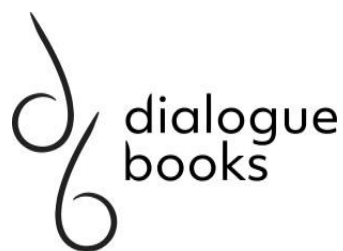


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Rights Sold:
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MICHAEL BHASKAR is a writer, researcher and digital publisher. He is Co-Founder of Canelo, a new publishing company. He has written and talked extensively about the future of media, the creative industries and the economics of technology for newspapers, magazines and blogs. He has been featured in and written for the *Guardian*, *Financial Times*, *Wired* and *Daily Telegraph*, and on BBC 2, BBC Radio 4, NPR and Bloomberg TV among others.

HUMAN FRONTIERS: THE FUTURE OF BIG IDEAS IN A WORLD OF SMALL THINKING

Michael Bhaskar

September 2021
The Bridge Street Press
Social forecasting
368pp

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

We're at a curious juncture of history. New inventions, a digital revolution, a colossal output of cultural production, and a sophisticated global economy catering to our every need have changed our lives in an incredibly short space of time.

From quantum biology, nanotechnology and pictures of black holes, to nudge unit governance, blockchain and virtual worlds, the sheer scale of progress over the last three hundred years is mind-boggling. Surely this is a uniquely fecund moment for humanity?

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

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



Click here to listen to Michael Bhaskar talking about HUMAN FRONTIERS!



IN TWO MINDS

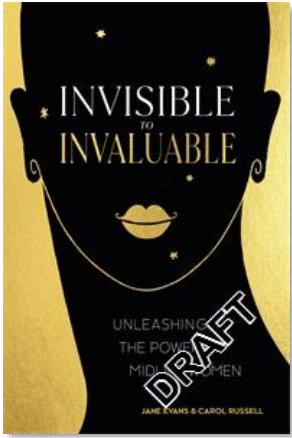
Dr Sohom Das

March 2022
Sphere
Forensic Psychology
304pp

Forensic psychiatrist Dr Sohom Das diagnoses, treats and rehabilitates mentally ill offenders - or the 'criminally insane' - in prisons and secure hospitals, many of whom have committed serious violence, some even murder. He is also an expert witness, and advises on insanity or diminished responsibility pleas - to either steer the incapacitated, the vulnerable and voiceless away from a lifetime of incarceration towards recovery, or literally let them get away with murder.

In this book, Dr Das tells the untold story of forensic psychiatry during his fifteen years as a psychiatric doctor, and what happens when an underfunded institution like this breaks - and how he's learned to live with his mistakes when the worse happens. He also writes very personally and movingly about the abundant tragedy he has encountered in real-life cases, and the human cost of violence caused by mental illness.

DR SOHOM DAS is a Consultant Forensic Psychiatrist, working in prisons, secure hospitals and criminal courts, assessing and rehabilitating mentally ill offenders. He works as an expert witness in criminal and civil court cases. In between work and parenting his two young sons, he occasionally dabbles in stand-up comedy and battle-rapping on TV.



INVISIBLE TO INVALUABLE

Jane Evans and
Carol Russell

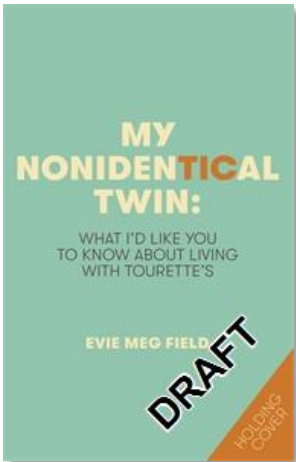
May 2021
Piatkus
Entrepreneurship
208pp

We are the first generation of women who will live twice as long as our original biological purpose. Our grandmothers were only expected to live till they were seventy. We're expected to work till then. But we're not working. The pre-Covid world wasn't designed for a highly educated, resourceful and healthy cohort of wise women.

In eighteen short episodes, *INVISIBLE TO INVALUABLE* charts the bare-faced facts of the predicament of midlife women, but also showcases their power and their potential. It offers practical advice and suggestions for how we can solve problems, take advantage of opportunities and change the narrative for all of us.

JANE EVANS worked in advertising for thirty years before she founded the Uninvisibility Project, a movement and rallying cry to wake up the world to the plight and potential of midlife women - and to create opportunities for them. Jane has given keynotes at The Future Strategy Club, and Women In Media Australia, has been on panels at She Says and Funny Women and took centre stage at *Forbes Magazine's* TBD Conference in December 2019.

CAROL RUSSELL is a writer and actor whose work includes the screenplay *House Of Usher*, principle scriptwriter of *Comin' Atcha*, and the multi-award-winning, BAFTA-nominated drama series *Soon Gone: A Windrush Chronicle*, celebrating the seventieth anniversary of The Windrush, broadcast on BBC Four in 2019. Her monologue, *Horns Of A Dilemma*, was broadcast on BBC Radio 4's *Woman's Hour*.



MY NONIDENTICAL TWIN

Evie Meg Field

October 2021
Sphere
Autobiography
240pp

Evie Meg is a TikTok sensation (twelve million followers and counting) who uses her platform to educate others on what it's like living with Tourette's syndrome, amongst other health complications. This book will explore her condition with honesty, detailing the challenges she has faced through giving up her dream job, and navigating sudden internet fame. *MY NONIDENTICAL TWIN* is also a positive and inspirational story, giving readers perspective and resilience to deal with their own problems with the same amount of optimism Evie Meg employs.



GUARDED BY
DRAGONS: IN
SEARCH OF
LITERARY TREASURE

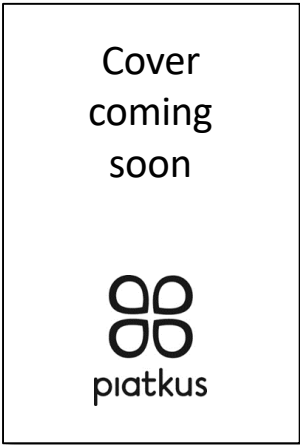
Rick Gekoski

July 2021
Constable
History
304pp

GUARDED BY DRAGONS follows rare book dealer Rick Gekoski as he uncovers the mysteries behind the most unusual manuscripts and archives he has handled, where stories are weaved within stories.

From the original memoir of Dr Watson and his discovery of DNA to how Jeff Bezos improbably paid £2 million for a manuscript of J. K. Rowling's *Beadle the Bard*, Gekoski explores a world full of legacy and billionaires where priceless copies of Ulysses can vanish without a trace. In the world of literary dealership, a manuscript can tell a thousand stories.

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



STYLE AND
SUBSTANCE

Helena Morrissey

October 2021
Piatkus
Fashion
256pp

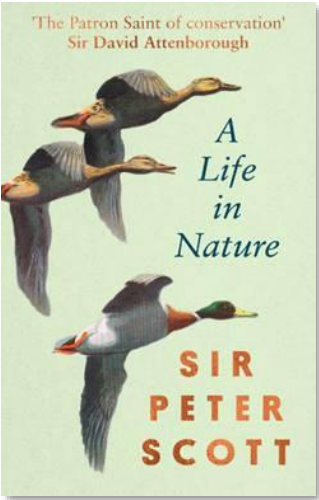
The CEO'S guide to achieving your career goals by finding - and embracing - your authentic personal style.

In a world where everything is in a state of flux and where working from home has become the 'new normal', old career rules no longer apply. There will be new terms of doing business, new ways of interacting with friends, colleagues and neighbours, and different career patterns. This is an opportunity for women to develop their own style in everything - from communication, presence, networking and leadership, to personal brand, dressing and aesthetic.

Dame Helena Morrissey has run companies and campaigns and learned through both her own experiences and observing other successful women that confident and authentic style and presence is career-enhancing. Many women feel it's all a minefield, that they should just copy men or 'blend in' but **STYLE AND SUBSTANCE** explains why that's unlikely to be a recipe for success and shows how you can achieve that next career goal by developing your personal brand, building confidence and letting your personality shine through.

We're on the cusp of a new world, one in which women will not only be shaping, but also leading - **STYLE AND SUBSTANCE** will be the blueprint for success within it.

DAME HELENA MORRISSEY is a financier, campaigner, author and mother of nine. She is an inspirational leader who achieves results - in business, diversity, family life and encouraging others to succeed. In 2010 Helen launched the 30% Club to improve the gender balance on UK corporate boards, championed by the chairmen of those boards. Nine years later women represent over 30% FTSE350 directors, up from less than 10%. Helena has been described by Fortune magazine as one of the world's 50 Greatest Leaders and was the Financial Times Person of the Year in 2017. Her first book *A Good Time to Be a Girl* sold over thirty five thousand copies.



A LIFE IN NATURE

Sir Peter Scott

May 2021
Sphere
Nature
448pp

A Life In Nature is a portrait of Peter Scott collected from his own conversations, articles and broadcasts including thoughts on expeditions to Lapland, Conservation and Africa, his travels in Europe and much more. Illustrated by Peter's own beautiful illustrations.

Sir Peter Scott had a truly incredible life. He was the only son of legendary explorer Captain Scott. His godfather was JM Barrie and he was married to Elizabeth Jane Howard. He also represented Great Britain and Northern Ireland at sailing in the 1936 Berlin Olympic Games, winning a bronze medal. He founded the Wildfowl and Wetlands Trust and also helped to found the Worldwide Fund for Nature.

A LIFE IN NATURE is a beautiful and timely re-discovered book, perfect for those who are interested in preserving our planet.



AUGMENTING YOUR CAREER

David L. Shrier

April 2021
Piatkus
Business
256pp

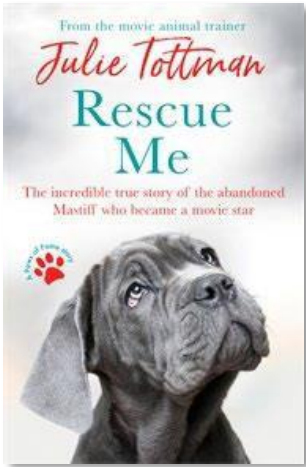
Essential reading for anyone who wants to be relevant in the workforce of tomorrow.

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

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

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

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



RESCUE ME

Julie Tottman

April 2021
Sphere
Animals & Pets
320pp

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

Also available:



The second book in the PAWS OF FAME series.

Monkey is a young Neapolitan Mastiff; larger than life, full of energy and eager to please. But his human doesn't like him. He shouts at him all the time - Monkey doesn't know why - and he won't feed him. Monkey's so hungry his ribs are showing. Eventually his owner gives him away, saying Monkey is too aggressive, and Monkey finds himself in a rescue centre where he's cared for - but by people who are scared of him.

Meanwhile, up and coming animal trainer for the movies Julie Tottman is about to start filming *Harry Potter and the Goblet of Fire*, the fourth in the *Harry Potter* series, when crisis strikes: the dog playing Fang has dropped out. Julie needs to find a blue Neapolitan Mastiff to fill the part and fast. A big believer in rescuing dogs, she starts calling centres. As chance would have it, one in Northampton has a dog who might fit the bill - but he's supposed to be aggressive: too big a risk for a film set with children. But something tells Julie she should visit the dog first, just to be sure.

When she sees the gangly Monkey bounding over to her to say hello and looking up at her gently as she tickles his ears, she knows she has to take a chance on him. He needs feeding up, love, attention and something to put his energy into - and she can give him all those things. But with the film just around the corner, can Monkey become the movie star Julie is looking for? RESCUE ME is the incredible true story of what a dog can do when someone believes in them.

Cover
coming
soon



THE CLIMAX OF EGYPT

Guy de la Bédoyère

July 2022
Little, Brown
History
320pp

In 1922, a century ago, the most sensational archaeological discovery of all time was made. When Tutankhamun's tomb was found in Egypt's Valley of the Kings, the contents staggered the world and have done so ever since.

Tutankhamun, so obscure he was almost forgotten after his rule, was one of the last kings of the extraordinary 18th Dynasty which ruled Egypt between around 1550 BC and 1295 BC, well over three thousand years ago. Already an ancient society, Egypt under this new line of kings became the richest and most powerful Bronze Age state, dominating the region and creating a culture of startling originality that has mesmerized the world ever since.

There was a darker side to Egypt than the glamour and the gold. This was one of the world's first great absolutist states, built round a despotic and brutal monarchy that enriched itself and the elite at the expense of other nations and most of the Egyptian population.

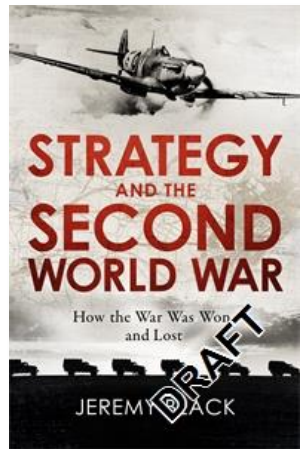
A succession of warrior kings, beginning with Ahmose who reunified the nation and established the family line, and including the most successful of all, Thutmose III, fought wars of conquest and used the wealth to create a myth of predestined superhuman rulers with the divine backing of the god Amun. The population acquiesced as the 18th Dynasty kings indulged themselves with massive temple and tomb projects to glorify themselves.

The Climax of Egypt is a history of an era that included Hatshepsut, the queen who made herself king, and the heretic pharaoh Akhenaten, whose religious revolution was just another manifestation of selfishness and greed. The book shows how the folly of power and hubris is a story for all times, set against a magnificent backdrop, and featuring the first great personalities in world history.

Option publishers:

Chinese (simplified) (Ginkgo (Beijing) Book Co., Ltd)
Italian (Newton Compton)
Spanish (Ediciones de Pasado & Presente)
US (University of Chicago Press)

GUY DE LA BÉDOYÈRE has written a large number of books on the Roman world over the last thirty years, most recently Praetorian: The Rise and Fall of Rome's Imperial Bodyguard. He was part of Channel 4's archaeology series Time Team for fifteen years. He has degrees from Durham, London and University College, and is a Fellow of the Society of Antiquaries. He has lectured in Britain and abroad, mainly Australia, and is an accredited lecturer of the Arts Society.



STRATEGY AND THE SECOND WORLD WAR

Jeremy Black

July 2021
Robinson
History
320pp

A concise, accessible account of strategy and the Second World War. How the war was won . . . and lost.

In 1941, the Second World War became global, when Nazi Germany attacked the Soviet Union; Japan attacked the United States at Pearl Harbor; and Germany declared war on the United States.

In this timely book, which fills a real gap, Black engages with the strategic issues of the time - as they developed chronologically, and interacted - and relates these to subsequent debates about the choices made, revealing their continued political resonances.

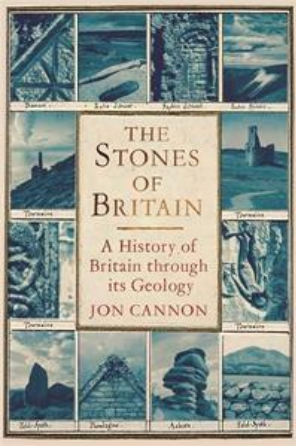
Beginning with Appeasement and the Soviet-German pact as key strategic means, Black examines the consequences of the fall of France for the strategies of all the powers. He shows how Allied strategy-making was more effective at the Anglo-American level than with the Soviet Union, not only for ideological and political reasons, but also because the Americans and British had a better grasp of the global dimension.

He explores how German and Japanese strategies evolved as the war went badly for the Axis powers, and discusses the extent to which seeking to mould the post-war world informed Allied strategic choices from 1943 onwards, and the role these played in post-war politics, notably in the Cold War.

Strategy was a crucial tool not only for conducting the war; it remains the key to understanding it today.

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

Rights in the A BRIEF HISTORY OF.... series have sold in China, Czech Republic, Greece, Portugal, Russia and Turkey.



THE STONES OF BRITAIN

Jon Cannon

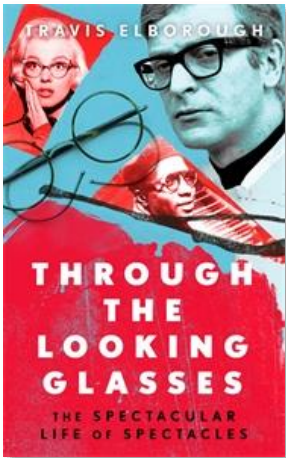
February 2022
Constable
Natural History
352pp

THE STONES OF BRITAIN is about how rocks make places. The connection between geology and landscape, between the stones beneath the surface and the history that has played out above it. About the varied character of the British landscape, and the rich variety of places that result.

The shattered granite landscape of Dartmoor is different from the soft red sandstone hills of east Devon; the rolling chalk downs distinct from the gritty moors of Yorkshire. Each of these landscapes has a different historical story to tell; that story is rooted in the characteristics of the rocks beneath the surface.

The Stones of Britain interprets these stories. It explains the nature of place on the island of Britain, revealing the landscape as the joint product of geology and man: a history rooted in stone.

JON CANNON wrote *Cathedral: The Great English Cathedrals and the World that Made Them* and other books. He also presented the BBC's *How to Build a Cathedral*. He lives with his family on the chalk downs of Wiltshire, from which he extols about place, sacredness and architecture.



THROUGH THE LOOKING GLASSES

Travis Elborough

July 2021
Little, Brown
History
256pp

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

With the broad appeal of books by the likes of Mark Kurlansky, Billy Bryson and Simon Garfield, Travis Elborough uses a single, life-changing object to tell a much bigger story. Using personal observation, memoir, reportage, science, social history and cultural criticism , the book moves chronologically through the story of spectacles.

The historical scope is wide, ranging from early theories about how the eye worked and theological and philosophical arguments about the limits of perception by Greek thinkers and Arab scholars, through to the ingeniousness of Italian glassmakers in the Medieval and Renaissance periods. There are appearances by the great and the good bespectacled men and women of yesteryear, running the gamut from the fictional Clark Kent in Superman to the authors Aldous Huxley, James Joyce, and Angela Carter, and including such actors and musicians such as Buddy Holly, Michael Caine, Dizzy Gillespie and John Lennon, and their lorgnettes, monocles, pince-nez, horn-rims, tortoise-shell ‘Oxfords’ and Ray Ban aviator shades. Through the Looking Glasses is about vision and the need for humanity to see clearly and where the impulse to improve of our eyesight has led us.

The society of the spectacle may finally be upon us . . . but how much of it do we really see?

Rights sold
Korean (UU press)

Acclaimed by the *Guardian* as ‘one of the UK’s finest pop culture historians,’ **TRAVIS ELBOROUGH** has been a writer, author and broadcaster for twenty years.

Click here for more information about THROUGH THE LOOKING GLASSES!



SLAVERY IN THE AMERICAS: THE WORLD TRANSFORMED

James Walvin

March 2022
Robinson
History
512pp

Rights sold:
US (University of California Press)

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

Walvin explores the transformation of the world as a result of the global reach of the Atlantic slave system, from the Peruvian silver mined by slaves, which was so vital to the finances of imperial China, to the significance of Swedish iron, vital for shackles and firearms; also the development of regulated labour, bookkeeping and numerous other innovations. Walvin aims to shift the debate about slavery from its more narrowly focused interest on particular countries, to considering slavery as an agent of major global change.

JAMES WALVIN is the author of many books on slavery and modern social history. His book, *Crossings*, was published by Reaktion Books in 2013 and he is the author of *HOW SUGAR CORRUPTED THE WORLD: FROM SLAVERY TO OBESITY* (Robinson, 2017) and *FREEDOM: THE OVERTHROW OF THE SLAVE EMPIRES* (Robinson, 2019). He became a Fellow of the Royal Society of Literature in 2006, and in 2008 was awarded an OBE for services to scholarship.



LOVE AND DECEPTION: PHILBY IN BEIRUT

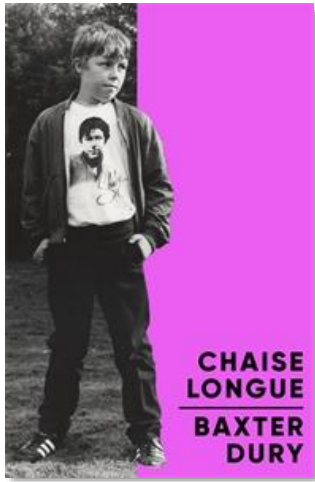
James Hanning

September 2021
Corsair
History
304pp

LOVE AND DECEPTION is the extraordinary story of Eleanor, an able, cultured American woman living in the espionage hot spot of 1950s Beirut and - despite herself - falling in love with the kindest, most sensitive of men, a Lebanon-based journalist with a mysterious past. Unknown to her, the young, idealistic Kim Philby had signed up to help the Russians fight fascism in the 1930s and was to become the twentieth century's most notorious double agent. But not only did he adore and marry her - just as the British authorities were closing in on him - but their love survived the most shattering of calamities.

Drawing on some of those closest to the main players, LOVE AND DECEPTION sheds new light on the love of Philby's life and breaks remarkable new ground in revealing the loyalty of his Cambridge contemporaries and the failure of the British authorities to convict them.

Former deputy editor of the *Independent on Sunday* **JAMES HANNING** is co-biographer of David Cameron and secured the exclusive collaboration of News of the World investigator Glenn Mulcaire for an expose of the phone hacking scandal. Including new evidence from key figures, LOVE AND DECEPTION is the result of twenty years of research into one of the Cold War's most mysterious episodes.



CHAISE LONGUE

Baxter Dury

August 2021
Corsair
Memoirs
288pp

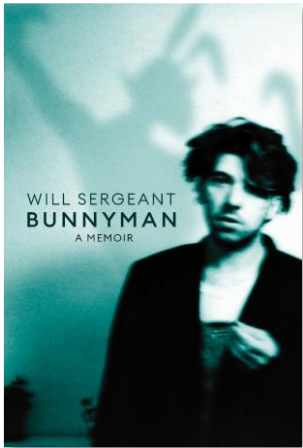
The soya latte poet laureate of London's Ladbroke Grove, **BAXTER DURY** has spent the last fifteen years uniquely chronicling the inner workings of his (and everyone's) human condition over six critically acclaimed albums. His latest, *The Night Chancers*, was released in March 2020.

This memoir is a coming of age story like no other.

When punk rock star Ian Dury disappeared to make films in the late eighties, he left his twelve year old son in the care of his roadie in a damp run down flat in Chiswick. But this was no ordinary rock and roll tour roadie; this was the Sulphate Strangler. The Strangler having taken a lot of LSD in the 1960s was prone to depression, anger and hallucinations. He'd then gone on to gain notoriety in the 1970s by working with Led Zeppelin – he undoubtedly presented a complex personality for a boy of twelve to grasp. **CHAISE LONGUE** is the story of these formative years and the extraordinary relationship that developed between the two, in a bohemia and time that we can all but imagine now.

Told in the uncompromising tone found in Dury's lyrics and filled with a brutal starkness that will draw comparisons to Viv Albertine's *Clothes, Clothes, Clothes, Boys, Boys, Boys*, **CHAISE LONGUE** will be one the most talked about publications of 2021.

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



BUNNYMAN: A MEMOIR

Will Sergeant

July 2021
Constable
Memoirs
336pp

Growing up in Liverpool in the 1960s and '70s, when skinheads, football violence and fear of just about everything was the natural order of things, a young Will Sergeant found the emerging punk scene provided a shimmer of hope amongst a crumbling city still reeling from the destruction of the Second World War.

From school-day horrors and mud flinging fun to nights at Liverpool's punk club, Eric's, where he saw the Sex Pistols, the Ramones, the Clash and Talking Heads, Sergeant was fuelled by and thrived on music. It was this devotion that led to the birth of the Bunnymen, to the days when he and Ian MacCulloch would muck around with reel-to-reel recordings of song ideas in the front room of his parents' council estate flat, and to finding a community - friends, enemies and many in between - with those who would become post-punk royalty from the likes of Dead or Alive, Frankie Goes to Hollywood and the Teardrops Explode to name a few.

It was an uphill struggle to carve their name in the history of Liverpool music, but Echo and the Bunnymen became iconic, with numerous gold records to their names, including 'Lips Like Sugar,' 'The Cutter' and 'The Killing Moon'. By turns wry, obscene and profound, *Bunnyman* reveals what it was really like to be part of one of the most important British bands of the 1980s.

WILL SERGEANT is a founding member of iconic rock band Echo & the Bunnymen. He has been cited as an influence for many bands and artists from around the world, including U2, Moby, Red Hot Chili Peppers, Coldplay, Richard Hawley, Radiohead and many others.



A LIKELY LAD

Peter Doherty &
Simon Spence

2022
Constable
Autobiography

Peter Doherty is the last of the great rock ‘n’ roll stories – maybe even the best ever rock ‘n’ roll story. Since his band The Libertines rose to international fame, he has proved endlessly fascinating, the subject of numerous books, documentaries, magazine articles, front-page newspaper headlines and TV news reports.

A LIKELY LAD is, for the first time, Pete Doherty’s version of his story.



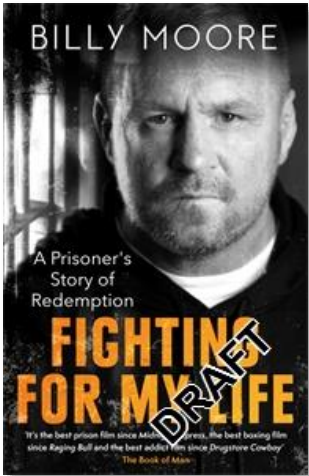
STONEHOUSE

Julian Hayes

September 2021
Robinson
Autobiography
336pp

The definitive biography of John Stonehouse, Labour cabinet minister and spy for the Czech StB agency, who faked his death off a Miami beach and was subsequently convicted for fraud, written by Julian Hayes, the son of Stonehouse's nephew and family lawyer, Michael Hayes.

JULIAN HAYES works as a criminal and child-care lawyer in the City of London. He has undertaken many of the most high-profile and serious cases seen in the criminal courts of the last twenty years, most notably the 'Ricin Case' terrorist trial in 2005, the Graff jewellery robbery and most recently the Vietnamese lorry deaths case. As an author, he is uniquely placed as the son of John Stonehouse's nephew, Michael Hayes; also given his in-depth knowledge of the criminal courts and in particular the Old Bailey, where the Stonehouse trial took place. He has used his knowledge and experience to forensically examine the evidence in this case to establish without doubt that Stonehouse did work with the Czech State Security, also to provide insight as to what led to Stonehouse's disappearance and trial.



FIGHTING FOR MY LIFE

Billy Moore

June 2021
Robinson
Autobiography
272pp

'This time I am telling the story of my life both before prison in Thailand and what followed once I was back in the United Kingdom, my cancer diagnosis, more prison time and, finally, redemption. I am trying to understand aspects of my childhood that had a role in my eventual downward spiral into addiction, pain, misery and loss'

A Prayer Before Dawn was made into a film directed by Jean-Stéphane Sauvaire and starring Joe Cole, of *Peaky Blinders*' fame. The film premiered at the Cannes Film Festival in 2017, but by the time it went on general release, Billy was back in prison in the UK.

In this follow-up to Billy's first international bestseller, an autobiography set largely in Thailand's infamous prison system, Billy sets out to explore his experience of childhood abuse that would lead to a life of drug addiction and near-constant incarceration. After Billy's sentence in Klong Prem prison was commuted as a result of his extraordinary success as a Muay Thai boxer, he returned to the UK.

BILLY MOORE was born in Liverpool in 1973. He had a difficult upbringing and struggled with addiction. In 2005, wishing to make a fresh start, Billy relocated to Thailand and entered a period of sobriety. However, he eventually relapsed and was arrested and charged by Thai police and sent to Klong Prem prison, where he witnessed acts of extreme violence and sexual assault. Eventually he found purpose through taking part in Muay Thai tournaments in jail and regained his sobriety. Ultimately his success as a member of the boxing team at Klong Prem led to his release. Upon release, Billy wrote about his experiences in his book, *A Prayer Before Dawn* which was later adapted for the screen and premiered at the Cannes Film Festival in 2017. Since then, Billy has not only survived cancer, but also gone on to become a powerful advocate of boxing and anti-knife crime initiatives in the Liverpool area. He trains young boxers and appears regularly in the national media.

In this vividly told story, Liverpudlian Billy contrasts his first-hand experience of one of the cruellest prison systems in the world with his experience of UK prisons. The result is, in part, a shocking exposé of the inadequacy of care and the lack of humanity in British prisons. But Billy's story is mainly one of rehabilitation, recovery and redemption. Rich in detail, honesty and humour, his book is a fast-paced, unputdownable read which shows how the human spirit can endure and eventually thrive.

Cover
coming
soon



WHEN MARILYN MET THE QUEEN

Michelle Morgan

January 2022
Robinson
Biography
288pp

'England? It seemed to be raining the whole time . . . Or maybe it was me.' Marilyn Monroe

In July 1956, Marilyn Monroe arrived in London, on honeymoon with her husband Arthur Miller, to make *The Prince and the Showgirl* with Laurence Olivier. This is a richly detailed account of Monroe's troubled time in England, culminating in her meeting with the Queen.

The book focuses on Marilyn Monroe's four-month trip to England in 1956, when she made *The Prince and the Showgirl* with Laurence Olivier. It covers every aspect of the trip, including the making of the movie, as well as the time spent off-set: at home in Englefield Green, Surrey, and her relationship with Arthur Miller.

MICHELLE MORGAN is the author or co-author of nine books about Marilyn Monroe, including *MARILYN MONROE: PRIVATE AND UNDISCLOSED*.

Cover
coming
soon


sphere

DRIVING FORWARDS

Sophie Morgan

March 2022
Sphere
Memoir
304pp

The inspiring memoir of presenter and disability campaigner,
Sophie Morgan

On the precipice of starting the life she had always dreamed of, Sophie Morgan was the victim of a tragic accident at eighteen that left her paralysed. Over the years, medical setbacks would level the fragile life she had begun to build; each time challenging her mental health and resilience. Yet each time she struggled through, determined to channel her adversity into opportunity, to see her challenges as a unique chance for creativity and fuel this into becoming an agent for change.

Part memoir, part coping strategy for how to cope with the unforeseen, *Starting Over* looks at adversity, change and resilience - the anger at the tumultuous change of fortunes, but that as arbitrary and frightening as these changes may be, some things will always remain, like the beauty of our landscape and the strength of our community, and it is as much up to you what you choose to let go, as it is what fate may take from you.

SOPHIE MORGAN is an award-winning disability advocate & social entrepreneur who was paralysed when she was eighteen years old. Determined to channel her adversity into opportunity, she sees her challenges as a unique chance for creativity and has become the ultimate agent for change.



OH, WHAT A LOVELY CENTURY

Roderic Fenwick-Owen

August 2021
Sphere
Memoir
336pp

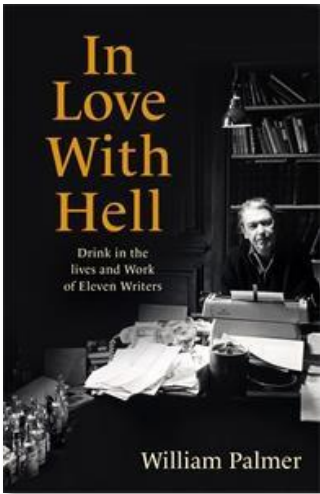
RODERIC FENWICK-OWEN (1920-2011), a relation of a jockey who won the Grand National, the founder of the National Trust, the High Sheriff of Lincolnshire and as many Dukes and Duchesses as you like, was at one time or another a travel writer, a beachcomber, a husband to a Polynesian princess, a painter, a court poet and a Royal Air Force veteran. He was at all times a romantic and never passed up on love, even if only for the night. He died shortly before his 90th birthday and left behind three Encyclopedia-sized volumes of memoirs, which have been abridged into the book *A 20TH CENTURY SORT OF LIFE*.

'I would be most unhappy to think that any part of this memoir should be cut on grounds of 'decency', for those bits are essential...'

So begins the lively true story of aristocrat and travel writer Roderic Fenwick-Owen. Born in 1920, Fenwick-Owen had an extraordinary life, which careered between some of the biggest moments in history and took him to the ends of the earth, meeting (and even living with) some of the twentieth Century's most well-known people along the way, including Eisenhower, Jackson Pollock and Marlene Dietrich.

On his adventures, he witnessed pre-war Germany first-hand when staying with a friend in 1939; as a beachcomber in Polynesia during the 1940s he married a Tahitian princess; he lived with Jackson Pollock in 1950s New York (enjoying his company, but not his paintings – he'd come to regret turning down the offer of one); his numerous and passionate love affairs with men and women included brushes with celebrities, including with... well, we can't specify here (only that it was an actor who played James Bond several times); and he was appointed court poet in Abu Dhabi. His was a quest to understand people and their beliefs the world over; hoping his own preferences when it came to sex and love would one day be understood – and decriminalised – in return.

Exciting (and titillating), *OH WHAT A LOVELY CENTURY*, is a marvellous obituary of an ever-changing and now lost world, that was frequently the best of times, and sometimes the worst.



IN LOVE WITH HELL

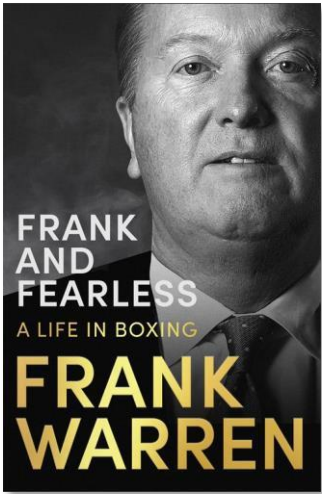
William Palmer

April 2021
Robinson
Biography
272pp

WILLIAM PALMER was born in 1945 and was educated at schools in England and Wales. During the 1960s and 70s he lived in London and the Midlands and worked at a bewildering variety of jobs. He began writing at the age of fifteen but only became a full-time writer in the mid-80s: his first novel, *The Good Republic*, was published by Secker & Warburg in 1990 and since then he has had eight books published. His latest novel, *The Devil is White*, was published by Jonathan Cape in early 2013. His latest full-length collection of poems, *The Water Steps*, came out from Rack Press in 2017.

A work of non-fiction about eleven writers, including Dylan Thomas, Kingsley Amis, Patrick Hamilton, Jean Rhys and Elizabeth Bishop, and drink in their lives and work.

Why do some writers destroy themselves by drinking alcohol? Before our health-conscious age it would be true to say that many writers drank what we now regard as excessive amounts. Graham Greene, for instance, drank on a daily basis quantities of spirits and wine and beer most doctors would consider as being dangerous to his health. But he was rarely out of control and lived with his considerable wits intact to the age of eighty-six. W. H. Auden drank the most of a bottle of spirits a day, but also worked hard and steadily every day until his death. Even T. S. Eliot, for all his pontifical demeanour, was extremely fond of gin and was once observed completely drunk on a London Tube station by a startled friend. These were not writers who are generally regarded as alcoholics. 'Alcoholic' is, in any case, a slippery word, as exemplified by Dylan Thomas's definition of an alcoholic as 'someone you dislike who drinks as much as you.' The word is still controversial and often misunderstood and misapplied. *IN LOVE WITH HELL* explores the effect that heavy drinking had on writers, how they lived with it and were sometimes destroyed by it, and how they described the whole private and social world of the drinker in their work.



FRANK AND FEARLESS

Frank Warren

June 2021
Constable
Sport Memoir
368pp

In an era spanning forty years, Hall of Fame boxing promoter and manager **FRANK WARREN** has worked with some of the biggest fighters in boxing history. Hamed, Bruno, Tyson, Calzaghe, Benn, Collins, Eubank, Khan and Hatton are some of the iconic names he has promoted during his career

When Tyson Fury finally meets Anthony Joshua to determine which of them becomes the undisputed heavyweight champion of the world, it will, in the view of Fury's promoter Frank Warren, be the most seismic sporting event for Britain since the 1966 World Cup final.

Yet it will be just one more milestone in the astonishingly eventful life and career of Warren himself. In his long-awaited, unflinchingly candid, hard-hitting autobiography, Britain's most famous and influential boxing promoter reflects on the battles he had to win to reach the top and remain there, not least the battle to stay alive after he was shot at point-blank range in an attempted assassination in 1989.

For Warren, December 2020 marks forty years as a licensed promoter, four decades in which he has worked with many of boxing's most colourful and controversial characters. He has been assaulted in a hotel room by the formidable Mike Tyson and gone toe to toe in a court room with his erstwhile partner, the flamboyant Don King.

Under his careful stewardship, Frank Bruno, Naseem Hamed, Joe Calzaghe, Ricky Hatton, Amir Khan and Tyson Fury all became world champions. So did Terry Marsh, the man who was later accused, and cleared, of trying to murder him. In Frank and Fearless, Warren pulls no punches, taking us behind the scenes into a world of blood and sweat, and intense relationships that all too often end in tears.



FRIENDS

Robin Dunbar

March 2021
Little, Brown
Psychology
352pp

Rights sold:

Italian (Einaudi)
Korean (Across Publishing Co.)
Polish (Copernicus Center Press)
Japanese (Seido-sha)

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

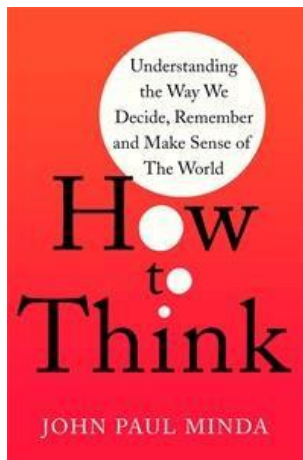
THE book on friends, our social lives and the meaning of friendship

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

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



[Click to listen to a sample of the audiobook!](#)



HOW TO THINK

John Paul Minda

April 2021
Robinson
Psychology
336pp

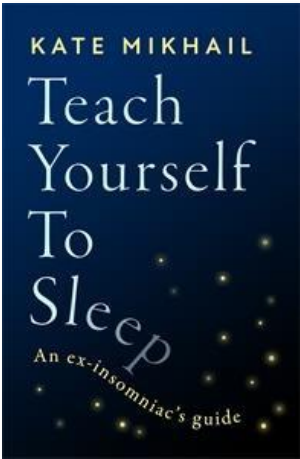
Rights sold:

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

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

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

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



TEACH YOURSELF TO SLEEP

Kate Mikhail

June 2021

Piatkus

Sleep

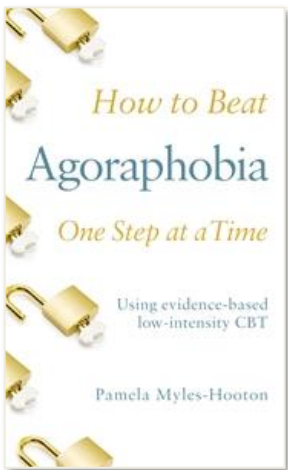
272pp

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

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

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

KATE MIKHAIL is a London-based freelance journalist and editor, who has written a wide range of features and reviews for the Guardian, Observer, Telegraph and Independent newspapers, as well as for many other publications.



HOW TO BEAT AGORAPHOBIA

Pamela Myles-
Hooton

September 2021

Robinson

Psychology

224pp

A concise guide to overcoming agoraphobia.

This series of self-help titles is the first to be created specifically with brief courses of low intensity therapy in mind, and all titles follow an evidence-based Cognitive Behavioural Therapy (CBT) approach which is the treatment of choice for depression and anxiety disorders. They are written by authors with considerable experience in the field of CBT self-help research, training and clinical practice.

This book is the perfect resource for helping you beat agoraphobia, either by yourself or with the support of a clinician. It is written in a friendly, engaging (and jargon-free!) style and encourages interactive reading through tables, illustrations and worksheets. Real-life case studies illustrate the use of the therapy and demonstrate how you can gradually overcome your fear of the outside and open spaces. This book will help you to understand your phobia and face your fears through graded exposure therapy.

PAMELA MYLES-HOOTON is Deputy Director of the Charlie Waller Institute, University of Reading. She develops and convenes a range of training programmes, some of which form part of the Government-funded Improving Access to Psychological Therapies project including the training of High Intensity Therapists and Psychological Wellbeing Practitioners, and the national Children and Young People's Mental Health trainings, including: Cognitive Behavioural Therapy and Parent Training routes; wellbeing practitioners, education mental health practitioners, supervision and leadership. She is the recipient of the University of Reading Teaching and Learning Team Award. She also sits on the Scientific Committee for the British Association for Behavioural and Cognitive Psychotherapies.



SUPER SURVIVORS

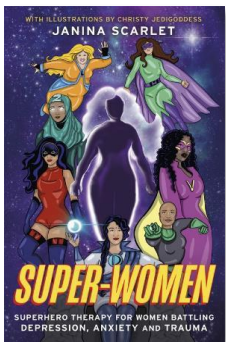
Janina Scarlet

February 2021
Robinson
Self-Help
224pp

Option publishers
US (New Harbinger)

Rights sold
Italian (Giovanni Fioriti Editore)

Also available:



How do we survive when it feels like our world has ended?

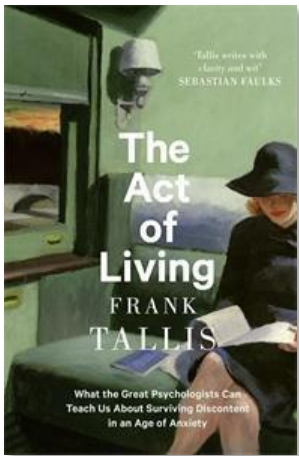
This interactive book is for anyone that has experienced trauma and feels the after-effects of fear, panic, worry, anxiety, anger or depression.

You will join a group of other survivors who have lived through extraordinary times and situations, including a doctor who saw many patients die in a pandemic, a firefighter who feels weak for developing anxiety after a major tragedy, a parent who lost a child in a school shooting, and others affected by a global health crisis and trauma in differing ways.

This self-help manual is based on the techniques of Superhero Therapy and Acceptance and Commitment Therapy and will teach you the skills of acceptance, mindfulness, self-compassion, sense of purpose and commitment to action, as well as helping you to develop your own survivor story.

The first book of its kind to help us deal with the realities and mental health impact of a world emerging from the unprecedented effects of COVID-19, as well as other natural disasters and violence.

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



THE ACT OF LIVING

Frank Tallis

January 2021
Little, Brown
Psychology
352pp

Option publishers
Korean (ACROSS Publishing Co.)
Lithuanian (Vaga)
Portuguese (Lua de Papel)
Russian (AST)
Serbian (Vulkan)
Spanish (Principal de los Livros)
Turkish (Hep Kitap)

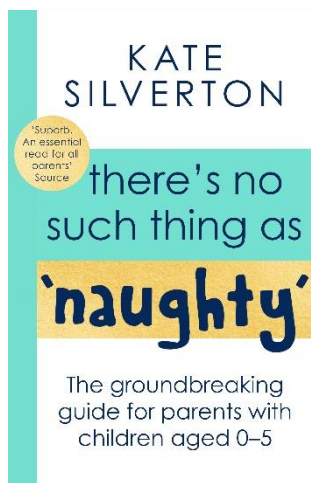
Rights Sold:
Bulgarian (CoLibri)
Dutch (Uitgeverij Atlas Contact)
German (btb Verlag)
Slovak (Vydavateľstvo Inaque)
US (Basic Books)

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

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

THE ACT OF LIVING treats psychotherapy as a single, cohesive philosophical tradition. It synthesises the thinking of the principal figures in the history of psychotherapy (e.g. Freud, Jung, Adler, Frankl, Rogers, Fromm, Ellis and Laing) with a view to providing the reader with a practical guide to optimal living.





THERE'S NO SUCH THING AS 'NAUGHTY'

Kate Silverton

April 2021
Piatkus
Parenting
272pp

An engaging, fun and warm guide for parents of 0-5 years olds that will completely redefine how we see and raise our children. This unique, ground-breaking book will explain why - for our under-fives - there is no such thing as 'naughty'

Kate Silverton presents a groundbreaking – and charming – new way to understand child brain development, based on the animal kingdom (with a lizard, baboon and wise owl representing the different parts of the brain), that will completely change the way you see and raise your children.

In twenty five years as a journalist for the BBC, **KATE SILVERTON** has become a much loved fixture of British television as a news broadcaster and journalist, currently presenting the One, Six and Ten o'clock national news bulletins as well as on BBC Radio 4.

For the past decade Kate has worked closely with leading children's mental health charities the Anna Freud National Centre for Children and Families, The Maudsley Foundation Trust and Place2Be. It is with the charity Place2Be that she is training to become a children's counsellor and, in due course, will go on to qualify as a full child and adult psychotherapist.

Praise for THERE'S NO SUCH THING AS 'NAUGHTY':

'As a parenting support book, it is in a class of its own . . . perhaps the most helpful book for parents of children of any age' **Prof Peter Fonagy, Senior National Clinical Advisor on children and Young People's Mental Health for NHS England and CEO Anna Freud National Centre for Children & Families**

THE LITTLE BOOKS OF MAGIC

Sarah Bartlett

After studying for an Art degree at Middlesex University, **SARAH BARTLETT** went on to become a consultant astrologer, first training at the Faculty of Astrological Studies in London, and then acquiring the Diploma in Psychological Astrology at the CPA, an in-depth three-year professional training programme which cross-fertilizes the fields of astrology, mythology and depth, humanistic and transpersonal psychology.



THE LITTLE BOOK OF MOON MAGIC October 2020, 304pp

THE LITTLE BOOK OF MOON MAGIC will show you how to maximise potent lunar energy at the most auspicious times, to make your life what you truly want it to be. From wishing on the new moon and manifesting success, to knowing when to attract new romance, this guide reveals how to go with the flow of the moon to bring you the happiness you seek.

This book also reveals how to track and utilise astrological lunar cycles throughout the year for self-improvement, work with moon goddess rituals for positive empowerment, as well as discover how your moon-sign determines your moods, comfort zones, emotional needs, and so much more.

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



THE LITTLE BOOK OF EARTH MAGIC July 2021, 256pp

Nature is filled with hidden energies, such as the growth spirals of sunflowers, the electromagnetic spectrum of rainbows, the bio-energy of trees and the sound waves of thunder. Working with the magical energy of flora and fauna, landscapes, sacred places, weather and skies, you will discover how to embrace the guardian witch inside you to empower your spirit and enrich soul.

THE LITTLE BOOK OF EARTH MAGIC also reveals how to recycle goodness and healing energy to the world around you by connecting to nature's powers. Use this knowledge to reanimate, vitalise and cherish our beautiful planet, and to make it a better place for all. You don't have to be in the countryside to engage with nature, the practices included in this book can be incorporated into urban living too.

Whether for recycling goodness, or enhancing wellbeing, THE LITTLE BOOK OF EARTH MAGIC is filled with simple practices to connect you to nature and nurture your soul.



THE LITTLE BOOK OF CRYSTAL MAGIC July 2022, 256pp

Since ancient times, crystals have been prized not only for their medicinal and spiritual healing powers, but for their magical uses too. Ancient Greek sybils divined the future by casting dazzling quartz onto obsidian mirrors; medieval apothecaries distilled love elixirs from garnets; Renaissance witches used bloodstones in their spell-work; and gold rings set with toadstones were worn by kings to protect them from poisoners.

This comprehensive guide to crystal magic includes brief chapters on facts, legend, and crystal usage for healing and protection. Magical practice includes easy rituals, spells and blessings using crystals combined with ingredients such as essential oils, candles, herbs and other botanicals. Discover how to prepare your crystal sanctuary, forage for natural stones and create an empowerment labyrinth from palm stones and wands. There is also a section on crystal grids and 'earth acupuncture' for magical protection, plus a guide to laying stone trails in nature to connect to earth magic and invoke goodness for all. A final section is devoted to using crystals in divination combined with tarot, the zodiac and a secret method for divining oracles.

A BRIEF HISTORY OF...

Jeremy Black

Robinson
History
288pp

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

Rights in this series have sold in China, Czech Republic, Greece, Portugal, Russia and Turkey.

Titles coming soon:

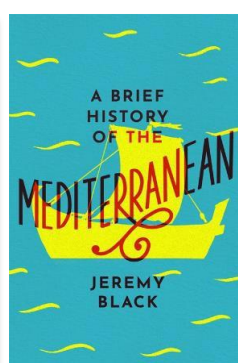
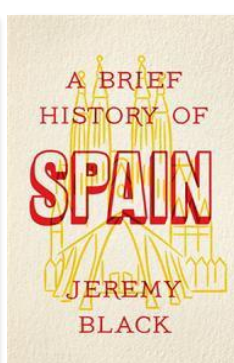
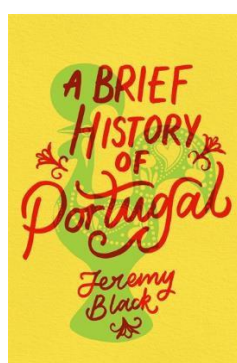
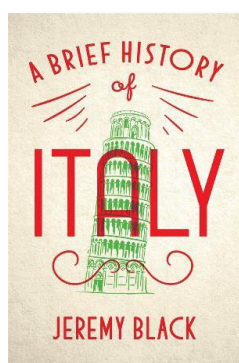
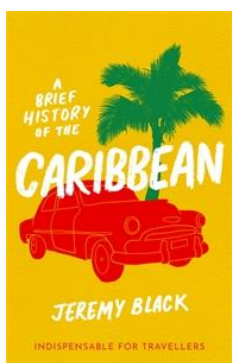
A BRIEF HISTORY OF THE CARIBBEAN (July 2021)

A BRIEF HISTORY OF GERMANY (April 2022)

A BRIEF HISTORY OF LONDON (July 2022)

A BRIEF HISTORY OF THE ATLANTIC (June 2022)

A BRIEF HISTORY OF THE PACIFIC (March 2023)



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

OVERCOMING...

Various Authors

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

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



Titles in the series:

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

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

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

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



THE SHYNESS WORKBOOK

Lynne
Henderson

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Robinson
Psychology
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Shyness has evolved as an emotion over thousands of years and can be helpful in some circumstances, however normal shyness can become chronic thanks to negative thoughts, avoidance and withdrawal. While shyness has its functions, it becomes a problem when it interferes with life goals, develops into social anxiety disorder or leads on to 'learned pessimism', mild depression and even 'learned helplessness'. Lynne Henderson sets out the background to shyness - its evolutionary functions, why it becomes chronic in some people, and teaches skills and exercises to help the reader overcome problematic shyness, all in an accessible and interactive Workbook format.

LYNNE HENDERSON is founder of the Social Fitness Center, and founder and Co-Director, with Philip Zimbardo, of the Shyness Institute, both in California, USA. Dr. Henderson has been a visiting scholar in the Psychology Department at Stanford University, California, and is a faculty member in Continuing Studies. She has directed the Shyness Clinic for over thirty years.

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