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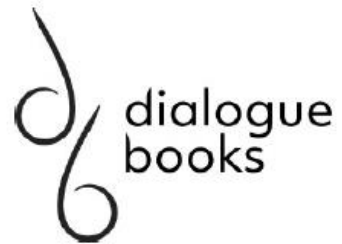
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**Non-fiction, January 2022**

OUR IMPRINTS



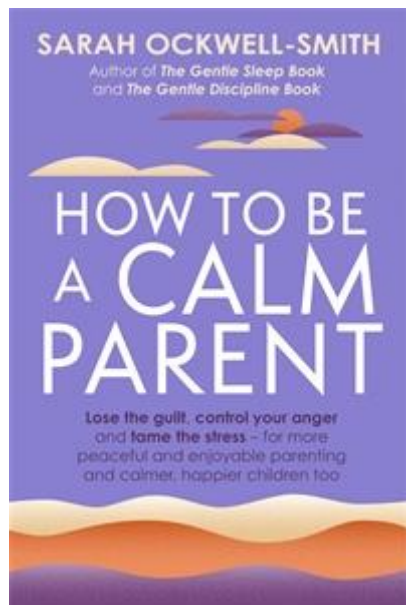
# Arranged by publication date

Titles in capitals are published by Little, Brown Book Group; titles in italics are not.

## **HOW TO BE A CALM PARENT** by Sarah Ockwell-Smith

Parenting, childcare, self-help | March 2022 | Piatkus | 272 pp | illustrations – n/a

**Lose the guilt, control your anger and tame the stress - for more peaceful and enjoyable parenting and calmer, happier children too**



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. The book 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 the book will cover include:

- Understanding your triggers and making peace with your own childhood
  - Why it's OK to be 'good enough' and why you should embrace your own failures
  - Guilt and why it gets in our way of better parenting
  - Why 'busy' is not a badge to aim for
  - Communicating with partners and family - why your adult relationships impact those with your child
  - Why all parents need a support network (and how to let them go if you find yourself in one that's not for you)
  - Balancing work and home life
  - The four physiological corners of calmer parenting - eating well, sleeping well, moving well and resting well
- Self-kindness - why the pressure of self-care can be so damaging and why we need a new approach
  - How not to throw your own tantrums and what to do if you do.

Ockwell-Smith has a considerable following in North America:

Facebook: 77,531 followers altogether, of which 23% are North Americans

Instagram: 65,500 followers / 17% in North America

Youtube: 120,000 views per year and 2,700 subscribers / 8% in North America

Twitter: 12,700 followers altogether (unknown locations)

Newsletter: 25,000 subscribers / 20% in North America

Website - 1.5 million visits per year - 25,000 post subscribers / 26% in North America

Webinars: she runs live webinars, reaching around 1000 people, evenly divided as to 30% in North America

Ockwell-Smith's books (Piatkus has published ten, of which five are in the 'Gentle' series) provide a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. She addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, starting school, sibling rivalry, tantrums, aggressive behaviour and much more. Her 'gentle' method isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding, and boundaries.

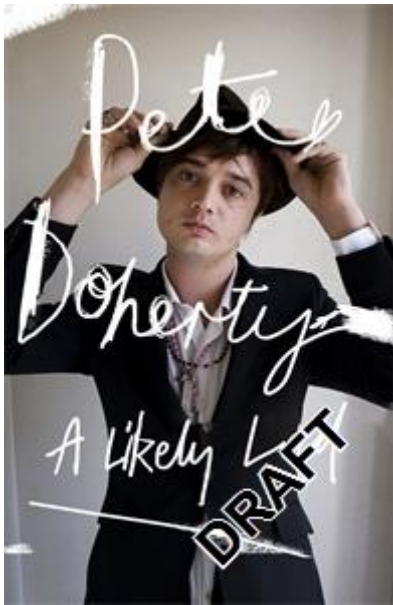
Ockwell-Smith has a BSc in Psychology and, following the birth of her first child, trained as an Antenatal Teacher and Birth and Postnatal Doula. She frequently writes for magazines and newspapers, and is often called upon as a parenting expert for national television and radio.

Find out more here: <https://sarahockwell-smith.com> and here is the gentle parenting website - <http://www.gentleparenting.co.uk/>

## A LIKELY LAD by Peter Doherty

Autobiography | June 2022 | Constable | 336 pp + 2 x 8 colour plate sections

**A long-awaited, candid memoir from Doherty whose talent as a musician has more often been eclipsed by a Herculean-appetite for self-destruction: crack, heroin, prison, prostitution, court, murder, death, robbery and hospital emergencies.**



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, a bad boy and a public enemy, Doherty is on a par with the early Rolling Stones and Sid Vicious. 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 existence. Musically, there is no doubt he has defined the past twenty years of British rock with his sounds, 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.

Hard drugs, deaths, tiny gigs on the hoof, huge stadium shows, collaborations, obliterations, shows, gangsters and groupies - Doherty has led a life of huge highs and incredible lows. It is all here: the music; the friendships; the distractions (exhibitions of blood paintings, modelling for famous fashion designers, lead roles in esoteric French films); deaths and self-destruction (he admits working as a rent boy). We are inside mansions, decadent parties, the jailhouse, the studio, in crack dens, at home (Doherty has two children) and, of course, in bed. Doherty reflects on his era-defining relationship with supermodel Kate Moss and the other significant women (and men) in his life.

Doherty also talks poetry, Paris (where he spends much time), philosophy, books, politics, football, cars, managers, the music business and his key influences (from Hancock to Baudelaire). There is humour, warmth, insight, baleful reflection and a defiant sense of triumph. And there is harrowing detail and acknowledgement of the damage hard drugs have done - the endless litany of misdemeanours such as drink-driving, car theft, possession of heroin, crack and ketamine, robbery, hit-and-run and blackmail. Doherty's description of multiple stretches in jail, attempts at rehab, painful relapses, gruesome hospital emergencies, and estrangement from his family are eye-wateringly frank and free from self-pity.

## LE FRIC: The Serious Business of the Tour de France by Alex Duff

Sport | June 2022 | Constable | 320 pp + 2 x 8 colour plate sections

**The story of the money and politics behind one of the world's greatest sporting events - the Tour de France. It's the first account in any language of the Amaury's family control of the Tour de France, uncovering new material that will generate wide interest around the world.**

Once a year, an eighty-year-old widow and her two children in their forties gather in Paris to sign off on the financial accounts of the Tour de France. For decades, the family which owns the world's most famous bicycle race has stayed out of the public eye. Yet all the rights to the Tour de France are owned by this tight-knit, publicity shy family. Between them, they have the right to set the race route, invite teams, sell television rights, decide the prize money and pocket the profits



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 twenty-five-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, Amaury'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 sofas.

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 and, in crude terms, giving the rest of the world the finger for trying to interfere in something that does not belong to them. As Lance Armstrong once said: "it's their race, they can do whatever they f\*\*\*ing want with it."

Among the fifty people Duff has interviewed are Tour de France heir Jean-Etienne Amaury and the family's executives from the 1970s to the present day; modern-day cycling protagonists including Lance Armstrong, Johan Bruyneel, Marc Madiot and Jonathan Vaughters; bankers from Wall Street and the City of London. He also draws on income statements, historic contracts from France's national archive, and cuttings from the French national library

**Alex Duff** is a distinguished sports business reporter. He worked for Bloomberg News for fifteen 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 serialised in the *New York Times* and the *Guardian* and featured in the *Daily Mail*.

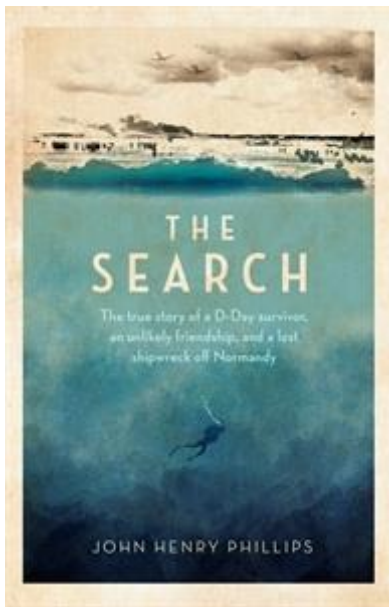
## **THE SEARCH** by John Henry Phillips

Military history, memoir | June 2022 | Robinson | 320 pp | illustrations - undecided

### **A D-Day survivor, an unlikely friendship, and the search for a shipwreck off Normandy**

The moving story of the unlikely friendship that developed between then twenty-five-year-old archaeologist John Henry Phillips and D-Day survivor Patrick Thomas, and their search for the wreck of Patrick Thomas' landing-craft command vessel off the coast of France: the final resting place of at least thirty-five of his shipmates.

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. Thanks 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 Thomas' story of survival on D-Day transfixed Phillips, and the resulting search for Thomas' D-Day landing craft was to consume him. *THE SEARCH* is an emotional story of a devastating day in history and an unlikely friendship. It is also Phillips' 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. Thomas' experiences will resonate with readers as a reminder of a moment in history when, through countless acts of individual, everyday heroism, were victorious against a terrible threat. WWII 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 stories 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.

John Henry Phillips is an archaeologist, award-winning filmmaker and writer. As a professional archaeologist John has excavated everything from Roman villas, coin hoards and Anglo-Saxon burials to Second World War plane and ship wrecks. He has volunteered his archaeological expertise to help modern soldiers suffering with

PTSD through award-winning projects. You can find out more here: <https://www.johnhenryphillips.com/about>

## **THE COLOUR-FIT METHOD by Dr Tom Little**

Fitness, diet | June 2022 | Piatkus | 256 pp | illustrations: to be decided

### **The Secret Nutrition Plan Used by Elite Athletes that Will Transform your Body Shape, Energy Levels and Health**

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 most successful and elite sporting teams all over the world ranging from Mercedes Racing to British Judo, 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 – whether you are an Olympic swimmer, or a champion couch potato - in on the secret too.

Dr Tom Little developed Colour-Fit's traffic light-style system to be fuss-free and easy to follow. However, it is underpinned by scientific research, based on the author's extensive academic and professional qualifications. The Colour-Fit Method's effectiveness is demonstrated by the range of endorsements, and the teams using the system.

Colour-Fit works this way:

**1. Divide your goals into three categories.** At any time, most of us are working towards at least one of these goals, if not all three:

- i. Increased performance (lead a more active lifestyle, train harder, perform better)
- ii. Desired body shape (achieving the body shape we want, bulking up or slimming down, toning or shaping)
- iii. Improved health (improved energy, mood, immunity, appearance and sleep); then.

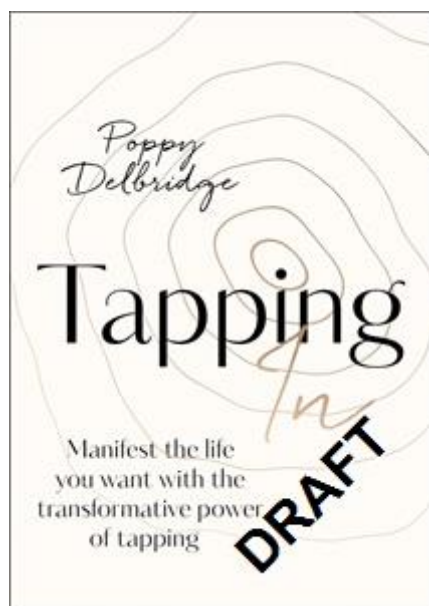
**2. Match Your Goals to the Colour-Fit Colours:** once you've identified your goal you can match it to the three Colour-Fit food goals, each represented by an intuitive name, colour and an icon. With Colour-Fit, *you are what you eat*:

**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. He has also worked with athletes and governing bodies at international level in rugby, cricket, endurance and combat sports, and consulted to the Football Association's Sport Science Advisory Group and to Nike Elite Trainers. 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.

## TAPPING IN by Poppy Delbridge

Mind, Body, Spirit | June 2022 | Piatkus | 256 pp | illustrations: yes, quantity tbc

**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.

**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

## AN IMMIGRANT'S LOVE LETTER TO THE WEST by Konstantin Kisin

Memoir, politics | July 2022 | Constable | 288 pp | illustrations – unlikely

**As anti-Western sentiment grows and patriotism comes under fire, Russian immigrant Konstantin Kisin dares to say what society has deemed unspeakable: the West – Europe, notably - is one of the best places in the world.**

Once proud of its roots and history, the West has developed a strange sense of self-loathing. The idea that it has a uniquely evil, racist history has become mainstream. So too the idea that patriotism is inextricably linked to bigotry, hatred and warmongering. You only need to open a newspaper or scroll through social media to see an endless barrage of stories accusing the West, and its people, of a litany of crimes and misdemeanours. The charge sheet is long, the wrongdoing grave and the guilt certain.

Where has this affliction come from? And where is it taking us? After all, if an immigrant can't publicly profess his appreciation for this country, who can?

Kisin offers an alternative perspective. After moving to the West from Russia, he found himself thriving in an open and tolerant society, receiving countless opportunities he would never have had otherwise. In AN IMMIGRANT'S LETTER, he dares to say what has become increasingly unspeakable: the West remains one of the best places to live.

**Konstantin Kisin** is a journalist, comedian, voiceover actor and social commentator. Born in the Soviet Union, where he experienced both untold wealth and grinding poverty, he moved to the UK when he was thirteen years old. Now an award-winning performer, he co-presents the popular YouTube series Triggernometry alongside Francis Foster. Together, they've interviewed some of the most in-demand intellectuals of our age, such as Douglas Murray, Jordan Peterson and many others. Kisin describes himself as a centrist politically. A long-time Lib Dem voter, he has also voted for Labour, Respect and other left-wing parties before switching to the Conservative for the first time in 2019. His commentary is widely respected on the centre left and centre right while being reviled by the far left and the far right in equal measure.

## **WHY DID YOU STAY? A Memoir about Self-Worth by Rebecca Humphries**

Memoir / relationships | 304 pp | July 2022 | Sphere

**From co-dependence to self-acceptance, this is what the scandal during *Strictly Come Dancing* taught Rebecca Humphries about true love. WHY DID YOU STAY? is a memoir for anyone who has ever found themselves in a toxic relationship, or wants to re-emerge stronger from one.**

Actor, writer and hopeless romantic Rebecca Humphries had often been called crazy by her boyfriend. But when paparazzi caught him kissing his *Strictly Come Dancing* partner, she realised the only crazy thing was believing she didn't deserve more.

Forced into victimhood by the story, Rebecca chose to reclaim her power, posting her thoughts on social media, including advice for other women who might be experiencing what she realised she'd managed to escape: a toxic, oppressive relationship. A flood of support poured in, but amongst the well-wishes was a simple question with an infinitely complex answer: 'If he was so bad, why did you stay?'

Empowering, unflinching and full of humour, this book takes that question and owns it. Using her relationship history, coming of age stories and experiences since the *Strictly* scandal, Rebecca explores why good girls are drawn to darkness, whether pop culture glamourises toxicity, when a relationship 'rough patch' becomes the start of a destructive cycle, if women are conditioned for co-dependency, and - ultimately - how to reframe disaster into something magical.

**Rebecca Humphries** has written for *Vogue*, *Elle*, the *Guardian* and the *Telegraph* on relationships, singledom and womanhood. In 2019 she spoke at the House of Commons on behalf of the organisers of the Women's March London, about gaslighting and the media. As an actress, she has most recently appeared as Carol Thatcher in *The Crown* (Netflix), *Friday Night Dinner* (Channel 4) and *Trigonometry* (BBC). In 2022 she is set to star in the UK adaptation of *Call My Agent* (Amazon), from the team behind *WIA*. All of the above has happened following her public break up in 2018.

## **PHARAOHS OF THE SUN by Guy de la Bédoyère**

Ancient history | July 2022 | Little, Brown | 320 pp | illustrations: 16 pp plate section

**How Ambition, Greed and Despotism Drove the Rise and Fall of Tutankhamun's Dynasty**

For more than two centuries over 3,300 years ago Egypt was ruled by the most powerful, successful, and richest dynasty of kings in its long and epic history. They included the female king Hatshepsut, the warrior kings Thutmose III and Amenhotep II, the religious radical Akhenaten and his queen Nefertiti, and most famously of all for the wealth of his tomb the short-lived boy king Tutankhamun. The Climax of Egypt came at enormous cost to Egypt's enemies and most of its people. This was an age of ruthless absolutism, exploitation, extravagance, brutality, and oppression in a culture where not only did Egypt rob its neighbours but Egyptian kings and their people robbed one another.

3,500 years ago ancient Egypt began two centuries in which it became richer and more powerful than any other nation at the time, ruled by the kings of the 18th Dynasty. They presided over a system built on war, oppression, and ruthlessness, pouring Egypt's wealth into grandiose monuments, temples, and extravagant tombs. Tutankhamun was one of the last of the line and one of the most obscure. Among his predecessors were some of the most notorious and enigmatic figures of all of Egypt's history. **THE CLIMAX OF EGYPT** is their story, showing how the glamour and gold was tainted by selfishness, ostentation, and the systematic exploitation of Egypt's people and enemies.

**Guy de la Bédoyère** has written a large number of books on the Roman world over the last thirty years, most recently *Praetorian: The Rise and Fall of Rome's Imperial Bodyguard*. He was part of Channel 4's archaeology series *Time Team* for fifteen years. He has degrees from Durham, London and University College, and is a Fellow of the Society of Antiquaries. He has lectured in Britain and abroad, mainly Australia, and is an accredited lecturer of the Arts Society.



## **BEGINNINGS** by Sarah Ockwell-Smith

Reference, childcare, psychology | August 2022 | Piatkus | 288 pp | illustrations b/w line drawings

### **A guide to child psychology and development for parents of 0-5-year-olds**

**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 Covered:**

- \*Brain development from 0-5 years
- \*How a baby's sight develops post birth
- \*Learning to sit, crawl, cruise and walk.
- \*Language acquisition
- \*Schemas - how children learn about the world around them.
- \*Nature versus nurture
- \*The development of self and personality
- \*Attachment and separation anxiety
- \*Food preferences and eating experiences.
- \*The development of memory
- \*Current theories in child psychology
- \*Social development, the impact of family and childcare
- \*Making friends and peer relationships
- \*Play (including suggestions for entertainment at each age)
- \*The impact of nature on child development

Most parents are interested in their baby and child's physical and psychological development and have many questions, yet there is no current, modern, up-to-date reference guide. Those that exist are either academic in nature (aimed at those studying for Psychology degrees or childcare qualifications), outdated, or focused solely on the baby years. There is no book on the market that covers brain development in early childhood and what to expect at each age for mainstream parents, or one that covers beyond the baby months.

**Sarah Ockwell-Smith** – see page 3 for author biography.

## **IT'S NOT ABOUT WHITENESS; IT'S ABOUT WEALTH: How the Economics of Race Really Work** by Remi Adekoya

Economics / identity / race | September 2022 | Constable | 190 pp

### **An open and insightful investigation at how contemporary racial hierarchies are determined by wealth and economics, and how this is reflected in today's societal and economic hierarchies.**

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

This book will approach the race issue in the realist spirit employed by Niccoló Machiavelli to explain politics in *The Prince*: an unsentimental examination of what shapes power dynamics between racial groups and how these determine the racial hierarchies causing so much frustration today. He puts forward the argument that these 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 debated effectively.

Throughout Adekoya's provocative and informative prose he examines this argument while taking into account his experiences he has observed from his own upbringing in Nigeria, his Polish heritage and also his experiences living in Britain.

**Dr Remi Adekoya** teaches Politics at the University of York. He is focussed on trying to 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. He has written for *Guardian, Spectator, The Times, Foreign Policy, Foreign Affairs, Washington Post, Politico, Evening Standard, UnHerd* and *Standpoint* among others, and 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. He lived in Nigeria and Poland before moving to Britain. He is the author of **BIRACIAL BRITAIN**.

## **THE WAY OF THE FEARLESS WRITER** by **Beth Kempton**

Spirituality / personal development | October 2022 | Piatkus |

### **Ancient Eastern wisdom for a flourishing writing life**

Not just a book about how to write better; this is a book about how to live better, with your heart as your compass and writing as your guide. **THE WAY OF THE FEARLESS WRITER** is a revolutionary guide to brave writing through inspired living in the modern age.

With a rich mix of personal stories giving a rare insight into the writing life, a deep regard for the writer's wellbeing, a gentle yet powerful Eastern philosophy influence, and a host of fresh and original writing exercises, this book will transform the way you, the reader, approach writing, whether through a book, journal or blog - and your whole life. It will be a true friend for any writer with self-doubt (which is every writer), keeping you reassured, sustained and inspired for the long term.

**THE WAY OF THE FEARLESS WRITER** will show you, the writer, your own true potential, inspire you to nurture a writing habit, and open your eyes to writing as a direct connection to life itself.

The primary market is the writing market - people who long to write, or write more, or write better, or write something different, but are being held back by fear and self-doubt. The content is universally appealing for writers, so it will serve everyone from novelists to nonfiction writers, poets to academic writers, and anyone with a small business or social media account wanting to make more authentic connections with their customers and followers.

The secondary markets for this book are the Eastern philosophy and culture market and the personal development and self-help market (including journaling), both of which are large and growing. This includes readers of *Wabi Sabi*.

**Beth Kempton's** books, notably **WABI SABI** and **A CALM CHRISTMAS**, have been translated in twenty-five languages, and have sold 350,000 copies worldwide. As Founder of *Do What You Love*, Beth has produced and taught online courses and workshops that have helped tens of thousands of people all over the world to discover their passion, explore their creativity and live a more inspired life. She has two degrees in Japanese, and has spent many years living and working in Japan.

## **ESTHER SIMPSON: by John Eidinow**

History, biography | November 2022 | Robinson | 304pp | illustrations – to be decided

### **The Woman who Defied the Nazis and Helped Shape the Cultural History of the World**

Esther Simpson devoted her life to rescuing and resettling mostly Jewish, academic refugees, whom she called her 'children', in the late 1930s and early '40s. Each case had to be argued with the Home Office and Simpson prepared 560 applications. In the end – but how slow the process seemed – they succeeded. Simpson's 'family' was described as 'the most talented and distinguished in the world'. Among their ranks were sixteen Nobel Prize winners, eighteen Knights of the Realm, seventy-four Fellows of the Royal Society, thirty-four Fellows of the British Academy and two members of the Order of Merit. This is the story of a now largely forgotten woman, a woman whose relentless efforts and tireless bravery helped shape the face of modern world.

**John Eidinow** has published three books with David Edmonds, each describing clashes between men of titanic gifts: *Wittgenstein's Poker* (shortlisted for the Guardian First Book Award); *Bobby Fischer Goes to War* (long listed for the Samuel Johnson prize); and *Rousseau's Dog*. He has also presented and interviewed for BBC Radio 4 and World Service, working in news and current affairs, and making documentaries on historical and contemporary issues.

## IS THAT YOUR CARD? by James Borg

Self-help, personal development | November 2022 | Robinson | 192 pp | illustrations n/a

### Control Your Thinking. Change Your Life. Improve Your Mental Health.

We're all dealt certain cards in life, things we need to overcome in order to thrive. This book shows you how to develop your own personal 'operating system' to change your perceptions, minimise dysfunctional thinking and propel you to greater success in life.

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*. This book is relevant to everybody who has a mind and engages in thinking – i.e. every single one of us.

**James Borg** is a bestselling author whose books have been translated into many 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. His academic background is in economics, philosophy and psychology, and was honed in a career that spans advertising, sales, marketing, business consultancy, work psychology and journalist. He has written for the Daily Telegraph and the Harvard Business Review.

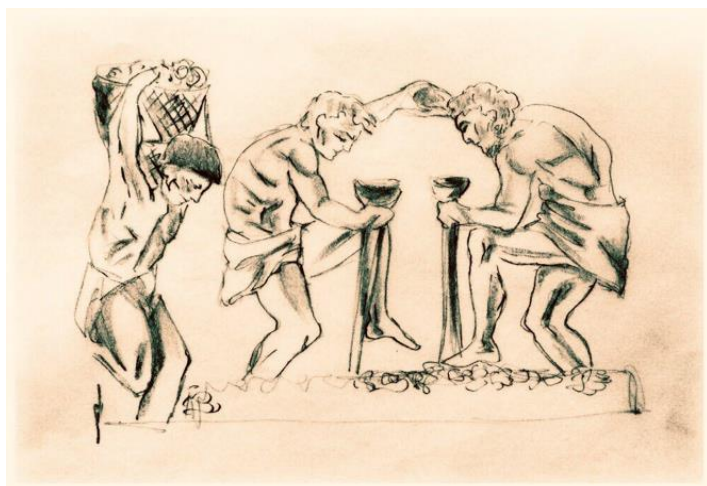
**Praise for previous books:** 'This book is spot-on and should be a must-read' - *Daily Telegraph*; 'Persuaded? We were. Buy it' *Management Today*; 'The best of the current self-help books' - the *Guardian*

## THE ORIGIN OF AVARICE: A Moral History of Mining by Shefa Siegel

Ecology, science, history | January 2023 | Corsair | 384 pp | illustrations – to be decided

### Canadian rights sold to Penguin Random House

**The history of civilisation through the prism of our relationship with the planet and its resources. Greed was borne from mining the earth; from ancient Etruscan iron mining to the present day need for copper (and everything else in between).**



This is an exquisitely written book about the relationship between mining and greed, our understanding of scarcity, and how scarcity affects humanity and the environment. The author writes, 'One of the heartbreaking things about traveling the world today, especially those forgotten and neglected regions far away from cities, places few people will ever know for themselves, is seeing the earth stripped so bare there is almost nothing left. Over the last century prospectors have walked every inch of the planet in pursuit of minerals, laying the groundwork for mines whose size, scale, and impact dwarf anything before them. Minerals that were abundant just a century ago are now scarce, and prospects for new bonanzas are dim. Humans move more sediment every year than all the rivers of the world combined. The earth is exhausted.'

The book begins with a very personal and utterly beguiling account of Siegel's fall into a world he had no idea was going to be the rest of his life, and be so all consuming. From the Etruscans in Elba, to the ravages of today's destructive plundering of the earth, mining has dominated our civilisation, our history, our economy, our politics, our lives. *THE ORIGIN OF AVARICE* is original, and it hits every nerve. From the earliest roots of mining, where Pliny remarked that it was the beginning of greed and avarice, to mining today, where it is one of the great destroyers of our planet.

**Shefa Siegel** is a protégé of Wade Davis (author of the award winning *Into the Silence*). He currently teaches global politics and runs the global affairs dialogue series at Lester B. Pearson College of the Pacific. Previously, he was a research-scholar at UBC's Liu Institute for Global Issues and the Columbia Center on Sustainable Investment. For more than a decade, he worked as a practitioner in international cooperation specialising in resource governance, economic development, and the environment. He has worked in fifteen countries and published essays, articles and reviews about environment, mining, religion, and music in *Ethics & International Affairs*, *Americas Quarterly*, *Haaretz*, *Environment 360*, and *Sojourners*.

## **A NEW WAY OF LOOKING** by Sarah Knights

Biography | July 2022 | Virago | 320 pp | illustrations – to be decided

### **A biography of Barbara Ker-Seymer, the pioneering avant-garde photographer who worked with the Bright Young Things, the Surrealists, and the Bloomsbury Group**



This biography focuses on a closely-knit network of avant-garde artists, writers, designers and dancers who dominated the cultural landscape of 20<sup>th</sup> century Britain and beyond. At its centre, was Barbara Ker-Seymer (1905-1993), a pioneering photographer whose 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. Her work was not only famous but widely admired among her peers, including Man Ray. Paul Nash championed her work. She was the photographer of choice for the leading actors, artists, dancers and writers of her generation. 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 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. 'Sexual ambiguity was the rule. Sexual promiscuity and sexual aberration the mode [...] everyone seemed to be very androgynous or bisexual'. They lived in an era and occupied an arena where heterosexuality was not necessarily considered a virtue.

**Sarah Knights** has unprecedented access to private archives and hitherto unseen material and photographs will enliven this biography and bring Ker-Seymer's avant-garde vividly to life. Her first book, *Bloomsbury's Outsider: A Life of David Garnett*, was published by Bloomsbury in 2015 to 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).

## **WELCOME TO THE JUNGLE** by Mick Wall

Music | February 2023 | Constable | 416 pp | illustrations: 16 pp colour and b/w plate section

### **True Tales from the Sunset Strip, 1978-91: From Eruption to Nevermind**

This is the blood-spattered, coke-smearing, dollar-rolled story of L.A. rock between 1978 and 1991. That special, impossible-to-repeat time between the hot sleepless nights of old-timey L.A. vampires like Fleetwood Mac and the Eagles, and new die-young dicks on the block like Guns N' Roses, Mötley Crüe, Van Halen, Poison and all the other fame-for-five-fucked-up-minutes baad-cats that populated the same two square miles of West Hollywood for what felt like forever.

Meet the bad-to-the-bone men behind the scenes, the super-shrewd women that prospered from them, the hangers and bangers, the street dealers and mud wrestlers. Get connected to what life after life was like on the Hollyweird streets of L.A. in the days when "fun was still fun," as Van Halen singer 'Diamond' Dave Lee Roth puts it.

Check out the cracked-actor clubs, brown-heroin hotels, cheap-shit apartments and secret caves where everyone lived just to die. See Axl Rose come onstage four hours late and sing his benighted ballads from the giant bucket seat of a stage-sized Harley Davidson. Visit Vince Neil in jail for his part in the death of Hanoi Rocks drummer Razzle after he'd crashed his sports car while driving it out of his mind.

This is not a book about a particular band or artist or record or show, though they are all in here. This book isn't even really about L.A. It's about a state of mind, a space-in-time, as metaphorical as it is geographical, as chaotically real as it is frighteningly unreal, all of it displayed like the grinning fake-diamond death-heads on the crooked back of a heavy-shouldered white-leather jacket.

**Mick Wall** is one of the world's best-known music journalists and biographers. Former editor-in-chief of *Classic Rock*, his work has appeared in the *Times*, the *Observer*, the *Daily Mail*, *Mojo*, and *Rolling Stone*. He is the author of a number of internationally bestselling music books, such as his Led Zeppelin biography *When Giants Walked The Earth*, which the *Sunday Times* named music book of year.

## **FUNK IS ITS OWN REWARD** by Lloyd Bradley

Music | March 2023 | Constable | 480 pp | illustrations – 16 pp colour and b/w plate section

### **From R&B to Hip Hop: an intimate, definitive exploration of Funk, the sound of a generation, that tells its stories, its triumphs and excesses**

The 1960s marked the dawning of a new era - and nowhere was this more manifest than in black America. Social shifts and artistic attitudes fuelled by flower power, as well as opportunities afforded by the economic boom, saw black Americans make astonishing gains, paving the way for a reimagining of modern culture.

By the 1970s, new wealth, higher aspirations and a visible black middle class had begun to reshape the arts, most noticeably the music scene. The seeds of a new music were sown, and Funk flourished in the fertile cultural climate. A vocal celebration and embracing of blackness, it became the soundtrack that drove and illuminated the social and artistic revolution.

As its audience moved on up Funk relocated mainstream black music from the ghetto to suburbia. But its roots were never forgotten. Nobody ever doubted that this was a self-sustaining and self-defining black music - an awareness that enabled Funk to keep on developing its own rhythms. Soul's passion, jazz's adventure and the discipline of R&B came together with a confidence, financial basis and sense of purpose to produce some of the best and biggest black music, from James Brown to Curtis Mayfield.

An intimate portrait of a defining sound, *Funk Is Its Own Reward* draws on contributions from a cast of musicians and producers, writers and directors, designers and executives, including George Clinton, Bootsy and Stevie Wonder, to weave together a rich social and cultural history. Astute and thoughtful, Lloyd Bradley examines Funk's significant contribution to and influence on modern culture - and the America that helped it thrive.

**Lloyd Bradley** is one of the UK's leading experts on modern black music. He has worked as a music journalist for over thirty years and is the author of the bestselling *Bass Culture: When Reggae Was King* and the internationally acclaimed *Sounds Like London: 100 Years of Black Music in the Capital*. He splits his time between London and Florida

## **THE CONSPIRACY TOURIST by Dom Joly**

Travel, society, humour | March 2023 | Robinson | 320 | illustrations – to be decided

**Dom Joly enters the strange land of conspiracies as a wide-eyed tourist, eager to investigate the origins of some of the most pervasive conspiracy theories and meet the people who believe them.**

Conspiracy theories appear to be on the rise. A survey by *New Science* magazine found that the percentage of people believing in one or more conspiracies had risen from 15% twenty years ago to 35% per cent last year. They are starting to become so much more than the obsession of fringe individuals. They are now shaping politics, media, the way we view life itself. Under the unprecedented global uncertainty of the pandemic, these theories have thrived as people seek to explain the often unexplainable. In *THE CONSPIRACY TOURIST*, Joly finds out where these ideas come from, learn about the people who create and believe them, and consider what harm they might do.

Joly writes, 'We've all encountered conspiracy theories at some point in our lives, usually online - the new Wild West. My social media pages are often boiling cesspits of anger and insanity, but trolls exist in a hinterland where they are emboldened to voice their crazy views. Meeting someone in real life expressing these views is different.

To differing degrees, we all have friends and family who inexplicably believe something we feel certain is outlandish or unhinged. How did this happen? And, why has the Covid-19 pandemic seemingly accelerated conspiracists and helped institute new ones? Is this a deadlier virus that faces us in the years to come?

'I want to talk to people who specialise in understanding this sort of behaviour - psychologists and specialists who analyse indoctrination, including cult deprogrammers or therapists. I want to find out what makes a person believe something they watched on YouTube but deny seemingly obvious and sensible science.

'As certain as I think I am of my views, a thought that sometimes crosses my mind is *What if they are right?* I've spent years battling and ridiculing wingnuts online but what if these people that I'd dismissed as crazed loonies actually have a point? What if we *are* the sheeple and they do have some special insight into the great issues of our time?

'For the purposes of this book, I am prepared to cast aside all my preconceptions and enter the strange land of conspiracies as a wide-eyed tourist, eager to take in all the sights.'

**Dom Joly** is a multi-award-winning television comedian, has been a columnist for the *Independent*, *I* and *Metro*, and is also an award-winning travel writer for the *Sunday Times* and the *Mail on Sunday*. He was born and grew up in Lebanon and went to the same school as Osama bin Laden. Now he lives in the south of England with family.

## **WHERE ARE YOU FROM? NO, WHERE ARE YOU REALLY FROM? by Audrey Osler**

Society / race | April 2023 | Virago | 256 pp

**A polemical and provocative investigation into the multi-generational impact of provenance**

It is considered insensitive to ask someone, 'Where are you really from?' When people have diverse backgrounds, however, it is interesting to explore and discuss their cultures and experiences, and to explore the impact their experiences have had on them, and indeed on one's own experience. In *WHERE ARE YOU FROM?* Osler explores the importance of what came before.

**Audrey Osler** is Professor Emerita of Human Rights Education and Citizenship at the University of Leeds. You can find out more here - [essl.leeds.ac.uk/education/staff/394/emeritus-professor-audrey-osler](https://essl.leeds.ac.uk/education/staff/394/emeritus-professor-audrey-osler)

## **PEOPLE, POWER, PAINTING** by Caroline Campbell

Art history | April 2023 | Bridge Street | 560 | illustrated throughout

**'The visual arts speak to people anywhere in the world, across barriers of politics, religion and nation. We can all see ourselves, and our relationship with the wider world, reflected back to us in art.'**

PEOPLE, POWER AND PAINTING is an epic work of non-fiction that will transform our understanding of the world by unlocking the human stories behind millennia of art. Taking readers from ancient Babylon to contemporary Pyongyang, the eminent curator Caroline Campbell explains art's power to illuminate our lives, and inspires us to benefit from its transformative and regenerative power.

Unlike most of art history, this book is about much more than the cult of personality. Instead, each chapter is structured around a city at a particularly vibrant moment in its history, describing what propelled its creativity and innovation. The emotions and societies she evokes are recognisable today, showing how great art resonates powerfully by transcending the boundaries of time.

E. H. Gombrich's *The Story of Art* has sold eight million copies since it was first published in 1950. Like Gombrich, Campbell is writing a single volume history of art that combines deep scholarship with engaging and absorbing writing. There are clear points of difference, however, in Campbell's that make PEOPLE, POWER AND PAINTING distinctive and timely. Gombrich's book looks more at individual artists rather than their contexts, and ends abruptly in the late 1930s. Campbell's book puts life, people and places back into the history of art, and brings us to the present day. Her book also goes beyond white Caucasian men in Europe and North America, by showing us that for much of human history the West wasn't the centre of artistic culture, but a relative backwater.

The cities Campbell describe include Kyoto, Baghdad, Florence, Beijing, Benin, New York, Delhi, Amsterdam, Brasilia, Pyongyang, among others.

**Dr Caroline Campbell** is Director of Collections and Research at the National Gallery. She will make an excellent and committed spokesperson for her book - an experienced public speaker, she is passionate about widening public engagement with art.

## **A WORD FROM THE MARGINS: THE INTERSECTIONS OF RACE, GENDER, CLASS AND AMBITION** by Lennina Ofori

Society / memoir | April 2023 | Dialogue | 304 pp

As a woman nearing forty, Ofori offers us a glimpse into her many lives: as a Black woman, as a pregnant teen, as an entrepreneur, and many more

Lennina Ofori steps back to look at a life marginalised. Far more than a story of race, class, or womanhood, A WORD FROM THE MARGINS is part memoir, part essay largely based upon her personal experiences within the margins of society. We take in key moments of Ofori's life, starting out as a naive, pregnant sixteen-year-old, becoming an entrepreneur, and eventually wife and mother of five, living in Berlin. She speaks openly about the peaks and troughs of life beyond that normally exposed in memoir, about molestation, the fear of parenting, being involved with the wrong people, being set free, making it out of the margins yet still identifying with it and teetering in and out.

**Lennina Ofori** is a multi-hyphenated entrepreneur, academic, transformation consultant, wife and mother. A creative activist, she has been writing since her youth. With an MA in Applied Theatre, she began writing theatre for change and theatre in the criminal justice system, touring plays to various establishments. Her passion to support marginalised youth and adults is the catalyst for her opening a semi-independent provision for young people in care and undertaking a doctorate in the provision of services for young people. Her creativity and business acumen have also extended itself to see the opening of an empowering women's fashion brand 21st Mill. She aims to continue to utilise both her business and academic platforms via talks, lectures and writing, to shed light on the counter narrative of those within the margins and to be a voice for the people who so often go unheard.

## **ADVENTURES IN VOLCANOLAND** by Tamsin Mather

nature, science, travel | May 2023 | Little, Brown | extent: | illustrations – to be decided

**Mixing memoir, travel and popular science, ADVENTURES IN VOLCANOLAND is written with a captivating fascination with these mountains of fire that will show how they have and continue to shape our planet, and its future.**

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?

**Tamsin Mather** is Professor of Earth Sciences at Oxford University.

## **AGAINST THE GRAIN** by Mark McDermott

Popular psychology | May 2023 | Robinson | 288 pp | illustrations n/a

**We are we built to oppose and rebel. Why?**

In the past few years, we have seen the 'protest vote' leading to surprising results in elections, and we have also seen a great resurgence in organised marches, resisting a new administration or a referendum decision. But rebelliousness is not just about those high-profile acts of resistance - the psychology of rebelliousness is central to understanding everyday life. From moment to moment we choose to accept or oppose the requirements of those around us, whether those imperatives come from loved ones, colleagues, bosses, agents of authority or those we may serve. The feeling of wanting to oppose a perceived requirement pervades the human condition.

This book looks at the role of rebelliousness as it develops through childhood and adolescence, in relationships, within and between social groups, in the service of civil disobedience, protest and social change, in mental and physical health and across cultures.

**Professor Mark McDermott** is a lecturer in health psychology at the University of East London, teaching on mental health and leading the PhD programme. In the 1980s, he developed a questionnaire measure of rebelliousness, and has maintained a research interest in rebelliousness within the context of reversal theory, a theory of motivation, emotion, and personality. He was involved in the BBC's recreation of the Stanford Prison Experiment and also co-wrote the bestselling European adaptation of Philip Zimbardo's *Psychology* textbook.

## **FREE WHEELS** by Sara Wheeler

Travel writing / memoir | June 2023 | Little, Brown |

**Renowned travel writer, Wheeler records her life of adventure from Zanzibar to north London.**

Sara Wheeler came of age when role models were scarce. The seventies launched a golden age for travel writing, but few women set sail. 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 lived across the planet.



This memoir will be Wheeler's tenth book, and her first encapsulating a multitude of geographical locations. Female narratives in travel are few and far between, and rarely with such experience and longtime audience as Wheeler's.

**Sara Wheeler's** books include the international bestseller *Terra Incognita: Travels in Antarctica*, *CHILE: TRAVELS IN A THIN COUNTRY*, *EVIA: AN ISLAND APART*, *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.

Praise for Sara Wheeler: *A writer of rare talent – the Observer; Penetrating, vivacious and often amusing – The Times; What she has done could not be done better – Independent; Lively and sympathetic – Daily Telegraph; [A] literary maestro – Financial Times; You want to travel with her, and you want to travel blind – Scotsman; A writer of great composure and energy – Spectator*

## **BURN THIS LETTER, PLEASE**

LGBT, society, history | June 2023 | Sphere | 240 pp | illustrations: colour and b/w throughout

**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**

*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 the attentions of the police. Sometimes reduced to stealing to get their costumes, they were unstoppable, fearless and fabulous.

When a cache of their letters was 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 moving encounter with a generation of incredible survivors and a necessary account of how modern drag culture was born.

Based on a documentary of the same name, *P.S. Burn This Letter, Please* was met with critical acclaim at the Tribeca Film Festival and BFI Flare. This book is a companion piece to the film, expanding on the stories and widening the audience even further. It is available on Discovery +

## **ONE FINE DAY by Matthew Parker**

British history | August 2023 | Little, Brown | extent: 400 | illustrations – to be decided

**The story of the greatest empire in world history at its absolute, hubristic zenith**

29<sup>th</sup> September 1923. The British Empire was fourteen million square miles, just under a quarter of the globe's land area. 460 million people - a fifth of the world's population - inhabited it. In *ONE FINE DAY* Matthew Parker examines this astonishing edifice in all its glory but with all of its ugly underbelly clearly visible, and with the seeds of its demise already sown. Readers will be able to inhabit the lives of people, rich and poor, male and female, coloniser and colonised, who are agents in this moment of apparent imperial super-glory. We learn what they ate, what they wore, their likes and dislikes, what they thought. This magisterial survey takes in in trivial, personal events as well as momentous political and military ones. While there might be ground-breaking elections, military clashes and violent demonstrations, there are also marriages, suicides, strange disappearances, parties.

**Matthew Parker** was born in El Salvador in 1970 to an expatriate family and while growing up, lived in Britain, Norway and Barbados. He read English at Balliol College, Oxford and then worked in a number of roles in book publishing in London from salesman to commissioning editor.

## John Grant's autobiography

Autobiography, music | September 2023 | Little, Brown | 352 pp | illustrations – to be decided

**Grant's story is about family, alienation, masculinity, self-destruction, survival, the creative spirit – his voice on the page is just as unique and intimate as his music**

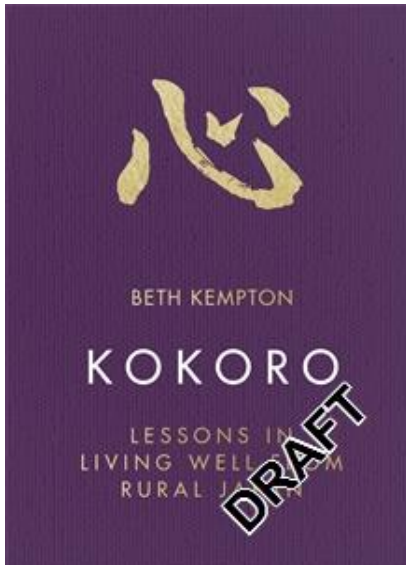


In the past seven years John Grant has risen to become a hugely acclaimed singer-songwriter. His musical career started in the mid 90s when he and four other musicians formed the alternative, Denver-based rock band The Czars, and released six albums, while Grant struggled with drug and alcohol addictions. His last two LPs reached the Top Ten in the album charts and topped the end-of-year critics' lists in national newspapers and leading music magazines. He has been nominated for a Brit and a Q Award, won Attitude's Man of the Year award, and has sold out The Roundhouse, Hammersmith Apollo, Royal Albert Hall and Royal Festival Hall, some of them several times over. *Mojo* named his first album, *Queen of Denmark*, 'an Instant Classic' (only the second time *Mojo* has ever done that) and it was *Mojo*'s album of the year in 2010. He has followed up with two further critically acclaimed studio albums and a live album with the BBC Philharmonic. He was Rough Trade's top-selling artist.

John Grant has collaborated with Elton John, Kylie Minogue, Sinéad O'Connor, Robbie Williams, Tracey Thorn, Allison Goldfrapp, Amanda Palmer, the BBC Philharmonic and the Northern Royal Sinfonia, and is a regular stand-in presenter on BBC6 Music. In 2016 he made a programme for Radio 4 about his adopted home of Reykjavik. The filmmaker Daisy Asquith is currently making a documentary about Grant.

## KOKORO: JAPANESE WISDOM FOR A LIFE WELL-LIVED by Beth Kempton

Lifestyle, personal development | October 2023 | Piatkus | 256 pp | illustrations – to be decided



**An original and timely guide to slowing down and reconnecting with ourselves, inspired by Japanese culture, wisdom and traditions**

This book is an invitation to cultivate stillness and contentment in an ever-changing, uncertain world. Drawing on a thousand years of Japanese literature, culture and philosophical ideas to explore the true nature of time and what it means to be human, *Kokoro* - which mysteriously translates as 'heart-mind' - is a meditation on living well.

Join Japanologist Beth Kempton on this life-changing pilgrimage far beyond the tourist trail, to uncover the soul of the country, its people and its deeply buried wisdom. In doing so you'll discover a revolutionary way of looking at life and the world that will transform your approach to living. You will learn how to cultivate presence, awareness, calm and joy so that you can move beyond regret and fear to make the most of every day.

Distilling insight from a rich variety of sources, from centuries-old poetry and ancient Zen texts to martial arts teaching and contemporary philosophy, alongside the real-life stories of modern day pioneers, *KOKORO* offers a gentle and inspiring take on what it truly means to be happy and leads you to its heart, so you can live each day with wonder and ease. And then, when the time comes to look back on it all, you will know that yours was a life well-lived.

**Beth Kempton** is an award-winning entrepreneur and the bestselling author of *WABI SABI: JAPANESE WISDOM FOR A PERFECTLY IMPERFECT LIFE* and *CALM CHRISTMAS*. Her books have been translated into twenty-five languages, chosen as an Apple USA 'must listen' audiobook on iTunes, and recommended in *TIME Magazine*, *British Vogue*, the *Telegraph*, *Sunday Times Style* and *Psychologies*. She has two degrees in Japanese and has spent many years living and working in her second home, Japan. She is also a qualified yoga teacher and a Reiki Master trained in the Japanese tradition in Tokyo. As Founder of Do What You Love, she has produced and taught online courses and workshops that have helped tens of thousands of people all over the world to discover their passion, explore their creativity and live a more inspired life.

## UNDRESSING WOMEN by Vanessa Nicholson

Social and cultural history / feminism | March 2024 | Virago | 400 + 200 photos

### A hundred years of beauty-fascism, 1860 – 1960

This is the story of women's lives in Great Britain from 1860-1960 through fashion and beauty - from the suffragettes casting off corsets to Christian Dior reintroducing the hourglass; from wartime uniforms to the first Miss World bikinis; from skin lightening creams to Coco Chanel's tan. It blends fascinating source material with authorial analysis to outline a century of change in the way we see and feel about women's bodies. The best feature of Virginia Nicholson's work is her ability to discover great primary sources and tell a story through insight into real lives. She is an outstanding researcher and has access to unseen or newly opened archives. Her quoted material is touching, often funny, and driven by personality. It's charming and memorable to read. The point of the book will be to give a wide-lens historical view and lots of period detail, allowing the author to point out parallels and paradoxes.

Praise for Virginia Nicholson for *How Was It For You?*

*Virginia Nicholson is one of the great social historians of our time, and How Was It For You? is another jewel in her crown. No one else makes history this fun* – Amanda Foreman; *Fine intelligence and irresistible brio...* *How Was It For You? is a kaleidoscopic tribute to the generation that put the "F" into feminism.* – Tina Brown; *Intimate, immersive, often moving* - David Kynaston; *Nicholson is the outstanding recorder of British lives in the twentieth century* - Carmen Callil; *Great and wonderfully revelatory* - Anne Sebba; *An absorbing study of an extraordinary age. Beautifully written and intensively researched* - Selina Hastings; *A dazzling kaleidoscope of facts, feelings and observations* - Juliet Nicholson; *A hugely ambitious, kaleidoscope of a book* - Richard Vinen; *Makes it feel like the Sixties have never been away* - Hunter Davies; *Sparkling* - Daisy Goodwin, *The Sunday Times*

**Virginia Nicholson** was born in Newcastle-upon-Tyne, grew up in Yorkshire and Sussex, and studied at Cambridge University. She lived abroad in France and Italy, then worked as a documentary researcher for the BBC. A Fellow of the Royal Society of Literature, her books include the acclaimed social histories *Among the Bohemians*, *Singled Out*, *Millions Like Us*, and *Perfect Wives in Ideal Homes*. She is married with three grown-up children and lives in Sussex.

## THE SELECTED LETTERS OF JANE CARLYLE edited by Claudia Fitzherbert

History, letters | April 2024 | Virago | 320 pp | illustrations – to be decided

### The selected letters of a remarkable Victorian woman



Jane Welsh Carlyle (1800-1866) was a writer like her husband, the historian Thomas Carlyle (1795-1881), but while he wrote volumes about the French Revolution, Oliver Cromwell and Frederick the Great she abjured big books in favour of letters and found her epics closer to home. In this selection of her letters she is revealed to be a hugely entertaining companion—wry, good on detail, and just as prone to the vagaries of mood and health, and full of the joys of an unexpectedly good literary party. It is clear that she didn't need to write books, because her energies went into these lively letters, and being married to Thomas Carlyle.

Says Claudia FitzHerbert: 'Jane Carlyle is a writer who has been rescued by the academy but who doesn't belong in the academy. In her compelling mixture of everywoman concerns and what she called her 'I-ety' she sheds light on what it was to keep house and stay married, fall ill, and stay sane, in a lightless nineteenth century world of smog and soot, and morphine over the counter. But she also, miraculously, closes the gap between now and then. Her distrust of organised religion and her ear for cant, her mockery of mansplainers, fondness for strays and madmen and refusal to recognise conventional boundaries in her relationships with her maids – these are just some of the strains in her correspondence which make her attractive to the modern reader. In recent

decades, Jane Carlyle's autonomy as a life-writer has been recognised and with this has come the suggestion that the clever and frustrated doctor's daughter chose her tyrant Man of Genius husband with her eyes wide open.'

Home was a tall dark house in Cheyne Row, Chelsea, into which the Carlyles moved from Scotland in 1834 and stayed for the rest of their lives. Her letters rejoice in the everlasting sound 'of men, women, children, omnibuses, carriages glass coaches, streetcoaches, waggons, carts, dog-carts, steeple bells, doorbells, Gentlemen-raps, twopenny-post-raps,

footmen-showers-of raps...This stirring life is more to my mind, and has besides a beneficial effect on my bowels.' Her letters read like a most intelligent and engrossing novel.

**Claudia Fitzherbert** is a renowned book reviewer. Her *SELECTED LETTERS OF JANE CARLYLE* has the potential to reach a much wider audience than the current academic editions. The most recent selection appeared in 2004, published by Ashgate, and the cover price was £50. Our book consists of one hundred and fifty letters and is divided into six sections tracking Carlyle's development.

# little, brown

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