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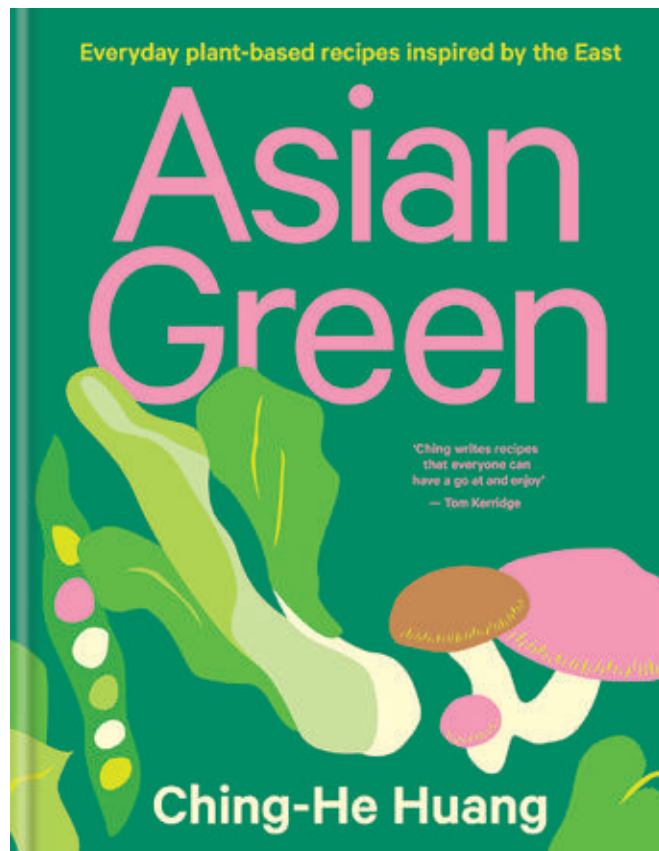
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Asian Green

**Delicious vegan dishes from the UK's best-loved Asian chef
By Ching-He Huang**

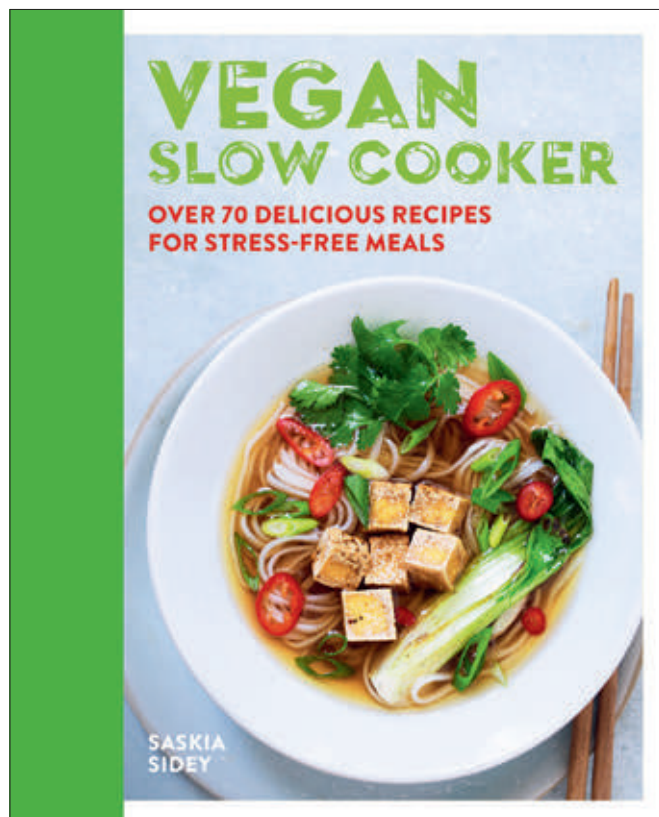
'Ching's recipes are not only deliciously healthy but easy enough for anyone to have a go at and enjoy'
- Tom Kerridge

Asia has always had an abundance of delicious recipes that are traditionally meat and dairy free. Here, Ching-He Huang draws inspiration from across the continent to create simple, healthy home cooking that everyone can enjoy.

From Nourishing Soups to Fast & Furious and Warm & Comforting, each chapter features fresh and vibrant plant-based dishes that are both nutritious and packed with flavour, including Wok-fried Orange-Soy Sticky Sprouts & Wild Rice Salad, Peking Mushroom Pancakes, Smoked Tofu & Broccoli Korean-style Ram-don, and Chinese Black Bean Seitan Tacos. Ching also shows you how to make your own seitan and tofu as well as sharing expert tips and tricks for successful wok cooking.

Author Biography: Ching-He Huang was born in Taipei, Taiwan. She is an Emmy-nominated, award-winning TV Chef and cookery book author, who has been championing, popularising and demystifying Chinese cuisine since 2003. Ching's approach to cookery stems from the traditional farming community of her grandparents in Southern Taiwan. Her ethos is to use fresh organic produce, making cooking fun, accessible and nutritious to all, and appealing to both the East and West. Her TV series include *Chinese Food Made Easy*, *Chinese Food in Minutes*, *Exploring China* and *Ching's Amazing Asia*. She is the author of several cookbooks including *Wok On*, *Stir Crazy*, *Eat Clean: Wok Yourself to Health*, *Exploring China*, *Ching's Fast Food*, *Everyday Easy Chinese*, *Ching's Chinese Food in Minutes*, *Chinese Food Made Easy* and *China Modern*. She appears regularly on TV in both the UK and US, including BBC1's *Saturday Kitchen*, ITV's *This Morning* and NBC's *Today* show.

Asian Green | SSN (246x189) | Colour photography throughout | Hardback
21/01/2021 | £20 | 208 pages | Kyle Books | 9780857836342



Vegan Slow Cooker

Over 70 delicious recipes for stress-free vegan slow cooking

By Saskia Sidey

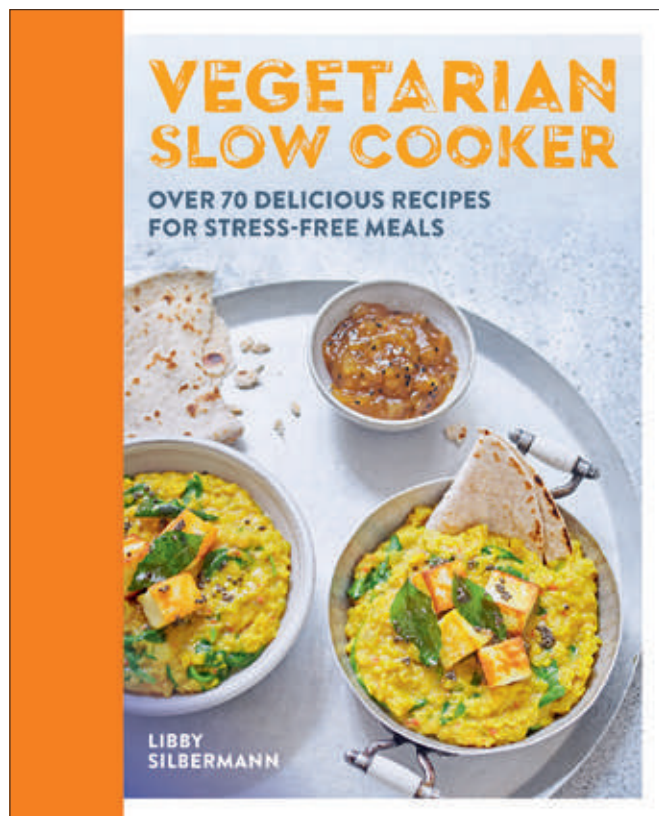
Perfect for busy lifestyles, these recipes will revolutionise your meal planning, meaning you can indulge in nutritious, comforting vegan dishes every night of the week with little to no effort. With dishes for breakfast, snacks, mains and sweet treats, this is simple food that the whole family can share and enjoy together.

Recipes include: Seedy banana breakfast loaf, Tofu shakshuka, Satay cauliflower, Pulled jackfruit burgers, Mac n-no-cheese, Sweet potato shepherd's pie, Chocolate lava slab and Lemon blueberry drizzle.

Author Biography: Saskia is a leading food stylist and recipe developer, working frequently with online video publications like BuzzFeed and Tastemade, having created hundreds of viral recipe hits, viewed and loved by thousands. Saskia was the former brand & marketing manager and copywriter at a healthy fast-casual food brand. She also worked in-house for a Cookery publisher before leaving to train as a chef at Leiths School of Food and Wine. With a flare for flavour, love of vegan food, beady eye for detail and practical nature, Saskia has developed a unique personal style with food.

[Instagram.com/saskia.sidey](https://www.instagram.com/saskia.sidey)

Vegan Slow Cooker | U (235x190) | Colour photography throughout | Paperback
07/01/2021 | £10 | 128 pages | Hamlyn | 9780600636953



Vegetarian Slow Cooker

Over 70 delicious recipes for stress-free vegetarian slow cooking

By Libby Silberman

Perfect for busy lifestyles, these recipes will revolutionise your meal planning, meaning you can indulge in vibrant and comforting vegetarian dishes every night of the week with little to no effort. With dishes for breakfast, snacks, mains and sweet treats, this is simple food that the whole family can share and enjoy together.

Recipes include: French toast bake, Refried beans with avocado, Sri Lankan green bean curry, Beetroot gratin, Mexican baked eggs, Mushroom stroganoff, Slow cooked frittata, Miso aubergine noodles, Veggie Lasagne, Coconut rice pudding and Pineapple upside down cake.

Author Biography: Libby is a food writer and a food & prop stylist, working across a wide range of editorial and advertising stills and film work. After studying and training at Leith's School of Food & Wine, Libby went on to pursue a career in food. She is passionate about how food tastes and looks, forever wanted to produce a mood and ambience with the food she creates. She has styled a number of cookbooks for various publications and regularly styles and writes across magazines such as BBC good food, Olive Magazine and Waitrose. Libby lives in SW London and loves to spend most of her weekend's hosting dinners and cooking for family and friends.

Vegetarian Slow Cooker | U (235x190) | Colour photography throughout | Paperback
07/01/2021 | £10 | 128 pages | Hamlyn | 9780600636946



Zoe's Ghana Kitchen

An Introduction to New African Cuisine - From Ghana With Love

By Zoe Adjonyoh

Zoe's Ghana Kitchen introduces you to dishes - sweet with peanuts and hot with chillies - that have big flavours and are satisfyingly no-nonsense. Cooking out of it has left me yearning for pork ribs in sticky plantain sauce and lamb and peanut butter stew as well as simple grilled fish. And I had no idea how easy it was to pair smoked fish with yams, squash and ginger. Chale, the basic hot tomato sauce (spiked with ginger and a little curry powder), which is used as the base for many of the recipes, is a godsend.'

- Diana Henry

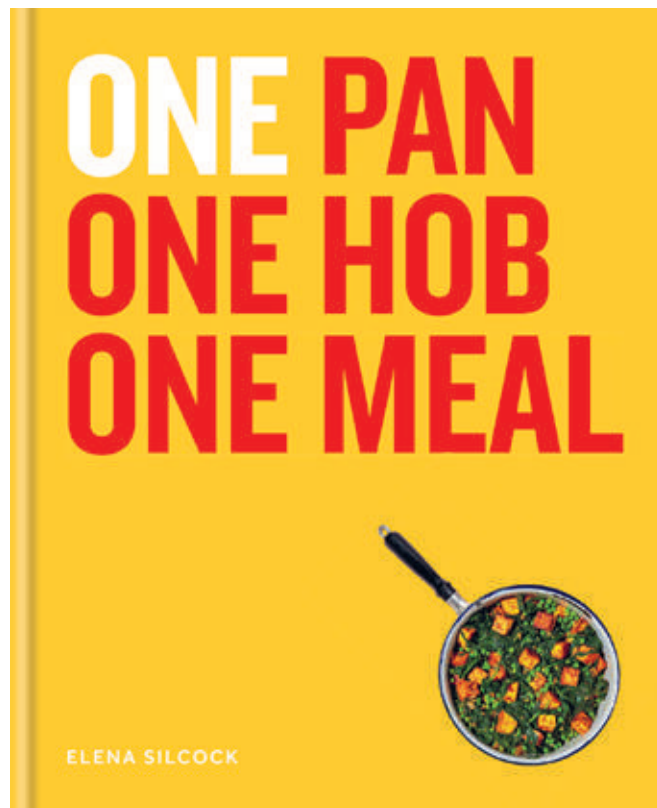
"I believe we are on the cusp of an African food revolution. There is a longing to try something that is actually new, not just re-spun, and African cuisines are filling that gap. It's the last continent of relatively unexplored food in the mainstream domain. For too long Africans have kept this incredible food a greedy secret." - Zoe Adjonyoh

Ghanian food is always fun, always relaxed and always tasty! From Pan-roasted Cod with Grains of Paradise and Nkruma (Okra) Tempura to Coconut & Cassava Cake and Cubeb Spiced Shortbread, this is contemporary African food for simply everyone. If you're already familiar with good home-cooked Ghanaian food, you'll find new ways to incorporate typical flavours - such as plenty of fresh fish and seafood, hearty salads and spices with a kick. If you're new to it, you'll no doubt be surprised and delighted at the relative ease of cooking these tempting dishes. Most of the ingredients are easy to come by at supermarkets or local shops, and the recipes are super flexible - you can take the basic principles and adapt them easily to what you have available in your cupboard or fridge. *Zoe's Ghana Kitchen* will help you bring something truly exciting and flavour-packed to the kitchen. Get ready to bring African food to the masses.

Author Biography: Zoe Adjonyoh is a writer and cook from South-East London. Her pop-up restaurant and supper club has been making waves in the foodie scene - both in London and Berlin - bringing traditional and contemporary Ghanaian food to an audience outside of the Ghanaian community. Zoe appears at streetfood markets, pop-ups and festivals across Europe, as well as providing cookery classes and being an established event caterer.

A writer by trade, Adjonyoh insists she's not a chef, and chooses to focus on homemade favourites and traditional flavours. Born to a Ghanaian father and Irish mother, Adjonyoh deepened her understanding of West African cuisine after a trip to visit her extended family in Ghana, where she spent time in her grandmother's kitchen, explored the famous Kaneshi street market, and met with cooks who shared with her their own takes on tradition. Zoe completed her MA in Creative & Life Writing at Goldsmith's University.

Zoe's Ghana Kitchen | SSN (246x189) | Hardback
04/02/2021 | £20 | 256 pages | Mitchell Beazley | 9781784721633



ONE: One Pan, One Hob, One Meal

Over 85 super simple recipes to cook entirely in one pan, on top of the hob

By Elena Silcock

From the pan to the table in no time at all.

Included are 85 easy, budget-friendly recipes to suit busy lifestyles and those with limited kitchen space. All the delicious dishes can be made in one of two pans - either a large saucepan or a non-stick frying pan - and require little to no skill, as directions are just for cooking over a high, medium or low heat. All the recipes can be cooked on a gas, electric or induction hob and you will get the same incredible result every time.

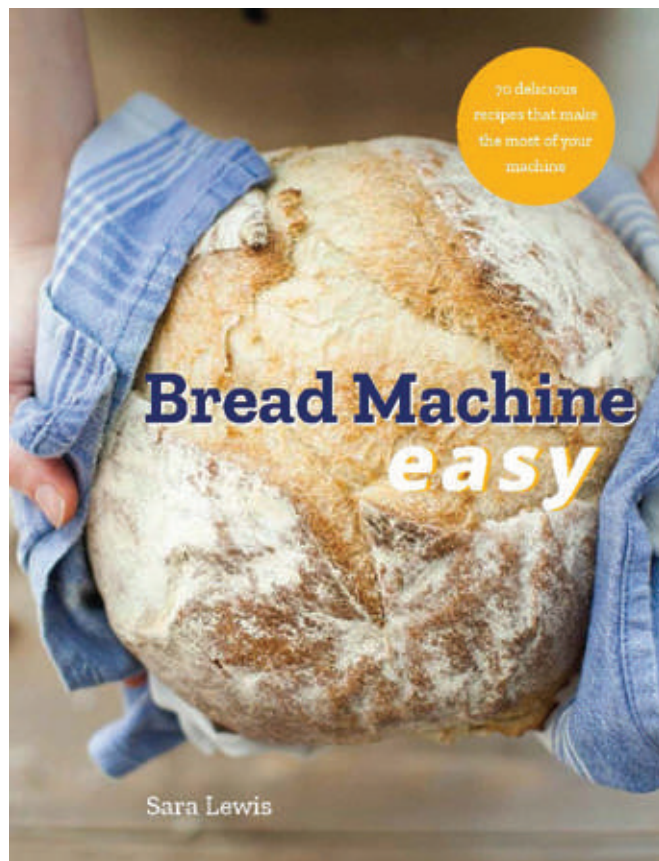
The entire meal can be made in a single pan, with no sides to be cooked separately, making these perfect lazy dishes that will keep the washing up to a bare minimum. Featuring easy cheats and supermarket ingredients, these are handy recipes to cook every night of the week.

From light and speedy dishes including Just-add-water beef pho and Vodka risotto with fresh tomatoes, to indulgent and comforting meals like Sausage and broccoli gnocchi and Sweet potato, kale and cashew nut curry, alongside speedy sweet treats such as Chocolate-centre French toast and Baby doughnuts, there are plenty of surprising, nourishing options that the whole family can enjoy together.

Author Biography: Elena Silcock is a food writer, chef and food stylist. She has worked for various magazines and brands, including *BBC Good Food*, *Coop magazine*, *Nando's*, *Kellogg's* and *Flora*. She runs her own supper clubs and is the creator of the *Feed Them Pasta* e-book as well as the online recipe and social platform *You Bring the Wine*.

@elenasilcock

ONE: One Pan, One Hob, One Meal | U (235x190) | |Hardback
04/02/2021 | £16.99 | 208 pages | Hamlyn | 9780600637042



Bread Machine Easy

70 delicious recipes that make the most of your machine

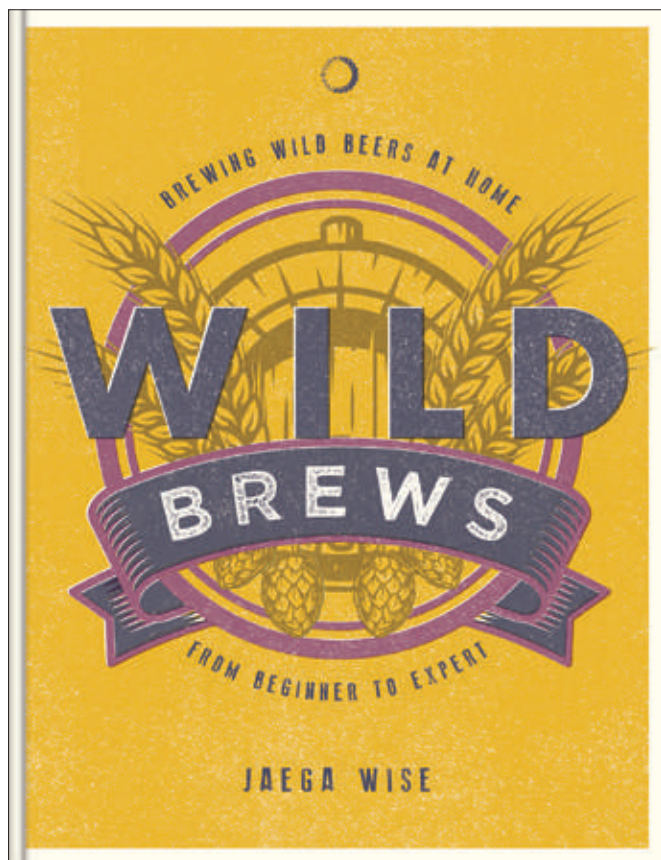
By Sara Lewis

There's nothing quite like the smell of freshly baked bread, but not everyone has the time to hand-make their own. With *Bread Machine Easy*, discover how quick and effortless it can be to make delicious homemade bread in just a few easy steps with the help of a bread machine.

From the simplest daily loaf to preparing fancy rolls for special occasions, the 70 mouthwatering and easy-to-follow recipes in this book make bread-making simple. With recipes like spiced coriander and lentil bread, garlicky olive and rosemary focaccia, coconut and cranberry bread, and even classic sourdough loaves, there's something for every occasion. And with an introductory section on basic techniques and troubleshooting, *Bread Machine Easy* takes all the effort out of baking the perfect loaf.

Author Biography: Sara Lewis is an experienced home economist and food writer. She was the cookery editor of *Practical Parenting* magazine for over 12 years and is the author of many Hamlyn cookery books including *Hamlyn All Colour Cookbook: 200 Cakes and Bakes* and *Hamlyn All Colour Cookbook: 200 Make Ahead Recipes*.

Bread Machine Easy | SSN (246x189) | Paperback
11/03/2021 | £9.99 | 144 pages | Pyramid | 9780753734582



Wild Brews

An inspiring manual for home brewers wanting to recreate a wide variety of wild ales
By Jaega Wise

Wild beers are the sourdough of the beer world, and Jaega Wise, head brewer at East London's Wild Card Brewery, is one of the UK's experts in this unusual and delicious type of beer.

In this book she shares her tricks, tips and homebrew recipes, teaching you not only how to make beer, but also how to get the most out of your beer yeast, wild yeasts and bacteria to produce barrel-aged beauties from mature sour beer to tangy fruit beers. Try your hand at a sour Berliner Weisse or a slow-aged Oud Bruin, or experiment with brewing a fruity Saison or a lemony, herby Gose.

Learn about the behaviour of different yeasts, the tools of the trade and how to set up your own brews at home. With delicious recipes and expert advice, *Wild Brews* contains everything you need to get started, from basic brewing principles to mastering the art of wild fermentation.

Author Biography: Jaega Wise is head brewer at Wild Card Brewery in East London, a qualified chemical engineer, a beer sommelier and a TV presenter. A former British Guild of Beer Writers' Brewer of the Year, Jaega is a popular speaker on all things beer and brewing. She is the beer presenter for Channel 5's *The Wine Show* and is one of the core presenters on BBC R4's *The Food Programme*. Other TV work includes presenting for BBC's *Inside the Factory* and Channel 4's *Food Unwrapped*. In 2018 she was named one of the *Evening Standard's 1000 Most Influential People in London*. This is her first book.

Wild Brews | SSN (246x189) | Colour photography throughout | Hardback
24/06/2021 | £22 | 208 pages | Kyle Books | 9780857837813



Batch but Better

Delicious, clever ideas to save money and reduce waste by turning one meal into three
By Lizzie Kamenetzky

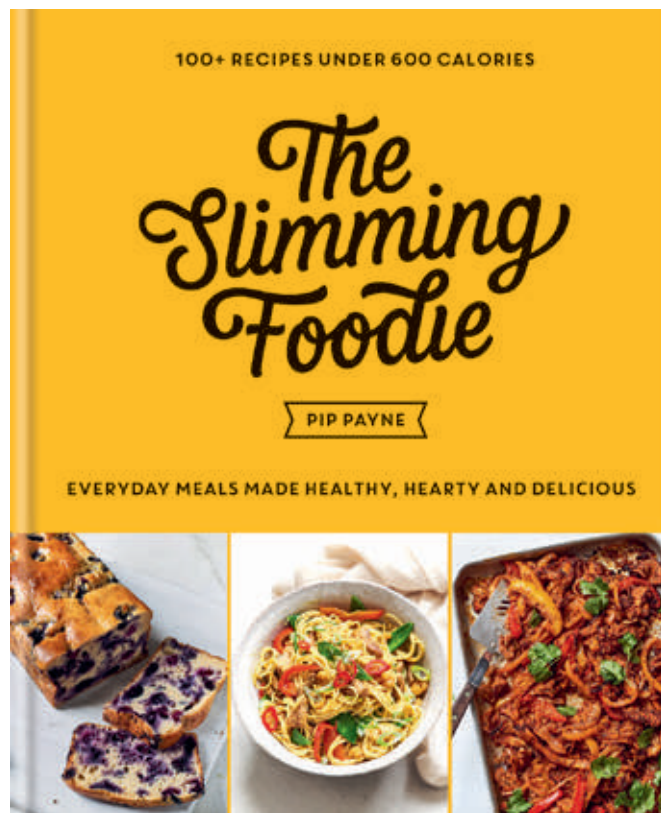
With the addition of just a few store cupboard staples or a handful of fresh ingredients picked up on your way home, *Batch But Better* shows how easy it is to transform one meal into three - saving you time and money and reducing waste.

For every recipe cooked from scratch, Lizzie provides ideas for two more fuss-free dishes. Roast aubergine with tomatoes transforms into a pasta bake and mini calzones. A supper of lamb koftes becomes a comforting moussaka as well as spiced lamb and hummus wraps. Deliciously sticky short ribs cooked at the weekend give you a fresh and feisty Thai beef salad and Vietnamese summer rolls in the days after.

From vegetable-based dishes to fish, meat and also desserts, this book will not only help you save time in the kitchen, spend less and avoid waste, but also cook simple, good-for-you meals that you really want to eat.

Author Biography: Lizzie Kamenetzky has a passion for simple, well-cooked food and inventive recipes, and for sharing her knowledge and skills. A former food editor for *delicious.* magazine, she is the author of *Winter Cabin Cooking* as well as two books for the *Great British Bake Off*.

Batch but Better | SSN (246x189) | Colour photography throughout | Paperback
06/05/2021 | £16.99 | 176 pages | Kyle Books | 9780857839466



The Slimming Foodie

Everyday meals made healthy, hearty and delicious – 100+ recipes under 600 calories

By Pip Payne

Based on the award-winning blog, *The Slimming Foodie* is all about delicious, hearty home-cooked meals that can work for anyone who is on a slimming journey.

The Slimming Foodie philosophy is simple. First and foremost, the recipes have to taste great! But what's also important is that they use fresh, healthy ingredients that are easily available and can be prepared by anyone.

This is food that people want to eat day-to-day: nourishing, budget conscious and approachable without being too time consuming. Ingredients that make the dishes higher in calories have been cut out, reduced or swapped without forgoing flavour.

With *The Slimming Foodie*, dinnertime can now include:

- Easy midweek meals like *Nutty chicken satay fried rice*
- One-pot wonders like *Chilli mac 'n' cheese*
- Savoury traybakes like *Garlicky meatball pasta bake*
- Family favourites like *Sausage and mash pie*
- Friday-night favourites like the slow-cooked *Tick-tock tikka masala*

With a few simple adjustments, you can make all of your favourite meals more balanced without losing any of that great taste, creating a plate of food that is truly tempting and yet allows all the good stuff to shine through!

Author Biography: Pip Payne is behind the award-winning blog *The Slimming Foodie*. Keeping a love of food at the fore, Pip's approach is about bringing back convenient home cooking by making healthy recipes that are accessible to a new wave of home cooks. Creating great tasting meals that are cooked from scratch and cut down on fat and sugar while following science-led nutrition advice.

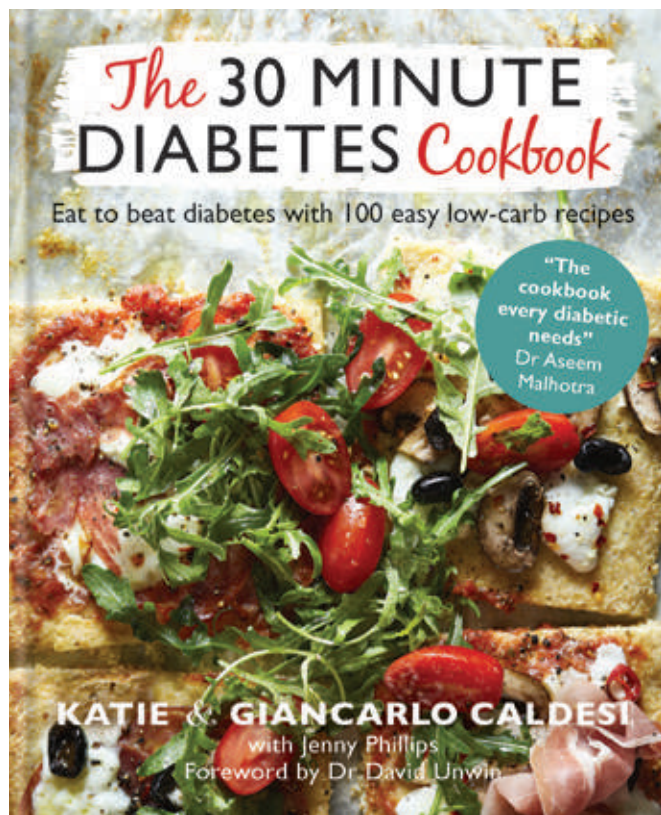
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The Slimming Foodie | U (235x190) | Hardback

06/05/2021 | £20 | 224 pages | Aster | 9781783254163



The 30 Minute Diabetes Cookbook

Beat Prediabetes and Type 2 Diabetes with 80 Easy Low-Carb Recipes

By Katie & Giancarlo Caldesi

Being diagnosed with prediabetes or type 2 diabetes can be a real shock. How do you try to lose weight and eat healthily when you also have so little time to cook and shop? Katie and Giancarlo provide the answers with 80 mouthwatering recipes that can all be made in just 30 minutes or less, so you can eat well every day.

Suitable for the whole family, there are weekday suppers, no-cook meals to throw together in minutes, feasts for special occasions and even scrumptious desserts, as well as a month of daily meal plans. Learn how to become low-carb savvy, shop smart and you will soon start to see obvious health benefits.

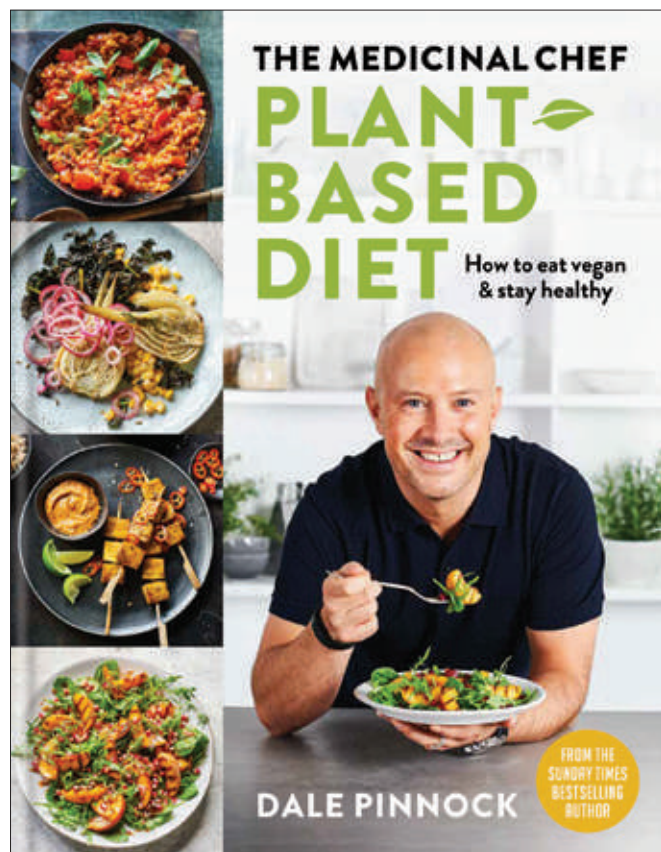
With the unique combination of two chefs, pioneering GP and diabetes specialist Dr David Unwin and highly respected nutritionist Jenny Phillips, this life-changing book provides the complete plan for beating diabetes for good.

Author Biography: Katie and Giancarlo Caldesi own London's Caldesi in Marylebone as well as Caldesi in Campagnain Bray. They have co-authored the bestselling *The Diabetes Weight-Loss Cookbook*, *The Reverse Your Diabetes Cookbook*, *Around The World in Salads* and *The Gentle Art of Preserving* and have both appeared on *Saturday Kitchen*. Giancarlo was diagnosed with type 2 diabetes in 2012. Since then he has lost nearly four stone and kept his diabetes in remission by following a low-carb diet, while Katie has lost more than a stone in weight, too.

www.caldesi.com

Instagram: @KatieCaldesi @MrCaldesi

The 30 Minute Diabetes Cookbook | U (235x190) | Colour photography throughout | Hardback
18/03/2021 | £20 | 208 pages | Kyle Books | 9780857839183



The Medicinal Chef

A plant-based diet

By Dale Pinnock

From TV's award-winning and qualified nutritionist, Dale Pinnock, comes *The Medicinal Chef: A plant-based diet*, a cookbook that will transform your thinking and your diet to ensure that you are eating nutritious dishes that will improve your health.

Starting with the science behind a plant-based diet, Dale takes a look at the health benefits as well as rectifying the pitfalls that so many of us suffer when eating vegan, arming you with the knowledge to eat well. This nutritional information can then be practiced through the 80 simple, quick and delicious recipes that will promote good health, alongside a balanced meal plan that the whole family will be able to follow.

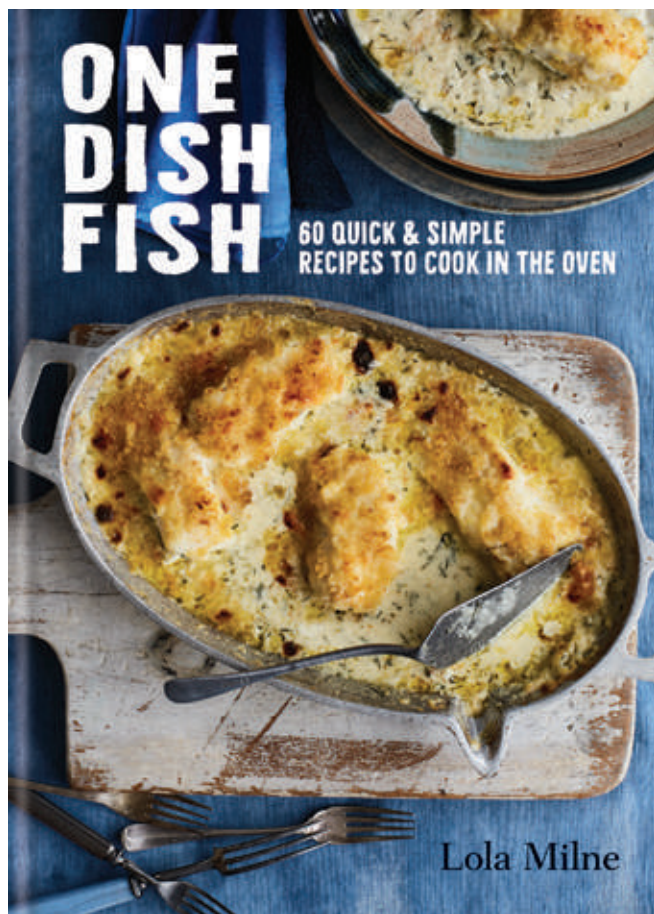
Author Biography: Award-winning and highly qualified Medicinal Chef Dale Pinnock is the pre-eminent voice in eating for good health. A vocal, passionate and down-to-earth expert on the beneficial effects food can have on our health, Dale's enthusiasm and delicious recipes have proved irresistible during his many TV and radio appearances.

Dale is the bestselling author of *The Medicinal Chef: Eat your Way to Better Health* and the Guild of Food Writers award-winning *Eat Your Way to Better Health*, *The Medicinal Chef: Healthy Every Day* and *The Power of Three*; a ground-breaking series of books to target specific ailments - diabetes, depression, heart disease and digestion. Dale also the resident chef and nutritionist on ITV's *Eat, Shop, Save*, series 2 of which is coming out this Summer.

Find out more about Dale on Twitter @dale_pinnock, Instagram @themedicinalchef and at www.dalepinnock.com.

www.faranglondon.co.uk
 @farangldn @sebbbyholmes

The Medicinal Chef | SSN (246x189) | Hardback
 27/05/2021 | £22 | 240 pages | Hamlyn | 9780600636045



One Dish Fish

How to cook fish without any faff or fiddle, and all within one oven dish

By Lola Milne

Fish and seafood can be wonderfully quick to prepare and cook, but as ingredients they strike fear into the hearts of many - even those who otherwise feel confident in the kitchen.

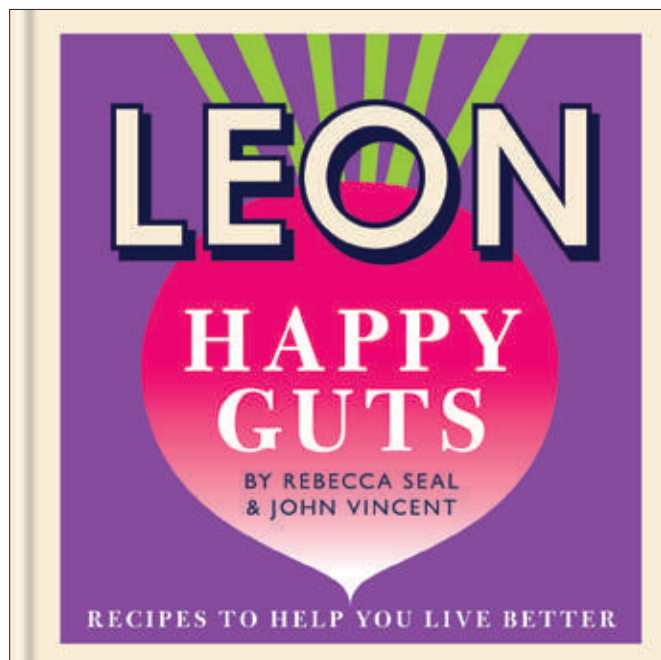
All of the recipes in *One Dish Fish* are cooked in the oven in one dish or roasting tin. Geared towards speed and convenience, they are organised into chapters divided by time frame - 20 minutes, 30 minutes and 45 minutes - with most being ready in half an hour. From Slow-roasted salmon with citrus, harissa and capers to Anchovy, garlic, chilli and broccoli pasta, Lola's dishes are perfect for fish lovers of all cooking abilities.

Lola Milne's first book, *Take One Tin*, was selected as one of the *Independent's* 10 best storecupboard cookbooks.

'*Take One Tin* shows how simple it is to make tasty dinners from basic ingredients such as tinned lentils, sweetcorn and peaches.' *Stylist*

Author Biography: Lola's eyes were opened to the world of cookbooks, food photography and styling when she did work experience with Jamie Oliver and his food team. After school, she went to Glasgow School of Art and studied Fine Art Photography, though food continued to weave through her work there. After graduating she decided to return to the world of food styling and started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing.

One Dish Fish | 229x164 | Colour photography and illustrations throughout | Hardback
27/05/2021 | £17.99 | 160 pages | Kyle Books | 9780857839480



LEON Happy Gut Cooking

LEON, the home of healthy fast food, brings you more than 100 simple, colourful, delicious new recipes to recharge your gut and transform your health.

By Rebecca Seal & John Vincent

LEON was founded on the principle of nourishing the soul with food that nourishes the body - making us happy as a result.

In the latest book in the bestselling *LEON Happy* series, the LEON team have created more than 110 recipes on eating for a happy, healthy gut. It is not about eating a restrictive diet or depriving yourself of delicious food, but about incorporating gut-friendly ingredients into your daily diet with recipes loaded with natural probiotics, prebiotics and polyphenols.

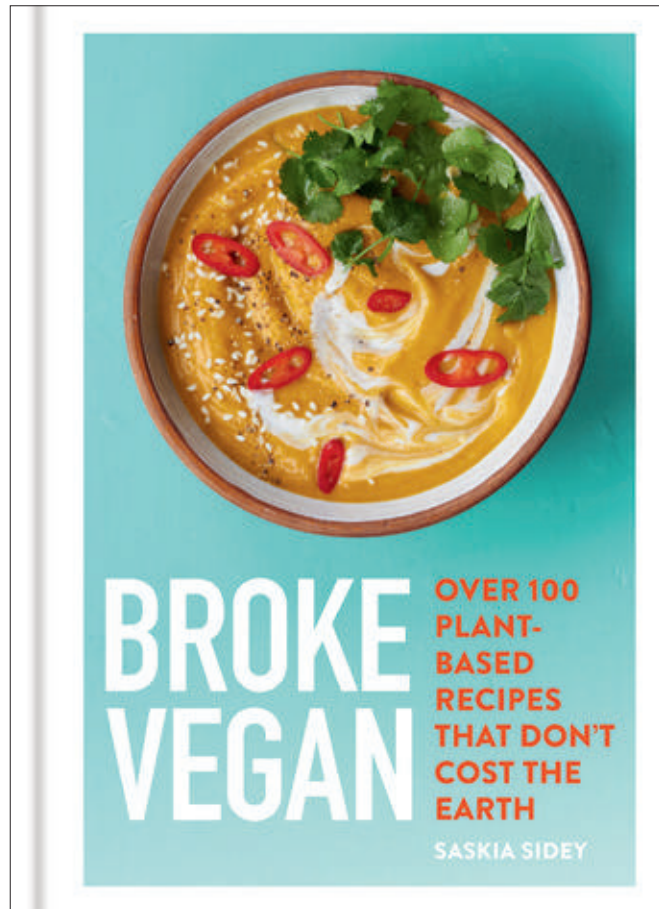
In addition to recipes, *LEON Happy Gut Cooking* offers the latest advice on improving your gut health, including why we should all use extra virgin olive oil with abandon and that wine and cheese might actually be good for you.

Author Biography: Rebecca Seal has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries* and *LEON Happy Fast Food* with John Vincent. She is one of the food and drink experts on Channel 4's *Sunday Brunch*. She lives in London with her husband and two small daughters.

John Vincent is co-founder of LEON, which now has 74 restaurants (including in Amsterdam, Utrecht, Oslo and Washington, DC). He wrote *LEON Naturally Fast Food* with Henry Dimbleby, *LEON Family & Friends* with Kay Plunkett-Hogge, *LEON Happy Salads* and *LEON Fast & Free* with Jane Baxter and *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries* and *LEON Happy Fast Food* with Rebecca Seal. He thinks that our relationship with food should be positive and joyous and that we need to listen more carefully to our gut, eat more good fats and less sugar.

LEON Happy Gut Cooking | NE (200x200) | c.125 photographs | Hardback
10/06/2021 | £16.99 | 224 pages | Conran | 9781840918021

**1 MILLION
LEON
COOKBOOKS
SOLD**



Broke Vegan

Over 100 plant-based recipes that don't cost the earth

By Saskia Sidey

GET READY FOR VEGANUARY THE EASY WAY

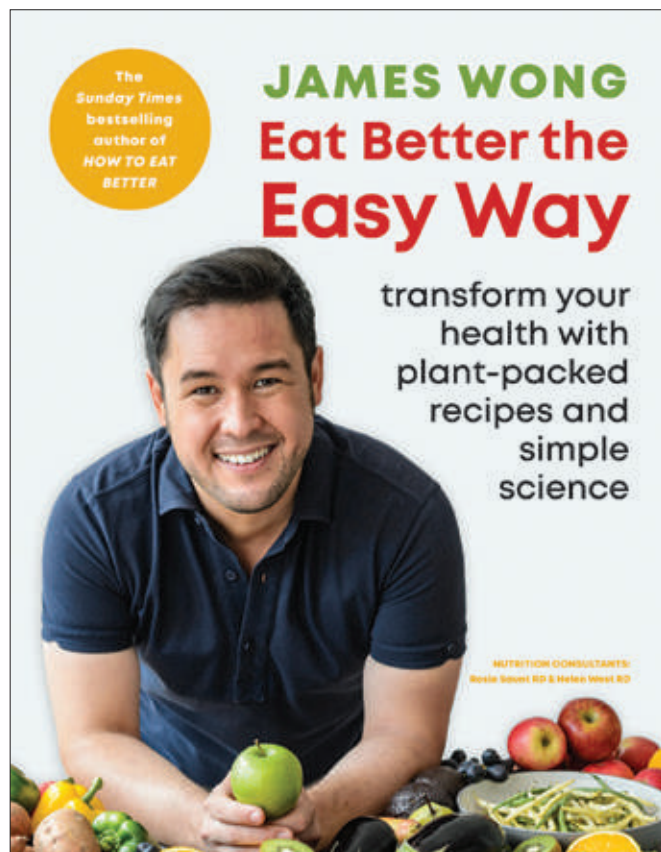
We all want to help do our bit to save the planet by moving towards a plant-based diet, but let's face it: eating vegan can be expensive.

With over 100 plant-based recipes using supermarket staples along with hints and tips for making your food go further, *Broke Vegan* will have you cooking meals time after time that save money and save the planet. From easy weeknight meals ready in 20 minutes to feeding a crowd on a budget or saving bags of time and money by batch cooking, *Broke Vegan* has got you covered.

Author Biography: Saskia is a leading food stylist and recipe developer, working frequently with online video publications like *Buzzfeed* and *Tastemade*, having created hundreds of viral recipe hits, viewed and loved by thousands. Saskia was the former brand & marketing manager and copywriter at a healthy fast-casual food brand. She also worked in-house for a cookery publisher before leaving to train as a chef at Leiths School of Food and Wine. With a flare for flavour, love of vegan food, beady eye for detail and practical nature, Saskia has developed a unique personal style with food.

[Instagram.com/saskia.sidey](https://www.instagram.com/saskia.sidey)

Broke Vegan | Z (210x149) | Hardback
31/12/2020 | £12.99 | 144 pages | Hamlyn | 9780600636984



Eat Better the Easy Way

Make small changes to your diet and slash your risk of developing the biggest diseases to affect the Western world with delicious, filling recipes from bestselling author James Wong.

By James Wong

'A brilliant new book' - *Daily Mail*

Eating healthily can be a confusing business. But what if there were a single, simple change you could make that would transform your health, without forcing you to give up the foods you love?

According to a growing body of international studies, little tweaks to your everyday diet to get you beyond the 5-a-day minimum portions of fruit and veg could slash your risk of developing the biggest diseases to affect the Western world. In fact, experts agree that simply eating more fruit and veg is the single most important dietary change you can do for your health!

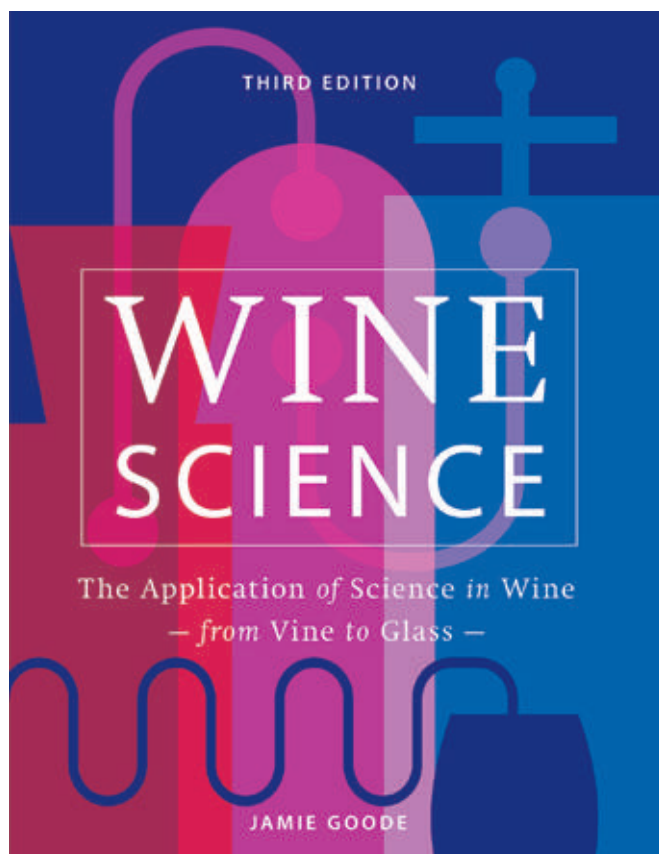
As only 3 out of 10 people are even achieving the minimum amount of fruit and veg, this book aims to make getting there easy. No gimmicks, no 'banned' foods, no miserly portion sizes. Just 80 of the classic recipes you know and love made healthier (and tastier) by simply upping the amount of fruit and veg in them, all backed by the best science available.

Author Biography: James Wong is a Kew-trained botanist, science writer and broadcaster based in London. Graduating with a Master of Science degree in Ethnobotany in 2006, he pursued his key research interests of under-utilized crop species and traditional food systems through field work in rural Ecuador, Java and southern China.

He is the author of the best-selling books *Grow Your Own Drugs*, *Homegrown Revolution* and, for Mitchell Beazley, *RHS Grow for Flavour* (more than 66,000 copies sold) and *How to Eat Better* (almost 90,000 copies sold). He has presented BBC2's award-winning series *Grow Your Own Drugs* and co-presented, with Dr Michael Mosley, *The Secrets of Your Food* - a major BBC series on the science of food. He has a column in the *Observer magazine*.

With his obsession for food almost eclipsing his love of plants, James's small London garden serves as a testing station for all manner of crops from around the world.

Eat Better the Easy Way | SSN (246x189) | Paperback | c.200 Photographs
01/04/2021 | £15.99 | 244 pages | Mitchell Beazley | 9781784727567



Wine Science

A third edition of the groundbreaking book that clearly details all the key scientific developments in wine and winemaking.

By Jamie Goode

“Jamie Goode is a rarity in the wine world: a trained scientist who can explain complicated subjects without dumbing them down or coming over like a pointy head. It also helps that he’s a terrific writer with a real passion for his subject.” - Tim Atkin MW, *Observer*

This revolutionary book is the only in-depth reference to detail the processes, developments and factors affecting the science of winemaking.

Jamie Goode, a highly regarded expert on the subject, skilfully opens up this complex subject and explains the background to the various processes involved and the range of issues surrounding their uses. He reports on the vital progress in winemaking research and explains the practical application of science with reference to the range of winemaking techniques used around the world, as well as viticultural practices, organics and ecology and lifestyle influences.

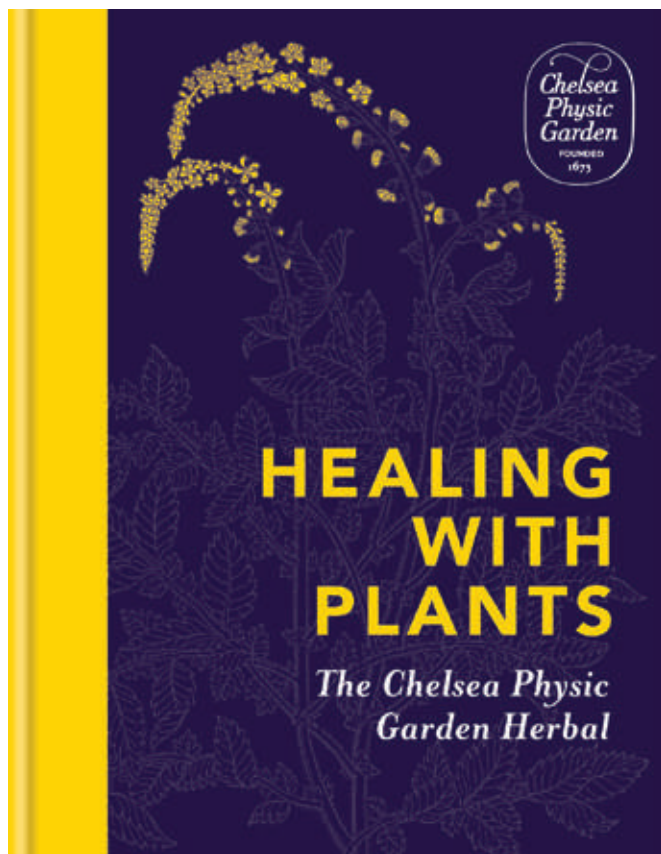
This third edition of *Wine Science* includes new sections such as managing vineyard soils, vine disease and the vineyard of the future. Jamie has updated the text throughout, and many existing chapters are entirely revised.

Written in a uniquely accessible style, the book is divided into three sections covering the vineyard, the winery and human interaction with wine. It features more than 80 illustrations and photographs to help make even the most complex topics clear, straightforward and easy to understand.

Author Biography: Jamie Goode has a PhD in plant biology and has worked as a science editor for nearly 20 years. In 2000, he established the consumer-oriented wine website www.wineanorak.com which is one of the world's most visited wine sites and was nominated for the 2004 Prix du Champagne Lanson. In 2007, he won the Glenfiddich Wine Writer of the Year award. Jamie is wine columnist for the *Sunday Express* and contributes regularly to a range of publications including the *World of Fine Wine*, *Wine Business International*, *Wines and Vines*, *Sommelier Journal*, *The Drinks Business* and *Imbibe*. Jamie has also made numerous lectures, conducted many tastings and is an established wine judge (panel chair for the International Wine Challenge, among others). He is one of the organizers for the International Sparkling Wine Symposium (March 2009 and November 2011) and the Sparkling Wine Review.

Jamie lives in London and is married with two teenage boys. He plays guitar and enjoys cricket, football, running, and photography. And, of course, food and wine.

Wine Science | SSN (246x189) | c.80 four-colour photographs and illustrations | Hardback
03/06/2021 | £30 | 224 pages | Mitchell Beazley | 9781784727116



Healing with Plants

The Chelsea Physic Garden Herbal
By Chelsea Physic Garden

Discover the healing powers of plants in this stunning, definitive herbal from one of the oldest botanic gardens in the world, Chelsea Physic Garden.

From the common stinging nettle to exotic adaptogens, the plant world is the most incredible medicine cabinet. With detailed profiles of more than 140 herbs, be inspired by this beautiful book to bring more plants into your life for health and happiness.

A 'herbal' is essentially a book that contains a list of plants with notes on each plant's identification and uses. They were also often a family reference passed down through the generations like a recipe book, with remedies passed from mothers to daughters. Herbals would be used as reminders of when and how to harvest and prepare herbs, empowering families to look after their health.

In *Healing with Plants: The Chelsea Physic Garden Herbal*, discover how to make your own simple herbal remedies, ideas for how to create a healing herb garden and how to forage for herbs in the wild. A history of healing and fascinating stories are told, including a guide to which ailments each herb can treat and how to use them, from healing trauma with St John's Wort to soothing a sore throat with an infusion of thyme and honey.

The herbs included are those most well known for having some therapeutic benefit or that have made significant contributions to the history of medicine. Most are also easily accessible for preparing simple healing home remedies, mainly because they are common garden or hedgerow plants.

Author Biography: Tucked away beside the River Thames, Chelsea Physic Garden is a magical living library that houses around 5,000 different medicinal, herbal, edible and useful plants. Medicinal plants have been grown at the Garden since the 17th century, a tradition continued in the present day with displays of medicinal and herbal species used globally in the past, present and potentially in the future. The Garden is also part of the long tradition of published herbals - for example *A Curious Herbal* was written and illustrated by Elizabeth Blackwell using plant specimens from the Garden and was published in weekly parts between 1737-39.

Healing with Plants | SSN (246x189) | 180 colour illustrations | Hardback
11/02/2021 | £25 | 256 pages | Aster | 9781783253043



Plant

A stylish, practical, modern guide to the world of pot plants and house plants, from the author of *Prick*.

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.

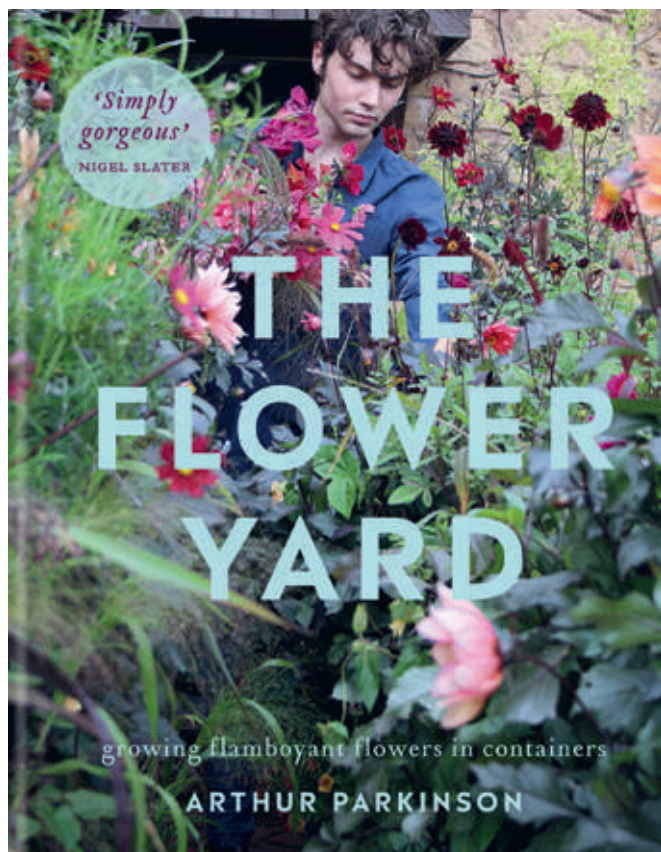
In *Plant*, expert author Gynelle Leon gives you all the knowledge you need to help your plants thrive.

Includes:

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

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.

Plant | Z (210x149) | c.120 photographs | Hardback
04/03/2021 | £15.00 | 224 pages | Mitchell Beazley | 9781784726744



The Flower Yard

**A beautiful, flamboyant gardening book for the Instagram generation
By Arthur Parkinson**

You may have no more than a few feet of space, and room for only a few large containers, but what exciting and fabulous pots these can be.

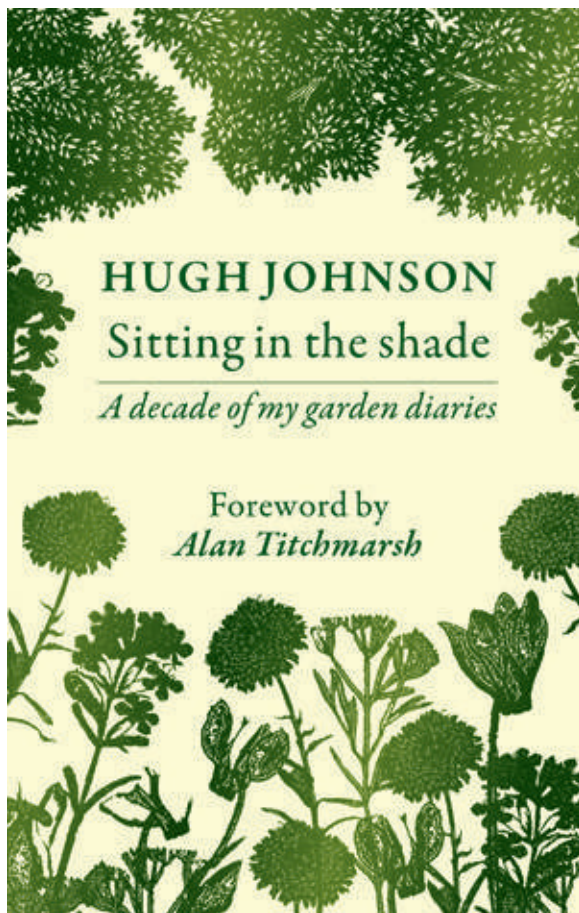
Arthur Parkinson has no flowerbeds, no lawn, no shed and no greenhouse, but has created a lush, flamboyant oasis that throughout the year is an ever-changing floral tapestry of sparkling seed heads, clutching tendrils, arching fronds and flowering stems.

Cultivating a cottage-garden space, however small, creates an island against the blight of city life. Flowers provide a beauty that cannot be bought, rewarding us visually and sensually, nurturing our senses and souls. There are real environmental benefits too. Views of dustbins, cars, neighbours' antics and the sound of traffic can, quite literally, be grown over by a richly coloured, bee-filled, living Eden.

'One day soon, I bet that young fella will be the next Monty Don or Alan Titchmarsh.' Prue Leith.

Author Biography: Arthur Parkinson trained at Kew Gardens and after graduating went to work for Sarah Raven at her farm in East Sussex. He created an urban cut flower garden at the Emma Bridgewater factory in Stoke-on-Trent, which received great acclaim. In spring 2018, Arthur was named as one of the UK's young gardening stars by *Architectural Digest* and has since been featured alongside his photography in *Gardens Illustrated*, *The English Garden*, *Gardenista*, the *Guardian* and the *Financial Times*. Arthur writes for the *Telegraph*, and has appeared on BBC 2's *Gardeners' World*. Find him on Instagram: @arthurparkinson_.

The Flower Yard | SSN (246x189) | 300 images | Hardback
25/03/2021 | £22 | 208 pages | Kyle Books | 9780857839176



Sitting in the Shade

A charming, eclectic, beautifully written diary, focusing on gardening and the natural world.

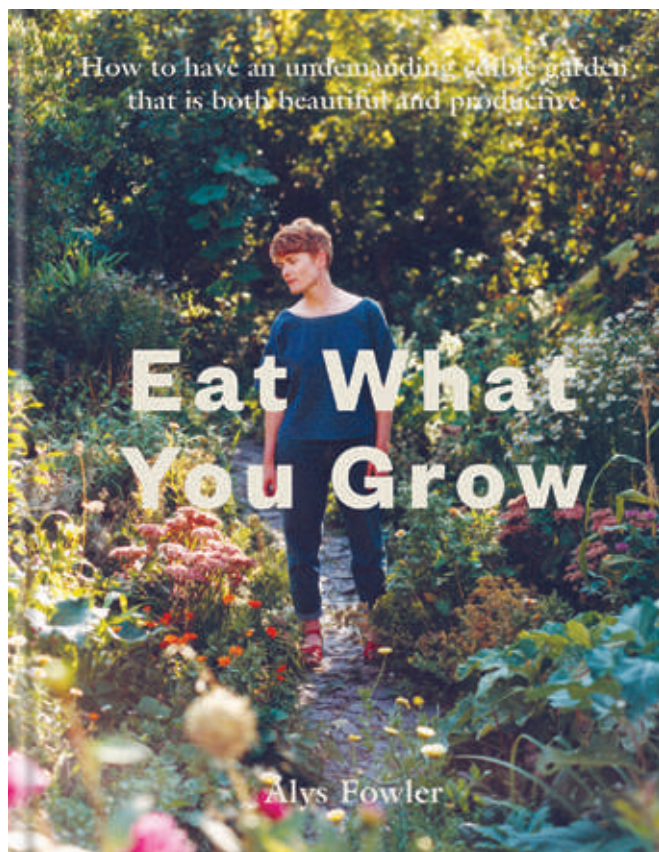
By Hugh Johnson, Foreword by Alan Titchmarsh

For many years Hugh Johnson has written a garden diary (initially as the editorial column of the *RHS Journal* and, since 2008, as a blog). Free to turn his attention to whatever is happening in the natural world at that time, or simply something that piques his interest, his subjects are as diverse as London's trees, the first crocus of spring, the joys of a greenhouse and what cyanide has to do with a robin's choice of berries. Month by month, Hugh's beautiful, evocative writing is filled with an eclectic mixture of topical, whimsical and humorous anecdotes that will delight not only gardeners but anyone with an interest in nature in all its manifestations.

Author Biography: Hugh Johnson is one of the world's pre-eminent writers on wine as well as an award-winning gardening writer. His previous gardening books include *Trees*, first published in 1973, *The Principles of Gardening* and *Hugh Johnson in the Garden*. Hugh started writing Trad's Diary as the editorial column of the RHS Journal when it was remodelled and relaunched as *The Garden* in 1975. He has been writing the diary ever since, since 2008 as a blog (www.tradsdiary.com).

Sitting in the Shade | Demy | Hardback

01/04/2021 | £17.99 | 256 pages | Mitchell Beazley | 9781784727079



Eat What You Sow

Create a garden brimming with wildlife that provides you with food every day of the year

By Alys Fowler

Imagine a garden that is as beautiful as it is productive, that gives you fresh, wholesome, chemical-free food with flavours that go way beyond anything the shops can offer.

In *Eat What You Sow*, Alys shows you how to create a rich, biodiverse garden that feeds not only you, but supports a wide range of pollinators, bees and butterflies, as well as other wildlife. From perennial vegetables that come back year after year, to easy-to-grow delights, she has selected plants that hold their own in both the garden and on the plate. Alys tells you how to raise these plants, guiding you through the process of feeding your soil, saving seed and taking cuttings to increase your supplies.

She also teaches you simple and effective design tools that will ensure your garden looks striking and wild, brings joy to your world and feeds you day after day.

Author Biography: Alys Fowler is a gardener, writer and presenter. She writes a weekly column on gardening for the *Guardian Weekend* magazine. She has contributed to *Gardens Illustrated*, *The Observer Food Monthly*, *The National Geographic* and *Country Living*. Alys trained at Royal Horticultural Society, Wisley, The New York Botanical Gardens and The Royal Botanic Gardens, Kew. She has written seven books including *The Thrifty Gardener*, *The Edible Garden*, *The Thrifty Forager*, *Abundance*, *Hidden Nature* and *A Modern Herbal*. She has presented on BBC's *Gardeners' World*, *The Great British Garden Revival*, *Our Food*, and her own six-part series *The Edible Garden*. She has keen interest in agriculture and food politics and is setting up an urban farm in Birmingham. She is fascinated by urban nature and how we make space for it and was a creative consultant on public spaces and recently helped design the Greenwich Peninsula Gardens. She is president of the Herb Society.

Eat What You Sow | SSN (246x189) | Colour photography and illustrations throughout | Hardback
29/04/2021 | £20 | 192 pages | Kyle Books | 9780857838988



Resourceful Living

Brilliant ideas for revamping and restyling your home on a budget and without waste
By Lisa Dawson

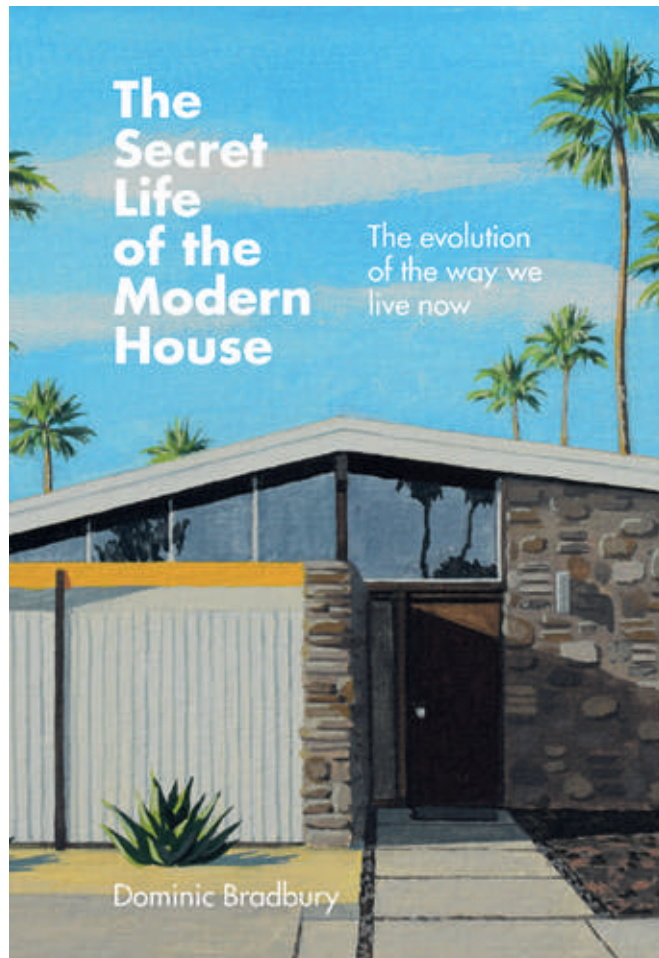
It's often thought that restyling your space comes with a hefty price tag and unavoidable waste. But in *Resourceful Living*, award-winning interiors blogger Lisa Dawson shows how, with a little creativity, you can revamp your home with existing pieces, vintage finds and key purchases.

The clever ideas in this beautiful book cover the most important ways we use our homes, from eating to sleeping, living and working. Starting with *The Basics*, Lisa shares tricks for steering clear of interiors 'fast fashion', multi-purposing favourite furniture and making the most of what you have. In *Styling Your Home*, she offers simple solutions for re-imagining each room, from gallery walls to home bars, repainted storage to retro accessories.

Including her top ten key vintage buys and a guide to high-street and online thrifting, Lisa's inspiring advice shares the fun of creative sourcing as a more way sustainable way to keep your home feeling fresh.

Author Biography: Lisa Dawson (@_lisa_dawson_) is an award-winning interiors writer and blogger. She shares her inspirational advice and weekly blogs on revamped vintage and sustainable interiors on her popular Instagram page. She also runs styling workshops and collaborates regularly with brands such as John Lewis, Loaf Home, Gröhe and Santander for tailored workshops, and writes a monthly column called Home Truths for *Real Homes* magazine.

Resourceful Living | U (235x190) | Colour photography throughout | Hardback
15/04/2021 | £20 | 192 pages | Kyle Books | 9780857839190



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

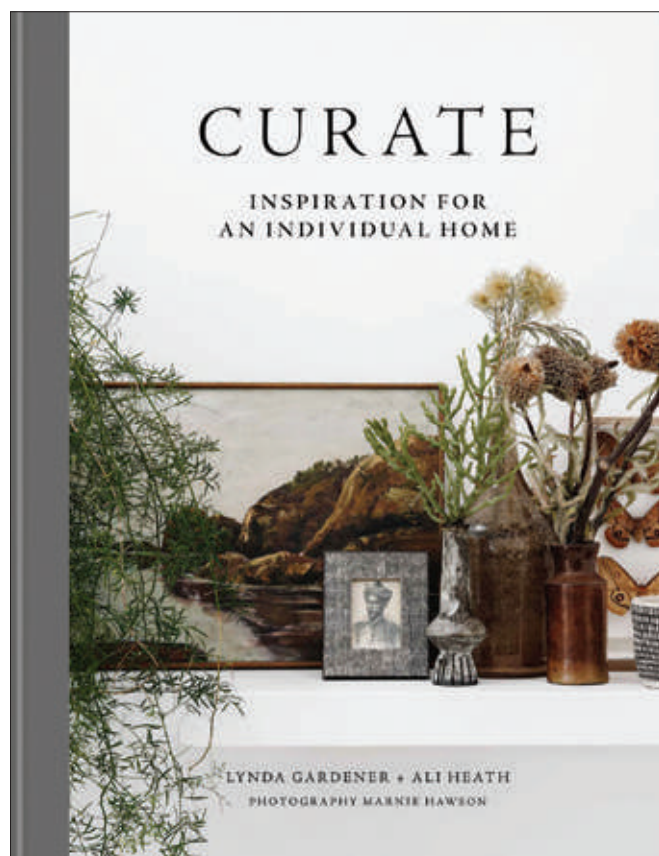
Over the last century the way that we live at home has changed dramatically. Nothing short of a design revolution has transformed our houses and the spaces within them – moving from traditional patterns of living all the way through to an era of more fluid, open-plan and modern styles.

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 nineteen 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 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.

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*, *Elle Decoration*, *Architectural Digest*, *Dwell*, *Vogue Living*, *The Times*, the *Sunday Times*, and the *Financial Times*.

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*, *Mid-Century Modern Complete*, *The Iconic House*, *The Iconic Interior*, *New Brazilian House*, *Waterside Modern* and *Mountain Modern*.

The Secret Life of the Modern House | 240x165 | Hardback |
01/04/2021 | £26 | 352 pages | Ilex Press | 9781781577615



Curate

An inspirational guide to decorating a home with the perennially popular elements of a neutral palette, natural ingredients and a carefully curated mix of vintage and modern pieces - from influential stylist and decorator, Lynda Gardener.

By Lynda Gardener & Ali Heath

Doyenne of the unique and decorative, interiors stylist and hotelier Lynda Gardener is always on the hunt for new finds to enhance her homes and decorating projects. For her, individual collections add soul to space - and her self-taught ability to curate and display these personal treasures has created a trademark style that is loved internationally.

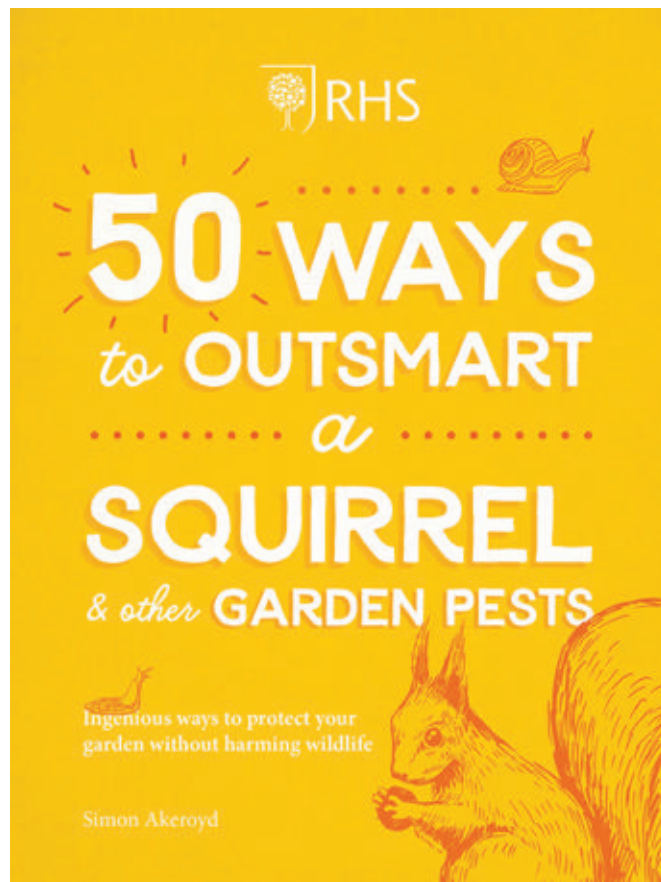
Curate, the highly anticipated book by Lynda Gardner and Ali Heath, explores the seven elements that Lynda uses to bring rooms to life and sees them combined in ten truly inspirational homes - most designed by Lynda herself but some by other creatives who inspire her. Whether a converted warehouse, simple loft, bijoux apartment, one-room studio, new-build barn, country estate, historic cottage, island hideaway, beach shack or rural retreat, these special places reveal the art of curating a home with originality and personality. With gloriously evocative photography by Marnie Hawson and plenty of down-to-earth advice, *Curate* will encourage the reader to embrace their individual style and create a timeless interior of their own.

Author Biographies: Lynda Gardener is an Australian-based interior stylist. She was the founder of one of the first global lifestyle stores, Empire, which she started in her 20s in Melbourne, and ran for over two decades. Over the past 30 years she has slowly built a portfolio of individual boutique hotel rental properties, which have become synonymous with her eclectic style, collector's eye and desire for the unique. Lynda also consults on design and interior styling projects, for both commercial and residential clients. Her work is regularly featured in high-profile international press, including *Country Style*, *Elle Decoration*, *Homes & Gardens*, *Living etc*, *Modern Rustic*, *Vogue Living* and *VT Wonen*. Instagram @lynda.gardener. Website www.lyndagardener.com

Ali Heath is a UK based interiors writer, stylist and content creator and has over 15 years' freelance experience. Her work is featured regularly in many notable titles including *Country Living*, *Elle Decoration*, *Elle Decoration Country*, *Homes and Gardens*, *House & Garden*, *Livingetc*, *Red*, the *Telegraph* and *YOU Magazine*. She collaborates with leading photographers and her work is also syndicated internationally. Prior to going freelance, Ali set up a successful antiques business, after working as New Business director for a top below-the-line marketing agency. Instagram @aliheath_uk. Website www.aliheath.co.uk

Marnie Hawson is an Australian-based interior, travel and lifestyle photographer. Her work is published in many of the world's top interiors magazines, including *House & Garden*, *Condé Nast Traveller*, *Country Style*, *Elle Decoration*, *Harper's Bazaar*, *Home Beautiful*, *Homes & Gardens*, *Livingetc* and *Real Living*. As a former environmental scientist, her work is focused on purpose-driven photography for people doing good things. As a team Marnie, Lynda and Ali regularly collaborate. Instagram @marniehawson. Website www.marniehawson.com.au.

Curate | K (280x216) | Hardback | c.250 photographs
10/06/2021 | £30 | 224 pages | Mitchell Beazley | 9781784727390



RHS 50 Ways to Outsmart a Squirrel & Other Garden Pests

A humorous but practical guide to tackling garden pests (without resorting to nasty chemicals), created with the RHS.

By Simon Akeroyd

From the green-thumbed optimist who views their garden as a calming getaway to those of us that see backyard life as more of a struggle against weeds and pests, almost all gardeners will meet a creature or two who will drive them absolutely mad.

Squirrels steal your bird seed, dig up your precious planted bulbs and massacre your fruit crops overnight, big birds bully smaller ones off the feeders, slugs reduce your careful brassicas to chomped castoffs, and that's without even starting on the many forms of microlife whose sole function seems to be reducing your crops and raising your blood-pressure.

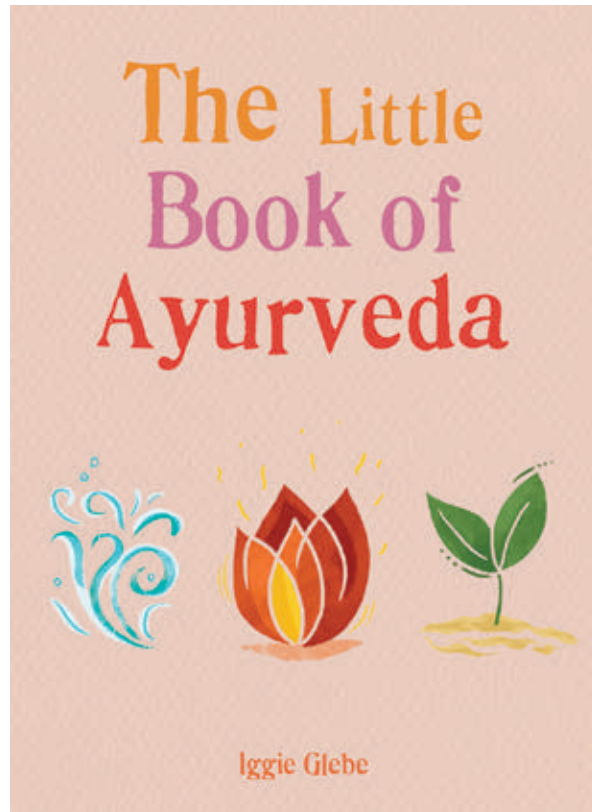
Plenty of gardeners are ready to swear off nasty chemical deterrents and bloodthirsty solutions. But how can you save your squash and uphold your hostas at the same time?

50 Ways to Outsmart a Squirrel serves up a smorgasbord of green-minded ideas and solutions. They're legal, kind (mostly) and - best of all - effective. And wherever it's possible, they'll give you a laugh, too.

Cut through the old wives tales, save your salt for seasoning, and discover gold-standard, sustainable planting solutions and crop-saving tips from gardeners who know exactly how you feel.

Author Biographies: Simon Akeroyd is a garden writer with a passion for both kitchen gardening and cooking. He contributes to numerous magazines including *Grow Your Own* (as the Allotment Gardener) and was also a garden and food writer for the BBC. His books include *Shrubs and Small Trees*, *Lawns and Ground Cover*, *RHS Allotment Handbook and Planner*, *A Small Course in Veg and Fruit*, *RHS Vegetables for the Gourmet Gardener*, *Raised-Bed Gardening* and *RHS Gardening School*. He was previously a Garden Manager for the Royal Horticultural Society, and has worked at both RHS Wisley and Harlow Carr.

RHS 50 Ways to Outsmart a Squirrel & Other Garden Pests | Hardback
15/04/2021 | £12.99 | Mitchell Beazley |



The Little Book of Ayurveda

By Iggie Glebe

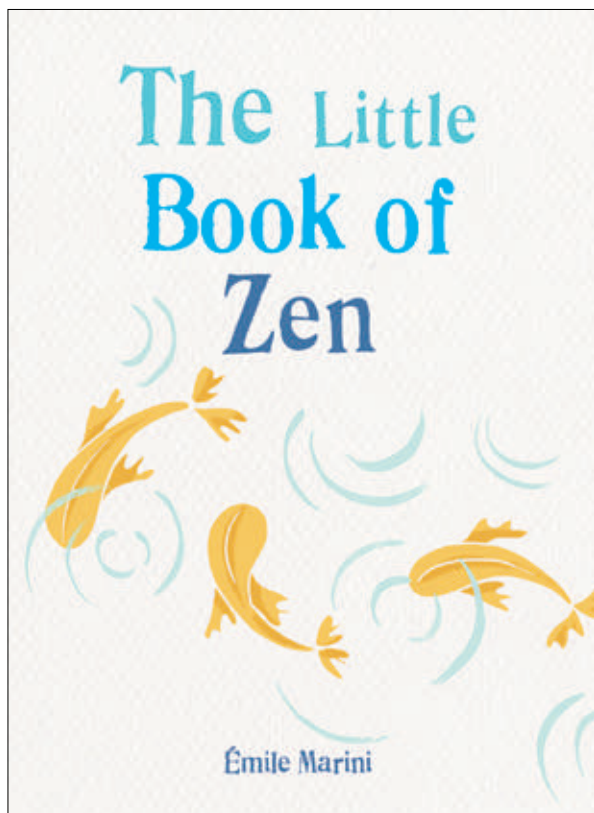
A fully illustrated guide to Ayurveda, the ancient system of self-healing.

Originating in India more than 5,000 years ago, Ayurveda is one of the world's oldest healing systems and yet it could not be more relevant to modern-day life. In a world where we are pushed to our limits and often forget to pause, Ayurveda encourages us to tune into our bodies and find balance. Its many health benefits include better gut health, improved sleep and reduced stress, amongst others.

This little book will bring some of this ancient wisdom into your daily life, with exercises, quizzes and ideas designed to realign your body and mind.

Author Biography: Iggie Glebe is a holistic therapist who lives and works in London, with her life partner, their three children, two cats, two guinea pigs and a puppy. She works with her clients on restoring balance, wellness and good health. In her spare time she enjoys rowing, wild swimming and horses.

The Little Book of Ayurveda | NB (147x105) | Flexiback
07/01/2021 | £7.99 | 96 pages | Gaia | 9781856754408



The Little Book of Zen

By Émile Marini

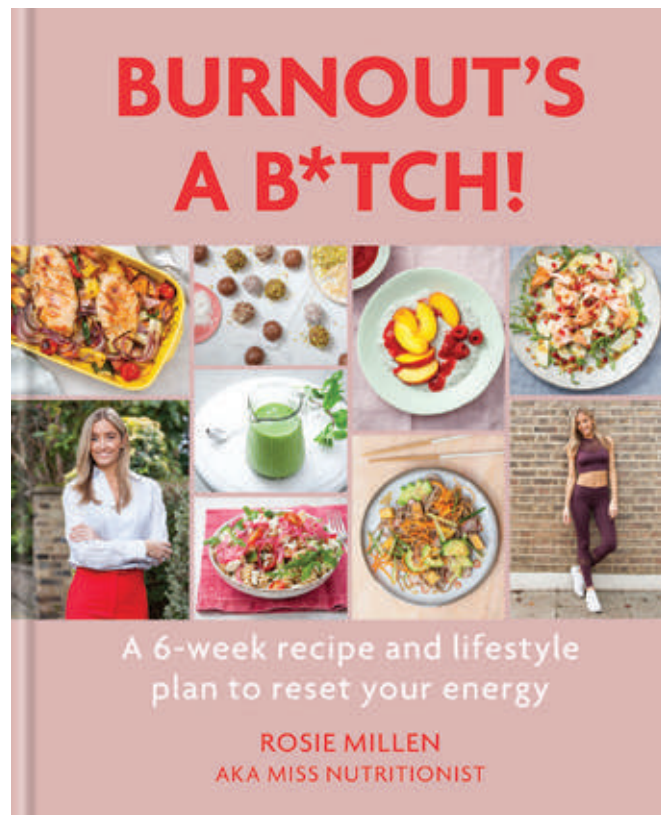
A fully illustrated guide to finding your inner calm.

Both very simple and immensely complex, Zen is a state of mind that allows us to live mindfully in the here and now. This little book is a guide to opening up our lives to the benefits of Zen in a way that works for us today. It introduces a different way of thinking about the world, based on the key ideas of Buddhism, and offers practical support and guidance to help make our lives better, simpler and easier.

Featuring exercises, enlightening stories and profound ideas to sit with for a while, The Little Book of Zen is the perfect antidote to the stresses of everyday life.

Author Biography: Émile Marini lives in South-East London with his family. In his spare time, he enjoys brisk walks and experimental gardening. This is his first book.

The Little Book of Zen | NB (147x105) | Flexiback
07/01/2021 | £7.99 | 96 pages | Gaia | 9781856754392



Burnout's A B*tch!

A 6-week recipe and lifestyle plan to reset your energy.

By Rosie Millen

*Burnout's a B*tch!* is the antidote to the overloaded, overworked, overly stimulating modern lifestyle. It delves into unexpected energy saboteurs so readers can recalibrate their lifestyle and their energy, both physically and mentally. No more mid-afternoon energy slumps. No more walking around like a zombie. No more brain fog. No more BURNOUT!

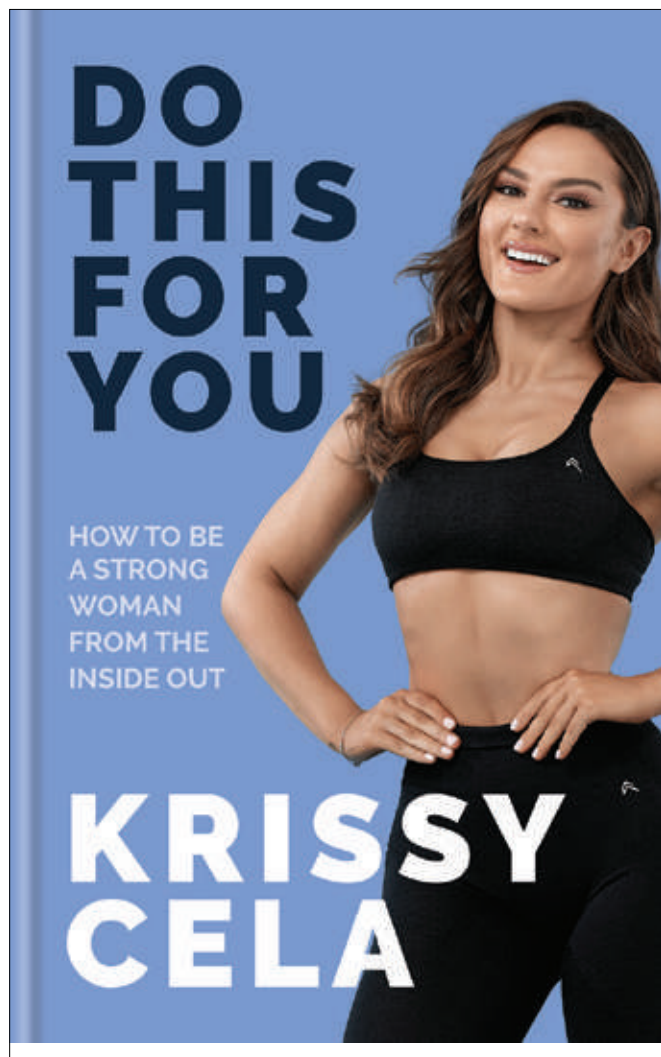
The World Health Organisation have not only officially added burnout to their International Classification of Diseases; they predict that work-related stress, burnout and depression will together top the list of most prevalent diseases by 2020.

This kick-ass guide to overcoming burnout, is inspired by Rosie Millen's (AKA Miss Nutritionist) personal journey after she collapsed in the park one day and, with poor information and misdiagnosis, remained in bed for close to three years. Now 100% recovered, she coaches thousands of people to reenergize and regain their lives with her unique 6-week programme. Tackling subjects such as saying goodbye to stress, cutting energy vampires, as well as the right nutrition, workout and sleep programmes - you'll see how simple it is to reset your body and mindset in just 6 weeks. With 70 recipes, clear meal planners and weekly lifestyle tips, everyone can benefit from beating burnout.

'My message is really simple: burnout sucks and I wouldn't wish it on my worst enemy. I want to share with everyone how simple it is to feel energised.' - Rosie Millen.

Author Biography: Rosie Millen is a fully qualified Nutritional Therapist who set up her company Miss Nutritionist in 2010. In 2014 she became seriously unwell and discovered that she was suffering from burnout. She has been on a long journey of recovery ever since. Now she is 100% recovered she specialises in burnout and helps men and women of all ages to regain their energy just by making changes to their diet and lifestyle. She has personally coached thousands of people, helped multiple companies give their employees more energy and written hundreds of blog posts on how to recover from burnout.

Burnout's A B*tch! | U (235x190) | Hardback
07/01/2021 | £20 | 208 pages | Mitchell Beazley | 9781784726676



Do This for You

How to Be a Strong Woman from the Inside Out

By Krissy Cela

A toolkit for being a strong woman in both mind and body, from global fitness sensation, Krissy Cela.

Fitness is as much about the mental journey as it is the physical; many women second-guess themselves and put their needs last. In *Do This for You*, Krissy takes this challenge head-on and shares her empowering, no-nonsense approach to leading a guilt-free, active, healthy and happy lifestyle, giving you the skills to be both strong and confident.

Through her expert coaching, you will learn to build a positive framework to 'sculpt the mind' by finding what motivates you and by challenging your mental barriers and preconceptions, as well as providing simple techniques to build healthy habits that last.

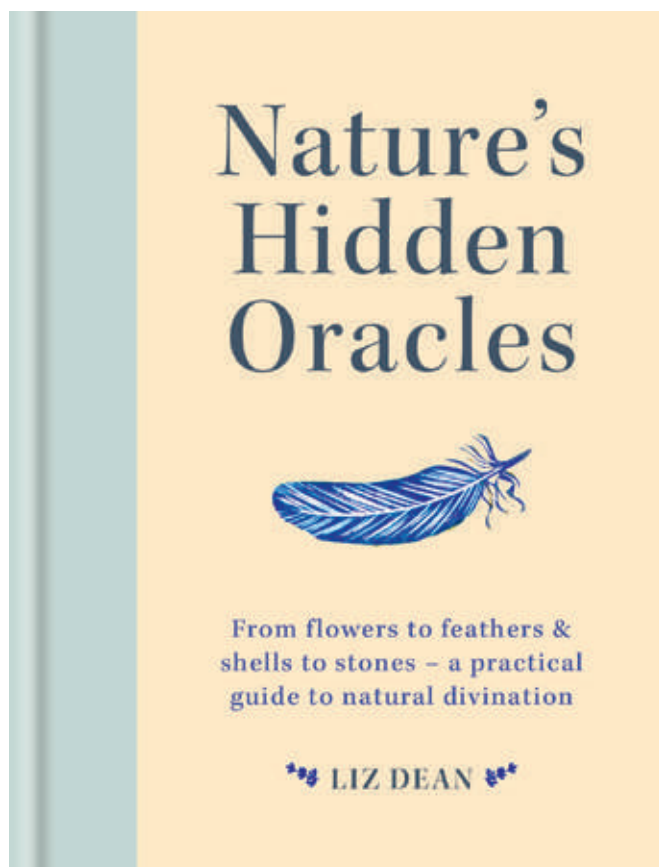
Krissy will also help reframe your thoughts around eating well and exercise, all while keeping things realistic, achievable and fun – nobody should give up the things they love or beat themselves up at the gym. Instead, the focus is on listening to what your body needs and developing a deeper sense of self-confidence and determination that will radiate into every corner of your life.

Author Biography: Krissy Cela first turned to fitness during a particularly challenging time in her life and started posting her workouts on social media while studying for a law degree. Her following quickly grew, and she now has a loyal and devoted community of more than 2.7 million followers on Instagram, Facebook and YouTube who she lovingly refers to as her 'familia'.

In January 2019 she launched the smash hit app, Tone & Sculpt, comprising over 500 workouts, a community forum and a meal planner fully customisable for each users' dietary needs. The app achieved more than 250,000 downloads in its first six months alone.

[Instagram.com/Krissycela](https://www.instagram.com/Krissycela)
[Toneandsculpt.app](https://www.toneandsculpt.app)

Do This for You | Demy (216x135) | Trade Paperback
07/01/2021 | £14.99 | 272 pages | Aster | 9781783254200



Nature's Hidden Oracles

A simple guide to the art of natural divination

By Liz Dean

Nature's Hidden Oracles is a practical manual for natural divination in the outdoor environment all year round.

By collecting and interacting with the objects you find outside, you can generate new ways of seeing and become more mindful of our environment and what it has to say about our past, present and future. *Nature's Hidden Oracles* shows you how to connect with your surroundings and the ways of our ancestors through practices such as flower divination, herb scrying and listening to the oracles of the stones and trees that surround us.

Chapters Include:

1. Oracles of the trees: Leaf, bark & branch
2. Flower divination: Petal predictions
3. Herb scrying: Sensory messengers
4. Oracles of stone: Rocks, pebbles & witch stones
5. Natural charms: Beach, field & forest

Author Biography: Liz Dean is an author, teacher and tarot/divination practitioner. She is guest reader at Psychic Sisters within Selfridges, London, and runs a private practice for a global client list. Liz has presented at the UK Tarot Conference, London, at Reader's Studio, New York, and the London Tarot Festival; she taught at the prestigious Omega Institute, New York State, as part of the Master of Tarot programme. She currently teaches at Crystal Moon Emporium, Sunderland (tea-cup reading, crystal-ball reading, pendulums, crystal-casting, and beginner and intermediate tarot). A former editor with a twenty-five-year career in illustrated book publishing and former co-editor of *Kindred Spirit* magazine, Liz is the author of seventeen divination decks and books. She lives by the sea in Roker, Sunderland, in north-east England.

[Twitter.com/lizdeanbooks](https://twitter.com/lizdeanbooks)

[Instagram.com/lizdeanbooks](https://www.instagram.com/lizdeanbooks)

Lizdean.info

Nature's Hidden Oracles | NQ (174x131) | Hardback | 70 illustrations
21/01/2021 | £10 | 160 pages | Godsfield Press | 9781841814940



Self-care for Tough Times

How to heal in times of anxiety, loss and change

By Suzy Reading

'I hope this book can empower people with simple, potent ways to feel better right now, to access calm and move through the waves of all their emotions.'

Self-care for Tough Times is a gentle yet powerful toolkit to help during difficult times, such as the end of a relationship, loss of a loved one, career change and times of heightened emotions or anxiety. These are the times when self-care is most important and yet often forgotten, but just a few small moments can make a huge difference to how we feel, how we release emotions rather than bottle them up and how we ride the ups and downs.

Practices include:

- Instant tension release exercises for the hands, shoulders, neck and face
- Pre-bedtime rituals to help with disturbed sleep
- Breathing exercises to calm the nervous system and reduce anxiety
- Soothing scents
- Releasing stuck emotions
- Learning how to relax and let go
- Keeping tech use healthy
- Questions to reflect on

Anxiety, fear, anger, uncertainty and grief are all addressed, while Suzy also explores how stress and emotional trauma are held in the body, and how these may be gently released through touch, movement and breath.

The practices included within are designed to promote healing and hope, and many are quick and easy for times when you feel exhausted or vulnerable so that you can both cope in the moment during tough times, then recover and restore after these difficult chapters of life.

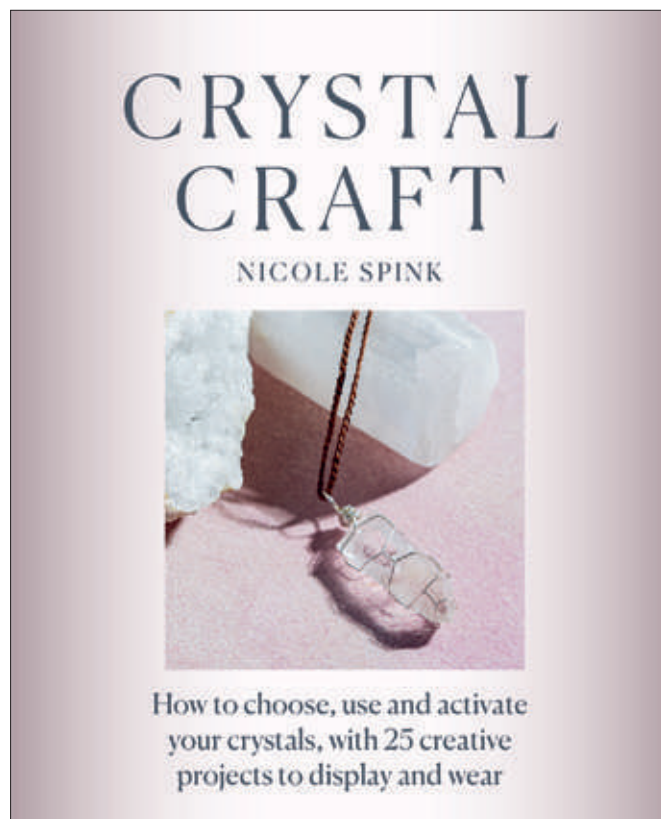
'We will revive a weary body. We will refresh a tired mind.'

Author Biography: Suzy Reading is a chartered psychologist (B. Psych (Hons), M.Psych (Org)) and qualified yoga teacher from Australia, specializing in wellbeing. Her offerings include face-to-face coaching, walk & talk sessions, private and group yoga, mummy and baby yoga courses, Skype coaching, workshop presentations on self-care and other topics such as sleep, rest and relaxation, and how to make sustainable lifestyle changes. Suzy is also the Neom Organics Psychology expert and a Contributing Editor on Psychologies Magazine. She has contributed to journals on the subject of self-care. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution* and *Stand Tall Like A Mountain*.

[Twitter.com/suzyreading](https://twitter.com/suzyreading)

[Instagram.com/suzyreading](https://www.instagram.com/suzyreading)

Self-care for Tough Times | Z (210x149) | Paperback
11/02/2021 | £12.99 | 192 pages | Aster | 9781783253753



Crystal Craft

How to choose, use and activate your crystals, with 25 creative projects to display and wear
By Nicole Spink

Activate the energy of your crystal collection and create beautiful, personalised homeware, jewellery and gifts with 25 easy, step-by-step projects.

Discover the different meanings and energies behind your crystals, and learn how to choose and connect with the right one for each piece. Turn your favourite crystals into wearable items to carry with you every day or infuse your home with energy, or create deeply personal and meaningful gifts for friends and family.

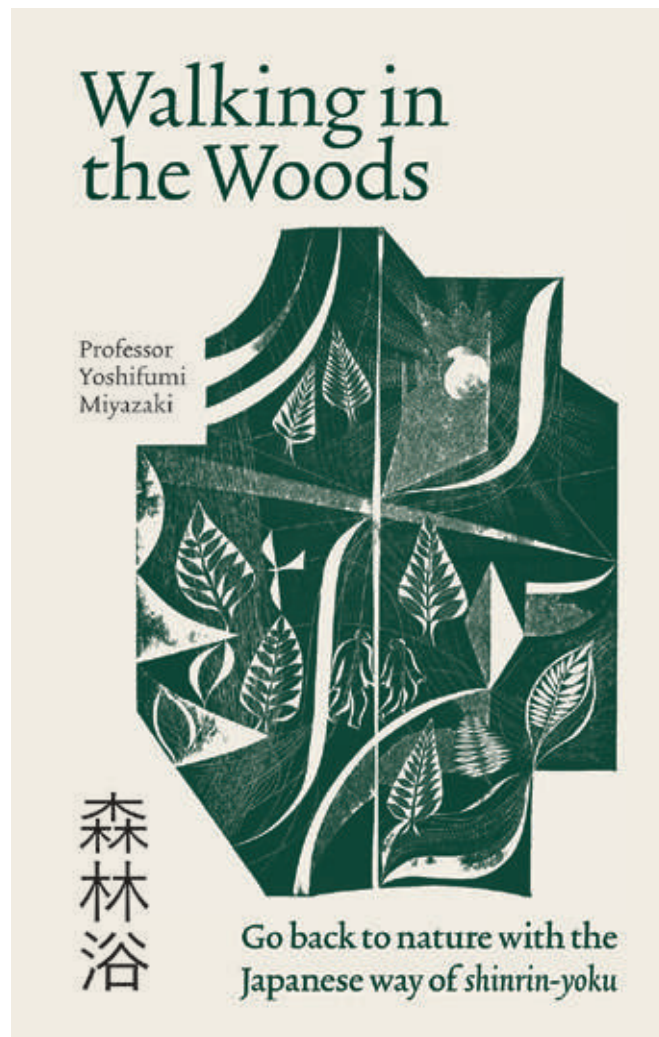
From easy, no-tools-required beginner projects to more advanced crafts that include macramé and making jewellery, this collection of crystal craft ideas has something for every crystal lover.

Projects include:

- Hand-poured crystal candle
- Wire-wrapped crystal pendant
- Crystal earrings
- Crystal gift bag
- Macramé crystal plant hanger
- Crystal talisman
- Crystal-infused essential oils
- Crystal aura wand

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 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 | U (235x190) | Paperback
04/02/2021 | £15.99 | 144 pages | Ilex Press | 9781781577813



Walking in the Woods

Go back to nature with the Japanese way of shinrin-yoku
By Yoshifumi Miyazaki

'It is clear that our bodies still recognize nature as our home...' Yoshifumi Miyazaki

'Forest bathing' or shinrin-yoku is a way of walking in the woods that was developed in Japan in the 1980s. It brings together ancient ways and wisdom with cutting edge environmental health science.

Simply put, forest bathing is the practice of walking slowly through the woods, in no hurry, for a morning, an afternoon or a day. It is a practice that involves all the senses and as you gently walk and breathe deeply, the essential oils of the trees are absorbed by your body and have an extraordinary effect on positive feelings, stress hormone levels, parasympathetic nervous activity, sympathetic nervous activity, blood pressure, heart rate and brain activity.

In this wonderful book, by the leading expert in the field, science meets nature, as we are encouraged to bathe in the trees and become observers of both the environment around us and the goings on of our own minds.

Previously published in hardback as *Shinrin-yoku*.

Author Biography: Yoshifumi Miyazaki is a retired university professor, researcher and the deputy director of Chiba University's Centre for Environment, Health and Field Sciences. He has published several books on the effects and benefits of forest therapy, and the concept is spreading with dozens of forest therapy centres now in existence and growing in Japan. In 2000 Professor Miyazaki received the Agriculture, Forestry, and Fisheries Minister Award for clarifying the health benefits of wood and shinrin yoku, and later an award from the Japan Society of Physiological Anthropology in 2007.

Walking in the Woods | B Format (198x126) | Paperback
11/02/2021 | £9.99 | 224 pages | Aster | 9781783254149



The Angel Experience

Your complete angel workshop in a book
By Hazel Raven

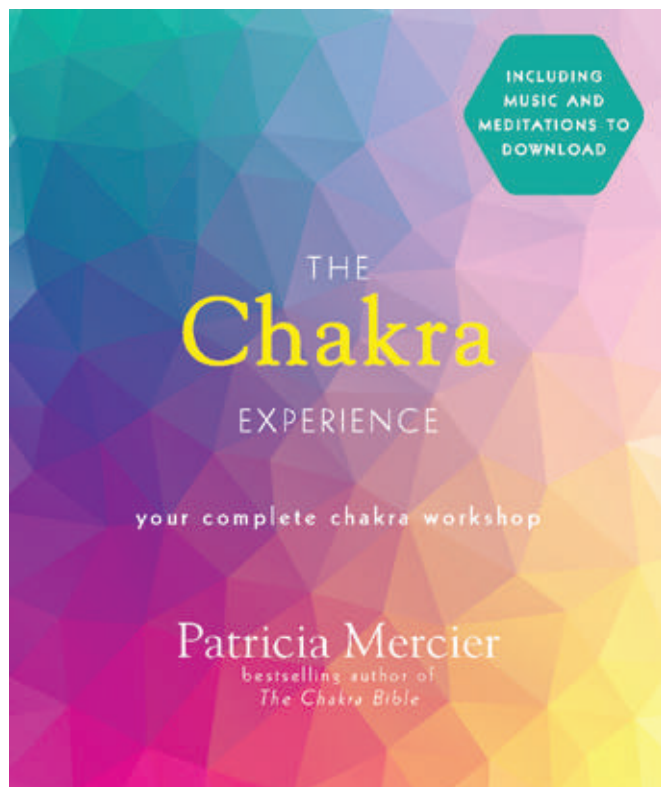
The Angel Experience is a complete angel healing workshop in one book. Interactive and practical, the step-by-step learning programme will guide you towards greater understanding and wisdom.

- Exercises help you to tailor the book to your needs
- Journaling sections allow you to write your own experiences directly into the book
- Includes revision work and more advanced exercises

With practical downloadable digital tracks featuring meditations and inspirational music to bring you into a receptive state for deeper work.

Author Biography: Hazel Raven is a writer, teacher and practitioner of complementary therapies, including crystal therapy and angel healing. She is a founder member and course director of the Hazel Raven College of Bio-dynamics and teaches courses in Archangel Enlightenment Therapy around the world.

The Angel Experience | G1 (167x140) | Paperback
25/02/2021 | £14.99 | 256 pages | 9780753734322



The Chakra Experience

Your complete chakra workshop in a book

By Patricia Mercier

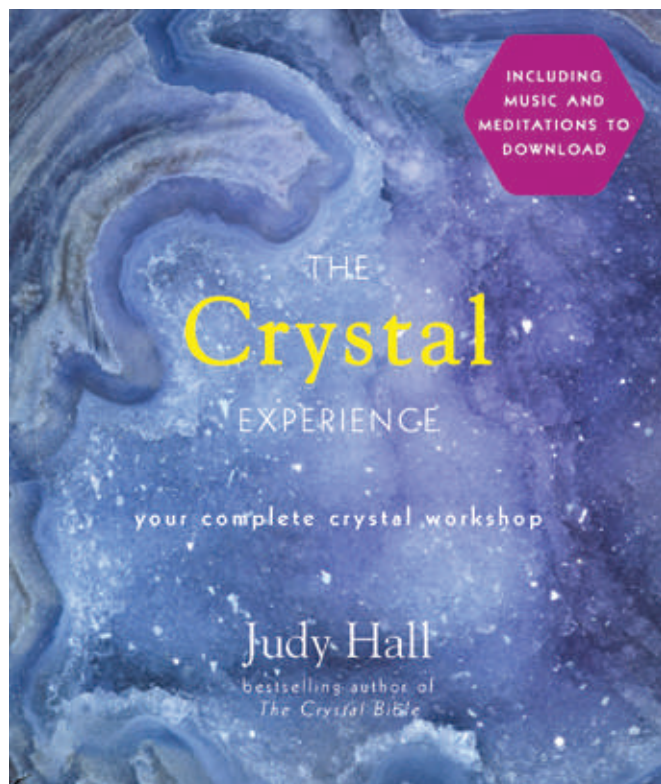
The Chakra Experience is a complete chakra workshop in one book. Interactive and practical, the step-by-step learning programme will guide you towards greater understanding and wisdom.

- Exercises help you to tailor the book to your own specific needs
- Journaling sections allow you to write your experiences directly into the book
- Includes revision work and more advanced exercises

With practical downloadable digital tracks featuring meditations and inspirational music to bring you into a receptive state for deeper work.

Author Biography: Patricia Mercier trained as a yoga teacher many years ago with specific emphasis on making yoga accessible to the Western mind, creating a bridge to traditional teachings. She is a fellow of Hygeia College of Colour, a qualified holistic healer using various energy techniques and has written extensively on these subjects. She is author of *The Chakra Bible*, *Chakras* and four books about Mayan teachings from Central America. She has been upon a visionary path since initiations with esoteric teachers and shamans.

The Chakra Experience | G1 (167x140) | Paperback
25/02/2021 | £14.99 | 256 pages | 9780753734346



The Crystal Experience

Your complete crystal workshop in a book

By Judy Hall

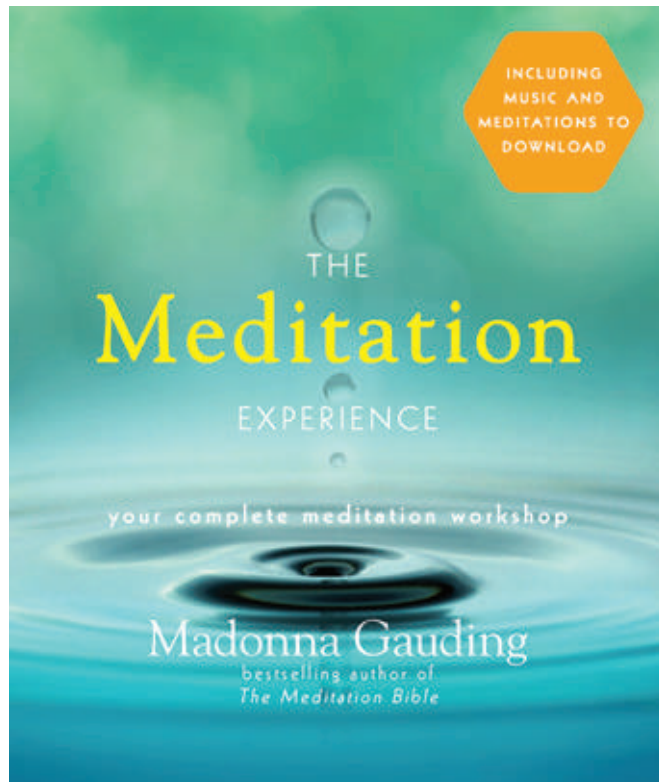
The Crystal Experience is a complete crystal workshop in one book. Interactive and practical, the step-by-step learning programme will guide you towards the profound wisdom within crystal lore.

- Exercises help you to tailor the book to your own specific needs
- Journaling sections allow you to write your experiences directly into the book
- Includes revision work and more advanced exercises

With practical downloadable digital tracks featuring meditations and inspirational music to bring you into a receptive state for deeper work.

Author Biography: Judy Hall is an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy has more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She is the author of over 45 books – including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide – and her writing has been translated into 16 languages. Judy has four times been named as one of the 100 most spiritually influential people in the world in the *Watkins Review*.

The Crystal Experience | G1 (167x140) | Paperback
25/02/2021 | £14.99 | 256 pages | 9780753734315



The Meditation Experience

Your complete meditation workshop in a book

By Madonna Gauding

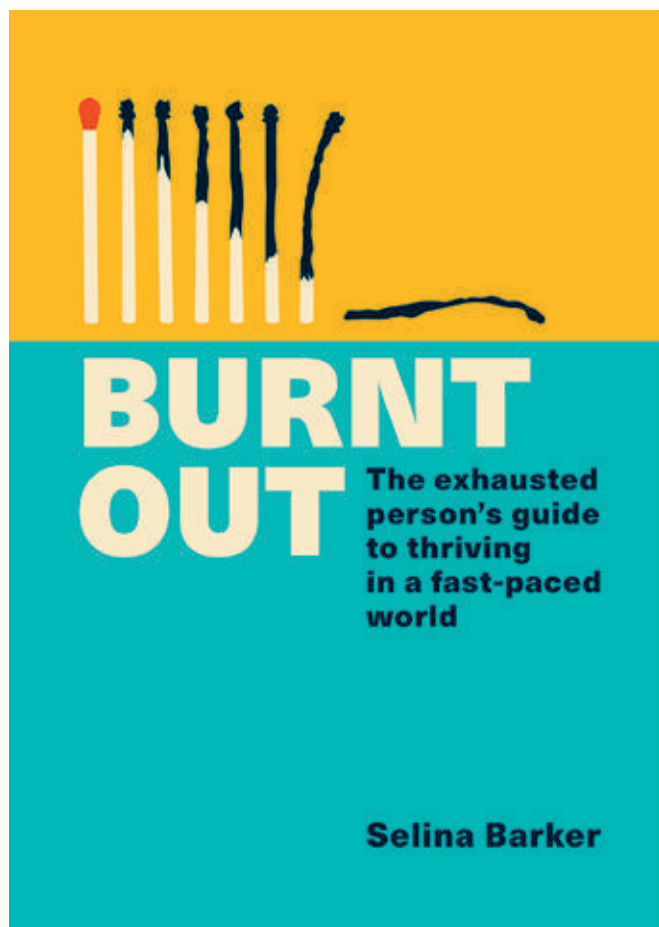
The Meditation Experience is a complete meditation workshop in one book. Interactive and practical, the step-by-step learning programme will guide you towards greater understanding and deeper, more effective practice.

- Exercises help you to tailor the book to your needs
- Journaling sections allow you to write your own experiences directly into the book
- Includes revision work and more advanced exercises

With practical downloadable digital tracks featuring meditations and inspirational music to bring you into a receptive state for deeper work.

Author Biography: Madonna Gauding has been a student of Buddhism for over 12 years and is a practitioner of martial arts. She is the author of *The Meditation Bible*, *World Mandalas*, *Six Keys to Buddhist Living* and *Working with Meditation*. She currently lives in St Louis, Missouri, USA.

The Crystal Experience | G1 (167x140) | Paperback
25/02/2021 | £14.99 | 256 pages | 9780753734339



Burnt Out

The exhausted person's guide to thriving in a fast-paced world

By Selina Barker

People everywhere are burning out.

From CEOs to nurses, to doctors, teachers, entrepreneurs, journalists, social workers, academics, creatives... even yoga teachers are at it.

Technology was supposed to make life easier, free us up, take things off our plates and instead we are feeling more exhausted, more under pressure and more stressed out than ever before. People all over the world are lying awake at night wired from exhaustion, fearful of the looming to-do list that awaits them in the morning and wondering how the hell they are going to keep this up before they lose the plot altogether.

Life doesn't have to be this way.

This book is a no-nonsense, practical guide to thriving in a fast-paced modern world, for the burnt out, bone tired and brain frazzled. It's a toolkit that will help you learn what ingredients you need in order to thrive and how to weave those ingredients into your day-to-day, no matter how busy life gets.

Whether you are a classic overachiever, over giver or over thinker, be prepared to take back your boundaries, replenish your energy and design a life you love.

Author Biography: Selina Barker is a career change and life design coach. In 2008 she co-founded Careershifters.org which she ran for 3 years, before starting her own career coaching consultancy working with high-performing clients including Google, Apple and UN Women, as well as TED Talk speakers, music artists and leaders in the UK music industry. She has led over 3,000 people through her online courses on career change and starting your own business, and has featured in six best-selling books on career design. She is co-founder of Project Love and co-hosts their podcast that has received over 300,000 listens. Their signature online course has been featured in *Red*, *Grazia*, *Psychologies* and *Glamour*.

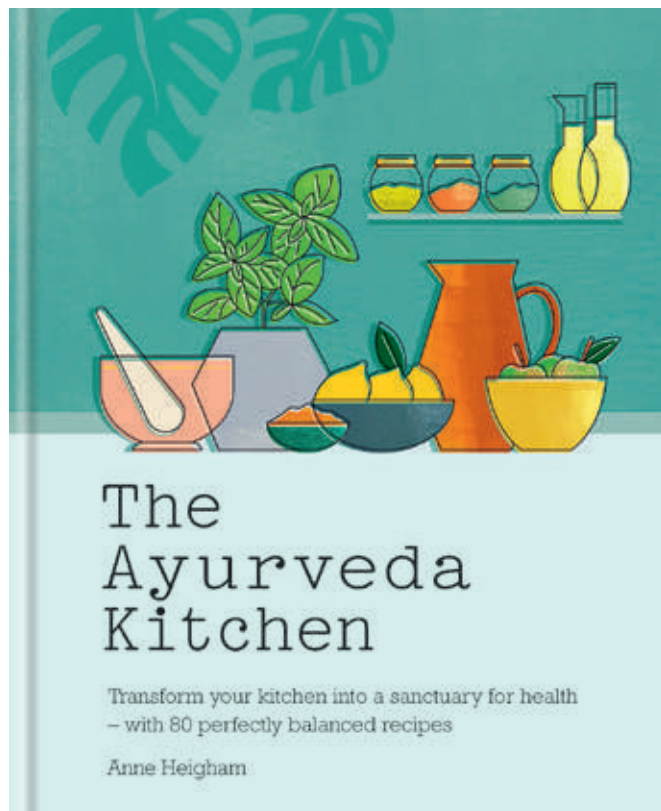
Twitter.com/selinabarker

Instagram.com/selinathecoach

selinabarker.com

Burnt Out | Z (210x149) | Paperback

01/04/2021 | £14.99 | 224 pages | Aster | 9781783254002



The Ayurveda Kitchen

An Ayurvedic guide to transforming your kitchen into a sanctuary for health - with 80 perfectly balanced recipes

By Anne Heigham

'Let food be your first medicine and the kitchen your first pharmacy.' Taittiriya Upanishad

Kitchens come in all shapes and sizes. By using the principles of Ayurveda, which is one of the fastest growing health practices, and a little vision, you can turn any space into a wellness kitchen that nourishes body, mind and soul.

Just imagine fresh, vibrant herbs growing, seeds sprouting and pickles fermenting, clean organised cupboards with delicious aromatic spice mixes, clear worktops ready for preparing fresh vegetables that aren't left to languish at the bottom of the fridge in plastic wrapping. At the change of each season, we can take a few hours to clean out and prepare for the next season (a 'kitchen sadhana'). The Wellness Kitchen engages the senses, heals the body and clears the mind.

Learn how to use your kitchen as a natural pharmacy to improve your health and prevent imbalances with key Ayurvedic ingredients, 80 perfectly balanced vegetarian recipes and simple home remedies. Breathing and mindfulness/energy exercises are also included to clear 'ama' (sludge) and ignite 'agni' (fire).

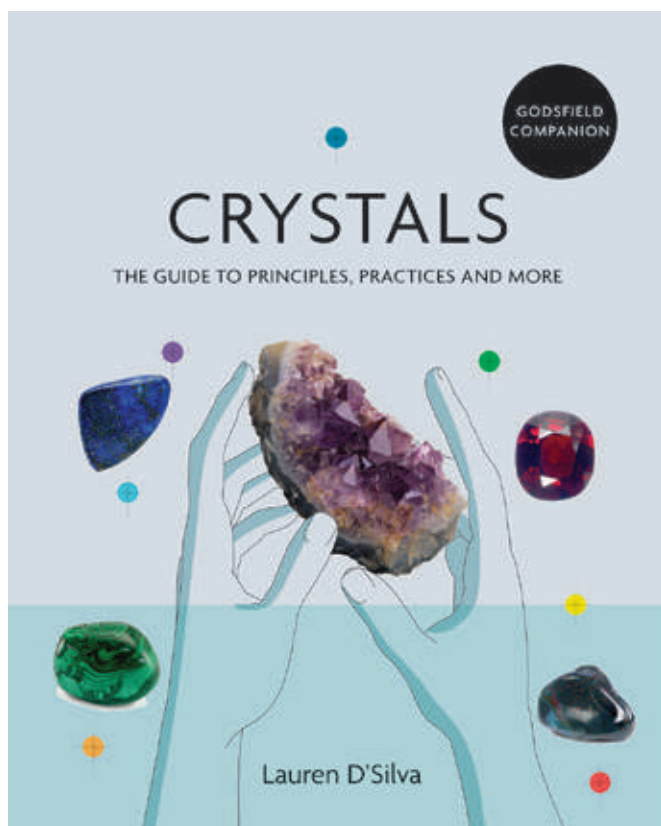
Author Biography: Anne Heigham has a Masters in Ayurveda and is a qualified Kundalini and Children's Yoga teacher. She is one of the few advanced Amnanda and Moksha practitioners in the UK (specialist Ayurvedic therapies). For the past 11 years she has been treating clients and teaching yoga, during which time she also ran a hotel where she offered specialist Ayurveda retreats. She is married and has two children and her recipes have been developed with the whole family in mind. Her modern approach has been incredibly popular with her clients and she is constantly being asked for a recipe book.

eatandbreathe.com

[Twitter.com/eat_breathe](https://twitter.com/eat_breathe)

[Instagram.com/anneheigham](https://www.instagram.com/anneheigham)

The Ayurveda Kitchen | U (235x190) | Hardback
01/04/2021 | £20 | 208 pages | Aster | 9781783253616



Godsfield Companion: Crystals

The guide to principles, practices and more

By Lauren D'Silva

The first in the indispensable new Mind, Body, Spirit series from the creators of the bestselling *Godsfield Bibles*.

For centuries, people have been harnessing crystal energy for mental, physical and spiritual healing – this book is an indispensable guide to using crystals today. Experienced crystal therapist and teacher Lauren D'Silva provides expert advice on the history and power of crystals.

Sections include:

Part 1: About Crystals – What they are and how they have been used from ancient times through to modern day

Part 2: Energy Safety – Grounding and centring with crystals

Part 3: Tuning into Crystals – How to choose which crystals are right for you

Part 4: Caring for Your Crystals – A guide to the different ways you can cleanse your crystals

Part 5: Crystals and Your Energy – How to use crystals to balance the chakras

Part 6: Crystals in Daily Life – Including crystals for different rooms in the house, for work and even the commute

Part 7: Buyer's Guide – What to look out for when purchasing crystals

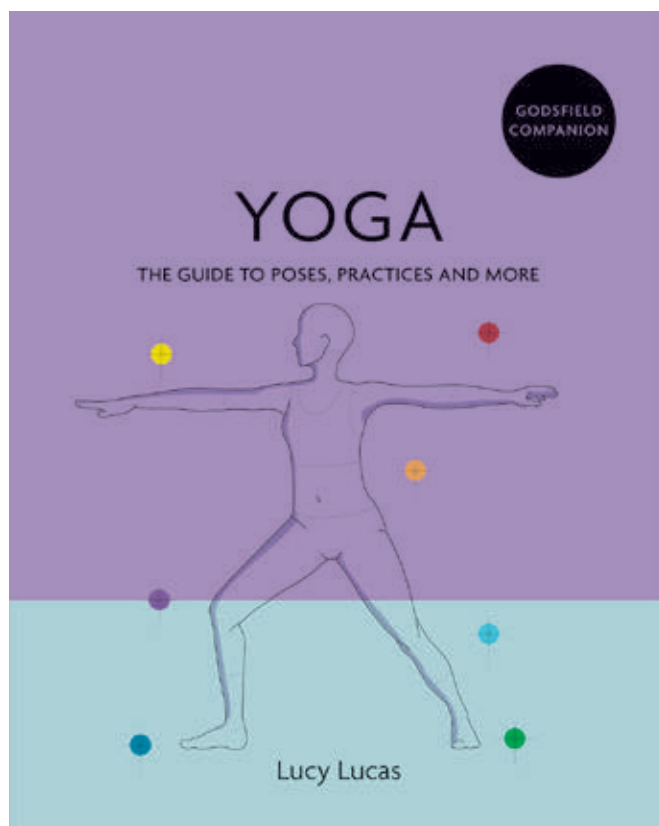
Part 8: Crystal Directory – A catalogue of 60 types of crystals and their different variations and uses

The *Godsfield Companions* are all-new guides to conscious living that will set a new standard in wellness publishing. Fresh, contemporary and authoritative, each book – written by a specialist in their field – will provide the growing wellness audience with essential background, revealing insights, valuable context and useful instruction to enable them to understand and expand their personal practice every day.

Author Biography: Lauren D'Silva is the Chair of the Affiliation of Crystal Healing Organisations (ACHO) and founder of Touchstones School of Crystal Therapy. Lauren is an experienced healer and fully qualified teacher with 25 years of teaching experience. She runs ACHO-accredited crystal therapy training courses for all levels of interest, from foundation level through to advanced courses. Novices and qualified crystal therapists alike travel from all over the world to attend the Touchstones School.

twitter.com/laurendsilva
touchstones-therapies.co.uk

Godsfield Companion: Crystals | G13 (200x160) | Paperback
 03/06/2021 | £16.99 | 304 pages | Godsfield Press | 9781841814995



Godsfield Companion: Yoga

The guide to poses, practices and more

By Lucy Lucas

The first in the indispensable new Mind, Body, Spirit series from the creators of the bestselling *Godsfield Bibles*.

Practised by millions across the world, yoga not only increases bodily strength and flexibility but enhances spiritual wellbeing and brings peace and clarity to our hectic, modern lives. This book provides comprehensive information on the history and philosophy of yoga in all its many forms, as well as step-by-step guides to hundreds of poses.

Sections include:

Part 1: What is Yoga? – Including Ashtanga, Vinyasa, hot yoga, Hatha/Iyengar and yin/restorative yoga

Part 2: History of Yoga – The ancients to the future

Part 3: Philosophy – Including awareness, aversion, discipline, discernment and letting be

Part 4: How Yoga works – From movement (including anatomy, dynamic poses, yin poses and restorative poses); to breath (including prana, the physical body and the nervous system; to energy (including chakras, pranayama and meditation)

Part 5: How to live with your Yoga – Including practices for purposes including joy, self-awareness, resilience, relaxation and pain management

The *Godsfield Companions* are all-new guides to conscious living that will set a new standard in wellness publishing. Fresh, contemporary and authoritative, each book – written by a specialist in their field – will provide the growing wellness audience with essential background, revealing insights, valuable context and useful instruction to enable them to understand and expand their personal practice every day.

Author Biography: Lucy Lucas is a mindfulness and yoga teacher who began her practice after spending 15 years in finance and consultancy. She trained in Bali, first taught yoga in Ibiza and now has a practice based in the UK, where she teaches classes and leads retreats.

[Instagram.com/Lucylucasyoga](https://www.instagram.com/Lucylucasyoga)

[Twitter.com/Lucylucasyoga](https://twitter.com/Lucylucasyoga)

<https://www.lucylucas.com/>

Godsfield Companion: Yoga | G13 (200x160) | Paperback
03/06/2021 | £16.99 | 304 pages | Godsfield Press | 9781841814933



May You Be Well

Everyday good vibes for the spiritual

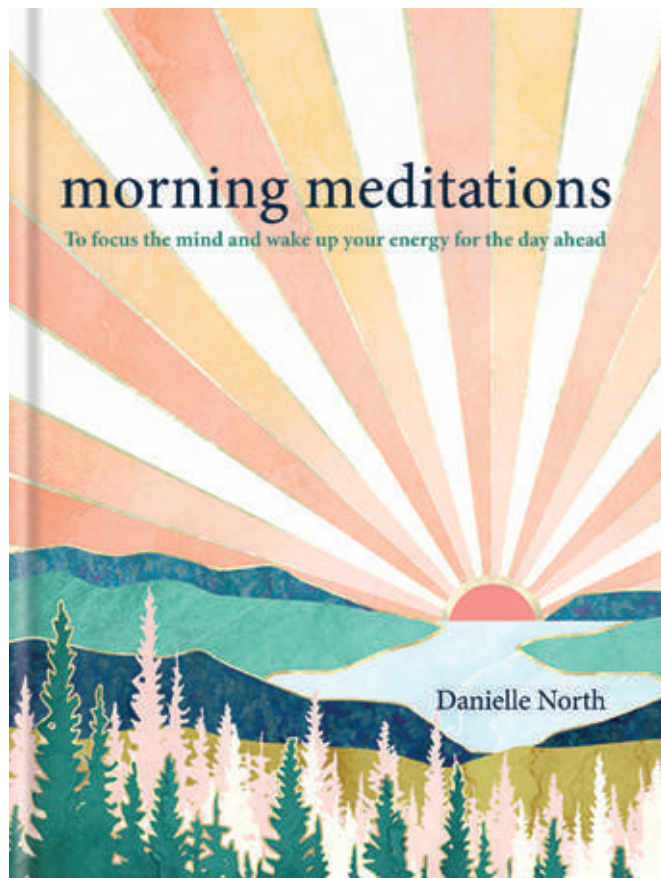
Most of us pray when things get tough. Most of us don't have a religion or a god. We just pray.

We pray that our friends are safe, we pray that our earth will heal, we pray for help. We're asking our inner-selves, a higher being, the cosmic or the divine to guide us.

May You Be Well is a collection of prayers and blessings for non-believers, believers in something or someone, and believers in everything or nothing.

Just everyday good vibes for health, happiness and hope.

May You Be Well | NB (147x105) | Hardback |
03/06/2021 | £6.99 | 96 pages | Pyramid | 9780753734575



Morning Meditations

To focus the mind and wake up your energy for the day ahead

By Danielle North

This stunning book is the perfect introduction to meditation and why it is so beneficial and effective in the morning.

Studies have shown that people who develop a morning meditation practice find it easier to stay focused and energized through the day, are less likely to reach for unhealthy snacks and are more adept at warding off stress and anxiety.

Included in the book are tips on how to develop a practice, essential oils to energise you in the morning, simple breathwork, stretches and focus journaling as well as good morning tea blends.

The meditations included are designed to encourage clarity and energy for the day ahead, with weekend morning meditations to help let go of the week and explore bigger questions. Mantras are used to help bring awareness to particular words and phrases to set you off on a positive path, intention setting and guided visualisations for boosting energy, finding focus and summoning creativity.

Morning meditations include:

- Rise
- Morning dew
- Birds soaring
- Tree grounding
- The mist clears
- Dream big
- Through the eye of the telescope

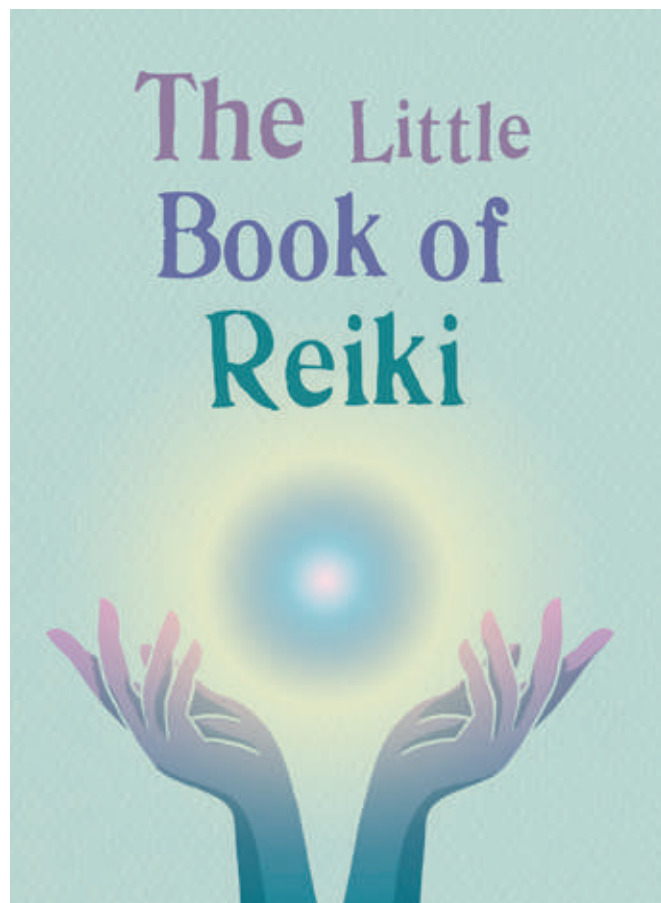
Author Biography: Danielle North has a long work history as a successful executive coach in the corporate industry, working with top-level executives at companies such as HSBC, McKinsey Unilever and SAP. She has more than 13 years experience working with leaders in 20 different countries; and spent 3 years living and working in Asia, where she set up a pioneering coaching company and an award winning change management consultancy.

After learning that goals and ambitions could be just as happily and successfully achieved when simply allowing the body and mind to pause, she adapted her coaching style with both personal and corporate clients to flow rather than fight against the ups and downs of life.

Danielle is the author of *Pause, Pause Every Day* and *Sleep Meditations*. Her books have been translated into over 10 languages.

lifebydanielle.com

Morning Meditations | NQ (174x131) | Hardback
03/06/2021 | £10 | 160 pages | Aster | 9781783254354



The Little Book of Reiki

By Una L. Tudor

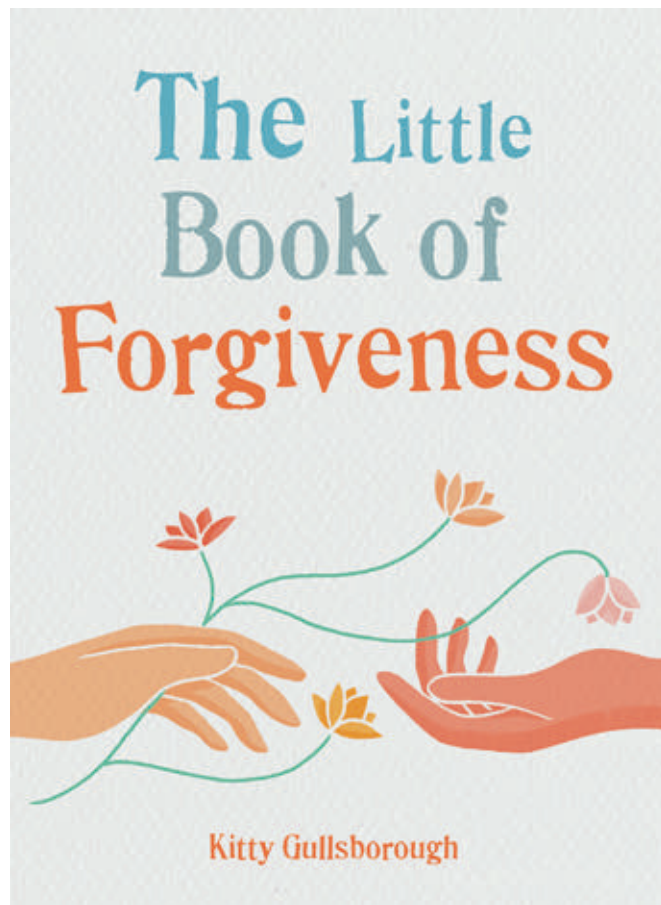
A fully illustrated introduction to the ancient practice of Reiki.

Meaning 'universal life force energy' in Japanese, Reiki is a system of natural healing that dates back thousands of years. It is based on the principle that the practitioner channels energy into the recipient in order to activate the body's natural healing processes, thus restoring physical and emotional wellbeing.

This little book is the perfect introduction to Reiki with all the essential information about its history and healing benefits, as well as simple exercises to help introduce this ancient wisdom into your daily life.

Author Biography: Una L. Tudor is a life coach and counsellor from York with a common-sense approach to wellness, health and energy. Her motto is 'if it helps, do it!' She lives in London with her wife and two cats, Bulgur and Barley. In her spare time, she paints, practises yoga and swims. This is her second book.

The Little Book of Reiki | NB (147x105) | Flexiback | 40 colour illustrations
06/05/2021 | £7.99 | 96 pages | Gaia | 9781856754446



The Little Book of Forgiveness

By Kitty Guilsborough

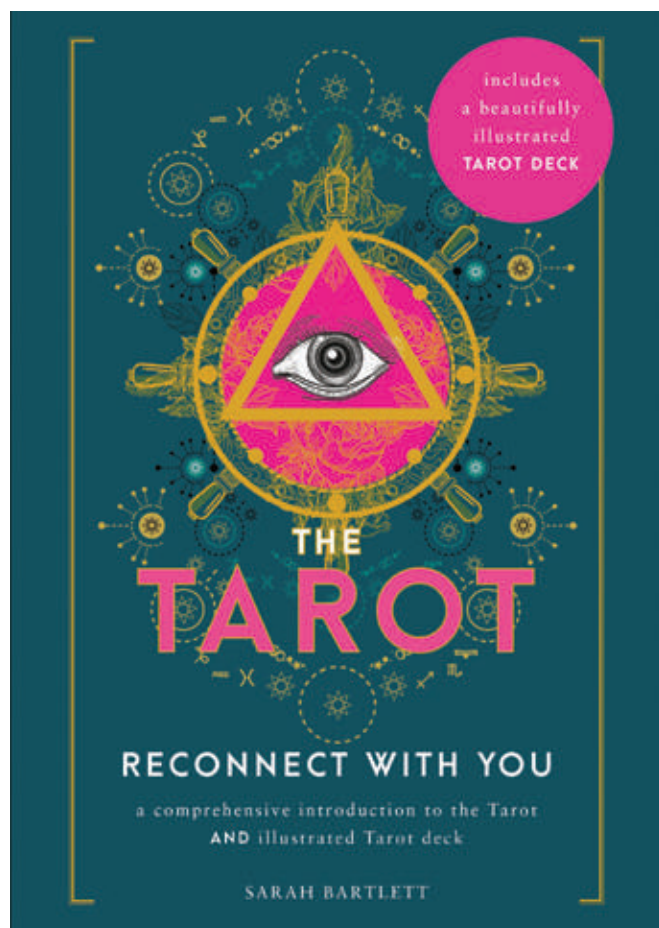
A fully illustrated guide to the power of forgiveness.

Empirical research has shown that that when we are better at forgiveness, we experience lower levels of depression and anxiety. True forgiveness is not about the other person and their actions; it is actually about you and your ability to let go of your anger and free yourself from whatever has hurt you.

Using tools and practices such as mindfulness, meditation, gratitude, relaxation and compassion, this little book will and help you to find true harmony with the world.

Author Biography: Kitty Guilsborough lives in London, where she tells tarot by night and writes about life by day. She works with clients struggling in a range of areas, such as depression, anxiety, bereavement and pain. This is her second book in this series.

The Little Book of Forgiveness | NB (147x105) | Flexiback
06/05/2021 | £7.99 | 96 pages | Gaia | 9781856754422



The Tarot

An essential introduction to the Tarot in one stunning, modern package.

By Sarah Bartlett

Discover the ancient power of the Tarot with this beautifully illustrated modern deck. Featuring a comprehensive introductory handbook and full 78-card Tarot deck, this is the essential companion for those wanting to embark on their spiritual awakening.

Use *The Tarot* to take you on a journey of self-discovery, and to determine your own path whilst navigating life's twists and turns. With informed and easy-to-follow explanations throughout, a guide to the meanings and reversed meanings of every card in the Minor and Major Arcana, and some example spreads to get you started, this set is a complete and indispensable guide to the remarkable wisdom of the Tarot in one stunning package.

Author Biography: Sarah Bartlett is a renowned astrologer and author. She was astrologer for the *Evening Standard* for three years up until 2002, and more recently astrologer for *Cosmopolitan*, *Prima* and *She* magazines for five years, and *Spirit and Destiny* for seven years. She also contributed to *Steve Wright in the Afternoon* on BBC Radio 2. Sarah is the author of many books on the Tarot and other esoteric arts, including *The Mythology Bible* and the bestselling *Tarot Bible*.

The Tarot | Z (210x149) | Paperback with deck of 78 Tarot cards
04/02/2021 | £15 | 128 pages | Pyramid | 9780753734186



Mummin' It

Tips, hacks and advice on the wins and woes of modern motherhood
By Harriet Shearsmith

A modern manual for modern parenting, *Mummin' It* is a parenting and lifestyle book that is relatable, helpful and fun.

Packed with parenting hacks and useful information such as how to travel as a family without losing your mind and tips for getting your kids to eat anything, this is a refreshing handbook for making a busy life easier.

With chapters on Food, Home, Travel, Body Positivity and Life, Harriet covers all aspects of what makes a family home tick and offers survival hacks and down-to-earth practical advice to help your home function more easily and ecologically.

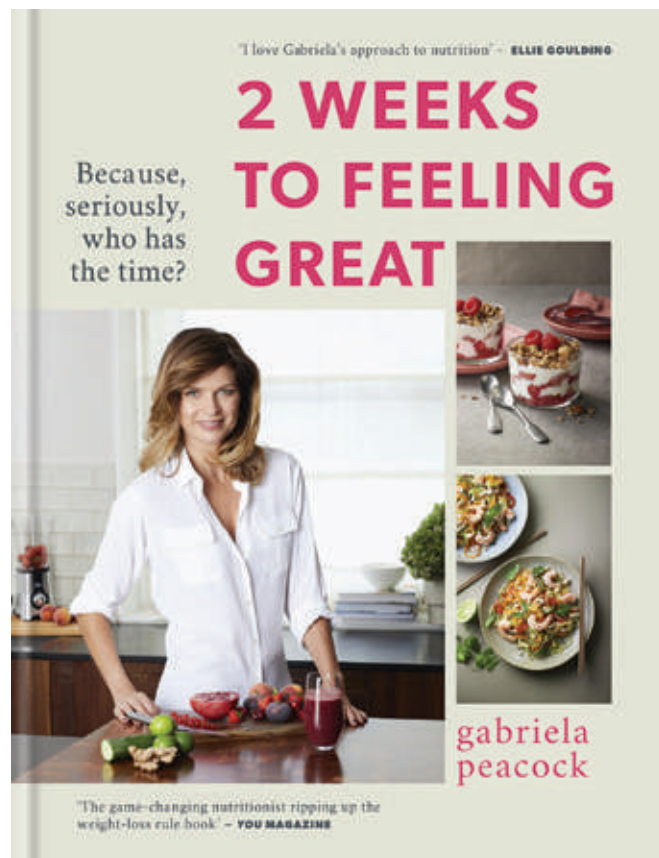
Harriet has written the book with busy parents in mind, so it's full of bite-size chunks of information and time-saving tips - try Mum's Meal Bingo to figure out what to cook on a wet Wednesday and create age-appropriate chores to instill independence in your child and carve away time for a glass of wine for you.

Mummin' It is a chat with a friend over coffee - a celebration of imperfect motherhood.

Author Biography: Based in Yorkshire, Harriet Shearsmith runs her Toby and Roo blog from home. She has appeared several times on Good Morning Britain and is increasing her TV and radio exposure this year. Her audience is predominantly British, followed by US. An in-demand parenting influencer, Harriet has collaborated with Tesco, Disney and Johnson & Johnson.

Instagram: @tobyandroo

Mummin' It | U (235x190) | Colour illustrations and photography throughout | Hardback
29/04/2021 | £14.99 | 208 pages | Kyle Books | 9780857839374



2 Weeks to Feeling Great

An accessible guide to health and nutrition to encourage shifts in diet and lifestyle to a healthier, happier you

By Gabriela Peacock

2 Weeks to Feeling Great is nutritionist Gabriela Peacock's comprehensive guide to health and wellbeing aimed at busy people who may not have the time - or inclination - to commit to strict rules that are not compatible with real life and instead focuses on what is achievable. It includes 40 recipes and two detailed 14-day programmes on intermittent fasting, scientifically proven to be the most effective method of safely reaching a healthy weight.

Covering everything from improving sleep to rebalancing hormones and increasing energy, the easy-to-remember tips and recommendations require minimal effort but deliver significant results. Gabriela also looks at other lifestyle factors, in addition to diet, that affect health - from household and beauty products to reducing the use of plastics.

The bottom line is, you don't have to be perfect in order to feel and look better.

Author Biography: Gabriela Peacock, who was born in the Czech Republic, has built her practice as a nutritionist around a realistic approach to the demands of modern life. Having worked as a model, she then spent nine years studying two degrees, the first in Naturopathic Nutrition, before going on to graduate from the University of Westminster with BSc (Hons) in Health Science - Nutritional Therapy. Gabriela specialises in intermittent fasting weight management plans and in 2016, launched her range of supplement programmes, based on her extensive experience in the role supplements play in supporting restful sleep, increased energy, healthy immune function, weight loss and general physical, as well as mental, wellbeing.

2 Weeks to Feeling Great | SSN (246x189) | Colour photography throughout | Hardback
27/05/2021 | £20 | 208 pages | Kyle Books | 9780857839633



The Insomnia Diaries

One woman's journey towards a good night's sleep

By Miranda Levy

'For a very long time, more than 8 years, I suffered from crippling insomnia. Doctors shook their heads, friends rolled their eyes, but the truth is I was simply unable to fall asleep, at all, for more than eight years.'

After a single catastrophic event, Miranda Levy had a sleepless night, then another, and then another. She sought help from anyone she could: doctors, acupuncturists, reiki practitioners, hypnotists, therapists and personal trainers; but nothing worked.

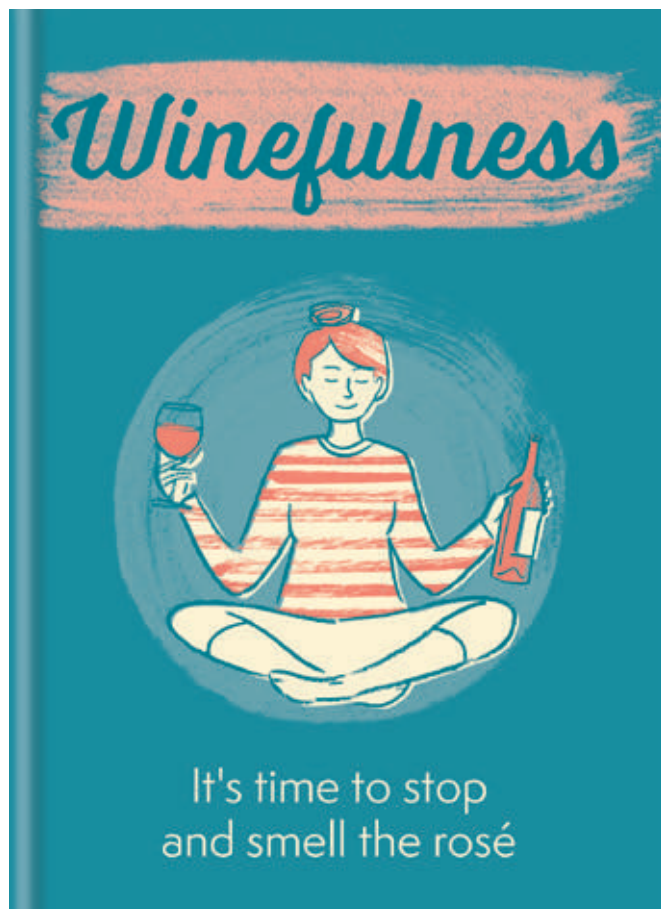
In *The Insomnia Diaries*, journalist Miranda Levy tells the story of how she ultimately recovered from severe, crippling insomnia that affected every aspect of her life. Part memoir, part reportage, this book will help anyone who struggles to get a good night's sleep – whether all the time or intermittently – appreciate the issues and options as they find their best way to get the rest they need.

Author Biography: Miranda spent 25 years in national newspapers and magazines including staff jobs on *The Daily Mail*, *Cosmopolitan* and *Sunday Mirror*. She worked on the launches of *GLAMOUR* and *Grazia*. As the editor of *Mother & Baby*, she was twice shortlisted for a British Society of Magazine Editors award. In 2005, she wrote *The Rough Guide to Babies*.

These days, she is a freelance journalist with a wide range of interests, but especially health: mental health and sleep in particular.

twitter.com/mirandalevycopy

The Insomnia Diaries | B Format | Paperback
03/06/2021 | £9.99 | 304 pages | Aster | 9781783254187



Winefulness

A tongue-in-cheek collection of wine puns, emphasising the de-stressing powers of a large glass of wine when everything's a bit rubbish.

By Amelia Loveday

Winefulness is the new mindfulness.

Cancel the hot yoga and pick up a cool Pinot Grigio - sometimes all you need is a nice glass of wine. Through the good times and the bad, it's always there to pick you up and it's always got your back. So enjoy this collection of wine wisdom for the soul, and learn to view the world through rosé-tinted glasses.

As the old saying goes, where there's a wine there's a way.

Includes inspiration such as:

- It isn't wise to keep things bottled up
- No Champagne, no gain
- Life is a Cabernet, after all
- Every cloud has a Syrah lining
- Do things for the right Rieslings

Author Biography: Amelia Loveday is a writer and keen enthusiast of both mindfulness and wine. It is through a combination of these two passions that she deals with the day-to-day challenges that life throws at her.

Winefulness | NB (147x105) | c.50 illustrations | Hardback
04/03/2021 | £7.99 | 96 pages | Mitchell Beazley | 9781784727093



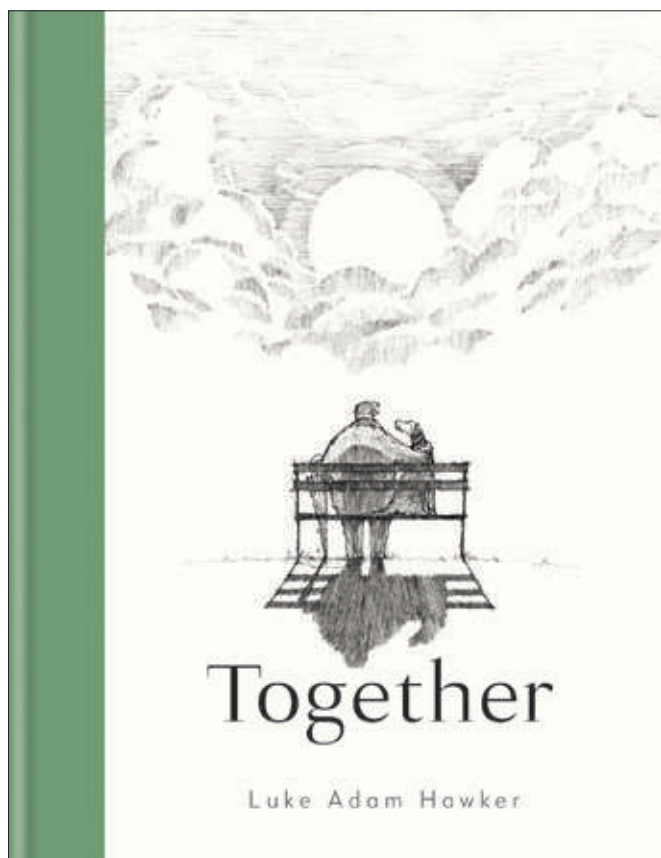
Classy, Sassy, and a Bit Bad Assy

Empowering quotes for strong women.

A pocket-sized book of empowering quotes and affirmations to help you live your sassiest, classiest, most badass life.

Even the most powerful boss babes need a little pick-me-up now and then. *Classy, Sassy, and a Bit Bad Assy* is there to shout “You go girl!” and remind you that you are brave, strong, and not to be messed with. Packing an oversized punch in a pocket-sized package, this little book provides pep talks to help you slay your way, no matter what the haters say. Rekindle your fierce spirit with this empowering collection of inspiring quotes and life-affirming statements, and live your best life every day.

Classy, Sassy, and a Bit Bad Assy | NB (147x105) | Hardback
03/06/2021 | £6.99 | 96 pages | Pyramid | 9780753734568



Together

A gentle and philosophical look at what we can learn from difficult times, paired with beautiful illustrations

By Luke Adam Hawker

Used to drawing out on location, the lockdown of 2020 suddenly limited artist Luke Hawker's day to day work. Like many of us he spent months at home, and, unable to go out and about found himself inspired to depict the day to day effects of the extraordinary challenges unfolding across the world.

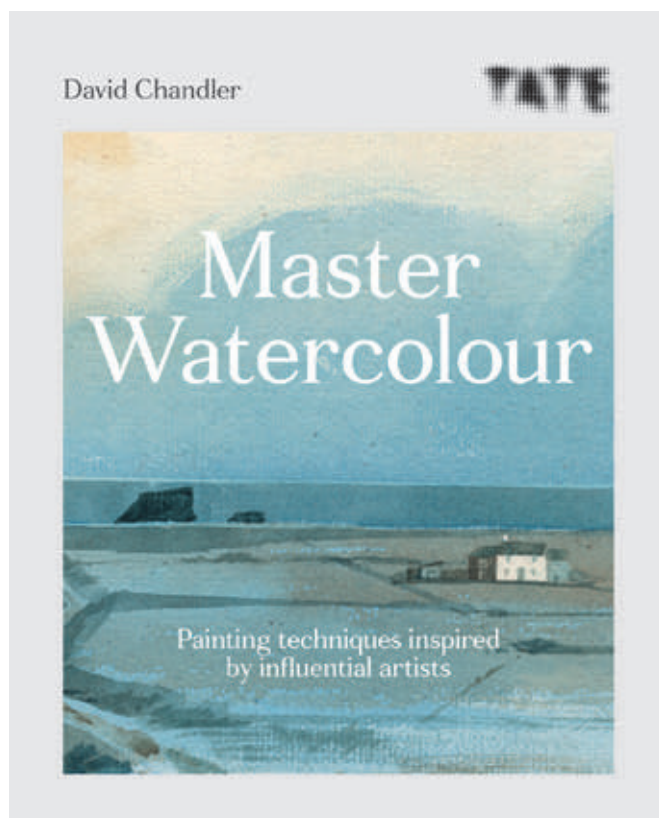
Together takes a gentle and philosophical look at the events of 2020. Using the metaphor of a monumental storm, we follow a man and his dog through the uncertainty and change that it brings to their lives. Through their eyes we see the difficulties of being apart, the rollercoaster of emotions that we have all shared, and the realisation that by pulling together we can move forward with new perspective, hope, and an appreciation of what matters most in life.

Drawing on themes of empathy, kindness, and appreciating nature and the people around us, *Together* is a beautiful book that we can all relate to.

Author biography: Luke Adam Hawker worked as an architectural designer before becoming a full time artist in 2015. He lives just outside of London with his girlfriend, and dog Robin. Luke ships his prints and originals to buyers all over the world and has been commissioned by brands such as Soho House Hotel Group, Annabel's Club, and Event Bright. He also has an artwork hanging in the Parliamentary Art collection in London.

Instagram: @Lukeadamhawker

Together | SSN (246x189) | Illustrations throughout | Hardback
25/03/2021 | £16.99 | 64 pages | Kyle Books | 9780857839442



Tate: Master Watercolour

Master the masters of watercolour with this step-by-step guide that draws inspiration from paintings in the Tate collection.

By David Chandler

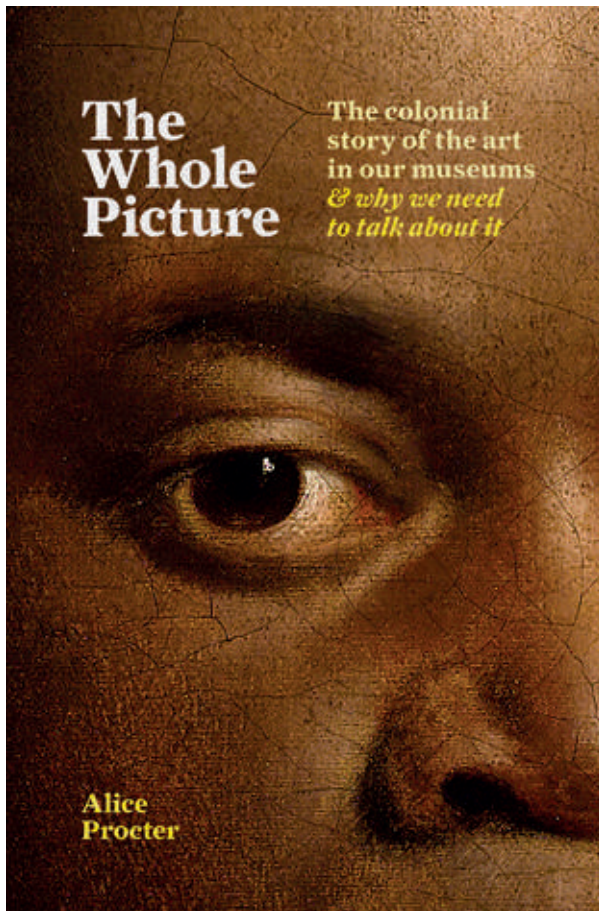
Taking inspiration from iconic paintings in the Tate collection, discover the techniques of the masters and improve your own painting skills with 30 guided projects. As you work through the exercises, you'll learn how to work 'wet into wet' with Maggi Hambling, master colour temperature with John Singer Sargent and create rhythm and unity in your paintings with John Nash.

Whether you are looking to reinvigorate your watercolour practice with new techniques, try your hand at a wide variety of painting styles, or discover a new, inspiring master of the art, this book offers something new for every watercolourist.

Author Biography: David Chandler is an artist and art tutor based in Frome, England. He runs regular painting and drawing courses, and lectures and demonstrates throughout the UK and Europe. He is a Black Swan Open Art Competition winner and a Holburne Portrait Prize finalist. He co-founded Frome Community Education CIC, and is the writer and presenter of Seeing Things, a community radio programme about the visual arts. Before focusing on teaching art, David wrote drama and comedy for BBC Radio.

TATE is home to the United Kingdom's national collection of British, and international modern and contemporary art, with its collection shared between Tate Britain, Tate Modern, Tate Liverpool and Tate St Ives. Ilex is proud to partner with Tate, supporting the gallery in its mission to promote public understanding and enjoyment of art.

Tate: Master Watercolour | U (235x190) | Paperback
04/02/2021 | £14.99 | 144 pages | Ilex Press | 9781781576755



The Whole Picture

If you think art history has to be pale, male and stale - think again.

By Alice Procter

‘Probing, jargon-free and written with the pace of a detective story... [Procter] dissects western museum culture with such forensic fury that it might be difficult for the reader ever to view those institutions in the same way again.’ – *Financial Times*

‘A smart, accessible and brilliantly structured work that encourages readers to go beyond the grand architecture of cultural institutions and see the problematic colonial histories behind them.’ – Sumaya Kassim

Should museums be made to give back their marbles? Is it even possible to ‘decolonize’ our galleries? Must Rhodes fall?

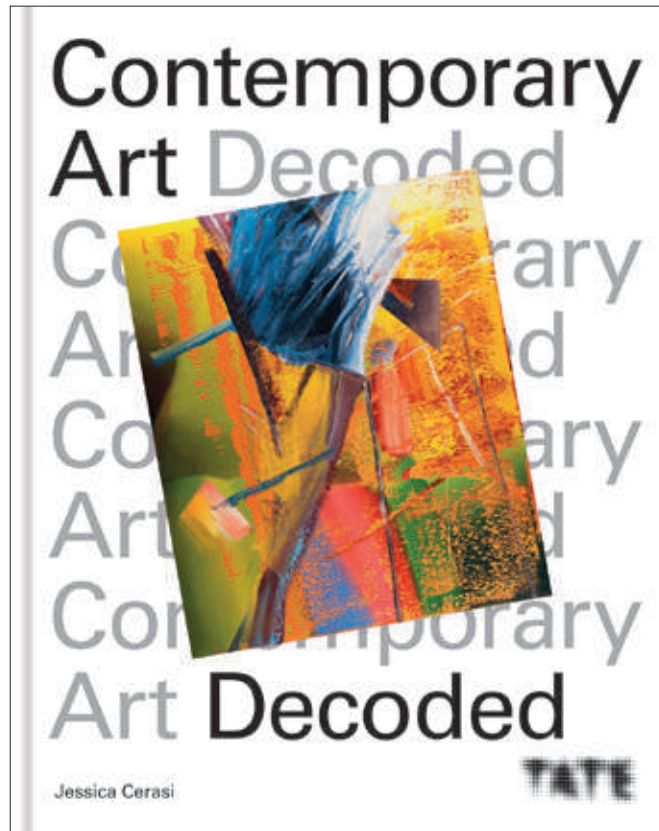
How to deal with the colonial history of art in museums and monuments in the public realm is a thorny issue that we are only just beginning to address. Alice Procter, creator of the Uncomfortable Art Tours, provides a manual for deconstructing everything you thought you knew about art history and tells the stories that have been left out of the canon.

The book is divided into four chronological sections, named after four different kinds of art space: The Palace, The Classroom, The Memorial and The Playground. Each section tackles the fascinating, enlightening and often shocking stories of a selection of art pieces, including the propaganda painting the East India Company used to justify its rule in India; the tattooed Maori skulls collected as ‘art objects’ by Europeans; and works by contemporary artists who are taking on colonial history in their work and activism today.

The Whole Picture is a much-needed provocation to look more critically at the accepted narratives about art, and rethink and disrupt the way we interact with the museums and galleries that display it.

Author Biography: Alice Procter is an historian of material culture and the creator of Uncomfortable Art Tours. She curates exhibitions, organizes events, makes podcasts and writes things under the umbrella of The Exhibitionist. Procter studied at University College London, and her academic work concentrates on the intersections of postcolonial art practice and colonial material culture, settler storytelling, the concept of whiteness in the 18th and 19th centuries, the curation of historical trauma, and myths of national identity. She has appeared on BBC Radio 4’s Front Row, and her work has been featured in the *New York Times*, the *Guardian*, the *New Statesman*, Aljazeera.com and *The Times*. She is Australian but grew up in Hong Kong and London.

The Whole Picture | B Format | Paperback
19/03/2021 | £16.99 | Cassell | 9781788401555



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.

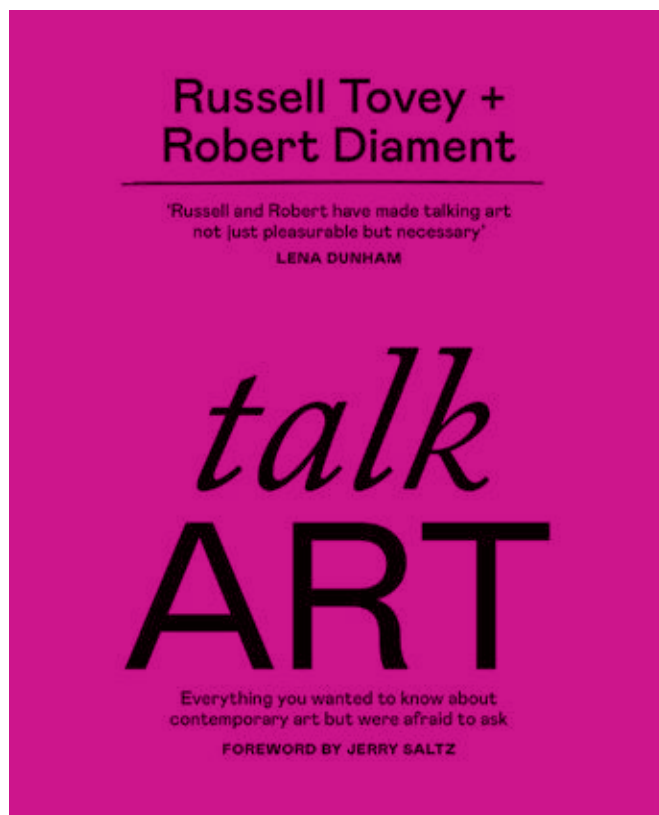
Chapters include:

- 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?

Author Biography: Jessica Cerasi was Assistant Curator of the 2019 Venice Biennale. 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.

TATE is home to the United Kingdom's national collection of British, and international modern and contemporary art, with its collection shared between Tate Britain, Tate Modern, Tate Liverpool and Tate St Ives. Ilex is proud to partner with Tate, supporting the gallery in its mission to promote public understanding and enjoyment of art.

Tate: Contemporary Art Decoded | EA (253x201) | Hardback
06/05/2021 | £25 | 208 pages | Ilex Press | 9781781577455



Talk Art

A joyful and straightforward introduction to contemporary art from the creators of hit podcast Talk Art

By Robert Diament & Russell Tovey

Talk Art established itself as the must-listen cultural podcast in both the UK and the US, and it has now garnered 1.5 million downloads. With infectious enthusiasm, Russell and Robert have opened the doors to the art world and welcomed people of all ages and backgrounds into the conversation.

Talk Art, the book, is a beautiful and accessible celebration of contemporary art, and a guidebook to navigating and engaging with the art world. Informal and jargon-free, this book proves that art really is for everyone. Featuring a wealth of artworks – some never-before-seen in print and some commissioned especially for the book – and an informative and engaging narrative, *Talk Art* will become the must-have book that art lovers return to again and again.

The book features highlights from interviews with: Tracey Emin, Jordan Casteel, Jerry Saltz, Elton John, Grayson Perry, Ian McKellen, David Shrigley and Toyin Ojih Odutola and many more.

Praise for the podcast:

“lively, accessible and enthusiastic” – *Financial Times*

“as fast-paced and gossipy as it is genuinely interesting” – *Dazed*

“trendy, gossipy, fast-paced conversational fun” – *New York Times*

“It’s an education, but not in an alienating highbrow way” – *NME*

Chapters include:

- Performance Art
- Art & Political Change
- Art in the Margins
- Where and How to See Art
- How to Create Your Own Collection

Author Biography: Russell Tovey is an actor best-known for appearing in *The History Boys*, *Gavin & Stacey*, *Years and Years*, *Being Human*, *The Good Liar* and HBO’s *Looking*. He is also a passionate art collector, with about 300 pieces.

Robert Diament is Director of the Carl Freedman Gallery and Counter Editions (a company that produces prints and multiples by leading contemporary artists). Before working in art, he was part of electro pop band Temposhark.

Talk Art | U (235x190) | Jacketed Paperback

06/05/2021 | £20 | 224 pages | Ilex Press | 9781781578131



Book Club Journal

Curated by the popular YouTube book vlogger, Sanne Vliegenthart of Books & Quills (184k followers), this beautifully produced guided journal includes themed reading lists, space to record your thoughts and wise advice to help your book club run happily and smoothly.

By Sanne Vliegenthart of Books & Quills

Thinking of starting a book club? Or running out of ideas for your existing one? *Book Club Journal* is a handy way to plan your reading material, organize your thoughts and think of discussion points.

This guided journal has more than 200 book suggestions across a wide range of genres, organized into themed lists including Classics Rewritten, Powerful Short Books for Busy Readers, Imagining the Future, Escape to Nature and Feel-good Reads. There are 50 templates to record your impressions of each book you read, as well as space to note down interesting points raised by other members of your book club.

Book Club Journal also includes advice to help you manage the meeting, from navigating group dynamics to hosting your book club digitally, plus tips on making time for reading when you're busy and - if all else fails - how to participate even if you haven't finished the book.

With timeless quotes on the joy of reading peppered throughout, this makes a gorgeous gift, whether for someone else or just for yourself.

Author Biography: Sanne Vliegenthart is a book blogger, experienced digital content producer and social media consultant, who specializes in books, sustainable lifestyle, culture and travel.

Having previously worked in publishing, she now freelances for clients including Greenpeace, Walker Books, Bloomsbury Publishing, Penguin Random House, the British Council and DK Eyewitness.

Sanne has been reviewing books online since 2008 and has been a member of many book groups, both online and in person. Find her on Twitter, Instagram and Youtube @booksandquills.

Book Club Journal | Z (210x149) | Hardback
06/05/2021 | £18 | 256 pages | Mitchell Beazley | 9781784727499



Figure Drawing

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

By Jake Spicer

Informative and instructive, this comprehensive guide will give you all the tools you need to make expressive and exciting drawings of the human form. Beginning with the key principles of observation, *Figure Drawing* equips you with the basic skills to make accurate and satisfying drawings of your subject, then builds progressively, introducing more advanced techniques and concepts that allow you to capture the subtle qualities that give your drawings life. Packed with advice, useful photographic and illustrative references, and accessible step-by-step exercises to put the theory into practice, this is a book to treasure and refer to forever.

As you travel through the book, you'll discover how a deeper understanding of the body and its articulated forms can underpin imagined figures, and arm yourself with a set of practical methods and skills to help you with any drawing you want to attempt. 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.

Packed with step-by-step exercises to teach you how to draw the human body like a professional artist.

Learn how to observe to see edges and tone, use simple measuring techniques and solve proportional problems.

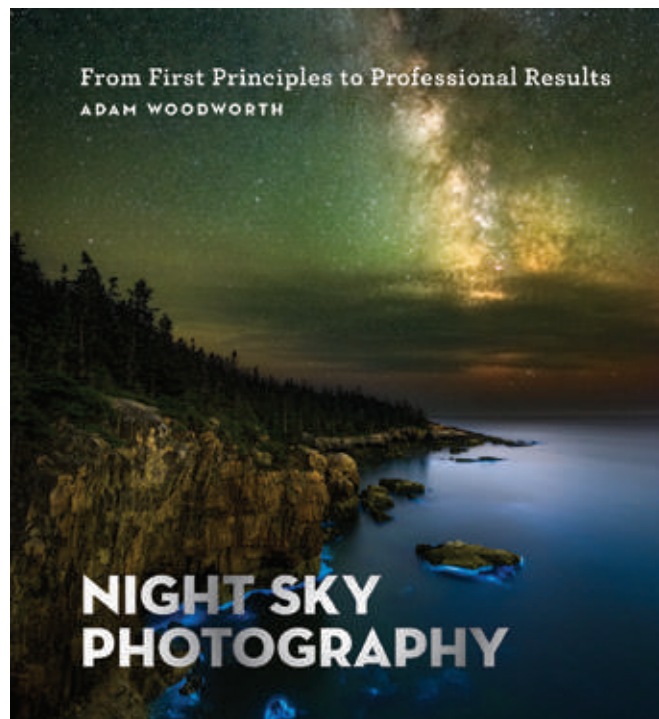
Understand the secrets of anatomy with a detailed guide to the human form.

Experiment with different materials, media and styles to fulfil your artistic potential.

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 | 260x200 | Paperback
13/05/2021 | £25 | 288 pages | Ilex Press | 9781781577028

**300K JAKE
SPICER
DRAWING
BOOKS SOLD
WORLDWIDE**



Night Sky Photography

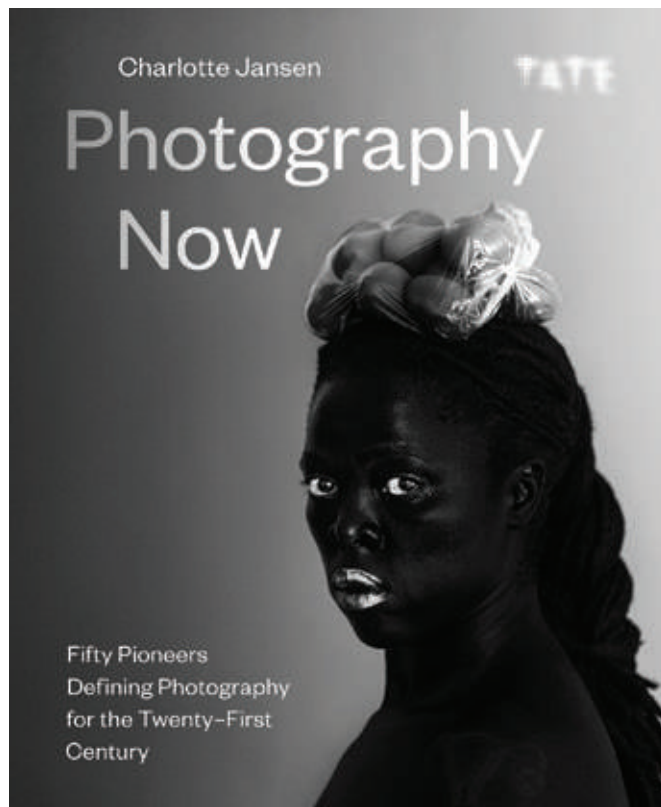
Great photography begins at sunset – learn to photograph the night sky like a professional

By Adam Woodworth

When the night sky transforms terrestrial landscapes into otherworldly works of art, you need to know the professional techniques for capturing your own nocturnal masterpieces. This complete course combines the classic beauty of landscapes with the vast, exotic universe of astrophotography, using tried-and-tested methods that guarantee stellar results. You'll learn what gear you need and how to make the most of it; clever tricks for squeezing out every drop of image quality from a pitch-black scene; and straightforward post-production workflows to create compelling compositions of the cosmos.

Author Biography: Adam Woodworth has had a love of photography for over 20 years, and since 2008 he has focused on landscape and astrophotography. His goal as a photographer is to create stunning images using high-quality tools and techniques. Adam has articles and images published in *Outdoor Photographer Magazine*, *Digital Photo Magazine*, *Digital Photo Pro Magazine*, *The Luminous Landscape*, *Nikon's Image Chaser*, and *DPRreview*. Based in Maine, USA, he also runs a popular series of workshops, and his attention to detail as a long-time computer programmer is not lost in his photography and fine art printing.

Night Sky Photography | 255x235 | Paperback
04/01/2021 | £24.99 | 208 pages | Ilex | 9781781577509



Tate: Photography Now

Discover the work of 50 photographers at the forefront of photography today, and how they are changing the way we think about the art form.

By Charlotte Jansen

In the last century photographers had it easy: you could take a photograph of something new and create a whole genre by doing so. Now, in the 21st century, things are different. Standing out is more of an achievement.

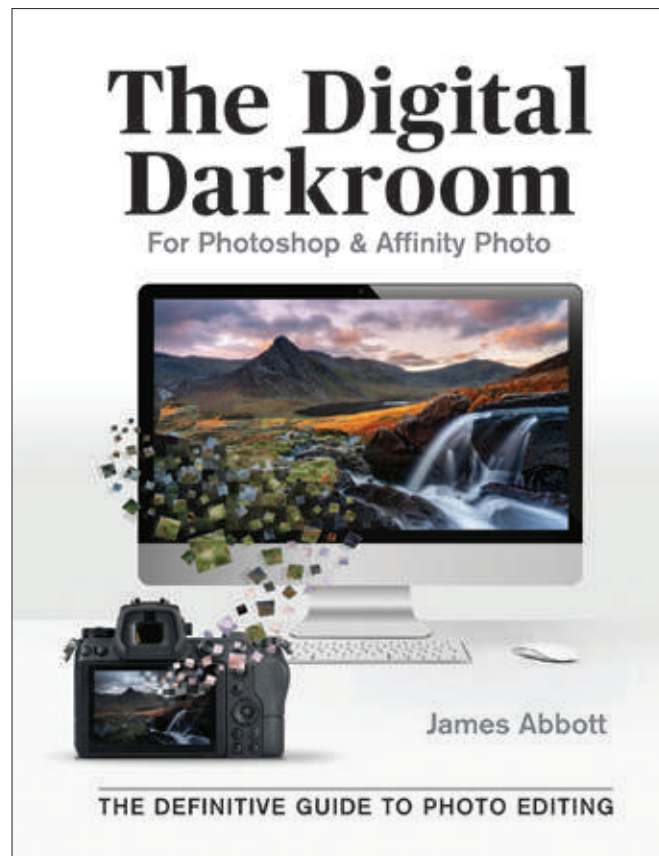
This extensively illustrated survey presents the most significant photographers working today, with high-quality reproductions of their work alongside commentary and interviews. Their styles are varied: some are drawing on traditional styles while others are taking full advantage of modern techniques and technology. In each case, though, they have to deal with a post-Instagram world, where photography competes for mind space in a completely different way than it did at the turn of the century. This comprehensive and authoritative guide demonstrates why the work of the new masters is so significant, and gives a broad survey of the state of photography today.

Artists featured include Nan Goldin, Wolfgang Tillmans, Hassan Hajjaj, Andreas Gursky, Juno Calypso, Ryan McGinley, Zanele Muholi, Shirin Neshat, Catherine Opie, Martin Parr, Cindy Sherman, Hiroshi Sugimoto and Juergen Teller.

Author Biography: Charlotte Jansen is the Editor-at-Large of Elephant magazine. A freelance arts journalist for ten years, she has written for publications including the *Guardian*, the *FT*, *ELLE*, *Wallpaper**, *Vice*, *The British Journal of Photography* and the *RA Magazine*.

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Photography Now | 280x230 | Hardback
04/03/2021 | £35 | 240 pages | Ilex Press | 9781781576205



The Digital Darkroom

The definitive guide to photo editing using Photoshop and Affinity Photo
By James Abbott

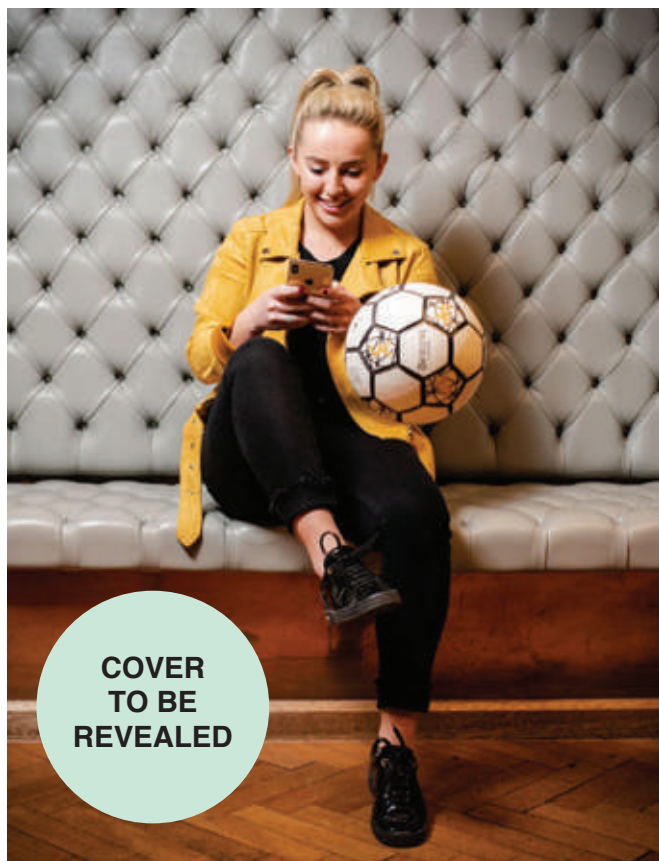
Post-production can make the difference between a good image and a great image, not to mention it's an essential process if you shoot in RAW to enjoy the most flexibility and control possible. This book will outline everything you need to know to gain a better understanding of how to apply darkroom style effects to your images using Adobe Photoshop and Affinity Photo.

Through detailed background knowledge designed to make you familiar with the software and to build your confidence, you'll learn a wide range of skills and techniques through step-by-step case studies that will make learning an active experience. Not only will this be a valuable reference resource, it will also be your very own personal tutor giving you everything you need to edit your images like a pro.

- Learn the essentials with a complete guide to every tool, filter and effect for both Adobe Photoshop and Affinity Photo
- Get the most out of your RAW files with detailed instructions on processing your digital image
- Master basic, intermediate, and advanced editing techniques with easy to follow step-by-step tutorials
- Get the best quality images for display with a complete guide to home printing

Author Biography: James Abbott is an award-winning landscape photographer and photography journalist working with the UK's top photography magazines and websites (including *Amateur Photographer*, *Digital Camera World*, and *Tech Radar*). He specialises in shooting and editing tutorials, to provide readers with the most practical and in-depth information possible. When he's not taking pictures, or writing about photography, James also teaches one-to-one workshops covering both camera and editing skills.

The Digital Darkroom | 260x200 | Paperback
01/04/2021 | £25 | 256 pages | Ilex Press | 9781781578087



Live Like Liv

Freestyling, Football and Everything in Between

By Liv Cooke

The World's Youngest Freestyle champion shows you how to do the cool things she does.

Liv Cooke can do things with a football that you wouldn't believe! She's a four-time World Record Holder, a former Freestyling World champion, Uefa ambassador and internet sensation.

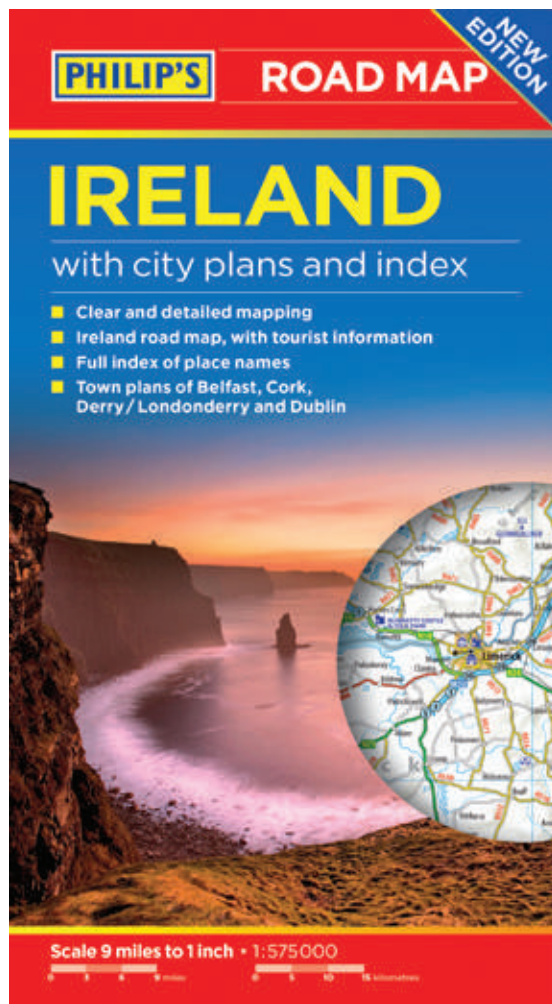
Learn how to do Liv's incredible stunts and be inspired by Liv's story and messages for young women everywhere.

Liv takes you inside her world and shows you what it's like to dream big, work hard and succeed. She will help you find your passion, set your targets, create an environment for success, deal with setbacks and achieve your goals. And of course she also gives you a step-by-step guide as to how to do those award-winning tricks and flicks.

Live Like Liv is the fresh, exciting and fun way to achieve both freestyling skills and a dynamic outlook on life.

Author Biography: Liv Cooke is a British professional football freestyler, current four-time world record holder, and former world champion. She is a BBC sports presenter and UEFA ambassador, who has previously been awarded the Parliamentary Rising Star and Woman of the Future awards. She has appeared in numerous commercials, on Soccer AM, Match of the Day, and Fox Soccer News. Although best known for her freestyle football, social media videos, and television presenting, Cooke is also the founder of W1NFLUENCE Ltd.

Live Like Liv | SSN (246x189) | Paperback
06/05/2021 | £14.99 | 176 pages | Cassell | 9781788402668



Philip's Ireland Road Map

All of Ireland is clearly shown in this handy, up-to-date Philip's road map covering the whole island at 9 miles to 1 inch. By including the latest new roads and motorways, route-planning and touring is made wonderfully simple with this easy-to-read guide By Philip's Maps

THE CLEAREST AND MOST DETAILED MAPS OF EUROPE' *David Williams MBE, CEO Gem Motoring Assist*

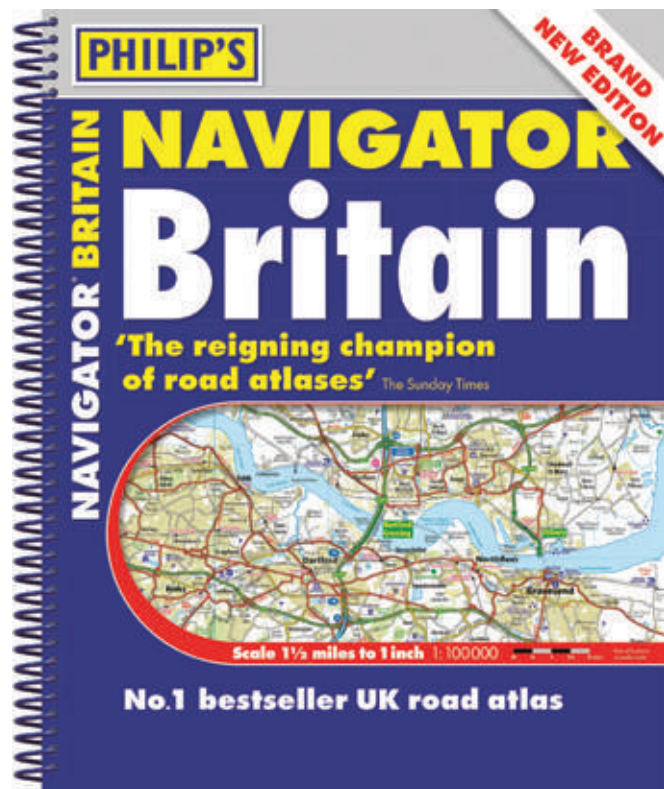
The bestselling fold-out road map for navigating in Ireland has been updated for all travellers wanting to go places on the island. Whether driving through the most spectacular scenic routes on offer, enjoying the cultural and natural heritage or just planning city-to-city travel, this handy map has all you need.

- Super-clear scale at 9 miles to 1 inch
- Key driving information: motorways (toll, pre-pay and free), mountain passes, railways, road numbers (European and local), plus distances between towns
- Fully revised and up-to-date with the latest tourist and leisure information
- Scenic routes like the Ring of Kerry, the Wild Atlantic Way and the Giant's Causeway are clearly highlighted
- Places of interest added: from castles, historic houses, beaches and national parks to theme parks, places of worship and ancient monuments
- Includes the islands of Aran, Valentia, the Blaskets
- Detailed city plans: Dublin, Belfast, Cork
- Full index of place names
- Major city location maps

In fact, everything you need for your trip to the Republic and Northern Ireland.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's Ireland Road Map | 04/02/2021 | £5.99 | Philip's | 9781849075503



Philip's Navigator Britain

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.

By 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*

The No.1 Choice of Road Atlas for the serious motorist.

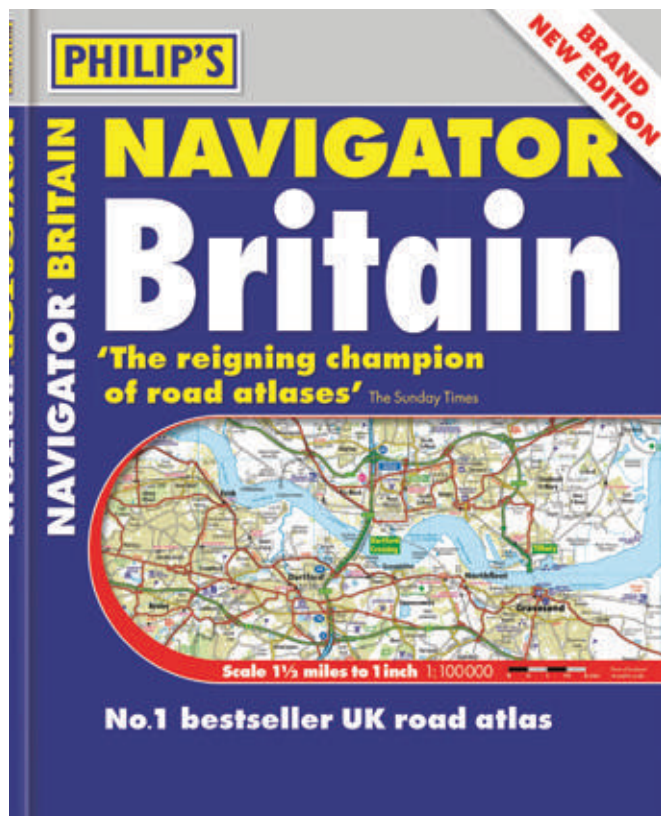
Scale: 1.5 miles to 1 inch = 1:100,000 (Northern Scotland: 3 miles to 1 inch = 1:200,000)

- Britain's best road mapping in a practical spiral format.
- No other road atlas of Britain offers this level of detail and clarity
- 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.
- 412 pages

Available in a spiral paperback binding, 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.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's Navigator Britain | 350x280 | Spiral bound
01/03/2021 | £24.99 | 412 pages | Philip's | 9781849075251



Philip's Navigator Britain

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. Practical and sturdy flexiback binding.

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*

The No.1 Choice of Road Atlas for the serious motorist.

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

- Britain's best road mapping in a practical spiral format.
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Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's Navigator Britain | 350x280 | Flexiback

01/03/2021 | £24.99 | 412 pages | Philip's | 9781849075268



2022 Philip's Big Easy to Read Britain Road Atlas

By Philip's Maps

"The detail you need at a size you can read". The newest 2022 Big Easy to Read Britain road atlas from Philip's with:

- Large print maps
- Huge 1:150,000 scale (approx 2.4 miles to 1 inch)
- Large print place names
- Large print index
- Large format (nearly A3)
- Super-clear 10-page route planner
- 88 targetown plans
- 10 big city approach maps
- Easy-to-use spiral binding

At last, a Road Atlas that everyone can read easily in or out of the car, no matter what the conditions. Large scale maps, large print place names, clear road colours (which are easier to read in the dark), large print index and a special route-planning section that's almost a road atlas in itself.

If it's dark, or you just can't find your glasses, the new Philip's Big Easy to Read Atlas of Britain is the answer - wherever you're driving in England, Scotland or Wales.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

2022 Philip's Big Easy to Read Britain Road Atlas | 394x287 | Spiral bound
05/03/2021 | £14.99 | 240 pages | Philips | 9781849075633



2022 Philip's Easy to Read Britain Road Atlas

By Philip's Maps

"The detail you need at a size you can read". The newest 2022 Big Easy to Read Britain road atlas from Philip's

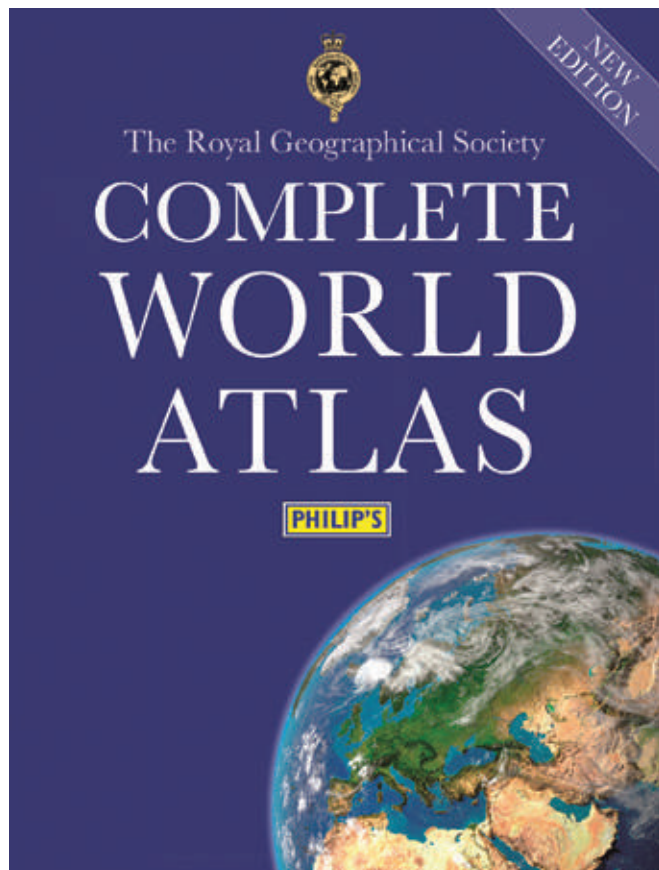
- Large print maps
- Huge 1:150,000 scale (approx 2.4 miles to 1 inch)
- Large print place names
- Large print index
- Super-clear 10-page routeplanner

At last, a Road Atlas that everyone can read easily, in or out of the car, no matter what the conditions. Large scale maps, large print place names, clear road colours (which are easier to read in the dark), a large print index and a special route-planning section that's almost a road atlas in itself.

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2022 Philip's Easy to Read Britain Road Atlas | 295x217 | Paperback
05/03/2021 | £14.99 | 352 pages | Philip's Maps | 9781849075626



Philip's RGS Complete World Atlas

By Philip's Maps

A superbly detailed Philip's world atlas, published in association with the Royal Geographical Society - fully revised and updated. From global stats on climate and population to stunning satellite imagery, the world is revealed in all its splendour

Published in association with the Royal Geographical Society, the authoritative Philip's Essential World Atlas presents the world in cartography of exceptional quality.

The large section of physical and political maps - fully revised and updated - have been selected to provide balanced coverage of the continents, while giving prominence to densely populated and economically or strategically important areas. Projections and scales have been chosen to maximize legibility and minimize distortion over the largest regions.

Acclaimed by geographers everywhere, Philip's physical maps combine relief shading with layer-coloured contours to give a stunning visual impression of the Earth's surface, while charting physical features, settlements and communications with meticulous accuracy.

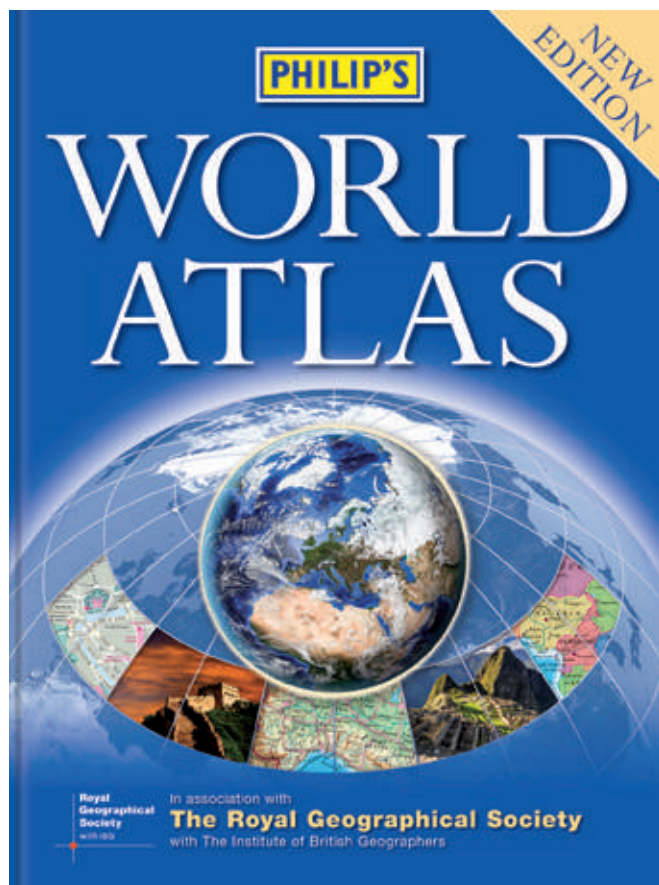
Included also is a superb 26-page 'Images of Earth' section, showing 25 of the world's most important cities and regions in Europe, Asia, Africa, Australasia and the Americas in breath-taking satellite imagery.

In addition, the atlas features a series of fascinating maps depicting our ocean seafloors in stunning detail.

Completing the atlas, and with full latitude and longitude co-ordinates along with letter-figure grid references, the extensive index of over 64,000 names includes geographical features such as mountains, rivers, lakes and deserts, as well as provinces, towns and cities.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's RGS Complete World Atlas | NN (336x252) | Hardback
04/03/2021 | £30 | 288 pages | Philip's | 9781849075596



Philip's RGS World Atlas

By Philip's Maps

A superbly detailed Philip's world atlas, published in association with the Royal Geographical Society - fully revised and updated. From global stats on climate and population to stunning satellite imagery, the world is revealed in all its splendour.

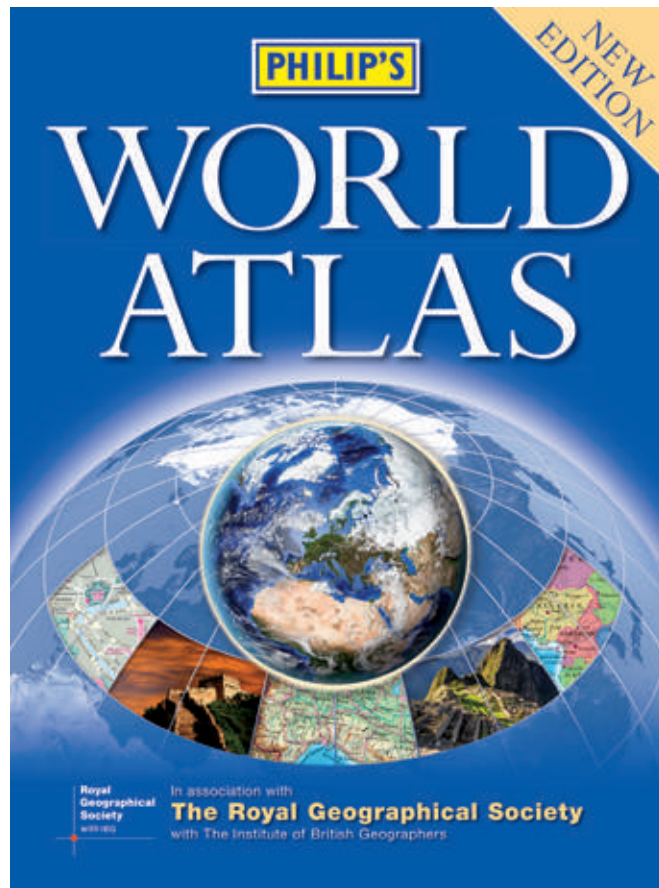
"An excellent world atlas. Very illuminating, good colours, clear texts...good glossary and, last but not least, up-to-date" *Amazon customer review*

- The perfect world atlas for work, study or leisure
- Great value for money
- 96 pages of authoritative world maps, physical and political
- 70 city maps in the fascinating World Cities section, with full-page satellite images for 10 great cities
- Over 35,000 place name index
- Special 32-page introductory section - 'The World in Focus' - covers key geographical themes such as the Earth's position in the Solar System, the structure of the Earth, climate and weather, the environment, population, resources, economics and international organizations. Vital information on topics covered in geography, humanities and economics courses.

The information-packed World Atlas from Philip's, published in association with the Royal Geographical Society has been fully updated for this new, 2021 edition.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's RGS World Atlas | NM (310x230) | Hardback
04/03/2021 | £20 | 264 pages | Philip's | 9781849075619



Philip's RGS World Atlas

By Philip's Maps

The latest information-packed and topical world atlas from Philip's, published in association with the Royal Geographical Society - fully revised and updated in paperback for today's fast-changing world.

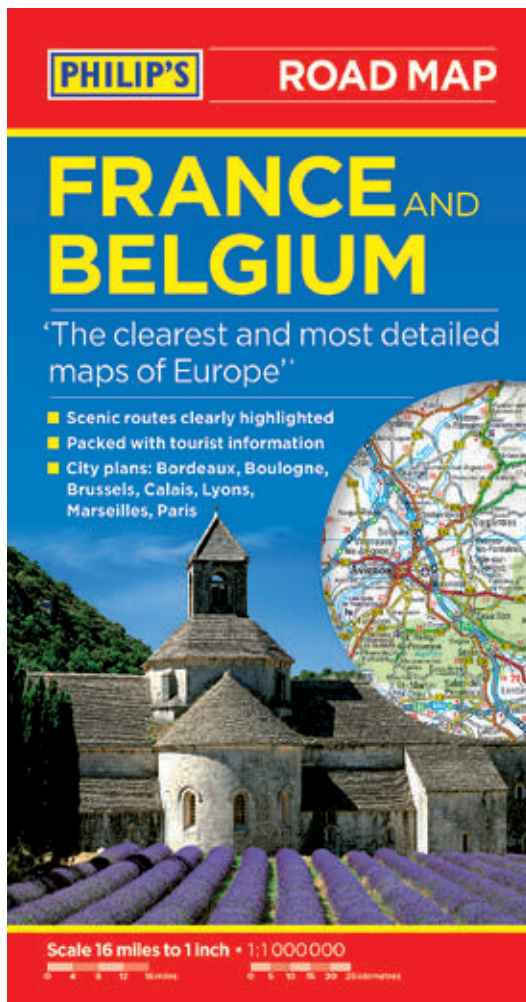
An excellent world atlas. Very illuminating, good colours, clear texts...good glossary and, last but not least, up-to-date" *Amazon customer review*

- The perfect world atlas for work, study or leisure
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Philip's RGS World Atlas | NM (310x230) | Paperback
04/03/2021 | £16.99 | 264 pages | Philip's | 9781849075589



Philip's Road Map France and Belgium

A fully revised new edition of Philip's ultra-clear, double-sided road map covering the whole of France and Belgium, with the latest tourist, heritage and driving information, a comprehensive index and town plans.

By Philip's Maps

THE CLEAREST AND MOST DETAILED MAPS OF EUROPE' *David Williams MBE, CEO Gem Motoring Assist*

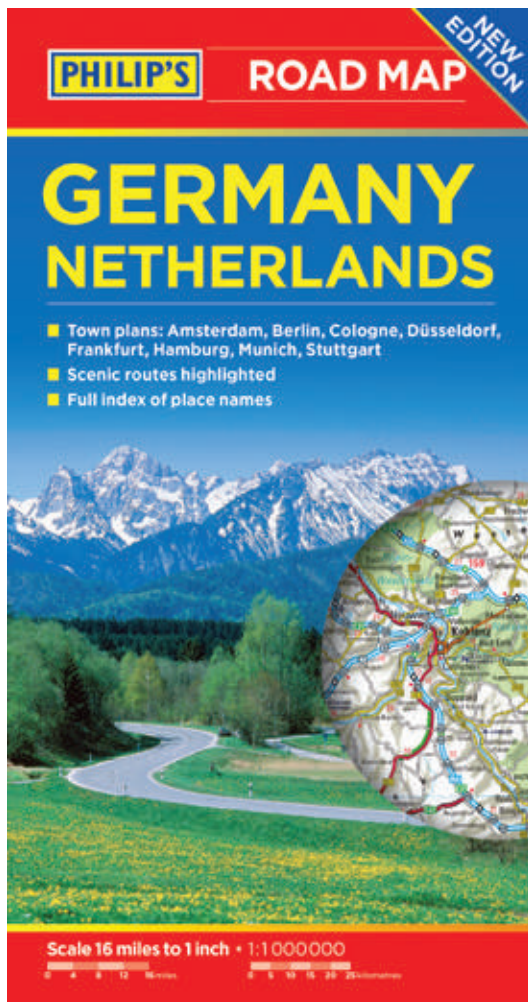
The bestselling fold-out road map for navigating in France and Belgium has been updated for all travellers wanting to go places on the continent, including Corsica. Whether driving through vineyards to the most spectacular scenic routes the countries have to offer, meandering through the South of France or planning your trip from Brussels to Paris, this handy map has all you need.

- Super-clearmapping scale 1:1,110,000 (17.5 miles to 1 inch)
- Keydriving information: motorways (toll, pre-pay and free), mountain passes, railways, road numbers (European and local), plus distances between towns
- Fully revised and up-to-date with the latest tourist and leisure information
- Scenic routes clearly highlighted
- Places of interest added: from castles, heritage sites, beaches and national parks to theme parks, places of worship and ancient monuments
- Includes the island of Corsica and sights of Monaco
- Double-sided maps - more for your money and easier to use
- Detailed city plans: Paris, Bordeaux, Boulogne, Brussels, Calais, Lyons and Marseilles
- Full index of place names
- Major city location maps

In fact, everything you need for your trip to and through France and Belgium.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Road Map France and Belgium | 01/04/2021 | £5.99 | Philip's | 9781849075527



Philip's Germany and Netherlands Road Map

Philip's latest super-clear, double-sided road map of Germany and the Netherlands fully updated with the latest tourist, heritage and driving information.

By Philip's Maps

PHILLIPS BEST-SELLING RANGE OF BRITISH AND EUROPEAN MAPS

THE CLEAREST AND MOST DETAILED MAPS OF EUROPE' *David Williams MBE, CEO Gem Motoring Assist*

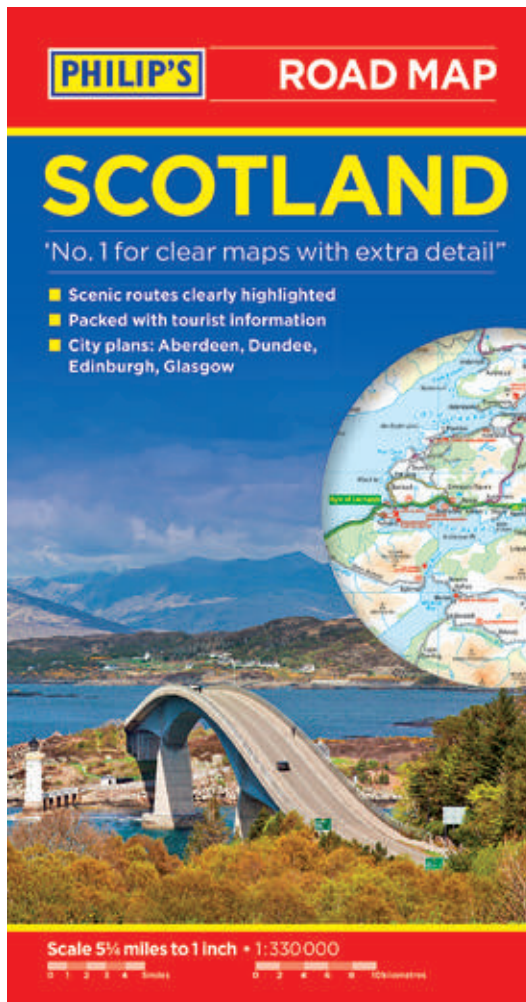
The bestselling fold-out road map for navigating in Germany and the Netherlands has been updated for all travellers wanting to go places from Rotterdam to the Rhine. Whether driving through the most spectacular scenic routes the area has to offer along the Rhine or the Herengracht or planning your trip from Amsterdam to Berlin, this handy map has all you need.

- Super-clearmapping scale 1:1,110,000 (17.5 miles to 1 inch)
- Keydriving information: motorways (toll, pre-pay and free), mountain passes, railways, canals, road numbers (European and local), plus distances between towns
- Fully revised and up-to-date with the latest tourist and leisure information
- Scenic routes clearly highlighted
- Places of interest added: from castles, heritage sites, lakes and national parks to theme parks, places of worship and ancient monuments
- Double-sided maps more for your money and easier to use
- Detailed city plans Amsterdam, Berlin, Cologne, Dusseldorf, Frankfurt, Hamburg, Munich and Stuttgart

In fact, everything you need for your trip to Germany and the Netherlands.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Germany and Netherlands Road Map | 01/04/2021 | £5.99 | Philip's | 9781849075497



Philip's Scotland Road Map

Philip's latest super-clear road map of Scotland and its islands - fully updated with the latest tourist, heritage and driving information

By Philip's Maps

THE CLEAREST AND MOST DETAILED MAPS OF EUROPE' *David Williams MBE, CEO Gem Motoring Assist*

The bestselling fold-out road map for navigating in Scotland has been updated for all travellers wanting to go places in the lowlands, highlands and islands, including the Western Isles, the Orkney Isles and Shetland Islands. Whether driving through the most spectacular scenic routes the country has to offer in the highlands or planning your trip from Edinburgh to Inverness, this handy map has all you need.

Super-clearmapping scale 1:370,000 (5.87 miles to 1 inch)

Key driving information: motorways, mountain passes, railways, ferry routes, road numbers (European and local), plus distances between towns

- Fully revised and up-to-date with the latest tourist and leisure information
- Scenic routes clearly highlighted
- Places of interest added: from castles, heritage sites, beaches and national parks to theme parks, places of worship and ancient monuments
- Includes the islands and sights of the Western Isles, the Orkney Isles and the Shetland Islands
- Double-sided maps - more for your money and easier to use
- Detailed city plans: Aberdeen, Dundee, Edinburgh and Glasgow
- Full index of place names
- Major city location maps

In fact, everything you need for motoring in Scotland.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Scotland Road Map | 06/05/2021 | £5.99 | Philip's | 9781849075510



Philip's Navigator Camping and Caravanning Atlas of Britain

The new 4th edition of Philip's Navigator Camping and Caravanning Atlas of Britain is the must-have atlas for every camper and caravanning motorist
By Philip's Maps

THE MUST-HAVE ATLAS OF BRITAIN FOR CAMPING, CARAVANNING AND MOTORHOMES

'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*

The No. 1 Choice of Road Atlas for the serious motorist

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

- Over 2,300 approved campsites located, plus essential advice from the Camping and Caravanning Club
- Includes essential information for caravanning motorists: 6400 bridge height limits, 1450 bridge weight limits and 250 bridge width limits
- No other road atlas of Britain offers this level of detail and clarity
- Britain's best road mapping in a great spiral format
- Every street in Britain is marked on the maps
- Over 3000 main roads named
- 100 indexed town-centre maps plus approaches to 12 major urban areas
- Super-detailed 6-page route-planning section
- Exceptional road detail, from motorways to country lanes, with every junction, roundabout and slip-road shown
- Thousands of individually named farms, houses and hamlets
- Packed with detail over 416 pages

Philip's Navigator Camping and Caravanning Atlas of Britain includes a special feature by The Friendly Club, which is packed with essential camping and caravanning information.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Navigator Camping and Caravanning Atlas of Britain | 350x280mm | Spiralbound
23/04/2021 | £24.99 | 416 Pages | Philip's | 9781849075701



2022 Philip's Road Atlas Britain and Ireland

Philip's is No. 1 in the UK for clear mapping and the Philip's 2022 Road Atlas Britain and Ireland is the top of the range, mid A4-sized, paperback atlas featuring fully updated maps from the Philip's digital database. The maps are super-clear and have been voted Britain's clearest and most detailed in an independent consumer survey. By Philip's Maps

PHILIP'S - THE FASTEST GROWING BRAND OF UK ROAD ATLASES

No. 1 in the UK for clear maps

'Good balance between detail and clarity with excellent town maps' *What Car?*

Mapping at a scale of 3 miles to 1 inch = 1:200,000

Philip's: Britain's clearest maps for motorists

Completely updated and revised for 2022

- 160 pages of fully updated super-clear road maps
- 10 pages of detailed route-planning maps - plan your route in advance
- 88 indexed town-centre maps
- 14 pages of city approach maps with named arterial roads
- 2 page road map of Ireland
- Map of scenic Britain and a map highlighting railways, airports and ferry ports

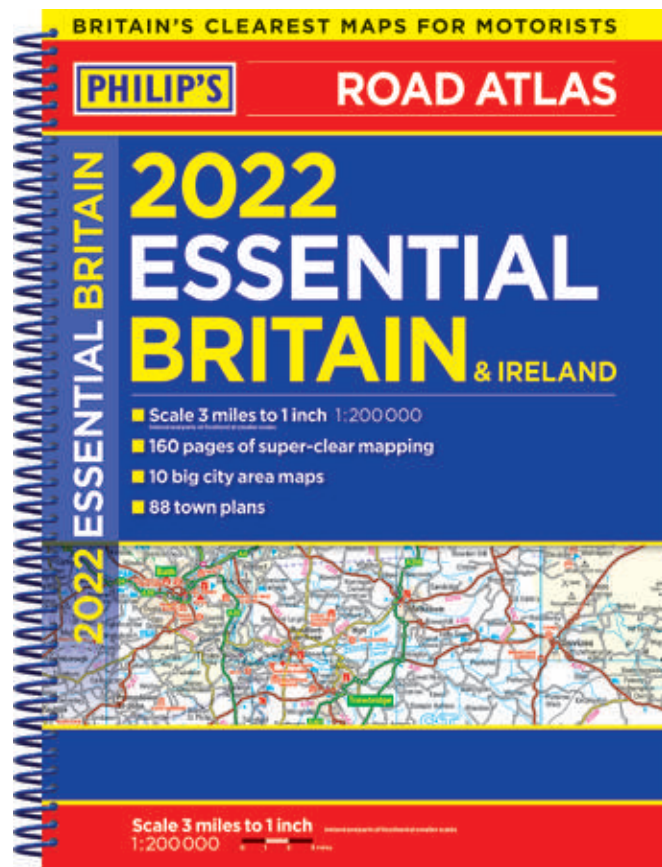
Philip's 2022 Road Atlas Britain and Ireland is the top-of-the-range paperback road atlas featuring the latest maps from the Philip's digital database. Voted Britain's clearest and most detailed in an independent consumer survey, the mapping is super-clear.

Philip's 2022 Road Atlas Britain and Ireland contains 160 pages of road maps covering Britain at 3 miles to 1 inch, with the Western Isles, Orkney and Shetland at smaller scales. The maps clearly mark service areas, roundabouts and multi-level junctions, and in rural areas distinguish between roads over and under 4 metres wide.

The atlas also includes a 2-page road map of Ireland, 10 pages of route-planning maps, a distance table, 10 large-scale city approach maps with named arterial roads, and an expanded section of 88 extra-detailed and fully indexed town and city plans.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

2022 Philip's Road Atlas Britain and Ireland | 298x217 | Paperback
11/06/2021 | £12.99 | 224 pages | Philip's | 9781849075671



2022 Philip's Road Atlas Britain and Ireland

Philip's is No. 1 in the UK for clear mapping and the Philip's 2022 Road Atlas Britain and Ireland is the top of the range, mid A4-sized, spiral-bound atlas featuring fully updated maps from the Philip's digital database. The maps are super-clear and have been voted Britain's clearest and most detailed in an independent consumer survey. By Philip's Maps

PHILIP'S - THE FASTEST GROWING BRAND OF UK ROAD ATLASES

No. 1 in the UK for clear maps
'Good balance between detail and clarity with excellent town maps' *What Car?*

Mapping at a scale of 3 miles to 1 inch = 1:200,000
Philip's: Britain's clearest maps for motorists

Completely updated and revised for 2021

- Practical spiral bound, lie-flat format
- pages of fully updated super-clear road maps
- 10 pages of detailed route-planning maps - plan your route in advance
- 88 indexed town-centre maps
- 14 pages of city approach maps with named arterial roads
- 2 page road map of Ireland
- Map of scenic Britain and a map highlighting railways, airports and ferry ports

Philip's 2022 Road Atlas Britain and Ireland is the top-of-the-range spiral-bound road atlas featuring the latest maps from the Philip's digital database. Voted Britain's clearest and most detailed in an independent consumer survey, the mapping is super-clear. Philip's 2022 Road Atlas Britain and Ireland contains 160 pages of road maps covering Britain at 3 miles to 1 inch, with the Western Isles, Orkney and Shetland at smaller scales. The maps clearly mark service areas, roundabouts and multi-level junctions, and in rural areas distinguish between roads over and under 4 metres wide.

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Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

2022 Philip's Road Atlas Britain and Ireland | 298x217 | Spiral bound
11/06/2021 | £15.99 | 256 pages | Philip's | 9781849075664



2022 Philip's Big Road Atlas Britain and Ireland

No. 1 in the UK for clear maps Philip's bring you the latest large format Big Road Atlas Britain and Ireland 2022 with fully updated maps from the Philip's digital database. The maps are super-clear and have been voted Britain's clearest and most detailed in an independent consumer survey.

By Philip's Maps

PHILIP'S - THE FASTEST GROWING BRAND OF UK ROAD ATLASES

No. 1 in the UK for clear maps

'Good balance between detail and clarity with excellent town maps' *What Car?*

Main scale of maps: 3 miles to 1 inch = 1:200,000

Practical 'more to view per page' A3 format

Great for planning and driving long journeys or short hops

Philip's: Britain's clearest maps for motorists

Completely updated and revised for 2022

- 96 pages of fully updated road maps
- Plan your route in advance - 6-page extra-large-scale route-planning section
- 64 fully indexed town and city plans
- 16 pages of city approach maps with named arterial roads
- 2-page road map of Ireland
- Map of scenic Britain and a map highlighting railways, airports and ferry ports

Philip's 2022 Big Road Atlas Britain and Ireland contains 96 pages of road maps covering Britain at 3 miles to 1 inch (Scottish Highlands and Western Isles at 4 miles to 1 inch, Orkney and Shetland at 5.25 miles to 1 inch). The maps clearly mark service areas, roundabouts and multi-level junctions for easy navigation, and in rural areas distinguish between roads over and under 4 metres wide - a boon for drivers of wide vehicles.

The atlas also includes a 2-page road map of Ireland, route-planning maps, a distance table, 12 large-scale city approach maps with named arterial roads, and 64 extra-detailed and fully indexed town and city plans.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

2022 Philip's Big Road Atlas Britain and Ireland | 394x287 | Paperback

11/06/2021 | £12.99 | 168 pages | Philip's | 9781849075640



2022 Philip's Big Road Atlas Britain and Ireland

No. 1 in the UK for clear maps Philip's bring you the latest large format Big Road Atlas Britain and Ireland 2022 with practical spiral binding and fully updated maps from the Philip's digital database. The maps are super-clear and have been voted Britain's clearest and most detailed in an independent consumer survey.

By Philip's Maps

PHILIP'S - THE FASTEST GROWING BRAND OF UK ROAD ATLASES

No. 1 in the UK for clear maps

'Good balance between detail and clarity with excellent town maps' *What Car?*

Main scale of maps: 3 miles to 1 inch = 1:200,000

Practical 'more to view per page' A3 format

Great for planning and driving long journeys or short hops

Philip's: Britain's clearest maps for motorists

Completely updated and revised for 2022

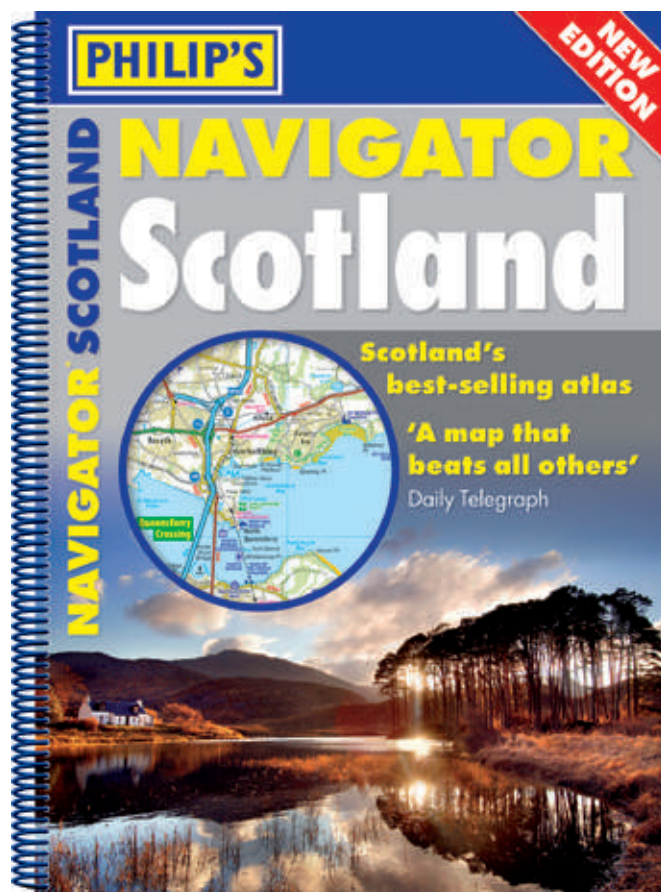
- 96 pages of fully updated road maps
- Plan your route in advance - 6-page extra-large-scale route-planning section
- 64 fully indexed town and city plans
- 16 pages of city approach maps with named arterial roads
- 2-page road map of Ireland
- Map of scenic Britain and a map highlighting railways, airports and ferry ports

Philip's 2022 Big Road Atlas Britain and Ireland contains 96 pages of road maps covering Britain at 3 miles to 1 inch (Scottish Highlands and Western Isles at 4 miles to 1 inch, Orkney and Shetland at 5.25 miles to 1 inch). The maps clearly mark service areas, roundabouts and multi-level junctions for easy navigation, and in rural areas distinguish between roads over and under 4 metres wide - a boon for drivers of wide vehicles.

The atlas also includes a 2-page road map of Ireland, route-planning maps, a distance table, 12 large-scale city approach maps with named arterial roads, and 64 extra-detailed and fully indexed town and city plans.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

2022 Philip's Big Road Atlas Britain and Ireland | Other | Spiral bound
394x287 | £14.99 | 168 pages | Philip's | 9781849075657



Philip's Navigator Scotland

By Philip's Maps

Philip's Navigator Scotland is the UK's best-selling atlas of Scotland. The Navigator brand is famous for the UK's clearest mapping and superb extra detail - essential for the motorist, whether for business or pleasure - and all with a fully updated section on the best Scotland has to offer.

PHILIP'S NAVIGATOR SCOTLAND - THE BEST-SELLING ATLAS OF SCOTLAND

'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

Exceptional clarity at a scale of 1.5 miles to 1 inch = 1:100,000 (3 miles to 1 inch = 1:200,000 for Northern Scotland)

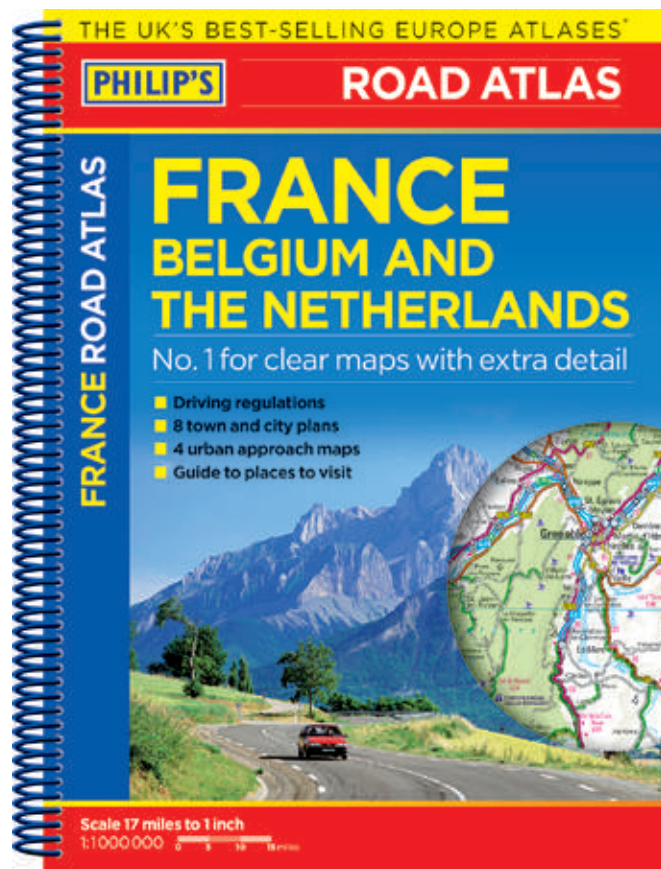
- No other road atlas of Scotland can provide this level of detail and touring information
- Invaluable 'Best Places to Visit' section, including heritage spots, spectacular sights and the best walks
- Key town-centre maps fully indexed for easy navigation
- Exceptional road detail, from motorways to country lanes, with every junction, roundabout and slip-road shown
- Packed with hundreds of individually named farms, houses and hamlets, alongside all the key heritage and cultural sites
- Hard-wearing and practical A4 format with spiral binding

Navigator Scotland offers so much more than a mere road map: hundreds of individually named farms, houses and hamlets, airports, airfields, stations, ferries, canals, harbours, tourist information centres, and a wide range of places of interest ranging from castles to chapels. Every element is clearly indexed for easy use and includes indexed town plans of all the major regional centres. Added to all that is a guide to Scotland's many leisure facilities and listings of a wide variety of activities from abseiling to yachting.

The atlas is perfect for touring with its large scale and wealth of travel information. The exceptional detail also makes the atlas ideal for local business use.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Navigator Scotland | Other | Spiral bound
06/05/2021 | £9.99 | 144 pages | Philip's | 9781849075459



Philip's Handy Road Atlas France, Belgium and The Netherlands

The latest completely updated edition of Philip's handy compact road atlas of France, Belgium and The Netherlands features the clearest cartography from the Philip's digital database. Voted Britain's clearest and most detailed European mapping in an independent consumer survey.

By Philip's Maps

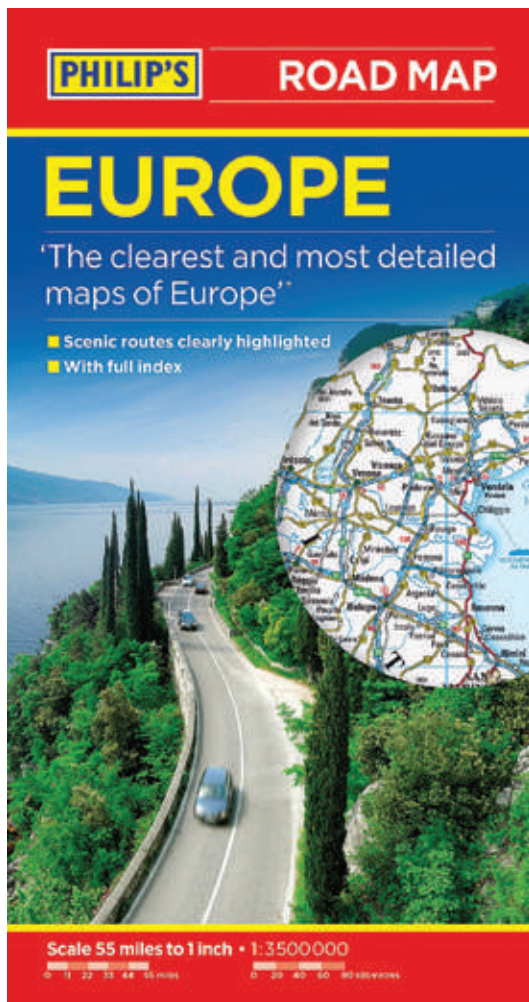
Philip's Road Atlas France, Belgium and The Netherlands shows the national road networks at a scale of 1:1 million, with ultra-clear detailed mapping for urban areas. All the scenic routes are clearly highlighted, and the maps show huge numbers of places to visit including beaches, theme parks, national parks and World Heritage sites.

Alongside the easy-to-read, bestselling mapping is:

- Special route-planner spread
- Listings for ski resorts and top visitor attractions;
- Pages of clear, detailed road maps, with car ferries and toll, toll-free and pre-pay motorways all clearly marked
- Large-scale approach maps for four major cities (Bordeaux, Lyon, Paris, Strasbourg) to avoid jams
- City-centre plans marking historic buildings and tourist attractions as well as car parks, head post offices and other facilities in eight major cities (Amsterdam, Brussels, Bordeaux, Luxembourg, Lyon, Marseilles, Paris, Strasbourg).

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Handy Road Atlas France, Belgium and The Netherlands | Spiral bound
03/06/2021 | £6.99 | 64 pages | Philip's | 9781849075565



Philip's Europe Road Map

For all your holiday and travel needs, the latest up-to-date 2021 edition of Philip's super-clear map of Europe.

By Philip's Maps

THE CLEAREST AND MOST DETAILED MAPS OF EUROPE' *David Williams MBE, CEO Gem Motoring Assist*

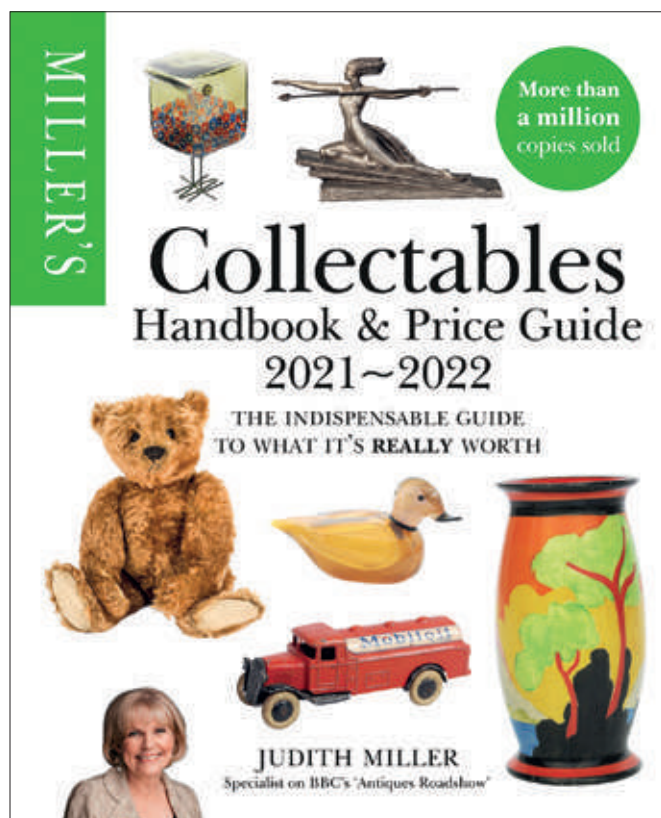
The perfect all-inclusive map for planning your European Road Trip:

- Main scale super-clear 1: 3,500,000 (55 miles to 1 inch)
- All of Europe covered from Southern Portugal to Northern Russia
- Fully updated with all the latest information for travelling in Europe
- Spectacular scenic routes clearly highlighted
- Handy Weather Maps for both Summer and Winter
- City to City Distance Table
- All the important information for motoring: motorways (toll, pre-pay and free), mountain passes, railways, road numbers (European and local), distances between towns
- Major city location maps
- All the places of interest for your trip: from castles, historic houses, beaches and national parks to theme parks, places of worship and ancient monuments

In fact, everything you need for driving in Europe - every country covered.

Author Biography: Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and global network to ensure our customers have all the information they need.

Philip's Europe Road Map | 03/06/2021 | £5.99 | Philip's | 9781849075572



Miller's Collectables Handbook & Price Guide 2021-2022

The brand new, up-to-date guide to the collectables market for 2021-2022. Whether you're buying or selling, this is the book you need.

By Judith Miller

All entries new for each edition.

Miller's Collectables Handbook & Price Guide 2021-2022 is the up-to-date guide to the collectables market no dealer, collector or auctioneer should be without. Featuring more than 4,000 objects in full colour, each with a detailed description and price range, the book also shows you how to spot that rare example that may be worth twenty times more than another piece.

In-depth features explain why one piece is worth more than another, show how to value an item and teach you to be your own expert when appraising everything from 20th-century glass to costume jewellery.

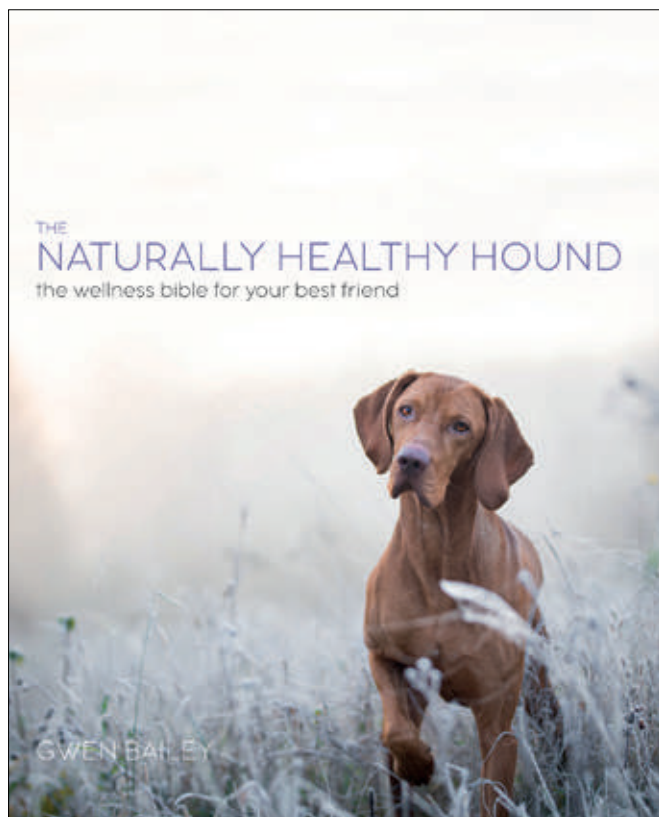
Comprehensive sections cover a wide range of objects, with additional pages on pencils, toys, vintage handbags, trunks and costume jewellery for this edition.

Every entry and image is updated for each edition to keep the book up-to-date with collecting and buying trends. *Miller's Collectables Handbook & Price Guide 2021-2022* is the only full-colour, fully-illustrated collectables price guide in the world.

Author Biography: Judith Miller began collecting in the 1960s while a student at Edinburgh University in Scotland. She has since extended and reinforced her knowledge of antiques through international research, becoming one of the world's leading experts in the field. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and has since written more than 100 books which are held in high regard by collectors and dealers.

Judith Miller appears regularly on TV and radio. She is an expert on the BBC's *Antiques Roadshow* and has co-hosted the popular BBC series *The House Detectives*, ITV's *Antiques Trail*, and Discovery's *It's Your Bid*. She has appeared on *The Martha Stewart Show* and CNN. She is a regular lecturer and contributor to numerous newspapers and magazines, including the *Financial Times*, the *Daily Telegraph*, *BBC Homes & Antiques* and *House & Garden*. She has lectured extensively, including at the V&A in London and the Smithsonian in Washington..

Miller's Collectables Handbook & Price Guide 2021-2022 | U (235x190) | Paperback
04/03/2021 | £27.99 | 432 pages | Mitchell Beazley | 9781784726669



The Naturally Healthy Hound

The Wellness Bible for Your Best Friend

By Gwen Bailey

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

Want to learn what your pet naturally needs?

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: Sticks, exercise games, vaccination and more
- Dietary health: Hydration, diet, dental health, recipes and feeding
- Mental health: Stimulation, socialization and canine interaction, addressing aggressive behaviour and introducing other pets

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.

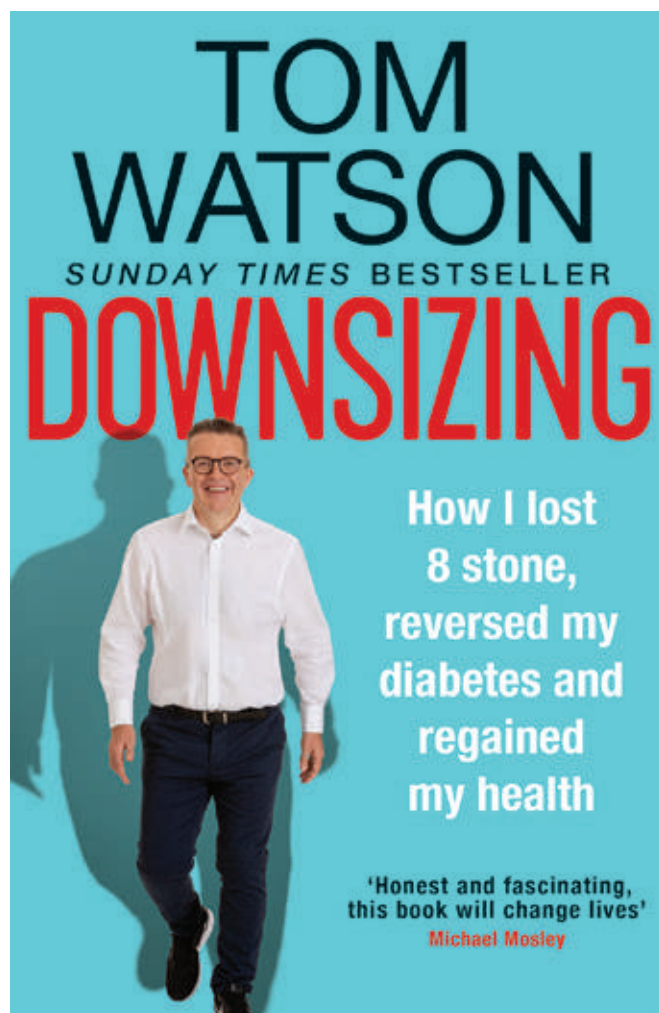
This is the wellness bible for dog owners everywhere.

Author Biography: Gwen Bailey is the author of the UK's biggest-selling training book: *The Perfect Puppy*, which has sold more than 470,000 copies worldwide and helped countless owners understand and school their puppies.

Early in her career Gwen worked for a leading UK national animal welfare charity, and pioneered the use of canine behaviour knowledge in the rehoming of unwanted animals. She was also the first person to be appointed by a national animal welfare charity as a full-time Animal Behaviourist.

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 | U (235x190) | Hardback
06/05/2021 | £20 | 224 pages | Hamlyn | 9780600636038



Downsizing

An honest, frank and inspiring account of how Tom Watson lost more than 8 stone and reversed his type 2 diabetes

By Tom Watson

'An honest and fascinating account of the journey that Tom made from discovering he was a type 2 diabetic to doing something about it. This book will change lives.' Michael Mosley

'Two years ago I turned 50, weighed 22 stone and was heavily medicated for type 2 diabetes. I thought it would be all downhill from there. By radically changing my nutrition, cutting out sugar, and taking up exercise, I've changed my life and reversed my diabetes. I hope my story will inspire others to regain their health and happiness and discover the new lease of life I'm experiencing.'

Tom Watson began to put on weight in his early twenties, having developed an appetite for fast food and cheap beer while studying at the University of Hull. As time progressed - and his penchant for anything sweet, fatty or fizzy persisted - he found himself adjusting his belt, loosening his collar and upsizing his wardrobe to XXL. He continued to pile on the pounds when he entered the world of politics as MP for West Bromwich East (despite short-lived flirtations with fad diets and fitness classes). By December 2014, his bathroom scales had tipped to 22 stone. After being diagnosed with type 2 diabetes in late 2015, he decided to take control of his diet and exercise. He started to feel better quickly and within a short time his long-term blood sugar levels were within normal range. By July 2018, he came off medication.

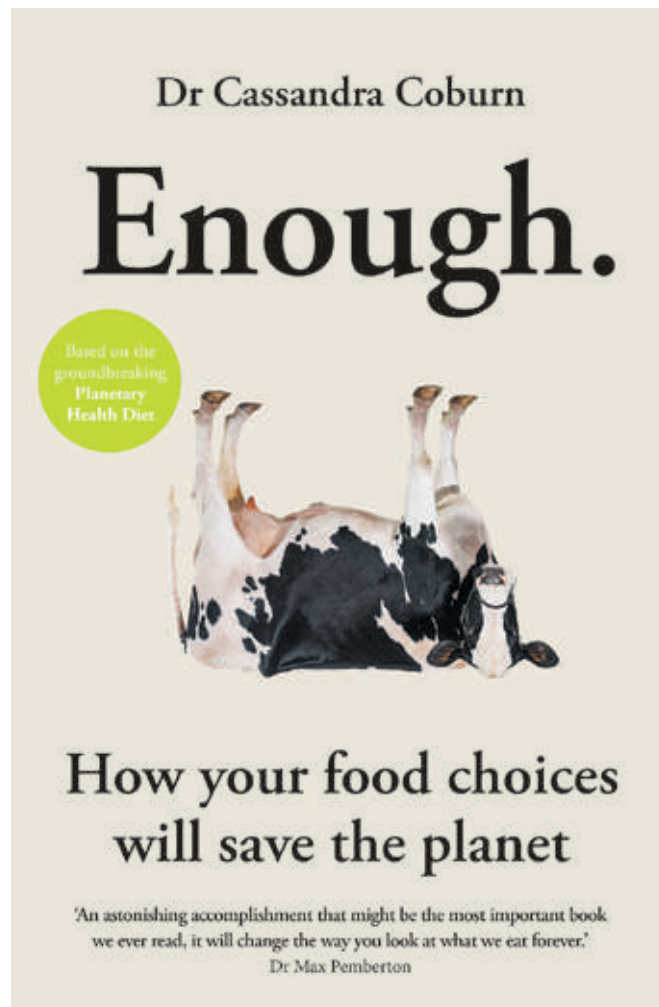
Author Biography: Tom served as MP for West Bromwich East from 2001 until 2019 and was Deputy Leader of the Labour Party from 2015 to 2019. He first folded Labour Party leaflets in the family kitchen in Kidderminster at the age of seven and has been involved in every single General Election since then. Tom served as a Minister for Tony Blair and worked at the very heart of Downing Street with Gordon Brown. He is well known as a campaigning politician. He took on the tabloid newspaper industry during the phone hacking scandal and more recently has campaigned against exploitative and addictive practises in the gambling industry. After changing his diet and getting fit, Tom now has the sugar industry in his sights and is committed to raising awareness about the dangers of excess and hidden sugars, and improving public understanding about conditions like type 2 diabetes.

www.tom-watson.com

@tom-watson (Twitter)

Downsizing | B Format | Paperback

07/01/2021 | £8.99 | 256 pages | Kyle Books | 9780857839060



Enough

Cut through the doom and confusion around the food we produce and eat - this shows the way forward for both people and planet.

By Dr Cassandra Coburn

Our food production systems are the single biggest cause of environmental change, while diseases linked to our eating habits are at epidemic levels and increasing. *Enough* uses the latest scientific research to address this vital question: can we provide a growing population with a healthy diet from sustainable food systems?

Fortunately for us all, the answer is yes.

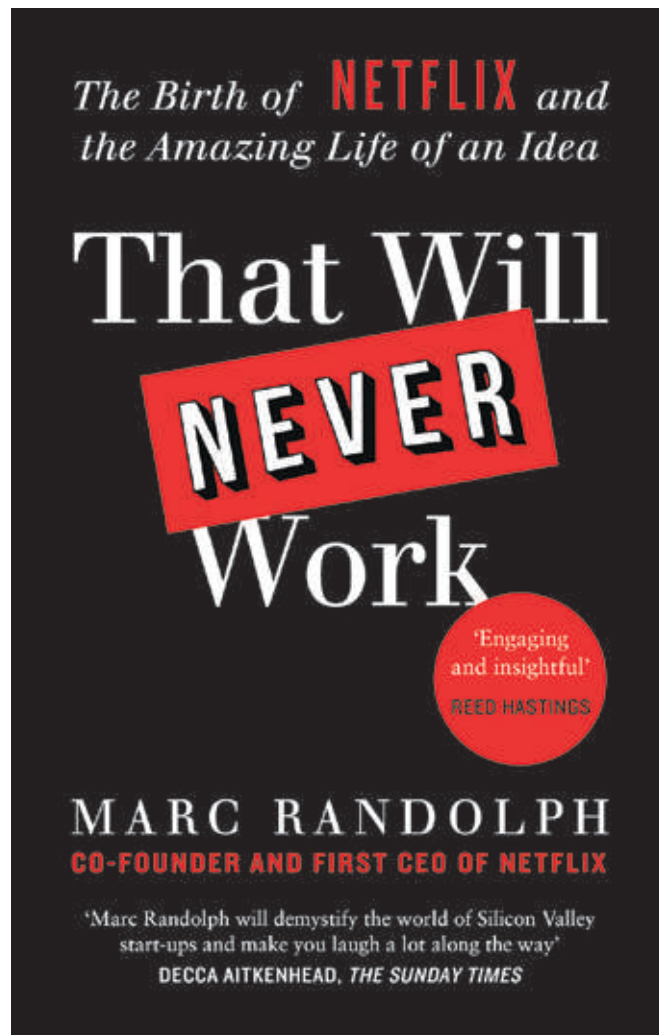
Enough shows exactly how we can tackle both of these urgent, interconnected challenges at the same time.

Using a seminal piece of research published in 2019, the Planetary Health Diet (PHD), Dr Coburn takes the reader around the world to reveal the hidden consequences of our food choices, and how we can easily make changes which are better for ourselves and the planet. She details which food groups we should be eating, which we should avoid - and why.

Changing our way of eating is something that every one of us has the power to do. *Enough* is a clear, ultimately hopeful and hugely important roadmap for both own health - and the planet's.

Author Biography: Dr Cassandra Coburn received her PhD in Genetics from University College London in 2012. She has worked as a freelance science journalist, held the position of Deputy Editor of *The Lancet Oncology* and is currently Editor-in-Chief of *The Lancet Healthy Longevity*. She continues to publish academically and speaks at conferences worldwide, as well as chairing multiple bodies of scientific work and being active in numerous initiatives, for example in 2017 she launched an initiative on revolutionizing cancer care with former US vice president Joe Biden at the UN headquarters.

Enough | Royal | Trade Paperback
07/01/2021 | £14.99 | 288 pages | Gaia | 9781856754385



That Will Never Work

In the vein of Phil Knight's *Shoe Dog*, this is the inside story of the creation of Netflix, one of the world's most successful entertainment companies, from the very first CEO.
By Marc Randolph

'Engaging and insightful.'

- Reed Hastings, CEO of Netflix

'Charming, fascinating and very funny. Marc Randolph demystifies the world of Silicon Valley start-ups, and makes you laugh a lot along the way.'

- Decca Aitkenhead, *The Sunday Times*

Now with over 182 million subscribers, Netflix's triumph feels inevitable but the twenty-first century's most disruptive start-up began with few believers and calamity at every turn. Marc Randolph's transformational journey exemplifies how anyone with grit and determination can change the world - even with an idea that many think will never work.

What emerges, however, isn't just the inside story of one of the world's most iconic companies. Full of counter-intuitive concepts and written in binge-worthy prose, it answers some of our most fundamental questions about taking that leap of faith in life: How do you begin? How do you weather disappointment and failure? What *is* success?

From idea generation to team building to knowing when to let go, *That Will Never Work* is one of the most dramatic and insightful entrepreneurial stories of our time.

Author Biography: Marc Randolph is a veteran Silicon Valley entrepreneur, advisor and investor. Marc was co-founder of Netflix, serving as their founding CEO, as the executive producer of their website, and as a member of their board of directors.

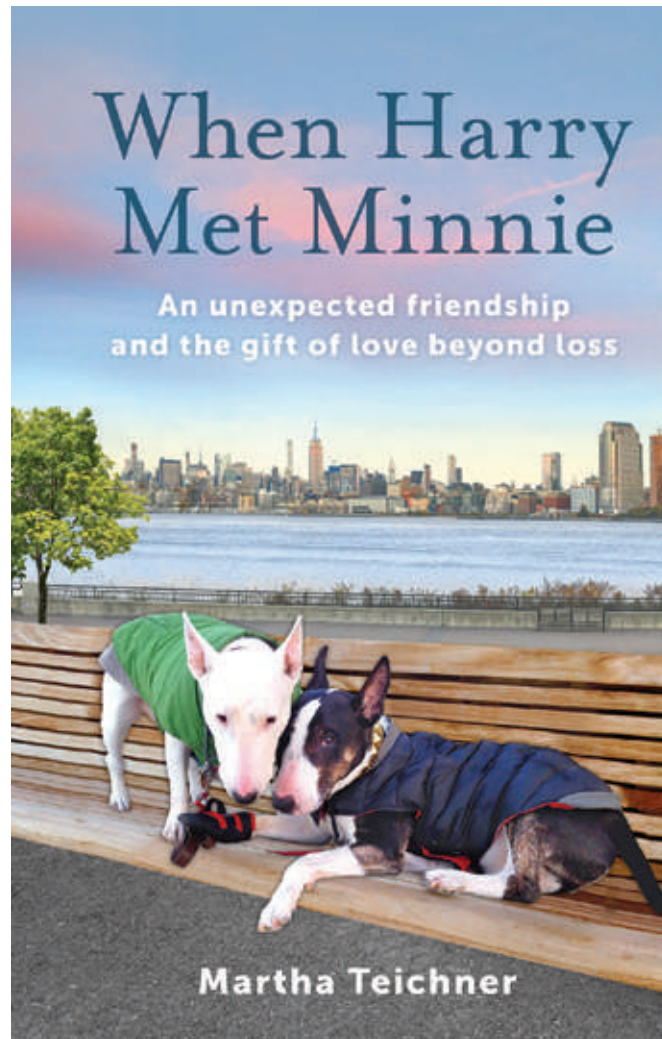
Although best known for starting Netflix, Marc's career as an entrepreneur spans more than four decades. He's founded or co-founded more than half a dozen other successful start-ups, mentored rising entrepreneurs, including the co-founders of Looker Data which was sold to Google for \$2.6 billion and invested in numerous successful tech ventures.

He is a frequent speaker at industry events, works extensively with young entrepreneur programmes, sits on the board of the environmental advocacy group 1% for the Planet, and chairs the National Outdoor Leadership School's Board of Trustees.

Website: marcrandolph.com

That Will Never Work | B Format | Paperback

04/02/2021 | £9.99 | 320 pages | Endeavour | 9781913068219



When Harry Met Minnie

By Martha Teichner

'I decided to write this book, because I didn't want to stop living the story of what happened when Harry met Minnie. I didn't want to forget any of it, even the sad parts. This story of unexpected friendship, of love, was a wonderful gift, and in the end, it made me and Minnie happy.' - Martha Teichner

There *are* true fairy tales. Stories that exist because impossible-to-explain coincidences change everything. Except in real life, not all of them have conventional, happily-ever-after endings...

This Manhattan tale of laughter and tears charts the Nora Ephron-esque love story between two 'complicated' dogs, Harry and Minnie, and the gift of unexpected friendship they gave to their owners, Carol and Martha.

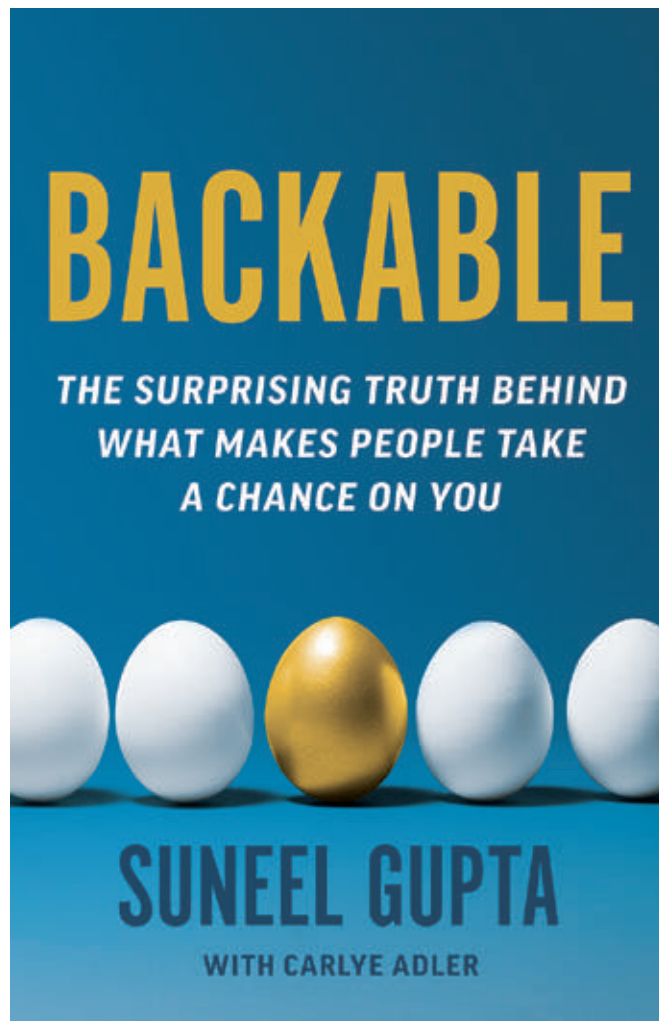
Carol, who is dying of cancer caused by the toxic pollution in New York in the aftermath of 9/11, needs someone to take care of Harry, who is a 'great listener but does have a problem with large dogs. He is great with smaller dogs. If he sees a hose he will destroy it to protect you. He will figure out ways to let you know exactly how he feels'. When Martha has a chance encounter with Carol's friend, he can't help but notice Minnie, 'oh those chunky little legs', and so the matchmaking begins. After a disastrous first meeting, when Minnie doesn't appear to think much of Harry (who is super keen), things improve and soon they are inseparable. As Carol's illness progresses, so a new friendship and community blossoms, Carol's Club.

The bonds that grew changed Martha's life, Carol's life, Minnie's life and Harry's life. And they changed Carol's death as well.

In this rich and touching narrative, Martha considers the ways our stories are shaped by the people we meet, and the profound love we can find by opening our hearts to unexpected encounters.

Author Biography: Martha Teichner has been a correspondent for "CBS Sunday Morning" since December 1993. Since joining CBS News in 1977, Teichner has earned multiple national awards for her original reporting, including 11 Emmy Awards, an Alfred I. duPont Award and five James Beard Foundation Awards. Martha has reported on some of the largest national and international stories of this era, including the 9/11 terrorist attacks, the run-up to the war in Iraq, the death of Princess Diana and the life and death of Nelson Mandela. She's interviewed world leaders and other newsmakers, including then-first lady Hillary Clinton. Now based in New York, Teichner spent more than a dozen years as a foreign correspondent covering major international news. Teichner was twice assigned to the CBS News London bureau (1980-1984, 1989-1994), covering the Northern Ireland hunger strikes, the Royal Wedding of Prince Charles and Lady Diana, and was one of only a handful of female war correspondents.

When Harry Met Minnie | Demy | Hardback
04/02/2021 | £12.99 | 320 pages | Aster | 9781783253036



Backable

A groundbreaking book that boldly claims that the key to success in business is not talent, connections or ideas but the ability to persuade people to take a chance on potential.

By Suneel Gupta with Carlye Adler

'The most successful people aren't just brilliant... they're backable. This is the quality I look for most in leaders I recruit and entrepreneurs I fund – now I have a great name for it and a playbook for what it takes. Whether you want to get ahead inside a company or build a start-up from the ground up, this fascinating book is a must-read.'

- Reid Hoffman, co-founder of LinkedIn

No one ever makes it alone. What is it about certain people that makes us want to take a bet on them?

As it turns out, it's not what you think. Backability is not driven by having the best experience, the finest pedigree or the most innovative ideas. In fact, many highly successful people are backed long before they are qualified. We tend to view these people as lucky. But the decision to back them is neither an accident nor a mistake, and rarely the result of good luck.

Drawing from his own business experience, countless interviews with some of tech's biggest innovators and compelling case studies of classic success stories such as Howard Schultz and Elon Musk, Gupta breaks down the qualities of backable people.

Backable pulls back the curtain on the elusive x-factor that some people just seem to have and offers concrete tools like crafting the right pitch and scaling the vision for a project. Anyone from aspiring entrepreneurs to start-up stars can master these skills and jumpstart their next big idea.

Author Biography: Suneel Gupta was the co-founder and CEO of Rise, a mobile health company focused on preventative health, which he sold to One Medical in 2016. *Fast Company* ranked it the number 1 most innovative company in healthcare and he was named the 'New Face of Innovation' by the New York Stock Exchange. He then served as an Entrepreneur-in-Residence at Silicon Valley's top venture capital firm Kleiner Perkins before moving from San Francisco to his hometown in Michigan to run for US Congress. He is a visiting scholar at Harvard University and his work has been featured in *The New York Times*, *The Wall Street Journal*, *Fortune* and *Vanity Fair*. Website: suneelgupta.com. Twitter: @suneel.

Carlye Adler is an award-winning journalist and four-time *New York Times* bestselling co-author-collaborator. She lives in Connecticut with her husband and two daughters.

Backable | Royal | Trade Paperback

04/02/2021 | £14.99 | 288 pages | Endeavour | 9781913068356



One Thousand Days and One Cup of Tea

Learning to Live After Loss

By Vanessa Moore

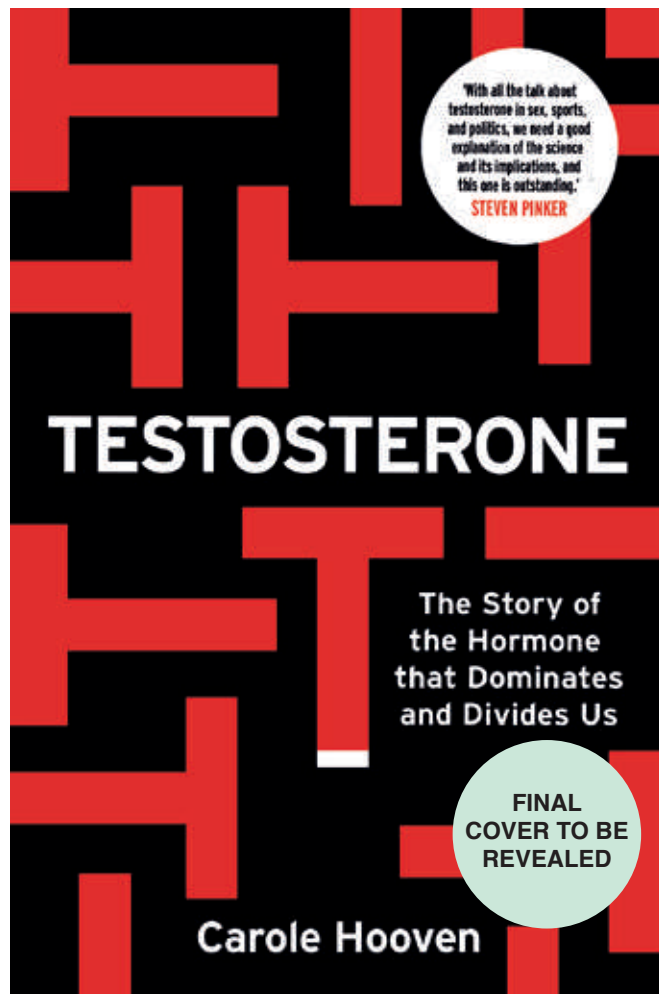
A heartbreaking grief memoir, *One Thousand Days and One Cup of Tea* uncovers the process of healing from a personal and psychological view, written by a bereaved clinical psychologist.

Vanessa's husband Paul died suddenly and tragically on their regular Sunday morning swim. This is a raw telling of how she found a way to move forward for her teenage children, their dilapidated home and the patients who all need her. Beautifully written and honestly relayed, the book dives into the aftermath of death, the painful reminders, the heart warming moments and how to endure the pain of loss.

'This book is about a period of great loss in my life, a time when the tables were completely turned on me. I was a qualified therapist who suddenly found myself needing psychological therapy. I was a trained researcher who became my own research subject, as I tried to make sense of what was happening to me. I was an experienced manager who now struggled to manage the events taking place in my own life. Yet, throughout all this turmoil, my patients were always there, in the background, reminding me that there are many different ways to deal with loss and trauma and search for a way forwards.' Vanessa Moore

Author Biography: Vanessa Moore is a clinical psychologist. During her long career in the NHS she has worked therapeutically with children, adults, couples, families and groups within hospitals and other community settings. She has trained psychologists and other diverse health professionals, and has researched a wide range of clinical questions and published her findings in academic journals. She has supervised the careers of many young psychologists and managed the daily life of a large clinical psychology service. She lives in Winchester.

One Thousand Days and One Cup of Tea | Demy | Hardback
18/02/2021 | £14.99 | 304 pages | Kyle Books | 9780857839411



Testosterone

A compelling investigation into the potent influence of testosterone, from our physical bodies and the way we behave to its explosive impact on our politics, sport and culture
By Carole Hooven

In *Testosterone*, Carole Hooven draws on the latest science and her two decades teaching about hormones at Harvard to show that testosterone is a potent force in all of our lives. Understanding the biology of masculinity and sex differences is critical for social progress.

Through accessible, riveting storytelling, Hooven tells the truth about testosterone. This seemingly unexceptional molecule is how evolution equips male animals to compete for mates - and humans are no exception. Testosterone drives many surprising aspects of male development, and is a major player in our sex lives, athletic abilities, career preferences, parenting styles, gender transitions, violent crime and so much more.

In talking frankly about the hormone's role in our lives, Hooven allays concerns that acknowledging testosterone's power would validate pernicious gender stereotypes and the male-dominated status quo, ultimately blocking the road to a fairer society. She argues that the science of testosterone is nothing to fear. Instead, it helps us to better understand ourselves and each other, illuminating solutions to some of our most challenging problems and bridging gender and cultural divides.

Testosterone is a fascinating journey through human evolutionary biology, grounded in our everyday lives and relationships.

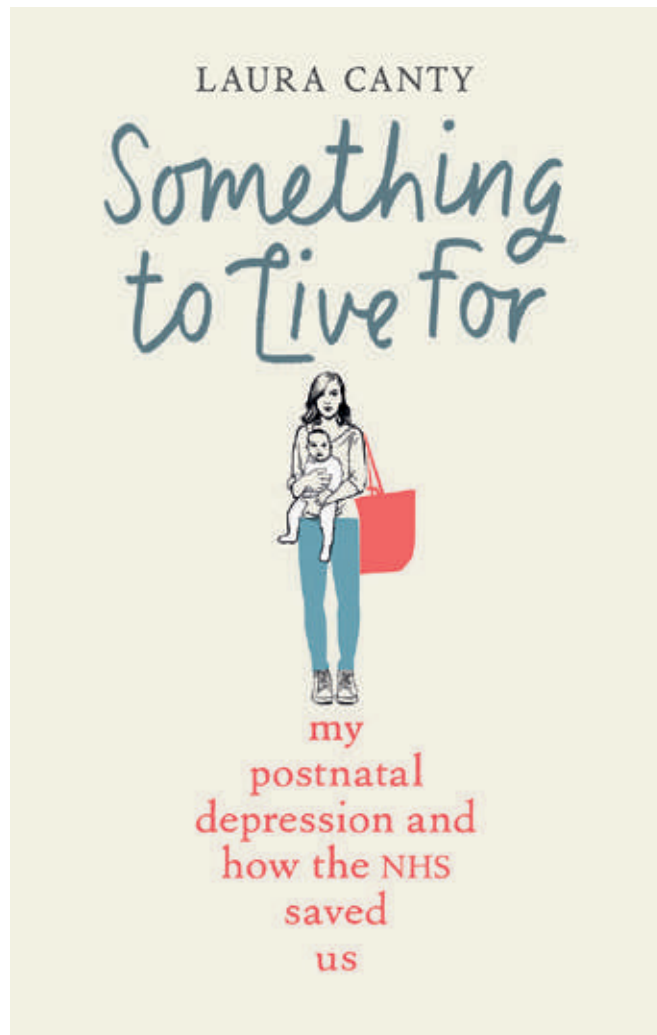
'With all the talk of testosterone in science, sex, sports and increasingly politics, we all need an explanation of its implications. Carole Hooven, highly respected at Harvard, is the perfect writer to do this.'
- Steven Pinker, author of *The Blank Slate*

'A timely book that will generate controversy and provide much-needed clarity in a topic that has been hijacked by extreme positions.'
- Daniel Lieberman, Chair, Department of Evolutionary Biology, Harvard University

Author Biography: Carole Hooven, PhD is Lecturer and Co-director of Undergraduate Studies in the Department of Human Evolutionary Biology at Harvard University. She earned her PhD at Harvard, studying sex differences and testosterone, and has taught there ever since. Hooven has received numerous teaching awards, and her popular Hormones and Behaviour class was named one of the *Harvard Crimson's* 'top ten tried and true.'

Testosterone | Royal | Hardback
24/06/2021 | £16.99 | 320 pages | Cassell | 9781788402927

Testosterone | Royal | Trade Paperback
24/06/2021 | £12.99 | 320 pages | Cassell | 9781788402941



Something To Live For

My Post-Natal Depression and the NHS Unit that Saved Us
By Laura Canty

The real-life story of a young mum with postnatal depression - and how a small, specialist NHS hospital is saving women's lives.

Laura Canty is a new mum.

She has her beautiful baby boy, Arthur, and a wonderful husband. She has new mum friends on the local WhatsApp group, and everyone in her life is supportive and happy for her. But Laura doesn't see it this way.

In the weeks since her baby was born, like 1 in 5 women, Laura has developed Post Natal Depression. In fact, she has decided that the only way out of her current situation is for her to kill herself, or her baby...

Laura Canty has written a moving and refreshingly honest memoir, full of truth and hope, to finally lift the lid on PND, revealing not only the little discussed realities of the illness - but also how an incredible NHS Mother and Baby Unit literally saved her and Arthur's lives.

Author Biography: Laura Canty was diagnosed with acute postnatal depression and was admitted to the Barberry National Centre for Mental Illness mother and baby unit in August 2018. She and her baby Arthur lived there for ten weeks.

As a result of her gratitude for the treatment she received, Laura now volunteers as an Expert by Experience for the NHS. She also sits on the Perinatal Mental Health Network Group for Gloucestershire, regularly speaking at training sessions and events, and mentors women before their potential admission to a Mother and Baby Unit.

Laura is passionate when it comes to spreading the word about PND which is still a taboo subject despite changing attitudes towards mental health.

Something To Live For | Demy | Hardback
04/02/2021 | £14.99 | 320 pages | Monoray | 9781913183653

Something To Live For | Demy | Trade Paperback
04/02/2021 | £12.99 | 320 pages | Monoray | 9781913183660

COVER
TO BE
REVEALED



GROW

Motherhood, mental health & me

By Frankie Bridge

& Dr Mike McPhillips, Maleha Khan and Dr Ed Abrahamson

From the *Sunday Times* bestselling author Frankie Bridge whose hardback has sold more than 25,000 copies.

In *GROW*, Frankie Bridge opens up about her journey with her maternal mental health. Part narrative exploration, part first aid manual for mothers this book will discuss the hidden growing pains which take place when you become a parent.

Its chapters cover the HOW TOs, WHAT IFs?, WILL Is? and WHY DOs? anxious questions all mothers ask themselves when they believe they are doing it wrong whilst also offering a brutally honest account of how hard it can be to grow a baby and raise a child whilst you are still growing into yourself.

The book will combine Frankie's mental health journey into motherhood with the notes of her psychiatrist, Dr Mike McPhillips, and psychologist, Maleha Khan, who will unpack the problems she experienced as she became a mother. The book will also include additional guidance and parental advice from the UK's leading child paediatrician Dr Ed Abrahamson.

Fans of *OPEN*:

'Brave and beautiful... a first aid manual for your mind.'

– Adam Kay, bestselling author of *This is Going To Hurt*

'Very readable. Very relatable. Intensely moving but also full of practical advice.'

– Alastair Campbell

Author Biography: Frankie Bridge is an ambassador for MIND after opening up about her experiences of anxiety, depression and panic attacks, after her hospitalisation in May 2012. Having initially dealt with these issues in silence, Frankie has been keen to support MIND in making sure no one has to face a mental health problem alone. Recently, she's been a key player in helping to launch the MIND partnership with Heads Together, as well as lending her support to Time to Talk Day. Frankie launched her first podcast series *OPEN MIND* focussing on mental health in 2019 and which debuted in the top ten podcasts upon release. She is also a *Sunday Times* bestselling author with her first book *OPEN: why asking for help can save your life*.

GROW | Royal | Hardback |

20/05/2021 | £18.99 | 256 pages | Cassell | 9781788402842



Clothes... and other things that matter

Part memoir, part fashion history, part social commentary, Alexandra Shulman's *Sunday Times* bestseller explores the meaning of clothes and how we wear them.
By Alexandra Shulman

Warm, thought-provoking and honest.' - Victoria Hislop

'Clever, emotionally intelligent, revelling in style without making us yearn to shop.' - *The Times*

'Self-deprecating and stylish, this is sure to become a classic.' - *Vanity Fair*

'Thoughtful, wry and candid.' - *Mail on Sunday*

'A must-read memoir for even those beyond the fashion set.' - *Evening Standard*

'It's funny, honest and in typical Shulman style mixes high and low effortlessly.' - *A Little Bird*

'Scintillating reading.' - *The Spectator*

'Alexandra Shulman's style is unaffected, immediate and hilariously dry. She's brilliant at observing everyday feelings in a joy-sparking turn of phrase.' - Helena Bonham Carter

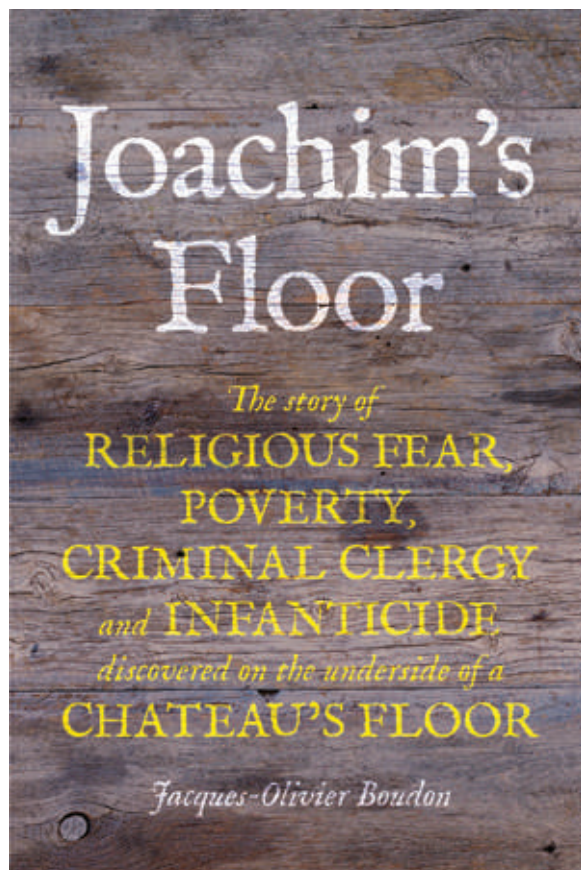
In *Clothes... and other things that matter*, Alexandra Shulman delves into her own life to look at the emotions, ambitions, expectations and meanings behind the way we dress.

From the bra to the bikini, the trench coat to trainers, the slip dress to the suit, she explores their meaning in women's lives and how our wardrobes intersect with the larger world - the career ladder, motherhood, romance, sexual identity, ambition, failure, body image and celebrity.

By turns funny, refreshingly self-deprecating and often very moving, this startlingly honest memoir from the ex-Editor of British *Vogue* will encourage women of all ages to consider what their own clothes mean to them, the life they live in them and the stories they tell.

Author Biography: Alexandra Shulman is a writer and commentator. She was British *Vogue*'s Editor-in-Chief from 1992 to 2017 and was awarded the CBE in the 2018 New Year's Honours list. She is currently a columnist for the *Mail on Sunday*, a contributor to a variety of newspapers and magazines and a Vice President of the London Library. She has written two novels, *Can We Still Be Friends* (2012) and *The Parrots* (2015) and *Inside Vogue: The Diary of My 100th Year* (2016).

Clothes... and other things that matter | B Format | Paperback
04/03/2021 | £9.99 | 352 pages | Cassell | 9781788401999



Joachim's Floor

The story of Religious Fear, Poverty, Criminal Clergy and Infanticide, discovered on the underside of a Chateau's Floor.

By Jacques-Olivier Boudon

The incredible story of a 19th-century village carpenter's diary, which was rediscovered on the floorboards of an Alpine chateau.

"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.

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 | Royal | Hardback
04/03/2021 | £16.99 | 256 pages | Cassell | 9781788401654



Making Your Voice Heard

A fresh take on how to influence others regardless of your gender or background, based on the hugely popular sell-out *Guardian* Masterclass.
By Connson Chou Locke

Why are some people more influential than others? What is it that makes people sit up and take notice?

Making Your Voice Heard is a fresh take on how to successfully influence others, regardless of your gender or background.

Drawing on the latest research in social psychology, Connson Chou Locke will look at why we are prone to miscommunicate and how to overcome these barriers. This practical guide, based on her hugely popular *Guardian* Masterclass, will help you hone your personal style, and enhance your presence and influence with ease.

Discover:

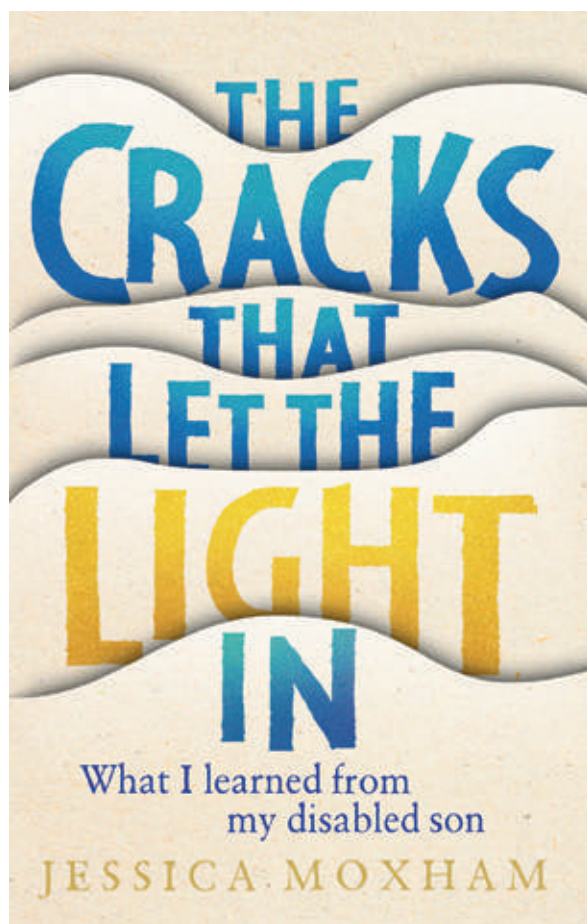
- The latest insights on influencing people who have more power than you
- Gender in the workplace: how to sidestep unconscious bias
- Energy and body cues: what does your body communicate about you?
- Tips on how to make an impact and be seen as a leader
- How to make a strong first impression
- Practical exercises to help you communicate with confidence

‘Ideal for anyone who wants to boost their presence or personal impact.’

- Kirsty McCusker-Delicado, Head of *Guardian* Masterclasses

Author Biography: Connson Chou Locke is Professorial Lecturer in Management at the London School of Economics (LSE) where she teaches leadership, organizational behaviour, decision-making and negotiation. Connson holds a PhD and MSc in Business Administration, with a specialty in organizational behaviour, from the University of California at Berkeley and a BA in Sociology from Harvard University. She has over 30 years' experience as an educator, coach and consultant working in Europe, Asia Pacific, North America and Australia. Her highly popular *Guardian* Masterclass 'Developing your presence, power and influence' regularly sells out. Her clients include Harvard Medical School, Orange Group, KPMG and the United Nations System Staff College.
Website: connsonlocke.com

Making Your Voice Heard | Royal | Trade Paperback
04/03/2021 | £12.99 | 288 pages | Endeavour | 9781913068202



The Cracks that Let the Light In

A life-affirming story of a mother's experience raising her disabled son and what it means to be seen as different.

By Jessica Moxham

'This is a book about what happened when it felt like my life had fallen apart and how I put it back together. It's about family, love and how to be happy despite your life turning out nothing like you planned.'

Jessica Moxham thought she was prepared for the experience of motherhood. Armed with advice from friends and family, parenting books and antenatal classes, she felt ready.

But after giving birth, she found herself facing a different, more uncertain reality to the one she had expected. Her son, Ben, was fighting to stay alive. When Jessica could finally take him home from hospital, the challenges were far from over.

In this hopeful memoir, Jessica shares her journey in raising Ben, whose life-altering disability means he will never be able to move or communicate without assistance. Jessica has to learn how to feed Ben when he can't eat, wrestle with red tape to secure his education and defend his basic rights in the face of discrimination. As Ben begins to thrive, alongside his two younger siblings, Jessica finds that caring for a child with unique needs teaches her universal lessons about resilience, appreciating difference and doing things your own way.

This uplifting story is about the power of family love, finding inner strength and, above all, hope.

Author Biography: Jessica Moxham is a writer with interest in the areas of parenting and disability. Her eldest son, Ben, is severely disabled, and she writes a blog discussing how she and her family support him with - and learn from - his disability. Her blog is read by parents, health professionals and educators, among others.

Jessica has given lectures to health professionals on her family's experience, from small groups of students to more than 100 doctors at the Royal College of Paediatrics and Child Health. She has been interviewed on BBC Radio 5 Live and has written for the *Guardian* on austerity and disability.

Jessica is also a qualified architect and has worked in London and the Middle East. She now lives in London with her husband and three children, in the house she redesigned to suit Ben. Find Jessica's blog at son-stories.com or follow her on Instagram at [@jessmoxham](https://www.instagram.com/jessmoxham).

The Cracks that Let the Light In | Demy | Hardback
04/03/2021 | £12.99 | 288 pages | Endeavour | 9781913068349



Rhapsody in Green: A Novelist, an Obsession, a Laughably Small Excuse for a Garden

A unique celebration of gardening written by an award-winning novelist

By Charlotte Mendelson

'Read Rhapsody in Green. A novelist's beautiful, useful essays about her tiny garden.' India Knight

'A witty account of "extreme allotmenteeing" for all obsessive gardeners.' *Mail on Sunday*

'An extremely entertaining and inspiring story of one woman's passionate transformation of a small, irregular shaped urban garden into a bountiful source of food.' *Woman & Home*

'A gardening book like no other, this is the author's 'love letter' to her garden. She relays warm and witty stories about the trials and tribulations throughout her gardening year.' *Garden News*

'...this inspirational, funny book, written by someone who hankers after a homesteader's lifestyle, will make you look at even your window box in a new, more productive light.' *The Simple Things*

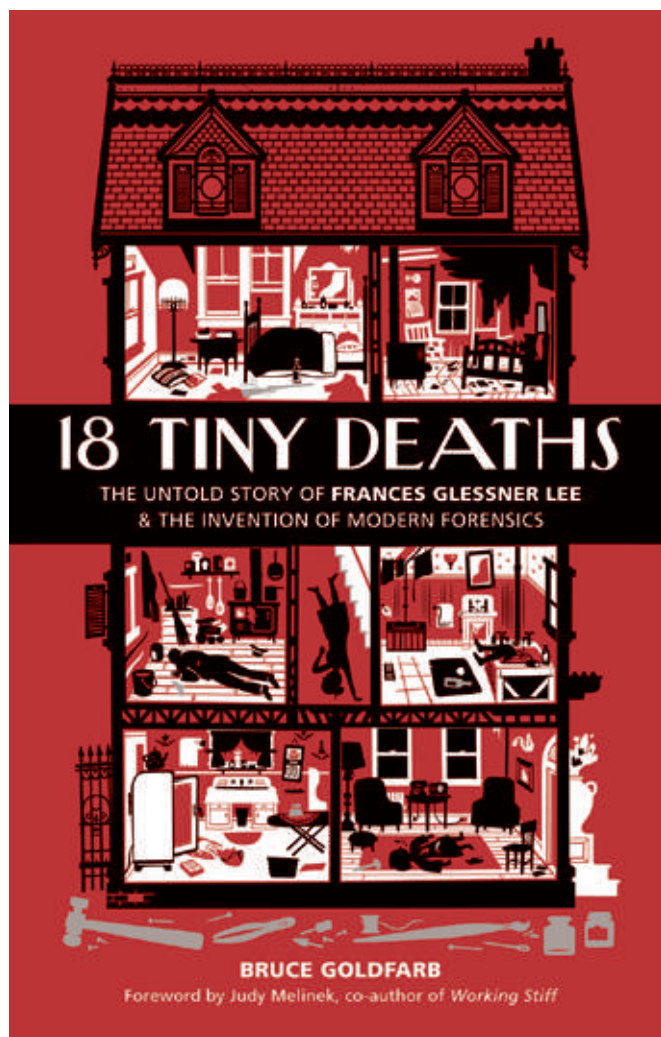
Despite the fact that she has only six square metres of grotty urban soil and a few pots, Charlotte Mendelson has a secret life. She is an extreme gardener, an obsessive, an addict. And like all addicts, she wants to spread the joy.

Beginning with Late Winter, Charlotte takes the reader through her gardening year, via Wasting Money Wisely (the lure of the seed packet), Thirty-Three Alternatives to Lettuce (the greatest salads don't need bacon or croutons), Tree Envy (dreams of owning a plum tree), and Fantasy (gardening is an unfulfilled fantasy, never disappointing and always a source of perfect, fruitful happiness).

Charlotte Mendelson's first novel, *Love in Idleness*, was published in 2001. Her second, *Daughters of Jerusalem* (2003) won the John Llewellyn Rhys Prize and the Somerset Maugham Award. Her third, *When We Were Bad* (2007), was shortlisted for the Orange Broadband Prize for Fiction. *Almost English* (2013), her fourth, was long-listed for the Man Booker Prize.

Rhapsody in Green | B Format | Paperback

25/03/2021 | £9.99 | 208 pages | Kyle Books | 9780857839473



18 Tiny Deaths

The unlikely tale of Frances Glessner Lee and her revolutionary work in forensic science through the creation of the Nutshell Studies of Unexplained Death, a series of dollhouse-sized crime scene dioramas that she used to teach homicide investigators.
By Bruce Goldfarb

'Disturbing dioramas created by an American millionairess revolutionised the art of modern forensics.'
- Daily Telegraph

For most of human history, sudden and unexpected deaths of a suspicious nature, when they were investigated at all, were examined by lay persons without any formal training. People often got away with murder. Modern forensic investigation originates with the formidable Frances Glessner Lee.

Frances Glessner Lee (1878-1962), born a socialite to a wealthy and influential Chicago family, was never meant to have a career, let alone one steeped in death and depravity. Yet she became the mother of modern forensics and was instrumental in elevating homicide investigation to a scientific discipline.

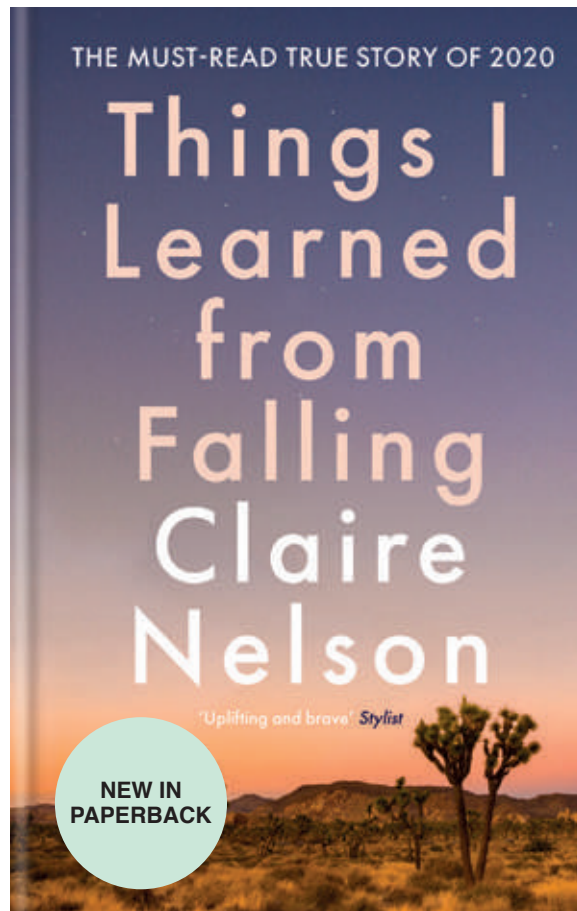
Lee went on to create the Nutshell Studies of Unexplained Death - a series of dollhouse-sized crime scene dioramas depicting the facts of actual cases in exquisitely detailed miniature - and perhaps the thing she is most famous for. Celebrated by artists, miniaturists and scientists, the Nutshell Studies are a singularly unusual collection. They were first used as a teaching tool for homicide detectives.

In *18 Tiny Deaths*, Bruce Goldfarb weaves Lee's remarkable story with the advances in forensics made in her lifetime to tell the tale of the birth of modern forensics.

Author Biography: Bruce Goldfarb is the executive assistant to the Chief Medical Examiner for the state of Maryland, US, where the Nutshell Studies of Unexplained Death are housed. He is the public information officer for the Office of the Chief Medical Examiner and trained as a forensic investigator.

Bruce began his career as a paramedic before becoming an award-winning journalist reporting on medicine, science and health. Through his work with the Nutshell Studies, Bruce earned the trust of Frances Glessner Lee's family and caretakers of her estate, and was designated Lee's official biographer.

18 Tiny Deaths | B Format | Paperback
06/05/2021 | £8.99 | 320 pages | Endeavour | 9781913068271



Things I Learned from Falling

An inspirational and gripping first-person account of determination, adversity and survival against the odds

By Claire Nelson

‘Uplifting and brave’ - *Stylist*

‘A riveting account of loneliness, anxiety and survival’ - *Cosmopolitan*

‘A vibrantly physical book’ - *The Guardian*

‘Claire Nelson relives a life-changing four days’ - *The Times*

‘What a story; never heard a story like that before’ - *Chris Evans*

The must-read true story of 2020.

In 2018, Claire Nelson made international headlines. She was in her thirties and was beginning to burn out - her hectic London life of work and social activity and striving to do more and do better in the big city was frenetic and stressful. Although she was surrounded by people all of the time, she felt increasingly lonely.

When the anxiety she felt finally brought her to breaking point, Claire decided to take some time off and travelled to Joshua Tree Park in California to hike and clear her head. What happened next was something she could never have anticipated.

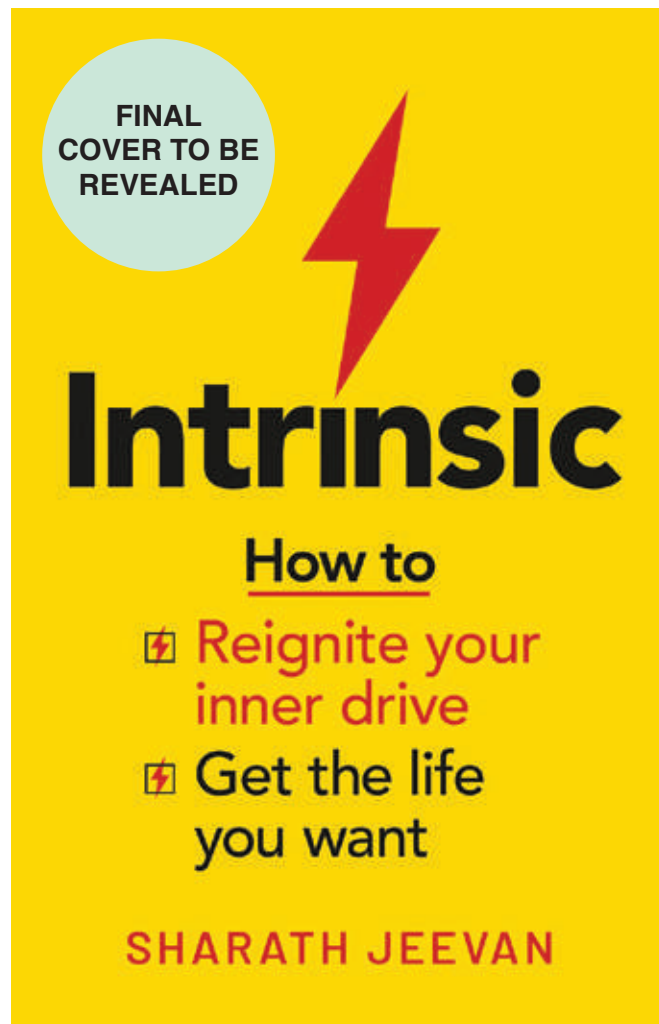
While hiking, Claire fell 25 feet, gravely injuring herself and she lay alone in the desert - mistakenly miles off any trail, without a cell phone signal, fighting for her life. She lay in the elements for four days until she was miraculously found - her rescuers had not expected to find her alive.

In *Things I Learned from Falling* Claire tells her incredible story and what it taught her about loneliness, anxiety, transformation and how to survive it all.

Author Biography: Claire Nelson is a New Zealander who's spent more than a decade in London working in food and travel journalism. Her writing has appeared in titles including *Westjet*, *delicious.*, *ELLE*, *Lodestars Anthology* and *Jamie Oliver Magazine*. After recovering from her accident in California, she spent a year living in Vancouver, Canada, where she wrote this, her first book. Claire, her boots and her hiking stick returned to London in 2020.

Twitter.com/clairenelson
Instagram.com/ladyecaire

Things I Learned from Falling | B Format (198x126) | Paperback
29/04/2021 | £8.99 | 272 pages | Aster | 9781783254392



Intrinsic

Leading expert on motivation brings us an inspirational guide to re-igniting our passion for life and overcoming burnout by tapping into the essential ingredients of inner drive.
By Sharath Jeevan

We live in an extrinsic world. It's all about material rewards and incentives, economists tell us. Money, status and power are what make the world go round. But chasing money, rewards and status rarely makes us feel truly happy, motivated or fulfilled. That's why so many of us feel burned out.

As a leading expert on motivation, this was something Sharath Jeevan saw day in and day out from all sorts of people in all walks of life. Sharath discovered that when you move the focus from external rewards and look instead at developing a sense of autonomy (the belief that you can change things), mastery (the notion that you can improve) and purpose (the feeling of being connected to something bigger than yourself), you achieve more lasting fulfilment and success. You re-ignite that passion for life.

In 2012, he founded STIR Education to help teachers, and the children they work with, find intrinsic motivation, that inner drive to succeed in life. He started with just 25 teachers and today he works with 200,000 teachers across 35,000 schools in India and Africa. The positive results are staggering.

In *Intrinsic* Sharath Jeevan takes us on a journey around the world to find practical and inspirational answers to the question of how we can find intrinsic motivation in key areas of our lives, including work, relationships, parenting, talent development and leadership.

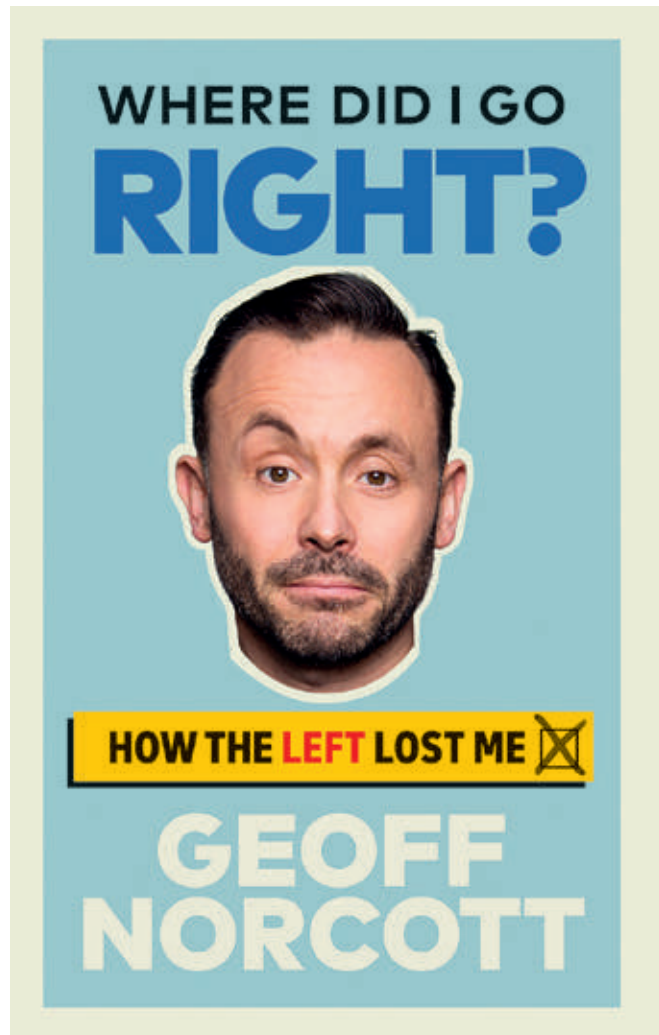
Author Biography: Sharath Jeevan is a global pioneer in the field of intrinsic motivation. In 2012, he founded STIR Education to help teachers fall back in love with teaching and, in the process, help 6 million children fall back in love with learning. The organisation works with 200,000 teachers across 35,000 schools in India and Africa. He serves on the high-level steering group of The Education Commission, the global think tank founded by Gordon Brown.

Prior to founding STIR Education, Sharath served as CEO of Teaching Leaders, an innovative leadership programme for inner-city schools in the UK, which was taken to the US with the support of the Gates Foundation and the Obama Administration.

Sharath's work has sparked collaborations with the Surgo Foundation co-founded by Malcolm Gladwell, the Malala Fund, Obama Foundation and India's IDFC Institute.

His work has been featured in *The New York Times*, *The Economist*, *NPR*, *The Hindustan Times* and *The Times of India*. An accomplished speaker, Sharath has addressed large audiences at the Royal Festival Hall in London, Lego Ideas Festival in Denmark, TEDX Shiv Nadar Conference in Delhi and WISE Summit in Qatar to name just a few.

Intrinsic | Royal | Trade Paperback
27/05/2021 | £14.99 | 320 pages | Endeavour | 9781913068387



Where Did I Go Right?

How The Left Lost Me

By Geoff Norcott

Geoff Norcott's colourful memoir of growing up Labour, but now voting Tory.

'Voting Conservative is like buying a James Blunt album: loads of people have done it, but weirdly you never meet them ...'

Comedian Geoff Norcott should have been Labour through and through. He grew up on a council estate, both of his parents were disabled, and his Dad was a Union man. So, how was it that he grew up to vote Tory?

In this courageously honest and provocative memoir, Geoff unpicks his working-class upbringing and his political journey from left to right. Raised by a fierce matriarch and a maverick father on a South London council estate where they filmed scenes for *The Bill*, Geoff spends his youth attempting to put out kitchen fires with aerosols and leaping in and out of industrial skips. But as he reaches adolescence, his political views begin to be influenced by major events including the early 90s recession, the credit crunch, and a chance encounter with Conservative PM John Major.

As an adult, Geoff begins to have the gnawing feeling that the values and traditions he grew up with no longer match Labour's. And, as Brexit appears, he feels even more like a double agent operating behind enemy lines.

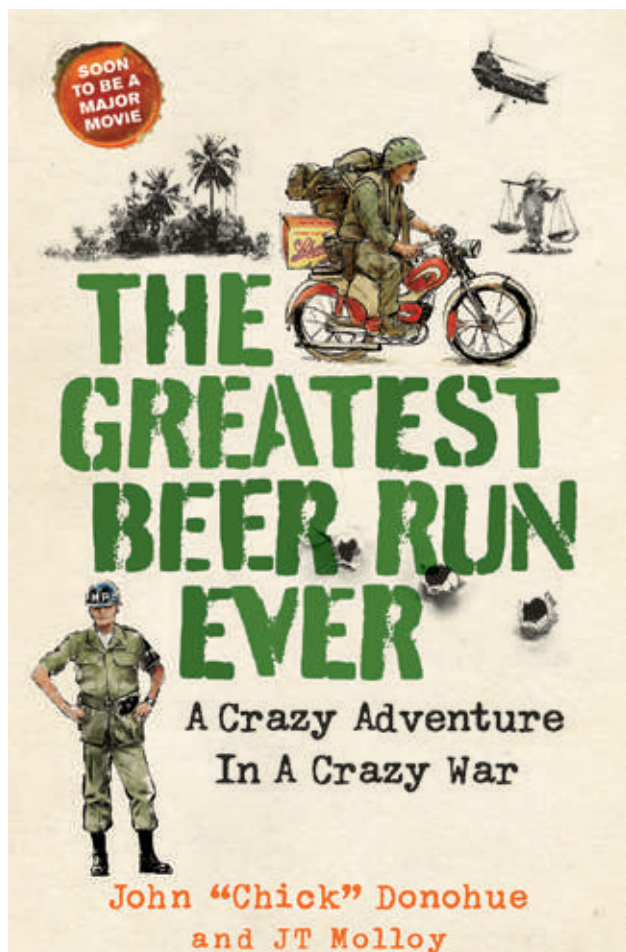
Written with warmth, wit and often laugh-out-loud humour, *Where Did I Go Right?* is Geoff's attempt to understand why he ended up voting 'for the bad guys', and why blue-collared conservatism could be here to stay.

Author Biography: Comedian and writer Geoff Norcott is well known for his regular appearances on BBC2's *The Mash Report*, BBC1's *Mock The Week*, and Radio 4's *The News Quiz*.

In 2019 he fronted his own BBC2 documentary *How The Middle Class Ruined Britain* and he has four Radio 4 specials to his name, one of which won the BBC Radio Award for Best Comedy Production. A satirical commentator in many national newspapers, Geoff has also been profiled in *The Times* and the *Guardian*. He lives with his wife and daughter in Bedfordshire.

Where Did I Go Right? | Demy Hardback
13/05/2021 | £14.99 | 320 pages | Monoray | 9781913183431

Where Did I Go Right? | Demy | Trade Paperback
13/05/2021 | £12.99 | 320 pages | Monoray | 9781913183448



The Greatest Beer Run Ever

A Crazy Adventure in a Crazy War *SOON TO BE A MAJOR MOVIE*

By John Donohue

The amazing true story of a young man going to take his buddies a few cans of beer - in the heat of the Vietnam war.

An incredible true story of how, in 1967 - having seen students protesting against the Vietnam war - Chickie Donohue and his New York City bar friends decided that someone should go to Vietnam and take their soldier pals a beer and show them that SOMEONE appreciates what they're doing out there.

It would be the Greatest Beer Run Ever! But who'd be crazy enough to do it?

One man was up for the challenge: John "Chickie" Donohue.

A U. S. Marine Corps veteran turned merchant mariner, Chickie decided he wasn't about to desert his buddies on the front lines when they needed him most.

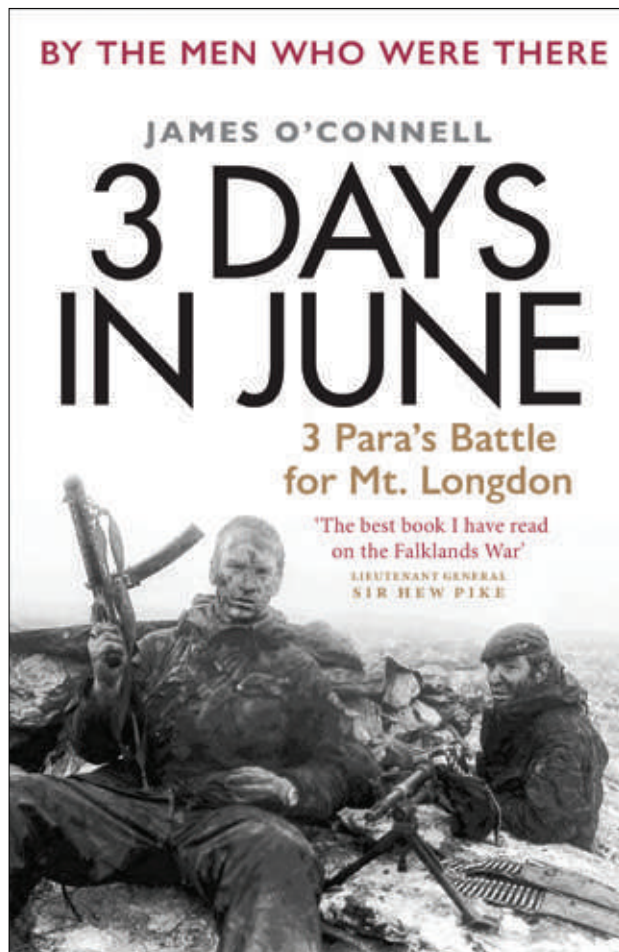
In *The Greatest Beer Run Ever*, Chickie sets off on an adventure that changes his life forever. Armed with Irish luck and a backpack full of alcohol, he makes his way to Qui Nho'n, tracking down his disbelieving friends one by one. But Chickie sees more of the war than he ever bargained for, unexpectedly getting caught up for a night on the front line by the Demilitarized Zone, and in Saigon during the Tet Offensive.

With indomitable spirit, Chick survives on his wits, but what he finds in Vietnam comes as a shock. By the end of his epic adventure, battered and exhausted, Chick finds himself questioning why his friends were ever led into the war in the first place.

Author biography: John "Chickie" Donohue joined the United States Marine Corps at the age of seventeen and spent several years as a Merchant Mariner after his discharge. After the war, he became a Sandhog, or tunnel builder, and eventually became the Legislative and Political Director of Sandhogs, Local 147, Laborers International Union of North America, a post in which he served for over three decades.

Donohue is a graduate of the Harvard University John F. Kennedy School of Government where he received his Master of Public Administration degree. He is happily married to Theresa "Terri" O'Neil and spends his time between New York, Florida, and West Cork, Ireland.

The Greatest Beer Run Ever | B Format | Paperback
03/06/2021 | £7.99 | 272 pages | Monoray | 9781913183318



Three Days In June

3 Para's Battle for Mt. Longdon

By James O'Connell

An extraordinary 360-degree account of the bloodiest Falklands battle.

A unique and unprecedented masterpiece of immersive military publishing, *Three Days In June* is an incredible real-life account of modern warfare.

Recreating 3 Para's bloody Falklands battle for Mount Longdon from the multiple angles of each rifle company and medical team, James O'Connell - who fought there and was seriously injured himself - has written a gut-wrenching 360-degree classic.

When 3 Para began their assault under cover of darkness on Mount Longdon in June 1982, nobody knew what to expect. The three platoons of B Company each approached the mountain silently, treading carefully through a series of defensive minefields. But following an explosion, the fighting quickly escalated with shocking speed and severity, resulting in some of the bloodiest close hand fighting, injuries, and shocking loss of life experienced by British troops since World War II.

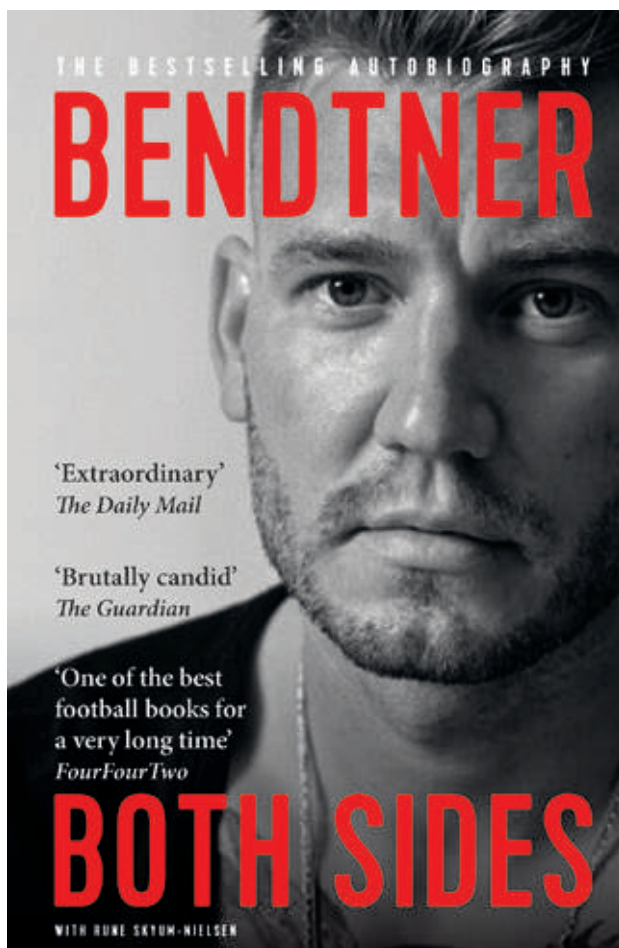
Frustrated by highly inaccurate books written about the battle, James O'Connell decided to set the record straight. What he did next was extraordinary. He revisited the Falkland's several times, interviewing comrades (and Argentine soldiers) while literally walking through the battle with them, step-by-step. When combined with his in-depth research and access to the Battalion's records and never-before-published radio logs, the resulting book is one of breath-taking detail, harrowingly realistic action and unlike anything you have ever read before.

Author Biography: Born in Merseyside, where he still lives, James O'Connell enlisted in the Parachute Regiment in 1979. In April 1982, after a posting in Cold War Germany and a tour of Northern Ireland, the call came to take part in the British Task Force to re-capture the Falklands. During the attack on Mount Longdon, James was shot in the face. A bullet passed through his nose, destroying his right eye, cheekbone and front teeth. Though he survived, five years of reconstructive surgery followed, and James left the army in 1985 as a result of his injuries.

Following the conflict, transition to civilian life was a difficult and James suffered from what was likely undiagnosed PTSD. He eventually met and married his wife Maureen, and they have two sons. Since 2014, James has worked to get posthumous medals and memorials for Sgt Ian McKay and Cpl Stewart McLaughlin, and has travelled to the Falklands several times in order to write this book.

Three Days In June | Royal | Hardback
06/03/2021 | £20 | 464 pages | Monoray | 9781913183592

Three Days In June | Royal | Trade Paperback
06/03/2021 | £16.99 | 464 page | Monoray | 9781913183608



Both Sides

The International Bestseller

By Nicklas Bendtner & Rune Skyum-Nielsen

Utterly compelling and brutally honest self-portrait of a troubled Premier League star.

'Bendtner is wired differently from the rest of us.' – *The Guardian*

'Explosive.' – *The Mirror*

Known as 'Lord Bendtner' to his fans and haters alike, Nicklas Bendtner has been lauded for his football skills at super clubs like Arsenal and Juventus. But his career was haunted by his rocky behaviour and tendency to self-sabotage.

Very much a fable of the modern game, Bendtner talks with disarming honesty about the darker side of football and his own difficult fall from grace; about what it's like to have so much promise that you lose touch with reality altogether.

It's about growing up in a working class neighbourhood and what happens when you give a troubled, overconfident teen millions to spend. It's about fighting to reach the top in the world's toughest league but having no respect for hierarchy.

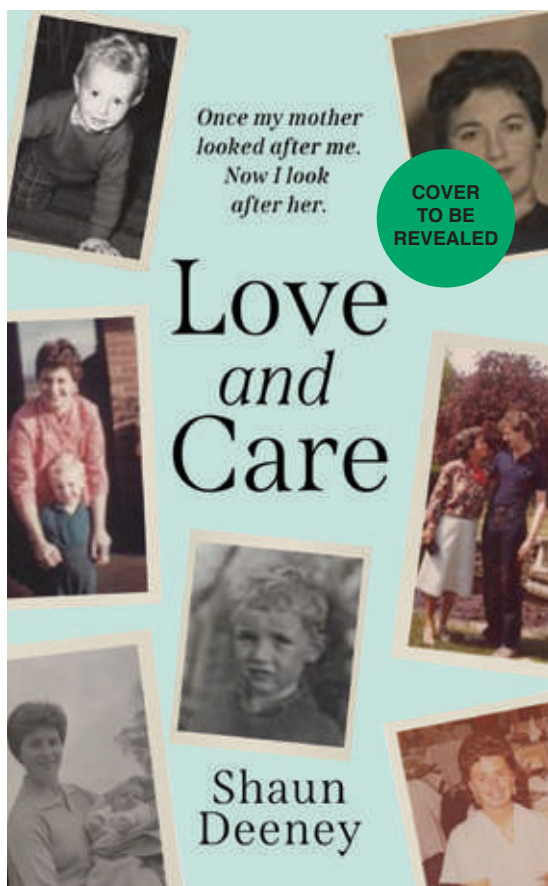
It's about friendship, rivalry, and the constant quest for an adrenaline kick. It's about money – having too much of it - and an industry that has lost sight of what really matters.

A modern footballing fable, it's a story of decline, temper, talent, great football and ultimately the tragedy of unfulfilled potential.

Not since the days of Paul McGrath's Back From The Brink have we seen such honesty on the page of a footballer's memoir. Fans of Paul Merson, George Best and Tony Adam's autobiographies will also find pure fascination here in a story that has gripped international readers...

Author Biography: Nicklas Bendtner is a Danish footballer who has played for clubs including Arsenal, Birmingham City, Sunderland, Juventus, Nottingham Forest and Rosenborg. Bendtner was a member of Denmark's 2010 FIFA World Cup and UEFA Euro 2012 squads, and helped them to qualify for the 2018 World Cup. Later this year, Bendtner and his girlfriend, Philine Roepstorff, will be launching their own reality show on Danish TV. They have been labelled the 'Beckhams of Denmark'.

Both Sides | B Format | Paperback |
06/03/2021 | £8.99 | 352 page | Monoray | 9781913183646



Love and Care

A beautifully heartfelt and gently humorous account of a son caring for his mother whilst getting to grips with his own life post-divorce.

By Shaun Deeney

‘Wry and intimate... and tender all at once.’

- Nicci Gerrard, author of *What Dementia Teaches Us About Love*

‘A vital subject, a really strong voice and, hurrah, humour, has made this interesting and absorbing listening.’

- Caroline Raphael, editor of Radio 4’s Book at Bedtime and former Head of Drama, on the podcast *Love and Care*

Shaun Deeney is middle-aged, newly single and embarking on an exciting new life in France when the sudden death of his father leaves him with a difficult decision to make. Does he embrace his new-found singledom in France or take on the challenge of becoming a full-time carer for his mother? Casting his doubts aside, he decides to return home.

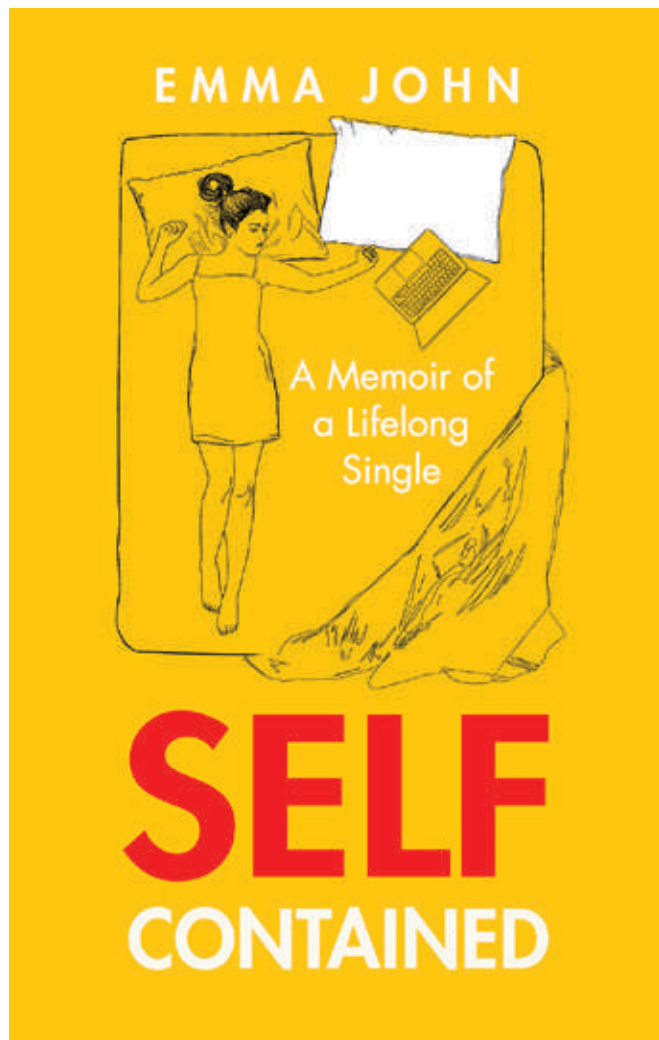
With a wry tone and gentle touches of humour, Shaun charts their first year living together; the changing seasons framing their relationship. Will he be able to take care of his mother as she once took care of him? How will they cope in this brave new world and will he prove the doubters wrong?

Shaun still holds out for romantic love in his own life. His search for love becomes entwined with reflections on his parents’ own troubled marriage. *Love and Care* is a beautiful exploration of what it means to care for the ones we love. A celebration of our capacity for love in all its forms.

Author Biography: Shaun Deeney is a former journalist and Emmy award-winning film and TV producer. He has made current affairs programmes for ITV on social issues, including care. He is also the creator of a podcast on caring for his mother called *Love and Care*. Shaun has a degree in English and American Literature from Kent at Canterbury. He has two daughters and loves listening to Frank Sinatra.

Love and Care | Demy | Hardback

20/05/2021 | £16.99 | 320 pages | Endeavour | 9781913068462



Self-Contained

A Memoir of a Lifelong Single

By Emma John

The memoir that will make you realise *you* complete you.

"I'm about to turn 40, have no boyfriend and can't be sure of one any time soon: I haven't been on a date in three years. I'm tired of Tinder, bored of Bumble - I've even been ejected by eHarmony, who, last time I logged on, told me it couldn't find me a single match."

There used to be a well-known statistic that a woman is more likely to be killed by a terrorist than marry after the age of 40. But it is now thought that single women without children are some of the happiest people in the population.

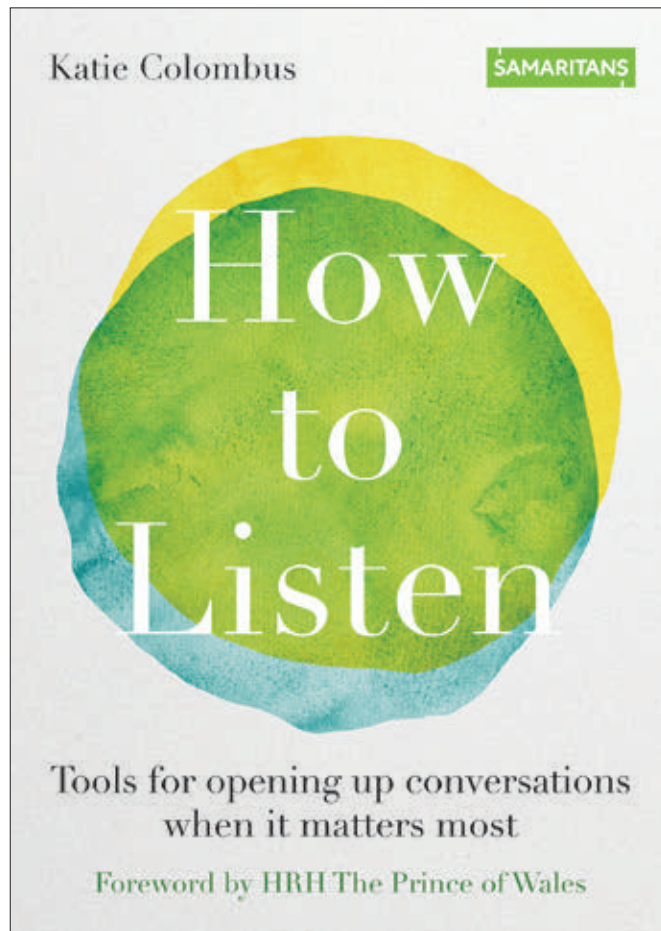
In this raw, hilarious and beguilingly honest memoir, *Self-Contained* explores what happens when you chose to exist not in a partnership, but as a self-partner instead. Emma shares what it's like to turn up at a child's birthday celebration alone and how it feels to be the 'uneven number' at the dinner party, but she celebrates the freedom of being accountable only to herself.

Self-Contained captures life when you are a single figure, not a double digit. Perhaps it's time we asked ourselves if the happy ending we're all searching for is the moment we realise we complete ourselves.

Author Biography: Emma John is an award-winning author and journalist who writes regularly for the *Guardian* and *Observer*. Emma was the first woman to win a Sports Journalism Award in the UK, though she is known for her writing on music, theatre, film, books and travel.

Creator and host of the Guardian's cricket podcast *The Spin*, Emma is a regular voice on national radio, appearing on documentaries and comedy shows on *BBC R4*, as well as providing sports analysis for *BBC Radio5Live* and *talkSPORT*. Her previous books include *Wayfaring Stranger: A Musical Journey Through The American South* and *Following On: A Memoir Of Teenage Obsession And Terrible Cricket*.

Self-Contained | Demy | Hardback
06/05/2021 | £12.99 | 288 pages | Cassell | 9781788402682



Samaritans: How to Listen

A practical and valuable guide to becoming a better listener

By Katie Columbus

Listening helps us be there for others, to support them in tough times, and to strengthen our relationships with partners, family, friends and colleagues.

From opening up a conversation with someone who might be struggling, to how to use gentle encouragement to help others share their stories, *How to Listen* demonstrates the power of listening without judgement and draws on the extensive experience of Samaritans in offering practical advice to apply to your own life.

Friendly and approachable, it includes plus helpful tips from trained Samaritans on how to talk about how we are feeling, as well as how to listen to one another in a way that can prevent feelings of concern or worry from escalating into more severe distress.

Samaritans was founded in 1953 by vicar Chad Varah, who wanted to offer a listening service to anyone who was struggling and contemplating suicide. There are now more than 20,000 Samaritans volunteers in 201 centres across the UK and Ireland, taking calls, emails and text messages from people who need to talk about what they're going through. The charity also works with schools, local communities, prisons and hospitals to provide emotional support to those who need it. They work closely with researchers and campaigners to continually raise awareness and improve mental health services in the UK and Ireland.

Samaritans: How to Listen | Z (210x149) | Paperback
07/01/2021 | £12.99 | 192 pages | Kyle Books | 9780857839404



Things You Can't Ask Yer Mum

**A humorous, insightful guide based on the chart-topping podcast of the same name
By Lindsey Holland and Lizzy Hadfield**

Heartbreak, grief, falling in love, falling out of love, friendships, disastrous sex anecdotes - this book is filled with everything you don't want to ask your mum.

The duo behind the chart-topping podcast Things You Can't Ask Yer Mum take a deep-dive into the ups and downs of life. Lizzy and Lindsey share the twists and turns of their own experiences in their usual hilariously honest style, offering reassurance on all the questions you just might be too afraid to ask.

The book embodies what Lindsey and Lizzy have had through their friendship: the ability to honestly pass on their own experiences in life in order to help the other. With never-heard-before anecdotes and bite-sized chunks of content to return to, this valuable book will be a friend to you - one that shares reassuring stories of losing virginity using a blueberry flavoured condom, losing friends and losing inhibitions. It is a book for anyone, at any stage of life.

Author Biography: Lizzie Hadfield and Lindsey Holland have been friends for the last seven years after meeting at London Fashion Week and it's been soulmate central between them ever since. London-based fashion influencer and brand consultant Lizzy is behind the hugely popular blog Shot from the Street, with a 500k Instagram following and a YouTube channel which boasts an excess of 16 million views. Lindsey Holland, a physiotherapist in the NHS, has an incredible eye for an outfit and documents her daily sartorial choices on her Instagram feed (100k), blog and YouTube channel, as well as her passion for travel, interiors and beauty. Together, they created the number one podcast Things You Can't Ask Yer Mum in 2019.

Instagram: @shotfromthestreet @ropesofholland

Things You Can't Ask Yer Mum | Demy | Hardback
27/05/2021 | £14.99 | 256 pages | Kyle Books | 9780857839497



Do It Badly

How to overcome anxiety and recognise that 'doing it badly' can lead you to accomplish more in every area of your life

By Dr Olivia Remes

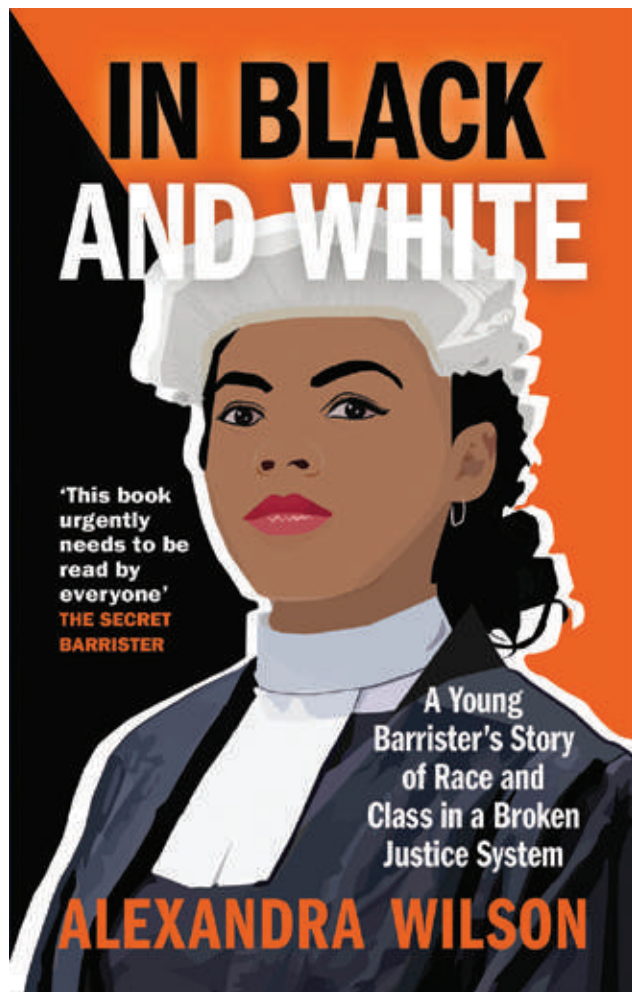
Do you feel like your life is out of control? Do you find it hard to make decisions - or get things started? One way to overcome anxiety, indecision or just get going is to 'do it badly'. Research has shown that constantly seeking reassurance is harmful to self-esteem, so, strange though it may seem, learning to overcome anxiety and indecision by 'doing it badly' can help you accomplish more.

Most of the time we're told to focus on what's 'wrong with us' so we can fix it. But the truth is we already have strengths, and sometimes what we see as a 'weakness' in one area of our lives can serve as a strength in another. This is what makes us unique - the bundle of good and bad that we all have.

In *Do It Badly*, Dr Olivia Remes explains how to harness the power of imperfection in every area of our lives - work, decision-making, love and relationships - so that we can become more resilient and get closer to the life we actually want.

Olivia Remes was born in Ottawa, Canada, and is now a mental health researcher at the University of Cambridge where she completed her PhD in Public Health and Primary Care, focusing on mental health. As well as her academic work, which has featured on the BBC, WW Sky News and in *Forbes* magazine, she has written articles for the *Daily Mail*, *the Sun* and the *Independent*, and was commissioned by *Vogue* UK to write pieces on anxiety, motivation and procrastination. She has been invited on several podcasts and radio shows to talk about mental health, self-improvement, imperfection and learning how to 'do it badly', including *Late Night Woman's Hour* with Lauren Laverne.

Do It Badly | B Format | Paperback
13/05/2021 | £9.99 | 272 pages | Kyle Books | 9780857839534



In Black and White

Alexandra, a young mixed-race barrister, gives us a fresh perspective on a broken criminal justice system still dominated by a privileged few.

By Alexandra Wilson

'An absolute triumph; a compelling and courageous memoir forcing the legal profession to confront uncomfortable truths about race and class.'

- The Secret Barrister

'This is the story of a young woman who overcame all the obstacles a very old profession could throw at her, and she survived, with her integrity intact.'

- Benjamin Zephaniah

Alexandra Wilson was a teenager when her friend Ayo was stabbed on his way home from football. Ayo's death changed Alexandra. She felt compelled to enter the legal profession in search of answers.

As a junior criminal and family law barrister, Alexandra finds herself navigating a world and a set of rules designed by a privileged few. A world in which fellow barristers sigh with relief when a racist judge retires: 'I've got a black kid today and he would have had no hope'.

In her debut book, Alexandra re-creates the tense courtroom scenes, the heart-breaking meetings with teenage clients, and the moments of frustration and triumph that make up a young barrister's life.

Alexandra shows us how it feels to defend someone who hates the colour of your skin, or someone you suspect is guilty. We see what it is like for children coerced into county line drug deals and the damage that can be caused when we criminalise teenagers.

Alexandra's account of what she has witnessed as a young mixed-race barrister is in equal parts shocking, compelling, confounding and powerful.

Author Biography: Alexandra Wilson is a junior barrister. She grew up in Essex with a White British mother, a Black British father and paternal grandparents born in Jamaica, who came to England as part of the Windrush generation.

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 Master of Laws at BPP University in London.

Alexandra was awarded the first Queen's scholarship by the Honourable Society of the Middle Temple, a scholarship awarded to students showing exceptional promise in a career at the Bar.

Alongside her paid family and criminal law work, Alexandra helps to facilitate access to justice by providing legal representation for disenfranchised minorities and others on a pro-bono basis.

Twitter: @EssexBarrister.

In Black and White | B Format | Paperback

13/05/2021 | £8.99 | 288 pages | Endeavour | 9781913068318

felix white
it's always summer
somewhere
a matter of life
and cricket



"Mus sita etur, ntesti a plaut recerit liberepe." — Aspitalia Dolessecero

It's Always Summer Somewhere

A Matter of Life and Cricket

By Felix White

A cricketing history of the last 20 years.

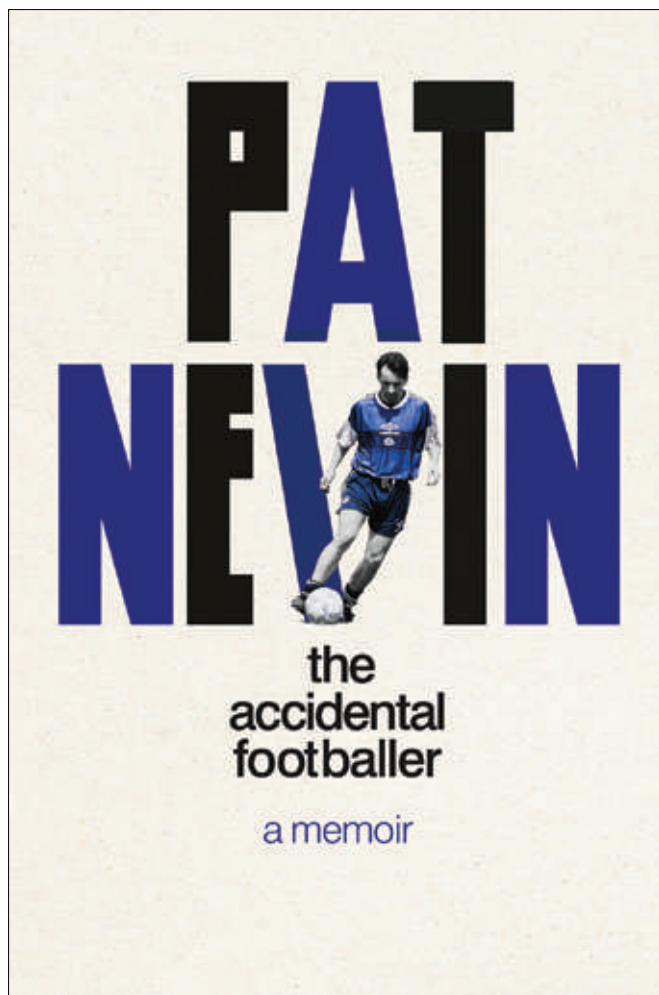
Felix White is cricket's flag waver. His passion for the game is at the fore on the BBC's number one cricket podcast and 5Live show, *Tailenders*, which he co-presents with Greg James and Jimmy Anderson. *It's Always Summer Somewhere* is Felix's funny, heartbreaking and endlessly engaging love letter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

Felix takes us through his life growing up in South West London and describes how his story is punctuated and given meaning by cricket. Through his own exploits as a slow left arm spinner of 'lovely loopy stuff', to the tragic illness of his mother, life with the Macabees and his cricket redemption, Felix touches on both the comedic and the tragic in equal measure. Throughout, there's the ever-present roller coaster of following the England cricket team. The exploits of Tufnell (another bowler of 'lovely loopy stuff'), Atherton, Hussain et al, are given extra import through the eyes of a cricket-obsessed youth. And then, in his adult life, Felix gets to talk to them to find out what was really behind those moments that gave him and cricket fans everywhere sporting memories that would last forever.

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 and 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?

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 2021 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*.

It's Always Summer Somewhere | Royal | Hardback
04/02/2021 | £20 | 288 pages | Cassell | 9781788402422



The Accidental Footballer

A memoir

By Pat Nevin

A life-affirming and nostalgic memoir by the Scotland, Chelsea and Everton star, dubbed 'the first post-punk footballer' by the NME.

Pat Nevin never wanted to be a professional footballer

His future was clear, he'd become a teacher like his brothers. There was only one problem with this - Pat was far too good to avoid attention.

Raised in Glasgow's East End, Pat loved the game, playing for hours and obsessively following Celtic. But as he grew up, he also loved Joy Division, wearing his Indie 'gloom boom' coat and going on marches - hardly typical footballer behaviour!

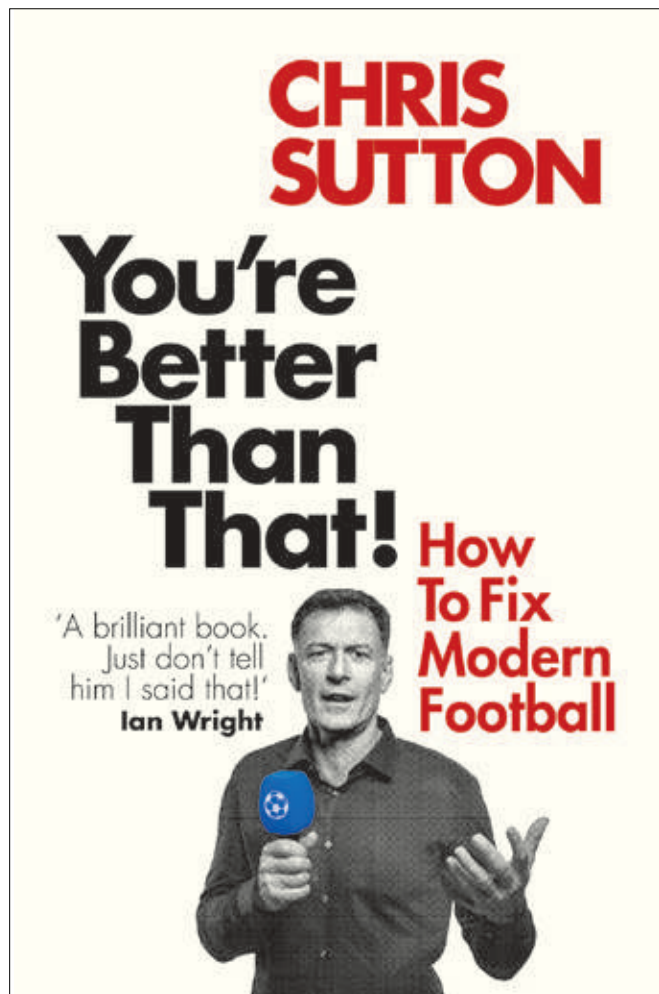
Placed firmly in the 80s and 90s, before the advent of the Premier League, and often with racism and violence present, Pat Nevin writes with honesty, insight and wry humour. We are transported vividly to Chelsea and Everton, and colourfully diverted by John Peel, Morrissey and nights out at the Hacienda.

The Accidental Footballer is a different kind of football memoir. Capturing all the joys of professional football as well as its contradictions and conflicts, it's about being defined by your actions, not your job, and is the perfect reminder of how life can throw you the most extraordinary surprises, when you least expect it.

Author biography: Starting at Celtic Boys Club, over a 20-year career, Pat Nevin has played for Clyde, Chelsea, Everton, Tranmere Rovers, Kilmarnock and Motherwell. He has won 28 caps for Scotland across a ten-year international career. Nevin was chair of the Professional Footballer's Association and since retiring as a player has worked as chief executive of Motherwell. He is now a football writer and broadcaster for Radio 5 Live, BBC World Service, Chelsea TV, BBC Sport website, and Ireland's Newstalk Radio. A voracious vinyl collector, he still loves Indie music and the Arts, and can be often caught DJing at clubs or festivals around the UK.

The Accidental Footballer | Royal | Hardback

04/03/2021 | £20 | 336 pages | Monoray | 9781913183370



You're Better Than That!

How to Fix Modern Football

By Chris Sutton

"A manifesto to cure modern football's cornucopia of ills." – *i Paper*

"As a player and pundit I've seen and experienced plenty of the good, the bad and the ugly. And let's get face facts - there is still plenty of the bad and ugly. Our game can be so much better, and in this book I'll tell you just how."

In his trademark tell-it-like-it-is style, Chris sets his sights on 25 aspects of the modern game that need fixing. From ridiculous rules and feckless agents to dreaded VAR and abusive fans, no subject is out of bounds.

Discover which managers Sutton slams for giving bland post-match interviews, which clubs are fleecing their fans and why he believes Messi and Ronaldo aren't as good as Best and Maradona.

In *You're Better Than That!* Sutton also reveals who has bagged a spot in his top 10 lists - from the best-value players and most entertaining teams, to the most underrated players and best FA Cup moments.

A former top-level pro player with a 16-year, trophy-laden career behind him, Chris knows the game from the inside out. Now observing from the commentator's perch, his perspective is shot through with experience, passion and occasionally a little anger.

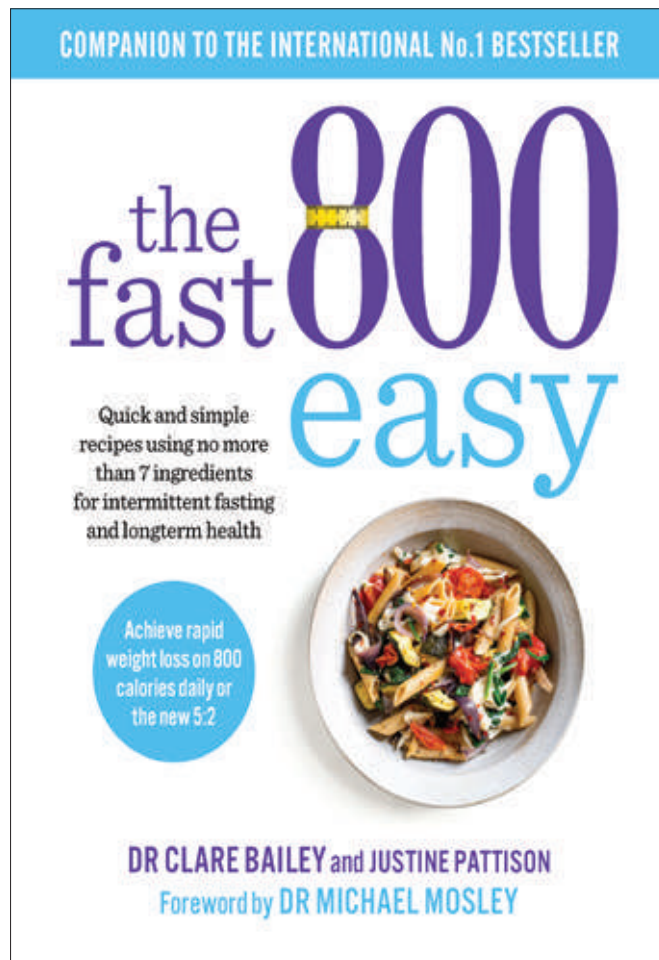
Sutton is a man on a mission, determined to get under the skin of the game he loves and to call out exactly what's going wrong.

Author Biography: Chris Sutton is a former top-level football player whose playing days included spells in the colours of Norwich City, Blackburn Rovers, Chelsea, Celtic, Birmingham City and Aston Villa. His career highlights include winning five league titles, three Scottish Cups and the Premier League's Golden Boot. He has played in the UEFA Cup Final, as well as representing his country at an international level.

Since retiring from football, Chris has become the nation's most tell-it-like-it-is pundit. Not only is he a columnist for the *Daily Mail* and the *Daily Record*, but he is a senior co-commentator at BBC Radio 5 Live and a regular panellist on the Mark Chapman-hosted *Monday Night Club*. In fact, Sutton is rarely off air, lending those forthright opinions to BT Sport's football coverage, as well as Radio 5 Live's *Fantasy Football* podcast. He is also one-half of the duo behind the station's flagship Saturday-evening football phone-in, *606*.

You're Better Than That! | B Format | Paperback

05/06/2021 | £7.99 | 304 pages | Monoray | 9781913183264



The Fast 800 Easy

NEW COMPANION RECIPE BOOK TO THE INTERNATIONAL NUMBER ONE BESTSELLER, The Fast 800 Easy
By Dr Claire Bailey & Justine Pattison

Following Dr Michael Mosley's No 1 bestselling Fast 800 and the Fast 800 Recipe Book, this fabulous new cookbook features 130 super-simple recipes to help you through your 800-calorie fasting days.

It can be a challenge to prepare meals on fasting days. You may not be a confident cook. Or perhaps you find it difficult having to work with food when you are trying to eat less.

Enter this new range of quick, tasty recipes by Dr Clare Bailey, GP, and acclaimed food writer Justine Pattison. All the dishes can be made with just 7 ingredients or less. There are options to adapt meat dishes for vegetarians, and the other way round; plus easy additions to enable you to boost recipes either for non-fast days or for feeding the whole family.

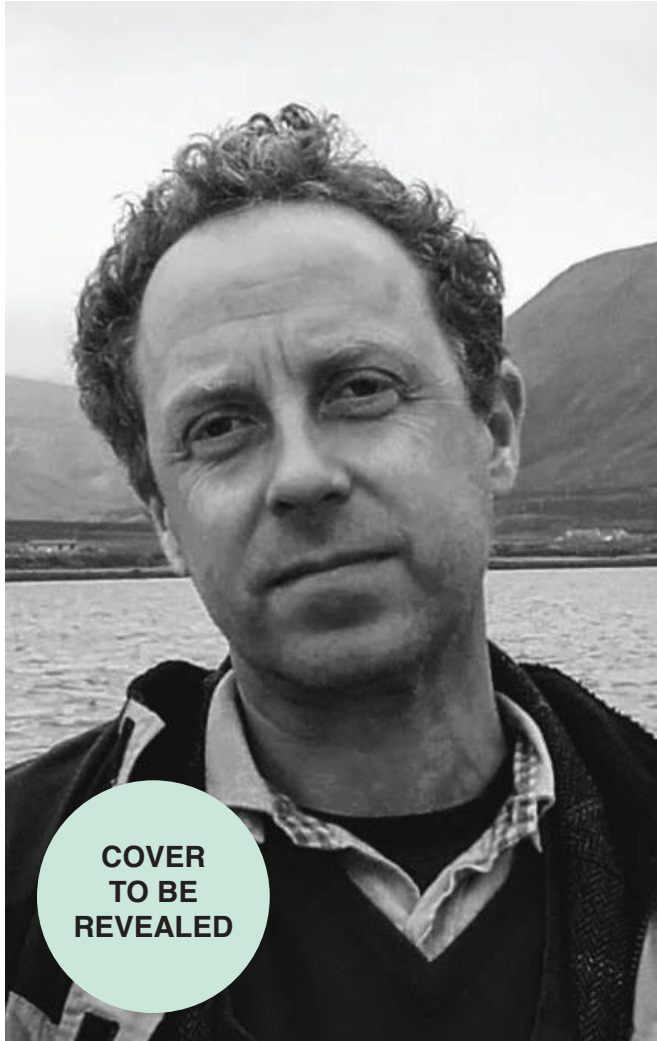
With Fast 800 Easy Recipes, everyone can now get the full health benefits of Dr Mosley's intensive weight-loss programme. Science shows that this regime can not only help you prevent or reverse Type 2 diabetes, but bring down blood pressure and cholesterol and improve your mood too. Easy.

Author Biography: Dr Clare Bailey, wife of Michael Mosley, is a GP and the author of *The 8-Week Blood Sugar Diet Recipe Book* and *The Clever Guts Diet Recipe Book*.

Justine Pattison is one of the UK's leading healthy-eating recipe writers. She has published numerous books, and appears regularly on radio and television. www.justinepattison.com

Dr Michael Mosley is the author of the internationally bestselling *Fast Diet*, *8-Week Blood Sugar Diet*, *The Clever Guts Diet*, *The Fast 800* and *Fast Asleep*.

The Fast 800 Easy | Crown Quarto | Paperback
07/01/2021 | £16.99 | Short Books | 9781780724508



A Wing And A Prayer

Reflections from a West Country parish

By Colin Heber-Percy

A life-loving Wiltshire vicar delivers sermons with a difference.

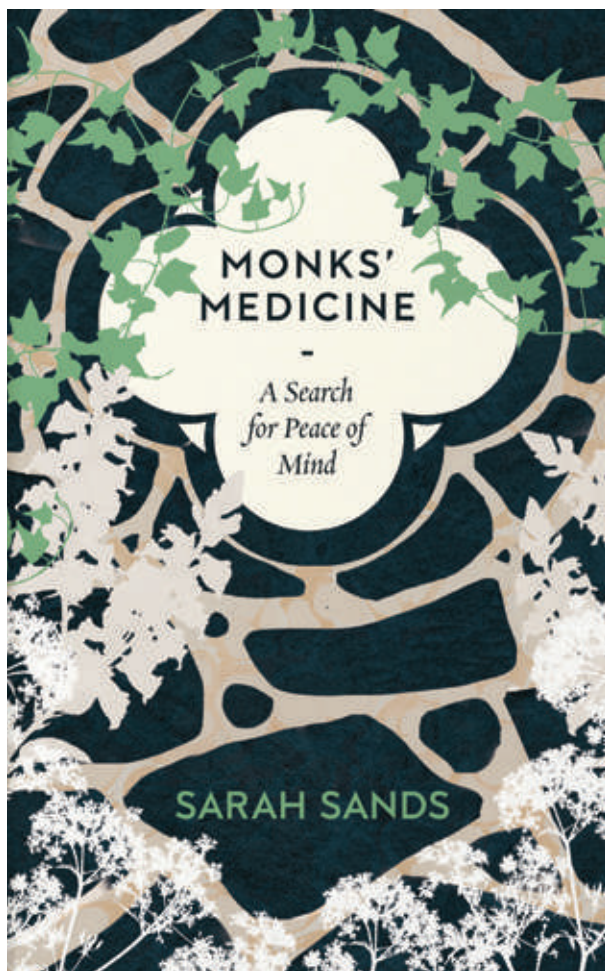
Rural priest Colin Heber-Percy began writing an early-morning newsletter – a collection of daily reflections, stories and prayers – to stay in touch with his parishioners and comfort those on their own during the unprecedented circumstances of Spring 2020. Word spread, and soon his uplifting bulletins were being eagerly consumed by readers around the country and beyond.

In these wise, kind and surprising contemplations, Heber-Percy draws upon a kaleidoscopic knowledge of art, nature, music and metaphysical poetry, as well as religious texts, and interlaces them with amusing and touching vignettes from his Wiltshire parish. He meanders from the many breakdowns of his rusty Ibiza, to the dramas of the village carnival and the joys and agonies of leading worship on Zoom with one parishioner regularly reading the gospel accompanied by her noisy budgie on her shoulder.

As he follows the changing seasons, Heber-Percy moves from the seemingly small and mundane to ponder big life questions – what it's like to be a mouse, why the Bible is not the Highway Code, what on earth we are all doing here – while gently offering up wisdom and sustenance for all, regardless of faith and creed.

Author Biography: Rev Dr Colin Heber-Percy is the parish priest for Pewsey, Wiltshire, as well as a screenwriter and author. His screenwriting work has won many awards and been shown all over the world. He has a PhD in medieval metaphysics and has lectured on spirituality, faith, film, and fiction. He lives in Wiltshire with his wife and three children.

A Wing And A Prayer | B Hardback
13/05/2021 | £12.99 | Short Books | 9781780724973



Monk's Medicine

A search for peace of mind

By Sarah Sands

Part travelogue, part spiritual self-help book; a modern-day pilgrimage to ten monasteries around the world.

Suffering from information overload, unable to sleep, Sarah Sands, former producer of the BBC's *Today Programme*, has tried many different strategies to de-stress... only to reject them because, as she says, all too often they threaten to become an exercise in self-absorption.

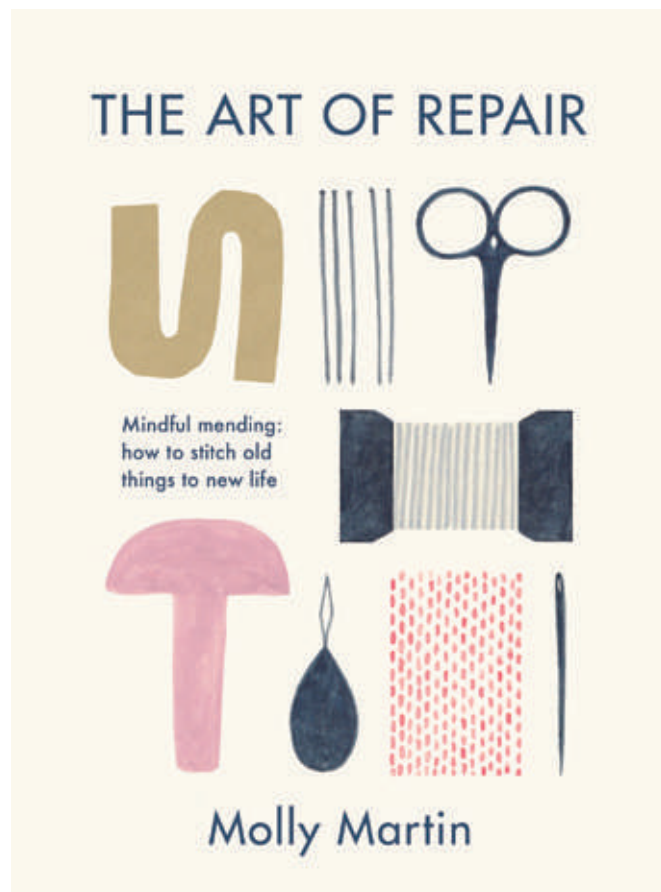
Inspired by the ruins of an ancient Cistercian abbey at the bottom of her garden in Norfolk, she begins to research the lives of the monks who once resided there, and realises how much we may have to learn from monasticism.

Renouncing the world, monks and nuns have acquired a hidden knowledge of how to live: they labour, they learn and they acquire 'the interior silence'. *Monk's Medicine* is a quest for that hidden knowledge – a pilgrimage to ten monasteries round the world, from a Coptic desert community in Egypt to a retreat in the Japanese mountains.

We follow Sands as she identifies the common characteristics of monastic life, the wisdoms to be learned from them and, behind the cloistered walls, discovers an unexpected capacity for solitude and a clarity of mind which enable her, after years of insomnia, to experience that elusive, dreamless sleep.

Author Biography: Sarah Sands is a journalist and author. A former editor of the London *Evening Standard*, she was editor of the *Today Programme* on BBC Radio 4 from 2017 to September 2020.

Monk's Medicine | B Format | Demy Hardback
11/03/2021 | £12.99 | Short Books | 9781780724546



The Art of Repair

Mindful mending: how to stitch old things to new life

By Molly Martin

A beautifully illustrated exploration of the history, culture and calming power of mending.

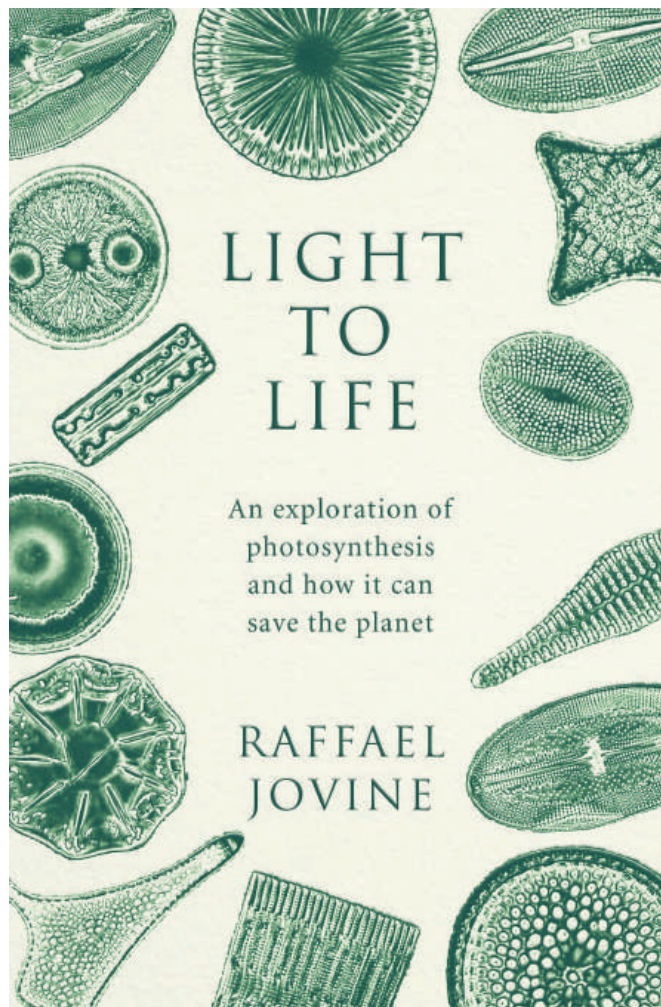
For Molly Martin, it all started with a pair of white woollen socks. Her favourite pair. When the heels became threadbare and a small hole appeared on the right toe, her mother got out her grandmother's old darning mushroom and showed her how to mend them. 'I still remember the feeling of satisfaction when I finished them.'

In *The Art of Repair*, master repairer Molly Martin explores the humble origins of repair and how these simple sewing techniques offer not just a practical solution but a philosophy for life. Using her own charming illustrations, she teaches us the basics of the craft – Kantha, the running stitch used by Bengali women to sew together discarded cloth scraps, saris and dhotis; and Sashiko, the ancient Japanese practice of repairing workwear using a 'boro' or 'little scrap' – and shows how the art of mending can turn something old and worn into something new and meaningful.

The teachings of this book will stay with you long after you put down your needle and thread; it offers an antidote to our increasingly disposable lifestyle, encouraging us to reconnect not just with the everyday objects in our environment but also with ourselves.

Author Biography: Molly Martin is an artist and textile repairer, specialising in delicate fabric restoration and Japanese Sashiko repair. Molly also works for the slow fashion company Toast and collaborates with them on workshop 'repair' tours.

The Art of Repair | Other | Hardback
04/03/2021 | £14.99 | Short Books | 9781780724423



Light to Life

How photosynthesis made the planet and how it can save it

By Raffael Jovine

Putting the Earth under a microscope, this book shines a light on one of the most powerful and unsung forces of nature...

In *Light to Life*, biologist Raffael Jovine takes us on a journey of discovery into the intricate, beautiful and often surprising processes that convert energy from the sun into life and how all-important these are to our survival.

Despite the unprecedented challenges the Earth faces from global warming, habitat loss, air pollution and population growth; Jovine shows us that there is hope to be found. Photosynthesis is the very source of life: it has the power not just to produce food, but to reshape continents, drive biogeochemical cycles, stabilise the climate and regulate weather.

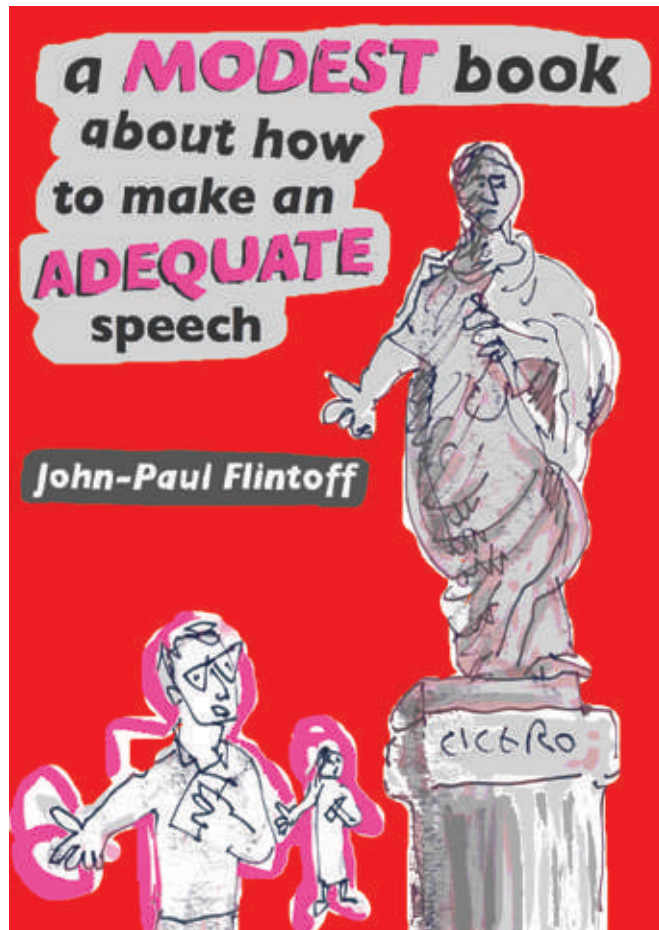
In this exciting, revelatory book, Jovine unveils a blueprint for the future: greening the desert, bringing the ocean on land, planting mangrove forests and oyster banks, growing algae for animal feed, human food and soil carbon...

He demonstrates how by harnessing photosynthesis we can regenerate the planet and revise the way we human beings interact with it.

This book will help you to see the world in a different way, in all its wonderful detail – through the photosynthetic pigments in your eyes.

Author Biography: Raffael Jovine trained in Molecular Biophysics and Biochemistry at Yale. He did his PdD in Marine Sciences at MIT, then researched the photosynthetic strategies that enable algae to outcompete other organisms. He is the founder and chief scientist for a company that uses seawater, sunlight and wind to grow food in coastal deserts, replicating algal blooms. He is married with five children and lives in London.

Light to Life | Other | Hardback
22/04/2021 | £14.99 | Short Books | 9781780724706



A Modest Book About How to Make an Adequate Speech

By John Paul Flintoff

A witty and deeply rewarding book that will embolden even the most tremulous of speakers.

Many people dread public speaking. And yet we all find ourselves forced to make a speech at some point in our lives, and suffer the same inevitable anxieties: Will my jokes fall flat? What if I freeze up? Is it OK to read notes? What if people walk out?

This book will not magically transform you into a fast-talking, high-flying hotshot. But it does hope to teach you how to be adequate at public speaking – and, with a spot of luck, you might turn out to be ‘rather good’.

Using Cicero’s five canons of rhetoric (invention, arrangement, style, memory and delivery) and drawing upon his own highly entertaining tales of success and failure from the speech-giving circuit, Flintoff will arm you with a handful of simple structural techniques that will enable you to stand up, if not with delight, then at least with confidence, in front of any crowd – whether it’s a serious work event or a best friend’s wedding.

As humble as it is motivating, this is a guide to finding your voice, even if it’s a bit croaky at first, and a reassuring affirmation that we all have something to say.

Author Biography: John-Paul Flintoff is a journalist, artist and performer who has delivered talks across four continents to audiences of as many as 5,000 people. He has worked as a writer and editor at the Financial Times and The Sunday Times, trained in improvisational theatre and has published five books, including How to Change the World. He lives in London.

A Modest Book About How to Make an Adequate Speech | Trade B | Paperback
11/02/2021 | £9.99 | Short Books | 9781780724560



Life Without Diabetes Recipe Book

Simple, delicious recipes to help you reverse type 2 diabetes and lose weight for good
By Alison Barnes & Prof. Roy Taylor

The companion book to Professor Roy Taylor's Sunday Times bestseller.

This is the perfect go-to cookbook, whether you are a type 2 diabetic, pre-diabetic or simply want to follow a low-carb diet to lose weight fast. It will help you to:

- follow the 3-step Newcastle weight loss programme
- break unhelpful food habits
- stay diabetes-free for life.

Taylor's chief dietitian Alison Barnes has teamed up with specialist nutritionists and recipe writers to create meals which are simple and quick to make, all using easy-to-source ingredients. They include ten new high-protein shakes to help you through the Step 1 rapid weight loss stage, and a broad range of delicious low-carb, satisfying dishes to keep you on track long-term.

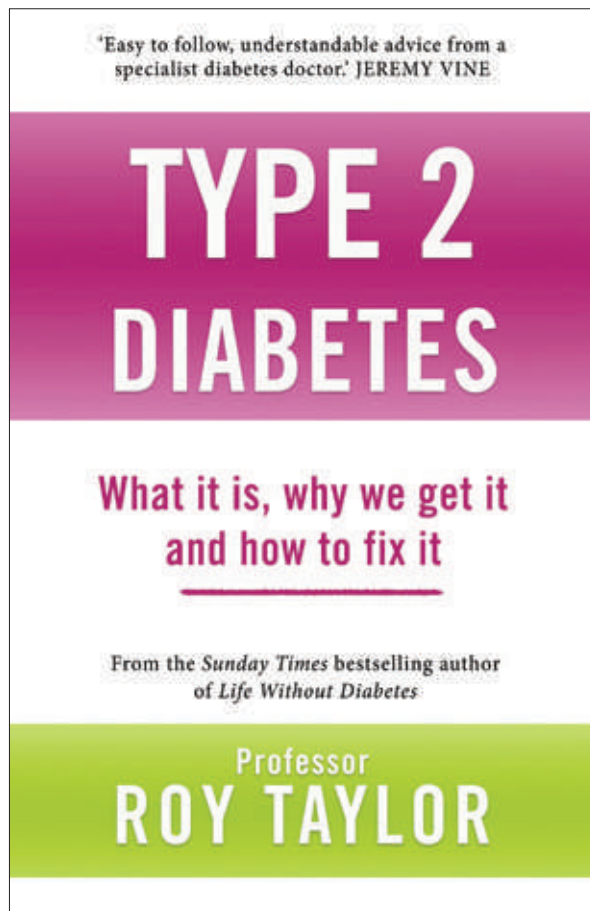
With weekly shopping lists and menu planners and expert motivational advice, this book includes everything you need to take back control of your health.

Author Biography: Alison Barnes is a registered dietitian with a particular interest in diabetes and weight management. She currently works with Professor Roy Taylor as a Research Associate on the Diabetes Remission Clinical Trial (DiRECT) and worked previously as an NHS specialist diabetes dietitian for Northumbria Healthcare NHS foundation Trust (2009-2014).

Professor Roy Taylor is Professor of Medicine and Metabolism at Newcastle University and Honorary Consultant Physician at Newcastle upon Tyne Hospitals NHS Foundation Trust.

Kathryn Bruton is a food and recipe writer who has authored two bestselling books, *Skinny Soups* and *Skinny Desserts* and has been involved with the creation of many others, by authors such as Diana Henry, Rachel Allen and Lorraine Pascale.

Life Without Diabetes Recipe Book | Crown Quarto | Paperback
22/04/2021 | £16.99 | Short Books | 9781780724522



The Essential Guide To Type 2 Diabetes

What it is, why we get it, and how to fix it

By Prof. Roy Taylor

A super-simple guide for anyone wanting to reverse their type 2 diabetes.

In this pocket version of his bestselling *Life Without Diabetes*, Professor Roy Taylor offers a brilliantly concise explanation of what happens to us when we get type 2 and how we can escape it.

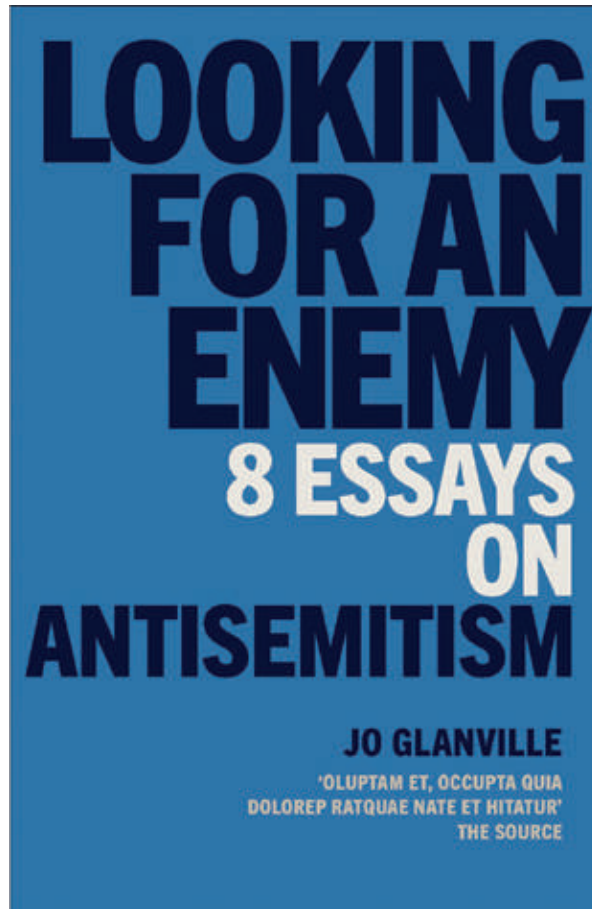
Taylor's research has demonstrated that type 2 is caused by just one factor – too much internal fat in the liver and pancreas – and that to reverse it you need to strip this harmful internal fat out with rapid weight loss.

In simple, accessible language, Taylor takes you through the three steps of his clinically proven Newcastle weight loss programme and shows how to incorporate the programme into your life.

Complete with FAQs and inspirational tips from his trial participants, this is an essential read for anyone who has been given a diagnosis of type 2 diabetes and wants to understand their condition and transform their outcomes.

Author Biography: Professor Roy Taylor is Professor of Medicine and Metabolism at Newcastle University and Honorary Consultant Physician at Newcastle upon Tyne Hospitals NHS Foundation Trust. His first book, *Life without Diabetes*, was published in January 2020.

The Essential Guide To Type 2 Diabetes | B Format | Paperback
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Looking for an Enemy

8 essays on antisemitism

By Jo Glanville

A timely book offering a broad range of angles on an ever-present debate.

Conspiracy theories about Jews are back in the mainstream. The Pittsburgh gunman who murdered 11 people in a synagogue claimed that 'filthy evil' Jews were bringing 'filthy evil' Muslims into America. The billionaire philanthropist George Soros has been accused of supporting 'white genocide'. Labour Party members have claimed that Israel is behind ISIS.

The belief that Jews are plotting against society never dies, it just adapts to suit the times: from medieval accusations that Jews murder Christians for their blood to claims that Zionists are seeking to control the world.

In eight short essays, edited by Jo Glanville, this book goes back to the source of the conspiracy theories and traces their journey into the 21st century in a bid to make sense of their survival.

With contributions from some of the great Jewish writers and thinkers of our time, including Tom Segev, Jill Jacobs and Mikhail Grynberg, this is a fresh take on the roots of antisemitism that explores how an irrational belief can still flourish in a supposedly rational age.

Author Biography: Jo Glanville is a writer, journalist and campaigner for human rights. She has written for the *London Review of Books*, the *TLS*, *The Guardian*, the *Independent* and the *Bookseller*, amongst other publications. She is the former director of English PEN and is currently a visiting fellow at Giessen University.

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