



little, brown

BOOK GROUP

Translation Rights List

Including



NON-FICTION

London Book Fair 2020



Contents

• Rights Department	p.3
• Little, Brown Imprints	p.4
• General	p.5
• Culture	p.12
• Business & Management	p.15
• History	p.19
• Music	p.23
• Memoirs & Biography	p.25
• Health, Self-Help & Popular Psychology	p.29
• Parenting	p.37
• Food & Cookery	p.40
• A Brief History Of... series	p.42
• Overcoming Series	p.44
• Rights Representatives	p.46

Key

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

Rights Department

ANDY HINE

Rights Director

Brazil, Germany, Italy, Poland, Scandinavia, and the Baltic States

andy.hine@littlebrown.co.uk

+44 (0) 20 3122 6545

KATE HIBBERT

Rights Director

Portugal, Far East, the Netherlands, Flemish Belgium, the Indian Subcontinent and all of Eastern Europe (excluding Poland and the Baltic States)

kate.hibbert@littlebrown.co.uk

+44 (0) 20 3122 6619

HELENA DOREE

Senior Rights Manager

The USA, France, Greece, Hebrew and Arabic rights.

helena.doree@littlebrown.co.uk

+44 (0) 20 3122 6598

ANNIINA VUORI

Contracts Director

Worldwide Spanish and Catalan rights

Anniina.Vuori@littlebrown.co.uk

+44 (0) 203122 6553

RUTH CASE-GREEN

Rights Executive

Ruth.Case-Green@littlebrown.co.uk

+44 (0) 203122 6446

JESSICA CALLAGHAN

Rights Assistant

Jessica.Callaghan@littlebrown.co.uk

+44 (0) 203122 6996

Little, Brown Book Group

Carmelite House

50 Victoria Embankment

London

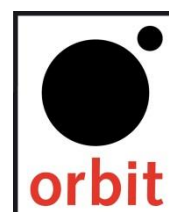
EC4Y 0DZ

UNITED KINGDOM

Follow us on Twitter:

[@LBBGRights](https://twitter.com/LBBGRights)

Little, Brown Imprints



sphere

piatkus

dialogue
books

corsair

ABACUS

The
Bridge
Street
Press

B

CONSTABLE



ATOM





General

Highlights

CODEBREAKING & CRYPTOGRAMS

LYING NUMBERS

THE FUTURE OF BIG IDEAS

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

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

How figures are badly reported or deliberately misrepresented everywhere, from political arguments and business presentations to shopping offers.

Politicians, economists, scientists, journalists - all of them have been known to bend the truth and to twist the facts from time to time. But surely the numbers and statistics they rely on are cold, hard objective facts that tell the real story? Of course, the truth is much murkier than that. Figures can be misinterpreted, misunderstood, misconstrued and misused in hundreds of different ways. This book takes a look at the many ways that statistical information can be badly reported or deliberately abused in all walks of life, from political arguments, to business presentations, to more local concerns such as shopping offers and utility bills. LYING NUMBERS is a polemical guide to how numbers are used to mislead, which is intended to help the reader through the minefield of dubious stats and lying numbers.

Praise for Hugh Barker's *Million Dollar Maths*: *Great fun. A clear, original and highly readable account of the curious relationship between mathematics and money* – Professor Ian Stewart, author of *Significant Figures*; *A lively crash course in the mathematics of gambling, investing, and managing. Hugh Barker makes deep ideas fun and profitable* – William Poundstone, author of *How to Predict the Unpredictable*.

HUGH BARKER is a non-fiction author and editor; as the latter he has edited several successful popular maths books, including *A Slice of Pi*. He is the author of *Million Dollar Maths* (Atlantic Books, October 2018) and *High-Tech Maths* (Atlantic, 2019–20). He was accepted to study maths at Cambridge aged sixteen.

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

Business | Piatkus | 240pp | February 2020 | Korea: Duran Kim | Japan: EAJ

ANDREW BARNES
WITH STEPHANIE JONES

**THE
4 DAY
WEEK**

HOW THE FLEXIBLE WORK REVOLUTION
CAN INCREASE **PRODUCTIVITY**,
PROFITABILITY AND **WELL-BEING**,
AND CREATE A **SUSTAINABLE** FUTURE

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

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

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

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

Danish – Frydenlund; French – Marabout; Portuguese in Brazil – Editora BestSeller

* **THE FUTURE OF BIG IDEAS** by Michael Bhaskar

Social forecasting | The Bridge Street Press | 368pp | September 2021

A smart thinking book exploring how the pace of new, world-changing ideas appears to be slowing down, and how we might find new paths to innovation and progress in the future

We're at a curious juncture of history. New inventions, a digital revolution, a colossal output of cultural production, and a sophisticated global economy catering to our every need have changed our lives in an incredibly short space of time. From quantum biology, nanotechnology and pictures of black holes, to nudge unit governance, blockchain and virtual worlds, the sheer scale of progress over the last 300 years is mind-boggling. Surely this is a uniquely fecund moment for humanity?

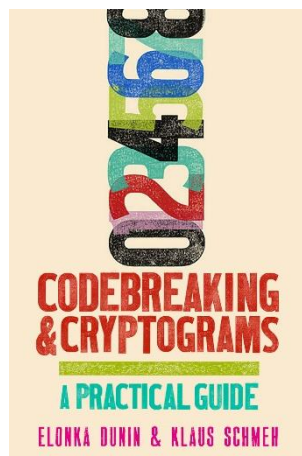
And yet a growing body of evidence suggests that big ideas have, over the last forty or fifty years, become much harder. After half a century we have not been back to the Moon; we haven't cured cancer; life expectancy has stalled in some countries; we're still addicted to carbon-based energy.

In *The Future of Big Ideas*, Michael Bhaskar makes sense of this mixed picture to offer a sketch of what comes next. Drawing on the latest cutting-edge research from economics, business analysis, cultural theory and the history of science and technology, Bhaskar shows how important new ideas are getting much harder to find, and how the nature of world-changing ideas - however we might find them - will shape humanity's next steps.

Michael Bhaskar is a writer, researcher and digital publisher. He is Co-Founder of Canelo, a new publishing company. He has written and talked extensively about the future of media, the creative industries and the economics of technology for newspapers, magazines and blogs. He has been featured in and written for the *Guardian*, *Financial Times*, *Wired* and *Daily Telegraph*, and on BBC 2, BBC Radio 4, NPR and Bloomberg TV among others. He has been a British Council Young Creative Entrepreneur and a Frankfurt Book Fair Fellow. He is also author of *Curation*, *The Content Machine* and the *Oxford Handbook of Publishing*.

CODEBREAKING & CRYPTOGRAMS: A PRACTICAL GUIDE by Elonka Dunin and Klaus SchmeH

Puzzle | Robinson | 304pp | July 2020 | Korea: Danny Hong | Japan: EAJ



This book describes the most common encryption techniques along with methods to detect and break them.

The Zodiac Killer sent four encrypted messages to the police - one was solved, three were not. Beatrix Potter's diary and the Voynich Manuscript are two encrypted books, only one of which was deciphered. The breaking of the so-called Zimmerman Telegram in the First World War changed the course of history. Several encrypted telegrams sent by Abraham Lincoln during the Civil War are still unsolved. Tens of thousands of other encrypted messages - ranging from simple notes created by children to military messages from the Second World War - are known to exist. Breaking these cryptograms fascinates people all over the world. This book provides instruction on codebreaking techniques and is complemented with success stories and details of unsolved encryption mysteries.

ELONKA DUNIN is an American video game developer and cryptologist. Dan Brown named a character, Nola Kaye, in his novel *The Lost Symbol* after her. She is considered the leading Kryptos expert in the world and is a member of the NSA Cryptologic Museum Foundation's Board.

KLAUS SCHMEH is one of the world's leading experts on the history of encryption and the most published cryptology author in the world - twelve books about encryption technology (written in German), 150 articles, 20 scientific publications and 800 blog posts. He is a member of the editorial board of the scientific magazine, *Cryptologia*, and a frequent speaker at encryption conferences in Europe and the USA.

* **THE TREASURE HUNT: THE SEARCH FOR THE WORLD'S MOST UNUSUAL MANUSCRIPTS by Rick Gekoski**

History | Constable | 304pp | March 2021

J K Rowling's *Beadle the Bard* manuscript sold at Sotheby's in 2007 for £1,950,000. If it was worth *that*, how much is a first edition of *Harry Potter and the Philosopher's Stone*, extensively annotated and illustrated by JKR herself, going to fetch at the Sotheby's 2011 auction "First Editions, Second Thoughts" in which authors annotated their own books in aid of English PEN? Rick tells the story...

Rick Gekoski came from his native America to do a Ph.D at Oxford, and went on to teach English at the University of Warwick. In 1982, sick of lecturing, he decided to become a full-time rare book dealer, specialising in important twentieth-century first editions and manuscripts. He lives in London and spends time each year in Paris and New Zealand.

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

Popular Science | Robinson | 208pp | Integrated b/w drawings | July 2020 | Korea: Danny Hong | Japan: TMA

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

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

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

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

Chinese (simplified) – Beijing Xiron

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

Climate change/sustainability | Piatkus | 288pp | June 2020 | Korea: EYA | Japan:



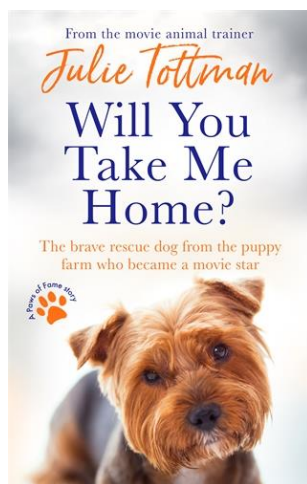
The only practical guide to tackle climate change on an individual level with global results, focusing on food, fashion, technology and more, by the founder of Ocean Generation.

This book is an open-minded tool to endorse environmentalism in a practical and realistic way. A climate change guidebook for millennials and Gen-Z, concerned for their future. This book is not here to convince young people climate change actually exists; we know that. This book will offer easy to understand insights into the structures that suffocate our future, while upholding a sense of optimism and collective faith. Through inspirational stories, shocking statistics and easy switches for readers to make in their everyday lives, this book will smash the 'frumpy' stigma around environmentalism to be a very sleek, fun, bold and cultural translation into the world of climate change.

After graduating Northeastern University in Boston and interning at the United Nations in New York for the Permanent Mission of Grenada, DAISY KENDRICK founded Ocean Generation (OG) to disrupt and innovate the standard charity model. Frustrated at the lack of awareness and action being taken by millennials and Gen Z to protect our climate and oceans, she created OG to utilise media and technology to inform, educate and change behaviour at a global scale. She is the youngest recipient of the 2018 Marie Claire Future Shaper award and was recognized as one of Britain's 50 most remarkable women by the Daily Mail.

*** WILL YOU TAKE ME HOME? by Julie Tottman**

Animals & Pets | Sphere | 304pp | September 2020



The first book in the Paws of Fame series

Pickles has just had her litter of six puppies taken away from her - who knows how many litters she's delivered and watched the same thing happen to. She's been left behind in an overcrowded, noisy and dirty barn and she's very weak - the human who comes around once a day doesn't give the dogs much food and Pickles isn't big or aggressive enough to get a fair share. Her ears itch with mites and her body is burning all over from a painful skin condition. This has been her life for six years and it will likely never change.

But then she meets Julie. Julie is a young animal trainer for the movies and is looking for a Yorkshire Terrier for a new film she's working on with Colin Firth and Amanda Bynes. By chance, she hears of a puppy farm that has been raided - the dogs were kept in appalling conditions, and the now the poor surviving mothers need new homes. The breed of the dogs? Yorkshire Terriers.

Julie doesn't know whether Pickles will be the right dog for the film, but she doesn't care; Pickles needs a safe home with love and care and Julie can give it. Will Pickles recover from the traumas of her past? Can she be the movie star Julie is looking for? And will Julie be able to make it in the world of movie animal trainers? Will You Take Me Home? is the moving true story of one woman and her dog.

JULIE TOTTMAN has been rescuing and training animals for the movies for over 25 years. Her credits include Game of Thrones, Harry Potter and 101 Dalmations among hundreds of others. She is a major advocate for animal welfare and feels very lucky to have her dream job.

*** BLOOD RELATIONS: JEREMY BAMBER AND THE WHITE HOUSE FARM MURDERS by Roger Wilkes**

True Crime | Robinson | 464pp | June 2020

In the early hours of 7 August 1985, five members of the Bamber family were shot dead with a .22-calibre Anschutz rifle, but who killed them?

Initially, Sheila Caffell, who was known to have struggled with mental illness, was thought to have killed her twin six-year-old sons and adoptive parents and then to have turned the gun on herself. Forensic evidence, however, told a different story and raised such questions as how Sheila could have shot herself twice in committing suicide.

But a year later, it was Jeremy Bamber, also adopted, the only surviving member of the family, who was convicted. He is currently serving a life sentence, but continues to protest his innocence.

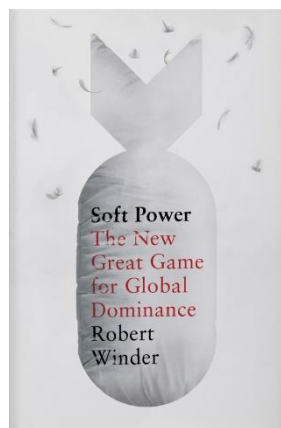
In this the first full account of the case, Roger Wilkes bases his story around specially commissioned forensic research, personal interviews with Jeremy Bamber and previously undisclosed accounts and witness statements. Extraordinary and shocking, it is a story that would defy the imagination of fiction writers.

Roger Wilkes is a British journalist and author of three true crime books. He has worked mainly for the BBC in both radio and television, covering major crime stories such as the Jeremy Bamber mystery, the Bulger murder case and the crimes of Fred and Rosemary West.

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

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

***Prisoners of Geography* meets *The World is Flat* in a ground-breaking new study**



There's a new Great Game afoot, and it involves soft power. As national movements resurface across the world, unsettling the international balance, the old-fashioned 'sphere of influence' is making a comeback. Nation states are once again competing to win friends and influence people by selling themselves as alluring brands. In BLOODY FOREIGNERS and THE LAST WOLF, Robert Winder explored the way Britain was shaped first by migration, and then by hidden geographical factors. Now, in SOFT POWER he explores the way modern states are asserting themselves not through traditional realpolitik but through alternative means: business, language, culture, ideas, sport, education, music, even food - the texture and values of history and daily life. Moving from West to East, from America to Japan, the book will estimate the weight of soft power by exploring the varied ways in which it operates - from an American sheriff in Poland to an English

garden in Ravello, a French vineyard in Australia, an Asian restaurant in Spain, a Chinese Friendship Hall in the Sudan. Soft power used to be thought of as merely the surface gloss on hard power - the velvet glove on the iron fist. But in the modern world of high-speed data flow and energetic migration, it now packs a decisive punch in its own right.

ROBERT WINDER was literary editor of *The Independent* for 5 years and deputy editor of *Granta* magazine. He is the author of three novels and four previous non-fiction titles, including THE LAST WOLF and the bestselling BLOODY FOREIGNERS.

YOUR PLANET NEEDS YOU!: AN EVERYDAY GUIDE TO SAVING THE EARTH by Bernadette Vallely, Amy Charuy-Hughes and Bethan Stewart James

Environment | Virago | 224pp | August 2020 |

A practical and succinct A to Z guide to Planet Earth with advice for how everyone can take positive action and combat the issues facing our environment.

If there was ever a time to stand up for your planet, for Mother Earth, this is the time.

But what are the most pressing environmental issues affecting us today? And what actions can you, as an individual, take to combat them? If you want to know what you can do, then this is the book for you.

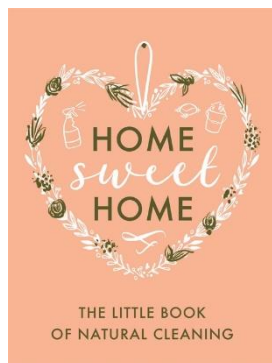
Your Planet Needs You is the essential beginner's guide to understanding the environment and the threats to its wellbeing. From plastic waste to pesticides, food production and chemicals, global warming to species extinction, this book covers the topics that you need to know about.

With practical and positive tips, this book will show how you can be part of the solution and help make a better world, whatever age you are.

Includes sections on air pollution, environmental law, fast fashion and ethical living, as well as resources such as recommended reading and lists of groups and organisations that you can get involved with.

THE LITTLE BOOK OF NATURAL CLEANING TIPS

Home | Sphere | 144pp | March 2020 |



Your essential guide to traditional, natural home cleaning

Home is the place where everyone should feel happy and at peace . . . and that means a house that is clean, safe and welcoming to all.

Using traditional, natural cleaning methods to tackle everyday chores is not only a simple and effective way to help the environment, but also helps safeguard your family, friends and pets from the potentially harmful side-effects of many modern cleaning products. one should feel happy and at peace . . . and that means a house that is clean, safe and welcoming to all.



Culture

Highlights

WRAPPED IN BEAUTY

THE LITTLE BOOK OF HUMANISM

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

Religion & Culture | Constable | 288pp | May 2021 | Korea: EYA | Japan:

WRAPPED IN BEAUTY provides readers with the religious framework they need to take pleasure in some of the greatest works of music, art and literature that Christianity has produced

You don't need an iota of faith to benefit from religious art and stories. Step inside the eighty-four-foot nave of Salisbury cathedral and you will feel your spirits soar. Attend a service of choral evensong in Magdalen College chapel and you will feel yourself transported. Read the biblical story of Peter's denial, hear it transposed into music by J.S. Bach and Peter's aria 'Erbarme Dich', and you will be as moved by it as you are moved by the most poignant scene in the best film or modern-day soap opera.

This is a heritage that belongs to, and can benefit, us all. Even the stories can help guide us. For Bible stories, writes Karen Armstrong, are to be counted among the world's great myths, pointing 'beyond history, to what is timeless in human existence'. That is why writers, artists and composers have drawn on them for centuries and still draw on them today. WRAPPED IN BEAUTY will reclaim Christian stories and culture for non-believers, providing readers with the knowledge to discover the great works Christianity has inspired, and seeing them as sources of pleasure and inspiration rather than curious relics of an ignorant past.

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

*** THE BOOK OF TAROT by Alice Grist**

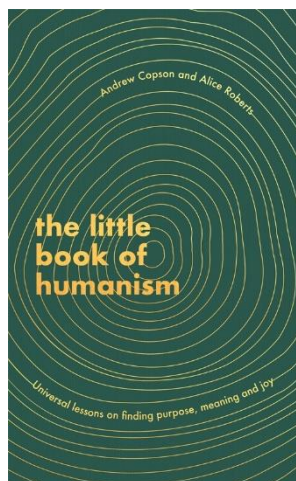
Mind, Body, Spirit | Piatkus | 240pp | July 2020 | Korea: | Japan: EAJ

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

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

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

Popular Philosophy | Piatkus | 160pp | June 2020 | Korea: EYA | Japan: Uni



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

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

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

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



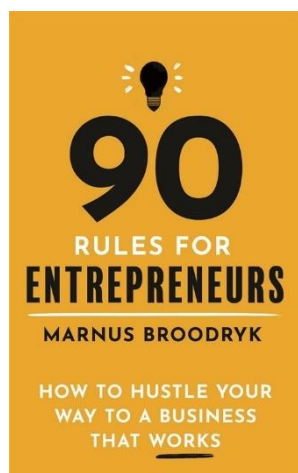
Business & Management

Highlights

UNREASONABLE SUCCESS AND HOW TO
ACHIEVE IT

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

Business | Robinson | 240pp | March 2020 | Korea: Duran Kim | Japan:



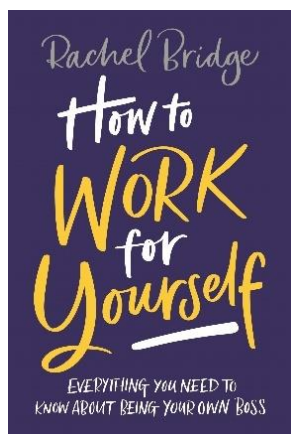
Discover the secrets that distinguish successful entrepreneurs from those who fail and learn which rules to follow and which to break. Marnus Broodryk, one of South Africa's best-known young entrepreneurs, shares the lessons he wishes he'd been taught before he started out.

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

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

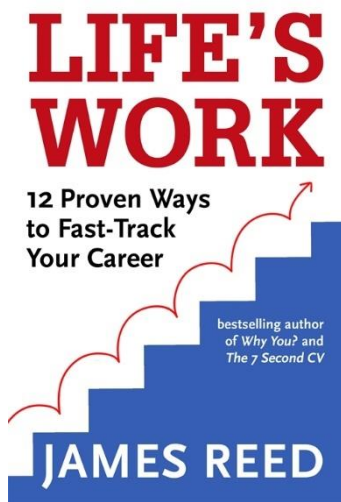
* **HOW TO WORK FOR YOURSELF by Rachel Bridge**

Business | Piatkus | 208pp | March 2020 | Korea: KCC | Japan:



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

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



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

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

a rewarding career, while others are stuck in the confusion and frustration of not landing the job they want.

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

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

Korean – Forestbooks

UNREASONABLE SUCCESS AND HOW TO ACHIEVE IT: UNLOCKING THE NINE SECRETS OF PEOPLE WHO CHANGED THE WORLD by Richard Koch

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

The bestselling author of THE 80/20 MANAGER and SIMPLIFY maps out the ten secrets to success in any field, using a cast of illustrious characters past and present as case studies

In HOW TO BE UNREASONABLY SUCCESSFUL, Richard Koch unfurls the secret map to success. Using case studies from hugely influential figures past and present, as well as examples from his career as a management consultant, investor and entrepreneur, Koch reveals the ten landmarks consistent in the life stories of each of his subjects. In each chapter, Koch will describe the key ingredient for success and how his illustrious cast of characters came to utilise it on their own path to greatness. He explains how the reader can learn from his own experiences, as well as that of figures as varied as Oprah Winfrey, Winston Churchill, Madonna, Paul of Tarsus and Helena Rubinstein. Landmarks on the secret map include: self-belief; olympian expectations; transformative experiences; signature skills; make your own trail; find your vehicle; thrive on setbacks; develop intuition and risk short-cuts; imagine; distort reality.

RICHARD KOCH is a millionaire entrepreneur who has started or turned round a number of successful companies, including Belgo Restaurants, Filofax, Zoffany Hotels and Betfair. He is also the author of 13 highly acclaimed non-fiction books. Option Publishers: Arabic (Arab Scientific) Bulgarian (Locus), Chinese Simplified (Ginkgo), Czech (Albatros Media), Italian (Newton Compton), Japanese (Direct Publishing), Korean (Bookie Publishing House), Romanian (Act Si Politon), Russian (Eksmo), Thai (Superposition Company), Turkish (Dogan Kitap), Vietnamese (Minh Thang), US (Entrepreneur Press).

US – Entrepreneur Press

*** AUGMENTING YOUR CAREER: HOW TO WIN AT WORK IN THE AGE OF AI by David L. Shrier**

Business | Piatkus | 304pp | January 2021

A world ruled by AI is by no means certain. AI, at its heart, is a technology created by humans. By human society. And it is up to us to shape how it is used by society – and what we do with our individual careers so that we are a winner in the AI-enabled future. This book will help you do exactly that.

In the labs of academe, scientists are experimenting with a new kind of future: one in which AI-human hybrids deliver performance that neither can alone. AI-enabled humans can collectively predict the future with much greater accuracy than even the best AI systems alone or the most brilliant individual forecasters. We have only vaguely begun to grasp the feats of discovery that are enabled when AI and people are brought together in a positively-reinforcing system of intelligence.

If you have purchased this book, perhaps you are concerned about your own career in the new world order of AI. What can you do to prepare yourself for the AI-enabled future?

This volume will help you appreciate what's going on in the world today with respect to AI, and how we got here. It will help you understand which careers and industries are better positioned to weather the coming storm. Yet we must push beyond – we will delve together into the experimental world of AI+human hybrid systems, which outperform just people or just machines. Called centaurs, these cybernetic marvels promise a utopian world where we achieve heights not yet conceived of, much less understood. AI is a tool. Learn how to be a centaur, and pick up your bow.

David Shrier is a top futurist, entrepreneur and lecturer at MIT (alongside his Associate Fellowship at the Said Business School, Oxford University). He spends most of his time in Boston and has a great reputation among American businesses, having helped to deliver, according to his bio, \$8.5 billion in growth opportunities as a consultant with firms including Ernst & Young, Disney and AOL Verizon.



History

Highlights

GLADIUS

THROUGH THE LOOKING GLASSES

ONE FINE DAY

GLADIUS: LIFE IN ROMAN ARMY by Guy de la Bédoyère

Ancient History | Little, Brown | 400pp | November 2020 | Korea: EYA | Japan:

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

GLADIUS takes the reader right into the heart of what it meant to be a part of the Roman army: through the words of Roman historians and those of the men themselves; through their religious dedications, tombstones, and even private letters and graffiti. GLADIUS throws open a window on how the men, their wives and their children lived, from bleak frontier garrisons to guarding the emperor in Rome, enjoying a ringside seat to history fighting the emperors' wars, mutinying over pay, marching in triumphs, throwing their weight around in city streets, and enjoying esteem in honourable retirement.

The Roman army reached its greatest extent and power in the age of the emperors, after developing in the last two centuries of the Republic. This is the main focus of GLADIUS. It was Augustus who formalized the Roman army and turned it into a permanent organization after his victory at Actium in 31 BC. It was the greatest fighting machine the ancient world produced. The Roman Empire depended on soldiers not just to win its wars, defend its frontiers and control the seas but also to act as the engine of the state. Roman legionaries and auxiliaries came from across the Roman world and beyond. They served as tax collectors, policemen, surveyors, civil engineers and, if they survived, in retirement as civic worthies, craftsmen and politicians. Some even rose to become emperors. GLADIUS takes the reader through all aspects of life in the Roman army from 31 BC to AD 337 (Augustus to Constantine) and goes way beyond the scope of soldiers and weapons.

GUY DE LA BÉDOYÈRE has written a large number of books on the Roman world over the last thirty years, including *Domina: The Women Who Made Imperial Rome*, *Praetorian* and *The Real Lives of Roman Britain* for Yale University Press. He is well known to a wider audience because of the fifteen years he participated in Channel 4's archaeology series *Time Team*. He has degrees from Durham, London and University College, and is a Fellow of the Society of Antiquaries. He has lectured in Britain and abroad, mainly Australia, and is an accredited lecturer of the Arts Society.

Chinese (Simplified) – Ginkgo; Italian – Newton Compton; Spain – Pasado y Presente; US – University of Chicago Press

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

History | Little, Brown | 256pp | March 2021 | Korea: Danny Hong | Japan: Uni

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

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

ONE FINE DAY by Matthew Parker

History | Little, Brown | 400pp | 16pp b/w & colour | September 2021

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

29th September 1923. The British Empire was fourteen million square miles, just under a quarter of the globe's land area. 460 million people, a fifth of the world's population inhabited it. In ONE FINE DAY Matthew Parker examines this astonishing edifice in all its glory but with all of its ugly underbelly clearly visible, and with the seeds of its demise already sown. Readers will be able to inhabit the lives of people, rich and poor, male and female, coloniser and colonised, who are agents in this moment of apparent imperial super-glory. We learn what they ate, what they wore, their likes and dislikes, what they thought. This magisterial survey takes in trivial, personal events as well as momentous political and military ones. While there might be ground-breaking elections, military clashes and violent demonstrations, there are also marriages, suicides, strange disappearances, parties.

MATTHEW PARKER was born in El Salvador in 1970 to an expatriate family and while growing up lived in Britain, Norway and Barbados. He read English at Balliol College, Oxford and then worked in a number of roles in book publishing in London from salesman to commissioning editor.

SLAVE EMPIRE: How Slavery Made Modern Britain by Padraic X. Scanlan

History | Robinson | 304pp | March 2021 | Korea: | Japan: TMA

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

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

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

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

History | Robinson | 512 pp | August 2021

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

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

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

US – The University of California Press

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

European History | Robinson | 336 pp | June 2020

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

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



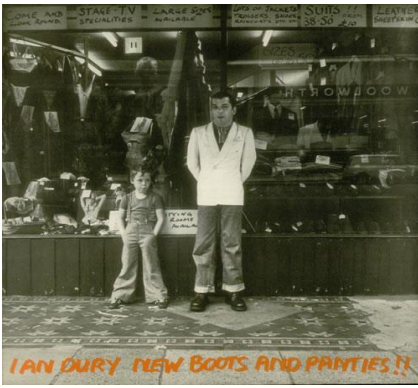
Music

Highlights

THE OX

CHAISE LONGUE by Baxter Dury

Memoirs | Corsair | 288pp | November 2020 | Korea: | Japan: TMA



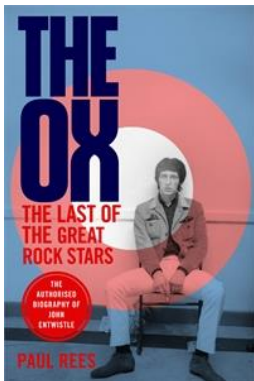
Not final cover

This memoir is a coming of age story like no other

When punk rock star Ian Dury disappeared to make films in the late eighties, he left his twelve year old son in the care of his roadie in a damp run down flat in Chiswick. But this was no ordinary rock and roll tour roadie; this was the Sulphate Strangler. The Strangler having taken a lot of LSD in the 60s was prone to depression, anger and hallucinations. He'd then gone on to gain notoriety in the 70s by working with Led Zeppelin – he undoubtedly presented a complex personality for a boy of twelve to grasp. Baxter's story is of these formative years and the extraordinary relationship that developed between the two, in a bohemia and time that we can all but imagine now.

Told in the uncompromising tone found in Dury's lyrics and filled with a brutal starkness that will draw comparisons to Viv Albertine's *Clothes, Clothes, Clothes, Boys, Boys, Boys*, this book will be one the most talked about publications of 2020.

The Guardian said of Baxter Dury's last album, *Prince of Tears*, 'The songs are so good, the author's parentage scarcely seems to matter.' Dury said of the record himself, 'The man singing and speaking it all is unreliable; he can't see the world properly. Its massively delusional, but because of that it's also emotionally true.' The period described in this book was the genesis of the talent we witness today.



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

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

The authorised biography of The Who's John Entwistle

It is an unequivocal fact that in terms of rock bands, the Beatles, the Rolling Stones and the Who represent Year Zero; the beginning of all things, ground-breakers all. To that incontrovertible end, John Entwistle, the Who's beloved bassist, is also without question one of the thirteen most important and influential figures in the annals of rock. John Entwistle was a rock star in most everything that he was seen to do and of the grand old school - all swagger, joie de vivre and boundless consumption. With the full co-operation of the Entwistle family and the Who's long-term management, Trinifold, THE OX will shine a long overdue light on one of the greatest, and most impactful figures in rock history.

PAUL REES is a former award-winning Editor of the fabled British rock weekly *Kerrang!* and was Editor-in-Chief of *Q* magazine for ten years. His work has also appeared in such publications as *The Sunday Times Culture*, *The Observer*, *The Sunday Times Magazine*, *The Telegraph*, the *Sunday Express* and *Classic Rock*. He is the author of six previous books, among these the best-selling *Robert Plant: A Life*, *The Three Degrees: the Men Who Changed British Football Forever*, which was long-listed for the William Hill Sports Book of the Year, and *THE GOSPEL ACCORDING TO LUKE*.

US – Da Capo



Memoirs & Biography

Highlights

TAINTED GLORY

PARTING WORDS

*** NEVER LEAVE A MAN BEHIND: AROUND THE FALKLANDS AND ROWING ACROSS THE PACIFIC by Mick Dawson**

Memoir | Robinson | 256pp | June 2020

The stories of two veterans - one traumatised, one blind - who rediscover themselves with the help of a friend in the course of two epic ocean adventures, kayaking around the Falklands and rowing across the Pacific.

Mick Dawson tells the story of kayaking around the Falkland Islands with friend and fellow Royal Marines veteran Steve Grenham, who was struggling to cope with the effects of Post-Traumatic Stress Disorder (PTSD), and the extraordinary tale of his 2,500-mile voyage in a rowing boat with his friend and former Royal Marine Commando Steve 'Sparky' Sparkes, who was not only a rowing novice, but also blind.

Sparky and Mick succeeded in rowing across the finish line after a truly epic voyage of over 2,500 miles from Monterey Bay in California to Waikiki, Hawaii. They'd hoped to break the record for a two-man rowboat and finish in less than fifty-five days, but a hurricane interfered with their plans. It took them eighty-two days, sixteen hours and fifty-four minutes to complete the race, but it was an even greater achievement for that, and Sparky became the first visually impaired person to row across the Pacific.

The race with Sparky was the second expedition of an organisation Mick had set up a few years earlier, The Cockleshell Endeavour, designed to help another former Royal Marine and friend, Steve Grenham, by kayaking with him around the Falklands, where both former commandos served during the 1982 conflict with Argentina.

MICK DAWSON is a former Royal Marines Commando, now a sailor, motivational speaker and adventurer. He saw active service in the Falklands War at the age of seventeen and then again in the Middle East. Following on from his military career he pursued his lifelong passion for the ocean. Mick became a professional sailor and then one of the most experienced and successful ocean rowers in the world.

*** TAINTED GLORY by Rupert Everett**

Biography | Little, Brown | 288pp | October 2020

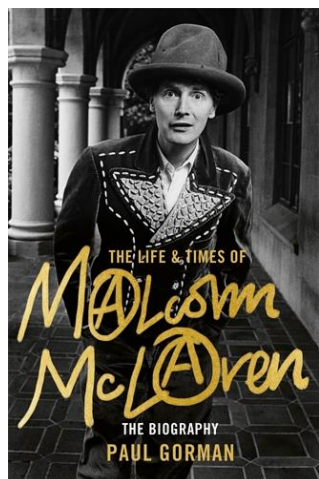
The brand-new memoir from award-winning writer and actor Rupert Everett

Rupert Everett's first two memoirs - *Red Carpets and Other Banana Skins* and the award-winning *Vanished Years* - received universal acclaim and have become much-loved classics. In this new memoir, he continues the account of his life in his own inimitable fashion. Hysterically funny, acutely observed and often intensely moving, *Tainted Glory* follows the author on his quest to produce a film of the last days of Oscar Wilde. Part memoir, part travel book and part tribute to Wilde, it is a captivating book, written with soul, wit and a touch of mischief.

Rupert Everett first rose to fame in *Another Country*. Since then he has appeared in countless films and plays, including *Shakespeare in Love*, *My Best Friend's Wedding*, *An Ideal Husband* and *The Importance of Being Earnest*. He played Oscar Wilde in *The Judas Kiss* to rave reviews. His first memoir, *Red Carpets and Other Banana Skins*, was a *Sunday Times* bestseller. His second, *Vanished Years*, has also become a classic, and won the Sheridan Morley prize for best biography in 2013.

THE LIFE AND TIMES OF MALCOLM MCLAREN: THE BIOGRAPHY by Paul Gorman

Biography | Constable | 864pp | 3x 8pp plate sections | April 2020 | Korea: | Japan: EAJ



The authorised biography of the figurehead of the punk movement

MALCOLM MCLAREN is the fascinating and definitive life of the controversial cultural iconoclast and visionary who overturned the worlds of art, design, fashion, film, media, music, politics and television in his ceaseless search for expression as a visual artist. With unparalleled access, MALCOLM MCLAREN will draw on a vast array of first-hand sources from within his inner circle, including family, friends and those who knew him best. Providing first-hand testimony about this complex, multi-faceted and often outrageous personality, contributors include family members, childhood friends, fellow students and art school teachers as well as his lovers, collaborators, fans and peers from Steven Spielberg (who employed McLaren as his Hollywood ideas guru and is providing the foreword), Quentin Tarantino, Marc Jacobs, Bella Freud, Greil Marcus and David Bailey to Richard Hell, Johnny Rotten, Boy George, Lauren

Hutton, Chrissie Hynde and Dame Vivienne Westwood.

Paul Gorman first met Malcolm McLaren in 1975. Subsequently they encountered each other in Los Angeles when both were engaged in the film business and later in London in the 90s. They firmed up their friendship when McLaren contributed to Gorman's 2001 style bible *The Look* and remained in regular contact until McLaren's death in 2010.

PAUL GORMAN is a writer specialising in visual culture. His books include *Straight With Boy George*; *The Look: Adventures In Rock & Pop Fashion* (foreword by Malcolm McLaren; introduction Sir Paul Smith); *Reasons To Be Cheerful* (foreword Peter Saville; introduction Billy Bragg); and *Legacy: The Story of The Face*.

Polish – Czarne Owca

*** A NEW WAY OF LOOKING by Sarah Knights**

Biography | Virago | 320pp | April 2021

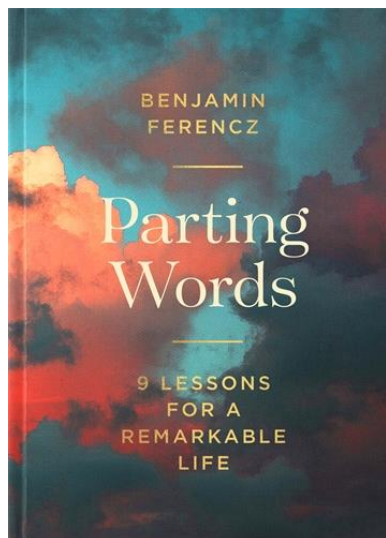
This biography focuses on a closely-knit network of avant-garde artists, writers, designers and dancers who dominated the cultural landscape of twentieth-century Britain and beyond

At its centre, was Barbara Ker-Seymer (1905-1993), a pioneering photographer whose iconic images define this talented forward-looking generation. She disdained lucrative 'society' portraits in favour of modern, abstract images, and her portraiture broke with convention, emphasising light, angles and planes to convey the essence of her subjects. Her work was not only famous but widely admired among her peers, among them Man Ray. Paul Nash, artist and influential critic championed her work in print. She was the photographer of choice for the leading actors, artists, dancers, writers and intellectuals of her generation, who flocked to her studio, above Aspreys the Bond Street jewellers. Her sitters include Cyril Connolly, Evelyn Waugh, Margot Fonteyn, Jean Cocteau and Vita Sackville-West.

SARAH KNIGHTS'S first book, *Bloomsbury's Outsider: A Life of David Garnett* was published by Bloomsbury in 2015 to considerable critical acclaim. It was short-listed for the Slightly Foxed Best First Biography Prize (2015) and for the James Tait Black Prize for Biography (2016).

*** PARTING WORDS: A CENTENARIAN'S 10 LITTLE LESSONS FOR A REMARKABLE LIFE by Benjamin Ferencz**

Memoir | Sphere | 128pp | December 2020



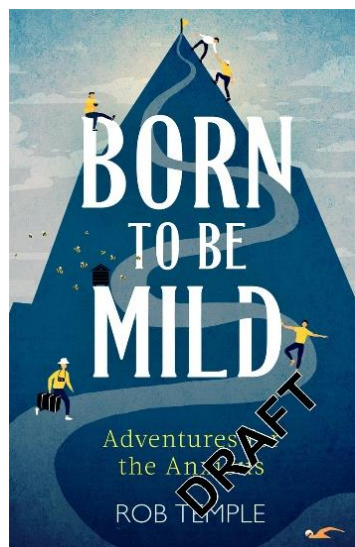
Secrets to a happy life, from a Hungarian-born American centenarian who has done the most extraordinary things with his.

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

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

*** BORN TO BE MILD by Rob Temple**

Memoir | Sphere | 128pp | December 2020




A wonderful memoir by the author of the Twitter phenomenon - and bestselling books - VERY BRITISH PROBLEMS.

'A handful of years ago I moved to a house on a quiet street in a quiet town and lay quietly in a room for a long time. I used to love an adventure, and I had jobs on magazines (remember magazines?) which provided the opportunity for plenty of them, but when I hit my thirties I'd started to become increasingly afraid of the world, until I was too frightened to even go outside at all.'

Rob Temple runs a social-media empire from the comfort of his sofa. Living the dream! But what happens when a lack of colleagues, bosses and alarm clocks means that your sofa, and the four walls of your very quiet living room, become your whole world?

In this tender and life-affirming memoir, Rob explores what it will take for him to become a little less Bear (Pooh) and a little bit more Bear (Grylls), and how mild-mannered, anxious rule-followers can get their own share of (gentle) adventure from time to time.

ROB TEMPLE is a journalist and founder of the @SoVeryBritish Twitter account, which now has more than one million followers, and a consultant on the official Channel 4 Very British Problems series.



Health, Self-Help & Popular Psychology

Highlights

THE ORGANISED TIME TECHNIQUE

SURVIVING STROKE

SUPER-WOMEN

THE ACT OF LIVING

POST-MILITARY MENTAL HEALTH: A SELF-HELP GUIDE FOR VETERANS AND THEIR FAMILIES by Alan Barrett

Self-Help | Robinson | 288pp | 20 b/w integrated illustrations | December 2020

A new addition to the Overcoming series that provides mental health support for military veterans and their families, who may be experiencing depression, anxiety, PTSD, etc

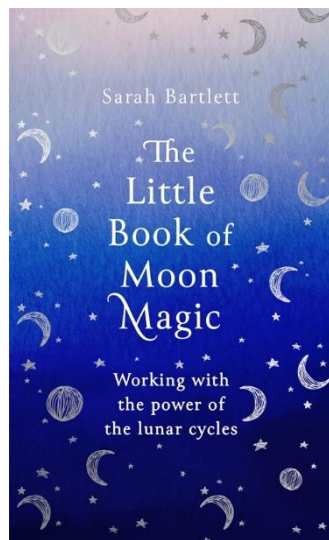
This new title is aimed at the large market for military veterans, their families, and accredited therapists who may be less familiar with issues particular to this client group, whose mental health needs have been recognised as requiring more support than is routinely available. Psychological complications are very common for 'early service leavers' and for those deployed in combat roles.

There are in excess of 2000 charities and third sector organisations in the UK alone that offer support to this population. In addition to health services (for mental and physical health), and the voluntary sector, military veterans pose particular issues to the local authorities, social services, housing, drug and alcohol services, and the criminal justice system. Veterans often avoid treatment and support they would benefit from, due to various issues of stigma, shame and guilt.

DR ALAN BARRETT is a Consultant Clinical Psychologist and the Clinical Lead for the largest dedicated NHS psychological treatment service for military veterans in the UK. As an active member of the North West Armed Forces Network, Alan additionally represents the region at the National Military Veterans Mental Health Network and supports military veteran mental health as a member of the NW Psychological Professions Network Workforce Board. He is also currently a member of the Mental Health subgroup for the National Armed Forces Clinical reference group at NHS England. He intends to donate 100% of profits from this book back into PCFT's Military Veterans' Service to help more military veterans get the best help available.

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

Mind, Body, Spirit | Piatkus | 272pp | June 2020 | Korea: EYA | Japan: EAJ



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

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

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

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

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

* **THE ORGANISED TIME TECHNIQUE by Gemma Bray**

Self Help | Platkus | 256pp | September 2020

The Organised Mum Method showed you how to master the housework to stop it taking over your life. This new book will show you how to take control of the rest of your day - and the rest of your life - and make sure you are spending your time on the things that are most important to you.

Do you ever get to the end of the day and feel like you've achieved nothing? Do you find it difficult to decide how to spend the small amount of free time you have? Do you ever wonder how some people seem to be able to do more with their time than others? If you're feeling overwhelmed by all the things you need to squeeze into your day, unproductive or stuck in a daily routine that isn't making you happy, The Organised Time Technique is for you. This is Gemma Bray's unique method for organising your day that will stop you from trying to do everything (and feeling like a failure when you can't), keep you focused on how you use the time you have available, help you play to your strengths and, most importantly, stop worrying about what anyone else is doing.

So how does it work? The Organised Time Technique encourages you to look at the 24 hours you have each day as your time budget - at total of 48 30-minute tokens. It helps you work out how to spend those tokens in the best way possible by breaking down your day into Level 1 'non-negotiable' tokens such as sleeping and eating; Level 2 'essential' tokens like going to work and taking your children to school; and Level 3 'focus' tokens - the things you always want to get around to doing, but never quite manage such as taking up a hobby, reading a book, starting a side business or simply having a bath! The Organised Time Technique can be adapted to fit any lifestyle or set of circumstances. It will help you discover that you can achieve more in the time you have and ultimately feel happier and more fulfilled.

GEMMA BRAY founded The Organised Mum Method (TOMM) 11 years ago when her first child was born. Fed up with the housework getting out of control, she created a cleaning routine and stuck it on the fridge. TOMM was born! In January 2017 Gemma put it all down in a blog and shared TOMM with her readers. The response has been phenomenal! A firm believer that there is more to life than housework, she shares everything from delicious slow cooker recipes to housekeeping hacks. Option publishers: Editions Dunod (France)

FRIENDS by Robin Dunbar

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

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

Friends matter to us, and they matter more than we think. The single most surprising fact to emerge out of the medical literature over the last decade or so has been that the number and quality of the friendships we have has a bigger influence on our happiness, health and even mortality risk than anything else except giving up smoking.

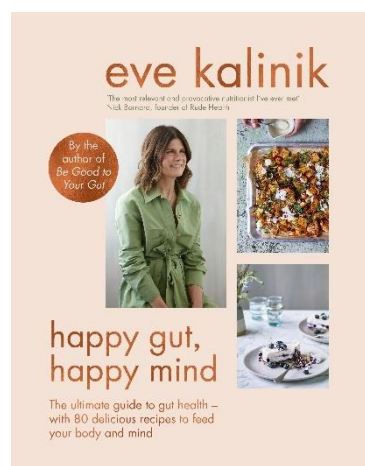
Robin Dunbar is the world-renowned psychologist and author who famously discovered 'Dunbar's number': how our capacity for friendship is limited to around one hundred and fifty people. In FRIENDS, he looks at friendship in the round, at the way different types of friendship and family relationships intersect, or at the complex of psychological and behavioural mechanisms that underpin friendships and make them possible - and just how complicated the business of making and keeping friends actually is. Mixing insights from scientific research with first person experiences and culture, FRIENDS explores and integrates knowledge from disciplines ranging from psychology and anthropology to neuroscience and genetics in a single magical weave that allows us to peer into an incredible social world. Working at the coalface of the subject at both research and personal levels, Robin Dunbar has written the definitive book on how and why we are friends.

ROBIN DUNBAR is an evolutionary psychologist and former director of the Institute of Cognitive and Evolutionary Anthropology in the Department of Experimental Psychology at Oxford University. His acclaimed books include *How Many Friends Does One Person Need?* and *Grooming, Gossip and the Evolution of Language*, described by Malcolm Gladwell as "a marvellous work of popular science."

Italian - Einaudi; *Korean* - Across Publishing Co.

* **HAPPY GUT, HAPPY MIND by Eve Kalinik**

Health & Nutrition | Piatkus | 256pp | August 2020 | Korea: KCC | Japan:



A thought provoking and beautifully designed book exploring the important link between gut health and mental wellbeing

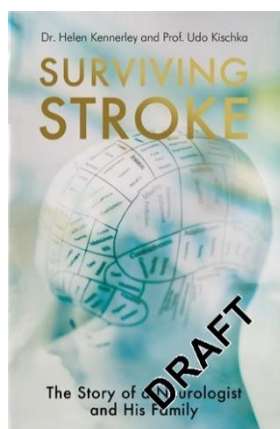
An expert in the field of gut health, Eve Kalinik believes that nourishing and supporting the gut is at the core of our health and wellbeing. In recent years the interest in gut health has continued to develop with many books being released on the subject, but many people remain unaware of the impact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

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

EVE KALINIK is a nutritional therapist, health writer and brand consultant. She is the author of *Be Good to Your Gut* (Piatkus, 2017). Eve regularly hosts interactive workshops, talks and retreats with various media, corporate and wellbeing companies. She also writes regularly for leading publications and online platforms including a monthly page for Psychologies magazine and is the wellbeing columnist for MATCHESFASHION.COM tackling various nutrition related topics. Eve is a registered member of the British Association for Applied Nutrition and Nutritional Therapy (BANT) and the Complementary & Natural Healthcare Council (CNHC). Option Publishers: Red Edizioni (Italian)

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

Health | Robinson | 192pp | 10 b/w illustrations/photos | May 2020 | Korea: KCC | Japan:



A unique and honest insight into life after a stroke written by a stroke victim who was already a stroke specialist, and a psychologist who helps others and now has to help herself and her family.

In October 2016, Udo Kischka suffered a severe stroke. A large intra-cerebral bleed, a bleed deep in the right side of his brain. He was not a typical stroke patient: Professor Kischka was a neurologist and specialist in stroke rehabilitation. Like all stroke patients, he embarked on a journey of recovery. In his case it was a re-education in his field of expertise. When he uttered the words, 'This is a life changing event' to his wife, Helen Kennerley, a few hours after the stroke, he had no idea just how life changing it would be or that there would be still be a good life to be had. Helen was a psychologist and CBT therapist who helped others and now had to help herself and her family, practising what she preached. This accessible and relatable book provides insight and realistic hope about what might lie ahead following a stroke, as well as offering both practical and emotional support. Written by experts on both sides of the fence, this is a personal, honest and hopeful story of a family's survival after a life-changing stroke.

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

(University of Oxford) and research visiting fellow (Oxford Brookes University). He is co-editor of *The Handbook of Clinical Neuropsychology* (OUP, 2010) and the co-author of *Head Injury* (OUP, 2009).

*** HOW TO THINK: HOW WE PERCEIVE, REMEMBER, DECIDE AND MAKE SENSE OF THE WORLD by John Paul Minda**

Popular Psychology | Robinson | 336 pp | February 2021 | Korea: Danny Hong | Japan: EAJ

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

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

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

Korean – Woongjin Think Big Co

AGAINST THE GRAIN: THE PSYCHOLOGY OF REBELLIOUSNESS by Mark McDermott

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

We are we built to oppose and rebel. Why?

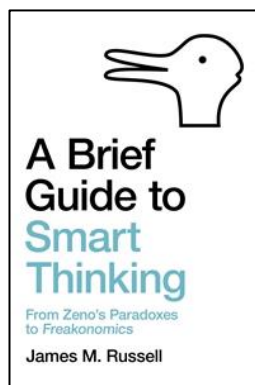
In the past few years, we have seen the 'protest vote' leading to surprising results in elections, and we have also seen a great resurgence in organised marches, resisting a new administration or a referendum decision. But rebelliousness is not just about those high-profile acts of resistance - the psychology of rebelliousness is central to understanding everyday life. From moment to moment we choose to accept or oppose the requirements of those around us, whether those imperatives come from loved ones, colleagues, bosses, agents of authority or those we may serve. The feeling of wanting to oppose a perceived requirement pervades the human condition.

This book looks at the role of rebelliousness as it develops through childhood and adolescence, in relationships, within and between social groups, in the service of civil disobedience, protest and social change, in mental and physical health and across cultures.

Professor MARK MCDERMOTT is a lecturer in health psychology at the University of East London, teaching on mental health and leading the PhD programme. In the 1980s, he developed a questionnaire measure of rebelliousness, and has maintained a research interest in rebelliousness within the context of reversal theory, a theory of motivation, emotion, and personality. He was involved in the BBC's recreation of the Stanford Prison Experiment and also co-wrote the bestselling European adaptation of Philip Zimbardo's *Psychology* textbook.

A BRIEF GUIDE TO SMART THINKING by James M. Russell

Smart Thinking | Robinson | 288pp | April 2020



From Zeno's Paradoxes to *Freakonomics*, a highly readable and entertaining guide to seventy classic smart-thinking books.

Each book is summarised to convey a brief idea of what each one has to offer the interested reader, while compressed summary of the main points of the book in question. The titles covered include thought-provoking classics on psychology, mindfulness, rationality, the brain, mathematical and economic thought and practical philosophy.

The selection includes books about self-improvement as well as historically interesting accounts of how the mind works. Titles included go back as far as the Epictetus classic *Enchiridion* and Bertrand Russell's charming *ABC of Relativity*, and proceed through classics such as Edward de Bono's *Lateral Thinking* and into the digital era with titles such as *The Shallows* and *Big Data*. The books are arranged chronologically, which draws attention to some of the interesting juxtapositions and connections between them.

The previous books in the series are A BRIEF GUIDE TO PHILOSOPHICAL CLASSICS, A BRIEF GUIDE TO SPIRITUAL CLASSICS, A BRIEF GUIDE TO BUSINESS CLASSICS, and A BRIEF GUIDE TO SELF-HELP CLASSICS, which have between them sold well over 40,000 copies. Russian, Arabic, Spanish, Korean, Portuguese and Chinese rights have been sold.

JAMES M RUSSELL has a philosophy degree from the University of Cambridge, a post-graduate qualification in critical theory, and has taught at the Open University in the UK. He currently works as director of a media-related business. He lives in north London with his wife and daughter.

SUPER-WOMEN: SUPERHERO THERAPY FOR WOMEN BATTLING DEPRESSION, ANXIETY AND TRAUMA by Janina Scarlet

Self-Help | Robinson | 240pp | 20 b/w illustrations | March 2020 | Korea: EYA | Japan: TMA



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

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

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

*** HOW TO LIVE TO 100: ONE WOMAN'S QUEST FOR A LONGER, HEALTHIER LIFE by Ariane Sherine**

Health | Robinson | 272pp | October 2020 | Korea: EYA | Japan: EAJ

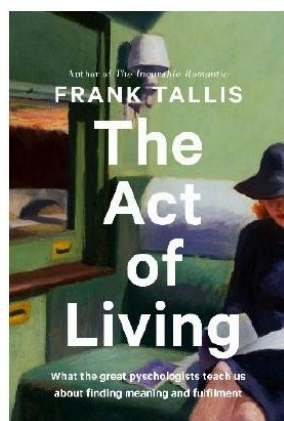
When newspapers give daily contradictory advice on how to live longer, and on what foods will either help you or kill you, how do we know who to trust and what we genuinely should do? Comedian Ariane Sherine is on a quest to find out the truth, and with the help of Public Health Consultant David Conrad,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

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

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

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

Psychology | Little, Brown | 352pp | June 2020 | Korea: KCC | Japan: TMA



An highly original account of psychology through the discipline's great practitioners (Freud, Jung etc) and their thoughts.

Science, technology and western liberal democracy have all had a dramatic impact on our quality of life. Compared to previous generations, we have unprecedented access to information, increased personal freedom, more material comforts, more possessions, and greater life expectancy. Yet, a very significant number of people are depressed, anxious, or complain of being unfulfilled. Mental health statistics have never been worse.

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

The Act of Living treats psychotherapy as a single, cohesive philosophical tradition. It synthesises the thinking of the principal figures in the history of psychotherapy (e.g. Freud, Jung, Adler, Frankl, Rogers, Fromm, Ellis and Laing) with a view to providing the reader with an accessible and practical guide to optimal living. Option Publishers: Bulgarian (CoLibri), German (btb Verlag), Korean (ACROSS Publishing Co.),

*** THE LASTING CONNECTION: DEVELOPING LOVE AND COMPASSION FOR YOURSELF AND YOUR PARTNER by Michaela Thomas**

Self-help | Robinson | 272 pp | November 2020 | Korea: EYA | Japan: Uni

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

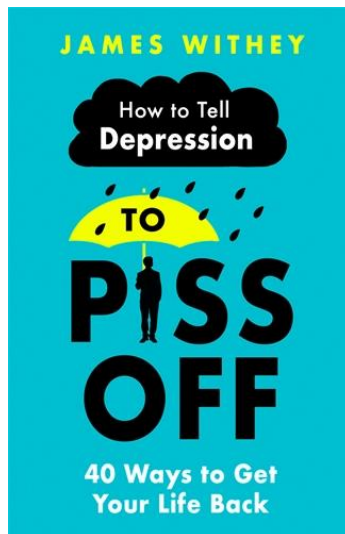
You’re not alone - we all struggle in our relationships, and in our lives. This book explains why we act in ways which we may regret in relationships, how we can make sense of them by developing compassion for ourselves and our partners, so we can connect on a deeper level. Using Compassionate Mind Training,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

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

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

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

Health | Robinson | 176pp | May 2020 | Korea: Duran Kim | Japan:



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

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

because I keep throwing everything I can at it. Yes, it’s exhausting but it means that you’ll get moments in your life that are wonderful, and those moments are worth every ounce of effort.

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

Keep going. You’re doing great.

JAMES WITHEY is the founder of The Recovery Letters project which publishes online letters from people recovering from depression. He is the co-editor of the bestselling book *The Recovery Letters: Addressed to People Experiencing Depression*. James trained as a person-centred counsellor and worked in addiction,

homelessness and mental health services for fifteen years. He lives with depression and writes and speaks about mental health.

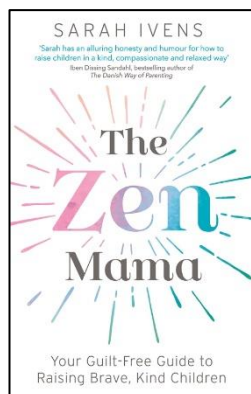
Parenting

Highlights

WHAT MOTHERS LEARN

THE ZEN MAMA by Sarah Ivens

Parenting | Piatkus | 240pp | 10 b/w illustrations | January 2020 | Korea: EYA | Japan: EAJ



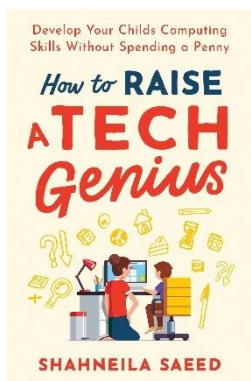
THE ZEN MAMA is a guide to letting go of parenting expectations and fears to raise courageous, confident kids through free-range parenting

It outlines a way of life to create a chilled parent and a chilled child. THE ZEN MAMA philosophy is that mother and child complement each other in adventures and experiences, always putting safety first but without getting caught up in the anxieties, drama, impossible expectations and mental baggage that too often comes along with modern parenting in this social media and judgemental age. Learning to become a Zen Mama will help you grow and nurture a Zen Kid - a child who isn't afraid to be different, who can stand up for himself or his friends, and can travel the world and experiment with new things without being overwhelmed with self-doubt or being scared. Full of facts, actionable advice and practical tips, this book will be about combining the heart and the head with what works for you and your family, not comparing yourselves to others or meeting a societal standard. THE ZEN MAMA will support and nurture the mother's journey like a wise and sympathetic friend and offers ideas and experience rather than judgement.

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

HOW TO RAISE A TECH GENIUS: DEVELOP YOUR CHILD'S COMPUTING SKILLS WITHOUT SPENDING A PENNY by Shahneila Saeed

Technology & Development | Robinson | 256pp | 5 b/w line drawings | July 2020 | Korea: Duran Kim | Japan: Uni



This book will help parents cultivate their child's learning and maximise their potential with creative activities that require minimal computing skills or knowledge

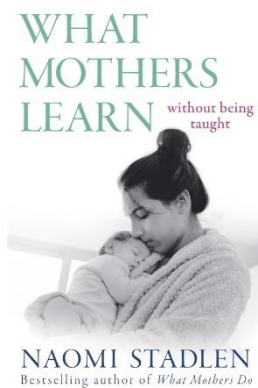
The children learning vital coding skills at school now will be in high demand when they enter the job market, but an increasingly digitally-focussed curriculum is leaving parents feeling out of touch and helpless when it comes to supporting their child's education. This book aims to:

- Address the importance of the growing digital skills gap, the value of jobs in the sector and their growing demand, in an effort to convince parents of the importance of supporting their children in this area
- Unpick the state of the computing curriculum in everyday speak for parents so that they understand the core requirements of what children are required to learn
- Stress the importance of computational thinking and creativity, explaining what these mean
- Understand how we can use the power of play to engage children with education
- Demonstrate through practical activities how we can support children through guided exploration to develop their digital and computational thinking skills
- Provide a reference point of recommended resources, activities and initiatives that children can get involved with to develop a better understanding of career opportunities as well as develop their digital literacy skills

SHAHNEILA SAEED has twenty years' experience in teaching computing and ICT. She is currently a board member of Computing at School (CAS) and the Head of Education & Programme Director for Digital Schoolhouse. She was previously Head of Computing/ICT at Graveney School.

WHAT MOTHERS LEARN: WITHOUT BEING TAUGHT by Naomi Stadlen

Parenting | Piatkus | 304pp | April 2020 | Korea: EntersKorea | Japan: EAJ



The follow-up to WHAT MOTHERS DO and HOW MOTHERS LOVE

In this new book, Naomi Stadlen addresses current political and social issues surrounding motherhood such as the widespread and usually covert social prejudice against mothers; whether being a mother is only a matter of menial tasks or whether it counts as intelligent work; whether mothering is detrimental to a woman's mental health; whether mothers damage their children when they have outburst of anger; whether a mother can call herself a feminist; how women develop their potential as mothers and finally some personal views now that she is a grandmother.

Praise for HOW MOTHERS LOVE: *It would be hard to find a gentler, less judgemental book on mothering* – The Guardian; *Easy to read and informative and will undoubtedly help many mothers* – Therapy Today.

NAOMI STADLEN has unique experience of listening to mothers. For over twenty years, she has run a weekly discussion group - Mothers Talking - which meets at the Active Birth Centre in London. She is a qualified psychotherapist and also a mother and grandmother. Stadlen has been variously published in Korean, Romanian, Hebrew, Spanish, simplified Chinese, Italian, Japanese, German, Greek and in the USA. Option publishers: Chinese simplified (China Economic), Hebrew (Achiasaf), Korean (Iljinsa), Romanian (Litera), US (Tarcher Perigee)



Food & Cookery

Highlights

THE 5 DAY DIET

* **A HEALTHIER FAMILY FOR LIFE by Donna Crous**

Cookery | Robinson | 224pp | December 2021

A beautiful book of healthy recipes that will inspire you to cook delicious, wholesome meals for your family and help them live a healthier lifestyle

In this beautifully photographed, practical book, health coach Donna Crous makes dinnertime less daunting and healthier, with a wide range of delicious and nutritious recipes, including some gluten-free, sugar-free and dairy-free recipes, as well as many dishes incorporating healthy fats.

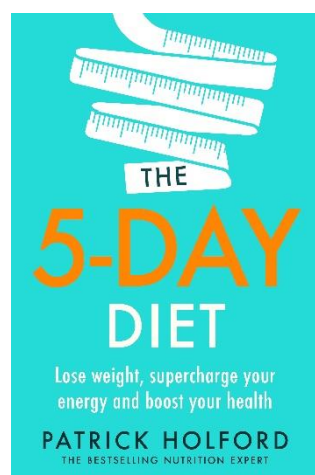
A HEALTHIER FAMILY FOR LIFE inspires from the very start of your day with recipes including Breakfast Toad-In-The-Hole, Pumpkin Silver Dollar Pancakes and Creamy Scrambled Eggs, through to teatime family favourites like Crumbed Chicken Tenders, Instant Pot Spare Ribs and Moussaka with Cauliflower Béchamel Sauce.

A HEALTHIER FAMILY FOR LIFE is not about a diet, fad or trendy way of eating; it's about creating dishes that are wholesome and nutritious without feeling restricted; it's about cooking healthy food that puts a smile on your loved ones' faces.

Donna Crous is a professional food photographer and works with brands and publishers shooting recipe books. She was born in Zimbabwe and grew up in South Africa where she developed a passion for cooking from a young age, learning to cook intuitively using available ingredients. As a Primal Health Coach, she has combined her knowledge of healthy eating with feeding a hungry and fussy family. In 2015 she created her award-winning blog Eighty20Nutrition, winning UK Paleo Blogger of the Year in 2017.

* **THE 5 DAY DIET: LOSE WEIGHT, SUPERCHARGE YOUR ENERGY AND REBOOT YOUR HEALTH by Patrick Holford**

Health & Food | Piatkus | 224pp | May 2020



Kickstart ketosis, lose weight, gain energy and transform your health in just five days

Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts. In The 5 Day Diet, nutrition expert and co-author of The Hybrid Diet Patrick Holford provides you with a tried and tested plan to trigger a self-repair process, called autophagy, which renews and rejuvenates your cells, reboots your metabolism and detoxifies your body.

This book breaks down the science and how it works while giving you daily meal plans, recipes and exercises. Whether you are after a quick fix with lasting results or looking to improve overall wellbeing, The 5 Day Diet is a springboard to better health.

* **OPTIMUM NUTRITION FOR VEGANS by Patrick Holford**

Health & Food | Piatkus | 304pp | December 2020

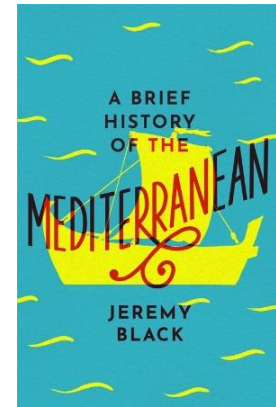
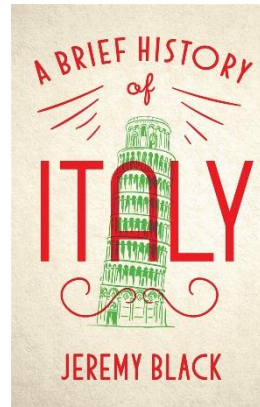
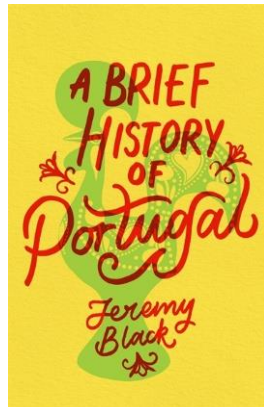
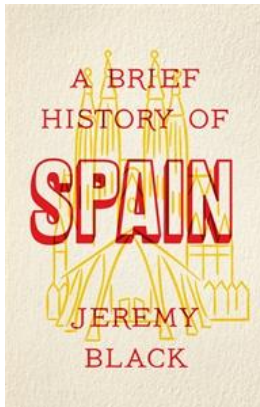
We know that a plant-based, vegan diet is healthy. But how easy is it to incorporate it into our lifestyle? Are there any other steps that need to be taken to ensure our body is getting the nutrients it needs?

In Optimum Nutrition for Vegans, Patrick Holford, bestselling author of over 25 health books, shows you how to achieve optimum nutrition while following a vegan diet. This book features 100 delicious, easy recipes that will nourish your body and your brain. Patrick will also show you how to ensure you are getting enough protein and brain fats, control your sugar and energy, and other other steps that need to be taken for overall health for vegans.

Whether you already follow a plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, Optimum Nutrition for Vegans will be your guide for overall health.

PATRICK HOLFORD is founder of the Institute for Optimum Nutrition in London. He is also director of the Food for the Brain Foundation and an honorary fellow of the British Association of Nutritional Therapy. He is one of Britain's top nutrition experts and is the author of over 25 health books.

A Brief History Of... Series

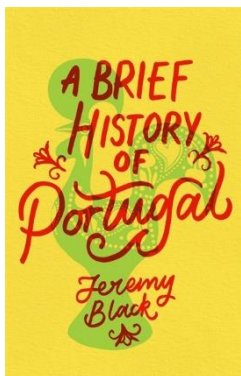


Despite being relatively brief, these very readable histories cover environmental, political, social, economic, cultural and artistic elements of their respective countries or regions. The tone is accessible, supported by boxes providing supplemental information, and these books are perfect for travellers to these countries, or anyone keen to learn more about their history.

JEREMY BLACK is one of the UK's most respected and prolific historians. He is Professor of History at Exeter University and a renowned expert on the history of war. His recent books include *A BRIEF HISTORY OF ITALY* and *The World of James Bond*, which offers a historian's perspective on the Bond novels and films. He appears regularly on TV and radio, including BBC Radio 4's *In Our Time*.

A BRIEF HISTORY OF PORTUGAL by Jeremy Black

History | Robinson | 256pp | April 2020



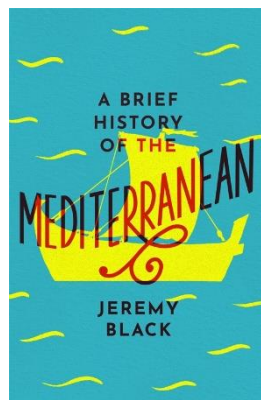
Black shows how Portugal had a global impact, but the world, too, had an impact on Portugal

This comprehensive study takes in the Stone Age and the Roman era, from AD 420 to the thirteenth century, Visigoths and Moors. Then, a look at medieval Portugal covers the development of Christian Portugal culminating with the expulsion of the Moors, with a focus on key sites. Portugal had enormous influence, particularly during the 'age of exploration' in the fifteenth century to 1580. In fact, Portugal was the first of the Atlantic empires, with territory in the Azores, Madeira, West Africa and Brazil, and it remained a major empire until the 1820s, even retaining an African empire until the 1970s, but its empire in Asia (Malacca, Macao, Goa and Timor) continued even longer – until the 1990. The nineteenth century brought turmoil in the form of a French invasion, the Peninsular War, Brazilian independence, successive revolutions, economic issues and the end of the monarchy. Republican Portugal brought further chaos in the early years of the twentieth century, then the dictatorship of Salazar and its end in the Carnation Revolution of 1974. Portugal's role in both world wars is examined, and its role in the world today.

Portuguese – Dom Quixote

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

History | Robinson | 320pp | July 2020



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

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

*** A BRIEF HISTORY OF THE CARIBBEAN by Jeremy Black**

History | Robinson | 320pp | July 2021

Overcoming Series

The Overcoming Series is a perennially popular series of psychology books. All use CBT (Cognitive Behavioural Therapy) techniques to treat long-standing and disabling conditions. Titles in the series are always in print, and constantly revised and updated. Fifteen of them have been adopted by the Books on Prescription programme - the UK Department of Health's list of books for doctors, nurses, medical and psychiatric practitioners to recommend to their patients, and indeed for such practitioners to develop their own knowledge. All titles are written by prominent professional experts in their fields.

Books in the series have been translated into many languages, including: Chinese (simplified), Czech, Estonian, French, Hebrew, Japanese, Lithuanian, Norwegian, Polish and Turkish.



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

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

AN INTRODUCTION TO LIVING WELL WITH PAIN

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

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

Rights Representatives

Brazil

Tassy Barham
Tassy Barham Associates
23 Elgin Crescent
London
W11 2JD
United Kingdom
T: 0207 229 8667
tassy@tassybarham.com

Bulgaria

Katalina Sabeva
62 G.M. Dimitrov Blvd./ Suite 20
Anthea Literary Agency
P.O. Box 16
Sofia
1172
Bulgaria
T: 39 2 986 3581
katalina@anthearights.com

Mainland China

Lily Chen
Big Apple Agency Inc
Zhongshan Bei Road, No. 838, 3/F
Zhabei District
Shanghai 200070
PR China
T: 8621 6658 0055
lily-shanghai@bigapple-china.com

Hungary

Orsi Mészáros
Káta & Bolza Literary Agents
H-1056 Budapest
Szerb u. 17-19.
Hungary
T: +36 1 456 0313
orsi@kataibolza.hu

Czech Republic

Kristin Olson
Kristin Olson Literary Agency
Klimentska 24
110 00 Prague 1
Czech Republic
T: +440 222 582 042
kristin.olson@litag.cz

Japan

Non-exclusive representation

Korea

Non-exclusive representation

Poland

Łukasz Wróbel
Graal Limited
Ul. Pruszkowska 29
02-119 Warszawa
Poland
T: 4822 895 2000
lukasz@graal.com.pl

Romania

Simona Kessler
International Copyright Agency
Sr. Banul Antonache 37
011663 Bucharest 1
Romania
T: 40 21 231 8150
office@kessler-agency.ro

Turkey

Filiz Karaman
Nurcihan Kesim Agency
Esentepe Mah
Milangaz Cad, No: 77 A1 Blok
Kat: 23D: 128 Dumankaya Vizyon
34870 Kartal-İstanbul
Turkey
filiz@nurcihankesim.com

Russia

Sergei Cheredov
Nova Littera Ltd
Serafinovicha Street, 2
P.O. Box 11
119072 Moscow
Russia
T: 007 909 630 0707
pravaru@gmail.com

Serbia, Former Yugoslavia

Milena Kaplarevic
Prava I Prevodi
Yu-Business Centre
Blvd. Mihaila Pupina 10B/I
11070 Belgrade
Serbia & Montenegro
T: 38 111 3016141
milena@pravaiprevodi.org

Thailand

Erica Zhang
Big Apple Agency Inc
Zhongshan Bei Road, No. 838, 3/F
Zhabei District
Shanghai 200070
PR China
T: 8621 6658 0055
erica-zhang@bigapple-china.com

Taiwan

Vincent Lin
Big Apple Agency Inc
5F.4, No. 102, Dunhua South Rd.,
Songshan District,
Taipei City 10557
Taiwan
T: 886 2 8771 4611 ext.103
Vincent-lin@bigapple1-taipei.com