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General Enquiries

Veronique de Sutter

Head of Foreign Rights

Octopus Publishing Group

T +44 (0)20 3122 6767

veronique.desutter@octopusbooks.co.uk

Foreign Language Rights

World Excluding Asia

ILA

Tel: +44 207 379 6611

ila@ila-agency.co.uk

Nicki Kennedy

France, Germany, Spain

Nicki.kennedy@ila-agency.co.uk

Sam Edenborough

Brazil, Denmark, Italy, Holland, Sweden

sam.edenborough@ila-agency.co.uk

Jenny Robson

**Arab World, Croatia, Estonia, Finland,
Hungary, Iceland, Israel, Latvia, Lithuania,
Norway, Bulgaria, Serbia, Romania**

jenny.robson@ila-agency.co.uk

Katherine West

**Georgia, Greece, Poland, Portugal, Russia,
Turkey, Ukraine, Czech Republic, Slovakia,
Slovenia**

katherine.west@ila-agency.co.uk

Asia including Japan

MARCO RODINO AGENCY

Marco Rodino

T +44 (0)7958 950 305

marco@marcorodino.com

Camille Morard

Tel: +44 (0)7453470704

camille@marcorodino.com

ASTER^{*}

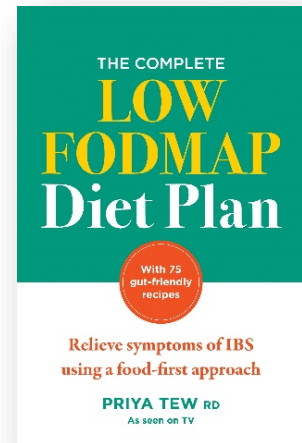
The Complete Low-FODMAP Diet Plan

Relieve symptoms of IBS using a food-first approach

by Priya Tew

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

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



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

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

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

About the author:

Priya Tew is an award-winning, experienced registered Dietitian and nutrition professional with a degree in Nutritional Sciences and a Masters in Dietetics. She is registered with the Health Professions Council and the British Dietetic Association. With wide-ranging experience both within the NHS and as a freelance dietitian, Priya offers an inventive and fresh approach to nutrition.

Winner of the British Dietetic Association's Media Spokesperson of the Year and an SBS award from Theo Paphitis. With a wealth of media experience, Priya is known for her down-to-earth realism and no-nonsense nutrition messages.

Octopus publication: August 2021, Royal, 234x153mm, 224 pages, £12.99, 50,082 words

Imprint: Aster

Rights bought from: directly from the author

Commissioning editor: Stephanie Jackson

Rights: World, All languages

Finished copy available.

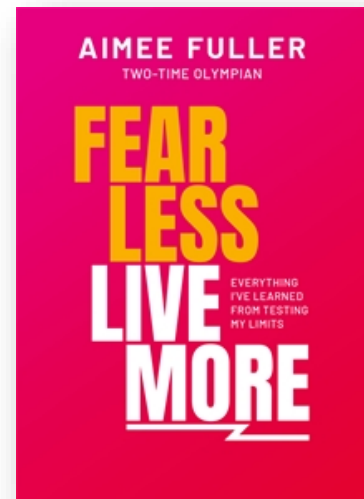
Fear Less, Live More

Everything I've learned from testing my limits

by Aimee Fuller

Harness your fears and supercharge your life with this inspirational guide.

As someone who has lived outside her comfort zone, Aimee Fuller has a lot to say about fear. A former professional snowboarder who spent years riding on the fine edge of progression at the top of her sport, Aimee made history as the first woman to land a double backflip in competition and competed in two Winter Olympics. In 2019, she fronted the documentary *Running in North Korea*, which shows her running her first-ever marathon in one of the most isolated countries in the world. Through testing her own resilience, she has discovered that while it is scary to step outside your comfort zone, it can also be a prerequisite for growth.



In this bright and insightful book, Aimee gives an honest account of her experiences with fear and how, when the worst happens, she manages to pick herself back up again with purpose and an even greater thirst for life. Encouraging you to get up close and personal with your fears, Aimee shows you:

- What fear is, both physically and mentally
- How to recognise it in yourself
- How to be mindful of fear without letting it take control
- How to reframe fear and build a healthy relationship with it
- What to do when things go wrong

Drawing on her training as a professional athlete, Aimee provides confidence-building tools that can be applied to any aspect of life, like goal setting, maintaining consistency, celebrating your strengths, learning from failure, taking comfort in choice, owning your decisions and visualising success.

Fear Less, Live More is for anyone who wants to be the driver of their own life.

About the author:

Aimee Fuller is an Olympian, qualified yoga instructor, marathon runner, TV presenter and media personality.

<http://www.aimeefuller.co.uk/>

Watch the *Running in North Korea* documentary here:

<https://www.olympicchannel.com/en/films/detail/running-in-north-korea>

Octopus publication: February 2022, 178x126mm, 208 pages, £12.99, approx. 40,000 words

Imprint: Aster

Commissioning editor: Natalie Bradley

Rights bought from: The Michael Greer Literary Agency

Rights: World, All languages

Manuscript available.

The Macro Method

The science-backed approach to lasting weight loss

by Helen Foster & Angela Dowden

A simple guide to losing weight through macro counting.

Say goodbye to calorie counting with this revolutionary weight-loss method.

Macronutrients or 'macros' are the three main nutrient groups your body can't live without: carbohydrates, fats and protein.

So many diets focus on calorie counting, but all calories are not created equal: your body doesn't process 20 calories of kale and 20 calories of chocolate in the same way because of their different macro breakdowns.

Macro counting is all about balance. By eating the right ratio of carbohydrates, fats and protein, you can lose weight and build muscle in a healthy, sustainable way without avoiding the foods you love. This flexible approach to dieting encourages you to make smart food choices that guarantee results.

The Macro Method will tell you everything you need to know about counting macros, including the latest research about how the diet works and its nutritional benefits. The 21-day plan will help you ditch the calorie counting for good, with more than 40 simple recipes to tempt you.

About the authors:

Helen Foster is a leading health journalist and bestselling author. Her work has appeared in publications including the Daily Mail, Stylist, Women's Health, Stella, Red, Cosmopolitan and many more. She also runs the popular health blog Not Your Normal Health Blog. Helen was born in the UK but is now based in Sydney.

Angela Dowden RNutr is a UK Registered Nutritionist and freelance health writer/author with over 20 years expertise writing for national newspapers and magazines including several years as a columnist at both WOMAN and Woman's Own. Her nutrition philosophy is that one size doesn't fit all, and that a healthy diet should be fad-free and tasty.

Octopus publication: June 2021, B format, 198x126mm, 224 pages, £9.99, 41,202 words

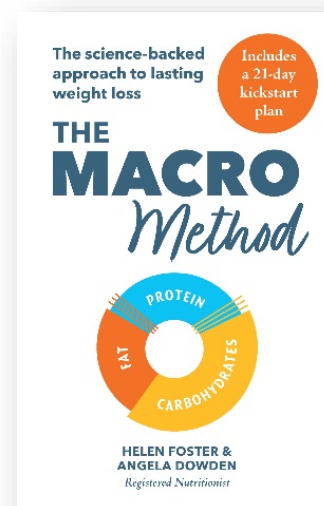
Imprint: Aster

Commissioning editor: Natalie Bradley

Rights bought from: directly from the authors

Rights: World, All languages

Finished copy available.



The Numinous Cosmic Year

by The Numinous

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

When will Mercury or Venus be in retrograde this year?

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

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

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

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

About the author:

The Numinous is a popular platform for the cosmically curious. It publishes a weekly astro reading, tarot reading, there is a podcast, retreats and live events.

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

"When I launched this platform, I wanted to create a place where 'Céline shoes and the Celestine Prophecy' could exist in perfect harmony."

Find out more at www.the-numinous.com

Octopus publication: September 2021, Demy, 216x135mm, 224 pages, £14.99, 44,434 words

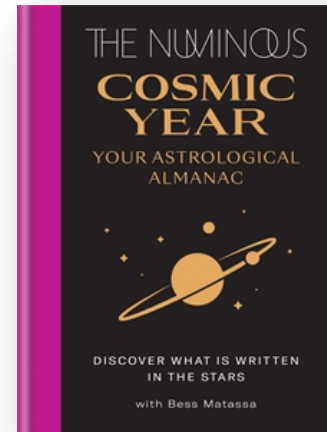
Imprint: Aster

Commissioning editor: Stephanie Jackson

Rights bought from: The O'Shea Agency/Valeria Huerta Creative Literary Agency

Rights: World, All languages

Finished copy available.



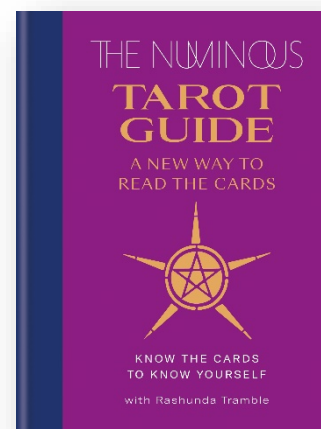
The Numinous Tarot Guide

Know the cards to know yourself

by The Numinous

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

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



The Numinous Tarot Guide is an interactive self-study guide that unlocks the meaning of the cards in an instant-and in a way that is deeply personal to every reader. Following an introduction positioning the Tarot as a tool for self-awareness and self-discovery, a 'chapter' for each of the 78 cards offers a modern, evolved interpretation of the card's meaning, along with numerous prompts and journal exercises, to help guide the reader into a space of deep reflection. While the traditional way to interact with the Tarot is to ask a question and then pull a card to divine the 'answer', this guide instead offers the invitation being to choose a card first, and then use it as a portal to a deeper level of self-enquiry, using images, archetypes, and your own stories, to help discover why you think the way you think, and do the things you do. For example, pulling the 'Strength' card might offer journal prompts around endurance or recovery, while the 'Death' card might suggest a ritual to honour something that is ending in the reader's life.

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

About the author:

The Numinous is a popular platform for the cosmically curious. It publishes a weekly astro reading, tarot reading, there is a podcast, retreats and live events.

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

Find out more at www.the-numinous.com

Octopus publication: July 2021, Demy, 216x135mm, 224 pages, £12.99, 41,203 words

Imprint: Aster

Commissioning editor: Stephanie Jackson

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Rights: World, All languages

Finished copy available.

SOLO

by Jenny Tough

What running across six continents taught me about life.

'I had a big cry - then I kept going'

Growing up in the Canadian Rockies, the mountains have always been home for Jenny Tough. Travelling the world, she's always discovered commonalities with mountains - and mountain people. Over the last few years she has run solo and unsupported across a mountain range on every populated continent. Running solo and unsupported comes with obvious logistical as well as physical challenges, but running is also a common language - all people around the world do it - and it has always helped build connections across barriers of language and nationality. With each new run, as she completed each stage of her incredible project, she has learned something new about herself - something universal that will resonate with every reader.



Solo is the account of one woman's mission to run solo and unsupported across mountain ranges on six continents - overcoming obstacles, conquering fears, and finding the joy in achieving her goals absolutely alone.

Locations include:

The Tien Shaw (Asia) - 2016

The High Atlas (Africa) - 2017

The Cordillera Oriental (South America) - 2018

The Southern Alps (Oceania) - 2019

The Canadian Rockies (North America) - 2020

The Caucasus Mountains (Europe) - 2021

About the author:

Jenny Tough is an adventure traveller originally from Canada. She enjoys writing about her solo mountain expeditions and tales of world travel as a solo female. When she's not exploring the mountains of the world, she lives in Scotland, and occasionally wherever she parks her adventure van.

JennyTough.com

Twitter.com/jennytough

Instagram.com/jennytough

Octopus publication: May 2022, Demy, 216x135mm, 304 pages, £12.99, approx. 70,000 words

Imprint: Aster

Commissioning editor: Stephanie Jackson

Rights bought from: directly from the author

Rights: World, All languages

Manuscript available in March 2022

brazen

Women Don't Owe you Pretty

The Small Edition

By Florence Given

*****NEW EDITION WITH BONUS CHAPTER*****

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

'The Beauty Myth' for the Instagram generation.

Women Don't Owe You Pretty is the ultimate book for anyone who wants to challenge the out-dated narratives supplied to us by the patriarchy.

Through Florence's story you will learn how to protect your energy, discover that you are the love of your own life, and realise that today is a wonderful day to dump them. Florence Given is here to remind you that you owe men nothing, least of all *pretty*.

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

THE FEMINIST BOOK EVERYONE IS TALKING ABOUT

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

'A fearless book.' - *Cosmopolitan*

'A hugely influential young woman.' - *Woman's Hour*

'Rallying, radical and pitched perfectly for her generation.' - *Evening Standard*

'An incredibly empowering artist.' - *Rita Ora*

'Game-changing.' - *Diva Magazine*

'A vital read...empowering.' - *GayTimes*

'An accessible exploration of feminism built around the historic and modern expectations of women.' - *Living etc*

About the author

A London-based artist and writer, Florence addresses social issues with unique and playful illustrations. She grew up in Plymouth and attended London College of Fashion for one year, leaving to pursue art and writing. Boasting 600k followers on Instagram, her work confronts oppressive attitudes towards women and their bodies, and she uses her platform to raise awareness of issues surrounding sexuality, consent, race and gender.

Octopus publication: September 2021, £ 7.99, PB, A format, 178 x 111mm, 96 pages

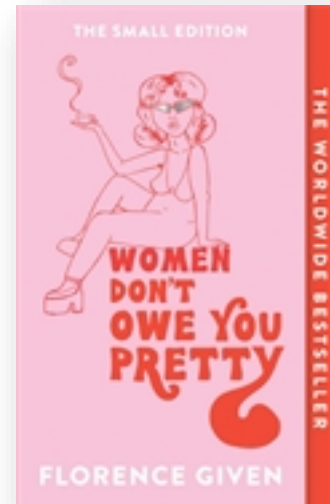
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Commissioning editor: Romilly Morgan

Rights bought from: GLEAM

Rights: World, All languages. *Rights for the illustrated edition, sold to China, Denmark, Estonia, Finland, France, Germany, Holland, Italy, Korea, Lithuania, Poland, Spain, Turkey, Vietnam.*

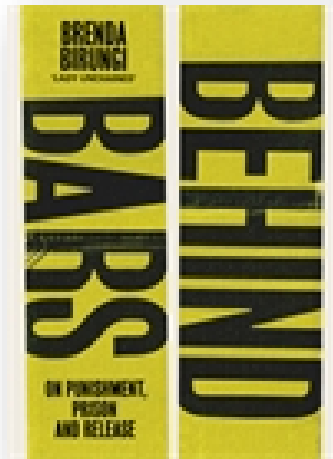
Finished copy available



Behind Bars

On punishment, prison & release

By Brenda Birungi



In 2008, 21-year-old Brenda got involved in a fight in a club while trying to protect her sister.

Serving 11 months of her prison sentence, her life changed completely. Inside, Brenda began to write, while battling with isolation, loneliness and the fear of being wrongly deported. These notes became powerful bars of poetry, capturing first-hand the broken justice system and the racism rooted within it.

Wide-awake poetry, Behind Bars traces how Brenda's identity was irrevocably changed during her sentencing, time in prison and release.

Behind Bars proves there is life after prison

About the author

Brenda Birungi is a poet, broadcaster, TEDx speaker, mentor and an advocate for life after prison. She is the founder and creative director of Unchained Poetry, a platform for artists with experience of the criminal justice system. She is also known as Lady Unchained.

Her mission is to prove that there is life after prison.

Brenda currently hosts a new show with National Prison Radio called 'BARS'. In 2020, she created her own documentary for BBC Radio 4 called 'Unchained'. She has also been interviewed on BBC Radio London and BBC Radio 1Xtra. She has featured in publications such as Refinery29 and Metro, as well as being a speaker for TEDxTalk London Women. In 2018, Brenda appeared on Good Morning Britain as an advocate for prison reform. She has worked with charities including Working Chance and Safe Ground, and in 2021 she was commissioned by the Arts Admin to make a video for her poem The Forgotten People.

unchainedpoetry.com

Octopus publication: July 2022, £10.99, 211 x 153m, Paperback with flaps, 96pp, 15000 words

Imprint: Brazen

Commissioning editor: Romilly Morgan

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Rights: World, All languages.

Manuscript available in November 2021

C CASSELL

Climbers

How the Kings of the Mountain Conquered Cycling

By Peter Cossins

Keynote: An award-winning author's look at the personality and psychology of cycling's mountaineers.



When, during the Pyrenean stages of the 1998 Tour de France, a journalist asked Marco Pantani why he rode so fast in the mountains, the elfin Italian, unmistakable in the bandanna and hooped ear-rings that played up to his "Pirate" nickname, replied: "To shorten my agony."

Drawing on this popular fervour for these men of the mountains, *Climbers* looks at what sets these athletes apart within the world of bike racing, about why we love and cherish them, how they make cycling beautiful, and how they see themselves and the feats they achieve.

Working chronologically, Peter Cossins explores the evolution of mountain-climbing. He offers a comprehensive view of the sport, combining contemporary reports with fresh one-to-one interviews with high-profile riders from the last 50 years, such as Cyrille Guimard, Hennie Kuiper and Andy Schleck. And, unlike many other cycling books, *Climbers* also includes the stories of female racers across the world, from Ashleigh Moolman-Pasio and Annemiek van Vleuten to Fabiana Luperini and Amanda Spratt.

Climbers analyses the personalities of these racers, highlighting the individuality of climbing as an exercise and the fundamental fact that it's a solitary challenge undertaken in relentlessly unforgiving terrain that requires unrelenting effort.

Captivating and iconic, *Climbers* is the ultimate cycling book to understand what it takes both physically and mentally to take on the sport's hardest stages.

About the author

Peter Cossins has been writing about cycling since 1993. A former editor of Pro Cycling, he has also contributed to the *Guardian*, *The Times*, the *Sunday Telegraph*, the *Sunday Express* and the *Sunday Herald*.

Octopus publication: July 2022, Royal format, 234 x 153mm, 336 pages, £20

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights bought from: DLA

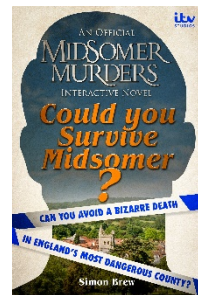
Word count: 80,000

Rights: World All Languages

Could You Survive Midsomer?

Can you avoid a bizarre death in England's most dangerous county?
by Simon Brew • ITV

An official Midsomer Murders Interactive novel.



The 'Causton Villages In Bloom' competition was always going to be competitive. But as the county's CID is about to discover, there's murder among the mayflowers and marigolds. Can you, as Causton CID's newest recruit, get to the bottom of the uncharacteristically strange goings on in the area? Or will you too find yourself a victim of a... Midsomer Murder?

Midsomer Murders is a TV national treasure. Over 21 years, residents of this quintessentially English county have hosted a series of homicides, which have been at the centre of over 122 episodes. And it's not just the UK that has revelled in the quaint carnage. *Midsomer Murders* has sold in over 220 territories and was the highest rated drama in Sweden in 2016, Denmark in 2015 and has a good following in Germany (on ZDF) and France (on France 3). In Australia, it was the top-rated programme of 9Gem last year.

Could You Survive Midsomer? sees the return of the pick-your-own adventure format to challenge the reader to solve a crime or succumb to the county's suspiciously high death rate. Can you make the right decisions or suffer a similar fate to that of other characters in the show, which included:

death by stilton • suffocated by chocolate • crushed by catapulted wine bottles • hit by a gargoyle • unwittingly set on fire in a wickerman • squashed by a tank • electrocuted by an exercise bike • drowned in soup • beheaded on a ghost train.

Start your adventure by investigating the death of Peter David Steggall, who has been found dead beneath a pile of homemade damson jam jars. He had been overseeing the Little Norton entry for the competition, but we learn of his dark past, which involved infidelity and blackmail. Your task is to make the right choices, solve the case and – most tricky of all – stay alive!... Good luck.

About the author:

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

Octopus publication: September 2021, B format, 198 x 126, 256 pages, £12.99, approx. 65,000 words

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights bought from: ITV studios

Rights: World, All languages.

Sample copy available

Ever Fallen in Love

The Lost Buzzcocks Tapes
by Pete Shelley with Louie Shelley

Keynote: Pete Shelley – lead singer and songwriter of iconic punk band Buzzcocks who passed away in 2018 – talks in his own words about his band, his place at the very heart of the punk explosion in the late 1970s and the inspiration behind his greatest, most famous songs.

‘One of the finest songwriters of a generation’

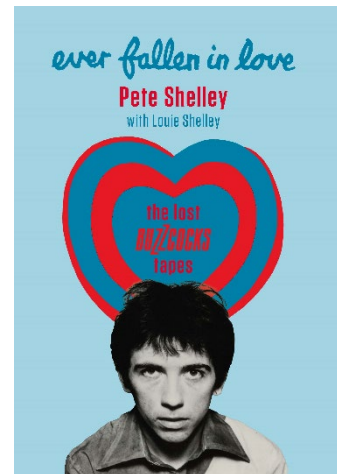
The Guardian

‘A musical pioneer’

NME

‘Supercharged with punk energy’

The New York Times



As lead singer of legendary first-wave punk band Buzzcocks, Pete Shelley exploded onto the punk scene alongside the likes of the Sex Pistols, and wrote some of the genre’s greatest, best-loved songs. When Pete passed away in 2018 we lost one of music’s brightest stars – as well as the chance to hear his story in his own words. Or so it seemed.

In fact, shortly before his death Pete had been working with close friend Louie Shelley on a project – a series of long, in-depth conversations about Pete’s time in the band, memories of the punk scene, his inspiration, creative process and countless insights into a key era in music history. Now, these conversations are being published for the first time.

Moving song-by-song through Buzzcocks’ most creative and successful period, ***Ever Fallen in Love*** is the autobiography that Pete never wrote. A first-hand, personal look inside the engine room of punk, from one of the scene’s most famous figures. To hear Pete talk in such detail about the band and their songs is a genuine thrill for music-lovers everywhere.

A lovingly-produced tribute, the book will also include some integrated photographs and colour plate sections showcasing previously unseen photographs taken by Buzzcocks band members, as well as memorabilia, classic punk fanzines and Buzzcocks record covers. With brand-new cover artwork created for the book by Malcolm Garrett – who designed all of Buzzcocks’ iconic record sleeves and posters – this is set to be a truly special book by one of music’s most respected voices.

About the author

Pete’s co-author Louie Shelley (no relation) is a journalist and close friend of Pete’s. Deeply embedded in the Buzzcocks fandom, Louie will work hard to ensure that every Buzzcocks fan knows about this book. She introduces the book with a brief biography of Pete, which she has researched extensively, conducting interviews with bandmates, collaborators, contemporaries, family and friends – all of whom will support *Ever Fallen in Love*’s publication. The book has the support of Pete Shelley’s estate, with a foreword from his widow.

Octopus publication: June 2021, Royal Hardback, £ 20.00, Narrative with some integrated B&W images + colour plate sections

Imprint: Cassell

Commissioning editor: Joe Cottington

Rights bought from: North Literary Agency

Rights: World all languages

Manuscript available

Leathered

A life taken to extremes... on and off the bike

By John Hopkins

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

Hook: A story of adrenaline, addiction, speed, glory and crashes



From riding motorcycles for fun with his father on the dirt roads of the Californian desert, to the pinnacle of the most extreme of extreme sports, via the desperate lows of personal tragedy, alcohol and drug abuse, Hopkins' story is truly a rare one of adrenaline, addiction, recovery and redemption at the highest level of international sport.

John's huge and loyal fan base in the UK, USA and far beyond will know much about the career of a teenage motorbike racer signed from obscurity to compete at the elite level of the sport, who within just a few years emerged as one of its most exciting stars. Many will also be aware of the bone-crunching injuries, and the rumours around his alcohol-fuelled antics, that ultimately proved his downfall at the peak of his success.

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

About the Author

John 'Hopper' Hopkins is a former motorcycle road racer based in the United States. Raised by English parents in California he became the youngest professional rider on the MotoGP circuit. In 2007 Valentino Rossi labels him as his most-feared rival. A series of horrific crashes and debt took their toll and John becomes addicted to alcohol and pills. He turned his life around and despite further crashes and injuries comes within .006 of a second from winning the British Superbike series. Another horrific crash finally ended his career at the age of 35. He is known to MotoGP fans as the most fearless rider of a generation.

Octopus publication: September 2021, Royal Hardback, £ 20.00

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights bought from: David Luxton Associates

Rights: World all languages (exc US/CAN)

Manuscript available

LIKE SOME FORGOTTEN DREAM

What if The Beatles Hadn't Split Up?

By Daniel Rachel

Keynote: An award-winning music author takes a serious look at a question that has long tormented Beatles fans: what if the Beatles hadn't split in 1970? What if they'd recorded one more album?

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

But it didn't have to be that way. In *Like Some Forgotten Dream*, Penderyn Music Prize-winning author Daniel Rachel examines the last days of the Beatles, finding the forks in the road that led to the breakup of the world's greatest band, and asking: what if? What if the rifts had been mended, and the Beatles had carried on? What if they had recorded one more album?

Through impeccable research and a strict sense of criteria, Rachel constructs a fantasy final album – the Beatles record that might have been. Taking in demos, solo songs, archive material and more, he pieces together a plausible blueprint for a farewell LP, taking the broken shards of the Beatles' legacy and forging them back into one magical whole.

Moving song by song through this reconstructed record, Rachel explores what each member of the Beatles brought to the band, and shows how their individual talent was outshone by their once-in-a-generation collective musical chemistry.

It is a new, truly unique look at the Beatles, unlike anything seen before – and a tantalizing glimpse of what might have been.

2021 will be a big year for the Beatles, with official documentary *Get Back* (directed by Peter Jackson) and the accompanying book, the first authorised Beatles book for 20 years releasing in August. *Like Some Forgotten Dream* will publish at the same time to capitalise on the surge in interest.

About the author

Daniel Rachel is a musician turned award-winning music writer. Winner of the prestigious Penderyn Music Book of the Year prize, he has written three previous books, *Isle of Noises*, *Walls Come Tumbling Down* and *Don't Look Back in Anger*.

Praise for Daniel's previous books:

"Triumphant" The Guardian

"Colossal and brilliant" BBC 6 Music

"A-grade, A-list" The Sunday Times

"Superlative...brilliant" Q Magazine

"In depth, scholarly" Q Magazine

"Fascinating" NME

Octopus publication: August 2021, Royal Hardback, £ 20.00

Imprint: Cassell

Commissioning editor: Joe Cottington

Rights bought from: C&W Agency

Rights: World all languages

Manuscript available



SYMPHONIES FOR THE SOUL

Classical Music to Cure Any Ailment

By Oliver Condry

Keynote: An uplifting A to Z of more than 100 mental, physical and spiritual afflictions – and the perfect prescription of classical music to cure them.

A timely and inspirational guide to finding solace in our troubled world through the power of classical music – a genre popular among book buyers.



As we all know, perhaps now more than ever, the world can be a challenging place. Anxiety, exhaustion, loneliness, heartbreak – they can all take their toll.

But there is one ready-made cure that can touch the spirit and heal the soul in a way that nothing else can: music.

In *Symphonies for the Soul*, Oliver Condry sifts through hundreds of years of the most beautiful, inspirational classical music to find the perfect cures for a host of afflictions, pinpointing the perfect pieces to ease mental, physical and spiritual suffering.

Are you broken hearted? Try Tchaikovsky's *Pathétique* Symphony, composed in the throes of heartache and the perfect companion to comfort and console. Suffering from grief? Find solace in Gustav Mahler, who turned his sorrow into a divine symphonic work that shows the glimmers of hope to be found in the darkest of times.

Whether you're battling betrayal or bereavement, hopelessness, humiliation or merely a hangover, a cure is there to be found in music, and here at last is a way of discovering just what you need to inspire and heal.

About the author

Oliver Condry is a classically-trained organist and editor of *BBC Music Magazine*, part of the world's no.1 classical music brand, BBC Music. He recently performed a series of recitals in Bach's churches in Germany.

Octopus publication: November 2021, Cloth Bound Hardback, £ 15.00

Imprint: Cassell

Commissioning editor: Joe Cottington

Rights: World all languages

Rights bought from: direct from the author

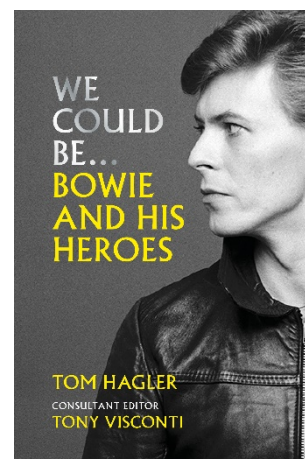
Edited manuscript available

We Could be

300 Stories of Bowie and His Heroes

by Tom Hagler with consultant editor Tony Visconti

Keynote: 300 vignettes telling the stories of Bowie's encounters with fellow icons, from Dylan to Dali, Lennon to Lydon. Each bitesize story is fascinating in its own right, but collectively they build up to a completely new take on Bowie's life, offering insights that are by turns tragic, comic and compelling. Long-time Bowie producer Tony Visconti is the book's consultant editor, offering his personal memories of many of the stories here.



Bowie has been written about in just about every conceivable way – but never quite like this.

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

He embarrasses himself in front of Lennon and Warhol. He saves the life of Nina Simone. He is hated by Dylan, introduces Carrie Fisher to the drugs that will kill her and teaches Michael Jackson the moonwalk. Individually astonishing, these stories build to reveal a new picture of Bowie, one which shows his vulnerability, his sense of humour, his inner diva.

Arranged chronologically, we follow a young upstart Bowie as he struggles to get the attention of his musical heroes (the first words uttered to him by a Rolling Stone? 'Piss off!', spoken by Brian Jones). We move through building critical and commercial success while seeing Bowie snubbed onstage by Aretha Franklin, suffering cocaine-induced hallucinations with Jimmy Page and kicking a drunk Princess Margaret out of a party at his Caribbean island home. And finally we come to late era Bowie, a generous and hilarious elder statesman of music, springing Jarvis Cocker out of jail and playfully telling a star-struck Dave Grohl to f**k off.

In a huge pull for Bowie fans, Bowie's long-time producer **Tony Visconti** is the book's consultant editor and the source of many of the anecdotes, offering a view from inside the star's inner circle. He will be credited on the front cover.

Exhaustively researched from thousands of sources by BBC reporter and Bowie obsessive Tom Hagler, ***We Could Be*** is a history of Bowie unlike any you've seen before. Accompanied by integrated B&W photographs and stylish line illustrations, it is a fascinating, joyful book and an utter delight to read.

About the author

Tom Hagler is a presenter and reporter for BBC World Service radio. He has covered major events and interviewed some of the biggest names across politics, music and science, with a roll call as diverse as Joe Biden, Kofi Annan, Grandmaster Flash and Buzz Aldrin. He was previously a reporter for the *Sunday Telegraph* and the *Sunday Times*.

Octopus publication: September 2021, Royal Hardback, £ 20

Imprint: Cassell

Commissioning editor: Joe Cottington

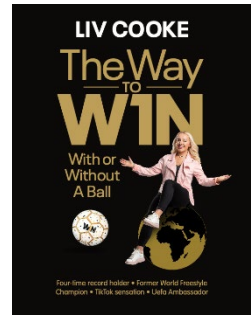
Rights: World all languages

Rights bought from: North Literary Agency

Manuscript available

The Way to Win

by Liv Cooke



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

*Liv Cooke is an inspiration to millions of TikTok fans around the world. Her videos featuring incredible football stunts and tricks **have been viewed over 72 million times** by her **6 million fans around the globe** and **1 million Instagram followers**. She's inspired millions of young women to get out there, have fun, work hard and achieve their dreams.*

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

Structured into 10 different themes, to create a holistic approach to achieving success, this is self-help for the TikTok generation!

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

About the author:

Liv Cooke is a British professional freestyle footballer current five-time world record holder, and former world champion. She is a BBC sports presenter and UEFA ambassador, who has previously been awarded the Parliamentary Rising Star and Woman of the Future awards. Although best known for her freestyle football, social media videos, and television presenting, Cooke is also the founder of W1NFLUENCE an influencer agency for the new media generation.

Octopus publication: September 2021, 210 x 149mm, 192 pages,, £14.99, approx. 50,000 words

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights bought from: DLA

Rights: World, All languages.

Sample text and layouts available



Flock Together

by Ollie Olanipekun & Nadeem Perera

The first book from the up-and-coming birdwatching club making nature accessible to everyone.

Flock Together is the brainchild of Ollie Olanipekun and Nadeem Perera. Started in summer 2020, it is the UK's first birdwatching community for people of colour, working to reclaim the outdoors as a safe space for all. Their debut walk was attended by 15 people; today they are oversubscribed and struggling to keep up with the demand. Flock Together have quickly gained an international reach, with chapters launching in Tokyo, Toronto, Paris, Copenhagen, New York, and more to come.

Their first book will focus on the six pillars at the heart of the collective: the benefits of nature, community, challenging preconceptions, ecological benefits and conservation, creative mentorship and mental health support. Flock Together are here to challenge misconceptions with a vision that inspires and empowers people of colour to build their relationship with the outdoors and embrace all that nature has to offer, providing a space for both healing and discovery.

Crossing the genres of nature writing, social commentary and wellness, this book is about how nature can help bring us closer together, empower us as a collective and build a better society for all.

About the authors:

Ollie Olanipekun is a creative director from London. He is the founder of award-winning creative agency Superimpose/Futureimpose, which has helped several global brands stay relevant with younger audiences. Ollie is also a mentor and associate lecturer at University of the Arts London, where he is working to create smoother pathways into the creative industry for the next generation of 'non-traditional' creatives. All of Ollie's creative work has a heavy social responsibility at its core.

Nadeem Perera is a youth sports coach from London. He has loved nature from an early age and has been a serious bird enthusiast for the last decade. He works with young people in community centres and supporting schools in the East London area. Nadeem has overcome enormous mental roadblocks and trauma through his relationship with nature.

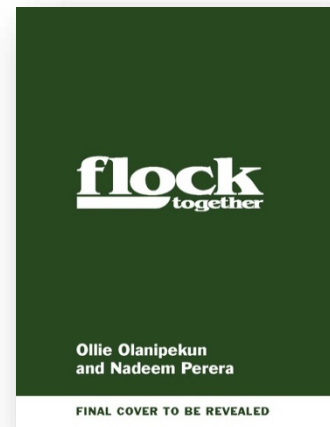
Octopus publication: June 2022, 178x126mm, 224 pages, £12.99, approx. 50,000 words

Imprint: Gaia

Commissioning editor: Natalie Bradley

Rights: World, All languages

Manuscript available in February 2022



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Money Mum Official: Save Yourself Happy

Your Ultimate Money Tips Guide

By Gemma Bird

When you're trying to manage a busy family, it's easy to lose sight of the things that really matter and feel like you're drowning in worries while the pennies are drowning away.

So many of us feel we have to pretend to be wealthier than we are and try to hide it when we can't afford something. Why though? **I feel really strongly that it has got to change, and I'm here to help.**

I want to empower women and girls to take responsibility for their own financial futures. To have those difficult conversations and do the uncomfortable maths, because believe me one day you will be so glad you did.

From starting small and making little changes to your everyday habits, through building a second income into your lifestyle, to going for the big goals in your life that you might think are out of your reach - this book will help you reboot your finances one money tip at a time.

Because money isn't a secret recipe that only rich people know, **it's a mindset and an attitude that anyone can have.** And Money Mum is here, as always, to show you how.

Inside you'll find:

- My ultimate deals and tips, covering everything from shopping and bills to selling unwanted items;
- How to follow my weekly 'No Spend Day' and 'Make Money Day';
- What your money mindset does to your anxiety levels and the impact social media has on your spending;
- Tips for getting the whole family talking about money from an early age;
- Spending tracker templates, charts and plenty of space for your own notes!

About the author: Gemma Bird AKA Money Mum is a hard-working mother of two. After years of working multiple jobs at once, Gemma never earned more than £25k a year and yet managed to pay off her £225k mortgage. To achieve this, Gemma had to come up with some careful and creative methods of saving every penny and consequently the thought occurred to her that others may be interested in this too...

Gemma then launched @MoneyMumofficial on Instagram to help others save cash. She now regularly shares money-saving tips and promotes her 'No Spend Day' and 'Make Money Day' to her whopping 218k loyal followers. As her platform has continued to grow, brands like Amazon, Pampers, and McDonalds have reached out to partner with her. **Instagram.com/moneymumofficial**

Octopus publication: January 2022, £12.99, hardcover, Demy format, approx. 55,000 words

Imprint: Hamlyn

Commissioning editor: Eleanor Maxfield

Rights bought from: Bell Lomax Moreton Ltd

Rights: World, All languages

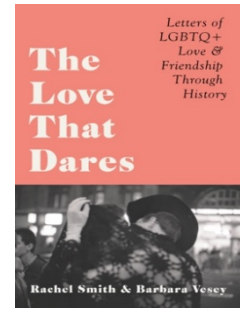
Manuscript a/v: October 2021



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The Love That Dares

Letters of LGBTQ+ Love & Friendship Through History



"I like to believe that you are writing my music now: God knows I'm not doing it, because it simply seems to happen... pardon the intrusion: but when in September will you be back? I would like to measure my breath in relation to the air between us." – John Cage to Merce Cunningham

*"Hick my dearest,
I cannot go to bed tonight without a word to you. I felt a little as though a part of me was leaving to-night, you have grown so much to be a part of my life that it is empty without you."* – Eleanor Roosevelt to Lorena Hickok

A good love letter can speak across centuries, and reassure us that the agony and the ecstasy one might feel in the 21st century have been shared by lovers long gone. This is all the more true of LGBTQ+ love letters: love affairs and relationships that, until very recently, had to survive within sealed envelopes and behind closed doors.

In ***The Love That Dares***, queer love speaks its name through the words of lovers from years gone by. Alongside the more famous names coexist beautifully written letters by lesser-known lovers, giving us an insight into queer love outside of the spotlight of fame or fortune. These letters give us a glimpse into the passion and courage it took to continue a gay relationship in times when it was at best improper, and at worst illegal. Enlightening introductions to each set of letters give readers an idea of the historical context in which they were written.

Including letters written by:

Audre Lorde
Benjamin Britten
Lorraine Hansberry
John Cage
Walt Whitman
Eleanor Roosevelt
Vita Sackville-West
Radclyffe Hall
Allen Ginsberg

Rachel Smith and **Barbara Vesey** are archivists at the Bishopsgate archive in London, which houses the Lesbian and Gay Newsmedia Archive (LAGNA).

Octopus publication: January 2022 £16.99, hardcover, Demy format. Word count approx. 45-50,000 words

Imprint: Ilex

Commissioning editor: Ellie Corbett

Rights bought from: directly from the author

Rights: World, All languages

Manuscript a/v: end of September 2021

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BOOKS

The Thinking Drinkers' Almanac

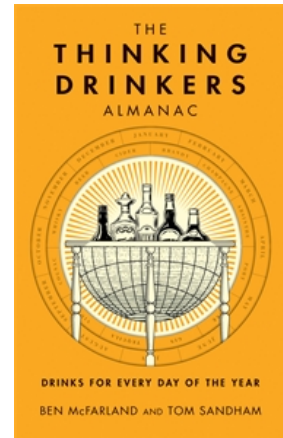
A day by day guide to drinking less but better

by Ben McFarland and Tom Sandham (The Thinking Drinkers)

An informative and entertaining handbook of interesting trivia, historical drinks, superlative cocktails, fascinating botanicals and much more

Hook:

No matter what day of the year it is, there is always a very good reason to enjoy a drink!



Responsibly of course. Aimed at discerning drinkers keen to broaden their booze horizons, this enlightening almanac celebrates every day of the year with an appropriate alcoholic beverage. As well as revealing the people, the past and the places behind each drink, it serves up an equal measure of insight into the history of each date. In tune with the Thinking Drinkers' mantra of 'Drink less, Drink Better', the entries feature the number of alcoholic units – allowing readers to cherry-pick their recommended 14 units a week.

About the authors

Ben McFarland and Tom Sandham are award-winning alcohol experts and performers. They have performed sell out shows at the Edinburgh Festival for more than 9 years, graduating from a 60-seater freight container to 300+ people venues. Ben has been named Beer Writer of the Year on three separate occasions and has authored several award-winning books on beer including *World's Best Beers*. Tom is the author of *World's Best Cocktails* and was named Spirits Communicator of the Year by the IWSC (International Wine and Spirits Competition).

Publication: 16 September 2021, £10.99, 178 x 111mm, A Format hardback, 272pp, approx. 40,000 words

Imprint: Kyle Books

Commissioning Editor: Joanna Copestick

Manuscript available

Rights: World, all languages

Pathways

by Katie Columbus



Tools and techniques to promote positivity and mental wellbeing.

Hook:

Everyone has moments when the noise and activity of daily life mean it's hard to see the wood for the trees. Sometimes we get by, but sometimes we get out of balance and when negative feelings go unchecked, emotions can escalate.

Created in collaboration with psychologists and Samaritans volunteers, Pathways: Your journey to emotional wellbeing provides practical and creative ways to promote positivity and help you find your own route through your problems.

With pages for self-reflection as well as goal and routine setting, this book offers ways to achieve a sense of calm from anxiety, relief from low mood and decompression from stress, allowing you to reconnect with yourself and explore the difficult feelings we all experience from time to time.

About the author:

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.

Publication: 30 December 2021, £12.99, 210 x 149mm, paperback, 208pp, approx. 25,000 words

Imprint: Kyle Books

Commissioning Editor: Judith Hannam

MS: Available

Rights: World, all languages

Divide

by Anna Jones

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

Hook:

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, recognise each other's strengths and work together to heal the land.

About the author:

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.

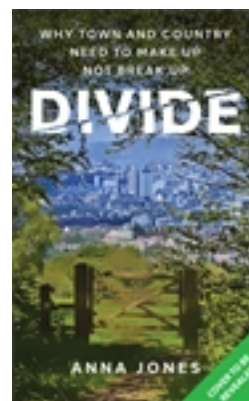
Publication: 17 February 2022, £16.99, 216 x 135mm, Demy hardback, 288pp, approx. 60,000 words

Imprint: Kyle Books

Commissioning Editor: Joanna Copestick

MS delivery: Available

Rights: World, all languages

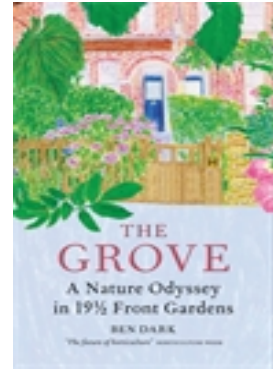


MITCHELL
BEAZLEY

The Grove

by Ben Dark

The first non-fiction book from an award-winning new voice, hailed by *Gardeners' World* magazine as 'the millennial Monty'.



'I wrote *The Grove* to celebrate the extraordinary background to everyday life and to show that any walk is an odyssey when we connect with the plants around us. Each tree or flower tells a tale. Some are deeply personal, others older than human time. Mundane 'suburban' shrubs speak of war and poetry, of money, fashion, love and failure. Every species in this book was seen from one pavement over twelve months and there is little here that could not be found on any road in any town, but they recount stories of such weirdness, drama, passion and humour that, once discovered, familiar neighbourhoods will be changed forever.' Ben Dark

Recent times have seen a renewed interest in urban nature, as can be seen in the work of amateur botanists, old and young, identifying wildflowers and chalking their names on pavements.

But beyond the garden wall lies a wealth of cultivated plants, each with a unique tale to tell. In *The Grove* award-winning writer and head gardener Ben Dark reveals the remarkable secrets of twenty commonly found species - including the rose, wisteria, buddleja, box and the tulip - observed in the front gardens of a typical London street on daily walks over the course of a year. We discover how that plant found its way into our gardens, the cast of characters who played their part in its story - from eccentric plant hunters to gardening grand dames - and what each one tells us about our obsession with gardening and the urge to cultivate our own patch of nature. As Ben writes, In those small front gardens 'are stories of ambition, envy, hope and failure.'

About the author:

Ben Dark is a head gardener, award-winning broadcaster and landscape historian working at the top of British horticulture. He's been described as 'the millennial Monty' by *Gardeners' World Magazine* and 'the future of horticulture' by *Horticulture Week*.

He graduated with a degree in History from Bristol University and went on to study Horticulture at Capel Manor College, before completing his education with a traineeship at the Garden Museum and an MA in Garden and Landscape History at the University of London's Institute of Historical Research. As a gardener he has worked for embassies, cemeteries, heritage bodies and oligarchs. He has organized a private flower show for the Royal Family and helped to build gold-medal winning gardens on the main avenue at the Chelsea Flower Show. As the creator and host of the award-winning Garden Log Podcast he frequently speaks to gardening groups and industry events. Ben has written about plants for *the Telegraph* and has been featured in *the Independent*, *Gardens Illustrated* and *the Financial Times*.

Publication: 7 April 2022, £20.00, 216 x 135mm, Demy hardback, 352pp

Imprint: Mitchell Beazley

Commissioning Editor: Alison Starling

Manuscript available

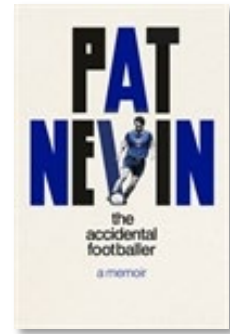
Rights: World, all languages

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The Accidental Footballer

A Memoir

By Pat Nevin



Keynote: A life-affirming and nostalgic memoir by the Scotland, Chelsea and Everton star, dubbed 'the first post-punk footballer' by the NME

The Book

Pat Nevin never wanted to be a professional footballer. His future was clear, he'd become a teacher like his brothers. There was only one problem with this - Pat was far too good to avoid attention.

Raised in Glasgow's East End, Pat loved the game, playing for hours and obsessively following Celtic. But as he grew up, he also loved Joy Division, wearing his Indie 'gloom boom' coat and going on marches - hardly typical footballer behaviour!

Placed firmly in the 80s and 90s, before the advent of the Premier League, and often with racism and violence present, Pat Nevin writes with honesty, insight and wry humour. We are transported vividly to Chelsea and Everton, and colourfully diverted by John Peel, Morrissey and nights out at the Hacienda.

The Accidental Footballer is a different kind of football memoir. Capturing all the joys of professional football as well as its contradictions and conflicts, it's about being defined by your actions, not your job, and is the perfect reminder of how life can throw you the most extraordinary surprises, when you least expect it.

About the author

Starting at Celtic Boys Club, over a 20-year career, Pat Nevin has played for Clyde, Chelsea, Everton, Tranmere Rovers, Kilmarnock and Motherwell. He has won 28 caps for Scotland across a ten-year international career. Nevin was chair of the Professional Footballer's Association and since retiring as a player has worked as chief executive of Motherwell. He is now a football writer and broadcaster for Radio 5 Live, BBC World Service, Chelsea TV, BBC Sport website, and Ireland's Newstalk Radio. A voracious vinyl collector, he still loves Indie music and the Arts, and can be often caught DJing at clubs or festivals around the UK..

Octopus publication: May 2021, £20, Royal Hardback, 234 x 153mm, 336 pages

Rights bought from: Vivienne Clore

Imprint: Monoray

Commissioning editor: Jake Lingwood

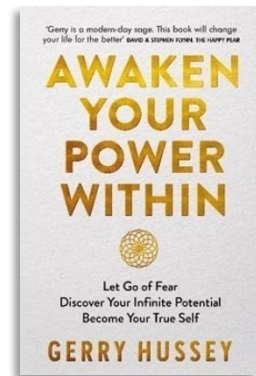
Rights: World, All languages

Finished copy available

Awaken Your Power Within

Let Go of Fear, Discover Your Infinite Potential, Become Your True Self

By Gerry Hussey



The Book

Awaken Your Power Within is supremely readable and life-changing self-help, written by an astute and powerful communicator who has dedicated his entire life to answering the most important questions.

Gerry takes us on a path of discovery to a deeper understanding of who we truly are and the limitless possibilities of which we are all capable. In his first book he brings us on an open, honest and mind-blowing human encounter that takes us inside the heart and mind of a young boy who dared to ask deeper questions about the mind and soul.

With amazing insights, life lessons, and powerful meditations Awaken Your Power Within unlocks the truths about how we experience the world and shows us how we can break free from unconscious, self-limiting beliefs, habits, emotions and thinking patterns to reshape and reclaim our inner world, enabling us to live as our truest and most powerful self.

About the Author

Gerry Hussey is a performance psychologist who has been working in the fields of health and performance for almost twenty years. At the forefront of building high-performance teams and individuals, Gerry leads teams for success at high-profile competitions such as the Olympic Games, Heineken Cups, World Cups, and World and European Championships. He also works with corporate organisations along with one-on-one sessions for individuals. Gerry has the ability to awaken, unlock and connect people and teams in a truly powerful manner.

Find Gerry at www.soulspace.ie or on Instagram @gerry_hussey or @soulspace_the_experience

Octopus publication: December 2021, £14.99, Royal Paperback, 234 x 153mm, 352 pages

Rights bought from: Hachette Ireland

Imprint: Monoray

Commissioning editor: Jake Lingwood

Rights: World, All languages except Ireland

Finished copy available

On Bloody Sunday

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

By Julieann Campbell



Keynote: The first ever complete oral history of one of the darkest episodes of modern times.

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

Published to be the lead title around the 50th anniversary In January 2022, *On Bloody Sunday* will also be the first complete oral history to be written and published about this momentous and terrible day. Julieann Campbell has committed over 10 years of her life to researching the events of Bloody Sunday and the book will feature exclusive Interviews, access to rare tapes and material published here for the first time.

About the author

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.

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Rights: World, All languages

Manuscript now available

DON'T PANIC!

All The Stuff The Expectant Dad Needs To Know

By George Lewis



Keynote: The essential book for new dads by an award-winning comedy writer and his friends, preparing you for the confusing, emotional – and funny – rollercoaster ahead.

Hook: What they don't tell you at the ante-natal class!

'So funny you'll be glad you're having a baby!' - **Josh Widdicombe**

'Great advice but funny enough to read if it wasn't.' - **Romesh Ranganathan**

Are you ready for fatherhood?

DON'T PANIC - dad and comedian George Lewis is here with all the seriously useful practical and emotional advice that you need to keep you (and your partner) sane!

From birth to pre-school, EVERYTHING you need to know is here. And even better, it's packed with useful tips, inside knowledge and hilarious real-life stories from dads who know exactly what it's like to take your first steps as a new father.

With contributions from fellow comedians Adam Kay, Romesh Ranganathan, and many others this book will get you totally prepared for the biggest thing to even happen in your life!

WITH HELP FROM:

ADAM KAY - ANDY PARSONS - CARL DONNELLY - ELIS JAMES - IAIN STIRLING - IVO GRAHAM - JEN BRISTER - JOSH WIDDICOMBE - KERRY GODLIMAN - MATT CROSBY - RICH HALL - ROMESH RANGANATHAN - RUSSELL KANE - SINDHU VEE & The Midwife

About the author

George Lewis is an award-winning comedian and writer. His writing credits include *Have I Got News for You*, *8 out of 10 Cats*, various work for BBC Comedy, Radio 4, Dave, Comic Relief and his own weekly football column- *Funny Old Game* - in the Times.

He has toured with Romesh Ranganathan, Josh Widdicombe, Tom Allen, Russell Kane and Alan Carr. He has recently appeared on the Stand Up Sketch Show (ITV2), Top Gear Extra Gear (which he hosted), Celebrity Mastermind (which he won) and he presents the Britpopcast for Radio X.

Before he became a comedian, he worked as a copywriter at one of the world's best advertising agencies. He is the father of two children, a boy and a girl, fourteen months apart.

Octopus Publication: February 2022, £12.99, Royal Paperback, 234 x 193mm, 256 pp, 80000 words

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Rights: World All Languages

Manuscript available.

Drinking Custard

The Diary of a Confused Mum

By Lucy Beaumont with interruptions by Jon Richardson

Keynote: Lucy Beaumont from TV's *Meet The Richardson's* on the hilarious joys of motherhood



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

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

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

Get ready to make room on mum's bookshelf for *Drinking Custard* to sit alongside other mum classics such as *Why Mummy Drinks*, *Hurrah For Gin!* and *The Unmumsy Mum*.

About the Author

Lucy Beaumont is an award-winning stand-up, writer, and comedy actress. She is the writer and star of BBC Radio 4's 'To Hull and Back' co-starring Maureen Lipman, and Dave's highly rated TV show, *Meet The Richardsons*, co-written with Car Share's Tim Reid and also starring husband Jon Richardson. Lucy is a well-known daughter of Hull and is passionate about her hometown. In 2019, she was the captain of the University Challenge team for Hull University. She has also appeared on numerous TV shows including *8 out of 10 Cats Does Countdown*, *Jonathan Ross*, *QI*, and *Joe Lycett's Got Your Back*. Lucy lives with her husband and daughter in West Yorkshire.

Octopus publication: September 2021, £18.99, Royal HB 234 x 153mm, 272pp, 70000 words

Rights bought from: n/a

Imprint: Monoray

Commissioning editor: Jake Lingwood

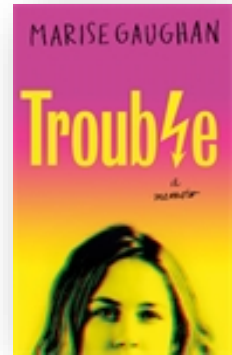
Rights: World, All languages

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Trouble

A Memoir

By Marise Gaughan



Keynote: A stunning literary memoir from an exceptional new Irish writer and comedian

Hook: How could you leave me behind?

Marise was nine when she first realised there was trouble, 14 when her Dad tried to end it all, and 23 when he finally succeeded.

In a turmoil of conflicting emotions Marise runs - from Dublin to Amsterdam to Los Angeles, leaving a trail of sex and self-destruction in her wake. Until finally, she finds herself facing what she's become in a California psych ward, a girl imploding through trying to make sense of her father's suicide.

As she retells her unravelling, from child to adult, Marise strips back her identity and her relationship with her father, layer by layer, until she starts to understand how to live with him, years after he has gone.

Written beautifully, with wit and unflinching honesty, Marise has produced one of the most profound coming-of-age memoirs of recent years, a stunning new voice in Irish writing.

About the author

Irish writer and comedian Marise Gaughan started her comedy career in the open mic nights of Los Angeles and quickly made waves with her dark and honest style. Now based in London and Dublin, Marise continues to perform in all the major UK clubs, and has supported Rob Delaney, Ari Shaffir and Jim Norton on tour. She also presents a weekly radio segment on Ireland's lyric.fm and has written features for The Irish Times and The Journal.ie as well as online American magazines including Tasteful Rude, Windmill, (mac)ro(mic) and Hobart.

Her debut show Drowning discusses her father's (successful) suicide attempt and her own (unsuccessful one). It premiered at the Dublin Fringe Festival in September 2018 and was awarded the Women's Irish Network Arts Bursary to take it to the Edinburgh Festival Fringe.

marisegaughan.com

Octopus publication: April 2022, £12.99, Demy Hardback, 216x135mm, 272pp, 88,000 words

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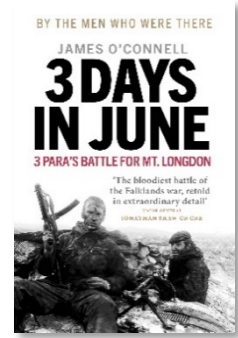
Three Days in June

The Incredible Minute-by-Minute Oral History of 3 Para's Deadly Falklands Battle

By James O'Connell – with a Foreword by Lieutenant General Sir Hew Pike

Keynote: An extraordinary 360-degree account of the bloodiest Falklands battle from multiple first-person perspectives

Hook: The closest you will ever get to experiencing warfare first-hand



A unique and unprecedented masterpiece of immersive military publishing, **Three Days In June** is possibly the most visceral and accurate description of modern warfare you will ever read. Recreating 3 Para's bloody Falklands battle for Mount Longdon from the multiple angles of each rifle company or medical team, James O'Connell – who fought there and was seriously injured himself – has written a gut-wrenching 360-degree classic.

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

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

- The Falklands War 40th Anniversary is in 2022.
- Includes approx. 30 photographs, many taken by the soldiers themselves and not previously published.
- Includes the amazing untold story of Sgt Ian McKay who - as a result of the author's campaigning - received a rare posthumous Victory Cross for his service in the Falklands.

About the author

Born in Merseyside, where he still lives, James O'Connell enlisted in the Parachute Regiment in 1979. In April 1982, after a posting in Cold War Germany and a tour of Northern Ireland, the call came to take part in the British Task Force to re-capture the Falklands. During the attack on Mount Longdon, James was shot in the face. A bullet passed through his nose, destroying his right eye, cheekbone and front teeth. Though he survived, five years of reconstructive surgery followed, and James left the army in 1985 as a result of his injuries. Following the conflict, transition to civilian life was a difficult and James suffered from what was likely undiagnosed PTSD. He eventually met and married his wife Maureen, and they have two sons.

Octopus publication: June 2021, £25, Royal hardback, 236 x 164mm, 528pp, 100000 words

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Rights: World, All languages

Finished copy available

Where Did I Go Right

How the Left Lost ME

By Geoff Norcott



Keynote: TV satirist's colourful memoir of growing up Labour, but voting Tory – and understanding why the working classes have deserted the Left

Hook: It takes courage to admit you voted in line with the majority of the population!

Comedian Geoff Norcott should have been Labour through and through. He grew up on a council estate, both of his parents were disabled, and his Dad was a Union man. So, how was it that he grew up to vote Tory?

In this courageously honest and provocative memoir, Geoff unpicks his working-class upbringing and his political journey from left to right. Raised by a fierce matriarch and a maverick father on a South London council estate where they filmed scenes for *The Bill*, Geoff spends his youth attempting to put out kitchen fires with aerosols and leaping in and out of industrial skips. But as he reaches adolescence, his political views begin to be influenced by major events including the early 90s recession, the credit crunch, and a chance encounter with Conservative PM John Major.

As an adult, Geoff begins to have the gnawing feeling that the values and traditions he grew up with no longer match Labour's. And, as Brexit appears, he feels even more like a double agent operating behind enemy lines.

Written with warmth, wit and often laugh-out-loud humour, *Where Did I Go Right?* is Geoff's attempt to understand why he ended up voting 'for the bad guys', and why blue-collared conservatism could be here to stay.

About the author

Comedian and writer Geoff Norcott is well known for his regular appearances on BBC2's *The Mash Report*, BBC1's *Mock The Week*, and Radio 4's *The News Quiz*.

In 2019 he fronted his own BBC2 documentary *How The Middle Class Ruined Britain* and he has four Radio 4 specials to his name, one of which won the BBC Radio Award for Best Comedy Production. A satirical commentator in many national newspapers, Geoff has also been profiled in *The Times* and *the Guardian*.

Octopus publication: May 2021, £14.99, Hardback Demy, 216 x 135mm, 320pp, 80000 words

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