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Including



NON-FICTION

August 2020



Contents

• Rights Department	p.3
• Little, Brown Imprints	p.4
• General	p.5
• Culture	p.13
• Business & Management	p.16
• History	p.20
• Music	p.24
• Memoirs & Biography	p.26
• Health, Self-Help & Popular Psychology	p.30
• Parenting	p.39
• Food & Cookery	p.42
• A Brief History Of... series	p.44
• Overcoming Series	p.46
• Rights Representatives	p.48

Key

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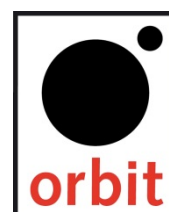
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ATOM





General

Highlights

CODEBREAKING

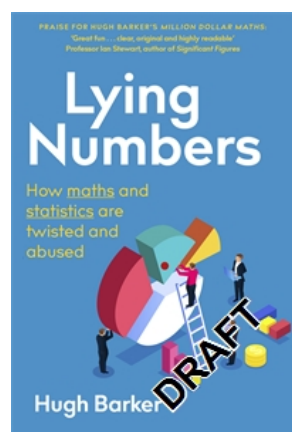
LYING NUMBERS

THE FUTURE OF BIG IDEAS

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

Hugh Barker

Popular Maths | Robinson | 256pp | November 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



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 excluding Brazil – Almedina; Portuguese in Brazil – Editora BestSeller; Vietnamese – 1980Books

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

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

A provocative, exciting exploration of the future of ideas - and the history of technological and cultural progress that has taken us to today.

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?

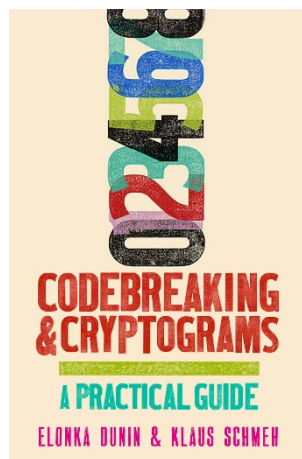
And yet a growing body of evidence suggests that big ideas have, over the last forty or fifty years, become much harder. After half a century we have not been back to the Moon; we haven't cured cancer; life expectancy has stalled in some countries; we're still addicted to carbon-based energy.

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: A PRACTICAL GUIDE by Elonka Dunin and Klaus SchmeH

Puzzles | Robinson | 448pp | December 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.

* **UNTITLED by Rick Gekoski**

History | Constable | 304pp | July 2021

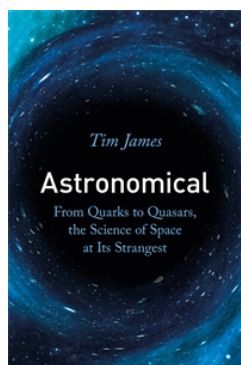
J K Rowling's *Beadle the Bard* manuscript sold at Sotheby's in 2007 for £1,950,000. If it was worth *that*, how much is a first edition of *Harry Potter and the Philosopher's Stone*, extensively annotated and illustrated by JKR herself, going to fetch at the Sotheby's 2011 auction "First Editions, Second 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; *Korean* – Hanbitbiz

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 | August 2020 | Korea: EYA | Japan:



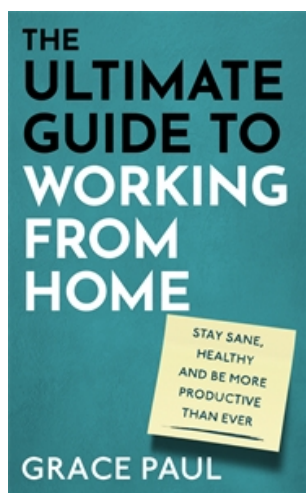
The only practical guide to tackle climate change on an individual level with global results, focusing on food, fashion, technology and more, by the founder of Ocean Generation.

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.

*** THE ULTIMATE GUIDE TO WORKING FROM HOME by Grace Paul**

Self Help & Personal Development | Sphere | 112pp | April 2020



Are you one of the millions of people now - suddenly - working from home? It's not easy but it needn't be stressful.

The Ultimate Guide to Working from Home will help you set up your desk, stay sane, healthy and be more productive than ever, even if you have family or housemates at home with you. You'll learn how to get in the zone, how to maintain focus and how to reward yourself as you work. You'll learn the importance of setting and maintaining boundaries both inside and outside the home and how to establish a routine that suits your lifestyle.

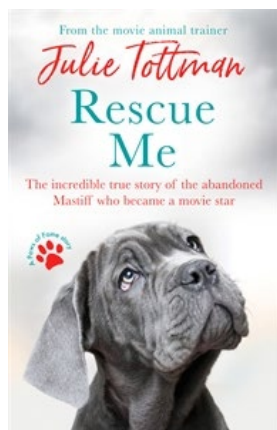
And you may not want to return to the office at all once this is over. The Ultimate Guide to Working from Home can help you with that, too. Packed with research and helpful statistics, you'll also find tips for managers and employees alike on how to approach more flexible working when the time comes.

Stop typing 'how to set up a work station at the kitchen table' into the search bar late at night. Start getting the most out of working from home, today.

Finnish – Aula & Co

RESCUE ME by Julie Tottman

Animals & Pets | Sphere | 304pp | February 2021



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.

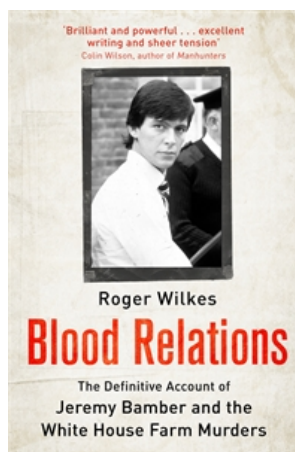
But then she meets Julie. Julie is a young animal trainer for the movies and is looking for a Yorkshire Terrier for a new film she's working on with Colin Firth and Amanda Bynes. By chance, she hears of a puppy farm that has been raided - the dogs were kept in appalling conditions, and the now the poor 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 | 512pp | July 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 | 416pp | August 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 Valley, Amy Charuy-Hughes and Bethan Stewart James

Environment | Virago | 224pp | October 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.

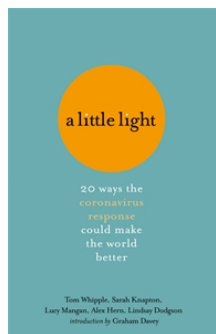
Your Planet Needs You is the essential beginner's guide to understanding the environment and the threats to its wellbeing. From plastic waste to pesticides, food production and chemicals, global warming to species extinction, this book covers the topics that you need to know about.

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.

A LITTLE LIGHT by Various Authors

Self-help & Personal development | Sphere | 128pp | September 2020 |



Twenty reasons for each of us to look for light in the darkness.

The coronavirus (Covid-19) pandemic is a once-in-a-century event, a tragedy for thousands and a source of deep anxiety. But in darkness there is light; in tackling the most impossible challenges, human ingenuity forges new and positive paths forward.

In his introduction, Professor Graham Davey argues that context and perspective are the best ways to alleviate the personal anxiety created by the pandemic and lockdown - context offered by the pieces in this collection.

From leading science, society and culture writers and editors comes a look at twenty ways the human response to coronavirus could help to make the world a better place.

Contributors include: Tom Whipple, science editor of The Times, Lucy Mangan, columnist and author, Sarah Knapton, science editor of the Telegraph, Lindsay Dodgson, senior staff writer at Business Insider, Alex Hern, technology editor of the Guardian



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 | April 2022 | 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

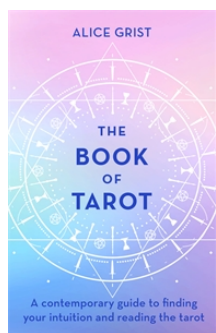
You don't need an iota of faith to benefit from religious art and stories. Step inside the eighty-four-foot nave of Salisbury cathedral and you will feel your spirits soar. Attend a service of choral evensong in Magdalen College chapel and you will feel yourself transported. Read the biblical story of 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

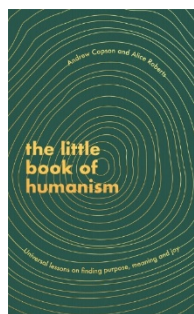


The tarot has seen a huge revival in the past decade, with more people interested in learning about how they work and how they can connect to the cards. Modern Tarot provides them with everything they need to know, from what tarot is, to how to choose a deck and start using their cards by connecting 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 | 256pp | August 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

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

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

UNREASONABLE SUCCESS AND HOW TO ACHIEVE IT

Unlocking the Nine Secrets of
People Who Changed the World

**RICHARD
KOCH**

bestselling author of *The 80/20 Principle*

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).

Japanese – Direct Publishing; Korean – Bookie Publishing House; US – Entrepreneur Press

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

Business | Piatkus | 304pp | February 2021

Essential reading for anyone who wants to be relevant in the workforce of tomorrow.

Artificial intelligence is driving workforce disruption on a scale not seen since the Industrial Revolution. Automation was once associated with mass layoffs in heavy industry like auto and steel, but computers are getting smarter and are beginning to replace traditionally 'white collar' roles like law, consulting, banking and finance.

Yet some curious findings are emerging from the world's leading research labs. The combined intellect of people and machines working in harmony is able to achieve outcomes that are better than either can accomplish alone. Properly tuned AI systems can even help harness the power of the collective intelligence of an entire organisation or community to predict future events. This isn't science fiction; this is science fact the author personally helped discover. What are these new hybrid AI+people systems? What can specialised AI systems do to help you succeed in your career? How can you work most effectively with these machines?

Written by a practitioner who has worked with some of the largest companies in the world as well as some of the most innovative startups, *Augmenting Your Career* provides a rare window into a frontier area of computer science that will change everything about how you work and what your job will look like. Read this book and fast track your evolution to the knowledge worker of the future.

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

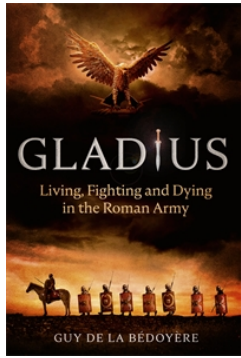
GLADIUS

THROUGH THE LOOKING GLASSES

ONE FINE DAY

GLADIUS: LIFE IN THE EMPEROR'S ARMY by Guy de la Bédoyère

Ancient History | Little, Brown | 528pp | November 2020 | Korea: EYA | Japan:



Titus Flaminius ... 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 | June 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 2022

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 | November 2020 | 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 | July 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*.

Romanian – Publishing Solutions SRL



Music

Highlights

THE OX

CHAISE LONGUE by Baxter Dury

Memoirs | Corsair | 288pp | August 2021 | Korea: | Japan: TMA



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.

UNTITLED by James Blunt

Humour | Constable | 192pp | November 2020

A collection of the very best tweets from the King of Twitter, James Blunt.

"If it wasn't for Twitter everyone would've forgot about @JamesBlunt tbh!"

"...And the most relevant you'll ever be is that one time James Blunt tweeted you."

Filled with harsh truths told with a wicked sense of humour, How to be a Complete and Utter Blunt: Diary of a Reluctant Social Media Sensation will bring together the best tweets from the King of Twitter, James Blunt.

The singer, known for his iconic hit 'You're Beautiful', established his presence - currently just shy of 2 million followers - on this popular platform by responding to critical commentary on his career with sharp, self-deprecating, and witty responses.

For years, his hilarious 280-character insights into the life of a 'one-hit wonder' have been the subject of countless articles, interviews and even an Amazon ad campaign; now, with help from the keyboard comic himself, they'll be together for the first time in this tongue-in-cheek, tweet-by-tweet Blunt guide to life.

"@JamesBlunt should I recommend your music to my friends?"

"...Not if you want to keep them."

JAMES BLUNT is an English singer-songwriter, record producer and former British Army officer. His 2004 debut album *Back to Bedlam*, featuring the hit single 'You're Beautiful'. The album has sold over 11 million copies worldwide, was the best-selling album of the 2000s in the UK, and is one of the best-selling albums in UK chart history. Blunt has received several awards, including two Brit Awards and five Grammy Award nominations.



Memoirs & Biography

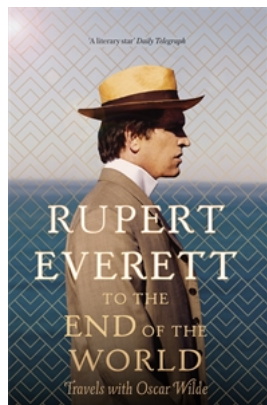
Highlights

TAINTED GLORY

PARTING WORDS

TO THE END OF THE WORLD by Rupert Everett

Biography | Little, Brown | 384pp | October 2020



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

They say that sometimes ghosts don't realize they're dead and wander around screaming because no one is paying them any attention. Well, in show business you may have been dead five years before you finally twig. You howl around the corridors of power while the elected march straight through. Then one day you catch yourself in a mirror and there is nothing looking back.

In his highly anticipated third memoir, Rupert Everett tells the story of how he set out to make a film of Oscar Wilde's last days, and how that ten-year quest almost destroyed him. (And everyone else.)

Travelling across Europe for the film, he weaves in extraordinary tales from his past, remembering wild times, freak encounters and lost friends. There are celebrities, of course. But we also meet glamorous, but doomed Aunt Peta, who introduces Rupert (aged three) to the joys of make-up. In 80s Paris, his great friend Lychee burns bright, and is gone. While in 70s London, a 'weirdly tall, beyond size zero' teenage Rupert is expelled from the Central School of Speech and Drama.

Unflinchingly honest and hugely entertaining, *Tainted Glory* offers a unique insight into the 'snakes and ladders' of film-making. It is also a soulful and thought-provoking autobiography from one of our best-loved and most talented actors and writers.

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.

A NEW WAY OF LOOKING by Sarah Knights

Biography | Virago | 320pp | February 2022

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).

*** WHEN MARILYN MET THE QUEEN by Michelle Morgan**

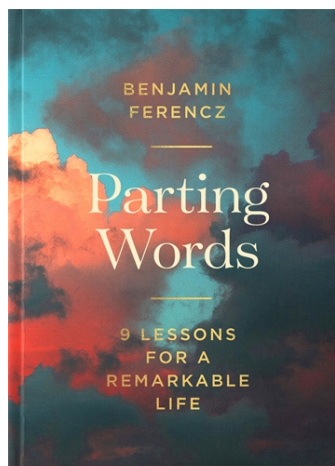
Biography | Robinson | 288pp | January 2022

Michelle Morgan is a full-time writer living in Northampton whose work has been featured in a number of magazines. Morgan has written nine books to date, including four on the topic of Marilyn Monroe which have sold tens of thousands of copies in countries all over the world.

PARTING WORDS: A CENTENARIAN'S 9 LITTLE LESSONS FOR A REMARKABLE LIFE

by Benjamin Ferencz

Memoir | Sphere | 160pp | 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 Flossenbug, 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.

Czech – Jota; French – Editions Dunod; German – Heyne Verlag; Polish – Wydawnictwo Czarna Owca; Portuguese in Brazil – Editora Sextante; Portuguese in Portugal – LeYa; Russian – AST

BORN TO BE MILD by Rob Temple

Memoir | Sphere | 304pp | August 2020



A wonderful memoir by the author of the Twitter phenom - 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 | April 2021

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 | 304pp | 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 | Piatkus | 208pp | 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)

BUSY@HOME by Tony Crabbe

Self-Help & personal development | Piatkus | 144pp | May 2020

An essential toolkit for life and work during lockdown - and beyond



Covid-19 has disrupted work, upturned our lives and threatens our wellbeing. A natural reaction to the overwhelming demands we face - from both our work and our families - is to put our heads down and get busy.

But as our usual routines are disrupted by new challenges, business psychologist Tony Crabbe shows how the coronavirus crisis presents us with a unique opportunity to reshape our habits for the better.

By focusing on what is most important, making a greater impact, deliberately doing less and building our resilience, BUSY@HOME reveals how to use this time to replace stressful busyness with lasting, positive change - and turn a time of great uncertainty

into a chance to thrive.

TONY CRABBE is a business psychologist who works with multinational companies around the world to help them think, feel and do things better. He has worked with companies including Microsoft, News Corporation, Disney, HSBC and the World Bank. He is also a research fellow in the field of organisational psychology at Birkbeck College, University of London.

FRIENDS by Robin Dunbar

Psychology | Little, Brown | 352pp | March 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)

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

Popular Psychology | Robinson | 336 pp | April 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*.

Chinese (simplified) – Beijing Huaxia Winshare Books Co. Ltd.; *Korean* – Woongjin Think Big Co

TEACH YOURSELF TO SLEEP by Kate Mikhail

Sleep disorders & therapy | Piatkus | 272pp | June 2021

A personal and practical book about getting more sleep by ex-insomniac Kate Mikhail. It will help readers upgrade their sleep, health and wellbeing, while taking a cutting-edge, 360 degree look at sleep, and everything in our life that influences it.

TEACH YOURSELF TO SLEEP will translate cutting-edge science, from the world of medicine, behavioural science and NASA, into proactive techniques that readers can use to transform the quality of their sleep and their lives. How can readers dismantle habits of thought, emotion and behaviour that are standing in their way? How is it possible that the tiniest self-talk can get dramatic physical, emotional and behavioural results? How can cultural suggestion make us succeed or fail? How can the reader rewire their mind, body, and behaviour so that it works for them?

TEACH YOURSELF TO SLEEP will do what no other sleep book is doing. It will show readers how they can tune in to their body and mind to shift their cellular make-up, bend reality in their favour, hack their habits, alter their chemicals and their emotions, tame their imagination and re-write sleep patterns.

AGAINST THE GRAIN: THE PSYCHOLOGY OF REBELLIOUSNESS by Mark McDermott

Popular psychology | Robinson | 288pp | 10 illustrations | May 2022 | 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.

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.

US – New Harbinger Publications Inc

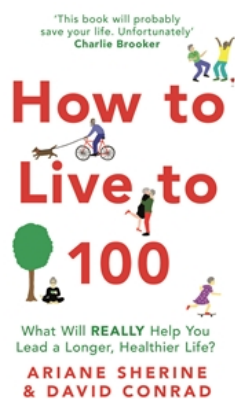
IT SHOULDN'T BE THIS WAY: LEARNING THE SKILLS OF ACCEPTANCE by Janina Scarlet

Self-Help | Robinson | 160pp | October 2021

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

Ariane Sherine

Health | Robinson | 480pp | October 2020 | Korea: EYA | Japan: EAJ



If you're reading this, you probably want to live to a hundred.

And why *wouldn't* you want to live a super-long life, if you could remain in good health? You'd get to meet your great-grandkids, try out space travel and the teleporter, and gross out all your descendants by having noisy old-person sex.

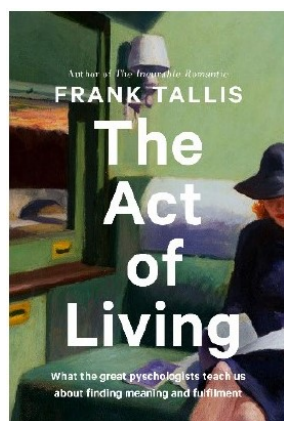
Comedian Ariane Sherine has always been determined to live into her hundreds, but never knew how. With so much conflicting and confusing health information out there, she didn't have a clue where to start until she met David Conrad, a public health expert, who helped her to weigh up all the research and evidence and explained exactly what to do to live a long and healthy life. And together, they've decided to tell you how to live to a hundred too.

This book has all the facts, stats, inappropriate jokes and shameless puns you could ever need to make it to your eleventh decade. The evidence is given for a hundred factors that affect life expectancy - everything from green tea to gardening, sex to sweeteners. And celebrities weigh in with their own thoughts too, so you'll find contributions from Derren Brown, Richard Osman, Lou Sanders, Charlie Brooker, Konnie Huq, Robin Ince, Jeremy Vine, Clive Anderson and many more.

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 SURVIVING DISCONTENT IN AN AGE OF ANXIETY by Frank Tallis

Psychology | Little, Brown | 352pp | January 2021 | 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.), Lithuanian (Vaga), Portuguese (Lua de Papel), Portuguese in Brazil (Faro), Russian (AST), Serbian (Vulkan), Spanish (Principal de los Livros), Turkish (Hep Kitap)

Dutch – Atlas Contact; *Slovak* – ARThur s.r.o; *US* – Basic Books

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

Self-help | Robinson | 272 pp | January 2021 | 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.

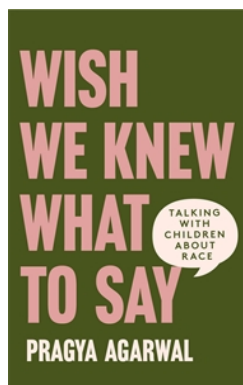
MICHAELA THOMAS is a clinical psychologist and couples’ therapist with many years’ experience in the NHS and private practice.



Parenting

Highlights

WHAT MOTHERS LEARN



We want our children to thrive and flourish in a diverse, multi-cultural world and we owe it to them to help them make sense of the confusing and emotionally charged messages they receive about themselves and others. These early years are the most crucial when children are curious about the world around them, but are also quick to form stereotypes and biases that can become deeply ingrained as they grow older. These are the people who are going to inherit this world, and we owe it to them to lay a strong foundation for the next phases of their lives.

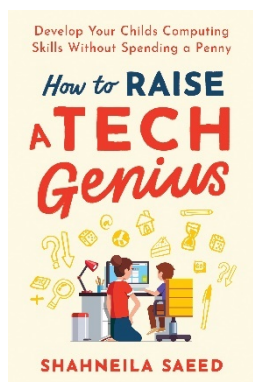
Wish We Knew What to Say is a timely and urgent book that gives scenarios, questions, thought starters, resources and advice in an accessible manner on how to tackle tricky conversations around race and racism with confidence and awareness. It brings in the science of how children perceive race and form racial identity, combining it with personal stories and experiences to create a handy guide that every parent would refer to again and again.

Written by behavioural and data scientist, Dr Pragya Agarwal, *Wish We Knew What to Say* will help all parents, carers and educators give children the tools and vocabulary to talk about people's differences and similarities in an open, non-judgemental, curious way, and help them address any unfairness they might see or encounter.

Dr Pragya Agarwal is a behavioural and data scientist, and a freelance journalist. As a Senior Academic in US and UK universities, she has held the prestigious Leverhulme Fellowship, following a PhD from the University of Nottingham. Pragya is the author of *SWAY: Unravelling Unconscious Bias*. As a freelance journalist, her writing has appeared in the *Guardian*, *Independent*, *BMJ*, *Times Higher Education*, *Huffington Post*, *Prospect*, *Forbes*, and many more.

HOW TO RAISE A TECH GENIUS: DEVELOP YOUR CHILD'S COMPUTING SKILLS WITHOUT SPENDING ANY MONEY 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

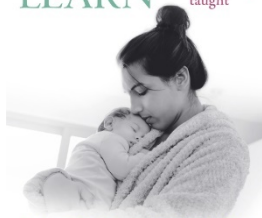
SHAHNEILA SAEED has twenty years' experience in teaching computing and ICT. She is currently a board member of Computing at School (CAS) and the Head of Education & Programme Director for Digital Schoolhouse. She was previously Head of Computing/ICT at Graveney School.

WHAT MOTHERS LEARN: WITHOUT BEING TAUGHT by Naomi Stadlen

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

WHAT MOTHERS LEARN

without being
taught



NAOMI STADLEN
Bestselling author of *What Mothers Do*

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)

Spanish – Editorial Planeta



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.

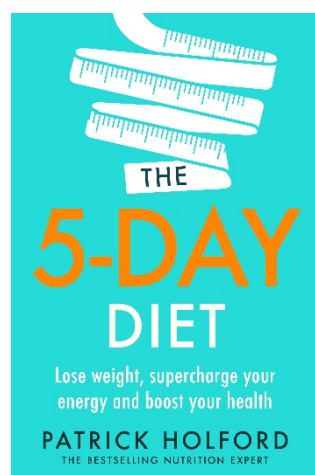
A HEALTHIER FAMILY FOR LIFE inspires from the very start of your day with recipes including Breakfast Toad-In-The-Hole, Pumpkin Silver Dollar Pancakes and Creamy Scrambled Eggs, through to teatime family favourites like Crumbed Chicken Tenders, Instant Pot Spare Ribs and Moussaka with Cauliflower Béchamel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

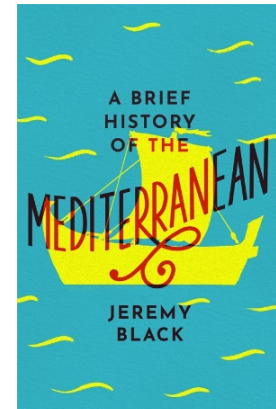
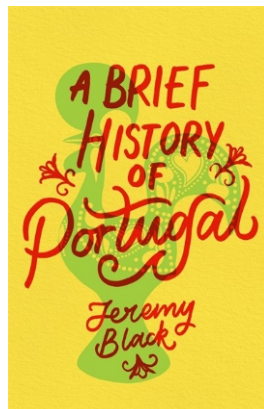
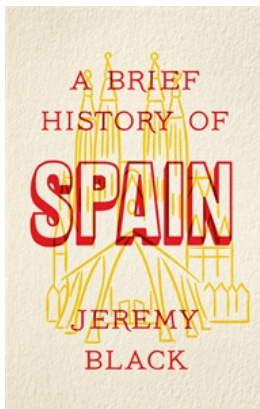
We know that a plant-based, vegan diet is healthy. But how easy is it to incorporate it into our lifestyle? Are there any other steps that need to be taken to ensure our body is getting the nutrients it needs?

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

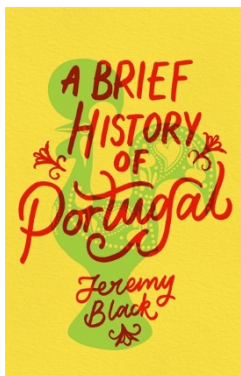


Despite being relatively brief, these very readable histories cover environmental, political, social, economic, cultural and artistic elements of their respective countries or regions. The tone is accessible, supported by boxes providing supplemental information, and these books are perfect for travellers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



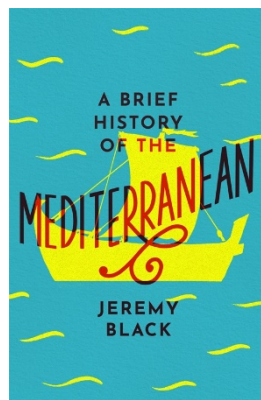
Black shows how Portugal had a global impact, but the world, too, had an impact on Portugal

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

Czech – Nakladatelství LEDA spol. s.r.o.; Greek – Patakis

*** 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
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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
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AN INTRODUCTION TO COPING WITH PHOBIAS
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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

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