
1856754200
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 2/6/2020
\$14.99/\$16.99 Can./£10.00 UK
Hardcover

160 Pages
Print Run: 6K
Body, Mind & Spirit
OCC000000

7.1 in H | 5.3 in W
Status: **FORTHCOMING**

Illustrations



Comp Titles

Silence	Hanh, Thich Nhat	HarperOne	1/26/2016	97800622247050062224700	\$16.99 USD	Paperback	Religion
Sisu	Nylund, Joanna	Running Press Adult	10/9/2018	97807624650640762465069	\$17.00 USD	Hardcover Paper over boards	Self-Help
Silence	Kagge, Erling	Pantheon	11/21/2017	97815247332301524733237	\$19.95 USD	Hardcover	Self-Help

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Subrights

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DANIELLE
MARCHANT



HOW TO PRESS
PAUSE BEFORE LIFE
DOES IT FOR YOU



Aster
9781783253449
1783253444
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 1/2/2020
\$10.99/\$11.99 Can./£8.99 UK
Paperback

224 Pages
Print Run: 5K
Body, Mind & Spirit
OCC000000

7.8 in H | 5 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Pause 9781912023097 \$14.99

Pause

How to press pause before life does it for you

Danielle Marchant

Key Selling Points

- Danielle has 15,000 FB followers and well branded website www.lifebydanielle.com
- The World Health Organisation predicts that work-related stress, burnout and depression will top the list of the world's most prevalent diseases by 2020.

Summary

"Danielle Marchant is a beguiling leader - a refreshing mix of pragmatic and soulful. She facilitates with a light hand and an engaged heart" **Queen of Retreats**

Pause is an important message ready to be heard.

We check our phones an average of 221 times a day, we have apps that help us sleep and remind us to be mindful while we secretly measure our success in 'likes'. Time is our luxury and yet with technology we are never able to leave the office, even when we aren't there. The fear of missing out makes us rush from one thing to the next, not really taking any of it in.

Pause allows you to finally put yourself, your feelings and your intuition first. Learning to say no, doing the things that make you feel good, and not doing the things that don't make you feel good - these are not self indulgent. Listening to your own heart and wisdom doesn't make you selfish, slowing down to appreciate your life isn't lazy or unambitious. It is an ancient message, but still just as strong; when you pause to take care of yourself and your own life, you become the person you're meant to be.

This book gives you the space and the practices so that you can learn how to benefit from the power of the pause. It uses nature, creativity and your inner spirit to allow the energy to flow freely once again. There are exercises to ground you, give access to your intuition, to breathe deeply and allow your monkey mind to settle. It gives you time to explore what is big in your life right now, to know deep down what matters. It opens you up, allowing you to freely experience all the pain, the joy and the twists and turns of life. It gives you back your courage, your fire and your connection.

Contributor Bio

Danielle Marchant has a long work history as a successful executive coach in the corporate industry, working with top-level executives at companies such as HSBC , McKinsey Unilever and SAP. She has more than 13 years experience working with leaders in 20 different countries; and spent 3 years living and working in Asia, where she set up a pioneering coaching company and an award winning change management consultancy.

After learning that goals and ambitions could be just as happily and successfully achieved when simply allowing the body and mind to pause, she adapted her coaching style with both personal and corporate clients to flow rather than fight against the ups and downs of life.

Quotes

How to press pause before life does it for you.

Marketing Plans

Outreach to print and digital media

Links

- [Author Website](#)
- [Facebook Link](#)
- [Twitter Handle - @@LifeByDanielle](#)

Comp Titles

The Things You Can See Only When You Slow Down	Sunim, Haemin	Penguin Books	2/7/2017	9780143130772 0143130773	\$20.00 USD	Hardcover	Body, Mind & Spirit
Silence	Kagge, Erling	Pantheon	11/21/2017	9781524733230 1524733237	\$19.95 USD	Hardcover	Self-Help
Pause	Marchant, Danielle	Aster	9/5/2017	9781912023097 1912023091	\$14.99 USD	Paperback	Body, Mind & Spirit
Little Book of Pause	Marchant, Danielle	Aster	6/26/2018	9781912023721 1912023725	\$8.99 USD	Paperback	Body, Mind & Spirit

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Aster
9781783253371
1783253371
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 12/26/2019
\$19.99/\$21.99 Can./£14.99 UK
Hardcover

288 Pages
Print Run: 7K
Biography & Autobiography
BIO000000

8.7 in H | 5.4 in W
Status: **FORTHCOMING**

The Unexpected Joy of the Ordinary

Catherine Gray

Key Selling Points

- Part of the current wellness trend celebrating 'the everyday' and learning to embrace life's small pleasures
- *The Unexpected Joy of Being Sober* has sold over 12K copies in North America, published December 2018
- Learning how to embrace everyday pleasures ties into both mindfulness and self-care practices

Summary

Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that.

We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach.

When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event.

So, what's the answer? The Unexpected Joy of the Ordinary theorizes that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause.

Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything.

Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression and high-rollers are less happy.

Contributor Bio

Catherine Gray is an award-winning writer and editor who has been published in the Guardian, Stylist, the Telegraph, Grazia, The Lancet Psychiatrist, Mr & Mrs Smith, BBC Earth, Women's Health and Stella.

Catherine's hit debut book, *The Unexpected Joy of Being Sober*, became a Sunday Times top 10 bestseller within a fortnight of publication, and attracted positive coverage from the likes of T2, Private Eye, Woman's Hour, Stylist, BBC Breakfast, the Telegraph, Grazia and the Guardian.

When she's not writing, Catherine can generally be found taking twenty (identical) pictures of the sunset, wondering why she's always the sweatiest person in yoga, fighting her 'spend it all!' financial urges, or scanning the body language of strangers to see if it's OK to pet their dog.

Find out more about Catherine Gray on Twitter and Instagram @unexpectedjoyof

Quotes

The new book from the Sunday Times Bestselling Author

Marketing Plans

National Publicity Campaign

Influencers & Social Media

Author Social Media Platform

Trade & Library Media

Links

- [Twitter Handle - @unexpectedjoyof](#)

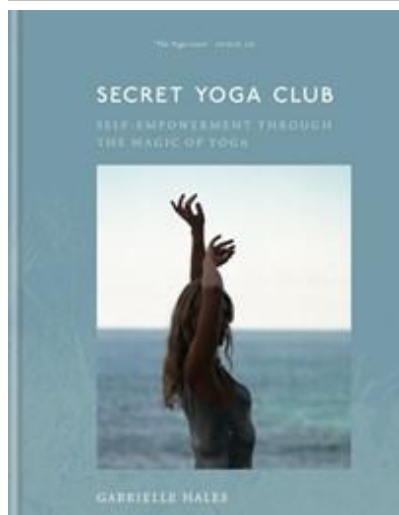
Comp Titles

Joyful	Fetell Lee, Ingrid	Little, Brown Spark	9/4/2018	9780316399265 0316399264	\$28.00 USD	Hardcover	Psychology
Own Your Everyday	Dooley, Jordan Lee	WaterBrook	5/14/2019	9780735291492 0735291497	\$18.99 USD	Hardcover	Self-Help
Unexpected Joy of Being Sober Journal	Gray, Catherine	Aster	12/3/2019	9781783253081 1783253088	\$14.99 USD	Paperback	Self-Help
The Unexpected Joy of Being Sober	Gray, Catherine	Aster	12/18/2018	9781912023387 1912023385	\$12.99 USD	Paperback	Biography & Autobiography
The Unexpected Joy of Being Single	Gray, Catherine	Aster	1/15/2019	9781912023813 1912023814	\$12.99 USD	Paperback	Biography & Autobiography

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Pub Date: 3/3/2020
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\$26.99/\$29.99 Can./£20.00 UK
Hardcover

224 Pages
Approx 100 colour photographs
Carton Qty: 1
Print Run: 5K
Health & Fitness / Yoga
HEA025000

9.9 in H | 7.6 in W
Status: **FORTHCOMING**

Secret Yoga Club

Practising freedom through movement, breath & meditation

Gabrielle Hales

Key Selling Points

- Past SYC clients include; Free People, Nike, Pukka Tea, Stylist, Royal Academy of the Arts, Ace Hotel and Soho Farmhouse.
- Part of the wider 'going wild', Ancient Wisdom for Modern Times and 'back to nature' trends.
- According to a Harvard Health survey, the number of Americans doing yoga has risen by 50% in the last 4 years.

Summary

'This globe-trotting group promotes a mindfulness practice that continues off the mat and into the sonic realm' - *Vogue USA*

'Secret Yoga Club is a big deal, just don't tell anyone' - *Huffington Post*

'A wonderful experience' - *Financial Times*

'The Yoga Guru' - *Vogue UK*

Yoga is an intimate, alchemical process in which you discover your own physical and emotional landscape. Yoga is how you sing yourself back to life. It's in the moments that you witness the sublime wisdom of the body.

In *Secret Yoga Club* Gabrielle Hales introduces you the yoga practices and rituals that she has found useful and inspiration over the years of hosting diverse events and retreats. Chapters include:

- Origins of yoga
- Movement and the body
- Breath
- Meditation
- Yoga practices
- Rituals and recipes for the yoga soul

Delve into world of Secret Yoga Club, learn about the origins of yoga and discover freedom and boundaries within yourself and your body through movement, breath and meditation.

Contributor Bio

It took a stint at a corporate global PR agency for Gabrielle Hales to realise that no, office life was not for her. One ticket to India later, she found herself teaching yoga and eager to share all the amazing things she'd learnt upon her return.

Beginning with classes in her own living room, the word spread and the Secret Yoga Club events became so popular that she sought out ever-more exciting venues, bringing an extra element by working with up-and-coming chefs to expand them into yoga supper clubs.

Elements of immersive sound therapy and live music soon followed as part of Gabrielle's mission to introduce a new sense of warmth and generosity to the yoga community - creating a new setting for yoga practice that was more sociable and less

solitary, while breaking the assumption that a healthy lifestyle doesn't mean you can't enjoy nourishing food.

Now? Gabrielle's pushing Secret Yoga Club to the next level, aiming to inspire people to experience practices that improve happiness and well-being.

Quotes

An introduction and immersion into the modern-day practice of yoga.

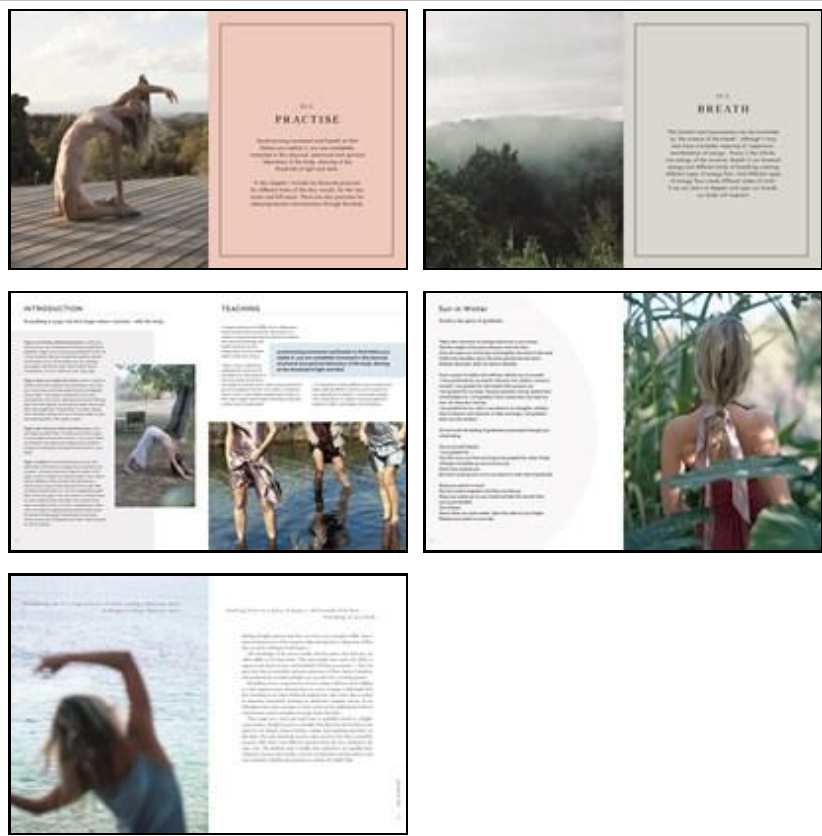
Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [Author Website](#)

Illustrations



Comp Titles

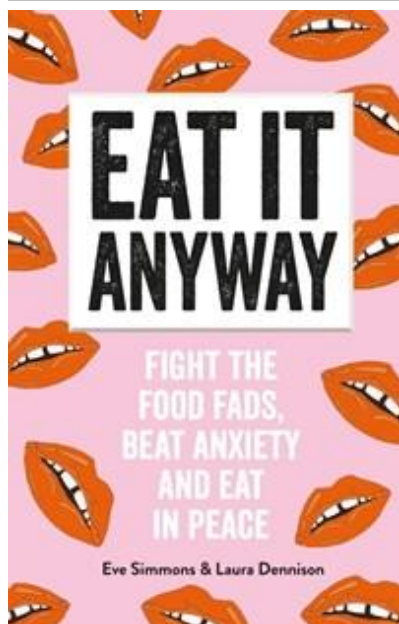
Yoga The Spirit And Practice Of Moving Into Stillness	Schiffmann, Erich	Gallery Books	12/1/1996	9780671534806	\$21.99 USD	Trade Paperback	Health & Fitness
Every Body Yoga	Stanley, Jessamyn	Workman Publishing Company	4/4/2017	9780761193111	\$16.95 USD	Paperback	Health & Fitness
Light on Yoga	Iyengar, B.K.S.	Schocken	1/3/1995	9780805210316	\$22.00 USD	Trade Paperback	Body, Mind & Spirit
Inner Engineering	SADHGURU	Spiegel & Grau	9/20/2016	9780812997798	\$26.00 USD	Hardcover	Body, Mind & Spirit

Perfectly Imperfect	Baptiste, Baron	Hay House Inc.	5/3/2016	9781401947538	\$19.99	Hardcover	Health & Fitness
				1401947530	USD		
Yoga Anatomy	Kaminoff, Leslie	Human Kinetics, Inc.	10/28/2011	9781450400244	\$21.95	Trade Paperback	Health & Fitness
				1450400248	USD		
The Yoga Bible	Brown, Christina	Walking Stick Press	5/29/2003	9781582972428	\$21.99	Trade Paperback	Health & Fitness
				1582972427	USD		

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Mitchell Beazley
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\$14.99/\$16.99 Can./£10.99 UK
Paperback

288 Pages
Carton Qty: 56
Print Run: 5K
Social Science / Popular Culture
SOC022000
7.7 in H | 5 in W | 0.9 in T | 0.6 lb
Wt
Status: **FORTHCOMING**

Eat It Anyway

Fight the Food Fads, Beat Anxiety and Eat in Peace

Laura Dennison, Eve Simmons

Key Selling Points

- Eve and Laura are empowering journalist authors with strong connections.
- Social media is already showing a backlash against clean eating and moving towards the opposite. This is the book to help you find the happy medium.
- Not Plant Based have already received fantastic PR attention - they have been featured in *The Times*, the *Mirror*, *Huffington Post*, *Telegraph*, *Evening Standard* and *Metro*, and on the *BBC Food Programme*.
- Not Plant Based is a strong brand with a great platform (7,945 Instagram followers and 2664 Twitter followers).

Summary

A game-changing narrative for anyone who has struggled with their relationship to food, with finding a balance between happy and healthy, between empty and full. The principle is very simple: eat what you like and don't worry about it.

'One cannot think well, love well, sleep well, if one has not dined well.' - **Virginia Woolf.**

The definition of "healthy eating" has been chewed up, spat out and re-digested enough times to make Joe Public give up and seek out their nearest branch of McDonald's. Our mindless obsession with eating 'right' is such that we're now more concerned about what our Instagram followers think of a poorly lit picture of our dinner than we are of its effect on our own palate. Or, indeed, our happiness. We seem to be living in a time where we no longer eat with our hearts, emotions or heritage - but with what our waistlines (and followers) in mind.

Not Plant Based are on a mission to help you love food again. The principle is very simple: eat what you like and don't worry about it. It's a menu that's especially delicious, 'guilt-free' and requires a hell of a lot less money spent in health food shops. Throughout the book, Laura and Eve call on experts to debunk myths and provide a balanced exploration of our attitude towards food, with some delicious recipes thrown in along the way. They discuss their own experiences of eating disorders and offer personal tips and coping mechanisms to help rid you of anxiety linked to food. No one is saying healthy eating is bad; there is simply a lot of misleading information out there. More to the point, food is so much more in the grand scheme of life than health: it's family, friends, enjoyment and memories.

So go on, take a bite out of *Eat it Anyway* and learn to love your food all over again. It's SO mouth-wateringly good - we bet you'll be back for seconds.

Contributor Bio

Not Plant Based was founded by Laura Dennison and is co-authored by Eve Simmons, both of whom have suffered with eating disorders. Eve and Laura are both full-time journalists; Eve works at the *Mail on Sunday* and Laura is currently freelance, following a stint at The Press Association.

When Laura saw Eve being interviewed on the BBC Documentary *Clean Eating's Dirty Secrets* she decided to approach her about founding a new website, Not Plant Based. Their website covers a broad range of topics from nutritional advice to restaurant tips, physical fitness to mental health, and features interviews with a wide range of chefs,

food writers and influencers, including Jay Rayner, Ella Mills and Adam Richman. Since being founded in September 2016, the blog has received coverage in *The Times*, the *Telegraph*, the *Metro*, the *Evening Standard* and the *Mirror*, among others, and it has already attracted a growing social media following.

Quotes

A game-changing narrative for anyone who has struggled to find a balance between healthy and happy, between empty and full. The principle is very simple: eat what you like and don't worry about it.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @notplantbased](#)

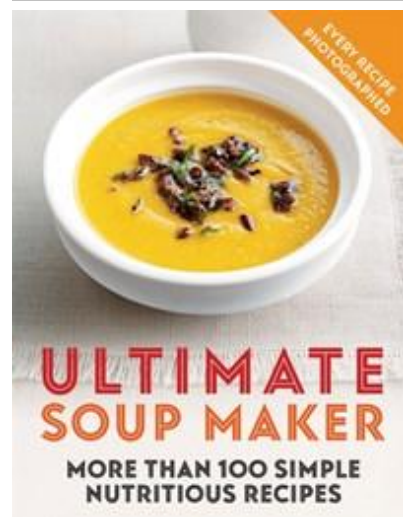
Comp Titles

Cravings	Teigen, Chrissy	Clarkson Potter	2/23/2016	9781101903919	\$29.99	Hardcover	Cooking
				1101903910	USD		
Food Swings	Seinfeld, Jessica	Ballantine Books	4/25/2017	9781101967140	\$32.00	Hardcover	Cooking
				1101967145	USD		
Things No One Will Tell Fat Girls	Baker, Jes	Seal Press	10/27/2015	9781580055826	\$16.00	Paperback	Social Science
				1580055826	USD		
Thug Kitchen: The Official Cookbook	Thug Kitchen	Rodale Books	10/7/2014	9781623363581	\$25.99	Hardcover	Cooking
				1623363586	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780600636410
0600636410
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 1/9/2020
\$14.99/\$16.99 Can./£9.99 UK
Paperback

128 Pages
Print Run: 6K
Cooking / Methods
CKB113000
9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Ultimate Soup Maker

More than 100 simple, nutritious recipes

Joy Skipper

Key Selling Points

- Soup makers have recently been a rising trend on Amazon.

Summary

100 simple, nutritious recipes to make in your Soup maker.

Bring the joy of Homemade soup back into the kitchen

Featuring over 100 simple, easy-to-make recipes Ultimate Soup Maker is the perfect companion to your soup maker. Save time in the kitchen, cut costs and create delicious, nourishing bowls of soup at home.

Why use a Soupmaker?

VERSATILITY - from light lunches to something more substantial - soups can be healthy, comforting, hearty and nourishing, as well as easy to incorporate into your daily diet.

SUPER QUICK - prepare family favourites such as Roasted Tomato and Leek and Potato soup in half the time.

ECONOMICAL - soup makers not only reduce food waste but also precious time spent slaving over the hob and doing the washing up. Affordable models are stocked widely.

HEALTHY - the average spend on fresh soup has doubled in the past 10 years. A recent rising trend on Amazon, soup makers are "the new juicers" allowing users to create fuss-free nutritious meals at home.

CONVENIENCE - all recipes can be made from beginning to end in soup makers featuring a sauté function or otherwise prepared in a pan before transferring to a soup maker. Each recipe serves four people and includes suggestions for additional garnishes.

Discover the potential of soup making with this must-have cookbook.

Contributor Bio

Joy Skipper is a qualified nutritional therapist specialising in Sports Nutrition. She has a BSc (Hons) in Nutritional Therapy from The Centre of Nutrition Education and Lifestyle Management, following her graduation from the world-renowned Institute of Optimum Nutrition in 2009. She writes extensively on healthy food for a number of magazines, including Waitrose Kitchen, Delicious Magazine, Weight Watchers Magazine and BBC Good Food and has authored several books.

Quotes

Over 100 Simple Nutritious Recipes for your soup maker.

Marketing Plans

Trade & Library outreach

Potential tie-in with soup maker manufacturers, distributors

National publicity campaign to food media and social media

Illustrations



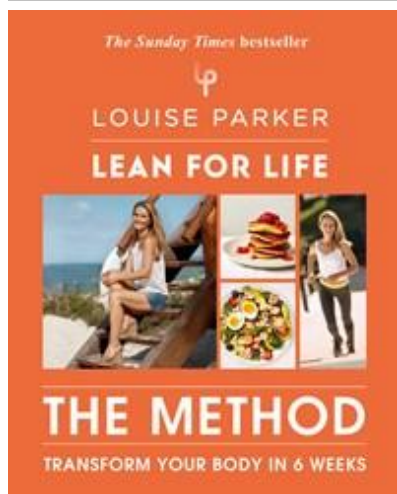
Comp Titles

A Soup A Day	Hamlyn	Hamlyn	10/2/2018	9780600635406 0600635406	\$9.99 USD	Paperback	Cooking
Soup & Comfort	Ellgen, Pamela	Sonoma Press	12/1/2015	9781943451005 1943451001	\$16.99 USD	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Mitchell Beazley
9781784726263
1784726265
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 1/9/2020
\$21.99/\$23.99 Can./£15.99 UK
Paperback

240 Pages
Print Run: 4K
Biography & Autobiography / Rich
& Famous
BIO013000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Related Products

Other Formats

The Louise Parker Method
9781784721756 \$24.99

The Louise Parker Method

Lean for Life

Louise Parker

Key Selling Points

- Louise Parker was voted the best personal trainer for girls in the Tatler Gym Awards 2015 .
- The Louise Parker Method has helped more than 11,000 people across 28 countries .
- Louise's clients have included Oscar-nominated film stars, royals, CEOs of Fortune 500 companies and many other high- profile people.

Summary

The Louise Parker Method is the first book from body-transformation expert and founder of the eponymous company, Louise Parker.

It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases:

TRANSFORM - taking the direct route to your best body

LIFESTYLE - protecting your results for life

The method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare.

For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight.

Think Successfully - positivity, keeping inspiring company and making time for simple pleasures every single day

Live Well - de-cluttering your surroundings, a Digital Detox after 9pm every night, sleeping 7-8 hours a night and taking 20 minutes a day to 'brain nap'

Eat Beautifully - eating 3 meals and 2 snacks daily from any of the 80 delicious recipes in the book

Exercise Intelligently - achievable goals of walk a minimum of 10,000 steps, exercise for 30 minutes, following Louise's workouts or other exercises you enjoy

Contributor Bio

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 18,000 people in more than 39 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the ever-increasing demand for The Louise Parker Method. They live in London with their 3 daughters.

Quotes

The Louise Parker Method is the first book from body-transformation expert and founder of the eponymous company, Louise Parker, now in paperback.

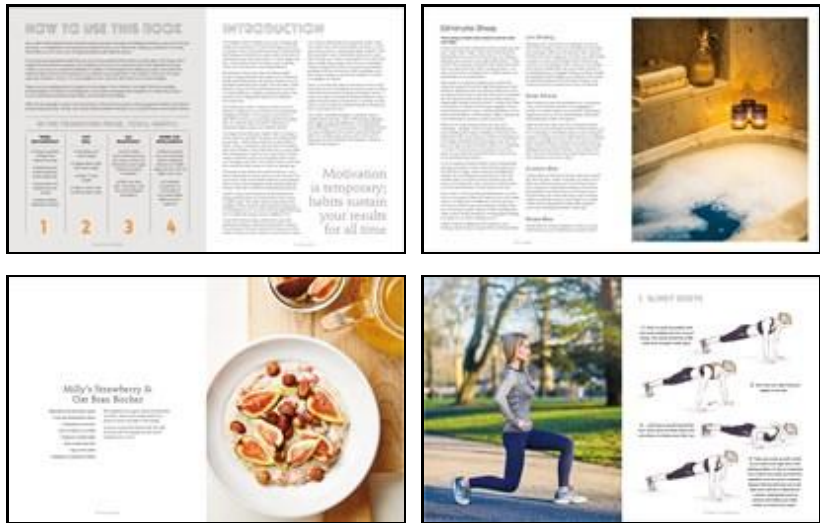
Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @@figuremagician](#)

Illustrations



Comp Titles

The 10-Day Belly Slimdown	Petrucci, Kellyann	Harmony	2/20/2018	9781524762995	\$27.00	Hardcover	Health & Fitness
Lean Habits For Lifelong Weight Loss	Fear, Georgie	Page Street Publishing	4/7/2015	9781624141126	\$22.99	Hardcover with dust jacket	Health & Fitness
The Louise Parker Method	Parker, Louise	Mitchell Beazley	12/6/2016	9781784721756	\$24.99	Hardcover	Health & Fitness
Louise Parker: Lean for Life	Parker, Louise	Mitchell Beazley	8/22/2017	9781784723040	\$24.99	Hardcover	Cooking
The Louise Parker Method: The 6-Week Programme	Parker, Louise	Mitchell Beazley	3/5/2019	9781784725372	\$24.99	Hardcover	Health & Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Aster
9781783253630
1783253630
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 2/6/2020
\$16.99/\$18.99 Can./£12.99 UK
Paperback

192 Pages
Print Run: 6K
Self-Help
SEL000000

8.5 in H | 5.3 in W
Status: **FORTHCOMING**

The Power of Letting Go

How to drop everything that's holding you back

John Purkiss

Key Selling Points

- A simple, concise approach to contemporary wellness.
- The subjects of intuition gratitude and desire are core to the MBS and personal development market.
- John Purkiss is Cambridge University-educated businessman and is well connected through social media and professional networks.

Summary

How to drop everything that's holding you back

The Power of Letting Go brings together a number of key principles that come up for anyone who is on the journey of self-enquiry and development. At some point, the choice becomes clear, whether to hold on or let go.

For some, it's easy, just do it, f**k it.

For many others, there are multiple layers and obstacles that have built up through one's life so far. Expectations, fear of uncertainty, well-worn inhibitive thought patterns, lack of trust, lack of acceptance, old trauma and hurt. Despite all this, there is a spark, a glimmer of hope that brightens at the thought of letting go and going with the flow, at following one's instincts and intuition rather than constantly second-guessing the outcome, at letting go of expectations and enjoying what is. **This book combines both the why and the how to let go, with excellent practices that help convert the desire into action.**

There are four stages to letting go:

- Be Present and Enjoy Each Moment
- Let Go of the Thoughts that Keep You Stuck
- Let Go of the Pain that Runs Your Life
- Surrender and Tune into Something Far More Intelligent than Your Brain

Contributor Bio

John Purkiss studied economics at Cambridge University and has an MBA from INSEAD, where he was awarded the Henry Ford II Prize. He began his career in banking and management consultancy and has invested in several high-growth companies. John was a partner with Heidrick & Struggles prior to co-founding Purkiss & Company, where he recruits chief executives, finance directors and other board members. He has lived and worked in France, Belgium and the USA. John speaks French, German and Spanish. John has travelled widely and explored several traditions, including Advaita Vedanta, Buddhism, Kabbalah and Sufism. Over the past 20 years, John has become a regular speaker, in the UK and internationally.

Quotes

How to drop everything that's holding you back.

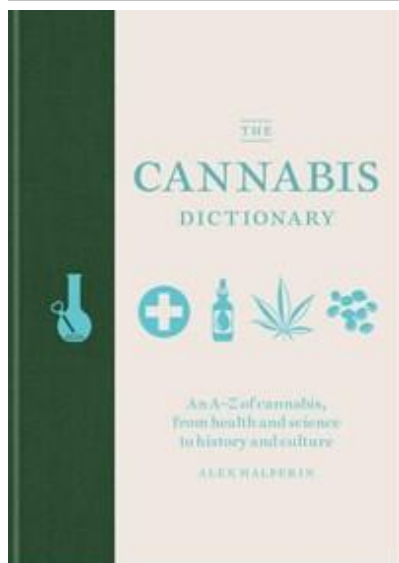
Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

No comparable titles have been specified.

Subrights

No subrights have been specified.



Mitchell Beazley
9781784726607
1784726605
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 2/20/2020
\$20.00/\$22.00 Can./£15.00 UK
Hardcover

224 Pages
c.75 illustrations
Print Run: 10K
Reference / Dictionaries
REF008000

8.5 in H | 6 in W
Status: **FORTHCOMING**

The Cannabis Dictionary

Everything you need to know about cannabis, from health and science to hash and CBD

Alex Halperin

Key Selling Points

- Newly legalised in Canada and many US states, cannabis is a massive growth market
- Global legal cannabis sales grew 38% to 16.9 billion in 2019
- The series has sold 80,000 copies
- US based author available for publicity
- April 20th is National Weed Day
- Host of "Weed Week" podcast

Summary

An illustrated A-Z compendium of everything you need to know about cannabis. An illustrated A-Z compendium of everything you need to know about cannabis.

A cannabis revolution is taking place. As people embrace it as never before, The Cannabis Dictionary looks at every aspect of this special plant. Hundreds of entries cover the key information from the cannabis world, from health effects, CBD oil and varieties of the plant, to legalization, big business and psychological impact.

Renowned cannabis journalist Alex Halperin is your guide through the many facts and falsehood surrounding the subject, giving an intelligent, in-depth but accessible overview of a fascinating, ever-changing topic.

Contributor Bio

Alex Halperin is a freelance business reporter in L. A. where he covers the marijuana industry, writes the newsletter WeedWeek and co-hosts the WeedWeek Podcast. His work has appeared in The Guardian, The Washington Post, The Atlantic, Mother Jones, Fast Company and many other publications.

Quotes

An illustrated A-Z compendium of everything you need to know about cannabis.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)

Illustrations





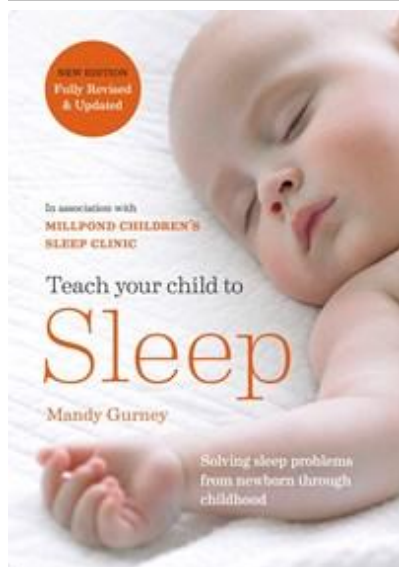
Comp Titles

Cannabis Pharmacy	Backes, Michael	Black Dog & Leventhal	11/14/2017	9780316464185 031646418X	\$22.99 USD	Paperback	Health & Fitness
The Leafly Guide to Cannabis	The Leafly Team	Twelve	12/5/2017	9781455571994 1455571997	\$27.00 USD	Hardcover Paper over boards	Reference
The Tattoo Dictionary	Smith, Trent Aitken	Mitchell Beazley	7/3/2017	9781784721770 1784721778	\$20.00 USD	Hardcover	Art
The Craft Beer Dictionary	Croasdale, Richard	Mitchell Beazley	10/2/2018	9781784723880 1784723886	\$20.00 USD	Hardcover	Cooking
The Gin Dictionary	Smith, David T.	Mitchell Beazley	5/1/2018	9781784723989 1784723983	\$20.00 USD	Hardcover	Cooking
The Tequila Dictionary	Zandona, Eric	Mitchell Beazley	4/9/2019	9781784725471 1784725471	\$20.00 USD	Hardcover	Cooking
The Whisky Dictionary	Wisniewski, Ian	Mitchell Beazley	10/1/2019	9781784725488 178472548X	\$20.00 USD	Hardcover	Cooking
The Little Book of Marijuana	Spruce	Spruce	5/3/2016	9781846015250 1846015251	\$8.99 USD	Paperback	Humor
The Little Marijuana Cookbook	Spruce	Spruce	10/10/2017	9781846015458 1846015456	\$8.99 USD	Paperback	Humor
Get Baked	Noon, Dane	Spruce	5/8/2018	9781846015618 1846015618	\$9.99 USD	Hardcover	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780600636533
0600636534
Pub Date: 7/21/2020
On Sale Date: 7/21/2020
Ship Date: 6/25/2020
\$16.99/\$18.99 Can./£12.99 UK
Paperback

160 Pages
Print Run: 5K
Family & Relationships / Parenting
FAM034000

9.1 in H | 6.3 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Teach Your Child to Sleep
9780600634065 \$14.95
Teach Your Child to Sleep
9780600613459 \$14.95

Teach your Child to Sleep

Solving Sleep Problems from Newborn Through Childhood

Millpond Children's Sleep Clinic, Mandy Gurney

Key Selling Points

- This book has sold more than 30,000 copies across its two editions
- The Millpond Children's Sleep Clinic has a 97 per cent success rate in resolving children's sleep problems
- Parents can see positive results in 2-3 weeks
- Sleep is a subject of perennial interest among new parents

Summary

Make sleep deprivation a thing of the past with effective, tried-and-tested solutions.

The highly-acclaimed Millpond Children's Sleep Clinic has a 97 per cent success rate in resolving children's sleep problems. Discover how to get your baby or child to settle easily and sleep through the night with step-by-step advice that gets right to the heart of the problem.

From your child needing a feed in the night to night-waking, this book covers a range of situations, using gentle and persuasive methods. Adapt the programme to your circumstances and see good results in 2-3 weeks.

This edition of *Teach Your Child to Sleep* has been significantly revised to reflect current practice in parenting, with a new design and more than half of the photography refreshed.

Contributor Bio

Millpond Children's Sleep Clinic was founded by health professionals Mandy Gurney and Tracey Marshall, and has offered sleep training and acted as consultants to NHS Trusts on sleep since 2007. Their highly successful techniques have featured in a number of television programmes.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations





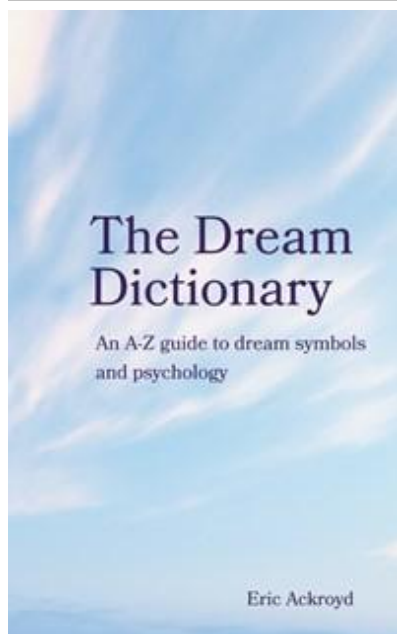
Comp Titles

Teach Your Child to Sleep	Millpond Sleep Clinic	Hamlyn	9/6/2016	9780600634065 060063406X	\$14.95 USD	Paperback	Family & Relationships
Precious Little Sleep	Dubief, Alexis	Precious Little Sleep LLC	7/10/2017	9780997580808 0997580801			
On Becoming Babywise	Bucknam, Robert	Parent-Wise Solutions, Incopor	8/29/2019	9781932740509 1932740503	\$17.95 USD	Paperback	Family & Relationships

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Aster
9781783253593
1783253592
Pub Date: 3/31/2020
On Sale Date: 3/31/2020
Ship Date: 3/5/2020
\$16.99/\$18.99 Can./£12.99 UK
Hardcover

304 Pages
Print Run: 6K
Body, Mind & Spirit / Dreams
OCC006000

8.7 in H | 5.4 in W
Status: **FORTHCOMING**

The Dream Dictionary

Eric Ackroyd

Key Selling Points

- Dream interpretation is a core MBS subject - which is experiencing a resurgence.
- The author is well respected within the field of dream interpretation.
- An attractive, illustrated book perfect for gift or self-purchase.

Summary

A comprehensive guide to dream symbols and their interpretations.

Dreams provide vital clues to hidden feelings, fears and desires; understanding your dreams can lead to greater self-awareness and self-healing. Each image that appears in a dream has a meaning and **The Dream Dictionary** is an invaluable, detailed guide to decoding these meanings.

The book begins with an extensive introduction: from the classic theories of Freud and Jung, to more recent ideas on dream analysis, it provides a wealth of background information on the study of dreams and on the images examined in the dictionary section.

From abandonment to zodiacal signs, the comprehensive dictionary has more than 700 entries. Each entry gives a range of possible interpretations for a particular dream symbol, allowing you wide scope for deciphering your dream and for assessing its implications. Cross-referencing throughout, the dictionary allows you to examine all aspects of individual symbols.

Contributor Bio

Eric Ackroyd has been a college and university lecturer, with degrees in philosophy and religion. He has spent many years studying the symbolism of diverse religious traditions and philosophies.

Quotes

For fans of Wicca, a comprehensive guide to dream symbols and their interpretations.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Comp Titles

Llewellyn's Complete Dictionary of Dreams	Lennox, Michael	Llewellyn Publications	5/8/2015	9780738741468	\$24.99	Paperback	Body, Mind & Spirit
The Dream Interpretation Dictionary	DeBord, J.M.	Visible Ink Press	6/13/2017	9781578596379	\$21.95	Trade Paperback	Self-Help
A Dictionary of Dream Symbols	Ackroyd, Eric	Cassell	7/1/2014	9781844037766	\$9.99	Paperback	Body, Mind & Spirit
				0738741469	USD		
				1578596378	USD		
				1844037762	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780600636397
0600636399
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
Ship Date: 3/5/2020
\$24.99/\$27.99 Can./£17.99 UK
Hardcover

192 Pages
More than 500 colour illustrations
Print Run: 7K
Cooking / Beverages
CKB088000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Whisky, it's not rocket science

A quick & easy graphic guide to understanding, tasting & drinking whisky

Hamlyn

Key Selling Points

- Whisky sales are in growth, with the US becoming the first \$1 billion market for Scotch last year
- Unique illustrative style makes the book feel friendly and accessible, demystifying a subject that is often considered daunting
- This is the third title in this series, following Wine: It's Not Rocket Science and Coffee: It's Not Rocket Science
- Perfect for gifting, to reach the same market as 1001 Whiskies You Must Try Before You Die (70,000 copies sold via TCM)

Summary

Life is complicated. Whisky doesn't have to be!

Whisky: It's Not Rocket Science is the ultimate guide to one of the world's most popular spirits. Whether you're a novice looking to build your whisky bar, or a seasoned whisky-drinker who'd like to know more about what's in your glass, *Whisky: It's Not Rocket Science* is bursting with information, accompanied throughout by colourful infographics.

Learn about...

- how whisky is made
- how to taste
- visiting a distillery
- flavor profiles
- cocktails
- world whiskies
- ...and so much more

Contributor Bio

Originally from Burgundy, Mickaël Guidot grew up close to the famous wine regions of Beaune and Nuits-Saint-Georges, where he spent a good deal of time in the bars and wine cellars of the region.

He left this area to work in Paris for various PR agencies, which is where he got acquainted with numerous brands of Champagne and spirits, and began to develop a more experienced palate and a lively interest in tastings.

With the aim of sharing his knowledge and discoveries, he set up the website www.forgeorges.fr in 2012. It was named in homage to his grandfather, who had died a few months earlier, and who always used to enjoy apéritifs with the family. He created the blog as a form of sharing and exchange, and has since developed a limitless passion for whisky, borne out by his own vast collection of bottles.

Quotes

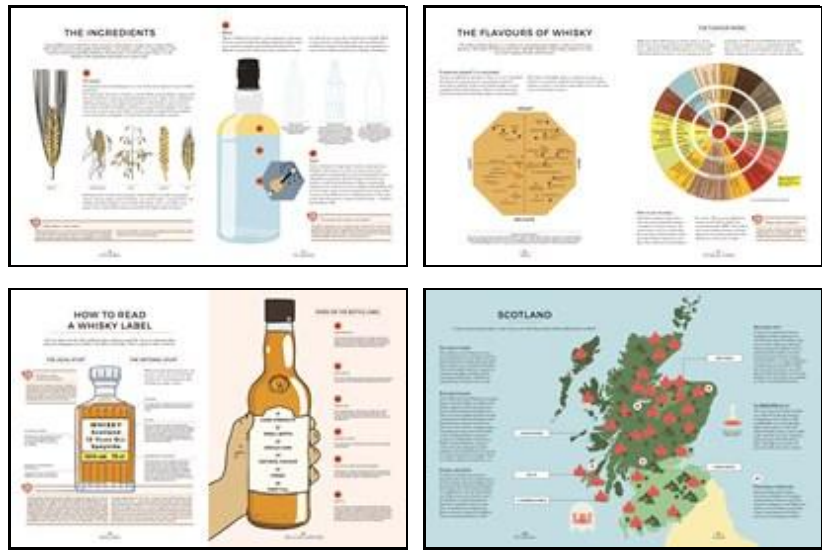
An innovative infographic guide to understanding and appreciating everything to do with whisky

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

Illustrations



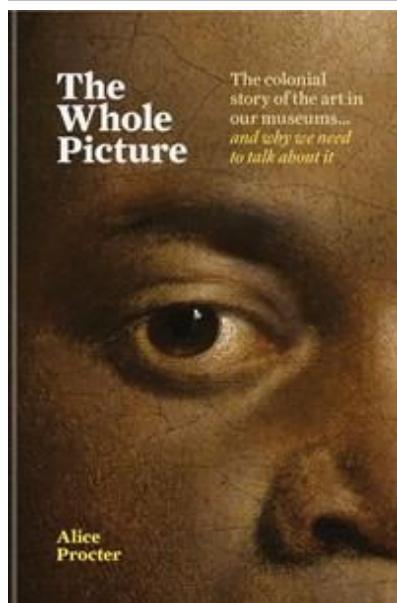
Comp Titles

Wine Isn't Rocket Science	Neiman, Ophelie	Black Dog & Leventhal	4/4/2017	9780316431309	\$24.99	Hardcover	Cooking
Coffee Isn't Rocket Science	Racineux, Sebastien	Black Dog & Leventhal	4/3/2018	9780316439589	\$24.99	Hardcover Paper over boards	Cooking
A Field Guide to Whisky	Offringa, Hans	Artisan	5/2/2017	9781579657512	\$24.95	Hardcover Paper over boards	Cooking
The Art of Mixology	Parragon Books	Parragon	9/18/2018	9781680524109	\$15.99	Hardcover	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Cassell
9781788401555
1788401557
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
Ship Date: 3/5/2020
\$24.99/\$27.99 Can./£16.99 UK
Hardcover

288 Pages
Print Run: 4K
Political Science / Colonialism &
Post-Colonialism
POL045000

9.4 in H | 6.1 in W
Status: **FORTHCOMING**

The Whole Picture

The colonial story of the art in our museums... and why we need to talk about it

Alice Procter

Key Selling Points

- Alice was featured in the New York Times in January 2019
<https://www.nytimes.com/2019/01/17/arts/uk-alternative-museum-tours.html>
- Uncover the dirty little colonial secrets of the art history you thought you knew

Summary

If you think art history has to be pale, male and stale - think again.

Should museums be made to give back their marbles? Is it even possible to 'decolonise' our galleries? Must Rhodes fall?

From the stolen Wakandan art in *Black Panther*, to Emmanuel Macron's recent commitment to art restitution, and Beyoncé and Jay Z's provocative music video filmed in the Louvre, the question of decolonising our relationship with the art around us is quickly gaining traction. People are waking up to the seedy history of the world's art collections, and are starting to ask difficult questions about what the future of museums should look like.

In *The Whole Picture*, art historian and Uncomfortable Art Tour guide Alice Procter provides a manual for deconstructing everything you thought you knew about art, and fills in the blanks with the stories that have been left out of the art history canon for centuries.

The book is divided into four chronological sections, named after four different kinds of art space:

The Palace
The Classroom
The Memorial
The Playground

Each section tackles the fascinating and often shocking stories of five different art pieces, including the propaganda painting that the East India Company used to justify its control in India; the Maori mokomokai skulls that were traded and collected by Europeans as 'art objects'; and Kara Walker's controversial contemporary sculpture *A Subtlety*, which raised questions about 'appropriate' interactions with art. Through these stories, Alice brings out the underlying colonial narrative lurking beneath the art industry today, and suggests different ways of seeing and thinking about art in the modern world.

The Whole Picture is a much-needed provocation to look more critically at the accepted narratives about art, and rethink and disrupt the way we interact with the museums and galleries that display it.

Contributor Bio

Alice Procter is an historian of material culture based at UCL. She has six years of tourguiding experience at heritage sites and galleries, and curates exhibitions, organises events, makes podcasts and writes things under the umbrella of The Exhibitionist. Alice's academic work concentrates on the intersections of postcolonial art practice and colonial material culture, settler storytelling, the concept of whiteness in the 18th and 19th centuries, the curation of historical trauma, and myths of national identity. She has recorded material for the Tate's newly updated audio guides showcasing different voices. Alice is Australian but mostly grew up in England.

Quotes

If you think art history has to be pale, male and stale - think again.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



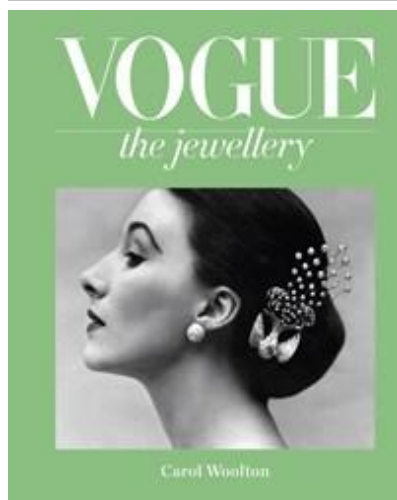
Comp Titles

Savage Harvest	Hoffman, Carl	William Morrow Paperbacks	3/10/2015	9780062116161 0062116169	\$15.99 USD	Paperback History
The Monuments Men	Edsel, Robert M.	Back Bay Books	10/22/2013	9780316240055 0316240052	\$17.00 USD	Paperback History

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Conran
9781840917994
1840917997
Pub Date: 7/4/2020
On Sale Date: 7/4/2020
Ship Date: 3/5/2020
\$39.99/\$43.99 Can./£30.00 UK
Hardcover

304 Pages
300 images
Print Run: 4K
Design / Jewelry
DES014000
Series: Vogue

10.5 in H | 8.8 in W | 1.1 in T |
3.2 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Vogue the Jewellery
9781840916577 \$75.00

Vogue The Jewellery

Carol Woolton, Alexandra Shulman

Key Selling Points

- Foreword by Alexandra Shulman, Editor-in-chief of British Vogue.
- Vogue is an internationally prestigious, luxury brand. Contains some of the best fashion photography available including historical shots from Vogue's peerless archive of a million fashion images.
- The book's production values reflect the luxurious feel of the jewellery featured-with a silver-blocked real cloth cover , making it the perfect gift for all those who love fashion.

Summary

Destined to become must-have visual sourcebooks for all those who love fashion, the *Vogue* Portfolio series continues with *Vogue: The Jewellery* by *Vogue's* jewellery editor, Carol Woolton.

From couture to costume jewellery, the brilliant pieces featured on the pages of British *Vogue* for almost a century have encapsulated the fashion zeitgeist of each new age for which they were created. Adorning princesses and rock chicks alike, the jewels shown here reveal a dazzling array of styles and moods - from fairy-tale romance to Jazz-age glamour, sculptural modernism to timeless elegance. On every page sumptuous jewellery is the star of the show, nourishing dreams in us all.

In *Vogue: The Jewellery* Carol Woolton has curated a collection of more than 300 fabulous images and grouped them into five thematic chapters: Show-stoppers, Rock Chick, Minimalist, Exotic and Classical. From fantastical diamond-encrusted tiaras and intricate jet chokers to sculptural silver cuffs and the purity of a simple string of pearls, the book provides an evocative celebration of a century of magical jewellery, while also showcasing the work of British Vogue's very best photographers including Norman Parkinson, Mario Testino, Anthony Denney, David Bailey, Arthur Elgort, Corinne Day, Cecil Beaton, Bruce Weber and Tim Walker.

Contributor Bio

Carol Woolton is a leading authority on jewellery having lectured and written widely on antique and modern jewellery for newspapers and magazines around the world. She's been British *Vogue's* jewellery editor for 13 years and has published three books: *Fashion for Jewels: 100 years of styles and icons*; *Drawing Jewels for Fashion* and *Precious Jewels* about the world's leading designers.

Quotes

A must-have visual sourcebook for all those who love fashion and jewellery by the jewellery editor of British *Vogue*.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



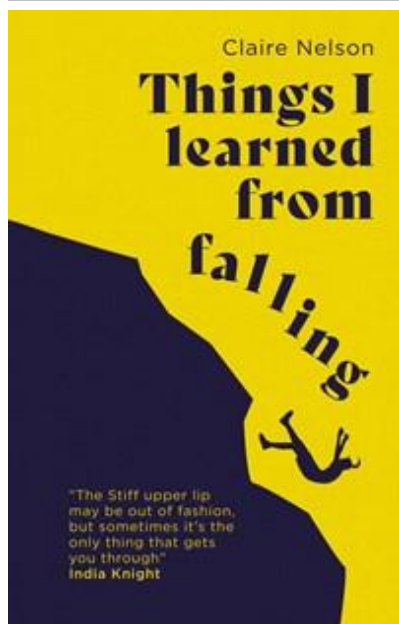
Comp Titles

Vogue on Christian Dior	Sinclair, Charlotte	Harry N. Abrams	2/10/2015	9781419715884	\$19.95	Hardcover Design
Vogue: The Covers (updated edition)	Kazanjian, Dodie	Harry N. Abrams	9/5/2017	1419715887	USD	
Vogue the Jewellery	Woolton, Carol	Conran	4/5/2016	9781419727535	\$60.00	Hardcover Photography
				1419727532	USD	
Vogue the Shoe	Quick, Harriet	Conran	10/4/2016	9781840916577	\$75.00	Hardcover Design
				1840916575	USD	
Vogue the Shoe	Quick, Harriet	Conran	10/2/2018	9781840916591	\$75.00	Hardcover Design
				1840916591	USD	
Christie's	Meylan, Vincent	Acc Art Books	12/6/2016	9781840917758	\$39.99	Hardcover Design
				184091775X	USD	
				9781851498475	\$95.00	Hardcover Antiques & Collectibles
				1851498478	USD	

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Subrights

No subrights have been specified.



Aster
9781783253500
1783253509
Pub Date: 7/4/2020
On Sale Date: 7/4/2020
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\$16.99/\$18.99 Can./£12.99 UK
Hardcover

272 Pages
Print Run: 7K
Biography & Autobiography
/ Survival
BIO038000

8.7 in H | 5.4 in W
Status: **FORTHCOMING**

Things I Learned from Falling

Claire Nelson

Key Selling Points

- Claire Nelson has garnered much international press interest since the accident including pieces on The Times, BBC News, the New York Post and the New Zealand Herald.
- Inspirational memoirs now account for the largest category of the non-fiction market according to Nielsen Bookscan.

Summary

An inspirational and gripping first-person account of determination, adversity and survival against the odds.

Last year, Claire Nelson made international headlines. She was in her thirties and was beginning to burn out - her hectic London life of work and social activity and striving to do more and do better in the big city was frenetic and stressful. Although she was surrounded by people all of the time, she felt increasingly lonely.

When the anxiety she felt finally brought her to breaking point, Claire decided to take some time off and travelled to Joshua Tree Park in California to hike and clear her head. What happened next was something she could never have anticipated.

While hiking, Claire fell 30 feet, gravely injuring herself and she lay alone in the desert - mistakenly miles off any trail, without a cell phone signal, fighting for her life. She lay there for four days until she was miraculously rescued - the doctors saying she had only hours to live when she was eventually found.

In THINGS I LEARNED FROM FALLING Claire tells her incredible story and what it taught her about loneliness, anxiety and transformation and how to survive it all.

Contributor Bio

CLAIRE NELSON is a New Zealander who spent more than a decade in London working in food and travel journalism, including over 5 years at Jamie Oliver's magazine.

Quotes

An inspirational and gripping first-person account of determination, adversity and survival against the odds.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Comp Titles

Wild	Strayed, Cheryl	Vintage	3/26/2013	9780307476074	\$16.95	Trade	Biography &
				0307476073	USD	Paperback	Autobiography
438	Franklin,	Atria	9/27/2016	9781501116308	\$16.99	Trade	Biography &
Days	Jonathan	Books		1501116304	USD	Paperback	Autobiography

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Aster
9781783253586
1783253584
Pub Date: 4/7/2020
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\$16.99/\$18.99 Can./£12.99 UK
Paperback

160 Pages
Print Run: 5K
Self-Help / Journaling
SEL045000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Be Honest

Your journal of radical self-discovery

Aster

Key Selling Points

- Studies suggest that writing in a journal can lead to better sleep, a stronger immune system, more self-confidence and a higher IQ 9as well as boosting memory and communication skills). *New York Times*, 2018
- Labelling emotions and acknowledging traumatic events have a known positive effect on people.
- In 2018 U.S. consumers spent over \$210 million on bullet journals.
- Most bookstores now have their own dedicated journal section.

Summary

A journal of self-discovery.

Be Honest journal is a self-enquiry tool for discovering the real you. It is a space in which to express your inner thoughts and feelings, which might feel uncomfortable, inappropriate or self-indulgent, but which are all opportunities for growth. What is it that you really want to say? What is it that you truly want to do? And who do you want to be?

Through journaling, you can peel back the layers of the person you show to the world, drop the act and write a new story. Decisions become easier and swifter as you learn how to consult your inner guides and politely ignore your inner critics. You can practice expressing difficult emotions like anger within the safety of lines on a page before you try it out in the real world. You can be honest about your needs and your passions, what really bugs you and why you put up with that s**t. You will discover your gifts, expand your potential and challenge yourself to grow.

Quotes

A journal of self-discovery.

Marketing Plans

National media outreach

Illustrations



Comp Titles

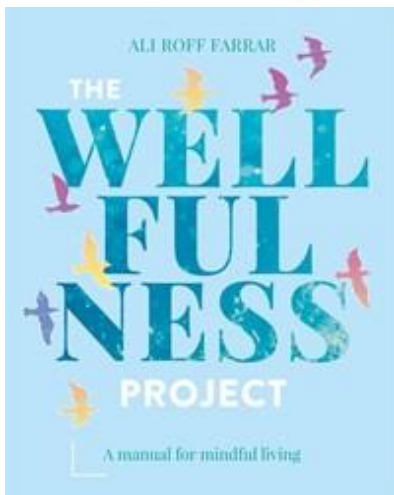
Present, Not	Chase, Aimee	Castle Point	9/19/2017	9781250147752	\$14.99	Trade	Self-Help
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Perfect		Books		1250147751	USD	Paperback	
Five Minutes to a Healthier You	Ebelthite, Hannah	Aster	1/7/2020	9781783253005	\$14.99	Paperback	Self-Help
				1783253002	USD		
Five Minutes In The Evening	Aster	Aster	1/7/2020	9781783253302	\$14.99	Paperback	Body, Mind & Spirit
				1783253304	USD		
Five Minutes in the Morning	Aster	Aster	2/6/2018	9781912023127	\$12.99	Paperback	Body, Mind & Spirit
				1912023121	USD		
Five Minutes to a Mindful You	Aster	Aster	3/5/2019	9781912023974	\$14.99	Paperback	Self-Help
				1912023970	USD		
The Mindful Life Journal	Journals, Better Life	Better Life Journals, LLC	12/4/2017	9781948337007			
				1948337002			

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Subrights

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The Wellfulness Project

Ali Roff

Key Selling Points

- Mindfulness is a top 10 non-fiction search term
- *The Little Book of Mindfulness* is one of Octopus's bestselling titles ever
- Ali Roff has a strong social media following as well as a large platform as editor-at-large of *Psychologies* magazine.

Summary

A guide to using mindfulness as the basis for lasting transformation.

Mindfulness isn't just meditation - it can be used everywhere and at any time. When we begin to apply mindfulness to our lifestyle as a whole, we begin to build a more conscious relationship with the things we eat, the spaces we spend time in, the way we move our bodies and the stories we tell ourselves.

The concept of 'Wellfulness' means using mindfulness for greater wellness in body and mind. Through the practice of conscious acceptance and conscious change; being mindful is at the core of wellness, be it within food, movement, values, rituals, habits, mindset, our inhabited spaces or our relationships.

The Wellfulness Project is a manual for mindful living, combining personal experience, mindfulness theory and ritual tools to create a practical guide to achieving a more harmonious relationship with our wellness and wellbeing.

Contributor Bio

Ali Roff is Editor-at-Large and a columnist at *Psychologies* magazine, where she has interviewed world-renowned spiritual gurus, psychologists, doctors, and wise women and men including Deepak Chopra and Gabrielle Bernstein.

She is passionate about combining western sciences of psychology, neuroscience and coaching with the Eastern philosophies of meditation, mindfulness and yoga, to cultivate true wellness of body and mind. In addition to the BSc hon's degree she holds in Psychology, Ali is a qualified '200hr Yoga Alliance C certified' teacher and will shortly qualify as a Mindfulness teacher and expert.

Quotes

A guide to using mindfulness as the basis for lasting transformation.

Illustrations



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208 Pages
Print Run: 7K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**



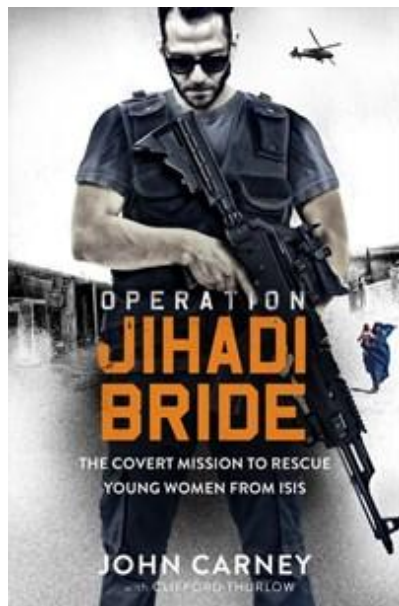
Comp Titles

10-Minute Mindfulness: 71	Scott, S J,		5/1/2017	9781546768289	\$12.99		Self-Help
Habits for Living in the	Davenport,			1546768289	USD		
Present Moment	Barrie						
Little Book of Mindfulness	Collard, Patricia Gaia		5/27/2014	9781856753531	\$7.99	Flexibound	Body, Mind & Spirit
				1856753530	USD		
The Mindful Life Journal	Journals, Better Life	Better Life Journals, LLC	12/4/2017	9781948337007			
				1948337002			

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Monoray
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191318305X
Pub Date: 3/3/2020
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\$16.99/\$18.99 Can./£8.99 UK
Paperback

320 Pages
Print Run: 5K
Biography & Autobiography
/ Military
BIO008000

9.2 in H | 6 in W
Status: **FORTHCOMING**

Operation Jihadi Bride

The Covert Mission to Rescue Young Women from ISIS

John Carney

Key Selling Points

- **Constant topic of interest.** Joby Warrick's *Black Flags: The Rise of ISIS* is still a bestseller despite being published in 2016 and has sold over 70k copies.
- **Great new voice.** New voices in the true military/combat title category have performed very well such as Robert O'Neill's *The Operator* (180k+ TCM).
- **Headline grabbing memoir.** With the recent news story of the ISIS bride repatriates - USA's Hoda Muthana and UK's Shamima Begum, and with thousands of women and children trapped in Syria under the control of ISIS, this story is going to run and run.

Summary

A thrilling and highly newsworthy military adventure in the burning rubble of Islamic State.

Would you turn your back on a teenage Jihadi bride and her innocent children?

'Jihad isn't a war. It's an objective. An aberration. If there are young women with children, lost boys... If they are trapped in that hell and we can get them out, don't we have a duty to do so? Every person we can bring back is living proof that Islamic State is a failure.'

Ex-British Army Soldier, John Carney, ran a close protection operation in Iraq for oil executives when he was asked by the family of a young Dutch woman to extract her from the collapsing Islamic State in Syria. Hearing first-hand of the shocking living hell of tricked naive young girls, many from the West, trapped, sexually abused and enslaved by ISIS, he knew only one thing - he had to get them out.

Armed with AK-47s and 9mm Glocks, he launched a daring, dangerous and deadly operation to free as many as he could. With a small band of committed Kurdish freedom fighters, backed by humanitarian NGOs, and feeding intel to MI6, Carney and his men went behind enemy lines in the heart of the Syrian lead storm, risking their lives to deliver the women and their children to the authorities, to de-radicalisation programmes and fair trials.

Gripping, shocking and thought-provoking, *Operation Jihadi Bride* takes the complex issue of the Jihadi brides head-on - a vital read for our troubled times.

Contributor Bio

John Carney is 42, modest, articulate and passionate. He served six years in the

Yorkshire Regiment and did two tours in Northern Ireland. He was a team leader in Iraq with Aegis Defence Services, the multi-million pound private security firm set up by Colonel Tim Spicer. He has operated a close protection service in Iraq since 2011 and currently organises de-radicalisation programmes on the Syrian/Turkish border. To protect his family, the name John Carney is a pseudonym. Names of his family and colleagues have been changed. Thanks to a lifetime habit of note-taking, the events described are real and accurate.

Clifford Thurlow has lived all over the world and has worked as a gem stone dealer, a foreign correspondent for *TheObserver* in Athens and as one of the team translating

works from Tibetan into English for the Dalai Lama in Dharamsala, India, where he wrote his first book, *Stories from Beyond the Clouds*, an anthology of Tibetan folk stories.

The winner of the London Arts Board New Millennium Prize for short fiction, he is best known as a ghostwriter, his most recent books being: *Making A Killing*, the inside story of a hired gun in Iraq, and *Escape from Baghdad with Captain James Ashcroft*; *Fatwa*, *Living with a Death Threat*, for Jacky Trevane, and *Today I'm Alice* for Alice Jamieson. Thurlow has published novels, short fiction, travel and has written for most national newspapers. He lives in both Chelsea and Cadaques, Spain, with the travel writer Iris Gioia.

Quotes

A thrilling and highly newsworthy military adventure in the burning rubble of Islamic State.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

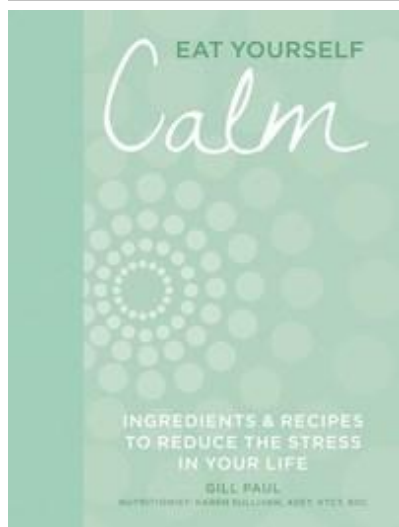
Comp Titles

We Crossed a Bridge and It Trembled	Pearlman, Wendy	Custom House	6/6/2017	9780062654618 0062654616	\$24.99 USD	Hardcover	History
Brothers of the Gun	Hisham, Marwan	One World	5/15/2018	9780399590627 0399590625	\$28.00 USD	Hardcover	Biography & Autobiography
The Last Girl	Murad, Nadia	Tim Duggan Books	10/16/2018	9781524760441 1524760447	\$16.00 USD	Trade Paperback	Biography & Autobiography
Making a Killing	Ashcroft, Captain James	Virgin Books	4/1/2007	9781852273118 1852273119	\$24.95 USD	Hardcover	Biography & Autobiography

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Hamlyn
9780600636564
0600636569
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$14.99/\$16.99 Can.
Hardcover

144 Pages
Print Run: 7K
Cooking / Health & Healing
CKB039000

Status: **FORTHCOMING**

Related Products

Other Formats

Eat Yourself Calm
9780600627036 \$9.99

Eat Yourself Calm

Gill Paul

Key Selling Points

- Start feeling calmer instantly - and boost your health and wellbeing in the long-term.
- A clever problem-solver helps you choose the ingredients to address your individual symptoms.
- 60 delicious, easy recipes based on foods known to relax the mind and body.

Summary

Eat yourself calm with this informative guide to eating right and de-stressing.

Have you ever considered that what you eat might be affecting the way you feel? If you often feel stressed and uneasy, perhaps something is wrong with your diet.

Whether you need to boost your energy levels, calm your mood swings or placate your irritability, look no further! This book will provide you with lots of great-tasting recipes that will do the trick.

Dark chocolate, mangoes, salmon, ginger and oats are just some of the many superfoods that positively support the body's systems during periods of stress.

Through a nutritious weekly plan, *Eat Yourself Calm* will lead you from a diagnosis of your problems to cooking your way out of it.

Eat Yourself Calm includes...

Part I

Happy Superfoods
Superfoods
What's your problem?
Putting it all together

Part II

Calm Recipes
Breakfast
Snacks
Lunch
Dinner
Desserts

...And much much more!

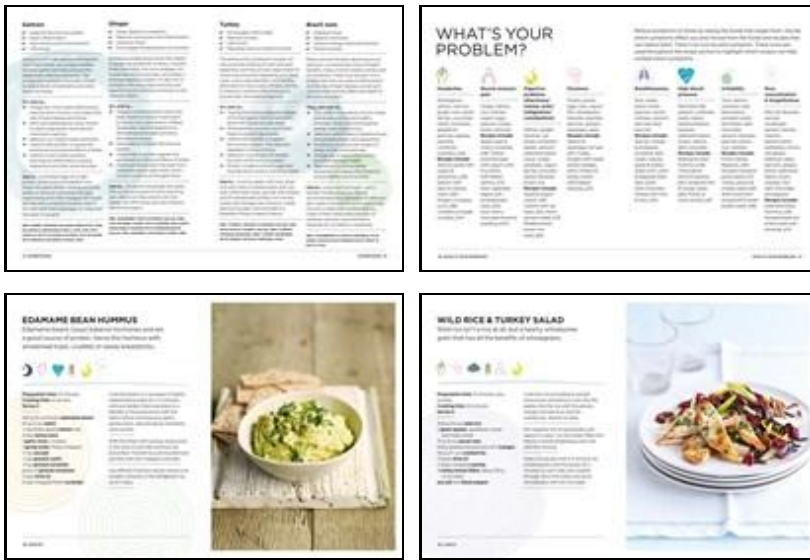
Contributor Bio

Gill Paul is a non-fiction author. She studied Medicine at Glasgow University before deciding that a doctor's life was not for her. She specializes in writing about health and has written a number of books, including *Food Hospital* (a tie-in to a major Channel 4 series) and *Perfect Detox*.

Marketing Plans

National media outreach

Illustrations



Comp Titles

Eat Yourself Thin	Paul, Gill Hamlyn	1/7/2014	9780600627029 0600627020	\$9.99 USD	Paperback	Cooking
Eat Yourself Calm	Paul, Gill Hamlyn	1/7/2014	9780600627036 0600627039	\$9.99 USD	Paperback	Cooking
Eat Yourself to Energy	Paul, Gill Hamlyn	1/7/2014	9780600627043 0600627047	\$9.99 USD	Paperback	Cooking
Eat Yourself Happy	Paul, Gill Hamlyn	1/7/2014	9780600627050 0600627055	\$9.99 USD	Paperback	Cooking
Eat Yourself Smart	Paul, Gill Hamlyn	4/5/2016	9780600630869 0600630862	\$9.99 USD	Paperback	Cooking
The Anti-Anxiety Diet	Miller, Ali Ulysses Press	8/28/2018	9781612438023 1612438024	\$15.95 USD	Trade Paperback	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

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Endeavour
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1913068080
Pub Date: 5/5/2020
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Ship Date: 3/19/2020
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Paperback

288 Pages
Print Run: 4K
Business & Economics / Careers
BUS012000

9.2 in H | 6 in W
Status: **FORTHCOMING**

Love It Or Leave It

How to be happy at work

Samantha Clarke

Key Selling Points

- Timely. This taps into the growing conversation around flexible working patterns, the future of employment in the face of technological change and work/life balance.
- Well-connected author with a fantastic range of corporate clients, including the Harrods, Mediacom, Viacom, Giorgio Armani, Pepsico, Procter & Gamble and the University of Cambridge.
- Based on popular workshops held at The School of Life and as part of the Guardian Masterclass series.
- Aimed at readers of The Little Black Book by Otega Uwagba (and #Girlboss by Sophia Amoruso).

Summary

How to find ways to love your current job and how to improve your sense of wellbeing at work, or how to leave it by working out the skills you have to offer and how to find a new opportunity.

The way we work has changed and that change is only accelerating. The advice we were given at school or by parents no longer makes sense in the world of digital nomads, social media overload and zero-hour contracts. Working out what you want to do and going after it is no longer as simple as studying the right degree. Even when we think we have our dream job, is it really what we thought it would be?

The School of Life business coach Samantha Clarke is on hand to help you navigate the difficult world of modern work and show you how to find a role you love and not be afraid to step away from a job that doesn't bring you joy.

Love It Or Leave It is for anyone:

*Thinking about a career change

*Stuck in a job they hate but worried about throwing away years of experience/training or feeling financially constricted in their options

*Who has landed their dream job but is struggling to enjoy it thanks to a toxic workplace

*Desperate to find a job that will leave them feeling fulfilled.

Contributor Bio

Samantha Clarke is a happiness consultant, lecturer at The School of Life and founder of the Growth & Happiness School. Her work involves group coaching sessions, creating wellbeing strategies for companies, leading workshops and delivering talks on company culture, employee growth and happiness.

She regularly gives keynote speeches and has delivered talks for The Royal Bank of Scotland, Stylist Live, Elle Weekender, the Abu Dhabi Government HR summit, Cannes Lions and the Soho House Group.

Samantha has a podcast series called 'Conversations with Samantha&', which features

interviews with philosophers, start-up founders and tech experts. Her work has been covered by Monocle, Stylist, Psychologies, Forbes, Harper's Bazaar, Elle, the Evening Standard, City AM, BBC Global News and BBC Radio 4.

Quotes

The straight-talking guide to becoming happier at work and getting that elusive work-life balance from popular happiness coach.

Marketing Plans

- National media outreach targeting business & wellness
- Author social media platform
- Giveaway programs
- Trade & Library media outreach

Links

- [Author Website](#)
- [Twitter Handle - @@samanthaand](#)

Comp Titles

Stop Doing That Sh*t	Bishop, Gary John	HarperOne	5/7/2019	9780062871848	\$22.99	Hardcover	Self-Help
				0062871846	USD		
Ask a Manager	Green, Alison	Ballantine Books	5/1/2018	9780399181818	\$16.00	Trade Paperback	Business & Economics
				0399181814	USD		
Girl, Wash Your Face	Hollis, Rachel	Thomas Nelson	2/6/2018	9781400201655	\$24.99	Hardcover with dust jacket	Self-Help
				1400201659	USD		

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Mitchell Beazley
9781784725761
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Pub Date: 4/7/2020
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\$26.99/\$29.99 Can./£20.00 UK
Hardcover

208 Pages
Carton Qty: 1
Print Run: 5K
Cooking / Regional & Ethnic
CKB044000
9.9 in H | 7.6 in W
Status:**FORTHCOMING**

Simple Spice Vegetarian

100 easy Indian vegetarian and vegan recipes with just 10 spices

Cyrus Todiwala

Key Selling Points

- Cyrus is Chef Patron of the award-winning restaurant, Café Spice Namasté, in London
- He travels frequently to India to teach and judge competitions and has a restaurant (The River Restaurant) in Goa

Summary

Delicious vegetarian and vegan Indian recipes made easy, with only 10 spices used throughout the book.

Cyrus Todiwala shows you how to master vegetarian and vegan Indian recipes using just 10 spices - chilli, cumin, cilantro, turmeric, cardamom, cloves, saffron, cinnamon, mace and mustard seeds. All of the recipes in the book draw only on these core spices, making Indian cookery achievable for everyone, without impossibly long ingredient lists.

Cyrus shares his trademark combinations of Indian techniques with more familiar western ingredients, and vice versa, with imaginative new takes on vegetarian and vegan recipes such as Zucchini Koftas in Tomato Sauce, Masala Scrambled Eggs with Paneer, Quinoa and Mushroom Tadka and Baked Tandoori-style Cauliflower.

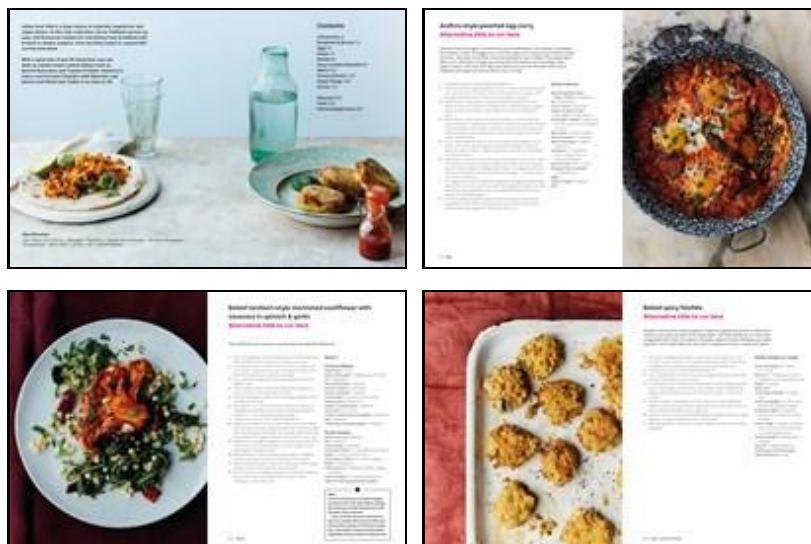
Contributor Bio

Cyrus Todiwala OBE, DL, was born in Bombay and rose to become Executive Chef of the Taj Group of hotels in India. Looking for a new challenge, he moved to Britain, where he has lived for more than twenty years. As well as running three successful restaurants in London, he has written a number of cookery books and in 2013 co-presented *The Incredible Spice Men* on BBC TV. He also makes frequent appearances on BBC Saturday Kitchen and in other media.

Quotes

Delicious vegetarian and vegan Indian recipes made easy, with only 10 spices used throughout the book.

Illustrations



Comp Titles

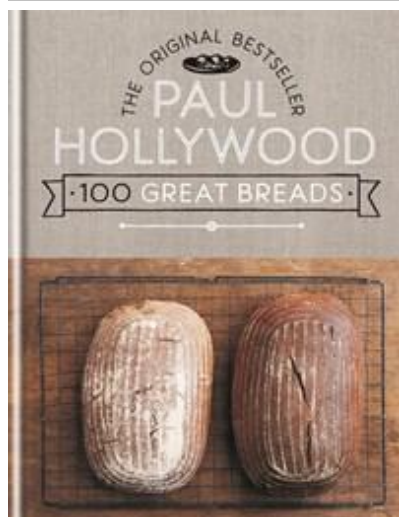
Vegetarian India	Jaffrey,	Knopf	10/27/2015	9781101874868	\$35.00	Hardcover	Cooking
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	Madhur			1101874864	USD		
Fresh India	Sodha, Meera	Flatiron Books	5/15/2018	9781250123831 1250123836	\$35.00 USD	Hardcover Paper over boards	Cooking
Mr Todiwala's Spice Box	Todiwala, Cyrus	Mitchell Beazley	7/5/2016	9781784721619 1784721611	\$29.99 USD	Hardcover	Cooking

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Subrights

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Cassell
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1788402146
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On Sale Date: 5/5/2020
\$24.99/\$27.99 Can.
Hardcover

144 Pages
Print Run: 3K
Cooking / Courses & Dishes
CKB009000
Status: **FORTHCOMING**

Paul Hollywood 100 Great Breads

Paul Hollywood

Summary

Paul Hollywood presents all the know-how you need to bake delicious and unusual breads

TV's Paul Hollywood conveys his love of bread-making in this collection of fantastic recipes. He reveals all the simple techniques you need to make this staple food and shows you that baking bread is far easier than you could possibly have imagined. *100 Great Breads* features a wide range of recipes, from a basic brown and white loaf to savory and sweet, Mediterranean, traditional and ancient breads.

Contributor Bio

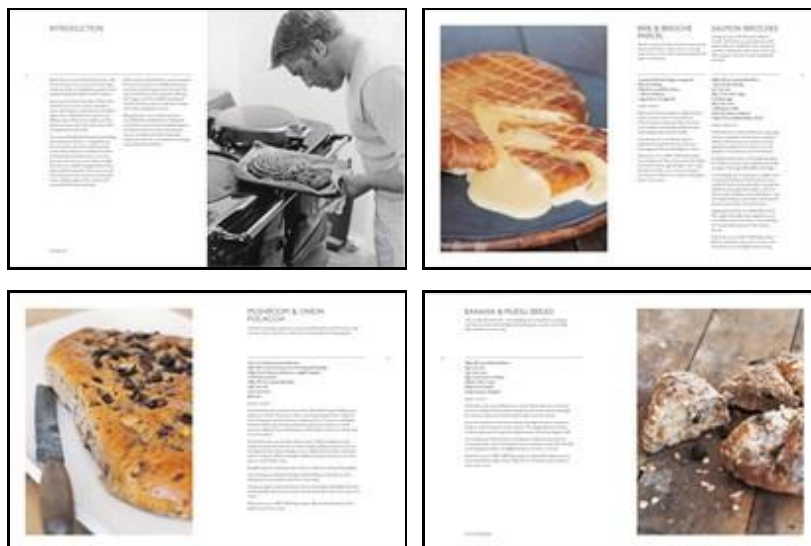
Paul Hollywood started his training as a baker aged twelve and then went to art college and trained as a sculptor. The love of working with his hands finally led him into creating new, unique and specialty breads full-time. He has worked as Head Baker at several renowned hotels and is the founder of the Hollywood Company Deli, which supplies his own breads to top London restaurants and supermarkets.

Paul has been a judge on *The Great British Bake Off* since 2010 as well as hosting his own BBC shows *Paul Hollywood's Bread* and *Paul Hollywood's Pies & Puds*.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



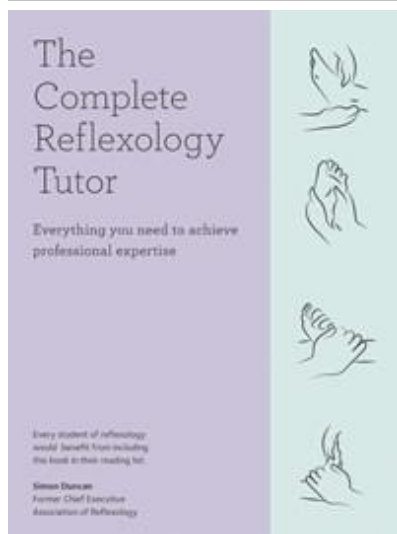
Comp Titles

The Great British Bake Off: Get Baking for Friends and Family	Hollywood, Paul	Sphere	12/4/2018	9780751574647	\$28.99	Hardcover	Cooking
				0751574643	USD		
A Baker's Life	Hollywood, Paul	Bloomsbury Publishing	11/14/2017	9781408846506	\$36.00	Hardcover with dust jacket	Cooking
				1408846500	USD		

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Subrights

No subrights have been specified.



Gaia
9781856754262
185675426X
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
Ship Date: 3/5/2020
\$26.99/\$29.99 Can./£18.99 UK
Paperback

256 Pages
Print Run: 5K
Health & Fitness / Alternative
Therapies
HEA032000

10.2 in H | 7.7 in W | 0.7 in T |
1.9 lb Wt
Status: **FORTHCOMING**

The Complete Reflexology Tutor

Everything you need to achieve professional expertise

Ann Gillanders

Key Selling Points

- All-encompassing guide to a popular practice.
- Written by a world-renowned reflexologist.

Summary

All-encompassing guide to a popular practice. Written by a world-renowned reflexologist.

Learn how to practice reflexology with this all-encompassing guide. Discover the origins of reflexology and how it works, then learn through the step-by-step guides how to master a variety of foot and hand reflexology routines. The Complete Reflexology Tutor clearly points the body's reflex points and how best to work them. However, this book is not merely for the beginner. For the more advanced reflexologist, there is practical advice on how to establish yourself as a reflexologist.

Contributor Bio

Ann Gillanders is a world-renowned reflexologist and author of best-selling reflexology books. She is principal of the British School of Reflexology and editor of Healing Points magazine. Ann has been treating patients for over 30 years and training therapists around the world since 1980.

Quotes

All-encompassing guide to a popular practice. Written by a world-renowned reflexologist. Recommended by the Association of Reflexologists

Marketing Plans

National media outreach

Illustrations

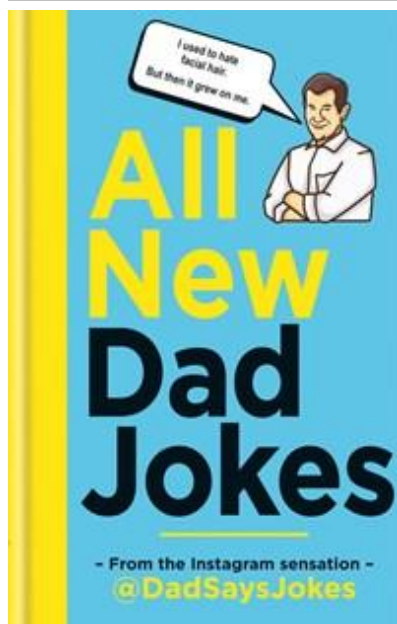


Comp Titles

Complete Reflexology for Life	Kunz, Barbara	DK	8/17/2009	9780756655808	\$19.99	Trade Paperback	Health & Fitness
Sole Guidance	Tse, Holly	Hay House Inc.	7/26/2016	9781401949273	\$15.99	Trade Paperback	Health & Fitness
				1401949274	USD		

Subrights

No subrights have been specified.



Cassell
9781788401746
1788401743
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 9/5/2019
\$12.99/\$14.99 Can./£10.00 UK
Hardcover

272 Pages
Carton Qty: 25
Print Run: 15K
Humor / Topic
HUM011000
7.2 in H | 4.6 in W | 0.9 in T | 0.5 lb Wt
Status: **FORTHCOMING**

All new Dad jokes

From the Instagram sensation @dadsaysjokes

@dadsaysjokes

Key Selling Points

- @dadsaysjokes have over 1.1m followers on Instagram.
- The account resonates widely, with three prominent age segments engaging with DadSays Jokes - 18-24yrs (32%), 25-34yrs (39%) and 35-44yrs (18%). The audience composition gives a diverse population of potential customers, with a 51% (M) and 49% (F) gender split.
- Makes the perfect gift for birthdays, father's days and Christmas!
- @dadsaysjokes has over 77k followers on Twitter.

Summary

All new content from the bestselling Dad Jokes

All New Dad Jokes is the second book from the most followed dad jokes page on Instagram, @dadsaysjokes. Now with a following of over 1 million, *All New Dad Jokes* provides brand new content guaranteed to leave your friends and family laughing and groaning in equal measure.

@DadSaysJokes is a community-run Instagram account with more than 1 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favorites - or Dad just drops in his own zinger! Kit, an 18 year-old social networking mastermind started his career at the tender age of 14, when he created his original platform, Football.Newz, to serve audiences for the World cup 2014. He has recently added another nine platforms in different genres (of which @DadJokes is one), with nine million followers and rising. This is his second book.

Q: What do you call a snowman with a six pack? A: An abdominal snowman.

Contributor Bio

Dad Says Jokes is a community-run social brand fast approaching 800k followers on Instagram and Facebook, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers.

Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

To find out more follow @DadSaysJokes on Instagram, Twitter and Facebook.

Quotes

The follow-up to the original bestseller

Marketing Plans

National media outreach
Author social media platform
Giveaway programs

Links

- [Twitter_Handle - @dadsaysjokes](#)

Illustrations



Comp Titles

Dad Jokes	Niro, Jimmy	Sourcebooks	5/1/2018	9781492675372	\$9.99	Trade Paperback	Humor
The World's Greatest Collection of Dad Jokes	Publishing, Barbour	Barbour Books	4/1/2017	9781683221005	\$4.99	Paperback	Humor
Dad Jokes	Dad Says Jokes	Cassell	5/14/2019	9781788401029	\$12.99	Hardcover	Humor

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Mitchell Beazley
9781784726010
178472601X
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
Ship Date: 4/2/2020
\$26.99/\$29.99 Can./£20.00 UK
Hardcover

176 Pages
250 photographs
Print Run: 6K
Gardening / Garden Design
GAR006000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Green

Simple Ideas for Small Outdoor Spaces

Ula Maria

Key Selling Points

- A fresh take on the perennially-popular subject of small gardens

Summary

Simple gardening ideas for transforming an outdoor space with containers, furniture, lighting and other low-maintenance elements.

'Spending so much time outdoors in my childhood made me think of a garden as a natural extension of my home - an inseparable part of everyday life. It wasn't until I moved into a rented property in the city that I felt an undeniable urge to make the most of the little exterior space that we had and re-evaluate it. In time, creating outdoor spaces that people truly care for, no matter how small or large, became much more rewarding than perfecting any indoor space. Many say that a home is a true reflection of self, but I believe it is the garden, where personalities and relationships with our surroundings truly blossom.' - Ula Maria

Gardening ideas for time-poor urbanites and the new wave of millennial gardeners. Includes gardening instructions for small spaces, flowers in small pots and tips on growing plants in urban areas.

Designed for those with small gardens, terraces, balconies and roof gardens who see their outdoor space as an extension of their home, rather than the horticulturally committed.

Contributor Bio

Ula Maria is an award-winning garden designer, landscape architect, and illustrator.

Ula attended the School of Fine Arts in Lithuania before moving to England permanently in 2008. She studied a BA and MA in Landscape Architecture at Birmingham City University, where she was awarded the Landscape Institute's John Knight award for both her undergraduate and postgraduate projects.

Since graduating, Ula has worked for a number of landscape practices (including that of Tom Stuart-Smith) prior to entering and winning the 'RHS Young Designer of the Year' competition where she received a gold medal for her garden 'Studio Unwired' in 2017. Since then, Ula has established her own practice and won 'Best in Lifestyle category' award for her 'Style and Design garden' at the RHS Hampton Court Flower Show. Ula is also a visiting tutor at Birmingham City University and an author of the latest 'Design' series in Gardens Illustrated magazine.

Ula has a deep connection with nature originating from her childhood spent in rural Lithuanian landscapes, collecting berries and swimming in the river Ula with its banks dotted with coniferous forests, thick woods, and high sandy cliffs. She seeks to create meaningful designs with a sensitive approach to an existing space. Her particular interest is in creating emotive garden spaces that evoke innate connections to nature through memories, senses and experiences.

Quotes

Transform your available outdoor space with simple, stylish solutions that don't require major structural changes or big budgets.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



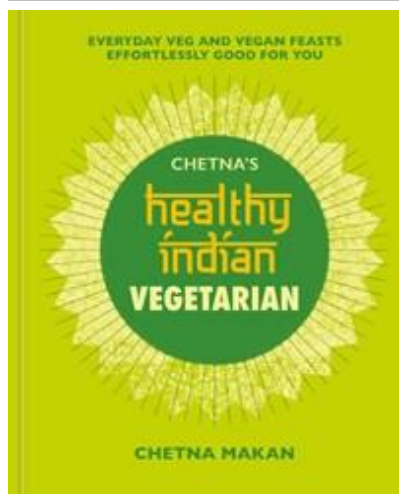
Comp Titles

New Small Garden	Kingsbury, Noel	Frances Lincoln	9/1/2016	9780711236806 0711236801	\$29.99 USD	Hardcover	Gardening
Gardenista	Slatalla, Michelle	Artisan	10/18/2016	9781579656522 1579656528	\$40.00 USD	Hardcover Paper over boards	Gardening
Terrain	Lehmkuhl, Greg	Artisan	10/23/2018	9781579658076 1579658075	\$35.00 USD	Hardcover Paper over boards	Crafts & Hobbies
The Less Is More Garden	Morrison, Susan	Timber Press	2/7/2018	9781604697919 1604697911	\$29.95 USD	Hardcover Paper over boards	Gardening

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Subrights

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Mitchell Beazley
9781784726621
1784726621
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
Ship Date: 5/7/2020
\$29.99/\$32.99 Can./£20.00 UK
Hardcover

208 Pages
Print Run: 6K
Cooking / Individual Chefs &
Restaurants
CKB115000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Chetna's Healthy Indian: Vegetarian

Everyday veg and vegan feasts effortlessly good for you

Chetna Makan

Key Selling Points

- Chetna has a strong following of loyal fans which has continued to grow from her **The Great British Baking Show** days.
- Her books consistently garner media attention especially on the Steve Wright Show, Guardian and Delicious and other foodie magazines.
- Will compete in the veggie market alongside books like The Curry Guy Veggie, Fresh India, East etc.

Summary

Over 80 delicious, Indian influenced, nutritious vegetarian recipes packed with flavor

Chetna's Healthy Indian Vegetarian is a celebration of Indian food at its best; fresh, vibrant and supremely delicious.

With over 80 delicious recipes that vegetarian and even the most dedicated of meat eaters will enjoy, Chetna shows just how creative you can be with even the most humble vegetable. This book is packed with flavor and innovative ideas yet easy and accessible for home cooks.

Recipes include:

Samphire and carom seeds pakoras
Red lentils and roasted cauliflower soup
Whole green chilli curry in a gram flour yogurt sauce
Zucchini kofta curry
Coconut and chana dal stuffed parathas
Cashew nut paneer rice
Chocolate coconut laddos
Cardamom and almond bake

Contributor Bio

Chetna Makan was born in Jabalpur, an ancient city in central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003. Chetna reached the semi-final of **The Great British Baking Show** in 2014, and her first book, *The Cardamom Trail*, is a celebration of baking with Indian flavours. She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food.

Quotes

Over 80 delicious, nutritious vegetarian recipes packed with flavour.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)
- [Facebook Link](#)
- [Twitter Handle - @chetnamakan](#)

Illustrations



Comp Titles

Fresh India	Sodha, Meera	Flatiron Books	5/15/2018	9781250123831	\$35.00	Hardcover Paper over boards	Cooking
Vegetarian Indian Cooking with Your Instant Pot	Singh, Manali	Page Street Publishing	10/9/2018	9781624146459	\$21.99	Trade Paperback	Cooking
The Cardamom Trail	Makan, Chetna	Mitchell Beazley	5/3/2016	9781784721299	\$29.99	Hardcover	Cooking
Chai, Chaat & Chutney	Makan, Chetna	Mitchell Beazley	9/5/2017	9781784722876	\$29.99	Hardcover	Cooking
Chetna's Healthy Indian	Makan, Chetna	Mitchell Beazley	3/5/2019	9781784725358	\$29.99	Hardcover	Cooking

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Subrights

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Conran
9781840918076
1840918071
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$24.99/\$27.99 Can.
Hardcover

224 Pages
Print Run: 6K
Cooking / Health & Healing
CKB039000

Status: **FORTHCOMING**

Leon Happy Fast Food

Rebecca Seal, John Vincent, Jack Burke

Key Selling Points

- LEON has sold 750,000 cookbooks
- There are now more than 60 LEON restaurants (including branches in Washington DC, Amsterdam, Utrecht and Oslo)
- The latest book in the LEON Happy series - 120,000 copies sold

Summary

From the very beginning, LEON has asked the same question - why can't fast food be good for you?

Well, it can be, and in this book we've gathered our favorite - and quickest - healthy fast food recipes from around the world. From burgers to brochettes, dosa to donburi, we've collected the most delicious street food dishes, sandwiches, pastas and sides, and made them as good-for-you as possible.

LEON Happy Healthy Fast Food includes 100 new recipes and photography, organised into five sections: Breads & Buns, Salads, On the Hob, Grilled & Bakes, Sides, Sauces & Rubs and Sweets & Shakes.

Contributor Bio

Rebecca Seal (Author)

Rebecca has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan* and *LEON Happy Curries* with John Vincent. She lives in London with her husband and two small daughters.

John Vincent (Author)

John is co-founder of LEON, which now has more than 60 restaurants (including in Amsterdam, Utrecht, Oslo and Washington, DC). He wrote *LEON Naturally Fast Food* with Henry Dimbleby, *LEON Family & Friends* with Kay Plunkett-Hogge, *LEON Happy Salads* and *LEON Fast & Free* with Jane Baxter and *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan* and *LEON Happy Curries* with Rebecca Seal. He thinks that our relationship with food should be positive and joyous and that we need to listen more carefully to our gut, eat more good fats and less sugar.

Jack Burke is a writer, actor and private chef. He spent many university summers cooking in Italy and France when he should have been studying for his Classics degree. Born and based in London, he can often be heard on the radio and as the co-host of Leon's podcast.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



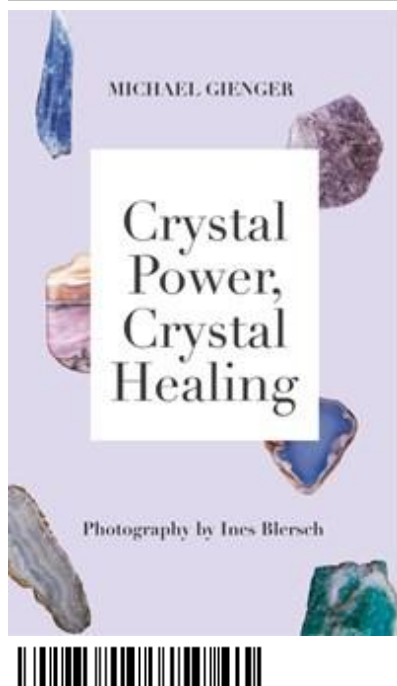
Comp Titles

100 Days of Real Food: Fast & Fabulous	Leake, Lisa	William Morrow Cookbooks	10/25/2016	9780062433039	\$29.99	Hardcover	Cooking
Love Real Food	Taylor, Kathryne	Rodale Books	5/16/2017	9781623367411	\$27.50	Hardcover	Cooking
LEON Baking & Desserts	Ptak, Claire	Conran	4/11/2012	9781840916119	\$29.99	Hardcover	Cooking
LEON: Naturally Fast Food	Dimbleby, Henry	Conran	9/5/2012	9781840916126	\$29.99	Hardcover	Cooking
Leon Family & Friends	Plunkett-Hogge, Kay	Conran	4/2/2013	9781840916195	\$29.99	Hardcover	Cooking
Leon Smoothies, Juices and Cocktails	Leon Restaurants	Conran	9/3/2013	9781840916317	\$9.99	Hardcover	Cooking
Leon Soups, Salads & Snacks	Leon Restaurants	Conran	9/3/2013	9781840916324	\$9.99	Hardcover	Cooking
Leon Brownies Bars & Muffins	Leon Restaurants	Conran	9/3/2013	9781840916331	\$9.99	Hardcover	Cooking
Leon Breakfast and Brunch	Leon Restaurants	Conran	9/3/2013	9781840916348	\$9.99	Hardcover	Cooking
Leon: Ingredients & Recipes	McEvedy, Allegra	Conran	8/5/2014	9781840916560	\$29.99	Hardcover	Cooking
LEON Happy Salads	Baxter, Jane	Conran	8/2/2016	9781840917185	\$19.99	Hardcover	Cooking
Leon: Family & Friends	Plunkett-Hodge, Kay	Conran	7/5/2016	9781840917239	\$24.99	Paperback	Cooking
Leon	Baxter, Jane	Conran	2/7/2017	9781840917321	\$29.99	Hardcover	Cooking
Leon Fast Vegetarian	Baxter, Jane	Conran	8/8/2017	9781840917536	\$24.99	Paperback	Cooking
Leon Happy Soups	Seal, Rebecca	Conran	11/7/2017	9781840917635	\$19.99	Hardcover	Cooking
Leon Fast Vegan	Seal, Rebecca	Conran	3/5/2019	9781840917932	\$29.99	Hardcover	Cooking
Leon Happy Curries	Seal, Rebecca	Conran	11/5/2019	9781840917970	\$19.99	Hardcover	Cooking
Leon Happy Baking	Ptak, Claire	Conran	9/3/2019	9781840917987	\$19.99	Hardcover	Cooking

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Subrights

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Cassell
9781788402088
1788402081
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$24.99/\$27.99 Can.
Paperback

448 Pages
Print Run: 5K
Body, Mind & Spirit / Crystals
OCC004000
Status: **FORTHCOMING**

Crystal Power, Crystal Healing: The Complete Handbook

Michael Gienger

Key Selling Points

- The first ever comprehensive survey of the art of crystal healing, now fully updated and expanded
- Easy-to-read approach to a complex subject
- Wealth of colour photography and detailed descriptions of more than 120 crystals and their properties

Summary

A comprehensive examination of the science, structure and power of the healing properties of crystals.

This unique book examines the basic principles underpinning the fascinating art of crystal healing. Presented in a simple, easy-to-read style, it is a classic, key piece of writing for anyone seeking to unlock the powerful healing properties of more than 120 crystals.

The result of twelve years' research and personal study, author Michael Gienger presents here an exhaustive examination of the therapeutic and healing properties of crystals for all our spiritual, mental and physical needs. Containing a wealth of stunning colour photography and detailed descriptions of crystals and their application, this ground-breaking work provides the first ever comprehensive survey of the art of crystal healing.

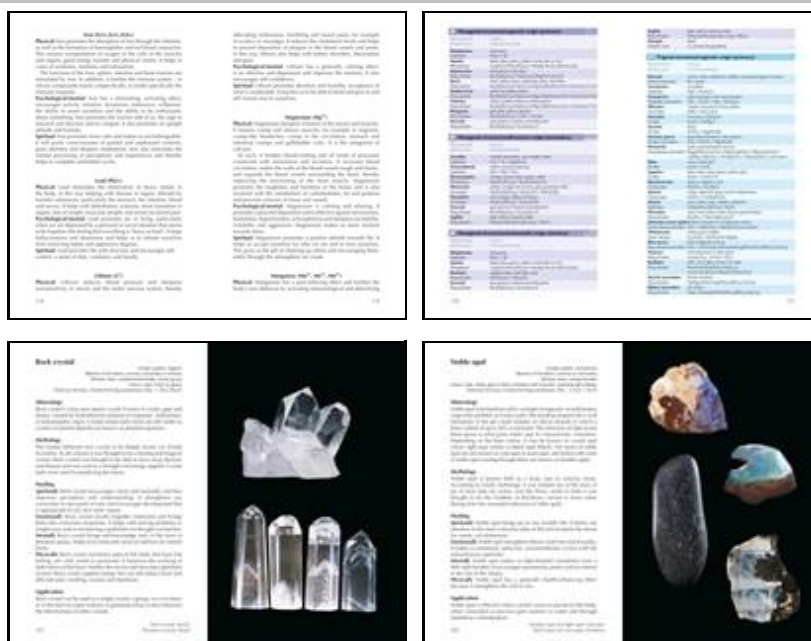
Contributor Bio

The late Michael Gienger studied crystal healing for more than 30 years. The author of numerous publications, he has gained a worldwide reputation as an expert on crystal healing.

Marketing Plans

National media outreach

Illustrations



Comp Titles

Crystal Reiki	Mitchell,	Sterling	1/1/2019	9781454930259	\$16.95	Trade	Body, Mind &
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	Krista N.	Ethos		145493025X	USD	Paperback	Spirit
Crystals for Beginners	Frazier, Karen	Althea Press	10/17/2017	9781623159917	\$14.99	Trade	Body, Mind &
				1623159911	USD	Paperback	Spirit
Crystal Power, Crystal Healing	Gienger, Michael	Cassell	10/6/2015	9781844038411	\$22.99	Paperback	Body, Mind &
				1844038416	USD		Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Aster
9781783253401
1783253401
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
Ship Date: 5/14/2020
\$14.99/\$16.99 Can./£10.99 UK
Paperback

160 Pages
60 illustrations & photographs
Print Run: 6K
Body, Mind & Spirit / Astrology
OCC009000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Moon Power (Conscious Guides)

Empowerment through cyclical living

Merilyn Keskula

Key Selling Points

- These books are aimed at readers who are drawn to the mystical side of life while being hip and on-trend, and creative individuals seeking more connection and meaning from life.
- The Moonology books have soled almost 19,000 copies via TCM.
- Astrology is a huge trend amongst millennials according to Refinery 29 and The New York Times.

Summary

Part of a stunning new series of modern guides for spiritual empowerment for the resurgent mind, body, spirit market.

The Moon is not just a static piece of cosmic matter in our night sky, but a dynamic living being. Throughout her journey around the Earth which takes about 29.5 days she shows us her different faces, growing from a silver sliver in the sky to an awe-inspiring illuminated sphere, before returning to darkness again. She changes colour and moves through a variety of star constellations reflecting the energies at play each day.

The Moon gives us a map to a cyclical way of living; the blueprint for a life that breathes in harmony with the rhythm of the natural world around us. She teaches us about the importance of embracing quiet and reflective times as much as celebrating the times we experience life in its fullest expression. She informs us when to plant the seeds of our dreams and when to take stock and harvest what we have been growing.

Contributor Bio

Merilyn Keskula was born in Estonia, but currently lives in London where she runs Mylky Moon Lab, an evolving R&D project that helps next generation leaders and companies to return to the alignment with natural rhythms and cycles, consequently growing their businesses in a sustainable way. Merilyn is also the founder of Keskula Digital, a boutique digital marketing agency for conscious businesses and creatives.

Quotes

A stunning new series of modern guides for spiritual empowerment for the resurgent mind, body, spirit market.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations





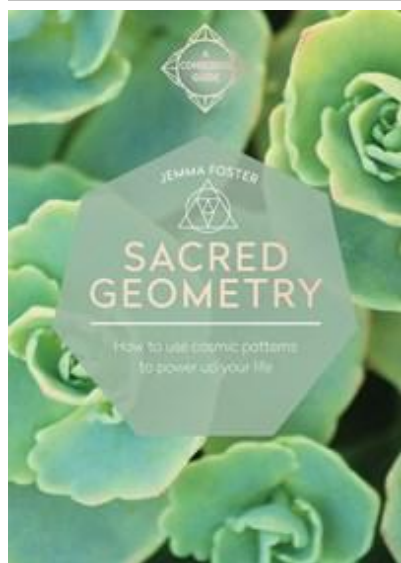
Comp Titles

Moonology	Boland, Yasmin	Hay House UK	7/5/2016	9781781807422	\$16.99	Trade Paperback	Body, Mind & Spirit
				1781807426	USD		
Crystals	Wright, Katie-Jane	Aster	4/2/2019	9781912023943	\$12.99	Paperback	Body, Mind & Spirit
				1912023946	USD		
Dreams	Carr, Tree	Aster	4/2/2019	9781912023967	\$12.99	Paperback	Body, Mind & Spirit
				1912023962	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Aster
9781783253418
178325341X
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
Ship Date: 5/14/2020
\$14.99/\$16.99 Can./£10.99 UK
Paperback

160 Pages
60 illustrations & photographs
Print Run: 6K
Body, Mind & Spirit / Spiritualism
OCC027000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Sacred Geometry (Conscious Guides)

How to use cosmic patterns to power up your life

Jemma Foster

Key Selling Points

- Sacred Geometry is a nexus point between physics and mysticism and therefore appeals to readers across genres.
- Whilst being a popular topic amongst MBS readers, *Sacred Geometry* would also appeal to readers of Carlo Rovelli, Helen Czerksi and Stephen Hawking.
- *Sacred Geometry* helps to find order, pattern and meaning in the chaos of everyday.

Summary

Discover the majestic flow of the universe and how its symbolic architecture can awaken higher energies.

Sacred Geometry exists all around us in the natural world, from the unfurling of a rose bud to the pattern of a tortoise shell, the sub-atomic to the galactic. A pure expression of number and form, it is the language of creation and navigates the unseen dimensions beyond our three-dimensional reality.

Since its discovery, humans have found many ways - stone circles, mandalas, labyrinths, temples- to call upon this universal law as a way of raising consciousness and communicating with a divine source. By becoming aware of the dots and lines that build the world around you, Sacred Geometry will teach you how to bring this mystical knowledge into your daily practice.

Contributor Bio

Jemma Foster is a multi-disciplinary practitioner of plant and vibrational medicine. She is the founder of the botanical studio Mama Xanadu, which hosts plant workshops and supper clubs. Through her own research and study with the Academy of Sacred Geometry, Jemma fell in love with this language of the universe and the myriad ways in which it has been spoken across cultures and across time.

Quotes

Discover the majestic flow of the universe and how its symbolic architecture can awaken higher energies.

Marketing Plans

Social media & giveaway

National MBS media

Illustrations





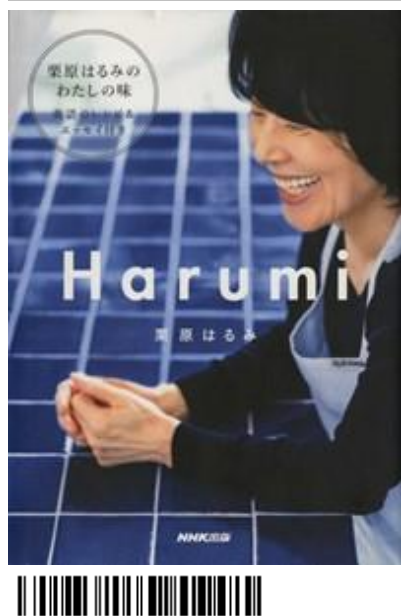
Comp Titles

Sacred Geometry Coloring Book	Hart, Francene	Inner Traditions/Bear & Company	5/16/2017	9781620556528	\$14.95	Trade Paperback	Games & Activities
Moon Power (Conscious Guides)	Keskula, Merilyn	Aster	6/2/2020	9781783253401	\$14.99	Paperback	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Conran
9781840918090
1840918098
Pub Date: 6/9/2020
On Sale Date: 6/9/2020
\$24.99/\$27.99 Can.
Hardcover

240 Pages
Print Run: 6K
Cooking / Regional & Ethnic
CKB048000

Status: **FORTHCOMING**

Harumi's Japanese Kitchen

Harumi Kurihara

Key Selling Points

- Harumi Kurihara's books have sold more than 20 million copies worldwide
- She currently hosts an English-language television program - 'Your Japanese Kitchen' - which is broadcast around the world
- A 2019 international YouGov study of more than 25,000 people found that Japanese food is the third most popular cuisine in the world

Summary

Japanese cooking demystified with 53 new recipes from one of the world's bestselling authors of Japanese cuisine.

In Harumi's Japanese Kitchen, Harumi Kurihara takes it back to basics and shows you how to master Japanese recipes to impress friends and family.

With an enticing design and foolproof step-by-step photography, Harumi presents 53 recipes in her trademark approachable style, organized into chapters of Meat & Fish, Vegetables, Rice, Noodles & More and Desserts. There's also information on ingredients and utensils, making dashi and how to correctly prepare and cook rice.

A phenomenon in her native Japan, Harumi's books have sold more than 20 million copies worldwide. Harumi's Japanese Kitchen, published to tie in with Harumi's television programme of the same name, aims to make Japanese cooking accessible to all.

Contributor Bio

Harumi Kurihara's cooking, lifestyle books and magazines have made the charismatic former housewife a phenomenon in her native Japan and she has sold more than 20 million copies worldwide. She currently has more than 60 shops and cafés in Japan that sell her homeware, cookware and clothing ranges. Her success is rooted in her effortless, down-to-earth and unpretentious approach to stylish living and eating, which follows a philosophy of elegance and simplicity. Harumi's own inspiration derives from her traditional upbringing in a big family in central Japan. Later, as a full-time housewife and mother, married to Reiji Kurihara, a former TV anchorman, she found her talent to create delicious, simple to prepare, fashionable meals, without great expense. This skill, combined with her eye for simple, beautiful and practical home decoration has made her the most celebrated lifestyle authority in Japan.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations





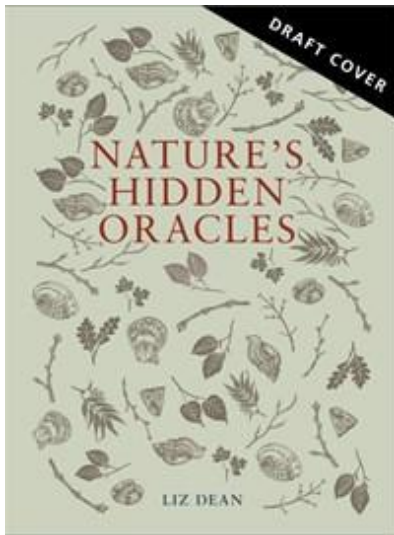
Comp Titles

Mastering the Art of Japanese Home Cooking	Morimoto, Masaharu	Ecco	11/8/2016	9780062344380	\$45.00	Hardcover	Cooking
Japan: The Cookbook	Hachisu, Nancy Singleton	Phaidon Press	4/6/2018	9780714874746	\$49.95	Hardcover	Cooking
Harumi's Japanese Cooking	Kurihara, Harumi	HP Books	4/4/2006	9781557884862	\$32.00	Hardcover	Cooking
Harumi's Japanese Home Cooking	Kurihara, Harumi	HP Books	10/2/2007	9781557885203	\$32.00	Hardcover	Cooking
Everyday Harumi	Kurihara, Harumi	Conran	9/22/2009	9781840915440	\$29.99	Hardcover	Cooking
Everyday Harumi	Kurihara, Harumi	Conran	6/28/2016	9781840917222	\$24.99	Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Nature's Hidden Oracles

Liz Dean

Key Selling Points

- Part of the growing nature trend (especially popular amongst millennials)
- Part of the spiritual wellbeing trend - appealing to a readership interested in witchcraft, crystals and tarot.
- Liz Dean is a respected author within the field of Mind, Body, Spirit

Summary

A simple guide to the art of natural divination

Nature's Hidden Oracles is a practical manual for natural divination in the outdoor environment all year round.

By collecting and interacting with the objects you find outside, you can generate new ways of seeing and become more mindful of our environment and what it has to say about our past, present and future. Nature's Hidden Oracles shows you how to connect with your surroundings and the ways of our ancestors through practices such as Flower Divination, Herb-scrying and listening to the oracles of the stones and trees that surround us.

Chapters Include:

- 1 Flower divination: petal prediction
- 2 Herb-scrying: interpreting shapes
- 3 Oracles of the trees: root, branch, leaf
- 4 Stone oracles: stone-casting and witch stones
- 5 Natural charms: from the beach and forest
- 6 Feather oracle: sky messengers

Contributor Bio

Liz Dean is an author, teacher and tarot/divination practitioner. She is guest reader at Psychic Sisters within Selfridges, London, and runs a private practice for a global client list. Liz has presented at the UK Tarot Conference, London, at Reader's Studio, New York (2016, 2017), and the London Tarot Festival (2018); she taught at the prestigious Omega Institute, New York State, as part of the Master of Tarot programme (2018). She currently teaches at Crystal Moon Emporium, Sunderland (tea-cup reading, crystal-ball reading, pendulums, crystal-casting, and beginner and intermediate tarot). A former editor with a twenty-five-year career in illustrated book publishing and former co-editor of Kindred Spirit magazine, Liz is the author of seventeen divination decks and books. She lives by the sea in Roker, Sunderland, in north-east England.

Quotes

A simple guide to the art of natural divination

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations

Godsfield
9781841814940
1841814946
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
Ship Date: 5/14/2020
\$14.99/\$16.99 Can./£10.00 UK
Hardcover

160 Pages
70 Illustrations
Print Run: 6K
Body, Mind & Spirit / Divination
OCC005000

7.1 in H | 5.3 in W
Status: **FORTHCOMING**



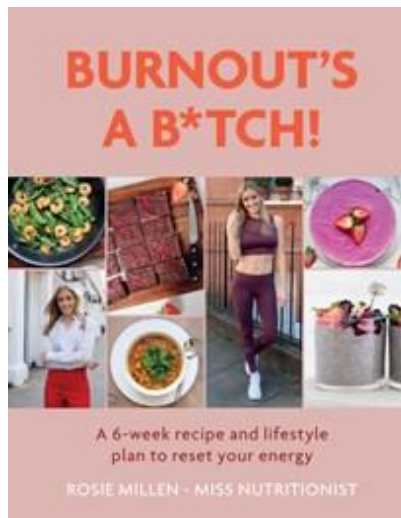
Comp Titles

The Garden Awakening	Reynolds, Mary	UIT Cambridge Ltd.	10/1/2016	9780857843135	\$29.99	Hardcover	Gardening
Braiding Sweetgrass	Kimmerer, Robin Wall	Milkweed Editions	8/11/2015	0857843133	USD	Trade Paperback	Nature

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Mitchell Beazley
9781784726676
1784726672
Pub Date: 6/9/2020
On Sale Date: 6/9/2020
Ship Date: 5/7/2020
\$26.99/\$29.99 Can./£20.00 UK
Hardcover

208 Pages
Print Run: 5K
Self-Help / Self-Management
SEL024000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Burnout's a B*tch

A 6-week recipe and lifestyle plan to reset your energy

Rosie Millen

Summary

*Burnout's a B*tch!* is the antidote to the overloaded, overworked, overly stimulating modern lifestyle. It delves into unexpected energy saboteurs so readers and recalibrate their lifestyle and their energy, both physically and mentally. No more mid-afternoon energy slumps. No more walking around like a zombie. No more brain fog. No more BURNOUT!

The World Health Organisation have not only officially added burnout to their International Classification of Diseases; they predict that work-related stress, burnout and depression will together top the list of most prevalent diseases by 2020.

This kick-ass guide to overcoming burnout, is inspired by Rosie Millen's (AKA Miss Nutritionist) personal journey after she collapsed in the park one day and, with poor information and misdiagnosis, remained in bed for close to three years. Now 100% recovered, she coaches thousands of people to reenergize and regain their lives with her unique 6-week programme. Tackling subjects such as saying goodbye to stress, cutting energy vampires, as well as the right nutrition, workout and sleep programmes - you'll see how simple it is to reset your body and mindset in just 6 weeks. With 70 recipes, clear meal planners and weekly lifestyle tips, everyone can benefit from beating burnout.

Contributor Bio

Rosie is a fully qualified Nutritional Therapist who set up her company Miss Nutritionist in 2010. In 2014 she developed a health condition called Adrenal Fatigue, AKA burnout, and has been on a long journey of recovery ever since. Now she is 100% recovered she specialises in burnout and helps men and women of all ages to regain their energy just by making changes to their diet and lifestyle. She has personally coached thousands of women to increase their energy, helped multiple companies give their employees more energy and written hundreds of blog posts on how to recover from burnout.

Quotes

A 6-week recipe and lifestyle plan to reset your energy.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

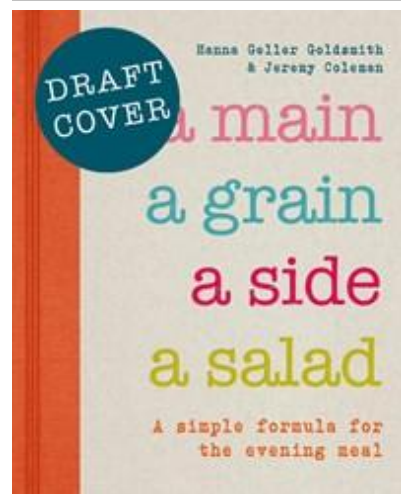
Reset	Murray, David	Crossway	3/31/2017	9781433555183 1433555182	\$14.99 USD	Trade Paperback	Religion
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Burnout Nagoski, Emily Ballantine Books 3/26/2019 9781984817068 198481706X \$27.00 USD Hardcover Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Mitchell Beazley
9781784726591
1784726591
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
\$29.99/\$32.99 Can.
Hardcover

208 Pages
Print Run: 5K
Cooking / Comfort Food
CKB127000

Status: **FORTHCOMING**

A Main, a Grain, a Side & a Salad

A simple formula for the evening meal

Hannah Geller Goldsmith, Jeremy Coleman

Key Selling Points

- A clever, commercial and succinct concept - in the vein of the bestselling Roasting Tin books
- Fast, easy, healthy meals that are achievable yet aspirational and perfect for families An exciting new voice in the food world
- The authors are well-connected and highly promotable with an active presence on social media.

Summary

Easy one-course meals in one hour or less.

A Main, a Grain a Side and a Salad is more than an anthology of tempting recipes. It's the backbone for assembling any meal, any time. With an arsenal of basic cooking methods, ingredients, sauces, condiments and proposed menus, your system is in place for creating both weekday meals and celebratory feasts. Each recipe has its own standalone flavor base, but the techniques required to execute each dish have been kept as simple as possible, so you can quickly master the preparation/cooking/timing method for success without simultaneously fighting for stovetop and oven space.

This book aims to encourage you to be confident and creative in the kitchen, enjoying the experience of assembling a meal for as few as one - and for as many as your home can handle. Through cooking this way, you will find your happy place in the kitchen; a place you feel relaxed and where you can revel in the experience of eating and creating memories.

Welcome to our world of a main a, grain, a side and a salad. Remember: keep it simple, enjoy the process, pack in the flavors and share it with those you love.

Contributor Bio

Hanna Geller Goldsmith and Jeremy Coleman are the creative and culinary genius behind Building Feasts - a Supper Club and Cookery School in Central London. Hanna and Jeremy are friends with a mutual love of food, photography, design, art, and anything of creative beauty.

Hanna writes the food blog www.buildingfeasts.com where you can find recipes and anecdotes about family, celebrations and life with 4 boys. With 20 years previous experience in design and interiors, Hanna has taken her love of cooking and delight in creating informal gatherings one step further.

Jeremy is a photographer and artist with an innate talent for visual storytelling. Partnering with Hanna on Building Feasts, Jeremy is chief photographer and brander, supper club and cookery school co-chef and co-host, cooking, curating and documenting the story behind the feasts.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



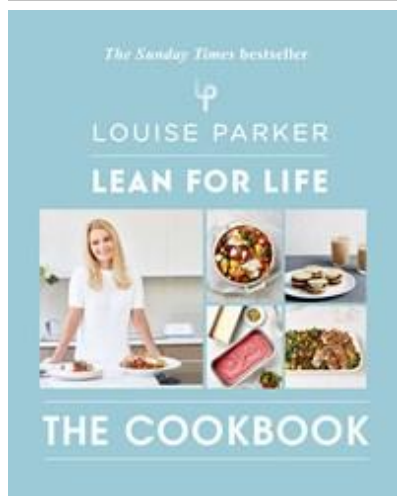
Comp Titles

Food52 Mighty Salads	Editors of Food52	Ten Speed Press	4/11/2017	9780399578045 0399578048	\$22.99 USD	Hardcover Cooking
At Home in the Whole Food Kitchen	Chaplin, Amy	Roost Books	10/21/2014	9781611800852 1611800854	\$40.00 USD	Hardcover Cooking
Grain Bowls	Hampton, Anna Shillinglaw	Hardie Grant	9/6/2016	9781784880484 1784880485	\$19.99 USD	Paperback Cooking

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Subrights

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Mitchell Beazley
9781784726256
1784726257
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
Ship Date: 5/14/2020
\$21.99/\$23.99 Can./£15.99 UK
Paperback

240 Pages
Print Run: 5K
Cooking / Health & Healing
CKB025000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Louise Parker Method: Lean for Life

The Cookbook

Louise Parker

Key Selling Points

- Louise Parker was voted the best personal trainer for girls in the Tatler Gym Awards 2015 .
- The Louise Parker Method has helped more than 11,000 people across 28 countries .
- Louise's clients have included Oscar-nominated film stars, royals, CEOs of Fortune 500 companies and many other high- profile people.

Summary

This year, start a new you eating plan you can maintain for life. Louise Parker shows you how the A-Listers do it.

Don't be fooled by vague promises of organic 'clean' eating. Teach yourself to EAT BEAUTIFULLY and EAT LEAN and TRANSFORM YOUR BODY FOREVER.

This cookbook not only contains over 120 fuss-free recipes; it arms you with the knowledge to create hundreds of variations so you will never get bored.

Contributor Bio

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 11,000 people in more than 28 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the ever-increasing demand for The Louise Parker Method. They live in London with their 3 daughters.

Quotes

THE MUCH-ANTICIPATED FOLLOW-UP TO THE SUNDAY TIMES BESTSELLER THE LOUISE PARKER METHOD: LEAN FOR LIFE NOW IN PAPERBACK

Marketing Plans

National media outreach

Links

- [Author Website](#)
- [Twitter Handle - @@figuremagician](#)

Illustrations





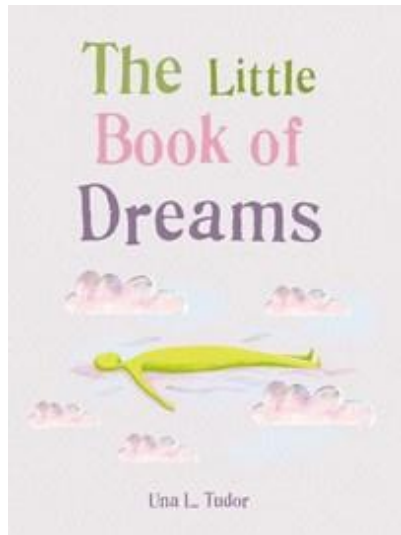
Comp Titles

Eating Clean	Valpone, Amie	Houghton Mifflin Harcourt	3/8/2016	9780544546462	\$25.00	Trade Paperback	Cooking
The Clean Plate	Paltrow, Gwyneth	Grand Central Publishing	1/8/2019	9781538730461	\$35.00	Hardcover	Health & Fitness
The Louise Parker Method	Parker, Louise	Mitchell Beazley	12/6/2016	9781784721756	\$24.99	Hardcover	Health & Fitness
Louise Parker: Lean for Life	Parker, Louise	Mitchell Beazley	8/22/2017	9781784723040	\$24.99	Hardcover	Cooking
The Louise Parker Method: The 6-Week Programme	Parker, Louise	Mitchell Beazley	3/5/2019	9781784725372	\$24.99	Hardcover	Health & Fitness
The Louise Parker Method	Parker, Louise	Mitchell Beazley	3/3/2020	9781784726263	\$21.99	Paperback	Biography & Autobiography

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Subrights

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Gaia
 9781856754224
 1856754227
 Pub Date: 6/16/2020
 On Sale Date: 6/16/2020
 Ship Date: 5/14/2020
 \$8.99/\$9.99 Can./£7.99 UK
 Paperback
 96 Pages
 40 colour illustrations
 Print Run: 10K
 Body, Mind & Spirit / Dreams
 OCC006000
 5.8 in H | 4.1 in W
 Status:**FORTHCOMING**

The Little Book of Dreams

Una L Tudor

Key Selling Points

- Latest in the bestselling Little Books series
- Dream interpretation is an important topic within the growing MBS market
- The documentation of dreams is recommended practice in overall sleep improvement(another popular trend)

Summary

A fully-illustrated guide to understanding and processing your dreams.

What did you last dream of?

Do you always remember your dreams? What does that recurring dream really mean?

The Little Book of Dreams is a beautifully colour-illustrated guide to your dreams. Filled both with practical information on improving your night's sleep and advice on maintaining a 'moon journal' as well as what crystals to bring into the bedroom with you. This handy little book will help you to unlock what your unconscious mind is trying to tell you.

Quotes

A fully-illustrated guide to understanding and processing your dreams

Marketing Plans

National media outreach
 Trade and Library Advertising

Illustrations



Comp Titles

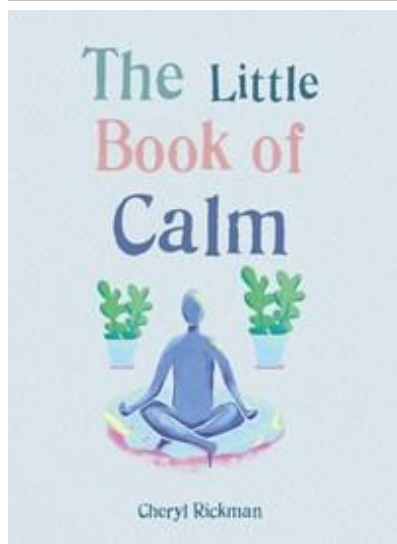
A Little Bit of Dreams	Michaels, Stase	Sterling Ethos	1/20/2015	9781454913016	\$9.95 USD	Hardcover	Body, Mind & Spirit
The Dream Interpretation Dictionary	DeBord, J.M.	Visible Ink Press	6/13/2017	9781578596379	\$21.95 USD	Trade Paperback	Self-Help
Little Book of Mindfulness	Collard, Patricia	Gaia	5/27/2014	9781856753531	\$7.99 USD	Flexibound	Body, Mind & Spirit
The Little Book of Sleep	Ramlakhan, Nerina	Gaia	10/2/2018	9781856753838	\$8.99 USD	Flexibound	Health & Fitness
The Little Book of Yoga	Lucas, Lucy	Gaia	10/1/2019	9781856753999	\$8.99 USD	Flexibound	Body, Mind & Spirit

The Little Book of Serenity	Rickman, Cheryl	Gaia	6/16/2020	9781856754217 1856754219	\$8.99 USD	Paperback	Body, Mind & Spirit
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Subrights

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Gaia
9781856754217
1856754219
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
Ship Date: 5/14/2020
\$8.99/\$9.99 Can./£7.99 UK
Paperback

96 Pages
40
Print Run: 10K
Body, Mind & Spirit
OCC000000
5.8 in H | 4.1 in W
Status: **FORTHCOMING**

The Little Book of Serenity

Cheryl Rickman

Key Selling Points

- The latest in the bestselling Little Book series
- Part of the growing trend for self-care
- Practicing mindfulness helps to create a sense of calm to manage symptoms of anxiety.

Summary

The Little Book of Serenity is a handy book full of simple practices to help you bring greater calm to your everyday routine.

Filled with practical tips and inspiration, Cheryl Rickman encourages readers to carve out dedicated time to the practice of peace and tranquility in our restless lives. Drawing on her knowledge as a wellness expert and health practitioner, exercises include everything from meditation, self-care and candle-making to journaling.

Contributor Bio

After her parents' lives were cut short, Cheryl Rickman decided to devote her life to helping others make the most of their own precious lives, through the books she writes and the workshops she creates. She has written and ghostwritten 15 practical and inspirational guide books on flourishing in life and at work over the past 13 years. As well as writing empowering books to inspire and inform, Cheryl is a qualified Positive Psychology Practitioner, an Ambassador of Wellbeing for the Network of Wellbeing and a contributor to Psychologies and Breathe magazines, among others.

You can find out more at www.CherylRickman.co.uk

Quotes

A fully-illustrated guide to living a healthier, happier, calmer life from positive psychologist, Cheryl Rickman.

Marketing Plans

National media outreach
Trade and Library Advertising

Links

- [Author Website](#)

Illustrations





Comp Titles

Choose Calm	Hayes, Nadia	Castle Point Books	11/6/2018	9781250200228	\$14.99	Trade Paperback	Games & Activities
				1250200229	USD		
Little Book of Mindfulness	Collard, Patricia	Gaia	5/27/2014	9781856753531	\$7.99	Flexibound	Body, Mind & Spirit
				1856753530	USD		
The Little Book of Witchcraft	Guiltsborough, Kitty	Gaia	9/3/2019	9781856753951	\$8.99	Flexibound	Body, Mind & Spirit
				1856753956	USD		
The Little Book of Meditation	Collard, Patrizia	Gaia	5/7/2019	9781856753982	\$8.99	Flexibound	Body, Mind & Spirit
				1856753980	USD		
The Little Book of Yoga	Lucas, Lucy	Gaia	10/1/2019	9781856753999	\$8.99	Flexibound	Body, Mind & Spirit
				1856753999	USD		
The Little Book of Crystals	Hall, Judy	Gaia	9/3/2019	9781856754156	\$9.99	Hardcover	Body, Mind & Spirit
				1856754154	USD		
The Little Book of Dreams	Tudor, Una L	Gaia	6/16/2020	9781856754224	\$8.99	Paperback	Body, Mind & Spirit
				1856754227	USD		

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Subrights

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Cassell
9781788401654
1788401654
Pub Date: 6/23/2020
On Sale Date: 6/23/2020
Ship Date: 5/14/2020
\$19.99/\$21.99 Can./£16.99 UK
Hardcover

256 Pages
Print Run: 7K
History / Europe
HIS013000
9.4 in H | 6.1 in W
Status: **FORTHCOMING**

Joachim's Floor

The incredible diary of a 19th-century village carpenter rediscovered on the floorboards of an Alpine chateau

Jacques Olivier-Boudon

Key Selling Points

- Bestseller potential. Joachim's Floor was a break-out title for its small independent publisher, selling 10,000 copies in its first three months.

Summary

The incredible diary of a 19th-century village carpenter rediscovered on the floorboards of an Alpine chateau.

In 2000 the new owners of an Alpine chateau decided to renovate the parquet floor of its upper stories. On the underside of the planks were found long messages written in 1880 that revealed the village life, fears and thoughts of the man who originally laid the floor - Joachim Martin, who kept this secret diary, written with the knowledge that his words would be discovered by a carpenter in the future.

The planks were given to Jacques Olivier-Boudon, a former Professor of History at the Sorbonne, Paris. Entrusted with this unknown documentary material of life in 19th century France, Olivier-Boudon casts a biographical magnifying glass on the identity of this unknown carpenter, his life story, and the message he was trying to transmit, at a time of religious and political upheaval.

From stories on agriculture and village life, to salacious tales of infanticide, extramarital relations and suspicions of paedophilia, Joachim's Floor is a compelling and detailed insight, revealing the hidden truth of life, love and death during one of the most turbulent times in French history.

Contributor Bio

Jacques-Olivier Boudon is an alumnus of the École Normale Supérieure with a PhD in History. Since September 2003 he has been a professor at the Sorbonne in Paris, conducting research on the history of the French Revolution and the First French Empire, along with contemporary religious history. Since 2012, he has been on the consulting committee for History for Le Figaro. He has written, or contributed to, around 18 books, largely academic titles. In April 2017, he was one of a group of researchers and university professors who endorsed Macron as presidential candidate.

Quotes

The incredible diary of a 19th-century village carpenter rediscovered on the floorboards of an Alpine chateau.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

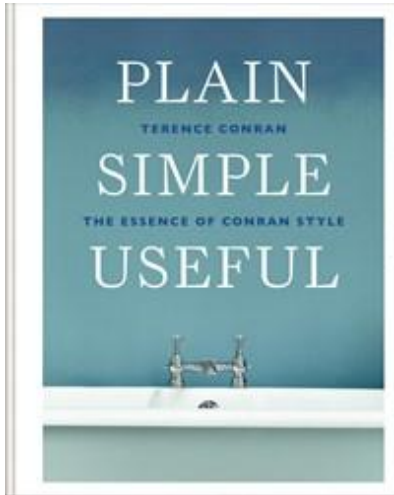
Comp Titles

A History of France	Julius Norwich, John	Atlantic Monthly Press	10/2/2018	9780802128904	\$30.00	Hardcover	History
				0802128904	USD		
The Journal of Hélène Berr	Berr, Hélène	Weinstein Books	11/11/2008	9781602860643	\$24.95	Hardcover	Biography & Autobiography
				1602860645	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Conran
9781840918120
1840918128
Pub Date: 7/1/2020
On Sale Date: 7/1/2020
Ship Date: 6/11/2020
\$39.99/\$43.99 Can./£27.00 UK
Hardcover

240 Pages
Print Run: 3K
Architecture / Interior Design
ARC007000

10.2 in H | 8 in W
Status: **FORTHCOMING**

Plain Simple Useful

The Essence of Conran Style

Terence Conran

Key Selling Points

- Sir Terence Conran is something of a demigod in the design world. The author, entrepreneur, restaurateur, shop owner, and designer is known for an effortlessly chic aesthetic that has influenced the industry for decades.
- Terence Conran's books have sold more than 100,000 copies via TCM
- An accessible sourcebook by the pioneer of affordable good taste, with incisive design advice for creating a liveable home
- A wealth of inspirational pictures of beautiful homes around the world

Summary

'A handsome yet joyful manual for easy, stylish living.' - Architectural Digest

Terence Conran has always believed that objects - and surroundings - that are plain, simple and useful are the key to easy living. By being practical and performing well over time, they are as much the antidote to superficial styling as they are to the shoddy and second-rate. Applied to the home as a whole, this discerning approach results in interiors that are effortlessly stylish, confident and timeless, with plenty of room for the expression of personal taste.

Plain Simple Useful is organized according to the main activities that take place at home. Inspirational interiors, many of which are Conran's own, and a number of projects designed by him exclusively for this book, provide all the guidance you need to tailor-make your own storage. The book also features iconic examples of classic designs that will enhance any home, as well as a peek behind the closed doors of those well-ordered cupboards, larders and other stowing spaces that contribute so much to easy living.

This updated edition of the book features a new chapter on plain, simple, useful style outdoors with elegant contemporary ideas for eating and relaxing spaces outside.

Contributor Bio

Terence Conran is one of the world's best-known designers, retailers and restaurateurs. Born in 1931 he founded the Conran Design Studio in 1956 and later the Habitat chain of home furnishing shops that revolutionized the British high street in the Sixties and Seventies. Later he established The Conran Shop and founded the Design Museum in London, the world's first museum dedicated to design.

Throughout his career his companies have designed, owned and operated shops, restaurants, hotels, bars and cafés around the world as well as working across the fields of architecture, interiors, products, graphics and brand identity. This diverse range of projects has all been driven by Terence's fundamental belief that intelligent design improves the quality of people's lives.

Today, Terence designs furniture for Benchmark, Content by Terence Conran and The Conran Shop, and is involved in several restaurants including The Boundary and Bibendum. He has written more than 50 informative books that broadly reflect his design philosophy, most recently *Conran on Colour* and *My Life in Design* (both Conran Octopus).

He is an honorary professor of the University of the Creative Arts, and was knighted for his services to design in 1983.

Marketing Plans

National media outreach

Illustrations



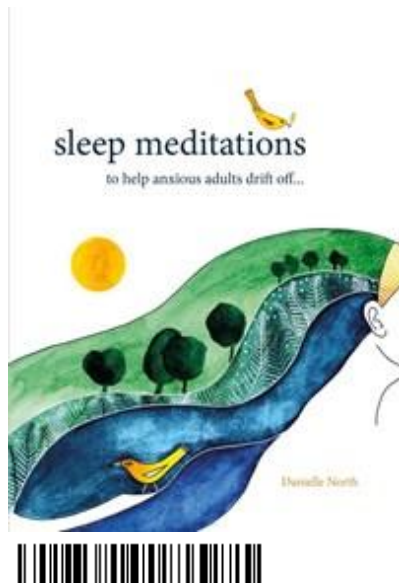
Comp Titles

Cozy Minimalist Home	Smith, Myquillyn	Zondervan	10/23/2018	9780310350910	\$24.99	Hardcover	House & Home
Terence Conran's Inspiration	Conran, Terence	Conran	4/1/2009	9781840914948	\$60.00	Hardcover	Architecture
Country	Conran, Jasper	Conran	5/5/2010	9781840915181	\$60.00	Hardcover	House & Home
Eco House Book	Conran, Terence	Conran	7/4/2012	9781840916027	\$24.99	Paperback	House & Home
Country Mini	Conran, Jasper	Conran	9/5/2012	9781840916089	\$19.99	Hardcover	Photography
Plain Simple Useful	Conran, Terence	Conran	6/3/2014	9781840916553	\$34.99	Hardcover	Design
Conran on Color	Conran, Terence	Conran	5/5/2015	9781840916850	\$34.99	Hardcover	Design
Terence Conran: My Life in Design	Conran, Terence	Conran	10/4/2016	9781840917208	\$40.00	Hardcover	Architecture
Conran on Color	Conran, Terence	Conran	2/6/2018	9781840917604	\$24.99	Paperback	Design
Plain Simple Useful	Conran, Terence	Conran	6/12/2018	9781840917710	\$24.99	Paperback	Design

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Sleep Meditations

to help anxious adults drift off

Danielle Marchant

Key Selling Points

- Sleep meditations have become increasingly popular amongst adults and are featured on apps such as Calm and Headspace.
- According to studies the practice of meditation in the US has tripled in recent years.
- The meditation app Calm is the first self-care app to hit unicorn status.
- According to studies conducted by Harvard, mindfulness and meditation helps fight insomnia and improves sleep. - Harvard Medical School

Summary

Bedtime meditations to help anxious adults drift off to sleep...

The sleep meditations in this beautifully illustrated book are written specifically to help the reader slow down a busy mind, let go of the day and relax their body into a restful night's sleep. All the senses are gently engaged to enhance the process, and research now shows that imagining a sea breeze or a still lake is as mentally beneficial as being there. Similarly, meditations included help the reader to put down their worries and turn them over to the unconscious world, and welcome in calm and cleansing energy.

The visual design of the book has been created to enhance the relaxing reading experience, with plenty of space to breathe...

Meditations include:

The bridge to...

Calling in cleansing energy

Letting go of the day

The easy path

Cutting threads

Still lake

Coming home

Candle gazing

You're ok, it's ok

Meeting your guides

Ocean breeze

Maybe it's magic...

Contributor Bio

Danielle Marchant has a long work history as a successful executive coach in the corporate industry, working with top-level executives at companies such as HSBC,

Aster
9781783253579
1783253576
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
Ship Date: 6/4/2020
\$14.99/\$16.99 Can./£10.00 UK
Hardcover

160 Pages
Print Run: 6K
Health & Fitness / Sleep & Sleep
Disorders
HEA043000

7.1 in H | 5.3 in W
Status: **FORTHCOMING**

McKinsey Unilever and SAP. She has more than 13 years experience working with leaders in 20 different countries; and spent 3 years living and working in Asia, where she set up a pioneering coaching company and an award winning change management consultancy. After learning that goals and ambitions could be just as happily and successfully achieved when simply allowing the body and mind to pause, she adapted her coaching style with both personal and corporate clients to flow rather than fight against the ups and downs of life.

Quotes

Bedtime meditations to help anxious adults drift off to sleep...

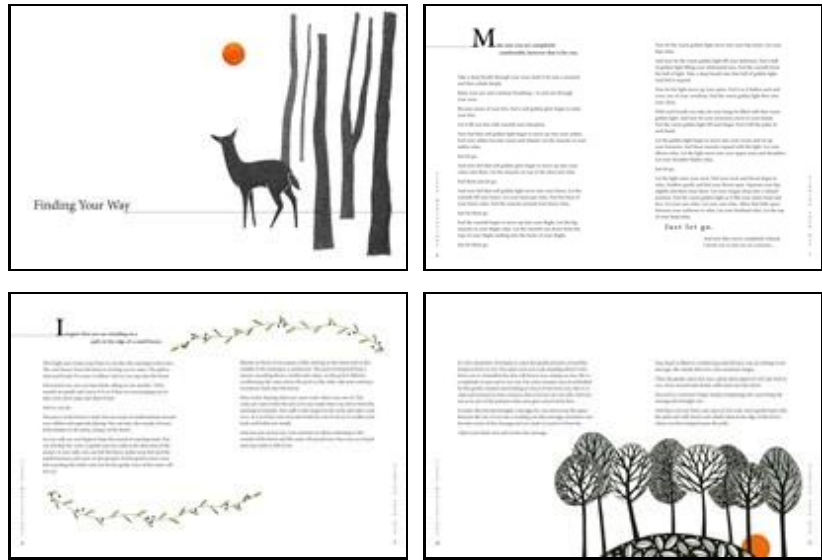
Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- Author Website

Illustrations



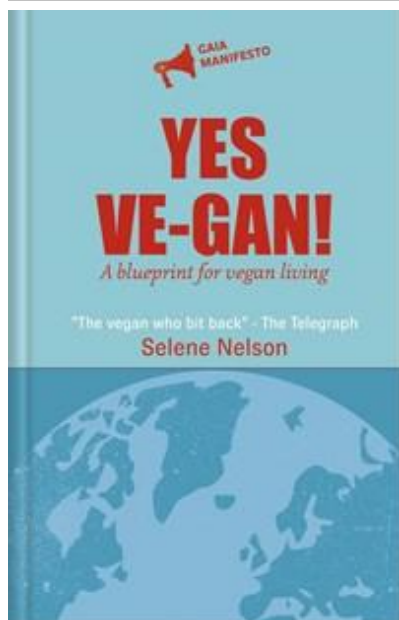
Comp Titles

The Headspace Guide to Meditation and Mindfulness	Puddicombe, Andy	St. Martin's Griffin	9/27/2016	9781250104908	\$16.99	Trade Paperback	Body, Mind & Spirit
Practical Meditation for Beginners	Decker, Benjamin W.	Althea Press	5/15/2018	9781641520256	\$12.99	Trade Paperback	Body, Mind & Spirit
The Little Book of Sleep	Ramlakhan, Nerina	Gaia	10/2/2018	9781856753838	\$8.99	Flexibound	Health & Fitness
The Little Book of Meditation	Collard, Patrizia	Gaia	5/7/2019	9781856753982	\$8.99	Flexibound	Body, Mind & Spirit
Pause	Marchant, Danielle	Aster	9/5/2017	9781912023097	\$14.99	Paperback	Body, Mind & Spirit
Little Book of Pause	Marchant, Danielle	Aster	6/26/2018	9781912023721	\$8.99	Paperback	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Gaia
9781856754279
1856754278
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
Ship Date: 12/26/2019
\$14.99/\$16.99 Can./£10.00 UK
Hardcover

192 Pages
Print Run: 4K
Cooking / Vegan
CKB125000
Series: Gaia Manifestos
7.2 in H | 4.5 in W
Status: **FORTHCOMING**

Yes Ve-gan!

A blueprint for vegan living

Selene Nelson

Key Selling Points

- Selene Nelson made headlines in 2018 when her enquiry about expanding Waitrose Food Monthly's vegan coverage led to the resignation of its editor.

Summary

A call to action for anyone considering a plant-based, low-impact life that will align their beliefs with their lifestyle.

The rise of veganism is impossible to ignore - for full time practitioners and those wanting to experiment with a more planet-friendly lifestyle.

In Yes-Vegan! Selene breaks down the burning questions surrounding veganism from choice, ethics, ecology to fitness, health & beauty as well as providing informed opinions on just how to rebuff the haters.

"With regards to veganism, as long as you arm yourself with some key facts and remain calm, there really is nothing to worry about - even if you're someone who hates conflict. After this book, not only will you be able to answer each and every question posed to you, but you can then follow up with a few insightful questions of your own that will get the other person thinking." - Selene Nelson

Chapters include:
The Sustainability Issue
The Animal Issue
The Health Issue
Must-know-vegan-info
Vegan Rebuttals
Health & Fitness
Fashion & Beauty

Contributor Bio

Selene Nelson is a journalist, freelance writer, author and activist who has written and spoken extensively about food and travel, crime and punishment, and both human and animal rights.

Quotes

A call to action for anyone considering a plant-based, low-impact life that will align their beliefs with their lifestyle.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @Selene Nelson](#)

Comp Titles

The Mindful Vegan	Muelrath, Lani	BenBella Books	10/10/2017	9781944648473 194464847X	\$17.95 USD	Hardcover Paper over boards	Body, Mind & Spirit
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.

The Little Book of Spiritual Bliss



Ashley Davis Bush



Gaia
9781856754248
1856754243
Pub Date: 7/14/2020
On Sale Date: 7/14/2020
Ship Date: 6/11/2020
\$8.99/\$9.99 Can./£7.99 UK
Flexibound

96 Pages
Print Run: 10K
Body, Mind & Spirit / Spiritualism
OCC027000
Series: The Little Book Series
5.8 in H | 4.1 in W
Status: **FORTHCOMING**

The Little Book of Spiritual Bliss

Ashley Davis Bush

Key Selling Points

- The Little Book of Inner Peace has been translated into five languages.
- Attractive format makes an ideal gift at a low price point.
- Ties in with a greater trend towards spiritualism especially amongst millennials.
- The Little Book series has sold more than 2 million copies worldwide.

Summary

An illustrated guide of everyday practices for finding light in the darkness.

We live in a world of chronic stress and dis-ease, a world of rampant anxiety and depression. If we stay locked onto the horizontal plane of superficial concerns and challenges, we are doomed to feeling deeply unsettled. However, if we intentionally shift our awareness to the vertical plane of life -- diving into spiritual depths and rising to transcendent perspectives -- we connect with a Spirit that is both beyond and within us.

Chapters Include:

- C h. 1 Awaken
- C h. 2 Connect
- C h. 3 Wonder
- C h. 4 Love
- C h. 5 Trust
- C h. 6 Home

Each chapter offers five specific 'sacred pause practices' to instill a habit of first inviting stillness and then weaving a fabric of spiritual experiences. Being intentional in this way, on a daily basis, ultimately makes navigating one's life a radiant adventure rather than an exhausting race through a dark world.

The Little Book of Spiritual Bliss offers a compendium of simple spiritual practices to help foster connection with the Divine, to cultivate sacred wellbeing, and to increase awareness of being a wave within an ocean of Spirit. Living with this sort of faith underpinning isn't merely a 'belief', it's an experience.

Contributor Bio

Ashley Davis Bush, LIC SW is a psychotherapist with 30 years of experience in the mental health field. She is a freelance writer and the author of eight self-help books. She is also a grief counsellor and an expert in stress management, self-care and self-compassion skills. She lives in New Hampshire, USA with her husband, also a psychotherapist. They have five grown children.

Quotes

An illustrated guide of everyday practices for finding light in the darkness.

Marketing Plans

National media outreach
Trade and Library Advertising

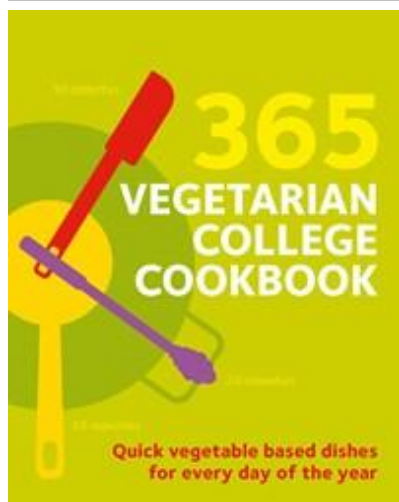
Links

- [Author Website](#)
- [Twitter Handle - @AshleyDavisBush](#)

Illustrations



No subrights have been specified.



Hamlyn
9780600636526
0600636526
Pub Date: 8/3/2020
On Sale Date: 8/3/2020
\$14.99/\$16.99 Can.
Paperback

288 Pages
Print Run: 7K
Cooking
CKB000000

Status: **FORTHCOMING**

365 Vegetarian College Cookbook

Quick vegetable based dishes for every day of the year

Sunil Vijayakar

Key Selling Points

In a market saturated by celebrity chef "lifestyle" cookbooks, sales figures suggest that "how-to" manuals are becoming increasingly popular again.

Appealing to both novice and experienced cooks alike, this book provides something for everyone.

Summary

365 vegetarian recipes to fit the time you have available. Cook the 10-, 20- or 30-minute version and you'll have delicious results every time - whichever recipe version you use.

This versatile collection of 365 recipes is perfect for the busy cook. In this innovative book, you can dial the basic recipe up or down to suit the amount of time you have. Just choose the version that suits you. If you are pressed for time, then the 10-minute option gives you clever short cuts. A few more minutes to spare? Using the 20-minute version, your meal will be on the table in 20 minutes or fewer. Have the time to spend a little longer to add something special? The 30-minute variation is the one you need. Whether you are cooking for hungry kids or feeding a crowd for dinner, the Quick Cook series puts you in the driving seat with a fantastically flexible approach that allows you to cook just what you want, in exactly the time you have available.

Contributor Bio

Sunil Vijayakar

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

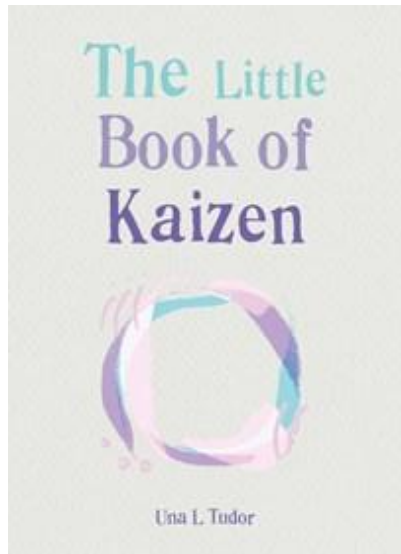
365 College Cookbook	McAuley, Jo	Hamlyn	8/6/2019	9780600635895	\$12.99	Paperback	Cooking
				0600635899	USD		
The Quick and Easy College Cookbook	Adams Media	Adams Media	5/1/2016	9781440595233	\$14.99	Trade Paperback	Cooking
				1440595232	USD		

PETA'S Vegan College Cookbook	PETA	Sourcebooks	4/5/2016	9781492635543	\$16.99	Trade Paperback	Cooking
				1492635545	USD		
The 5-Ingredient College Cookbook	Ellgen, Pamela	Rockridge Press	2/21/2017	9781623158576	\$14.99	Trade Paperback	Cooking
				1623158575	USD		
The College Vegan Cookbook	Nicholds, Heather	Rockridge Press	4/9/2019	9781641524193	\$16.99	Trade Paperback	Cooking
				1641524197	USD		

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Subrights

No subrights have been specified.



Gaia
9781856754293
1856754294
Pub Date: 8/4/2020
On Sale Date: 8/4/2020
Ship Date: 5/14/2020
\$9.99/\$10.99 Can./£7.99 UK
Flexibound

96 Pages
40
Print Run: 8K
Self-Help / Spiritual
SEL032000
Series: MBS Little book of...

5.8 in H | 4.1 in W
Status:**FORTHCOMING**

The Little Book of Kaizen

Una L Tudor

Key Selling Points

- The latest in the bestselling Little Book series.
- Books on Kaizen have been appearing in the top 100 on Amazon this year.
- Part of the growing trend for self-care and personal development.
- Japanese wellness titles continue to sell well - including *Shrinrin-Yoku* other trends include Ikigai, Kakebo, Wabi Sabi and Kintsugi.

Summary

The art of making powerful and lasting change through gradual self-improvement.

A beautifully designed introduction to the Japanese concept of 'Kaizen' - the art of self-improvement.

Kaizen is a term that has long been used in the business world to emphasise constant development and transformation but in this fully-illustrated edition the author emphasis how even the smallest steps can help us to form new habits, build confidence and break down our in-built resistance to life's challenges.

Rooted in 2,000 year old wisdom, Kaizen reinforces the benefits positive change, one step at a time. With over 70 simple prompts and exercises to help you improve your health, relationships and wellbeing or save money and excel at work.

Quotes

The art of making powerful and lasting change through gradual self-improvement.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

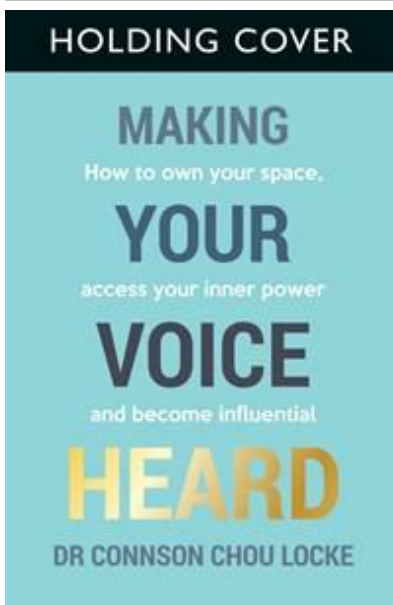
Ikigai	Mitsuhashi, Yukari	Kyle Books	10/2/2018	9780857834911	\$9.99 USD	Flexibound	Body, Mind & Spirit
Little Book of Mindfulness	Collard, Patricia	Gaia	5/27/2014	9781856753531	\$7.99 USD	Flexibound	Body, Mind & Spirit
				1856753530			

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Subrights

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HOLDING COVER



Endeavour
9781913068202
191306820X
Pub Date: 8/25/2020
On Sale Date: 8/25/2020
Ship Date: 5/7/2020
\$14.99/\$16.99 Can./£12.99 UK
Paperback

288 Pages
Print Run: 6K
Business & Economics
/ Negotiating
BUS047000

9.2 in H | 6 in W
Status: **FORTHCOMING**

Making Your Voice Heard

How to own your space, access your inner power and become influential

Connson Chou Locke

Key Selling Points

- Based on a hugely popular *Guardian* Masterclass, which always sells out.
- Expert author who teaches at a wide range of highly-esteemed institutions including LSE, Harvard Medical School, the European Parliament and the United Nations.
- A new take on a perennially popular subject. The advice on influencing others is brought right up to date by showing the reader how to cope with cultural and gender bias.
- Tried-and-tested expert advice plus practical tips for the reader to use

Summary

A fresh take on how to influence others regardless of your gender or background based on the hugely popular sell-out *Guardian* Masterclass.

Why are some people more influential than others? What is it that makes people sit up and take notice?

Making Your Voice Heard is a fresh take on how to successfully influence others, regardless of your gender or background.

Drawing on the latest research in social psychology, Dr Connson Chou Locke will look at why we are prone to miscommunicate and how to overcome these barriers. This practical guide, based on her hugely popular *Guardian* Masterclass, will help you hone your personal style, and enhance your presence and influence with ease.

Discover:

- *The latest insights on influencing people who have more power than you
- *Gender in the workplace: how to sidestep unconscious bias
- *Energy and body cues: what does your body communicate about you?
- *Tips on how to make an impact and be seen as a leader
- *How to make a strong first impression
- *Practical exercises to help you communicate with confidence

Contributor Bio

Dr Connson Chou Locke is a senior lecturer at the London School of Economics and Political Science. She teaches courses in organizational behaviour, leadership, negotiation and decision-making. Dr Locke holds a PhD and MSc in organizational behaviour from the University of California, Berkeley and a BA in Sociology from Harvard University. Her highly popular *Guardian* Masterclass 'Developing your presence, power and influence' regularly sells out. Her clients include Harvard Medical School, Orange Group, Accenture, KPMG, the European Parliament and the United Nations.

Quotes

A fresh take on how to influence others regardless of your gender or background based on the hugely popular sell-out *Guardian* Masterclass.

Marketing Plans

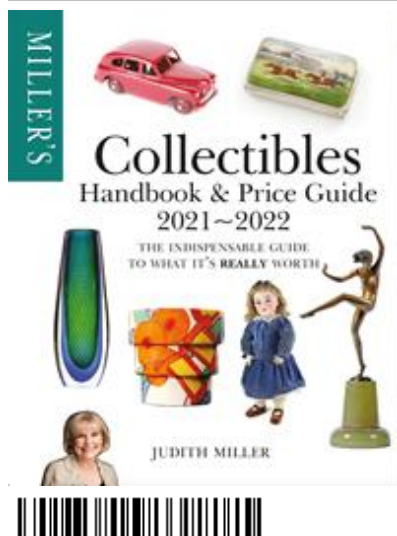
Social media campaign
National media outreach
Trade and Library Advertising

The Confidence Code	Kay, Katty	HarperBusiness	4/3/2018	9780062230638	\$17.99	Paperback	Business & Economics
				0062230638	USD		
How Women Rise	Helgesen, Sally	Hachette Books	4/10/2018	9780316440127	\$28.00	Hardcover	Business & Economics
				0316440124	USD		
The Most Powerful Woman in the Room Is You	Fenet, Lydia	Gallery Books	4/9/2019	9781982101138	\$26.99	Hardcover	Business & Economics
				198210113X	USD		

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Subrights

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Mitchell Beazley
9781784726706
1784726702
Pub Date: 8/4/2020
On Sale Date: 8/4/2020
\$29.99/\$32.99 Can.
Paperback

416 Pages
Print Run: 7.5K
Antiques & Collectibles
/ Reference
ANT038000

Status: **FORTHCOMING**

Miller's Collectibles Handbook & Price Guide 2021-2022

Judith Miller

Key Selling Points

- The most in-depth and up-to-date guide to the collectibles market
- More than 4,000 collectibles photographed in full colour
- Special features show how to value an item and teach you to be your own appraiser
- Every image is new for each edition of the guide to keep up to date with collecting and buying trends
- This edition includes additional pages on pencils, toys, vintage handbags, trunks and costume jewellery

Summary

The brand new, up-to-date guide to the collectibles market for 2019-2020. Whether you're buying or selling, **this is the book you need.**

All images new for this edition.

Miller's Collectibles Handbook & Price Guide 2021-2022 is the up-to-date guide to the collectables market no dealer, collector or auctioneer should be without. Featuring more than 4,000 objects in full color, each with a detailed description and price range, the book also shows you how to spot that rare example that may be worth twenty times more than another piece.

In-depth features explain why one piece is worth more than another, show how to value an item and teach you to be your own expert when appraising everything from 20th-century glass to costume jewellery.

Comprehensive sections cover a wide range of objects, with additional pages on pencils, toys, vintage handbags, trunks and costume jewellery for this edition.

Every image is changed for every edition to keep the book up-to-date with collecting and buying trends. *Miller's Collectibles Handbook & Price Guide 2021-2022* is the only full-color, fully-illustrated collectables price guide in the world.

Contributor Bio

Judith Miller began collecting in the 1960s while a student at Edinburgh University in Scotland. She has since extended and reinforced her knowledge of antiques through international research, becoming one of the world's leading experts in the field. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and has since written more than 100 books which are held in high regard by collectors and dealers.

Judith Miller appears regularly on TV and radio. She is an expert on the BBC's *Antiques Roadshow* and has co-hosted the popular BBC series *The House Detectives*, ITV's *Antiques Trail*, and Discovery's *It's Your Bid*. She has appeared on *The Martha Stewart Show* and CNN. She is a regular lecturer and contributor to numerous newspapers and magazines, including the *Financial Times*, the *Daily Telegraph*, *BBC Homes & Antiques* and *House & Garden*. She has lectured extensively, including at the V&A in London and the Smithsonian in Washington.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Miller's Field Guide: Glass	Miller, Judith	Mitchell Beazley	5/5/2015	9781784720377 1784720372	\$10.00 USD	Paperback	Antiques & Collectibles
Miller's Antiques Handbook & Price Miller's Antiques 2016-2017	Miller, Judith	Mitchell Beazley	11/10/2015	9781784720896 1784720895	\$45.00 USD	Hardcover	Antiques & Collectibles
Miller's Art Deco	Miller, Judith	Mitchell Beazley	11/1/2016	9781784721060 1784721069	\$39.99 USD	Hardcover	Antiques & Collectibles
Miller's Encyclopedia of World Silver Marks	Miller, Judith	Mitchell Beazley	3/20/2018	9781784721329 1784721328	\$175.00 USD	Hardcover	Antiques & Collectibles
Miller's Collectibles Price Guide 2016-2017	Miller, Judith	Mitchell Beazley	6/7/2016	9781784721398 1784721395	\$27.99 USD	Paperback	Antiques & Collectibles
Miller's Antiques Handbook & Price Guide 2018-2019	Miller, Judith	Mitchell Beazley	10/3/2017	9781784723514 1784723517	\$45.00 USD	Hardcover	Antiques & Collectibles
Miller's Antiques Encyclopedia	Miller, Judith	Mitchell Beazley	10/3/2017	9781784723651 1784723657	\$55.00 USD	Hardcover	Antiques & Collectibles
Miller's Mid-Century Modern	Miller, Judith	Mitchell Beazley	1/2/2018	9781784723750 1784723754	\$39.99 USD	Hardcover	Antiques & Collectibles
Miller's Collectibles Handbook & Price Guide 2019/2020	Miller, Judith	Mitchell Beazley	7/3/2018	9781784724207 1784724203	\$27.99 USD	Paperback	Antiques & Collectibles
Chairs	Miller, Judith	Conran	10/23/2009	9781840915235 1840915234	\$65.00 USD	Hardcover	House & Home
Miller's Antiques Handbook & Price Guide 2010-2011	Miller, Judith	Mitchell Beazley	4/5/2010	9781845334406 184533440X	\$45.00 USD	Hardcover	Antiques & Collectibles
Shoes	Miller, Judith	Mitchell Beazley	1/15/2009	9781845334635 1845334639	\$14.99 USD	Paperback	Antiques & Collectibles
Miller's Antiques Encyclopedia	Miller, Judith	Mitchell Beazley	7/1/2006	9781845334703 1845334701	\$50.00 USD	Hardcover	Antiques & Collectibles
Miller's 20th Century Design	Miller, Judith	Mitchell Beazley	10/23/2009	9781845335168 1845335163	\$34.99 USD	Hardcover	Antiques & Collectibles
Miller's Collectibles Handbook 2010-2011	Miller, Judith	Mitchell Beazley	3/1/2010	9781845335175 1845335171	\$27.99 USD	Paperback	Antiques & Collectibles
Miller's Costume Jewelry	Miller, Judith	Mitchell Beazley	10/18/2010	9781845335632 1845335635	\$34.99 USD	Hardcover	Antiques & Collectibles
Miller's Collectibles Handbook 2012-2013	Miller, Judith	Mitchell Beazley	4/4/2012	9781845336370 1845336372	\$27.99 USD	Paperback	Antiques & Collectibles

Miller's Antiques Handbook and Price Guide 2012-2013	Miller, Judith	Mitchell Beazley	10/17/2011	9781845336387 1845336380	\$45.00 USD	Hardcover	Antiques & Collectibles
Miller's Mid Century Modern	Miller, Judith	Mitchell Beazley	11/7/2012	9781845336936 1845336933	\$39.99 USD	Hardcover	Design
Costume Jewelry Mini	Miller, Judith	Mitchell Beazley	9/5/2012	9781845337216 1845337212	\$19.99 USD	Hardcover	Antiques & Collectibles
Miller's 20th Century Design Mini	Miller, Judith	Mitchell Beazley	9/5/2012	9781845337230 1845337239	\$19.99 USD	Hardcover	Antiques & Collectibles
Miller's Antiques Encyclopedia	Miller, Judith	Mitchell Beazley	8/6/2013	9781845337698 1845337697	\$50.00 USD	Hardcover	Antiques & Collectibles
Miller's Collectibles Handbook 2014-2015	Miller, Judith	Mitchell Beazley	4/1/2014	9781845337902 1845337905	\$27.99 USD	Hardcover	Antiques & Collectibles
Miller's Antiques Handbook & Price Guide 2014-2015	Miller, Judith	Mitchell Beazley	10/1/2013	9781845337919 1845337913	\$45.00 USD	Hardcover	Antiques & Collectibles
Miller's Antique Marks	Miller, Judith	Mitchell Beazley	11/5/2013	9781845337988 1845337980	\$9.99 USD	Paperback	Antiques & Collectibles
Miller's Arts and Crafts	Miller, Judith	Mitchell Beazley	10/21/2014	9781845339432 1845339436	\$39.99 USD	Hardcover	Antiques & Collectibles
Miller's Field Guide: Porcelain	Miller, Judith	Mitchell Beazley	10/21/2014	9781845339494 1845339495	\$10.00 USD	Paperback	Antiques & Collectibles
Victorian Style	Miller, Judith	MITCH	7/28/2006	9781857329551 1857329554	\$29.95 USD	Trade Paperback	Architecture

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Subrights

No subrights have been specified.



Ilex Press
9781781577714
1781577714
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 2/13/2020
\$18.99/\$20.99 Can./£14.99 UK
Paperback

144 Pages
Print Run: 5K
Art
ART000000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Make Great Art on Your iPad

Top tips and tricks for using Procreate, ArtRage, Adobe Photoshop, Sketch and many more

Alison Jardine

Key Selling Points

- Fully updated and revised to reflect the recent technological developments of the apps themselves.
- The first edition of this book has sold over 22,000 copies.
- Procreate Pocket was Apple's app of the year in 2018.
- Other popular art apps like Brushes and ArtRage have been downloaded tens of millions of times, and iPad users young and old are fans of the medium's powerful graphic potential
- Enjoy painting with none of the mess or need for expensive materials!

Summary

Explore your creative talents and produce amazing artworks on your iPad and iPhone.

Fully revised to reflect the latest updates in the most popular creativity apps, this is the original, best-selling guide to using creative apps on your Apple device to produce your very own masterpieces.

Artists like David Hockney have taken to creating art on the iPad, but you don't have to be an artist to achieve great results on your device. This refreshingly accessible book is perfect for skilled artists and creative wannabes alike.

Alongside the step-by-step projects that teach the fundamentals of digital painting, there are also some easy and fun artistic tricks that anyone can try. You'll master the most popular art apps, and you will learn new painting and drawing skills along the way.

Includes advice on using Procreate, ArtRage, Art Studio for iPad, Adobe Photoshop Sketch, Pen & Ink, Brushes and Tayasui Sketches Pro.

Contributor Bio

Alison Jardine is a British artist living and working in Dallas, Texas. Her work is multidisciplinary, and she uses paint, fabrics, drawing, concrete, video and construction materials. From 2010 to 2011 she set up the 365 iPad Project for which she created a new iPad artwork every day. She was commissioned to create an iPad work for a social media project for the London Olympics, and her digital art has been featured in several art magazines. She teaches an iPad workshop at the Dallas Museum, and continues to explore the iPad alongside other media.

Quotes

Explore your creative talents and produce amazing artworks on your iPad and iPhone.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



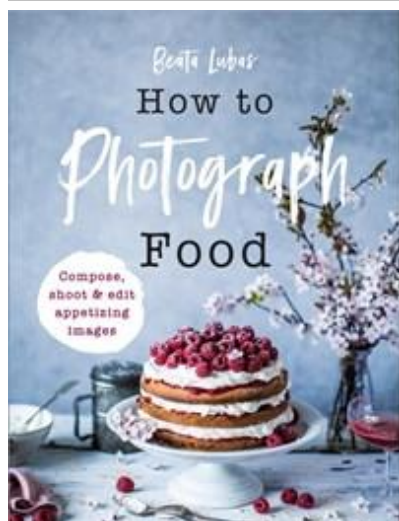
Comp Titles

iPad for Artists	Jones, Dani	Pixiq	1/8/2013	9781454707608 1454707607	\$19.95 USD	Trade Paperback	Art
Painting Without Paint	Palmer, Matthew	Search Press	5/10/2016	9781782212843 1782212841	\$25.95 USD	Trade Paperback	Art

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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How to Photograph Food

Simple techniques for appetising images

Beata Lubas

Key Selling Points

- Broad appeal, from food bloggers with only basic equipment to enthusiast photographers wanting to master a new skill.
- Packed with behind-the-scenes set up shots to illustrate how each photo was achieved.
- Food photography is a massive and expanding area of professional photography, and an increasingly essential part of any photographic repertoire.

Summary

Make your food look as delicious as it tastes, with this complete course in culinary photography.

Learn to anticipate your clients' needs, articulate your own style, and skillfully compose sumptuous shots using proven techniques that author Beata Lubas has developed through years of professional success.

Whether you're a food blogger looking to elevate your presentation, or a professional keen to expand into the lucrative commercial area of food photography, this book has everything you need to make food photography a piece of cake!

Contributor Bio

Beata Lubas is a Polish-born, England-based award-winning food photographer. At the age of 20, she felt there was something missing in her life, so she gave up her job at a local bakery, bought a one-way ticket to England, and threw herself and all of her passion into creating a successful food-photography business. She now works from her home studio, doing what she loves the most - creating food stories for clients from all over the world.

Quotes

Make your food look as delicious as it tastes, with this complete course in culinary photography.

Marketing Plans

Trade & Library press outreach
Target food & photography press
Social influencers
Giveaways

Illustrations



Ilex Press
9781781576915
1781576912
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
Ship Date: 3/5/2020
\$32.99/\$35.99 Can./£25.00 UK
Hardcover

192 Pages
Carton Qty: 1
Print Run: 5K
Photography / Subjects & Themes
PHO023110

9.9 in H | 7.6 in W
Status: **FORTHCOMING**



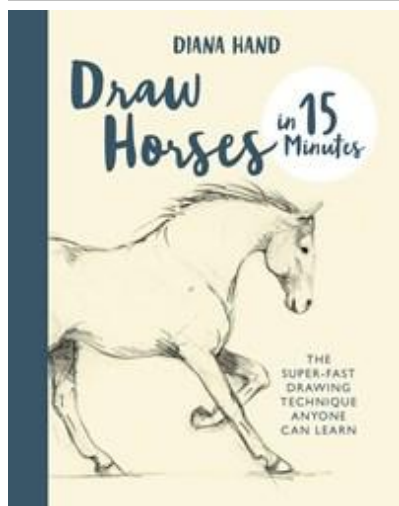
Comp Titles

Food Photography	Young, Nicole S.	Peachpit Press	7/29/2015	9780134097138	\$34.99 USD	Trade Paperback	Photography
The Food Stylist's Handbook	Vivaldo, Denise	Skyhorse	8/1/2017	9781510721142	\$24.99 USD	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Ilex Press
9781781577738
1781577730
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
Ship Date: 5/7/2020
\$12.99/\$14.99 Can./£9.99 UK
Paperback

112 Pages
Print Run: 4K
Nature / Animals
NAT016000
Series: Draw in 15 Minutes

Status: **FORTHCOMING**

Related Products

Other Formats

Draw Horses in 15 Minutes
9781781577684 \$12.99
Draw Horses in 15 Minutes
9781781572498 \$14.99

Draw Horses in 15 Minutes

The super-fast drawing technique anyone can learn

Diana Hand

Key Selling Points

- This tried and tested approach makes this often complex subject accessible and easy to follow.
- A great book for the horse enthusiast who wants to explore their favorite animal through drawing.
- Lovely drawings throughout, and great advice on drawing and horses from an experienced equine artist.

Summary

A perfect introduction to drawing horses, ideal for anyone who loves horses, or for those who would like an approach that makes a complex subject easy and enjoyable.

Continuing the success of the *Draw in 15 Minutes* series, horse artist Diana Hand shows you how to express your love of horses through drawing. In a series of tutorials, she describes every stage from finding your model and learning the basic skills of drawing to portraying the movement and spirit of the individual horse. *Draw Horses in 15 Minutes* will inspire you to make your own expressive drawings based on the principles of equine anatomy. Furthermore, you will discover a skill you never thought you had.

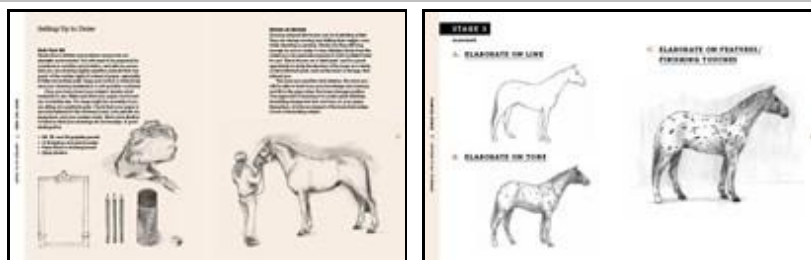
Contributor Bio

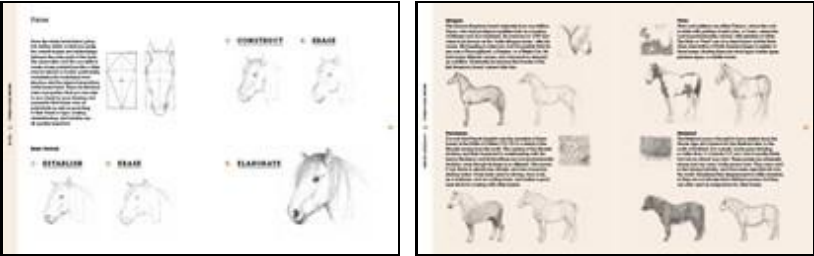
Diana Hand is an established artist and printmaker who lives and works in Scotland, UK. She studied at the Ruskin School of Drawing and the Ashmolean Museum, Oxford, and is a graduate of the Glasgow School of Art. She is a horse rider with a deep knowledge of the horse and an interest in classical and natural horsemanship. Her work has been exhibited widely in the UK, and she is a Friend of the Society of Equestrian Artists.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations





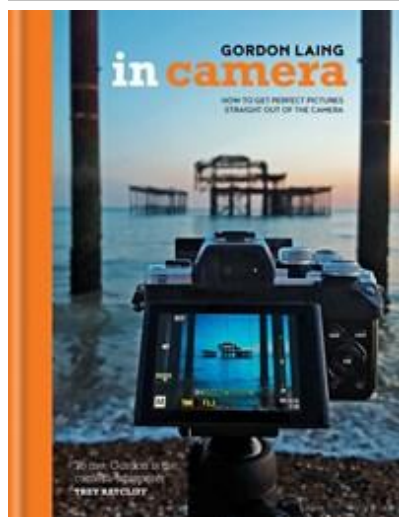
Comp Titles

Look Closer, Draw Better	Ewing, Kateri	Rockport Publishers	3/5/2019	9781631596223	\$24.99	Paperback Art
				1631596225	USD	
Draw Buildings and Cities in 15 Minutes	Brehm, Matthew	Ilex Press	3/5/2019	9781781576274	\$12.99	Paperback Art
				1781576270	USD	

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Spruce
9781781577721
1781577722
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 3/5/2020
\$26.99/\$29.99 Can./£19.99 UK
Hardcover

208 Pages
Print Run: 4K
Photography / Techniques
PHO007000

9.9 in H | 7.6 in W
Status: **FORTHCOMING**

Related Products

Other Formats

In Camera 9781781577660
\$24.99
In Camera 9781781573617
\$24.99

In Camera

Perfect Pictures Straight out of the Camera

Gordon Laing

Summary

Understand your camera's capabilities. Master the skills of exposure, composition and focus. Take amazing photos; no post-processing, no Photoshop, just your own vision.

With amazing low-light capabilities, incredible definition, intelligent autofocus and a host of other features, it's fair to say that digital cameras have now become so powerful that they have left many of their users behind. Most photographers are able to take competent shots in a range of conditions, or fix imperfect exposures in Photoshop or Lightroom, but very few have the skill to really push their cameras to the limit and capture the perfect shot, under all conditions, with no post-processing required.

In Camera is the perfect way to take your photography to that level; to master your camera, understand light, exposure and composition, and make amazing photographs, whatever your camera, without cheating after the event.

One hundred of Gordon's photos are given his own expert commentary; full settings and camera details are included, and a host of tips and tricks let photographers of any level learn something from every example. The shots are taken with a wide range of cameras, including mid-range, compact and mirrorless models, and the emphasis is on getting results by improving your own skills, not wasting money on expensive professional-level equipment and software.

Contributor Bio

Gordon Laing has been reviewing new digital cameras since the Apple Quicktake was launched in 1994. In the decades since, they have changed beyond all recognition, and Gordon has built a huge following with his in-depth review website, CameraLabs.com. With its impartial, real-world, expert tests of new models, and huge archive, Camera Labs has become a unique and essential resource for anyone buying a new camera. In fact, it's a fair bet that Gordon's shot with more different camera models than any other living photographer. Pushing cameras of all kinds to their technical limits has given him a unique knowledge of hands-on shooting in real-world situations, and *In Camera* shares his expertise to the full.

Gordon Laing is a world expert cameras and photography - his in-depth camera review website Camera Labs serves over 500,000 unique visitors a month with an equally strong following across multiple social media platforms. Each of the 100 photographs are Gordon Laing originals, complemented with his unique, easy to understand commentary.

Accessible for all hobbyist photographers, Gordon provides a 'recipe' to create the perfect shot without time-consuming post-processing.

Quotes

Understand your camera's capabilities. Master the skills of exposure, composition and focus. Take amazing photos; no post-processing, no Photoshop, just your own vision.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

The Beginner's Photography Guide	Gatcum, Chris	DK	5/10/2016	9781465449665	\$19.95	Trade Paperback	Photography
Understanding Photography	McHugh, Sean T.	No Starch Press	12/11/2018	9781593278946	\$29.95	Trade Paperback	Photography
In Camera	Laing, Gordon	Ilex Press	4/4/2017	9781781573617	\$24.99	Hardcover	Photography

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

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Ilex Press
9781781576687
1781576688
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
Ship Date: 3/5/2020
\$21.99/\$23.99 Can./£14.99 UK
Paperback

144 Pages
Carton Qty: 1
Print Run: 6K
Art / Techniques
ART033000
Series: Tate

9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Tate: Project Print

30 projects to spark your creativity

Colette Whittington

Key Selling Points

- No studio space or expensive equipment is required
- Covers the three main areas of printing: relief, screen and transfer
- Easy to follow, step-by-step format
- Author has been running workshops for over 15 years, including at Tate Liverpool

Summary

Sketch it, carve it, print it! Spark your creativity...

The essential guide to printmaking at home.

Whether you have little experience or lots, this printmaking workshop will get your creative juices flowing. Test out a variety of techniques and inks with 30 step-by-step projects to work through. Incorporating low-cost and low-fi methods, all of the projects can easily be practised at home.

Each exercise focuses on a particular method or material and pairs this with a different theme, from stencil-silhouette greeting cards to block-printed tote bags. Experiment with photomontage, foiling, linocuts and more. Enjoy fresh approaches, try something new and develop your skills with this essential guide.

Contributor Bio

Colette Whittington is an artist, printmaker and educator who teaches across the United Kingdom. She has been leading printmaking workshops for over 15 years to students of all abilities and ages in further education colleges as well as Tate Liverpool. She is passionate about making print accessible to all, helping her students grow in confidence and enjoy the discipline's many rewards.

Quotes

Spark your creativity with 30 step-by-step printmaking projects

Marketing Plans

Trade & Library outreach

Print, online & social media outreach to crafting press

Crafting bloggers

Giveaway promotions

Illustrations





Comp Titles

Block Print	Lauren, Andrea	Rockport Publishers	5/15/2016	9781631591136 1631591134	\$22.99 USD	Flexibound Art
Block Print Magic	Howard, Emily Louise	Rockport Publishers	2/12/2019	9781631596155 1631596152	\$24.99 USD	Paperback Art
Project Collage	Speight, Bev	Ilex Press	4/2/2019	9781781575772 1781575770	\$16.99 USD	Paperback Art
Tate: Sketch Club	Berry, Hester	Ilex Press	9/3/2019	9781781576540 1781576548	\$14.99 USD	Paperback Art
Tate: Master Oils	Leamy, Selwyn	Ilex Press	11/5/2019	9781781576557 1781576556	\$16.99 USD	Paperback Art

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Subrights

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Ilex Press
9781781577608
1781577609
Pub Date: 6/9/2020
On Sale Date: 6/9/2020
Ship Date: 5/7/2020
\$24.99/\$27.99 Can./£16.99 UK
Paperback

208 Pages
Print Run: 5K
Crafts & Hobbies
CRA000000

9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Make, Stitch & Knit For Baby

35 super-cute and easy craft projects

Émilie Guelpa

Key Selling Points

- The go-to book for modern and stylish baby craft items
- Easy to follow step-by-step instructions, appealing to both the experienced crafter and beginners
- The author has 56.1k followers on Instagram

Summary

35 guided projects to stitch, knit and craft cute homeware, clothes and toys for babies

This contemporary craft book is packed with easy, affordable projects to help you make unique gifts for the babies in your life.

From simple cotton bibs, shorts and soft toys to a basic quilt and straightforward knitted blanket, the projects are clearly explained and easy to follow. Other crafty step-by-steps include a hanging mobile, finger puppets, rattles and teething toys.

Whether you're expecting a baby and want to add a personal touch to their bedroom or you'd like to make something special for your grandchild or friends' babies, Bibs to Booties is the go-to book for creating handmade, stylish baby items.

Each project is set out with easy-to-follow step-by-step instructions and range from curious beginner, to providing inspiration for the more experienced crafter.

Contributor Bio

Émilie Guelpa is a French author, based in Paris. During her pregnancy with her daughter, Louise, she became inspired to decorate Louise's room with handmade items, realising how much she could achieve with her hands and the materials she had in the house. Once Louise arrived, Émilie continued her crafting endeavors to make soft animals, sensory toys and clothes that Louise would treasure forever. Émilie hopes that this book will inspire readers to do the same for their own babies, grandchildren or friends' babies. She is also a photographer and runs a travel and food blog.

Marketing Plans

Social media campaign

National media outreach

Trade and Library Advertising

Links

- [Author Website](#)

Illustrations



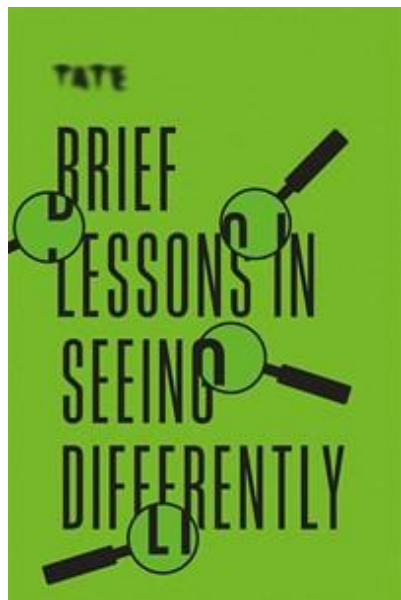
Comp Titles

One-Skein Wonders® for Babies	Durant, Judith	Storey Publishing, LLC	9/8/2015	9781612124803 1612124801	\$18.95 USD	Trade Paperback	Crafts & Hobbies
Animal Friends of Pica Pau	Schenkel, Yan	Meteoor Books	11/1/2017	9789491643194 9491643193	\$21.95 USD	Trade Paperback	Crafts & Hobbies

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Ilex Press
9781781577431
1781577439
Pub Date: 6/9/2020
On Sale Date: 6/9/2020
Ship Date: 5/7/2020
\$13.99/\$15.99 Can./£9.99 UK
Paperback

112 Pages
Print Run: 6K
Art / Criticism & Theory
ART009000
Series: Brief Lessons
7.8 in H | 5 in W
Status: **FORTHCOMING**

Tate: Brief Lessons in Seeing Differently

Frances Ambler

Key Selling Points

- Learn to value your own unique point of view
- Advice and different perspectives from a range of famous artists
- For anyone who is stuck in a rut and needs to open their mind
- Includes exercises and prompts to draw out your creativity by seeing the world from anew perspective
- Part of the Tate Brief Lessons series, including Brief Lessons in Creativity and BriefLessons in Rule Breaking

Summary

Open your life to new ways of seeing with inspirational perspectives from Turner, van Gogh and more.

'I like looking at art. You're always looking and learning and changing your perception about things' - Alex Katz

There are as many ways to look as there are to make art. Seeing differently allows you to **2020** create something original, as well as to understand art in new ways. Delve into detail with J.M.W. Turner, see through a prism of pattern with Yayoi Kusama, and distill sights into new forms with Maria Bartuszova. *Brief Lessons in Seeing Differently* is a guide to opening your mind to new perspectives and sparking creativity in the everyday. Inspiring anecdotes and practical exercises will help you gain a new perspective and reinvigorate your work.

Contributor Bio

Frances Ambler is a London-based writer and art historian. She has a special interest in 20th-century design and is the author of *Mid-Century Modern: Icons of Design* and *The Story of the Bauhaus*. She has worked with museums and galleries across the globe, including the Solomon R. Guggenheim Museum in New York, London's Victoria and Albert Museum and the Scottish Sculpture Trust.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations





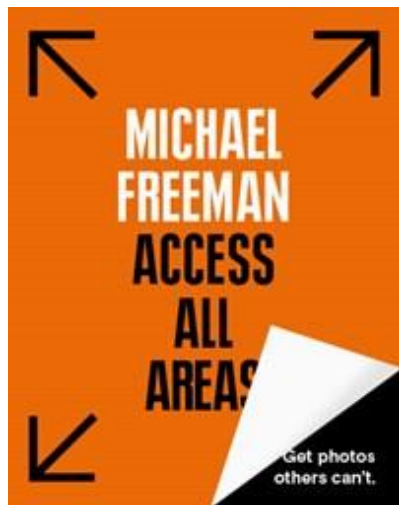
Comp Titles

The Art of Creative Thinking	Judkins, Rod	TarcherPerigee	3/15/2016	9780399176838	\$16.00	Trade Paperback	Self-Help
				0399176837	USD		
Factfulness	Rosling, Hans	Flatiron Books	4/3/2018	9781250107817	\$27.99	Hardcover with dust jacket	Science
				1250107814	USD		
Story of Bauhaus	Ambler, Frances	Ilex Press	11/6/2018	9781781575970	\$24.99	Paperback	Design
				1781575975	USD		
Brief Lessons in Rule Breaking	Ilex Press	Ilex Press	5/14/2019	9781781576700	\$12.99	Paperback	Psychology
				178157670X	USD		
Brief Lessons in Creativity	Ambler, Frances	Ilex Press	5/14/2019	9781781576717	\$12.99	Paperback	Psychology
				1781576718	USD		

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Ilex Press
9781781577493
1781577498
Pub Date: 7/7/2020
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Ship Date: 6/4/2020
\$21.99/\$23.99 Can./£15.00 UK
Paperback

160 Pages
Print Run: 7K
Travel
TRV000000

8.3 in H | 6.5 in W
Status: **FORTHCOMING**

Access All Areas

Get photos others can't

Michael Freeman

Key Selling Points

- Michael Freeman's books have sold over 4 million copies worldwide
- Anyone can be a photographer in the digital age, but Freeman shows how you can go beyond and embody the mentality that he has amassed as a professional photographer over the last 40 years

Summary

Get photos others can't - learn to go beyond the boundaries as a field photographer.

Getting the shot is not a game of chance - there are proven methods and innovative approaches that the professional photographer uses to succeed. From Freeman's decades of reportage experience, he has developed proven methods for going beyond where tourists stop, and delivering the photographs that make the cover. Access All Areas uses five 'nodes' or guiding principles, in various combinations, to elucidate each particular method of access: right place, right time; hearts & minds; immersion; deep learning and left field.

The secrets shared in this book will let you find your own *modus operandi* for overcoming the obstacles between you and the shot, so you can bring home your own world-class images.

Contributor Bio

Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of the pictures he came back with, he embarked on a full-time photographic career.

Since then, working for clients that include all the world's major magazines, most notably the Smithsonian Magazine (for which he has shot more than 40 stories over 30 years), Freeman's reputation as one of the world's leading reportage photographers has been consolidated. Of his many books, which have sold over 4 million copies worldwide, more than 60 titles are on the practice of photography. For this photographic educational work he was awarded the Prix Louis Philippe Clerc by the French Ministry of Culture.

Freeman's books on photography have been translated into 27 languages.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



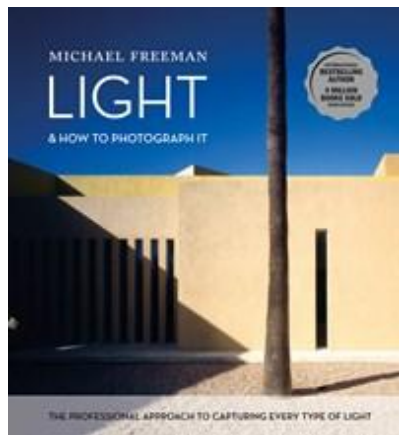
Comp Titles

Canon EOS Rebel T6/1300D For Dummies	King, Julie	For Dummies	8/1/2016	9781119295648	\$29.99	Trade Paperback	Computers
The Beginner's Photography Guide	Gatcum, Chris	DK	5/10/2016	9781465449665	\$19.95	Trade Paperback	Photography
Understanding Exposure, Fourth Edition	Peterson, Bryan	Amphoto Books	3/15/2016	9781607748502	\$26.99	Trade Paperback	Photography
Black & White Photography	Freeman, Michael	Ilex Photo	7/11/2017	9781781573365	\$24.99	Paperback	Self-Help
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	10/18/2016	9781781573471	\$24.99	Paperback	Photography
The Photographer's Handbook	Freeman, Michael	Ilex Press	11/7/2017	9781781574904	\$19.99	Paperback	Photography
The Photographer's Mind Remastered	Freeman, Michael	Ilex Press	9/11/2018	9781781575642	\$24.99	Paperback	Photography
The Photography Bible	Freeman, Michael	Ilex Press	11/27/2018	9781781576236	\$19.99	Paperback	Photography
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	4/30/2019	9781781576373	\$24.99	Paperback	Photography
The Photographer's Vision Remastered	Freeman, Michael	Ilex Press	4/2/2019	9781781576892	\$24.99	Paperback	Photography
The Photographers Eye: A graphic Guide	Freeman, Michael	Ilex Press	9/3/2019	9781781577301	\$24.99	Paperback	Photography
Access All Areas	Freeman, Michael	Ilex Press	7/7/2020	9781781577493	\$21.99	Paperback	Travel

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Ilex Photo
9781781577776
1781577773
Pub Date: 8/4/2020
On Sale Date: 8/4/2020
Ship Date: 7/2/2020
\$29.99/\$32.99 Can./£22.99 UK
Paperback

256 Pages
Photography / Techniques
PHO018000

10 in H | 9.3 in W
Status: **FORTHCOMING**

Light and How to Photograph It

The professional approach to capturing every type of light

Michael Freeman

Key Selling Points

- Over 4 million copies of Michael Freeman's books have been sold worldwide

Summary

Learn how to interpret, approach, and master whatever lighting situation is thrown at you and always get the shot, no matter what.

For professional photographers, chasing the light, waiting for it, sometimes helping it, and finally capturing it is a constant preoccupation and for some, an obsession. Drawing on four decades of working with light, Michael Freeman takes a simple but practical approach to interpreting, reacting to, and capturing photography's most valuable commodity.

Practical advice is organised into three straightforward sections: Waiting, Chasing, and Helping. Begin by mastering the art of patience, and recognise the immense value of anticipating and planning for gorgeous light that's just over the horizon. Then learn the techniques to meet otherwise transient and fleeting lighting conditions halfway, with quick thinking and fast reactions. Finally, make the most of the tools at your disposal to enhance and manipulate light as you find it, covering everything from in-the-field shooting choices to technical transformations in post-production. This is the method of a working professional - to interpret, approach, and master whatever lighting situation is thrown at you and always get the shot, no matter what.

Contributor Bio

Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of the pictures he came back with, he embarked on a full-time photographic career.

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Freeman's books on photography have been translated into 27 languages.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



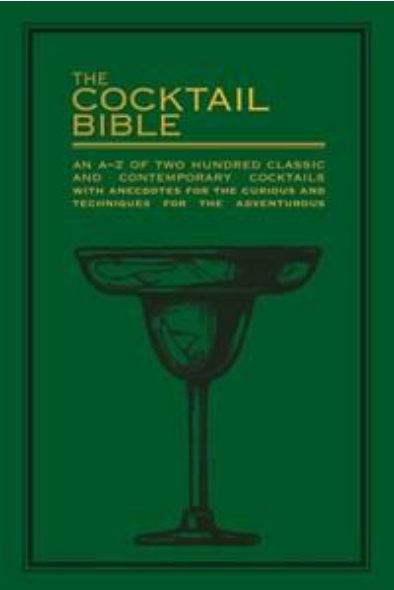
Comp Titles

Black & White Photography	Freeman, Michael	Ilex Photo	7/11/2017	9781781573365	\$24.99 1781573360 USD	Paperback Self-Help
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	10/18/2016	9781781573471	\$24.99 1781573476 USD	Paperback Photography
The Photographer's Handbook	Freeman, Michael	Ilex Press	11/7/2017	9781781574904	\$19.99 1781574901 USD	Paperback Photography
The Photographer's Mind Remastered	Freeman, Michael	Ilex Press	9/11/2018	9781781575642	\$24.99 1781575649 USD	Paperback Photography
The Photography Bible	Freeman, Michael	Ilex Press	11/27/2018	9781781576236	\$19.99 1781576238 USD	Paperback Photography
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	4/30/2019	9781781576373	\$24.99 1781576378 USD	Paperback Photography
The Photographer's Vision Remastered	Freeman, Michael	Ilex Press	4/2/2019	9781781576892	\$24.99 1781576890 USD	Paperback Photography
Access All Areas	Freeman, Michael	Ilex Press	7/7/2020	9781781577493	\$21.99 1781577498 USD	Paperback Travel

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Hamlyn
9780753733066
0753733064
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$14.99/\$16.99 Can./£10.00 UK
Flexibound

192 Pages
Line illustrations throughout
Carton Qty: 25
Print Run: 10K
Cooking / Beverages
CKB088000

7.7 in H | 5.4 in W | 0.9 in T | 0.6 lb Wt
Status:**FORTHCOMING**

The Cocktail Bible

An A-Z of two hundred classic and contemporary cocktail recipes, with anecdotes for the curious and tips and techniques for the adventurous
Pyramid

Key Selling Points

- Cocktail recipes are listed alphabetically, making for easy reference if you're in search of a specific recipe.
- The book features an engaging introduction that details the history of cocktails and tips for suggested garnishing and glassware.
- Smart and gifty, this book is presented in gorgeous faux leather casing with gold foil lettering and a heat-burnished illustration.

Summary

An A-Z collection of classic and contemporary cocktails

From the ABC to the Manhattan and the Negroni to the Zombie, *The Cocktail Bible* is an A-Z collection of 200 classic and contemporary cocktails.

With tips and techniques, quotes and notes, this alphabetical anthology will interest the curious and dare the adventurous.

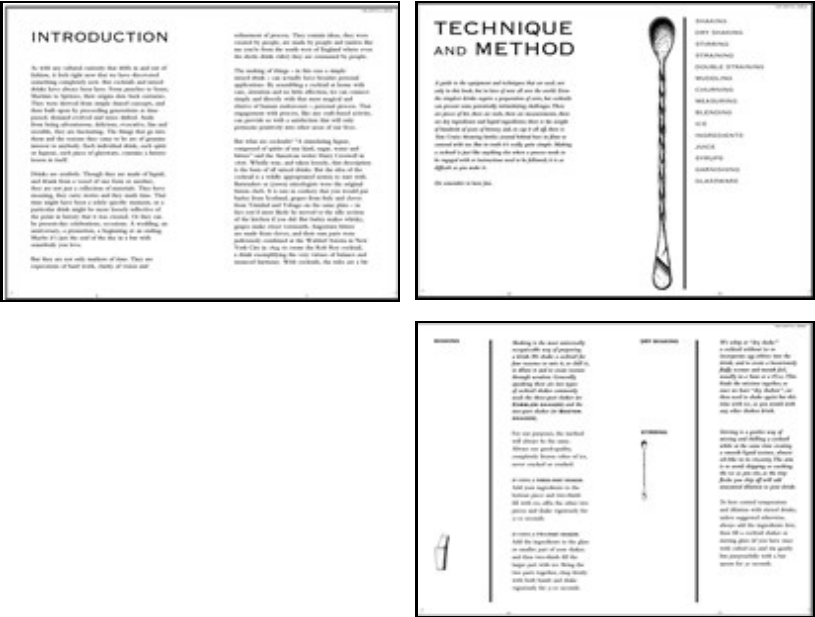
Quotes

An A-Z collection of classic and contemporary cocktails.

Marketing Plans

Spirits media & digital outreach
giveaways

Illustrations





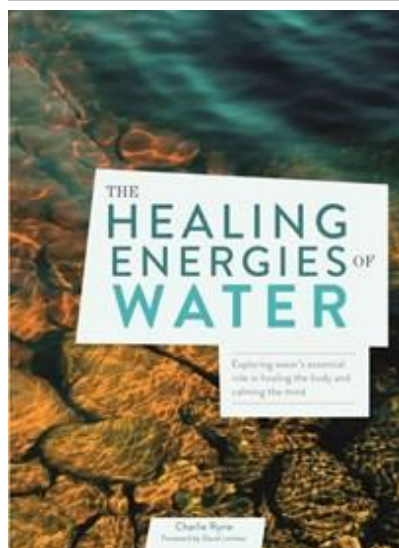
Comp Titles

The Essential Cocktail Book	Krigbaum, Megan	Ten Speed Press	9/5/2017	9780399579318	\$19.99 0399579311 USD	Hardcover	Cooking
The New Cocktail Hour	Darlington, André	Running Press Adult	4/26/2016	9780762457267	\$22.00 0762457260 USD	Hardcover	Cooking
I'm Just Here for the Drinks	Teague, Sother	Media Lab Books	8/28/2018	9780998789842	\$24.99 0998789844 USD	Hardcover Paper over boards	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780753733820
075373382X
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
Ship Date: 12/12/2019
\$19.99/\$21.99 Can./£14.99 UK
Paperback

160 Pages
Approx 100 colour photographs
Print Run: 5K
Medical / Alternative &
Complementary Medicine
MED004000

9.8 in H | 7.1 in W
Status: **FORTHCOMING**

The Healing Energies of Water

Exploring water's essential role in healing the body and calming the mind

Charlie Ryrie

Key Selling Points

- "Reconnecting with nature" is a popular subject and trend at the moment and this will sit well in the self-care and eco-conscious market.
- "Floatation therapy" (isolation tanks in which individuals float in salt water and all other senses are deprived) is growing in popularity as an alternative therapy to help anxiety, post-traumatic stress or as an aid to relaxation.

Exploring water's essential role in healing the body and calming the mind.

Summary

Exploring water's essential role in healing the body and calming the mind.

Water is the life source to human existence and to the world around us; it is the natural medicine that nourishes, heals and refreshes us, and has been considered sacred in many cultures throughout history.

In this beautiful and inspiring guide, author Charlie Ryrie explores the many strands of water's journey as healer and regulator, and shares her knowledge about how we can use water to maintain and improve our health, both at home and in the environment.

By discovering the benefits of "water therapies" for aches and pains, receiving "floatation therapy" to relieve stress and anxiety and importance of water in our world, this book will be your guide to connecting with the healing power of water.

Contributor Bio

Charlie Ryrie is an environmental journalist, writer, editor, lecturer and campaigner and was a founder member of Agenda 21, an initiative to improve education about water that was launched at the 1992 Rio Earth Summit. She now runs The Real Cut Flower Garden and The British Flower School.

Quotes

Exploring water's essential role in healing the body and calming the mind.

Marketing Plans

Trade & Library media outreach

MBS media, online and social media outreach

Illustrations





Comp Titles

Forest Bathing	Li, Qing	Viking	4/17/2018	9780525559856	\$20.00	Hardcover	Self-Help
				052555985X	USD		
The Healing Energies of Trees	Bouchardon, Patrice	Pyramid	9/3/2019	9780753733769	\$19.99	Paperback	Health & Fitness
				0753733765	USD		
A Guide to Building Natural Swimming Pools	Littlewood, Michael	Schiffer	2/2/2016	9780764350832	\$49.99	Hardcover	Architecture
				0764350838	USD		
The Healing Power of Energized Water	Holst, Ulrich	Inner Traditions/Bear & Company	4/14/2010	9781594773389	\$16.95	Trade Paperback	Health & Fitness
				1594773386	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780753733110
0753733110
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$14.99/\$16.99 Can./£10.00 UK
Paperback

256 Pages
Variation of same Moon image
throughout
Carton Qty: 25
Print Run: 5K
Science / Astronomy
SCI004000
6.5 in H | 5.6 in W | 0.9 in T | 0.8
lb Wt
Status: **FORTHCOMING**

The Moon

365 reflections

Pyramid

Key Selling Points

- July 2019 marks the 50th anniversary of the first Moon landing by astronauts Neil Armstrong and Buzz Aldrin.
- The Moon is an increasingly popular source of fascination. On 21 August, 2017, approximately 100,000 enthusiasts travelled to Kentucky, USA, to view the 'Great American' solar eclipse. 215 million American adults watched it via other media.
- The front-cover Moon illustration is illuminated with a pearlescent-foil finish.

Summary

A collection of proverbs, ancient and modern wisdom, meditations and poems to celebrate

Throughout history, legend and myth, the Moon has symbolized immortality and eternity, enlightenment and adventure and has inspired poets, philosophers, astronomers and artists.

Reflections upon the Moon from literature, philosophy, science and ancient wisdom are gathered together in this enchanting collection.

Quotes

A collection of proverbs, ancient and modern wisdom, meditations and poems to celebrate the Moon.

Marketing Plans

Trade & Library outreach

Tie in moon landing anniv. opportunities

Illustrations



Comp Titles

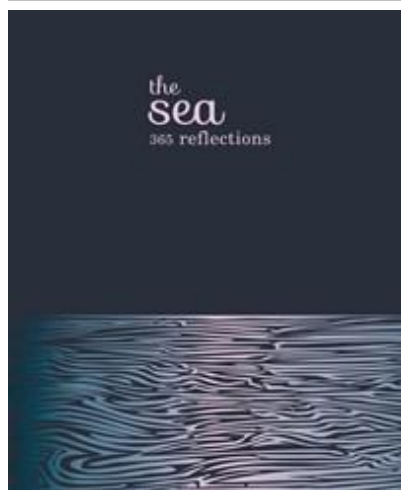
yesterday i was the moon	Unnahar, Noor	Clarkson Potter	3/27/2018	9780525576013	\$14.99	Trade Paperback	Poetry
The Sea	Pyramid	Hamlyn	3/3/2020	9780753733592	\$14.99	Paperback	Poetry
				0525576010	USD		
				0753733595	USD		

Lunar Abundance	Spencer, Ezzie	Running Press Adult	3/6/2018	9780762463572 0762463570	\$22.99 USD	Paperback	Body, Mind & Spirit
The Moon Journal	Sitron, Sandy	Chronicle Books	8/14/2018	9781452172712 1452172714	\$16.95 USD	Diary	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Hamlyn
9780753733592
0753733595
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$14.99/\$16.99 Can./£10.00 UK
Paperback
256 Pages
Repeated sea illustration
throughout
Carton Qty: 36
Print Run: 5K
Poetry
POE000000
6.6 in H | 5.4 in W | 1 in T | 0.8 lb
Wt
Status:**FORTHCOMING**

The Sea

365 reflections
Pyramid

Key Selling Points

- Features excerpts from famous texts such as Homer's The Odyssey and Samuel Taylor Coleridge's The Rime of the Ancient Mariner .
- The Sea is the second in this series of titles that celebrate the natural world.
- The front-cover sea illustration is illuminated with a pearlescent-foil finish.

Summary

A collection of proverbs, ancient and modern wisdom, meditations and poems to celebrate the sea.

Throughout history, legend and myth, the sea has symbolized power and freedom, strength and serenity and has inspired poets, philosophers, astronomers and artists. Reflections upon the sea from literature, philosophy, science and ancient wisdom are gathered together in this enchanting collection.

Quotes

A collection of proverbs, ancient and modern wisdom, meditations and poems to celebrate the sea.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

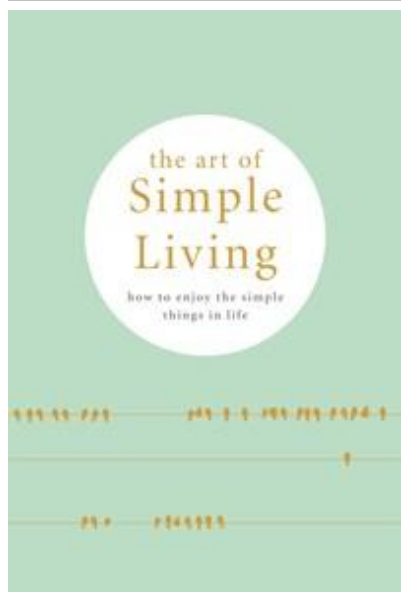
Other Minds	Godfrey-Smith, Peter	Farrar, Straus and Giroux	10/17/2017	9780374537197 0374537194	\$16.00 USD	Trade Paperback	Science
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The Ocean, the Bird, and the Scholar	Vendler, Helen	Harvard University Press	5/14/2018	9780674984080 0674984080	\$19.95 USD	Paperback	Literary Collections
The Moon	Pyramid	Hamlyn	3/3/2020	9780753733110 0753733110	\$14.99 USD	Paperback	Science
Ocean of Yoga	Dunlop, Julie	Singing Dragon	11/21/2017	9781848193604 1848193602	\$22.95 USD	Trade Paperback	Health & Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Hamlyn
9780753733790
075373379X
Pub Date: 7/4/2020
On Sale Date: 7/4/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

96 Pages
repeated gold bird illustration
throughout
Carton Qty: 67
Print Run: 5K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000
6.1 in H | 4.4 in W | 0.6 in T | 0.4
lb Wt
Status: **FORTHCOMING**

The Art of Simple Living

How to enjoy the simple things in life

Madonna Gauding

Key Selling Points

- The 'minimalist' trend is still on the rise, with many people seeking out ways in which they can declutter or simplify their lives both physically and mentally. Netflix's 2019 documentary series Tidying Up with Marie Kondo is the perfect example of this trend still being popular.
- Includes easy and accessible ways of how to live simply and appreciate the "little things".
- This small, cute and delicately designed book is a perfect gift as well as a great self-purchase.

Mindful tips, exercises and reflections to help you to appreciate the simple things in life.

Summary

Mindful tips, exercises and reflections to help you to appreciate the simple things in life.

The road to a balanced and meaningful life is different for each of us, and in such a busy world we can often lose sight of what that actually means.

In The Art of Simple Living, you'll find a collection of exercises that will show you how to simplify your life, and reflections that will help you to appreciate the "little things" that often pass us by.

From tips on letting go of negativity, to appreciating the relaxation of a warm bath, this book will be your gentle guide to a more manageable and meaningful life.

Contributor Bio

Madonna Gauding has been a student of Buddhism for over 12 years and is a practitioner of martial arts. She is the author of The Meditation Bible , World Mandalas , Six Keys to Buddhist Living and Working with Meditation.

Quotes

Mindful tips, exercises and reflections to help you to appreciate the simple things in life.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations





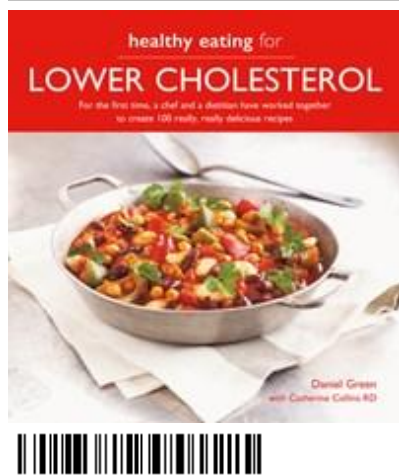
Comp Titles

The Art of Simple Living	Masuno, Shunmyo	Penguin Books	4/2/2019	9780143134046	\$20.00	Hardcover	Body, Mind & Spirit
The Abundance of Less	Couturier, Andy	North Atlantic Books	8/1/2017	9781623171322	\$19.95	Trade Paperback	House & Home
This is Home	Walton, Natalie	Hardie Grant	4/17/2018	9781743793459	\$40.00	Hardcover	House & Home
The Little Book of Coloring for Calm	Gauding, Madonna	Ilex Press	9/1/2015	9781781573143	\$9.99	Paperback	Games & Activities
Six Keys to Buddhist Living	Gauding, Madonna	Hamlyn	7/1/2006	9781841812526	\$14.95	Paperback	
Personal Power Animals	Gauding, Madonna	Hamlyn	10/1/2006	9781841812922	\$17.95	Paperback	
Working with Meditation	Gauding, Madonna	Godsfield	7/1/2006	9781841813264	\$12.95	Paperback	Body, Mind & Spirit
Working with Chi	Gauding, Madonna	Hamlyn	8/1/2006	9781841813325	\$14.99	Paperback	Body, Mind & Spirit
The Meditation Experience	Gauding, Madonna	Godsfield	6/2/2010	9781841813943	\$14.99	Paperback	Body, Mind & Spirit
The Complete Meditation Workshop	Gauding, Madonna	Godsfield	9/6/2016	9781841814698	\$14.99	Paperback	Body, Mind & Spirit
World Mandalas	Gauding, Madonna	Godsfield	2/6/2018	9781841814773	\$17.99	Paperback	Games & Activities

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Subrights

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Kyle Books
9780857838537
0857838539
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$16.99/\$18.99 Can.
Paperback

144 Pages
Print Run: 5K
Cooking / Health & Healing
CKB039000

Status: **FORTHCOMING**

Healthy Eating for Lower Cholesterol

For the first time, a chef and a dietician have worked together to create 100 really, really delicious recipes

Daniel Green, Catherine Collins

Key Selling Points

- Daniel Green often features on the Hallmark channel and is the emcee for the American heart Association Gala in the Midwest and will be again on 1 November 2019.
- 7 out of 10 people over 45 in the West have high cholesterol.
- Lowering your blood cholesterol is important in reducing the risk of heart disease and diabetes, no matter what your age or health.
- This is the first cookbook by a chef and dietitian to offer nutritional advice and delicious recipes to help lower cholesterol.
- Supported by H·E·A·R·T UK-a national charity that provides information for patients with inherited high cholesterol.
- Part of a series including Healthy Eating for Diabetes, Healthy Gluten-Free Eating, and Healthy Eating for IBS; total sales of more than 850,000.

Summary

A book of recipes devised by a chef and based on nutritional advice-this is a much-needed cookbook for people who are concerned about high cholesterol.

Over 100 recipes that help in managing your cholesterol levels, along with advice and practical information on high cholesterol, including causes, symptoms, treatments, medication and lifestyle. This book looks at the prevalence of high cholesterol and discusses the causes and the symptoms. It talks about treatments, including medication and lifestyle, and offers an analysis of how diet affects cholesterol levels.

The recipes have been created to tempt your taste buds while managing your cholesterol levels. The book is set out in two sections: the first is packed with useful tips from dietitian Catherine Collins, and the second offers a range of delicious recipes devised by Daniel Green to help maintain a healthy diet while satisfying your appetite.

Contributor Bio

Daniel Green was an overweight teenager who learned how to create healthy gourmet meals for himself to slim down. He currently works as an in-house chef for the NBC network in the US and makes regular appearances on BBC2's Saturday Kitchen.

Catherine Collins RD is the Chief Dietitian at St George's Hospital. A spokeswoman for the British Dietetic Association, she is committed to providing accurate, impartial medical advice, and regularly contributes to articles in *The Times* and *The Observer Food Monthly*

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



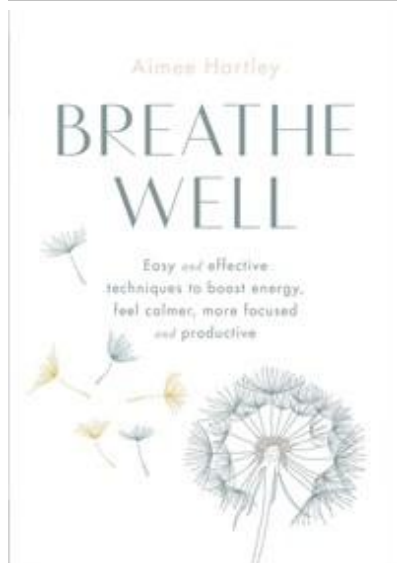
Comp Titles

American Heart Association Healthy Fats, Low-Cholesterol Cookbook	American Heart Association	Harmony	12/29/2015	9780553447163	\$18.00	Trade Paperback	Cooking
Healthy Eating with Chemotherapy	Mil, Van Jose	Kyle Books	3/16/2009	9781904920885	\$16.95	Trade Paperback	Cooking
The Heart Healthy Cookbook for Two	Koslo, Jennifer	Rockridge Press	4/4/2017	9781939754110	\$16.99	Trade Paperback	Cooking
The Low Cholesterol Cookbook and Action Plan	Swanson, Karen L	Rockridge Press	1/30/2018	9781939754646	\$14.99	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

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Kyle Books
9780857838025
0857838024
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$14.99/\$16.99 Can./£12.99 UK
Paperback

192 Pages
Print Run: 5K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Breathe Well

Easy and effective techniques to boost energy, feel calmer, more focused and productive

Aimee Hartley

Key Selling Points

- Breathwork is being tipped as the next revolution in wellness and a trend to look out for in 2019.
- Improving your breathing has a huge impact on your health: 'Studies have shown that conscious breathing exercises such as the 4-7-8 (breathe in for four, hold for seven, out for eight) are beneficial for a wide variety of conditions.'
- Guided breathing classes are becoming increasingly popular at gyms and via fitness apps like Fiit.
- Anyone looking for ways to improve their mental and physical health without having to spend lots of money on kit and equipment.
- People who do yoga and are aware of the importance of breath but want to learn more.
- Anyone with anxiety or breathing problems looking for techniques to help them feel calmer.

Summary

Simple techniques to boost energy, feel calmer, more focused and productive.

We breathe approximately 20,000 times a day - so it's something that we can all improve for better health and wellbeing - no equipment or fancy fitness gear necessary. Aimee's simple and accessible exercises are designed to fit into your life - from 2 minutes in the shower to 5 minutes at your desk or 2 minutes during your commute.

Introducing breath basics and detailing why breathing properly is so important for health and wellbeing, Aimee shows you how to build up to a daily 20-minute breathing practice, divided into manageable chunks that you can easily fit into a busy day. Organise

Organised into sections reflecting how we spend our time - from work to sleep and eating to relationships - there are breathing exercises for the office, including how to calm your nerves before a big pitch; how our breathing has been affected by technology and how to counteract 'tech apnea', alongside breathing for better relationships, such as exercises to help clear the air after an argument.

Also including breaths to help you perform at your exercise peak and enhance digestion, alongside practical tips such as the top 10 plants to purify the air in your home.

Conscious breathing activates the body's relaxation response, which in turn reduces blood pressure, which in turn lowers the risk of stroke and improves cardiovascular health. It's also good for digestion and general immunity, both of which are impaired by stress.' - *Guardian*

Contributor Bio

Aimee Hartley is a Certified Transformational Breath® Facilitator and Yoga Teacher and teaches breath work and yoga classes in the UK, Australia and Bali. She has worked with corporate clients including Amazon Fashion, Philosophy, Rebel Kitchen and Depop and teaches at The Natural History Museum once a month to 200 people. She currently offers private and corporate Transformational Breath® sessions and workshops in London and runs retreats around the UK. She has appeared in The Times, Tatler, Elle, Evening Standard, Women's Health, Grazia and the Telegraph. She writes weekly breath exercises on Instagram @breathinghub and shares research and articles on breathing via The Breathing Room's Facebook page.

Quotes

More than 70 simple breathing exercises, tips and advice for a healthier, happier life

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



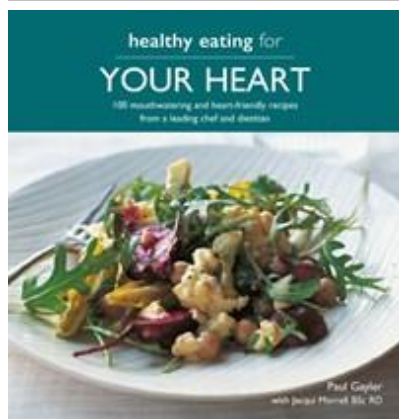
Comp Titles

The Oxygen Advantage	McKeown, Patrick	William Morrow Paperbacks	11/29/2016	9780062349477	\$15.99	Paperback	Health & Fitness
Breathe	Vranich, Belisa	St. Martin's Griffin	12/27/2016	9781250106421	\$18.99	Trade Paperback	Health & Fitness
Just Breathe	Brule, Dan	Atria/Enliven Books	2/27/2018	9781501163067	\$16.00	Trade Paperback	Health & Fitness

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Subrights

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Kyle Books
9780857838551
0857838555
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$16.99/\$18.99 Can.
Paperback

160 Pages
Print Run: 5K
Cooking / Health & Healing
CKB106000

Status: **FORTHCOMING**

Related Products

Other Formats

Healthy Eating for Your Heart
9781906868161 \$16.95

Healthy Eating for your Heart

100 mouthwatering and heart-friendly recipes from a leading chef and dietician

Paul Gayler, Jacqui Lynas

Summary

A book of recipes devised by a leading chef and based on nutritional advice, this book contains over 100 recipes that have been created to tempt your tastebuds and keep your heart healthy. Recipes are divided into meal types: breakfast, light meals, main courses, soups, salads, snacks and deserts.

Heart disease is the largest single cause of premature death in the Western world, yet the risk can be reduced by good eating habits. Paul Gayler has used his culinary skills to prove that healthy eating need not mean boring food. The first part of this book explains what causes heart disease - high cholesterol levels, too much fat and salt, too little fibre - and how to reduce risk. He then discusses how to implement good eating habits with the least disruption, for example, how to feed a family, healthy fast food and eating out. Paul recommends good cooking methods - how to give food flavor without using butter, and how to cook meat with as little fat as possible. Recipes include guiltfree dishes such as "Fettuccine and Mussel Salad", "Red Snapper Fillets with Cucumber and Yoghurt Sauce" and "Peach Crepes with Grand Marnier".

Contributor Bio

Paul Gayler has worked in some of London's most prestigious restaurants, including The Dorchester as Anton Mosimann's deputy, and as Head Chef at the renowned Inigo Jones. He is currently the Executive Chef at The Lanesborough. Author of several recipe books, Paul has won The Guild of Food Writers Cookery Book of the Year and has also been nominated for an Andre Simon Award. He has also made guest appearances on television

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

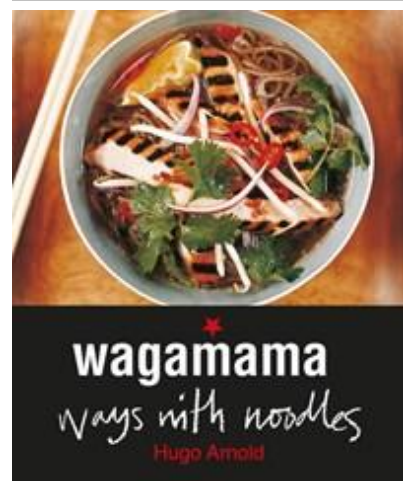
The New American Heart Association Cookbook, 9th Edition	American Heart Association	Harmony	6/20/2017	9780553447187 0553447181	\$35.00 USD	Hardcover	Cooking
Good Housekeeping 400 Heart Healthy Recipes & Tips		Hearst	1/5/2016	9781618371980 1618371983	\$19.95 USD	Hardcover	Cooking

Healthy Eating for Pregnancy	Grant, Amanda	Mitchell Beazley	7/1/2006	9781845334215 1845334213	\$14.95 USD	Paperback	Cooking
Passion for Potatoes	Gayler, Paul	Kyle Books - Canada Only	7/16/2009	9781856268738 185626873X	\$21.95 USD	Trade Paperback	Cooking
Flavors	Gayler, Paul	Kyle Books	2/24/2005	9781904920144 1904920144	\$29.95 USD	Hardcover	Cooking
Hot, Hot, Hot!	Gayler, Paul	Kyle Books	8/12/2005	9781904920199 1904920195	\$19.95 USD	Trade Paperback	Cooking
Pure Vegetarian	Gayler, Paul	Kyle Books	6/2/2006	9781904920403 1904920403	\$29.95 USD	Hardcover	Cooking
The Sauce Book	Gayler, Paul	Kyle Books	2/16/2009	9781904920847 1904920845	\$29.95 USD	Hardcover	Cooking
Healthy Eating with Chemotherapy	Mil, Van Jose	Kyle Books	3/16/2009	9781904920885 1904920888	\$16.95 USD	Trade Paperback	Cooking
Healthy Eating for Your Heart	Gayler, Paul	Kyle Books	2/16/2010	9781906868161 1906868166	\$16.95 USD	Trade Paperback	Cooking
Healthy Eating for Lower Blood Pressure	Gayler, Paul	Kyle Books	1/16/2011	9781906868284 190686828X	\$16.95 USD	Trade Paperback	Cooking
Low Sodium Slow Cooker Cookbook	Epstein, Shannon	Rockridge Press	5/15/2018	9781939754486 1939754488	\$15.99 USD	Trade Paperback	Cooking

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Subrights

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Kyle Books
9780857837684
0857837680
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$24.99/\$27.99 Can.
Hardcover

192 Pages
Print Run: 6K
Cooking / Regional & Ethnic
CKB090000

Status: **FORTHCOMING**

wagamama Ways With Noodles

Hugo Arnold

Key Selling Points

- *wagamama: Ways with Noodles* and *The wagamama Cookbook* have sold over 2 million copies worldwide.
- The rights have been sold to countries including Australia, Germany, Greece, India, Netherlands, New Zealand, Spain and the USA.
- wagamama reported that turnover increased by 19% in 2016 to £228m, compared to £191m in 2015. They have opened several new UK restaurants and are expanding internationally.
- wagamama is a highly respected and popular restaurant chain with branches throughout the UK as well as the US, Belgium, Cyprus, Denmark, France, Italy, Greece, Malta, Netherlands, New Zealand, Saudi Arabia, Slovakia, Spain, Sweden, Turkey, and UAE.
- Wagamama have two restaurants in New York and three in Boston

Summary

Hugo Arnold turns his attention to wagamama's core expertise - noodles: how to cook, serve and eat them. The distinctive wagamama flavour originates from traditional Japanese ramen stalls that guaranteed nourishment with ingredients to cleanse and nurture the mind and body. Hugely versatile, noodles can be used in side dishes and dressed for salads, poached in a heady broth for soups, form a nest for meat, fish and vegetable stir-fries or used as a bed for curry. They are healthy too: high in complex carbohydrates, low in fat, and mostly served with fresh vegetables, lean meat or fish and aromatic herbs and spices.

Brush up on your noodle knowledge and get to know your soba from your somen. Try mouthwatering recipes including wide-noodle hot-pot with seven vegetables, chargrilled chicken, soba and miso soup, and marinated salmon ramen. Look no further for delicious noodle recipes for every occasion; minimum fuss and maximum enjoyment are what wagamama noodles are all about.

Contributor Bio

Hugo Arnold has been writing about food for 20 years in numerous newspapers and magazines, including the *London Evening Standard* and the *Financial Times*. He is the author of 12 books, including *The wagamama Cookbook*, and won a Glenfiddich food award for his innovative writing. He now runs a consultancy working with leading restaurants, pubs and hotels as well as owning The Colonsay hotel in Scotland and Hatch and Sons restaurant in Dublin.

Quotes

If you are already nutty about noodles, or need further inspiration [this is] a terrific book.—**Darina Allen**

The simple balanced and soothing dishes wagamama specialises in lend themselves well to home cook in a hurry.—**Daily Telegraphy**

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



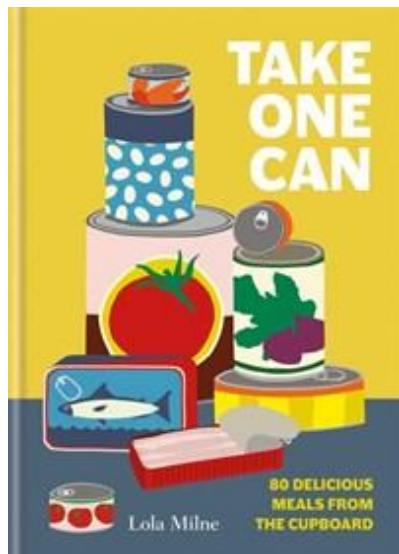
Comp Titles

Tokyo Cult Recipes	Murota, Maori	Harper Design	4/19/2016	9780062446688	\$35.00	Hardcover	Cooking
wagamama Feed Your Soul	Mangleshot, Steven	Kyle Books	10/1/2019	0062446681	USD		
Ramen at Home	MacDuckston, Brian	Rockridge Press	12/5/2017	9780857837097	\$24.99	Hardcover	Cooking
Simply Ramen	Kimoto-Kahn, Amy	Race Point Publishing	2/19/2016	0857837095	USD		
The Wagamama Cookbook	Arnold, Hugo	Kyle Books	3/26/2007	9781623159160	\$19.99	Trade Paperback	Cooking
				1623159164	USD		
				9781631061448	\$22.99	Hardcover	Cooking
				1631061445	USD		
				9781904920236	\$24.95	Hardcover	Cooking
				1904920233	USD		

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Subrights

No subrights have been specified.



Kyle Books
9780857837189
0857837184
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$16.99/\$18.99 Can.
Hardcover

160 Pages
Print Run: 7K
Cooking / Comfort Food
CKB127000

Status: **FORTHCOMING**

Take One Can

80 delicious meals from the pantry

Lola Milne

Key Selling Points

- Every recipe in this book has something canned at its core, plus the other ingredients are mainly store cupboard too.
- With their long shelf life, cans are the ultimate convenience food, and they often beat their fresh equivalents in terms of cost, so are perfect for anyone cooking on a budget.
- Canned food is as rich in dietary fibre and vitamins as the same fresh or frozen foods, due to their short exposure time to air.
- Worldwide canned food sales are predicted to reach nearly \$80 billion by 2014, with the highest growth expected to be in canned fish.

Summary

Our kitchen cupboards are full of cans - tomatoes, chickpeas, tuna, kidney beans, sardines, sweetcorn, even figs - that often are used as an addition to a recipe but never the main ingredient. *Take One Can* is a celebration of canned ingredients, offering 80 recipes that take one can and make it the focus of the meal.

Arranged to showcase the range of canned ingredients available, the chapters begin with the staple that is Beans and Pulses, followed by Tomatoes and Vegetables, which play a central role in countless dishes, then Fish, and finally Fruit and Sweet Cans. The last chapter offers a few tasty accompaniments to eat alongside your meal.

Lola's creative but simple recipes, such as jackfruit & red kidney bean chilli, sweetcorn fritters, pumpkin and chocolate loaf and pineapple, coconut & lime upside down cake make the absolute most of ingredients you will already have, topped up with one or two fresh ingredients. Substitutions are also suggested should you not have every ingredient on hand.

Save money, be creative and waste less food by looking in your cupboard instead of visiting the supermarket.

Contributor Bio

Lola's eyes were opened to the world of cookbooks, food photography and styling when she did work experience with Jamie Oliver and his food team. After school, she went to Glasgow School of Art and studied Fine Art Photography, though food continued to weave through her work there. After graduating she decided to return to the world of food styling and started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing.

Marketing Plans

Trade & Library outreach

National Publicity Campaign targeting Food media

Social media

Author social media platforms

Illustrations



Comp Titles

100 Days of Real Food: On a Budget	Leake, Lisa	William Morrow Cookbooks	8/14/2018	9780062668554 0062668552	\$29.99 USD	Hardcover	Cooking
The All New Ball Book Of Canning And Preserving	Ball Home Canning Test Kitchen	Oxmoor House	5/31/2016	9780848746780 0848746783	\$22.99 USD	Trade Paperback	Cooking
The Minimalist Kitchen	Coleman, Melissa	Oxmoor House	4/10/2018	9780848755263 084875526X	\$29.99 USD	Hardcover	Cooking
A Man, a Can, a Plan	Joachim, David	Rodale Books	6/17/2002	9781579546076 1579546072	\$16.99 USD	Hardcover	Cooking

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Subrights

No subrights have been specified.



Kyle Books
9780857838544
0857838547
Pub Date: 7/4/2020
On Sale Date: 7/4/2020
\$24.99/\$27.99 Can.
Hardcover

224 Pages
Print Run: 7K
Cooking / Holiday
CKB042000

Status: **FORTHCOMING**

Clodagh's Home Cooking

Irresistible recipes for every occasion

Clodagh McKenna

Key Selling Points

- Creative, original ideas for every kind of occasion.
- A popular subject-with the credit crunch, people are trying to eat out less and make an evening of cooking at home.
- Clodagh McKenna has filmed four TV series and her U.S. TV show *Clodagh's Irish Food Trails* reached an audience of 20 million.
- *Homemade* won the Gourmand Award for Best in the UK.
- Sirius/XM Satellite Radio, Martha Stewart Living Radio, "Everyday Food"
- Food Network, Bobby Flay's Ireland

Summary

With a strong focus on using local produce and eating together, this cookbook brings together recipes and ideas gathered from years of travelling and taking notes. It is filled with household tips, notes on food producers, farmers' markets and Clodagh's favourite restaurants, cafes and bars.

Chapters on aperitifs, lunchbox ideas, baking, mid-week suppers, home-made fast food, Sunday roasts, preserving, dinner party menus and edible gifts mean there really is something for everyone. Recipes include Fresh Mint Mojitos, Spiced Butternut Squash, Homemade Focaccia, Sunday Roast with all the Trimmings, Autumn Spiced Apple Chutney and Hazelnut Fudge. Practical and popular as well as delicious and nutritious, Clodagh hopes to get every family sitting down together for a meal.

Contributor Bio

Clodagh McKenna is a chef, restaurateur and broadcaster who studied in France and New York and trained and worked at Ballymaloe. She is the author of five books and runs a restaurant in Dublin called Clodagh's Kitchen. She has hosted numerous pop-ups in collaboration with brands including Selfridges, Fortnum & Mason and The Whitney Museum.

Marketing Plans

Trade & Library outreach
National Publicity Campaign targeting Food media
Social media
Author social media platforms
Promotions with Irish Tourist Board
Author events
TV appearances
Giveaways

Links

- [Author Website](#)
- [Twitter Handle - @clodaghmckenna](#)

Illustrations



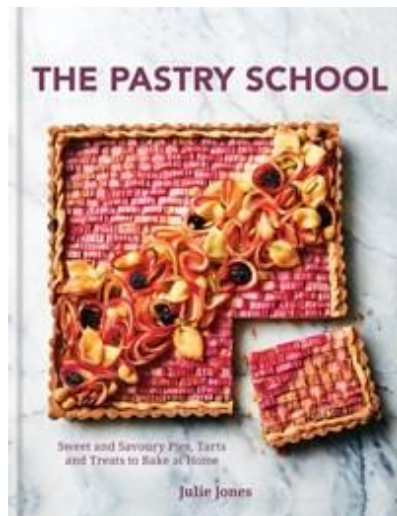
Comp Titles

Magnolia Table	Gaines, Joanna	William Morrow Cookbooks	4/24/2018	9780062820150	\$29.99	Hardcover	Cooking
Simply Delicious the Classic Collection	Allen, Darina	Kyle Books	2/5/2019	9780857835550	\$27.99	Hardcover	Cooking
The Year of Cozy	Adarme, Adrienne	Rodale Books	10/6/2015	9781623365103	\$24.99	Hardcover	Cooking
Homemade	McKenna, Clodagh	Kyle Books	5/16/2011	9781906868468	\$24.95	Hardcover	House & Home
Clodagh's Kitchen Diaries	McKenna, Clodagh	Kyle Books	3/16/2013	9781906868864	\$27.95	Hardcover	Cooking
Clodagh's Irish Kitchen	McKenna, Clodagh	Kyle Books	3/7/2015	9781909487291	\$29.95	Hardcover	Cooking
Clodagh's Suppers	McKenna, Clodagh	Kyle Books	3/12/2019	9781909487994	\$24.99	Hardcover	Cooking

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Kyle Books
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\$34.99/\$38.99 Can./£25.00 UK
Hardcover

208 Pages
Print Run: 6K
Cooking / Courses & Dishes
CKB009000
10.5 in H | 8 in W
Status: **FORTHCOMING**

The Pastry School

Master Sweet and Savoury Pies, Tarts and Pastries at Home

Julie Jones

Key Selling Points

- Julie's astonishing creativity is much imitated but seldom bettered. Jamie Oliver is a big fan.
- Julie was very recently featured in the Best of Food 52 (their favourite Insta posts) to celebrate their 20th birthday. The post received more than 46k likes. Food 52 has a following of 2.4 million in the US.
- Martha Stewart Magazine will run a 6-recipe feature in the April 2020 issue
- Food Network Master Chef
- Martha Stewart magazine has confirmed that they'd like to do a 6-recipe feature in their April issue when the book publishes in the US (they contacted Julie directly).
- This book is set to become the last word on pastry techniques, delicious recipes and seriously inventive pastry, flavor and decoration combinations.
- Julie Jones has an inspirational Instagram feed (@Julie_JonesUK 121k, 30% are in North America) and a previous book, *The Soulful Baker*.
- Perfect for anyone who wants to master perfect pastry techniques and innovative decoration ideas.
- "Julie bakes with love, it's her secret ingredient." Pierre Koffman

Summary

A masterclass in the art and craft of baking and decoration.

Julie Jones is renowned for her highly decorative bakes packed with bold layers of flavor and texture. She is leading the pastry revival, believing that with a bit of patience and a love for food, anyone can create delicious, beautiful bakes.

A comprehensive Pastry Recipes & Methods section guides you through 10 different types of pastry with step-by-step instructions. These include loved classics such as Shortcrust and Hot Water, as well as a versatile Vegan and Gluten-free, that can be swapped in or out of recipes with a helpful Alternative Pastry Key.

Chapters include Fruit, Cream & Cheese, Nuts, Vegetables, Meat & Fish and Crunch & Crumb, featuring more than 50 sweet and savory recipes ranging from a crowd-pleasing Vegetable Patch(work) Tart to stunning Vanilla Slices.

Dive in and be inspired by Julie's delicate decorations and full-on flavors - these bakes are fun and achievable, with swaps and creativity encouraged.

Contributor Bio

Julie Jones has been recognised as one of the UK's most influential bakers thanks to her unique, beautiful pastry creations and her highly creative approach to flavour and decoration. She trained as a chef aged 30 and spent time in a Michelin-starred kitchen honing her skills. After her mother developed dementia she began baking with her and set up an Instagram feed as a means of documenting her beautiful bakes. With more than 113k followers and an Observer Food Monthly Best Instagram Feed award in 2018, Julie's supper clubs always sell out.

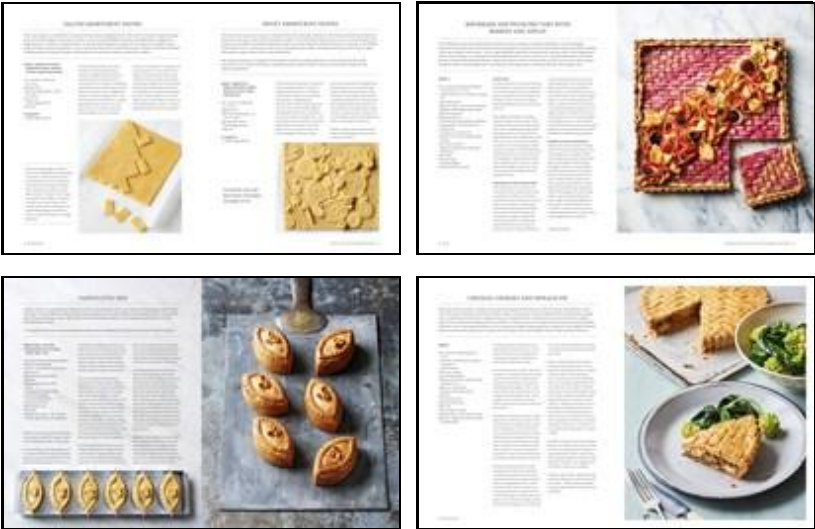
Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Digital BLAD](#)

Illustrations



Comp Titles

Modern French Pastry	Wakerhauser, Cheryl	Page Street Publishing	10/24/2017	9781624144370	\$25.00	Hardcover with dust jacket	Cooking
Soulful Baker	Jones, Julie	Jacqui Small	9/21/2017	9781911127246	\$29.99	Hardcover	Cooking
French Patisserie	FERRANDI PARIS	Flammarion	11/14/2017	9782080203182	\$60.00	Hardcover	Cooking

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Subrights

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Kyle Books
9780857838445
085783844X
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
Ship Date: 2/20/2020
\$24.99/\$27.99 Can./£17.99 UK
Paperback

176 Pages
Print Run: 5K
Cooking / Regional & Ethnic
CKB048000

9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Japanese in 7

DELICIOUS JAPANESE RECIPES IN 7 INGREDIENTS OR FEWER

Kimiko Barber

Key Selling Points

- Over the past decade, Japanese cuisine has gained phenomenal international popularity. Japanese restaurants, sushi and noodle bars are now found around the world.
- The Japanese sector is growing 100% faster than the contemporary fast-food segment as a whole. The projected turnover for branded Japanese operators such as Wagamama and Sushidaily is £797million (F00d Spark, 2017).
- Kimiko Barber demystifies Japanese cuisine with a mix of traditional and easy modern-day recipes. She demonstrates that there's so much more to be discovered about Japanese cooking - not least its fantastic health benefits.
- 'Barber's background as a cookery teacher shows through in her clear, easy-to-follow recipes.' Marie Claire

Summary

Japanese recipes with 7 ingredients or less

Japanese food is healthy, delicious and universally enjoyed but despite the popularity of sushi and noodle bars worldwide too few of us cook this delightful cuisine at home. In *Japanese in 7* (the latest addition to the in 7 series), Kimiko Barber uses just 7 ingredients or fewer to make deliciously fragrant dishes that you can effortlessly pull together any night of the week.

Chapters are divided into:

***Fresh** - vibrant and healthy meals such as Yellowtail sashimi, Hand-rolled sushi and Japanese-style duck orange.

***Comfort** - bowls of warming Moon udon, Chicken and miso porridge or Sea bream rice to enjoy on a cold winter's evening.

***Fast** - Dashi-rolled omelette and other meals that can be pulled together in under 30 minutes.

***Light** - delicious recipes such as Tiger prawn clear soup and Spinach and tofu jelly.

***Vegan** - nourishing plant-based recipes.

***Sweet** - creative Japanese desserts such as Matcha jelly, Kyoto tiramisu and Black sesame ice cream.

***Basic** - Dashi and flavorsome dressings you can use to quickly create authentic Japanese dishes.

Contributor Bio

Kimiko Barber is a self-taught Japanese cook and demonstrator who teaches regularly at cookery schools around the UK. She is the author of *Sushi*, *Taste and Technique*, *Easy Noodles*, *The Japanese Kitchen*, *Yo Sushi Cookbook*, *The Chopsticks Diet*, *Japanese Pure and Simple* (shortlisted for the World Food Media and Guild of Food Writers' healthy eating awards) and *Cook Japanese at Home*.

Quotes

Delicious Japanese recipes in 7 ingredients or fewer

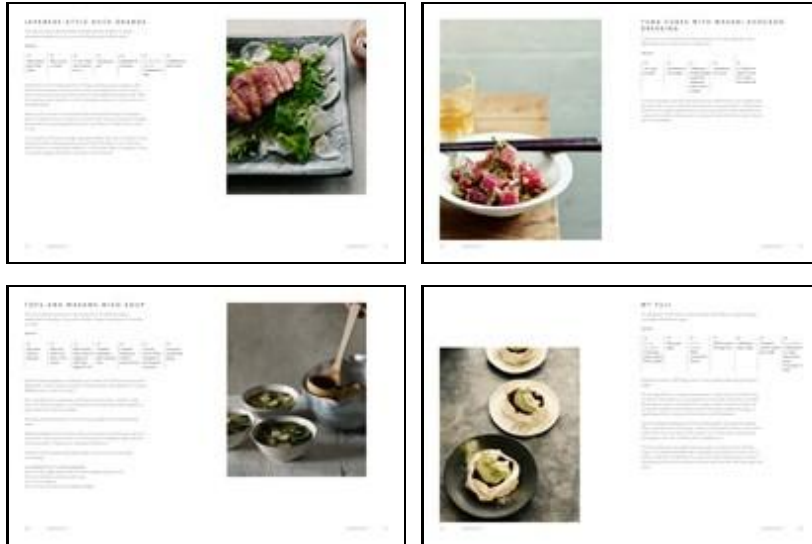
Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)

Illustrations



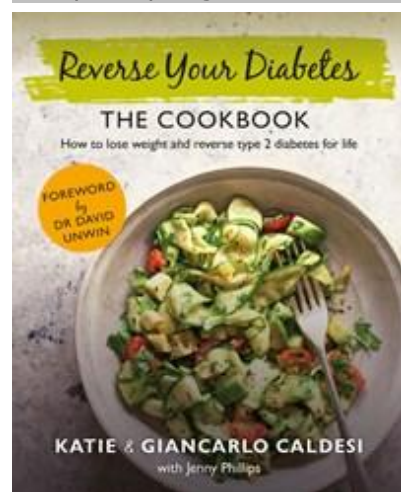
Comp Titles

wagamama Feed Your Soul	Mangleshot, Steven	Kyle Books	10/1/2019	9780857837097	\$24.99	Hardcover	Cooking
				0857837095	USD		
wagamama Ways With Noodles	Arnold, Hugo	Kyle Books	3/3/2020	9780857837684	\$24.99	Hardcover	Cooking
				0857837680	USD		
Indian in 7	Bharadwaj, Monisha	Kyle Books	10/1/2019	9780857837769	\$24.99	Paperback	Cooking
				0857837761	USD		
Thai in 7	Holmes, Sebby	Kyle Books	6/16/2020	9780857838346	\$24.99	Paperback	Cooking
				0857838342	USD		
Let's Cook Japanese Food!	Kaneko, Amy	Weldon Owen	3/7/2017	9781681881775	\$24.95	Hardcover	Cooking
				1681881772	USD		
JapanEasy	Anderson, Tim	Hardie Grant	9/26/2017	9781784881146	\$29.99	Hardcover	Cooking
				1784881147	USD		
The Japanese Kitchen	Barber, Kimiko	Kyle Books	10/18/2004	9781904920021	\$29.95	Hardcover	Cooking
				1904920020	USD		
The Wagamama Cookbook	Arnold, Hugo	Kyle Books	3/26/2007	9781904920236	\$24.95	Hardcover	Cooking
				1904920233	USD		
The Japanese Kitchen	Barber, Kimiko	Kyle Books	8/27/2007	9781904920663	\$22.95	Trade Paperback	Cooking
				1904920667	USD		
The Chopsticks Diet	Barber, Kimiko	Kyle Books	1/16/2009	9781904920984	\$19.95	Trade Paperback	Cooking
				1904920985	USD		
Cook Japanese at Home	Barber, Kimiko	Kyle Books	5/17/2017	9781909487635	\$29.95	Hardcover	Cooking
				1909487635	USD		
Vegan in 7	Serano, Rita	Kyle Books	2/7/2018	9781909487857	\$24.95	Paperback	Cooking
				1909487856	USD		

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Kyle Books
9780857838575
0857838571
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
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\$26.99/\$29.99 Can./£20.00 UK
Hardcover

192 Pages
Print Run: 5K
Cooking / Health & Healing
CKB025000

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Reverse Your Diabetes: The Cookbook

How to lose weight and reverse type 2 diabetes for life

Katie Caldesi, Giancarlo Caldesi

Key Selling Points

- Since 1980 the global number of diabetics has quadrupled to 415 million; more than 100 million US adults are now living with diabetes or prediabetes.
- Obesity is the main modifiable risk factor for type 2 diabetes, and overweight adults are 5 times more likely to be diagnosed. Currently, 90% of adults with type 2 diabetes are overweight.
- Includes a Foreword by Dr David Unwin, a Royal College of General Practitioners Clinical expert in diabetes, He has over 32k followers on twitter @lowcarbGP.
- The cost of insulin and oral diabetes medication has increased

Summary

Recipes to help control diabetes naturally with diet

Katie and Giancarlo Caldesi are back to guide you through how to reverse the progress of diabetes, lose weight and bring your blood sugar down to a normal level. This new book is full of simple, delicious recipes that encourage and help you to sustain permanent lifestyle change. Katie and Giancarlo share their personal experience of diabetes and weight loss to empower you to make your own informed decisions about food, without sacrificing any of the flavor.

The Reverse Your Diabetes Cookbook is packed full of mouthwatering low-carb dishes using easy-to-source, inexpensive ingredients. With recipes to address common pitfalls, such as food on the go and take-to-work lunches, this is food to fill you up without fattening you up. Katie and Giancarlo's experienced approach make this a go-to diet that will help you to achieve lasting, life-changing results.

"An inspiring recipe book." Daily Mail on The Diabetes Weight-Loss Cookbook

Contributor Bio

Katie and Giancarlo Caldesi own London's Caffé Caldesi as well as Caldesi in Campagna in Bray. They have co-authored *The Diabetes Weight-Loss Cookbook*, *Around The World in Salads* and *The Gentle Art of Preserving* which was nominated for the André Simon Food Book Award and the Guild of Food Writers' Cookbook of the Year award. They have both appeared on Saturday Kitchen. Katie is also the author of *The Italian Cookery Course*. Giancarlo was diagnosed with diabetes in 2012. Since then he has lost nearly four stone and gone into remission after adopting a low-carb diet while Katie has lost over a stone in weight, too.

Quotes

The follow-up to *The Sunday Times* bestseller *The Diabetes Weight-loss Cookbook*

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @KatieCaldesi @MrCaldesi](#)

Illustrations



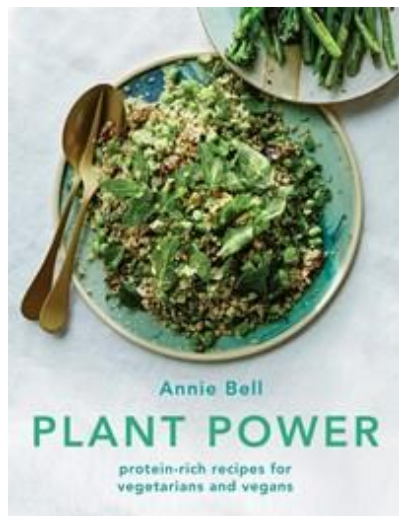
Comp Titles

The Diabetes Weight Loss Cookbook	Caldesi, Katie	Kyle Books	5/7/2019	9780857834492	\$24.99	Hardcover	Health & Fitness
The Type 2 Diabetic Cookbook & Action Plan	Mckittrick, Martha	Rockridge Press	2/14/2017	9781623158330	\$15.99	Trade Paperback	Health & Fitness
Dr. Neal Barnard's Cookbook for Reversing Diabetes	Barnard, Neal	Rodale Books	2/27/2018	9781623369293	\$25.99	Hardcover	Cooking
Italian Mama's Kitchen	Caldesi, Giancarlo	Spruce	5/1/2009	9781846013201	\$12.99	Hardcover	Cooking
Cook Italy	Caldesi, Katie	Kyle Books	6/16/2010	9781906868192	\$39.95	Hardcover	Cooking
The Italian Cooking Course	Caldesi, Katie	Kyle Books	3/16/2013	9781906868963	\$29.95	Trade Paperback	Cooking

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Kyle Books
9780857837219
0857837214
Pub Date: 4/28/2020
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\$19.99/\$21.99 Can./£14.99 UK
Hardcover

160 Pages
Print Run: 5K
Cooking / Beverages
CKB007000

8.5 in H | 6 in W
Status: **FORTHCOMING**

Beer

Taste the Evolution in 50 Styles

Natalya Watson

Key Selling Points

- *Taste the History of Beer* is organised in a unique, historical approach which shows readers which beer styles emerged when, and how the different styles have influenced each other over the years.
- Natalya has an official qualification as a cicerone.
- Includes stories and anecdotes as well as solid historical knowledge.
- Interest in beer and brewing is higher than ever.
- An ideal gift for: anyone who loves beer, established beer drinkers who want to learn more and those interested in the history and evolution of beer, the most popular drink on the planet.

Summary

Explore the evolution of beer styles, one sip at a time.

Taste the History of Beer presents a unique, historical approach that shows readers which beer styles emerged when and how the different styles have influenced each other over the years. Starting in the UK during the 1600s, the book moves across time and travels the world to tell the stories behind some of today's best-known beer styles - from German lagers to stouts and porters, double IPAs to sour beers - while recommending modern day brews that will give you a taste of history.

Contributor Bio

Natalya studied microbiology at UCLA with a desire to save the world from infectious disease. She learned that while not the best at "doing" science, she had a knack for making complex scientific concepts accessible and engaging for non-scientists. When she discovered the wide world of beer, she never looked back. Once qualified as a Certified Cicerone® and accredited Beer Sommelier, she began hosting educational talks and tastings for fellow beer-lovers in London to make sense of brewing science and giving people an even deeper appreciation for how their favourite beers are made. An American in London, she's on the board of British Guild Beer Writers, is Marketing Manager for Duvel Moortgat UK and has recently launched her podcast, Beer With Nat.

Quotes

Explore the evolution of beer, one sip at a time.

Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Illustrations



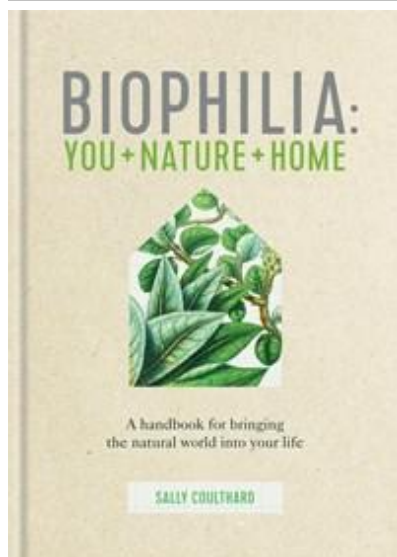
Comp Titles

The United States of Beer	Huckelbridge, Dane	William Morrow	6/14/2016	9780062389756	\$25.99	Hardcover Cooking
National Geographic Atlas of Beer	Hoalst-Pullen, Nancy	National Geographic	9/19/2017	9781426218330	\$40.00	Hardcover Cooking
				0062389750	USD	
				1426218338	USD	

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Subrights

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Hardcover

160 Pages
Print Run: 5K
House & Home
HOM000000

8.5 in H | 6 in W
Status: **FORTHCOMING**

Biophilia

A natural design for living well

Sally Coulthard

Key Selling Points

- Biophilia is currently a big trend in the US and set to be the next Hygge/Lagom /Sisu/Ikigai/Shinrin-Yoku in the UK too (it has already featured in discussions on BBC Radio 4).
- No-maintenance botanic beauties such as dried plants and bouquets are a new interior trend for 2019.
- Combining wellness and home design, this will be an ideal gift for anyone interested in living better.
- Ideal for: those who want to bring a sense of nature and wellbeing into their home; buyers of books on Lagom, Hygge, Ikigai, Shinrin-Yoku and those interested in sustainable interiors; those interested in style, design, architecture and feng shui as well as new trends for a colourful neutral palette, the confluence of science, nature and craft and new eco design.

Summary

A natural design for living well.

American psychologist Edward O. Wilson popularised the term Biophilia - meaning a "love of nature" and a need to connect to the natural world - in the 1980s, after observing how increasing rates of urbanization were leading to people feeling a disconnect from the natural world. We all need biophilia in our lives, and here author Sally Coulthard demonstrates how best to incorporate the fundamentals into everyday life. Examining the branches of a "biophilic home", the ten inspiring chapters incorporate science, psychology and practical decor advice for making positive and accessible changes in the home or at work. Chapters include: Air & Temperature - why heat and airflow matter in a healthy home; Forms & Patterns - how to take inspiration from nature to decorate your home; Light & Rhythms - creating spaces to enhance the natural rhythm of passing seasons, plentiful daylight and dark nights; Materials & Decor - importance of using minimally processed material to reflect local ecology; Color - how to use tones and shades that compliment or contrast.

Contributor Bio

Sally Coulthard, best-selling author and designer, has spent the last twenty years designing, building, planting and writing about homes and outdoor spaces. She sees no boundary between the rules that govern good interior design and those which are needed to craft a spectacular studio or glorious garden. Keen to make good design accessible, she's written over a dozen books about restoring houses, designing interiors and creating outdoor spaces. From garden styles to designing with salvage, creating work spaces to building sheds, Sally's books inspire, encourage and equip readers to take on projects of their own. Author of The Little Book of Building Fires (Head of Zeus), Studio, The Hedgehog Handbook, Shed Chic, Gardenalia and Crafted.

Quotes

A manual for bringing nature into your home

Marketing Plans

Social media campaign
National media outreach

Illustrations



Comp Titles

Biophilia	Marley, Christopher	Harry N. Abrams	4/14/2015	9781419715617	\$50.00 USD	Hardcover	Nature
Braiding Sweetgrass	Kimmerer, Robin Wall	Milkweed Editions	8/11/2015	9781571313560	\$18.00 USD	Trade Paperback	Nature
The Biophilia Effect	Arvay, Clemens G., MSc	Sounds True	2/1/2018	9781683640424	\$17.95 USD	Trade Paperback	Nature

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Subrights

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Kyle Books
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Pub Date: 5/12/2020
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\$21.99/\$23.99 Can./£14.99 UK
Paperback

224 Pages
Carton Qty: 1
Print Run: 7K
Juvenile Nonfiction / Sports & Recreation
JNF054030
Series: 101 things
8.7 in H | 8.3 in W
Status: **FORTHCOMING**

101 Things for Kids to do: Screen-free

Dawn Isaac

Key Selling Points

- Parents looking for inventive ways to keep children entertained without resorting to the TV or computer.
- Fans of Dawn's blog and her previous books.
- Kids aged 4-11 who want to discover new activities that will keep their minds and bodies active.
- Teachers, childcare workers and babysitters.

Summary

Creative, fun & silly ideas for games & activities for kids aged 4-11

From bestselling kids' activity author Dawn Isaac comes this exciting new volume full of creative, fun and occasionally silly ideas for games and activities.

From junk modelling a mini golf course to freezing bubbles, from squirt gun painting to microwave mug cakes, every single activity is fun, easy and 100 per cent screen free. With exciting makes including no-sew sock creatures and stress balls, and wacky games such as outdoor noughts and crosses and thumb wrestling tournaments, Dawn's engaging and entertaining ideas are sure to provide hours of fun.

So put away your tablets and mobile phones, switch off the TV and leave the computer alone - it's time to get screen free.

Contributor Bio

Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for the *Guardian*, *The Telegraph*, *Good Housekeeping* and *The Garden*, and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of *101 Things For Kids To Do Outside*, *101 Things for Kids to do on a Rainy Day* and *101 Brilliant Things for Kids to do With Science*, also published by Kyle Books.

Marketing Plans

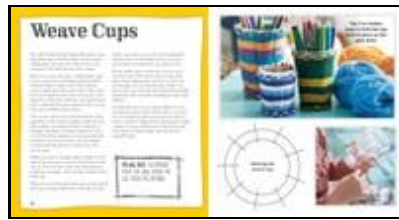
Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @DawnIsaac](#)

Illustrations





Comp Titles

101 Things for Kids to do: Science	Isaac, Dawn	Kyle Books	5/12/2020	9780857833839	\$21.99	Paperback	Juvenile Nonfiction
150+ Screen-Free Activities for Kids	Citro, Asia	Adams Media	11/1/2014	9781440576157	\$18.99	Trade Paperback	Family & Relationships
Screen-Free Fun	Philpott-Sanders, Shannon	Adams Media	4/3/2018	9781507205990	\$16.99	Trade Paperback	Family & Relationships
101 Things For Kids To Do Outside	Isaac, Dawn	Firefly Books	2/23/2016	9781770857117	\$19.95	Trade Paperback	Nature

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Kyle Books
9780857833839
0857833839
Pub Date: 5/12/2020
On Sale Date: 5/12/2020
\$21.99/\$23.99 Can./£14.99
UK/€17.49 EU
Paperback

224 Pages
Print Run: 7K
Juvenile Nonfiction / Science & Nature
JNF051000

8.6 in H | 8.5 in W | 0.9 in T | 1.5 lb Wt
Status: **FORTHCOMING**

101 Things for Kids to do: Science

Dawn Isaac

Summary

From bestselling kids' activity author Dawn Isaac comes this exciting new volume full of creative (and occasionally outrageous) ideas for budding young scientists.

From bestselling kids' activity author Dawn Isaac comes this exciting new volume full of creative (and occasionally outrageous) ideas for budding young scientists. Whether your child is crazy about chemistry or bananas about biology (or, let's face it, just likes making a mess), this book is choc-a-block full of experiments and projects that will get kids really excited about science - and all without going anywhere near a TV, tablet or computer screen. Whether they want to Launch a Rocket, Blow a Square Bubble, Discover their own DNA or Build a Balloon Powered Racing Car, there's a whole wealth of fun suggestions to keep kids amused - and you never know, they might even learn something along the way.

Contributor Bio

Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for the Guardian, The Telegraph, Good Housekeeping and The Garden, and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of 101 Things For Kids To Do Outside and 101 Things for Kids to do on a Rainy Day, also published by Kyle Books.

Marketing Plans

National media outreach
Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @DawnIsaac](#)

Illustrations

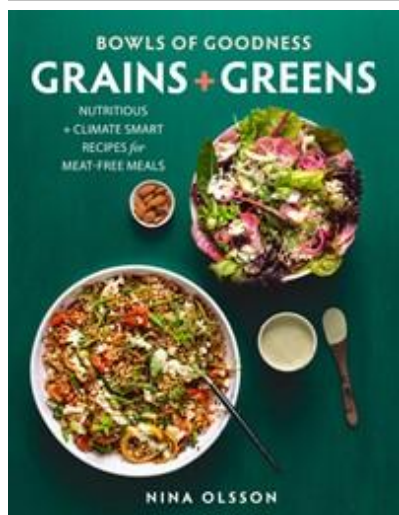


Comp Titles

The 101 Coolest Simple Science Experiments	Homer, Holly	Page Street Publishing	4/19/2016	9781624141331	\$19.99	Trade Paperback	Juvenile Nonfiction
101 Things For Kids To Do Outside	Isaac, Dawn	Firefly Books	2/23/2016	9781770857117	\$19.95	Trade Paperback	Nature
Awesome Science Experiments for Kids	Chatterton, Crystal	Rockridge Press	2/13/2018	9781939754660	\$14.99	Trade Paperback	Juvenile Nonfiction

Subrights

No subrights have been specified.



Bowls of Goodness: Grains + Greens

Nutritious + Climate Smart Recipes for Meat-Free Meals

Nina Olsson

Key Selling Points

- Grains and greens are affordable, nutrient-rich and versatile. They support biodiversity, reduce your carbon footprint and are climate smart.
- In the International Food Information Council's 2019 Food and Health Survey, whole grains were the top component considered to be healthful by consumers.
- Grains and greens are the core food for the longest living populations on earth, if you look at the Blue Zones studies.
- Grains are important sources of fibre, B vitamins and minerals. Eating them results in reduced risk of stroke, type 2 diabetes, heart disease, better weight maintenance and less inflammation. Likewise, greens are packed with vitamins, minerals and fibre. Eating them reduces the risk of heart disease, high blood pressure, obesity and mental decline.

Summary

Nina Olsson's stunning new book features over 100 recipes that showcase whole grains and fresh greens. These two food types are the foundation of some of the most healthy and delicious vegetarian food, both historically and today, and form a key part of a nourishing diet.

Chapters cover:

- **Food Soulmates** - why whole grains and fresh greens are the winning nutritional formula for health and vitality. Including information on their nutritional benefits, their climate smart credentials and a glossary of all the grains and greens, and how to shop, forage, store and cook with them.
- **Power Breakfasts** - Kick start your day with energyboosting recipes
- **Grain Bowls** - Wholesome grain bowls perfect for any hour of the day
- **Comfort** - Comforting soups, stews and hearty dishes with added greens for balance
- **Salads** - Lighter dishes as well as more filling grain salads
- **Sharing** - Larger plates for gatherings
- **Kitchen staples** - Plant-based dairy substitutes and a bakery section

"Vegetarian food at its finest." Food and Travel magazine on *Bowls of Goodness*

Contributor Bio

Nina Olsson is a recipe maker, photographer and author of the vegetarian food blog, Nourish Atelier. She has worked creatively with food for magazines for 13 years and is an award-winning art director, stylist and designer. The art director of Buffé, Sweden's most read monthly magazine, she is also the author of *Bowls of Goodness*, *Veggie Burger Atelier* and *Feasts of Veg*.

Marketing Plans

Social media campaign

National media outreach

Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @nourish_atelier](#)

Illustrations

Kyle Books
9780857838582
085783858X
Pub Date: 6/9/2020
On Sale Date: 6/9/2020
Ship Date: 5/7/2020
\$26.99/\$29.99 Can./£18.99 UK
Paperback

192 Pages
Print Run: 7K
Cooking / Specific Ingredients
CKB085000

10.5 in H | 8 in W
Status: **FORTHCOMING**



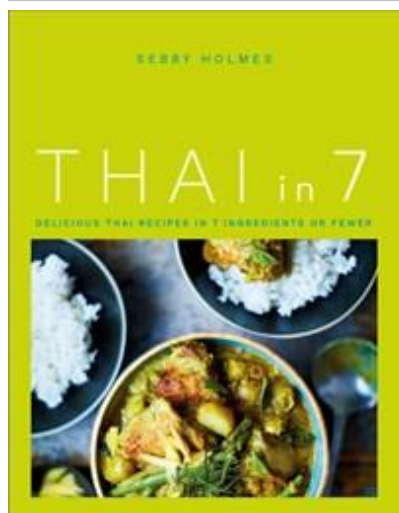
Comp Titles

Bowls!	Watson, Molly	Chronicle Books	3/28/2017	9781452156194	\$19.95	Hardcover	Cooking
				1452156190	USD		
Bowls of Plenty	Carreno, Carolynn	Grand Central Life & Style	1/17/2017	9781455536580	\$28.00	Hardcover	Cooking
				145553658X	USD		
Buddha Bowls	Foster, Kelli	Harvard Common Press	7/3/2018	9781558329157	\$22.99	Hardcover Paper over boards	Cooking
				1558329153	USD		
Grain Bowls	Hampton, Anna Shillinglaw	Hardie Grant	9/6/2016	9781784880484	\$19.99	Paperback	Cooking
				1784880485	USD		
Bowls of Goodness	Olsson, Nina	Kyle Books	1/12/2017	9781909487697	\$27.95	Hardcover	Cooking
				1909487694	USD		
Feasts of Veg	Olsson, Nina	Kyle Books	10/23/2018	9781909487888	\$29.99	Hardcover	Cooking
				1909487880	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Kyle Books
9780857838346
0857838342
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
Ship Date: 5/14/2020
\$24.99/\$27.99 Can./£17.99 UK
Paperback

176 Pages
Print Run: 5K
Cooking / Regional & Ethnic
CKB083000

9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Thai in 7

DELICIOUS THAI RECIPES IN 7 INGREDIENTS OR FEWER

Sebby Holmes

Key Selling Points

- 7 of the "World's 50 best foods" as voted by the public are Thai dishes (CNN, 2017).
- Sebby's Farang restaurant features in the National Restaurant Awards top 100 and has been awarded a MICHELIN Bib Gourmand. Farang has received amazing reviews and built a loyal fanbase of customers making it a "must visit".
- 40% consumers chose to eat Thai food regularly More than 70% of those who eat Thai food regularly do so in a restaurant, 30% will order takeout, while 55% cook it from scratch at home. (Wing Yip's Oriental Food Report, 2016)
- There are an estimated 5,342 Thai restaurants in US.
- Perfect for anyone who wants to cook Thai food at home but thinks it too difficult or complicated.

Summary

Delicious Thai recipes to make at home in 7 ingredients or less

Thai recipes can often feature a long and offputting list of ingredients, so it becomes a cuisine we treat ourselves to in a restaurant or as a takeaway rather than cook at home. In Thai in 7, Sebby Holmes shows how with you only need 7 ingredients or fewer to make deliciously fragrant and fiery Thai dishes any night of the week.

From Drunken Noodles with Tiger Prawns and Sweet Basil to Yellow Curry with Mushrooms and Crispy Tofu with Soy & Sesame Glaze, Sebby's innovative, easy recipes retain the punchy flavours of Thai food using ingredients that can be found in any supermarket. With an enticing mix of fast, fresh and nourishing dishes, Thai in 7 celebrates the variety of Thai food with curries, stir-fries, pickles and desserts that are certain to make your taste buds tingle.

Contributor Bio

Sebby Holmes has worked in kitchens since the age of 13. He fell in love with Thai food whilst working at the Begging Bowl in Peckham, where he worked his way up to sous chef, before being head hunted for the head chef position at Smoking Goat in Soho, both highly praised Thai restaurants. His Thai pop-up, Farang, which featured at Taste of London and Street Feast London, now has a permanent home in Islington. His first book, Cook Thai, was published in 2017.

Quotes

Delicious Thai Recipes in 7 Ingredients or Fewer

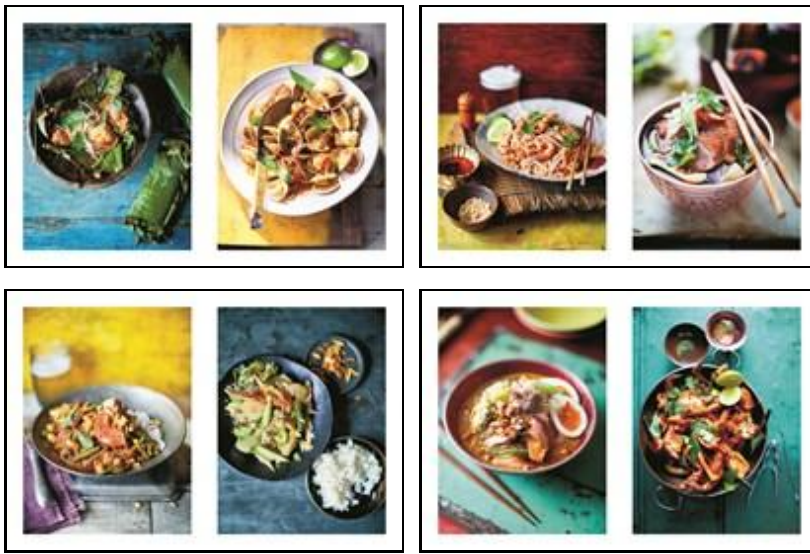
Marketing Plans

Social media campaign
National media outreach
Trade and Library Advertising

Links

- [Author Website](#)

Illustrations



Comp Titles

Hot Thai Kitchen	Chongchitnant, Pailin	Appetite by Random House	3/8/2016	9780449017050	\$24.95	Trade Paperback	Cooking
Indian in 7	Bharadwaj, Monisha	Kyle Books	10/1/2019	9780857837769	\$24.99	Paperback	Cooking
Japanese in 7	Barber, Kimiko	Kyle Books	4/7/2020	9780857838445	\$24.99	Paperback	Cooking
The Better Than Takeout Thai Cookbook	St. Onge, Danette	Rockridge Press	8/1/2017	9781623158613	\$17.99	Trade Paperback	Cooking
Rosa's Thai Café	Moore, Saiphin	Mitchell Beazley	7/3/2018	9781784724238	\$24.99	Hardcover	Cooking
Vegan in 7	Serano, Rita	Kyle Books	2/7/2018	9781909487857	\$24.95	Paperback	Cooking

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Subrights

No subrights have been specified.



Kyle Books
9780857838438
0857838431
Pub Date: 6/16/2020
On Sale Date: 6/16/2020
Ship Date: 5/14/2020
\$24.99/\$27.99 Can./£19.99 UK
Hardcover

176 Pages
Print Run: 5K
Health & Fitness / Diseases
HEA039130

9.5 in H | 7.6 in W
Status: **FORTHCOMING**

The Skin Healing Expert

Holistic, plant based recipes for calm, clear skin

Hanna Sillitoe

Key Selling Points

- Hanna's previous book, *Radiant* (June 2017) published in France, Spain, Hungary and the US.
- Hanna's new book will offer a more flexible approach than the 28-day kick start cleanse that featured in *Radiant*, making it easy to fit in with a busy lifestyle and a more family friendly approach.
- Hanna has established herself as a go-to skin-healing expert through her 19.4k fully engaged Instagram followers @mygoodnessrecipes and her website, which has had 74k visitors in the last 6 months.

Summary

A guide to natural solutions and lifestyle changes for people suffering from skin conditions

For more than 20 years, Hanna Sillitoe suffered from severe psoriasis, eczema and acne. They dominated her life and shattered her confidence. When her doctor told her the only remaining treatment was chemotherapy, Hanna took matters into her own hands and started researching a natural solution, changing her lifestyle dramatically and cutting out caffeine, alcohol, sugar, dairy wheat and nightshades.

Five years on, Hanna is free from all skin complaints and has gathered a huge online audience of people following her guidelines and healing their skin. In her first book, Hanna shared the principles behind her plan and a collection of simple, delicious recipes. In her new book, Hanna shows you how to apply her skincare guidelines to your everyday life, with small, achievable changes that give long-term, sustainable results. She combines her flexible approach with practical worksheets to track your progress and guidelines on dealing with stress, sleep and self-care. There's also a full section of homemade skincare recipes, making this book an invaluable go-to guide for healthy skin.

Contributor Bio

Hanna Sillitoe is the food blogger behind the website My Goodness. She gained a wide online following when she started sharing her journey to health over her blog, as well as Instagram and Twitter, and now has followers from all over the world who follow her plan and credit her with curing their skin complaints.

Hanna's story has been featured in The Daily Mail / Mail Online, The Independent, The Mirror, The Sun, Women's Fitness and Top Santé, among others.

Quotes

From the bestselling author of *Radiant*

Marketing Plans

Social media campaign

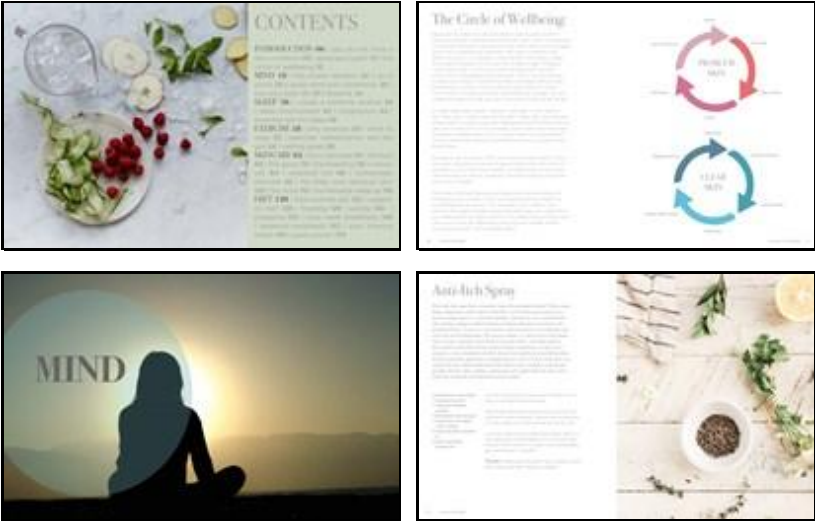
National media outreach

Trade and Library Advertising

Links

- [Author Website](#)
- [Twitter Handle - @HannaSillitoe](#)

Illustrations



Comp Titles

Radiant	Sillitoe, Hanna	Kyle Books	3/19/2019	9780857833921	\$22.99	Hardcover	Cooking
				0857833928	USD		
Clean Skin from Within	Cates, Trevor	Fair Winds Press	3/15/2017	9781592337439	\$22.99	Paperback	Health & Fitness
				1592337430	USD		
Plant-Powered Beauty	Galper, Amy	BenBella Books	3/6/2018	9781944648855	\$22.00	Trade Paperback	Health & Fitness
				1944648852	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Kyle Books
9780857837776
085783777X
Pub Date: 6/23/2020
On Sale Date: 6/23/2020
Ship Date: 5/14/2020
\$24.99/\$27.99 Can./£18.99 UK
Hardcover

176 Pages
Print Run: 6K
Cooking / Regional & Ethnic
CKB074000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Peter's Yard: Smorgasbord

Deliciously Simple Modern Scandinavian Recipes

Signe Johansen

Key Selling Points

- There has been a huge rise in the popularity of Nordic food, driven initially by the success of Noma but also by research which has found that a Scandinavian diet is every bit as healthy as its Mediterranean counterpart - the six Nordic food groups that have a positive effect on our health and lifespan are rye bread, fish, cabbage, oatmeal, root vegetables and fruits, all of which feature here.
- Nordic cuisine encourages people to eat both locally and seasonally; it's also about tradition and eating from your 'back yard' in a new and modern context, and about great food eaten together, all of which will be celebrated in *Smorgasbord*.
- Peter's Yard award-winning sourdough crispbreads are baked to an authentic Swedish recipe using all-natural ingredients.
- Perfect for: foodies and lovers of Scandinavian cooking; anyone looking for inspirational and achievable ideas for gatherings; fans of Peter's yard crispbreads.
- USA - 200+ Speciality/independent outlets including: Whole Foods Market, Bristol Farms, iGourmet.com (online), Mollie Stones, and Harmons Grocery (PLEASE NOTE, we are transferring over to a new distributor in the States at the moment so these are subject to change this year depending on who our new distributor can continue to serve)

Summary

Deliciously Simple Modern Scandinavian Recipes.

Traditionally served whenever family and friends gather together, smorgasbords have always featured crispbreads.

This collection of simple, informal recipes bring smorgasbords up to date and include dishes such as skagen (prawn salad), citrus and spice cured gravad lax, fried chanterelles with garlic and parsley on toasted sourdough, as well as fresh cheese with caraway and pickled cucumbers. For spring, there are ideas for an Easter celebration and a bonfire party, for summer a midsummer gathering and crayfish party, for fall a feast supper and foraged dinner, and for winter a Christmas drinks and New Year celebration.

A few of the dishes may take a little while to prepare, but the emphasis always is on selecting quality, seasonal ingredients and simple servings. All can be enjoyed either with crispbread or on their own.

'Peter's Yard sourdough crispbread is the crispbread I have been looking for all my life. It is everything I hope crispbread will be, but so rarely is.' Nigel Slater

www.petersyard.com

@petersyard (Twitter and Instagram) @signesjohansen (Twitter and Instagram)

Contributor Bio

Signe Johansen has a degree in archaeology and anthropology from the University of Cambridge. She then trained at Leiths School of Food and Wine in London, worked in several of the UK's top restaurants before doing a Masters in the anthropology of food at SOAS. Two critically acclaimed 'Scandilicious' books on Scandinavian food followed,

along with contributions to 12 other books on food and restaurants. Signe has also written for the FT and delicious, The Times, Sunday Times, Daily Mail, Stella and Marie Claire.

Quotes

Deliciously simple modern Scandinavian recipes

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Smorgasbord	Kindvall, Johanna	Ten Speed Press	9/26/2017	9780399579097	\$17.99	Hardcover Cooking
				0399579095	USD	
The Nordic Baking Book	Nilsson, Magnus	Phaidon Press	10/15/2018	9780714876849	\$49.95	Hardcover Cooking
				0714876844	USD	
Scandinavian Comfort Food	Hahnemann, Trine	Quadrille Publishing	10/25/2016	9781849498593	\$35.00	Hardcover Cooking
				1849498598	USD	

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Aegean

Recipes from the
Mountains to the Sea
Marianna Leivaditaki



Kyle Books
9780857838070
0857838075
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
Ship Date: 6/11/2020
\$29.99/\$32.99 Can./£26.00 UK
Hardcover

208 Pages
Print Run: 5K
Travel / Europe
TRV009080

10.5 in H | 8 in W
Status: **FORTHCOMING**

Aegean

RECIPES FROM THE MOUNTAINS TO THE SEA

Marianna Leivaditaki

Key Selling Points

- Marianna is the well respected head chef at Morito.
- The Mediterranean diet is widely recognised as the healthiest diet in the world and is inscribed by UNESCO as representing the Intangible Cultural Heritage of Humanity.
- There is an increasing amount of medical research that links the Mediterranean diet with the reduction of heart disease, cancer, type 2 Diabetes and even Alzheimers Disease and Dementia.
- Ideal for anyone wanting to eat more healthily without sacrificing on flavor and cooks that want to update their repertoire with fresh and seasonal ingredients.

Summary

An authentic approach to Cretan food and culture with contemporary flavor combinations. This book is all about eating natural, fresh food and taking the time to enjoy it.

Marianna Leivaditaki was brought up in Chania on the Greek island of Crete. Her father is a fisherman and she spent most of her childhood evenings in her family's seafood restaurant, standing on a chair peeling sacks of potatoes and gutting and de-scaling the day's catch. By day she would carry her blue notebook, writing down the recipes she would like to prepare for her family and the kitchen wisdom of the Greek grannies she knew.

In Crete, the water gives fish and seafood that is cooked simply, the land bears fruit and vegetables that are served as main meals and the mountains offer game and herbs that are an irresistible delicacy. Aegean will feature sunny dishes that marry the sea and the land with the region's wild foods - but will also reflect the fact that Marianna lives and works in London, and embrace ingredients and influences that come from the wider Mediterranean. Like eating at Morito - where the emphasis is on making people feel welcome - the recipes will be approachable and homely, for sharing with friends and family.

Including Seared Squid with Rocket, Sheep's Cheese & Lemon, Cretan Pie with Greens, Courgette Fritters, .and Red Wine Ice Cream with Raisins and Almonds, this is contemporary cooking that celebrates the simplicity and integrity of Cretan cooking.

Shot on location in Crete, this book is a feast for the senses.

Contributor Bio

Marianna Leivaditaki is the head chef at Morito, Hackney Road. She grew up in Chania, Crete, where her father is a fisherman. They had a local seafood restaurant where Marianna helped in the kitchen from an early age . After studying forensic pathology in the UK, cycling round southern Europe and moving to Ecuador, she went back to work in the family restaurant for two years. She returned to the UK and asked Sam and Sam Clark of Moro for a job at Moro and has worked for them ever since. She has written recipes for Guardian Cook, was on the front cover of OFM magazine and helped to write the Morito cookbook.

Quotes

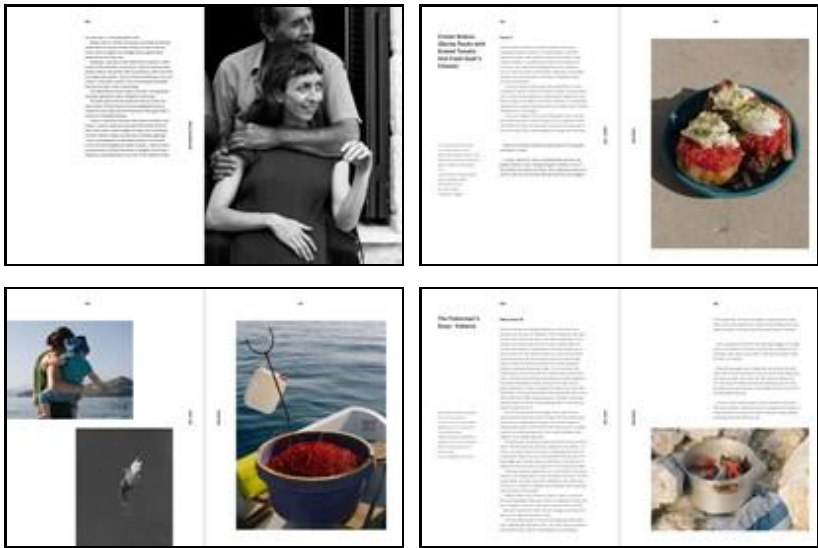
Cretan recipes from the mountains to the seas

Marketing Plans

Social media campaign

National media outreach
Trade and Library Advertising

Illustrations



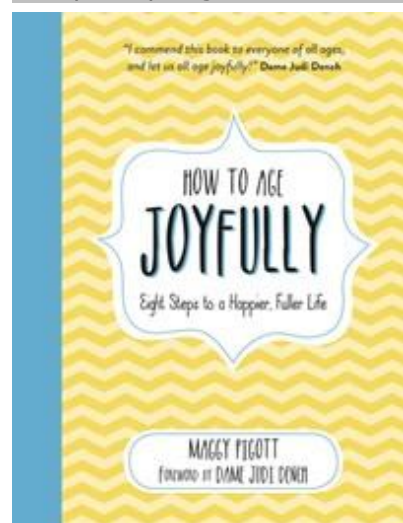
Comp Titles

Live to Eat	Psilakis, Michael	Little, Brown and Company	1/31/2017	9780316380133 031638013X	\$30.00 USD	Hardcover Paper over boards	Cooking
Casa Moro	Clark, Sam	Ebury Press	4/1/2012	9780091938536 0091938538	\$36.95 USD	Trade Paperback	Cooking
Morito	Clark, Samantha	Ebury Press	9/15/2015	9780091947309 0091947308	\$49.95 USD	Hardcover	Cooking
Greece: The Cookbook	Alexiadou, Vefa	Phaidon Press	3/20/2017	9780714873800 0714873802	\$49.95 USD	Hardcover	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781786859686
1786859688
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$16.99/\$18.99 Can./£9.99 UK
Hardcover

160 Pages
Print Run: 7K
Self-Help / Aging
SEL005000

7.7 in H | 5.9 in W | 0.7 in T | 0.7
lb Wt
Status: **FORTHCOMING**

How to Age Joyfully

Eight Steps to a Happier, Fuller Life

Maggy Pigott

Key Selling Points

- With its inspiring and uplifting tone, *How To Age Joyfully* is an antidote to the negative stereotypes around ageing. It celebrates longevity and advocates the idea that being older is not a barrier to living well and having a joyful life.
- This book helps the reader transform their lives for the better through eight simple steps of easy-to-follow tips - ranging from eating right and moving more to embracing positivity.
- *How to Age Joyfully* takes a holistic approach to ageing, and touches on various topical themes such as mindfulness and positivity. It is complemented by a bright, approachable design which would appeal to a wide audience.
- Maggy Pigott (CBE) is the Vice Chair of Open Age, a charity which champions an active life for older people, and was a finalist for Age UK's Digital Champion of the Year in 2015.
- Similar Summersdale titles include:
How to Be Happy (ISBN: 9781849538985)
The Little Book of Retirement (ISBN: 9781849538510)
The Joy of Retirement (ISBN: 9781849536615)
You're Never Too Old To... (ISBN: 9781786850034)
Five A Day to Keep You Joyful (ISBN: 9781786852250)
The Little Book of Positivity (ISBN: 9781849537889)

Summary

This book is an approachable and comprehensive guide to ageing well in eight simple steps. Bursting with bite-sized tips and inspirational quotes, each chapter is a joyful treasure-trove for anyone who wants to live a full and happy life.

"I commend this book to everyone of all ages, and let us all Age Joyfully!" Dame Judi Dench

Getting older should be something to enjoy and celebrate. And it can be.

Research shows that we can make a big difference to how well we age. From staying active to connecting with others, this uplifting book shares the secrets to ageing well in eight steps, to help keep you healthy and happy. Each step has easy-to-follow tips, alongside inspiring words both ancient and modern... and more!

Whether you choose to follow some of the advice or all, this is the perfect guide for living a more fulfilled, healthy and joyful life.

Contributor Bio

London-based Maggy Pigott CBE is relishing retirement, having discovered the joys of dancing (tango and ballet), Twitter and volunteering, including being Vice Chair of Open Age. This London charity helps thousands of people over 50 lead healthy, happy and fulfilled lives.

Twitter: Age Joyfully @AgeingBetter and Maggy Pigott @MaggyPigott.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Love Your Age	Grufferman, Barbara Hannah	National Geographic	2/6/2018	9781426218323	\$19.99	Trade Paperback	Health & Fitness
Disrupt Aging	Jenkins, Jo Ann	PublicAffairs	4/10/2018	9781610397742	\$15.99	Paperback	Family & Relationships

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832275
1787832279
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Reference / Quotations
REF019000

Status: **FORTHCOMING**

You're Magic

Summersdale

Key Selling Points

- Packed with quotations and statements, this is the ideal gift for all magic lovers.
- A magical twist to a similar title, You Are So Awesome (ISBN: 9781849539586), which has sold over 87,000 copies.

Summary

You put the super into supernatural!

Packed full of spellbinding statements and mystical musings, this uplifting collection of quotations will remind you just how extraordinary you really are. It's time to embrace your inner power and if you ever doubt yourself - just remember: you're magic

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Practical Magic	Van De Car, Nikki	Running Press Adult	9/5/2017	9780762463077	\$17.00	Hardcover Paper over boards	Body, Mind & Spirit
The Witch's Book of Self-Care	Murphy-Hiscock, Arin	Adams Media	12/11/2018	9781507209141	\$16.99	Hardcover Paper over boards	Body, Mind & Spirit
Basic Witches	Saxena, Jaya	Quirk Books	8/29/2017	9781594749773	\$15.99	Hardcover	Self-Help
				0762463074	USD		
				1507209142	USD		
				1594749779	USD		

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Subrights

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Summersdale
9781787832305
1787832309
Pub Date: 3/3/2020
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\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 10K
Humor / Form
HUM015000

Status: **FORTHCOMING**

For the Best M?m Ever

Summersdale

Key Selling Points

- The perfect present for a marvellous Mom - whether it be for Mother's Day, a special occasion or no occasion at all!
- Will appeal to those who enjoyed For the Best Mum in the World (ISBN: 9781849535267), which has sold over 18,000 copies.

Summary

A perfectly proportioned and cute book that could be an extension of a gift card on Mom's special day.

Everyone knows that Moms are amazing - what they don't know is that you've got the best one! Show your amazing Mom just how much you appreciate her with this hand-picked selection of heart-warming quotes and thoughtful statements. This book is the ideal keepsake to remind her that she really is the Best Mom Ever.

Marketing Plans

National media outreach
Social media campaign

Illustrations



Comp Titles

Chicken Soup for the Soul: My Amazing Mom	Newmark, Amy	Chicken Soup for the Soul	3/20/2018	9781611599763	\$14.95	Trade Paperback	Self-Help
My Mom In Her Own Words Interview Journal	Hathaway, Miriam			1611599768	USD		
				9781943200429	\$10.95		
				1943200424	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832312
1787832317
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$9.99/\$10.99 Can./£6.99 UK
Paperback

160 Pages
Print Run: 7K
Self-Help
SEL000000

Status: **FORTHCOMING**

365 Ways to Be Happy

Summersdale

Key Selling Points

- Everybody needs cheering up sometimes. This book is full of tips and advice to boost your mood and brighten your days.
- The latest in a fun series encouraging positive action and upbeat attitudes.
- Other titles include: 365 Ways to Be Inspired (ISBN: 9781786857675) 365 Ways to Be Fitter (ISBN: 9781786857583) 365 Ways to Be Confident (ISBN: 9781786859778).

Summary

365 simple tips to lift your spirits, presented in an eye-catching design.

Do you want to be a joyful, more positive you? Tap into your inner optimist every day with this uplifting collection of motivating tips, mood-boosting activities, wise words and affirmations. From moments of delight to long-term emotional well-being, this book will help you find your happiness.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Getting Back to Happy	Chernoff, Marc Tarcher	Perigee	5/22/2018	9780143132776	\$27.00	Hardcover	Self-Help
				0143132776	USD		
A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	9781641522410	\$17.99	Trade Paperback	Self-Help
				1641522410	USD		
365 Ways to Be Fitter	Summersdale	Summersdale	2/4/2020	9781786857583	\$9.99	Paperback	Health & Fitness
				1786857588	USD		
365 Ways To Be Inspired	Summersdale	Summersdale	9/3/2019	9781786857675	\$9.99	Paperback	Self-Help
				1786857677	USD		
365 Ways to be Confident	Summersdale	Summersdale	11/5/2019	9781786859778	\$9.99	Paperback	Self-Help
				1786859777	USD		

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Subrights

No subrights have been specified.



Summersdale
9781787833135
1787833135
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$9.99/\$10.99 Can.
Hardcover

128 Pages
Carton Qty: 60
Print Run: 5K
Humor
HUM000000

6.1 in H | 4.4 in W | 0.7 in T | 0.4 lb Wt
Status: **FORTHCOMING**

You Know You're a Child of the 2000s When

Charlie Ellis

Key Selling Points

- Sales of previous editions of this series are over 120,000 copies.
- 2000s nostalgia is growing in popularity, with sites such as BuzzFeed and HuffPost posting dozens of popular articles on the subject.
- Other books in the series include: You Know You're a Child of the 1980s When... (ISBN: 9781787833449) You Know You're a Child of the 1990s When... (ISBN: 9781787833456)

Summary

A fun blast of nostalgia for everyone who remembers the 2000s with fondness.

Trucker caps, Nintendo Wii, Spongebob and Sunny D - growing up in the 2000s was sweet!

So why not take yourself back to a time when Good Charlotte was ruling the charts and Snake 2 was the coolest thing in mobile gaming, to discover if you really are a true child of the 2000s!

Contributor Bio

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Whatever Happened to Pudding Pops?	Fashingbauer Cooper, Gael	TarcherPerigee	6/7/2011	9780399536717	\$16.00	Trade Paperback	Reference
The Nostalgia Nerd's Retro Tech	Leigh, Peter	Ilex Press	11/6/2018	9781781575703	\$19.99	Hardcover	Computers
				039953671X	USD		
				1781575703	USD		

The Best Dog Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857835 1786857839	\$10.99 USD	Hardcover	Humor
The Best Cat Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857842 1786857847	\$10.99 USD	Hardcover	Humor
Love Is A Labrador	Ellis, Charlie	Summersdale	1/7/2020	9781786859822 1786859823	\$10.99 USD	Hardcover	Pets
Love is a Pup	Ellis, Charlie	Summersdale	7/7/2020	9781787832619 1787832619	\$10.99 USD	Hardcover	Pets
Love is a Kitten	Ellis, Charlie	Summersdale	7/7/2020	9781787832626 1787832627	\$10.99 USD	Hardcover	Humor
You Know You're a Child of the 1980s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833449 1787833445	\$9.99 USD	Hardcover	Humor
You Know You're a Child of the 1990s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833456 1787833453	\$9.99 USD	Hardcover	Humor
Dog Selfies	Ellis, Charlie	Summersdale	10/2/2014	9781849536455 1849536457	\$9.95 USD	Hardcover	Humor
Cat Selfies	Ellis, Charlie	Summersdale	10/2/2014	9781849536462 1849536465	\$9.99 USD	Hardcover	Humor
Animal Selfies	Ellis, Charlie	Summersdale	10/8/2015	9781849537667 1849537666	\$12.95 USD	Hardcover	Humor
You Know You're a Child of the 1970s When	Ellis, Charlie	Summersdale	8/11/2016	9781849538947 1849538948	\$10.95 USD	Hardcover	Humor
Cat Therapy	Ellis, Charlie	Summersdale	11/10/2016	9781849539517 1849539510	\$10.95 USD	Hardcover	Humor
Dog Therapy	Ellis, Charlie	Summersdale	11/10/2016	9781849539524 1849539529	\$10.95 USD	Hardcover	Pets
Love Is a Sausage Dog	Ellis, Charlie	Summersdale	1/12/2017	9781849539876 1849539871	\$10.99 USD	Hardcover	Pets

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Subrights

No subrights have been specified.



Summersdale
9781787833456
1787833453
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$9.99/\$10.99 Can.
Hardcover

128 Pages
Print Run: 5K
Humor
HUM000000

Status: **FORTHCOMING**

You Know You're a Child of the 1990s When

Charlie Ellis

Key Selling Points

- Sales of previous editions of this series are over 120,000 copies.
- A perfect gift for anyone who grew up in the 1990s.
- Other books in the series include: You Know You're a Child of the 1980s When... (ISBN: 9781787833449) You Know You're a Child of the 2000s When... (ISBN: 9781787833135)

Summary

A fun blast of nostalgia for everyone who remembers the 1990s with fondness.

Gameboys, grunge, Friends and The Fresh Prince - growing up in the 1990s was rad. So why not take yourself back to a time when the Spice Girls were topping the charts and Push Pops were being eaten by the thousands, to discover if you really are a true child of the 1990s!

Contributor Bio

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Whatever Happened to Pudding Pops?	Fashingbauer Cooper, Gael	TarcherPerigee	6/7/2011	9780399536717	\$16.00	Trade Paperback	Reference
Did I Do That?	Humphrey, Amber	Harry N. Abrams	3/12/2013	9781419706783	\$19.95	Paperback	Art
The Nostalgia Nerd's Retro Tech	Leigh, Peter	Ilex Press	11/6/2018	9781781575703	\$19.99	Hardcover	Computers
The Best Dog Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857835	\$10.99	Hardcover	Humor

The Best Cat Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857842 1786857847	\$10.99 USD	Hardcover	Humor
Love Is A Labrador	Ellis, Charlie	Summersdale	1/7/2020	9781786859822 1786859823	\$10.99 USD	Hardcover	Pets
Love is a Pup	Ellis, Charlie	Summersdale	7/7/2020	9781787832619 1787832619	\$10.99 USD	Hardcover	Pets
Love is a Kitten	Ellis, Charlie	Summersdale	7/7/2020	9781787832626 1787832627	\$10.99 USD	Hardcover	Humor
You Know You're a Child of the 2000s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833135 1787833135	\$9.99 USD	Hardcover	Humor
You Know You're a Child of the 1980s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833449 1787833445	\$9.99 USD	Hardcover	Humor
Dog Selfies	Ellis, Charlie	Summersdale	10/2/2014	9781849536455 1849536457	\$9.95 USD	Hardcover	Humor
Cat Selfies	Ellis, Charlie	Summersdale	10/2/2014	9781849536462 1849536465	\$9.99 USD	Hardcover	Humor
Animal Selfies	Ellis, Charlie	Summersdale	10/8/2015	9781849537667 1849537666	\$12.95 USD	Hardcover	Humor
You Know You're a Child of the 1970s When	Ellis, Charlie	Summersdale	8/11/2016	9781849538947 1849538948	\$10.95 USD	Hardcover	Humor
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Dog Therapy	Ellis, Charlie	Summersdale	11/10/2016	9781849539524 1849539529	\$10.95 USD	Hardcover	Pets
Love Is a Sausage Dog	Ellis, Charlie	Summersdale	1/12/2017	9781849539876 1849539871	\$10.99 USD	Hardcover	Pets

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Subrights

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Summersdale
9781787833449
1787833445
Pub Date: 3/3/2020
On Sale Date: 3/3/2020
\$9.99/\$10.99 Can.
Hardcover

128 Pages
Print Run: 5K
Humor
HUM000000

Status: **FORTHCOMING**

You Know You?re a Child of the 1980s When

Charlie Ellis

Key Selling Points

- Sales of previous editions of this series are over 120,000 copies.
- A perfect gift for anyone who grew up in the 1980s.
- Other books in the series include: You Know You're a Child of the 1990s When... (ISBN: 9781787833456) You Know You're a Child of the 2000s When... (ISBN: 9781787833135)

Summary

A fun blast of nostalgia for everyone who remembers the 1980s with fondness.

Mixtapes, Madonna, *Alf* and *The A-Team* - growing up in the 1980s was awesome.

So why not take yourself back to a time when *E.T. the Extra-Terrestrial* was THE movie to see and leg warmers were considered fashionable, to discover if you really are a true child of the 1980s!

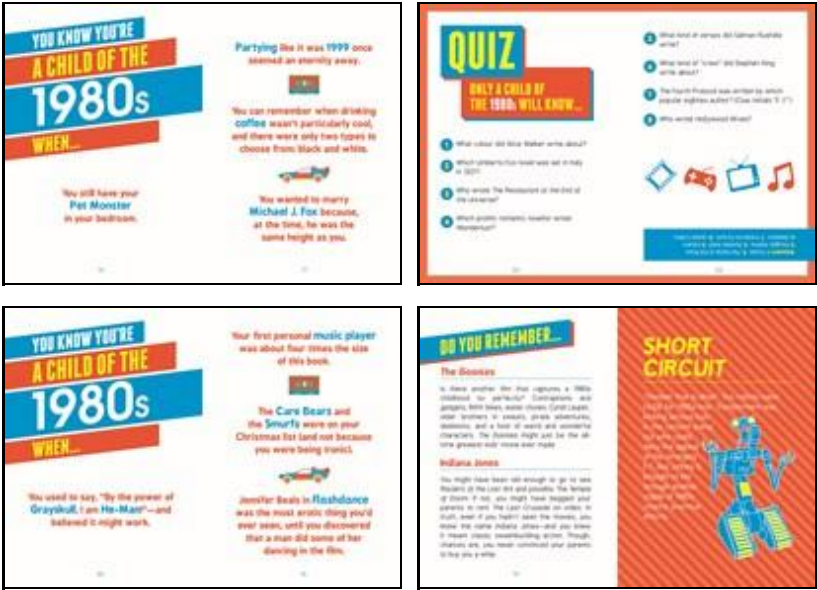
Contributor Bio

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Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Whatever Happened to Pudding Pops?	Fashingbauer Cooper, Gael	TarcherPerigee	6/7/2011	9780399536717	\$16.00	Trade Paperback	Reference
The Nostalgia Nerd's Retro Tech	Leigh, Peter	Ilex Press	11/6/2018	9781781575703	\$19.99	Hardcover	Computers
The Best Dog Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857835	\$10.99	Hardcover	Humor
				1786857839	USD		

The Best Cat Memes Ever	Ellis, Charlie	Summersdale	10/1/2019	9781786857842 1786857847	\$10.99 USD	Hardcover	Humor
Love Is A Labrador	Ellis, Charlie	Summersdale	1/7/2020	9781786859822 1786859823	\$10.99 USD	Hardcover	Pets
Love is a Pup	Ellis, Charlie	Summersdale	7/7/2020	9781787832619 1787832619	\$10.99 USD	Hardcover	Pets
Love is a Kitten	Ellis, Charlie	Summersdale	7/7/2020	9781787832626 1787832627	\$10.99 USD	Hardcover	Humor
You Know You're a Child of the 2000s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833135 1787833135	\$9.99 USD	Hardcover	Humor
You Know You're a Child of the 1990s When	Ellis, Charlie	Summersdale	3/3/2020	9781787833456 1787833453	\$9.99 USD	Hardcover	Humor
Dog Selfies	Ellis, Charlie	Summersdale	10/2/2014	9781849536455 1849536457	\$9.95 USD	Hardcover	Humor
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Animal Selfies	Ellis, Charlie	Summersdale	10/8/2015	9781849537667 1849537666	\$12.95 USD	Hardcover	Humor
Cat Therapy	Ellis, Charlie	Summersdale	11/10/2016	9781849539517 1849539510	\$10.95 USD	Hardcover	Humor
Dog Therapy	Ellis, Charlie	Summersdale	11/10/2016	9781849539524 1849539529	\$10.95 USD	Hardcover	Pets
Love Is a Sausage Dog	Ellis, Charlie	Summersdale	1/12/2017	9781849539876 1849539871	\$10.99 USD	Hardcover	Pets

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Subrights

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Summersdale
9781787832404
1787832406
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$13.99/\$15.99 Can./£9.99 UK
Paperback

192 Pages
Print Run: 7K
Sports & Recreation
SPO000000

Status: **FORTHCOMING**

Collect Moments, Not Things

How to Live Your Best Life

Summersdale

Key Selling Points

- *Collect Moments, Not Things* provides space for you to put pen to paper and explore your inner wanderlust.
- This book taps into the increasing amount of people who are rejecting material items in favor of experiences.

Summary

This beautifully designed book is packed with ideas, inspiration and activities to spark your imagination and excite your adventurous side
Walk a llama. Fly a kite. Go star gazing. Ride a steam train. Row a boat. Watch a waterfall. Wonder at life and all its beautiful moments because you only get one chance at it.

Discover new ways to broaden your horizons and reach for life-affirming experiences, then record them in these pages. *Collect Moments, Not Things* will help you break away from a digital existence and create a fulfilled, exciting and happy life.

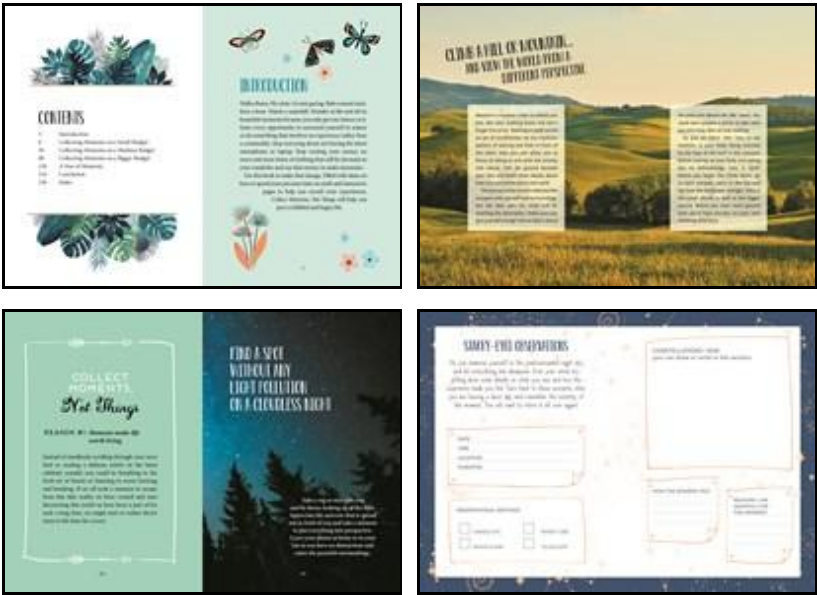
Contributor Bio

Tamsin King is a nomad at heart and likes nothing more than seeking an adventure whenever she has free time. She has written the books *Music Festivals*, *The Camper's Survival Guide*, *Gap Year Adventures* and *The Backpacker's Survival Guide* and lives in Brighton, UK.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Digital Minimalism	Newport, Cal	Portfolio	2/5/2019	9780525536512 0525536515	\$26.00 USD	Hardcover	Self-Help
The Bucket List	Stathers, Kath	Universe	4/4/2017	9780789332691 0789332698	\$35.00 USD	Hardcover	Travel

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Subrights

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Summersdale
9781787830042
1787830047
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Self-Help
SEL000000

Status: **FORTHCOMING**

Motivational Quotes for Students

Summersdale

Key Selling Points

- Packed with positive affirmations and quotes to inspire confidence and success in students - an ideal gift for someone who is about to become a student, or is in need of an extra boost as exams and deadlines approach.
- We are becoming increasingly aware that positive thinking is vital to our mental and physical well-being, making this gift book relevant and appealing to modern readers.
- A similar title, Believe and Achieve (ISBN: 9781849539838), has sold over 22,000 copies.
- Similar Summersdale titles include: Believe and Achieve (ISBN: 9781849539838) Never Give Up (ISBN: 9781786850416) Make (Sh)it Happen (ISBN: 9781786855626) You Got This (ISBN: 9781786850409) Motivational Quotes for Life (ISBN: 9781786859648) Motivational Quotes for Success (ISBN: 9781786859655)

Summary

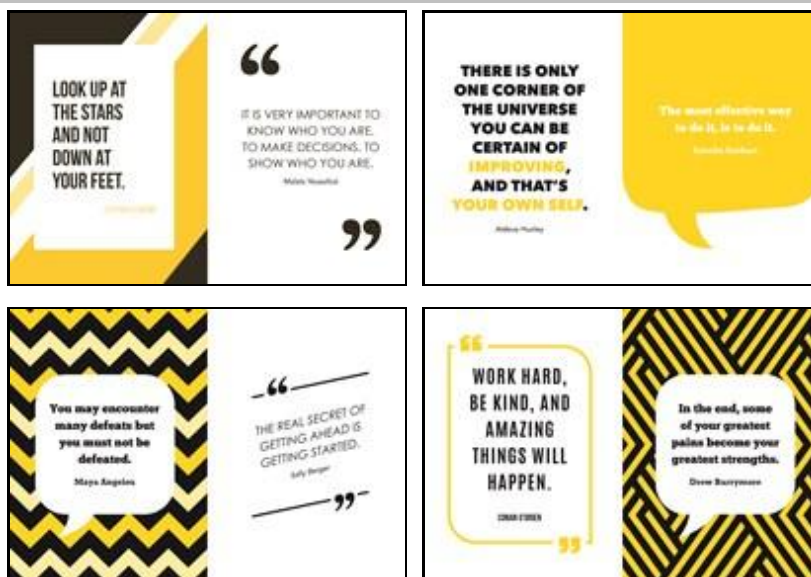
Whether you're a freshman or about to take your finals, feed your mind with this collection of motivational quotes from the world's greatest writers, thinkers and intellectuals. This little book is here to spur you on and give you a boost!

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Grit	Duckworth, Angela	Scribner	8/21/2018	9781501111112	\$17.99	Trade Paperback	Self-Help
				1501111116	USD		
A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	9781641522410	\$17.99	Trade Paperback	Self-Help
				1641522410	USD		

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Subrights

No subrights have been specified.



For the Best Dad Ever

Summersdale

Key Selling Points

- Show your dad that he's the Best Dad Ever with this inspiring, quote-filled book.
- Will appeal to those who enjoyed For the Best Dad in the World (ISBN: 9781849535670), which has sold over 12,000 copies.

Summary

Everyone knows that Dads are amazing - what they don't know is that you've got the best one!

Whether he's the ultimate bad joke-teller, chief spider-catcher, or king of the TV remote, your Dad deserves some serious celebration. Packed full of first-class quotes and thoughtful statements, this book is the perfect reminder that he is really is the Best Dad Ever.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Summersdale
9781787832350
178783235X
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 10K
Humor / Form
HUM015000

Status: **FORTHCOMING**

Comp Titles

I Love Dad with The Very Hungry Caterpillar	Carle, Eric	World of Eric Carle	2/27/2018	9781524785895	\$8.99	Hardcover	Juvenile Fiction
Dr. Seuss's I Love Pop!	DR SEUSS	Random House Books for Young Readers	5/7/2019	9781984848123	\$8.99	Hardcover	Juvenile Fiction
				152478589X	USD		
				1984848127	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



You are Stronger Than You Think

WISE WORDS TO HELP YOU BUILD YOUR INNER RESILIENCE

Summersdale

Key Selling Points

- Filled with confidence-boosting statements and quotes, this little book encourages you to become more resilient and handle anything life throws at you.
- Its stylish design is inspired by current trends.

Summary

Own who you are. Own what you do. And own your life story.

Stand tall, stay strong and don't let anything come between you and your dreams. This little book packed with positive statements and life-affirming quotes will help you rise above the bad vibes and find your inner strength. You got this.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Summersdale
9781787832398
1787832392
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Self-Help / Personal Growth
SEL023000

Status: **FORTHCOMING**

Comp Titles

Resilient	Hanson, Rick	Harmony	3/27/2018	9780451498847	\$26.00	Hardcover	Self-Help
				0451498844	USD		
A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	9781641522410	\$17.99	Trade Paperback	Self-Help
				1641522410	USD		

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Subrights

No subrights have been specified.



Summersdale
9781787832435
1787832430
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Self-Help / Motivational &
Inspirational
SEL021000

Status: **FORTHCOMING**

Be Bright, Be Bold, Be You

Summersdale

Key Selling Points

- Aimed to empower the reader, this lovely little book is filled with uplifting quotes and statements, reminding you to be bold and shine bright, whenever and wherever you are!
- With its trend-led, fresh design, Be Bright, Be Bold, Be You will be sure to catch your eye.
- A similar title, Just Be You (ISBN: 9781786852335) has sold over 12,000 copies since publication last year.

Summary

An eye-catching and on-trend little book of self-empowerment.

This small but mighty book of inspirational quotes and statements will inspire your confidence, strengthen your resolve and take your awesome levels to the max. Don't dim your inner light; let it shine!

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Care Package	McNutt III, Sylvester	Success Is A Choice LLC.	6/4/2018	9780692111550 0692111557			
A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	9781641522410 1641522410	\$17.99 USD	Trade Paperback	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832442
1787832449
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Body, Mind & Spirit
OCC000000

Status: **FORTHCOMING**

Related Products

Other Formats

You're Never Too Old To...
9781786850034 \$8.95

You're Never Too Old To...

Lizzie Cornwall

Key Selling Points

- A revamp of our successful 2017 title.
- Contains over 100 ways to keep young, despite the march of time.
- Filled with inspirational ideas and quotes, this book encourages you to grab life by the horns every day!
- A similar title, Old Enough to Know Better, Young Enough Not to Care (ISBN: 9781849535540) has sold over 12,000 copies.

Summary

Over 100 ideas and spontaneous adventures to stay young at heart.

People often say that you should "act your age", but what do they know? This sourcebook of delightful ideas and uplifting quotes will tempt you to try something new every day, whether it's dancing all night, laughing till dawn or watching the sunrise. Go on, go wild - you might like it!

Contributor Bio

Lizzie Cornwall is the author of many inspiring gift books and lives in Colchester with her two dogs and a cat.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



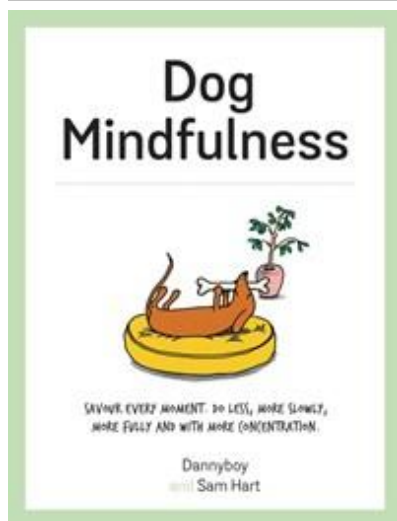
Comp Titles

Love Your Age	Grufferman, Barbara Hannah	National Geographic	2/6/2018	9781426218323 142621832X	\$19.99 USD	Trade Paperback	Health & Fitness
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Subrights

No subrights have been specified.



Summersdale
9781787832459
1787832457
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$10.99/\$11.99 Can.
Hardcover

96 Pages
Print Run: 7K
Humor
HUM000000
Status: **FORTHCOMING**

Dog Mindfulness

Savour every moment. Do less, more slowly, more fully and with more concentration

Sam Hart

Key Selling Points

- The two previous dog-related titles by the same illustrator, *What is Your Dog Really Thinking?* (ISBN: 9781849539166) and *The Little Instruction Book for Dogs* (ISBN: 9781786855336), have sold 18,000 copies combined.
- This wonderfully illustrated book combines mindfulness techniques with the world's most popular pet. In 2017 there were over 89 million dogs living as pets in America alone
- A successful similar title, *Dog Selfies* (ISBN: 9781849536455), has sold over 42,000 copies.

Summary

Hilarious full-color cartoons from illustrator Danny Cameron are paired with witty captions in this tongue-in-cheek look at mindfulness, through the eyes of our canine companions.

"Repeat this mantra to yourself whenever you're feeling anxious: 'I flow from a place of grace.'" Peace. Gratitude. Concentration. Stillness. Serenity. Composure. Focus. Whether they're honing their powers of concentration (have you ever seen anyone focus on something so intently as a mutt with a bone?), being in the moment (a snooze is so much more satisfying when you really appreciate the snooze), or taking time to explore their senses (all those bottoms aren't going to sniff themselves), dogs are paragons of mindfulness. So maybe they're not always quite as composed or graceful as they'd like, but at least they're trying - and we could all learn a lot from these enlightened pups.

Contributor Bio

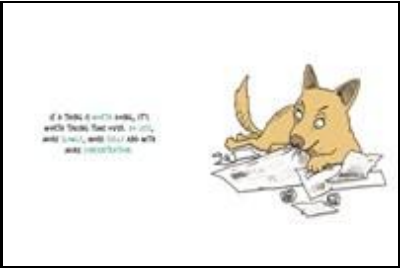
Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue center based in Buckinghamshire, UK.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations





Comp Titles

Treat!	Vieler, Christian	Black Dog & Leventhal	9/26/2017	9780316362207 0316362204	\$17.99 USD	Hardcover	Photography
Waggish	Chon, Grace	Countryman Press	10/3/2017	9781682680988 1682680983	\$12.95 USD	Hardcover	Pets

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832527
178783252X
Pub Date: 5/12/2020
On Sale Date: 5/12/2020
\$9.99/\$10.99 Can.
Paperback

160 Pages
Print Run: 7K
Games & Activities
GAM000000

Status: **FORTHCOMING**

Drinking Games and How to Handle the Hangover

Riley King

Key Selling Points

- This book contains a selection of drinking games from around the world and a variety of hangover cures and recipes to help ease you through the morning after.
- A fun gift for someone's 21st birthday or for anyone who really likes to party.
- Follows on from the success of The Little Book of Drinking Games (ISBN: 9781849535861), which has sold over 158,000 copies, and The Little Book of Hangovers (ISBN: 9781849537315), which has sold over 15,000 copies.

Summary

Awesome games for the big night... and vital advice for the morning after

Let the games begin and the good times roll! This compact collection of drinking games from around the globe is guaranteed to liven up your night. Will you play Vodka Roulette or risk a round of Nasty or Nice? Then when the alcohol has taken its toll, just flip to the hangovers section for remedies, fun facts and tasty recipes to make it all better.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



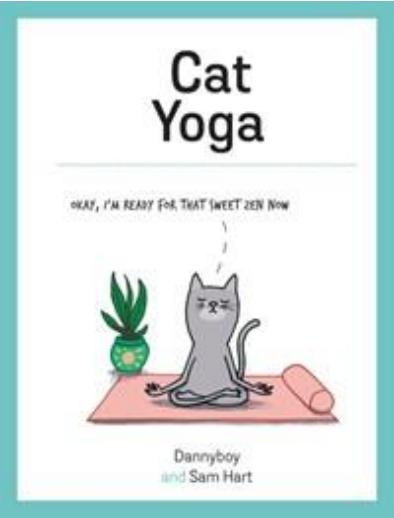
Comp Titles

Hungover	Bishop-Stall, Shaughnessy	Penguin Books	11/20/2018	9780143126706	\$17.00	Trade Paperback	Cooking
The Fireside Grown-Up Guide to the Hangover	Hazeley, Jason	Atria Books	10/11/2016	9781501150715	\$9.99	Hardcover Paper over boards	Humor

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832466
1787832465
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$10.99/\$11.99 Can.
Hardcover

96 Pages
Print Run: 7K
Humor
HUM000000
Status:**FORTHCOMING**

Cat Yoga
Sam Hart, Danny Cameron

Key Selling Points

- The two previous cat-related titles by the same illustrator, *What is Your Cat Really Thinking?* (ISBN: 9781849539487) and *The Little Instruction Book for Cats* (ISBN: 9781786855343) have sold over 18,000 copies combined.
- In 2017 there were around 86 million cats living as pets in America.
- A successful similar title, *Cat Selfies* (ISBN: 9781849536462), has sold over 50,000 copies.

Summary

Err, I think you mean Downward Cat.

How can you tell whether your cat is purr-fecting its Sphinx pose or just being, well, a cat? You may think your cat is just a naturally bendy weirdo, but the truth is, they're probably one of the growing number of Zen Yogi Cats - and this book is here to expose what happens when yoga and cats collide. Whether they're paws-ing to enjoy their morning Sun Salutations, working on their flexibility, searching for the divine (laser) light or exhaling furballs, these cats are getting their om-meow on in the world of *Cat Yoga*.

Combine the wonderful world of yoga with everyone's favorite animal, and you have *Cat Yoga*. Hilarious full-color cartoons from illustrator Danny Cameron are paired with witty captions in this tongue-in-cheek look at yoga, through the eyes of our feline friends.

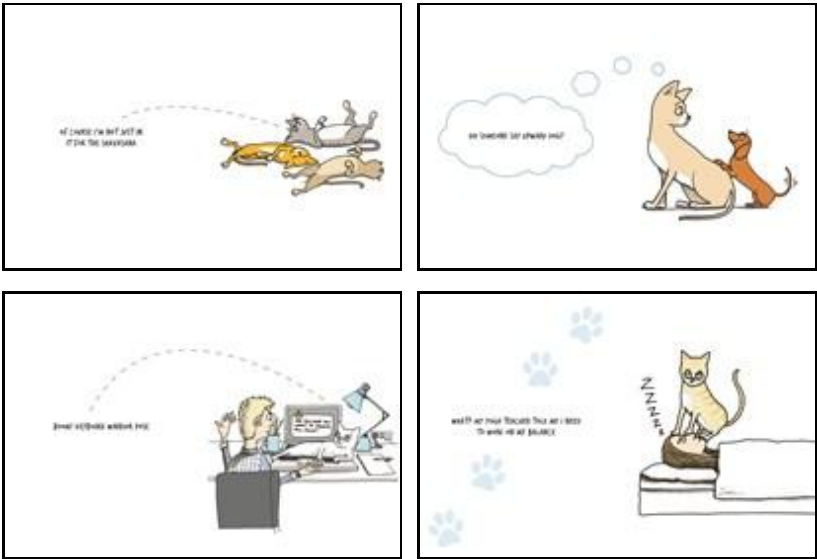
Contributor Bio

Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue center based in Buckinghamshire, UK.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Cats on Catnip	Marttila, Andrew	Running Press Adult	6/19/2018	9780762463671 0762463678	\$16.00 USD	Hardcover Paper over boards	Pets
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Really Important Stuff My Cat Has Taught Me	Copeland, Cynthia L.	Workman Publishing Company	10/3/2017	9781523501489 1523501480	\$12.95 USD	Paperback	Pets
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Subrights

No subrights have been specified.



Summersdale
9781786859877
1786859874
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Paperback

64 Pages
Print Run: 7K
Humor
HUM000000

Status: **FORTHCOMING**

You Make Me Smile Because

Summersdale

Key Selling Points

- A fresh spin on our popular vouchers series, including Love Vouchers (ISBN: 9781849534956), which has sold 15,000 copies.

Summary

... You've got a big heart.
... I can't stop laughing when I'm with you.
... You pick me up when I'm down.

This collection of tear-out vouchers features the phrase 'You Make Me Smile Because...' on one side and a compliment on the other, perfect for a loved one, family member or friend.

This charming book of friendship tokens is the perfect way to tell your loved ones why they're so special.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



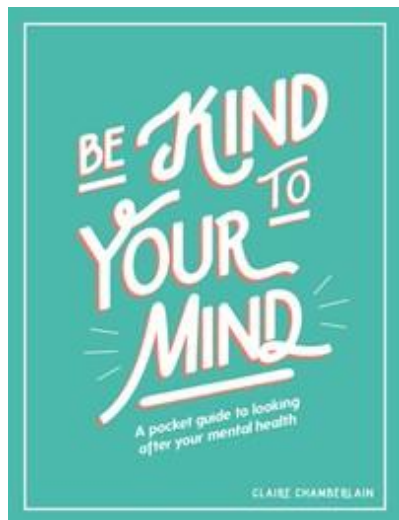
Comp Titles

Friends Forever Wherever Whenever	Salmansohn, Karen	Ten Speed Press	3/20/2018	9780399581007 0399581006	\$12.99 USD	Hardcover	Family & Relationships
I Love You Because	Summersdale	Summersdale	12/10/2019	9781786859884 1786859882	\$9.99 USD	Paperback	Family & Relationships
You're Awesome Because	Summersdale	Summersdale	12/10/2019	9781786859891 1786859890	\$9.99 USD	Paperback	Family & Relationships
Thank You for Being a Friend	Lewis, Emma	Smith Street Books	10/3/2017	9781925418569 1925418561	\$14.95 USD	Hardcover	Humor

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Subrights

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Summersdale
9781787832565
1787832562
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$11.99/\$12.99 Can.
Hardcover

160 Pages
Print Run: 7K
Self-Help
SEL000000

Status: **FORTHCOMING**

Be Kind to Your Mind

A Pocket Guide to Looking After Your Mental Health

Claire Chamberlain

Key Selling Points

- This book is a well-rounded introductory and accessible guide to looking after your mental health, including topics such as mindfulness, self-care, positivity and finding calm.
- Offers guidance in each of the above areas through simple tips and short sections of advice, making it easy to dip in and out of.

Summary

Give your mind a little TLC

When our bodies aren't on top form, we rest and take care of them - but we often don't do the same for our minds. Whether it's because we don't know where to start, or because it never feels like a high enough priority, carving out time and space to care for our mental health can be hard.

But it needn't be. With bite-sized tips and practical advice, this book makes self-care simple and achievable. From finding calm and thinking positively, to stress-busting and balancing your life, everything you need to know about taking care of you is wrapped up in this handy pocket guide, and will give you the tools to help you feel your best.

Contributor Bio

Claire Chamberlain is a freelance writer, specialising in health, fitness and well-being. She lives in South East London with her husband, two children and rescue cat, Oscar.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

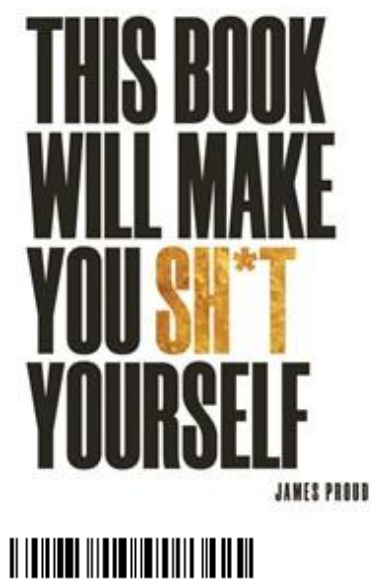
The Spirit Almanac	Loewe, Emma	TarcherPerigee	10/16/2018	9780143132714	\$25.00	Hardcover	Body, Mind & Spirit
				0143132717	USD		

A Book That Takes Its Time	Smit, Irene	Workman Publishing Company	10/3/2017	9780761193777 0761193774	\$27.50 USD	Hardcover Paper over boards	Body, Mind & Spirit
Zen as F*ck	Sweeney, Monica	Castle Point Books	3/6/2018	9781250147707 1250147700	\$14.99 USD	Trade Paperback	Games & Activities

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Subrights

No subrights have been specified.



Summersdale
9781787832572
1787832570
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$10.99/\$11.99 Can.
Hardcover

128 Pages
Print Run: 7K
Social Science / Customs & Traditions
SOC005000
Status:**FORTHCOMING**

This Book Will Make You Shit Yourself
UNEXPLAINED EVENTS, SHOCKING CONSPIRACY THEORIES AND UNBELIEVABLE TRUTHS TO SCARE THE CR*P OUT OF YOU

James Proud

Key Selling Points

- A frightening twist on a similar popular title, Conspiracy Theories (ISBN: 9781849537292), which has sold over 38,000 copies

Summary

If you think you that you're safe, then you'd better think again...

Explore some of the world's most inexplicable occurrences, mind-bending conspiracy theories, spine-chilling urban legends and totally unbelievable truths in this weird and wonderful collection. Whether you're a sceptic, a self-confessed conspiracy junkie or just curious about what the world might be hiding from you, the stories in this book will push the boundaries of your belief and set your imagination alight - but only if you're brave enough to read it.

Filled with ghoulish ghost stories, terrifying conspiracies and unbelievable urban myths, this book aims to send chills down the reader's spine.

Contributor Bio

James Proud spent several years as a writer and researcher for Ripley's Believe It or Not. He specialises in writing about the weird and wonderful, and lives in north-west Essex.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

The Illuminati	Marrs, Jim	Visible Ink Press	6/13/2017	9781578596195	\$19.95	Trade Paperback	Social Science
The Book of Mysteries	Cahn, Jonathan	Frontline	6/5/2018	9781629991344	\$17.99	Trade Paperback	Fiction
				157859619X	USD		
				1629991341	USD		

The Paradigm	Cahn, Jonathan	Frontline	9/19/2017	9781629994765 1629994766	\$21.99 USD	Hardcover	Religion
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Subrights

No subrights have been specified.



Summersdale
9781787832596
1787832597
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Self-Help
SEL000000

Status: **FORTHCOMING**

You Do You

Summersdale

Key Selling Points

- Its stylish cover and insides are lead by current trends in the design industry.
- A perfect present to celebrate someone's wonderful individuality.

Summary

No one is better at being you than you. That's right, the often imitated, never duplicated, wonderful you! These inspirational quotes and uplifting mantras will remind you that you don't need to follow the crowd - follow your heart and keep on being your wonderful, unique self.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

That's What She Said	Joy, Kimothy	Harper Wave	4/3/2018	9780062796769	\$21.99 USD	Hardcover	Biography & Autobiography
Grit and Grace	Quotabelle	Rock Point	10/2/2018	9781631065309	\$17.99 USD	Hardcover Paper over boards	Reference

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781786859792
1786859793
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Reference / Quotations
REF019000

Status: **FORTHCOMING**

Yes You Can

Encouraging Quotes to Ensure Your Success

Summersdale

Key Selling Points

- Inspired by the neat, modern styling of Live, Laugh, Love (ISBN: 9781786850270), which has sold more than 13,000 copies.
- A fabulous gift for a friend or a loved one who may be in need of some extra encouragement.
- Other titles in this series: Never Give Up (ISBN: 9781786859785) You Are Amazing (ISBN: 9781786859808) Dare to Dream (ISBN: 9781786859815)

Summary

You've got this

Break free from doubt, challenge your limits, and embrace the beauty of self-belief. This empowering book of quotes has got your back at every step, assuring you that the answer is always YES YOU CAN.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Change Happens	Petrus, Kathryn	Workman Publishing Company	3/20/2018	9781523502035	\$12.95 USD	Paperback	Self-Help
You Can Do All Things	Allan, Kate	Mango	11/30/2018	9781633538627	\$22.99 USD	Hardcover Paper over boards	Self-Help

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Subrights

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Summersdale
9781786859815
1786859815
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Reference / Quotations
REF019000

Status: **FORTHCOMING**

Dare to Dream

Inspiring Quotes for a Phenomenal Future

Summersdale

Key Selling Points

- Inspired by the neat, modern styling of Live, Laugh, Love (ISBN: 9781786850270), which has sold more than 13,000 copies.
- The perfect gift for anyone with a goal or challenge ahead of them.
- A similar title, Never Stop Dreaming (ISBN: 9781786850249), has sold over 16,000 copies.
- Other titles in this series: Never Give Up (ISBN: 9781786859785) You Are Amazing (ISBN: 9781786859808) Yes You Can (ISBN: 9781786859792)

Summary

A mighty little gift book brimming with powerful and motivating quotes that will nurture any dream.

The sky is the limit With the right ideas, you can shake off fear and determine your destiny. This uplifting book of quotes from visionaries, optimists and go-getters will remind you that anything is possible when you DARE TO DREAM.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Be Fearless	Case, Jean	Simon & Schuster	1/8/2019	9781501196348	\$25.00 USD	Hardcover	Self-Help
Grit and Grace	Quotabelle Rock Point		10/2/2018	9781631065309	\$17.99 USD	Hardcover Paper over boards	Reference

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787833074
1787833070
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 5K
Humor / Form
HUM015000

Status: **FORTHCOMING**

Keep Calm You're Only 50

Summersdale

Key Selling Points

- Sales of previous editions of this series are over 340,000 copies.
- Other books in the series include: Keep Calm You're Only 60 (ISBN: 9781787833081) Keep Calm You're Only 70 (ISBN: 9781787833067)

Summary

A beautifully-designed little gift book for anyone reaching this momentous birthday.

Timely advice for a milestone birthday. So what if you're 50; after all, with age comes wisdom and more excuses to reminisce about old times and stare blankly at your friends while you try to remember their names, and at least you're not 60! This book is packed with celebratory quotations to help you shrug your shoulders, blow out the candles and Keep Calm.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

100 Years	Prager, Joshua	W. W. Norton & Company	5/3/2016	9780393285703	\$17.95	Hardcover	Reference
1,000 Unforgettable Senior Moments	Friedman, Tom	Workman Publishing Company	5/16/2017	9780761193678	\$9.95	Hardcover	Humor
50 Things to Do When You Turn 50 - Third Edition		Sellers Publishing	3/1/2018	9781416246374	\$16.95	Paperback	Self-Help
Happy Birthday from The Very Hungry Caterpillar	Carle, Eric	World of Eric Carle	2/5/2019	9781524790820	\$8.99	Hardcover	Juvenile Fiction
Keep Calm You're Only 30	Summersdale	Summersdale	9/11/2015	9781849532211	\$8.95	Hardcover	Humor
Keep Calm You're Only 40	Summersdale	Summersdale	8/1/2011	9781849532228	\$8.95	Hardcover	Humor
KEEP CALM YOU'RE ONLY 60	Summersdale	Summersdale	8/1/2011	9781849532242	\$8.99	Hardcover	Humor
KEEP CALM YOU'RE ONLY 70	Summersdale	Summersdale	9/5/2011	9781849532280	\$8.99	Hardcover	Humor
Keep Calm You're Only 18	Summersdale	Summersdale	9/5/2012	9781849533607	\$9.95	Hardcover	Humor

Keep Calm You're Only 21	Summersdale	Summersdale	9/5/2012	9781849533614 184953361X	\$7.95 USD	Hardcover	Humor
Keep Calm You're Only 80	Summersdale	Summersdale	9/5/2012	9781849533621 1849533628	\$8.95 USD	Hardcover	Humor
Unhappy Birthday, Grumpy Cat! (Grumpy Cat)	Berrios, Frank	Random House Books for Young Readers	3/5/2019	9781984850300 198485030X	\$4.99 USD	Trade Paperback	Juvenile Fiction

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Subrights

No subrights have been specified.



Summersdale
9781787833081
1787833089
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 5K
Humor / Form
HUM015000

Status: **FORTHCOMING**

Keep Calm You're Only 60

Summersdale

Key Selling Points

- Sales of previous editions of this series are over 340,000 copies.
- Other books in the series include: Keep Calm You're Only 50 (ISBN: 9781787833074) Keep Calm You're Only 70 (ISBN: 9781787833067)

Summary

A beautifully-designed little gift book for anyone reaching this momentous birthday.

Timely advice for a milestone birthday.

So what if you're turning 60; after all, with age comes wisdom and more excuses to kick back and flick through those cruise holiday brochures, and at least you're not 70! This book is packed with celebratory quotations to help you shrug your shoulders, blow out the candles and Keep Calm.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

100 Years	Prager, Joshua	W. W. Norton & Company	5/3/2016	9780393285703	\$17.95	Hardcover	Reference
1,000 Unforgettable Senior Moments	Friedman, Tom	Workman Publishing Company	5/16/2017	9780761193678	\$9.95	Hardcover	Humor
Happy Birthday from The Very Hungry Caterpillar	Carle, Eric	World of Eric Carle	2/5/2019	9781524790820	\$8.99	Hardcover	Juvenile Fiction
Keep Calm You're Only 30	Summersdale	Summersdale	9/11/2015	9781849532211	\$8.95	Hardcover	Humor
Keep Calm You're Only 40	Summersdale	Summersdale	8/1/2011	9781849532228	\$8.95	Hardcover	Humor
KEEP CALM YOU'RE ONLY 50	Summersdale	Summersdale	8/1/2011	9781849532235	\$8.99	Hardcover	Humor
KEEP CALM YOU'RE ONLY 70	Summersdale	Summersdale	9/5/2011	9781849532280	\$8.99	Hardcover	Humor
Keep Calm You're Only 18	Summersdale	Summersdale	9/5/2012	9781849533607	\$9.95	Hardcover	Humor
Keep Calm You're Only 21	Summersdale	Summersdale	9/5/2012	9781849533614	\$7.95	Hardcover	Humor

Keep Calm You're Only 80	Summersdale	Summersdale	9/5/2012	9781849533621 1849533628	\$8.95 USD	Hardcover	Humor
Unhappy Birthday, Grumpy Cat! (Grumpy Cat)	Berrios, Frank	Random House Books for Young Readers	3/5/2019	9781984850300 198485030X	\$4.99 USD	Trade Paperback	Juvenile Fiction

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Subrights

No subrights have been specified.



Summersdale
9781787833067
1787833062
Pub Date: 6/2/2020
On Sale Date: 6/2/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 5K
Humor / Form
HUM015000

Status: **FORTHCOMING**

Keep Calm You're Only 70

Summersdale

Key Selling Points

- Sales of previous editions of this series are over 340,000 copies.
- Other books in the series include: Keep Calm You're Only 50 (ISBN: 9781787833074) Keep Calm You're Only 60 (ISBN: 9781787833081)

Summary

A beautifully-designed little gift book for anyone reaching this momentous birthday.

Timely advice for a milestone birthday.

So what if you're turning 70; after all, with age comes wisdom and more excuses to woop loudly as you cruise past pedestrians on your brand new mobility scooter, and at least you're not 80! This book is packed with celebratory quotations to help you shrug your shoulders, blow out the candles and Keep Calm.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Keep Calm You're Only 50	Summersdale	Summersdale	6/2/2020	9781787833074	\$9.99	Hardcover	Humor
				1787833070	USD		
Keep Calm You're Only 60	Summersdale	Summersdale	6/2/2020	9781787833081	\$9.99	Hardcover	Humor
				1787833089	USD		
Keep Calm You're Only 30	Summersdale	Summersdale	9/11/2015	9781849532211	\$8.95	Hardcover	Humor
				1849532214	USD		
Keep Calm You're Only 40	Summersdale	Summersdale	8/1/2011	9781849532228	\$8.95	Hardcover	Humor
				1849532222	USD		
KEEP CALM YOU'RE ONLY 50	Summersdale	Summersdale	8/1/2011	9781849532235	\$8.99	Hardcover	Humor
				1849532230	USD		
Keep Calm You're Only 18	Summersdale	Summersdale	9/5/2012	9781849533607	\$9.95	Hardcover	Humor
				1849533601	USD		
Keep Calm You're Only 21	Summersdale	Summersdale	9/5/2012	9781849533614	\$7.95	Hardcover	Humor
				184953361X	USD		
Keep Calm You're Only 80	Summersdale	Summersdale	9/5/2012	9781849533621	\$8.95	Hardcover	Humor
				1849533628	USD		
Unhappy Birthday, Grumpy Cat! (Grumpy Cat)	Berrios, Frank	Random House Books for Young Readers	3/5/2019	9781984850300	\$4.99	Trade Paperback	Juvenile Fiction
				198485030X	USD		

1,000 Unforgettable Senior Moments	Friedman, Tom	Workman Publishing Company	5/16/2017	9780761193678 0761193677	\$9.95 USD	Hardcover Paper over boards	Humor
The Joys of Getting Older	Agee, Bertrand	Andrews McMeel Publishing	4/18/2017	9781449481865 1449481868	\$7.99 USD	Trade Paperback	Family & Relationships
Happy Birthday from The Very Hungry Caterpillar	Carle, Eric	World of Eric Carle	2/5/2019	9781524790820 1524790826	\$8.99 USD	Hardcover	Juvenile Fiction

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Love is a Pup

A Dog-Tastic Celebration of the World's Cutest Puppies

Charlie Ellis

Key Selling Points

- Will appeal to those who enjoyed the animal-based humor of Summersdale's successful Selfies series, which has sold over 85,000 copies.
- Follows in the success of previous titles, Love is a Pug (ISBN: 9781786855138) and Love is a Sausage Dog (ISBN: 9781849539876), which have sold over 32,000 copies combined

Summary

Puppies are my favorite people

The little woofers in this book are more "fluff" than "pup", they haven't worked out quite what to do with their limbs, and they haven't grown into their ears yet - and that's what makes them so adorable. Capturing all kinds of pooch at their most ridiculously tiny and lovable, this book will prove that it's not just any old dog that's a man's best friend - it's a puppy.

Bursting full with pictures of the world's cutest pups across a variety of breeds, this book captures dogs at their cutest - when they're young and fluffy!

Contributor Bio

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

A Dog's Journey Movie Tie-In	Cameron, W. Bruce	Forge Books	3/26/2019	9781250225375 125022537X	\$14.99 USD	Trade Paperback	Fiction
The Dogist Puppies	Friedman, Elias Weiss	Artisan	9/19/2017	9781579657437 1579657435	\$24.95 USD	Hardcover with dust jacket	Pets

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Love is a Kitten

A Cat-Tastic Celebration of the World's Cutest Kittens

Charlie Ellis

Key Selling Points

- Follows in the success of previous titles, Love is a Pug (ISBN: 9781786855138) and Love is a Sausage Dog (ISBN: 9781849539876), which have sold over 32,000 copies combined.

Summary

Life is better with a kitten

Those big round eyes. Those tiny meows. Those wobbly steps on little paws. Who can resist the adorable charms of a kitten? What they lack in size, they make up for in personality, and these heart-melting bundles of fur have got us head over heels in love. Dedicated to our tiniest feline friends, this paw-some little book proves that a kitten is a purr-fect companion.

Contributor Bio

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Cats on Catnip	Marttila, Andrew	Running Press Adult	6/19/2018	9780762463671 0762463678	\$16.00 USD	Hardcover Paper over boards	Pets
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832664
178783266X
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Print Run: 7K
Reference / Quotations
REF019000

Status: **FORTHCOMING**

Oh Fuck - Not Another Birthday

Quips and Quotes about Getting Older

Summersdale

Key Selling Points

- The perfect alternative present for someone who doesn't want to make a fuss about their birthday.

Summary

Don't mention the B word...

Another year, another birthday - time has flown and, yet again, the big day is rolling round. But don't panic! This plucky little book is here to help you through, with wit, wisdom and a healthy dose of irreverence.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

1,000 Unforgettable Senior Moments	Friedman, Tom	Workman Publishing Company	5/16/2017	9780761193678	\$9.95 USD	Hardcover Paper over boards	Humor
How to Appear Normal at Social Events	Birthday, Lord	Andrews McMeel Publishing	3/6/2018	9781449487966	\$14.99 USD	Trade Paperback	Fiction

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832688
1787832686
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
\$9.99/\$10.99 Can.
Hardcover

112 Pages
Print Run: 7K
Humor
HUM000000
Status: **FORTHCOMING**

52 Things to do While You Poo

The Turd Edition

Hugh Jassburn

Key Selling Points

- From the author of the hugely successful 52 Things to Do While You Poo (ISBN: 9781849537970), which has sold in excess of 424,000 copies and reached number 28 on Amazon's bestseller list.
- Amusingly designed and illustrated with original graphic artwork.
- Other titles by this author include: 52 Things to Doodle While You Poo (ISBN: 9781786857644) 52 Things to Do While You Poo - The Fart Edition (ISBN: 9781786859969) 52 Things to Do While You Screw (ISBN: 9781786854902) I Shit You Not (ISBN: 9781786852670)

Summary

A fabulous fresh dump of puzzles and trivia for fans of toilet humor.

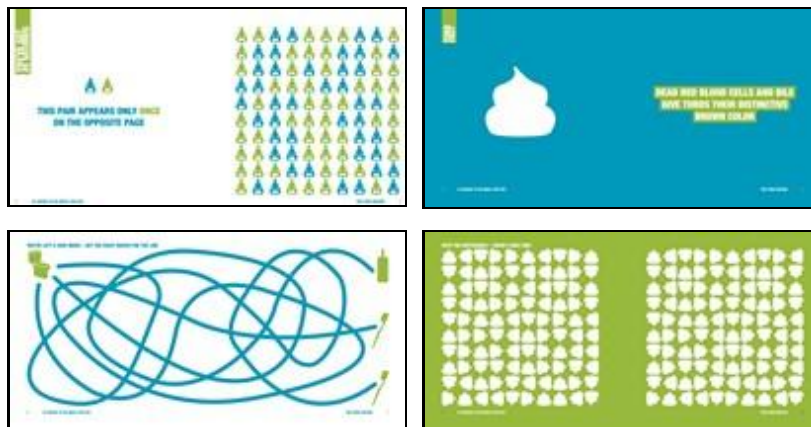
Turds tell us a lot about who we are (not just what we've eaten). And these steaming symbols of our common humanity deserve to be celebrated, especially in the moment of their creation. Renowned poo-fessor of scatology Hugh Jassburn has therefore compiled this fresh collection of polished puzzles and fascinating trivia. Discover what merde is made of, or where there's a museum dedicated to dumps. Solve stool-themed word searches and mind-boggling sudokus. Embrace the absurd and pay tribute to the turd.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

The Complete What's Your Poo Telling You (Funny Bathroom Books, Health Books, Humor Books)	Richman, Josh	Chronicle Books	5/22/2018	9781452170077 145217007X	\$14.95 USD	Hardcover	Humor
Uncle John's OLD FAITHFUL 30th Anniversary Bathroom Reader	Bathroom Readers' Institute	Portable Press	9/12/2017	9781684120864 1684120861	\$22.99 USD	Flexibound	Humor
52 Things To Do While You Poo - The Fart Edition	Jassburn, Hugh	Summersdale	2/4/2020	9781786859969 1786859963	\$10.99 USD	Hardcover	Humor

Subrights

No subrights have been specified.



Summersdale
9781787832725
1787832724
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
\$10.99/\$11.99 Can.
Paperback

128 Pages
Print Run: 7K
Self-Help / Sexual Instruction
SEL034000

Status: **FORTHCOMING**

The Little Book of Sex Tips

Tantalizing Tips, Tricks and Ideas to Spice up Your Sex Life

Summersdale

Key Selling Points

- A new dimension to our successful series, including The Little Book of Kama Sutra (ISBN: 9781849537780) and The Little Book of Naughty Games (ISBN: 9781849536417), which have sold over 52,000 copies combined.
- A similar title, Sex Vouchers (ISBN: 9781849534949), has sold over 24,000 copies.

Summary

Who doesn't want their sex lives to be steamy and passionate, thrilling and fulfilling? If you don't, stop reading now. But if you want to learn the secrets to sensational sex and ways to ensure you always bring your A-game to impress your lover(s), this is the book you need. With moves to make your knees tremble and the bed rock, The Little Book of Sex Tips is guaranteed to leave everyone in the bedroom (and beyond) satisfied from head to toe.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



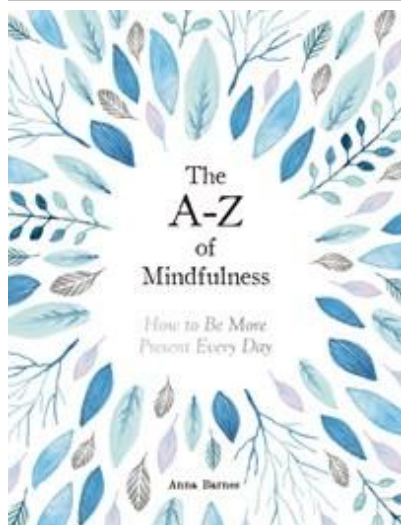
Comp Titles

Cosmo's Sexy Sutra	Cosmopolitan	Chronicle Books	9/26/2017	9781452163406	\$19.95	Hardcover	Health & Fitness
				1452163405	USD		
Cosmo's Wildest Sex Games	Cosmopolitan	Hearst	1/2/2018	9781618372161	\$12.95	Cards	Family & Relationships
				1618372165	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832732
1787832732
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
\$10.99/\$11.99 Can.
Hardcover

128 Pages
Print Run: 7K
Self-Help / Personal Growth
SEL023000

Status: **FORTHCOMING**

The A-Z of Mindfulness

How To Be More Present Every Day

Anna Barnes

Key Selling Points

- Beautifully illustrated with watercolour paintings.
- Will appeal to those who enjoyed How to Be Mindful (ISBN: 9781849538978) which has sold over 18,000 copies
- An empowering gift for all ages.
- Taps into the trend for beautifully illustrated MBS titles.

Summary

Appreciate the little things

Believe in your personal power

Connect with nature

Squeeze every drop out of each moment and live life to the full by discovering the art of mindfulness. Learn new ways to connect with yourself and the world around you and reignite a sense of wonder in the everyday with this practical ABC of illustrated tips for mindful living.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

A Book That Takes Its Time	Smit, Irene	Workman Publishing Company	10/3/2017	9780761193777	\$27.50	Hardcover Paper over boards	Body, Mind & Spirit
Present, Not Perfect	Chase, Aimee	Castle Point Books	9/19/2017	9781250147752	\$14.99	Trade Paperback	Self-Help
				1250147751	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781786859747
1786859742
Pub Date: 7/7/2020
On Sale Date: 7/7/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Reference / Quotations
REF019000

5.4 in H | 4 in W | 0.7 in T | 0.3 lb
Wt
Status:**FORTHCOMING**

Top Tips for Grandparents

Practical Advice for First-Time Grandparents

Louise Baty

Key Selling Points

- This book is a practical guide for new grandparents without being too information-heavy. It fills the gap in the market for an accessible small-format book of this nature.
- A new dimension to the Top Tips series, which includes Top Tips for Brides (ISBN: 9781849535359), Top Tips for Grooms (ISBN: 9781849535366) and Top Tips for Weddings (ISBN: 9781786854926), which have sold over 81,000 copies combined.
- Baby Tips for Grandparents (ISBN: 9781786850461) has sold over 34,000 copies across all previous editions.
- Similar Summersdale titles include: Top Tips for New Parents (ISBN: 9781786859730) The Little Instruction Book for Grandparents (ISBN: 9781849536318) For the Best Grandparent in the World (ISBN: 9781849538527) The Little Book of Grandparenting (ISBN: 9781849538527) Odes for Grandparents (ISBN: 9781849538480)

Summary

Becoming a grandparent is one of life's true joys, but your new role comes with a lot to think about! This handy book is packed with simple tips and advice, from bonding with the little ones to supporting the new parents, to guide you through those magical first steps with the newest members of your family.

Contributor Bio

Louise Baty is a freelance journalist and author who writes about parenting and health. She has contributed to a wide range of publications, including the Daily Mail, the Daily Mirror, the Daily Express, Take a Break, Bella, Woman's Own, Top Santé and Prima Baby. Mum to a spirited three-year-old, she is also expecting her second child.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



For My Grandchild	Lark Crafts	Lark Crafts	11/14/2017	9781454927099	\$14.95	Hardcover	Family & Relationships
				1454927097	USD		
Q&A a Day for Grandparents	POTTER GIFT	Clarkson Potter	8/8/2017	9781524759537	\$16.95	Diary	Family & Relationships
				1524759538	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787830059
1787830055
Pub Date: 8/4/2020
On Sale Date: 8/4/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Family & Relationships
FAM000000

Status: **FORTHCOMING**

For the Best Grandparent Ever

The Perfect Gift from your Grandchildren

Summersdale

Key Selling Points

- This is a series revamp of For the Best... in the World, which has collectively sold over 47,000 copies.
- Similar Summersdale titles include: Help! The Grandchildren Are Coming (ISBN: 9781786857927) The Little Book of Grandparenting (ISBN: 9781849538527) So You're a Grandparent (ISBN: 9781786850478) Top Tips for New Grandparents (ISBN: 9781786859747)

Summary

Grandparents are a constant source of understanding, advice and love. This beautiful collection of quotations will make every grandparent see how much they are appreciated.

Marketing Plans

National media outreach

Trade and Library Advertising

Illustrations



Comp Titles

Q&A a Day for Grandparents	POTTER GIFT	Clarkson Potter	8/8/2017	9781524759537	\$16.95	Diary	Family & Relationships
Chicken Soup for the Soul: Grandparents	Newmark, Amy	Chicken Soup for the Soul	3/26/2019	9781611599862	\$14.95	Trade Paperback	Self-Help
				1524759538	USD		
				9781611599865	USD		

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
 9781786859655
 1786859653
 Pub Date: 8/1/2020
 On Sale Date: 8/1/2020
 \$9.99/\$10.99 Can./£6.99 UK
 Hardcover

160 Pages
 Print Run: 7K
 Self-Help
 SEL000000
 5.4 in H | 4 in W | 0.7 in T | 0.3 lb
 Wt
 Status:**FORTHCOMING**

Motivational Quotes for Success

Summersdale

Key Selling Points

- Packed with positive affirmations and quotes to inspire confidence and success.
- We are becoming increasingly aware that positive thinking is vital to our mental and physical well-being, making this gift book relevant and appealing to modern readers.
- A similar title, *Believe and Achieve* (ISBN: 9781849539838), has sold over 22,000 copies.
- Similar Summersdale titles include:
Believe and Achieve (ISBN: 9781849539838)
Never Give Up (ISBN: 9781786850416)
Make (Sh)it Happen (ISBN: 9781786855626)
You Got This (ISBN: 9781786850409)
Motivational Quotes for Life (ISBN: 9781786859648)
Motivational Quotes for Students (ISBN: 9781787830042)

Summary

A bold little gift book with a bright, trend-led design, packed with motivational quotes and statements to help inspire positivity and an optimistic attitude towards life.

Good things come to those who go out and get them! Bursting with a raft of motivational quotes by the world's most celebrated artists and thinkers, this collection of inspiring words will spur you on to dream, believe and achieve.

Marketing Plans

National media outreach
 Trade and Library Advertising

Illustrations



Comp Titles

A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	9781641522410	\$17.99	Trade Paperback	Self-Help
				1641522410	USD		

Pocket Frida Kahlo Wisdom	Hardie Grant	Hardie Grant	7/17/2018	9781784881801 1784881805	\$9.99 USD Hardcover	Humor
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787830103
1787830101
Pub Date: 8/1/2020
On Sale Date: 8/1/2020
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

160 Pages
Print Run: 7K
Self-Help / Anxieties & Phobias
SEL036000

Status:**FORTHCOMING**

F*ck Worry

Alex Martin

Key Selling Points

- Tell your worries where to go with this confidence-boosting guide.
- A similar series, including the titles *Don't Panic* (ISBN: 9781786852038) and *Believe in Yourself* (ISBN: 9781849539494), has sold over 41,000 copies.
- Similar Summersdale titles include: *Let Go* (ISBN: 9781786857569) *F*ck Stress* (ISBN: 9781787830097)

Summary

A self-help guide with a difference. Perfect for those who want to manage their worries without the frills of traditional self-help books.

Do your worries get in the way of life? Does your troubled mind stop you from sleeping? Are you ready for change?

It's time to say 'f*ck worry' and transform yourself into a new, more confident you. This no-nonsense guide will help you stave off unwanted thoughts as you explore what is actually causing you to worry.

Packed with useful advice, easy-to-follow tips and powerful statements, this essential self-help toolkit will help you improve your self-esteem and confidently give worry the middle finger.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



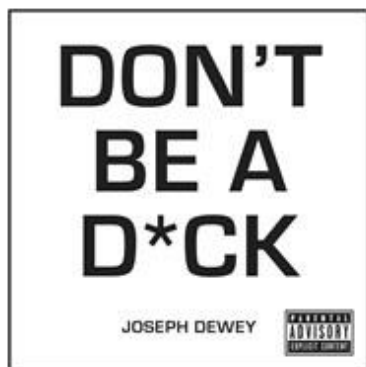
Comp Titles

Unfuck Your Brain	Harper, PhD, LPC-S, ACS, ACN, Faith G.	Microcosm Publishing	11/7/2017	9781621063049 1621063046	\$14.95 USD	Trade Paperback	Self-Help
F*ck Stress	Martin, Alex	Summersdale	12/3/2019	9781787830097 1787830098	\$9.99 USD	Hardcover	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787832862
1787832864
Pub Date: 8/1/2020
On Sale Date: 8/1/2020
\$11.99/\$12.99 Can./£8.99 UK
Hardcover

192 Pages
Print Run: 7K
Humor / Form
HUM004000
Status: **FORTHCOMING**

Don't Be a Dick

Joseph Dewey

Key Selling Points

- Creative and witty, this laugh-a-minute book makes a perfect small gift or funny stocking-filler for the person who has everything.
- Will appeal to those who enjoyed *52 Things to Do While You Poo* (ISBN: 9781849534970) which has sold over 260,000 copies
- Other related titles: *Carpe That F*cking Diem* (ISBN: 9781786855640) *Shit Happens Get Over It* (ISBN: 9781786850218) *F*ck This* (ISBN: 9781786852212)

Summary

An irreverent gift book which demonstrates in an erudite and humorous way how not to be a d*ck.

We're not implying anything but...

It's time for a bit of no-nonsense advice in the form of some choice expletive-laden life lessons. This small but f*cking mighty tome is just the tonic to set you on the path to being an awesome human, and will teach YOU how not to be a D*CK.

Marketing Plans

National media outreach
Trade and Library Advertising

Illustrations



Comp Titles

Zen as F*ck	Sweeney, Monica	Castle Point Books	3/6/2018	9781250147707 1250147700	\$14.99 USD	Trade Paperback	Games & Activities
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787835221
1787835227
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$11.99/\$12.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

Cupid Stunt Cards - The Bachelor Party Dares Edition

More than 70 crazy challenges to pimp up a bachelor party

Summersdale

Key Selling Points

- Small enough to carry in your pocket, this portable game will make any bachelor party even more memorable.
- Includes rules that can be tailored for how long you want to play, and how challenging (or embarrassing) you want the game to be.
- Neon-inspired designs make this an eye-catching gift idea.

Summary

Number of players: 2+

Ages: 21+

Includes: 78 cards, plus 2 instruction cards

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 21 years. For adult use only.

Play the game, if you dare...Need to supercharge a bachelor party? These ludicrous dares will spice things up and give you something fun to do - apart from getting very drunk, obviously. Bachelor parties will never be the same.

Illustrations



Comp Titles

No comparable titles have been specified.

Subrights

No subrights have been specified.



Summersdale
9781787835238
1787835235
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$11.99/\$12.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

Cupid Stunt Cards - The Bachelorette Party Dares Edition

More than 70 crazy challenges to perk up a bachelorette party

Summersdale

Key Selling Points

- Small enough to carry in your pocket, this portable game will make any bachelorette party even more memorable.
- Includes rules that can be tailored for how long you want to play, and how challenging (or embarrassing) you want the game to be.
- Neon-inspired designs make this an eye-catching gift idea.

Summary

Number of players: 2+

Ages: 21+

Includes: 78 cards, plus 2 instruction cards

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 21 years. For adult use only.

Play the game, if you dare...Need to hot up a bachelorette party? These outrageous dares will get the fun going and make it a night you'll never forget - even if you wanted to! Bachelorette parties will never be the same.

Illustrations



Comp Titles

No comparable titles have been specified.

Subrights

No subrights have been specified.



Summersdale
9781787833326
1787833321
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$11.99/\$12.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

Cupid Stunt Cards - the Naughty Dares Edition

More than 70 cheeky challenges to spice up a night

Summersdale

Key Selling Points

- Small enough to carry in your pocket, this portable game will make any adult social event more raunchy and memorable.
- Includes rules that can be tailored for how long you want to play, and how challenging (or naughty) you want the game to be.
- Neon-inspired designs make this an eye-catching and fun gift idea.

Summary

Number of players: 2+

Ages: 18+

Includes: 78 cards, plus 2 instruction card

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 18 years. For adult use only.

Play the game, if you dare...

Are you ready for some X-rated fun? This sinful stack of rude and raunchy dares is guaranteed to get tongues wagging and set pulses racing. Nights out (or in) will never be the same.

Illustrations



Comp Titles

Naughty Truth or Dare	Running Press	RP Minis	1/3/2017	9780762460717	\$9.95	Paperback	Family & Relationships
				0762460717	USD		
After Dinner Amusements: Truth or Dare for Couples	Chronicle Books	Chronicle Books	9/12/2017	9781452164915	\$8.95	Cards	Non-Classifiable
				1452164916	USD		

Subrights

No subrights have been specified.



Summersdale
9781787835177
1787835170
Pub Date: 4/7/2020
On Sale Date: 4/7/2020
\$11.99/\$12.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

Cupid Stunt Cards - the Drinking Games Edition

More than 70 games and dares to get a party going

Summersdale

Key Selling Points

- Small enough to carry in your pocket, this portable deck of cards will make any party or night out even more memorable.
- Includes classic drinking games as well as quick-fire dare cards for a variety of ways to play.
- Features a selection of games from The Little Book of Drinking Games (ISBN: 9781849535861), which has sold over 158,000 copies.

Summary

Number of players: 2+

Ages: 21+

Includes: 78 cards, plus 2 instruction cards

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 21 years. For adult use only.

Play the game, if you dare...Need to liven up a party and keep the fun flowing? This stack of easy-to-play drinking games and outrageous "Drink or Dare" challenges will raise the stakes as you raise a glass. Parties will never be the same.

Illustrations



Comp Titles

Big Bad-Ass Drinking Games	Tusman, Jordana	RP Minis	3/24/2009	9780762435937 0762435933	\$9.95 USD	Paperback	Games & Activities
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787833340
1787833348
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$16.99/\$18.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

The Little Box of Positivity

52 beautiful cards of uplifting quotes and inspiring affirmations

Summersdale

Key Selling Points

- 52 beautifully designed and instantly Instagram-able cards, each featuring a positive statement.
- Embrace the wonders of the everyday with these sunny and uplifting quote cards, which you can use as a decoration for your home or workplace.
- A lovely present to give to a friend to pick them up and remind them to always look on the bright side.
- Similar Summersdale titles, which have sold a total of over 80,000 copies, include:
 - She Believed She Could So She Did (ISBN: 9781787835184)
 - Think Positive, Stay Positive (ISBN: 9781786850355)
 - Stay Positive (ISBN: 9781786857705)
 - The Little Book of Positivity (ISBN: 9781849537889)

Summary

Includes: 52 illustrated cards and a wooden display holder

Assembly required? No

Batteries required? No

One positive thought can change your whole day.

The right words at the right time can do wonders to lift your mood. This deck of 52 cards is full of sunny thoughts, kind words and little pick-me-ups that can be displayed anywhere to brighten your day and remind you that life is good.

Illustrations



Comp Titles

You Are a Badass® Talking Button Sincero, Jen RP Minis 3/22/2016 9780762460083 \$9.95 USD Paperback Self-Help 0762460083

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Swear Snap

The most foul-mouthed card game you'll ever play

Summersdale

Key Selling Points

- A foul-mouthed twist on the classic game of Snap, which is simple and easy to play.
- Small enough to carry in your pocket or bag, this portable game will liven up any adult social event.
- If you've got some inner rage that needs to be let out, this is the game to play!

Summary

Time: depending on your reflexes from 5 minutes to play per round

Number of players: 2

Includes: 52 playing cards, plus 2 instructions cards

Ages: 18+

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 18 years. For adult use only.

No more Ps and Qs, just F U! This X-rated twist on the classic game of Snap is all about quick reactions and shouting obscene language in your opponent's face. The winner will feel f*cking fantastic; the loser will be f*cking fuming.

Illustrations



Comp Titles

No comparable titles have been specified.

Subrights

No subrights have been specified.

Summersdale
9781787833333
178783333X
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$9.99/\$10.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000
Status: **FORTHCOMING**



Summersdale
9781787835153
1787835154
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$16.99/\$18.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000
Status: **FORTHCOMING**

Sh*t Happens

52 cards of upbeat quotes and no-nonsense statements

Summersdale

Key Selling Points

- 52 kick-ass, motivational statement cards reminding you that when sh*t hits the fan, it's not the end of the world.
- Inspired by our successful book, Sh*t Happens Get Over It (ISBN: 9781786850218), which has sold over 27,000 copies.
- great gift for a friend, encouraging them to turn unfortunate situations into their own successes.

Summary

Includes: 52 illustrated cards and a wooden display holder

Assembly required? No

Batteries required? No

Shit happens, get over it! A deck of 52 cards containing wry quotes and no-nonsense statements ready for you to place on display in the holder included. When the shit hits the fan, simply shake it off and read one of these cards to reinforce your will to succeed. This collection is perfect for those who don't waste time wondering if the glass is half-full or half-empty - they just get on and drink.

Illustrations



Comp Titles

You Are a Badass® Talking Button Sincero, Jen RP Minis 3/22/2016	9780762460083 0762460083	\$9.95 USD Paperback Self-Help
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No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781787835184
1787835189
Pub Date: 5/5/2020
On Sale Date: 5/5/2020
\$16.99/\$18.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Card Games
GAM002000

Status: **FORTHCOMING**

She Believed She Could So She Did

52 beautiful cards of inspiring quotes and empowering affirmations

Summersdale

Key Selling Points

- 52 stunning, inspirational and instantly Instagram-able cards, which would brighten up your bedroom or work space and remind you that you can do anything. Includes card stand to display your favorite card.
- Inspired by our popular quote book, *She Believed She Could So She Did* (ISBN: 9781786854889), which has sold over 18,000 copies since its publication in 2018.
- A lovely gift for a friend who needs a confidence boost or some extra encouragement to do something they've wanted to for a while.

Summary

Includes: 52 illustrated cards and a wooden display holder

Assembly required? No

Batteries required? No

Tap into your girl magic

A deck of 52 cards containing inspirational quotations and life-affirming statements ready for you to place on display in the holder included. Inside every girl is a diamond core of strength that helps them achieve anything they put their mind to. For some extra sparkle, read one of these beautiful cards and be inspired to conquer the world with grit and grace.

Illustrations



Comp Titles

You Are a Badass® Talking Button Sincero, Jen RP Minis 3/22/2016 9780762460083 \$9.95 USD Paperback Self-Help 0762460083

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Sex Snap

The naughtiest card game you'll ever play

Summersdale

Key Selling Points

- A sexy twist on the classic game of Snap, which is simple and easy to play.
- Small enough to carry in your pocket or bag, this portable game will spice up any adult social event. An amusing and X-rated game to play with your partner.

Summary

Time: Depends how long you last!

Number of players: 2+

Includes: 52 playing cards, plus 2 instruction cards

Ages: 18+

Assembly required? No

Batteries required? No

Warning: Not suitable for persons under 18 years. For adult use only.

Who cares about winning? In this game, it's the taking part that counts...This X-rated twist on the classic game of Snap is all about speed, spontaneity and paying close attention to the sex positions on the cards. It'll leave you and your opponent gagging for more.

Illustrations



Comp Titles

No comparable titles have been specified.

Subrights

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Summersdale
9781787833418
1787833410
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\$24.99/\$32.99 Can.
Other Merchandise

Print Run: 5K
Games & Activities / Board
Games
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Status: **FORTHCOMING**

Filth

The outrageous game for disgraceful people

Summersdale

Key Selling Points

- This game is easy to get to grips with and play, making it fuss-free.
- Guaranteed to make any adult social event amusing.
- Due to the high amount of combinations that can be made with the cards, no two games are the same, making it fresh and non-repetitive each time you play!
- Rule variations allow you to play quick-fire or extended rounds of the game - making it adaptable to any situation.

Summary

Time: 3 mins to learn, 20 mins+ to play

Number of players: 2-15

Ages: 18+

Includes: 300 cards, 15 voting tokens, one egg timer

Assembly required? No

Batteries required? No

Warning: This is not a game you should play with your parents!

Compete to invent the most outrageous 'sexploits' that will make even the most poker-faced players blush. Unmask the dirty, deviant and downright depraved minds of your friends in this side-splitting X-rated extravaganza.

Easy to learn and quick to play! Use the cards to build a sentence - rude, obscene, funny or absurd - and vote on whose filthy creation best fits one of 50 categories. Is your sentence the kinkiest? The most imaginative? The most likely to end up as a tabloid headline? Win the category card to win the round!

Sentence examples include: "I was being pleased by a gigantic lubricated dildo in Grandma's living room", or "I was thrusting against a silky, pulsing ballsack at a funeral" - and that's barely scratching the surface! No two games are the same, as there are countless combinations of cards that can be played. There is no end to the cocktails of indecency you can create!

Hilarious and profane, this disgraceful card game will guarantee that any pre-drinks, dinner party or games night is an absolute winner. Perfect for parties and adult games nights.

Illustrations

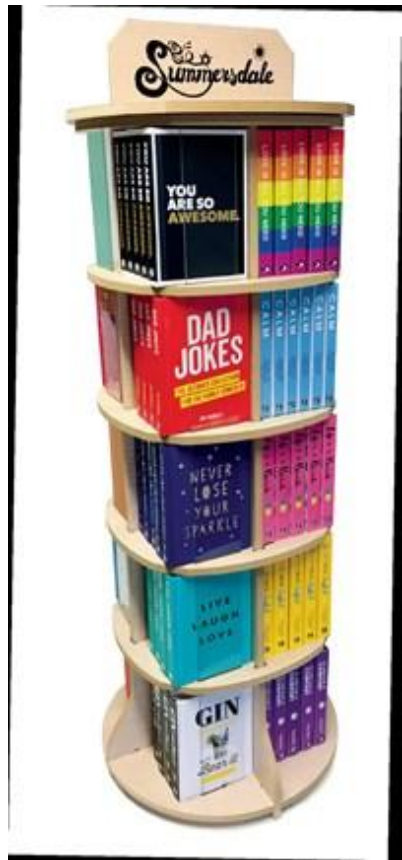


Comp Titles

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Summersdale display spinner

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