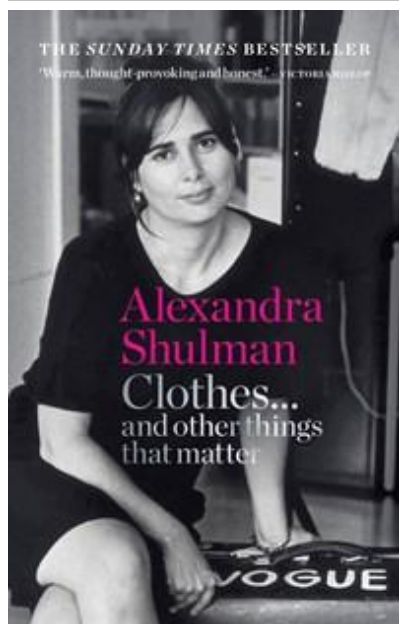


OCTOPUS BOOKS USA
January - August 2022

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



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

368 Pages
Print Run: 6K
Biography & Autobiography
/ Personal Memoirs
BIO026000

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

Clothes... and other things that matter

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

Alexandra Shulman

Summary

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

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

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

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

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

'Scintillating reading.' - *The Spectator*

'Alexandra Shulman's style is unaffected, immediate and hilariously dry. She's brilliant at observing everyday feelings in a joy-sparking turn of phrase.' - Helena Bonham Carter

-

'*Clothes... and other things that matter* is a book not only about clothes but about the way we live our lives. From childhood onwards, the way we dress is a result of our personal history. In a mix of memoir, fashion history and social observation I am writing about the person our clothes allows us to be and sometimes the person they turn us into.' - Alexandra Shulman

In *Clothes... and other things that matter*, Alexandra Shulman delves into her own life to look at the emotions, ambitions, expectations and meanings behind the way we dress.

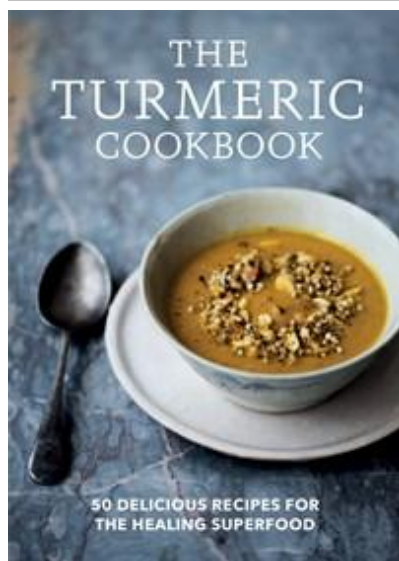
From the bra to the bikini, the trench coat to trainers, the slip dress to the suit, she explores their meaning in women's lives and how our wardrobes intersect with the larger world - the career ladder, motherhood, romance, sexual identity, ambition, failure, body image and celebrity.

By turns funny, refreshingly self-deprecating and often very moving, this startlingly honest memoir from the ex-Editor of British *Vogue* will encourage women of all ages to consider what their own clothes mean to them, the life they live in them and the stories they tell.

Contributor Bio

Alexandra Shulman is a writer and commentator. She was British *Vogue*'s Editor-in-Chief from 1992 to 2017 and was awarded the CBE in the 2018 New Year's Honours list. She is currently a columnist for the *Mail on Sunday*, a contributor to a variety of newspapers and magazines and a Vice President of the London Library. She has written two novels, *Can We Still Be Friends* (2012) and *The Parrots* (2015) and *Inside Vogue: The Diary of My 100th Year* (2016).

Marketing Plans



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

128 Pages
Carton Qty: 5
Print Run: 10K
Cooking / Specific Ingredients
CKB040000

8.3 in H | 5.9 in W | 0.5 in T | 0.6 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

The Turmeric Cookbook
9781912023110 \$12.99

The Turmeric Cookbook

50 Delicious Recipes for the Healing Superfood

Aster

Summary

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

Ancient healer, modern medicine...

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

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

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

Contributor Bio

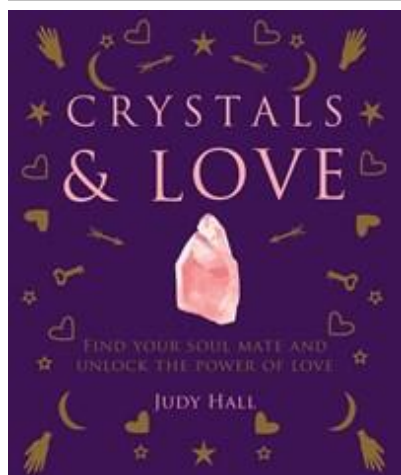
Launched with a mission to bring fresh voices to those seeking a more conscious way of life, **Aster** is the home of books that nourish and inspire. Its growing list of bold and beautiful books for the contemporary wellness audience encompasses narrative and illustrated titles in food, fitness, health,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

Marketing Plans

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

Illustrations





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

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

Crystals & Love

Find your soul mate and unlock the power of love

Judy Hall

Summary

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

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

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

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

Contributor Bio

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

Judyhall.co.uk
Facebook.com/officialcrystaljudyhall

Marketing Plans

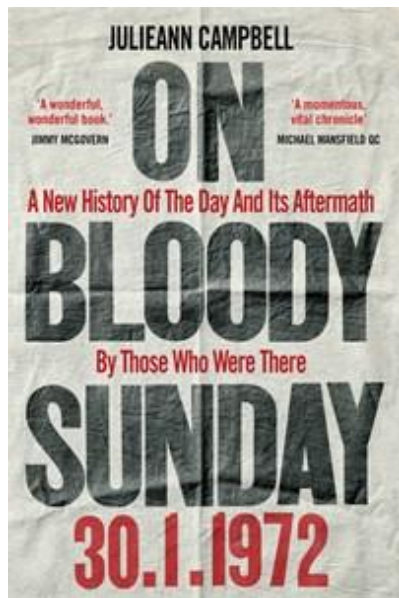
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Monoray
9781800960404
1800960409
Pub Date: 1/18/2022
On Sale Date: 1/18/2022
\$29.99/\$32.99 Can./£25.00 UK
Discount Code: OHC
Hardcover

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

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

Related Products

Ebooks

9781800960411

On Bloody Sunday

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

Julieann Campbell

Summary

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

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

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

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

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

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

Contributor Bio

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

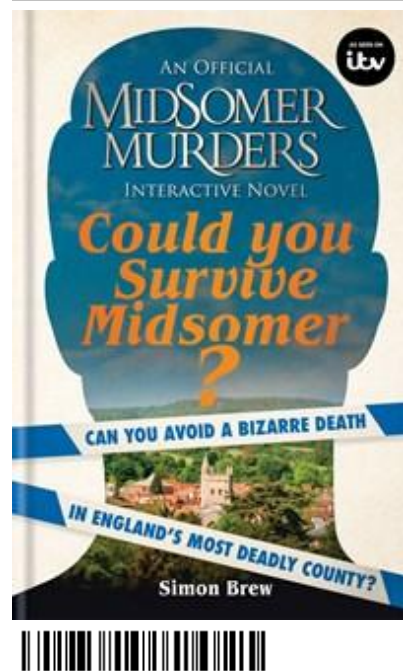
She is a PhD Researcher at Ulster University's School of Law exploring impact of post-conflict storytelling and is a director of the Pat Finucane Centre for Human Rights.

Marketing Plans

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

Subrights

No subrights have been specified.



Cassell
9781788402996
1788402995
Pub Date: 1/4/2022
On Sale Date: 1/4/2022
\$16.99/\$18.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

304 Pages
Carton Qty: 48
Performing Arts / Television
PER010090

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

Related Products

Ebooks

9781788403009

Could You Survive Midsomer?

Can you avoid a bizarre death in England's most dangerous county?

Simon Brew

Key Selling Points

- Household name: Over 21 years, residents of this quintessentially English county have hosted a series of homicides, which have been at the centre of over 122 episodes. *Midsomer Murders* is a TV national treasure
- International fanbase: *Midsomer Murders* has sold in over 220 territories and the show airs on AMC Networks' British programming-focused streamer Acorn TV
- Puzzle popularity: *Could You Survive Midsomer?* sees the return of the engaging pick-your-own adventure format to challenge the reader to solve a crime or succumb to the county's suspiciously high death rate
- Over the years, *Midsomer* has been on some of the biggest SVOD services including Netflix, Amazon Prime, Britbox, and now Acorn TV, as well as continuing to air on 'traditional' television on local PBS stations. It's also big in Free AVOD – it has its own channel on Pluto TV, as well as being on Tubi (owned by Fox), Roku Channel, Crackle in the US. All3 is launching a *Midsomer Murders* channel on Roku devices from mid November 2021

Summary

An official Midsomer Murders Interactive novel

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit, choose your own path and decide which way the story goes.

Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer? Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

An official Midsomer Murders Interactive novel **set in ITV's most celebrated and murderous county.**

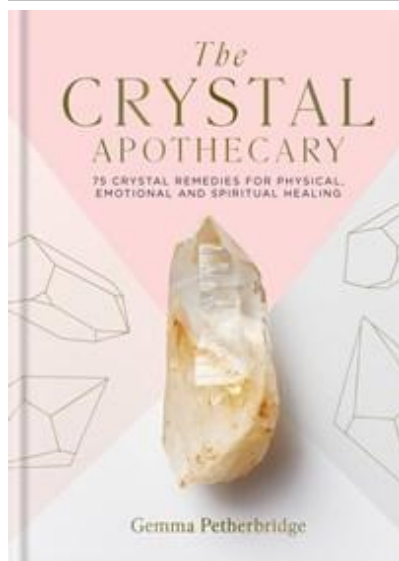
Contributor Bio

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

Marketing Plans

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

Illustrations



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

192 Pages
Carton Qty: 5
Print Run: 10K
Body, Mind & Spirit / Crystals
OCC004000
8.6 in H | 6.2 in W | 0.9 in T | 1.2
lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781841815152

The Crystal Apothecary

75 Crystal Remedies For Physical, Emotional and Spiritual Healing

Gemma Petherbridge

Summary

Crystal remedies for physical, emotional and spiritual healing

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

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

Sections include:

Your Body

Your Mind

Your Heart

Your Soul

Your Emotions

Your Relationships

Your Goals

Your World

Contributor Bio

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

Marketing Plans

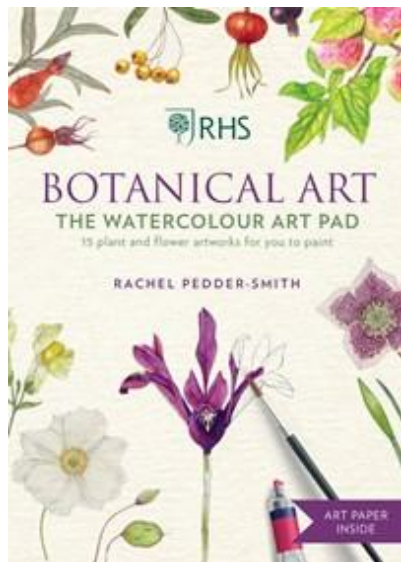
- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [BLAD low res](#)

Illustrations





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

56 Pages
Print Run: 6K
Art / Techniques
ART029000
11.7 in H | 8.5 in W
Status:**FORTHCOMING**

RHS Botanical Art The Watercolour Art Pad

15 plant and flower artworks for you to paint

Rachel Pedder-Smith

Summary

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

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

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

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

Contributor Bio

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

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

Marketing Plans

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

Illustrations





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

160 Pages
Carton Qty: 10
Print Run: 10K
Self-Help / Journaling
SEL045000
8.3 in H | 5.8 in W | 0.5 in T | 0.8 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Breathe 9780733641510 \$24.99
Breathe 9781546014393 \$14.99

Ebooks

9780733641527

And Breathe

A Journal for Self-care

Suzy Reading

Summary

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

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

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

Sections include:

What is Self-care?
Journaling for Self-care
Movement & Nutrition
Values & Purpose
Goal Setting
Coping Skills for Tough Times

Contributor Bio

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

Marketing Plans

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

Illustrations



256 Pages
Carton Qty: 14
Print Run: 6K
Gardening
GAR000000
9.9 in H | 7.8 in W | 1 in T | 2.3 lb
Wt
Status:**FORTHCOMING**

Simon Akeroyd, Dr. Ross Bayton

A newly-revised and complete guide for keen amateur gardeners and aspiring professionals that draws on the expertise of the RHS (Royal Horticultural Society)

It doesn't matter if you're an old hand at gardening or just starting out, there are always things to discover and opportunities to improve, whether it's mastering a new technique or brushing up on your botany.

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

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

Hands-on guidance and **step-by-step instructions** explain topics such as **pruning**, **pest and diseases**, **weed removal** and **caring for lawns**.

Expert gardeners explain the underlying principles in plain English, while clear diagrams and **beautiful photographs** inspire and inform.

This **revised edition** has a fresh new look with new illustrations and photographs and an easy-to-navigate layout making it an ideal handbook for the new gardener.

Become a **better, smarter, more productive gardener** with this complete guide to horticulture in one handy book.

Simon Akeroyd has written over 20 gardening books, including *RHS Gardener's Quiz & Puzzle Book* and the bestselling *RHS Allotment Handbook & Planner* (both published by Mitchell Beazley). He writes for national garden and lifestyle magazines and as producer and journalist for the BBC.

Simon was previously Gardens' Manager for the National Trust (with properties that include Agatha Christie's Greenway, Coleton Fishacre, Compton Castle, Bradley Manor and Polesden Lacey). He was also Garden Manager for the Royal Horticultural Society including Harlow Carr and RHS Garden Wisley. Apart from gardening he is also a keen beekeeper.

Dr Ross Bayton gained a Bachelor's degree in tropical ecology, and later a Masters and a PhD, both in taxonomy. He is the co-author of *RHS Genealogy for Gardeners* and *RHS Gardening School* (both Mitchell Beazley), and worked for three years at *BBC Gardeners' World Magazine*.

Marketing Plans

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



Hamlyn
9780600637301
0600637301
Pub Date: 5/31/2022
On Sale Date: 5/31/2022
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

208 Pages
Print Run: 10K
Cooking / Methods
CKB089000

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

Jeremy Pang's School of Wok

Jeremy Pang

Summary

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

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

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

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

Recipes include:

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

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

Contributor Bio

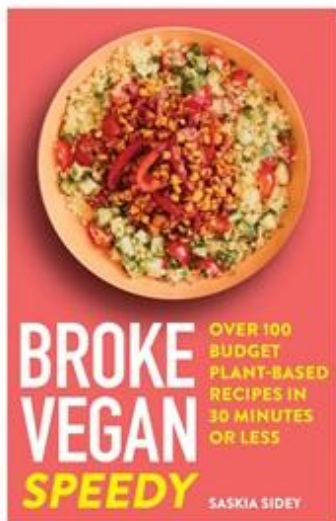
The young and talented chef **Jeremy Pang** comes from three generations of Chinese cooks. Being surrounded by food connoisseurs, Jeremy developed his passion for food and cooking at an early age and soon realised the importance and correlation between basic cooking skills and eating well.

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

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

Marketing Plans

- Social media campaign



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

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

Related Products

Other Formats

Broke Vegan: Speedy
9780600637257 \$14.99

Ebooks

9781783254859

Broke Vegan: Speedy

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

Saskia Sidey

Summary

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

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

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

Contents include:

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

Contributor Bio

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

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



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

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

Related Products

Ebooks

9781783254477

Sit to Get Fit

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

Suzy Reading

Summary

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

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

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

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

Sit up, sit better and reap the benefits.

Contributor Bio

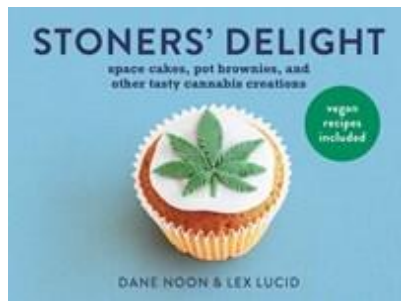
Suzy Reading is a chartered psychologist (B. Psych (Hons), M.Psych (Org)) and qualified yoga teacher from Australia, specializing in wellbeing. Her offerings include face-to-face coaching, walk & talk sessions, private and group yoga, mummy and baby yoga courses, Skype coaching, workshop presentations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

Marketing Plans

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

Illustrations





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

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

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

Stoner's Delight

Space cakes, pot brownies and other tasty cannabis creations

Dane Noon, Lex Lucid

Summary

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

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

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

Contributor Bio

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

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

Marketing Plans

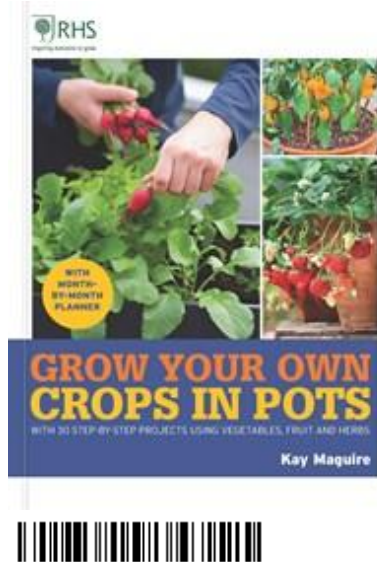
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Mitchell Beazley
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Carton Qty: 1
Print Run: 6K
Gardening / Container
GAR001000
Series: Royal Horticultural Society
Grow Your Own

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

Related Products

Ebooks

9781784725402

RHS Grow Your Own: Crops in Pots

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

Kay Maguire

Summary

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

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

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

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

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

growing crops in pots

Contributor Bio

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

Marketing Plans

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

Illustrations





Mitchell Beazley
9781784728007
1784728004
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\$29.99/\$32.99 Can./£25.00 UK
Hardcover

224 Pages
Carton Qty: 16
Print Run: 8K
Cooking / Beverages
CKB006000

9.9 in H | 7.7 in W | 0.9 in T | 2 lb
Wt

Status: **FORTHCOMING**

Related Products

Ebooks

9781784728014

Claridge's – The Cocktail Book

350 cocktail recipes from London's legendary hotel

Claridge's

Summary

Recreate the Claridge's cocktail experience at home

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

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

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

Chapters include:

Champagne & Sparkling - featuring Champagne Cobbler, French 75 and Gimlet Royale
Stirred & Complex - featuring Oaxacan Old Fashioned, Silver Bullet Martini and Widows' Kiss

Short & Sharp - featuring Between the Sheets, Gin Basil Smash and London Calling

Long & Refreshing - featuring Peachblow Fizz, Singapore Sling and Tom Collins

No & Low - featuring Adonis, Diplomat and Rome with a View

Contributor Bio

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

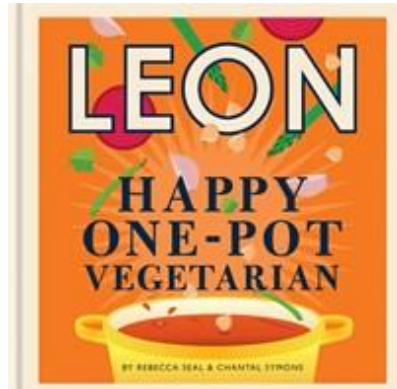
Throughout the twentieth century Claridge's has been the home of the great and the good of the worlds of film, fashion, art, and finance. You can feel the energy and laughter in the life of the lobby and the restaurant.

Marketing Plans

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

Illustrations





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

224 Pages
Carton Qty: 1
Print Run: 6K
Cooking / Individual Chefs &
Restaurants
CKB115000
Series: Happy Leons
8.1 in H | 8 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Happy Leons: Leon Happy One-pot Vegetarian

Rebecca Seal, Chantal Symons

Summary

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

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

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

Contributor Bio

Rebecca Seal has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries* and *LEON Happy Fast Food* with John Vincent. She is one of the food and drink experts on Channel 4's Sunday Brunch. She lives in London with her husband and two small daughters.

John Vincent is co-founder of LEON, which now has 69 restaurants (including in Amsterdam, Utrecht and Oslo). He wrote *LEON Naturally Fast Food* with Henry Dumbleby, *LEON Family & Friends* with Kay Plunkett-Hogge, *LEON Happy Salads* and *LEON Fast & Free* with Jane Baxter and *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries* and *LEON Happy Fast Food* with Rebecca Seal. He thinks that our relationship with food should be positive and joyous and that we need to listen more carefully to our gut, eat more good fats and less sugar.

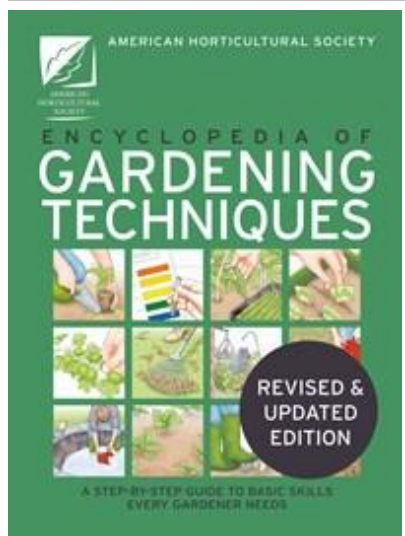
Chantal Symons' passion for cooking was ignited when, as a teenager, she was diagnosed as allergic to dairy, eggs and wheat. She believes everyone should take joy and satisfaction from food and so she specializes in freefrom cooking. Chantal has worked as a personal chef, caterer, restaurateur and in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

Marketing Plans

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

Illustrations





Mitchell Beazley
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178472811X
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Discount Code: OHC
Hardcover

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

Related Products

Other Formats

The AHS Encyclopedia of Gardening Techniques
9781784725884 \$49.99

AHS Encyclopedia of Gardening Techniques

A Step-by-step Guide to Basic Skills Every Gardener Needs

The American Horticultural Society

Summary

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

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

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

Contributor Bio

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

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

Marketing Plans

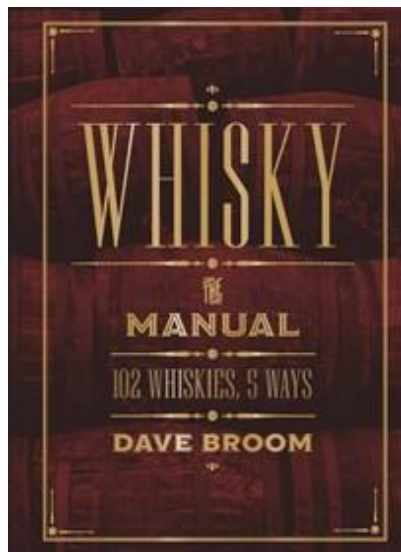
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Mitchell Beazley
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Print Run: 10K
Cooking / Beverages
CKB130000

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

Related Products

Other Formats

Whisky: The Manual
9781845337551 \$19.99

Whisky: The Manual

102 Whiskies, 5 Ways

Dave Broom

Key Selling Points

- Whisky is not just for old men anymore, and this book is aimed at the fastest-growing sector of the market: the 20- and 30-somethings adopting whisky for the first time
- Demystifies whisky for newcomers, with lots of information on different types of whisky and ways to enjoy it
- Dave Broom has a strong track record as a trusted authority around the world
- The online alcohol marketplace in the US has grown its gross merchandise value by 3.5x during the pandemic, with spirits making up 40.8% of sales - and whiskey being a leader (2021, *Forbes*)

Summary

Most whisky books tell you how to become an expert. This book tells you how to drink it.

This highly accessible and enjoyable guide is full of practical and fascinating information about how to enjoy whisky. All whisky styles are covered, including (just whisper it) blends. Along the way a good few myths are exploded, including the idea that whisky has to be taken neat.

In 'What to Drink', Dave Broom explores flavor camps - how to understand a style of whisky and - moves on to provide extensive tasting notes of the major brands, demonstrating whisky's extraordinary diversity.

In 'How to Drink', he sets out how to enjoy whisky in myriad ways - using water and mixers, from soda to green tea; and in cocktails, from the Manhattan to the Rusty Nail. He even looks at pairing whisky and food.

In this spirited, entertaining, and no-nonsense guide, world-renowned expert Dave Broom dispels the mysteries of whisky and unlocks a whole host of exciting possibilities for this magical drink.

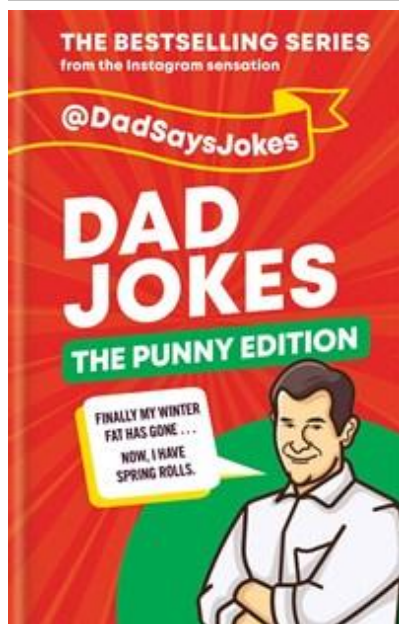
Contributor Bio

Dave Broom has written 13 books, including *The World Atlas of Whisky*, now in its second edition. He has won many awards, including two Glenfiddich prizes and, in 2013, he won the prestigious IWSC Communicator of the Year Award. In 2015, he won The Spirited Award for Best Cocktail & Spirits writer, and, in 2018, *The Way of Whisky* won an Andre Simon prize. In 2020 he was awarded Best Drinks Writer at the Fortnum & Mason awards.

He has been a contributing editor to *Whisky Magazine*, scotchwhisky.com and Malt Advocate. In 2020 he started his own website thewhiskymanual.uk. He has made two films, *Cuba In A Bottle* and *The Amber Light*. The latter, an examination on whisky and Scottish culture, won Best Programme at the 2020 Fortnum & Mason awards.

Over his three-plus decades in the field, Dave has built up a considerable international following with regular training/educational visits to North America, Japan, France, Holland, Scandinavia, Germany, and Africa. He is actively involved in whisky education and also acts as a consultant to major distillers on tasting techniques as well as training professionals and the public. Dave has also worked with Suntory in developing a language of tasting that communicates Japanese concepts to English speaking audiences.

Marketing Plans



Cassell
9781788402576
178840257X
Pub Date: 5/3/2022
On Sale Date: 5/3/2022
\$12.99/\$14.99 Can./£10.00 UK
Discount Code: OHC
Hardcover

272 Pages
Carton Qty: 10
Humor / Form
HUM004000
7.2 in H | 4.6 in W | 0.9 in T | 0.5
lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781788403108

Dad Jokes: The Punny Edition

The bestselling series from the Instagram sensation

Dad Says Jokes

Key Selling Points

- The perfect gift for dads, be it for Christmas, birthdays or Father's Day
- @dadsaysjokes have over 3.5m followers across Instagram, Twitter and Facebook
- The *Dad Jokes* series has sold over 75,000 copies

Summary

The next volume of hilarious jokes from the Instagram sensation

THE BESTSELLING SERIES

Q: How does a penguin build a house?

A: Igloos it together.

The global Instagram sensation, @DadSaysJokes, returns for another collection of side-splitting gags to share with friends and family. Guaranteed to keep the laughs and groans coming in equal measure, the cheesy jokes inside will not disappoint.

@DadSaysJokes is a community-run dad jokes network on Instagram, Facebook and Twitter, with over 3.5 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favorites -or Dad just drops in his own zinger! Kit, a young social networking influencer, started his career at the tender age of 14 when he created his original platform, Football.Newz. He has since added another nine platforms, including @PubityPets and monster meme page @Pubity with its 28 million followers. This is his fourth book.

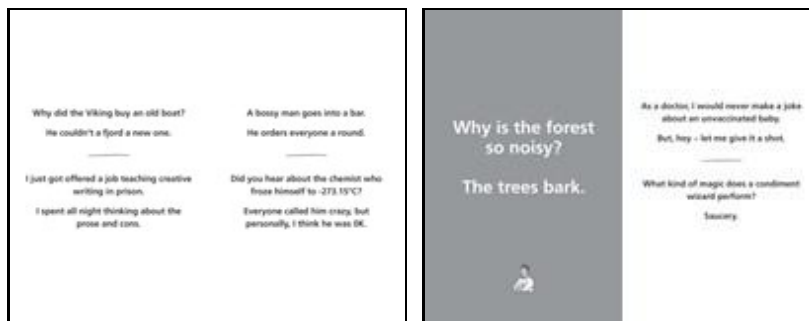
Contributor Bio

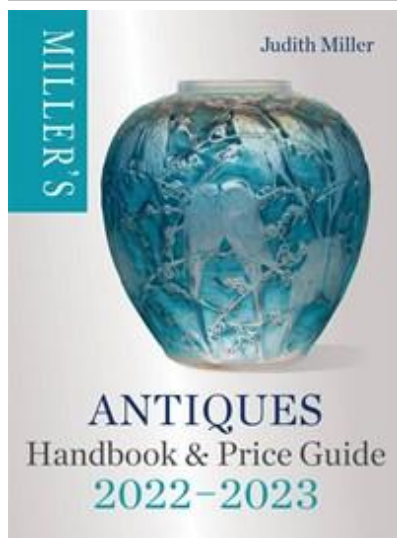
Dad Says Jokes is a community-run social brand with over 3 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

Marketing Plans

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

Illustrations





Mitchell Beazley
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1784728306
Pub Date: 5/3/2022
On Sale Date: 5/3/2022
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Discount Code: OHC
Hardcover

600 Pages
Carton Qty: 10
Print Run: 12K
Antiques & Collectibles
/ Reference
ANT038000

9.4 in H | 7.7 in W
Status: **FORTHCOMING**

Miller's Antiques Handbook & Price Guide 2022-2023

Judith Miller

Key Selling Points

- The largest full-color, fully illustrated antiques price guide in the world
- All images new in every edition
- Features more than 8,000 antiques
- The essential guide for anyone buying online, at auction or in an antiques store

Summary

If you want to know the value of your antiques - or find out how the antiques market is faring - the world's bestselling antiques price guide is the place to look.

With over **5,000 color photographs** and **5,000 price ranges**, *Miller's Antiques Handbook & Price Guide* remains the essential and trusted guide to the antiques market. It has earned the reputation of being the book that no dealer, collector or auctioneer should be without. Compiled by Judith Miller, world-renowned antiques expert and co-founder of the book, the guide features **more than 8,000 antiques**. The price ranges are based on actual prices, either what a dealer will take or the full auction price, giving you a ball park figure of what you should pay for a similar item.

Comprehensive sections cover Ceramics, Asian Antiques, Furniture, Glass, Silver and Metalwares, Jewellery and objets de vertu, Clocks and Watches, Books, Textiles, Toys, Decorative Arts and Modern Classics. Special features explain why one piece is worth more than another, show how to value an item and teach you to be your own valuer. Biographies of designers and factories give the background information you need to help date and value objects, while special 'Judith Picks' sections give fascinating background and valuation details for particularly interesting or unusual objects.

Contributor Bio

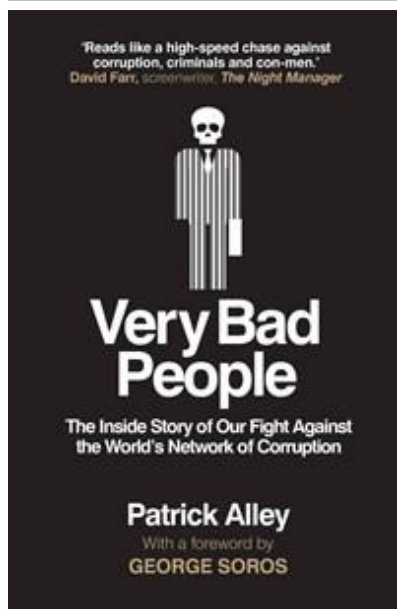
Judith Miller began collecting in the 1960s while a student at Edinburgh University in Scotland. She has since extended and reinforced her knowledge of antiques through international research, becoming one of the world's leading experts in the field. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and has since written more than 100 books which are held in high regard by collectors and dealers.

Judith Miller appears regularly on TV and radio. She is an expert on the BBC's *Antiques Roadshow* and has co-hosted the popular BBC series *The House Detectives*, ITV's *Antiques Trail*, and *Discovery's It's Your Bid*. She has appeared on *The Martha Stewart Show* and CNN. She is a regular lecturer and contributor to numerous newspapers and magazines, including the *Financial Times*, the *Daily Telegraph*, *BBC Homes & Antiques* and *House & Garden*. She has lectured extensively, including at the V&A in London and the Smithsonian in Washington.

Marketing Plans

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

Illustrations



Monoray
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1913183483
Pub Date: 5/3/2022
On Sale Date: 5/3/2022
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Hardcover

320 Pages
Carton Qty: 16
Print Run: 8K
Biography & Autobiography
/ Personal Memoirs
BIO026000

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

Very Bad People

The Inside Story of Our Fight Against the World's Network of Corruption

Patrick Alley

Key Selling Points

- Foreword by George Soros, the legendary hedge fund manager who is widely considered to be one of the most successful investors of all time
- Global Witness were nominated for the Nobel Peace Prize in 2003; they won the mega-prestigious Skoll Award in 2014; and Charmian Gooch won the TED Prize in 2014
- "Part true crime tale, part investigative procedural, this is the account of the brilliant and necessary superheroes of Global Witness, whose superpower is the truth." - Edward Zwick, Director of *Blood Diamond* (Global Witness uncovered the Blood Diamond scandal)
- Global Witness have a US office based in New York
- Links to Patrick's US press:
 - **2019** – New York Times Editorial on Global Witness' work documenting the killings of Land and Environmental Defenders <https://www.nytimes.com/2019/08/01/opinion/environmentalists-murdered.html?searchResultPosition=2>
 - **2019** – New York Times article on Global Witness exposé of state looting by ruling family of the Republic of Congo used to purchase apartment in Trump Tower, New York <https://www.nytimes.com/2019/04/10/business/trump-congo.html>
 - **2014** – TED talk – Charmian Gooch, Global Witness co-founder, gives the 2014 Ted Prize Winner speech on Global Corruption https://www.ted.com/talks/charmian_gooch_meet_global_corruption_s_hidden_players?language=en
- Patrick Alley's TedX Exeter talk: <https://www.youtube.com/watch?v=IUIrYBtkfI4>

Summary

The gripping and untold story of how Global Witness have uncovered a worldwide network of highly organized criminality, kleptocracy and corruption and exposed the people behind it

Arms trafficking, offshore accounts and luxury property deals. Super-yachts, private jets and super-car collections. Blood diamonds, suspect oil deals, deforestation and murder. This is the world of Global Witness.

What began as three friends wanting to end the decades-long civil war in far-away Cambodia is now an award-winning organization, Global Witness, dedicated to rooting out worldwide corruption. VERY BAD PEOPLE is co-founder Patrick Alley's revealing inside track on a breath-taking catalogue of modern super-crimes - and the 'shadow network' that enables them.

From their first campaign, exposing how the illegal timber trade funded the genocidal Khmer Rouge, to alerting the world to blood diamonds fuelling war across Africa, Global Witness unravel crooked deals of labyrinthine complexity and encounter well-known corporations whose operations are no less criminal than the Mafia. This network of lawyers, bankers and real estate agents help park dirty money in London, New York, or in offshore accounts, safe from prying eyes.

This book is about following the money, going undercover in the world's most dangerous places, and bringing down the people behind the crimes.

Case by case we see maverick investigators pitched against warlords, grifters and super-villains who bear every resemblance to *The Night Manager's* Richard Roper. One

dictator's son spent \$700 million in just four years on his luxury lifestyle.

Patrick Alley's book is a brilliant, authoritative and fearless investigation into the darkest workings of our world - and an inspiration to all of us who want to fight back.

"The story told in this book of three youthful idealists who go from eating cold baked beans in a drafty London flat to the Thai-Cambodian border where they posed as traders in illegally felled timber is simply riveting. Don't miss it." - **Misha Glenny, Author of *McMafia***

"*Very Bad People* shines a light on the real life dramas that are truly more alarming than the pages of fiction - it is a shocking, important and page-turning book that gives a unique insight into a hidden world of criminality, and into the shadow networks that really run our world." - **Jeff Skoll, Founder and Chairman Participant Media, Skoll Foundation**

"Part true crime tale, part investigative procedural, this is the account of the brilliant and necessary superheroes of Global Witness, whose superpower is the truth." - **Edward Zwick, Director of *Blood Diamond***

"Stories such as those you will read here are more usually found in the pages of thrillers, but these stories are frighteningly and unfortunately true. Corruption is one of the greatest enemies of democracy, to win the fight we need champions like Global Witness." - **George Soros**

"*Very Bad People* reads like a non-stop high-speed chase as our fighters against corruption hunt down a litany of criminals and con-men, some on the fringes of our society, some embedded high up within it. It's a great story and an important one." - **David Farr, Screenwriter, *The Night Manager***

"Global Witness are fearless." - **Gordon Roddick, Campaigner and Co-Founder of the Body Shop**

Contributor Bio

Patrick Alley is one of the three founders of Global Witness, one of the world's leading organizations dedicated to routing out corruption and environmental abuse around the world. Founded in 1995, Global Witness has since become a global leader in its field, with Patrick taking part in over 50 field investigations in South East Asia, Africa and Europe and in subsequent advocacy activities. Patrick conceived several of Global Witness's campaigns and focusses on corruption, conflict resources, forests and land, and environmental defenders. He is a board director of Global Witness and is involved in the organization's strategic leadership. Alongside his two co-founders, Patrick received the 2014 Skoll Award for Social Entrepreneurship.

Marketing Plans

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

Subrights

No subrights have been specified.



Monoray
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Discount Code: OPB
Paperback

528 Pages
Carton Qty: 48
Print Run: 5K
History / Military
HIS027000
7.8 in H | 5 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

3 Days in June 9781913183592
\$29.99

3 Days in June

3 Para's Battle for Mount Longdon

James O'Connell, Lieutenant General Sir Hew Pike

Key Selling Points

- Publishing the paperback edition in 2022 to mark 40 years since the Falklands War
- As well as fighting in the battle, James O'Connell visited the Falklands five more times to walk through the battle with ex-soldiers
- Includes approx. 30 photographs, many taken by the soldiers themselves and not previously published
- Includes the amazing untold story of Sgt Ian McKay who - as a result of the author's campaigning - received a rare posthumous Victory Cross for his service in the Falklands

Summary

On its 40th anniversary, the bloodiest battle of the Falklands War is retold in extraordinary detail by the men who were there

40TH ANNIVERSARY EDITION

"If you only read one book about the Falklands make sure it's this one." - *Soldier* magazine

"An extraordinarily detailed account of the bloodiest battle of the Falklands war." - Major General Jonathan Shaw CB CBE

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

Forty years on, James O'Connell - who fought there and was injured himself - recreates this bloody battle in a gut-wrenching 360 degree classic.

Frustrated by highly inaccurate books about the battle, O'Connell decided to set the record straight. He revisited the Falkland's five times with comrades and Argentine soldiers and literally walked through the battle with them, step-by-step, creating an unprecedented masterpiece of immersive military publishing.

Combined with rare access to the Battalion's records and radio logs, the resulting book is the last word in Mount Longdon, and might be the most harrowingly realistic description of modern warfare you will ever read.

Contributor Bio

James O'Connell, born in Merseyside, where he still lives, enlisted in the Parachute Regiment in 1979.

In April 1982, after a posting in Cold War Germany and a tour of Northern Ireland, the call came to take part in the British Task Force to re-capture the Falklands. During the attack on Mount Longdon, James was shot in the face. A bullet passed through his nose, destroying his right eye, cheekbone and front teeth. Though he survived, five years of reconstructive surgery followed, and James left the army in 1985 as a result of his injuries.

Following the conflict, transition to civilian life was a difficult and James suffered from what was likely undiagnosed PTSD. He eventually met and married his wife Maureen, and they have two sons.

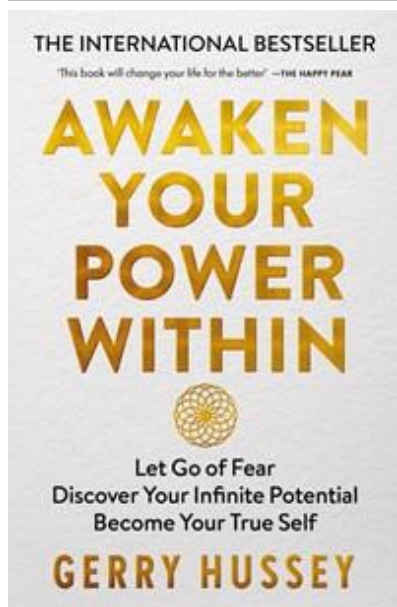
Since 2014, James has helped with the campaign to get a posthumous gallantry medal for Cpl Stewart McLaughlin and was instrumental in getting a memorial erected on Mount Longdon on the exact location where Sgt Ian McKay was killed winning a posthumous Victoria Cross, and he has travelled to the Falklands several times in order to write this book.

Marketing Plans

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

Subrights

No subrights have been specified.



Monoray
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1800960689
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Discount Code: OPB
Paperback

352 Pages
Carton Qty: 36
Print Run: 8K
Self-Help / Personal Growth
SEL016000
9.3 in H | 6 in W
Status: **FORTHCOMING**

Awaken Your Power Within

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

Gerry Hussey

Key Selling Points

- **PHENOMENAL BEST-SELLER:** At the time of writing, after 9 weeks' sale, *Awaken Your Power Within* has sold over 20,000 copies in Ireland
- **NUMBER ONE BESTSELLER:** 4 weeks as #1 bestselling non-fiction book and 2 weeks as overall #1 bestseller in Ireland, so far...
- In 2016, the U.S. self-help industry was worth about \$9.9 billion dollars; market researchers have predicted that the industry will be worth \$13 billion dollars within the next four years, by 2022 (*Research and Markets*)
- You can listen to Gerry Hussey on The Good Glow Podcast [here](#)

Summary

A powerful and transformative guide to self-discovery from the new star of self-help

"You are an infinite being with infinite potential. All you need to do is open yourself to a new consciousness, a true vision of who you really are and awaken to the power within"

From leading Irish health and performance coach, Gerry Hussey, comes a powerful guide to transforming your mind, body and soul.

In *Awaken Your Power Within*, Gerry tells an open, honest and mind-blowing story of self-discovery that takes us inside the heart and mind of a young boy who dared to ask deeper questions about the mind and soul. Bringing together insights from psychology, neuroscience, gut health, quantum physics, mindfulness and philosophy, the book shows you how to break free from limiting and self-destructive habits and reclaim your inner world, so that you can live as your truest and most powerful self.

From letting go of the fear of not being enough to opening up a deeper level of consciousness, *Awaken Your Power Within* is a life-changing introduction to the limitless possibilities of which you are capable.

Contributor Bio

Gerry Hussey is a performance psychologist who has been working in the fields of health and performance for almost twenty years. He is the co-founder of Soul Space, an empowering movement that focuses on integrative mind, body and soul programs, speaking engagements and events.

At the forefront of building high-performance teams and individuals, Gerry leads teams for success at high-profile competitions such as the Olympic Games, Heineken Cups, World Cups, and World and European championships. He also works with corporate organisations along with one-on-one sessions for individuals.

Gerry brings an unrivalled wealth of honesty, experience and infectious passion to everything he does, and has the ability to awaken, unlock and connect people in a truly powerful manner.

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

Marketing Plans

- Social media campaign
- National media outreach



Mitchell Beazley
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178472761X
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\$26.99/\$29.99 Can./£22.00 UK
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224 Pages
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Print Run: 6K
Gardening / Flowers
GAR004000

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

Grow 5

Simple seasonal recipes for small outdoor spaces with just five plants

Lucy Bellamy

Key Selling Points

- Lucy Bellamy's first book *Brilliant and Wild: A Garden from Scratch in a Year* won the Garden Media Award for best practical book of the year 2018
- Featuring glorious photography by award-winning gardening photographer, Jason Ingram
- According to a Gardening Insights survey, gardeners spent 42 percent more time gardening in 2020 (Illinois University Press)
- A survey by Axiom (Minneapolis) found that 86% of homeowners plan to continue gardening in 2021, with growing flowers being the most popular activity

Summary

With its 52 super-simple planting 'recipes', *Grow 5* offers a fresh take on gardening in small spaces from award-winning author (and editor of *Gardens Illustrated* - the "Vogue of gardening media") Lucy Bellamy

Garden size shouldn't be a barrier to curating beautiful outdoor spaces and *Grow 5* delineates a brilliantly simple way to make a small garden.

Using a palette of just five plants, you can create:

- an urban garden inspired by ancient hedgerows
- a micro-meadow in a city space
- a contemporary wildlife garden with layers of color
- a medley of pots with scent for tiny courtyard

This practical and inspirational book includes over 100 of the newest and best plants and how to use them in 52 simple, seasonal designs.

"Bellamy makes gardening seem simple, expressive and joyful. Anyone can do it." - *Evening Standard*

Contributor Bio

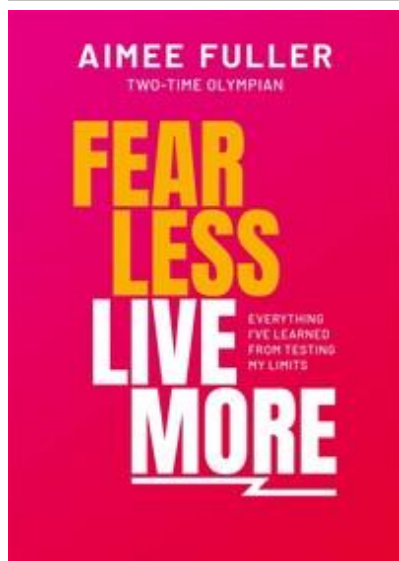
Lucy Bellamy is the editor of *Gardens Illustrated* magazine. Her first book, *Brilliant and Wild: A Garden from Scratch in a Year*, was awarded practical book of the year by the Garden Media Guild (2018) and has been translated into German, French and Dutch. She has written about gardening in the national press, including for *The Guardian* and *The Times*.

As editor of *Gardens Illustrated*, Lucy has access to some of the best gardens in the U.K. and internationally. She lives in Bristol and has a small, city garden.

Marketing Plans

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

Illustrations



Aster
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240 Pages
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Print Run: 6K
Self-Help / Personal Growth
SEL031000

7.2 in H | 5.1 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Fear Less Live More

Everything I've learned from testing my limits

Aimee Fuller

Key Selling Points

- As a professional snowboarder, Aimee became the first woman ever to land a double backflip in competition
- Aimee has a large and engaged social media audience, with 106k followers on Instagram (22% of her following are based in the US) and 42.5k followers on Twitter

Summary

How to make the most of life outside your comfort zone

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

As someone who has lived outside her comfort zone, Aimee Fuller has a lot to say about fear. She has spent years riding on the fine edge of progression as a professional snowboarder, she has competed in two Winter Olympics and travelled to North Korea to run her first-ever marathon, as seen in the documentary *Running in North Korea*. Along the way, she has discovered that while it's scary to step outside your comfort zone, it can also be freeing.

In this honest, insightful and high-energy book, Aimee shares everything she has learned (and what she is still figuring out) from testing her own limits. Fear can feel like the worst thing in the world, but it is also a prerequisite for growth. Encouraging you to get up close and personal with your fears, Aimee shows you:

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

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

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

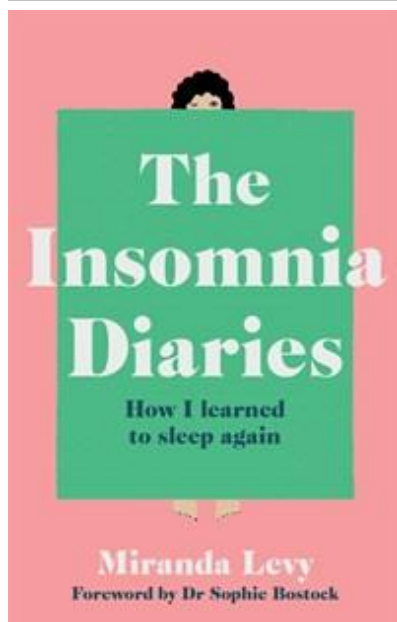
Contributor Bio

Aimee Fuller is a two-time Olympian, qualified yoga instructor, TV presenter and media personality.

As a professional snowboarder, Aimee made history as the first woman to land a double backflip in competition. She took part in two Winter Olympics for Team GB and, in 2017, ranked third in the world in the Big Air World Cup rankings. She is now a member of the British Olympic Association Athletes' commission.

Aimee hosts regular features on BBC One's *Ski Sunday* and presents live TV events across sport for Red Bull TV and the Olympic Channel. She hosts a weekly podcast, *Monday Mile with Aimee Fuller*, in which she invites celebrity guests to walk a mile with her and share their secrets to Monday motivation.

In collaboration with BBC Sounds, Aimee presented a 13-part podcast series around the Tokyo 2020 Olympics. In *The Olympic Mile*, Aimee will walk a mile with some of Team GB's finest athletes as they discuss their training plans, mindset, Olympic goals



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304 Pages
Carton Qty: 45
Print Run: 6K
Health & Fitness / Sleep
HEA043000

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

The Insomnia Diaries

How I learned to sleep again

Miranda Levy, Dr. Sophie Bostock

Key Selling Points

- According to the American Sleep Association, nearly 70 million Americans have a sleep disorder
- Insomnia is the most common sleep disorder, with 30% of adults experiencing short-term insomnia. About 10% of people have long-lasting insomnia
- The annual costs related to insomnia in the US surpass \$100 billion
- The pandemic has led to a major rise in insomnia, now being referred to as 'coronasomnia' (*Washington Post*)
- Prescriptions for sleep medications jumped 15 percent between mid-February and mid-March in the United States, according to Express Scripts, a major pharmacy benefit manager

Summary

A *Financial Times* readers' best 2021 summer book

One woman's struggle to get a good night's sleep

'Powerful' - *The Daily Mail*

After a single, catastrophic event, journalist Miranda Levy had one sleepless night, then another, and then another. She sought help from anyone she could: doctors, a therapist, an acupuncturist, a hypnotist, a reiki practitioner and a personal trainer - but nothing seemed to work.

Sleep, wellbeing and mental health are intrinsically linked. Yet sleeplessness is surprisingly common: 70 million North Americans suffer from insomnia, and the sleep industry is worth \$100 billion.

In *The Insomnia Diaries*, Miranda Levy tells the story of her experience of severe, disabling insomnia that affected every aspect of her life for years, and how she ultimately recovered. Part memoir, part reportage, this book will help anyone who struggles to get a good night's sleep - whether occasionally or all of the time - appreciate the issues and understand the options as they find their best way to get the rest they need. Dr Sophie Bostock, scientist, sleep expert and member of the team who developed the award winning digital program Sleepio, contributes a foreword. She and a host of expert contributors have advised on the medical elements throughout the text.

Contributor Bio

Miranda Levy is a journalist and author of more than 25 years' experience. Starting out on magazines including *Cosmopolitan* and *New Woman* (RIP), she then hacked it at the *Daily Mail* and *Sunday Mirror* before heading back to glossies and the launches of *Glamour* and *Grazia*. She had two babies, wrote *The Rough Guide to Babies* in 2006 and became editor of *Mother & Baby*, where she was twice nominated for a British Society of Magazine Editors award. Now a freelance writer and editor for national newspapers, she covers many topics - but particularly health - for titles including the *Telegraph* platforms, the *Mail on Sunday* and the *i*. Miranda has contributed to the *Spectator*, the *Jewish Chronicle* and the *New York Post*.

Marketing Plans

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



Aster
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Hardcover

256 Pages
Carton Qty: 10
Health & Fitness / Diet & Nutrition
HEA006000

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

The Slimming Foodie in One

100+ One-Pot Wonders - All Recipes Under 600 Calories

Pip Payne

Key Selling Points

- Pip has received three industry awards for the blog and is waiting to hear the result of another nomination in 2020
- Three out of four of The Slimming Foodie's most popular cities are in the US: New York, Los Angeles and Wichita
- The Slimming Foodie blog has received more than 3 million visits

Summary

Award winning Slimming Foodie blogger returns with a new collection of recipes under 600 calories

'Pip Payne is on a mission to help us eat well, without feeling we're on a diet.'
- BEST

The bestselling Slimming Foodie is back with a fantastic new collection of 100 slimming recipes. These dishes are as delicious as ever but even simpler to prepare, as you only need one pot, pan or tray to prepare them. From all-in-one feasts to slow-cooked comforts, you will find something for the whole family to enjoy, without fuss and with minimal washing up!

Contents Include:

In a Pot

Including Pizza mac 'n' cheese, Orange, honey & soy pot-roast chicken and Philly cheesesteak casserole

In a Pan

Including Black bean & mushroom dal, Pil-pil prawn rice and Rich rigatoni with chorizo & onions

In a Tray

Including Harissa baked eggs, Salsa verde roasted cod and Strike-a-balance chocolate cake

In a Slow Cooker

Including Pomegranate & sumac chicken, Lasagne and Peach cobbler

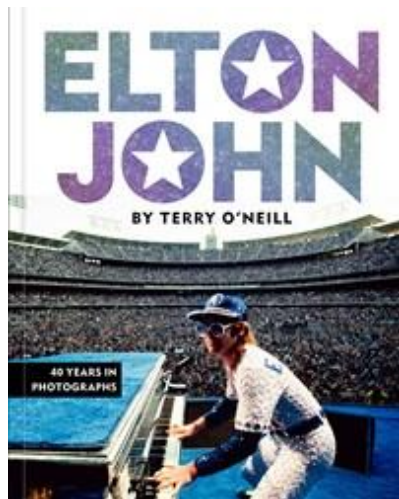
Contributor Bio

Pip Payne is behind the award-winning blog The Slimming Foodie. Keeping a love of food at the fore, Pip's approach is about bringing back convenient home cooking by making healthy recipes that are accessible to a new wave of home cooks. Creating great tasting meals that are cooked from scratch and cut down on fat and sugar while following science-led nutrition advice.

Marketing Plans

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

Illustrations



Elton John by Terry O'Neill

40 Years in Photographs

Terry O'Neill

Key Selling Points

- Elton's Farewell Yellow Brick Road Tour is running until 2023, with more than 300 concerts across five continents
- *Rocketman*, a major biopic of Elton's life, which was released in 2019, grossed \$96 million in the United States and Canada. It also received a wealth of award nominations, and went on to win Golden Globes and Academy Awards
- He has a huge fanbase, with 7 million followers on Facebook alone

The Farewell Yellow Brick Road Tour - US Dates - 2022

Jan 20 - New Orleans, LA - Smoothie King Center
Jan 21 & 22 - Houston, TX - Toyota Center
Jan 25 & 26 - Dallas, TX - American Airlines Center
Jan 29 - N. Little Rock, AR - Simmons Bank Arena
Jan 30 - Oklahoma, OK - Chesapeake Energy Arena
Feb 1 - Kansas City, MO - T-Mobile Center
Feb 4 & 5 - Chicago, IL - United Center
Feb 8 & 9 - Detroit, MI - Little Caesars Arena
Feb 14 & 15 - Toronto, ON - Scotiabank Arena
Feb 18 & 19 - Montreal, QC - Bell Centre
Feb 22 & 23 - New York City, NY - Madison Square Garden
Feb 25 - Newark, NJ - Prudential Center
March 1 & 2 - Brooklyn, NY - Barclays Center
March 5 & 6 - Long Island, NY - Nassau Coliseum
March 19 - Fargo, ND - FARGODOME
March 22 & 23 - St. Paul, MN - Xcel Energy Center
March 26 - Des Moines, IA - Wells Fargo Arena
March 27 - Lincoln, NE - Pinnacle Bank Arena
March 30 - St. Louis, MO - Enterprise Center
April 1 - Indianapolis, IN - Bankers Life Fieldhouse
April 2 - Milwaukee, WI - Fiserv Forum
April 5 - Grand Rapids, MI - Van Andel Arena
April 8 - Knoxville, TN - Thompson-Boling Arena
April 9 - Lexington, KY - Rupp Arena
April 12 - Columbus, OH - Schottenstein Center
April 13 - Hershey, PA - GIANT Center
April 16 - Louisville, KY - KFC Yum! Center
April 19 - Greensboro, NC - Greensboro Coliseum
April 20 - Columbia, SC - Colonial Life Arena
April 23 - Jacksonville, FL - VyStar Veterans Memorial Arena
April 24 - Tampa, FL - Amalie Arena
April 27 - Orlando, FL - Amway Arena
April 28 - Miami, FL - AmericanAirlines Arena
July 15 - Philadelphia, PA - Citizens Bank Park
July 18 - Detroit, MI - Comerica Park
July 23 - East Rutherford, NJ - MetLife Stadium
July 28 - Foxboro, MA - Gillette Stadium
July 30 - Cleveland, OH - Progressive Field
August 5 - Chicago, IL - Soldier Field
Sept 7 - Toronto, ON - Rogers Centre
Sept 10 - Syracuse, NY - Carrier Dome
Sept 16 - Pittsburgh, PA - PNC Park
Sept 18 - Charlotte, NC - Bank of America Stadium
Sept 22 - Atlanta, GA - Mercedes-Benz Stadium

Cassell
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1788403738
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Hardcover

256 Pages
Carton Qty: 10
Print Run: 8K
Music / Individual Composer &
Musician
MUS050000
10 in H | 8 in W
Status: **FORTHCOMING**

Related Products

Ebooks

9781788402187

Sept 24 - Washington, DC - Nationals Park
Sept 30 - Arlington, TX - Globe Life Field
Oct 2 - Nashville, TN - Nissan Stadium
Oct 21 - Vancouver, BC - BC Place
Oct 29 - San Antonio, TX - Alamodome
Nov 4 - Houston, TX - Minute Maid Park
Nov 12 - Phoenix, AZ - Chase Field
Nov 19 & 20 - Los Angeles, CA - Dodgers Stadium

Summary

A photographic portrait of Elton John, by iconic photographer Terry O'Neill

"Looking at Terry's photographs is like gazing through a window at the most extraordinary and exciting moments of my life. I'm so glad he was with us throughout the madness: in his evocative and stylish photos he captured those moments as no other photographer could." - Elton John

Elton John and iconic photographer Terry O'Neill worked together for many years, taking in excess of 5,000 photographs. From intimate backstage shots to huge stadium concerts, the photographs in this book represent the very best of this archive, with most of the images being shown here for the first time.

O'Neill has drawn on his personal relationship with Elton John to write the book's introduction and captions.

"I'm so glad he was with us throughout the madness: in his evocative and stylish photos he captured those moments as no other photographer could." - Elton John

Contributor Bio

Terry O'Neill is one of the most important photographers of his generation, taking iconic portraits of artists from The Beatles to The Rolling Stones, Elizabeth Taylor to Audrey Hepburn. He has worked with such icons as Michael Caine, Brigitte Bardot, Sean Connery, Terence Stamp, Ava Gardner, Paul Newman, Robert Redford, Raquel Welch, Roger Moore, Amy Winehouse, Nelson Mandela and hundreds of others. Frank Sinatra, whom O'Neill worked with for several decades, considered him a friend and O'Neill had a close working relationship with David Bowie, including photographing the iconic "Jumping Dog" image used for the promotion of Diamond Dogs. O'Neill's photograph of Faye Dunaway sitting by the pool the morning after winning the Academy Award in 1977 is widely considered to be the most iconic image of Hollywood. His work is included in permanent collections in museums, galleries and private collections worldwide.

Marketing Plans

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

Illustrations





Hamlyn
 9780600637462
 0600637468
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 208 Pages
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 Cooking / Health & Healing
 CKB111000
 9.3 in H | 7.5 in W
 Status: **FORTHCOMING**

Can You Make That Gluten-Free?

Megan McKenna

Summary

80 insanely tasty gluten-free recipes from TV star, singer-songwriter and Celebrity MasterChef UK contestant Megan McKenna

"Yes, I'm gluten and wheat free. Yes, it's an allergy. Yes, coeliac disease... No, I don't want a salad! If that sounds familiar, and you too want to munch into breaded chicken or enjoy gooey Mac & cheese, then I'm here to show you that, yes, you can make ANYTHING gluten free."

Megan McKenna, Celebrity MasterChef UK contestant, singer-songwriter, highly-engaged influencer, coeliac and home cook invites you into her gluten-free kitchen. After years of sharing her cooking videos to over 4 million viewers, she is regularly messaged to ask: "Can you make that gluten free?"

Now, with more than 80 gluten-free recipes to explore, Megan's first cookbook will prove that you can eat delicious, mouthwatering meals, just like everybody else - simply by swapping a few ingredients along the way.

With chapters covering Quick Bites, Naughty Nights In, Posh Nosh and Heaven O'clock, there's no need to be left out on pancake day, spend another birthday without cake, or miss out on the food at parties and events.

Growing up, Megan was constantly unwell and found herself eating her lunches alone in the stairwell at school. Following her coeliac diagnosis, her mom taught her to cook everything from scratch and she finally gained the strength and resilience to enjoy food again.

Megan has had her fair share of trolls, tantrums and toilets, but her relaxed kitchen vibe and down-to-earth recipes have shown millions that you, too, can cook everyday tasty, gluten-free meals.

Contributor Bio

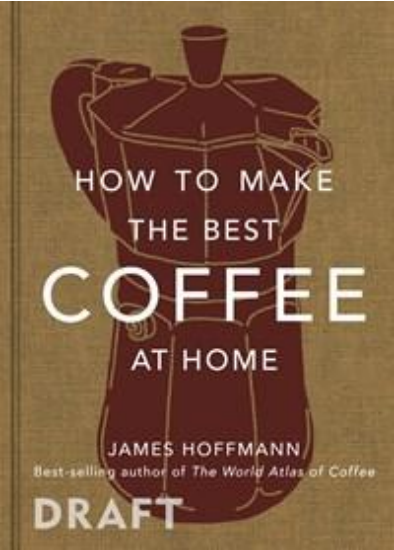
Megan McKenna is a TV personality, singer-songwriter, coeliac, home cook, Celebrity MasterChef UK contestant, highly-engaged influencer and brand ambassador with social media platforms totalling over 4 million followers. She started her career making appearances on UK TV shows like Ex on the Beach (2015-2016), Celebrity Big Brother (2016) and The Only Way Is Essex (2016-2017), plus stints on The Real Full Monty: Ladies Night (2018) & Celebs Go Dating (2019).

Inspired by her deep-rooted love for all things country music, she had her own three-part ITV series There's Something About Megan and went on to release her debut country album 'Story of Me' with 2 singles hitting number one in the iTunes Country Music charts in 2018. Megan was crowned X Factor Celebrity winner in 2019 and went on to pen the Sunday Times bestselling book 'Mouthy'.

In 2021, Megan's decision to feature on Celebrity MasterChef UK was part inspired by the fact she wanted to educate people about coeliac disease which she suffers from along with a wheat-free allergy. Megan went on to become a finalist and continues to share her gluten and wheat-free homecooked dishes with her millions of followers.

Megan's story has come to be viewed as one of growth, determination, and evolution; fighting off stereotypes, overcoming all obstacles and refusing to be categorised into just one box.

Marketing Plans



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Hardcover

224 Pages
Carton Qty: 10
Print Run: 25K
Cooking / Beverages
CKB019000

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

How To Make The Best Coffee At Home

James Hoffmann

Key Selling Points

- James Hoffmann is the international name in coffee, combining guru-level knowledge with a wonderful ability to communicate it
- By the author of *The World Atlas of Coffee* - which has sold over 250,000 copies worldwide
- James Hoffmann has a dedicated following on YouTube (412k subscribers) and Instagram (@jimseven - 94k followers)

Summary

World-leading coffee expert and best-selling author of *The World Atlas of Coffee* shows you how to make barista-level coffee at home

We all expect to be able to buy an excellent cup of coffee from the many brilliant coffee shops available. But what about the coffee we make at home? Shouldn't that be just as good?

Coffee guru James Hoffmann runs Square Mile Coffee, as well as creating extremely informative, and popular, coffee and equipment reviews for his YouTube and Instagram channels. In his latest book he demonstrates everything you need to know to make consistently excellent coffee at home, including: what equipment is worth buying, and what isn't; how to grind coffee; the basics of brewing for all major equipment (cafetiere, aeropress, stovetop etc); understanding coffee drinks, from the cortado to latte; the perfect espresso; and taking it to the next level - home roasting.

Contributor Bio

James Hoffmann is the managing director of Square Mile Coffee Roasters, a multi-award winning coffee roasting company based in East London. He is also the World Barista Champion 2007, having won the UK Barista competition in both 2006 and 2007. He writes a popular blog, www.jimseven.com, about coffee and the coffee business. *The World Atlas of Coffee* is his first book.

Marketing Plans

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

Links

- [Author Website](#)

Illustrations





Hamlyn
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Hardcover

208 Pages
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Print Run: 8K
Cooking / Courses & Dishes
CKB073000

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

Salads Are More Than Leaves

Elena Silcock

Key Selling Points

- Elena already has a strong platform, working with the hugely popular MOB Kitchen, BBC Good Food and BOSH
- An accessible and interactive guide to salads with recommendations and variations to make each recipe your own
- In a survey conducted by OnePoll, it was discovered that 36% of Americans have eaten more salads than ever since the pandemic began, with the average American eating salads three times a week now

Summary

Salads to get excited about

Salads for all seasons, moods, occasions and cravings

For too long salads have languished on the side-lines of dining tables, reduced to mere accompaniments or starters, but what if we gave salads the limelight they deserve? *Salads Are More Than Leaves* brings salads center stage, showcasing dishes that are big on flavor, texture and impact. You'll never see salads in the same way again.

Featuring sections on building your salad, maximising flavor and plating your salad to impress, *Salads Are More Than Leaves* includes over 80 recipes for salads to get excited about. Each recipe includes substitutions for vegan and vegetarian variations, suggestions for pairing salads and ways to get ahead when you're short on time.

Recipes include:

Pea, celery, mint and feta salad - tossed with shredded lettuce and scattered with lemon croutons

Roasted nectarine and mozzarella salad - served from the roasting tin after whisking the juices from the nectarines to make a dressing

Miso rice noodle salad - with finely chopped, raw tenderstem broccoli and whole sugar snap peas, topped with a miso dressing and roasted peanuts

Raw and roasted cauliflower salad - finely chopped raw cauliflower tossed with chickpeas, parsley and lemon juice, topped with wedges of roasted cauliflower and drizzled with a tahini dressing

Ultimate tomato salad - with roasted tomatoes, sun-dried tomatoes and fresh tomatoes, along with cucumber and herbs

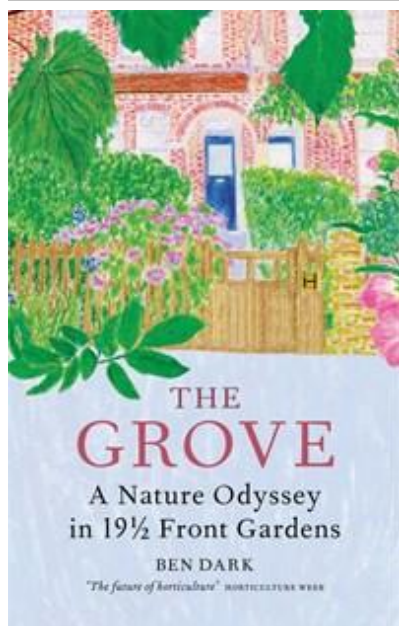
Contributor Bio

Elena Silcock is a food writer, chef and food stylist. She has worked for various magazines and brands, including *BBC Good Food*, *Co-op magazine*, Nando's, Kellogg's and Flora. She runs her own supper clubs and is the creator of the Feed Them Pasta e-book as well as the online recipe and social platform You Bring the Wine.

Marketing Plans

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

Illustrations



Mitchell Beazley
9781784727383
1784727385
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

352 Pages
Carton Qty: 14
Print Run: 5K
Gardening / Essays & Narratives
GAR002000

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

Related Products

Other Formats

The Grove 9780547744988
\$15.95

The Grove

A History of Everything in 19 1/2 Front Gardens

Ben Dark

Key Selling Points

- A personal and passionate narrative nature memoir, which will appeal to fans of *Underland* by Robert Macfarlane and *The Shepherd's Life* by James Rebanks
- Author is a rising star of the horticultural world. He is well-connected in garden media circles and fully supportive of publicity for the book
- Ben Dark hosts podcast *The Garden Log*, which has a rapidly-growing fan base. "Ben Dark describes what he has been up to during the week in mellifluous tones that soothe as well as inform" - Jane Perrone, *Financial Times*

Summary

A personal and passionate narrative nature memoir from an award winning writer and horticulturalist

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

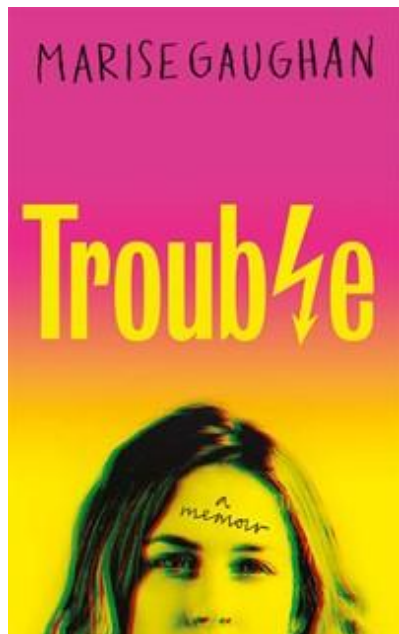
Recent times have seen a renewed interest in urban nature, as can be seen in the work of amateur botanists, old and young, identifying wildflowers and chalking their names on pavements.

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

Contributor Bio

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

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



Monoray
9781913183981
191318398X
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$19.99/\$21.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

272 Pages
Carton Qty: 22
Print Run: 6K
Biography & Autobiography
/ Personal Memoirs
BIO026000

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

Related Products

Other Formats

Trouble 9780758214331 \$6.99

Trouble

A memoir

Marise Gaughan

Key Selling Points

- **AWARD-WINNING WORK:** In 2019, Marise was awarded the Women's Irish Network Arts Bursary to support her bringing her show, *Drowning*, to the Edinburgh Festival Fringe. The show, which discusses her father's suicide, was also nominated for Fringe's Spirit of Wit Moira Brady Averill Award and the First Fortnight Award
- **KNOWN VOICE:** Marise presents a weekly radio segment on Ireland's lyric.fm. She also has written features for *The Irish Times* and *The Journal.ie*, and is well known and supported within the comedy circles, despite being a new talent
- **US LINKS:** Marise started her stand-up comedy career in Los Angeles and has performed at big US comedy clubs including *The Comedy Store* and *The Hollywood Improv*

Marise has written for various US publications, listed below:

- Tastefully Rude Essay: *I Know You Want It* - Read [Here](#)
- Windmill: The Hofstra Journal Of Art And Literature Essay: *I Feel It In My Bones* - Read [Here](#)
- (Mac)Ro(Mic) Essay: *Are You Afraid Of The Dark?* - Read [Here](#)
- Hobart Pulp Essay: *I Love First Dates* - Read [Here](#)

Summary

A stunning literary memoir from an exceptional Irish writer and comedian

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

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

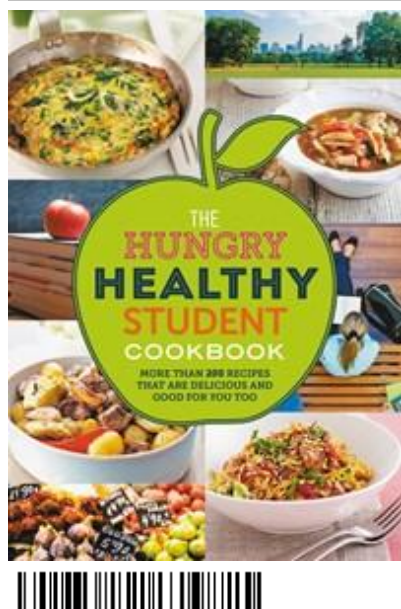
As she retells her unravelling, from child to adult, Marise strips back her identity and her relationship with her father, layer by layer, until she starts to understand how to live with him, years after he has gone.

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

Contributor Bio

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

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



The Hungry Healthy Student Cookbook

More than 200 recipes that are delicious and good for you too

Spruce

Key Selling Points

- With tuition fees and living costs increasing year on year, there's never been a better time to save on the takeaways and whip up your own tasty treats
- According to a survey released by researchers at Temple University, it was revealed that one of the biggest issues for students is affording healthy food, with 46 percent of community college students and 40 percent of four-year college students reporting an inability to pay for balanced meals (CNBC)
- Not just another student cookbook - *The Hungry Healthy Student* will help to ease your first venture away from home
- Advice on stocking up the store cupboard, crucial kitchen kit and the best brain foods means you'll be ready to prepare spectacular feasts at the drop of a hat
- The perfect gift not only for students leaving home but for any inexperienced cook on a budget

Summary

Eat well and feel good with over 200 nutritionally balanced recipes for healthy student living

A student cookbook with a difference, *The Hungry Healthy Student Cookbook* offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives.

With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in.

All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook.

Forget the textbooks, this is the only book you'll ever need to get through your first year!

Contributor Bio

Spruce is known for its innovative design and beautiful books across a range of areas including cookery, biography, mind body spirit and gift books. It has a great reputation for publishing well-defined, distinct series which become backlist classics.

Marketing Plans

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

Illustrations

Hamlyn
9780600637486
0600637484
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$16.99/\$18.99 Can.
Discount Code: OPB
Paperback

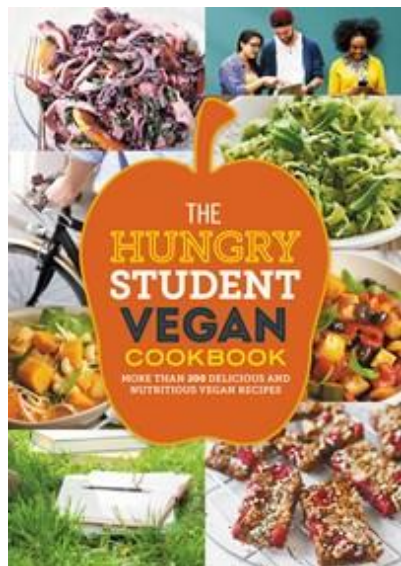
256 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Methods
CKB070000

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

Related Products

Other Formats

The Hungry Healthy Student
Cookbook 9781846015298 \$9.99



Hamlyn
9780600637493
0600637492
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$16.99/\$18.99 Can.
Discount Code: OPB
Paperback

224 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Vegan
CKB125000

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

Related Products

Other Formats

The Hungry Student Vegan
Cookbook 9781846015595 \$9.99

The Hungry Student Vegan Cookbook

More than 200 delicious and nutritious vegan recipes

Spruce

Key Selling Points

- The perfect gift for any vegans on their way to university, or anyone who wants to create delicious vegan food on a budget.
- There are an estimated 1.6 million vegans in the US
- Meatless meals are popular among students trying to cut back on expenses and stretch their budgets
- Vegan cooking has a large online social media presence

Summary

The ultimate guide to cooking delicious and nutritious vegan food while at college, with over 200 recipes

With all the essays and exams, not to mention the enormous pressure of having to go out partying at least four nights a week, staying healthy and well-fed has never been more important, and *The Hungry Student Vegan Cookbook* will make sure you get all the essential nutrients to get you through to graduation, all while following a vegan diet. Alongside the recipes are helpful hints and tips for getting the most out of a tiny student budget, creating gourmet feasts out of what you can find in your cupboard, and advice on what kind of equipment you might need to take to uni (read: steal from the kitchen at home).

Carry the flag for the vegan revolution all the way to your student halls, and once your new friends get a whiff of the amazing food you're cooking up, you're bound to find more people willing to join the healthy-eating and cruelty-free vegan revolt. This book isn't just about cooking some truly delicious recipes; it's also about reducing your carbon footprint and your impact on the environment by cutting out animal products, and improving your health with a plant-based diet. And ok, yes, it is also about cooking totally yummy recipes and eating the lot (and with a clear conscience too!).

Whether you're a committed vegan looking to branch out with some new recipe ideas, or you're just getting started on the road to veganism and want to learn the ropes of vegan cooking, this is the perfect book to add to your student bookshelf.

Contributor Bio

Spruce is known for its innovative design and beautiful books across a range of areas including cookery, biography, mind body spirit and gift books. It has a great reputation for publishing well-defined, distinct series which become backlist classics.

Marketing Plans

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

Illustrations





Mitchell Beazley
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1784728349
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On Sale Date: 8/2/2022
\$16.99/\$18.99 Can.
Discount Code: OHC
Hardcover

144 Pages
Carton Qty: 10
Print Run: 6K
Gardening / House Plants &
Indoor
GAR010000

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

RHS The Little Book of Cacti & Succulents

The complete guide to choosing, growing, and propagating cacti and succulents

The Royal Horticultural Society

Key Selling Points

- Backed by the authority of the RHS, which now has 498,000 members
- Gardening courses are offered through a wide range of organizations: the RHS level 2 certificate in gardening has around 5,000 graduates a year
- 66% of consumers in the United States own at least one houseplant (Civic Science, 2020)
- In recent years, indoor plant sales in the U.S. have surged by 50% to \$1.7 billion, with millennials spending thousands on them (*National Post*)

Summary

An inspiring and indispensable small format guide to growing and caring for cacti and succulents

With fans far and wide, cacti and succulents come in myriad shapes and sizes too. These firm favorite of Instagram influencers are perfect for adding greenery indoors, and can add structure and detail to outdoor spaces as well. Smaller plants are companions for 'generation rent', since they are easily moved from place to place. Generally low-maintenance, being "plant mom" to one or two of these tiny plants often starts a life-long fascination, and an ever growing horde.

The Little Book of Cacti and Succulents is an inspiring and indispensable guide to growing these fascinating plants. Detailed Plant Profiles are divided into chapters according to style and shape, from beautiful trailing plants to intricately formed rosettes. At the beginning of the book, you'll find practical advice on getting started, caring for the plants through the year and troubleshooting to deal with common problems.

You can also discover how to grow your collection using various propagation techniques with step-by-step guidance.

Cacti and succulents provide year-round interest for very little input, and caring for their fascinating forms is an enchanting hobby. Full of beautiful photography and sweet illustrations, *The Little Book of Cacti and Succulents* is an encouraging and down-to-earth guide to these weird and wonderful plants.

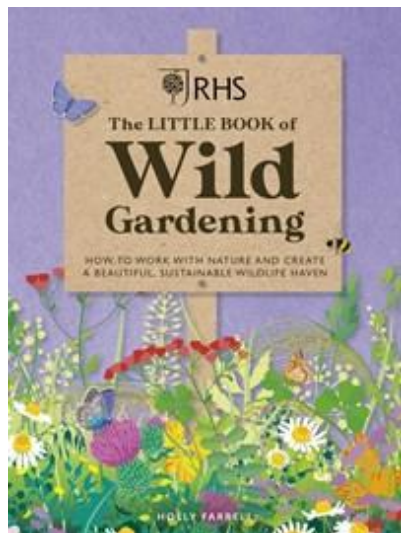
Contributor Bio

The Royal Horticultural Society (RHS), founded in 1804 as the Horticultural Society of London, is the UK's leading gardening charity. The RHS promotes horticulture through its five gardens at Wisley (Surrey), Hyde Hall (Essex), Harlow Carr (Yorkshire), Rosemoor (Devon) and Bridgewater (Greater Manchester); flower shows including the Chelsea Flower Show, Hampton Court Palace Flower Show, Tatton Park Flower Show and Cardiff Flower Show; community gardening schemes; Britain in Bloom and a vast educational programme. It also supports training for professional and amateur gardeners

Marketing Plans

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

Illustrations



Mitchell Beazley
9781784728335
1784728330
Pub Date: 8/2/2022
On Sale Date: 8/2/2022
\$16.99/\$18.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

144 Pages
Carton Qty: 10
Print Run: 6K
Gardening / Flowers
GAR004080

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

RHS The Little Book of Wild Gardening

How to work with nature and create a beautiful, sustainable wildlife haven

The Royal Horticultural Society

Key Selling Points

- Backed by the authority of the RHS, which now has 498,000 members
- Gardening courses are offered through a wide range of organizations: the RHS level 2 certificate in gardening has around 5,000 graduates a year
- According to a Gardening Insights survey, gardeners spent 42 percent more time gardening in 2020 (Illinois University Press)
- The 2020 National Gardening Survey showed that, over the last three years, 64.1 million or one in four American adults purchased a plant because it was beneficial to birds, bees or butterflies (*National Wildlife Federation*)

Summary

A natural, sustainable approach to gardening for plots both big and small

The Little Book of Wild Gardening is a guide for anyone wanting to garden in a more sustainable, natural way. Working with nature benefits not just the garden, but also the gardener, wildlife and the wider environment. Divided into chapters for different garden areas - including lawns, flower beds, edibles, trees and water features - *The Little Book of Wild Gardening* details how to embrace a natural approach to gardening for plots large and small.

Introductory chapters explain how garden ecosystems can work, and how a healthy garden can mean savings in both work and resources for the gardener. There are plant profiles providing a variety of choices for a wilder approach, plus design tips and expertise in sustainable and wildlife-friendly gardening. From a sustainable veg patch to wildflower meadows, and from bat boxes to gravel gardens, the book includes projects and plants in a range of sizes and timescales so gardeners can create a bountiful and enjoyable haven that will benefit themselves, their local area, and all kinds of wildlife.

Contributor Bio

The Royal Horticultural Society (RHS), founded in 1804 as the Horticultural Society of London, is the UK's leading gardening charity. The RHS promotes horticulture through its five gardens at Wisley (Surrey), Hyde Hall (Essex), Harlow Carr (Yorkshire), Rosemoor (Devon) and Bridgewater (Greater Manchester); flower shows including the Chelsea Flower Show, Hampton Court Palace Flower Show, Tatton Park Flower Show and Cardiff Flower Show; community gardening schemes; Britain in Bloom and a vast educational programme. It also supports training for professional and amateur gardeners

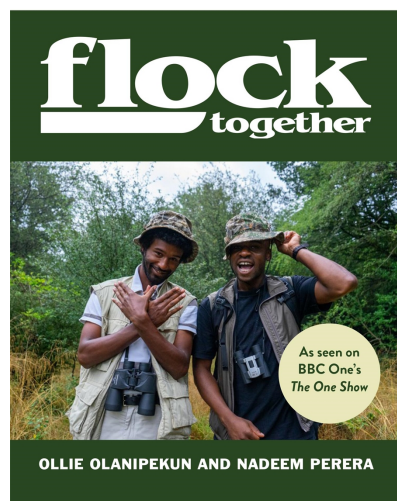
Marketing Plans

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

Illustrations



FINAL COVER TO BE REVEALED



Gaia
9781856754781
1856754782
Pub Date: 8/2/2022
On Sale Date: 8/2/2022
\$19.99/\$21.99 Can.
Discount Code: OHC
Hardcover

224 Pages
Carton Qty: 22
Nature / Animals
NAT043000

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

Flock Together

Ollie Olanipekun, Nadeem Perera

Summary

***Flock Together* is about reclaiming the outdoors as a safe space and building community through nature by the up-and-coming birdwatching club, Flock Together**

"Nature is a universal resource. For too long black, brown and POC have felt unwelcome and marginalised in spaces that should be for everyone."

Flock Together is the brainchild of Ollie Olanipekun and Nadeem Perera. Started in Summer 2020 as the strictest lockdown restrictions in London were beginning to ease, Flock Together is a birdwatching club combatting the under-representation of people of color in nature and it has quickly become a highlight for its members, many of whom were completely new to the hobby.

For too long, many of us – and particularly people of color – have felt unwelcome and marginalised in spaces that should be for everyone. Flock Together is on a mission to create a world where every single person has the freedom to explore and engage with the natural world, on their own terms.

Ollie and Nadeem explore what nature can do for us and, in turn, what we can do for nature. They make the case for why nature is so important for mental and physical health, as well as the ecological benefits: what the ecosystem means to us as human beings and why it is within our interest to support and protect it.

The book looks at the importance of community and how nature can help bring us closer together, empower us as a collective and build a better society for all.

Contributor Bio

Nadeem Perera

Nadeem, 26, is a youth sports coach. He has loved nature from an early age and has been a serious bird enthusiast for the last decade. He works with young people in community centres and supporting schools in the East London area. Nadeem has overcome enormous mental roadblocks and trauma through his relationship with nature.

Flocktogether.world
Instagram.com/birdnerdeem

Ollie Olanipekun

Ollie, 36, is a creative director from North East London. He is the founder of award-winning creative agency Superimpose/Futureimpose, which has helped several global brands stay relevant with younger audiences. Ollie is also a mentor and associate lecturer at UAL where he is working to create smoother pathways into the creative industry for the next generation of 'non-traditional' creatives. All of Ollie's creative work has a heavy social responsibility at its core.

Flocktogether.world
Instagram.com/ollie_ranger

Marketing Plans

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



Gaia
9781856754927
1856754928
Pub Date: 8/2/2022
On Sale Date: 8/2/2022
\$9.99/\$10.99 Can./£7.99 UK
Discount Code: OPB
Flexibound

96 Pages
Carton Qty: 10
Print Run: 6K
Body, Mind & Spirit / Divination
OCC017000

5.8 in H | 4.3 in W
Status: **FORTHCOMING**

The Little Book of Palm Reading

Kitty Guilsborough

Key Selling Points

- Palm reading has fascinated people for centuries and continues to capture peoples' imaginations year after year.
- The 'Little Book' series continues to be a popular consistent seller
- Witchcraft, crystals, astrology and fortune telling are continuing to grow in popularity
- In 2019, consumers spent nearly \$40 million on the top 10 U.S. psychic and astrology apps, with *Astrology & Palmistry Coach* being the most popular app

Summary

Learn how to read someone's fortune in the palm of their hand with this little book of palmistry

Discover the history of palm reading, and how to read someone's character and fortune in their hands. Plus, learn what your own hands have to say about your destiny.

The ancient art of palm reading has been practiced around the world for thousands of years. From diverse practices in ancient India, China, Persia and Mesopotamia, to its development in ancient Greece and Medieval Europe and its rebirths in the Renaissance and 17th century, the study of hands has fascinated people across cultures throughout the ages. Learn how the proportions of each part of the hand, the mounds of the palm and the famous heart, mind, fate and life lines work together to paint a picture of a person's character and reveal what their future has in store.

This illustrated little book will teach you everything you need to know to start practicing the ancient art of palmistry and read fortunes for yourself and others.

Contributor Bio

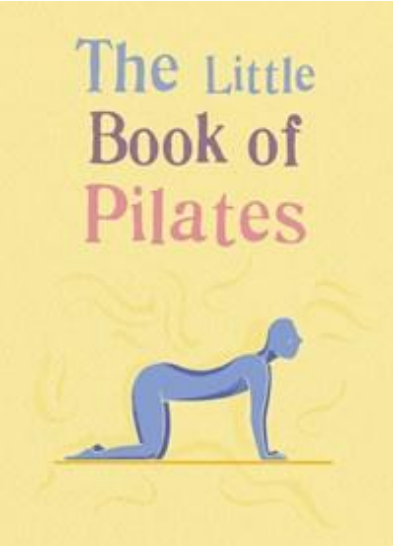
Kitty Guilsborough lives in London. She writes about life by day, and tells fortunes by night, and the two jobs have a surprising amount in common. Kitty specialises in a holistic approach to wellbeing, combining psychodynamic therapy with traditional healing and witchcraft in order to change the stories we tell about our lives. This is her third book in this series.

Marketing Plans

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

Illustrations





Gaia
9781856754439
185675443X
Pub Date: 8/2/2022
On Sale Date: 8/2/2022
\$9.99/\$10.99 Can./£7.99 UK
Discount Code: OPB
Flexibound

96 Pages
Carton Qty: 10
Print Run: 8K
Health & Fitness / Yoga
HEA025000

5.8 in H | 4.3 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Little Book of Pilates
9781782811817 \$12.99

The Little Book of Pilates

Una L. Tudor

Key Selling Points

- Pilates is still growing in popularity, and in sport can help prevent injury and help with injury recovery - Olympians including Andy Murray practise Pilates
- Yoga & pilates, and other mind-body activities are gaining popularity and expected to become a \$66 billion industry by 2027 (*Healthline*)
- Part of the Little Books series which has sold over 1 million copies

Summary

Improve your fitness and wellbeing through pilates with this little book

With a strong focus on core strength, Pilates aims to improve general fitness and wellbeing and is known to improve posture, muscle tone, balance and joint mobility. Find out which type of pilates is right for you, experience the effects of pilates breathing techniques and learn simple daily practices that will make you feel strong, calm and focused.

In this beautiful little book, an expert practitioner will show you how to integrate pilates into your life, simply, every day.

Contributor Bio

Una L. Tudor is a life coach and counsellor from York, UK. She lives in London with her wife and two cats, Bulgur and Barley. In her spare time, she practises yoga.

Marketing Plans

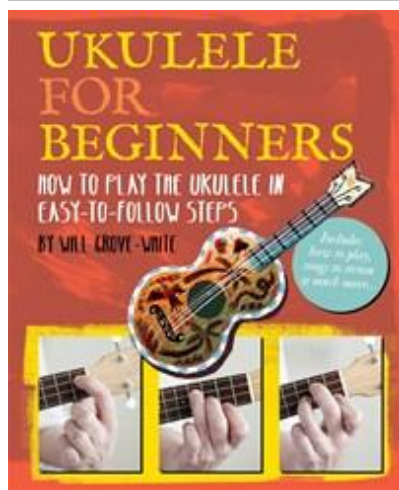
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Mitchell Beazley
9781788403740
1788403746
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\$19.99/\$21.99 Can.
Discount Code: OPB
Paperback

176 Pages
Carton Qty: 10
Print Run: 6K
Music / Musical Instruments
MUS023040

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

Related Products

Other Formats

Ukulele for Beginners
9781844039418 \$16.99

Ukulele for Beginners

How To Play Ukulele in Easy-to-Follow Steps

Will Grove-White

Key Selling Points

- Over the last decade, the ukulele has soared in popularity, replacing the violin and recorder as most popular beginner instrument.
- Books on the ukulele sell even better than books on the piano and guitar
- Overall, nearly 1.5 million ukuleles were sold in the U.S in 2020 (*Statista*)

Summary

A complete guide to the ukulele: learn how to play, history of the uke, songs to strum, beginner and advanced techniques, famous pluckers, pull-out chord dictionary and much, much more...

Interested in the ukulele and want to learn how to play it? This is the book for you.

This all-encompassing guide to the ukulele is written by Will Grove-White, one of the world-renowned Ukulele Orchestra of Great Britain. Clearly written, beautifully designed, and chock-full of photos and illustrations, *Ukulele for Beginners* is the perfect teach-yourself ukulele book for adults and children alike, and a must for anyone with an interest in the instrument.

- No knowledge of music required
- Clearly written and easy to understand
- Full color photographic illustrations
- Chords to learn and songs to strum
- Simple and advanced strumming techniques
- Tips and tricks for writing your own songs
- How to play in a group
- Play along with the songs online

Also includes:

- Pull-out comprehensive chord dictionary
- A complete history of the ukulele
- Biographies of great uke players from past and present
- Ukulele revelations about Jimi Hendrix, Neil Armstrong, Elvis Presley and more...

Contributor Bio

Will Grove-White is a musician, composer, writer and producer, and one of the internationally-renowned Ukulele Orchestra of Great Britain. As well as performing with the Ukulele Orchestra, he writes and performs his own music as Will Grove-White & The Others, and composes tunes for film and TV.

Marketing Plans

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

Illustrations



Ilex Press
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1781578605
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\$14.99/\$16.99 Can.
Hardcover

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

Related Products

Other Formats

The Witchcraft Handbook
9781781576229 \$14.99

Ebooks

9781781576519

The Witchcraft Handbook

Unleash Your Magickal Powers to Create the Life You Want

Midia Star

Summary

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

Embrace your inner witch.

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

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

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

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

Contributor Bio

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

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



Ilex Press
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Hardcover

224 Pages
Print Run: 5K
Photography / Subjects & Themes
PHO023040

10.3 in H | 10.3 in W
Status: **FORTHCOMING**

Landscape Photographer of the Year

Collection 14

Charlie Waite

Summary

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

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

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

Contributor Bio

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

Marketing Plans

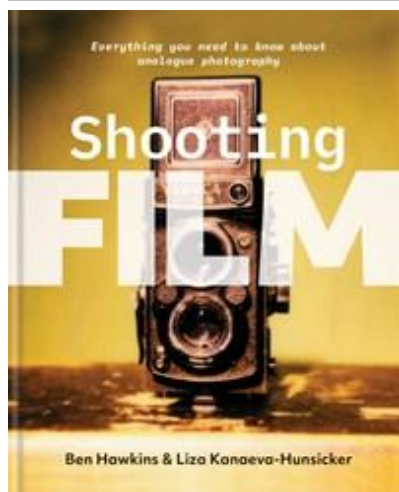
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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1781578346
Pub Date: 3/1/2022
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Hardcover

192 Pages
Print Run: 5K
Photography
PHO000000

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

Shooting Film

Everything You Need to Know About Analogue Photography

Ben Hawkins, Liza Kanaeva-Hunsicker

Summary

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

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

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

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

Contributor Bio

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

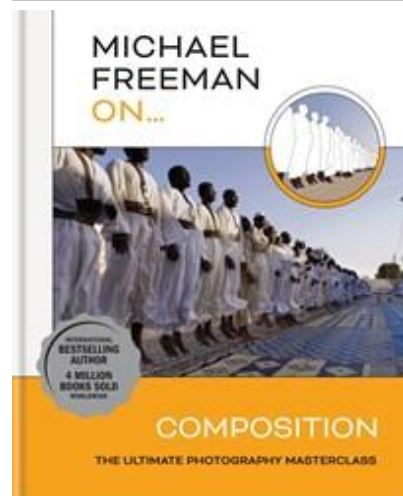
Liza Kanaeva-Hunsicker is a fine art and fashion photographer from Moscow, now based in New York City. She discovered her love for photography while documenting family travels when she was growing up. Liza studied Art at university in California and Paris and subsequently moved to NYC, where she decided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

Marketing Plans

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

Illustrations





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Paperback

176 Pages
Print Run: 6K
Photography / Techniques
PHO012000

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

Michael Freeman On... Composition

Michael Freeman

Summary

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

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

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

Contributor Bio

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

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

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

Marketing Plans

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

Illustrations





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288 Pages
Carton Qty: 16
Print Run: 12K
Literary Collections / Letters
LCO011000

8.7 in H | 5.4 in W | 0.09 lb Wt
Status: **FORTHCOMING**

Related Products
Ebooks
9781781578308

The Love That Dares

Letters of LGBTQ+ Love & Friendship Through History

Rachel Smith, Barbara Vesey

Key Selling Points

- Publishing in time for Coming Out Day (October 11 2020)
- There is an enduring fascination with the untold stories of queer historical figures: TV show *Gentleman Jack* used the diaries of Anne Lister to shed light on the lesbian experience in the 1800s, and 2019 film *Vita & Virginia* was based on love letters between Virginia Woolf and Vita Sackville-West
- Perfect gift for Valentine's Day or stocking filler at Christmas

Summary

An intimate and inspiring collection of letters revealing some of the greatest queer love stories in history

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

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

Including letters written by:

Oscar Wilde & Sir Alfred 'Bosie' Douglas
Eleanor Roosevelt & Lorena Hickok
Virginia Woolf & Vita Sackville-West
Emily Dickinson & Susan Gilbert
Herman Melville & Nathaniel Hawthorne
Allen Ginsberg & Peter Orlovsky
Gertrude Stein & Alice B. Toklas
Angelina Weld Grimké & Mamie Burrell
John Cage & Merce Cunningham
Margaret Mead & Ruth Benedict
Audre Lorde & Pat Parker
Harvey Milk & Joe Campbell

Contributor Bio

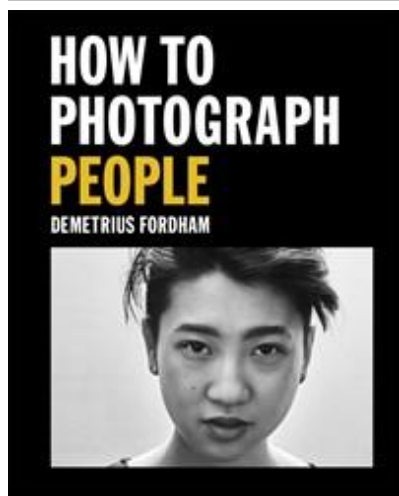
Rachel Smith & Barbara Vesey are archivists at the Bishopsgate archive in London, which houses the Lesbian and Gay Newsmedia Archive (LAGNA).

Marketing Plans

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

Subrights

No subrights have been specified.



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176 Pages
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Print Run: 6K
Photography / Subjects & Themes
PHO016000

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

How to Photograph People

Learn to take incredible portraits & more

Demetrius Fordham

Key Selling Points

- Portraiture is the most popular genre of photography - everyone photographs people at some point
- All types of portraiture covered, from candid group shots to formal studio shoots
Accessible for every skill level and every type of equipment, from cameraphones to DSLR and CSC cameras
- Jargon-free tips & tricks based on real-life photo shoots
- Slick, modern styling will appeal to younger generations of photographers

Summary

Innovative and easy-to-understand guide to photographing people from professional photographer, tutor and author Demetrius Fordham

Whatever type of device you use to take pictures - whether a phone or a pro-spec digital camera - the most compelling subject is always other human beings. Portraiture is one of the most popular genres in photography, but it can also be one of the most daunting to undertake, especially when you're just starting out.

In this comprehensive guide, Demetrius Fordham shares his real-life experiences from years of portrait sessions, using these examples to impart the tips, tricks and knowledge that will let you take your own amazing images of people.

- Learn from real-life portraiture examples, shot by a top pro
- Gain the skills needed to create a rapport with your subject
- Get all the tips and tricks for perfect posing
- Master every type of portraiture from casual-looking group shots to formal studio sessions
- Discover techniques that will let you get amazing pictures of people in any situation

Contributor Bio

Demetrius Fordham is an award-winning portrait photographer based in Los Angeles, California. His portrait series *Transparent* (2017) and *Ageless Beauty* (2016) were covered widely in the media and featured in international photo exhibits.

In addition to portraiture, he has shot editorials for *W Magazine*, *Conde Nast Traveler*, *The Wall Street Journal* and *Schon Magazine*, and has worked with commercial clients such as Steve Madden, The American Heart Association and The Gerald J. Friedman Foundation. He is the author of two other books by Ilex Press: *What They Didn't Teach You in Photo School* (2015) and *If You're Bored With Your Camera, Read This Book* (2017).

Marketing Plans

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

Illustrations



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Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Crafts & Hobbies / Knots,
Macrame & Rope Work
CRA055000

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

You Will Be Able to Macramé by the End of This Book

Tiffany Allen

Key Selling Points

- Best-selling series has sold over 180,000 copies worldwide, in 13 languages
- Author has 26.9k followers on Instagram

Summary

Pick up a new craft and learn to create beautiful macramé homeware, wall hangings and gifts with the next book in this best-selling series

In recent years, macramé has gone from a nostalgic '70s trend to a mainstay in contemporary crafting, and no modern home is complete without a stylish knotted creation. This new book takes you back to complete basics, with clear step-by-step illustrations showing every knot you'll need in order to get started plus all the techniques, styles, tools and materials to take you from novice to pro.

Once you've aced the essentials, move on to 20 clear, stylish and straightforward projects to practise the skills you've learned. By the end of the book, you will be able to macramé beautiful items to gift or keep, from a stunning wall hanging to a chic plant holder or a handy market bag.

Projects include:

Wall hangings
Plant hangers
Market bag
Bunting

Contributor Bio

Tiffany Allen is a fibre artist with a passion for macramé. In only four short years, she has become an expert in her craft and has built a successful business out of her favourite pastime. She can often be found in her home studio in Ontario, Canada, creating new designs and working on custom orders. For more on Tiffany, see @macrameanddriftwood

Marketing Plans

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

Illustrations





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Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Crafts & Hobbies / Needlework
CRA022000

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

You Will Be Able to Sew Your Own Clothes by the End of This Book

Juliet Uzor

Key Selling Points

- Best-selling series has sold over 180,000 copies worldwide, in 13 languages
- The author was the winner of BBC One's Great British Sewing Bee 2019 and has 33.6k followers on Instagram
- All patterns included and ready to download for easy use
- Sustainable fashion is on trend with over 8 million hashtags on Instagram

Summary

Create your own tailored wardrobe, avoid fast fashion, and learn a new sustainable skill with this comprehensive guide for complete beginners

There has never been a better time to learn to sew your own clothes. If you want to avoid harmful fast fashion, create sustainable pieces for yourself and one-of-a-kind gifts for loved ones, and curate your own perfect wardrobe, this is the book you need.

Get started with the core skills such as how to make accurate measurements, how to use a sewing machine, and how to follow a pattern. Once you've aced the essentials, move on to 15 stylish and straightforward projects (all patterns provided), from colorful headbands to eye-catching dresses and trendy sweatshirts. Some of the projects even teach you how to upcycle vintage and thrifted clothes to create gorgeous, unique items for your wardrobe. As the projects get more complex, you'll practise and perfect the skills you've learned, and build your confidence.

By the end of the book, you will be able to tackle any new project with confidence and all the techniques and skills you need at your fingertips. So take some time for yourself, learn a new skill, and enjoy creating your own tailored wardrobe with this beautiful book by your side.

Projects include:

Wrap dress
Upcycled denim tote
Pinafore dress
Classic duster jacket

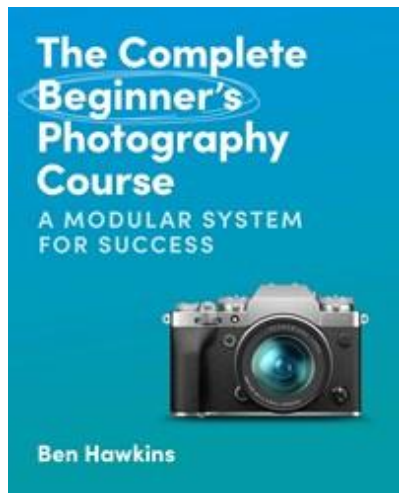
Contributor Bio

Juliet Uzor is a London-based teacher known for her unique colourful clothing designs. In 2019 she was declared the winner of the Great British Sewing Bee on BBC One. Juliet also publishes written and video dressmaking lessons intended to teach and inspire people to sew beautiful pieces to suit their body types and styles.

Marketing Plans

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

Illustrations



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1781578559
Pub Date: 8/2/2022
On Sale Date: 8/2/2022
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Hardcover

256 Pages
Carton Qty: 10
Print Run: 12K
Photography / Techniques
PHO018000

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

The Complete Beginner's Photography Course

A Modular System for Success

Ben Hawkins

Key Selling Points

- Unique modular system teaches all genres of photography
- Each module is based on a 'real life' scenario ensuring that the reader finishes the course with a diverse portfolio of images
- All modules rated for difficulty to allow the reader to develop at their own pace
- Clear and concise behind-the-scenes images show real-time camera settings
- Easy-to-understand illustrations explain all the key learning points

Summary

The easy guide to taking better pictures with your camera

While digital cameras have made photography more accessible than ever, taking full creative control of your equipment should be every photographer's aim.

In this book, photography writer Ben Hawkins uses his extensive experience to deliver a unique modular system of learning. Covering all of the key genres, a range of diverse projects will teach every essential skill, technique and technical competency, while also offering inspiration and delivering a beautiful image for your first portfolio.

- Master every skill, technique and camera setting essential for great photography.
- Learn at your own pace through a difficulty-rated modular system that increases in challenge as your competency grows.
- Get to grips with every genre of photography from landscapes to portraits and nature to reportage.

Contributor Bio

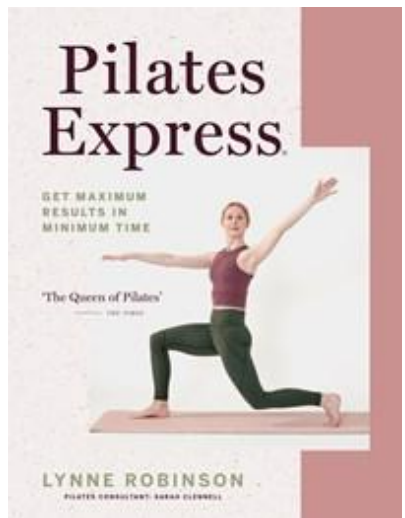
Ben Hawkins is an award-winning writer and journalist specializing in photography and creative media. He was the group editor of *Practical Photography* magazine, 2013-20, and regularly contributes to magazines including *Amateur Photographer* and *Outdoor Photography*. As a child, he used to 'assist'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

Marketing Plans

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

Illustrations





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208 Pages
Carton Qty: 5
Print Run: 6K
Health & Fitness / Yoga
HEA025000

9.7 in H | 7.5 in W | 0.9 in T | 1.5
lb Wt
Status: **FORTHCOMING**

Related Products
Ebooks
9781914239038

Pilates Express

Get Maximum Results in Minimum Time

Lynne Robinson

Summary

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

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

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

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

Contributor Bio

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

Marketing Plans

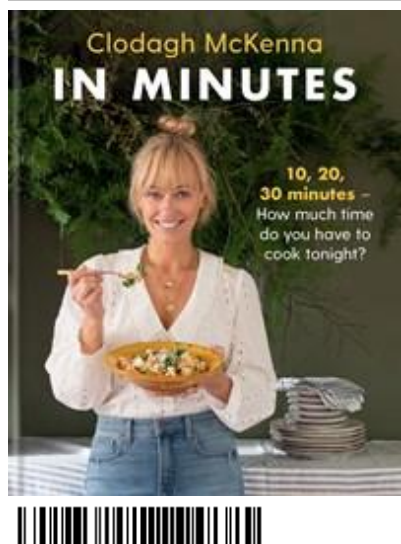
- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [BLAD low res](#)

Illustrations





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Hardcover

176 Pages
Carton Qty: 1
Print Run: 8K
Cooking / Methods
CKB070000
9.3 in H | 7.5 in W
Status: **FORTHCOMING**

In Minutes

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

Clodagh McKenna

Summary

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

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

Praise for *Clodagh's Weeknight Kitchen*:

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

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

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

Contributor Bio

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

Marketing Plans

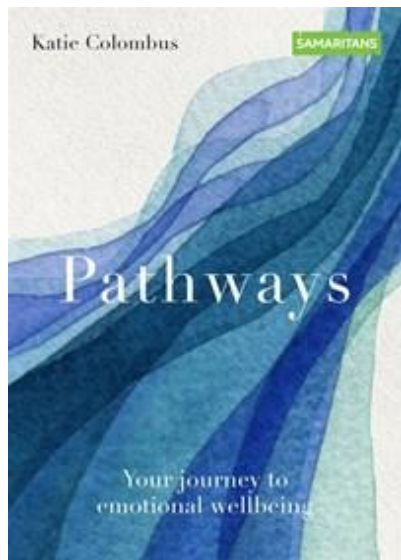
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Kyle Books
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Paperback

208 Pages
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Print Run: 6K
Psychology / Mental Health
PSY036000
8.2 in H | 5.9 in W | 0.9 in T | 0.9
lb Wt
Status: **FORTHCOMING**

Pathways

Your journey to emotional wellbeing

Katie Columbus

Summary

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

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

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

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

Contributor Bio

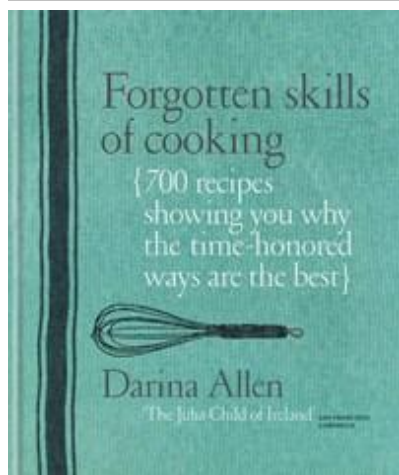
Samaritans was founded in 1953 by vicar Chad Varah, who wanted to offer a listening service to anyone who was struggling and contemplating suicide. There are now more than 20,000 Samaritans volunteers in 201 centres across the UK and Ireland, taking calls, emails and text messages from people who need to talk about what they're going through. Rather than being a charity associated with suicide, they are working to become a friendly and reassuring presence that helps each of us to reach out when we need help, in the hope of preventing people reaching the crisis point that we might traditionally associate with them as a charity. Campaigns such as The Big Listen, Real Stories, Real Lives and Brew Monday are a part of this drive.

Marketing Plans

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

Illustrations





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600 Pages
Cooking / Reference
CKB071000

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

Related Products

Other Formats

Forgotten Skills of Cooking
9781906868062 \$49.99

Ebooks

9780857836939

Forgotten Skills of Cooking

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

Darina Allen

Key Selling Points

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

Summary

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

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

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

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

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

Contributor Bio

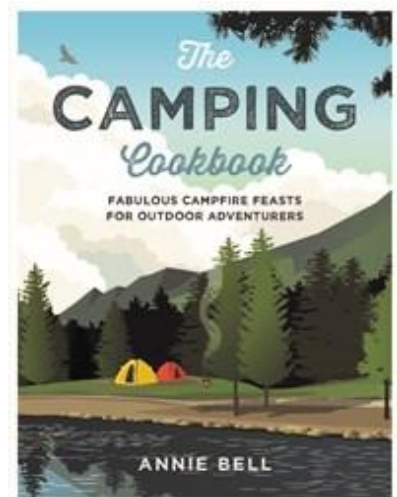
Darina Allen runs the world-renowned cookery school at Ballymaloe in Ireland and is the bestselling author of Ballymaloe Cookery Course. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. Through the East Cork Educational Fund, she runs a programme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

Illustrations



Subrights

No subrights have been specified.



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Cooking / Methods
CKB060000

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

Related Products

Other Formats

The Camping Cookbook
9781906868253 \$16.95

The Camping Cookbook

Fabulous Campfire Feasts For Outdoor Adventurers

Annie Bell

Summary

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

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

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

Contributor Bio

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

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



VEGAN LOVE

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

David Bez

BESTSELLING AUTHOR OF SALAD LOVE



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

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

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

Vegan Love

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

David Bez

Summary

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

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

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

Each recipe includes:

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

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

Contributor Bio

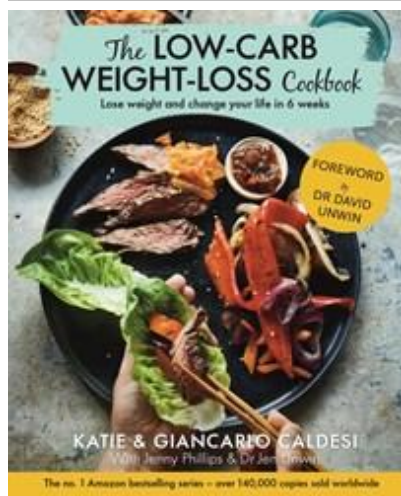
David Bez is originally from Milan. He came to London to work as an art director in the advertising and graphic design industry and he started his Salad Pride blog to chart his daily office salad creations. In 2014, these became the basis of his globally successful debut book *Salad Love*, and prompted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

Marketing Plans

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

Illustrations





Kyle Books
9780857839831
0857839837
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$24.99/\$27.99 Can./£20.00 UK
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Hardcover

192 Pages
Carton Qty: 1
Print Run: 6K
Health & Fitness / Diet & Nutrition
HEA019000

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

The Low-Carb Weight Loss Cookbook

Lose weight and change your life in 6 weeks

Katie Caldesi & Giancarlo Caldesi

Summary

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

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

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

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

"The cookbook every diabetic needs."

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

Contributor Bio

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

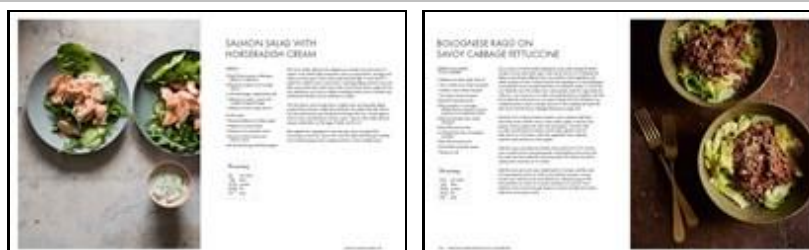
Marketing Plans

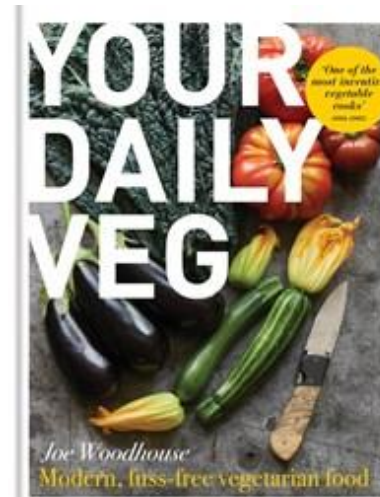
- Social media campaign
- National media outreach
- Trade and Library Advertising

Links

- [BLAD low res](#)

Illustrations





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

192 Pages
Print Run: 8K
Cooking / Vegetarian
CKB086000

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

Your Daily Veg

Innovative, fuss-free vegetarian food

Joe Woodhouse

Summary

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

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

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

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

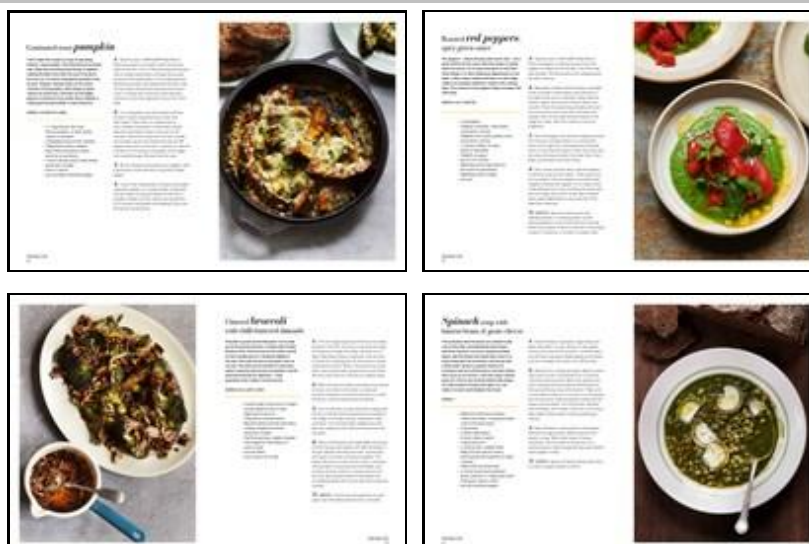
Contributor Bio

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

Marketing Plans

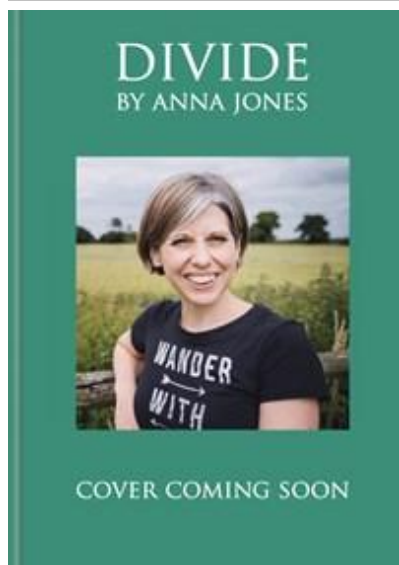
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Kyle Books
9780857839725
0857839721
Pub Date: 4/5/2022
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Discount Code: OHC
Hardcover

288 Pages
Print Run: 4K
Social Science / Agriculture & Food
SOC055000

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

Divide

Anna Jones

Summary

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

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

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

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

Contributor Bio

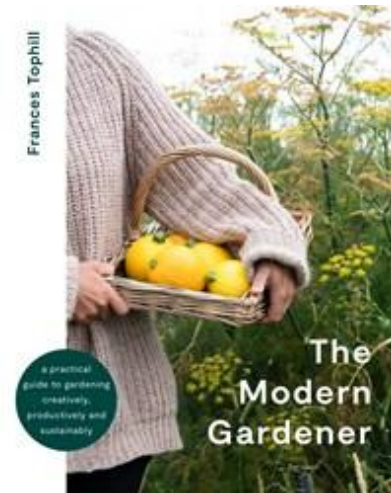
Anna Jones is a well-known journalist, broadcaster, blogger and Nuffield Farming Scholar. She is a familiar voice on BBC Radio 4's *Farming Today*, *On Your Farm*, *Costing the Earth*, *Food Programme* and BBC World Service, and a freelance producer/director on BBC One's *Countryfile*. She writes for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

Marketing Plans

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

Subrights

No subrights have been specified.



The Modern Gardener

A practical guide for creating a beautiful and creative garden

Frances Tophill

Summary

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

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

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

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

Contributor Bio

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

Marketing Plans

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

Illustrations



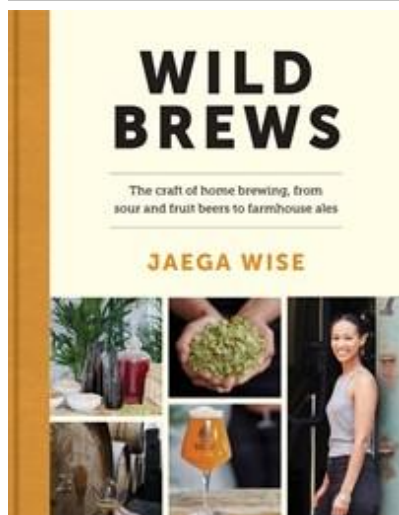
Subrights

No subrights have been specified.

Kyle Books
9780857839435
0857839438
Pub Date: 4/12/2022
On Sale Date: 4/12/2022
\$26.99/\$29.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

192 Pages
Print Run: 8K
Gardening / Organic
GAR016000

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



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

192 Pages
Carton Qty: 1
Print Run: 7K
Cooking / Beverages
CKB007000

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

Related Products

Ebooks

9780857839275

Wild Brews

Brewing wild beers at home, from beginner to expert

Jaega Wise

Key Selling Points

- For lovers of craft beer, anyone who wants to learn more about wild yeasts and how to brew wild beer at home
- Jaega is highly respected in the beer world and a prominent figure representing women in brewing
- 1.1 million in the US regularly brew beer at home, and the continued growth of the craft beer market shows a lasting appetite for bold and creative flavors in the beer world. AB-InBev have identified home brewing as a burgeoning trend
- The book will include everything you need to know about wild yeasts and fermentation, recipes for brewing with fruit, spices and creating farmhouse beers, and trouble-shooting tips
- In 2022 she's set to appear on a new Amazon Prime (and Netflix) homebrewing series *Beermasters*, which was announced by her co-presenter James Blunt on BBC1's *The One Show* - and also to his 2M Twitter followers

Summary

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

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

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

Recipes and styles featured in the book include:

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

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

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

Contributor Bio

Jaega Wise is head brewer at Wild Card Brewery in East London, a qualified chemical engineer, a beer sommelier and a TV presenter. Currently the British Guild of Beer Writers' Brewer of the Year, Jaega is a popular speaker on all things beer and brewing. She is the beer presenter for Channel 5's *The Wine Show* and is a regular on BBC R4's *The Food Programme*. Other TV work includes presenting for BBC's *Inside the Factory*

and Channel 4's *Food Unwrapped*. In 2018 she was named one of the *Evening Standard's* 1000 Most Influential People in London. This is her first book.

Marketing Plans

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

Links

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

Illustrations



Subrights

No subrights have been specified.



Berber&Q: On Vegetables

100 recipes for grilling, roasting, smoking, pickling and slow-cooking veg

Josh Katz

Key Selling Points

- Google trends reports a 40% increase in searches for 'vegetarian' in the past 5 years worldwide.
- 2 out of 3 Americans have stopped or reduced their meat consumption between 2015 and 2018 (Cambridge University Press)
- For those who love to barbeque, vegetarians and vegans, as well as flexitarians and those who just want to cook great veg-centric food

Summary

A cookbook that celebrates the versatility of vegetables from an Ottolenghi-trained chef and the restaurateur behind London's much-loved Berber&Q

Eating vegetables doesn't need to be boring. In fact, it can be the most joyful and satisfying way to eat. Fresh vegetables – paired with bold flavors and cooked with care – can be made the hero of every dish. In *Berber&Q: On Vegetables*, there are countless options to cook every type of veg, from a quick scorch in the pan and a flash of heat from the grill, to a low and slow roast, as well as methods for how to season and flavor using simple marinades, dustings of spice and deliciously sweet and sour dressings.

Taking inspiration from his travels, from London to North Africa and to the Middle East, Josh's flavor combinations are unusual and create memorable dishes that everyone will enjoy. And with conventional cooking methods included for every dish, there is no reason not to try something new. Featuring over 100 recipes, there are endless possibilities for how to transform everyday vegetables into delicious, easy to prepare dishes that don't compromise on flavor.

Contributor Bio

Josh Katz has trained in some of the best kitchens in London including Galvin Bistrot de Luxe and Ottolenghi, before being appointed head chef (2010) at Made In Camden. Berber & Q, his first restaurant, opened in 2015 to universal plaudits. Berber & Q Shawarma Bar, Josh's second restaurant, opened on Exmouth Market in 2016. Widely recognized as an expert in live fire cookery and barbecuing technique, his food is influenced by the cuisines of North Africa across the Mediterranean basin and on to the Middle East. This is Josh's second book.

Marketing Plans

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

Links

- [Instagram](#)
- [Author Website](#)

Illustrations

Kyle Books
9780857839879
085783987X
Pub Date: 6/7/2022
On Sale Date: 6/7/2022
\$29.99/\$32.99 Can./£25.00 UK
Discount Code: OHC
Hardcover

208 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Vegetarian
CKB086000

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



Kyle Books
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1914239598
Pub Date: 6/7/2022
On Sale Date: 6/7/2022
\$19.99/\$21.99 Can.
Discount Code: OHC
Hardcover

208 Pages
Carton Qty: 10
Print Run: 6K
Gardening
GAR000000

0.2 in H | 0.1 in W
Status: **FORTHCOMING**

Related Products

Ebooks

9780857836113

The First-Time Gardener

How to plan, plant and enjoy your garden

Frances Tophill

Key Selling Points

- Gardening has become hugely popular over the last year - many homeowners surveyed by *Gardening Insights* said they took up gardening in 2020 because it gave them something to do while stuck at home during the pandemic, provided a source of exercise and helped to cope with stress. The survey also found that 86 percent of homeowners plan to continue gardening in 2021
- Online sales of home goods and garden products in the US grew by 63 percent from mid-March to mid-May 2020 (*NBC News*)
- According to a consumer survey conducted by Numerator, more than 1 in 4 people who bought gardening tools and supplies in March 2020 said their purchases were the result of the pandemic

Summary

Frances Tophill's fuss-free, practical guide shows you how to create a space outside your own back door that's designed by you, built by you and enjoyed by you

Although excited by the prospect of moving into their own home for the first time, many people are mystified by the prospect of what to do with their outdoor space. Frances Tophill's fuss-free, practical guide shows you how to create a space outside your own back door that's designed by you, built by you and enjoyed by you. Beginning with advice on getting to know your garden - what type of soil you have, what the drainage and light is like - then on getting to know yourself as a gardener - do you want a vegetable patch, an abundance of flowers or simply an extension of your indoor living space? - and then moving on to the practical design, including hard and soft landscaping and building materials and guidance, Frances guides you through different types of plants and how to source and plant them. There is also a section on aftercare, telling you the best way to keep your garden well cared for and easy to maintain throughout the year.

Contributor Bio

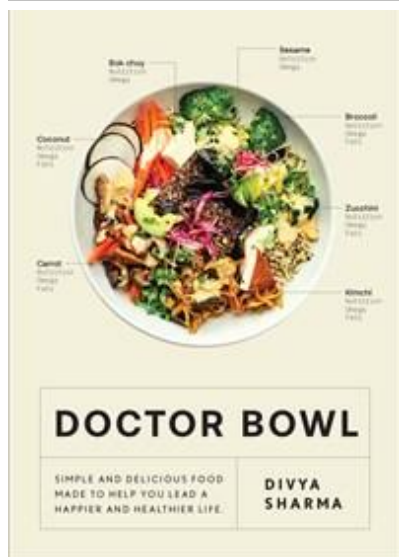
Frances Tophill is a horticulturalist and gardener. She is a copresenter on ITV's popular show *Love Your Garden* with Alan Titchmarsh. She first started gardening at the age of 7 and trained at the Royal Botanic Garden in Edinburgh.

Marketing Plans

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

Illustrations





Kyle Books
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1914239091
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$22.99/\$24.99 Can./£17.99 UK
Discount Code: OHC
Hardcover

176 Pages
Carton Qty: 10
Print Run: 10K
Cooking / Vegetarian
CKB086000

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

Doctor Bowl

Simply delicious food to improve your health + help you to feel good

Dr. Divya Sharma

Key Selling Points

- Google trends reports a 40% increase worldwide in vegetarianism
- 'Many of today's biggest food trends call for bowls.' Wall Street Journal
- 2 out of 3 Americans have stopped or reduced their meat consumption between 2015 and 2018 (Cambridge University Press).
- Two thirds of the population are overweight and poor diets remain one of the leading causes of disease such as cancer, heart disease and type 2 diabetes (Public Health Matters)
- For anyone looking for inspiration on how to make healthy, nourishing food with gluten-free, dairy-free and vegan suggestions and people who want new ideas for simple suppers and comforting bowl food

Summary

An accessible and straight-forward way to eat for a happier, healthier you.

Doctor Bowl includes over 100 easy, nutritious recipes that serve up a perfectly balanced bowl of food. The dishes are super simple, with short and budget-friendly ingredients lists and cooking times of less than 30 minutes (with just a little prep!). And most importantly, all are effortlessly tasty.

All of the recipes are vegetarian and any that suit vegan, dairy-free or gluten-free diets are clearly signposted. There are also tips for quick cheats, as well as storage and freezing instructions.

Chapters are broken into the types of bowls, dependent on time of day, season and mood: Quick Breakfasts / Weekend Brunch / Summer Salads / Winter Warmers / Snacks & Energy Boosters / Indulgent Puddings.

Everyone should eat well, no matter their budget or time constraints and *Doctor Bowl* ensures that every delicious meal is easy, cheap, quick and nourishing.

Contributor Bio

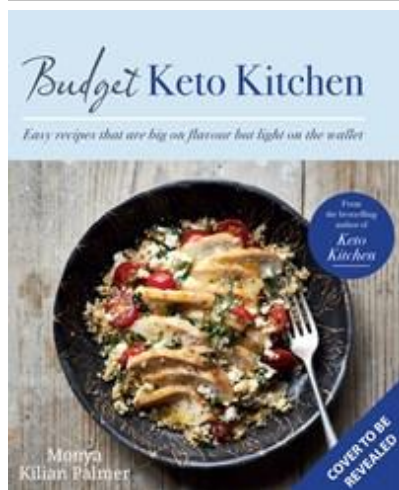
Dr. Divya Sharma is a qualified doctor and through her fast-growing account on Instagram, she uses her medical knowledge to advise on how to eat well for your best health. Most recently, Divya has filmed recipes videos with BBC Good Food for their 'Small Budget, Big Flavour'. Divya has also collaborated with brands including Sainsbury's, Whole Foods, Co-operative Food, Saela, Hellman's, Morphy Richards, Ninja Kitchen, Weetabix, Tesco Food and Yakult.

@doctorbowl

Marketing Plans

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

Illustrations



Kyle Books
9781914239106
1914239105
Pub Date: 7/5/2022
On Sale Date: 7/5/2022
\$19.99/\$21.99 Can./£14.99 UK
Discount Code: OPB
Paperback

144 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Health & Healing
CKB025000

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

Budget Keto Kitchen

Easy recipes that are big on flavour but light on the wallet

Monya Kilian Palmer

Key Selling Points

- The ketogenic way of eating (high-fat, moderate protein, low-carb) has exploded in popularity around the globe, with celebrities including Kim and Kourtney Kardashian, Halle Berry, Gwyneth Paltrow and LeBron James all swearing by the keto diet. Its popularity is due to the fact that people lose weight quickly
- #keto has 21m posts on Instagram
- In 2018, the global keto market was valued at \$9.7 billion; it is expected to grow to \$15.64 billion by 2027, according to Insight Partners. These projections align with new research from Mordor Intelligence
- According to Google Trends, search frequency for 'keto' remains strong. In the US, there was an 850% increase in search volume between January of 2016 and January of 2020

Summary

A keto cookbook using easily available, affordable ingredients

Following a ketogenic diet can often be expensive, with costly animal products, fats and other low carb foods being the norm. But what if you want to enjoy all the weight-loss, energy-boosting benefits of a keto lifestyle without breaking the bank?

Budget Keto Kitchen is inspired by Monya Kilian Palmer's experiences during 2020 when financial struggles were a reality in her home. Moving away from the keto lifestyle was never a consideration (despite how affordable pasta, rice and bread may be!), so she simply combined her knowledge of keto with her imagination in the kitchen and got creative! While never compromising on flavor, she delighted in finding exciting ways to use affordable ingredients and items often forgotten at the back of the cupboard.

The highly anticipated follow-up to *Keto Kitchen* and *Lazy Keto Kitchen* offers Monya's unique recipes for easy, tasty and inexpensive dishes, perfect for families and batch cooking. This is Keto made simple, made affordable.

Contributor Bio

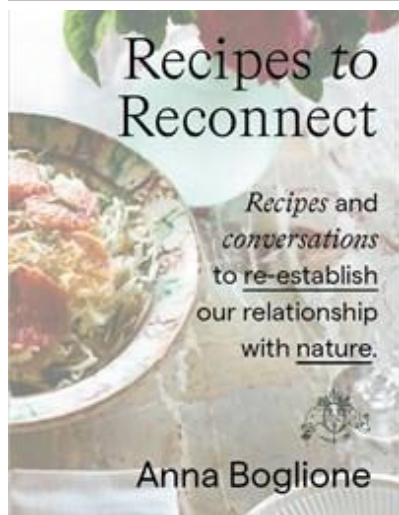
Monya is a trained chef and professional recipe developer based in Berkshire – and a passionate ambassador of the low carb, high fat (ketogenic) lifestyle. Since moving to the UK from South Africa in 2012, she has worked for Heston Blumenthal's Fat Duck Group as well as Le Cordon Bleu International. Her debut best-seller, *Keto Kitchen*, will be followed by *Lazy Keto Kitchen*.

Instagram: @mkilianpalmer

Marketing Plans

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

Illustrations



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9780857839961
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Hardcover

224 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Specific Ingredients
CKB059000
10.3 in H | 8 in W
Status: **FORTHCOMING**

Recipes to Reconnect

Recipes and conversations to re-establish our relationship with nature

Anna Boglione

Key Selling Points

- Petersham Nurseries have 181k followers on Instagram @petershamnurseries with the majority of followers in the UK and US
- As the next generation of Petersham, Anna is becoming more and more involved in the business
- Anna is on a mission to have us all sourcing, cooking and eating more sustainably every day
- The Gut is Anna's new platform and it looks into all of the ways a connection with nature and a more natural diet can aid digestive health and general wellbeing
- There have been significant changes in people's relationship with food, community and the environment: according to a YouGov survey 42% say they value food now more than ever

Summary

Seasonal recipes that reconnect us with our local environment, from Anna Boglione and the chefs at Petersham Nurseries, alongside contributions from other well-loved chefs including Skye Gynge, Jeremy Lee and Rachel de Thame

Inspired by her upbringing at Petersham nurseries, *Recipes to Reconnect* features a collection of over 60 recipes from Anna, the Petersham team and chefs including Merlin Labron-Johnson and Lucy Boyd. Split into seasons, included are delicious, simple dishes, created in response to wide-ranging conversations with farmers, conservationists and nutritionists around themes such as re-wilding, community, sleep and fasting. The dishes celebrate natural ingredients and encourage you to enjoy your food all the more having considered its origin.

Anna sees food as a way to create conversation, to bring people together and to experience the joy of nature. In *Recipes to Reconnect*, she creates a deeper consideration of nature's place in our modern lives and brings it, quite literally, to the table.

Recipes to Reconnect is a perfect fit for those wanting to live more sustainably and have a greater understanding of why what we eat can help our environment and our bodies.

Contributor Bio

Anna Boglione spent her childhood exploring the Italian alps and within London's Petersham Nurseries, her family's restaurant, farm and garden centre. Having grown up in such organic surroundings, Anna struggled once exposed to artificial chemicals and emulsifiers in the food she ate outside of home. She developed digestion issues, which affected her weight, cognitive function and later her spine. Anna found relief and comfort in plants and nature and launched The Gut, which is her new platform looking into all of the ways a connection with nature and a more natural diet can aid digestive health and general wellbeing.

Petersham Nurseries, Richmond, is situated along the Thames, adjacent to a cow field. Awarded a Michelin star, the seasons are reflected in the food, flowers find their way into the dishes and the colours of each season are intertwined within the ambience. www.petershamnurseries.com

Marketing Plans

- Social media campaign



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

Pyramid

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

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

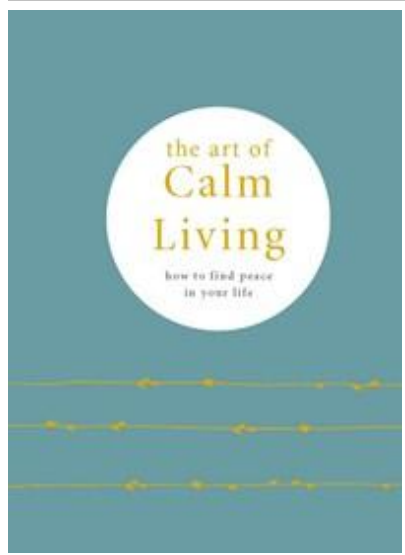
This little book brings together some of the most romantic excerpts from poems, love letters, essays and stories to warm your heart. Share the love by giving this book to someone you care about or borrow phrases from these brilliant voices to express how you feel.

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

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

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No subrights have been specified.



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

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

5.8 in H | 4.1 in W
Status: **FORTHCOMING**

The Art of Calm Living

How to find peace in your life

Camille Knight

Summary

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

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

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

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

Contributor Bio

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

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



Pyramid
9780753734858
0753734850
Pub Date: 3/1/2022
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\$9.99/\$10.99 Can./£8.99 UK
Discount Code: OHC
Hardcover

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

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

Clever Cookie Cutter

3 Cookie Cutters, 30 Creative Designs

Pyramid

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

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

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

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

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

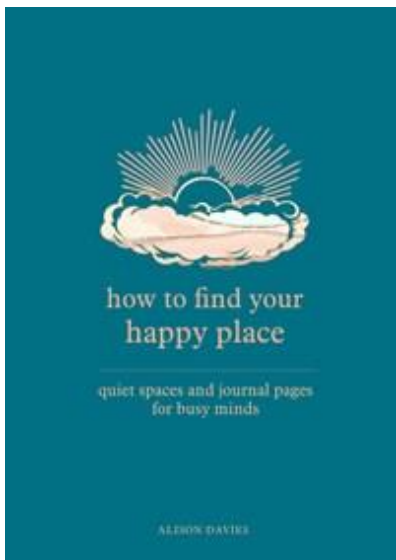
Marketing Plans

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

Illustrations



Subrights
No subrights have been specified.



Pyramid
9780753734964
0753734966
Pub Date: 4/5/2022
On Sale Date: 4/5/2022
\$12.99/\$14.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

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

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

How to Find Your Happy Place

Quiet Spaces and Journal Pages for Busy Minds

Alison Davies

Summary

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

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

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

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

Find happy places for:

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

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

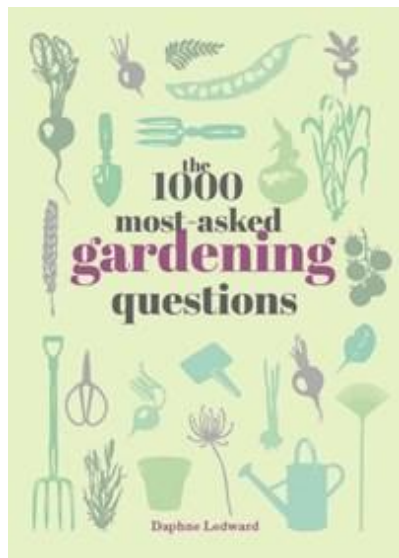
Contributor Bio

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

Marketing Plans

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

Illustrations



Pyramid
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0753735032
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\$12.99/\$14.99 Can./£10.00 UK
Discount Code: OHC
Hardcover

176 Pages
Carton Qty: 10
Print Run: 5K
Gardening / Reference
GAR018000

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

The 1000 Most-Asked Gardening Questions

Daphne Ledward

Key Selling Points

- Organized by season, these gardening tips help you plan ahead and identify potential challenges in advance
- Each question and answer is quick and to-the-point, helping gardeners quickly find practical solutions to the problems they're facing
- With tips for everything from growing fruits and vegetables, planting bulbs, getting plants through the winter, planting in pots and raised beds and caring for lawns, ponds and greenhouses this book has useful information for all gardeners, no matter what kind of space they are working with
- Gardening is a very popular subject and is becoming even more so thanks to the fact that it offers people an opportunity to get outdoors and improve their wellbeing
- The National Gardening Association (NGA) has reported that 35% of families in the United States grow their vegetables, fruit and other food at home
- The research, conducted by Axiom Marketing, a Minneapolis-based firm, found that 86% of homeowners plan to continue gardening in 2021

Summary

Quick and helpful answers to the 1000 most-asked gardening questions from the BBC's gardening expert, Daphne Ledward

In the multifaceted world of gardening, the same questions arise time and time again. Organized season-by-season, this book promises to answer the 1000 most-asked questions that can frustrate all gardeners alike.

Drawing on her years of experience in gardening, former panellist and researcher for the BBC's *Gardeners Question Time* Daphne Ledward has answered them all. From knowing how to identify your soil type, the finer points of pruning and propagation, and seeds versus seedlings; to the thorny problems of dealing with chronic pests and diseases, and finding plants for difficult places, this book is the answer to all of the most frequently asked gardening questions.

Get the most out of your garden, big or small, and discover answers to common issues such as:

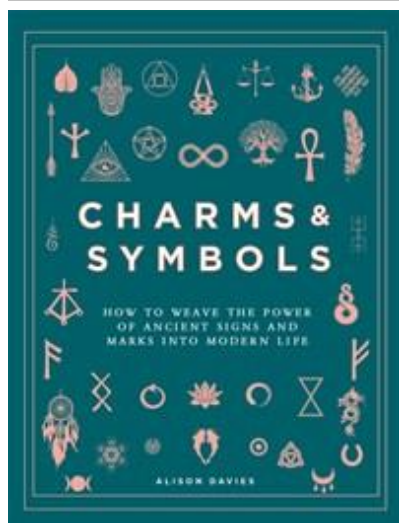
- what type of soil is best for your garden
- how to select the best plants, vegetables and herbs according to your space
- how to get your plants through a difficult winter
- how to best care for your plants, be it bulbs, roses, vegetables or even your lawn
- how to make your own compost

Contributor Bio

Daphne Ledward is a prolific writer and broadcaster on all aspects of gardening. She started her gardening career with BBC Radio Lincolnshire and has been a regular panellist on BBC Radio 4's *Gardeners' Question Time* and Classic FM's *Gardening Forum* for 18 months. She has also appeared on television programmes such as *Gardeners' Direct Line* (BBC 1), *By Day* (Sky 1), *Homes and Gardens Livetime* (Granada Breeze), *Grass Roots* (Meridian) and *How Does Your Garden Grow?* (UK Style/BBC 2), and was the gardening 'expert' on Radio 2's *Jimmy Young Show*.

Marketing Plans

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



Pyramid
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0753735024
Pub Date: 6/7/2022
On Sale Date: 6/7/2022
\$13.99/\$15.99 Can./£10.00 UK
Discount Code: OHC
Hardcover

128 Pages
Carton Qty: 10
Print Run: 6K
Reference / Signs & Symbols
REF034000

6.9 in H | 5.2 in W
Status: **FORTHCOMING**

Charms & Symbols

How to Weave the Power of Ancient Signs and Marks into Modern Life

Alison Davies

Key Selling Points

- People are increasingly seeking ways to develop their own personal spiritual practices. *Charms and Symbols* provides a useful entry point for discovering the meanings and histories of important symbols as well as practices for working with them that can be easily incorporated into daily life
- Ancient charms and symbols have been used for centuries to convey powerful ideas and they continue to capture our imagination and spark our curiosity to this day
- This attractive volume makes an eye-catching coffee table book that has something to interest everyone

Summary

For thousands of years, charms and symbols have allowed us to communicate powerful feelings without the use of a single word.

From the beauty of the Mandala - a symbol for meditation and enlightenment, and the significance of the Egyptian Ankh - the breath of life, to the swirling Maori Koru and the interlocking Celtic Triskellion, the charms and symbols of ancient and modern times resonate with a powerful energy that can guide us towards a particular state of mind or point of reflection.

Charms & Symbols is a guide to some of the most powerful symbols from around the world, their meanings and their origins. It shows you how to channel its power into your everyday life for increased wellbeing and happiness, helping you to recharge and center yourself amidst the chaos of the everyday.

Learn to how to focus and meditate on symbols through activities such as breathing exercises, spells, rituals and mindful exercises to help you boost your self-esteem, restore and rejuvenate body and mind, connect with your intuition and ease feelings of anxiety and worry.

Discover symbols such as:

- **The Tree of Life**, for a greater connection between life on earth and the afterlife
- **The Triple Moon**, used to represent the power of the goddess
- **The Endless Knot**, an important symbol in Buddhism representing the endless cycles in life
- **The Triquetra**, a Celtic protection symbol representing the Mother, the Maiden and the Crone
- **The Hamsa**, a Middle Eastern symbol that represents protection, fortune, health and happiness

Contributor Bio

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

Marketing Plans

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

Illustrations



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

144 Pages
Carton Qty: 28
Print Run: 5K
Crafts & Hobbies / Needlework
CRA008000

8.6 in H | 6.1 in W | 0.8 in T | 1 lb
Wt
Status: **FORTHCOMING**

The Art of Repair

Mindful mending: how to stitch old things to new life

Molly Martin

Summary

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

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

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

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

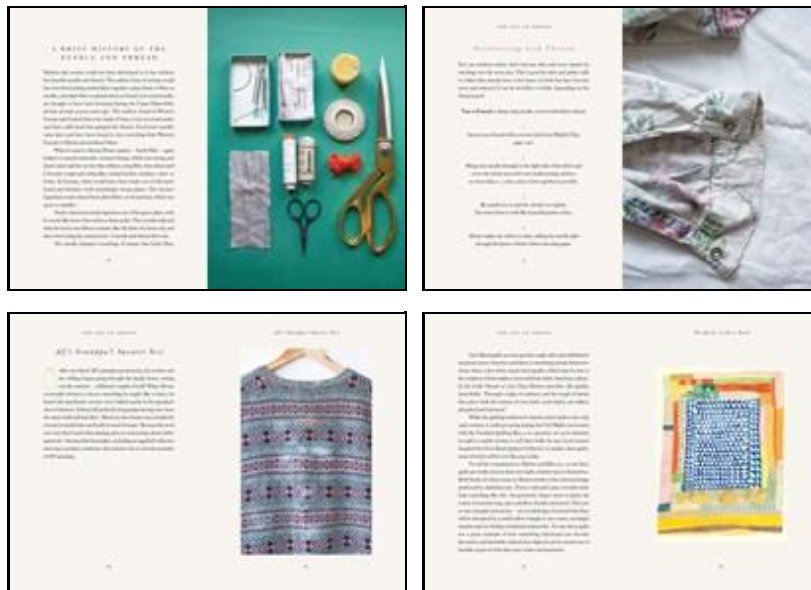
Contributor Bio

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

Marketing Plans

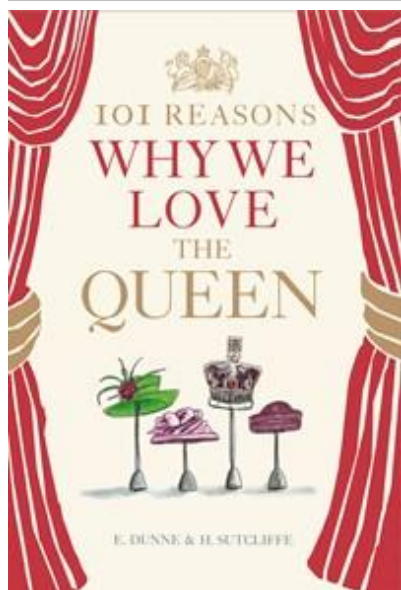
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

128 Pages
Print Run: 6K
Biography & Autobiography
/ Royalty
BIO014000
7.5 in H | 5 in W
Status: **FORTHCOMING**

101 Reasons Why We Love the Queen

E. Dunne, H. Sutcliffe

Summary

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

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

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

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

Contributor Bio

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

Marketing Plans

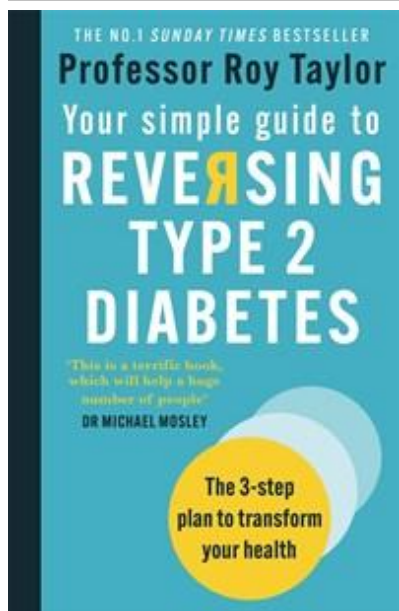
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Short Books
9781780724997
1780724993
Pub Date: 6/7/2022
On Sale Date: 6/7/2022
\$12.99/\$14.99 Can./€11.50
EU/€11.19 DE
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 64
Print Run: 8K
Health & Fitness / Diseases
HEA039050
7.8 in H | 5 in W
Status: **FORTHCOMING**

Your Simple Guide to Reversing Type 2 Diabetes

The 3-step plan to transform your health

Professor Roy Taylor

Key Selling Points

- A simple, readable guide from the world expert on type 2 diabetes and its reversal
- Professor Taylor's Newcastle weight loss program is now being rolled out by the NHS for the treatment of type 2 diabetes in primary care.
- According to the CDC, more than 34 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes. 88 million American adults—approximately 1 in 3—have prediabetes

Summary

A super-simple guide for anyone wanting to reverse their type 2 diabetes

****The Sunday Times Bestseller****

In this pocket version of his bestselling *Life Without Diabetes*, Professor Roy Taylor offers a brilliantly concise explanation of what happens to us when we get type 2 and how we can escape it.

Taylor's research has demonstrated that type 2 is caused by just *one* factor - too much internal fat in the liver and pancreas - and that to reverse it you need to strip this harmful internal fat out with rapid weight loss.

In simple, accessible language, Taylor takes you through the three steps of his clinically proven Newcastle weight loss plan and shows how to incorporate the program into your life.

Complete with FAQs and inspirational tips from his trial participants, this is an essential read for anyone who has been given a diagnosis of type 2 diabetes or pre-diabetes and wants to understand their condition and transform their outcomes.

Contributor Bio

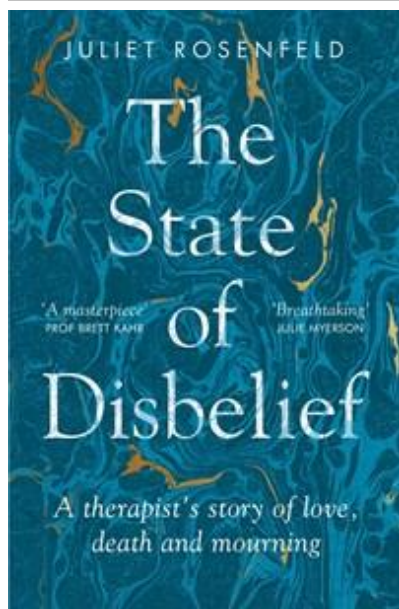
Prof Roy Taylor is Professor of Medicine and Metabolism at Newcastle University and Honorary Consultant Physician at Newcastle upon Tyne Hospitals NHS Foundation Trust. He was visiting Professor of Medicine at Yale University, where he acquired new MRI methods to look into the human body. Returning to the UK he raised GBP5.2m to establish the Newcastle MR Centre. He also developed the UK system for screening of diabetic eye disease and is author of over 300 scientific papers.

Marketing Plans

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

Subrights

No subrights have been specified.



Short Books
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Paperback

288 Pages
Carton Qty: 72
Print Run: 5K
Biography & Autobiography
/ Personal Memoirs
BIO026000
7.8 in H | 5 in W
Status: **FORTHCOMING**

The State of Disbelief

A therapist's story of love, death and mourning

Juliet Rosenfeld

Key Selling Points

- For readers of Julia Samuel's *Grief Works*, David Grossman's *Falling Out of Time*, Raynor Winn's *The Salt Path* and Marion Coutts's *The Iceberg*
- An affecting, cathartic book that explores the intensely personal but also universal experience of death

Summary

A revelatory book about death and mourning by a psychotherapist faced with sudden bereavement

"In this brilliant and deeply moving memoir, Juliet Rosenfeld turns to the writing of Sigmund Freud to help her find her way after unfathomable loss. *The State of Disbelief* is a beautifully crafted book of extraordinary power: about grief, mourning, and how we can all live more fully every day." – **Will Schwalbe, New York Times bestselling author of *The End of Your Life Book Club***

"A beautifully written, profoundly moving and immersive account of grief that will bring solace." – **Louise France, The Times**

When Juliet Rosenfeld's husband dies of lung cancer only seven months into their marriage, everything she has learnt about death as a psychotherapist is turned on its head.

As she attempts to navigate her way through her own devastating experience of loss, Rosenfeld turns to her battered copy of Freud's seminal essay 'Mourning and Melancholia'. Inspired by the distinction Freud draws between the savage trauma of loss that occurs at the moment of death - grief - and the longer, unpredictable evolution of that loss into something that we call mourning, Rosenfeld finds herself dramatically rethinking the commonly held therapeutic idea of 'working through stages of grief'.

This is a beautifully written meditation on what the investment of love means and how to find your own path after bereavement in order for life to continue.

Contributor Bio

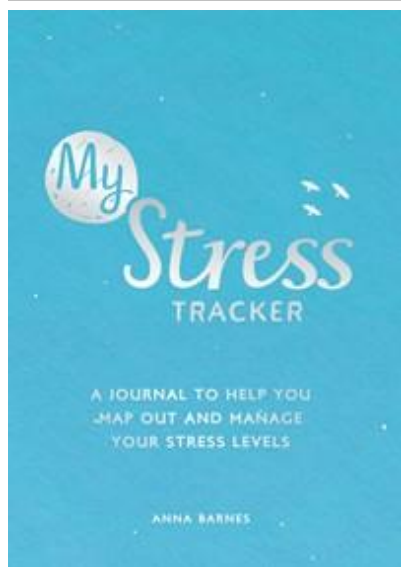
Juliet Rosenfeld read French and Italian at Oxford before working in advertising and briefly in the civil service. She began to retrain as a psychoanalytic psychotherapist 15 years ago. She works in London in private practice and has two sons. This is her first book.

Marketing Plans

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

Subrights

No subrights have been specified.



Summersdale
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1787835332
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Discount Code: OPB
Paperback

160 Pages
Carton Qty: 5
Print Run: 6K
Self-Help
SEL000000

8.3 in H | 5.9 in W | 0.7 in T | 0.7
lb Wt
Status: **FORTHCOMING**

My Stress Tracker

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

Anna Barnes

Summary

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

Keep track of you

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

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

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Summersdale
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Paperback

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

My Sleep Tracker

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

Anna Barnes

Summary

Keep track of your sleep

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

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

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

Contributor Bio

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

Marketing Plans

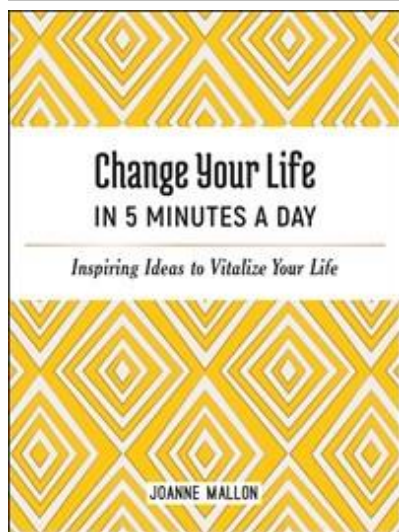
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Summersdale
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1787836363
Pub Date: 1/4/2022
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Discount Code: OHC
Hardcover

128 Pages
Carton Qty: 5
Print Run: 6K
Self-Help
SEL000000

6.3 in H | 4.8 in W | 0.7 in T | 0.5

lb Wt

Status: **FORTHCOMING**

Change Your Life in 5 Minutes a Day

Inspiring Ideas to Vitalize Your Life

Joanne Mallon

Summary

How do you want to change your life?

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

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

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Summersdale
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Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 12
Print Run: 6K
Body, Mind & Spirit
OCC000000
5.4 in H | 4.1 in W | 0.9 in T | 0.5 lb Wt
Status:**FORTHCOMING**

365 Days of Yoga

Daily Guidance for a Healthier, Happier You

Summersdale

Summary

Inhale calm, exhale your cares...

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

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

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

Contributor Bio

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

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



Subrights

No subrights have been specified.



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

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

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

365 Days of Positivity

Daily Guidance for a Happier You

Debbi Marco

Summary

There's joy in every day

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

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

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

Contributor Bio

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

Marketing Plans

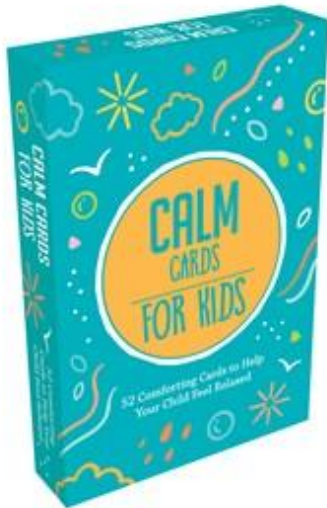
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

52 Pages
Carton Qty: 18
Print Run: 6K
Ages 5 to 11, Grades K to 6
Juvenile Nonfiction / Games & Activities
JNF021020
6.6 in H | 4.5 in W | 1.6 in T | 0.8 lb Wt
Status:**FORTHCOMING**

Calm Cards for Kids

52 Comforting Cards to Help Your Child Feel Relaxed

Summersdale

Summary

Bring more calm into every day

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

This deck of beautifully illustrated cards is packed with soothing statements and mindful words to help your child relax and reset. Display the cards anywhere using the beautifully-crafted wooden stand included in the boxed set. Each of the 52 cards includes a mindfulness mantra to encourage calm and kindness and will help your child to manage their moods and find peaceful moments every day.

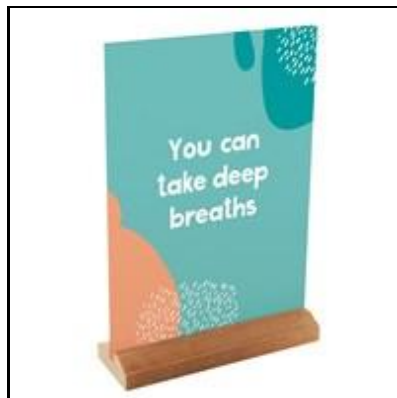
Contributor Bio

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

Marketing Plans

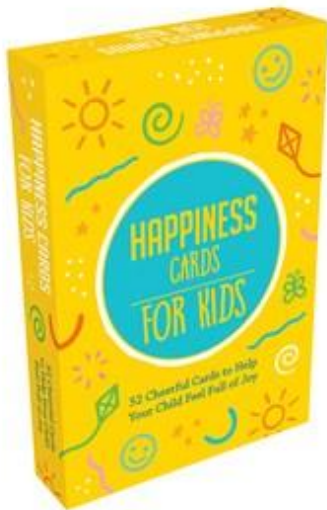
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

52 Pages
Print Run: 6K
Ages 5 to 11, Grades K to 6
Juvenile Nonfiction / Games &
Activities
JNF021020
6.5 in H | 4.5 in W
Status:**FORTHCOMING**

Happiness Cards for Kids

52 Cheerful Cards to Help Your Child Feel Full of Joy

Summersdale

Summary

Bring more joy into every day

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

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

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

96 Pages
Carton Qty: 9
Print Run: 10K
Humor
HUM000000
5.8 in H | 4.2 in W | 0.5 in T | 0.3
lb Wt
Status: **FORTHCOMING**

The SHIIT Workout

Get Fit While You Sh*t

Jim Squits

Summary

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

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

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

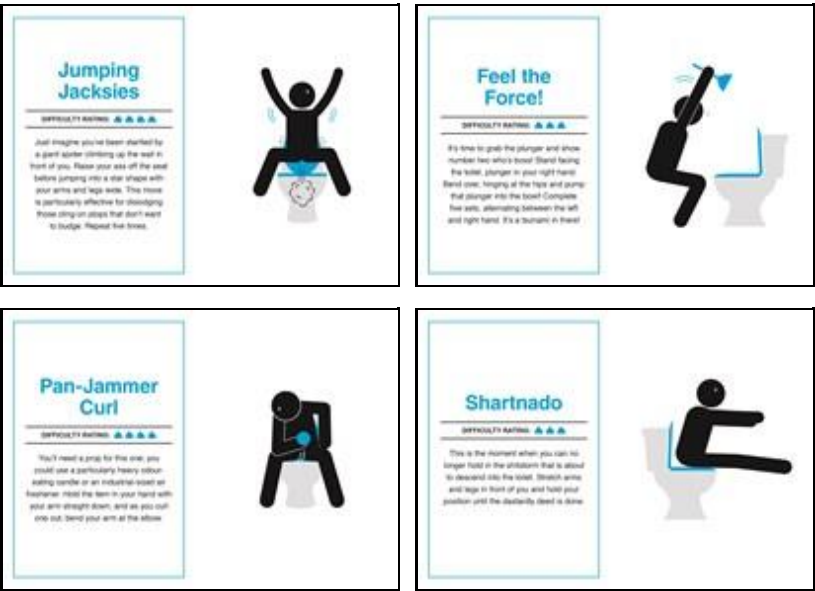
Contributor Bio

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

Marketing Plans

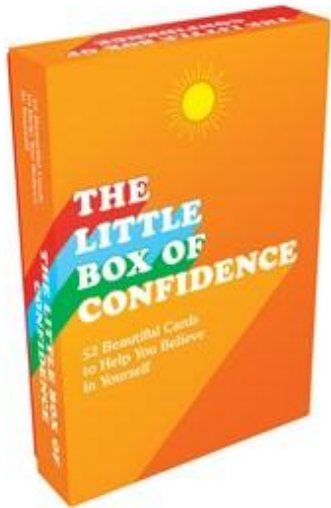
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

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

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

The Little Box of Confidence

52 Beautiful Cards to Help You Believe in Yourself

Summersdale

Summary

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

Includes: 52 illustrated cards and a wooden display holder

Assembly required? No

Batteries required? No

One confident thought can change your whole day

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

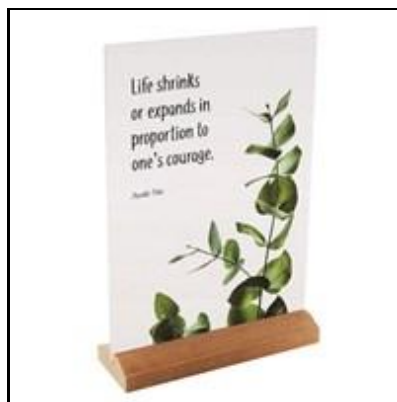
Contributor Bio

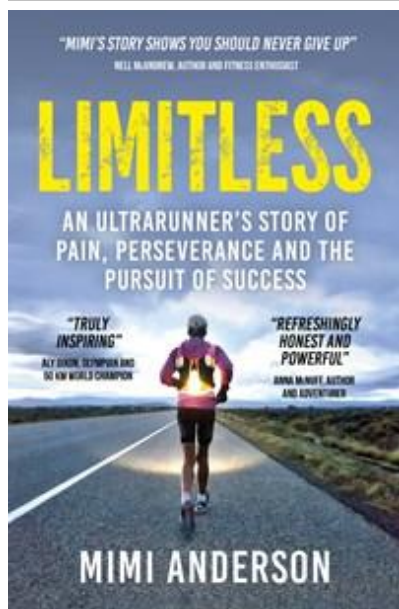
Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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

288 Pages
Carton Qty: 5
Print Run: 6K
Sports & Recreation / Running &
Jogging
SPO035000

7.8 in H | 5.1 in W | 0.9 in T | 0.5
lb Wt
Status: **FORTHCOMING**

Limitless

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

Mimi Anderson

Summary

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

Don't limit your challenges. Challenge your limits.

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

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

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

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

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

Contributor Bio

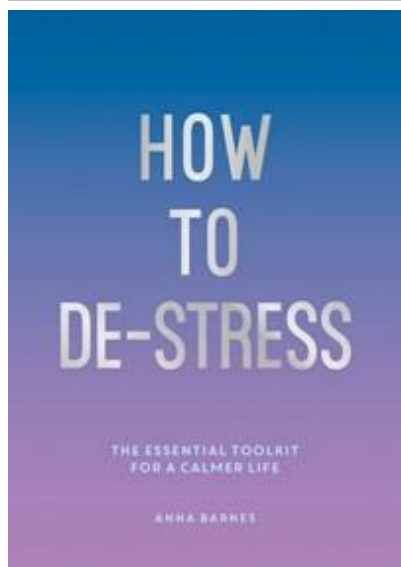
Mimi Anderson is, according to the Consultant Editor at *Running Fitness* magazine, "one of the world's most inspirational female distance runners." As well as being a multiple Guinness World Record holder, she is also an accomplished public speaker and a motivational talker at events, sharing her own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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Subrights

No subrights have been specified.



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

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

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

How to De-Stress

The Essential Toolkit for a Calmer Life

Anna Barnes

Summary

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

Achieve the relief you need

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

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

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

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

Best Mom Ever

The Perfect Gift for Your Incredible Mom

Summersdale

Summary

You're a mom in a million!

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

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

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

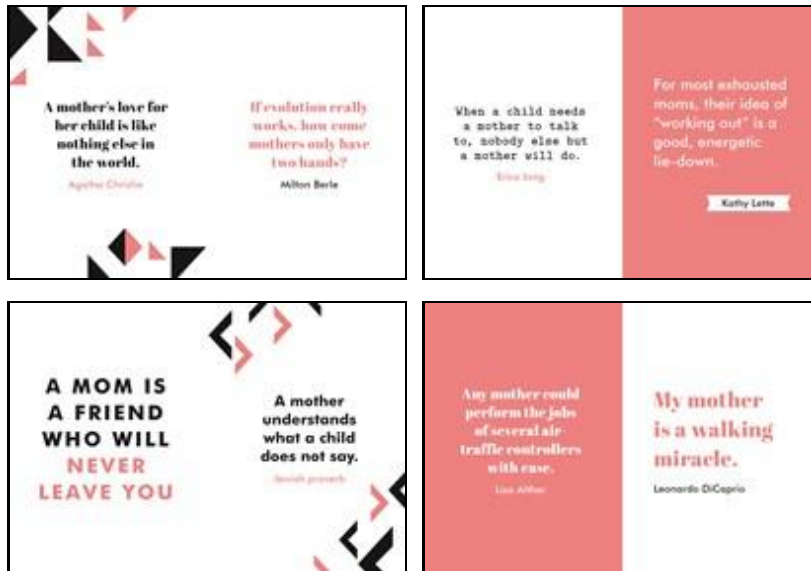
Contributor Bio

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

Marketing Plans

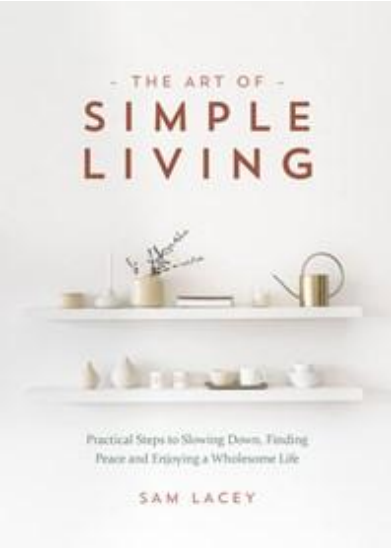
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



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

160 Pages
Print Run: 8K
Self-Help
SEL000000

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

Related Products

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

The Art of Simple Living

Practical Steps to Slowing Down, Finding Peace and Enjoying a Wholesome Life
Sam Lacey

Summary

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

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

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

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights
No subrights have been specified.



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

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

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

52 Reasons Why I'm Happy

52 Cheerful Affirmations to Help Your Child Feel Happier

Summersdale

Summary

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

I am positively awesome

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

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

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

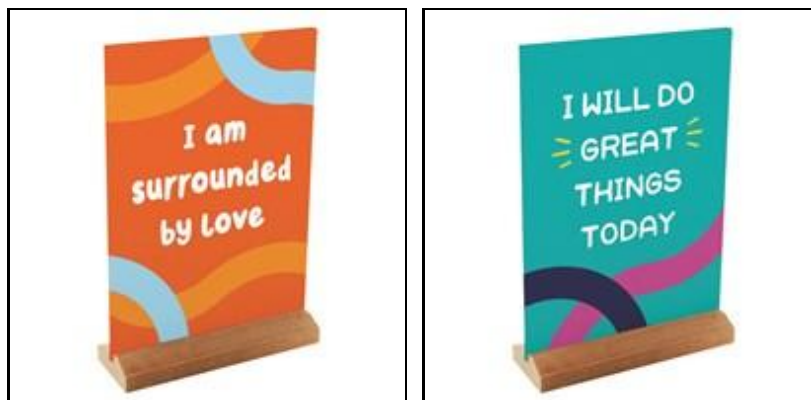
Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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

52 Pages
Print Run: 6K
Reference / Quotations
REF019000

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

Related Products

Other Formats

You Are So Awesome
9781849539586 \$9.99

You Are So Awesome

52 Amazing Cards of Uplifting Quotes and Inspiring Affirmations

Summersdale

Summary

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

Who’s awesome? You are!

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

Contributor Bio

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Marketing Plans

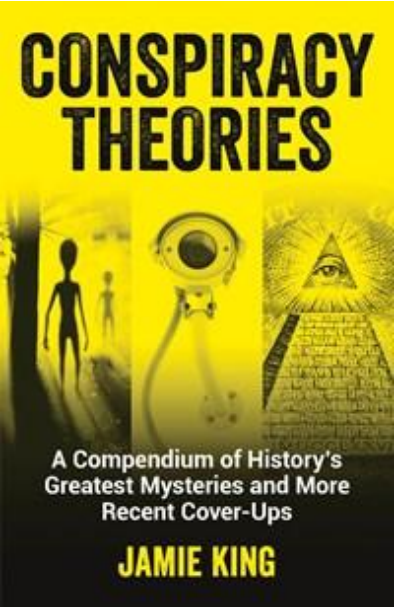
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Summersdale
9781787835658
1787835650
Pub Date: 4/5/2022
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\$11.99/\$12.99 Can.
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Paperback

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

Conspiracy Theories

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

Jamie King

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

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

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

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

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

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

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Adolf Hitler's Death	100

Subrights
No subrights have been specified.



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Discount Code: OHC
Hardcover

160 Pages
Print Run: 6K
Reference / Quotations
REF019000
5 in H | 4 in W
Status: **FORTHCOMING**

Do What Makes Your Soul Shine

Inspiring Quotes to Help You Live Your Best Life

Summersdale

Summary

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

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

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Summersdale
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Pub Date: 4/5/2022
On Sale Date: 4/5/2022
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Discount Code: OHC
Hardcover

160 Pages
Print Run: 6K
Reference / Quotations
REF019000

5 in H | 4 in W

Status: **FORTHCOMING**

Related Products

Other Formats

Just Be You 9781800071841
\$9.99

Just Be You 9780762471225
\$12.99

Just Be You 9781549190827
\$65.00

9781549111716

Ebooks

Just Be You 9780762471201
\$9.99

Just Be You 9780762471218
\$45.00

Just Be You

Positive Quotes and Affirmations for Self-care

Summersdale

Summary

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

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

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

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Be Your Best Self

Your Personal Pocket Cheerleader on the Road to Self-Improvement

Summersdale

Key Selling Points

- This book is a guide to making the most of your life and recognizing the small things that can make a difference – designed to make the reader feel good about themselves and empowered to make positive changes in their lives
- Provides simple, upbeat tips and ideas to make yourself happier, kinder, more productive, more successful and more motivated, while acknowledging all the great things that already make you wonderful

Summary

A little book full of big ideas – thought-provoking questions, reminders and tips for ways to make sure you're being the best possible version of you there is

There are eight billion people on the planet, but there's only one you

You're already pretty great. But what if you could feel like the best possible version of yourself every single day? This inspiring little book is full of big ideas to empower you to make positive changes in your life, and to bring more joy, success and kindness into your world.

Want to develop healthier habits? We've got you covered. Perhaps you'd like to find purpose and contentment? Yup, that's here too. Do you need a hand reaching for your dreams? Jump on board. Would you like to learn to love and accept yourself for the magnificent person you are? Then this book is your cheerleader.

Through thought-provoking prompts, notes-to-self and ideas to help you grow, *Be Your Best Self* will show you how to flourish as the kindest, happiest, most positive and motivated version of the wonder that is you.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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SEL023000

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



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Print Run: 10K
Family & Relationships / LGBTQ+
FAM056000

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

Mr & Mr

Romantic Quotes and Affirmations to say "I Love You" To Your Partner

Summersdale

Key Selling Points

- The book features a raft of quotes from LGBTQ+ icons, past and present
- The elegant design means that this is the perfect gift for a same-sex partner or couple and appropriate for Valentine's day, an anniversary, a birthday or a wedding

Summary

This beautiful volume of romantic quotes and affirmations, featuring words from LGBTQ+ icons past and present, is the perfect gift for a same-sex partner or couple, whether it's for a birthday, an anniversary or a wedding

All you need is love – and love is all you need. Show your one-and-only how much they mean to you with this beautiful volume of heartfelt quotes.

This little book is a celebration of romantic love. With a selection of heart-warming affirmations, and amorous quotes from LGBTQ+ icons past and present, this collection is the perfect way to tell your love just how you feel. The tasteful design also makes this the ideal present for any occasion, whether it's an anniversary, a birthday, Valentine's day or a wedding.

Dip in to enjoy quotes such as:

- "The consciousness of loving and being loved brings warmth and richness to life that nothing else can bring." - Oscar Wilde
- "Love him and let him love you. Do you think anything else under heaven really matters?" - James Baldwin

Whether you've been together for years, months or days, allow the sweet words in these pages to celebrate your relationship so far and inspire many happy years to come.

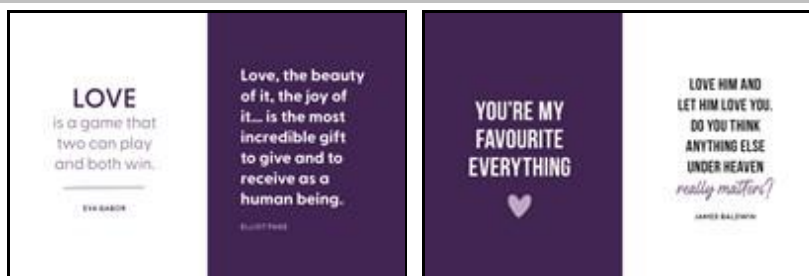
Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Hardcover

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Print Run: 10K
Family & Relationships / LGBTQ+
FAM056000
5 in H | 4 in W
Status: **FORTHCOMING**

Mrs & Mrs

Romantic Quotes and Affirmations to say "I Love You" To Your Partner

Summersdale

Key Selling Points

- The book features a raft of quotes from LGBTQ+ icons, past and present
- The elegant design means that this is the perfect gift for a same-sex partner or couple and appropriate for Valentine's day, an anniversary, a birthday or a wedding

Summary

This beautiful volume of romantic quotes and affirmations, featuring words from LGBTQ+ icons past and present, is the perfect gift for a same-sex partner or couple, whether it's for a birthday, an anniversary or a wedding

Love doesn't just make the world go round – it makes the journey worthwhile. Show your one-and-only how much they mean to you with this beautiful volume of heartfelt quotes.

This little book is a celebration of romantic love. With a selection of heart-warming affirmations, and amorous quotes from LGBTQ+ icons past and present, this collection is the perfect way to tell your love just how you feel. The tasteful design also makes this the ideal present for any occasion, whether it's an anniversary, a birthday, Valentine's day or a wedding.

Dip in to enjoy quotes such as:

- "In your eyes I see myself become what I always dreamed I could be."- Alma Routsong
- "What 'I love you' really means is 'I understand you'" - Ellen DeGeneres

Whether you've been together for years, months or days, allow the sweet words in these pages to celebrate your relationship so far and inspire many happy years to come.

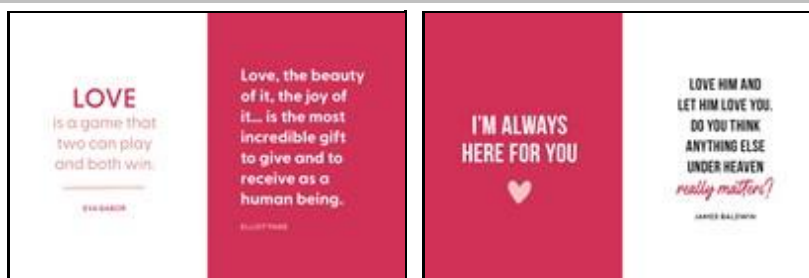
Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Print Run: 10K
Family & Relationships / Parenting
FAM020000
5 in H | 4 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Best Dad Ever 9781849538572
\$9.95

Best Dad Ever

The Perfect Gift for Your Incredible Dad

Summersdale

Key Selling Points

- Whether it's for Christmas, for his birthday, for Father's Day or just because, this little book is the perfect small gift for your dad to show him how much he's appreciated
- Features a raft of heartfelt quotes and sayings to make any dad smile
- Other similar Summersdale titles include: *For the Best Dad Ever* (ISBN: 9781787832350) & *Dad In a Million* (ISBN: 9781786857637)

Summary

There's nobody quite like your dad, so show him just how much he means to you with this beautiful collection of heart-warming quotes and sayings

This is a handsome little gift book filled with heartfelt quotes and sayings to help the reader express love and appreciation for their father.

This book is for the dad who gives the best hugs, who tells amazing stories, who knows just what to say – and who's always there to lend a helping hand. Simply put, it's a book for a dad in a million!

Within these pages you will find a raft of heartfelt quotes about the joys and quirks of fatherhood, and a host of thoughtful sayings to help you to express your love and appreciation.

Dip into these pages to enjoy classic quotes such as:

- What do I owe my father? Everything. - Henry van Dyke
- Are we not like two volumes of one book? - Marceline Desbordes-Valmore

With 160 handsomely designed pages of wit and affection, it's the ideal small gift to make him smile and show him he's the best dad ever!

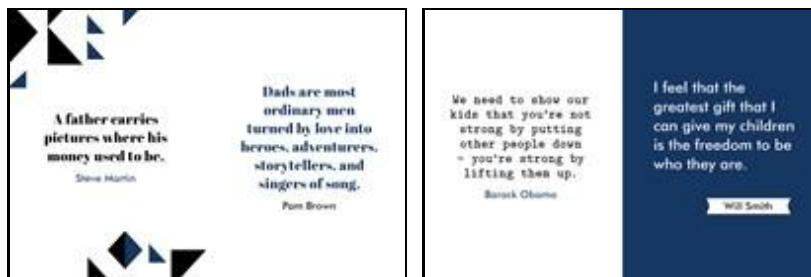
Contributor Bio

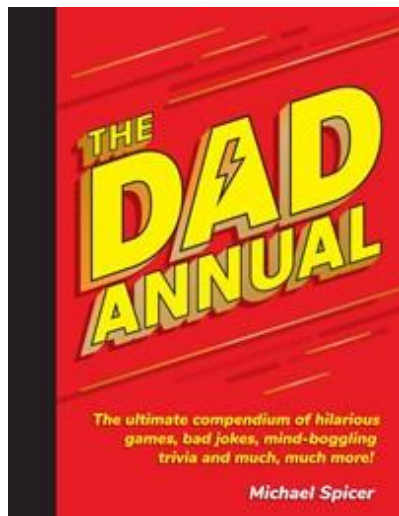
Founded in 1990, **Summersdale** is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Hardcover

80 Pages
Carton Qty: 26
Print Run: 10K
Games & Activities / Puzzles
GAM007000

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

The Dad Annual

The Ultimate Compendium of Hilarious Games, Bad Jokes, Mind-Boggling Trivia and Much, Much More!

Michael Spicer

Key Selling Points

- The ultimate Father's Day gift for your dad
- Contains cool trivia, fun games, puzzles and quizzes to keep your dad occupied
- Similar Summersdale titles include: *Dad Jokes* (ISBN: 9781786852281) & *For the Best Dad Ever* (ISBN: 9781786850171)

Summary

Bursting with puzzles, quizzes, trivia and games, this dad-tastic annual packs in hours of fun for fathers everywhere!

Whether you're keen to know where you rank on the leader board of all-time "cool dads", want to try your hand at some perplexing puzzles or you just want to add some new dad-dancing moves to your already extensive repertoire, this annual does it all!

Includes:

- Dad style guides
- Delicious "dad recipes"
- Fascinating fact files
- A compendium of conundrums to solve

... and much, much more!

A fresh and funny take on a traditional annual, packed full of puzzles, trivia and games for dads everywhere. The perfect gift for Father's Day, or any other time of year!

Contributor Bio

Michael Spicer is a British comedy writer and performer. He is best known for his satirical videos in which he plays an adviser feeding lines into the earpieces of world leaders ("The Room Next Door"). Michael has written a book to accompany his internet series called *The Secret Political Adviser*.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Hardcover

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Print Run: 6K
Self-Help / Motivational &
Inspirational
SEL021000

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

Related Products

Other Formats

Good Vibes Only 9781786855633
\$9.99

Good Vibes Only

Quotes and affirmations to supercharge your self-confidence

Summersdale

Key Selling Points

- This little book of positive statements will encourage you to make the most of life and radiate positivity
- Other similar Summersdale titles include: *Be Strong* (ISBN: 9781786850300), *Think Positive, Stay Positive* (ISBN: 9781786850355) & *Believe and Achieve* (ISBN: 9781849539838)

Summary

Shake off self-doubt and kick that negativity to the curb with the help of this pocket-rocket full of GOOD VIBES ONLY

This little book, packed full of uplifting quotes and positive affirmations, will help you shut down the blues and bring your A-game to every situation. Let wise words from the world's most admirable and inspirational celebrities, philosophers, writers, big dreamers and all-round go-getters give you the enthusiasm you need to make a success of every day and then keep on stacking the wins.

As well as the hard-won wisdom of successful and talented celebrities, this book includes a host of uplifting mantras and daily reminders such as:

- Own who you are
- Positivity is a superpower
- There is something good in every day

There are dozens of positive pearls of wisdom waiting for you inside, so get reading, get pumped and feel the vibe!

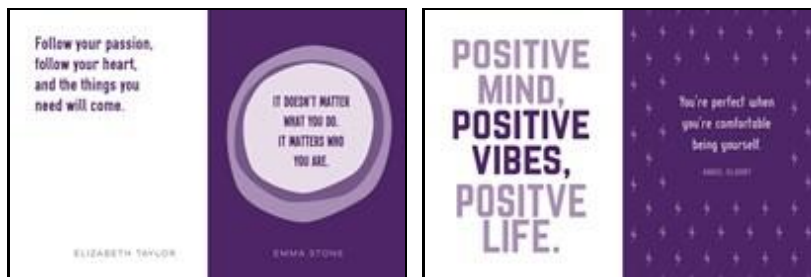
Contributor Bio

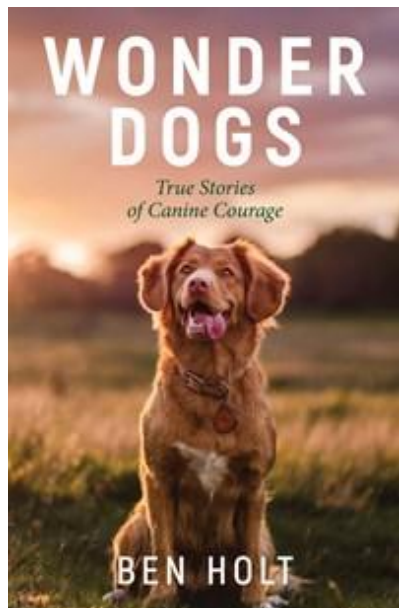
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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Pets / Essays & Narratives
PET010000
8 in H | 5 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Wonder Dogs 9781849539975
\$11.99

Wonder Dogs

True Stories of Canine Courage

Ben Holt

Key Selling Points

- A revised and updated edition of *Wonder Dogs* (ISBN: 9781849539975) with new content, celebrating some incredible doggy heroes in these inspirational true stories
- There are 76 million dogs kept as pets in the US alone, not to mention service dogs or working dogs who help save lives every day
- The dog-loving readership is out there, *Doggie Language* (ISBN: 9781787837010), a Summersdale gift title, has sold over 20,000 copies
- Similar Summersdale titles include: *Love is a Labrador* (ISBN: 9781786859822), *The Little Instruction Book for Dogs* (ISBN: 9781786855336), *Dog Mindfulness* (ISBN: 9781787832459)

Summary

Life isn't perfect, but dogs certainly can be

Meet the incredible dogs in this inspiring collection of true stories, championing the often underestimated role of man's best friend.

- Daisy, the tiny Dachshund who put her life on the line to save her humans from a bear.
- Charco, the veteran sniffer dog who has saved countless human lives, and yet still keeps his tail wagging.
- Delta, the dog who died trying to protect her young owner from a volcano – after already having saved his life three times.

It's a truth universally acknowledged that dogs are pretty great. But when it comes to facing peril, these loyal creatures always seem willing to step up to the mark and become true doggy heroes. Whether they're saving humans from dangerous people or situations, helping the sick, fighting crime or just following their animal instincts to do good, the true stories featured in this expanded and updated collection prove that dogs aren't only man's best friend – they're also inspirational, courageous and selfless companions to us all.

Contributor Bio

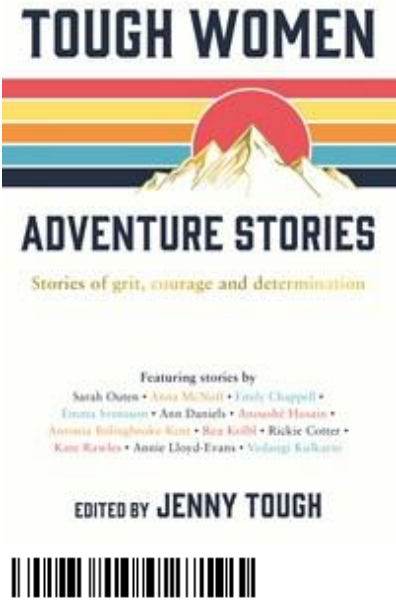
Ben Holt is a writer and animal lover from West Sussex, UK. When he's not researching stories about our furry friends he enjoys long walks in nature. He is also the author of *Animal Heroes*.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Subrights

No subrights have been specified.



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Paperback

304 Pages
Carton Qty: 52
Print Run: 6K
Biography & Autobiography
/ Adventurers & Explorers
BIO023000

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

Tough Women Adventure Stories

Stories of grit, courage and determination

Jenny Tough

Key Selling Points

- A collection of stories from a diverse selection of the most inspiring women from around the world, covering their most extreme pursuits, from ultramarathons and bike racing to lengthy expeditions
- Celebrates the achievements of real women and shows the reader that if they dare to dream, anything is possible!
- A lovely gift for someone who needs an extra spark of inspiration to achieve their goals, or a gift to self to help you realize your potential

Summary

It's time we celebrated women in adventure

An inspiring anthology full of stories from women who have completed incredible adventures and achieved amazing feats around the globe. The perfect collection of short stories to motivate any reader and to show them that women are naturally, awe-inspiringly "tough".

What does “toughness” mean to you? Perhaps it’s being physically fit and mentally resilient. Perhaps it’s doing something no one else has done before. Perhaps it’s breaking down boundaries and proving what you can do, in spite of the naysayers. Perhaps it’s travelling alone, immersing yourself in new cultures and meeting new people. Perhaps it’s running ultramarathons in the blistering heat and beating the competition. Perhaps it’s conquering your fears.

The badass adventurers in this collection are all fearless, intelligent, compassionate and curious about the world – and they all happen to be female. From endurance obstacle races to arctic expeditions, from mountain climbing to wingsuit flying, from horse trekking to swimming the English Channel, they have set the bar high for what women are capable of. Let yourself be inspired by their stories of grit, courage, determination, triumph and heartbreak – you never know, it might lead to something incredible!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

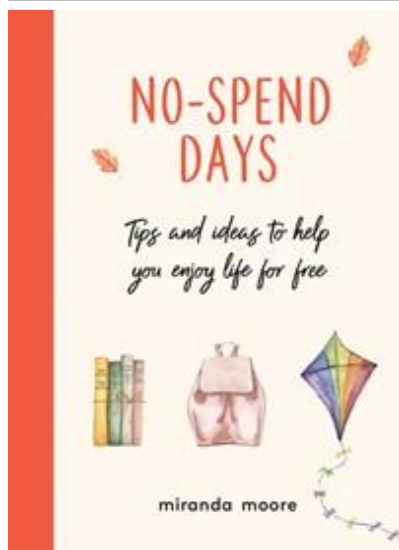
You're tougher than you think

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Subrights

No subrights have been specified.



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Self-Help / Personal Growth
SEL016000

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

No-Spend Days

Tips and Ideas to Help You Enjoy Life For Free

Miranda Moore

Key Selling Points

- Many people are increasingly mindful of living on less, so this book looks to offer ideas for ways to enjoy life without spending a penny
- This beautifully designed book will not only inspire new adventures on any budget, but also provide space for the reader to journal their experiences
- Interspersed with inspirational quotes and statements, this book also offers some simple tips to help the reader manage their money more mindfully
- Similar Summersdale titles include: *Dream. Explore. Discover.* (ISBN: 9781787830226), *All You Need is Less* (ISBN: 9781786857668), *Collect Moments, Not Things* (ISBN: 9781786857729)

Summary

The best things in life are free!

It's possible to enjoy fun-packed days without it costing you a fortune – or anything at all! Let the suggestions in this beautiful book inspire you to live out some amazing experiences, both inside and outside the home, without spending a thing.

If you're looking for inspiration to fuel your next outdoor adventure, step-by-step instructions for creative projects around your home, or small and simple changes to save some extra money, look no further. This handy guide is here to offer creative ways to entertain yourself and your friends without breaking the bank. Bursting with ideas for cost-free activities, tips to help you live more economically, and pages for you to record your adventures, this book is the ultimate guide to thrifty fun.

Activities include:

- Campfire baking
- Stargazing
- Scavenger hunt
- Rock pooling
- Foraging

A beautiful gift book packed full of ideas and inspiration on ways to enjoy life without emptying your wallet. Combining at-home craft activities, ideas for enjoyable adventures in the great outdoors as well useful tips on budgeting while keeping things fun, this little book is a big step towards living more economically.

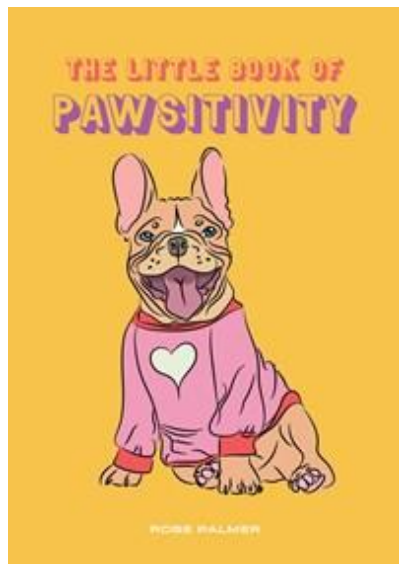
Contributor Bio

Miranda Moore writes non-fiction, fiction and editorial opinion and works as a freelance editor and journalist in the Scottish Borders. She is trained in forest school and bushcraft and loves wild places, photography, music and beautiful food. She has a Masters in International Peace Studies and was shortlisted for the Scottish Book Trust News Writers Awards 2020.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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Pets / Dogs
PET004000

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

The Little Book of Pawsitivity

Pawsitive Vibes Only

Rose Palmer

Key Selling Points

- Created with full-color designs and illustrations throughout
- Stan's Instagram account, @Stanthehotdawg, has 73,000 followers, and is still growing. Famous fans include Lionel Richie, and WeRateDogs gave Stan a cuteness score of 12 out of 10. Stan is the most-followed wire-haired dachshund on Instagram

Summary

A beautifully illustrated, pawesome collection of uplifting stories, inspiring quotes, timeless wisdom and practical tips that will delight every dog lover

Pawsitive vibes only

Dogs understand that the key to happiness is simple: to eat well, play well, love well and sleep well. This playful book contains wise doggo mantras that we can all live by ("when you have a struggle, have a snuggle"), happiness hacks, inspiring canine *tails*, and life lessons from pawesome breeds (Frenchies teach us that wrinkles are just smile lines; dachshunds teach us that your difference is your strength).

The Little Book of Pawsitivity is both a playful tribute to all dogs for the happiness and unconditional love they bring us, and a reminder to their humans that if we adopt their perky outlook, anything is pawssible.

Contributor Bio

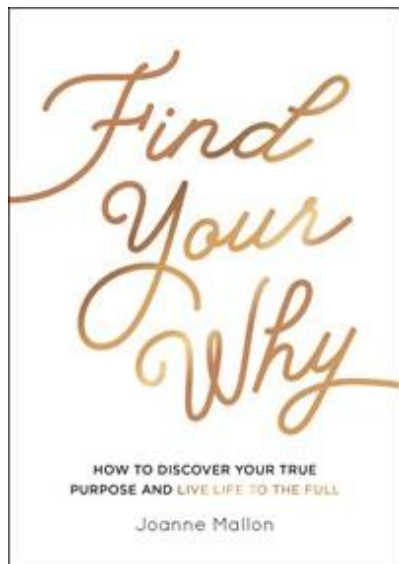
Rose Palmer is an illustrator and designer based in London. She is the proud "dog mom" to Stan the Hot Dawg, her mini wire-haired dachshund. Stan is a much-loved dogfluencer, who brings regular doses of pawsitivity to his rapidly growing number of Instagram followers around the world.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Find Your Why

How to Discover Your True Purpose and Live Life to the Full

Joanne Mallon

Key Selling Points

- This book will appeal to anyone who wants to try a new direction, or consider how to get the most out of their life
- With over twenty years' experience as a life and career coach, Joanne Mallon brings her unique knowledge and expertise to this book to help guide readers towards a life that is more fulfilled
- As well as bite-sized tips and advice, the book contains quotes and affirmations to inspire and uplift the reader

Summary

This beautiful gift book is filled with short, easy-to-follow tips that take readers through the process of finding, understanding and pursuing their life purpose

Have you ever found yourself wishing that there was more to life?

Would you like to feel happy and fulfilled every day?

Do you want to take control of your future?

When we have a purpose, we truly come alive. A life purpose is empowering; it's both an anchor and a guiding light. Whether you find yours through a career, helping others or a creative pursuit, a purpose imbues our days with meaning, direction and happiness – which is why knowing yours has the power to transform your life.

This book will help you to uncover your own unique purpose, or your "why". From reflecting on your past to visualizing your future, the tips and advice in these pages will guide you towards your true calling and a deeper sense of contentment. So, dive in and begin your journey of self-discovery.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale

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1787839982

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Self-Help / Personal Growth

SEL027000

8 in H | 6 in W

Status: **FORTHCOMING**



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Hardcover

160 Pages
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Print Run: 8K
Self-Help / Emotions
SEL042000

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

Calm for Every Day

Simple Tips and Inspiring Quotes to Help You Find Peace

Summersdale

Key Selling Points

- With tips to help you de-stress, and a collection of inspiring quotes, this book is an antidote to the bustle of every day
- This book is the latest addition to the successful *Every Day* series, which has sold over 14,000 copies in total
- Other books in this series include: *Happiness for Every Day* (ISBN: 9781787836525), *Positivity for Every Day* (ISBN: 9781787836518), *Inspiration for Every Day* (ISBN: 9781787836549), *Resilience for Every Day* (ISBN: 9781787836532)

Summary

Find calm with this little book. Offering tips to help you let go of stress, and a collection of inspiring quotes to help you unwind, it's an antidote to the bustle of every day

You might think that "being calm" means being unfazed by stressful events – but nobody is completely immune to worry, anxiety or concern. In fact, these feelings are a normal and vital part of the human experience.

Being calm is all about how you deal with these feelings, and this little book is here to help you navigate them. Within these pages you will find a raft of simple but effective tips to help you manage your emotions and think clearly, including:

- How to recognize stress in your body
- Mindfulness exercises
- How to manage anxiety in the moment
- Calming self-care ideas

Breathe in... breathe out... and let this book be your guide to staying calm and feeling good.

Filled with simple tips and calming quotes, this pocket-sized book is a guide to finding peace and tranquillity every day.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Affirmations for Every Day

Simple Tips and Empowering Mantras to Help You Set Your Intentions

Summersdale

Key Selling Points

- Bursting with quotes, affirmations and tips, this book will help to inspire and empower you every day
- This book is the latest addition to the successful *Every Day* series, which has sold over 14,000 copies in total
- Other books in this series include: *Happiness for Every Day* (ISBN: 9781787836525), *Positivity for Every Day* (ISBN: 9781787836518), *Inspiration for Every Day* (ISBN: 9781787836549), *Resilience for Every Day* (ISBN: 9781787836532)

Summary

This beautiful book is filled with simple tips and affirmations to help you feel calm and confident every day

An affirmation or mantra is a short phrase that focuses your attention. Whether you want to inspire confidence, a sense of calm or a positive mindset within yourself, they are a powerful way to declare your intentions and set yourself on track.

As well as a beautiful selection of words from writers and thinkers, and 40 inspiring mantras, within these pages you will find a raft of simple but effective tips to help you master the art of affirmations, including:

- How to write an effective affirmation
- Using affirmations to achieve your goals
- Ways to cultivate an open and positive mindset

Just a few words said with purpose can give you inner strength that will last all day. Tap into this power with the guidance in this book, and allow these words to inspire you on your life's journey.

Filled with tips to help you use mantras in everyday life, guidance on how to create your own and a raft of inspiring quotes, this book is the ideal beginner's guide to mastering the art of affirmations.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Summersdale
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160 Pages
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Self-Help / Affirmations
SEL004000

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

Related Products

Other Formats

Affirmations For Every Day
9781786859938 \$13.99



Your Only Limit is You

Inspiring Quotes and Kick-Ass Affirmations to Get You Motivated

Summersdale

Key Selling Points

- An invigorating collection of quotes and affirmations to inspire readers to achieve their dreams
- The perfect gift for anyone looking for words of encouragement, or a spark to ignite their motivation
- Other similar Summersdale titles include: *Believe in Yourself* (ISBN: 9781786858030), *You Got This* (ISBN: 9781786850409), *Never Give Up* (ISBN: 9781786859785)

Summary

This little book, packed with kick-ass quotes and empowering statements, will inspire you to shoot for the stars and achieve your goals!

It may be small in size, but this book packs a punch of motivational energy. Perhaps you're feeling down, you've experienced some setbacks, or maybe you're just not sure you have what it takes to get to your next goal. However you're feeling, dip into this book to find new inspiration.

These pages are bursting with motivational quotes from celebrities, thinkers, writers and icons past and present – and you'll also find affirmations to ignite your sense of purpose and spur you on.

This little book is here to remind you that, whatever your situation, you have the power and ability within you to do anything you set your mind to. With determination in your heart, no hurdle is too high and no dream is too big – because your only limit is you!

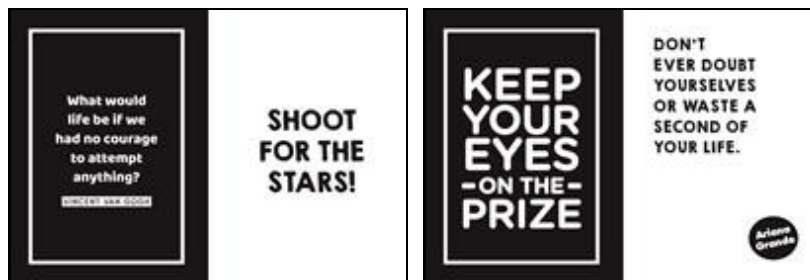
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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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128 Pages
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Nature / Environmental
Conservation & Protection
NAT011000

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

The Little Book of Bees

A pocket guide to the wonderful world of bees

Vicki Vrint

Key Selling Points

- Covers a range of topics including the history of bees, an introduction to and overview of various species, bee anatomy, the importance and uses of honey, and bee folklore and legend
- 1 in every 3 mouthfuls we eat has been pollinated by these wonderful creatures, making them vital to the everyday functioning of our planet
- Encourages and guides individuals to do their bit to care for bees, who are in desperate need of our protection

Summary

Learn how to become a bee's best friend with this enlightening celebration of the world's most beloved insect

Discover the fascinating story of these marvels of nature with this introduction to the world of bees. Learn about their unique *beehaviours*, why they are under threat, how they are essential to our existence and what you can do to care for these wonderful insects.

This fact-filled pocket book includes:

- tips to help identify different species
- information on bee habitats and folklore
- delicious honey recipes
- creative beeswax crafts

It's the ideal companion for any bee lover looking to protect the future of our furry little friends. Because we need bees, and they need us.

This little book is the perfect introduction to the world of bees. Covering everything from their history and anatomy to fascinating bee folklore and legend, this friendly and accessible guide is a celebration of one of the planet's most amazing creatures.

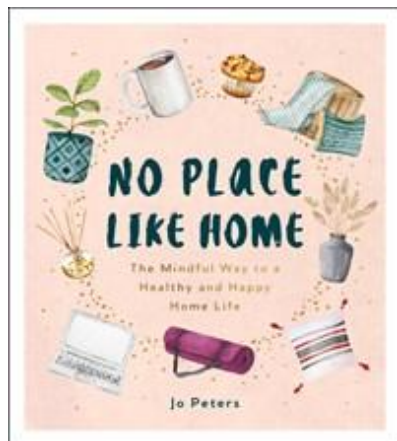
Contributor Bio

Vicki Vrint is a freelance writer of non-fiction books, and a lifelong lover of nature. She lives in Chichester, UK and spends her free time taking muddy walks in the countryside around her home, birdwatching and reading all the vintage wildlife books she can get her hands on.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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Self-Help / Personal Growth
SEL016000
7.5 in H | 7 in W
Status: **FORTHCOMING**

No Place Like Home

The Mindful Way to a Healthy and Happy Home Life

Jo Peters

Key Selling Points

- The coronavirus pandemic has transformed our lives and the new normal has meant that many of us spend a lot more time at home
- One study conducted by The Mental Health Foundation found that more than 50 per cent of adults are experiencing symptoms of anxiety due to extended periods at home. This book aims to help you enjoy and make the most out of your time at home, whether you're working or relaxing

Summary

Transform your home into a restful and restorative space to enjoy, whether you're relaxing or working

It's time to make your home a wellness zone!

Your home environment should lift you up and bring you joy. But as you live and work in one place, you're all the more aware of how surroundings can affect your well-being.

No Place Like Home offers simple and effective ways to transform your home environment to be more mindfully aligned with who you are. It's packed with ideas for upcycling and decluttering, as well as comforting recipes, soothing relaxation rituals and innovative ways to bring the outside in. This restorative book will help you rediscover the delights of your four walls as a space for calm, productivity, happiness and personal growth.

Chapters include:

HOME SANCTUARY: Explore crystal healing; Manifest your goals; Room to breathe
BRING THE OUTSIDE IN: Pine cone garland; Leaf confetti; Seashell tealights
A MINDFUL HOME: Cleanse your space; Set your intentions; A morning ritual
A SUSTAINABLE HOME: Upcycling; Natural dyeing; Sustainable home spa; Eat green
THE HEART OF THE HOME: Hearty veggie lasagne; Chewy chocolate chip cookies; Homemade strawberry jam

Contributor Bio

Jo Peters is a true advocate of the simple life. Once a city lawyer, she left it all behind and now lives on a small-holding in Scotland. She regularly talks in schools, educating the future generation about sustainability and caring for the environment.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Other Merchandise

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Juvenile Nonfiction / Social Topics
JNF053160

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

Mindfulness Cards for Kids

52 Soothing Cards to Help Your Child Feel Calm

Summersdale

Key Selling Points

- 52 beautifully designed cards, each featuring a mindful statement, with a stand to display your favorite designs
- Embrace peace of mind everyday with these uplifting affirmations, which you can use as a decoration anywhere in your home
- An ideal gift for children aged 5–11 to encourage moments of reflection and promote positive thinking
- Similar Summersdale titles include: *The Little Box of Calm* (ISBN: 9781787836594), *Be Kind to Your Mind* (ISBN: 9781787832565), *The Little Box of Mindfulness* (ISBN: 9781787836587), *Help Your Child De-Stress* (ISBN: 9781787836730)

Summary

A calm thought a day keeps the worries away

Help your child find a little bit of a calm each day with this deck of comforting and easy-to-understand affirmations

Mindfulness matters, and just a few moments of quiet thought can soothe your child's mind and encourage them to approach their day with a little more ease. Help your child practise the art of mindfulness anywhere with this collection of uplifting cards, filled with inspiring words and peaceful thoughts.

This deck of 52 cards is packed with gentle affirmations and relaxing mantras to minimize anxiety, promote happiness and help kids harness positive energy. Each card, which can be displayed individually using the high-quality wooden stand, features a stunning bespoke design to brighten up any room.

- Box includes 52 individual cards and a wooden holder
- Perfect to display in your child's room, or anywhere in the home, to encourage peaceful moments and positive thinking
- Beautifully presented and featuring bespoke card designs

These whimsical cards will bring a moment of peace and calm to every day. Filled with soothing statements that can be displayed anywhere, this is the perfect gift to help children focus their thoughts and live in the moment.

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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5 in H | 4 in W
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Related Products

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Just Be You

Inspirational Quotes and Awesome Affirmations For Staying True to Yourself
Summersdale

Key Selling Points

- This book's stylish design taps into the ongoing minimalist trend seen in the fashion and design market
- Similar Summersdale titles include: *Never Give Up* (ISBN: 9781786859785), *Dare to Dream* (ISBN: 9781786859815), *Yes You Can* (ISBN: 9781786859792)

Summary

Take courage and comfort from the uplifting quotations and powerful affirmations in this pocket-sized collection of unbeatable confidence

There's nobody quite like you. Your passions and possibilities are limitless, even when the world tries to get you down. This little book, packed full of compassionate quotes and valuable reminders, is the perfect companion on your journey to greater happiness and stronger self-belief.

From the timeless ideas of ancient sages to sound advice from modern superstars, these are words to get you feeling great and thinking big.

As well as the hard-won wisdom of successful writers, artists and thinkers, this book includes a host of uplifting mantras and daily reminders such as:

- You don't have to be perfect to be wonderful
- Everything you need – your courage, strength, compassion and love – is already within you
- You're only confined by the walls you build yourself
- Don't just be good to others – be good to yourself too
- You are at your most powerful when you don't seek the approval of others

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





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Ebooks

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Carpe Diem

Inspirational Quotes and Awesome Affirmations For Seizing the Day
Summersdale

Key Selling Points

- This book’s stylish design taps into the ongoing minimalist trend seen in the fashion and design market
- The latest addition to a series of colourful pick-me-up gift books, including *You Are Amazing* (ISBN: 9781786859808), which has sold more than 28,000 copies
- Similar Summersdale titles include: *Never Give Up* (ISBN: 9781786859785), *Dare to Dream* (ISBN: 9781786859815), *Yes You Can* (ISBN: 9781786859792)

Summary

Get inspired to succeed with the courageous quotations and rousing affirmations in this pocket-sized collection of unbeatable wisdom

Seize the day!

Today holds an infinite number of opportunities – the rest of your life is just waiting for you to reach out and grab it by the horns! This little book, packed full of uplifting quotes and motivational mantras, is just what you need to launch into exciting new adventures and achievements.

From the wisdom of ancient sages to sound advice from modern superstars, these are words to get you feeling great and thinking big.

As well as the hard-won wisdom of successful and talented celebrities, this book includes a host of uplifting mantras and daily reminders such as:

- Difficult doesn’t mean impossible
- You’re never lost – you’re just discovering new places
- Your life is a work of art – it deserves to be seen
- Good things come to those who... go out and get them
- When’s the best time to start? Right now!

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Love is a Mutt

A Dog-tastic Celebration of the World's Cutest Mixed and Cross Breeds

Charlie Ellis

Key Selling Points

- Bursting full with pictures of adorable mixed-breed dogs. Mixed or crossbreed dogs are more popular in the US and the UK than any single purebred breed
- Follows in the success of previous titles, *Love is a Pug* (ISBN: 9781786855138), *Love is a Labrador* (ISBN: 9781786859822) and *Love is a Sausage Dog* (ISBN: 9781849539876)

Summary

Life is better with a mutt

This collection of adorable photos of mongrels, mutts and crossbreeds will have you head-over-paws in love

The dogs within these pages may be a mix of breeds, but they're pure of heart. Some are fluffy. Some are scruffy. Some are wire-haired. Some have velveteen fur or shiny locks. Whatever they look like, big or small, they're almost definitely lovable, mischievous and full of joy.

This little book is a celebration of crossbreeds and mutts the world over. What mongrels lack in pedigree they more than make up for in cuteness, loyalty and love. Whether you've got one, want one or just think they're super-cute, these adorable pups are here to win your heart. *Love is a Mutt* will prove that home is where your pup is, and that it's not just any old dog who deserves to be your best friend – it's a mongrel.

Contributor Bio

Charlie Ellis doesn't know how many hours he's wasted on the internet looking at hilarious pictures of animals! When he's not doing that he's whiling away his leisure hours at his home in Reading, UK, playing video games and cooking, neither of which he's quite as good at as he pretends to be.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.