



Summersdale

USA

SPRING SUMMER 2019



PART OF

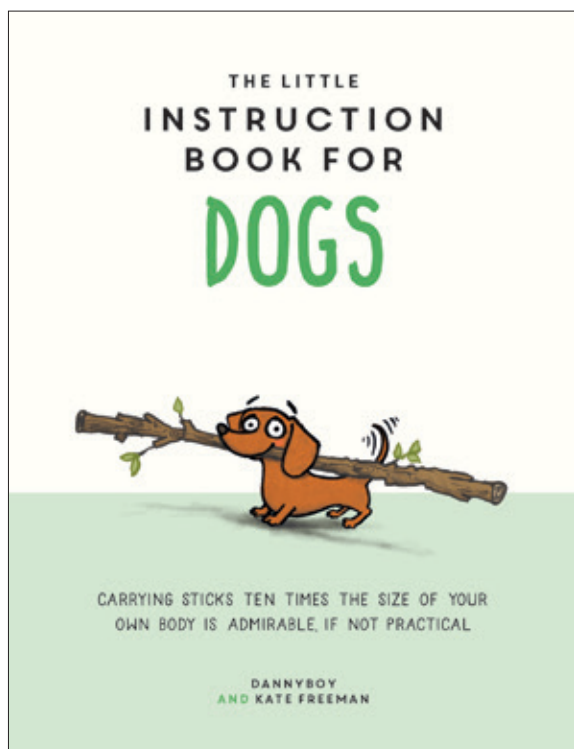


OCTOPUS
BOOKS USA



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

SPRING — SUMMER 2019



THE LITTLE INSTRUCTION BOOK FOR DOGS

Danny Boy and Kate Freeman

A fully illustrated 'instruction manual' for your pet – tongue-in-cheek captions paired with witty, hilarious full-colour illustrations by Danny Cameron.

Slippers are meant to be chewed. Don't feel bad about it – it seems to really excite the humans.

Carrying sticks ten times the size of your own body is admirable, if not practical.

For the mutt about town, this indispensable paw-book provides sage advice and pearls of doggy wisdom that will make sure your life is always full of food, joy and funny smells – from effective techniques for getting more treats to life lessons on hosepipes, squirrels, drinking from the toilet bowl and more.

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.



9781786855336

March 2019

US\$10.99 CAN\$11.99

Hardcover

4"x 6"

96 pages



GOOD VIBES ONLY

Quotes and statements to help you radiate positivity

A small gift book with a bold, trend-led design, bursting with uplifting quotes and statements to help inspire positive thinking and an optimistic attitude towards life.

Happy thoughts, happy life!

Life is short – which means there isn't room for anything but good vibes! If the world's weighing you down, set yourself free with this uplifting collection of inspiring quotes and feel-good statements. It's sure to have you radiating positivity and feeling great.



9781786855633

March 2019

US\$9.99 CAN\$10.99

Hardcover

4"x 5"

160 pages



HOW TO RELAX

**Tips and techniques to calm the mind,
body and soul**

Laura Milne

This book will help you escape the humdrum of everyday life with its beautiful designs and useful tips – it's a perfect, inexpensive retreat you can take with you wherever you go.

Close your eyes, take a deep breath and unwind...

It's often hard to imagine reaching complete relaxation in the midst of our busy lives, but it is easier than you think: all you have to do is focus your mind and learn these methods and techniques.

Bursting with tips, calming statements and activities, *How to Relax* will provide you with everything you need to channel your inner peace and help you feel content.

Laura Milne has been a newspaper journalist for over 20 years. She currently edits the award-winning weekly health section of the UK's *Daily Express*. She lives in south-west London with her husband and three children.

9781786855381


March 2019

US\$13.99 CAN\$15.99

Hardcover

6"x 8"

160 pages



Today I choose serenity




FOLLOW A WIND-DOWN ROUTINE

What's the first thing you do when you get home from work after a long, stressful day? Pour a glass of wine and turn on the TV? Having a wind-down routine can help you make the mental switch from work mode to relaxation. Try to avoid stimulating things, such as alcohol or looking at bright screens; instead, try getting changed out of work clothes into pyjamas, reading a book, listening to soothing music or having a bath with some relaxing essential oils, such as lavender, to help you feel relaxed and sleepy.

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THINK HAPPY THOUGHTS



Visualisation can be a very useful means of achieving mindfulness. This method involves breathing deeply while focusing on pleasant, positive images rather than letting your mind automatically drift into negative thought patterns. If you are feeling anxious or exhausted, try this simple practice: close your eyes and visualise a hot-air balloon.

Imagine you are putting all your stress and worries into the balloon. Then watch it gently rise up and float away into the distance, taking your troubles with it.

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TENSION IS
WHO YOU
THINK YOU
SHOULD BE.

Relaxation
is who
you are.

Chinese proverb



SLOW

Finding peace and purpose in a hectic world

Jo Peters

***Slow* gives you the tools to embark on the path to a simpler life.**

Endless work deadlines, family and social responsibilities, runaway to-do lists, FOMO... do you ever wish you could press the pause button to catch a breath?

Discover ways to slow down time with this invaluable guide to slow living. It will not only boost your physical and mental well-being but enrich your relationships and help you to reconnect with what's really important.

With practical advice on self-care, breathing techniques, mindfulness, ethical living and eating, and how best to cultivate quiet moments every day, *Slow* is your companion to a happier, calmer you.

Jo Peters is a true advocate of the simple life. Once a city lawyer, she left it all behind and now lives on a small-holding in Scotland. She regularly talks in schools, educating the future generation about sustainability and caring for the environment.

9781786855398

March 2019

US\$16.99 CAN\$18.99

Hardcover

7"x 7 ½"

160 pages

SLOW HEALTH AND WELL-BEING

HOW TO SLOW DOWN TIME

This may seem like a tall order, but there are many ways to slow down – this section is all about discovering a slow ritual that works for you.

MINDFULNESS – CELEBRATE THE MOMENT

Maintaining a mindful attitude is a very positive way of slowing down time. Mindfulness is about focusing on the magic of the present moment. Rather than fretting about the past or worrying about the future, the aim is to experience life as it unfolds, moment by moment. This simple practice is immensely powerful and an effective tool for slowing down to a more comfortable pace. As we rush through our lives, mindfulness encourages us to stop constantly striving for something new or better and to embrace acceptance and gratitude. Many of us rush through our daily routines on automatic pilot, barely noticing what we are doing.

An easy way to focus your attention on the present moment is to concentrate on simple tasks. For instance, make your bed with 100 per cent focus and attention each morning, so you create a calm transition from bedroom and sleep to the outside world and the rest of your day. You might also find it useful to sit quietly for a few minutes in the morning so that you can calmly contemplate the day ahead, instead of rushing straight into your day's activities, or embrace your time in the shower, taking a moment to think about the running water washing away sleep, energizing you for the day ahead.

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RECIPE FOR A SLOW WEEKEND (OR WELL-EARNED DAY OFF)

Welcome the morning into your home

Open your curtains or shutters, fold back your sheets and open a window in your bedroom to let in the fresh morning air – but not for too long if it's chilly!

Take a trip

Leave your camera at home, place your phone in your bag or pocket and only take it out when you absolutely need to. Get the most out of the experience by bringing your presence and full attention to all that you experience. Savour the sights, sounds and smells of your new location.

... make a batch of porridge

Hot and nourishing, porridge is a wholesome and delicious start to the day. Top your bowl with your favourite seasonal toppings, such as apples or blackberries.

Travel to a local market or shop

Pick up eggs and oranges for breakfast. Squeeze the oranges and add ice cubes to create your own juice. Or if it's winter...

Bake bread for lunch

A simple round of white bread takes no longer than an hour and 20 minutes to prepare and prove and just 30 minutes baking time in a normal oven. The smell of it baking can lift your heart as you...

... act like a cat

Cats are true artists of slow living and they know well the power of curling up in a patch of sunlight. Find your own sunlight and settle into it. You don't have to do anything other than mindfully enjoy yourself, note the warmth of the sun on your skin and the texture of the rug or blanket against your bare feet.

Make a pilgrimage

To your nearest spot of nature, whether it is the coast or a little wooded copse. If you live in a city, head to the park or a nearby beach or lake.

Play a board game

With friends or family, it will gently stretch your mind and give you something to talk and laugh over.

Prepare dinner

Light candles as evening falls and fill your home with gentle light.

Create your own flavoured cooking oils such as lemon, herb or chilli oil. Simmer olive oil with a quantity of flavouring and bottle in a sterile jar.

Make yourself lunch

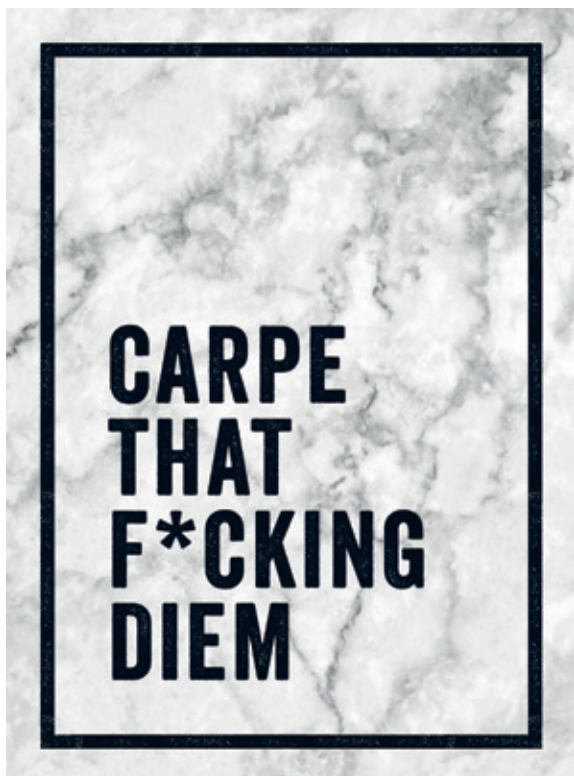
With the bread you baked. Cut thick slices to dip into soup made with seasonal vegetables or pile it with cold salted butter and crumbly cheese.

Start a small crafting project

perhaps inspired by your morning walk. What colours, shapes or textures did you find in nature that might inspire you to create?

14

15



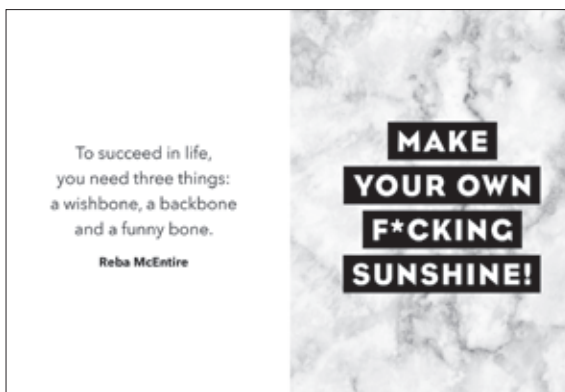
CARPE THAT F*CKING DIEM

Quotes and mottos for making the most of life

A stylish collection of motivational quotes and strongly worded statements, perfect for go-getters.

*Good things come to those who don't f*cking wait.*

Grab life by the horns and go seize the sh*t out of the day with this collection of kick-ass quotations and rousing affirmations. From the wisdom of ancient sages to sound advice from today's superstars, these are words to get you pumped for maximum SUCCESS AND SATISFACTION.



9781786855640

March 2019

US\$9.99 CAN\$10.99

Hardcover

4"x 5"

160 pages



THE LITTLE BOOK OF TOILET JOKES

The ultimate collection of crappy jokes, number one-liners and hilarious cracks

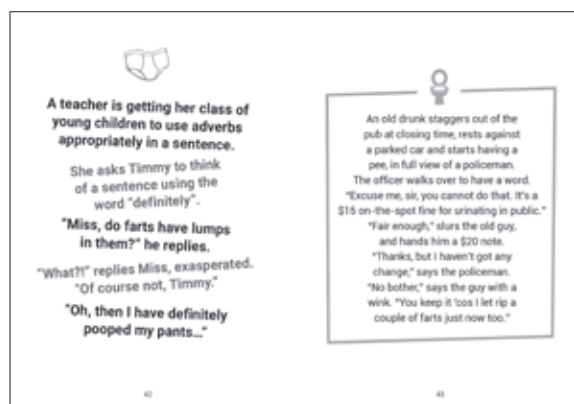
Sid Finch

A small-but-mighty blast of potty humor; ideal for secret santas and stocking fillers.

What did the poop say to the fart?

You blow me away!

Full to the brim with obscene one-liners, smutty shenanigans and gross-out gags, this book should be your number one – and number two – choice for bathroom-based laughs.



9781786855497

March 2019

US\$8.99 CAN\$9.99

Paperback

4"x 6"

96 pages

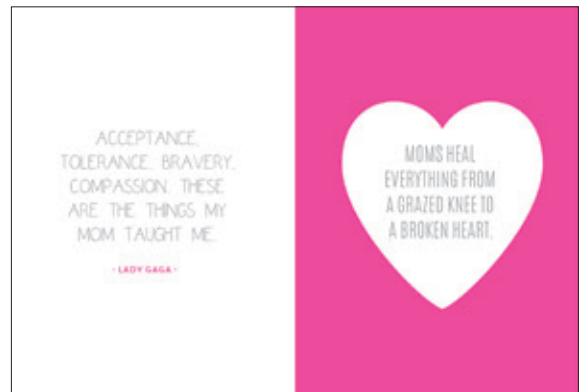


MOM IN A MILLION

The perfect gift to give your mom

A perfectly proportioned and cute book that could be an extension of a gift card on Mom's special day.

Celebrate everything you love about your mom with this little book, packed with hand-picked quotes and statements to show her how much she means to you. It is the perfect keepsake that will remind her again and again that she really is Mom in a million.



9781786857552

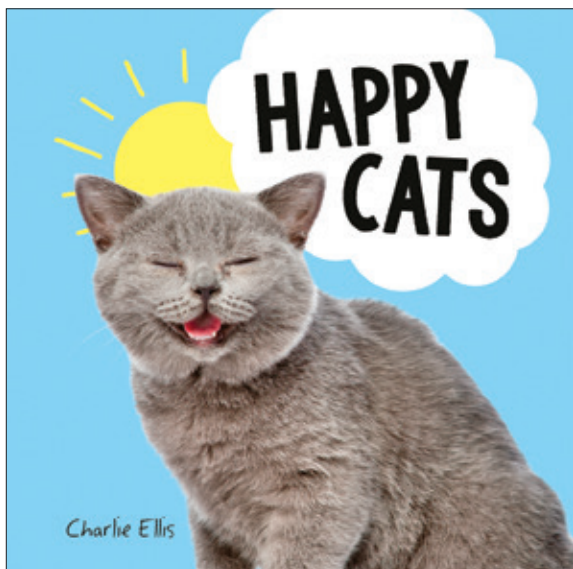
April 2019

US\$8.99 CAN\$9.99

Hardcover

4"x 5"

160 pages



HAPPY CATS

Photos of felines feeling fab

Charlie Ellis

This book will brighten up any day with its hilarious captions and brilliant designs.

For every cat that hisses and stares at you, there is a happy cat somewhere in the world that would love to receive your attention. This book is a celebration of joyful and jubilant felines, especially crafted for all the cat lovers out there who are desperate to have a puss that loves them back.

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, England, playing video games and cooking, neither of which he's quite as good at as he pretends to be.



9781786852779

April 2019

US\$10.99 CAN\$11.99

Hardcover

5 ½"x 5 ½"

96 pages



52 THINGS TO DO WHILE YOU SCREW

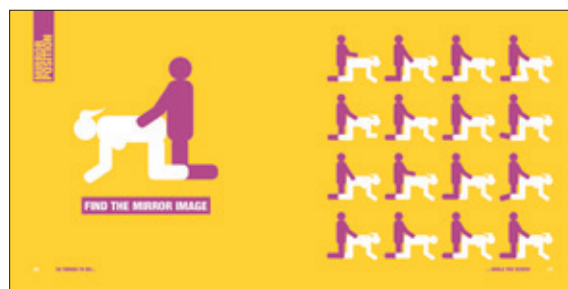
Naughty activities to make sex even more fun

Hugh Jassburn

An X-rated selection of fun facts and stimulating puzzles – strictly for grown-ups.

Ever thought you could do with something to do while you're doing it? Ever needed a breather during a marathon session? Well, this is the book for you – a collection of naughty games, facts and quotes to amuse the broadest of minds, along with a few cheeky word searches to get you in the mood. These private-time puzzles will keep you going for hours...

Hugh Jassburn has been making love since the nineties. Better known for his bestselling *52 Things to Do While You Poo*, he sought to expand his carnal knowledge and his repertoire of horizontal dance moves through careful study and rigorous practice.



9781786854902

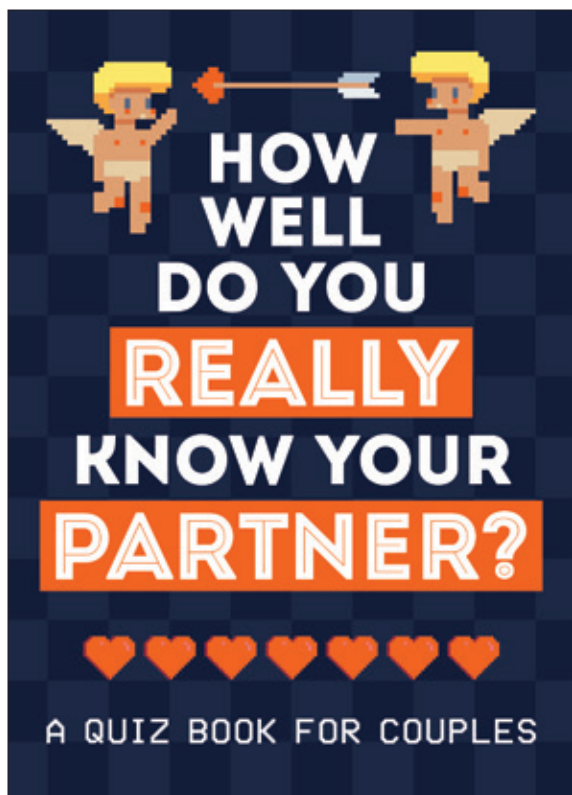
April 2019

US\$10.99 CAN\$11.99

Hardcover

5 ½"x 5 ½"

112 pages



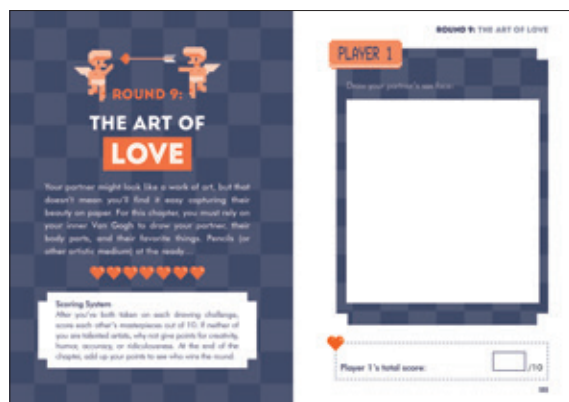
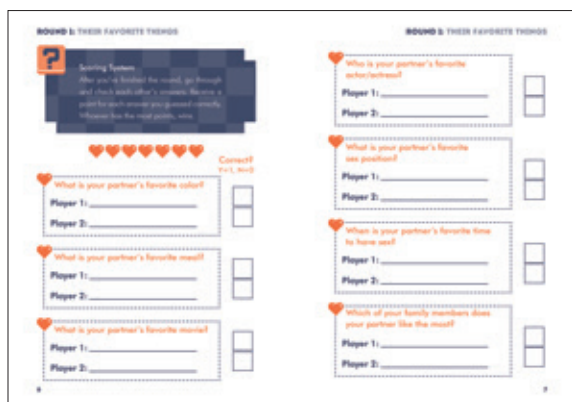
HOW WELL DO YOU REALLY KNOW YOUR PARTNER?

A quiz book for couples

An interactive relationship quiz book that will bring light-hearted fun to any evening in, instead of sitting in front of the TV.

Are you the perfect partner who thinks you know your other half more than they know you? A relationship isn't about point-scoring, but a little competitiveness never hurt anyone, right*?! In this book, you will find a variety of quizzes, testing you both on the likes and dislikes, personal history and future goals of your loved one to see exactly who is the better half!

*Disclaimer: the publisher cannot take responsibility for any arguments or break-ups that are caused by the content of this book.



9781786855688

April 2019

US\$9.99 CAN\$10.99

Paperback

5"x 7"

128 pages



THE LITTLE BOOK OF SHIT

A celebration of everybody's favourite expletive

An irreverent gift book which demonstrates the many and varied ways of using the word 'shit' in witty one-liners.

Is 'shit' the most versatile word in the English language?
Quite possibly!

This little book presents some of the best uses of our favourite expletive. From doctors (Take two shits and call me in the morning) to waiters (You want fries with that shit?), and whether you're a Darwinist (It's survival of the shittest) or a Catholic (If shit happens, we deserve it), there's enough shit for everyone!



9781786855657

April 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages



INSTAGRAN

When old people and technology collide

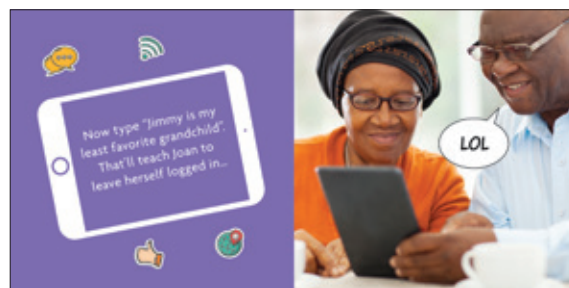
Rosie Ryder

A laugh-out-loud look at the epic fails and crazy triumphs of senior citizens on social media.

'What channel is Netflix on?'

Modern technology can be daunting, especially if you're a silver surfer. How are you supposed to remember your wifi password when you can't even remember where you left your glasses? Whether you're struggling with social media or wrestling with your word processor, you'll find plenty to laugh about in the browser blunders and phone fails of *Instagran*.

Rosie Ryder loves to make people laugh. Also the author of *Snapcat: The Cats Who Love to Snap (and Chat)*, she enjoys memes, yoga on the beach, and raspberry ice cream.



9781786852069

April 2019

US\$10.99 CAN\$11.99

Hardcover

5 ½" x 5 ½"

128 pages

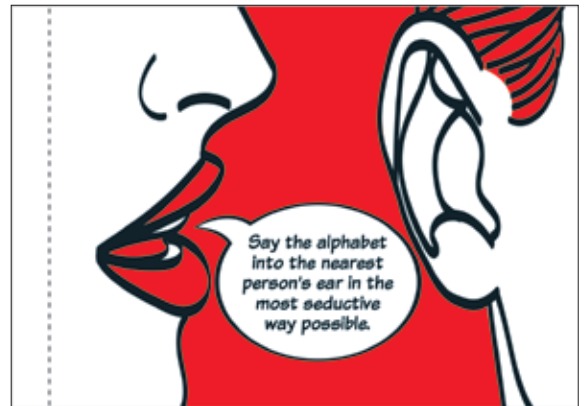


I DARE YOU

Hilarious dares for all occasions

Boldly illustrated, detachable cards featuring challenges that will fuel the fun wherever you dare to do them.

Whether you're at a house party, on a night out with friends or at home with your partner – it's always the right time for a cheeky dare. Just detach one of these cards and let the fun and games begin.



9781786855459

April 2019

US\$9.99 CAN\$10.99

Paperback

6" x 4"

64 pages



LOVE

A celebration of romance

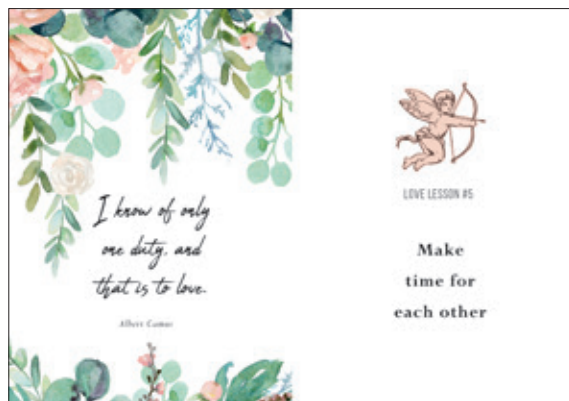
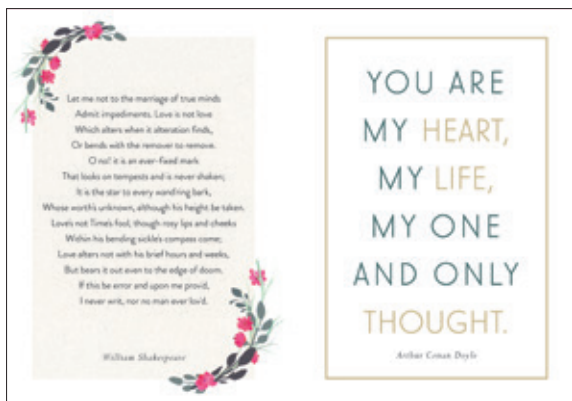
Edited by Max Morris

An elegant and beautiful gift book celebrating love and its most romantic expressions, including poems, quotes, love letters, recipes and love lessons.

Love makes the world go round.

Love is only a small word, but nothing could be greater, more enduring or more powerful. This charming book is a celebration of love – the grandest of all human emotions. Brimming with amorous quotes, delicious recipes, romantic poems and excerpts from the world's most heartfelt love letters, it's the perfect way to say those three little words that mean so much.

Max Morris's love of poetry began when he was interrailing round Europe as a teenager, with just a volume of poems to while away the hours. Ever since then, he has been passionate about sharing the joys of poetry through his many anthologies.



9781786855473

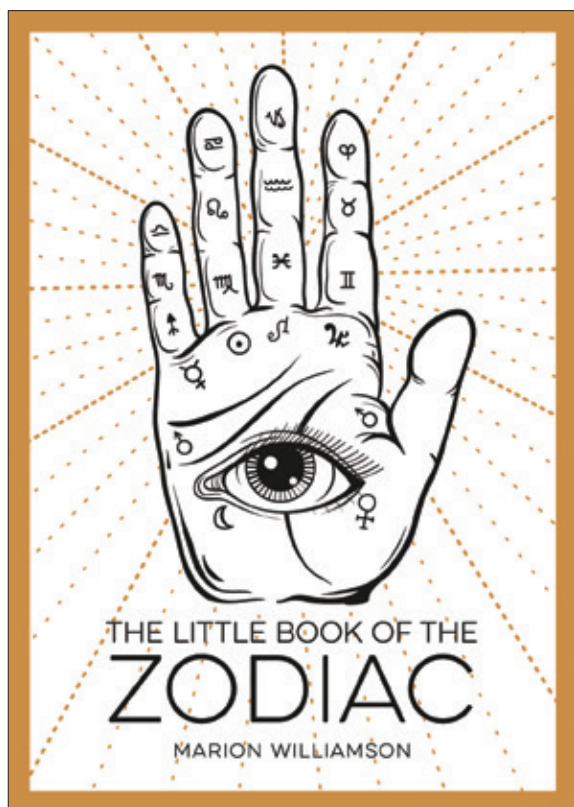
May 2019

US\$13.99 CAN\$15.99

Hardcover

5" x 7"

160 pages



THE LITTLE BOOK OF THE ZODIAC

An introduction to astrology

Marion Williamson

Discover how to interpret your star sign and reveal a deeper understanding of yourself and others with the power of astrology.

Embark on a voyage of self-discovery with this spellbinding introduction to astrology. Learn ways to interpret your birth chart and how your star sign can tell you about your character traits. Let this book shine a light on your past, present and future, and reveal a deeper understanding of your celestial outlook.

Marion Williamson is an experienced astrologer and former editor of *Prediction* magazine, the UK's first esoteric publication, first published in 1936. A well-known contributor to a diverse range of books and publications in the Mind, Body, Spirit world, Marion also has horoscope columns in *TVTimes*, *Essentials*, *Soaplife* and *Angler's Mail*.

9781786855466

May 2019

US\$9.99 CAN\$10.99

Paperback

4" x 6"

128 pages

THE FOUR ANGLES

The birth chart has four important points known as the Angles. The first is always the Ascendant – or Rising sign, the sign of the zodiac that was rising on the eastern horizon for the moment the person (or event) was born. The other angles are the Descendant, the Imum Coeli and the Medium Coeli – also known as the Midheaven.

Ascendant (AC) First house

This is the point most personally associated with the person – it's their Rising sign – the way they react to the world around them.

Imum Coeli (IC) Fourth house

Located in the southern point of the birth chart, this describes the person's home life, childhood, past and roots.

Descendant (DC) Seventh house

Always exactly opposite the Ascendant. This point signifies 'the other' and describes the type of relationships the person has.

12



Medium Coeli/Midheaven (MC) Tenth house

The Midheaven is at the north of the horoscope and shows the person's worldly ambitions and opportunities for success.

THE SYMBOLS OF THE PLANETS, SIGNS AND ASPECTS

Each planet and sign has a glyph or symbol as follows:

Planets:



Mercury

Venus

Mars

Jupiter

Saturn

Uranus

Neptune

Pluto

13



THERE IS NO BETTER
BOAT THAN A HOROSCOPE
TO HELP A MAN CROSS
OVER THE SEA OF LIFE.

VARĀHAMIHIRA



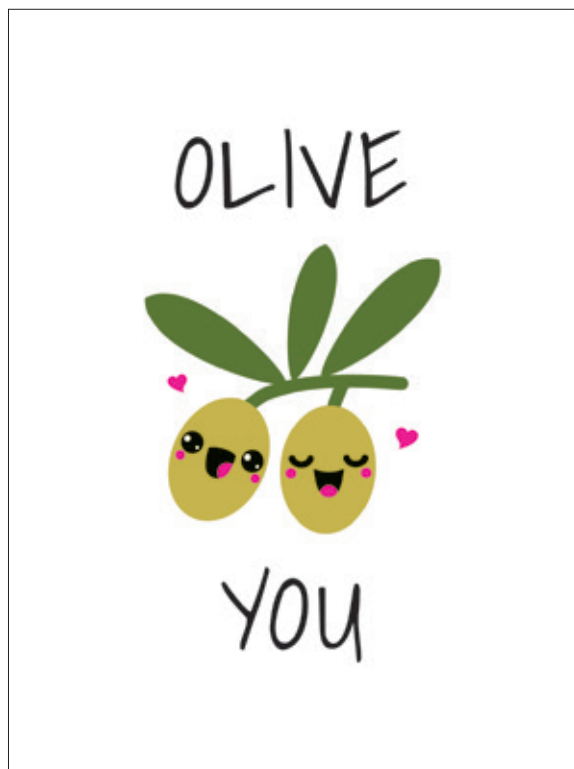
GEMINI – THE TWINS

[22 MAY – 21 JUNE]

Geminis are curious, quick-witted and light-hearted. They're named after the twins Castor and Pollux in Greek mythology because they can display two very different sides to their personality – cheerful and upbeat one minute then seething and withdrawn the next. Geminis can juggle many projects simultaneously and easily adapt to new surroundings and circumstances. Gemini people have loads of friends and love to share and exchange information. Ruled by loquacious Mercury, Geminis are the most gifted communicators in the zodiac. They pick up new languages fast and make excellent sales people. They enjoy variety and thrive wherever there are plenty of people to talk to. Geminis can be incurable flirts, with their romantic lives being as colorful as their taste in clothes. They have a natural gift for finding something in common with even the most difficult of people.

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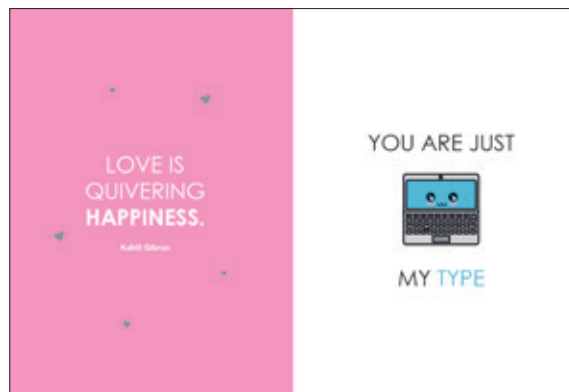
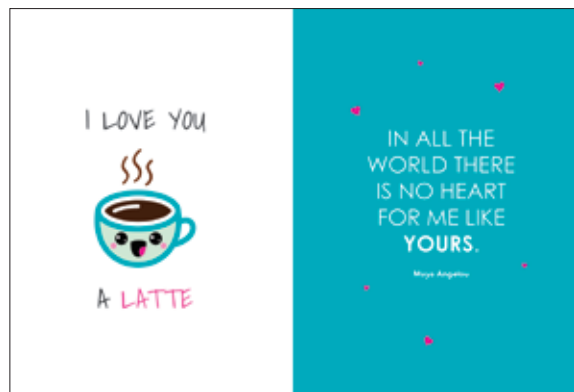


OLIVE YOU

Punderful ways to say 'I love you'

A fun, romantic book that will appeal to all ages and is the perfect gift for your loved ones. Taps into the pun greetings-card trend.

Show a little love every day with this cute illustrated book, packed with punderful phrases and dreamy quotes. From exclaiming 'You rock my world' on a clifftop stroll to uttering 'I love you a latte' over a Sunday morning coffee, these statements of love will give your partner a spring in their step.



9781786855480

May 2019

US\$9.99 CAN\$10.99

Hardcover

4" x 5"

160 pages

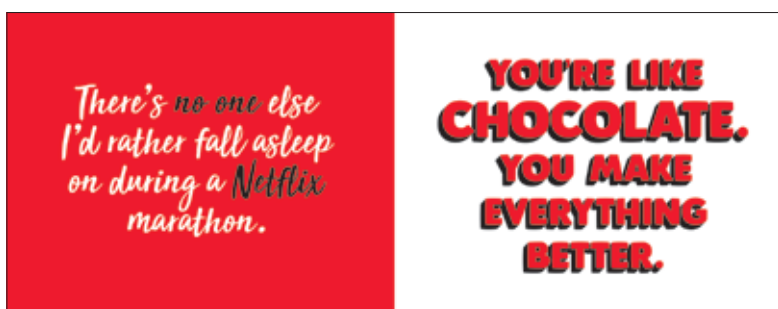


I F*CKING LOVE YOU

Real and relatable ways to be romantic

A romantic gift book with a humorous twist, featuring dozens of frank and funny sentiments.

Romantic declarations don't need to be all lovey-dovey: they can be amusingly honest or laced with profanity! Forget the mushy stuff you see in the movies – this book is loaded with down-to-earth proclamations and witty one-liners that will let a special someone know how you really feel.



9781786857491

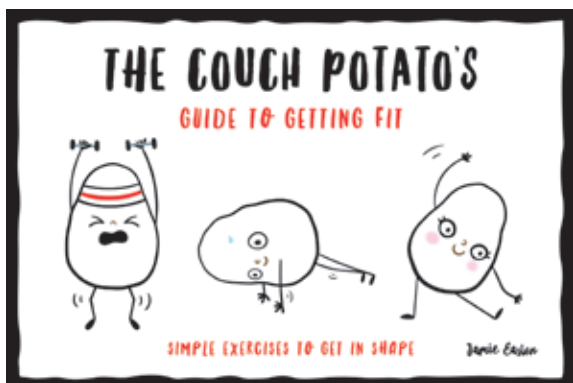
May 2019

US\$9.99 CAN\$10.99

Paperback

6"x 4"

160 pages



THE COUCH POTATO'S GUIDE TO GETTING FIT

Simple exercises to get in shape

Jamie Easton

An accessible book on fitness that shows you how to incorporate simple exercises into your everyday routine.

Do you feel lumpy, lazy and de-motivated? Would you like to be healthier, but don't really have the time or aren't sure where to start? You don't have to go straight from the couch to 5k! *The Couch Potato's Guide to Getting Fit* will teach you how to incorporate exercise into your daily routine and help you take that tricky first step towards fitness.

- Stretches you can do while watching TV
- Easy exercises for around the house
- Go from couch potato to hot potato

Accessible and easy-to-use, this book will help you make little changes but see big results.

Jamie Easton is a reformed couch potato and writer, who loves to find new ways to exercise easily and for free, while still enjoying the odd burger now and again.

9781786857323

May 2019

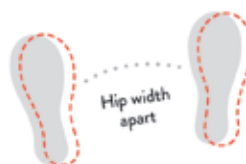
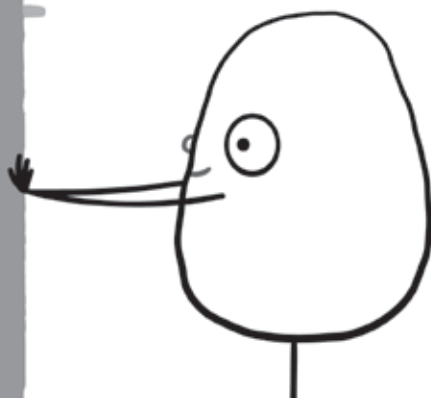
US\$11.99 CAN\$12.99

Paperback

8"x 5 ½"

128 pages

SNACK ATTACK



1 So, let's get started. Position yourself next to the fridge arms length away and feet hip width apart. Yep, next to the fridge, don't open it.

2 Now raise your arms to shoulder height and place on the fridge door. Start the exercise by keeping your body straight and bending your arms as lean in towards the fridge.

1 So, you're in your favorite position, slouched on the couch. Drop your feet to the ground and sit on the edge of the seat.

2 Raise your arms outstretched to shoulder height keeping your feet firmly planted against the base of the couch. Now, keeping your arms stretched out in front of you, raise yourself up to standing in one fluid movement.

3 Breathe in, and sit back down again. No, don't be tempted to reach for the remote, you've got to stand up again, and repeat this exercise. Start out with five repetitions if you can, and build up to ten. You'll start to feel this in your thighs (your quad muscles).

Remember to shake out after this exercise.

SIT TO GET FIT





LIVE YOUR BEST LIFE

Find happiness with the simple power of gratitude and kindness

With uplifting quotes and statements, random acts of kindness, and gratitude lists, this book celebrates life's tiny pleasures and inspires the reader to find happiness through being good to the world.

Find joy in every day!

With the simple power of gratitude and kindness, the key to happiness is yours. Tucked away in the everyday are so many moments to enjoy – all we need to do is take the time to notice them! So brighten your world and the world of those around you, and let this little book be your guide to living your best and happiest life.



9781786857514

May 2019

US\$9.99 CAN\$10.99

Hardcover

4"x 5"

160 pages



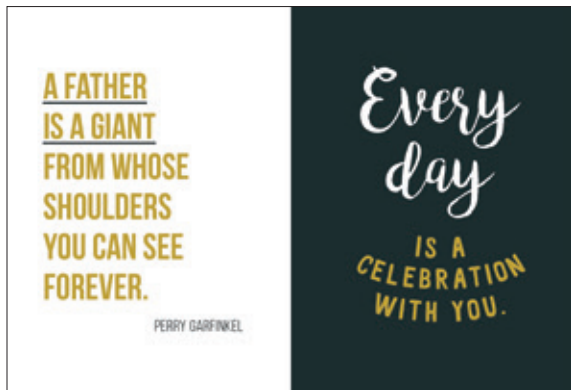
DAD IN A MILLION

The perfect gift to give your dad

A perfectly proportioned and stylish book that could be an extension of a gift card on Dad's special day.

Some people don't believe in heroes, but they haven't met my dad.

Celebrate everything you love about your dad with this little book, packed with hand-picked quotes and statements to show him how much he means to you. It is the perfect keepsake that will remind him again and again that he really is the best dad ever.



9781786857637

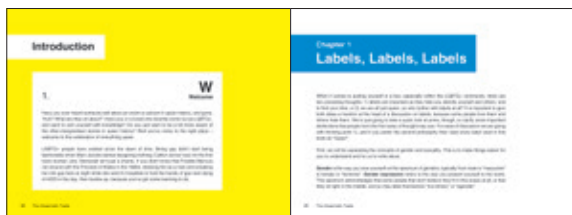
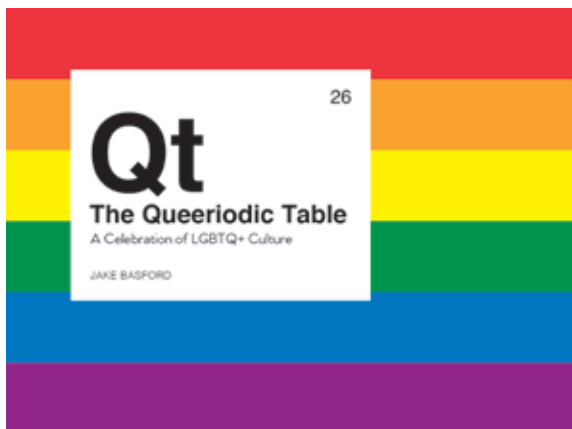
May 2019

US\$9.99 CAN\$10.99

Hardcover

4"x 5"

160 pages



THE QUEERIODIC TABLE

A celebration of LGBTQ+ culture

Jake Basford

A cleverly designed gift book playing on the 'periodic table' to celebrate all aspects of LGBTQ+ culture, in small, easy-to-digest sections.

Celebrate the richness of modern queer culture and its vast history with this fascinating introduction to all the essential elements that helped sculpt the LGBTQ+ community up to the present day, including:

- the fascinating stories of queer pioneers like Marsha P. Johnson, celebrities, game-changers and unsung heroes alike
- the essential LGBTQ+ timeline of queer world history
- the biggest queer culture festivals and events in the world
- classic works of queer art, literature, music, TV and film.

This fabulous collection shines a light on the rich variety of elements to cheer about that form The Queeriodic Table.

Jake Basford is a Cardiff-based writer, digital communications specialist and activist who has been featured in a variety of publications including *Epilepsy Today*, *Means Happy*, and *Attitude Magazine*. His political work has been focused on LGBTQ+ rights, mental health and body image. As Novice Sara Chasm of the Cardiff Mission of the Order of Perpetual Indulgence he regularly discusses where those areas intersect.

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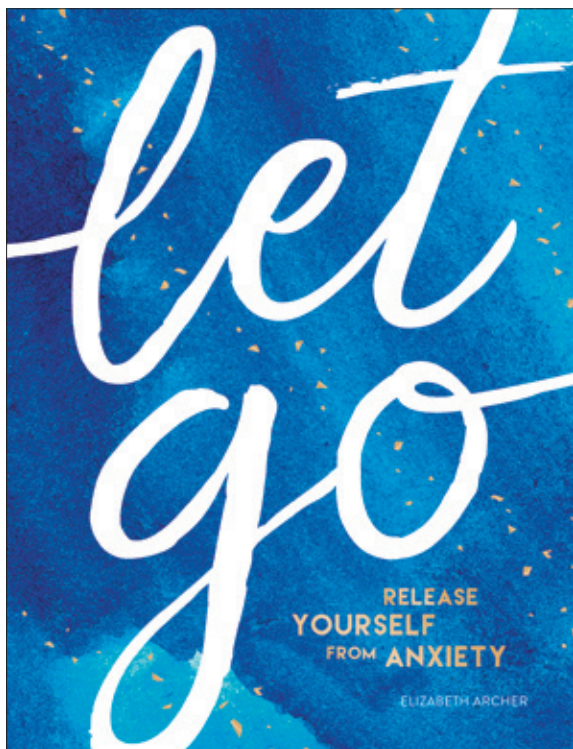
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LET GO - RELEASE YOURSELF FROM ANXIETY

Elizabeth Archer

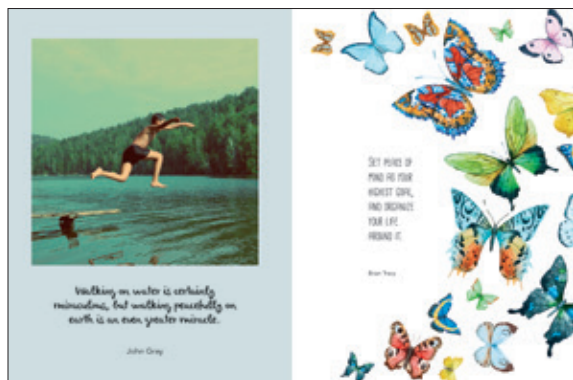
A beautifully designed and accessible book on letting go of stress and anxiety through practical lifestyle changes and holistic therapies.

I breathe in peace, I breathe out tension

Embrace the calm and happiness that comes once you've learnt to let go.

Don't we all want to live a life full of positivity and joy, unshackled by anxiety? Well, the secret is in letting go of our fears, stress and worries, and this accessible and beautifully designed book will show you how. With practical techniques for understanding and dealing with anxiety, ways to apply simple lifestyle changes and information about therapies you can try at home, and the most effective treatments to explore, this is the book you need to take control of your life.

Elizabeth Archer is a journalist who hails from West Yorkshire, and lives in east London, UK, with friends. She writes about health, lifestyle and women's issues. When she isn't furiously tapping away at her keyboard, she enjoys long soaks in the bath and lazy brunches.



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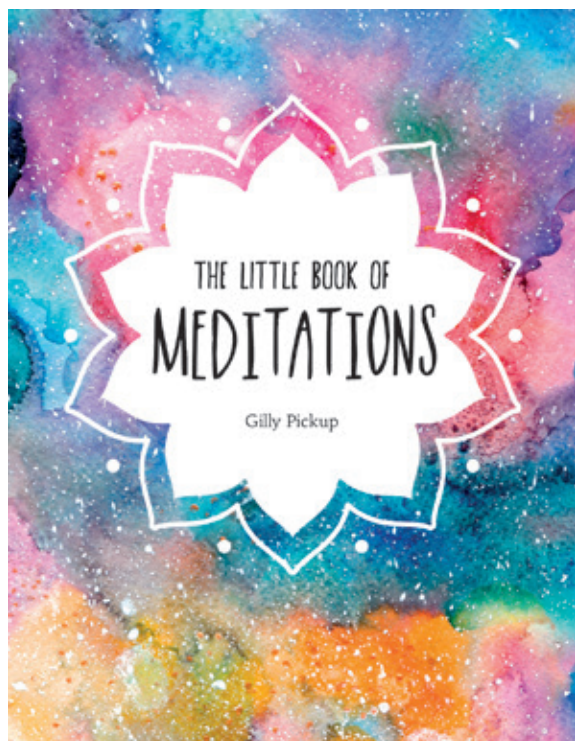
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THE LITTLE BOOK OF MEDITATIONS

A beginner's guide to finding inner peace

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The newest in a series of beautifully designed beginner's guides, on this occasion to meditation and spirituality.

Do you ever wish you could press pause on the rush of daily life?

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The Little Book of Meditations offers guidance and practical advice to help you along the path of your own spiritual journey. Learn about the many different types of meditation as well as the fascinating history of the practice, the benefits it can bring to your health, happiness and well-being, and how you can channel the powerful peace of meditation in your own life.

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.



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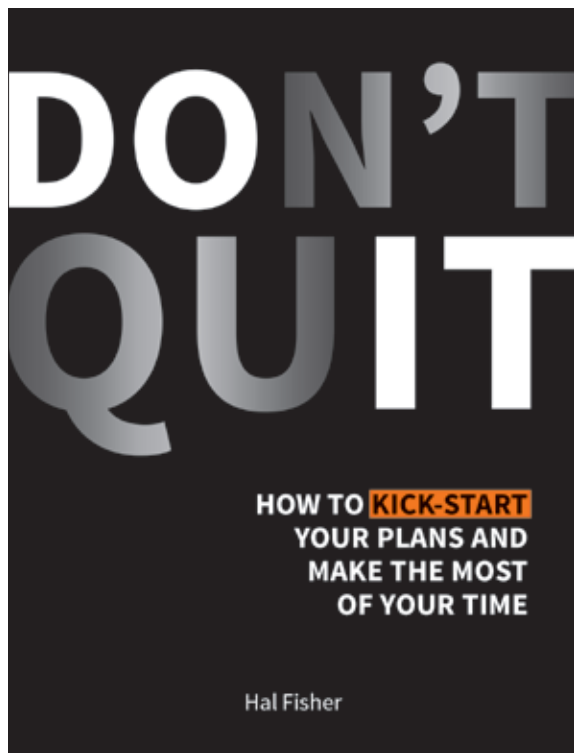
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DON'T QUIT

How to kick-start your plans and make the most of your time

Hal Fisher

The newest in a series of approachable self-help books focused on motivation, confidence and fulfilment.

Have you ever had a dream but weren't quite sure how to make it come true?

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Hal Fisher is a life coach and a volunteer youth community worker who loves motivating people. He currently lives and works in Portsmouth and in his spare time enjoys seaside walks with his three dogs and watching motivational TED talks.



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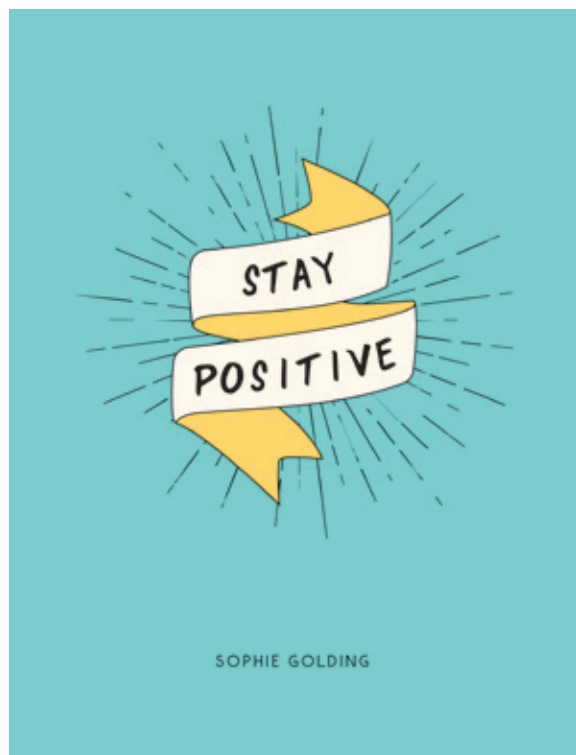
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STAY POSITIVE

**Break free of your worries and
look on the bright side of life**

Sophie Golding

**A bespoke gift book on positivity, with uplifting quotes,
inspiring statements and tips to help the reader find their
inner optimist.**

Stay positive, be brave, shine bright

Prepare to discover your inner optimist with this collection of simple tips and holistic advice for banishing the dark clouds and focusing on the good. Bursting with uplifting statements and inspirational quotes to get you looking on the bright side, this book will endow you with the powers of positivity and help you to become your happiest self.

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

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find your
own path to
Happiness
and follow it.

2

CHOOSING TO BE HAPPY

Happiness is not "one size fits all", and there are many reasons why people struggle to stay positive. William James, a prominent American psychologist in the nineteenth century, studied why some people are naturally happy while others struggle. Having suffered from depression he had many insights about the pursuit of happiness and believed ultimately it's a feeling that we choose to have; that the act of believing that you can be happy will in turn lead to your happiness. So the next time you feel low, think back to a time when you were happy, immerse yourself in those thoughts, and truly believe that you can attain that level of positivity again.

3

One of the best
ways to make
yourself happy
in the present
is to reminisce
on happy times
from your past.

4

WALK A DOG FOR A FRIEND OR FAMILY MEMBER

Offering to walk someone's dog frees up time for them to do more for themselves, while giving you the opportunity to get out into nature and share that with an animal companion. Dog walking is a positive experience for both you and the pet; not only does it offer the chance for some green exercise for both you and the dog, but it is well known that spending time with animals provides a mood boost.



5



ALL YOU NEED IS LESS

Minimalist living for maximum happiness

Vicki Vrint

A pocket-sized book that won't overload the reader with information. It is packed with the most useful and salient tips and ideas for anyone looking to live a simpler life.

We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath. But what would happen if we aimed for less?

This little book, filled with practical tips and ideas, covers a range of topics that could lead to a simpler way of life, including how to:

- Stress less
- Reduce screen time
- Minimize clutter
- Shop sustainably
- Make the most of your 'me' time

By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.

Vicki Vrint has been an organizational ninja since she realized that getting her chores done quickly left more time for the fun stuff in life, like alphabetizing her food cupboard. She lives in Chichester, England, where she can be found tidying the displays in local shops and waging war on the clutter that threatens to invade her home.



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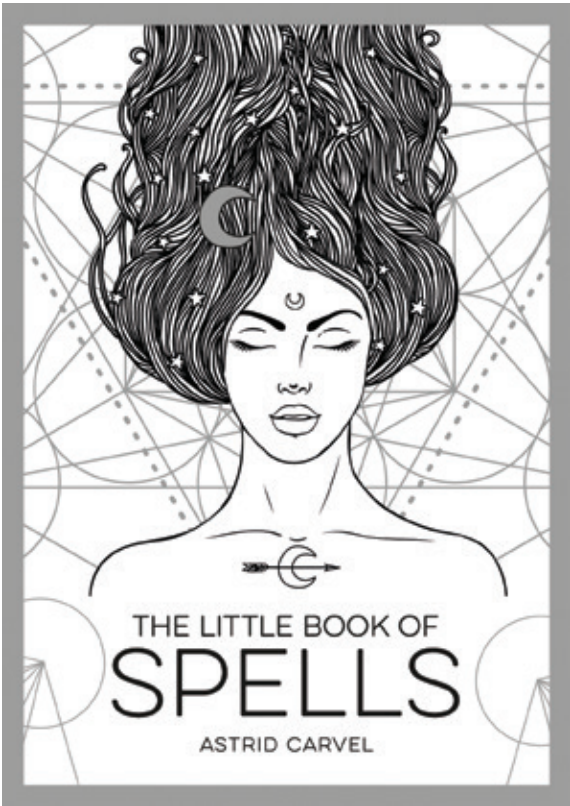
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THE LITTLE BOOK OF SPELLS

A beginner's guide to white witchcraft

Astrid Carvel

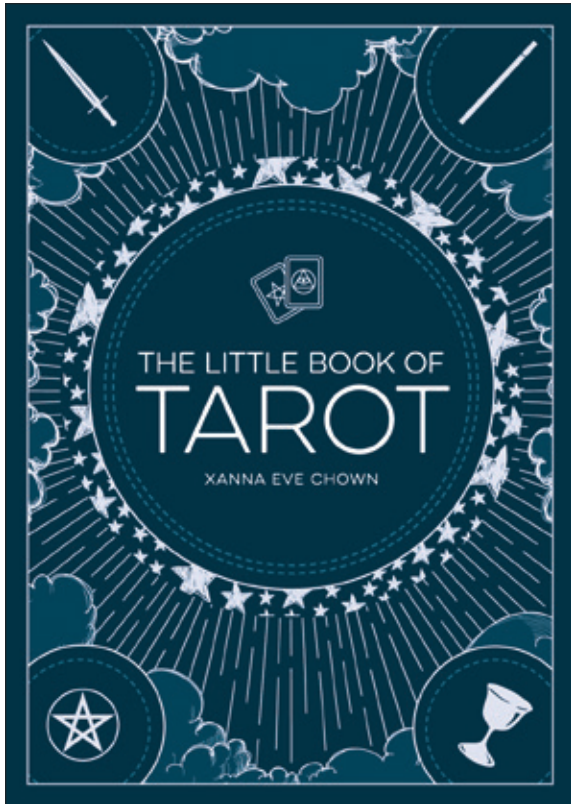
Explore the mystical realm with this fascinating guide to spells and spell-casting.

Discover the techniques for performing white witchcraft with this beginner's guide to casting spells. Learn the importance of the moon's cycles and ways to tap into the rhythms of the natural world, and how to source your own ingredients. From love potions using candle magic and rituals for attracting prosperity, to charm bags for courage and incantations for lasting happiness, there is a spell for every occasion.

Astrid Carvel is a white witch based in Sussex, who enjoys reading literature on Wicca in her spare time. She is also the author of *The Little Book of Witchcraft*, which has sold over 5,000 copies.



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THE LITTLE BOOK OF TAROT

An introduction to fortune-telling and divination

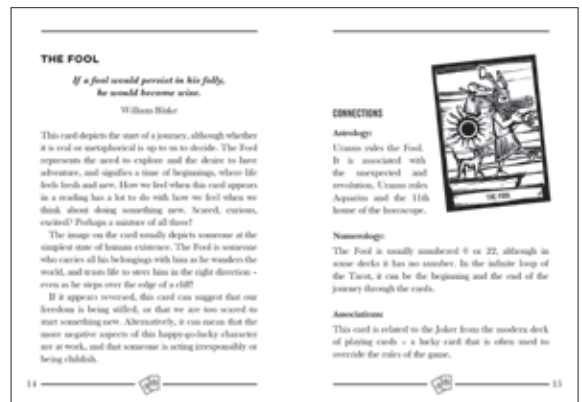
Xanna Eve Chown

An accessible, stylish introduction to the world of Tarot reading.

Have you ever wondered what fate has in store for you?

Since the fifteenth century, Tarot cards have been used as a tool for divination, and a way to shed light on life's questions and challenges. With an introduction to the 78 cards and their symbols, advice on choosing your deck and tips on how to prepare and read your cards, *The Little Book of Tarot* has everything you need to give you your first glimpse into the misty realms of the future... What message will the cards hold for you?

Xanna Eve Chown is a trained Tarot reader and Reiki master, who has studied the Tarot for almost 20 years. She was the author of a monthly Tarot column in *Prediction* magazine for 10 years. She lives in Brighton, UK.



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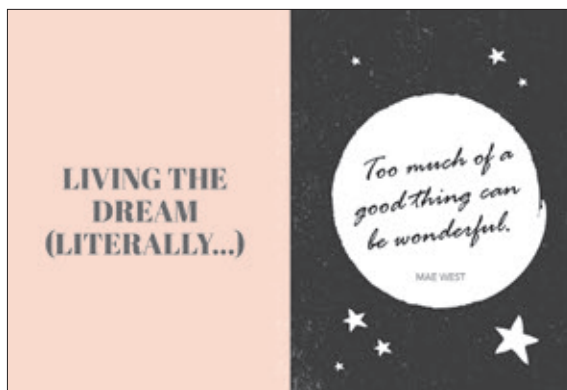
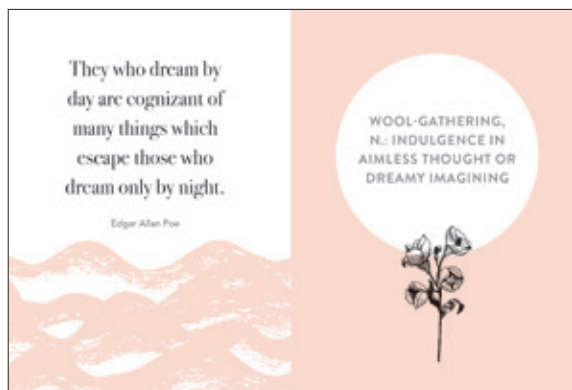


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Inspiration for daydream believers

An on-trend and Instagrammable little book of inspiration and mini-adventures.

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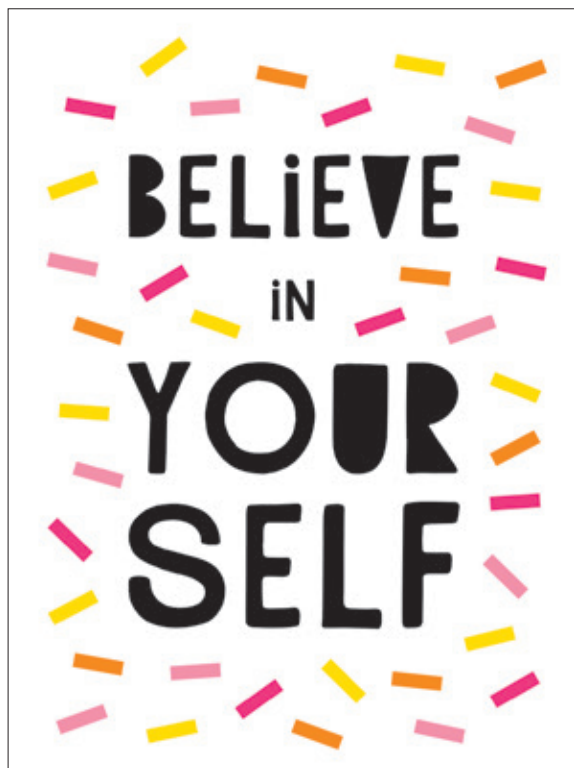
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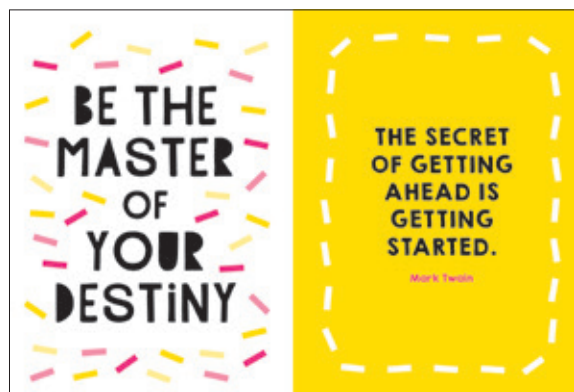


BELIEVE IN YOURSELF

Uplifting quotes to help you shine

A small gift book with a bright and modern trend-led design, packed with quotes and statements to help uplift the reader.

Everyone is different, which means there's no one quite like you! This inspirational little book is bursting with positive quotes and uplifting statements to help you shine as the amazing individual you are.



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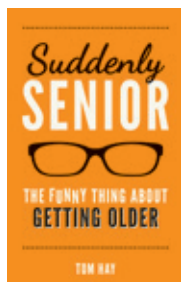
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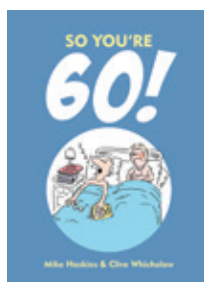
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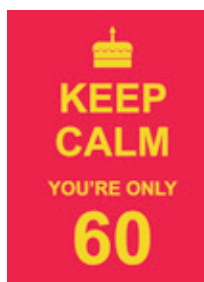
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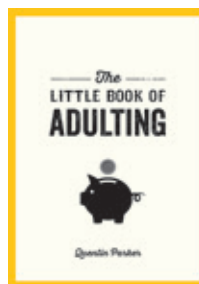
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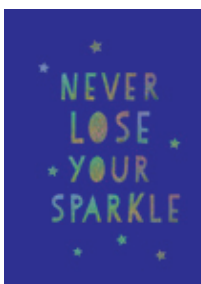
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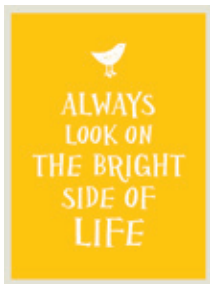
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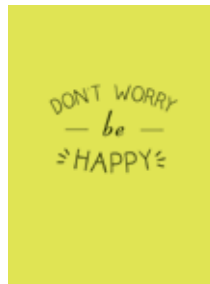
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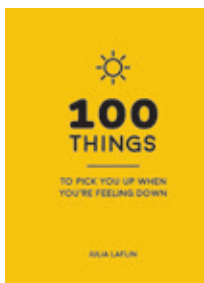
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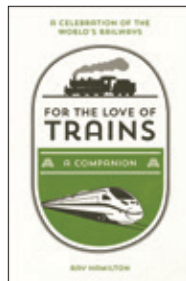
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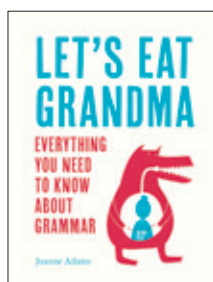
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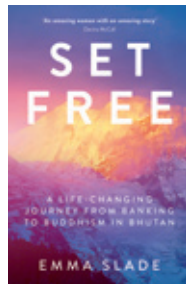
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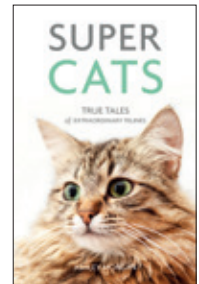
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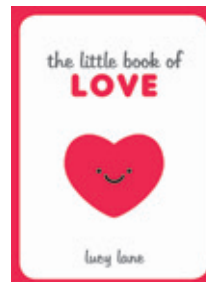
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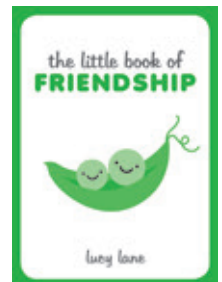
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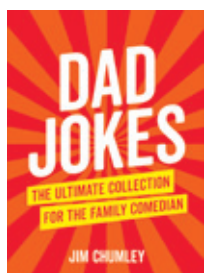
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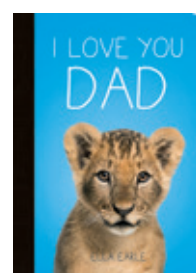


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