

The background is a stylized, layered landscape. At the top, a sun with a red center and radiating rays of orange and yellow is positioned behind a range of blue mountains. Below the mountains is a light blue body of water. The foreground consists of rolling green hills and a dense forest of evergreen trees in shades of green and yellow. A large, dark blue circle is overlaid on the left side of the image, containing text.

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OCTOPUS

New Titles

2021

July - December

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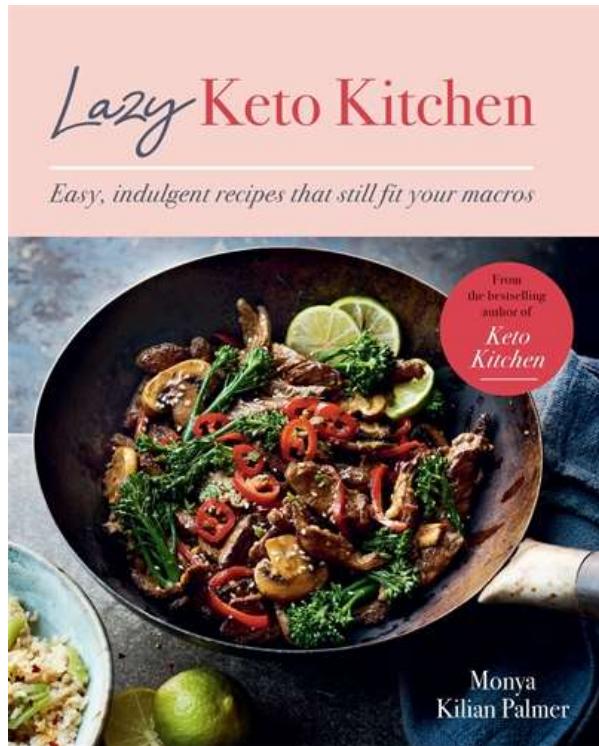
[Sport](#)

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A close-up photograph of various honeycomb candies. Some are coated in dark chocolate, while others are plain, showing their porous, golden-brown structure. The candies are scattered across the frame, creating a textured and appetizing background.

FOOD & DRINK



Lazy Keto Kitchen

By Monya Kilian Palmer

Following a ketogenic diet can often be very restrictive, with firm guidelines and banned food being the norm. But what if you want to enjoy all the weight-loss, energy-boosting benefits of a keto lifestyle without being so strict on yourself?

In *Lazy Keto Kitchen*, Monya Kilian Palmer shows you how you can feel the rewards of a low-carb, high-fat diet while eating a broader range of food than that allowed by the 'Keto Police'. Packed with indulgent recipes including Fried Mozzarella Balls, Sausage and Cauliflower Bake and Salted Caramel Lollies, *Lazy Keto Kitchen* proves that diet food does not need to be dull food.

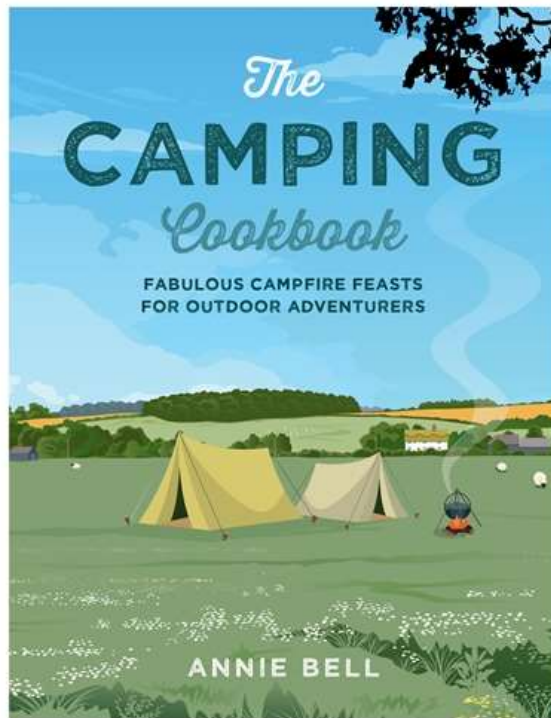
These recipes from the bestselling author of *Keto Kitchen* will help you to feel great while cutting fewer of the foods that you love out of your life.

Easy, indulgent meals that still help you lose weight and boost energy, from the author of *Keto Kitchen*

Publication 08/07/2021
£14.99
Paperback
144 pages
U (235x190)
ISBN: 9780857839626

Monya is a chef and culinary consultant originally from Cape Town, South Africa. Since moving to the UK in 2012, she has worked for both Heston Blumenthal's Fat Duck Group and Le Cordon Bleu. She has been following the ketogenic lifestyle since mid-2018 and her blog, *Fats of Life*, is dedicated to keto recipes. Her first book, *Keto Kitchen*, was published in June 2020.

Kyle Books



A practical and inspiring guide to cooking outdoors with limited space, equipment and ingredients.

Publication 08/07/2021
£10.99
Paperback
176 pages
200x154
ISBN: 9781914239076

The Camping Cookbook

By Annie Bell

'There is enough variety to try a different meal every weekend for almost a year' - lovecamping.co.uk

'The book celebrates alfresco dining at its best' - *Countryfile*

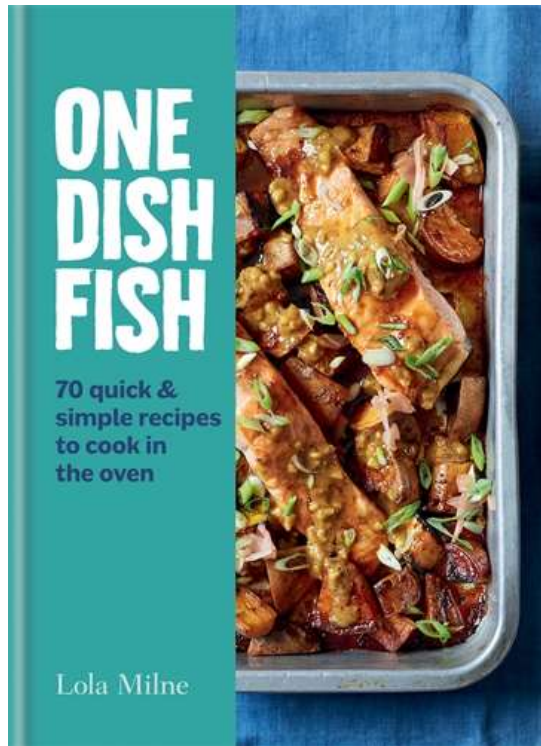
'If you're not sure how to get beyond bangers and beans, Annie Bell's excellent and practical plastic-jacketed book on cooking outdoors will show you the way.' - *The Week*

In this beautifully illustrated book, Annie Bell shows you how to make delicious camping recipes with just the barest of essentials to hand. Using a travelling barbecue, one-ring burner or a tripod and pot, she creates portable feasts such as Baba Ghanoush, Chicken Tagine with Pine Nuts and Raisins, and Apricots with Goopy Nougat, highlighting the best equipment to use for minimum mess and clearing up.

This essential guide has more than 60 recipes for every occasion, so you can eat in style wherever you are!

Annie Bell, having begun her career as a chef, has been a full-time cookery writer and author for more than ten years. She has written a number of books including *Annie Bell's Vegetable Book*, and. She spent several years as Cookery Writer at Vogue, then as Food Writer on the Independent, she is currently the Cookery Writer on *YOU* magazine and contributes to *Country Living* and *Waitrose Food Illustrated*.

Kyle Books



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

Publication 22/07/2021
£17.99
Hardback
160 pages
229x164
ISBN: 9780857839480

One Dish Fish

By Lola Milne

Cooked in the oven in just one dish or roasting tin, all the recipes here are ready within 20, 30 or 45 minutes, allowing you to enjoy a wide variety of fish and seafood with no faff or fiddle.

Even those who are otherwise confident in the kitchen can sometimes feel intimidated by fish, but Lola Milne proves there's no need to be fearful, with 70 delicious, foolproof dishes that are perfect for seafood lovers of all cooking abilities.

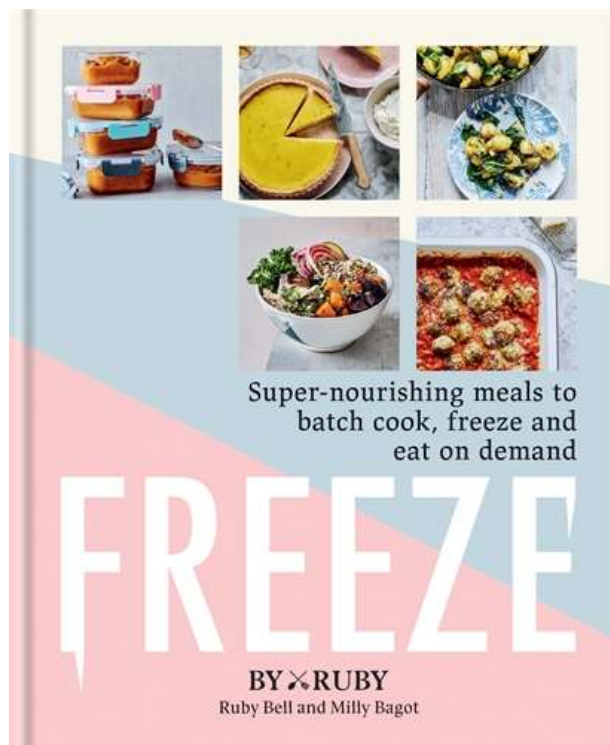
From Panko-Crusted Cod, Monkfish Tagine and Peppers & Aubergine with Anchovies & Olives to Slow-roasted Salmon with Citrus, Harissa & Capers, these are the ideal recipes to solve your weeknight dinner dilemmas.

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

'Our top pick for vegetarians or pescatarians' *YOU* magazine on *Take One Tin*

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 graduating from Glasgow School of Art, she returned to the world of food styling. At first, she started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing.

Kyle Books



90 healthy and fuss-free batch cooking recipes to fill your freezer and save you time

Publication 05/08/2021
£16.99
Hardback
176 pages
U (235x190)
ISBN: 9781784727482

Freeze

By ByRuby

Do you dream of having delicious, nutritious meals to hand on those lazy days or extremely busy weeks? Then *Freeze* is for you. It offers the perfect solution, providing brilliantly healthy and nourishing batch cook recipes that will fill your freezer and can be enjoyed as if fresh at little to no notice.

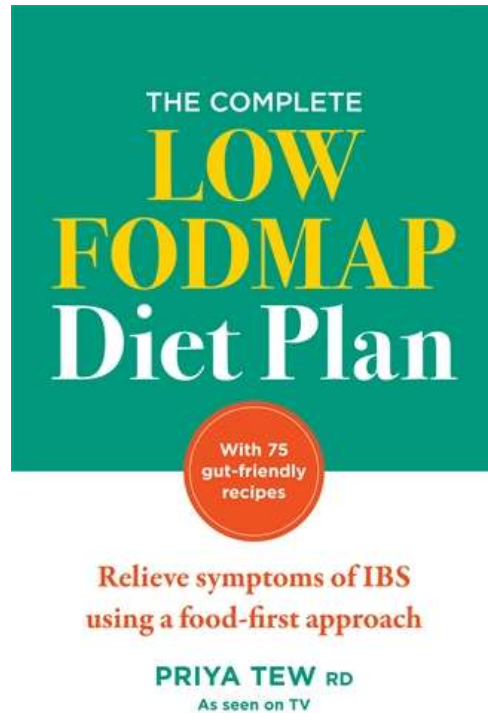
With smart meal-prep solutions, ByRuby have developed the very best ways to get the most out of your food when it is frozen, and they will offer practical tips, hacks and suggestions to ensure freezer cooking is fool-proof for everyone. With instructions on how best to defrost, reheat or cook direct from the freezer, this is convenient cooking that will enable the whole family to eat well when they have little time to spare.

Even with limited cooking ability, by making big batches of delicious food and filling your freezer, you can have healthy meals every single day of the week without any of the usual stress.

ByRuby are a nationwide healthy freezer meal delivery service run by two women - Ruby and Milly - and Ruby is a Leith's trained chef. They are committed to offering nutritious and convenient freezer meals and making freezer cooking fool-proof for everyone. They have featured in: *Marie Claire*, *The Daily Mail*, *The Daily Telegraph*, *Metro*, *Sheer Luxe*, *Country Life*, *Evening Standard*, *The Independent* and *Woman & Home*.

byruby.co.uk

Mitchell Beazley



Everything you need to know about the low FODMAP diet for IBS, including a complete diet plan and 75 gut-friendly recipes to help you on your way

Publication 05/08/2021
£12.99
Trade Paperback
224 pages
Royal
ISBN: 9781783254668

The Complete Low FODMAP Diet Plan

By Priya Tew

FODMAPs (Fermentable, Oligo/Di/Mono-saccharides and Polyols) are all types of carbohydrates that are poorly absorbed in the small intestine. The low-FODMAP diet has been clinically proven to be effective in reducing IBS symptoms.

The Complete Low FODMAP Diet Plan is essential reading for those who have received a formal medical diagnosis and are seeking to alleviate the symptoms of gut discomfort through changes in their diet.

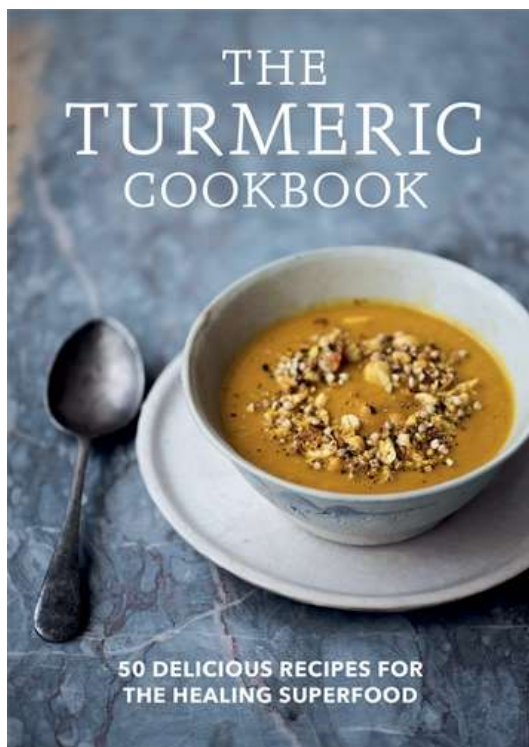
This detailed handbook describes how the low FODMAP diet works, details the FODMAPs to be avoided, and explains the three-stage process of elimination, reintroduction and personalisation in a comprehensive diet plan. It demystifies the reintroduction phase of the low FODMAP diet, bringing clarity to a topic where information, knowledge and experience is scarce, and providing the reader with a structured reintroduction protocol to follow. The book also includes 75 tasty gut-friendly recipes.

Readers who follow the low-FODMAP diet closely can experience less bloating and discomfort, a reduction in abdominal pain and other gut-related symptoms, and improved energy levels and mood.

Priya Tew is an award-winning registered dietitian and winner of the British Dietetic Association's Media Spokesperson of the Year. Her TV appearances include BBC News, Sky News, Embarrassing Bodies, Food: Truth or Scare, Good Enough to Eat and BBC One's Eat Well for Less.

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

Aster



50 delicious recipes for the superfood ingredient

Publication 19/08/2021

£9.99

Paperback

128 pages

Z (210x149)

Aster

ISBN: 9781783254712

The Turmeric Cookbook

Ancient healer, modern medicine...

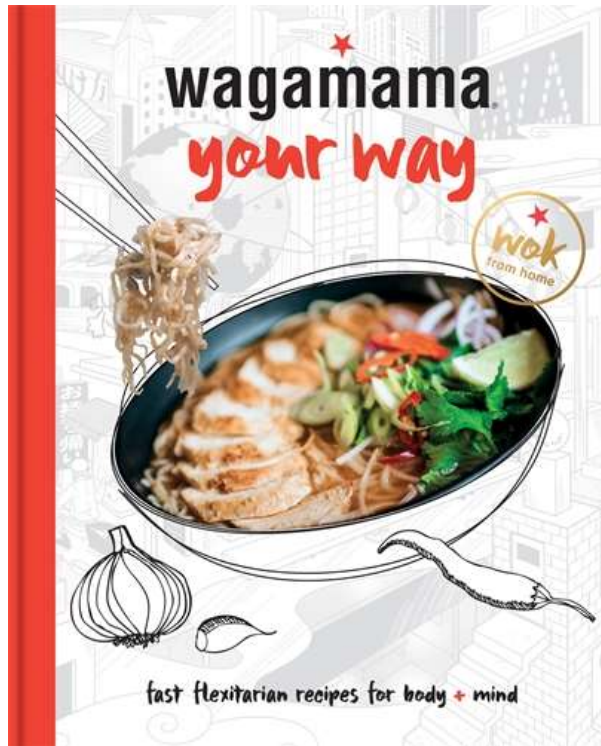
Considered to be one of nature's most powerful anti-inflammatory ingredients, turmeric is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including digestion problems, jaundice, menstrual difficulties, toothache, bruises, chest pain and colic.

Turmeric has been harvested for over 5,000 years in its native Indonesia and is a key ingredient in many dishes and medicinal remedies throughout the region. It is now rising quickly in popularity everywhere in the world as wellness seekers of all ages discover the health properties of this incredible food.

Scientific studies now show that turmeric contains anti-cancer properties, may be helpful with inflammatory bowel disease, Crohn's, rheumatoid arthritis, help with improved liver function, heart health, may help to lower cholesterol and be protective against Alzheimer's disease.

Turmeric becomes more active either when cooked or combined with other specific ingredients such as ginger and black pepper. Whether in root or powder form, turmeric can be used in juices, smoothies, infusions, soups, curries, pulses, stews, for roasting vegetables, adding to hummus, yoghurt and marinades for fish, meat or tofu. All the health benefits, how to use turmeric and 50 delicious recipes are included in this stunning cookbook.

Aster



A follow-up to the hugely successful feed your soul from the international restaurant brand, to include nourishing recipes for all times of the day and new classics in a framework of positive eating and living.

Publication 02/09/2021
£20.00
Hardback
224 pages
U (235x190)
ISBN: 9780857837196

wagamama your way

By Steven Mangleshot

wagamama your way features more than 70 fresh and vibrant recipes to nourish and inspire. Designed to be flexible for everyday, the dishes include fast and slow meals, store cupboard 'throw togethers' and considered classics.

From vegan katsu curry and vegetarian firecracker to mandarin + sesame salad, prawn tempura ramen, and sticky mushroom and squash stir fry, expect to find new variations on wagamama favourites as well as nourishing quick eats and soulful comfort food.

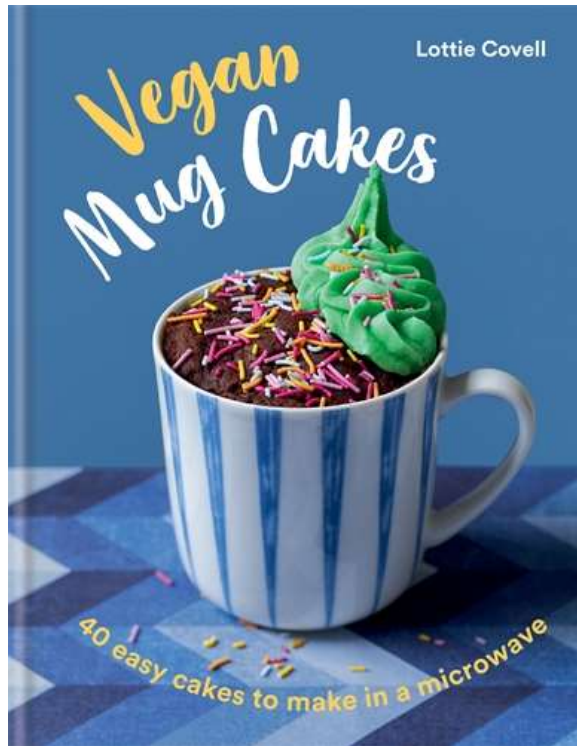
Many recipes are vegan, and there are also alternative ingredient suggestions so you can create plant-based versions of meat dishes.

Whether cooking for one or a crowd, hacks provide 'quick fixes' to transform basic recipes into flavour-packed feasts. There are also hints and secrets from the chefs to help you bring wagamama home.

With inspiring illustrations and photography, *wagamama your way* provides all the ideas you need for easy, mindful nourishment.

Since opening its first restaurant in 1992, wagamama has grown to become a much-loved global brand. With its Japanese ethos of Kaizen meaning 'good change' and recipes based on the principles of egalitarianism, balance and simplicity, wagamama is a place where a bench, a bowl and fresh ingredients always provide a welcome.

Kyle Books



Vegan Mug Cakes

By Lottie Covell

Perfect for when you need an instant indulgent treat, these foolproof vegan mug cakes require just a mug, a microwave and a few simple ingredients.

From classics such as Coffee and Walnut Cake to irresistible flavour combinations such as Blackberry and Lime Upside-Down Cake, these are quick, easy bakes for every mood and occasion.

With tips on plant-based ingredients and the dos and don'ts of microwave baking, *Vegan Mug Cakes* provides all the know-how you need to whip up delicious treats in a matter of minutes, with no waste and little washing up.

Accessible, easy baking for everyone.

Publication 02/09/2021

£10.00

Hardback

96 pages

200x154

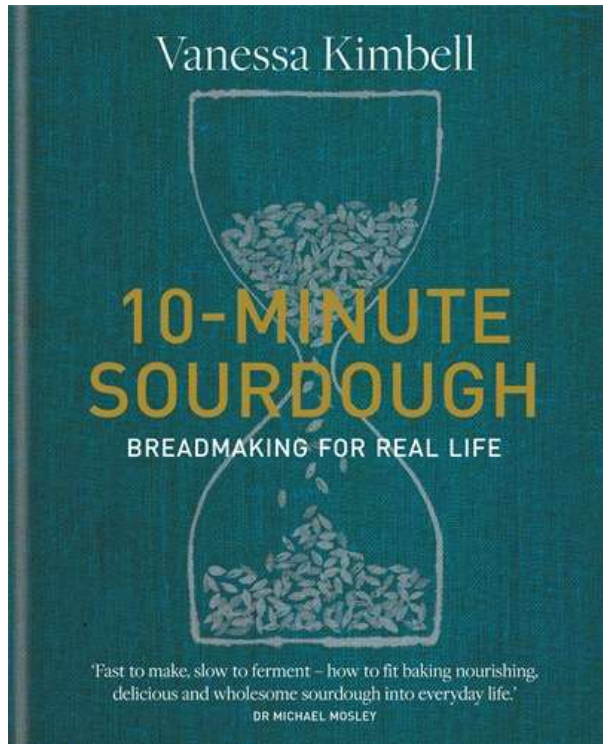
ISBN: 9780857839916

Lottie Covell is a freelance food stylist and recipe developer. She was previously Food and Lifestyle Editor for *delicious* magazine. She started working in recipe development and food styling after finishing her diploma course at Leith's School of Food and Wine. She wrote the recipes for *The Toblerone Cookbook*. Some of her clients include *olive* magazine, *Tesco* magazine, *Slimming World*, *Marks & Spencer*, *Sainsbury's* magazine and *BBC Good Food* magazine.

@lottie_covell_foodstylist

www.lottiecovell.com

Kyle Books



A foolproof guide for people who think they don't have the time to make sourdough.

Publication 02/09/2021
£18.99
Hardback
144 pages
U (235x190)
ISBN: 9780857839312

10-Minute Sourdough

By Vanessa Kimbell

'Fast to make, slow to ferment - how to fit baking nourishing, delicious and wholesome sourdough into everyday life' - Dr Michael Mosley

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

'She's the real deal: a total inspiration.' - Diana Henry

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

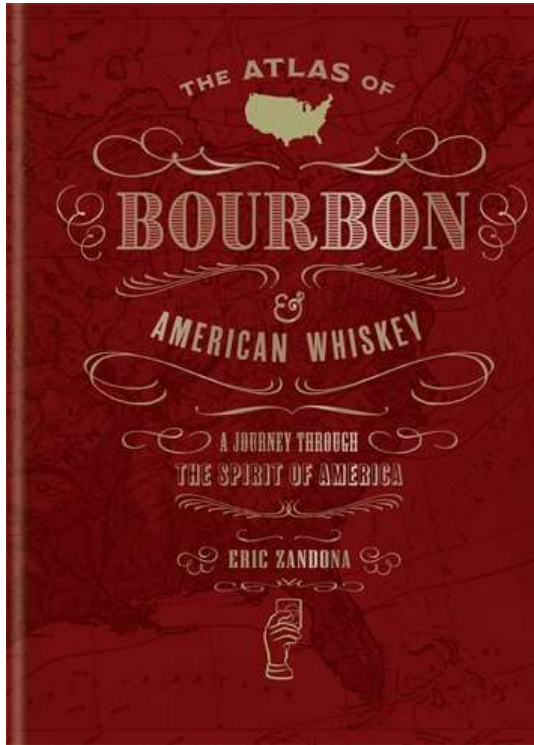
Sourdough is one of the tastiest and most nutritious breads you can make, but it has a reputation for being both tricky and time-consuming. *10-Minute Sourdough* is Vanessa Kimbell's foolproof guide to slow bread for those with busy lives.

None of the fuss-free, no-knead recipes - which include everything from a basic sourdough boule to tomato focaccia and apple spelt sourdough with cinnamon butter - require more than 10 minutes' active work in total (not including fermentation time or time in the oven) and mean that anyone can turn their hand to sourdough baking, no matter how little time they have.

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

Instagram: @vanessakimbell @sourdoughschool

Kyle Books



A stylish region-by-region guide to American whiskey, by the author of The Bourbon Bible.

Publication 02/09/2021
£16.99
Hardback
224 pages
Z (210x149)
ISBN: 9781784727406

The Atlas of Bourbon and American Whiskey

By Eric Zandona

Take a journey through American whiskey, with spirits specialist Eric Zandona.

Eric Zandona - spirits expert at the American Distilling Institute - leads a region-by-region tour of the unique flavours and stories of American whiskey, from Kentucky's bourbon heartland to New York's Empire Rye revolution.

With chapters telling the story of each key whiskey-producing region, plus profiles of notable distilleries and a flavour guide for their most interesting whiskeys, you'll learn all there is to know about the only true American spirit.

Includes:

Maps, facts, historical information

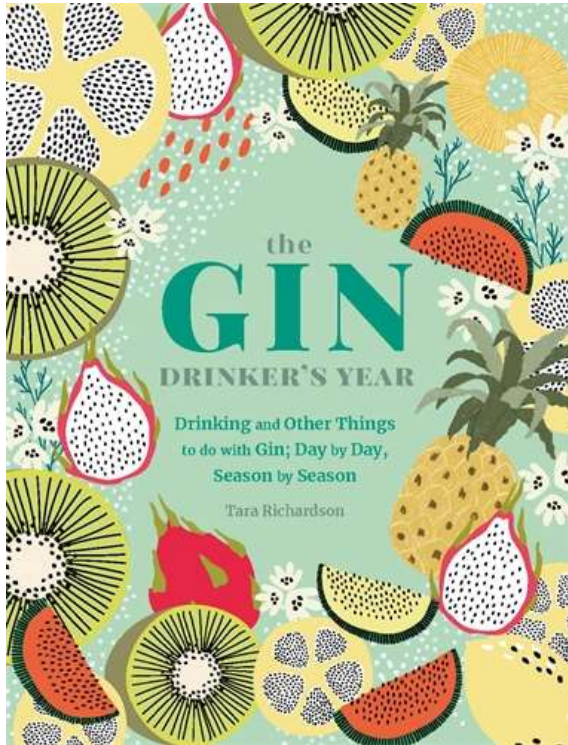
Regional guides to American bourbon, rye, single malt and more

Profiles of key distilleries & their must-try whiskeys

Cocktail recipes for every region

Eric Zandona is Director of Spirits Information at the American Distilling Institute, a spirits judge at the prestigious International Wine & Spirit Competition, staff writer at *Distiller* magazine and author of two previous books, *The Bourbon Bible* and *The Tequila Dictionary*. He lives in Vancouver, Washington.

Mitchell Beazley



A gin drinker's guide to the best year ever – featuring food and drink recipes, snippets of gin-eral knowledge, plus games and crafts.

Publication 02/09/2021
Pyramid
£10.00
Hardback
176 pages
NQ (174x131)
Pyramid
ISBN: 9780753734551

The Gin Drinker's Year

By Tara Richardson

The Gin Drinker's Year is a day by day, season by season celebration of all things gin.

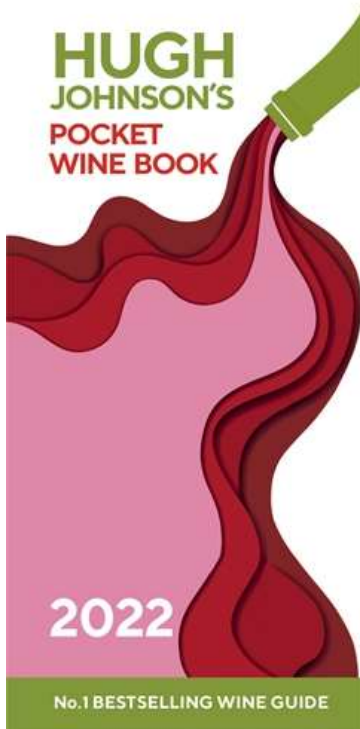
With everything from 150 gin cocktails and gin-infusions, plus 30 delectable gin-spiked food recipes such as Penne alla Gin or Minty G&T Lollies, to heartfelt tributes to Snoop Dogg's 'Gin and Juice', the sozzled wit and wisdom of renowned gin soak Dorothy Parker and the rules of Gin Pong and Ten-Gin Bowling, there's an entry for every day of the year.

You'll also discover fascinating snippets of gin-eral knowledge such as the history of vermouth, the Christmas gift that the beefeaters of the Tower of London are given every year, and why you most definitely should be celebrating National Gingerbread Day.

So let the festivities be-gin. This is every gin lover's handbook to the best year ever.

Tara Richardson is a writer and editor based in south London, where she lives with her partner and about 40 houseplants. She writes (and edits) books on well-being, gardening, food and drink, and all the other little things that make life a bit shinier.

#dft[edition_imprint]



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

Publication 02/09/2021

£12.99

Hardback

336 pages

BP (190x89)

ISBN: 9781784726881

Hugh Johnson Pocket Wine 2022

By Hugh Johnson. General editor: Margaret Rand

The world's best-selling annual wine guide.

Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine - in shops, restaurants, or on the internet. Now in its 45th year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

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

This latest edition of *Hugh Johnson's Pocket Wine Book* includes a colour supplement: The Ten Best Things About Wine Right Now.

Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* sells hundreds of thousands of copies a year. Its winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered.

Margaret Rand has been general editor of *Hugh Johnson's Pocket Wine Book* for some 15 years and now, with Hugh's retirement, has taken over the hot seat. The book's mix of personal insight and informed recommendations have made it the world's best-selling annual wine book.

Mitchell Beazley



One Hell of a Day

By Vesper Rox

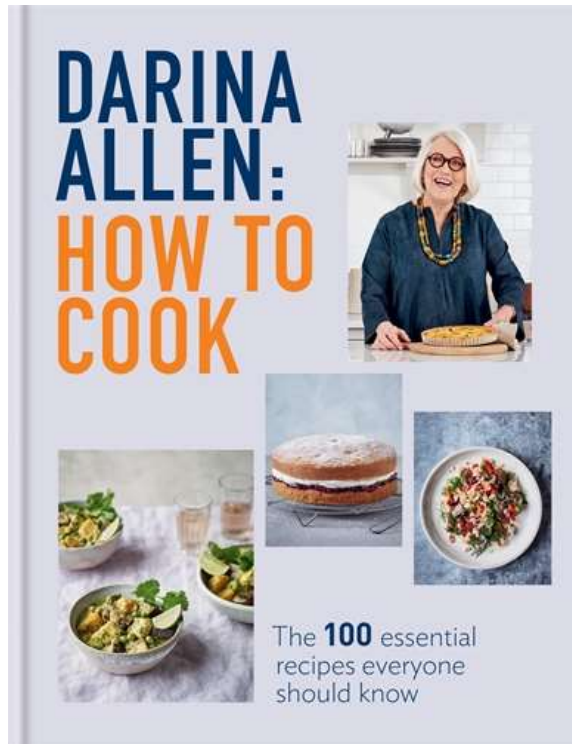
Has your 9-to-5 turned you into a zombie? Has your commute left you utterly drained? Has the world's hypocrisy driven you mad? Yup, life sucks hard sometimes. But no matter what's getting you down right now, rest assured there's a drink to fix that sh*t. Whether it's gin, vodka, whisky or rum you're in need of, raise your spirits with this essential collection of cocktail recipes for the not-so-good, the bad, and the downright ugly days in life, featuring:

- 20 'Rescue Remedies' including Death in the Afternoon, Penicillin, Corpse Reviver and Old Pal
- 20 'Big Gun' recipes including Army and Navy, Godfather, Rusty Nail, Gimlet and Satan's Whiskers
- Master techniques such as shaking, muddling and straining (the cocktails, not yourself)
- Advice on useful equipment, including glasses, shakers and garnishes (just because your life is sh*t doesn't mean your presentation has to be)

A collection of cocktails for the not-so-good, the bad, and the downright ugly days in life.

Publication 02/09/2021
£6.99
Hardback
96 pages
NB (147x105)
Pyramid
ISBN: 9780753734636

#dft[edition_imprint]



An accessible and streamlined cookery primer for anyone wanting to master basic cooking skills using 25 of the most popular staple ingredients, written by the grande dame of Irish food.

Publication 16/09/2021
£22.00
Hardback
192 pages
SSN (246x189)
ISBN: 9780857839657

How to Cook

By Darina Allen

'Our first lady of food.' *The Irish Independent*

'Ireland's answer to Delia and Nigella.' *Sunday Telegraph Stella* magazine

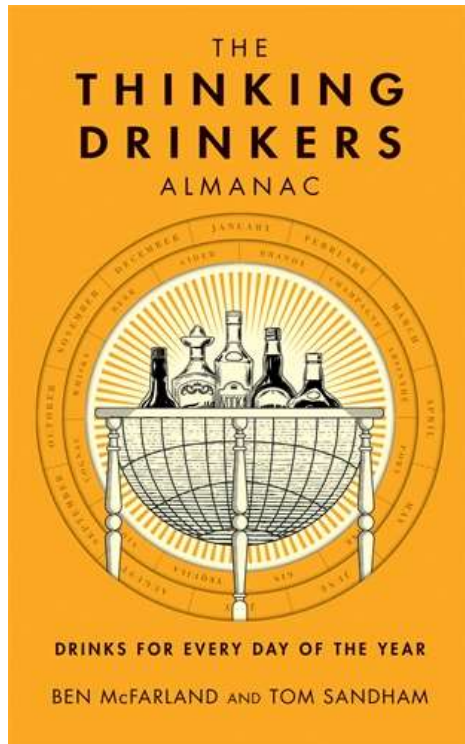
Darina Allen is at the forefront of healthy, sustainable family food in Ireland, and this is her up-to-date take on what a new generation needs to know for creating tasty, nutritious, waste-less dishes at home. She frequently encounters people around the age of 35 who do not know the simplest basic cooking techniques or the 25 most frequently used ingredients for home cooking. Darina's mission is to ensure that no one should leave home or create a home without knowing the basics of how to create good food from scratch using healthy ingredients.

From Tray-Baked Eggs to '5-Ways Tomato Sauce' and Kale & Crumble Mac 'n' Cheese, the recipes will be divided by ingredients and have an international focus to reflect how people cook today.

Darina Allen is Ireland's best-known food ambassador and the bestselling author of *Ballymaloe Cookery Course* and *Forgotten Skills of Cooking*, which won the prestigious André Simon award in 2009. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. She has won many awards including the Guild of Food Writers' Lifetime Achievement award in 2013.

www.cookingisfun.ie

Kyle Books



The Thinking Drinkers Almanac

By Ben McFarland and Tom Sandham

No matter what day of the year it is and regardless of the occasion, there is always a very good reason to enjoy a drink. Responsibly of course.

Aimed at discerning drinkers keen to broaden their booze horizons and those looking to become more adventurous in their elbow-bending, this enlightening and alternative almanac celebrates every day of the year with an appropriate alcoholic drink - featuring everything from Absinthe and Zinfandel to Martinis and Monastic beers.

It's a cocktail of cultural history, eccentric events, unlikely anniversaries, recipes and recommendations infused with all manner of 'interestingness', several dashes of drinking did you knows, fascinating facts, famous folk, unsung heroes, lesser-known legends from all walks of life and major weird, wonderful and well-known moments from our past.

The perfect drinks book packed full of knowledge and entertainment from two of the UK's leading drinks experts, writers and comedians.

Publication 16/09/2021

£10.99

Hardback

272 pages

A Format (178x111)

ISBN: 9780857839565

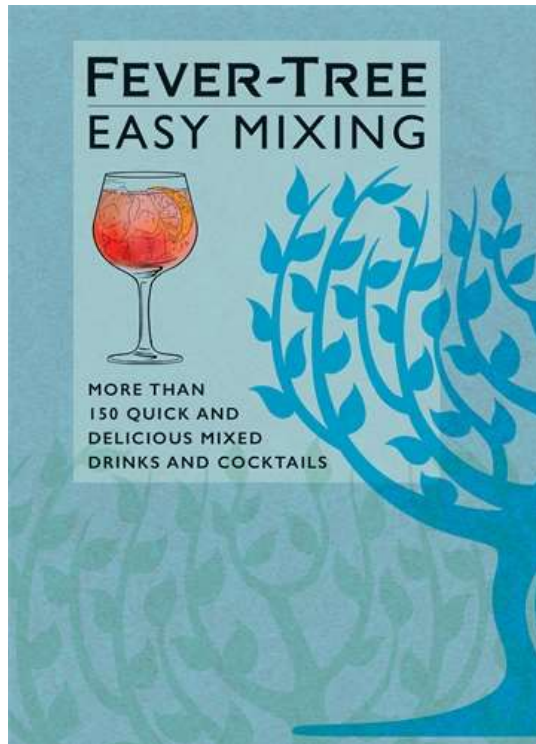
Ben McFarland and Tom Sandham are award-winning alcohol experts and performers. Ben has been named Beer Writer of the Year on three occasions and has authored several award-winning books on beer including *World's Best Beers*. Tom is the author of *World's Best Cocktails* and was named Spirits Communicator of the Year by the IWSC (International Wine and Spirits Competition). Their annual Thinking Drinkers shows have sold out at the Edinburgh Fringe since 2011. In 2019, they enjoyed a nationwide tour of more than 30 dates. They also host podcasts including the recent 'Pour de France'.

Find them on Instagram and Twitter: @thinkingdrinkers

Kyle Books

Fever-Tree Easy Mixing

By Fever-Tree



A new super-speedy and easy collection of delicious mixed drinks from the world's leading premium mixer brand

150 cocktails and mixed drinks that you can make at home in no time at all. This means simple ingredients, not too many of them, and things you will have in your cupboard and fridge without having to trawl the internet or specialist drinks aisles.

In a further twist, many recipes offer a clever variation so you can choose whether to go for the speediest option when you are short of time, or the souped-up version when you are in the mood to experiment.

Chapters such as Mojitos and Mules offer brilliant spins on familiar classics, No-Low has lots of ideas for alcohol-free drinks and Pitcher Perfect is packed with easy recipes that you can make in quantity to serve to a crowd.

All the simple, speedy and delicious ideas you would expect from the world's leading premium mixer brand.

Fever-Tree was founded in 2005 by Charles Rolls and Tim Warrillow. The business is founded on a simple premise: to restore taste to mixers by using the highest quality natural ingredients.

Publication 16/09/2021

£15.99

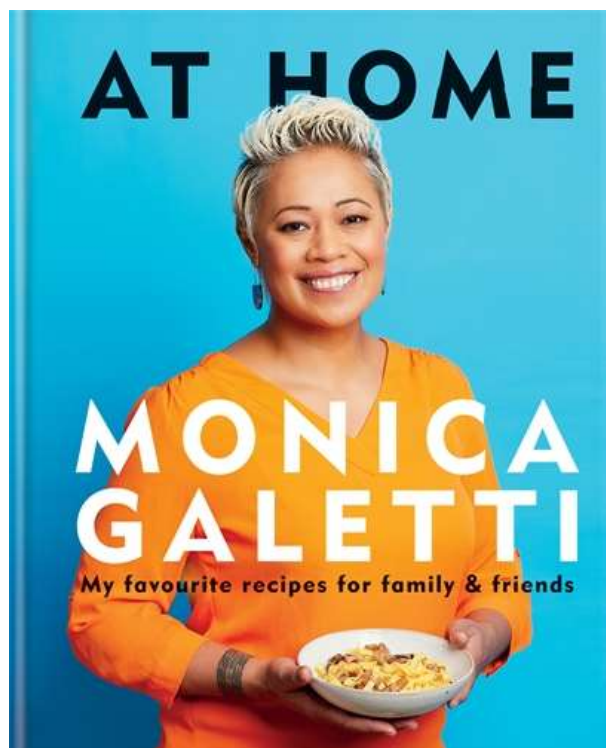
Hardback

224 pages

Z (210x149)

ISBN: 9781784727833

Mitchell Beazley



**Favourite recipes from the Masterchef:
The Professionals judge**

Publication 30/09/2021
£20.00
Hardback
192 pages
U (235x190)
ISBN: 9781784726683

At Home

By Monica Galetti

Monica Galetti's career has taken her from her home in Samoa and New Zealand to the professional kitchens of London. Her new cookbook, *At Home*, showcases the easy, everyday dishes she enjoys at home, with family and friends, using simple ingredients that everyone will enjoy. From breakfast time and midweek suppers to celebrations, gatherings and the perfect Sunday lunch.

CONTENTS

Chapter one: Chilled-Out Breakfasts

Including Banana waffles; Eggs Benedict with Sriracha Hollandaise and Masi Samoa - Samoan Shortbread

Chapter two: Weeknights

Including Spring Onion Tempura with Soy & Garlic Dipping Sauce; Sweetcorn Fritters with Horseradish Cream and Apple & Blackberry Bake

Chapter three: The Perfect Sunday

Including Walnut, Blackberry & Feta Salad; Pork Shoulder with Pistachio Stuffing and Beer-Battered Fish & Rosemary Salt Chips

Chapter four: Family Get Togethers

Including Steak, Chimichurri & Burnt Butter Mash; Aubergine & Anchovy Pizza and Lemon & White Chocolate Baked Alaska

Chapter five: Holiday Favourites

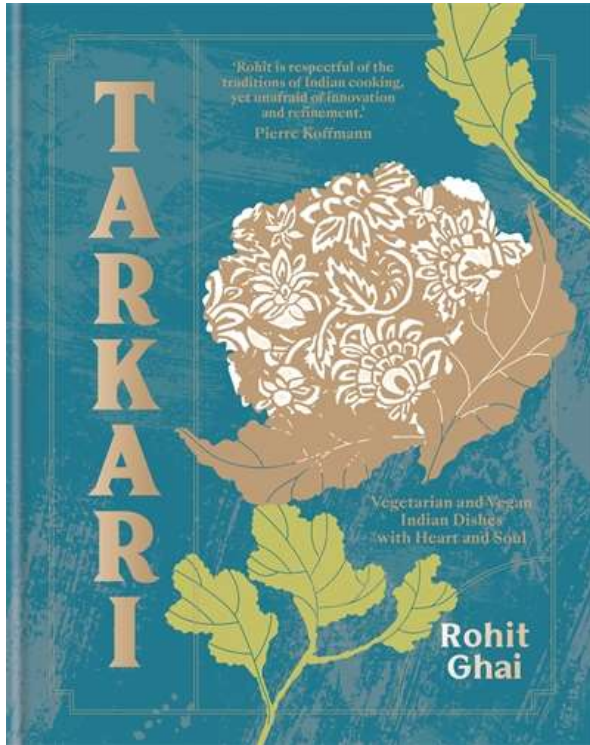
Including Olive Tapenade with Wholemeal Flatbreads; Manuka & Ras el Hanout Roast Lamb and Chocolate Brandy Snaps with Orange Marmalade Chantilly

One of the best-known female chefs in the UK, Monica Galetti was born in Samoa and raised in New Zealand. After 12 years working for Michel Roux Jr. at Le Gavroche, she left in 2015 to open her own London restaurant, Mere - now ranked 7th in the National Restaurant Awards. Monica is a familiar face on television as a judge on MasterChef: The Professionals (BBC2's highest rated cookery show, with consolidated average audience of 3.11 million and a 14% market share) and regularly appears on a host of television shows including Saturday Kitchen and Amazing Hotels.

[Twitter.com/MGaletti01](https://twitter.com/MGaletti01)

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

Aster



The first cookbook from the Michelin-starred chef of Gymkhana, Jamavar and Kutir.

Publication 14/10/2021
£25.00
Hardback
208 pages
EA (253x201)
ISBN: 9780857839329

Tarkari

By Rohit Ghai

'Rohit Ghai's backstory is the stuff of culinary legend.' - GQ

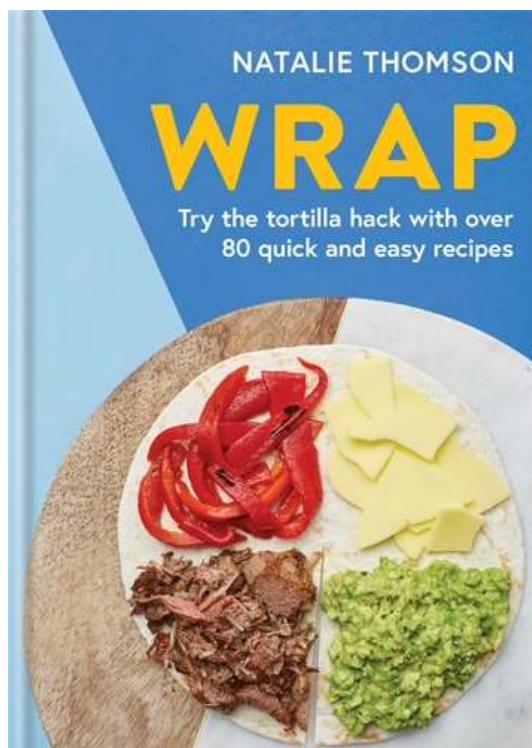
'Faultless cooking that has immediately propelled it into London's very top tier for nouvelle cuisine.' - Harden's London Restaurant Guide on Kutir

Rohit Ghai has gained a reputation for colourful, flavour-rich curries that showcase both classic and lesser-known Indian flavours. Tarkari, meaning 'vegetable' in Urdu, is Rohit's first book and celebrates India's rich and varied food scene - but on a more personal, homely note.

Packed with innovative vegetarian and vegan dishes, it pays homage to the food his parents ate. From creative starters like Malabar Cauliflower, to big, bold curries such as Jackfruit Masala and Lotus Root Kofta, as well as breads, rice, dips and pickles, it includes everything you need to cook spectacular Indian vegetarian and vegan meals at home.

Rohit's love affair with food began in his mother's kitchen, in Punjab, India. He went on to study Indian cuisine at the Institute of Hotel Management in New Delhi. After moving to the UK, Rohit worked in and headed kitchens at some of London's leading Indian restaurants including Benares, Trishna, Gymkhana, Hoppers and most recently Jamavar and Bombay Bustle. Rohit is the first Indian chef to have won a Michelin star - for Jamavar within ten months of the restaurant's opening. In 2018, he launched his first solo London restaurant, Kutir.

Kyle Books



**Over 80 recipes for the viral food trend of
2021**

**Publication 14/10/2021
£12.99
Hardback
144 pages
Z (210x149)
ISBN: 9780600637264**

Wrap

By Natalie Thomson

Originating on TikTok and quickly going viral across the rest of social media, the 'wrap hack' or '4-way wrap' involves taking a tortilla wrap and using a clever quartering technique to divide the wrap into four, placing a different filling in each section and folding into a quick and delicious meal. *Wrap* brings together over 80 recipes for the ingenious method all in one place. Hot, cold, meat or veggie: whatever you put into your wrap, this method is the viral sensation that must be tried.

Recipes include:

Shredded chicken, sliced avocado, refried beans, Monterey Jack cheese

Brie, sliced apple, cooked bacon, mayo

Halloumi, mashed beans/aoili, jarred roasted peppers, spinach

Sliced banana, crumbled Biscoff biscuit, Nutella, dulce de leche

Jarred roasted aubergine, tzatiki and feta, red onions with olives, mint leaves and sliced tomatoes

Natalie has been styling and recipe writing since 2012 after completing a diploma in food and wine from Leiths Cookery School in London. In that time, she has successfully built a broad client base and has worked with UK magazines, publishers, advertisers and film companies. She writes recipes for cookbooks and magazines.

Hamlyn



One Tin Bakes Easy

By Edd Kimber

One tin, 70 bakes - whether you want cookies or cakes, pastries or desserts, something fruity, chocolatey or nutty, baking just got even easier.

Every bake can be made in the 23 x 33cm (9 x 13in) tin used in Edd Kimber's previous book, *One Tin Bakes*, but Edd will also offer guidance on baking in a 20 x 20cm (8 x 8in) square tin as well as a loaf tin, making these perfectly simple bakes for everyone to try, whatever equipment you have to hand and whoever you're baking for.

You only need minimal skill to whip up something sensational - with ideas for bakes made in one-bowl or with 5-ingredients, as well as popular options for vegan, gluten-free and no-bake treats.

Praise for One Tin Bakes:

'A brilliant idea for a book.' Nigella Lawson

'This book is an absolute must-have for every home baker.' Joy Wilson

'A terrifically clever idea.' Helen Goh

One tin + one book = even easier bakes.

Publication 14/10/2021

£17.99

Hardback

176 pages

229x164

ISBN: 9780857839787

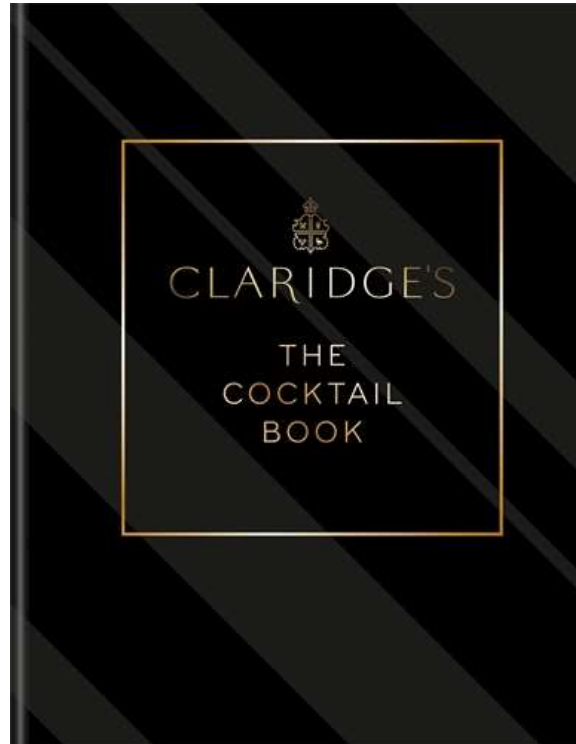
Edd Kimber won the first series of *The Great British Bake Off* in 2010. He has appeared on *Sunday Brunch*, *Market Kitchen* and the *BBC Good Food Show*. Also, he is a contributing editor to *Bake from Scratch* magazine, a go-to baking writer for *olive* magazine, a baking teacher at Leith's School of Food and Wine, and a brand ambassador for KitchenAid and Nordicware.

www.theboywhobakes.com @theboywhobakes

Kyle Books

Claridge's – The Cocktail Book

By



Recreate the Claridge's cocktail experience
at home

Publication 14/10/2021

£25.00

Hardback

pages

SSN (246x189)

ISBN: 9781784728007

'...Not that I intend to die, but when I do, I don't want to go to heaven, I want to go to Claridge's' - Spencer Tracy

'When I pass through the revolving doors into the glamorous lobby of Claridge's in London, I always feel a thrill. You enter a world of sophistication and wonderful service... Claridge's is my ultimate treat' - Lulu Guinness

Classic cocktails, original creations and modern libations from the art deco treasure in the heart of London's Mayfair - the celebrated setting for drinks with the great, the good and the bright young things of every generation since 1856. This glorious guide contains all the inspiration you need for the cocktail hour, with 350 recipes for cocktails at Claridge's anytime, anywhere.

Chapters include:

Champagne & Sparkling - featuring Champagne Cobbler, French 75 and Gimlet Royale

Stirred & Complex - featuring Oaxacan Old Fashioned, Silver Bullet Martini and Widows' Kiss

Short & Sharp - featuring Between the Sheets, Gin Basil Smash and London Calling

Long & Refreshing - featuring Peachblow Fizz, Singapore Sling and Tom Collins

No & Low - featuring Adonis, Diplomat and Rome with a View

Since first opening its doors Claridge's has been the destination for fashionable London. Bought in 1854 by Mr and Mrs William Claridge, the hotel received the ultimate accolade in 1860 when Queen Victoria visited Claridge's to see her friend Empress Eugenie of France. This was the beginning of a tradition of royal visits, which continues to this day.

Throughout the twentieth century Claridge's has been the home of the great and the good of the worlds of film, fashion, art, and finance. You can feel the energy and laughter in the life of the lobby and the restaurant.

Mitchell Beazley

IN MINUTES

10, 20, 30 – how much time do you have tonight?



Clodagh McKenna

Simple and delicious recipes that can be made in 10, 20 or 30 minutes.

Publication 28/10/2021
£20.00
Hardback
176 pages
U (235x190)
ISBN: 9781914239083

In Minutes

By Clodagh McKenna

‘McKenna is Ireland’s answer to ... Martha Stewart, a multitalented food and home personality at the head of a fast-growing media empire.’ – Forbes

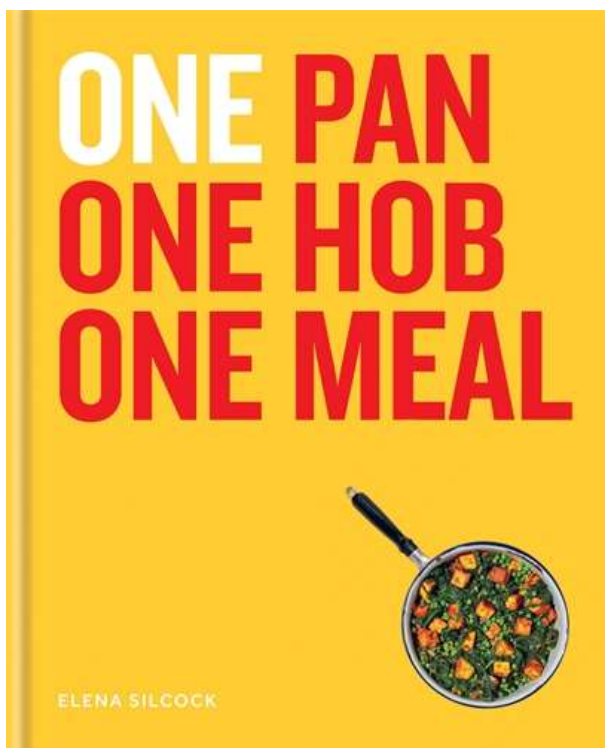
In Minutes is a cookbook that’s here to help you. Most cookbooks suggest menu choices, focusing on giving you specific recipe ideas around occasions or certain types of food. *In Minutes* turns this concept on its head, because most nights of the week the cook at home will ask themselves ‘how much time do I actually have to make dinner tonight?’

Clodagh has devised recipes that will fit to what time that you have, showing you how to make super-quick 10 minute suppers that are packed with flavour, 20 minute meals that are easy and accessible to all, and 30 minute recipes that will please anyone sitting at your table.

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

www.clodaghmckenna.com @clodagh_mckenna @broadspear

Kyle Books



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

Publication 04/11/2021
£16.99
Hardback
208 pages
U (235x190)
ISBN: 9780600637042

ONE: One Pan, One Hob, One Meal

By Elena Silcock

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

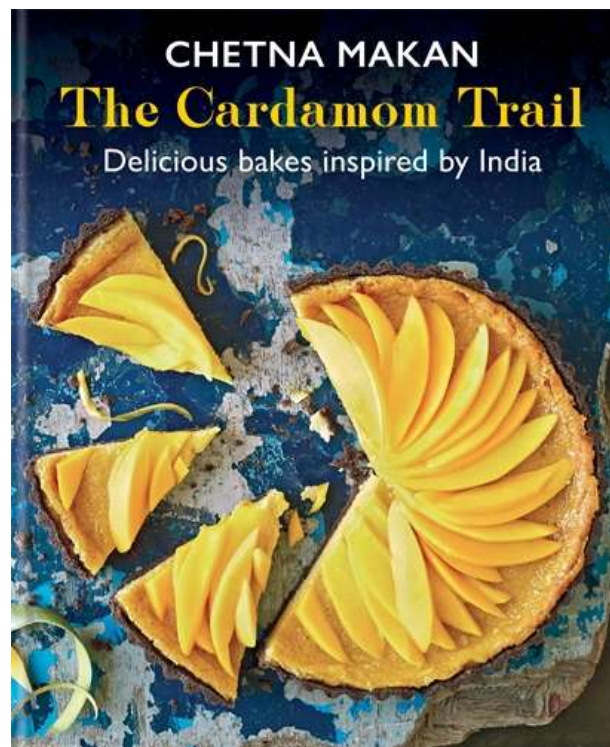
Included are 85 easy, budget-friendly recipes to suit busy lifestyles and those with limited kitchen space. All the delicious dishes can be made in one of two pans - either a large saucepan or a non-stick frying pan - and require little to no skill, as directions are just for cooking over a high, medium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

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

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

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

Hamlyn



Explore a myriad of flavours in this classic baking book from The Great British Bake Off star Chetna Makan.

Publication 04/11/2021
£20.00
Hardback
240 pages
U (235x190)
ISBN: 9781784727932

The Cardamom Trail

By Chetna Makan

Chetna Makan is known for her unique recipes, which introduce colourful spices, aromatic herbs and other Indian ingredients into traditional Western baked favourites.

Whether it's a sponge cake with a cardamom and coffee filling; puff pastry bites filled with fenugreek paneer; a swirly bread rolled with citrusy coriander, mint and green mango chutney; or a steamed strawberry pudding flavoured with cinnamon, Chetna's Indian influences will transform your baking from the familiar to the exotic, from the ordinary to the extraordinary.

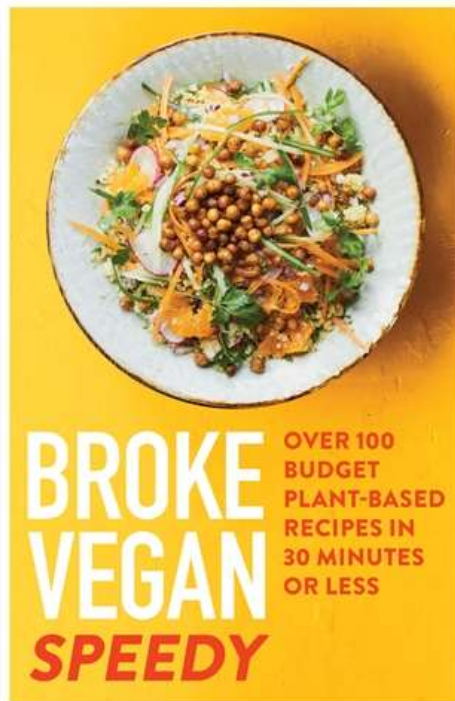
Discover rare but precious traditional bakes from India, as well as new spice-infused recipes. Delve into the history of Indian herbs and spices and learn how to match foods and flavours.

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 is the author of four other titles: *Chai, Chaat & Chutney* (2017), *Chetna's Healthy Indian* (2019), *Chetna's Healthy Indian Vegetarian* (2020) and *Chetna's 30 Minute Indian* (2021). She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food.

[Youtube.com/FoodwithChetna](https://www.youtube.com/FoodwithChetna)
[Instagram.com/chetnamakan](https://www.instagram.com/chetnamakan)
[Twitter.com/chetnamakan](https://twitter.com/chetnamakan)

Mitchell Beazley



Simple, time-saving, plant-based meals
ready in under 30 minutes

Publication 30/12/2021
£12.99
Hardback
144 pages
Z (210x149)
Aster
ISBN: 9780600637257

Broke Vegan: Speedy

By Saskia Sidey

MAKE VEGANUARY EASY WITH SIMPLE PLANT BASED MEALS
READY IN 30 MINUTES OR LESS

With over 100 quick & easy plant-based recipes using supermarket staples along with hints and tips for making vegan meals in no time at all, *Broke Vegan: Speedy* will have you cooking delicious dishes time after time that save money and save the planet. From easy weeknight meals to meals you can rustle up in 15 minutes or saving bags of time and money by batch cooking, *Broke Vegan: Speedy* has got you covered.

Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to make your money go further, *Broke Vegan: Speedy* will bring variety and flavour to your meals without having to spend a fortune.

Contents include:

WEEKDAY LIFESAVERS

READY IN FIFTEEN

QUICK, QUICK, SLOW

A LITTLE BIT SPECIAL

SPEEDY SWEETS

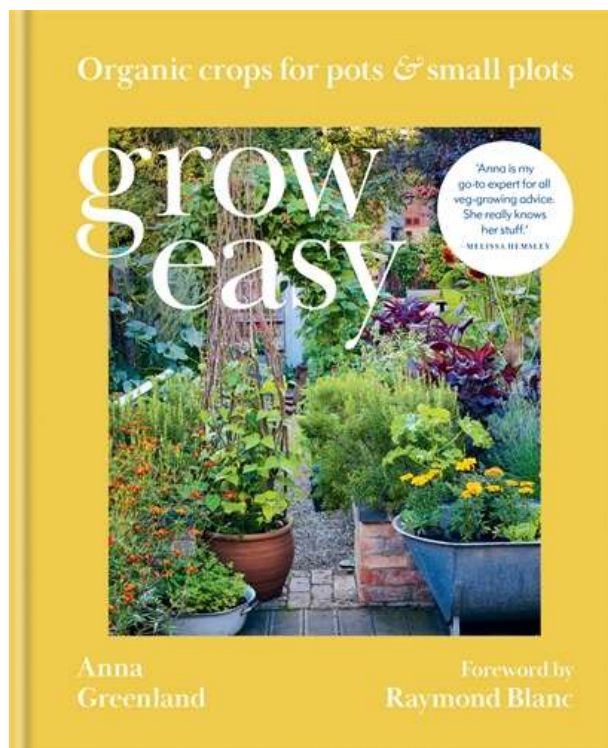
Saskia is a leading food stylist and recipe developer, working frequently with online video publications like BuzzFeed and Tastemade, having created hundreds of viral recipe hits, viewed and loved by thousands. Saskia was the former brand & marketing manager and copywriter at a healthy fast-casual food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

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

Aster

A vibrant garden scene featuring a variety of plants. In the foreground, there are purple basil plants and green leafy vegetables. A gravel path leads through the garden. In the background, a wooden fence and a brick house are visible. The text "HOME & GARDEN" is overlaid in large white letters.

HOME & GARDEN



Rising star of the organic GYO scene, Anna Greenland, presents her top 30 crops to grow in containers or a small raised bed, and provides all the information you need to make sure they flourish.

Publication 02/09/2021
£20.00
Hardback
224 pages
U (235x190)
ISBN: 9781784727352

Grow Easy

By Anna Greenland

Foreword by Raymond Blanc

'Anna is my go-to expert for all veg growing advice. She really knows her stuff.' -
Melissa Hemsley

Grow Easy is a superb book for those embarking on a journey to grow edibles, or those who are more experienced and looking to hone their skills. - Raymond Blanc

'Anna's growing skills translate easily into the pages of this book, so rich with information.' - Charles Dowding

'Anna is helping a new greener generation grow.' - Gill Meller

A new generation of gardeners are hungry for the know-how to transform their balconies, front steps and back gardens into spaces to grow edibles. Anna Greenland, rising star of the organic grow-your-own scene, offers the jargon-free information, inspiration and confidence you need to get growing from scratch with absolutely no prior knowledge. Growing in an organic, sustainable way is central to this book and it doesn't need to be difficult or costly with *Grow Easy* at your side.

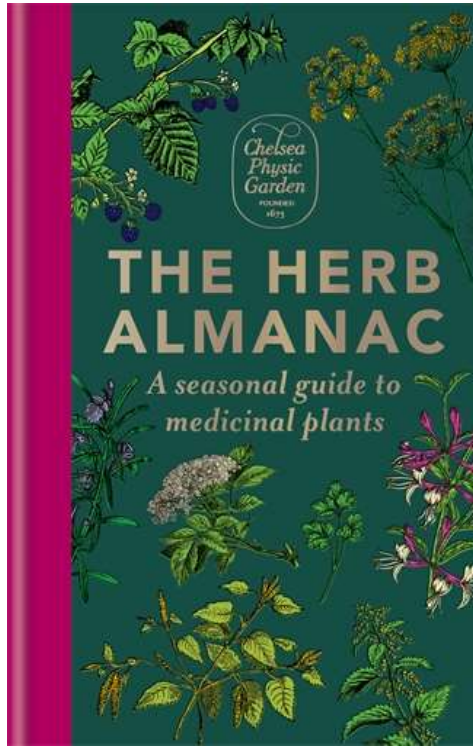
* Try Anna's 30 top crop choices of vegetables, herbs, flowers and fruit that are perfect for small spaces. Plant 'spotlights' give in-depth advice on how to grow each crop in a pot, in the ground or on a windowsill, plus Anna shares her trusted recipes to make the most of the harvest.

* A year-round planner keeps you on track with monthly tasks.

* Seasonal crop plans are included for those with small gardens, with a blueprint for two raised beds that gives continuous harvests and avoids gluts.

For over a decade, she has followed her passion, growing the highest-quality organic food for star chefs Raymond Blanc, Tom Aikens and Jamie Oliver. She spent three years running Raymond Blanc's vegetable garden at double-Michelin starred Le Manoir aux Quat'Saisons, and as Head Gardener at Soho Farmhouse Anna created the vegetable, fruit and herb gardens from scratch. She is now turning her own patch of land in Suffolk into a productive market garden. From here she cooks fresh, seasonal food and creates herbal preparations to support her wellbeing.

Mitchell Beazley



A seasonal guide to medicinal plants

Publication 21/10/2021

£12.99

Hardback

160 pages

B Format

ISBN: 9781783254590

The Herb Almanac

By Chelsea Physic Garden

The Herb Almanac is a beautiful and accessible seasonal guide to herbalism.

Discover the best times of the year for growing specific healing herbs and also when and how to forage for wild medicine, such as water mint, St John's Wort, hawthorn berries and rosehips. Recipes are included for how to use these herbs, along with folklore stories from herb wives and hedge witches, the meanings behind their names and the history of how these natural medicines were discovered.

There are plenty of tips for how to create your own medicinal herb garden, even with just a few pots, along with a biodynamic guide for sowing, planting and harvesting.

Including detailed hand-drawn line illustrations to help deepen your understanding, *The Herb Almanac* is the perfect gift for any nature lover.

Tucked away beside the River Thames, Chelsea Physic Garden is the oldest botanic garden in London and houses around 5,000 different medicinal, herbal, edible and useful plants - a living library dedicated to healing with plants. Medicinal plants have been grown at the Garden since the 17th century, a tradition continued in the present day with displays of medicinal and herbal species used globally in the past, present and potentially in the future.

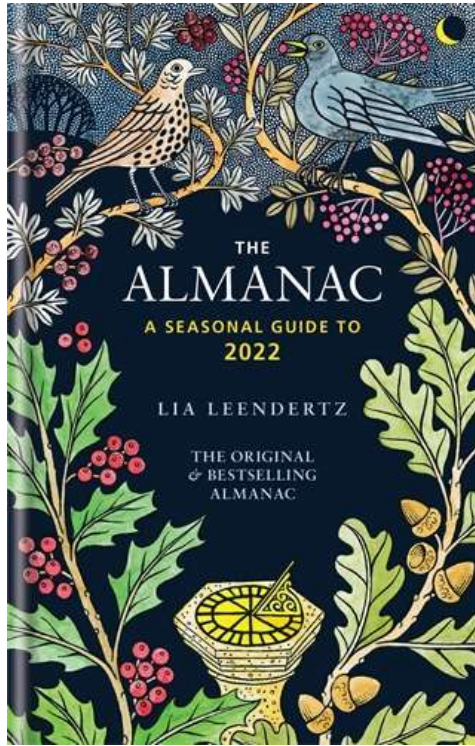
Chelseaphysicgarden.co.uk

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

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

A young owl with brown and white mottled feathers is perched on a dark tree branch. The owl has large, bright yellow-green eyes and is looking directly at the camera. The background is filled with lush green leaves, some in focus and some blurred. The word "NATURE" is written in large, white, sans-serif capital letters across the middle of the image, partially overlapping the owl and the branch.

NATURE



The fifth instalment of the bestselling Almanac Seasonal Guides

Publication 02/09/2021

£12.99

Hardback

272 pages

A Format

ISBN: 9781856754705

The Almanac 2022

By Lia Leendertz

*THE ORIGINAL & BESTSELLING ALMANAC *

'Indispensable' - Sir Bob Geldof

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

The Almanac: A Seasonal Guide to 2022 reinvents the tradition of the rural almanac for a new audience. It gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way. Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights and beach holidays. There are also features on each month's unique nature, such as the meteor shower of the month, beehive behaviour, folklore and stories, seasonal recipes and charts tracking moon phases and tides.

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

PRAISE FOR THE ALMANAC:

'The perfect companion to the seasons' – India Knight

'This book is your bible' – the *Independent*

'An ideal stocking filler' – *The English Garden*

'I love this gem of a book' – Cerys Matthews

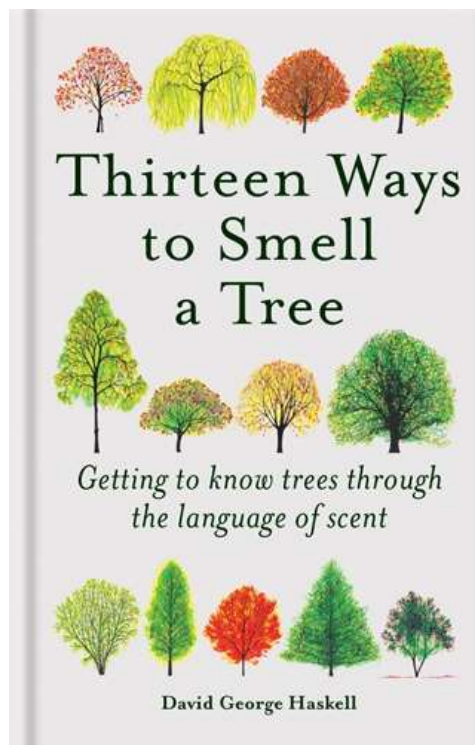
Lia Leendertz is an award-winning garden and food writer based in Bristol. She writes regularly for *The Telegraph*, *The Garden*, *Simple Things* and *Gardens Illustrated*. Her reinvention of the traditional rural almanac has become an annual must-have for readers eager to connect with the seasons, appreciate the outdoors and discover ways to mark and celebrate each month.

Lialeendertz.com

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

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

Gaia



Explore the unique and sometimes surprising aromas of eleven different species of trees

Publication 23/09/2021

£10.00

Hardback

192 pages

A Format

ISBN: 9781783254286

Thirteen Ways to Smell a Tree

By David George Haskell

Thirteen Ways to Smell a Tree takes you on a journey to connect with trees through the sense most aligned to our emotions and memories. Thirteen essays are included that explore the evocative scents of trees, from the smell of a book just printed as you first open its pages, to the calming scent of Linden blossom, to the ingredients of a particularly good gin & tonic:

In your hand: a highball glass, beaded with cool moisture.

In your nose: the aromatic embodiment of globalized trade. The spikey, herbal odour of European juniper berries. A tang of lime juice from a tree descended from wild progenitors in the foothills of the Himalayas. Bitter quinine, from the bark of the South American cinchona tree, spritzed into your nostrils by the pop of sparkling tonic water.

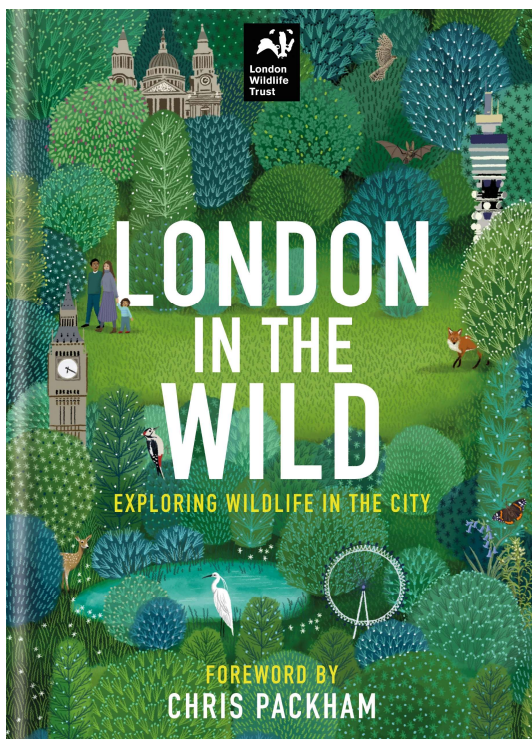
Take a sip, feel the aroma and taste of three continents converge.

Each essay also contains a practice the reader is invited to experience. For example, taking a tree inventory of our own home, appreciating just how many things around us came from trees. And if you've ever hugged a tree when no one was looking, try breathing in the scents of different trees that live near you, the smell of pine after the rain, the refreshing, mind-clearing scent of a eucalyptus leaf crushed in your hand.

David Haskell's work integrates scientific, literary, and contemplative studies of the natural world. Haskell holds degrees from the University of Oxford (BA) and from Cornell University (PhD). He is Professor of Biology and Environmental Studies at the University of the South, where he served as Chair of Biology. His scientific research on animal ecology, evolution, and conservation has been sponsored by the National Science Foundation, the Environmental Protection Agency, the Fish and Wildlife Service, the World Wildlife Fund, among others. He serves on the boards and advisory committees of local and national land conservation groups. His previous books include *The Songs of Trees: Stories from Nature's Great Connectors* and *The Forest Unseen: A Year's Watch in Nature*.

dghaskell.com

Aster



London in the Wild

By London Wildlife Trust

London is usually thought of as a place of cars, concrete, noise and pollution, a harsh, unyielding landscape created to accommodate mankind, not wildlife. We rush through the city, focused on our destination, wrapped up in our thoughts, but if you take the time to stop and look, you'll discover that London is teeming with wildlife ready to be discovered and enjoyed. More than 15,000 species of flora, fungi and fauna have been recorded within Greater London.

London in the Wild will encourage you to explore the city - from your garden, local parks and community spaces to London's wildlife habitats, including wetlands, woodlands and heaths. You'll discover the secrets of the German Hairy Snail, the day-to-day life of a London tube mouse and the activities of seahorses living in the Thames.

You don't have to go to the countryside to experience nature; London's wild spaces and wildlife are much more diverse than we think.

Publication 28/10/2021

£14.99

Hardback

192 pages

Z (210x149)

ISBN: 9780857839947

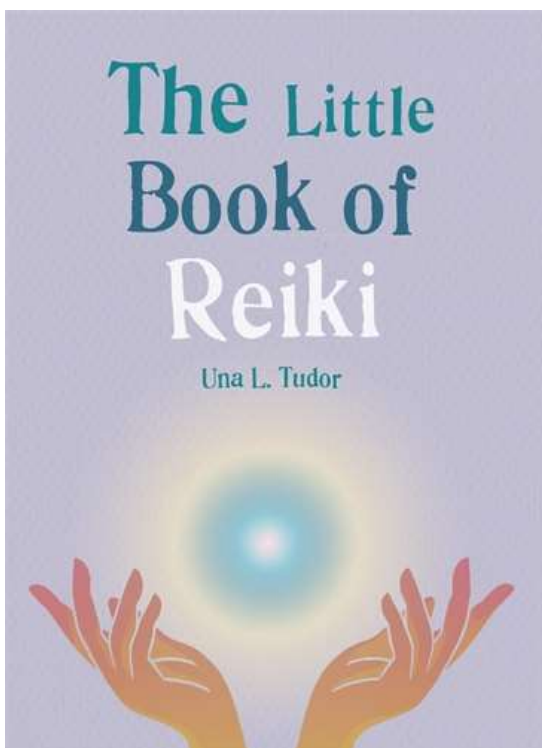
The London Wildlife Trust (LWT), founded in 1981, is one of 46 members of the Royal Society of Wildlife Trusts. With dedicated supporters and volunteers, they work tirelessly to protect wildlife across London, encouraging conservational behaviours and positive interaction with nature and wildlife. The contributors to the book will be Matthew Frith, LWT Director of Conservation, and Anna Guerin, LWT Nature Reserves Office and Brilliant Butterflies Project.

www.wildlondon.org.uk Instagram: @wild.london

Kyle Books

WELLNESS & MBS





The Little Book of Reiki

By Una. L Tudor

A beautifully designed introduction to reiki, the Japanese system of energy healing.

Practised throughout the world, reiki has the phenomenal power to activate your body's natural healing processes, boost your overall wellbeing and bring you closer to a sense of wholeness.

Through simple tips and exercises, this little book will teach you how to use this practice to improve your life and feel more connected to others, to the world around you and to yourself.

Sections include:

Question - The Power of Touch

Action - The Power of Pain

Intention - The Power of the Mind

Affirmation - The Power of Yes

Una L. Tudor is a life coach and counsellor from York. She lives in London with her wife and two cats, Bulgur and Barley. In her spare time, she practises yoga.

**Bring the power of reiki into your life with
this little book**

Publication 01/07/2021

£7.99

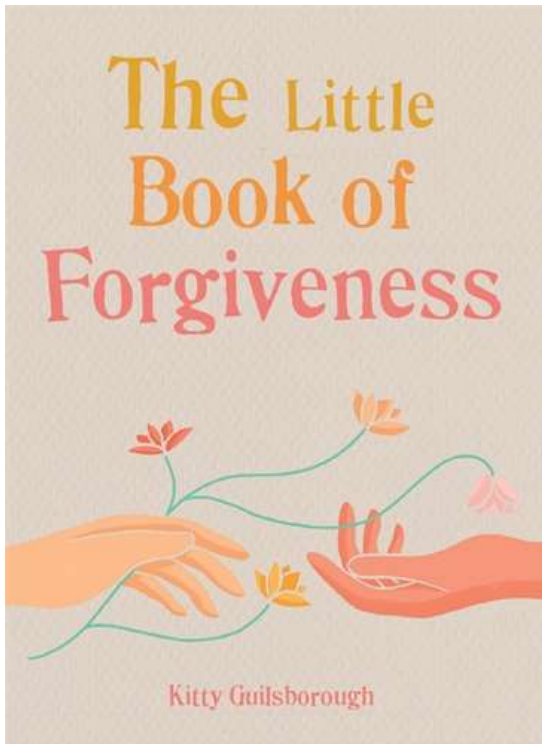
Flexiback

96 pages

NB (147x105)

ISBN: 9781856754446

Gaia



**Bring the art and power of forgiveness
into your life with this Little Book**

Publication 01/07/2021
£7.99
Flexiback
96 pages
NB (147x105)
ISBN: 9781856754422

The Little Book of Forgiveness

By Kitty Guilsborough

Anger is toxic to our mental and physical health, it increases stress levels, anxiety and the risk for illnesses such as heart disease. But we can choose to release this anger and toxic energy by harnessing the spiritual powers of forgiveness.

True forgiveness is not about the feelings of others, it is actually about you. It's about freeing yourself from whatever has hurt you, and not letting it weigh you down anymore. Forgiveness is a joyous gift that anyone can use and empirical research has shown that when we are better at forgiveness, we experience lower levels of depression and anxiety. With the simple practices contained within this Little Book, you can bring more inner peace to your life.

The Little Book of Forgiveness is a beautifully illustrated guide filled with strategies and guidance on the art and power of forgiveness, using tools such as mindfulness, meditation, gratitude, creativity, relaxation and compassion to help you find true harmony with the world.

Sections include:

Chapter 1 - Acceptance

Chapter 2 - Empathy

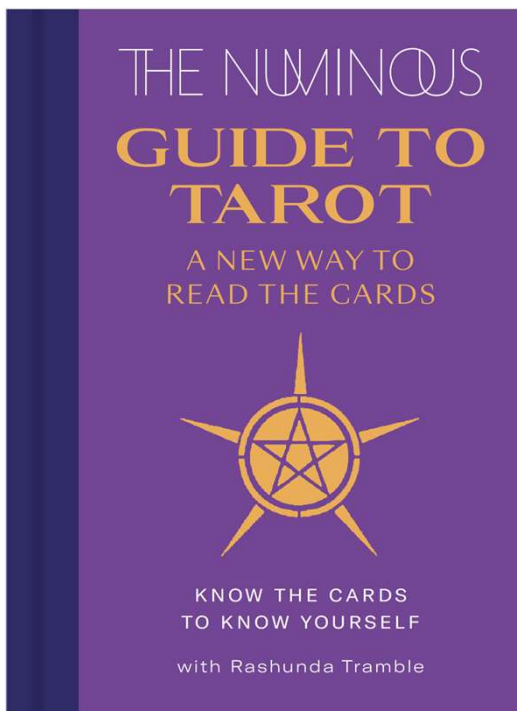
Chapter 3 - Acknowledgment

Chapter 4 - Meaning

Chapter 5 - Perspective and Gratitude

Kitty Guilsborough lives in London, where she writes about ancient rituals, magic and spellcraft by day and tells Tarot at night. She has a cat (not black) and a lot of crystals. She would not necessarily describe herself as a Wiccan, but she is a keen student of the craft.

Gaia



A 'Now-Age' guide to mastering the art of Tarot

Publication 22/07/2021
£12.99
Hardback
224 pages
Other
ISBN: 9781783254422

The Numinous Tarot Guide

By The Numinous

Discover the ancient art of Tarot in this modern and comprehensive guide. Featuring interpretations for every card of the Major and Minor Arcana, take yourself on a journey of self-discovery and spiritual growth. The Tarot has never been more popular as a tool for everyday divination, with people from all backgrounds globally having rediscovered this ancient, mystical healing art.

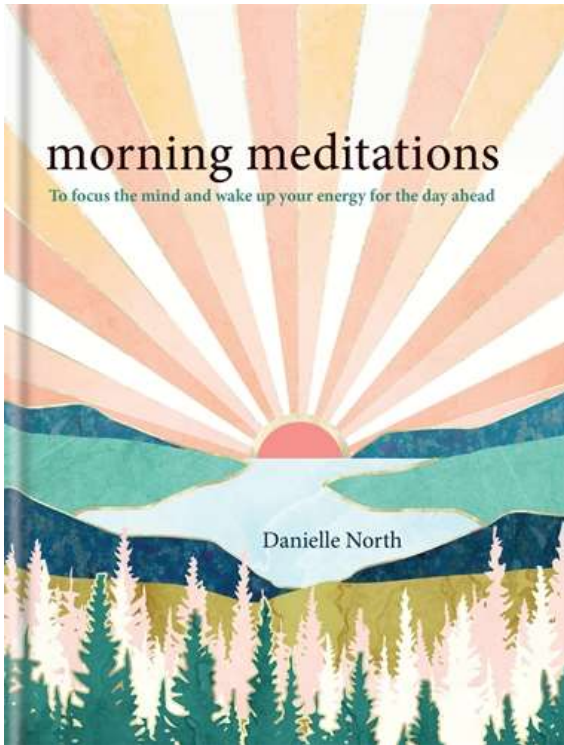
The Numinous Tarot Guide is an interactive self-study guide that unlocks the meaning of the cards in an instant-and in a way that is deeply personal to every reader. Following an introduction positioning the Tarot as a tool for self-awareness and self-discovery, a 'chapter' for each of the 78 cards offers a modern, evolved interpretation of the card's meaning, along with numerous prompts and journal exercises, to help guide the reader into a space of deep reflection.

The Numinous Guide to Tarot offers both a complete compendium of practical knowledge for modern interpretations of the Tarot, and a treasured space for personal reflection. Including insights into the symbolism, mythology, and 'now age' relevance of each card, it is an indispensable tool for anybody invested in forging a deeper relationship with their favourite deck, and also makes an ideal gift for mystical mavens, self-help fans, and amateur Tarot readers everywhere.

The Numinous is a popular platform for the cosmically curious. It publishes a weekly astro reading, tarot reading, there is a podcast, retreats and live events. Ruby Warrington is the creator of The Numinous, Ruby is a British writer, author and thought-leader currently located in NYC. Formerly Features Editor on the UK *Sunday Times* Style supplement, she is also the co-founder of "sober curious" events series Club SÖDA NYC. Her first book was *Material Girl, Mystical World: The Now Age Guide to a High Vibe Life* and her second, *Sober Curious: The Blissful Sleep, Laser Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol*, was published in 2019 with HarperCollins.

the-numinous.com
Instagram.com/the_numinous
Facebook.com/thenuminouspublishing

Aster



**Boost your clarity, focus and creativity
with morning meditation**

Publication 05/08/2021
£10.00
Hardback
160 pages
NQ (174x131)
ISBN: 9781783254354

Morning Meditations

By Danielle North

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

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

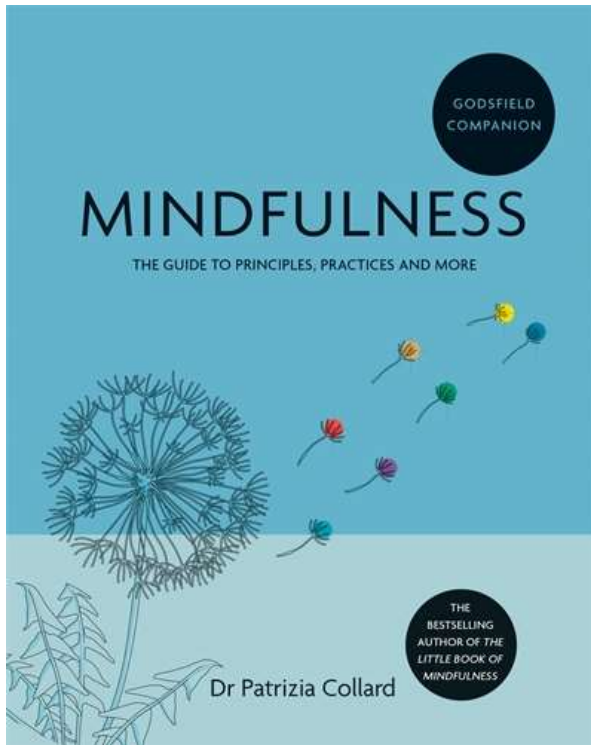
Included in the book are tips on how to develop a practice, essential oils to energise you in the morning, simple breathwork, stretches and focus journaling as well as good morning tea blends.

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

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 of experience working with leaders in 20 different countries; and spent 3 years living and working in Asia, where she set up a pioneering coaching company and an award-winning change management consultancy. After learning that goals and ambitions could be just as happily and successfully achieved when simply allowing the body and mind to pause, she adapted her coaching style with both personal and corporate clients to flow rather than fight against the ups and downs of life. Danielle is the author of *Pause, Pause Every Day and Sleep Meditations* which have collectively sold over 8k copies via bookscan. Her books have been translated into over 10 languages.

lifebydanielle.com

Aster



The indispensable new Mind, Body, Spirit series from the creators of the bestselling Godsfield Bibles

Publication 05/08/2021
£16.99
Paperback
304 pages
G13 (200x160)
ISBN: 9781841814988

Godsfield Companion: Mindfulness

By Dr. Patrizia Collard

A comprehensive guide to mindfulness: its benefits, the science and how to use it to improve your relationships, work and mental health.

Sections include:

What is mindfulness and why do we need it?

Mindfulness hype - Doubt and scepticism

Mindfulness throughout the day - How to be mindful moment by moment

Mindful eating

Mindfulness for secure relationships - Parents and children, partners, everywhere you meet people

Mindfulness for mental health - Anxiety, depression, PTSD and shame

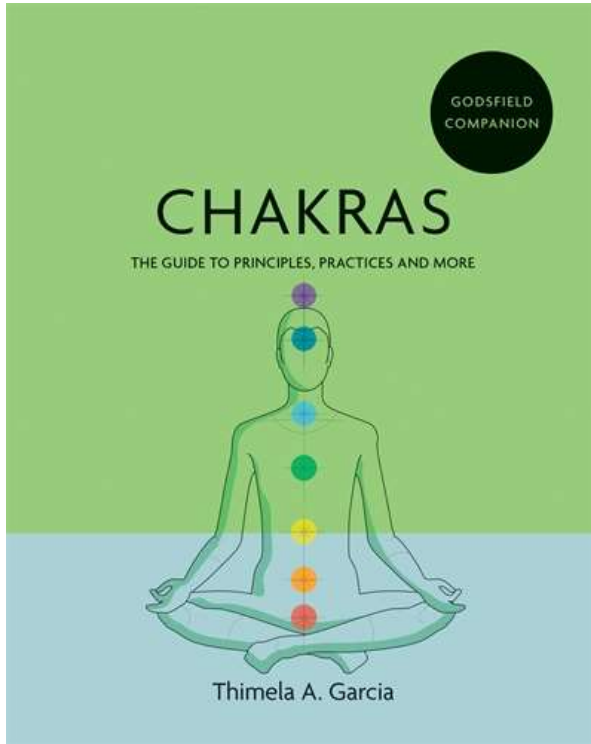
Mindful sleep and rest

Mindful ageing

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioural Therapy for Dummies*, *Awakening the Compassionate Mind* (2014), and *The Little Book of Mindfulness*.

Dr Collard's wide range of approaches and methodologies include mindfulness-based cognitive behavioural therapy, rational emotive behaviour therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation and self-hypnosis.

Godsfield



The indispensable new Mind, Body, Spirit series from the creators of the bestselling Godsfield Bibles

Publication 05/08/2021
£16.99
Paperback
304 pages
G13 (200x160)
ISBN: 9781841815008

Godsfield Companion: Chakras

By Thimela A. Garcia

A comprehensive guide to chakras, their associated features and how strengthening and healing each chakra can lead to improved health, energy and wellbeing.

Sections include:

Introduction - What are chakras and what is chakra healing?

The energetic body - How to protect your aura and awakening the kundalini

The chakras - A detailed guide to all 7 chakras

Energy healing - Explore the different types of energy healing including reiki and colour therapy

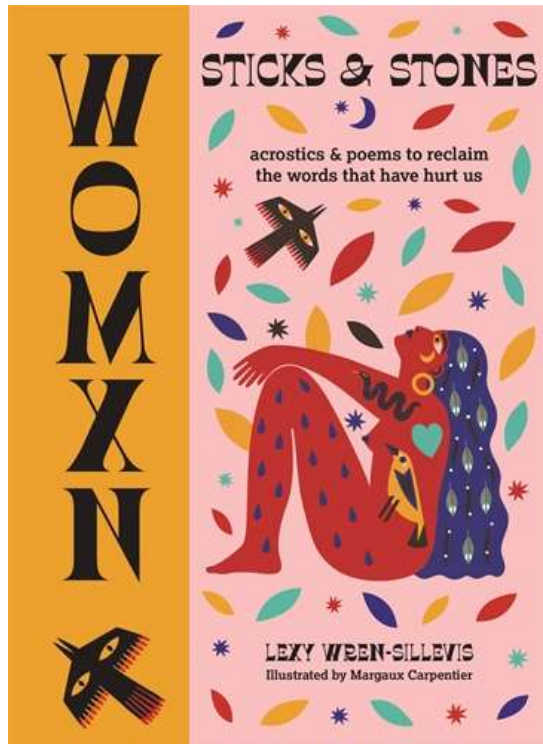
How to balance your chakras at home

Thimela Garcia is a yoga teacher, holistic practitioner and writer based in London. She has studied and is certified in Reiki, EFT, Sound Healing, Indian Head Massage, meditation, Facial Reflexology and Kundalini. Thimela is known in the wellness industry and on social media as 'Chakra Mama Healing'.

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

[Facebook.com/chakramama](https://www.facebook.com/chakramama)

Godsfield



**A tool for transformation and resilience
for women.**

Publication 05/08/2021
£10.00
Hardback
128 pages
NQ (174x131)
Pyramid
ISBN: 9780753734537

WOMXN: Sticks and Stones

By Lexy Wren-Sillevis

There are so many words, insults, labels and boxes for women to be packaged and packed off in. Often, but not always, they're words coined by men. Why that is, is a conversation that is starting to be had by women everywhere. We're slowly, but oh-so-surely, making it clear that there is no man in woman. We're writing him out and writing us back in with a suffix all of our own. We are womxn.

Sticks and Stones is a tool for transformation, change and healing. It's a righting of wrongs – a rewriting of the words that diminish us. This book takes the words, the slurs, the insults and the labels that are thrown at us and it breaks them down and tears them apart. It transmutes and rewrites those words – some with all of the pain they trigger, others as positive affirmations, mantras and poems – all told in acrostics.

You can come back to, and work through, any words that resonate with you with the help of a clearing meditation at the back of the book.

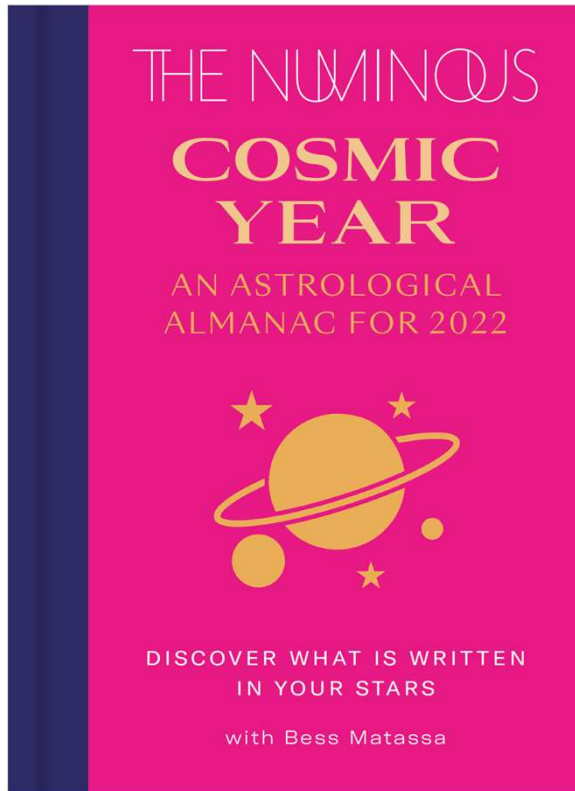
About the Author:

Lexy Wren-Sillevis (she/her) is a therapist, healer and respected energy psychologist. She is also just that person that people open up and pour their hearts out to (and recognises that as a privilege). This book is the culmination of almost a decade of spiritual work and therapy with private clients; and a lifetime of being a womxn occasionally called awful names.

About the Illustrator:

Margaux Carpentier is an image maker and storyteller. She creates pictures using a symbolic language, so each piece can be read by all, in many different ways. She works on varied projects, from large murals, installations and paintings to detailed book illustrations, and even toys.

#dft[edition_imprint]



**A 'Now-Age' guide to 2022 for the
cosmically curious**

Publication 02/09/2021

£12.99

Hardback

224 pages

Other

Aster

ISBN: 9781783254330

The Cosmic Year

By The Numinous

When will Mercury or Venus be in retrograde this year?

What are the traditional ways to celebrate the Spring Equinox and why?

When is a good time for Aquarians to make big changes?

A cosmic guide to the year ahead, this almanac includes important dates such as annual Earth and Solar festivals, eclipses, traditional Moon planting times and auspicious dates for ceremonies and celebrations. It also introduces the different astrological traditions, for example the Aztec Zodiac, Egyptian astrology, Celtic astrology and agricultural astrology.

Featuring interpretation of the astrological movements for the month, for each of the 12 astro signs, and the 12 lunar signs, with journal prompts, easy self-care ceremonies and fascinating history and traditions explored, this book is the perfect gift for fans of the zodiac and users of apps such as Co Star and Pattern.

The Numinous is a popular platform for the cosmically curious. It publishes a weekly astro reading, tarot reading, there is a podcast, retreats and live events. Ruby Warrington is the creator of The Numinous, Ruby is a British writer, author and thought-leader currently located in NYC. Formerly Features Editor on the UK *Sunday Times* Style supplement, she is also the co-founder of "sober curious" events series Club SÖDA NYC. Her first book was *Material Girl, Mystical World: The Now Age Guide to a High Vibe Life* and her second, *Sober Curious: The Blissful Sleep, Laser Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol*, was published in 2019 with HarperCollins.

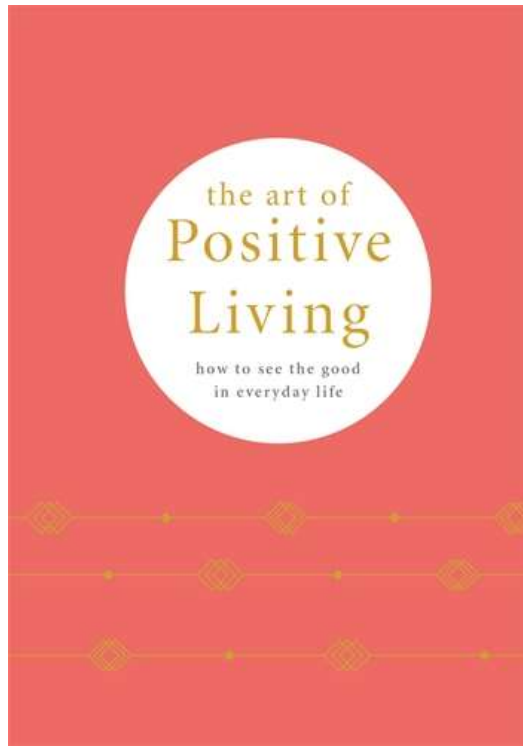
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[Instagram.com/the_numinous](https://www.instagram.com/the_numinous)

[Facebook.com/thenuminouspublishing](https://www.facebook.com/thenuminouspublishing)

Aster

The Art of Positive Living



The road to a balanced and meaningful life is different for each of us, and in such a busy world we can often lose sight of what that truly means.

In *The Art of Positive Living*, you'll discover the benefits of shifting your mindset and looking for the good in everyday situations, even when times are tough. This little collection of tips and reflections will show you just how impactful it can be to take a few short moments to look on the bright side, and will ultimately help to boost your mood and improve your overall wellbeing.

A collection of uplifting tips and reflections to help you seize the day and live life to the full.

Publication 02/09/2021

Pyramid

£6.99

Hardback

96 pages

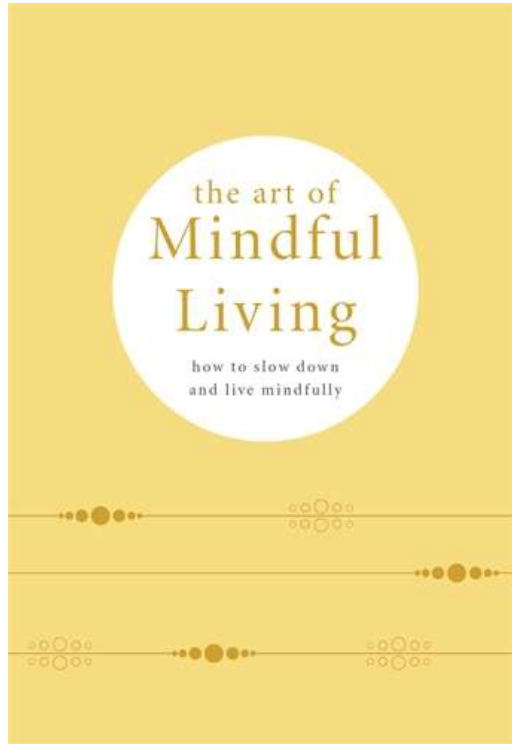
NB (147x105)

Pyramid

ISBN: 9780753734711

#dft[edition_imprint]

The Art of Mindful Living



The road to a balanced and meaningful life is different for each of us, and in such a busy world we can often lose sight of what that actually means.

In *The Art of Mindful Living*, you'll discover just how much mindfulness can change the way you think by helping you to live in the present moment. This little collection of tips and reflections will show you the benefits of taking just a few minutes' break in your day, allowing you to step back, understand your thoughts and improve your overall focus.

**A collection of mindful tips and reflections
to help you live a more peaceful and
balanced life.**

Publication 02/09/2021

£6.99

Hardback

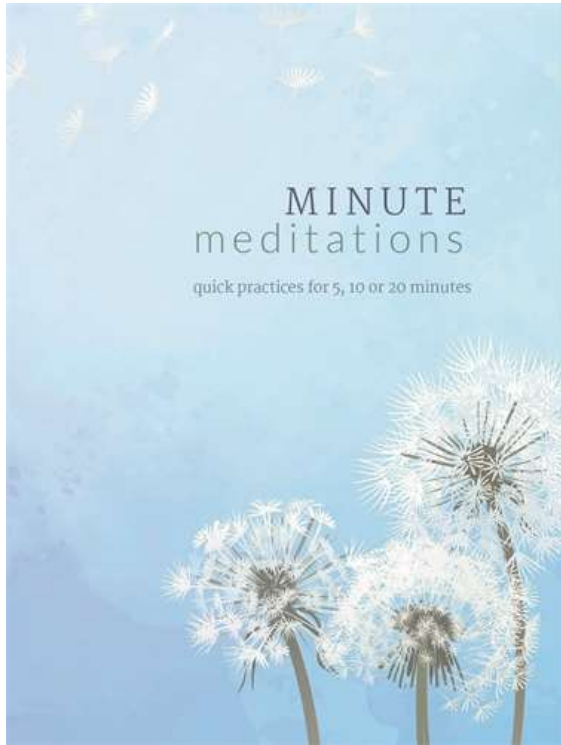
96 pages

NB (147x105)

Pyramid

ISBN: 9780753734698

#dft[edition_imprint]



Minute Meditations

By Madonna Gauding

Meditation has the potential to help you create a better state of mind. But with the time constraints of everyday modern life, it isn't always easy to find an opportunity to be alone with your thoughts.

With *Minute Meditations* it can be.

Divided into three handy sections – 5-minute, 10-minute and 20-minute practices – this book is perfect for busy lives. No matter how much time you have in your day, it will allow you to reap the benefits of daily meditation, creating calm and balance in the busyness of everyday life.

5, 10 and 20-minute meditations to help restore calm and balance to busy lives.

Publication 02/09/2021

£10.00

Hardback

128 pages

NQ (174x131)

Pyramid

ISBN: 9780753734605

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*.

#dft[edition_imprint]



The Book of Dream Meanings

By Michael Powell

What do the symbols that appear in our dreamscape mean? How can they help us to interpret our lives and untangle our thoughts?

From animals and nature to magical symbols and nightmarish events, understanding what your dreams are trying to tell you is essential to becoming more in tune with your everyday needs and wellbeing — whether you're feeling particularly anxious or unsettled, or if good fortune is about to come your way.

With one thousand practical explanations of the most common dream symbols, this book is the ultimate guide to interpreting your night-time thoughts and will tell you everything you need to know to unlock the hidden language of your dreams.

Discover the hidden meanings of one thousand common dream symbols

Publication 02/09/2021

Pyramid

£10.00

Hardback

192 pages

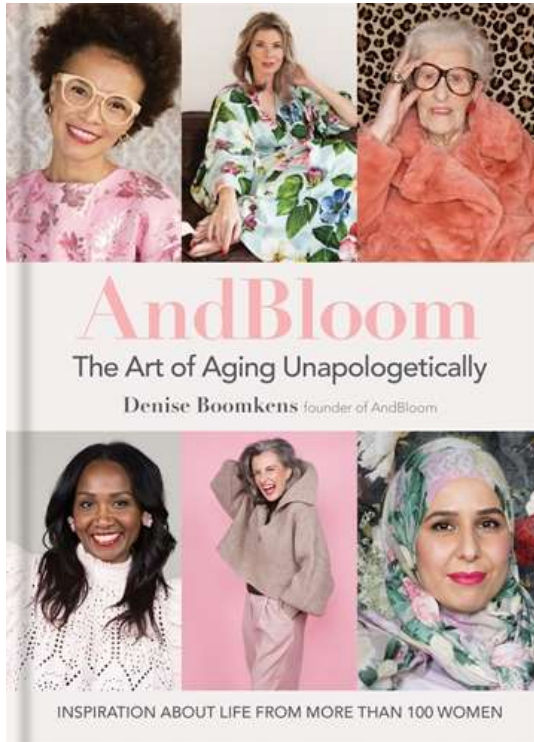
NQ (174x131)

Pyramid

ISBN: 9780753734148

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.

#dft[edition_imprint]



A gloriously illustrated celebration of female beauty over 40 and an empowering handbook to aging happily and well, photographed and curated by the creator of Instagram's AndBloom (159k followers).

Publication 02/09/2021
£25.00
Hardback
272 pages
Other
ISBN: 9781784727550

AndBloom The Art of Aging Unapologetically

By Denise Boomkens

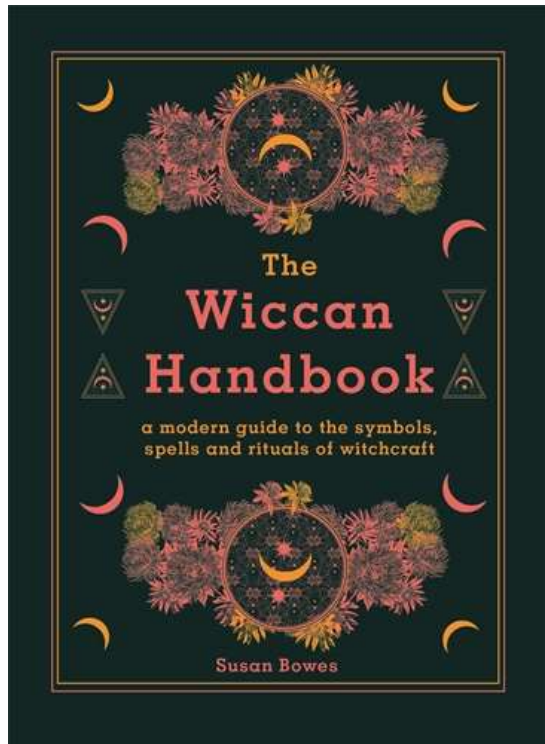
'You become what you see. What you see determines what you believe – and the most powerful way of inspiring people is with images. My goal with AndBloom is to motivate women to embrace life without fear. To provide examples of women between the age of 40 and, currently, 100, so that any woman can open this book and see themselves recognized.'

Denise Boomkens launched the AndBloom project on Instagram in 2018, to create a 'happy place for women over 40' - a community where women can be themselves and where aging is celebrated instead of feared. In this, her first book, she shares her own experiences of aging and brings together portraits and interviews with more than 100 extraordinary 'ordinary' women to create both a gloriously illustrated celebration of female beauty over 40 and an empowering handbook to aging happily.

Denise Boomkens is a 45-year-old photographer with a background in fashion and beauty, based in Amsterdam. She launched her 'happy place for women over 40' on Instagram in June 2018 with a portrait of her 69-year-old mother. Two years later she has photographed more than 100 women from many countries and backgrounds and has more than 170,000 followers on Instagram (40 per cent of whom are in North America). *AndBloom: The Art of Aging Unapologetically* is her first book.

Instagram @And.Bloom

Mitchell Beazley



The Wiccan Handbook

By Susan Bowes

Hidden within all of us is a special set of powers. Learning the tools of wicca and witchcraft unlocks those powers and opens the door on to a new world.

This essential handbook is filled with everything you need to know in order to live in harmony with yourself and the natural world. It features detailed information on the most important elements of a modern-day wiccan way of life, including how to celebrate all the sabbats of the year, casting a sacred circle, writing and casting spells, essential everyday tools, and interpreting and understanding the four elements and their correspondences.

You will also find advice on using the healing properties of herbs, trees, crystals, colours, numbers and astrological energies to empower and enhance your work.

The Wiccan Handbook is an indispensable guide to embracing wicca and witchcraft in our modern world, bringing more meaning and significance to your everyday life.

A practical guide to discovering the ancient wisdom of wicca and witchcraft, for a deeper connection to our inner selves and the natural world.

Publication 02/09/2021

£10.00

Hardback

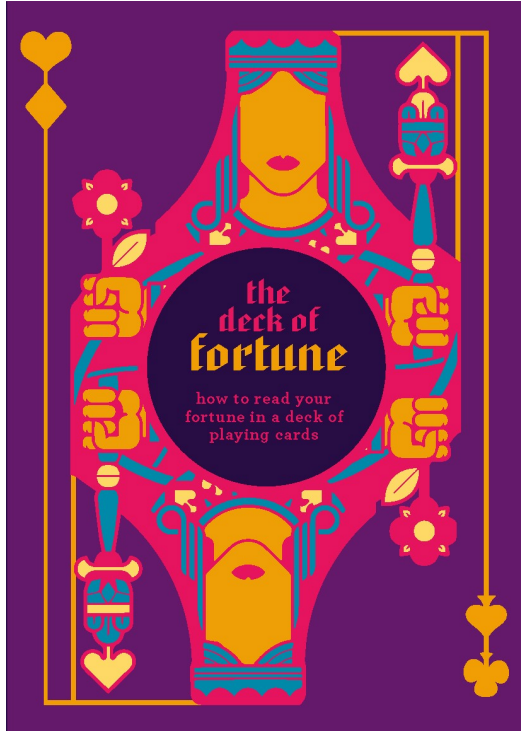
144 pages

NQ (174x131)

Pyramid

ISBN: 9780753734612

#dft[edition_imprint]



Discover Cartomancy – one of the oldest existing forms of divination – and determine what the future holds in store for you

Publication 07/10/2021
£8.99
Paperback
96 pages
NB (147x105)
Pyramid
ISBN: 9780753734667

The Deck of Fortune

By Jane Struthers

You already know how to use a deck of cards to pass the time and play games, but did you know that with that simple deck of cards you can also catch a glimpse of the future?

Reading fortunes with playing cards is one of the oldest forms of divination: it's called **Cartomancy**. Unlike Tarot, which actually evolved from Cartomancy and requires a special deck, the art of cartomancy can be performed with any standard deck of playing cards. Master the magical art and you'll be prepared to perform readings for yourself or for others wherever life takes you.

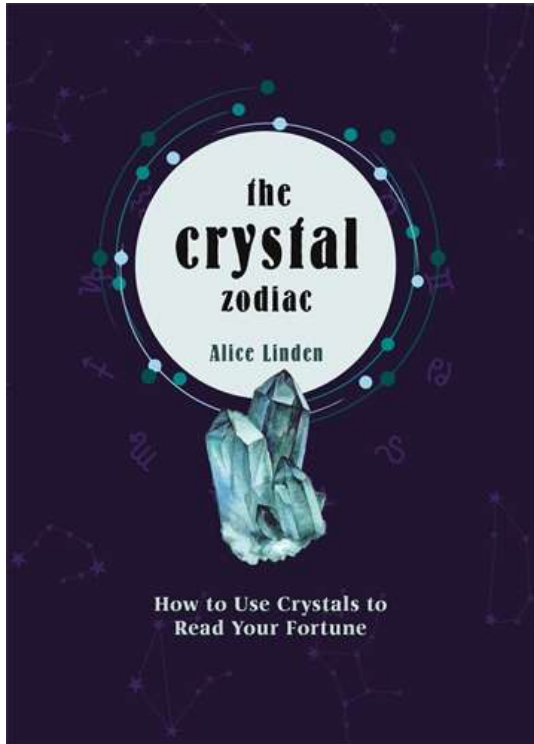
This kit contains **a book that will guide you through everything you need to know** to read your fortune with playing cards, from guidance on the meanings and astrological associations of each card to how to ask the cards for answers to all your burning questions, and **a unique 52-card deck with a modern bold design** so that you can get started right away.

Open up *The Deck of Fortune* and you will:

- Learn ancient secrets of Cartomancy, one of the oldest forms of divination
- Discover the mystical meanings of each individual card
- Learn how to use playing cards to discover hidden truths about the past, present and future
- Practise interpreting the cards with sample spreads and readings

Jane Struthers is an astrologer, tarot reader, healer and writer. She is the astrologer for *Bella*, one of Britain's bestselling women's magazines. She has appeared on many television and radio programmes and is the author of a number of books, including *The Palmistry Bible* and *Fortunes in a Teacup*.

#dft[edition_imprint]



Crystal Zodiac

By Alice Linden

An essential tool for divinatory and astrological purposes, crystals have been used throughout history as a means for predicting the future.

The Crystal Zodiac will show you how each of the 12 zodiac signs correspond to a crystal and how each crystal aligns with the energies associated with its zodiac sign. It will also teach you the simple techniques needed to open a gateway to deeper knowledge and inner wisdom, and features:

- An introduction to the planetary crystals
- The Zodiac crystals and their properties
- How to interpret crystal spreads
- How to consult the crystal oracles and cast a crystal zodiac circle

Discover the ancient power of crystal energy and the zodiac, and discover what your sign's corresponding crystals can reveal about your future.

Publication 07/10/2021

£7.99

Hardback

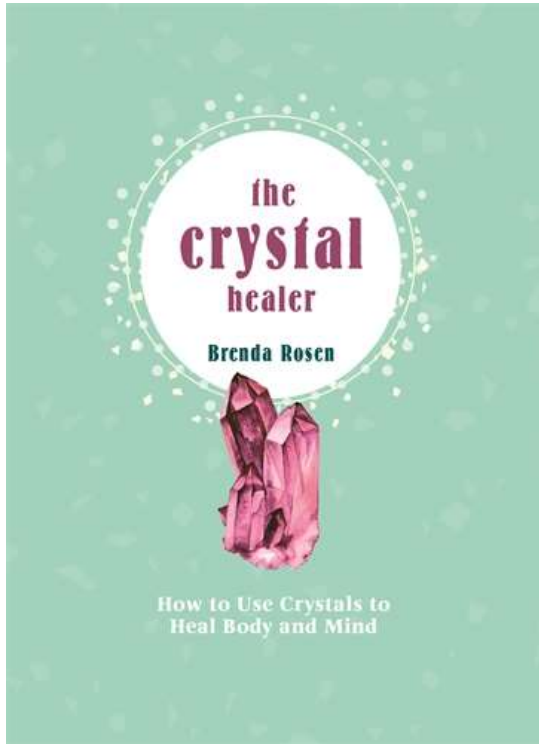
96 pages

NB (147x105)

Pyramid

ISBN: 9780753734650

#dft[edition_imprint]



The Crystal Healer

By Brenda Rosen

Beautiful and mysterious, crystals have been used for thousands of years for protection and healing, and are capable of amplifying, directing and balancing the flow of life-force in your body and surroundings.

The Crystal Healer includes over twenty practical exercises that will teach you to harness the healing power of your crystals, providing a gentle, natural way to improve your physical, emotional and spiritual wellbeing. From stress relief and anxiety management to balancing your chakras and enhancing spiritual connections, this handy little book will help you discover the incredible benefits of crystal healing.

**A guide to harnessing the healing power
of crystals for physical, emotional and
spiritual wellbeing**

Publication 07/10/2021

£7.99

Hardback

96 pages

NB (147x105)

Pyramid

ISBN: 9780753734629

A full-time author and editor, Brenda Rosen is a student of esoteric and mythic traditions. She has written several books, including *A Gaia Busy Person's Guide: Chakras*, *Mermaid Wisdom* and *The Atlas of Lost Cities*.

#dft[edition_imprint]



**Nurture self-expression and discovery
with this beautiful guided journal, one day
at a time**

Publication 23/12/2021
£12.99
Paperback
160 pages
Z (210x149)
ISBN: 9781783254835

And Breathe

By Suzy Reading

Journaling is one of the best self-care practices - writing things down relieves stress, helps to process emotions and express feelings, clear the mind and improve sleep. We can also set our goals and ambitions in motion and check in with our commitments such as nourishing ourselves through food and movement.

And Breathe... is a journal for all of your wellbeing goals, activities and reflections. Take a little time out for yourself to get to know your needs, your dreams and desires. Eight self-care themes are included for self-discovery. Prompts and practices are included, along with ways to encourage free and expansive self-expression and self-discovery.

Sections include:

What is Self-care?
Journaling for Self-care
Movement & Nutrition
Values & Purpose
Goal Setting
Coping Skills for Tough Times

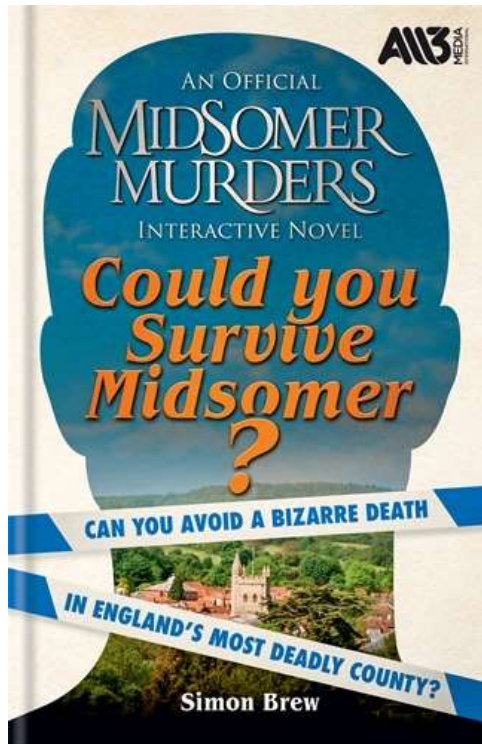
Suzy Reading is a chartered psychologist (B. Psych (Hons), M.Psych (Org)) and qualified yoga teacher from Australia, specializing in wellbeing. Her offerings include face-to-face coaching, walk & talk sessions, private and group yoga, mummy and baby yoga courses, Skype coaching, workshop presentations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

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

Aster

GIFT





An official Midsomer Murders Interactive novel.

Publication 30/09/2021
£12.99
Hardback
256 pages
B Format
Cassell
ISBN: 9781788402996

Could You Survive Midsomer?

By Simon Brew

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit. In this first ever Midsomer interactive adventure investigation, you make the choices that determine which way the story goes.

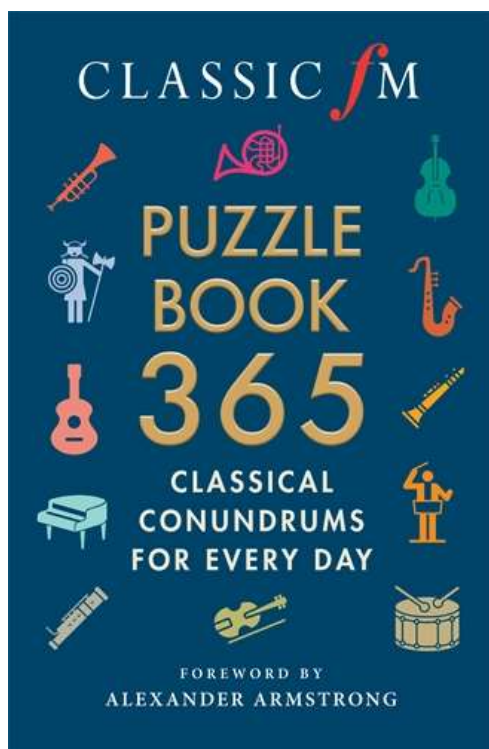
Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer?

An official Midsomer Murders Interactive novel set in ITV's most celebrated and murderous county.

Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

Simon Brew is the former editor and founder of Den of Geek - the popular culture news and reviews website. He is the author of three books including Movie Geek, TV Geek and The Secret Life of the Movies. Simon is also the founder of the magazine and podcast Film Stories. He lives in Birmingham, UK... not far from where Midsomer is filmed.

Cassell



365 classical music puzzles from the experts at Classic FM - one for every day of the year.

Publication 07/10/2021
£14.99
Paperback
288 pages
Royal
ISBN: 9781788403382

The Classic FM Puzzle Book 365

With a foreword by Alexander Armstrong.

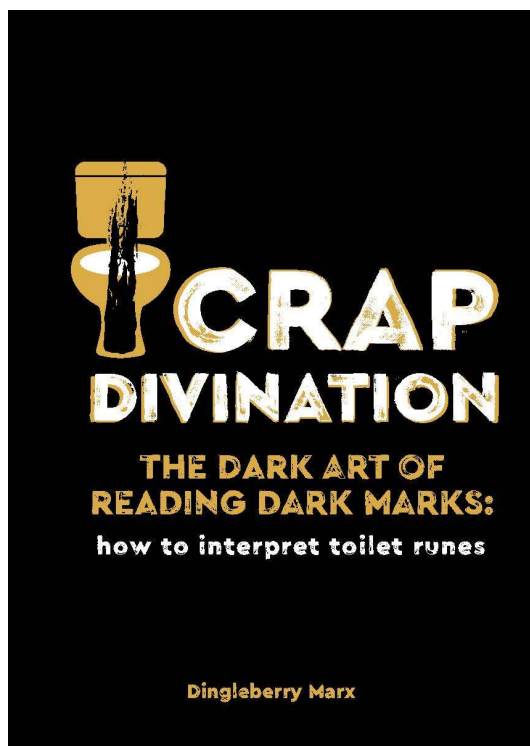
Do you know your Chopin from your Schubert? Your concerto from your cadenza?

The Classic FM Puzzle Book 365 will test your musical knowledge to the very core, with a fiendishly difficult puzzle to challenge you every single day of the year.

From quizzes to wordsearches, logic tests to missing symbols - via emojis, sudoku, crosswords and more - our classical music experts have created a compendium of puzzles to keep you guessing the whole year round.

Classic FM is the UK's only 100 per cent classical music radio station. Since the first broadcast in September 1992, the station has brought classical music to millions of people across the UK, currently reaching 5.6 million listeners every week.

With a team of passionate presenters who believe that classical music is the greatest genre of music ever written, Classic FM believes that classical music can and should be a part of everyone's lives, regardless of age, which is why the station starts young, with music education in schools an important part of its work. Classic FM makes classical music a relevant part of modern life, playing familiar music alongside lesser-known pieces, all chosen to uplift, soothe and stir the emotions.



This easy-to-follow-through guide lifts the lid on toilet marks and unlocks the secret of your secretions.

Publication 07/10/2021
£6.99
Hardback
80 pages
NB (147x105)
Pyramid
ISBN: 9780753734674

Crap Divination

By Dingleberry Marx

This easy-to-follow-through guide lifts the lid on toilet marks and unlocks the secret of your secretions.

A divination guide for bowel-on-bowl action, this book will develop your innate intuition skills and reveal the mysteries of symbolics. But this is not just symbolics; this is some really deep shit.

Sifting through the crap to find the sweetcorn of truth, this is an illustrated guide to the meaning of that which comes from our souls. Say it loud. Our souls. Our souls. Our souls.

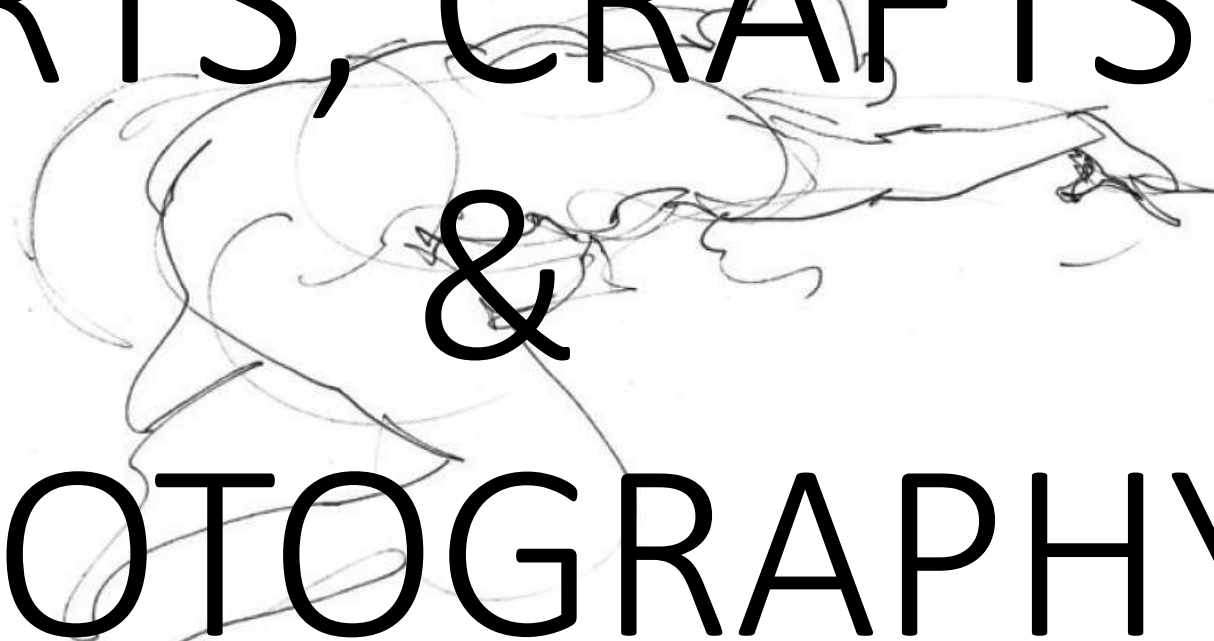
Crap Divination is the turd-teller's Tarot, the butt-bean favomancer's friend, the smelly-pebble pessomancer's pamphlet and is your guide to the dark art of reading dark marks.

"It's a load of shite if you ask me. Not the book. The book's alright." S. Mears

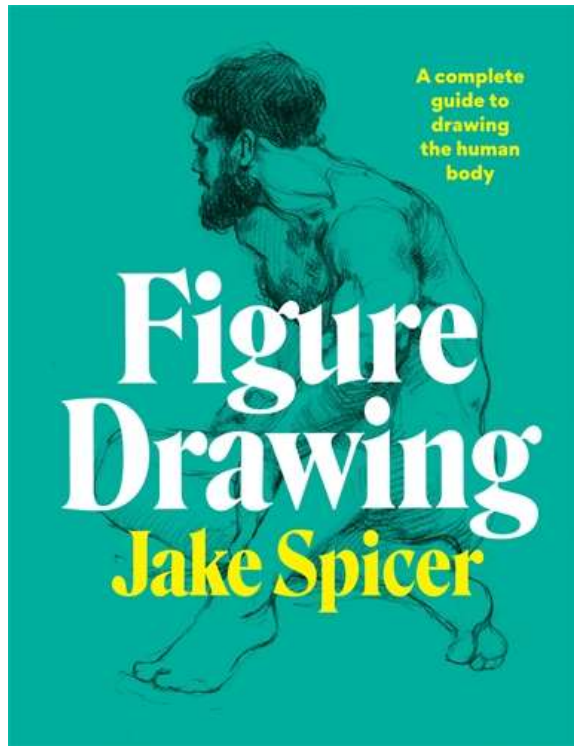
"I once did two turds and one spooned the other. What does this mean?" [review does not meet the criteria for verification. Send it on to Clive in Accounts though as I'm sure he did a spooner once]

Dingleberry Marx knows he's shit. He also knows his shit.

Pyramid



ARTS, CRAFTS
&
PHOTOGRAPHY



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

Publication 29/07/2021
£25.00
Paperback
288 pages
260x200
ISBN: 9781781577028

Figure Drawing

By Jake Spicer

Informative and instructive, this comprehensive guide will give you all the tools you need to draw the human figure, from life and from a screen. While many books focus on just one aspect of figure drawing, this manual unites the skills of observation, expression and understanding in one coherent approach. Beginning with the key principles of observation, *Figure Drawing* will help you to build a strong foundation of skills to make well-observed, proportionally accurate drawings. As the book progresses you will explore processes and exercises that move beyond the purely observed to express the gesture, form and substance of your model.

- Photographic and illustrative examples throughout the book support your learning at every step.
- Clear step-by-step tutorials provide a practical understanding of the key materials, skills and ideas in figure drawing.
- A comprehensive anatomical reference section, broken down into manageable zones, deepens your knowledge of the human form.

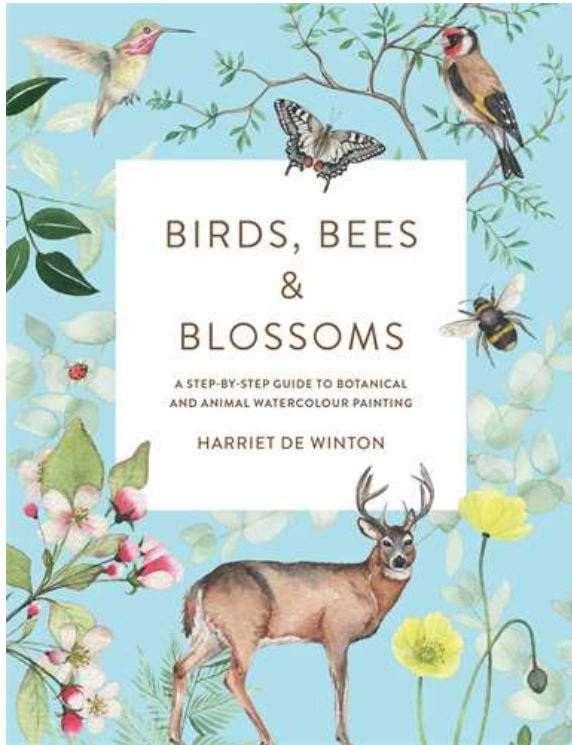
The book is a Swiss-bound paperback, designed to lie flat when open and in use.

Jake Spicer is a bestselling author, artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw and co-director of the Drawing Circus. The author of ten books, he has helped hundreds of thousands of people transform and improve their skills, confidence and art.

www.jakespicerart.co.uk

@BrightonDrawing

Ilex Press



Create stunning botanical and animal watercolour paintings in a fresh, contemporary style with the expert guidance of award-winning artist Harriet de Winton

Publication 07/10/2021

£14.99

Paperback

128 pages

SSN (246x189)

ISBN: 9781781578322

Birds, Bees & Blossoms

By Harriet de Winton

In her second book, botanical artist Harriet de Winton shows you how to paint modern watercolour artworks to treasure and share. Picking up where *New Botanical Painting* left off, this book aims to expand readers' repertoires into fauna as well as flora, with easy-to-follow instructions for a variety of difficulty levels.

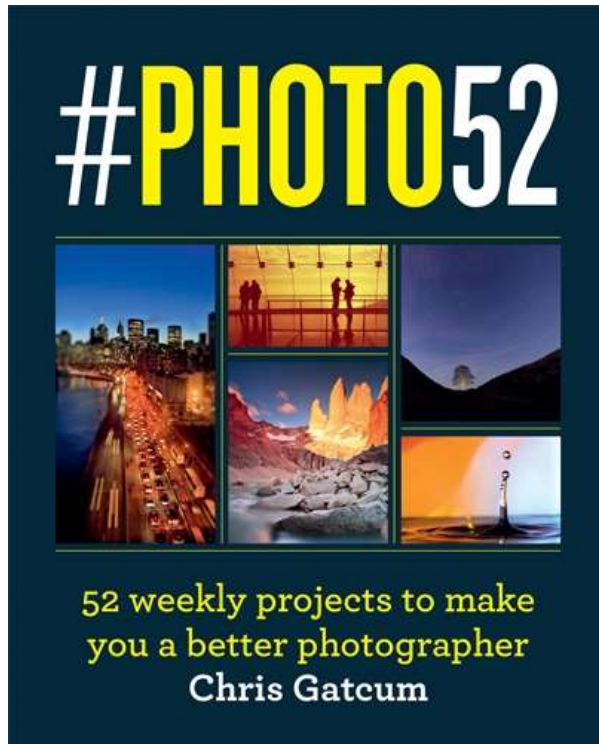
Through more than 30 step-by-step projects, you'll discover how to paint beautiful butterflies, bumblebees, birds and botanicals from around the world. In the final chapter, you'll find a guide to composing stunning patterns and scenes with your own botanical watercolour creations. Use your new skills to make art for your wall, unique cards, invitations, or simply paint for pleasure.

Projects include:

Bengal Tiger, Chilean Flamingo, Prickly Pear, Zebra, Bumblebee, Garden Tiger Moth, Peacock, White-tailed Deer, Polar Bear, Arctic Poppy and many more!

Harriet de Winton is an artist and stationer. Founder of the de Winton Paper Co, Harriet hosts a popular YouTube watercolour tutorial channel as well as hosting workshops throughout the UK. She is also the author of the best-selling *New Botanical Painting*, which has been translated into six languages.

Ilex Press



Stay inspired with your photography throughout the year with 52 educational, informative and fun projects guaranteed to make you a better and more committed photographer.

Publication 12/08/2021
£20.00
Paperback
176 pages
U (235x190)
ISBN: 9781781578506

#PHOTO52

By Chris Gatcum

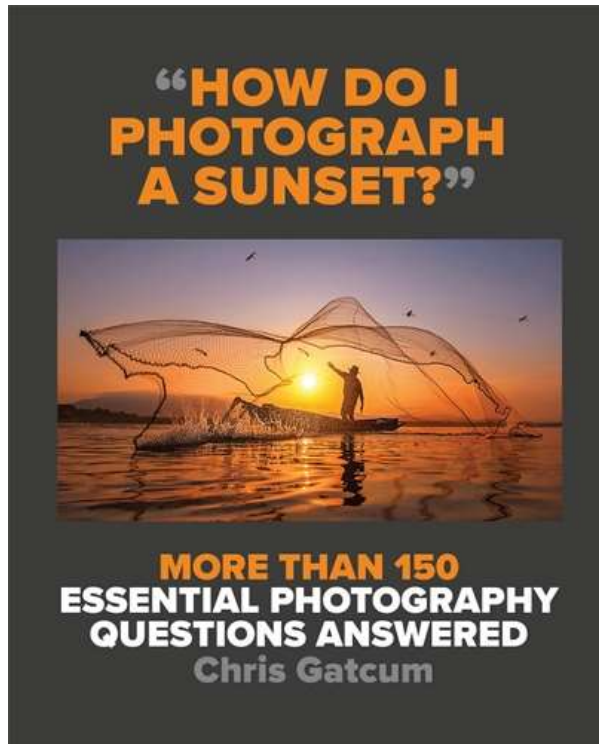
One of the most challenging aspects in photography is discovering new subjects to shoot. Once the basics have been mastered, the key to developing your skills and experience is through practice, but finding the motivation to keep taking pictures can be hard.

Author and photographer Chris Gatcum solves the problem in this inspirational book that delivers 52 photography projects offering something new to shoot every week, ensuring a year of fun, informative and practical shooting ideas to make you a better photographer.

- Discover new skills, techniques and photographic genres.
- Stay inspired with something new to shoot every week of the year.
- All projects rated by difficulty level to ensure you learn and develop at your own pace.
- 52 photography ideas guaranteed to radically improve your photography.

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

Ilex Press



Get the answers to the questions that are on every photographer's mind, as well as those they haven't thought of yet

Publication 09/09/2021
£16.99
Paperback
176 pages
U (235x190)
ISBN: 9781781578216

How Do I Photograph A Sunset?

By Chris Gatum

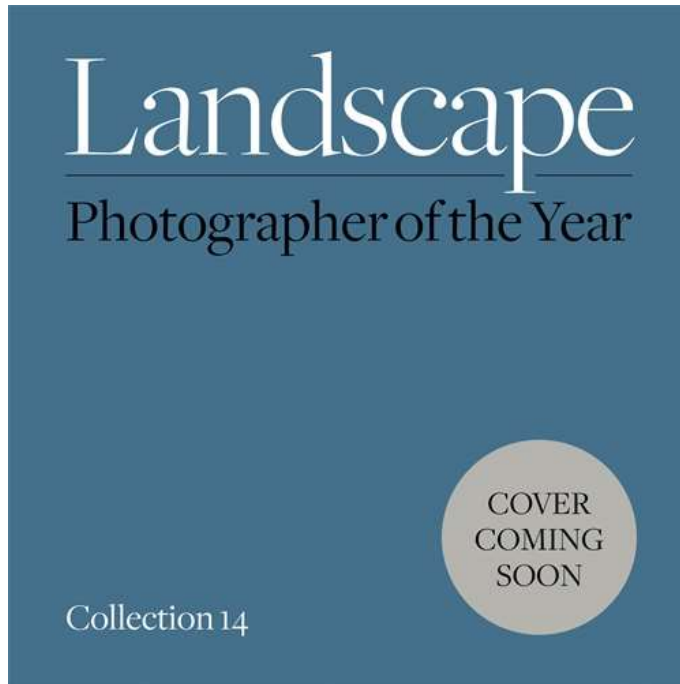
How do we learn? We learn by asking questions. But what if we don't know what questions we should be asking?

Thanks to the digital revolution, photography has never been so popular, and whether you shoot on a phone or a top-spec DSLR or CSC camera, the urge to improve is relentless. In this book, author Chris Gatum asks the questions that every photographer will have in mind at some point in their image-making journey, and then answers them in a clear, concise, straightforward and inspirational manner.

Laid out in intuitive sections, this book tackles the questions that are on every photographer's mind, as well as those that they haven't thought of yet. And with a clear progression through each chapter, from the simple to more complex, the book asks - and answers - questions to satisfy the complete novice as well as the advanced practitioner.

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

Ilex Press



Landscape Photographer of the Year

By Charlie Waite

Charlie Waite is one of today's most respected landscape photographers and the Landscape Photographer of the Year competition is his brainchild. Beautifully presented, this book is a stunning collection of images of the natural world from incredible image-makers, both amateur and professional. Each image is captioned with the photographer's account of the inspiration behind the picture, coupled with the technical information on equipment and technique that shaped the photograph.

A hugely prestigious competition, coupled with a high-profile author and an exhibition in central London, Landscape Photographer of the Year has enjoyed huge success in its thirteen years of publication.

The 14th edition of the annual Landscape Photographer of the Year competition, showcasing the winning and commended entries in each of the competition sections.

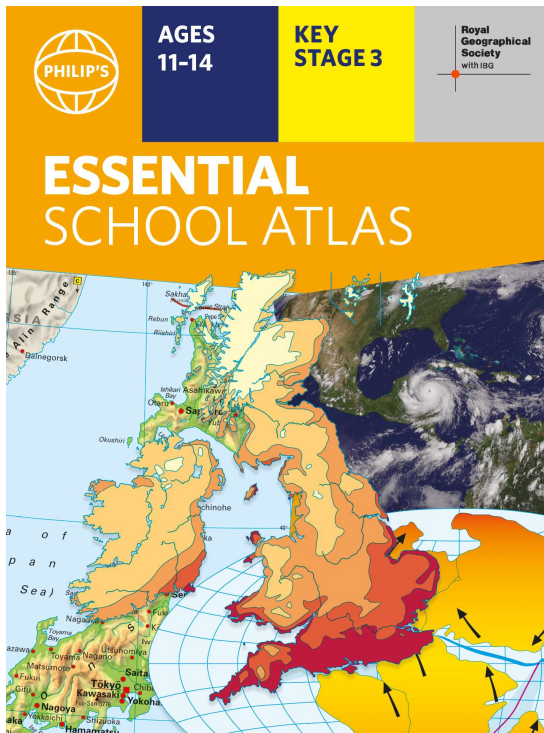
Publication 21/10/2021
£30.00
Hardback
224 pages
Other
ISBN: 9781781578155

Charlie Waite is now firmly established as one of the world's leading landscape photographers. Over the last twenty-five years he has lectured throughout the UK, Europe and the US, and he has held numerous one-man exhibitions all over the world. In 2007 Charlie launched Landscape Photographer of the Year, an annual international photography competition which ties in perfectly with his desire to share his passion and appreciation of the beauty of nature through photography.

Ilex Press

An aerial photograph of a tropical atoll, likely in the Philippines, showing a series of small, green islands and reefs surrounded by clear, turquoise water. The water's color transitions from light blue near the shore to a deeper blue further out. The islands are small and irregularly shaped, with some showing signs of vegetation and small structures. The overall scene is serene and picturesque.

PHILIP'S



A high-quality secondary school atlas, designed for work leading up to GCSE (England and Wales) National Curriculum Key Stage 3 (11-14 year olds), and Scotland's National Qualifications.

Publication 02/09/2021
£9.99
Hardback
96 pages
306x226mm
Philip's
ISBN: 9781849075855

Philip's RGS Essential School Atlas

By Philip's Maps

- The ideal school atlas for Key Stage 3 pupils and Scotland's National Qualifications, 11-14 years old
- All updated for 2021-2022 specifically to meet curriculum needs
- Specially focused 16-page UK and Ireland section
- Comprehensive 62-page world section includes thematic maps on the environment, climate change, people, quality of life, and energy
- Published in association with the Royal Geographical Society

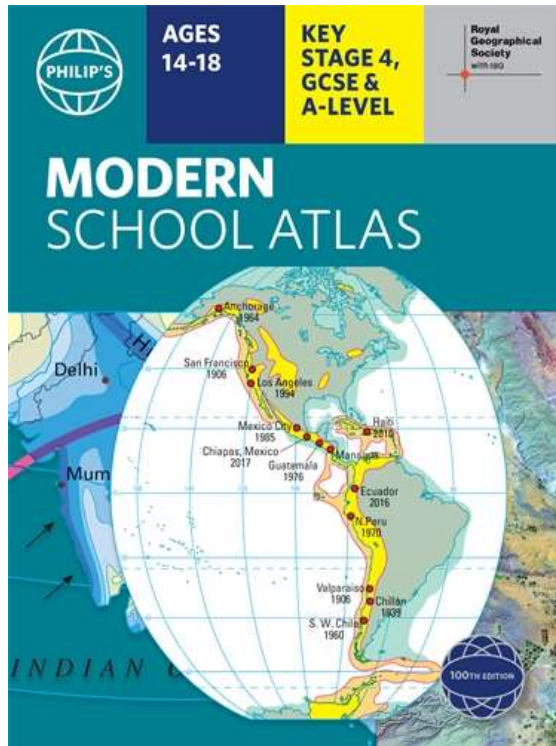
Philip's RGS Essential School Atlas has been specially created for lower-secondary geography students (11-14 year olds). The maps have been carefully designed to be uncluttered and easy to read, containing specially selected place names and detail. A clear set of symbols and scale information accompanies every map, with a useful introductory section covering basic atlas skills, including aerial photographs and satellite images to further explain particular features on the maps. Latitude and longitude co-ordinates are included in the index, alongside figure-letter references.

Fully up-to-date, the atlas includes detailed regional maps, charts and satellite images of Europe, Italy, the Middle East, China, Japan, Kenya, USA, Brazil, and the Arctic and Antarctica. It also focuses on areas of special interest for students of geography, such as Japan's volcanoes and earthquakes, conservation in Kenya, and water supply in the USA.

Philip's RGS Essential School Atlas is ideal for special project work and is available in both hardback and paperback editions.

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

#dft[edition_imprint]



The 100th edition of the essential geographer's reference for secondary education (14-18 year-olds), specially created for Key Stage 4, GCSE, A-Level and international schools.

Publication 02/09/2021
 £10.99
 Paperback
 184 pages
 300x224mm
 Philip's
 ISBN: 9781849075831

Philip's RGS Modern School Atlas

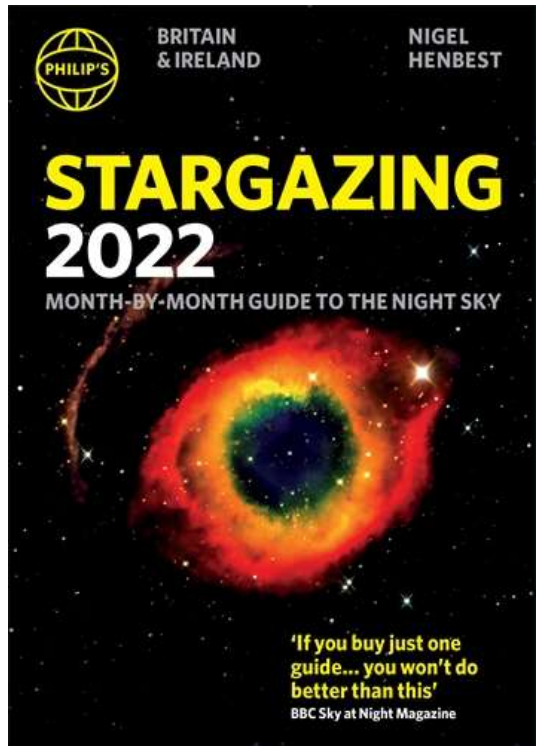
By Philip's Maps

- Britain's best-selling school atlas - now in its 100th edition
- Recommended for Key Stage 4, GCSE and A-level in England and Wales (Scottish National Qualifications/Highers) and international schools.
- Fully updated to reflect the latest changes in the curriculum
- Published in association with the Royal Geographical Society
- Combines superb digital maps of Britain and the world with up-to-date thematic maps across a wide range of topics
- Essential learning including political, physical, climate and thematic mapping
- Country-by-country statistics on population, land use, trade, tourism, energy, wealth and much more
- World Themes Section - from volcanoes to population trends all the key aspects of geography are explored
- Plus a special section on how satellite imagery is used to interpret global, environmental and urban patterns of change

The contents are divided into sections for ease of use, with each page colour-coded for rapid reference. It contains clear explanations of scale, latitude and longitude, map projections and Geographical Information Systems (GIS). The physical maps of the United Kingdom and Ireland are accompanied by thematic maps on numerous key social and economic themes. The middle section is made up of World topographical maps, incorporating continental thematic maps on topics such as climate, population and economics, followed by 30 pages of World thematic maps. Completing the atlas is a section of World social and economic statistics, accompanied by the index to the topographical maps in the atlas, showing letter-figure grid references as well as latitude and longitude co-ordinates.

Available in both hardback and paperback formats, Philip's Modern School Atlas 100th Edition is an unbeatable combination of highly detailed physical mapping backed up by numerous tables and enlightening thematic maps.

#dft[edition_imprint]



Philip's Stargazing is the perfect practical guide for both budding and experienced astronomers. Covering Britain and Ireland, the new 2022 edition has been completely revised to ensure it is totally up-to-date for exploring the wonder of the night skies, month-by-month and day-by-day.

Publication 02/09/2021
£6.99
Paperback
96 pages
149x210mm
Philip's
ISBN: 9781849075879

Philip's 2022 Stargazing Month-by-Month Guide to the Night Sky in Britain & Ireland

By Nigel Henbest

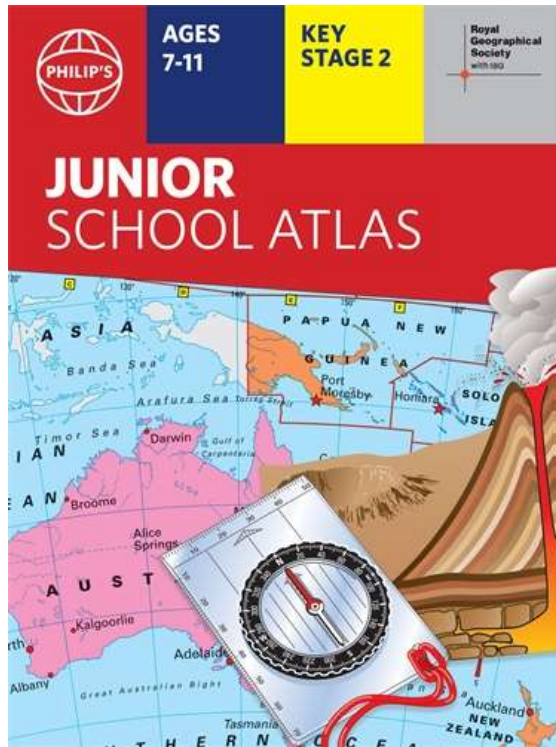
Discover the latest in stargazing with the new and definitive guide to the night sky.

Whether you're a seasoned astronomer or just starting out, *Philip's Stargazing 2022* is the only book you'll need. Compiled by experts and specially designed for use in Britain and Ireland, *Stargazing 2022* acts as a handily illustrated and comprehensive companion.

- 12 Brand-New Maps for year-round astronomical discovery
- Month-to-Month information. Daily Moon Phase Calendar, highlighting special lunar events throughout the year
- Planet Watch for ideal viewing days in 2022
- Avoid light pollution with our detailed Dark Sky Map
- Expert advice and insight throughout from internationally renowned Professor Nigel Henbest
- A 'Behind the Scenes' look at astrophotography from expert Robin Scagell
- Complete calendar of major astronomical events, including the Top 20 Sky Sights of 2022
- Jargon Buster, explaining common or confusing terms
- The planets' movements explained from solar and lunar eclipses to meteor showers and comets

After researching at Cambridge, Professor Nigel Henbest was appointed consultant to both *New Scientist* magazine and the Royal Greenwich Observatory. He is a future astronaut with Virgin Galactic. He has written over fifty books on astronomy and space, as well as presenting/producing dozens of radio and TV programmes for the international market.

#dft[edition_imprint]



The market-leading atlas for pupils at primary schools, Philip's RGS Junior School Atlas has been fully revised and updated for its 11th edition.

Publication 07/10/2021
£9.99
Hardback
64 pages
300x224mm
ISBN: 9781849075794

Philip's Junior School Atlas

By Philip's Maps

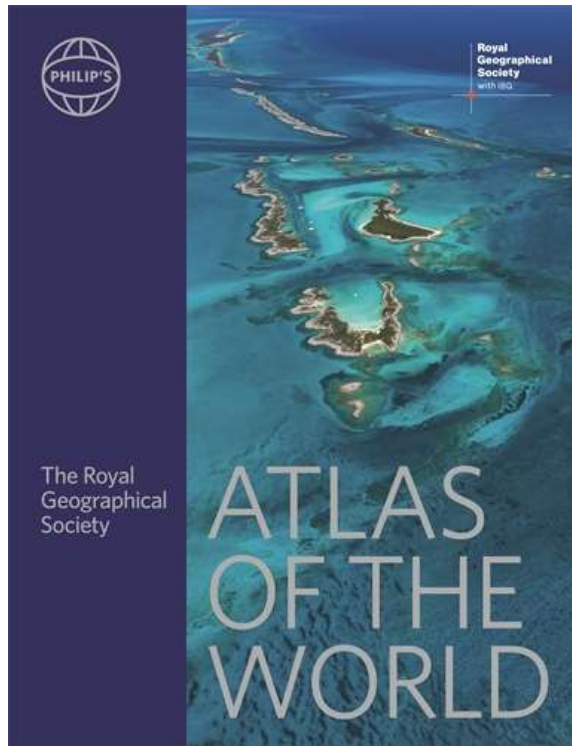
The 11th edition of the market-leading atlas for primary school pupils, Philip's RGS Junior School Atlas has been fully revised and updated with all the latest facts and curriculum requirements.

- The essential atlas for primary schools with clear and easy-to-follow maps and diagrams - updated for 2021/2022
- Published in association with the Royal Geographical Society
- Recommended for Key Stage 2 of the National Curriculum - and all 7-11 year olds
- An excellent introduction to mapping concepts such as scale, direction, symbols, longitude and latitude
- 22-page Britain and Ireland section with clear thematic charts, diagrams and large-scale regional maps
- 22-page section on The World, with political maps - and thematic treatment of key themes, from volcanoes and earthquakes to transport and tourism
- Continents section with physical and political maps
- Easy-to-follow map references and 1,000-place index

The market-leading atlas for pupils at primary schools, Philip's RGS Junior School Atlas is a stimulating and authoritative first introduction to the world of maps, and is recommended for Key Stage 2 of the National Curriculum.

The introductory section describes the meaning of scale, how to measure distances using the maps, and explains the symbols on the maps. The following section is devoted to the United Kingdom and Ireland. Thematic maps cover topics such as mountains and rivers, climate and weather, population and cities, farming and fishing, industry and energy, transport, tourism and conservation. Regional maps of England and Wales, Scotland and Ireland complete this section. The rest of the atlas is made up of world thematic maps and world continental maps. Included are topics such as the world's climate, vegetation, agriculture, energy sources, and environmental concerns, such as global warming. A simple letter-figure index completes the atlas - a useful introduction to help the young reader find his/her way around the maps.

#dft[edition_imprint]



The flagship title for the most up-to-date geographical information alongside stunning satellite imagery and the latest statistics on everything from global migration to the impact of the Sars-Covid pandemic.

Publication 07/10/2021
£75.00
Hardback
448 pages
365x280mm
Philip's
ISBN: 9781849075923

Philip's RGS Atlas of the World

By Philip's

"A veritable encyclopaedia of geographic and demographic information, profusely illustrated... Extraordinary." --The New York Times

Packed with the latest statistics and filled with clear cartography, the Philip's RGS Atlas of the World gives a striking view of the Earth's surface and its many complexities. The edition opens with the latest world statistics and a special review of Migration. Also included is a feature on the global impact of the Covid 19 pandemic so far. Exceptional satellite images of the earth convey some of the awe-inspiring wonder of our planet.

The extensive front section contains a Gazetteer of Nations that has been comprehensively checked and updated to include recent economic and political changes. Sumptuously illustrated with tables and graphs, the introduction to World Geography covers numerous topics of geographical significance, including climate change, oceans and seas, population and cities, conflict and co-operation, energy and minerals, tourism and travel, health, wealth and standards of living.

Depicting both dense urban coverage and near-uninhabited areas of the earth, the hundreds of city and world maps that form the body of the Atlas have been thoroughly updated and include everything from the new Giant Panda Park in China to the Museum of the Future in Dubai.

Providing the finest global coverage available, the Philip's RGS Atlas of the World is not only exceptional value for a volume of its size, but also the benchmark by which all other atlases are measured.

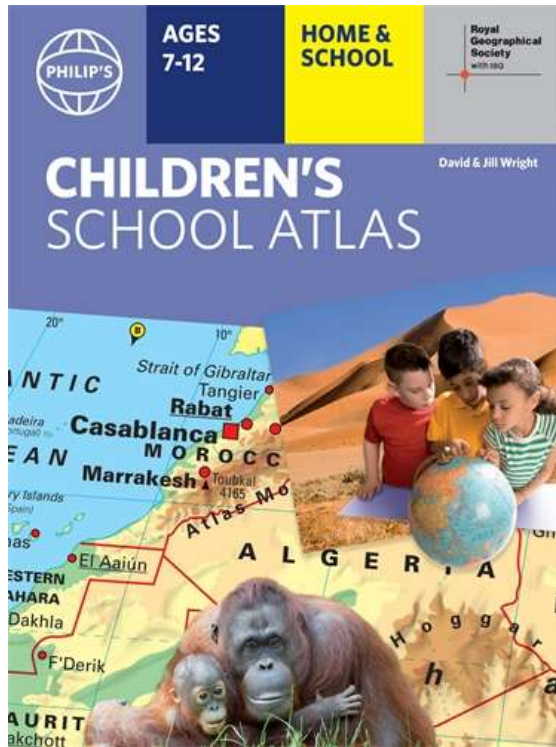
"An indispensable reference." --The Today Show

"This authoritative volume is the standard by which others will be measured." --Boston Herald

"A page-turning stroll through the continents." --USA Today

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

#dft[edition_imprint]



An atlas specifically designed for young readers aged 7-12 that includes guidance for parents and teachers on how to use the maps to encourage the early development of geographical skills.

Publication 07/10/2021
£12.99
Hardback
96 pages
290x240mm
Philip's
ISBN: 9781849075817

Philip's RGS Children's School Atlas

By David Wright, Jill Wright

"This is such a great book for primary school age children and a little beyond for finding out about the world, its countries and people" Amazon customer review

- Philip's atlas, designed specially to use at home and at school with guidance for parents and teachers
- Clear maps and fascinating facts bring geography to life for readers aged 7-12
- Published by Philip's the UK's leading school atlas publisher, in association with the Royal Geographical Society
- Quizzes, activity ideas and puzzles to make learning fun
- Past winner of the Geographical Association's award for making a significant contribution to geography

The atlas is organized spread by spread in the classic sequence: first Europe, then its land neighbour Asia, followed by Africa, Australia and Oceania, North America and South America.

Illustrated with captivating full-colour photographs and packed with fact boxes, curiosities, flags, stamps and quiz questions, Philip's RGS Children's Atlas is both fun to use and easy to understand.

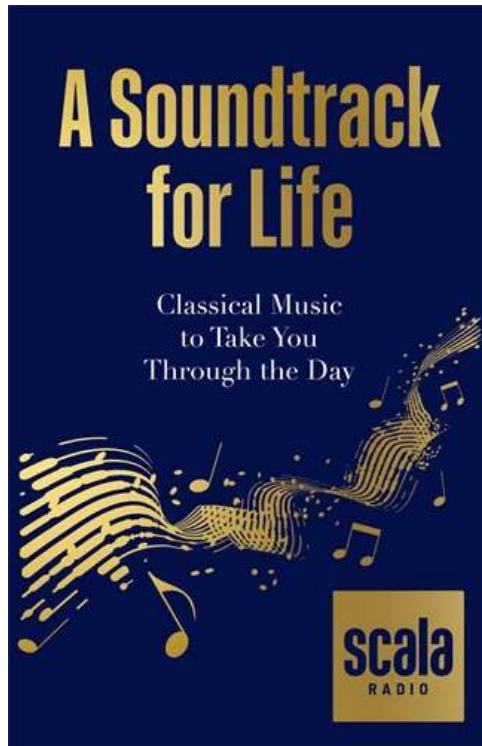
Now in its 16th edition, Philip's RGS Children's Atlas is a past winner of the Geographical Association's award for making a significant contribution to geography. The atlas was judged "an excellent 'all round' children's atlas with simple yet well-designed maps, well-illustrated with colour photographs. It links places to issues, events and real people, giving a clear sense of place."

David Wright began his career as a geography teacher, before moving into teacher training. Together with his wife, Jill, and son and daughter, he has travelled the world extensively, researching new material for educational and children's books. David and Jill Wright are the authors of the highly successful Philip's Children's Atlas, now in its 16th edition.

#dft[edition_imprint]

ART & MUSIC





A listener's guide to classical music to take you through the day

Publication 08/07/2021

£18.99

Hardback

288 pages

Royal

ISBN: 9780857839671

Scala Radio's A Soundtrack for Life

By

Bringing together much-loved masterpieces with exciting new works, this accessible and inspiring guide is a celebration of classical music.

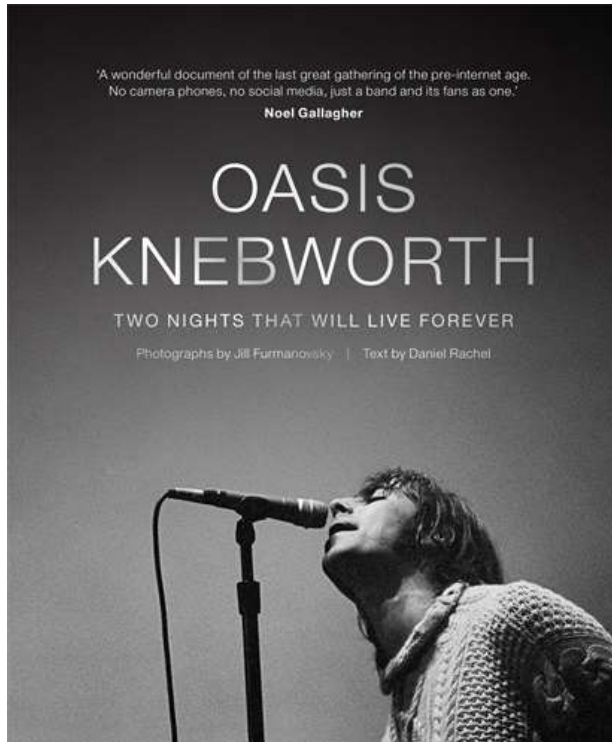
With pieces ranging from Vaughan Williams's *The Lark Ascending* and Beethoven's *Pastoral Symphony* to the scores for *Avatar* and *Assassin's Creed*, each entry puts the piece of music into context, providing fascinating insights into the inspirations behind each work and enhancing your listening experience.

Organised into Occasions and Themes, the book features music to accompany you through your day, from getting up and getting dressed to running, reading, walking the dog, cooking, taking a bath, going to sleep and everything in between. You'll also find expert curations of the world's most romantic music and the greatest Christmas choral works as well as compositions that celebrate the natural world and mark births and marriages.

Perfect for classical music enthusiasts as well as anyone looking for an enjoyable introduction to this genre, this is the definitive modern guide to classical music.

Scala Radio is the digital radio station breaking the mould of classical music in the UK. Expect to hear contemporary works including film, TV and video game scores, instrumental re-workings of pop and rock songs by the likes of Lady Gaga, David Bowie and Bastille, and folk-inspired tracks by Dreamers' Circus and Sam Sweeney.

Kyle Books



An access-all-areas book marking the 25th anniversary of the era-defining Oasis concerts at Knebworth, with stunning images taken by acclaimed music photographer Jill Furmanovsky - including contributions from Noel Gallagher and Alan McGee, and hundreds of never-before-seen pictures.

Publication 05/08/2021
£40.00
Hardback
288 pages
MN (280x230)
ISBN: 9781788402804

Oasis: Knebworth

By Jill Furmanovsky and Daniel Rachel

'A wonderful document of the last great gathering of the pre-internet age. No camera phones, no social media, just a band and its fans as one' - NOEL GALLAGHER

On 10th and 11th August 1996, Oasis played the concerts that would define them, a band at the height of their powers playing to over 250,000 people.

Twenty-five years on, this is the inside story of those nights, told through the breathtaking photographs of Jill Furmanovsky, granted unprecedented access to Oasis throughout that summer. Also includes newly obtained first-hand accounts from the people who were there - including Noel Gallagher and Alan McGee - in text by award-winning author Daniel Rachel.

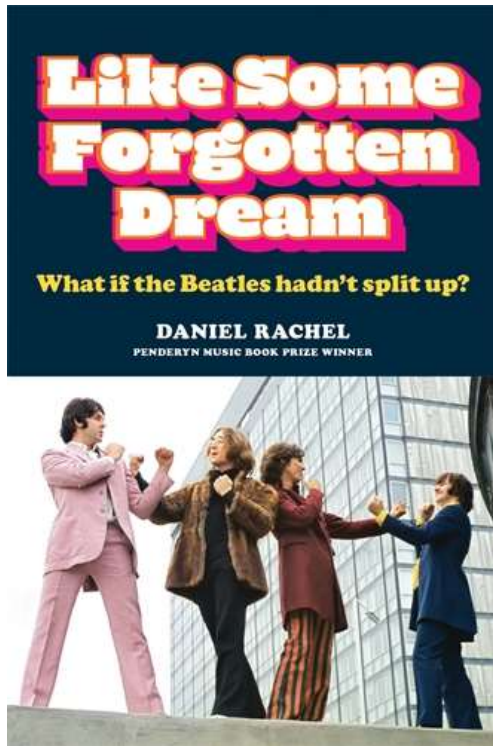
From relaxed rehearsals and warm-up concerts to Knebworth itself - backstage, onstage, flying high above the site - many of the stunning photographs in this book have never been seen anywhere before.

This the definitive account of two nights that a generation will never forget.

Jill Furmanovsky is an internationally renowned, award-winning photographer. She has photographed many of the biggest names in music over a fifty-year career, including Pink Floyd, Led Zeppelin, Bob Marley, James Brown, The Clash, Bob Dylan and The Pretenders. She worked extensively with Oasis documenting their career between 1994 and 2009.

Daniel Rachel is a musician turned award-winning author. Winner of the Penderyn Music Book Prize, his books include Walls Come Tumbling Down, Don't Look Back in Anger and Like Some Forgotten Dream.

Cassell



An award-winning music author takes a serious look at a playful question of pop history: what if the Beatles had created one more album?

Publication 26/08/2021
£20.00
Hardback
304 pages
Royal
ISBN: 9781788403207

Like Some Forgotten Dream

By Daniel Rachel

This is the story of the great lost Beatles album.

The end of the Beatles wasn't inevitable. It came through miscommunication, misunderstandings and missed opportunities to reconcile.

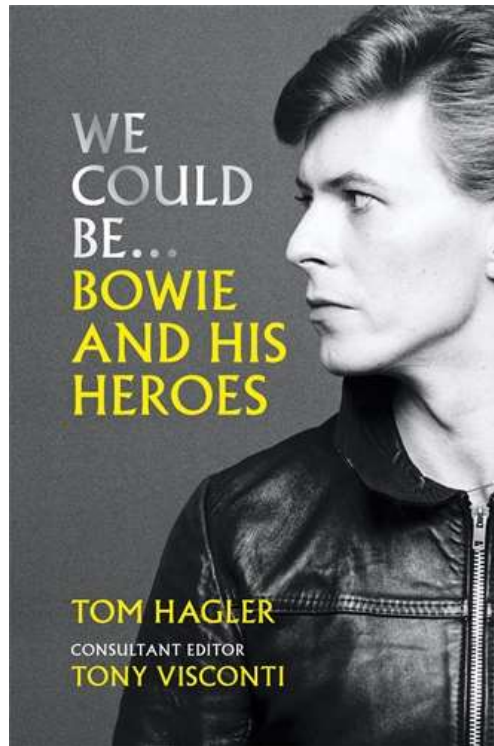
But what if it didn't end? What if just one of those chances was taken, and the Beatles carried on? What if they made one last, great album?

In *Like Some Forgotten Dream*, Daniel Rachel - winner of the prestigious Penderyn Music Book Prize - looks at what could have been. Drawing on impeccable research, Rachel examines the Fab Four's untimely demise - and from the ashes compiles a track list for an imagined final album, pulling together unfinished demos, forgotten B-sides, hit solo songs, and arguing that together they form the basis of a lost Beatles masterpiece.

Compelling and convincing, *Like Some Forgotten Dream* is a daring re-write of Beatles history, and a tantalising glimpse of what might have been.

Daniel Rachel is a musician turned award-winning author. His previous books include *NME* and *Guardian* Book of the Year *Isle of Noises*, *Evening Standard* Book of the Year *Don't Look Back in Anger*, and *Walls Come Tumbling Down*, which was described as 'triumphant' by the *Guardian* and 'superlative...brilliant' by *Q* magazine, and was awarded the prestigious Penderyn Music Book Prize in 2017.

Cassell



The story of Bowie's life told through 300 encounters with fellow icons, from Dylan to Dalí, Lennon to Lydon, Princess Margaret to Prince.

Publication 02/09/2021

£20.00

Hardback

400 pages

Royal

ISBN: 9781788402729

We Could Be

**By Tom Hagler with consultant editor
Tony Visconti**

With consultant editor Tony Visconti.

David Bowie's story has never been told quite like this.

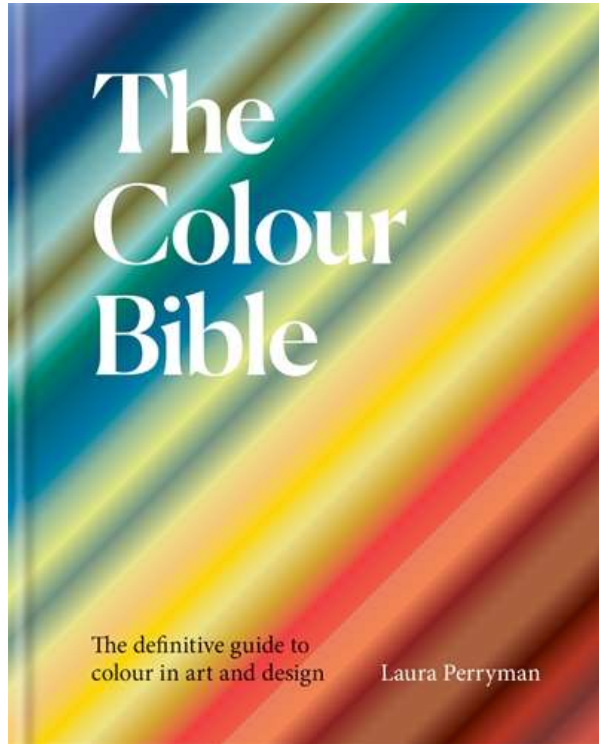
Tracing the star's encounters with fellow icons throughout his life, *We Could Be* offers a new history of Bowie, collecting 300 short stories that together paint a portrait of humour, humility, compassion, tragedy and more besides.

He embarrasses himself in front of Lennon and Warhol. He saves the life of Nina Simone. He is hated by Bob Dylan. He teaches Michael Jackson the moonwalk. Individually astonishing, together these stories - including details never before revealed - build a new picture of Bowie, one which shows his vulnerability, his sense of humour, his inner diva.

Exhaustively researched from thousands of sources by BBC reporter and Bowie obsessive Tom Hagler - with the guidance and memories of Bowie's long-time producer Tony Visconti - *We Could Be* is fascinating, comic, compelling, and a history of Bowie unlike any that has come before.

Tom Hagler (Author) Tom Hagler is a presenter and reporter for BBC World Service radio. He has covered major events and interviewed some of the biggest names across politics, music and science, with a roll call as diverse as Joe Biden, Kofi Annan, Grandmaster Flash and Buzz Aldrin. He was previously a reporter for the Sunday Telegraph and The Sunday Times. **Tony Visconti (Author)** Tony Visconti is a record producer and musician, described as one of the most important producers in rock history. As well as artists such as Paul McCartney, T. Rex and Manic Street Preachers, he collaborated with David Bowie over a period of nearly 50 years, working on various seminal albums including *Diamond Dogs*, *"Heroes"* and Bowie's final album, *Blackstar*.

Cassell



**The definitive guide to the history and use
of over 100 colours for designers, artists
and creatives**

Publication 02/09/2021
£22.00
Hardback
320 pages
G13 (200x160)
ISBN: 9781781577844

The Colour Bible

By Laura Perryman

An essential source for graphic designers, artists, interior designers, fashion designers, illustrators and creatives of any kind who work with colour.

Colour is intrinsic to the human experience; it guides us with subconscious visual cues throughout our lives. Get it right in your design or art and you can enhance mood and atmosphere, and create a desired psychological or even physiological effect. *The Colour Bible* is a contemporary handbook for navigating this fascinating world of colour. It dives into 100 profiles of significant colours and tracks them through their genesis, historical usage in art and design, and contemporary connotations and uses.

- A potted history of each colour
- Key colour associations from around the world
- Contemporary connotations and brand design
- Practical advice on how to use and combine colours in your work

Laura Perryman has 10 years' experience as a designer and trends forecaster. Her ethos is that the use of colour should be innovative, well considered but, above all, purposeful. Laura's work has featured in *Architectural Digest*, *House & Garden* and *Business Week*. She was the recipient of a prestigious colour award from the Society of Dyers and Colourists and her innovative surface designs received the prize for Inclusive Interior: Design for our Future Selves from CABA, the Commission for Architecture and the Built Environment. In the past 10 years Laura has brought her specialist knowledge into play for brands as diverse and forward thinking as 3M, Habitat and Panasonic Europe. Laura currently runs Colour of Saying, a consultancy that specialises in future forward design with colour and materials.

Ilex Press



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

Publication 30/09/2021
£30.00
Hardback
208 pages
EA (253x201)
ISBN: 9781781577455

Tate: Contemporary Art Decoded

By Jessica Cerasi

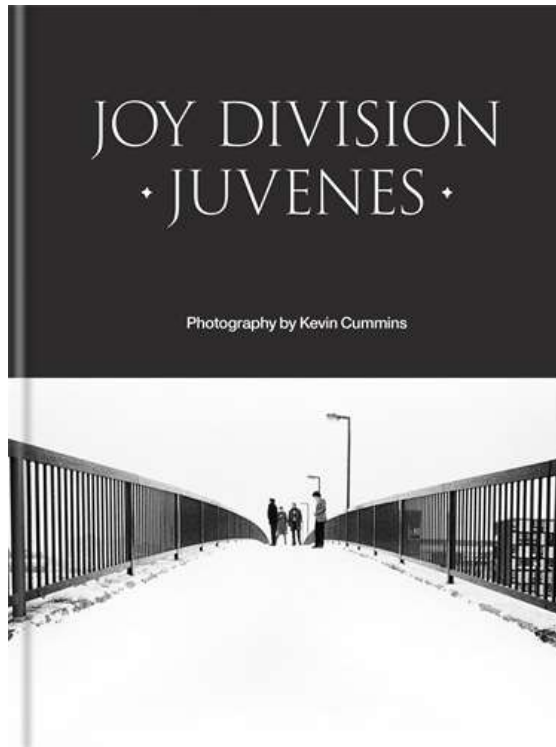
What is contemporary art, and how did art come to be what it is today? How can we understand what a work of art means; and can't just about anything be called art these days?

Contemporary Art Decoded takes ten key questions about contemporary art and uses them to explain what you're looking at, how it works, and why it matters. Steering clear of jargon, this book digs deep into the core ideas and concepts behind the art. It features some work you'll recognise, and some you won't, from some of the most exciting artists working today, such as Olafur Eliasson, Anish Kapoor, Yayoi Kusama and Zanele Muholi.

This book is guaranteed to make your next trip to a gallery a more rewarding experience.

Jessica Cerasi is Assistant Curator for the Guggenheim Abu Dhabi project. She has worked as Curator of Modern and Contemporary Art at the UK Government Art Collection and Assistant Curator of the 2019 Venice Biennale. She has taught a highly popular course on 'Demystifying Contemporary Art' at Tate Modern, and is co-author of *Who's Afraid of Contemporary Art?*, published in 2017.

Ilex Press



The definitive collection of the Joy Division photographs of Kevin Cummins, containing interviews, essays and unpublished photographs.

Publication 07/10/2021
£30.00
Hardback
256 pages
MEP (263x194)
ISBN: 9781788402712

Joy Division: Juvenes

By Kevin Cummins

The definitive collection of the Joy Division photographs of Kevin Cummins, including interviews with Bernard Sumner, Peter Hook and Stephen Morris.

The iconic images captured by Cummins - from snowy bridges and dark rehearsal rooms to electrifying live performances - helped to define Joy Division and cement their place in music history.

Originally published in an ultra-limited run of just 226 copies, Juvenes is a book with legendary status. Now comprehensively updated with new material and images that have never been published in a book before, this new edition will allow fans to own it for the first time.

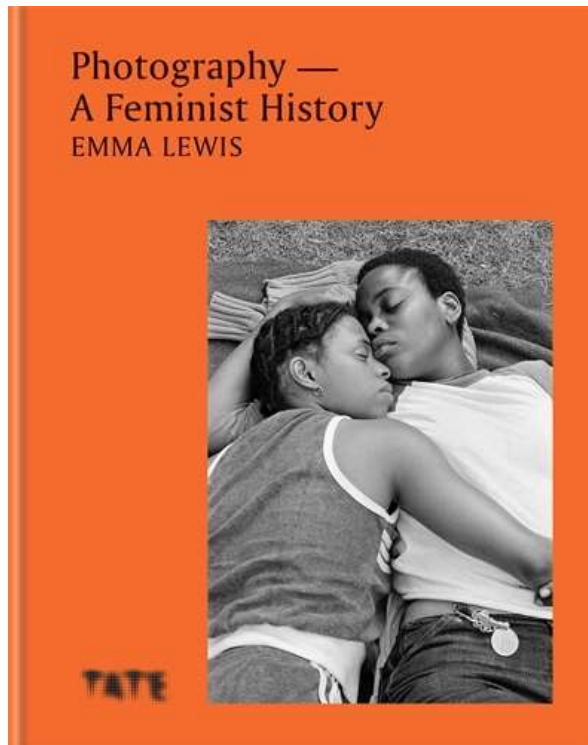
Also containing insightful and moving essays from the band's family, contemporaries and fans including David Peace and Pat Nevin, Juvenes is a striking, poignant celebration of a truly special band.

With a foreword by Ian Rankin.

Manchester-born Kevin Cummins has an international reputation as one of the world's leading photographers and is famed for his iconic portraits of musicians including Joy Division, David Bowie, Nick Cave, Mick Jagger, Patti Smith and Oasis. These photographs have appeared on magazine covers and in art galleries and museums including the National Portrait Gallery and the Victoria and Albert Museum in London, and in cities including New York, Buenos Aires, Berlin, Bologna and many others.

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

Cassell



Gender rights, roles and the camera: the story of women and nonbinary photographers from the 1800s to the present day

Publication 07/10/2021
£40.00
Hardback
256 pages
Other
ISBN: 9781781578049

Photography – A Feminist History

By Emma Lewis

How did the abolitionist movement interact with women's entry into the field of photography? What does the medium have to do with menstrual taboos? Is there even such a thing as a 'feminist image'?

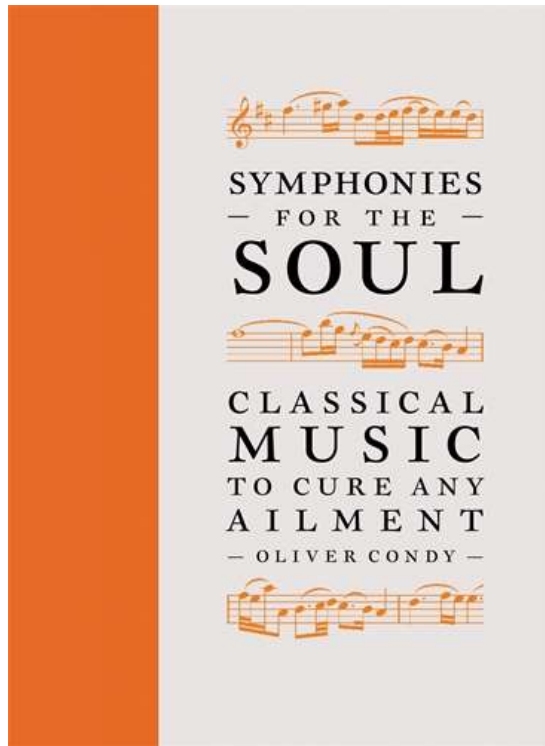
Whether working in the studio or on the front line, women have contributed to every aspect of photography's short history. For some, gender is front and centre; for others, it's merely incidental. All have been affected by the power structures beyond their camera lenses. Far too many have been, and continue to be, overlooked.

Mapping photographic developments against shifting gender rights and roles, *Photography - A Feminist History* shines a light on how photography has borne witness to women's movements and made the causes for which they fight visible, and how, in turn, different approaches to feminism have given us ways of understanding photographs.

Authoritative and international in scope, *Photography - A Feminist History* features over 140 photographers, with ten thematic essays, and extended profiles on 75 key practitioners, many informed by conversations with the author.

Emma Lewis is Assistant Curator, International Art Tate, Modern. Since joining the museum in 2013 she has organised or co-organised numerous collection exhibitions and permanent collection displays, most recently *Dora Maar* (2019), *Portraits and Community* (2019) and *Wolfgang Tillmans* (2017) and is responsible for researching photography acquisitions for the permanent collection, with a specialist focus on women's histories and feminist practices. Emma regularly contributes to exhibition catalogues and artist monographs, sits on panels for organizations including Sony, Magnum Photos and *British Journal of Photography*, and has appeared on BBC's *Start the Week* and *The Listening Service*. Her first book *Isms: Understanding Photography* (Bloomsbury) was published in 2017.

Ilex Press



An A-Z of ailments - physical, mental and spiritual - and the classical music that will cure the body and soothe the soul.

Publication 04/11/2021

£15.00

Hardback

192 pages

Other

ISBN: 9781788403184

Symphonies for the Soul

By Oliver Condry

They say that music has charms to soothe a savage beast, but can it cure a broken heart?

Oliver Condry takes the role of musical diagnostician in *Symphonies for the Soul*, using his years of experience to prescribe classical music remedies for all manner of ailments. Whether you have been struck down with a case of the common cold, are suffering from burnout or reeling from a humiliation, there is a piece of classical music to restore you to rights.

A beautifully-packaged gift book with more than 100 recommendations, as well as stories behind the pieces and composers selected.

Oliver Condry is a magazine editor with 20 years of experience in music publishing. He is currently Editor of BBC Music Magazine, where he has overseen more than 200 issues.

Cassell



SPORT



A cricketing history of the last 20 years.

Publication 04/08/2021

£20.00

Hardback

288 pages

Royal

Cassell

ISBN: 9781788402422

It's Always Summer Somewhere

By Felix White

Felix takes us through his life growing up in South West London and describes how his story is punctuated and given meaning by cricket. Through his own exploits as a slow left arm spinner of 'lovely loopy stuff', to the tragic illness of his mother, life with the Maccabees and his cricket redemption, Felix touches on both the comedic and the tragic in equal measure.

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

Felix White is the co-host of the BBC's number one podcast and 5Live show, *Tailenders*, which he co-hosts with Jimmy Anderson and Greg James. The show has become a huge favourite among cricket fans and in 2021 will tour the UK at sold-out theatre shows. Felix writes a regular cricket column for the *Independent* and *Wisden* magazine. He is also the founder member of The Maccabees and wrote the film score for the acclaimed cricket film *The Edge*.

Cassell



An inspirational guide to success from the TikTok sensation and World Freestyle Champion!

Publication 02/09/2021

£14.99

Hardback

176 pages

Z Format

Cassell

ISBN: 9781788402668

The Way to W1n

By Liv Cooke

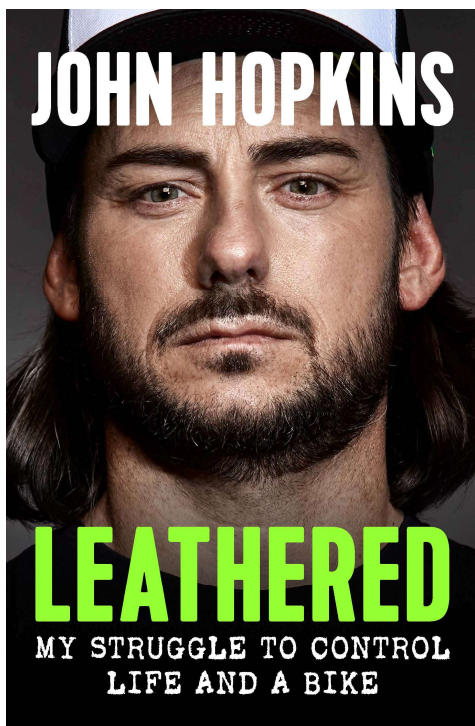
Liv Cooke is an inspiration to millions of TikTok fans around the world. Her videos featuring incredible football stunts and tricks have been viewed over 72 million times by her 4.5 million fans around the globe. She's inspired millions of young women to get out there, have fun, work hard and achieve their dreams.

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

The Way to W1n is the fresh, exciting and fun way to succeed with a dynamic outlook on life.

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

Cassell



The autobiography of one of the most talented, charismatic and popular racers ever to grace the sport of motorcycle racing.

Publication 02/09/2021
£12.99
Trade Paperback
320 pages
Royal
Cassell
ISBN: 9781788403276

Leathered

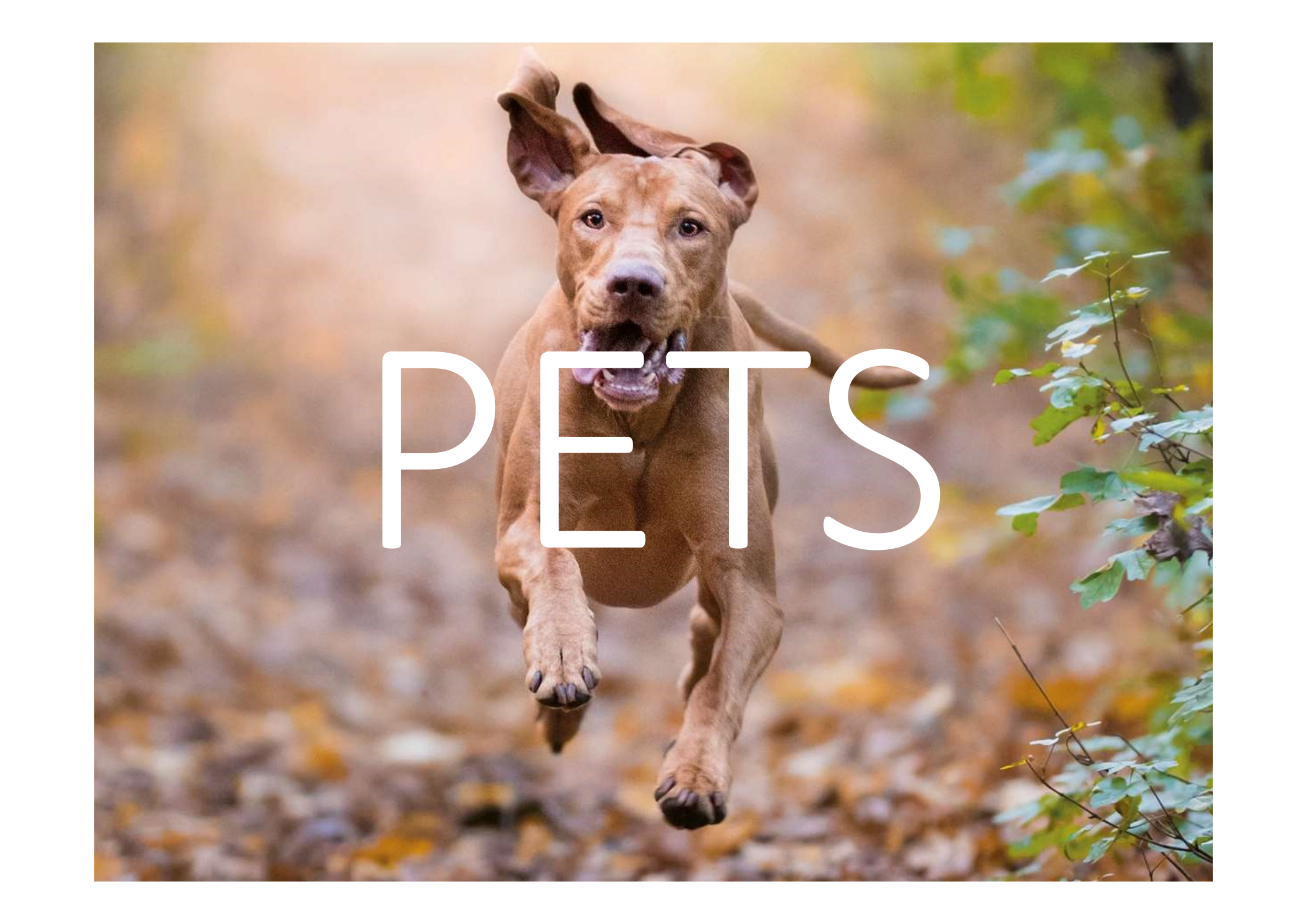
By John Hopkins

In a whirlwind of speed and chaos, John quickly acquired a taste for life on the back of a motorbike as he grew up riding the dusty tracks of the Californian desert. Impressing spectators and officials alike by competing in races as early as the age of four, his reckless nature and incredible talent earned him a position in the rarified world of professional motorcycle racing. But depression and temptation led him down a path that threatened his career, life and marriage, and brought him to a life of alcoholism, addiction and even smuggling.

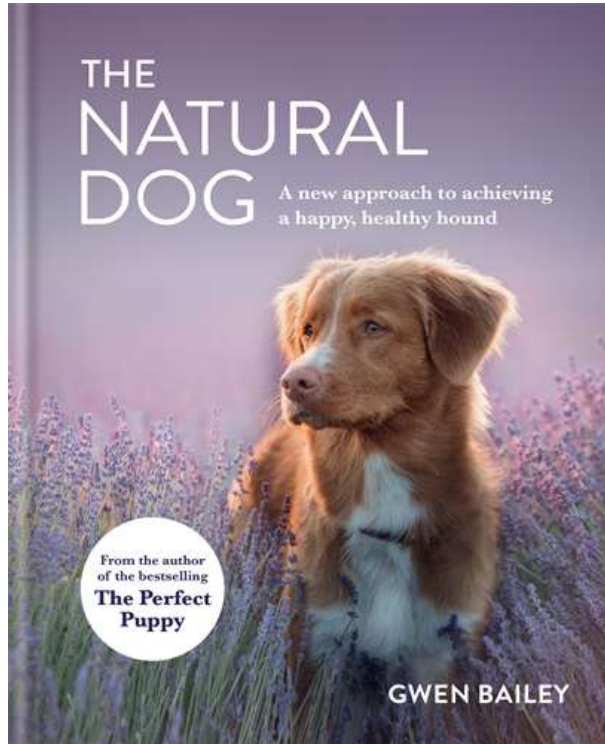
Untold up to now are the true stories behind the lurid headlines, the extent of John's mental torment at the time, his eventual total dependence on painkillers and alcohol, the drug smuggling trips to Mexico, his contemplation of suicide and the rehabilitation that saved him. The love story with his wife Ashleigh provides the backdrop to a dramatic, funny and uplifting story of an extraordinary life lived before the age of 40.

John 'Hopper' Hopkins is a former road racer based in the United States. Raised by English parents in California, he was signed from obscurity to compete at the elite level of the sport and within a few years emerged as one of its most exciting players. He is known to MotoGP fans as the most fearless rider of a generation

Cassell

A photograph of a brown dog, possibly a Weimaraner, running through a forest. The dog is captured in mid-stride, with its front legs extended forward and its mouth slightly open. The background is a soft-focus forest floor covered in fallen leaves, with some green foliage visible on the right side. The word "PETS" is overlaid in large, white, sans-serif capital letters across the center of the image.

PETS



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

**Publication 01/07/2021
£20.00
Hardback
224 pages
U (235x190)
Hamlyn
ISBN: 9780600636038**

The Natural Dog

By Gwen Bailey

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

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

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

This is the wellness bible for dog owners everywhere.

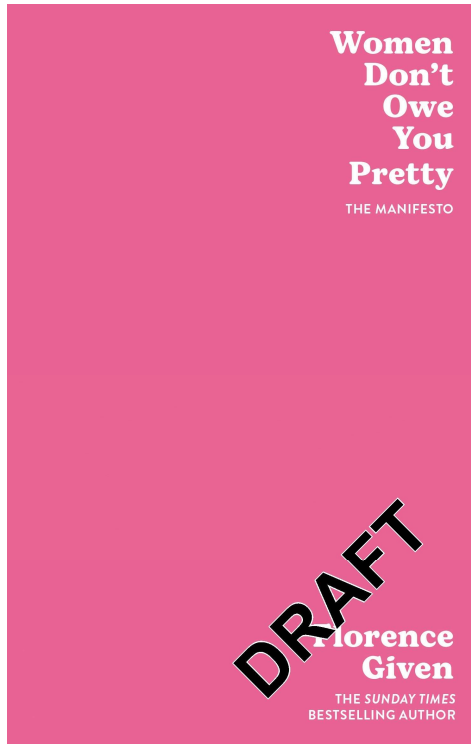
Gwen Bailey is the author of the UK's biggest-selling training book: *The Perfect Puppy*, which has sold more than 470,000 copies worldwide and helped countless owners understand and school their puppies. Gwen worked for a leading UK national animal welfare charity and pioneered the use of canine behaviour knowledge in the rehoming of unwanted animals. She was also the first person to be appointed by a national animal welfare charity as a full-time Animal Behaviourist.

Gwen has written 15 books on dog care, psychology and training. She is also the founder of Puppy School, the UK's largest network of puppy training classes.

Hamlyn



NARRATIVE
NON-FICTION



'The Beauty Myth' for the Instagram generation.

Publication 09/09/2021

£7.99

Paperback

96 pages

B Format

Brazen

ISBN: 9781914240348

Women Don't Owe You Pretty

By Florence Given

*** NEW EDITION ***

THE FEMINIST BOOK EVERYONE IS TALKING ABOUT.

'An incredible mouthpiece for modern intersectional feminism.'
- *Glamour*

'A fearless book.' - *Cosmopolitan*

Bringing you the record-breaking, bestselling *Women Don't Owe You Pretty* as a black and white modern classic.

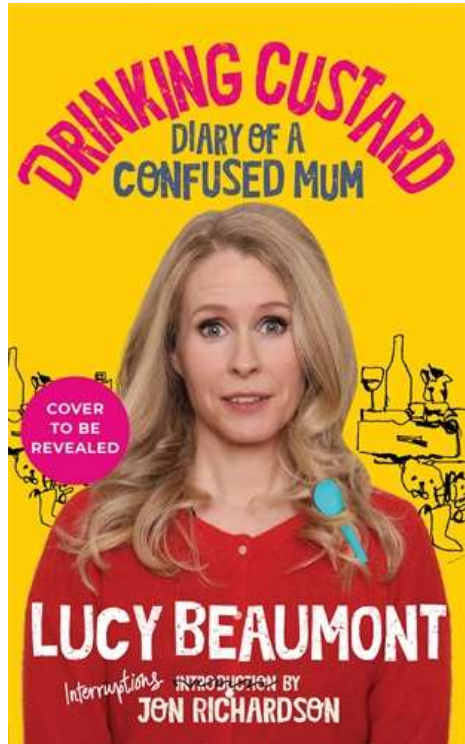
Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the out-dated narratives supplied to us by the patriarchy. Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them.

Florence Given is here to remind you that you owe men nothing, least of all pretty.

WARNING: CONTAINS EXPLICIT CONTENT (AND A LOAD OF UNCOMFORTABLE TRUTHS).

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 for one year, leaving to pursue art and writing. Boasting nearly 600k 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.

Brazen



Lucy Beaumont from TV's Meet The Richardson's on the hilarious 'joys' of motherhood.

Publication 30/09/2021
£18.99
Hardback
272 pages
Royal
Monoray
ISBN: 9781913183738

Drinking Custard

By Lucy Beaumont with interruptions by Jon Richardson

From TV's award-winning comedy mum, Lucy Beaumont, comes her hilarious debut on the trials and tribulations of motherhood.

Known for her sharp, witty and surreal view on everyday life, Lucy shares the unpredictable craziness of being a mum in this brilliant and laugh-out-loud 'mumoir'. Mum's everywhere will recognise the madness of it all. Like when Lucy was hospitalised with indigestion in her third trimester (blame the burrito), or when she was *this close* to slapping her hypo-birthing instructor. Or the efforts she made to infiltrate the local mums' social groups and when she embarrassingly forgot her own new-born baby's name!

Heart-warming and laugh-out-loud funny, *Drinking Custard* also captures Lucy's marriage to comedian Jon Richardson, as they navigate Lucy's raging pregnancy hormones and balk at pram prices together.

Lucy Beaumont is an award-winning stand-up, writer, and comedy actress. She is the writer and star of BBC Radio 4's 'To Hull and Back' co-starring Maureen Lipman, and Dave's highly rated TV show, Meet The Richardsons, co-written with Car Share's Tim Reid and also starring husband Jon Richardson.

Lucy is a well-known daughter of Hull and is passionate about her hometown. In 2019, she was the captain of the University Challenge team for Hull University. She has also appeared on numerous TV shows including 8 out of 10 Cats Does Countdown, Jonathan Ross, QI, and Joe Lycett's Got Your Back.

Monoray