



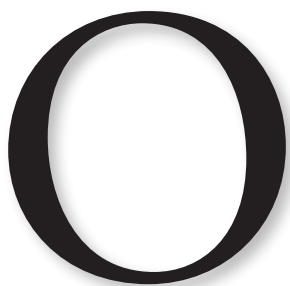
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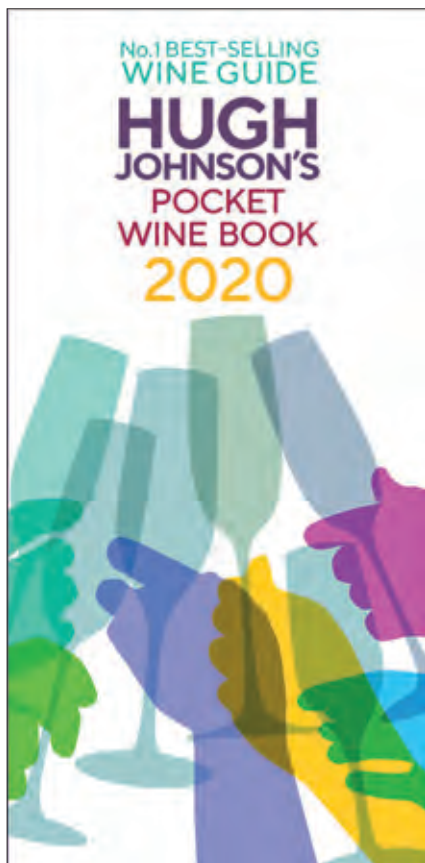


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FALL 2019 — WINTER 2020



HUGH JOHNSON'S POCKET WINE BOOK 2020

Hugh Johnson

The brand new edition of the unrivalled and bestselling annual, *Hugh Johnson's Pocket Wine Book*.

Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine - in most shops, restaurants, or on the internet. Now in its 43rd year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

Hugh Johnson provides clear succinct facts and commentary on the wines, growers and wine regions of the whole world. He reveals which vintages to buy, which to drink and which to cellar, which growers to look for and why. *Hugh Johnson's Pocket Wine Book* gives clear information on grape varieties, local specialties and how to match food with wines that will bring out the best in both.

- This latest edition of *Hugh Johnson's Pocket Wine Book* includes a color supplement on 'Wine Flavor: How, What, Why?'



Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* sells hundreds of thousands of copies a year. His winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered.

With the publication of his first book, *Wine*, Johnson established himself at the age of twenty-seven as the most refreshing and authoritative voice on the subject. During the past four decades he has written books that have become landmarks on the subject, including his classic *The World Atlas of Wine*, co-authored with Jancis Robinson, his *Wine Companion*, first published in 2003, and *Hugh Johnson on Wine*.

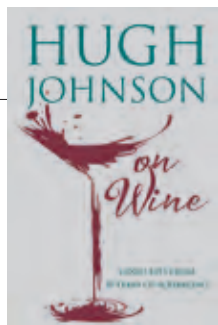
Also Available:

HUGH JOHNSON ON WINE

9781784722623

US \$24.99

CAN \$27.99



9781784726126

September 2019

Mitchell Beazley

US \$16.99 CAN \$18.99

Hardcover

3 1/2" x 7 1/2"

336 pages

"Space for one wine book in your life? This is it." -
Howard G. Goldberg, The New York Times



Grape varieties

In the past two decades a radical change has come about in all except the most long-established wine countries: the names of a handful of grape varieties have become the ready-reference to wine. In senior wine countries, above all France and Italy, more complex traditions prevail. All wine of old prestige is known by its origin, more or less narrowly defined – not just by the particular fruit juice that fermented. For the present the two notions are in rivalry. Eventually the primacy of place over fruit will become obvious, at least for wines of quality. But for now, for most people, grape tastes are the easy reference point – despite the fact that they are often confused by the added taste of oak. If grape flavours were really all that mattered, this would be a very short book. But of course they *do* matter, and a knowledge of them both guides you to flavours you enjoy and helps comparisons between regions. Hence the originally Californian term “varietal wine”, meaning, in principle, made from one grape variety. At least seven varieties – Cabernet Sauvignon, Pinot Noir, Riesling, Sauvignon Blanc, Chardonnay, Gewürztraminer and Muscat – taste and smell distinct and memorable enough to form international wine categories. To these add Merlot, Malbec, Syrah, Sémillon, Chenin Blanc, Pinots Blanc and Gris, Sylvaner, Viognier, Nebbiolo, Sangiovese, Tempranillo. The following are the best and/or most popular wine grapes.

All grapes and synonyms are cross-referenced in small capitals throughout every section of this book.

Grapes for red wine

Agiorghiko Greek: the grape of Nemea, now planted almost everywhere. Versatile and delicious, from soft and charming to dense and age-worthy. A must-try.

Aglianico S Italian, the grape of Taurasi; dark, deep and fashionable.

Alicante Bouschet Used to be beyond pale, now stylish in Alentejo, Chile esp old vines.

Aragonez See TEMPRANILLO.

Auxerrois See MALBEC; if red, White Auxerrois has its own entry in White Grapes.

Băbească Neagră Traditional “black grandmother grape” of Moldova; light body and ruby-red colour.

Babik Dark grape from Dalmatia, grown in stony seaside v'ds round Šibenik. Exceptional quality potential.

Baga Portugal. Bairrada grape. Dark and tannic. Great potential but hard to grow.

Barbera Widely grown in Italy, best in Piedmont: high acidity, low tannin, cherry fruit. Ranges from barrique and serious to semi-sweet and frothy. Fashionable in California and Australia; promising in Argentina.

Blauburger Austrian cross between BLAUER PORTUGIESER and BLAUFRÄNKISCH. Makes simple wines.

Blauburgunder See PINOT N.

Blauer Portugieser Central European esp Germany (Rheinhessen, Pfalz, mostly for rosé), Austria, Hungary. Light, fruity reds: drink young, slightly chilled.

Blaufränkisch (Kékfrankos, Lemberger, Modra Frankinja) Widely planted in Austria's Mittelburgenland: medium-bodied, peppery acidity, a characteristic salty note, berry aromas and eucalyptus. Often blended with CAB SAUV or ZWIEGEL. Lemberger in Germany (specialty of Württemberg), Kékfrankos in Hungary, Modra Frankinja in Slovenia.

Boğazkere Tannic and Turkish. Produces full-bodied wines.

Bonarda Ambiguous name. In Oltrepò Pavese, an alias for Croatina, soft fresh *fizicante* and still red. In Lombardy and Emilia-Romagna an alias for Uva Rara. Different in Piedmont. Argentina's Bonarda can be any of these, or something else. None are great.

Bouchet St-Émilion alias for CAB FR.

Brunello SANGIOVESI, splendid at Montalcino.

Cabernet Franc (Cab Fr) The lesser of two sorts of Cab grown in B's, but dominant in St-Émilion. Outperforms CAB SAUV in Loire (Chinon, Saumur-Champigny, rosé), in Hungary (depth and complexity in Villány and Szekszárd) and often in Italy. Much of ne Italy's Cab Fr turned out to be CARMENÈRE. Used in B's blends of Cab Sauv/MERLOT across the world.

Cabernet Sauvignon (Cab Sauv) Grape of great character: slow-ripening, spicy, herby, tannic, with blackcurrant aroma. Main grape of the Médoc; also makes some of the best California, S American, East European reds. Vies with SHIRAZ in Australia. Grown almost everywhere, and led vinous renaissance in eg. Italy. Top wines need ageing; usually benefits from blending with eg. MERLOT, CAB FR, SYRAH, TEMPRANILLO, SANGIOVESI etc. Makes aromatic rosé.

Canonau GRENACHE in its Sardinian manifestation; can be v. fine, potent.

Carignan (Carigane, Carignano, Carinena) Low-yielding old vines now v. fashionable everywhere from s of France to Chile: best: Corbières. Lots of depth and vibrancy. Overcropped Carignan is wine-lake fodder. Common in North Africa, Spain (as Carinena) and California.

Carignano See CARIGNAN.

Carinena See CARIGNAN.

Carmenère Old B's variety now a star – rich and deep – in Chile (pronounced *carmenayra*). B's is looking at it again.

Castello See PERDUQUA.

ARMENIAN COUNTRY WITH A TEA-DRINKING HERITAGE; IN NORTH-WESTERN RUSSIA, ON THE BEATEN TRACK IS NEW WINE PRODUCTION, ABOVE 1000M (3281FT), IN KAZAKHSTAN.

Armenia Vies with Georgia as a birthplace of winemaking (the most ancient winery dates back 6100 yrs). Its remote mountainous v'ds are phylloxera-free. Indigenous white Voskeht, Garandamak; red Areni, Hindogny, Kakhet can give high quality. Private investment and internationally renowned consultants drive the standards at ArmAs, Tierras de Armenia, Zorah Karasi.

Georgians were making wine 2500 yrs before wheel was invented; 1st things 1st.

Georgia Private households own 90 per cent of Georgia's 48,000 ha of v'ds. Wine is a lifestyle choice, and with over 7000 yrs of unbroken viticultural history, Georgia has preserved its unique grapes (around 500), viticulture, wine styles. Principal varieties are red SAFAVARI (from easy and semi-sweet to robust, tannic, age-worthy) and white RAISTVELI (lively, refreshing). Handmade qvevris, protected by UNESCO, are a symbol of Georgian winemaking and inspire winemakers worldwide. Historic production of skin-macerated whites is known as Kakhet method, and more fashionably as orange wine. Leading producers incl Badaguri, Chateau Mukhrani, CWS, Jaleli Khishini, Kindzmarauli Marani, Marani (TWC), Phersant's Tears, Schuchmann, Tbilvino.

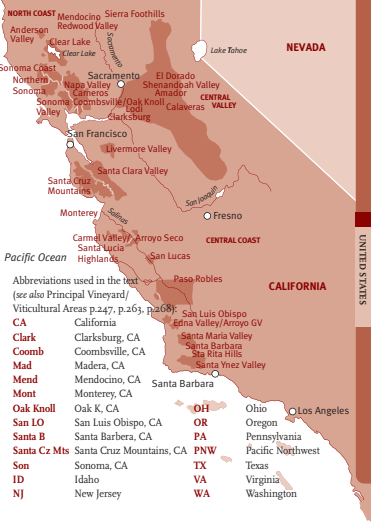
Moldova This tiny country's agriculture is based on winemaking: 110,000 ha of v'ds need the hands of ten per cent of the population. European grapes are historically grown along with typically Romanian (w) FETEAȘCĂ ALBĂ, FETEAȘCĂ REGALĂ, (r) Rară Neagră, FETEAȘCĂ NEGRĂ and others. Wines offer gd value. Historic red blends ROȘU DE PURCARI (CAB SAUV, MERLOT, MALBEC) and Negru de Purcari (CAB SAUV, SAFAVARI, Rară Neagră) can be seriously interesting. Vinifera Purcari is most acclaimed. Producers of note: Ascani, Chateau Vartely, Cricova (tp), B Cetera, Rustur, Gitanu, Lion Gr, Vinifera Botanica, Vinifera din Vale.

Russia has introduced, prematurely you may well think, geographic indications and protected names of origin. There are 60,000 ha, yet over half of “Russian” wine is made with cheap bulk. The Krasnodar region leads with favourable conditions by the Black Sea and the River Kuban. International grapes (incl RUSS) lead. Harsh climate in the Don Valley, known for indigenous grapes (red Krasnostop, Tsimliansky), means they have to bury vines in winter. Chateau le Grand Vostock and Letkadia have consistent high quality. Est large producers are Chateau Tsimaghe, Panagoria, Myshakho, Tbilviniya, Abrau Duroso (sparkling): small are Burnier, Gai-Kodzor, Rayevskoye.

Ukraine Wine production is concentrated around the Black Sea, particularly in the Crimea where quality is also highest. International grapes are common, also some local hybrids. Producers with own v'ds are raising stakes for quality dry wines: Inkerman (Special Res), Guliev Wines, Prince Trubetskoy Winery, Satera (Eise, Kacha Valley), Oleg Repin, Uppa Winery, Veles are of note. Massandra, Solnechnaya Dolina, Koktebel, Magarach continue strong tradition of fortified styles. Wines modelled on Champagne are another heritage: try Artyomovsk Winery, Novy Svet, Zolotaya Balka.

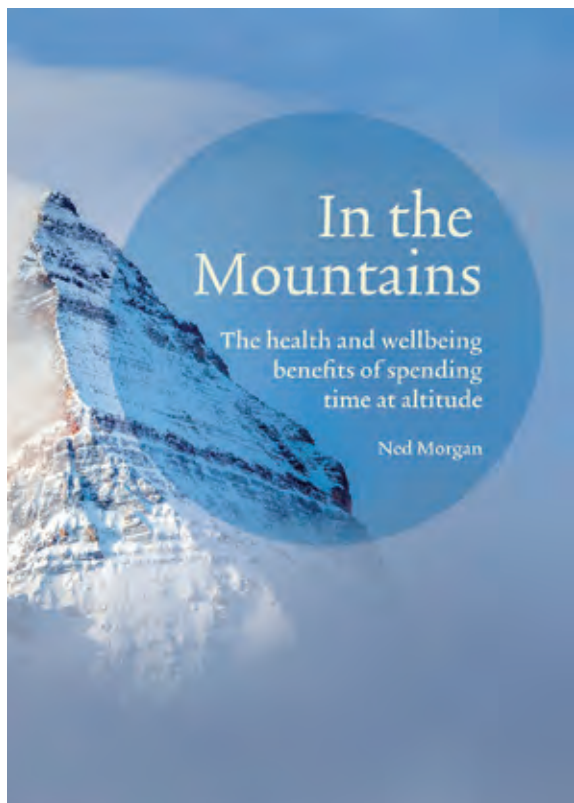
More than
12 million
copies sold

United States



Abbreviations used in the text
(see also Principal Vineyard/
Viticultural Areas p.247, p.263, p.268)

CA California
Clark Clarksburg, CA
Coomb Coombsville, CA
Mad Madera, CA
Mend Mendocino, CA
Mont Monterey, CA
Oak Knoll Oak K, CA
San LO San Luis Obispo, CA
Santa B Santa Barbara, CA
Santa Cz Mts Santa Cruz Mountains, CA
Son Sonoma, CA
ID Idaho
NJ New Jersey



IN THE MOUNTAINS

The health and wellbeing benefits of spending time at altitude

Ned Morgan

An exploration of the health and wellbeing benefits of spending time at altitude.

Mountains have forever been steeped in poetry, symbolism and mystery, inspiring everyone from the explorers who wish to scale every peak to those who are more interested in the journey or the view. These rooftops of the world encourage determination, resilience, fitness of the body, ingenuity, creativity and awe - all of which are, in their own ways, "good for us".

As the world's populations becomes increasingly urbanized, the need for a healthy relationship with nature is becoming more and more important, both from a psychological wellbeing and physical health point of view.

In the Mountains is an awe-inspiring book that takes us on a journey to reveal the health and wellbeing benefits of spending time at altitude, and also, teaches how we can be inspired by the research to bring elements of a mountain lifestyle into our everyday, increasingly urbanized, lives.



Ned Morgan, editor of *Canada's Mountain Life* magazine, lived in Toronto for many years before deciding to leave behind what he didn't need (gridlock, air pollution) and go back to the mountains. In 2007, Ned moved back home to the Blue Mountains region of Ontario. His writing on nature, and specifically our relationship with

the mountains, has been published in *Canadian Geographic*, *National Post*, *Canoeroots*, *Rapid* and elsewhere.



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September 2019

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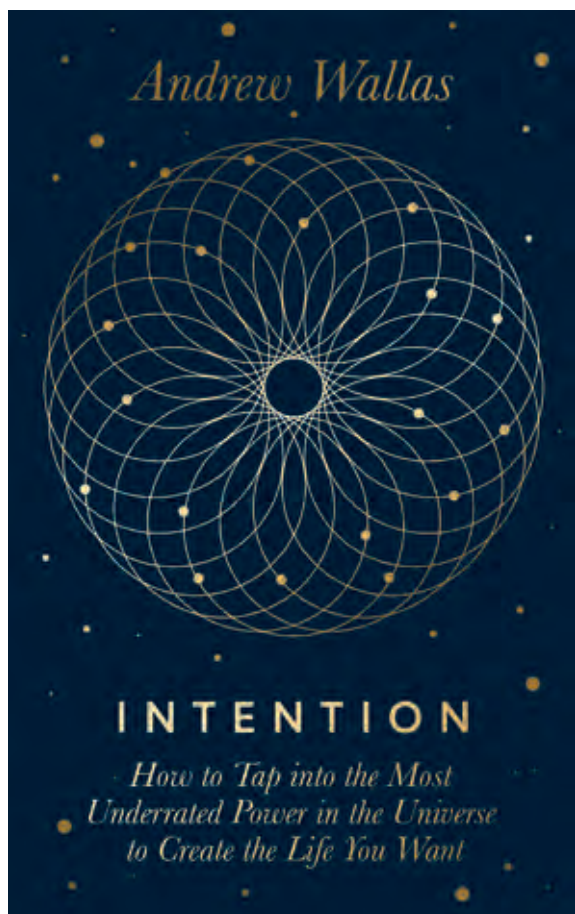
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INTENTION

How to Tap into the Most Underrated Power in the Universe to Create the Life You Want

Andrew Wallas

Intention is the seed of all change and it is the creative power that fulfills our dreams. An intention contains the DNA of manifestation and it is therefore the key to creating the life you want. Our outer world is a reflection of our inner world, and so the only way to shift reality is to start with what is inside us.

This powerful book guides you through a process of self-enquiry that gets to the true heart of your intentions for this life. You will weed out the obstacles in the way of your wishes, such as limiting self-beliefs and the stories you currently tell about yourself. You will plant the seeds of intention with a sense of true clarity and infinite possibility, and then water them with your daily actions and care. And then all that needs to be done is to trust in the outcome and allow your intentions to grow.

This book is for anyone who wishes to align their life with their innermost wishes and tap into the most underrated power in the universe.



Andrew Wallas, has been described by the *Daily Mail* as a 'Modern Day Wizard' who 'transforms your energy', creating 'alchemical shift'. He has been successful in an outer world sense - creating significant wealth in the City - but was ahead of the curve in realizing 32 years ago that wealth is not money, it is happiness. His aim is to impart the message that if we leave the

outside world alone for a while and concentrate on our inner world, our outer world will reflect any internal shift we make.

Andrew started his working life in the City, where in 10 years he became extremely successful in Finance. By his late twenties, he realized that the rapid growth in outer financial success was correlated with a sense of inner meaninglessness and loneliness. After a breakdown/ breakthrough, Andrew left the City and spent four years studying at Theological College, obtaining degrees in both theology and philosophy and subsequently gained a master's degree in psychology. Following several trainings in psychotherapy, he opened a thriving clinical practice in North London, working with individuals and groups.



CAN HEARTBREAK PHYSICALLY HURT?

The science behind why we like, love, lust and loathe

Dr Emily Grossman

Do we really have a soul mate? Why do we kiss? Does size really matter? Can you actually die from a broken heart?

Can Heartbreak Physically Hurt? looks to answer the questions that philosophers, poets and scientists have tried to demystify over the course of humankind's history.

The internationally-acclaimed science author and public speaker, Dr Emily Grossman, uses a wide range of mathematical and scientific disciplines to answer the perennial questions we all ask ourselves about love in the modern world, from understanding our own sexuality and laws of attraction, to uncovering the relationship between addiction, sex, love and heartache. Through examining the core scientific discoveries of why we act and feel the way we do, why we're attracted to certain people, and who we are trying to get over and move on from, this book is a guide to decoding the one emotion that makes us entirely and uniquely human - love.

Can Heartbreak Physically Hurt? combines physiology, neuroscience and affective science to explain truly modern love.



Dr Emily Grossman is an internationally acclaimed science author, public speaker and TV personality. She is an expert in molecular biology and genetics, with a Double First in Natural Sciences from Queens' College Cambridge and a PhD in cancer research.

Emily has also trained and worked as an actress and singer, and as a maths and science teacher. She now combines her skills as a science broadcaster, writer, educator and trainer.

Emily was recently named as the second Honorary STEM Ambassador, alongside astronaut Tim Peake, for her pioneering work in STEM education and as a role model to young people.

9781788400619

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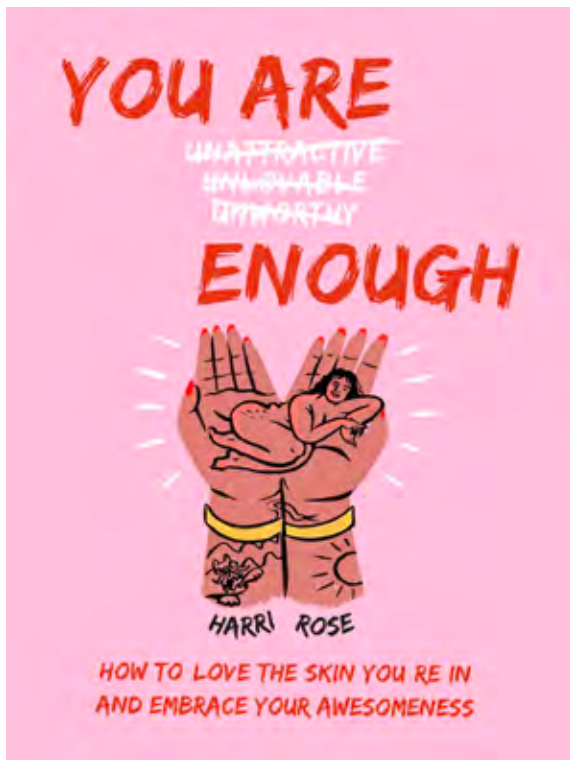
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224 pages



YOU ARE ENOUGH

How to love the skin you're in & embrace your awesomeness

Harri Rose

How to be happy in your body, without changing a thing.

This is not a diet book. Oh hell no. Quite the opposite.

Have you ever told yourself that happiness will come after the next diet? That life will be better once you've lost the last few pounds? What if you stopped relentlessly trying to change yourself, and started to accept your body as it is?

Inside the pages of this book are the tools that you need to stop waging war on your body and forget about dieting, forever. Includes advice and information, as well as exercises and visualizations, to help you on the way to unapologetic body acceptance.

By the time you have finished reading this book, you will never want to change your body again.



Harri Rose is a qualified health coach who teaches unapologetic body acceptance and creative living. She believes that for too long, we have been apologizing for our bodies - and diet culture and beauty standards are holding us back from being our best selves.

She qualified as a health coach at The Institute for Integrative Nutrition and as a massage practitioner at the Massage Training Institute, which taught her how amazing our bodies truly are.



9781783253203

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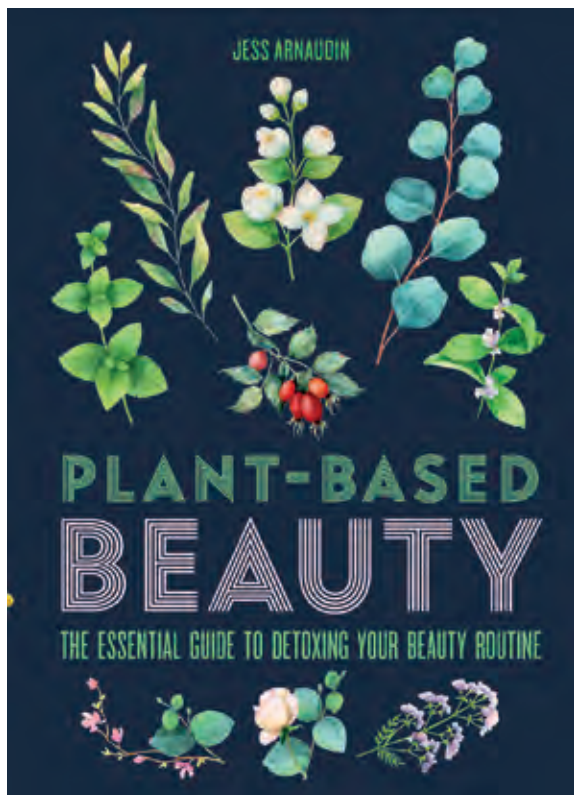
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PLANT-BASED BEAUTY

The essential guide to detoxing your beauty routine

Jess Arnaudin

A conscious guide to plant-based beauty

The essential guide to detoxing your beauty routine.

Plant-based beauty is part of a growing global movement that is not just about the food we eat but the choices we make when it comes to what we wear and the beauty products we use. We are more aware than ever that our personal actions have an effect both on our own levels of wellness and the health of the world around us.

Plant-Based Beauty is a practical companion to your daily routine, helping you to truly understand the ingredients you are putting on your skin and replacing them with self-care rituals to look forward to.

Jess Arnaudin helps to de-code the language, myths and science surrounding natural ingredients and shares recipes and her favorite beauty foods as part of her philosophy of 'Inside Out Beauty'.



Jess Arnaudin is an expert skin therapist, organic beauty coach, eco-makeup artist and writer with 7+ years of experience in NYC's beauty and wellness industry. Jess's articles on beauty have been featured in publications including *Chickpea Magazine*, *Buzzfeed*, *Inskin Magazine*, *Savor Life Magazine*, *Grace Belle*, and *New York Yoga + Life Magazine*.



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HOME SWEET RENTED HOME

Transform your home without losing your deposit

Medina Grillo

Inject style, personality and comfort into your rented home, whatever your style or budget.

You've got the keys from your landlord, moved into your new home, and the boxes are unpacked. Now you want to put your stamp on the place, but how do you do this when you can't paint the walls, refurbish the kitchen or replace the old, tired flooring? Not to mention the tattered lampshades, old sofa and sparse furniture...

In this invaluable book, award-winning interiors blogger Medina Grillo shares her favorite tips, tricks and DIY projects for transforming a rented space. Discover ways to add a splash of color with removable wallpaper, learn how to hang artworks without damaging the walls, and turn your hand to upcycling those furniture bargains you picked up at the flea market.

With chapters covering all aspects of the home, from walls, flooring and lighting to storage and accessories, *Home Sweet (Rented) Home* will enable every reader to make their house feel like home, whether they are a DIY expert or have never before lifted a paintbrush.



Medina Grillo is the voice behind the blog Grillo Designs, where she shares creative and affordable ways to decorate your home with a DIY approach. Her DIY tutorials have been featured in a variety of both online and print publications, such as *Real Homes*, *Make It Yours*, *Apartment Therapy* and the *Telegraph*.

Yours, Apartment Therapy and the *Telegraph*.



9781784726003

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Mitchell Beazley

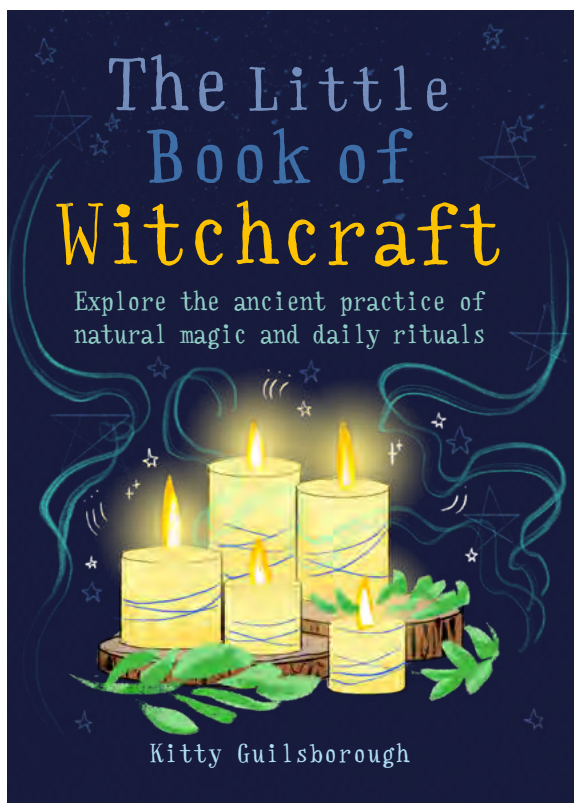
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THE LITTLE BOOK OF WITCHCRAFT

Explore the ancient practise of natural magic and daily ritual

Kitty Guilsborough

Explore the ancient practice of natural magic and daily ritual.

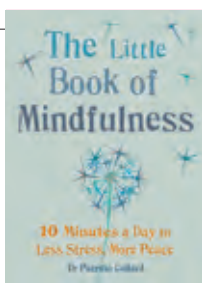
Witchcraft has existed since the days of Greek mythology and is now practiced as widely as modern pagan religions. More than spells and incantations, witchcraft is a lifestyle that can help you relax, heal, and grow in confidence. With this guide, you'll learn the basics from assembling your own witch kit and getting to grips with tarot, to growing your own 'Witch Kitchen Garden'. Whether you want to learn more about rituals and magic, or if you just want to get in touch with your witchy side, *The Little Book of Witchcraft* will show you the way.

Discover the history of witches, experience the healing properties of crystals, and learn simple daily incantations that will help you to shape your destiny.

In this book, natural magic writer Kitty Guilsborough shows you how to harness your inner power by unlocking the ancient art of witchcraft.

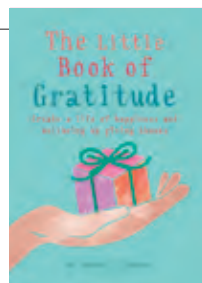
Kitty Guilsborough lives in London, where she writes about ancient rituals, magic and spellcraft by day and tells Tarot at night. She has a cat (not black) and a lot of crystals. She would not necessarily describe herself as a Wiccan, but she is a keen student of the craft.

Also Available:



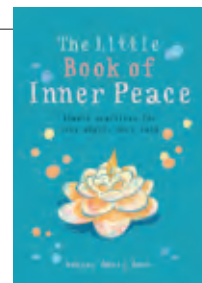
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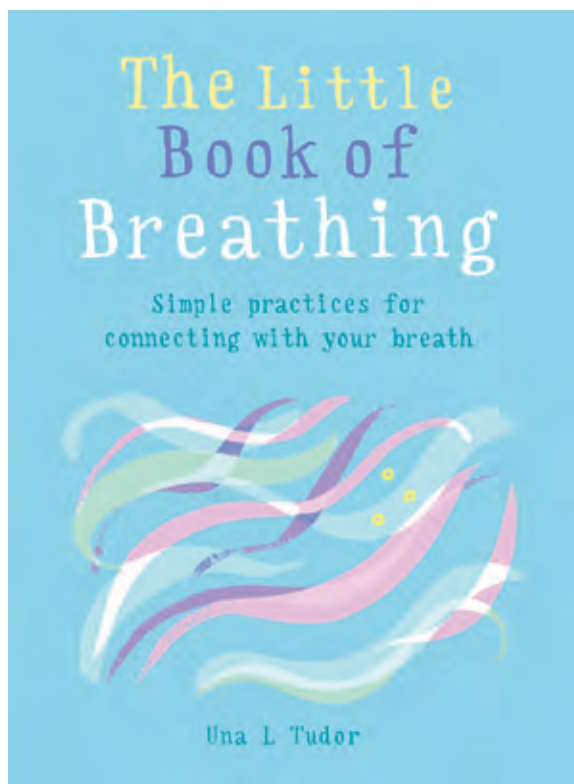


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THE LITTLE BOOK OF BREATHING

Simple practices for connecting with your breath

Una L Tudor

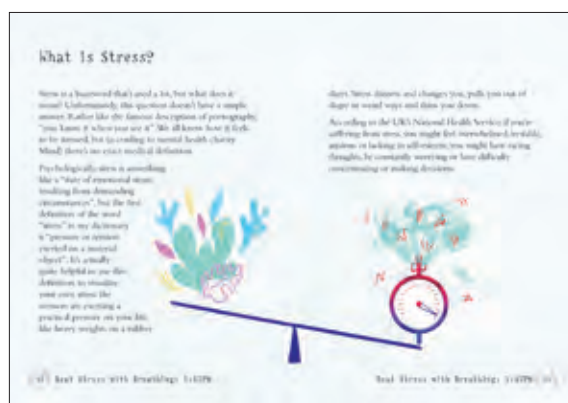
Breathe your way towards a more considered, thoughtful life.

Are you using your phone too much? Are you drinking too much coffee? Are you really getting the most out of your day?

The Little Book of Breathing is the one-step handbook towards a more considered and thoughtful life. Combining techniques, exercises and helpful thoughts from life coach and counselor, Una L. Tudor, you will learn to eliminate stress and bring peace into your life, all through the power of breathing. With these simple 10-15 minute practices to guide you through your day, you'll learn how to harvest the power of your breath.

Accessible and open to everyone, this beautifully illustrated book will help you learn how to lead a more tranquil, relaxed and serene existence.

Una L. Tudor is a life coach and counselor from York. She lives in London with her wife and two cats, Bulgur and Barley. In her spare time, she practises yoga. This is her first book.



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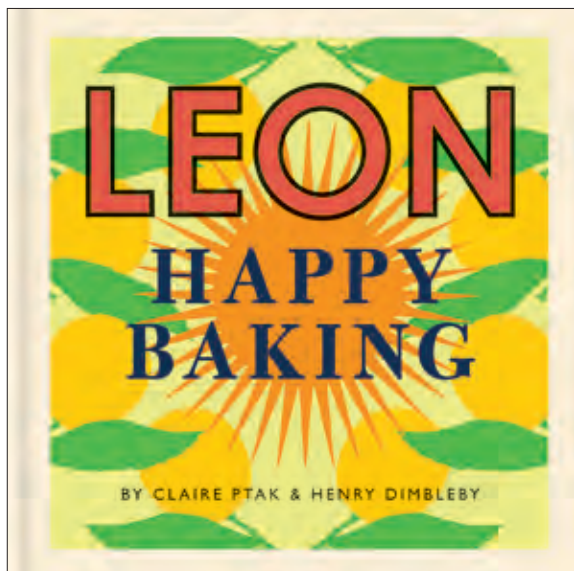
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LEON HAPPY BAKING

Claire Ptak & Henry Dimbleby

The latest book in the hugely popular Leon Happy series: the team behind award-winning restaurant Leon provide more than 100 sweet and savory baking recipes.

Leon Happy Baking contains sweet and savory recipes for everyone, from the novice cook to the baking expert. Following the Leon principle that what tastes good can also do you good, many of the recipes are sugar, dairy, wheat or gluten free - so there's plenty to indulge in even if you have a food allergy, an intolerance or an eye on your waistline.

From Henry's spelt loaf to the perfect pecan pie, the book includes more than 100 fun, straightforward recipes, including new additions straight from the Leon countertops.

A remastered edition of the classic *Leon: Baking & Puddings* (66,000 copies sold) with new photography throughout and never-before-seen Leon recipes.



Henry Dimbleby is co-founder of Leon, the award-winning fast food chain that serves healthy fast food. Together with John Vincent and Allegra McEvedy, he opened the first restaurant in London in July 2004, and six months after opening, Leon was named the

Best New Restaurant in Great Britain at the Observer Food Monthly Awards (by a judging panel that included Rick Stein, Gordon Ramsay, Nigel Slater, Heston Blumenthal, Ruth Rogers and Jay Rayner). There are now more than 55 Leon restaurants (including branches in Washington DC).

Claire Ptak is former pastry chef at the legendary California restaurant Chez Panisse, and now chef-proprietor of Violet Cakes in London. She was chosen to make Prince Harry and Meghan Markle's wedding cake.

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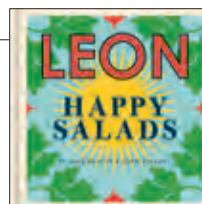
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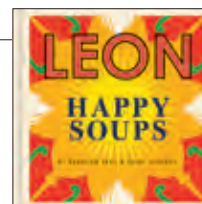
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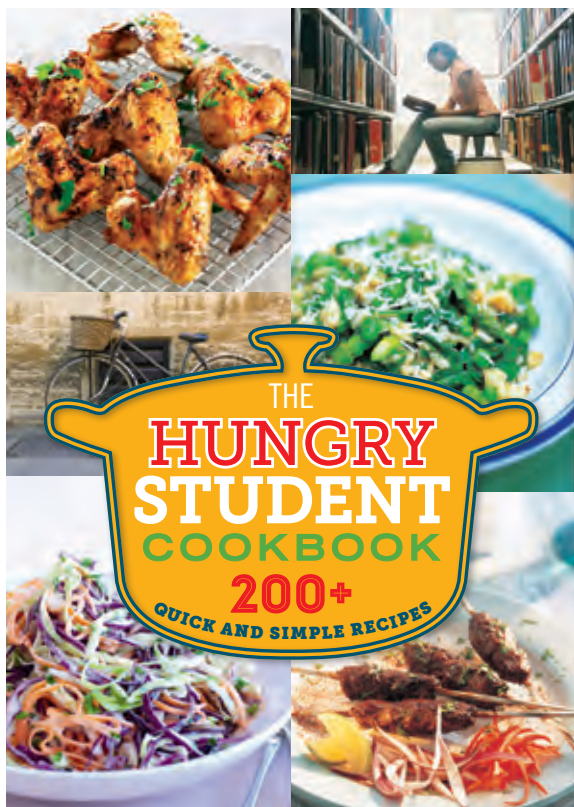
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9781840917635
US\$19.99 (HC)
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THE HUNGRY STUDENT COOKBOOK

200+ quick and simple recipes

Ditch the takeaways and impress all your friends with this spectacular repertoire of more than 200 recipes.

A student cookbook with a difference, *The Hungry Student* not only gives more than 200 quick, cheap and tasty recipes, but also gives indispensable tips on everything the new student needs to know, from barbecuing tips and drinking games, to how to tackle those tricky household chores.

Each recipe has a cost breakdown to help with budgeting and detailed instructions to make them accessible to even the most novice cook. Plus Eat Healthy contains full nutritional information to prep your body and brain. Forget the textbooks, this is the only book you'll ever need to get through your first year!



Also Available:

9781846015830

September 2019
Spruce
US \$9.99 CAN \$10.99
Paperback
6" x 8 1/2"
256 pages



THE HUNGRY STUDENT ONE POT COOKBOOK

9781846015427
\$9.99 (flexi)
\$10.99 in Canada



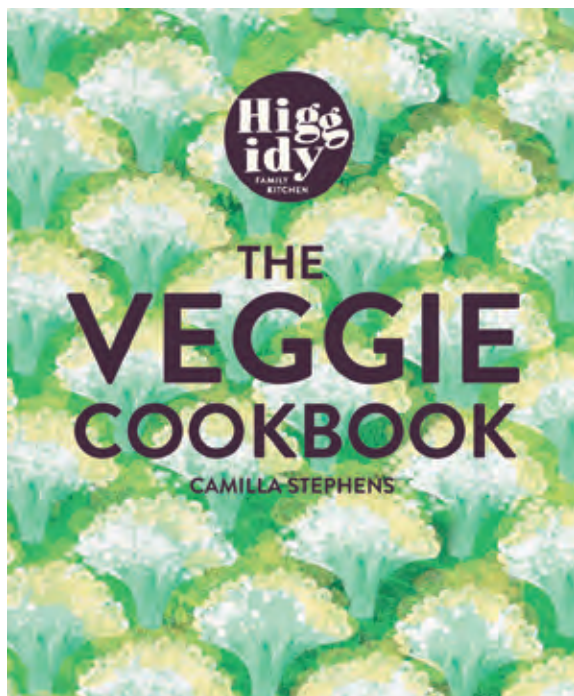
THE HUNGRY STUDENT VEGAN COOKBOOK

9781846015595
\$9.99 (flexi)
\$10.99 in Canada



THE HUNGRY STUDENT VEGETARIAN COOKBOOK

9781846015069
\$9.99 (flexi)
\$10.99 in Canada



HIGGIDY: THE VEGGIE COOKBOOK

100 Glorious Everyday Recipes

Camilla Stephens

More than 100 easy and delicious recipes for feel-good family food which just happen to contain no meat or fish.

In *Higgidy: The Veggie Cookbook*, the focus is on food for every day - whether that's a comforting pie to plonk on the kitchen table after work and school or a lunchbox-friendly frittata. Alongside Higgidy classics such as Garden Pea and Potato Quiche and Squash Mac and Cheese Pie, you will find ingenious ideas such as a 10-minute Fridge to Frittata. Beyond pies and tarts there are recipes for everything from a One-pan Roast Carrot and Chickpea Traybake to an Artichoke and Butter Bean Salad that make this a book you will turn to again and again.

With her bold flavor combinations and clever use of everyday ingredients, Camilla shows how to create exciting vegetarian dishes that will have even the most dedicated of meat eaters calling for seconds.



Higgidy's founder and chief pie maker, Camilla Stephens, began making pies in 2003, having trained as a cook at Leiths School of Food and Wine. She worked for a time as head of food development for Starbucks UK before leaving to follow her dreams and start her own

business - Higgidy. Since then, Higgidy has become one of the UK's fastest growing food companies, and its products are now stocked in most of the country's major supermarkets. Camilla is married to Higgidy's co-founder James, and they have two children.



9781784724924

September 2019
Mitchell Beazley
US\$24.99 CAN\$27.99
Hardcover
7 1/2" x 9 1/4"
224 pages

Also Available:

THE HIGGIDY COOKBOOK

9781784724931
\$24.99 (HC)
\$27.99 in Canada





GREGG'S ITALIAN FAMILY KITCHEN

Gregg & Anna Wallace

100 mouthwatering Italian classics, prepared as they have been by generations of Italian families.

For Italians, food is not just about recipes, it's a way of life. Taking the time to shop, cook and eat - even argue - together teaches us to make time for each other, forget our work and worries and immerse ourselves in the pleasures of taste, touch and smell.

Britain's favorite foodie has fallen in love with Italian cuisine, and through the traditions of his new Italian in-laws, Gregg Wallace has developed 100 recipes of satisfying, authentic Italian fare. From spaghetti a la vongole to Tuscan bread soup, oven-baked chicken with artichoke to fried courgette flowers, Gregg shares the recipes he has learned, laughed and argued about with his new family, so that we all can have a slice of Italian tradition in our homes.

Brought to life with stunning photography on location in the Tuscan countryside.



Gregg Wallace is co-presenter of Masterchef and is a keen food historian, loves cooking for his kids and runs his own fruit and vegetable growing company. Gregg is currently working on 6 television programs and has 213k followers on Twitter.

Italian cookery is in **Anna Wallace's** blood. Born to Italian parents, Anna grew up spending her school holidays in Lazio, learning to cook from her 'Nonna'. Now married to Gregg, she is thrilled to have found someone with a similar passion for food and looks forward to bringing Italian cookery to the heart of their home.



9781784725914

September 2019

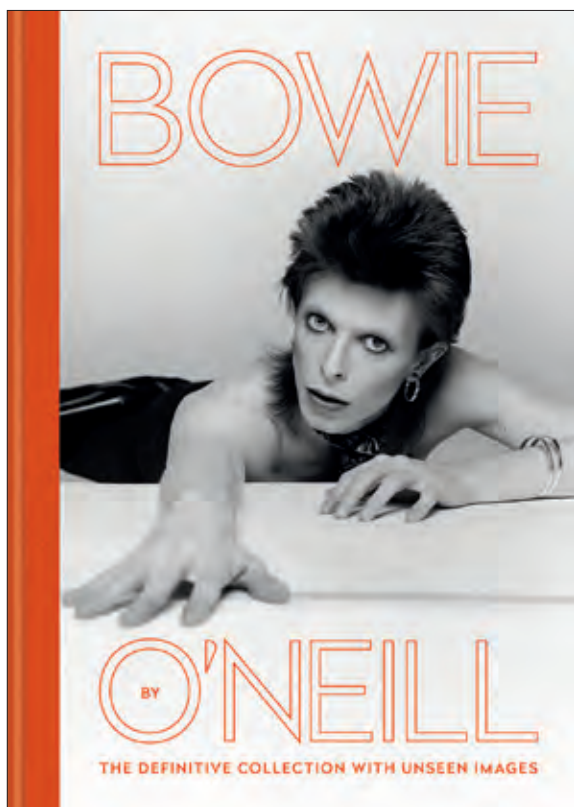
Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 3/4"

224 pages



BOWIE BY O'NEILL

The definitive collection with unseen images

Terry O'Neill

More than 200 photographs of David Bowie, shot by celebrated photographer Terry O'Neill.

This book is the breathtaking result of iconic photographer Terry O'Neill's creative partnership with David Bowie that spanned over many years.

Containing rare and never-before-seen photographs, their work together includes images from the last Ziggy Stardust performance, recording sessions for Young Americans and the renowned studio portraits for Diamond Dogs - plus live shows, film shoots, backstage moments and more.

With more than 200 photographs, this is the ultimate portrait of an inspiring, challenging and ever-changing artist.

Terry O'Neill is one of the world's most collected photographers with work hanging in national art galleries and private collections worldwide. From presidents to pop stars, he has photographed the frontline of fame for more than six decades.

O'Neill began his career at the birth of the 1960s. While other photographers concentrated on earthquakes, wars and politics, O'Neill realized that youth culture was a breaking news story on a global scale and began chronicling the emerging faces of film, fashion and music who would go on to define the Swinging Sixties. By 1965 he was being commissioned by the biggest magazines and newspapers in the world.

No other living photographer has embraced the span of fame, capturing the icons of our age from Winston Churchill to Nelson Mandela, from Frank Sinatra and Elvis to Amy Winehouse, from Audrey Hepburn and Brigitte Bardot to Nicole Kidman, as well as every James Bond from Sean Connery to Daniel Craig.

He photographed The Beatles and The Rolling Stones when they were still struggling young bands in 1963, pioneered backstage reportage photography with David Bowie, Elton John, The Who, Eric Clapton and Chuck Berry and his images have adorned historic rock albums, movie posters and international magazine covers.

9781788401012

September 2019

Cassell

US \$50 CAN \$55

Hardcover

8 ¼" x 11 ¼"

340 pages

I got a call to come down to the Marquee Club and
take photos for a small, "behind closed doors"
Ziggy Stardust performance they were
doing for a major television special.
A small invited audience of record company
employees, band members, families and associates
squeezed into the cramped Marquee.
Although I didn't realise it at the time,
I was lucky enough to be there,
witnessing a piece of cultural history!

Terry O'Neill



'Wow I realise that from '72 through to about '76, I was the ultimate rock star. I couldn't have been more rock star.' on





THE LITTLE BLACK BOOK OF CLASSIC COCKTAILS

A pocket-sized collection of classic cocktails.

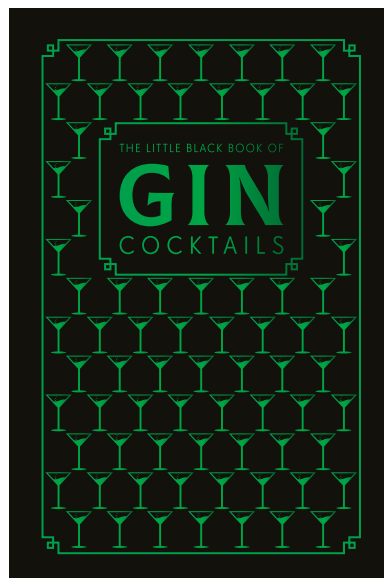
Whether you prefer the simple yet suave whiskey Old Fashioned, or the sweet-sour fusion of a rum Daiquiri, *The Little Black Book of Classic Cocktails* contains a host of timeless and contemporary favoritest, gathered together in a purse-sized collection.

Contents:

- Fizzes, Highballs and Collinses
- Sours
- Old Fashioneds
- Champagne and Prosecco

9780753733325

September 2019
Pyramid
US \$9.99 CAN \$10.99
Hardcover
4 ¼" x 5 ¾"
96 pages



THE LITTLE BLACK BOOK OF GIN COCKTAILS

A pocket-sized collection of classic gin cocktails.

There are hundreds and hundreds of different cocktails, but there are classics such as the Martini, Corpse Reviver, Tom Collins, Negroni and French 75 that have one luscious ingredient in common: gin.

Here in *The Little Black Book of Gin Cocktails* you'll find a collection of all your favorite classic and contemporary gin cocktails.

9780753733684

September 2019
Pyramid
US \$9.99 CAN \$10.99
Hardcover
4 ¼" x 5 ¾"
96 pages



DRINK PINK

A collection of glamorous cocktails in every tint of pink.

From the classy blush of the Pink Lady to the sassy flush of the Cosmopolitan, the peachpink perfection of the Bellini to the flashy-trashy confection of the Valentine Martini, *Drink Pink* is a pocket-sized collection of classic and contemporary cocktails in every shade of pink for every occasion.

Contents:

- Fizzes, Highballs & Collinses
- Spirit Forwards
- Sours
- Sharers & Punches
- Champagne & Prosecco

9780753733516

September 2019

Pyramid

US \$9.99 CAN \$10.99

Hardcover

4 1/4" x 5 3/4"

96 pages





RARE WATCHES

Explore the World's Most Exquisite Timepieces

Paul Miquel

Forewords by Aurel Bacs and Jean-Claude Biver

A beautifully packaged look at some of the world's most sought-after timepieces, with specially-commissioned photography in collaboration with Christie's auction house.

Forewords by Aurel Bacs and Jean-Claude Biver.

Rare Watches features more than fifty of the most unusual watches in the world, including incredible one-off models and collector's editions. From watches that have set new records in auction houses, to feats of modern technology and engineering, via iconic models worn by figures such as Elvis and James Bond, this book appeals to professionals, collectors and amateurs alike.

The photography in this book was organized in collaboration with Christie's auction house, displaying some of the rarest, most expensive and sought-after watches in the world.



Paul Miquel is editor-in-chief of *Sport & Style*, the lifestyle magazine of French sports daily *L'Equipe*. He was previously the timepiece columnist at *GQ*, and has acted as a consultant for a number of Swiss watch manufacturers.

Aurel Bacs was head of the watch department at Christie's before co-founding Bins & Russo, a company that provides expertise to watch collectors and manufacturers. He currently works as an auctioneer at Phillips auction house.

Jean-Claude Biver is chairman of Hublot, and runs TAG Heuer as well as the LVMH Watches division. He has contributed to the success of many brands and has revolutionized the Swiss watch industry.

9781840917833

September 2019

Conran

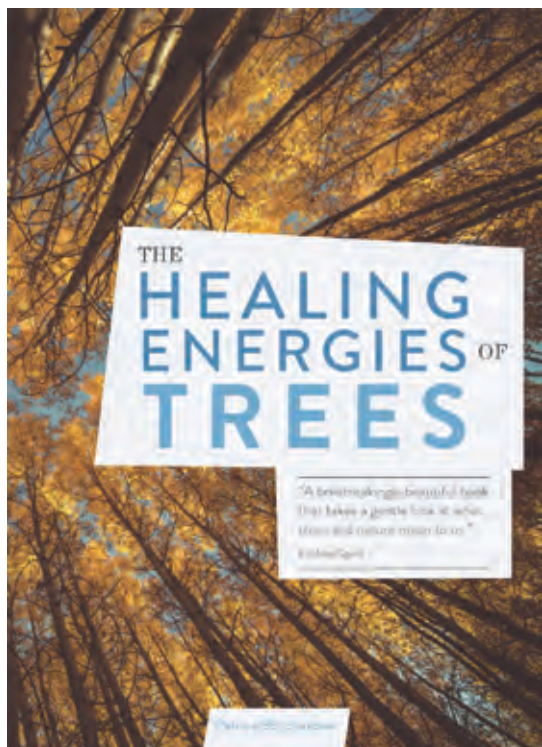
US \$50 CAN \$55

Hardcover in slipcase

9 3/4" x 13"

240 pages





THE HEALING ENERGIES OF TREES

Patrice Bouchardon

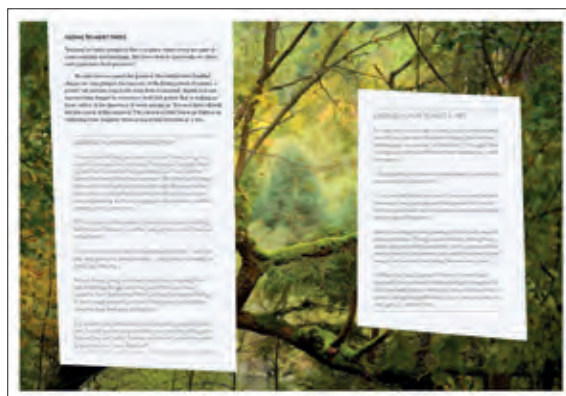
Exploring the powerful role of trees in healing the body and calming the mind.

Trees are a vital part of human existence; they provide us with oxygen, stabilise the soil beneath us and give life to much of the world's wildlife. As the longest-living species on earth, they are a symbol power, wisdom and fertility, and are a link between our past, present and future.

In this beautiful and personal guide, author Patrice Bouchardon takes an in-depth look at the history of trees, and then shares his knowledge about their healing benefits - for the mind, body and spirit.

Through the use of meditative exercises, tree oils and energies found in specific species, this book will be your guide to connecting with the healing power of trees.

For more than 25 years, **Patrice Bouchardon** has been leading seminars on different topics, all related to the enhancement of human potential when in connection with nature's energy. He specialises in the production of tree oils and elixirs, used for physical healing and general well-being.



9780753733769

September 2019

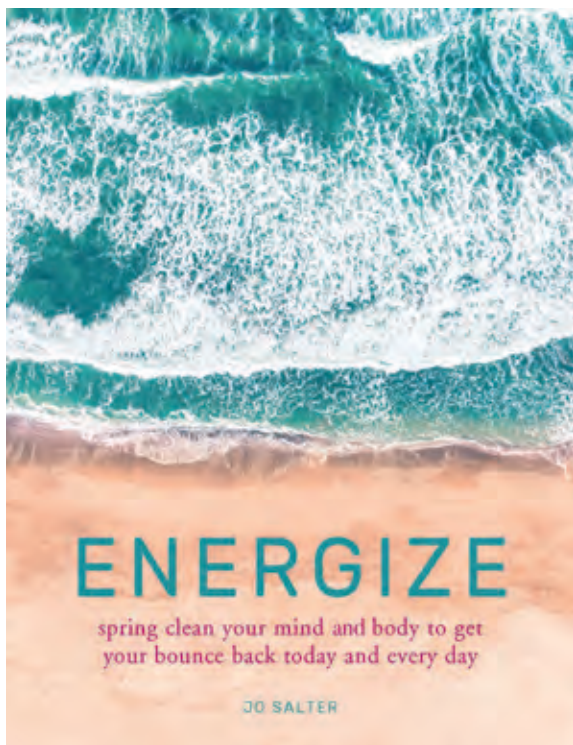
Pyramid

US \$19.99 CAN \$21.99

Paperback

7" x 9 3/4"

160 pages



ENERGIZE

Spring clean your mind and body to get your bounce back today and every day

Jo Salter

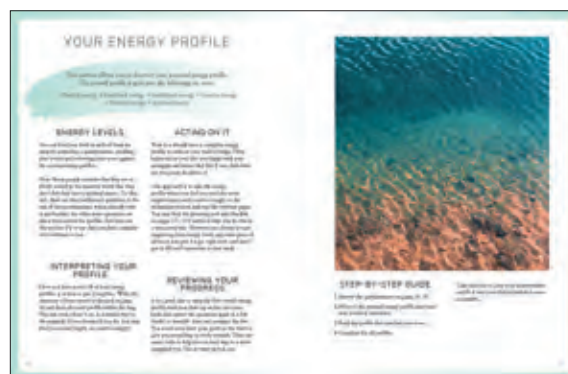
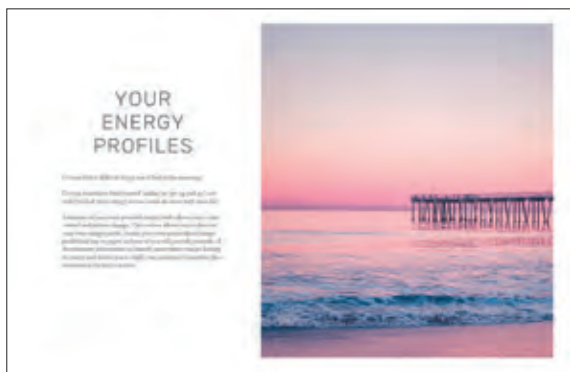
A positive guide to help spring clean your mind and revitalize your body.

If life in the 21st century is leaving you drained, *Energize* is a positive and practical guide to help you recharge your batteries and get that spring back in your step.

Packed full of ideas and exercises, tips and techniques, you will develop new - or rediscover former - invigorating lifestyle choices that are suited to you.

Motivational, compassionate and full of sound advice, *Energize* will provide you with the energy-boosting strategy and the new, balanced lifestyle that works for you.

Jo Salter, MBA, is a renowned motivational speaker, using boundless energy, humor, compassion and understanding to provide practical advice and inspiration to audiences internationally. Britain's first female fast jet pilot and mother of two, Jo appears regularly in the media and was recently voted by 'Harpers and Queen' magazine as 'one of the 50 most inspiring women in the world'.



9780753733554

September 2019

Pyramid

US \$14.99 CAN \$16.99

Paperback

7 1/2" x 9 3/4"

128 pages



9781840917888
 September 2019
 Conran
 US \$12.99 CAN \$14.99
 Hardcover
 3 3/4" x 7"
 96 pages

VOGUE COCKTAILS

Classic drinks from the golden age of cocktails

Henry McNulty

A super-chic collection of 150 classic cocktail recipes created by former *Vogue* drinks expert and man about town, Henry McNulty.

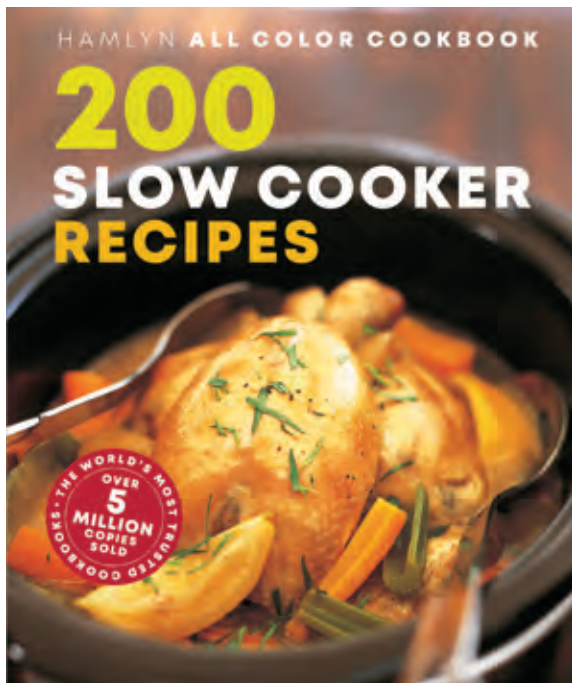
Cocktails, perennially popular, have survived long beyond their humble origins. For many modern-day favourites, this was the Prohibition-era cocktail boom, born of the necessity to improve the harsh flavor of home-made liquors.

Vogue Cocktails takes inspiration from this 'Cocktail Age', with 150 recipes organised by base spirit - Champagne, Gin, Vodka, Whisky, Rum and Brandies & Other Spirits - to ensure a drink for every palate. *Vogue Cocktails* also contains essential information on stocking your bar and mixing drinks, with 48 jazz-age-inspired illustrations peppered throughout.

This stylish guide will become the go-to cocktail handbook for any aspiring mixologist, whether mixing up a classic Negroni or Martini, or a more unusual creation such as the Silver Vodka Fizz or the Paris Opera Special.

Henry McNulty was born in 1913 to American parents. He began his career by reporting on international relations during World War Two, meanwhile beginning to gather observations on the drinking habits of different countries. Progressing to a career in drinks journalism, he came to be considered somewhat of an international expert on drinks and a cocktail aficionado. He was a frequent contributor to many publications including *Vogue*, with whom he published this book in 1982 as the culmination of a successful and varied career in drinks journalism.





200 SLOW COOKER RECIPES

Over 200 inventive recipes for delicious meals that are ready when you are.

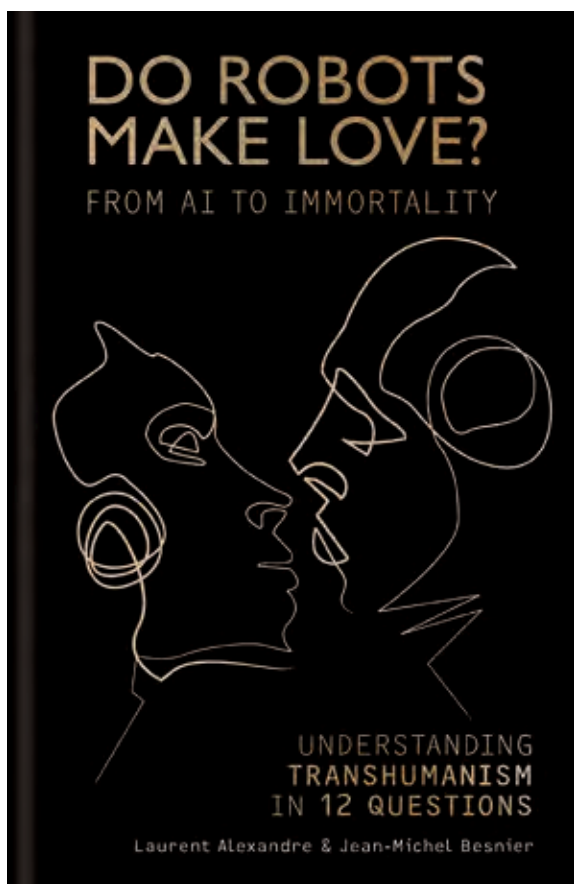
Would you like to cut down on convenience food? Want to eat home-cooked meals but just don't have the time or energy to prepare them after a busy day?

Then a slow cooker could be the solution for you!

Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious meal that will be ready to eat as soon as you are. *200 Slow Cooker Recipes* provides over 200 recipes for you to enjoy, with delicious ideas for breakfasts and light bites, meat dishes, vegetarian meals, fish and seafood dishes and desserts.



9780600636212
 September 2019
 Hamlyn
 US \$8.99 CAN \$9.99
 Paperback
 5 1/2" x 6 1/2"
 240 pages



**Now in
paperback**

9781788401296

September 2019

Cassell

US\$9.99 CAN\$10.99

Paperback

5" x 7 ¾"

176 pages

DO ROBOTS MAKE LOVE?

From AI to Immortality – Understanding Transhumanism in 12 Questions

Laurent Alexandre & Jean-Michel Besnier

Through 12 thought-provoking questions, a philosopher and a scientist explore the real-world ramifications of transhumanism - the tech movement that seeks to improve the human condition through science.

Should we enhance the human condition with technology?

Does anyone really want to live for a thousand years?

Could AI end up destroying mankind?

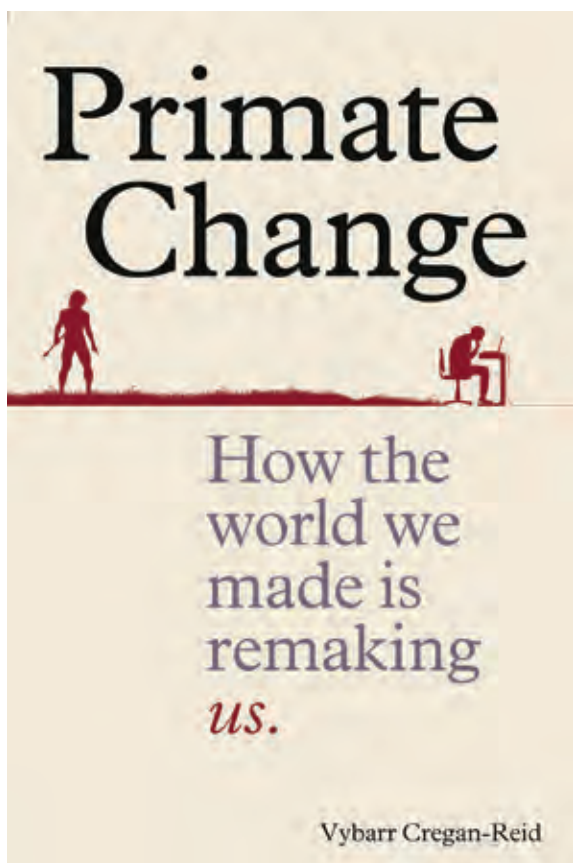
Discover the incredible potential of mankind's near future as a Doctor and a Philosopher debate the big questions surrounding the incredible potential of transhumanism. This movement - that seeks to improve the human condition through science - has fast become one of the most controversial the scientific community have ever faced. As scientists in California make great strides in using advanced technology to enhance human intellect and physiology, the ethical and moral questions surrounding its possibilities have never been more pressing. Should we change the way we reproduce? Could we enhance the human body with technology to the point where we are all technically cyborgs? Is it possible to make love to a robot?

Doctor and entrepreneur Laurent Alexandre and tech-philosopher Jean Michel Besnier go head to head on the big questions in an entertaining and thought-provoking debate on the fundamental principles of transhumanism.



Laurent Alexandre is a French urological surgeon, author, entrepreneur and expert on transhumanism who has written for the *Huffington Post* and *Le Monde*.

Jean-Michel Besnier is an emeritus professor of Philosophy at the Sorbonne in Paris specialising in the impact of science and technology on human society.



**Now in
paperback**

9781788401289

September 2019

Cassell

US\$12.99 CAN\$14.99

Paperback

5" x 7 ¾"

320 pages

PRIMATE CHANGE

How the world we made is remaking us

Vybarr Cregan-Reid

IF YOU THINK YOU ARE YOU, THINK AGAIN.

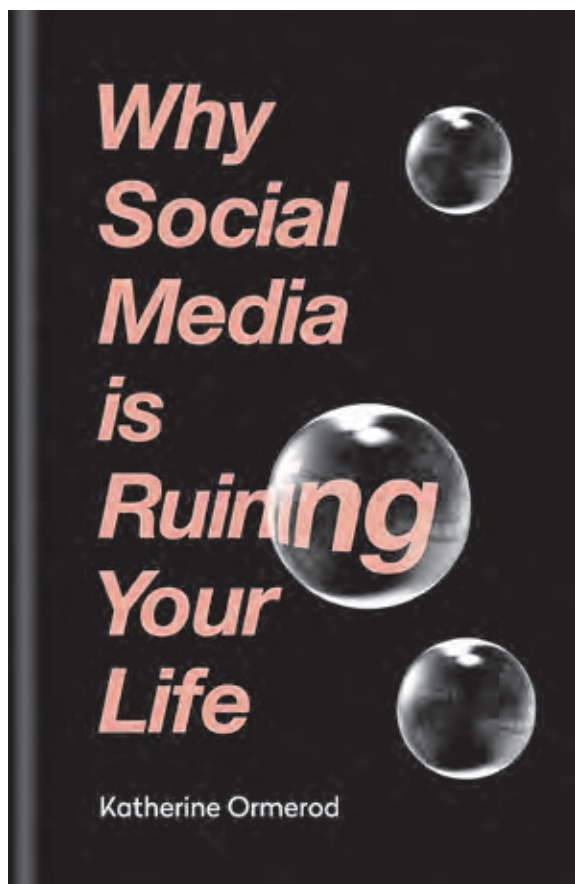
PRIMATE CHANGE is a wide-ranging, polemical look at how and why the human body has changed since humankind first got up on two feet. Spanning the entirety of human history - from primate to transhuman - Vybarr Cregan-Reid's book investigates where we came from, who we are today and how modern technology will change us beyond recognition.

In the last two hundred years, humans have made such a tremendous impact on the world that our geological epoch is about to be declared the 'Anthropocene', or the Age of Man. But while we have been busy changing the shape of the world we inhabit, the ways of living that we have been building have, as if under the cover of darkness, been transforming our bodies and altering the expression of our DNA, too.

PRIMATE CHANGE beautifully unscrambles the complex architecture of our modern human bodies, built over millions of years and only starting to give up on us now.



Vybarr Cregan-Reid is an author and academic. He is Reader in English & Environmental Humanities in the School of English at the University of Kent. His most recent book is *Footnotes: How Running Makes us Human* (St Martins 2017), which reviewers called 'delightful', 'impassioned and energetic', and 'a blazing achievement'. He has written widely on the subjects of literature, health, nature and the environment for the *BBC*, the *Guardian*, *The Independent*, *The Big Issue*, *The Telegraph*, *The Mail*, *The Washington Post*, *The I Newspaper*, *Wanderlust*, *Literary Review*, *New Zealand Herald* and he has appeared on *Radio 4* and *Sky News*.



Now in
paperback

9781788401302

September 2019

Cassell

US\$10.99 CAN\$11.99

Paperback

5" x 7 ¾"

256 pages

WHY SOCIAL MEDIA IS RUINING YOUR LIFE

Katherine Ormerod

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 bonafide pressure cooker of social comparison and unreachable levels of perfection that social media has created in our modern world.

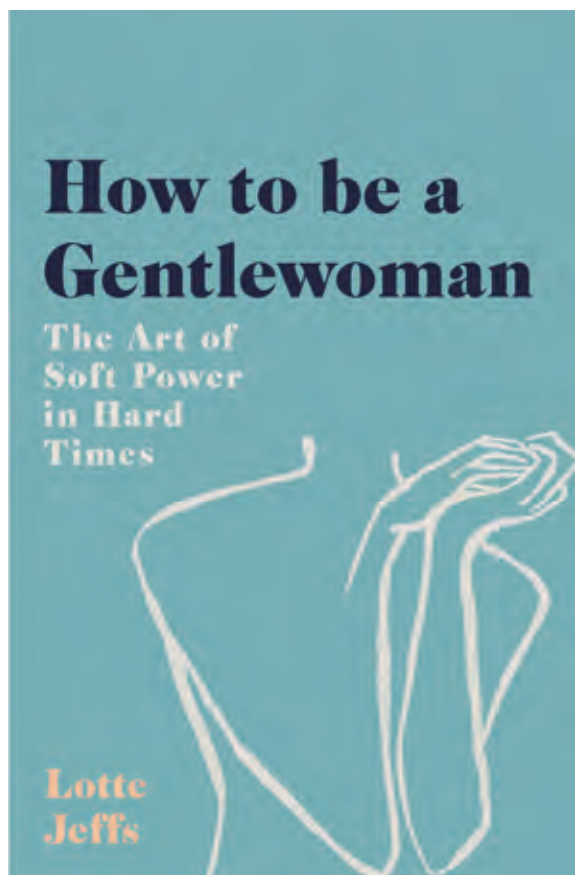
In her first book, Katherine Ormerod argues that we're all sitting on a dangerous, ticking time-bomb that will explode if we don't begin to take action. She uncovers how our social media addictions have broken our political systems, re-wired our behavioral patterns, destroyed our confidence and shattered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



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*.



In 2016 **Lotte Jeffs** won 'Writer of The Year' at the Press and Publishing Association Awards. In 2017 she was shortlisted for 'Columnist of the Year' for her *ELLE* magazine column, Lotte's Lexicon. She has been a features writer and columnist for the past 15 years and she

has enjoyed a successful career in magazines most recently as Deputy Editor and Acting Editor in Chief of *ELLE*. She has appeared on TV and radio and regularly hosts and participates in industry panel discussions. Jeffs was head-hunted by the global advertising agency Ogilvy to join its UK office as a Creative Director. She lives in London with her wife, Jenny and they are soon expecting their first baby.

9781788401432

September 2019

Cassell

US \$19.99 CAN \$21.99

Hardcover

5 ¼" x 8 ½"

256 pages

HOW TO BE A GENTLEWOMAN

The Art of Soft Power in Hard Times

Lotte Jeffs

How to navigate a successful adult life by becoming a woman with strength of character and substance. An exploration of how to be a successful female in the 21st century.

Gentlewoman: A woman who blends old-fashioned values with a thoroughly modern and open-minded attitude; using her self-confidence to show up, not show off and her optimism to inspire others and build a happier life.

Women today are under so much pressure to be everything to everyone: to be cool, smart, fit, thin (but not too thin!), funny (but not bitchy), a supportive friend, partner and family member. We want to be successful and liked at work, to have opinions about politics, art and literature as well as, well... Kanye West. We strive for more and more Instagram followers rather than working on our real relationships with real friends. Happiness has become just another thing on our to-do list. This book is for any woman aspiring to better herself and live more happily.

This modern English woman tells you how to be a gentlewoman; from knowing how to use a power drill, to making your bed every single day and never eating lunch at your desk. She will take you on a first date, to a party where you should ask someone 'what they are into' rather 'than what they do' and to a dinner party where you should always arrive 11 minutes late. She tells you how to be mysterious, flirtatious and to dine alone, the right way to approach weddings and how to host a kitchen supper (with beer) the end of the night, for a birthday, for a smart date, never asks how to get home because she always knows. *How to be a Gentlewoman* presents a clear and compelling strategy for navigating life today with charm, care, confidence, consideration and control. Each chapter will include relatable, personal anecdotes and examples, and each will end with a relevant and irreverent list of 'gentle rules'.

Rather than killing it, slaying in your lane, having to be a girl boss or not adopting the subtle art of not giving a f**k, this book teaches you the incredible female power of being gentle in a brutal world.



YOU ARE THE REF

300 brand new soccer conundrums for you to solve

Paul Trevillion & Keith Hackett

Do you think you know the laws of soccer better than the officials?

Could you be the man in black and make the right decisions?

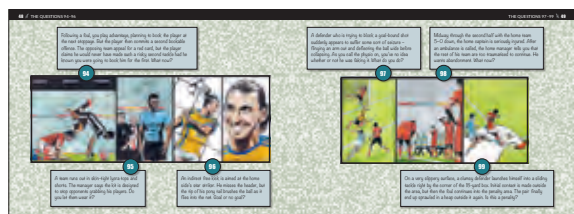
The ultimate soccer quiz book is back with 300 dilemmas for you to solve!

Test your knowledge of the game with You Are The Ref, featuring illustrations from legendary artist Paul Trevillion's famous series. With expert text from the referees' referee Keith Hackett and an array of bizarre and entertaining scenarios for you to adjudicate on, this is an engrossing and entertaining read.

Includes a special in-depth section on the controversial rules around the VAR system and questions covering everything from mid-game bust-ups and unexpected intrusions on the pitch to bitter disputes about penalties, these sporting conundrums will give even the biggest football fan a run for their money.

Paul Trevillion is a world-famous sports artist, recognized as the 'Leonardo of Line' and the 'Master of Movement'. He is best known for his 1960s 'Roy of the Rovers' comic art realism and for being the creator of the iconic 'You Are the Ref' referee conundrum comic strip. Trevillion has met and drawn many of the sport's biggest names, and his work has appeared in museums, galleries and almost every national newspaper in the UK.

Keith Hackett was a FIFA International Referee from 1981 to 1991, and was the referee for the 100th FA Cup Final in 1981. He is one of the most trusted referees in footballing history, and is counted as one of the top 100 referees of all time by the International Federation of Football History and Statistics.



9781788400756

September 2019

Cassell

US \$12.99 CAN \$14.99

Paperback

5 1/2" x 7 5/8"

160 pages

RUN WITH THE WOLVES



RUN WITH THE WOLVES

Take a prowl on the wild side

Anita Mangan

A hilarious spoof-inspirational book aimed at anyone who is NOT a unicorn.

In a world full of flamingos and unicorns, it can be hard to be a warrior. Meditations and mindfulness might work for the mermaids, but some of us need to prowling on the wild side...

Take guidance from the mighty wolf, a successful predator who doesn't take no for an answer. Why be cuddly when you can be cut throat? Why be friendly when you can be fierce?

Follow the guiding principles of the wolf for a happy and successful life:

- WHEN THE GOING GETS TOUGH, THE TOUGH DONT LET GO. Wolves have a 1,500 psi biteforce and when they clamp their jaws on something, they aint messin'
- DIVERSIFY TO SURVIVE. If there is no moose, eat a badger, or a snake. Or a pizza.
- STAND OUT FROM THE CROWD. Be the alpha of your wolf pack. If you are not the alpha - start a new pack.
- MAKE YOUR VOICE HEARD. Howl like a wolf to let 'em know who's boss.

Be more WOLF and excel in every area of your life.

9781846015823

September 2019

Spruce

US \$8.99 CAN \$9.99

Flexiback

4 ¼" x 5 ¾"

96 pages



9781912023653

September 2019

Aster

US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 3/4"

224 pages

SECRET YOGA CLUB

How to use yoga, meditation & food to nourish your body & soul

Gabrielle Hales

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

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.

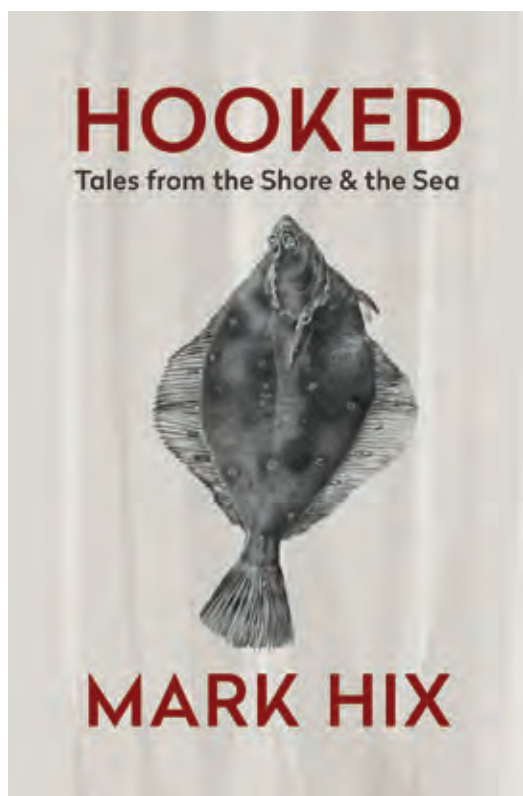


It took a stint at a corporate global PR agency for **Gabrielle Hales** to realize that office life was not for her. One ticket to India later, she found herself teaching yoga and eager to share all that she'd learnt upon her return.

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.

"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



Celebrated chef, restaurateur and food writer **Mark Hix** is known for his original take on British gastronomy. After 17 years as Chef Director at Caprice Holdings, he opened his first restaurant in 2008 - the distinguished HIX Oyster & Chop House in Farringdon, London

England. Following the success of Chop House Mark opened HIX Mayfair, HIX Soho and his chicken and steak concept restaurants Tramshed in Shoreditch and Hixter Bankside. Mark and collaborator Damien Hirst opened Pharmacy 2 in Vauxhall, London in 2016. Mark is frequently lauded as one of London's most eminent restaurateurs with an unrivalled knowledge of ingredients with provenance. Mark has a weekly column in City AM, a monthly column in GQ and is the author of a number of cookbooks on British cuisine.

HOOKED

Tales from the Shore & the Sea

Mark Hix

Narrative fishing adventures from one of the UK's most influential chefs.

Hooked delves into the exciting fishing adventures of celebrated chef, restaurateur and food writer Mark Hix, opening with the story of his first catch, age 8, being cooked for supper by his grandmother - the catalyst for what has become his passion.

You will be regaled with tales of extraordinary fishing expeditions at home and afar, with each trip ending with a feast - be it the catch of the day (if all went to plan), or something found and foraged if the need arises (always have a back-up plan). *Hooked* features both exotic and humble dishes such as Hot stone salmon, Barracuda & pineapple ceviche, Trout kedgeree and Mahi mahi sashimi.

Weaved into the narrative are the infectious, and unexpected, joys of fishing and what it does for you. Hint: it's not necessarily about the fish.

9781784725549

September 2019

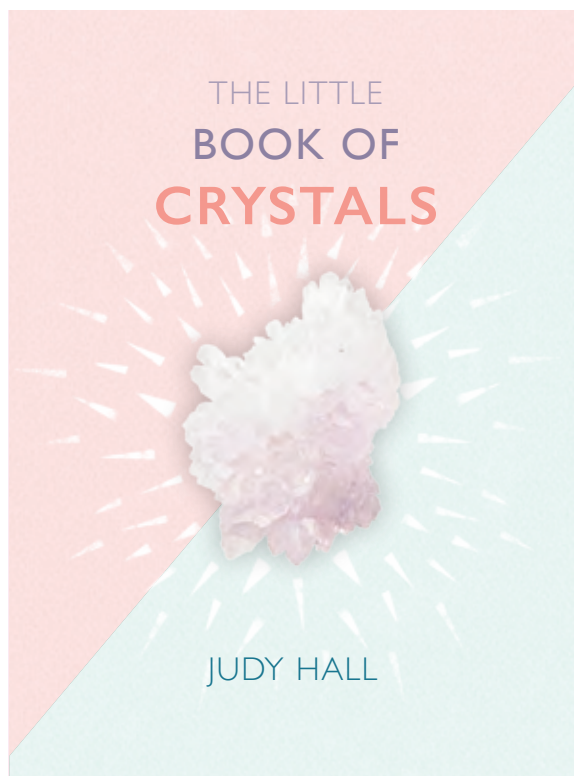
Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

6" x 9 ¼"

304 pages



THE LITTLE BOOK OF CRYSTALS

Hardcover Gift Edition

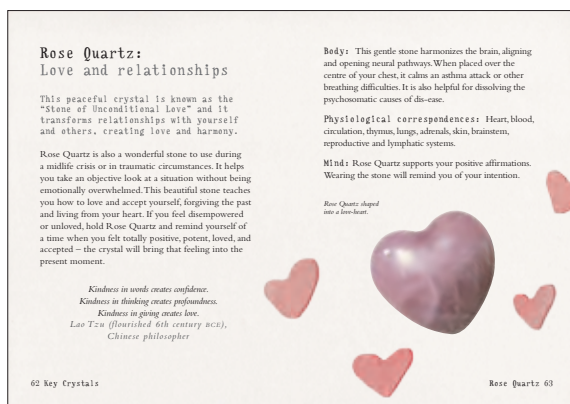
Judy Hall

Discover how crystals can enrich your life with The Little Book of Crystals - from bestselling author and crystal expert Judy Hall.

This enchanting little guide contains everything you need to enhance your life using crystals. Focusing on 15 key crystals, each recommended to complement a particular area of your life, Judy Hall provides essential information on how to choose, use, cleanse and programme your chosen stone.

Whether it's Rose Quartz to improve your relationships, Goldstone to bring you wealth or Selenite to strengthen your spiritual practice, this crystal guide contains all you need to harness the power of crystals.

Judy Hall is an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy has more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She is the author of over 45 books - including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide - and her writing has been translated into 16 languages. Judy has four times been named as one of the 100 most spiritually influential people in the world in the Watkins Review.



9781840917888

September 2019

Gaia

US \$9.99 CAN \$10.99

Hardcover

4 1/4" x 5 3/4"

96 pages



THE KOREAN SKINCARE BIBLE

The Ultimate Guide to K-Beauty Secrets

Lilin Yang, Leah Ganse & Sara Jimenez

The Korean Skincare Bible is much more than a beauty product guide it is a lifestyle, a ritual and a philosophy. This K-bible is the ultimate no-nonsense guide to daily Korean beauty care, in it you will find advice, step-by-step guides and tricks to take care of your skin and make it look great even if you don't know anything about the art of cosmetics or have troublesome skin. It will teach you how to make your own beauty products and give you advice on tried and tested routines. This book will bring you closer to achieving flawless skin and will reveal all the secrets you need to be able to achieve radiant skin, every day.

The Korean Skincare Bible will become your expert guide to great skin - pure and simple.

Chapters:

1. The history of Korean Beauty
2. The importance of taking care of your skin
3. Korean beauty products
4. The Korean Beauty routine
5. The natural ingredients used in Korean Beauty
6. Natural Beauty
7. K-Beauty don'ts
8. Korean Beauty trends
9. Korean Skincare answers
10. Korean Skincare tips for men
11. Travelling Korean Beauty tips

Lilin Yang, Leah Ganse and Sara Jimenez AKA miin cosmetics are the experts in Korean cosmetics. They opened their first store in Barcelona in 2014, and have since expanded across Europe.

9781788401661

October 2019

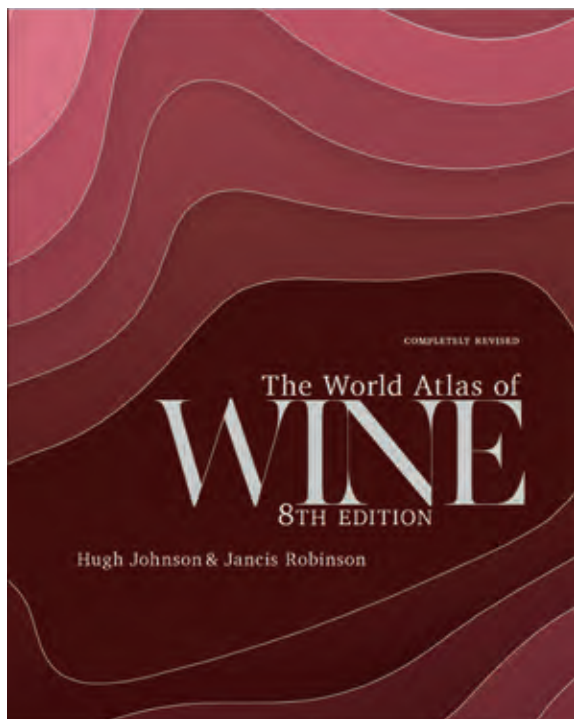
Cassell

US \$12.99 CAN \$14.99

Hardcover

5 ¼" x 6 ¾"

192 pages



"The World Atlas of Wine is the single most important reference book on the shelf of any wine student."

- Eric Asimov, New York Times

"The World Atlas of Wine belongs on your shelf... The essential rootstock of any true wine lover's library. A multi-layered snapshot of wine and how it has evolved." - Dave McIntyre, Washington Post

9781784726188
October 2019
Mitchell Beazley
US \$65 CAN \$70
Hardcover
9" x 11 1/2"
416 pages

**4.7 million
copies of *The
World Atlas
of Wine* have
been sold
worldwide**

THE WORLD ATLAS OF WINE 8TH EDITION

Completely revised

Hugh Johnson & Jancis Robinson

A major new edition of this landmark wine book that has sold 4.7 million copies worldwide.

Few wine books can be called classic, but the first edition of *The World Atlas of Wine* made publishing history when it appeared in 1971. It is recognized by critics as the essential and most authoritative wine reference work available. This eighth edition will bring readers, both old and new, up to date with the world of wine.

To reflect all the changes in the global wine scene over the past six years, the Atlas has grown in size to 416 pages and 22 new maps have been added to the wealth of superb cartography in the book. The text has been given a complete overhaul to address the topics of most vital interest to today's wine-growers and drinkers.

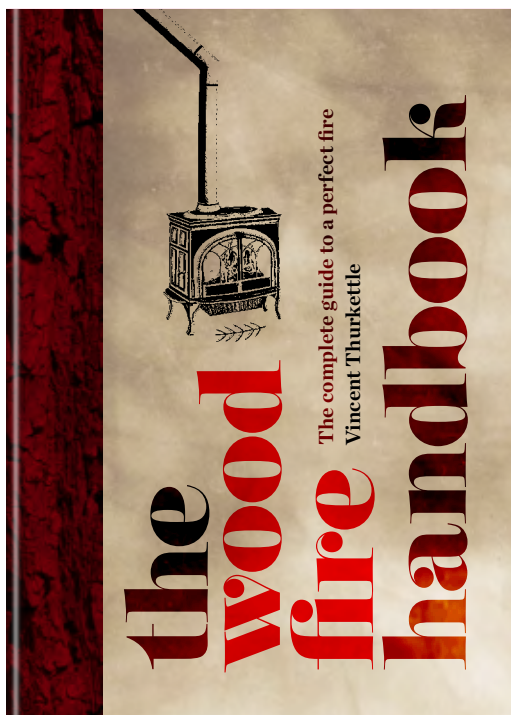
With beautiful photography throughout, Hugh Johnson and Jancis Robinson, the world's most respected wine-writing duo, have once again joined forces to create a classic that no wine lover can afford to be without.



Hugh Johnson is the world's pre-eminent writer on wine. His winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered.

With the publication of his first book, *Wine*, Johnson established himself at the age of twenty-seven as the most refreshing and authoritative voice on the subject. During the past four decades he has written books that have become landmarks on the subject, including his classic *The World Atlas of Wine*, co-authored with Jancis Robinson. In his spare time he writes about gardening from his home in London.

Jancis Robinson MW is internationally renowned for her witty, authoritative wine writing and her books *The World Atlas of Wine* and *The Oxford Companion to Wine* are among the most important in wine literature. With www.JancisRobinson.com (subscribers in nearly 100 countries) and her flock of Twitter followers, she is something of an online pioneer as a wine communicator. She makes frequent visits to the USA to stay ahead of the crowd and, in the early 1980s, was the first British journalist to take a serious interest in American wine.



THE WOOD FIRE HANDBOOK

The complete guide to a perfect fire

Vincent Thurkettle

A practical guide to all things wood fire, both indoors and out; packaged in an earthy, 'grow your own' style - perfect for the male gift market.

The Wood Fire Handbook shows you that the soothing effect of dancing flames and glowing embers is a simple pleasure to have in our lives. Understanding everything that underpins the perfect wood fire makes it even more enjoyable. Vincent Thurkettle's handbook is the essential companion and manual.

Contents include...

- Understand which trees make the best firewood
- Learn how to split, season, and store wood
- Lay the perfect fire
- Make an ingenious campfire
- Choose wood for its scent

...and much much more!

Vincent Thurkettle is a woodsman. After spending his childhood roaming the Somerset countryside, he left school at 16 to work on the Huntley Estate in Gloucestershire. He subsequently trained as a Chartered Forester, and worked for the Forestry Commission, retiring in 2005. He now has a business selling Christmas trees.



9781784726195

October 2019

Mitchell Beazley

US \$19.99 CAN \$21.99

Hardcover

6" x 8 1/2"

224 pages

LAROUSSE PATISSERIE AND BAKING



THE ULTIMATE EXPERT GUIDE, WITH MORE THAN
200 RECIPES AND STEP-BY-STEP TECHNIQUES

LAROUSSE PATISSERIE AND BAKING

**The ultimate expert guide, with more than
200 recipes and step-by-step instructions**

**The ultimate expert guide to pastry, patisserie and baking,
with more than 200 recipes and step-by-step techniques.**

Larousse Patisserie and Baking is the complete guide from the authoritative French culinary brand Larousse.

It covers all aspects of baking - from simple everyday cakes and desserts to special occasion show-stoppers. There are more than 200 recipes included, plus useful techniques to ensure your bakes are perfect every time. The book also includes workshops on making different types of pastry, handling chocolate, cooking jam and everything else that you need to know about pastry, patisserie and baking.

Each recipe is photographed and there are more than 30 step-by-step techniques sections.

- From the brand that has published *Larousse Gastronomique* and *Institut Paul Bocuse Gastronomique* (55,000 copies sold in the US)
- Authoritative text and step-by-step photography make this an invaluable reference source for every cook



9780600636205
October 2019
Hamlyn
US \$50 CAN \$55
Hardcover
8" x 10"
512 pages

Also Available:

LAROUSSE WINE

9780600635093
\$60.00 (HC)
\$65.00 in Canada





GQ DRIVES

A Stylish Guide to the Greatest Cars Ever Made

Paul Henderson

A celebration of the world's finest cars, from stylish classics to the latest jaw-dropping models, as chosen by the style experts at GQ.

From the magazine synonymous with style comes the ultimate guide the greatest cars the world has ever seen.

With imagery from the world's greatest car photographers, plus British GQ's knowledgeable in-depth reports, the cars in this book represent the pinnacle of driving style and performance.

From classics of the 1950s to the very latest machines, featuring sultry Italian supercars, classic British engineering, pure American muscle and much more besides, *GQ Drives* is an indispensable handbook of automotive excellence.

Edited by **Paul Henderson**, who has been at GQ for more than 15 years and is the magazine's Associate Editor. As well as overseeing the Food and Drink sections of the magazine, he is the *Sport and Motoring* Editor. During his career he has driven some of the most expensive, exclusive and downright fastest cars in the world. He has written several cover stories for GQ and his work has appeared in the *Guardian*, the *Telegraph* and *The Spectator*, among others.

For 30 years, GQ has been the premier magazine for men. The winner of 66 major awards, it brings the very best of men's lifestyle and fashion to millions around the world each month.



9781784725990

October 2019

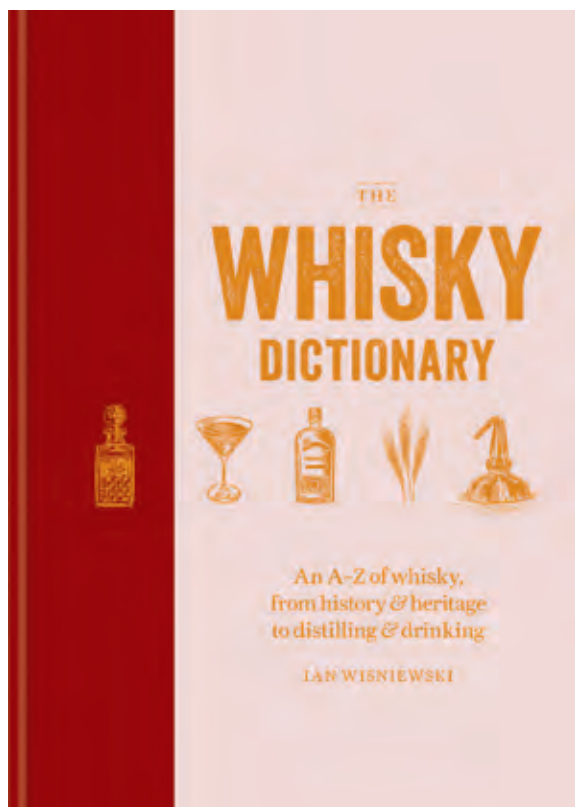
Mitchell Beazley

US \$29.99 CAN \$32.99

Hardcover

7 ¾" x 10 ¼"

256 pages



THE WHISKY DICTIONARY

An A-Z of whisky, from history & heritage to distilling & drinking

Ian Wisniewski

An illustrated A-Z compendium of everything you need to know about whisky, from all over the world.

This is the drinker's guide to every aspect of whisky, from Scotch to Japanese, rye to bourbon and beyond. With hundreds of entries covering everything from history, ingredients and distilling techniques to flavor notes, cocktails and the many varieties of whisky from all around the world, renowned whisky expert Ian Wisniewski explores and unlocks the wonderful world of a drink like no other.

Ian Wisniewski is a food, drink and travel writer and broadcaster, specializing in spirits, particularly whisky and especially Scotch whisky. He is the author of three books on whisky, contributes to various publications including *Whisky Magazine*, *Whisky Quarterly* and *Malt Whisky Yearbook*, and was a contributor to Michael Jackson's encyclopaedic book, *Whisky*. He conducts tutored tastings and classes on whisky, and visits distilleries on a regular basis to learn more about the production process. He is a Master of the Quaich.

Also Available:



THE GIN DICTIONARY

9781784723989
\$20.00 (HC)
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THE TEQUILA DICTIONARY

9781784725471
\$20.00 (HC)
\$22.00 in Canada



THE CRAFT BEER DICTIONARY

9781784723880
\$20.00 (HC)
\$22.00 in Canada

9781784725488

October 2019
Mitchell Beazley
US \$20 CAN \$22
Hardcover
6" x 8 1/2"
256 pages



"You'll revisit this cookbook again and again. "How to Eat a Peach," by the popular British author, merits special attention because it delivers timeless and thoughtful food writing, accompanied by handsome visual vignettes." - NY Times Book Review

FROM THE OVEN TO THE TABLE

Simple dishes that look after themselves

Diana Henry

The new cookbook from bestselling, award-winning food writer Diana Henry.

Let the oven do the work with this easy-going collection of full-flavored dishes from Diana Henry.

All of the recipes in this book can be cooked in one dish or sheet. You simply prep the ingredients then pop them in the oven to roast while you get on with your life. From quick after-work suppers and light veggie meals to more substantial feasts to feed friends, these recipes are packed with full-on flavor.

Diana includes recipes such as Spatchcock Chicken with Chili, Garlic and Oregano Aioli, Cod with Chorizo, Tomatoes, Olives and Saffron and Sherry-roast Jerusalem Artichokes, Chestnuts and Mushrooms, proving that impressive meals are achievable in every home - no matter how limited your time, resources or energy.



Diana Henry is one of the UK's best-loved food writers. Diana has won numerous awards, including the James Beard Award for *A Bird in the Hand* in 2016. Diana has written ten other books including *Crazy Water Pickled Lemons*, *A Bird in the Hand*, *Cook Simple*, *Salt Sugar Smoke*, *Roast Figs Sugar Snow*, *A Change of Appetite*, *Simple* and *How to Eat a Peach*. Diana's books have sold over 700,000 copies worldwide.

Also Available:

9781784726096

October 2019
Mitchell Beazley
US \$29.99 CAN \$32.99
Hardcover
7 1/2" x 9 3/4"
224 pages



SIMPLE

9781784722043
\$32.99 (HC)
\$35.99 in Canada



A BIRD IN THE HAND

9781784720025
\$29.99 (HC)
\$32.99 in Canada



HOW TO EAT A PEACH

9781784724115
\$34.99 (HC)
\$38.99 in Canada





FASHION EVOLUTION

The 250 looks that shaped modern fashion

The Design Museum & Paula Reed

Trace the evolution of fashion through the 250 looks that defined it.

From the Chanel suit to the Wonderbra, via Jackie Kennedy, Ziggy Stardust and Alexander McQueen, respected fashion journalist and editor Paula Reed explores each of the styles and visionaries that have defined the way we dress.

Spanning fifty years - from the 1950s to the 1990s - and accompanied by striking photographs throughout, *Fashion Evolution* is the definitive story of the style moments that changed the world.

Paula Reed is a former Style Director of *Grazia* and a former fashion/style director at several magazines and newspapers, including *The Sunday Times* and *InStyle*. Her writing has appeared in the *Financial Times*, *Elle* and *The Times*.

The Design Museum is the world's leading museum devoted to contemporary design in every form, from architecture and fashion to graphics, product and industrial design.



9781840917901

October 2019

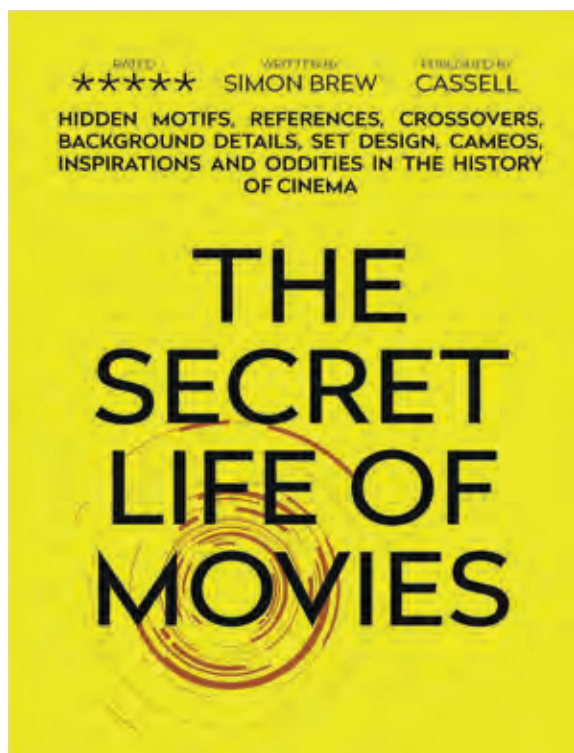
Conran

US \$30 CAN \$33

Jacketed Paperback

6" x 8 1/2"

528 pages



THE SECRET LIFE OF MOVIES

Hidden motifs, references, crossovers, background details, set design, cameos, inspirations and oddities in the history of cinema

Simon Brew

Get ready to spot hundreds of things you've never seen before across a wide range of films, in this brand new book from the creator of Den Of Geek.

From the small references and inspirations, to clues, hidden meanings and moments in frame that you may have simply missed, this indispensable guide is both a love letter to cinema and a jam-packed treasure trove that no film fan will want to miss!



Simon Brew is an award-winning author and editor from the UK, who has written extensively on cinema and entertainment. Notably, he created the leading alternative culture website Den Of Geek back in 2007. He left the site in 2018, with it attracting over 12 million readers a month worldwide. He has also behind Film Stories, the top five ranking Film & TV podcast on iTunes. He authored the best-selling *Movie Geek* book in 2017, and its follow-up, *TV Geek* in 2018.



9781788401272

October 2019

Cassell

US \$19.99 CAN \$21.99

Hardcover

6 1/2" x 8 1/2"

240 pages



THE TINY HEALER: MEDITATION

For stress relief

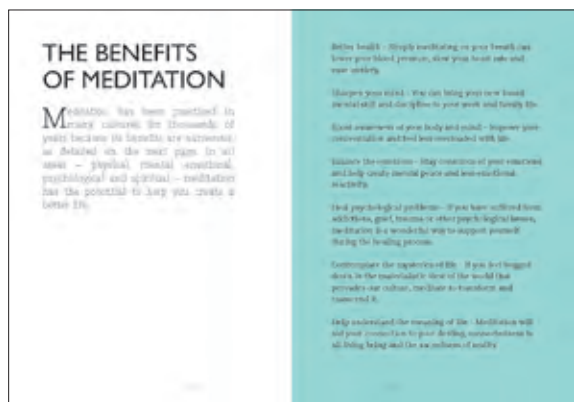
A pocket guide to meditation to help with anything the day brings.

Meditation is an indispensable tool for daily living. It can sharpen the mind, balance the emotions and even help you understand the mysteries of life.

Whether you are a beginner or have been meditating for some time, this little book offers a collection of simple and effective meditations and words of inspiration to enrich your daily life and deepen your spiritual practice.

Chapters:

- INTRODUCTION
- HOW TO START
- MEDITATIONS FOR BODY, MIND & SPIRIT
- MEDITATIONS FOR LOVE & COMPASSION
- MEDITATIONS FOR PROBLEM SOLVING



9780753733509

October 2019

Pyramid

US \$8.99 CAN \$9.99

Hardcover

4 1/4" x 5 3/4"

96 pages



THE TINY HEALER: MINDFULNESS

For stress relief

A pocket guide to mindfulness to help with anything the day brings.

Mindfulness is an indispensable tool for daily living. It helps us to cultivate a clear and comprehensive awareness of what is happening while it is happening without allowing the mind to wander.

This little guide will show you that, through the power of mindful exercises and inspirational tips and quotes, you will recognize that the here and now keeps us connected to the world around us and to ourselves.

Chapters:

- INTRODUCTION
- BREATH & MOVEMENT
- CALM & PEACE
- HARMONIZING MIND & BODY
- GRATITUDE & COMPASSION
- PROBLEM SOLVING



9780753733493

October 2019

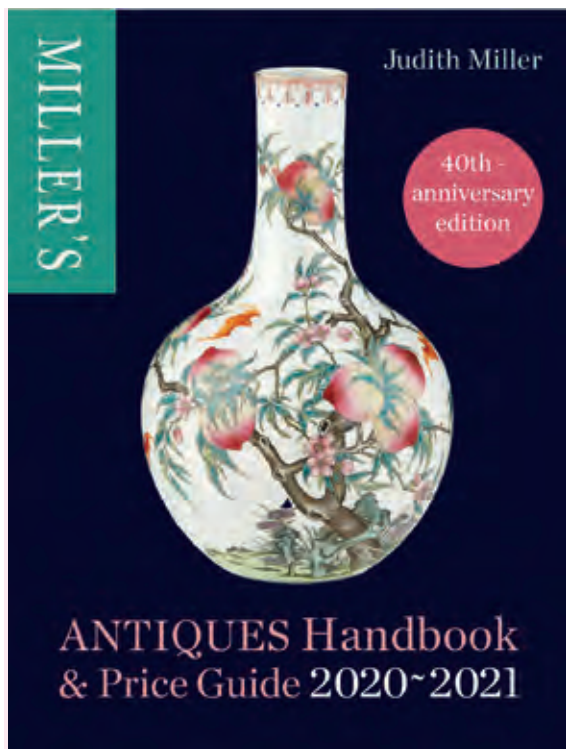
Pyramid

US \$8.99 CAN \$9.99

Hardcover

4 ¼" x 5 ¾"

96 pages



MILLER'S ANTIQUES HANDBOOK & PRICE GUIDE 2020-2021

40th Anniversary Edition

Judith Miller

If you want to know the value of your antiques - or find out how the antiques market is faring - the world's bestselling antiques price guide is the place to look.

Miller's Antiques Handbook & Price Guide remains the essential and trusted guide to the antiques market. It has earned the reputation of being the book no dealer, collector or auctioneer should be without. Compiled by Judith Miller, world-renowned antiques expert and co-founder of the book, the guide features more than 8,000 antiques.

Comprehensive sections cover ceramics, furniture, glass, silver and metalwares, jewelry and objets de vertu, clocks and watches, books, Oriental antiques, textiles, toys, decorative arts and Modern Classics. Special features explain why one piece is worth more than another, show how to value an item and teach you to be your own valuer. Biographies of designers and factories give the background information you need to help date and value objects, while special 'Judith Picks' sections give fascinating background and valuation details for particularly interesting or unusual objects.



Judith Miller began collecting in the 1960s while a student at Edinburgh University in Scotland. She has since become one of the world's leading experts in the field.

Judith Miller appears regularly on TV and radio.

She has appeared on The Martha Stewart Show and CNN. She is a regular lecturer and contributor to numerous newspapers and magazines, has lectured extensively, including at the Smithsonian in Washington.

Also Available:



MILLER'S ENCYCLOPEDIA OF WORLD SILVER MARKS

9781784721329
\$175.00 (HC slipcase)
\$200.00 in Canada



MILLER'S ANTIQUES ENCYCLOPEDIA

9781784723651
\$55.00 (HC)
\$60.00 in Canada

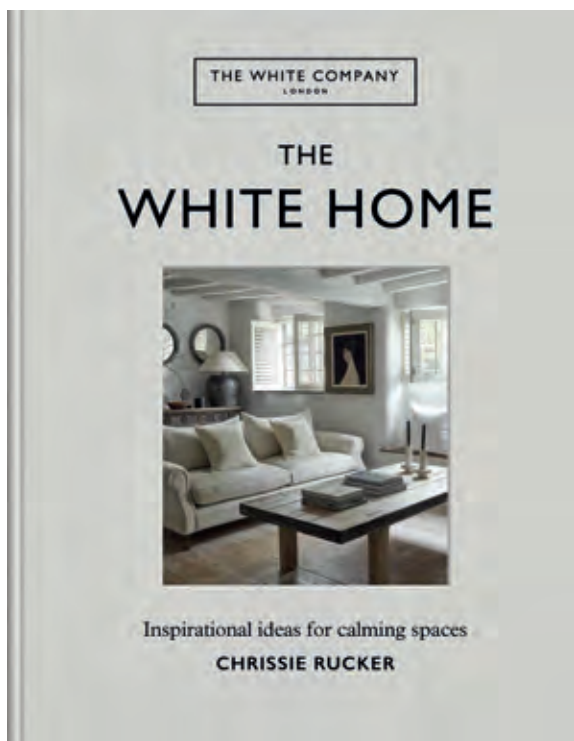


MILLER'S COLLECTIBLES HANDBOOK & PRICE GUIDE 2019-2020

9781784724207
\$27.99 (PB)
\$29.99 in Canada

9781784726102

October 2019
Mitchell Beazley
US \$45 CAN \$49.99
Hardcover
7 1/2" x 10 1/4"
600 pages



THE WHITE HOME

Inspirational ideas for calming spaces

Chrissie Rucker & The White Company

Create calming, peaceful spaces in your home with white and neutral tones with the first home decorating book from The White Company.

Whether you live in a tiny city apartment, a rambling country cottage or an elegant town house *The White Home* offers the definitive book on decorating with white and neutral tones. From room schemes for light, bright family kitchens and calming bedrooms to the all-important details - including lighting, display and window treatments - this is a book to be inspired by again and again.

Organized into three sections - White Homes, White Rooms and White Living - to provide both inspiration and the practical advice needed to fully transform your home.



Chrissie Rucker OBE, started The White Company in 1994, and today, it is now one of the UK's fastest-growing multi-channel retailers and a trusted British lifestyle brand. Throughout, The White Company has adhered to its core values, championed by Chrissie:

a passion for white, great design and fantastic quality that is still affordable. 'We are obsessive about the details, and believe that beautiful things should be loved and used every day,' says Chrissie.

There are now 65 stores, and June 2017 saw The White Company open its first international flagship store at 155 Fifth Avenue in New York's Flatiron district followed by a second store at the luxury The Mall at Shortfills, New Jersey in November.



9781784725563

October 2019
Mitchell Beazley
US \$40 CAN \$44
Hardcover
8 1/2" x 11"
256 pages





THE SIPSMTIH GIN BOOK

100 gin cocktails with just three ingredients

Jared Brown, Fairfax Hall
& Sam Galsworthy

Demystify cocktails by taking them back to the basics - three good ingredients, treated in the right way.

From Sipsmith, the small-batch craft UK Gin distiller, a collection of 100 gin cocktail recipes using only three ingredients. Cocktails don't need to be complex. In fact, Sipsmith Master Distiller Jared Brown firmly believes that a good gin drink needs just three key ingredients - a quality gin; something sweet; and something sour. Abide by that one simple rule and the world is your oyster.

The 100 recipes for gin cocktails in this book, each made of just three basic ingredients, range from the classic Negroni and Tom Collins to some of the many takes on the Martini, as well as unexpected flavors to suit any occasion.

Long or short, bitter or sweet, fruity or sharp and anything in between - *Sipsmith: Gin Made Simple* contains a wealth of options, with minimum fuss standing between you and the perfect gin cocktail.

Sipsmith is a much-loved distiller of hand-crafted, small-batch gin. They are at the forefront of the recent renaissance in the spirit, having campaigned for a change in distillery laws and subsequently setting up London's first traditional copper distiller since 1820.



9781784726089

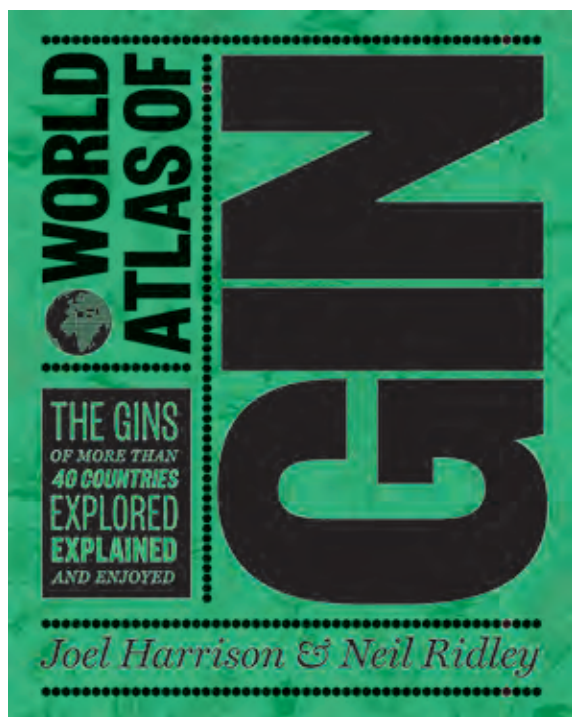
October 2019

Mitchell Beazley

US \$19.99 CAN \$21.99

6" x 8 1/2"

224 pages



THE WORLD ATLAS OF GIN

The gins of more than 40 countries explored, explained and enjoyed

Joel Harrison & Neil Ridley

The first book to cover the booming gin industry across the globe, country by country.

Never has there been a more striking revolution in the world of distilled spirits than the current renaissance of gin. With small craft distilleries popping up all over the world, from Texas to Tasmania, more varieties and techniques being used than ever before, and a tapestry of tastes from light and citrusy to big bold savory notes, gin's appeal is extraordinarily wide and varied.

From gin made in small batches from local botanicals, through to large facilities which make some of the world's most recognized gin brands, *The World Atlas of Gin* looks at everything from the botanical to the bottle: how and where botanicals are grown and harvested and their role within the flavor of gin; producers and the stories behind their brands; exactly where, and how, gins are made; and, country by country, the best examples to try.

Global cocktails are covered too, including the history and country of origin of some of the best-known mixed gin drinks.

For everyone and anyone who wants to understand more about gin, its history and production methods, the countries that have helped make it a global success story, and appreciate the best gins the world has to offer, this is the definitive guide.



Joel Harrison & Neil Ridley are at the forefront of providing expertise and innovation in the drinks world. From whisky to gin, cognac to cocktails, the duo has a wealth of knowledge to share with audiences across the globe. As

well as writing for a number of different publications around the world, such as the *Telegraph* and *World of Fine Wine*, they also appear regularly on TV and act as judges for the prestigious International Wine and Spirit Competition (IWSC) awards. Their first book, *Distilled*, won the Fortnum & Mason Drink Book of the Year award in 2015. Their second, *Straight Up*, was published in October 2017.

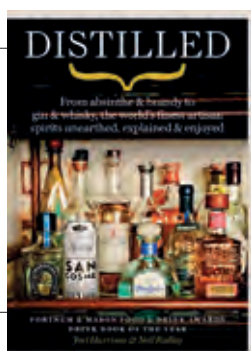
Also Available:

DISTILLED

9781784724467

\$14.99 (PB)

\$16.99 in Canada



9781784725310

October 2019

Mitchell Beazley

US \$34.99 CAN \$38.99

Hardcover

8" x 10"

256 pages



JUNIPER THE AROMATIC HEART OF EVERY BOTTLE OF GIN

With its heady mix of botanical berries and flowers, gin should unquestionably be considered one of the most highly complex spirits in the world. In fact, as we'll explore over these pages in greater detail, obtaining such a balancing act of sensitive botanical characteristics is truly the key to creating an enduring, unique, and above all delicious gin recipe.

At the heart of every gin, though, there is one botanical whose name surely lends its character to those who have enjoyed a gin before. But what is juniper exactly and just how does it differ and consumers come to love this tiny part of nature so much?

Common juniper as *Juniperus communis* is a coniferous plant that grows widely in the Northern Hemisphere in a diverse climatic environment. In the Arctic, the mountains of North America, and the warmer climates of Southern Europe, it is a hardy evergreen whose prickly green thorns have done little to deter those in pursuit of its deep, "woody" actually sweet, deceptively fleshy "cones" that have a remarkable and complex flavor comes down the centuries, to become the most widely used spice in the culinary world. It is



Juniperus communis

There are an estimated 67 different juniper species.

21

estimated that there are as many as 67 different *Juniperus* species, part of the cypress or Cupressaceae family, found growing globally, including *Juniperus californica*, *Juniperus deppeana* and *Juniperus phoenicea*.

THE CULTIVATION OF JUNIPER

The juniper plant can take on various guises and sizes from rambling, twisted trees growing up to 10m (33ft) in height, through to the more commonly occurring low-lying shrubs, which thrive in colder, barren areas of scrubland. The plant doesn't take well to artificial cultivation and as a result it is rarely "harvested," meaning that juniper harvesters will scour and forage many locations to find the best wild crops to harvest. The berries take around 10 months to fully mature from hard green buds into the ripe state that a distiller is looking for: plump, firm, purple in color, with a slightly wrinkled, leathery outer skin. Underneath this skin is an oily, fleshy interior peppered with small, triangular seeds. Harvest time of the more common varieties depends largely on the speed of climate of the location, but usually takes place between September and January. The most well-known examples of *Juniperus communis* can be found in Italy, Macedonia, Albania, Kosovo, Serbia and Croatia, although a number of smaller distillers are turning to more uncommon strains, such as the North American *Juniperus occidentalis*, that grows domestically (arguably for a number of the "terroir" of each location).

HARVESTING JUNIPER

Harvesting the berries is almost entirely done by hand and is perhaps one of the most skilled, labor-intensive aspects of winemaking process. The reason for this is the

NORTH AMERICA

FEW AMERICAN SPIRITS, EVANSTON

Founded in 2001 by former beer and spirits fanatic Phil Hoffman (a beer grandfather can a very successful brewery during World War Two in Evanston, Illinois), Evanston (FEW) is certainly considered as one of the founding partners of the resurgence in US craft distilling. What makes the distillery story so compelling is the ironic fact that it proudly resides in Evanston, a notoriously strict city on the north side of Chicago that more than 80 years ago was a hotbed for the Woman's Christian Temperance Union of America at a time when the union was held within the crumbling grip of Prohibition. The story becomes even more delicious when you realize that the name FEW comprises the initials of Frances Willard, who acknowledged as the most influential driving force behind the movement back in the 1800s, and that Evanston was still an alcohol-free city until the late 1980s.

Today, FEW is one of the most successful distilling operations in that it creates all its base alcohol from scratch, rather than buying its neutral spirits from a third party and then reblending it with botanicals to produce a gin. The base is essentially the same spirit that goes into one of the most famous gin and tonics in the world: a small amount of malt, which starts off the fermentation process to give it a subtly malty, sweetened base.

While botanicals are used in FEW's new American Gin recipe, which includes orange and lemon peels, yuzu, cardamom, and grains of paradise, alongside a healthy amount of juniper. Also on offer from the distillery are variations of the gin: a Frenchified edition that incorporates that dry, but for an aromatic, long-term note, and a high-alcohol (27% ABV) and a barrel-aged version of the American, the latter bringing a creamy, only

note to the flavor, with grapefruit and spice on the finish. 4000 W. University Ave., Chicago, IL 60609. FEWspirits.com

KOVAL DISTILLERY, CHICAGO

Established in 2005, Koval holds the honor of being the first distillery established in the city since the mid-1930s, when it was founded by husband and wife team Dr. Robert and Dr. Janet Brenner, with Robert bringing with him a wealth of distilling experience from his career in wine, where he helped popularize grand cru distillery to great success. Koval now produces regular whiskey and liqueur bottles, all following the grain-to-glass concept as opposed to buying in their neutral spirit to reblend. A \$4000 (by 1,800-gallon) German-made Koval distiller is the heart of the operation. The gin is a variation of a juniper-forward London Dry style, but backstopped by a thick, floral botanical balance created using a unique mix of woodland spirit.

CENTRAL

Juniper and wildflowers develop first, with grain notes and vanilla aromas. The barrel-aged version, where the gin has spent time resting in Koval whiskey casks to give it a delicious "vanilla" spice and complexity. (See also *Juniperus* in the "World" section.) 2201 North Lawrence Ave., Chicago, IL 60640. Koval-distillery.com

LEATHERBEE DISTILLERS, CHICAGO

Major race breeder English is something of an industry legend among the breeding community in Chicago, and Leatherbee is his playground where, along with his horses, he creates everything from gin to beer and spirits. The distillery is a true family affair, with everything from gin to beer and spirits. The distillery is a true family affair, with everything from gin to beer and spirits. The distillery is a true family affair, with everything from gin to beer and spirits.



Leatherbee Distillers

NORTH SHORE, GREEN OAKS

What a distillery not founded in Koval (arguably), what we find here is another pioneering spirit of and with focus. This time, being located in a historic town, the distillery is helping to bring the most craft distilling scene to Evanston as well.

Davis and Sajo Kovalenko opened the doors to North Shore Distillery in 2004 and have since moved from their original site to an entirely purpose-built distillery. Although their production continues to focus on the original 2004 (by 120-gallon) German-made still, they've added a second 2004 (by 120-gallon) German-made still, which is a testament to the heart of a distillery. The distillery is a true family affair, with everything from gin to beer and spirits. The distillery is a true family affair, with everything from gin to beer and spirits. The distillery is a true family affair, with everything from gin to beer and spirits.



187

FEW American Spirits, Evanston



186



GROW YOUR OWN HAPPINESS

How to Harness the Science of Wellbeing for Life

Deborah Smith

A toolbox of positive principles, tips and techniques for the ultimate self-care.

Science tells us that happiness is 50% genetic, 10% circumstantial and 40% how we think and act. Which means that it is possible to increase our happiness by up to 40%.

For anyone wanting to increase their wellbeing *Grow Your Own Happiness* shows how positive psychology - the science of happiness - can be used every day. With key principles explained to provide the foundation for change, tests for measuring wellbeing and simple techniques that can easily be applied to a busy lifestyle, as well as case studies, anecdotes and tips, this book provides everything you need to shine.



Deborah Smith BSc (Hons), MSc, MAPP, MBPsS is a qualified psychologist with an MSc in Positive Psychology and over 25 years of professional experience working with groups and individuals. Best known for her work with WeightWatchers worldwide - writing

their *Smile* booklet (received by all members when they join), training WW leaders and writing a monthly Q&A page in *WeightWatchers* magazine, Deborah has taught mindfulness and meditation for over 25 years. She is a guest lecturer at Roehampton University and has a private practice in Bath.



9781783253074

October 2019

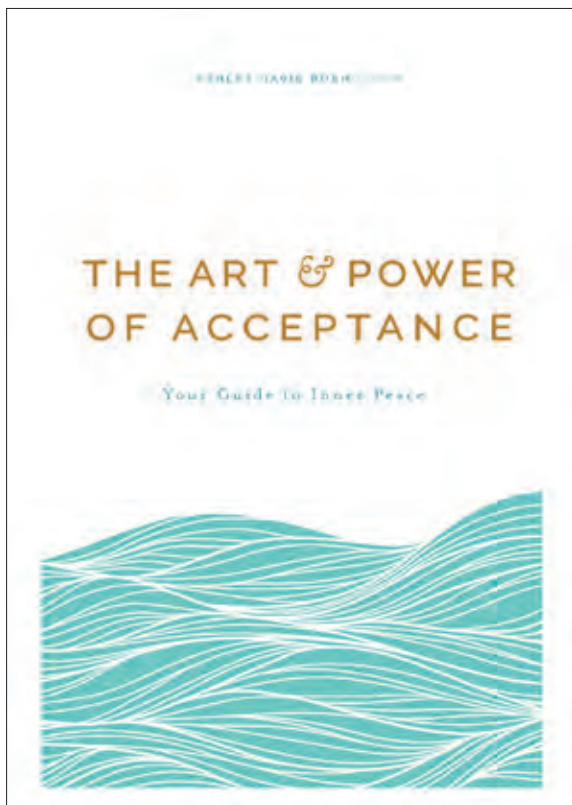
Aster

US \$14.99 CAN \$16.99

Paperback

6" x 8 1/2"

224 pages



9781856753937
 October 2019
 Gaia
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 224 pages

THE ART & POWER OF ACCEPTANCE

Your Guide to Inner Peace

Ashley Davis Bush

An essential guide to acceptance and its power to precipitate change and bring about emotional freedom.

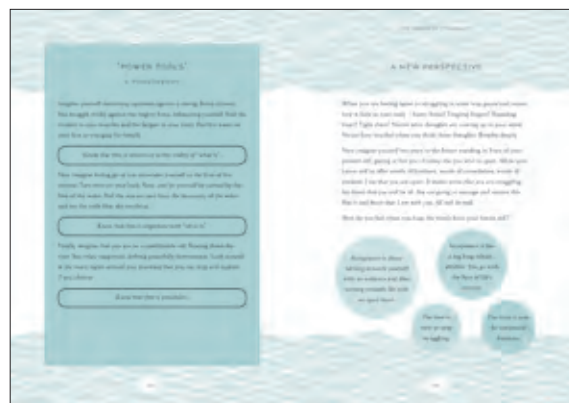
Imagine the relief of not being stuck in anger, resentment or regret. Imagine the emotional freedom of stopping the battle with yourself, other people, your circumstances and even your past. Imagine the peace of mind you would have if you stopped fighting the current of life and instead flowed with it, effortlessly.

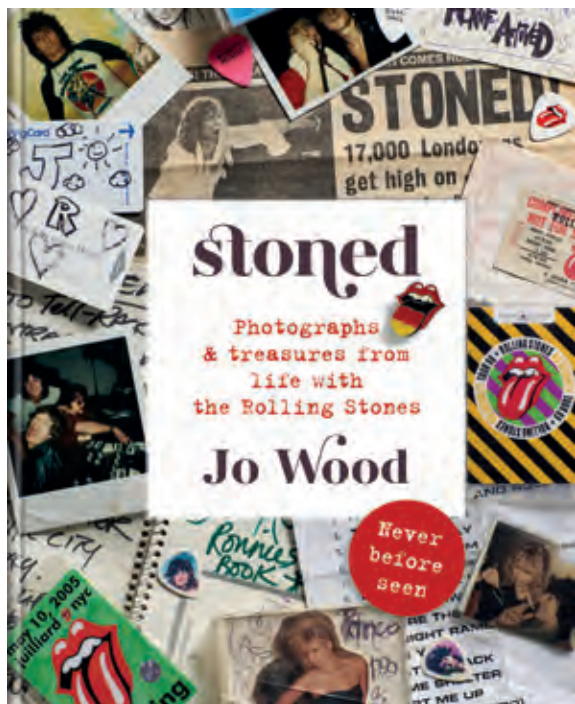
Exploring the journey from resistance to alignment to possibility, Ashley Davis Bush debunks the idea that acceptance is merely passive apathy or resignation. She introduces you to the simple but radical practice of self-compassion as the key to disarming resistance, expanding positive emotions and allowing you to move easily with "what is". She invites you to see how acceptance paradoxically leads to powerful, lasting change.

Using personal and clinical stories, practical suggestions, and evidence-based research, Ashley illuminates a new way of being with life. Choose acceptance today and discover first hand how it leads to your emotional freedom.



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 counselor 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.





STONED

Photographs & treasures from life with the Rolling Stones

Jo Wood

A never-before-seen look inside the world of the Rolling Stones.

Married to the Stones' legendary guitarist Ronnie, Jo Wood was at the heart of all-night parties, hours in the recording studio, months on tour, time spent in prison, meeting famous friends and, above all, having a good time. But her unique personal collection shows more than just the world's biggest rock band at work. Photographs, notes and diary entries reveal a previously unseen, intimate side to a group of people who weren't rock stars to Jo - they were her closest friends.

Her book takes us from the chaotic days of the late 1970s - when the Stones could walk the streets of London after a night partying without being bothered by anyone - to the early days of the 2000s, when the band's tours had become corporate-sponsored events. Jo's photographs and memories show what it was like to be on the inside of music history.

Jo Wood's career began as a fashion model in the 1970s. She met Rolling Stones guitarist Ronnie Wood at a party in 1977 and fell in love, marrying him in 1985 and remaining together until their split in 2009. They remain friends. Today, she has an award-winning range of body care products and regularly appears on television and in magazines. Jo will be assisted by Jon Bennet. Jon is a respected music journalist who has written for magazines and newspapers including *Mojo*, *Q*, the *Guardian*, the *Observer* and *The Sunday Times*.

9781788401494

October 2019

Cassell

US \$24.99 CAN \$27.99

Hardcover

7 ½" x 9 ¼"

256 pages



SOME GIRLS

Meeting Bonnie
and jumping into a
whole new world

I told myself at a party. I really didn't fancy going out that night but my mate David rang me and he wanted someone to go to a friend's party. I was missing my granny's advice - I was into vintage rock then - with a Harris towel, jacket and sweater. So, I went along to this place in Kensington, and when I walked in I saw there were loads of interesting people in the room. Pat's boyfriend, Bill Wyman, and then I saw Bonnie Wood was there as well. He came straight up to me and started chatting. I remember he said 'Do you know who I am?' and I thought of a copy of the *Times* (from that time) and I said 'You're the one who was in the car?' I thought 'Ah yes and this guy doesn't want to get in his place for being so full of himself'. He asked what I did so I told him I worked at Woodhouse in the main branch on Oxford Street. He looked a bit surprised and asked if I worked in their fashion department and I said 'No, I run the bookend book section'. He and I made friends always used that line with ladies who were trying it on. If they were still interested when they thought we worked something like this then they'd be more than happy to chat.

I wasn't a massive music fan but I wasn't bothered about him being famous. I was thinking as I'll just

look at well-known people around, and anyway it was very different then. There was no big deal about being a 'celebrity'. The word 'celebrity' wasn't even used, so everyone in row of famous people quite like they are now.

The thing that got me about Bonnie was that he was very funny. He kept following me from room to room. I was at the bar and there was this intern there. When I looked at it I found out Bonnie was my shoulder partner in the band from before. I thought 'this guy is absolutely mad' but I thought he was really funny too. He was just silly and I suppose I was too - in some ways he was like a male version of me.

Nothing more happened that night and the following day I went out to work. When I got home, there was Bonnie sitting in my front room. He turned out to be the first sat on the sofa for a few hours, waiting for me to come back. My mate's story about the bookend book section was a treat. He didn't seem to mind me much and we picked up where we left off the night before. It just clicked straight away, and we got on really well.

We hung out constantly for a couple of weeks and then he went off to New York. I wasn't sure if that

was it but then he called from America and invited me to Paris, where the Stones were recording the album *Some Girls*. He said 'meet me at a place called L'Eclat on Friday' and then they flew west. I managed to find out where L'Eclat was, turned up all excited and asked for My Wood's room number. The room on reception looked down at me and said 'we have no Monsieur Wood here, madame'. I couldn't believe it, I felt so stupid. I was in Paris with no money, no hotel reservation and no way of contacting Bonnie. I kept on asking him to double check but in the end I had no option but to wait in my room. The next morning I took a taxi for a room for the night. The receptionist took his head and told me they were fully booked because of the fashion show is on that week. I couldn't believe it, I must have looked so desperate that he took pity on me because eventually he said I could stay in one of the party rooms. He led me to this tiny little space at the top of the hotel, it was the smallest room I'd ever seen.

I was lying there all night thinking 'how the hell am I going to get out of here. I haven't got any money. I'm going to have to leave my bag and pretend I'm off to somewhere, oh well.' At 10am I got this phone call from reception: 'Is that Mademoiselle Kordaka?'

'Yes! I mean, Oui!'
'Are you also known as Mammamia Brown?'

'Yes.'

'We have a Monsieur Wood downstairs asking for you. Shall I send him up?'

I said 'don't tell me, not' and was running around trying to sort myself out and stick a new wig on and before I knew it there was Bonnie at the door with a big smile on his face. I went straight into his arms and he started to apologise saying 'Concours had taken an engine so they had to make a landing in Shannon in Ireland.'

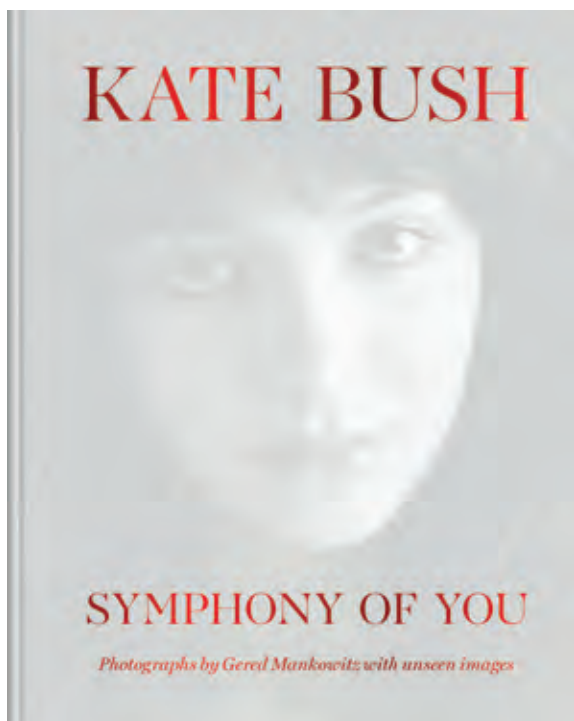
While he was saying that some other bloke came up to me into the room. He didn't even look at me, he just put on the floor at the end of the bed (remembering it this day's bag, pulling out a silver spoon, a bottle of pills and a lighter. In a few seconds he'd reached out of the pills, he'd put it into a bag, then the spoon and then he'd taken it straight through his jacket and plunged the spoon. There was a tiny pause while the drugs hit his system and then he looked up at me with this big grin and said 'how very nice to meet you my dear, I've heard only a bit about you.' And that's how I met Keith Richards and our adventures in Paris began.

In the studio

When they were recording *Some Girls*, the band still all worked in the studio and wrote together. Keith and Bonnie would come up with a riff and they would go from there. Later on they would arrive with songs separately and it was just a case of recording them, but in the early years they used to work through it together. The guy with Mick and Bonnie in the *Pravda* of the mixing desk is the drummer, Jim Keltner.

They spent a lot of time in the studio. Mick always wanted to get there in the afternoon but it would never get started until late, then it would go on through the night and we'd come out as normal people were going to work.





KATE BUSH

Symphony of You

Gered Mankowitz

Stunning rare and unpublished photographs of recording artist Kate Bush early in her career, accompanied by text from prominent fans.

Symphony of You is a complete celebration of Kate Bush - her music, her look, her impact, her creativity. Showcasing hundreds of Gered Mankowitz's breathtaking photographs from the early years of Kate's career, the majority of the images in this book have never been seen outside of the author's own private works. The book also features essays from authors across a number of disciplines - from writers and artists to musicians and academics - offering their opinions on how Kate has shaped the cultural landscape.

Symphony of You is a truly special collection, and a homage to a unique artist.

Kate Bush is a recording artist who inspires dedication among her many fans around the world. She burst onto the music scene aged just 19 with the release of her debut single "Wuthering Heights", and went on to produce 10 albums and receive critical acclaim. In 2014, Kate announced her return to live performing after several decades with a 22-night residency in London. Tickets sold out in 15 minutes.

Gered Mankowitz is a world-renowned photographer who has worked with some of the most iconic musicians of all time, including the Rolling Stones, Jimi Hendrix, Marianne Faithfull, Annie Lennox, Elton John, Duran Duran, Oasis, AC / DC and many others. He has been in the industry for more than 50 years, and has a reputation as one of the finest portrait photographers in the world.



9781788401456

October 2019

Cassell

US \$40 CAN \$44

Hardcover

8" x 10"

256 pages





MEET YOUR HORMONES

Discover the hidden world of the chemical messengers in your body

Nicola Temple & Catherine Whitlock

Discover the hidden world of the chemical messengers in your body

Did you know that you have thousands, perhaps millions, of hormones in your bloodstream?

Did you know that these complex chemical messengers regulate the function of our cells and organs?

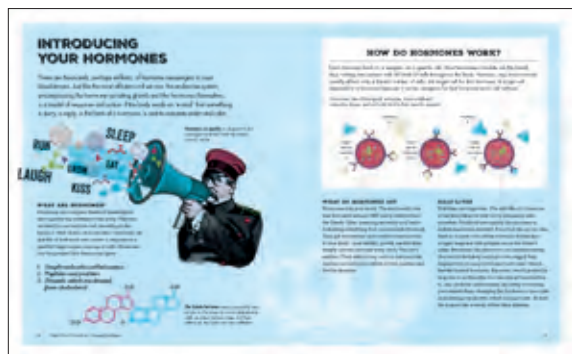
Or that they keep our bodies working properly, co-ordinating processes like growth, fertility and metabolism?

Meet Your Hormones explores and explains the fascinating world of hidden hormones: what they are, what they do and why you can't live without these super-fast chemical messengers.

Including in-depth profiles on each of the most important hormones at work in the human body, and helpful advice on how you can look after your own health through greater knowledge of your hormones, this is a wide-ranging introduction to the secret world inside your own body.

This book:

- Explores what hormones are, where they are made and how they work
- Explains the key functions of the body in which they are involved
- Offers practical advice on how we can help our hormones help us through diet and lifestyle
- Examines the latest thinking and cutting-edge research



9781788400770

October 2019

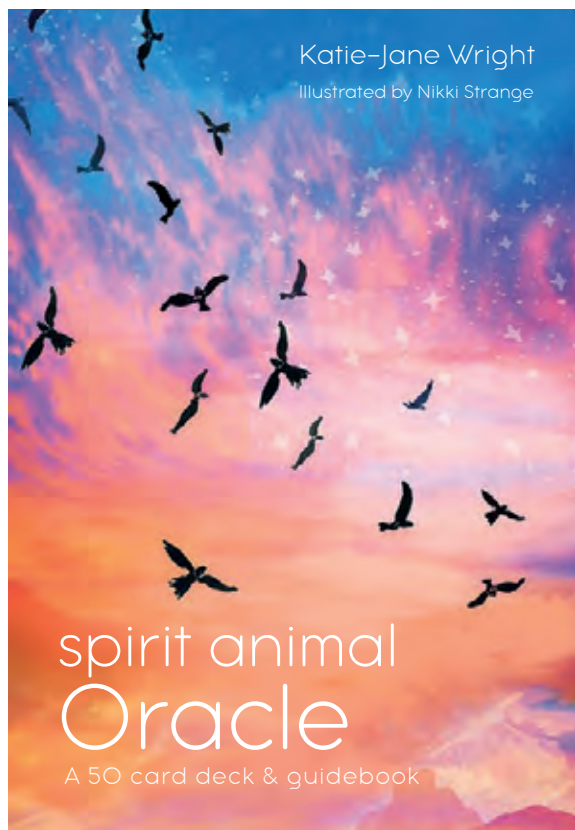
Cassell

US \$19.99 CAN \$21.99

Paperback

7 1/2" x 9 1/4"

192 pages



SPIRIT ANIMAL ORACLE CARDS

A 50 card deck and guidebook

Katie-Jane Wright (Illustrated By Nikki Strange)

Call in the wisdom of your spirit animal guides with this beautiful deck of cards and guide to their messages

We all have a host of guides in spirit, supporting, loving and holding our hand through this journey, whichever path we may choose. You can see and feel your animal guides in a host of ways. They may come to you in dreams when you are in your most open, receptive state. You might find you run into this animal all the time or out of the blue, in the physical world or seeing pictures of it in magazines and books. These are signs that they want attention. This oracle deck is a tool to connect with your animal guides, to acknowledge them and listen to their messages. It's also a way to bring in new guides, to call their energy to you if you feel you need it.

Katie-Jane Wright has been a psychic clairvoyant and medium since childhood. She describes herself as an 'open channel for cosmic consciousness.' Having previously been a footwear designer for luxury brands and part-time lecturer for 12 years, three years ago she moved away from the corporate world and began conducting healing sessions with clients and holding crystal healing workshops. Katie-Jane currently lives in Washington D.C.

9781783253296

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Hardcover and card deck

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64 pages



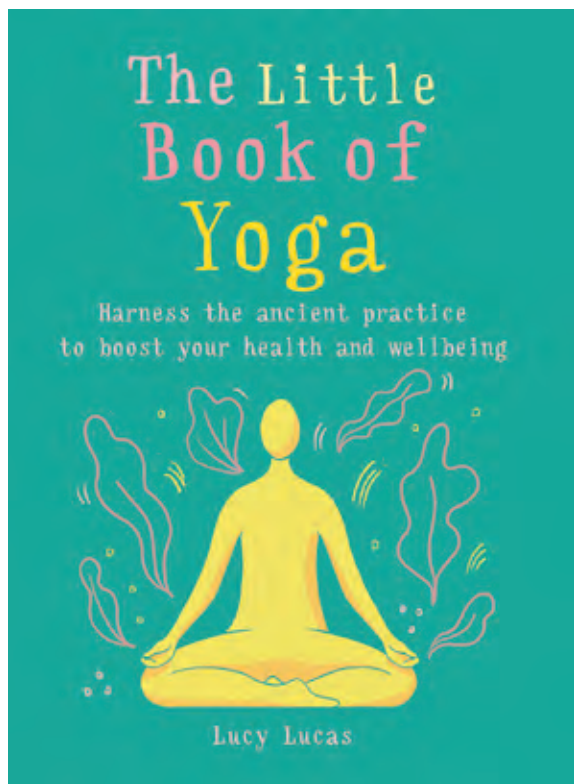
WHALE



GRACEFUL TRANSFORMATION

Old layers and belief systems are being shed,
a time of transformation and expansion





THE LITTLE BOOK OF YOGA

Harness the ancient practice to boost your health and wellbeing

Lucy Lucas

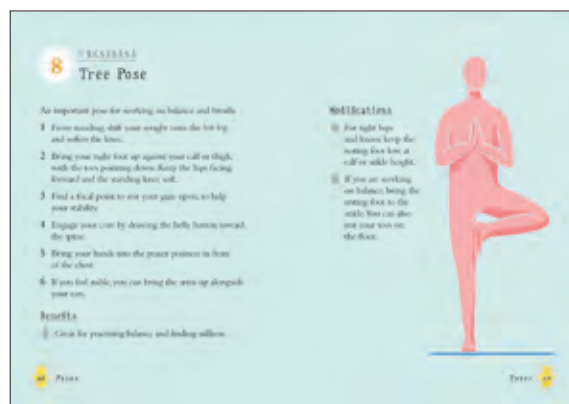
A fully illustrated guide to yoga, with poses, sequences and tips to strengthen your body and mind, and soothe your soul.

Yoga is accessible for all, regardless of fitness, flexibility or age. More than just a workout, yoga is a way to let go, relax and become aware of yourself. Scientific research also suggests that a regular yoga practice lowers blood pressure, reduces anxiety, improves balance and flexibility and increases bone density. Whether you want to relax, become more flexible or get in touch with your spiritual side, *The Little Book of Yoga* will show you the way.

Find out which type of yoga is right for you, experience the calming effects of yoga breathing techniques and learn simple daily practices that will make you feel strong, calm and focused.

In this book, expert practitioner Lucy Lucas shows you how to integrate yoga into your life, simply, every day.

Lucy Lucas is a mindfulness and yoga teacher who began her practice after spending 15 years in finance and consultancy. She trained in Bali, first taught yoga in Ibiza and now has a practice based in the UK, where she teaches classes and leads retreats.



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96 pages

The Little Book of Resilience



Cheryl Rickman

THE LITTLE BOOK OF RESILIENCE

Embracing life's challenges in simple steps

Cheryl Rickman

Embracing life's challenges in simple steps

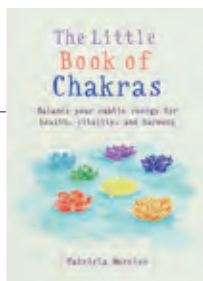
Life is full of twists and turns - some joyful, some downright awful and others utterly bizarre. Whatever you're facing, *The Little Book of Resilience* provides a useful set of tools to help you deal with anything life throws your way.

This little book is about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it. Discover how to utilize your skills and strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms. These helpful exercises and tips will encourage you to find purpose, have faith in your abilities, embrace change, establish goals and nurture yourself.

The Little Book of Resilience is full of warm, loving, practical advice for anyone whose life isn't all plain sailing - and at one time or another, that is all of us.

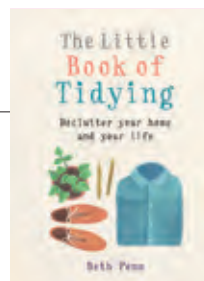
Cheryl Rickman has written 14 practical guide books and inspirational memoirs on flourishing in life and business over the past 12 years. Having experienced the loss of her mother as a teenager and the loss of her father a few years ago, Cheryl now devotes her life to helping others to make the most of each moment of theirs. Cheryl is a qualified Positive Psychology Practitioner, Ambassador of Well-being for the Network of Well-being and contributes to The Huffington Post, among others.

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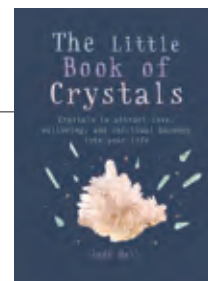
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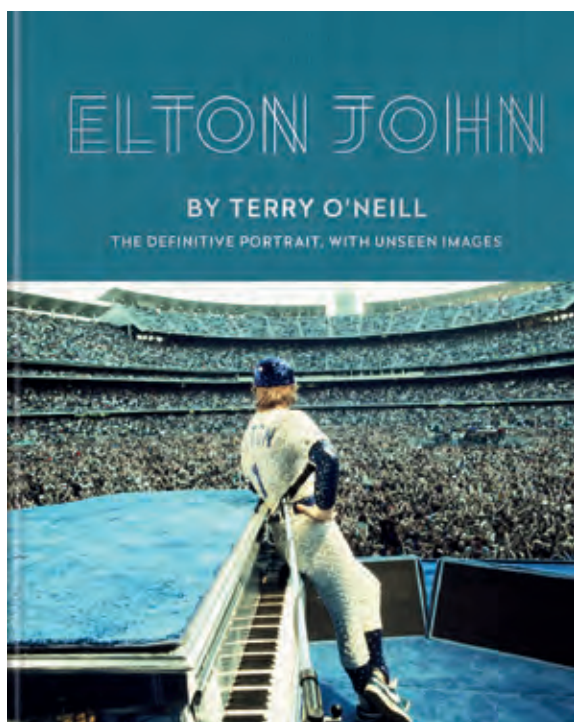
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96 pages



"Looking at Terry's photographs is like gazing through a window at the most extraordinary and exciting moments of my life. I'm so glad he was with us throughout the madness: in his evocative and stylish photos he captured those moments as no other photographer could." - Elton John

9781788401487

November 2019

Cassell

US \$34.99 CAN \$38.99

Hardcover

8" x 10"

256 pages

ELTON JOHN BY TERRY O'NEILL

The definitive portrait, with unseen images

Terry O'Neill

A photographic portrait of Elton John, by iconic photographer Terry O'Neill.

Elton John and iconic photographer Terry O'Neill worked together for many years, taking in excess of 5,000 photographs. From intimate backstage shots to huge stadium concerts, the photographs in this book represent the very best of this archive, with most of the images being shown here for the first time.

O'Neill has drawn on his personal relationship with Elton John to write the book's introduction and captions.

Terry O'Neill is one of the world's most collected photographers with work hanging in national art galleries and private collections worldwide. From presidents to pop stars, he has photographed the frontline of fame for more than six decades.

O'Neill began his career at the birth of the 1960s. While other photographers concentrated on earthquakes, wars and politics, O'Neill realized that youth culture was a breaking news story on a global scale and began chronicling the emerging faces of film, fashion and music who would go on to define the Swinging Sixties. By 1965 he was being commissioned by the biggest magazines and newspapers in the world.

No other living photographer has embraced the span of fame, capturing the icons of our age from Winston Churchill to Nelson Mandela, from Frank Sinatra and Elvis to Amy Winehouse, from Audrey Hepburn and Brigitte Bardot to Nicole Kidman, as well as every James Bond from Sean Connery to Daniel Craig.

He photographed The Beatles and The Rolling Stones when they were still struggling young bands in 1963, pioneered backstage reportage photography with David Bowie, Elton John, The Who, Eric Clapton and Chuck Berry and his images have adorned historic rock albums, movie posters and international magazine covers.

INTRODUCTION

Erwartungswert für die Eingangsgrößen

I wanted to be a musician. I used to listen until the post-greys. It was the duration that really got me going – as I thought, there's what I'll be. I would play all the clubs, anyone who would let me. But I knew if I really wanted to make a go of it, I'd have to get to America.

Up until 1948, all southern photographers thought that Nashville was the first stop on the way to becoming an artist. I thought it'd fly to New York, play a few nights in the clubs, and then fly back. That handwriting was assigned to photography until Rock drove all the other Nashville photographers out of town, with some handsome fees. That sort of thing, Trump was really promoting a whole 1950s

I was walking one day and noticed a very dapper looking gentleman that was in the departure lounge. He was surrounded by full dressed African Chieftains. I took a photo. A few minutes later, after being dismissed, I should be introduced himself as a reporter from one of the newspapers, and asked me if I could give him a few points of the story (just then it turned out the man was one of the British crown princes of the time. Not large

I got paid for that and was offered a pretty good job taking photos. For one of my first assignments, they asked me to go down to Abidjan, Ivory Coast - there was a new hotel

remember just they wanted some photos. I had no idea what they wanted – we took them but took outside to the back where the light was a little better. I took the photos, the day after, to hold up a pencil. I had never taken a photo of a band before. Soon after I got a call from Andrew. I said, "Oh, hey, and if I could take some pictures of you and the boys."

Because of my early work with immigrants, the papers were still collecting me up for ideas—how I heard of anyone new they should be covering? And one day I remember, (and I struggle to think) I thought I should get in touch with this new American guy. Turns out he was an American at all, but an English blue-snowed bagged Dwight and the working poor near North Court. Well, I finally got hold of Howard and he had to take some pictures. The story the early 1930s, and I want to know he should and was keeping out while placing the papers, doing a little Jerry Lee

It took some time for me to place these first images on the papers. I think vigorously took command again. But I knew the music was going to be something special. When you think of the words "folklore" or "genius" or even "legend" or "heroic." They get thrown around a lot. I'd call Frank Sinatra a genius and Elvis and I would absolutely call Frank Sinatra a genius.



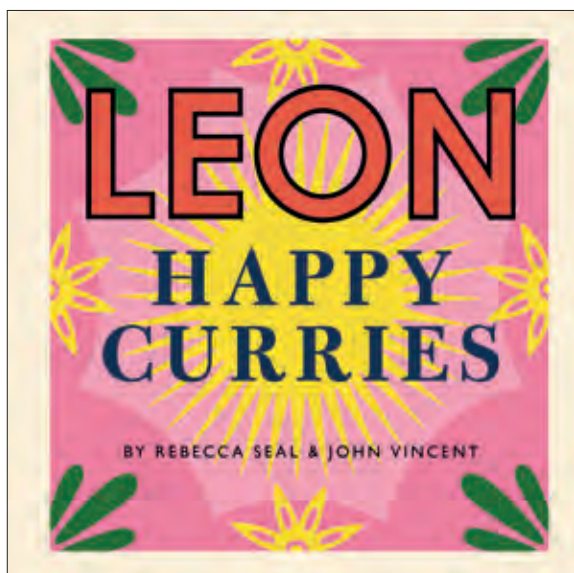
Before: Glass with pinkish flange
capped with salt and brightened in the acid solution.

Eight. From an intimate portrait session with



114





LEON HAPPY CURRIES

Rebecca Seal & John Vincent

The next book in the LEON Happy series.

LEON, the home of naturally fast food, has turned its hand to creating a collection of Curry recipes - more than 100 new recipes inspired by dishes from Sri Lanka, India, Thailand and Burma, as well as Kenya, Somalia and the Caribbean. Find fiery, speedy, warming or creamy curries, plus everything you might want on the side, from fluffy flatbreads and perfect rice to crunchy relishes, garlicky greens and tangy pickles. If you want fast fixes with easy wins from a supermarket, or something more fancy for when you have a little more time, you will find them all here. Includes Sri Lankan jackfruit and vegetable curry, Kashmiri lamb rogan josh, Skinny salmon and coconut curry and Katsu chicken curry as well as tasty side dishes and tips for speedy curries and ingredient swaps.



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* and *LEON Fast Vegan* with John Vincent. She lives in London with her husband and two small daughters.

John is co-founder of LEON, which now has more than 60 restaurants (including in 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* and *LEON Fast Vegan* 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.



9781840917970

November 2019

Conran

US \$19.99 CAN \$21.99

Hardcover

8" x 8"

224 pages

**95,000
copies sold
in the series**



A CHANGE OF APPETITE

Where healthy meets delicious

Diana Henry

Follow Diana Henry on her year-long culinary journey towards lighter and healthier but no less delicious food.

James Beard Award Nominee

What happened when one of today's best-loved food writers had a change of appetite?

Here are the dishes that Diana Henry created when she started to crave a different kind of diet - less meat and heavy food, more vegetable-, fish- and grain-based dishes - often inspired by the food of the Middle East and Far East, but also drawing on cuisines from Georgia to Scandinavia.

Curious about what 'healthy eating' really means, and increasingly bombarded by both readers and friends for recipes that are 'good for you', Diana discovered a lighter, fresher way of eating. From a Cambodian salad of prawns, grapefruit, toasted coconut and mint or North African mackerel with cumin to blood orange and cardamom sorbet, the magical dishes in this book are bursting with flavor, goodness and color.

Peppering the recipes is Diana's inimitable writing on everything from the miracle of broth to the great carbohydrate debate. Above all, this is about opening up our palates to new possibilities. There is no austerity here, simply fabulous food which nourishes body and soul.



Diana Henry is one of the UK's best-loved food writers. Diana has won numerous awards, including the James Beard Award for *A Bird in the Hand* in 2016. Diana's books have sold over 700,000 copies worldwide.



9781784726164

November 2019

Mitchell Beazley

US \$34.99 CAN \$38.99

Hardcover

7" x 10 1/4"

336 pages

"Our new healthy cooking bible" - Bon Appetit

"Filled with stunning meals that just happen to be healthier, this cookbook will delight epicures and foodies." - Library Journal



9781784726171
November 2019
Mitchell Beazley
US \$50 CAN \$55
Hardcover
9 5/8" x 12"
240 pages

JAGUAR

The Art of the Automobile

Zef Enault & Michaël Levivier

The definitive story of Jaguar, exploring 100 years of outstanding luxury cars, with never before-seen images and material from the Jaguar archives.

Created in collaboration with the iconic car manufacturer, *Jaguar: The Art of the Automobile* is a celebration of Jaguar's most legendary models.

Known for elegant design as much as for pushing the limits of speed, the brand has always been at the cutting edge of mechanics without sacrificing aesthetics.

This official book dives into Jaguar's archives for stunning photography and detailed reports of its most memorable models - including many never-before-seen images - showcasing celebrated cars such as the E-Type, XK120, XJS and XKR-S.

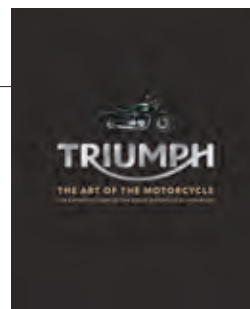
Zef Enault was a journalist at the French magazine *Moto Journal* for 10 years, before becoming the executive editor to *Twin & Triple* motoring magazine. He is now the editor of the website Fast & Lucky.

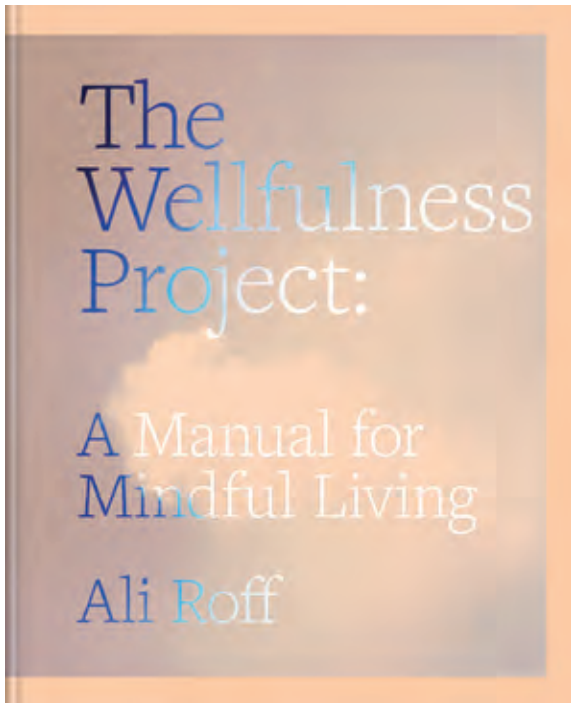
Michaël Levivier is a journalist and professional test driver, who brought together the team of the famous weekly magazine *Moto Journal* in 2000. Today, he travels the world for press presentations, news reports and long-distance motoring tests.

Also Available:

TRIUMPH MOTORCYCLES

9781784723712
\$50.00 (HC)
\$55.00 in Canada





THE WELLFULNESS PROJECT

A Manual for Mindful Living

Ali Roff

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.

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.

In addition to the BSc honours degree she holds in Psychology, Ali is a qualified '200hr Yoga Alliance Certified' teacher and will shortly qualify as a Mindfulness teacher and expert.

9781783253210

December 2019

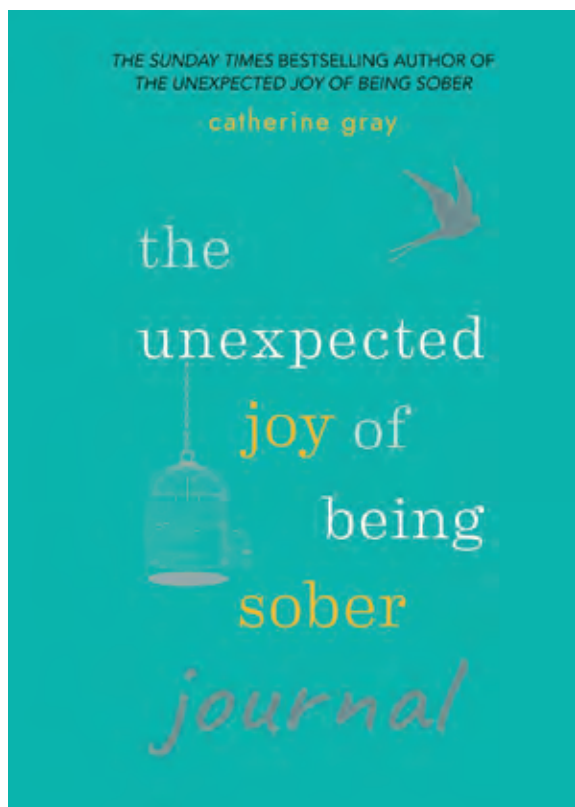
Aster

US \$19.99 CAN \$21.99

Hardcover

7 ½" x 9 ¼"

208 pages



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.

9781783253081

December 2019

Aster

US \$14.99 CAN \$16.99

Paperback

6" x 8 1/2"

160 pages

THE UNEXPECTED JOY OF BEING SOBER JOURNAL

Catherine Gray

From the bestselling author of *The Unexpected Joy of Being Sober*. A guided sobriety journal for motivation, with prompts and reminders for Dry January, Sober Spring and beyond.

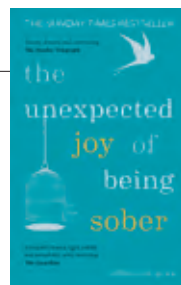
Whether you are going cold turkey or trying your sober-curious hand at Dry January this year, Catherine Gray provides an ideal practical solution with *The Unexpected Joy of Being Sober Journal*.

Packed with motivational prompts and reminders, this guided sobriety journal encourages you to be present, slow down your thoughts, identify your patterns and, most importantly, be honest with yourself.

There is a growing body of research that supports the positive benefits of journaling, be it helping you to stick to your goals or drastically improving your mood and emotional wellbeing. In fact, the healing power of journaling has been proven to be so beneficial that the co-founders of Alcoholics Anonymous have incorporated it into the famous 12 Step Program.

Gray's refreshing and easy-to-follow strategies will inspire you to kick the drink and live a sunshine warm sober life.

Also Available:

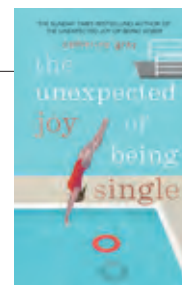


THE UNEXPECTED JOY OF BEING SOBER

9781912023387

US \$12.99 (PB)

\$14.99 in Canada



THE UNEXPECTED JOY OF BEING SINGLE

9781912023813

US \$12.99 (PB)

\$14.99 in Canada

Oh hi, friends/family/other animals. I am fed up of the following side effects of drinking:

Marceline & Phil do a little
last dance but Winona is not "Penny Dancer".

Listing the personal goals (individuals approach first)

Feeling like I'm not living on all cylinders at work.

Each of us has the potential to make a difference.

Every day is now the day of active
revelation.

So, I am going totally sober for:

 CC BY-SA

 Answer

 Three-curved line

Parsons

 Wiley

☐ **Slides of this lecture:**
Insert into frames: _____
(or simply, as long as I don't know what I'll be like in 30)

Please be a legend and help me achieve my goal by:


□ Congress is being more rather than saying
half-as-much things like: "you've been dead"
for 1000s

 Not giving you a speech about how easy you find it to swallow? (If you did, Cee!) The yes, but please, because it's true.

 Chillyang ist ein traditionelles Getränk, welches aus gelbem Tee, Honig und Zitrusen hergestellt wird. Es ist ein beliebtes Getränk in der Region.

Q If you're going to meet for the first time, go to a public place. There's a great bar/restaurant in the garden (you'll be in a room full of other people).

 Telling me I'm better than physical/character chicken in row. I'm trying hard, as always, to use of my position.

 Representing that, given billions of stars and planets, you must always expect to find life, many people follow the earlier line of reasoning.

 SHED is just an offer, anything, anything, I just don't want to be a loser.

Knowing that this is how to do with you, it's a hell of a year in your glass. Crack on! Drink your life. I won't judge you. We let's have some fun.

FEEL FREE TO SNAP AND SHARE ON INSTAGRAM/TWITTER/FACEBOOK.
IF YOU'RE NOT ON THE SOCIALS, INTERSPECIES CUD IS OURS. PUT IT IN YOUR WALLET. WHAT? ISN'T WORK?

3

The average Irish man drinks three times a day.

3

A Irish woman, on average, has drinks a day.

+

65⁺

On average, less 65 per cent of us are alcohol dependent.

twice
as much alcohol

Double the amount of alcohol is sold compared to what people want they're drinking.

Where is all of this wine purchased, alcohol going? Probably mostly down people's throats, without them realizing how much they're putting away.

I don't know anyone with an actual wine cellar, do you? I also don't know anyone with an emergency bunker stuffed to the brim with frozen ale, in case the zombie apocalypse hits and craft ale production ceases. And I doubt that those bottles of doggie green spirits, that sit at the back of spirits cupboards gathering dust, amount to that economic discrepancy.

Therefore, people are probably hugely underestimating what they're knocking back.

years

The average life lost if you drink 21, rather than 14 units a week, is two years. And yes, those

might be miserable years spent in "Sunset Village" retirement home wearing "adult protection" pads and drooping in front of daytime TV. But you can know that for sure. They could also be badass twilight years going out on cruises to see the northern lights, or tending to the best alfalfa in all of Yorkshire, or watching your grandkid graduate, or somehow other elderly person loveliness. We only get one go on this gorgeous planet, and I want the longest go possible. If you die earlier due to drinking, you won't die abruptly, as if a musical statue, at a party while busting out some moves. "Live fast, die young" means your body will probably start breaking earlier in life, rather than your merry existence scratching to a sudden stop like a record whipped off a turntable. I don't want less life. I want as much as possible.

How about you?

4
in
10
of us

40 per cent of an increased cost weekly to units in just one night, as (for want) a weekly basis, and one survey, to my thinking days, I could easily sink a hundredth of a unit in one night. In fact, I realize for that time.



FIVE MINUTES TO A HEALTHIER YOU

A guided journal for better health

More than 70 practical exercises and prompts to help you focus on your health and wellbeing.

Can you spare five minutes?

From simple stretches when you wake up in the morning to five minutes of mindfulness in the evening, the exercises and prompts in this guided journal show how adding small moments of health to your day can make a big difference. Writing down your healthy goals and achievements also means that any positive changes you observe are more likely to last.

Discover more than 70 ways to a healthier you...in just five minutes.

Hannah Ebelthite is a freelance health, fitness and wellbeing writer. With nearly two decades experience in journalism, she has held staff posts on *Cosmopolitan*, *Zest* and *Healthy* magazines, and writes for a wide range of national publications, including *The Daily Mail*, *The Telegraph*, *The Daily Express*, *Woman & Home*, *Glamour*, *Healthy Food Guide*, *Top Santé*, *Healthy*, *Health & Fitness*, *Condé Nast Bride*, *Mother & Baby* magazine. She has ghost-written several health books and is a member of the Guild of Health Writers. Hannah lives in southwest London with her fitness-journalist husband and their six-year-old twin boys.



9781783253005

January 2020

Aster

US \$14.99 Can \$16.99

Paperback

6" x 8 1/2"

160 pages

Also Available:



FIVE MINUTES IN THE MORNING

9781912023127

\$12.99 (PB)

\$14.99 in Canada



FIVE MINUTES TO A MINDFUL YOU

9781912023974

\$12.99 (PB)

\$14.99 in Canada



FIVE MINUTES IN THE EVENING

A journal for rest and relaxation

Five Minutes in the Evening is a journal for rest and reflection with over 70 five-minute exercises and meditations to promote relaxation at the end of the day. Studies have proven that journaling is most effective first thing in the morning or late at night in this book, the fourth in the series, readers are encouraged to write down their thoughts, worries, dreams and goals before going to bed.

Beautifully illustrated pages combined with interactive writing exercises help to promote a more restful and productive sleep as the unconscious brain processes the events of the day.

Practical tips and physical practices, such as lighting an aromatic candle, clearing the bedroom of digital stimulation and restful yoga poses are included in this aspirational guide to a perfect night's sleep.



9781783253302

January 2020

Aster

US \$14.99 Can \$16.99

Paperback

6" x 8 1/2"

160 pages





SIX WEEKS TO ZERO WASTE

a simple plan for life

Kate Arnell

How to be **almost** waste free - for life

We all know the importance of reducing our environmental footprint, but the prospect of going green can seem daunting. *Six Weeks to Zero Waste* is both an accessible and aspirational program to eliminate waste - and it goes beyond plastic. In this book, TV presenter turned eco blogger, Kate Arnell, will help you on your path to garbage-free living, with the principles of the 5 Rs (refuse, reduce, reuse, recycle and rot).

From cutting down on food waste and decluttering, to making homemade health and beauty products, you'll soon be on your way to a zero-waste lifestyle.



Kate Arnell is a British television presenter, eco blogger, YouTuber and writer. She has previously hosted shows on MTV and BBC America. Kate has been featured in *Daily Mail*, *The Independent* and *Glamour*, on Radio 1 Life Hacks, and worked with brands including Ikea

and People Tree. After four years of living a zero waste lifestyle, Kate launched her YouTube channel and blog ECO BOOST, which boasts over 41,000 followers and over 1.5m views.

9781856754118

January 2020

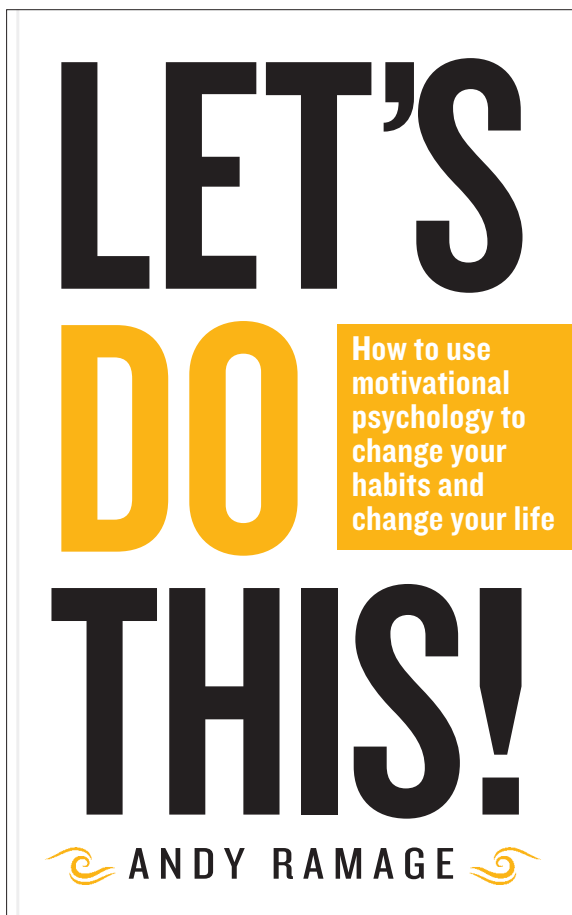
Gaia

US \$16.99 CAN \$18.99

Paperback

6" x 8 ½"

224 pages



LET'S DO THIS!

How to use motivational psychology to change your habits and change your life

Andy Ramage

How to use motivational psychology to change your habits and change your life

Let's Do This! is the motivation playbook for any type of personal change, from losing 10lbs to stepping up in your career to running a half-marathon. The difference between succeeding and giving up comes down to you level of motivation - in other words how much it really matters to you.

In this unapologetically positive book, Andy Ramage, who transformed his own life step by step, explains the different types of motivation and the tools you need both to make a change and make it last. And then he shows you how to create your own plan for change and how to deal with all those annoying obstacles along the way (I can't be bothered, I'll start on Monday, I don't have enough time...)



Andy is a former professional footballer with a Masters in Positive Psychology. He now combines work as a successful city commodities broker in London with running the hugely successful AF motivational site One Year No Beer.

Ten years ago Andy began studying well-being as he was materially successful but stressed out, overweight, unfit, unhealthy unmotivated and unhappy. Bewildered by his own lack of drive he began to study motivation. This led to an open university degree and later a masters degree in positive psychology and coaching psychology. He also became a master practitioner of NLP (training with John Grinder) and a mindfulness awareness coach. Now in his final year of his Master's in Positive Psychology, his special area of research is motivation.

9781783253289

January 2020

Aster

US \$14.99 CAN \$16.99

Paperback

5 ¼" x 8 ½"

208 pages



ilex

Fall 19 — Winter 20





IMAGINE. SHOOT. CREATE.

Creative photographs

Annegien Schilling

Captivating imagery from an Instagram superstar that you can create entirely on your phone.

Annegien Schilling's imaginative self-portraits inspire just under 1 million followers under the account @fetching_tigerss. In this, her first book, she guides her readers through simple step-by-steps to beautiful surreal imagery, and teaches her successful method of conceiving an idea (Imagine), capturing it correctly (Shoot), and editing them efficiently (Create), all without expensive camera gear or complicated software. This book will inspire you explore your imagination and create photos you never thought possible!



Since the age of 17, **Annegien Schilling** has been acquiring international fame for her surrealist self-portraits on Instagram under the name @fetching_tigerss. She's given a TEDx talk about her creative process, and inspires hundreds of thousands of followers with her boundless imagination.



9781781577325

September 2019

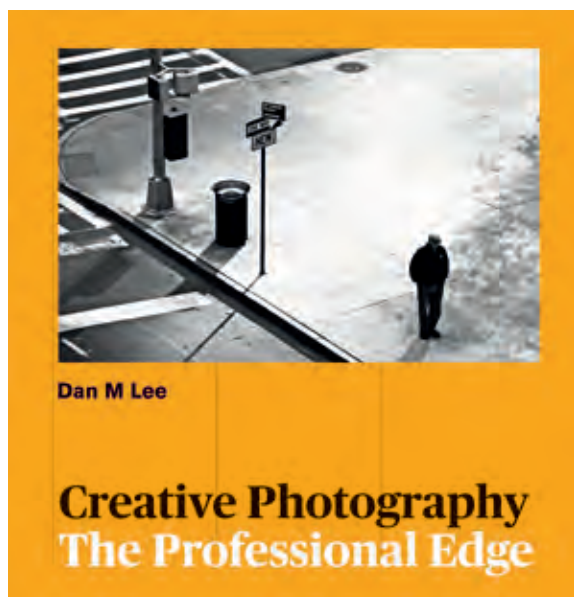
Ilex

US \$19.99 CAN \$21.99

Paperback

6 3/4" x 8 7/8"

160 pages



CREATIVE PHOTOGRAPHY

The Professional Edge

Dan M Lee

Inspiring ideas from professional photographers to help you stand out from the crowd

It's not easy to find a fresh angle on photography, and harder still if you have to meet the needs of demanding clients. Dan M Lee and his team have put together this book of inspiring ideas - and how to pull them off yourself - that professional photographers can use to stand out from the crowd.

Featuring tips, tricks and ideas that will help you shift gear and pick up new clients, as well as introducing unusual ways to get ahead of the crowd, like shooting for 360-degree / VR experiences (popular with real estate clients).

Alongside Dan's own work, this book features interviews with leading professionals in the field, and insights from makeup artist Jerris Ferrer, model Samantha Braga and wedding consultant Mariana Martinis.



Dan started out working in a photo store in England, and has risen to professional photojournalist and corporate photographer in New York City. He is a brand ambassador for MagMod and ThinkTank, and has spoken about photography around the world, as well as running regular workshops in New York.



9781781575925

September 2019

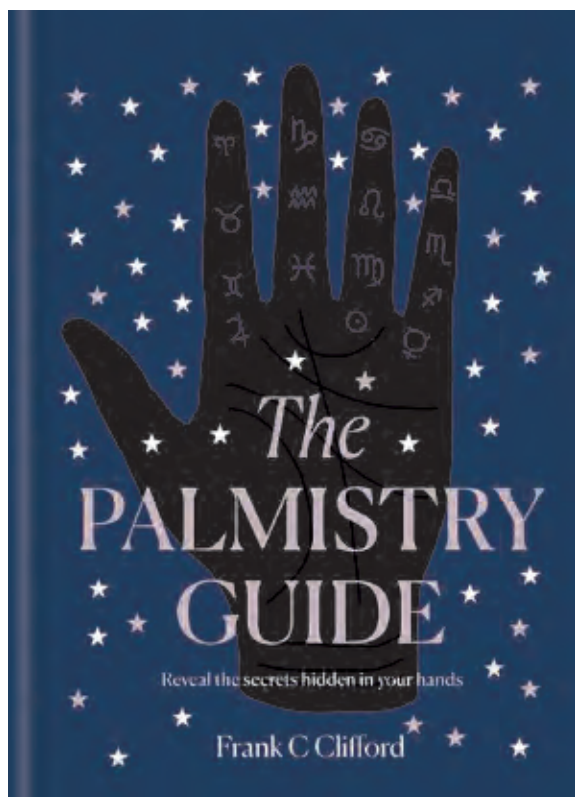
Ilex

US \$21.99 CAN \$23.99

Paperback

8 7/8" x 9 1/4"

176 pages



THE PALMISTRY GUIDE

Reveal the secrets hidden in your hands

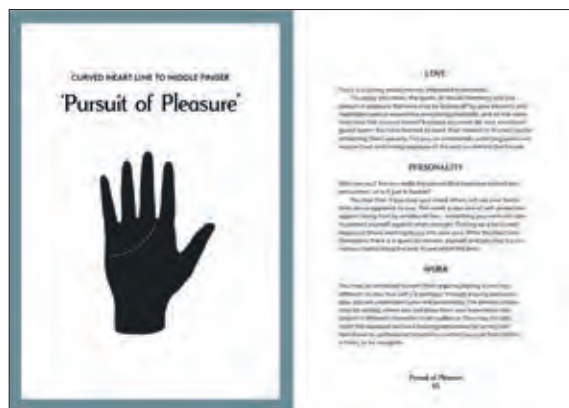
Frank C Clifford

Master the ancient art of palm reading with this modern guide.

Palmistry is a powerful craft and a way of gaining self-awareness. It will help you to better understand and develop your character, love life and career in order to become the person you want to be and live the life you truly desire. Not all of the lines have been written yet and by studying your palms you can learn how to alter a negotiable future. Your destiny is in your hands.



Frank C Clifford has been a student of the mysteries for over thirty years. He hopes his guide will help you to discover your true path.



9781781577011

September 2019

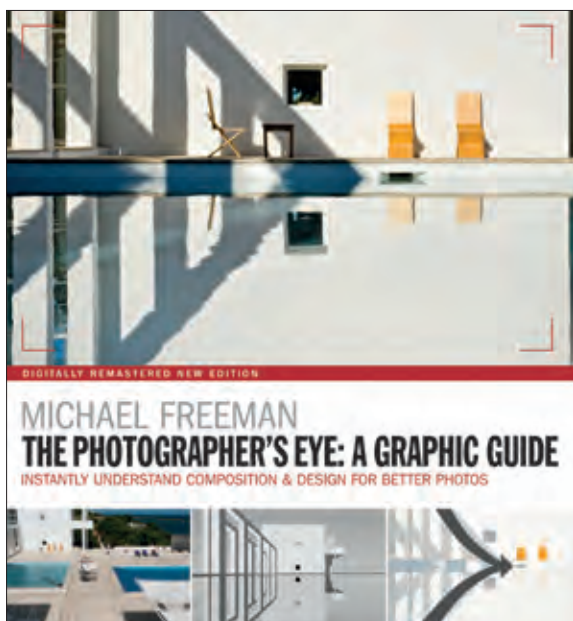
Ilex

US\$12.99 CAN\$14.99

Hardcover

6" x 8 1/2"

112 pages



THE PHOTOGRAPHER'S EYE: A GRAPHIC GUIDE REMASTERED

**Instantly Understand Composition & Design
for Better Photography**

Michael Freeman

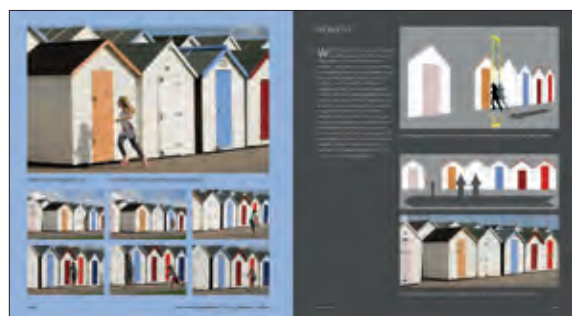
**Instantly understand composition & design by
deconstructing successful photos to see how they work.**

Taking a new look at composition, Michael Freeman explores the visual mechanics of photography in its own native terms. Each section is organized into discrete units that articulate a working method for communicating particular ideas and capturing certain subjects. The result is an approachable, easy-to-understand course on successful composition and design.



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.



9781781577301

September 2019

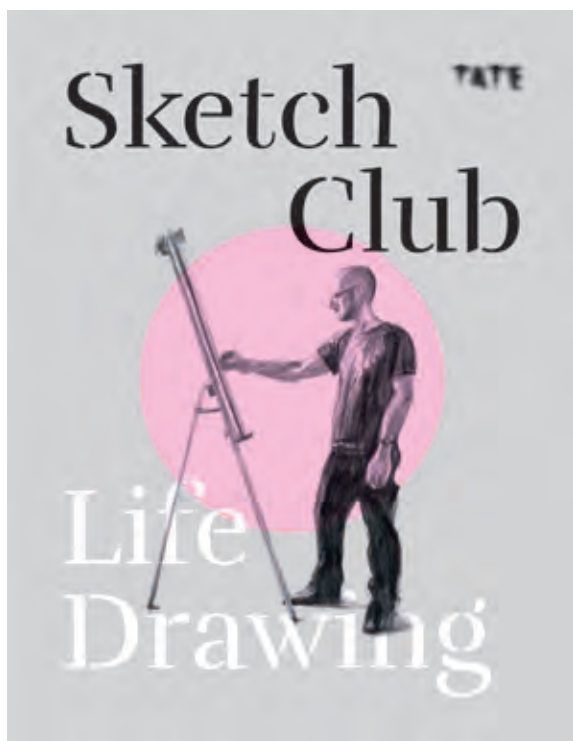
Ilex

US \$24.99 CAN \$27.99

Paperback

9 ¼" x 10"

192 pages



SKETCH CLUB

Life Drawing

Hester Berry



A practical guide to drawing the human figure from life. Illustrated step-by-step exercises show intermediate artists how to put fundamental drawing skills into practice.

The only way to get better at drawing is through practise - and there is no better subject to draw from than life. Let *Sketch Club: Life Drawing* show you how.

This practical guide to capturing the human figure teaches fundamental drawing skills while providing instruction on how to get the most from a life drawing class.

Featuring 20 step-by-step exercises, the book shows intermediate artists how to put their skills into practice. Learn how to construct a figure, capture gesture and bring depth, energy and movement into your work.

Sketch Club: Life Drawing is the first in an exciting new series aimed at demystifying the artist's process. The book covers a range of media and offers inspirational references to the work of other famous artists. A problem-solving section covers how to fix common mistakes and know when to stop.

Hone your skills, build your confidence, and most importantly, get drawing!



Hester began teaching drawing and painting in 2009. She often teaches alongside bestselling author Jake Spicer, running life drawing classes designed to challenge and grow her students' understanding. She is based in Devon and has twice been shortlisted for the Sky Arts Artist of the Year, as well as for the BP Portrait Award.



9781781576540

September 2019

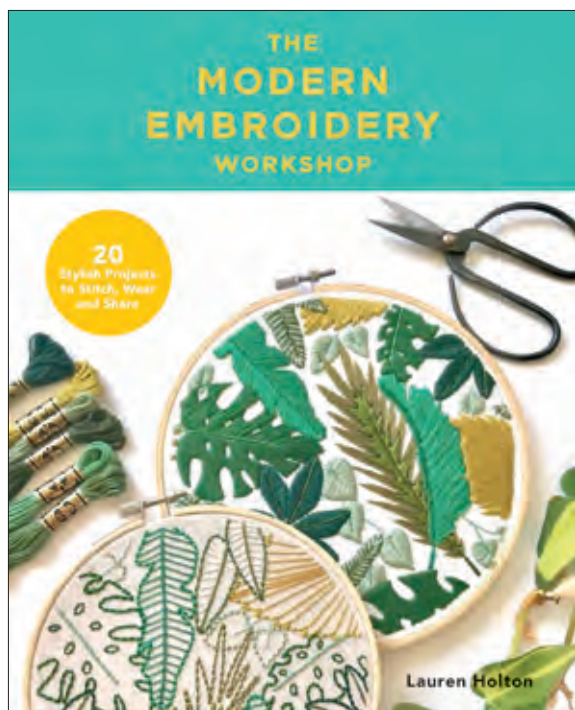
Ilex

US \$14.99 CAN \$16.99

Paperback

8 ½" x 11"

112 pages

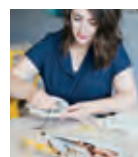


THE MODERN EMBROIDERY WORKSHOP

20 Stylish Projects to Stitch, Wear and Share

Lauren Holton

Get back to embroidery-stitch basics and sample a collection of over 50 edgy motifs and patterns within 20 stylish projects, ideal for novices through to experienced embroiderers. Easy-to-follow instructions accompany each colorful design, and you'll find customization tips and guidance on creating your own palette to make the work truly your own. Discover imaginative ideas on every theme to wear, display and gift, ranging from simple collar additions, such as sprig motifs and abstract patterns, to intricate interior scenes and moody landscapes.



Lauren Holton is a gifted embroiderer and teacher with a passion for colorful, contemporary crafts. Also known as Lark Rising, Lauren has over 64,000 loyal followers on Instagram (@larkrising) based across the world. She lives in a bright and cozy home in Seattle with her husband, young son, dog and houseplants.



9781781577073

October 2019

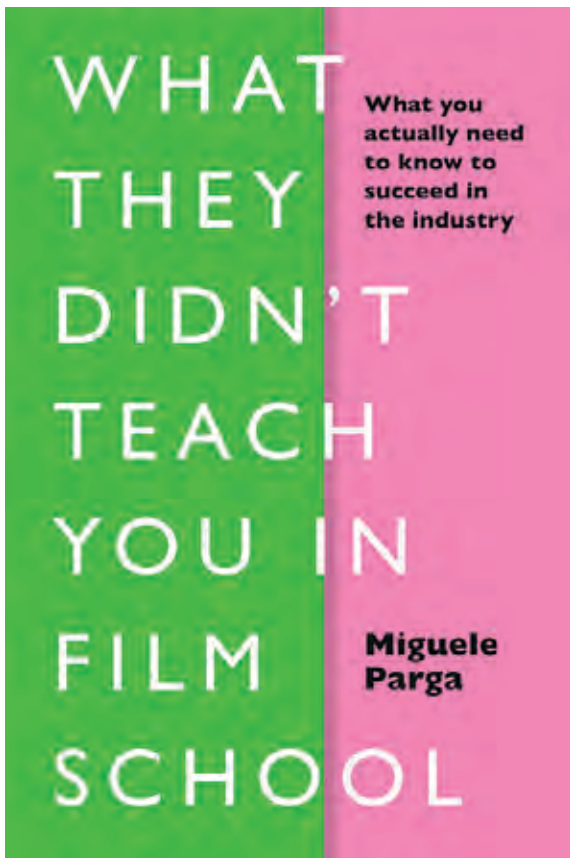
Ilex

US \$24.99 CAN \$27.99

Paperback

7 1/2" x 9 1/4"

176 pages



Miguel Parga has been in the industry for 25 years. As a news producer for ABC, he won an Emmy, a DuPont Award, and a Peabody Award. He's created advertisements for Pepsi, Canon, Fisher Price, Bud Light, and Verizon. As a writer in LA, he's worked on over 20 feature-length

scripts. Since 2007, he's been teaching acting, directing, writing, and editing at the New York Film Academy.

9781781577172

October 2019

Ilex

US \$19.99 CAN \$21.99

Hardcover

4 ¾" x 7"

224 pages

WHAT THEY DIDN'T TEACH YOU IN FILM SCHOOL

What you actually need to know to succeed in the industry

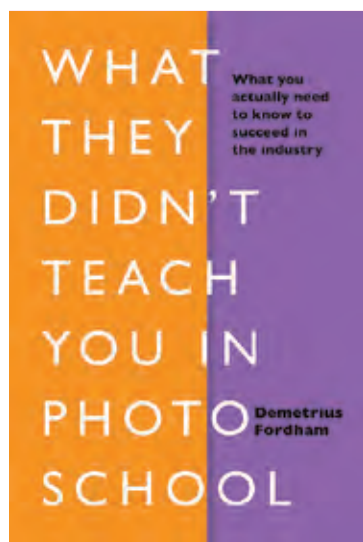
Miguel Parga

What you actually need to know to succeed in the film industry.

Packed with practical, hard-working tips and advice, this book is a no-nonsense guide on how to get the best out of your film-school education, how to navigate some of the most frustrating moments in an artist's life, and how to keep the inspiration going as you battle your way through the indie filmmaking world. With a fresh design and a grounded, practical approach, this is the crucial companion that will make you, and your work, stand out. The emphasis throughout is on great flavor and keeping things simple.

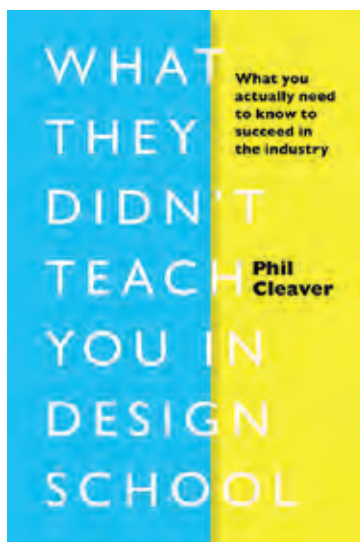


THE NO-NONSENSE SERIES WITH A FRESH NEW LOOK



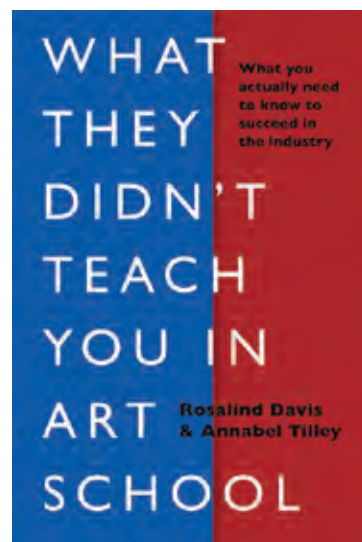
Learn how to make your photography skills pay with this enlightening and engrossing guide to professional shooting in the real world.

Passing on hard-earned lessons from a successful career in commercial, editorial and lifestyle photography, Demetrius Fordham shows how to snag the best internships and assistant roles, impress at an interview, develop an amazing portfolio, forge strong relationships with clients, and lay the foundations of your own successful career.



A guide for designers, covering everything they need to know about building a successful career after graduating.

Learn how to get that all-important first job, and how to impress their new employer. You will also have at their fingertips plenty of useful, practical information essential to know in the design studio and when working for clients. Enriched with quotes and advice from some of the best and brightest in the industry, this book is where you will find out what they didn't teach you in design school.



A career guide for artists, covering everything they need to know about building a successful business after graduating.

The ultimate survival guide to life as an artist, and the perfect springboard for aspiring artists who haven't yet given up the day job. The book provides expert advice, tips and inspiration to help you build a successful career - giving you the opportunity to nurture your true talent.

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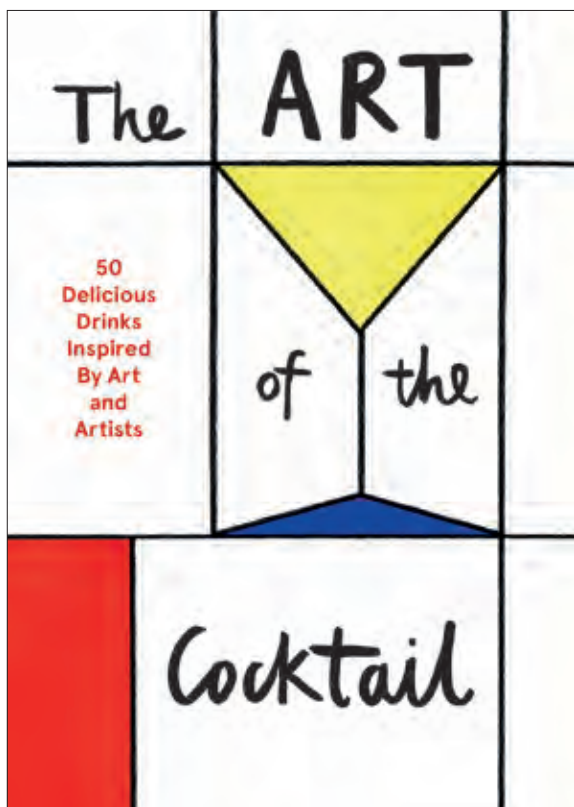
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THE ART OF THE COCKTAIL

50 Delicious Drinks Inspired By Art and Artists

50 quirky art-themed cocktails in an elegantly illustrated recipe book, the perfect gift for art aficionados and budding mixologists alike.

Do you love art? Do you like cocktails? Then this book is perfect for you. Artists have long been known to enjoy the nightlife, from Toulouse-Lautrec, who famously carried a draft of absinthe in a hollowed-out walking stick, to Andy Warhol, who reveled at Studio 54. This book captures the artistic spirit in spirits with recipes for 50 art-themed drinks, including these:

- Dalí Wallbanger
- Klein Blue Moon
- Whamm! Bamm! Pow!
- Picasso Sour
- Frida Kahlúa
- René Margarita
- and the Hirst-inspired Shark Bite



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THE PHOTOGRAPHY IDEAS BOOK

Lorna Yabsley



Let your creativity run wild and breathe new life into your photography.

Bored of bokeh? Fed up with f-stops? Then it's time to refresh your creativity with a lively exploration of photography at the cutting edge. There's always a new angle with which to shoot your subject, a different light to capture, or a completely new genre to try out, so there's never an excuse for your camera - whatever kind it is - to gather dust!

This little book, full of big ideas from a range of iconic and contemporary photographers, will inspire you to think differently. With a new concept on every page, you will discover fresh ways of tackling your subjects to create work that is original and exciting.



Lorna Yabsley Author of three photography books, Lorna's own work draws on her classical theatrical education as well as her professional experience pioneering the reportage wedding photographic style.



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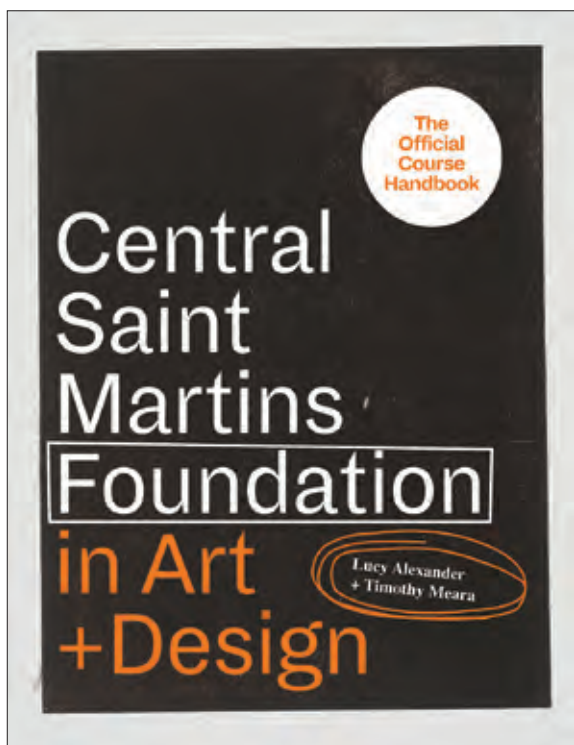
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CENTRAL SAINT MARTINS FOUNDATION IN ART + DESIGN

**Key lessons in fashion, fine art, graphic
and three-dimensional design**

Lucy Alexander + Timothy Meara

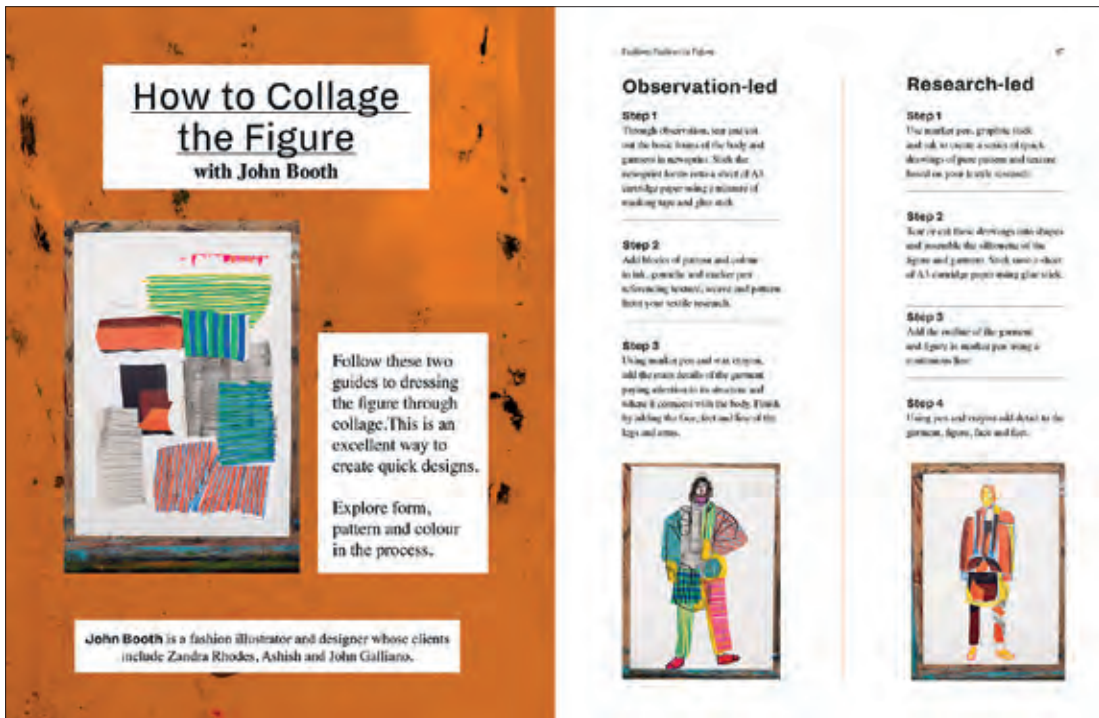
This is the official course book for the Central Saint Martins' Foundation diploma, the most prestigious foundation course in the world. It includes key lessons in fashion, fine art, graphic and three-dimensional design.

Experiment, explore and expand your creative skillset with the *Central Saint Martins Foundation in Art and Design*. Heralded as the most prestigious foundation course in the world, teachers from across the course have contributed their expert knowledge to help you find your own path and the right specialist field for you. The school is famed for its successful graduates, including Alexander McQueen and Stella McCartney, and its rigorous foundation curriculum which is used as a leading education model for first-year art and design college students across the globe.

Try your hand at projects that will inspire you to think differently, hone your abilities and guide your forays into Fashion and Textiles, Fine Art, Graphic Communication Design, and Three-Dimensional Design and Architecture. You'll be introduced to a range of materials and methods of researching and developing your ideas and learn how to evaluate and reflect on your practice. Every chapter and exercise is designed to help you build your understanding and portfolio and prepare you for the next step.

Central Saint Martins is a world-famous arts and design college and part of University of the Arts London. It is internationally renowned for the creative energy of its students, staff and graduates. Fundamental to study at the college are experimentation, innovation, risk taking, questioning and discovery, within a highly supportive learning environment, no matter which discipline you choose to study. The school is synonymous with success.

Alumni include Alexander McQueen, John Galliano, Stella McCartney, Jarvis Cocker and Zac Posen.





IF YOU'RE BORED WITH ACRYLICS READ THIS BOOK

Denise Harrison

Be excited by acrylics again with this book full of new ideas and techniques.

YOU KNOW ALL ABOUT ACRYLIC S, RIGHT?

Colorful, cheap and what you used in art class. The kind of thing you had at school. A sort of lesser cousin to oil paint?

WRONG!

Acrylics are one of the most versatile and powerful mediums. They can be mixed with water to make color washes or used in opaque layers like oils. In this book, you'll discover techniques that will allow you to work with acrylics in entirely new and exciting ways: creating stencils and stickers, weaving and piping acrylics, creating texture with improvised tools, dripping, smudging and blending, and working with fluorescent paints.



Denise Harrison is an award-winning artist who paints mainly in acrylics, on a variety of subjects. Her vibrant use of color and accessible teaching method means that her classes sell out within hours. Her studio is based in Brighton.



Also Available:

IF YOU ARE BORED WITH WATERCOLOR READ THIS BOOK

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TATE CREATE

Things to Make & Do by Artists

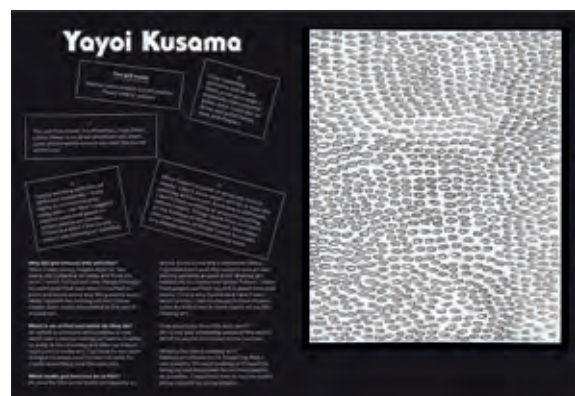
Edited by Sally Tallant

***Tate Create* is filled with projects from around 20 artists using easy-to-source materials.**

It includes a challenging and expressive selection of projects and activities compiled by a range of the world's finest contemporary artists such as Yayoi Kusama, Pedro Reyes and Carlos Cruz Diez. From geometric breads designed by Olafur Eliasson to a spotty, squirmy latex salamander crafted by 'Monster' Chetwynd, *Tate Create* will unleash your inner artistic potential in a multitude of ways. Each activity draws on the artist's own practice and is supported by guidance and words of wisdom from the artists themselves.

Exclusively designed by acclaimed graphic artist Sara de Bondt.

Sally Tallant is an esteemed art-world critic and writer, she is currently Director of the Liverpool Biennial, but will be leaving this prestigious post to take up the directorship of Queen's Museum in New York City in March 2019. From 2001–11, Tallant was Head of Programmes at the Serpentine Gallery, London, responsible for a broad range of exhibitions, architecture, education and public programmes. She is a Board Member of the International Biennial Association and a member of the London Regional Council for Arts Council England.



9781781577370

October 2019

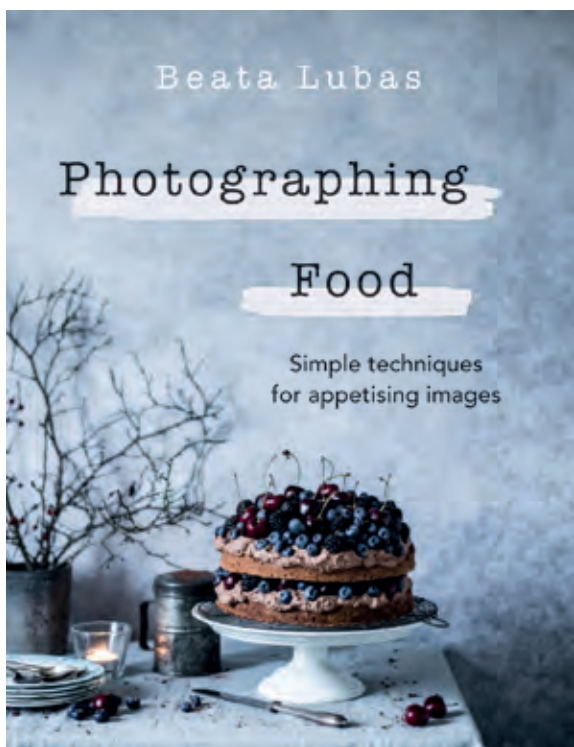
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8 1/4" x 11 1/2"

96 pages



PHOTOGRAPHING FOOD

Simple techniques for appetising images

Beata Lubas

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!



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.



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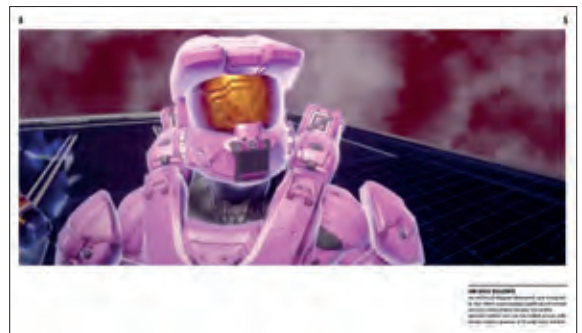
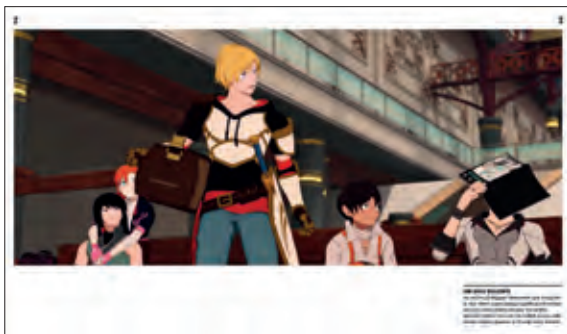


ROOSTER TEETH: THE FIRST 15 YEARS

The official story of the studio that brought you Red vs Blue, RWBY, and more...

One of the world's leading voices in computer gaming culture, Rooster Teeth is the digital studio behind a host of web video series, podcasts, conferences, and games that reach millions of fans every week. With a unique, irreverent attitude, they have created long running animated comedy series like Red vs. Blue and RWBY and a series of events under the RTX banner that each attract tens of thousands of fans in the US, the UK and Australia.

Rooster Teeth: The First 15 Years tells the story of how it came to be: a celebration of the best of gaming culture, and a cutting-edge comedy studio that has a huge, and devoted, following. Fully illustrated throughout, and featuring the voices of all the key creatives in their own words, this book will be a must-read for the studio's legions of fans.



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MASTER OILS

Painting techniques inspired by modern artists

Selwyn Leamy

Master the king of paints, oil, with this inspired practical guide.

Learn how to paint in the artist's favorite medium: oil. Taking inspiration from iconic paintings in the Tate Collection, learn the techniques of the masters and improve your own painting skills with 30 guided projects. Master brushwork and form with Cézanne; thin and blend with Turner and Whistler; find new sources of inspiration with Bacon; and play with texture with Richter and Riley.



Selwyn Leamy is a full-time landscape painter. An experienced tutor and lecturer, Selwyn teaches Fine Art at diploma level and has had successful exhibitions in London.

As well as working as an artist, he has had broad experience of teaching from primary age through to A-level and adults. Selwyn currently tutors for painting and photography holidays in Italy and Morocco. His first book, *Read This if You Want to be Great at Drawing* was published by Laurence King in 2017.



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YOU WILL BE ABLE TO DRAW BY THE END OF THIS BOOK: INK

Jake Spicer

Discover the endless possibilities of ink - whether you are using a nib pen, brush, biro or marker. This interactive book teaches you how to draw in line, wash and color, and allows you the space to practice on the page through guided exercises in mark-making and drawing. You will:

- Experiment with line
- Learn about hatching and cross-hatching
- Work with ink wash
- Understand color and tone



Jake Spicer is an artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and National Portrait Gallery.



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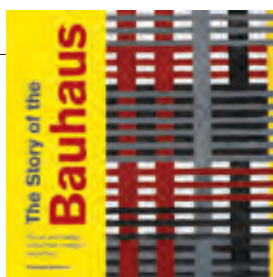


Andy is a London-based writer and cultural historian. Graduating in Art History from St Andrews University in Scotland, he studied cultural criticism at City University of London and modernist literature at Leiden University in the Netherlands. Since 2005 he has taught 500 years of cultural history at galleries, museums, schools and universities across Europe and the United States.

Also Available:

THE STORY OF BAUHAUS

9781781575970
\$24.99 (PB)
\$27.99 in Canada



THE STORY OF POP ART

**Culture, Celebrity and Controversy
in 100 Creative Milestones**

Andrew Stewart McKay

Discover the colorful history of the 20th century's most important art movement.

In this age of insta-stardom and selfies, Pop Art still defines the world we live in. Emerging in the 1950s, Pop Art arrived in an explosion of color, offering bold representations and plenty of humor. All of the celebrities, events and politics that came to define two turbulent decades are encapsulated in their work. Pop Art challenged the establishment and offered a new modernism, blurring the line between art and mass production.

Uncover 100 stories in this essential guide to a groundbreaking movement. Enjoy enlightening critiques of iconic works; meet key figures including Warhol and Hockney; and discover inspirational ideas and novel new methods.



9781781576113

February 2020

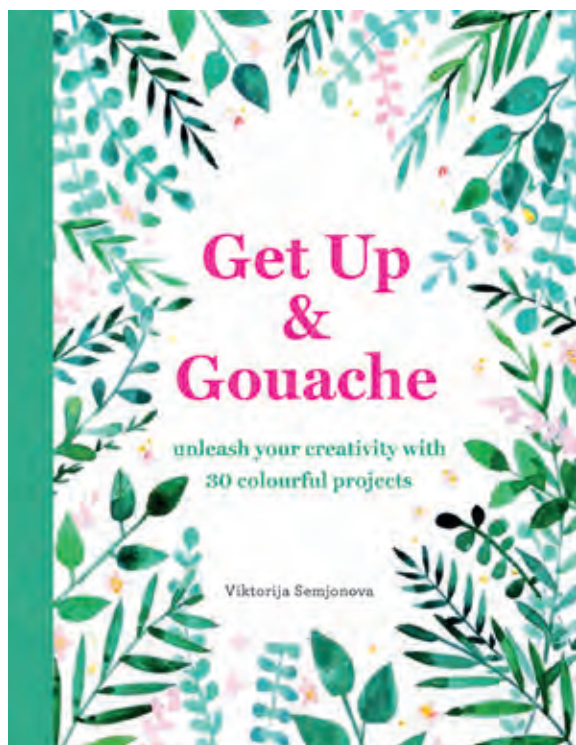
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224 pages



GET UP & GOUACHE

Unleash your creativity with 30 colourful projects

Viktorija Semjonova

***Get Up & Gouache* is a new art title that teaches you how to paint in a contemporary way.**

Experience the joy of painting in watercolor and acrylic with gouache, the vibrant and versatile medium that brings together the best characteristics of both. Embrace a fresh and loose style with 30 guided projects, accessible to beginners and intermediate-level artists alike. The simple techniques outlined in this book will enable anyone to achieve great results - fast. And best of all - it's fun!

Learn how to paint people and places and discover your own visual language. Find inspiration through projects on painting friends and family, flowers and nature and even your favorite furry friends.



Viktorija Semjonova of &Smile Studio is a London-based illustrator and artist. Her clients include Birchbox, Pinterest, *Oh Comely* magazine, *Caboodle* magazine, *People Tree* and *Afternoon Crumbs*. She regularly runs workshops on painting, including for the V&A in London.



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144 pages



YOU WILL BE ABLE TO DRAW BY THE END OF THIS BOOK: MANGA

Laura Watton

Unlock your artistic talents and create your own exciting manga art with this unique interactive handbook.

Combining Laura Watton's expert tutorials with plenty of space to sketch, practice and develop your own ideas, *You Will Be Able to Draw Manga By The End of This Book* will teach you the skills you need and give you the confidence to create your own manga characters, layouts, and stories. You'll learn how to draw beautiful boys, dynamic girls, cute animals and even fun chibi, mastering pen and pencil techniques and the fundamentals of manga storytelling as you go.



Laura Watton has been creating her own manga for many years, and her stories have been published by Tokyopop and Sweatdrop Studios. She has contributed to several how to books (including *The Shoujo Manga Fashion Drawing Book* and *How to Draw Manga Made Easy*) and writes a regular "Manga School" feature in *Neo* magazine. Making indie art and comic books, Laura also publishes BiomechaComic.com, one of the UK's earliest forays into Japanese-inspired indie comics, and runs PinkAppleJam.com.



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THE LEATHERCRAFT HANDBOOK

20 Unique Projects for Complete Beginners

Candice Lau

Stylish, accessible and aspirational. Learn the traditional craft of leatherworking through 20 contemporary projects, from stylish accessories to essential homewares. Destined to be a classic, this modern introduction offers a contemporary twist on the age old craft of leatherworking.

Welcome to Candice Lau's award-winning workshop, where she walks you through all the fundamental skills, techniques and tools needed to make beautiful and durable pieces. Try your hand at 20 step-by-step projects, complete with scaleable templates, from keyrings and clutch bags to travel cases and knapsacks. Each piece focuses on a different technique and is accompanied by guidance on how to make the design your own.

Arm yourself with everything you need to know to design and create unique leatherpieces from scratch with *The Leathercraft Handbook*.



Candice Lau is an award-winning leatherworker based in London. She designs leather bags and accessories inspired by modernity, minimalism and functional living. Despite her contemporary aesthetic, she is passionate about using with traditional leatherworking methods and handcrafts most of her collections. Candice's clients include Bang + Olufsen, Facebook, Lacoste, Vitra and Heals.



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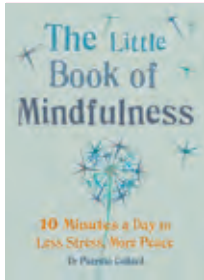
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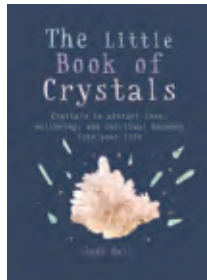
OCTOPUS CURRENT BESTSELLERS	101
ANTIQUES & COLLECTIBLES	102
COOKBOOKS	102
WINE, BEER & SPIRITS	108
CRAFTS AND HOBBIES	110
HEALTH, DIET AND EXERCISE	110
HOME & DESIGN	112
THE LITTLE BOOK OF SERIES	114
MIND, BODY & SPIRIT	115
JUDY HALL	117
POP CULTURE	118
REFERENCE	119
GARDENING	121
AUDIO BACKLIST	121
ILEX BESTSELLERS	123
ILEX PHOTOGRAPHY	124
ILEX ART & DESIGN	126
ILEX REFERENCE	128
INDEX	130
CONTACT INFORMATION	136

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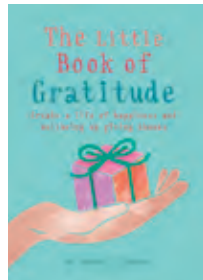
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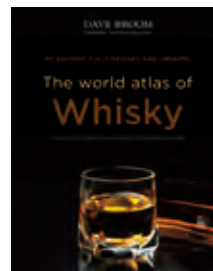
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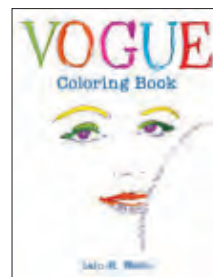
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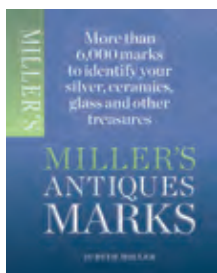
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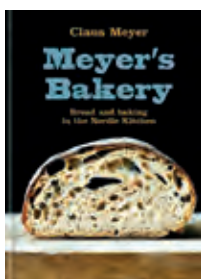
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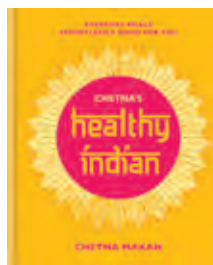
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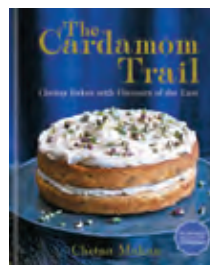
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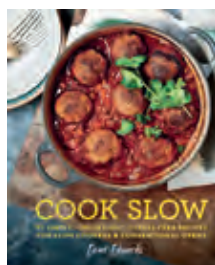
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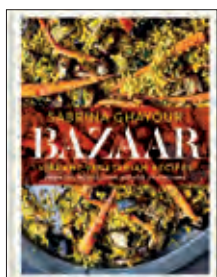
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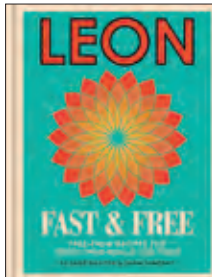
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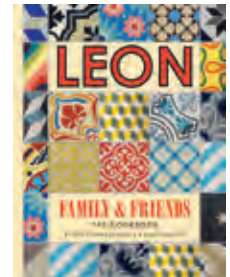
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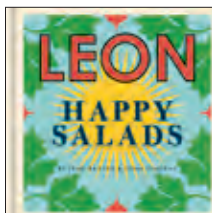
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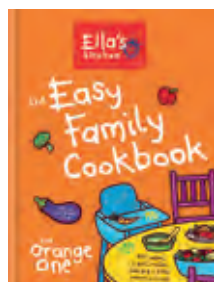
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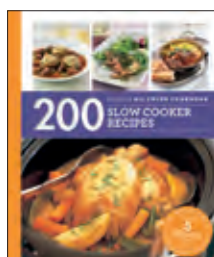
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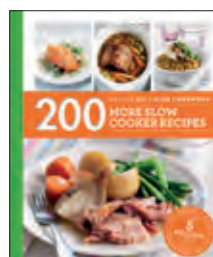
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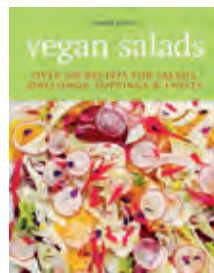
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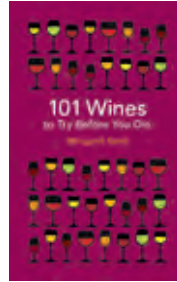
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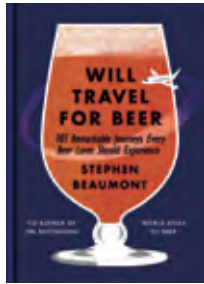
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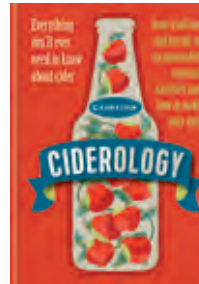
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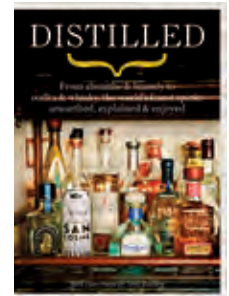
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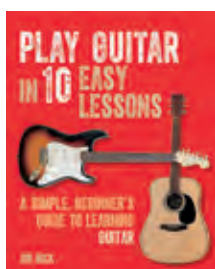
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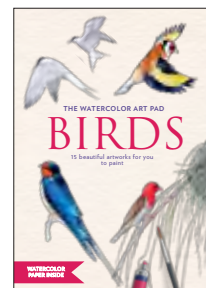
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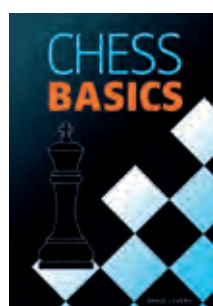
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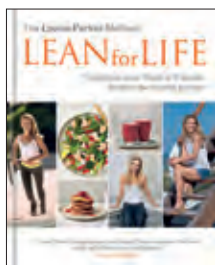
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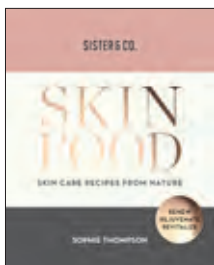
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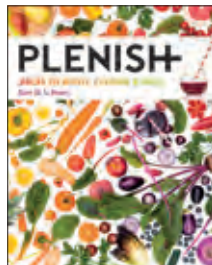
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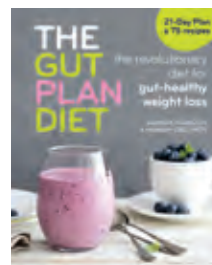
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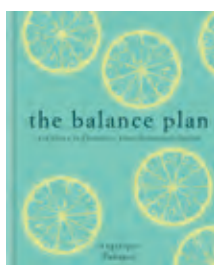
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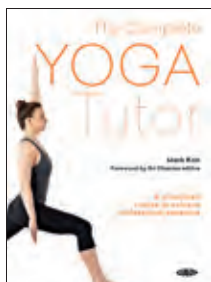
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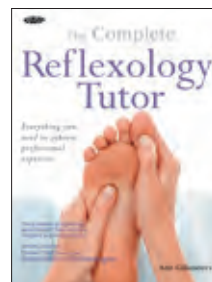
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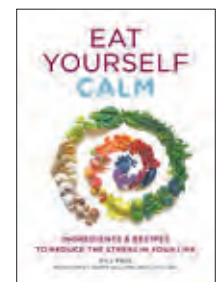
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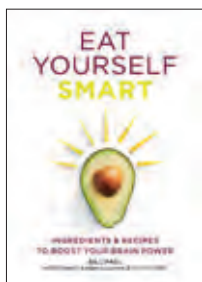
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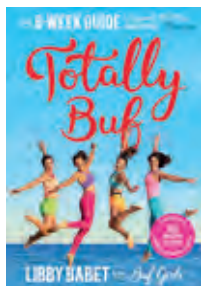
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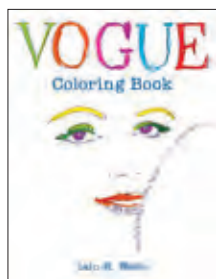
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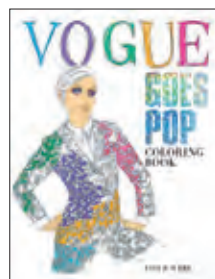
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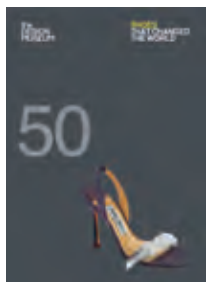
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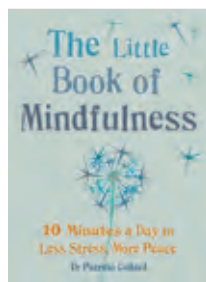
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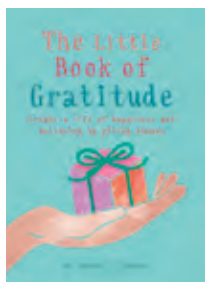


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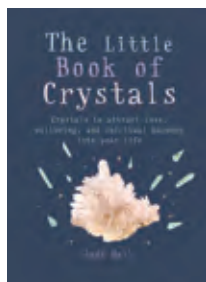


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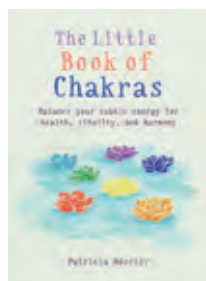


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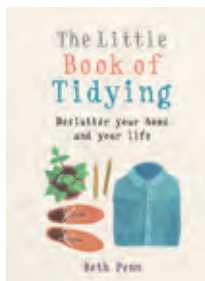


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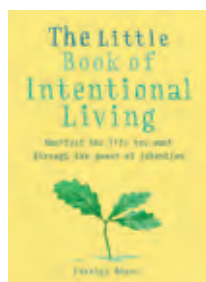


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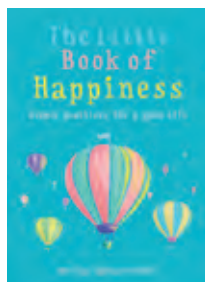


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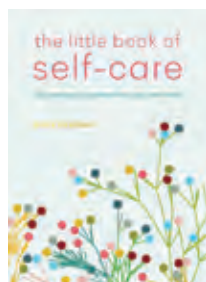


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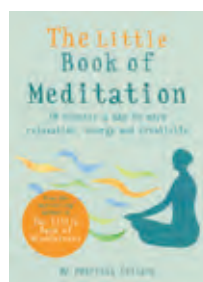


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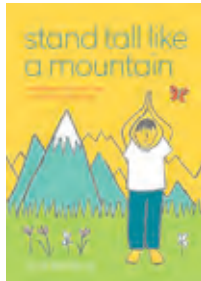
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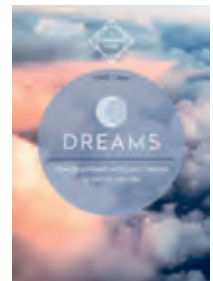
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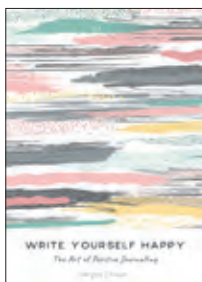
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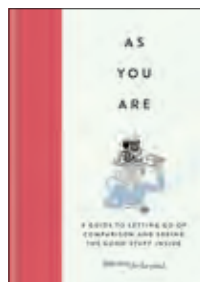
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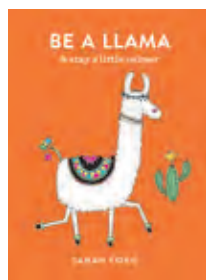
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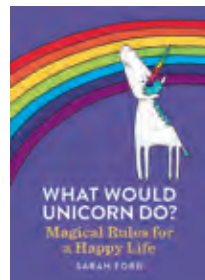
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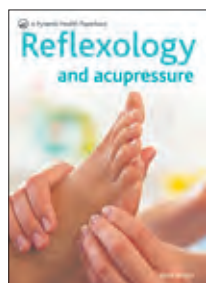
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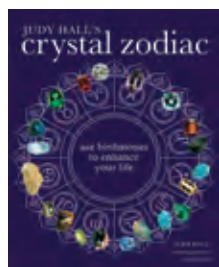
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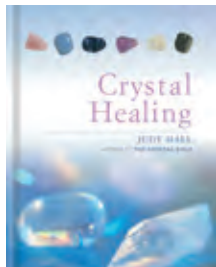
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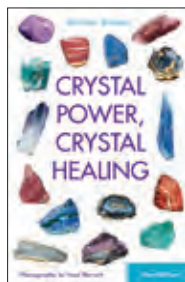
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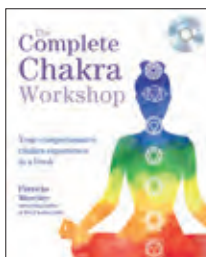
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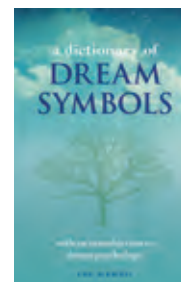
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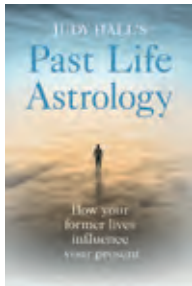
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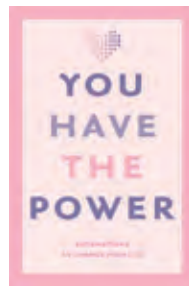
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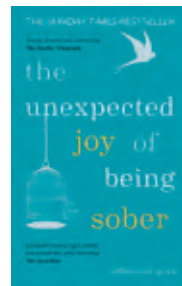
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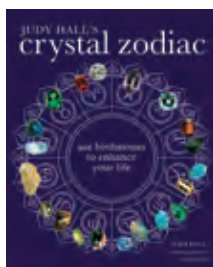
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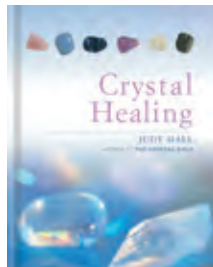
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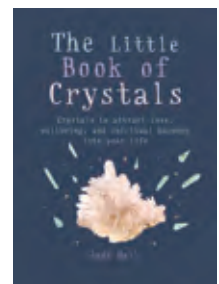
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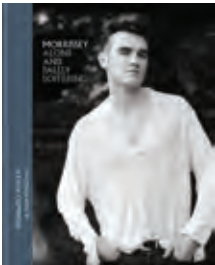
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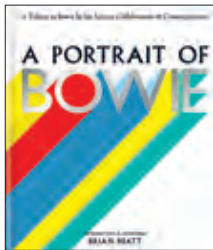
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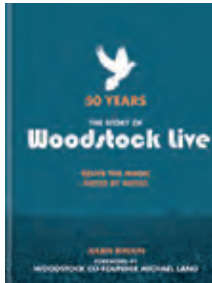
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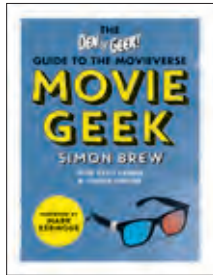
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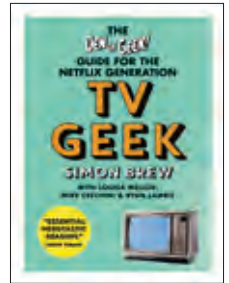
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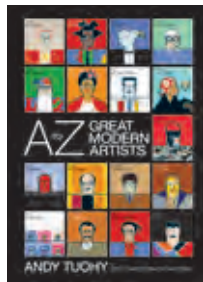
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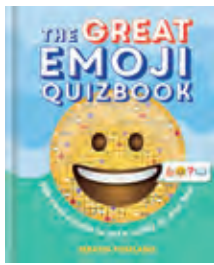
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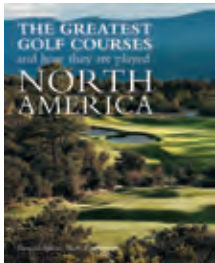
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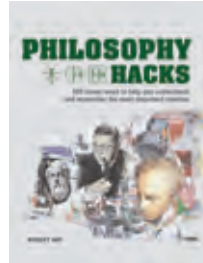
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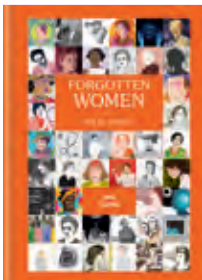
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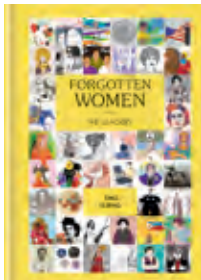
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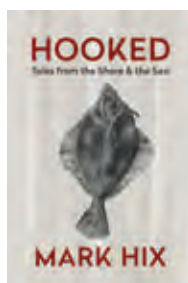
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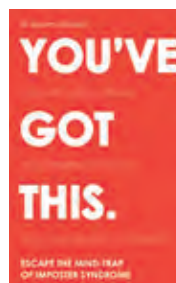
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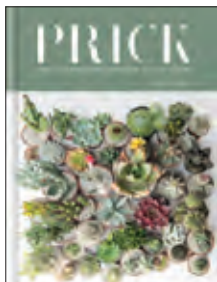


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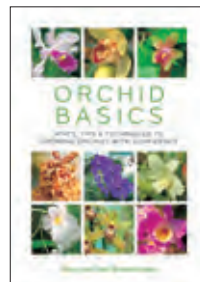
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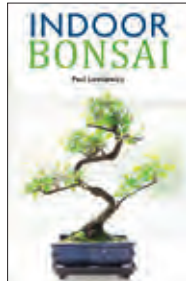
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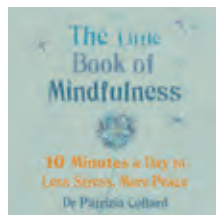
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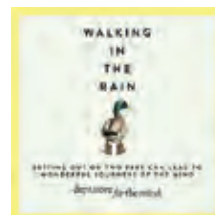
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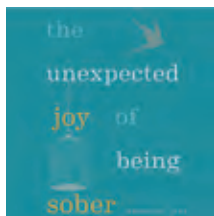
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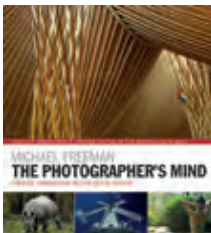
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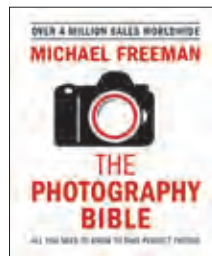
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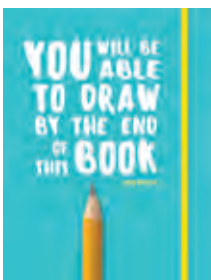
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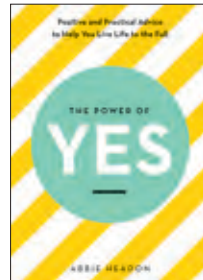
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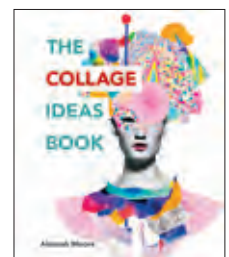
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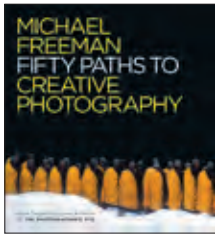
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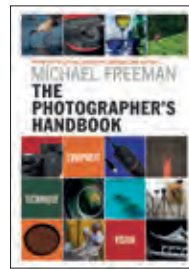
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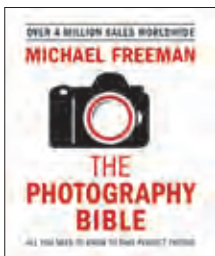
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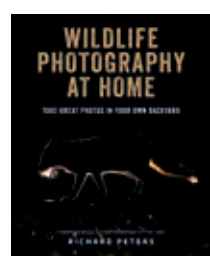
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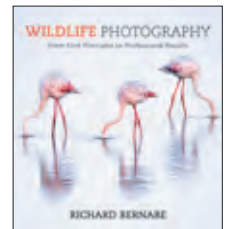
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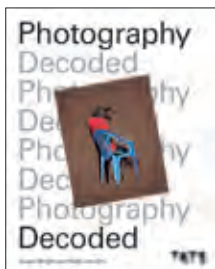
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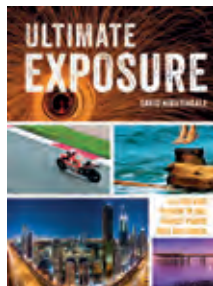
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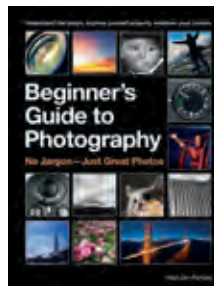
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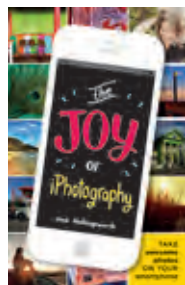
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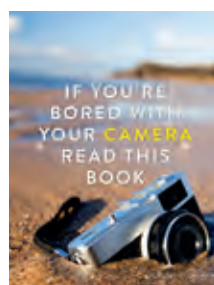
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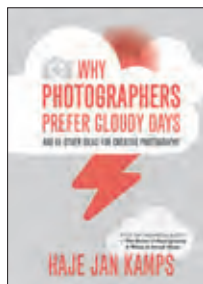
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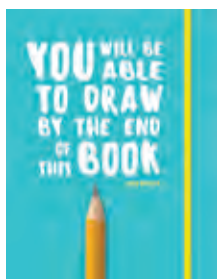
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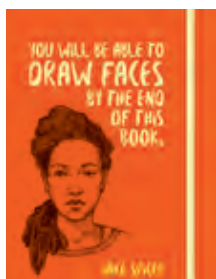
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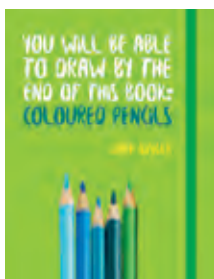
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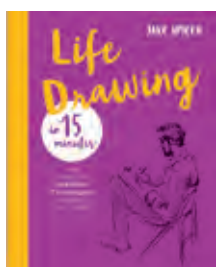
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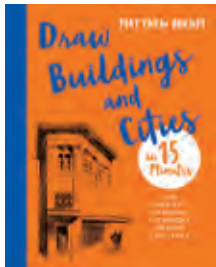
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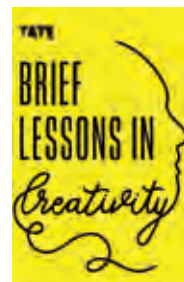
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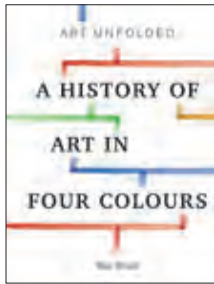
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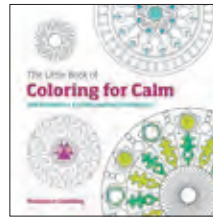
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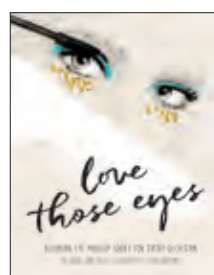
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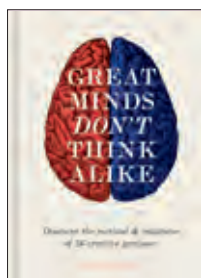


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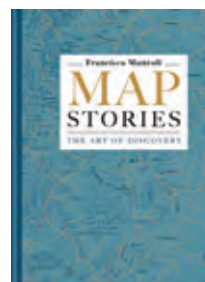


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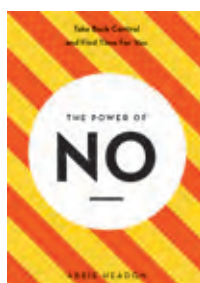


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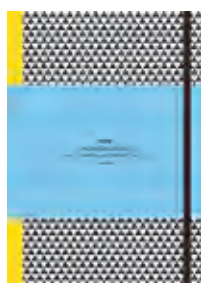


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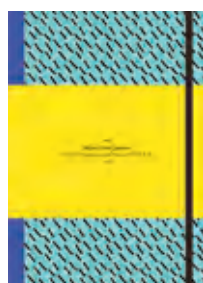


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INDEX

10-A-Day The Easy Way	103
50 Ways To Cure A Hangover	119
50 Ways To Kill A Slug	121
64 Geeks	123, 129
101 Clever Card Tricks	110
101 Cocktails To Try Before You Die	109
101 Things To Do With A Retired Man	110
101 Wines To Try Before You Die	108
200 Classic Cocktails	106
200 Delicious Desserts	106
200 More Slow Cooker Recipes	106
200 Really Easy Recipes	107
200 Slow Cooker Recipes	25, 106
200 Spiralizer Recipes	106, 121
200 Student Meals	107
1000 Paths To Mindfulness	117

A

A–Z Great Film Directors	118
A–Z Great Modern Artists	118
Absolutely Beautiful Things	113
Adaptogens	111
AHS Encyclopedia Of Gardening Techniques	121
Anatomy Sketchbook, The	127
Aperitivo	107
Art & Power Of Acceptance, The	55
Art Of The Cocktail, The	86
Art Of The Party, The	107
As You Are	115
Assassin's Creed Graphics	123, 128

B

Baby Massage	120
Back To Amy	118
Balance Plan, The	111
Bazaar	104
Be A Flamingo	115
Be A Llama	116
Be A Mermaid	116
Be A Sloth	116
Beauty Food	111
Beginner's Guide To Photography	125
Berlin in Fifty Design Icons	113
Best Beers	109
Bird In The Hand, A	42, 102
Black & White Photography	124
Book Of Ornamental Alphabets, The	129
Bourbon Bible, The	108
Bowie By O'Neill	16–17
Breakfast Is Served	104
Brewdog: Craft Beer For The People	109
Brief Lessons In Creativity	126
Brief Lessons In Rule Breaking	126
Bullet Grid Journal: Abstract	128
Bullet Grid Journal: Floral	128
Bullet Grid Journal: Geometric	128
By The Sea	115

C

Cacao Cookbook, The	111
Can Heartbreak Physically Hurt?	6
Card Games Bible, The	101, 110
Cardamom Trail, The	103
Cat Tweets	119
Central Saint Martins Foundation In Art + Design	88–9
Chai, Chaat & Chutney	103
Change Of Appetite, A	67, 103
Chess Basics	110
Chetna's Healthy Indian	103
Ciderology	109
Claridge's: The Cookbook	103
Coffee Art	107
Cold Brew Coffee	107
Collage Ideas Book, The	123, 126
Complete Beatles Recording Sessions, The	101, 118
Complete Bordeaux	108
Complete Chakra Workshop, The	116
Complete Guide to V.R. & 360 Photography, The	125
Complete Photography	123, 125
Complete Reflexology Tutor, The	111
Complete Reiki Tutor, The	111
Complete Yoga Tutor, The	111
Conran On Colour	113
Cook Share Eat Vegan	104
Cook Slow	104
Cooking At Home	104
Craft Beer Dictionary, The	41, 109
Crazy Water Pickled Lemons	102
Creative Photography	79
Creative Vegetable Gardening	121
Crystal Healing	116, 117
Crystal Power, Crystal Healing	116
Crystals	115

D

Dad Jokes	118
Death By Burrito	104
Declaration Of The Rights Of Women, The	128
Dictionary Of Dream Symbols, A	116
Disney: The Simple Family Cookbook	123, 129
Distilled	109
Do Robots Make Love?	26, 120
Draw Anything With Felt-Tip Pens & Markers	127
Draw Buildings And Cities In 15 Minutes	126
Drawing Ideas Book, The	126
Dreams	115
Dress Like A Parisian	113
Drink Pink	19

E

Easy Card Tricks	110
Eat Korean	104
Eat Yourself Calm	111
Eat Yourself Smart	112
Element In The Room, The	120
Element In The Room, The (audio)	122
Ella's Kitchen: The Easy Family Cookbook	106

Elton John By O'Neill	64–5	History of Art In Four Colours, A	127
En Cyclo Pedia	120	Home Sweet Rented Home	9
Energize	23	Hooked	33, 120
Everyday Harumi	104	How To Be A Gentlewoman	29
Everything You Always Wanted To Know About		How To Eat A Peach	42, 101, 102
Marijuana But Were Too Stoned To Ask	128	How To Feel The Fear And Eat It Anyway	107
Evo Aston Martin	120	Hugh Johnson On Wine	2, 108
Experimental. Cocktail Club	109	Hugh Johnson's Pocket Wine Book 2020	2–3
		Hummingbird Bakery, The	104
F		Hungry Healthy Student Cookbook, The	106
Farmacy Kitchen	110	Hungry Student Cookbook, The	13, 106
Farrow & Ball: How To Decorate	113	Hungry Student One Pot Cookbook, The	13, 106
Fashion And Lifestyle Photography	125	Hungry Student Vegan Cookbook, The	13, 106
Fashion Chronicles, The	113	Hungry Student Vegetarian Cookbook, The	13, 106
Fashion Evolution	44		
Fashion Of Film	112	I	
Fast Art	127	If You Are Bored With Watercolor Read This Book	90, 123, 126
Fender	101, 118	If You Are Bored With Your Camera Read This Book	125
Fever-Tree: The Art Of Mixing	108	If You're Bored With Acrylics Read This Book	90
Fifty Paths To Creative Photography	124	Imagine. Shoot. Create.	78
Fifty Shoes That Changed The World	113	In Camera	125
Five Minutes In The Evening	73	In The Mountains	4
Five Minutes In The Morning	72, 115	Indoor Bonsai	121
Five Minutes To A Healthier You	72	Indoor Bonsai For Beginners	121
Five Minutes To A Mindful You	72, 115	Institut Paul Bocuse Gastronomique	103
Focus In Photography	125	Intention	5
Forgotten Women: The Artists	119		
Forgotten Women: The Leaders	119	J	
Forgotten Women: The Scientists	119	Jaguar	68
Forgotten Women: The Writers	119	Joy Of iPhotography, The	125
Four-Legged Therapy	115	Judy Hall's Complete Crystal Workshop	116, 117
From The Oven To The Table	42–3	Judy Hall's Crystal Zodiac	116, 117
		Juice A Day, A	107
G			
Games On Thrones	119	K	
Gatherings	103	Kate Bush	58
Get Baked	106	Korean Skincare Bible, The	35
Get Up & Gouache	97		
Get Your Kids To Eat Anything	104	L	
Gin Cocktails	109	Larousse Patisserie And Baking	39
Gin Dictionary, The	41, 109	Larousse Wine	39, 108
Gin: The Manual	108	Lean For Life	110
Good Mornings	115	Lean For Life: The 6 Week Programme	110
GQ Drives	40	Lean For Life: The Cookbook	110
Great Emoji Quizbook, The	119	Leathercraft Handbook, The	99
Great Minds Don't Think Alike	128	Leatherworking Handbook, The	101, 110
Greatest Golf Courses And How They Are Played:		Le Pain Quotidien	105
North America, The	119	Leon Family & Friends	105
Gregg's Italian Family Kitchen	17	Leon Fast & Free	105
Grow Your Own Happiness	54	Leon Fast Vegan	105
Grow Your Own In Pots	121	Leon Fast Vegetarian	105
Gut Plan Diet, The	111	Leon Happy Baking	12
		Leon Happy Curries	66
H		Leon Happy One Pot Cooking	12, 105
Hand Reflexology	116	Leon Happy Salads	12, 105
Handmade Loaf, The	104	Leon Happy Soups	12, 105
Healing Energies of Tree, The		Leon Naturally Fast Food	105
Higgidy Cookbook, The	16, 104	Let's Do This!	75
Higgidy: The Veggie Cookbook	14	Life Drawing In 15 Minutes	126

INDEX

Life In 50MM	124	Miniature Garden Grower, The	121
Life In Pattern, A	113	Modern Embroidery Workshop, The	83
Life Of Tea	107	Moon	123, 128
Little Black Book Of Classic Cocktails, The	18	More Time To Think (audio)	121
Little Black Book Of Gin Cocktails, The	18	Morrissey	118
Little Book Of Breathing, The	11	Movie Geek	118
Little Book Of Chakras, The	63, 114	My Art Teacher, Mr Matisse	126
Little Book Of Coloring For Calm	127	My Pregnancy Journal	120
Little Book Of Crystals, The (HC)	34		
Little Book Of Crystals, The (flexi)	63, 101, 114, 117	N	
Little Book Of Gratitude, The	10, 101, 114	Nordic Kitchen, The	103
Little Book Of Gratitude, The (audio)	122	Nordicana	113
Little Book Of Happiness, The	114	Nostalgia Nerd's Retro Tech, The	123, 129
Little Book Of Inner Peace, The	10, 114	Nude Sketchbook, The	127
Little Book Of Intentional Living, The	114	NY In The Snow	123, 125
Little Book Of Kindness, The	114		
Little Book Of Marijuana, The	119	O	
Little Book Of Meditation, The	114	One Face Fifty Ways	125
Little Book Of Mindfulness, The	10, 101, 114	Orchid Basics	121
Little Book Of Mindfulness, The (audio)	121	Outdoor Photographer, The	124
Little Book Of Momfulness, The	114		
Little Book Of Pause, The	101, 114	P	
Little Book Of Resilience, The	63	Palm Reading Guide	80
Little Book Of Self Care, The	114	Paris In Fifty Design Icons	113
Little Book Of Sleep, The	101, 114	Passionate Photographer: 2nd Edition, The	124
Little Book Of Sleep, The (audio)	122	Past Life Astrology	117
Little Book Of Tidying, The	63, 114	Pause	115
Little Book Of Witchcraft, The	10	Pause (audio)	121
Little Book Of Yoga, The	62	Philosophy Hacks	119
Little Cocktail Box, The	108	Photo Hacks	124
Little Crystals Kit, The	114	Photographer's Eye: A Graphic Guide Remastered, The	81
Little Juice Box, The	107	Photographer's Handbook, The	124
Little Marijuana Cookbook, The	106	Photographer's iPad, The	125
Lovebirds And Other Wild Sweethearts	128	Photographer's Mind Remastered, The	123, 124
Love Those Eyes	127	Photographer's Vision Remastered, The	124
Low Fodmap Recipe Book, The	111	Photographing Food	92
		Photography Bible	123, 124
		Photography Decoded	124
M		Photography Ideas Book , The	87
Make Great Art On Your iPad	127	Picturing Prince	118
Malt Whisky	108	Pig, The	104
Map Stories	128	Plain Simple Useful	113
Master Oils	94	Plant-Based Beauty	8
Matcha Cookbook	111	Play Guitar In 10 Easy Lessons	110
Math Hacks	119	Plenish	111
Meet Your Hormones	59	Plenty	103
Meyer's Bakery	103	PMA Method, The	110
Michael Jackson: All The Songs	101, 118	Politics Hacks	119
Mid Century Modern	102	Portrait Of Bowie	118
Midlife Kitchen, The	105	Portrait Sketchbook, The	127
Mildreds Vegan Cookbook	104	Power Of No, The	128
Miller's Antiques Encyclopedia	48, 102	Power Of Yes, The	123, 128
Miller's Antiques Handbook & Price Guide 2020–2021	48–9	Pressure Cooker Everyday	105
Miller's Antiques Marks	102	Prick	101, 121
Miller's Art Deco	102	Primate Change	27, 120
Miller's Collectibles Handbook & Price Guide 2019–2020	48, 102	Primate Change (audio)	122
Miller's Encyclopedia Of World Silver Marks	48, 102	Printmaking Ideas Book, The	126
Miller's Mid-Century Modern	102	Project Collage	126
Mind Manual, The	116	Prosecco Cocktails	109

Pure Simple Cooking	102	Tequila Dictionary, The	41, 109
Q		Tiny Healer: Meditation, The	46
Qigong Bible, The	116	Tiny Healer: Mindfulness, The	47
R		Totally Buf	112
Rare Watches	20–1	Triumph Motorcycles	68, 120
Reflexology And Acupressure	116	Turmeric Cookbook, The	111
Ritz Cookbook, The	103	TV Geek	118
Roast Figs Sugar Snow	103	U	
Rooster Teeth: The First 15 Years	93	Ukulele For Beginners	110
Rosa's Thai Café: The Vegetarian Cookbook	105	Ultimate Exposure Book, The	125
Rum Cocktails	109	Unexpected Joy Of Being Single, The	70, 117
Rum: The Manual	108	Unexpected Joy Of Being Sober, The	70, 117
Run With The Wolves	31	Unexpected Joy Of Being Sober (audio)	122
S		Unexpected Joy Of Being Sober Journal, The	70–71
Sacred Self-Care	115	Urban Photography	124
Salt Sugar Smoke	103	V	
Salt Sugar Smoke (pb)	103	Vegan Salads	107
Savvy Cook, The	105	Vegan Soups	107
Say It With Paper	126	Vogue Cocktails	24
Scandi Sense Diet, The	111	Vogue Coloring Book	101, 112
Science Hacks	119	Vogue Essentials: Handbags	112
Secret Life Of Movies, The	45	Vogue Essentials: Lingerie	112
Secret Yoga Club	32	Vogue Essentials: Little Black Dress	112
Self-Care Revolution, The (audio)	122	Vogue Essentials: Shoes	112
Sex Pistols – 1977, The	118	Vogue Goes Pop	112
Shelfie	113	Vogue: The Jewellery	112
Shrink	117	Vogue: The Shoe	112
Simple	42, 102	Vogue: The Shoe (pb)	112
Sipsmith Gin Book, The	51	W	
Six Weeks To Zero Waste	74	Walking In The Rain (audio)	121
Sketch Club	82	Washing Dishes Is Good For You	115, 121
Skin Food	111	Washing Dishes Is Good For You (audio)	121
Smart Smart Home Handbook, The	128	Watercolor Art Pad: Birds, The	110
Sophrology Method, The	115	Watercolour Ideas Book, The	126
Soup A Day, A	104	Way of Whisky, The	108
Spam – The Cookbook	101, 106	Wedding Photography	101, 125
Spiralize Every Day	105	Wellfulness Project, The	69
Spirit Animal Oracle Cards	60–61	What They Didn't Teach You In Art School	85, 127
Spirits Collection, The	108	What They Didn't Teach You In Design School	85
Spot-The-Difference: Great Paintings	127	What They Didn't Teach You In Fashion School	127
Squad Goals	128	What They Didn't Teach You In Film School	84
Stand Tall Like A Mountain	115	What They Didn't Teach You In Photo School	85
Still-Life Sketchbook, The	127	What Would Unicorn Do?	116
Stoned	56–7	Whiskey America	108
Stop Look Breathe Create	127	Whisky Cocktails	109
Stop Staring At Screens	129	Whisky Dictionary, The	41
Story of Bauhaus, The	96, 127	Whisky: The Manual	108
Story Of Pop Art, The	96	White Home, The	50
Student 365 Cookbook, The	106	Why Photographers Prefer Cloudy Days	125
Survivor	119	Why Social Media Is Ruining Your Life	28, 120
T		Why Social Media Is Ruining Your Life (audio)	122
Take Stock Photography That Sells	124	Why You Like This Photo	124
Tate Create	91	Wildlife Photography At Home	124
Terence Conran: My Life In Design	113	Will Travel For Beer	109
Tattoo Dictionary, The	118	Witchcraft Handbook, The	123, 128
		Wood Fire Handbook, The	38

INDEX

Woodstock Live	118
World Atlas Of Gin, The	52–3
World Atlas Of Whisky, The	52, 101, 108
World Atlas of Wine: 8th Edition, The	36–7
World Mandalas	116
Write Yourself Happy	115

Y

You Are Enough	7
You Are The Ref	30
You Have The Power	117
You Will Be Able To Draw By The End Of This Book	123, 126
You Will Be Able To Draw By The End Of This Book: Colored Pencils	126
You Will Be Able To Draw By The End Of This Book: Ink	95
You Will Be Able To Draw By The End Of This Book: Manga	98
You Will Be Able To Draw Faces By The End Of This Book	123, 126
Your Left-Handed Child	120
You've Got This	120

Z

Zoe's Ghana Kitchen	105
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