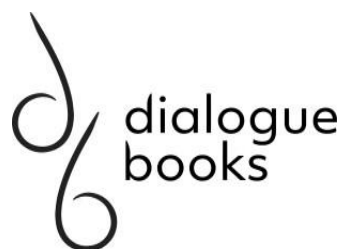


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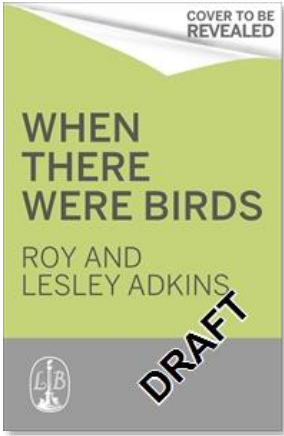
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Titles in CAPITALS are published by Little, Brown, titles in *Italics* are not.



WHEN THERE WERE BIRDS

Roy and Lesley Adkins

November 2021
Little, Brown
Natural History
320pp

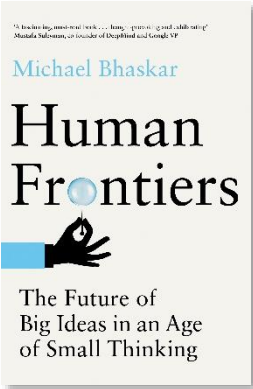
ROY and **LESLEY ADKINS** are husband-and-wife historians and authors of widely acclaimed books on naval and social history, including *Jack Tar*, *Trafalgar*, *The War for All the Oceans* and *Eavesdropping on Jane Austen's England*, which have been translated into seventeen languages. They are Fellows of the Society of Antiquaries of London and the Royal Historical Society, as well as Members of the Chartered Institute for Archaeologists.

A landmark book that charts humanity's changing relationship with birds - from the ancient Egyptians to the 21st century.

Birds are a joy and solace in troubled times, as well as a reminder of past experiences and a symbol of hope for the future. For centuries, they were also seen as a source of food, feathers and even fuel, and being so numerous, many were persecuted as pests. When There Were Birds is a social history of Britain that charts the complex connections between people and birds, set against a background of changes in the landscape and evolving tastes, beliefs and behaviour. Birds were once key elements of the nation's history, traditions and sports, and this gave rise to a rich legacy of literature, language and myths.

No other group of animals has had such a complex and lengthy relationship with humankind. Birds have been kept in cages as pets, taught to speak and displayed as trophies. More practically, they have been used to tell the time, predict the weather, foretell marriages, provide unlikely cures for ailments, convey messages and warn of poisonous gases.

Although very familiar, birds have often seemed strange, sinister and alarming. With their ability to fly, they bridged the gap between the earth and the heavens, and superstitions were rife because they were presumed to be linked to the supernatural. When There Were Birds draws together many disparate, forgotten strands to present a story that is an intriguing and unexpectedly significant part of our heritage.



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

Michael Bhaskar

September 2021
The Bridge Street Press
Social forecasting
432pp

Rights Sold:
Korean (Publion)
Portuguese in Brazil (LVM Editora)
Spanish (Fondo de Cultura Economica)
US (MIT Press)

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

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

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

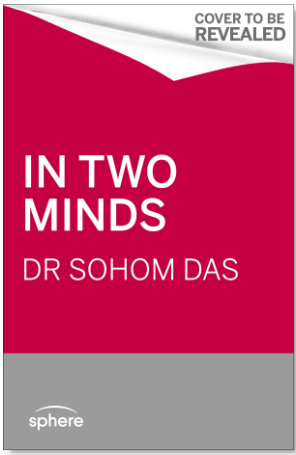
From quantum biology, nanotechnology and pictures of black holes, to nudge unit governance, blockchain and virtual worlds, the sheer scale of progress over the last three hundred years is mind-boggling. Surely this is a uniquely fecund moment for humanity?

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

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



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



IN TWO MINDS

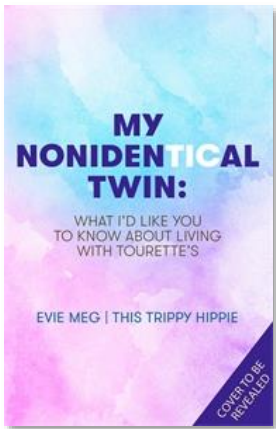
Dr Sohom Das

March 2022
Sphere
Forensic Psychology
304pp

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

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

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

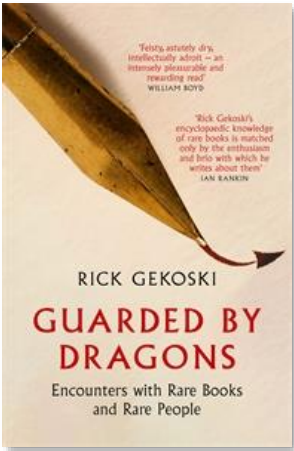


MY NONIDENTICAL TWIN: WHAT I'D LIKE YOU TO KNOW ABOUT LIVING WITH TOURETTE'S

Evie Meg Field

October 2021
Sphere
Autobiography
240pp

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



GUARDED BY
DRAGONS: IN
SEARCH OF
LITERARY TREASURE

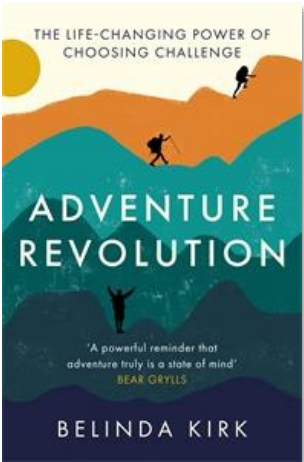
Rick Gekoski

July 2021
Constable
History
256pp

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

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

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



ADVENTURE
REVOLUTION

Belinda Kirk

August 2021
Piatkus
Personal development
256pp

For the past twenty-five years, Belinda Kirk's professional life has revolved around adventure. She's seen it change people first hand: turning the timid into the confident, the addicted into the recovering, and the lost into the intentionally wandering. As a force for change, adventure can be powerful like few others.

This book is about this transformational power, and the first to explore why adventure is essential to our wellbeing. From managing anxiety and overcoming fear, to finding self-worth and building interpersonal connections, to being happier, healthier, and more playful, ADVENTURE REVOLUTION draws lessons from more than two decades of experience leading groups into the wilderness around the globe. Illuminated with Belinda's personal narrative, her own research with modern hunter-gatherers, and the latest findings in neuroscience and behaviour, ADVENTURE REVOLUTION presents a compelling case for ditching the living room in favour of a longer, happier, and more adventurous life.

BELINDA KIRK is an explorer and the leading campaigner promoting the benefits of adventure on wellbeing. She has led numerous youth development challenges, pioneered inclusive expeditions for people with disabilities and managed scientific research missions in the Amazon, Sinai and Alaska. In 2009, Belinda established Explorers Connect, a non-profit organisation connecting people to adventure and has encouraged 30,000 ordinary people to engage in outdoor challenges. In 2020 she launched the first conference to explore the Adventure Effect, the positive impact that adventurous activity has on wellbeing.



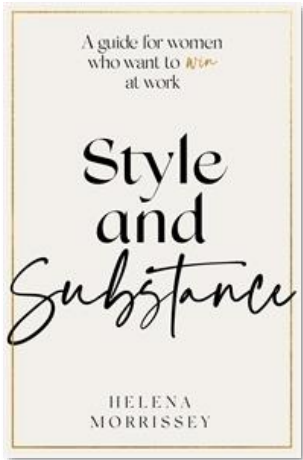
ADVENTURES IN VOLCANOLAND

Tamsin Mather

May 2023
Little, Brown
Volcanology
320pp

Volcanoes help to make and shape our world, bursting forth from inside of the earth and, in many places, looming over us. They have helped provide us with a habitable planet, playing a key role in creating the atmosphere, oceans and land. Present since the earth's beginning they continue to maintain its life support systems and, their extraordinary chemistry may even have created the ingredients needed for life to kick start. In some places volcanoes are even beginning to provide us with part of the energy we need to curb our use of fossil fuels. They have fascinated humans for millennia, their eruptions charted throughout history, seeming to show us how the earth is living, breathing and changing and has been doing so for billions of years.

ADVENTURES IN VOLCANOLAND will chart journeys across deserts, through jungles and up ice caps, to some of the world's most important volcanoes, from Nicaragua to Hawaii, Santorini to Ethiopia, exploring Tamsin Mather's obsession with these momentous geological formations, the cultural and religious roles they have played in the minds of those living around them at different times throughout history, and the science behind their formation and eruptions. Why exactly are these geological mammoths found where they are? What can they teach us about our environment, the Anthropocene and the ecological disaster that is climate change? Are there volcanoes on other planets, and what might they tell us about whether we could one day live there if we exhaust our own habitat? How can we predict if or when volcanoes might explode?



STYLE AND SUBSTANCE

Helena Morrissey

October 2021
Piatkus
Fashion
256pp

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

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

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

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

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



HOW TO SURVIVE FAMILY HOLIDAYS

Jack Whitehall with
Michael and Hilary
Whitehall

October 2021

Sphere

Travel/Family

288pp

JACK WHITEHALL

Jack Whitehall is an award-winning actor, comedian, presenter and writer.

MICHAEL WHITEHALL

Michael Whitehall was a leading theatrical agent and producer whose clients included Nigel Havers, Daniel Day-Lewis, Edward Fox and Colin Firth.

One part Lonely Planet, one part tell-all family memoir, this is the definitive and hilarious guide on how to survive your family holiday, by Jack Whitehall, with a little bit of help from Michael and Hilary Whitehall.

No one family has more experience of travelling together than the Whitehalls. Indeed they've been allowing us a window to their escapades for the past five years in the hit Netflix show 'Travels with my Father' and in this hilarious book they have now decided to pool their advice for fellow travellers. To lay out the pitfalls of family holidays. The dos and don'ts, the highs and lows. In doing so they are sharing some of their best anecdotes. Their most extreme experiences and their most valuable advice. It is part memoir of family life, part travel guide, and full on, laugh-out-loud funny.

Whatever your version of holiday preparation the truth is always this: if it is with one's own family, no amount of sunshine, wine or holiday spirit will stop your worst character traits coming to the surface. You have just volunteered to spend a week in close proximity with the people who know you best and who will never ever let you forget a f***-up. No one survives unscathed. Things are always going to end in tears, you can only hope they're of laughter.

Cover
coming
soon



THE CLIMAX OF
EGYPT: HOW
AMBITION, GREED
AND DESPOTISM
DROVE THE RISE
AND FALL OF
TUTANKHAMUN'S
DYNASTY

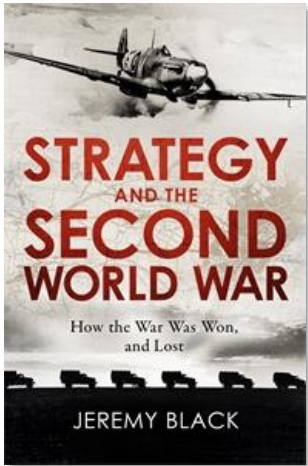
Guy de la Bédoyère

July 2022
Little, Brown
History
320pp

A timely prospect with the centenary of the discovery of Tutankhamun's tomb in 2022, Guy de la Bédoyère's new book is a history of a key period in ancient Egypt's astonishing history summed up in its sub-title *How Ambition, Greed, and Despotism drove the Rise and Fall of Tutankhamun's Dynasty*. The book tears away the gold and glamour to show how this new line of kings and queens, some of the first great historical personalities, ruled Egypt ruthlessly for 250 years between 1550 BC and 1295 BC. Using their power to enrich and glorify themselves and the elite, these absolute monarchs presided over a brilliantly creative culture that was also exploitative, brutal, oppressive, and self-destructive. As well as the obscure Tutankhamun, they included some of Egypt's most successful and enigmatic rulers, such as Hatshepsut, the queen who made herself king, the warrior pharaoh Thutmose III, and the religious heretic Akhenaten and his queen Nefertiti.

GUY DE LA BÉDOYÈRE has written numerous books on the Roman world and other subjects over the last thirty years, most recently *GLADIUS: LIVING, FIGHTING AND DYING IN THE ROMAN ARMY* (Little, Brown, 2020). He was part of Channel 4's archaeology series *Time Team* for fifteen years.

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



STRATEGY AND
THE SECOND
WORLD WAR

Jeremy Black

July 2021
Robinson
History
320pp

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

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

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

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

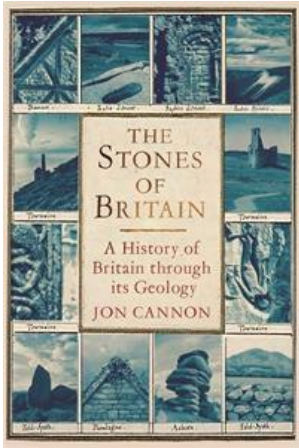
He explores how German and Japanese strategies evolved as the war went badly for the Axis powers, and discusses the extent to which seeking to mould the post-war world informed Allied strategic choices from 1943 onwards, and the role these played in post-war politics, notably in the Cold War.

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

Rights Sold:
Portuguese in Brazil (LVM Editora)

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

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



THE STONES OF BRITAIN

Jon Cannon

September 2022
Constable
Natural History
352pp

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

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

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

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



1942: BRITAIN AT THE BRINK

Taylor Downing

January 2022
Little, Brown
History
288pp

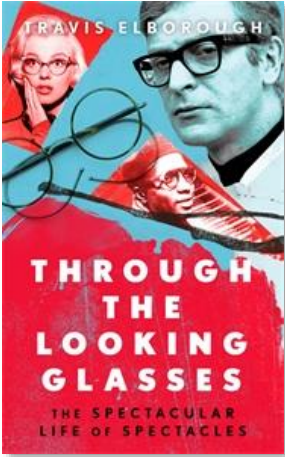
In 1942 there was a domestic crisis in Britain. Public morale collapsed with a widespread feeling that Winston Churchill was no longer the right man to lead the nation. In the course of the crisis, motions of No-Confidence were debated in Parliament. A credible rival for Prime Minister emerged. This panic followed a series of major military fiascos. If its war effort folded, Britain would have had to negotiate a truce with Hitler. Had Britain been forced out of the war by this in 1942, it would have been almost impossible for the US to fight back in Europe. The survival of fascism, the outcome of the titanic battles on the Eastern Front and the ultimate result of the war could all have been very different.

1942 tells the story of this precarious moment when the British people nearly lost it.

TAYLOR DOWNING was educated at Cambridge University and is the author of *The Cold War*, *Breakdown* (about shell-shock in WWI) , and *Churchill's War Lab*. His books are 'vivid and fast-paced' (Financial Times).

Rights sold:
Vietnamese (The People's Public Security Publishing House)

Option Publishers:
Portuguese in Portugal (2020 Editora)
Russian (Political Encyclopedia)
US (Perseus)



THROUGH THE
LOOKING
GLASSES

Travis Elborough

July 2021
Little, Brown
History
352pp

Rights sold
Korean (UU press)

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

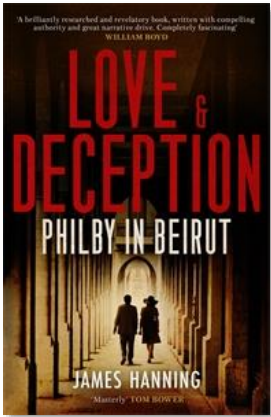
‘Everything was made for a purpose; everything is necessary for the fulfilment of that purpose. Observe that noses have been made for spectacles; therefore we have spectacles’ from Voltaire’s *Candide*.

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

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

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

▶ [Click here for more information about THROUGH THE LOOKING GLASSES!](#)



LOVE AND
DECEPTION:
PHILBY IN BEIRUT

James Hanning

September 2021
Corsair
History
384pp

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

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

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



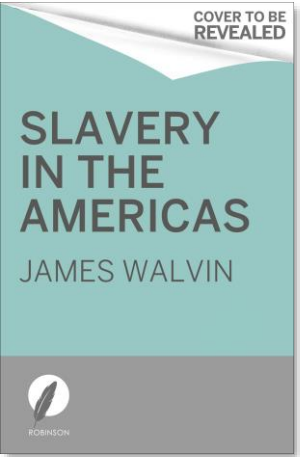
THREE EPIC BATTLES
THAT SAVED
DEMOCRACY

Stephen P Kershaw

April 2022
Robinson
History
384pp

The year 2022 marks 2,500 years since Athens, the birthplace of democracy, fought off the mighty Persian empire. Kershaw tells the story of the three epic battles - Marathon, Thermopylae and Salamis - that saved democracy, without which the history of Europe and the West would have been radically different.

DR STEPHEN P. KERSHAW has been a Classics tutor for some thirty years, teaching at all levels from beginner to PhD, currently operating out of the Oxford University Department for Continuing Education, authoring and teaching undergraduate courses, and tutoring on the Masters in Literature and Art. Steve has also created Oxford University's online courses on Greek Mythology, The Fall of Rome and The Minoans and Mycenaeans. He lectures at the Victoria and Albert Museum and, as Professor of History of Art, runs the European Studies Classical Tour for Rhodes College and the University of the South.



THE WORLD
REMADE: THE
GLOBAL IMPACT
OF SLAVERY IN
THE AMERICAS

James Walvin

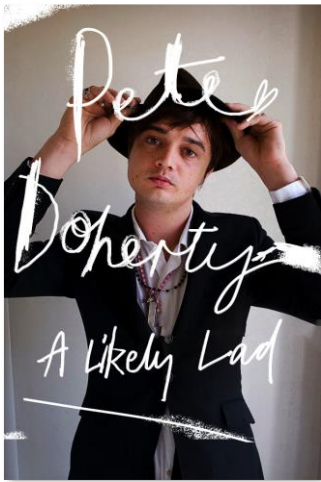
Rights sold:
US (University of California
Press)

March 2022
Robinson
History
512pp

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

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

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



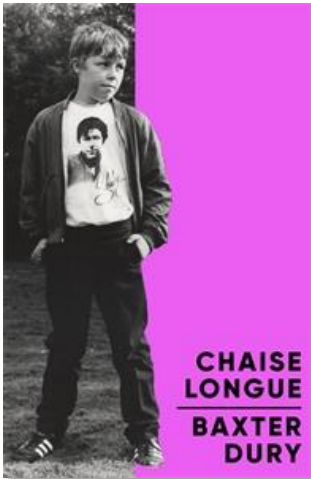
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A LIKELY LAD

Peter Doherty &
Simon Spence

May 2022
Constable
Autobiography
336pp

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



CHAISE LONGUE

Baxter Dury

August 2021
Corsair
Memoirs
224pp

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

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

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

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

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



WHEN MARILYN MET THE QUEEN

Michelle Morgan

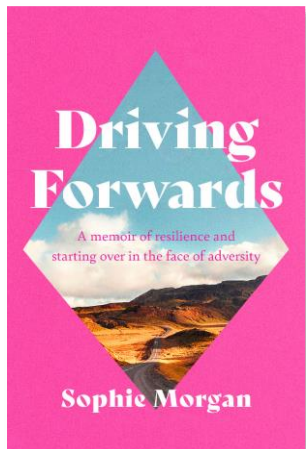
January 2022
Robinson
Biography
288pp

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

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

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

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



DRIVING FORWARDS

Sophie Morgan

March 2022
Sphere
Memoir
304pp

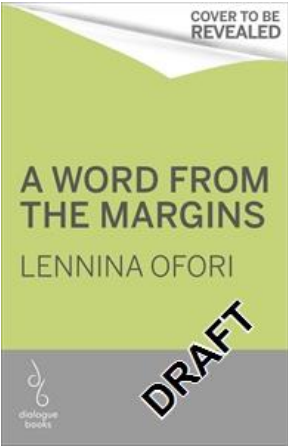
The inspiring memoir of presenter and disability campaigner, Sophie Morgan

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

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

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

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A WORD FROM THE MARGINS

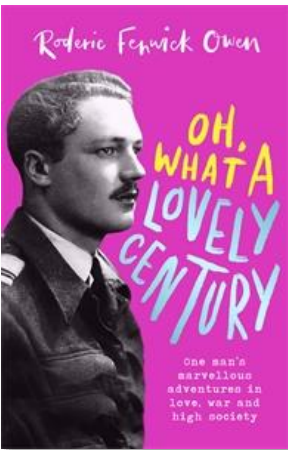
Lennina Ofori

April 2022
Dialogue
Memoir
304pp

Nearing 40, Lennina Ofori is stepping back to look at a life marginalised. Far more than a story of race, class, or womanhood, A WORD FROM THE MARGINS is part memoir, part essay largely based upon Lennina Ofori's personal experiences within the margins of society.

We take in key moments of Ofori's life, starting out as a naive, pregnant 16-year-old, becoming an entrepreneur, and eventually wife and mum-of-five, living in Berlin. She speaks openly about the peaks and troughs of life beyond that normally exposed in memoir, about molestation, the fear of parenting, being involved with the wrong people, being set free, making it out of the margins yet still identifying with it and teetering in and out.

LENNINA OFORI is a multi-hyphenated entrepreneur, academic, transformation consultant, wife and mum of five. A creative activist, Lennina has been writing since her youth, with an MA in Applied Theatre, began writing theatre for change and theatre in the criminal justice system over ten years ago, touring plays to various establishments. Her passion to support marginalised youth and adults, is the catalyst for her opening a semi-independent provision for young people in care and undertaking a doctorate in Children and young people services over the past two years. Lennina's creativity and business acumen has also extended itself to see the opening of an empowering women's fashion brand 21st Mill, worn by TV personalities and with collections currently stocked within New Look and Silkfred. Lennina aims to continue to utilise both her business and academic platforms via talks, lectures and writing, to shed light on the counter narrative of those within the margins and to be a voice for the people who so often go unheard.



OH, WHAT A LOVELY CENTURY

Roderic Fenwick-Owen

August 2021
Sphere
Memoir
576pp

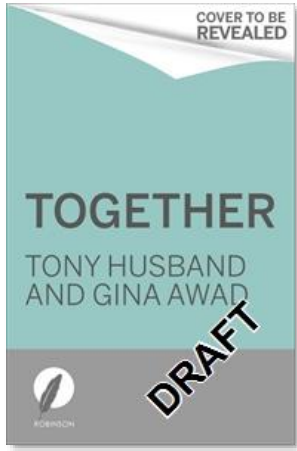
'I would be most unhappy to think that any part of this memoir should be cut on grounds of 'decency', for those bits are essential...'

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

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

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

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



TOGETHER

Tony Husband
and Gina Awad

May 2022
Robinson
Self-Help
128pp

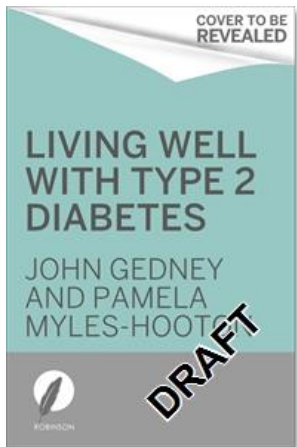
A new illustrated book that captures the real life tales of people suffering from the cruel disease of dementia, and from the loved ones and professional carers who support them.

Told in Tony Husband's uniquely humorous but moving style, this is a book for anyone touched by dementia, and covers:

- The heart-wrenching decision to move a loved one to a care home and the guilt and emotions that accompany this
- The tale of a person living with dementia and planning ahead for their imminent future when they may lose the capacity to make decisions
- The realities of caring for a loved one with early onset dementia
- The loneliness and isolation of caring and the importance of peer support
- Inspiring tales of carers in care home settings trying to make life interesting and comfortable for those under their care
- The worry and guilt around long-distance caring

TONY HUSBAND is a British cartoonist whose cartoons contain much black humour. His cartoons have appeared in many newspapers, magazines, books and websites, in several TV and theatrical productions, and are often found on humorous greeting cards, and he has a regular cartoon strip in *Private Eye* entitled Yobs, which has run from the late 1980s. He co-wrote the *Round the Bend* children's television series, which ran from 1989 to 1991. He was also involved with *Hangar 17*, which ran from 1992 to 1994. He and the poet Ian McMillan tour the UK regularly with their show 'A Cartoon History of Here', an evening of live, improvised poetry and cartoons. He has won The Cartoon Museum's Pont Award.

GINA AWAD was honoured in the Queen's birthday list in June 2018 with a British Empire Medal for her voluntary services to people with Dementia in Devon. This accolade adds to her other 5 awards received locally, regionally and nationally over the past 4 years. Gina founded and leads the Exeter Dementia Action Alliance (EDAA) which empowers and inspires organisations and businesses to raise awareness and deliver dementia-friendly services. Gina qualified as a Person-centred Counsellor in 2003 and graduated with the Open University in 2017 with a BSc in Health & Social Care. Gina hosts a quarterly radio show on Phonic 106.8 FM 'Living Better with Dementia'.



LIVING WELL WITH TYPE 2 DIABETES

John Gedney
and Pamela
Myles-Hooton

June 2022
Robinson
Health
224pp

In the last 40 years or so, we have seen an astounding rise in the prevalence of Type 2 Diabetes Mellitus (DM2) in most western and 'developing' countries. National data suggests a six-fold increase from around 1% of the population in 1980 to over 6% in 2020. There are thought to be nearly 4 million people with the disease in the UK, and close on half a billion affected worldwide. In parts of the USA and China over 10% of the population have DM2. Traditionally thought of as a disease of mid-life and old age, both DM2 and the metabolic markers of future disease are now increasingly being seen in young people, children and even infants. What is happening?

The burden of this disease is huge at all levels - for health care spend and for added risk of other medical problems. Its overall impact on health is at least as great as that of Type 1 Diabetes - it's certainly not the 'mild Diabetes' it was once called. In addition, other than its physical impacts - more than a third of people with DM2 are said to experience psychological problems related specifically to the condition.

In spite of the tidal wave of disease and costs, the response from authorities has been somewhat underwhelming, with non-specific advice to lose weight (move more/eat less) being more or less the only public health guidance.

We now however have a sense of being at something of a crossroads in understanding the science behind DM2 with a more focused approach emerging. Research and practice are challenging the traditional way in which we approach and manage DM2 - and offer too the potential for prevention - at scale.

DR JOHN GEDNEY qualified from the University of Nottingham in 1979 and from 1984 worked as a GP in Northumberland with a special interest in Mental Health, Rheumatic Diseases and Diabetes.

PAMELA MYLES-HOOTON is an accredited cognitive behavioural therapist, trainer and supervisor. She co-wrote *The CBT Handbook*, which has been used by many people to overcome problems with anxiety, depression and anger.



THE COLOUR-FIT METHOD

Dr Tom Little

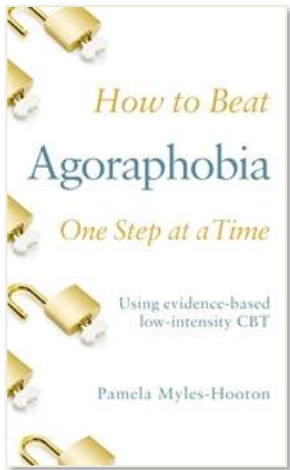
June 2022
Piatkus
Health and fitness
256pp

'The lightbulb moment came one evening as I was working at the kitchen table. With my seven-year-old son climbing over my shoulders, I played around with a few ideas on a piece of paper. Within moments my son pointed and said: "that one makes you run", "that one makes you healthy", and "that one makes you strong". If I'd cracked it with a seven-year-old, I might just have a chance with footballers.'

From its humble beginnings at his kitchen table, Dr Tom Little's Colour-Fit Method has rapidly become a revolutionising force in professional sport. It is used by many of the UK's best-loved football clubs, including Arsenal, Celtic, Chelsea, Manchester City, Rangers and Manchester United, and by elite teams and organisations across the globe ranging from Mercedes Racing to British Judo, and from Sri Lankan Cricket to Welsh Rugby Union.

Until now the Colour-Fit Method has only been available to those in professional sport, a secret weapon for elite-level coaches and athletes. Now, Colour-Fit's founder Dr Tom Little lets you in on the secret too. Whether you're an Olympic swimmer or a champion couch potato, the uncomplicated, intuitive and sustainable method outlined in this book will help you to look and feel better, and lead a healthier and more active life.

DR TOM LITTLE is a performance and nutrition specialist with over twenty years' experience in professional sport. He has worked at football clubs at Premier League and EFL Championship levels, including Manchester City, Nottingham Forest, Burnley and Sheffield Wednesday. He has a BSc and MSc in Sports Science and Nutrition, and gained his PhD in the Physiology of Professional Football Training from Manchester Metropolitan University. He is a registered sport and exercise nutritionist (SENr) by The British Dietetic Association and an accredited strength and conditioning coach (ASCS) by the UK Strength and Conditioning Association. His peer-reviewed academic papers have been published on subjects including physical conditioning, exercise intensity and stretching protocols, and he regularly speaks at national and international conferences. He also hosts the 'Colour-Fit Chat' podcast, covering all aspects of nutrition and fitness.



HOW TO BEAT AGORAPHOBIA

Pamela Myles-Hooton

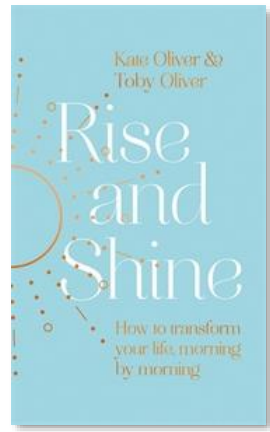
September 2021
Robinson
Psychology
224pp

A concise guide to overcoming agoraphobia.

This book is the perfect resource for helping you beat agoraphobia, either by yourself or in conjunction with the support of a family member or a healthcare professional. It is written in a friendly, engaging and jargon-free style and encourages interactive reading through tables, illustrations and worksheets. It also has some handy top tips on how to deal with any setbacks along the way. Real-life case studies illustrate the use of each intervention and demonstrate how you can gradually increase your tolerance for the situations that you fear and avoid. This book is designed to help you understand your agoraphobia and learn techniques so that you can unlock the door to reclaiming your freedom.

This series of self-help books follows a 'low intensity cognitive behavioural therapy' (LICBT) approach which is frequently the first choice treatment for depression and some anxiety disorders like agoraphobia because of its strong evidence base. The series is written by authors with considerable experience in the field of LICBT self-help research, training and clinical practice.

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



RISE AND SHINE

Kate Oliver & Toby Oliver

December 2021
Piatkus
Self-Help
256pp

Invite more happiness, wellbeing and success into your life, one morning at a time.

The way you start your morning matters - it sets the tone for the rest of your day, shaping your interactions, mood and productivity.

In Rise and Shine, psychologist Kate and therapist Toby share their innovative approach to embracing mornings: the S.H.I.N.E. method. A unique and flexible way to build positive, long-term habits that will set you up for a happy and successful day. S.H.I.N.E. represents the five elements we all need in our mornings:

Silence - embrace stillness, peace and reflection

Happiness - discover techniques to help you begin the day with a smile

Intention - find practices that empower you to shape your day

Nourishment - feed your mind, body and soul

Exercise - get your body moving, creating energy for the day ahead

Based on the latest scientific research, as well as ancient traditions and insights gathered from decades of personal and professional experience, the S.H.I.N.E. method outlines thirty different practices that will allow you to curate a routine that blends seamlessly with your lifestyle. Because by changing your mornings, you can change your life.

KATE OLIVER has been working as a Chartered Psychologist and Executive Coach for nearly 30 years. She runs her own consulting business, KO Consulting Ltd (www.koconsulting.co) and has worked with thousands of leaders, in many leading UK and global organisations, helping them develop both themselves and their teams.

TOBY OLIVER is a Dru Yoga, Laughter Yoga and Traditional Yoga Meditation teacher, registered Therapist (psychotherapy, CBT, NLP, and hypnotherapy) and Heal Your Life® Workshop trainer (www.tobyoga.com & www.eastviewtherapy.com). He works with groups in hospitals, hospices, charities and corporate organisations as well as supporting individual clients. He specialises in helping adults and young people deal better with anxiety, serious or life-limiting illness, and to cope with grief or loss.



IT SHOULDN'T BE THIS WAY

Janina Scarlet

October 2021
Robinson
Self-Help
208pp

Every life-changing experience, be it the loss of a function, a job or a friendship, or the death of a loved one, can be excruciating. Illness can forever alter our life and our abilities. And what makes it even more challenging is that many other people might fail to understand how challenging our adjustment to "normalcy" might be. Because there is no "normal" in these experiences. How can there be?

When people hear the word acceptance, they might assume that it means being OK with what happened in the past or with how things currently are. In fact, there is a difference between acceptance and "feeling good" about what happened - acceptance means allowing yourself to feel whatever emotions naturally come up in response to what you are going through. It means acknowledging the reality of the pain, even though in an ideal world, it shouldn't be that way.

Option publishers:
US (New Harbinger)
Romanian (Editura Trei)
Russian (Eksmo)

This therapeutic and comforting self-help guide will help you:

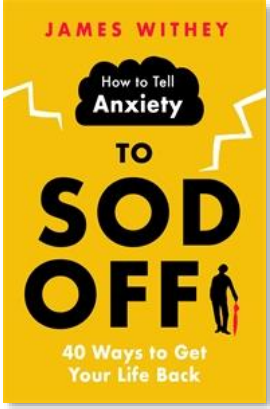
- Give yourself the permission to grieve or process events in the way that makes sense to you
- To fully experience and accept your feelings of anger, grief, frustration or anxiety
- To own your truth, even if it makes others uncomfortable

This essential book will teach you to understand and be able to accept the difficult moments and circumstances in your life and make room for how you feel about them. And with this kind of an acceptance, there can be healing.

Also available:



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



HOW TO TELL ANXIETY TO SOD OFF

James Withey

January 2022

Robinson

Self-Help

176pp

An accessible, comforting and practical book for anyone experiencing anxiety, from the author of *The Recovery Letters* and *HOW TO TELL DEPRESSION TO PISS OFF*.

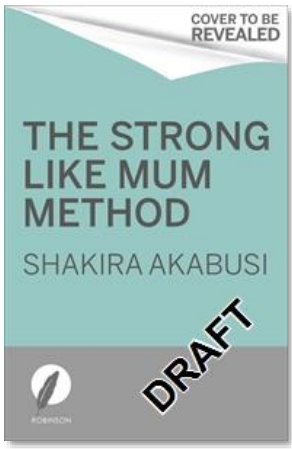
Despite more and more people opening up about their mental health, anxiety is still taboo. We're not supposed to be anxious; we're supposed to be resilient and able to 'get on with it'. We are expected to excel while juggling a hectic, pressurised schedule at home and at work, despite the lines between the two being more blurred than ever.

This book dispels that taboo. It is for anyone who has experience general anxiety disorder, trauma-related anxiety, clinical anxiety and those with 'low-level' anxieties.

At once empathetic and entertaining, *How to Tell Anxiety to Sod Off* offers 40 ways to get to a better place with anxiety. They are born out of the author's personal experience of managing his own anxiety and his many years of working as a counselor helping people with their mental health.

JAMES WITHEY is the founder of The Recovery Letters project which publishes online letters from people recovering from depression. He is the co-editor of the bestselling book *The Recovery Letters: Addressed to People Experiencing Depression*.

James trained as a person-centred counsellor and worked in addiction, homelessness and mental health services for fifteen years. He lives with depression and writes and speaks about mental health.



THE STRONG LIKE MUM METHOD

Shakira Akabusi

April 2022
Robinson
Women’s health
256pp

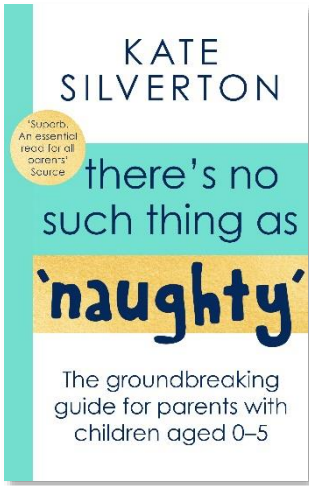
Tap into your inner power with an exercise and wellness plan tailored for mothers on the go, by prenatal and postnatal fitness expert, Shakira Akabusi.

THE STRONG LIKE MUM METHOD is designed to help pregnant women and mothers build a positive relationship with exercise and with their bodies, all while fitting into a busy lifestyle.

As a mother of four, Shakira Akabusi knows how difficult it can be find time to look after yourself, much less achieve the perfect state of holistic wellbeing you're bombarded with almost everywhere you turn.

THE STRONG LIKE MUM METHOD will disrupt outdated narratives surrounding pregnant women and new mums, and redefine prenatal and postnatal fitness. In this empowering, accessible book, Shakira will accompany you on your pregnancy journey through the entire first year of parenthood, helping you get to know your body, nourish your inner strength and find a place of calm, contentment and wellbeing. In relatable language, Akabusi will give you the tools to make sustainable changes to your mindset and lifestyle, in order to enjoy a positive postnatal journey.

As Shakira says, 'My method will show you how to make positive changes, and how to maintain them too. It has been created for all mothers. The working mum, the new mum, the mums-to-be and the mums of four (or more!).'



THERE'S NO SUCH THING AS 'NAUGHTY'

Kate Silverton

April 2021
Piatkus
Parenting
272pp

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

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

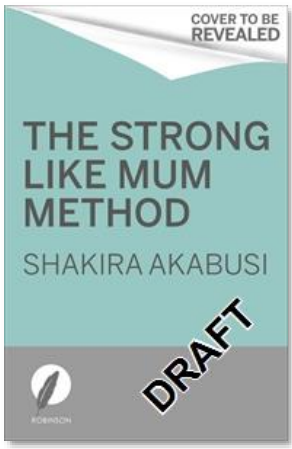
In twenty five years as a journalist for the BBC, **KATE SILVERTON** has become a much loved fixture of British television as a news broadcaster and journalist, currently presenting the One, Six and Ten o'clock national news bulletins as well as on BBC Radio 4.

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

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

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

- Rights sold**
- Chinese (simplified) (Jieli Publishing House)
 - Croatian (Egmont)
 - German (Goldmann)
 - Greek (Dioptra)
 - Polish (Otwarte)
 - Russian (Mann, Ivanov and Ferber)
 - Slovak (Slovensky Tatran)
 - Spanish (Obelisco)
 - Turkish (Pegasus)



HOW TO COPE WHEN YOUR CHILD CAN'T

Roz Shafran, Ursula
Saunders, Alice
Welham

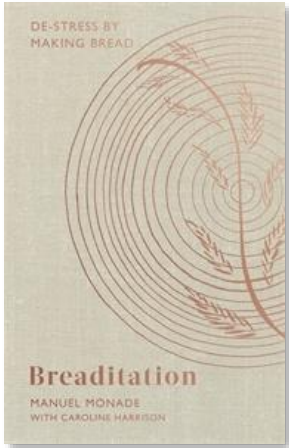
February 2022
Robinson
Parenting
288pp

Parenting and caring for a child who is struggling to cope can be painful and stressful. When you know your child is struggling and is unhappy, it is hard to enjoy life yourself. Feelings of blame, guilt, sorrow, despair, fear and frustration may be swirling around alongside a desperate desire to cure their pain.

This is a very common problem, although we can feel very alone when this is happening to us. When someone we love is unable to cope, we may become unhappy too. When it is our child - the person we feel responsible for and inextricably linked to - these feelings can be agonising. It is very hard to take any pleasure in our own lives, when our children are clearly unhappy in theirs. In fact, it can be very difficult to even have a life of our own.

We don't want bad things happening to our children. From the time we take our babies to have their first injections or cradle them through the night as they scream through colic, we realise that we would do anything rather than have them unhappy and in pain. But we can't. And understanding what we can and cannot do is a key part of the purpose of this book.

Coping, in the purest sense, may be about learning acceptance - facing your distress, worry, anxiety, sadness or loss of control, and seeing that you can tolerate these things and pick yourself up and carry on. This book is packed with stories from real parents, and will show you how you can manage to find comfort from knowing you are not alone, find help from resources and techniques that really work, and find hope that things can and do change, often for the better.



BREADITATION

Manuel Monade

November 2021
Robinson
Cookery
192pp

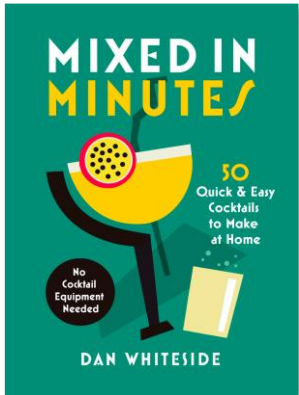
Author **MANUEL MONADE** is the current chair of the London borough of Southwark Refugee and Migrant Project, an organisation he has been working with for the past twenty years. Having helped people facing stressful situations in the course of his charitable work, and also having experienced the sense of achievement of his breadmaking students, he is interested in the therapeutic potential of baking. Here, together with psychotherapist Caroline Harrison, he shows how breadmaking can help anyone to enhance their mental wellbeing.

An introduction explains the concept of 'breaditation' - breadmaking as therapy and the benefits it can bring for good mental health. Advice on essential equipment and the fundamentals of baking follows: understanding the dynamics of breadmaking; then the stages - kneading; shaping; proving; and baking.

The book includes twenty-one straightforward recipes from different parts of the world, all of which give a sense of achievement in making them. There is nothing too technically demanding meaning that there is an immediate reward in starting and finishing the recipes. The book ends with some sourdough breadmaking for people looking for something a little more challenging.

The meditational benefits of breadmaking - of kneading, shaping, proving and baking, of creating something - are already well established, proven to help with anxiety, depression, low self-esteem, even post-traumatic stress disorder. But this is not a book only, or even primarily, for those with what might be regarded as mental health problems. It is a book for anyone who has ever felt even slightly anxious.

The recipes include: ciabatta; focaccia; grissini; bagels; muffins; pitta bread; lavash; white country loaf; wholemeal loaf; granary loaf; classic bun dough; brioche; scrolls; puff pastry; sweet pastry; shortcrust pastry; crackers; shortbreads; white, spelt and rye sourdoughs.



Not final cover

MIXED IN MINUTES

Dan Whiteside

October 2021
Robinson
Food & drink
128pp

DAN WHITESIDE has worked in the drinks industry across the globe for over twenty years. He's run some of Manchester and London's best bars and developed cocktail menus for large restaurant companies, including Bill's, where he launched the UK's first nationwide mindful drinking menu, featuring Kombucha cocktails, CBD and healthy hot drinks. He runs his own business consulting, partnering with drinks brands, and teaching cocktail-making.

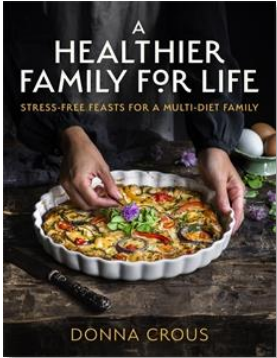
A step-by-step guide to creating fifty classic and contemporary cocktails, without the need for cocktail-making equipment or tricky techniques.

Whether you're looking for a refreshing drink in the garden or a quick night cap, Mixed in Minutes contains a range of fuss-free cocktails for every time of the day. From an espresso martini to the perfect mojito, the classic margarita to a boozy hot chocolate, you can recreate your favourite cocktails at home using these quick and simple recipes.

Beautifully illustrated with full-colour photography, this easy-to-follow cocktail book includes:

- Simple instructions for creating the perfect cocktail, without a shaker or strainer
- Cocktail-making hacks - no muddling, layering or smoking required
- Recommendations for garnishes and creative twists on each drink
- Average cost of each cocktail
- Recommended pairing for every recipe to spritz your drink and halve its alcohol content

Easy to use and filled with a variety of cheap and delicious recipes, Mixed in Minutes is the go-to cocktail book that makes a lovely gift for your friends or yourself.



A HEALTHIER FAMILY FOR LIFE

Donna Crous

December 2021
Robinson
Cookery
224pp

DONNA CROUS was born in Zimbabwe and grew up in South Africa where she developed a passion for cooking from a young age, learning to cook intuitively using available ingredients. As a Primal Health Coach, she has combined her knowledge of healthy eating with feeding a hungry and fussy family. In 2015 she created her award-winning blog Eighty20Nutrition, winning UK Paleo Blogger of the Year in 2017.

Donna is a professional food photographer and works with brands and publishers shooting recipe books.

With A HEALTHIER FAMILY FOR LIFE, cooking healthy food that puts a smile on your loved ones' faces has never been easier.

This book is not about the latest diet fad or trendy way of eating; it's about creating wholesome, nutritious dishes that delight the whole family without feeling restricted. Whatever diets, health conditions or food intolerances you need to cater for, this book will help your family live a happier, healthier life.

Many families today have numerous health conditions and intolerances to consider, making the dinner table something of a minefield. In this gorgeous, practical book, health coach Donna Crous makes dinnertime less daunting and more healthy, with a wide range of delicious and nutritious recipes, including some gluten-free, sugar-free and dairy-free recipes, as well as many dishes incorporating healthy fats.

A HEALTHIER FAMILY FOR LIFE inspires from the very start of your day with recipes including Breakfast Toad-In-The-Hole, Pumpkin Silver Dollar Pancakes and Creamy Scrambled Eggs, through to teatime family favourites like Crumbed Chicken Tenders, Instant Pot Spare Ribs and Moussaka with Cauliflower Béchamel Sauce. Donna is best known for her grain-free baking and has included recipes for Keto Bread, Vegan Christmas Pudding and a showstopping Pear and Chocolate Loaf.

THE LITTLE BOOKS OF MAGIC

Sarah Bartlett

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



THE LITTLE BOOK OF MOON MAGIC October 2020, 304pp

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

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

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



THE LITTLE BOOK OF EARTH MAGIC July 2021, 256pp

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

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

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



THE LITTLE BOOK OF CRYSTAL MAGIC July 2022, 256pp

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

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

Cover
coming
soon



TAPPING IN

Poppy Delbridge

June 2022

Piatkus

Mind, Body, Spirit

256pp

A unique, science-meets-spirituality plan, TAPPING IN will give readers the blueprint they need to reach a new place of self-belief through tapping.

So many of us move through the world plagued by a cocktail of self-doubt and anxiety. These emotions are a hallmark of what we call 'modern life' - things we just have to put up with. But, when we're in this state, proactively creating an abundant life rich with purpose and pleasure is virtually impossible. TAPPING IN is designed to take the reader to the next level.

We all have natural abilities we can use to help us enact this transformation. Tapping is an Emotional Freedom Technique (EFT) in which people use their fingertips to tap on certain meridian or 'energy' points on the body to dissipate emotional tension, change habits, cure phobias and even release physical pain. This somatic therapy has roots in energy medicine and psychology, but the modern addition of cognitive therapy enhances its power to shift the body and mind.

A unique, science-meets-spirituality plan, TAPPING IN is a practical, positive guide that provides readers with the blueprint they need to reach a new place of self-belief. It explores how you can harness the transformative power of tapping to clear space, optimise energy and manifest your dream life. You will also learn to re-programme your perceptions of what is possible and apply a practical and strategic game-plan to your career, finances, life and relationships.

POPPY DELBRIDGE is an energy coach and TV executive. She set up The Empress Way, a pioneering independent TV entertainment formats company, and House of Possibility, through which she runs workshops, provides online courses and treats private clients from London to New York to LA.

A BRIEF HISTORY OF...

Jeremy Black

Robinson
History
288pp

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

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

Titles coming soon:

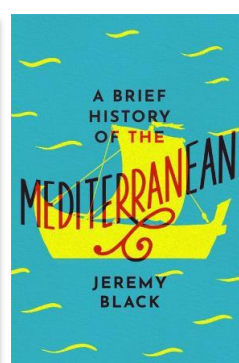
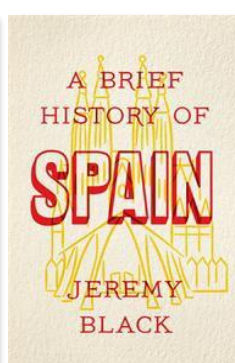
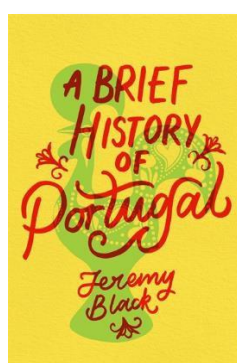
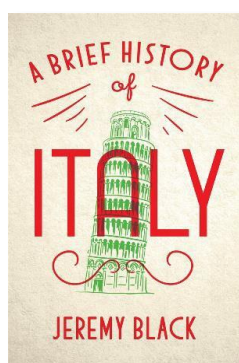
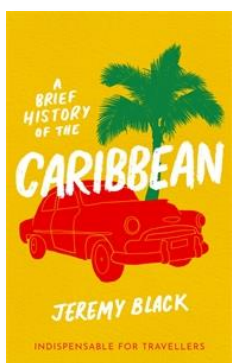
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A BRIEF HISTORY OF THE PACIFIC (March 2023)



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

OVERCOMING...

Various Authors

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

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



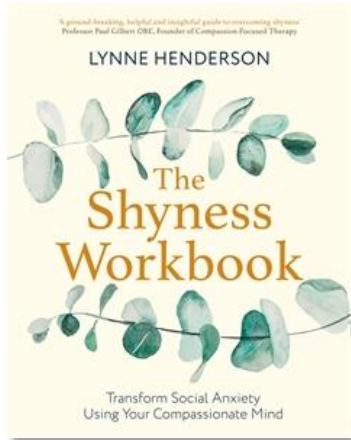
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- HOW TO BEAT INSOMNIA AND SLEEP PROBLEMS
- HOW TO BEAT PANIC DISORDERS
- HOW TO BEAT WORRY AND GENERALISED ANXIETY DISORDERS



THE SHYNESS WORKBOOK

Lynne
Henderson

November 2021
Robinson
Psychology
256pp

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

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

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