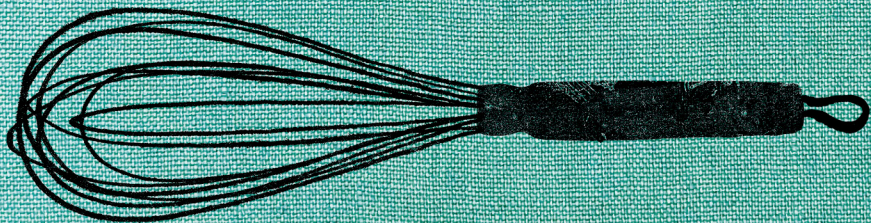
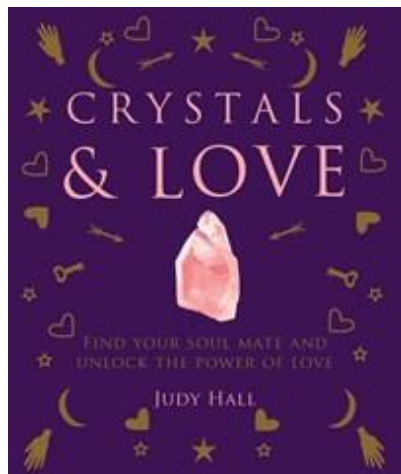


O
OCTOPUS
BOOKS USA

OCTOPUS BOOKS USA
WINTER 2022



ASTER • BRAZEN • CASSELL
CONRAN • ENDEAVOUR • GAIA
GODSFIELD • HAMLYN • ILEX
KYLE • MITCHELL BEAZLEY
MONORAY • PYRAMID
SHORT BOOKS • SPRUCE
SUMMERSDALE



Godsfield
9781841815169
1841815160
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$12.99/\$14.99 Can.
Discount Code: OHC
Hardcover

128 Pages
Print Run: 10K
Body, Mind & Spirit / Crystals
OCC004000
6.6 in H | 5.5 in W
Status: **FORTHCOMING**

Crystals & Love

Find your soul mate and unlock the power of love

Judy Hall

Summary

From best-selling author Judy Hall, *Crystal Love* is the first book to extensively explore crystals and love and includes a directory of over 50 love crystals

Unlock the power of love through crystals with this all-inclusive volume on crystal rituals and techniques. Find your perfect partner, improve your current relationships and even boost your sex life with the help of *Crystal Love*. Featuring sections on every aspect of love and relationships, this book will help solve or improve any major love issues.

Crystal Love also has sections on how to create loving and positive environments, which not only improve personal bonds and outlook but will alter your relations with the world at large.

Judy Hall's books, including the best-selling *The Crystal Bible*, have sold over 750,000 copies in the US

Contributor Bio

Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books - including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide - and her writing has been translated into 16 languages. Judy has four times been named as one of the 100 most spiritually influential people in the world in the *Watkins Review*.

Judyhall.co.uk

Facebook.com/officialcrystaljudyhall

Marketing Plans

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

Illustrations



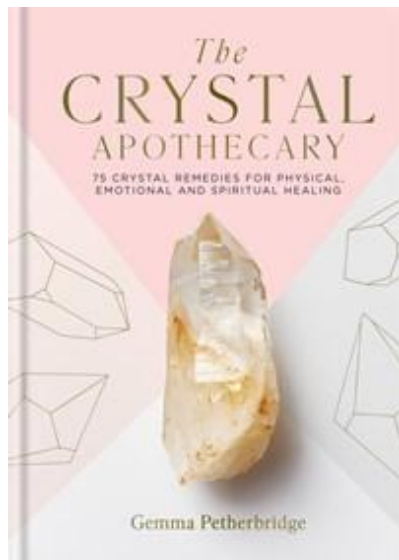
The Encyclopedia of Crystals	Hall, Judy	Fair Winds Press	4/1/2007	9781592332663	\$24.99 1592332668 USD	Paperback	Body, Mind & Spirit
101 Power Crystals	Hall, Judy	Fair Winds Press	10/1/2011	9781592334902	\$24.99 1592334903 USD	Paperback	Body, Mind & Spirit
Encyclopedia of Crystals, Revised and Expanded	Hall, Judy	Fair Winds Press	10/1/2013	9781592335824	\$26.99 1592335829 USD	Paperback	Body, Mind & Spirit
The Ultimate Guide to Crystal Grids	Hall, Judy	Fair Winds Press	12/26/2017	9781592337811	\$26.99 1592337813 USD	Paperback	Body, Mind & Spirit
The Little Crystals Kit	Hall, Judy	Gaia	3/5/2019	9781856754033	\$14.99 1856754030 USD	Kit	Body, Mind & Spirit
Judy Hall's Complete Crystal Workshop	Hall, Judy	Godsfield	6/21/2016	9781841814612	\$16.99 184181461X USD	Paperback	Body, Mind & Spirit
Judy Hall's Complete Crystal Workshop	Hall, Judy	Godsfield	2/2/2021	9781841814971	\$16.99 1841814970 USD	Paperback	Body, Mind & Spirit
The Little Book of Crystals	Hall, Judy	Gaia	5/3/2016	9781856753616	\$9.99 1856753611 USD	Paperback	Body, Mind & Spirit
Crystal Healing	Hall, Judy	Godsfield	9/20/2010	9781841812601	\$12.99 1841812609 USD	Hardcover	Body, Mind & Spirit
Crystal Power, Crystal Healing: The Complete Handbook	Gienger, Michael	Cassell	6/2/2020	9781788402088	\$24.99 1788402081 USD	Paperback	Body, Mind & Spirit
Crystals	Wright, Katie-Jane	Aster	4/2/2019	9781912023943	\$12.99 1912023946 USD	Paperback	Body, Mind & Spirit
The Illustrated Guide To Crystals	Hall, Judy	Sterling	6/30/2000	9780806936277	\$14.95 0806936274 USD	Trade Paperback	Body, Mind & Spirit
The Astrology Bible	Hall, Judy	Sterling	4/1/2005	9781402727597	\$16.95 1402727593 USD	Trade Paperback	Body, Mind & Spirit
Crystal Companion	Hall, Judy	Krause Publications	4/24/2018	9781440353888	\$22.99 1440353883 USD	Trade Paperback	Body, Mind & Spirit
The Crystal Bible	Hall, Judy	Krause Publications	5/11/2003	9781582972404	\$21.99 1582972400 USD	Trade Paperback	Body, Mind & Spirit
Love Crystals	Hall, Judy	Walking Stick Press	11/26/2007	9781582975375	\$9.99 158297537X USD	Paperback	Body, Mind & Spirit
The Crystal Bible 2	Hall, Judy	Krause Publications	8/21/2009	9781582977010	\$21.99 1582977011 USD	Trade Paperback	Body, Mind & Spirit
The Crystal Healing Pack	Hall, Judy	Thunder Bay Press	11/9/2005	9781592235124	\$19.95 1592235123 USD	Multiple Copy Pack	Body, Mind & Spirit

The Crystal Bible 3	Hall, Judy	Krause Publications	8/31/2013	9781599636993	\$21.99 1599636999 USD	Trade Paperback	Body, Mind & Spirit
Crystals to Empower You	Hall, Judy	Krause Publications	3/18/2013	9781599637181	\$19.99 1599637189 USD	Trade Paperback	Body, Mind & Spirit
Crystal Wisdom Healing Oracle	Hall, Judy	Watkins Publishing	6/7/2016	9781780289403	\$22.95 1780289405 USD	Cards	Body, Mind & Spirit
Crystals for Energy Protection	Hall, Judy	Hay House UK	1/28/2020	9781788173599	\$18.99 1788173597 USD	Trade Paperback	Body, Mind & Spirit
Crystal Prescriptions	Hall, Judy	O-Books	9/13/2006	9781905047406	\$15.95 1905047401 USD	Trade Paperback	Body, Mind & Spirit
Judy Hall's Crystal Zodiac	Hall, Judy	Godsfield	7/3/2017	9781841814742	\$16.99 1841814741 USD	Paperback	Body, Mind & Spirit
The Little Book of Crystals	Hall, Judy	Gaia	9/3/2019	9781856754156	\$9.99 1856754154 USD	Hardcover	Body, Mind & Spirit
Crystal Grids Handbook	Hall, Judy	Fair Winds Press	10/13/2020	9781592339877	\$19.99 1592339875 USD	Hardcover Paper over boards	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, [Click here](#).

Subrights

No subrights have been specified.



Godsfield
9781841815145
1841815144
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$19.99/\$21.99 Can./£14.99 UK
Hardcover

192 Pages
Carton Qty: 1
Print Run: 10K
Body, Mind & Spirit / Crystals
OCC004000

8.5 in H | 6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781841815152

The Crystal Apothecary

75 Crystal Remedies For Physical, Emotional and Spiritual Healing

Gemma Petherbridge

Summary

Crystal remedies for physical, emotional and spiritual healing

Whether you are suffering from stress, insomnia, loneliness or heartbreak, or looking to improve your relationships, attract wealth, or let go of your fears, this book can recommend a crystal to help your cause. With detailed descriptions of 75 crystals, their attributes and powers, and information on how to select, cleanse and care for your crystals, and how to put them to use, this book will help you to harness the powers of crystals to heal yourself and transform your life.

Divided into eight main chapters, each relating to a specific area of your life, this book is inspired by the ancient apothecaries of days gone by, which formulated medicines and dispensed healing herbs, while offering a wealth of advice and services to soothe their customer's ailments.

Sections include:

Your Body

Your Mind

Your Heart

Your Soul

Your Emotions

Your Relationships

Your Goals

Your World

Contributor Bio

Gemma Petherbridge has been a psychic and intuitive all her life. Over the years she has learned the beauty in following her intuition and has spent the last few years breaking down the steps required to perfect this skill so she can teach it to others. In 2017 Gemma launched the crystal business @ConscienceCrystals. From the start she allowed her intuition to make all the business decisions. The results have been a joyful, fun and successful business that grows naturally and with ease. Today Gemma specialises in supporting people to raise their vibration and strongly believes connecting with your intuition is a key aspect of this.

Marketing Plans

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

Links

- [BLAD low res](#)

Illustrations





Comp Titles

Crystal Prescriptions	Hall, Judy	O-Books	9/13/2006	9781905047406	\$15.95	Trade Paperback	Body, Mind & Spirit
				1905047401	USD		
Crystal Healing for Women	Lyons, Mariah K.	Zeitgeist	10/20/2020	9780593196823	\$14.99	Trade Paperback	Body, Mind & Spirit
				0593196821	USD		
The Little Book of Crystals	Hall, Judy	Gaia	5/3/2016	9781856753616	\$9.99	Paperback	Body, Mind & Spirit
				1856753611	USD		
Crystal Healing	Hall, Judy	Godsfield	9/20/2010	9781841812601	\$12.99	Hardcover	Body, Mind & Spirit
				1841812609	USD		
Judy Hall's Complete Crystal Workshop	Hall, Judy	Godsfield	2/2/2021	9781841814971	\$16.99	Paperback	Body, Mind & Spirit
				1841814970	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

No subrights have been specified.

256 Pages
Carton Qty: 1
Print Run: 6K
Gardening
GAR000000
9.9 in H | 7.6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Simon Akeroyd, Dr Ross Bayton

RHS Gardening School is the perfect guide for gardeners who want to learn. Inside you'll find chapters on:

- Understanding plants
- Everyday garden care
- Problem solving
- Planting design
- Gardening through the year
- and much more

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

Illustrations



Comp Titles

Encyclopedia of Garden Plants for Every Location	DK	DK	9/15/2014	9781465414397 1465414398	\$40.00 USD	Hardcover	Nature
Raised Bed Gardening for Beginners	Wylie, Tammy	Rockridge Press	7/9/2019	9781641525091 1641525096	\$14.99 USD	Trade Paperback	Gardening
The Old Farmer's Almanac Vegetable Gardener's Handbook	Old Farmer's Almanac	Old Farmer's Almanac	11/12/2019	9781571988454 1571988459	\$15.95 USD	Flexibound	Gardening
The AHS Encyclopedia of Gardening Techniques	The American Horticultural Society	Mitchell Beazley	3/19/2019	9781784725884 1784725889	\$49.99 USD	Hardcover	Gardening
The Flower Yard	Parkinson, Arthur	Kyle Books	4/27/2021	9780857839176 0857839179	\$26.99 USD	Hardcover	Gardening
Plant	Leon, Gynelle	Mitchell Beazley	4/27/2021	9781784727062 1784727067	\$19.99 USD	Hardcover	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, [Click here.](#)

Subrights

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And Breathe

A Journal for Self-care

Suzy Reading

Summary

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

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

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

Sections include:

What is Self-care?

Journaling for Self-care

Movement & Nutrition

Values & Purpose

Goal Setting

Coping Skills for Tough Times

Contributor Bio

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

Marketing Plans

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

Illustrations



Aster
9781783254835
1783254831
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$14.99/\$16.99 Can./£12.99 UK
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 1
Print Run: 10K
Self-Help / Handwriting Analysis
SEL015000

8.3 in H | 5.9 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Breathe 9780733641510 \$24.99

Breathe 9781546014393 \$14.99

Ebooks

9780733641527



Comp Titles

Stand Tall like a Mountain	Reading, Suzy	Aster	5/7/2019	9781912023950	\$14.99	Paperback	Health & Fitness
				1912023954	USD		
Self-Care Solution	Reading, Suzy	Aster	3/6/2018	9781912023363	\$14.99	Paperback	Self-Help
				1912023369	USD		
The Little Book of Self-Care	Reading, Suzy	Aster	7/2/2019	9781783253128	\$8.99	Flexibound	Body, Mind & Spirit
				1783253126	USD		
Self-care for Tough Times	Reading, Suzy	Aster	3/2/2021	9781783253753	\$14.99	Paperback	Body, Mind & Spirit
				1783253754	USD		
Let That Sh*t Go	Sweeney, Monica	Castle Point Books	7/3/2018	9781250181909	\$14.99	Trade Paperback	Games & Activities
				1250181909	USD		
Self-Care Check-In	Hill, GG Renee	Rockridge Press	5/19/2020	9781646116607	\$12.99	Trade Paperback	Self-Help
				1646116607	USD		
A Year of Zen	Treace, Bonnie Myotai	Rockridge Press	9/22/2020	9781647397173	\$14.99	Trade Paperback	Philosophy
				1647397170	USD		
Self-Love Workbook for Women	Logan, Megan	Rockridge Press	9/29/2020	9781647397296	\$15.99	Trade Paperback	Self-Help
				1647397294	USD		
A Year of Self-Care	Shaw, Zoe	Rockridge Press	2/2/2021	9781648765094	\$17.99	Trade Paperback	Self-Help
				1648765092	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

No subrights have been specified.



Aster
9781783254453
1783254459
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$14.99/\$16.99 Can./£12.99
UK/€16.21 DE
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 1
Print Run: 10K
Health & Fitness
HEA000000
8.5 in H | 6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products
Ebooks
9781783254477

Sit to Get Fit

Change the way you sit in 28 days for health, energy and longevity
Suzy Reading

Summary

Change the way you sit in 28 days for health, energy and longevity

We live increasingly sedentary lives and our lifestyle has radically changed in terms of how we work and naturally move throughout our day. While we all know about the benefits of exercise for mental and physical health, what we're not so attuned to are the damaging effects of just how we sit - at our desks, scrolling on our phones, in the car or even on our bicycles.

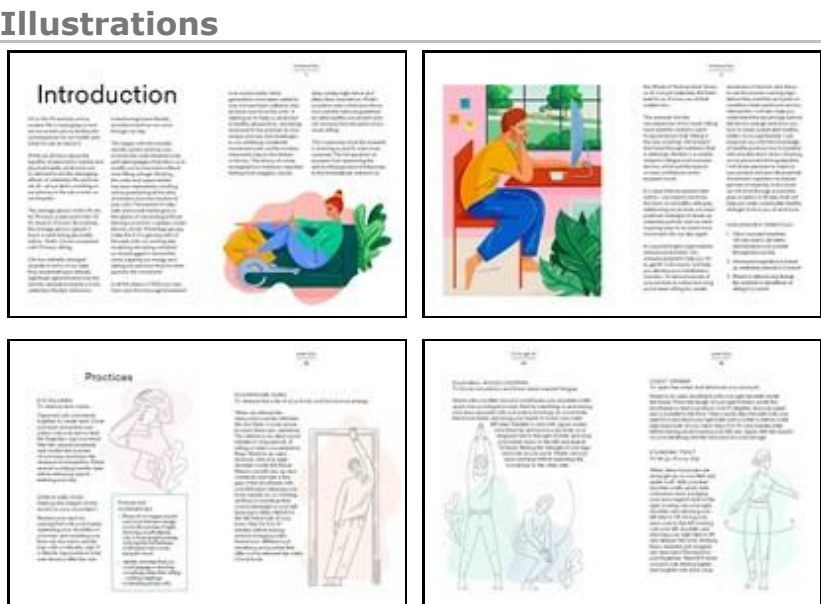
But it doesn't have to be this way. By making small changes to our everyday sitting behavior, we can experience increased energy, confidence, optimism and openness.

Featuring a practical 28-day plan to transform your relationship with sitting, how long you sit at a time, how to add simple breath work and movement into your day and restorative moves for the end of the day.

Sit up, sit better and reap the benefits.

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

- ### Marketing Plans
- Social media campaign
 - National media outreach
 - Trade and Library Advertising

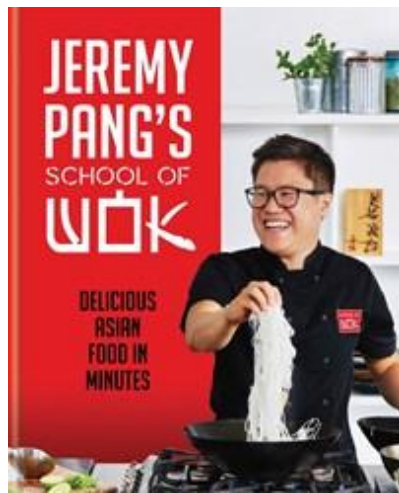


The Little Book of Self-Care	Reading, Suzy	Aster	7/2/2019	9781783253128	\$8.99	Flexibound	Body, Mind & Spirit
				1783253126	USD		
Self-care for Tough Times	Reading, Suzy	Aster	3/2/2021	9781783253753	\$14.99	Paperback	Body, Mind & Spirit
				1783253754	USD		
Chair Yoga	McGee, Kristin	William Morrow Paperbacks	1/17/2017	9780062486448	\$18.99	Paperback	Health & Fitness
				0062486446	USD		
Stretching to Stay Young	Matthews, Jessica	Althea Press	12/13/2016	9781623158064	\$14.99	Trade Paperback	Health & Fitness
				1623158060	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

No subrights have been specified.



Hamlyn
9780600637301
0600637301
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

208 Pages
Print Run: 10K
Cooking / Methods
CKB089000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Jeremy Pang's School of Wok

Jeremy Pang

Summary

Quick and easy Asian cooking from School of Wok founder and chef Jeremy Pang

Celebrate fast, furious and fresh Asian cooking with over 80 recipes from the award-winning culinary institution, School of Wok.

Bringing together the best Asian flavors from across the continent, this book is a combination of quick-fire, easy meals that take as little as 15 minutes to cook. From lavish suppers for lavish weekend suppers to family feasts with a bit more flare, *Jeremy Pang's School of Wok* contains the tips and tricks you need to make the world of Asian cooking easily accessible so you never have to resort to a fakeaway ever again.

Most recipes in the book utilise the 'wok clock' technique, where the ingredients are laid out in a clock formation in the order they will be cooked for complete simplicity. Wok Wednesdays and Flavor Fridays, all seen on the School of Wok Youtube channel, are also featured.

Recipes include:

Black Pepper Hong Kong Beef
BBQ Pork Bao
Vegan Pad Thai
Pork and Prawn Wontons in Homemade Sichuan Chilli Oil
Sweet and Sour Crispy Cauliflower

Coming from three generations of Chinese cooks, chef, author and TV presenter Jeremy Pang decided to follow his heart and bring the world of Asian cuisine to fellow food enthusiasts and establish School of Wok in London, a culinary school specializing in teaching Eastern cuisine to students in the comfort of their own homes.

Contributor Bio

The young and talented chef **Jeremy Pang** comes from three generations of Chinese cooks. Being surrounded by food connoisseurs, Jeremy developed his passion for food and cooking at an early age and soon realised the importance and correlation between basic cooking skills and eating well.

Jeremy is now a regular chef on BBC1's *Ready Steady Cook* and Channel 4's *Sunday Brunch* as well as having published two of his own cookbooks: demystifying Chinese cooking in *Chinese Unchopped* and exploring different delectable dishes in *Hong Kong Diner*. His latest venture is into the world of supermarket grocery products. Determined to make good, authentic Asian food accessible to everyone, Jeremy has designed three different flavours of stir-fry kits, as well as two bao bun kits - teaching people how to make delicious Taiwanese bao buns in the comfort of their own home and in just 30 minutes.

Following the success of the mobile kitchen, School of Wok opened its first permanent professional kitchen in May 2012 in London's Covent Garden, surrounded by some of the finest restaurants in the capital. Now celebrating its 10-year anniversary, the school has gone from strength to strength: launching a range of products and meal kits, winning at The British Cookery School Awards in 2014 and teaching over 60,000 students the secrets of Asian cuisines.

Marketing Plans

- Social media campaign

- National media outreach
- Trade and Library Advertising

Links

- [Instagram](#)
- [Twitter Handle](#)

Illustrations



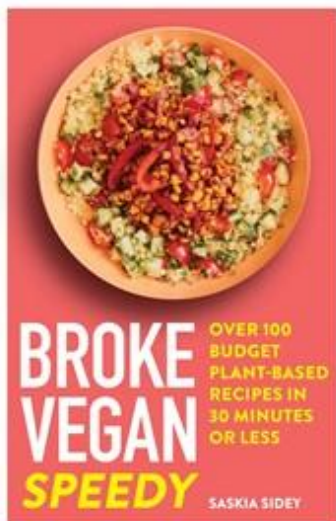
Comp Titles

Hong Kong Diner	Pang, Jeremy	Quadrille Publishing	10/3/2017	9781849499927	\$22.99	Hardcover	Cooking
				1849499926	USD		
Easy Wok Cookbook	Dien, Terri	Rockridge Press	10/20/2020	9781641526944	\$19.99	Trade Paperback	Cooking
				1641526947	USD		
Easy Chinese Cookbook	Toy, Chris	Rockridge Press	5/5/2020	9781646115877	\$16.99	Trade Paperback	Cooking
				1646115872	USD		
Asian Green	Huang, Ching-He	Kyle Books	2/2/2021	9780857836342	\$24.99	Hardcover	Cooking
				085783634X	USD		

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Subrights

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Aster
9781783254842
178325484X
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$14.99/\$16.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

144 Pages
Carton Qty: 1
Print Run: 10K
Cooking / Vegan
CKB125000
8.5 in H | 6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Broke Vegan: Speedy
9780600637257 \$14.99

Ebooks

9781783254859

Broke Vegan: Speedy

Over 100 Budget Plant-based Recipes in 30 Minutes or Less

Saskia Sidey

Summary

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

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

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

Contents include:

WEEKDAY LIFESAVERS
READY IN FIFTEEN
QUICK, QUICK, SLOW
A LITTLE BIT SPECIAL
SPEEDY SWEETS

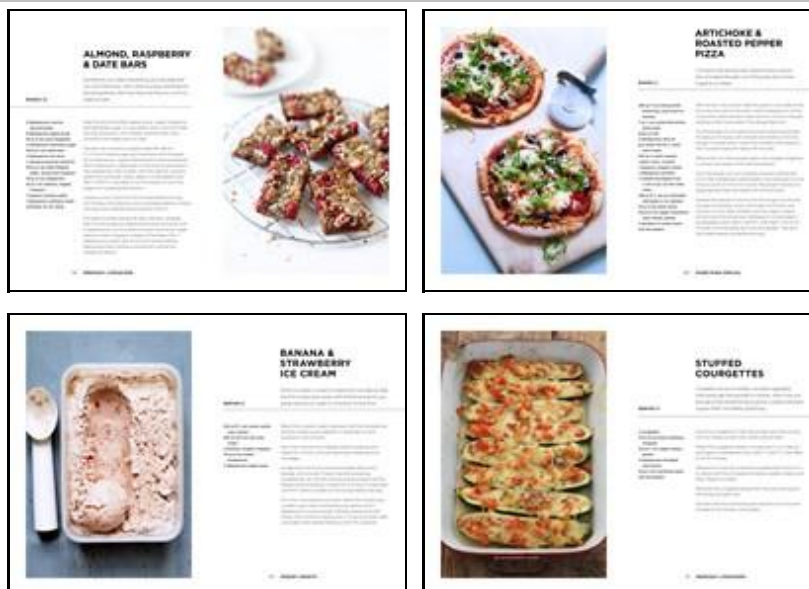
Contributor Bio

Always surrounded by food and drink, **Saskia Sidey** was the former brand & marketing manager, copywriter at LEON and author of *Broke Vegan*. She also worked in-house for cookbook publishers Octopus before leaving to train as a chef at Leiths School of Food and Wine. With a flare for flavor, eye for detail and practical nature, Saskia has developed a personal style with food that stands out.

Marketing Plans

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

Illustrations



Comp Titles

30-Minute Vegan Dinners

Sadd,

Page Street

2/5/2019 9781624147210 \$21.99

Trade

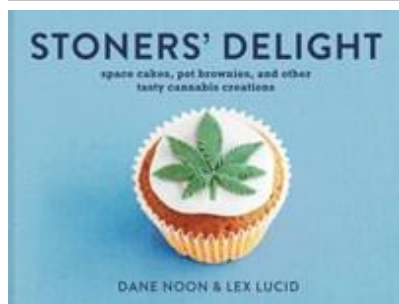
Cooking

	Megan	Publishing		1624147216	USD	Paperback	
Plant-Based on a Budget	Okamoto, Toni	BenBella Books	5/14/2019	9781946885982	\$21.95	Trade Paperback	Cooking
				1946885983	USD		
Broke Vegan	Sidey, Saskia	Hamlyn	3/2/2021	9780600636984	\$14.99	Hardcover	Cooking
				0600636984	USD		
Deliciously Ella Making Plant-Based Quick and Easy	Mills, Ella	Quercus	7/7/2020	9781529325164	\$30.00	Hardcover	Cooking
				1529325161	USD		

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Subrights

No subrights have been specified.



Spruce
9781846015939
1846015936
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$12.99/\$14.99 Can.
Discount Code: OHC
Hardcover

96 Pages
Print Run: 8K
Health & Fitness / Cannabis & CBD
HEA053000

7.6 in H | 5.5 in W
Status: **FORTHCOMING**

Stoner's Delight

Space cakes, pot brownies and other tasty cannabis creations

Dane Noon, Lex Lucid

Summary

Give yourself the munchies (in every sense) with this ultimate guide to easy-to-make cannabis creations. This is a fun, easy way to whip up a truly relaxing snack or those perfect house-party hash cakes

Cooking with cannabis is the easiest way to enjoy the herb without the hassle of all that paraphernalia and the health risks of smoking. Studies have shown that tar from joints can contain up to 50% more carcinogens and carbon monoxide than regular cigarettes, making this the perfect gift for anyone who wants to avoid the respiratory problems and stigma of smoking, or plain can't roll a spliff.

Plus, with a section on the different forms that cannabis comes in, and how you can adapt your recipes to suit them, you can be sure to never overdo the dope. This no-nonsense, no-fuss cookbook ensures that even a half-baked chef can turn out perfect results every time.

Contributor Bio

Dane Noon is an avid chef with a love of music and enjoys nothing more than taking his followers on a journey through mouth and mind. He has been a worthy supporter of the marijuana cause since high tops were in fashion.

Lex Lucid is a writer who splits his time between the jungles of Papua New Guinea and London. He enjoys witchety grubs, raucous tea parties and long haul flights, and is occasionally mistaken for someone else. He wants to bring peace to the Middle East.

Marketing Plans

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

Illustrations



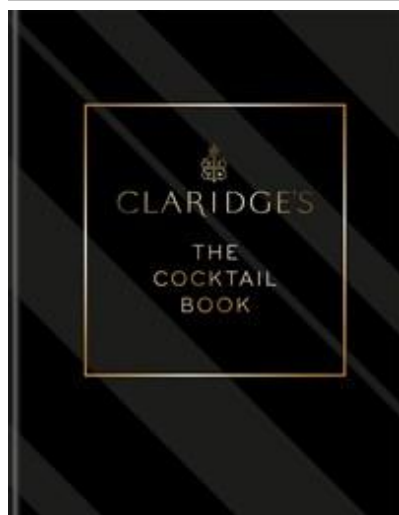
Comp Titles

Bong Appétit	Editors of MUNCHIES	Ten Speed Press	10/2/2018	9780399580109	\$30.00 USD	Hardcover	Cooking
The Easy Cannabis Cookbook	Sicard, Cheri	Althea Press	2/13/2018	9781939754325	\$14.99 USD	Trade Paperback	Health & Fitness
Get Baked	Noon, Dane	Spruce	5/8/2018	9781846015618	\$9.99 USD	Hardcover	Cooking
Edibles	Hua, Stephanie	Chronicle Books	11/6/2018	9781452170442	\$19.95 USD	Hardcover	Cooking

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Mitchell Beazley
9781784728007
1784728004
Pub Date: 4/5/2022
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\$29.99/\$32.99 Can./£25.00 UK
Hardcover

224 Pages
Carton Qty: 1
Print Run: 8K
Cooking / Beverages
CKB006000

9.9 in H | 7.6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781784728014

Claridge's – The Cocktail Book

350 cocktail recipes from London's legendary hotel

Claridge's

Summary

Recreate the Claridge's cocktail experience at home

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

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

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

Chapters include:

Champagne & Sparkling - featuring Champagne Cobbler, French 75 and Gimlet Royale
Stirred & Complex - featuring Oaxacan Old Fashioned, Silver Bullet Martini and Widows' Kiss
Short & Sharp - featuring Between the Sheets, Gin Basil Smash and London Calling
Long & Refreshing - featuring Peachblow Fizz, Singapore Sling and Tom Collins
No & Low - featuring Adonis, Diplomat and Rome with a View

Contributor Bio

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

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

Marketing Plans

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

Illustrations





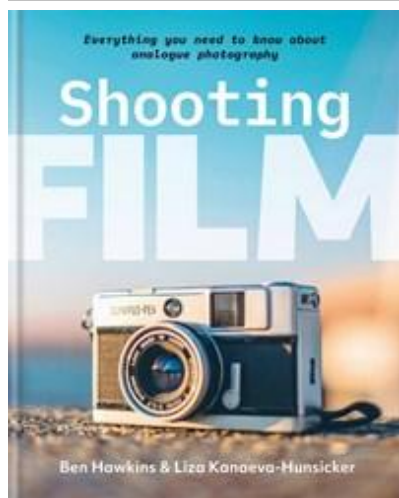
Comp Titles

Classic Cocktail Bible	Spruce	Hamlyn	11/14/2012	9781846014116 1846014115	\$9.99 USD	Hardcover	Cooking
101 Cocktails to Try Before You Die	Monti, Francois	Cassell	11/6/2018	9781788400541 1788400542	\$12.99 USD	Hardcover	Cooking
Shake Strain Done	Hirsch, J. M.	Voracious	11/3/2020	9780316428514 0316428515	\$25.00 USD	Hardcover	Cooking
Vogue Cocktails	Mcnulty, Henry	Conran	9/3/2019	9781840917888 1840917881	\$12.99 USD	Hardcover	Cooking
The Cocktail Dictionary	Jeffreys, Henry	Mitchell Beazley	10/6/2020	9781784726294 178472629X	\$20.00 USD	Hardcover	Cooking

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Ilex Press
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Hardcover

192 Pages
Print Run: 5K
Photography
PHO000000
9.5 in H | 7.6 in W
Status: **FORTHCOMING**

Shooting Film

Everything You Need to Know About Analogue Photography

Ben Hawkins, Liza Kanaeva-Hunsicker

Summary

Film photography is back with a bang, and whether you're returning to the genre after switching to digital, or you've just discovered this amazing medium, there's never been a more compelling argument for going analogue with your photography

In a world where we are bombarded with visual imagery, making your photos stand out from the crowd is getting harder by the day, but film will give you that edge - and let you discover a whole new way of shooting in the process.

In this in-depth and inspirational guide, photography journalist Ben Hawkins and pro photographer Liza Kanaeva-Hunsicker reveal the techniques, tips and secrets for success when shooting film.

- Learn to shoot on film, from the essential basics to advanced techniques
- Make the right choices with an in-depth guide to buying second-hand cameras
- Master the language of film with jargon-free guides to all the vital processes
- Be inspired by advice from a top pro who shoots on film
- Discover the amazing imagery of the new school of analogue photographers

Contributor Bio

Ben Hawkins is an award-winning writer and journalist specializing in photography and creative media. He was the group editor of *Practical Photography* magazine, 2013-20, and regularly contributes to magazines including *Amateur Photographer* and *Outdoor Photography*. As a child, he used to 'assist' his dad in the family darkroom and developed a fascination with film and analogue technology. He has since interviewed some of the world's most revered film photographers, including Albert Watson, David Bailey and Bob Carlos Clarke. His signed original Carlos Clarke print is one of his most prized possessions.

Liza Kanaeva-Hunsicker is a fine art and fashion photographer from Moscow, now based in New York City. She discovered her love for photography while documenting family travels when she was growing up. Liza studied Art at university in California and Paris and subsequently moved to NYC, where she decided to pursue photography professionally. After a few years of assisting, she ventured out on her own. Liza has been internationally exhibited and regularly contributes to *Vogue Italia* among other publications. While she still occasionally shoots digital, analogue is at the heart of her creative practice.

Marketing Plans

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

Illustrations





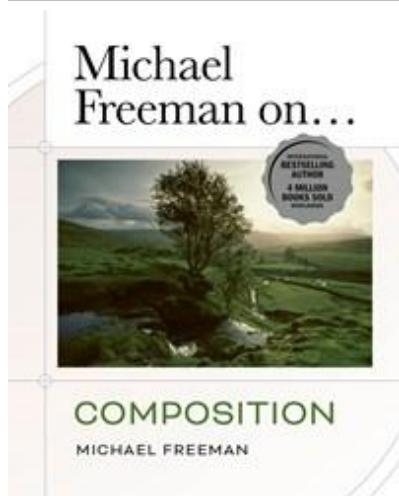
Comp Titles

Night Sky Photography	Woodworth, Adam	Ilex Press	2/2/2021	9781781577509	\$29.99 1781577501 USD	Paperback Photography
Analog Photography	Bellamy, Andrew	Princeton Architectural Press	4/9/2019	9781616898175	\$24.95 1616898178 USD	Paperback Photography
The Photographers Eye: A graphic Guide	Freeman, Michael	Ilex Press	9/3/2019	9781781577301	\$24.99 1781577307 USD	Paperback Photography
Complete Photography	Gatcum, Chris	Ilex Press	5/2/2017	9781781574065	\$24.99 1781574065 USD	Paperback Photography
National Geographic Photo Basics	Sartore, Joel	National Geographic	11/12/2019	9781426219702	\$19.99 1426219709 USD	Paperback Photography
The Photographer's Handbook	Freeman, Michael	Ilex Press	11/7/2017	9781781574904	\$19.99 1781574901 USD	Paperback Photography
The Beginner's Guide to Photography	Kamps, Haje Jan	Ilex Press	9/5/2017	9781781575109	\$19.99 178157510X USD	Paperback Photography

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Paperback

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Print Run: 6K
Photography
PHO000000

9.3 in H | 7.5 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Michael Freeman On... Composition

Michael Freeman

Summary

Fifty years after the publication of the hugely influential bestseller *The Photographer's Eye*, Michael Freeman returns with fresh ideas that reflect on the way the medium has evolved in the 21st century

Composition is the single most powerful tool in a photographer's armory. Unconstrained by any outside influence, it can be a pure expression of individuality, and this is what makes it so important. Freeman details both why and how composition works, from perception to visual imagination, including many practical compositional templates - varying from the Walk-in to the Frame Break to the Fibonacci Point - ready to be applied to a range of camera situations.

- All-new content from the master of photography guides
- Concise and easy-to-follow format clearly explains the vital ingredients of composition
- Real-life examples of composition in practice ably demonstrate the key elements
- Unique visuals and illustrations cut through the jargon and make the subject simple

Contributor Bio

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

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

Freeman's books on photography have been translated into 27 languages.

Marketing Plans

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

Illustrations





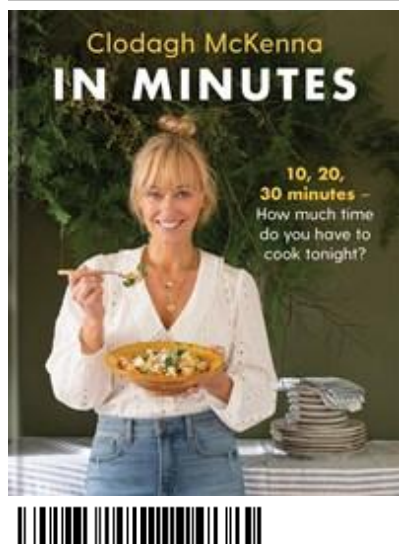
Comp Titles

The Photographer's Eye	Freeman, Michael	Focal Press	6/6/2007	9780240809342	\$29.95	Paperback Photography
The Photographer's Eye Digitally Remastered 10th Anniversary Edition	Freeman, Michael	Routledge	11/21/2017	9780815375661	\$36.95	Paperback Photography
Light and How to Photograph It	Freeman, Michael	Ilex Photo	8/4/2020	9781781577776	\$29.99	Paperback Photography
Get the Photos Others Can't	Freeman, Michael	Ilex Press	7/7/2020	9781781577493	\$21.99	Hardcover Travel
The Photographer's Mind Remastered	Freeman, Michael	Ilex Press	9/11/2018	9781781575642	\$24.99	Paperback Photography
The Photographer's Vision Remastered	Freeman, Michael	Ilex Press	4/2/2019	9781781576892	\$24.99	Paperback Photography
The Photographers Eye: A graphic Guide	Freeman, Michael	Ilex Press	9/3/2019	9781781577301	\$24.99	Paperback Photography
The Photography Bible	Freeman, Michael	Ilex Press	11/27/2018	9781781576236	\$19.99	Paperback Photography
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	4/30/2019	9781781576373	\$24.99	Paperback Photography
Black & White Photography	Freeman, Michael	Ilex Photo	7/11/2017	9781781573365	\$24.99	Paperback Self-Help
The Photographer's Handbook	Freeman, Michael	Ilex Press	11/7/2017	9781781574904	\$19.99	Paperback Photography
50 Paths to Creative Photography	Freeman, Michael	Ilex Press	10/18/2016	9781781573471	\$24.99	Paperback Photography

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Hardcover

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Carton Qty: 1
Print Run: 8K
Cooking / Methods
CKB070000
9.5 in H | 7.6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

In Minutes

10, 20, 30 - How much time do you have tonight?

Clodagh McKenna, Clodagh McKenna Ltd

Summary

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

In Minutes is a cookbook that's here to help you. Most cookbooks suggest menu choices, focusing on giving you specific recipe ideas around occasions or certain types of food. *In Minutes* turns this concept on its head, because most nights of the week the cook at home will ask themselves 'how much time do I actually have to make dinner tonight?' Clodagh has devised recipes that will fit to what time you have, showing you how to make super-quick 10 minute suppers that are packed with flavor, 20 minute meals that are easy and accessible to all, and 30 minute recipes that will please anyone sitting at your table.

Praise for *Clodagh's Weeknight Kitchen*:

"I love her voice, her encouragement, her charm, her practicality, and her delicious ideas." – *The City Cook*

"Clodagh McKenna's simple yet spectacular dishes make every day special. Delicious, effortless, show-stopping recipes." – *Daily Mail*

"The most cookable cook book of the year" – William Sitwell, *The Telegraph*

Contributor Bio

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

Marketing Plans

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

Illustrations



Comp Titles

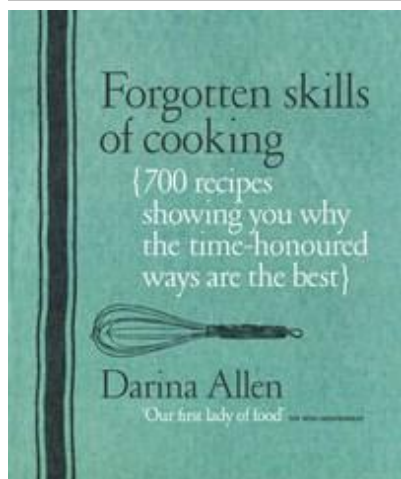
Clodagh's Home Cooking	McKenna,	Kyle	4/7/2020	9780857838544	\$24.99	Hardcover	Cooking
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	Clodagh	Books		0857838547	USD	
Clodagh's Suppers	McKenna, Clodagh	Kyle Books	3/12/2019	9781909487994 1909487996	\$24.99 USD	Hardcover Cooking
Clodagh's Weeknight Kitchen	McKenna, Clodagh	Kyle Books	2/2/2021	9780857838872 0857838873	\$24.99 USD	Hardcover Cooking

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Kyle Books
9781914239229
1914239229
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$49.99/\$55.00 Can.
Discount Code: OHC
Hardcover

600 Pages
Cooking / Reference
CKB071000

9.8 in H | 8.5 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Forgotten Skills of Cooking
9781906868062 \$49.99

Ebooks

9780857836939

Forgotten Skills of Cooking

700 Recipes Showing You Why the Time-honoured Ways Are the Best

Darina Allen

Key Selling Points

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

Summary

An essential guide to traditional cooking skills, from making yogurt, butter and sourdough to keeping chickens and foraging for wild food

In this much-needed book, Darina reconnects you with the cooking skills that missed a generation or two. Chapters include 'Dairy', 'Hens and Eggs', 'Bread' and 'Preserving', and forgotten processes such as curing bacon and making yogurt and butter are explained in the simplest terms. The delicious recipes show you how to use your homemade produce to its best, and include ideas for using forgotten cuts of meat, baking bread and cakes and even eating food from the wild. The 'Vegetables and Herbs' chapter is stuffed with growing tips to satisfy even those with the smallest garden plot or window box, and there are plenty of suggestions for using gluts of vegetables. You'll even discover how to keep a few chickens in the garden. With over 700 recipes, this is the definitive modern guide to traditional cookery skills.

'There's not much this gourmet grande dame doesn't know.' - Nigel Slater, *Observer Food Monthly*

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

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

Contributor Bio

Darina Allen runs the world-renowned cookery school at Ballymaloe in Ireland and is the bestselling author of Ballymaloe Cookery Course. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. Through the East Cork Educational Fund, she runs a programme for local primary schools to help local children learn about food from garden to plate. She won the Guild of Food Writers' Lifetime Achievement award in 2013.

Illustrations



Comp Titles

Simply Delicious the Classic
Collection

Allen, Darina

Kyle
Books

2/5/2019

9780857835550 \$27.99
0857835556 USD

Hardcover Cooking

Clodagh's Weeknight Kitchen	McKenna, Clodagh	Kyle Books	2/2/2021	9780857838872	\$24.99	Hardcover Cooking
				0857838873	USD	
One Pot Feeds All	Allen, Darina	Kyle Books	2/4/2020	9780857837134	\$24.99	Hardcover Cooking
				0857837133	USD	
Clodagh's Suppers	McKenna, Clodagh	Kyle Books	3/12/2019	9781909487994	\$24.99	Hardcover Cooking
				1909487996	USD	
Clodagh's Home Cooking	McKenna, Clodagh	Kyle Books	4/7/2020	9780857838544	\$24.99	Hardcover Cooking
				0857838547	USD	

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Kyle Books
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\$14.99/\$16.99 Can.
Paperback

176 Pages
Print Run: 6K
Cooking / Methods
CKB060000

8 in H | 6 in W
Status: **FORTHCOMING**

Related Products

Other Formats

The Camping Cookbook
9781906868253 \$16.95

The Camping Cookbook

Fabulous Campfire Feasts For Outdoor Adventurers

Annie Bell

Summary

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

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

From hearty brunches and tea & cake to one-pot cooking and sweet treats, this essential guide has more than 60 recipes for every occasion, so you can eat in style wherever you are.

Contributor Bio

Annie Bell is an award-winning cookery writer who trained as a chef before writing for *Vogue*, and then the *Independent*. She was awarded Journalist of the Year by the Guild of Food Writers in 2003. She has been principal cookery writer on the *Mail on Sunday's* *YOU* Magazine for the last 20 years. Her previous cookbooks include *Plant Power*, *Annie Bell's Baking Bible*, *Soup Glorious Soup*, *Low Carb Revolution*, *Low Carb Express* and *How to Cook*.

Marketing Plans

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

Illustrations



Comp Titles

Plant Power	Bell, Annie	Kyle Books	1/7/2020	9780857836120	\$24.99	Paperback	Cooking
				0857836129	USD		
Annie Bell's Baking Bible	Bell, Annie	Kyle Books	9/3/2019	9780857837479	\$29.99	Hardcover	Cooking
				0857837478	USD		
Feast by Firelight	Frisch, Emma	Ten Speed Press	4/10/2018	9780399579912	\$22.00	Hardcover	Cooking
				0399579915	USD		

The Campout Cookbook	Hanel, Marnie	Artisan	5/29/2018	9781579657994 1579657990	\$19.95 USD	Hardcover Paper over boards	Cooking
The Easy Camp Cookbook	Mayer, Amelia	Rockridge Press	11/10/2020	9781647390303 1647390303	\$16.99 USD	Trade Paperback	Cooking
How to Camp in the Woods	Fredericksen, Devon	Black Dog & Leventhal	5/7/2019	9780316420815 0316420816	\$21.99 USD	Hardcover Paper over boards	Sports & Recreation

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VEGAN LOVE

CREATE QUICK, EASY, EVERYDAY MEALS WITH
A VEG + A PROTEIN + A SAUCE + A TOPPING

David Bez

BESTSELLING AUTHOR OF SALAD LOVE



Kyle Books
9781914239168
1914239164
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

224 Pages
Carton Qty: 1
Print Run: 10K
Cooking / Vegan
CKB125000

9.5 in H | 7.6 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Vegan Love

Create quick, easy, everyday meals with a veg + a protein + a sauce + a topping

David Bez

Summary

A go-to plant-based vegan cookbook with 100 delicious and satisfying recipes, each with a time promise

All too often, vegan main courses are hijacked either by replacement 'meats' and 'fish' in an attempt to reinvent/veganize classic dishes or by carb-heavy pizza and pasta that doesn't appeal to those who are gluten sensitive or who want to lose weight.

Vegan Love satisfies both vegans and non-vegans alike. It features 14 big veg (celeriac, squash, sweet potato, beet, potato, onion, cauliflower, broccoli, zucchini, cabbage, mushrooms, eggplant, pepper and turnip/swede).

Each recipe includes:

- One dominant veg
- One carb or protein (a pulse or grain – always gluten free)
- One sauce/cream/dressing
- Toppings (herbs and crunch)

And each recipe not only gives the level of complexity (easy/medium/hard) but also offers a time promise (15 minutes/20 minutes/30 minutes/1 hour). Many also offer alternative suggestions (brown rice or buckwheat instead of quinoa, for example), and be accompanied by a QR code that will link to an online video.

Contributor Bio

David Bez is originally from Milan. He came to London to work as an art director in the advertising and graphic design industry and he started his Salad Pride blog to chart his daily office salad creations. In 2014, these became the basis of his globally successful debut book *Salad Love*, and prompted the *Daily Mail* to dub him 'the man who sexed up salad'. *Salad Love* was followed by *Breakfast Love* in 2016 and *Supper Love* in 2018. All three were published by Quadrille.

Marketing Plans

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

Illustrations





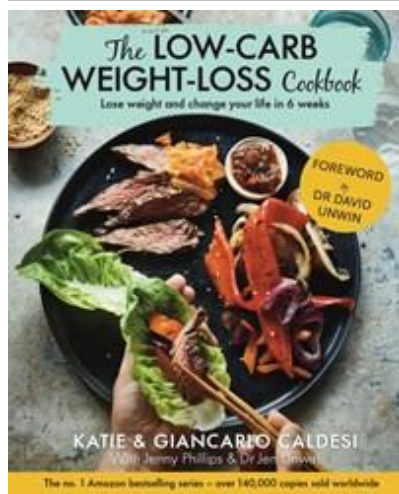
Comp Titles

Plant Over Processed	Hannemann, Andrea	Dey Street Books	12/29/2020	9780062986511	\$26.99 0062986511 USD	Hardcover	Cooking
Oh She Glows for Dinner	Liddon, Angela	Avery	10/13/2020	9780593083673	\$35.00 0593083679 USD	Hardcover	Cooking
The Plant Based Diet for Beginners	Miller, Gabriel	Rockridge Press	12/10/2019	9781646110421	\$16.99 1646110420 USD	Trade Paperback	Cooking
Plant-Based on a Budget	Okamoto, Toni	BenBella Books	5/14/2019	9781946885982	\$21.95 1946885983 USD	Trade Paperback	Cooking
The Complete Plant-Based Cookbook	America's Test Kitchen	America's Test Kitchen	12/1/2020	9781948703369	\$34.99 194870336X USD	Trade Paperback	Cooking
Broke Vegan	Sidey, Saskia	Hamlyn	3/2/2021	9780600636984	\$14.99 0600636984 USD	Hardcover	Cooking
Deliciously Ella Making Plant-Based Quick and Easy	Mills, Ella	Quercus	7/7/2020	9781529325164	\$30.00 1529325161 USD	Hardcover	Cooking
Salad Love	Bez, David	Clarkson Potter	2/24/2015	9780804186780	\$25.00 0804186782 USD	Trade Paperback	Cooking
Breakfast Love	Bez, David	Quadrille Publishing	2/2/2016	9781849497145	\$22.95 1849497141 USD	Hardcover	Cooking

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Kyle Books
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Discount Code: OHC
Hardcover

192 Pages
Print Run: 6K
Health & Fitness / Diet & Nutrition
HEA019000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

The Low-Carb Weight Loss Cookbook

Lose weight and change your life in 6 weeks

Katie Caldesi, Giancarlo Caldesi

Summary

A tried and tested way to eat for everyone to experience and maintain weight-loss from the bestselling authors of *The Diabetes Weight-loss Cookbook*

Let bestselling authors Katie and Giancarlo Caldesi guide you through how food works in your body and show you how to prepare easy meals that change the habits of a lifetime. From a strict keto plan for anyone needing to lose a lot of weight fast, to a moderate low-carb guide for people who want to eat well and keep their metabolic health in check, there is an option to suit you, whatever your health goals.

Meal plans will help you shed the pounds of stored fat and unveil a new healthier you – all without suffering the hunger pangs that so often undermine a change in diet. Including recipes suitable for batch cooking and freezing, alongside ingenious tips and tricks that encourage you to stay on track and ensure there are always healthy options on hand.

With a foreword by pioneering Dr David Unwin who shares his experiences of how a low-carb diet has transformed his patients' lives, this inspirational book provides an evidence-based guide to losing weight for life.

"The cookbook every diabetic needs."

- Dr Aseem Malhotra on *The 30 Minute Diabetes Cookbook*

Contributor Bio

Katie and Giancarlo Caldesi own restaurants Caldesi in Marylebone as well as Caldesi in Campagna in Bray. They are co-authors of the *Sunday Times* bestselling *The Diabetes Weight-Loss Cookbook*, *The 30 Minute Diabetes Cookbook*, *The Reverse your Diabetes Cookbook*, *Around the World in Salads* and *The Gentle Art of Preserving*, which was nominated for the Guild of Food Writers' Cookbook of the Year Award. Katie is also the author of *The Italian Cookery Course*.

Marketing Plans

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

Links

- [BLAD low res](#)

Illustrations





Comp Titles

Eat Smarter	Stevenson, Shawn	Little, Brown Spark	12/29/2020	9780316537919	\$28.00	Hardcover	Health & Fitness
				0316537918	USD		
The Diabetes Weight Loss Cookbook	Caldesi, Giancarlo	Kyle Books	5/7/2019	9780857834492	\$24.99	Hardcover	Health & Fitness
				0857834495	USD		
The 30-Minute Diabetes Cookbook	Caldesi, Katie	Kyle Books	4/6/2021	9780857839183	\$24.99	Hardcover	Health & Fitness
	Caldesi & Giancarlo			0857839187	USD		
Keto Kitchen	Palmer, Monya Kilian	Kyle Books	9/1/2020	9780857838728	\$19.99	Paperback	Cooking
				0857838725	USD		
The Reverse Your Diabetes Cookbook	Caldesi, Katie	Kyle Books	4/7/2020	9780857838575	\$26.99	Hardcover	Cooking
				0857838571	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

No subrights have been specified.



Kyle Books
9780857839664
0857839667
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$26.99/\$29.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

192 Pages
Print Run: 8K
Cooking / Vegetarian
CKB086000
9.8 in H | 7.5 in W
Status: **FORTHCOMING**

Your Daily Veg

Innovative, fuss-free vegetarian food

Joe Woodhouse

Summary

Vibrant vegetarian food for everyone to enjoy, with everyday recipes using everyday veg, for everyday cooks

Bold, fuss-free cooking that just happens to be vegetarian, *Your Daily Veg* celebrates everyday vegetables in a fresh and modern way. Chapters focus either on one core vegetable or a group of similar vegetables, celebrating seasonality and encouraging you to make swaps if you don't have the exact ingredients. These recipes can then be used as a base for experimenting.

Starting with the ingredient and working forward from there, Joe Woodhouse blends textures, spices and flavors to create satisfying meals that use minimal ingredients but achieve maximum flavor. With tips on how best to prep dishes and advice on minimising stress and time in the kitchen, each recipe is as straightforward as possible.

"One of the most inventive vegetable cooks I can think of." – Anna Jones

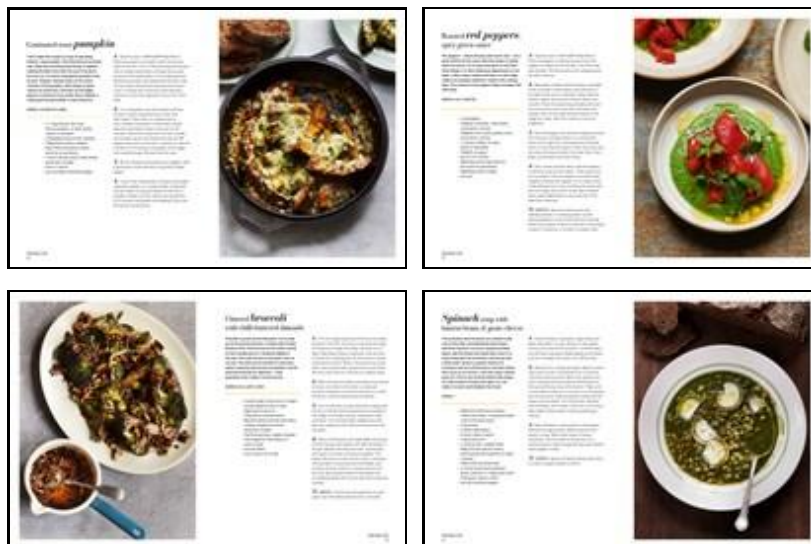
Contributor Bio

Joe Woodhouse has been vegetarian since the age of 10, teaching himself how to cook. He later trained as a chef and spending years working in kitchens such as Vanilla Black and the Towpath Café, as well as working at events with restaurants such as the Quality Chop house. Alongside being a chef he is a photographer, shooting with clients such as Soho Farmhouse, Belazu, Marmite, Asda, Hakkasan and Colman's. He is lauded amongst colleagues - including as Anna Jones and Nigella Lawson – for being the best vegetarian chef in the business. His work has featured in publications such as *The New Yorker*, *Bon Appetit*, *Guardian*, *Observer*, *Metro*, *Evening Standard* and *Life & Thyme*.

Marketing Plans

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

Illustrations



Comp Titles

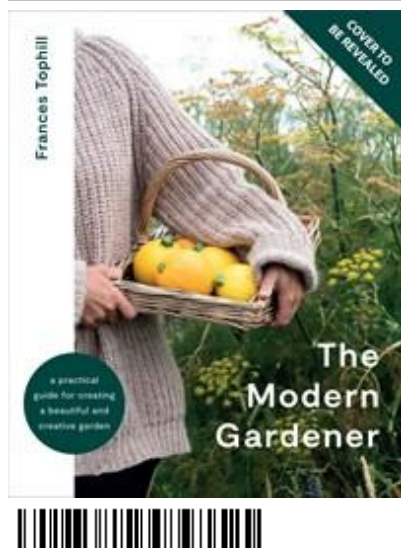
Vegetables	Sorkin,	Cider Mill Press	3/10/2020	9781604339642	\$35.00	Hardcover	Cooking
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	Laura			1604339640	USD		
Vegetables Unleashed	Andrés, José	Anthony Bourdain/Ecco	5/21/2019	9780062668387	\$39.99	Hardcover	Cooking
				0062668382	USD		
How to Cook Everything Vegetarian	Bittman, Mark	Mariner Books	11/7/2017	9781118455647	\$35.00	Hardcover	Cooking
				1118455649	USD		
Simple Green Meals	Hansard, Jen	Rodale Books	9/11/2018	9781635650099	\$24.99	Trade Paperback	Cooking
				1635650097	USD		
Feasts of Veg	Olsson, Nina	Kyle Books	10/23/2018	9781909487888	\$29.99	Hardcover	Cooking
				1909487880	USD		
Bowls of Goodness: Grains + Greens	Olsson, Nina	Kyle Books	7/7/2020	9780857838582	\$27.99	Hardcover	Cooking
				085783858X	USD		

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Subrights

No subrights have been specified.



The Modern Gardener

A practical guide for creating a beautiful and creative garden

Frances Tophill

Summary

A guide to creating a modern outdoor space that provides us with the materials we need to eat, be creative, learn and get the most out of our garden

We no longer just want to garden, we want to engage with the land; the plants in it, the animals, insects and even the fungi. *The Modern Gardener* isn't just about creating a space that simply looks visually stunning, but about responding to the need to modernize; to live in a way that works in harmony with the world around us and engages with our outdoor space. The plants that we choose to grow should encourage wildlife, reduce our carbon footprint and be useful in all areas of our lives.

Filled with projects, as well as the whys and hows of growing and choosing plants, it includes a recipe section with activities that can be tried at home for all kinds of fun – from delicious concoctions to essential products – all made from plants.

"Frances Tophill is not only a qualified horticulturist but is fast becoming the fresh new face of television gardening." – *Daily Mail*

Contributor Bio

Frances Tophill is a Horticulturist and Botanist who trained at The Royal Botanic Garden, Edinburgh. Since 2012 she has been a presenter on ITV's *Love Your Garden*, with Alan Titchmarsh. She also presents regularly on BBC *Gardeners' World*. She works closely with the RHS Campaign for School Gardening and WWF, championing the importance of growing for us as individuals and as communities. She is the Author of three books; *First-Time Gardener*, *The Container Gardener* and, most recently, *Re-Wild Your Garden*.

Marketing Plans

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

Illustrations



Comp Titles

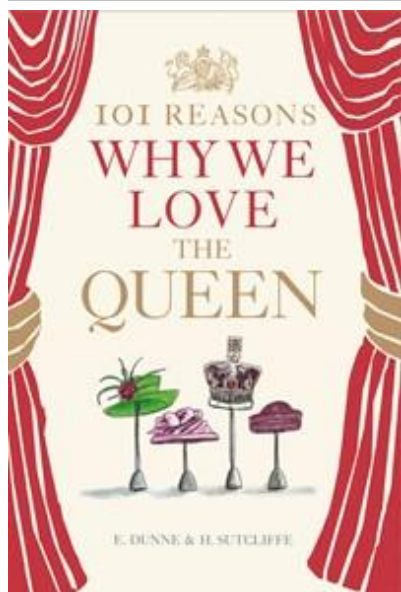
The Flower Yard	Parkinson, Arthur	Kyle Books	4/27/2021	9780857839176 0857839179	\$26.99 USD	Hardcover Gardening
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Urban Garden Design	Gould, Kate	Kyle Books	5/14/2019	9780857834874 0857834878	\$27.99 USD	Hardcover Gardening
The Humane Gardener	Lawson, Nancy	Princeton Architectural Press	4/18/2017	9781616895549 1616895543	\$24.95 USD	Hardcover Gardening
Biophilia	Coulthard, Sally	Kyle Books	4/28/2020	9780857837158 085783715X	\$21.99 USD	Hardcover Gardening
Attainable Sustainable	Bordessa, Kris	National Geographic	3/24/2020	9781426220548 1426220545	\$35.00 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, [Click here](#).

Subrights

No subrights have been specified.



Short Books
9781780724478
1780724470
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$14.99/\$16.99 Can.
Hardcover

128 Pages
Print Run: 6K
Biography & Autobiography
/ Royalty
BIO014000

7.5 in H | 5 in W
Status: **FORTHCOMING**

101 Reasons Why We Love the Queen

E. Dunne, H. Sutcliffe

Summary

What is it about Her Majesty that inspires such admiration and respect? This little book attempts to answer that big question.

Did you know that the Queen likes to wake up to the sound of bagpipes? That her favorite flower is the primrose? Or that she has established a whole new dog breed, the dorgi, a cross between a corgi and a dachshund?

This book is a charming and witty paean to our longest-serving monarch; a collection of all the things that make Queen Elizabeth II a national treasure, from the profound impact she has had on 21st century politics, to her unshakeable sense of duty to her fabulous collection of headscarves.

With beautiful illustrations and humorous observations, *101 Reasons Why We Love the Queen* is a joyful celebration of a monarch who will go down in history as one of the greatest of all time.

Contributor Bio

E. Dunne and **H. Sutcliffe** have been life-long admirers of the Queen. They met while camping outside Buckingham Palace to reserve a spot at the front of the crowds for the Queen's Diamond Jubilee parade.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

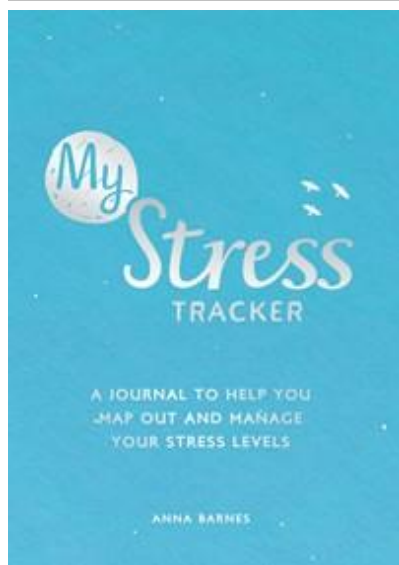
Our Rainbow Queen	Hughes, Sali	Plume	10/1/2019	9780593086254	\$20.00	Hardcover	Photography
				0593086252	USD		
Modern Monarchy	Jackson, Chris	Rizzoli	10/16/2018	9780847864287	\$45.00	Hardcover	Biography & Autobiography
				0847864286	USD		
HRH	Holmes, Elizabeth	Celadon Books	11/17/2020	9781250625083	\$35.00	Hardcover	Biography & Autobiography
				1250625084	USD	Paper over boards	

This Is a Book for People Who Love the Royals	Stoecker, Rebecca	Running Press Adult	10/13/2020	9780762470846 0762470844	\$16.00 USD	Hardcover Paper over boards	History
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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

No subrights have been specified.



Summersdale
9781787835337
1787835332
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$14.99/\$16.99 Can./£9.99 UK
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 5
Print Run: 6K
Self-Help
SEL000000
8.3 in H | 5.9 in W | 0.7 in T | 0.7 lb Wt
Status: **FORTHCOMING**

My Stress Tracker

A Journal to Help You Map Out and Manage Your Stress Levels

Anna Barnes

Summary

This beautifully designed guided journal features monthly spreads to track your moods, as well as relaxation exercises and mindful activities to help you manage your stress levels

Keep track of you

This tracker is a useful tool to help you document your stress levels over time. Whether you want to understand what makes you feel stressed and why or learn more about your mood patterns, this book is the perfect place to start.

Including a monthly stress tracker, calming activities, relaxation exercises and more, this journal helps you to not only to develop an awareness of your stress levels, but also an understanding of how you can manage them.

Contributor Bio

Anna Barnes has a longstanding interest in mindfulness and emotional well-being. She enjoys coastal walks and t'ai chi.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Create Your Own Calm	Patel, Meera Lee	TarcherPerigee	9/22/2020	9780593084144	\$16.00 USD	Trade Paperback	Self-Help
No Worries	Bella Mente Press	Bella Mente Press	4/14/2020	9781952676000	1952676002		
Let Go	Archer, Elizabeth	Summersdale	6/4/2019	9781786857569	\$16.99 USD	Hardcover	Body, Mind & Spirit
F*ck Stress	Martin, Alex	Summersdale	12/3/2019	9781787830097	\$9.99 USD	Hardcover	Self-Help
				1787830098			

How To Find Calm	Golding, Sophie	Summersdale	1/7/2020	9781786859945 1786859947	\$16.99 USD	Hardcover	Self-Help
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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

No subrights have been specified.



Summersdale
9781787835320
1787835324
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$14.99/\$16.99 Can./£9.99 UK
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 5
Print Run: 6K
Self-Help
SEL000000
8.2 in H | 5.9 in W | 0.7 in T | 0.7
lb Wt
Status: **FORTHCOMING**

My Sleep Tracker

A Journal to Help You Map Out and Manage Your Sleeping Habits

Anna Barnes

Summary

Keep track of your sleep

This beautifully designed guided journal features monthly spreads to track your sleep, as well as calming exercises and mindful activities to help you relax.

This tracker is a handy tool to help you record your sleep over time. Whether you want to understand the patterns and quality of your sleep, or identify what's keeping you up at night, this book is the ideal place to start.

Including a monthly sleep tracker, daily logs, calming activities and more, this journal not only helps you to understand your sleeping habits, but also guides you to improve them.

Contributor Bio

Anna Barnes has a longstanding interest in mindfulness and emotional well-being. She enjoys coastal walks and t'ai chi.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



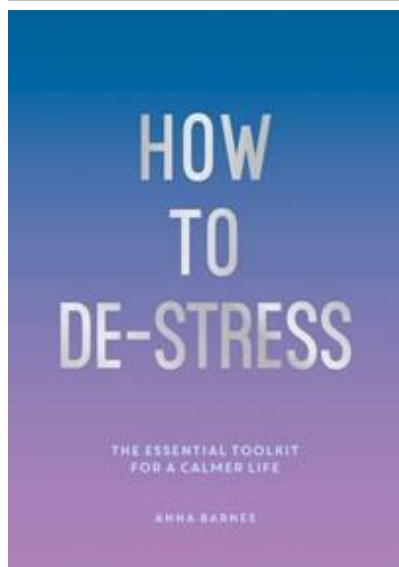
Comp Titles

How To Balance Your Life	James, Robin	Summersdale	10/1/2019	9781786857767	\$16.99	Hardcover	Self-Help
				1786857766	USD		
Pause		Summersdale	11/5/2019	9781786859488	\$9.99	Hardcover	Self-Help
				1786859483	USD		
Ways to Fall Asleep	Pyramid		5/4/2021	9780753734032	\$9.99	Hardcover	Health & Fitness
				0753734036	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

No subrights have been specified.



Summersdale
9781786857798
1786857790
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$14.99/\$16.99 Can./£7.99 UK
Discount Code: OPB
Paperback

160 Pages
Print Run: 6K
Self-Help / Self-Management
SEL024000

8.5 in H | 6 in W
Status: **CANCELLED**

How to De-Stress

The Essential Toolkit for a Calmer Life

Anna Barnes

Summary

This beautifully designed book is packed with tips and advice to help you understand and manage your stress

Achieve the relief you need

All of us deal with stress in our daily lives, but the good news is that we can actually do something about it. This book of easy-to-follow tips gives you the tools and techniques you need to understand what's stressing you and reshape the way you respond. Find out how to:

- Handle the pressures of your workplace
- Bring greater balance to your home life
- Fine-tune your diet to increase your resilience
- Boost your well-being through exercise
- Feel calmer by using relaxation techniques

Contributor Bio

Anna Barnes has a longstanding interest in mindfulness and emotional well-being. She enjoys coastal walks and t'ai chi.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

How To Balance Your Life	James, Robin	Summersdale	10/1/2019	9781786857767	\$16.99 USD	Hardcover	Self-Help
Create Your Own Calm	Patel, Meera Lee	TarcherPerigee	9/22/2020	9780593084144	\$16.00 USD	Trade Paperback	Self-Help
No Worries	Bella Mente Press	Bella Mente Press	4/14/2020	9781952676000	1952676002		

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

No subrights have been specified.



Summersdale
9781800071025
1800071027
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$10.99/\$11.99 Can.
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 20
Print Run: 6K
Self-Help / Motivational &
Inspirational
SEL021000

5.4 in H | 4 in W | 0.9 in T | 0.5 lb
Wt
Status:**FORTHCOMING**

365 Days of Positivity
Daily Guidance for a Happier You
Debbi Marco

Summary
There’s joy in every day

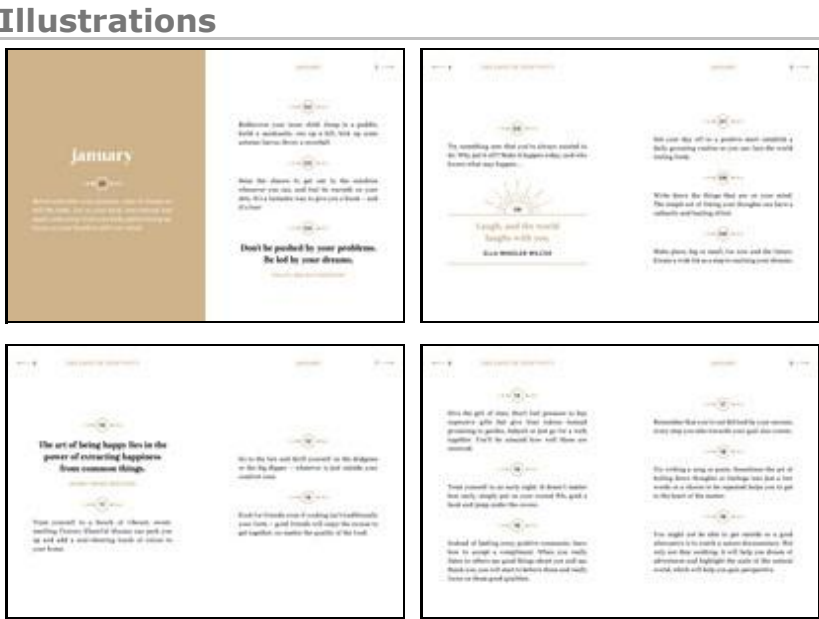
This book is a practical guide to finding happiness, featuring 365 tips and quotes to help the reader foster optimism and invite positivity into their life.

Find inspiration and motivation every day with this pocket-sized little book full of great ideas and simple tips that will bring joy, happiness and positivity to your life. For use all year round, the book is packed with 365 suggestions to help turn that frown upside down. In addition the collection is punctuated with inspirational and uplifting quotations to bring a smile to your face.

This little book is the perfect gift to brighten your mood and help you find everyday moments of happiness. Take this little taste of positivity each day to help you look on the bright side of life.

Contributor Bio
Debbi Marco is a journalist, editor and mum of two. She likes to spend her spare time running, eating delicious food, drinking gin and hanging out with her family and friends.

- Marketing Plans**
- National media outreach
 - Trade and Library Advertising



Comp Titles

Stay Positive	Gordon, Jon	Wiley	12/5/2019	9781119430230	\$20.00	Hardcover	Business & Economics
				1119430232	USD		
Find Your F*cking Happy	Sweeney, Monica	Castle Point Books	5/21/2019	9781250214270	\$14.99	Trade Paperback	Games & Activities
				1250214270	USD		
The 5-Minute Gratitude Journal	Godkin, Sophia	Rockridge Press	8/25/2020	9781647397197	\$11.99	Trade Paperback	Self-Help
				1647397197	USD		
Good Vibes Only	Summersdale	Summersdale	3/5/2019	9781786855633	\$9.99	Hardcover	Reference
				1786855631	USD		

Stay Positive	Goulding, Sophie	Summersdale	7/2/2019	9781786857705 1786857707	\$13.99 USD	Hardcover	Self-Help
Positivity for Every Day	Summersdale	Summersdale	3/2/2021	9781787836518 1787836517	\$10.99 USD	Hardcover	Reference

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

No subrights have been specified.



Summersdale
9781787836419
178783641X
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$9.99/\$10.99 Can./€9.00
EU/€7.98 DE
Hardcover

160 Pages
Print Run: 6K
Body, Mind & Spirit
OCC000000
5 in H | 4 in W
Status:**FORTHCOMING**

365 Days of Yoga
Daily Guidance for a Healthier, Happier You
Summersdale

Summary
Inhale calm, exhale your cares...

This book is a practical guide to yoga, featuring 365 simple tips and quotes to help the reader perform a range of poses and incorporate mindfulness into everyday life.

Find inspiration for your yoga practice every day with this pocket-sized little book full of practical step-by-step guidance to help you perform a range of the best-loved yoga poses that will engage and energize both mind and body. For use all year round, the book is packed with meditations and mindfulness techniques that go hand-in-hand with the exercises. In addition the collection is punctuated with inspirational and uplifting quotations to reflect upon and peppered with elegant line illustrations.

Whether you're a novice or a fully-fledged yogi this beautifully designed book is the perfect gift for anyone interested in yoga. Namaste.

Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

- Marketing Plans**
- National media outreach
 - Trade and Library Advertising

Illustrations



Comp Titles

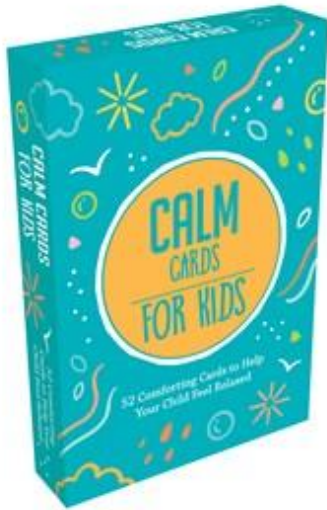
Yoga for Everyone	Bondy, Dianne	Alpha	4/2/2019	9781465480774	\$19.99	Trade Paperback	Health & Fitness
Ultimate Guide to Yoga	Hajeski, Nancy J.	Thunder Bay Press	4/28/2020	9781645170457	\$24.99	Flexibound	Health & Fitness
The Little Book of Yoga	Lucas, Lucy	Gaia	10/1/2019	9781856753999	\$8.99	Flexibound	Body, Mind & Spirit
				1465480773	USD		
				1645170454	USD		
				1856753999	USD		

The Little Book of Meditation	Collard, Dr. Patrizia	Gaia	5/7/2019	9781856753982 1856753980	\$9.99 USD	Flexibound	Body, Mind & Spirit
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Subrights

No subrights have been specified.



Summersdale
9781800070127
1800070128
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$16.99/\$18.99 Can.
Discount Code: OPB
Other Merchandise

52 Pages
Carton Qty: 18
Print Run: 6K
Ages 5 to 11, Grades K to 6
Juvenile Nonfiction / Games & Activities
JNF021020

6.6 in H | 4.5 in W | 1.6 in T | 0.8 lb Wt
Status: **FORTHCOMING**

Calm Cards for Kids

52 Comforting Cards to Help Your Child Feel Relaxed

Summersdale

Summary

Bring more calm into every day

Swap chaos for calm with this collection of delightful cards. Filled with gentle statements that can be displayed anywhere in your home, this is the perfect resource to bring a little zen to every day.

This deck of beautifully illustrated cards is packed with soothing statements and mindful words to help your child relax and reset. Each of the 52 cards includes a mindfulness mantra to encourage calm and kindness and will help your child to manage their moods and find peaceful moments every day.

Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

- ### Marketing Plans
- National media outreach
 - Trade and Library Advertising



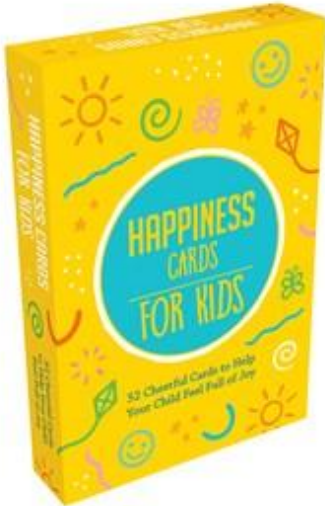
Comp Titles						
Calm - Mindfulness Flash Cards for Kids	Kinder, Wynne DK Children	12/31/2019	9781465491565 1465491562	\$12.99 USD	Cards	Juvenile Nonfiction

Confidence Cards for Kids	Summersdale	Summersdale 5/25/2021	9781787836716	\$16.99	Other Merchandise	Juvenile Nonfiction
			1787836711	USD		
The Little Box of Mindfulness	Summersdale	Summersdale 3/2/2021	9781787836587	\$16.99	Other Merchandise	Games & Activities
			1787836584	USD		
Let Go	Archer, Elizabeth	Summersdale 6/4/2019	9781786857569	\$16.99	Hardcover	Body, Mind & Spirit
			1786857561	USD		
The Little Box of Calm	Summersdale	Summersdale 3/2/2021	9781787836594	\$16.99	Other Merchandise	Body, Mind & Spirit
			1787836592	USD		
The Little Box of Positivity	Summersdale	Summersdale 5/12/2020	9781787833340	\$16.99	Other Merchandise	Games & Activities
			1787833348	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

No subrights have been specified.



Summersdale
9781800070110
180007011X
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$16.99/\$18.99 Can.
Other Merchandise

52 Pages
Print Run: 6K
Ages 5 to 11, Grades K to 6
Juvenile Nonfiction / Games & Activities
JNF021020

6.5 in H | 4.5 in W
Status:**FORTHCOMING**

Happiness Cards for Kids

52 Cheerful Cards to Help Your Child Feel Full of Joy

Summersdale

Summary

Bring more joy into every day

These sunny cards will lift the spirits of any child in need of a morale boost. Filled with positive statements that can be displayed anywhere in your home, this is the perfect gift to help your child develop a positive outlook on life.

This deck of beautifully illustrated cards is packed with sunny statements and uplifting words to help your child feel empowered and happy. Each of the 52 cards includes an affirmation to encourage positive thinking and will help your child to look on the bright side every day.

Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

- ### Marketing Plans
- National media outreach
 - Trade and Library Advertising

Illustrations



Comp Titles

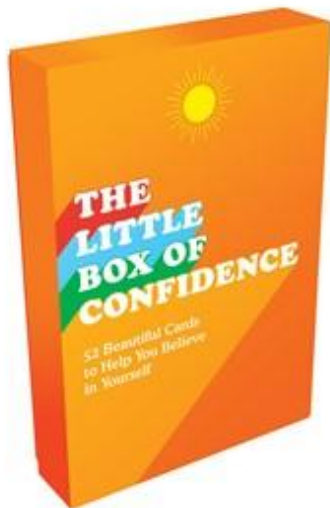
You Are Amazing	Summersdale	Summersdale 12/3/2019	9781786859808	\$9.99	Hardcover	Self-Help
			1786859807	USD		
The Little Box of Mindfulness	Summersdale	Summersdale 3/2/2021	9781787836587	\$16.99	Other Merchandise	Games & Activities
			1787836584	USD		

Confidence Cards for Kids	Summersdale	Summersdale 5/25/2021	9781787836716 1787836711	\$16.99 USD	Other Merchandise	Juvenile Nonfiction
Stay Positive	Goulding, Sophie	Summersdale 7/2/2019	9781786857705 1786857707	\$13.99 USD	Hardcover	Self-Help
The Little Box of Positivity	Summersdale	Summersdale 5/12/2020	9781787833340 1787833348	\$16.99 USD	Other Merchandise	Games & Activities
The Little Box of Calm	Summersdale	Summersdale 3/2/2021	9781787836594 1787836592	\$16.99 USD	Other Merchandise	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, [Click here](#).

Subrights

No subrights have been specified.



Summersdale
9781800071537
1800071531
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$16.99/\$18.99 Can.
Other Merchandise

52 Pages
Print Run: 6K
Games & Activities / Card Games
GAM002000

6.5 in H | 4.5 in W
Status: **FORTHCOMING**

The Little Box of Confidence

52 Beautiful Cards to Help You Believe in Yourself

Summersdale

Summary

For a daily dose of confidence, display and admire any one of these 52 cards, featuring encouraging quotes and inspiring affirmations

Includes: 52 illustrated cards and a wooden display holder

Assembly required? No

Batteries required? No

One confident thought can change your whole day

Confidence doesn't always come easily, and it can help to be reminded how capable you are. This set of 52 cards, which can be displayed individually using the wooden stand, is full of empowering quotes and inspiring affirmations to boost your self-esteem and assure you that you can do anything.

Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

How to Live Your Best Life	Summersdale	Summersdale 5/7/2019	9781786857514	\$9.99	Hardcover	Self-Help
			1786857510	USD		
The Little Box of Mindfulness	Summersdale	Summersdale 3/2/2021	9781787836587	\$16.99	Other Merchandise	Games & Activities
			1787836584	USD		
Confidence Cards for Kids	Summersdale	Summersdale 5/25/2021	9781787836716	\$16.99	Other Merchandise	Juvenile Nonfiction
			1787836711	USD		
You Are Amazing	Summersdale	Summersdale 12/3/2019	9781786859808	\$9.99	Hardcover	Self-Help
			1786859807	USD		
The Little Box of Calm	Summersdale	Summersdale 3/2/2021	9781787836594	\$16.99	Other Merchandise	Body, Mind & Spirit
			1787836592	USD		
The Little Box of Positivity	Summersdale	Summersdale 5/12/2020	9781787833340	\$16.99	Other Merchandise	Games & Activities
			1787833348	USD		
Stay Positive	Goulding, Sophie	Summersdale 7/2/2019	9781786857705	\$13.99	Hardcover	Self-Help
			1786857707	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

No subrights have been specified.



Summersdale
9781800071643
1800071647
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$16.99/\$18.99 Can.
Other Merchandise

52 Pages
Print Run: 6K
Reference / Quotations
REF019000

6.5 in H | 4.5 in W
Status: **FORTHCOMING**

Related Products

Other Formats

You Are So Awesome
9781849539586 \$9.99

You Are So Awesome

52 Amazing Cards of Uplifting Quotes and Inspiring Affirmations

Summersdale

Summary

This box contains 52 beautiful cards of uplifting quotes and statements, plus a display stand, to give the recipient a boost of self-love and self-confidence

Who's awesome? You are!

This deck of 52 cards is bursting with good vibes and positivity. Display the cards anywhere using the beautifully-crafted wooden stand included in the boxed set. With its carefully curated selection of inspiring quotes and statements, each card will be a prompt or reminder to brighten your outlook. These beautifully designed cards, wherever you display them, will remind you that you're unique, spectacular and simply the best!

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

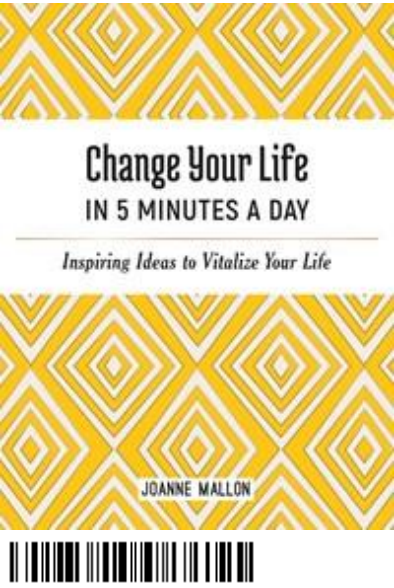
You're Awesome AF	Summersdale	Summersdale	9/1/2020	9781787835436	\$9.99		
				178783543X	USD	Hardcover	Humor

You Are Amazing	Summersdale	Summersdale	12/3/2019	9781786859808	\$9.99	Hardcover	Self-Help
				1786859807	USD		
Confidence Cards for Kids	Summersdale	Summersdale	5/25/2021	9781787836716	\$16.99	Other Merchandise	Juvenile Nonfiction
				1787836711	USD		
The Little Box of Mindfulness	Summersdale	Summersdale	3/2/2021	9781787836587	\$16.99	Other Merchandise	Games & Activities
				1787836584	USD		
The Little Box of Positivity	Summersdale	Summersdale	5/12/2020	9781787833340	\$16.99	Other Merchandise	Games & Activities
				1787833348	USD		
The Little Box of Calm	Summersdale	Summersdale	3/2/2021	9781787836594	\$16.99	Other Merchandise	Body, Mind & Spirit
				1787836592	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

No subrights have been specified.



Change Your Life in 5 Minutes a Day

Inspiring Ideas to Vitalize Your Life

Joanne Mallon

Summary

How do you want to change your life?

A stunning gift book packed full of small ideas, each of which can be completed in five minutes, which have the power to transform your life. With chapters spread throughout the day and tips to boost productivity, happiness, creativity and motivation, this punchy little book is a huge step towards creating a more positive future.

Every day is a fresh start, just bursting with opportunities. This book will show you how to fire up each day with positivity and passion, and reinvent your downtime to make it work for you. Inject some magic into your mornings, make your days more fulfilling and more productive, and set yourself on course to achieve your dreams – and all in just five minutes! It's everything you need to make your day – and your life – spectacular.

Contributor Bio

Joanne Mallon is one of the UK's most experienced life and career coaches. She's been working with clients all around the world for 20 years. The author of five books, Joanne also writes the popular healthy lifestyle blog Opposable Thumbs. Originally from Northern Ireland, Joanne lives with her family in Brighton, UK.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Pause	Summersdale	Summersdale 11/5/2019	9781786859488 1786859483	\$9.99 USD	Hardcover Self-Help
How To Balance Your Life	James, Robin	Summersdale 10/1/2019	9781786857767 1786857766	\$16.99 USD	Hardcover Self-Help
Resilience for Every Day	Summersdale	Summersdale 3/2/2021	9781787836532 1787836533	\$10.99 USD	Hardcover Reference

Be Kind to Your Mind	Chamberlain, Claire	Summersdale 6/2/2020	9781787832565 \$11.99 1787832562 USD	Hardcover Self-Help
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Subrights

No subrights have been specified.



Summersdale
9781800071636
1800071639
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$16.99/\$18.99 Can.
Other Merchandise

52 Pages
Print Run: 6K
Ages 5 to 11, Grades K to 6
Juvenile Nonfiction / Social Topics
JNF053160

6.5 in H | 4.5 in W
Status: **FORTHCOMING**

52 Reasons Why I'm Happy

52 Cheerful Affirmations to Help Your Child Feel Happier

Summersdale

Summary

Remind your child to always look on the bright side with this collection of colorful and uplifting cards to display anywhere in your home

I am positively awesome

Remind your child to always look on the bright side with this collection of colourful and uplifting cards to display anywhere in your home.

Each of the 52 striking cards features an inspiring affirmation ready to display in the stand provided. Affirmations are a powerful way to nurture a positive mindset and help children feel happy and confident so why not add an extra dose of happiness to each and every day with this collection of sunny sentiments and positive prompts.

These joyful cards are the perfect pick-me-up that will boost your child's overall mood and leave them smiling from ear to ear. An ideal gift for children aged 5–11 to develop the skill of positive thinking.

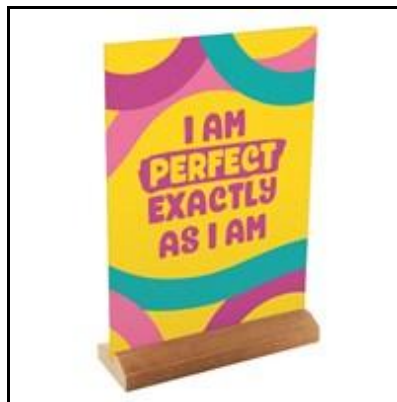
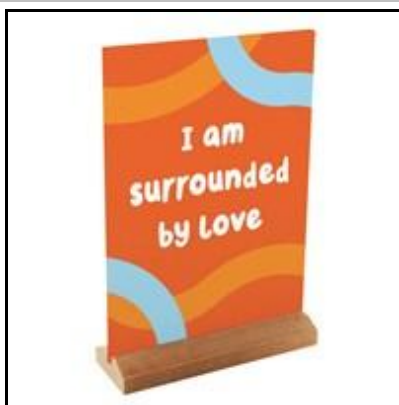
Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Confidence Cards for Kids	Summersdale	Summersdale 5/25/2021	9781787836716 1787836711	\$16.99 USD	Other Merchandise	Juvenile Nonfiction
You Are Amazing	Summersdale	Summersdale 12/3/2019	9781786859808 1786859807	\$9.99 USD	Hardcover	Self-Help
The Little Box of Positivity	Summersdale	Summersdale 5/12/2020	9781787833340 1787833348	\$16.99 USD	Other Merchandise	Games & Activities
Stay Positive	Goulding, Sophie	Summersdale 7/2/2019	9781786857705 1786857707	\$13.99 USD	Hardcover	Self-Help

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Subrights

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Summersdale
9781787830110
178783011X
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$9.99/\$10.99 Can./£6.99 UK
Discount Code: OHC
Hardcover

160 Pages
Print Run: 6K
Reference / Quotations
REF019000

5 in H | 4 in W
Status: **FORTHCOMING**

Do What Makes Your Soul Shine

Inspiring Quotes to Help You Live Your Best Life

Summersdale

Summary

This book is brimming with uplifting quotes and motivational statements to inspire the reader to follow their hearts and go after their dreams

You're at your best when you're doing what you love, so follow your passions and let your inner light shine out! This little book, packed with inspiring quotes from everyone from David Bowie to Rumi, and uplifting statements to drive you towards your dreams, is here to help you dazzle the world with your brightest, happiest self. A perfect gift for anyone to motivate them embarking upon big plans or simply to live their best life.

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



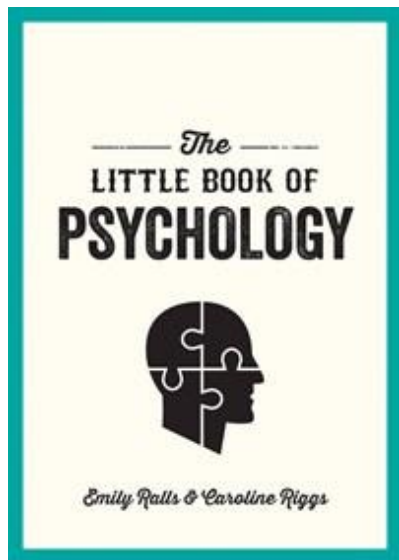
Comp Titles

Tiny Healer: Happiness	Gauding, Madonna	Pyramid	9/29/2020	9780753734308	\$8.99	Hardcover	Body, Mind & Spirit
How to Live Your Best Life	Summersdale	Summersdale	5/7/2019	9781786857514	\$9.99	Hardcover	Self-Help
				0753734303	USD		
				1786857510	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

No subrights have been specified.



Summersdale
9781786858078
178685807X
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$9.99/\$10.99 Can./£6.99
UK/€9.00 EU/€8.50 DE
Discount Code: OPB
Paperback

128 Pages
Print Run: 8K
Psychology / History
PSY015000

6 in H | 4 in W
Status: **CANCELLED**

The Little Book of Psychology

An Introduction to the Key Psychologists and Theories You Need to Know

Emily Ralls, Caroline Riggs

Summary

The perfect introduction to the world of psychology for those wanting to gain a general understanding of the topic without having to read a long textbook. A friendly and accessible whirlwind tour of all the key players and theories that you should know about

If you want to know your Freud from your Jung and your Milgram from your Maslow, strap in for this whirlwind tour of the highlights of psychology. Including accessible primers on:

- The early thinkers who contributed to psychological ideas and the birth of modern psychology
- Famous (and often controversial) experiments and their repercussions
- What psychology can teach us about memory, language, conformity, reasoning and emotions
- The ethics of psychological studies
- Recent developments in the modern fields of evolutionary and cyber psychology

This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how the study of mind and behavior has sculpted the world we live in and the way we think today.

Contributor Bio

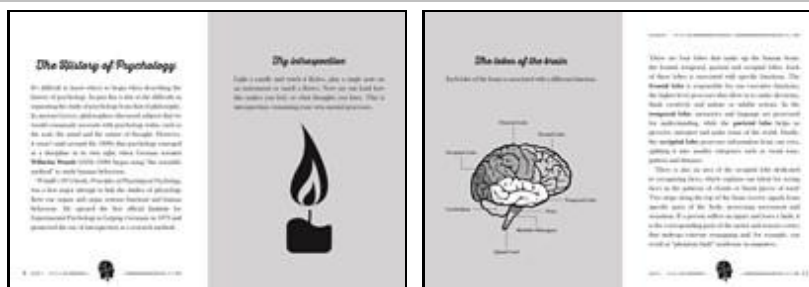
Emily Ralls studied Psychology at the University of Portsmouth in the UK, specializing in evolutionary psychology and primate communication. She is now a college lecturer in West Sussex, UK. She enjoys coffee, freediving, and walking her two greyhounds.

Caroline Riggs studied Human Psychology with Professional Training at Aston University in the UK. She now teaches Science and Psychology in West Sussex, UK, alongside her work on Science communication projects. She enjoys visiting the most boring museums in the world.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Comp Titles

The Psychology of Stupidity	Marmion, Jean-Francois	Penguin Books	10/6/2020	9780143134992014313499X	\$18.00 USD	Trade Paperback	Psychology
The Psychology of Money	Housel Morgan	Harriman House	9/8/2020	97808571976890857197681	\$18.99 USD	Trade Paperback	Business & Economics
Mind in Motion	Tversky, Barbara	Basic Books	5/21/2019	9780465093069046509306X	\$35.00 USD	Hardcover	Psychology
The Three-Minute Philosopher	Midal, Fabrice	Running Press Adult	5/4/2021	97807624742400762474246	\$18.00 USD	Hardcover Paper over boards	Philosophy

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

No subrights have been specified.



6 in H | 4 in W
Status: **CANCELLED**

Rachel Poulton

If you want to know your Socrates from your Sartre and your Confucius from your Kant, strap in for this whirlwind tour of the highlights of philosophy

Philosophy is a quest for wisdom and knowledge; *philosophia* in Ancient Greek literally means “love of wisdom”. The aim of philosophy is to ask and explore life’s big questions to help us work out what we can know and how we can live a good life. Today, in a world of fake news, embarking on a quest for truth couldn’t be more important.

This pocket-sized introduction to important philosophers and key philosophical ideas includes accessible primers on:

- The early Greek philosophers and the “big three”: Socrates, Plato and Aristotle
- Key schools of philosophy from around the world – from ancient philosophy right up to the present day – and their impact on modern life
- Insights into the main questions philosophers have explored over the years: Who am I? What is the meaning of life? Do I have free will?
- Practical applications for the theories of Descartes, Kant, Wollstonecraft, Marx, Nietzsche and many more.

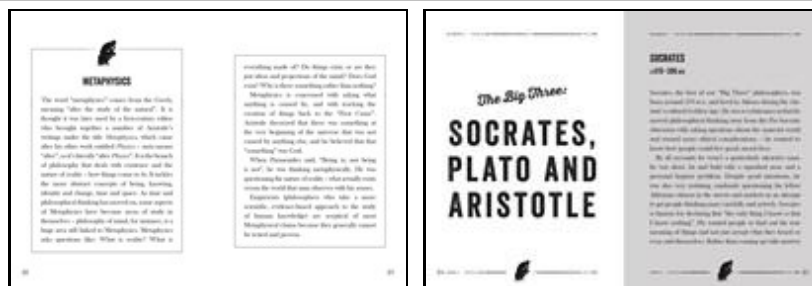
This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how human ideas have sculpted the world we live in and the way we think today. A perfect gift for anyone taking their first steps into the world of philosophy, as well as for those who want to brush up their knowledge.

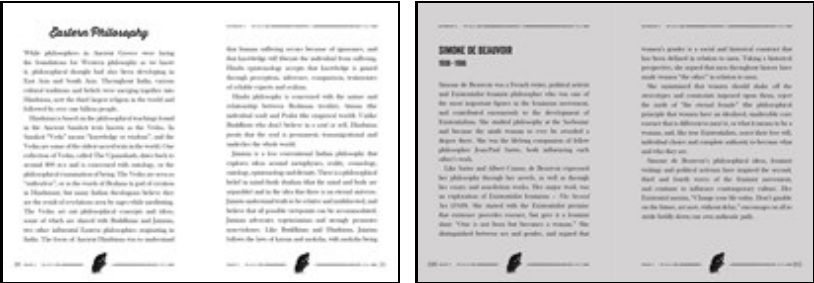
Rachel Poulton is a writer, photographer and art and philosophy teacher who writes about philosophy, music and messy hair and loves to explore life's mysteries. She lives in West Sussex, UK, with her two curious and wonder-filled children.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





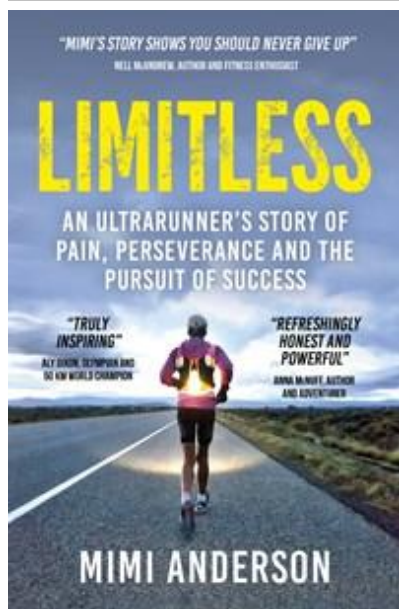
Comp Titles

Conscious	Harris, Annaka	Harper	6/4/2019	9780062906717	\$21.99	Hardcover	Science
Cosmic Queries	deGrasse Tyson, Neil	National Geographic	3/2/2021	9781426221774	\$30.00	Hardcover	Science
The Three-Minute Philosopher	Midal, Fabrice	Running Press Adult	5/4/2021	9780762474240	\$18.00	Hardcover Paper over boards	Philosophy

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

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Summersdale
9781787836341
1787836347
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$13.99/\$15.99 Can./€12.50
EU/€11.41 DE
Discount Code: OPB
Paperback

288 Pages
Print Run: 6K
Sports & Recreation / Running &
Jogging
SPO035000
8 in H | 5 in W
Status: **FORTHCOMING**

Limitless

An Ultrarunner's Story of Pain, Perseverance and the Pursuit of Success

Mimi Anderson

Summary

An honest and inspiring account of one woman's unstoppable endurance in the face of seemingly insurmountable setbacks

Don't limit your challenges. Challenge your limits.

At the age of 55, record-breaking ultrarunner Mimi Anderson embarked on her most ambitious adventure yet. She wanted to become the fastest woman in history to run across America from Los Angeles to New York.

Her journey would cover 2,850 miles, 12 states and four time zones, dealing with extreme changes in terrain, weather and altitude along the way.

For 40 days, the determined mother of three pushed herself on and on for more than 2,000 miles across the vast continent, despite the onset of severe pain, until she was forced to make a crushing decision: carry on and risk never being able to run again or give up on her all-time goal.

What happened next set Mimi on a new, unexpected journey. She learned to face her fears and bounce back from defeat by taking up the new challenge of becoming a triathlete.

Mimi's inspiring story proves that when one door closes, another opens – you just need the courage to swim, cycle and run through it.

Contributor Bio

Mimi Anderson is, according to the Consultant Editor at *Running Fitness* magazine, "one of the world's most inspirational female distance runners." As well as being a multiple Guinness World Record holder, she is also an accomplished public speaker and a motivational talker at events, sharing her own experiences and talking about her achievements. Mimi currently lives in the south of England.

Marketing Plans

- National media outreach
- Trade and Library Advertising

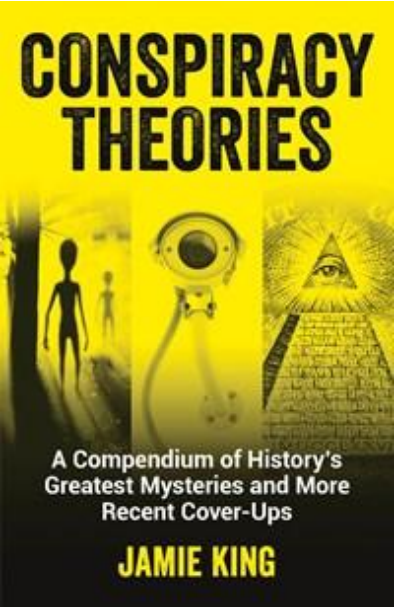
Comp Titles

26 Marathons	Keflezighi, Meb	Rodale Books	3/19/2019	9781635652888	\$24.99	Hardcover	Biography & Autobiography
				163565288X	USD		
Strong	Kara Goucher	Blue Star Press	8/14/2018	9781944515591	\$19.95	Paperback	Sports & Recreation
				1944515593	USD		
North	Jurek, Jenny	Little, Brown Spark	4/9/2019	9780316433808	\$17.99	Paperback	Biography & Autobiography
				0316433802	USD		
Life Is a Marathon	Fitzgerald, Matt	Da Capo Lifelong Books	3/26/2019	9780738284774	\$27.00	Hardcover	Sports & Recreation
				0738284777	USD		
Run to the Finish	Brooks, Amanda	Hachette Go	3/3/2020	9780738285993	\$17.99	Paperback	Sports & Recreation
				0738285994	USD		

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Subrights

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Summersdale
9781787835658
1787835650
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$11.99/\$12.99 Can.
Discount Code: OPB
Paperback

320 Pages
Print Run: 6K
Social Science / Conspiracy
Theories
SOC058000
8 in H | 5 in W
Status:**FORTHCOMING**

Conspiracy Theories

A Compendium of History's Greatest Mysteries and More Recent Cover-ups

Jamie King

Summary
Dozens of eyebrow-raising accounts, presented in alphabetical order, covering incredible conspiracies from long ago to the present day

Did aliens help to build the Sphinx and the Great Pyramid of Giza, and what were they trying to tell us?
Is the food industry colluding to make us addicted to sugar?

Prepare yourself for some startling revelations on these topics and many more in this updated and expanded compendium of the world's scariest and strangest conspiracy theories. Leaving no stone unturned, it delves into such conundrums as:

- the growing number of people who believe the Earth is flat
- the unsolved disappearance of Flight MH370
- the uncertainties surrounding the assassination of Osama Bin Laden
- the mysterious circumstances of Bruce Lee's death

Whether you're a doubter or a self-confessed conspiracy junkie, you'll find a cover-up for every occasion. And remember, just because you're paranoid doesn't mean they're not after you...

Contributor Bio
Jamie King has been fascinated by famous mysteries ever since discovering the *Abbey Road* album cover conspiracy theory as a child. He works as a freelance writer and editor, and lives in Wimbledon, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

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Comp Titles

The Conspiracy Book	Greer, John Michael	Sterling	1/8/2019	9781454930044	\$19.95	Hardcover	Body, Mind & Spirit
The 10 Greatest Conspiracies of All Time	Meltzer, Brad	Workman Publishing Company	11/10/2020	9781523512362	\$15.95	Trade Paperback	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

No subrights have been specified.



Summersdale
9781800070226
1800070225
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$9.99/\$10.99 Can.
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 20
Print Run: 6K
Reference / Quotations
REF019000
5.4 in H | 4 in W | 0.9 in T | 0.5 lb
Wt
Status: **FORTHCOMING**

Best Mom Ever

The Perfect Gift for Your Incredible Mom

Summersdale

Summary

You're a mom in a million!

This elegant book of heart-warming quotes and statements is the ideal gift for any mom or mom-figure, as it lets them know how much they are loved and appreciated.

Mom, you're the bee's knees, you're the fox's socks, the cat's miaow and its pyjamas!

All moms are special, that's true – but you're lucky enough to have the very best one. This little book is full of beautiful, heart-felt quotes and statements and is my way of saying thank you – because this mom is the best mom ever! A perfect gift for any mom or mom-figure; cute and thoughtful, it lets them know how much they are loved and appreciated.

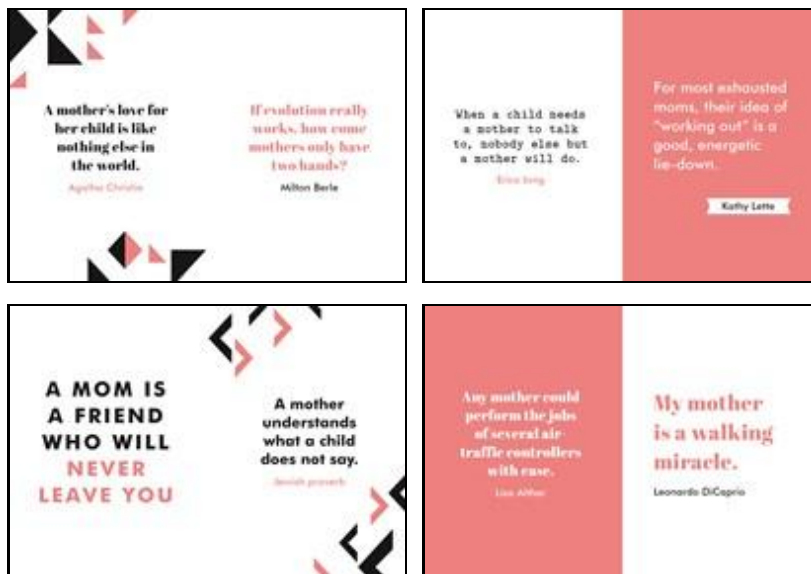
Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Mom in a Million	Summersdale	Summersdale	4/2/2019	9781786857552 1786857553	\$9.99 USD	Hardcover	Humor
For the World's Best Mom	Summersdale	Summersdale	3/2/2021	9781787836396 1787836398	\$9.99 USD	Hardcover	Humor

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

No subrights have been specified.



Summersdale
9781787839991
1787839990
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$11.99/\$12.99 Can.
Hardcover

160 Pages
Print Run: 8K
Self-Help
SEL000000

6.5 in H | 4 in W
Status: **FORTHCOMING**

Related Products

Other Formats
The Art of Simple Living
9780753733790 \$9.99
Ebooks
9780753733974

The Art of Simple Living
Practical Steps to Slowing Down, Finding Peace and Enjoying a Wholesome Life
Sam Lacey

Summary
A timely and stylish look at ways to experience the joys of simple living

Whether you want to make small changes to your life or you're looking to transform it, *The Art of Simple Living* will show you the way to a more wholesome existence by literally simplifying all areas of your life. Whether it's practical help on how to declutter your home, or streamline your belongings or advice on how to practise mindfulness, this stylish and elegant book presents a trove of ideas.

Find inspiration at home on how to make your mealtimes, free time and relationships more fulfilling, as well as suggestions for doing more with less when you are out and about. The advice and tips in this book will guide you towards a simpler life filled with joy, laughter and love. A perfect gift for self or for someone you know who would benefit from the joy of simpler living.

Contributor Bio
Sam Lacey has been an editor, proofreader and writer for more than 20 years. Her hobbies include jigsaws, drinking good coffee (with cake) and running.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Pause	Summersdale	Summersdale	11/5/2019	9781786859488	\$9.99	Hardcover	Self-Help
				1786859483	USD		
The Art of Simple Living	Gauding, Madonna	Pyramid	7/7/2020	9780753733790	\$9.99	Hardcover	Body, Mind & Spirit
				075373379X	USD		
How To Balance Your Life	James, Robin	Summersdale	10/1/2019	9781786857767	\$16.99	Hardcover	Self-Help
				1786857766	USD		

Subrights

No subrights have been specified.



Just Be You

Positive Quotes and Affirmations for Self-care

Summersdale

Summary

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

Having a wobbly day, week or year? This pocket-sized book is the perfect antidote to any negative feelings you might have.

Packed with uplifting quotations and statements, as well as powerful affirmations to say out loud to yourself, this sensitively curated collection will help you to realize you are the best person you could possibly be – so just be you! Pave the way to positivity with this perfect gift suitable for anyone who needs a morale boost or just a bit of self-care.

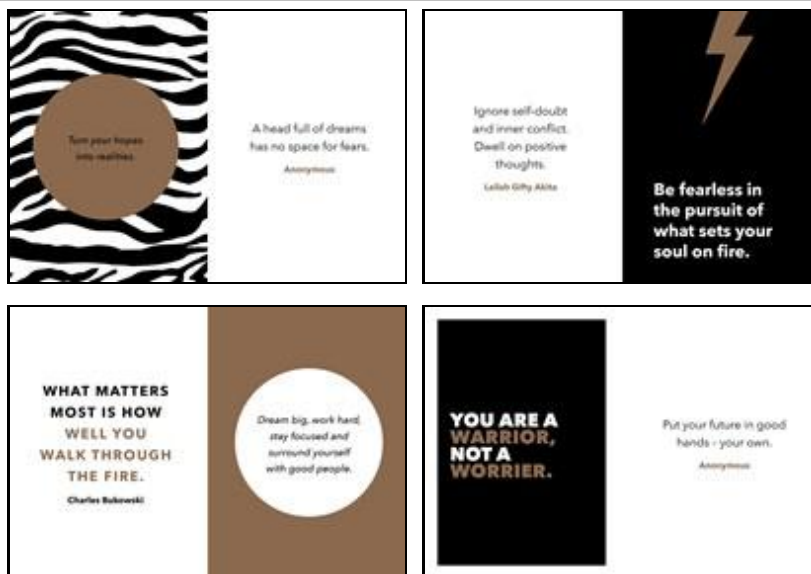
Contributor Bio

Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale
9781786852335
1786852330
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$9.99/\$10.99 Can./£5.99 UK
Discount Code: OHC
Hardcover

160 Pages
Print Run: 6K
Reference / Quotations
REF019000

5 in H | 4 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Just Be You 9781800071841
\$9.99
Just Be You 9780762471225
\$12.99
Just Be You 9781549190827
\$65.00
9781549111716

Ebooks

Just Be You 9780762471201
\$9.99
Just Be You 9780762471218
\$45.00

Comp Titles

Believe and Achieve	Naylor, Chris	Summersdale	9/3/2019	9781786859457 1786859459	\$11.99 USD	Hardcover	Self-Help
How to Live Your Best Life	Summersdale	Summersdale	5/7/2019	9781786857514 1786857510	\$9.99 USD	Hardcover	Self-Help
You Are Amazing	Summersdale	Summersdale	12/3/2019	9781786859808 1786859807	\$9.99 USD	Hardcover	Self-Help
Be Brave	Summersdale	Summersdale	2/2/2021	9781787832329 1787832325	\$9.99 USD	Hardcover	Self-Help

Subrights

No subrights have been specified.



Summersdale
9781787833265
1787833267
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$10.99/\$11.99 Can./£7.99
UK/€10.50 DE
Discount Code: OPB
Paperback

96 Pages
Print Run: 10K
Humor
HUM000000
6 in H | 4 in W
Status:**FORTHCOMING**

The SHIIT Workout

Get Fit While You Sh*t

Jim Squits

Summary

An hilarious take on the HIIT workout phenomenon, but with a healthy dollop of scatological humor

Explore new ways of getting into shape with this amusing guide – a great companion for any toilet-goer. Getting into shape has never been more fun, as you go through the (bowel) motions from jumping jacksies and push-outs to bottom burpees and skidders.

Begin with the gentle warm-up exercises; it's important to limber up before the main event – if you SHIIT too soon, you could incur an injury as well as having a lot to clean up afterwards. With planners to log your workouts and a special section where you can dump your own ideas, this is the essential guide to getting fit while you SHIIT. The perfect gift for any who enjoys bathroom humor.

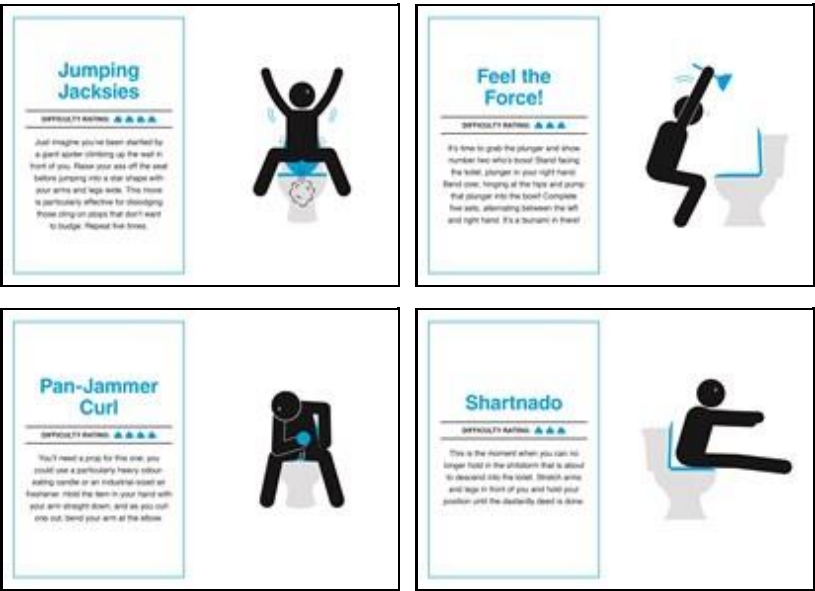
Contributor Bio

Jim Squits is a fitness fanatic and regular toilet-goer who loves to multitask!

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

52 Things to Do While You Poo	Jassburn, Hugh	Sourcebooks	5/1/2015	9781492607540	\$10.99	Trade Paperback	Humor
Carpe That F*cking Diem	Summersdale	Summersdale	3/5/2019	9781786855640	\$9.99	Hardcover	Reference
The Little Book of Shit	Summersdale	Summersdale	4/2/2019	9781786855657	\$9.99	Hardcover	Humor
Spot the Cock	Murphy, Jason	Summersdale	10/6/2020	9781787835900	\$11.99	Hardcover	Humor

Subrights

No subrights have been specified.



Cassell
9781788401999
1788401999
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$14.99/\$16.99 Can./£9.99
UK/€12.00 DE
Paperback

368 Pages
Carton Qty: 40
Print Run: 6K
Biography & Autobiography
/ Personal Memoirs
BIO026000
7.7 in H | 5 in W | 1.2 in T | 0.7 lb
Wt
Status: **FORTHCOMING**

Clothes... and other things that matter

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

Alexandra Shulman

Summary

Part memoir, part fashion history, part social commentary, Alexandra Shulman's *Sunday Times* bestseller explores the meaning of clothes and how we wear them, with a new preface on how recent world events have changed our relationship with clothes

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

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

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

'It's funny, honest and in typical Shulman style mixes high and low effortlessly. We don't know many people who can write about bras, Donald Tusk and Madeleine Albright all in the same sentence.' - *A Little Bird*

'Scintillating reading.' - *The Spectator*

'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

-

'*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.

From the bra to the bikini, the trench coat to trainers, 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.

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

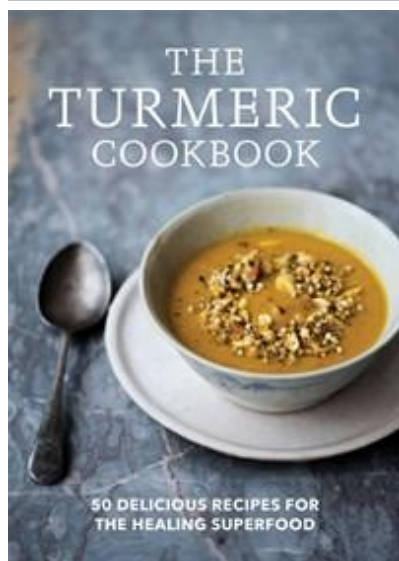
Comp Titles

Iris Apfel	Apfel, Iris	Harper Design	3/6/2018	9780062405081 006240508X	\$35.00 USD	Hardcover	Design
Fashion Climbing	Cunningham, Bill	Penguin Press	9/4/2018	9780525558705 0525558705	\$27.00 USD	Hardcover	Biography & Autobiography
The Chiffon Trenches	Talley, André Leon	Ballantine Books	5/19/2020	9780593129258 0593129253	\$28.00 USD	Hardcover	Biography & Autobiography
Clothes... and other things that matter	Shulman, Alexandra	Cassell	5/18/2021	9781788401982 1788401980	\$19.99 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, [Click here](#).

Subrights

No subrights have been specified.



Aster
9781783254965
1783254963
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$12.99/\$14.99 Can.
Paperback

128 Pages
Print Run: 10K
Cooking / Specific Ingredients
CKB040000
8.5 in H | 6 in W
Status: **FORTHCOMING**

Related Products

Other Formats

The Turmeric Cookbook
9781912023110 \$12.99

The Turmeric Cookbook

50 Delicious Recipes for the Healing Superfood

Aster

Summary

Discover the health benefits and uses of turmeric with 50 delicious recipes

Ancient healer, modern medicine...

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

Turmeric has been harvested for over 5,000 years in its native Indonesia and is a key ingredient in many dishes and medicinal remedies throughout the region. It is now rising quickly in popularity everywhere in the world as wellness seekers of all ages discover the health properties of this incredible food. Scientific studies now show that turmeric contains anti-cancer properties, may be helpful with inflammatory bowel disease, Chrohn's, rheumatoid arthritis, help with improved liver function, heart health, may help to lower cholesterol and be protective against Alzheimer's disease.

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

Contributor Bio

Launched with a mission to bring fresh voices to those seeking a more conscious way of life, **Aster** is the home of books that nourish and inspire. Its growing list of bold and beautiful books for the contemporary wellness audience encompasses narrative and illustrated titles in food, fitness, health, beauty, science, mind body spirit, diet, lifestyle and beyond.

Marketing Plans

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

Illustrations





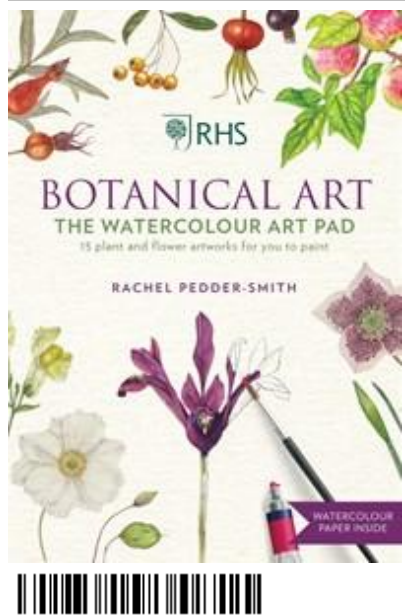
Comp Titles

The Turmeric Cookbook	Aster	Aster	9/5/2017	9781912023110	\$12.99	Hardcover	Cooking
				1912023113	USD		
Ancient Remedies	Axe, Dr. Josh	Little, Brown Spark	2/2/2021	9780316496452	\$29.00	Hardcover	Health & Fitness
				0316496456	USD		
The Goodness of Ginger and Turmeric	Jonzen, Emily	Kyle Books	10/2/2018	9780857834621	\$12.99	Hardcover	Cooking
				0857834622	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

No subrights have been specified.



Mitchell Beazley
9781784728069
1784728063
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$19.99/\$21.99 Can./£16.99 UK
Discount Code: OPB
Paperback

56 Pages
Carton Qty: 1
Print Run: 6K
Art / Techniques
ART029000

11.7 in H | 8.3 in W | 0.09 lb Wt
Status: **FORTHCOMING**

RHS Botanical Art The Watercolour Art Pad

15 plant and flower artworks for you to paint

Rachel Pedder-Smith

Summary

As a follow-up to the successful RHS Flowers: A Watercolour Art Pad, this edition includes 15 beautiful plant and flower templates to fill in, plus some introductory step-by-step guidance and tutorials on painting botanical subjects

Creating beautiful botanical paintings has never been easier with these template outlines and art-quality watercolour paper. Perfect for absolute beginners in botanical art, the ready-to-use outlines allow you to focus on the painting and avoid the accuracy of composition drawings. Each outline includes a finished painting by artist Rachel Padder-Smith and a recommended color palette, so all you have to worry about is enjoying the process!

Included are step-by-step tutorials on all the essential tips and techniques you need to know, from painting different parts of the flower and shiny surfaces to perfecting the fine veins on leaves, as well as advice on how to correctly capture light.

Rachel's stunning illustrations also include fruit and vegetables, so whether you're a lover of autumn leaves, spring daffodils, or even an onion or two, she has you covered. This detailed and visual art book is the perfect start for anyone looking to take up botanical art, refresh their skills, or simply appreciate the beauty of nature.

Contributor Bio

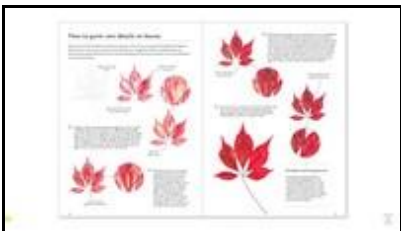
Rachel Pedder-Smith is a botanical artist who trained at the Royal College of Art, London. She is best known for her ground-breaking and exquisite 18-foot Herbarium Specimen Painting, displayed at Kew Gardens. She also moderates the Botanical Illustration Diploma at Royal Botanic Gardens, Edinburgh and has been awarded four RHS gold medals.

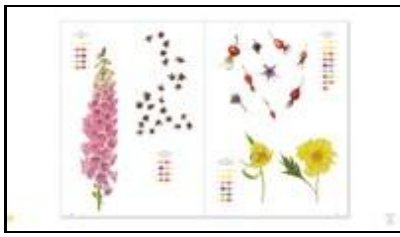
Her paintings are included in many notable collections, including the Shirley Sherwood Collection, Royal Botanic Gardens, Kew, the Hunt Institute for Botanical Documentation and the Lindley Library. Rachel's paintings have been adapted by Liberty London for fabric designs and one of these, named 'Floral Eve', was used by Vivien Westwood for a dress in her Summer 2013 collection.

Marketing Plans

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

Illustrations





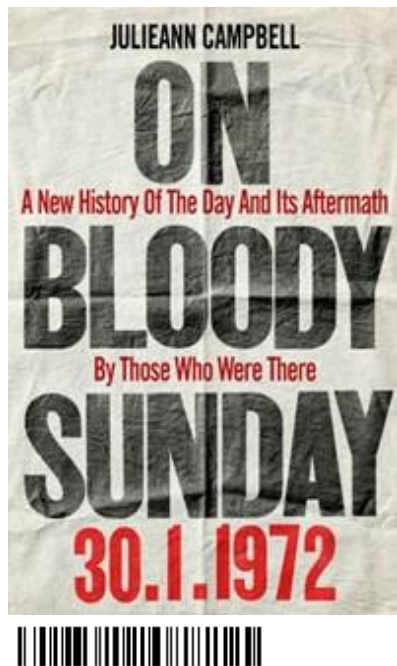
Comp Titles

15-Minute Watercolor Masterpieces	Koliadych, Anna	Page Street Publishing	12/3/2019	9781624148804	\$21.99	Trade Paperback	Art
Modern Watercolor Botanicals	Sarah Simon (TheMintGardener)	Paige Tate & Co	11/12/2019	9781944515584	\$29.99	Hardcover	Art
Birds the Watercolor Art Pad	Faull, Emma	Mitchell Beazley	5/7/2019	9781784725822	\$19.99	Paperback	Art
The Watercolor Ideas Book	Goss, Joanna	Ilex Press	4/3/2018	9781781575680	\$12.99	Paperback	Art
Make Great Art on Your iPad	Jardine, Alison	Ilex Press	3/3/2020	9781781577714	\$18.99	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

No subrights have been specified.



Monoray
9781800960404
1800960409
Pub Date: 1/18/2022
On Sale Date: 1/18/2022
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

384 Pages
Carton Qty: 1
Print Run: 5K
History / Europe
HIS018000

9.4 in H | 6.1 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781800960411

On Bloody Sunday

A New History Of The Day And Its Aftermath – By The People Who Were There

Julieann Campbell

Summary

The first ever complete oral history of one of the darkest episodes in modern Irish history

In January 1972, a peaceful civil rights march in Northern Ireland ended in bloodshed. Troops from Britain's 1st Battalion Parachute Regiment opened fire on marchers, leaving 13 dead and 15 wounded. Seven of those killed were teenage boys. The day became known as 'Bloody Sunday'.

The events occurred in broad daylight and in the full glare of the press. Within hours, the British military informed the world that they had won an 'IRA gun battle'. This became the official narrative for decades until a family-led campaign instigated one of the most complex inquiries in history.

In 2010, the victims of Bloody Sunday were fully exonerated when Lord Saville found that the majority of the victims were either shot in the back as they ran away or were helping someone in need. The report made headlines all over the world.

While many buried the trauma of that day, historian and campaigner Juliann Campbell - whose teenage uncle was the first to be killed that day - felt the need to keep recording these interviews, and collecting rare and unpublished accounts, aware of just how precious they were. Fifty years on, in this book, survivors, relatives, eyewitnesses and politicians, shine a light on the events of Bloody Sunday, together, for the first time.

As they tell their stories, the tension, confusion and anger build with an awful power. ON BLOODY SUNDAY unfolds before us an extraordinary human drama, as we experience one of the darkest moments in modern history - and witness the true human cost of conflict.

Contributor Bio

An award-winning author, **Julieann Campbell**'s seventeen-year-old uncle, Jackie Duddy, was the first person to be killed on 30 January 1972. For more than a decade, Julieann has worked to document and archive the collective experiences of that day. As a former Chair of the Bloody Sunday Trust, she took on the role of family press officer ahead of the Bloody Sunday Inquiry in 2010.

She is a PhD Researcher at Ulster University's School of Law exploring impact of post-conflict storytelling and is a director of the Pat Finucane Centre for Human Rights.

Marketing Plans

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

Comp Titles

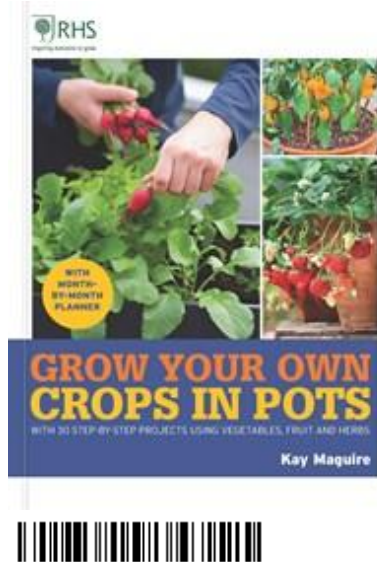
Say Nothing	Keefe, Patrick Radden	Anchor	2/25/2020	9780307279286	\$16.95	Trade Paperback	True Crime
				0307279286	USD		
Say Nothing	Keefe, Patrick Radden	Doubleday	2/26/2019	9780385521314	\$28.95	Hardcover	True Crime
				0385521316	USD		

The Force	David, Saul	Hachette Books	9/3/2019	9780316414531 0316414530	\$28.00 USD	Hardcover	History
3 Days in June	O'Connell, James	Monoray	6/8/2021	9781913183592 1913183599	\$29.99 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

No subrights have been specified.



Mitchell Beazley
9781784728168
1784728160
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$24.99/\$27.99 Can./£18.99 UK
Discount Code: OHC
Hardcover

176 Pages
Print Run: 6K
Gardening / Container
GAR001000

9.8 in H | 7.5 in W
Status: **FORTHCOMING**

Related Products

Ebooks

9781784725402

RHS Grow Your Own: Crops in Pots

With 30 step-by-step projects using vegetables, fruit and herbs

Kay Maguire

Summary

30 step-by-step projects for growing vegetables, fruit and herbs in containers

RHS Grow Your Own Crops in Pots offers everyone the chance to grow their own food, however small the outdoor space on offer. With this book and all the expert advice of urban gardener and author Kay Maguire, you can turn the tiniest space into a productive and attractive plot, using the best varieties and techniques.

Follow 30 tried-and-tested container planting projects for top tasting crop combinations such as tomato with basil, fruit salads and cut-and-come-again vegetables. Explore the crop directory to find out the best way to grow more than 60 vegetables, fruit, salads, herbs and edible flowers.

***RHS Grow Your Own Crops in Pots* includes:**

- Every fruit, vegetable or herb that you can successfully grow in a container
- The perfect pot for each crop, coupled with the best container varieties
- Tricks for getting the tastiest and best-looking crops
- Inspirational style for every garden, balcony, patio and terrace
- Key techniques for tubs, planters, baskets, boxes and bags
- Reminders of how to keep your crops in top condition
- Identifying and solving problems if things go wrong
- This new edition provides a month-by-month chart of what to do when

growing crops in pots

Contributor Bio

Kew-trained author and gardener **Kay Maguire** is skilled in the techniques of growing crops in pots, and finds space to trial hundreds of new and trusted fruit, vegetables, salads and herbs in her tiny London garden. As former Horticultural Editor of BBC *Gardeners' World* magazine she is a consummate communicator to an audience of wide ability and discerning taste on the precise, sometimes tricky, growing methods that containers require. A talented cook, she knows a tasty crop when she tries it, and through her efforts she is almost self-sufficient.

Marketing Plans

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

Illustrations





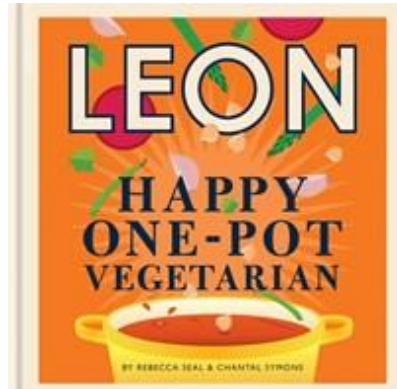
Comp Titles

Raised Bed Gardening for Beginners	Wylie, Tammy	Rockridge Press	7/9/2019	9781641525091	\$14.99	Trade Paperback	Gardening
The Flower Yard	Parkinson, Arthur	Kyle Books	4/27/2021	9780857839176	\$26.99	Hardcover	Gardening
The Old Farmer's Almanac Vegetable Gardener's Handbook	Old Farmer's Almanac	Old Farmer's Almanac	11/12/2019	9781571988454	\$15.95	Flexibound	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, [Click here](#).

Subrights

No subrights have been specified.



Conran
9781840918038
1840918039
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$24.99/\$27.99 Can./£17.99
UK/€22.45 DE
Discount Code: OHC
Hardcover

224 Pages
Print Run: 6K
Cooking / Individual Chefs &
Restaurants
CKB115000

8 in H | 8 in W
Status: **FORTHCOMING**

Happy Leons: Leon Happy One-pot Vegetarian

Rebecca Seal, Chantal Symons

Summary

Award-winning restaurant LEON brings you more than 100 easy vegetarian recipes that can be made using only one pot

LEON is back with a collection of more than 100 fuss-free, full-of-flavor recipes for vegetarian and vegan main course dishes that you can create with only one cooking pot, pan or baking tray.

Enjoy simple-to-follow, satisfying recipes that are perfect for any occasion, whether you are looking for a mid-week supper, a quick weekend lunch or something impressive (but easy) for friends or family. From fiery tray bakes to comforting casseroles, *LEON Happy One-pot Vegetarian* is all about the food and not the washing up. Chapters include Lunchy Brunchy, Fast & Easy, Food for Friends, Light & Simple and Slow & Hearty.

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*, *LEON Happy Curries* and *LEON Happy Fast Food* 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 69 restaurants (including in Amsterdam, Utrecht and Oslo). He wrote *LEON Naturally Fast Food* with Henry Dumbleby, *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*, *LEON Happy Curries* and *LEON Happy Fast Food* 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.

Chantal Symons' passion for cooking was ignited when, as a teenager, she was diagnosed as allergic to dairy, eggs and wheat. She believes everyone should take joy and satisfaction from food and so she specializes in freefrom cooking. Chantal has worked as a personal chef, caterer, restaurateur and in food product development. She is also a champion barbequer, and has won several competitions including Jamie Oliver's 'Big Festival'.

Marketing Plans

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

Illustrations





Comp Titles

Leon Happy Fast Food	Vincent, John	Conran 6/9/2020	9781840918076	\$24.99		Hardcover Cooking
			1840918071	USD		
Leon Happy Curries	Seal, Rebecca	Conran 11/5/2019	9781840917970	\$19.99		Hardcover Cooking
			1840917970	USD		
Leon Fast Vegan	Symons, Chantal	Conran 3/5/2019	9781840917932	\$29.99		Hardcover Cooking
			1840917938	USD		
Leon Happy One-pot	Seal, Rebecca	Conran 10/2/2018	9781840917765	\$19.99		Hardcover Cooking
			1840917768	USD		
Leon Smoothies, Juices and Cocktails	Leon Restaurants	Conran 9/3/2013	9781840916317		\$9.99 USD	Hardcover Cooking
			1840916311			
Leon Soups, Salads & Snacks	Leon Restaurants	Conran 9/3/2013	9781840916324		\$9.99 USD	Hardcover Cooking
			184091632X			
Leon Happy Soups	Seal, Rebecca	Conran 11/7/2017	9781840917635	\$19.99		Hardcover Cooking
			1840917636	USD		
Leon Breakfast and Brunch	Leon Restaurants	Conran 9/3/2013	9781840916348		\$9.99 USD	Hardcover Cooking
			1840916346			
LEON Happy Salads	Baxter, Jane	Conran 8/2/2016	9781840917185	\$19.99		Hardcover Cooking
			1840917180	USD		
Leon Fast Vegetarian	Baxter, Jane	Conran 8/8/2017	9781840917536	\$24.99		Paperback Cooking
			1840917539	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

No subrights have been specified.



Mitchell Beazley
9781784728113
178472811X
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$49.99/\$55.00 Can.
Discount Code: OHC
Hardcover

480 Pages
Print Run: 8K
Reference / Encyclopedias
REF010000
11 in H | 8.5 in W
Status:**FORTHCOMING**

Related Products

Other Formats
The AHS Encyclopedia of
Gardening Techniques
9781784725884 \$49.99

AHS Encyclopedia of Gardening Techniques
A Step-by-step Guide to Basic Skills Every Gardener Needs

The American Horticultural Society

Summary

The definitive guide to the best gardening techniques from pruning to propagation and planting to harvesting by the American Horticultural Society

This step-by-step guide to essential gardening practice is a must-have reference showing modern methods to a new generation of gardeners. Compiled by leading specialists in every area of gardening, the book contains a vast amount of expert information clearly demonstrating the tried-and-tested techniques honed by the world's leading gardening authority.

Using more than 1,600 artworks in more than 400 step-by-step sequences, the book covers every aspect of gardening from pruning to sowing, watering to feeding, and propagating to planting. Covering all plants including trees, flowers, shrubs, climbers, lawns, vegetables, fruit and herbs, it shows how to create water features and patios, and add lighting. It also includes organic techniques, recycling and how to treat pests and diseases. The wealth of practical information makes this book an essential purchase for both professional and amateur gardeners.

Contributor Bio

The American Horticultural Society (AHS) is one of the most respected, longstanding national gardening organizations in the US. Since 1922, they have been a trusted source of high quality gardening and horticultural information.

Today, their mission blends education, social responsibility, and environmental stewardship with the art and practice of horticulture. Their vision is a land of sustainable gardens, cultivated by a diverse population with a common passion for plants.

Marketing Plans

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

Illustrations



Comp Titles

Encyclopedia of Garden	DK	DK	9/15/2014	9781465414397	\$40.00	Hardcover	Nature
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Plants for Every Location				1465414398	USD		
Raised Bed Gardening for Beginners	Wylie, Tammy	Rockridge Press	7/9/2019	9781641525091	\$14.99	Trade Paperback	Gardening
				1641525096	USD		
The Old Farmer's Almanac Vegetable Gardener's Handbook	Old Farmer's Almanac	Old Farmer's Almanac	11/12/2019	9781571988454	\$15.95	Flexibound	Gardening
				1571988459	USD		
The Flower Yard	Parkinson, Arthur	Kyle Books	4/27/2021	9780857839176	\$26.99	Hardcover	Gardening
				0857839179	USD		

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Subrights

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Ilex Press
9781781578605
1781578605
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$14.99/\$16.99 Can.
Hardcover

144 Pages
Print Run: 8K
Body, Mind & Spirit / Witchcraft
OCC026000
8.5 in H | 6 in W
Status: **FORTHCOMING**

Related Products

Other Formats

The Witchcraft Handbook
9781781576229 \$14.99

Ebooks

9781781576519

The Witchcraft Handbook

Unleash Your Magickal Powers to Create the Life You Want

Midia Star

Summary

A collection of over 120 charms, spells, brews and potions to empower and engage the modern witch

Embrace your inner witch.

This handbook features tried and tested spells designed especially for the modern witch. Packed with charms, potions and witchy wisdom, use this magical lifestyle guide to enhance every aspect of your life. This book is about self-care and a positive mental attitude, offering self-confidence boosting spells and charismatic charms.

The modern witch is a powerful, determined badass. She challenges the status quo and oozes confidence. But sometimes she needs a little help... that's where this book comes in.

From the effects of the moon to the use of candles to enhance spells, this is a basic step-by-step guide to magic that can protect your home, fulfill your dreams, boost your love life, banish ill chance and secure your future.

Isn't it time you unleashed the power of magic?

Contributor Bio

Midia Star is a journalist and freelance writer. She has studied and practised witchcraft, paganism and tarot since she was 12-years-old. Her philosophy is to live a magical life.

Marketing Plans

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

Illustrations



Comp Titles

The Mindful Witch	Stevens, Jenn	Castle Point Books	9/10/2019	9781250237811 1250237815	\$17.99 USD	Hardcover Paper over boards	Games & Activities
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The Good Witch's Guide	Robbins, Shawn	Sterling Ethos	5/2/2017	9781454919520	\$16.95	Hardcover	Body, Mind & Spirit
The Crystal Witch	Greenaway, Leanna	Sterling Ethos	11/5/2019	1454919523	USD		
				9781454934684	\$16.95	Hardcover	Body, Mind & Spirit
				1454934689	USD		
The Green Witch	Murphy-Hiscock, Arin	Adams Media	9/19/2017	9781507204719	\$17.99	Hardcover Paper over boards	Body, Mind & Spirit
				150720471X	USD		
The Witch's Book of Self-Care	Murphy-Hiscock, Arin	Adams Media	12/11/2018	9781507209141	\$16.99	Hardcover Paper over boards	Body, Mind & Spirit
				1507209142	USD		
Calming Magic	Van De Car, Nikki	Running Press Adult	9/8/2020	9780762470464	\$18.00	Hardcover Paper over boards	Body, Mind & Spirit
				0762470461	USD		
Practical Magic	Van De Car, Nikki	Running Press Adult	9/5/2017	9780762463077	\$18.00	Hardcover Paper over boards	Body, Mind & Spirit
				0762463074	USD		

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Subrights

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Ilex Press
9781781578155
178157815X
Pub Date: 2/15/2022
On Sale Date: 2/15/2022
\$40.00/\$44.00 Can./£30.00 UK
Discount Code: OHC
Hardcover

224 Pages
Print Run: 5K
Photography
PHO000000

10.5 in H | 10.4 in W
Status: **FORTHCOMING**

Landscape Photographer of the Year

Collection 14

Charlie Waite

Summary

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

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

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

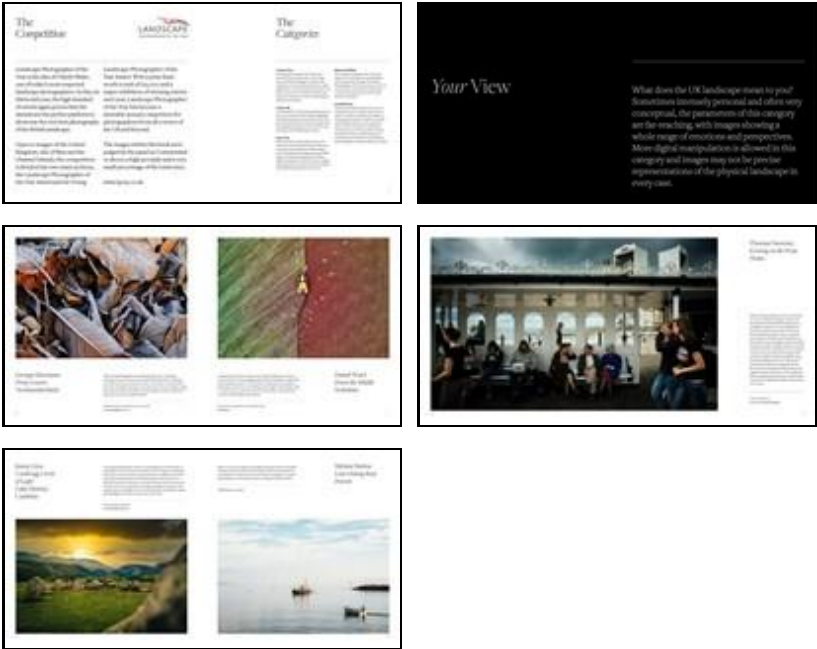
Contributor Bio

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

Marketing Plans

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

Illustrations



Comp Titles

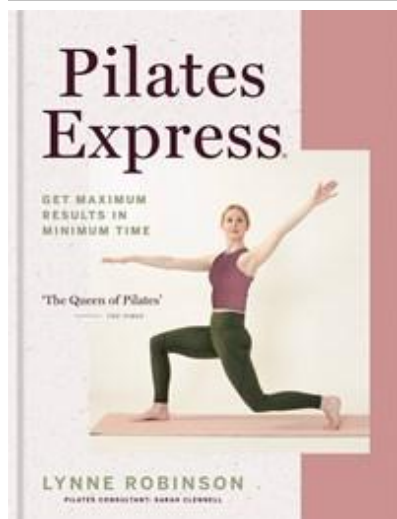
The Landscape Photography Book	Kelby, Scott	Rocky Nook	6/7/2019	9781681984322 1681984326	\$29.95 USD	Trade Paperback	Photography
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Night Sky Photography	Woodworth, Adam	Ilex Press	2/2/2021	9781781577509	\$29.99	Paperback	Photography
				1781577501	USD		
The Photographers Eye: A graphic Guide	Freeman, Michael	Ilex Press	9/3/2019	9781781577301	\$24.99	Paperback	Photography
				1781577307	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

No subrights have been specified.



Kyle Books
9780857839237
0857839233
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$24.99/\$27.99 Can./£20.00 UK
Paperback

208 Pages
Carton Qty: 1
Print Run: 6K
Health & Fitness / Exercise
HEA007000
9.7 in H | 7.4 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781914239038

Pilates Express

Get Maximum Results in Minimum Time

Lynne Robinson

Summary

An accessible guide to Pilates, with effective 10-minute workouts to intersperse throughout your day

Pilates Express is the ultimate handbook for both women and men who want a regular quick-fix workout to fit into their daily schedule. Suitable for all, regardless of fitness level, the mini 10-minute daily workouts have 40 fundamental exercises at their core.

As well as increasing your strength and flexibility, Lynne's program features dedicated exercises to boost your immune system and improve the efficiency of your breathing. Whether you want to strengthen your upper body and arms, or target your waist, hips, glutes and thighs, this essential guide will help you build your toning power and achieve your goals.

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

Contributor Bio

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

Marketing Plans

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

Links

- [BLAD low res](#)

Illustrations





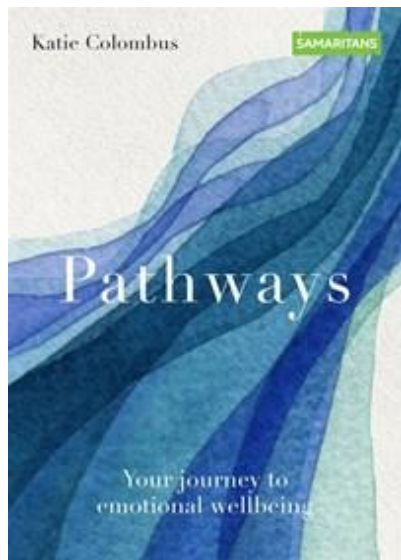
Comp Titles

The Pilates Bible	Robinson, Lynne	Kyle Books	8/6/2019	9780857836700	\$24.99	Paperback	Health & Fitness
Pilates for Beginners	Corp, Katherine	Althea Press	11/27/2018	9781641521505	\$17.99	Trade Paperback	Health & Fitness
Teaching Yoga Beyond the Poses	Rountree, Sage	North Atlantic Books	5/14/2019	9781623173227	\$17.95	Trade Paperback	Health & Fitness
Ultimate Guide to Yoga	Hajeski, Nancy J.	Thunder Bay Press	4/28/2020	9781645170457	\$24.99	Flexibound	Health & Fitness
Secret Yoga Club	Hales, Gabrielle	Aster	7/7/2020	9781912023653	\$26.99	Hardcover	Health & Fitness
The Little Book of Yoga	Lucas, Lucy	Gaia	10/1/2019	9781856753999	\$8.99	Flexibound	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, [Click here](#).

Subrights

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Kyle Books
9781914239175
1914239172
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$14.99/\$16.99 Can./£12.99 UK
Discount Code: OPB
Paperback

208 Pages
Carton Qty: 1
Print Run: 6K
Psychology / Mental Health
PSY036000
8.3 in H | 5.9 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Pathways

Your journey to emotional wellbeing

Katie Columbus, The Samaritan Enterprises Limited

Summary

A guided journal with tools and techniques to promote positivity and mental wellbeing

Everyone has moments when it's hard to see the wood for the trees, but this emotional wellbeing journal will provide practical and creative ways to help people find their own pathway through their problems.

A companion to Samaritans *How to Listen*, it is designed for anyone who wants to find balance and build resilience. Created in collaboration with psychologists, listening specialists and Samaritans volunteers, it is a daily reminder to check in on how we are feeling.

As well as pages for self-reflection and creative expression, it offers ways to achieve a sense of calm from anxiety, decompression from stress and relief from low mood, plus advice and helpful information on emotional awareness and the importance of listening to ourselves and others. In addition, there are prompts for positive thoughts, goal and routine setting, personal development, self-care and intention setting to develop an awareness of our thoughts and feelings, self-regulate, practise gratitude and create a sense of hope.

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. There are now more than 20,000 Samaritans volunteers in 201 centres across the UK and Ireland, taking calls, emails and text messages from people who need to talk about what they're going through. Rather than being a charity associated with suicide, they are working to become a friendly and reassuring presence that helps each of us to reach out when we need help, in the hope of preventing people reaching the crisis point that we might traditionally associate with them as a charity. Campaigns such as The Big Listen, Real Stories, Real Lives and Brew Monday are a part of this drive.

Marketing Plans

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

Illustrations





Comp Titles

Self-Care Check-In	Hill, GG Renee	Rockridge Press	5/19/2020	9781646116607	\$12.99	Trade Paperback	Self-Help
A Year of Zen	Treace, Bonnie Myotai	Rockridge Press	9/22/2020	9781647397173	\$14.99	Trade Paperback	Philosophy
A Year of Self-Care	Shaw, Zoe	Rockridge Press	2/2/2021	9781648765094	\$17.99	Trade Paperback	Self-Help
Pause	Summersdale	Summersdale	11/5/2019	9781786859488	\$9.99	Hardcover	Self-Help
Five Minutes In The Evening	Aster	Aster	1/7/2020	9781783253302	\$14.99	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, [Click here](#).

Subrights

No subrights have been specified.



Wild Brews

Brewing wild beers at home, from beginner to expert

Jaega Wise

Key Selling Points

- For lovers of craft beer, anyone who wants to learn more about wild yeasts and how to brew wild beer at home
- Jaega is highly respected in the beer world and a prominent figure representing women in brewing
- 1.1 million in the US regularly brew beer at home, and the continued growth of the craft beer market shows a lasting appetite for bold and creative flavors in the beer world. AB-InBev have identified home brewing as a burgeoning trend
- The book will include everything you need to know about wild yeasts and fermentation, recipes for brewing with fruit, spices and creating farmhouse beers, and trouble-shooting tips

Summary

An inspiring manual that shows you how to brew beers at home using wild fermentation techniques

Produced using a mixture of naturally occurring yeasts and bacteria, wild fermented beers offer the 'fine dining' of the beer world. These beers are how beer tasted 200 years ago, before brewing was industrialized, and are enjoying a worldwide revival.

Jaega Wise, head brewer at East London's Wild Card Brewery, is one of the UK's experts in wild fermentation. Here, she explains the science behind the brewing process and shares her recipes so that you can experiment at home. Learn how to brew, bottle, and age your beer in wooden barrels, and produce a range of different sour beer styles, farmhouse ales and fruit beers.

Recipes and styles featured in the book include:

- German Berliner Weisse (tart and refreshing) and Gose (salty and dry)
- Belgian Lambics, gueuze, Flanders red ale and fruit beers
- French Farmhouse ales such as saison and biere de garde
- Norwegian Farmhouse Ales including the Kveik IPA
- English Old Ale

Also included is a trouble-shooter section to guide you through what happens when wild yeast and bacteria get out of control and how to remedy it. Whether you are a beer geek or a home brewing novice, *Wild Brews* contains everything you need to replicate today's sour and wild beer styles at home.

"One of the most respected craft brewers in the country." - Imbibe.com

Contributor Bio

Jaega Wise is head brewer at Wild Card Brewery in East London, a qualified chemical engineer, a beer sommelier and a TV presenter. Currently the British Guild of Beer Writers' Brewer of the Year, Jaega is a popular speaker on all things beer and brewing. She is the beer presenter for Channel 5's *The Wine Show* and is a regular on BBC R4's *The Food Programme*. Other TV work includes presenting for BBC's *Inside the Factory* and Channel 4's *Food Unwrapped*. In 2018 she was named one of the *Evening Standard's* 1000 Most Influential People in London. This is her first book.

Marketing Plans

Kyle Books
9780857837813
0857837818
Pub Date: 5/3/2022
On Sale Date: 5/3/2022
\$24.99/\$27.99 Can./£22.00
UK/€26.00 DE
Discount Code: OHC
Hardcover

208 Pages
Print Run: 7K
Cooking / Beverages
CKB007000

9.6 in H | 7.5 in W
Status: **FORTHCOMING**

Related Products

Ebooks

9780857839275

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

Links

- [Author Website](#)
- [Twitter Handle - @jaegawise](#)

Illustrations



Comp Titles

The Wildcrafting Brewer	Baudar, Pascal	Chelsea Green Publishing	2/12/2018	9781603587181	\$29.95	Paperback	Cooking
How To Brew	Palmer, John J.	Brewers Publications	6/1/2017	9781938469350	\$24.95	Trade Paperback	Cooking
A Brief History of Lager	Dredge, Mark	Kyle Books	10/29/2019	9780857835239	\$19.99	Hardcover	Cooking
The Craft Beer Dictionary	Croasdale, Richard	Mitchell Beazley	10/2/2018	9781784723880	\$20.00	Hardcover	Cooking
The Sourdough School: Sweet Baking	Kimbell, Vanessa	Kyle Books	9/8/2020	9780857839091	\$29.99	Hardcover	Cooking

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Kyle Books
9780857839725
0857839721
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$19.99/\$21.99 Can.
Discount Code: OHC
Hardcover

288 Pages
Print Run: 4K
Social Science / Agriculture & Food
SOC055000
9.3 in H | 5.3 in W
Status: **FORTHCOMING**

Divide

Anna Jones

Summary

A ground-breaking book that uncovers the most overlooked cultural division in modern society – the rift between urban and rural communities

This book is a call to action. It warns that unless we learn to accept and respect our social, cultural and political differences as town and country people, we are never going to solve the chronic problems in our food system and environment.

As we stare down the barrel of climate change, only farmers – who manage two thirds of the UK's landscape – working together with conservation groups can create a healthier food system and bring back nature in diverse abundance. But this fledgling progress is hindered and hamstrung by simplistic debates that still stoke conflict between conservative rural communities and the liberal green movement.

Each chapter, from Family and Politics to Animal Welfare and the Environment, explores a different aspect of the urban/rural disconnect, weaving case studies and research with Anna's personal stories of growing up on a small, upland farm. There is a simple theme and a strong message running throughout the book – a plea to respect our differences, recognize each other's strengths and work together to heal the land.

Contributor Bio

Anna Jones is a well-known journalist, broadcaster, blogger and Nuffield Farming Scholar. She is a familiar voice on BBC Radio 4's *Farming Today*, *On Your Farm*, *Costing the Earth*, *Food Programme* and BBC World Service, and a freelance producer/director on BBC One's *Countryfile*. She writes for the *Guardian* and farming trade press. Growing up on the Welsh Borders, from at least five generations of farmers on her father's side and a long line of butchers and farm labourers on her mother's, Anna's heritage is deeply rooted in working class, conservative, rural values.

Marketing Plans

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

Comp Titles

The Secret Life of Cows	Young, Rosamund	Penguin Press	6/12/2018	9780525557319	\$23.00	Hardcover	Nature
				0525557318	USD		
The Shepherd's Life	Rebanks, James	Flatiron Books	9/27/2016	9781250060266	\$18.99	Trade Paperback	Nature
				1250060265	USD		
Wilding	Tree, Isabella	New York Review Books	9/17/2019	9781681373713	\$19.95	Trade Paperback	Nature
				1681373718	USD		
The Nature of Nature	Sala, Enric	National Geographic	8/25/2020	9781426221019	\$28.00	Hardcover	Nature
				1426221010	USD		
Biophilia	Coulthard, Sally	Kyle Books	4/28/2020	9780857837158	\$21.99	Hardcover	Gardening
				085783715X	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

No subrights have been specified.



96 Pages
Print Run: 6K
Poetry / Subjects & Themes
POE023020
6 in H | 4.3 in W
Status: **FORTHCOMING**

Pyramid

A collection of the best lines of poetry and prose celebrating love in all its forms

Love is the most powerful force on the planet. From the familial love that gives us the strength to protect and care for our families and the platonic love that drives us to do anything to help our friends, to the self-love that gets us through difficult times and the romantic love that makes us want to shout from the rooftops and walk miles for a kiss, love has inspired all of our greatest poets and writers to create some of their most moving works.

Discover some of the most beautiful words about love from the love letters of John Keats to passages from Virginia Woolf's novels, to poems by Elizabeth Barret-Browning and more. Every passage celebrates love at its fullest, in all its forms, be it for a friend, a family member, oneself, or a lover.

This little book brings together some of the most romantic excerpts from poems, love letters, essays and stories to warm your heart. Share the love by giving this book to someone you care about or borrow phrases from these brilliant voices to express how you feel.

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

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

[illegible]

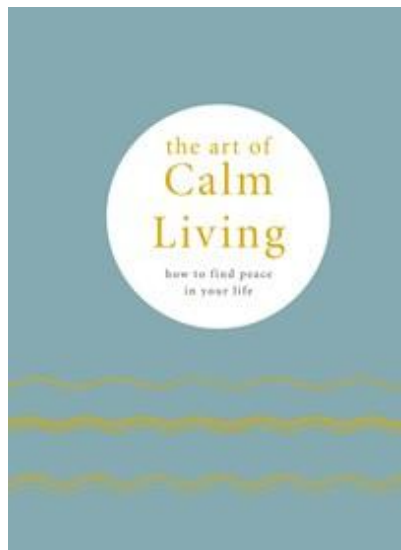
She Walks in Beauty	Kennedy, Caroline	Grand Central Publishing	3/15/2016	9781455564071	\$17.99	Paperback	Poetry
				1455564079	USD		

Love by Night	Williams, SK	Andrews McMeel Publishing	2/2/2021	9781524861193	\$14.99	Trade Paperback	Poetry
				1524861197	USD		
How to Love the World	Crews, James	Storey Publishing, LLC	3/23/2021	9781635863864	\$14.95	Paperback - with flaps	Poetry
				1635863864	USD		
Olive You	Summersdale	Summersdale	2/5/2019	9781786855480	\$9.99	Hardcover	Humor
				1786855488	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

No subrights have been specified.



Pyramid
9780753734933
0753734931
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$9.99/\$10.99 Can./£6.99 UK
Hardcover

96 Pages
Print Run: 6K
Self-Help / Self-Management
SEL024000
5.8 in H | 4.1 in W
Status: **FORTHCOMING**

The Art of Calm Living

How to find peace in your life

Camille Knight

Summary

A collection of easy practices and soothing quotes to help you banish stress, cultivate inner peace, and move through life mindfully

In our busy modern lives it can be easy to feel stressed out, burned out and overwhelmed by stress and anxiety. *The Art of Calm Living* is a pocket-sized collection of simple tips and soothing quotes to help you de-stress and return to a state of inner calm.

We all know that stress not only makes us unhappy but also has negative effects on our health over time, that's why it's important to have strategies for returning ourselves to a calm state when we start to feel overwhelmed. From breathing exercises to helpful tips for managing your time and keeping things in perspective, *The Art of Calm Living* is full of practical tips for preventing stress, calming your anxiety and moving through life mindfully. Every tip is paired with wise words from a zen master, influential thinker or great writer to help you find a place of calm within your busy day.

Life is too short to spend it being stressed out and anxious. Bring peace to your daily routine with *The Art of Calm Living*.

Contributor Bio

Pyramid publishes books on a wide range of popular subjects including cookery, reference, mind body 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 Book of Calm	Adams Media	Adams Media	12/25/2018	9781507210055	\$14.99	Trade Paperback	Self-Help
				1507210051	USD		

Pause	Summersdale	Summersdale	11/5/2019	9781786859488	\$9.99	Hardcover	Self-Help
				1786859483	USD		
How To Find Calm	Golding, Sophie	Summersdale	1/7/2020	9781786859945	\$16.99	Hardcover	Self-Help
				1786859947	USD		
The Little Box of Calm	Summersdale	Summersdale	3/2/2021	9781787836594	\$16.99	Other Merchandise	Body, Mind & Spirit
				1787836592	USD		
The Art of Simple Living	Gauding, Madonna	Pyramid	7/7/2020	9780753733790	\$9.99	Hardcover	Body, Mind & Spirit
				075373379X	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

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Pyramid
9780753734858
0753734850
Pub Date: 3/1/2022
On Sale Date: 3/1/2022
\$9.99/\$10.99 Can./£7.99 UK
Discount Code: OHC
Hardcover

80 Pages
Print Run: 8K
Cooking / Courses & Dishes
CKB021000

6.8 in H | 5.3 in W
Status:**FORTHCOMING**

Clever Cookie Cutter
3 Cookie Cutters, 30 Creative Designs
Pyramid

Summary
Reinvent classic cookie cutter shapes with creative new designs for every occasion

Who doesn't love a pretty decorated cookie? But who needs a drawer full of a dozen cookie cutters in strange shapes? Embrace cookie-cutter minimalism and make your classic cookie cutter shapes work harder. With 10 creative designs that reinvent each of the most popular cookie-cutter shapes, the Gingerbread Man, the Heart, and the Star-shaped cookie cutter, *Clever Cookie Cutter* proves that you only need a few simple shapes to create a cookie for every occasion.

Clever Cookie Cutter will guide you through the whole process, from simple recipes and strategies for baking the perfect base, to decorating techniques that will help you realize your vision. Then discover how to take your favorite classic shapes in a whole new direction:

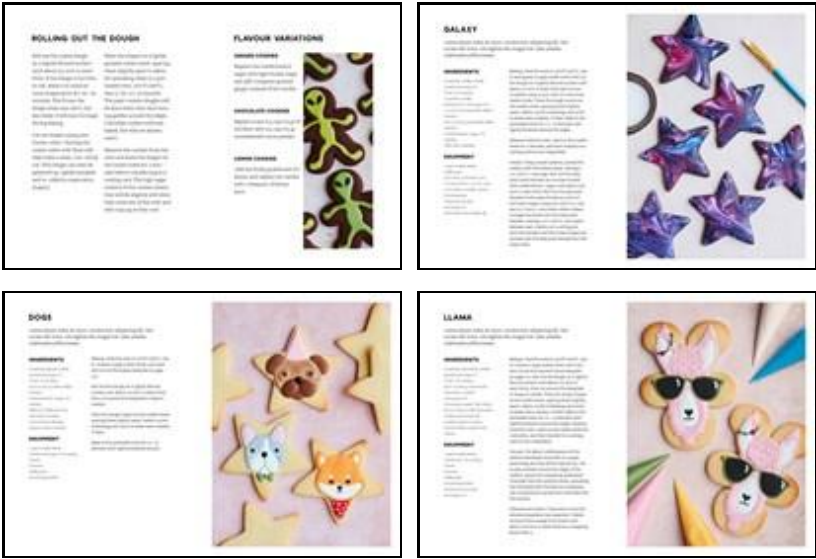
- Learn how to turn a Gingerbread Man shape into a potted plant, a shark, or an octopus
- Transform a Star into a daffodil, a fox, a unicorn, or Santa Claus
- Transfigure a Heart into a swan, a strawberry or a beautiful butterfly

Delight everyone with your decorating skills by trying a new take on tradition with each of these bold new designs.

Marketing Plans

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

Illustrations



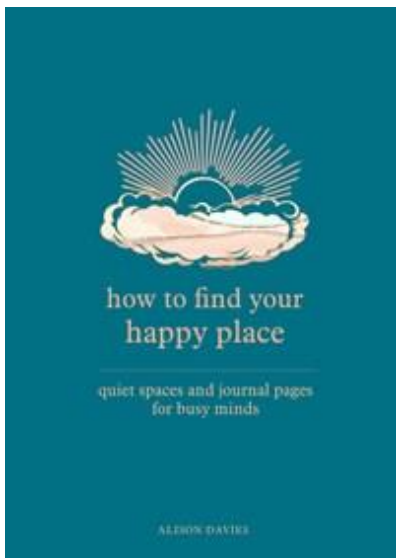
Comp Titles

The Gingerbread Kama Sutra	Paige, Patti	Kyle Books	10/27/2020	9780857839213 0857839217	\$9.99 USD	Hardcover	Cooking
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Pyramid
9780753734964
0753734966
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$14.99/\$16.99 Can./£10.00 UK
Discount Code: OHC
Hardcover

160 Pages
Print Run: 6K
Games & Activities / Guided
Journals
GAM021000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

How to Find Your Happy Place

Quiet Spaces and Journal Pages for Busy Minds

Alison Davies

Summary

A guided journal to help you find your happy place whenever you need it, wherever you are

Sometimes you just need to get away from it all. Take a mental escape with *How To Find Your Happy Place*, a guided journal that will help you visualise the space you need, whether it's to calm and comfort you, or fill you with inspiration.

Everyone has their 'happy place', a place they can go to feel strong and calm. Your happy place is a safe haven, a blanket from which you can escape the stresses of the world and remember life's treasured moments. Every happy place is as different and individual as the person who seeks it, but while it's easy to go there in your mind, some days it's harder to find.

Wherever yours is (and you could have a few!) this book offers new inspiration and a plethora of suggestions to help you discover happy places for whichever energies you wish to cultivate.

Find happy places for:

- Peace and calm
- Healing
- Love and kindness
- Happiness
- Rejuvenation

Move through descriptions of comforting places and inspiring mantras to locate the emotional space you need. Accompanying journal pages give you the space to describe inner landscapes you wish to revisit, record a memory that carries you into that emotion more quickly or to simply express your feelings. Whenever you need it, your happy place is there for you. On the days when it seems the furthest away, turn a page, and let the words lead you home.

Contributor Bio

Alison Davies is the author of over 35 books in the areas of self-help, natural health, folklore and magical arts. She also writes for several magazines including *Bella*, *Soul & Spirit*, *Your Fitness*, *Take a Break* *Fate and Fortune*, *Spirit and Destiny*, and also writes for the 'Express Yourself' section of the *Daily Express*.

Marketing Plans

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

Illustrations



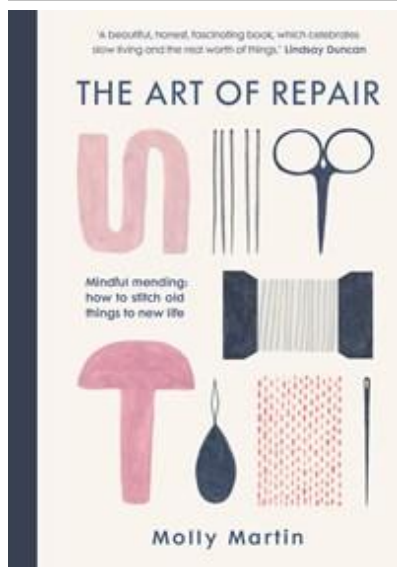
Comp Titles

A Year of Zen	Treace, Bonnie Myotai	Rockridge Press	9/22/2020	9781647397173	\$14.99	Trade Paperback	Philosophy
Find Your F*cking Happy	Sweeney, Monica	Castle Point Books	5/21/2019	9781250214270	\$14.99	Trade Paperback	Games & Activities
Five Minutes In The Evening	Aster	Aster	1/7/2020	9781783253302	\$14.99	Paperback	Body, Mind & Spirit
Five Minutes in the Morning	Aster	Aster	2/6/2018	9781912023127	\$14.99	Paperback	Body, Mind & Spirit

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Short Books
9781780724423
178072442X
Pub Date: 2/1/2022
On Sale Date: 2/1/2022
\$19.99/\$21.99 Can.
Discount Code: OHC
Hardcover

144 Pages
Carton Qty: 5
Print Run: 5K
Crafts & Hobbies / Needlework
CRA008000

8.6 in H | 6.1 in W | 0.8 in T | 0.9 lb Wt
Status: **FORTHCOMING**

The Art of Repair

Mindful mending: how to stitch old things to new life

Molly Martin

Summary

In this beautiful book, master repairer, Molly Martin, champions the value of slow and sustainable fashion and the psychological benefits that go with it

For Molly Martin, it all started with a pair of socks. Her favorite pair. When the heels became threadbare, her mother got out her darning mushroom and showed her how to reinforce the thinning stitches and bring them back to life. She has been stitching and darning ever since.

In *The Art of Repair*, Molly explores the humble origins of repair and how the act of mending a cherished item carefully by hand offers not just a practical solution but nourishment for the soul. Using her own beautiful illustrations, she guides us through the basics of the craft - from piecing and patching to the ancient Japanese art of Sashiko.

This book will stay with you long after you put down your needle and thread. It offers an antidote to our increasingly disposable lifestyle, encouraging us to reconnect not just with the everyday objects in our environment but also with ourselves.

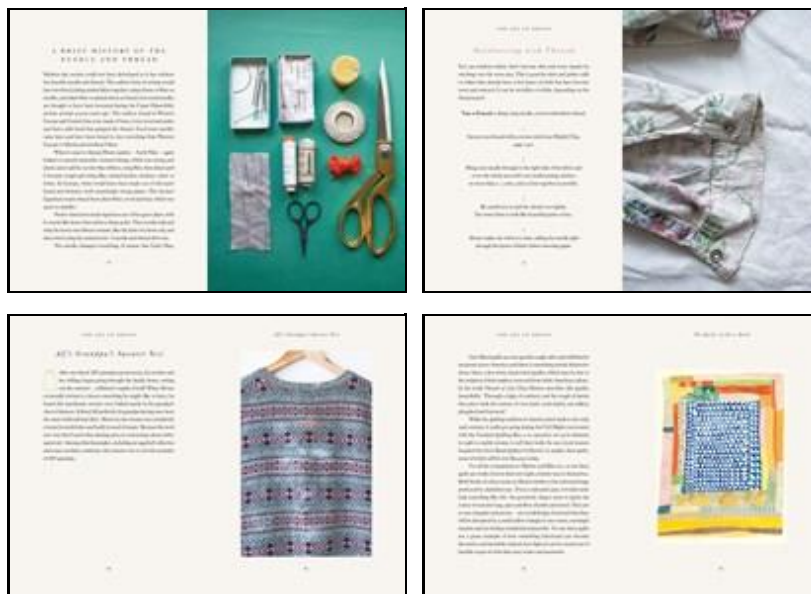
Contributor Bio

Molly Martin is an artist, illustrator and professional textile repairer, specialising in delicate fabric restoration and traditional Japanese Sashiko repair. Molly also works for the slow fashion company Toast and has collaborated with them on a number of workshop 'repair' tours.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Comp Titles

Visible Mending	Cardon, Jenny Wilding	That Patchwork Place	6/15/2018	9781604689358	\$23.99	Paperback	Crafts & Hobbies
Mending Life	Montenegro, Nina	Sasquatch Books	3/10/2020	9781632172525	\$24.95	Hardcover	Crafts & Hobbies
				1604689358	USD		
				1632172526	USD		

Mending Matters	Rodabaugh, Katrina	Harry N. Abrams	10/16/2018	9781419729478 1419729470	\$24.99 USD	Hardcover	Crafts & Hobbies
Why French Women Wear Vintage	Guinut, Aloïs	Mitchell Beazley	9/1/2020	9781784726690 1784726699	\$19.99 USD	Hardcover	Crafts & Hobbies

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