

Aster 9781783253616 1783253614 Pub Date: 5/4/2021

On Sale Date: 5/4/2021 \$24.99/\$27.99 Can./£20.00 UK Discount Code: OHC

Hardcover

208 Pages Carton Qty: 20 Print Run: 7K House & Home HOM000000

9.3 in H | 7.7 in W | 0.9 in T | 1.8

lb Wt Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9781783254378

# The Ayurveda Kitchen

Transform your kitchen into a sanctuary for health - with 80 perfectly balanced recipes

Anne Heigham

## **Key Selling Points**

- Ayurveda has been highlighted as a trend to watch in 2021
- Ayurveda is a core traditional wellness subject
- Google searches for 'Ayurveda Diet' have doubled since July 2018
- Ayurveda has over 1.6million hashtags on Instagram.

## Summary

#### An Ayurvedic guide to transforming your kitchen into a sanctuary for health

"Let food be your first medicine and the kitchen your first pharmacy."- Taittiriya **Upanishad** 

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

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

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

#### **Contributor Bio**

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

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

Author Website







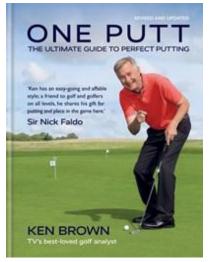


# **Comp Titles**

Eat Feel Fresh	Ketabi, Sahara Rose	Alpha	10/2/2018	9781465475626 1465475621	\$25.00 USD	Hardcover	Cooking
The Kosmic Kitchen Cookbook	Benjamin, Sarah Kate	Roost Books	8/4/2020	9781611807141 161180714X	\$29.95 USD	Trade Paperback	Cooking
Ayurveda Cooking for Beginners	Plumb, Laura	Rockridge Press	2/20/2018	9781623159634 1623159636	\$15.99 USD	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Hamlyn 9780600636441 0600636445

Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$24.99/\$27.99 Can./£19.99 UK Discount Code: OHC

Discount Code: Onc

Hardcover

176 Pages Carton Qty: 18 Print Run: 5K Sports & Recreation / Coaching SPO061000

9.8 in H | 7.7 in W | 0.7 in T | 1.7 lb Wt

Chatara a comme

Status: ACTIVE

#### Related Products

#### **Ebooks**

9780600636717

## **One Putt**

#### The ultimate guide to perfect putting

Ken Brown

## **Key Selling Points**

- With an exclusive foreword by Seve
- Includes photographs of today's leading Pros shot especially for the book
- Filled with anecdotes about golfing legends from Ken's own experiences
- More than one-third (36%) of the U.S. population over 107 million people in total - played, watched or read about golf last year

## **Summary**

#### Achieve perfect putting with golf's best-loved analyst and commentator

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

#### **REVISED AND UPDATED!**

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

This book also includes some stunning photography from Getty's No.1 golf photographer as well as many shots of today's leading Pros shot especially for the book.

With one of TV's best-loved golf analysts, Ken Brown's own analysis and stories from a wealth of experience, this heavily illustrated, easy-to-follow book will make honing this golfing skill easy and entertaining.

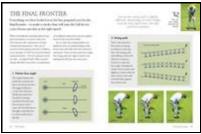
## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





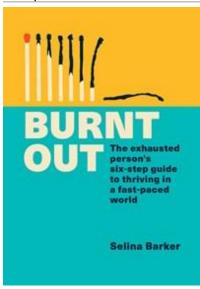




One Putt	Brown, Ken	Firefly Books	3/1/2016	9781770856936 1770856935	\$24.95 USD	Trade Paperback	Sports & Recreation
Ben Hogan's Five Lessons	Hogan, Ben	Touchstone	9/20/1985	9780671612979 0671612972	\$16.00 USD	Trade Paperback	Sports & Recreation
The Complete Golf Manual	Newell, Steve	DK	11/5/2019	9781465487582 1465487581	\$24.99 USD	Hardcover	Sports & Recreation
USGA Golf Rules Illustrated 2016	United States Golf Association	Hamlyn	2/9/2016	9780600632078 0600632075	\$24.99 USD	Paperback	Sports & Recreation

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**





9781783254002 1783254009 Pub Date: 5/4/2021 On Sale Date: 5/4/2021 \$19.99/\$21.99 Can./£14.99 UK

Discount Code: OPB Paperback

224 Pages Carton Qty: 28 Print Run: 7K

Self-Help / Self-Management

SEL024000

Aster

8.3 in H | 5.8 in W | 0.9 in T | 1 lb

Status: ACTIVE

#### **Related Products**

**Fhooks** 

9781783253999

#### **Burnt Out**

The exhausted person's six-step guide to thriving in a fast-paced world Selina Barker

## **Key Selling Points**

- Burn out is thought to affect over half the working population, and is defined by the World Health Organisation as an occupational phenomenon, 'a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed'
- The average smartphone owner unlocks their phone 150 times a day, while 71 per cent of users sleep next to their smartphone and 6 out of 10 people check their email on holiday

#### Summary

How to recover from and prevent burn out, the feeling of being exhausted and not being able to cope due to workplace stress

People everywhere are burning out: from CEOs to nurses, to doctors, teachers, entrepreneurs, journalists, social workers, academics, creatives... even yoga teachers.

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

Life doesn't have to be this way.

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

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

#### **Contributor Bio**

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

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

- Author Website
- Twitter Handle @selinabarker



# **Comp Titles**

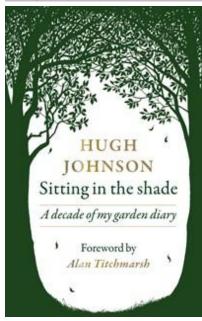
Burnout Nagoski, Emily Ballantine Books 1/7/2020

9781984818324 1984818325

\$17.00 USD Trade Paperback Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Mitchell Beazley 9781784727079 1784727075

Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$22.99/\$24.99 Can./£17.99 UK

Discount Code: OHC Hardcover

256 Pages Carton Qty: 14

Print Run: 6K Gardening GAR000000

8.7 in H | 5.5 in W | 1.2 in T | 0.9

Ib Wt Status: ACTIVE

#### Related Products

**Ebooks** 

9781784727086

# Sitting in the Shade

A decade of my garden diary

Hugh Johnson, Alan Titchmarsh

## **Key Selling Points**

- Hugh Johnson is as celebrated for his gardening knowledge and writing as for his wine publishing
- Highly giftable to anyone with an interest in the natural world

#### **Summary**

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

#### Foreword by Alan Titchmarsh

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

#### **Contributor Bio**

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

## **Quotes**

"More so than his wine books, this demonstrates Johnson's literary prowess and ability to capture a sense of place and nature, reviewing everything from the pace of growth in woods to changing hours of daylight, national tastes, and gardener's urges to plant. Gardeners will find this literary reflection engrossing, and fun to read."—*Midwest* 

#### **Book Review**

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

• Author Website



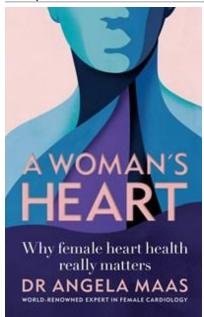


# **Comp Titles**

Hugh Johnson in the Garden	Johnson, Hugh	Mitchell Beazley	5/1/2009	9781845334857 184533485X	\$19.99 USD	Hardcover	Gardening
Hugh Johnson's Pocket Wine Book 2019	Johnson, Hugh	Mitchell Beazley	9/4/2018	9781784725280 1784725285	\$16.99 USD	Hardcover	Cooking
Hugh Johnson Pocket Wine 2020	Johnson, Hugh	Mitchell Beazley	9/3/2019	9781784726126 1784726125	\$16.99 USD	Hardcover	Antiques & Collectibles
Hugh Johnson's Pocket Wine 2018	Johnson, Hugh	Mitchell Beazley	9/5/2017	9781784724078 1784724076	\$16.99 USD	Hardcover	Cooking
The World Atlas of Wine 8th Edition	Robinson, Jancis	Mitchell Beazley	10/1/2019	9781784726188 1784726184	\$65.00 USD	Hardcover	Cooking
Hugh Johnson's Pocket Wine 2017	Johnson, Hugh	Mitchell Beazley	9/6/2016	9781784721473 1784721476	\$16.99 USD	Hardcover	Cooking
Life in the Garden	Lively, Penelope	Viking	6/12/2018	9780525558378 0525558373	\$25.00 USD	Hardcover	Biography & Autobiography
Emily Dickinson's Gardening Life	McDowell, Marta	Timber Press	10/1/2019	9781604698220 1604698225	\$24.95 USD	Hardcover with dust jacket	Gardening

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Aster 9781783254156 1783254157 Pub Date: 5/4/2021

On Sale Date: 5/4/2021 \$12.99/\$14.99 Can./£9.99

UK/€12.50 DE Discount Code: OPB Paperback

208 Pages Carton Qty: 40 Print Run: 10K

Health & Fitness / Diseases

HEA039080

7.7 in H | 5 in W | 0.8 in T | 0.4 lb

Status: ACTIVE

## Related Products

**Ebooks** 

9781783254170

## A Woman's Heart

Why female heart health really matters

Angela Maas

## **Key Selling Points**

- A bestseller in the Netherlands where it was originally published
- Gut by Giulia Enders meets Invisible Women by Caroline Criado Perez

#### Summary

An all-access guide to female heart health from an internationally acknowledged expert in women's cardiology.

#### **DID YOU KNOW...**

- ...women are 50% more likely to be misdiagnosed following a heart attack?
- ...two-thirds of clinical research into heart disease focuses on men?

Coronary heart disease remains the single biggest killer of women worldwide, yet it is still not seen as a woman's problem. Every day the female heart patient is measured by male standards, which leads to confusion, unclear diagnosis and often the wrong treatment.

In fact, women are incomparable to men down to each body cell, which has consequences for both health and disease. When it comes to medical science, cardiology is the most prominent example in which gender matters.

In *A Woman's Heart*, Dr Maas explores how the female heart works and provides practical advice for women, including:

- The biology of the female heart how it works and ages differently to a male's
- The effects of female-specific issues, such as menopause
- Heart attacks in women
- Lifestyle tips to prevent heart disease

This vital book is the result of decades of international research. It exposes the gender bias in cardiology and paves the way for better heart health for women everywhere.

#### **Contributor Bio**

**Dr Angela Maas**, MD, PhD, is an internationally acknowledged and awarded expert in women's cardiology. She is a well-acclaimed lecturer and leads a centre for microvascular coronary disease with female patients from all over the world.

In 2020 she was elected as a UN Women representative. She is an active member of many editorial boards and the author of several cardiology books.

Her aim is to implement a more gender-sensitive cardiology care in clinical practice and to empower women working in healthcare and cardiology in particular.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

# **Comp Titles**

Invisible Women Criado Perez, Caroline

Abrams Press 3/12/2019

9781419729072 \$27.00 1419729071 USD Hardcover with dust jacket

Social Science Health 8

The End of Heart Fuhrman, Joel Disease

HarperOne

3/27/2018

9780062249364 \$15.99 0062249363 USD

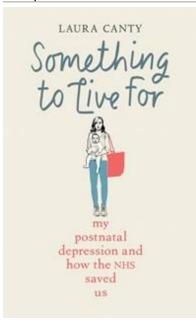
USD Paperback

Health & Fitness

9780807010037 \$16.00 Beacon Press 3/6/2018 Inferior Saini, Angela Trade Paperback Science 0807010030 USD 9781771643764 \$17.95 1771643765 USD Greystone Health & 3/27/2018 Gut Enders, Giulia Trade Paperback **Fitness** Books

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**





Monoray 9781913183653 1913183653

Pub Date: 5/4/2021 On Sale Date: 5/4/2021 \$19.99/\$21.99 Can./£14.99 UK

Discount Code: OHC Hardcover

304 Pages Carton Qty: 16 Print Run: 4K Biography & Aut

Biography & Autobiography / Personal Memoirs

BIO026000

8.6 in H | 5.5 in W | 1.1 in T | 1 lb

Chabila i A CTTI

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781913183837

# **Something to Live For**

My Postnatal Depression and How the NHS Saved Us

Laura Canty

## **Key Selling Points**

- HIGHLY PROMOTABLE: Very promotable author who is on a mission to break the taboo of Postpartum Depression
- VOICE OF AUTHORITY: Laura now works as a Postpartum Depression advisor; and as a mentor to women before their admission to mother and baby units

## **Summary**

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

Laura Canty is a new mum.

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

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

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

#### **Contributor Bio**

**Laura Canty** was diagnosed with acute postpartum depression and was admitted to the Barberry National Centre for Mental Illness mother and baby unit in August 2018. She and her baby Arthur lived there for 10 weeks.

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

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

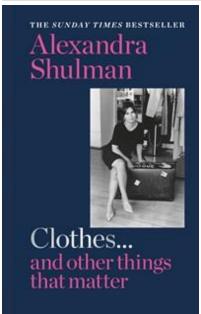
# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

# **Comp Titles**

This Isn't What I Expected	Kleiman, Karen R.	Da Capo Lifelong Books	10/29/2013	9780738216935 \$17.99 0738216933 USD	Paperback	Health & Fitness
The Fourth Trimester	Johnson, Kimberly Ann	Shambhala	12/26/2017	9781611804003 \$18.95 1611804000 USD	Trade Paperback	Health & Fitness
Good Moms Have Scary Thoughts	Kleiman, Karen	Familius	3/1/2019	9781641701303 \$16.99 1641701307 USD	Hardcover	Self-Help

**Subrights** *No subrights have been specified.* 



# Cassell 9781788401982

1788401980 Pub Date: 5/18/2021 On Sale Date: 5/18/2021

\$19.99/\$21.99 Can./£16.99 UK/€21.50 DE

Discount Code: OHC Hardcover

352 Pages Carton Qty: 14 Print Run: 8K Biography & Autobiography / Personal Memoirs

BIO026000 8.4 in H | 5.5 in W | 1.4 in T | 1.1

Ib Wt Status:**ACTIVE** 

#### **Related Products**

**Ebooks** 

9781788402101

# Clothes... and other things that matter

A beguiling and revealing memoir from the former Editor of British Vogue Alexandra Shulman

## **Key Selling Points**

- Following 25 years as British *Vogue*'s longest serving editor, Alexandra Shulman continues to have a high media profile, including a column in the *Mail on Sunday* and regular contributions to the *Telegraph* and *The Sunday Times*
- An irresistible mix of fashion history, social observation, memoir and insider gossip
- Illustrated with around 40 photographs, the book is a beautifully produced jacketed hardback with a ribbon marker

#### Summary

Part memoir, part fashion history, part social commentary, Alexandra Shulman explores the meaning of clothes and how we wear them

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

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

In 40 essays covering everything from the bra to the bikini, the trench coat to sneakers, the slip dress to the suit, she explores their meaning in women's lives and how our wardrobes intersect with the larger world - the career ladder, motherhood, romance, sexual identity, ambition, failure, body image and celebrity.

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

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

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

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

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

'Scintillating reading.' - The Spectator span

#### **Contributor Bio**

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

The Diary of My 100th Year (2016)

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

# **Illustrations**









# **Comp Titles**

Iris Apfel	Apfel, Iris	Harper Design	3/6/2018	9780062405081 006240508X	. \$35.00 USD	Hardcover	Design
Fashion Climbing	Cunningham, Bill	Penguin Books	9/3/2019	9780525558729 0525558721	\$17.00 USD	Trade Paperback	Biography & Autobiography
The Chiffon Trenches	Talley, André Leon	Ballantine Books	5/19/2020	9780593129258 0593129253	\$ \$28.00 USD	Hardcover	Biography & Autobiography

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



# Mitchell Beazley 9781784727543

1784727547 Pub Date: 5/11/2021 On Sale Date: 5/11/2021 \$16.99/\$18.99 Can. Discount Code: OPB Flexibound

160 Pages Carton Qty: 28 Print Run: 7K

Cooking / Health & Healing

CKB039000

9.7 in H | 7 in W | 0.7 in T | 1.1 lb

Status: ACTIVE

#### Related Products

#### **Other Formats**

Beauty Food 9781784725259 \$19.99

**Ebooks** 

9781784725235

# **Beauty Food**

#### 85 recipes for health & beauty from within

Maria Ahlgren

## **Key Selling Points**

- Reaches the same market as the hugely popular Eat Yourself series, which has sold more than 100,000 copies worldwide
- A modern, fashionable guide that blends scientific explanations with attractive recipes and a sense of fun
- In 2017, the U.S. market for health and wellness reached nearly 168 billion U.S. dollars
- The global beauty industry generates \$500 billion in sales a year
- Approximately 70% of US consumers say they prefer natural and organic cosmetics

## Summary

#### 85 recipes to leave your skin and hair glowing

Nourish your hair and skin with recipes to bring out the very best in you, inside and out.

Enjoy healthy recipes for breakfast, filling main meals, juices, smoothies and even delicious desserts and decadant cocktails - all carefully chosen to bring you the perfect blend of natural superfoods that boost beauty from the inside.

Beauty Food also includes a Beautypedia, telling you which ingredients contain just the right oils, minerals, vitamins and acids to help with common beauty ailments.

#### **Contributor Bio**

Maria Ahlgren is a Swedish healthy and beauty editor, who has previously written for publications such as Elle. She worked as a beauty, health and fashion journalist in Tokyo for several years, where she first became aware of the concept of beauty food.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,









# **Comp Titles**

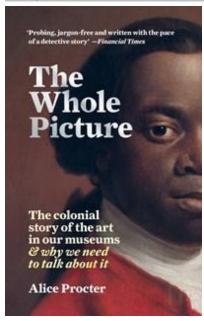
9781784725259 \$19.99 USD Hardcover Cooking Mitchell Beazley 9/4/2018 Beauty Food Ahlgren, Maria 1784725250

9781623369699 162336969X \$29.99 USD Hardcover Cooking Merchant, Jessica Rodale Books The Pretty Dish 3/20/2018

9781984823199 Clarkson Potter 4/16/2019 \$29.99 USD Hardcover Cooking Well+Good Cookbook Brue, Alexia 1984823191

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Cassell 9781788402453 1788402456 Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$12.99/\$14.99 Can./£9.99

UK/€12.00 DE Discount Code: OPB

Paperback

288 Pages Carton Qty: 48 Print Run: 6K

Political Science / Colonialism &

Post-Colonialism POL045000

7.8 in H | 5 in W | 1.1 in T | 0.7 lb

Wt

Status: ACTIVE

#### Related Products

#### **Other Formats**

The Whole Picture 9781788401555 \$24.99

## The Whole Picture

The colonial story of the art in our museums & why we need to talk about it Alice Procter

## **Key Selling Points**

- Alice was featured in the New York Times in January 2019 https://www.nytimes.com/2019/01/17/arts/uk-alternative-museum-tours.html
- Uncover the dirty little colonial secrets of the art history you thought you knew

#### Summary

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

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

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

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

The book is divided into four chronological sections, named after four different kinds of art space:

The Palace The Classroom The Memorial The Playground

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

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

#### **Contributor Bio**

Alice Procter is an historian of material culture based at UCL. She has six years of tourquiding experience at heritage sites and galleries, and curates exhibitions, organises events, makes podcasts and writes things under the umbrella of The Exhibitionist. Alice's academic work concentrates on the intersections of postcolonial art practice and colonial material culture, settler storytelling, the concept of whiteness in the 18th and 19th centuries, the curation of historical trauma, and myths of national identity. She has has recorded material for the Tate's newly updated audio guides showcasing different voices. Alice is Australian but mostly grew up in England.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

## Links

- Author\_Website
- Twitter\_Handle @aaprocter

## **Illustrations**







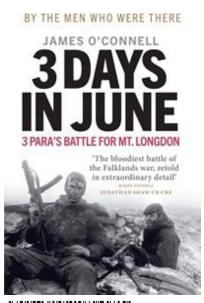


# **Comp Titles**

The Whole Picture	Procter, Alice	Cassell	5/26/2020	9781788401555 1788401557	\$24.99 USD	Hardcover	Political Science
White Fragility	DiAngelo, Robin	Beacon Press	6/26/2018	9780807047415 0807047414	\$16.00 USD	Trade Paperback	Social Science
Whitewalling: Art, Race & Protest in 3 Acts	D'Souza, Aruna	Badlands Unlimited	5/22/2018	9781943263141 1943263140	\$19.99 USD	Trade Paperback	Art

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**



Monoray 9781913183592 1913183599 Pub Date: 6/8/2021

On Sale Date: 6/8/2021 \$29.99/\$32.99 Can./£25.00 UK

Discount Code: OHC

Hardcover

528 Pages Carton Qty: 8 Print Run: 5K History / Military HIS027000

9.5 in H | 6.5 in W | 1.9 in T | 2 lb

Status: ACTIVE

#### **Related Products**

#### Other Formats

3 Days in June 9781913183615 \$19.99

#### **Ebooks**

9781913183820

# 3 Days in June 3 Para's Battle for Mt. Longdon

James O'Connell, Hew Pike

## **Key Selling Points**

- As well as fighting in the battle, James O'Connell visited the Falklands five more times to walk through the battle with ex-soldiers
- Includes approx. 30 photographs, many taken by the soldiers themselves and not previously published
- Includes the amazing untold story of Sqt Ian McKay who as a result of the author's campaigning - received a rare posthumous Victory Cross for his service in the Falklands

#### Summary

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

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

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

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

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

#### **Contributor Bio**

James O'Connell, born in Merseyside, where he still lives, enlisted in the Parachute Regiment in 1979.

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

Following the conflict, transition to civilian life was a difficult and James suffered from what was likely undiagnosed PTSD. He eventually met and married his wife Maureen, and they have two sons.

Since 2014, James has worked to get posthumous medals and memorials for Sgt Ian McKay and Cpl Stewart McLaughlin, and has travelled to the Falklands several times in order to write this book.

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

# **Comp Titles**

19 Minutes to Live -

Helicopter Combat in Jennings, Vietnam: A Memoir by Lew Lew 7/1/2017 9781548484538 \$19.95 Biography & Autobiography

Jennings

A Tiger among Us

Adkins,
Bennie G.

Da
Capo 5/15/2018 9780306902024 \$45.00
Press

O306902028 USD Hardcover History

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

## **Subrights**





Endeavour 9781913068080 1913068080 Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$19.99/\$21.99 Can./£14.99 UK Discount Code: OPB Paperback

288 Pages Carton Qty: 36 Print Run: 5K

Business & Economics / Careers

BUS012000

9.1 in H | 5.9 in W | 0.9 in T | 0.8 Ih Wt

Status: ACTIVE

#### **Related Products**

**Fhooks** 

9781913068233

# Love It Or Leave It How to Be Happy at Work

Samantha Clarke

## **Key Selling Points**

- Timely. This taps into the growing conversation around flexible working patterns, the future of employment in the face of technological change and work-life balance
- Well-connected author with a fantastic range of corporate clients, including Harrods, Innocent, Viacom, Pepsico, Georgio Armani, Mediacom, Proctor and Gamble, Elle, American Express, Soho House, Cambridge University and the NHS. We have added to Pub Tracker and they will appear on the TI
- Based on popular workshops held at The School of Life and as part of the Guardian Masterclass series
- Aimed at readers of Little Black Book by Otegha Uwagba, The Multi-Hyphen Method by Emma Gannon and The 4-Hour Work Week by Timothy Ferriss

## **Summary**

The straight-talking guide to becoming happier at work and getting that elusive work-life balance from popular happiness coach

"Love It Or Leave It is a relatable, juicy and inspiring read. I particularly enjoyed the practical reflection exercises for self-insight. This is a great resource to help you carve a career you love compatible with a life you love. It's a fantastic resource." - Suzy Reading

Say goodbye to the dread of Monday morning. In Love It Or Leave It, expert 'work happiness' coach Samantha Clarke will help you figure out ways to find that work-life balance and be happier and more fulfilled at work.

If you are struggling to find motivation, or questioning changes to your job, this inspiring guide is full of vital tips and tools that will help you:

**LOVE IT** - find ways to get more out of the job you have, improve your working relationships and boost your sense of wellbeing and worth.

OR

**LEAVE IT** - work out the skills you have to offer and identify the steps you need to take, whether that's looking for a new job, starting a portfolio career or testing a new business idea.

Love It Or Leave It is for anyone:

- Stuck in a job they hate
- Wanting a flexible working routine
- Trying to gain some work-life balance
- Thinking about a career change
- Who has landed their dream job but is struggling with toxic colleagues
- Who wants to find a more fulfilling role that brings them joy

#### **Contributor Bio**

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

company culture, employee growth and happiness.

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

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

Samantha Clarke's previous clients include:

- Harrods
- Innocent
- Viacom
- Pepsico
- Giorgio Armani
- Mediacom
- Procter & Gamble
- Elle
- American Express
- Soho House

#### **Quotes**

Samantha has a unique power in helping people unlock their potential. In a world of endless social media posts, Samantha helps to quieten that noise, zone in on your inner truths and pinpoint a clear direction. She has helped countless people in person (including me) and now we all get to experience her guidance to find true work happiness with her brilliant new book.—**Emma Gannon**, *author of The Multi-*

## Hyphen Method

Samantha helped me to see I am more in control of how I react to the working day than I first thought. Her words completely changed my attitude to work.—**Natasha Lunn**, *Red Magazine* 

#### **Marketing Plans**

National media outreach targeting business & wellness, Author social media platform, Giveaway programs, Trade & Library media outreach,

#### Links

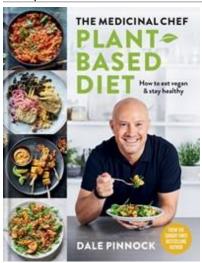
- Author\_Website
- Twitter\_Handle @samanthaand\_

## **Comp Titles**

comp rides							
Stop Doing That Sh*t	Bishop, Gary John	HarperOne	5/7/2019	9780062871848 0062871846	\$22.99 USD	Hardcover	Self-Help
Ask a Manager	Green, Alison	Ballantine Books	5/1/2018	9780399181818 0399181814	\$16.00 USD	Trade Paperback	Business & Economics
Girl, Wash Your Face	Hollis, Rachel	Thomas Nelson	2/6/2018	9781400201655 1400201659	USD	aust jacket	Self-Help
Unapologetically Ambitious	Archambeau, Shellye	Grand Central Publishing	10/6/2020	9781538702895 1538702894	\$28.00 USD	Hardcover	Business & Economics
Joy at Work	Kondo, Marie	Little, Brown Spark	4/7/2020	9780316423328 0316423327	\$24.00 USD	Hardcover Paper over boards	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Hamlyn 9780600636045 0600636046 Pub Date: 7/20/2021

On Sale Date: 7/20/2021 \$24.99/\$27.99 Can./£20.00 UK

Discount Code: OHC Hardcover

256 Pages Carton Qty: 14 Print Run: 10K Cooking CKB000000

10 in H | 7.9 in W | 1 in T | 2 lb

Wt

Status: ACTIVE

## The Medicinal Chef

Plant-based Diet - How to eat vegan & stay healthy

Dale Pinnock

## **Key Selling Points**

- Advice for how to eat a nutritious vegan diet, taking a 360-degree look at the health implications
- Simple ingredients and easy methods perfect for home cooking
- Dale is a global bestselling author and an award winning and qualified nutritionist and chef. He is a regular hit at Expo West

#### **Summary**

Over 80 delicious vegan recipes plus helpful meal plans, plus advice for how to eat a healthy, balanced vegan diet

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

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

#### **Contributor Bio**

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

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

Dale is a global bestselling author and an award winning and qualified nutritionist and chef. He is a regular hit at Expo West.

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

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

- Author\_Website
- Twitter\_Handle @dale\_pinnock







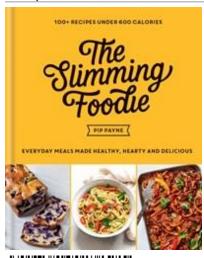


# **Comp Titles**

The Medicinal Chef	Pinnock , Dale	Sterling	11/19/2013	9781454910497 1454910496	\$24.95 USD	Hardcover	Cooking
Healing Foods	Pinnock, Dale	Skyhorse	6/1/2011	9781616082987 1616082984	\$14.95 USD	Trade Paperback	Health & Fitness
Eat Your Way to a Healthy Heart	Pinnock, Dale	Quadrille Publishing	2/20/2018	9781787131415 1787131416	\$14.99 USD	Hardcover	Cooking
Eat Your Way to Happiness	Pinnock, Dale	Quadrille Publishing	9/19/2017	9781787130449 1787130444	\$14.99 USD	Hardcover	Cooking
Eat Your Way to Managing Diabetes	Pinnock, Dale	Quadrille Publishing	2/20/2018	9781787131422 1787131424	\$14.99 USD	Hardcover	Cooking
Eat Your Way to a Healthy Gut	Pinnock, Dale	Quadrille Publishing	9/19/2017	9781787130456 1787130452	\$14.99 USD	Hardcover	Cooking
The Simply Vegan Cookbook	Harder, Dustin	Rockridge Press	2/6/2018	9781623159269 1623159261	\$12.99 USD	Trade Paperback	Health & Fitness
The Plant Based Diet for Beginners	Miller, Gabriel	Rockridge Press	12/10/2019	9781646110421 1646110420	\$16.99 USD	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**



Aster 9781783254163 1783254165 Pub Date: 6/1/2021

On Sale Date: 6/1/2021 \$24.99/\$27.99 Can./£20.00 UK

Discount Code: OHC Hardcover

224 Pages Carton Qty: 18 Print Run: 10K

Cooking / Health & Healing

CKB026000

9.4 in H | 7.7 in W | 0.8 in T | 2 lb

Status: ACTIVE

#### Related Products

#### **Ebooks**

9781783254361

# The Slimming Foodie

Every Day Meals Made Healthy, Hearty and Delicious: 100+ Recipes Under 600 **Calories** 

Pip Payne

## **Key Selling Points**

- The Slimming Foodie blog has received more than 3 million visits
- Pip has received three industry awards for the blog and is waiting to hear the result of another nomination in 2020
- This book follows in the footsteps of bestselling diet books like Pinch of Nom and **Twochubbycubs**
- More than a quarter of Pip's following on Instagram are based in the US
- Of her combined following of more than 200,000, the US is Pip's second-largest audience after the UK
- Three out of four of The Slimming Foodie's most popular cities are in the US: New York, Los Angeles and Wichita

## Summary

100 tasty slimming recipes to enjoy, not endure

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

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

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

When trying to slim down, you often feel the need to cook a separate meal for yourself than the rest of your household. However, making healthy choices shouldn't stop you from sharing a delicious meal with your loved ones. Each of these 100 family-friendly recipes can be enjoyed by anyone as part of a healthy diet, including children.

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

With *The Slimming Foodie*, dinnertime can now include: Easy midweek meals like **Nutty chicken satay fried rice** One-pot wonders like Chilli mac 'n' cheese Savory traybakes like **Garlicky meatball pasta bake** Family favourites like Sausage and mash pie ... and Friday-night favourites like the slow-cooked Tick-tock tikka masala

#### **Contributor Bio**

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

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

• Author\_Website

## **Illustrations**









# **Comp Titles**

What's Gaby Cooking: Eat What You Want

Skinnytaste One and Done

Dalkin, Gaby Harry N. Abrams

Homolka,

Gina

Clarkson

Potter

4/28/2020 9781419742866 \$29.99 1419742868 USD

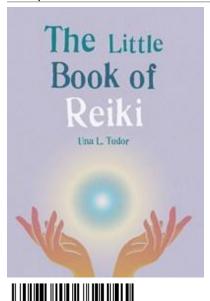
9781524762155 \$30.00 1524762156 USD 10/9/2018

Hardcover Cooking

Hardcover Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**



#### Gaia 9781856754446 1856754448

Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$9.99/\$10.99 Can./£7.99

UK/€9.85 DE Discount Code: OPB Flexibound

96 Pages Carton Qty: 100 Print Run: 10K Body, Mind & Spirit OCC000000

5.8 in H | 4.2 in W | 4.2 in T | 0.3

Ib Wt Status:**ACTIVE** 

#### **Related Products**

**Ebooks** 

9781856754545

## The Little Book of Reiki

Una L. Tudor

## **Key Selling Points**

- The Little Book series has sold more than 2 million copies worldwide
- Reiki healing is making its way into western medicine. It has been offered as a treatment by a number of esteemed hospitals in the US, including New York Presbyterian, the Yale Cancer Center and the Mayo Clinic (sources: BBC and The Atlantic)

## **Summary**

## A beautifully designed introduction to the ancient practice of Reiki

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

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

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### **Illustrations**



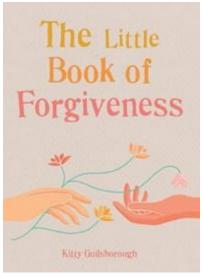


# **Comp Titles**

The Little Book of Serenity	Rickman, Cheryl	Gaia	6/16/2020	9781856754217 1856754219	\$9.99 USD	Flexibound Body, Mind & Spirit
The Little Book of Meditation	Collard, Dr. Patrizia	Gaia	5/7/2019	9781856753982 1856753980	\$9.99 USD	Flexibound Body, Mind & Spirit
A Little Bit of Reiki	Oula, Valerie	Sterling Ethos	3/5/2019	9781454933687 1454933682	\$9.95 USD	Hardcover Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Gaia 9781856754422 1856754421

Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$9.99/\$10.99 Can./£7.99

UK/€9.85 DE Discount Code: OPB Flexibound

96 Pages Carton Qty: 100 Print Run: 20K Body, Mind & Spirit OCC000000

6 in H | 4.4 in W | 0.7 in T | 0.3 lb

Wt

Status: ACTIVE

# Related Products

**Ebooks** 

9781856754538

# The Little Book of Forgiveness

Kitty Guilsborough, GAIA Books Ltd.

# **Key Selling Points**

- The Little Book series has sold more than 2 million copies worldwide
- Practical pocket-sized format allows for easy access to practices you can do wherever you are

## Summary

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

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.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### **Illustrations**





# **Comp Titles**

BenBella 9781946885760 \$12.95 8/27/2019 **Greatest Forgiveness** Sha, Zhi Gang Hardcover Religion Books 1946885762 USD Body, Mind & The Little Book of 9781856754217 \$9.99 Rickman, Gaia 6/16/2020 Flexibound Serenity Cheryl 1856754219 **USD** Spirit The Little Book of Collard, Dr. 9781856753982 \$9.99 Body, Mind & 5/7/2019 Gaia Flexibound Meditation 1856753980 Patrizia USD

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**



Mitchell Beazley 9781784727499 1784727490 Pub Date: 4/6/2021 On Sale Date: 4/6/2021 \$22.00/\$24.00 Can./£18.00 UK

Discount Code: OHC Hardcover

256 Pages Carton Qty: 16 Print Run: 8K

Self-Help / Journaling

SEL045000

8.3 in H | 6 in W | 1.2 in T | 1.6 lb Wt

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781784727741

## **Book Club Journal**

Sanne Vliegenthart

## **Key Selling Points**

- Author Sanne Vliegenthart is a well-established book blogger with 73k followers on social media and 184k subscribers on YouTube
- Includes a wide selection of books and themes to appeal to a broad range of booklovers
- A beautifully packaged hardback book at a competitive price point, perfect for gifting or as self-purchase
- Book groups of all varieties have become extremely popular in recent years

## Summary

## Book Club Journal is a handy way to plan your reading material, organize your thoughts and think of discussion points

Thinking of starting a book group? Or running out of ideas for your existing one? Curated by the popular book vlogger, Sanne Vliegenthart of Books & Quills, this beautifully produced guided journal includes themed reading lists, space to record your thoughts and wise advice to help your book group run happily and smoothly.

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

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

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

#### **Contributor Bio**

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

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

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

#### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

• Twitter\_Handle - @booksandquills









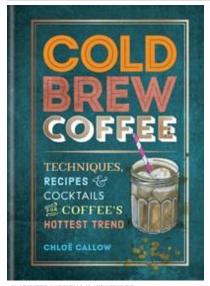
# **Comp Titles**

Read Harder (A Reading Log)

Book Riot Harry N. Abrams 9/4/2018 9781419732553 \$16.99 1419732552 USD Paperback Literary Criticism

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Mitchell Beazley 9781784727536 1784727539 Pub Date: 7/20/2021 On Sale Date: 7/20/2021 \$9.99/\$10.99 Can. Discount Code: OPB Flexibound

112 Pages Carton Qty: 48 Print Run: 6K Cooking / Beverages CKB019000

8.6 in H | 6.1 in W | 0.7 in T | 0.6

Ib Wt Status:**ACTIVE** 

#### Related Products

#### Other Formats

Cold Brew Coffee 9781784723606 \$12.99

## **Cold Brew Coffee**

Techniques, Recipes & Cocktails for Coffee's Hottest Trend Chloë Callow

**Key Selling Points** 

- One of the biggest trends in coffee
- US sales of cold brew coffee have increased 340% in the past five years

## Summary

Everything you need to know to explore the cold brew trend at home - from techniques and tips for making your own, to delicious cocktails and recipes

Cold brew is taking the coffee world by storm, with its sweeter, mellower taste and potential health benefits. Brewed by leaving coffee grounds to steep in cold water for hours, it offers a completely new take on coffee - and once you try it, there's no going back.

This handy guide will give you all the knowledge you need to get on top of the trend, with illustrated step-by-step techniques for making your own cold brew at home, plus expert advice to help you get the best results from your drink. Also featuring 35 delicious recipes for creating cocktails and desserts with your cold brew coffee, from Espresso Martini and Cold Brew Negroni to Coffee Chocolate Tart, this is a must-have for brewing beginners and small-batch artisans alike.

#### **Contributor Bio**

**Chloë Callow** is editor of *Caffeine* magazine and is thoroughly steeped in the world of coffee. She works as an expert in water filtration for the coffee industry, and has written articles and reviews for a range of coffee and cocktail magazines and apps. She has also worked with the UK chapter of the Specialty Coffee Association of Europe.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### **Illustrations**







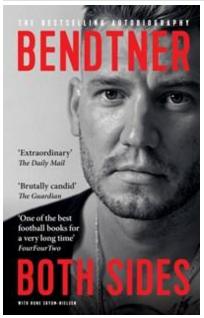


# **Comp Titles**

The New Rules of Michelman, Ten Speed Coffee Jordan Press 9/25/2018 9/25/2

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Monoray 9781913183646 1913183645

Pub Date: 8/10/2021 On Sale Date: 8/10/2021 \$12.99/\$14.99 Can./£8.99 UK

Discount Code: OPB Paperback

352 Pages

Carton Qty: 48 Print Run: 5K Biography & Autobiography / Sports

BIO016000 7.7 in H | 5 in W | 1.6 in T | 0.7 lb

Status: ACTIVE

# **Both Sides**

#### The International Bestseller

Nicklas Bendtner, Rune Skyum-Nielsen

## **Key Selling Points**

- CONTROVERSIAL: In the tradition of well-written football memoirs by troubled players: George Best, Paul McGrath, Paul Merson, Tony Adams
- INTERNATIONAL BESTSELLER: Over 50,000 copies sold in Denmark

#### Summary

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

"Bendtner is wired differently from the rest of us." -The Guardian

'An extraordinary, granular depiction of a young football star's life.' - The Daily Mail

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

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

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

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

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

#### **Contributor Bio**

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

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

## **Comp Titles**

The Robinson, Club Joshua

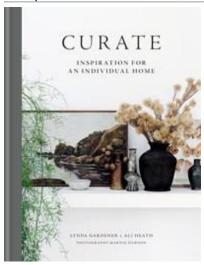
Houghton Mifflin Harcourt

12/4/2018 9781328506450 \$28.00 1328506452 USD

Hardcover Sports & Recreation

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.





# 

Mitchell Beazley 9781784727390 1784727393

Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$40.00/\$44.00 Can./£30.00

UK/€35.50 DE Discount Code: OHC Hardcover

224 Pages Carton Qty: 10 Print Run: 8K

Architecture / Interior Design

ARC007000

11.2 in H | 8.7 in W | 1 in T | 2.9 lh Wt

Status: ACTIVE

#### Related Products

**Ebooks** 

9781784727840

#### Curate

### **Inspiration for an Individual Home**

Lynda Gardener, Ali Heath

## **Key Selling Points**

- Lynda Gardener is a sought-after interior stylist. Her work is regularly featured in high-profile international press, including *Country Style, Elle Decoration, Homes & Gardens, Livingetc, Modern Rustic, Vogue Living* and *VT Wonen*
- Gardener's style of decorating in a calming, neutral palette is a popular choice that translates well into publishing
- The authors and photographer have a combined Instagram following of almost 70k

## **Summary**

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

\*\*\*

"This gorgeous book marries inspirational ideas with real interiors, to help you curate a home that reflects your personal story and style." Kate Watson-Smyth of Mad About The House

"Helpfully divided into eight key elements that bring a space to life, this beautifully photographed book by Australian interior designer Gardener and journalist Heath, makes the perfect accompaniment to a house refresh." Elle Decoration

"A paradise for the curious, Lynda and Ali present an interior perspective so cosy that you already feel you live there. Textural spaces cleansed in monochromatic hues - with ideas that invite your imagination to consider home and collections in a new light." Martyn Thompson - Designer, Photographer, Creative Director

Doyenne of the unique and decorative, Australian interior stylist and boutique hotelier, Lynda Gardener, is always on the hunt for finds to enhance her homes and decorating projects. Her ability to curate and display these personal treasures has created a trademark style that is loved internationally.

Curate, the highly anticipated book by creative duo, Lynda Gardener and journalist and stylist Ali Heath, reveals how to create a home that is truly individual. With their shared love of a monochrome aesthetic and natural imperfections, they explore the eight Elements that bring a space to life: palette, nature, textiles, lighting, a combination of old and new, storage, collections and art. Ten aspirational homes show the style in practice, including a converted warehouse, one-bedroom studio, bijoux apartment, historic cottage, country estate, new-build barn, remote shack, period townhouse and rural retreat.

With gloriously evocative photography and plenty of down-to-earth ideas, *Curate* will encourage the reader to embrace their individual style, dream big and create a timeless interior of their own.

"Two of the most sought-after creatives, working together from opposite ends of the world, which has resulted in the most inspiring book." - Sally Bailey, Founder of Baileys Home

"A must-read for all confirmed monochromist or mono-curious design aficionados, Ali and Lynda's new book confirms that an edited colour palette is everything but monotonous." - Hilary Robertson, Interior Stylist, Writer

"Everyone knows that to live amongst books is a gift. *Curate* is one of those books you will come back to, like a time worn painting, its contents are rewarding, rich and encourage you to chase your own unique style of domestic bliss." - Megan Morton, Interior Stylist, Masterclass Instructor, Studio Owner

"Every page of *Curate* is filled with an inspirational overload both in pictures and words. Working with texture, layers, colour and special personal touches it is a pure feast for the eyes." - Hans Blomquist, Author, stylist, art director

"The beautiful interiors captured in *Curate* are layered with a sense of nostalgia and nurture. This is what makes a house a home." - Sibella Court, Author, stylist, shopkeeper

"What a joy this book is to flip through and let sink in. At once inspirational and, yet, still approachable, Ali's beautiful words and Lynda's gorgeous styling come together to create the sort of worlds you want to dive right into and live in forever." - Lindsey Bro, Writer, Creative, Founder @cabinlove

"When two incredibly talented creatives Ali and Lynda, combine their talents and produce the most inspiring book full of texture, layers and most of all homes full of soul. So beautifully written and photographed giving us all a must have book that we will continually refer to and thoroughly enjoy." - Kate Abt @kateabtdesign

#### **Contributor Bio**

**Lynda Gardener** is an Australian-based interior stylist. She has been credited internationally as the founder of one of the first global lifestyle stores, Empire, which she started in her 20s in Melbourne, and ran successfully for over two decades. Simultaneously, for the past 30 years she has slowly built a portfolio of individual boutique hotel rental properties, that have become synonymous with her eclectic style, collector's eye and desire for the unique. Lynda also consults on design and interior styling projects, for both commercial and residential clients, in Australia and abroad. Her work is regularly featured in high-profile international press, including *Country Style*, *Elle Decoration*, *Homes & Gardens*, *Livingetc*, *Modern Rustic*, *Vogue Living* and *VT Women*. Her work has also featured in books including Diane Keaton's *The House that Pinterest Built* and Grace Bonney's *Design Sponge at Home*.

Instagram @lynda.gardener www.lyndagardener.com

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

Instagram @aliheath uk www.aliheath.co.uk

**Marnie Hawson** is an Australian-based interior, travel and lifestyle photographer. Her work is published in many of the world's top interiors magazines, including *Australian House & Garden, Condé Nast Traveller, Country Style, Elle Decoration, Gourmet* 

Traveller, Green, Habitus, Harper's Bazaar, Home Beautiful, Homes & Garden, Livingetc and Real Living. As a former environmental scientist, her work is focused on purposedriven photography for people doing good things. As a team Marnie, Lynda and Ali regularly collaborate for publications in the UK, and Marnie is represented internationally by Living Inside agency, in Milan.

Instagram @marniehawson www.marniehawson.com.au

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### **Illustrations**







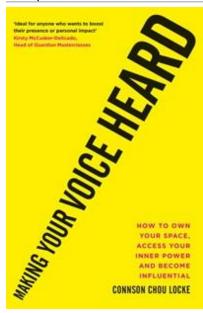


# **Comp Titles**

Homebody	Gaines, Joanna	Harper Design	11/6/2018	9780062801975 006280197X	\$40.00 USD	Hardcover	House & Home
For the Love of White	Rucker, Chrissie	Harper Design	10/22/2019	9780062955869 0062955861	\$40.00 USD	Hardcover	House & Home
Live Beautiful	Calderone, Athena	Harry N. Abrams	3/3/2020	9781419742804 1419742809	\$45.00 USD	Hardcover	Design
At Home in Joshua Tree	Combs, Sara	Running Press Adult	10/23/2018	9780762491674 0762491671	\$27.00 USD	Hardcover Paper over boards	House & Home
Down to Earth	Liess, Lauren	Harry N. Abrams	10/8/2019	9781419738197 1419738194	\$45.00 USD	Hardcover	House & Home

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**





Endeavour 9781913068202 191306820X Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$16.99/\$18.99 Can./£12.99 UK/€16.00 DE Discount Code: OPB Paperback

288 Pages Carton Qty: 36 Print Run: 5K Business & Economics / Negotiating BUS047000

9.2 in H | 6 in W | 1 in T | 0.9 lb

Status: ACTIVE

Status: ACTIVE

# Ebooks

9781913068264

**Related Products** 

# **Making Your Voice Heard**

How to own your space, access your inner power and become influential Dr. Connson Chou Locke

# **Key Selling Points**

- Expert author who teaches at a wide range of highly-esteemed institutions including LSE, Harvard Medical School, the European Parliament and the United Nations
- A new take on a perennially popular subject. The advice on influencing others is brought right up to date by showing the reader how to cope with cultural and gender bias
- Tried-and-tested expert advice plus practical tips for the reader to use
- Connson Locke writes regularly for Forbes on the topics of business and management

## **Summary**

# A fresh take on how to influence others regardless of your gender or background

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

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

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

#### Discover:

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

#### **Contributor Bio**

**Connson Chou Locke** is Professorial Lecturer in Management at the London School of Economics and Political Science where she teaches leadership, organizational behavior, and negotiation. Connson Locke holds a PhD and MSc in Business Administration, with a specialty in organizational behavior, from the University of California at Berkeley and a BA in Sociology from Harvard University. Her highly popular Guardian Masterclass 'Developing your presence, power and influence' regularly sells out. Her clients include Harvard Medical School, Orange Group, KPMG, and the United Nations System Staff College.

# **Marketing Plans**

Social media campaign , National media outreach , Trade and Library Advertising ,

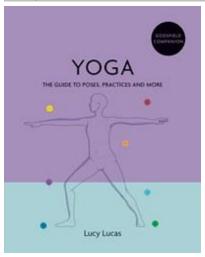
#### Links

• Author\_Website

The Confidence Code	Kay, Katty	Harper Business	4/3/2018	9780062230638 0062230638	\$18.99 USD	Paperback Business & Economics
The Most Powerful Woman in the Room Is You	Fenet, Lydia	Gallery Books	4/9/2019	9781982101138 198210113X	\$26.99 USD	Hardcover Business & Economics
How Women Rise	Helgesen, Sally	Hachette Books	4/10/2018	9780316440127 0316440124	\$29.00 USD	Hardcover Business & Economics

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**



# 

Godsfield 9781841814933 1841814938 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$19.99/\$21.99 Can./£16.99 UK Discount Code: OPB

Paperback

304 Pages Carton Qty: 20 Print Run: 10K Body, Mind & Spirit OCC000000

7.9 in H | 6.4 in W | 0.9 in T | 1.4

lb Wt

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781841815077

# Godsfield Companion: Yoga

The guide to poses, practices and more

Lucy Lucas

# **Key Selling Points**

- Over 3 million copies of the Godsfield Bibles have sold worldwide.
- Yoga is practised by a staggering 55 million people in the USA alone Economic Times
- Between 2012-2016 the number of Americans practising yoga grew by 50%
- Yoga continues to be a huge social media trend with hashtags such as #YogaLife and #YogaEveryDay collecting millions of posts (9.4m and 6.1m respectively)

## Summary

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

The first in the series **Yoga: The Definitive Guid**e is a comprehensive anthology of yoga, it's history, philosophy and how to incorporate the practice into your everyday.

#### Sections include:

- Part 1: What is Yoga? Including Ashtanga, Vinyasa, hot yoga, Hatha/Iyengar and yin/restorative yoga
- Part 2: History of Yoga The ancients to the future
- Part 3: Philosophy Including awareness, aversion, discipline, discernment and letting be
- Part 4: How Yoga Works From movement (including anatomy, dynamic poses, yin poses and restorative poses); to breath (including prana, the physical body and the nervous system; to energy (including chakras, pranayama and meditation)
- Part 5: How to live with your Yoga Including practices for purposes including joy, self-awareness, resilience, relaxation and pain management

#### **Contributor Bio**

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

#### **Marketing Plans**

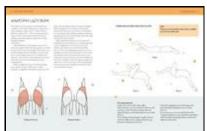
Social media campaign, National media outreach, Trade and Library Advertising,

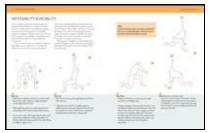
#### Links

- Author Website
- Twitter\_Handle @LucyLucasYoga





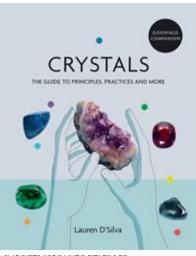




The Little Book of Yoga	Lucas, Lucy	Gaia	10/1/2019	9781856753999 1856753999	\$8.99 USD	Flexibound	Body, Mind & Spirit
Yoga for Everyone	Bondy, Dianne	Alpha	4/2/2019	9781465480774 1465480773	\$19.99 USD	Trade Paperback	Health & Fitness
5-Minute Yoga	Adams Media	Adams Media	1/2/2018	9781507206324 1507206321	\$14.99 USD	Trade Paperback	Health & Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Godsfield 9781841814995 1841814997 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$19.99/\$21.99 Can./£16.99 UK Discount Code: OPB Paperback

304 Pages Carton Qty: 20 Print Run: 10K

Body, Mind & Spirit / Crystals

OCC004000

7.9 in H | 6.3 in W | 0.9 in T | 1.4 Ib Wt

Status: ACTIVE

#### Related Products

#### **Ebooks**

9781841815060

# **Godsfield Companion: Crystals**

The guide to principles, practices and more

Lauren D'Silva

## **Key Selling Points**

- Over 3 million copies of the Godsfield Bibles have sold worldwide
- The crystal hashtag has been used over fifteen million times on Instagram and the industry is now reported to be worth billions
- Crystals are very much on trend, with celebrities such as Victoria Beckham, Britney Spears, Adele, Katy Perry and Miranda Kerr using them

#### Summary

## An all-encompassing guide to crystals in the indispenible new Mind, Body, Spirit series from the creators of the bestselling Godsfield Bibles

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

This Companion is a comprehensive anthology of crystals: their history, their powers and how to incorporate them into your day-to-day life.

#### Sections include:

Part 1: About Crystals - what they are and how they have been used from ancient

through to modern day

Part 2: Energy Safety - grounding and centring with crystals

Part 3: Tuning into Crystals - how to choose which crystals are right for you

Part 4: Caring for Your Crystals - a guide to the different ways you can cleanse your

Part 5: Crystals and Your Energy - how to use crystals to balance the chakras

Part 6: Crystals in Daily Life - including crystals for different rooms in the house, for work

and even the commute

Part 7: Buyer's Guide - what to look out for when purchasing crystals

Part 8: Crystal Directory - a catalogue of 60 types of crystals and their different variations and uses

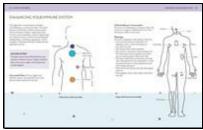
#### **Contributor Bio**

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

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

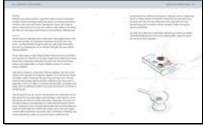








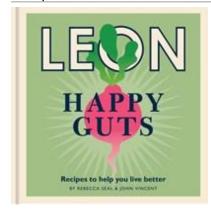




Crystals for  $10/17/2017 \begin{array}{l} 9781623159917 \ \$14.99 \\ 1623159911 \ \ \ USD \end{array}$ Body, Mind & Trade Frazier, Althea Press Beginners Paperback Spirit Karen 9781787130357 \$14.99 Van Doren, Quadrille Body, Mind & Crystals 1/2/2018 Hardcover Publishing 1787130355 USD Spirit Yulia

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**





Conran 9781840918021 1840918020 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$19.99/\$21.99 Can./£16.99 UK/€20.00 DE

Discount Code: OHC Hardcover

224 Pages Carton Qty: 16 Print Run: 8K Cooking / Methods CKB070000

8.2 in H | 8.2 in W | 1.1 in T | 1.9

Ib Wt Status: ACTIVE

Related Products

#### Ebooks

9781840918212

# **Happy Leons: Leon Happy Guts**

Recipes to help you live better

Rebecca Seal, John Vincent

# **Key Selling Points**

- LEON's cookbook range has now sold more than one million copies
- Maintaining a healthy gut has a vast array of proven benefits for physical and mental health. Interest in gut health is evidenced by the success of books such as *Gut* by Giulia Enders (75,000 copies sold via US TCM)
- The latest book in the LEON Happy series more than 250,000 copies in print

## **Summary**

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

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

In the latest book in the bestselling LEON Happy series, the LEON team have created more than 100 recipes on eating for a happy, healthy gut. It is not about eating a restrictive diet or depriving yourself of delicious food, but about incorporating gut-friendly ingredients into your daily diet with recipes loaded with natural probiotics, prebiotics and polyphenols.

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

#### **Contributor Bio**

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

**John Vincent** is co-founder of LEON, which now has 70 restaurants (including in Amsterdam, Utrecht, Oslo and Washington, DC). He wrote *LEON Naturally Fast Food* with Henry Dimbleby, *LEON Family & Friends* with Kay Plunkett-Hogge, *LEON Happy Salads* and *LEON Fast & Free* with Jane Baxter and *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan* and *LEON Happy Curries* with Rebecca Seal. He thinks that our relationship with food should be positive and joyous and that we need to listen more carefully to our gut, eat more good fats and less sugar.

# Marketing Plans

Social media campaign, National media outreach, Trade and Library Advertising,



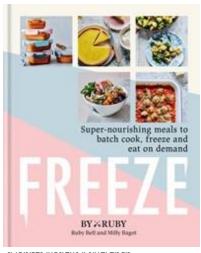




Leon Happy Fast Food	t Vincent, John	Conran	6/9/2020	9781840918076 1840918071	\$24.99 USD	Hardcover	Cooking
Leon Happy One-pot	Seal, Rebecca	Conran	10/2/2018	9781840917765 1840917768	\$19.99 USD	Hardcover	Cooking
Leon Happy Baking	Ptak, Claire	Conran	9/3/2019	9781840917987 1840917989	\$19.99 USD	Hardcover	Cooking
LEON Happy Salads	Baxter, Jane	Conran	8/2/2016	9781840917185 1840917180	\$19.99 USD	Hardcover	Cooking
Leon Happy Curries	Seal, Rebecca	Conran	11/5/2019	9781840917970 1840917970	\$19.99 USD	Hardcover	Cooking
Leon Happy Soups	Seal, Rebecca	Conran	11/7/2017	9781840917635 1840917636	\$19.99 USD	Hardcover	Cooking
Happy Gut	Pedre, Vincent	William Morrow Paperbacks	3/14/2017	9780062362179 0062362178	\$17.99 USD	Paperback	Health & Fitness
Gut	Enders, Giulia	Greystone Books	5/24/2015	9781771641494 1771641495	\$17.95 USD	Trade Paperback	Science
Gut	Enders, Giulia	Greystone Books	3/27/2018	9781771643764 1771643765	\$17.95 USD	Trade Paperback	Health & Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# Subrights



Mitchell Beazley 9781784727482 1784727482 Pub Date: 9/7/2021

On Sale Date: 9/7/2021 \$19.99/\$21.99 Can./£16.99 UK

Discount Code: OHC

Hardcover

176 Pages Carton Qty: 22 Print Run: 8K Cooking / Methods CKB069000

9.4 in H | 7.6 in W | 0.8 in T | 1.5

lb Wt

Status: FORTHCOMING

#### **Related Products**

#### **Ebooks**

9781784727673

#### Freeze

Super nourishing meals to batch cook, freeze and eat on demand ByRuby

# **Key Selling Points**

- Batch cooking brings the gift of time to even the busiest lives, with simple, freezable store cupboard recipes
- Batch cooking is a fantastic way of ensuring a healthier and cheaper way of eating, preparing all of your meals for the week, or even the month, in one go

## **Summary**

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

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.

#### **Contributor Bio**

**ByRuby** are a nationwide healthy freezer meal delivery service run by two women in the UK - 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*, *Woman* & *Home*.

# **Marketing Plans**

- Social media campaign
- National media outreach
- Trade and Library Advertising





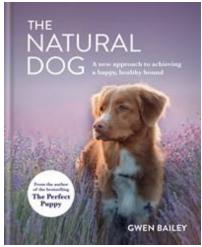




Skinnytaste Meal Prep	Homolka, Gina	Clarkson Potter	9/15/2020	9780593137314 0593137310	\$32.50 USD	Hardcover	Cooking
Cook Once, Eat All Week	Garcia, Cassy Joy	Victory Belt Publishing	4/23/2019	9781628603439 1628603437	\$34.95 USD	Trade Paperback	Cooking
From Freezer to Cooker	Conner, Polly	Rodale Books	1/14/2020	9781635653120 1635653126	\$22.99 USD	Trade Paperback	Cooking
Cook When You Can, Eat When You Want	Pessin, Caroline	Black Dog & Leventhal	9/3/2019	9780762495085 0762495081	\$24.99 USD	Hardcover Paper over boards	Cooking
Damn Delicious Meal Prep	Rhee, Chungah	Grand Central Publishing	2/5/2019	9781538729427 1538729423	\$30.00 USD	Hardcover Paper over boards	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.* 



Hamlyn 9780600636038 0600636038 Pub Date: 7/6/2021

On Sale Date: 7/6/2021 \$24.99/\$27.99 Can./£20.00 UK

Discount Code: OHC

Hardcover

224 Pages Carton Qty: 18 Print Run: 5K Pets / Dogs PET004000

9.5 in H | 7.8 in W | 0.9 in T | 2 lb

Wt

Status: ACTIVE

# The Natural Dog

A new approach to achieving a happy, healthy hound Gwen Bailey

# **Key Selling Points**

- Gwen Bailey's pet books have sold hundreds of thousands, with Perfect Puppy selling 470,000 copies worldwide
- The most comprehensive natural health pet guide on the market, featuring the latest research and findings on pet physical, dietary and mental health
- Features insights into nutrition and dieting from a specialist veterinary dietitian

## **Summary**

#### Want to learn what your pet naturally needs?

#### This is the wellness bible for dog owners everywhere.

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 to 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 behavior 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.

#### **Contributor Bio**

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

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

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

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





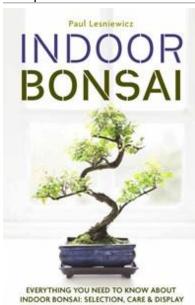




Raw and Natural Nutrition for Dogs, Revised Edition	Olson, Lew	North Atlantic Books	8/18/2015	9781583949474 158394947X	\$19.95 USD	Trade Paperback	Pets
Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition)	Pitcairn, Richard H.	Rodale Books	3/21/2017	9781623367558 1623367557	\$24.99 USD	Trade Paperback	Pets

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**





Cassell 9781788403016 1788403010 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$14.99/\$16.99 Can. Discount Code: OPB Paperback

208 Pages Carton Qty: 40 Print Run: 5K

Gardening / Techniques

GAR022000

7.4 in H | 4.8 in W | 0.7 in T | 0.7

Ib Wt

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781788403177

## **Indoor Bonsai**

Paul Lesniewicz

# **Key Selling Points**

• Each year, many thousands of Bonsai trees are imported from either China, Japan and other Far-Eastern countries to satisfy the gift market

## Summary

#### The definitive guide to the art of growing bonsai for indoors

"Excellent guide...with specifics on individual plants." - The New York Times

A bonsai is a miniature tree. Grown in a shallow dish, it resembles larger trees in all respects except size, and lives to an equally old age.

The conventional bonsai requires a site in the open air where the plant is exposed to the sun, wind and rain in order to develop and remain healthy. In this book, however, Paul Lesniewicz looks at those species that can successfully be kept indoors all year round. He explores a vast variety of bonsai trees, including mini versions, which are only 3-6 inches tall, for those who are really lacking in space.

Indoor Bonsai includes sections such as choosing a plant or growing it from seed, planting, general care, pests and diseases, shaping, wiring and pruning, and many other aspects, all explained in simple and straightforward terms. Advice is accompanied by step-by-step illustrationsandspectacular colour photography throughout, to help you choose and care for your bonsai tree.

Paul's guidance is not a one-size-fits-all approach; his sensible and easy-to-follow advice will help each gardener to create their own individual work of art.

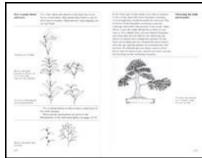
#### **Contributor Bio**

**Paul Lesniewicz** is President of the German Bonsai Club. For many years he has been actively involved in the art of Chinese and Japanese bonsai culture, and he founded the first bonsai centre in the German-speaking world. He is one of the very few Europeans to be recognised as an expert in the traditional homes of bonsai - Japan and China.

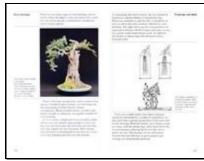
# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





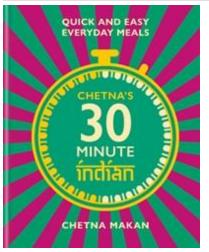




Indoor Bonsai	Lesniewicz, Paul	Cassell	2/14/2017	9781844039166 1844039161	\$9.99 USD	Paperback Gardening
Indoor Bonsai	Lesniewicz, Paul	Cassell	2/5/2013	9781844037278 1844037274	\$9.99 USD	Paperback Gardening
The Little Book of Bonsai	Dupuich, Jonas	Ten Speed Press	1/28/2020	9780399582592 0399582592	\$14.99 USD	Hardcover Gardening
The Bonsai Beginner's	Chan, Peter	Mitchell Beazley	1/2/2018	9781784723699 178472369X	\$14.99 USD	Paperback Gardening

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Mitchell Beazley 9781784727505 1784727504

Pub Date: 7/20/2021 On Sale Date: 7/20/2021 \$29.99/\$32.99 Can./£20.00

UK/€29.00 DE Discount Code: OHC Hardcover

208 Pages Carton Qty: 16 Print Run: 8K

Cooking / Regional & Ethnic

CKB044000

9.6 in H | 7.9 in W | 1 in T | 2.1 lb

Wt

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781784727703

# Chetna's 30 Minute Indian Quick and Easy Everyday Meals

Chetna Makan

# **Key Selling Points**

- Chetna has sold nearly 14,000 copies across four titles via BookScan
- Chetna has 165k followers on Instagram, 45% of which are based in the US
- Her books consistently garner media attention
- Chetna has a strong following of loyal fans which has continued to grow from her Great British Bake Off days
- She has over 120k Youtube followers

## **Summary**

#### 80 brilliant, flavor-packed Indian recipes to make in 30 minutes or less

Chetna Makan's bestselling cookbooks combine her creative flavor twists with a love of simple Indian home cooking. Taking inspiration from the eclectic tastes of Indian cuisine, these tempting recipes can all be on the table and ready to eat in less than 30 minutes.

Featuring fabulous salads, traditional fast snacks, imaginative toppings for toasts, delicious dals, comforting veggie, fish and meat curries, all-in-one rice dishes, surprising raitas and dips as well as indulgent desserts, there are speedy options for every occasion.

With useful meal plans included, dishes can be enjoyed on their own or paired together and cooked quickly for an easy feast to enjoy with friends. No complicated methods, just delicious, vibrant and varied food that the whole family can enjoy every single night of the week and in little to no time at all.

#### **Contributor Bio**

**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 flavors. She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food. Her other books, also published by Mitchell Beazley, include *Chai*, *Chaat & Chutney*, *Chetna's Healthy Indian*, and *Chetna's Healthy Indian Vegetarian*.

## **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





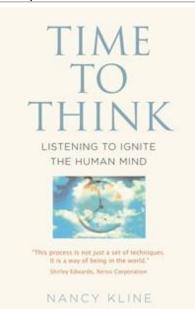




The Cardamom Trail	Makan, Chetna	Mitchell Beazley	5/3/2016	9781784721299 \$29.99 1784721298 USD	Hardcover Cooking
Chai, Chaat & Chutney	Makan, Chetna	Mitchell Beazley	9/5/2017	9781784722876 \$29.99 1784722871 USD	Hardcover Cooking
Chetna's Healthy Indian	Makan, Chetna	Mitchell Beazley	3/5/2019	9781784725358 \$29.99 1784725358 USD	Hardcover Cooking
Chetna's Healthy Indian: Vegetarian	Makan, Chetna	Mitchell Beazley	6/30/2020	9781784726621 \$29.99 1784726621 USD	Hardcover Cooking
Madhur Jaffrey's Instantly Indian Cookbook	Jaffrey, Madhur	Knopf	5/7/2019	9780525655794 \$22.00 0525655794 USD	Hardcover Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data,  $\underline{\text{Click here}}$ .

**Subrights** *No subrights have been specified.* 



Cassell 9781788402989 1788402987 Pub Date: 8/3/2021 On Sale Date: 8/3/2021 \$14.99/\$16.99 Can. Discount Code: OPB Paperback

256 Pages Carton Qty: 28 Print Run: 5K Self-Help SEL000000

9.2 in H | 6.1 in W | 1 in T | 0.8 lb

Wt

Status: ACTIVE

## Time to Think

# Listening to Ignite the Human Mind

Nancy Kline

# **Key Selling Points**

- The first edition of *Time to Think* has sold more than 90,000 copies worldwide
- Time To Think is a global company represented in the USA, UK, Europe, Australia, Asia Pacific, Brazil and South Africa

## **Summary**

Over the past 15 years Nancy Kline has identified 10 behaviors that form a system called a Thinking Environment, a model of human interaction that dramatically improves the way people think, and thus the way they work and live

The power of effective listening is recognized as the essential tool of good management. In this book, Kline describes how we can achieve this, and presents a step-by-step guide that can be used in any situation. Whether you want to have more productive meetings, solve business problems or build stronger relationships, this book offers you a new world of possibilities.

#### **Contributor Bio**

**Nancy Kline** created and pioneered the development of The Thinking Environment and is Founder and President of Time To Think. A published author and public speaker, she also teaches Time To Think courses, leads the Time To Think Faculty and delivers keynote presentations around the world.

Time To Think began in 1984 and grew out of Nancy's consulting and teaching work near Washington, DC, where she had served as a Founding Director of The Thornton Friends School for twelve years and as Director of The Leadership Institute for six years. She is a Fellow of Ashridge Management College, UK, and the International Listening Association's Listener of the Year 2010.

Nancy was born and raised in New Mexico and lives in England with her husband.

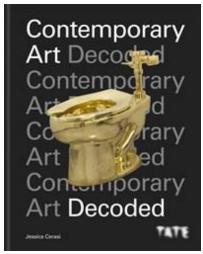
# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

# **Comp Titles**

More Time to Think	Kline, Nancy	Cassell	11/3/2015	9781844037964 1844037967	\$12.99 USD	Paperback	Self-Help
Time to Think	Kline, Nancy	Cassell	6/23/2015	9780706377453 0706377451	\$12.99 USD	Paperback	Self-Help
We Need to Talk	Headlee, Celeste	Harper Wave	9/18/2018	9780062669018 006266901X	\$16.99 USD	Paperback	Self-Help
I Hear You: The Surprisingly Simple Skill Behind Extraordinary Relationships	Sorensen, Michael S		6/1/2017	9780999104002 0999104004	USD		Self-Help
The Fearless Organization	Edmondson, Amy C.	Wiley	11/20/2018	9781119477242 1119477247	\$30.00 USD	Hardcover	Business & Economics

**Subrights** *No subrights have been specified.* 





Ilex Press 9781781577455 1781577455 Pub Date: 10/26/2021 On Sale Date: 10/26/2021 \$39.99/\$43.99 Can./£30.00 UK/€29.50 DE

Discount Code: OHC Hardcover

208 Pages Carton Qty: 5 Print Run: 6K Art / Museum Studies

ART059000

10.2 in H | 8 in W | 0.09 lb Wt Status:**FORTHCOMING** 

#### Related Products

#### **Ebooks**

9781781578162

# **Tate: Contemporary Art Decoded**

Jessica Cerasi

# **Key Selling Points**

- Published in collaboration with Tate Publishing
- #contemporaryart has over 30 million posts on Instagram

## Summary

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

How can you tell if that fire extinguisher on the wall is an installation piece or a safety requirement? How can a Banksy increase in value even as it gets put through a shredder? And couldn't a five-year-old have done all of this, anyway?

Contemporary Art Decoded takes ten key questions about contemporary art and uses them to dissect and explain the contemporary art world. Cerasi digs deep into the ideas and concepts behind the art, but avoids unnecessary jargon. This book is guaranteed to make your next trip to a gallery a more rewarding experience.

#### **Includes:**

- What is contemporary art?
- Where did it come from?
- How can I tell if it's art?
- Where do you draw the line?
- Does it matter who makes it?
- Does it have to mean something?
- Can anything be art?
- Has it all been done before?
- Does it have to be so serious?
- What's next?

#### **Contributor Bio**

**Jessica Cerasi** is Assistant Curator of the 2019 Venice Biennale, and Curator of Information and Research at the UK Government Art Collection. In 2017, she co-authored *Who's Afraid of Contemporary Art?* (Thames & Hudson), an entertaining and discerning introduction to today's art world, and has since taught her sell-out course 'Demystifying Contemporary Art' at Tate Modern.

# **Marketing Plans**

- Social media campaign
- National media outreach
- Trade and Library Advertising









Photography Decoded	Bright, Susan	Ilex Press	6/25/2019 9781781576809 \$29.99 1781576807 USD	Hardcover Photography
Boom	Shnayerson, Michael	PublicAffairs	5/21/2019 9781610398404 \$30.00 1610398408 USD	Hardcover Art
Who's Afraid of Contemporary Art?	An, Kyung	Thames & Hudson	3/21/2017 9780500292747 \$16.95 0500292744 USD	Hardcover Art

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

# **Subrights**





E DEFINITIVE GUIDE TO PHOTO EDITING

**Tlex Press** 9781781578087 1781578087 Pub Date: 7/6/2021

On Sale Date: 7/6/2021 \$29.99/\$32.99 Can./£25.00 UK Discount Code: OPB

Paperback

256 Pages Carton Qty: 18 Print Run: 5K

Computers / Design, Graphics &

Media COM087030

10.3 in H | 8 in W | 0.9 in T | 2 lb

Status: ACTIVE

#### Related Products

#### **Ebooks**

9781781578353

# The Digital Darkroom The Definitive Guide to Photo Editing

James Abbott

#### Summary

#### The definitive guide to photo editing using Photoshop and Affinity

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

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

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

#### **Contributor Bio**

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

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





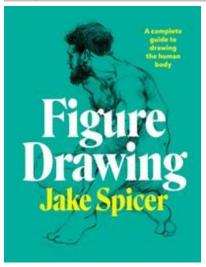




Tony Northrup's Dslr Book: How 12/1/2012 9780988263406 \$24.99 0988263408 USD MASON Northrup, to Create Stunning Digital PR Tony Photography The Advanced Photography 9781465473561 \$19.99 Trade DK DK 7/3/2018 Photography 1465473564 Guide USD Paperback

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

## **Subrights**



# 

Ilex Press 9781781577028 1781577021 Pub Date: 8/17/2

Pub Date: 8/17/2021 On Sale Date: 8/17/2021 \$34.99/\$38.99 Can./£25.00 UK

Discount Code: OPB

Paperback

288 Pages Carton Qty: 12 Print Run: 10K Art / Subjects & Themes

ART050010

10.3 in H | 8 in W | 1.2 in T | 2.5

lb Wt

Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9781781578186

# **Figure Drawing**

# A complete guide to drawing the human body

Jake Spicer

# **Key Selling Points**

- Jake Spicer's instructional art books have sold over 160,000 copies worldwide.
- Instructive step-by-steps methods for artists of all abilities.
- Figure drawing is an enduringly popular hobby and has over 1.5 million posts on Instagram

### Summary

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

Informative and instructive, this book will equip artists of all levels with the ability to make clear perceptions of the human body and translate them onto the page. *Figure Drawing* begins with basic principles and builds progressively, after showing you how to develop and expand your sketching practice, how to observe and see differently, and how to create a language of marks to enable you to bring this vision to paper.

As you travel through the book, you'll discover how a deeper understanding of the human body and its anatomy can transform your work. By the end you'll feel confident that everything you see, experience and understand about the body can be transformed into personal, focused and responsive figure drawings.

### **Contributor Bio**

**Jake Spicer** is an artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and National Portrait Gallery.

# **Marketing Plans**

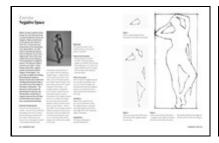
Social media campaign, National media outreach, Trade and Library Advertising,

## Links

- Author\_Website
- Facebook Link
- Twitter\_Handle @BrightonDrawing





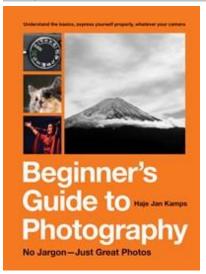




You Will Be Able to Draw by the End of this Book: Colored Pencils	Spicer, Jake	Ilex Press	11/6/2018	9781781576298 1781576297	\$16.99 USD	Paperback	Art
You Will be Able to Draw Faces by the End of This Book	Spicer, Jake	Ilex Press	8/7/2018	9781781575260 1781575266	\$16.99 USD	Paperback	Art
Life Drawing in 15 Minutes	Spicer, Jake	Ilex Press	9/4/2018	9781781576267 1781576262	' \$12.99 USD	Paperback	Art
You Will be Able to Draw by the End of this Book: Ink	Spicer, Jake	Ilex Press	11/5/2019	9781781576533 178157653X	\$16.99 USD	Paperback	Art
You Will Be Able to Draw By the End of this Book	Spicer, Jake	Ilex Press	6/6/2017	9781781573716 1781573719	\$16.99 USD	Paperback	Art
Anatomy for the Artist	Simblet, Sarah	DK	10/3/2001	9780789480453 078948045X	\$40.00 USD	Hardcover	Art
Morpho	Lauricella, Michel	Rocky Nook	7/3/2018	9781681983745 1681983745	\$29.95 USD	Trade Paperback	Crafts & Hobbies

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.* 





Ilex Press 9781781578285 1781578281 Pub Date: 8/17/2021 On Sale Date: 8/17/2021 \$19.99/\$21.99 Can. Discount Code: OPB Paperback

Carton Qty: 22 Print Run: 5K

Computers / Design, Graphics &

Media COM087030

10.2 in H | 7.7 in W | 0.6 in T |

1.3 lb Wt Status: ACTIVE

# **Beginner's Guide to Photography**

No Jargon - Just Great Photos

Haje Jan Kamps

# **Key Selling Points**

- Understand simple principles that will immediately give your pictures energy and color key concepts are illustrated with clear diagrams throughout
- Every piece of technical language is explained and demystified
- Filled with ideas for creative photos to liven up your shooting: you'll never have to take a boring photo again

## **Summary**

Forget about confusing jargon and technicalities: just take great photos, whatever your camera

Photography is a big part of our lives, and we all take photos all the time. By understanding just a few basics of how your camera - or your phone - works, you'll find yourself able to take more exciting, stand-out photos.

Within a few pages you'll be able to speak with confidence to photographers about exposure settings, decide what lighting or lenses will lift a scene, or what tactics you can use to make your subject look more interesting.

The book also covers the basics of managing, editing & sharing your collection of digital images so you're not at the mercy of the software that was bundled with your phone.

#### **Contributor Bio**

**Haje Jan Kamps** set up his first photo website at the age of 16 and is now one of the world's best-read photography bloggers; his Photocritic Photo School (<a href="photocritic.org">photocritic.org</a>) has taught tens of thousands of photographers how to fall in love with photography. Shooting with any camera he can, including his smartphone, he has built a successful freelance career, and written books for serious professionals and hobbyists alike, including bestseller The Rules of Photography & When To Break Them. You can find him on @Dipsolect on Instagram. When he's not writing or taking photos, Haje runs the virtual events platform Konf.co.

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





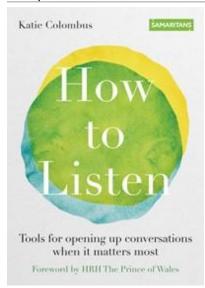




The Beginner's Guide to Photography	Kamps, Haje Jan	Ilex Press	9/5/2017	9781781575109 \$19.99 178157510X USD	Paperback	Photography
The Beginner's Photography Guide	Gatcum, Chris	DK	5/10/2016	9781465449665 \$19.95 1465449663 USD	Trade Paperback	Photography
National Geographic Photo Basics	Sartore, Joel	National Geographic	11/12/2019	9781426219702 \$19.99 1426219709 USD	Paperback	Photography

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**





Kyle Books 9780857839404 0857839403 Pub Date: 5/25/2021

On Sale Date: 5/25/2021 \$14.99/\$16.99 Can./£12.99 UK

Discount Code: OPB Paperback

192 Pages Carton Qty: 32 Print Run: 7K

Psychology / Mental Health

PSY036000

8.3 in H | 6 in W | 0.9 in T | 0.8 lb

Status: ACTIVE

**Related Products** 

**Fhooks** 

9780857839619

#### **How to Listen**

# Tools for opening up conversations when it matters most

Katie Colombus, HRH The Prince of Wales

# **Key Selling Points**

- 128k Twitter followers, 105k Facebook followers, 20.5k Instagram followers and 2.3k subscribers on their YouTube channel.
- How to Listen is authored by the Samaritans charity in the UK, which is part of a network of suicide prevention organisations globally named Befrienders Worldwide. It is a dynamic and expanding global network of 346 emotional support centres, including The Samaritans of New York City, The Samaritans of Rhode Island and Samaritans of Bristol County
- Ruby Wax, Paul McCartney, Joanna Lumley and Hussein Manawer supported the charity's 2018 Big Listen campaign, while celebrities like Robbie Williams, have all supported the Brew Monday campaign in the past
- For anyone who would like to learn how to support a friend, colleague or family member who is dealing with a mental health problem - according to WHO, that's 1 in 4 people in the world - or going through a hard time

## Summary

## A practical and valuable guide to how to become a better listener in every area of your life

Samaritans have always been there in times of trouble, but we don't only need good listeners when we're in a time of crisis - we need them when we're struggling to make a decision, dealing with a difficult situation, or simply having a bad week. Samaritans believe that every one of us can be a better listener in our everyday life, strengthening relationships and offering support to those around us.

In this friendly and approachable book, readers will discover:

- How to open up a conversation with someone who might be struggling
- How to listen fully
- How to empathise and reflect rather than problem solve
- How to use gentle encouragement to help others share their stories
- The power of listening without judgement

With helpful tips from real Samaritans, and advice on how these techniques can be adapted for different situations, this important book can help to make each of us a better partner, friend, parent and colleague.

#### **Contributor Bio**

**Samaritans** was founded in 1953 by vicar Chad Varah, who wanted to offer a listening service to anyone who was struggling and contemplating suicide. The charity also works with schools, local communities, prisons and hospitals to provide emotional support to those who need it. They work closely with researchers and campaigners to continually raise awareness and improve mental health services.

## Marketing Plans

Social media campaign, National media outreach, Trade and Library Advertising,





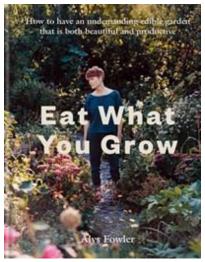




 $\frac{9/18/2018}{006266901X} \frac{9780062669018}{006266901X} \frac{\$16.99}{USD}$ Headlee, Harper We Need to Talk Paperback Self-Help Celeste Wave I Hear You: The Surprisingly Simple Sorensen, 9780999104002 \$12.99 Skill Behind Extraordinary 6/1/2017 Self-Help 0999104004 Michael S USD Relationships

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Kyle Books 9780857838988 0857838989

Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$26.99/\$29.99 Can./£22.00

UK/€25.50 DE Discount Code: OHC Hardcover

192 Pages Carton Qty: 16 Print Run: 6K

Gardening / Vegetables GAR025000

GARUZJUUU

10 in H | 7.7 in W | 0.9 in T | 1.7

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9780857839824

## **Eat What You Grow**

# How to have an undemanding edible garden that is both beautiful and productive

Alys Fowler

## **Key Selling Points**

- There are 164 million adults that garden in the U.S.
- Every size garden covered and tips on what can grow in containers (for smaller gardens) as well as harvesting throughout the year
- Gardening has been proven to increase our mental and physical health, but the 'grow your own' trend is also rising in popularity due to issues such as biodiversity, sustainability, self-sufficiency, provenance and the cost of living
- Her gardening books have sold co-editions in the U.S.
- For gardeners wanting to eat more from their garden and less from the supermarket, and those interested in creating a beautiful, biodiverse garden that supports wildlife and produces food

#### Summary

# Create an edible garden brimming with wildlife that provides you with food every day of the year

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

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

The book covers every size garden with tips on what can grow in containers (for smaller gardens) as well as harvesting throughout the year.

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

#### **Contributor Bio**

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

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





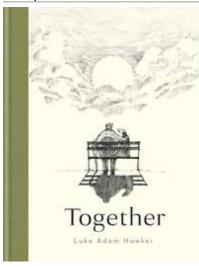




9781465479792 \$24.99 1465479791 USD The Kitchen Buckingham, 2/12/2019 DK Trade Paperback Gardening Garden Alan 9780760366868 \$30.00 Kitchen Garden Burke, Nicole Cool Springs Hardcover Paper 5/5/2020 Gardening 0760366861 Revival Press USD over boards Johnsey

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



# Kyle Books 9780857839442

0857839446 Pub Date: 7/27/2021 On Sale Date: 7/27/2021 \$19.99/\$21.99 Can./£16.99

UK/€20.50 DE Discount Code: OHC Hardcover

64 Pages Carton Qty: 24 Print Run: 30K

Poetry / Subjects & Themes POE023030

1 OL023030

9.8 in H | 7.7 in W | 0.6 in T | 1.1 lb Wt

Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9780857839893

# **Together**

Luke Adam Hawker

# **Key Selling Points**

- Themes of the book are relevant to us all; from age 8 to 80 (and beyond)!
- A beautifully illustrated gift book and self-purchase
- A powerful summary of an extraordinary time
- 240K instagram followers; 70K of which are in the US

## **Summary**

A gentle and philosophical look at the events of 2020, and how we can deal with the challenges that life throws us in general. A book to share with the friends and family that we have been missing.

A beautiful book to connect us after such a challenging time.

'Dark clouds were looming in the distance. We watched them gather, and we wondered... When will it come? How long will it last?'

A monumental storm brings huge and sudden change. We follow a man and his dog through the uncertainty that it brings to their lives. Through their eyes, we see the difficulties of being apart, the rollercoaster of emotions that we can all relate to, and the realisation that by pulling together we can move through difficult times with new perspective, hope and an appreciation of what matters most in life.

#### THE SUNDAY TIMES BESTSELLER

#### **Contributor Bio**

**Luke Adam Hawker** worked as an architectural designer before becoming a full time artist 5 years ago. He lives just outside of London with his girlfriend, and dog Robin. Luke ships his prints and originals to buyers all over the world.

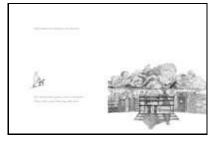
Instagram: @Lukeadamhawker

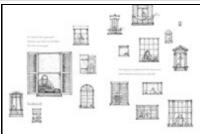
#### **Marketing Plans**

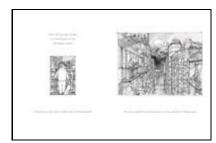
Social media campaign, National media outreach, Trade and Library Advertising,

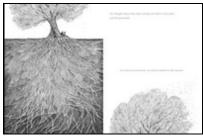
#### Links

- TimeLapse
- TimeLapseA
- TimeLapseB
- TRAILER









The Boy, the Mole, the Fox and the Horse

Mackesy, Charlie

HarperOne 10/22/2019

9780062976581 \$22.99 0062976583 USD

9781946873750 \$17.95 1946873756 USD Hardcover Comics & Graphic Novels

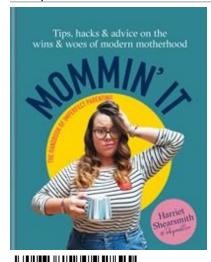
Maybe

Compendium

7.95

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Kyle Books 9780857839527 0857839527 Pub Date: 5/25/2021

On Sale Date: 5/25/2021 \$16.99/\$18.99 Can. Discount Code: OHC

Hardcover

224 Pages Carton Qty: 20 Print Run: 6K

Family & Relationships / Parenting

FAM032000

9.6 in H | 7.8 in W | 1 in T | 1.7 lb

Status: ACTIVE

## Mommin' It

Tips, Hacks & Advice on the Wins and Woes of Modern Motherhood Harriet Shearsmith

# **Key Selling Points**

 Harriet has a combined social media following of 151k, 23% in the US. Her highest following is in the 25-34 age category, followed by 18-24

## Summary

#### Tips, hacks and advice on the wins and woes of modern motherhood

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

With chapters on Food, Home, Travel, Body & Beauty, and Life, award-winning parenting blogger Harriet Shearsmith (@tobyandroo) covers all aspects of what makes a family tick and offers down-to-earth practical advice and survival tips to help your home function more smoothly.

With busy parents in mind, Mommin' It is full of time-saving tricks and bite-size chunks of information-try Harriet's speedy ideas to help you get stylish in five minutes flat, use the fail-safe meal plans to figure out what to cook on a wet Wednesday, and create age-appropriate chores to instil independence in your child.

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

#### **Contributor Bio**

Based in Yorkshire, Harriet Shearsmith runs her Toby and Roo blog from home. She has appeared several times on British TV and is increasing her TV and radio exposure this year. An in-demand parenting influencer, Harriet has collaborated with Tesco, Disney and Johnson & Johnson.

Instagram: @tobyandroo

# **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,





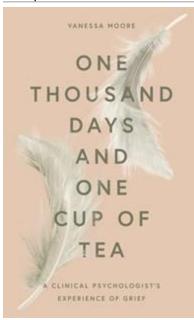




How to Stop Losing Your Sh*t with Your Kids	Naumburg, Carla	Workman Publishing Company	8/20/2019	9781523505425 1523505427	\$15.95 USD	Trade Paperback	Family & Relationships
You Are a F*cking Awesome Mom	Bruce, Leslie Anne	Seal Press	9/10/2019	9781580058902 1580058906	\$16.99 USD	Paperback	Family & Relationships

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**



# 

Kyle Books 9780857839411 0857839411

Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$19.99/\$21.99 Can./£14.99 UK

Discount Code: OHC Hardcover

304 Pages Carton Qty: 16 Print Run: 6K Family & Relationships / Death, Grief, Bereavement FAM014000

8.6 in H | 5.6 in W | 1.2 in T | 0.9 lb Wt

Status: ACTIVE

#### Related Products

**Ebooks** 

9780857839572

## One Thousand Days and One Cup of Tea

A Clinical Psychologist's Experience of Grief

Vanessa Moore

### **Key Selling Points**

- A study done by Amerispeak found that 57% of Americans are grieving the loss of someone close to them over the last three years
- For those who have suffered loss and are looking to read something that engages with the pain they feel and readers interested in psychology

### **Summary**

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

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

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

#### **Contributor Bio**

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

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

### **Comp Titles**

1/12/2016 9780812988406 \$26.00 081298840X USD When Breath Kalanithi, Random Biography & Hardcover Becomes Air Paul House Autobiography 5/14/2019 9781524733537 \$25.00 1524733539 USD Once More We Saw Greene, Biography & Knopf Hardcover Autobiography Stars Jayson

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

### **Subrights**



Kyle Books 9780857839190 0857839195 Pub Date: 6/1/2021

On Sale Date: 6/1/2021 \$24.99/\$27.99 Can./£20.00 UK

Discount Code: OHC Hardcover

192 Pages Carton Qty: 18 Print Run: 8K

Architecture / Interior Design

ARC007000

9.4 in H | 7.6 in W | 0.9 in T | 1.9

Ib Wt Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9780857839954

### **Resourceful Living**

Revamp your home with key pieces, vintage finds and creative repurposing Lisa Dawson

### **Key Selling Points**

- Lisa Dawson has 170k+ followers on Instagram, 29% of which are from the US
- How to redesign your home without spending a fortune, written in an accessible and entertaining style
- Master the art of repurposing furniture to create a completely new look
- Find out how to 'shop your home' by sourcing pre-loved items that mix and match well with newer key pieces
- Grab advice from a super stylist on how to create a gallery wall, position multipurpose furniture in a space or inject color into a room
- For interiors enthusiasts who wish to revamp their homes without costing the earth and anyone seeking ingenious ideas for sourcing repurposed furniture and accessories

### Summary

#### Revamping and restyling your home on a budget and without waste

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

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

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

#### **Contributor Bio**

**Lisa Dawson** (@\_lisa\_dawson\_) is an award-winning interiors writer and blogger. Her 150k+ Instagram followers love her inspirational advice and weekly blogs on revamped vintage and sustainable interiors. She runs popular styling workshops and collaborates regularly with brands such as John Lewis, Loaf Home, Gröhe and Santander for tailored workshops. She writes a monthly column called Home Truths for *Real Homes* magazine and lives in York, UK.

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

- Author\_Website
- Twitter Handle @ lisa dawson





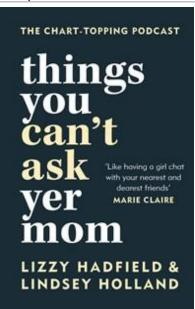




9781419734540 \$40.00 1419734547 USD House & Mitnik-Miller, Harry N. 4/16/2019 Abode Hardcover Abrams Home Serena Simply Living 9780358202189 \$24.00 Hardcover Paper over House & Mariner Watkins, Julia 4/7/2020 Well Books 0358202183 **USD** boards Home

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**





Kyle Books 9780857839640 0857839640

Pub Date: 8/31/2021 On Sale Date: 8/31/2021 \$19.99/\$21.99 Can. Discount Code: OHC

Hardcover

224 Pages Carton Qty: 22 Print Run: 5K Health & Fitness / Women's

Health

HEA024000

8.8 in H | 5.7 in W | 0.9 in T | 0.8

Status: ACTIVE

## Things You Can't Ask Yer Mom

Lindsey Holland, Lizzy Hadfield

### **Key Selling Points**

- Downloads for season one of the chart-topping podcast were were over 500,000 across Spotify, Apple, Entale and other platforms
- Lizzie and Lindsey have a combined social media reach of over 600k, predominantely females in the 25-34 age bracket
- Lizzie has 400k Instagram followers @shotfromthestreet and Lindsey has 95k @ropesofholland
- Their podcast launched in 2019 and reached #1 in their first week
- Ratings on their podcast are 4.8 stars
- Their loyal followers are based mostly in the UK and the US

### Summary

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

From the duo behind the chart-topping podcast Things You Can't Ask Yer Mum, this book is a deep-dive into the ups and downs of life. Lizzy and Lindsey share the twists and turns of their own experiences in their usual hilariously honest style, offering reassurance for all the questions you just might not be able to ask your Mom.

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

#### **Contributor Bio**

**Lindsey and Lizzy** have been friends for the last seven years after meeting at London Fashion Week and it's been soulmate central between them ever since. London-based fashion influencer and brand consultant Lizzy is behind the hugely popular blog Shot from the Street, with a 400k Instagram following and a Youtube channel which boasts an excess of 16 million views. Lindsey, a physiotherapist within the NHS, has an incredible eye for an outfit and documents her daily sartorial choices on her Instagram feed, blog and Youtube channel, as well as her passion for travel, interiors and beauty. Together they created the number one podcast Things You Can't Ask Yer Mum in 2019, reaching #1 in their first week. Instagram: @shotfromthestreet and @ropesofholland

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

### **Comp Titles**

Almost Adulting

Rose, Arden HarperCollins 3/28/2017

9780062574107 \$18.99

**USD** 

Young Adult Hardcover Nonfiction

Knight, Act Like a Lady

Rodale Books 6/2/2020

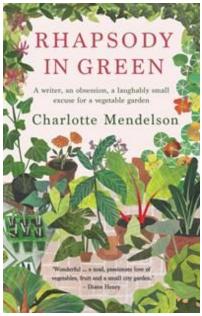
9780593136447 \$22.00 0593136446 USD

0062574108

Hardcover Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

### Subrights



Kyle Books 9780857839473 0857839470 Pub Date: 6/1/2021

On Sale Date: 6/1/2021 \$12.99/\$14.99 Can./£9.99 UK

Discount Code: OPB Paperback

240 Pages Carton Qty: 64 Print Run: 4K Gardening / Essays & Narratives GAR002000

7.7 in H | 5 in W | 0.9 in T | 0.5 lb

Wt

Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9780857836366 9780857839930

### **Rhapsody in Green**

A novelist, an obsession, a laughably small excuse for a vegetable garden Charlotte Mendelson

### **Key Selling Points**

- Charlotte Mendelson is a well-known, award-winning novelist. Her fourth book, Almost English, was long-listed for the Man Booker Prize
- There are 164 million in the US who garden
- The benefits of gardening to health and wellbeing are increasingly being recognized
- The number of people choosing a plant-base diet has risen dramatically, fueling the popularity of "grow your own"
- For beginner gardeners who need encouragement, anyone looking for a present to give to gardening-loving friends and family and fans of Charlotte's awardwinning novels
- Charlotte is a columnist for *The New Yorker*

#### Summary

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

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

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

Inspiration for city-dwellers and the many people with small spaces to garden.

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

'A gardening book like no other, this is the author' "love letter" to her garden.' - Garden News

### **Contributor Bio**

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

Charlotte is a columnist for *The New Yorker*, where she writes about all things gardening in Onward and Upward in the Garden.

### Marketing Plans

Social media campaign, National media outreach, Trade and Library Advertising,





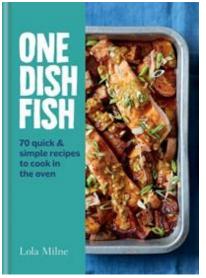




Life in the Garden	Lively, Penelope	Viking	6/12/2018	9/805255583/8 0525558373	\$25.00 USD	Hardcover	Biography & Autobiography
Life in the Garden	Lively, Penelope	Penguin Books	6/11/2019	9780525558392 052555839X	\$16.00 USD	Trade Paperback	Biography & Autobiography
Emily Dickinson's Gardening Life	McDowell, Marta	Timber Press	10/1/2019	9781604698220 1604698225	\$24.95 USD	Hardcover with dust jacket	Gardening

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.* 



# 

Kyle Books 9780857839480 0857839489 Pub Date: 8/17/2021 On Sale Date: 8/17/2021

\$22.99/\$24.99 Can./£17.99 UK Discount Code: OHC

Hardcover

160 Pages Carton Qty: 20

Print Run: 5K Cooking / Specific Ingredients

CKB076000

9.3 in H | 6.7 in W | 0.9 in T | 1.4

lb Wt

Status: ACTIVE

### **Related Products Ebooks**

9781914239052

### One Dish Fish

### Quick and Simple Recipes to Cook in the Oven

Lola Milne

### **Key Selling Points**

- The consumption of fish has long been associated with several health benefits. Fish is an important source of many nutrients, including protein and omega-3s, vitamins D and B, as well as minerals such as selenium, iodine and potassium
- By 2021, it is expected that generation Z will be 35% meat-free, along with 32% of millenials
- Pescatarianism is set to grow by 79.3% in 2020, with numbers growing from 1,703,109 to 3,851,646 at the end of the year
- Perfect for pescatarians looking for interesting ways to cook fish and meat eaters looking to reduce their meat consumption for environmental and health reasons. Also for professionals, students and families looking for speedy and simple weeknight meals

### Summary

#### 60 fuss-free, one-dish fish recipes to cook in the oven

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

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

#### **Contributor Bio**

Lola Milne's eyes were opened to the world of cookbooks, food photography and styling when she did work experience with Jamie Oliver and his food team. After school, she went to Glasgow School of Art and studied Fine Art Photography, though food continued to weave through her work there. After graduating she decided to return to the world of food styling and started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing. Lola's first book, Take One Can, was published in 2020 by Kyle Books.

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,









9780857837189 \$16.99 Take One Can Milne, Lola Kyle Books 3/3/2020 Hardcover Cooking 0857837184 USD 9781948703109 \$35.00 1948703106 USD America's Test America's Test 3/26/2020 Foolproof Fish Hardcover Cooking Kitchen Kitchen The Whole Fish 9781743795538 \$40.00 Hardie Grant 9/17/2019 Hardcover Cooking Niland, Josh 174379553X Cookbook USD

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**





Kyle Books 9780857839633 0857839632 Pub Date: 8/3/20

Pub Date: 8/3/2021 On Sale Date: 8/3/2021 \$24.99/\$27.99 Can./£20.00 UK

Discount Code: OHC

Hardcover

208 Pages Carton Qty: 16 Print Run: 5K

Health & Fitness  $\,$  / Diet & Nutrition

HEA019000

9.8 in H | 7.6 in W | 0.9 in T | 1.9

lb Wt

Status: ACTIVE

#### **Related Products**

**Ebooks** 

9781914239045

## 2 Weeks to Feeling Great

Because, seriously, who has the time?

Gabriela Peacock

### **Key Selling Points**

- Gabriela's long-term celebrity clients include Donna Air, Laura Bailey, James Blunt, Yasmin Le Bon, Ellie Goulding, Eva Herzigova, Jodie Kidd and Piers Morgan
- Gabriela specialises in intermittent fasting weight management plans
- The Centers for Disease Control and Prevention reports that in the US, 36% of adults are obese, and another 32% are overweight
- This book is for anyone who would like to lose weight healthily, improve their health and wellbeing and who don't have the time to make drastic changes or follow a strict regime

### **Summary**

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

2 Weeks to Feeling Great is nutritionist Gabriela Peacock's comprehensive guide to health and wellbeing aimed at busy people who may not have the time - or inclination - to commit to strict rules that are not compatible with real life and focuses on what is achievable. It includes two detailed 14-day programs on intermittent fasting, scientifically proven to be the most effective method of safely reaching a healthy weight. The book focuses on the 4:3 and 16:8 two-week plans - the two most effective and clinically researched weight-loss methods. It also includes quick and easy recipes to support the weight-loss plans.

Covering everything from improving sleep to rebalancing hormones and increasing energy, the easy-to-remember tips and recommendations require minimal effort but deliver significant results. Gabriela also looks at other lifestyle factors, in addition to diet, that affect health - from household and beauty products to reducing the use of plastics. The bottom line is, you don't have to be perfect in order to feel and look better.

#### **Contributor Bio**

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

#### **Quotes**

'I love Gabriela's approach to nutrition'—Ellie Goulding

'For those craving my new muscle beach torso, meet my fabulous nutritionist Gabriela Peacock. She'll sort you out!'—**Piers Morgan** 

#### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,









Body Love Every LeVeque, Kelly Day Fast. Feast. Stephens, Gin Repeat.

William Morrow 12/30/2019  $\frac{9780062870803}{0062870807} \frac{\$29.99}{USD}$ 

St. Martin's 6/16/2020 Griffin

9781250757623 \$16.99 1250757622 USD

Hardcover

Trade

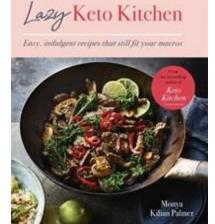
Paperback

**Fitness** Health & **Fitness** 

Health &

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



Kyle Books 9780857839626 0857839624 Pub Date: 8/3/2021 On Sale Date: 8/3/2021 \$19.99/\$21.99 Can./£14.99 UK Discount Code: OPB

Paperback

144 Pages Carton Qty: 30 Print Run: 8K Cooking / Methods CKB070000

9.3 in H | 7.5 in W | 0.6 in T | 1.2

lb Wt

Status: ACTIVE

## Related Products

**Ebooks** 

9781914239069

### Lazy Keto Kitchen

### Easy indulgent recipes that still fit your macros

Monya Kilian Palmer

### **Key Selling Points**

- The ketogenic way of eating (high-fat, moderate protein, low-carb) has exploded in popularity around the globe. It was the top diet trend in 2018 and has maintained its popularity in 2019 and 2020
- The keto diet can help followers to lose weight, increase their energy and achieve mental clarity, as well as aid the reversal of Type 2 diabetes
- Over 18m posts on Instagram carry the #keto hashtag
- Google Trends shows a sharp increase in searches for 'keto' in the last three years
- Keto cooking is generally thought of as very restrictive with lots of special ingredients and banned foods, Monya's new book shows that this doesn't need to be the case with a broader range of recipes that still boost energy and aid weight
- For people already interested in or following a ketogenic lifestyle who want to enjoy a less restrictive diet and those considering trying a keto diet for the first time

#### Summary

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

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, energyboosting benefits of a keto lifestyle without being so strict on yourself?

In Lazy Keto Kitchen, keto devotee 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 Mozzerella Balls, Sausage and Cauliflower Bake and Salted Caramel Lollies, Lazy Keto Kitchen proves that diet food does not need to be dull food.

Still full of essential nutrients and low on carbs, these recipes from the bestselling author of Keto Kitchen will help you to feel great while cutting fewer foods you love out of your life.

#### **Contributor Bio**

Monya Kilian Palmer 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. Monya private chefs for an international athlete every summer and is kept very busy developing recipes and creating culinary content for clients all over the world. 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.

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

#### Links

- Author Website
- Twitter Handle @mkilianpalmer



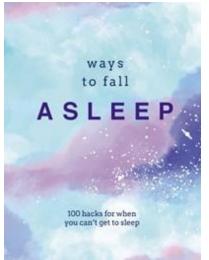




Keto Kitchen	Palmer, Monya Kilian	Kyle Books	9/1/2020	9780857838728 0857838725	\$19.99 USD	Paperback	Cooking
Keto Made Easy	Barot, Megha	Victory Belt Publishing	5/15/2018	9781628602883 1628602880	\$34.95 USD	Trade Paperback	Cooking
Keto Your Way	Smith, Julie	Victory Belt Publishing	9/24/2019	9781628603859 1628603852	\$34.95 USD	Trade Paperback	Health & Fitness
Keto Friendly Recipes: Easy Keto for Busy People	Garza, Jennifer Marie	Mariner Books	5/7/2019	9780358120865 0358120861	\$24.99 USD	Trade Paperback	Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.* 





Pyramid 9780753734032 0753734036 Pub Date: 5/4/2021 On Sale Date: 5/4/2021 \$9.99/\$10.99 Can./£8.99 UK Discount Code: OHC Hardcover

128 Pages Carton Qty: 48 Print Run: 5K

Health & Fitness / Sleep

HEA043000

7.1 in H | 5.4 in W | 0.6 in T | 0.7

Ib Wt Status:**ACTIVE** 

#### Related Products

#### **Ebooks**

9780753734100

### **Ways to Fall Asleep**

100 Hacks for When You Just Can't Get to Sleep

Pyramid

### **Key Selling Points**

- The topic of 'sleep' is very on trend and shows no signs of slowing down. This book will fit nicely into that market, whilst providing a fresh take on getting to sleep. It will do this by taking on the vibe of an activity book and including tips for unwinding.
- This book will make a great gift for family and friends and will also sell as a selfpurchase impulse buy. It will therefore do well in nontraditional sales outlets as well as bookshops.
- Small, pretty and in ontrend colours, this book will make a great addition to your bedside table.

### **Summary**

#### A collection of tips, tricks and activities for when you just can't get to sleep

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

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

### **Contributor Bio**

**Pyramid** publishes books on a wide range of popular subjects including cookery, reference, mind body and spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

### **Marketing Plans**

Social media campaign, National media outreach, Trade and Library Advertising,

### Illustrations







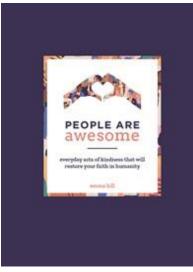


### **Comp Titles**

The Little Book of Sleep Ramlakhan, Sleep Paris 10/2/2018 9781856753838 \$8.99 Flexibound Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**



# 

Pyramid 9780753734476 0753734478 Pub Date: 5/4/2021 On Sale Date: 5/4/2021 \$10.99/\$11.99 Can./£8.99 UK Discount Code: OHC Hardcover

96 Pages Carton Qty: 60 Print Run: 5K

Self-Help / Motivational &

Inspirational SEL021000

7.1 in H | 5.4 in W | 0.5 in T | 0.5

Ib Wt Status:**ACTIVE** 

#### **Related Products**

#### **Ebooks**

9780753734544

### **People Are Awesome**

Everyday acts of kindness that will restore your faith in humanity Emma Hill

### **Key Selling Points**

- A short-and-sweet collection of 100 stories of everyday kindness, that makes the perfect gift or self-purchase
- Great to keep close by for dipping into whenever you need some cheering up

### **Summary**

A collection of 100 stories of kindness, proving just how awesome people can be

One person being awesome is all it takes to change the world.

People Are Awesome brings you an array of inspiring stories of good deeds, from everyday acts of gentle compassion to heroic deeds of altruism that will restore your faith in humanity. In a world that can all too often feel entrenched in doom and gloom, these heart-warming stories will teach, inspire, restore hope, and, most importantly, serve as a simple reminder to be awesome to each other.

In a time where people often experience high stress and anxiety levels, readers are craving good-news stories in order to lift their spirits. This is especially true during a time when news stories tend to focus on the bad over the good.

With internet trolls, cancel culture and general nastiness on social media, there has been a call for the need to be kind to one another. This book helps to inspire readers to be kind in their everyday lives.

### **Marketing Plans**

Social media campaign , National media outreach, Trade and Library Advertising,

### **Illustrations**









### **Comp Titles**

**Subrights** *No subrights have been specified.* 





Pyramid 9780753734568 0753734567 Pub Date: 7/20/2021 On Sale Date: 7/13/2021 \$8.99/\$9.99 Can./£6.99 UK

Discount Code: OHC Hardcover

96 Pages Carton Qty: 60 Print Run: 15K

Self-Help / Affirmations

SEL004000

6.1 in H | 4.4 in W | 0.6 in T | 0.4

lb Wt

Status: ACTIVE

### Classy, Sassy, and a Bit Bad Assy Empowering Quotes for Strong Women

**Pyramid** 

### **Key Selling Points**

- The market for feminist books keeps growing and growing
- These quick affirmations will give the reader a boost whenever they need it, empowering them to live their best classy, sassy, badass life
- The stylish design makes it the perfect "you go girl!" gift for empowering women to stay fierce and fabulous
- Pocket-sized but packing a powerful punch, this little book is the perfect size to slip into a handbag or into a pocket for on-the-go pep talks

### Summary

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

Even the most powerful boss babes need a little pick-me-up now and then. *Classy, Sassy, and a Bit Bad Assy* is there to shout "you go girl!" and remind you that you are brave, strong, and not to be messed with.

Packing an oversized punch in a pocket-sized package, this little book provides pep talks to help you slay your way, no matter what the haters say. Rekindle your fierce spirit with this empowering collection of inspiring quotes and life-affirming statements, and live your best life every day.

#### **Contributor Bio**

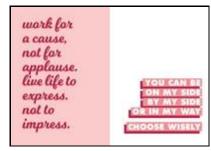
**Pyramid** publishes books on a wide range of popular subjects including cookery, reference, mind body and spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

### Marketing Plans

Social media campaign, National media outreach, Trade and Library Advertising,







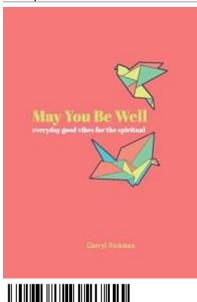


Affirmations 1633537528 USD Paperback

Words to Live By Brown, Jade Chronicle Purple Chroma 5/5/2020 9781797201054 \$16.95 Hardcover Design

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

### **Subrights**



Pyramid 9780753734575 0753734575

Pub Date: 7/20/2021 On Sale Date: 7/20/2021 \$8.99/\$9.99 Can./£6.99 UK Discount Code: OHC

Discount Code: Onc

Hardcover

96 Pages Carton Qty: 60 Print Run: 5K

Religion / Prayerbooks

REL052000

6.1 in H  $\mid$  4.5 in W  $\mid$  0.6 in T  $\mid$  0.4

lb Wt

Status: ACTIVE

#### **Related Products**

#### **Ebooks**

9780753734780

### May You Be Well

### **Everyday Good Vibes for the Spiritual**

Cheryl Rickman

### **Key Selling Points**

- As younger generations increasingly become more secular around the world, there's an increasing market for non-denominational spiritual titles
- As a non-denominational book of blessings, this book is accessible across the religious spectrum

### **Summary**

Meditations, affirmations, prayers and blessings for non-believers, believers in something or someone, and believers in everything or nothing

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

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

May You Be Well conveys well-wishes without any suggestion of imposing a specific religious view, making it a great way for people to express care for others regardless of their religious background.

Just everyday good vibes for health and happiness and hope.

#### **Contributor Bio**

**Pyramid** publishes books on a wide range of popular subjects including cookery, reference, mind body and spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

### **Marketing Plans**

Social media campaign , National media outreach, Trade and Library Advertising,









Ani Trime's Little Book of Ani Trime, Storey Publishing, 10/15/2019 9781635861846 \$12.95 Hardcover Self-Help Hardcover Self-Help Hardcover Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



# 

Summersdale 9781787836563 1787836568 Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$9.99/\$10.99 Can. Discount Code: OHC Hardcover

160 Pages Carton Qty: 60 Print Run: 15K

Reference / Quotations

REF019000

5.4 in H | 4.1 in W | 0.9 in T | 0.5

lb Wt

Status: ACTIVE

### For the World's Best Dad

### The Perfect Gift to Give to Your Father

Summersdale

### **Key Selling Points**

- This classy quote book is the perfect gift for a brilliant dad whether for Father's Day, a birthday or any other time of the year!
- Will appeal to those who enjoyed Dad in a Million (ISBN: 9781786857637), which has sold over 10,000 copies
- Similar Summersdale titles include: For the Best Dad Ever (ISBN: 9781787832350), I Love You Dad (ISBN: 9781849538589), Dad Vouchers (ISBN: 9781786855251) and Life Hacks for Dads (ISBN: 9781849538053)

### Summary

### A perfectly proportioned and stylish book that could be an extension of a gift card on Father's Day

Dads deserve a major shout-out for everything that makes them great. This little book, filled with top-quality quotes and standout statements, will let your dad know just how much you love him. It's the perfect keepsake to remind him that he really is the world's best dad.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### **Illustrations**









USD

### **Comp Titles**

Niro, Dad Jokes Jimmv

Sourcebooks

9781492675372 \$9.99 5/1/2018 1492675377

Trade **Paperback** 

Humor

Dr. Seuss's I Love Pop!

DR SEUSS

Random House Books for Young Readers

5/7/2019

9781984848123 \$8.99 1984848127 USD

Hardcover

Juvenile Nonfiction

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

### Subrights



Summersdale 9781787836754 1787836754 Pub Date: 5/4/2021 On Sale Date: 5/4/2021

\$13.99/\$15.99 Can. Discount Code: OPB Paperback

160 Pages Carton Qty: 40 Print Run: 5K

Reference / Quotations

REF019000

8.3 in H | 5.9 in W | 0.8 in T | 0.7

lb Wt

Status: ACTIVE

### The Rage Journal

**Un-spirational Activities and Quotes for Those Who Need to Vent** Summersdale

### **Key Selling Points**

- This journal contains cathartic prompts to help you vent your everyday frustrations and rages.
- Designed for those who are so over the mindfulness trend, and believe that nothing makes you feel better than a good old rant every now and then!

### Summary

This guided journal is full of cathartic prompts, angry guotes and sarcastic statements to help the reader release their everyday frustrations - the perfect gift for anyone who just needs a place to vent!

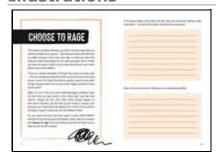
#### You can't be zen all the time.

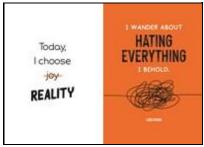
When life drives you up the wall, sometimes the only thing to do is have a good old rant. This journal is for those moments when deep breathing and picturing your happy place just isn't going to cut it. If you need to vent, grab your pen and unleash all your frustrations, irritations and everyday rages into these pages - and revel in just saying AARGGHHH!

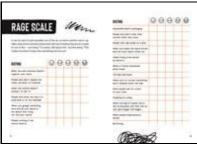
### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### Illustrations









### **Comp Titles**

Let That Sh\*t Go Find Your F\*cking Happy

Sweeney, Monica Sweeney, Monica

Castle Point Books Castle Point **Books** 

7/3/2018

9781250181909 \$14.99 1250181909 9781250214270 \$14.99 5/21/2019 1250214270

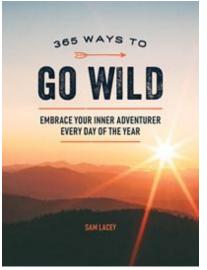
**USD USD** 

Trade Paperback Trade

Paperback

Games & Activities Games & Activities

**Subrights** *No subrights have been specified.* 



# 

Summersdale 9781787836785 1787836789 Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$9.99/\$10.99 Can./€7.98 DE Discount Code: OHC

160 Pages Carton Qty: 60 Print Run: 5K

Sports & Recreation / Outdoor

SP0030000

Skills

Hardcover

5.4 in H | 4 in W | 0.9 in T | 0.4 lb

Status: ACTIVE

### 365 Wavs to Go Wild

**Embrace Your Inner Adventurer Every Day of the Year** 

Sam Lacey

### **Key Selling Points**

- This book is the perfect gift for anyone who loves the great outdoors
- The hundreds of ideas and activities in the book will bring the recipient hours of
- Recently, there has been a movement in society that favors experience over material objects - this book taps into this change of behavior
- Similar Summersdale titles include: Go Wild (ISBN: 9781786857729), Collect Moments, Not Things (ISBN: 9781787832404), Little Spontaneous Adventures (ISBN: 9781787832497) and The Camper's Survival Guide (ISBN: 9781786855206)

### Summary

An exciting guide to ideas and activities you can do outdoors all year round. For every budget and all types of adventurer Dream. Explore. Discover.

Take a leaf out of nature's book and unleash your wild side with this essential guide. Packed with hundreds of exciting outdoor ideas and activities, from reading animal tracks to making your own campfire, this little book will quarantee lots of fun and adventure all year round.

### **Contributor Bio**

Sam Lacey has been an editor, proofreader and writer for more than 20 years. Her hobbies include exploring the great outdoors with her family, and running.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### **Illustrations**









### **Comp Titles**

The Bucket List: Places to Find

Peace and Quiet

Wanderlust

Ward, Victoria Universe

Guides

Moon Travel Moon Travel 2/26/2019

9780789333889 \$35.00 0789333880 **USD** 

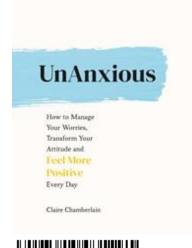
9781640497702 \$40.00 10/22/2019 1640497706

Hardcover Travel

Hardcover Travel

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.* 



Summersdale 9781787836723 178783672X Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$11.99/\$12.99 Can. Discount Code: OHC Hardcover

160 Pages Carton Qty: 56 Print Run: 10K Self-Help SEL000000

6.1 in H | 4.4 in W | 0.8 in T | 0.5

lb Wt

Status: ACTIVE

### **UnAnxious**

# How to Manage Your Worries, Transform Your Attitude and Feel More Positive Every Day

Claire Chamberlain

### **Key Selling Points**

- Offers practical advice to help you recognize feelings of anxiety and look after your mental and physical well-being
- A comforting, friendly starting point for someone wanting to challenge their way
  of thinking and make positive lifestyle changes. It could also be given as a gift by
  a concerned friend or relative to someone who may be struggling with feelings of
  anxiety
- Similar Summersdale titles include: *UnLonely* (ISBN: 9781787835443), *Be a Warrior, Not a Worrier* (ISBN: 9781786855671), *Self-Care* (ISBN: 9781786857750), *Let Go* (ISBN: 9781786857569), *F\*ck Worry* (ISBN: 9781787830103), *Don't Panic* (ISBN: 9781786852038), *Anxiety* (ISBN: 9781849538220) and *Anxiety* (ISBN: 9781787832640)

### **Summary**

A self-care guide for anxiety sufferers. It is sensitive, accessible and helps the reader recognize anxious behaviors and improve self-esteem

#### Don't let anxiety define who you are

In a world where we are constantly comparing our looks, our lifestyles, our jobs and our relationships with others, it can be easy to let worries get the better of us. The truth is, whether you're sociable or solitary, extroverted or introverted, anxiety will affect us all at some point in our lives.

This pocket-sized guide will help you recognize and understand the way you feel, and offers practical advice for looking after your mental and physical well-being. From challenging the way you think to making positive lifestyle changes, this book is your starting point for a more carefree, content and confident you.

#### **Contributor Bio**

**Claire Chamberlain** is a freelance writer, specializing in health, fitness and well-being. She lives in London, UK with her husband, two children and rescue cat, Oscar.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,









Unlonely	Chamberlain, Claire	Summersdale 9/1/2020		9781787835443 \$11.99 1787835448 USD		Hardcover	Self-Help
Get Out of Your Head	Allen, Jennie	WaterBrook	1/28/2020	978160142964 1601429649	3 \$23.99 USD	Hardcover	Religion
A Year of Positive Thinking	Spiegel, Cyndie	Althea Press	12/11/2018	978164152241 1641522410	0 \$17.99 USD	Trade Paperback	Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

## **Subrights**



# 

Summersdale 9781787836778 1787836770 Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$9.99/\$10.99 Can./€7.98 DE Discount Code: OHC

160 Pages Carton Qty: 60 Print Run: 6K

Reference / Quotations

REF019000

Hardcover

5.4 in H | 4.1 in W | 0.9 in T | 0.5

lb Wt

Status: ACTIVE

### You Grow Girl

**Empowering Quotes and Statements for Girls Who Are Wild and Free** Summersdale

### **Key Selling Points**

- This beautiful pick-me-up book is filled with empowering quotes and statements to remind you to stand tall and flourish
- The on-trend plant theme will appeal to all plant parents out there, making it the perfect gift for any plant lover
- A similar Summersdale title, She Believed She Could So She Did (ISBN: 9781786854889), has sold over 36,000 copies

### Summary

This stylish, plant-themed book is filled with empowering quotes and statements to inspire women to believe in their inner strength and pursue their goals

#### Oh, how she blossoms

Good things happen when you live life in full bloom. This little book of empowering quotes and statements is here to inspire you to stand tall and flourish as your best and most radiant self.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### **Illustrations**









### **Comp Titles**

**Badass Affirmations** 

A Year of Positive Thinking

Anderson, Becca

Spiegel,

Cyndie

Mango

Althea

Press

5/15/2018

12/11/2018

1633537528 **USD** 9781641522410 \$17.99 1641522410 USD

9781633537521 \$15.99

Trade Paperback Trade

Self-Help

Self-Help Paperback

**Subrights** *No subrights have been specified.* 



Summersdale 9781787836471 1787836479

Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$16.99/\$18.99 Can./€1,528.50 DE

Discount Code: OPB Other Merchandise

52 Pages Carton Qty: 20 Print Run: 6K

Reference / Personal & Practical

Guides REF015000

6.6 in H | 4.6 in W | 1.6 in T | 0.8

lb Wt

Status: ACTIVE

# The Magic Art of Fortune Telling 52 Oracle Cards

Elsie Wild

### **Key Selling Points**

- 52 beautifully designed and instantly Instagrammable cards
- A wonderful introduction to modern fortune-telling, including palmistry, dowsing, reading tea leaves and scrying with a crystal ball
- Similar titles include: The Little Box of Positivity (ISBN: 9781787833340), The Little Book of Tarot (ISBN: 9781786857989), The Little Book of Witchcraft (ISBN: 9781786850331), The Little Book of Spells (ISBN: 9781786857996), The Little Book of Astrology (ISBN: 9781849539746) and The Little Book of the Zodiac (ISBN: 9781787832336)

### **Summary**

# A beautiful collection of cards with simple instructions on developing your psychic abilities

We would all love to see what the future holds, and with the help of these exquisite gift cards you will discover ways to harness your psychic abilities. Learn about different kinds of fortune telling and its fascinating history as well as techniques for applying these skills to your life.

- Learn about your character by studying your palm
- Dowse with a pendulum to seek answers to your most pressing questions
- Decipher the symbols in a crystal ball to guide you to success
- Explore your past, present and future by reading tea leaves

Let this deck of beautifully illustrated cards be your companion as you learn the skills of the clairvoyant and take control of your destiny.

#### **Contributor Bio**

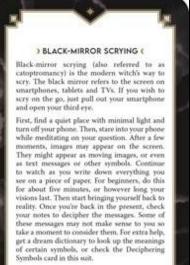
**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

### **Marketing Plans**

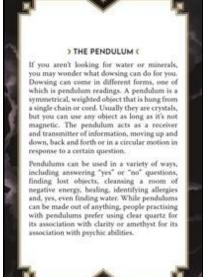
National media outreach, Trade and Library Advertising,











The Secrets of Fortune Telling	Wild, Elsie	Summersdale	6/15/2021	9781787836846 1787836843	\$10.99 USD	Paperback	Body, Mind & Spirit
The Little Book of Chakras	Wild, Elsie	Summersdale	6/15/2021	9781787836853 1787836851	\$9.99 USD	Paperback	Body, Mind & Spirit
The Secrets of Spiritual Healing	Wild, Elsie	Summersdale	6/15/2021	9781787836839 1787836835	\$10.99 USD	Paperback	Body, Mind & Spirit
The Modern Witch Tarot Deck	Sterle, Lisa	Sterling Ethos	11/5/2019	9781454938682 1454938684	\$24.95 USD	Kit	Body, Mind & Spirit
Moonology Oracle Cards	Boland, Yasmin	Hay House UK	9/25/2018	9781781809969 1781809968	\$19.99 USD	Cards	Body, Mind & Spirit
Mystic Mondays Tarot	Duong, Grace	Chronicle Books	10/23/2018	9781452176383 1452176388	\$24.95 USD	Cards	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



# 

9781787836716 1787836711 Pub Date: 5/25/2021 On Sale Date: 5/25/2021 \$16.99/\$18.99 Can. Discount Code: OPB Other Merchandise

Carton Qty: 20 Print Run: 6K

Summersdale

Juvenile Nonfiction / Games &

Activities JNF021020

6.6 in H | 4.5 in W | 1.6 in T | 0.8

lb Wt

Status: ACTIVE

### **Confidence Cards for Kids**

52 Empowering Cards to Supercharge Your Child's Self-belief

Summersdale

### **Key Selling Points**

- 52 splendidly designed cards, each featuring a positive statement, with a card stand to display your favourite designs
- See your child's confidence levels soar with these sunny and uplifting cards, which can be used as a decoration anywhere in your home.
- A lovely present to give to the 5-11 year old in your life to lift their mood and remind them they're capable of anything they put their mind to!
- Similar Summersdale titles include: *The Little Book of Confidence* (ISBN: 9781786855275), *How to Be Confident* (ISBN: 9781849537957) and *The Little Box of Positivity* (ISBN: 9781787833340)

#### **Summary**

### Every child should know just how awesome they are

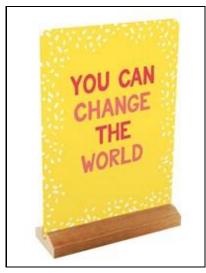
This deck of 52 cards is a powerful and positive tool to help your child's confidence bloom! With kind statements and mood-boosting mantras that can be displayed anywhere, this collection of bright and inspiring pick-me-ups will empower young people to feel ready for anything!

16.5 x 11 cm, 52 cards, plus card stand. For children between 5-11 years old.

Remind your kid how awesome they are with this collection of colourful and empowering cards to display anywhere in your home!

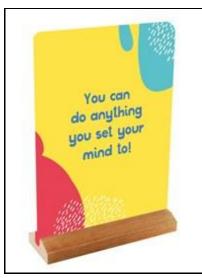
### **Marketing Plans**

National media outreach, Trade and Library Advertising,





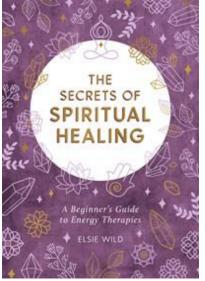




The Little Box of Calm	Summersdale Summersdale 3/2/2021	9781787836594 1787836592	\$16.99 USD	Other Merchandise	Body, Mind & Spirit
The Little Box of Positivity	Summersdale Summersdale 5/12/2020	9781787833340 1787833348	\$16.99 USD	Other Merchandise	Games & Activities
Sh*t Happens	Summersdale Summersdale 5/12/2020	9781787835153 1787835154	\$16.99 USD	Other Merchandise	Games & Activities
She Believed She Could So She Did	Summersdale Summersdale 5/12/2020	9781787835184 1787835189	\$16.99 USD	Other Merchandise	Games & Activities
The Little Box of Mindfulness	Summersdale Summersdale 3/2/2021	9781787836587 1787836584	\$16.99 USD	Other Merchandise	Games & Activities

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**



Summersdale 9781787836839 1787836835 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$10.99/\$11.99 Can.

Discount Code: OPB Paperback

128 Pages Carton Qty: 102 Print Run: 7K Body, Mind & Spirit

OCC000000 5.8 in H | 4.2 in W | 0.7 in T | 0.3

lb Wt

Status: ACTIVE

## The Secrets of Spiritual Healing

#### A Beginner's Guide to Energy Therapies

Elsie Wild

### **Key Selling Points**

- An approachable introduction to an increasingly popular topic, with a contemporary design to appeal to a wide audience.
- Part of a new series of books offering accessible introductions to esoteric subjects.
- Similar titles include: *The Secrets of Fortune Telling* (ISBN: 9781787836839), *The Little Book of Crystals* (ISBN: 9781786859594), *The Little Book of Spirituality* (ISBN: 9781849537131) and *Spirituality* (ISBN: 9781786859693)

### **Summary**

A stylish, accessible introduction to spiritual healing methods, filled with fascinating facts and step-by-step guidance to begin your own practice

Would you like to learn how spiritual energies influence your life?

Are you interested in natural healing methods to boost your emotional and physical well-being?

Do you wish you could feel more in tune with the world around you?

Discover how to embrace natural and vibrational energies with this beginner's guide to spiritual healing. Exploring the fascinating history behind holistic healing techniques, and providing practical advice for trying them yourself, this book will teach you how to achieve true balance in your life.

- Develop an understanding of energies in the universe
- Explore natural healing methods
- Cultivate your own spiritual practice

#### **Contributor Bio**

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

### **Marketing Plans**

National media outreach, Trade and Library Advertising ,





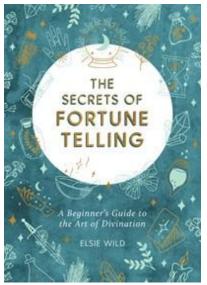




The Magic Art of Fortune Telling	Wild, Elsie	Summersdale	5/25/2021	9781787836471 1787836479	\$16.99 USD	Other Merchandise	Reference
The Little Book of Chakras	Wild, Elsie	Summersdale	6/15/2021	9781787836853 1787836851	\$9.99 USD	Paperback	Body, Mind & Spirit
The Secrets of Fortune Telling	Wild, Elsie	Summersdale	6/15/2021	9781787836846 1787836843	\$10.99 USD	Paperback	Body, Mind & Spirit
The Emotion Code	Nelson, Dr. Bradley	St. Martin's Essentials	5/7/2019	9781250214508 1250214505	\$27.99 USD	Hardcover with dust jacket	Body, Mind & Spirit
Essential Chakra Meditation	Pfender, April	Althea Press	8/20/2019	9781641525152 1641525150	\$12.99 USD	Trade Paperback	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

# **Subrights**



Summersdale 9781787836846 1787836843 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$10.99/\$11.99 Can.

Discount Code: OPB Paperback

128 Pages Carton Qty: 102

Print Run: 5K Body, Mind & Spirit / Divination

OCC005000

5.8 in H | 4.2 in W | 0.5 in T | 0.4

lb Wt

Status: ACTIVE

## The Secrets of Fortune Telling

A Beginner's Guide to the Art of Divination

Elsie Wild

### **Key Selling Points**

- An approachable introduction to an increasingly popular topic, with a contemporary design to appeal to a wide audience
- Part of a new series of books offering accessible introductions to esoteric subjects
- Similar titles include: *The Secrets of Spiritual Healing* (ISBN: 9781787836839), *The Little Book of Tarot* (ISBN: 9781786857989), *The Little Book of Astrology* (ISBN: 9781849539746) and *The Little Book of Dreams* (ISBN: 9781786855299)

### Summary

A stylish, accessible introduction to fortune telling techniques, filled with fascinating facts and step-by-step guidance to begin your own practice

Would you like to be able to interpret the signs the universe is sending you?

Do you want to know what's in store for you and your loved ones?

Are you interested in the deeper meaning behind everyday events?

Discover the methods for divining your future with this beginner's guide to fortune telling. Exploring the fascinating history behind divination techniques, and providing practical advice for trying them yourself, this book will teach you how to decipher the signs in the world around you. As you learn about the hidden meanings in your life, you will unlock the secrets of your destiny.

### **Contributor Bio**

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,





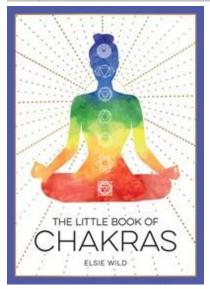




The Magic Art of Fortune Telling	Wild, Elsie	Summersdale	5/25/2021	9781787836471 1787836479	\$16.99 USD	Other Merchandise	Reference
The Secrets of Spiritual Healing	Wild, Elsie	Summersdale	6/15/2021	9781787836839 1787836835	\$10.99 USD	Paperback	Body, Mind & Spirit
The Little Book of Chakras	Wild, Elsie	Summersdale	6/15/2021	9781787836853 1787836851	\$9.99 USD	Paperback	Body, Mind & Spirit
A Little Bit of Astrology	Bedell, Colin	Sterling Ethos	11/6/2018	9781454932239 1454932236	\$9.95 USD	Hardcover	Body, Mind & Spirit
A Little Bit of Palmistry	Eason, Cassandra	Sterling Ethos	11/6/2018	9781454932253 1454932252	\$9.95 USD	Hardcover	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



Summersdale 9781787836853 1787836851 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$9.99/\$10.99 Can./€9.12 DE

Discount Code: OPB

Paperback

128 Pages Carton Qty: 102 Print Run: 7K

Body, Mind & Spirit  $\,/\,$  Healing

OCC011010

5.8 in H | 4.2 in W | 0.7 in T | 0.3

lb Wt

Status: ACTIVE

### The Little Book of Chakras

**An Introduction to Ancient Wisdom and Spiritual Healing** Elsie Wild

### **Key Selling Points**

- An accessible, aesthetically appealing introduction to the world of chakras.
- With a down-to-earth writing style, this book will appeal to audiences who are new to chakras and those with an existing interest.
- Part of a series of books offering approachable introductions to esoteric subjects, including The Little Book of Spells (ISBN: 9781786857996) and The Little Book of the Zodiac (ISBN: 9781786855466), which have sold over 23,000 copies combined.
- Other titles in the series include: *The Little Book of Crystals* (ISBN: 9781786859594) and *The Little Book of Tarot* (ISBN: 9781786857989)

### **Summary**

# A colorful and inviting introduction to an alternative and holistic approach to health and well-being

Chakras are your body's spiritual centers of vibrant, healing energy. This beginner's guide explains the seven major chakras, how to awaken them and how to channel their energy for optimum health and well-being. Exploring the mental and physical aspects of each chakra, the chapters reveal how diet, yoga and meditation can bring balance and harmony to your daily life. To complete this holistic treatment, the sections on crystals and essential oils show further ways of boosting vitality and cleansing mind, body and spirit.

#### **Contributor Bio**

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,





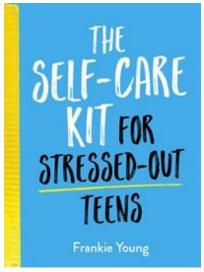




The Book of Blessings and Rituals	Perrakis, Athena	Fair Winds Press	7/30/2019	9781592338771 1592338771	\$19.99 USD	Hardcover Paper over boards	Body, Mind & Spirit
The Secrets of Fortune Telling	Wild, Elsie	Summersdale	6/15/2021	9781787836846 1787836843	\$10.99 USD	Paperback	Body, Mind & Spirit
The Magic Art of Fortune Telling	Wild, Elsie	Summersdale	5/25/2021	9781787836471 1787836479	\$16.99 USD	Other Merchandise	Reference
The Secrets of Spiritual Healing	Wild, Elsie	Summersdale	6/15/2021	9781787836839 1787836835	\$10.99 USD	Paperback	Body, Mind & Spirit

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



### 

Summersdale 9781787836884 1787836886 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$10.99/\$11.99 Can. Discount Code: OHC

128 Pages Carton Qty: 56 Print Run: 6K

Hardcover

Young Adult Nonfiction / Social

**Topics** YAN051100

6.7 in H | 5 in W | 0.7 in T | 0.6 lb

Status: ACTIVE

### The Self-Care Kit for Stressed-Out Teens Helpful Habits and Calming Advice to Help You Stay Positive Summersdale

**Key Selling Points** 

- This practical, down-to-earth book aims to help teenagers to take care of themselves and reduce their stress.
- Featuring simple tips and easy-to-follow advice, this book shows teenagers how to introduce self-care into their daily lives.
- Similar Summersdale titles include: A Girl's Guide to Being Awesome (ISBN: 9781787835368), Self-Care (ISBN: 9781786857750), The Little Book of Mindfulness (ISBN: 9781786859679), How to Be Confident (ISBN: 9781849537957) and *How to Be Resilient* (ISBN: 9781786855145)

### Summary

A friendly and approachable guide to teen self-care. Bursting with tips and advice to ease stress and help you live your best life

Being a teenager means learning how to deal with exams, new experiences and body changes. Are you prepared? No

Teenage life stretches you in more ways than you could imagine, but it is also an exciting time in which you start to consider your future, new relationships and big questions about your identity and beliefs. Sometimes this heady mix might feel like a bit too much to handle, and that's where introducing self-care into your daily life can help.

Far from being about drinking kale smoothies and taking bubble baths, self-care provides you with the tools to sustain your mental and physical health so you can be your best self.

Find out how to:

- Stay positive and focused through exam season
- Feel better equipped to cope with everyday stress
- Love the skin you're in
- Be an ally to yourself and those around you

Age range: 12-17

### **Marketing Plans**

National media outreach, Trade and Library Advertising,









Young Adult Mindfulness for Teens Battistin, Rockridge 9781641524377 \$14.99 Trade 9/24/2019 in 10 Minutes a Day Jennie Marie Press 1641524375 USD Paperback Nonfiction 9781646112838 \$12.99 1646112830 USD The Mindfulness Battistin, Rockridge Trade Young Adult 12/10/2019 Journal for Teens Nonfiction Jennie Marie Press Paperback

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



## 

Summersdale 9781787836891 1787836894 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$9.99/\$10.99 Can. Discount Code: OHC Hardcover

160 Pages Carton Qty: 60 Print Run: 5K

Self-Help / Motivational &

Inspirational SEL021000

5.4 in H | 4 in W | 0.9 in T | 0.5 lb

Status: ACTIVE

### Dream, Believe, Achieve

Inspiring Quotes and Empowering Affirmations for Success, Growth and **Happiness** 

Summersdale

### **Kev Selling Points**

- A great gift idea for anyone embarking on a challenge, studying towards a qualification, training for a sporting event, or growing a business
- A similar successful title, She Believed She Could So She Did (ISBN: 9781786854889), has sold over 37,000 copies
- Similar Summersdale titles include: Be Strong (ISBN: 9781786850300), Eat, Sleep, Slay (ISBN: 9781786858139), You Can Do It (ISBN: 9781786859440), Believe in Yourself (ISBN: 9781786858030), Just Be You (ISBN: 9781786852335) and *Never Give Up* (ISBN: 9781786850416)

### Summary

An empowering and eye-catching collection of quotes and mottos for those who've got a goal and won't quit

### If you can dream it, you can do it

Like seeds becoming mighty trees, your motivation and inspiration need to be nurtured. The right words at the right time can make a world of difference. This collection of incisive quotes and uplifting affirmations will be your cheerleader and companion on the road to success. Whatever your goal, from your career to your creativity, this book is here to give you the courage to conquer.

### Marketing Plans

National media outreach, Trade and Library Advertising,

### Illustrations









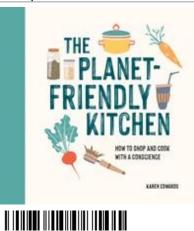
### **Comp Titles**

A Year of Positive Spiegel, Thinking Cyndie Althea Press 12/11/2018 9781641522410 \$17.99 1641522410 USD

Trade Paperback Self-Help

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



# Summersdale

9781787836914 1787836916 Pub Date: 6/15/2021 On Sale Date: 6/15/2021 \$11.99/\$12.99 Can./€10.27 DE

Discount Code: OHC Hardcover

128 Pages Carton Qty: 48 Print Run: 6K

Nature / Environmental Conservation & Protection

NAT011000

6.2 in H | 6.2 in W | 0.7 in T | 0.7

Ib Wt Status: ACTIVE

### The Planet-Friendly Kitchen

Karen Edwards

### **Key Selling Points**

- Contains over 30 environmentally conscious recipes with full-color photography throughout.
- With an expected global population of over nine billion people by 2050, our food habits must be considered if we are to take pressure off the environment.
- More and more people are looking to make active changes to their lifestyles to tackle the environmental crisis.
- Similar titles include: What Would Greta Do? and Save the World: There is No Planet B

### Summary

This beautiful gift book sets out in a clear and simple way what makes certain foods more or less environmentally friendly, in terms of water, land and energy use as well as other considerations. Contains 30 recipes and lots of helpful stats and advice for working out which foods are sustainable depending on where you live and your lifestyle

#### We all have the power to make a difference

We know our planet's resources are stretched to the limits. We know that without significant changes to our diets and shopping habits, nature will continue to suffer. But sometimes it feels like we're bombarded with mixed messages, and it can be hard to work out which foods are truly eco-friendly. This book sets out the facts in a clear and straightforward way, helping you to make informed choices about environmentally conscious ways to shop, the products to avoid, the best foods to buy, and sustainable ways to prepare them.

With over 30 delicious recipes that you, and the earth, will love, The *Planet-Friendly Cookbook* contains all the tips and advice you need to start making small changes that have big impacts. The choices we make can help create a kinder way of feeding the world, and will preserve our beautiful planet for many generations to come.

### **Contributor Bio**

**Karen Edwards**is a writer from London, who specializes in travel and lifestyle. She has written extensively on sustainable living, ethical tourism and emotional well-being for national and international publications including *Hello, Metro, Daily Mirror, Sunday Times, Grazia* and *In the Moment*. Karen inherited her love for the planet from her parents, Shirley and Ramraj. She currently lives between London and South Australia with her marine biologist fiancé, Brad.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,



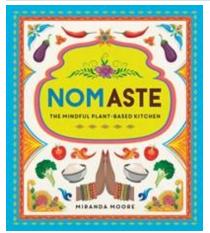




9780593135495 \$29.99 The Goodful Cookbook GOODFUL Rodale Books 12/3/2019 Hardcover Cooking 0593135490 USD 9781646110421 \$16.99 1646110420 USD The Plant Based Diet for Miller, Rockridge Trade 12/10/2019 Cooking Gabriel Paperback **Beginners Press** 

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



### 

Summersdale 9781787838192 1787838196 Pub Date: 6/1/2021 On Sale Date: 6/1/2021 \$17.99/\$19.99 Can. Discount Code: OHC

160 Pages Carton Qty: 20 Print Run: 6K Body, Mind & Spirit OCC000000

Hardcover

7.8 in H | 7 in W | 0.8 in T | 1.2 lb

Wt

Status: ACTIVE

### Nom-aste

### The Mindful, Plant-based Kitchen

Miranda Moore

### **Key Selling Points**

- This book combines two popular topics: well-being and food. It also taps into the popularity of mindfulness, yoga, spirituality and plant-based eating
- Contains over 60 recipes with full-color photography and beautiful design throughout
- A phrase coined by the Cookie Monster in the '70s, "Nom" is now a well-used word when talking about food. "Nom-aste" combines the world of yoga with delicious, healthy food

### **Summary**

Combining the popularity of mindfulness and spirituality, this beautifully illustrated lifestyle book celebrates mindful cooking and mindful eating. With tips on bringing the principles of mindfulness and yoga into your kitchen and 60 plant-based recipes.

**Namaste:** a respectful greeting frequently used at the end of a yoga session; "I bow to the divine in you"

Nom-aste: a respectful prayer of thanks for nutritious and just plain delicious food

Looking after our well-being and eating tasty, nourishing food go hand in hand. This beautifully illustrated book celebrates mindful cooking and eating, teaching you how to bring the principles of yoga and mindfulness into your kitchen. From ahimsa (non-violence) and Ayurveda (food as medicine) to the art of making your own bread, you'll learn how to give your body what it really needs in order to flourish, and how to nurture a healthy, positive attitude toward food. The 60 wholesome, plant-based recipes inside will add vitality to your daily life and leave you filled with good food and gratitude

### **Contributor Bio**

**Miranda Moore** writes non-fiction, fiction and poetry and works as an editorial consultant in the Scottish Borders. A former journalist, she is trained in forest school and bushcraft and loves wild places, photography and beautiful food.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,









The Goodful Cookbook GOODFUL

Rodale Books 12/3/2019  ${9780593135495 \atop 0593135490}$  \$29.99 USD Hardcover Cooking

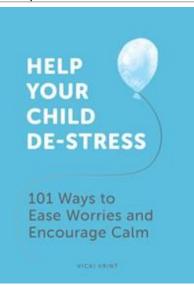
Eat Feel Fresh

Ketabi, Sahara Rose Alpha

 $10/2/2018 \begin{array}{l} 9781465475626 \\ 1465475621 \end{array} \$ 25.00 \ \text{USD Hardcover Cooking}$ 

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, Click here.

### **Subrights**





Summersdale 9781787836730 1787836738 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$13.99/\$15.99 Can. Discount Code: OPB Paperback

128 Pages Carton Qty: 72 Print Run: 6K

Family & Relationships / Parenting

FAM034000

6.9 in H | 5 in W | 0.6 in T | 0.5 lb

Status: ACTIVE

## Help Your Child De-Stress

101 Ways to Ease Worries and Encourage Calm

Vicki Vrint

### **Key Selling Points**

- This book contains 101 tips to help recognize signs of stress in children, and offers practical information on how to manage it.
- Includes supportive and reassuring advice to help boost your child's physical and mental well-being through challenging and stressful times.
- Similar Summersdale titles include: Don't Worry, Be Happy (ISBN: 9781786852366), You're a Star (ISBN: 9781786852359) and The Friendship Maze (ISBN: 9781786854957)

### Summary

This approachable guide for parents and carers of worried children includes bite-sized tips and practical advice on how to approach, navigate and ease signs of stress in your child

72 per cent of children show behaviors linked to stress

Small amounts of stress are normal, but it can be difficult to know how best to support a child when they feel overwhelmed with worry. This practical guide offers strategies to help alleviate the physical symptoms and emotional signs of stress. By adopting simple tips, lifestyle changes and mood-boosting activities, you can help your child overcome challenging situations and live a happy and more carefree life.

- Identify the source/s of your child's stress
- Tackle challenging moments together
- Establish positive daily habits and routines
- Develop skills for communicating emotions
- Know when to seek support

### **Contributor Bio**

Vicki Vrint is a freelance writer whose work has featured in The Guardian, Natural Health Magazine and Spirit and Destiny. She focuses on self-help titles and believes that the key to happiness is to slow down and simplify our lives - a philosophy that lies at the heart of all her books. She lives in Chichester, UK with her two daughters.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,









All You Need is Less	Vrint, Vicki	Summersdale	7/2/2019	9781786857668 1786857669	\$10.99 USD	Hardcover	Self-Help
The Little Book of Daily Rituals	Vrint, Vicki	Summersdale	1/5/2021	9781787832244 1787832244	\$13.99 USD	Hardcover	Body, Mind & Spirit
Get Your Shit Together	Vrint, Vicki	Summersdale	• •	9781849537940 1849537941	USD	Hardcover	Self-Help
CBT Workbook for Kids	Davidson, Heather	Althea Press	9/17/2019	9781641523493 1641523492	\$14.99 USD	Trade Paperback	Juvenile Nonfiction
The Gifted Kids Workbook	Boorman, Heather	Instant Help	8/1/2018	9781684030880 1684030889	\$17.95 USD	Trade Paperback	Juvenile Nonfiction

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

## **Subrights**



#### Summersdale 9781787838437 1787838439 Pub Date: 7/6/2021

On Sale Date: 7/6/2021 \$9.99/\$10.99 Can. Discount Code: OHC Hardcover

160 D----

160 Pages Carton Qty: 60 Print Run: 6K

Reference / Quotations

REF019000

5.4 in H | 4.1 in W | 0.9 in T | 0.5

lb Wt

Status: ACTIVE

### Be Strong

### Positive Quotes and Uplifting Statements to Boost Your Mood

Summersdale

### **Key Selling Points**

- A thoughtful gift to give a friend to boost their mood and bring a ray of sunshine to their day
- We are becoming increasingly aware that positive thinking is vital to our mental and physical well-being, making this gift book relevant and appealing to modern readers
- A revamp of the previous edition with the same title (ISBN: 9781786850300), which sold over 11,000 copies
- Similar Summersdale titles include: Every Cloud Has a Silver Lining (ISBN: 9781787835405), The Little Book of Positivity (ISBN: 9781849537889), Think Positive, Stay Positive (ISBN: 9781786850355) and You Got This (ISBN: 9781786850409)

### **Summary**

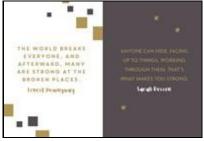
Filled with uplifting quotes and statements, this pocket-sized book is the perfect gift for anyone who needs a morale boost

This little book is here to send you some love. Packed with quotes to inspire you and statements full of compassion, this ink-and-paper hug will help you keep your chin up, your chest out and to *Be Strong*.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

### Illustrations









### **Comp Titles**

True You

A Year of Positive Thinking

Vincent, Kelly

Spiegel, Cyndie

Althea Press

Rockridge

12/11/2018

4/21/2020

9781641522410 \$17.99 1641522410 USD Trade Paperback Trade

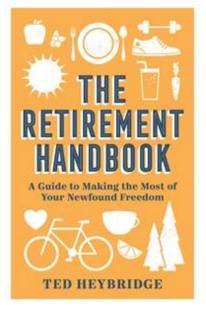
Self-Help

Self-Help

9781646116331 \$12.99 164611633X USD

Paperback

**Subrights** *No subrights have been specified.* 





Summersdale 9781787836983 1787836983 Pub Date: 7/6/2021 On Sale Date: 7/6/2021 \$13.99/\$15.99 Can. Discount Code: OHC

192 Pages Carton Qty: 36 Print Run: 5K Self-Help SEL000000

Hardcover

8 in H | 5.3 in W | 0.9 in T | 0.9 lb

Wt

Status: ACTIVE

### The Retirement Handbook

### A Guide to Making the Most of Your Newfound Freedom

Ted Heybridge

### **Key Selling Points**

- An ideal gift idea for a friend, relative or co-worker approaching retirement
- This guide takes a holistic approach to physical and mental health and well-being, touching on increasingly important topics for older people, such as loneliness and connection with others
- Will appeal to those who enjoyed the popular *How to Age Joyfully* (ISBN: 9781786859686)
- With longer life expectancy, the number of retired people has increased in recent years, and continues to grow
- Similar Summersdale titles include: You're Never Too Old To... (ISBN: 9781787832442), The Little Book of Retirement (ISBN: 9781849538510) and Congratulations on Your Retirement (ISBN: 9781849536240)

### **Summary**

### A book of practical advice and inspiration for the newly retired

### This is just the beginning...

Retirement is a fresh chapter, another adventure and permission to try something new. It's also a great time to take care of your health, your money and your everyday happiness. This is the essential guide to your new life of opportunity, relaxation and enjoyment, whether you're in need of inspiration for holidays and hobbies or advice on staying active, mentally sharp and emotionally fulfilled. Practical, insightful and enlivening, these ideas are perfect for any newcomer to full-time freedom.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,









Retirement Reinvention	Ryan, Robin	Penguin Books	3/6/2018 9780143131915 \$1 0143131915 US	l7.00 Trade SD Paperbac	Business & k Economics
Your Complete Guide to a Successful and Secure Retirement	Swedroe Larry	Harriman House	1/7/2019 9780857197320 \$1 0857197320 US	18.99 Trade SD Paperbac	Business & k Economics

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

### **Subrights**



Summersdale 9781787836877 1787836878 Pub Date: 10/12/2021 On Sale Date: 10/12/2021 \$11.99/\$12.99 Can./€10.50 DE Discount Code: OHC

128 Pages Carton Qty: 64 Print Run: 10K

Reference / Quotations

REF019000

Hardcover

6.1 in H | 4.4 in W | 0.8 in T | 0.5

lb Wt

Status: FORTHCOMING

### The Little Book for Plant Parents

Simple Tips to Help You Grow Your Own Urban Jungle

Felicity Hart

### **Key Selling Points**

- This beautiful book is packed with full color photos and illustrations
- Contains simple plant-care tips, handy "troubleshooting" advice and plant profiles to help the reader choose the plant that's right for them, as well as inspiring quotes and statements
- The on-trend plant theme will appeal to all plant lovers out there, making it the perfect gift for both experienced and aspiring plant parents

### Summary

### All you need is love. And a plant.

Whether you're a plant lover looking for seeds of inspiration, or a beginner hoping to cultivate your very own urban jungle, this little book is bursting with tips and ideas to help you hone your green fingers and become a true plant parent.

This on-trend book includes bite-sized tips on plant care, quick plant profiles, inspiring quotes and quirky statements, all brought together with beautiful photographs and illustrations - the perfect small gift for any plant lover.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### **Illustrations**









### **Comp Titles**

How to Raise a Plant

Wild at Home

Doane, Morgan

Carter, Hilton

Laurence King **Publishing** 

Ryland Peters & Small

10/23/2018

4/9/2019

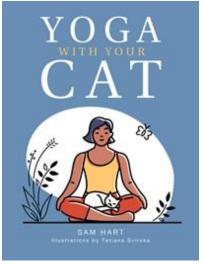
9781786273024 \$16.99 1786273020 USD

9781782497134 \$24.99 1782497137 USD

Flexibound Gardening

House & Hardcover Home

**Subrights** *No subrights have been specified.* 





Summersdale 9781787836457 1787836452 Pub Date: 8/3/2021 On Sale Date: 8/3/2021 \$9.99/\$10.99 Can./€7.98 DE Discount Code: OHC

Carton Qty: 80 Print Run: 15K

Health & Fitness / Exercise

HEA007000

Hardcover

6.3 in H | 4.8 in W | 0.6 in T | 0.4

lb Wt

Status: ACTIVE

### Yoga With Your Cat

**Purr-fect Poses for You and Your Feline Friend** 

Sam Hart

### **Key Selling Points**

- This illustrated book combines yoga techniques with one of the world's most popular pets.
- Containing 45 cute and modern illustrations that will charm all readers.
- Will appeal to the 95 million cat owners in the US (and millions more around the world) who enjoy cat-related books.
- A similar Summersdale title, What Is Your Cat Really Thinking? (ISBN: 9781849539487), has sold over 27,000 copies.
- Similar Summersdale titles include: Cat Yoga (ISBN: 9781787832466), Mindfulness for Cats (ISBN: 9781849537803), The Little Instruction Book for Cats (ISBN: 9781786855343), Happy Cats (ISBN: 9781786852779), The Cat Zodiac (ISBN: 9781787832336) and The Little Book of Yoga (ISBN: 9781787832336)

### **Summary**

The delightful illustrations in this book combined with simple yoga pose instructions give a charming and witty insight into what happens when cats and yoga mix

Cats are natural-born yogis - they know this - and when you're practising your poses, be it "cobra", "pigeon" or even "crow", you'd better be ready for your kitty to upstage you. With charming illustrations and easy-to-follow yoga poses, this delightful guide will help you perfect the "cat stretch" and maybe even impress your flexible feline friend.

### **Marketing Plans**

National media outreach, Trade and Library Advertising,

#### **Illustrations**









### Comp Titles

Mindfulness for Dogs	Hart, Sam	Summersdale	10/1/2016	9781849537810 184953781X	\$12.95 USD	Hardcover	Humor
Mindfulness for Cats	Hart, Sam	Summersdale	10/1/2016	9781849537803 1849537801	\$12.95 USD	Hardcover	Humor
Dog Mindfulness	Hart, Sam	Summersdale	5/12/2020	9781787832459 1787832457	\$10.99 USD	Hardcover	Humor
Yoga for Everyone	Bondy, Dianne	Alpha	4/2/2019	9781465480774 1465480773	\$19.99 USD	Trade Paperback	Health & Fitness
Cats on Catnip	Marttila, Andrew	Running Press Adult	6/19/2018	9780762463671 0762463678	\$16.00 USD	Hardcover Paper over boards	Pets

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, <u>Click here</u>.

**Subrights** *No subrights have been specified.*