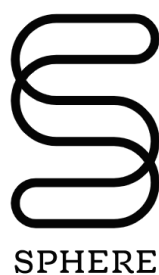


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coming
soon



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

Remi Adekoya

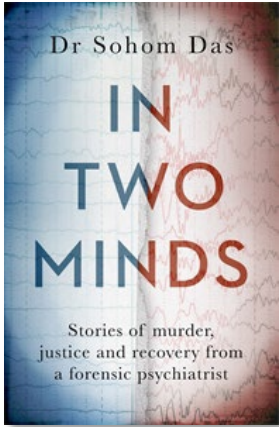
February 2023
Constable
Economics
192pp

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

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

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

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



IN TWO MINDS

Dr Sohom Das

March 2022
Sphere
Forensic Psychology
400pp

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

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

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

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

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

DR SOHOM DAS is a Consultant Forensic Psychiatrist, working in prisons, secure hospitals and criminal courts, assessing and rehabilitating mentally ill offenders. He works as an expert witness in criminal and civil court cases. On his YouTube channel, *A Psych for Sore Minds* (youtube.com/apsychforsoreminds), he dissects a multitude of criminal cases and mental-health topics, covering diagnoses such as schizophrenia and PTSD, and offences from arson to murder.

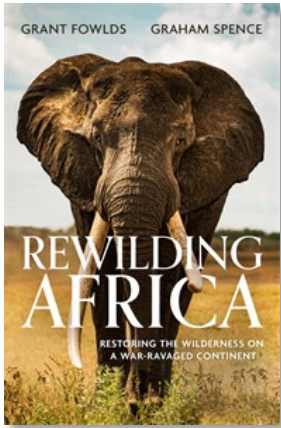
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Click to listen to an audio sample of *IN TWO MINDS*!

'This is a thought provoking book which brings alive the work of psychiatrists in the criminal justice system. Dr Das writes with verve about a complex and difficult subject, and true crime readers are in for a treat. Very entertaining!' **Gwen Adshead**,

'You will want to spend time with Dr Sohom Das – he's witty, insightful, humble and humane and above all he just makes you glad that there are still psychiatrists out there who work with and care about those unfortunate people who, if we are honest with ourselves, we would all prefer to ignore, or simply lock up'
David Wilson, author of *MY LIFE WITH MURDERERS*



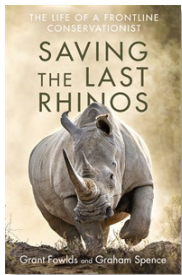
REWILDING AFRICA

Grant Fowlds and Graham Spence

May 2022
Robinson
Wildlife
336pp

Previous publishers:
US (Pegasus)

Also available:

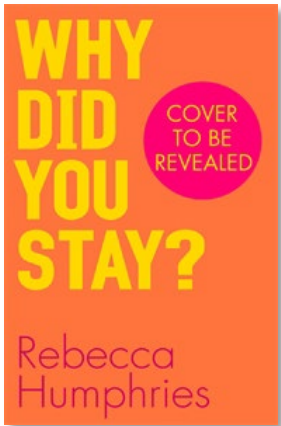


Conservationist Grant Fowlds lives to save and protect Africa's rhinos, elephants and other iconic wildlife, to preserve their habitats, to increase their range and bring back the animals where they have been decimated by decades of war, as in Angola, Mozambique and the Democratic Republic of the Congo.

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

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

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



WHY DID YOU STAY?

Rebecca Humphries

July 2022
Sphere
Relationships
304pp

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

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

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

REBECCA HUMPHRIES has written for *Vogue*, *Elle*, the *Guardian* and the *Telegraph* on relationships, singledom and womanhood. In 2019 she spoke at the House of Commons on behalf of the organisers of the Women's March London, about gaslighting and the media.

Praise for WHY DID YOU STAY?:

'AMAZING. ARDENT. FIERCE. GAME-CHANGING. URGENTLY NECESSARY. HILARIOUS. BEAUTIFULLY CRAFTED AND WRITTEN. PROFOUNDLY MOVING. CANDID AS FUCK. BRILLIANT, BRILLIANT and did I say BRILLIANT... It is simply out of this world.' **Emma Thompson**

Cover
coming
soon



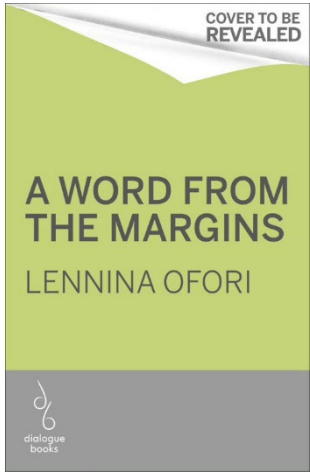
ADVENTURES IN VOLCANOLAND

Tamsin Mather

May 2023
Little, Brown
Volcanology
320pp

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

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



A WORD FROM THE MARGINS

Lennina Ofori

January 2024
Dialogue
Society / memoir
304pp

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

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

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



P.S. BURN THIS
LETTER PLEASE

Craig Olsen

June 2023
Sphere
Gay & Lesbian studies
240pp

CRAIG OLSEN is an entrepreneur in art, production and interior design. A graduate from Cornish College of the Arts with a BFA in Theatre, he is also a drag artist who has worked in film, TV, theatre and podcasts. Olsen currently sits as Chairman of the Board for Los Angeles' premier contemporary ballet company Barak Ballet and is a trustee of the Edward F. Limato Foundation.

After discovering a cache of personal letters by prominent drag performers in 1950s New York City, Olsen embarked on what has now become a 5 year journey to preserve and illuminate the courage of those that have set the stage for the current success of the LGBTQ+ community.

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

Their greatest act of resistance was simply existing

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

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

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

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



WHERE ARE YOU
FROM? NO,
WHERE ARE YOU
REALLY FROM?

Audrey Osler

April 2023
Virago
Society / History
256pp

AUDREY OSLER is Professor Emerita of Human Rights Education and Citizenship at the University of Leeds. You can find out more here - essl.leeds.ac.uk/education/staff/394/emeritus-professor-audrey-osler

A searing investigation into migration, identity and belonging, drawing on personal experiences and the history of my mixed-heritage family.

WHERE ARE YOU FROM? NO, WHERE ARE YOU REALLY FROM? explores three central themes: migration, identity and belonging, examining them in the context of empire, and its continuing impact on the lives of those in Britain today. The question, 'Where are you from?' is familiar to all. But for people of colour, it more often than not carries an insinuation that they don't really belong. This is made explicit in the frequent follow-up: 'No, where are you really from?' This book explores why the question continues to be asked and considers its impact on people of colour.

The author draws on memoir and historical research, tracing the experiences of empire and migration across seven generations of her family, delving back to the 1760s, spanning various countries, including Britain, Ireland, Imperial India and Singapore. She sets the stories of individual women and men in the socio-political contexts of their times and discusses the factors that lead them to set out on uncertain and arduous journeys across continents, including conflict, abduction, displacement, economic necessity, and love. The book explores the meanings of these stories for our age. The stories have resonance for anyone that has personal or family experiences of migration, but draw all readers to reconsider what it means to be British today.



THE PURPOSE UPGRADE

Paul Skinner

July 2022
Robinson
Business
256pp

PAUL SKINNER is the founder of the Agency of the Future, a collaborative consultancy that helps clients and partners create Collaborative Advantage to drive organizational success, create economic value and improve peoples' lives. He is also the founder of Pimp My Cause, which uses cause-related challenges to enhance the capabilities of individual marketers and marketing teams and supports over 2,000 charities and social enterprises with access to pro bono marketing in the process. Skinner has advised clients as diverse as PwC and the United Nations, Sony and Save the Children. In 2014 he was awarded an honorary visiting fellowship at Edge Hill University business school, has twice won Consultant of the Year awards from the Chartered Institute of Marketing and is an advisory board member at London's Museum of Brands, Packaging and Advertising.

Capitalism is in crisis in a culture that risks pulling us apart. There has never been a more urgent need to change our businesses to save the world or a more opportune time to change the world to save our businesses.

THE PURPOSE UPGRADE provides a unique methodology to repurpose enterprises and revitalise the activities they engage in. It shows how by leaning into society's most pressing priorities, businesses can create more compelling benefits for customers, build more meaningful livelihoods for colleagues, and unlock superior returns for investors, putting all the stakeholders that an enterprise needs back on the same team.

Meet the social entrepreneur who repurposed the 'boring' stationary business to fund micro-finance initiatives reaching millions of the people most exposed to poverty, so that 'even a bad day at the office saves lives'. Learn how the leaders of a coal mining business repurposed their enterprise first as an industrial chemicals company and then more spectacularly as a sustainable living business, improving the lives of billions of people while consistently outperforming expectations for growth. And most importantly, discover how you can foster the human understanding needed to make a 'Purpose Upgrade' an always available event at any level of your own enterprise.

History shows that the most challenging conditions can lead to the greatest potential for renewal. THE PURPOSE UPGRADE will support readers in growing enterprises that thrive by uniting us in addressing the extraordinary challenges of our times.



FREE WHEELS

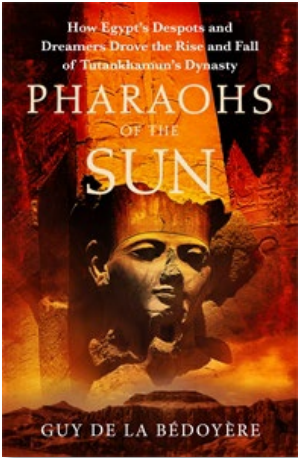
Sara Wheeler

June 2023
Little, Brown
Travel writing
352pp

Renowned travel writer Sara Wheeler records her life of adventure, from Zanzibar to Neasden

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

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



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

Guy de la Bédoyère

July 2022
Little, Brown
History
560pp

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

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

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Spanish (Ediciones de Pasado & Presente)



POWER, PEOPLE AND PAINTING

Caroline Campbell

April 2023
The Bridge Street Press
Art history
560pp

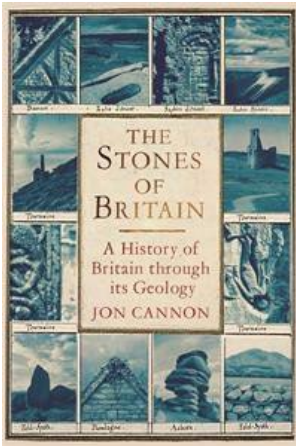
‘The visual arts speak to people anywhere in the world, across barriers of politics, religion and nation. We can all see ourselves, and our relationship with the wider world, reflected back to us in art.’

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

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

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

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



THE STONES OF BRITAIN

Jon Cannon

February 2023
Constable
Natural History
352pp

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

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

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

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



ESTHER SIMPSON: THE WOMAN WHO SAVED SCIENCE AND LEARNING FROM THE NAZIS

John Eidinow

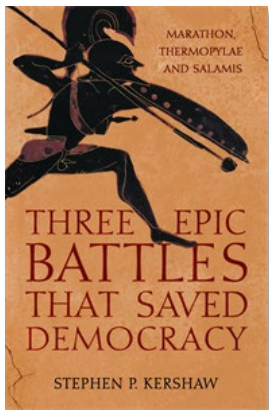
February 2023
Robinson
History
304pp

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

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

JOHN EIDINOW has published three books with his co-author David Edmonds, each describing knock-down, drag-out clashes between men of titanic gifts: *Wittgenstein's Poker* (Random House), which was shortlisted for the Guardian First Book Award and translated into over thirty languages; *Bobby Fischer Goes to War* (Faber & Faber), which was long listed for the Samuel Johnson prize; and *Rousseau's Dog* (Faber & Faber). Eidinow was a presenter and interviewer for BBC Radio 4 and World Service, working in news and current affairs, and making documentaries on historical and contemporary issues.

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



THREE EPIC BATTLES
THAT SAVED
DEMOCRACY:
MARATHON,
THERMOPYLAE AND
SALAMIS

Stephen P Kershaw

April 2022
Robinson
History
480pp

Rights sold:
US (Pegasus)

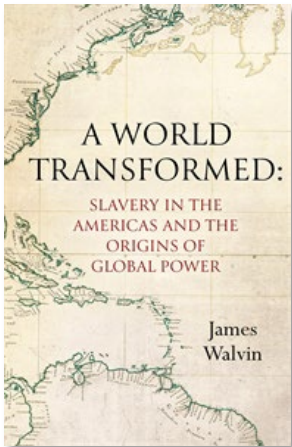
The year 2022 marks 2,500 years since Athens, the birthplace of democracy, fought off the mighty Persian empire. Kershaw tells the story of the three epic battles - Marathon, Thermopylae and Salamis - that saved democracy, without which the history of Europe and the West would have been radically different.

The book explores the ideas that the decisive battles of Thermopylae and Salamis mark the beginnings of Western civilization itself and that Greece remains the bulwark of the West, representing the values of generous and unselfish peace, freedom and democracy in a neighbourhood ravaged by instability and war.

Praise for STEPHEN KERSHAW:

'A Brief Guide to the Greek Myths: Eminently sane, highly informative, and reasonably priced.' *BBC History magazine*
'As his exhaustive survey shows, Atlantis has been adapted to countless ideologies and agendas over time, serving the needs of every sort of reader - 'harmless hippies or Heinrich Himmler' in Mr Kershaw's memorable phrase.' *Wall Street Journal*
'The experts interviewed . . . [for the TV documentary series *Barbarians Rising*] are both entertaining and illuminating.' *Wall Street Journal*

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



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

James Walvin

Rights sold:
US (University of California
Press)

March 2022
Robinson
History
400pp

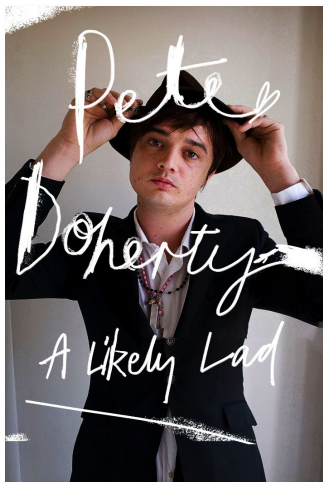
JAMES WALVIN is the author of many books on slavery and modern social history. His book, *Crossings*, was published by Reaktion Books in 2013 and he is the author of *HOW SUGAR CORRUPTED THE WORLD: FROM SLAVERY TO OBESITY* (Robinson, 2017) and *FREEDOM: THE OVERTHROW OF THE SLAVE EMPIRES* (Robinson,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

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

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

Praise for A WORLD TRANSFORMED:

'This is a book that everyone should read. A distillation of a lifetime's research and reflection on one of the great issues in history.' **Michael Wood**
'A brilliant guide to a momentous part of our shared history' **Trevor G Burnard**
'James Walvin draws on his deep well of knowledge to offer an ambitious and capacious account of the ways in which slavery has shaped our world. This extremely compelling and important contribution draws on the key scholarship throughout, but does so in a way that allows readers to understand connections and the big picture. It will help everyone grapple with this vital topic.' **Laurent Dubois**



Not final cover

A LIKELY LAD

Peter Doherty with Simon Spence

June 2022
Constable
Autobiography
336pp

Peter Doherty's is the last of the great rock 'n' roll stories. As an icon, he is on par with the early Rolling Stones and Sid Vicious - bad boy and public enemy. To his devoted fans, he is a cult hero, a modern-day Rimbaud. Musically, there is no doubt he has defined the past twenty years of British rock 'n' roll with his sound, lyrics, lifestyle and aesthetic.

Since The Libertines rose to international fame, Doherty has proved endlessly fascinating. A whirlwind of controversy and scandal has tailed him since his first spell in prison in 2003. He divides critics - for every award and accolade, there is a scathing review. All too often his talents as a songwriter and performer have been over-looked. Hard drugs, tiny gigs on the hoof, huge stadium shows, collaborations, obliterations, gangsters and groupies - Doherty has led a life of huge highs and incredible lows.

With astonishing frankness, Doherty explores his darkest moments - he takes us inside decadent parties, the jailhouse, in crack dens and his self-destruction. There is harrowing detail and acknowledgement of the damage hard drugs have done. With his trademark wit and humour, Doherty also reflects on his era-defining relationship with supermodel Kate Moss and the other significant people in his life. He discusses poetry, Paris, philosophy, politics, the music business and his key influences (from Hancock to Baudelaire). There is humour, warmth, insight, baleful reflection and a defiant sense of triumph.

This is Doherty's version of the story - the genuine man behind the fame and infamy. This is a rock memoir like no other.



Not final cover

UNTITLED

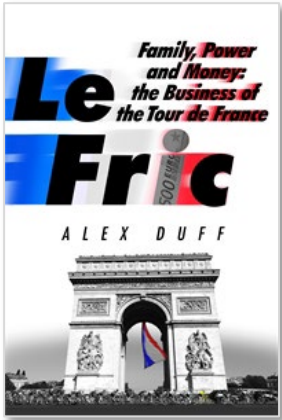
John Grant with Fiona Sturges

September 2023
Little, Brown
Autobiography
352pp

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

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

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



LE FRIC: FAMILY,
POWER AND
MONEY: THE
BUSINESS OF THE
TOUR DE FRANCE

Alex Duff

June 2022
Constable
Cycling
336pp

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

The fascinating and unknown story of the Tour de France's ever-changing relationship with money and power - and the enigmatic family behind it all.

It started with a cash drop by an English spy in occupied Paris in 1944. Reserved for Resistance groups during the war, the money reached Émilien Amaury, an advertising executive, who was tasked to help France return to a free press once liberated. He soon launched a newspaper empire that - unbeknown to him - would own the rights to run what would become one of the greatest sporting events in history.

Le Tour, once a struggling commercial phenomenon, began to rise in popularity across much of western Europe in the glum years after the Second World War, lifting the mood of the hungry and despondent French. But with the increased interest in the event, exacerbated by the creation of television and the internet, came several cultural threats to national heritage. Multiple attempts to wrest power and profits from the latest generation of the Amaury family - who still own the race and take tens of millions of euros home in dividends - have followed, but not without a fight.

Fast-paced and fastidiously researched, *Le Fric* illustrates how moments off the bike at the Tour de France are every bit as gripping as the battle for the yellow jersey.



FEVER PITCH

Paul McCarthy

September 2022
Sphere
Football
320pp

Not final cover

PAUL MCCARTHY is an award-winning sports journalist and writer. He has worked at the *News of the World*, the *Daily Express*, where he was Chief Football Writer, *People*, where he held the post of Chief Sports Columnist. In 2007 he returned to the *News of the World* as Sports Editor. Paul held the post of Chairman of the Football Writers' Association for three years and was named Sports Journalist of the Year.

A history of the Premier League, to tie into the BBC series *Fever Pitch* on the 30th anniversary of the Premier League, with exclusive interview material from all the key figures.

The Premier League is the most watched sports league in the world, broadcast into 188 countries and watched by 3.2 billion people worldwide. *Fever Pitch* is a fascinating history of the Premier League, with exclusive material from all the big names involved in its formation. From David Beckham to Eric Cantona and Peter Schmeichel to Gary Neville and everyone in between, this book is full of exclusive interviews that give fascinating insight into the biggest sports league in the world from the people who made it happen.

The Premier League revolutionised football. Its formation transformed the beautiful game into a multi-billion pound business and made its biggest stars millionaires. *FEVER PITCH* tells the inside story of the formation of the league, from the early discussions with Rupert Murdoch about how Sky could be at the heart of this new league, to the bitter rivalries and radical new managers who changed the face of football forever.

With exclusive interviews and insight from football's biggest names, this is the inside track on the Premier League as you've never heard it before.



THE PATIENT DOCTOR

Dr Ben Bravery

August 2022
Hachette Australia
Memoir
352pp

Not final cover

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

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

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

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

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



THOROUGHLY MODERN

Sarah Knights

January 2023
Virago
Biography
320pp

Not final cover

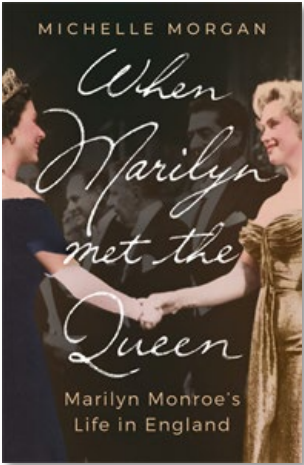
SARAH KNIGHTS's first book, *Bloomsbury's Outsider: A Life of David Garnett* was published by Bloomsbury in 2015 to considerable critical acclaim. It was short-listed for the Slightly Fox Best First Biography Prize (2015) and for the James Tait Black Prize for Biography (2016).

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

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

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

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



WHEN MARILYN MET THE QUEEN

Michelle Morgan

March 2022
Robinson
Biography
304pp

Rights sold:
Romanian (RAO)
US (Pegasus)

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

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

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

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



Click to listen to an audio sample of **WHEN MARILYN MET THE QUEEN!**



IS THAT YOUR CARD?

James Borg

January 2023

Robinson

Self-Help

192pp

Rights sold:

US (Mobius)

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

'An author of inspirational works' *Independent*

'Mind Power is the best of the current self-help books' *Guardian on Mind Power*

'This book is spot-on and should be a must read' *Daily Telegraph on Mind Power*

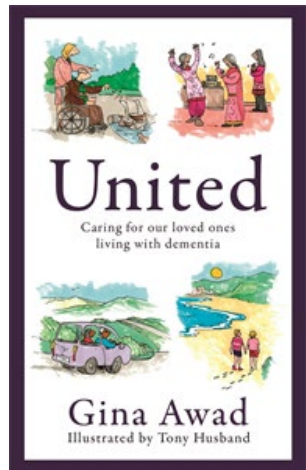
Learn how to develop your own personal 'operating system' to change your perceptions, minimise dysfunctional thinking and direct you towards more success in life.

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

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

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

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



UNITED: CARING FOR OUR LOVED ONES WITH DEMENTIA

Tony Husband and Gina Awad

June 2022

Robinson

Self-Help

128pp

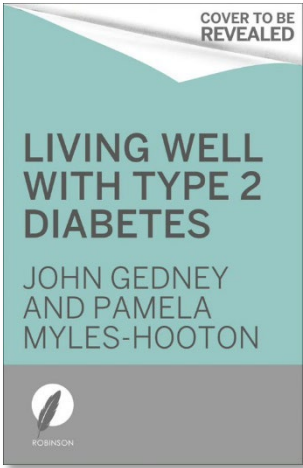
A new illustrated book that captures the real life tales of people suffering from the cruel disease of dementia, and from the loved ones and professional carers who support them.

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

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

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

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



LIVING WELL WITH TYPE 2 DIABETES

John Gedney and Pamela Myles-Hooton

March 2023
Robinson
Health
224pp

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

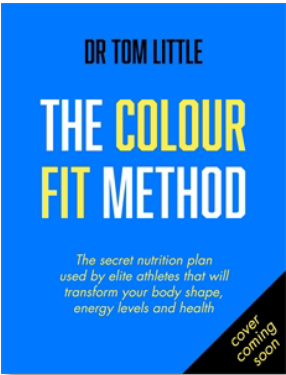
PAMELA MYLES-HOOTON is an accredited cognitive behavioural therapist, trainer and supervisor. She co-wrote THE CBT HANDBOOK, which has been used by many people to overcome problems with anxiety, depression and anger.

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

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

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

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



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

Dr Tom Little

June 2022
Piatkus
Health and fitness
288pp

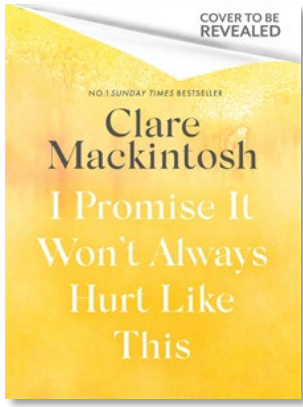
DR TOM LITTLE is a performance and nutrition specialist with over twenty years' experience in professional sport. He has worked at football clubs at Premier League and EFL Championship levels, including Manchester City, Nottingham Forest, Burnley and Sheffield Wednesday. He has a BSc and MSc in Sports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

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

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

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

- Colour-Fit works this way:
1. Divide your goals into three categories. At any time, most of us are working towards at least one of these goals, if not all three:
 - i. Increased performance (lead a more active lifestyle, train harder, perform better)
 - ii. Desired body shape (achieving the body shape we want, bulking up or slimming down, toning or shaping)
 - iii. Improved health (improved energy, mood, immunity, appearance and sleep); then.
 2. Match Your Goals to the Colour-Fit Colours: once you've identified your goal you can match it to the three Colour-Fit food goals, each represented by an intuitive name, colour and an icon. With Colour-Fit, you are what you eat:



I PROMISE IT WON'T ALWAYS HURT LIKE THIS

Clare Mackintosh

February 2023

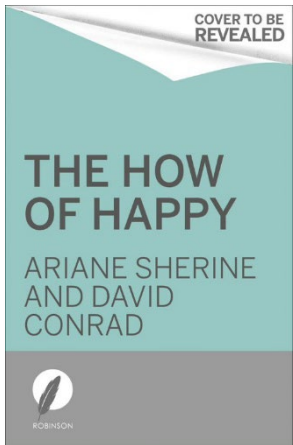
Sphere

Coping with grief

272pp

A digestible and supportive book on grief, beautifully written by bestselling author Clare Mackintosh. Clare's son died as a baby 15 years ago. In this book she shares 25 assurances for readers based on the lessons she herself has learned, that they can dip into as and when they need to hear them. *I PROMISE IT WON'T ALWAYS HURT LIKE THIS* is realistic and sympathetic, and it puts the reader front and centre.

CLARE MACKINTOSH is the multi-award winning author of five Sunday Times bestselling novels. Translated into forty languages, her books have sold more than two million copies worldwide, have been New York Times and international bestsellers and have spent a combined total of 64 weeks in the Sunday Times bestseller chart. Clare lives in North Wales with her husband and their three children.



THE HOW OF HAPPY

Ariane Sherine
and David
Conrad

November 2022

Robinson

Self-Help

272pp

Happiness: as elusive as a working inkjet printer, and as slippery as an eel covered in baby oil. When we chase happiness, it runs away like a cat when you're trying to give it a bath, but the world of pop psychology is filled with competing advice that either claims it can help you catch it or warns you not to seek it out at all.

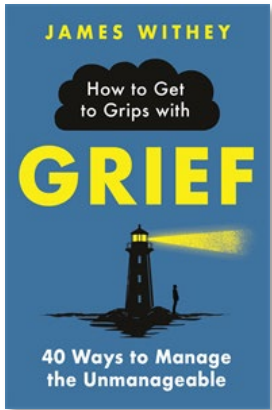
Comedian Ariane Sherine is determined to help us find the true path to happiness, and public health expert David Conrad has the key: 50 well-selected research studies that show you exactly what to do to find happiness in your relationships, your friendships, your finances, your sex life and your career.

Using wide-ranging evidence from around the world, Conrad and Sherine show us the true science behind what makes people happy and outline the simple, practical steps we can take to attain this too.

This book has all the facts, stats and entertainment you could ever need to live a blissfully content life. And celebrities weigh in with their own versions of happiness too, so you'll find contributions from Derren Brown, Stewart Lee, Jeremy Vine, Rosie Holt, Femi Oluwole, Robin Ince, Sanjeev Kohli, Bec Hill, Arthur Smith and many more.

Ariane Sherine is a comedy writer and journalist. Her work has appeared in, among others, the *Guardian*, the *Sunday Times*, the *Observer* and the *Independent*, and she has worked as a scriptwriter for the BBC, Channel 4 and ITV.

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



HOW TO GET TO GRIPS WITH GRIEF

James Withey

July 2022
Robinson
Self-Help
176pp

Previous publishers:

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

JAMES WITHEY is the author of the bestselling BOOK HOW TO TELL DEPRESSION TO PISS OFF: 40 WAYS TO GET YOUR LIFE BACK, and is the founder of The Recovery Letters project which publishes online letters from people recovering from depression. Withey trained as a person-centred counsellor and worked in addiction, homelessness and mental health services. He lives with depression & anxiety and writes and speaks about mental health.

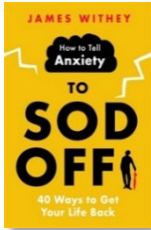
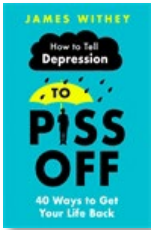
An accessible, comforting and practical book for anyone who has lost a loved one.

This book is for anyone who has lost someone. It may have been recently, or it may have been years ago, but still it stings like it was yesterday.

James Withey has known the grief beast since he was five, when his dad died, and it has followed him ever since. In his twenty years supporting people with their own grief, as a counsellor and social care worker, he has helped others work through their despair and reconcile the injustice of grief.

With his trademark humour and warmth, he provides forty ways to help you live with and manage your grief no matter what stage you're at. It provides comfort for when it all gets too much, ideas for when you feel at a loss for what to do and more than a laugh or two to balance out the sadness.

Also available:



Click to listen to an audio sample of HOW TO TELL ANXIETY TO SOD OFF!



THE STRONG LIKE MUM METHOD

Shakira Akabusi

May 2022
Robinson
Women’s health
320pp

Discover the natural strength of the female body, awaken your inner power and enjoy a happy, healthy, confident pre and postnatal experience with this inspiring, stereotype-shattering book.

In THE STRONG LIKE MUM METHOD, pre and postnatal fitness expert and mum of four Shakira Akabusi accompanies you on your pregnancy journey and throughout the first year of motherhood to help you tap into the full power of your body and mind with accessible exercise and wellness advice.

The benefits of leading an active lifestyle are so much greater than the aesthetic goals we're bombarded with almost everywhere we turn. This book will unlock secrets that have been hidden in history and show how the female body has adapted and changed to become the powerful force it is today. As well as easy-to-follow exercises, Shakira's empowering StrongLikeMum Method provides advice on nutrition, the power of sleep, language and ways to adopt a positive mindset.

Whether you are a first-time mum or a mother to two or more and whether you are hoping to enjoy an active pregnancy or wish to recover effectively postpartum, this book has been written to give you a full understanding of what your body and mind are capable of during and after pregnancy. It will give you the tools to understand your own body and instill the confidence to sustain a fit, healthy and happy lifestyle inside and out.

SHAKIRA AKABUSI is a fitness expert, public speaker, social influencer and the founder of StrongLikeMum.



SINGLE BUT NOT ALONE

Ruby Russell

January 2024
Dialogue
Parenting
304pp

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

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

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

Rights sold:
US (Seal Press Perseus)

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

Sarah Ockwell-Smith

SARAH OCKWELL-SMITH'S books (Piatkus has published ten, of which five are in the 'Gentle' series) provide a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. She addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, starting school, sibling rivalry, tantrums, aggressive behaviour and much more. Her 'gentle' method isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding, and boundaries. Ockwell-Smith has a BSc in Psychology and, following the birth of her first child, trained as an Antenatal Teacher and Birth and Postnatal Doula. She frequently writes for magazines and newspapers, and is often called upon as a parenting expert for national television and radio.

BEGINNINGS



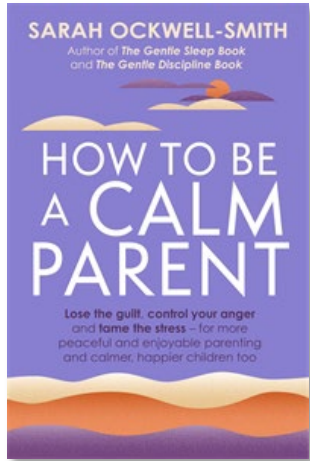
August 2022
Piatkus
Parenting
288pp

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

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

Cover not final

HOW TO BE A CALM PARENT



March 2022
Piatkus
Parenting
272pp

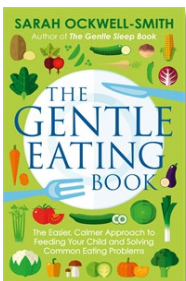
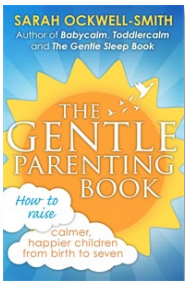


Click to listen to an audio sample of HOW TO BE A CALM PARENT!

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

HOW TO BE A CALM PARENT includes twelve chapters, each with important takeaway messages and exercises for parents to practice, to make a real and tangible change in their parenting. Topics include understanding your triggers and making peace with your own childhood; guilt and why it gets in our way of better parenting; why 'busy' is not a badge to aim for; balancing work and home life, and many more.

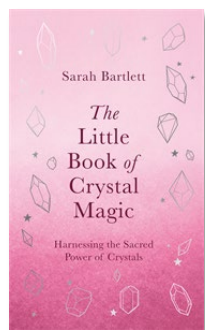
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THE LITTLE BOOKS OF MAGIC

Sarah Bartlett

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



THE LITTLE BOOK OF CRYSTAL MAGIC July 2022, 256pp

This comprehensive guide to crystal magic includes brief chapters on facts, legend, and crystal usage for healing and protection. Magical practice includes easy rituals, spells and blessings using crystals combined with ingredients such as essential oils, candles, herbs and other botanicals. Discover how to prepare your crystal sanctuary, forage for natural stones and create an empowerment labyrinth from palm stones and wands.



THE LITTLE BOOK OF EARTH MAGIC July 2021, 256pp

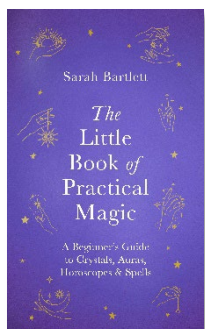
THE LITTLE BOOK OF EARTH MAGIC reveals how to recycle goodness and healing energy to the world around you by connecting to nature's powers. Use this knowledge to reanimate, vitalise and cherish our beautiful planet, and to make it a better place for all. You don't have to be in the countryside to engage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

Rights sold: Polish (Muza S. A.)



THE LITTLE BOOK OF MOON MAGIC October 2020, 304pp

THE LITTLE BOOK OF MOON MAGIC will show you how to maximise potent lunar energy at the most auspicious times, to make your life what you truly want it to be. From wishing on the new moon and manifesting success, to knowing when to attract new romance, this guide reveals how to go with the flow of the moon to bring you the happiness you seek. This is a book for all those wishing to deepen their connection with nature and take their spiritual practice to a new level.

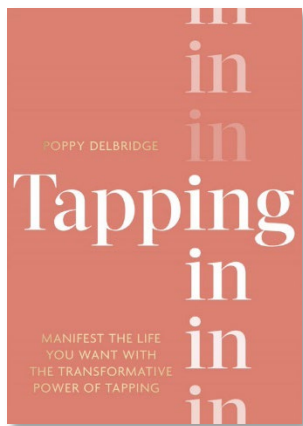


THE LITTLE BOOK OF PRACTICAL MAGIC September 2018, 272pp

This book believes that magic is simply about making wondrous and good things happen to you and others around you. Using this practical guide, you can quickly learn to make magic in your life, as well as enhancing your own intuitive and healing powers. Covering everything from spells to crystals, horoscopes to tarot cards, and much more besides, this book will teach you everything you need to know about magic and how to use it.

Rights sold: Italian (Armenia s.r.l.), Turkish (Profil Kitap)

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



TAPPING IN

Poppy Delbridge

September 2022

Piatkus

Mind, Body, Spirit

256pp

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

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

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

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

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

A BRIEF HISTORY OF...

Jeremy Black

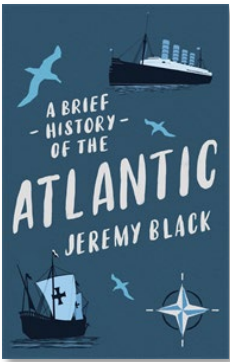
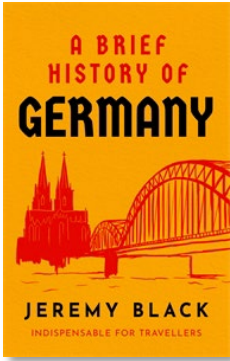
Robinson
History
288pp

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

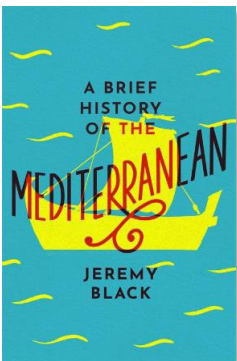
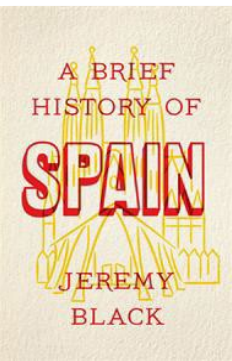
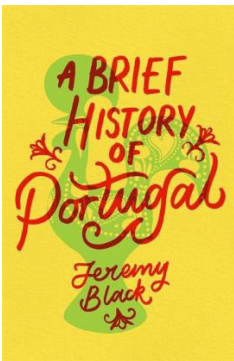
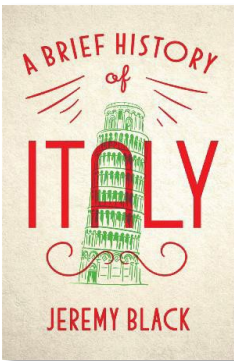
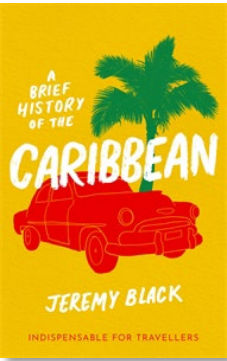
Rights in this series have sold in China, Czech Republic, Greece, Portugal, Russia and Turkey.

Titles coming soon:

- A BRIEF HISTORY OF GERMANY (April 2022)
- A BRIEF HISTORY OF LONDON (July 2022)
- A BRIEF HISTORY OF THE ATLANTIC (June 2022)
- A BRIEF HISTORY OF THE PACIFIC (March 2023)
- A BRIEF HISTORY OF THE USA (September 2023)



Click to listen to an audio sample of A BRIEF HISTORY OF THE CARIBBEAN!



ROBINSON

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

OVERCOMING...

Various Authors

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

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



Titles in the series:

- OVERCOMING PERFECTIONISM
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- HELPING YOUR CHILD WITH SLEEP PROBLEMS
- HELPING YOUR CHILD WITH LOSS, CHANGE AND TRAUMA

- AN INTRODUCTION TO COPING WITH EXTREME EMOTIONS
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- AN INTRODUCTION TO COPING WITH PANIC
- AN INTRODUCTION TO COPING WITH LOW SELF ESTEEM
- AN INTRODUCTION TO LIVING WELL WITH PAIN
- AN INTRODUCTION TO COPING WITH CHILDHOOD TRAUMA
- HOW TO BEAT FEARS AND PHOBIAS
- HOW TO BEAT DEPRESSION
- HOW TO BEAT INSOMNIA AND SLEEP PROBLEMS
- HOW TO BEAT PANIC DISORDERS
- HOW TO BEAT WORRY AND GENERALISED ANXIETY DISORDERS
- HOW TO BEAT LOW MOOD AND DEPRESSION
- HOW TO COPE WHEN YOUR CHILD CAN'T

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