



Summersdale

USA

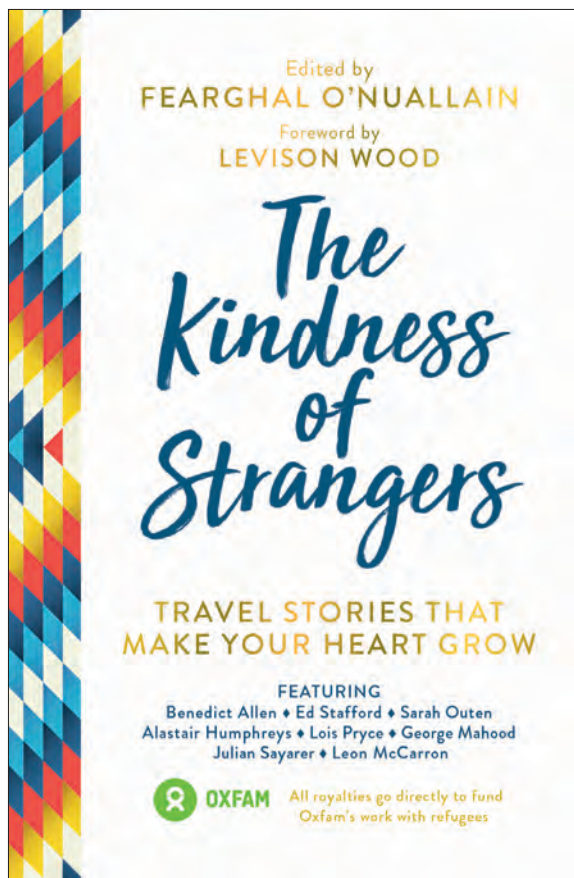
FALL 2019 - WINTER 2020

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OCTOPUS
BOOKS USA

PART OF THE
OCTOPUS USA GROUP

S U M M E R S D A L E B O O K S U S A

FALL 2019 — WINTER 2020



THE KINDNESS OF STRANGERS

Travel Stories That Make Your Heart Grow

Edited by Fearghal O'Nuallain

Travel is the only thing you can buy that makes you richer

Travel opens our minds to the world; it helps us to embrace risk and uncertainty, overcome challenges and understand the people we meet and the places we visit. But what happens when we arrive home? How do our experiences shape us?

The Kindness of Strangers explores what it means to be vulnerable and to be helped by someone we've never met before. Someone who could have walked past, but chose not to.

This is a collection of stories by accomplished travelers and adventurous souls like Sarah Outen, Benedict Allen, Ed Stafford and Al Humphreys, who have completed daring journeys through challenging terrain. Each has a story to tell of a time when they were vulnerable, when they were in need and a kind stranger came to their rescue.

These are stories that make our hearts grow, stories that will restore our faith in the world and remind us that, despite what the media says, the world isn't a scary place – rather, it is filled with Kind Strangers just like us.

Fearghal O'Nuallain teaches and explores. He is an honorary member of the Scientific Exploration Society, a fellow of the Royal Geographical Society, and the recipient of the prestigious Land Rover Bursary. He is the founder of The Water Diaries and co-founder of Kindness of Strangers, to use stories to engage with our most precious resource and to share stories that make your heart grow. During term time he can be found teaching Geography at a South London comprehensive.

9781786855312

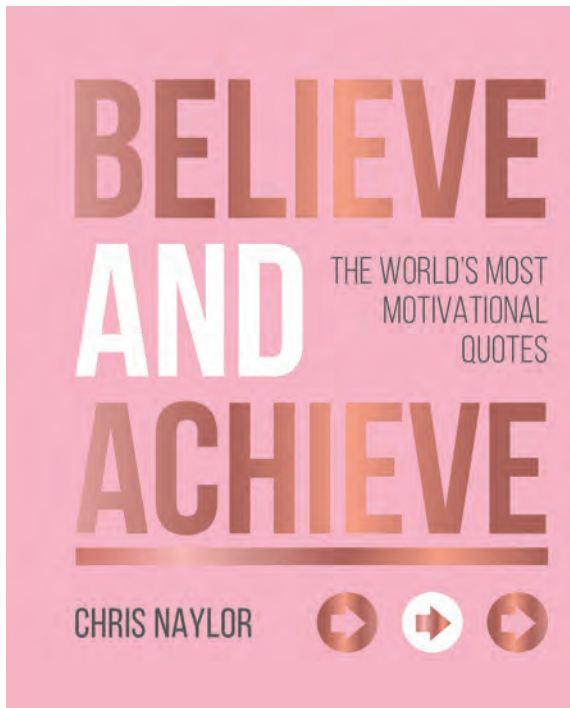
September 2019

US\$13.99 CAN\$15.99

Hardcover

5" x 8"

320 pages



BELIEVE AND ACHIEVE

The World's Most Motivational Quotes

Chris Naylor

Be at the top of your game whatever you do with this punchy collection of can-do quotations.

Supercharge your confidence and upgrade your 'win' with this collection of motivational quotations from the world's most eminent business people, politicians, writers and honest-to-goodness ass-kickers. This book will show you the way to success! BELIEVE AND ACHIEVE.



9781786859457

September 2019

US\$11.99 CAN\$12.99

Hardcover

4.5" x 6"

160 pages



Kate Freeman understands the ups and downs of being a pet owner, having a dog and a cat of her own. When she's not writing she enjoys painting and photography. She lives in Lincolnshire with her family.

Also Available:

**THE LITTLE
INSTRUCTION
BOOK FOR DOGS**

9781786855336
\$10.99 (HC)
\$11.99 in Canada



9781786855343

September 2019
US\$10.99 CAN\$11.99
Hardcover
5" x 6"
96 pages

THE LITTLE INSTRUCTION BOOK FOR CATS

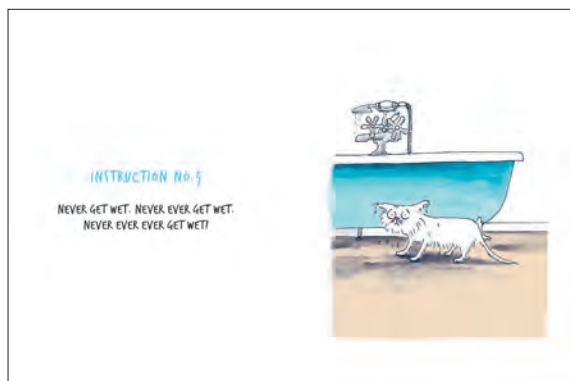
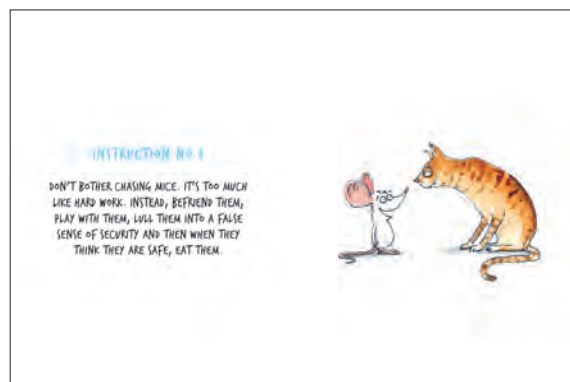
Danny Boy & Kate Freeman

Hilarious full-color cartoons from Danny Cameron are paired with witty captions in this 'instruction manual' for your feline friend – tongue-in-cheek, of course!

*Golden rule to remember when looking for some alone time:
If your whiskers touch the sides, it's a good place to hide.*

Mirrors are not other cats.

For the sophisticated cat about town, this indispensable paw-book provides witty advice and pearls of kitty wisdom that will make sure your life is always full of naps, cardboard boxes and mice to chase – from perfecting your drape-scratching technique to getting your head stroked without looking as though you wanted it.





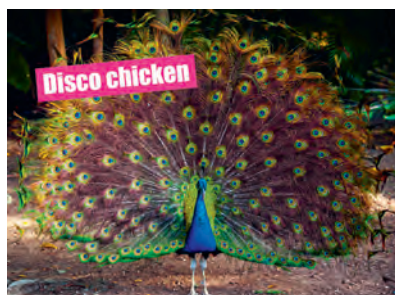
PROPER ANIMAL NAMES

What They Should Really Be Called

Spike Hudson

A hilarious photographic gift book containing photos of animals along with their 'improved' and more accurate names.

Yes, kangaroo might be the actual name, but doesn't Tyrannosaurus Deer sound better? Behold in these pages the Floaty Potato, Wizard Cat and Spiky Floof, among a host of other beasts with absurdly improved appellations. See nature in a bizarre new light as *Proper Animal Names* throws out the old labels in favor of the sublimely ridiculous.



9781786852052

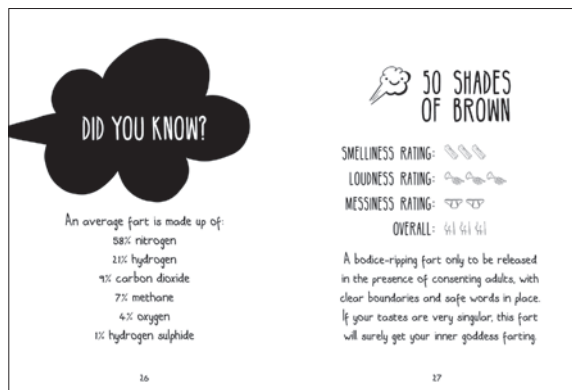
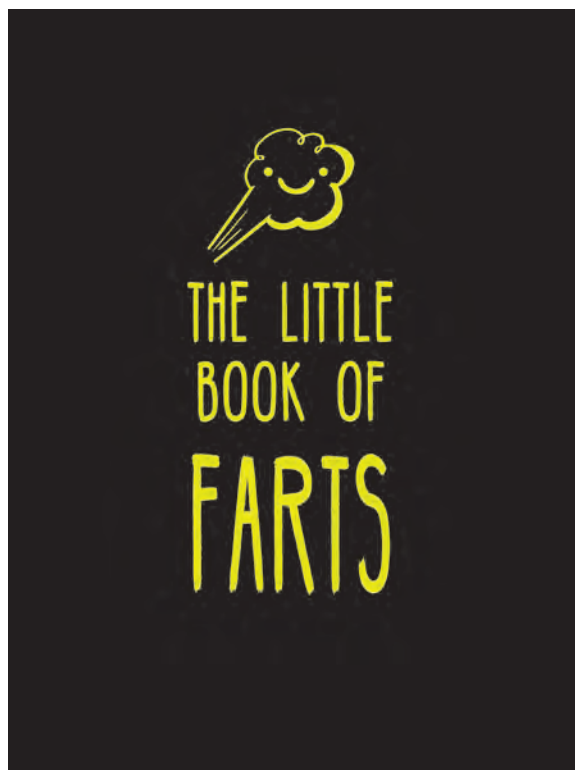
September 2019

US\$11.99 CAN\$12.99

Hardcover

8" x 5"

96 pages

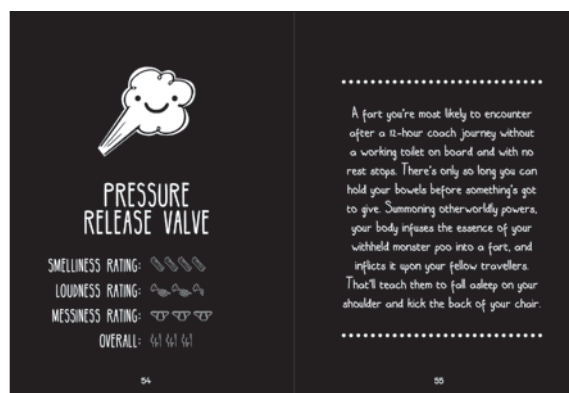


THE LITTLE BOOK OF FARTS

Everything You Didn't Need to Know –
And More!

**If you thought there was only one type of fart,
get ready to be blown away!**

Like a beautiful snowflake, every fart is unique. From the ever-so-dainty Pipsqueak to the mighty window-frame-rattling Thunderclap, there's a whole world of bottom-burps to savor in this informative and revealing dictionary, along with a plethora of butt-trumpet facts. Ranging from how to fart and get away with it to the worst places to fart, you'll realize you didn't know the first thing about flatulence!



9781786855664

September 2019
US\$9.99 CAN\$10.99
Hardcover
4" x 5"
160 pages

Also Available:

**THE LITTLE BOOK
OF TOILET JOKES**

9781786855497
\$8.99 (HC)
\$9.99 in Canada



Sid Finch

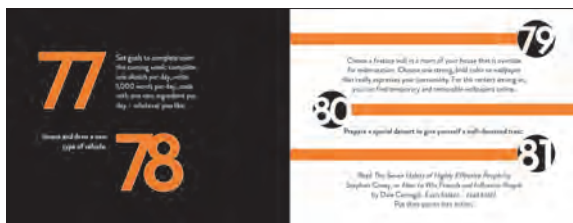


365 WAYS TO BE INSPIRED

Inspiration and Motivation for Every Day

365 easy ways to find inspiration packaged in bold, graphic design.

Do you want to be an inspired, more innovative you? Tap into your creativity every day with this motivating collection of imaginative and crafty ideas, top tips, invigorating activities and wise words. Light your spark with this little book of inspiration.



9781786857675

September 2019

US\$9.99 CAN\$10.99

Paperback

6" x 4.5"

160 pages

Also Available:



365 WAYS TO BE CONFIDENT

9781786859778

US\$9.99 (PB)

\$10.99 in Canada

November 2019



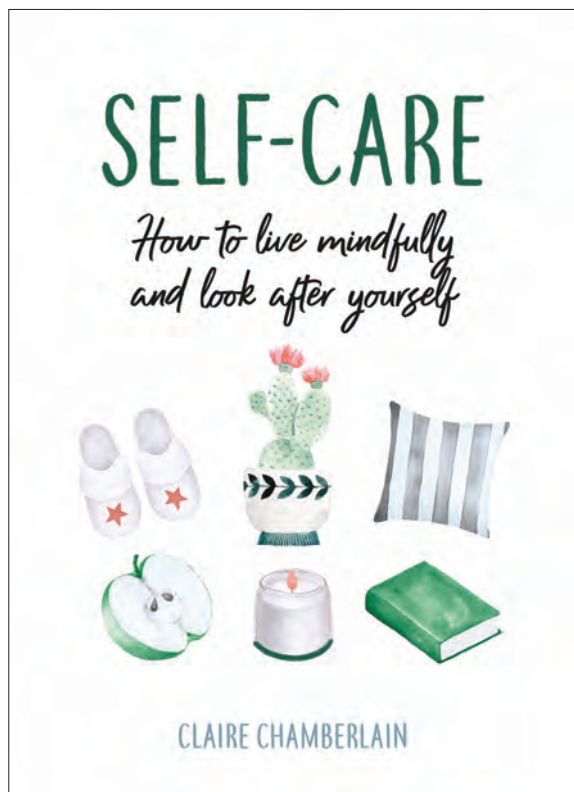
365 WAYS TO BE FITTER

9781786857583

US\$9.99 (PB)

\$10.99 in Canada

February 2020



SELF-CARE

How to Live Mindfully and Look After Yourself

Claire Chamberlain

An instagrammable little book of self-care tips, filled with stunning on-trend watercolor design.

Self-care is the essential action of looking after your mind, body and soul. Dip into this book whenever your energy is flagging and choose one of its many quick and easy self-care tips, from nourishing yourself with invigorating walks and delicious, healthy food to treating yourself to a slow evening of face masks and hot soaks. This soothing collection of self-care ideas and inspiring words contains the pick-me-up you need.

Claire Chamberlain is a freelance writer, specialising in health, fitness and well-being. She lives in South East London with her husband, two children and rescue cat, Oscar.



9781786857750

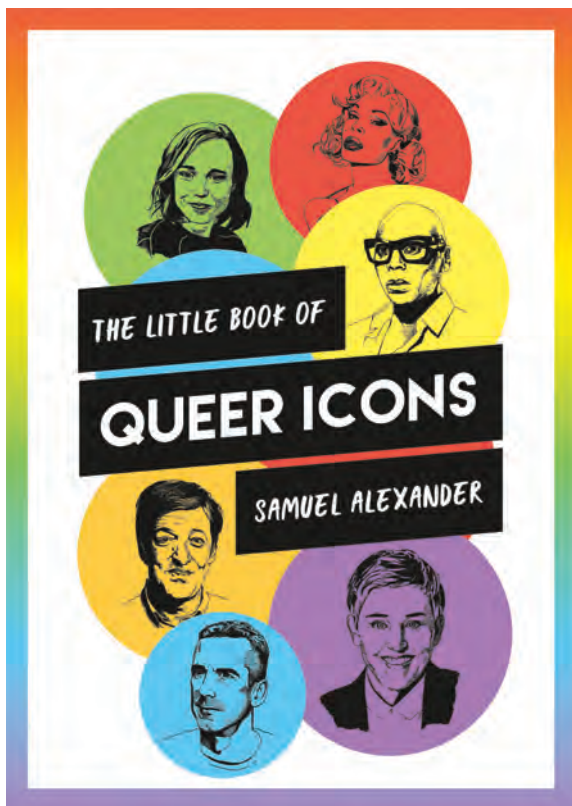
September 2019

US\$10.99 CAN\$11.99

Hardcover

4" x 6"

160 pages



THE LITTLE BOOK OF QUEER ICONS

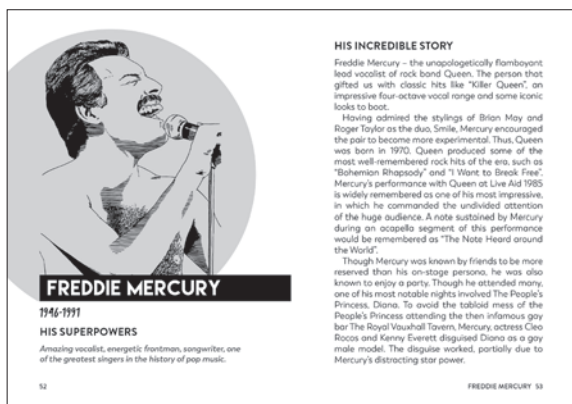
The Inspiring True Stories Behind Groundbreaking LGBTQ + Icons

Samuel Alexander

An inspiring collection of the biographies of previously marginalized people whose stories deserve to be told and celebrated.

Discover the fascinating stories behind 38 queer icons, all of them ground-breakers, risk-takers and game-changers. Whether they are activists, sportspeople, scientists or superstars, every one of these people has been a trailblazer in their field, and deserves to have their achievements celebrated the world over. Be empowered and inspired by their extraordinary life stories, their awesome achievements and their wonder-words of wisdom with this pocketbook of remarkable people, and prepare to be introduced to your new superheroes.

Samuel Alexander is a writer from the sunny north of England, who currently lives in Brighton with his cat Remus. Samuel has written about a variety of topics and in all sorts of media, from magazine articles and scripts to beard blogs (yes you read that right), and is a passionate writer of fiction, with a current total of zero published works – ever the struggling artist.



9781786857774

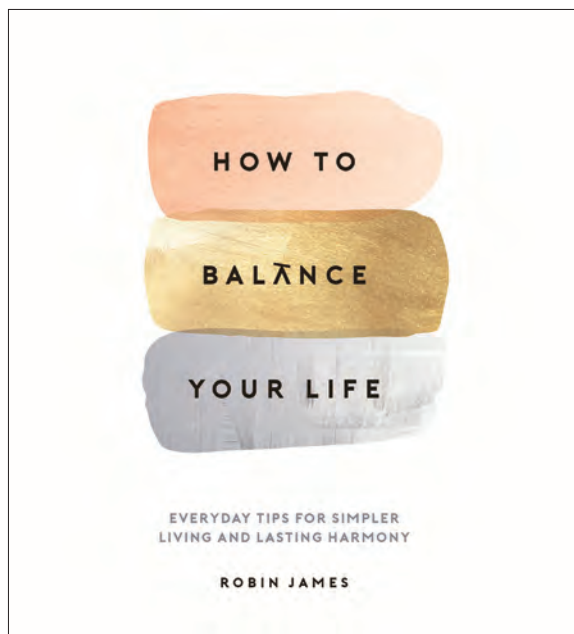
October 2019

US\$9.99 CAN\$10.99

Paperback

4" x 6"

160 pages



HOW TO BALANCE YOUR LIFE

Everyday Tips for Simpler Living and Lasting Harmony

Robin James

Discover the tools for finding harmony in all aspects of your life.

Achieving a sense of equilibrium and inner peace can prove elusive when so many demands and responsibilities are constantly vying for your attention. Discover the tools for finding harmony in all aspects of your life with practical tips on everything from managing everyday stress to finding a work-life balance that is right for you. This inspirational book will help you find ways to maintain a healthy diet and lifestyle and be more mindful of the wider world and your impact upon it, while making sure there is always room for 'me' time.

Balancing your life is essential to your health and well-being, and by applying a few simple concepts you will live your life at a pace that is comfortable and ultimately rewarding.

Robin James is an advocate of slow living, having spent many years as a yoga practitioner and mindfulness teacher. Her interests include hiking and foraging in the local landscape around her Cumbrian home. She has two children, which she home schools.

9781786857767

October 2019

US\$16.99 CAN\$18.99

Hardcover

7" x 7.5"

160 pages

AFFIRMATIONS

An affirmation is a positive phrase that you use to help change negative beliefs to positive ones. They work well both when written down and when said out loud. A positive affirmation to help you change your attitude to stressful situations could be:

I FEEL
BALANCED
AND HAPPY.

OR

I SOLVE MY
PROBLEMS
QUICKLY
AND
EFFECTIVELY.

It is important that the affirmation focuses on the positive outcome that you want rather than the negative possibility that you wish to avoid, and that it is written or spoken in the present tense.

24

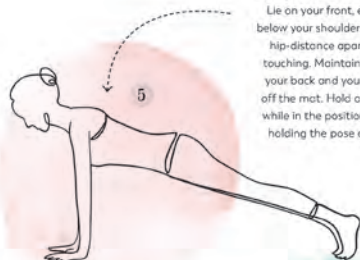


Sound bathing

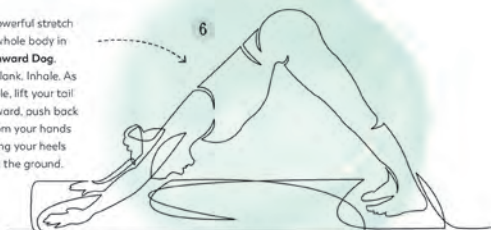
Many of the relaxation techniques in this book can be achieved in the comfort of your own home, but if you feel like trying something different there are all sorts of guided options available. The ancient Tibetan practice of sound bathing involves lying in a dimly lit room and listening to soothing sounds played on special bowls made from metal and crystal. Research shows that hearing certain sounds reduces the level of the stress hormone cortisol, and taking a sound bath can lower your blood pressure, reduce anxiety levels and improve your mood.

25

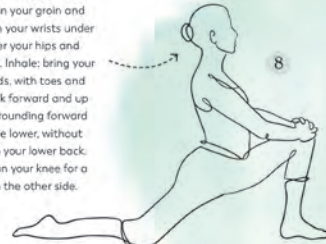
Strengthen your arms and shoulders in **Plank**. Lie on your front, ensuring your wrists are below your shoulders and your feet are either hip-distance apart or big toes and heels touching. Maintain a straight line between your back and your legs and lift your body off the mat. Hold and take mindful breaths while in the position. Build your stamina by holding the pose a little longer each day.



Give a powerful stretch to the whole body in **Downward Dog**. Start in Plank. Inhale. As you exhale, lift your tail bone skyward, push back away from your hands and bring your heels toward the ground.



Breathe in before going into a **Lunge** position to encourage muscle relief in your groin and thighs. Start on all fours, with your wrists under your shoulders, knees under your hips and wrists in line with your ankles. Inhale: bring your left foot between your hands, with toes and fingertips in line. Exhale: look forward and up to keep the shoulders from rounding forward and let your hips sink a little lower, without pushing all your weight into your lower back. If you can, rest your hands on your knee for a deeper stretch. Repeat on the other side.



Feel steady and strong in **Warrior I**. Start in Lunge. Inhale: straighten and extend your right leg back so the knee comes off the floor, keep your left knee bent and stacked directly over your ankle. Exhale: squeeze into your stomach to stabilize your lower back. Inhale: bring your hands above your head. Repeat, stretching out your left leg.

38

39



THE BEST DOG MEMES EVER

The Funniest Relatable Memes as Told by Dogs

Charlie Ellis

This hilarious book, crammed full of the funniest and most relatable memes ever, is the ideal present for any dog lover, with full-color pages and guaranteed laugh-out-loud moments.

For life's every up and down, there's a meme to capture the feeling – and with their lovable personalities, boundless energy and their distinct capacity for being that little bit odd, who better to ride through these moments with us than man's best friend?

From the satisfaction of the cold side of the pillow to the horror of accidentally clicking 'like' when you're seven months deep into your crush's Instagram feed, this collection contains the funniest, most relatable memes about life, told through the expressive genius of dogs.

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.



9781786857835

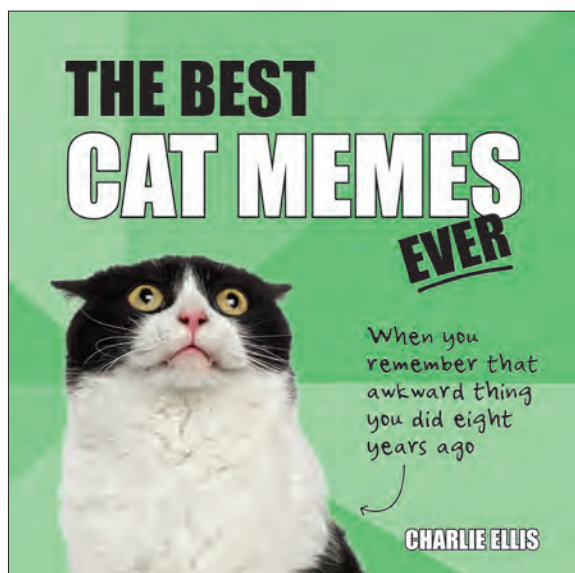
October 2019

US\$10.99 CAN\$11.99

Hardcover

5.5" x 5.5"

96 pages



THE BEST CAT MEMES EVER

The Funniest Relatable Memes as Told by Cats

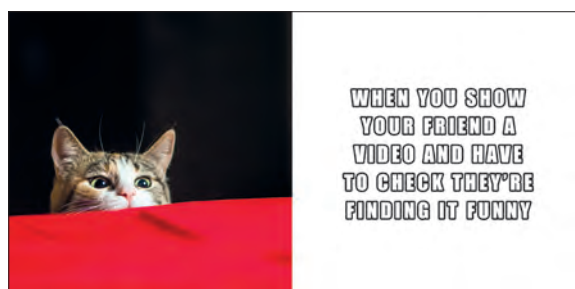
Charlie Ellis

Packed with hilarious captions and adorable photos, this full-color book of the funniest and most relatable memes is the perfect funny gift for cat lovers everywhere.

For life's every up and down, there's a meme to capture the feeling – and with their sassy personalities, their endless curiosity and their distinct capacity for being that little bit odd, who better to live these moments with us than our cuddly feline friends?

From the satisfaction of the cold side of the pillow to the crushing awkwardness of saying say 'you too' when a waiter tells you to enjoy your meal, this collection contains the most hilarious and relatable memes about life, told through the expressive brilliance of cats.

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.



9781786857842

October 2019

US\$10.99 CAN\$11.99

Hardcover

5.5" x 5.5"

96 pages



IT'S A GIRL

**The Perfect Gift for Parents
of a Newborn Baby Daughter**

**An adorable collection of quotes that will charm
and delight the parents of a newborn daughter.**

Congratulations!

It's a beautiful baby girl! You're at the start of an amazing adventure together, and you're in good company – over the years, many parents have captured this experience in memorable words. Discover some of the best expressions of wisdom and love in this little book of quotations to celebrate the arrival of your darling daughter.



9781786857880

October 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



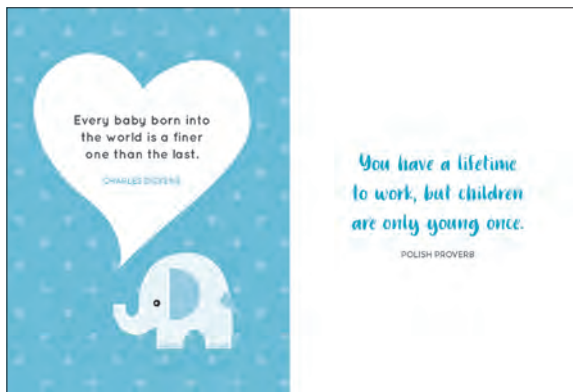
IT'S A BOY

**The Perfect Gift for Parents
of a Newborn Baby Son**

**An adorable collection of quotes that will charm
and delight the parents of a newborn son.**

Congratulations!

It's a beautiful baby boy! You're at the beginning of an incredible adventure together, and you're in good company—parents across the ages have captured this experience in memorable words. Discover some of the finest expressions of love and wisdom in this little book of quotations to celebrate the arrival of your amazing son.



9781786857897

October 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



DRAW BREATH

The Art of Breathing

Tom Granger

An interactive workbook combining mindful breathing and yoga with adult creativity, in a beautifully designed and calming package.

If yoga and doodling had a baby, this book would be it.

Explore your breath mindfully through a series of simple, relaxing and creative drawing exercises in this meditative and gorgeously illustrated book. You don't need to be good at drawing; you don't need to be a yogi, or an expert at meditation; you don't need anything but a pencil, and your breath.

Combining the hot-trend topics of health, mindfulness and yoga along with adult creativity and coloring books, this is the perfect book to help you make breathtaking art.

Tom Granger is an illustrator and author, whose award-winning adult-creativity books have been printed in multiple languages around the world. He holds a degree in philosophy and has studied yoga for over 10 years. Tom works extensively as a creative consultant for Breathworks; the UK's leading mindfulness teacher-training company, helping to create new and engaging ways of communicating the benefits of meditation.

9781787830332

October 2019

US\$13.99 CAN\$15.99

Paperback

9.5" x 7"

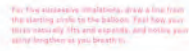
128 pages

Inhaling oxygen invigorates and energizes us. Breathing deep into the belly naturally lifts our posture and with it our mood.

Inhaling oxygen invigorates and energizes us. Breathing deep into the belly naturally lifts our posture and with it our mood.



Thank you for your letter. I will be glad to give you the information you need. I will be glad to give you the information you need. I will be glad to give you the information you need.



To explore further, try to visualize a string with a balloon attached coming out from the crown of your head, gently lifting through the center line of your body and raising your posture as you inhale.

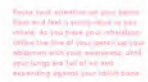


Without thinking or trying, without any conscious effort at all, our breath continues unaltered, from our first moments of life to our last.

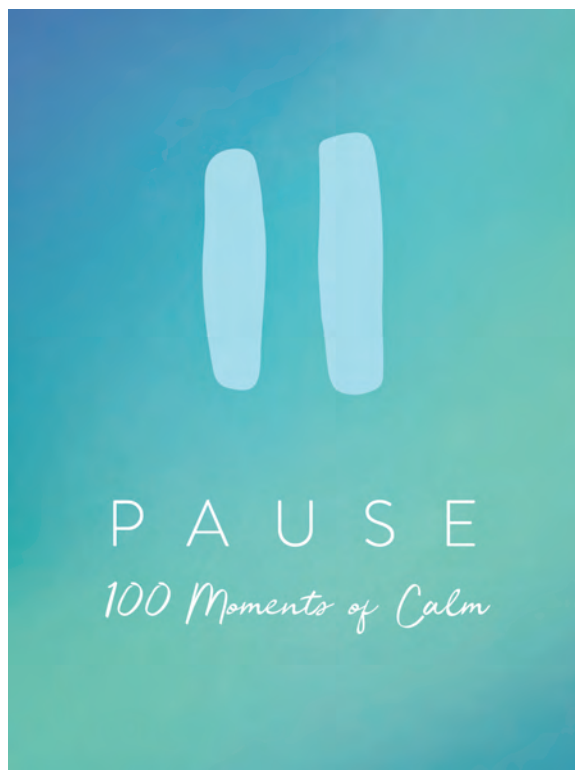
Starting on an inhale, begin blowing in the bottom right of the lamp. Repeat the pattern as many times as you like. When comfortable with the pattern, repeat the symbol on a blank piece of paper using your own breath as a guide.

In yoga, conscious breath control and awareness is called "pranayama" and is considered foundational to yogic practice. Even more important than the poses or "asana" that quickly come to mind when talking about yoga,

The cure principal of asana is to move the body in time with the breath, expanding each movement and deepening each stretch in time with the inhalation and exhalation.



did you consider, because the song is not
very strong, your consideration, whether it is
going to give people, looking at the song
what you have, thinking about
your people, thinking about people,
understanding and knowing something
the other thing.



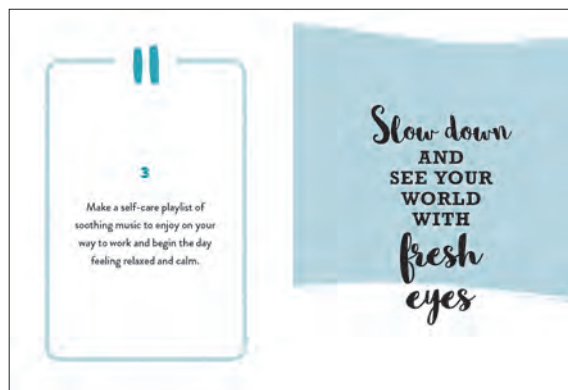
PAUSE

100 Moments of Calm

Featuring beautiful page designs and a raft of peaceful quotes and calming mantras, this little book offers the reader 100 simple ways to press pause and bring tranquillity into the everyday.

I breathe in calm. I breathe out calm.

Modern life can be fast-paced and stressful, so we all need a way to press 'pause' from time to time. With simple mindfulness techniques, self-care ideas, and easy ways to relax, this little book will be your pocket guide to finding moments of peace, reflection and calm in every day.



9781786859488

November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



DREAM. EXPLORE. DISCOVER.

Inspiring Quotes to Spark Your Wanderlust

Filled with inspiring quotes and exquisite photos, this beautiful little book is the perfect gift for anyone who loves the thrill of exploration, travel and adventure.

Stay wild and free

There's a whole world out there just waiting to be explored. Spark your wanderlust with this little book, packed with beautiful quotes and affirmations from the world's greatest travellers and adventurers, and be inspired to dream, explore and discover!



9781787830226

November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages

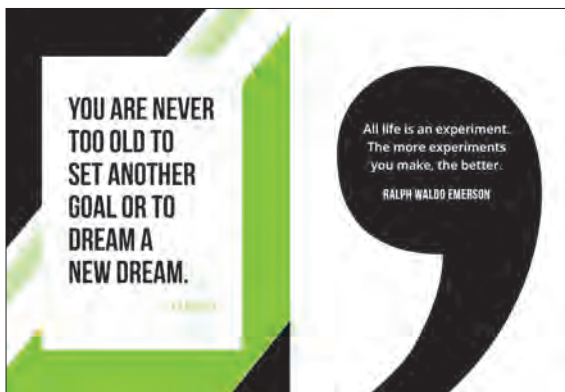
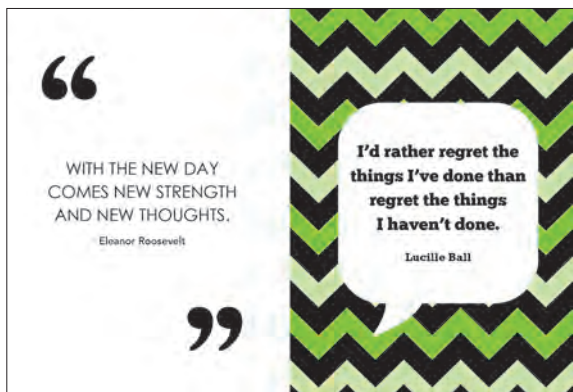


MOTIVATIONAL QUOTES FOR LIFE

Wise Words to Inspire and Uplift You Every Day

A bold little gift book with a bright, trend-led design, packed with motivational quotes and statements to help inspire positivity and an optimistic attitude towards life.

With a positive outlook and a bit of determination, nothing in life can hold you back! Bursting with a raft of motivational quotes by the world's most celebrated artists and thinkers, this collection of inspiring words will spur you on and give you a boost.



9781786859648

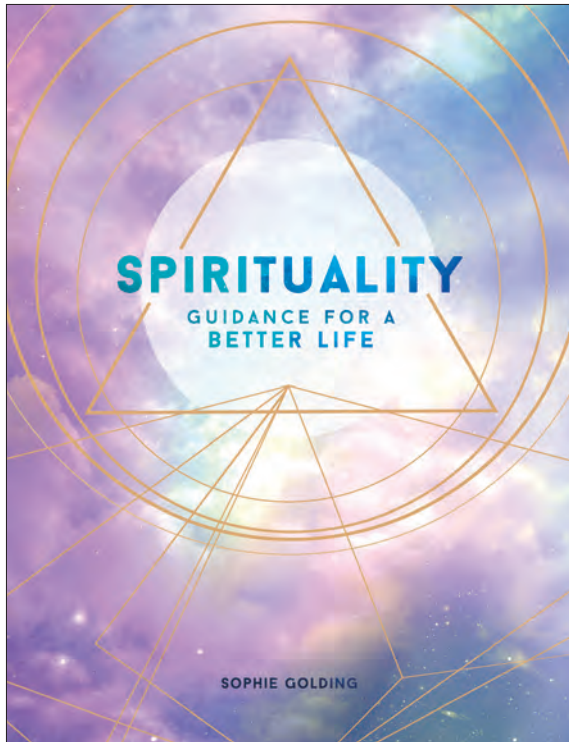
November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



SPIRITUALITY

Guidance for a Better Life

Sophie Golding

A beautifully designed gift book for anyone wanting a friendly introduction to all areas of spirituality, or who is looking for ways to incorporate more peace, happiness and contentment into their everyday lives.

Connect to your inner self and the world around you and enjoy a new sense of peace and happiness. This stunning book will help you along your own spiritual journey, by introducing you to traditions, philosophies and practices which have the power to open your heart and broaden your mind. Along with tips on how to practise spirituality in your everyday life, this book provides the stepping stones to a more fulfilling life.

Sophie Golding is a writer and artist living in West Sussex. She enjoys meditation, sea swimming and the great outdoors.



9781786859693

November 2019

US\$16.99 CAN\$18.99

Hardcover

7.5" x 6"

192 pages



365 WAYS TO BE CONFIDENT

Inspiration and Motivation for Every Day

Avoiding a calendar approach this concise and stylish book provides a whole year's worth of practical tips for boosting confidence.

Do you want to be a bolder, more self-assured you? Tap into your inner confidence every day with this inspirational collection of self-care ideas, practical tips, motivating activities and mood-boosting statements. Spark your self-confidence with this little book of positivity.



9781786859778

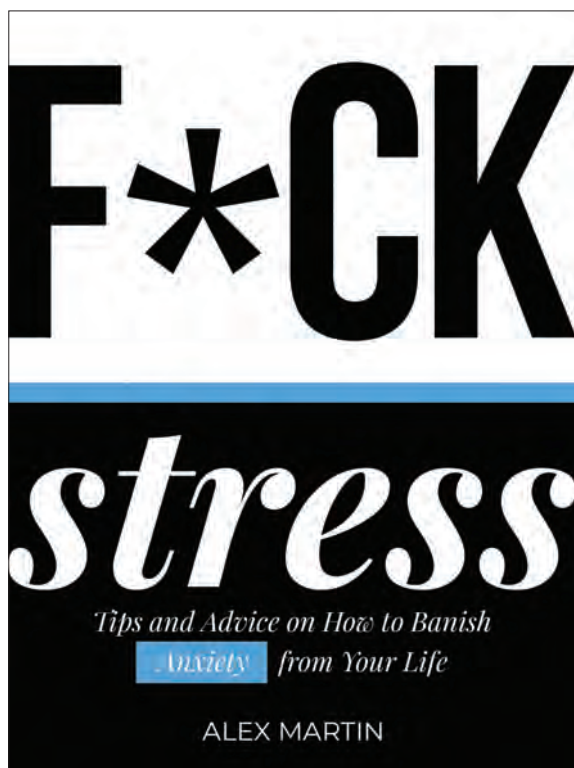
November 2019

US\$9.99 CAN\$10.99

Paperback

6" x 4.5"

160 pages



F*CK STRESS

Tips and Advice on How to Banish Anxiety from Your Life

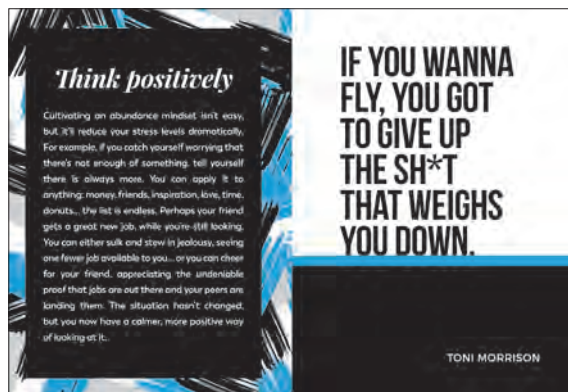
Alex Martin

A self-help guide with a difference. Perfect for those who want to manage their stress without the frills of traditional self-help books

Are you stressed? Have you tried all the other self-help books in a bid to untangle the jumble of thoughts that resides in your brain but to no avail?

It's time to say 'f*ck stress' and transform yourself from a worrier to a warrior! This no-nonsense guide will show you how to banish irrational worries and negative thoughts as you explore what is actually causing you stress, and how you can re-program your brain to cope with what life throws at you, both positively and rationally.

Packed with easy-to-follow advice, useful tips and empowering statements, this essential stress-busting toolkit will help you master your own thoughts and confidently give stress the middle finger.



9781787830097

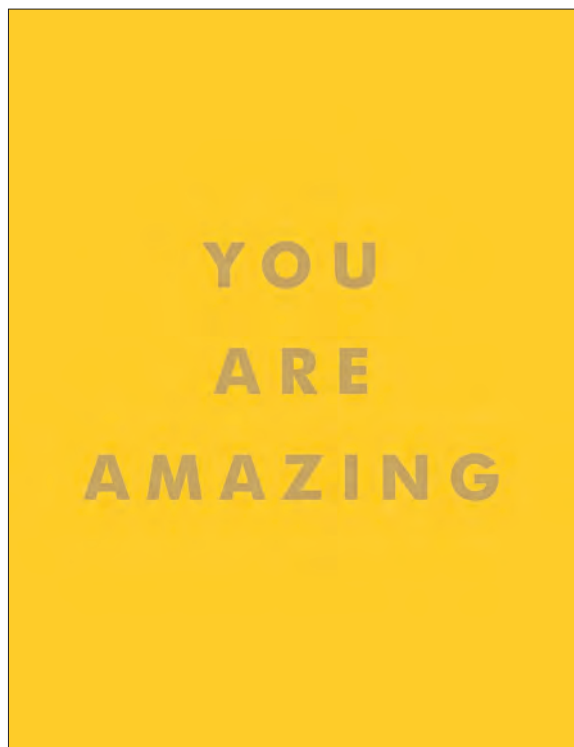
November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



YOU ARE AMAZING

A cute little gift book bursting with warm and witty quotes to help you thank and celebrate somebody special.

Nobody's quite like you.

There's so much that's great about you. So much that's worth honoring and cherishing. This little book of quotes is full of words of gratitude and appreciation that will make you recognize and remember that YOU ARE AMAZING.



9781786859808

November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



TOP TIPS FOR NEW PARENTS

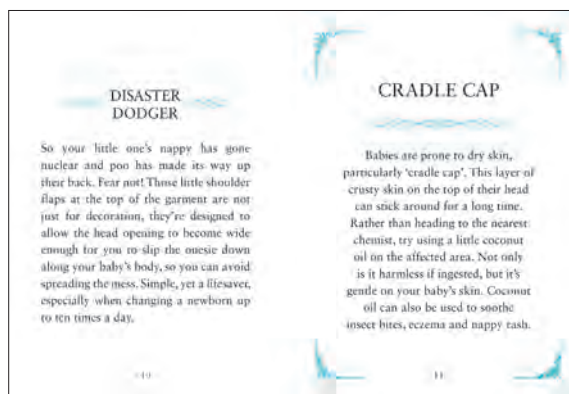
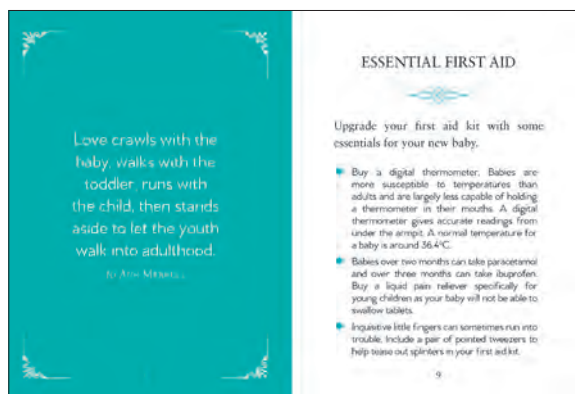
Practical Advice for First-time Parents

Verity Davidson

The perfect baby-shower gift, designed elegantly and written practically.

You've received the happiest of news; you're going to be a parent! So what's next?

Top Tips for New Parents has advice on everything from what to prepare before your bundle of joy arrives to practical tips for settling in with your new addition to the family. This little book is the perfect companion for your greatest adventure.



9781786859730

November 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



NEVER GIVE UP

A small yet powerful gift book, loaded with timeless quotes that will energize and inspire.

It's always too early to quit.

You are tougher than you think and stronger than you know. This bright and emboldening book of quotes from life's winners and strivers is a timely reminder of what's possible when you NEVER GIVE UP.



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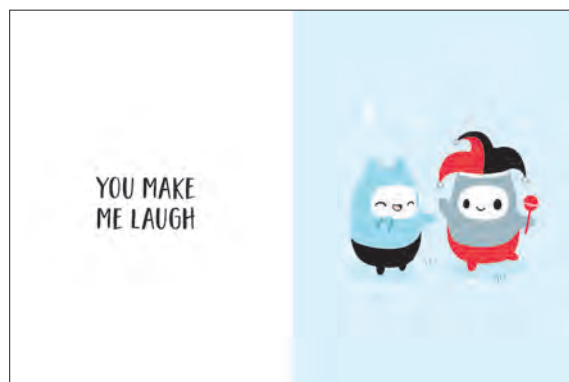
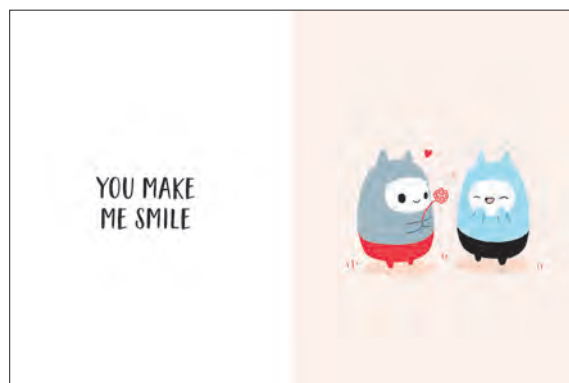
YOU MAKE ME...

The Perfect Romantic Gift for Valentine's Day

With adorable, bespoke illustrations and heartfelt words, this affectionate gift is the perfect way to show your special someone how much they mean to you.

You make me complete

There's nobody quite like your special someone, so say it with this little book! Filled with a collection of heartfelt words to describe the many things, big and small, that you love about your partner, it's the perfect way to tell them just how much they mean to you.



9781787830066

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4" x 6"

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I LOVE YOU BECAUSE...

Over 30 beautifully-designed vouchers

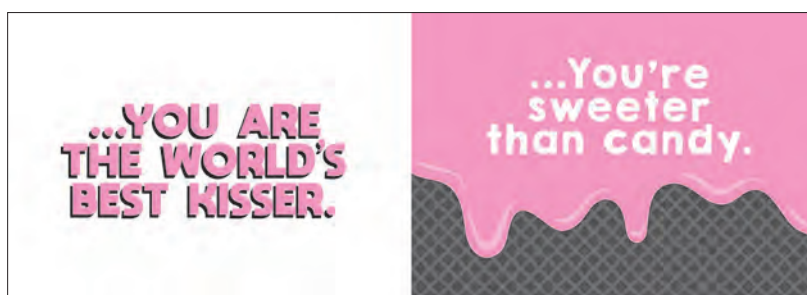
What better way to drop a love bomb than with one of this collection of beautifully designed vouchers.

... I can tell you anything.

... You make me laugh until I cry.

... We make the perfect team.

This sweet book of love vouchers is the perfect way to tell your special someone why they're so wonderful.



9781786859884

December 2019

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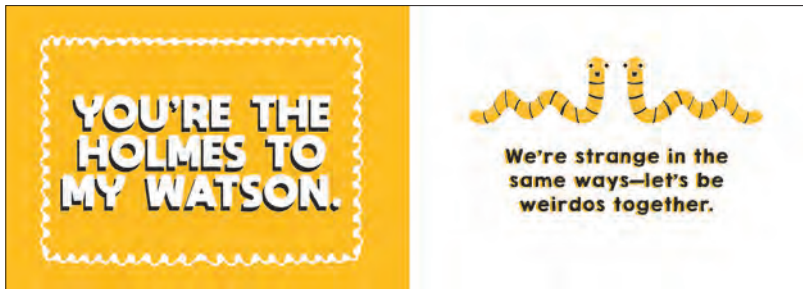
YOU'RE AWESOME BECAUSE...

Over 30 beautifully-designed vouchers

A modern, graphic approach to gift vouchers,
perfect for any gifting occasion.

- You're an amazing human being.
- You might be the funniest person alive.
- You're weird in all the right ways.

This cool book of friendship vouchers is the perfect way
to tell your bestie why they're the greatest.



9781786859891

December 2019

US\$9.99 CAN\$10.99

Paperback

6" x 4"

64 pages



LOVE IS A LABRADOR

A Lab-tastic Celebration of the World's Favorite Dog

Charlie Ellis

A collection of adorable photos of Labradors (both puppies and 'elder doggos') with cute quotes and captions.

Life is better with a Labrador

Every home should have a Lab, the only question is: chocolate, black, yellow or red? Whichever's your favorite, it's confirmed: these are the most Labradorable pups on the planet. Dedicated to the world's favorite breed, this paw-some little book will prove that it's not just any old dog who's a man's best friend – it's a Labrador.

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

9781786859822

December 2019

US\$10.99 CAN\$11.99

Hardcover

5.5" x 5.5"

96 pages

Also Available:

**LOVE IS A
SAUSAGE DOG**

9781849539876

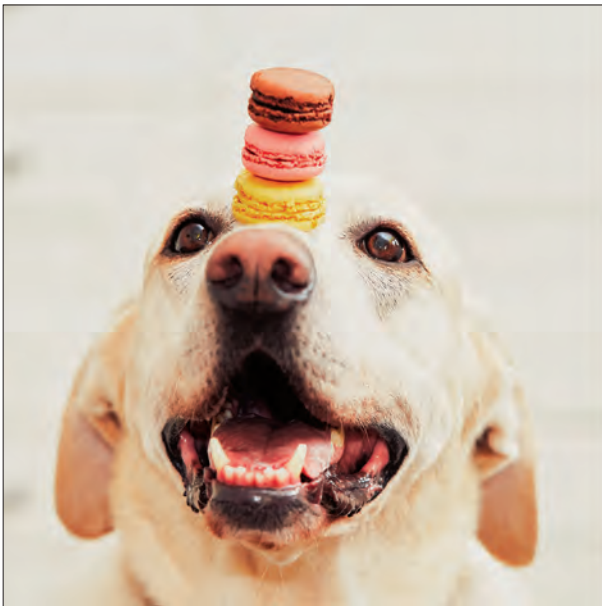
\$10.99 (HC)

\$11.99 in Canada

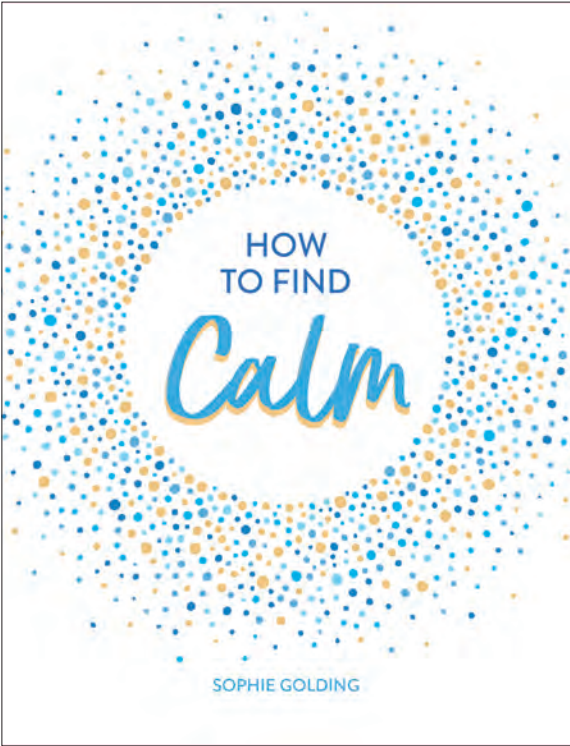


WHOEVER SAID YOU
CAN'T BUY HAPPINESS
FORGOT LITTLE PUPPIES.

Gene Hill



♥ AM / ♥
THE CLEVER BOY?



HOW TO FIND CALM

Sophie Golding

A visually comforting, mood-boosting book of practical advice and inspirational wisdom on the art of relaxation.

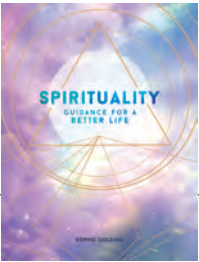
Discover the path to inner peace.

Calmness is all around you and within you if you just know where to look. And the journey to a more peaceful place is one of the most rewarding trips you can take for your health and well-being.

A careful blend of tranquil tips, soothing statements and relaxing activities, *How to Find Calm* is a lovingly curated guide to reaching a state of joyful and mindful serenity.

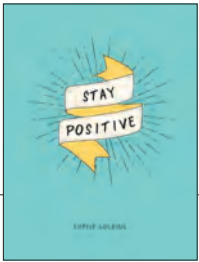
Sophie Golding is a writer and artist living in West Sussex. She enjoys meditation, sea swimming and the great outdoors.

Also Available by the author:



SPIRITUALITY

9781786859693
US\$16.99 (HC)
\$18.99 in Canada



STAY POSITIVE

9781786857705
\$16.99 (PB)
\$18.99 in Canada

9781786859945

January 2020
US\$16.99 CAN\$18.99
Hardcover
6" x 7.5"
192 pages



START WITH A STRETCH

Instead of reaching for your phone, start the day with some simple yoga stretches. Set your alarm 10 minutes earlier than usual and find a space you can move in. First, kneel on all fours and round your back, with your head and bottom tucked in. Hold the pose for ten breaths. Then, straighten your back and legs to make an



'A' shape with your bottom in the air – hold for another ten breaths. Finally, move one foot forward into a lunge. Slowly lift your head and torso, and stretch your arms to the ceiling, palms facing towards each other. This is 'warrior pose'.

1

2

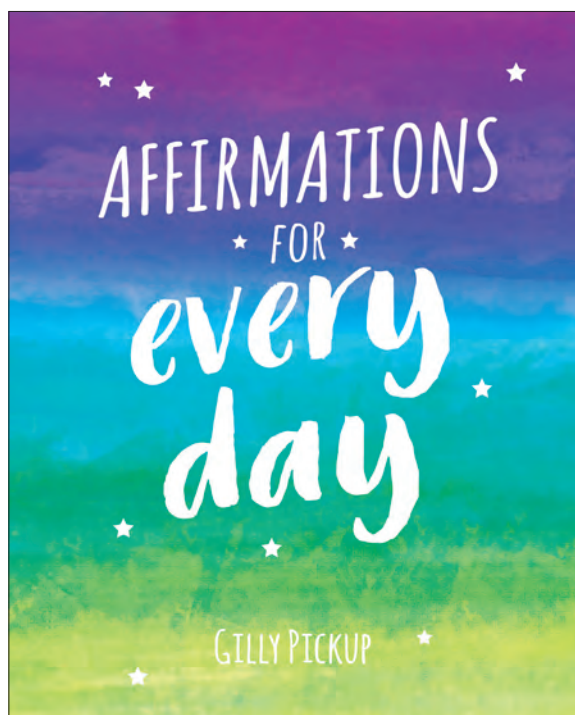
Don't COMPARE

Social media makes it easier than ever to compare our lives to others', but remember that most people only show the highlight reel and that everybody, no matter who they are, has ups and downs. If you're feeling low, focus on the good things in your life, your own strengths and the achievements you've made.

Accept what you can't control

There are two types of problem: ones we can solve and ones we can't. Do everything you can to tackle the problems you can solve and accept that the rest is out of your control. Knowing when to let go is a big step towards reducing tension in your life.

5



AFFIRMATIONS FOR EVERY DAY

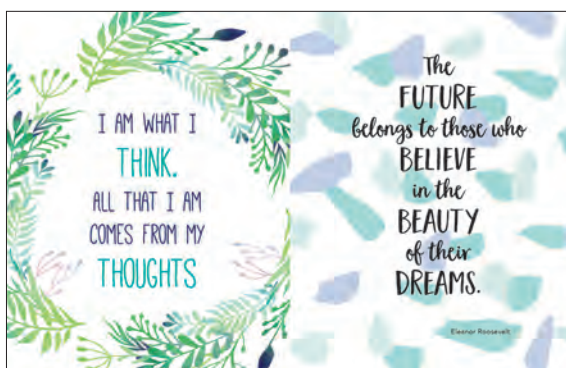
Gilly Pickup

This beautiful book, with bespoke, full-color page designs, is an introduction to the wonder of affirmations, offering short tips and ideas, and a raft of mantras to help guide, empower and inspire the reader.

Calm. Centred. Inspired.

Just a few words said with purpose can give you inner strength that will last all day. Let these calming mantras, simple tips and beautiful images empower you, and help to anchor you to the here and now.

Gilly Pickup is a journalist, travel writer, author and photographer. She has had many hundreds of features published in national and regional newspapers and has a personal interest in Mind Body Spirit topics.



9781786859938

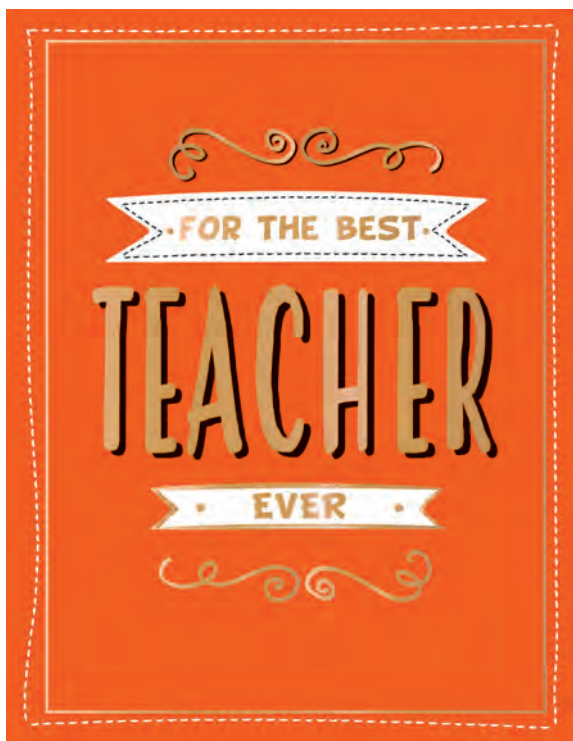
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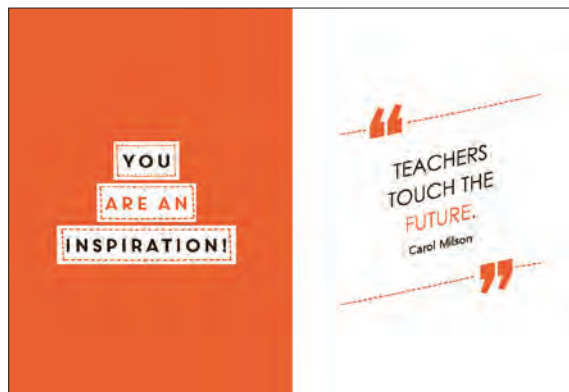


FOR THE BEST TEACHER EVER

The Perfect Gift to Give to Your Teacher

A perfectly proportioned and stylish book to give to your teacher in thanks for all they've done for you.

From the first day at school, your teacher has always been there for you. This collection of quotations is the perfect gift to let your favorite teacher know how much you appreciate them.



9781786859631

February 2020

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



FOR MY BFF

The Perfect Gift to Give to Your Best Friend

A perfectly proportioned and stylish book to give to your best friend on any occasion, whether it's their birthday or just an ordinary day. From celebrating special milestones to quick five-minute catch-ups on the phone, you can always rely on your best friend to be there for you. This beautiful collection of quotations will make every BFF see how much they are appreciated and loved.



9781787930431

February 2020

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160 pages

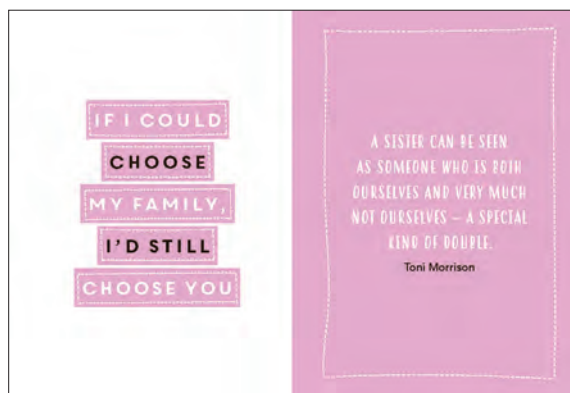
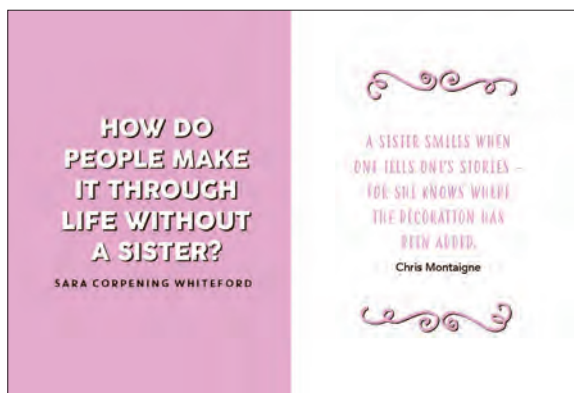


FOR THE BEST SISTER EVER

The Perfect Gift to Give to Your Favorite Sibling

A perfectly proportioned and stylish book to give to your sister on any occasion.

From celebrating special milestones to quick five-minute catch-ups on the phone, you can always rely on your sister to be there for you. This beautiful collection of quotations will make every sister see how much she is appreciated and loved.



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US\$9.99 CAN\$10.99

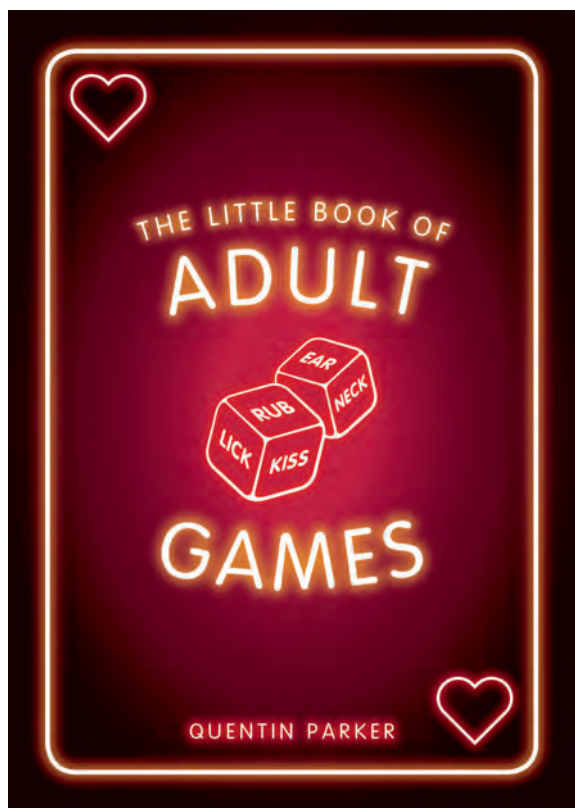
Hardcover

4" x 5"

160 pages

Inspiration and Motivation for Every Day

February 2020
US\$9.99 CAN\$10.99
Paperback
6" x 4.5"
160 pages



THE LITTLE BOOK OF ADULT GAMES

Naughty Games for Grown-ups

Sadie Cayman

A collection of cheeky games for couples – ranging from flirty fun to seriously sexy bedroom activities.

No matter how much of a sexpert you may be, things in the bedroom can always benefit from a little extra spice. This collection of titillating treats, from frisky foreplay teasers to dirty between-the-sheets dalliances, has something for every sexual occasion, and should get you hot under the collar and ready for some stripped-down, hardcore bedroom action. So get your sexiest underwear on and prepare to take it off not long after, 'cause it's time to play!

Sadie Cayman is a freelance writer and pilates teacher. She believes in seizing the day, and is partial to a good mojito.



9781787830035

February 2020

US\$9.99 CAN\$10.99

Paperback

4" x 6"

160 pages



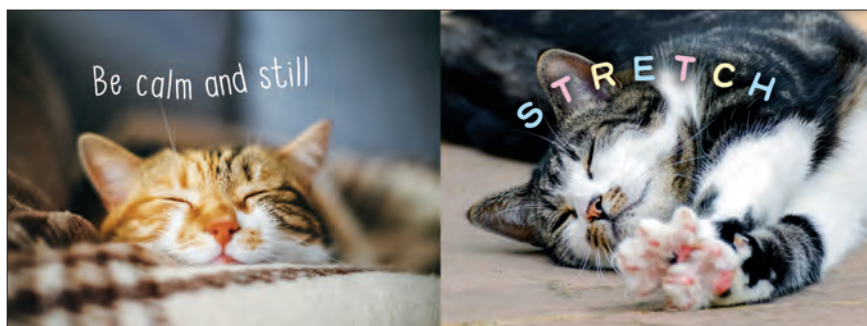
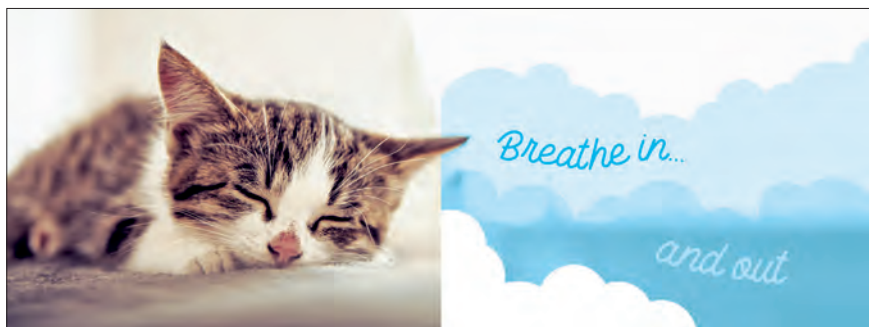
PAWS

This Book Will Help You Take a Break

Ally Martin

Packed with calming words and full-color photos of the most chilled-out and relaxed kitties, this book is the purr-fect way to help the reader unwind.

Cats have mastered the art of chilling out and, with a little help from this book, now you can too! Turn to this collection of care-free kitties for a dose of relaxation inspiration – it's the purr-fect way to press 'paws' and enjoy a few moments of peace and quiet.



9781787830028

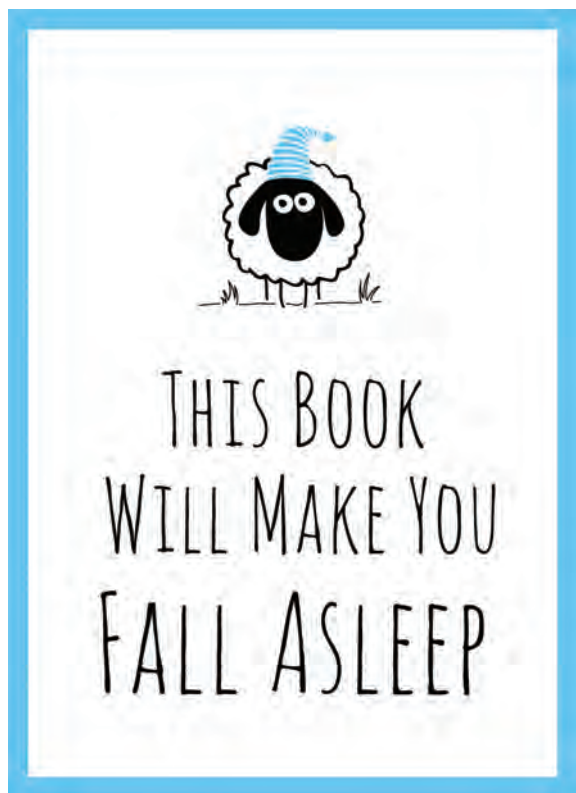
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Hardcover

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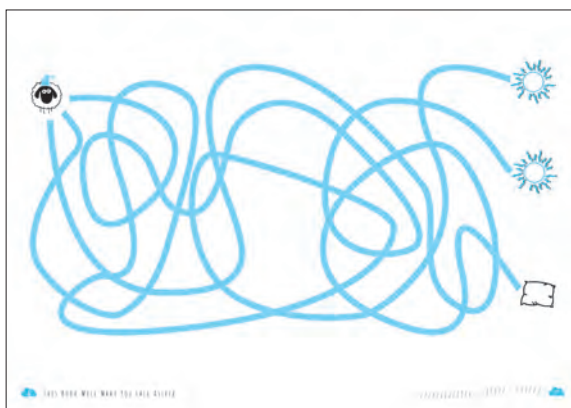
128 pages



THIS BOOK WILL MAKE YOU FALL ASLEEP

It's said that counting sheep helps you sleep, and with this book, you really can! Simply count the sheep on each page to help ease you into the land of nod. This tongue-in-cheek book, also featuring a selection of the soothing quotes and puzzles, is an entertaining small gift for friends and family members.

If you're tired of sleepless nights, and wish you could drop off in two shakes of a lamb's tail, then this book is for you! Filled with more sheep than you can count, and plenty of relaxing puzzles, this soporific little volume will have you snoozing in no time.



9781786859976

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160 pages



52 THINGS TO DO WHILE YOU POO

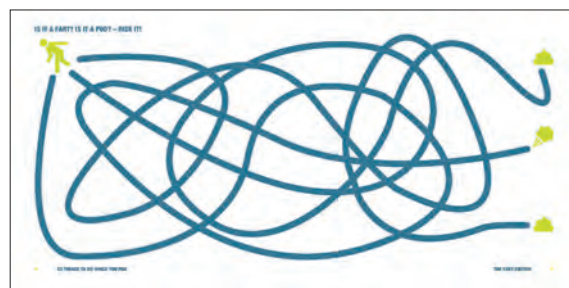
The Fart Edition

Hugh Jassburn

This potent blast of puzzles and trivia for fans of flatulence will keep all ages entertained.

Roaring from the rear, belching from behind, tooting the trouser trumpet – whatever you call it, we all fart, some of us more than others (and some a lot more than others). Everyone knows a committed farter – with their knowing smile, never shying away from taking full responsibility. Give them the recognition they deserve: a book celebrating their greatest skill, full of activities and puzzles to keep them engrossed, along with fascinating fart facts that'll blow their mind.

Hugh Jassburn has been farting since 1974. In his youth he perfected the art of the silent but deadly, although today he prefers the loud and proud. His bestselling *52 Things to Do While You Poo* shared his toilet humor with the world. Now he's bursting to share his farts.



9781786859969

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US\$10.99 CAN\$11.99

Hardcover

5.5" x 5.5"

112 pages

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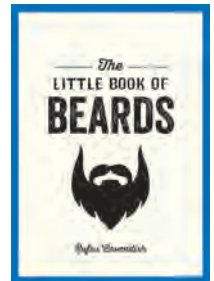
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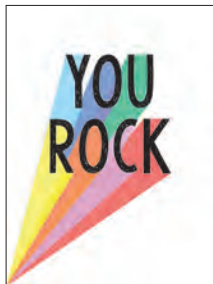


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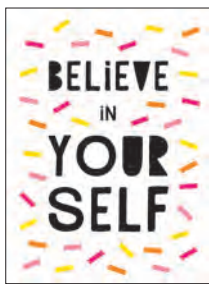
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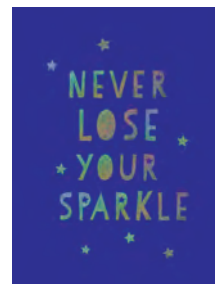
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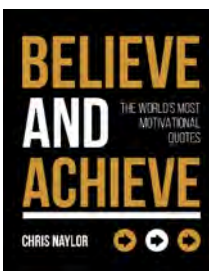
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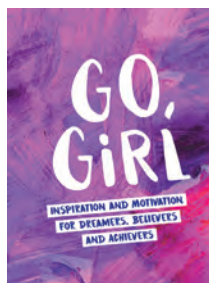
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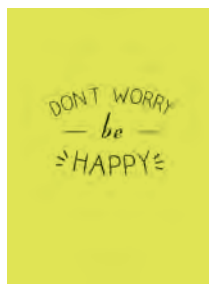
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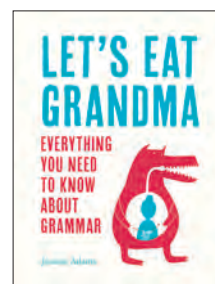
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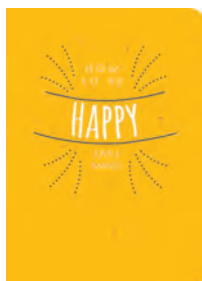
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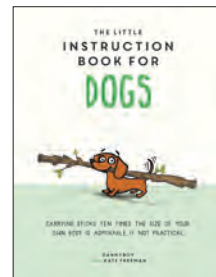
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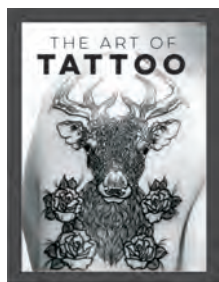
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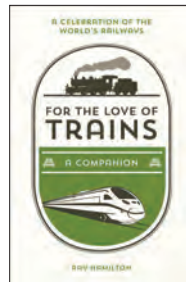
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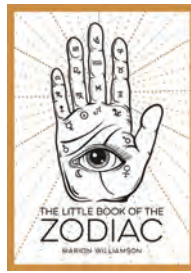
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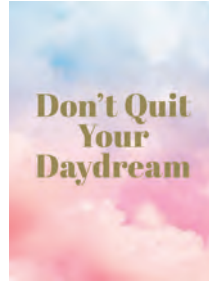
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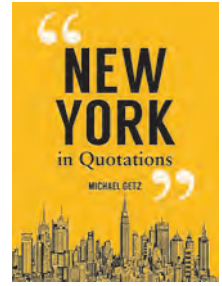
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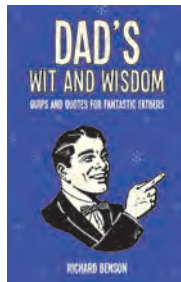
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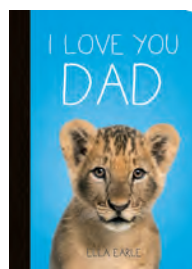
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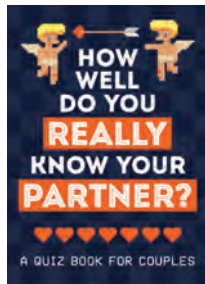
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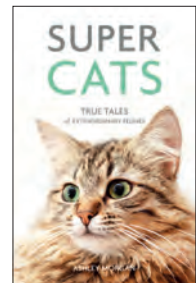
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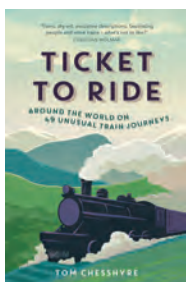
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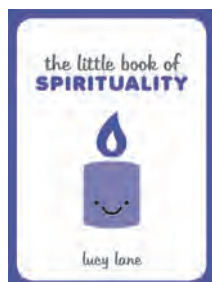
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