



Octopus publish books for everyone. We love to enlighten, nourish, entertain and most of all inspire readers and listeners everywhere.

A vibrant garden scene featuring a variety of tulips. In the foreground, several tulips with deep purple petals and white variegated patterns are in focus. Behind them, a larger field of tulips in solid purple, white, and pink stretches towards the background. The green leaves of the tulips are lush and bright. The text "HOME & GARDEN" is written in a clean, white, sans-serif font across the lower half of the image.

HOME & GARDEN



An inspiring and indispensable guide to growing these ever-popular and trendy plants - the latest in this stylish and helpful series.

Publication 07/07/2022

£14.99

Hardback

144 pages

Other

ISBN: 9781784728342

RHS The Little Book of Cacti & Succulents

By Sophie Collins

With fans far and wide, cacti and succulents come in myriad shapes and sizes too. These firm favourite 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 mum' to one or two of these tiny plants often starts a life-long fascination, and an ever-growing horde.

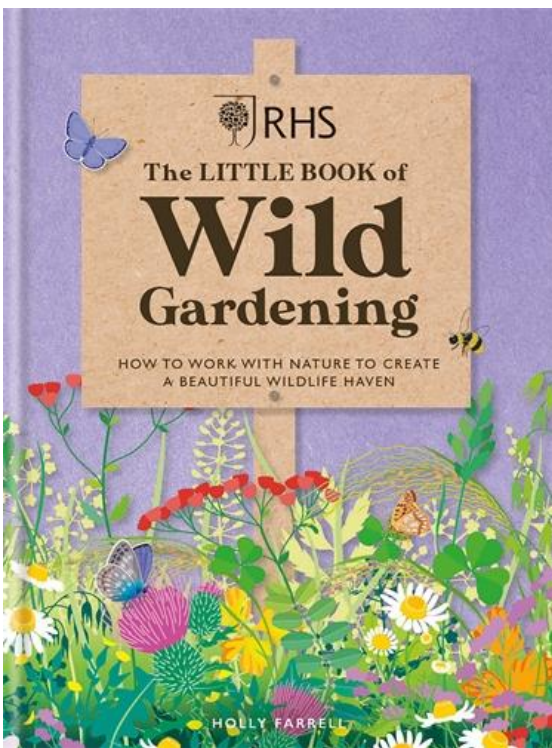
Detailed Plant Profiles are divided into sections according to style and shape, from beautiful trailing plants to intricately formed rosettes. At the beginning of the book, you'll find practical advice on getting started, caring for the plants through the year and how to best show them off.

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.

Sophie Collins is a writer and editor specialising in gardening, lifestyle and nature. She is the co-author of the popular gardening books, *RHS How Can I Help Hedgehogs?* and *RHS How to Grow Plants from Seeds*.

Mitchell Beazley



Discover how to garden more sustainably with the latest in this popular series of beautifully illustrated handbooks.

Publication 07/07/2022
£14.99
Hardback
144 pages
Other
ISBN: 9781784728335

RHS The Little Book of Wild Gardening

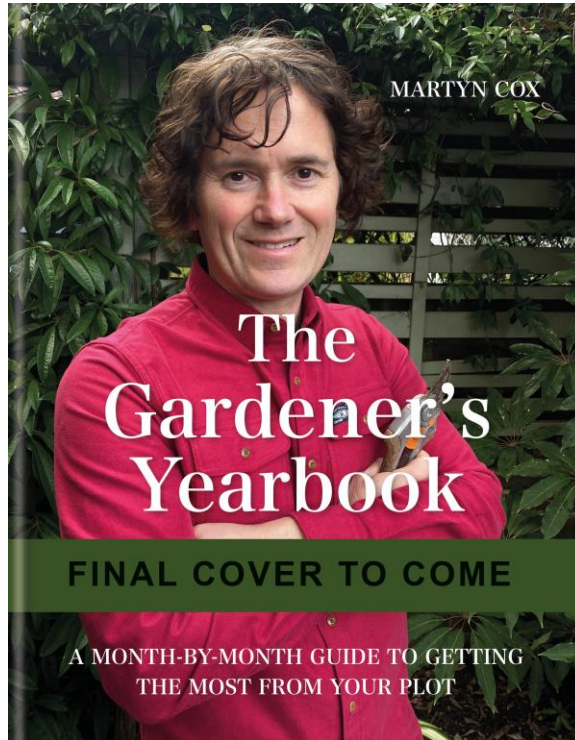
By Holly Farrell

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.

Holly Farrell trained at RHS Garden Wisley, where she gained the Wisley Diploma and RHS Certificates in Horticulture. She has since worked in gardens large and small, regularly contributing to magazines such as *The Garden*, *In the Moment*, *Breathe*, *The English Garden*, *Kitchen Garden* and *Teen Breathe*. Her previous titles include *RHS Gardening for Mindfulness* (a finalist at the 2017 Garden Media Guild Awards), *RHS Miniature Garden Grower*, and *RHS Plants from Pips* (winner, Prix PJ Redouté 2016).

Mitchell Beazley



Garden throughout the year with expert advice from the bestselling *The Mail on Sunday* gardening columnist Martyn Cox

Publication 25/08/2022
£18.99
Hardback
256 pages
210x165
ISBN: 9781784728151

The Gardener's Yearbook

By Martyn Cox

Find out exactly what you should be doing in your garden when. Prepare a hanging basket in April and learn how to plant for bees in June with the trusted guidance of expert horticulturalist and bestselling author Martyn Cox.

No matter the size of the plot, nor the expertise of the gardener, *The Gardener's Yearbook* is the perfect gift to return to throughout the year.

Packed with tips for getting the most out of our garden every month of the year, including recipes, handy projects and an easy-to-follow crop planner, the yearbook includes:

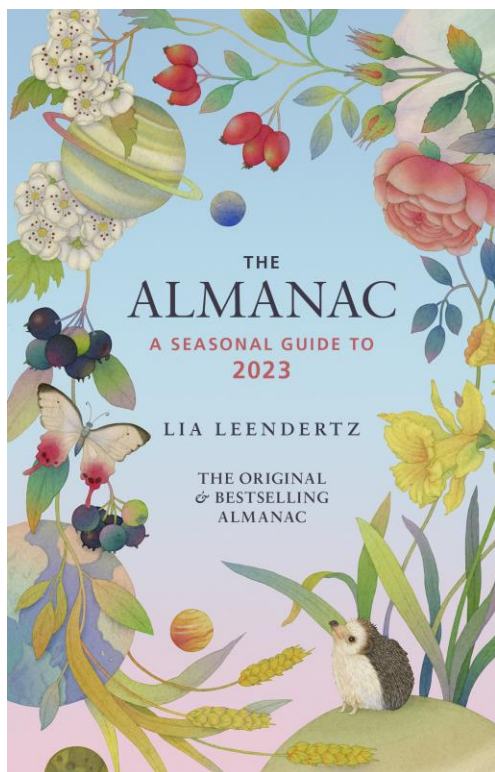
- How to get your lawn into shape for the summer
- When you should plant lilies, roses and sweet peas
- The quick and easy way to tell what kind of soil you have
- How and when to harvest and store your fruit and vegetables
- How to restore your secateurs and fit a water butt

Martyn Cox is gardening columnist with *The Mail on Sunday*, the UK's most read Sunday, a post he has held for more than 15 years.

He writes regularly for many other titles, both print and online. He is a guest presenter on gardening shows at shopping TV channel QVC and is the author of ten books including the bestselling *The Veg Grower's Almanac* (BBC Books).

Martyn is a qualified horticulturist and has many years practical gardening experience. Prior to becoming a freelance writer, he was on the staff at *Gardenlife*, *BBC Gardeners' World* magazine, *Amateur Gardening* and *Horticulture Week*. Martyn shares a small garden on the South Coast with his family and two dogs.

Mitchell Beazley



The sixth instalment of the bestselling seasonal guide

Publication 01/09/2022

£12.99

Hardback

288 pages

A Format

ISBN: 9781856754637

The Almanac: A Seasonal Guide to 2023

By Lia Leendertz

THE ORIGINAL & BESTSELLING ALMANAC

Reconnect with the seasons in Britain and Ireland with this month-by-month guide to the world around us - including key dates, tide tables and garden tasks; constellations and moon phases; sunrises, folk songs and seasonal recipes; and - because 2023 will be a good year for planet spotting - the solar system and the zodiac.

The Almanac: A Seasonal Guide to 2023 gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way. Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights and beach holidays. There are also features on each month's unique nature.

You will find yourself referring to *The Almanac* all year long, revisiting it again and again, and looking forward to the next edition as the year draws to a close.

PRAISE FOR *THE ALMANAC*:

'Lia Leendertz's classic almanac never fails to delight' - **The Herald**

'It's a perfect Christmas present' - **Allan Jenkins, The Observer**

'The perfect companion to the seasons' - **India Knight**

'Indispensable' - **Sir Bob Geldof**

'This book is your bible' - **The Independent**

'I love this gem of a book' - **Cerys Matthews**

Lia Leendertz is an award-winning garden and food writer based in Bristol. Her reinvention of the traditional rural almanac has become an annual must-have for readers eager to connect with the seasons, appreciate the outdoors and discover ways to mark and celebrate each month. Now established as the bestselling almanac on the market, this is the sixth instalment.

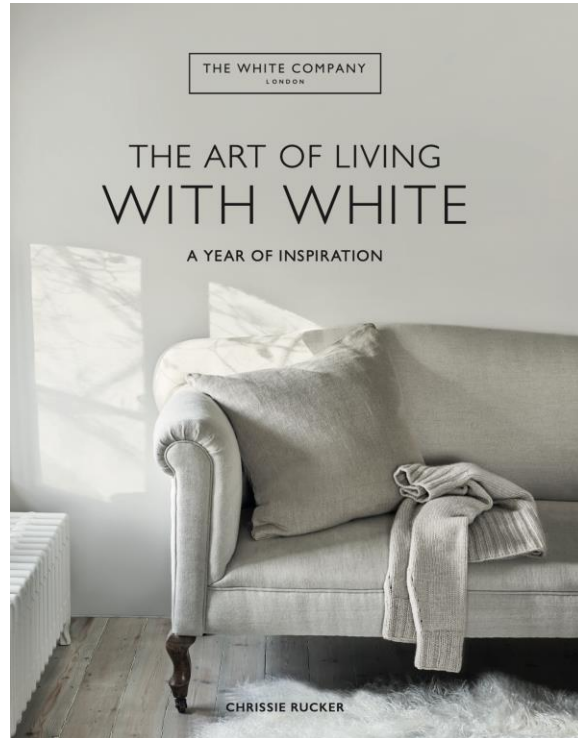
Lialeendertz.com

[Instagram.com/lia_leendertz](https://www.instagram.com/lia_leendertz)

[Twitter.com/lialeendertz](https://twitter.com/lialeendertz)

The Art of Living with White

By Chrissie Rucker



An inspirational and informative guide to creating a welcoming home through the seasons using a white and neutral palette from bestselling author Chrissie Rucker.

Publication 08/09/2022

£30.00

Hardback

256 pages

Other

ISBN: 9781784727130

'I love a home to feel warm, inviting, personal and lived-in and decorating with a white and neutral palette is a wonderful way to achieve that.'- CHRISSIE RUCKER

In the much-anticipated follow-up to bestselling *For the Love of White*, Chrissie Rucker, founder of The White Company, explores 10 inspirational homes that feature different ways to decorate with a white and neutral palette through the seasons. The homes vary in size, style and location - from a minimalist city pied-à-terre to a New England-style country house - but what unites them all is the welcoming feel the creatives who own them have forged with their individual approaches to what makes a home.

The homes are divided into the four seasons and each season ends with a summary of seasonal rituals that will work in any home. There's a concluding chapter of decorating advice from Chrissie Rucker, including how to get to know your own style, creating the balance between work and home in interior spaces, the art of simple entertaining and the importance of scent and touch in a welcoming home.

Chrissie Rucker is the Founder and Owner of The White Company. What started as a 12-page mail-order company has become one of the UK's most loved brands with more than 60 stores across Europe and the US. Today The White Company has evolved enormously and become a complete lifestyle brand, offering a wide range of essential home accessories that really make a house a home.

Renowned for her meticulous attention to detail when creating products, Chrissie's desire is to constantly improve as well as delight the customer. She and The White Company have received many awards including an MBE and OBE for services to retail, The Sunday Times Profit Track 100 Best Brand Award, Private Business Woman of The Year at The Private Business Awards 2012 sponsored by PWC in association with HSBC and the ECMOD Best Customer Service Award.

Mitchell Beazley



Laura Jane Clark brings you inspiring architectural ideas and design solutions for updating your home without breaking the bank.

Publication 15/09/2022
£20.00
Hardback
192 pages
U (235x190)
ISBN: 9781914239267

Handbook of Home Design

By Laura Jane Clark

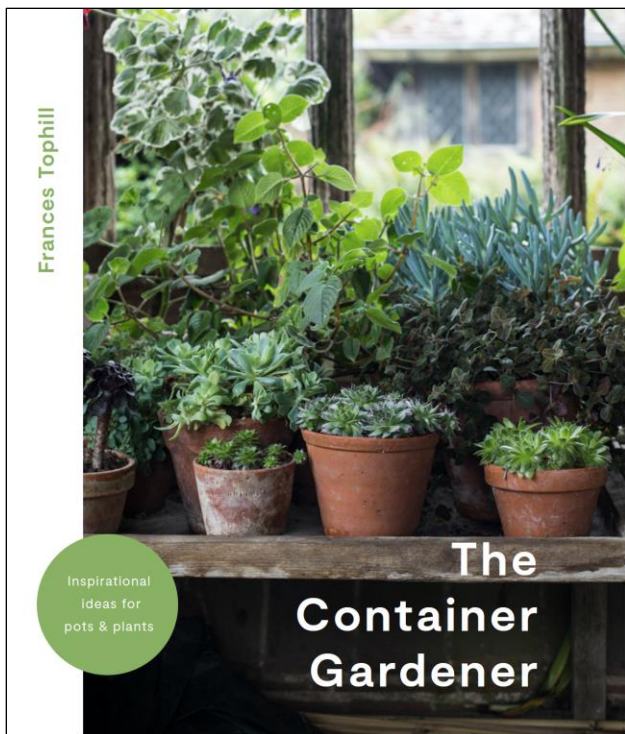
Packed with architectural solutions and designs, this book will guide you on how to best optimise the spaces in your home without spending a fortune.

In this era of 'don't move, improve' and 'buy old not new', many people's homes have adapted to changing circumstances and tightening budgets. But to Laura Jane Clark, this doesn't mean you have to compromise. Whether you're longing for an extension to bring in light or trying to find a better use for neglected nooks and crannies, The Handbook of Home Design offers room plans, case studies and practical tips to regenerate and revitalise the place you call home, all without breaking the bank. Sprinkled in are anecdotes from Laura's career, covering common and unusual interior design cases, including a house that needed an economical kitchen for a multi-generational family and a single-storey home that required stairless access.

Laura Jane Clark's essential guide to modern interior design perfectly complements your budget, style and space, all for maximum comfort and enjoyment.

Laura Jane Clark is an architect and designer specializing in innovative renovations and new builds in a domestic setting. She is the architect presenter on BBC2's Your Home Made Perfect and has appeared regularly on C4's George Clarke's Amazing Spaces. In June 2020 she set up @sirensister, a diverse network of female architects, interior designers, stylists, horticulturalists, photographers and consultants for the TV, film and media industries.

@laurajaneclark_



Whether you love growing, love creating, or just want to liven up your outdoor space, a container garden is just the answer.

Publication 29/09/2022

£20.00

Hardback

160 pages

240x210

ISBN: 9781914239601

The Container Gardener

By Frances Tophill

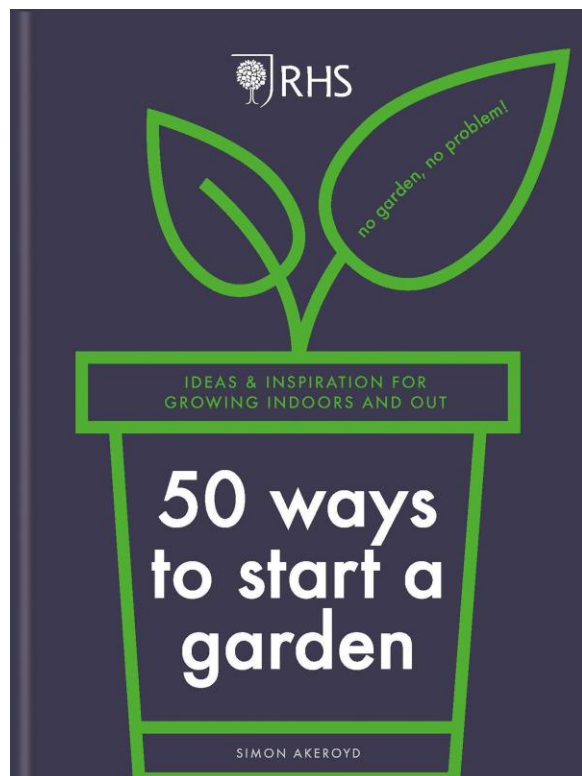
Whether you love growing, love creating, or just want to liven up your outdoor space, a container garden is just the answer. So many of us nowadays are crammed into our homes and a garden is a luxury that few can afford. But there is always room for a bit of greenery; whether it's herbs and spices to add fresh flavour to your food, or putting a jungle on your windowsill, a container can enable growers to bring nature to the most inhospitable and smallest spaces.

Frances Tophill covers the sustainable, crafty and culinary aspects of container gardening. From urns and troughs to chimney stacks and hanging baskets alongside what to grow inside them - bonsai to annuals, bulbs, grasses and bamboos, tumbling and creeping plants and flowers - there are also 40 ideas on how to pair plants and pots, including upcycling existing items and creating your own containers.

Frances Tophill is a Horticulturalist 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 Gardener's 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.

@francestophill

Kyle Books



The perfect gift for the first-time gardener, this is an accessible how-to guide for beginners, including inspiration for 'no-garden' homes.

Publication 13/10/2022

£15.99

Hardback

176 pages

G4 (230x170)

ISBN: 9781784728441

RHS 50 Ways to Start a Garden

By Simon Akeroyd

Aimed at first-time gardeners, those in rented accommodation or anyone with limited outdoor space, this book teaches how to take stock of an environment and start a garden. With ideas for gardens, patio spaces, courtyards, balconies and interiors, these 50 easy-to-adopt ideas provide the steps to success for even the most inexperienced gardeners.

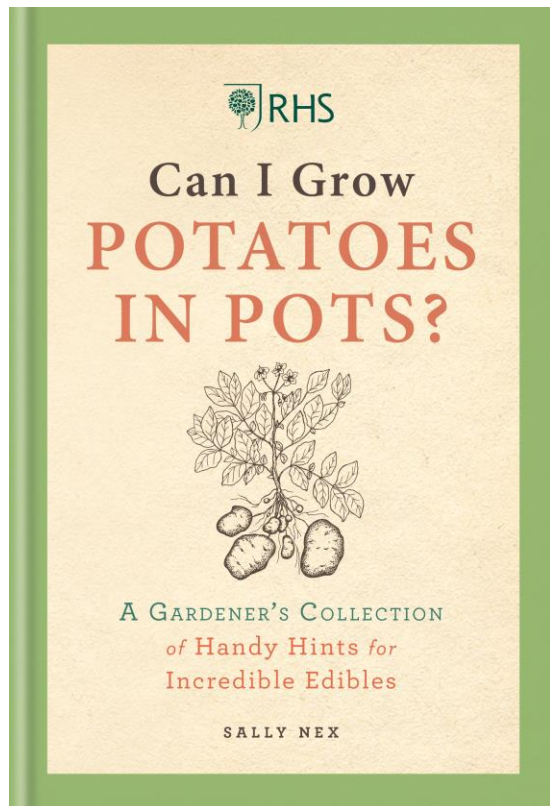
Contents include:

- Create a floral display with bulbs that last all year
- Grow pet-friendly plants
- Create a vegetable harvest in pots
- Add height in flat spaces
- Make a mow-free lawn
- Hang plants around your home

Simon Akeroyd has written over 30 gardening books, including *RHS Gardener's Quiz & Puzzle Book* and the bestselling *RHS Allotment Handbook & Planner* (both published by Mitchell Beazley). Simon's most recent book is *RHS 50 Ways to Outsmart a Squirrel & Other Garden Pests*. He writes for national garden and lifestyle magazines and is a producer and journalist for the BBC.

Simon was previously Gardens' Manager for the National Trust as well as Garden Manager for the Royal Horticultural Society, including Harlow Carr and RHS Garden Wisley. He is also a keen beekeeper.

Mitchell Beazley



The latest in the popular Q&A-based series for gardeners, there is something here for anyone interested in growing their own food.

Publication 13/10/2022

£15.99

Hardback

224 pages

G7 (210x140)

ISBN: 9781784728458

RHS Can I Grow Potatoes in Pots

By Sally Nex

The easy Q&A format book is suited to both beginner and more experienced growers, and encompasses a wide range of subjects to take readers beyond the basics of fruit and vegetable growing. Taking into account the popularity for growing food from scratch among newbie gardeners, you'll find advice in this book whether you have a garden, an allotment, or even a balcony or other small space to work with - everyone can get involved with growing delicious edibles no matter what space they have available.

Discover:

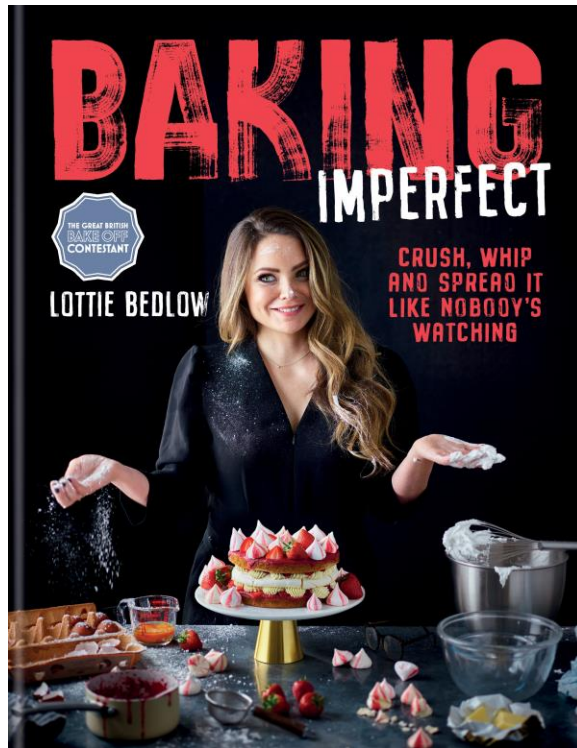
- Which varieties to choose for gourmet home cooking, the most nutritious crops to grow, and how to grow unusual edibles like olives.
- Techniques and tips to get the most out of each crop, from how to grow epic-size pumpkins to whether it's worth thinning beetroot.
- Troubleshooting tips for pest problems, suggesting ways to work with wildlife rather than against it and providing an alternative viewpoint on traditional problems, such as eating the weeds as well!
- How to make the most of your fruit and vegetable harvest, with information on the best time to pick produce and how to preserve it.

Sally Nex is a gardener and writer whose work promoting sustainable techniques has appeared in leading national publications including *Gardener's World*, *The Guardian*, *Grow Your Own* and the RHS's *The Garden*. A prominent voice in the movement for Gardening Without Plastic, her passion for sustainable gardening has earned her the Garden Media Guild Beth Chatto Environmental Award in 2019. Her most recent book is the RHS publication, *How to Garden the Low-Carbon Way*.

Mitchell Beazley

FOOD





**The first book from the stand-out star
from the most popular series of The Great
British Bake Off ever**

Publication 07/07/2022

£20.00

Hardback

224 pages

SSN (246x189)

ISBN: 9780600637400

Baking Imperfect

By Lottie Bedlow

Baking should be about having fun, learning new skills and, importantly, producing delicious food, rather than striving for perfection. Instead of instructing bakers to slavishly obsess over flawless end products, Baking Imperfect encourages readers to enjoy the process, learn how to recover from disasters and build up a repertoire of sweet and savoury recipes that taste fantastic.

Lottie's erratic charm and relatable nature will ensure that bakers of all levels of confidence and experience feel at ease. Each recipe highlights potential pitfalls you may come across along the way with notes on what to look for and how to fix them. As well as stunning finished dishes, you'll find step-by-step photography for those particularly tricky bakes and disaster shots to prove that nobody's perfect.

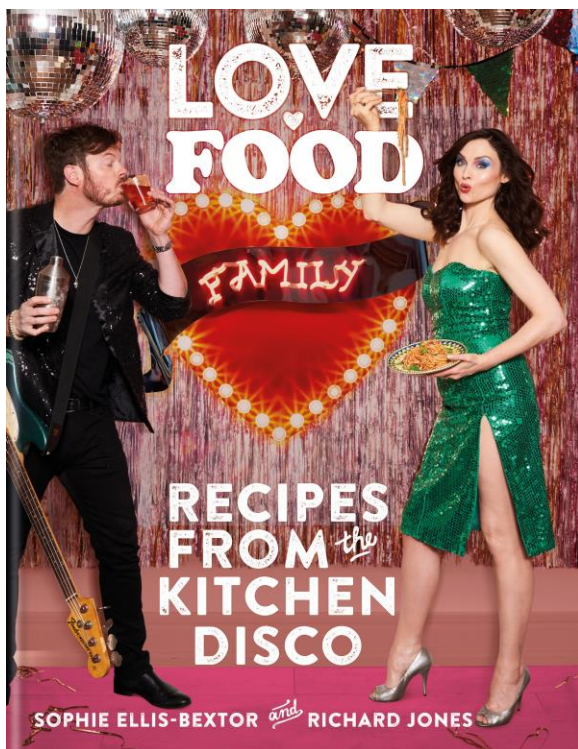
From tales of disintegrated puff pastry to one-too-many cracked eggs, Lottie aims to guide readers through everyday bakes with nothing but joy and determination.

Recipes include:

- Gingerbread Shed - more realistic, they never look like houses anyway
- No Skill Soda Bread - nothing to prove on this one
- Pizzagne - it's a lasagne pizza but lasizza is harder to say
- Drunk Pineapple Cheesecake - with a cracking creme brulee finish
- Sneaky Cheese Scones - yes, apparently they are a cake
- Rock and Profiterole (Choux) - Black Forest gateau style
- Two-Faced Sticky Toffee Pudding - the sour cherry doesn't mess around

Lottie Bedlow is a fan favourite contestant from Channel 4's The Great British Bake Off. A 32 year old Pantomime Producer with a degree in Animal Behaviour Studies, Lottie lives with her aunt, uncle and teenage cousins on the coast. It is this unusual home set-up that is at the heart of her relationship with cooking and baking: Lottie makes food that tastes good for the people she loves.

[Instagram.com/lottiegotcake](https://www.instagram.com/lottiegotcake)



Sophie Ellis-Bextor, Richard Jones and their five boys brought joy to millions throughout the lockdown with their Kitchen Discos - now they show us that the kitchen is the heart of the home with a family cookbook

Publication 07/07/2022

£20.00

Hardback

224 pages

SSN (246x189)

ISBN: 9780600637295

Love. Food. Family

By Sophie Ellis-Bextor and Richard Jones

Sophie Ellis-Bextor, Richard Jones and their five boys brought joy to millions throughout lockdown with their Kitchen Discos. Now, they're sharing their favourite family recipes and adding a bit of glitter to mealtimes with a cookbook that celebrates the kitchen as the heart of the home.

Inspired by international cuisines and fond family memories, these are accessible, flexible and realistic meals that don't compromise on taste. *Love.Food.Family* is packed with crowd-pleasing feasts for eating together and proves that everything tastes better with a little bit of disco.

CONTENTS INCLUDES:

Good Old Blighty: including one-pan sausages tray bake

European Holiday Favourites: including caramelised pepper pasta

Tasty Mid-week Middle-eastern: including chicken & preserved lemon cous cous bake

Spice Filled Delights: including southern Indian style aubergine curry with crispy shallots

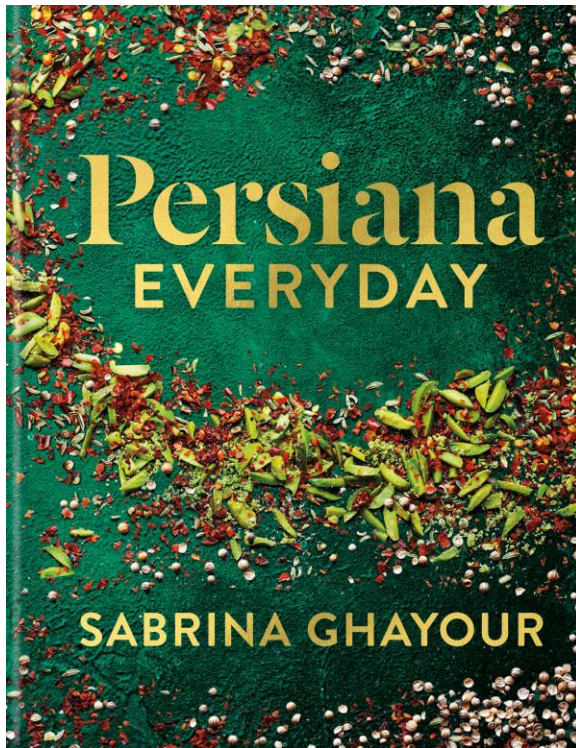
Far East Inspired: including kids sushi tacos

Kitchen Disco Cocktails: including Murder on the dance floor

Sophie Ellis-Bextor is an English pop sensation famous for her smash hit 'Murder on the Dancefloor' and subsequent albums which have seen much commercial success. **Richard Jones** is a music producer, songwriter, bassist and founding member of the critically acclaimed British soft rock band 'The Feeling'. In 2020 and 2021, Richard and Sophie entertained millions from home with their weekly 'Kitchen Disco' Instagram live concerts, featuring their five children and conceptualised, filmed and edited by Richard. Following the performances, the couple released 'Songs From The Kitchen Disco', bringing together Sophie's hits with many other songs from her phenomenally successful lockdown Kitchen Disco performances, garnering further critical acclaim and another top 10 UK album chart position.

[Instagram.com/sophieellisbextor](https://www.instagram.com/sophieellisbextor)

[Twitter.com/SophieEBRichard Jones](https://twitter.com/SophieEBRichardJones)



**The new cookbook from the *Sunday Times*
no.1 bestselling author of *Persiana*,
Sirocco, *Feasts*, *Bazaar* and *Simply***

Publication 04/08/2022

£26.00

Hardback

240 pages

SSN (246x189)

ISBN: 9781783255085

Persiana Everyday

By Sabrina Ghayour

'The golden girl of Persian cookery' - *Observer*

The all-new collection of more than 100 fuss-free, crowd-pleasing recipes for everyday eating from the author of the award-winning, *Sunday Times* bestselling cookbook *Persiana*. Designed to ensure maximum flavour with the greatest of ease - including no-cook, quick-prep, quick-cook and one-pot dishes, *Persiana Everyday* is full of generous, inviting and delicious recipes to cook again and again for family and friends.

CONTENTS INCLUDE

Small Plates: Including My Muhammara; Fried feta parcels with honey; My flavour bomb beans on toast

Salads for All Seasons: Including Chicken & cucumber salad with pul biber & tahini lime dressing; Courgette, apple, peanut & feta salad with basil; Jewelled tomato salad

Poultry & Meat: Including Bloody Mary spatchcocked chicken; Halloumi fatteh; Speedy lamb shawarma

Fish & Seafood: Including Fragrant roasted haddock; Spicy orange & harissa-glazed cod; Marmalade prawns with barberry, chilli & chive butter

Vegetable Love: Including Ash-e-Reshteh; Pomegranate & harissa roasted aubergine steak; Sticky tamarind, garlic & tomato green beans

Carbs of All Kinds: Including Super-quick smoky tomato couscous; Lazy Mantí; Tangy bulgur wheat bake with roasted onions

Something Sweet: Including Rhubarb, rose & pistachio trifle pots; Orange & dark chocolate rubble cake; Cardamom & mocha rice pudding

Sabrina Ghayour is an Iranian-born, self-taught home cook turned chef, cookery teacher and food writer. She made her name hosting the hugely popular 'Sabrina's Kitchen' supper club in London, specializing in Persian and Middle Eastern flavours, and went on to be named the *Observer's* Rising Star in Food. Her award-winning debut, *Persiana*, is a worldwide bestseller, and her follow-ups *Sirocco*, *Feasts*, *Bazaar* and *Simply* were *Sunday Times* bestsellers.

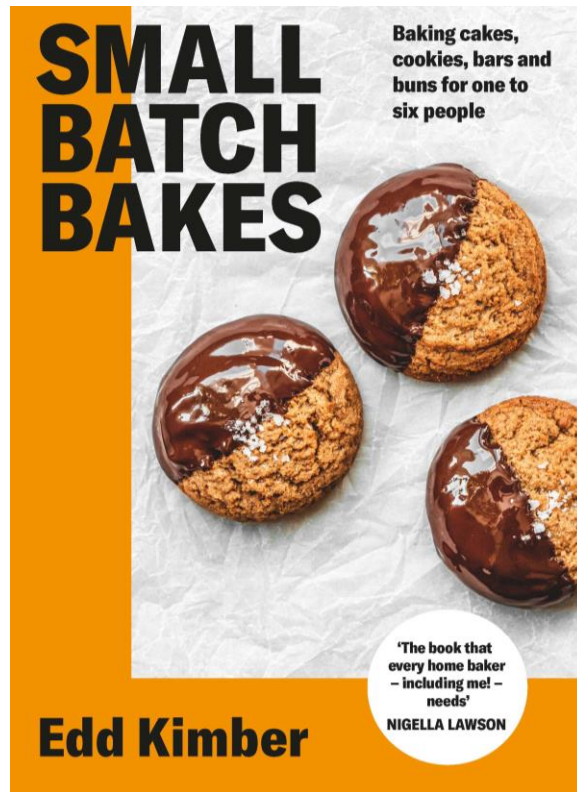
SabrinaGhayour.com

[Instagram.com/SabrinaGhayour](https://www.instagram.com/SabrinaGhayour)

[Twitter.com/SabrinaGhayour](https://twitter.com/SabrinaGhayour)

[Facebook.com/SabrinaGhayourPage](https://www.facebook.com/SabrinaGhayourPage)

Aster



Accessible, easy baking for singles, small households, students or anyone who likes to bake a lot.

Publication 25/08/2022

£18.99

Hardback

176 pages

229x164

ISBN: 9781914239281

Small Batch Bakes

By Edd Kimber

Baking recipes typically serve large groups of people, perfect for a party, a celebration, a crowd. But what about when you just want one cookie and you don't want to spend the money on making a big batch, or you don't have the people to share them with? Sometimes you just don't want to be faced with leftovers you need to eat for the rest of the week.

Enter Small Batch Bakes, great for singles, small households, students or anyone who likes to bake a lot. The recipes serve one, two, four or six and are predominantly sweet but also include savoury varieties that would be perfect for a lunch or impromptu picnic. The skill level is naturally on the easier side, and equipment needed kept to a minimum, something that will be welcomed by many people baking just for themselves.

'The lone-dweller, in need of the balm that only a freshly baked biscuit can provide, is faced with a most unsatisfactory choice: do without or make a batch big enough to keep a huge hungry household happy.' Nigella Lawson, ***Cook, Eat, Repeat***

Edd Kimber is a baker and food writer based in London. He is the author of *The Boy Who Bakes* (2011), *Say it with Cake* (2012), *Patisserie Made Simple* (2014) and *One Tin Bakes* (2020). Over the last ten years he has appeared on multiple television shows including *Good Morning America*, *The Alan Titchmarsh Show*, *Sunday Brunch*, *Saturday Kitchen* and, of course, on the original series of *The Great British Bake Off*, of which he is the inaugural winner.

He regularly shares his knowledge at cookery schools and at food festivals around the world and also writes for multiple publications, including as the baking columnist for *Olivemagazine*.

www.theboywhobakes.co.uk @theboywhobakes

Kyle Books

Art in Pastry

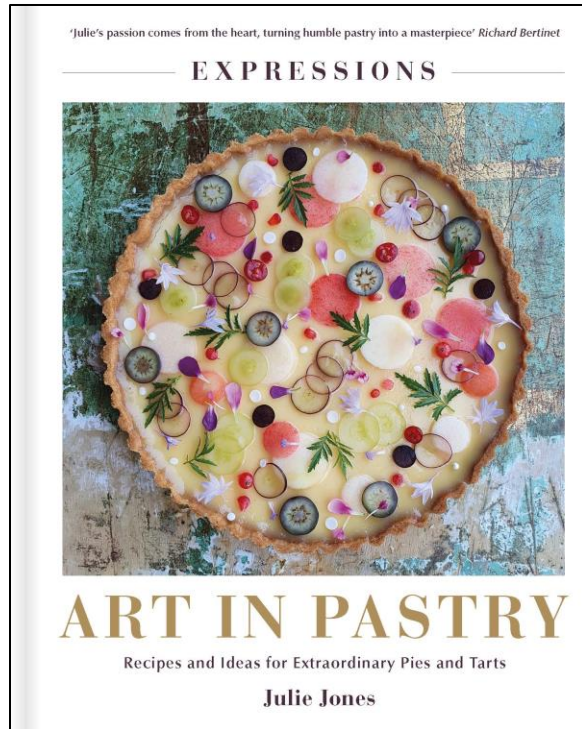
By Julie Jones

Julie Jones, Instagram influencer and author of *Soulful Baker* and *The Pastry School* conducts online workshops for pastry decorating and this is the book that her followers have been crying out for.

A collection of basic sweet, shortcrust and hot water pastry recipes at the start of the book can each be used for a variety of pies and tarts and with a wide range of fillings, both sweet and savoury.

Chapters on Fruit, Meat & Fish, Vegetables, Sweet Dairy and Cheese include 40 recipes that can all be adapted to variety of decorative approaches. The recipes suit small and large rounds and small and large squares, according to how many people you're catering for. In total there are more than a hundred decorative pies and tarts to feast your eyes on. Recipes include a linear fruit pie, a cheese lattice pie, a pumpkin baked pastry tile pie and a carrot and courgette flower pie and every chapter includes exquisite photography by Andrew Montgomery of both the food and the inspiration behind it.

Julie Jones is a trained chef with a devoted Instagram following. She has appeared on TV and radio - on BBC's *Yes Chef* with Pierre Koffman, ITV's *Beautiful Baking* with Juliet Sear and BBC R4's *The Food Programme*. In 2018 she won the Observer Food Monthly Best Instagram Feed and Waitrose Food Magazine has named her as one of the UK's most influential bakers. She is an inspirational force in the kitchen and her supper clubs sell out months in advance. Her previous books are *Soulful Baker* and *The Pastry School*, which was featured in *Martha Stewart Living* in the US and also appeared at the Pastry Arts Magazine Baking Summit in 2020.



This groundbreaking book is where pastry meets art. Recipes and designs for stunningly beautiful sweet and savoury pies and tarts encourage you to unleash your creativity in the kitchen.

Publication 29/09/2022

£26.00

Hardback

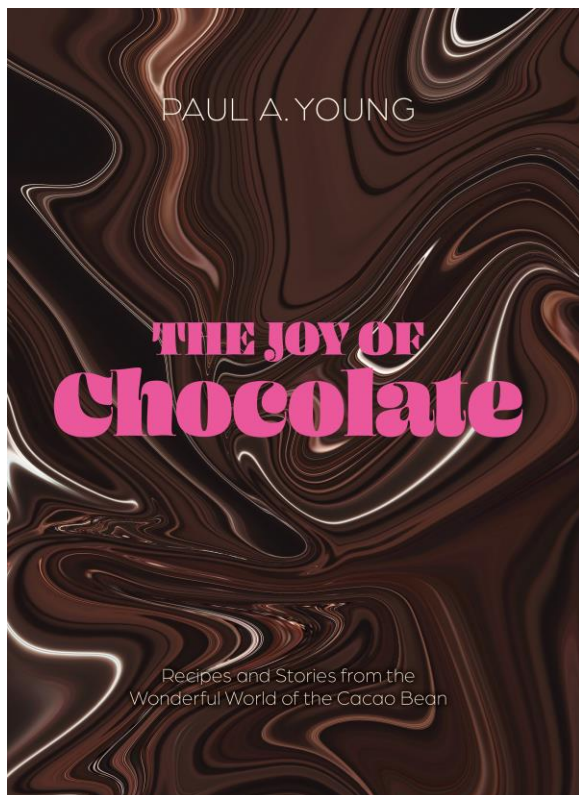
208 pages

EA (253x201)

ISBN: 9781914239137

www.juliejones.online | Instagram: [@julie_jonesUK](https://www.instagram.com/julie_jonesUK)

Kyle Books



A comprehensive, step-by-step guide to creating delicious chocolates and fillings from scratch by a master chocolatier.

Publication 01/09/2022

£26.00

Hardback

208 pages

ME (260x194)

ISBN: 9780857839909

The Joy of Chocolate

By Paul A. Young

Written by one of the UK's most celebrated master chocolatiers, and a presenter on the BBC2 TV series *The Sweet Makers*, this guide showcases how to make delicious chocolates from scratch in your own kitchen.

This delightfully decadent book is a love letter to chocolate, from the very fundamentals of what is chocolate and how to taste and buy, to achieving a world-class shine and blending flavour like a pro. It explains clearly and with creativity, so that by the end of the book, anyone from beginner to confident cook will be able to make the very best chocolate recipes.

Ever since Paul introduced sea salted caramel to the world of chocolate, he has been at the forefront of artisan chocolate making. With three chocolateries in London, Paul has a reputation as a flavour alchemist who often incorporates unusual ingredients into his wonderful confections and develops combinations that are original, experimental, sometimes daring, yet always perfectly balanced.

Paul A. Young is a ground-breaking and inspirational chocolatier who is at the forefront of the British chocolate scene. Trained as a chef before moving into the world of chocolate, Paul's cutting-edge creativity has won him numerous awards and led to him being ranked among the world's best chocolatiers. In 2014, the International Chocolate Awards named Paul as Outstanding British Chocolatier. Paul's dedication to his craft, his personality and his experimental creativity shine through in the quality of his chocolates and through the style of his beautiful boutique chocolateries.



A collection of 100 favourite recipes from the successful blog and YouTube channel Kitchen Sanctuary.

Publication 08/09/2022
£20.00
Hardback
224 pages
SSN (246x189)
ISBN: 9781914239397

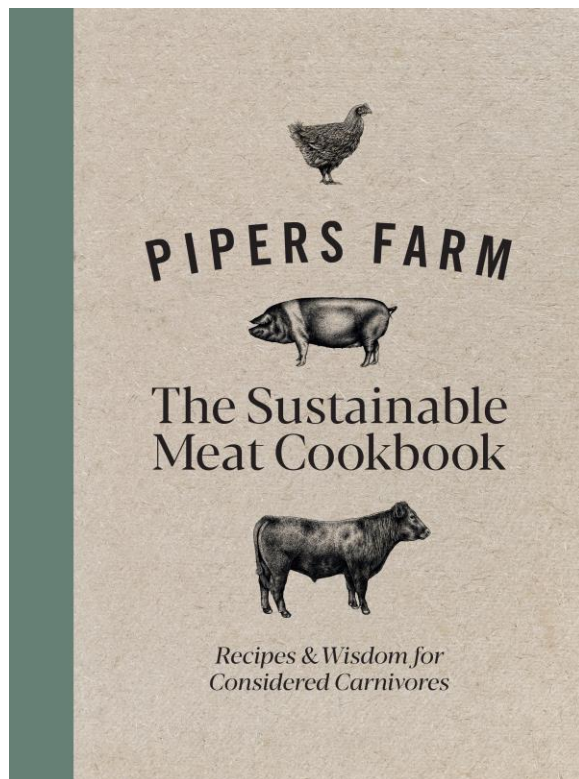
Kitchen Sanctuary: It's All About Dinner

By Nicky Corbishley

Putting dinner on the table every night should be fun but can be stressful. Often thinking what to make is harder than actually cooking it, especially when you factor in all family members. This is where Kitchen Sanctuary comes in. This cookbook contains some of the brand's most popular recipes, from both YouTube and the blog.

While Kitchen Sanctuary's online presence is still extremely in-demand, searching for what you want when you don't really know yourself can be hard. Having the recipes gathered in one place makes them easier to follow in the kitchen and also brings them to a whole new audience who are yet to find them online.

What started as a blog has now become a trusted brand, with over 2.5 million monthly page views and a rapidly growing YouTube channel - from 6k subscribers in January 2020 to 216k and counting



How to eat 'less but better' sustainably produced meat via a seasonal flow, in harmony with nature and regenerative farming principles.

Publication 29/09/2022

£30.00

Hardback

288 pages

ME (260x194)

ISBN: 9781914239274

Pipers Farm: The Sustainable Meat Cookbook: Recipes & Wisdom for Considered Carnivores

By Abby Allen and Rachel Lovell

Pipers Farm is a farm in Devon which was founded as a reaction to the industrialisation of meat in the 1970s and 80s. What started out as a farm and a small butchers' shop serving a loyal tribe of regular customers is now a thriving national online delivery service for truly artisan, sustainably produced British meat. The livestock is reared through regenerative farming techniques that work in harmony with nature, and this special place in Devon now counts over 40 like-minded small scale family farms as part of the Pipers Farm community. They are passionate about animal welfare, reducing food waste, rearing grass-fed native breeds and nourishing the land they work on, and ensuring that the rural communities they live and work with are given a sustainable future. It's all about family farms, not factory farms.

Pipers Farm was founded over 30 years ago by Peter and Henri Greig and today it is run by their son Will and his partner Abby Allen. Abby is a passionate food campaigner devoted to creating a positive future for small family farms through her ceaseless activity behind the scenes in the sustainable farming movement.

Meanwhile, Rachel Lovell is a writer and producer dedicated to food and farming stories who has worked with the farm for many years, having spent much of her childhood on a small family farm in Devon struggling through the 1980s.

Showstopping Cakes

By Rahul Mandal



**How to make and
decorate showstoppingly impressive cakes by
the popular *GBBO* winner.**

Publication 13/10/2022

£26.00

Hardback

240 pages

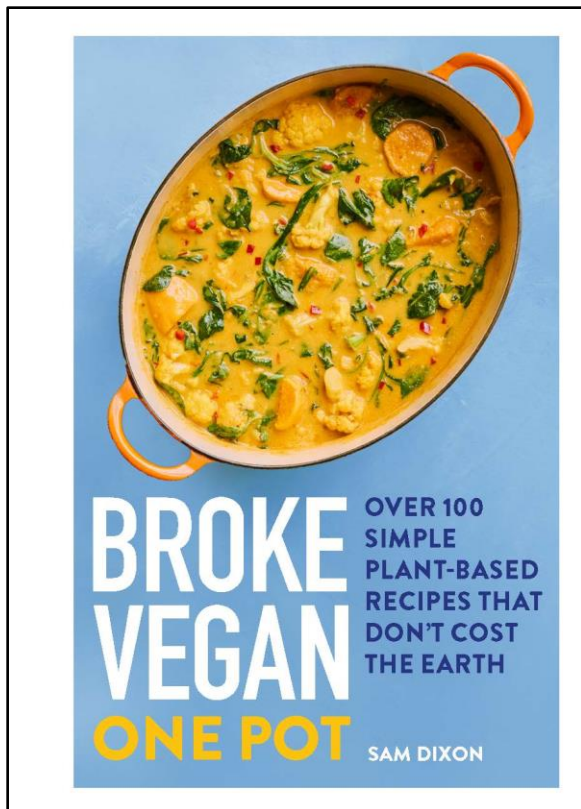
ME (260x194)

ISBN: 9781914239236

In this step-by-step guide to creating beautiful cakes, Rahul shares his unique approach to baking, focusing on techniques and scientific explanations, to ensure a perfect bake every time.

Whether it is how to avoid a curdled cake batter or buttercream, stacking a 2-, 3- or 8 - tier cake or perfectly piping decorations, Rahul brings forensic insight into why things don't work and how to fix them. He also discusses how to achieve the perfect flavour pairing, the different elements of cake fillings and decorating techniques, as well as how to make some of the most popular cakes from his Instagram feed, including drip cakes, fault-line cakes and a geode cake.

Since his victory on the UK's most famous baking show in 2018, Rahul has been honing his skills further, combining his scientific knowhow with his artistic talents to create bakes that are not only delicious but also things of beauty. This is the handbook that Rahul wishes he'd had when he started baking and should be *the* book that all aspiring bakers turn to when they want to create a cake for a special occasion.



**Simple, budget, plant-based meals, all
made in one dish**

Publication 29/12/2022

£12.99

Hardback

144 pages

Z (210x149)

ISBN: 9781783255382

Broke Vegan: One Pot

By Sam Dixon

Fuss-free vegan meals to make in just one pot

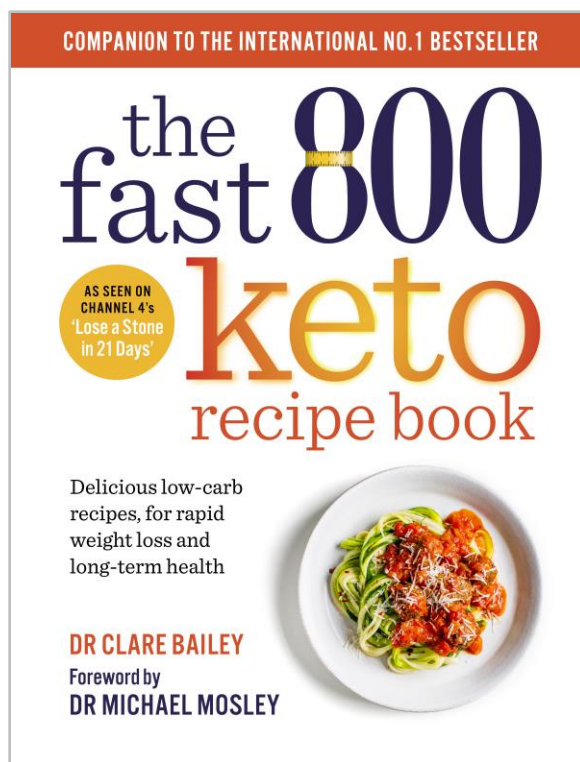
With over 100 plant-based recipes using supermarket staples, along with hints and tips for simplifying vegan cooking, *Broke Vegan: One Pot* will have you cooking delicious meals time after time that save money and help the planet. From easy weeknight meals to fancier dishes for entertaining, *Broke Vegan: One Pot* will help you cook sustainably without breaking the bank.

Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to make your money go further, *Broke Vegan: One Pot* will bring variety and flavour to your meals without all the washing up!

Sam Dixon is a prominent London-based food stylist for editorial, commercial, film and TV. She has worked with numerous publications and brands such as *The Guardian*, *GQ*, *The Telegraph*, Hix, Kahicool, the White Company, Kyle Books and Hodder and Stoughton. She is the co-founder of Studio Feast, a food photography studio in Hackney, London.

samdixonstylist.com

[Instagram.com/sam__dixon](https://www.instagram.com/sam__dixon)



**Companion recipe book to
the number international
one bestseller**

Publication 30/12/2022
£16.99
Crown Quarto Paperback
256 pages
ISBN: 9781780725130

The Fast 800 KETO Recipe Book

By Dr Michael Mosley

Following Dr Michael Mosley's No 1 bestselling *Fast 800 Keto*, this fabulous companion cookbook offers delicious, Mediterranean-style, keto recipes to help you incorporate the new combined programme into your daily life.

From breakfasts and brunches, soups and shakes to more substantial suppers and even occasional indulgent treats, all the meals are easy to make. There are also eight weeks of menu plans, designed to help you stick both to the 900-1000 allowed daily calorie allowance and follow Michael's 'Rule of 50' – i.e. less than 50g carbs, more than 50g protein each day.

Whether you are embarking on an intensive weight-loss programme to prevent or reverse Type 2 diabetes, or simply want to bring down your blood pressure and cholesterol and improve your mood and general health, *The Fast 800 Keto Recipe Book* will inspire you to change the way you eat forever.

Dr Clare Bailey, wife of Michael Mosley, is a GP who has supported hundreds of patients to lose weight, reduce their blood sugars and put their diabetes into remission at her surgery in Buckinghamshire. She is the author of multi-bestselling *The 8-Week Blood Sugar Diet Recipe Book*, *The Clever Guts Diet Recipe Book* and *The Fast 800 Recipe Book*.

Kathryn Bruton has published two bestselling cookbooks, *Skinny Soups* and *Skinny Desserts*. She has worked behind the scenes at Masterchef and The Great British Bake-off, and been involved with the creation of many acclaimed cookbooks, from authors such as Diana Henry, Rachel Allen and Lorraine Pascale.

Dr Michael Mosley trained as a doctor at the Royal Free Hospital in London before becoming a journalist and television presenter. He is the author of the internationally bestselling *Fast Diet*, *8-Week Blood Sugar Diet* and *The Clever Guts Diet*.



DRINKS

The Little Book of Gin Cocktails



A little collection of classic and contemporary gin cocktails.

Publication 07/07/2022

£7.99

Hardback

96 pages

NB (147x105)

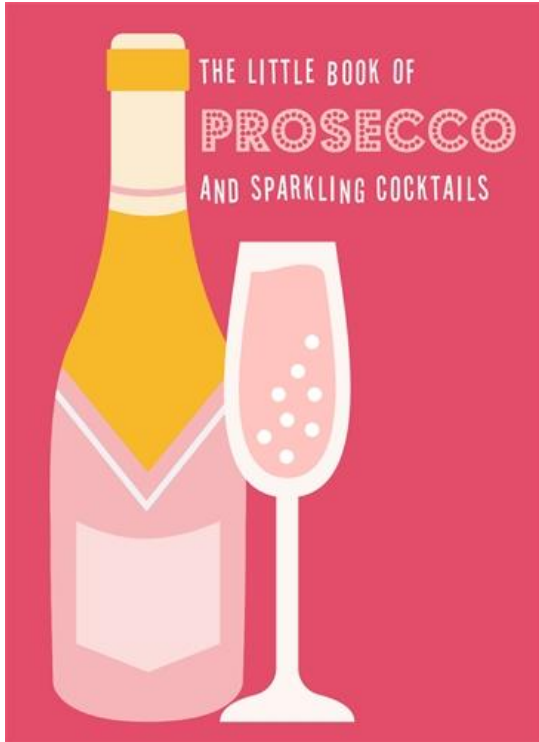
ISBN: 9780753735107

Find a little ginspiration with over 50 gin cocktail recipes.

Whether you love sweet drinks or sour ones, quick and casual cocktails or something more impressive, *The Little Book of Gin Cocktails* can help you transform your favourite gin into something special.

- Learn your way around making gin-based martinis, from the perfect Classic Martini to cap off a great evening to drinks that are perfect for kicking off a boozy brunch, like the Espresso Gin-tini and the Breakfast Martini (complete with toast to garnish!)
- Master well-known staples like the Gin Rickey, the Negroni and the Tom Collins and then take a walk on the wild side with contemporary twists on gin's biggest hits like the Mango Rickey, the Lychee Negroni, and the Camomile Collins.
- Discover your new favourite gin-based drink along with tips and tricks for making it, right down to the type of glass it is traditionally served in (though we won't judge you if you get creative).

Enjoy gin your way and delight the gin-lover in your life with this pocket-sized guide to gin recipes for every occasion.



Learn how to transform your favourite bottle of bubbles into the perfect cocktail for every occasion.

Publication 07/07/2022

£7.99

Hardback

96 pages

NB (147x105)

ISBN: 9780753735091

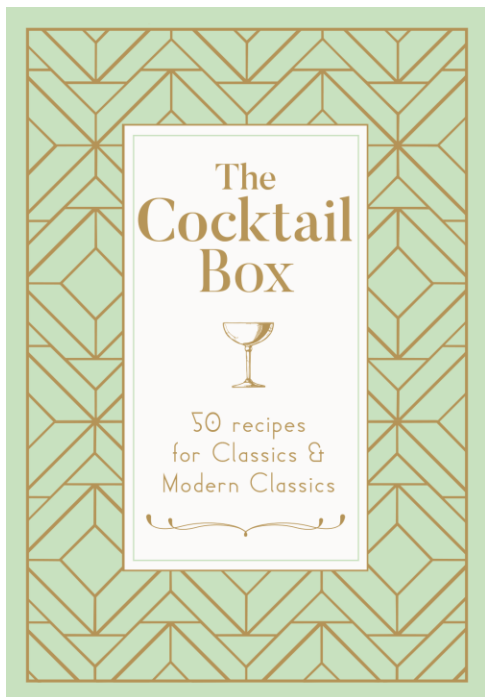
The Little Book of Prosecco and Sparkling Cocktails

Take your bubbles to the next level with over 50 fantastic classic and contemporary Prosecco cocktail recipes.

Whether you love a light and refreshing drink or prefer a sweet and fruity treat, *The Little Book of Prosecco and Sparkling Cocktails* can help you transform your favourite bottle of Prosecco into something even more special.

- Make drinks for every occasion with great cocktails for brunch, like the Rossini or the Primrose Fizz; sparkling delights for toasting special achievements, such as the Celebration Cocktail or the French 75; as well as a drink fit for every moment in between, from The French Afternoon to the party-starting tequila-spiked Los Altos.
- Master well-known staples like the Bellini, Pink Sangria and Sbagliato and try new contemporary twists on your favourites with the Floral Bellini, the Mojito Royale and the Prosecco Julep.
- Mix up punches and sangrias for the whole group to enjoy together, such as the Spice Route Punch, the La Rochelle Punch, and the Blush Sangria.
- Discover your new favourite Prosecco-based drink along with tips and tricks for making it, right down to the type of glass it is traditionally served in.

Enjoy Prosecco your way and delight the Prosecco-lovers in your life with this pocket-sized guide to cocktails for every occasion.



**50 cocktail recipe cards to get you
toasting, cheers-ing and celebrating the
best of life with the people in your life.**

Publication 04/08/2022

£14.99

Deck

50 cards + 16 page booklet

130mm x 90mm x 25mm

ISBN: 9780600637554

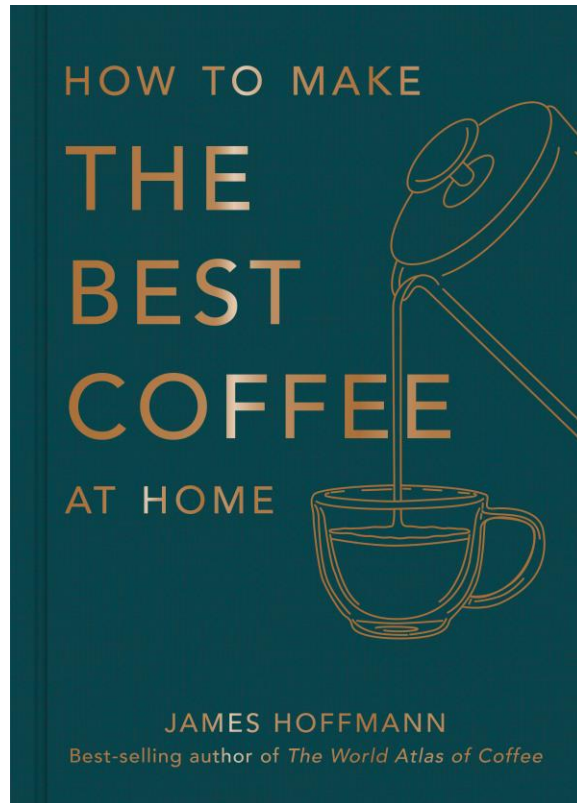
The Cocktail Box

There's nothing like a well-balanced drink to add a bit of pizzazz to your day. Whether you're toasting to a recent triumph, bringing together friends and family or just capping off a long day of work, mixing your own cocktails at home is easier than you think.

Featuring 50 recipe cards for Prohibition-era classics such as the Southside and the Gimlet, and modern classics such as the Breakfast Martini, and the Bramble, *The Cocktail Box* is the home bartender's best friend. There are cocktails to suit every taste and occasion from bubbly and sweet fizzy drinks that bring the party spirit to dark and aromatic blends to help you unwind. The cards are also accompanied by a short guide that includes all the equipment, techniques and tips that you need to succeed.

Each card has a clear and easy to follow recipe along with a little bit of cocktail history. Gone are the days of having to prop open a book while measuring ingredients - take the card with you wherever it's easiest to see. You can also bring cocktails you want to try on your next shopping trip as a reminder of which ingredients you need. You can even use the cards to display cocktail choices at a party or announce the cocktail of the day.

And when you're not sure which cocktail to try next, just shuffle the cards and pull a recipe at random for a delicious surprise!



How to make the best coffee

By James Hoffmann

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, kit and coffee 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 kit 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.

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.

A world-leading coffee expert shows how to make barista-level coffee at home

Publication 18/08/2022

£16.99

Hardback

224 pages

Z (210x149)

ISBN: 9781784727246

Mitchell Beazley



**A cross between The Flavour Thesaurus
and our Art & Science of Foodpairing - for
cocktails.**

Publication 01/09/2022

£20.00

Hardback

256 pages

Other

ISBN: 9781784727994

The Cocktail Cabinet

By Zoe Burgess

A cocktail. The answer to so many after work, pre-weekend, Saturday night, holiday lunch, get-together and dinner party cravings. Always welcomed, but often recreated with little success.

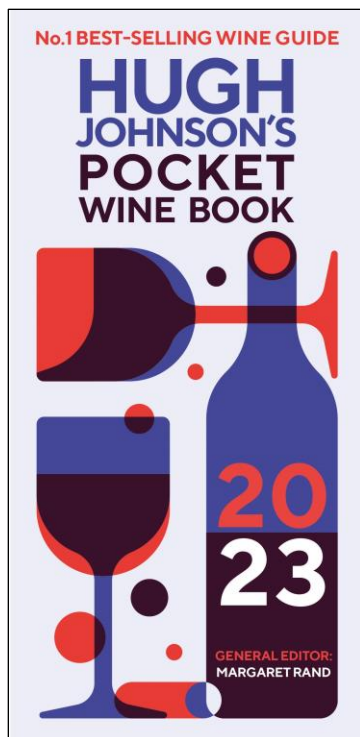
With a vast scope of information on all things cocktail, drinks researcher and developer Zoe Burgess introduces a comprehensive and detailed guide to creating professional cocktails. Throughout seven chapters she breaks each cocktail down into their five basic tastes and considers the flavour profiles of the key spirits included, analysing why certain pairings work so you can fully understand the building blocks of this delectable art.

The Cocktail Cabinet is a reliable and accessible companion to cocktail-making, no matter your knowledge, skill or budget. It identifies the basic equipment to invest in, provides practical tips on set up, explores techniques used and advises on the most versatile, readily available ingredients to purchase for both alcoholic and non-alcoholic cocktails - so no one misses out. With accompanying illustrations, the structure, method, flavour profile and finished results can be visualised with ease.

Understanding these elements will set you up for creating, developing and executing your dream cocktail, ensuring cocktail-making at home is an effortless and enjoyable experience.

Zoe Burgess is a drinks researcher and developer who has created menus for bars and restaurants including Dinner by Heston, 69 Colebrooke Row and Bar Termini and worked as a consultant for many brands such as Pernod Ricard. She also trains mixologists and runs Atelier Pip, which is an independent flavour profiling company.

Mitchell Beazley



**The brand new edition of the unrivalled
and bestselling annual, Hugh Johnson's
Pocket Wine Book.**

Publication 22/09/2022
£12.99
Hardback
336 pages
BP (190x89)
ISBN: 9781784728144

Hugh Johnson's Pocket Wine Book 2023

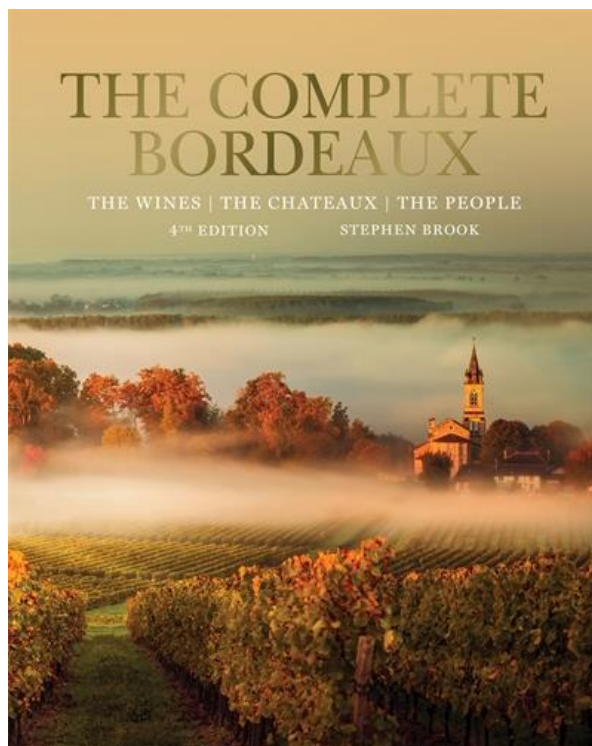
The world's best-selling annual wine guide.

Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine - in shops, restaurants, or on the internet. Now in its 46th year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

It provides clear succinct facts and commentary on the wines, growers and wine regions of the whole world. It reveals which vintages to buy, which to drink and which to cellar, which growers to look for and why. Hugh Johnson's Pocket Wine Book gives clear information on grape varieties, local specialities and how to match food with wines that will bring out the best in both. The book's mix of personal insight and informed recommendations have made it the world's best-selling annual wine book.

Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his Pocket Wine Book sells hundreds of thousands of copies a year. Its winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered.

Margaret Rand has been general editor of Hugh Johnson's Pocket Wine Book for some 15 years and now, with Hugh's retirement, has taken over the hot seat.



Stephen Brook's masterly volume, now updated, is the essential reference guide to the wines of Bordeaux.

Publication 29/09/2022

£55.00

Hardback

736 pages

EA (253x201)

ISBN: 9781784727512

Complete Bordeaux: 4th edition

By Stephen Brook

The wines of Bordeaux are universally recognized as being among the finest in the world and in this fully revised and updated edition of his classic text, renowned wine expert Stephen Brook provides an unrivalled survey of the region and its wines.

The Complete Bordeaux offers detailed information on the many communes and appellations of Bordeaux along with descriptions and assessments of all its major properties. As well as incisive portraits of the leading properties and their produce, Stephen Brook provides a detailed look at Bordeaux's lesser-known areas and chateaux.

There is also an invaluable vintage guide to the last four decades. Bordeaux encapsulates an incredible 13,000 wineries throughout 54 appellations and this book includes a thorough explanation of Bordeaux's history, terroir and winemaking styles.

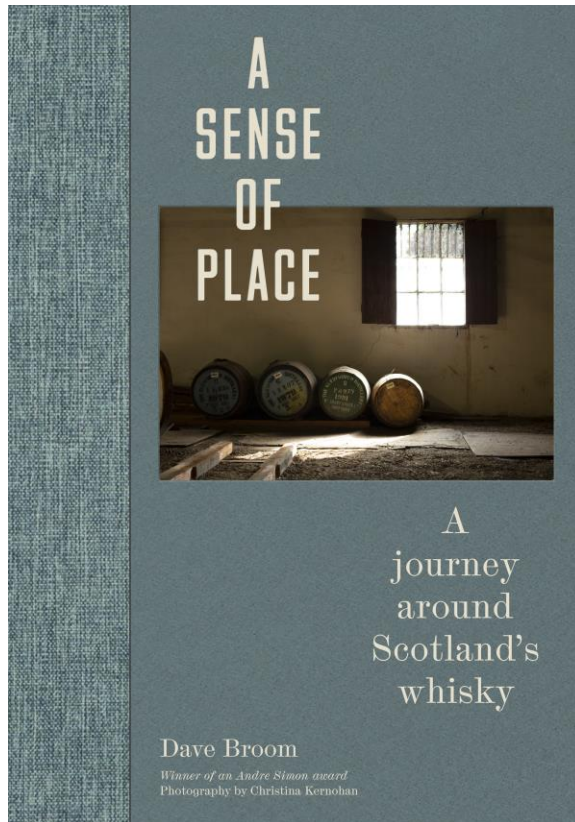
Praise for the third edition:

"A fresh and authoritative addition to the Bordeaux library." **Eric Asimov, *The New York Times***

"This new edition is the ultimate guide to perhaps the greatest wine area in the world. Whether you use the book in your local wine store or tote it on a journey to Bordeaux itself, this book is definitive. And magnificent." **Huffington Post**

Stephen Brook is a leading writer on wine and gastronomy. His previous books include *Sauternes*, *The Wines of Germany*, and *The Wines of California*, which won the Prix Lanson, Glenfiddich and Veuve Clicquot awards. He is also the author of *Pauillac* and *Bordeaux: People, Power and Politics*, which won the Veuve Clicquot and ICP awards.

Mitchell Beazley



**A personal journey exploring Scotch
whiskey through its terroir, including the
land, weather, history, craft and culture
that feeds and enhances the whisky itself.**

Publication 29/09/2022

£40.00

Hardback

256 pages

Other

ISBN: 9781784726713

A Sense of Place

By Dave Broom

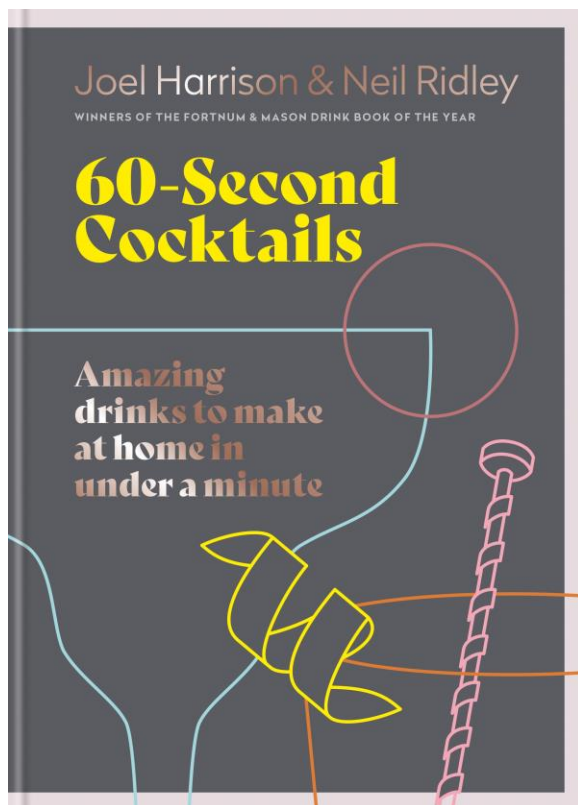
In this beautifully crafted narrative, award-winning writer Dave Broom examines Scotch whisky from the point of view of its terroir - the land, weather, history, craft and culture that feed and enhance the whisky itself. Travelling around his native Scotland and visiting distilleries from Islay and Harris to Orkney and Speyside, Dave explores the whiskies made there and the elements in their distilling, and locality, which make them what they are. Along the way he tells the story of whisky's history and considers what whisky is now, and where it is going.

With stunning specially commissioned photography by Christina Kernohan, *A Sense of Place* will enhance and deepen every whisky drinker's understanding of just what is in their glass.

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.

Mitchell Beazley



60 great cocktails that you can put together in the time it takes to open and pour a bottle of wine.

Publication 03/11/2022

£12.99

Hardback

160 pages

Z (210x149)

ISBN: 9781784728366

60 Second Cocktails

By Joel Harrison and Neil Ridley

The trend of cocktail making at home is set to continue now that so many of us appreciate how a delicious cocktail can make any evening special, and it really does not have to be time consuming. *60-Second Cocktails* is the latest book from award-winning drinks writers and TV presenters Joel Harrison and Neil Ridley.

These simple-yet-delicious cocktails are divided into three chapters: No Shake, Sherlock - the easiest to make, requiring little or no preparation, and using standard spirits and mixers; Shaker Maker - slightly more complex concoctions that need a quick shake or stir; and Dress To Impress - special drinks for the more decadent drinking occasions which require a little more prep, or an unusual ingredient here and there.

Joel Harrison & Neil Ridley are at the forefront of providing expertise and innovation in the drinks world. From whisky to gin, cognac to cocktails, the duo has a wealth of knowledge to share with audiences across the globe. As well as writing for a number of different publications around the world, such as the *Telegraph* and *World of Fine Wine*, they also appear regularly on TV and act as judges for the prestigious International Wine and Spirit Competition (IWSC) awards. Their first book, *Distilled*, won the Fortnum & Mason Drink Book of the Year award in 2015. Their second, *Straight Up*, was published in October 2017, followed by *The World Atlas of Gin* in 2019, which was shortlisted for the 2020 Tales Of The Cocktail Spirited Awards.

Mitchell Beazley

A group of men, likely from a traditional African tribe, are captured in a dynamic pose, performing a dance or ceremony. They are dressed in traditional white robes and wide leather belts. The men are arranged in a long, slightly curved line, moving across a large, intricately patterned rug. The background is a clear, bright sky, and the overall atmosphere is one of cultural celebration and movement.

ARTS, CRAFTS & PHOTOGRAPHY

Pumpkin Crafting

By Jen Rich



The ultimate guide to carving, painting and dressing up pumpkins for Halloween, Thanksgiving and autumnal decor, complete with tips and recipes for enjoying the whole pumpkin all season long.

Publication 07/07/2022

£12.99

Paperback

128 pages

128mm x128mm

ISBN: 9780753734124

Your ultimate guide to carving, painting and dressing pumpkins to decorate your home, complete with projects for all crafting abilities, tips for preserving your creations, plus delicious sweet and savoury pumpkin recipes.

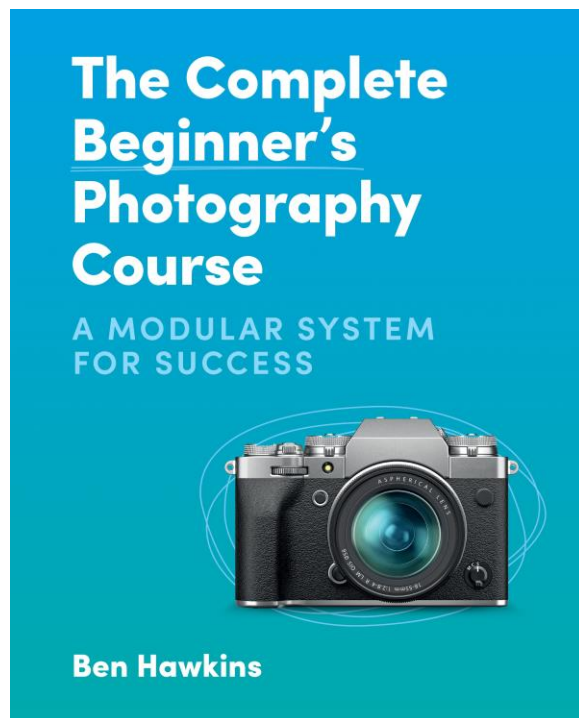
From playful and whimsical pumpkins that will liven up Halloween, Day of the Dead or Thanksgiving parties to sophisticated and elegant designs that will bring autumnal charm to your home all season long, you'll find projects to suit every style and taste.

Divided and organised into helpful sections, you'll find:

- A guide to the tools, tips and techniques that will help you achieve the best results
- Pumpkin carving projects, for transforming your pumpkins and seasonal gourds into show-stopping jack-o-lanterns
- Pumpkin painting projects, for transforming your pumpkin with a lick of paint, no sharp objects required
- Pumpkin dressing projects, for turning your pumpkin into an original creation with glue, tape and other odds and ends
- Tasty recipes, for using every part of the pumpkin to create delicious meals and tasty snacks

Each project features easy-to-follow instructions, whilst the beautiful photography throughout will give you all the inspiration you need. Plus the handy templates at the back of the book can be copied and used again and again for perfect results every time.

Jen Rich is a photographer and food stylist with over 10 years experience working for a range of editorial and advertising clients. She has shaped her photography career to enable her to fully explore her love of crafts and food, regularly working in recipe development and food styling as well as photography. A keen home sewer, Jen has a love for anything crafty and creative and is happiest with a project on the go.



**The easy guide to taking better pictures
with your camera.**

Publication 21/07/2022

£25.00

Paperback

256 pages

U (235x190)

ISBN: 9781781578551

The Complete Beginner's Photography Course

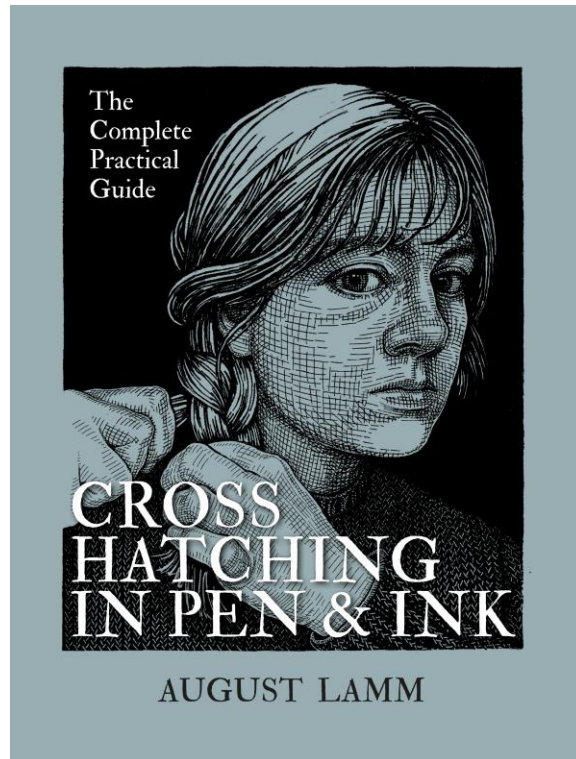
By Ben Hawkins

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.

Ben Hawkins is an award-winning writer and journalist specialising 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.



The essential guide to this unique and fascinating art practice, by acclaimed artist August Lamm.

Publication 04/08/2022

£20.00

Paperback

176 pages

SSN (246x189)

ISBN: 9781781578599

Crosshatching in Pen & Ink

By August Lamm

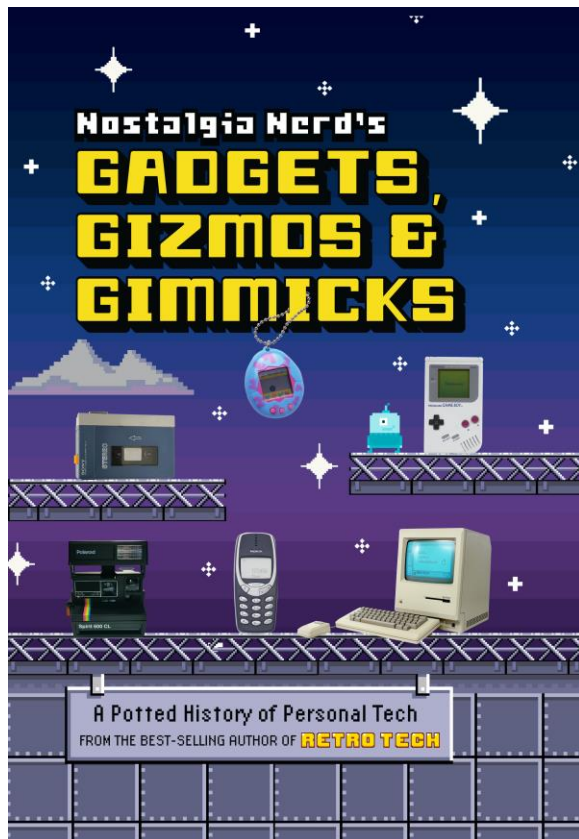
Learn the unique art of crosshatching and create stunning works of art with expert guidance from August Lamm.

How to Crosshatch in Pen & Ink begins with a potted history of the artform, and elucidates exactly what crosshatching entails, and where it came from. After a helpful exploration of the materials and media that a crosshatcher may need, there then begins a practical guide to the very basics of crosshatching, approaching concepts such as how to look accurately, and how to depict light, shape, and shadow.

Once readers have the essentials under their belt, there are more complicated subjects such as anatomy, portraiture and still lifes to tackle. For each topic, August uses a combination of fine art examples, illustrations and step-by-step tutorials to take the reader through the fascinating and accessible process of crosshatching, from perception to execution.

This is the essential, comprehensive guide to this fascinating artform, and will appeal to complete beginners alongside long-time aficionados of the practice.

August Lamm has built a full-time career teaching workshops and online classes in crosshatching. She has a degree in art history and has worked as an art handler, art writer, and art podcaster. August shares her work online with her enthusiastic, 166,000-strong audience on Instagram.



Take a nostalgic trip through tech's back catalogue with the best-selling author of *Nostalgia Nerd's Retro Tech*.

Publication 25/08/2022

£16.99

Hardback

224 pages

Z (210x149)

ISBN: 9781781578582

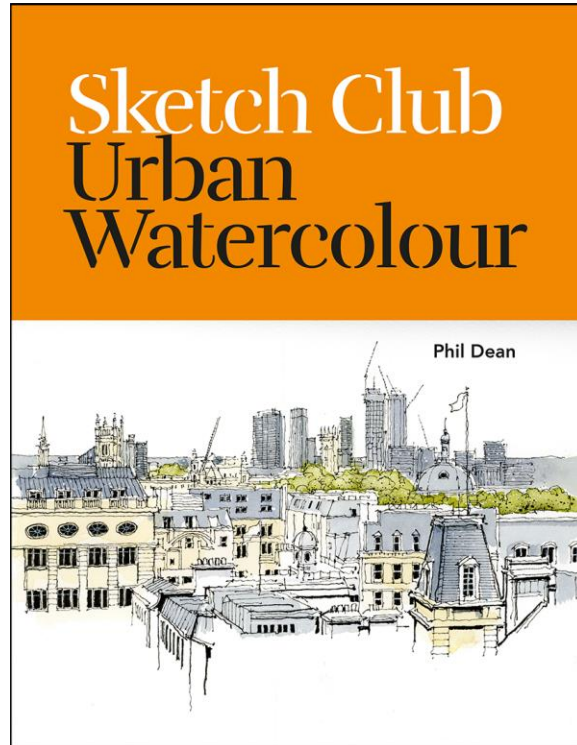
Nostalgia Nerd's Gadgets, Gizmos & Gimmicks

By Peter Leigh

In this eagerly-awaited new book from the author of the best-selling *Nostalgia Nerd's Retro Tech*, Peter Leigh takes a fun, informative and irreverent romp through the history of more than forty pieces of personal tech, charting the successes, failures and oddities from over five decades of our obsession with gadgetry.

From the Teasmade to the TomTom, mankind has been on a constant hunt for gimmicks that make life easier, faster and more entertaining, and as yesterday's 'must-haves' become today's museum pieces, there's no better time to take a nostalgic trip through tech's back catalogue.

Peter Leigh has been an aficionado of retro technology his entire life, starting before it was even retro. During the past seven years he has unveiled hundreds of vintage technology stories on his prominent YouTube channel, Nostalgia Nerd (with 400k subscribers), written the best-selling book *Nostalgia Nerd's Retro Tech* for Ilex Press and featured in an array of notable TV programs and publications. Today, as the premier UK connoisseur of our technological heritage, he continues his quest to highlight the joy of these important fragments from our past, and ensure they remain cherished, not forgotten.



**Master essential watercolour techniques,
get to grips with painting outdoors and
develop your core urban sketching skills.**

Publication 01/09/2022

£14.99

Paperback

112 pages

K (280x216)

ISBN: 9781781578629

Sketch Club: Urban Watercolour

By Phil Dean

Take your urban sketching skills to the next level with watercolour. Bestselling author and artist Phil Dean (@shoreditchsketcher) provides a step-by-step guide to creating beautiful urban artworks. Get started with the very basics of depicting cityscapes with a pencil or pen, including tips on perspective, measuring, and mark-making. Then move straight on to the core watercolour techniques you will need to introduce stunning colour and tone to your sketches.

With 20 easy-to-follow exercises on everything from negative space to line & wash, *Sketch Club: Urban Watercolour* is your go-to guide to elevating your urban art.

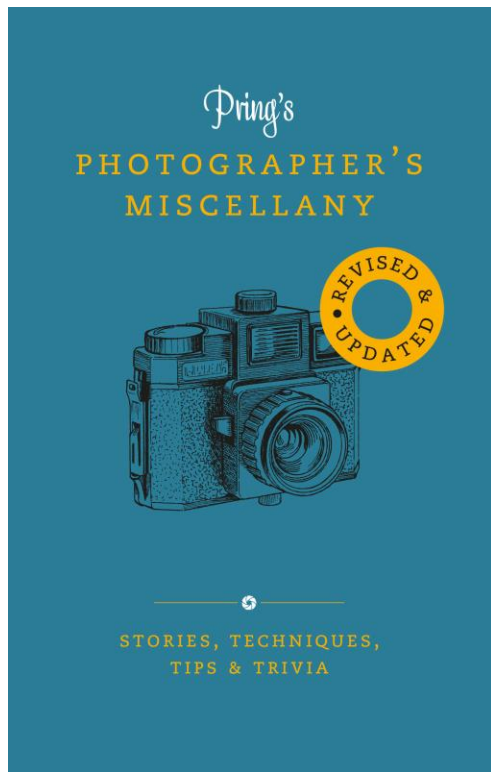
Chapters include:

- Loosening Up
- Urban Drawing 101
- Getting Started with Watercolour
- Taking Your Watercolour Further
- Finishing Touches

Phil Dean is an artist and graphic designer based in London. He graduated from Leeds College of Art with a degree in Graphic Design, before moving down to London, where he now runs his own creative agency. Phil also runs a hugely popular Instagram account, The Shoreditch Sketcher, where he posts stunning urban sketches from around the world, and leads urban sketching workshops in London for a variety of experience levels.

@shoreditchsketcher

theshoreditchsketcher.com



**The essential companion to every
photographer's bookshelf, this
book provides answers to all the questions
you've ever asked about photography**

Publication 08/09/2022

£10.00

Hardback

96 pages

BX (198x126)

ISBN: 9781781578728

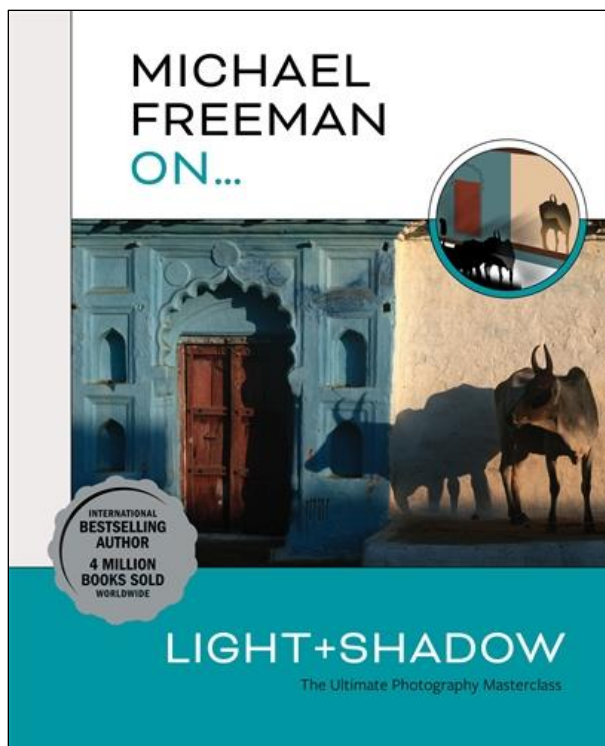
Pring's Photographer's Miscellany

By Roger Pring

How did Kodak company get its name? Who invented the Minox spy camera? Were there really fax machines in the mid-19th century? And what would a photographer use 'Mod Podge' for? The answers to all these questions and many, many more can be found in this intriguing compendium of photographic fascination compiled by Roger Pring.

Beautifully packaged, full of arresting images and exquisitely typeset by the author himself, *Pring's Photographer's Miscellany* will make an intriguing gift for all photographers. Dipping into the book will reveal the origins of the photographer's craft, tips and tricks of the greats, a host of revealing quotes and fascinating trivia: and you'll not only be richly entertained, you'll certainly learn something you can use next time you shoot.

Roger Pring is a graphic designer, lecturer, photographic enthusiast and collector. He was project director of the original *Photographer's Handbook*, and is the author of several Ilex Press books on computer-aided design, typography and the internet. He was also publisher of *The Wine Diary* and runs a cookery school in Burgundy.



Bestselling author and photographer Michael Freeman returns with fresh ideas that reflect on the way the medium has evolved in the 21st century.

Publication 08/09/2022
£20.00
Paperback
176 pages
U (235x190)
ISBN: 9781781578544

Michael Freeman On... Light & Shadow

By Michael Freeman

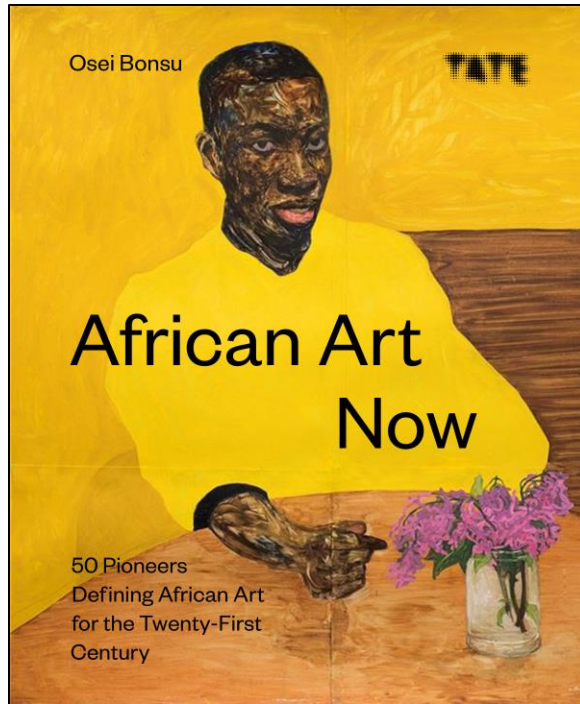
Drawing on over 40 years of practical experience, best-selling author and photographer Michael Freeman examines the most fundamental building-blocks of photography - light and shadow - bringing this key element of the picture-making process into the 21st century.

In this book, Freeman takes a new and different view of photography's prime commodity, arguing that for the photographer, the rich and evocative world of shadows is the full equal of the actual light that casts them and bathes scenes. He defines the varied qualities of both light and shadows (of which there are at least ten distinct types), and shows how they have particular meaning and purpose. He also argues for integrating exposure and processing with an appreciation of light and shadow quality so as to have full and subtle control. Armed with this understanding and these techniques, the creative photographer can work with light and shadow to add depth and quality to imagery.

- Concise and easy-to-follow format clearly explains the fundamentals of light and shadow
- For the first time ever, both light and shadow are given equal weight in the discussion of photographic image-making
- Real-life examples, clearly illustrated, cut through the jargon and show the theory of light and shadow in practice

Michael Freeman has worked for all the world's major magazines, most notably the *Smithsonian* (for which he has shot more than 40 stories over 30 years), consolidating his reputation as one of the world's leading reportage photographers. 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.



50 enlightening profiles of contemporary African artists who are revolutionising the art world.

Publication 06/10/2022

£40.00

Hardback

240 pages

Other

ISBN: 9781781578384

African Art Now

By Osei Bonsu

Over the past two decades contemporary African art has become part of the global mainstream, inspiring countless exhibitions, art fairs and auctions around the world.

Today, African artists work outside the confines of limiting binaries and outdated perceptions; they produce art that is as much a reflection of Africa's tumultuous past as it is a vision of its boundless future. *African Art Now* is an expansive survey of work by young and emerging African artists from diverse locations, cultures and backgrounds. Far-reaching in its scope, this book draws together a wide-range of artistic practices to reflect the ever-shifting dynamics and possibilities of contemporary African art today.

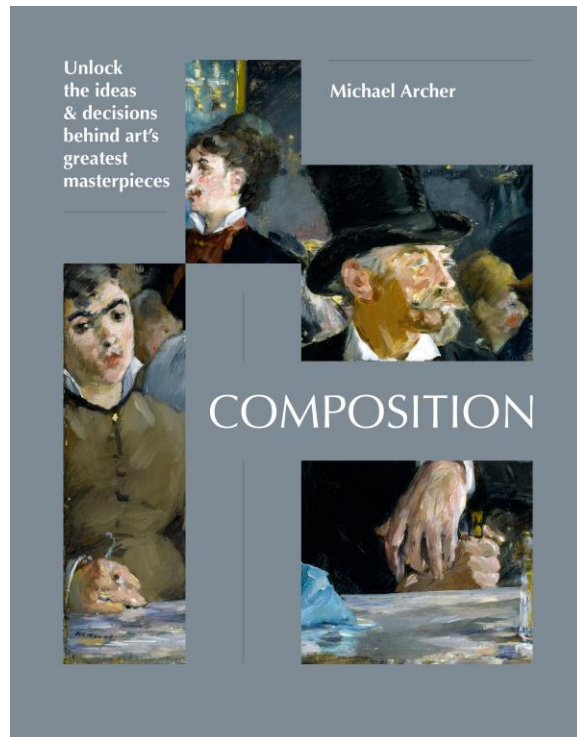
Featuring the work of Amoako Boafo, Njideka Akunyili Crosby, Michael Armitage, Cassi Namoda, Cinga Samson, Zina Saro-Wiwa and many more.

Osei Bonsu is a British-Ghanaian curator, critic and art historian, who is currently the Curator of International Art at Tate Modern. Bonsu is a contributing editor at *frieze* magazine, and he has also worked on the development of a number of projects focusing on African art, including 'Pangaea II: New Art from Africa and Latin America' (Saatchi Gallery, 2015) and 1:54 Contemporary African Art Fair (2013-14). In 2020, he was named as one of *Apollo* magazine's '40 under 40' leading African voices. He holds a Masters in History of Art from University College London, where he earned a distinction for his dissertation on Surrealism and African sculpture.

oseibonsu.com
@oseibonsu_

Composition

By Michael Archer



**A comprehensive and contemporary guide
to every decision an artist or creative
makes.**

Publication 06/10/2022

£30.00

Hardback

240 pages

Other

ISBN: 9781781578612

The rules of composition have changed. Discover the new ideas that shape the art we make today.

The art world has changed almost beyond recognition since the first principles of composition were invented in classical times with the aim of achieving harmonious design. Today, artists have different concerns. Scientific, technological and social advances have changed the way we see reality; the way we view our subjects and tell their stories. Artists and art lovers need a new set of tools and ideas to navigate this world.

For the first time, in this book, composition is comprehensively explored for the modern world, taking in the full diversity of approach and experience that makes art so exciting today. Goldsmiths professor and art writer Michael Archer outlines all the key developments in composition from the optical revolution of the nineteenth century to the contemporary concerns of the twenty-first century.

Michael Archer is a Professor of Art at Goldsmiths, teaching critical studies and art and design history and theory, as well as a widely published critic and art writer. His work has appeared in newspapers and journals including *Artforum*, *Art Monthly*, *Frieze*, *Parkett* and *The Guardian* and in numerous catalogues. He is the author of *Art Since 1960* (Thames & Hudson 1997/2002, new edition forthcoming), and contributed chapters on modern and contemporary art to Hugh Honour and John Fleming's *A World History of Art* (Laurence King 2009). He holds a BA in History of Art from the University of Cambridge and an MA in Aesthetic Education from Manchester University.

Landscape Photographer of the Year

By Charlie Waite



Discover all the winning and commended entries from the 15th edition of the Landscape Photographer of the Year competition in one breathtaking package.

Publication 27/10/2022

£30.00

Hardback

224 pages

Other

ISBN: 9781781578650

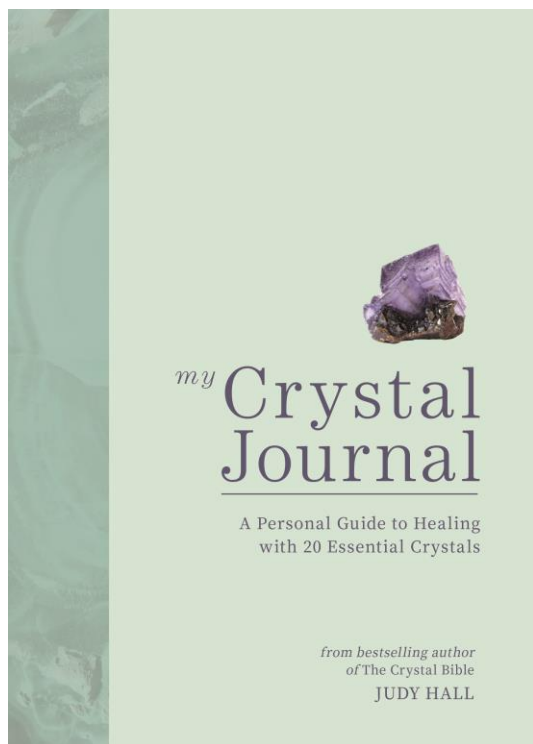
From rural countryside to striking urban cityscapes, discover the best of British landscapes from the latest edition of the Landscape Photography of the Year competition. Now in its 15th year, this highly prestigious annual showcase was devised by award-winning photographer, Charlie Waite, and attracts thousands of visitors each year to its Central London exhibition.

This edition features winning and highly commended entries across all categories.

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.

HEALTH & WELLBEING





**Your personal guided journal for working
with 20 essential crystals for balance and
harmony in everyday life.**

Publication 07/07/2022

£12.99

Paperback

176 pages

Z (210mm x 149)

ISBN: 9781841815213

My Crystal Journal

By Judy Hall

Crystals have been used for millennia to help promote healing and wellbeing, but with so many crystals out there it can be hard to know where to start.

My Crystal Journal is your personal guide to incorporating the power of crystals into your everyday life. Taking 20 essential crystals, this book will teach you how to work with their unique qualities and characteristics in order to harness their valuable and life-changing energy. The guided journaling space throughout this book will provide you with the chance to reflect on how each crystal can work for you, helping you to feel their resonance and allowing you to use them to their full potential to change your life. With advice on choosing your crystals, how to take care of them and getting started, this journal is your ultimate guide to working with the healing power of crystals in your everyday life.

This beautiful crystal journal will teach you how to work with essential crystals such as:

- Amethyst - for a sense of calm, spiritual wisdom and guided decision-making
- Rose quartz - for friendship, self-love and inner healing
- Topaz - for joy, generosity and good health

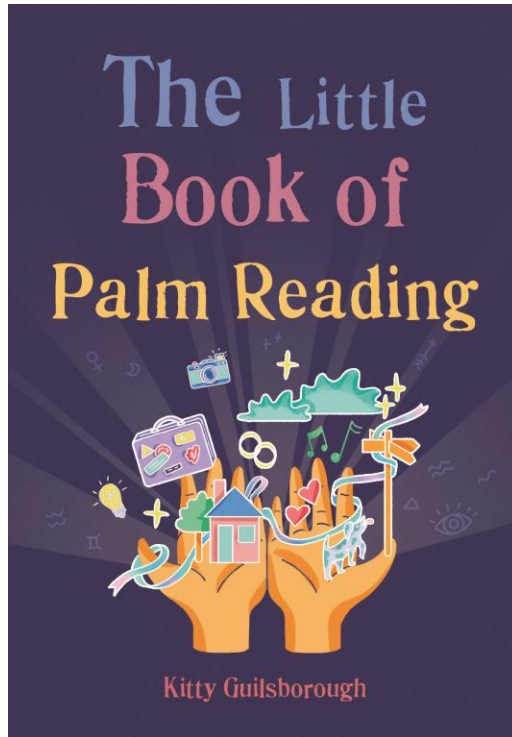
Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books - including the bestselling *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](https://www.facebook.com/officialcrystaljudyhall)

The Little Book of Palm Reading

By Kitty Guilsborough



**Find your fortune in the palm of your hand
with this little book of palmistry.**

Publication 28/07/2022

£7.99

Flexiback

96 pages

NB (147x105)

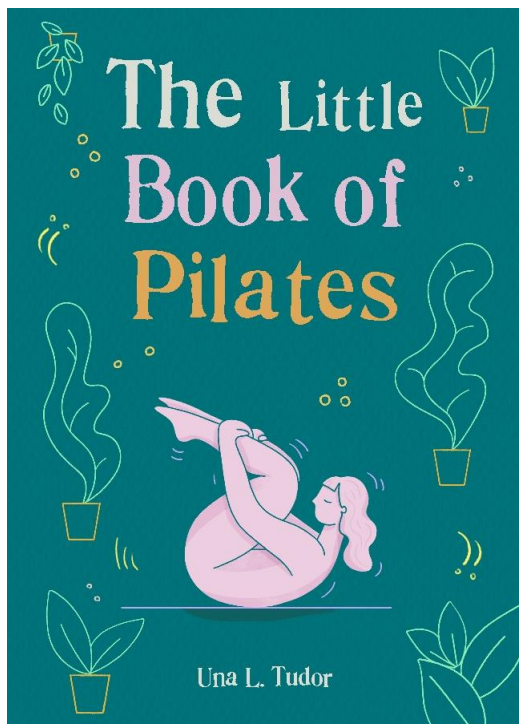
ISBN: 9781856754927

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

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 mounts 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 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.



**Nourish your body and mind through
pilates with this little book.**

Publication 28/07/2022

£7.99

Flexiback

96 pages

NB (147x105)

ISBN: 9781856754439

The Little Book of Pilates

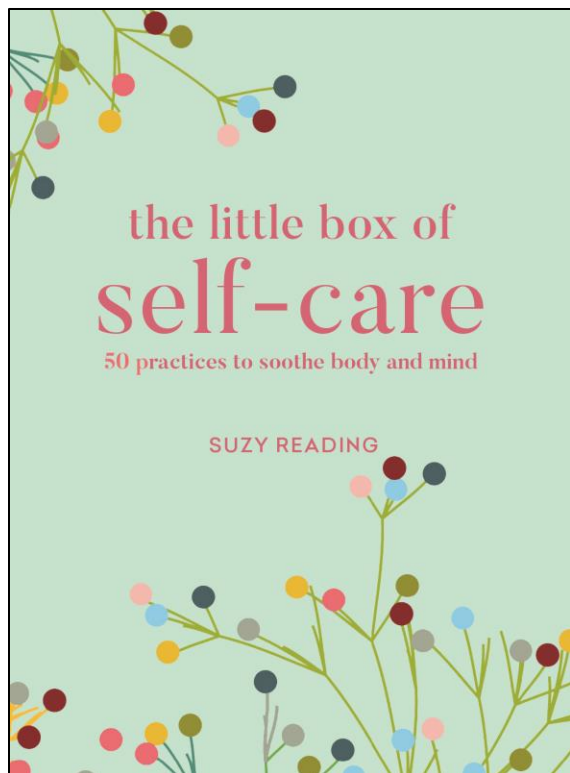
By Una L. Tudor

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.

Explore the history of Pilates, how it has evolved over the years and why it's a brilliant practice for mindfulness.

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.



**Reconnect with yourself, restore your
energies and create a mindful moment to
find your inner peace using these 50 self-care
cards.**

Publication 04/08/2022

£14.99

Deck

50 card deck + 16 page booklet

150mm x 110mm x 35mm

ISBN: 9781783255368

The Little Box of Self-care

By Suzy Reading

Daily self-care is necessary for helping us replenish our energy, restore our connection to our inner selves and heal ourselves when we are hurt. Central to self-care is the idea that taking care of yourself is not selfish – it is essential to your health and wellbeing.

In our fast-moving modern world it's easy to become so stressed and frazzled that we lose sight of what we can do to recuperate and ground ourselves in the here and now. But we all need to take time to sit with our emotions, heal ourselves and recharge our batteries.

In this handy deck, Suzy Reading offers practical and inspiring ways to stress-proof your body and mind, with 50 self-care practices to choose from. Flick through the cards to find a practice that fits your needs in the current moment, or take a card or two with you as you go about your day, to help reconnect with yourself and find a mindful moment wherever you are.

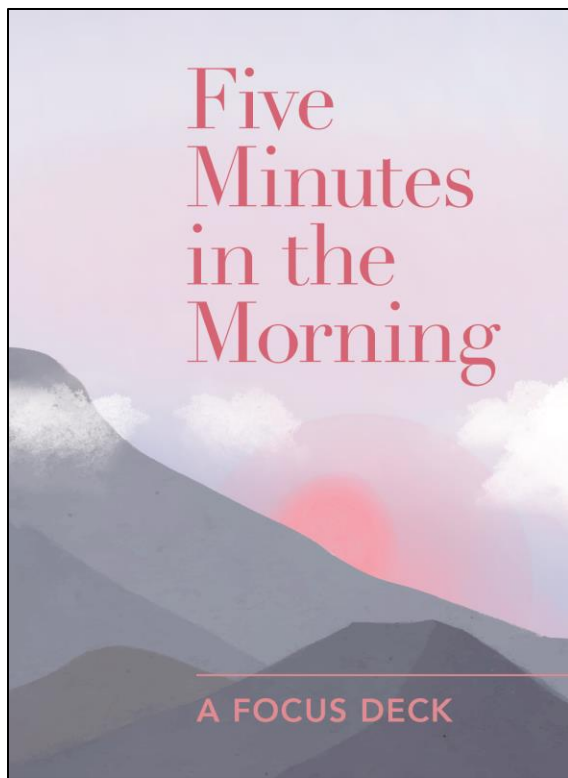
With a short introduction to Suzy's framework of self-care, The Vitality Wheel, the deck will guide you to identify exactly what you need to nourish yourself just when you need it the most. The cards include practices for:

The cards include practices for:

- Rest & relaxation
- Energy boosters
- Mind management
- Emotional firstaid

Suzy Reading is a Chartered Psychologist, a qualified yoga teacher and personal trainer, specialising in wellbeing. Her offerings include coaching, walk & talk sessions, private and group yoga, workshop presentations on self-care and other topics such as sleep, rest and relaxation, and how to make sustainable lifestyle changes. Suzy is the Neom Organics Psychology expert, a founding member of The Nourish App and is on the editorial board for *Motherdom Magazine*. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times* and *And Breathe*.

Suzyreading.co.uk



A beautiful deck of prompts, exercises and advice to help you find five minutes everyday to focus on yourself and improve your wellbeing.

Publication 04/08/2022

£14.99

Deck

50 cards + 16 page booklet

150mm x 110mm x 35mm

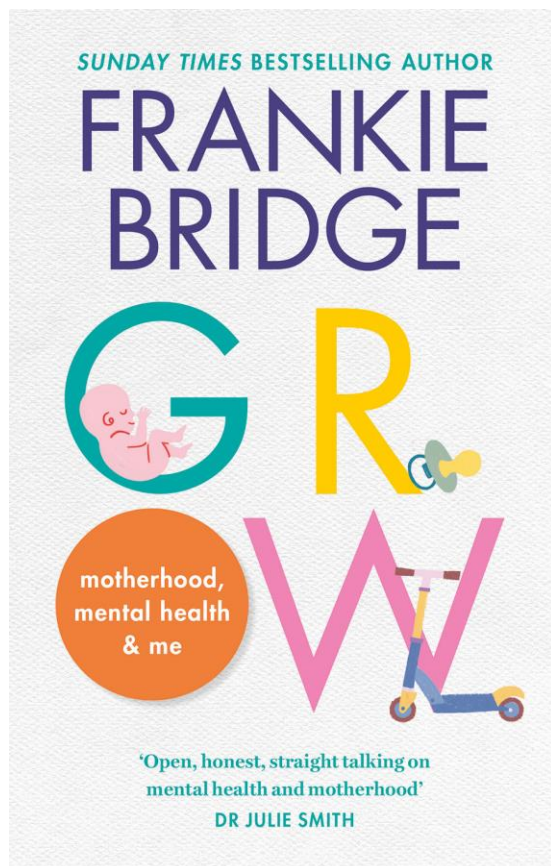
ISBN: 9781783255344

Five Minutes in the Morning: A Focus Deck

Every morning offers an opportunity for a fresh start. It's so easy to start your day by hitting the snooze button or getting sucked into your phone or to-do list, but what if there was a gentle, soothing and easy alternative?

As we sleep, our brains record what we've experienced over the course of the day, making the first few minutes of your morning the best time to fully absorb what you've learned and connect with your needs and aspirations, physically, emotionally and spiritually. Take five minutes in the morning for yourself with this beautiful 50-card deck, featuring prompts to help you decide what's important to you today, advice on how to write effective to-do lists, body meditations, energy flow exercises and more.

Whether you pull a card from the deck at random, shuffle through shuffle through the cards to find one that fits your morning best, or select a card for yourself the night before, the *Five Minutes in the Morning Focus Deck* helps you to set an intention for your day with prompts and short creative exercises to get the most out of your mornings



**From the *Sunday Times* bestselling author
Frankie Bridge whose first book, *OPEN*,
has sold over 25,000 copies.**

Publication 11/08/2022

£8.99

Paperback

256 pages

B Format

ISBN: 9781914240164

GROW

By Frankie Bridge

'I absolutely love it - it doesn't matter who you are, what you've been through and how much you've changed - there is always room for growth'. - **Ant Middleton**

'This book will become your bible.' - **Gaby Roslin, Virgin Radio**

'Open, honest, straight talking on mental health and motherhood.' - **Tik Tok's Dr Julie**

In *GROW*, *Sunday Times* bestselling author Frankie Bridge opens up about her journey with her maternal mental health. Part narrative exploration, part first aid manual for mothers this book will discuss the hidden growing pains which take place when you become a parent.

Its chapters cover the HOW TOs, WHAT IFs?, WILL Is? and WHY DOs? anxious questions all mothers ask themselves when they believe they are doing it wrong whilst also offering a brutally honest account of how hard it can be to grow a baby and raise a child whilst you are still growing into yourself.

The book will combine Frankie's mental health journey into motherhood with the notes of psychologist, Maleha Khan, who will unpack the problems she experienced as she became a mother. It will also include additional guidance and parental advice from the UK's leading paediatrician Dr Ed Abrahamson.

Frankie Bridge is an ambassador for MIND after opening up about her experiences of anxiety, depression and panic attacks, after her hospitalisation in May 2012. Having initially dealt with these issues in silence, Frankie has been keen to support MIND in making sure no one has to face a mental health problem alone. Recently, she's been a key player in helping to launch the MIND partnership with Heads Together, as well as lending her support to Time to Talk Day. Frankie launched her first podcast series OPEN MIND focussing on mental health in 2019 and which debuted in the top ten podcasts upon release. She is also a *Sunday Times* bestselling author with her first book *OPEN: why asking for help can save your life*.



Start your money-saving journey and bank enough to achieve your life goals!

Publication 18/08/2022

£12.99

Hardback

272 pages

Demy

ISBN: 9780600637332

Money Mum Official: Your Saving Journal

By Gemma Bird

'When it comes to making big bucks, you've got to start thinking like the tortoise, not the hare.'

Imagine knowing you have all your money problems sorted: budget, bills, Christmas, holidays, the baby fund - you have enough saved to cover it all!

The problem with saving money is that many of us don't know where to start. And with so much shame and secrecy around the topic of finances, it can be difficult to ask for support. However, Gemma Bird aka Instagram sensation @MoneyMumOfficial is here to help you tackle your money mindset and bank thousands of pounds a year! Because money isn't a secret recipe that only rich people know, it's a mindset and an attitude that anyone can have. All it takes is a little every day!

With space for tracking your spending, exercises to help you budget and of course, tips and encouragement from Money Mum Official, *Your Saving Journal* will have you feeling empowered by your financial decisions in no time! No more money anxiety. Take a breather, fill in this journal, and by the end of it, you will find yourself with enough saved to achieve your life goals!

Inside this journal you'll find:

- A spender quiz to help you discover your money mindset
- A guide to setting your savings goals
- A checklist for getting out of debt
- Bank-boosting tips to build your funds
- A monthly to-do list to help you reach your targets
- Space for taking notes and reflecting on your progress

Gemma Bird AKA Money Mum is a hard-working mother of two from Essex. After years of working multiple jobs at once, from picking mushrooms to working as an estate agent, Gemma never earned more than £25k a year and yet managed to pay off her £225k mortgage. Gemma then launched @MoneyMumofficial on Instagram to help others save cash. She now regularly shares money-saving tips and promotes her 'No Spend Day' and 'Make Money Day' to her whopping 254k loyal followers. As her platform has continued to grow, brands like Amazon, Pampers, Tesco's, and McDonald's have reached out to partner with her.

[Instagram.com/moneymumofficial](https://www.instagram.com/moneymumofficial)

Hamlyn



A heartbreaking grief memoir, *One Thousand Days and One Cup of Tea* uncovers the process of healing from a personal and psychological view, written by a bereaved clinical psychologist.

Publication 13/10/2022

£8.99

Paperback

304 pages

B Format

ISBN: 9780857839428

One Thousand Days and One Cup of Tea

By Vanessa Moore

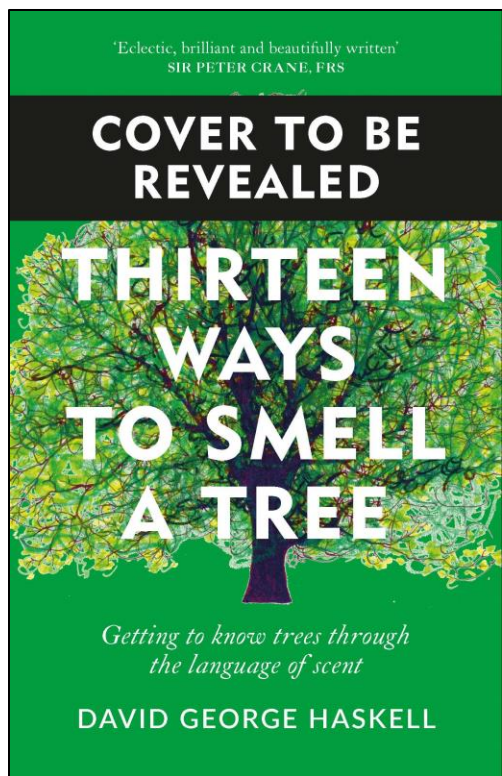
'Dr Moore's 1000-day-plus journey evocatively and beautifully describes the mental devastation that personal loss can leave in its wake and offers us the remarkable combination of expert commentary and an intensely personal captivating narrative.'

- Peter Fonagy OBE, Professor of Contemporary Psychoanalysis and Head of Division of Psychology and Language Sciences, UCL

Vanessa's husband Paul dies suddenly and tragically on their regular Sunday morning swim. How will she cope with her dilapidated house, her teenage children, the patients who depend on her? Will therapy help? Why do mysterious white feathers start appearing in unexpected places?

As a clinical psychologist, Vanessa Moore is used to providing therapy and guidance for her patients. But as she tries to work out how to survive the trauma that has derailed her life, she begins to understand her profession from the other side. Like her, many of her patients were faced with life events they hadn't been expecting - a child born with a disability or life-limiting illness, a sudden bereavement, divorce, failure - and it is their struggles and stories of resilience and bravery that begin to help her process her own personal loss.

Taking us through her journey towards recovery as she navigates the world of dating and tries to seek the right therapy, Vanessa uses her professional skills to explore the many questions posed by unanticipated death and find a way forwards. Beautifully written and honestly relayed, *One Thousand Days and One Cup of Tea* is a heartbreaking grief memoir of the process of healing experienced as both a bereaved wife and clinical psychologist.



**A celebration of our connection
with trees**

Publication 01/09/2022

£7.99

Paperback

192 pages

A Format

ISBN: 9781856754958

Thirteen Ways to Smell a Tree: Getting to know trees through the language of scent

By Dr David George Haskell

'This is a book for literary connoisseurs, fact-lovers and environmentalists. In short, it is a book about trees and people, for everyone.' - BBC Countryfile

Thirteen Ways to Smell a Tree takes you on a journey to connect with trees through the sense most aligned to our emotions and memories. Thirteen essays are included that explore the evocative scents of trees, from the smell of a book just printed as you first open its pages, to the calming scent of Linden blossom, to the ingredients of a particularly good gin & tonic.

In your hand: a highball glass, beaded with cool moisture. In your nose: the aromatic embodiment of globalized trade. The spikey, herbal odour of European juniper berries. A tang of lime juice from a tree descended from wild progenitors in the foothills of the Himalayas. Bitter quinine, from the bark of the South American cinchona tree, spritzed into your nostrils by the pop of sparkling tonic water. Take a sip, feel the aroma and taste three continents converge. Each essay also contains a practice the reader is invited to experience. For example, taking a tree inventory of your own home, appreciating just how many things around us came from trees. And if you've ever hugged a tree when no one was looking, try breathing in the scents of different trees that live near you, the smell of pine after the rain, the refreshing, mind-clearing scent of a eucalyptus leaf crushed in your hand.

British-born biologist, award-winning author and celebrated academic **David George Haskell's** work integrates scientific, literary and contemplative studies of the natural world. Haskell holds degrees from the University of Oxford (BA) and from Cornell University (PhD). He is Professor of Biology and Environmental Studies at the University of the South, where he served as Chair of Biology. His scientific research on animal ecology, evolution and conservation has been sponsored by the National Science Foundation, the Environmental Protection Agency, the Fish and Wildlife Service, the World Wildlife Fund among others. He serves on the boards and advisory committees of local and national land conservation groups. His previous books include *The Songs of Trees: Stories from Nature's Great Connectors* and *The Forest Unseen: A Year's Watch in Nature*.

Dghaskell.com

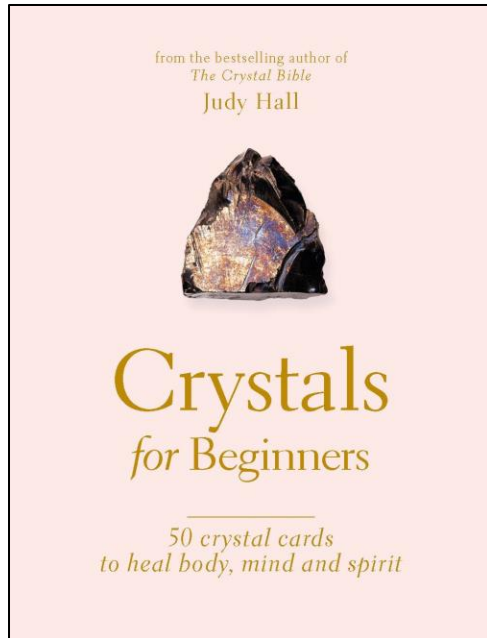
Instagram.com/davidgeorgehaskell

Twitter.com/dghaskell

Gaia

Crystals for Beginners Deck

By Judy Hall



Learn about the 50 most popular healing crystals with this beginner-friendly deck, and explore how to use them to improve your life.

Publication 01/09/2022

£14.99

Deck

50 cards + 16 page booklet

150mm x 100mm x 35mm

ISBN: 9781841815244

Crystals have been used to improve our wellbeing through meditation, manifestation and crystal healing for millennia. The *Crystals for Beginners* deck is your introduction to exploring crystals and familiarising yourself with their various properties in order to create lasting change in all areas of your life.

This beautifully illustrated 50-card deck will introduce you to the most popular crystals, such as Amethyst, Blue Lace Agate and Jade. Each card features an image of a crystal along with the associated key words and properties so that you can start to identify and explore which crystals you are drawn to. Once you have learnt the basics, the cards can be turned over to delve further into the healing properties of the crystal, with a focus on either Body, Mind or Spirit. Along with the deck is a short introductory guide to essential crystal basics, how to meditate with crystals, using affirmations and exploring physical healing.

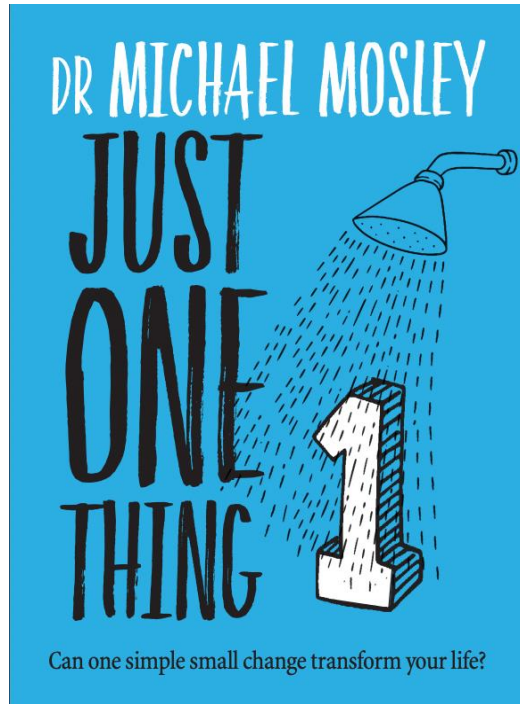
Working with the *Crystals for Beginners* deck can help you to discover which crystals suit your needs and resonate with you most, before you start a crystal collection. Discover how crystals can help you focus, live a more mindful life, banish dis-ease, protect you from negativity and improve your wellbeing.

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

DRAFT JACKET



Based on the popular BBC podcast *Just One Thing*, this book brings to life Dr Mosley's idea of changing one small thing in your routine to greatly benefit your health.

Publication 06/10/2022
£16.99
Cut-down Royal Format
Extent TBC
ISBN: 9781780725512

Just One Thing

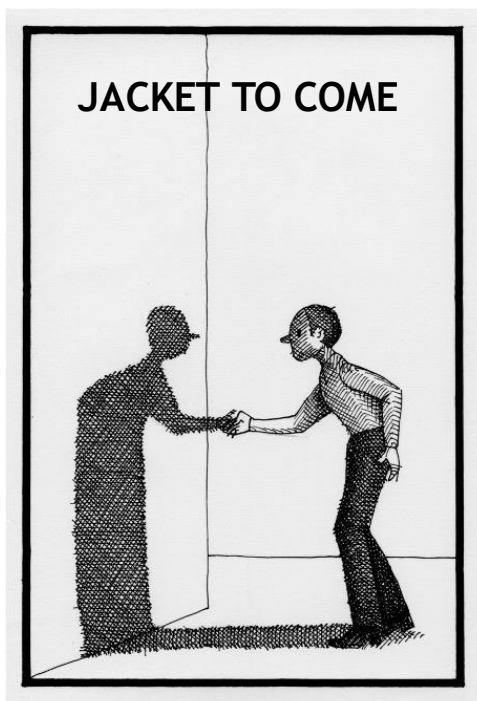
By Dr Michael Mosley

We all want quick and easy ways to improve our health, but when it comes to diet, fitness and wellbeing it can be hard to sift the fads from the facts. Harder still is finding things that fit into our day.

So what if you were told that eating chocolate helps your heart, that sunbathing boosts your immune system, singing can reduce inflammation, and your fanatical obsession of collecting houseplants is actually helping your productivity and brain power?

In *Just One Thing*, Dr Michael Mosley tells you all this and many more scientifically proven facts that will make you say, 'No way!' He chats to experts, road tests all his tips and even enlists the help of some special guests to help you find that one small thing that could really make a difference to how you feel every day.

Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of *The Fast Diet*, *The 8-Week Blood Sugar Diet*, *The Clever Guts Diet*, *The Fast 800* and *The Fast 800 Keto*. He is married with four children.



**Unlock new possibilities with
41 images and seven simple
questions: a self-help guide that
draws on the ancient practices of
I Ching and Tarot**

Publication 7/10/2022

£9.99

Cut-Down B Format Hardback

96 pages

ISBN: 9781780725529

Picture This

By Nina Grunfeld

with Annie Lionnet and illustrations by Michael Thomas

You can't solve problems by using the same kind of thinking
that created them. *Albert Einstein*

Picture This – 41 images that will change your life is a 21st-century concept that draws on the ancient practices of bibliomancy, Tarot and the I Ching.

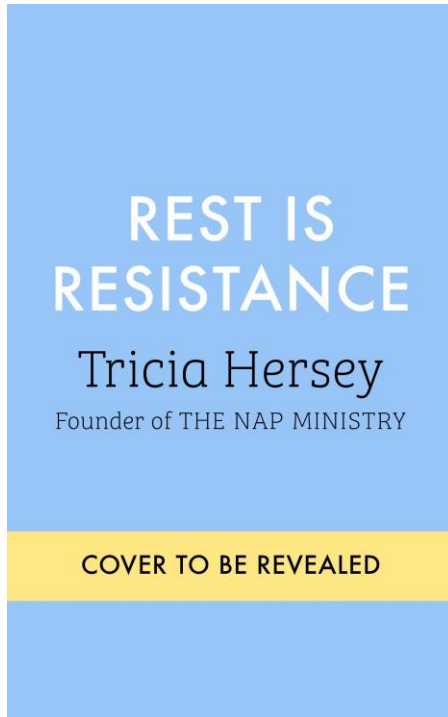
Using seven simple questions and 41 pictures, you work with your imagination to find insights, new perspectives and solutions that will help you develop your awareness and identify what you want – and don't want – from life. It's like learning a new language, but a language that you can become fluent in almost immediately.

Use *Picture This* on your own or have fun with friends and discover an inspirational and engaging way to start changing your life.

Nina Grunfeld founded LifeClubs in 2004, and has had a career as a graphic designer, author and creator of BBC TV series, *Nanny knows best*. Nina has written over 15 books and had columns in *The Daily Telegraph*, *HR* and *Psychologies Magazines*. She has enjoyed reading the I Ching regularly since she was a teenager.

Annie Lionnet is an astrologer and life coach with many years' experience in the field of personal development. Her mission is to help others find the keys to self-empowerment that lie within and live a life of joyful authenticity. Annie has written five best-selling books on astrology, tarot and life coaching.

Illustrator **Michael Thomas** was Nina Grunfeld's inspirational graphic design teacher at Harrow College of Art. Together they wrote *Spot Check*, a stain removal guide, that sold over a million copies and was translated into many different languages. Under another name Michael is an award-winning illustrator and best-selling author of more than a dozen books as well as the creator of several YA fantasy titles.



How slowing down can help us beat grind culture and build a foundation for healing

Publication 20/10/2022

£14.99

Trade Paperback

272 pages

Demy

ISBN: 9781783255153

Rest is Resistance

By Tricia Hersey

By founder and creator of The Nap Ministry, *Rest is Resistance* is a call-to-action for anyone suffering from the toxic urgency of modern-day life. It centres around the systemic issues that cause us to overwork, and ultimately burn out, and offers us liberation through rest. In its simplest form, rest becomes an act of resistance and a reclaiming of power because it disrupts and pushes back against capitalism and white supremacy. Slowing down moves us away from trying to operate at machine levels of productivity, to make us all more human.

In this fierce and tender manifesto, Tricia Hersey, aka The Nap Bishop, elevates rest as a divine right, and paves the way towards a more well-rested life that empowers imagination, invention and healing. Divided into four sections, *Rest is Resistance* will explain Tricia's philosophy and methods, and will include both storytelling and practical advice. It will offer you the guidance and context to craft a rest practice for long-term health, both within yourself and society as a whole.

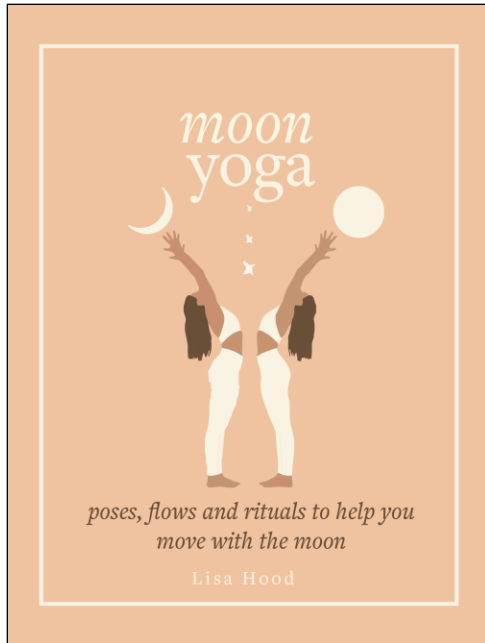
Rest Is Resistance is not self-care: it is the urgent wake-up call you need to nap, rest and, most importantly, dream once more.

Tricia Hersey is an artist, academic, theatre maker, spiritual director, theologian and community organiser from Chicago, living in Atlanta. She is the founder of The Nap Ministry, an organisation that examines rest as a form of resistance by curating safe spaces for the community to rest via Collective Napping Experiences, immersive workshops, performance art installations and social media. The Nap Ministry is the only organisation that has led over one hundred in-person Collective Napping Events.

Tricia Hersey's research interests include Black liberation theology, womanism, somatic and cultural trauma. Tricia's work has been seen with Chicago Public Schools, School of the Art Institute Chicago, Museum of Contemporary Art Cleveland, United States Peace Corps, Google Global, and universities and organisations globally.

Moon Yoga

By Lisa Hood



Learn how to move mindfully with the moon to channel the energy of the lunar cycle into helping you feel more refreshed, rejuvenated, energised and inspired.

Publication 01/12/2022

£12.99

Hardback

128 pages

NQ (174x131)

ISBN: 9781841815237

Whether we realise it or not, everyone and everything, from the rolling of the tides to the balance of emotions in our bodies, is influenced by the moon. *Moon Yoga* is your guide to harnessing the moon's energy to lift and balance your life through mindful movement.

Yoga is both a physical practice and a spiritual one. Expert yoga instructor Lisa Hood provides insightful guidance on how to shape a spiritual practice that channels the moon's energy to stimulate vitality, creativity, productivity and relaxation. Whether you work through a whole flow, focus on one pose, or just work through a breathing exercise, aligning your body and your mind in a moment of spiritual connection with the moon can help you centre yourself, even if just for a few moments in the middle of a busy day.

- Learn about how each phase of the moon brings a different energy into your life.
- Move with the moon with yoga positions and flows that draw on the energy of each of the nine lunar phases.
- Adjust your practice seasonally with practices for each of the full moons of the year, such as the Wolf Moon, Flower Moon and Corn Moon.
- Find rituals to carry you through the cycles of the moon.

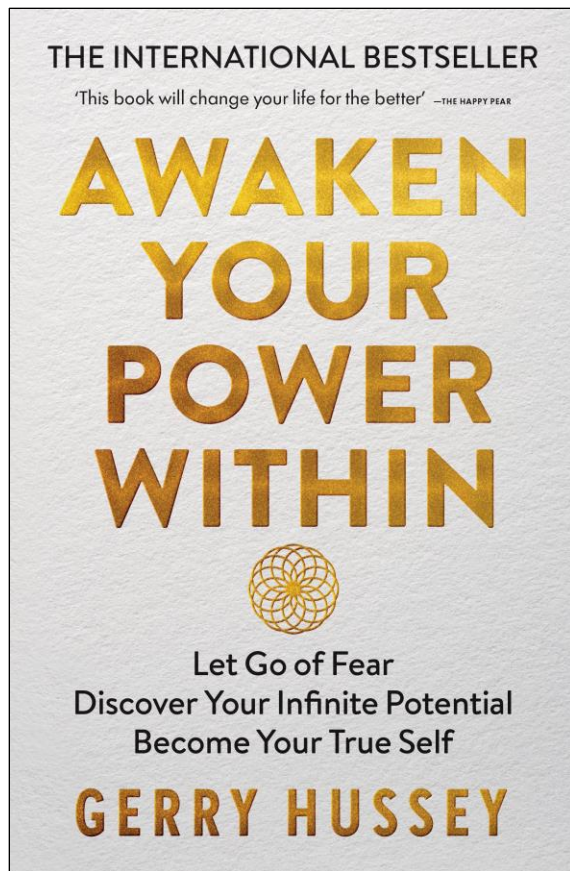
With uplifting mantras and rituals to provide grounding, strengthened intuition and mindfulness beyond your physical practice, *Moon Yoga* gives you all the tools you need to move in sync with the moon.

Lisa Hood has been working with bodies for over 16 years. She trained and performed as a professional dancer and has been teaching yoga for 5 years.

For the last 5 years she has found herself being more and more drawn to other methods of mindfulness. Watching the moon, and understanding its energy and having the freedom to be bold enough to manifest with conviction, has given her the opportunity to make decisive exciting decisions in her life and she brings these gifts from Mama Earth into her teaching.

@lahoodyoga

Godsfield Press



A powerful and transformative guide to self-discovery from the new star of self-help and #1 international bestseller

Publication 01/12/2022

£9.99

Paperback

352 pages

B Format

ISBN: 9781800960732

Awaken Your Power Within

By Gerry Hussey

'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'

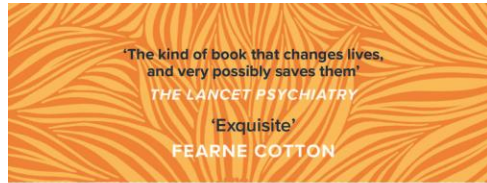
From leading health and performance coach, Gerry Hussey, comes a powerful guide to transforming your mind, body and soul.

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.

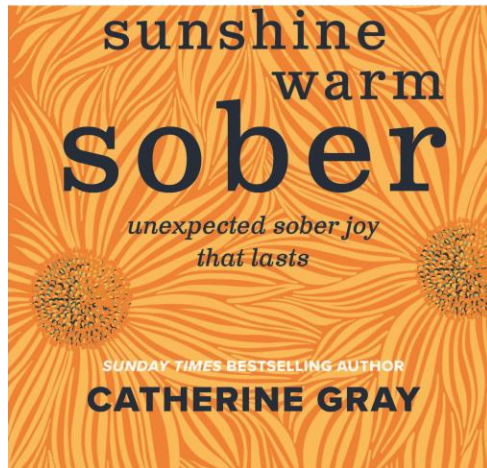
From letting go of the fear of not being enough to opening up a deeper level of consciousness, *Awaken Your Power Within* is a life-changing introduction to the limitless possibilities of which you are capable.

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. 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 on Instagram @gerry_hussey or @soulspace_the_experience



COVER TO BE REVEALED



The sequel to the *Sunday Times* bestseller *The Unexpected Joy of Being Sober*

Publication 22/12/2022

£9.99

Paperback

304 pages

B Format

ISBN: 9781783255405

Sunshine Warm Sober: Unexpected Sober Joy That Lasts

By Catherine Gray

'Exquisite' - Fearne Cotton

'A paean to the longer-term pleasures of staying booze-free' - *The Guardian*

'The kind of book that changes lives, and very possibly saves them' - *The Lancet Psychiatry*

'Stone cold sober.'

Sounds horrible, doesn't it? Hard, icy. Brrrrr. No bloody ta. However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is wonky. Sober doesn't feel stony, or cold.

Retired wreckhead Catherine Gray, author of surprise bestseller *The Unexpected Joy of Being Sober*, is now in her eighth sober year and has learnt a damn sight more.

This hotly anticipated sequel enlists the help of experts and case studies, turning a curious, playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and *yourself* - in sobriety?

Whether you're a dedicated boozehound, flirting with teetotaling, or already sober, this witty, gritty read may just change how you think about alcohol forever.

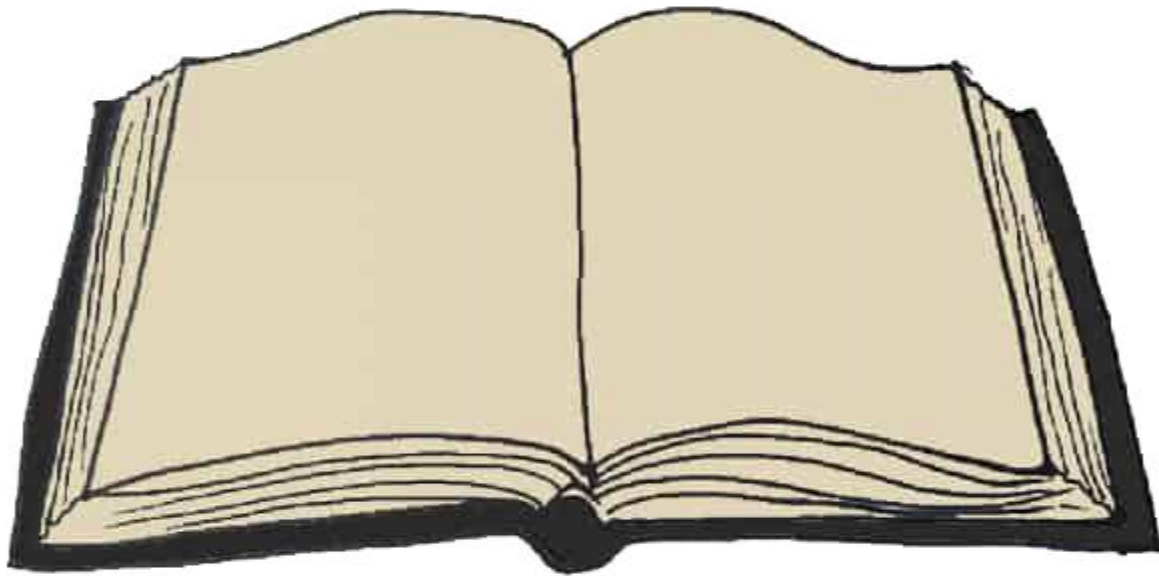
Catherine Gray is a *Sunday Times* Bestselling author of five books, including *The Unexpected Joy of Being Sober*. She's sold over a quarter of a million books in English-speaking territories, her work has been published in the likes of *Stylist*, *Marie Claire*, *The Lancet Psychiatry* and the *Guardian*, and her books have been translated into nine languages. In 2018, Catherine founded charitable campaign Sober Spring, a three-month sabbatical from alcohol, and she now runs it with Alcohol Change UK, for whom she is an ambassador. She's been sober since 2013. Catherine lives in Hove and when not writing she enjoys falling off a paddleboard, giving her plants names like 'Cassandra' and 'Miguel', and spamming Instagram with pictures of dogs.

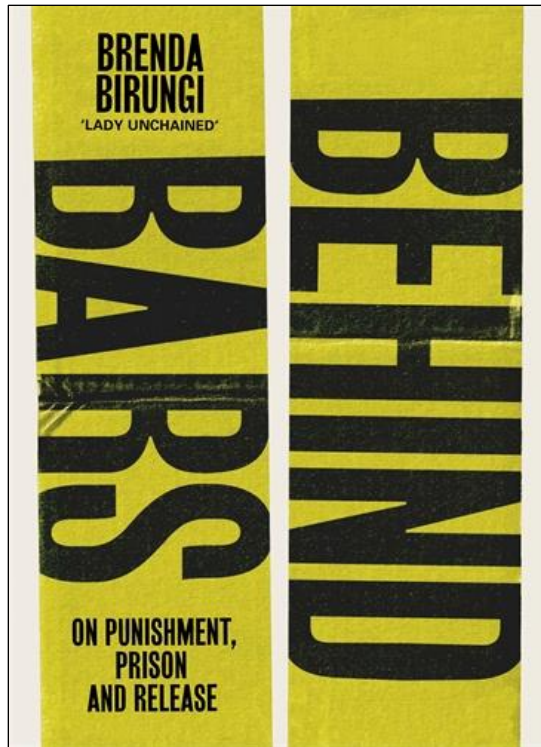
[Instagram.com/unexpectedjoyof](https://www.instagram.com/unexpectedjoyof)

[Twitter.com/cathgraywrites](https://twitter.com/cathgraywrites)

Aster

NARRATIVE





An extraordinary debut collection of poetry which tackles the criminal justice system.

Publication 07/07/2022

£10.99

Paperback

96 pages

Other

ISBN: 9781914240317

Behind Bars

By Brenda Birungi

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

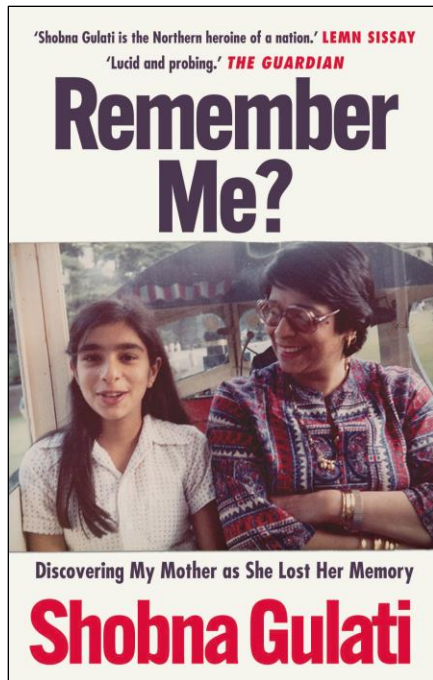
Serving 11 months of her prison sentence, her life changed completely. Inside, Brenda began to write, while battling with isolation, loneliness and the fear of being wrongly deported. These notes became powerful bars of poetry, capturing first-hand the broken justice system and the racism rooted within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

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

Behind Bars proves there is life after prison.

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

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



***Remember Me?* is a heartbreakingly courageous and tender memoir on losing a parent to dementia which captures memory at its most fragile and its most revealing. The book tells the story of a mind unravelling and the hidden stories that lay within it.**

Publication 07/07/2022

£9.99

Paperback

272 pages

B Format

ISBN: 9781914240584

Remember Me?

By Shobna Gulati

Afterword by Alzheimer's Research UK.

'Shobna Gulati is the Northern heroine of a nation' - Lemn Sissay

Remember Me? is a memoir about caring for a parent with dementia and the memories that resurface in the process.

In her first book, Shobna Gulati sets out to reclaim her mother's past after her death, and in turn, discovers a huge amount about herself and their relationship.

Remember Me? captures the powerful emotions that these memories hold to both Shobna and her mother; secrets they had collectively buried and also the concealment of her mother's condition. What ensues is a story of cultural assimilation, identity and familial shame.

Shobna became a household name for her role as Anita in Victoria Wood's Dinnerladies and as Sunita, in Coronation Street. She also appeared as a presenter on Loose Women (ITV), and most starred in Series 1 of the BBC One television show River Walks. On radio, Shobna hosted her own late night show on BBC Radio Manchester, and has appeared in many plays for BBC Radio 4, most recently in the sitcom 'The Break'.

She trained at Manchester University, Trinity Laban Conservatoire of Music and Dance, Goldsmith's College, London, Darpana Academy for Performing Arts, India, and has also completed a post graduate diploma in teaching dance from Middlesex University.

A NORMAL FAMILY



The surprising truth about my crazy childhood
(and how I discovered 35 new siblings)

CHRYSTA BILTON

An entertaining, unconventional family memoir from the daughter of one of the most prolific early sperm donors AKA 'Donor 150'.

Publication 14/07/2022

£14.99

Hardback

320 pages

Demy

ISBN: 9781913183134

A Normal Family

By Chrysta Bilton

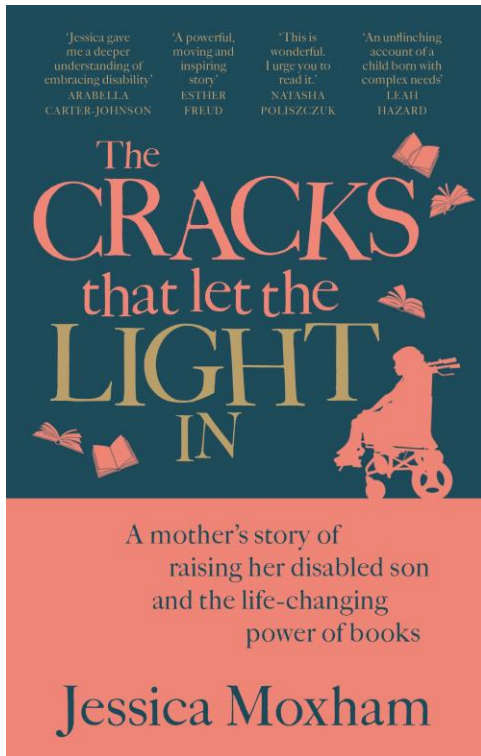
"I thought my family was complicated until I read Chrysta Bilton's wonderful memoir about the unique collection of irresistible characters in her life. Bilton has a big heart, gentle wisdom, keen eye and lovely wit. She's a gifted writer with an astonishing story to tell." -**David Sheff, author of *Beautiful Boy***

For most of her life, Chrysta Bilton was one member of a small, if dysfunctional, family of four. Then, in her twenties, she discovered that her father had secretly donated his sperm over 500 times - and that she potentially had over 150 siblings!

Initially, Chrysta tucked this revelation away and ignored any questions, unable to deal with its impact. But as the years wore on, her curiosity grew and she began to unearth a picture of who her parents really were and the secrets they both held about her identity.

A Normal Family is a funny and captivating coming-of-age memoir about Chrysta's surreal childhood in LA in the '80s and '90s, and her reckoning as an adult with the family she never knew she had. A bold and compelling read, it is, above all, a story about forgiveness, making peace with your family and where you came from.

CHRYSTA BILTON graduated from Barnard College in New York and studied classical drawing and painting at the Florence Academy of Fine Art. She currently lives in Los Angeles with her husband, the writer Nick Bilton, their two children, Emerson and Somerset, their dogs, Pixel and Pine Cone, and their cat, Piano. She runs her own public relations firm. *A Normal Family* is Chrysta's first book.



A life-affirming story of a mother's experience raising her disabled son and what it means to be seen as different.

Publication 14/07/2022

£9.99

Paperback

288 pages

B Format

ISBN: 9781913068417

The Cracks that Let the Light In

By Jessica Moxham

'Powerful, moving and inspiring.' **ESTHER FREUD**

Jessica thought she was prepared for the experience of motherhood. Armed with advice from friends and family, parenting books and antenatal classes, she felt ready.

After giving birth, she found herself facing a different, more uncertain reality. Her son, Ben, was fighting to stay alive.

Jessica shares her journey raising Ben. His disability means he will never be able to move or communicate without assistance. Jessica has to learn how to feed Ben when he can't eat, wrestle with red tape to secure his education and defend his basic rights in the face of discrimination. But the act of reading to Ben enriches both their lives and brings them joy.

As Ben begins to thrive, alongside his two younger siblings, Jessica finds that caring for a child with unique needs teaches her about appreciating difference and doing things your own way.

This uplifting story is about the power of family love, finding inner strength and, above all, hope.

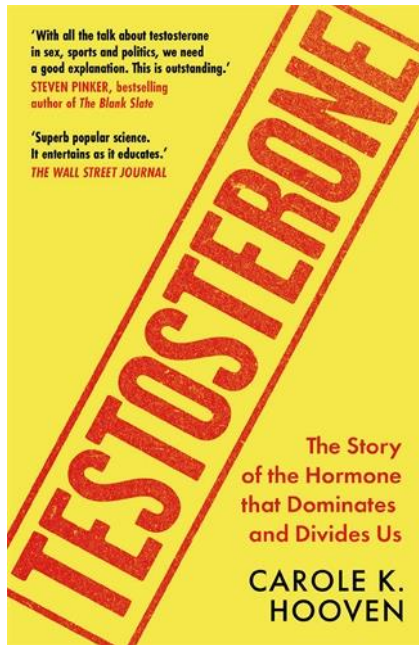
Jessica Moxham is a writer with interest in the areas of parenting and disability. Jessica writes a blog discussing her experiences raising Ben. Her blog is read by parents, health professionals and educators.

Jessica has given lectures to health professionals on her family's experience, from students to doctors at the Royal College of Paediatrics and Child Health. Her work has appeared in *Mail on Sunday's You Magazine*, *Good Housekeeping*, the *Guardian*, the *Scottish Herald* and *Irish Independent*.

Endeavour

Testosterone

By Carole Hooven



A compelling investigation into the potent influence of testosterone, from our physical bodies and the way we behave to its explosive impact on our politics, sport and culture

Publication 21/07/2022

£9.99

Paperback

352 pages

B Format

ISBN: 9781788402934

'With all the talk about testosterone in sex, sports and politics, we need a good explanation of the science and its implications, and this one is outstanding.' **STEVEN PINKER**

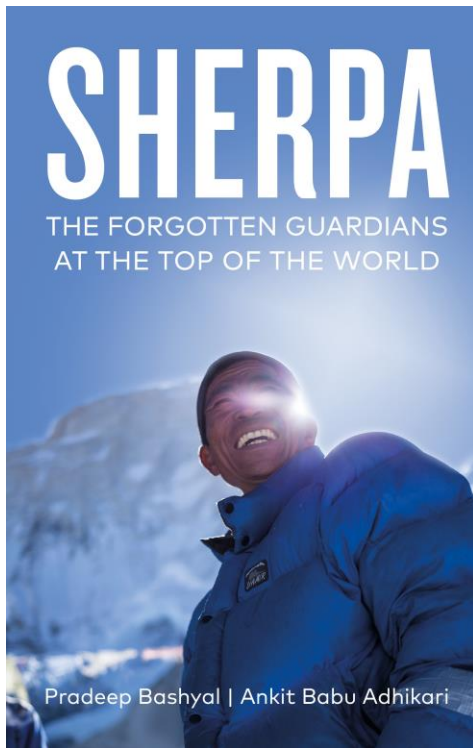
Through riveting personal stories and the latest research, Harvard evolutionary biologist Carole Hooven shows how testosterone drives the behaviour of the sexes apart and how understanding the science behind this hormone is empowering for all.

The science is clear: testosterone is a major, invisible player in our relationships, sex lives, athletic abilities, childhood play, gender transitions, parenting roles, violent crime, and so much more. But there is still a lot of pushback to the idea that it does, in fact, contribute to sex differences and significantly influence behaviour.

Hooven argues that acknowledging testosterone as a potent force in society doesn't reinforce stifling gender norms or patriarchal values. Testosterone and evolution work together to produce a huge variety of human behaviour, and that includes a multitude of ways to be masculine and feminine.

Understanding the science sheds light on how we work and relate to one another, how we express anger and love, and how we fight bias and problematic behaviour to build a fairer society.

Carole Hooven, PhD is Lecturer and Co-director of Undergraduate Studies in the Department of Human Evolutionary Biology at Harvard University. She earned her PhD at Harvard, studying sex differences and testosterone, and has taught there ever since. Hooven has received numerous teaching awards, and her popular Hormones and Behaviour class was named one of the Harvard Crimson's 'top ten tried and true.' Twitter: @hoovlet. Website: carolehooven.com



The untold stories of mountaineering achievements and tragedies - an oral history of the Sherpas.

Publication 27/07/2022

£14.99

Trade Paperback

352 pages

Royal

ISBN: 9781788403337

Sherpa

By Pradeep Bashyal and Ankit Babu Adhikari

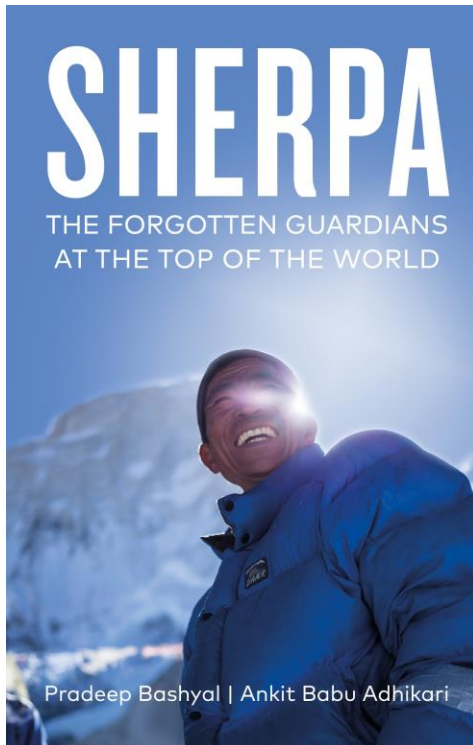
'Tendi Sherpa had been on the summit of Everest twelve times already before 2019. He was guiding a 60-year-old American climber during one of the busiest periods the mountain had ever seen. On the face of it, his task was simple: to make sure that he and his client did not end up dead on the mountain...'

Amid all the foreign adventurers that throng to Nepal to scale the world's highest peaks there exists a small tribe of mountain people at the foothills of Himalayas, in north-eastern Nepal. Sherpa tells their story. It's the story of endeavour and survival at the roof of the world. The story dives into their culture and tells of their existence at the edge of life and death. It traces their story pre- and post-mountaineering revolution, their evolution as climbing crusaders with never previously published stories from the most notable and incredible Sherpas of the last 50 years.

This is the story of the Sherpas.

Ankit Babu Adhikari is a writer, social science researcher and a musician based in Kathmandu. For his musical endeavours, The Diplomat profiled Ankit, labeling him as 'Nepal's singing storyteller'. He has worked with major national dailies The Kathmandu Post and The Himalayan Times in capacity of reporter and editor. He is also a freelance contributor for The Washington Post.

Pradeep Bashyal is a bi-lingual BBC World Service correspondent based in Kathmandu. He has been covering mountains and mountaineering for nearly a decade. Prior to joining the BBC, he wrote for Nepal Magazine and The Washington Post.



The untold stories of mountaineering achievements and tragedies - an oral history of the Sherpas.

Publication 27/07/2022

£20.00

Hardback

304 pages

Royal

ISBN: 9781788403320

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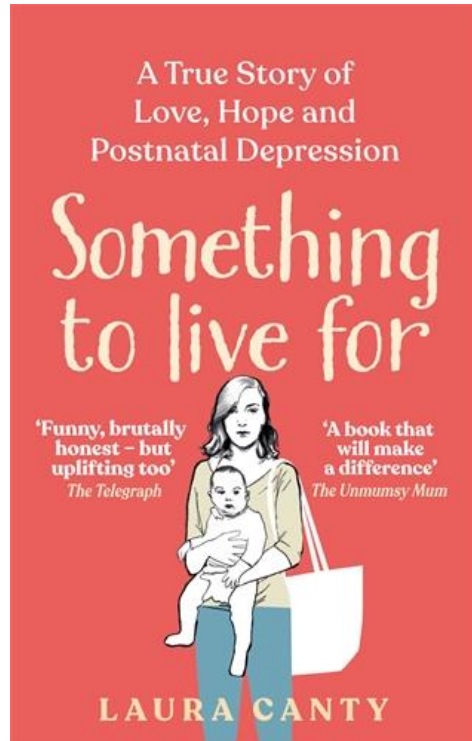
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Something To Live For

By Laura Canty



The real-life, very relatable story of how young mum overcame postnatal depression and rediscovered hope and joy.

Publication 04/08/2022

£9.99

Paperback

304 pages

B Format

ISBN: 9781913183677

"It's staggeringly honest but also really funny - I laughed out loud several times. It felt like hearing from a friend. A book that will make a difference, I am sure of it" - ***The Unmumsy Mum***

"Funny, brutally honest - but uplifting too." - ***The Telegraph***

What readers are saying:

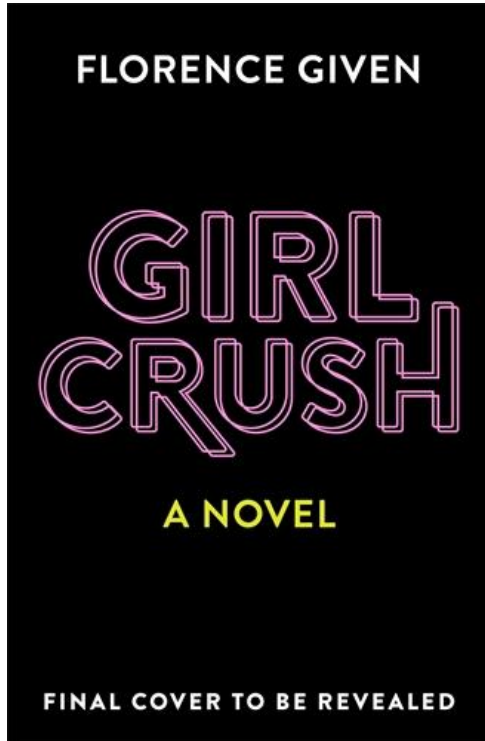
'A genuine joy to read' • 'Made me laugh, made me cry. I couldn't put it down' • 'Could be the message of hope you need'

Laura Canty is a new mum. She has a beautiful baby boy, Arthur, and a wonderful husband. She has new mum friends on the local WhatsApp group, and everyone in her life is supportive and happy for her. But Laura doesn't see it this way.

In the weeks since her baby was born, like 1 in 5 women, Laura has developed Postnatal Depression. In fact, she has decided that the only way out of her current situation is for her to kill herself, or her baby...

A moving and refreshingly honest memoir to finally lift the lid on PND and the mental health problems so many mums face. Full of truth and hope, *Something to Live For* is a special book about the little discussed realities of the illness - and how Laura overcame it.

Laura Canty was diagnosed with acute PND in 2018 and spent 10 weeks in The Barbary National Centre for Mental Health with baby Arthur. She now volunteers as an Expert by Experience for the NHS and is passionate about fighting the taboo around PND.



The debut novel from the international bestselling author of Women Don't Owe You Pretty.

Publication 16/08/2022

£16.99

Hardback

320 pages

Demy

ISBN: 9781914240522

Girlcrush

By Florence Given

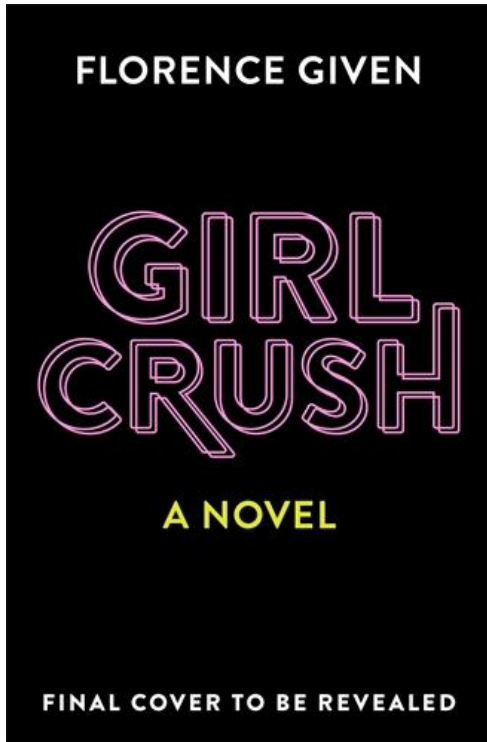
GIRLCRUSH is a dark feminist comedy by bestselling author Florence Given.

In Given's debut novel, we follow Eartha on a wild, weird and seductive modern-day exploration as she commences life as an openly bisexual woman whilst also becoming a viral sensation on Wonder Land, a social media app where people project their dream selves online.

But as her online self and her offline self become more and more distanced, trauma from her past comes back to haunt and destroy her present.

Eartha must make a choice: which version of herself should she kill off?

Florence Given is a 23-year-old international, bestselling, feminist author and illustrator based in London. She grew up in Plymouth and attended London College of Fashion for one year, leaving to pursue art and writing. Boasting over 600k followers on Instagram, her work confronts oppressive attitudes towards women and their bodies and she uses her platform to raise awareness of issues surrounding sexuality, consent, race and gender.



**The debut novel from the bestselling
author of Women Don't Owe You Pretty**

Publication 16/08/2022

£12.99

Trade Paperback

320 pages

Royal

ISBN: 9781914240546

Girlcrush

By Florence Given

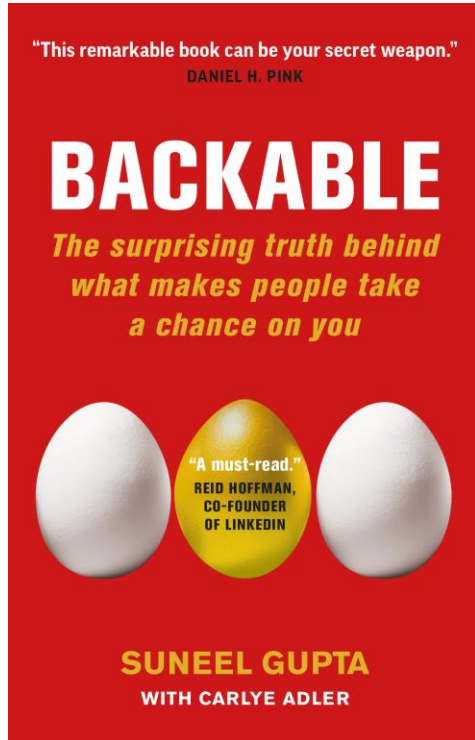
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Publication 25/08/2022

£9.99

Paperback

288 pages

B Format

ISBN: 9781913068363

Backable

By Suneel Gupta with Carlye Adler

'This remarkable book can be your secret weapon for bringing your idea to life.' **DAN PINK**

'A must-read.' **REID HOFFMAN, CO-FOUNDER OF LINKEDIN**

No one makes it alone. But there's a reason why some people can get investors or bosses to believe in them while others cannot. And that reason has little to do with experience, pedigree or a polished business plan. Backable people seem to have a hidden quality that inspires others to take action.

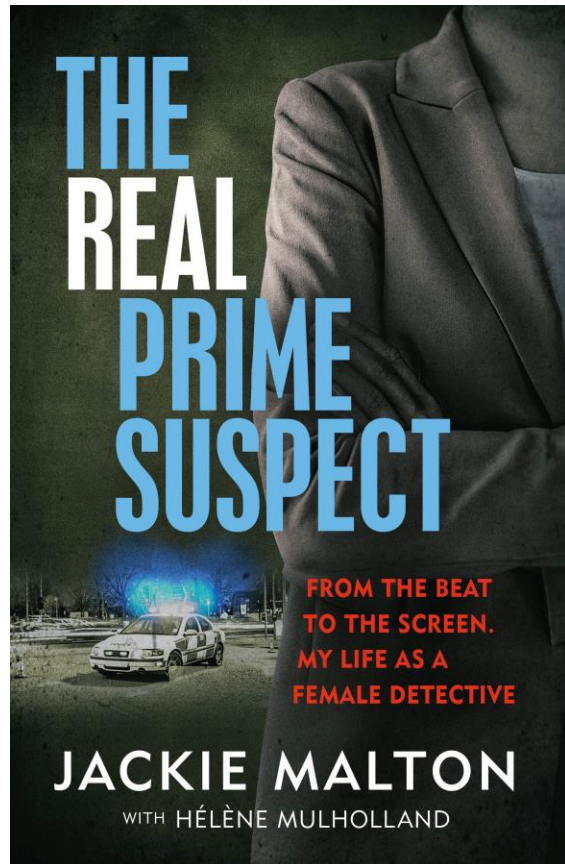
After getting rejected by every investor he pitched to, Suneel Gupta had a burning question: could this 'it' factor be learned?

Inside the book are long-held secrets from producers of Oscar-winning films, venture capitalists, founders of unicorn-status startups, and executives at iconic companies like Lego, Method and Pixar. Suneel used these invaluable lessons to become the New York Stock Exchange's 'New Face of Innovation'.

Backable reveals how to successfully persuade others to take a chance on you.

Suneel Gupta is on the faculty at Harvard University where he teaches students how to be 'backable'. His ideas have been backed by firms like Greylock and Google Ventures, and he has invested in startups including Airbnb, Calm and SpaceX. His work has been featured in *The New York Times*, *The Wall Street Journal*, *Fortune* and *Vanity Fair*. Twitter: @suneel. Website: suneelgupta.com

Carlye Adler is an award-winning journalist and four-time *New York Times* bestselling co-author-collaborator.



Publication 25/08/2022

£16.99

Hardback

416 pages

Royal

ISBN: 9781913068974

The Real Prime Suspect

By Jackie Malton

Jackie Malton was a no-nonsense girl from Leicestershire who joined the police force when women were kept apart from the men. Feisty and determined, Jackie worked in CID and the famous flying squad before rising to become one of only three female detective chief inspectors in the Metropolitan Police.

Malton describes the struggles she faced as a gay woman in the Metropolitan Police, where sexism and homophobia were rife. She dealt with rapists, wife beaters, murderers, blackmailers and armed robbers but it was tackling the corruption in her own station that proved the most challenging. Ostracised and harassed by fellow officers furious that she reported the illegality of some colleagues, Malton turned to drink.

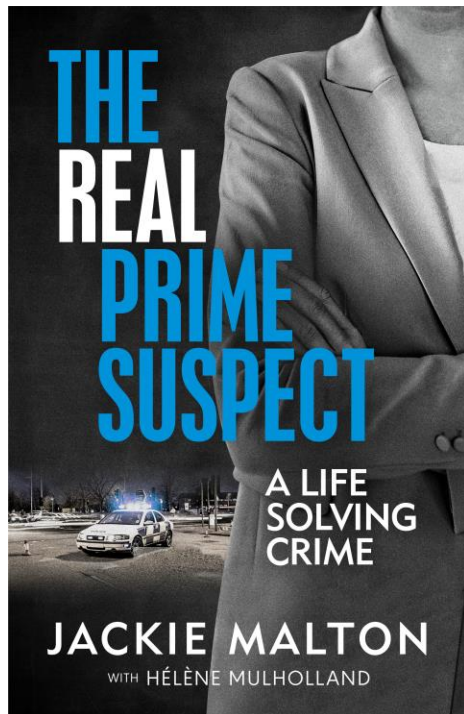
A chance meeting with writer Lynda La Plante five years later changed the course of her life. Together they worked on shaping Jane Tennison, one of TV's most famous police characters, in the ground-breaking series *Prime Suspect*. Not long after, Malton recovered from alcoholism and now works as an AA volunteer in prison and as a TV consultant. Jackie has spent her life working in crime. Now she's ready to share her story.

Jackie Malton was a police officer for 28 years. During her career she worked in the drugs squad, CID, the flying squad, fraud squad and as a hostage negotiator. Jackie acted as an adviser on *Prime Suspect* and has consulted on many popular police dramas including *Cracker*, *The Bill* and *Life on Mars*. She presented the documentary series, *The Real Prime Suspect* and appeared in *Bent Coppers*. Jackie regularly gives talks on policing and works in a male prison to support offenders recovering from addiction. Twitter: @thursley.

Endeavour

The Real Prime Suspect

By Jackie Malton



Publication 25/08/2022

£12.99

Trade Paperback

416 pages

Royal

ISBN: 9781804190142

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Endeavour



Publication 01/09/2022
£20.00
Hardback
304 pages
Royal
ISBN: 9781788403696

The Accidental Detectorist

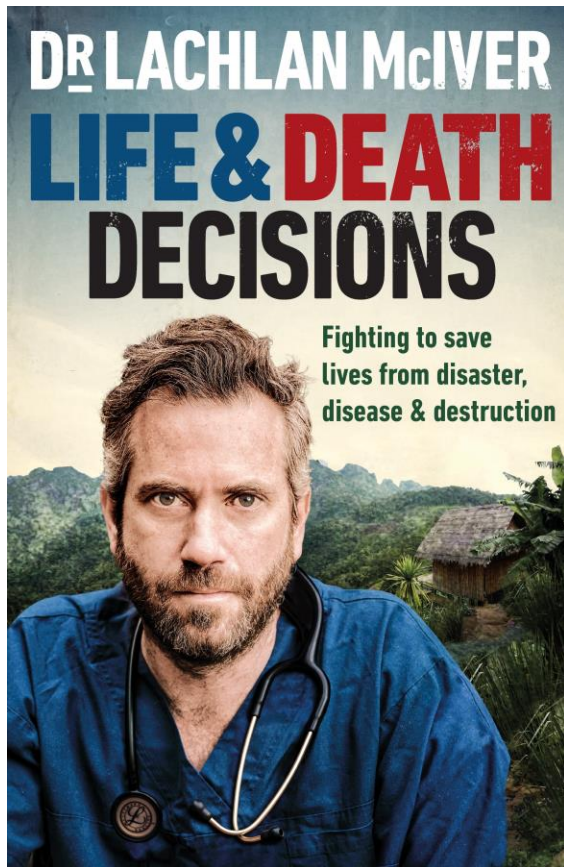
By

Nigel Richardson

When a travel writer is stuck on home soil in the middle of a pandemic he meets Kris Rodgers, one of Britain's eminent metal detectorists. Dipping a toe in the hobby, Nigel quickly finds himself swept up in the world beneath the surface. Above the ground are a cast of fascinating and passionate people who open Nigel's eyes to a subterranean world of treasure and stories that bring the history of the island to life.

Scouring the country from Cornwall to Scotland in search of treasure and the best detectorists, Nigel finds himself more immersed in the culture than he bargained for and makes his own personal journey from cynicism to obsession in his trail through the heartlands of metal detecting. From women's groups who react against the hobby's male bias, to the 'Nighthawks' who risk jail-time in their pursuits, he finds his preconceptions disabused and gets to the heart of what makes this quiet community so obsessed with happy beeps.

Nigel Richardson is a British journalist and author of five books who has worked at the top level for more than twenty-five years (thirteen of them on the staff of the *Daily Telegraph* in London). He writes about history, archaeology, landscapes, culture and wildlife conservation and has won numerous awards and commendations (UK Travel Journalist of the Year, Sunday Times Children's Book of the Week, BBC Radio 4 Pick of the Week etc). Previous books include the travelogues *Breakfast in Brighton: Adventures on the Edge of Britain* and (with the actor Richard Wilson) *Britain's Best Drives: Journeys Back to the Golden Age of Motoring*.



Publication 01/09/2022

£18.99

Hardback

320 pages

Royal

ISBN: 9781913068790

Life and Death Decisions

By Dr Lachlan McIver

Lachlan was sixteen when he found his father dead on the side of a dirt road in North Queensland, Australia. His father had suffered a heart attack and died alone, without warning, in the middle of nowhere. This tragedy motivated Lachlan to train as a doctor and specialise in providing medical care for people living in remote, resource-deprived locations.

Lachlan's work has since taken him to over thirty countries, from the sinking islands of the Pacific to civil war zones in Africa. His experiences caring for patients and tackling health problems in some of the most extreme environments on Earth have highlighted some horrendous dilemmas. Why do many Indigenous communities have lower life expectancies than non-Indigenous people? How can we stop the alarming increase in infectious diseases that are resistant to antibiotics? Why aren't we taking urgent action on climate change, when it is already killing hundreds of thousands of people every year? *Life and Death Decisions* details Lachlan's experiences as a doctor working in the most challenging conditions, treating patients and battling global health crises, while struggling with the personal toll such work can take.

Dr Lachlan McIver is a rural medicine and public health specialist with a PhD in the health impacts of climate change. He currently works as the Tropical Diseases and Planetary Health Advisor at the headquarters of Médecins Sans Frontières in Geneva. Lachlan is an Associate Professor at James Cook University and is the founder and past Chair of Rocketship Pacific Ltd – an international health non-profit organisation dedicated to improving health in Pacific island countries. He regularly speaks at international conferences on health.

Life and Death Decisions

By Dr Lachlan McIver



Publication 01/09/2022

£14.99

Trade Paperback

320 pages

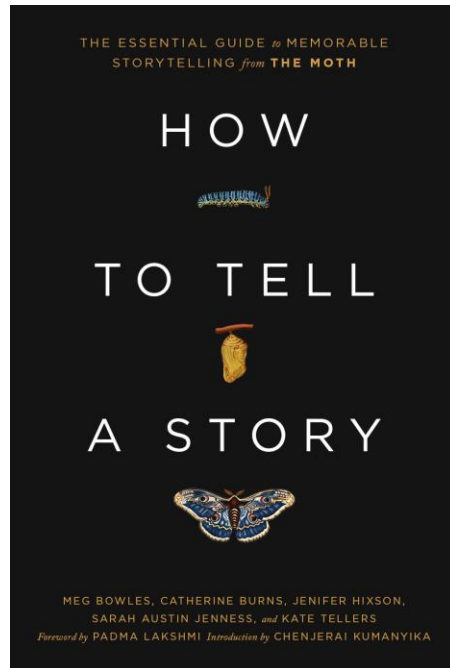
Royal

ISBN: 9781913068851

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The essential guide to memorable storytelling from The Moth Radio and Podcast hosts

Publication 8/09/2022

£14.99

Demy Hardback

96 pages

ISBN: 978178072

How to Tell a Story By The Moth

(Meg Bowles, Catherine Burns, Jenifer Hixson,
Sarah Austin Jenness and Kate Tellers)

Storytelling is vital to being alive. So you're not getting out of this! You will be telling stories. In fact, you have been telling stories. Every day. Since you started talking. This book will help you tell *better* stories.

Most of us have a few fun anecdotes that we tell again and again, the greatest hits that we pull out at parties and work functions and across kitchen tables. In *How to Tell a Story*, The Moth – a non-profit group of storytelling coaches and radio hosts that helps people from around the world to hone their stories and perform them at packed-out live events – will teach you how to uncover and craft your own unique tales.

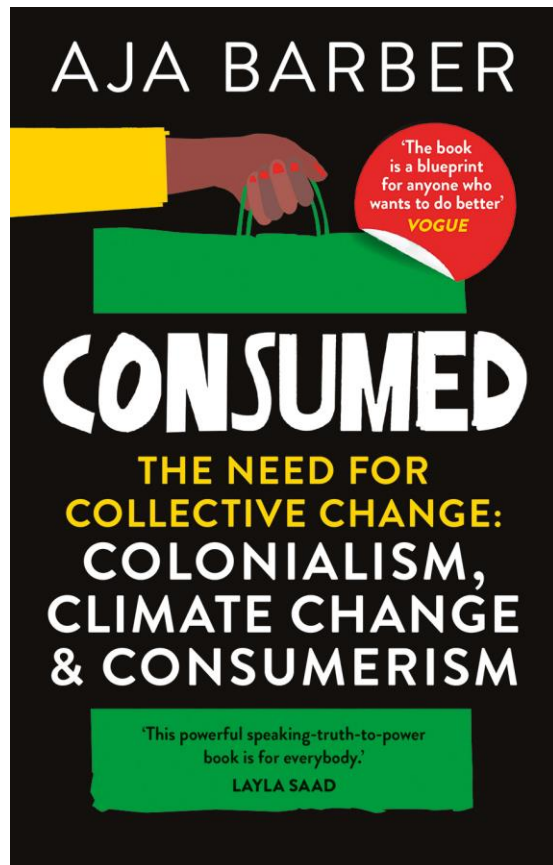
Whether your goal is to deliver the perfect wedding toast, wow clients at a business dinner, give a moving eulogy, ace a job interview, change the world, or simply connect more deeply to those around you, stories are essential. Sharing secrets of their time-honed process and using examples from beloved storytellers, The Moth will show you how to:

- mine your memories for your best stories
- explore structures that will boost the impact of your story
- deliver your stories with confidence
- tailor your stories for any occasion

Filled with empowering, easy-to-follow tips, this book is the definitive guide to learning how to tell an unforgettable story in any setting.

The Moth is an acclaimed non-profit organisation dedicated to the art and craft of storytelling. Since its launch in 1997, The Moth has presented more than 50,000 stories and a Peabody Award for *The Moth Radio Hour*, which airs on over 550 US stations. *The Moth Podcast* is downloaded 90 million times annually. **Meg Bowles, Catherine Burns, Jenifer Hixson, Sarah Austin Jenness, and Kate Tellers**, along with The Moth's artistic and workshop teams, have directed tens of thousands of stories told on stages worldwide.

Short Books



**Every item you buy remains on this planet
in some form.**

Publication 01/09/2022

£8.99

Paperback

304 pages

B Format

ISBN: 9781914240096

Consumed

By Aja Barber

'The book is a blueprint for anyone who wants to do better' - **VOGUE**

'SUCH integrity. Aja is no bullsh*t.' - **Florence Given**

Aja Barber wants change.

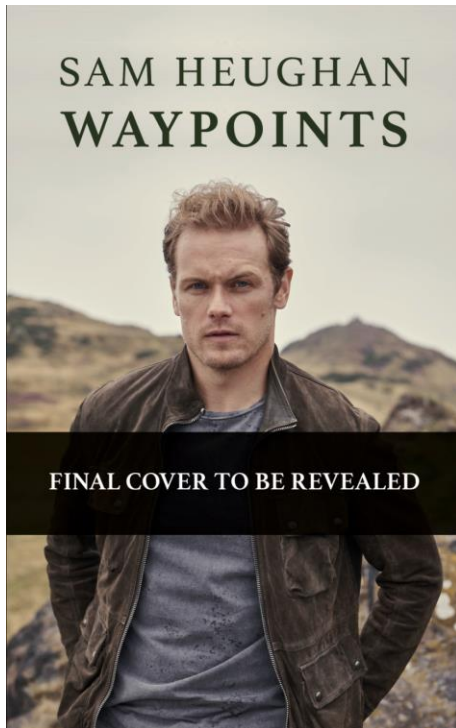
In the 'learning' first half of the book, she will expose you to the endemic injustices in our consumer industries and the uncomfortable history of the textile industry; one which brokered slavery, racism and today's wealth inequality. And how these oppressive systems have bled into the fashion industry and its lack of diversity and equality. She will also reveal how we spend our money and whose pockets it goes into and whose it doesn't (clue: the people who do the *actual* work) and will tell her story of how she came to learn the truth.

In the second 'unlearning' half of the book, she will help you to understand the uncomfortable truth behind why you consume the way you do. She asks you to confront the sense of lack you have, the feeling that you are never quite enough and the reasons why you fill the aching void with consumption rather than compassion. And she makes you challenge this power disparity, and take back ownership of it. The less you buy into the consumer culture the more power you have.

CONSUMED will teach you how to be a citizen not a consumer.

Aja Barber is a hugely influential voice and one that you will be hearing a lot more from. She is passionate about racial justice and exposing endemic injustices in our consumer and fashion industries. She has pledged to never take a dollar from fast fashion.

She is no stranger to campaigning for change. Her Instagram video 'Why Performative Allyship is Triggering', which called out brands and influencers for monetising the Black Lives Matter movement, has accumulated over one million views. The video also put a spotlight on the disparity between fast fashion brand billionaires and their unpaid factory workers during the Covid-19 economic downturn.



Stories from my life, explored along the West Highland Way

Publication 11/10/2022

£20.00

Hardback

320 pages

Royal

ISBN: 9781804190067

Waypoints

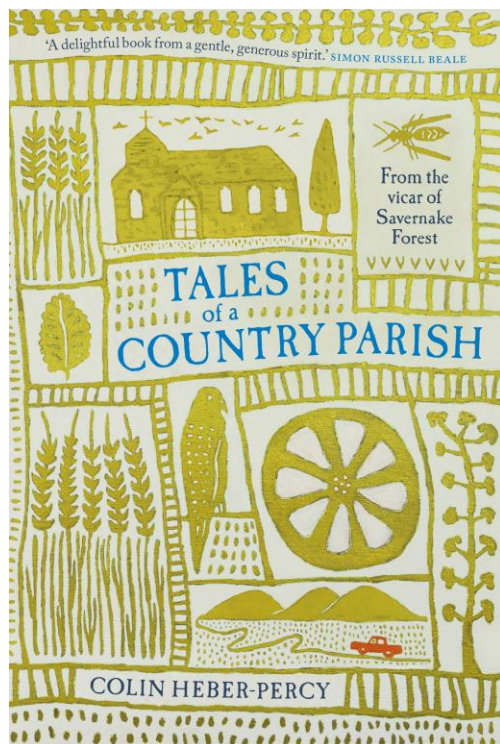
By Sam Heughan

In this journey of self-discovery, Sam Heughan sets out along the West Highland Way to explore his heritage and reflect on the personal waypoints that define him. The result is a love letter to the wild Scottish landscape that means so much to Sam, and a charming, funny, wise, and searching insight to the world through his eyes.

Travelogue forms the spine of the narrative, which tells the story of Sam's life while exploring his outlook, values and interests. Sam is a figure of fascinating contrasts. A Hollywood star with deep roots in rural Scotland, he's both outgoing and content in his own company. He has strong connections with his fans while recognising the fragility and value of anonymity, and in My Peak Challenge has effectively created a social network that brings people together as they chase individual goals. In his new book, while charting a path through a stunning wilderness, Sam maps out the moments that shaped his outlook on dreams and ambition, family, friendships, love and life.

Roots is a deeply personal journey that reveals as much to Sam about himself as it does to his readers.

Sam Heughan is an award-winning actor and philanthropist, best known for his starring role as Jamie Fraser in the hit TV show *Outlander*. From his early days at the Royal Court Theatre, Sam has enjoyed a career in theatre, television and film spanning almost two decades. With his growing success and fame, Sam has also lent his voice and platform to raise funds and awareness for many notable charities, including Marie Curie UK and Blood Cancer UK. In recent years he has raised over \$5 million for blood cancer research, hospice care and testicular cancer awareness education. Due to his outstanding contribution to charitable endeavours and artistic success he was bestowed by the University of Glasgow and the University of Stirling with an honorary doctorate in 2019.



**An uplifting, intelligent and often amusing
meditation on life in a country parish
during a curious year**

Publication 13/10/2022

£9.99

B Format Paperback

256 pages

ISBN: 9781780725611

Tales of a Country Parish: from the vicar of Savernake Forest

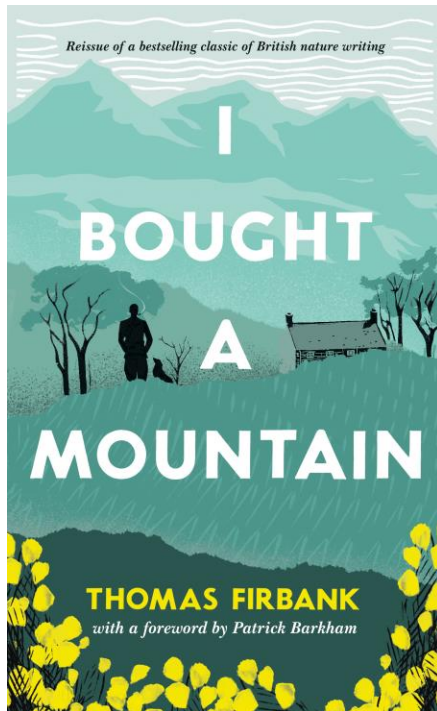
By Colin Heber-Percy

During the unprecedented circumstances of Spring 2020, Colin Heber Percy began writing a daily newsletter of reflections and uplifting stories to stay in touch with his parishioners. Word spread, and soon his bulletins were being eagerly consumed by readers around the country and beyond.

In this thought-provoking and invigorating book, Heber-Percy draws upon a kaleidoscopic knowledge of nature, philosophy, poetry and music, as well as religious writings, and interlaces them with amusing and touching vignettes from his Wiltshire parish.

As he follows the changing seasons, Heber-Percy moves from the seemingly small and mundane to ponder big life questions – can you find heaven in a Londis shop, why is the Bible not like the Highway Code, what on earth are we all doing here – while gently offering up wisdom and sustenance for all, regardless of faith and creed.

Rev Dr Colin Heber-Percy is the parish priest for Savernake Forest, Wiltshire, as well as a screenwriter and author. His screenwriting work has won many awards and been shown all over the world. He has a PhD in medieval metaphysics and has lectured on spirituality, faith, film, and fiction. He lives in Wiltshire with his wife and three children.



**A new edition of the bestselling
classic about life on a Snowdonian
hill-farm**

Publication 13/10/2022

£9.99

B Format Paperback

288 pages

ISBN: 9781780725604

I Bought a Mountain

By Thomas Firbank

*‘Vitaly convincing and exhilarating.’ **Observer***

*‘One of the most compelling and successful 20th century versions of the urge to escape to the country... deeply inspiring... highly pertinent.’ **Patrick Barkham***

Written on the eve of the Second World War, this memoir tells the remarkable story of 21-year-old Thomas Firbank’s impulsive purchase of a 2,400-acre hill farm in the rugged, inhospitable mountains of Snowdonia, and how he and his wife struggled to build it back into prosperity.

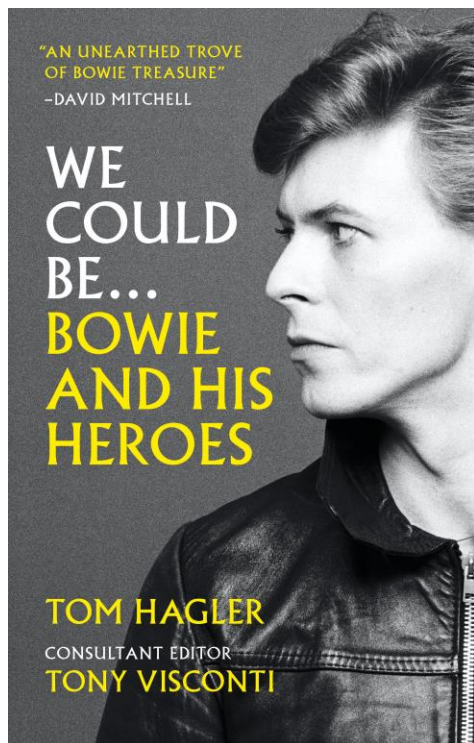
A thrilling human tale of tragedy and triumph, as well as a portrait of a lost era when farming was a communal endeavour, *I Bought a Mountain* offers precious insights into conservation and sustainability relevant for today.

The book became an international bestseller, selling over half-a-million copies worldwide and pioneered the genre of ‘good life’ rural escape literature. This new, illustrated edition is introduced with a foreword by the celebrated nature writer, Patrick Barkham, as well as an afterword by contemporary Welsh hill farmer, Dafydd Morris-Jones.

Thomas Firbank (1910–2000) was a Canadian/Welsh author, farmer, soldier and engineer. He enlisted during the Second World War and was awarded a Military Cross. After his marriage to Esme Cummins ended, he gave her the Dyffryn farm. He only returned to Snowdonia in 1993 after a spell living in the Far East, and died in Llarnwst, North Wales.



REFERENCE & POPULAR CULTURE



The story of Bowie's life told through 300 encounters with fellow icons, from Dylan to Dalí, Lennon to Lydon, Princess Margaret to Prince.

Publication 07/07/2022

£9.99

Paperback

400 pages

B Format

ISBN: 9781788402736

We Could Be

By Tom Hagler with consultant editor Tony Visconti

'I loved it... Bowie stories I'd never heard of' – David Mitchell

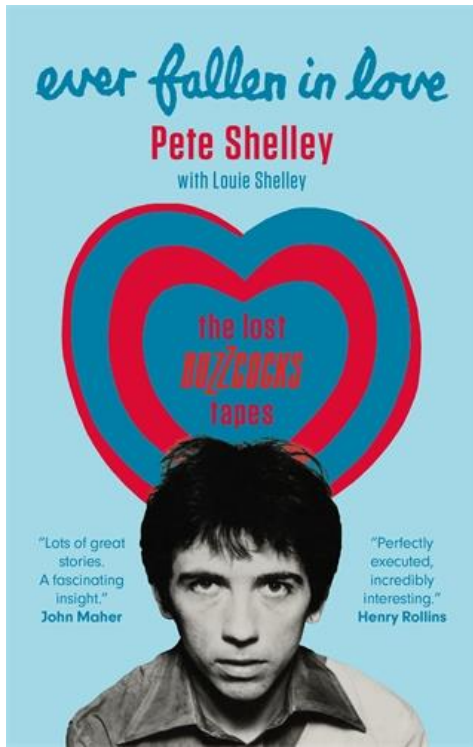
David Bowie's story has never been told quite like this.

Tracing the star's encounters with fellow icons throughout his life, *We Could Be* offers a new history of Bowie, collecting 300 short stories that together paint a portrait of humour, humility, compassion, tragedy and more besides.

He teaches Michael Jackson the moonwalk. He embarrasses himself in front of Lennon and Warhol. He saves the life of Nina Simone. He also taught John McEnroe to play 'Rebel Rebel', had run-ins with Lou Reed, Axel Rose and Liam Gallagher, and had his feet measured by Freddie Mercury at their first meeting. Individually astonishing, together these stories - including details never before revealed - build a new picture of Bowie, one which shows his vulnerability, his sense of humour, his inner diva.

Exhaustively researched from thousands of sources by BBC reporter and Bowie obsessive Tom Hagler - with the guidance and memories of Bowie's long-time producer Tony Visconti - *We Could Be* is fascinating, comic, compelling, and a history of Bowie unlike any that has come before.

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



Newly discovered recordings of the music legend behind the Buzzcocks, in his own words.

Publication 04/08/2022

£9.99

Paperback

352 pages

B Format

ISBN: 9781788403641

Ever Fallen in Love

By Pete Shelley with Louie Shelley

A ROUGH TRADE BOOK OF THE YEAR

'Lots of great stories... A fascinating insight.' - JOHN MAHER, Buzzcocks

'Perfectly executed, highly detailed, incredibly interesting.' - HENRY ROLLINS, Black Flag

When Pete Shelley, lead singer of legendary punk band Buzzcocks, passed away in 2018 we lost the chance to hear one of music's brightest stars tell his story. Or so it seemed.

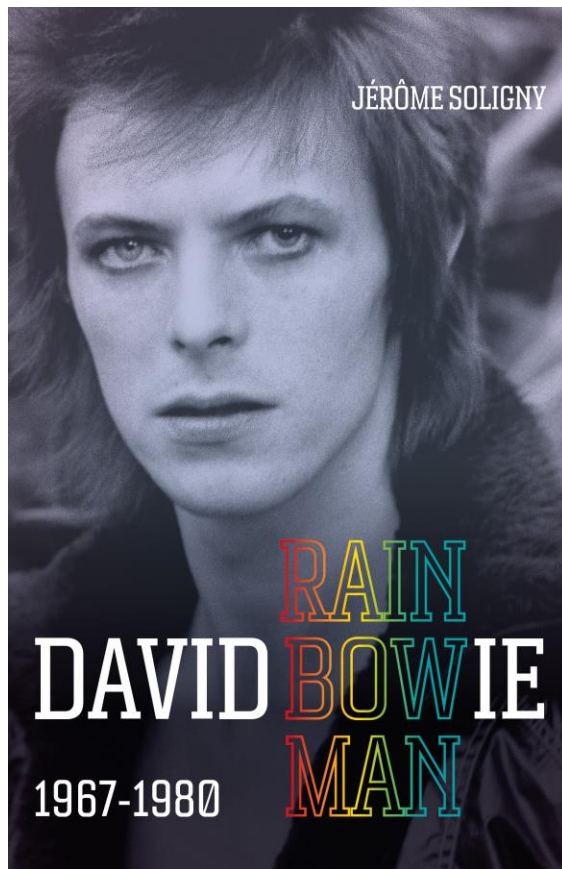
Now, recordings have surfaced of a series of remarkable interviews in which Pete tells the story of his life, his band and his place at the beating heart of the punk explosion in fascinating detail.

Recorded over a series of late-night calls with a close friend, the tapes hear Pete talk song-by-song through Buzzcocks releases to reveal the personal memories behind the music and the inspiration for masterpieces such as 'Ever Fallen in Love (With Someone You Shouldn't've)' and 'What Do I Get?'.

Published for the first time and with the blessing of Pete's estate, *Ever Fallen In Love: The Lost Buzzcocks Tapes* is a tribute to a founding member of punk and a chance to hear one of music's true visionaries tell his own story at last.

Pete Shelley was the lead singer, guitarist and songwriter of iconic punk band Buzzcocks. He wrote some of punk's most enduring songs, including 'Ever Fallen in Love (With Someone You Shouldn't've)', 'Orgasm Addict' and 'What Do I Get?', as well as solo hits such as 'Homosapien', which was subsequently banned from being played on the BBC. Regarded as one of the finest songwriters of his generation, Pete died in 2018.

Louie Shelley was a close friend of Pete Shelley's, and no relation. She first met Buzzcocks while working as a journalist on the Manchester music scene in the late 1990s, going on to work with them in various capacities in the ensuing years. She remains involved in Buzzcocks projects, as well as the Pete Shelley Memorial Campaign.



**The most authoritative work on the
creation of Bowie's music ever published**

Publication 08/09/2022

£30.00

Hardback

704 pages

Royal

ISBN: 9781800960633

David Bowie Rainbowman:

1967-1980

By Jérôme Soligny

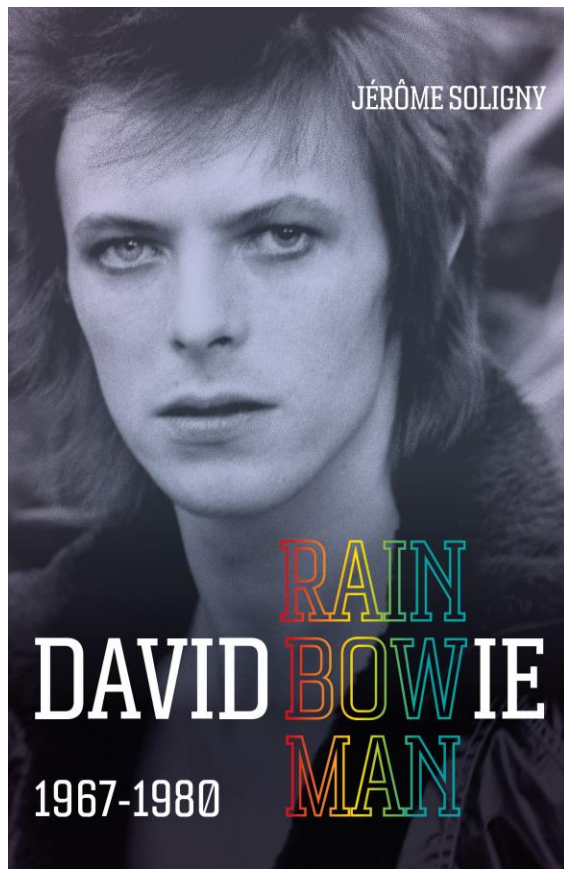
'This is a book unlike any other, the definitive analysis of David's music, told in a quiet natural way, but with absolute authenticity, by the people around him' - Hermione Farthingale

In *David Bowie Rainbowman*, Jérôme Soligny tells the story of David Bowie the musician with the help of those intimately involved with the creation of his music.

This uniquely exhaustive work on Bowie's 1967-1980 albums draws on over 150 interviews with the musicians, producers and friends who knew Bowie best, including Robert Fripp, Hermione Farthingale, Lou Reed, George Underwood, Mick Ronson, Carlos Alomar, Trevor Bolder, Mike Garson, Woody Woodmansey and many, many others. With an essay by Soligny on each album followed by oral histories from the most trusted and influential figures in Bowie's musical life, *David Bowie Rainbowman* is the definitive guide to a singular and mercurial genius - the Rainbowman himself.

With forewords by Tony Visconti and Mike Garson, cover photo by Mick Rock and iconic cover design by Barnbrook.

Jérôme Soligny is a musician, writer and journalist based in Le Havre, France. Over the course of 25 years, Jérôme spoke with Bowie many times, and interviewed him on numerous occasions for *Rock&Folk* magazine. He was made Chevalier des Arts et des Lettres in 2019 and is described by Bryan Ferry as 'one of the great French authorities on contemporary music'.



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Publication 08/09/2022

£20.00

Trade Paperback

704 pages

Royal

ISBN: 9781800960664

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1967-1980

By Jérôme Soligny

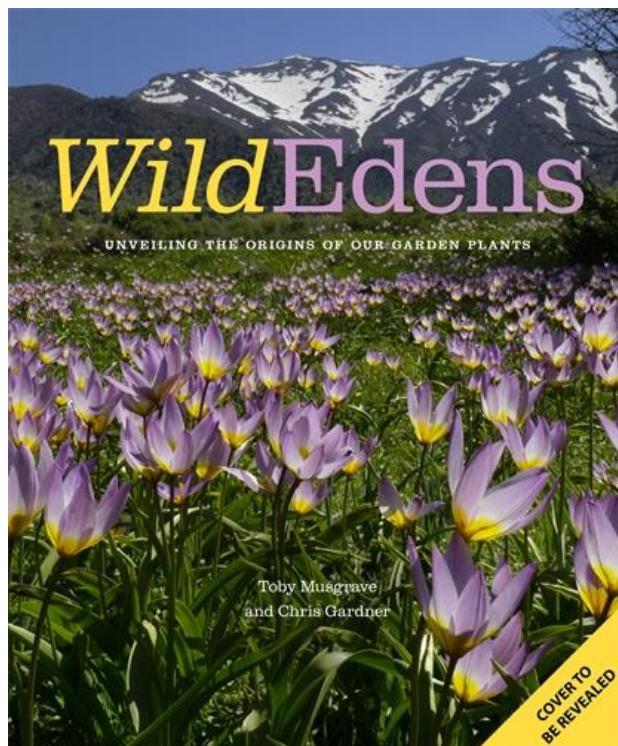
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**A fantastic gift book about global
plant exploration and our gardens**

Publication 15/09/2022

£40.00

Hardback

256 pages

CA (290x240)

ISBN: 9781914239250

Wild Edens

By Toby Musgrave & Chris Gardner

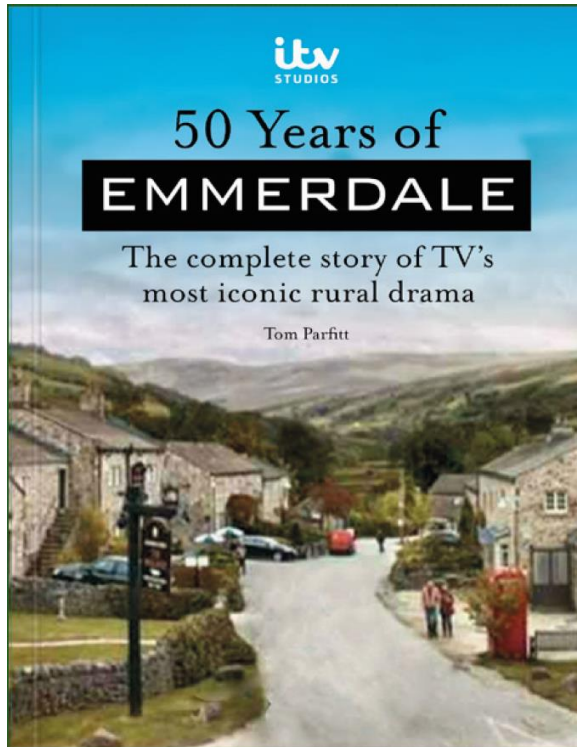
There are books that recognize famous garden designers and offer inspiration to would-be garden-makers. And there are thousands of manuals that will tell you how to garden. But only one tells the story of any garden's most important 'raw material' – its ornamental plants. *Wild Edens* is that book: global in scope and arranged geographically, it unveils ten biodiversity hotspots that are home to many of our garden treasures, such as *Ixia dubia* in the Western Cape and the Mediterranean's *Crocus biflorus*.

Each chapter includes a map, personal reflections from the author about exploring these often-remote locations, scene-setting descriptions on topography, geography, climate and flora, key botanical locations within the hotspot, a plant compendium and summary of how the plants impacted garden fashions/styles.

Tapping into the revival in interest of nature, gardening and the natural world, this is a premium armchair traveller's guide to interesting plants, flora and fauna from around the world, often from locations that are hard to visit, even without a global pandemic.

50 Years of Emmerdale

By Tom Parfitt



Publication 29/09/2022

£20.00

Hardback

272 pages

SSN (246x189)

ISBN: 9781788403160

Everything you need to know about Britain's most iconic rural drama can be found in this beautifully designed and fact-filled book.

Celebrating 50 years since the show's creation, this book is packed with history, engrossing features, long lost imagery, and plenty of behind-the-scenes detail. Each character, event, family and location is explored in exhaustive detail, with special features on Emmerdale legends, the show's villains, births, marriages, deaths, and celebrity cameos, bringing all the highlights together with interviews and insights from cast and crew members past and present.

This book also includes gatefold section on key family trees, a specially commissioned map of Emmerdale and bespoke artworks for each location, making it a truly desirable package to read or give as a gift.

50 Years of Emmerdale is a stunning and engrossing book, which will delight every fan of this iconic show.

Tom Parfitt's current role as archivist has positioned him at the nexus of *Emmerdale's* past and present; providing insight into its history, and guidance for its ever-expanding future. His journey from the South Wales Valleys to the Yorkshire Dales began with an undergraduate degree in English & Philosophy, to a masters' degree in Scriptwriting, followed by roles in television broadcasting. He finally arrived in the rolling fields of *Emmerdale* as a storyliner, and later, researcher. With an encyclopaedic knowledge that's been described as "disgusting and astounding in equal measure", and nested within the cast and crew, Tom is the ideal tour guide through *50 Years of Emmerdale*.

At Home With The Buckleys

By James & Clair Buckley



From the creators of the popular YouTube vlogging channel *At Home With The Buckleys* comes a radically relatable, hilarious, domestic memoir

Publication 29/09/2022

£14.99

Trade Paperback

288 pages

Royal

ISBN: 9781804190135

At Home With The Buckleys is a hilarious domestic memoir that tells stories from Clair & James's life – pre and post children. Complete with comedy asides – why is a curly fry superior to your regular oven chip? How to tell which parent is the favourite and Clair's top true crime conspiracies – this is one couple's take on the horrors and humour of modern marriage, parenting and adulting told from his side and hers.

James Buckley is a stand-up comedian, actor, musician, YouTuber and streamer. He is best known for playing Jay Cartwright in the BAFTA-winning E4 sitcom *The Inbetweeners*.

Clair Buckley was born in Irvine, Scotland as Clair Meek. She is a model and actress, known for *Monster* (2018), *The Comedian's Guide to Survival* (2016) and *Scottish Mussel* (2015). She has been married to James Buckley since November 2, 2012. They have two children.

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£16.99

Hardback

288 pages

Royal

ISBN: 9781804190128

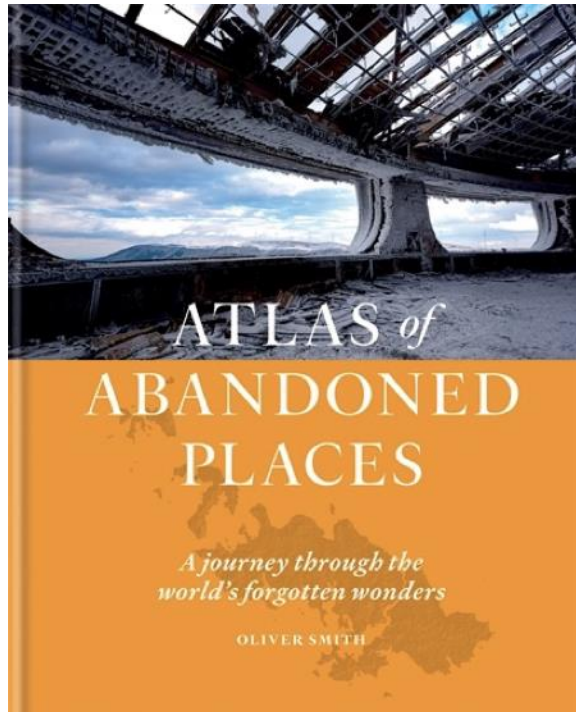
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The Atlas of Abandoned Places

By Oliver Smith



**Explore the wonders that the world forgot
with award-winning travel writer Oliver
Smith.**

Publication 06/10/2022

£20.00

Hardback

224 pages

U (235x190)

ISBN: 9781784726928

The globe is littered with forgotten monuments, their beauty matched only by the secrets of their past.

A glorious palace lies abandoned by a fallen dictator. A grand monument to communism sits forgotten atop a mountain. Two never-launched space shuttles slowly crumble, left to rot in the middle of the desert. Explore these and many more of the world's lost wonders in this atlas like no other.

With remarkable stories, bespoke maps and stunning photography of fifty forsaken sites, *The Atlas of Abandoned Places* travels the world beneath the surface: the sites with stories to tell, the ones you won't find in any guidebook.

Award-winning travel writer Oliver Smith is your guide on a long-lost path, shining a light on the places that the world forgot.

Oliver Smith has spent years travelling the faraway corners of the world. A four-time Travel Writer of the Year award winner, he has appeared in *Lonely Planet*, *National Geographic*, the BBC, *The Sunday Times*, *Outside* magazine and many more.

Mitchell Beazley



A lavishly illustrated celebration of the British Royal Family from the unrivalled archive of British *Vogue*, published to mark the Queen's Platinum Jubilee.

Publication 06/10/2022
£30.00
Hardback
304 pages
EA (253x201)
ISBN: 9781840918205

The Crown in Vogue

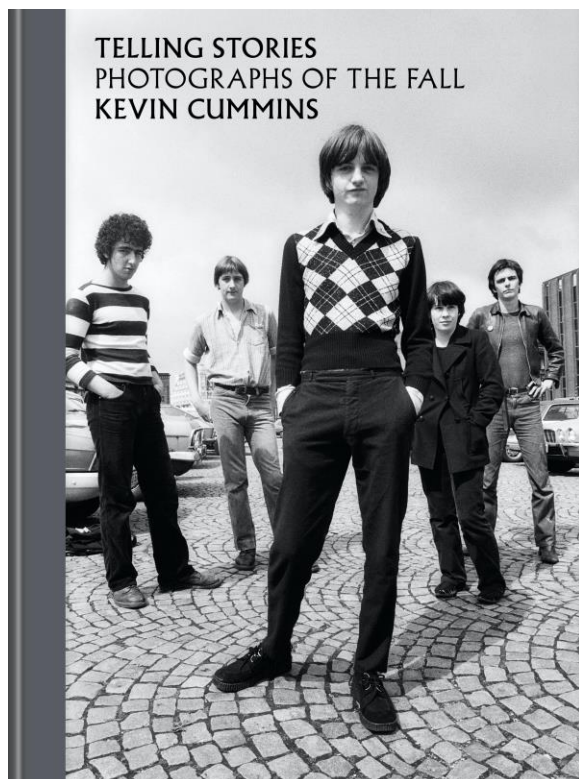
By Robin Muir and Josephine Ross

Four monarchs (crowned and uncrowned), one abdication; one royal investiture; a jewel box of jubilees and many, many royal marriages.... British *Vogue* has borne witness to a century of royal history.

Its first star photographer, Cecil Beaton, was entranced by the House of Windsor and the admiration was mutual. A younger star photographer, Antony Armstrong Jones, left *Vogue* to marry the Queen's sister and returned as Lord Snowdon. The Queen's cousin, *Vogue*'s Lord Lichfield proved an insightful photographer of royal style along with many of *Vogue*'s fashion photographers including Horst, Norman Parkinson and David Bailey. With visual treasures from *Vogue*'s unrivalled archive and contributions through the decades from the most perceptive of royal commentators - from Evelyn Waugh to Zadie Smith - *The Crown in Vogue* is the definitive, authoritative portrait of royalty in the modern age.

Robin Muir is a photographic historian and writer on photography. He has curated major exhibitions at the National Portrait Gallery, the Victoria & Albert Museum and the Yale Centre for British Art, New Haven. His most recent exhibitions are *Vogue 100 A Century of Style* and *Cecil Beaton's Bright Young Things* (both National Portrait Gallery, 2016 and 2020). Formerly Picture Editor of *Vogue*, he is currently a Contributing Editor with the magazine.

Josephine Ross is a literary and royal historian, the acknowledged expert on Cecil Beaton's career with *Vogue* and an authority on the life and works of Jane Austen. Her previous books include *Royalty in Vogue* (1989) *Society in Vogue: The International Set Between the Wars* (1992), and *Jane Austen and her World* (2017).



The ultimate visual history of The Fall from renowned photographer Kevin Cummins, including contributions from the band members themselves.

Publication 06/10/2022
£30.00
Hardback
256 pages
MEP (263x194)
ISBN: 9781784728250

Telling Stories

By Kevin Cummins

Contains never-before-seen images.

Foreword by Simon Armitage, Poet Laureate.

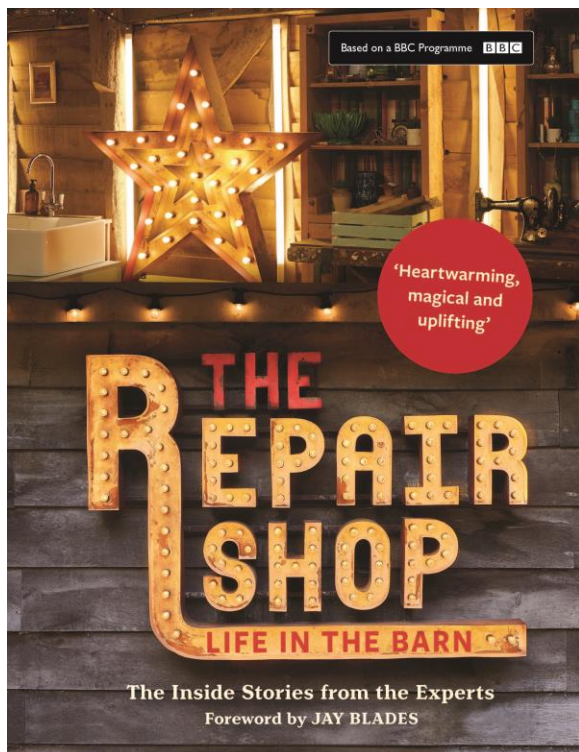
From chaotic early gigs to their final years, NME photographer Kevin Cummins provides a definitive, unique perspective on cult favourites The Fall. In this stunning visual history spanning four decades, discover how and why they emerged as one of the most innovative, boundary-breaking bands in modern music.

With interviews and essays from the band's members and devotees, as well as never-before-seen images from Cummins' archive, this is the ultimate visual companion to The Fall.

Manchester-born **Kevin Cummins** has an international reputation as one of the world's leading photographers and is famed for his iconic portraits of musicians including Joy Division, David Bowie, Nick Cave, Mick Jagger, Patti Smith and Oasis. These photographs have appeared on magazine covers and in art galleries and museums including the National Portrait Gallery and the Victoria and Albert Museum in London, and in cities including New York, Buenos Aires, Berlin, Bologna and many others.

Chief photographer at the *NME* for over ten years, Kevin has captured some of the best-known images in modern music history - his work has decorated bedroom walls the world over.

Mitchell Beazley



The Repair Shop: LIFE IN THE BARN

Foreword by Jay Blades

In today's throwaway culture, there's a counter movement growing that urges us to 'make do and mend'. The Repair Shop has brought this waste-conscious message to an even wider audience, cementing itself as a BBC classic of the likes of Antiques Roadshow.

The third book concentrates on the show's much-loved experts, including woodworker and furniture restorer Will Kirk, clockmaker and mechanical wizard Steve Fletcher, silversmith Brenton West, saddler/leatherworker Suzie Fletcher, upholsterer Sonnaz, and seamstresses Julie Tatchell & Amanda Middleditch - aka The Teddy Bear Ladies, with each sharing why they love their craft, followed by a narrative on two specific objects and their restoration journeys. These narratives capture the ethos of the programme by being almost Aesop's Fables-esque - e.g. The Woodworker and the Broken Toy Chest - with quotes from the recipients of restored objects dotted around.

With the focus on the artisans themselves, readers will feel as though they're stepping straight into the 'workshop of dreams'.

A third book from the BBC's top ratings hit The Repair Shop.

Publication 13/10/2022

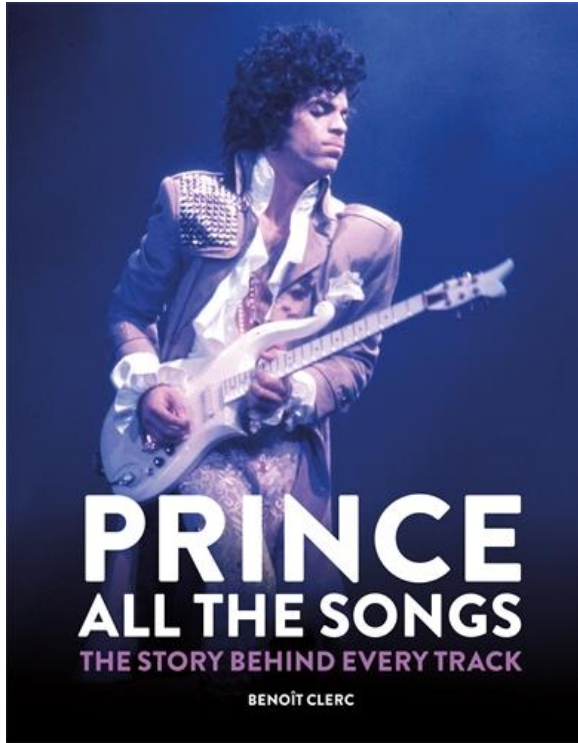
£20.00

Hardback

192 pages

SSN (246x189)

ISBN: 9781914239649



Prince: All the Songs

By Benoît Clerc

Spanning nearly 50 years of albums, EPs, B-sides, and more, read the full story behind all of the songs that Prince ever released. Moving chronologically through his epic back catalogue, expert author Benoît Clerc analyses everything there is to know about each song and session.

No stone is left unturned across more than 600 pages, illustrated with incredible photography throughout. From the inspiration behind the lyrics and melody to the recording process and even the musicians and producers who worked on each track, uncover the stories behind the music in this truly definitive book - a must-have for every Prince fan.

Benoît Clerc is an author, composer and professional musician. He has written two books in the bestselling *All the Songs* series, on Queen and David Bowie.

The latest in the bestselling *All the Songs* series, this is the most in-depth exploration of Prince's songs ever written.

Publication 13/10/2022

£50.00

Hardback

pages

ISBN: 9781784728243

Mitchell Beazley



HUMOUR

Giles 2023



Publication 01/09/2022

£9.99

Paperback

160 pages

Other

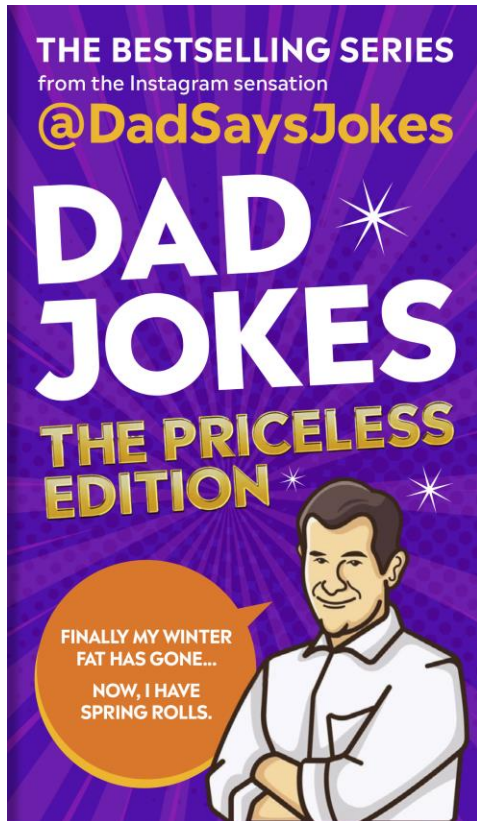
ISBN: 9781788403566

Giles enthusiasts will be thrilled with this latest collection of classic cartoons.

Capturing Giles's trademark style and British humour, the 2023 annual takes a look at Family scenes throughout the 50-year career of the cartoonist.

Giles also brilliantly details those scenes involving the iconic family of the charismatic matriarch and the tearaway kids as they react and parody the news of the day. These are timeless scenes that all families can recognize and identify with.

Fans of Giles will be delighted to receive the latest annual compilation featuring 150 cartoons to enjoy from the archives of one of the most celebrated cartoonists of the once biggest selling daily newspaper in the world, the *Daily Express*, whose work led to him being voted the best cartoonist of the 20th century.



More hysterical jokes from the Instagram sensation

Publication 01/09/2022

£10.00

Hardback

272 pages

A Format

ISBN: 9781788402583

Dad Jokes: The Priceless Edition

By @DadSaysJokes

THE LATEST IN THE BESTSELLING SERIES

The hit Instagram page @DadSaysJokes returns with an all-new batch of hilarious dad jokes to share with friends and family. Back by popular demand, with hundreds of gags for every occasion, *Dad Jokes: The Priceless Edition* is the perfect gift for Father's Day, birthdays, Christmastime and beyond.

@DadSaysJokes is a community-run dad jokes network on Instagram, Facebook and Twitter, with nearly 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 favourites – 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 30 million followers. This is his fifth book.

[Instagram.com/DadSaysJokes](https://www.instagram.com/DadSaysJokes)

[Twitter.com/DadSaysJokes](https://twitter.com/DadSaysJokes)

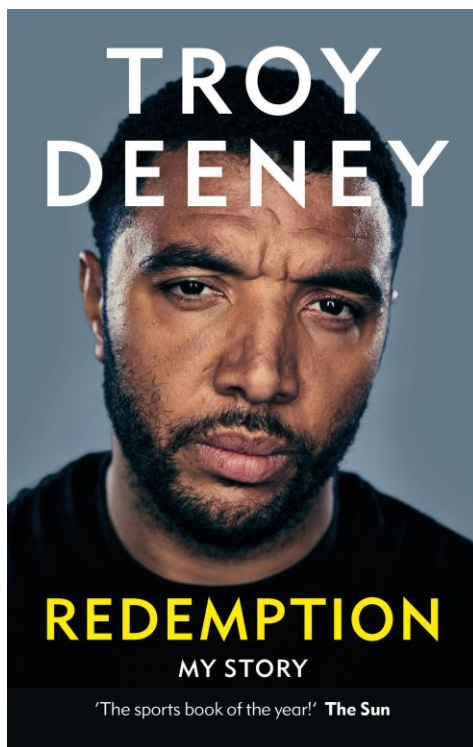
[Facebook.com/DadSaysJokes](https://www.facebook.com/DadSaysJokes)



SPORT

Troy Deeney: Redemption

By Troy Deeney



Publication 07/07/2022

£9.99

Paperback

304 pages

B Format

ISBN: 9781788402774

'Footie book of the year.' - *The Sun*

TROY DEENEY is best known as Watford FC's former captain and a thorn in Arsenal's side. But behind the successful and gritty football persona is a remarkable story of resilience.

In this brutally honest and inspirational memoir, Troy shares what it was like to grow up on Europe's largest council estate, where his mum worked three jobs and his father, a notorious drug dealer, was frequently in and out of prison.

He shares stories of self-sabotage, from simply not turning up to Aston Villa's football trials as a teenager, playing while drunk to being imprisoned for affray at the height of his career.

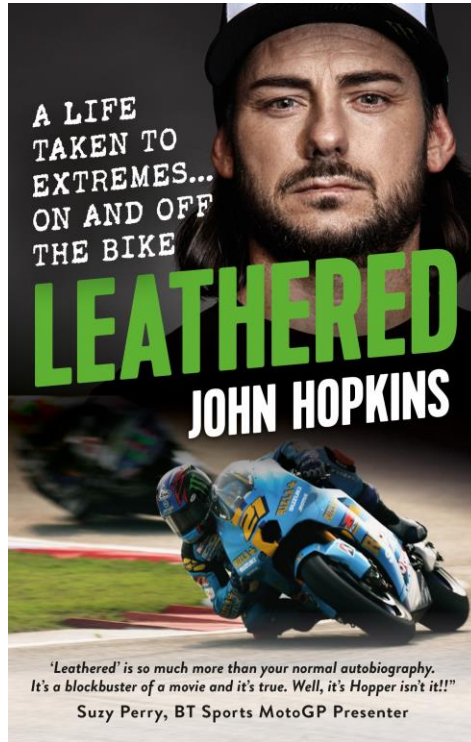
But Troy never gave up, even when it meant playing professional football with an ankle tag. He went on to score 20+ goals in three successive seasons and became the Club Captain, an FA Cup finalist, promotion winner and Watford's record scorer. He also became an outspoken player advocate and - in an age of bland footballer interviews - is a sought after voice on football and footballers today.

Engaging, endearing and insightful, this book is where Troy comes to terms with his turbulent past.

Troy Deeney is a professional footballer for Birmingham City FC who has made over 500 League appearances and scored more than 160 competitive goals. He is a presenter for talkSPORT and fortnightly columnist for the *Sun*, offering a fresh perspective on the game.

Leathered

By John Hopkins



Publication 07/07/2022

£8.99

Paperback

352 pages

B Format

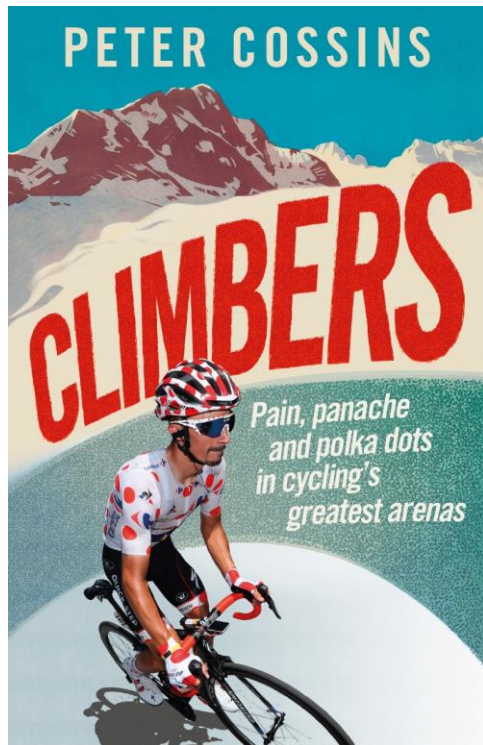
ISBN: 9781788403283

Injury. Adrenaline. Addiction. These are the things that fuelled one man's race to international stardom as he pushed boundaries and took life on and off the bike to the limits.

Starting out as a talented youth riding the desert tracks of California, his reckless nature and incredible talent earned him a position in the rarefied world of professional motorcycle racing. Despite the success in his professional life, his personal life was crumbling around him - John was battling with depression and temptation, which began to threaten his career, health and marriage, ultimately bringing him to a life of alcoholism, addiction and even smuggling.

In his remarkable memoir, one of the world's most renowned riders takes us on a raw and unique journey to the extremes of fast living.

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



Award-winning cycling author's look at the men and psychology of the mountain climber.

Publication 07/07/2022

£20.00

Hardback

336 pages

Royal

ISBN: 9781788403115

Climbers

By Peter Cossins

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

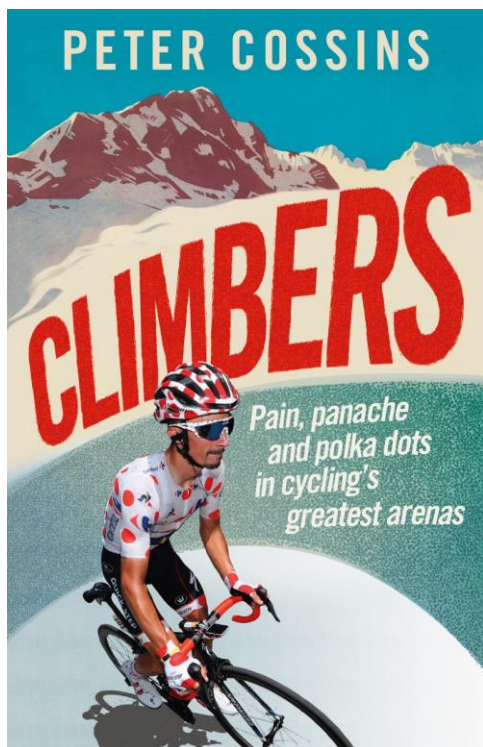
Drawing on the fervour for these men of the mountains, Climbers looks at what sets these athletes apart within the world of bike racing, about why we love and cherish them, how they make cycling beautiful, and how they see themselves and the feats they achieve.

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

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

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

Peter Cossins has been writing about cycling since 1993. A former editor of *Pro Cycling*, he has also contributed to the *Guardian*, *The Times*, the *Sunday Telegraph*, the *Sunday Express* and the *Sunday Herald*. He has worked on every Tour during that time.



Award-winning cycling author's look at the men and psychology of the mountain climber.

Publication 07/07/2022

£12.99

Trade Paperback

336 pages

Royal

ISBN: 9781788403122

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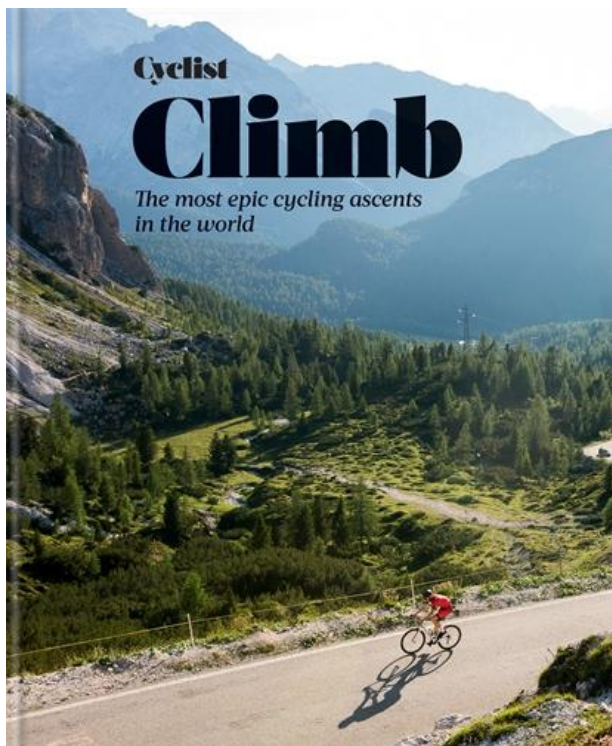
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A beautifully-presented book from *Cyclist* magazine showcasing the greatest, most epic cycling climbs in the world - including breathtaking photography, route maps and statistics.

Publication 06/10/2022

£30.00

Hardback

224 pages

MN (280x230)

ISBN: 9781784728090

Cyclist - Climb

By *Cyclist* magazine

Explore 35 of the most notorious, gruelling cycling climbs the world has to offer, guided by the experts at *Cyclist*, the world's biggest road cycling magazine.

Route maps, altitude charts, first-hand ride reports and incredible imagery from the finest cycling photographers combine in this tribute to the peaks, hills and ascents that every cyclist should try.

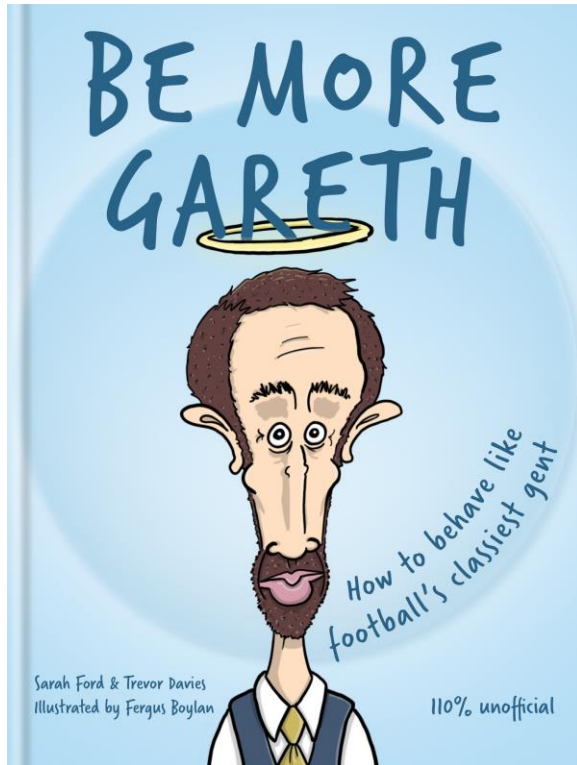
Tracing the routes of the greatest rides across France, Italy, Spain and Belgium, this beautiful book also includes lesser-known climbs covering northern and eastern Europe and the USA - with every single ride tried, tested and conquered by the experts at *Cyclist* magazine.

Climbs include: Monte Grappa, Italy; Zoncolan, Italy; Passo dello Stelvio, Italy; Alto de 'Angliru, Spain; Sa Calobra, Spain; Koppenberg, Belgium; Alpe d'Huez, France; Col Agnel, France; Croix de Fer, France; The Trollstigen, Norway and Mauna Kea, USA.

Cyclist is the world's biggest road cycling magazine and winner of multiple awards. Combining experiences cycling writers with exclusive images from top photographers, *Cyclist* showcases the most stunning rides from around the world and gets behind the scenes with the biggest names in the sport.

Mitchell Beazley

Be More Gareth



Publication 06/10/2022

£9.99

Hardback

96 pages

NQ (174x131)

ISBN: 9781788403795

Is there anyone who conducts themselves more decently than Gareth Southgate. Win, lose or draw, he is always dignified, measured, caring and affable, so shouldn't you... be more Gareth?

Here are 100 scenarios, in which Gareth would behave with impeccable calmness, such as:

Gareth would compliment you on your 'Rick Astley forever' tattoo.

Gareth would never have a basket containing a 9th item in the 8-items-or-fewer queue.

Gareth would let you watch a double-bill of 'Mama Mia' and 'The Greatest Showman' and appreciate your efforts at singing.

The words 'diving foreigners', 'worst ref ever', or 'my asthmatic grandmother could have run faster', have never been part of his post-match interview.

Perfect for the footy fan in your life, and publishing just ahead of the first winter World Cup in Qatar, *Be More Gareth*, is the fun way to celebrate a thoroughly decent man!

Official Guide to the Rules of Golf

By R&A



Publication 03/11/2022

£25.00

Flexiback

544 pages

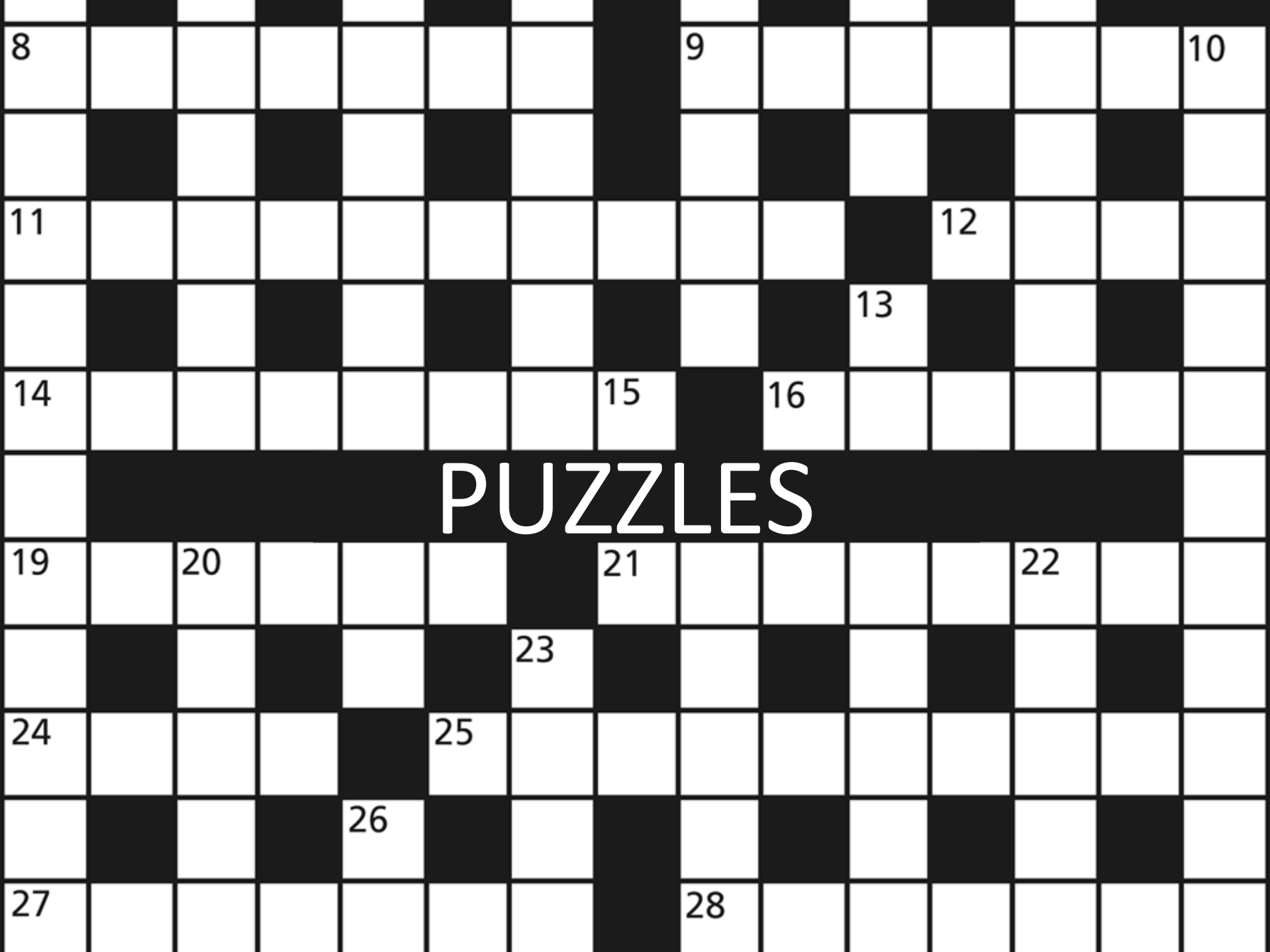
Other

ISBN: 9781788403665

The essence of the Rules of Golf is simple... play the ball where it lies until you hole out. However, given the range of the playing area, there are a myriad of circumstances for which players need advice. That includes some of the more bizarre scenarios that could occur should your ball land in, say, a dead animal or up a tree.

The Official Guide to the Rules of Golf is the Bible of Golf Rules. It contains over 1200 rulings for every eventuality. Updated by the custodians of the Rules (the R&A and USGA) with new Rules that are in play from 1st January, 2023, and including a new, easy-to-use, index, this book is a must for serious golfers and Rules officials around the globe.

Based in St Andrews, The R&A organises The Open Championship, major amateur events and international matches. The R&A is committed to working for golf and supports the growth of the game internationally and the development and management of sustainable golf facilities. The R&A operates with the consent of 152 organisations from the amateur and professional game and on behalf of over 30 million golfers in 138 countries.



Pub Quiz Snap



The perfect gift for pub lovers: match sets of vintage pub signs in this classic game of SNAP and then test your knowledge of all things pub and booze with the quiz questions on the back.

Publication 01/09/2022

£10.00

Deck

52 Cards

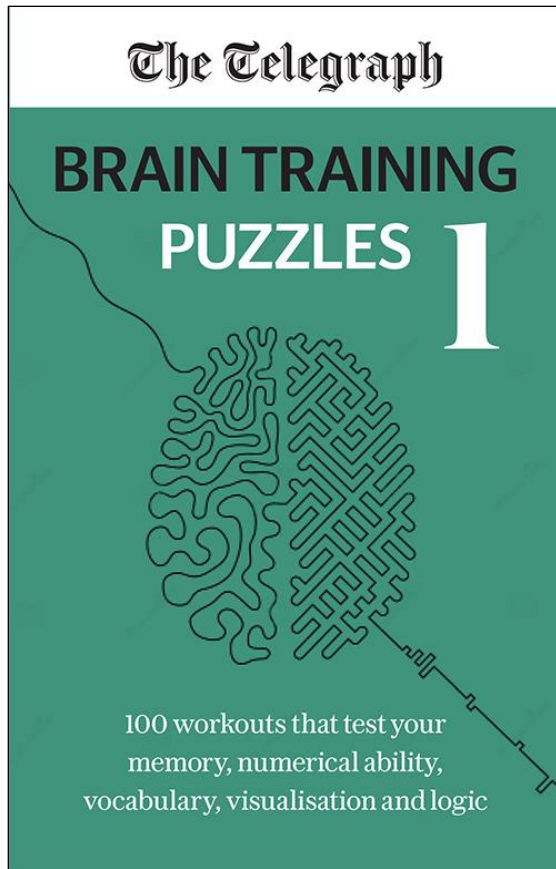
Other

ISBN: 9780753735176

Are you a history whizz? How well do you know your favourite drinks? Are you quick with your hands? Prove your mastery of pub trivia and the speed of your reflexes with *Pub Quiz Snap*.

Whether you're hosting a pub quiz at home or enjoying an evening at your favourite local, *Pub Quiz Snap* is the perfect pocket-sized game for a memorable night. This deck combines two classic games in one set of cards. Match real vintage pub signs from around the country that share popular names, such as the Rose & Crown, the Royal Oak or the Cock Inn, in a speedy game of SNAP or flip the cards over for fun multiple-choice questions that will test your knowledge of everything pub- and booze-related.

See if you can spot any classic pub signs you've seen in real life as you learn about why some pub names are so popular, test your beer trivia and defeat your friends at SNAP. Gather your friends and enjoy the proud British tradition of a good pub, a good pint and a good quiz with *Pub Quiz Snap*.



Publication 01/09/2022

£9.99

Paperback

208 pages

B Format

ISBN: 9781788403801

The Telegraph Brain Training

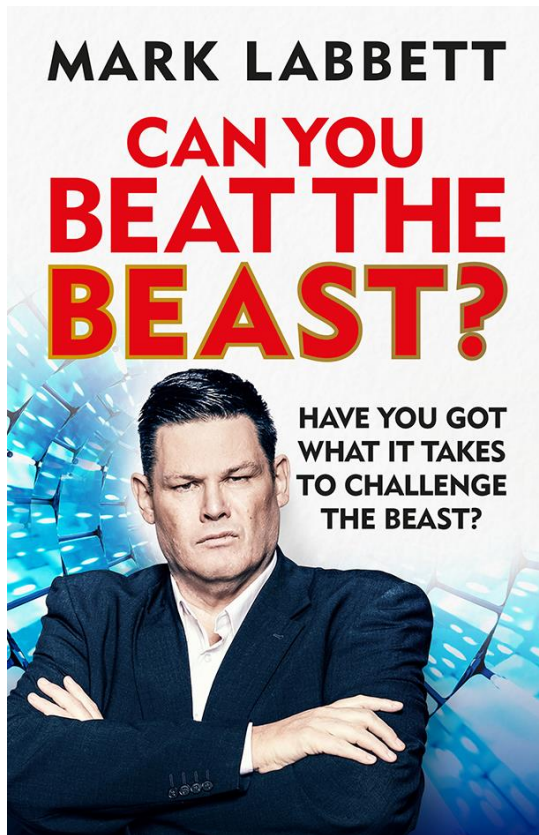
By The Telegraph

Designed to give you daily puzzling to exercise key area of your cognitive ability, these are 100 workouts taken from the paper that would give a total mental workout. The importance of giving your mind a workout is well known and this book is designed to give the puzzler a holistic mental workout challenging their:

- Memory
- Conceptual reasoning
- Numerical and mathematical ability
- Vocabulary
- Visualisation
- General reasoning

Serving as both a fun puzzle compilation and a complete mind gym, *Brain Training Puzzles* will be a great addition to any puzzle collection.

Beat the Beast



Publication 29/09/2022
£16.99
Hardback
352 pages
Royal
ISBN: 9781788403535

Take on the infamous Beast in 50 quizzes for all the family, ranging from general knowledge to subject specifics. Quiz along with the Beast and compare your scores and answers to see if you have what it takes. Mark Labbett also gives advice and stories to help you improve your general knowledge and quizzing ability.

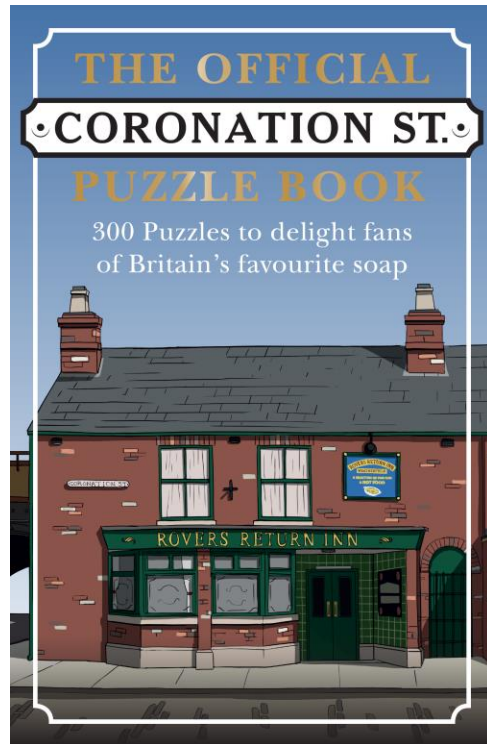
Pit your wits against a quiz legend and see if you can beat the Beast!!!!

Mark Labbett is the Beast, TV's quizzing leviathan. He's one of the most feared quizzing challengers on TV across the globe as he pits his wits against members of the public... and invariably wins. He's most famous as a regular in ITV's *The Chase*. He first appeared on the show in 2009 and has since appeared on the American version as the sole Chaser in 2013 (returning in 2021) as well as one of the five Chasers on the Australian version since 2016.

A regular in quizzing competitions and television quiz shows, Mark has participated in the game shows *BrainTeaser*, *Countdown*, *SUDO-Q*, *Who Wants to Be a Millionaire*, *Only Connect*, *Are You an Egghead* and *University Challenge*.

Coronation Street Puzzle Book

By Abigail Kemp



Publication 13/10/2022

£12.99

Trade Paperback

368 pages

Royal

ISBN: 9781788403580

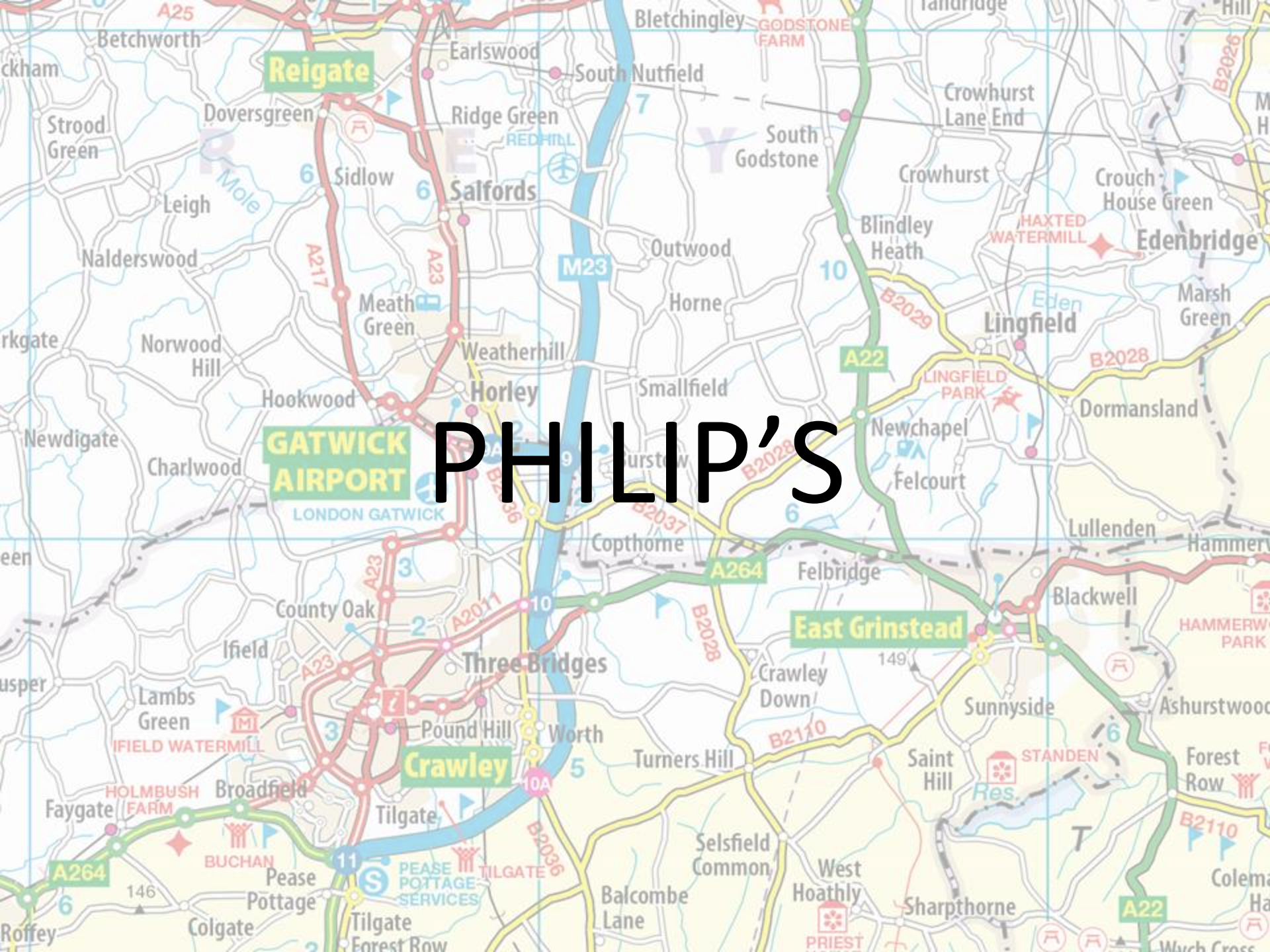
Enjoy hours of fun with the first official puzzle book from the famous cobbles.

250 puzzles that test your knowledge of TV's longest-running soap as well as your puzzle-solving ability. Can you find hidden characters in paragraphs of text, name the missing characters in the family trees, complete a 'Ken-doku', take part in a classic quiz night at the Rover's, spot the differences and untangled the cryptic webs? There are puzzles for all levels of ability and members of the family illustrated with images from the show.

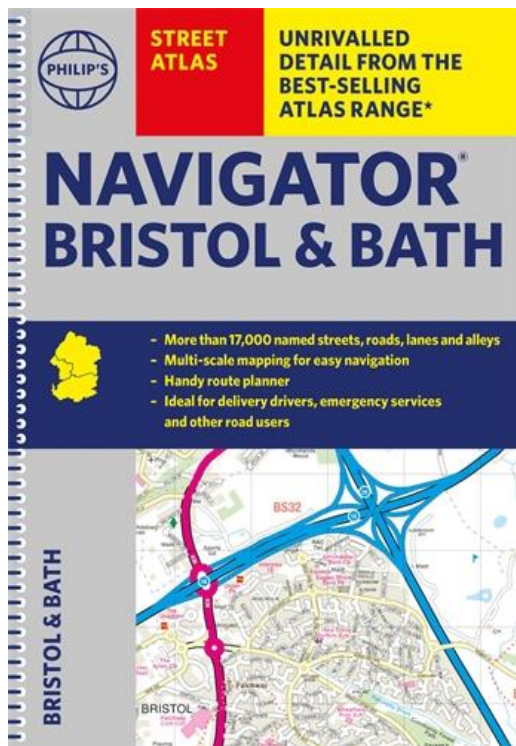
Throughout the book there are also fun trivia from the history of the soap written by Corrie author Abigail Kemp, including facts, details and figures on famous feuds, the infamous cat and even how many pints would be served at the Rovers and eggs fried at Roys' Rolls each week.

The Coronation Street Puzzle Book is a feast of fun for Corrie fans!

Abigail Kemp is a journalist and freelance writer who has worked in Manchester for more than 20 years. She was once part of the Publicity Office for Coronation Street as well as writing the script for *Coronation Street: The Tour*. In her exhaustive research into writing this book, Abigail has spoken to all the key members of the cast and crew, both current and former, as well as delving into the Tony Warren archive to uncover every detail of the show's inception.



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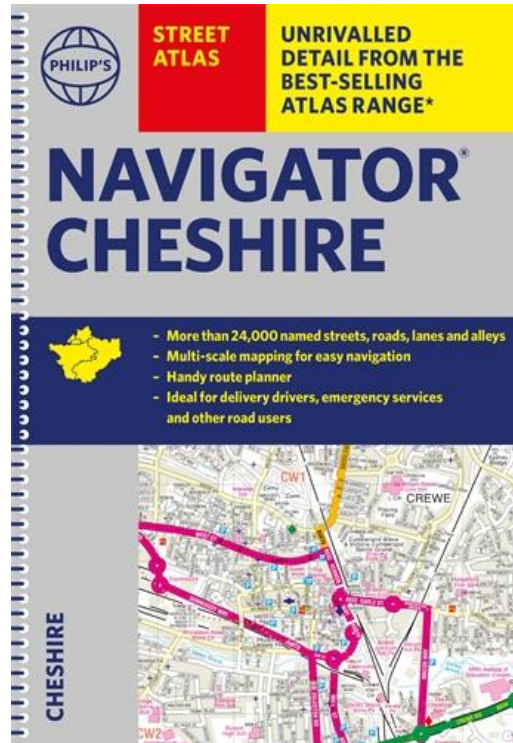
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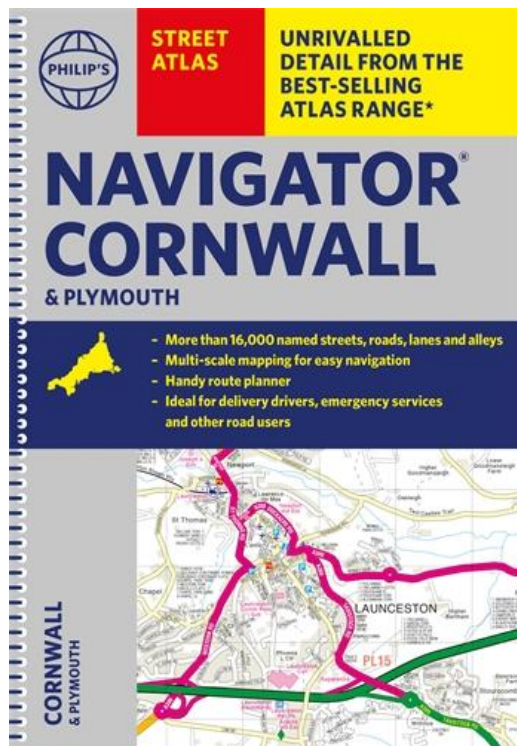
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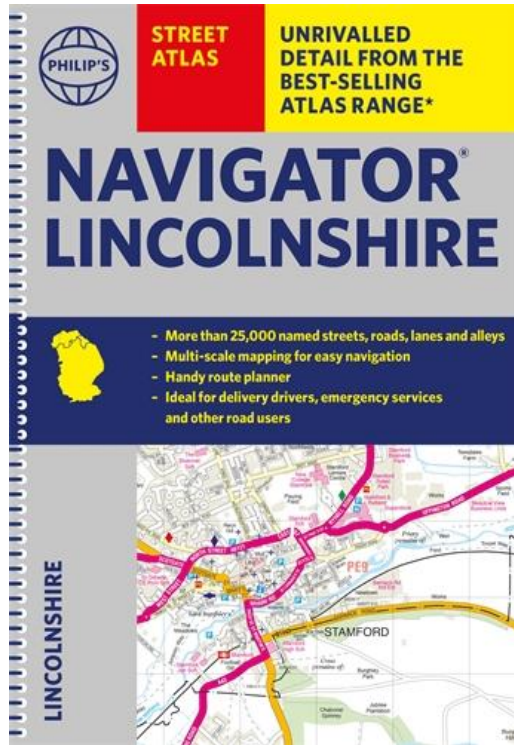
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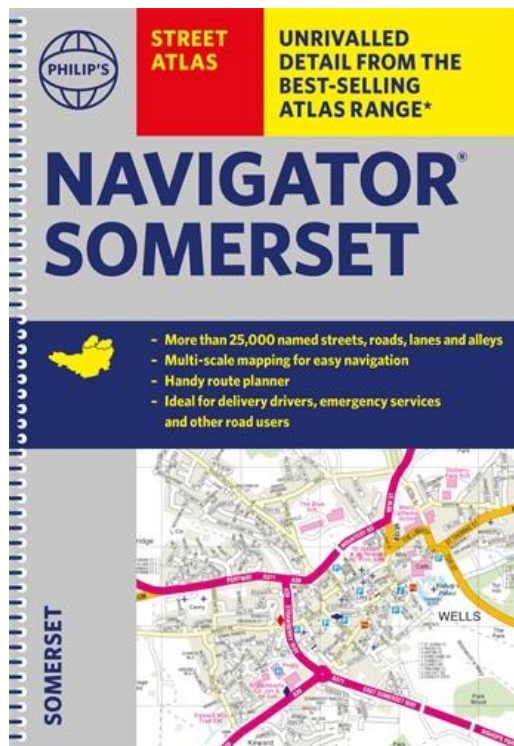
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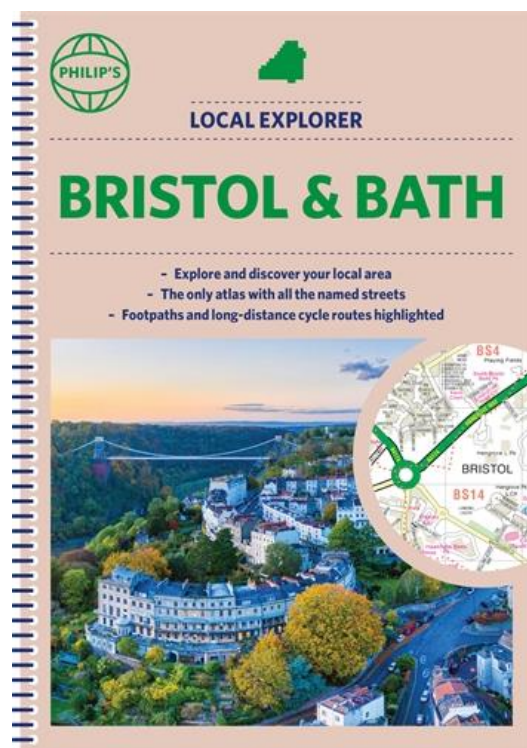
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Philip's Local Explorer Street Atlas Bristol and Bath

by Philip's Maps

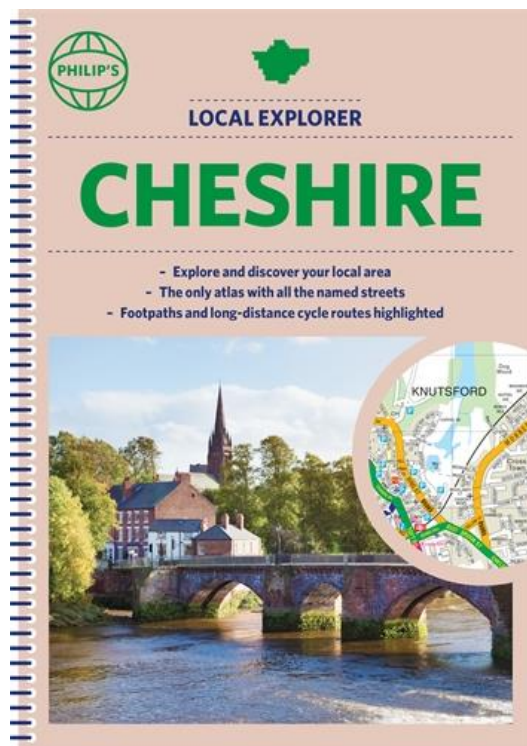
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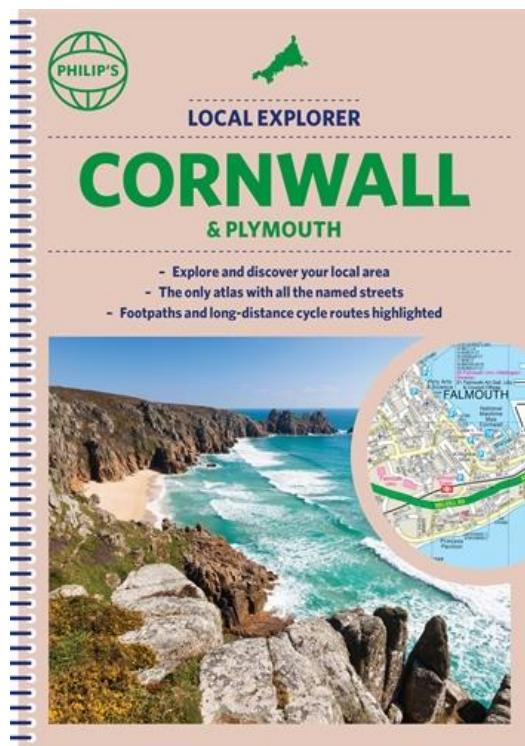
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Philip's Local Explorer Street Atlas Cornwall & Plymouth

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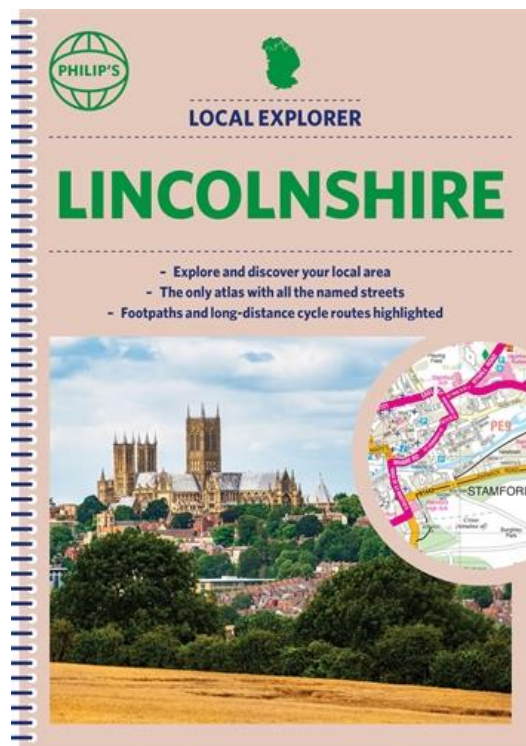
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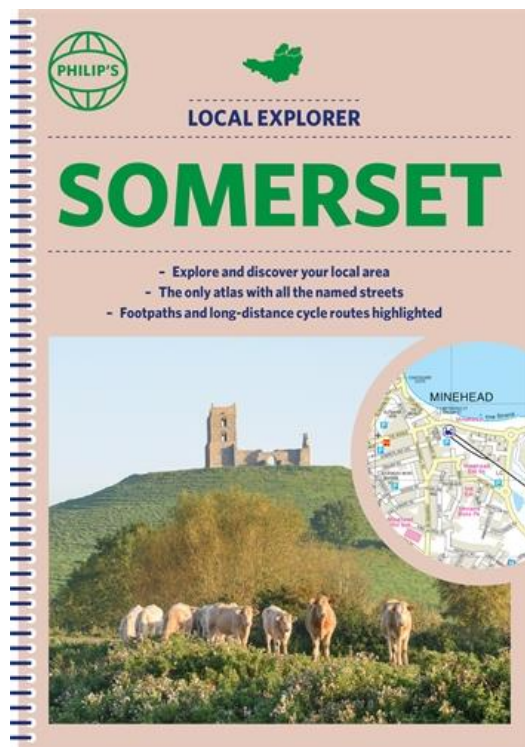
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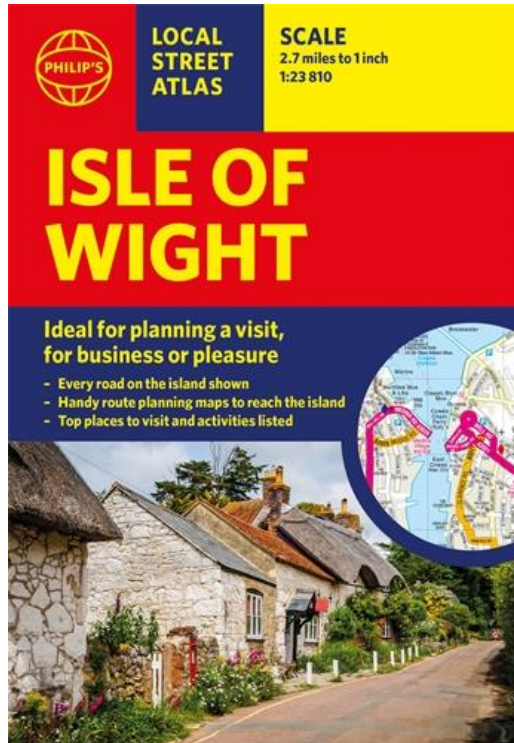
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Philip's Isle of Wight Street Atlas

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Publication 04/08/2022

£6.99

Paperback 206x142mm

96 pages

ISBN: 9781849076104

This local street atlas of the Isle of Wight gives detailed coverage of the whole of the island at a scale of 2 2/3 inches to 1 mile. Important for ferry links to the Isle of Wight, the mainland towns of Southampton, Gosport, Lymington and Portsmouth are included at the same scale. Central Portsmouth is also shown at the enlarged scale of 5 1/3 inches to 1 mile.

Full of useful tourist information and all the sights and activities available on the Isle of Wight, the maps also show hospitals, car parks, post offices, leisure facilities, schools, industrial areas and retail areas, while the index lists street names and postcodes.

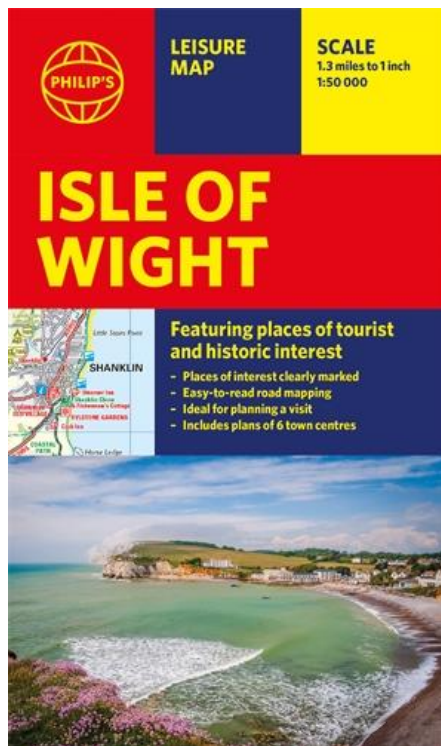
Extra contents include an 8-page route-planner, marking all major and minor roads on the island together with an area on the mainland taking in the New Forest to the west and Emsworth to the east, plus a 4-page guide to the top visitor attractions.

Pocket sized, the atlas is ideally suited for both business and leisure use, whether by locals or visitors.

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Publication 04/08/2022

£5.99

Sheet size 960x680 mm

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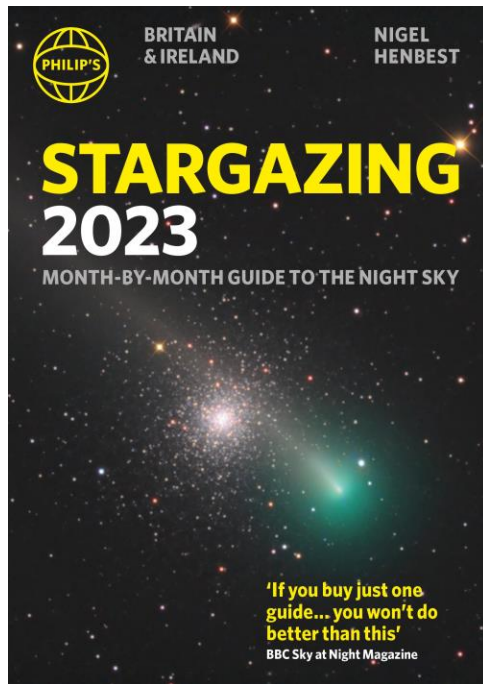
Whether you want to enjoy the extraordinary coastal walks or be regal at Osbourne House, the map features all the key camping and caravan sites, castles, craft centres, historic houses, marinas and slipways, museums, gardens, sports venues, theme parks, walking and cycling routes, and wildlife parks.

With wineries and ancient churches, amazing sailing and exceptional landscapes, the Isle of Wight has much to offer. Charles I was imprisoned on the island during the Civil War at Carisbrooke Castle and there are botanical gardens to wander at your leisure. The famous Needles are must-visit and welcoming seaside towns are clearly marked for easy navigation.

There are six clear town centre street maps: Cowes, Newport, Ryde, Sandown, Shanklin and Ventnor to ensure you never get lost.

With a clear, user-friendly mapping style, this map provides all the information that visitors and locals need to find their way around the island.

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Philip's Stargazing 2023 Month-by-Month Guide to the Night Sky Britain & Ireland

by Nigel Henbest

'If you buy just one guide...you won't do better than this'
BBC Sky at Night Magazine

'I will continue to enjoy 'Philip's Stargazing' as the months go by'
Helen Sharman, Astronaut

'Very useful indeed' Chris Lintott, Sky at Night presenter

Covering Britain and Ireland, the new 2023 edition has been completely revised to ensure it is totally up-to-date for exploring the wonder of the night skies, month-by-month and day-by-day.

Whether you're a seasoned astronomer or just starting out, Philip's Stargazing 2023 is the only book you'll need.

- Month-to-Month information. Daily Moon Phase Calendar, highlighting special lunar events throughout the year
- Planet Watch for ideal viewing days in 2023
- Dark Sky sites, find the best places to visit to experience dark skies
- Expert advice and insight throughout from internationally renowned Professor Nigel Henbest
- The latest on electronic telescopes from expert Robin Scagell
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- Jargon Buster, explaining common or confusing terms
- The planets' movements explained from solar and lunar eclipses to meteor showers and comets

Philip's Stargazing is the perfect practical guide for both budding and experienced astronomers.

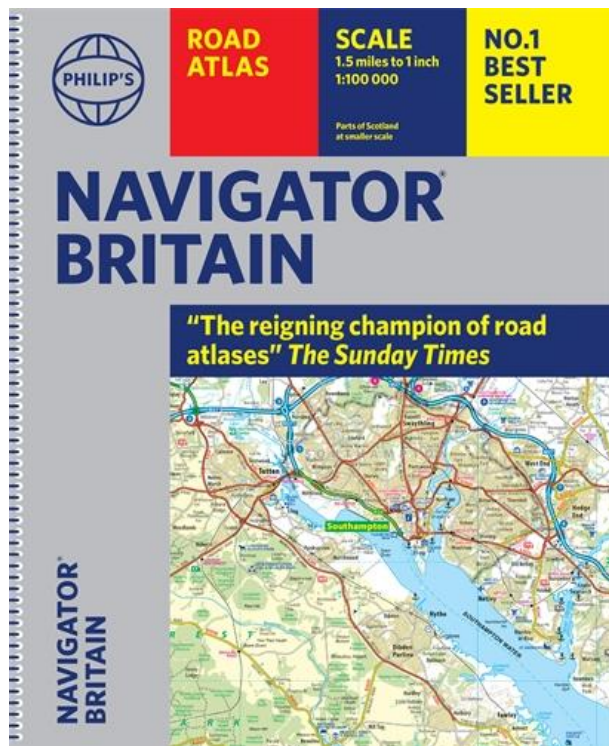
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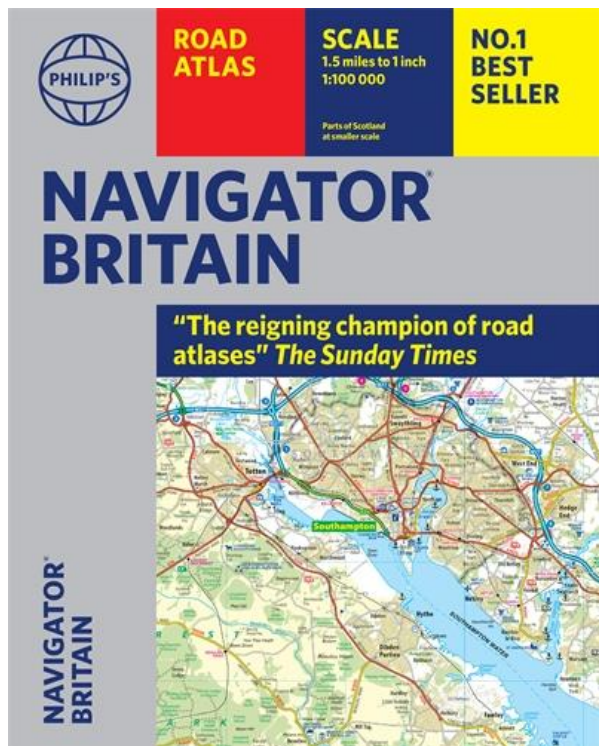
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'No.1 in the UK for clear maps' Independent research survey

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