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January - June

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Yes Ve-gan!

For anyone considering a plant-based, low-impact life that will align their beliefs with their lifestyle.

By Selene Nelson

The first of a new series of Gaia manifestos for green living, Yes Ve-gan! is a practical guide to becoming vegan. Setting out the whys and the hows, with guidance and advice from her own first-hand research, Selene Nelson shares her experience of embracing the plant-based life, handling common questions, challenging resistance and celebrating a way of life that is better for our planet.

The rise of veganism – and the vegan consumer trend – is impossible to ignore, and appealing guidebooks that really get to the heart of the issues and considerations are thin on the ground.

Published in time for Veganuary 2020, full time practitioners and those wanting to experiment with a more planet-friendly lifestyle alike will appreciate the package, practicality and usefulness of Yes Ve-gan!

Chapters include:

The Sustainability Issue

The Animal Issue

The Health Issue

Must-know-vegan-info

Vegan Rebuttals

Health & Fitness

Fashion & Beauty

Author Biography: Selene Nelson is a journalist, writer, author and activist who has written and spoken extensively about food and travel, crime and punishment, and both human and animal rights. Her commitment to vegan living is rooted in a desire to minimise impact on the planet. She made headlines in 2018 when her suggestion that Waitrose Food Monthly's vegan coverage should be expanded led to the resignation of its editor.

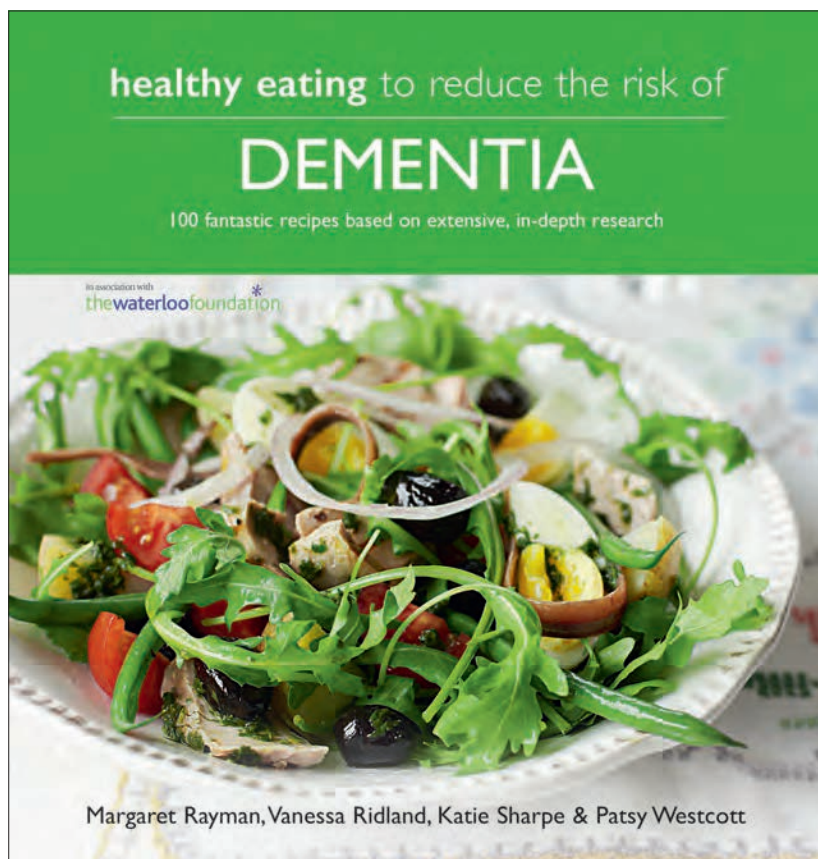
Twitter: @Selene_Nelson

Instagram: @selene.nelson

Website: <http://selenenelson.co.uk>

Yes Ve-gan! | 178 x 111 | HB

26/12/2019 | £10.00 | 192 pages | Gaia | 9781856754279



Healthy Eating to Reduce the Risk of Dementia

100 fantastic recipes based on extensive, in-depth research.

By Margaret Rayman

'Professor Rayman and her team of experts review the evidence and give advice on diet and specific nutrients that can boost our brains and our bodies, together with lots of recipes (I tried several and they are delicious).' - Sarah Stacey, You Magazine

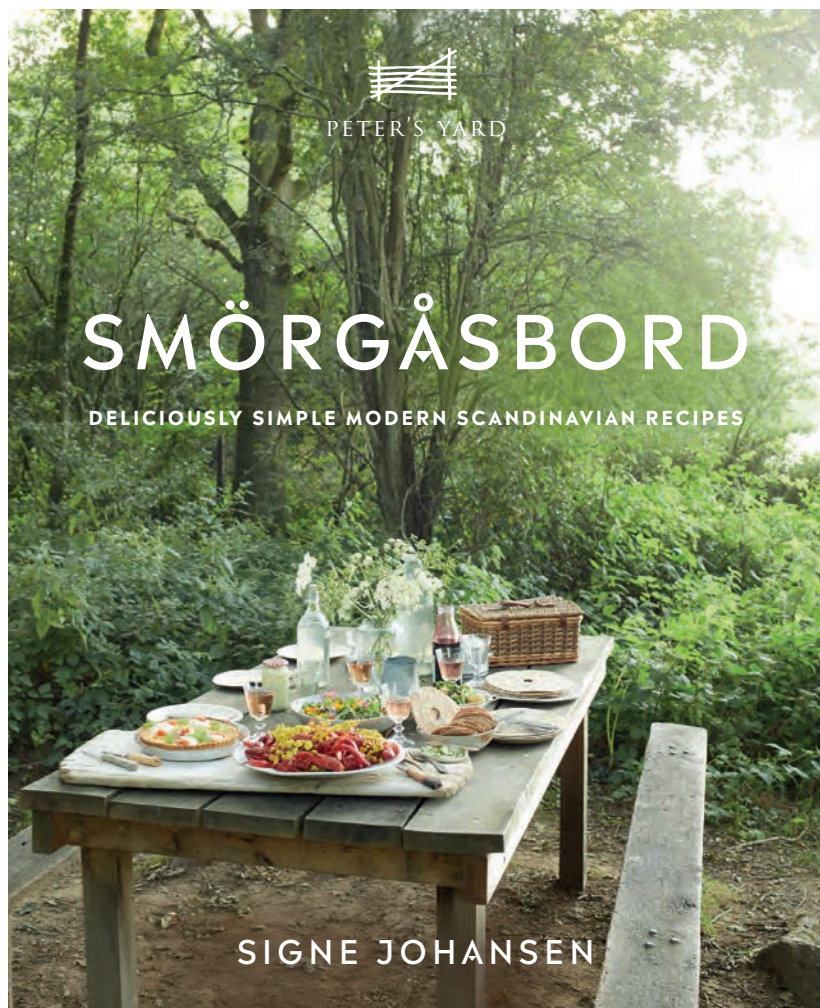
Dementia affects nearly 47 million people worldwide, with 7.7 million new cases every year, and it has a dramatic and devastating impact on sufferers and their families.

There is evidence, however, that a healthy lifestyle, especially in mid-life, can help to reduce the risk of developing dementia. In this much-needed book, Margaret Rayman and her team of nutritional experts lay down some clear and effective guidelines, based on original research, to show you how to adapt your diet and lifestyle to help protect you against this disease - and with clear guidance and 100 delicious recipes, this book makes it easy.

Author Biography: Margaret Rayman is Professor of Nutritional Medicine at the University of Surrey.

Katie Sharpe and Vanessa Ridland are dietitians, whilst Patsy Westcott is a health writer and nutritionist.

Healthy Eating to Reduce The Risk of Dementia | 220 x 210 | Colour photography throughout | PB
03/09/2019 | £14.99 | 176 pages | Kyle Books | 9780857837998



Peter's Yard: Smorgasbord

Deliciously Simple Modern Scandinavian Recipes.

By Signe Johansen

'Peter's Yard sourdough crispbread is the crispbread I have been looking for all my life. It is everything I hope crispbread will be, but so rarely is.' Nigel Slater Traditionally served whenever family and friends gather together, smorgasbords have always featured crispbreads (knäckebröd).

This collection of simple, informal recipes brings smorgasbords up to date and includes dishes such as skagen (prawn salad), citrus and spice cured gravidlax, fried chanterelles with garlic and parsley on toasted sourdough, as well as fresh cheese with caraway, truffled cheese and pickled cucumbers. For spring, there are ideas for an Easter celebration and a bonfire party, for summer a midsummer gathering and crayfish party, for autumn a feast supper and foraged dinner, and for winter Christmas drinks and a New Year celebration.

A few of the dishes may take a little while to prepare, but the emphasis always is on selecting quality, seasonal ingredients and simple servings. All can be enjoyed either with crispbread or on their own.

www.petersyard.com

@petersyard (Twitter and Instagram)

@signesjohansen (Twitter and Instagram)

Author Biography: Signe Johansen trained at Leiths School of Food and Wine in London, worked in several of the UK's top restaurants before doing a Masters in the anthropology of food at SOAS. Two critically acclaimed 'Scandilicious' books on Scandinavian food followed, along with contributions to 12 other books on food and restaurants. Signe has also written for the FT and delicious, The Times, Sunday Times, Daily Mail, Stella and Marie Claire.

Peter's Yard: Smorgasbord | 190 x 235 | Colour photography throughout | HB
14/05/2020 | £18.99 | 176 pages | Kyle Books | 9780857837776



10-day Celery Juice Cleanse

The fresh start plan to supercharge your health.

By Hannah Ebelthite & Kate Adams

Discover the amazing benefits of adding celery juice to your life:

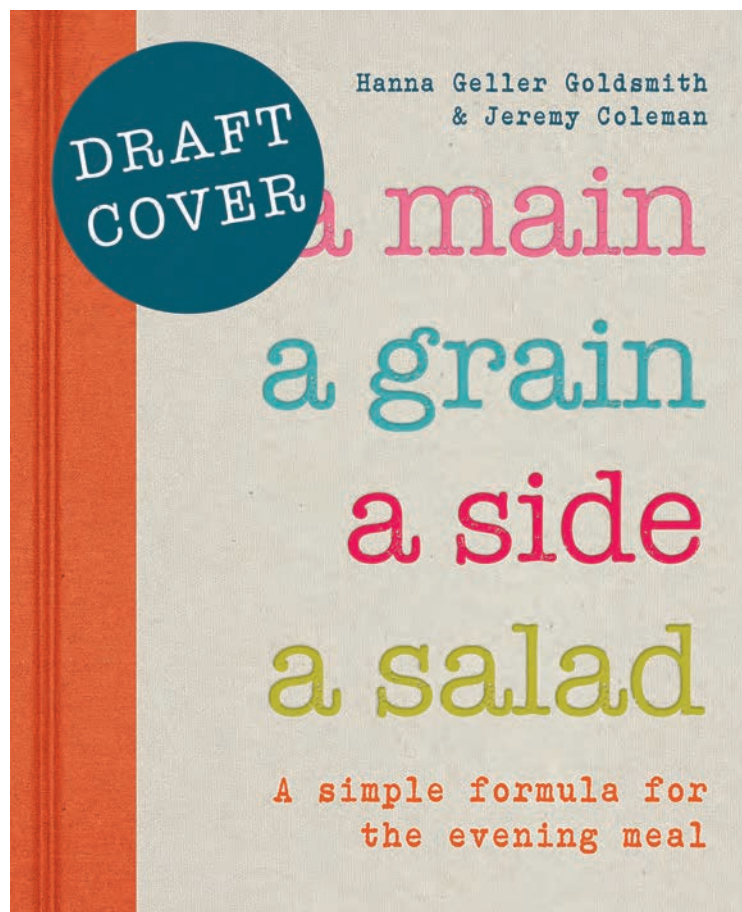
- Beat the bloat
- Clear brain fog
- Boost vitality
- Jumpstart healthy weight loss

These are just some of the benefits reported by people who drink a glass of celery juice first thing in the morning. Celery juice is the new wonder ingredient on everybody's lips and in the 10-Day Celery Juice Cleanse, you can quickly digest the nutritional facts and everything you need to get started. A 3-day juice cleanse and 7-day juice and soup cleanse are included, packed with gut-healthy ingredients to make you feel like a new person.

Author Biography: Hannah Ebelthite is a health, fitness and wellbeing writer and co-author of the bestselling G Plan Diet.

Kate Adams is a health publisher and writer, and co-author of Magic Soup.

10-day Celery Juice Cleanse | A Format | 178 x 111 | PB
09/01/2020 | £4.99 | 96 pages | Aster | 9781783253654



A Main, a Grain, a Side & a Salad

A simple formula for the evening meal

By Hanna Geller and Jeremy Coleman

A Main, a Grain a Side and a Salad is more than an anthology of tempting recipes. It's the backbone for assembling any meal, any time. With an arsenal of basic cooking methods, ingredients, sauces, condiments and proposed menus, your system is in place for creating both weekday meals and celebratory feasts. Each recipe has its own standalone flavour base, but the techniques required to execute each dish have been kept as simple as possible, so you can quickly master the preparation/cooking/timing method for success without simultaneously fighting for hob and oven space.

This book aims to encourage you to be confident and creative in the kitchen, enjoying the experience of assembling a meal for as few as one - and for as many as your home can handle. Through cooking this way, you will find your happy place in the kitchen; a place you feel relaxed and where you can revel in the experience of eating and creating memories.

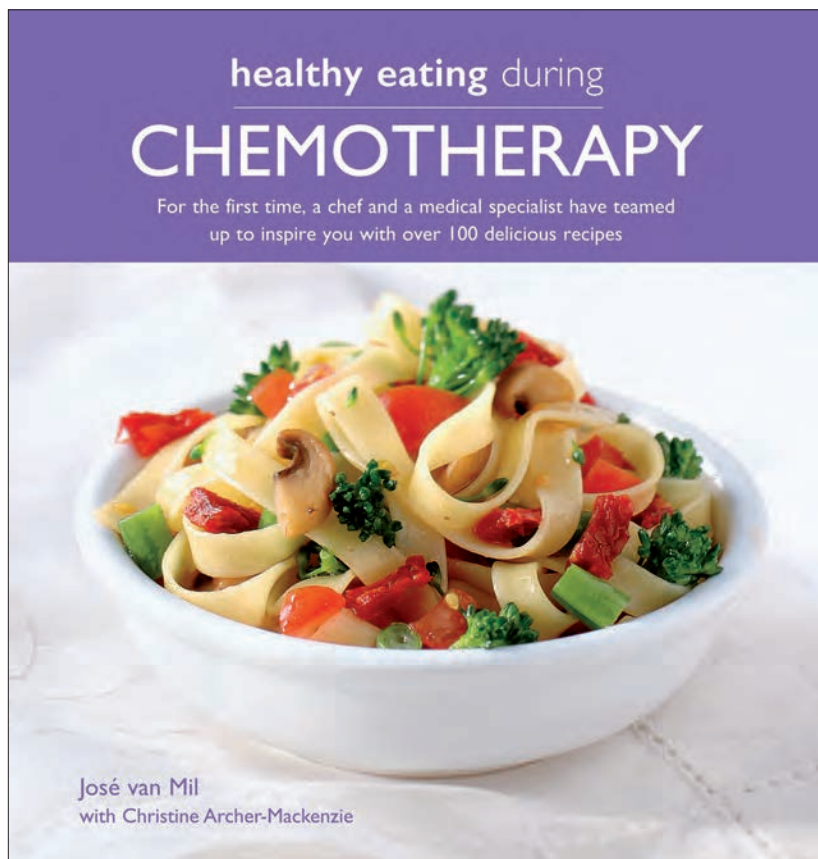
Welcome to our world of a main, a grain, a side and a salad. Remember: keep it simple, enjoy the process, pack in the flavours and share it with those you love.

Author Biography: Hanna Geller and Jeremy Coleman are the creative and culinary genius behind Building Feasts - a Supper Club and Cookery School in Central London. Hanna and Jeremy are friends with a mutual love of food, photography, design, art, and anything of creative beauty.

Hanna writes the food blog www.buildingfeasts.com where you can find recipes and anecdotes about family, celebrations and life with 4 boys. With 20 years previous experience in design and interiors, Hanna has taken her love of cooking and delight in creating informal gatherings one step further.

Jeremy is a photographer and artist with an innate talent for visual storytelling. Partnering with Hanna on Building Feasts, Jeremy is chief photographer and brander, supper club and cookery school co-chef and co-host, cooking, curating and documenting the story behind the feasts.

A Main, a Grain, a Side & a Salad | U (235x190) | HB | 100 photographs
14/05/2020 | £20.00 | 208 pages | Mitchell Beazley | 9781784726355



Healthy Eating During Chemotherapy

For the first time, a chef and a medical specialist have teamed up to inspire you with over 100 delicious recipes.

By Jose Van Mil

Devised by a chef and based on nutritional advice, this much-needed cookbook is for people whose lives are touched by the cancer treatments chemotherapy and radiotherapy.

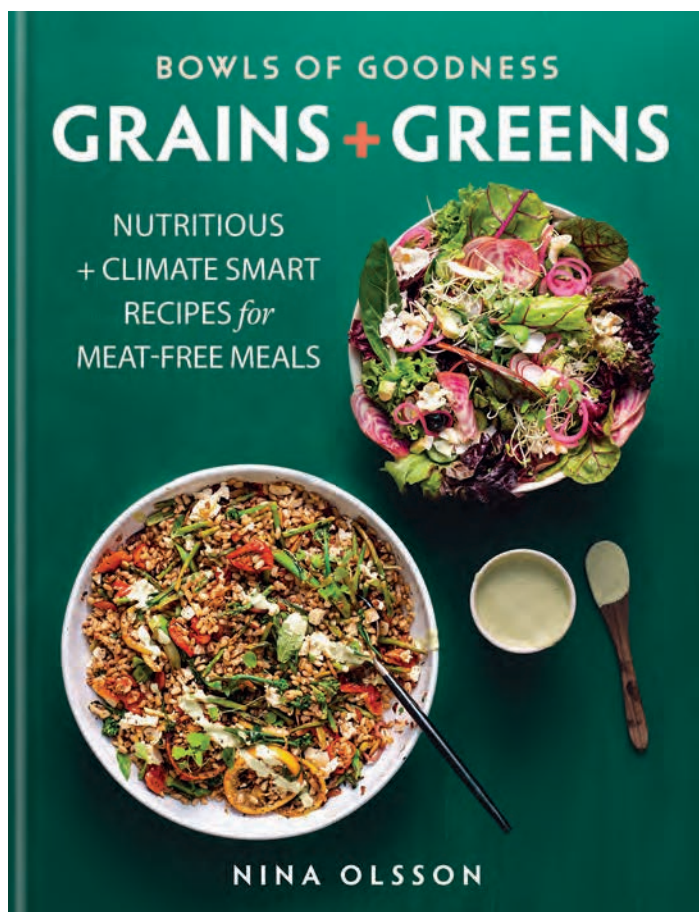
Healthy Eating During Chemotherapy contains more than 100 recipes that have been created to excite the palate without over-stimulating it, together with helpful advice and information.

Divided into chapters that focus on all important textures, such as Smooth, Soft with a Bite and Crispy, this book is an essential guide to helping patients or carers choose everyday dishes that are going to be enjoyed. Packed with practical tips and a Good Food List, it's not only an easy, flexible, appetising guide but also a source of inspiration for both patient and carer alike.

Author Biography: José van Mil grew up in her father's restaurant and trained at the Cordon Bleu Cookery School in London. She currently works as a food stylist and culinary consultant to a number of food brands. She has written for the Pink Ribbon Foundation and developed the method and recipes featured in this book while cooking for her husband during his fight against cancer.

Christine Archer-Mackenzie is a governor at the University College London Hospitals NHS Foundation Trust. She worked for many years as a scientist, concentrating her work on cancer, its treatments and their side effects, particularly eating difficulties. When Christine's husband was diagnosed with cancer, she focussed her research on the field of nutrition to help him with his treatment.

Healthy Eating During Chemotherapy | 220 x 210 | Colour photography throughout | PB
03/09/2019 | £14.99 | 176 pages | Kyle Books | 9780857837936



Bowls of Goodness: Grains + Greens

Nutritious + Climate Smart Recipes For Meat Free Meals

By Nina Olsson

Following on from the highly successful Bowls of Goodness, Nina Olsson focusses on the benefits of grains and greens and how to use them in your everyday cooking. Grains and greens are: Healthy - they are packed full of vitamins, minerals and fibre. Eating them results in reduced risk of stroke, type 2 diabetes, heart disease, better weight management and reduced inflammation.

Versatile - they are easy to cook and can be used in anything from breakfast pancakes to curries.

Cheap - You can buy grains in bulk and store them for a long time. Greens include foraged greens, which are free, as well as the root tops (like carrot, radish and beetroot tops), which people often throw away as well as all the greens we know and love from pak choi to cavalo nero.

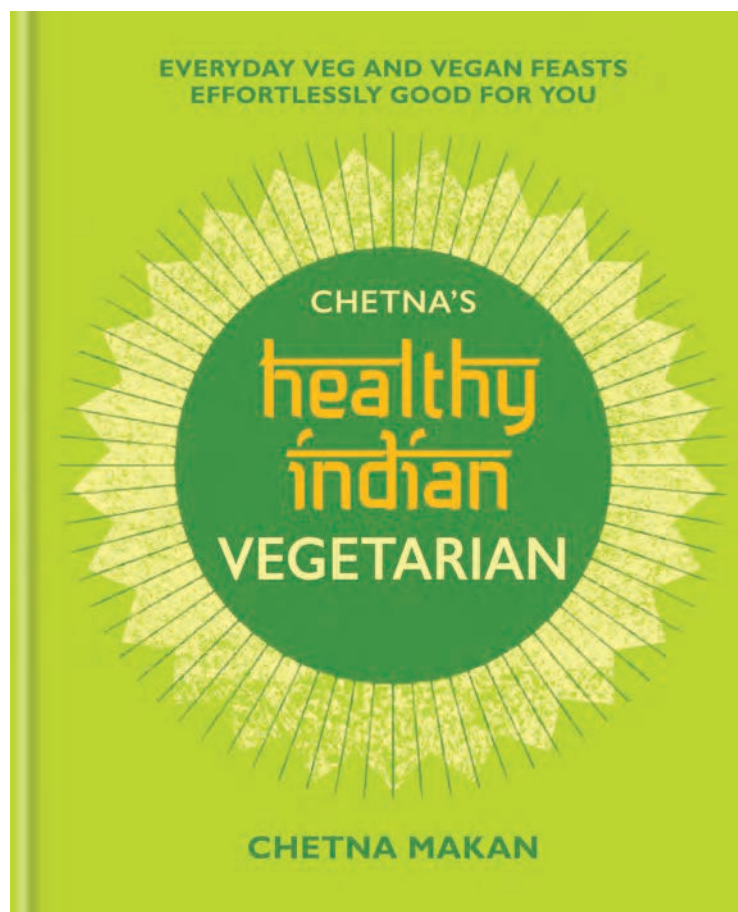
Sustainable - eating grains and greens is climate smart and encourages biodiversity. They have a low carbon footprint and most countries have their own grains and greens growing locally.

This cookbook includes a comprehensive introduction explaining the health benefits of grains and greens as well as how to shop, store, prepare and cook them. And with a whole host of innovative recipes, from more comforting risottos and soups to lighter grain salads and sharing plates, this is a joyous celebration of some of the healthiest ingredients we have.

Author Biography: Nina Olsson is a recipe maker, photographer and author of the vegetarian food blog, Nourish Atelier. She has worked creatively with food for magazines for 13 years and is an award-winning art director, stylist and designer. She was the art director of Buffé, Sweden's most read monthly magazine. She is also the author of Bowls of Goodness, Veggie Burger Atelier and Feasts of Veg.

@nourish_atelier

Bowls of Goodness: Grains + Greens | 260x200 | Colour photography throughout | HB
07/05/2020 | £18.99 | 192 pages | Kyle Books | 9780857838582



Chetna's Healthy Indian: Vegetarian

Over 80 delicious, nutritious vegetarian recipes packed with flavour.

By Chetna Makan

Chetna's Healthy Indian Vegetarian is a celebration of Indian food at its best; fresh, vibrant and supremely moreish.

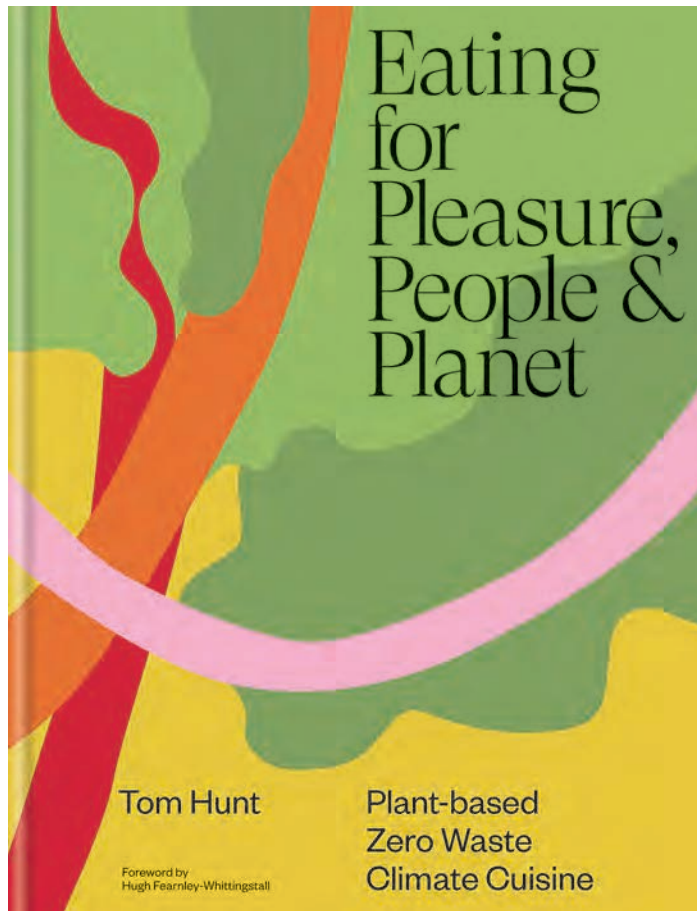
With over 80 delicious recipes that vegetarian and even the most dedicated of meat-eaters Chetna shows just how creative you can be with even the most humble of vegetables. This book is packed with flavour and innovative ideas whilst being easy and accessible for home cooks.

Recipes include:

- Samphire and carom seeds pakoras
- Red lentils and roasted cauliflower soup
- Whole green chilli curry in a gram flour yogurt sauce
- Courgette kofta curry
- Coconut and chana dal stuffed parathas
- Cashew nut paneer rice
- Chocolate coconut laddos
- Cardamom and almond traybake

Author Biography: Chetna Makan was born in Jabalpur, an ancient city in central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003. Chetna reached the semi-final of The Great British Bake Off in 2014, and her first book, The Cardamom Trail, is a celebration of baking with Indian flavours. She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food.

Chetna's Healthy Indian: Vegetarian | U (235x190) | Over 150 colour photographs | HB
07/05/2020 | £20.00 | 208 pages | Mitchell Beazley | 9781784726621



Eating for Pleasure, People & Planet

By Tom Hunt

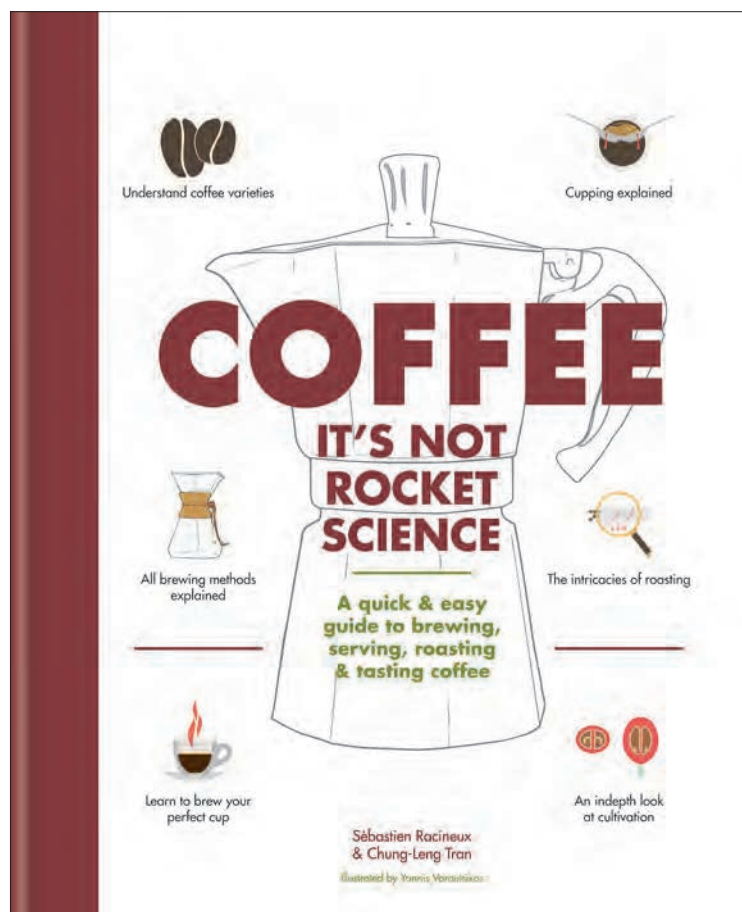
'Tom's recipes are easy to make, delicious to eat and his important message is clear - eat well, waste nothing.' - Guardian

'If we could all live and eat a little more like Tom the world and the food chain would be in much better shape.' - Anna Jones

Tom's recipes are seasonal and sustainable, enabling us to eat better food that supports not only our health but also the wellbeing of the planet. Tom explains his manifesto of: Eat for Pleasure; Eat Whole Foods; Eat the Best Food You Can, referencing the latest research and guidelines, but in a clear and conversational manner. Following on with delicious recipes, which are divided into Breakfasts, Slow Lunches & Suppers, A New Way with Salads, Family Meals & Feast Plates, Sweet Treats and Larder essentials, and then sub-divided into seasons – these are inventive recipes to enjoy with friends and family.

Author Biography: Tom Hunt is an award-winning chef, writer and food waste campaigner. His Bristol restaurant Poco has won numerous awards including Best Ethical Restaurant at the OFM Awards. He has written for many newspapers and magazine and writes a weekly column for Feast magazine in the Saturday Guardian offering ingenious no-waste recipes. He is an experienced speaker and cook at events, including Taste of London, Borough Market, Festival and Abergavenny Food Festival. He is a campaigner and ambassador for Action Against Hunger, Soil Association, Slow Food International and The Fairtrade Foundation. His first book was The Natural Cook (2014). www.tomsfeast.com @cheftomhunt

Eating for Pleasure, People & Planet | 260 x 196 | Colour photography throughout | H&B
26/03/2020 | £26.00 | 240 pages | Kyle Books | 9780857836953



Coffee: It's not rocket science

A quick and easy graphic guide to becoming a coffee expert.

By Sébastien Racineux and Chung-Leng Tran

Packed with more coffee knowledge than your local roaster and faithful barista combined, this fun, cleverly illustrated, highly informative guide presents a whole new way to understand and enjoy all types of coffee. Perfect for the coffee novice, it's also chock-full of expert information that even the most seasoned coffee lover will find useful and interesting.

Coffee: It's Not Rocket Science includes:

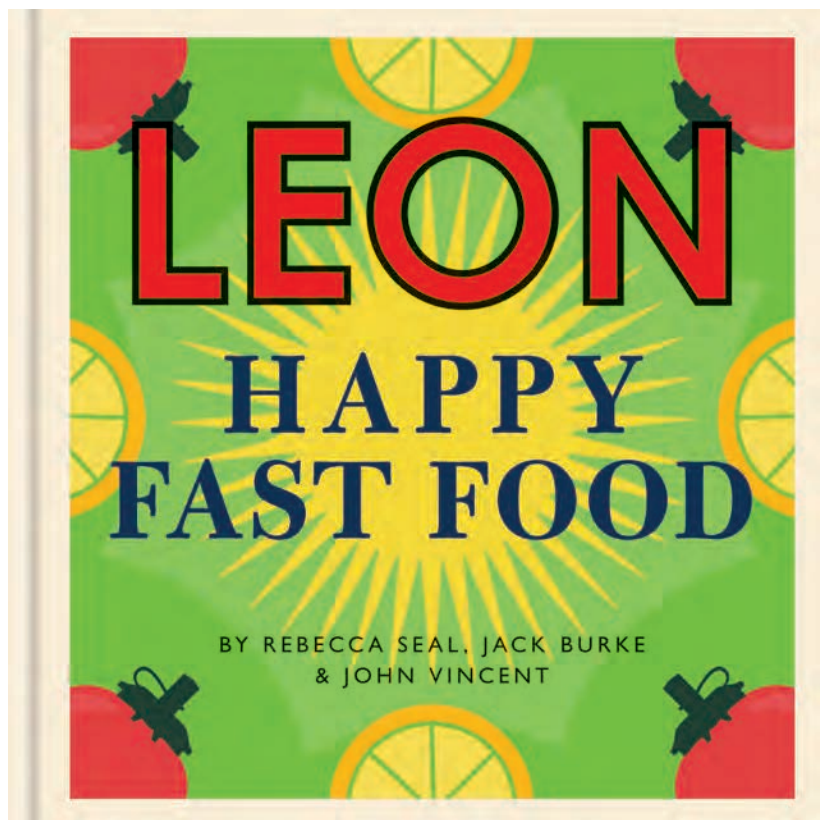
- Profiles of 22 countries that harvest coffee and their multitude of beans.
- Information on the evolution of the coffee bean from the farmer to the roaster and finally to the barista.
- How to properly grind beans for a variety of brews and coffee makers in order to achieve the best-tasting drink.
- How to choose which type of coffee machine is right for you.
- How to distinguish the aroma, body and flavour in every sip.
- Lessons in latte art
- ...and so much more.

Author Biography: Sébastien Racineux is a science teacher and barista trainer. He founded the organisation 'Espressologie' in 2011 and was runner-up in the 2012 French Brewers Cup competition.

Chung-Leng Tran is a photographer and barista. He was the French Brewers Cup champion in 2012. In 2015 Sébastien and Chung-Leng joined forces to open their roastery and coffee shop, Hexagon Café, in Paris, where they both live.

Yannis Varoutsikos is an illustrator and graphic designer. He is artistic director at Woll Beer and founder of the website Good Manners, which sells bags and accessories for men. Yannis lives in France.

Coffee: It's not rocket science | U (235x190) | HB | More than 500 colour illustrations
07/11/2019 | £17.99 | 192 pages | Hamlyn | 9780600636427



Leon Happy Fast Food

The home of healthy fast food brings you 100 new recipes that are not only quick and easy, but will do you good, too.

By Rebecca Seal, Jack Burke & John Vincent

From the very beginning, LEON has asked the same question - why can't fast food be good for you?

Well, it can be, and in this book we've gathered our favourite - and quickest - healthy fast food recipes from around the world. From burgers to brochettes, dosa to donburi, we've collected the most delicious street food dishes, sandwiches, pastas and sides, and made them as good-for-you as possible.

LEON Happy Healthy Fast Food includes 100 new recipes and photography, organised into five sections: Breads & Buns, Salads, On the Hob, Grilled & Bakes, Sides, Sauces & Rubs and Sweets & Shakes.

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 and LEON Happy Curries 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. Jack Burke is a writer, actor and private chef. He spent many university holidays cooking in Italy and France when he should have been studying for his Classics degree. Born and based in London, he can often be heard on the radio and as the co-host of LEON's podcast. John Vincent is co-founder of LEON, which now has more than 60 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 and LEON Happy Curries 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 Fast Food | NE (200x200) | Hb | c.100 photographs
07/05/2020 | £16.99 | 224 pages | Conran | 9781840918014

KIMIKO BARBER



JAPANESE in 7

DELICIOUS JAPANESE RECIPES IN 7 INGREDIENTS OR FEWER

Japanese in 7

75 delicious Japanese recipes in 7 ingredients or fewer

By Kimiko Barber

Japanese food is healthy, delicious and universally enjoyed but despite the popularity of sushi and noodle bars worldwide too few of us cook this delightful cuisine at home. In Japanese in 7 (the latest addition to the in 7 series), Kimiko Barber uses just 7 ingredients or fewer to make deliciously fragrant dishes that you can effortlessly pull together any night of the week.

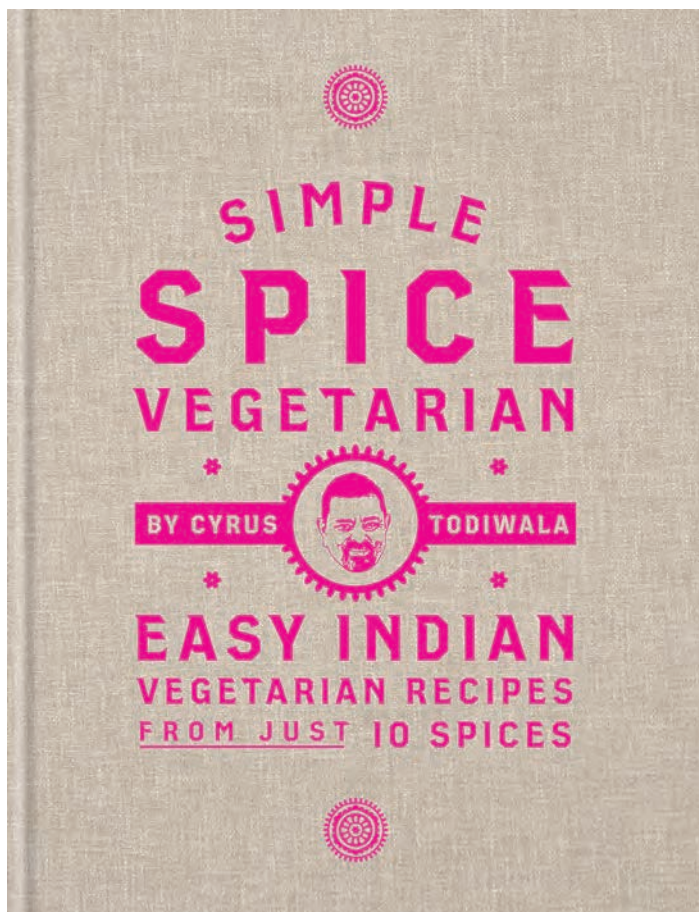
Chapters are divided into:

- Fresh - vibrant and healthy meals such as Yellowtail Sashimi, Hand-rolled Sushi and Japanese style Duck Orange.
- Fast - Meals like Dashi-rolled Omelette and Tuna Hotpot that can be on the table quickly after a long day at work.
- Light - delicious recipes such as Japanese Onion Soup and Savoury Egg Tofu.
- Vegan - nourishing plant-based recipes like Grilled Aubergine in Miso Soup and Mushroom Rice.
- Comfort - bowls of warming Moon Udon, Chicken and Miso Porridge or Sea Bream Rice to enjoy on a cold winter's evening.
- Sweet - creative Japanese desserts such as Matcha Jelly, Kyoto Tiramisu and Black Sesame Ice Cream.
- Basics - Dashi and flavoursome dressings you can use to quickly create authentic Japanese dishes.

Author Biography: Kimiko Barber is a Japanese cook and demonstrator who teaches regularly at cookery schools around the UK. She is the author of The Japanese Kitchen, Yo Sushi Cookbook, The Chopsticks Diet, Japanese Pure and Simple (shortlisted for the World Food Media and Guild of Food Writers' healthy eating awards) and Cook Japanese at Home.

www.kimikobarber.co.uk

Japanese in 7 | SSN (246x189) | Colour photography throughout | PB
20/02/2020 | £17.99 | 176 pages | Kyle Books | 9780857838445



Simple Spice Vegetarian

Delicious vegetarian and vegan Indian recipes made easy, with only 10 spices used throughout the book.

By Cyrus Todiwala

Make delicious vegetarian and vegan Indian dishes from a range of just 10 spices.

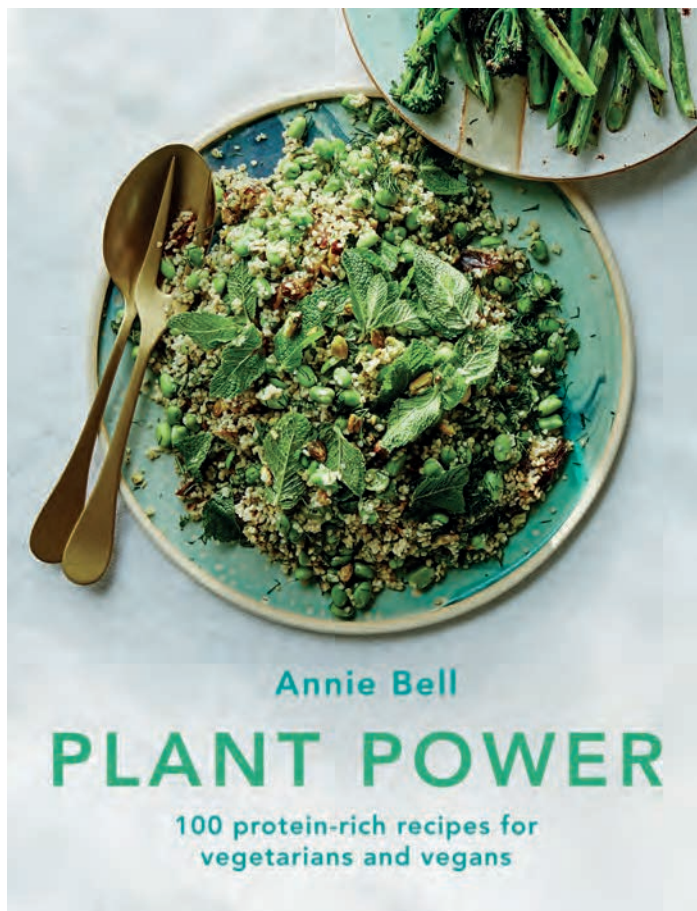
Indian food offers a huge choice of naturally vegetarian and vegan dishes. In this new collection, Cyrus Todiwala serves up easy, full-flavoured recipes for everything from breakfast and brunch to simple suppers, from warming soups to veg-packed curries and daals.

With a spice box of just 10 favourites, you can whip up simple home-cooked dishes such as Spiced Aubergine and Tomato Frittata, Sweetcorn, Celery and Coconut Chowder with Almonds and Baked Tandoori-style Cauliflower with Couscous and Spinach & Garlic in no time at all.

'[Cyrus has] distilled years of experience in the kitchen and at the table to guide even the most spice shy.' - the Independent (Praise for Simple Spice)

Author Biography: Cyrus Todiwala OBE, DL, was born in Bombay and rose to become Executive Chef of the Taj Group of hotels in India. Looking for a new challenge, he moved to Britain, where he has lived for more than twenty years. As well as running three successful restaurants in London, he has written a number of cookery books and in 2013 co-presented The Incredible Spice Men on BBC TV. He also makes frequent appearances on BBC Saturday Kitchen and in other media.

Simple Spice Vegetarian | SSN (246x189) | HB
05/03/2020 | £20.00 | 208 pages | Mitchell Beazley | 9781784725761



Plant Power

Protein-rich recipes for vegetarians and vegans.

By Annie Bell

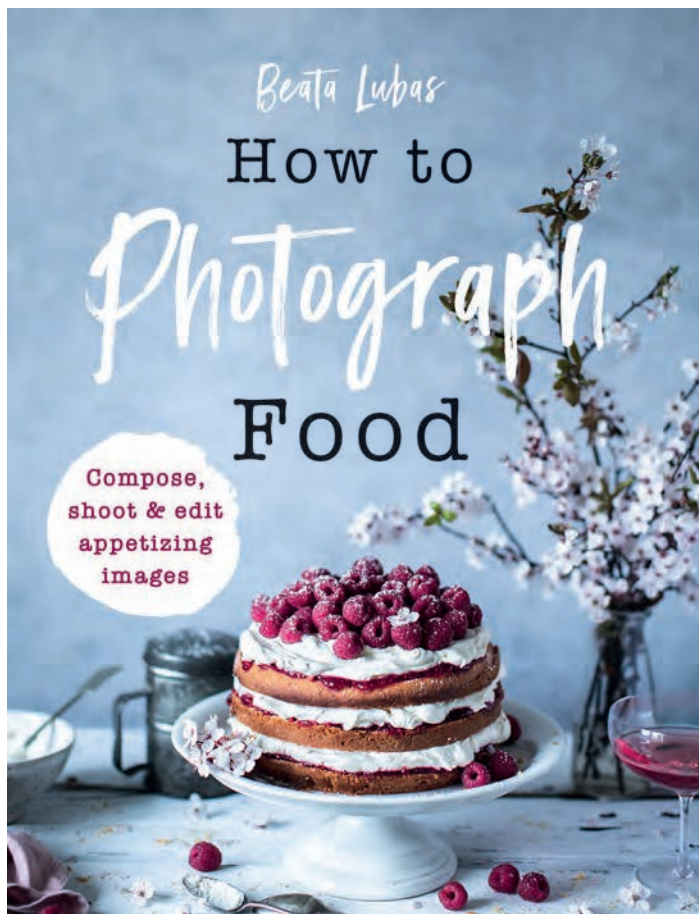
Balancing your diet by consuming animal protein is straightforward – a chicken breast, fillet of salmon or lamb chop are nearly pure protein – but if you're vegetarian, vegan – or flexitarian – it's not quite that simple. In *Plant Power*, Annie Bell shows you how to source plant proteins from high-quality unrefined whole foods. She explains which ingredients contain the most protein and the simplest and most delicious ways to include a broad range in your diet to ensure that you optimise your protein consumption with no need for expensive supplements or 'fake' meats.

Recipes include Power Porridge with Coconut Yogurt for breakfast, Baked Eggs and Smashed Peas with Burrata for a power brunch, a nourishing Asparagus, Quinoa and Watercress Salad for lunch on the go and Black Bean and Roast Peppers Tacos for a satisfying supper. With comfort food like Roast Tomato Puttanesca and bowls of energy such as Cauliflower Turmeric Dhal, Annie shows that good nutrition and good food should always go hand in hand.

'Whatever book Annie Bell writes is always sure to contain recipes I want to cook.' -Nigella Lawson

Author Biography: Annie Bell (ANutr) is a Registered Associate Nutritionist with a Master of Science degree in Human Nutrition. She began her career as a chef, before becoming the cookery writer for *Vogue*, and then food writer on the *Independent*. She has been principal cookery writer for the *Mail On Sunday's YOU Magazine* for the last 20 years. Annie Bell's previous cookbooks include *Annie Bell's Baking Bible*, *How to Cook*, *Low Carb Express*, *Low Carb Revolution* and the *Gorgeous* series.

Plant Power | SSN (246x189) | Colour photography throughout | PB
02/01/2020 | £17.99 | 176 pages | Kyle Books | 9780857836120



How to Photograph Food

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

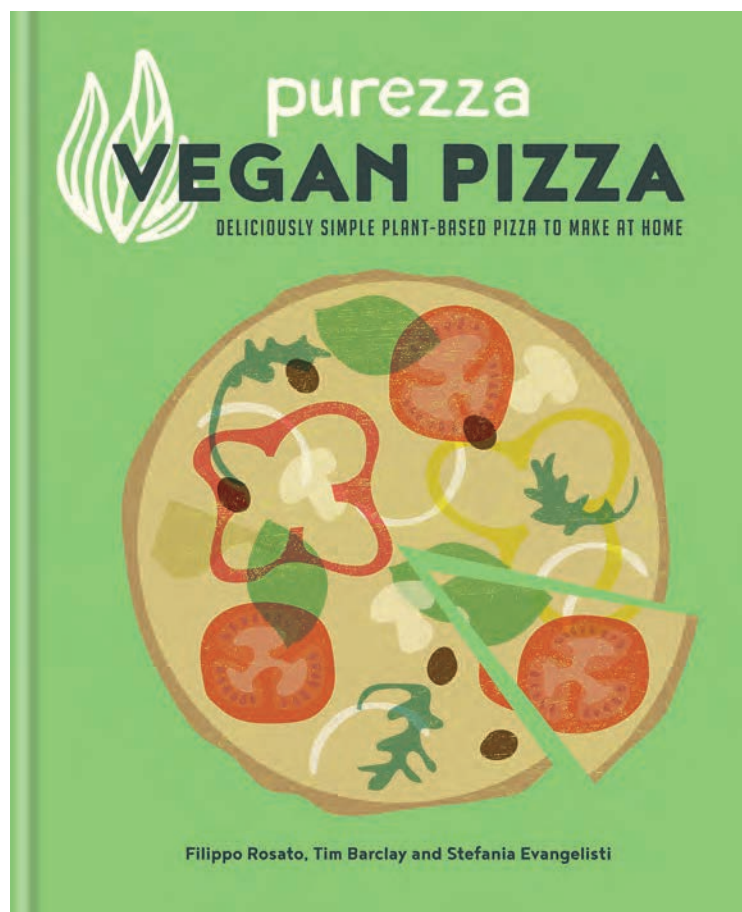
By Beata Lubas

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

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

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

How to Photograph Food | SSN (246x189) | HB
05/03/2020 | £25.00 | 192 pages | Ilex Press | 9781781576915



Purezza Vegan Pizza

Deliciously simple plant-based pizza to make at home.

By Filippo Rosato, Tim Barclay & Stefania Evangelisti

Winners of the World Pizza Award 2018 and Best Pizza at the National Pizza Awards 2018. Purezza, founded in Brighton in 2015, was the first vegan pizzeria in the UK. Passionate about plant-based food, their aim was simple: to make their menu superior to the traditional alternatives, revolutionising Italian food by using cruelty-free ingredients.

This book makes it possible to enjoy their authentic tasting pizza with at home. Discover your perfect crust (wholemeal, sourdough or gluten-free), choose your favourite sauce, from a classic San Marzano Tomato to a vibrant green Asparagus Sauce, create exciting nut cheeses, from deliciously melty Cashew Mozzarella to a punchy Almond Gorgonzola, and finish it all off with a range of tempting toppings, such as Beetroot Carpaccio, Smoked Carrot Pancetta and Funghi Trifolati. There are also Dips and Dressings to enjoy alongside your pizzas, and a selection of vegan-ised classic Italian dishes and desserts.

This book helps any home cook recreate the best vegan pizza that promises to be enjoyed by vegans and meat-eaters alike.

Author Biography: Tim Barclay and his wife Stefania Evangelisti set up Purezza in 2015. Tim has a background in marketing and Stefania in law, but they decided to follow their dream and start a plant-based food business. Filippo Rosato, head chef at Purezza, is a pizza enthusiast from Naples. He joined the business on day one and contributed to perfect the menu, introducing the use of wholegrain flours and developing the concept of sourdough Neapolitan-style pizza.

Instagram: @purezza

Purezza Vegan Pizza | U (235x190) | Colour photography throughout | HB
02/01/2020 | £18.99 | 144 pages | Kyle Books | 9780857837448



Aegean

Recipes from the
Mountains to the Sea

Marianna Leivaditaki



Aegean

Cretan recipes from the mountains to the seas.

By Marianna Leivaditaki

Marianna Leivaditaki was brought up in Chania on the Greek island of Crete. Her father is a fisherman and she spent most of her childhood evenings in her family's seafood restaurant, standing on a chair peeling sacks of potatoes and gutting and de-scaling the day's catch. By day she would carry her blue notebook, writing down the recipes she would like to prepare for her family and the kitchen wisdom of the Greek grannies she knew.

In Crete, the water gives fish and seafood that is cooked simply, the land bears fruit and vegetables that are served as main meals and the mountains offer game and herbs that are an irresistible delicacy. Aegean features sunny dishes that marry the sea and the land with the region's wild foods - but also reflects the fact that Marianna lives and works in London, and embraces ingredients and influences that come from the wider Mediterranean. Like eating at Morito - where the emphasis is on making people feel welcome - the recipes are approachable and homely, for sharing with friends and family.

Including Seared Squid with Rocket, Sheep's Cheese & Lemon, Cretan Pie with Greens, Courgette Fritters, and Red Wine Ice Cream with Raisins and Almonds, this is contemporary cooking that celebrates the simplicity and integrity of Cretan food.

Author Biography: Marianna Leivaditaki is the head chef at Morito, Hackney Road. She grew up in Chania, Crete, where her father is a fisherman. They had a local seafood restaurant where Marianna helped in the kitchen from an early age. After studying forensic pathology in the UK, cycling round southern Europe and moving to Ecuador, she went back to work in the family restaurant for two years. She returned to the UK and asked Sam and Sam Clark of Moro for a job at Moro and has worked for them ever since. She has written recipes for Guardian Cook, was on the front cover of OFM magazine and helped to write the Morito cookbook.

Aegean | 260x200 | HB

11/06/2020 | £26.00 | 224 pages | Kyle Books | 9780857838070



Harumi's Japanese Kitchen

Japanese cooking demystified with 53 new recipes from one of the world's bestselling authors of Japanese cookery.

By Harumi Kurihara

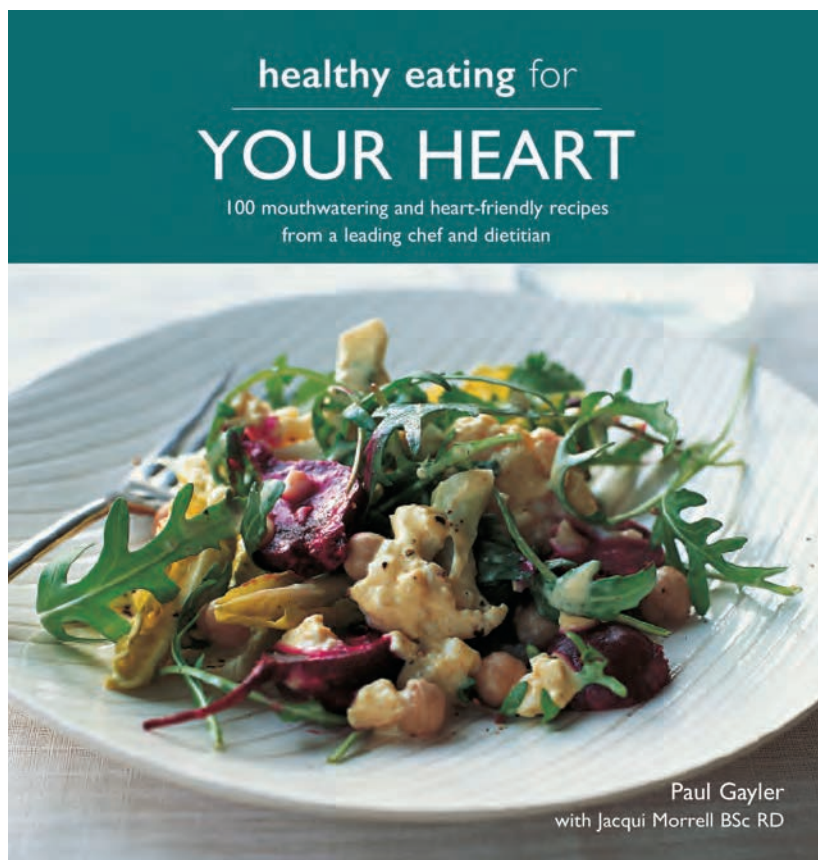
In Harumi's Japanese Kitchen, Harumi Kurihara takes it back to basics and shows you how to master Japanese recipes to impress friends and family.

With an enticing design and foolproof step-by-step photography, Harumi presents 53 recipes in her trademark approachable style, organised into chapters of Meat & Fish, Vegetables, Rice, Noodles & More and Desserts. There's also information on ingredients and utensils, making dashi and how to correctly prepare and cook rice.

A phenomenon in her native Japan, Harumi's books have sold more than 20 million copies worldwide. Harumi's Japanese Kitchen, published to tie in with Harumi's television programme of the same name, aims to make Japanese cooking accessible to all.

Author Biography: Harumi Kurihara's cooking, lifestyle books and magazines have made the charismatic former housewife a phenomenon in her native Japan and she has sold more than 20 million copies worldwide. She currently has more than 60 shops and cafés in Japan that sell her homeware, cookware and clothing ranges. Her success is rooted in her effortless, down-to-earth and unpretentious approach to stylish living and eating, which follows a philosophy of elegance and simplicity. Harumi's own inspiration derives from her traditional upbringing in a big family in central Japan. Later, as a full-time housewife and mother, married to Reiji Kurihara, a former TV anchorman, she found her talent to create delicious, simple to prepare, fashionable meals, without great expense. This skill, combined with her eye for simple, beautiful and practical home decoration has made her the most celebrated lifestyle authority in Japan.

Harumi's Japanese Kitchen | Z (210x149) | HB | 179 images, including step-by-step photography
07/05/2020 | £18.99 | 240 pages | Conran | 9781840918083



Healthy Eating for Your Heart

100 mouth-watering and heart-friendly recipes from a leading chef and dietitian.

By Paul Gayler with Jacqui Morrell BSc RD

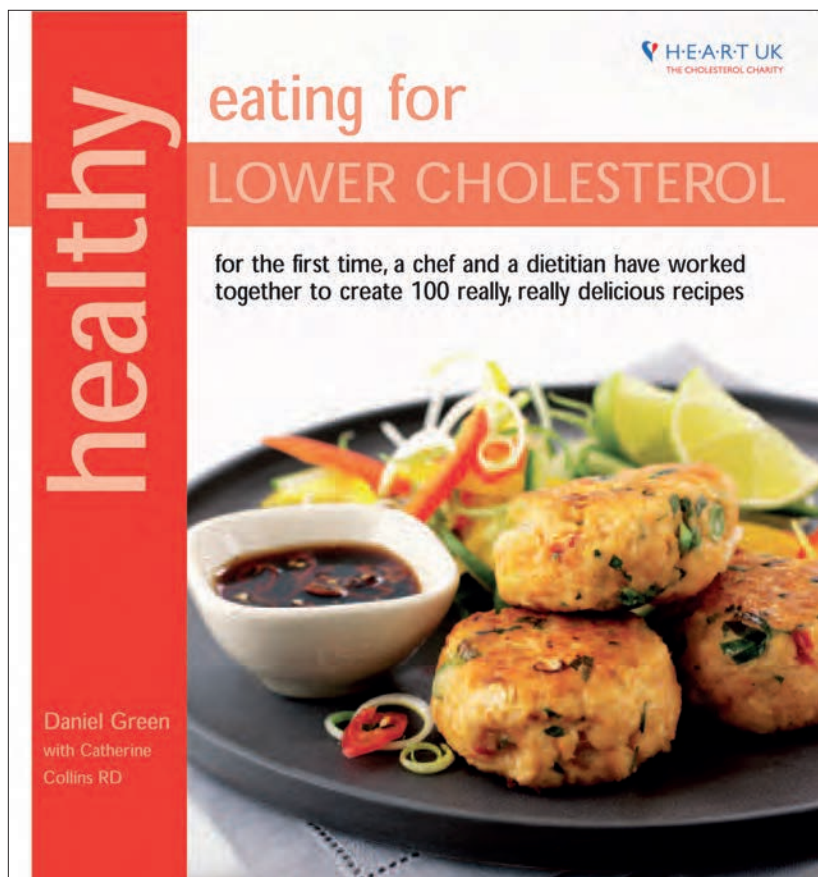
Cardiovascular disease (CVD) is the number one killer in the world, causing 17.3 million deaths each year. It is estimated that around one third of these deaths are due to an unhealthy diet. The key to a heart-friendly diet is plenty of fresh foods: vegetables and salads, fish, fruit, pulses and moderate amounts of lean meat and dairy foods. With sections on which foods to include in your diet and why, this book employs a holistic lifestyle approach to a healthy diet, including explanations on good and bad fats, and how to make deliciously flavour-some food without relying on saturated fats and too much salt. It discusses how to develop good eating habits in your everyday diet, for example healthy fast food, and how to feed a family. It also includes a helpful section on how to order when eating out.

Chef Paul Gayler, draws on his extensive culinary career to offer practical recommendations on all aspects of your diet, combined with an imaginative flair with ingredients, and advice on the best ways in which to use them. Jacqui Morrell, a leading heart dietitian, offers up her invaluable knowledge as well as useful information about the best way to eat a cardioprotective diet. With 100 recipes divided into sections on breakfast, light meals, main courses, soups, salads, snacks, and desserts, this book will impress your family, friends, and doctor!

Author Biography: Paul Gayler has worked in some of the UK's most prestigious restaurants, including is The Lanesborough in London, where he was the Executive Chef for more than 22 years until 2013. Author of many bestselling cookery books, Paul has won the Mouton Cadet chef competition twice, and has been a finalist, twice, in Le Prix Culinare International Pierre Taittinger. He was appointed MBE for services to the hospitality industry and charities in 2012 and is recognised as one of the UK's culinary masters.

Jacqui Morrell BSc RD (formerly Lynas) is a leading dietitian in heart health. She has a wealth of experience from working both for the NHS in the UK and as the consultant nutritionist for HEART UK, the cholesterol charity. Jacqui lectures nationally and internationally and is the author of many publications and books for both the healthcare profession and popular press. She now works as a freelance dietitian and nutritionist.

Healthy Eating for Your Heart | 220 x 210 | Colour photography throughout | PB
03/03/2020 | £14.99 | 160 pages | Kyle Books | 9780857838650



Healthy Eating for Lower Cholesterol

For the first time, a chef and a dietitian have worked together to create 100 really, really delicious recipes.

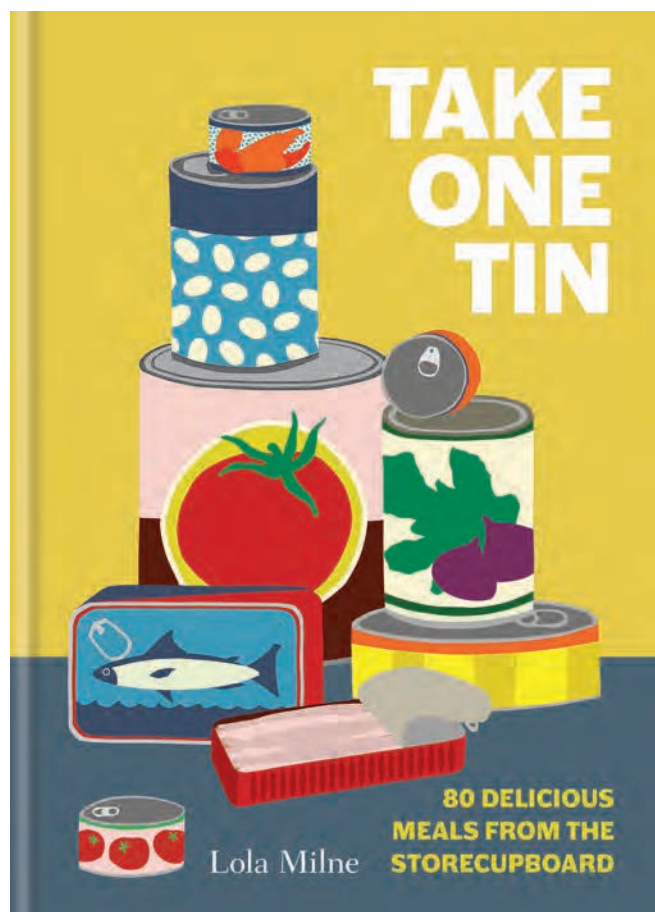
By Daniel Green with Catherine Collins RD

A book of recipes devised by a chef and based on nutritional advice – this is a much-needed cookbook for people who are concerned about high cholesterol. It contains over 100 recipes that have been created to tempt your taste buds while managing your cholesterol levels, together with helpful advice and practical information. The book is set out in two sections; the first is packed with useful tips from dietitian Catherine Collins and the second offers a range of delicious recipes devised by Daniel Green to help maintain a healthy diet while satisfying your appetite.

Author Biography: Daniel Green was an overweight teenager who learned how to create healthy gourmet meals for himself to slim down. He currently works as an in-house chef for the NBC network in the US and makes regular appearances on BBC2's Saturday Kitchen.

Catherine Collins RD is the Chief Dietitian at St George's Hospital. A spokeswoman for the British Dietetic Association, she is committed to providing accurate, impartial medical advice, and regularly contributes to articles in The Times and The Observer Food Monthly.

Healthy Eating for Lower Cholesterol | 220 x 210 | Colour photography throughout | PB
03/03/2020 | £14.99 | 144 pages | Kyle Books | 9780857838667



Take One Tin

80 delicious meals from the storecupboard.

By Lola Milne

Our kitchen cupboards are full of tins - tomatoes, chickpeas, tuna, kidney beans, sardines, sweetcorn, even figs - that often are used as an addition to a recipe but never the main ingredient. Take One Tin is a celebration of tinned ingredients, offering 80 recipes that take one tin and make it the focus of the meal.

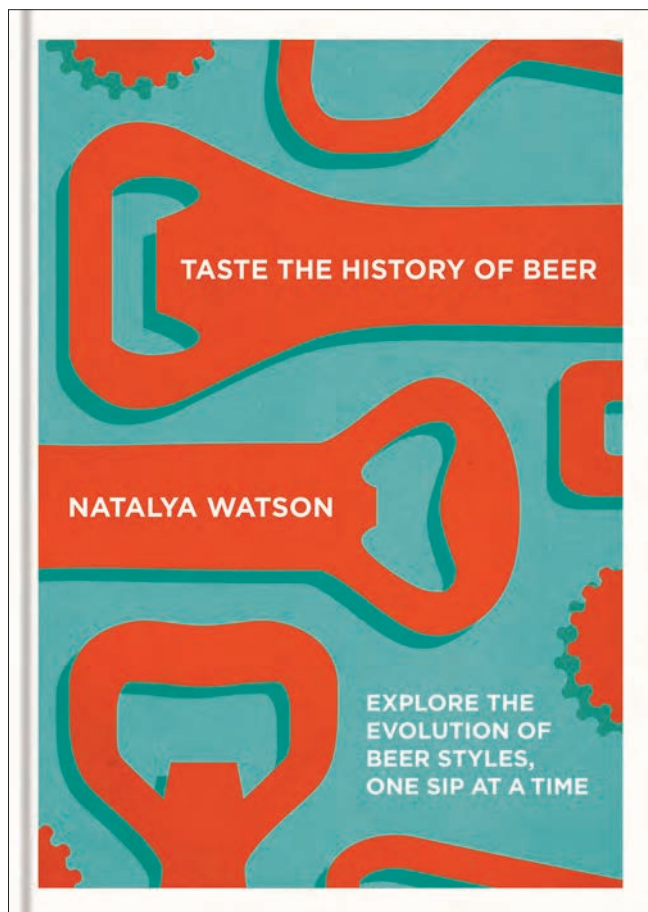
Arranged to showcase the range of tins available, the chapters begin with the staple that is Beans and Pulses, followed by Tomatoes and Vegetables, which play a central role in countless dishes, then Fish, and finally Fruit and Sweet Tins. The last chapter offers a few tasty accompaniments to eat alongside your meal.

Lola's creative but simple recipes, such as jackfruit & red kidney bean chilli, sweetcorn fritters, Sri Lankan mackerel curry and pineapple, coconut & lime upside down cake make the absolute most of ingredients you will already have, topped up with some fresh ingredients. Substitutions are also suggested should you not have every ingredient to hand.

Save money, be creative and waste less food by looking in your cupboard instead of visiting the supermarket.

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, working on the Waitrose food magazine, and then to being a stylist herself, expanding along the way into recipe testing and then writing.

Take One Tin | Z (210x149) | Colour photography and illustrations throughout | HB
23/01/2020 | £14.99 | 160 pages | Kyle Books | 9780857836144



Beer: Taste the Evolution in 50 Styles

By Natalya Watson

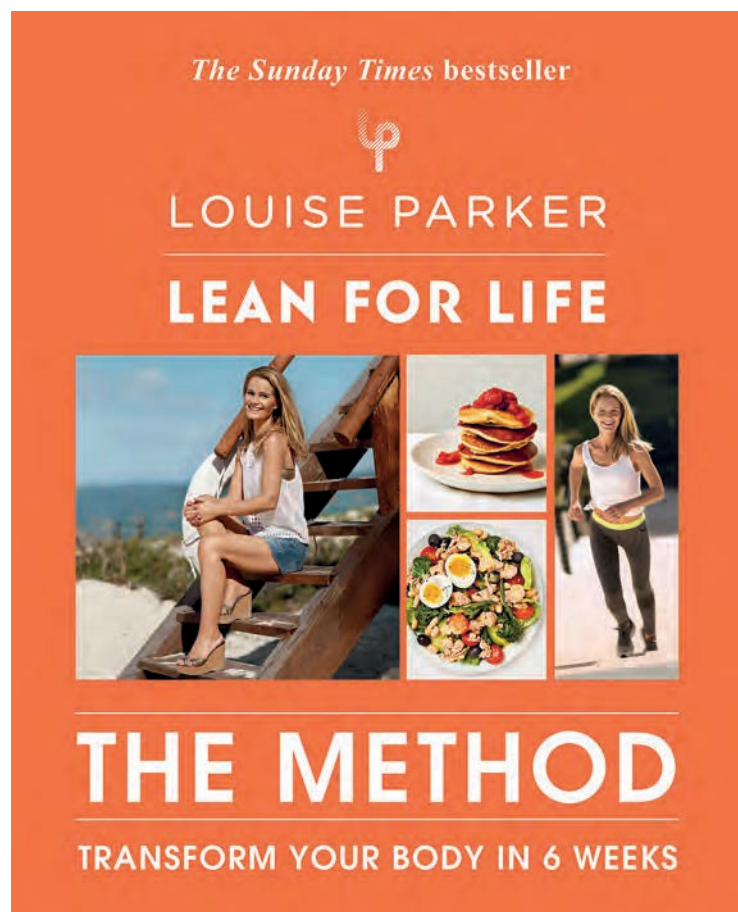
Taste your way through the history of beer; starting in the UK in the 1600s the book moves through time and across the world to tell the stories behind some of today's best-known beer styles, from German lagers to stouts and porters, double IPAs to sour beers. All while recommending modern-day brews that will give you a taste of history and an understanding of how these styles evolved.

An alternative beer history book that will entertain while it informs, explaining the wide array of aromas, flavours, and styles through four main ingredients, five centuries and fifty-plus beers. Each chapter focuses on one of beer's key ingredients - malt, water, hops and yeast, revealing how as each ingredient modernised over time, new flavours and styles emerged. Guided by ingredients, with no focus on an individual beer, brewery or brand, Beer: Taste the Evolution in 50 Styles will explore the same fundamental components that have been used for the last 1,000 years in beer production.

With just enough history to get hooked but not enough to get bogged down in a dusty old timeline, Natalya will breathe new life into the exploration of the one of the world's oldest and most enduring drinks.

Author Biography: Natalya studied microbiology at UCLA with a desire to save the world from infectious disease. She learned that while not the best at 'doing' science, she had a knack for making complex scientific concepts accessible and engaging for non-scientists. When she discovered the wide world of beer, she never looked back. Once qualified as a Certified Cicerone® and accredited Beer Sommelier, she began hosting educational talks and tastings for fellow beer-lovers in London to make sense of brewing science and giving people an even deeper appreciation for how their favourite beers are made. An American in London, she's on the board of British Guild Beer Writers, was previously Marketing Manager for Duvel Moortgat UK and has recently launched her podcast, Beer With Nat.

Beer: Taste the Evolution in 50 Styles | Z (210x149) | Illustrations throughout | HB
19/03/2020 | £14.99 | 208 pages | Kyle Books | 9780857837219



The Louise Parker Method

The first book from body-transformation expert and founder of the eponymous company, Louise Parker, now in paperback.
By Louise Parker

'Louise Parker, AKA the figure magician, has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' - Glamour

'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' - Good Housekeeping

'Clever, kind and committed to getting you the best body possible. Louise Parker really does think of everything.' - Tatler

'Quite simply the most intelligent weight-loss programme out there.' - Independent

It is not a diet - it is an inspiring, easy-to-follow programme for life, consisting of two phases:

TRANSFORM - taking the direct route to your best body

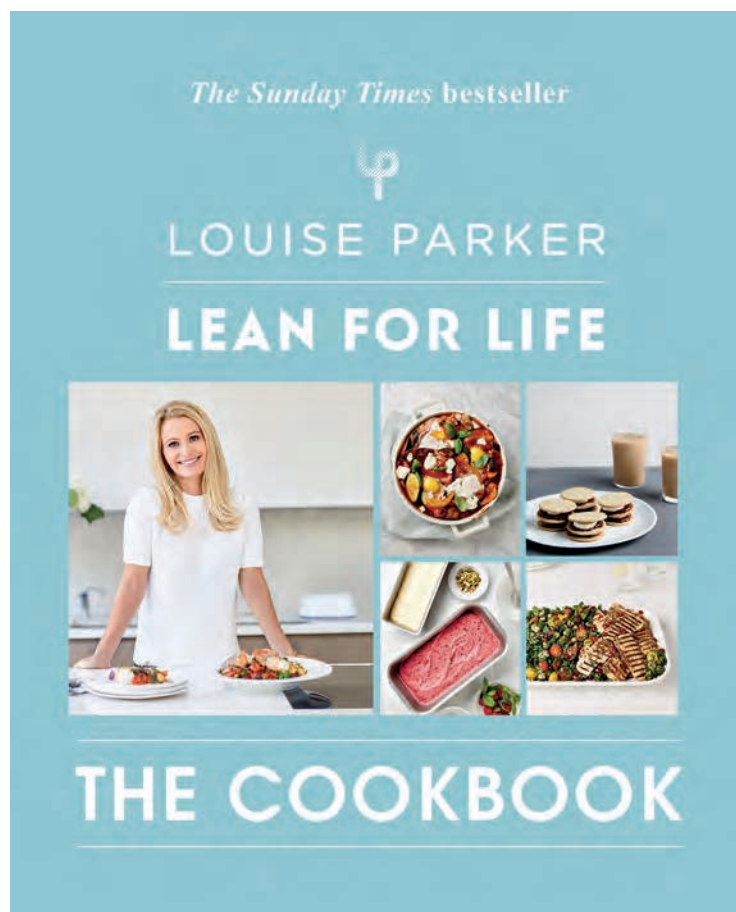
LIFESTYLE - protecting your results for life

The method is the best-kept secret of A-list celebrities, royals, global CEOs, entrepreneurs and London society - the quickest, most do-able approach of total body and lifestyle transformation. It contains over 80 effortless recipes to help you 'Eat Beautifully' and avoid being 'Organically Overweight'. Many of the recipes call for fewer than 8 ingredients and take just 8 minutes to prepare.

For the first time, Louise shares her unique four-pronged approach to lasting success that has made her method the mecca for worldwide clients demanding the most intelligent, focused and practical solution to permanent weight loss and habit change. The book details four simple pillars that promise you can drop two dress sizes in six weeks without a chia seed in sight.

Author Biography: Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 18,000 people in more than 39 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the everincreasing demand for The Louise Parker Method. They live in London with their 3 daughters.

The Louise Parker Method | U (235x190) | Over 150 photographs and illustrations | PB
 09/01/2020 | £15.99 | 224 pages | Mitchell Beazley | 9781784726263



The Louise Parker Method: Lean for Life

THE MUCH-ANTICIPATED FOLLOW-UP TO THE SUNDAY TIMES BESTSELLER THE LOUISE PARKER METHOD, NOW IN PAPERBACK
By Louise Parker

This year, start a new you eating plan you can maintain for life. Louise Parker shows you how the A-Listers do it.

Don't be fooled by vague promises of organic 'clean' eating. Teach yourself to EAT BEAUTIFULLY and EAT LEAN and TRANSFORM YOUR BODY FOREVER.

This cookbook not only contains over 120 fuss-free recipes; it arms you with the knowledge to create hundreds of variations so you will never get bored.

Praise for Lean for Life:

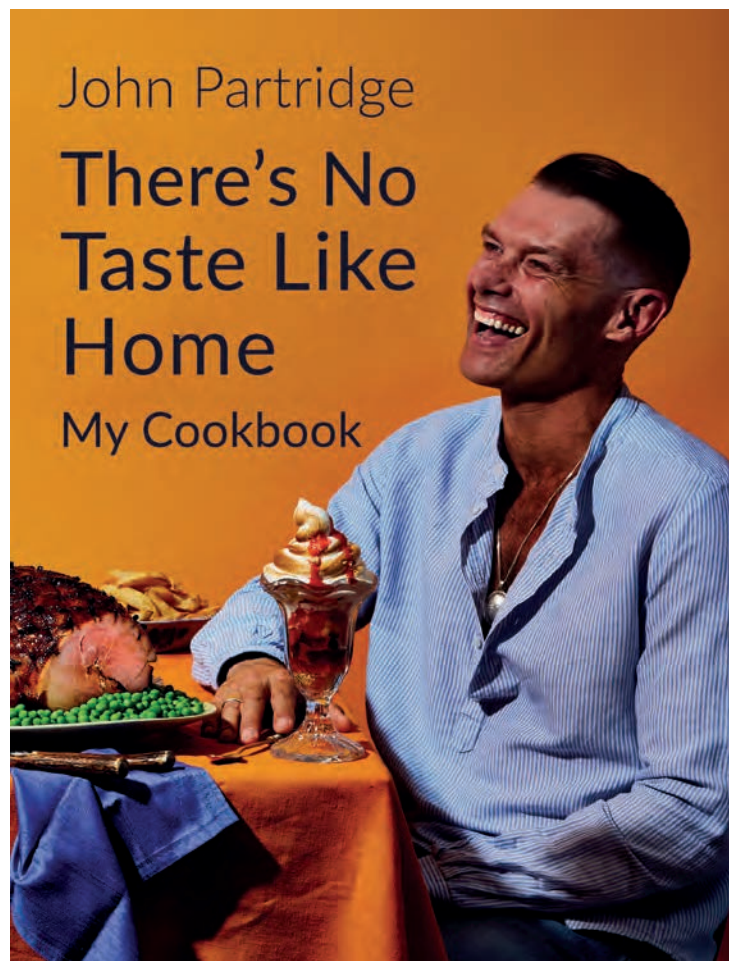
'Louise is the only one out there I trust - she's not holier than thou, yet somehow miraculously gets my reluctant arse into gear and sometimes even keeps it there. I love that her method is NOT a diet - and is genuinely sustainable - so I can have my glass of wine and manage to avoid spending the rest of the week eating cheesy wotsits. She toughens me up without driving me round the bend with kale juice and the more depressing style of sprout. She just gets it. We all use her, because she's discreet and funny and that's really important' - Emma Thompson

'Louise Parker, AKA the figure magician, has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.' - Glamour

'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.' - Good Housekeeping

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The Louise Parker Method: Lean for Life | U (235x190) | Over 150 photographs and illustrations | PB
14/05/2020 | £15.99 | 224 pages | Mitchell Beazley | 9781784726256



There's No Taste Like Home

**** THE FIRST BOOK FROM THE WINNER OF CELEBRITY MASTERCHEF 2018****

By John Partridge

There's No Taste Like Home tells the remarkable story of John's life in food and his emotional journey of grief and recovery through cooking, with every dish inspired by a personal memory, and each punctuated with stunning photography. It is a cookbook with real difference and emotion - born out of his winning MasterChef menu that was inspired by his mother who he had recently lost to Alzheimer's.

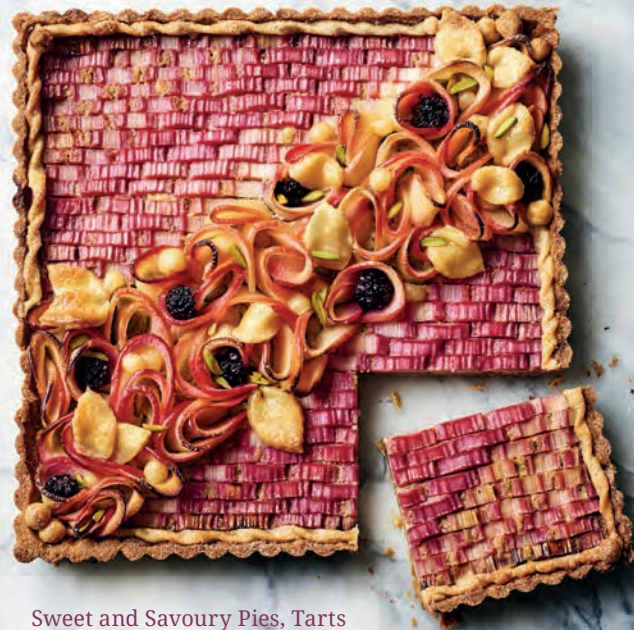
During the year leading up to the MasterChef final John learnt to reconnect with his past, to grieve and to heal through cooking. There's No Taste Like Home is a collection of heart-warming, fuss-free and budget-conscious recipes that each promise to deliver a simultaneous sense of nostalgia and comfort. From easy Breakfast Doughnuts to fun Fish & Chip Tacos to a showstopping Black Forest Gateaux there really is something to satisfy every palette and suit all occasions no matter your skillset or budget.

John has created this wonderful collection of recipes, drawing on all his favourite memories of food, menus and cooking, adding his own unique and creative twist to each dish.

Author Biography: John Partridge is best-known for playing Christian Clarke in EastEnders as well as being a judge on the BBC1 series, Over The Rainbow and ITV hit, The Real Full Monty. He won Celebrity MasterChef in Autumn 2018 for his 'No Taste Like Home' menu inspired by his mother. He has battled with addiction throughout his life and cookery has been instrumental to his recovery. He now appears at food festivals around the UK including Edinburgh Foodie Festival, Yorkshire Life Food & Drink, Cheshire Life and Lancashire Life demonstrating his favourite comfort food recipes.

There's No Taste Like Home | SSN (246x189) | H/B | Over 70 photographs
02/04/2020 | £20.00 | 224 pages | Mitchell Beazley | 9781784726362

THE PASTRY SCHOOL



Sweet and Savoury Pies, Tarts
and Treats to Bake at Home

Julie Jones

The Pastry School

A Masterclass in the Art and Craft of Baking and Decoration

By Julie Jones

A masterclass in preparing, baking and decorating pastry, from delicate tarts to comforting pies. Julie Jones is renowned for her highly decorative bakes packed with bold layers of flavour and texture. She is leading the pastry revival, believing that with a bit of patience and a love for food, anyone can create delicious, beautiful bakes.

A comprehensive Pastry Recipes & Methods section guides you through 10 different types of pastry with step-by-step instructions. These include loved classics such as Shortcrust and Hot Water, as well as a versatile Vegan and Gluten-free, that can be swapped in or out of recipes with a helpful Alternative Pastry Key.

Chapters include Fruit, Cream & Cheese, Nuts, Vegetables, Meat & Fish and Crunch & Crumb, featuring more than 50 sweet and savoury recipes ranging from a crowd-pleasing Vegetable Patch(work) Tart to stunning Vanilla Slices.

Dive in and be inspired by Julie's delicate decorations and full-on flavours - these bakes are fun and achievable, with swaps and creativity encouraged.

Author Biography: A trained chef, Julie Jones started her Instagram account as a means of documenting the beautiful bakes she made with her mother who was suffering from early onset dementia. Her following has grown exponentially and she has appeared on TV and radio - on BBC's Yes Chef with Pierre Koffman, ITV's Beautiful Baking with Juliet Sear and BBC R4's The Food Programme. In 2018 she won the Observer Food Monthly Best Instagram Feed Award and Waitrose Food Magazine has named her as one of the UK's most influential bakers. She is an inspirational force in the kitchen and her supper clubs sell out months in advance. She lives in Cumbria.

Instagram: @julie_jonesuk

The Pastry School | 260x200 | Colour photography throughout | HB
05/03/2020 | £25.00 | 208 pages | Kyle Books | 9780857837806



Whisky: It's not rocket science

An innovative infographic guide to understanding and appreciating everything to do with whisky.

By Mikaël Guidot

Life is complicated. Whisky doesn't have to be!

This is a great way to get into one of the world's most popular spirits - whether you're a novice looking to build your whisky know-how, or a seasoned whisky-drinker who'd like to delve deeper into what's in your glass. This fun, cleverly illustrated guide is bursting with information, from how whiskies of all kinds are made to the characteristics of different whiskies around the world, cocktail recipes and so much more.

Whisky: It's Not Rocket Science includes:

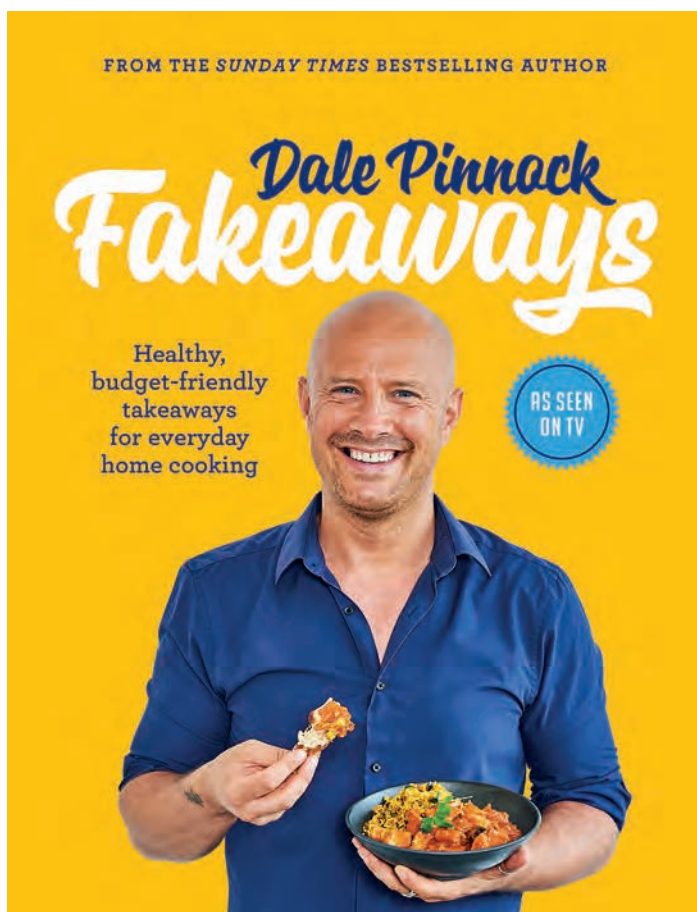
- How different whiskies are made.
- Information on key producers around the globe.
- Top tips on everything from how to avoid a hangover to where to buy whisky and choosing the right glass.
- Recipes for delicious whisky cocktails, as well as food pairings and dishes that incorporate whisky.

Author Biography: Mickaël Guidot. Originally from Burgundy, Mickaël grew up close to the famous wine regions of Beaune and Nuits-Saint-Georges, where he spent a good deal of time in the bars and wine cellars of the region. He left this area to work in Paris for various PR agencies, which is where he got acquainted with numerous brands of Champagne and spirits, and began to develop a more experienced palate and a lively interest in tastings.

With the aim of sharing his knowledge and discoveries, he set up the website www.forgeorges.fr in 2012. It was named in homage to his grandfather, who had died a few months earlier, and who always used to enjoy apéritifs with the family. He created the blog as a form of sharing and exchange, and has since developed a limitless passion for whisky, borne out by his own vast collection of bottles.

Yannis Varoutsikos is an artistic director and illustrator. He is plenty of other things, too, but that's another story. He has illustrated several books on food and drink, including *Wine It's Not Rocket Science* (2017), *Pâtisserie* (2016), *Coffee It's Not Rocket Science* (2019) and *The Complete Guide to Baking* (2017).

Whisky: It's not rocket science | U (235x190) | HB | More than 500 colour illustrations
05/03/2020 | £17.99 | 192 pages | Hamlyn | 9780600636397



Dale Pinnock Fakeaways

Healthier, cheaper takeaways for everyday home cooking.

By Dale Pinnock

How often do you find yourself reaching for the local takeaway menu or scrolling aimlessly through deliveroo? How many homecooked meals do you genuinely prepare per week? If your pots and pans are looking grossly underused - then this is the book for you.

Everyone loves a takeaway, but we have never been more aware of the impact they can have on our health and our wallets. In Fakeaways award-winning chef and qualified nutritionist Dale Pinnock shows you how to create healthy alternatives to your favourite takeaways at home.

From Top Marks Tikka Masala to Vegetable Chow Mein, Aubergine Parmigiana, Chicken Yakitori and Beginners Sushi to all-time classics such as Fish and Chips and "Kould-Be" Fried Chicken - a night in has never sounded so delicious.

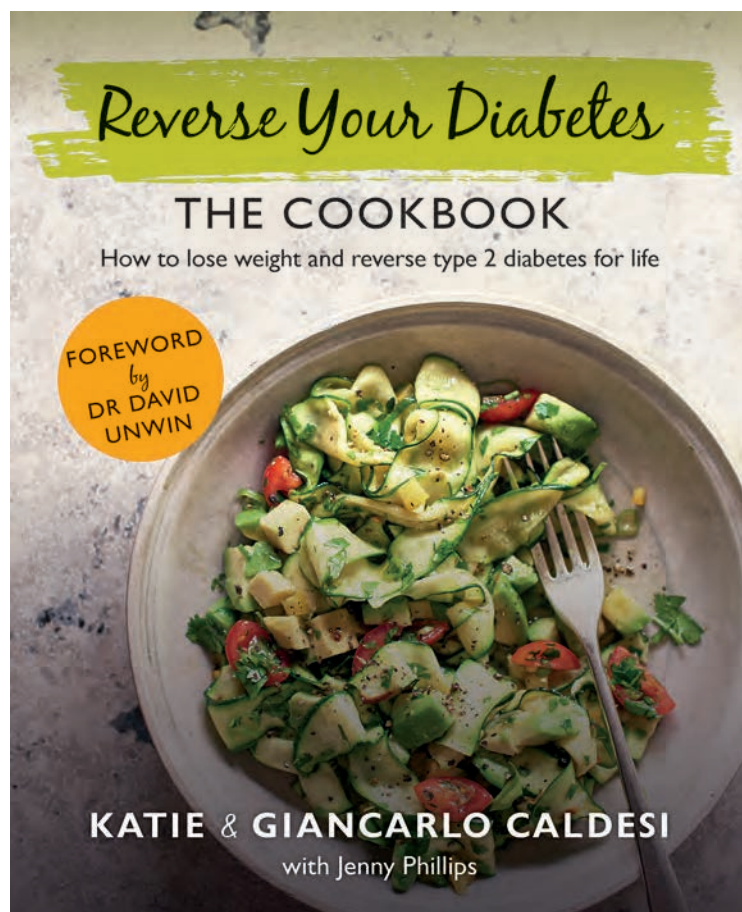
Fakeaways brings together 80 of your favourite meals from around the world with nutritional information and creative-twists to help you save time and money.

Author Biography: Award-winning and highly qualified Medicinal Chef Dale Pinnock is the preeminent 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.

Dale Pinnock Fakeaways | SSN (246x189) | Over 80 colour photographs | PB
06/02/2020 | £15.99 | 192 pages | Hamlyn | 9780600636069



Reverse Your Diabetes: The Cookbook

The follow-up to Sunday Times bestseller *The Diabetes Weight-loss Cookbook*.

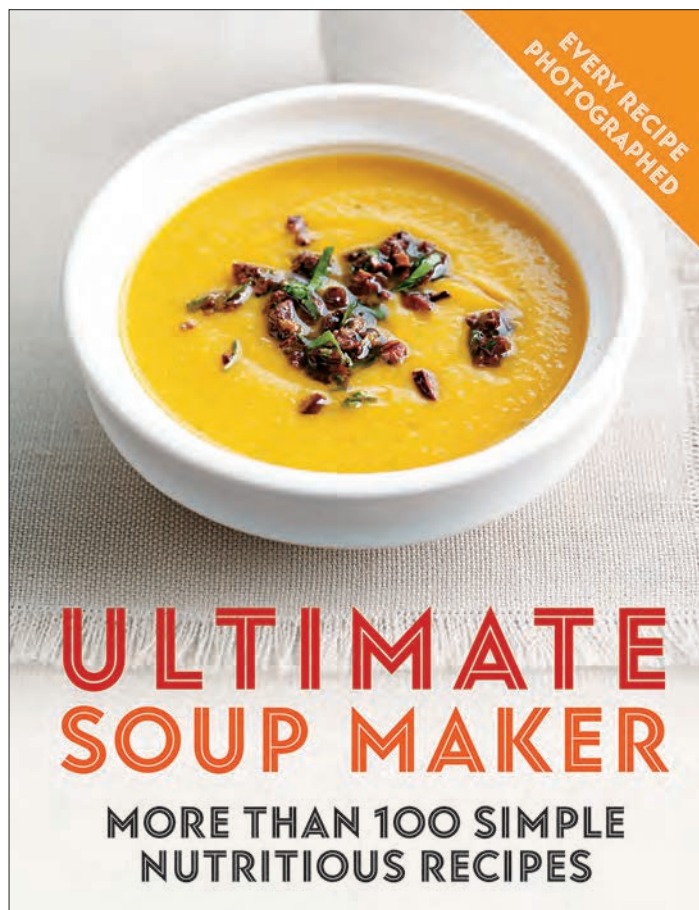
By Katie & Giancarlo Caldesi

Following on from the success of *The Diabetes Weight-Loss Cookbook*, Katie and Giancarlo Caldesi are back to guide you through how to reverse the progress of type 2 diabetes, lose weight and bring your blood sugar down to a normal level. This new book is full of simple, delicious recipes that encourage and help you to sustain permanent lifestyle change.

The *Reverse Your Diabetes Cookbook* is packed full of mouth-watering low-carb dishes using easy-to-source, inexpensive ingredients. With recipes to address common pitfalls, such as food on the go and take-to-work lunches, alongside fakeaways providing healthy alternatives to takeaway favourites, this is food to fill you up without fattening you up. With a foreword by pioneering GP and diabetes specialist Dr David Unwin, this life-changing book shows you how you too can prevent and reverse type 2 diabetes by adopting a low-carb way of life and choosing lifestyle medicine over lifelong medication.

Author Biography: Katie Caldesi (Author) Katie and Giancarlo Caldesi own London's Caffé Caldesi as well as Caldesi in Campagna in Bray. They co-authored *Around The World in Salads* and *The Gentle Art of Preserving* which was nominated for the André Simon Food Book Award and the Guild of Food Writers' Cookbook of the Year award. They have both appeared on *Saturday Kitchen*. Katie is also the author of *The Italian Cookery Course*. Giancarlo was diagnosed with type 2 diabetes in 2012. Since then he has lost nearly 4 stone and his type 2 diabetes is in remission after adopting a low-carb diet.

The Reverse Your Diabetes Cookbook | U (235x190) | Colour photography throughout | H/B
19/03/2020 | £20.00 | 208 pages | Kyle Books | 9780857838575



Ultimate Soup Maker

Over 100 Simple Nutritious Recipes for your soup maker.

By Joy Skipper

Bring the joy of homemade soup back into the kitchen.

Featuring over 100 simple, easy-to-make recipes Ultimate Soup Maker is the perfect companion to your soup maker. Save time in the kitchen, cut costs and create delicious, nourishing bowls of soup at home.

Why use a Soupmaker?

VERSATILITY - from light lunches to something more substantial - soups can be healthy, comforting, hearty and nourishing, as well as easy to incorporate into your daily diet.

SUPER QUICK - prepare family favourites such as Roasted Tomato and Leek and Potato soup in half the time.

ECONOMICAL - soup makers not only reduce food waste but also precious time spent slaving over the hob and doing the washing up. Affordable models are stocked widely.

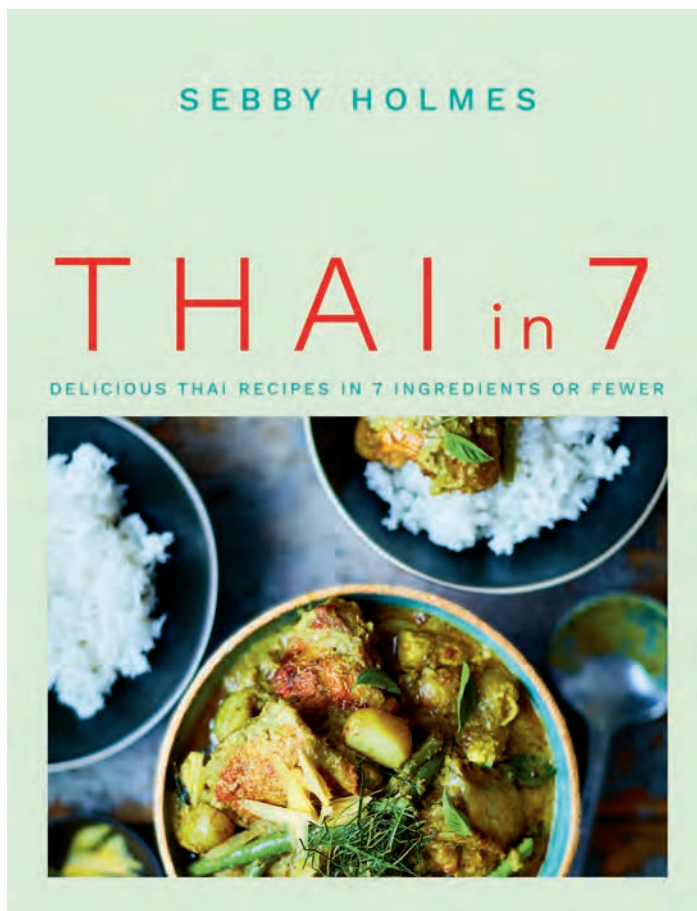
HEALTHY - the average spend on fresh soup has doubled in the past 10 years. A recent rising trend on Amazon, soup makers are "the new juicers" allowing users to create fuss-free nutritious meals at home.

CONVENIENCE - all recipes can be made from beginning to end in soup makers featuring a sauté function or otherwise prepared in a pan before transferring to a soup maker. Each recipe serves four people and includes suggestions for additional garnishes.

Discover the potential of soup making with this must-have, fully-illustrated cookbook.

Author Biography: Joy Skipper is a qualified nutritional therapist specialising in Sports Nutrition. She has a BSc (Hons) in Nutritional Therapy from The Centre of Nutrition Education and Lifestyle Management, following her graduation from the world-renowned Institute of Optimum Nutrition in 2009. She writes extensively on healthy food for a number of magazines, including Waitrose Kitchen, Delicious Magazine, Weight Watchers Magazine and BBC Good Food and has authored several books.

Ultimate Soup Maker | SSN (246x189) | 100 colour photographs | PB
09/01/2020 | £9.99 | 128 pages | Hamlyn | 9780600636410



Thai in 7

75 delicious Thai recipes in 7 ingredients or fewer

By Sebby Holmes

Thai recipes can often feature a long and off-putting list of ingredients, so it becomes a cuisine we treat ourselves to in a restaurant or as a takeaway rather than cook at home. In Thai in 7, Sebby Holmes shows how you only need 7 ingredients or fewer to make deliciously fragrant and fiery Thai dishes any night of the week.

From Peppered Crispy Tofu with Coconut Cream & Sweet Basil to Aromatic, Smoky Braised Beef Shin Curry, Sebby's innovative, easy recipes retain the punchy flavours of Thai food using ingredients that can be found in any supermarket. With an enticing mix of fast, fresh and nourishing dishes, Thai in 7 celebrates the variety of Thai food with curries, stir-fries, pickles and desserts that are certain to make your taste buds tingle.

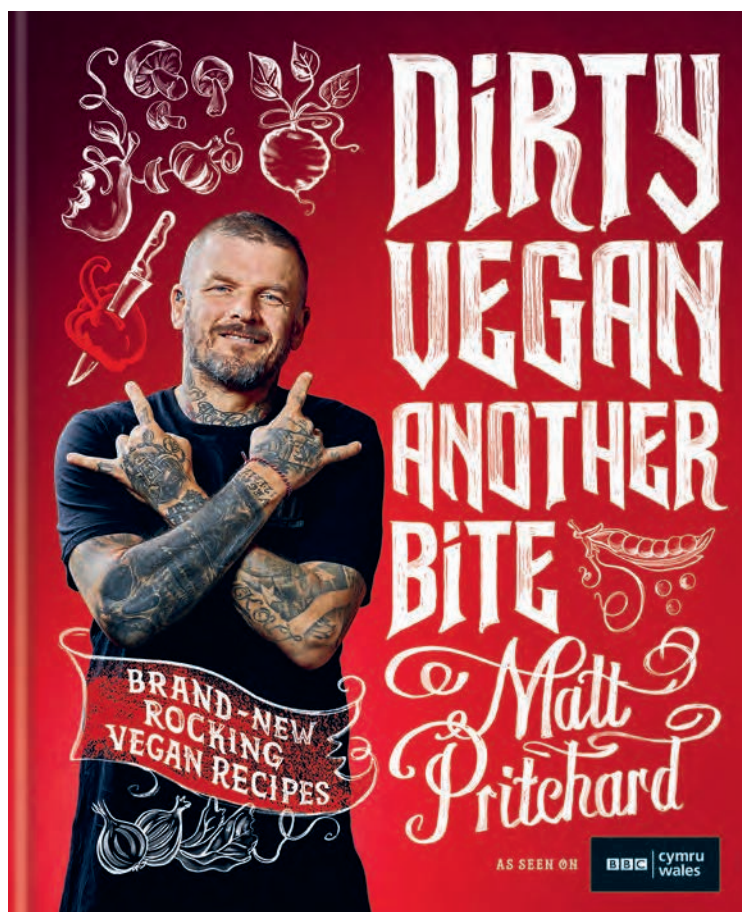
'Sebby Holmes: A big name on London's Thai food scene.' -Evening Standard

'Fiery, colourful, distinctive, lavishly seasoned, modern, bright, fun, filling, rare, unusual.' -Giles Coren on Sebby's cooking at Farang

Author Biography: Sebby Holmes has worked in kitchens since the age of 13. He fell in love with Thai food whilst working at the Begging Bowl in Peckham, where he worked his way up to sous chef, before being head hunted for the head chef position at Smoking Goat in Soho, both highly praised Thai restaurants. His Thai pop-up, Farang, which featured at Taste of London and Street Feast London, now has a permanent home in Islington. His first book, Cook Thai, was published in 2017.

www.faranglondon.co.uk
@farangldn @sebbyholmes

Thai in 7 | SSN (246x189) | Colour photography throughout | PB
14/05/2020 | £17.99 | 176 pages | Kyle Books | 9780857838346



Dirty Vegan: Another Bite

THE HOTLY-ANTICIPATED FOLLOW-UP TO THE BESTSELLING BBC TIE-IN
DIRTY VEGAN

By Matt Pritchard

From the ex-presenter of the cult TV show Dirty Sanchez, Matt Pritchard, comes the accompanying book to the BBC's leading vegan cookery programme, Dirty Vegan. Returning to screens for a second season, Matt shows you just how easy and cheap it can be to go vegan and how the right nutrition can help you perform better in all aspects of life. Discover more than 80 brand-new recipes for proper healthy vegan food. This time including chapters such as: Super Quick Midweek Meals, Comfort Food, Classics and Food with Legs (for when you need that extra bit of energy).

Recipes include:

Crispy Peking Jackfruit Pancakes

Fast Falafel with Carrot Salad & Harissa Tahini

Winter Root Caesar Salad with Crispy Capers

Roasting Tray Laksa

Tofu Katsu Curry

Spiced Chocolate Cake with Maple and Cashew Cream

Praise for Dirty Vegan

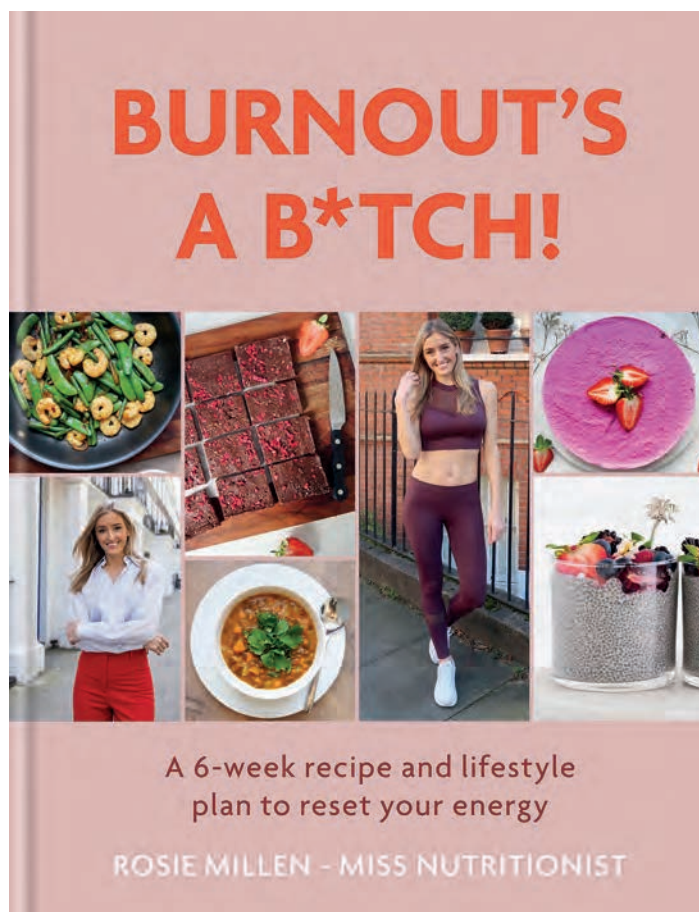
'This book is packed with uncomplicated, delicious recipes' - BBC Good Food
'Dirty Vegan's hearty, casually presented and flavour-packed recipes should find universal appeal' - Waitrose Magazine

'Vegan food is far from boring and doesn't mean you have to sacrifice your favourite indulgent treats. Which is why we'll be whipping up some of the seriously tasty dishes in Dirty Vegan' - Heat Magazine

Author Biography: Since Dirty Sanchez, Matt Pritchard has maintained his motto 'Sleep when you're dead' and is now an endurance athlete who undergoes extreme challenges for charity. Breaking world records and tackling anything in his path, he credits much of his success to his change in diet - becoming 100% vegan. His approach is to show people just how easy and cheap it can be to go vegan and how the right nutrition can help you perform.

Dirty Vegan: Another Bite | U (235x190) | HB

12/12/2019 | £20.00 | 208 pages | Mitchell Beazley | 9781784726300



Burnout's A B*tch

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

By Rosie Millen AKA Miss Nutritionist

Burnout's a B*tch! is the antidote to the overloaded, overworked, overly stimulating modern lifestyle. It delves into unexpected energy saboteurs so readers and 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!

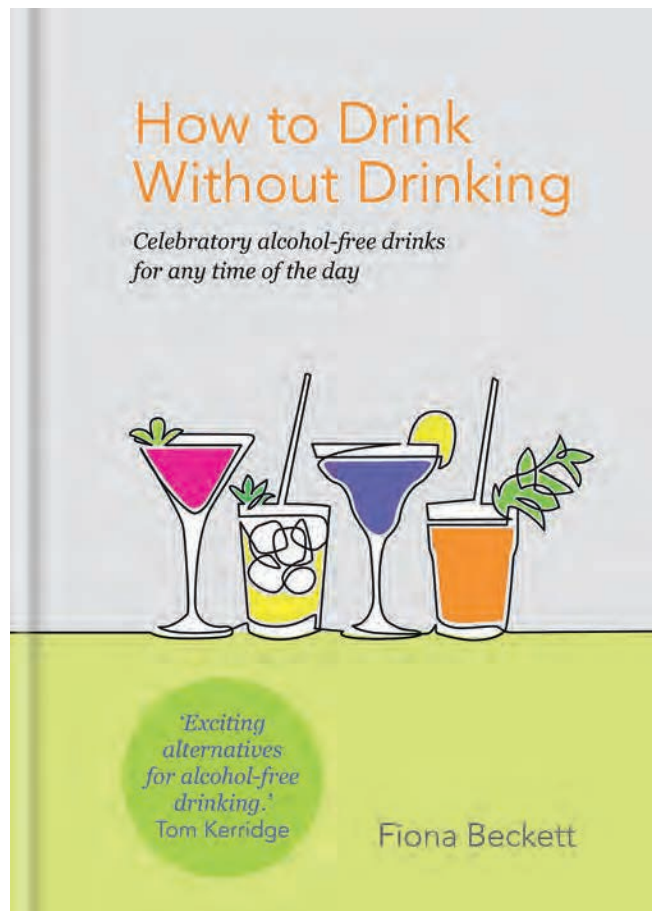
The World Health Organisation have not only officially added burnout to their International Classification of Diseases; they predict that work-related stress, burnout and depression will together top the list of most prevalent diseases by 2020.

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 and recover from adrenal fatigue.' - Rosie Millen

Author Biography: Rosie Millen is a fully qualified Nutritional Therapist who set up her company Miss Nutritionist in 2010. In 2014 she developed a health condition called Adrenal Fatigue, AKA burnout, and 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 women to increase their energy, 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) | Over 100 colour photographs and illustrations | HB
07/05/2020 | £20.00 | 208 pages | Mitchell Beazley | 9781784726676



How to Drink Without Drinking

Celebratory alcohol-free drinks for any time of the day.

By Fiona Beckett

'Simple, creative ideas on what to drink when you are not drinking, from the queen of drinks.' - Anna Jones

'Exciting alternatives for alcohol-free drinking.' - Tom Kerridge

Whether you're on the wagon for good or just looking to take a couple of alcohol-free days a week, avoiding alcohol doesn't have to mean missing out on flavour or fun. This beautiful and inspiring book includes tips and recipes for ferments, cordials and shrubs, as well as delicious alcohol-free cocktails and juices.

Created by Fiona Beckett, one of the country's leading wine writers, you can be assured that every recipe in this book has earned its place as a tasty and exciting alternative to alcohol. Whether you wish to mix a pitcher of Strawberry Punch for a summer party, sample a Kaffir Lime Mojito on a Friday night or fill your drinks cabinet with Wild Cherry and Star Anise Shrub, this book is packed with creative ideas and gorgeous flavours.

Author Biography: Fiona Beckett is a highly respected drinks and food writer and the wine columnist for the Guardian. Her Matching Food and Wine Website is a hugely popular resource for both sourcing and pairing wine with food and also hosts tastings, dinners and workshops on food and wine pairing in destinations as far apart as Dartmouth, UK and Delhi. She is a regular contributor to Decanter magazine, Delicious, The Times and the Daily Mail and is a regular judge at the BBC Food and Farming Awards and the Fortnum & Mason Awards.

How to Drink Without Drinking | Z (210x149) | Colour photography and illustrations throughout | HB
02/01/2020 | £15.99 | 208 pages | Kyle Books | 9780857836151



One Tin Bakes

By Edd Kimber

Ten years after winning the first ever series of The Great British Bake Off, Edd Kimber is back with a new baking book perfect for novices and experts alike. Edd's One Tin Bakes will show you how easy it is to create 70 inspired bakes, using just one tin sized 9x13in.

With chapters including Cakes, Bars & Cookies, Pastry, Pies & Tarts, Desserts and No-Bake Bakes, and Buns & Breads there's plenty to choose from to create a beautiful bake that only lacks the washing up. Try Anzac Caramel Slices for a sweet treat with a salty kick, Rhubarb Strawberry Cobbler for an easy summery dessert, or Tahini Babka Buns for those weekend pastry cravings.

You need minimal equipment and skill to whip up something fruity, chocolatey, spiced or nutty – One Tin Bakes is full of versatile and achievable recipes that celebrate the flavours of both traditional and modern bakes from around the world, each with a special Edd Kimber twist.

Author Biography: Edd Kimber won the first series of The Great British Bake Off in 2010. He is the author of The Boy Who Bakes (2011), Say It With Cake (2012) and Patisserie Made Simple (2014). Edd has appeared on Market Kitchen and Perfect... as well as at the BBC Good Food Show and other food shows around the country. He is a contributing editor to Bake from Scratch magazine, a go-to baking writer for Olive magazine, a baking teacher at Leiths School of Food and Wine, as well as a QVC presenter and a brand ambassador for KitchenAid. Edd has a popular blog at www.theboywhobakes.com, where he shares the recipes of his most recent baking innovations.

@theboywhobakes

One Tin Bakes | 229x164 | Colour photography throughout | HB
25/06/2020 | £17.99 | 176 pages | Kyle Books | 9780857838599

COVER
COMING
SOON

Keep it Keto

100 simple and delicious ketogenic meals.

By Monya Killian Palmer

Following a low-carb, high-fat ketogenic diet helps you lose weight, feel great and enjoy better energy and mental clarity, but with lots of information about macronutrients and ketosis, it can be hard to know where to start - and what to eat. Keep it Keto makes it easy, with simple and delicious recipes that fit into your busy lifestyle.

Start your day with Bulletproof Coffee and Salmon Eggs Benedict with Chia Seed Breakfast Muffins, enjoy a Thai Steak Salad for lunch, keep yourself fuelled through the afternoon with Spicy Rosemary Roasted Nuts, and for dinner, treat yourself to Slow-cooked Lamb Shoulder with Roast Cherry Tomatoes and a side of Broccoli and Brown Butter Mash. There are even desserts, including Lime Cheesecake Tart and Berry Meringue Baskets, so you can indulge your sweet tooth while Keeping it Keto.

Covering Breakfasts, Snacks, Light Lunches, Dinners, Sides and Desserts, this is a comprehensive selection of keto-friendly recipes to make it easy and enjoyable to stick to your ketogenic lifestyle.

Author Biography: Monya Kilian Palmer is a trained chef and professional recipe developer based in Berkshire, UK. She is a passionate ambassador of the ketogenic lifestyle. Monya worked as a development chef in Capetown, South Africa before moving to the UK in 2012. She spent several years working at Heston Blumenthal's Fat Duck Experimental Kitchen, developing dishes, testing and writing recipes. Later, she became Culinary Editor at Le Cordon Bleu International.

Keep it Keto | U (235x190) | Colour photography throughout | PB
25/06/2020 | £16.99 | 144 pages | Kyle Books | 9780857838728



Plain Simple Useful

By Terence Conran

‘A handsome yet joyful manual for easy, stylish living.’ - Architectural Digest

Terence Conran has always believed that objects - and surroundings - that are plain, simple and useful are the key to easy living. By being practical and performing well over time, they are as much the antidote to superficial styling as they are to the shoddy and second-rate. Applied to the home as a whole, this discerning approach results in interiors that are effortlessly stylish, confident and timeless, with plenty of room for the expression of personal taste.

Plain Simple Useful is organized according to the main activities that take place at home. Inspirational interiors, many of which are Conran's own, and a number of projects designed by him exclusively for this book, provide all the guidance you need to tailor-make your own storage. The book also features iconic examples of classic designs that will enhance any home, as well as a peek behind the closed doors of those well-ordered cupboards, larders and other stowing spaces that contribute so much to easy living.

This updated edition of the book features a new chapter on plain, simple, useful style outdoors with elegant contemporary ideas for eating and relaxing spaces outside.

Author Biography: Terence Conran is one of the world's best-known designers, retailers and restaurateurs. Born in 1931 he founded the Conran Design Studio in 1956 and later the Habitat chain of home furnishing shops that revolutionized the British high street in the Sixties and Seventies. Later he established The Conran Shop and founded the Design Museum in London, the world's first museum dedicated to design.

Throughout his career his companies have designed, owned and operated shops, restaurants, hotels, bars and cafés around the world as well as working across the fields of architecture, interiors, products, graphics and brand identity. This diverse range of projects has all been driven by Terence's fundamental belief that intelligent design improves the quality of people's lives.

Today, Terence designs furniture for Benchmark, Content by Terence Conran and The Conran Shop, and is involved in several restaurants including The Boundary and Bibendum. He has written more than 50 informative books that broadly reflect his design philosophy, most recently Conran on Colour and My Life in Design (both Conran Octopus).

He is an honorary professor of the University of the Creative Arts, and was knighted for his services to design in 1983.

Plain Simple Useful | EA (253x201) | HB
11/06/2020 | £27.00 | 240 pages | Conran | 9781840918120

Alexandra
Shulman



Clothes...
and other things
that matter

Clothes and Other Things That Matter

Part memoir, part fashion history, part social commentary, Alexandra Shulman's brilliant new book explores the meaning of clothes and how we wear them.
By Alexandra Shulman

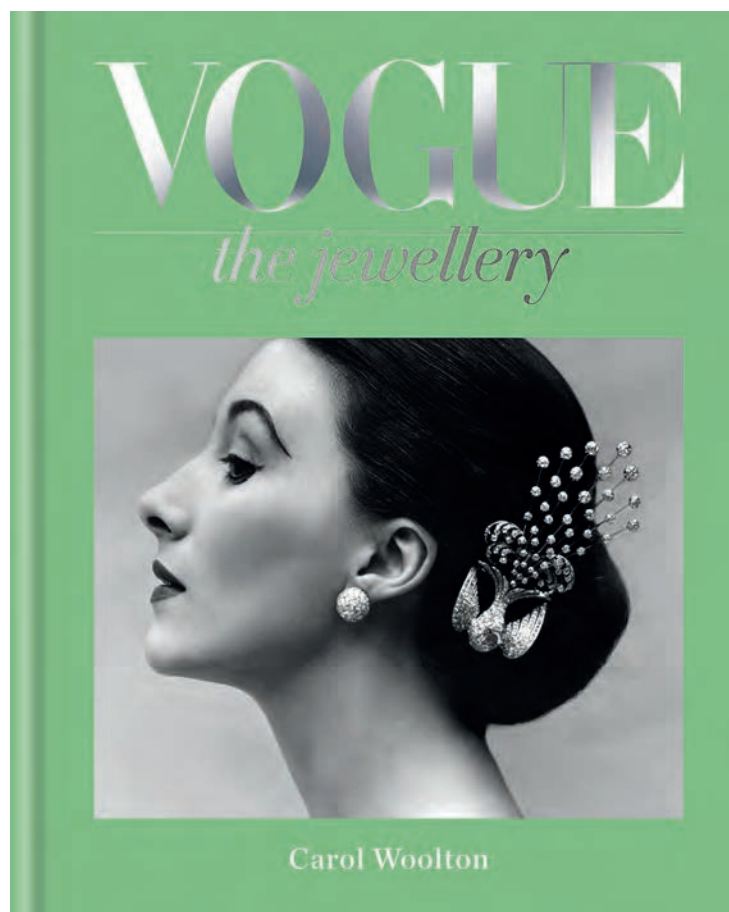
'Clothes & Other Things That Matter is a book not only about clothes but about the way we live our lives. From childhood onwards, the way we dress is a result of our personal history. In a mix of memoir, fashion history and social observation I am writing about the person our clothes allows us to be and sometimes the person they turn us into.' - Alexandra Shulman

In *Clothes & Other Things That Matter*, Alexandra Shulman explores the meaning of clothes and how we wear them looking at items of clothing that range from the little black dress to the white shirt, red shoes to the bustier, and the Chanel jacket and the bikini. Taking pieces of clothing and examining their role in both her own life and women's lives in general, she explores issues such as climbing the career ladder, motherhood, romance, fame, celebrity, nostalgia, sexual identity, ambition, power and body image.

Funny, opinionated and moving, *Clothes & Other Things That Matter* will encourage the reader to consider the way they wear their own clothes - the life they live in them and the stories they tell.

Author Biography: Alexandra Shulman is a journalist, consultant and commentator. She was Editor-in-Chief of British Vogue from 1992-2017, the magazine's longest serving editor. She has been Trustee of the National Portrait Gallery and The Royal Marsden Cancer Charity and is an honorary fellow of the University of the Arts. She won 2017 Periodical Publisher's Association Editor's Editor Award and The Drapers Award 2017 for Outstanding Contribution to Fashion. She is Vice President of The London Library and was awarded the CBE in the 2017 New Year's Honours List. She has a weekly column in the Mail on Sunday, is a contributor to other national newspapers and has written two novels: *Can We Still Be Friends?* (2012) and *The Parrots* (2015). *Inside Vogue: The Diary of My 100th Year* was published by Fig Tree in October 2016 and sold more than 30,000 copies in hardback and paperback (Nielsen TCM). Alexandra was featured in a three-part primetime BBC series on Vogue's centenary year in 2016.

Clothes and Other Things That Matter | Demy |HB
23/04/2020 | £16.99 | 336 pages | Cassell | 9781788401982



Vogue The Jewellery

A must-have visual sourcebook for all those who love fashion and jewellery.

By Carol Woolton, with foreword by Alexandra Shulman

'Jewellery in all its guises has been a signifier of glamour in the pages of Vogue since the magazine's inception in 1916...the jewellery always commands the image - infinitely powerful and desirable, inventive and extraordinary.' - Alexandra Shulman

'This book sparkles with glamour and flamboyance.' - Daily Mail

'From simple strings of gleaming pearls to showstopping tiaras, this book is perfect for anyone with a true love of jewels.' - Condé Nast Traveller

Illustrated with fabulous images from Vogue's archive, Vogue: The Jewellery is the ultimate book for fashion and jewellery lovers.

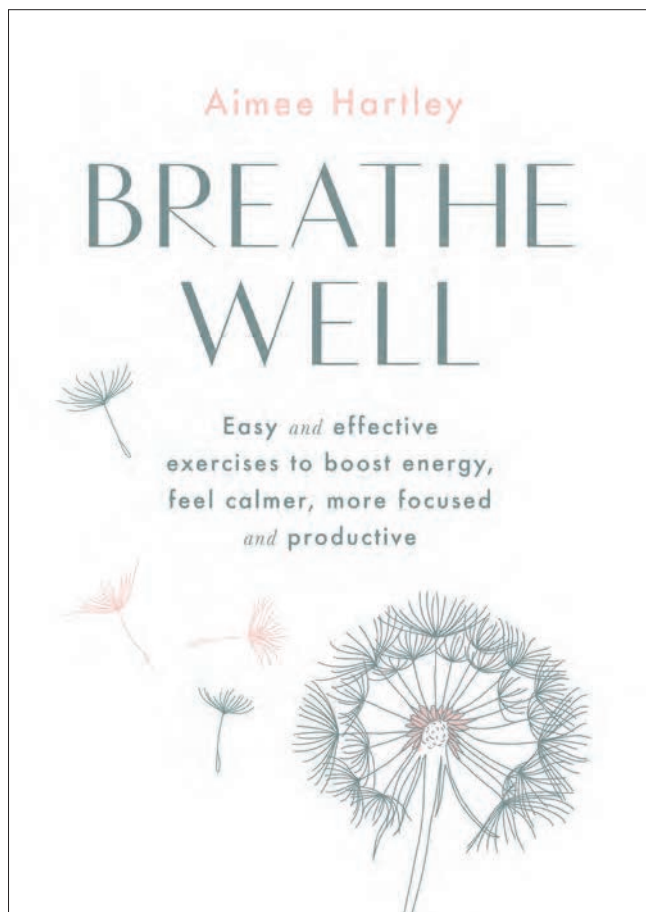
From couture to costume jewellery, the brilliant pieces featured on the pages of British Vogue for more than a century have encapsulated the fashion zeitgeist of each new age for which they were created. Adorning princesses and rock chicks alike, the jewels shown in Vogue: The Jewellery reveal a dazzling array of styles and moods - from fairy tale romance to Jazz-age glamour, sculptural modernism to timeless elegance. On every page sumptuous jewellery is the star of the show, nourishing dreams in us all.

Carol Woolton has curated a collection of more than 300 fabulous images within five thematic chapters: Show-stoppers, Rock Chick, Minimalist, Exotic and Classic. From diamond-encrusted tiaras and intricate jet chokers to sculptural silver cuffs and simple strings of pearls, the book provides an evocative celebration of a century of jewellery, while showcasing British Vogue's best photographers including Norman Parkinson, David Bailey, Arthur Elgort, Corinne Day, Cecil Beaton and Tim Walker.

Now available in a new format with a luxurious real cloth cover, at a more pocket-friendly price of £30, this is essential reading for fashionistas everywhere.

Author Biography: Carol Woolton is a leading authority on jewellery, having lectured and written widely on antique and modern jewellery for newspapers and magazines around the world. She's been British Vogue's jewellery editor for 14 years and has published three books: Fashion for Jewels: 100 years of styles and icons, Drawing Jewels for Fashion and Precious Jewels about the world's leading designers.

Vogue The Jewellery | EA (253x201) | HB |300 images
05/03/2020 | £30.00 | 304 pages | Conran | 9781840917994



Breathe Well

More than 70 simple breathing exercises, tips and advice for a healthier, happier life
By Aimee Hartley

We breathe around 17,000 times a day - so it's something that we can all improve for better health and wellbeing - no equipment or fancy fitness gear necessary. Aimee's simple and accessible exercises are designed to fit into your life - from 2 minutes in the shower to 5 minutes at your desk to be at your best before an important meeting.

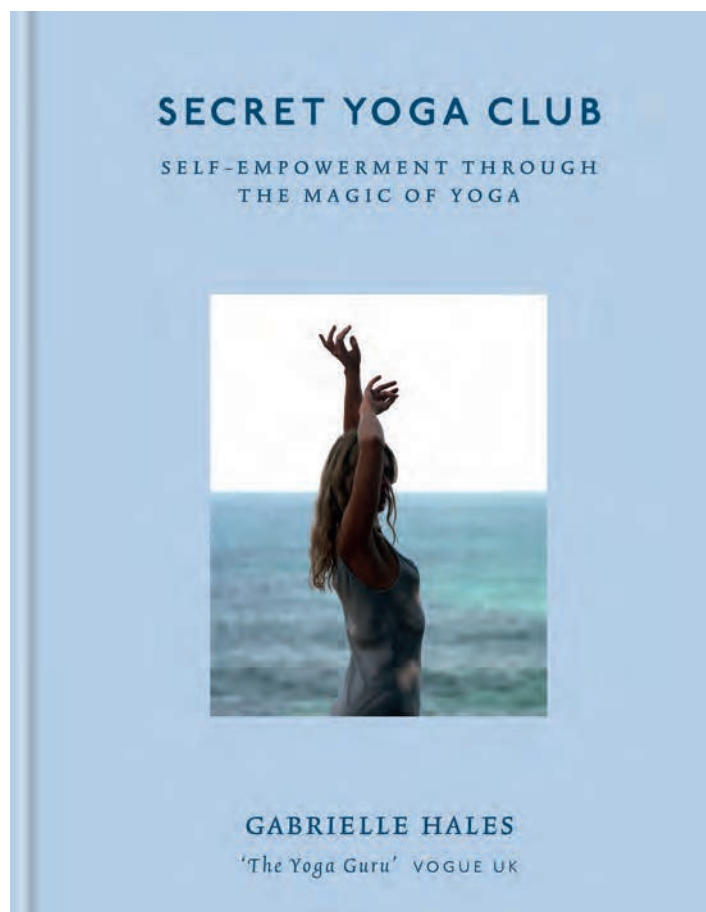
Introducing breath basics and detailing why breathing properly is so important for health and wellbeing, Aimee's simple, practical exercises easily fit into a busy day.

Organised into sections reflecting how we spend our time - from work to sleep and eating to relationships - there are breathing exercises for the office, including how to calm your nerves before a big pitch; how our breathing has been affected by technology and how to counteract 'tech apnea', alongside breathing for better relationships, such as exercises to help clear the air after an argument.

Also including breaths to help you perform at your exercise peak and enhance digestion, alongside practical tips such as the top 10 plants to purify the air in your home.

Author Biography: Aimee Hartley is a Certified Transformational Breath® Facilitator and yoga teacher and teaches breath work and yoga classes in the UK, Australia and Bali. She has worked with corporate clients including Amazon Fashion, Philosophy, Rebel Kitchen and Depop and teaches at The Natural History Museum once a month to 200 people. She currently offers private and corporate Transformational Breath® sessions and workshops in London and runs retreats around the UK. She has appeared in The Times, Tatler, Elle, Evening Standard, Women's Health, Grazia and the Telegraph. She writes weekly breath exercises on Instagram @breathe.well and shares research and articles on breathing via The Breathing Room's Facebook page @aimeebreathing.

Breathe Well | Z (210x149) | Illustrations throughout | PB
06/02/2020 | £12.99 | 192 pages | Kyle Books | 9780857838025



Secret Yoga Club

Self-empowerment through the magic of yoga.

By Gabrielle Hales

'This globe-trotting group promotes a mindfulness practice that continues off the mat and into the sonic realm' - Vogue

'Secret Yoga Club is a big deal, just don't tell anyone' - Huffington Post

'A wonderful experience' - Financial Times

'The Yoga Guru' - British Vogue

Yoga is an intimate, alchemical process in which you discover your own physical, sensual and emotional landscape. Yoga is how you sing yourself back to life. It's in the moments that you witness the sublime wisdom of the body. It's when you find the ocean in your breath, the stillness in your mind and experience yourself as the force of life.

In Secret Yoga Club, Gabrielle Hales introduces the yoga practices and rituals that she has found therapeutic, life-affirming and liberating over a decade of teaching yoga and co-creating unique, multi-dimensional experiences with a community of healers, artists and musicians.

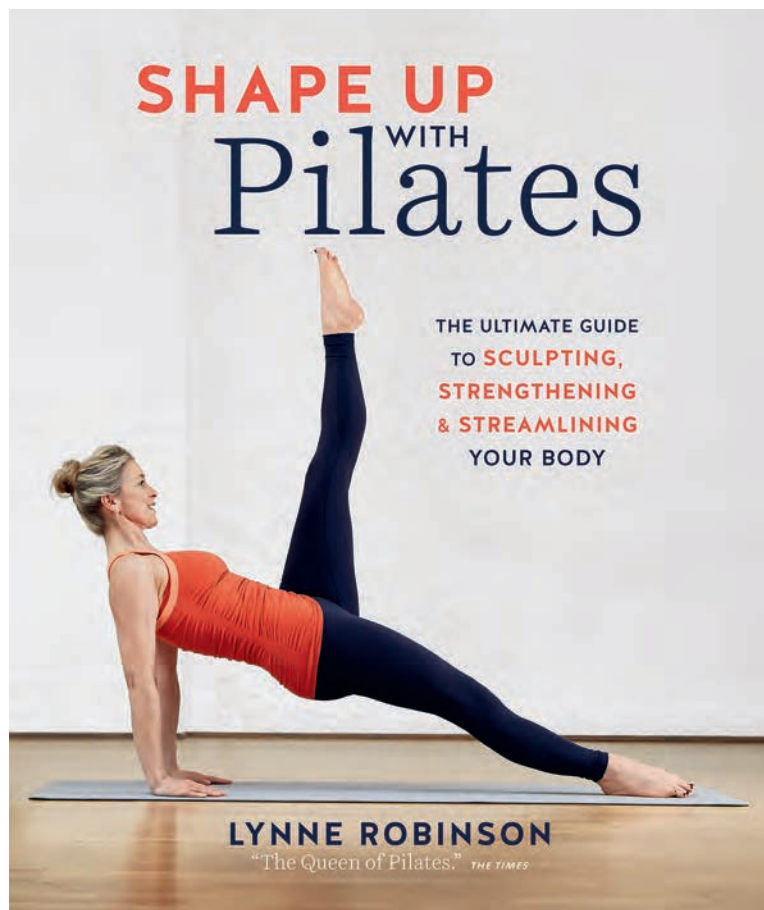
As Gabrielle has discovered, when you meet yourself on the mat, you have an opportunity to heal the trauma hidden within your body, release the tension in your overworked mind, experience emotion as energy, expand into pleasure and intimacy, and when needed - rest and restore.

Author Biography: Gabrielle has been teaching yoga for seven years and her offering has slowly evolved with her practise. She teaches a slow, mindful flow, prefaced with pranayama to draw people to the innerworld and soften more deeply into themselves.

As many yogis discovered thousands of years ago, she too observed how her body hoarded habits and memories and that movement and breath work was the most effective way to release these tensions, to celebrate the body and awaken the mind.

Gabrielle started Secret Yoga Club to gather a community of people who are interested in discovering themselves through creative, embodied experiences. SYC supports its ever-growing family of practitioners and seeks to evolve endlessly and introduce different healing practices to its expanding community of beautiful, inquisitive people.

Secret Yoga Club | SSN (246x189) |HB| Approx 100 colour photographs
06/02/2020 | £20.00 | 224 pages | Aster | 9781912023653



Shape Up With Pilates

The ultimate guide to sculpting, strengthening & streamlining your body.

By Lynne Robinson

'The Queen of Pilates' -The Times

'Lynne is the high priestess of Pilates. I trust her implicitly' -Sophie Dahl

Shape Up with Pilates is an innovative regime of 20 targeted step-by-step workouts, clearly explained and illustrated, and designed to give you a streamlined torso that will retain its natural curves. Organised into 4-week programmes of varying lengths it includes:

7 x 20-minute workouts per week

5 x 30-minute workouts per week

3 x 45-minute workouts per week

Plus advice on which exercises to do for particular problem areas, such as the waistline and tummy, bottom, thighs, upper arms or upper back, tips on how to incorporate exercise into your life, the benefits for mental health and wellbeing, and how to improve your diet.

In just 3 months, Lynne promises you can change your shape and sculpt parts of your body you had long forgotten. You will feel the benefits within the first few weeks and others will soon start to notice the changes as you begin to look taller and slimmer. Within three months you will both look and feel like a new person!

Author Biography: Lynne Robinson is one of the world's most respected Pilates teachers. She is the founder of Body Control Pilates, which is seen as an international benchmark for safe and effective teaching. Her bestselling books include The Pilates Bible, Pilates for Life and Pilates for Pregnancy. She has also produced highly popular DVDs. In demand internationally, she frequently lectures at conferences throughout the world and has taught Pilates in countries as varied as the US, Japan, South Africa, Thailand and Australia.

www.bodycontrolpilates.com

Shape Up With Pilates | 250x210 | Colour photography throughout | PB
23/01/2020 | £19.99 | 224 pages | Kyle Books | 9780857835895



Moon Power

A conscious guide to empowerment through cyclical living.

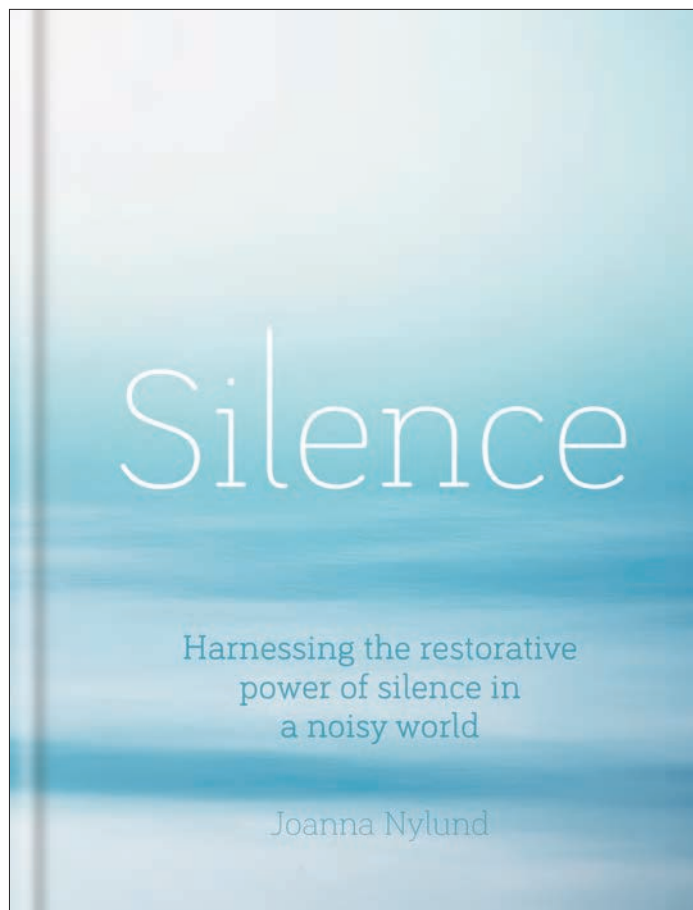
By Marilyn Keskula

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

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

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

Moon Power | Z (210x149) | PB | 60 illustrations & photographs
14/05/2020 | £10.99 | 160 pages | Aster | 9781783253401



Silence

Discover and implement practical ways of increasing silence in our daily lives.

By Joanna Nylund

In our increasingly frenetic, modern lives silence has become a treasured commodity.

In an era of constant technological stimulation, moments of silence and reflection are harder to achieve than ever before. But what really is silence and what effect does it have on our wellbeing?

In *Silence*, Joanna Nylund reflects on the cultural, scientific and spiritual impact of silence and the ways in which it has impacted our human history, whilst suggesting how we might be able to harness its power to boost our health. With practical tips and techniques, Nylund demonstrates that integrating moments of silence into our everyday routine can boost creativity, increase communication and improve mental health.

Silence shows us that moments of quiet are not to be feared but are windows of introspection to be embraced and harnessed for our own personal development.

Author Biography: Joanna Nylund was born and raised in Finland, where she started her writing career doing music reviews for a local magazine at age 15. After studying English literature at university and living in the UK for a few years, she has been working as a translator, journalist, copywriter and photographer. She resides in Helsinki with her husband.

Aside from writing for Finnish newspapers and magazines on topics of culture, literature and history, Joanna is a regular contributor to *This is Finland*, the Finnish Foreign Ministry's portal on all things Finnish, and *SCAN Magazine*. She has to rustle up a bit more *sisu* whenever cold autumn winds begin beating the Helsinki shoreline where she goes running, but secretly enjoys the challenge.

Instagram @joannaulfsdotter

Facebook @joanna.nylund

www.joannaulfsdotter.com

Silence | NQ (174x131) | HB

06/02/2020 | £10.00 | 160 pages | Gaia | 9781856754200



Pause

How to press pause before life does it for you.
By Danielle North

'Danielle is a beguiling leader - a refreshing mix of pragmatic and soulful. She facilitates with a light hand and an engaged heart' - Queen of Retreats

Pause is an important message ready to be heard.

We check our phones an average of 221 times a day, we have apps that help us sleep and remind us to be mindful while we secretly measure our success in 'likes'. Time is our luxury and yet with technology we are never able to leave the office, even when we aren't there. The fear of missing out makes us rush from one thing to the next, not really taking any of it in.

Pause allows you to finally put yourself, your feelings and your intuition first. Learning to say no, doing the things that make you feel good, and not doing the things that don't make you feel good - these are not self indulgent, listening to your own heart and wisdom doesn't make you selfish, slowing down to appreciate your life isn't lazy or unambitious. It is an ancient message, but still just as strong; when you pause to take care of yourself and your own life, you become the person you're meant to be.

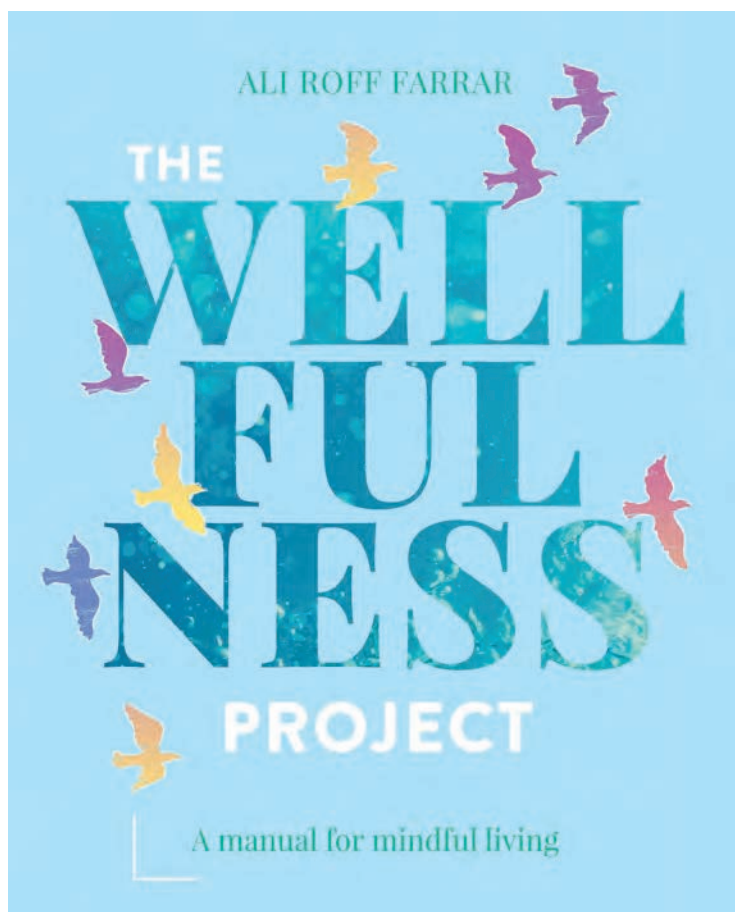
This book gives you the space and the practices so that you can learn how to benefit from the power of the pause. It uses nature, creativity and your inner spirit to allow the energy to flow freely once again. There are exercises to ground you, give access to your intuition, to breathe deeply and allow your monkey mind to settle. It gives you time to explore what is big in your life right now, to know deep down what matters. It opens you up, allowing you to freely experience all the pain, the joy and the twists and turns of life. It gives you back your courage, your fire and your connection.

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.

Find out more about Danielle at www.lifebydanielle.com

Pause | B Format | PB
02/01/2020 | £8.99 | 192 pages | Aster | 9781783253449



The Wellfulness Project

A guide to using mindfulness as the basis for lasting transformation.

By Ali Roff Farrar

Mindfulness isn't just meditation - it can be used everywhere and at any time. When we begin to apply mindfulness to our lifestyle as a whole, we begin to build a more conscious relationship with the things we eat, the spaces we spend time in, the way we move our bodies and the stories we tell ourselves.

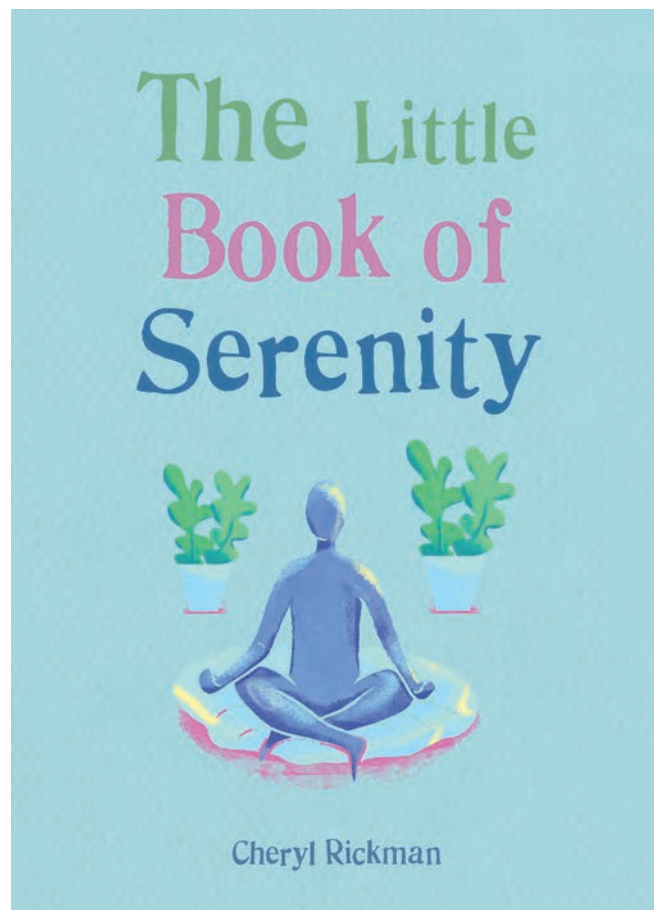
The concept of 'Wellfulness' means using mindfulness for greater wellness in body and mind. Through the practice of conscious acceptance and conscious change; being mindful is at the core of wellness, be it within food, movement, values, rituals, habits, mindset, our inhabited spaces or our relationships.

The Wellfulness Project is a manual for mindful living, combining personal experience, mindfulness theory and ritual tools to create a practical guide to achieving a more harmonious relationship with our wellness and wellbeing.

Author Biography: Ali Roff is Editor-at-Large and a columnist at Psychologies magazine, where she has interviewed world-renowned spiritual gurus, psychologists, doctors, and wise women and men including Deepak Chopra and Gabrielle Bernstein.

She is passionate about combining western sciences of psychology, neuroscience and coaching with the Eastern philosophies of meditation, mindfulness and yoga, to cultivate true wellness of body and mind. In addition to the BSc honours degree she holds in Psychology, Ali is a qualified '200hr Yoga Alliance Certified' teacher and will shortly qualify as a Mindfulness teacher and expert.

The Wellfulness Project | U (235x190) | HB
05/03/2020 | £16.99 | 208 pages | Aster | 9781783253210



The Little Book of Serenity

A guide to living a healthier, happier, calmer life.

By Cheryl Rickman

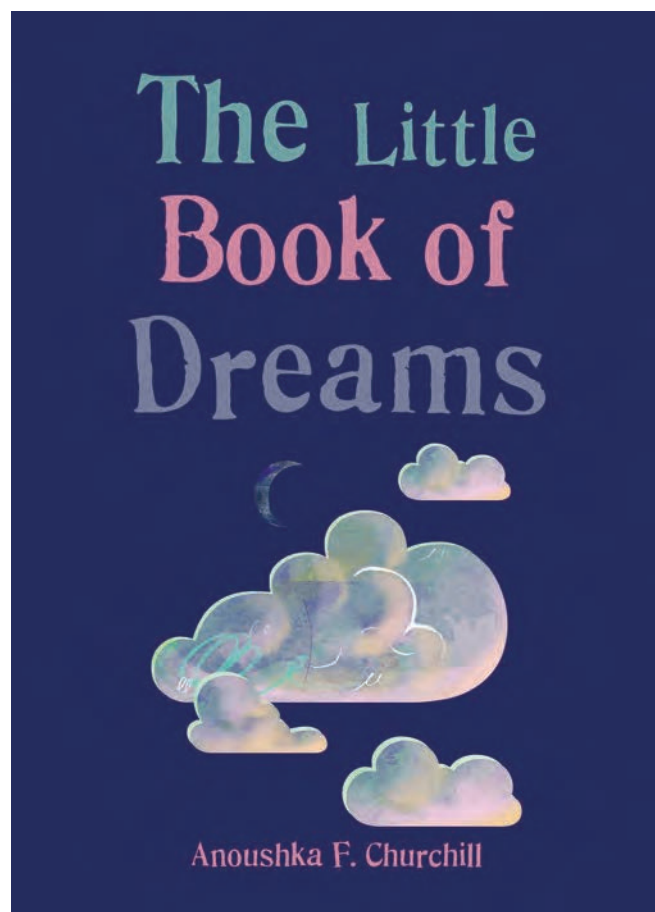
The Little Book of Serenity is a handy book full of simple practices to help you bring greater calm to your everyday routine.

Filled with practical tips and inspiration, Cheryl Rickman encourages readers to carve out dedicated time to the practice of peace and tranquility in our restless lives. Drawing on her knowledge as a wellness expert and health practitioner, exercises include everything from meditation, self-care, candle-making to journaling.

Author Biography: After her parents' lives were cut short, Cheryl Rickman decided to devote her life to helping others make the most of their own precious lives, through the books she writes and the workshops she creates. She has written and ghostwritten 15 practical and inspirational guide books on flourishing in life and at work over the past 13 years. As well as writing empowering books to inspire and inform, Cheryl is a qualified Positive Psychology Practitioner, an Ambassador of Wellbeing for the Network of Wellbeing and a contributor to Psychologies and Breathe magazines, among others.

You can find out more at www.CherylRickman.co.uk

The Little Book of Serenity | NB (147x105) | 40 colour illustrations | PB
14/05/2020 | £7.99 | 96 pages | Gaia | 9781856754217



The Little Book of Dreams

A guide to understanding and processing your dreams.

By Anoushka F. Churchill

What did you last dream of?

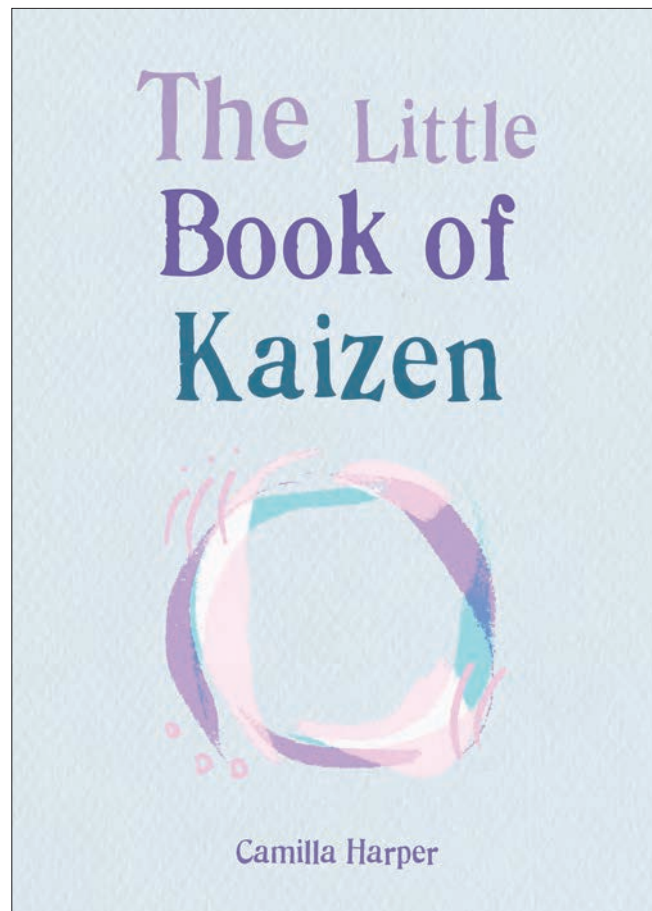
Do you always remember your dreams?

What does that recurring dream really mean?

The Little Book of Dreams is a beautifully colour-illustrated guide to your dreams. Filled both with practical information on improving your night's sleep and advice on maintaining a 'moon journal' as well as what crystals to bring into the bedroom with you. This handy little book will help you to unlock what your unconscious mind is trying to tell you.

Author Biography: Anoushka F. Churchill is a dreamer from Northamptonshire. In her waking life, she is a counsellor with a keen interest in neuroscience and the mysteries of the human mind. She now lives in London with her life partner, and both of them go to bed on time.

The Little Book of Dreams | NB (147x105) | PB|40 colour illustrations
14/05/2020 | £7.99 | 96 pages | Gaia | 9781856754224

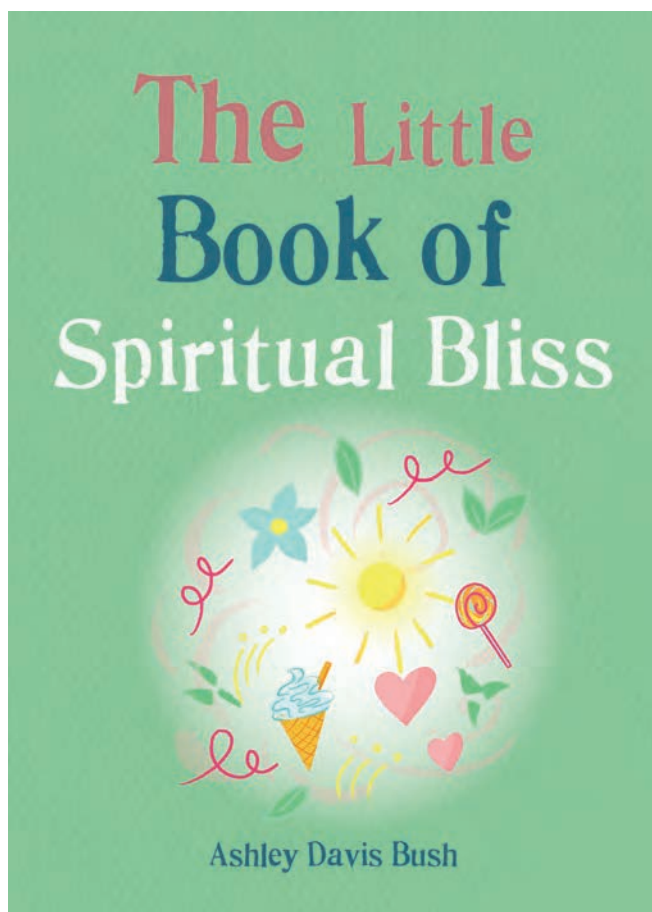


The Little Book of Kaizen

**The art of making powerful and lasting change through gradual self-improvement.
By Camilla Harper**

A beautifully designed introduction to the Japanese concept of 'Kaizen', the Art of Self-improvement. Kaizen is a term that has long been used in the business world to emphasise constant development and transformation but in this fully-illustrated edition the author emphasises how even the smallest steps can help us to form new habits, build confidence and break down our in-built resistance to life's challenges. Rooted in 2,000 year old wisdom, Kaizen reinforces the benefits positive change, one step at a time. With over 70 simple prompts and exercises to help you improve your health, relationships and wellbeing or save money and excel at work.

The Little Book of Kaizen | NB (147x105) | PB | 40 colour illustrations
14/05/2020 | £7.99 | 96 pages | Gaia | 9781856754293



The Little Book of Spiritual Bliss

A guide of everyday practices for finding light in the darkness.

By Ashley Davis Bush

We live in a world of chronic stress and dis-ease, a world of rampant anxiety and depression. If we stay locked onto the horizontal plane of superficial concerns and challenges, we are doomed to feeling deeply unsettled. However, if we intentionally shift our awareness to the vertical plane of life - diving into spiritual depths and rising to transcendent perspectives - we connect with a Spirit that is both beyond and within us.

Each chapter offers five specific 'sacred pause practices' to instill a habit of first inviting stillness and then weaving a fabric of spiritual experiences. Being intentional in this way, on a daily basis, ultimately makes navigating one's life a radiant adventure rather than an exhausting race through a dark world.

The Little Book of Spiritual Bliss offers a compendium of simple spiritual practices to help foster connection with the Divine, to cultivate sacred wellbeing, and to increase awareness of being a wave within an ocean of Spirit. Living with this sort of faith underpinning isn't merely a 'belief', it's an experience.

Author Biography: Ashley Davis Bush, LICSW is a psychotherapist with 30 years of experience in the mental health field. She is a freelance writer and the author of eight self-help books. She is also a grief counsellor and an expert in stress management, self-care and self-compassion skills. She lives in New Hampshire, USA with her husband, also a psychotherapist. They have five grown children. Her most recent book, *The Art & Power of Acceptance* was published in September.

Website: www.ashleydavisbush.com

Twitter: @AshleyDavisBush

The Little Book of Spiritual Bliss | NB (147x105) | PB
11/06/2020 | £7.99 | 96 pages | Gaia | 9781856754248



The Power of Letting Go

How to drop everything that's holding you back.

By John Purkiss

If you learn to let go, you will learn to live. When you let go, you live intuitively with a great deal more ease and flow because you are no longer attached to things being a certain way, to being a certain person or always being right. What a relief. The irony is that when you feel stuck in any part of your life - career, relationships, purpose, health or money - it becomes increasingly hard to let go - you cling on for dear life just at the moment you need to take a leap of faith.

In *The Power of Letting Go*, John Purkiss combines both the why and the how to let go, with excellent practices that help convert the spark of hope and desire into action.

There are four stages to letting go:

Be Present and Enjoy Each Moment

Let Go of the Thoughts that Keep You Stuck

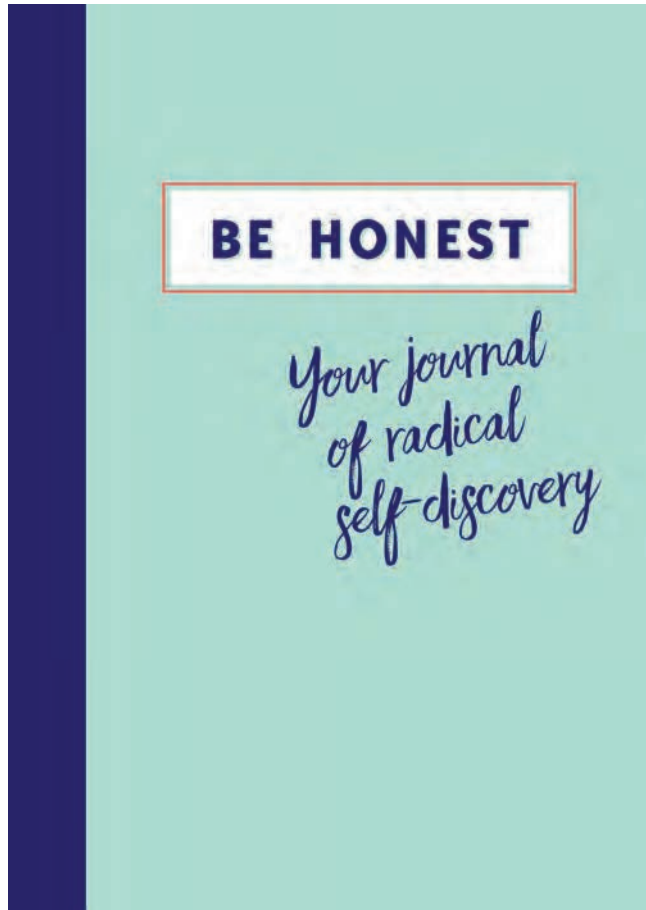
Let Go of the Pain that Runs Your Life

Surrender and Tune into Something Far More Intelligent than Your Brain

Author Biography: John Purkiss studied economics at Cambridge University and has an MBA from INSEAD, where he was awarded the Henry Ford II Prize. He began his career in banking and management consultancy and has invested in several high-growth companies. John was a partner with Heidrick & Struggles prior to co-founding Purkiss & Company, where he recruits chief executives, finance directors and other board members. He has lived and worked in France, Belgium and the USA. John speaks French, German and Spanish. John has travelled widely and explored several traditions, including Advaita Vedanta, Buddhism, Kabbalah and Sufism. Over the past 20 years, John has become a regular speaker, in the UK and internationally.

www.johnpurkiss.com

The Power of Letting Go | Demy | 216 x 135|PB
06/02/2020 | £12.99 | 192 pages | Aster | 9781783253630

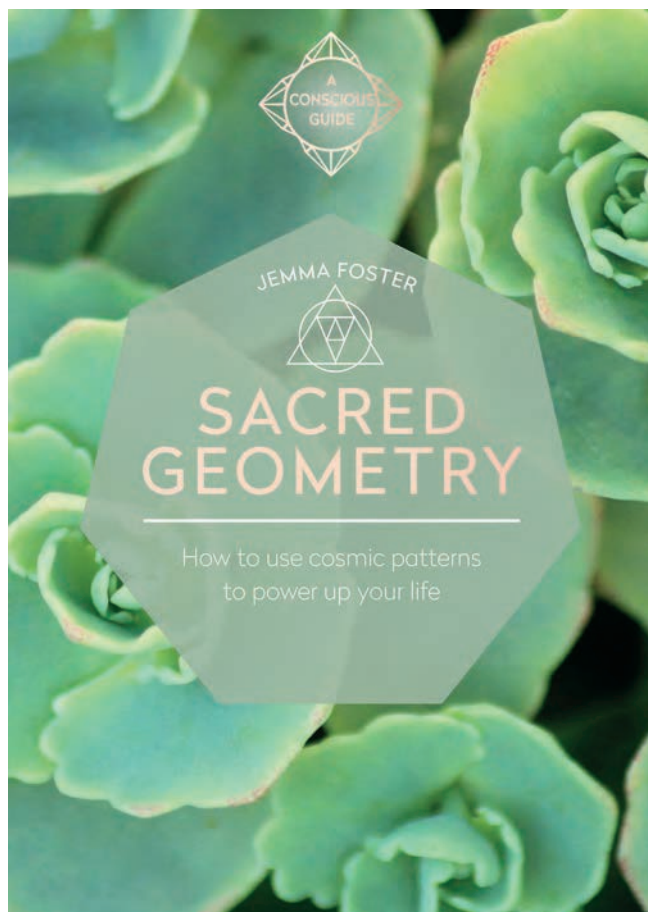


Be Honest

Your journal of radical self-discovery.

The Be Honest journal is a self-enquiry tool for discovering the real you. It is a space in which to express your inner thoughts and feelings, which might feel uncomfortable, inappropriate or self-indulgent, but which are all opportunities for growth. What is it that you really want to say? What is it that you truly want to do? And who do you want to be? Through journaling, you can peel back the layers of the person you show to the world, drop the act and write a new story. Decisions become easier and swifter as you learn how to consult your inner guides and politely ignore your inner critics. You can practice expressing difficult emotions like anger within the safety of lines on a page before you try it out in the real world. You can be honest about your needs and your passions, what really bugs you and why you put up with that s***. You will discover your gifts, expand your potential and challenge yourself to grow.

Be Honest | Z (210x149) | Colour throughout | PB
05/03/2020 | £12.99 | 160 pages | Aster | 9781783253586



Sacred Geometry

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

By Jemma Foster

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

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

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

Sacred Geometry | Z (210x149) | PB|60 illustrations & photographs
14/05/2020 | £10.99 | 160 pages | Aster | 9781783253418



Open

By Frankie Bridge

"I hope my book will showcase the importance of being open in a shut off world, the need to talk about the good days as well as the bad days, so we can all start to have open and honest conversations about how we really are, not how we think we should be." FRANKIE BRIDGE

In OPEN, Frankie Bridge, ex-The Saturdays, opens up about her ongoing journey from breakdown to breakthroughs and through self-loathing, hospitalization and self-acceptance. Part narrative exploration, part practical guide, this book will help you to understand the importance of talking and helping each other in an imperfect world.

It will also feature practical guidance and advice from the psychologist and psychiatrist who pulled her back from the brink along with their notes and conversations throughout her mental health journey. By opening up about her battles, Frankie wants to help a generation of people to be more open about their mental health.

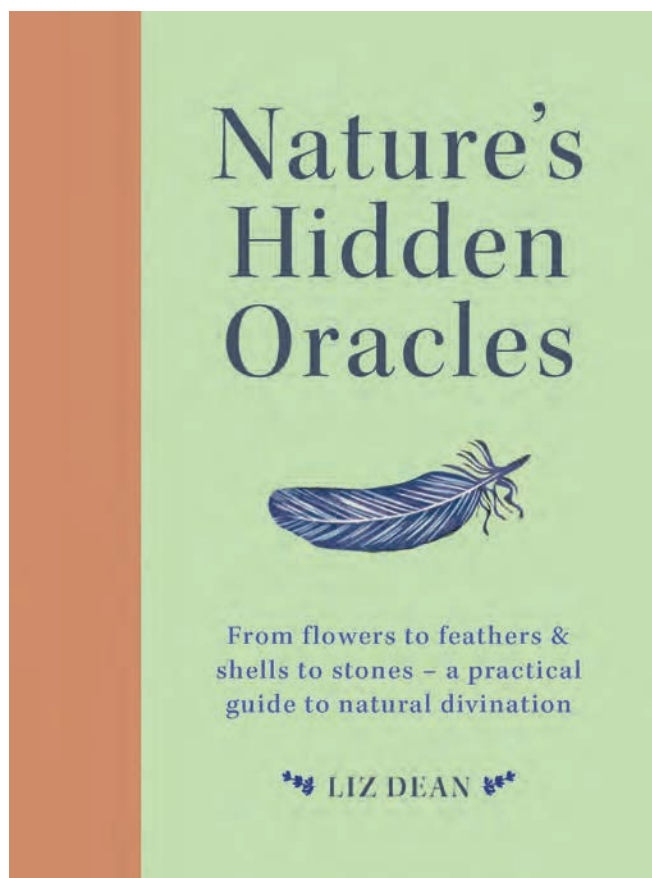
Speak out. Ask for help. And be helped.

It's a very simple four-letter word, but one of the hardest words to put into practice, this book will help people to understand the importance of talking out and helping each other.

Author Biography: Frankie Bridge is best known as one fifth of 'The Saturdays' and outside of music has established herself as a TV Presenter & Digital Influencer. Frankie became a Mind ambassador 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 is launching her podcast focusing on mental health in September.

Open | Royal | 234 x 153 | HB

06/02/2020 | £18.99 | 256 pages | Cassell | 9781788401708



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.

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 (2016, 2017), and the London Tarot Festival (2018); she taught at the prestigious Omega Institute, New York State, as part of the Master of Tarot programme (2018). 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.

Nature's Hidden Oracles | NQ (174x131) | 70 Illustrations | HB
14/05/2020 | £10.00 | 160 pages | Godsfield Press | 9781841814940



Love It Or Leave It

School of Life business and happiness coach shows you how to find ways to love your current job and how to improve your sense of wellbeing at work, or leave it by working out the skills you have to offer and how to find a new opportunity.

By Samantha Clarke

In Love It Or Leave It, Samantha will help you figure out ways to find that work–life balance and be happier and more fulfilled at work. This inspiring guide will help you:

LOVE IT – find ways to get more out of the job you have

OR

LEAVE IT – work out the skills you have to offer and identify the steps you need to take, whether that's switching jobs, starting a portfolio career or testing a new business idea.

Say goodbye to the Sunday slump. Love It Or Leave It has the vital tips and tools to help you create the life you want.

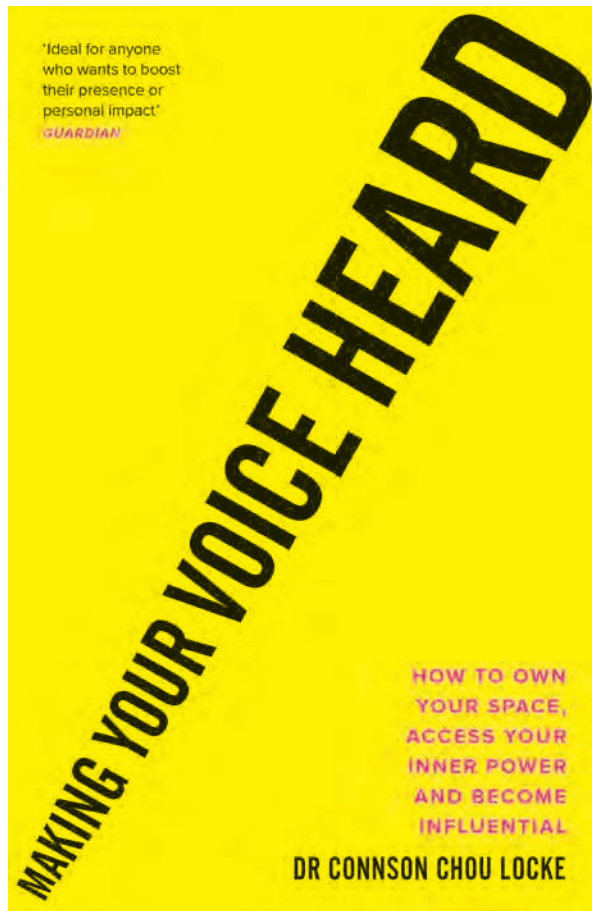
Aimed at fans of Little Black Book by Otegha Uwagba, #Girlboss by Sophie Amoruso and The Multi-Hyphen Method by Emma Gannon.

Author Biography: Samantha Clarke is a happiness consultant, lecturer at The School of Life and founder of the Growth & Happiness School. Her work involves group coaching sessions, creating wellbeing strategies for companies, leading workshops and delivering talks on company culture, employee growth and happiness.

She regularly gives keynote speeches and has delivered talks for The Royal Bank of Scotland, Stylist Live, Elle Weekender, the Abu Dhabi Government HR summit, Cannes Lions and the Soho House Group.

Samantha has a podcast series called 'Conversations with Samantha &', which features interviews with philosophers, start-up founders and tech experts. Her work has been covered by Monocle, Stylist, Psychologies, Forbes, Harper's Bazaar, Elle, the Evening Standard, City AM, BBC Global News and BBC Radio 4.

Love It Or Leave It | Royal | 234 x 153 | Trade PB
19/03/2020 | £14.99 | 288 pages | Endeavour | 9781913068080



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 Dr 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.

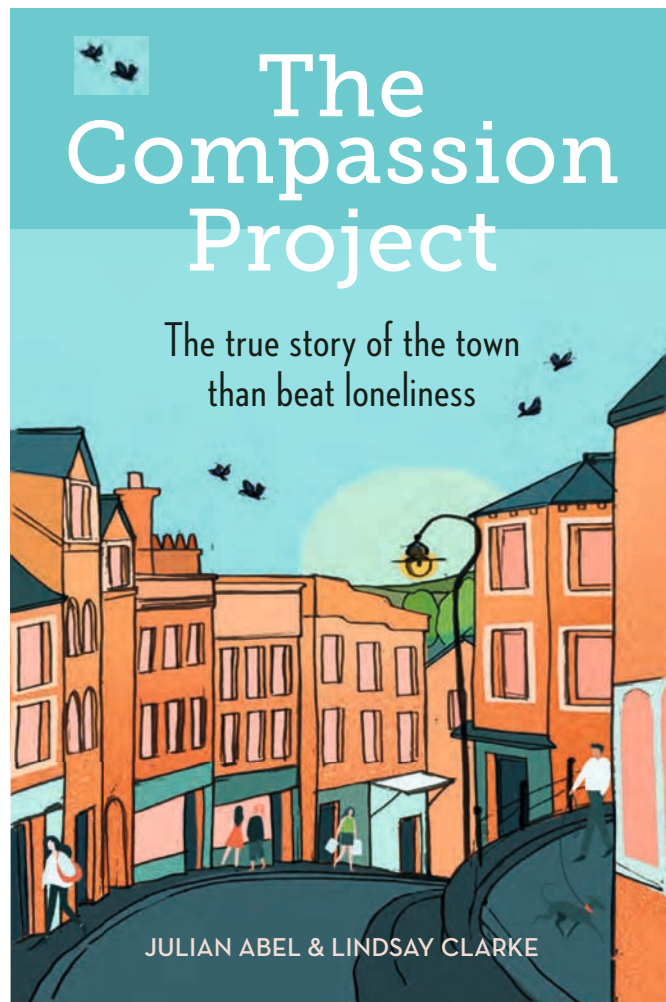
Drawing on the latest research in social psychology, Dr Connson Chou Locke will look at why we are prone to miscommunicate and how to overcome these barriers. This practical guide, based on her hugely popular Guardian Masterclass, will help you hone your personal style, and enhance your presence and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

Author Biography: Dr Connson Chou Locke is a senior lecturer at the London School of Economics and Political Science. She teaches courses in organizational behaviour, leadership, negotiation and decision-making. Dr Locke holds a PhD and MSc in organizational behaviour from the University of California, Berkeley and a BA in Sociology from Harvard University. Her highly popular Guardian Masterclass 'Developing your presence, power and influence' regularly sells out. Her clients include Harvard Medical School, Orange Group, Accenture, KPMG, the European Parliament and the United Nations.

Making Your Voice Heard | Trade paperback | 234 x 153|PB
07/05/2020 | £12.99 | 288 pages | Endeavour | 9781913068202



The Compassion Project

A Case for Hope from a Small British Town.

By Julian Abel and Lindsay Clarke

'It could... be one of the most dramatic medical breakthroughs of recent decades. It could transform treatment regimes, save lives, and save health services a fortune. Is it a drug? A device? A surgical procedure? No, it's a newfangled intervention called community.' *George Monbiot, The Guardian*

Society has developed in such a way to facilitate a drastic malnourishment of community, connection and compassion. This book sets out the case for the effective restoration of the active power of compassion as a widely available, fundamental force for good in all aspects of human life. In the process, it draws attention to research which demonstrates that an innate capacity and need for compassionate behaviour is closely woven into the fabric of our bodies.

But this is also a book with stories to tell - the stories of how, by harnessing the power of compassion in the lives of real men and women, the small English town of Frome has opened up a new approach to the practice of medicine which has improved individual health and welfare while at the same time enhancing the vitality of the whole community. The effects of this approach have proved so beneficial that it has attracted international attention and is now transforming perspectives on issues of healthcare and social welfare across the world.

Author Biography: Dr Julian Abel a recently retired consultant in palliative care, has worked for two and a half years as joint-leader of the roll-out of the Frome project with Dr Helen Kingston, the town's lead GP, and is currently leading the implementation of the Frome Model in Wales. He is Vice-President of Public Health Palliative Care International, and as a recognized expert on Compassionate Communities has made presentations on the Frome model in Europe, the USA and Australasia. He publishes regularly in peer-reviewed medical journals.

Lindsay Clarke is a Whitbread Award-winning novelist and widely translated freelance writer living in Frome. He has been Writer-in-Residence and Associate Lecturer on the MA Creative Writing Course at Cardiff University, Resident Scholar at Schumacher College, and is a long time Creative Consultant to the educational work of the Pushkin Trust in N. Ireland.

The Compassion Project | Royal | 234 x 153|HB
02/04/2020 | £16.99 | 256 pages | Aster | 9781783253364



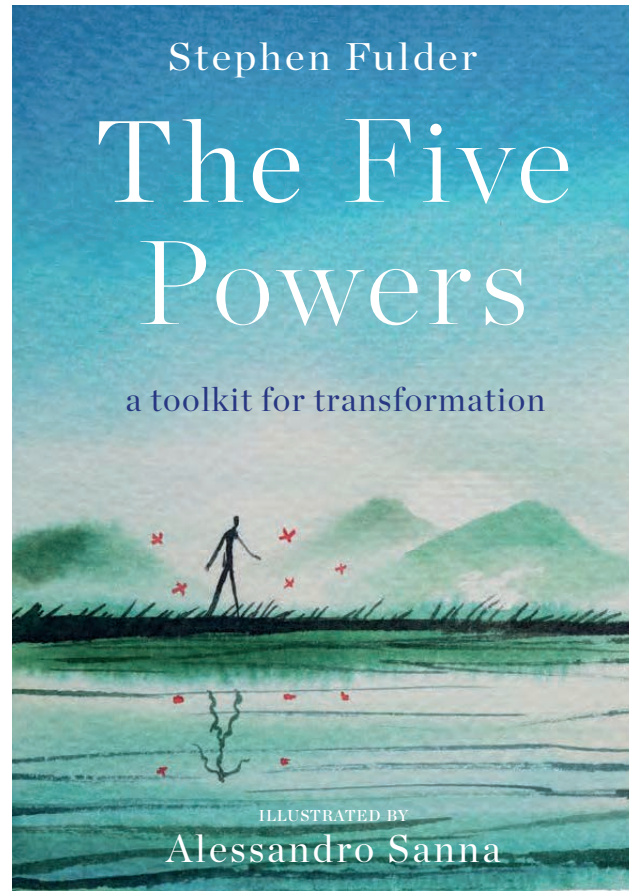
Moon Astrology: Using the Moon's Signs and Phases to Enhance Your Life

By Teresa Moorey

As the moon cycles through its phases in each of the Zodiac signs, it triggers changes in body, emotions and spirit that influence every aspect of life. This book teaches you everything you need to understand the influence of the moon, and how to use this knowledge to make your life more harmonious and successful. You will discover how to find your moon sign, understand its meaning, and how to use a moon calendar to make decisions and plan your life. Moon Astrology also shows you how to use the moon's rhythms to improve your relationships, career and health, and create harmony for your home and family.

Author Biography: Teresa Moorey has written many books on personal growth, self-help, psychic powers and esoteric wisdom. She is the author of Working with Psychic Protection, Working with Hypnotherapy, Your Crystal Code and The Fairy Bible.

Moon Astrology | B Format | PB
20/02/2020 | £14.99 | 144 pages | 225 x 190 | Pyramid | 9781841814957



The Five Powers

The Five Powers is a toolkit for personal transformation.

By Stephen Fulder

MINDFULNESS + TRUST + ENERGY + SERENITY + WISDOM

How can we rise above stress, anxiety and frustration? How do we perform a restart? Is it possible to radically transform our daily life? How can we invite deepening meaning and freedom into our lives?

For many, the gateway to the Buddhist teachings is Mindfulness. And Mindfulness is indeed one of the Five Powers that are regarded as the original teachings of the Buddha: Trust, Energy, Mindfulness, Serenity, and Wisdom.

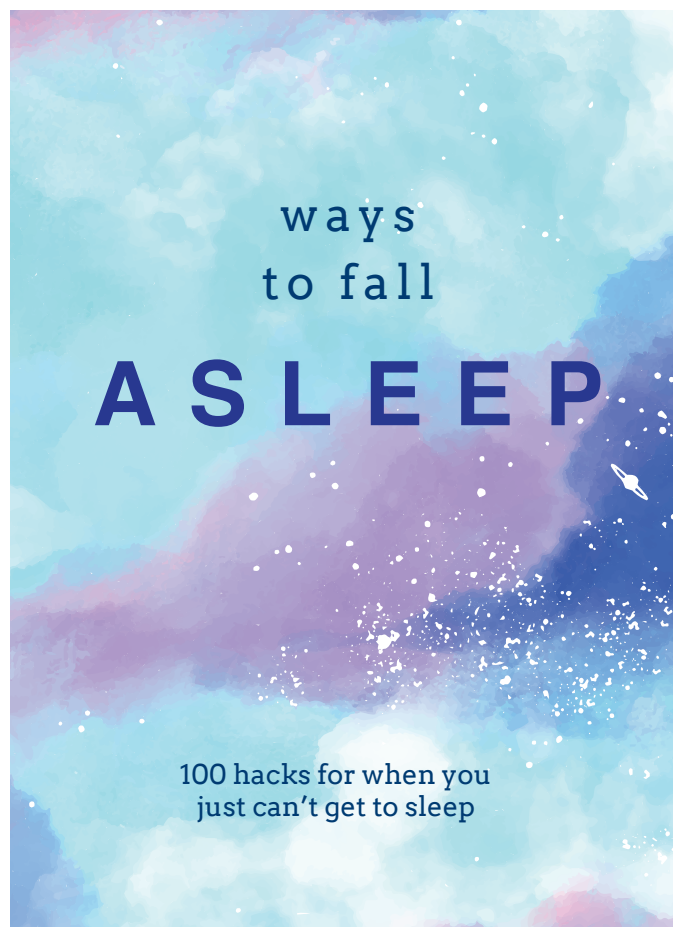
The Five Powers work together to amplify and empower each other. Each is required to achieve a complete and harmonious whole. They have been described as five horses working together to skillfully draw the carriage of our being to states of content and liberation. With stunning artwork throughout by the acclaimed artist Alessandro Sanna, The Five Powers is the perfect guide and inspiration for those seeking happiness, contentment, and love in daily life.

Author Biography: Stephen Fulder (Author) Dr. Stephen Fulder was born in London in 1946. A graduate of Oxford University, he has a PhD in molecular biology and was a lecturer at London University. He is also an expert in herbal and complementary medicine, on which he has published fourteen books. Stephen has been involved in dharma practice since 1975. He has spent years in India, and has been guided by a variety of teachers from India, Burma, and the West. He has been teaching mindful meditation for a quarter of a century, mostly in Israel but also abroad, and leads many retreats, courses, and classes annually, especially for advanced practitioners. He is also the founder and senior teacher of Tovana, the Israeli Insight Meditation Society, the largest organisation of its kind in Israel, which has brought mindfulness, Vipassana meditation, and dharma teachings to tens of thousands of participants.

Stephen has long been involved in peace work in the Middle East, and was a founder of the Middle Way organisation, which promotes peaceful dialogue and a mindful approach to conflict. His latest book, *Awakening in Daily Life*, spent four months as the number one best-selling instructional book in Israel, and he is also known for his informal talks, 'Buddha in the Bar'.

www.stephenfulder.com

The Five Powers | Z (210x149) |HB| Some watercolour illustration
28/05/2020 | £16.99 | 304 pages | Aster | 9781783253517



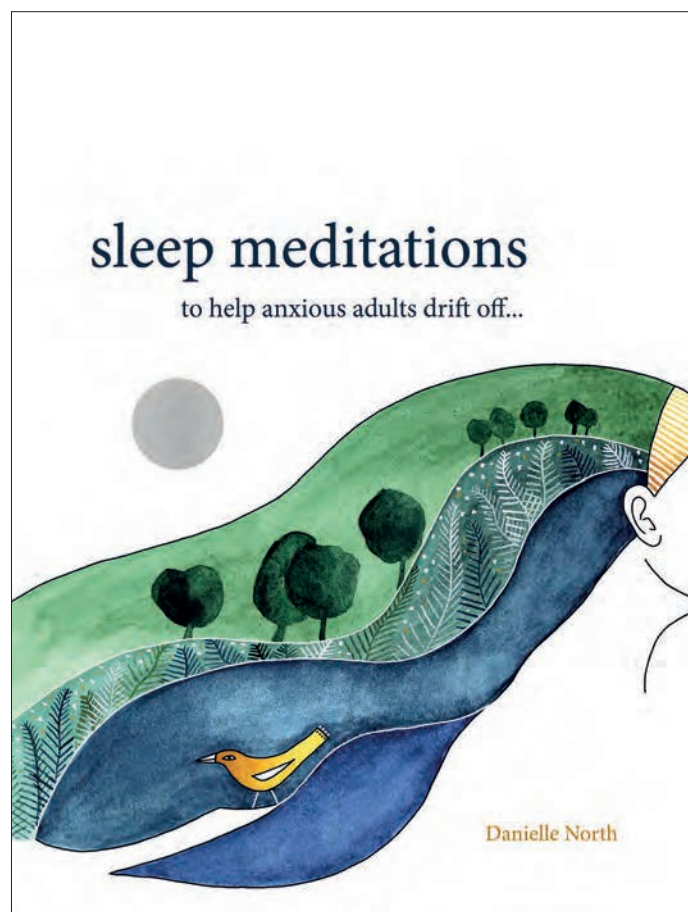
Ways to Fall Asleep

100 Hacks for When You Can't Get to Sleep

In this handy little book you'll find a whole range of tips, tricks and relaxing activities to help you switch off and unwind. From dot-to-dots and colouring-in to meditations and yoga poses, you'll find all you need to wind down at the end of a stressful day and relax in preparation for a restful night's sleep.

Keep this book by your bedside as the ultimate aid for nodding off in no time.

Ways to Fall Asleep | 174 x 130 | HB
20/01/2020 | £8.99 | 128 pages | | Pyramid | 9780753734032



Sleep Meditations

Bedtime meditations to help anxious adults drift off to sleep...

By Danielle North

The sleep meditations in this beautifully illustrated book are written specifically to help the reader slow down a busy mind, let go of the day and relax their body into a restful night's sleep. All the senses are gently engaged to enhance the process, and research now shows that imagining a sea breeze or a still lake is as mentally beneficial as being there. Similarly, meditations included help the reader to put down their worries and turn them over to the unconscious world, and welcome in calm and cleansing energy.

The visual design of the book has been created to enhance the relaxing reading experience, with plenty of space to breathe...

Meditations in the book include:

- Clearing a busy mind
- Letting go of the day
- The easy path
- Healing heart
- Still lake
- Coming home
- Ocean waves
- Maybe it's magic

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. She is author of Pause and Pause Every Day.

Find out more about Danielle at www.lifebydanielle.com

Sleep Meditations | NQ (174x131) | 40 illustrations | HB
04/06/2020 | £10.00 | 160 pages | Aster | 9781783253579



Women Don't Owe You Pretty

Sure the patriarchy loves you...but does it respect you?

By Florence Given

"Florence Given is an absolute powerhouse who relentlessly reminds women and femmes of their power, worth and intelligence. Florence has a way of effortlessly reminding you of who you were before the world barged in." - *Chidera Eggerue* AKA The Slumflower, author of *What A Time to Be Alone*

Inspiring, motivating and empowering, this debut book from artist, activist and campaigner Florence Given, the powerhouse who started the petition to cancel the controversial fatshaming Netflix series 'Insatiable', is the only book for young women trying to determine feminism on their terms.

Filled with Florence's own original artwork and essential advice on issues from body image, selfesteem and self-love, to relationships, sexuality and dating, *Women Don't Owe You Pretty* is the ultimate starter kit for all women seeking to reshape and transform the way they view themselves and the world around them.

In a world that tells us we're not good enough, it's time we stop directing our anger and insecurities onto ourselves, and time to start fighting back against the toxic structures of the patriarchal society. We own men nothing, least of all pretty.

Author Biography: In 2018, Florence Given launched a petition to cancel Netflix's controversial fat-shaming series 'Insatiable', it gained over 300,000 signatures in a matter of days. The story became global news and she appeared on many news networks across the US and UK, as well as being interviewed for various publications including Huffington Post and Grazia.

A London-based artist and writer, Florence addresses social issues with unique and playful illustrations. She grew up in Plymouth and attended London College of Fashion. Boasting over 250k followers on Instagram, her work confronts oppressive attitudes towards women and their bodies, and she uses her platform to raise awareness of issues surrounding sexuality, consent, race and gender.

Florence designed the merchandise for Rita Ora's Girls Tour in May 2018, curated her first exhibition 'Girls Interrupted', and designed a limited-edition t-shirt for the fashion brand WEEKDAY. Alongside the tee (which featured the slogan "WOMEN DON'T OWE YOU PRETTY"), the entire collection sold out in under an hour.

Women Don't Owe You Pretty | Demy | 216 x 135 | HB
11/06/2020 | £12.99 | 224 pages | Cassell | 9781788402118



Six Weeks to Zero Waste

How to be **almost** waste free - for life

By Kate Arnell

We are in the midst of a worldwide waste epidemic, where the average person in the UK throws away their own body weight in rubbish every seven weeks. The figure looks even worse at national level with the UK producing more than 100 million tonnes of waste every year.

We all know the importance of reducing our environmental footprint, but the prospect of going green can seem daunting. Six Weeks to Zero Waste is both an accessible and aspirational programme to eliminate waste - and it goes beyond plastic. In this book, TV presenter turned eco blogger, Kate Arnell, will help you on your path to rubbish-free living, with the principles of the 5 Rs (refuse, reduce, reuse, recycle and rot).

From cutting down on food waste and decluttering, to making homemade health and beauty products, you'll soon be on your way to a zero-waste lifestyle.

Author Biography: Kate Arnell is a British television presenter, eco blogger, YouTuber and writer. She has previously hosted shows on MTV, TMF CBBC and BBC America. Kate has been featured in Daily Mail, The Independent and Glamour, on Radio 1 Life Hacks, and worked with brands including Ikea and People Tree. After four years of living a zero waste lifestyle, Kate launched her YouTube channel and blog ECO BOOST, which boasts over 41,000 followers and over 1.5m views. She's also a proud ambassador for the Soil Association.

Six Weeks to Zero Waste | Z (210x149) |PB|80 pictures
02/01/2020 | £14.99 | 224 pages | Gaia | 9781856754118



Skin Healing Expert

Holistic, plant-based remedies and recipes for calm, clear skin.

By Hanna Sillitoe

For more than 20 years, Hanna Sillitoe suffered from severe psoriasis, eczema and acne. They dominated her life and shattered her confidence. When her doctor told her the only remaining treatment to try was a chemotherapy drug, Hanna took matters into her own hands and started researching a natural solution. She changed her lifestyle dramatically and cut out caffeine, alcohol, added sugar, dairy, wheat and nightshades.

Five years on, Hanna is free from all skin complaints and has gathered a huge online audience of people following her guidelines and healing their skin. Following the success of her first book, *Radiant*, and her new skincare range, for which she won support from Peter Jones and Tej Lalvani on BBC's *Dragon's Den*, this new book shows you how to apply Hanna's skincare advice to your everyday life with small, achievable changes that yield long-term, sustainable results. From delicious recipes to heal you from within to luxurious homemade skincare and guidelines on sleep, stress, exercise and self-care, *Skin-Healing Expert* contains everything you need to take control of your health and achieve calm, clear skin.

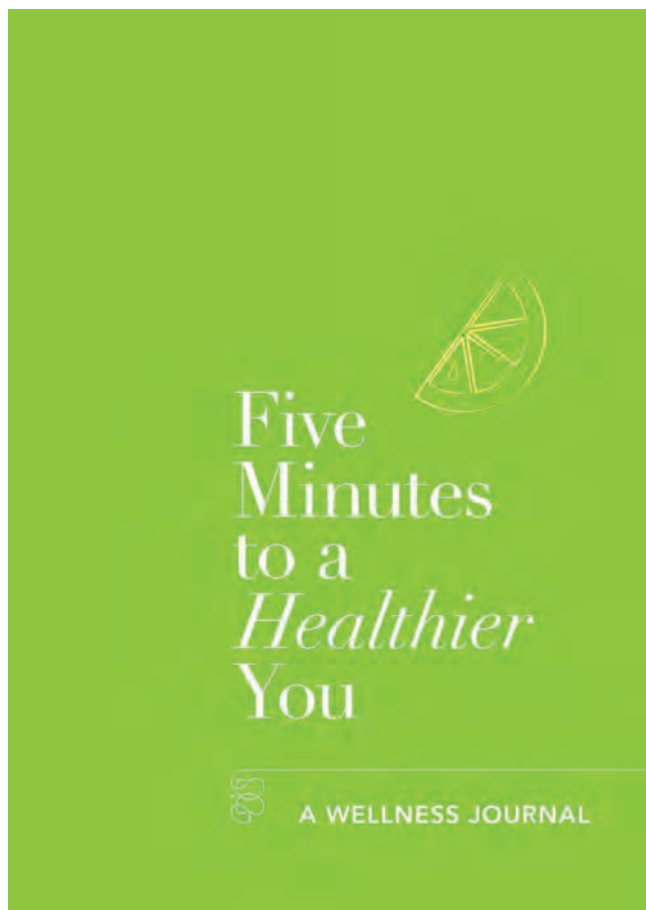
Author Biography: Hanna Sillitoe is an author and entrepreneur. She gained a wide online following when she started sharing her journey to health and clear skin over her blog and Instagram, and now has followers from all over the world who follow her plan and credit her with curing their skin complaints. In August 2019, Hanna appeared on BBC's *Dragon's Den* to pitch her new skincare range, and received offers of investment from all five dragons. She is now working with Peter Jones and Tej Lalvani on her new products, which will be launching in shops across the UK later this year.

www.mygoodnessrecipes.com

@mygoodnessrecipes (Instagram)

@HannaSillitoe (Twitter)

Skin Healing Expert | U (235x190) | Colour photography throughout | HB
14/05/2020 | £19.99 | 192 pages | Kyle Books | 9780857838438



Five Minutes to a Healthier You

More than 70 practical exercises and prompts to help you focus on your health and wellbeing.

Can you spare five minutes?

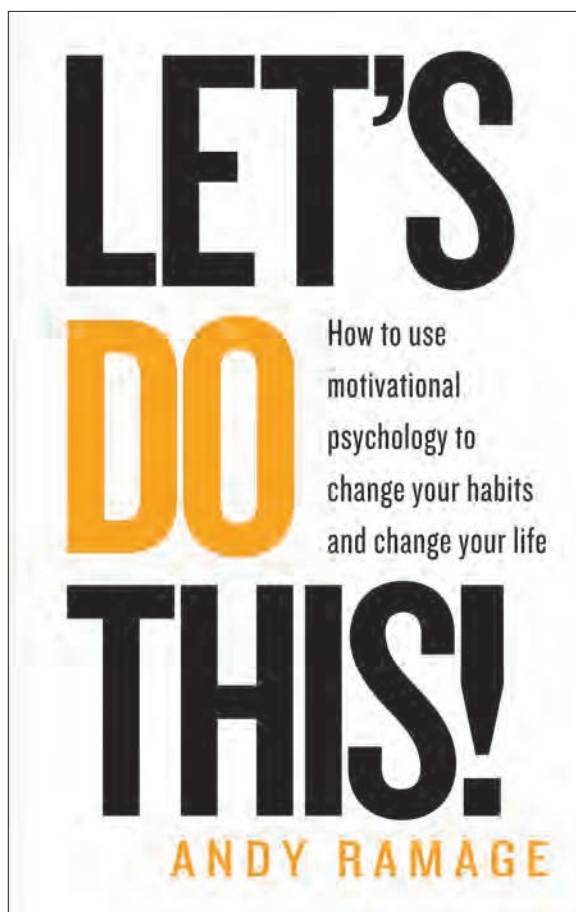
From simple stretches when you wake up in the morning to five minutes of mindfulness in the evening, the exercises and prompts in this guided journal show how adding small moments of health to your day can make a big difference.

Writing down your healthy goals and achievements also means that any positive changes you observe are more likely to last. This journal is an easy-to-use wellbeing tool that will help you harness your inner health and find vitality in every day. It's the perfect solution for anyone who feels there isn't enough time in the day!

Discover more than 70 ways to a healthier you...in just five minutes.

Author Biography: Hannah Ebelthite is a freelance health, fitness and wellbeing writer. With nearly two decades experience in journalism, she has held staff posts on Cosmopolitan, Zest and Healthy magazines, and writes for a wide range of national publications, including The Daily Mail, The Telegraph, The Daily Express, Woman & Home, Glamour, Healthy Food Guide, Top Santé, Healthy, Health & Fitness, Condé Nast Bride, Mother & Baby magazine. She has ghostwritten several health books and is a member of the Guild of Health Writers. Hannah lives in southwest London with her fitness-journalist husband and their six-year-old twin boys. When not working she can be found running around Richmond Park, throwing Kettle Bells around on the common, or coaching at her local running club.

Five Minutes to a Healthier You | Z (210x149) | PB | 70 photographs & illustrations
26/12/2019 | £12.99 | 160 pages | Aster | 9781783253005



Let's Do This!

How to use motivational psychology to change your habits and change your life.

By Andy Ramage

The second Friday in January is known as Quitter's Day, the day that on average our New Year resolutions begin to fly out of the window... this year, it's going to be different.

Let's Do This! is the motivation playbook for any type of personal change, from losing 10lbs or stepping up in your career to running a half-marathon. Forget willpower, which is a finite resource that rarely lasts until lunchtime and trying not to eat marshmallows / aka delayed gratification. The key to any successful behaviour change is the motivation to keep going once you've started.

This is an unapologetically positive book that shows why and how to master motivation using a simple but powerful process and a 28-day masterclass. Discover the Six Streams of Positivity that will keep you on the straight and narrow, refine your resolution and master your motivation through simple daily rituals. You'll see off your saboteurs (I can't be bothered, I'll start on Monday), master your mornings and even learn to love failure (it's all part of the process).

Let's Do This!

Author Biography: Andy is a former professional footballer with a Masters in Positive Psychology. He now combines work as a successful city commodities broker in London with running the hugely successful AF motivational site One Year No Beer.

Ten years ago Andy began studying well-being as he was materially successful but stressed out, overweight, unfit, unhealthy unmotivated and unhappy. Bewildered by his own lack of drive he began to study motivation. This led to an open university degree and later a masters degree in positive psychology and coaching psychology. He also became a master practitioner of NLP (training with John Grinder) and a mindfulness awareness coach. Now in his final year of his Master's in Positive Psychology, his special area of research is motivation.

Let's Do This! | Demy | 216 x 135|PB
26/12/2019 | £12.99 | 208 pages | Aster | 9781783253289



Labyrinth Meditations

A collection of beautifully illustrated labyrinths for mindfulness, meditation and centring.

By Madonna Gauding

A labyrinth is a beautiful metaphor for spiritual and personal transformation, and many meditation practitioners see it as a symbol of the journey we take in life. By following a path that is meandering yet purposeful, we visit our own centre, and then back again - out into the world - with the new-found wisdom we have gained. Including 10 guided meditations and 30 unique labyrinths, Mind Lab will release you from the stress of day-to-day life and help you to discover inner peace, wisdom and strength.

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. Location: St Louis, Missouri, USA.

Labyrinth Meditations | G11 (210x170) | PB | 30 illustrated labyrinths
05/12/2019 | £10.00 | 96 pages | Pyramid | 9780753733905



The Unexpected Joy of the Ordinary

The new book from the Sunday Times Bestselling Author

By Catherine Gray

****From the Sunday Times Bestselling Author****

We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach.

When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event.

So, what's the answer? The Unexpected Joy of the Ordinary theorises that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause.

Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything. Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression, high-rollers are less happy, and huge frothy weddings increase the likelihood of divorce. Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that.

Author Biography: Catherine Gray is an award-winning writer and editor who has been featured in the Guardian, Stylist, the Telegraph, Grazia, The Lancet Psychiatrist, Mr & Mrs Smith, BBC Earth, Women's Health, Stella, T2, Private Eye, Woman's Hour and BBC Breakfast.

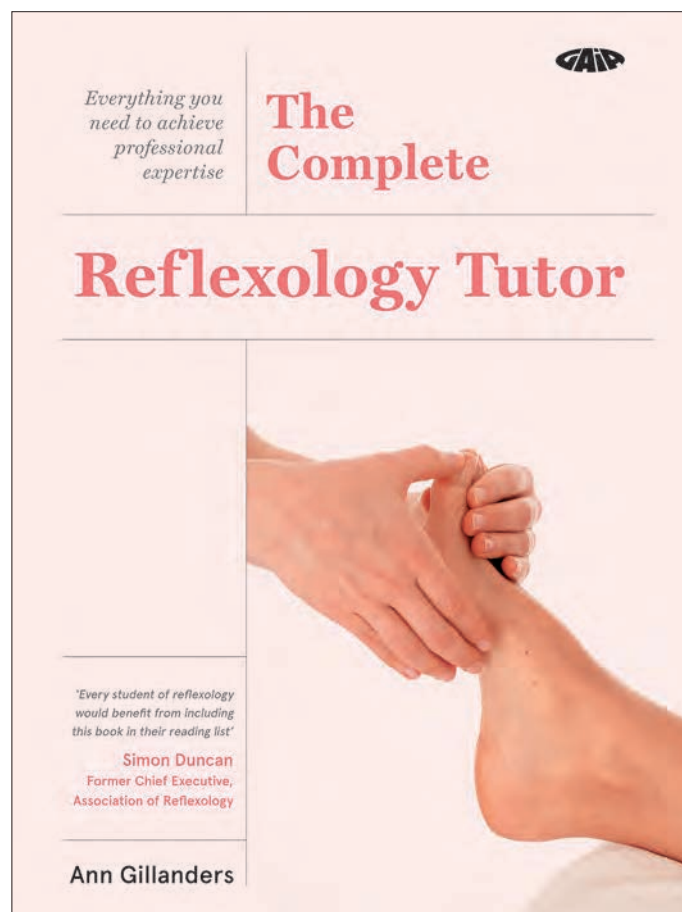
Catherine's hit debut, The Unexpected Joy of Being Sober, was a Sunday Times top 10 bestseller. Since then she has published The Unexpected Joy of Being Sober Journal and the critically-acclaimed Unexpected Joy of Being Single.

When she's not writing, Catherine can generally be found taking twenty (identical) pictures of the sunset, wondering why she's always the sweatiest person in yoga, fighting her 'spend it all!' financial urges, or scanning the body language of strangers to see if it's OK to pet their dog.

Twitter @cathgraywrites

Instagram @unexpectedjoyof

The Unexpected Joy of the Ordinary | Demy |HB
26/12/2019 | £14.99 | 288 pages | Aster | 9781783253371



The Gaia Complete Reflexology Tutor

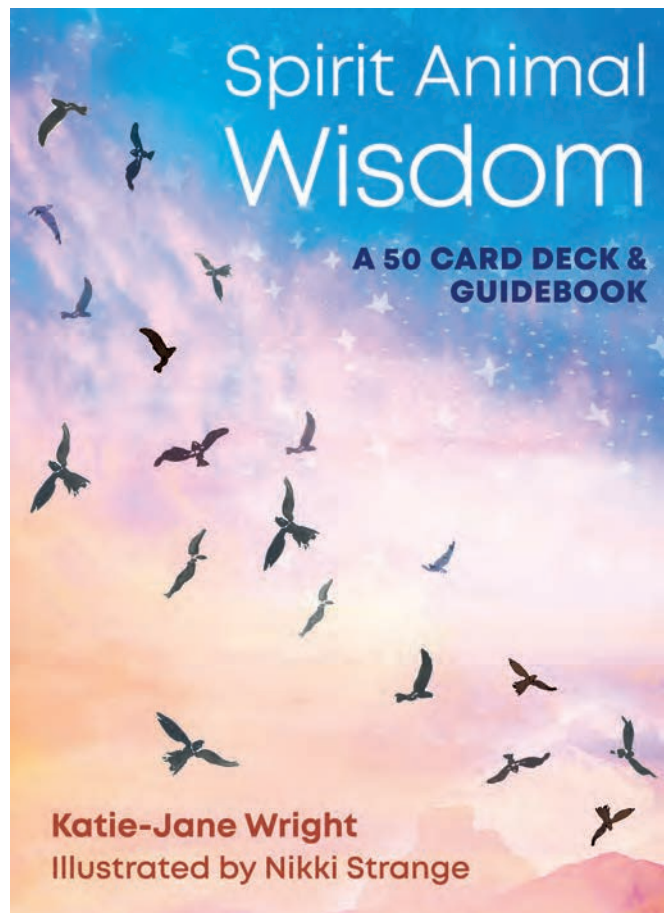
All-encompassing guide to a popular practice, written by a worldrenowned reflexologist.

By Ann Gillanders

Learn how to practice reflexology with this all-encompassing guide. Discover the origins of reflexology and how it works, then learn through the step-by-step guides how to master a variety of foot and hand reflexology routines. The Complete Reflexology Tutor clearly points the body's reflex points and how best to work them. However, this book is not merely for the beginner. For the more advanced reflexologist, there is practical advice on how to establish yourself as a reflexologist.

Author Biography: Ann Gillanders is a world-renowned reflexologist and author of the bestselling Reflexology: A step-by-step guide, The Family Guide to Reflexology and Reflexology for Back Pain. Ann is principal of the British School of Reflexology, editor of Healing Points magazine, and is well known for her lectures and broadcasts on reflexology. She has taught and trained therapists in reflexology for over 25 years.

The Gaia Complete Reflexology Tutor | ME (260x194) | PB
05/03/2020 | £18.99 | 256 pages | Gaia | 9781856754262



Spirit Animal Wisdom

A 50 card deck and guidebook.

By Katie-Jane Wright

Illustrated by Nikki Strange

Call in the wisdom of your spirit animal guides with this beautiful deck of oracle cards and guide to their messages.

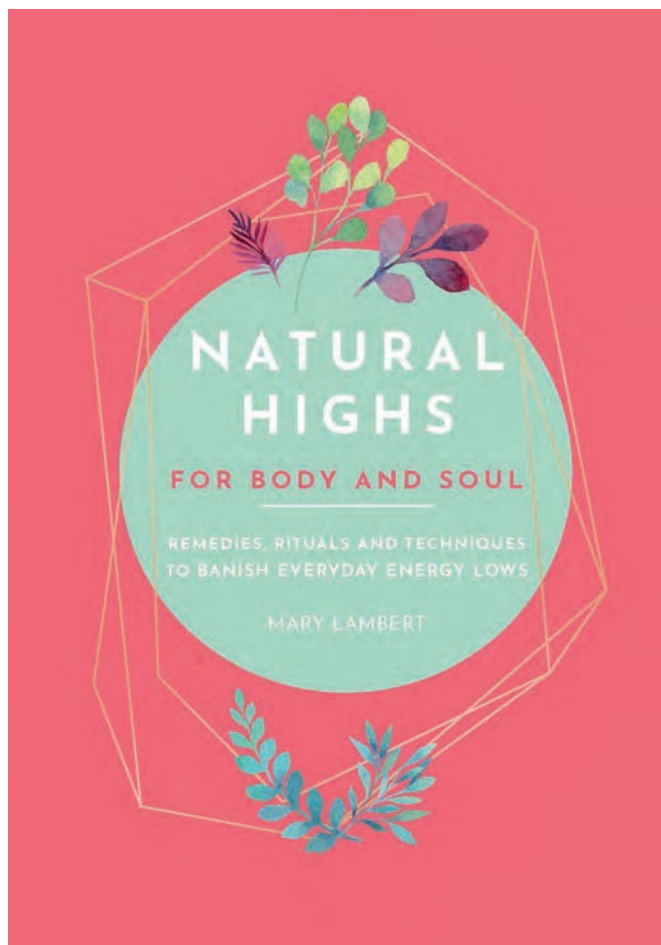
We all have a host of guides in spirit, supporting, loving and holding our hand through this journey, whichever path we may choose. You can see and feel your animal guides in a host of ways. They may come to you in dreams when you are in your most open, receptive state. You might find you run into this animal all the time or out of the blue, in the physical world or seeing pictures of it in magazines and books. These are signs that they want attention.

Spirit Animal Wisdom is a tool to connect with your animal guides, to acknowledge them and listen to their messages, as intuited by Katie-Jane Wright. Just open your heart and let the guides come to you.

Contains a 50-card deck & guidebook.

Author Biography: Katie-Jane Wright, author of *Crystals: A Conscious Guide*, has been a psychic clairvoyant and medium since childhood. She describes herself as an 'open channel for cosmic consciousness.' Having previously been a footwear designer for luxury brands and part-time lecturer for 12 years, three years ago she moved away from the corporate world and began conducting healing sessions with clients and holding crystal healing workshops. Katie-Jane currently lives in Washington D.C.

Spirit Animal Wisdom Cards | 127 x 90mm | 50 illustrated cards | HB
26/09/2019 | £15.99 | 72 pages | Aster | 9781783253296



Natural Highs: 70 Instant Energizers for Body and Soul

A collection of 70 instant and natural energizers to banish everyday lows.

By Mary Lambert

In today's fast-paced world you will often hear friends, family and work colleagues - or even your own body - saying they feel 'tired all the time'. But what if there were natural and simple ways to help you feel revitalized in seconds?

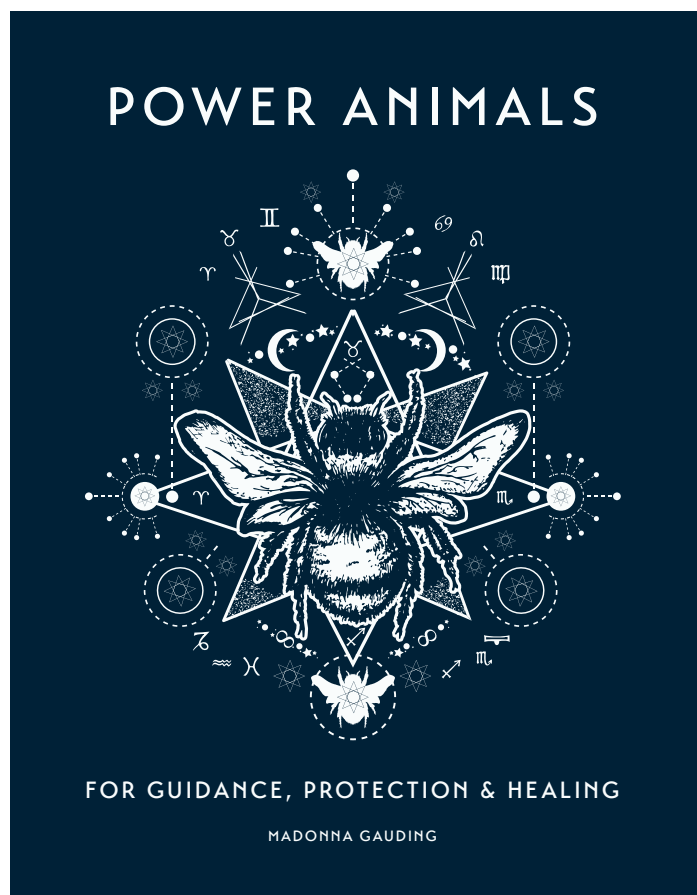
From pre-breakfast yoga to an afternoon tea tonic, author Mary Lambert offers 70 remedies and techniques you can use to rechannel your best self.

Whether you feel emotionally, mentally or physically drained, Natural Highs is the perfect companion to help you realise and release the energy you need to feel stronger, happier and ready to face each part of your day.

Author Biography: Mary Lambert is a qualified feng shui consultant and Reiki practitioner. She is the bestselling author of *Clearing the Clutter*, *Colour Secrets*, *An Introduction to Reiki*, and *Feng Shui Guide to Harmonious Living*.

Natural Highs: 70 Instant Energizers for Body and Soul | Z (210x149) | PB | Coloured illustrations throughout

05/09/2019 | £10.00 | 144 pages | Pyramid | 9780753733929



Power Animals

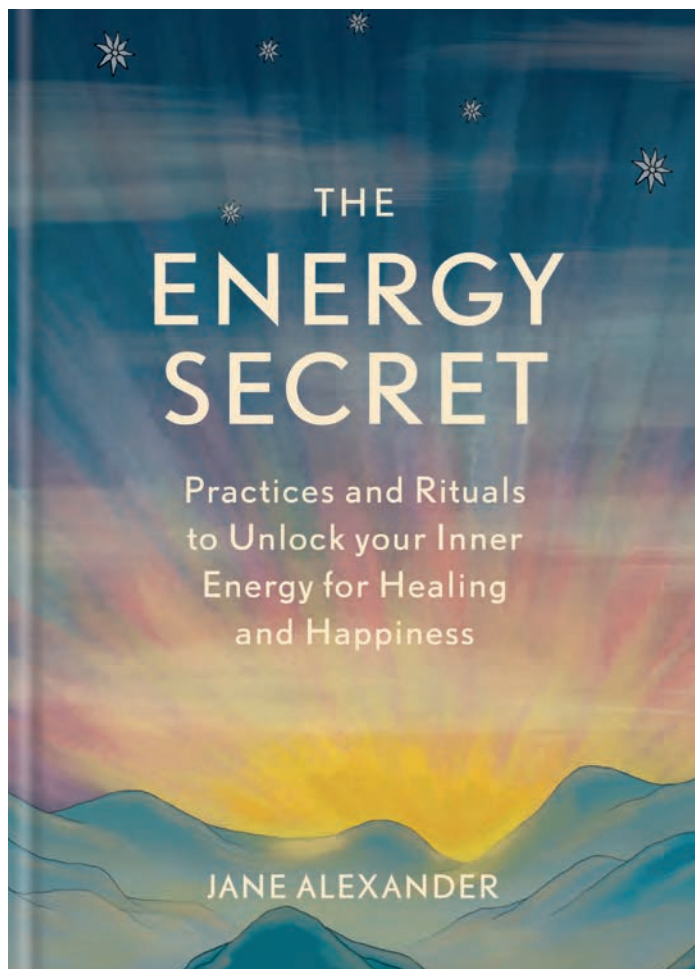
Featuring exercises and step-by-step instructions to help you access the power of animals as guides and healers. Includes a comprehensive directory explaining the symbolism and significance of 75 animals of land, sea and sky as well as mystical creatures.

By Madonna Gauding

In Native American, Aboriginal and other shamanic cultures, animals have long been recognized as possessing important strengths and powers. This beautifully illustrated book will teach you how to discover which animal has the most to offer you, and provides practical exercises for working with that animal's healing powers and wisdom. You will find step-by-step instructions for animal meditations, guidance on interpreting animal signs and messages and learn how to work with animal dreams and visions.

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*. Location: St Louis, Missouri, USA.

Power Animals | 210x165 | PB
01/11/2019 | £10.00 | 160 pages | Pyramid | 9780753733998



The Energy Secret

Practices and rituals to unlock your potential for healing happiness.

By Jane Alexander

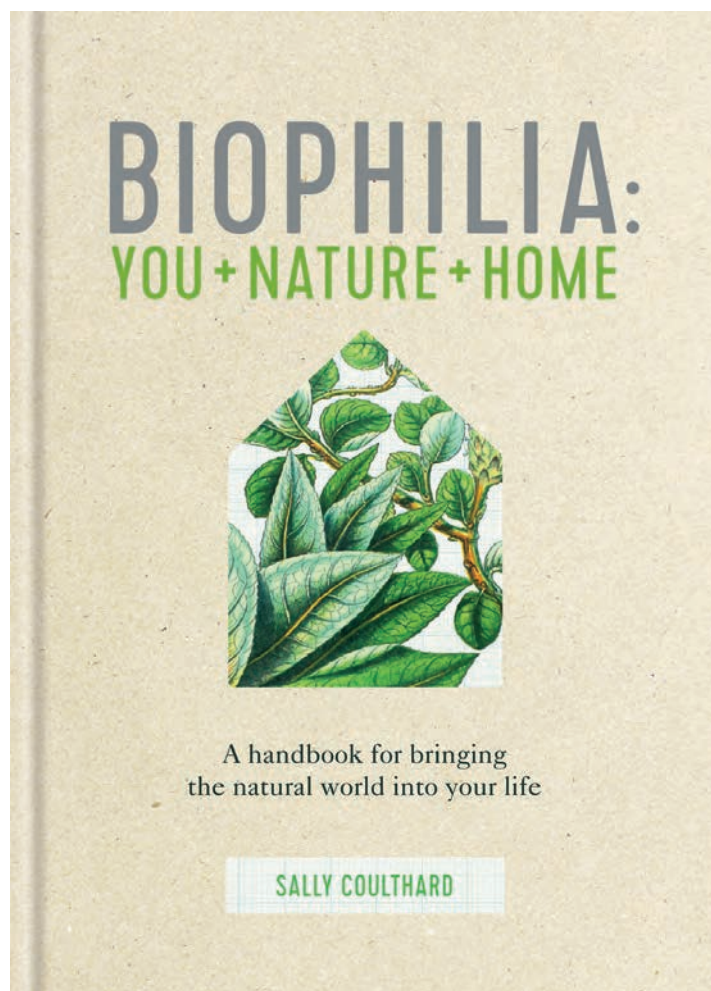
Energy runs through all of life linking us with other people, our homes and nature and the universe, but we don't really use it to our benefit. Understanding and directing our vital energy can give life more meaning and purpose and help with our health, relationships and mental wellbeing. The book is divided into four sections:

- Body (including breathing, exercise and the energy of food)
- Emotional (connecting to other people)
- Environmental (how to cultivate a positive atmosphere at home and work and how to connect with the natural world)
- Spiritual (using visualisation and ritual to connect to the ultimate energy source, how to manage the dark energy of judgement and depression, and finally, looking at death and where that energy goes).

Energy healing treatments include reiki, chakra healing, acupressure and acupuncture, but with Jane's simple techniques, there's so much you can do at home to clear your energy paths and find harmony and joy in daily life.

Author Biography: Jane Alexander is an acknowledged expert in the field of natural wellbeing. She is the author over 20 books on the subject, including the best-selling Spirit of the Home, The Detox Plan, The Five Minute Healer and Ancient Wisdom for Modern Living. Her books have been translated into over 16 languages (including the US, Germany, Spain, Norway, Italy and Hungary). Jane wrote the ground-breaking Self column in the Daily Mail for many years and has been a contributor to a huge number of national newspapers, women's magazines and health titles. She has a regular column in Natural Health magazine.

The Energy Secret | Z (210x149) | Illustrations throughout | HB
05/03/2020 | £14.99 | 192 pages | Kyle Books | 9780857838087



Biophilia: You + Nature + Home

A handbook for bringing the natural world into your life.

By Sally Coulthard

In this beautifully illustrated guide, best-selling author Sally Coulthard demonstrates how to transform your living and working spaces into places that put you in touch with nature. Eight inspiring chapters cover key elements for the 'biophilic home', including materials, views, colour and natural light. Each section explores the links between home, health and happiness, drawing on environmental research and neuroscience while making practical suggestions for bringing the natural world into your home.

Bring nature indoors with flowers and plants, rediscover the innate pleasure of real fires and fresh air, and learn how to improve your mood and sleep patterns with dynamic light. Create a space filled with natural elements, patterns, nature's colours, fabrics and textures that lift your mood; find out why natural sounds and water are soothing; and learn how to make small changes that will inspire, invigorate and enrich your relationship with the natural world.

Author Biography: Sally Coulthard's writing has taken her down some interesting rabbit holes. From building fires to saving bees, creating sheds to the history of craft, Sally has written over twenty books, which often explore the links between nature, home, crafts and living well. Passionate about the countryside, she also describes the joys and pitfalls of smallholding in her column Good Life in the Country for Country Living magazine. Recent titles include the best-selling The Little Book of Building Fires; CRAFTED - A Compendium of Crafts New, Old & Forgotten; The Bee Bible; The Little Book of Snow; and STUDIO: Creative Spaces for Creative People.

Biophilia | Z (210x149) | Illustrations throughout | HB
26/03/2020 | £14.99 | 160 pages | Kyle Books | 9780857837158



Green

Transform your available outdoor space with simple, stylish solutions that don't require major structural changes or big budgets.

By Ula Maria

In *Green*, award-winning garden designer Ula Maria takes a fresh look at creating a garden in whatever available outdoor space you have - be it a roof terrace, balcony, small back yard or patio garden, rented or your own.

Her approach is perfect for the first-time gardener as she explains the process of creating an inspirational mood board, taking ideas from travelling, interiors and social media as the starting point for an outdoor space that is a true reflection of self.

Using low-maintenance plants and affordable furniture, lighting and containers, she offers simple solutions that don't involve major structural work but will quickly result in a stylish and hugely rewarding urban sanctuary.

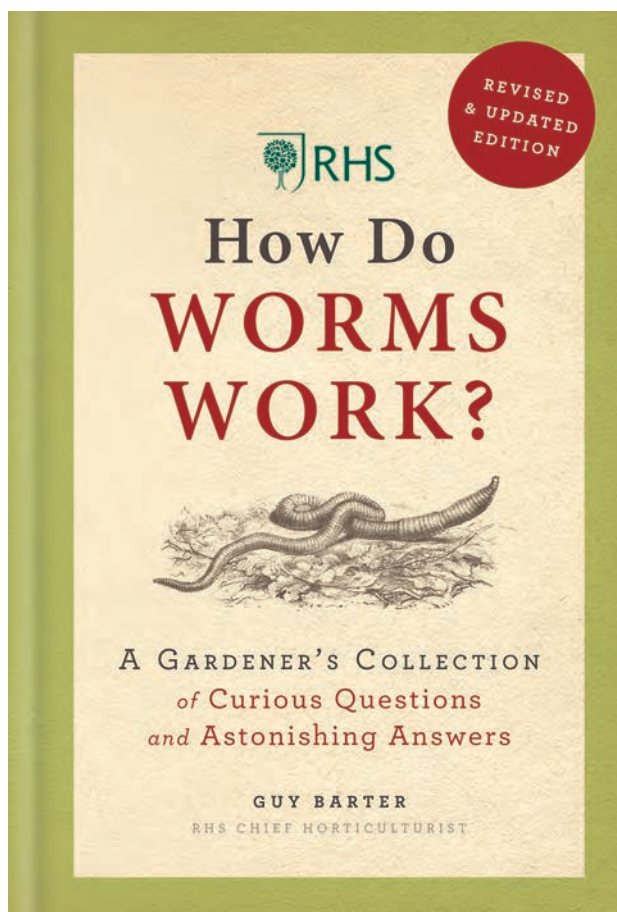
The book will be illustrated with photography by top gardening photographer, Jason Ingram.

Author Biography: Ula Maria is an award-winning garden designer, landscape architect and illustrator. Ula attended the School of Fine Arts in Lithuania before moving to England permanently in 2008. She studied a BA and MA in Landscape Architecture at Birmingham City University, where she was awarded the Landscape Institute's John Knight award for both her undergraduate and postgraduate projects.

Since graduating, Ula has worked for a number of landscape practices (including that of Tom Stuart-Smith) prior to entering and winning the 'RHS Young Designer of the Year' competition where she received a gold medal for her garden 'Studio Unwired' in 2017. Since then, Ula has established her own practice and won 'Best in Lifestyle category' award for her 'Style and Design garden' at the RHS Hampton Court Flower Show. Ula is also a visiting tutor at Birmingham City University and an author of the latest 'Design' series in *Gardens Illustrated* magazine.

Ula has a deep connection with nature originating from her childhood spent in rural Lithuanian landscapes, collecting berries and swimming in the river Ula with its banks dotted with coniferous forests, thick woods, and high sandy cliffs. She seeks to create meaningful designs with a sensitive approach to an existing space. Her particular interest is in creating emotive garden spaces that evoke innate connections to nature through memories, senses and experiences.

Green | U (235x190) | HB | 250 photographs
02/04/2020 | £20.00 | 176 pages | Mitchell Beazley | 9781784726010



RHS How Do Worms Work?

A revised and undated edition of the informative and entertaining gardener's companion.

By Guy Barter and The Royal Horticultural Society

'This is a lovely book to dip into, and you may even find yourself reading it cover to cover' – the Guardian

'An enlightening and entertaining read that will leave the reader armed with the facts and insight to improve their garden as well as their general knowledge' - The English Garden

RHS How Do Worms Work? provides expert answers to the questions that every gardener wants to ask - and a few that you never even dreamt of. As well as answering the titular question about soil's best friend, this fact-filled journey through the world of the garden is packed with Q&As that are sometimes practical, sometimes whimsical and always intriguing. This richly illustrated volume is an absorbing guide to the quirky and lesser-known aspects of gardening and a perfect gift for any gardener with an inquisitive mind.

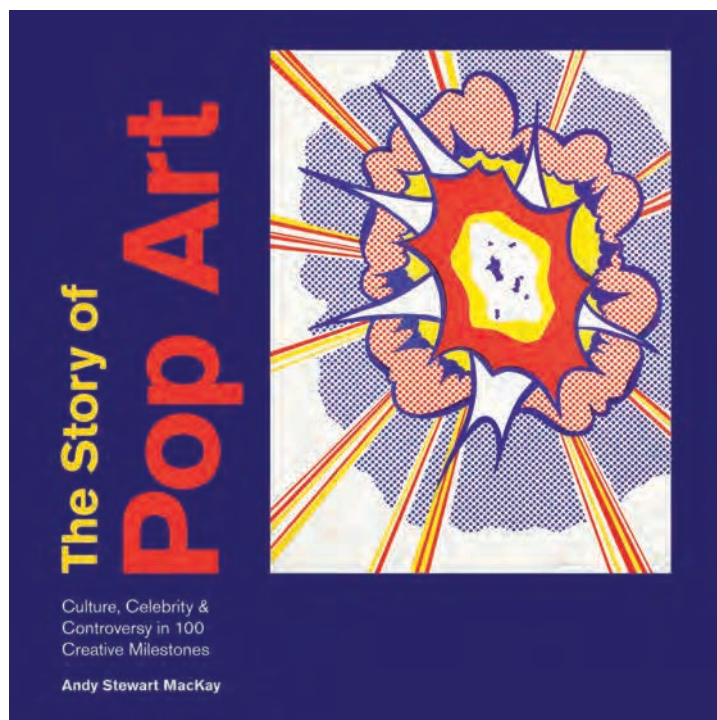
RHS How Do Worms Work? holds the answers to common questions such as:

- What's the difference between a fruit and a vegetable?
 - Is it true that sunflower heads follow the sun?
 - When is a plant a weed?
 - How do you attract butterflies?
- and many more.

Author Biography: Guy Barter is Chief Horticulturist of the Royal Horticultural Society, having joined the organization as superintendent of trials at RHS Garden Wisley in 1990. Prior to that, he gained experience in the commercial horticultural world after graduating with a degree in horticulture. Guy now runs the RHS Members' Advisory Service, which provides answers to an enormous range of questions and supplies evidence-based advice for thousands of gardeners and is author of RHS How Do Worms Work and RHS Can Anything Stop Slugs.

The Royal Horticultural Society (RHS) is the UK's largest gardening charity, dedicated to advancing horticulture and promoting good gardening. Its charitable work includes providing expert advice and information, training the next generation of gardeners and promoting the ecological, aesthetic and psychological benefits of gardening in an urban environment.

RHS How Do Worms Work? | G7 (210x140) | HB | 200 Photographs and illustrations
05/03/2020 | £14.99 | 224 pages | Mitchell Beazley | 9781784726539



The Story of Pop Art

Discover the colourful history of the 20th century's most important art movement.

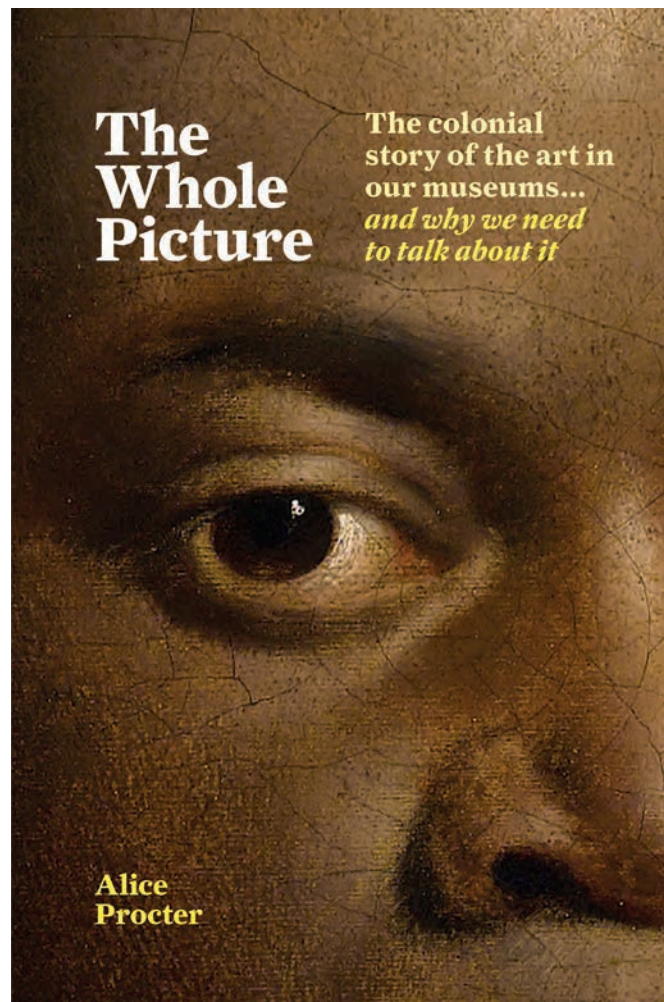
By Andy Stewart MacKay

In this age of insta-stardom and selfies, Pop Art still defines the world we live in. Emerging in the 1950s, Pop Art arrived in an explosion of colour, offering bold representations and plenty of humour. All of the celebrities, events and politics that came to define two turbulent decades are encapsulated in their work. Pop Art challenged the establishment and offered a new modernism, blurring the line between art and mass production.

Uncover 100 stories in this essential guide to a groundbreaking movement. Enjoy enlightening critiques of iconic works; meet key figures including Warhol and Hockney; and discover inspirational ideas and novel new methods.

Author Biography: Andy is a London-based writer and cultural historian. Graduating in Art History from St Andrews University in Scotland, he studied cultural criticism at City University of London and modernist literature at Leiden University in the Netherlands. Since 2005 he has taught 500 years of cultural history at galleries, museums, schools and universities across Europe and the United States. He was formally an archivist at The British Library in London, where he co-catalogued the Harold Pinter archive, interviewed Dame Joan Plowright on her life in theatre for the Oral History Archive, co-organised an exhibition on T. S. Eliot and researched the 2012 Cultural Olympiad exhibition Writing Britain. Andy writes articles for AnOther magazine and for Jack Guinness' Queer Bible, and is the author of The Angel of Charleston (2013).

The Story of Pop Art | NE (200x200) | PB
30/01/2020 | £19.99 | 224 pages | Ilex Press | 9781781576113



The Whole Picture

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

By Alice Procter

Should museums be made to give back their marbles? Is it even possible to 'decolonise' our galleries? Must Rhodes fall?

From the stolen Wakandan art in Black Panther, to Emmanuel Macron's recent commitment to art restitution, and Beyoncé and Jay Z's provocative music video filmed in the Louvre, the question of decolonising our relationship with the art around us is quickly gaining traction. People are waking up to the seedy history of the world's art collections, and are starting to ask difficult questions about what the future of museums should look like.

In *The Whole Picture*, art historian and Uncomfortable Art Tour guide Alice Procter provides a manual for deconstructing everything you thought you knew about art, and fills in the blanks with the stories that have been left out of the art history canon for centuries.

Each section tackles the fascinating and often shocking stories of five different art pieces, including the propaganda painting that the East India Company used to justify its control in India; the Maori mokomokai skulls that were traded and collected by Europeans as 'art objects'; and Kara Walker's controversial contemporary sculpture *A Subtlety*, which raised questions about 'appropriate' interactions with art. Through these stories, Alice brings out the underlying colonial narrative lurking beneath the art industry today, and suggests different ways of seeing and thinking about art in the modern world.

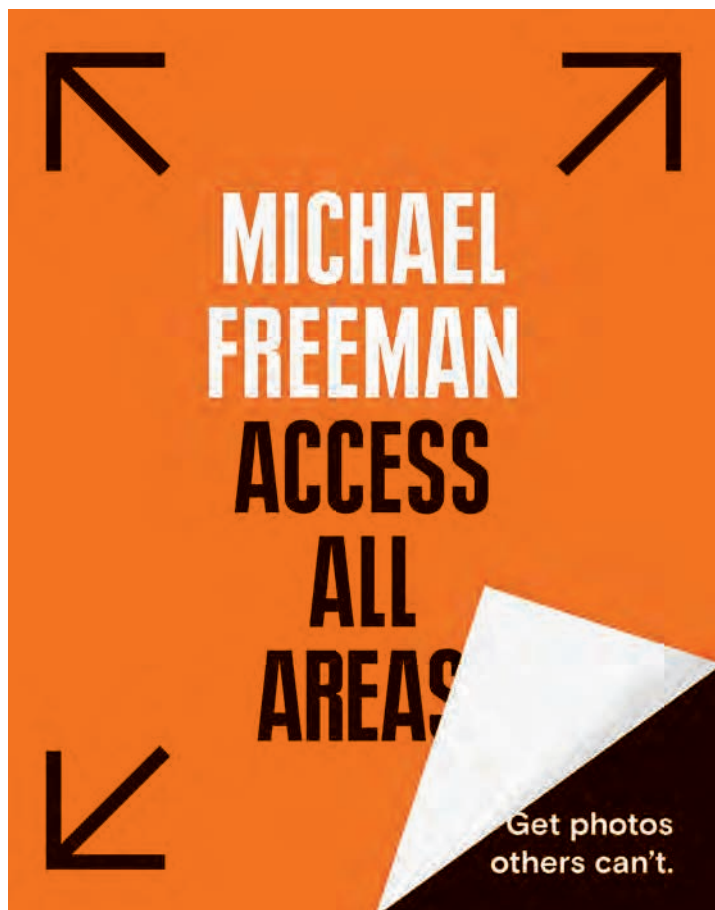
The Whole Picture is a much-needed provocation to look more critically at the accepted narratives about art, and rethink and disrupt the way we interact with the museums and galleries that display it.

Author Biography: Alice Procter is an historian of material culture based at UCL. She has six years of tour-guiding experience at heritage sites and galleries, and curates exhibitions, organises events, makes podcasts and writes things under the umbrella of *The Exhibitionist*.

Alice's 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 Radio 4's *Front Row*, and has recorded material for the Tate's newly updated audio guides showcasing different voices. Alice is Australian but mostly grew up in England.

[@aaprocter](http://theexhibitionist.org)

The Whole Picture | Royal | 234 x 153 | HB
05/03/2020 | £16.99 | 288 pages | Cassell | 9781788401555



ACCESS ALL AREAS

Get photos others can't - learn to go beyond the boundaries as a field photographer
By Michael Freeman

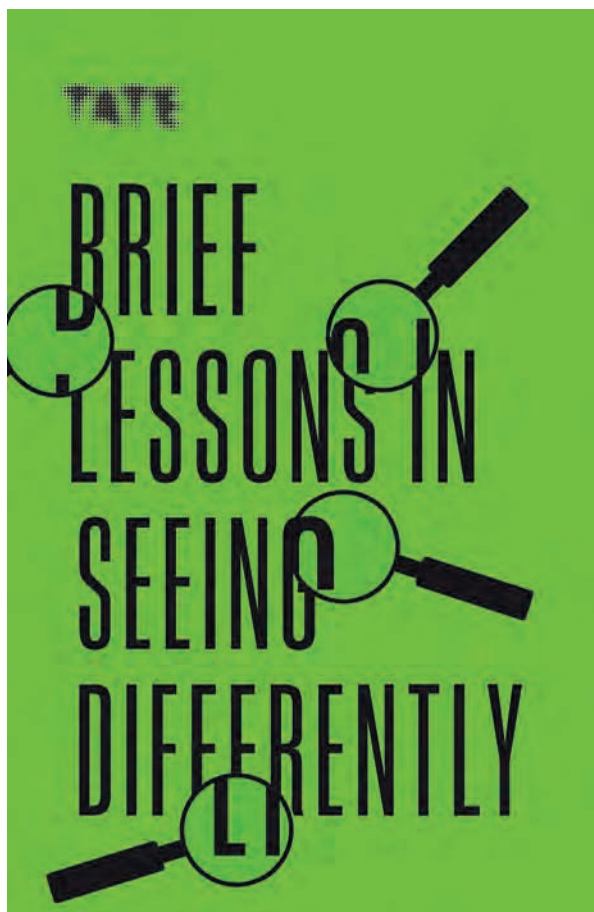
Getting the shot is not a game of chance - there are proven methods and innovative approaches that the professional photographer uses to succeed. From Freeman's decades of reportage experience, he has developed proven methods for going beyond where tourists stop, and delivering the photographs that make the cover. ACCESS ALL AREAS uses five 'nodes' or guiding principles, in various combinations, to elucidate each particular method of access: hearts & minds, immersion, deep learning, left field and right place, right time.

The secrets shared in this book will let you find your own *modus operandi* for overcoming the obstacles between you and the shot, so you can bring home your own world-class images.

Author Biography: Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of the pictures he came back with, he embarked on a full-time photographic career.

Since then, working for clients that include all the world's major magazines, most notably the Smithsonian Magazine (for which he has shot more than 40 stories over 30 years), Freeman's reputation as one of the world's leading reportage photographers has been consolidated. Of his many books, which have sold over 4 million copies worldwide, more than 60 titles are on the practice of photography. For this photographic educational work he was awarded the Prix Louis Philippe Clerc by the French Ministry of Culture. Freeman's books on photography have been translated into 27 languages.

ACCESS ALL AREAS | 210x165 | PB
04/06/2020 | £15.00 | 160 pages | Ilex Press | 9781781577493



Tate: Brief Lessons in Seeing Differently

Open up to new ways of seeing with inspirational perspectives from Turner, Van Gogh and more.

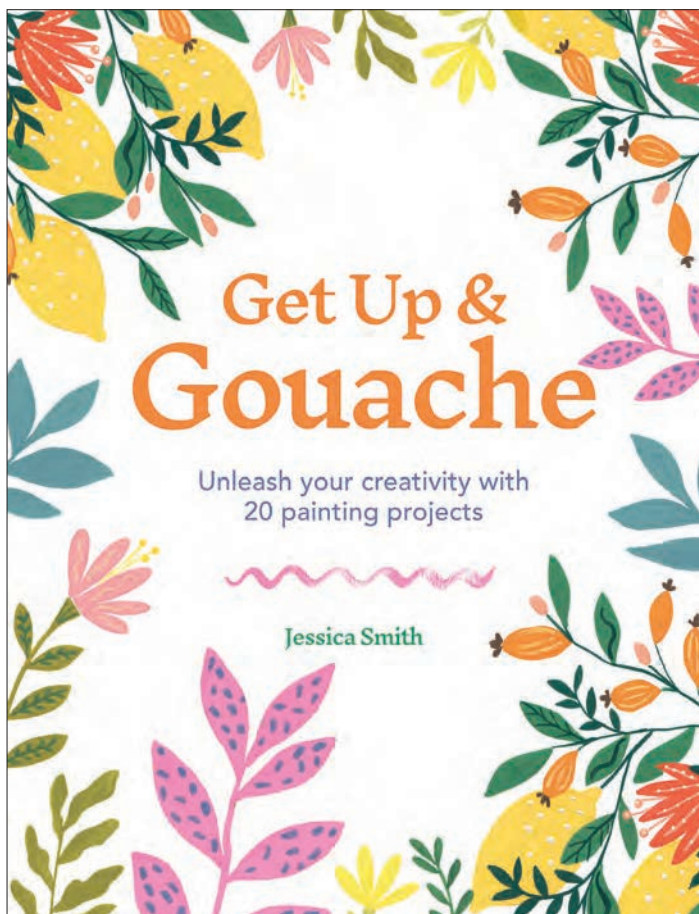
By Frances Ambler

'I like looking at art. You're always looking and learning and changing your perception about things' - Alex Katz

There are as many ways to look as there are to make art. Seeing differently allows you to create something original, as well as to understand art in new ways. Delve into detail with J.M.W. Turner, see through a prism of pattern with Yayoi Kusama, and distil sights into new forms with Maria Bartusová. Brief Lessons in Seeing Differently is a guide to opening your mind to new ways of seeing and sparking creativity in the everyday. Inspiring anecdotes and practical exercises will help you gain a new perspective and reinvigorate your work.

Author Biography: Frances Ambler is a London-based writer and art historian. She has a special interest in 20th-century design and is the author of *The Story of the Bauhaus*. She has worked with museums and galleries across the globe, including the Solomon R. Guggenheim Museum in New York, London's Victoria and Albert Museum and the Scottish Sculpture Trust.

Tate: Brief Lessons in Seeing Differently | B Format | 198 x 126 | PB
07/05/2020 | £9.99 | 112 pages | Ilex Press | 9781781577431



Get Up and Gouache

Unleash your creativity and discover a new medium with 20 colourful gouache projects.
By Jessica Smith

Get Up & Gouache shows you how to bring the vibrant and versatile medium of gouache to life. Get stuck in to 20 step-by-step projects that show you how to layer, blend and bloom in order to create beautiful and lively paintings ideal for prints, cards, gifts or simply the pleasure of painting

Packed with tips, tricks and techniques, Get Up & Gouache is ideal for beginners as well as providing inspiration for intermediate-level artists. Learn how to paint people and places and discover your own visual language. Find inspiration through projects on painting friends and family, flowers and nature and even your favourite furry friends.

Author Biography: Jessica Smith is a freelance illustrator and designer based in Bath in the UK. She works with gouache and digital mediums and enjoys playing with scale, bold colours and unusual shapes. She loves to paint people and plants, both of which play a key part in her lively artworks.

Get Up and Gouache | SSN (246x189) | PB
05/03/2020 | £14.99 | 144 pages | Ilex Press | 9781781577196



In Camera: How to Get Perfect Pictures Straight Out of the Camera

Understand your camera's capabilities. Master the skills of exposure, composition and focus. Take amazing photos; no post-processing, no Photoshop, just your own vision.
By Gordon Laing

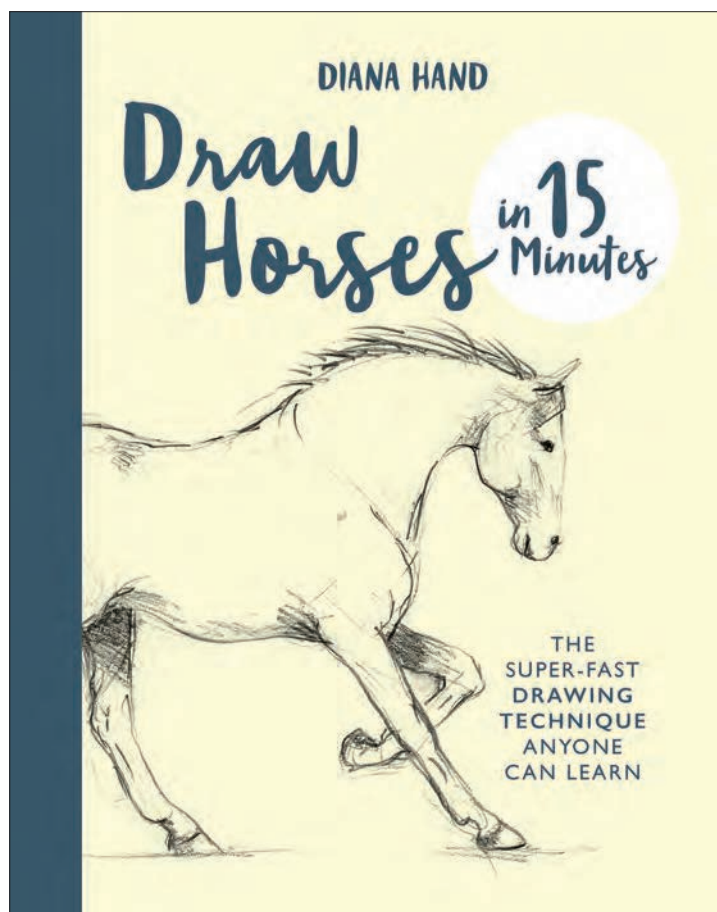
With amazing low-light capabilities, incredible definition, intelligent autofocus and a host of other features, digital cameras have now become so powerful that they have left their users behind.

Most photographers can take competent shots in a range of conditions, or fix imperfect exposures in Photoshop or Lightroom, but very few have the skill to push their cameras to the limit and capture the perfect shot, under all conditions, with no post-processing required. In Camera is the perfect way to take your photography to that level; to master your camera, understand light, exposure and composition, and make amazing photographs, whatever your camera, without cheating after the event.

One hundred of Gordon's beautiful photos are given with his own expert commentary; full settings and camera details are included, and a host of tips and tricks let photographers of any level learn something from every example. The shots are taken with a wide range of cameras, and the emphasis is on getting results by improving your own skills, not wasting money on expensive equipment.

Author Biography: Gordon Laing has been reviewing digital cameras since the first Apple Quicktake was launched in 1994. In the decades since, they have changed beyond all recognition, and Gordon has built a huge following with his in-depth review website, cameralabs.com. With its impartial, real-world tests of new models, huge archive and video tours, camera labs has become a unique and essential resource for anyone buying a new camera. He regularly posts his travel and food photos across the social networks, celebrating incamera jpegs over processed images.

In Camera: How to Get Perfect Pictures Straight Out of the Camera | SSN (246x189) | HB
05/03/2020 | £19.99 | 208 pages | Ilex Press | 9781781577721



Draw Horses in 15 Minutes

A perfect introduction to drawing horses, ideal for anyone who loves horses, or for those who would like an approach that makes a complex subject easy and enjoyable
By Diana Hand

Continuing the success of the Draw in 15 Minutes series, horse artist Diana Hand shows you how to express your love of horses through drawing. In a series of tutorials, she describes every stage from finding your model and learning the basic skills of drawing to portraying the movement and spirit of the individual horse. Draw Horses in 15 Minutes will inspire you to make your own expressive drawings based on the principles of equine anatomy. Furthermore, you will discover a skill you never thought you had.

Author Biography: Diana Hand is an established artist and printmaker who lives and works in Scotland, UK. She studied at the Ruskin School of Drawing and the Ashmolean Museum, Oxford, and is a graduate of the Glasgow School of Art. She is a horse rider with a deep knowledge of the horse and an interest in classical and natural horsemanship. Her work has been exhibited widely in the UK, and she is a Friend of the Society of Equestrian Artists.

Draw Horses in 15 Minutes | Other | 225 x 177 | PB
07/05/2020 | £9.99 | 112 pages | Ilex Press | 9781781577738



Make, Stitch & Knit for Baby

35 guided projects to stitch, knit and craft cute homeware, clothes and toys

By Émilie Guelpa

This contemporary craft book is packed with easy, affordable projects to help you make unique gifts for the babies in your life.

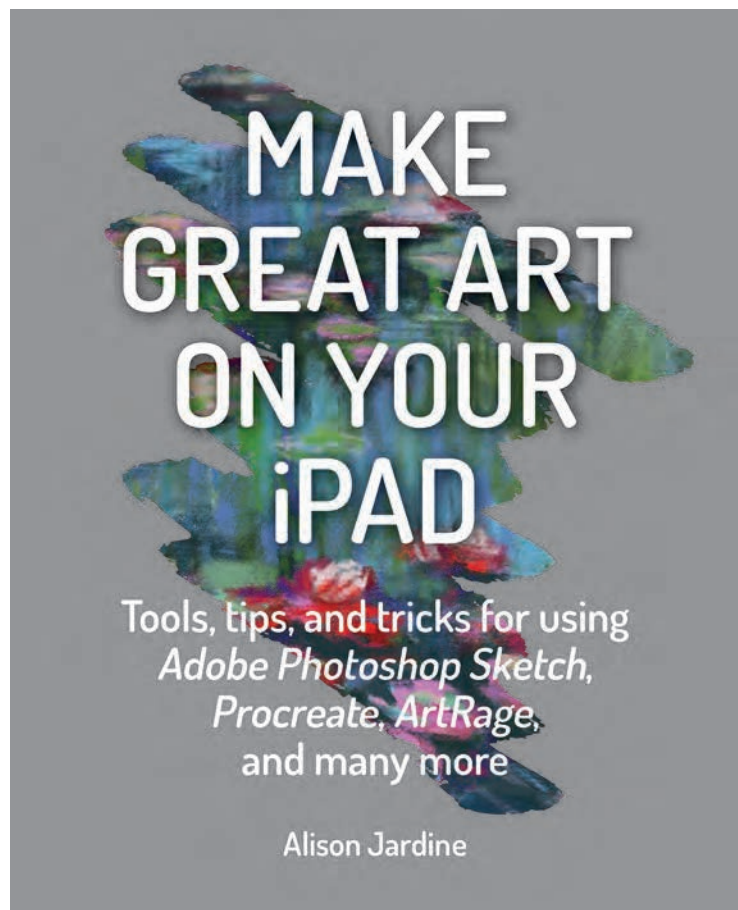
From simple cotton bibs, shorts and soft toys, to a basic cushion and straightforward knitted blanket, the projects are clearly explained and easy-to-follow. Other crafty step-by-steps include a hanging mobile, finger puppets, soft rattles and sensory toys.

Whether you're expecting a baby and want to add a personal touch to their bedroom, or you'd like to make something special for your grandchild or friends' babies, Make, Stitch & Knit for Baby is the go-to book for creating handmade, stylish baby items.

Each project is set out with easy-to-follow, step-by-step instructions and range from curious beginner, to providing inspiration for the more experienced crafter.

Author Biography: Émilie Guelpa is a French author, based in Paris. During her pregnancy with her daughter, Louise, she became inspired to decorate Louise's room with handmade items, realising how much she could achieve with her hands and the materials she had in the house. Once Louise arrived, Émilie continued her crafting endeavours to make soft animals, sensory toys and clothes that Louise would treasure forever. Émilie hopes that this book will inspire readers to do the same for their own babies, grandchildren or friends' babies. She is also a photographer and runs a travel and food blog.

Make, Stitch & Knit for Baby | SSN (246x189) | PB
07/05/2020 | £16.99 | 208 pages | Ilex Press | 9781781577608



Make Great Art on Your iPad

**Explore your creative talents and produce amazing artworks on your iPad and iPhone.
By Alison Jardine**

Fully revised to reflect the latest updates in the most popular creativity apps, this is the original, best-selling guide to using creative apps on your Apple device to produce your very own masterpieces.

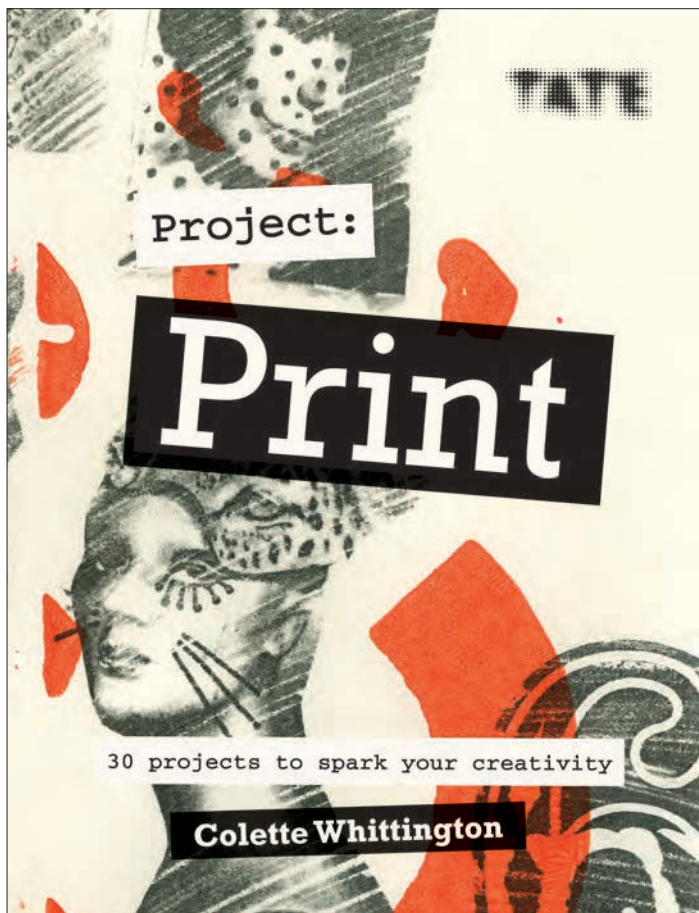
Artists like David Hockney have taken to creating art on the iPad, but you don't have to be an artist to achieve great results on your device. This refreshingly accessible book is perfect for skilled artists and creative wannabes alike.

Alongside the step-by-step projects that teach the fundamentals of digital painting, there are also some easy and fun artistic tricks that anyone can try. You'll master the most popular art apps, and you will learn new painting and drawing skills along the way.

Includes advice on using Procreate, ArtRage, Art Studio for iPad, Adobe Photoshop Sketch, Pen & Ink, Brushes and Tayasui Sketches Pro.

Author Biography: Alison Jardine is a British artist living and working in Dallas, Texas. Her work is multidisciplinary, and she uses paint, fabrics, drawing, concrete, video and construction materials. From 2010 to 2011 she set up the 365 iPad Project for which she created a new iPad artwork every day. She was commissioned to create an iPad work for a social media project for the London Olympics, and her digital art has been featured in several art magazines. She teaches an iPad workshop at the Dallas Museum, and continues to explore the iPad alongside other media.

Make Great Art on Your iPad | U (235x190) | PB
13/02/2020 | £14.99 | 144 pages | Ilex Press | 9781781577714



Tate: Project Print

Spark your creativity with 30 step-by-step printmaking projects
By Colette Whittington

Whether you have little experience or lots, this printmaking workshop will get your creative juices flowing. Test out a variety of techniques and inks with 30 step-by-step projects to work through. Incorporating low-cost and low-fi methods, all of the projects can easily be practised at home.

Each exercise focuses on a particular method or material and pairs this with a different theme, from stencil-silhouette greeting cards to block-printed tote bags. Experiment with photomontage, foiling, linocuts and more. Enjoy fresh approaches, try something new and develop your skills with this essential guide.

Author Biography: Colette Whittington is an artist, printmaker and educator who teaches across the United Kingdom. She has been leading printmaking workshops for over 15 years to students of all abilities and ages in further education colleges as well as Tate Liverpool. She is passionate about making print accessible to all, helping her students grow in confidence and enjoys the discipline's many rewards.

Tate: Project Print | SSN (246x189) | PB
05/03/2020 | £14.99 | 144 pages | Ilex Press | 9781781576687



The Leathercraft Handbook

Stylish, accessible and aspirational. Learn the traditional craft of leatherworking through 20 contemporary projects, from stylish accessories to essential homewares. By Candice Lau

Destined to be a classic, this modern introduction offers a contemporary twist on the age-old craft of leatherworking.

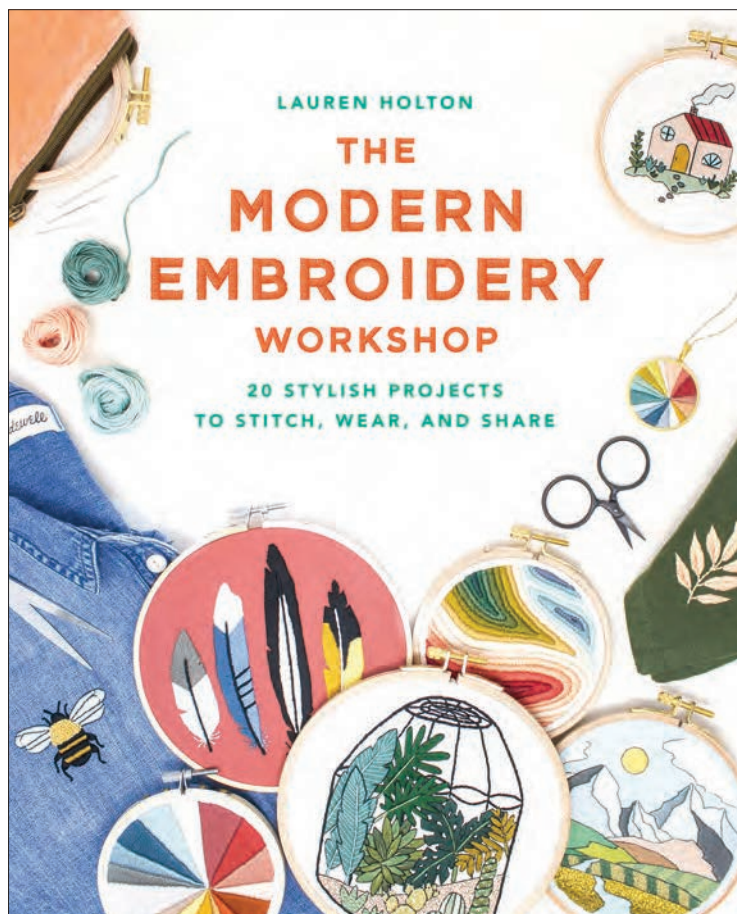
The Leathercraft Handbook guides you through all the skills, tools, and techniques you need to make beautiful and durable pieces, from elegant accessories to stylish homewares - without the need for expensive equipment.

Try your hand at more than 20 step-by-step projects, complete with easy-to-follow tutorials and templates that can be scaled up or down. Ranging from a classic glasses case to a chic tote bag, the pieces are suitable for beginners through to experienced leatherworkers and feature inspiration on how to make the designs your own.

Use this tactile, age-old craft to make your own unique and modern leather items.

Author Biography: Candice Lau is an award-winning leatherworker based in London. She designs leather bags and accessories inspired by modernity, minimalism and functional living. Despite her contemporary aesthetic, she is passionate about using traditional leatherworking methods, and handcrafts most of her collections. Candice's clients include Bang + Olufsen, Facebook, Lacoste, Vitra and Heals.

The Leathercraft Handbook | SSN (246x189) | HB |
06/02/2020 | £20.00 | 176 pages | Ilex Press | 9781781576908



The Modern Embroidery Workshop

**Quench your creative thirst and feel recharged with The Modern Embroidery Workshop.
By Lauren Holton**

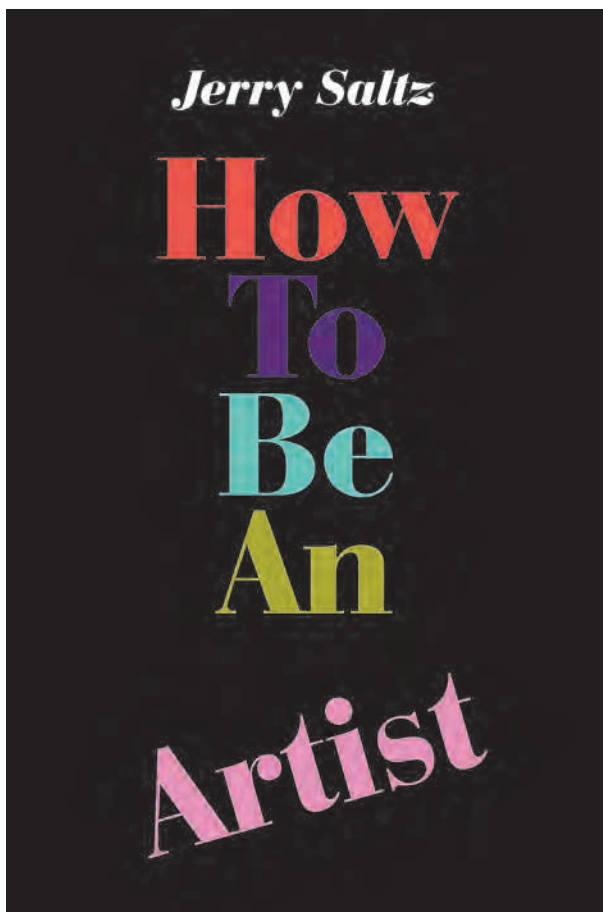
Master embroidery stitches with this collection of 20 eye-catching motifs, patterns and projects, ideal for novices through to experienced embroiderers.

Easy-to-follow instructions accompany each colourful design, and you'll find customization tips and guidance to help you make every piece your own.

Discover imaginative ideas for embellishing items to wear, display and gift, ranging from simple motifs for a cotton bag or T-shirt, through to intricate landscapes for beautiful wall art.

Author Biography: Lauren Holton is a gifted embroiderer and teacher with a passion for colourful, contemporary crafts. Also known as Lark Rising Embroidery, Lauren has over 68,000 loyal followers on Instagram (@larkrising) based across the world. She lives in a bright and cosy home in Seattle with her husband, two young sons, dog and houseplants.

The Modern Embroidery Workshop | U (235x190) | PB
06/02/2020 | £16.99 | 176 pages | Ilex Press | 9781781577073



How to Be an Artist

Irreverent and inspiring advice for awakening your creative potential, from the Pulitzer Prize-winning art critic.

By Jerry Saltz

Pulitzer prize-winning art critic Jerry Saltz is here to show you how to bring art and creativity into your life, with irreverent, inspiring and priceless pieces of advice on getting on in art.

As the witty and passionate chief art critic for New York magazine, Jerry Saltz is often approached by artists, both amateur and professional, asking him for advice: How do I get started? How do I get better? Is what I'm doing even art at all? They want to know, in short, how to be an artist.

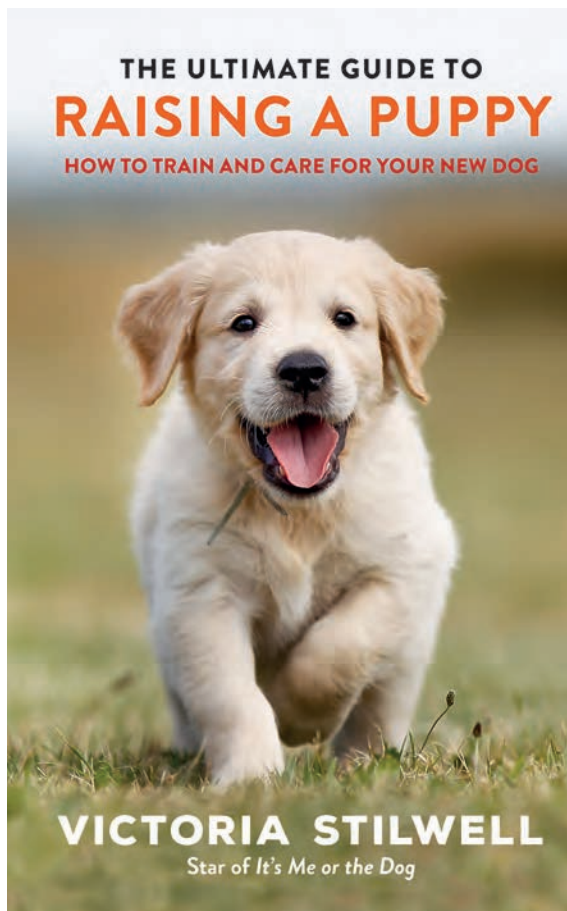
Now, expanding on his viral cover story for New York magazine - and drawing on his decades of immersion in the art world - Saltz has the answers. How to Be An Artist is an indispensable book of practical inspiration for creative people of all kinds. Brimming with dozens of brand new rules, prompts, exercises, and tips designed to break through creative blocks, ignite motivation, and conquer bad habits, this book is designed to help artists of all kinds - painters, photographers, writers, performers - realize their dreams.

Includes such advice as:

- Recognize convention, and resist constraint
- Get lost
- Listen to the wildest voices in your head
- Know what you hate (it's probably you)
- Finish the damn thing!
- Make art for now, not the future
- No, you don't need graduate school

Author Biography: Jerry Saltz is the senior art critic at New York magazine and its entertainment site Vulture. He is the winner of the 2018 Pulitzer Prize in Criticism and a 2019 National Magazine Award. Before joining New York in 2007, Saltz had been art critic for The Village Voice since 1998, and was twice nominated for the Pulitzer Prize during his tenure there. A frequent guest lecturer, he has spoken at the Museum of Modern Art, the Guggenheim, the Whitney Museum, and many others, and has appeared at Harvard, Yale, Columbia, the Rhode Island School of Design, the Art Institute of Chicago, and elsewhere.

How to Be an Artist | 184 x 120 | HB
17/03/2020 | £10.00 | 144 pages | Ilex Press | 9781781577820



The Ultimate Guide to Raising a Puppy

Your Simple Guide to Raising and Training a Happy and Healthy Puppy
By Victoria Stilwell

The ultimate guide to puppy-care from the host of the hit TV show *It's Me or the Dog*.

Victoria Stilwell's bestselling canine care guides have helped hundreds of thousands of owners across the world raise happy and healthy dogs. Now, the world-renowned dog trainer and TV presenter is back with *The Ultimate Guide to Raising a Puppy* - the definitive guide to puppy care and training.

Rejecting dominance-based and traditional training techniques, Victoria promotes positive reinforcement techniques to help you raise and train a happy and healthy puppy. Packed with essential knowledge and advice, you'll learn all you need to know about being a puppy owner.

If you want your puppy to develop into a happy, well-behaved and friendly adult dog, this is the guide you need.

Author Biography: Victoria Stilwell was born and raised in Wimbledon and is best known for her role as the host of Channel 4's hit TV series *It's Me or the Dog*. Stilwell has been featured in numerous magazines and journals, has appeared on countless television and radio shows, and her popular *Positively* Podcast series is heard by listeners worldwide.

The Ultimate Guide to Raising a Puppy | Demy | 216 x 135 | PB
06/02/2020 | £12.99 | 224 pages | Hamlyn | 9780600636502



Teach Your Child to Sleep

**Make sleep deprivation a thing of the past with effective, tried-and-tested solutions.
By Mandy Gurney, in association with Millpond Children's Sleep Clinic**

The highly-acclaimed Millpond Children's Sleep Clinic has a 97 per cent success rate in resolving children's sleep problems. Discover how to get your baby or child to settle easily and sleep through the night with step-by-step advice that gets right to the heart of the problem.

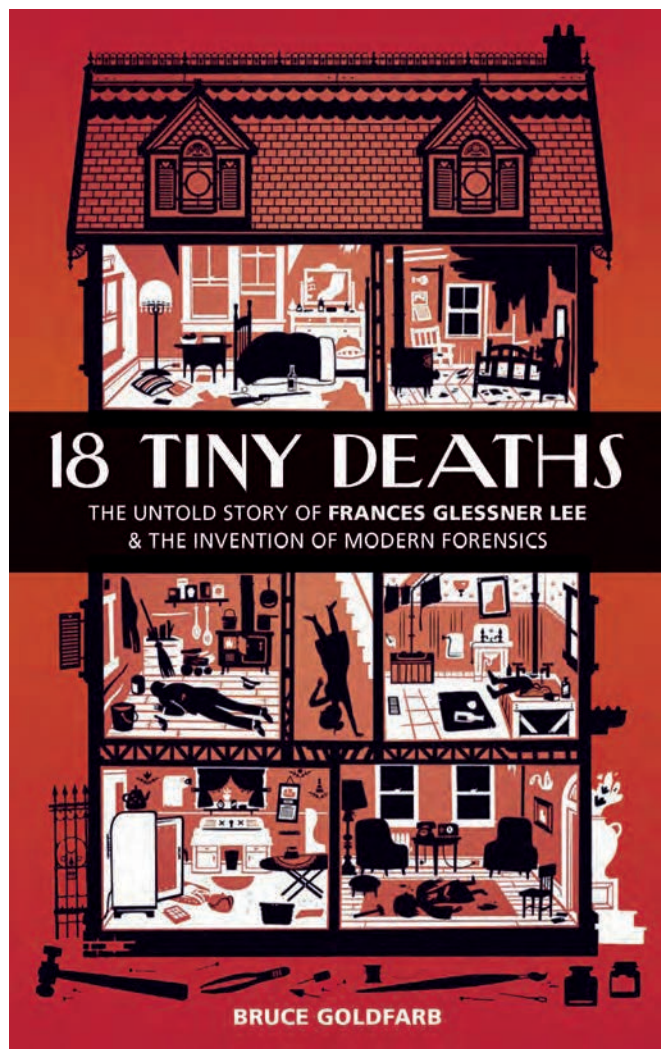
From your child needing a feed in the night to night-waking, this book covers a range of situations, using gentle and persuasive methods. Adapt the programme to your circumstances and see good results in 2-3 weeks.

This edition of Teach Your Child to Sleep has been significantly revised to reflect current practice in parenting, with a new design and more than half of the photography refreshed.

Author Biography: Millpond Children's Sleep Clinic was founded by health professionals Mandy Gurney and Tracey Marshall, and has offered sleep training and acted as consultants to NHS Trusts on sleep since 2007. Their highly successful techniques have featured in a number of television programmes.

Mandy Gurney, RGN, RM, Dip HV has been advising on baby, toddler, school-aged and young people's sleep issues for almost 30 years. Mandy set up and now delivers sleep workshops for health professionals across the UK and Ireland. She is frequently asked to write for online parenting sites such as HuffPost and Mumfidential and she is often asked to give expert comment on both television and radio. Mandy is the mother of two children, who inspired her to start this journey more than 25 years ago.

Teach Your Child to Sleep | BG (230x160) | More than 40 colour photographs | PB |
25/06/2020 | £12.99 | 160 pages | Hamlyn | 9780600636533



18 Tiny Deaths

The unlikely tale of Frances Glessner Lee and her revolutionary work in forensic science.

By Bruce Goldfarb

'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 Frances Glessner Lee - a pivotal figure in police science.'

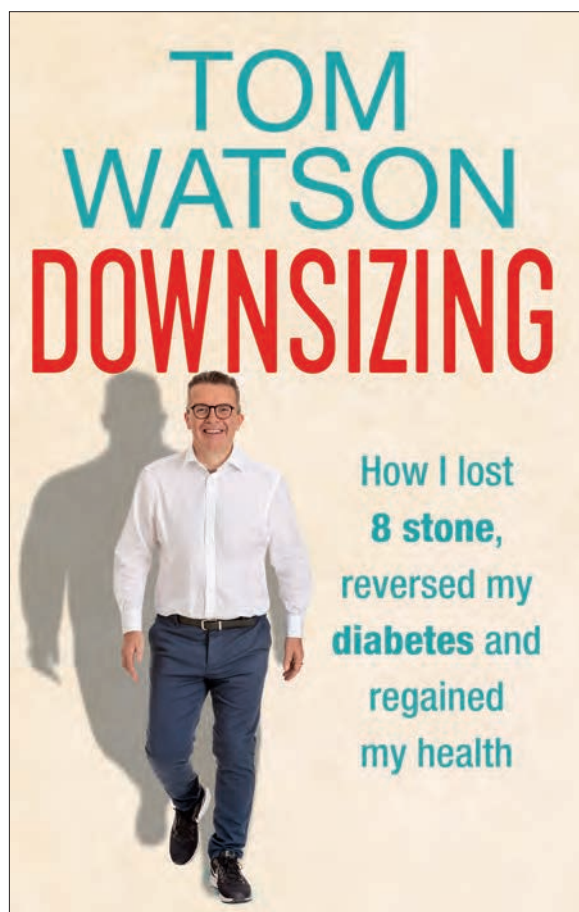
Frances Glessner Lee (1878-1962), born a socialite to a wealthy and influential Chicago family, was never meant to have a career, let alone one steeped in death and depravity. Yet she became the mother of modern forensics and was instrumental in elevating homicide investigation to a scientific discipline.

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 in homicide seminars at Harvard Medical School in the 1930s, and then in 1945 the homicide seminar for police detectives that is the longest-running and still the highest-regarded training of its kind in America. Both of which were established by the pioneering Lee.

In 18 Tiny Deaths, Bruce Goldfarb will weave 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 gives conducted tours of the facility and is also a trained forensic investigator. He began his career as a paramedic before working as a journalist, reporting on medicine, science and health. He collaborated with Susan Marks - documentary filmmaker who produced the 2012 film about Frances Glessner Lee and the Nutshells, *Of Dolls and Murder*.

18 Tiny Deaths | Demy | 2 sections of 8 pages each in full colour | HB |
02/04/2020 | £16.99 | 320 pages | Endeavour | 9781913068035



Downsizing

How I lost 8 stone, reversed my diabetes and regained my health.

By Tom Watson

'There's no easy way of saying this,' he said, taking a deep breath, 'But I have a feeling you may be diabetic.'

'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 XXXL. 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 Watson is Deputy Leader of the Labour Party and has been the MP for West Bromwich East since 2001. 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. In September 2015, he was elected as Labour's Deputy Leader. Tom 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.

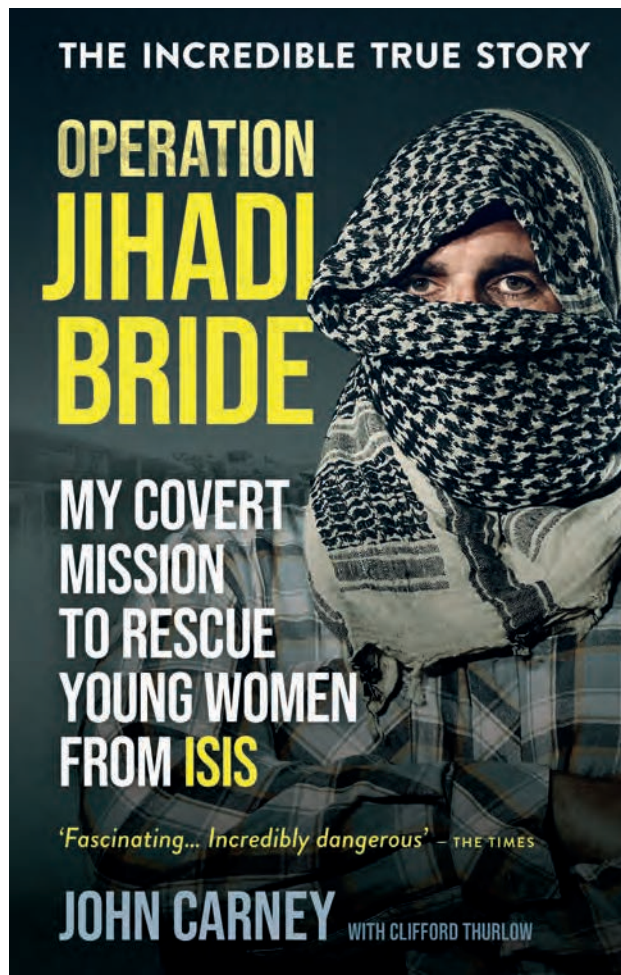
www.tom-watson.com

@tom-watson (Twitter)

Downsizing | Demy |216 x 135|

HB | 02/01/2020 | £14.99 | 256 pages | Kyle Books | 9780857838339

PB | 14/05/2020 | B Format | £9.99 |256 Pages | Kyle Books | 9780857838742



Operation Jihadi Bride

A thrilling and highly newsworthy military adventure in the burning rubble of Islamic State

By John Carney with Clifford Thurlow

'If there are young women with children trapped in that hell and we can get them out, don't we have a duty to do so?'

Hearing terrifying stories first-hand from naive young girls who'd been tricked, abused and enslaved by ISIS, ex-British Army soldier John Carney set up a high-risk operation to rescue as many as he could.

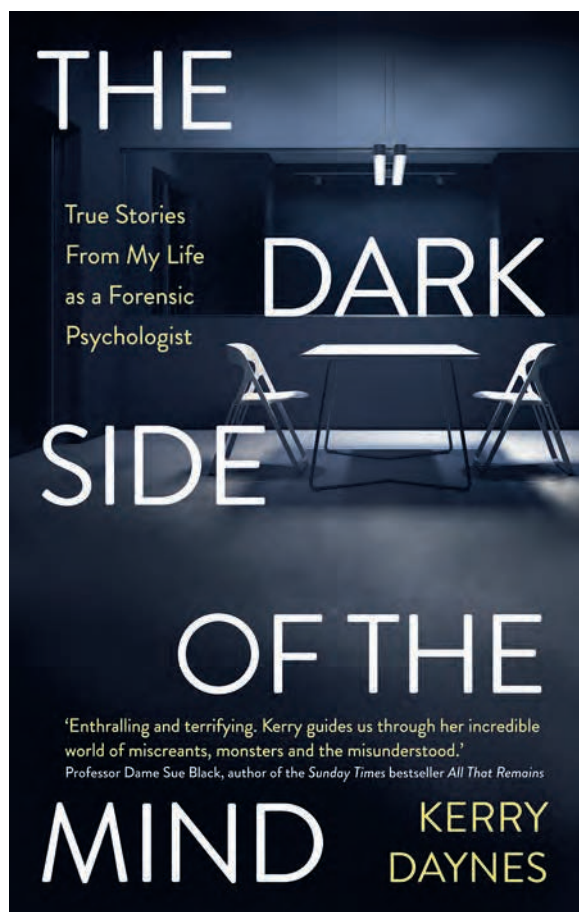
This is the breath-taking true story of how he repeatedly led his men behind enemy lines into the Syrian lead storm to liberate women and children, delivering them to de-radicalization programmes and fair trials.

Believing that 'every person we can bring back is living proof that ISIS is a failure', Carney tackles the complex issue of Jihadi Brides head on, as he and his men endanger their lives, not always returning safely home.

Author Biography: John Carney, 42, served six years in the Yorkshire Regiment and did two tours in Northern Ireland. He was a team leader in Iraq with Aegis Defence Services, the multimillion- pound private security firm set up by Colonel Tim Spicer. He has operated a close protection service in Iraq since 2011 and currently organizes deradicalization programmes on the Syrian/Turkish border. To protect his family, the name John Carney is a pseudonym. Names of his family and colleagues have been changed.

Clifford Thurlow has lived all over the world and has worked as a gem stone dealer and a foreign correspondent for the Observer in Athens. The winner of the London Arts Board New Millennium Prize for short fiction, he is best known as a ghostwriter. His recent books include: Making A Killing, the inside story of a hired gun in Iraq, and Escape from Baghdad with Captain James Ashcroft; Fatwa, Living with a Death Threat for Jacky Trevane; and Today I'm Alice for Alice Jamieson.

Operation Jihadi Bride | Royal | 234 x 153 | PB |
06/02/2020 | £8.99 | 320 pages | Monoray | 9781913183059



The Dark Side of the Mind

An eye-opening insight into life as a forensic psychologist.

By Kerry Daynes

'Enthralling and terrifying. The Dark Side of the Mind is a chilling glimpse into a world of miscreants, monsters and the misunderstood.'

Professor Dame Sue Black, author of the Sunday Times bestseller All That Remains

'Kerry Daynes delves into the minds of psychopaths in a fascinating memoir.'

Katya Edwards, Daily Mail

'Daynes offers fascinating insights into what makes criminals tick and how they might be more effectively treated. Her book is funny, wise and thoroughly gripping.'

Jake Kerridge, writer and critic

'Grimly fascinating - a timely and gripping exploration of mental health issues in the criminal justice system from an author intimately acquainted with its dark heart.'

Harriet Tyce, author of Blood Orange

Welcome to the world of the forensic psychologist, where the people you meet are wildly unpredictable and often frightening. The job: to delve into the psyche of convicted men and women to try to understand what lies behind their often brutal actions.

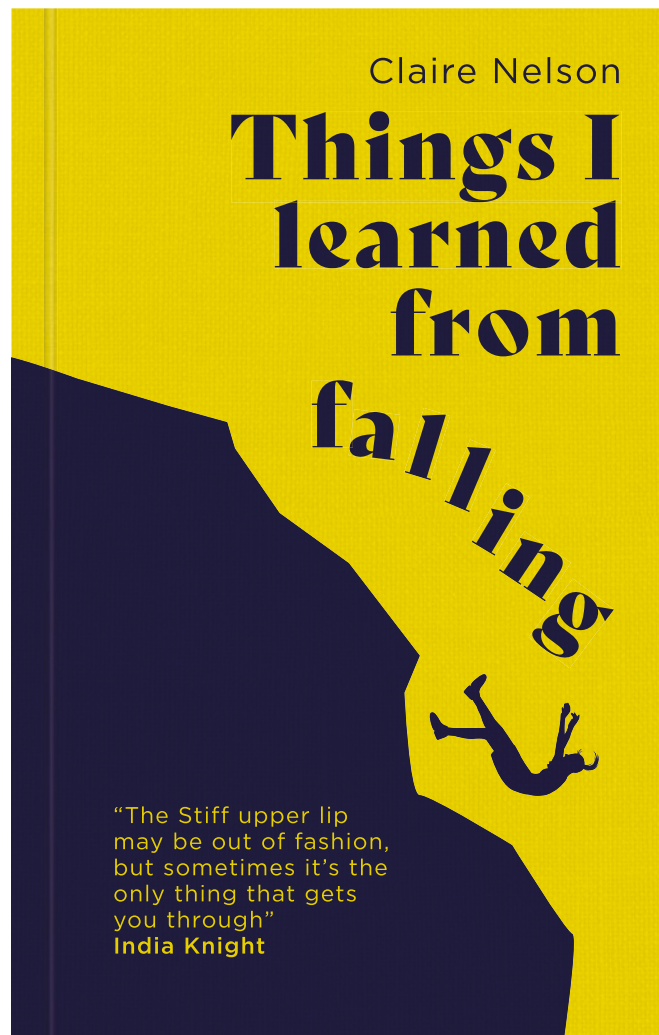
Follow in the footsteps of Kerry Daynes, one of the most sought-after forensic psychologists in the business and consultant on major police investigations. Kerry's job has taken her to the cells of maximum-security prisons, police interview rooms, the wards of secure hospitals and the witness box of the court room. Her work has helped solve a cold case, convict the guilty and prevent a vicious attack.

Spending every moment of your life staring into the darker side of life comes with a price. Kerry's frank memoir gives an unforgettable insight into the personal and professional dangers in store for a female psychologist working with some of the most disturbing men and women.

Author Biography: Kerry Daynes is a Consultant Forensic Psychologist. She is often consulted in major police investigations and is a trusted government advisor concerning the safe management of high-risk individuals. Kerry's work has been widely reported on in the press. She also provides commentary for international television networks, including The History Channel, Discovery, CBS Reality, The Crime & Investigation Network and BBC International. Kerry is a mental health advocate and is a patron of the National Centre for Domestic Violence and Talking2Minds.

Twitter: @KerryDaynes.

The Dark Side of the Mind | B paperback 198 x 126| PB |
20/02/2020 | £8.99 | 304 pages | Endeavour | 9781788402170



Things I Learned From Falling

A gripping tale of courage, determination and survival against the odds.

By Claire Nelson

Last year, Claire Nelson made international headlines. She was in her thirties and was beginning to burn out – her hectic London life of work, 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.

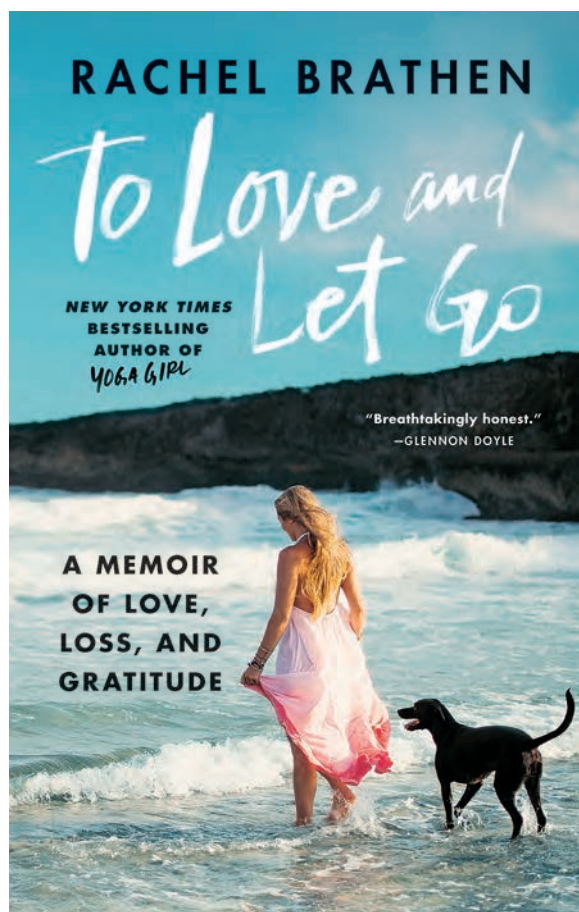
When the anxiety she felt finally brought her to breaking point, Claire decided to take some time off and travelled to Joshua Tree Park in California to hike and clear her head. What happened next was something she could never have anticipated.

Hiking alone to the Lost Palms Oasis, Claire lost her footing and fell 30 feet into a gap between two boulders, flat on her back, pelvis shattered – like dinner plates. Over four days alone in the desert, the grave reality of her situation began to dawn: she was mistakenly miles off trail, without a phone signal, unable to move, with supplies running low and danger all around. It was only then that she began to realise the true causes of her unhappiness, what really mattered in life and how much she wanted to survive.

Miraculously rescued, like a needle in a haystack, she had only hours to live when she was eventually found. And her life was saved in more ways than one. Engaging and pacy, visceral and moving, relatable and enriching, uplifting and brave, Things I Learned from Falling is a memoir, an adventure, an inspirational study of reflection, resilience, courage and survival. And Claire Nelson is a hero: an example to us all.

Author Biography: Claire Nelson is a New Zealander who's spent more than a decade in London working in food and travel journalism, including over 5 years at Jamie Oliver's magazine. International coverage of her story was featured in The Times, BBC News, the New York Post and the New Zealand Herald. Currently living in Vancouver to finish the "year off" that led to her fall, Claire will be back in the UK in time for publication.

Things I Learned From Falling | Demy | 216 x 135 | HB |
05/03/2020 | £12.99 | 272 pages | Aster | 9781783253500



To Love and Let Go

A memoir of love, loss and gratitude.

By Rachel Brathen

From the New York Times bestselling author of Yoga Girl and 'international force in the world of yoga' (Allure), a moving and inspirational memoir on how to cope with tragedy, adversity, and change through yoga.

To love and let go, love and let go, love and let go...it's the single most important thing we can learn in this lifetime.

While on her way to a yoga retreat in the Caribbean, Rachel Brathen collapsed in the airport and was rushed to the hospital for an emergency appendectomy. When she opened her eyes following the surgery, her boyfriend was at her bedside weeping and she immediately knew something terrible had happened. She soon discovered that at the same time as her collapse, her best friend was killed in a car crash. Over the next two years, which should have been the happiest time of her life with her engagement and growing career, Rachel experienced trial after trial. From the overwhelming loss of her best friend, to the illness and death of her grandmother, and a shocking suicide attempt by her mother, Rachel found herself in a deep depression. When she discovered she was pregnant, Rachel decided to use her pregnancy as a time to heal and an opportunity to be reborn herself. Now, in this evocative and remarkable memoir, Rachel shares the tools she used to cope with and overcome her depression. She invites you to share in her eye-opening epiphanies and realizations about life and death, love and fear, what it means to be a mother and a daughter, and the restorative power of yoga. Perfect for fans of Gabrielle Bernstein and Glennon Doyle, this unforgettable memoir will move and enlighten you.

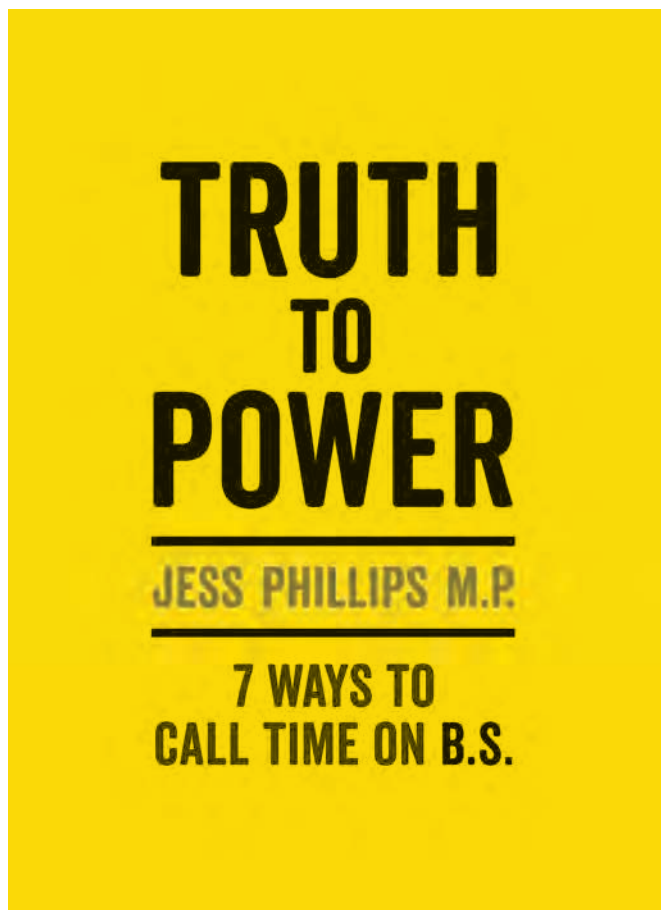
Praise for Yoga Girl:

'Take the time to clear your mind and mellow out with Rachel Brathen's endearing and inspiring memoir of a misspent youth, rebirth on the mat, and epic adventures in the Costa Rican jungle. Along the way you'll find . . . yoga routines and healthy recipes.' - Bustle

'The book was like a perfect yoga class-it left me inspired, relaxed and at the same time gave me tons of ideas.' - Elephant Journal

Author Biography: Rachel Brathen is the New York Times bestselling author of Yoga Girl and a world-renowned yoga instructor who teaches workshops and leads retreats around the globe. She is the founder of YogaGirl.com, an online platform for yoga, meditation, and healing, as well as Island Yoga, the largest yoga studio in the Caribbean. Rachel runs two non-profit organizations: Sgt Pepper's Friends, an animal rescue foundation based in Aruba, and Yoga Girl® Foundation, benefitting women and children in need. Find her on Instagram @yoga_girl and on her popular podcast, From the Heart: Conversations with Yoga Girl. Born in Sweden, she lives in Aruba with her husband and daughter.

To Love and Let Go | Demy | 216 x 135 | HB |
17/10/2019 | £12.99 | 336 pages | Aster | 9781783253678



Truth to Power: 7 Ways to Call Time on B.S.

Fearless Labour MP Jess Phillips inspires us to speak out against injustices.

By Jess Phillips

‘There’s nobody else at Westminster quite like Jess Phillips. She is fearless and funny, riotous and rebellious, maverick and mischievous.’ *The Times*

‘Jess Phillips is a heroine’ J.K. Rowling

This is a very powerful little book.

It offers inspiration to those of us who want to speak out at a time when many of us feel the world isn’t listening.

Jess Phillips - no stranger to speaking truth to power herself - will help you dig deep and get organised, finding the courage and the tools you need to speak up and make a difference.

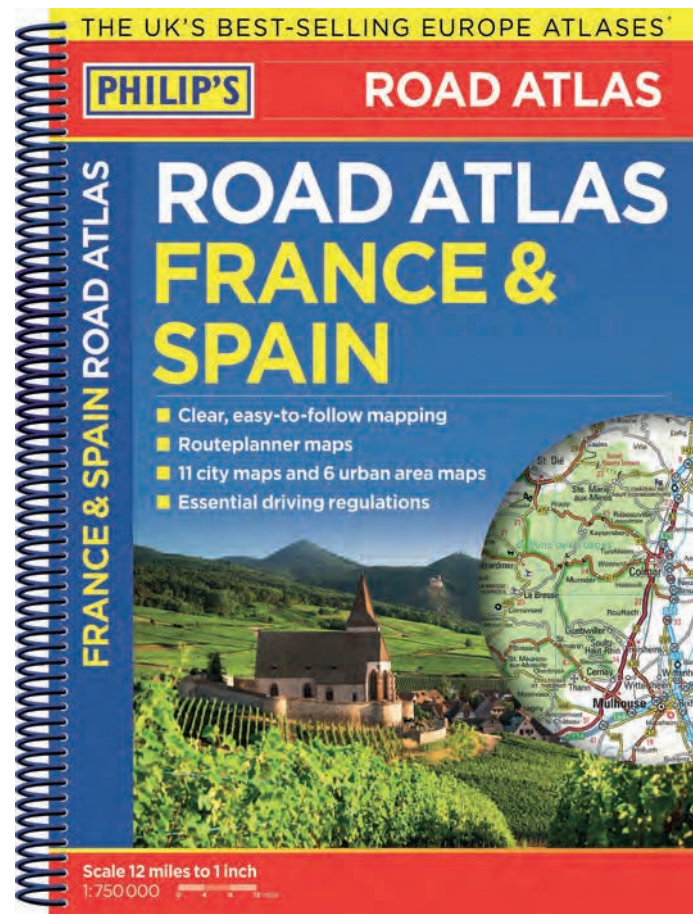
As well as offering inspiration and hope from her own experiences Jess talks to the accidental heroes who have been brave enough to risk everything, become whistle-blowers and successfully fight back.

Entertaining, empowering and uncompromising, *Truth to Power* is the little book we all need to help us call time on the seemingly unstoppable tide of bullshit in our lives.

Author Biography: Jess Phillips was first elected as the Labour MP for Birmingham Yardley in 2015 and was elected chair of the Women’s Parliamentary Labour Party in September 2016. Before becoming an MP, she worked with victims of domestic violence, sexual violence and human trafficking, and she continues to speak up on behalf of those who struggle to have their voice heard.

Jess lives with her husband and two sons in Birmingham, where she was born and raised.

Truth to Power: 7 Ways to Call Time on B.S. | 177 x 127 |
HB | 03/10/2019 | £9.99 | 224 pages | Monoray | 9781913183011
PB | 05/03/2020 | £7.99 | 224 pages | Monoray | 9781913183011



Philip's France and Spain Road Atlas

By Philip's Maps

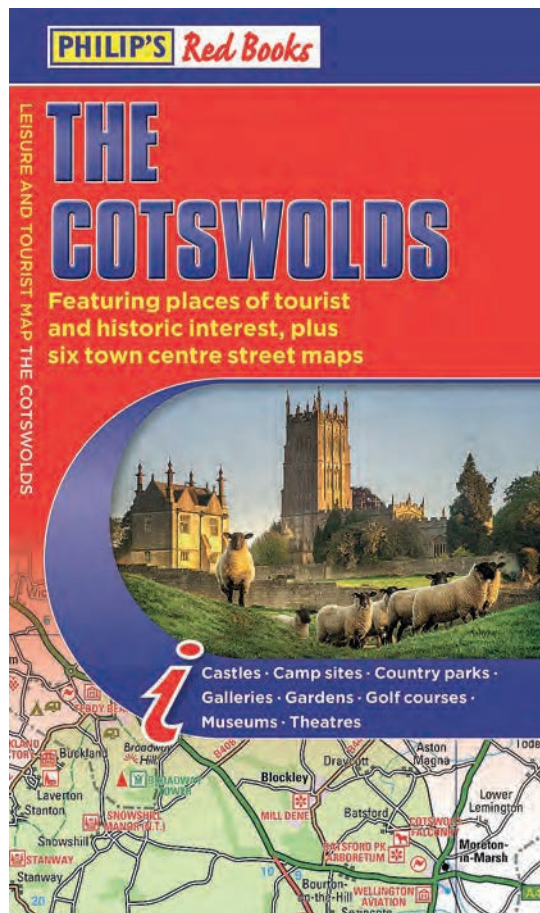
The new edition Philip's France and Spain Road Atlas, in a spiral A4 format, is the must-have atlas for anyone travelling to these countries by motor vehicle. In addition to the main maps at 1:750,000, the road network is shown at three supplementary scales from 1:250,000 to 1:3M, with ultra-clear detailed maps for urban areas.

Scenic routes are highlighted on the road maps, with theme parks and World Heritage sites clearly shown. The maps also highlight towns with low-emission zones and show motorway rest/parking areas.

Philip's France and Spain Road Atlas includes:

- Up-to-date driving regulations, including speed limits;
- 4 pages of route-planning maps which enable journeys of over 800 miles to be planned without turning a page;
- 57 pages of clear, detailed road maps, with scenic routes highlighted and toll, toll-free and pre-pay motorways all clearly marked;
- 6 large-scale urban-area maps;
- 11 city-centre plans marking historic buildings and tourist attractions, as well as car parks, head post offices and other facilities;
- Listings for ski resorts and top visitor attractions.

Philip's France and Spain Road Atlas | 297 x 212 | SB |
04/06/2020 | £11.99 | 88 pages | Philip's | 9781849074988



Philip's The Cotswolds

A new edition of this double-sided map of the Cotswolds, giving detailed coverage of the area's road network, and featuring places of tourist and historic interest. Easy-to-read style of mapping.

By Philip's Maps

The new edition of this leisure and tourist map of the Cotswolds gives detailed coverage of the area's road network at a scale of approximately 2 miles to 1 inch (1:125,000).

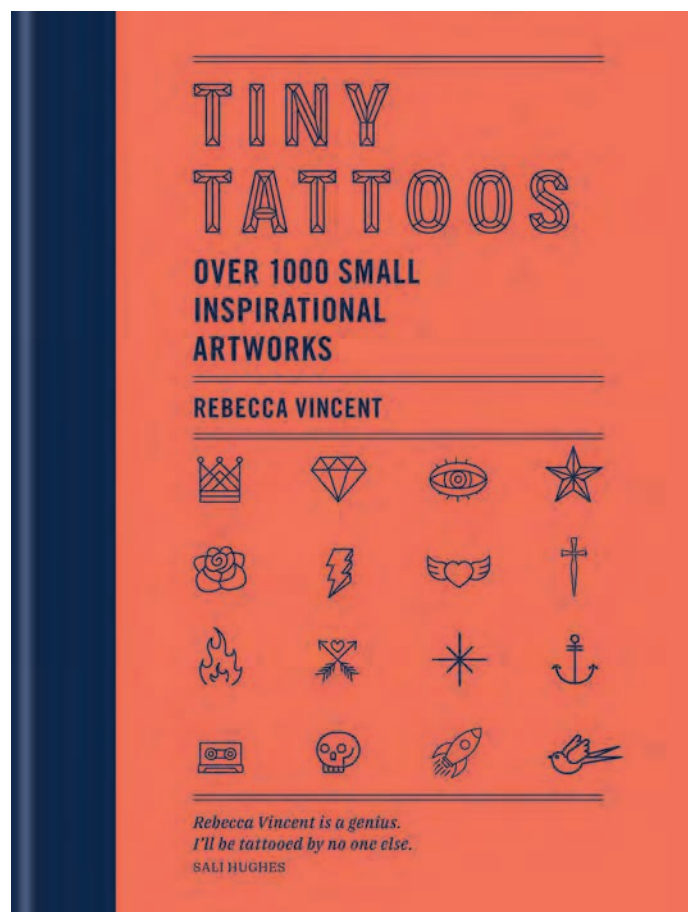
The coverage stretches from Abingdon in the east to Gloucester in the west, and from Swindon in the south to Great Malvern in the north.

The map shows places of tourist and historic interest, including castles, camping and caravanning sites, country parks, galleries, gardens, golf courses, museums, nature trails, historic sites, sports venues, theatres and wildlife parks. An index to principal places of interest is also featured.

Indexed town-centre street maps for Bourton-on-the-Water, Cheltenham, Cirencester, Gloucester, Tewkesbury and Winchcombe are also included.

In a convenient folded format, this double-sided sheet map is ideally suited for both leisure and business use, whether by locals or visitors.

Philip's The Cotswolds | 870 x 600 | PB |
06/02/2020 | £5.99 | 2 pages | Philip's | 9781849075381



Tiny Tattoos

A directory of more than 1000 tiny tattoo artworks, along with interviews and useful information about the symbology and origin of the designs.

By Rebecca Vincent

'Rebecca Vincent is a genius. I'll be tattooed by no one else.' - Sali Hughes

Tiny tattoos are big news. With celebrities showcasing them on social media (step forward Kendall Jenner, Hailey Baldwin and Bella Hadid), micro tattoos are a major trend.

This sourcebook of 1000 mini works of art, in a range of styles and carefully-organized subjects, is curated by talented tattooist and insta-star Rebecca Vincent.

A source of inspiration for tattoo artists or for anyone browsing for a foray into ink.

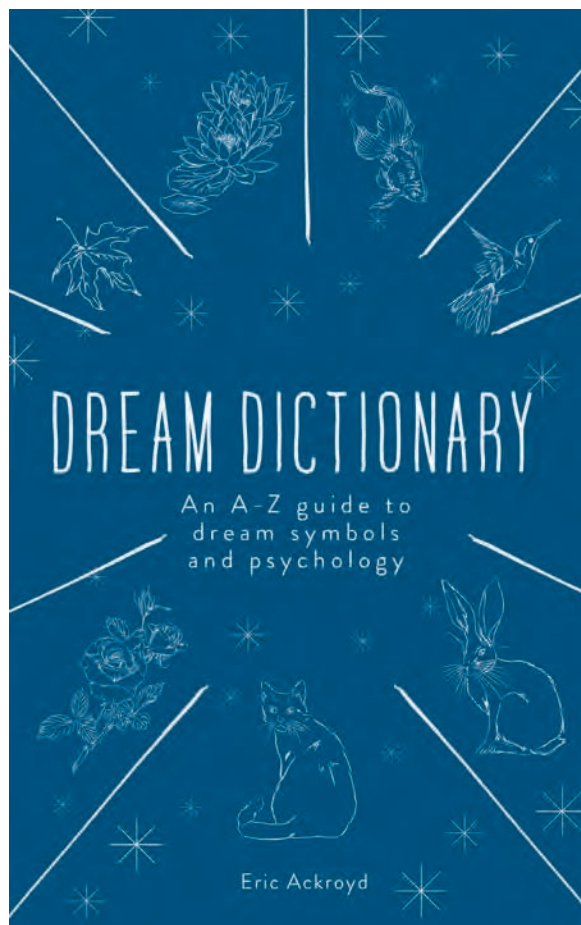
Author Biography: Rebecca Vincent is a huge name in the world of tattoos. She began tattooing in 2012 in Leeds, where she quickly found her preferred method in dot work and garnered a passion for tattooing fossils, botanicals and nature. Her clients include journalists, politicians and priests.

Rebecca's bold and striking designs are not just limited to the human body, however. Her work has been shared online by the Natural History Museum in London and was subsequently picked up by the Smithsonian National Museum of Natural History in Washington and the Harvard Museum of Natural History in Boston. She has also collaborated with Dr. Martens - customising the iconic boots with her unique artwork - and independent womenswear brand, Mary Wyatt, creating a number of clothing collections.

Rebecca currently tattoos at Parliament Tattoo in North London, one of the hippest appointment-only studios in the capital.

Instagram @rebecca_vincent_tattoo

Tiny Tattoos | 1,200 photographs and illustrations | 201 x 150 | HB | 06/02/2020 | £15.00 | 192 pages | Mitchell Beazley | 9781784726508



Dream Dictionary

A comprehensive guide to dream symbols and their interpretations.

By Eric Ackroyd

Did you know that dreams about houses symbolise exploration of the self? And that water symbolises fertility, creativity and potential. Dreams provide vital clues to hidden feelings, fears and desires; understanding your dreams can lead to greater self-awareness and self-healing. Each image that appears in a dream has a meaning and Eric Ackroyd offers an invaluable, detailed guide to decoding these meanings.

The book introduces the classic theories of Freud and Jung, to more recent ideas on dream analysis, it provides a wealth of background information on the study of dreams and on the images examined in the dictionary section.

From abandonment to zodiacal signs, the comprehensive dictionary has more than 700 entries. Each entry gives a range of possible interpretations for a particular dream symbol, allowing you wide scope for deciphering your dream and for assessing its implications. Cross-referencing throughout, the dictionary allows you to examine all aspects of individual symbols.

Author Biography: Eric Ackroyd has been a college and university lecturer, with degrees in philosophy and religion. He has spent many years studying the symbolism of diverse religious traditions and philosophies.

The Dream Dictionary | Demy | 50 line drawings | 05/03/2020 | £12.99 | 304 pages | Aster | 9781783253593

/Grammar Geek:

If the grammar you learned ~~t~~ could of ~~have~~ been better, act now: ~~ex~~accept help! Don't ~~prevaricate~~ procrastinate. People ~~is~~ are often surprised how easy it is ~~can~~ be when you ~~they~~ follow they are a few basic ~~principales~~ ~~es~~. ~~Titillate~~ Titivate you're prose, make ~~less~~ fewer errors and write better ~~well~~.

Grammar Geek

Get your geek on.

English is full of beauty and surprises, yet despite being the lingua franca of the globalization world, it has a reputation for being difficult to learn because its grammar has also so many quirks and contradictions.

Did you know:

- "Terry loves yogurt" is an example of illeism
- Preposition stranding is a bogus rule
- Sometimes it's acceptable to begin a sentence with "but" or "and"
- "Could you pass the salt?" is "whimperative"
- It's OK to boldly split infinitives.

Many of us don't even know the basics, so not only does Grammar Geek reveal obscure grammar rules and bogus ones you can safely ignore, it's also a handy primer, so in the future you'll have no excuse for dangling a modifier or misplacing a semicolon.

Author Biography: Michael Powell studied English Language and Literature at Manchester University before spending three years at The Royal Academy of Dramatic Art, training to be an actor. He then spent five years as an internationally unknown professional actor and musical director. In 1996, Michael entered publishing and became assistant editor at BCA for two years. In 2001, Michael became a freelance writer and editor. Since then, he has established a reputation for writing a wide range of books for adults and children.

Grammar Geek | 170 x 125 | HB | 03/10/2019 | £8.99 | 96 pages | Cassell | 9781788402002

/Word Nerd:

Despite its pellucid anti-prolixity, this book isn't averse to a peppering of persiflage. It garners a smorgasbord of amuse-bouches vis-à-vis the English language, which is always cromulent but rarely misses an opportunity to metagrobolise!

Word Nerd

It's time to get your nerd on.

The English language is full of beauty and surprises.

If you're a lover of the weird and wonderful, from fascinating etymology to the ten most overused and useless English phrases, this book isn't averse to a peppering of persiflage!

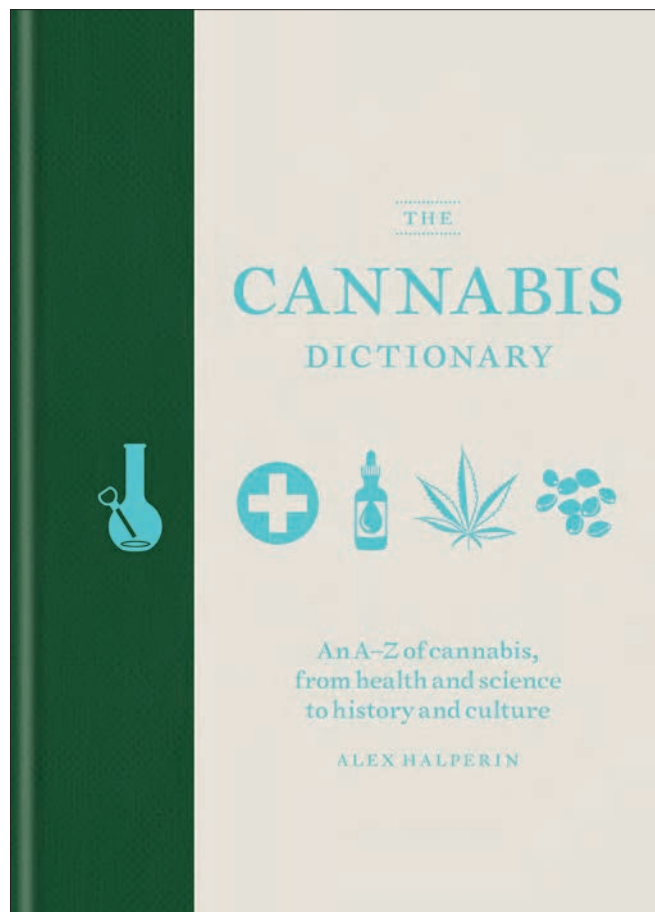
Did you know:

- pilots and air traffic controllers at major air international airports have to speak English
- the hashtag symbol is an "octothorpe"
- "bumfiddle" means to spoil a piece of paper or document
- the word "noon" originally meant 3pm; the literal meaning of "bamboozle" is to make a baboon out of someone.

This book contains a boatload of things you didn't know about the English language and it's a guaranteed prolix-free zone.

Author Biography: Michael Powell studied English Language and Literature at Manchester University before spending three years at The Royal Academy of Dramatic Art, training to be an actor. He then spent five years as an internationally unknown professional actor and musical director. In 1996, Michael entered publishing and became assistant editor at BCA for two years. In 2001, Michael became a freelance writer and editor. Since then, he has established a reputation for writing a wide range of books for adults and children.

Word Nerd | 170 x 125 | HB | 03/10/2019 | £8.99 | 96 pages | Cassell | 9781788402019



The Cannabis Dictionary

An illustrated A-Z compendium of everything you need to know about cannabis.

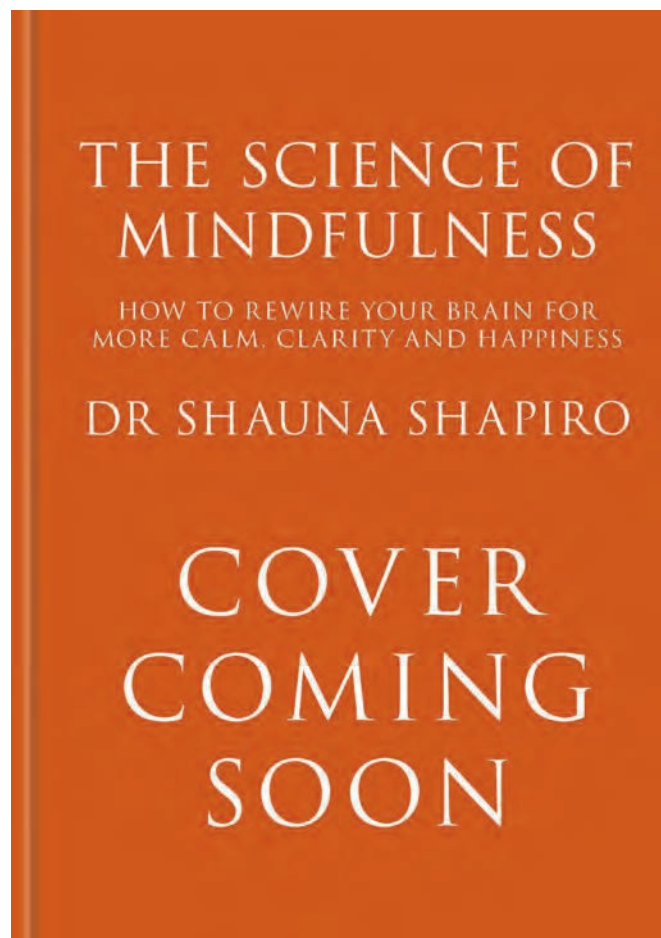
By Alex Halperin

A cannabis revolution is taking place. As people embrace it like never before, The Cannabis Dictionary looks at every aspect of this special plant. Hundreds of entries cover the key information from the cannabis world, from health effects, CBD oil and varieties of the plant, to legalization, big business and psychological impact.

Renowned cannabis journalist Alex Halperin is your guide through the many facts and falsehood surrounding the subject, giving an intelligent, in-depth but accessible overview of a fascinating, ever-changing topic.

Author Biography: Alex Halperin is a reporter specializing in the cannabis industry. He writes the regular High Time column for the Guardian and the weekly newsletter WeedWeek, as well as co-hosting the WeedWeek podcast. Based in LA, his writing has appeared in the Washington Post, the Atlantic and many other publications.

The Cannabis Dictionary | Z (210x149) | HB | c.75 illustrations | 20/02/2020 | £15.00 | 224 pages | Mitchell Beazley 9781784726607



The Science of Mindfulness

It is never too late to change your brain and transform your life.

By Dr Shauna Shapiro

Weaving together ancient wisdom and scientific research, Dr Shauna Shapiro formulates the most potent practices for living a happy, meaningful life. Individually, these practices will help you sculpt neuro pathways of clarity and calm. Collectively, they will help us live in a more connected, compassionate world.

The practice of mindfulness works. It's good for you. It strengthens immune function, reduces stress, improves sleep, and offers countless other benefits. It primes the mind for joy, it creates a roadmap for strengthening the brain's circuitry of deep calm, contentment and clarity.

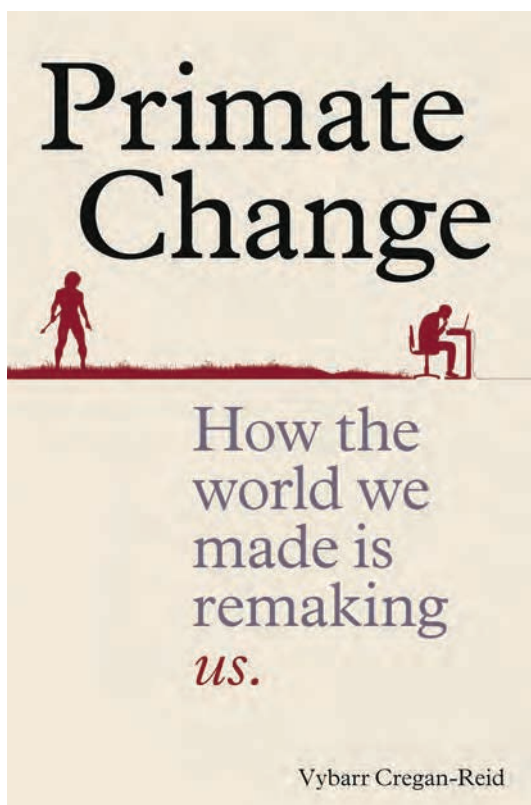
Dr Shapiro offers the science and the practice of mindfulness, showing the reader how to rewire and rebalance their own individual negativity bias, create new pathways for curiosity, joy and focused attention.

This is ultimate training for the monkey mind.

'Shauna Shapiro is known internationally for her outstanding contribution to research and clinical work on the very frontier of the mindfulness field. She is one those rare scientist-practitioners who contribute not only new methods but new and deeper understandings of mind - its challenges and its potential' - Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford, and author of international bestseller Mindfulness: A practical guide to finding peace in a frantic world.

Author Biography: Shauna Shapiro is a professor, author, and internationally recognized expert in mindfulness and compassion. Over one million people have watched her 2017 TEDx talk 'The Power of Mindfulness,' rated top 10 talks on mindfulness. Dr. Shapiro has published over 150 journal articles and co-authored two critically acclaimed books translated into 14 languages: The Art and Science of Mindfulness, and Mindful Discipline. Her work has been featured in the Wall Street Journal, Mashable, Wired, USA Today, Dr. Oz, the Huffington Post, Yoga Journal, and the American Psychologist. Dr. Shapiro has been an invited speaker for the King of Thailand, the Danish Government, Bhutan's Gross National Happiness Summit, and the World Council for Psychotherapy, as well as for Fortune 100 Companies including Google, Cisco Systems, Proctor & Gamble, LinkedIn and Genentech. Dr. Shapiro is a summa cum laude graduate of Duke University and a Fellow of the Mind and Life Institute, co-founded by the Dalai Lama.

The Science of Mindfulness | Demy | 216 x 135 | PB | 06/02/2020 | £12.99 | 352 pages | Aster | 9781783252930



Primate Change

This is the road from climate change to primate change.

By Vybarr Cregan-Reid

'A work of remarkable scope' - Guardian

FT Best science books of 2018

Primate Change has been adapted into a radio series for the BBC WORLD SERVICE.

This is the road from climate change to primate change. PRIMATE CHANGE is a wide-ranging, polemical look at how and why the human body has changed since humankind first got up on two feet. Spanning the entirety of human history - from primate to transhuman - Vybarr Cregan-Reid's book investigates where we came from, who we are today and how modern technology will change us beyond recognition.

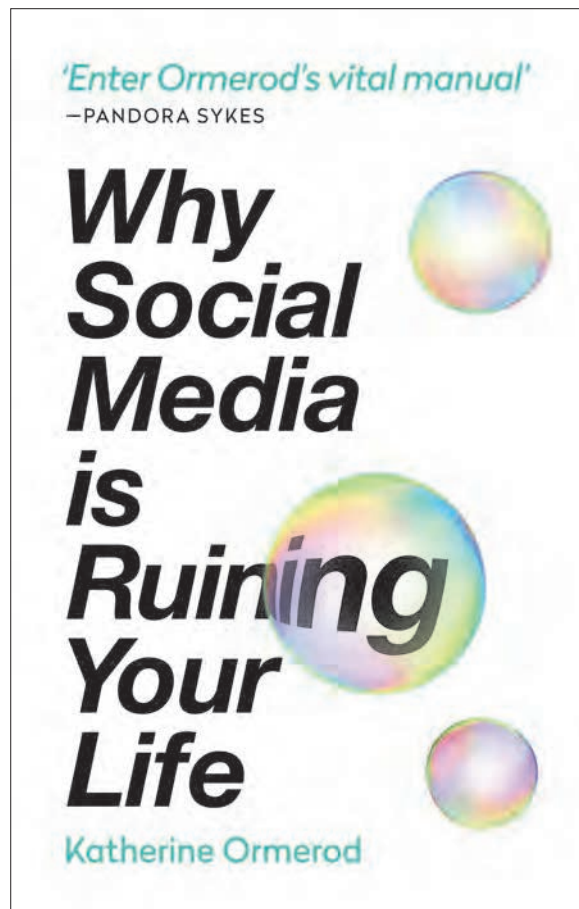
In the last two hundred years, humans have made such a tremendous impact on the world that our geological epoch is about to be declared the 'Anthropocene', or the Age of Man. But while we have been busy changing the shape of the world we inhabit, the ways of living that we have been building have, as if under the cover of darkness, been transforming our bodies and altering the expression of our DNA, too.

Primate Change beautifully unscrambles the complex architecture of our modern human bodies, built over millions of years and only starting to give up on us now.

'Our bodies are in a shock. Modern living is as bracing to the human body as jumping through a hole in the ice. Our bodies do not know what century they were born into and they are defending and deforming themselves in response.'

Author Biography: Vybarr Cregan-Reid is an author and academic. He is Reader in English & Environmental Humanities in the School of English at the University of Kent. His most recent book is Footnotes: How Running Makes us Human (Ebury 2016, paperback June 2017), which reviewers called 'delightful', 'impassioned and energetic', and 'a blazing achievement'. He has written widely on the subjects of literature, health, nature and the environment for the BBC, the Guardian, The Independent, The Big Issue, The Telegraph, The Mail, The Washington Post, The I Newspaper, Wanderlust, Literary Review, New Zealand Herald and he has appeared on Radio 4 and Sky News.

Primate Change | PB | 11/06/2020 | £9.99 | pages | Cassell | 9781788401289



Why Social Media is Ruining Your Life

A no-holds-barred, no-filter look at what social media is doing to us as a society, and how we can deconstruct the online fantasy to change our own attitudes about modern womanhood.

By Katherine Ormerod

Do you ever obsess about your body? Do you lie awake at night, fretting about the state of your career?

Does everyone else's life seem better than yours? Does it feel as if you'll never be good enough?

Why Social Media is Ruining Your Life tackles head on the pressure cooker of comparison and unreachable levels of perfection that social media has created in our modern world.

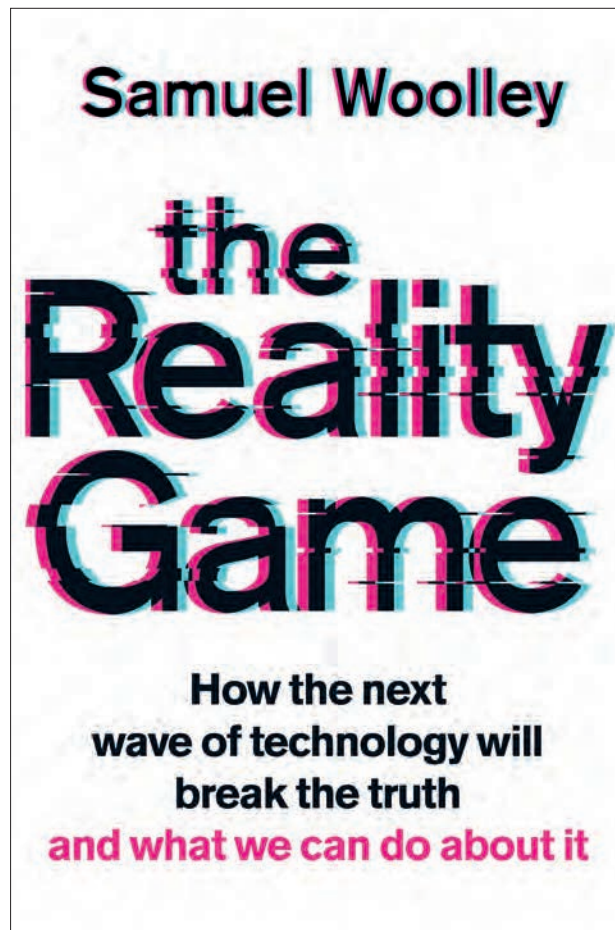
In this book, Katherine Ormerod meets the experts involved in curating, building and combating the most addictive digital force humankind has ever created. From global influencers - who collectively have over 10 million followers - to clinical psychologists, plastic surgeons and professors, Katherine uncovers how our relationship with social media has rewired our behavioural patterns, destroyed our confidence and shattered our attention spans.

Author Biography: Katherine Ormerod has worked as a journalist for over a decade, starting her career as a fashion assistant at Sunday Times Style, moving to Grazia to become Senior Fashion News & Features Editor then on to Glamour where she was Fashion Features Editor at Large. Prior to her career, she graduated with a MA(Hons) in History from the University of Edinburgh and went on to get a Master's in Fashion History & Theory from the London College of Fashion. Katherine has written for the FT, the Telegraph, Harper's Bazaar and the Mail on Sunday.

As one of the first to recognise the changing landscape from traditional to digital media, Katherine set up her own consultancy in 2014 to accelerate fashion, beauty and lifestyle brands in editorialising their marketing messages across social platforms. A social media influencer in her own right, she has nearly 30k followers, has been featured in a broad selection of press features and is a regular panellist with experience in TV and radio including Good Morning Britain, Sky News, LBC, ABC News Radio and Radio 5 Live.

In January 2017, she launched workworkwork.co, an anti-perfectionism platform where high-profile social media stars and women with aspirational careers share stories from their 'unedited' lives.

Why Social Media is Ruining Your Life | 198x126 | PB | 02/01/2020 | £8.99 | Cassell | 9781788401302



The Reality Game

Leading digital propaganda expert shows us the next frontier of fake news - a vastly more powerful wave of technologies that will be used to manipulate and control disinformation.

By Samuel Woolley

The problem of online disinformation is only getting worse. Social media may well play a role in the US 2020 presidential election and other major political events. But that doesn't even begin to describe what future propaganda will look like.

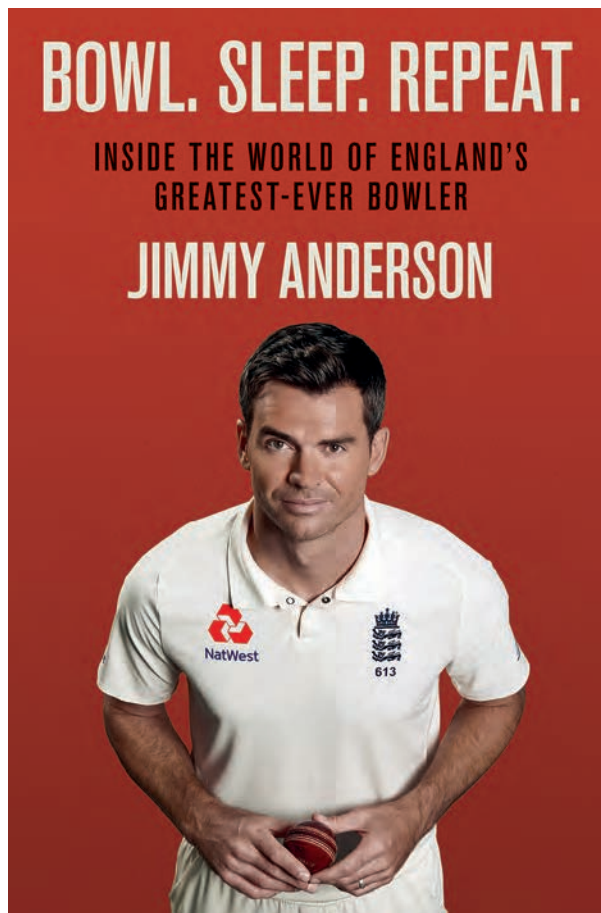
As Samuel Woolley shows, we will soon be navigating new technologies such as human-like automated voice systems, machine learning, 'deep-fake' AI-edited videos and images, interactive memes, virtual reality and augmented reality. In stories both deeply researched and compellingly written, Woolley describes this future, and explains how the technology can be manipulated, who might control it and its impact on political strategy.

Finally, Woolley proposes strategic responses to this threat with the ultimate goal of empowering activists and pushing technology builders to design for democracy.

We may not be able to alter how the internet was used to challenge democracy in years past but we can follow the signals to prevent manipulation in the future - and to use these powerful new tools not to control people but to empower them.

Author Biography: Dr Samuel C. Woolley is a writer and researcher specialising in the study of automation/AI, politics, persuasion and social media. He is the Research Director of the Digital Intelligence (DigIntel) Lab at the Institute for the Future, a 50-year-old think tank based in the heart of Silicon Valley. Samuel is co-founder and former research director of the Computational Propaganda Project at the Oxford Internet Institute, University of Oxford. He has written articles for a variety of publications, including Wired, Atlantic Monthly, Motherboard, TechCrunch and Slate. His work has been featured in the New York Times, the Washington Post, the Wall Street Journal and on BBC's News at Ten. Samuel's work has been presented to members of NATO, the US Congress and the UK Parliament.

The Reality Game | Royal | HB | 234 x 153 | HB | 09/01/2020 | £16.99 | 256 pages | Endeavour | 9781913068127



Bowl. Sleep. Repeat.

THE #5 TIMES BESTSELLER

By Jimmy Anderson

Ever wondered what it's truly like being an England test cricketer? Why not ask England's greatest ever bowler?

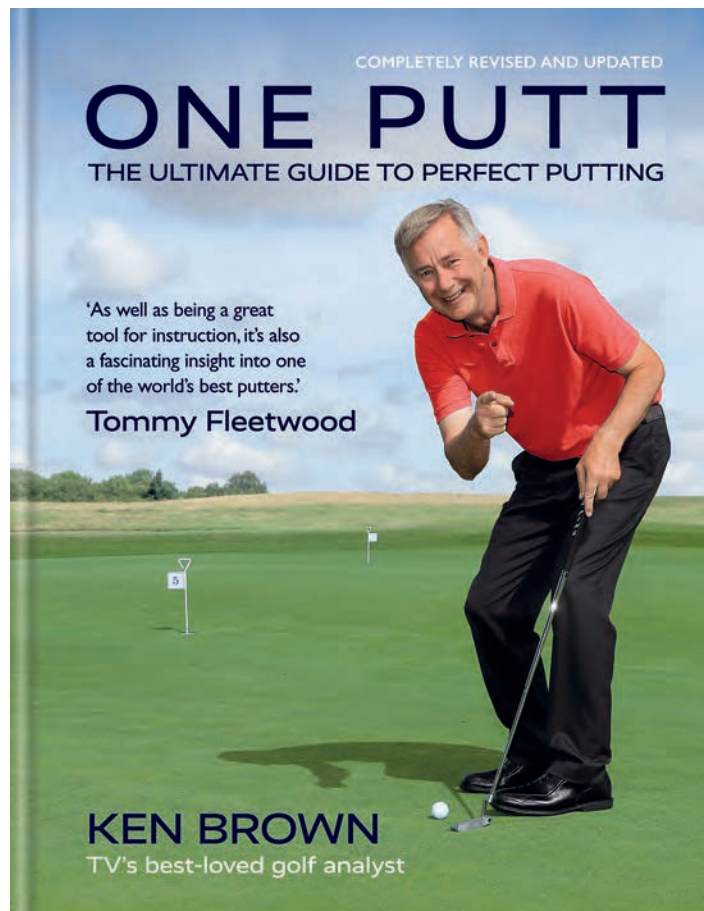
Jimmy Anderson invites you into his world of cricket and gives you a very personal insight into what it's like playing at the top level. Through stories of his 16-year international career, Jimmy draws back the curtain on test cricket to reveal bizarre superstitions and rituals, strange training camps, the personalities he's encountered, life on tour and what it's like being a bowler in a batsman's world.

Bowl. Sleep. Repeat. is a fascinating, entertaining and deeply personal look at the game of cricket and what life's like beyond the boundary rope.

Author Biography: Jimmy Anderson is the greatest pace bowler of all time. With the final ball of the 2018 season, he surpassed Glen McGrath's record for test wickets. His skill and mastery of swing bowling has pushed him to third on the list of all-time test wicket takers. Over a 16-year career, he's bagged more than 570 test wickets and 850 international wickets in total. Jimmy has won four Ashes with England and taken cricketing legend Sachin Tendulkar's wicket more times than any other bowler...

Not bad for a Burnley lad who only ever aspired to have a Peugeot with his name on it.

Bowl. Sleep. Repeat. | Royal | 234 x 153 | PB | 28/05/2020 | £12.99 | 304 pages | Cassell | 9781788401692



One Putt

COMPLETELY REVISED AND UPDATED!

By Ken Brown

"As well as being a great tool for instruction, it's also a fascinating insight into one of the world's best putters." Tommy Fleetwood

Climb the ladder to achieve one-putts by choosing the right putter, achieving an immaculate set up, reading the greens, acquiring touch and feel and honing your skills through drills with One Putt.

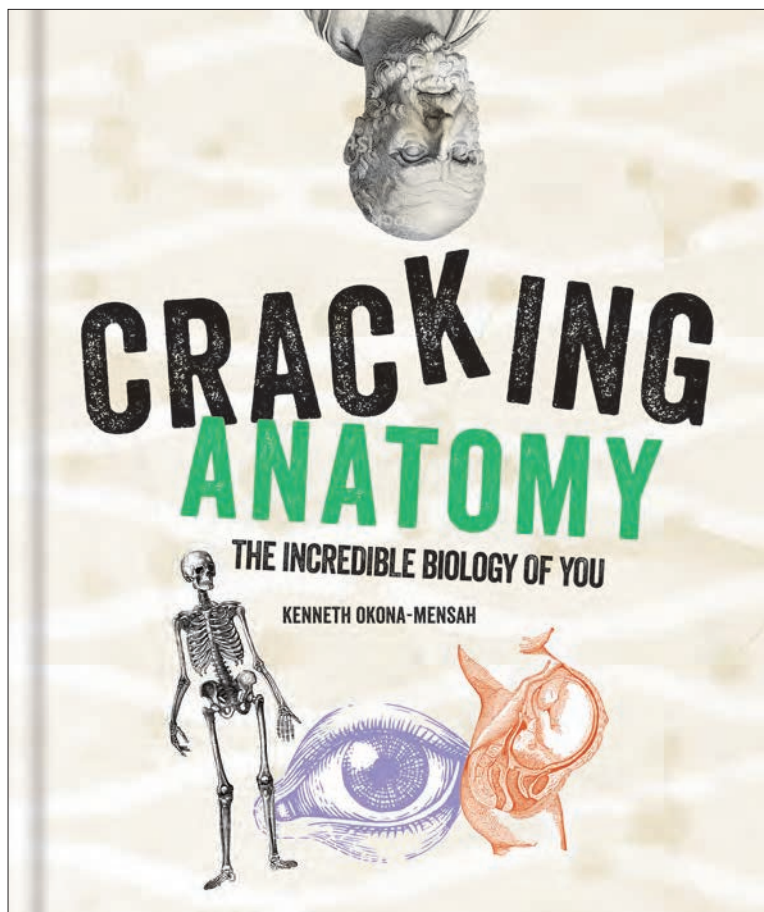
This book also includes some stunning bespoke photography from Getty's No.1 golf photographer as well as many shots of today's leading Pros shot especially for the book. With TV's best-loved golf analyst, Ken Brown's own analysis and stories from a wealth of experience, this heavily illustrated, easy-to-follow book will make honing this golfing skill easy and entertaining.

Author Biography: Ken Brown is the BBC's golf analyst. His 'Ken on the course' features at the Masters and Open have become must-see viewing for golf fans worldwide. As well as the BBC, he also commentates for the Golf Channel whose reach includes 82 million homes in the US as part of NBC's sports output and the feed is taken by dozens of TV networks across the globe.

Ken was a successful golf professional in his own right, winning four times on the European Tour and once on the PGA Tour. He's represented Europe in five Ryder Cups between 1977 and 1988 and played for Scotland in four World Cups.

One Putt is Ken's labour of love. It combines his endless enthusiasm for the game with a wealth of knowledge and anecdotes on some of golf's greatest stars.

One Putt | SSN (246x189) | 246 x 189 | HB | 02/04/2020 | £19.99 | 176 pages | Hamlyn | 9780600636441



Cracking Anatomy

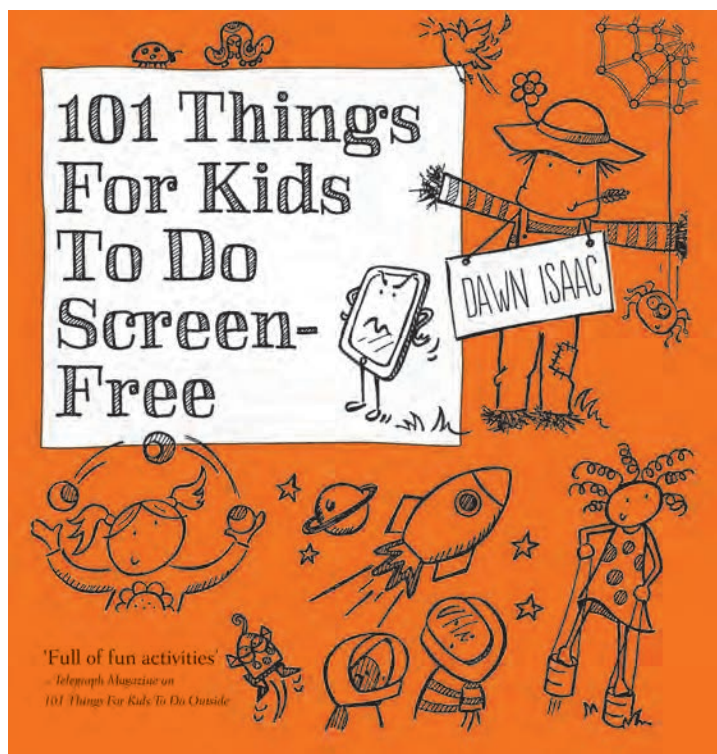
By Ken Okona-Mensah

Take a close-up look at the human body, from its tiniest cells to its organ systems, explaining how they all work together in one extraordinary organism. Cracking Anatomy breaks down complicated topics, showing you exactly how digestive juices, sensory neurons and hormones do their incredible jobs. Subjects covered include:

- Cells, tissues and organs
- Skin, skeleton and muscles
- Cardiovascular system
- Immune system

Author biography: Ken Okona-Mensah is a freelance science writer who has over 16 years' experience working in academia and writing about health-based topics. With a background in pharmacology and toxicology, research and science communication he previously worked as a scientific writer for Imperial College London where he produced technical and lay reviews for scientific advisory committees of Public Health England. He also sat on the editorial committee for People & Science magazine and contributed content relating to public engagement with science and health.

Cracking Anatomy| (167x140) | PB | 05/03/2020 | £14.99 | 320 pages | 9781788401517



101 Things for Kids to do Screen-Free

By Dawn Isaac

'Packed with original ideas.' - the Telegraph on 101 Things for Kids To Do on a Rainy Day

'A quarter of the price of a theme-park ticket and delivers significantly better value for money.' - the Independent on 101 Things for Kids To Do Outside

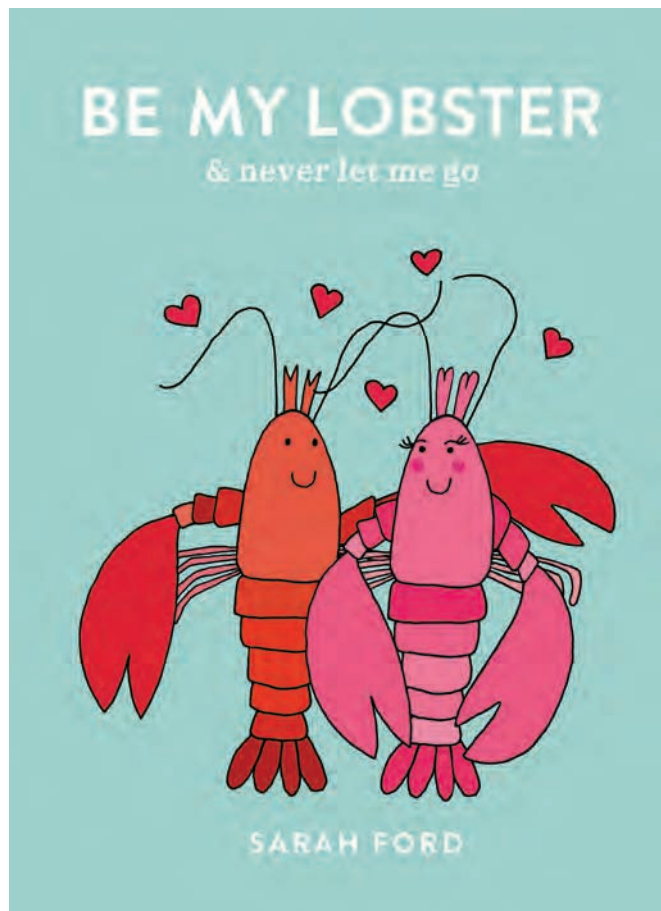
From bestselling kids' activity author Dawn Isaac comes this exciting new volume full of creative, fun and occasionally silly ideas for games and activities.

From creating a mini golf course to mastering hands-free eating, from squirt gun painting to microwave mug cakes, every single activity is fun, easy and 100 per cent screen free. With exciting makes including no-sew sock creatures and stress balls, and wacky games such as outdoor noughts and crosses and thumb wrestling tournaments, Dawn's engaging and entertaining ideas are sure to provide hours of fun.

So put away your tablets and mobile phones, switch off the TV and leave the computer alone - it's time to get screen free.

Author Biography: Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for the Guardian, the Telegraph, Good Housekeeping and The Garden, and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of 101 Things For Kids To Do Outside, 101 Things for Kids to do on a Rainy Day and 101 Brilliant Things for Kids to do With Science, also published by Kyle Books.

101 Things for Kids to do Screen-Free | 220x210 |HB| Colour photography and illustrations throughout | 06/04/2020
£14.99 | 224 pages | Kyle Books | 9780857835291



Be My Lobster

A funny, romantic gift book to buy for the one you love.

By Sarah Ford

Will you be my Lobster?

When it comes to finding perfect love, lobsters are the best. They don't care about gifts, unless they're homemade, or about grand gestures...lovely little ones will do!

You will know when you find your lobster: they will chuckle at the same jokes, let you share their fries and will buckle up to accompany you on this crazy ride called life.

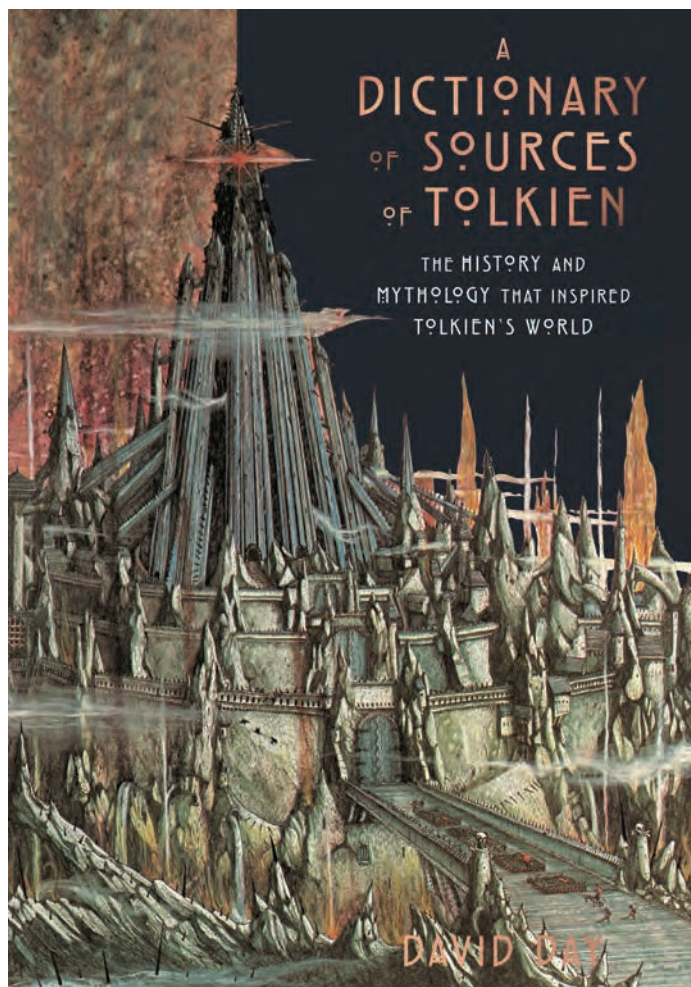
Ways you will know you have found your lobster and not just fished out another crab:

- You looked in all the right places and there was your lobster, just getting on with life in the deep blue...one touch of a claw and you were smitten.
- You find yourself looking up at clouds and seagulls rather than under rocks or in the muddy depths - the world feels much bigger and full of hope when your lobster is around.
- You feel literally unstoppable: Team Lobster against the world!
- Any bad habits your lobster may have - blowing their nose loudly or constantly running late - are overlooked as just one of the many facets of their utterly adorable personality.

Author Biography: Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals, mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn. When she's not working she can be found hanging out in her garden, smelling the flowers with her daughter and a whole host of pets.

Anita Mangan is a graphic designer and illustrator living, working and breathing in London. She has made a career out of being silly and has recently developed claws.

Be My Lobster | PB | (147x105) | More than 40 illustrations | 23/01/2020 | £6.99 | 96 pages | Spruce | 9781846015885



A Dictionary of Sources of Tolkien

The history and mythology that inspired Tolkien's world

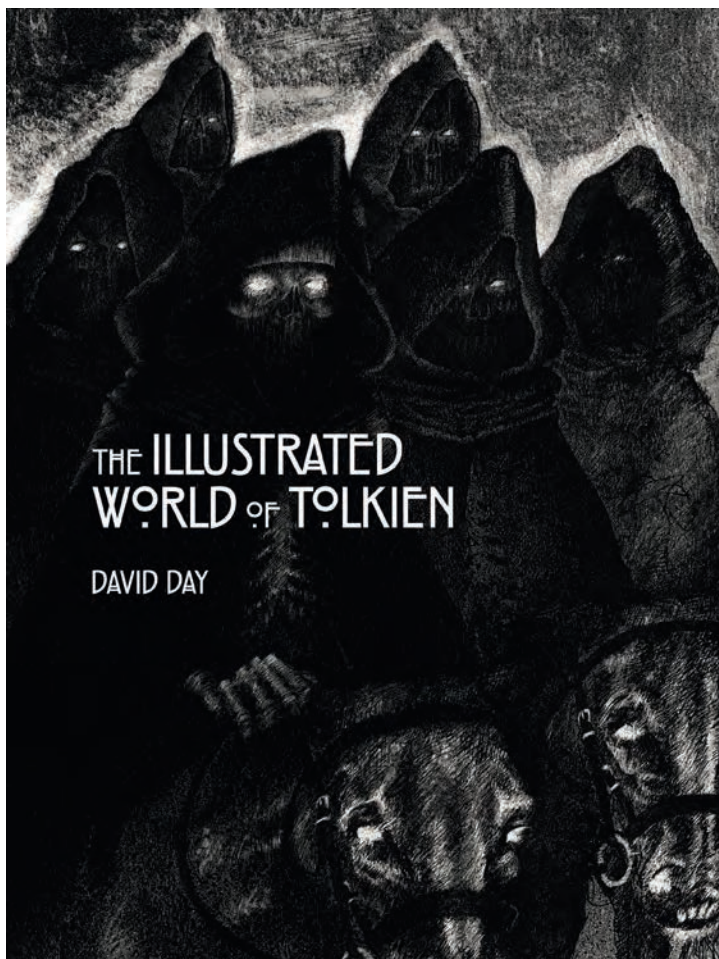
The spellbinding world of Middle-earth is full of beasts and battles, heroes and heroines, and the struggle between good and evil.

In this dictionary of sources, Tolkien scholar and bestselling author David Day draws upon four decades of research, informing us about the lands, inhabitants, languages, geography and history of Middle-earth.

This compelling encyclopaedia on Tolkien's world also includes over 200 illustrations and an appendix that examines the legends that were key sources for Tolkien's creations - the Völsunga Saga, the Nibelungenlied and Richard Wagner's Ring Cycle.

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

A Dictionary of Sources of Tolkien | HB | 14/05/2020 | £25 | 544 pages | Pyramid | 9780753733936



The Illustrated World of Tolkien

A visual celebration of the vast lands, epic battles, formidable beasts, heroes, peoples and armies of Tolkien's world.

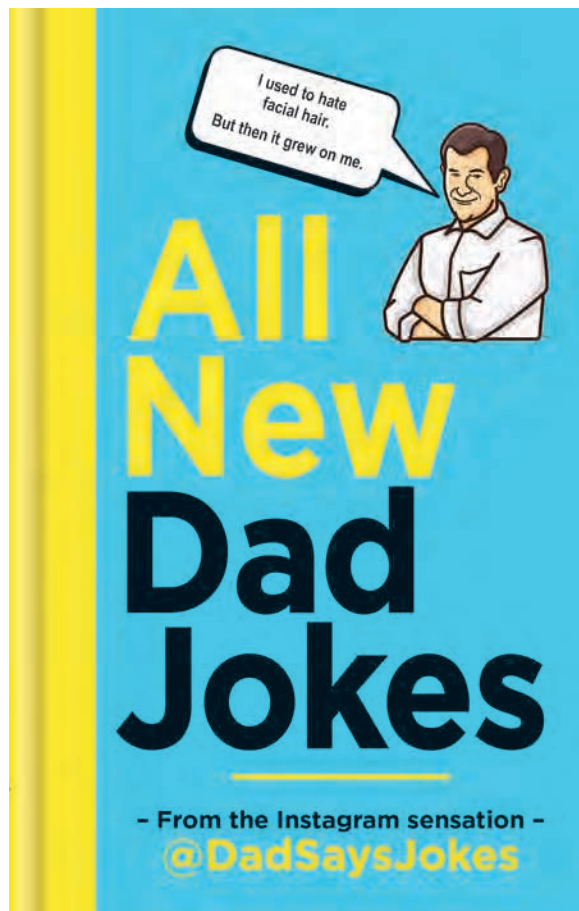
By David Day

Tolkien's works have inspired artists for generations and have given rise to myriad interpretations of the rich and magical worlds he created.

The Illustrated World of Tolkien gathers together artworks and essays from expert illustrators, painters and etchers, and fascinating and scholarly writing from renowned Tolkien expert David Day, and is an exquisite reference guide for any fan of Tolkien's work, Tolkien's world and the imaginative brilliance his vision inspired.

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

The Illustrated World of Tolkien | 206 x 194 | HB | 80+ colour and b&w illustrations | 19/10/2019 | £30.00 | 288 pages
Pyramid | 9780753733806



All New Dad Jokes

The follow-up to the original bestseller.

By @dadsaysjokes

THE BRAND-NEW BOOK FROM @DADSAYSJOKES

All New Dad Jokes is the second book from the most followed dad jokes page on Instagram, @DadSaysJokes. Now with a following of over 1 million, All New Dad Jokes provides brand new gags guaranteed to leave your friends and family laughing and groaning in equal measure.

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

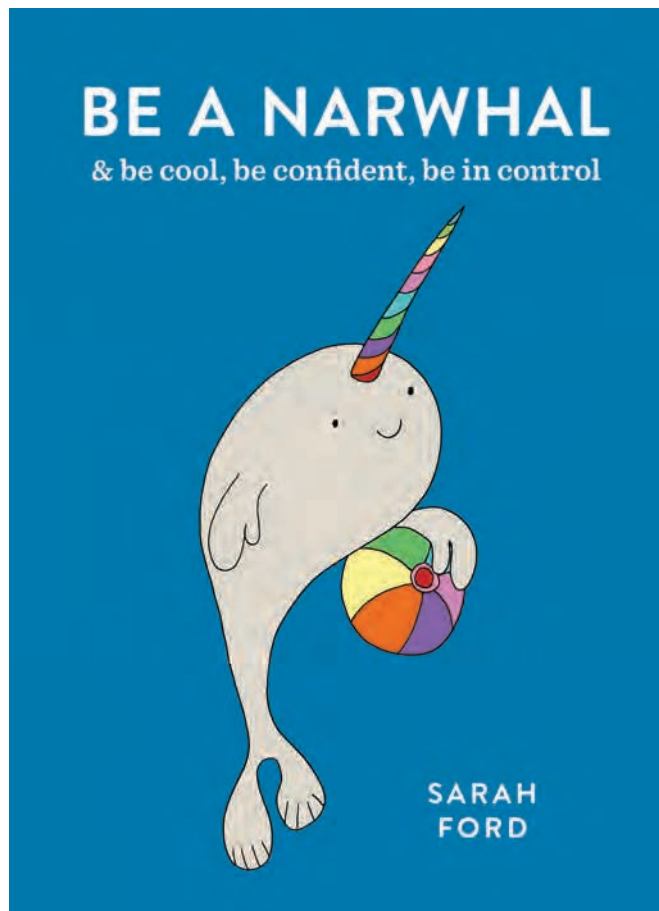
Q: Where do naughty rainbows go?

A: Prism.

Author Biography: Dad Says Jokes is a community-run social brand fast approaching 1.6m followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

To find out more follow @DadSaysJokes on Instagram, Twitter and Facebook.

All New Dad Jokes | 178 x 111 | HB | 05/09/2019 | £10.00 | 272 pages | Cassell | 9781788401746



Be a Narwhal

A colourful gift book full of cute, hilarious and inspirational narwhal mantras.

By Sarah Ford

Let Narwhal show you the true meaning of a successful life. He is always prepared to put in the hours, whether he's nurturing his sea anemones or doing a big presentation to the reef. Feisty and passionate, Narwhal is no back-seat driver - he's always bursting with ideas, from how to break the ice at parties to how to tickle a fish. And when all around is in meltdown, he'll stay in control and bounce back with a cool head and a calm heart.

To live a good and successful life there are a few simple things that Narwhal knows:

- Believe in yourself. You are the bee's knees, even if like Narwhal you don't have any knees.
- Listen more, chatter less... though a morning catch-up on last night's TV is absolutely essential.
- Success has nothing to do with the size of your bank account; it is a life well lived and, of course, still being able to beat your kids at chess.

Author Biography: Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals... mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn. When she's not working she can be found hanging out in her garden, smelling the flowers with her daughter and a whole host of pets.

Anita Mangan is a graphic designer and illustrator living, working and breathing in London. She has made a career out of being silly and has recently developed a spiral tusk.

Be a Narwhal | PB | (147x105) | More than 40 illustrations | 03/10/2019 | £6.99 | 96 pages | Spruce | 9781846015854

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