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

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coming
soon



CONSTABLE

IT'S NOT ABOUT WHITENESS, IT'S ABOUT WEALTH

Remi Adekoya

August 2022

Constable

Economics

192pp

An argument that contemporary racial hierarchies are determined by economics which is why they are a faithful reflection of today's economic hierarchies. Race relations are shaped by socioeconomic realities, not by ideologies à la 'white supremacy' as often currently argued. In a capitalist world, the most important power is financial power. Financial power is what enables the acquisition of both hard and soft power, hence the status of a racial group ultimately depends on its collective financial muscle. The existing racial hierarchy that fuels racism is the brutally logical consequence of a global economic hierarchy and must be faced as such to be faced effectively.

'Adekoya seems poised to become one of the most important and subtle new voices in Britain's never-ending conversation about race.' **David Goodhart**

Polish-Nigerian **DR REMI ADEKOYA** teaches Politics at the University of York. Remi is focussed on trying to better understand identity in its emotional, psychological and political manifestations. He is particularly interested in the links between identity, history, psychology and politics in white-majority Western societies and in black Africa. Remi has written for *Guardian*, *Spectator*, the *Times*, *Foreign Policy*, *Foreign Affairs*, *Washington Post*, *Politico*, *Evening Standard*, *UnHerd* and *Standpoint* among others. He has commented on issues of identity and politics for BBC TV, Sky News, South Africa Broadcasting Corporation, BBC Radio, Times Radio and Radio France International among others. Remi lived in Nigeria and Poland before moving to Britain.

WHEN THERE WERE BIRDS

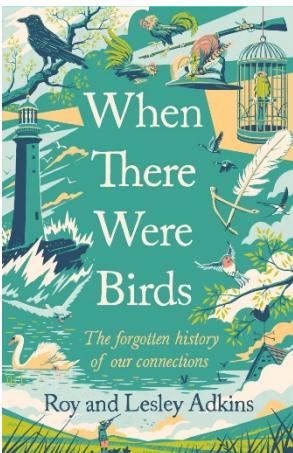
Roy and Lesley Adkins

November 2021

Little, Brown

Natural History

512pp



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

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

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

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

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

'A fascinating, mind-expanding ... funny, generous and exhilarating' Michael Kinsman, co-founder of DeepMind and Google AI

Michael Bhaskar

Human Frontiers



The Future of Big Ideas in an Age of Small Thinking

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

Michael Bhaskar

September 2021

The Bridge Street Press
Social forecasting

432pp

Rights Sold:

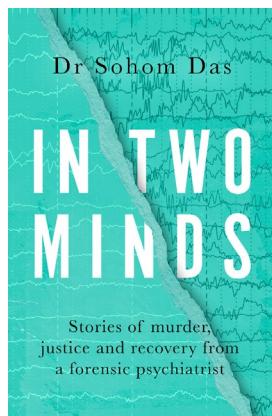
Korean (Publion)

Portuguese in Brazil (LVM Editora)

Spanish (Fondo de Cultura Económica)

US (MIT Press)

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



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IN TWO MINDS

Dr Sohom Das

March 2022

Sphere

Forensic Psychology

304pp

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

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

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

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

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



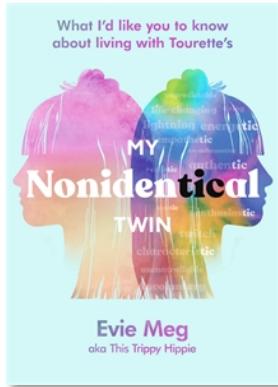
Click here to listen to Michael Bhaskar talking about HUMAN FRONTIERS!

An honest, enlightening and at times humorous account of Dr Das's experience as a psychiatric doctor working with this dangerous clientele, detailing his most extreme, heart-breaking and bizarre cases.

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

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

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



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

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

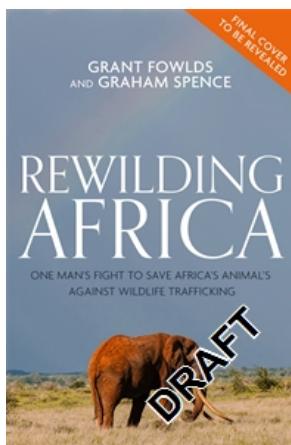
Evie Meg Field

October 2021

Sphere

Autobiography

256pp



REWILDING AFRICA

Grant Fowlds and
Graham Spence

May 2022

Robinson

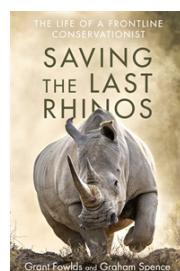
Wildlife

336pp

Option publishers:

US (Pegasus)

Also available:



Conservationist Grant Fowlds lives to save and protect Africa's rhinos, elephants and other iconic wildlife, to preserve their habitats, to increase their range and bring back the animals where they have been decimated by decades of war, as in Angola, Mozambique and the Democratic Republic of the Congo.

This vivid account of his work tells of a fellow conservationist tragically killed by the elephants he was seeking to save and a face-off with poachers, impoverished rural people exploited by rapacious local businessmen.

GRANT FOWLDS is a South African conservationist with a unique commitment to everything endangered. Grant's vision is to try to fill the shoes of the late elephant whisperer Lawrence Anthony.

GRAHAM SPENCE is a journalist and editor. Originally from South Africa, he lives in England. Together he and his brother-in-law, conservationist Lawrence Anthony, wrote *The Elephant Whisperer*, the story of the incredible relationship forged between one man and a herd of wild African elephants. Other books with Lawrence Anthony include *Babylon's Ark: The Incredible Wartime Rescue of the Baghdad Zoo*, and *The Last Rhinos: The Powerful Story of One Man's Battle to Save a Species*.

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ADVENTURES IN VOLCANOLAND

Tamsin Mather

May 2023
Little, Brown
Volcanology
320pp

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

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

STYLE AND SUBSTANCE

Helena Morrissey

October 2021
Piatkus
Fashion
272pp



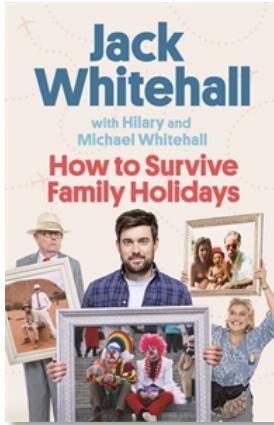
DAME HELENA MORRISSEY is a financier, campaigner, author and mother of nine. She is an inspirational leader who achieves results - in business, diversity, family life and encouraging others to succeed. In 2010 Helen launched the 30% Club to improve the gender balance on UK corporate boards, championed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

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

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

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

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



HOW TO SURVIVE FAMILY HOLIDAYS

Jack Whitehall with Michael and Hilary Whitehall

October 2021
Sphere
Travel/Family
288pp

JACK WHITEHALL is an award-winning actor, comedian, presenter and writer.

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

When not busy attending to the various needs of members of her family, **HILARY WHITEHALL** occasionally manages to work as an actress (Fierce Creatures, The Bill, Woof, Miranda and Bad Education) and photographer.

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

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

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

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sphere

P.S. BURN THIS LETTER PLEASE

Various

October 2022
Sphere
Gay & Lesbian studies
240pp

A personal, vivid snapshot of drag culture in 1950s New York, showing readers how modern drag culture was born through first-hand letters, photographs and lively research from incredible historians

Their greatest act of resistance was simply existing

Drags, fags and trans-women were attracted to the Big Apple because they were able to find work as impersonators in a small number of Lower East Side clubs.

Decades before Stonewall, they occupied the margins of society, determined to live as they pleased, despite of the attentions of the police. Sometimes reduced to stealing to get their costumes, these girls were unstoppable, fearless and fabulous.

When a cache of their letters were discovered, these individuals were given a voice where they had traditionally been silenced. The letters they wrote bear witness to a time when gay community was hard to find.

Blending social, political and cultural history with memoir, this book is an unforgettable and deeply moving encounter with a generation of incredible survivors and a necessary account of how modern drag culture was born.

Cover
coming
soon



Option publishers:

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

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

Guy de la Bédoyère

July 2022

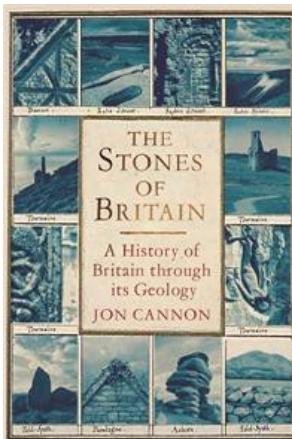
Little, Brown

History

320pp

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

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



THE STONES OF BRITAIN

Jon Cannon

September 2022
Constable
Natural History
352pp

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

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

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

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



1942: BRITAIN AT THE BRINK

Taylor Downing

January 2022

Little, Brown

History

288pp

Rights sold:

Vietnamese (The People's Public Security Publishing House)

Option Publishers:

Portuguese in Portugal (2020 Editora)

Russian (Political Encyclopedia)

US (Perseus)

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

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

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

ESTHER SIMPSON

Cover
coming
soon



CONSTABLE

John Eidinow

November 2022

Robinson

History

304pp

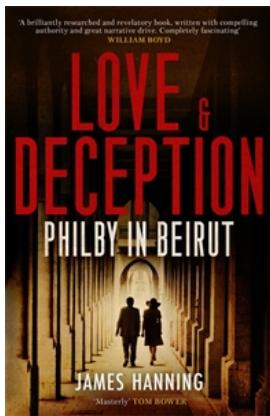
This is the story of Esther Simpson, a remarkable woman history has largely forgotten, but whose selfless actions left an indelible mark on the cultural and intellectual landscape of the modern world. Forgoing marriage, family, even, it seems, a private life, she committed her whole life resettling academic refugees before, during and after World War Two. She thought of these refugees as her family and by the end of her life could count among her 'children' sixteen Nobel prize winners, eighteen knights of the realm, seventy-four fellows of the royal society, thirty-four fellows of the British academy.

From a humble upbringing in Leeds to Russian immigrant parents, Simpson received her degree in French and German before taking on secretarial roles that saw her move to London first, then Vienna and finally Geneva. But when Hitler came to power she found her calling and joined the Academic Assistance Council for a salary paid a third of what she was previously earning. Her work over more than five decades seeking refuge for many thousands of displaced academics had a profound impact on twentieth-century physics, philosophy, architecture, art history and molecular biology to name just a handful of disciplines.

For a woman who kept such regular correspondence with her refugee 'children' - as she called them - and who could count among her pen pals Albert Einstein and Ludwig Wittgenstein, surprisingly little is known of her private life. This book is a study of a forgotten woman: who she was, her impact upon the world and the historical context that helped shape her achievements.

John Eidinow has published three books with his co-author David Edmonds, each describing knock-down, drag-out clashes between men of titanic gifts: *Wittgenstein's Poker* (Random House), which was shortlisted for the Guardian First Book Award and translated into over thirty languages; *Bobby Fischer Goes to War* (Faber & Faber), which was long listed for the Samuel Johnson prize; and *Rousseau's Dog* (Faber & Faber).

Eidinow was a presenter and interviewer for BBC Radio 4 and World Service, working in news and current affairs, and making documentaries on historical and contemporary issues.



LOVE AND DECEPTION: PHILBY IN BEIRUT

James Hanning

September 2021

Corsair

History

432pp

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

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

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

Praise for LOVE AND DECEPTION:

'A brilliantly researched and revelatory book, written with compelling authority and great narrative drive. Completely fascinating' – **William Boyd**

You may think the Philby saga has been mined to exhaustion but that is clearly not true. One of the most intriguing aspects is the final period in Beirut where he was still working as an MI6 'stringer'. Displaying his formidable skills as an assiduous researcher, James Hanning has continued digging and has discovered new gems that illuminate the tortured but living relationship between Kim and his wife, Eleanor, and the mystifying intrigues that surround Philby's last days in Beirut. Definitely a recommended read - **Stephen Dorril, historian of MI6**

In a masterly narrative, James Hanning has plotted through the intrigue to explain the murky and controversial climax of Britain's biggest spy scandal - **Tom Bower**

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CONSTABLE

THREE EPIC BATTLES THAT SAVED DEMOCRACY

Stephen P Kershaw

April 2022
Robinson
History
384pp

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

Praise for STEPHEN KERSHAW:

A Brief Guide to the Greek Myths: Eminently sane, highly informative, and reasonably priced. - **BBC History magazine**

As his exhaustive survey shows, Atlantis has been adapted to countless ideologies and agendas over time, serving the needs of every sort of reader - 'harmless hippies or Heinrich Himmler' in Mr Kershaw's memorable phrase. - **Wall Street Journal**

Praise for the author: The experts interviewed . . . [for the TV documentary series Barbarians Rising] are both entertaining and illuminating. - **Wall Street Journal**

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

Cover
coming
soon



ROBINSON

THE SEA IS NEVER STILL

John Henry Phillips

April 2022

Robinson

History

320pp

JOHN HENRY PHILLIPS is an award-winning archaeologist, filmmaker and writer from Suffolk, England.

In 2016, John Henry Phillips found himself in France without a hotel room. He was volunteering with a charity that took D-Day veterans back to Normandy. Due to an administrative error he found himself without a room and reliant on the generosity of one of the veterans who had a spare bed. That veteran was Patrick Thomas, who had been nineteen years old at the time of the landings. It was an encounter that would change both their lives forever.

Patrick's story of survival on D-Day transfixed John, and the resulting search for Patrick's D-Day landing craft, LCH185, was to consume him. **THE SEA IS NEVER STILL** is an emotional story of a devastating day in history, an unlikely friendship and the search for the final resting place of a wartime home and family lost over seventy-five years ago.

This is also John's attempt to remember, at a time of rising nationalism and hate-mongering, the sacrifices of earlier generations. So many contemporary leaders claim to 'remember' what generations before us fought and died for, yet pursue policies that trade citizens' lives for GDP and dismantle international relationships in the service of a disturbingly familiar nationalist agenda. Patrick's experiences will resonate with readers as a reminder of a moment in history when people came together and, through countless acts of individual, everyday heroism, were victorious against a terrible threat. The Second World War is as much the story of millions of men and women in foxholes and pillboxes, in planes and at sea, as it is of world leaders and their strategies. Such individual stories are at risk of being lost in a way that the better-known, overarching narratives never will be. They are as deserving of being told, as chronicles of everyday courage, of small decisions and choices that sent one soldier to the bottom of the sea, and another safely back to England.

COVER TO BE REVEALED

SLAVERY IN THE AMERICAS

JAMES WALVIN



HOW SLAVERY IN THE AMERICAS MATTERS: THE ORIGINS OF GLOBAL POWER

James Walvin

March 2022

Robinson

History

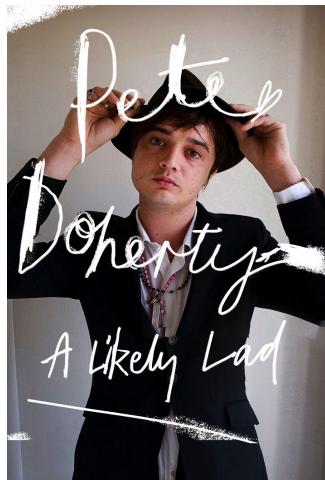
512pp

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

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

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

Rights sold:
US (University of California Press)



A LIKELY LAD

Peter Doherty &
Simon Spence

May 2022
Constable
Autobiography
336pp

Cover not final

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

As an icon Doherty is on a par with the early Rolling Stones and Sid Vicious as a bad boy and public enemy. To his hundreds of thousands of devoted fans he is a cult hero, a modern-day rebel Rimbaud. He divides critics - for every award and accolade (Greatest Hero of Rock or No 1 on the Cool List) there is a scathing review, an objection almost to his very being. Musically, there is no doubt he has defined the past twenty years of British rock 'n' roll with his sound, words, attitude, lifestyle, aesthetic and early buccaneering use of the internet to communicate with fans directly. It is also true that too often his talents as a songwriter and performer have been over-looked amid the whirlwind of controversy and scandal that has tailed him since his first spell in prison in 2003.

Cover
coming
soon



CONSTABLE

MOTHER SUPERIOR

Alan Clayson

June 2022
Constable
Biography
320pp

The first authorised biography of Frank Zappa

'I don't think about the composers of pieces I enjoy listening to,' reflected Frank Zappa shortly before his death in 1993, 'I'm only listening to the results.' That might be true for Zappa but it's his extraordinary life as much as his creative output that continues to fascinate countless devotees across the globe. Nothing concerning him is too inconsequential to captivate present-day 'Frankophiles', seeking to explain and clarify his artistic conduct and, generally, get closer to what made him tick - though, even when Frank was around to tell them himself, he left less answers than further questions.

Mother Superior will cover the early years - 1964 to 1973. It will both re-assess the old yarns and bring to the surface new and rediscovered information via an array of interviewees from every trackway of Zappa's fifty-three years on this planet. It will draw on a huge archive, some of it quite obscure, from public domain and personal collections. It will animate not only Zappa but also those who interacted with him, and the social, cultural, economic and environmental contexts in which this much misunderstood cultural icon lived and worked.

ALAN CLAYSON is author of the best-selling *Backbeat*, which was subsequently made into a major film, and the authorised biographies of Steve Winwood and The Yardbirds. He has also written for *The Guardian*, *Record Collector*, *Sunday Times*, *The Independent*, *Daily Telegraph*, *The Times Educational Supplement* and, as a teenager, the notorious *Oz* magazine.

Cover
coming
soon



CONSTABLE

LE FRIC: THE SERIOUS BUSINESS OF THE TOUR DE FRANCE

Alex Duff

June 2022

Constable

Cycling

320pp

Alex Duff is a distinguished sports business reporter. He worked for Bloomberg News for 15 years, covering the business of the Tour de France, Formula One, the 24 Hours of Le Mans, the World Cup, America's Cup and the Olympics. His first book *Football's Secret Trade* (Wiley & Sons, 2017) about the money trail behind the finances of the football transfer market was serialized in the *New York Times* and the *Guardian* and featured in the *Daily Mail*.

For most of the last century, neither cycling nor any other sport was a commercial bonanza. The Tour de France was a money-losing marketing vehicle to sell millions of 25-cent newspapers. It was a travelling fête, which became bound up in memories of carefree summer days for millions of working-class men and women after months of winter drudgery. It was the hardness of the race that caught the public's imagination in the accounts in newspapers columns that described the gravel tracks in the Alps that cyclists slogged up. Often, with no spectators or television cameras to bear witness, the tales of adventure were embellished by journalists to make for a better story.

Philippe Amaury took over the Tour de France just as television companies began paying bigger bucks for the rights to air sports events. But, cautious by nature, he was suspicious of attempts by his executives to make the race part of a global product like Formula One in the 1980s.

Today, in the Internet era, Philippe's widow is the matriarch who presides over the race with her children. Stauchly Catholic and conservative, she stubbornly guards the family's privacy and wealth. Once the domain of the French working classes, cycling has become an aspirational sport for a new generation of English and American fans who are just as keen to experience the freedom of the open road as reading about the exploits of riders in newspapers or watching them from their living room.

Their detractors say the Amaury family's feudal system is getting in the way of the development of the sport as other sports move with the times. But this is not only the tale of one family's stubbornness to change but also about French culture, business and sport meeting globalisation.

Cover
coming
soon



A NEW WAY OF LOOKING

Sarah Knights

July 2022

Virago

Biography

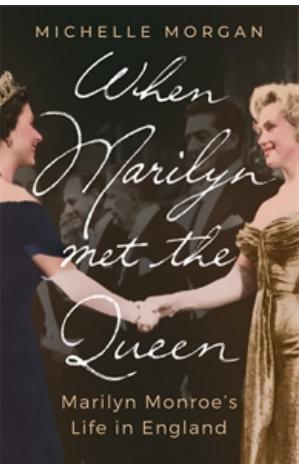
320pp

SARAH KNIGHTS's first book, *Bloomsbury's Outsider: A Life of David Garnett* was published by Bloomsbury in 2015 to considerable critical acclaim. It was short-listed for the Slightly Fox Best First Biography Prize (2015) and for the James Tait Black Prize for Biography (2016).

This biography focuses on a closely-knit network of avant-garde artists, writers, designers and dancers who dominated the cultural landscape of twentieth-century Britain and beyond. At its centre, was Barbara Ker-Seymer (1905-1993), a pioneering photographer whose iconic images define this talented forward-looking generation. She disdained lucrative 'society' portraits in favour of modern, abstract images, and her portraiture broke with convention, emphasising light, angles and planes to convey the essence of her subjects. Her work was not only famous but widely admired among her peers, among them Man Ray. Paul Nash, artist and influential critic championed her work in print. She was the photographer of choice for the leading actors, artists, dancers, writers and intellectuals of her generation, who flocked to her studio, above Aspreys the Bond Street jewellers. Her sitters include Cyril Connolly, Evelyn Waugh, Margot Fonteyn, Jean Cocteau and Vita Sackville-West.

Today, Ker-Seymer's photographs are known for who they represent, rather than the face behind the camera. This irony is underpinned by the misattribution of some of her most daring and innovative images, to Cecil Beaton. This biography restores Ker-Seymer to her rightful position as an artist at the centre of the avant-garde. Moreover, it reveals a close network of like-minded practitioners across the arts. All shared a belief in a modern, stylistic unity between dance, theatre, design, music, art and photography. Ker-Seymer's intelligence, wit and genius behind a camera enabled her to link arms with the Surrealists, with Jean Cocteau, the Bloomsbury Group and Bright Young Things and most gloriously the worlds of theatre, cabaret and jazz.

In contrast to the Bloomsbury Group, they did not hail from privilege or high academia - they were middle class or working class, and they earned their own living according to their merits.



WHEN MARILYN MET THE QUEEN

Michelle Morgan

March 2022

Robinson

Biography

288pp

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

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

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

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



DRIVING FORWARDS

Sophie Morgan

March 2022

Sphere
Memoir
304pp

The inspiring memoir of presenter and disability campaigner, Sophie Morgan

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

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

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

Morgan is one of the main presenters for the Tokyo 2020 Paralympic Games.

Cover
coming
soon



ROBINSON

IS THAT YOUR CARD?

James Borg

November 2022

Robinson
Self-Help
192pp

JAMES BORG is a bestselling author whose books have been translated into more than 35 languages. Persuasion spent 118 consecutive weeks at the top of WH Smith's Business chart and in 2013 was selected as one of Future's 50 best business books of all time.

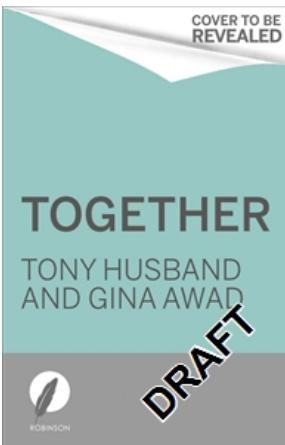
Learn how to develop your own personal 'operating system' to change your perceptions, minimise dysfunctional thinking and direct you towards more success in life.

We're all dealt certain 'cards' in life, the daily challenges we need to overcome in order to thrive. Tackling the problems and challenges of everyday life begins with our thinking. Our thoughts and behaviours can propel us forward or sabotage our goals and relationships. This practical, eye-opening book draws on the philosophy of the ancient Stoics and the ground-breaking therapy of Dr Albert Ellis to help you achieve your goals.

With practical exercises throughout, *Is That Your Card?* will help you change your mindset for the better, putting you in position to propel yourself to greater success. You will learn simple techniques to right the ship when harmful, negative thoughts take over because it is our beliefs that decide how we look at a situation. You'll become more aware of your emotions and see how modern day 'emotional intelligence' was practiced in the ancient world.

The act of thinking will never be the same as you gain more confidence, self-esteem, improve your relationships and look at anxiety and anger in a completely different way.

Most of the conversations we have in life are with our self - and many of them are critical. Our self-talk is a powerful tool that can help us develop our potential. Our mind can help us to reinterpret the stressors in life. Just remember: don't believe everything you think.



UNITED: CARING FOR OUR LOVED ONES WITH DEMENTIA

Tony Husband and Gina Awad

May 2022
Robinson
Self-Help
128pp

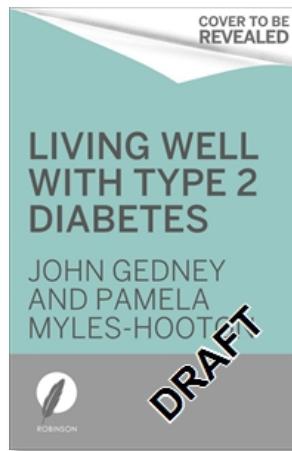
A new illustrated book that captures the real life tales of people suffering from the cruel disease of dementia, and from the loved ones and professional carers who support them.

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

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

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

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



LIVING WELL WITH TYPE 2 DIABETES

John Gedney and
Pamela Myles-
Hooton

September 2022
Robinson
Health
224pp

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

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

Cover
coming
soon



THE COLOUR-FIT METHOD: THE SECRET NUTRITION PLAN USED BY ELITE ATHLETES

Dr Tom Little

June 2022
Piatkus
Health and fitness
256pp

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

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

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

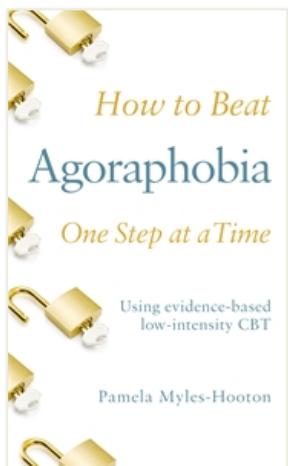
In spite of the tidal wave of disease and costs, the response from authorities has been somewhat underwhelming, with non-specific advice to lose weight (move more/eat less) being more or less the only public health guidance.

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

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

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

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



HOW TO BEAT AGORAPHOBIA

Pamela Myles-Hooton

September 2021

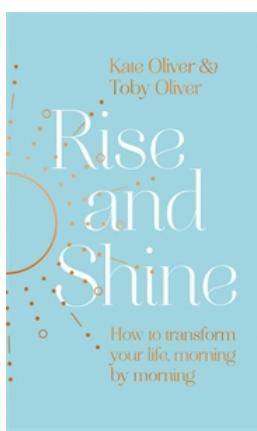
Robinson
Psychology
224pp

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

A concise guide to overcoming agoraphobia.

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

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



RISE AND SHINE

Kate Oliver & Toby Oliver

December 2021

Piatkus
Self-Help
256pp

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

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

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

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

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

Silence - embrace stillness, peace and reflection

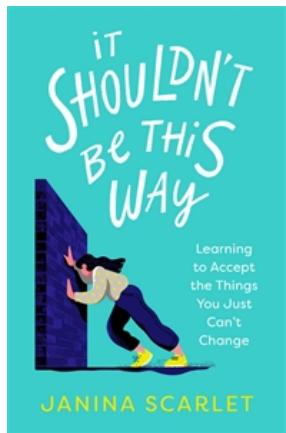
Happiness - discover techniques to help you begin the day with a smile

Intention - find practices that empower you to shape your day

Nourishment - feed your mind, body and soul

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

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



IT SHOULDN'T BE THIS WAY

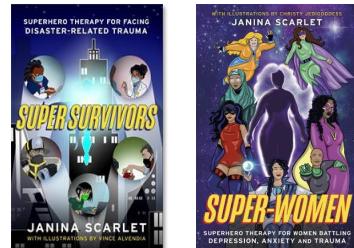
Janina Scarlet

October 2021
Robinson
Self-Help
208pp

Option publishers:
US (New Harbinger)
Romanian (Editura Trei)
Russian (Eksmo)
Italian (Giovanni Fioriti Editrice)

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

Also available:



HOW TO TELL ANXIETY TO SOD OFF

James Withey

January 2022
Robinson
Self-Help
176pp

Option publishers:

Chinese (simplified) (Beijing Imaginist Time Culture Co., Ltd)
Romanian (Pagina De Psihologie SRL)

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

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

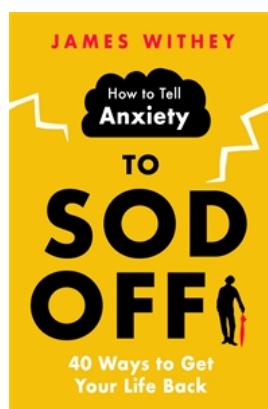
Every life-changing experience, be it the loss of a function, a job or a friendship, or the death of a loved one, can be excruciating. Illness can forever alter our life and our abilities. And what makes it even more challenging is that many other people might fail to understand how challenging our adjustment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

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

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

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

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

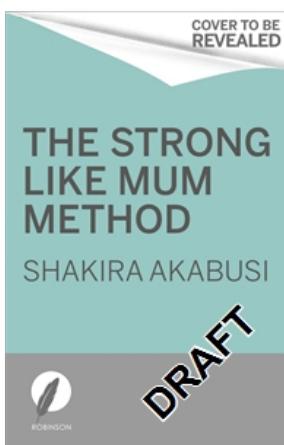


An accessible, comforting and practical book for anyone experiencing anxiety, from the author of *The Recovery Letters* and *HOW TO TELL DEPRESSION TO PISS OFF*.

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

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

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



THE STRONG LIKE MUM METHOD

Shakira Akabusi

April 2022

Robinson

Women's health

256pp

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

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

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

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

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

SINGLE BUT NOT ALONE

Ruby Russell

March 2023

Dialogue

Parenting

304pp

Cover
coming
soon



Rights sold:

US (Seal Press Perseus)

RUBY RUSSELL is a journalist, writer, editor, and single mum from London. Russell started out publishing books of photojournalism with award-winning publisher Trolley. Frustrated with the mediation of stories of injustice through the reporter's lens, she then worked on participatory projects that helped marginalised groups—from British teenage single mothers and adults with mental health challenges, to young women born and raised in refugee camps in North Africa—to tell their own stories and advocate for visibility. She has written for the *Telegraph*, *Teller*, the *Guardian*, and now works as a part-time environment editor at German public broadcaster Deutsche Welle.

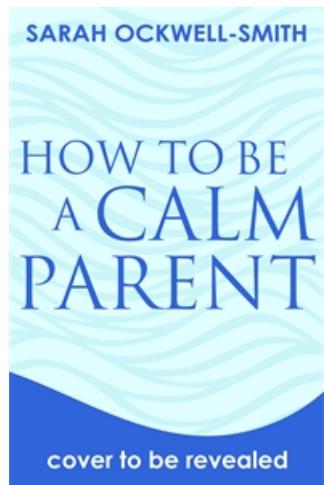
SINGLE BUT NOT ALONE explores what it means to be a single mother. Scorned as victims, outcasts and sinners, the very existence of lone mothers has long been a 'problem' that skewers the heart of prevailing systems of morality, oppression and power. This book combines personal essay with interviews and historical research to reveal the shrouded history and present-day struggles of women who raise their children outside marriage, on the fringes of society, and in communities that challenge the very definition of family. It looks to traditions of female solidarity around the world, and to the few explicitly political movements of single mothers in Western history—most significantly the Sisterhood of Black Single Mothers that arose in the US in the early 1970s.

There has been a wave of wonderfully radical examinations of motherhood in recent years. But no one has deeply examined the specific questions and communal histories of single motherhood. Like queer relationships, single motherhood has always been an anathema to patriarchy. Now, a long history of the mother as a mere channel through which a man's progeny is birthed and nurtured into an heir is waning. We no longer need to relinquish our independence or sexual selves to a man to legitimise our children. Yet for all the feminist arguments made against marriage half a century ago and more, women who choose to be mothers still aren't offered much else.

Single mothers have always been a thorn in society's side, revealing its structural and ideological shortcomings. The welfare state's earliest incarnation was public assistance for lone mothers, breaking the ground for others to receive social support. Unpacking the hardships single mothers face today, Russell argues that the transformation that society must undergo to accommodate our ways of life are essential to make homes and workplaces fit for all women, and to create a more just and sustainable society.

Sarah Ockwell-Smith

HOW TO BE A CALM PARENT



March 2022

Piatkus

Parenting

272pp

HOW TO BE A CALM PARENT is part self-help book, part parenting book; aimed at parents who know that they need to be calmer to raise well adjusted, happy children, but who struggle with their own emotions and stress levels.

HOW TO BE A CALM PARENT will include twelve chapters, each with important takeaway messages and exercises for parents to practice, to make a real and tangible change in their parenting.

Topics include understanding your triggers and making peace with your own childhood; guilt and why it gets in our way of better parenting; why 'busy' is not a badge to aim for; balancing work and home life, and many more.

BEGINNINGS

Cover
coming
soon



March 2022

Piatkus

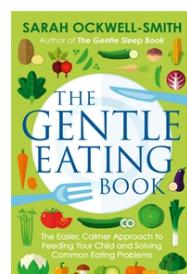
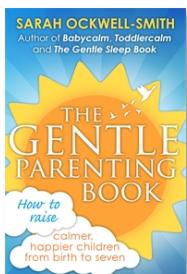
Parenting

272pp

BEGINNINGS is a modern month-by-month reference guide (rather than a parenting book) for parents of 0-5-year-olds. It will answer all the questions that parents have about their baby, toddler and preschooler's physical and psychological development.

Topics include brain development; language acquisition; learning to sit, crawl, cruise and walk, nature versus nurture, and more.

SARAH OCKWELL-SMITH is the mother of four children. She has a BSc in Psychology and worked for several years in Pharmaceutical Research and Development. Following the birth of her first child, Sarah re-trained as a Paediatric Homeopath, Antenatal Teacher and Birth and Postnatal Doula. She has also undertaken training in Baby Massage, Hypnotherapy and Psychotherapy. Sarah specialises in gentle parenting methods and is co-founder of the GentleParenting website (www.gentleparenting.co.uk). Sarah writes a parenting blog (www.sarahockwell-smith.com) which is read by 3 million parents per year, and is the author of BABYCALM, TODDLERCALM, THE GENTLE SLEEP BOOK, THE GENTLE PARENTING BOOK, THE GENTLE DISCIPLINE BOOK, THE GENTLE POTTY TRAINING BOOK, THE GENTLE EATING BOOK, THE SECOND BABY BOOK, THE STARTING SCHOOL BOOK and BETWEEN: A GUIDE FOR PARENTS OF EIGHT TO THIRTEEN-YEAR-OLDS. She frequently writes for magazines and newspapers, and is often called upon as a parenting expert for national television and radio.



Sarah Ockwell-Smith

KATE
SILVERTON

'Supports
An essential
read for all
parents'
Source

there's no such thing as **'naughty'**

The groundbreaking
guide for parents with
children aged 0–5

THERE'S NO SUCH THING AS **'NAUGHTY'**

Kate Silverton

April 2021

Piatkus

Parenting

272pp

Rights sold

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Russian (Mann, Ivanov and Ferber)

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

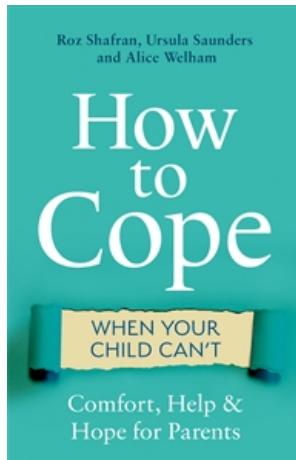
Kate Silverton presents a groundbreaking – and charming – new way to understand child brain development, based on the animal kingdom (with a lizard, baboon and wise owl representing the different parts of the brain), that will completely change the way you see and raise your children.

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

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

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

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



HOW TO COPE WHEN YOUR CHILD CAN'T

Roz Shafran, Ursula
Saunders, Alice
Welham

February 2022
Robinson
Parenting
288pp

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

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

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

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



BREADITATION

Manuel Monade

November 2021
Robinson
Cookery
208pp

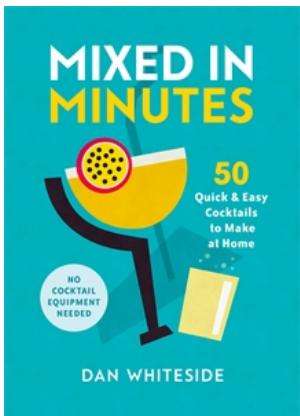
Author **MANUEL MONADE** is the current chair of the London borough of Southwark Refugee and Migrant Project, an organisation he has been working with for the past twenty years. Having helped people facing stressful situations in the course of his charitable work, and also having experienced the sense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

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

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

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

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



MIXED IN MINUTES

Dan Whiteside
October 2021
Robinson
Food & drink
128pp

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

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

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

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

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

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

A HEALTHIER FAMILY FOR LIFE

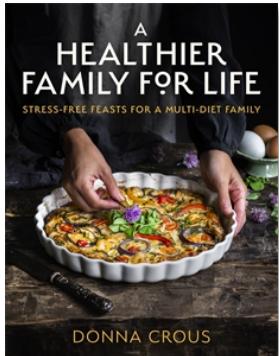
Donna Crous

December 2021

Robinson

Cookery

224pp



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

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

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

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

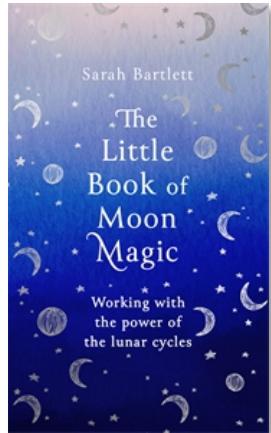
Many families today have numerous health conditions and intolerances to consider, making the dinner table something of a minefield. In this gorgeous, practical book, health coach Donna Crous makes dinnertime less daunting and more healthy, with a wide range of delicious and nutritious recipes, including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

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

THE LITTLE BOOKS OF MAGIC

Sarah Bartlett

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



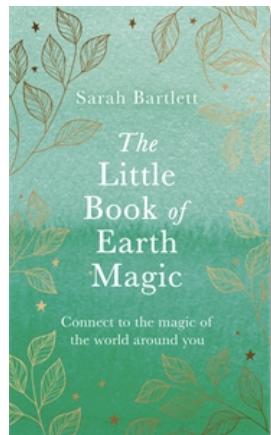
THE LITTLE BOOK OF MOON MAGIC

October 2020, 304pp

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

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

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



THE LITTLE BOOK OF EARTH MAGIC

July 2021, 256pp

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

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

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

Cover
coming soon



THE LITTLE BOOK OF CRYSTAL MAGIC

July 2022, 256pp

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

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

Cover
coming
soon



TAPPING IN

Poppy Delbridge

June 2022

Piatkus

Mind, Body, Spirit

256pp

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

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

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

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

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

A BRIEF HISTORY OF...

Jeremy Black

Robinson
History
288pp

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

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

Titles coming soon:

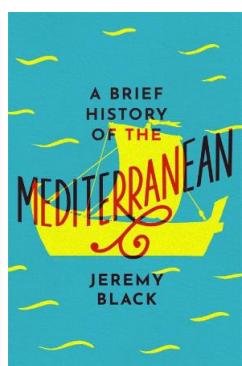
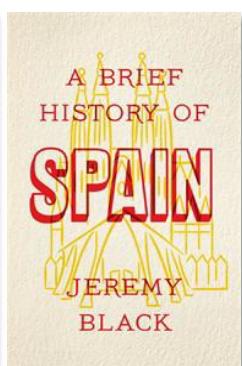
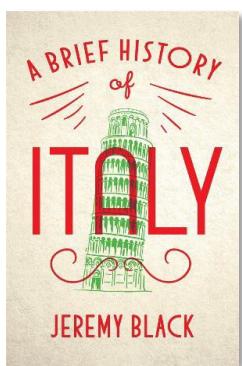
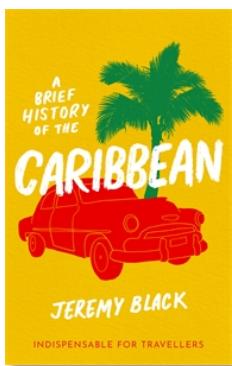
A BRIEF HISTORY OF THE CARIBBEAN (July 2021)

A BRIEF HISTORY OF GERMANY (April 2022)

A BRIEF HISTORY OF LONDON (July 2022)

A BRIEF HISTORY OF THE ATLANTIC (June 2022)

A BRIEF HISTORY OF THE PACIFIC (March 2023)



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

OVERCOMING...

Various Authors

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

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



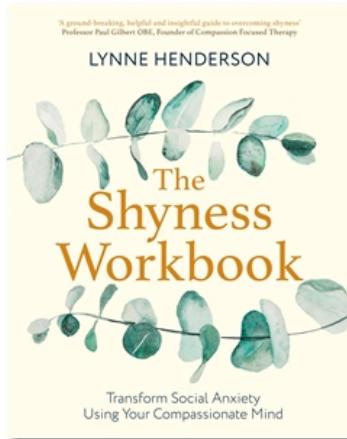
Titles in the series:

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OVERCOMING SEXUAL PROBLEMS
OVERCOMING PARANOID AND SUSPICIOUS THOUGHTS
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OVERCOMING PANIC
OVERCOMING ALCOHOL MISUSE
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HELPING YOUR CHILD WITH A PHYSICAL HEALTH CONDITION
HELPING YOUR CHILD WITH FEARS AND WORRIES
HELPING YOUR CHILD WITH FRIENDSHIP PROBLEMS AND BULLYING
HELPING YOUR CHILD WITH SLEEP PROBLEMS
HELPING YOUR CHILD WITH LOSS, CHANGE AND TRAUMA

AN INTRODUCTION TO COPING WITH EXTREME EMOTIONS
AN INTRODUCTION TO COPING WITH DISTRESSING VOICES
AN INTRODUCTION TO COPING WITH ANXIETY
AN INTRODUCTION TO COPING WITH EATING PROBLEMS
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AN INTRODUCTION TO COPING WITH CHILDHOOD TRAUMA

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



THE SHYNESS WORKBOOK

Lynne
Henderson

November 2021
Robinson
Psychology
256pp

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

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

Option publishers:

Chinese (simplified) (Beijing Imaginist Time Culture Co., Ltd)
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