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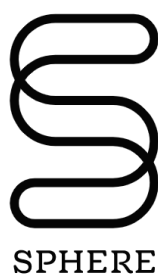
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coming
soon



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

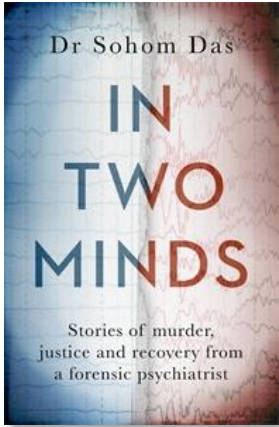
Remi Adekoya

September 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.



IN TWO MINDS

Dr Sohom Das

March 2022
Sphere
Forensic Psychology
400pp

Shocking, eye-opening and grimly fascinating, these are the true stories, patients and cases that have characterised a career spent treating mentally disordered offenders.

As a forensic psychiatrist, it's Dr Das's job to treat and rehabilitate what the tabloids might call the 'criminally insane', many of whom assault, rob, rape, and even kill. His work takes him to high-security prisons and securely locked hospital wards across the country, as well as inside courtrooms, giving evidence as an expert witness.

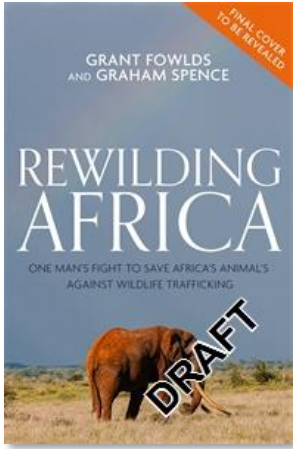
From the young woman who smothered her two-year-old nephew in a flash of psychosis, to the teenager who set his house on fire with his mother locked inside, Dr Das must delve into the minds of these violent offenders to elicit their symptoms of mental illness, understand their actions and prevent future atrocities.

In this honest, revealing and at times humorous memoir, Dr Das shares stories from his fifteen years as a psychiatric doctor working with this dangerous clientele, detailing some of his most extreme, heart-breaking and bizarre cases - and how he's learned to live with his mistakes when the worse happens.

Compelling, enlightening and candid, if you enjoyed *Unnatural Causes*, *Dark Side of the Mind* or *The Prison Doctor*, you'll love IN TWO MINDS.

Rights sold:
Russian (AST)

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. On his YouTube channel, A Psych for Sore Minds (youtube.com/apsychforsoreminds), he dissects a multitude of criminal cases and mental-health topics, covering diagnoses such as schizophrenia and PTSD, and offences from arson to murder.



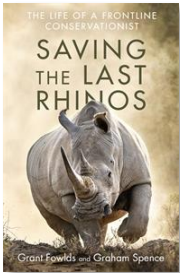
REWILDING AFRICA

Grant Fowlds and Graham Spence

May 2022
Robinson
Wildlife
336pp

Previous 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*.



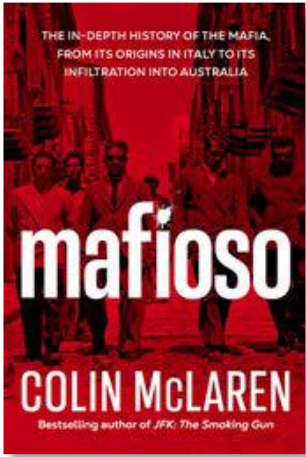
ADVENTURES IN VOLCANOLAND

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?



MAFIOSO

Colin McLaren

March 2022
Hachette Australia
True Crime
320pp

COLIN MCLAREN was one of Australia's best detectives; he travelled the world on high-end investigations during the 1980s and 1990s. He faced down the underbelly of crime and his work has been the subject of many police genre documentaries and television series. A film of his own life, based on his hugely successful first book *Infiltration*, the true story of his efforts as an undercover cop, was made in 2011. Colin writes constantly and is a regular advisor to TV and film productions. His book on John F. Kennedy's death, *JFK: The Smoking Gun*, was a bestseller. He is an Emmy judge, and highly respected in the US and Australia for his investigative journalism.

In a world where there are more than a million police, there are only two undercover cops who can boast of infiltrating the Mafia, to bring down a feared Mafia boss and his murderous gang. Colin McLaren is one of them.

After McLaren's extraordinary three years in the Mafia, gathering the evidence to shut down a Mafia cell of 20 criminals, and following death threats, he goes to Italy – into the lion's den – and started an extraordinary journey to find out how the Mafia started.

This is the story of how the earliest Mafia aided politicians to invade Sicily, how the mints and banks of Italy were looted, billions stolen. How ocean liners were used to smuggle Mafia into New York City, to establish the five crime families. We learn how the earliest Godfathers conquered their territories, from both sides of the Atlantic, and how they have used a labyrinth of commercial real estate and investments, behind the distraction of global terrorism, to build their modern-day empire, worth 400 billion Euros annually. Just as global policing stops investigating Italian organised crime, in favour of terrorism.

The story also details the horrors of Mafia, where politicians and police get executed for their individual efforts to slay the scourge, as McLaren finds himself in the centre of it all, undercover trying to solve a 1990s rampage of crime.



FREE WHEELS

Sara Wheeler

June 2023
Little, Brown
Travel writing
352pp

Sara Wheeler came of age, legally, between LSD and the SDP. Role models were scarce. The seventies launched a golden age for travel writing, but few women set sail. Sara Wheeler did, and never looked back. From her renowned seven months in Antarctica, to the trains of India, to the greyhound bus in North America, *Free Wheels* navigates a life spread across the globe.

SARA WHEELER'S books include the international bestseller *Terra Incognita: Travels in Antarctica*, *CHILE: TRAVELS IN A THIN COUNTRY*, *EVIA: AN ISLAND APART* and *The Magnetic North: Notes from the Arctic Circle*, which was chosen as Book of the Year by Will Self, Michael Palin, A. N. Wilson and others. She has published two biographies of travellers: *Cherry: A Life of Apsley Cherry-Garrard*, and *Too Close to the Sun: The Life and Times of Denys Finch Hatton*, and was immensely relieved to write about women at last in *O My America!* She lives in London.

Cover
coming
soon



P.S. BURN THIS
LETTER PLEASE

Various

June 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

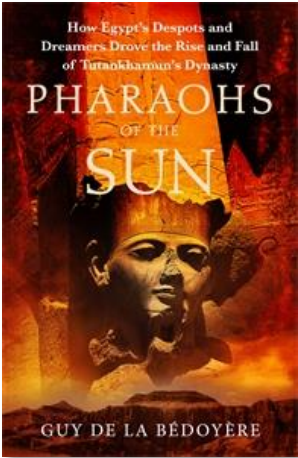
Their greatest act of resistance was simply existing

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.



PHAROHS OF THE SUN: HOW EGYPT'S DESPOTS AND DREAMERS DROVE THE RISE AND FALL OF TUTANKHAMUN'S DYNASTY

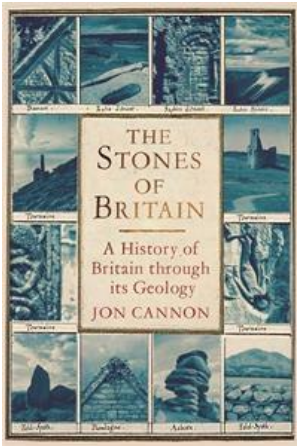
Guy de la Bédoyère

July 2022
Little, Brown
History
560pp

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

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

February 2023
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
4328pp

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

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

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

Rights sold:

US (Pegasus)
Vietnamese (The People's Public Security Publishing House)

Previous Publishers:

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



ESTHER SIMPSON

John Eidinow

November 2022
Robinson
History
304pp

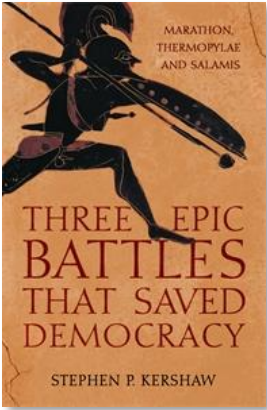
This is the story of Esther Simpson, a remarkable woman history has largely forgotten, but whose selfless actions left an indelible mark on the cultural and intellectual landscape of the modern world. Forgoing marriage, family, even, it seems, a private life, she committed her whole life resettling academic 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 the 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.



THREE EPIC BATTLES
THAT SAVED
DEMOCRACY

Stephen P Kershaw

April 2022
Robinson
History
384pp

Rights sold:
US (Pegasus)

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.

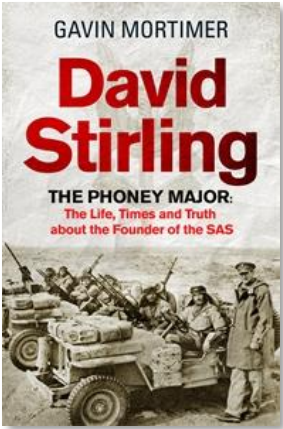
Praise for STEPHEN KERSHAW:

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.



DAVID STIRLING

Gavin Mortimer

May 2022
Constable
History
352pp

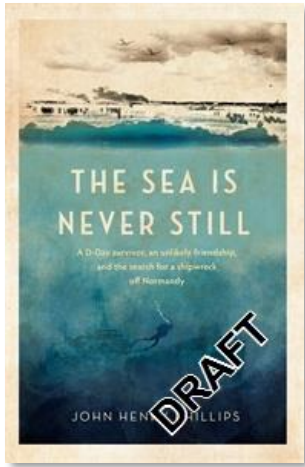
Gavin Mortimer is a best-selling writer, historian and TV consultant whose versatile narrative non-fiction books have been published in Britain and the United States. Gavin is the leading authority on WW2 special forces having interviewed over 100 veterans. As well as appearing on numerous TV and radio programmes, Gavin has acted as a consultant to a number of documentaries including the BBC three-part series about the wartime SAS. He has appeared at several literary festivals and he has also worked as an adviser for the National Army Museum for their 2018 exhibition about the history of Britain's Special Forces.

The biography of David Stirling, founder of the SAS

Aristocrat, gambler, innovator and special forces legend, the life of David Stirling should need no retelling. His formation of the Special Air Service in the summer of 1941 led to a new form of warfare and Stirling is remembered as the father of special forces soldiering. But was he really a military genius or in fact a shameless self-publicist who manipulated people, and the truth, for this own ends? In this gripping and controversial biography Gavin Mortimer analyses Stirling's complex character: the childhood speech impediment that shaped his formative years, the pressure from his overbearing mother, his fraught relationship with his brother, Bill, and the jealousy and inferiority he felt in the presence of his SAS second-in-command, the cold-blooded killer Paddy Mayne.

Stirling lived until old age, receiving a knighthood and plaudits from military forces around the world before his death in 1990. Yet as Mortimer dazzlingly shows, while Stirling was instrumental in selling the SAS to Churchill and senior officers, it was Mayne who really carried the regiment in the early days. Stirling was at best an incompetent soldier and at worst a foolhardy one, who jeopardised his men's live with careless talk and hare-brained missions.

Drawing on interviews with SAS veterans who fought with Stirling and men who worked with him on his post-war projects, and examining recently declassified governments files about Stirling's involvement in Aden, Libya and GB75, Mortimer's riveting biography is incisive, bold, honest and written with his customary narrative panache. Impeccably researched and with the courage to challenge the mythical SAS 'brand', Mortimer brings to bear his unparalleled expertise as WW2's premier special forces historian to dig beneath the legend and reveal the real David Stirling, a man who dared and deceived.



THE SEA IS NEVER STILL

John Henry Phillips

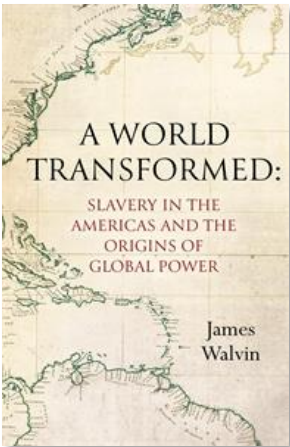
June 2022
Robinson
History
320pp

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.



A WORLD TRANSFORMED: SLAVERY IN THE AMERICAS AND THE ORIGINS OF GLOBAL POWER

James Walvin

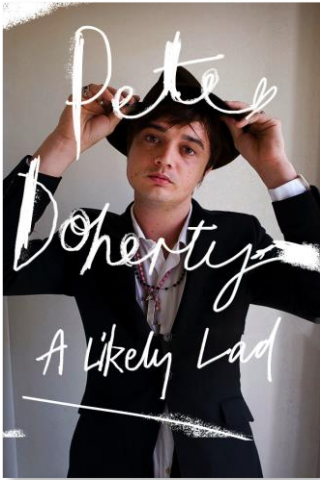
March 2022
Robinson
History
400pp

Rights sold:
US (University of California Press)

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.



Cover not final

A LIKELY LAD

Peter Doherty &
Simon Spence

May 2022
Constable
Autobiography
336pp

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

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



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. Staunchly 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.



THE PATIENT DOCTOR

Dr Ben Bravery

August 2022
Hachette Australia
Memoir
352pp

Originally a zoologist and science communicator, **BEN BRAVERY** worked for the Australian and Chinese governments, as well as for a medical research facility and an environmental NGO, before being diagnosed with Stage 3 colorectal cancer at age 28. Ben became a doctor in 2018 and is now undertaking speciality training in psychiatry. Ben volunteers, advocates, writes and speaks about colorectal cancer, living with cancer, cancer in young adults, medicine and medical education, and is committed to advocating for healthcare system change. To find out more about Ben, go to benbravery.com.

A powerful, inspiring and insightful memoir about overcoming cancer and becoming an advocate for change within the healthcare system.

Twenty-eight-year-old science-writer and zoologist Ben Bravery had just moved to Beijing, set up his own science communications business, fallen in love and was building a future with his new partner when he made what he thought would be a quick trip home to renew his visa and see family. Encouraged by his mother to check up on some annoying health symptoms, Ben woke from a colonoscopy to discover that he had Stage 3 colorectal cancer. Cancer had quite literally whacked him in the guts.

As a scientist, Ben understood his illness and treatment, but this in no way prepared him for the experience of being a cancer patient, and a young one at that. He felt scared, overwhelmed and sometimes invisible as he underwent 18 months of chemotherapy, radiation treatment and major surgery. Those months changed everything he thought he knew about the medical system. As he recovered and life began to return to normal, Ben realised he couldn't go back to his former career. He needed a change – and he wanted to make change. He took the plunge and decided to study medicine.

This is a motivational story about how one man used the trauma of illness to galvanize a complete career change into medicine, in order to give back to the healthcare system that saved his life. The Patient Doctor will share important and vital information about what student doctors, doctors, patients and their families can do to ensure that the medical system puts the patient at the very heart of healthcare every day.



A NEW WAY OF LOOKING

Sarah Knights

January 2023
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
304pp

Rights sold:
US (Pegasus)

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

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

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

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



DRIVING FORWARDS

Sophie L Morgan

March 2022
Sphere
Memoir
304pp

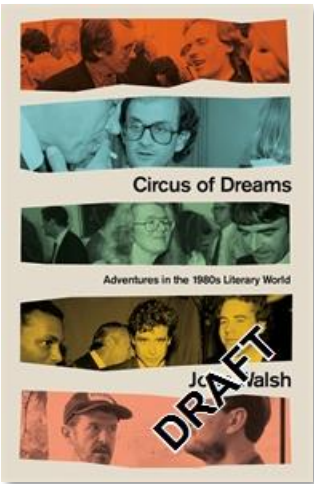
The inspiring memoir of presenter and disability campaigner, Sophie Morgan

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.



CIRCUS OF
DREAMS:
ADVENTURES IN
THE 1980S
LITERARY WORLD

John Walsh

April 2022
Constable
Biography
352pp

Something extraordinary happened to the UK literary scene in the 1980s. A new wave of talented young novelists appeared in the space of five years, challenging the Establishment writers whose heyday had been the 1950s. While a score of ageing British authors still roamed the plains in the 1980s, a generation of young British writers took the literary novel into new realms of setting, subject matter and style. It began with two names - Martin Amis and Ian McEwan - and, in a very few years, became a flood. With these ground-breaking new ideas came the inevitable controversies, the climax of which came in the form of a death sentence from an Islamic leader who became, literally, the world's most lethal critic.

CIRCUS OF DREAMS will offer a personal record of this explosive turning point from John Walsh, a journalist who was in all the right places at all the right times.

JOHN WALSH was born in Wimbledon to Irish parents in 1953, grew up in south London and was educated at Exeter College, Oxford and University College, Dublin. In 1978 he joined Victor Gollancz, but left to pursue a career in journalism. In the 1980s, he worked for The Director business magazine and wrote freelance reviews and literary features for several magazines, especially *Time Out* and *Books & Bookmen*. In 1988, he became literary editor of the *Evening Standard*. From 1989 to 1993 he was literary editor and feature writer at The *Sunday Times*. In 1993, he joined the *Independent* as editor of the Magazine, and spent the next 20 years as assistant editor in a variety of roles: writing features, reviewing restaurants and interviewing famous names - everyone from Vaclav Havel to Dame Ninette de Valois, from Vanessa Redgrave to Ozzy Osbourne. From 1997 to 1999, he was editorial director of the Cheltenham Festival of Literature. From 1998 to 2015, John could be heard on the popular Radio 4 book-quiz show, The Write Stuff, alongside Sebastian Faulks and James Walton.



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.

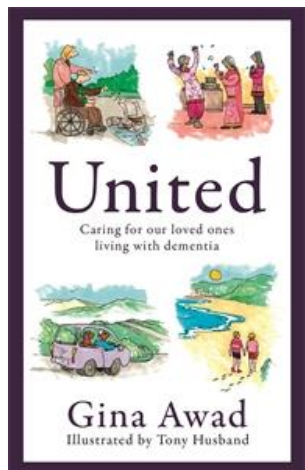
Learn how to develop your own personal 'operating system' to change your perceptions, minimise dysfunctional thinking and direct you towards more success in life.

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

June 2022

Robinson

Self-Help

128pp

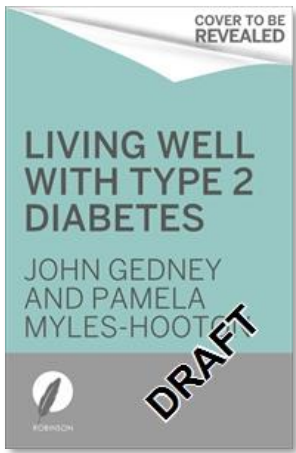
A new illustrated book that captures the real life tales of people suffering from the cruel disease of dementia, and from the loved ones and professional carers who support them.

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.

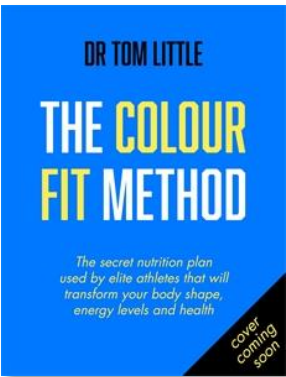
PAMELA MYLES-HOOTON is an accredited cognitive behavioural therapist, trainer and supervisor. She co-wrote The CBT Handbook, which has been used by many people to overcome problems with anxiety, depression and anger.

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 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.

'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.



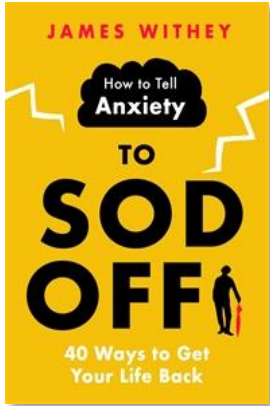
THE HOW OF HAPPY

Ariane Sherine
and David Conrad

November 2022
Robinson
Self-Help
272pp

Ariane Sherine is a comedy writer and journalist. Her work has appeared in, among others, the Guardian, the Sunday Times, the Observer and the Independent, and she has worked as a scriptwriter for the BBC, Channel 4 and ITV. She loves writing fiction, photography, illustration, video editing and jewellery designing, and is happiest when sitting in her garden on a sunlit day with her daughter, Lily.

David Conrad (MA; MSc; MPH; FFPH) is a Consultant in Public Health. Together with Professor Alan White from Leeds Beckett University, he has co-edited three books for health professionals - Men's Health: How To Do It (Radcliffe, 2007); Promoting Men's Mental Health (Radcliffe, 2010) and Sports-Based Health Interventions: Case Studies from Around the World (Springer, 2016). He also co-edited the public health textbook Health Protection: Principles and Practice (Oxford University Press, 2016) and has published papers in several peer reviewed scientific journals.



HOW TO TELL ANXIETY TO SOD OFF

James Withey

January 2022
Robinson
Self-Help
176pp

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

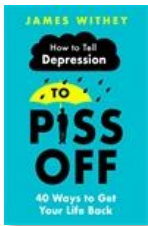
Despite more and more people opening up about their mental health, anxiety is still taboo. We're not supposed to be anxious; we're supposed to be resilient and able to 'get on with it'. We are expected to excel while juggling a hectic, pressurised schedule at home and at work, despite the lines between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

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

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

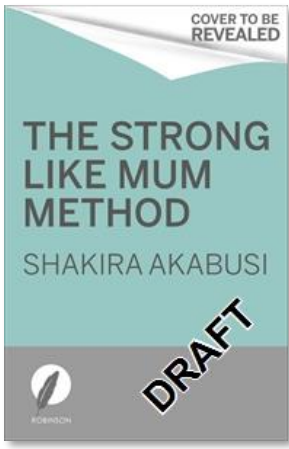
HOW TO GET TO GRIPS WITH GRIEF
will be published in July 2022

Also available:



Previous 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.



THE STRONG LIKE MUM METHOD

Shakira Akabusi

May 2022
Robinson
Women’s health
320pp

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

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

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

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

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



SINGLE BUT NOT ALONE

Ruby Russell

March 2023
Dialogue
Parenting
304pp

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.

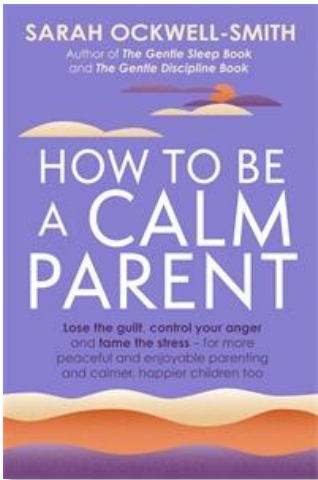
Single mothers have always been a thorn in society's side, revealing its structural and ideological shortcomings. The welfare state's earliest incarnation was public assistance for lone mothers, breaking the ground for others to receive social support. Unpacking the hardships single mothers face today, Russell argue 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.

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.

Sarah Ockwell-Smith

HOW TO BE A CALM PARENT



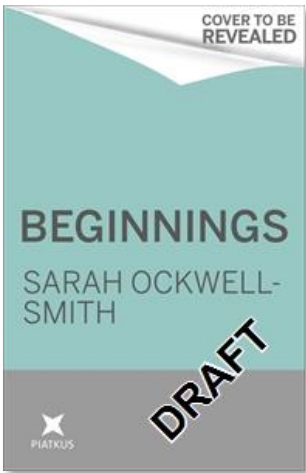
March 2022
Piatkus
Parenting
272pp

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

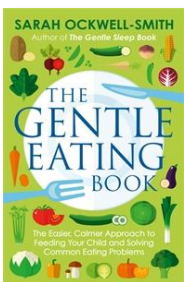
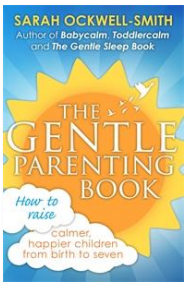


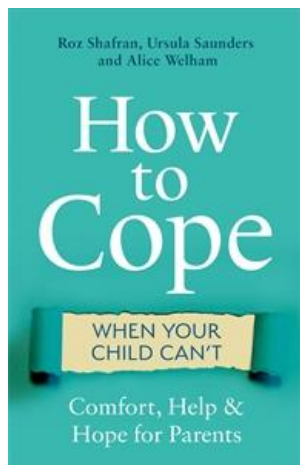
March 2022
Piatkus
Parenting
288pp

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.





HOW TO COPE WHEN YOUR CHILD CAN'T

Roz Shafran, Ursula
Saunders, Alice
Welham

February 2022
Robinson
Parenting
256pp

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.

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.



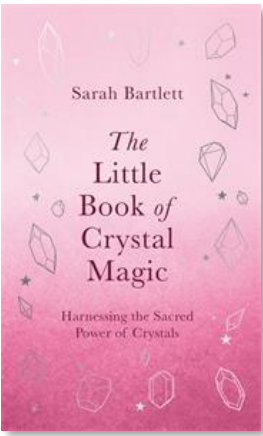
THE LITTLE BOOK OF EARTH MAGIC July 2021, 256pp

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.

Rights sold: Polish (Muza S. A.)

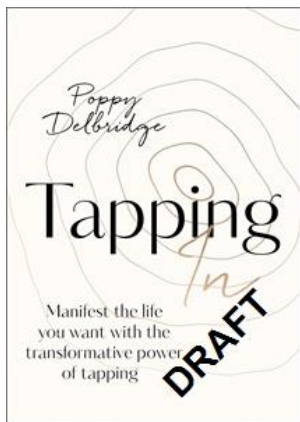


THE LITTLE BOOK OF CRYSTAL MAGIC July 2022, 256pp

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.

Sarah Bartlett's next book, THE LITTLE BOOK OF LOVE MAGIC, will be published in February 2023



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

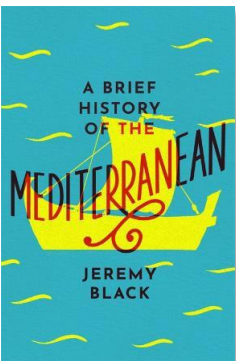
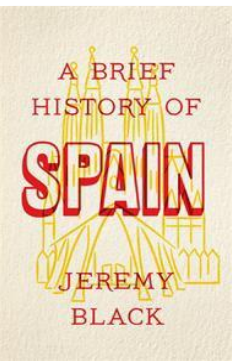
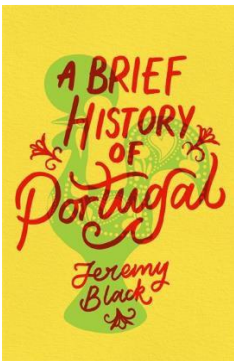
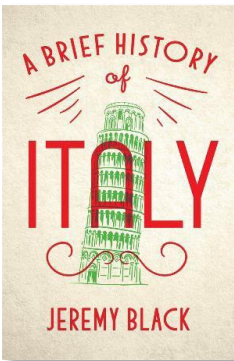
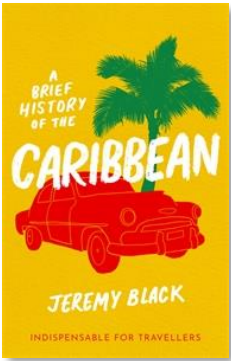
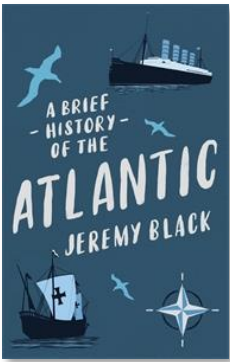
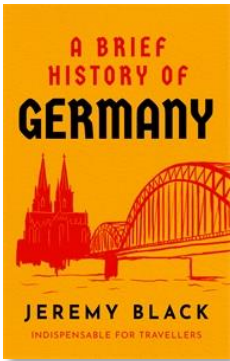
Robinson
History
288pp

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 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)
- A BRIEF HISTORY OF THE USA (September 2023)



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

OVERCOMING...

Various Authors

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

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



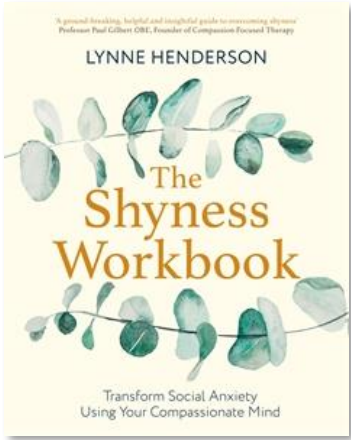
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- HOW TO BEAT PANIC DISORDERS
- HOW TO BEAT WORRY AND GENERALISED ANXIETY DISORDERS



THE SHYNESS WORKBOOK

Lynne
Henderson

November 2021
Robinson
Psychology
256pp

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

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

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