



OCTOPUS

New Titles 2020

With complete backlist

July - December

Welcome to the Octopus
Autumn/Winter 2020
New Titles and Complete Backlist Catalogue

Food & Drink	2
Narrative Non-Fiction	18
Gardening	26
Wellness	29
Arts & Crafts	37
Photography & Film	44
Music	51
Design & Fashion	54
Reference	56
Sport	62
Humour & Gift	64
Philip's	69
OPG Backlist	72
Contacts	155

For exciting news about Octopus titles,
competitions and more, why not:

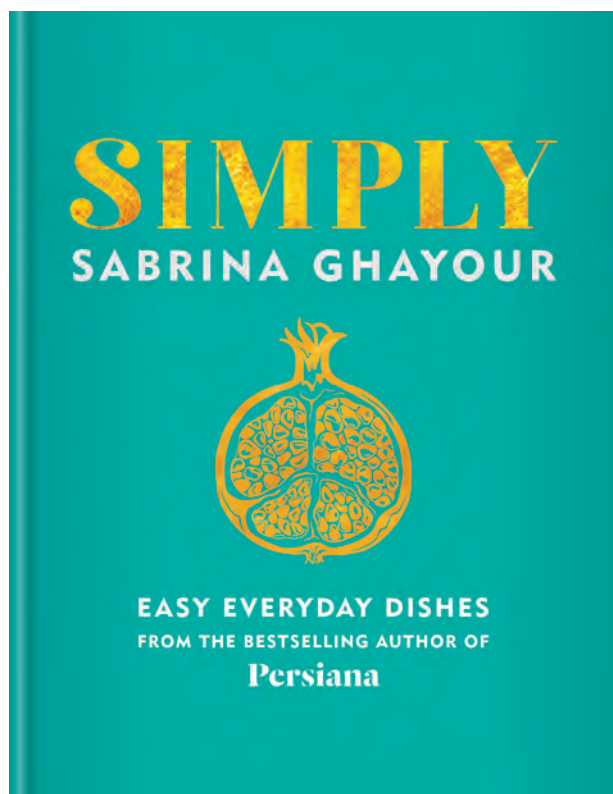
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at Octopus Publishing Group

We can't wait to connect with you.


OCTOPUS





Simply | SSN (246x189) | Hardback | 03/09/2020 |
£26.00 | 240 pages | Mitchell Beazley |
9781784725167

Author Biography:

A chef, food writer and cookery teacher, Sabrina Ghayour is one of the strongest voices in Middle Eastern food today

Sabrina's debut cookbook, *Persiana*, was awarded 'Best New Cookbook' at the Observer Food Monthly awards 2014 and 'Book of the Year' at the 2015 Food & Travel Awards. Her follow ups, *Sirocco*, *Feasts* and *Bazaar* were all Sunday Times bestsellers.

Simply

Easy everyday dishes from the bestselling author of *Persiana*

By Sabrina Ghayour

Sabrina Ghayour's new collection of unmissable dishes in her signature style, influenced by her love of fabulous flavours, is full of delicious food that can be enjoyed with a minimum of fuss. With sections ranging from Effortless Eating to Traditions With a Twist, *Simply* provides over 100 bold and exciting recipes that can be enjoyed every day of the week.

CONTENTS

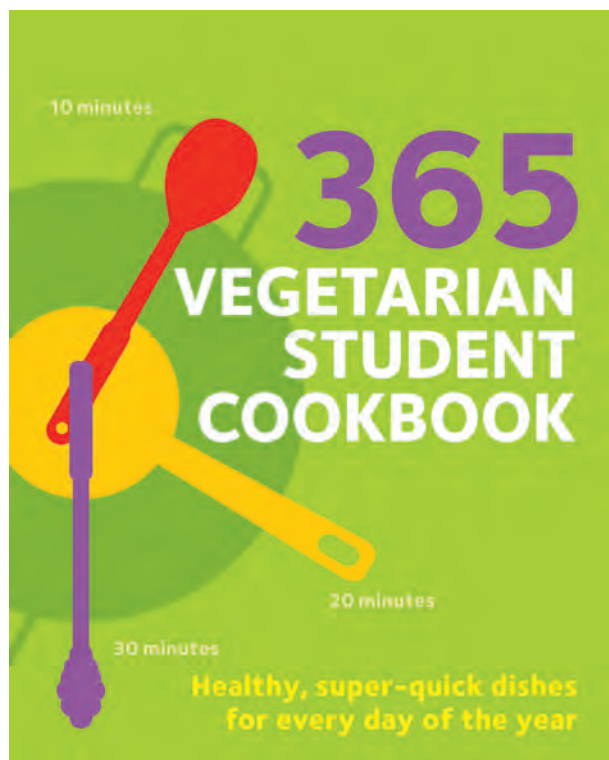
Chapter one: Effortless Eating

Chapter two: Traditions with a Twist

Chapter three: The Melting Pot

Chapter four: Something Special

Chapter five: Cakes, Bakes & Sweet Treats



365 Vegetarian Student Cookbook

A definitive guide to creating mouth-watering vegetarian meals at university, without the stress of spending hours in the kitchen.

Sunil Vijayakar

This flexible cookbook allows you to choose from a range of tempting recipes based on how much time you have available. Inside, you will find 365 dishes that will inspire and motivate students to get cooking every day of the year. This fantastically flexible approach will help you create a variety of great dishes including breakfast and light bites, midweek meals, family favourites, food for friends and delicious desserts.

365 Vegetarian Student Cookbook | (200x160) |
Paperback | 09/07/2020 | £9.99 |
288 pages | Hamlyn | 9780600636519

Author Biography:

Sunil Vijayakar was born in Bombay, where, while working as a food stylist for the film industry, he founded a successful catering company. He is now based in London and specializes in preparing food for photography. He has written a number of books for Hamlyn including Hamlyn All Colour Cookbook: 200 Curries and Fresh Indian, and contributes to many popular weekly and monthly publications.



The Art & Science of Foodpairing | Other
(280x216) | Hardback | 01/10/2020 | £30.00 |
384 pages | Mitchell Beazley | 9781784722906

Author Biography:

The Foodpairing Company is a creative food-tech agency that works with chefs, bartenders, chocolatiers, pastry chefs, product developers, cookery schools and other culinary creatives to provide new possible food combinations based on the intrinsic properties of different foods. The team there analyses foods under laboratory conditions to identify which flavour components they have in common, and operates one of the world's largest ingredient and flavour databases. From their headquarters in Belgium and offices in New York City, they work with food professionals in 150 countries worldwide.

The Art & Science of Foodpairing

10,000 flavour matches that will transform the way you eat

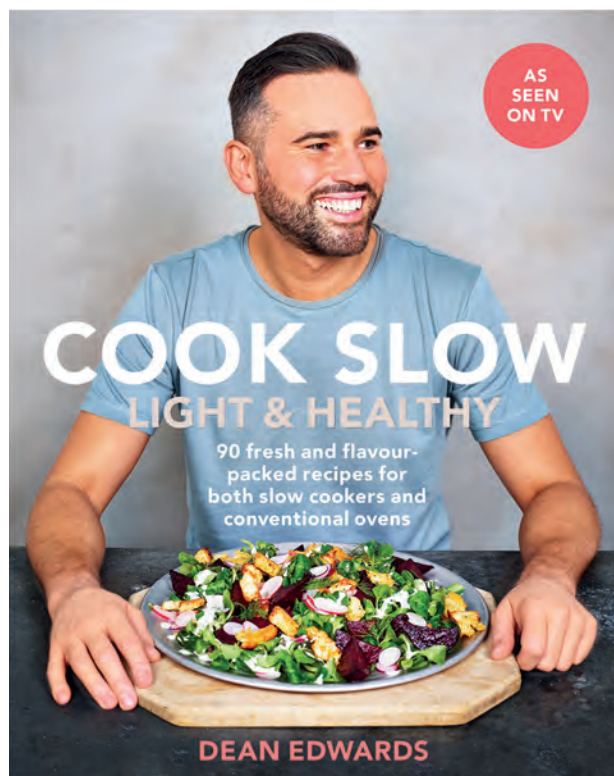
By Peter Coucquyt, Bernard Lahousse & Johan Langenbick

"We build tools to create culinary happiness" -
Foodpairing.com

"There is a world of exciting flavour combinations out there and when they work it's incredibly exciting" -
Heston Blumenthal

Foodpairing is a method for identifying which foods go well together, based on groundbreaking scientific research that combines neurogastronomy (how the brain perceives flavour) with the analysis of aroma profiles derived from the chemical components of food.

This groundbreaking new book explains why the food combinations we know and love work so well together (strawberries + chocolate, for example) and opens up a whole new world of delicious pairings (strawberries + parmesan, say) that will transform the way we eat. With ten times more pairings than any other book on flavour, plus the science behind flavours explained, Foodpairing will become THE go-to reference for flavour and an instant classic for anyone interested in how to eat well.



Cook Slow: Light & Healthy | U (235x190) |
Paperback | 03/09/2020 | £16.99 | 224 pages |
Hamlyn | 9780600636557

Author Biography:

After coming second in BBC's Masterchef Goes Large in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food.

Dean's likeable persona and family-friendly cooking style has made him a firm favourite on ITV's Lorraine since 2010, but he originally made his ITV debut on This Morning in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.

Cook Slow: Light & Healthy

Fresh and healthy slow-cooking recipes for everyone to enjoy, from MasterChef's Dean Edwards.

By Dean Edwards

Following on from the success of Cook Slow, MasterChef's Dean Edwards returns with over 90 mouth-wateringly fresh and delicious recipes for perfect home-cooking.

Slow cookers are often confined to heavy winter recipes made with stodgy ingredients and with poor nutritional content. Cook Slow: Light and Healthy shows you just how versatile your slow cooker can be with effortless, nourishing recipes inspired by dishes from around the world. Avoid boring 'diet food' and cook slow to create healthy, wholesome food for balanced eating.

Don't own a slow cooker? Don't panic! The recipes in this book can be cooked either conventionally in the oven or in your slow cooker.

Recipes include:

Coconut Fish Curry

'Melt-in-your-mouth' Teriyaki Beef

Vegan Black Bean 'Meatball' Marinara

Pibil Pork Tacos

Crispy Baked Aubergine Katsu Curry

Maple Baked Figs with Granola



Recipes from the World of Tolkien | 246x189mm |
 Hardback | 20/08/2020 | £20.00 | 176 pages |
 Pyramid | 9780753734155

Recipes from the World of Tolkien: Dishes and Drinks from the Legends of Tolkien

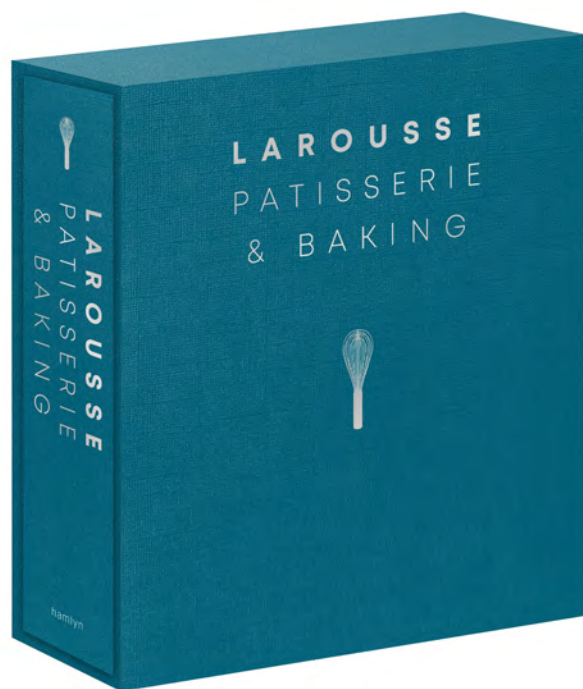
Experience Middle-earth like never before with over 75 recipes inspired by foods from J.R.R. Tolkien's *The Hobbit*, *Lord of the Rings* series, and *The Silmarillion*.

Ever wondered what lembas bread, cram or honey cake might taste like? Immerse yourself in Tolkien's epic fantasy world, and cook up a feast fit for orcs and elves alike.

Inspired by foods from Tolkien's *Lord of the Rings*, *Recipes from the World of Tolkien* features over 75 easy-to-make recipes ranging from breakfasts and main meals, to breads, scones and delicious desserts. Handy tips and straightforward preparation methods throughout mean that even the most novice of cooks can whip up these fantastical treats with ease.

Perfect for Tolkien fans old and new, this beautiful collection of recipes provides a Middle-earth experience like no other.

This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.



Larousse Patisserie and Baking | 250x210 |
Hardback | 05/09/2020 | £40.00 | 512 pages |
Hamlyn | 9780600636205

Larousse Patisserie and Baking

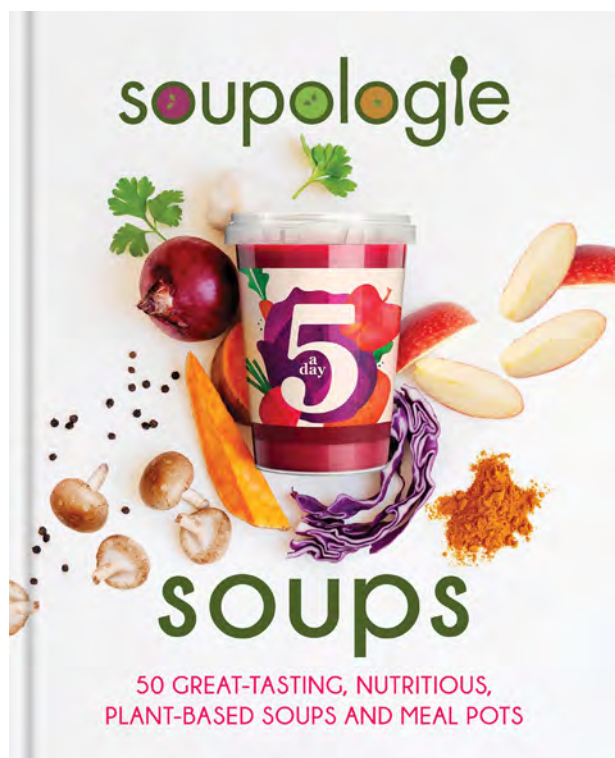
The ultimate expert guide to pastry, patisserie and baking, with more than 200 recipes and step-by-step techniques, from the creators of Larousse Gastronomique.

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

It covers all aspects of baking – from simple everyday cakes and desserts to special occasion show-stoppers. There are more than 200 recipes included, with everything from a quick-mix yoghurt cake to salted caramel tarts and a spectacular mixed berry millefeuille. Special features on baking for children, lighter recipes and quick bakes, among many others, provide a wealth of ideas.

More than 30 extremely detailed step-by-step technique sections ensure your bakes are perfect every time. The book also includes workshops on perfecting different types of pastry, handling chocolate, cooking jam and much more, demonstrated in clear, expert photography.

This is everything you need to know about pastry, patisserie and baking from the cookery experts Larousse.



Soupologie 5-a-day Soups | U (235x190) |
Hardback | 17/09/2020 | £17.99 | 160 pages |
Kyle Books | 9780857838810

Author Biography:

When Stephen Argent's daughters were small, they weren't keen on vegetables, so he made soup to hide the healthy ingredients. Friends suggested he sell the soups, so one year he and his wife Amanda took a stall at a Christmas fair. When they sold out within an hour, they realised they were on to something. What struck them was how interested people were in the ingredients, so they decided that they'd always make soups that were as nutritious as possible, as well as really tasty.

Soupologie 5-a-day Soups

50 delicious soups and meals that deliver your 5-a-day

By Amanda and Stephen Argent

A powerhouse collection of soups and meal pots that deliver 5 portions of fruit and veg (sometimes more!) that are also low in calories, sugars, carbohydrates and salt, plus are dairy and gluten free.

The first section explains what 5-a-day really means and includes a guide to what counts and what doesn't, as well as which fruits and veg give you a large dose of sugar. Armed with this better understanding of how to achieve your 5-a-day, you can then aim for even more.

The recipes range from soups such as Pea & Watercress (which also includes onion, apple, spinach and garlic) and Tomato & Aubergine (which also includes onion, peppers, carrot and basil) to Spiced Pineapple & Tomato Stew (which also includes sweet potato, peppers, onion and garlic). Each one makes enough for one person but can easily be adapted for larger servings. They have all been fully analysed by a qualified nutritionist so that the reader can see immediately the benefits of what they're eating. The authors also show the reader how to create their own 5-a-day soups and meal pots that range from cleansing to therapeutic and everything in between.



Clodagh's Weeknight Kitchen | U (235x190) |
Hardback | 17/09/2020 | £20.00 | 192 pages |
Kyle Books | 9780857838865

Author Biography:

Clodagh McKenna is a chef, restaurateur, broadcaster and author who studied in France and New York and trained and worked at Ballymaloe Cookery School, Ireland. She is the author of six books including *Clodagh's Suppers* and *Clodagh's Irish Kitchen*. Clodagh has hosted numerous pop-ups in collaboration with brands including Selfridges, Fortnum & Mason and The Whitney Museum and is a brand ambassador for L'Occitane and Tesco Ireland.

www.clodaghmckenna.com @clodagh_mckenna

Clodagh's Weeknight Kitchen

Easy weekday kitchen dinners from the popular TV chef and Evening Standard columnist

By Clodagh McKenna

Clodagh's 100 interesting, simple recipes from meat-free meals to quick-fix dishes and storecupboard suppers offer the answers to all your weeknight dinner dilemmas. With her trademark twists, Clodagh's inspirational but achievable dishes elevate the simple to something special. Including ideas for:

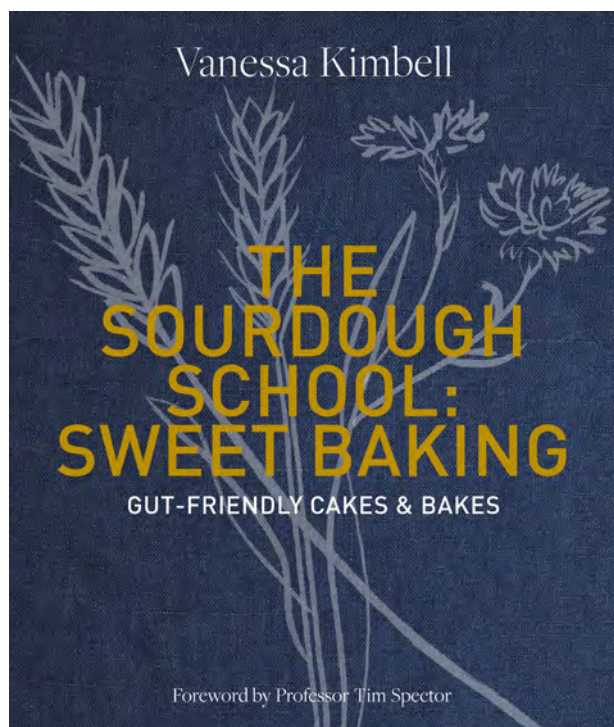
Quick Fixes - recipes on the table in less than 30 minutes - perfect for when you've been stuck in the office and need a quick fix.

One and Done - a variety of one-dish dinners, including roasting tin meals, one-pot stews and casseroles and one-pan recipes.

Meat-free - vegetarian dishes for meat-free Monday (or any other night of the week).

Storecupboard stand-bys - recipes based on basic storecupboard staples like pasta and tinned tomatoes, which don't require a long list of ingredients.

Friday Night In - satisfying and substantial dishes that can feed 6-8 people for weeknight gatherings of friends and family.



The Sourdough School: Sweet Baking | 250x210 |
Hardback | 03/09/2020 | £25.00 | 192 pages | Kyle
Books | 9780857836755

Author Biography:

Vanessa Kimbell runs The Sourdough School in Northamptonshire, where she teaches sourdough breadmaking and baking classes to students from around the world. A regular BBC radio journalist in the UK, she is a third generation baker of Italian descent and trained in several French bakeries.

Instagram: @vanessakimbell @sourdoughschool

The Sourdough School: Sweet Baking

A companion volume to the bestselling *The Sourdough School* focusing on sweet - but not sticky sweet - recipes that are not only delicious but also gut-friendly

By Vanessa Kimbell

The Sourdough School: Sweet Baking is an indispensable guide to exploring the techniques and ingredients involved in successful sweet sourdough baking. A companion to the bestselling *The Sourdough School*, it focuses on sweet recipes that are gut-friendly and rely on natural sweetness where possible.

Classic recipes and new ideas for flavour combinations offer bakers an alternative method of baking cakes, tarts, pancakes, doughnuts, pannetones, pretzels - nothing is off limits. If it rises, it can be made with sourdough.

Vanessa also explains how sourdough helps to maintain the health and diversity of your gut microbiome, which in turn improves mental health.

'Britain's queen of sourdough.' - *Telegraph*

'Vanessa Kimbell wants to change the bread we eat, one loaf at a time. She's the real deal: a total inspiration.' - Diana Henry

'Vanessa's work on sourdough and the gut microbiome is changing the way we think of food, health and baking.' - Tim Spector, author of *The Diet Myth*



Toblerone Cookbook | 200x154 | Hardback |
01/10/2020 | £10.00 | 96 pages | Kyle Books |
9781783253654

Author Biography:

Created in 1908 by chocolatiers (and cousins) Theodor Tobler and Emil Baumann in Bern, Switzerland, Toblerone is one of the world's most recognisable and best-loved chocolate bars. Emil Baumann created the unique recipe consisting of milk chocolate, nougat, almonds and honey, and Theodor Tobler came up with the distinctive triangular shape and packaging. Every Toblerone bar consumed still originates from the only Toblerone factory in the world, in Bern-Brünnen.

Toblerone Cookbook

Deliciously creative ways to bake with this iconic chocolate bar

Toblerone's legendary almond and honey triangular chocolate bar is loved the world over and sold everywhere, from international airports to local corner shops.

This beautifully packaged, fabulously fun cookery book celebrates the versatility of this iconic chocolate bar (which comes in 10 different sizes, from fun to life size) and shares 40 fantastic foolproof recipes featuring the three core Toblerone varieties – milk, dark and white.

From a decadent Coconut Ice Cream Cake and irresistibly gooey Brownies to special occasion cakes for birthdays, Valentine's Day, Easter, Halloween and Christmas, there's something for everyone. The book also includes desserts and no-cook treats such as a Lime, Ginger and White Chocolate Cheesecake and Rocky Road, as well as gluten-free bakes that take cooking with this famous chocolate bar to the next level.



BrewDog: Craft Beer for the Geeks

A masterclass in beer, from the hugely successful BrewDog brand

By Richard Taylor with James Watt and Martin Dickie.

We are Geeks.

There, we said it. We love beer and its creation so much that we literally wrote the book on it.

The success of *Craft Beer for the People* was amazing and it proved that there is a market for a book about beer that breaks the mould.

But there is so much more to say.

We wrote the ultimate book for beer virgins and now we are preparing to go deeper. Deep niche deeper.

Introducing *Craft Beer for the Geeks*.

Here you will find everything we love about beer and brewing distilled into one must-read volume. In a nutshell it will be the next step for those looking to expand their knowledge. Our target audience? Anyone with an active interest in craft beer.

This book will be nothing short of a taproom bible.

BrewDog: Craft Beer for the Geeks | U (235x190) |
Hardback | 17/09/2020 | £20.00 |
224 pages | Mitchell Beazley | 9781784726515

Author Biography:

BrewDog was founded – by two men and a dog – in Scotland in 2007. They now have 1,000 employees, are the UK's fastest growing non-industrial beer company by some distance, and have made a loud noise through their crowdfunding of business expansion, their iconoclastic attitude/talent for generating headlines, very distinctive design – and of course extremely good beers.

As well as the UK, they have a brewery in Columbus, Ohio, and have recently announced plans to open another in Brisbane, Australia, and in China.



Hugh Johnson Pocket Wine 2021 | BP
(190x89) | Hardback | 03/09/2020 |
£12.99 | 336 pages | Mitchell Beazley |
9781784726805

Hugh Johnson Pocket Wine 2021

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

**By Hugh Johnson.
General editor: Margaret Rand**

The world's best-selling annual wine guide.

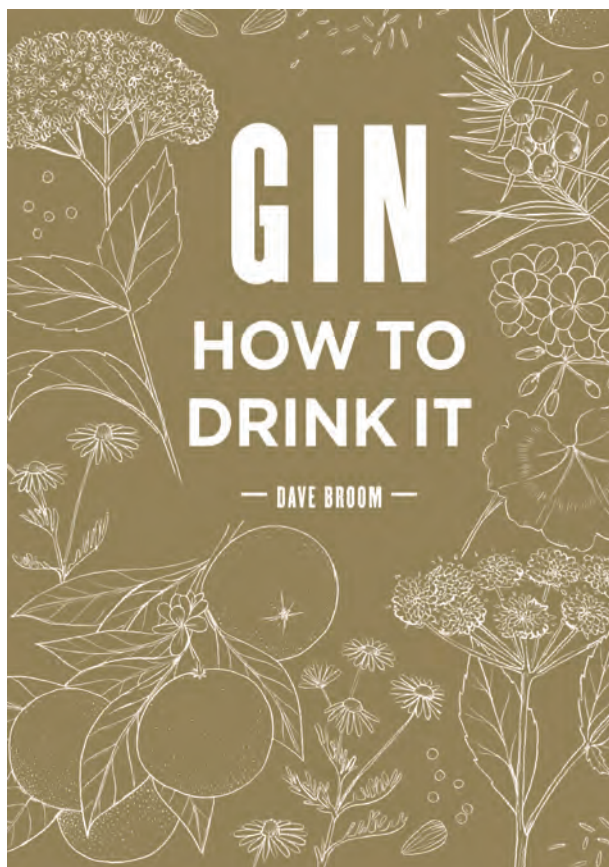
Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine – in shops, restaurants, or on the internet. Now in its 44th year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

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

This latest edition of *Hugh Johnson's Pocket Wine Book* includes a colour supplement on terroir.

Author Biography:

Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* sells hundreds of thousands of copies a year. His winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered. During the past four decades he has written books that have become landmarks on the subject, including his classic *The World Atlas of Wine*, co-authored with Jancis Robinson.



Gin: How to Drink It | Z (210x149) | Hardback |
01/10/2020 | £15.99 | 224 pages | Mitchell Beazley |
9781784726638

Author Biography:

Award-winning author and gin expert Dave Broom has been writing about gin for 25 years as a journalist and author. He has written numerous books, winning awards as Drinks Writer of the Year, the extremely prestigious IWSC Communicator of the Year Award and, in 2018, an Andre Simon award for Drinks Book of the Year for *The Way of Whisky*. In 2015, Tales of the Cocktail presented Dave with the Best Cocktail & Spirits award, soon to be followed by the Golden Spirit Award in 2016.

Gin: How to Drink It

The best gins in the world – and how to drink them.

By Dave Broom

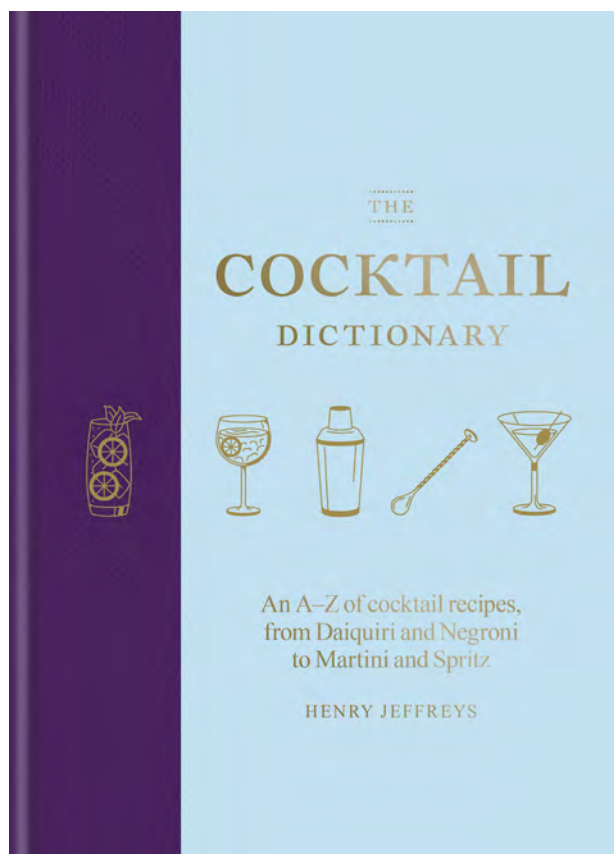
Updated with more than 80 new gins.

With more gin brands available than ever before, you need to know how to choose and get the most out of the brands you buy, understanding their flavours so you drink them in the most delicious way possible.

Award-winning spirits writer Dave Broom has tested thousands of gins from all over the world to choose the 120 selected to appear in this book. As well as the gin selection, he has also tasted and scored each one four ways – in a G&T, a negroni, a martini and with lemonade (a gin that's perfect for a martini may be exactly the opposite in a G&T). So not only do you get to drink the world's best gins, you get to drink them in the best possible way.

Praise for the first edition:

'You could not write a more sophisticated book or pack more detail onto each page...it is rocket science impressive' – *Huffington Post*



The Cocktail Dictionary

An A-Z of cocktail recipes, from Daiquiri and Negroni to Martini and Spritz

By Henry Jeffreys

More than 100 cocktail recipes.

Navigate the bewildering world of cocktails with this elegant A to Z guide to every recipe that you need to know. Complete with the stories behind the famous drinks and know-how on key cocktail topics and techniques, *The Cocktail Dictionary* is the discerning drinker's guide to the art of sipping.

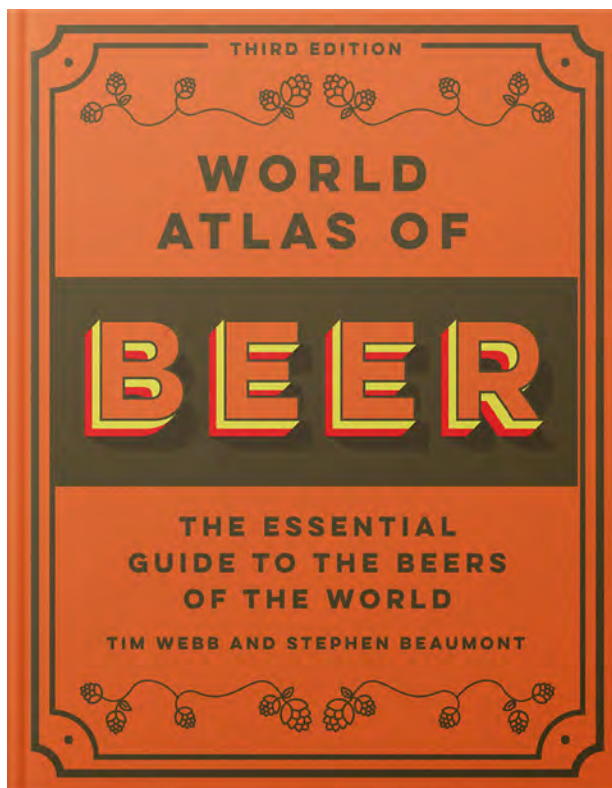
Covering everything from the Old Fashioned, Martini, Margarita and Daiquiri to key cocktail techniques such as muddling, shaking, stirring and the perfect ice.

Includes stunning illustrations throughout the book.

The Cocktail Dictionary | Z (210x149) | Hardback |
03/09/2020 | £15.00 | 224 pages | Mitchell Beazley |
9781784726294

Author Biography:

Henry Jeffreys is a drinks expert and award-winning author. His writing has appeared in the *Guardian*, the *Daily Telegraph*, *BBC Good Food* and the *Spectator*, and he was the Features Editor at spirits specialists Master of Malt.



World Atlas of Beer

The definitive guide to world beer, fully updated for a third edition.

By Tim Webb, Stephen Beaumont

As craft brewing continues to go from strength to strength across the world, *World Atlas of Beer* is the definitive and essential guide to beer. Understand the rich, multi-faceted traditions of Belgium, the Nordic legend that is Finnish Sahti, the relatively new phenomenon of the New England hazy IPA, and why Australia's lower-strength beers are one of its great successes. With thousands of breweries now operating around the globe, and more opening every day, this is the expert guide to what is really worth drinking.

Country by country the book considers a vast range of beer techniques, styles and traditions. Detailed maps describe crucial trends in major territories and features such as matching beer with food and how to pour different kinds of beer complete the picture.

Now in a fully updated third edition, this book is the perfect companion to help you explore the best beers the world has to offer.

Praise for the second edition of *World Atlas of Beer*:

'Written with authority and wit... the perfect guide to the rapidly changing beer scene' – the *Guardian*

World Atlas of Beer | BC (292x229) | Hardback |
03/09/2020 | £30.00 | 272 pages | Mitchell Beazley |
9781784726270

Author Biography:

During six years on the board of the Campaign for Real Ale (CAMRA) **Tim Webb** ran Britain's national beer festival and co-founded CAMRA's publishing company. He has written Good Beer Guide Belgium continuously since 1992 and has won awards for beer writing in four countries.

Stephen Beaumont is recognized internationally as one of the leading writers on beer in the world today. He is the author or co-author of ten additional books about beer, including *The Beer & Food Companion*, and two editions of *The Pocket Beer Book*.



A Matter of Facts

One man's journey into the nation's quiz obsession

By Shaun Williamson

Actor and acclaimed celebrity quizzier Shaun Williamson lifts the lid on a National drug that everyone hooked on... quizzing.

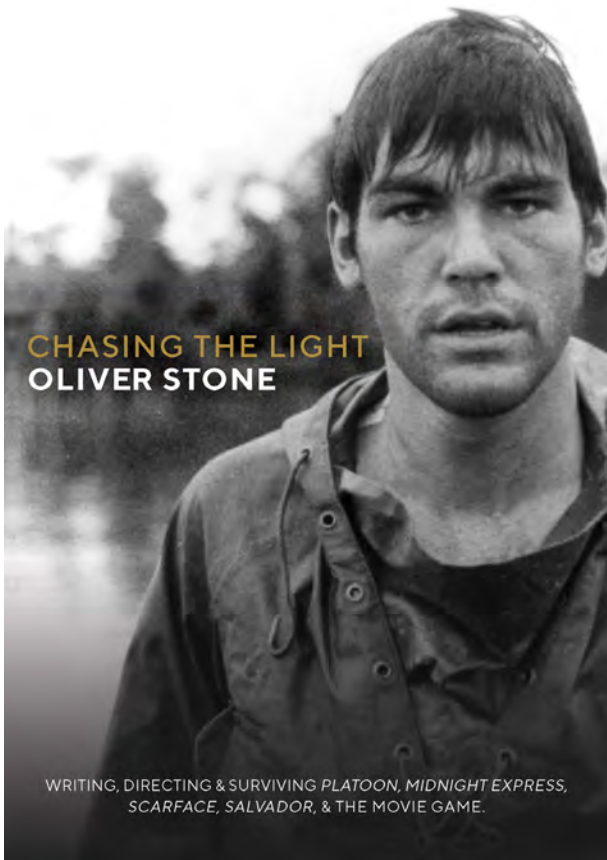
A Matter of Facts is a personal journey into the world of quizzes. At the start Shaun enters the World Quiz Grand Prix, pitching his knowledge against the Nation's finest minds, including Eggheads and Chasers... he fails. Unperturbed, he sets out to improve his skills through memory training, practice and even hypnosis. His adventure sees him get his old quizzing 'band' back together as they work their way through the leagues. As he does so, he meets many characters and experiences the wonderful vagaries of the pub quiz and discovers its place, not just in communities, but in people's lives. He also reflects on his life with many humorous and incredible stories from his days in the Navy and EastEnders. Over the course of year Shaun aims to end his journey at a triumphant return to the Grand Prix... can his experiences and new-found knowledge end in triumph?

A Matter of Facts is a fun, fascinating and heart-warming read that will be adored by those who enjoy a regular meeting of alcohol and trivia.

A Matter of Facts | Royal | Hardback | 01/10/2020 |
£16.99 | 304 pages | Cassell | 9781788402071

Author Biography:

Shaun is best known for playing Barry Evans in BBC1's 'EastEnders' from 1994–2004 and for the Ricky Gervais/Stephen Merchant series 'Extras' and 'Life's Too Short'. He has shamelessly used his fame to appear on as many TV Quiz shows as humanly possible and has won celebrity versions of 'Mastermind', 'Eggheads', 'The Chase', 'Today's The Day' and 'Pointless'. He is currently the resident brainbox barman on 'Al Murray's Great British Pub Quiz'.



Chasing The Light

A rare, controversial, and no holds barred memoir from one of Hollywood's greats.

By Oliver Stone

In this powerful and evocative memoir, Oscar-winning director and screenwriter, Oliver Stone, takes us right to the heart of what it's like to make movies on the edge. In *Chasing The Light* he writes about his rarefied New York childhood, volunteering for combat, and his struggles and triumphs making such films as *Platoon*, *Midnight Express*, and *Scarface*.

Before the international success of *Platoon* in 1986, Oliver Stone had been wounded as an infantryman in Vietnam, and spent years writing unproduced scripts while taking miscellaneous jobs in New York, finally venturing westward to Los Angeles and a new life.

Stone, now 73, recounts those formative years with vivid details of the high and low moments: we sit at the table in meetings with Al Pacino over Stone's scripts for *Scarface*, *Platoon*, and *Born on the Fourth of July*; relive the harrowing demon of cocaine addiction following the failure of his first feature, *The Hand* (starring Michael Caine); experience his risky on-the-ground research of Miami drug cartels for *Scarface*; and see his stormy relationship with The Deer Hunter director Michael Cimino. We also learn of the breathless hustles to finance the acclaimed and divisive *Salvador*; and witness tensions behind the scenes of his first Academy Award-winning film, *Midnight Express*. Written fearlessly, with intense detail and colour, *Chasing the Light* is a true insider's story of Hollywood's years of upheaval in the 1970s and '80s, and Stone brings this period alive as only someone at the centre of the action truly can.

Chasing The Light | Royal | Hardback | 21/07/2020 |
£25.00 | 416 pages | Monoray | 9781913183189

Author Biography:

Author Biography: Oliver Stone is an Academy Award-winning director, screenwriter and producer. He has written and directed some of the most iconic Hollywood films of all time, from *Midnight Express* and *Platoon* to *Scarface* and *Natural Born Killers*. Stone is also the co-author of *The Untold History of the United States*.



A Year of Living Simply | Royal | Hardback |
17/09/2020 | £20.00 | 304 pages | Aster |
9781783253425

Author Biography:

Kate Humble is a farmer, writer, activist, entrepreneur and one of the UK's best-known TV presenters. She started her television career as a researcher, later presenting programmes such as 'Animal Park', 'Springwatch & Autumnwatch', 'Lambing Live', 'Living with Nomads', 'Extreme Wives' and 'Back to the Land'.

A Year of Living Simply

**The follow-up to the critically acclaimed
Thinking on My Feet**

By Kate Humble

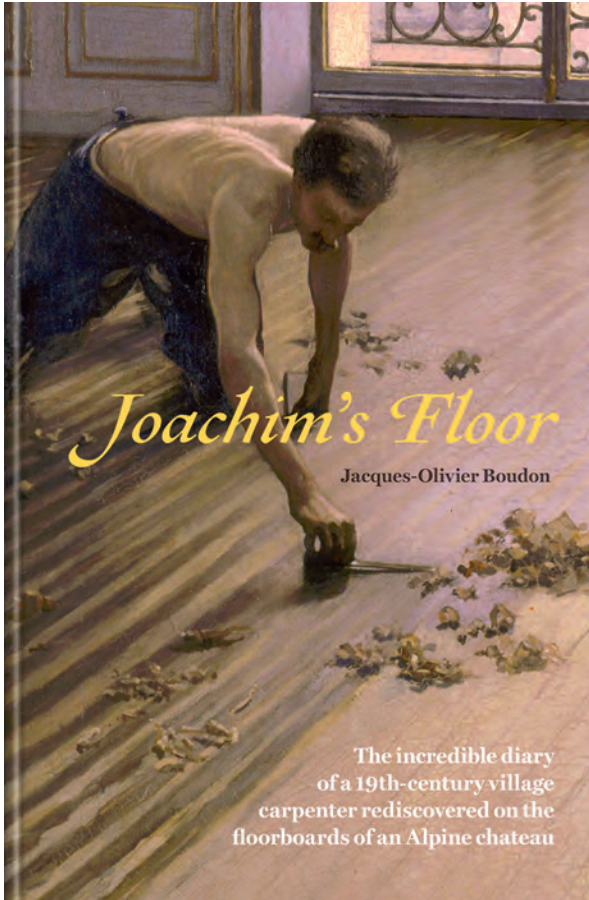
**** THINKING ON MY FEET SHORTLISTED FOR
THE WAINWRIGHT PRIZE****

**** THINKING ON MY FEET SHORTLISTED FOR
THE EDWARD STANFORD TRAVEL WRITING
AWARD - TRAVEL MEMOIR OF THE YEAR ****

If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has become, it appears, anything but simple. Having stuff - The Latest, The Newest, The Best Yet - is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Why is it, when we have so much, that many of us still feel we are missing something and the rush of pleasure when we buy something new turns so quickly into a feeling of emptiness, or purposelessness, or guilt?

So what is the route to real, deep, long lasting happiness? Could it be that our lives have just become overly crowded, that we've lost sight of the things - the simple things - that give a sense of achievement, a feeling of joy or excitement? That make us happy. Do we need to take a step back, reprioritise? Do we need to make our lives more simple?

Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring - and will help us all find balance.



Joachim's Floor | Hardback | Royal | 03/09/2020 |
£16.99 | 256 pages | Cassell | 9781788401654

Author Biography:

Jacques-Olivier Boudon is an alumnus of the École Normale Supérieure with a PhD in History. Since September 2003 he has been a professor at the Sorbonne in Paris, conducting research on the history of the French Revolution and the First French Empire, along with contemporary religious history. Since 2012, he has been on the consulting committee for History for Le Figaro. He has written, or contributed to, around 18 books, largely academic titles. In April 2017, he was one of a group of researchers and university professors who endorsed Macron as presidential candidate.

Joachim's Floor

The incredible diary of a 19th-century village carpenter rediscovered on the floorboards of an Alpine chateau.

Jacques-Olivier Boudon

"Happy Mortal. When you read this, I shall be no more." ... "My story is short and sincere and frank, because none but you shall see my writing."

In 2000 the new owners of an Alpine chateau decided to renovate the parquet floor of its upper storeys. On the underside of the planks were found long messages written in 1880 that revealed the village life, fears and thoughts of the man who originally laid the floor - Joachim Martin, who kept this secret diary, written with the knowledge that his words would be discovered by a carpenter in the future.

The planks were given to Jacques Olivier-Boudon, a former Professor of History at the Sorbonne, Paris. Entrusted with this unknown documentary material of life in France in the late 19th century, Olivier-Boudon casts a biographical magnifying glass on the identity of this unknown carpenter, his life story, and the message he was trying to transmit, at a time of religious and political upheaval.

From stories on agriculture and village life, to salacious tales of infanticide, extramarital relations and suspicions of paedophilia, Joachim's Floor is a compelling and detailed insight, revealing the hidden truth of life, love and death during one of the most turbulent times in French history.



In Black and White

A young mixed-race barrister gives us a fresh perspective on a broken criminal justice system still dominated by white middle-class men.

By Alexandra Wilson

'I glanced around the courtroom, quickly at first and then repeated it. Slower this time, taking in the details of everyone's faces. I began to play the game I'd played my whole life: spot the black person. I wish it didn't matter what I looked like or where I came from, but it was obvious that no one looked like me.'

Alexandra is 24, mixed-race and from Essex. As a trainee criminal and family law barrister, she finds herself navigating a world, and a set of rules, designed by old white men. This is her story.

We follow Alexandra through a criminal justice system still divided by race and class. We hear about the life-changing events that motivated her to practice law, beginning with the murder of a close family friend and her own experiences of knife crime.

She shows us how it feels to defend someone who hates the colour of your skin or someone you suspect is guilty. We witness the heart-breaking cases of youth justice she has worked on. Her story is unique in a profession still dominated by a privileged section of society with little first-hand experience of the devastating impact of violent crime.

In Black and White | Royal | Hardback |
17/09/2020 | £16.99 | 288 pages | Endeavour |
9781913068288

Author Biography:

Alexandra Wilson is a junior barrister. She grew up in Essex. Alexandra studied at the University of Oxford and was awarded two prestigious scholarships, enabling her to research the impact of police shootings in the US on young people's attitudes to the police. She went on to study for a Graduate Diploma in Law (GDL) and her Masters-in-Law at BPP University in London. Alexandra was awarded the first Queen's scholarship by the Honourable Society of the Middle Temple.

Twitter: @EssexBarrister



Remember Me?

The debut memoir from Shobna Gulati.

By Shobna Gulati

In 2018, Shobna Gulati's mother was diagnosed with vascular dementia.

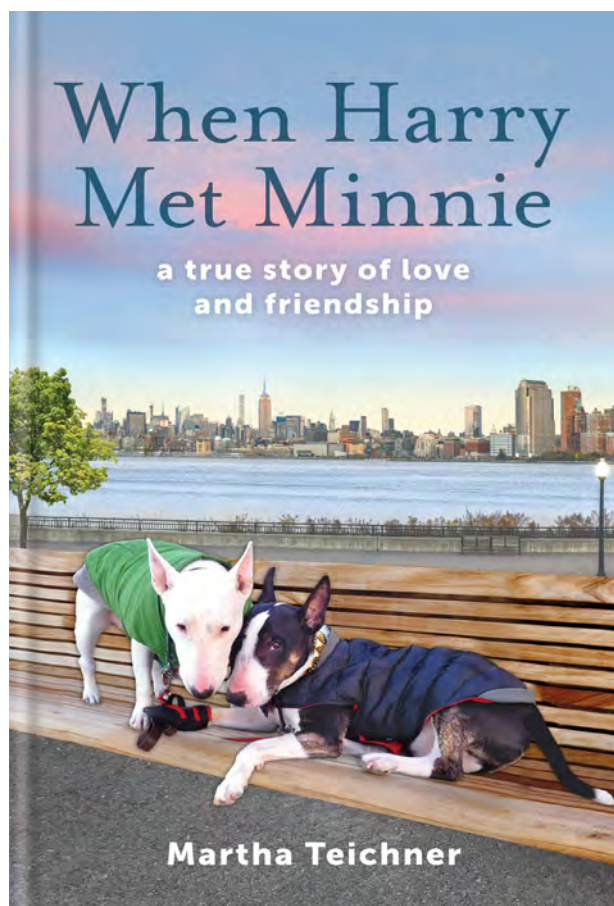
Remember Me? is a heartbreakingly courageous and tender memoir capturing the unravelling of Asha's mind and the subsequent role reversal of motherhood.

As the dementia begins to affect Asha's memory, thinking and behaviour, looks back at the initial warning signs, including her mother's freak speeding fines and erratic arrivals at her doorstep in the middle of the night, to her sudden rediscovery of Punjabi swear words. Shobna also details the tear-jerking questions her mother begins to ask her: Where are we? Why can't I come? Who are they? Where do I live? Who are you? and Who am I?

Remember Me? traces the loss of a mother while they are still living and the rediscovery of who she was and who she could become through the process. It is a rumination on memory and perception that will ultimately teach us all to live more in the moment.

Remember Me? | Demy | Hardback | 17/09/2020 |
£16.99 | 256 pages | 9781788402477

Author Biography: Shobna became a household name for her role as Anita in Victoria Wood's *Dinnerladies* and as Sunita, in *Coronation Street*. She also appeared as a presenter on *Loose Women* (ITV), and most starred in Series 1 of the BBC One television show *River Walks*. On radio, Shobna hosted her own late night show on BBC Radio Manchester, and has appeared in many plays for BBC Radio 4, most recently in the sitcom 'The Break'. Shobna has just finished filming the role of Ray in the upcoming feature film *Everyone's Talking About Jamie*.



When Harry Met Minnie | Demy | Hardback |
17/09/2020 | £12.99 | 320 pages | Aster |
9781783253036

Author Biography:

Martha Teichner has been a correspondent for "CBS Sunday Morning" since December 1993, where she's equally adept at covering major breaking national and international breaking news stories as she is handling in-depth cultural and arts topics. Since joining CBS News in 1977, Teichner has earned multiple national awards for her original reporting. As a Correspondent for CBS News, Teichner has reported on the some of the largest national and international stories of this era. Now based in New York, Teichner spent more than a dozen years as a foreign correspondent major international news.

When Harry Met Minnie

The longtime CBS Sunday Morning correspondent chronicles the bond she developed with a woman who was dying of cancer and the Manhattan love story of their two pet dogs.

By Martha Teichner

There are true fairy tales, once-upon-a-time stories that exist because of impossible-to-explain, coincidental happenings which change everything. Except in real life, not all of them have conventional, happy-ever-after endings...

This Manhattan memoir charts the friendship that world-famous journalist Martha Teichner developed with a mutual acquaintance with a fascinating and complex history, and how their two pet dogs embarked on a Nora Ephron-esque love story.

Simultaneously funny and heart-breaking, When Harry Met Minnie explores finding connection in the city and the importance of the embrace of friendship and love and generosity.

DEEP FAKES

and the
Infocalypse

**What You Urgently
Need To Know**

NINA SCHICK

Deep Fakes and the Infocalypse | Paperback |
09/07/2020 | £8.99 | 224 pages | 9781913183523

Author Biography:

Nina Schick is a political commentator, advisor and public speaker, specialising in how technology is reshaping politics in the 21st century. Most recently, her work has seen her advising Rasmussen Global on the fallout generated from Russian election interference in the US (and around the world) since 2016. Nina has also advised global leaders including Joe Biden and Anders Fogh Rasmussen (the former Secretary General of NATO), through her research on next-generation disinformation and AI-generated deep fakes. Half German and half Nepalese she speaks seven languages and holds degrees from Cambridge University and University College London. She divides her time between London, Berlin and Kathmandu.

Deep Fakes

The first book focusing on Deep Fakes and the Infocalypse and using the buzzwords in the title.

Nina Schick

It will soon be impossible to tell what is real and what is fake. Recent advances in AI mean that by scanning images of a person (for example using Facebook), a powerful GAN machine learning system can create new video images and place them in scenarios and situations which never actually happened. When combined with powerful voice AI, the results are utterly convincing.

So-called 'Deep Fakes' are not only a real threat for democracy but they take the manipulation of voters to new levels. They will also affect ordinary people. This crisis of misinformation we are facing has been dubbed the 'Infocalypse'.

Nina Schick reveals shocking examples of Deep Fakery and explains the dangerous political consequences of the Infocalypse, both in terms of national security and what it means for public trust in politics. She also unveils what it means for us as individuals, how Deep Fakes will be used to intimidate and to silence, for revenge and fraud, and how unprepared governments and tech companies are.

As a political advisor to select technology firms, Schick is at the forefront of trends emerging from the worlds of data science, machine learning and AI. In this book she tells us what we need to do to prepare and protect ourselves. Too often we build the cool technology and ignore what bad guys can do with it before we start playing catch-up. But when it comes to Deep Fakes, we urgently need to be on the front foot.



Royal Gardens of the World | CA (290x240) |
Hardback | 03/09/2020 | £35.00 | 240 pages |
Kyle Books | 9780857838018

Author Biography:

Mark Lane, with his background in architecture publishing and landscape design, takes both a practical and an aesthetic approach to gardening. He has gained recognition as a first-class landscape designer and the UK's first garden designer in a wheelchair, and is a presenter on the award-winning TV series BBC Gardener's World.

Royal Gardens of the World

History and horticulture in 21 of the world's best royal gardens

By Mark Lane

While there have been several UK Royal Gardens books, none of them have taken an international approach like this one.

The book is a sumptuous exploration of 21 of the world's most celebrated royal gardens, from the delightful Royal Botanic Gardens at Kew and the organic, sustainable Highgrove to the rugged, classical Balmoral in the UK.

In mainland Europe you can journey from the formal splendour of Het Loo in the Netherlands and Versailles in France to the Baroque World Heritage Site of the Royal Palace of Caserta in Southern Italy. Further afield still lies the Taj Mahal in India and the Peterhof Palace in Russia.

Each featured garden will include the history, plantings and evolution of the garden as well as plant portraits of key plants and information about the design and layout of each.

Countries included are: England, Scotland, Germany, France, Italy, Spain, Austria, the Czech Republic, the Netherlands, Sweden, Denmark, Russia, India, Bali and Japan.

This inspiring global selection of royal gardens is a perfect gift for any gardening enthusiast or armchair traveller.



Pot

House plants: choosing, styling, caring

By Gynelle Leon

Where once house plants were the province of an older generation who had the time, knowledge and space to tend them, they're now proving popular with a younger, cooler crowd.' – the *Telegraph*

House plants can change a home in an instant. A flash of colour, a calming influence, they are adaptable, affordable and – if you know how – easy to care for.

In *Pot*, expert author Gynelle Leon gives you all the knowledge you need to help your plants thrive.

Includes:

- How to ID your plant
- Plant gallery
- Care guide
- Styling ideas and advice

Pot | Z (210x149) | Hardback | 03/09/2020 | £15.00 | 224 pages | Mitchell Beazley | 9781784726744

Author Biography:

Gynelle Leon is a house plant expert and founder of PRICK, one of the world's first shops dedicated to cacti and succulents. An award-winning plant photographer, Gynelle has worked with the Royal Horticultural Society and been featured in the *Financial Times*, *Huffington Post*, *Monocle* and *i-D*, among others.



RHS Gardening for Mindfulness | Z (210x149) |
Hardback | 03/09/2020 | £12.99 | 224 pages |
Mitchell Beazley | 9781784726614

Author Biography:

Holly Farrell spent two years at RHS Gardens Wisley where she gained the Wisley Diploma in Practical Horticulture, and the RHS Certificate and Diploma (both with Commendation), and where she won the Nicholson Prize for overall contribution to RHS Garden Wisley as a trainee. After working as Head Gardener on a private estate she now combines designing and improving gardens for private clients with her career as a garden writer for publications such as *Kitchen Garden* and the RHS magazine *The Garden*. Holly is the author of several books.

RHS Gardening for Mindfulness

A practical, inspirational guide to improving mental wellbeing through gardening.

By Holly Farrell

‘Gardening is the best medicine for the mind’
– the *Guardian*

Gardening, like mindfulness, is a way of finding a sense of calm in an otherwise chaotic world, a simpler existence, even if it is only for a few minutes. Both forge a connection to the world around us, to nature and wildlife, which can bring pleasure and peace. In this beautifully illustrated guide to gardening for mindfulness, horticulturalist and mindfulness practitioner Holly Farrell provides a blueprint for a more contemplative way to garden, including projects, meditations and inspiration.

Projects for the mindful gardener, including growing something from seed, planting a tree and creating a mandala, put the theory of mindfulness into practice, while plant lists and design ideas aim to enhance mindfulness in the garden through the senses.

Easy to follow and beautifully packaged in a new format, this is the perfect book for keen gardeners, devotees of mindfulness, or simply those looking for calm in a busy and hectic world.

DON'T BOTHER

A GUIDED MINDLESSNESS ANTI-JOURNAL

for people who like
themselves the way they are

Don't Bother: A Guided Mindlessness Anti-journal

**Embracing mindlessness,
procrastination, laziness, ingratitude and
bad habits in a world obsessed with being
perfect.**

Put the 'pro' in procrastinate with this guided anti-journal. For people who like themselves just the way they are.

Featuring:

AN INGRATITUDE JOURNAL

For when you just want everyone to f**k off

A MINDLESSNESS GUIDE

For being anywhere but in the bloody moment

A PROCRASTINATION PLANNER

For helping distracted people avoid everything
essential

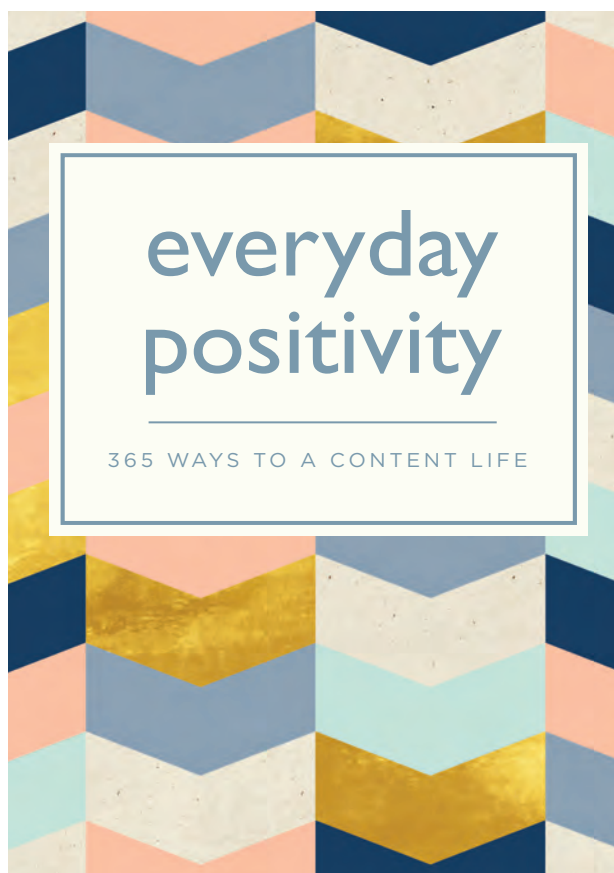
A DEMOTIVATION DIARY

For lazy people who just can't be bothered

A BAD HABIT BULLET JOURNAL

For all the things you'll never change

Don't Bother | Z(210x149) | Paperback | 24/09/2020 |
£10.99 | 176 pages | Pyramid | 9780753734247



Everyday Positivity: 365 Ways to a Content Life

Inspirational quotes, tips and exercises for staying positive every day of the year.

Positivity isn't something you are – it's something you do. It's not just a trait that people have naturally, but an active decision to seize the day and look for opportunity in the mundane. Including quotes and affirmations from inspiring individuals, as well as useful tips for boosting your mood, *Everyday Positivity* is the essential guide to helping you achieve daily optimism. Keep this little book close by for the perfect reminder to always look on the bright side.

About the Everyday series

Get to grips with a single subject in small, manageable steps with the Everyday series. From inspirational quotes to professional tips, the short daily entries fit perfectly into the hustle and bustle of everyday life.

Everyday Positivity | 167x140mm | Paperback |
10/09/2020 | £14.99 | 384 pages | Pyramid |
9780753734254



Moon Power | Z(210x149) | Paperback |
06/08/2020 | £10.99 | 160 pages | Aster |
9781783253401

Author Biography:

Merilyn Keskula was born in Estonia, but currently lives in London where she runs Mylky Moon Lab, an evolving R&D project that helps next generation leaders and companies to return to the alignment with natural rhythms and cycles, consequently growing their businesses in a sustainable way. Merilyn is also the founder of Keskula Digital, a boutique digital marketing agency for conscious businesses and creatives.

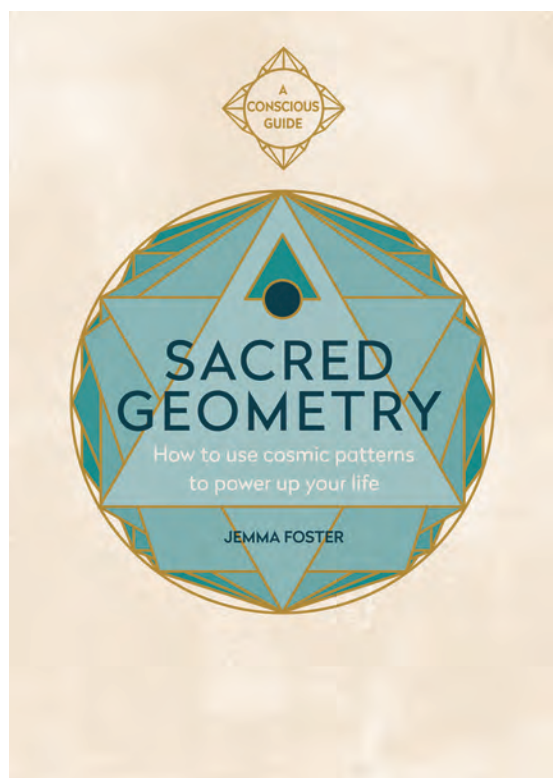
Moon Power

A conscious guide to tuning into the energy and rhythm of the moon

By Merilyn Keskula

The Moon is not just a static piece of cosmic matter in our night sky, but a dynamic living being. Throughout her journey around the Earth which takes about 29.5 days she shows us her different faces, growing from a silver sliver in the sky to an awe-inspiring illuminated sphere, before returning to darkness again. She changes colour and moves through a variety of star constellations reflecting the energies at play each day.

The Moon gives us a map to a cyclical way of living; the blueprint for a life that breathes in harmony with the rhythm of the natural world around us. She teaches us about the importance of embracing quiet and reflective times as much as celebrating the times we experience life in its fullest expression. She informs us when to plant the seeds of our dreams and when to take stock and harvest what we have been growing. What will you discover about yourself when you tune into the moon?



Sacred Geometry | Z (210x149) | Paperback |
06/08/2020 | £10.99 | 160 pages | Aster |
9781783253418

Author Biography:

Jemma Foster is a multi-disciplinary practitioner of plant and vibrational medicine. She is the founder of the botanica studio Mama Xanadu, which hosts plant workshops and supper clubs. Through her own research and study with the Academy of Sacred Geometry, Jemma fell in love with this language of the universe and the myriad ways in which it has been spoken across cultures and across time.

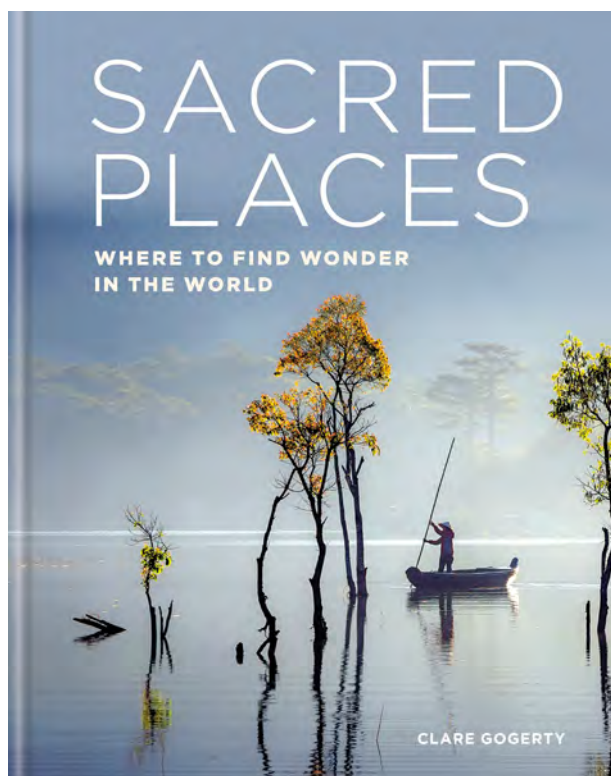
Sacred Geometry

Discover the majestic flow of the universe and how its symbolic architecture can awaken higher energies.

By Jemma Foster

Sacred Geometry exists all around us in the natural world, from the unfurling of a rose bud to the pattern of a tortoise shell, the sub-atomic to the galactic. A pure expression of number and form, it is the language of creation and navigates the unseen dimensions beyond our three-dimensional reality.

Since its discovery, humans have found many ways - stone circles, mandalas, labyrinths, temples- to call upon this universal law as a way of raising consciousness and communicating with a divine source. By becoming aware of the dots and lines that build the world around you, Sacred Geometry will teach you how to bring this mystical knowledge into your daily practice.



Sacred Places | SSN (246x189) | Hardback |
03/09/2020 | £20.00 | 224 pages | Aster |
9781783253357

Author Biography:

Clare Gogerty is an author, journalist and editor with considerable experience in consumer magazine publishing. She edited Coast magazine for six years and has also edited the National Trust Magazine and Grand Designs magazine. Currently she is homes and gardens editor of The Simple Things magazine. She combines this with writing books - including the National Trust's Book of the Coast and Beyond the Footpath: Mindful Adventures for Modern Pilgrims (Piatkus 2019) - and travel and lifestyle journalism.

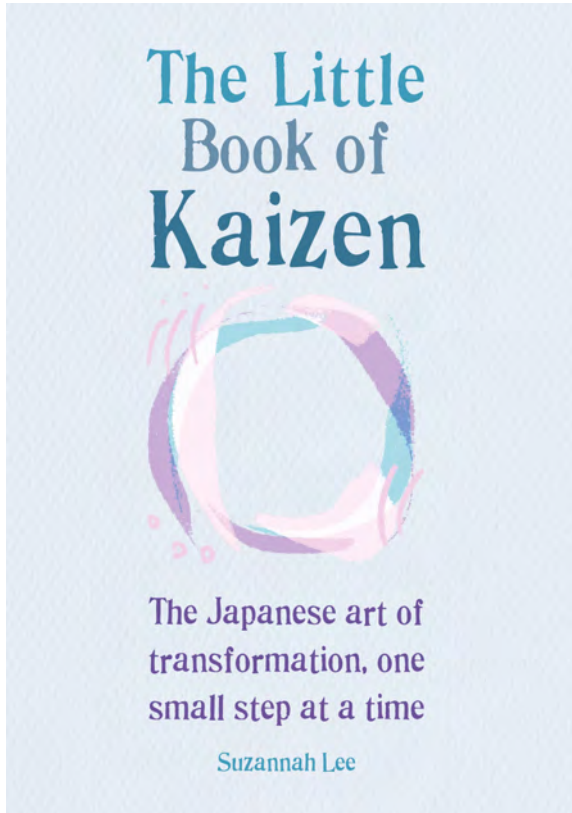
Sacred Places

An illustrated guide to the world and its sacred wonders.

By Clare Gogerty

Wellness travellers are seeking transformative experiences - wellness is, by nature, a journey and a quest. The concept of transformative travel is about finding experiences through trips that shift perspective and allow digital detoxing, connection with oneself, nature, communities and a sense of the bigger picture in life.

Sacred Places is a stunning new coffee table exploration for seekers of unusual and enlightening destinations, for both armchair travelling and as inspiration for future journeys. The book will be particularly focused on experiences, in addition to a full description of the place. For example, plant medicine ceremonies in South America, walking the Camino Way, Stonehenge on the winter solstice, wild swimming in Iceland's sacred hot springs and silent retreats. Entries also introduce the history and geography of the place, significant stories, dates to visit, myths, legends and ceremonies.



The Little Book of Kaizen | NB (147x105) |
Paperback | 20/08/2020 | £7.99 | 96 pages | Gaia |
9781856754293

Author Biography:

Suzannah Lee is a researcher and philosopher, born in the Midlands and raised in the Middle East. She lives with her life partner in London in a house that requires continuous improvement.

The Little Book of Kaizen

The art of making powerful and lasting change through gradual self-improvement

By Suzannah Lee

A beautifully designed introduction to the Japanese concept of 'Kaizen' - the art of self-improvement.

Kaizen is a term that has long been used in the business world to emphasise constant development and transformation. But Kaizen has the power to transform all areas of life. Learn how even the smallest steps can help us to form new habits, build confidence and break down our in-built resistance to life's challenges.

Rooted in 2,000 year old wisdom, Kaizen reinforces the benefits positive change, one step at a time. With over 70 simple prompts and exercises to help you improve your health, relationships and wellbeing or save money and excel at work, everything you need to know to utilise Kaizen every day is here.

CRYSTAL CRAFT

How to choose, use and boost your crystals,
with 25 creative projects to display and wear



NICOLE SPINK

Crystal Craft | U (235x190) | Paperback | 01/10/2020 |
£15.99 | 144 pages | Ilex Press | 97817815778

Author Biography:

Nicole Spink – also known as Love Luna Life – has always felt closely connected to crystals, and she now works as a qualified crystal healer and crystal workshop leader in London, UK. She has also been trained in reiki and light language. Nicole has been creating beautiful one-of-a-kind crafts with crystals for five years, and teaching others to do the same in her classes.

Crystal Craft

How to choose, use and boost your crystals, with 25 creative projects to display and wear.

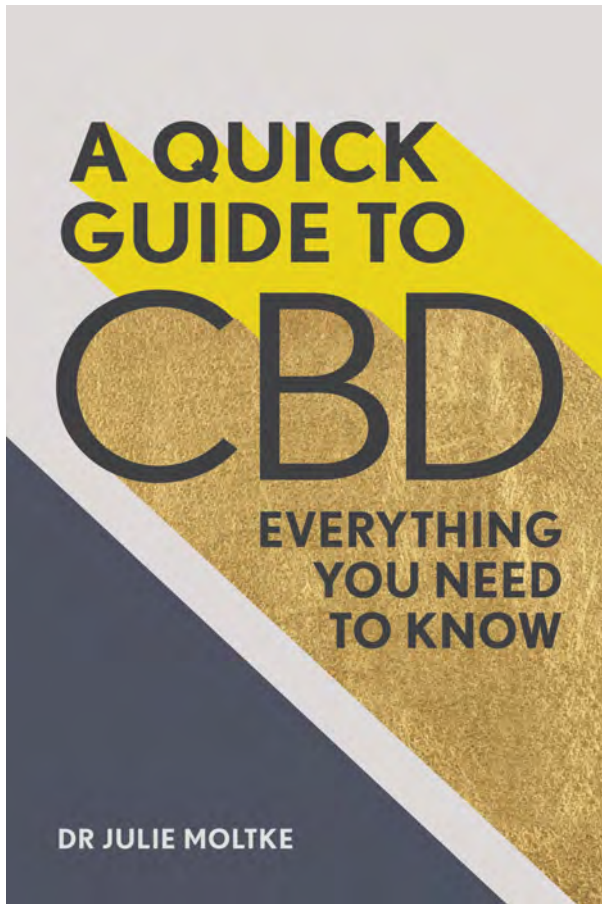
By Nicole Spink

Are you looking for a way to boost the energy of your crystal collection? Do you love the idea of beautiful crystal-adorned homeware and jewellery, but hate the marked-up prices? Or are you just searching for a way to bring the power of crystals into your life? If so, *Crystal Craft* is for you.

Crystal Craft is a practical guide that will inspire you to live a more conscious and empowered life with crystals and creativity. Ranging from simple, no-tools-required beginner projects to more advanced crafts that include macramé and making jewellery, this collection of 25 crystal craft ideas has something for every crystal lover. Make each piece deeply personal by choosing the crystals that speak to you, and design beautiful, intention-filled presents for your friends and family.

Projects include:

- Affirmation picture frame
- Plant pot
- Pendant
- Earrings
- Gift bag
- Trinket box
- Journal
- Infused essential oils
- Bath potion



A Quick Guide to CBD | 163x109 | Paperback |
14/05/2020 | £5.99 | 96 pages | 9781856754378

Author Biography:

Dr Julie Moltke is a medical doctor and has spent most of her career focusing on mental health, stress management and the medicinal cannabis industry. She believes in personalized medicine and seeing every client individually with a holistic approach to health and wellbeing. She is the scientific advisor for The Drug Store and founder of the London-based health, wellness and cannabis science publication, Dosage. Dr Julie prescribes medicinal cannabis at Clinic Horsted in Denmark and she is a public speaker and a yoga and mindfulness teacher. She also runs a retreat centre at her farm in southern Sweden.

A Quick Guide to CBD

**The essential guide, written by
CBD specialist Dr Julie Moltke.**

Dr Julie Moltke

Discover how CBD can help you with conditions including anxiety, insomnia and chronic pain – and how it will improve your overall health and happiness too.

Cannabidiol, better known as CBD, is a natural remedy with a range of incredible health benefits. CBD is everywhere – and no wonder, as it has been found to help conditions including anxiety, insomnia and chronic pain.

A Quick Guide to CBD cuts straight to the facts, telling you all you need to know in easy-to-understand terms.

CBD specialist Dr Julie Moltke explains...

- The many benefits of using CBD,
- CBD science for absolute beginners,
- How and when to take CBD,
- Finding the right dosage for you.

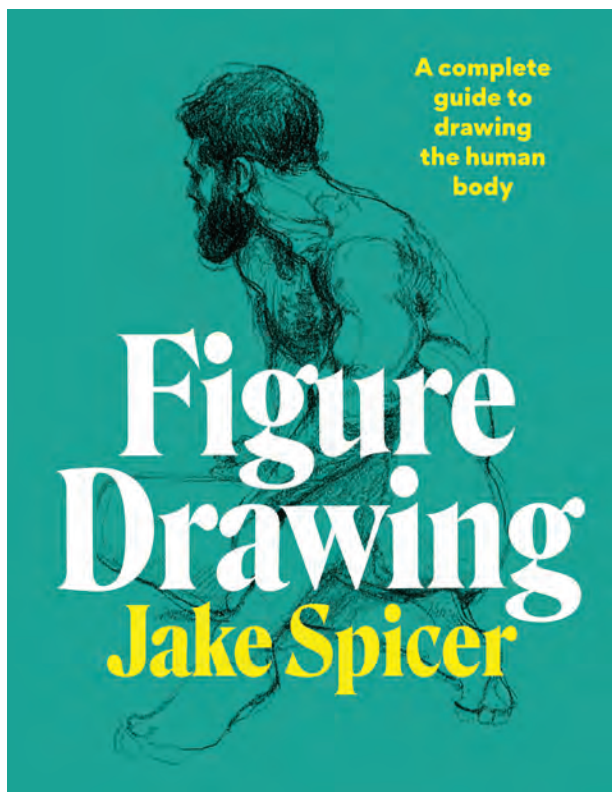


Figure Drawing | 260x200 | Paperback | 01/10/2020 |
£25.00 | 288 pages | Ilex Press | 9781781577028

Author Biography:

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

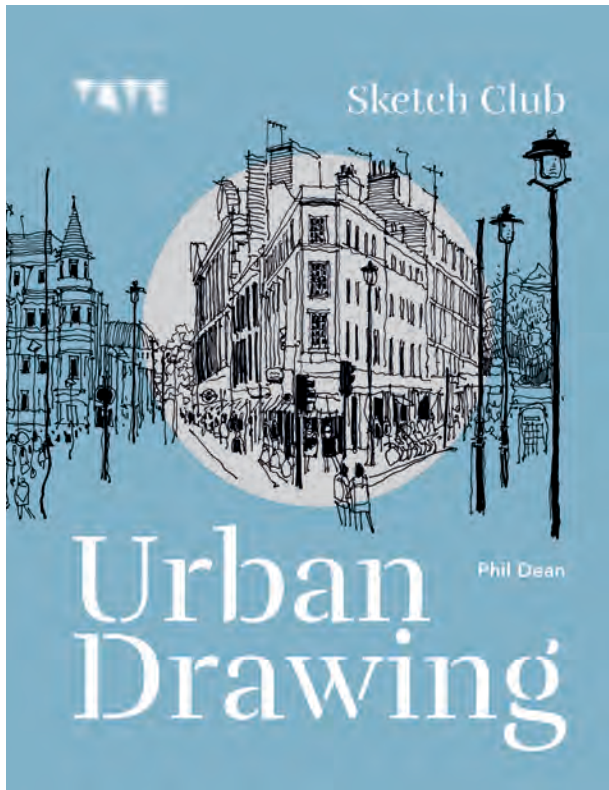
Figure Drawing

Understand the human body and transform your art with bestselling author Jake Spicer.

By Jake Spicer

Informative and instructive, this book will equip artists of all levels with the ability to make clear perceptions of the human body, and translate them onto the page. *Figure Drawing* begins with basic principles and builds progressively showing you how to develop and expand your sketching practice, how to observe and see differently, and how to create a language of marks to enable you to bring this vision to paper.

As you travel through the book, you'll discover how a deeper understanding of the human body and its anatomy can transform your work. By the end you'll feel confident that everything you see, experience and understand about the body can be transformed into personal, focused and responsive figure drawings.



Tate: Sketch Club Urban Drawing | K (280x216) |
Paperback | 06/08/2020 | £12.99 | 112 pages |
Ilex Press | 9781781577752

Author Biography:

Phil Dean is an artist and graphic designer based in London. He graduated from Leeds College of Art with a degree in Graphic Design, before moving down to London, where he now runs his own creative agency. Phil also runs a hugely popular Instagram account, The Shoreditch Sketcher, where he posts stunning urban sketches from around the world, and leads urban sketching workshops in London for a variety of experience levels.

Tate: Sketch Club Urban Drawing

Learn to bring dynamism and energy to your cityscapes, capture people on location and experiment using different mediums with the expert guidance of *Sketch Club: Urban Drawing*.

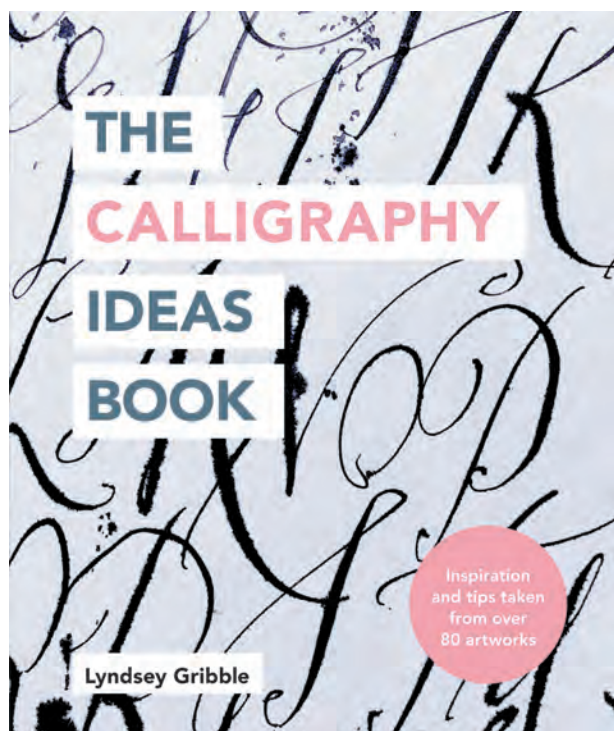
By Phil Dean

Urban sketching has become one of the biggest art trends of the last decade, with artists preferring to capture a scene on location rather than relying on a photograph. Featuring 20 step-by-step exercises, *Sketch Club: Urban Drawing* is your essential guide to putting your drawing skills into practice on location. You'll learn how to start, when to stop and how to fix common mistakes.

Packed with all the energy and inspiration of a drawing group, this is the ideal book for anyone looking to take their urban drawing further. Perfect your urban drawing skills and develop your own unique style with professional urban sketcher, Phil Dean.

Chapters include:

- Loosening Up
- Building a Scene
- Adding Contrast
- Taking it Further
- Finishing Touches



The Calligraphy Ideas Book | G1 (167x140) | Paperback
| 20/08/2020 | £10.00 | 176 pages | Ilex Press |
9781781577462

Author Biography:

Lyndsey Gribble is a professional calligraphy teacher running regular courses for all levels at Plymouth College of Art. Based in Devon, England, Lyndsey also organises bespoke classes and workshops for schools and businesses. She strongly believes in the meditative, therapeutic and creatively stimulating nature of calligraphy. For more, see @wildseacalligraphy

The Calligraphy Ideas Book

Unlock your inner creative with inspiration from leading contemporary calligraphers .

By Lyndsey Gribble

Packed with fresh ideas for calligraphy techniques, styles and subjects, this book is a visual feast of inspiration for all abilities, whether you're new to calligraphy or looking to reinvigorate your practice. Boost your creativity with the help of more than 80 artworks by contemporary, international calligraphers, each demonstrating an interesting or innovative approach.

Techniques include hot foiling, laser cutting and brush calligraphy, as well as general inspiration such as practising calligraphy on baubles, making calligraphy wrapping paper and customising your own tools. Explore both new and old methods and discover the basic skills to excel at this ancient art form. The art of calligraphy is the ultimate way to relax, restore and create beautiful pieces of art – and this book is sure to renew your creativity.



The Papercraft Ideas Book | G1 (167x140) | Paperback |
20/08/2020 | £10.00 | 176 pages | Ilex Press |
9781781577448

Author Biography:

Jessica Baldry is a papercut artist from Bristol, England. A member of the international Paper Artist Collective, her images celebrate the smaller details and patterns found in nature, making use of the traditional craft of papercutting to express her observations.

For more, see [@jessicabaldrydesigns](#)

The Papercraft Ideas Book

A smörgåsbord of papercraft inspiration and ideas from leading contemporary papercraft creatives.

By Jessica Baldry

Bursting with ideas for papercraft subjects, methods and styles, this book is a visual feast and source of inspiration for artists of all abilities looking to expand their papercraft skills. Discover more than 80 stunning papercraft artworks by contemporary, international artists, and reinvigorate your own practice with the help of their diverse and innovative approaches.

Techniques include 3D collage, paper marbling and paper quilling, as well as stitching onto paper, paper embossing and traditional papercutting. Through countless tips and guidance, you'll be empowered to work with paper, expand your creativity and create art that is original and exciting.



You Will Be Able to Crochet by the End of This Book |
 SSN (246x189) | Paperback | 06/08/2020 | £14.99 |
 160 pages | Ilex Press | 9781781577585

Author Biography:

Zoe Bateman is a craft teacher, crochet fanatic and self-confessed craft addict. She runs classes at venues across London and is head crafter at the London Craft Club. For more on Zoe, see [@toocutetoquit](#)

You Will Be Able to Crochet by the End of This Book

The latest title in the bestselling *You Will Be Able To* series, this simple guide will inspire you to pick up a crochet hook and learn to create beautiful accessories, homewares and gifts.

By Zoe Bateman

You want to learn to crochet, but somehow you always end up in a tangle of yarn and baffled by complicated advice. This beginner's guide goes back to basics, with clear step-by-step illustrations demonstrating how to tie a slipknot, chain stitch, increase and decrease your rows, and crochet in the round, plus many more skills and techniques.

Once you've aced the essentials, move on to 15 clear, stylish and straightforward projects, from colourful plant pot covers to a chic crocheted blanket. As the projects get more complex, you'll practise and perfect the skills you've learned, and build your confidence.

By the end of the book, you will be able to crochet a range of projects including a mobile phone case, a cuddly toy, a wall hanging and a bobble hat. So take some time for yourself, learn a new skill, and enjoy crafting gifts for your friends, family and home with this beautiful book by your side.

Projects include:

- Pompom hat
- Storage baskets
- Cushions
- Cuddly toy



You Will Be Able to Knit by the End of This Book

The latest title in the bestselling *You Will Be Able To* series, this simple guide will inspire you to pick up a pair of knitting needles and learn to create beautiful accessories, homewares and gifts.

By Rosie Fletcher

You want to learn to knit, but somehow you always end up in a tangle of knotted yarn and baffled by complicated and conflicting advice. This beginner's handbook goes back to basics, with clear step-by-step illustrations demonstrating how to cast on and how to ace a range of stitches, while 15 easy projects allow you to practise your skills and build your confidence.

You Will Be Able to Knit by the End of This Book provides a simple guide to picking up your knitting needles and getting started, and it helps to build your confidence slowly, as you practise and perfect skills and techniques.

By the end of the book, you will be able to knit a range of projects including a simple headband, tablet case and even a doorstep. So take some time for yourself, learn a new skill, and enjoy crafting gifts for your friends, family and home with this beautiful book by your side.

Projects include:

- Super chunky scarf
- Mittens
- Baby booties
- Cushion
- Hot water bottle case

You Will Be Able to Knit by the End of This Book | SSN (246x189) | Paperback | 06/08/2020 | £14.99 | 160 pages | Ilex Press | 9781781577592

Author Biography:

Rosie Fletcher is a London-based knitting enthusiast. She owns her own yarn and haberdashery boutique called Slipstitch where she runs beginner knitting classes and craft workshops. For more on Rosie, see @slipstitchldn



Knitting from Fair Isle | 240x210 | Flexiback |
24/09/2020 | £18.99 | 144 pages | Kyle Books |
9780857837486

Author Biography:

Mati Ventrillon was born in Venezuela to a French father and a Venezuelan mother. She trained as an architect and lived in London until 2007, when she moved to Fair Isle. Although she had no experience of knitting, she joined the Fair Isle Crafts co-operative and by the time this dissolved in 2011, she had grown to love the knits so much that she decided to launch her own business.

Knitting from Fair Isle

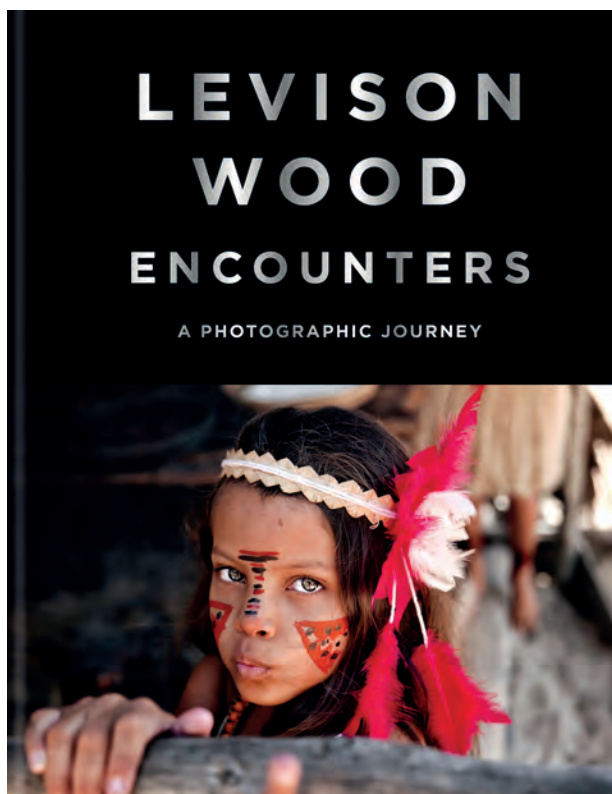
Modern interpretations of Fair Isle knits, including fishermen's jumpers, scarves and traditional keps hats

By Mati Ventrillon

Mati Ventrillon's inspiration comes from the technique of creating patterns with multiple colours that was first used by the women of Fair Isle, one of the Shetland Islands, more than two centuries ago.

Her designs, which have featured on the Chanel catwalk, are inspired by tradition but use her own modern interpretation of colour and pattern arrangement. The book includes fisherman jumpers with high, crew and slash necks, a poncho, neck warmer, cowl and long scarf, fingerless gloves and hand and wrist warmers, as well as the traditional fisherman's hats known as keps.

The patterns demonstrate how to experiment with colour and play with backgrounds. They are accompanied by expert tips on yarns and finishing. The book also features stories of the women who spent their lives knitting masterpieces, despite harsh living conditions and inclement weather. Inspirational photography provides a window into life on this most remote of Scottish islands.



Encounters | K (280x216) | Hardback | 17/09/2020 |
£30.00 | 224 pages | Ilex Press | 9781781577578

Author Biography:

Levison Wood is a professional explorer, writer and photographer. Since 2015, Levison has written six award-winning books. *Walking the Himalayas* won Adventure Travel Book of the Year at the Edward Stanford Travel Writing Awards (2016). *Walking the Nile* and *Walking the Americas* were both *Sunday Times* bestsellers. His five TV series to date, *Walking the Nile*, *Walking the Himalayas*, *Walking the Americas*, *From Russia to Iran: Crossing the Wild Frontier* and, most recently, *Arabia with Levison Wood*, have been broadcast and distributed in over 100 countries worldwide.

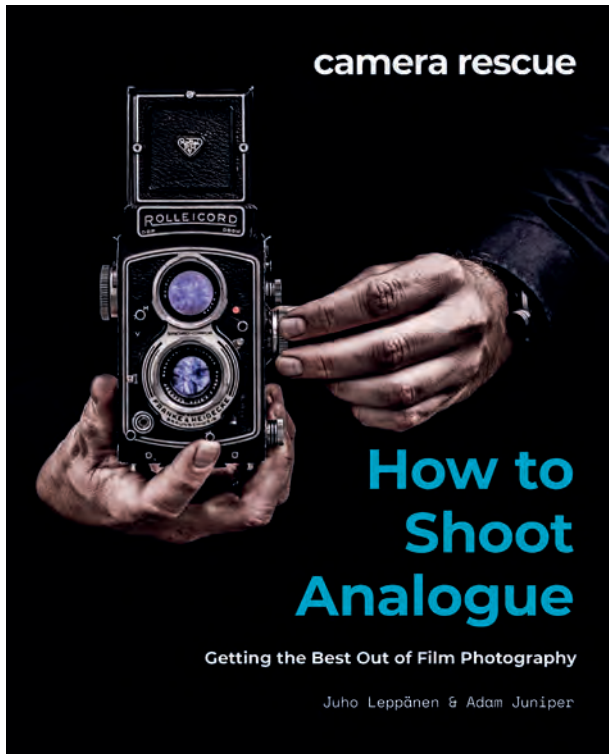
Encounters

Embark on a voyage of adventure with *Sunday Times* bestselling author, award-winning explorer and photographer Levison Wood, as he shares photographs and stories of the extraordinary people he has met and places he has seen on his breath-taking journeys around the globe.

By Levison Wood

Encounters brings together 15 years of Levison's photography for the first time, telling the incredible stories of the world's most remote places and the people who live there. With his unique experiences in extraordinary locations and his eye for compelling compositions, Levison has created a memorable and powerful collection of images that shows the true stories of his adventures from ground level.

Chapters include Frontiers, Levison's intrepid ventures to remote environments; Conflict, documenting his time spent in war zones; Heritage, his encounters with traditional civilizations; and Community, his experiences of unprecedented hospitality around the world.



Camera Rescue How to Shoot Analogue | U (235x190)
 | Hardback | 01/10/2020 | £19.99 | 176 pages |
 Ilex Press | 9781781577875

Author Biography:

Juho Leppänen has turned his passion for analogue photography into two successful businesses: Camera Rescue, which drives an international community to find, restore and use analogue cameras, and Kamerastore.com, which sells them. He's a popular figure at major trade shows such as Photokina, where his project to save 100,000 analogue cameras is gathering a global following. Camera Rescue began in Finland but it now has operations in countries such as Belgium, France, Spain, North America, and many others. (camerarecue.org)

Adam Juniper has had a longstanding interest in consumer technology, having written his first gear review for a magazine before he was old enough to drive. He's written and edited dozens of books, especially on photography, drones and now the arrival of the digital assistant.

Camera Rescue: How to Shoot Analogue

Whether you're shooting your first film or taking a passion further, this book will welcome you into the physical world of analogue photography.

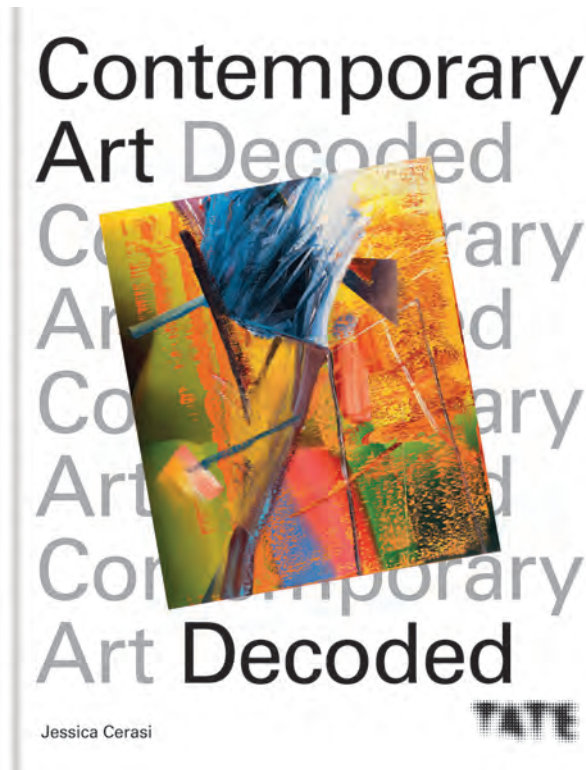
By Juho Leppänen

Like vinyl before it, analogue photography was written off too soon by an industry hastening into a digital future. Now we are seeing a powerful resurgence, with iconic film stocks being manufactured again, hip new film cameras appearing on the high-street and even hardened tech enthusiasts adding a vintage camera to their collection.

Discover where to look and what to check for to find the perfect analogue camera, how to get the look you want, how to develop your own images and how to take advantage of analogue's many benefits while still sharing your images digitally.

Chapters include:

- Film Culture
- Film Cameras
- Preparing to Shoot
- Shooting on Film
- Processing Film
- Hybrid techniques



Tate: Contemporary Art Decoded

Learn how to understand and interpret contemporary art, and transform your next trip to an art gallery.

By Jessica Cerasi

How can you tell if that fire extinguisher on the wall is an installation piece, or a safety requirement? How can a Banksy increase in value even as it gets put through a shredder? And couldn't a five-year-old have done all of this, anyway?

Contemporary Art Decoded takes ten key questions about contemporary art and uses them to dissect and explain the contemporary art world. Jessica Cerasi digs deep into the ideas and concepts behind the art, but avoids unnecessary jargon. This book is guaranteed to make your next trip to a gallery a more rewarding experience.

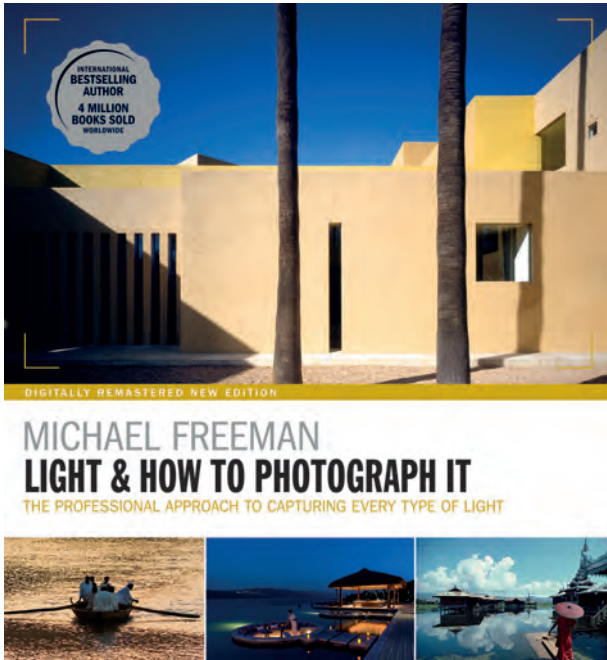
Chapters include:

- What is contemporary art?
- Where did it come from?
- Where do you draw the line?
- Does it matter who makes it?
- Does it have to mean something?
- Can anything be art?
- What about art for art's sake?
- Has it all been done before?
- Does it have to be so serious?
- What's next?

Tate: Contemporary Art Decoded | EA (253x201) |
Hardback | 01/10/2020 | £25.00 | 208 pages |
Ilex Press | 9781781577455

Author Biography:

Jessica Cerasi is Assistant Curator of the 2019 Venice Biennale, and Curator of Information and Research at the UK Government Art Collection. In 2017, she co-authored *Who's Afraid of Contemporary Art?* (Thames & Hudson), an entertaining and discerning introduction to today's art world, and has since taught her sell-out course 'Demystifying Contemporary Art' at Tate Modern.



Light & How to Photograph It | 255x235 | Paperback |
02/07/2020 | £22.99 | 256 pages | Ilex Press |
9781781577776

Author Biography:

Michael Freeman, professional photographer and best-selling author, has worked for clients that include all the world's major magazines, most notably the *Smithsonian Magazine* (for which he has shot more than 40 stories over 30 years). Of his many books, which have sold over 4 million copies worldwide, more than 60 titles are on the practice of photography. For this photographic educational work he was awarded the Prix Louis Philippe Clerc by the French Ministry of Culture.

Freeman's books on photography have been translated into 27 languages.

Light & How to Photograph It

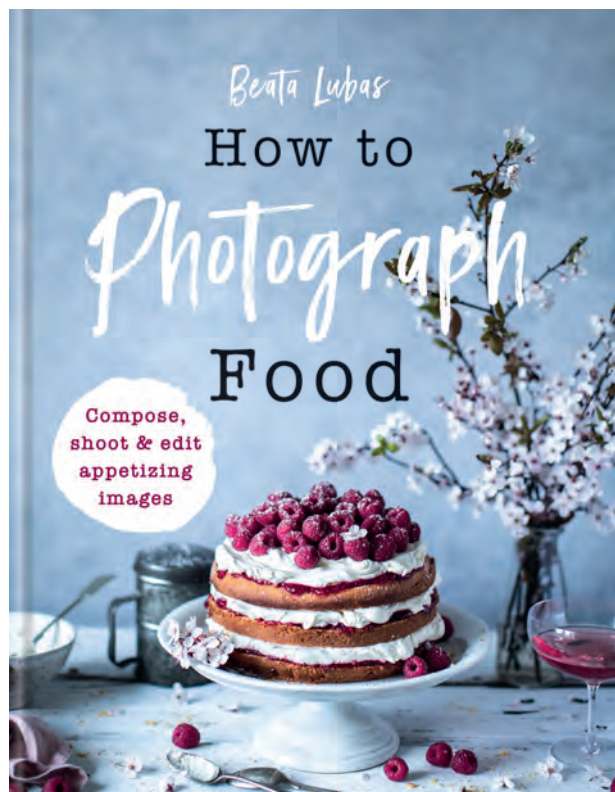
Learn how to interpret, approach, and master whatever lighting situation is thrown at you and always get the shot, no matter what.

By Michael Freeman

For professional photographers, chasing the light, waiting for it, sometimes helping it, and finally capturing it is a constant preoccupation and for some, an obsession. Drawing on four decades of working with light, Michael Freeman takes a simple but practical approach to interpreting, reacting to, and capturing photography's most valuable commodity.

Practical advice is organised into three straightforward sections: Waiting, Chasing, and Helping. Begin by mastering the art of patience, and recognise the immense value of anticipating and planning for gorgeous light that's just over the horizon. Then learn the techniques to meet otherwise transient and fleeting lighting conditions halfway, with quick thinking and fast reactions.

Finally, make the most of the tools at your disposal to enhance and manipulate light as you find it, covering everything from in-the-field shooting choices to technical transformations in post-production. This is the method of a working professional – to interpret, approach, and master whatever lighting situation is thrown at you and always get the shot, no matter what



How to Photograph Food | SSN (246x189) | Hardback
| 26/08/2020 | £25.00 | 192 pages | Illex Press |
9781781576915

Author Biography:

Beata Lubas is a Polish-born, England-based award-winning food photographer. At the age of 20, she felt there was something missing in her life, so she gave up her job at a local bakery, bought a one-way ticket to England, and threw herself and all of her passion into creating a successful food-photography business. She now works from her home studio, doing what she loves the most – creating food stories for clients from all over the world.

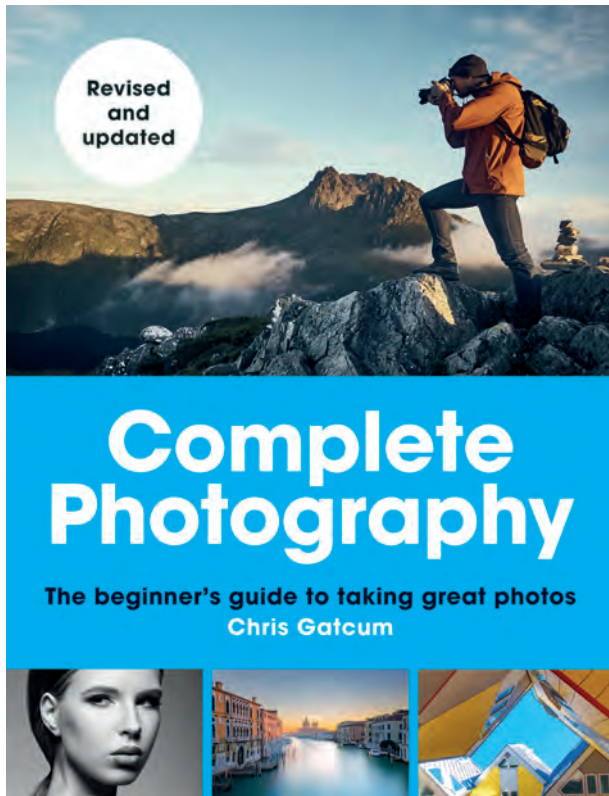
How to Photograph Food

Make your food look as delicious as it tastes, with this complete course in culinary photography.

By Beata Lubas

Learn to anticipate your clients' needs, articulate your own style, and skillfully compose sumptuous shots using proven techniques that food photographer and author Beata Lubas has developed through years of professional success.

Whether you're a food blogger looking to elevate your presentation, or a professional keen to expand into the lucrative commercial area of food photography, this book has everything you need to make food photography a piece of cake!



Complete Photography | SSN (246x189) | Paperback |
01/10/2020 | £16.99 | 400 pages | Ilex Press |
9781781578063

Author Biography:

Chris Gatcum has lived and breathed photography for over two decades, working as a pro photographer, journalist, specialist magazine and book editor, and best-selling author. A passionate advocate of experimental digital and traditional photography, he is as comfortable conducting technical camera tests as he is demystifying the art of photography for the rest of us.

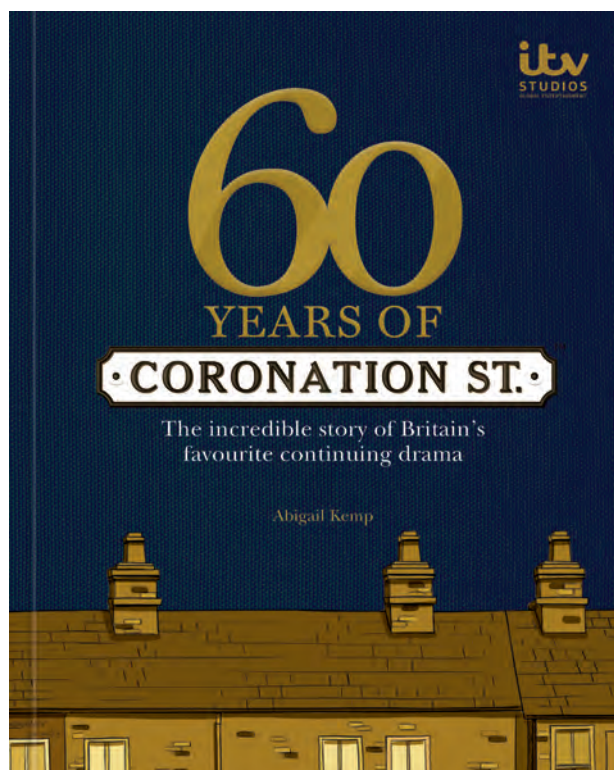
Complete Photography

A complete and accessible guide to photography, bringing fantastic photography within everyone's grasp.

By Chris Gatcum

Whether you're a complete beginner, a casual snapper or a seasoned photographer, there is a lot to be learned from this extensive photography guide. Take the guesswork out of your photography and understand not just what to do with your camera, but how and why this affects the photos you take.

You'll learn how to compose a shot for visual impact, focus it to attract the viewer's eye, expose it so every detail is captured and so much more. Photography never stands still so it doesn't matter what camera you have, whether you own an SLR, film camera or a compact digital camera, Gatcum will teach you how to take the best photos possible. As well as Gatcum's own expertise on the subject, Complete Photography is packed with tips and masterclasses from other inspirational professionals.



60 Years of Coronation Street | SSN (246x189) |
Hardback | 29/10/2020 | £20.00 | 336 pages |
Hamlyn | 9780600635932

60 Years of Coronation Street

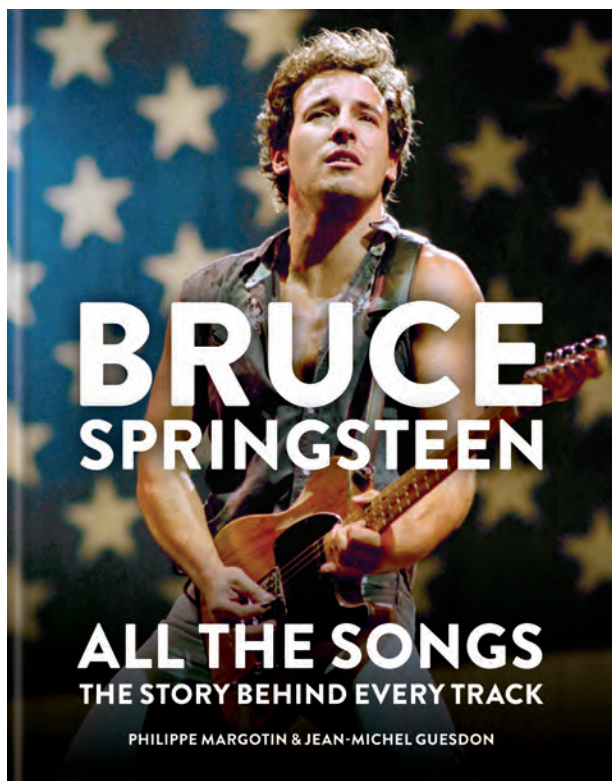
An official and comprehensive celebration of 60 years of Britain's favourite soap.

By Abigail Kemp

Celebrating 60 years since the show's creation, this book is an exhaustive, compelling and entertaining history packed full of features and previously unpublished imagery. It takes you through every year in a unique timeline that highlights key plot lines, significant production events, together with an impressive amount of photography. You'll discover features on characters, famous actors, royal visits, births, deaths, marriages and murders, together with interviews with key actors, producers and production staff. There are even QR codes so not only can you read about iconic scenes, but you can view them as well.

A special section on the show's creator Tony Warren, shows how the programme evolved from page to screen and is illustrated with rare photographs and artefacts from his own archive. This book includes special gatefold pages that open out showing how the set has developed over the years and family trees of the major characters so you can see the complex web of relations for the likes of the Barlows and the Platts.

60 Years of Coronation Street will be the ultimate celebration of a show that's shaped British television and is the 'must-have' gift for every Corrie fan.



Bruce Springsteen: All the Songs | 270x210 |
 Hardback | 24/09/2020 | £45.00 |
 672 pages | Mitchell Beazley | 9781784726492

Author Biography:

Philippe Margotin has written many books on music including biographies of Radiohead and U2. He lives in Paris.

Jean-Michel Guesdon is a musician, composer, and sound engineer. He lives in Paris.

Together, they wrote *All the Songs: The Story Behind Every Beatles Release* and *Bob Dylan All the Songs: The Story Behind Every Track*.

Bruce Springsteen: All the Songs

The complete, definitive study of Bruce Springsteen's music.

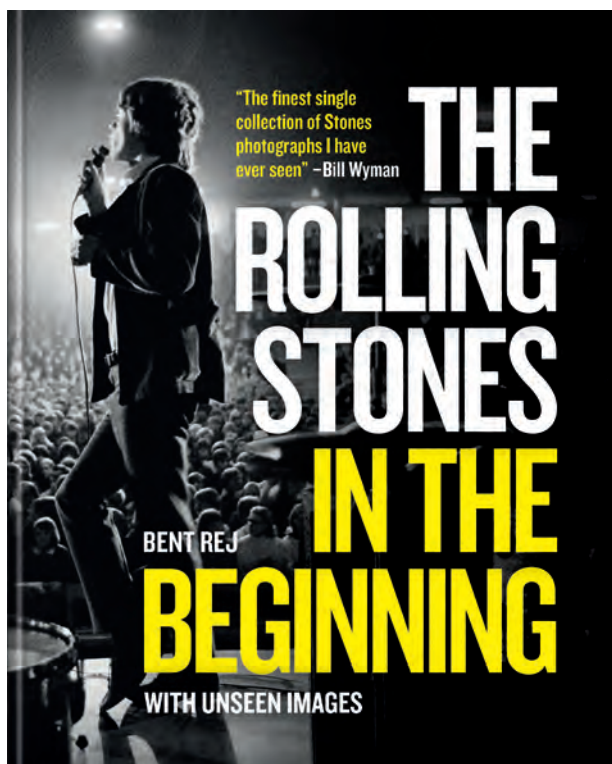
By Philippe Margotin and
 Jean-Michel Guesdon

This is the full story of every single song that Bruce Springsteen has recorded and released during his long and remarkable career.

With fascinating stories and detailed information on every track, *All the Songs* is the complete history of one of the greatest musical legacies of all time.

Arranged chronologically by album, expert authors Guesdon and Margotin explore the details behind early hits such as *Blinded by the Light* and *Spirit in the Night*, to masterpieces such as *Born to Run*, *Hungry Heart*, *Dancing in the Dark*, *Born in the U.S.A.*, *The Rising*, *Tucson Train* and more – including outtakes, duets and rare tracks.

A must for every Springsteen fan, this is the single greatest record of his music ever produced.



The Rolling Stones In the Beginning | (280x230) |
Hardback | 01/10/2020 | £40.00 | 320 pages |
Mitchell Beazley | 9781784727000

Author Biography:

Bent Rej was born in Denmark and started working as a photographer for one of Denmark's leading newspapers in the early sixties. In 1965 he began taking pictures of pop and rock stars, which is when he met and got to know The Rolling Stones as friends.

The Rolling Stones In the Beginning

A unique portrait of a band on the brink of greatness.

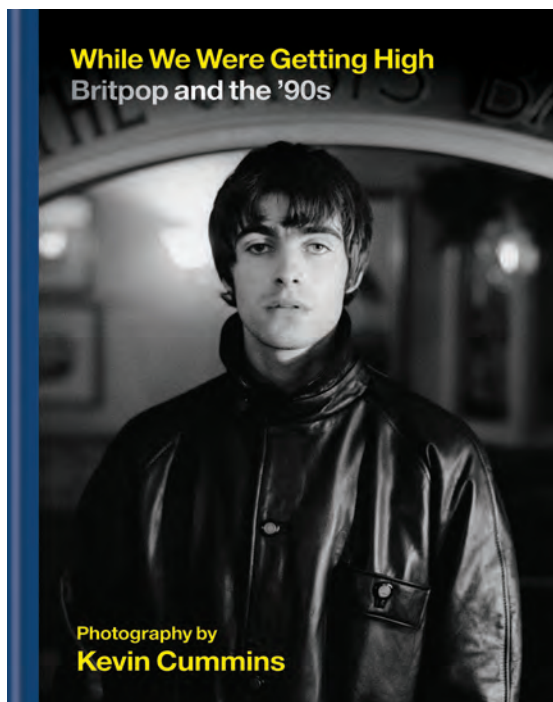
By Bent Rej

In 1965 the Rolling Stones were big and about to be huge, when Bent Rej was given unprecedented access to a year in the eye of the rock 'n' roll storm, accompanying the band on its first full European outing: the Satisfaction tour.

The Rolling Stones In the Beginning is Rej's collection of more than 300 intimate photographs of the band on stage, on the road and at home, documenting a year in the life of the Rolling Stones as they enjoyed their first taste of popular success.

Explore over 300 intimate, iconic photographs of the Stones. This new and updated edition contains never-before-seen photographs newly unearthed from Rej's archive.

'The finest single collection of Stones photographs I have ever seen.' – Bill Wyman



While We Were Getting High

A photographic portrait of Britpop, featuring the most iconic bands of the genre, with many never-before-seen images.

By Kevin Cummins

Remember the rise and fall of Britpop through its most striking images – with many never published before. Also featuring interviews with the heroes of Britpop, including Noel Gallagher and Brett Anderson.

Hundreds of photographs taken by renowned photographer Kevin Cummins, chief photographer at the *NME* for more than a decade, showcase Britpop's greatest stars at their most creative and iconic.

Artists photographed include:

- Oasis - Blur - Pulp - Kula Shaker - The Verve - Supergrass - Suede - Elastica - The Bluetones - The Boo Radleys - Dodgy - The Charlatans - Echobelly - Gene - Kenickie - Mansun - The Divine Comedy - Sleeper - Menswear - Marion - The Seahorses - Shampoo

...and many more.

While We Were Getting High | MEP (263x194) | Hardback | 01/10/2020 | £30.00 | 256 pages | Cassell | 9781788402200

Author Biography: Manchester-born Kevin Cummins has an international reputation as one of the world's leading photographers and is famed for his iconic portraits of musicians. These photographs have appeared on magazine covers and in art galleries and museums around the world.

Chief photographer at the *NME* for over ten years, Kevin captured some of the best-known images in modern music history – his work has decorated bedroom walls the world over.



The Secret Life of the Modern House | 240x165mm |
Hardback | 01/10/2020 | £26.00 | 320 pages |
Ilex Press | 9781781577615

Author Biography:

Dominic Bradbury is a journalist and writer specializing in architecture and design. He writes for many magazines and newspapers in the UK and internationally, including *Wallpaper*, *World of Interiors*, *House & Garden*, and more. Adding to his BA, MA and Postgraduate Diploma qualifications, Bradbury is now working on a PhD and is a visiting lecturer at the Victoria & Albert Museum, London. His books include *Atlas of Mid-Century Modern Houses*, *Off the Grid*, *New Nordic Houses*, *Modernist Design Complete*, and more.

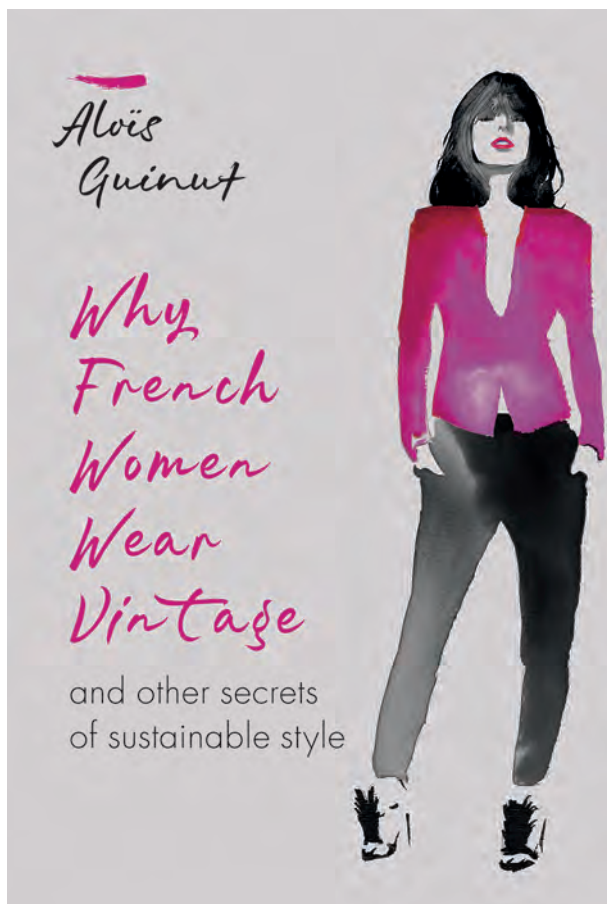
The Secret Life of the Modern House

A ground-breaking and engaging explanation of the evolution of the homes we live in today

By Dominic Bradbury

Over the last century the way that we live at home has changed dramatically. Nothing short of a design revolution has transformed our houses and the spaces within them – moving from traditional patterns of living all the way through to an era of more fluid, open-plan and modern styles.

Architectural and design writer Dominic Bradbury charts the course of this voyage all the way from the late 19th century through to the houses of today in this ground-breaking book. Over eighteen thematic chapters, he explains the way our houses have been reinvented, while taking in – along the way – the giants of Art Deco, influential Modernists including Le Corbusier and Frank Lloyd Wright, as well as post-war innovators such as Eero Saarinen, Alison and Peter Smithson, and Philip Johnson. Taking us from the 20th to the 21st century, Bradbury explores the progress of 'modernity' itself and reveals the secret history of our very own homes.



Why French Women Wear Vintage | Z (210x149) |
 Hardback | 06/08/2020 | £16.99 | 224 pages |
 Mitchell Beazley | 9781784726690

Author Biography:

Aloïs Guinut studied fashion at the prestigious Institut Français de la Mode, founded by former business partner of Yves St. Laurent, Pierre Bergé. She has previously worked as a fashion trend forecaster and now runs her own shopping and style coaching service. Aloïs has been featured in *Le Figaro* and the *Observer* and interviewed by BBC Radio 4. Her first book, *Dress Like a Parisian*, was published by Mitchell Beazley in 2018.

Why French Women Wear Vintage

The French way to an eco-conscious, super-stylish wardrobe from Paris-based style coach Aloïs Guinut.

By Aloïs Guinut

Stylish women everywhere are realizing the environmental damage of fast fashion on the planet and looking for new ways to dress that don't involve cramming the wardrobe with clothes that may never get worn. As Paris-based style-coach Aloïs Guinut explores in this invaluable book.

French women have a lot to teach us about how to cherish the planet without sacrificing your style:

- Know what works for you.
- Buy less and buy better.
- Mix vintage items with a few wisely chosen modern pieces.
- Look after what you have and make it last.
- Seek out quality fabrics that don't poison the environment.

The book features artwork by Jessica Durrant, whose clients include Chanel, Jimmy Choo and British *Vogue*.

The photography was shot in Paris by street style photographer Irma Notorahardjo.



117 THINGS YOU SHOULD F*#KING KNOW ABOUT YOUR WORLD

117 Things You Should F*#king Know About Your World | Royal | Paperback | 03/09/2020 | £16.99 | 256 pages | Cassell | 9781788402323

Author Biography:

The writers of IFLScience not only have a passion for science but they all have a background in various scientific fields. They consist of certified doctors of the stars and masters of the quirky world of quantum; neuroscientists and lovers of fluffy animals, sea creatures and wildlife conservation; biologists and chemists. Paul Parsons has been an editor and author specialising in popular science for more than 20 years. His work has appeared in *New Scientist*, the *Guardian*, *Men's Health*, and many more publications.

117 Things You Should F*#king Know About Your World

Fascinating stories and far-out facts about the universe from IFLScience

By IFLScience

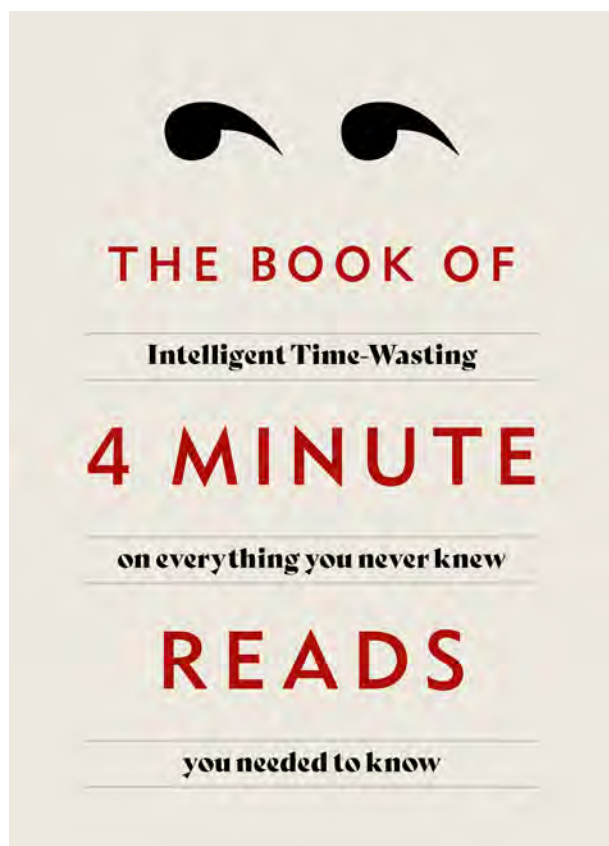
Did you know your irises are lying to you and all human eyes are actually brown?

Want to know the absolute worst way to die, according to science?

Did you know that a smoking psychedelic toad milk could alleviate depression for up to four weeks?

117 Things You Should F#king Know About Your World* tells you the answers to these questions and many more weird and wonderful facts about the universe. Split into the site's different subject areas of environment, technology, space, health and medicine, plants and animals, physics and chemistry, this is the ultimate science book.

With 25 million social media followers, I F*#king Love Science is the world's favourite source of science on the web. From missing nuclear weapons and Facebook secret files to the world's smallest computer and why you should wrap your car keys in tinfoil, this is the book that only the world's leading source of crazy-but-true stories could produce.



The Book of 4 Minute Reads | Royal | Hardback |
01/10/2020 | £20.00 | 320 pages | Cassell |
9781788402095

Author Biography:

BBC Radio 4's *Four Minute Reads* is one of the most popular and much loved strands of its website. Written by various experts, *Four Minute Reads* offers highly digestible yet expert content. Featuring timed essays on a diverse range of subjects from philosophy, literature and history, to technology, science and sport, *Four Minute Reads* is aimed at all those who are intellectually curious but have limited time to indulge their interests.

The Book of 4 Minute Reads

Two hundred and fifty 4 Minute Reads
from Radio 4

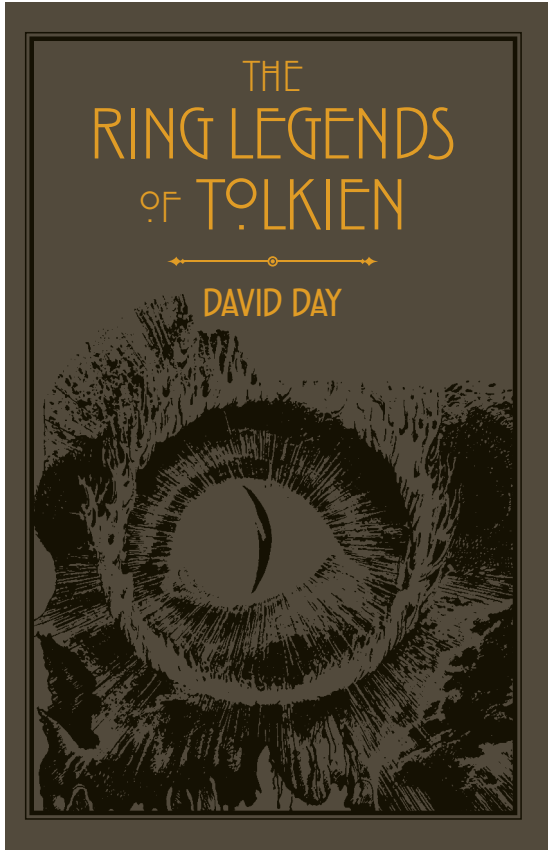
By BBC Radio 4

Foreword by Jane Garvey.

Encompassing a grand sweep of knowledge in a bite-sized format, this book will take you on a journey of intellectual discovery and intelligent time-wasting.

Featuring a foreword by Jane Garvey, the award-winning British radio presenter and co-founder of podcast series *Fortunately*, *The Book of 4 Minute Reads* is a fascinating compendium of big, modern ideas written by an array of experts including Michael Rosen, Adam Rutherford and Grayson Perry. Also included are timed essays on a diverse range of subjects from animals and accents, to life lessons you never thought you needed and library secrets that you had never heard of.

From the seven toughest plants in the world and why they can survive in harsh climates and how teenagers' brains are influenced by hormones, to what Chaucer would ask his voice command device and how where you live got its name, *The Book of 4 Minute Reads* is for the attention-deficit nation who are eager to indulge their intellectual curiosity in a short amount of time.



The Ring Legends of Tolkien | 192x128mm |
Flexiback | 08/10/2020 | £12.99 | 306 pages |
Pyramid | 9780753734131

Author Biography:

David Day was born and brought up in Canada. He has published more than twenty books in the fields of poetry, ecology, natural history, fantasy and mythology, and has also written a number of award-winning children's books. His writing has also appeared in many magazines and anthologies. His enduring fascination with complex mythologies led him to J.R.R. Tolkien.

The Ring Legends of Tolkien

An in-depth guide to the rich history of the symbol of a ring, its origin in ancient storytelling tradition, and its influence on Tolkien's work.

By David Day

Tolkien's One Ring, at the centre of one of the greatest fantasy tales ever told, is an undeniably iconic and powerful symbol in literature.

Tracing centuries of ancient folklore, *The Ring Legends of Tolkien* is a deep and highly informed investigation into the inspiration behind Tolkien's epic fantasy world, exploring the origins of the great symbol of the One Ring, as well as the extraordinary myths and legends that inspired Tolkien's works.

This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.



The Naturally Healthy Hound | U (235x190) |
Hardback | 01/10/2020 | £20.00 | 224 pages | Hamlyn
| 9780600636038

Author Biography:

Author Biography: Gwen Bailey is the author of the UK's biggest-selling training book: *The Perfect Puppy*, which has sold more than half a million copies in the UK alone and helped countless owners understand and school their puppies. Gwen pioneered the use of canine behaviour knowledge in the rehoming of unwanted animals. Gwen has written 15 books on dog care, psychology books and training. She is also the founder of Puppy School, the UK's largest network of puppy training classes.

The Naturally Healthy Hound

Discover what your dog naturally needs for a healthy, happy life.

By Gwen Bailey

Gwen Bailey's bestselling dog guides have helped hundreds of thousands of owners throughout the world. Now, in this brand new book, you can learn how give your dog everything it needs to achieve a happy and happy life by focusing on three vital considerations:

- Physical health including physical exercise, combating disease, vaccinations and alternative training sessions
- Dietary health including the importance of microbiome, what's really inside your dog's good and raw food diets
- Mental health including emotional connections, leadership and mental stimulation

From understanding your dog's physiognomy and analysing the perfect diet, to keeping your dog naturally alert, spirited and happy throughout its life, *The Naturally Healthy Hound* offers a holistic approach to changing your dog's lifestyle to get the most out of life.

This is the wellness bible for dog owners everywhere.



The Almanac 2021 | A Format | Hardback |
03/09/2020 | £10.99 | 272 pages | Mitchell Beazley |
9781784726348

Author Biography:

Lia Leendertz is an award-winning garden and food writer. She writes a monthly almanac column for the Telegraph, a monthly column for The Garden magazine and a long-running series on growing and eating seasonally for Simple Things magazine. She also contributes frequently to the Guardian and Gardens Illustrated. She is the author of several gardening books and the cookbook Petal, Leaf, Seed: Cooking with the garden's treasures. Lia appears monthly on BB6 Music with Cerys Matthews.

The Almanac 2021

The fourth instalment of the bestselling Almanac Seasonal Guides

Lia Leendertz

THE ORIGINAL & BESTSELLING ALMANAC

'Indispensable' - Sir Bob Geldof

A perfect toolkit connecting with the world around us and the year ahead as it unfolds - all in a compact and pocket size that just begs you to pick it up and browse.

The Almanac: A Seasonal Guide to 2021 reinvents the tradition of the rural almanac for a new audience. It gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way. Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights and beach holidays. There are also features on each month's unique nature, such as the meteor shower of the month, beehive behaviour, folklore and stories, seasonal recipes and charts tracking moon phases and tides.

You will find yourself referring to the almanac all year long, revisiting it again and again, and looking forward to the next edition as the year draws to a close



The Dream 100 from evo and Octane

The 100 greatest cars of all time, as chosen by the experts at evo and Octane magazines

100 cars across 100 years – the best of the best.

Explore the 100 greatest cars of all time, with every single one tried, tested, argued over and chosen by the respected experts at *evo* and *Octane* magazines.

Covering an entire century, from legendary classics to the latest supercars, cult heroes to landmark designs, the 100 cars in this book represent the absolute pinnacle of driving history.

With stunning imagery from the world-renowned *evo* and *Octane* photographers alongside key performance figures and first-hand reports from behind the wheel, *The Dream 100* is the final word in automotive excellence.

The Dream 100 from evo and Octane | MN (280x230)
| Hardback | 03/09/2020 | £25.00 |
224 pages | Mitchell Beazley | 9781784725952

Author Biography:

evo magazine was formed in 1998 and is devoted to the thrill of driving. From hatchbacks to hypercars, *evo* puts readers across the world behind the wheel with award-winning first-hand reports and exclusive photography of the latest automotive creations.

Octane magazine was launched in 2003, focused on classic and performance cars. It features the greatest cars ever made, from the earliest pioneers to the latest supercars, along with the people and events associated with them – all presented to the highest production values.



Ride | MN (280x230) | Hardback | 03/09/2020 |
£30.00 | 224 pages | Mitchell Beazley | 9781784726874

Author Biography:

Cyclist is the world's biggest road cycling magazine and winner of multiple awards. Combining experiences cycling writers with exclusive images from top photographers, *Cyclist* showcases the most stunning rides from around the world and gets behind the scenes with the biggest names in the sport.

Ride

The world's most epic bike rides from the world's biggest road cycling magazine.

By Cyclist

Explore 50 of the greatest, most thrilling road cycling routes the world has to offer, guided by the experts at the world's biggest road cycling magazine.

Route maps, first-hand ride reports and truly breathtaking photography from the finest cycling photographers come together in this celebration of the world on two wheels.

Covering the very best of Europe, from the twisting trails of northern Norway to the winding coast of southern Spain, this beautiful book also includes rides from as far afield as Vietnam, Ethiopia and Lebanon, as well as the USA.



It's Always Summer Somewhere: A Matter of Life and Cricket

A cricketing history of the last 20 years.

By Felix White

Felix White is the cricket's flag waver. His passion for the game is at the fore on the BBC's number one cricket podcast and 5Live show, *Tailenders*, which he co-presents with Greg James and Jimmy Anderson. *It's Always Summer Somewhere* is Felix's funny, heart-breaking and endless engaging love letter to the game of Cricket.

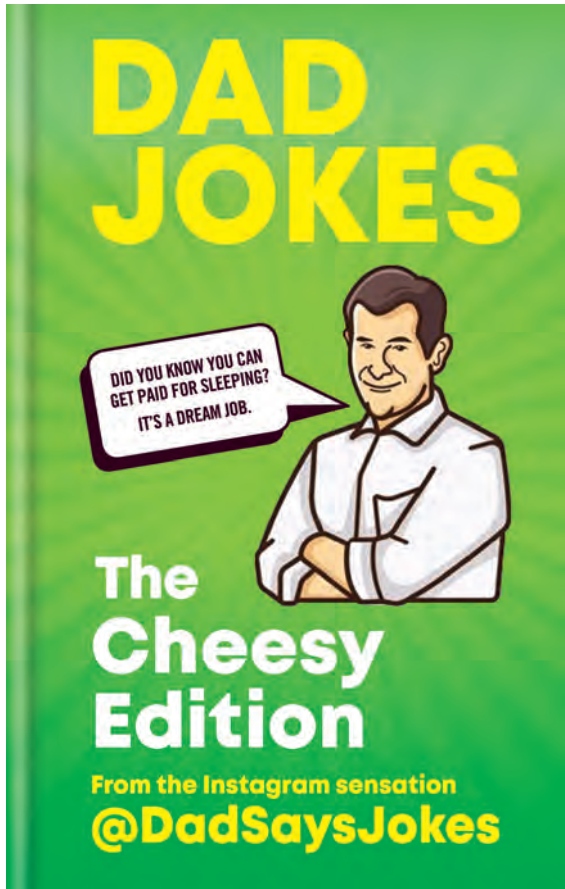
Felix looks back at the last 20 years of the sport and unpacks the most poignant moments; both cultural touchstones for the game and unflinching personal events. He relives each, telling us how and what it taught him about life. In a fact-finding field trip in the name of catharsis, White hunts down the main players in said memory and hears about their own personal experience and recollections.

It's Always Summer Somewhere is an incredibly honest detail of a life lived with cricket. It offers a sense of genuine empathy and understanding not just with cricket fans, but sports or music fans across the world, in exploring our reasons for pouring so much of the meaning of life into a game that we simply cannot control. Culminating in the heart-stopping World Cup Final in 2019, the book finally answers that question fans have so often asked – what is it about this game we love so much?

It's Always Summer Somewhere | Royal | Hardback |
03/09/2020 | £20.00 | 288 pages | Cassell |
9781788402422

Author Biography:

Felix White is the co-host of the BBC's number one podcast and 5Live show, *Tailenders*, which he co-hosts with Jimmy Anderson and Greg James. The show has become a huge favourite among cricket fans and in 2020 will tour the UK at sold-out theatre shows. Felix writes a regular cricket column for the *Independent* and *Wisden* magazine. He is also the founder member of The Maccabees and wrote the film score for the acclaimed cricket film *The Edge*.



Dad Jokes: The Cheesy Edition | A Format |
Hardback | 03/09/2020 | £10.00 | 272 pages |
Cassell | 9781788402460

Author Biography:

Dad Says Jokes is a community-run social brand fast approaching 1.6m followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers.

Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

Dad Jokes: The Cheesy Edition

The next book from the bestselling series

By @dadsaysjokes

The most followed dad jokes page on Instagram, @DadSaysJokes, returns with another collection of hilariously cringe-inducing gags for you to share with friends and family.

@DadSaysJokes is a community-run Instagram account with more than 1.5 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favourites - or Dad just drops in his own zinger! Kit, a young social networking mastermind started his career at the tender age of 14, when he created his original platform, Football.Newz, to serve audiences for the World cup 2014. He has recently added another nine platforms in different genres (of which @DadSaysJokes is one), with nine million followers and rising. This is his third book.

Q: What do you call 52 pieces of bread?

A: A deck of carbs



Giles The Collection 2021 | Other (280 x 208) |
 Paperback | 03/09/2020 | £9.99 | 160 pages |
 Hamlyn | 9780600634782

Author Biography:

Carl Giles was born in Islington, north London, on 29 September 1916. After leaving school at fourteen, he initially trained in animation before moving into cartoons, when working for *Reynolds News*. In 1943 Giles moved to the Sunday Express and Daily Express, and becoming the Daily Express "War Correspondent Cartoonist" with the 2nd Army in 1945. Best known for his Express "family", his cartoons had enormous popular appeal and in 1959 he was awarded an OBE. Giles left the *Daily Express* in 1989 but continued working for the *Sunday Express* until 1991. He died in 1995.

Giles The Collection 2021

The bestselling Giles annual is back! Now you can reflect on how the 20th century's greatest satirical cartoonist saw the biggest names of his time, from politicians to models.

By Carl Giles

****The nation's favourite cartoonist - *Express*****

Giles enthusiasts will be thrilled with this latest collection of classic cartoons.

Capturing Giles's trademark style and British humour, the 2021 annual takes a look at the biggest names of the 20th century, from politicians such as Winston Churchill and Margaret Thatcher to members of the royal family such as Princess Margaret and Queen Elizabeth.

Giles also brilliantly details the celebrities whose names and stories were swept up by the national press during the 20th Century. From Christine Keeler, an English model who was at the centre of the Profumo Affair during the 1960s to Michael Fish, the BBC weather correspondent, who was lampooned for underestimating The Great Storm of 1987.

Fans of Giles will be delighted to receive the latest annual compilation featuring 150 cartoons to enjoy from the archives of one of the most celebrated cartoonists of the once biggest selling daily newspaper in the world, the *Daily Express*, whose work led to him being voted the best cartoonist of the 20th century.



It's the Little Things

A fun, cute and inspirational gift book about taking the time to enjoy the everyday and finding happiness in the little things

By Sarah Ford

You're stuck in traffic and you're late to work, but it doesn't matter. Your cat woke you up with a kiss that morning, you've just spotted your first freckle of the year (summer must be here) and now your favourite song is playing on the radio. Life is good.

Packed with cute and funny everyday scenarios, and beautifully illustrated throughout, this book is a reminder to stop stressing about life's problems, and to start appreciating the little things instead.

Learn to laugh at the ridiculous, revel in your small achievements, delight in the mundane and start living your best life.

It's the Little Things | NB (147x105) | Flexiback |
06/08/2020 | £6.99 | 96 pages | Spruce |
9781846015908

Author Biography:

Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals. She lives in the Cotswolds but works in London. When she is not working she can be found hanging out in her garden with her daughter and a whole host of animals.



Taxidermy Goes Wild | Other (142x194)|
 Hardback | 03/09/2020 | £9.99 | 96 pages |
 Cassell | 9781788402354

Taxidermy Goes Wild

Discover the most bizarre, imaginative and jaw-dropping taxidermy from around the planet.

Stuffed with a wonderfully weird collection of taxidermy from across the globe, *Taxidermy Goes Wild* will leave you both amused, confused and astounded.

Revel in scenes of musical mice, basket-balling bengals, gun-toting rodents and lawn-mowing moles.

Bringing together all the scenes nature never intended, this full-colour volume really does showcase the strangest taxidermy on sale and on display. From a gangster squirrel in a London antiques shop, to a murderous mouse serving arsenic in a New York store, nothing is off-limits.

Taxidermy Goes Wild is the very best - and the very worst - of anthropomorphic wildlife.



TODAY PUZZLE BOOK 3 | Royal | Paperback |
01/10/2020 | £12.99 | 288 pages | Cassell |
9781788402125

Author Biography:

Today is BBC Radio 4's long-running early morning news and current affairs programme. It consists of regular news bulletins, serious and often confrontational political interviews, in-depth reports, Thought for the Day and Puzzle for Today. *Today* has been voted the most influential news programme in Britain in setting the political agenda, and in February 2017 recorded its highest ever audience figures, reaching 7.45 million weekly listeners.

TODAY PUZZLE BOOK 3

Take on even more cryptic, numerical and linguistic brainteasers in this third puzzle book from Britain's best-loved radio programme

By BBC Radio 4

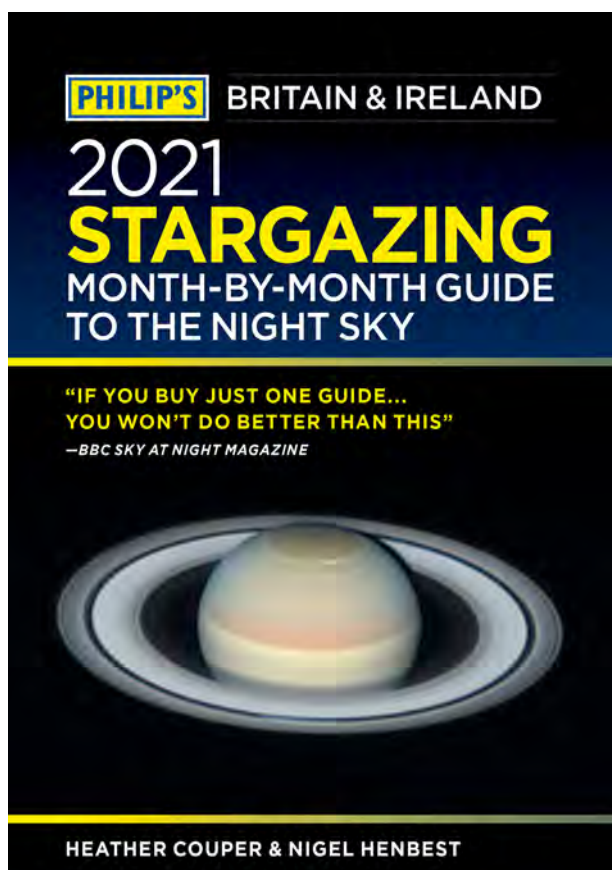
Tackle the conundrums that have been frustrating and confounding the nation every day at 6.47am, with the official Radio 4's Today puzzle book.

Over 280 cryptic, numerical and linguistic brainteasers from Britain's best-loved radio programme, set by the world's ultimate puzzle masters.

Contributors include The Royal Navy, The Lost Meteorites of Antarctica Team, University of Cambridge, and the Institute and Faculty of Actuaries.

With a foreword by Sarah Sands, editor of the *Today* programme.

The first two books in the series have sold more than 30,000 copies.



Philip's Stargazing Month-by-Month Guide to the Night Sky Britain & Ireland | 210 x 149mm | Paperback | 03/09/2020 | £6.99 | 96 pages | Philip's | 9781849075411

Author Biography:

Prof. Heather Couper and Prof. Nigel Henbest are qualified astrophysicists, dedicated to sharing their love of the cosmos to everyone. They work in TV and radio broadcasting, international presentations, and have written over fifty popular books between them.

Philip's Stargazer 2021

Philip's Month-by-Month Stargazing 2021 is the guide for Stargazers in Britain and Ireland. The new 2021 edition has been completely revised to make it even more essential for exploring the night skies - making the night sky accessible to beginners and experts alike.

Professors Heather Couper and Nigel Henbest

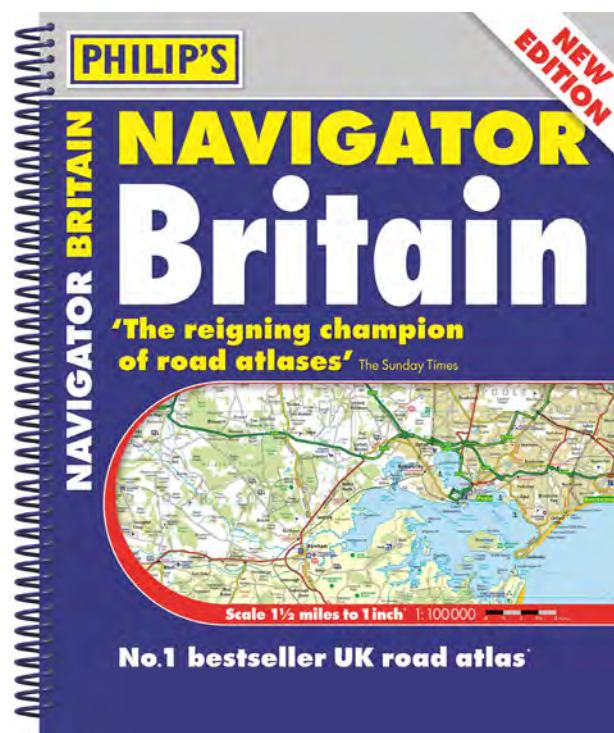
"I WILL CONTINUE TO ENJOY STARGAZING AS THE MONTHS GO BY" Helen Sharman, astronaut

"VERY USEFUL INDEED" Chris Lintott, Sky at Night presenter

"IF YOU BUY JUST ONE GUIDE... YOU WON'T DO BETTER THAN THIS" BBC Sky at Night Magazine

Includes...

- 12 month-by-month Night Sky Maps for year-round stargazing
- Monthly Calendar of moon phases and special events in 2021
- Planet Watch: the best viewing days for planets in 2021
- Dark Sky Map of the UK - find the darkest skies
- How to view the night skies using binoculars
- The major astronomical events of 2021
- Month-by-month Top 20 Sky Sights 2021
- Plus illustrated Jargon Buster
- Expert advice on what to see each month from Heather Couper and Nigel Henbest, Philip's internationally renowned authors.
- The Solar System 2021 explains the movement of the planetsand much more!



Philip's Navigator Britain (Spiral bound)

Philip's Navigator Road Atlases - the UK's best-selling road atlases. Large-scale mapping that makes driving easy in both towns and the countryside. Lie-flat spiral binding or flexiback

Philip's Maps

PHILIP'S NAVIGATOR ROAD ATLASES - THE UK'S BEST-SELLING ROAD ATLASES.

'A map that beats all others' -The Daily Telegraph

'Scale, accuracy and clarity are without parallel'
-Driving Magazine

'No.1 in the UK for clear maps' -Independent research survey

- Scale: 1.5 miles to 1 inch = 1:100,000 (Northern Scotland: 3 miles to 1 inch = 1:200,000)

Philip's Navigator Britain is widely used by professional drivers and the emergency services, including national police training, and is recommended in the motoring press and national newspapers. No other road atlas of Britain offers this level of detail and clarity. Including...

- Super-detailed 6-page route-planning section.
- Every street in Britain marked on the maps.
- Over 3000 roads named.
- 100 indexed town-centre maps plus approaches maps to 12 major urban areas.
- Exceptional road detail, from motorways to country lanes, with every junction, roundabout and slip-road shown.
- Thousands of individually named farms, houses and hamlets.

Philip's Navigator Britain | 350mm x 280mm | Spiral bound | 09/07/2020 | £24.99 | 412 pages | Philip's | 9781849075251

Philip's Navigator Britain | 350mm x 280mm | Flexiback | 09/07/2020 | £24.99 | 412 pages | Philip's | 9781849075268



Philip's Navigator Britain | 350mm x 280mm | Spiral bound | 09/07/2020 | £24.99 | 412 pages | Philip's | 9781849075275

Philip's Navigator Trucker's Britain Spiral

Large-scale mapping that makes driving easy in both towns and the countryside. Lie-flat spiral binding. Additional information on bridge heights, width restrictions, weight limits - vital information for drivers of large vehicles.

Philip's Maps

PHILIP'S NAVIGATOR ROAD ATLASES - THE UK'S BEST-SELLING ROAD ATLASES.

'A map that beats all others' -The Daily Telegraph

'Scale, accuracy and clarity are without parallel' -Driving Magazine

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Philip's Navigator Britain is widely used by professional drivers and the emergency services, including national police training. No other road atlas of Britain offers this level of detail and clarity. Including...

- Super-detailed 6-page route-planning section.
- Every street in Britain marked on the maps.
- Over 3000 roads named.
- 100 indexed town-centre maps plus approaches maps to 12 major urban areas.
- Exceptional road detail, from motorways to country lanes, with every junction, roundabout and slip-road shown.
- Thousands of individually named farms, houses and hamlets.

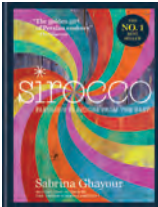
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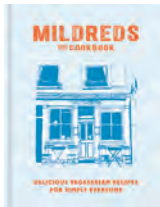
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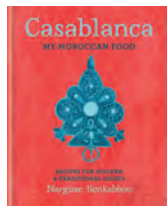
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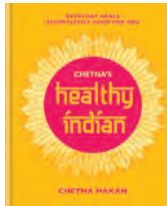
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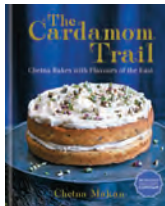
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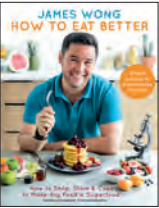
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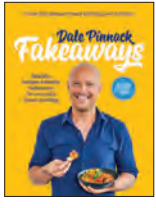
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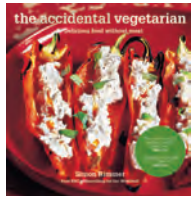
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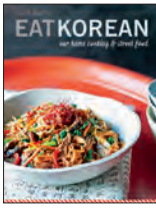
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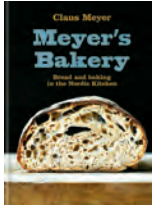
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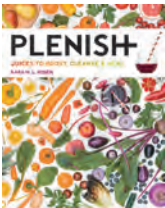
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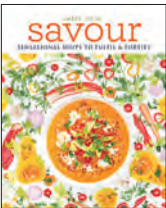
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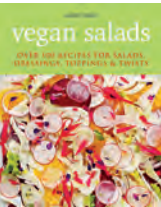
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Mitchell Beazley
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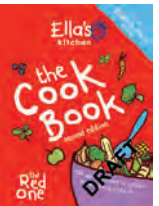
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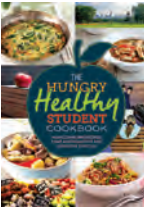
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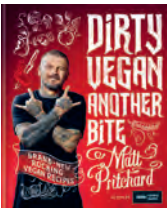
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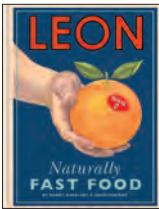
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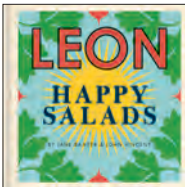
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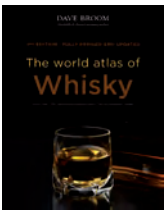
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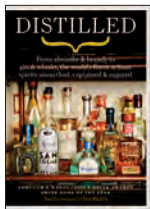
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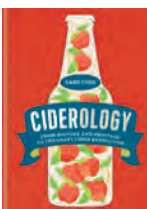
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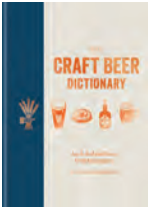
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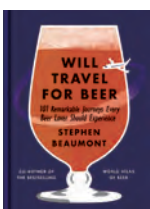
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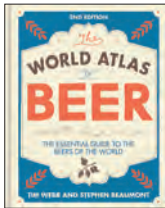
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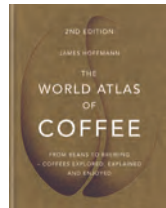
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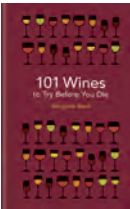
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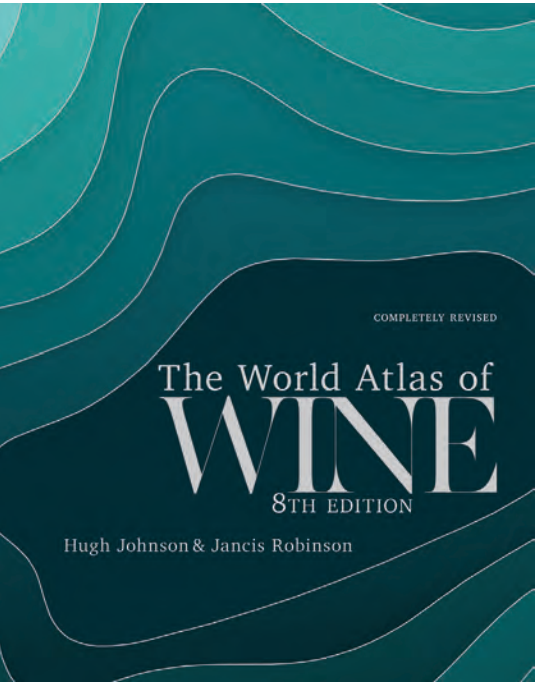
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Hugh Johnson & Jancis Robinson

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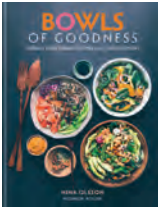
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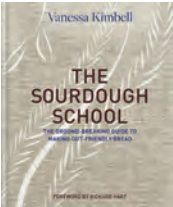
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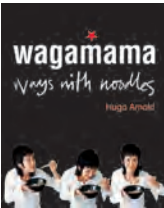
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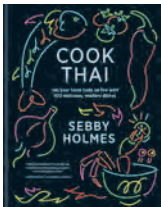
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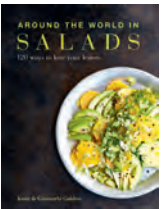
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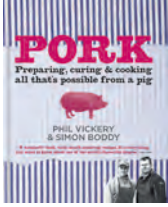
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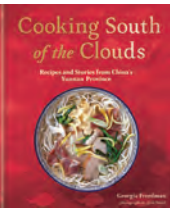
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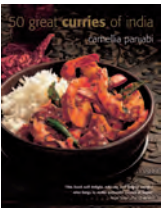
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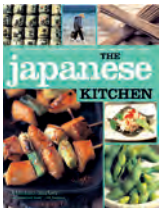
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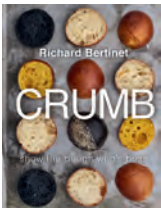
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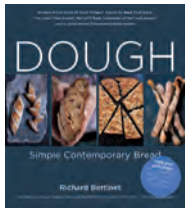
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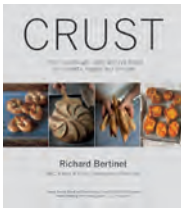
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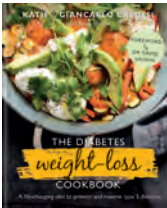
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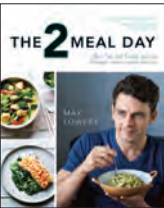
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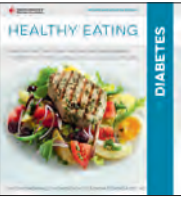
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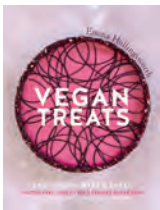


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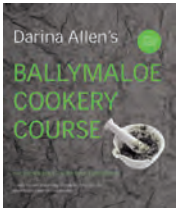
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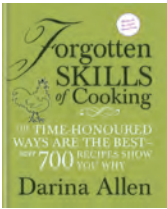
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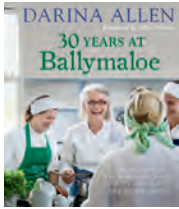
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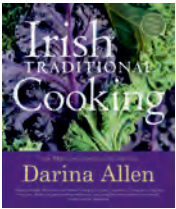
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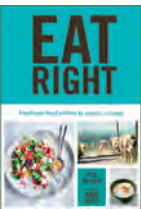
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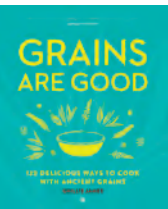
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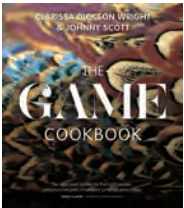
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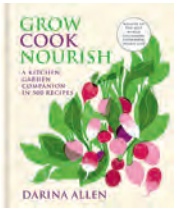
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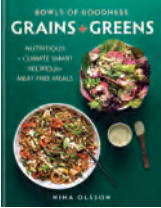
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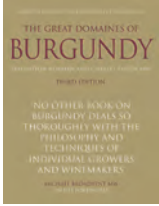
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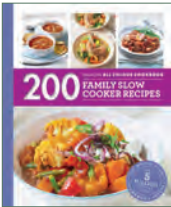
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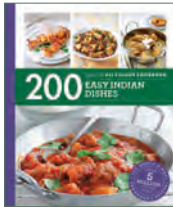
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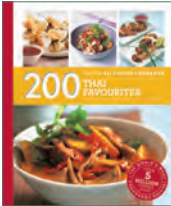
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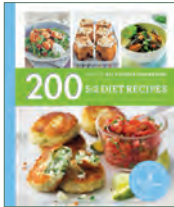
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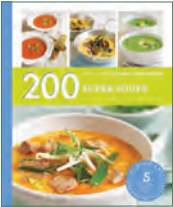
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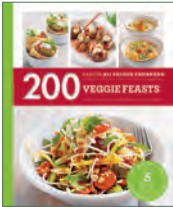
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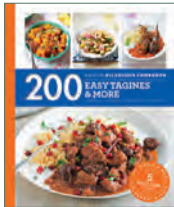
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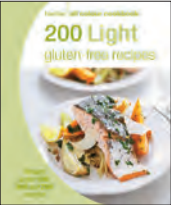
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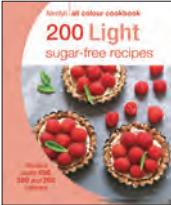
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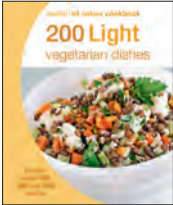
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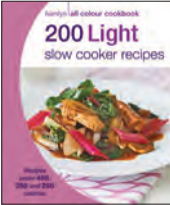
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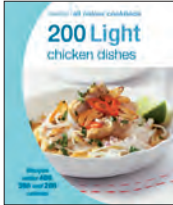
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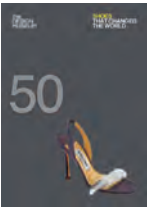
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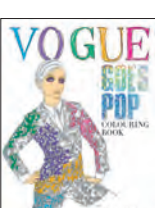
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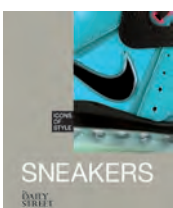
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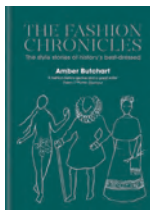
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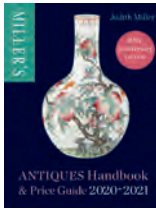
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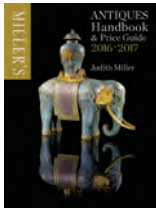
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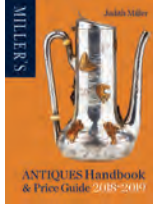
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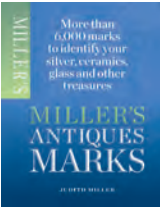
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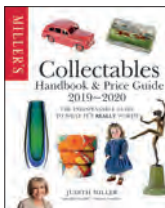
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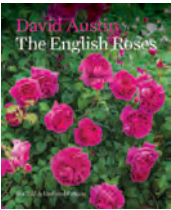
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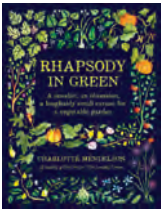
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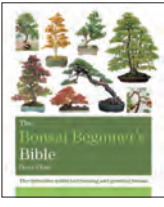
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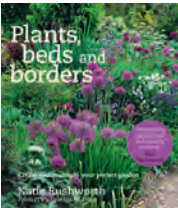
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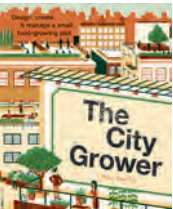
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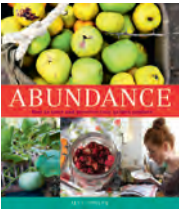
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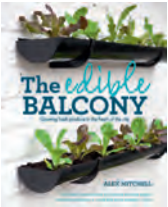
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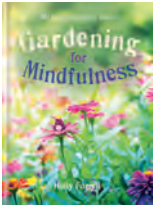
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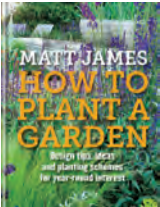
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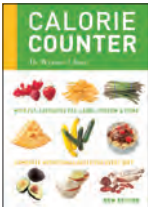
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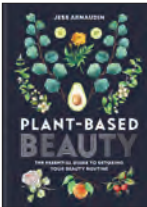
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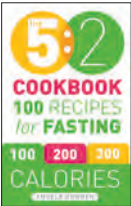
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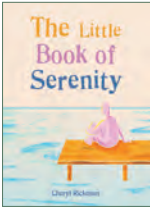
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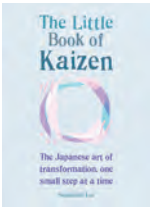
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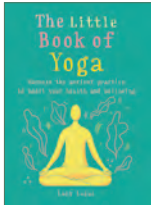
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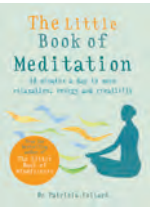
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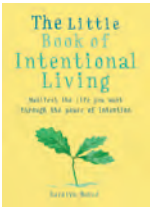
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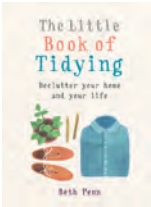
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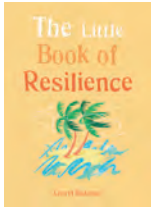
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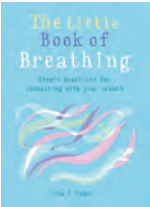
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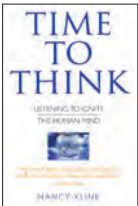
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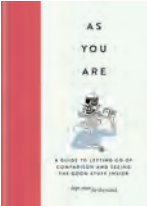
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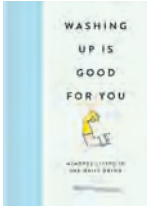
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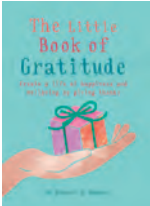
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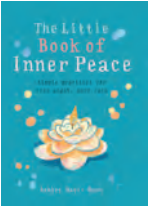
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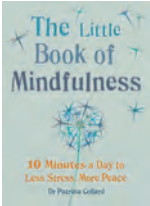
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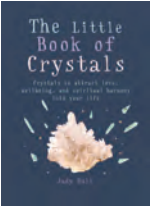
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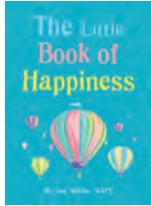
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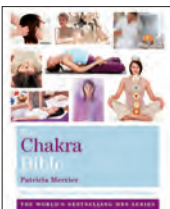
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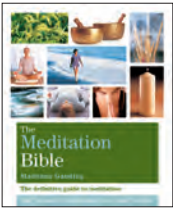
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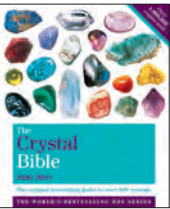
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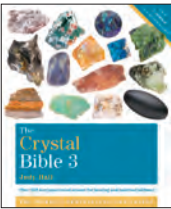
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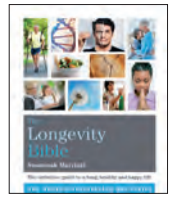
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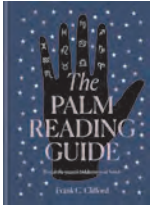
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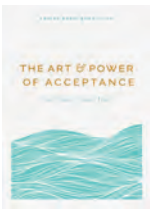
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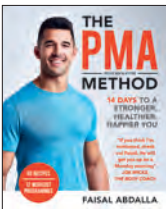


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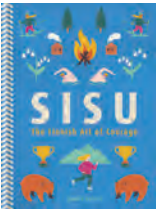
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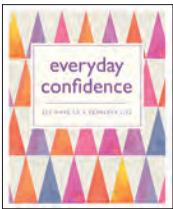
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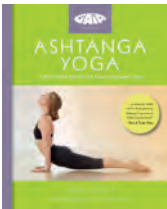
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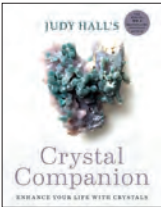
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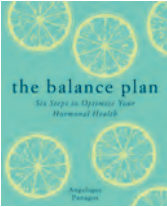
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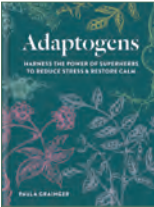
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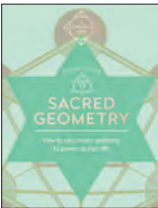
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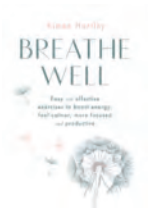
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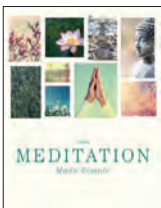
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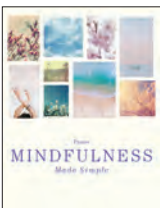
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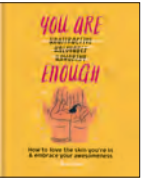
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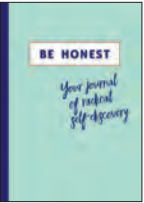
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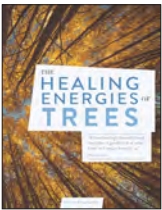
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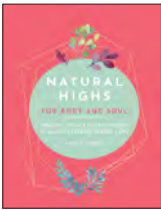
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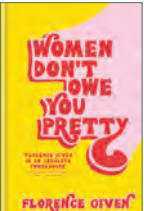
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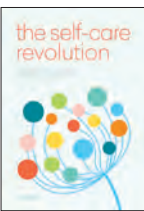
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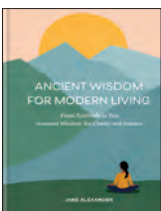
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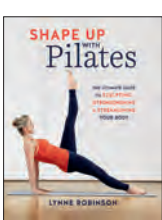
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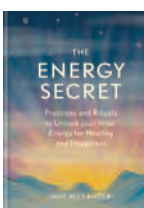
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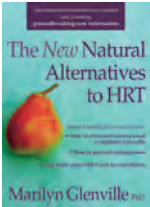
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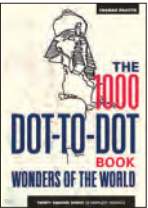
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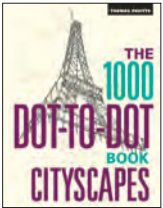
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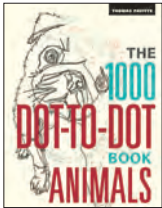
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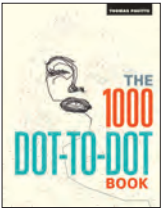
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Zoë de Las Cases

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250 words
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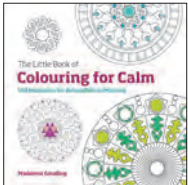
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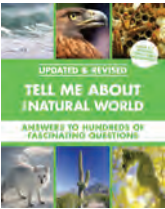
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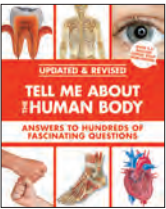
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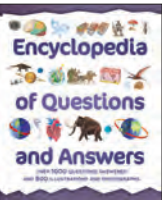
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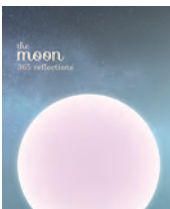
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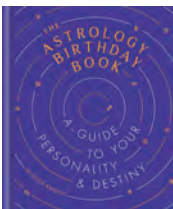
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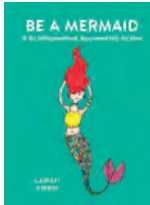
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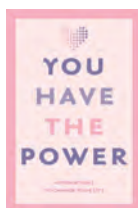
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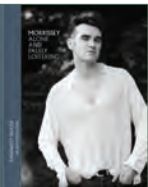
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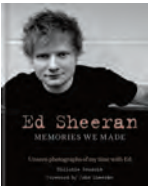
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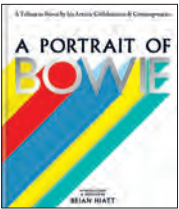
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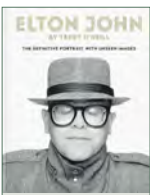
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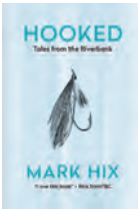
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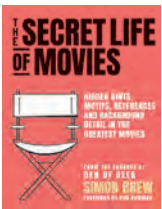
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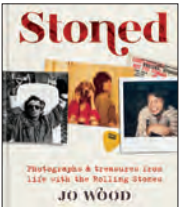
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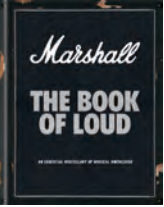
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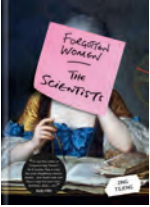
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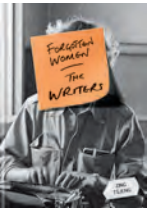
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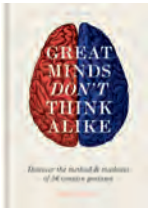
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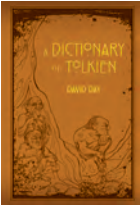
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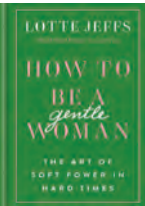
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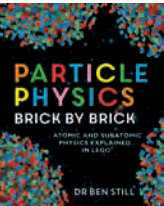
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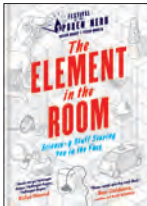
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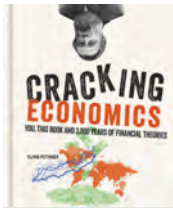
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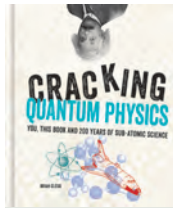
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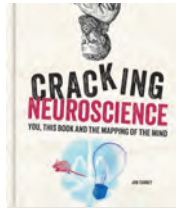
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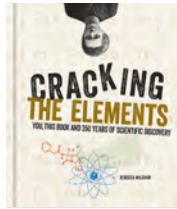
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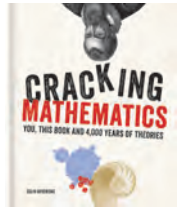
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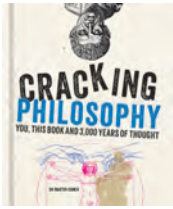
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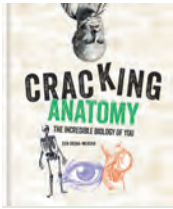
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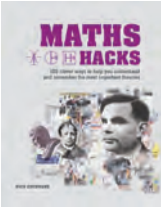
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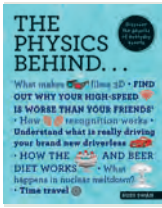
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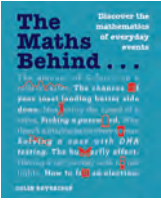
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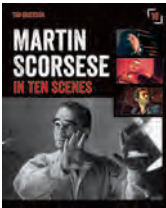
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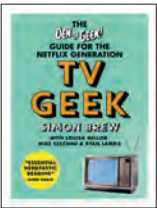
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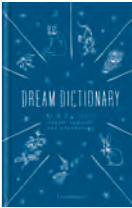
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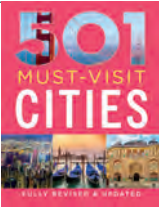
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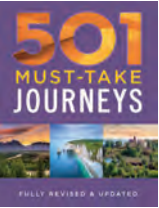
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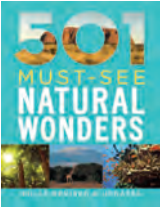
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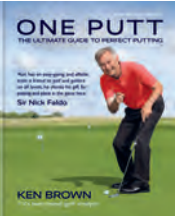
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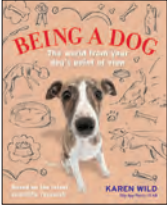
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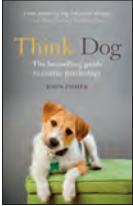
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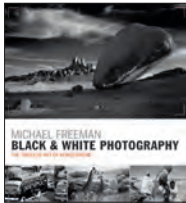
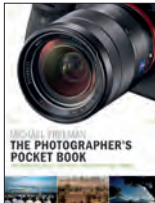
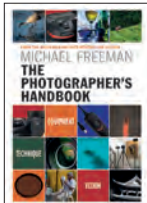
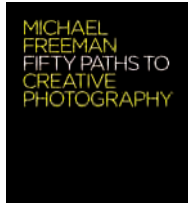




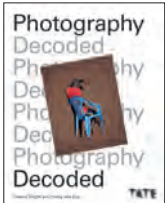


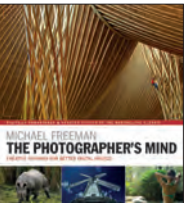

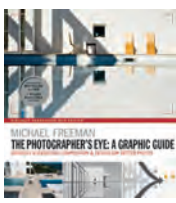
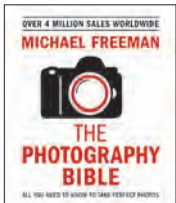


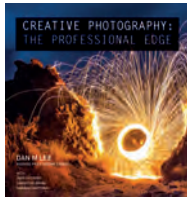



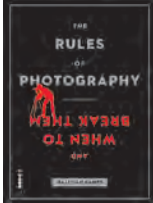

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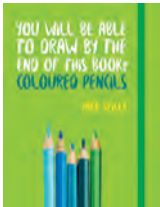
											
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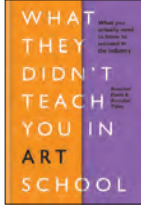
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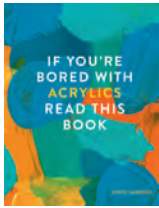
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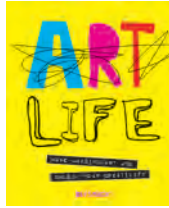
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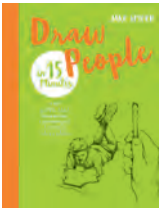
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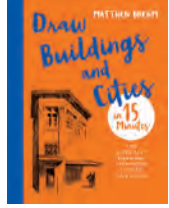
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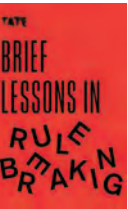
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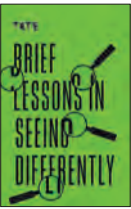
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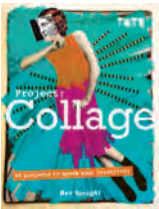
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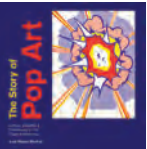
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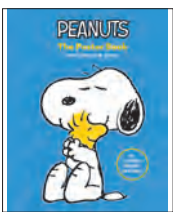
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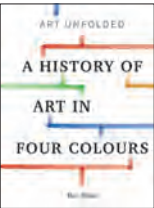
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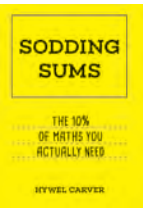
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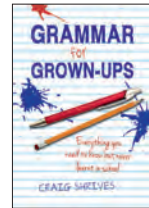
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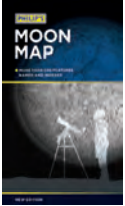
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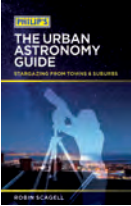
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