



# **HODDER & STOUGHTON**

## **TRANSLATION RIGHTS GUIDE SPRING 2022**

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## Minor Disturbances at Grand Life Apartments

A warm-hearted debut novel set in the beautiful coastal city of Chennai, for fans of Alexander McCall Smith, Joanna Nell and Graeme Simsion.

**Hema Sukumar**

Coronet

July 2023

Editor: Melissa Cox

Extent: 320

Grand Life Apartments is a middle-class apartment block surrounded by lush gardens in the coastal city of Chennai, India. It is the home of Kamala, a pious, soon-to-be retired dentist who spends her days counting down to the annual visits from her daughter who is studying in the UK. Her neighbour, Revathi, is a thirty-two-year-old engineer who is frequently reminded by her mother that she has reached her expiry date in the arranged marriage market. Jason, a British chef, has impulsively moved to India to escape his recent heartbreak in London.

The residents have their own complicated lives to navigate, but what they all have in common is their love of where they live, so when a developer threatens to demolish the apartments and build over the gardens, the community of Grand Life Apartments are brought even closer together to fight for their beautiful home...

### About the author:

Hema Sukumar was born in Chennai, India. After studying engineering at university, she worked on a survey ship, which gave her the opportunity to travel the world and write about it. Her travel writing has been featured in various newspapers and magazines in India. She now lives in London. *Minor Disturbances at Grand Life Apartments* is her first novel.



## You Get That From Me

Charlotte Butterfield

You can't choose your family...

Stella thought she knew how her life would turn out. A stellar career, the perfect husband (not like her own good-for-nothing dad), two gorgeous children, a dog to take on muddy countryside walks. But here she is: forty, single, living with her mum and grandmother, and trying to choose the ideal sperm donor out of a catalogue.

Bonnie might be an expert in genetics, but she knows there are some things you shouldn't hand down to your children - like the secret of what really happened in her marriage forty years ago. Florence has raised two generations of wonderful women in this house - but her life, and the story of her blissful marriage, are more complicated than she's ever admitted.

Hodder & Stoughton

April 2023

Editor: Olivia Barber

Extent: 320

Option publishers:

Sweden: Pirat Forlaget

When all three women start writing down their stories for Stella's unborn child, the secrets and memories woven into the house begin to resurface. You can't choose your family - but maybe you can choose what you make of it...

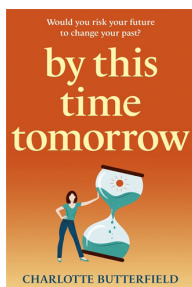
Full of warmth, wisdom and laugh-out-loud humour, *You Get That From Me* is a story about love, mothers and daughters, and the unexpected paths that life can take us down.

### About the author:

A former magazine editor, Charlotte Butterfield is a freelance writer and novelist living in the Cotswolds. Her first novel won a Montegrappa award at the 2016 Emirates Festival of Literature, and she went on to publish three romantic comedies with *One More Chapter* (previously Harper Impulse).

Also Available:

*THIS TIME TOMORROW* (May 2022): Heartwarming and hilarious, *By This Time Tomorrow* asks the 'what if' we've all wondered - if you could have another go at the past, would you end up with the future you want? Perfect for fans of *The Two Lives of Lydia Bird*, *In Five Years* and *About Time*.





Hodder & Stoughton

March 2023

Editor: Lily Cooper

Extent: 352

Option Publishers:

Czech Republic: Euromedia

Germany: Froemer Knauer

Italy: Newton Compton

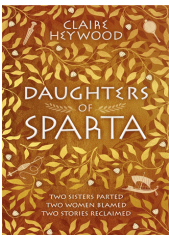
Netherlands: Uitgeverij Orlando

Portugal: Planeta de Livros

Russia: Mann, Ivanov and Ferber

Spain: Editorial Planeta

US: Penguin Random House



## The Shadow of Perseus

From the author of **DAUGHTERS OF SPARTA**, this is the myth of Perseus, told through the story of the three women who knew him best - his mother Danae, his wife Andromeda, and his victim, Medusa.

**Claire Heywood**

History remembers him as a hero. But the women who knew him best remember a different man...Perseus grows up wanting to be a hero, but he cannot become one if his mother Danae still sees him as a boy.

When his stepfather Polydektes casts him away on a voyage across the sea, Perseus is determined to fulfil the great destiny of the son of a god and the grandson of a king. But the line between heroism and monstrosity is thin, and when Perseus attempts to seduce first gentle Medusa and then beautiful Andromeda, before finally reuniting with Danae, they each learn of the dangers of resisting a boy prepared to risk it all for greatness . . .

Praise for **DAUGHTERS OF SPARTA**:

'Required reading for fans of Circe . . . a remarkable, thrilling debut' - Fiona Davis, New York Times bestselling author of *The Lions of Fifth Avenue*

Absolutely riveting! - Alka Joshi, New York Times bestselling author of *The Henna Artist*

**About the author:**

Claire Heywood is a scholar of the ancient world, having gained a 1st Class BA in Classical Civilisation and an MA with Distinction in Ancient Visual and Material Culture, both from the University of Warwick.

Her deep understanding of the ancient world, coupled with her fascination with women's forgotten voices, inspired her to retell the legend of the Trojan War from the perspective of two key female characters.

She is a former professional tour guide at the Roman Baths museum in Bath and now writes full-time. *Daughters of Sparta* is her first novel. She is currently doing research for her second novel, which will also be set in the ancient world and feature different female perspectives.



## The Running Club

Ali Lowe

The rules of the running club are the same as they have always been: keep your breath steady, keep your mind sharp, record your laps! Only now there's a new one: don't get killed.

The wealthy community of Esperance is picture-perfect. Big houses, stunning views, beautiful people. A brand new running track for the local club to jog around in the evenings. From the outside, it looks like paradise.

But the women of the town know the truth: you can hide anything - from wrinkles to secrets from your past - if you have enough money. You could even hide a murder.

Hodder & Stoughton

March 2023

Editor: Kimberley Atkins

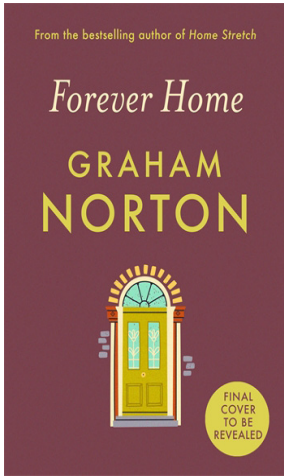
Extent: 352

THE RUNNING CLUB is the gripping, twisty page-turner from the author of THE TRIVIA NIGHT, full of secrets, lies and reveals you won't see coming.

### About the author:

Ali Lowe has been a journalist for 20 years. She has written for bridal magazines, parenting titles, websites and newspapers in London and then Australia, after she moved to Sydney fourteen years ago on a trip that was meant to last a year.

She was Features Editor at OK! in London, where she memorably stalked celebrities in Elton John's garden at his annual White Tie and Tiara ball. Ali lives on the northern beaches of Sydney with her husband and three young children.



Coronet

September 2022

Editor: Hannah Black

Extent: 336

Option Publishers:

Germany: Rowohlt

Israel: Lesa Press

US: HarperCollins

Vietnam: Coral Books

## Forever Home

FROM THE SUNDAY TIMES BESTSELLING AUTHOR

Graham Norton

The new novel from bestselling author Graham Norton Carol is a divorced teacher living in a small town in Ireland, her only son now grown. A second chance at love brings her unexpected connection and belonging. The new relationship sparks local speculation: what does a woman like her see in a man like that? What happened to his wife who abandoned them all those years ago?

But the gossip only serves to bring the couple closer. When Declan becomes ill, things start to fall apart. His children are untrusting and cruel, and Carol is forced to leave their beloved home with its worn oak floors and elegant features and move back in with her parents. Carol's mother is determined to get to the bottom of things, she won't see her daughter suffer in this way. It seems there are secrets in Declan's past, strange rumours that were never confronted and suddenly the house they shared takes on a more sinister significance.

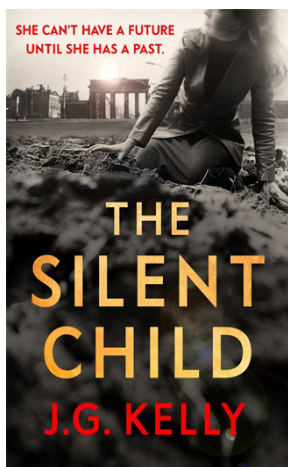
In his tense and darkly comic new novel Norton casts a light on the relationship between mothers and daughters, and truth and self-preservation with unnerving effect.

### About the author:

Graham Norton is one of the UK's most treasured comedians and presenters. Born in Clondalkin, a suburb of Dublin, Norton's first big TV appearance was as Father Noel Furlong on Channel 4's Father Ted in the early 1990s. He then secured a prime time slot on Channel 4 with his chat shows So Graham Norton and V Graham Norton.

Graham Norton has won 9 BAFTAs for Best Entertainment Performance, and Best Entertainment Programme. He presents The Graham Norton Show on BBC1, a show on Virgin Radio every weekend, and is a judge on RuPaul's Drag Race UK. Norton won the Special Recognition Award at the National Television Awards in 2017.





Hodder & Stoughton

April 2022

Editor: Lily Cooper

Extent: 480

## The Silent Child

A haunting and thought-provoking novel of a woman's quest to find her family

J.G. Kelly

Kate Furnivall she can't have a future until she has a past.

1944.

Leo Stern arrives at the Nazi camp at Borek with his wife Irena and his two daughters. The Sterns are spared from the gas chamber when they witness a murder. But in a place that humanity has deserted, Leo is forced to make unimaginable choices to try to keep his family alive.

1961.

For seventeen years, Hanna has been unable to remember her identity and how she was separated from her family at the end of the war, until the discovery of a letter among her late uncle's possessions reveals her real name - HANNA STERN - and leads her to Berlin in search of her lost past. Helped by former lover Peter,

Hanna begins to piece together the shocking final days of Borek. But Hanna isn't the only one with an interest in the camp, and lurking in the shadows is someone who would prefer Hanna's history to remain silent. Based on in-depth research and beautifully written, this a novel of memory and identity, and the long shadow of war.

### About the author:

James Kelly is the author of the Nighthawk crime series for Alison and Busby, and the Philip Dryden series for Penguin. He was born in 1957 and is the son of a Scotland Yard detective.

He went to university in Sheffield, later training as a journalist and worked on the Bedfordshire Times, Yorkshire Evening Press and the Financial Times. His first book, The Water Clock, was shortlisted for the John Creasey Award and he has since won a CWA Dagger in the Library and the New Angle Prize for Literature. He lives in Ely, Cambridgeshire.



## Suddenly That Summer

Lizzie Byron

Sometimes, you have to go far from home to find your way back. Nora is about to turn twenty-seven and things couldn't be better. She's just told her boss exactly what she thinks of him after being offered her dream job and is looking forward to a summer of old friends and new adventures.

But when Nora discovers that there's been a mistake and they've given her dream job to someone else, her future - and summer - suddenly isn't looking so bright. So, when she's given the opportunity to escape to idyllic Pidwell, she doesn't hesitate.

It was just supposed to be a distraction while she looks for something else, but could this be the summer that she finds everything she's looking for right there in Pidwell.

Coronet

May 2022

Editor: Melissa Cox

Extent: 336

Option Publishers:

Norway: H. Aschehoug & Co

Italy: Newton Compton

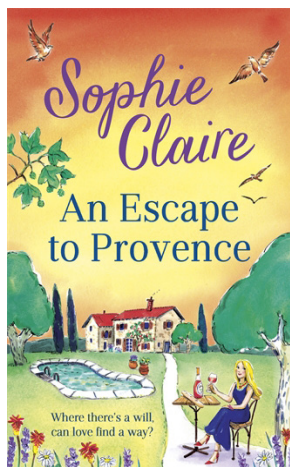
Praise for *Someday at Christmas*:

'A gorgeous, cosy read, rich in delicious wintery detail.' Kate Young

'The perfect festive story. Sweet, blissfully romantic, and bursting with heart...oh my heart I loved it.' Miranda Dickinson

About the author:

Lizzie Byron is a pen-name for award-winning YA author Tanya Byrne. Born in London, she now lives in Brighton with her dog Frida.



## An Escape to Provence

A gorgeous and unforgettable new summer romance

**Sophie Claire**

Where there's a will, can love find a way?

When cynical divorce lawyer Daisy Jackson unexpectedly inherits a ramshackle farmhouse in Provence, she sets off for the French countryside to oversee renovations herself. But Gabriel Laforet has other ideas. A local builder with ties to the property, Gabriel is determined to see Daisy off and preserve the characterful, charming farmhouse - which, but for a missing will, he knows is rightfully his.

When the two meet, it's clear they couldn't be more different: Gabriel has lived in the small country village all his life; Daisy is a city girl whose career means everything [...] Yet they're inexplicably drawn to each other and, in the heat of the Provence sun, secrets begin to spill. Perhaps Daisy can trust him with her carefully guarded heart after all?

But Gabriel is still searching for the missing will that proves the farmhouse belongs to him - and in doing so, risks upturning everything he and Daisy have started to build together ...

Hodder Paperbacks

May 2022

Editor: Amy Batley

Extent: 416

H

HODDER &  
STOUGHTON

Hodder Paperbacks

September 2022

Editor: Amy Batley

Extent: 400

## The Christmas Getaway

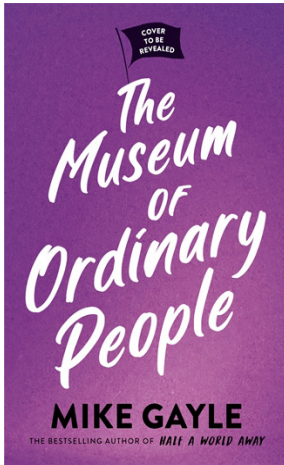
Six months after a life-changing accident, Carys is looking for a fresh start. Life in the cosy village of Willowbrook has lost its charm, and Carys finds herself dream-ing of a new adventure. Feeling restless, she jumps when she is offered the chance to run The Red Cat Café, an eccentric neighbourhood eatery in the centre of Paris, over the busy festive period.

Mathieu needs a change of pace. Stuck in a job he hates, the only time Mat feels truly in control is when he posts scathing anonymous restaurant reviews on his blog, Madame Incognito.

When a chance encounter leads the two to meet, their connection is instant [...]. But the secrets they are keeping threaten to upturn everything, and put a stop to their blossoming romance before it has even begun. As the countdown to the holidays begins, can Carys open her heart enough to take a chance on love? And if she does, will all her dreams come true in time for Christmas?

### About the author:

Sophie Claire, born to a French mother and Scottish father, grew up in Manchester where she still lives with her husband and two sons. She writes stories centred around sunny Provence, where she spent her summers as a child.



## The Museum of Ordinary People

The uplifting and thought-provoking new novel from the bestselling author of *Half a World Away* and *All the Lonely People*

**Mike Gayle**

The superb new novel from the bestselling author of *Half A World Away* and *All the Lonely People*. Inspired by a box of mementos found abandoned in a skip following a house clearance, *The Museum of Ordinary People* is a poignant, thought-provoking but ultimately uplifting story of memory and love, grief, loss and the things we leave behind.

It is another brilliant novel from an author who seems to have the absolute knack of writing topical, engaging, heartwarming stories which really connect with readers.

**Hodder & Stoughton**

July 2022

**Editor:** Nick Sayers

**Extent:** 352

**Rights sold:**

US: Grand Central Publishing

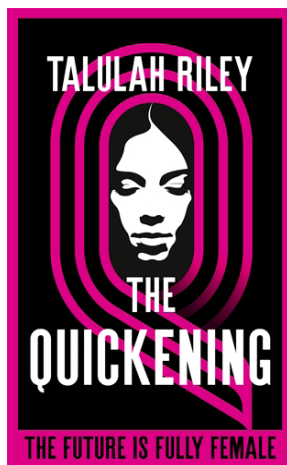
**Praise for ALL THE LONELY PEOPLE**

Heartbreaking, yet also uplifting and thought-provoking, Mike Gayle's writing is beautiful, This author's books just get better and better

**About the author:**

Mike Gayle was born and raised in Birmingham. After graduating from Salford University with a degree in Sociology, he moved to London to pursue a career in journalism and worked as a Features Editor and agony uncle.

Since then he has written thirteen novels including *Mr Commitment*, *Turning Thirty* and *The Man I Think I Know*. His books have been translated into more than thirty languages. In 2021, Mike is the recipient of the Outstanding Achievement Award from the Romantic Novelists' Association. You can find him online at [mikegayle.co.uk](http://mikegayle.co.uk) and on Twitter @mikegayle.



Hodder & Stoughton

June 2022

Editor: Kimberley Atkins

Extent: 352

Rights sold:  
Hungary: Libri Könyvkiadó.

## The Quickenings

a brilliant, subversive and unexpected dystopia for fans of Vox and The Handmaid's Tale

### Talulah Riley

'Does the world seem right, to you?'

Years ago, Dana Mayer had a vision of a better world: one where women are in charge. Now her manifesto, The Quickenings, has established the rules for a new order, designed to elevate and protect women. A genteel and peaceful society that prioritises nature, good manners and aesthetics.

Of course, in order for women to maintain control, the freedoms of men have been necessarily limited. Arthur Alden loves Dana Mayer but hates the world she has created. But can he find a way to resist, without losing everything? And with Dana intent on making men pay reparations for their past crimes, can Arthur be allowed to live without punishment?

### About the author:

Talulah Riley is an actress, writer, and director. She lives in Hertfordshire with a cocker spaniel called Squigs.



## Thrown

The laugh-out-loud debut of friendship, heartbreak and pottery for beginners

Sara Cox

The wise and gloriously big-hearted debut novel from the much-loved broadcaster, Sara Cox

Becky: a single mum who prides herself on her independence. She knows from painful experience that men are trouble. Louise: a loving husband, gorgeous kids. She ought to feel more grateful.

Jameela: all she's ever done is work hard, and try her best. Why won't life give her the one thing she really wants? Sheila: the nest is empty, she dreams of escaping to the sun, but her husband seems so distracted.

The inhabitants of the Inventor's Housing Estate keep themselves to themselves. There are the friendly 'Hellos' when commutes coincide and the odd cheeky eye roll when the wine bottles clank in number 7's wheelie bin, but it's not exactly Ramsay Street. The dilapidated community centre is no longer the beating heart of the estate that Becky remembers from her childhood. So the new pottery class she's helped set up feels like a fresh start. And not just for her.

The assorted neighbours come together to try out a new skill, under the watchful eye of their charismatic teacher, Sasha. And as the soft unremarkable lumps of clay are hesitantly, lovingly moulded into delicate vases and majestic pots, so too are the lives of four women. Concealed passions and heartaches are uncovered, relationships shattered and formed, and the possibility for transformation is revealed.

### About the author:

Sara is known and loved by millions of Radio 2 listeners and she currently hosts the popular weekly TV book programme Between the Covers on BBC2. Her memoir, *Till the Cows Come Home* (2018), was a Sunday Times bestseller.

Coronet

May 2022

Editor: Hannah Black

Extent: 304



## What Might Have Been

The stunning new novel from the bestselling author of *The Sight of You*

Is Lucy's life 'meant to be' . . . or meant to be different?

Lucy's life is at a crossroads. She's just walked out of her unrewarding job and has no idea about her next step: use her savings to pursue her dream of becoming a writer, or move to London to try and revive her career? It almost seems like fate that on that same night she meets Caleb, a stranger in a bar, and runs into Max, the one-time love of her life.

Should Lucy stay in the seaside town she grew up in, and in doing so, get to know Caleb better? Or should she go to London and reconnect with Max again after he broke her heart a decade ago? It's just one decision - but sometimes one decision can change the course of your whole life . . .

*What Might Have Been* is a sweeping and unforgettable novel for anyone who has ever believed in destiny and soulmates - or paused to wonder what your life might look like if you'd made a different choice.

### Praise for Holly Miller

*'Unique and breathtaking' - Jodi Picoult*

*Clever, poignant and very special' - Woman & Home*

*Extraordinary' - Beth O'Leary*

*'A heartrending, beautifully crafted emotional rollercoaster' Mike Gayle*

### About the author:

Holly Miller was born and grew up in Bedfordshire. Since university she has worked as a marketer, editor and copywriter. Holly currently lives in Norfolk with her partner and their dog.

**Hodder & Stoughton**

March 2022

**Editor:** Kimberley Atkins

**Extent:** 400

**Rights sold:**

Germany: Blanvalet

Netherlands: HarperCollins

Norway: Bastion Forlag

Polish: Muza

Russia: ST Licence Agency Ltd

Serbia: Vulkan Izdavaštvo

US: Penguin Random House



## Shiny Happy People

It was Tuesday in September, a little after 3pm, and Daisy was on her way to murder her friends.

First Carol.  
Then Selby.  
Then B.

In order of how much she cared for them. Then she planned to cut town in a stolen car and head to Monument Valley. It should've been easy. But only if you ignore the suspicious police detective on her tail, her terrible aim with a syringe and the risk that if she fell asleep, one of her victims could wake up in body. Oh, and that the apocalypse seemed to be starting.

Shiny Happy People mixes the best elements of horror, sci-fi, and the coming-of-age, taking you on a journey you won't soon forget, through an America somewhat different from the one you might know.

**Hodder & Stoughton**

January 2023

**Editor:** Morgan Springett

**Extent:** 400

### About the author:

Matt Suddain (Lo Hardy) grew up in a small community in Aotearoa New Zealand's North Island. He's the author of *Theatre of the Gods and Hunters and Collectors* (Jonathan Cape) and the soon to be published *Shiny Happy People* (Hodder). His journalism and short fiction have appeared in numerous anthologies and periodicals. He is awesome at guitar and breakdancing (though not simultaneously). He lives in London with his wife, Sarah, and his cat, Robert.



## reasons to go outside



This summer life is changing  
one step at a time...

**ESME KING**

**Hodder & Stoughton**

May 2022

**Editor:** Kimberley Atkins

**Extent:** 368

## Reasons To Go Outside

an uplifting, heartwarming novel about unexpected friendship and bravery

**Esme King**

Pearl Winter hasn't been outside in forty-three years. Since she arrived on Dartmoor as a girl, an isolated family cottage has been her whole world. A place of safety.

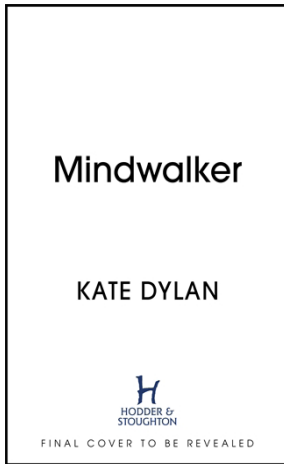
But now fifty-nine-year-old Pearl is utterly alone - except for the postman, the local crows, and memories of the summer of 1976.

Teenager Connor Matthews feels like a stranger in his own home. Since his mother's death he's been adrift from his remaining family, troubled by the reality of moving on, and unable to see a future ahead.

But when Connor begins a summer job as Pearl's gardener, an unexpected friendship opens the door to a fresh start for them both. If only Pearl and Connor can take the first steps...

### About the author:

Esme King is a former news journalist and an award-winning short film writer and director. She was inspired to write *Reasons To Go Outside* after interviewing a woman with agoraphobia. Esme lives in Devon with her husband, two children and rescue dogs, Monty and Milo.



Hodder & Stoughton

September 2022

Editor: Molly Powell

Extent: 320

## Mindwalker

Kate Dylan

Would you ever surrender control of your mind?

Eighteen-year-old Sil Sarrah is determined to die a legend. In the ten years she's been rescuing imperilled field agents for the Syntex Corporation - by commandeering their minds from afar and leading them to safety - Sil hasn't lost a single life. And she's not about to start now.

She's got twelve months left on the clock before the supercomputer grafted to her brain kills her, and she's hell-bent on using that time to cement her legacy. Sil's going to be the only Mindwalker to ever pitch a perfect game - even despite the debilitating glitches she's experiencing.

But when a critical mission goes south, Sil is forced to flee the very company she once called home. Desperate to prove she's no traitor, Sil infiltrates the Analog Army, an activist faction working to bring Syntex down. Her plan is to win back her employer's trust by destroying the group from within.

Instead, she and the Army's reckless leader, Ryder, uncover a horrifying truth that threatens to undo all the good Sil's ever done. With her tech rapidly degrading and her new ally keeping dangerous secrets of his own, Sil must find a way to stop Syntex in order to save her friends, her reputation - and maybe even herself.

### About the author:

Kate is a video editor by day, science fiction and fantasy author by night. Her passion for writing YA novels is fuelled by a love of banter, snark, and all things Marvel, and is supported by her long-suffering boyfriend and their thoroughly indifferent cat.



## Disrobed

### Sara Sheridan

Glasgow, 1846, the second city of the British Empire is expanding rapidly and Ellory McHale, a working class woman receives an unexpected bequest which allows her to leave her job as junior assistant to a famous male photographer in Edinburgh to set up Glasgow's first professional photography studio, in a glass-roofed top floor within sight of the Clyde.

There, Ellory crosses paths with wealthy heiress Annis Buchanan, and the two strike up a friendship based on a mutual understanding of what it means to be a woman trying to carve out her own path in a man's world.

While Annis must fend off the advances of her cousin Forbes, who is determined to inherit the Buchanan fortune by hook or by crook, Ellory ventures into the dark underbelly of the city, using Glasgow's most famous performers as models in early erotic photography.

But in a city where reputations can be destroyed at the drop of a hat, can both Annis and Ellory build lives on their own terms - especially when dark secrets are brought to light?

Hodder & Stoughton

February 2023

Editor: Lily Cooper

Extent: 352

### About the author:

Sara Sheridan is an Edinburgh-based writer of over 20 books including cosy crime noir mysteries set in 1950s Britain and historical novels based on the real-life stories of late Georgian and early Victorian explorers.

She has also written non-fiction, as well as books for children. Sara has been named one of the Saltire Society's 365 most influential Scottish women, past and present.



Hodder & Stoughton

August 2022

Editor: Jo Dickinson

Extent: 416

Rights sold:

Bulgaria: Ceila Norma AD

Czech Republic: Albatros

Denmark: Jentas A/S

France: Editions Gallimard

Germany: Rowohlt

Netherlands: The House of Books

US: Hanover Square Press

## SEVENTEEN

Last Man Standing. The must-read book of 2022

John Brownlow

YOU'LL NEVER KNOW MY NAME.  
BUT YOU WON'T FORGET MY NUMBER.

Behind the events you know are the killers you don't.  
When diplomacy fails, we're the ones who gear up.  
Officially we don't exist, but every government in the world uses our services.  
We've been saving the world, and your ass, for 100 years.

Sixteen people have done this job before me.  
I am 17. The most feared assassin in the world.  
But to be the best you must beat the best.  
My next target is 16, just as one day 18 will hunt me down.  
It's a dog-eat-dog world and it gets lonely at the top.  
Nobody gets to stay for long.

Praise for SEVENTEEN:

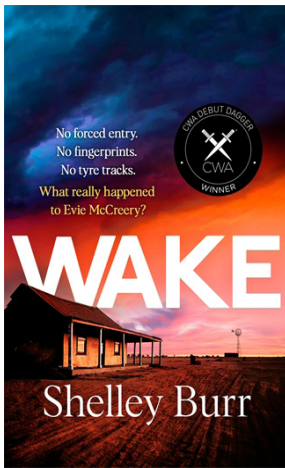
Keeps you on the edge of your seat and guessing with every turn of the page. A fantastic and thrilling new entry into the modern-day spy genre - Rawson Marshall Thurber, director of DODGEBALL, CENTRAL INTELLIGENCE, SKYSCRAPER and RED NOTICE

SEVENTEEN reinvents the hitman novel. It's a cinematic rollercoaster, full of authentic emotion and high-octane action. The tension explodes off the pages; John Brownlow is a master of suspense - Jeff Abbott, New York Times bestselling author of TRAITOR'S DANCE

About the author:

John Brownlow holds British/Canadian citizenship and lives two hours north of Toronto. He wrote the film Sylvia, starring Gwyneth Paltrow and Daniel Craig, the TV series Fleming about Ian Fleming's work as a spy and the genesis of James Bond, and the TV series The Miniaturist, adapted from Jessie Burton's best-selling novel. You can follow him on Twitter @johnbrownlow.

Film/TV rights sold to Laika so more news to come on this too!



**Hodder & Stoughton**

June 2022

Editor: Jo Dickinson

Extent: 368

**Rights sold:**

France: Bragelonne

Germany: Droemer Knaur

Netherlands: Ambo | Anthos

## WAKE

Shelley Burr

EVERYBODY THINKS THEY KNOW MINA McCREERY.

EVERYONE HAS A THEORY ON WHAT HAPPENED TO HER SISTER.

NOW IT'S TIME TO FIND OUT THE TRUTH...

Mina McCreery's sister Evelyn disappeared nineteen years ago. Her life has been defined by the intense public interest in the case. Now an anxious and reclusive adult, she lives alone on her family's destocked sheep farm.

When Lane, a private investigator, approaches her with an offer to reinvestigate the case, she rejects him. The attention has had nothing but negative consequences for her and her family, and never brought them closer to an answer. Lane wins her trust when his unconventional methods show promise, but he has his own motivations for wanting to solve the case, and his obsession with the answer will ultimately risk both their lives.

Superbly written, taut and compassionate, *Wake* looks at what can happen when people's private tragedies become public property, and the ripples of trauma that follow violent crimes. *Wake* won the CWA Debut Dagger in 2019.

### Praise for WAKE:

Incredible! A vividly told mystery, perfect for fans of Jane Harper' ALLIE REYNOLDS, AUTHOR OF *SHIVER*

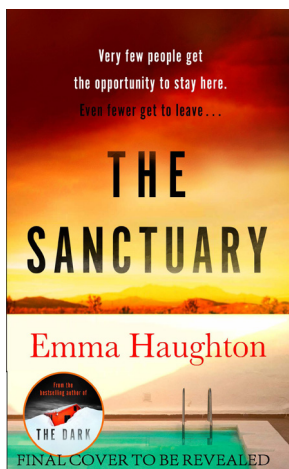
'A triumphant debut' ROSE CARLYLE

'Intriguing and compelling. Shelley Burr is a bright new talent' CHRIS HAMMER

### About the author:

Shelley Burr is the winner of the CWA Debut Dagger award with *Wake*, an alumni of the ACT Writer's Centre Hardcopy program (2018) and a Varuna fellow. When not writing she works at the Department of Agriculture, Water and the Environment.

She lives in Canberra, but grew up splitting her time between Newcastle and Glenrowan, where her father's family are all sheep farmers. *WAKE* is Shelley's first novel.



# The Sanctuary

A must-read locked-room thriller that you will leave you on the edge of your seat

Emma Houghton

Very few people get the opportunity to stay here. And some don't get to leave ...

Zoey doesn't remember anything about last night. But she knows something went badly wrong. For she is no longer in New York. She's woken up in the desert, in a white building she doesn't recognise, and she's alone.

When she discovers she's been admitted to The Sanctuary, a discreet, mysterious, isolated refuge from normal life, to avoid jail, she is stunned. She knows she has secrets, troubles, but she thought she had everything under control. But as she spends more time with other residents, she begins to open up about what she's running from.

Until she realises that not everyone in The Sanctuary has her best interests at heart, and someone might even be a killer . . .

Praise for THE DARK:

'Outstanding...Houghton writes vividly about a claustrophobic community...her novel really is a superlative locked-room mystery' Sunday Times (Crime Book of the Month)

'Houghton has created a fantastically atmospheric setting ... it's a chilling race to the finish to discover whodunnit' - Observer

## About the author:

Emma Houghton grew up in Sussex, studied English at Oxford and worked as a journalist for several national newspapers, including The Times Travel section. Emma has written several non-fiction books for schools as well as YA thrillers.

THE DARK was her first crime novel; THE SANCTUARY is her second.

Hodder & Stoughton

July 2022

Editor: Jo Dickinson

Extent: 320

Rights sold:

Germany: Droemer Knaur

Netherlands: Luitingh-Sijthoff

Option Publishers:

Czech Republic: Alpress

Germany: Droemer

Poland: Burda

Netherlands: Luitingh Sijthoff

Korea: Cheongmirae

Russia: ST Licence



## We All Have Secrets (working title)

**Sarah Bonner**

Secrets and lies ruin lives.

Two women receive the same anonymous note. For one it's a threat. For the other it's an invitation for revenge.

Helena is beautiful, successful, and living in married bliss in Exeter. But she's hiding a secret that could tear her perfect life apart. When the notes begin to arrive, she realises someone else must know. But what might her husband do if he finds out the truth?

Becky and Alex return to Brighton from their honeymoon, newlyweds with their whole lives ahead of them. But what is Alex hiding? And just how is Becky planning to make him pay for his past?

**Hodder Studio**

January 2023

**Editor:** Sara Adams

**Extent:** 320

**Rights sold:**

US: Grand Central Publishing

**Option Publishers:**

Estonia: Eesti Raamat

Germany: Goldmann

Poland: Muza S.A.

Russia: OMEGA-L LLC

**Praise for Sarah Bonner's debut Her Perfect Twin:**

'Brilliantly twisty' T. M. Logan

'Terrifyingly vivid' Janice Hallet

'Made my jaw drop' Samantha Downing

'A perfect storm of sly revenge and rivalry' LV Matthews

**About the author:**

Sarah Bonner grew up in Salisbury, dreaming of a career as a writer and performer. Instead, she became an accountant! After a fifteen-year career, she decided to answer her original calling and completed her first novel, HER PERFECT TWIN. She lives in West Sussex with her husband and very spoiled rescue dog.



## The Trials of Marjorie Crowe

C.S. Robertson

Those who live alongside Marjorie Crowe in Strathdorcha put her age at somewhere between 55 and 70. They think she's divorced or a lifelong spinster, that she used to be a librarian, a pharmacist or a witch. They think she's possibly lonely or ill or maybe just plain rude.

She lives in a cottage on the edge of the village. The local kids call it the Hansel and Gretel house and make fun of her. With her few friends long gone, she's regressed into a quiet, almost mute, world of her own. Marjorie manages to look tall despite being only around five feet six. With her slim frame and long, unkempt grey hair tied behind her, she usually walks with her head up. And she walks and she walks.

Hodder & Stoughton

February 2023

Editor: Eve Hall, Jo Dickinson

Extent: 320

When Marjorie is seven minutes late walking through the back door of The Foresters Arms, it's noticed.

That's the same day that 11-year-old Charlie McKee disappears. That's the day everyone wants to know what Marjorie knows.

### About the author:

A former journalist, Craig Robertson had a 20-year career with a Scottish Sunday newspaper before becoming a full-time author. He interviewed three Prime Ministers, reported on major stories including 9/11, Dunblane, the Omagh bombing and the disappearance of Madeleine McCann. He was pilloried on breakfast television, beat Oprah Winfrey to a major scoop, spent time on Death Row in the USA and dispensed polio drops in the backstreets of India.

His first novel, *Random*, was shortlisted for the 2010 CWA New Blood Dagger, longlisted for the 2011 Crime Novel of the Year and was a Sunday Times bestseller. He has been both longlisted and shortlisted for writing prizes. He now shares his time between Scotland and California and can usually be found on a plane somewhere over the Atlantic.





Hodder & Stoughton

June 2022

Editor: Kimberley Atkins

Extent: 400

Rights sold:

US: Putnam & Sons

## The Other Guest

Helen Cooper

One year ago, Leah's feisty twenty-one-year-old niece, Amy, mysteriously drowned near her family-owned luxury resort on the shores of Lake Garda.

Now, Leah is returning to Italy for the first time since Amy's death. But what she finds upon her arrival shocks her: her sister, brother-in-law, and surviving niece, Olivia, seem to have erased all memories of Amy, and insist her death was an accidental drowning, despite murky circumstances. Leah knows she must look beyond the resort's beautiful façade if she is to uncover the truth of that night.

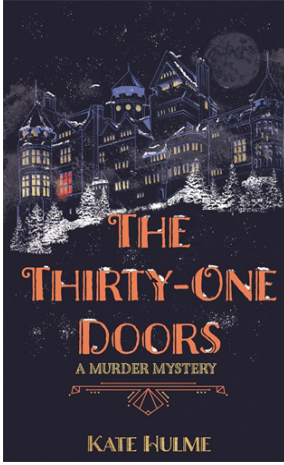
Meanwhile, in Derby, university counsellor Joanna is recovering from a surprising break-up when she is swept off her feet by a handsome bartender. But when she invites him into her home, Joanna quickly starts to realise that she doesn't know him as well as she thought.

What follows is a propulsive game of cat-and-mouse as both women begin to realise that appearances can be deceptive: and that the darkest secrets often lie closest to home.

### About the author:

Helen Cooper is from Derby. She has taught English and Academic Writing in both Further and Higher Education and was Head of Learning Enhancement at the University of Birmingham.

She has a MA in Creative Writing from Nottingham Trent University and has been published in Writers' Forum, Mslexia, the Bath Short Story Prize Anthology (2014) and the Leicester Writes Short Story Prize Anthology (2018). The Downstairs Neighbour was her first novel - her second, The Other Guest publishes in 2022.



# The Thirty-One Doors

Kate Hulme

If these walls could talk . . .

ScarpSide House is famed for its beauty, its isolation, and its legendary parties. Tonight, it hosts the Penny Club soiree.

An annual gathering of lucky men and women from all walks of life, coming together to celebrate their survival against the odds.

But this year their luck is running thin. Accidents do happen, after all . . . And some are long overdue . . .

Coronet

October 2022

Editor: Melissa Cox

Extent: 272

### About the author:

Kate writes suspenseful adult fiction. She's drawn to big ideas tagged onto real, in-depth characters and enjoys putting characters in ominous settings and giving them a mysterious, difficult problem to tackle.

In her day job she develops and produces creative concepts for heritage clients, researches and creates text for them and runs workshops in how to write and plan heritage stories.

She enjoys going down a rabbit hole of historic research and loves the unique things you find that you could never make up - these strange details are what make her books a pleasure to read too.



# The Couple at the Table

## The impossible to solve murder mystery

Sophie Hannah

'Completely ingenious, entirely satisfying - a delight from start to finish'  
ALEX MICHAELIDES

'A wise and witty portrait of modern marriage and murder' THE TIMES  
'One of the best crime writers current working' THE SCOTSMAN

SIX COUPLES. ONE LUXURY RESORT. AND THE PERFECT MURDER.  
You're on your honeymoon at an exclusive couples-only resort. You receive a note warning you to 'Beware of the couple at the table nearest to yours'. At dinner that night, five other couples are present, and none of their tables is any nearer or further away than any of the others.

Hodder & Stoughton

January 2022

Editor: Carolyn Mays

Extent: 368

Rights sold:

US: HarperCollins Publishers

Option Publishers:

Czech Republic: Euromedia

Estonia: Ersen Books

Netherlands: House of Books

US: HarperCollins

It's as if someone has set the scene in order to make the warning note meaningless - but why would anyone do that? You have no idea. You also don't know that you're about to be murdered, or that once you're dead, all the evidence will suggest that no one there that night could possibly have committed the crime. So who might be trying to warn you? And who might be about to commit the perfect murder?

### About the author:

Sophie Hannah is an internationally bestselling crime fiction writer. Her psychological thriller *The Carrier* won the Specsavers National Book Award for Crime Thriller of the Year in 2013.

Sophie is the author of the bestselling Poirot continuation mysteries. *The Point of Rescue* and *The Other Half Lives* have been adapted for television as *Case Sensitive*, starring Olivia Williams and Darren Boyd. Sophie is also a bestselling poet who has been shortlisted for the TS Eliot award.

Her poetry is studied at GCSE and A-level. Sophie is an Honorary Fellow of Lucy Cavendish College, Cambridge. She lives in Cambridge with her family.



Sceptre

August 2022

Editor: Charlotte Humphery

Extent: 256

## American Fever

Dur e Aziz Amna

'Unforgettable... Rarely does a book sharpen how you see the world around you, but American Fever does just that. It dazzled me on every page' Julie Buntin, author of Marlena

On a year-long exchange programme in rural Oregon, sixteen-year-old Hira must swap Kashmiri chai for volleyball practice and understand why everyone around her seems to dislike Obama.

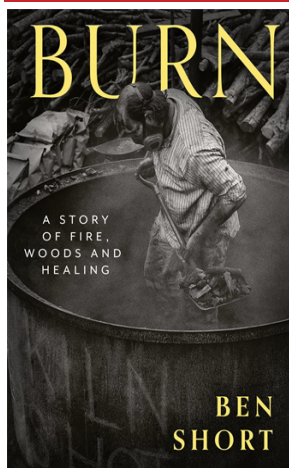
An unforgettably witty narrator, Hira finds herself stuck between worlds. The experience is memorable for reasons both good and bad; a first kiss, new friends, racism, Islamophobia, homesickness.

Along the way Hira starts to feel increasingly unwell until she begins coughing up blood, and receives a diagnosis of tuberculosis, pushing her into quarantine and turning her newly-established world upside down. 'Marks the debut of a thrilling new global voice' Peter Ho Davies.

### About the author:

Dur e Aziz Amna is a graduate of Yale College and the University of Michigan Helen Zell Writers' Program, where drafts of AMERICAN FEVER won the Hopwood and Busch Prizes. She won the Bodley Head Financial Times Essay Prize and the London Magazine Short Story Competition and has been longlisted for the prestigious Sunday Times Audible Short Story Award.

Her writing has been featured or shortlisted elsewhere, including the New York Times, Longreads, Roads & Kingdoms, and Dawn. She lives in Ann Arbor with her husband and child.



## Burn

### A Story of Fire, Woods and Healing

**Ben Short**

I came to the woods over a decade ago. I came to the woods because there was a fire in my head.

On the outside, Ben Short looks like he has it all - a successful career in advertising, a flat in a trendy area of London, an expensive motorbike ...

But inside, he's a wreck. Years of suffering with an anxiety disorder and depression have broken him, and his 'creative' career has become sterile and suffocating. A drastic change is needed. Like his neighbour's rescue hawk, he acts on instinct and escapes the city. For a time, he takes on odd jobs - gardening, hedge-laying and labouring in the Cambridgeshire Fens and in the Devon countryside, trying to find somewhere he belongs.

That is until he feels the call of the furnace: a glowing charcoal kiln in the West Dorset woods, where he can re-forge his thoughts, put the years of suffering behind him and start afresh by immersing himself in the ancient ways of woods and fire. He lives in huts and old wagons in the woods, hauling water from wells and foraging for his supper. But this is no idyll - the road is hard, the work back-breaking, the woods dark and brimming with powerful energies.

Exquisitely written and laced with folklore and the history of burning, the right way to lay a hedge and the age-old wisdom of the woods, *Burn* is a hopeful story of transformation, a celebration of manual work and craft, and a love letter to the English landscape.

### About the author:

Ben Short is a charcoal burner and woodsman, working in the Dorset countryside. A decade ago he worked as an advertising copywriter in London. He has lived in huts and old wagons, spent summers off-grid in woods, hauled his water from wells and had to forage for his supper. He lives in Dorset with his partner and son. [benshortcharcoal.co.uk](http://benshortcharcoal.co.uk)

Sceptre

April 2022

Editor: Juliet Brooke

Extent: 256



## Embroidering Her Truth

Clare Hunter

I felt that Mary was there, pulling at my sleeve, willing me to appreciate the artistry, wanting me to understand the dazzle of the material world that shaped her.

At her execution Mary, Queen of Scots wore red. Widely known as the colour of strength and passion, it was in fact worn by Mary as the Catholic symbol of martyrdom.

In sixteenth-century Europe women's voices were suppressed and silenced. Even for a queen like Mary, her prime duty was to bear sons. In an age when textiles expressed power, Mary exploited them to emphasise her female agency. From her lavishly embroidered gowns as the prospective wife of the French Dauphin to the fashion dolls she used to encourage a Marian style at the Scottish court and the subversive messages she embroidered in captivity for her supporters, Mary used textiles to advance her political agenda, affirm her royal lineage and tell her own story.

In this eloquent cultural biography, Clare Hunter exquisitely blends history, politics and memoir to tell the story of a queen in her own voice.

Sceptre

March 2022

Editor: Juliet Brooke

Extent: 416

### About the author:

Clare Hunter has been a banner-maker, community textile artist and textile curator for over twenty years and established the community enterprise NeedleWorks in Glasgow. Her first book, *Threads of Life*, won the Saltire First Book Award, was a Waterstones Scottish Book of the Month and a Radio 4 Book of the Week.



HODDER &  
STOUGHTON

Sceptre

September 2023

Editor:

Juliet Brooke, Jo Dingley

Extent: 416

## Alexandria

Dr Islam Issa

This is the story of a small fishing village that rapidly be-came the most coveted spot in the world.

*Alexandria* is the first history of the city from pre-Homeric times to the present day. Alexandria was the cru-cible of cultural exchange between East and West for mil-lennia. It was the undisputed global capital of knowledge that constantly pressed humanity into its next era. But it also witnessed natural disasters, plagues, crusades and violence.

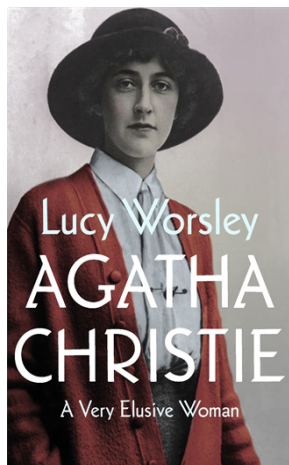
Major empires fought over Alexandria (including the Greeks, Ottomans, French, and British) and key figures shaped the city (Alexander the Great, Cleopatra, Saint Mark the Evangelist, Admiral Nelson, Napoleon Bona-parte, Aristotle and many others) each putting their own stamp on its identity and fortunes.

This mystical city forces us to reconsider the links between East and West, religion and science, tradition and renovation, myth and reality, the classical and the modern, and ultimately, past and pre-sent.

### About the author:

Dr Islam Issa is a multi-award-winning historian at Birmingham City University. He presented the TV documentary *Cleopatra and Me: In Search of a Lost Queen* (BBC Four) and various programmes on BBC Radio 3.

He curated three high-profile public exhibitions, has pub-lished extensively in his field, and has written for such outlets as *The Guardian*, *New Statesman*, and *Times Literary Supplement*. *Alexan-dria* will be his first book for the trade



## Agatha Christie

### A Very Elusive Woman

Lucy Worsley

'One brilliant woman writing about another: an irresistible combination.' -  
Antonia Fraser

'Reading Worsley is as enjoyable as reading Christie herself.' - Ruth Scurr

'Nobody in the world was more inadequate to act the heroine than I was.'

Why did Agatha Christie spend her career pretending that she was 'just' an ordinary housewife, when clearly she wasn't?

As Lucy Worsley says, 'She was thrillingly, scintillatingly modern'. She went surfing in Hawaii, she loved fast cars, and she was intrigued by the new science of psychology, which helped her through devastating mental illness.

So why - despite all the evidence to the contrary - did Agatha present herself as a retiring Edwardian lady of leisure?

She was born in 1890 into a world which had its own rules about what women could and couldn't do. Lucy Worsley's biography is not just of an internationally renowned bestselling writer. It's also the story of a person who, despite the obstacles of class and gender, became an astonishingly successful working woman.

With access to personal letters and papers that have rarely been seen, Lucy Worsley's biography is both authoritative and entertaining and makes us realise what an extraordinary pioneer Agatha Christie was - truly a woman

### About the author:

Lucy Worsley OBE is Chief Curator at the charity Historic Royal Palaces and also presents history documentaries for the BBC.

Her bestselling books include Queen Victoria, Jane Austen at Home, A Very British Murder, If Walls Could Talk: An Intimate History of the Home, Courtiers, Cavalier and four historical novels for young readers. In 2019 her BBC One programme Suffragettes with Lucy Worsley won a BAFTA.

Hodder & Stoughton

September 2022

Editor: Rupert Lancaster

Extent: 432

### Rights sold:

Czech Republic: Pavel Dobrovsky

Hungary: Helikon Kiadó Kft.

US: Pegasus Books

### Option Publishers:

Bulgaria: List 2016

China: United Sky New Media

Czech: Pavel Dobrovsky - Beta

Estonia: Tanapaev

Lithuania: Tyto Alba

Poland: Swiat Ksiazki

Russia: Sinbad

Slovak: Vydavatelstvo Slovart

Spain: Urano





**HODDER &  
STOUGHTON**

Hodder & Stoughton

May 2023

Editor: Rupert Lancaster

Extent: 352

**Rights sold:**

Italy: Bollati Boringhieri

Netherlands: VBK Media

## X Marks the Spot

Michael Scott

'So forget any ideas you've got about lost cities, exotic travel, and digging up the world. We do not follow maps to buried treasure, and "X" never, ever, marks the spot.'

So says Indiana Jones to his class of archaeology students in *The Last Crusade* (before going on to follow a map to a big X in his quest to find the Holy Grail). We can't help being captivated by the romance and swashbuckling stories of great discoveries. It's this thirst for relating and anchoring ourselves to the past that has made the pursuit of archaeology part of every human society across time. What pasts we choose to look for, however, are governed by the concerns of our own time. We affect the story of the past as much as it does us.

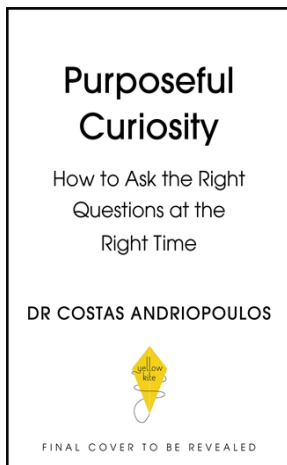
In *X Marks the Spot*, Professor Michael Scott takes us on an exhilarating tour of the world's greatest archaeological discoveries, from enchanting objects and underwater shipwrecks to entire cities in the clouds. Scott uncovers eight spectacular finds, crossing millions of years, and trekking through the jungles of South America and the frozen highlands of Central Asia. We meet the men and women, some celebrated and some forgotten, who uncovered these treasures and whose stories are intimately intertwined with the geo-political forces that shaped the modern world.

Delving into the nature of history itself, *X Marks the Spot* shows how foreign explorers discovered for the world what locals had long known, reveals how new technology is persuading ancient artefacts to give up their secrets, and asks what the discovery of the past will look like in the future.

### About the author:

Michael Scott is Professor in Classics and Ancient History at the University of Warwick. He is also a National Teaching Fellow and Principal Fellow of the Higher Education; Fellow of the Royal Historical Society; Honorary Citizen of Delphi, Greece; President of the Lytham Saint Annes Classical Association; and Trustee and Director of Classics for All.

He is the author of several books on the ancient Mediterranean world as well as ancient global history and has written and presented a range of TV and Radio documentaries for National Geographic, History Channel, ITV and the BBC, including *Invisible Cities*.



**Yellow Kite**

February 2023

**Editor:** Liz Gough

**Extent:** 288

**Rights sold:**

China (simplified):

Beijing Guangchen

China (Traditional): Locus

US: Hachette Book Group

## Purposeful Curiosity

How to Ask the Right Questions at the Right Time

**Dr Costas Andriopoulos**

This book offers a masterclass in the power of purposeful curiosity to succeed and lead a fulfilled life. Dr Costas Andriopoulos has spent the last five years interviewing the most curious minds working today, focused on people who have harnessed their inquisitive minds and innovative thinking to achieve great things across a variety of fields.

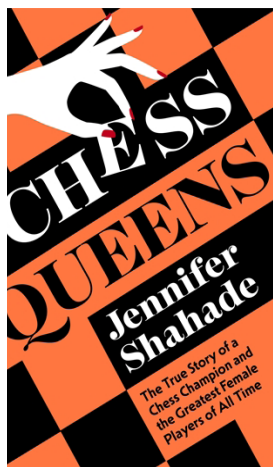
In this book he explores the way these special people have channelled and fed their curiosity with purpose and weaves in gripping insights and advice from the interviews along with cutting-edge research from psychology, neuroscience, management, history, sociology and anthropology to illuminate the purposefully curious approach.

Packed with practical tools alongside the fascinating narrative, the book offers Dr Andriopoulos' nine essential lessons that will allow you to make use of curiosity in your own life to empower you - whatever your journey - and help you replicate the experiences of others to reach your goals and thrive.

### About the author:

Dr Costas Andriopoulos is a curious innovation and entrepreneurship researcher, passionate about teaching and helping founders or leaders make decisions that can improve their lives and those of people around them. He is Professor of Innovation and Entrepreneurship at Cass Business School (City, University of London). He is also the Director of Avyssos Advisors Ltd., an innovation management consultancy.

During his time at Cass, Costas has built and grown one of the most popular Masters in Entrepreneurship, where students are encouraged to think about big problems and ways to solve them and take a journey into the 'unknown' by starting their own ventures. He has also successfully launched Cass X (Research Centre for Innovation and Disruption), one of the leading scholarly centres focusing on disruptive innovation.



## Chess Queens

The True Story of a Chess Champion and the Greatest Female Players of All Time

Jennifer Shahade

For fans of *The Queen's Gambit*, this is the real life story of a female chess champion travelling the world to compete in a male-dominated sport with the most famous players of all time.

Jennifer Shahade, a two-time US women's chess champion, spent her teens and twenties travelling the world playing chess. Tournaments have taken her from Istanbul to Moscow, and introduced her to players from Zambia to China. In this ultra male-dominated sport, Jennifer found shocking sexism, as well as an incredible history of the top female players that has often been ignored. But she also found friendships, feminism and hope.

Hodder & Stoughton

March 2022

Editor: Anna Baty

Izzy Everington

Extent: 400

Through her own story as well as in-depth profiles of pioneers of the game, Jennifer invites us into the extremely competitive world of chess. She shows us the rivalry and the camaraderie; the ecstatic highs and the excruciating losses; the glamour and the hard work. She describes the coach who told her that her period will affect her standard of play, and gives us thrilling blow-by-blow accounts of the matches that made history. Intertwined with Jennifer's own story are those of the top female players from around the world. We meet the famous Polgar sisters, the three Hungarian girls who were all child prodigies; we meet the glamorous jet setters who travel the world partying, and the players who escaped war-torn countries to become champions against the odds.

Chess Queens is a fascinating journey into the exhilarating world of chess and an essential book for all the aspiring chess queens of today.

### About the author:

Jennifer Shahade is an Olympic chess champion, Woman Grandmaster, poker pro, speaker and author. She is a two-time United States women's chess champion and was the first female to win the US Junior Open. She hosts two award-winning podcasts, *The Poker GRID* and *Ladies Knight*.

Jennifer works to bring more women, girls and gender minorities into the game through programmes like US Chess Women, the Madwoman's Book Club, and a cross-cultural chess club with girls from all the world, from Kenya to Colombia. She is an ambassador for PokerStars and Poker Power, and a board member of the World Chess Hall of Fame. Her previous books include *Chess Bitch* (now updated and reissued as *Chess Queens*) and *Play Like a Girl!*



Hodder & Stoughton

February 2023

Editor: Anna Baty

Izzy Everington

Extent: 320

# Thinking Sideways

From a chess champion: What chess can teach us about true success

## Jennifer Shahade

‘How many moves do you think ahead?’

It’s a question that chess champion and poker pro Jennifer Shahade has heard hundreds of times. But it’s the wrong question. Rather than thinking as far ahead as possible, Shahade shows how the best chess players consider more - and better - possibilities than their opponents by thinking sideways.

Just as this lateral thinking avoids pointless tunnelling, and ultimately reveals great moves on the chess board, it can also be applied to real life. Thinking sideways can open our eyes to choices that may seem hidden, but really just require us to look left or right, from where to live to what to eat and who to date. This book will show how anyone can use chess to improve their lives - even if you’ve never played.

From building focus and memory to crafting better decision trees, Shahade not only digs into how chess can teach you to build success into all areas of your life, but also encourages us to reconsider our definition of success. She will draw on her own peer reviewed research as well as introducing readers to some of the most incredible minds of the chess world, and make you rethink how you think, as well as how well you think. By collapsing the idea of one vertical definition of success, and broadening our concept of the ways that games can make us better versions of ourselves, Thinking Sideways will not only enhance your own life, but also the lives of others.

## About the author:

Jennifer Shahade is an Olympic chess champion, Woman Grandmaster, poker pro, speaker and author. She is a two-time United States women’s chess champion and was the first female to win the US Junior Open. She hosts two award-winning podcasts, The Poker GRID and Ladies Knight.

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## Switchcraft

Dr Elaine Fox

What do the happiest and most successful people on the planet all have in common? An agile mindset.

Our world feels more uncertain than ever. And the people who thrive are the ones who are able to adapt. Elaine Fox, one of the world's leading psychologists and performance coaches, has witnessed this time and again. She has seen how developing an agile mindset -- the ability to flex our thoughts, feelings and behaviours -- transforms lives.

Drawing on 25 years of scientific research, as well as work with the world's top athletes and businesspeople, Fox has developed a framework for a supercharged form of mental agility she calls Switchcraft.

Using stories, case studies and interactive exercises, she shows us how to perfect it in three simple steps.

Switchcraft shows us how to be flexible in the ways we think, feel and behave, and to create profound change in our personal and professional lives. You'll learn how to:

- Respond to uncertainty
- Know when to stick and when to switch
- Solve problems creatively
- Develop tools to make better decisions
- Escape mental ruts that can cause anxiety

... and much more

### About the Author:

Elaine Fox is Professor of Psychology and Affective Neuroscience at Oxford University where her lab group, the Oxford Centre for Emotion and Affective Neuroscience, is world-leading in the quest to understand the roots of mental health. In September 2019, Professor Fox was also appointed to a highly prestigious role by the UK Government's Department of Research and Innovation (UKRI) to lead a national strategy to enhance the profile, impact and quality of mental health research in the UK. Her first book *Rainy Brain, Sunny Brain* was published in 2012.

Hodder & Stoughton

May 2022

Editor: Kirty Topiwala

Extent: 304

#### Rights Sold:

Brazil: Editora Best Seller

China: CITIC Press

Germany: DTV

Taiwan: Ping's

Japan: NHK

Korea: Gimm-Young

Netherlands: Ten Have

Russia: EKSMO

US: HarperCollins

### Nuts and Bolts

How Seven Inventions  
Changed our World

ROMA AGRAWAL



FINAL COVER TO BE REVEALED

**Hodder & Stoughton**

March 2023

**Editor:** Kirty Topiwala  
Izzy Everington

**Extent:** 304

**Rights sold:**

China (Simplified): Ginkgo  
China (Traditional): Faces  
Germany: Hanser Berlin  
Italy: Bollati Boringhieri  
Japan: Soshisha Co., Ltd  
Korea: ACROSS Publishing  
US: Norton & Company

## Nuts and Bolts

### How Seven Inventions Changed our World

Roma Agrawal

The world is engineered. Every single human-made object on our planet - every skyscraper, every smartphone, every tiny paperclip - exists because of engineering.

In *Nuts and Bolts*, Roma Agrawal traces these extraordinary innovations back to their origins - and to seven building-blocks of engineering that have come to underpin our lives: the nail, spring, wheel, lens, magnet, string and pump. Each chapter tells the story of one of these decisive inventions, from its discovery in antiquity to its myriad modern applications: how Roman nails enabled skyscrapers; how rudimentary springs inspired lithium batteries.

Roma shows us how even the most sophisticated items are built on the foundations of these seven ancient and fundamental breakthroughs in engineering. She explores an array of intricate technologies - from dishwashers and spacesuits to microscopes, suspension bridges and breast pumps - making surprising connections, explaining how they work, and using her own hand-drawn illustrations to clarify complex technical principles.

Along the way, she'll tell the stories of remarkable scientists and engineers from all over the world, and show how engineering has fundamentally

#### About the author:

Roma Agrawal is an engineer, author and presenter who is best known for working on the design of The Shard, Western Europe's tallest tower. She studied at Imperial College London and has an MA in Physics from the University of Oxford. Roma has given lectures to thousands at universities, schools and organisations around the world, including two TEDx talks. She has also presented numerous TV shows for the BBC, Channel 4 and Discovery, and also hosts her own podcast, *Building Stories*.

Her first book, *BUILT* (2018) won an AAAS science book award and has been translated into eight languages. Roma is passionate about promoting engineering and technical careers to young people, particularly under-represented groups such as women, and has been awarded international awards for her technical prowess and for her advocacy for the profession, including the prestigious Royal Academy of Engineering's Rooke Award. She was appointed an MBE in 2018 for her services to engineering.

SUBHADRA DAS



UN  
CIVILISED

10 LIES THAT  
MADE THE WEST

Hodder Studio

May 2023

Editor: Harriet Poland

Extent: 320

## (Un)civilised

### Ten Lies that Made the West

Subhadra Das

Some things are a given. The value of a good education. Time's progress. Death. Except most of the ideas that form Western Civilisation are just that - ideas.

Taking cues from Greek philosophy and honed in the Enlightenment, certain notions about humanity and human society grew into the tenets we live by, and we haven't questioned them a great deal since.

But isn't it time we asked who really benefits from the values at the core of our society?

How much truth lies in a science that conjured up 'race'?

Who do laws and nations really protect?

Why does it feel like time is money?

What even is 'art'?

And the real question - is the West really as 'civilised' as it thinks it is?

This book will put everything back on the table and ask readers to reconsider what they thought they knew about civilisation. Taking 10 core values of Western Civilisation in turn, it will examine the root of the idea, how it developed, and how it's impacted the way we live. Most importantly it will reveal how each of these ideas was either created in opposition to another group of people, or based on ideas they had first (and better). Uncivilised will ask readers to open their eyes to the why behind how they think the

### About the author:

Subhadra Das is a writer, historian, broadcaster, and comedian who looks at the relationship between science and society. She specialises in the history and philosophy of science, particularly the history of scientific racism and eugenics.

For nine years, she was Curator of the Science Collections at University College London, where, more recently, she was also Researcher in Critical Eugenics at the Sarah Parker Remond Centre for the Study of Racism and Racialisation, working with Paul Gilroy. She has written and presented podcasts and stand-up comedy shows, curated museum exhibitions, and regularly appears on radio and TV.



**Hodder & Stoughton**

June 2023

**Editor:** Anna Baty, Izzy Everington

**Extent:** 352

**Rights Sold:**

US: University of Chicago

# Mountains of Fire

**Clive Oppenheimer**

A thrilling journey across six continents with volcanologist and filmmaker Professor Clive Oppenheimer, exploring how volcanoes have shaped us and our planet.

Volcanoes mean more than threat and calamity. Like our parents, they've led whole lives before we get to know them. From Mount Etna in Italy to Mount Erebus in Antarctica, volcanoes are captivating and magical places that have always inspired the human imagination and pioneering exploration.

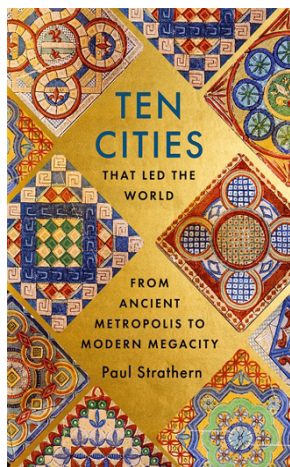
Having worked in some of the wildest and most inaccessible places on Earth, Professor of Volcanology Clive Oppenheimer has an intimate relationship with volcanoes. His research measuring and mapping these powerful forces reveals just how entangled volcanic activity is with our climate and environment, as well as our economy, politics, culture and beliefs, ultimately defining the course of human history. In *Mountains of Fire*, we travel with him to the edges of volcano craters across the world, from the most remote peaks in the Sahara to the lush islands of the Caribbean, and from the mystical mountains of North Korea to the fiery depths of Iceland.

Combining science, history, myth and legend with a sense of adventure, *Mountains of Fire* captures the awe and sheer excitement of working at the crater's edge and reveals the interwoven tales of volcanic nature and humankind.

## About the author:

Clive Oppenheimer is a volcanologist and filmmaker. He is Professor of Volcanology at the University of Cambridge, where he has been based for 25 years. His research seeks to understand how volcanoes work and to probe the connections between eruptions, climate and society. He has conducted fieldwork around the world - either at the crater's edge peering in with assorted monitoring devices or hunting for the far-flung deposits of Earth's greatest eruptions.





**Hodder & Stoughton**

February 2022

Editor: Kirty Topiwala

Extent: 288

**Rights sold:**

Bulgaria: Knigomania Ltd

**Option Publishers:**

Brazil: L & PM Editores

Bulgaria: CoLibri

China: CITIC Press

Greece: Dioptra

Italy: Il Saggiatore

Portugal: Temas e Debates

Romania: Editura Trei

Russia: Exem Licence

Serbia: Lagunda

Slovakia: Eastone Group

Turkey: Vaziyet Medya

US: Pegasus

# Ten Cities that Led the World

## From Ancient Metropolis to Modern Megacity

**Paul Strathern**

'A book of ideas [...] Strathern ably guides us through these moments of glory.' -The Times

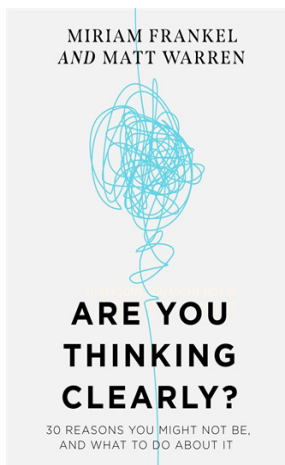
Great cities are complex, chaotic and colossal. These are cities that dominate the world stage and define eras; where ideas flourish, revolutions are born and history is made.

Through ten unique cities, from the founding of ancient capitals to buzzing modern megacities, Paul Strathern explores how urban centres lead civilisation forward, enjoying a moment of glory before passing on the baton. We journey back to discover Babylonian mathematics, Athenian theatre and intellectual debate, and Roman construction that has lasted millennia. We see Constantinople evolve into Istanbul, revolutionary sparks fly in Enlightenment Paris, and the railways, canals and ships that built Imperial London. In Moscow men build spaceships while other men starve, New York's skyscrapers rise up to a soundtrack of jazz, Mumbai becomes home to immense wealth and poverty, and Beijing's economic transformation leads the way. Each city has its own distinct personality, and Ten Cities that Led the World brings their rich and diverse histories to life, reminding us of the foundations we have built on and how our futures will be shaped.

### About the author:

Paul Strathern is the author of numerous books about science, history, philosophy and literature, including two series, Philosophers in 90 Minutes and The Big Idea: Scientists Who Changed the World, and the Sunday Times bestseller The Medici: Godfathers of the Renaissance.

He also won a Somerset Maugham award for his novel A Season in Abyssinia. He formerly lectured in philosophy and mathematics at Kingston University. He lives in London.



Hodder Studio

August 2022

Editor: Harriet Poland

Extent: 272

# Are You Thinking Clearly?

30 reasons you aren't and what to do about it

Miriam Frankel & Matt Warren

Did you know You can be bought off with as little as 10p. That sounds absurd, but it's true! Something as small as finding 10p on the floor is enough to convince you that you're generally happy with life - even if you didn't feel like it the moment before. Or how about this one: That craving for Thai food isn't just your tastebuds screaming out for satisfaction; it's a combo of your DNA and the microbes in your gut telling you to order what they want.

From the moment we are conceived to the day we die, our thoughts, actions, moods and decisions are shaped and manipulated by a whole array of factors, most of which we don't pay any attention to. And these influences and impulses that guide us are inescapable; from culture and language, to the forces of technology and marketing, to our tastes and desires, it's clear that we aren't the ones pulling the strings.

But the good news is this: by better understanding the forces at work - through neuroscience, psychology, linguistics, philosophy, biology and anthropology - we can minimise their impact on our lives. By drawing on the latest, most rigorous interdisciplinary research and the extraordinary stories that bring them to life, this book will enable you to truly start thinking for yourself.

## About the author:

Matt Warren has 25 years' journalism experience as a features writer and editor. He has authored books for Lonely Planet, worked as a features executive for the Daily Mail, and been an award-winning magazine editor. Until recently, he was The Conversation's Deputy Editor and now works on special projects for the site.

Miriam Frankel is an experienced science journalist, writing for publications including New Scientist, Nature, FQXi, Physics World and several Nordic newspapers and magazines. She is currently Science Editor of The Conversation, a media organisation that delivers research-based news and analysis articles to a global audience of tens of millions.



# Anne Boleyn & Elizabeth I

The Mother and Daughter Who Changed History

Tracy Borman

Anne Boleyn is a subject of enduring fascination. By far the most famous of Henry VIII's six wives, she attracts millions of devotees across the world, has inspired books, documentaries and films, and is the subject of intense debate even today, almost 500 years after her violent death. For the most part, she is considered in the context of her relationship with Tudor England's much-married monarch. Dramatic though this story is, of even greater interest - and significance - is the relationship between Anne and her daughter, the future Elizabeth I. Elizabeth was less than three years old when her mother was executed at the orders of her father.

Given that she could have held precious few memories of Anne, it is often assumed that her mother exerted little influence over her. But this is both inaccurate and misleading. Elizabeth knew that she had to be discreet about Anne Boleyn, given the controversy that still surrounded her downfall, but there is compelling evidence that her mother exerted a profound influence on her character, beliefs and reign. Even during Henry's lifetime, Elizabeth dared to express her sympathy for her late mother by secretly wearing Anne's famous 'A' pendant when she sat for a painting with her father and siblings.

Piecing together evidence from original documents and artefacts, this book tells the story of Anne Boleyn's relationship with, and influence over her daughter Elizabeth. In so doing, it throws new light on two of the most famous and controversial women in history and will trace the legacy of their relationship all the way up to the modern-day monarchy.

## About the author:

Tracy Borman is joint Chief Curator of Historic Royal Palaces and Chief Executive of the Heritage Education Trust. She studied and taught history at the University of Hull and was awarded a PhD in 1997.

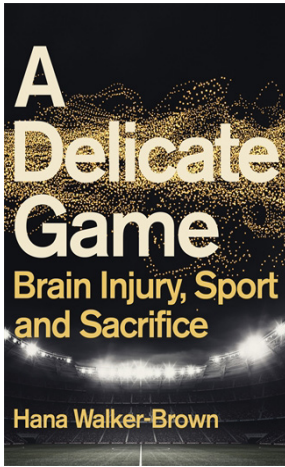
Tracy is the author of a number of highly acclaimed books including *The Private Lives of the Tudors: Uncovering the Secrets of Britain's Greatest Dynasty*, *Thomas Cromwell: The Untold Story of Henry VIII's Most Faithful Servant*, *Matilda: Wife of the Conqueror, First Queen of England*, *Elizabeth's Women: The Hidden Story of the Virgin Queen and Witches: A Tale of Sorcery, Scandal and Seduction*. Tracy is also a regular broadcaster and public speaker, giving talks on her books across the UK and abroad.

Hodder & Stoughton

February 2023

Editor: Rupert Lancaster

Extent: 320



Hodder Studio

March 2022

Editor: Harriet Poland

Extent: 352

## A Delicate Game

Brain Injury, Sport and Sacrifice

Hana Walker-Brown

A footballer dies of dementia, younger than he should.

A 14-year old-rugby player is told to play on through multiple blows.

He never wakes up from the last one.

A scientist reveals a pattern of brain disease in NFL players and is

discredited A survivor of domestic abuse can't remember details when standing up in court.

From the creator of the award-winning podcast A Beautiful Brain. This is the story of the degenerative brain disease, Chronic Traumatic Encephalopathy (CTE), concussive and sub-concussive trauma.

It is also a story of power, of science and sport, and of the bodies that society deems worth sacrificing. It is an investigation that explores the truth about concussion in sport and beyond it, from the social dynamics that send young men into violent sports, to the scientists searching for truth and the families living with consequences. This story belongs to those families.

A Delicate Game explores the passion and fury of sport, truth and justice, violence against women, privilege, love, greed, hope and redemption. It's going to change the way you think about sport forever.

### About the author:

Hana Walker-Brown is a multi-award-winning audio documentary maker, writer and the Creative Director for Broccoli Productions, a London based podcast production company founded in direct response to the lack of opportunities for minority talent both in front of and behind the mic.

In 2019, Hana Walker-Brown created the Audible original, The Beautiful Brain, a multi-award-winning podcast docuseries about West Bromwich Albion hero Jeff Astle and CTE.

Hana is a fearless and passionate advocate of multi-media storytelling and has covered an exceptional range of stories, taking the big world stuff and making it human. She is a guest lecturer at Goldsmiths College, University of London and has given talks and masterclasses around the world about her work and creative processes. Hana has created work for Audible, the BBC, the Guardian, National Geographic, Spotify and Warner Brothers among many others.



Hodder & Stoughton

July 2022

Editor: Huw Armstrong

Extent: 320

# Influence Empire

Inside the Story of Tencent and China's Tech Ambition

Lulu Chen

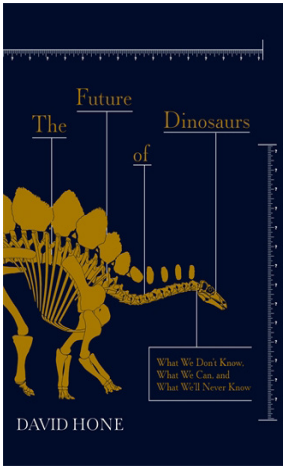
In 2019, a Chinese entity called Tencent overtook Facebook to become the world's fifth-largest company. It was a watershed moment, a wake-up call for those in the West accustomed to regarding the global tech industry through the prism of Silicon Valley: Facebook, Google, Apple and Microsoft.

Yet to many of the two billion-plus people who live just across the Pacific Ocean, it came as no surprise at all. Tencent's ambition to be an essential part of digital daily life means it holds a dizzyingly diverse range of products - music, gaming, messaging, and film. In this fascinating narrative - crammed with insider interviews, exclusive details about the company's culture - tech reported Lulu Chen tells the story of how Tencent is changing the world and asks what the consequences will be for us all.

## About the author:

Lulu Chen has covered China and its technology landscape for a decade, for Bloomberg News and Bloomberg Businessweek.

She's a three-time co-winner of The Society of Publishers in Asia Award, a frequent commentator on Bloomberg TV and Radio, BBC and ABC, and has a sizable personal following of 20,000 Twitter followers.



# The Future of Dinosaurs

What We Don't Know, What We Can, and What We'll Never Know

**David Hone**

The new book by Dr David Hone which explores the frontiers of dinosaur research.

Ever since we first started discovering dinosaurs in the early-1800s, our obsession for uncovering everything about these creatures has been insatiable. Each generation has made huge strides in trying to better our understanding of these animals and in the past twenty years, we have made more discoveries than in the previous two hundred. There have been extraordinary advances in palaeontological methods and ever more dinosaur fossils promise a landslide of new data and huge leaps forward in our understanding of these incredible animals.

**Hodder & Stoughton**

March 2022

**Editor:** Huw Armstrong

**Extent:** 272

**Rights sold:**

US: Princeton University Press

Over time, we have been able to look at the sizes and shapes of bones, we have identified patches of fossil skin, we have looked at footprints and bite marks and we've calculated mass estimates and walking speeds. With surprisingly little data to work from, we can put together a picture of an animal that has been extinct for a million human lifetimes.

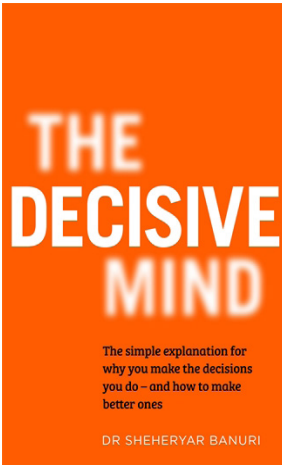
But for all our technological advances, and two centuries of new data and ideas, there is still much more we don't know.

What parasites and diseases afflicted them? How did they communicate? Did they climb trees? How many species were there?

In *The Future of Dinosaurs*, palaeontologist Dr David Hone looks at the recent strides in scientific research and the advanced knowledge we've gathered in recent years, as well as what we hope to learn in the future about these most fascinating of extinct creatures.

### About the author:

Dr David Hone is a paleontologist, writer and lecturer at Queen Mary, University of London. His research focuses on the behaviour and ecology of the dinosaurs and their flying relatives, the pterosaurs. He writes about dinosaurs for *The Guardian*, *the Telegraph*, *National Geographic* and *The Huffington Post*.



Hodder Studio

January 2023

Editor: Harriet Poland

Extent: 288

# The Decisive Mind

How to Make the Right Choice Every Time

Sheheryar Banuri

Have you ever wondered why you make bad decisions? Or why it's so hard to make a decision in the first place?

Through pioneering research into behavioural science, decisions expert Dr Sheheryar Banuri has designed an entirely novel decision-making framework which can be adopted into everyday life to help us better our decision-making skills by understanding and streamlining the process. The result? Simple, effective and efficient techniques to combat indecision.

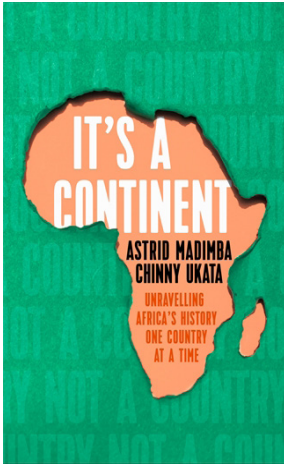
The Decisive Mind will draw on examples from evolutionary psychology, examine our ability (or inability) to prioritise and highlight the scenarios that force decision-making errors, and help us understand our own minds. By unpicking a lifetime's worth of misconceptions about our own decision-making patterns and habits, this book will guide you on your first steps towards optimising your own brain space.

## About the author:

Dr Sheheryar Banuri is a behavioural economist and an expert on motivation and incentives, behaviour, and public policy. He is currently an Assistant Professor at the University of East Anglia in Norwich, UK. His work has provided policy guidance to the governments of Indonesia, the Philippines, and Burkina Faso. His work has been published in academic journals such as Social Science and Medicine, the European Economic Review, the World Bank Economic Review, and Social Choice and Welfare (among others).

He is a co-author of the World Bank's World Development Report 2015: Mind, Society, and Behavior, and has made contributions to the World Development Report 2016: Digital Dividends, and the World Development Report 2017: Governance and the Law.





Coronet

July 2022

Editor: Joelle Owusu

Extent: 320

## It's a Continent

Unravelling Africa's history one country at a time

**Chinny Ukata and Astrid Madimba**

Why is Africa still perceived as a country when there are around 2,000 languages spoken on the continent alone?

IT'S A CONTINENT aims to counter the misconception that Africa is a country by breaking down this vast, beautiful and complex continent into regions and countries. Each of the 54 African countries has a unique history and culture, and this book highlights the key historical moments that have shaped each nation and contributed to its global position, as well as within the African continent.

Each chapter (focusing on a different country) of the book brings to light stories and African figures that have been marginalised in mainstream education, in a humorous and easily-digestible format, breaking down facts and events that you wouldn't believe happened. Why is the Liberian flag so similar to the Stars and Stripes of the United States? Have you heard about Thomas Sankara's quest for Burkina Faso's self-sufficiency? African soldiers' contribution to World War II?

IT'S A CONTINENT is the bold and brilliant book for readers who want to gain an understanding of things you were never taught in school.

### About the author:

Astrid Madimba (AAstrid Madimba is co-host and co-author of It's a Continent, a top 25 history podcast in the UK (2020). She was born in the Democratic Republic of Congo with her three sisters and raised in Devon by her mother, Evelyne. Astrid gained an undergraduate degree in Management with Marketing from the University of Exeter. She enjoys going to the theatre, discovering new brunch spots, and is a shameless hoarder of inspirational quotes. It's a Continent is her first book.

Chinny Ukata Chinny is British-Nigerian and grew up in Southend-on-sea. She studied Life Sciences at the University of Southampton. Her passion for highlighting and decolonising underrepresented history led her to create the podcast It's a Continent with her friend and co-host Astrid (who she met on an internship.) It's a Continent seeks to counter the misconception that Africa is a country, and is a top 25 History podcast in the UK (2020). Her previous work has featured in publications including gal-dem and Black Ballad. It's a Continent is Chinny's first book. She enjoys playing five a side football.



**Misdiagnosed**Gender Bias in Medicine,  
and How We End It**MARIEKE BIGG**

FINAL COVER TO BE REVEALED

**Hodder & Stoughton**

February 2023

**Editor:** Izzy Everington**Extent:** 272

# Misdiagnosed

Gender Bias in Medicine, and How We End It

**Marieke Bigg**

Did you know: women are 59% more likely than men to receive an incorrect diagnosis when experiencing heart attack.

Or: women are more susceptible to pain medications than men, leading to higher rates of addiction because doctors simply prescribe pain medication in the same way. Or: among alcoholics, women are almost 100% more likely to die due to alcohol-related diseases than men are?

In a field that, for millennia, has been dominated by men. The vast majority of medicines and treatments that we use today were designed for, and by, men and the myth that medicine is gender-neutral has had terrible repercussions for women.

In MISDIAGNOSED, Dr Marieke Bigg takes a deep dive into all the ways medicine is not gender neutral, using stories and experiences to demonstrate how these flawed mindsets have paved the way for sub-par treatment, and how prevailing attitudes in a patriarchal world can have unexpected effects far downstream. From sex and reproduction, to female bones and female pain, Marieke explores how women's bodies have been ignored, misunderstood and misdiagnosed, and asks the fundamental question: How can we make sure we do better?

Blending fascinating examples with historical and cultural context, and with an eye to a better future, MISDIAGNOSED is a must-read for anyone committed to making this world safe to navigate for all.

## About the author:

Dr Marieke Bigg is a sociologist at the University of Cambridge. Her work focuses on the role of biological models and biologists in public deliberations on biotechnology and reproductive medicine. She is Science Editor at the online news digest BioNews as well as at the Progress Educational Trust (PET) which provides news and comment on genetics, assisted conception and stem cell research.



## Hunting Ghislaine

John Sweeney

Once upon a time there was a beautiful princess who suffered a tragedy, the death of her father, a war hero, a philanthropist, a good man, in suspicious circumstances. She fled to New York where she made a new life with a brilliant mathematician. Her name is Ghislaine Maxwell and her lover was Jeffrey Epstein. Through Jeffrey, and her family name, Ghislaine became friends with some of the most powerful people on earth, ex-President Bill Clinton and President-to-be Donald Trump and the second son of the Queen of England, Prince Andrew, the Duke of York. But this is no fairy tale.

HUNTING GHISLAINE sets out the other side of the story, and it's one of the darkest you will ever read. Ghislaine's father, Robert Maxwell, was a sadist, a war criminal, a monster. His cruelty deformed Ghislaine Maxwell long before she met Jeffrey Epstein. Her one-time lover was convicted for being a paedophile. So Ghislaine's life has been spent serving not one monster but two. In HUNTING GHISLAINE, legendary investigative journalist John Sweeney uncovers the truth behind this fairy tale story in reverse.

Hodder & Stoughton

July 2022

Editor: Cameron Myers

Extent: 256

### About the author:

John Sweeney is a British writer and broadcaster, and one of the most recognisable names in investigative journalism. As a reporter, first for the Observer, then the BBC Sweeney has covered wars and chaos in one hundred countries and been undercover to several regimes including Chechnya, North Korea and Zimbabwe.

Over the course of his career Sweeney has won an Emmy, two Royal Television Society prizes, a Sony Gold award, the What The Papers Say Journalist of The Year Prize, an Amnesty International prize and the Paul Foot Award. He's written eight non-fiction books and four novels. He lives in London.

## The Female Factor

The Whole-Body Health  
Bible for Women

HAZEL WALLACE



FINAL COVER TO BE REVEALED

Yellow Kite

July 2022

Editor: Liz Gough

Extent: 256

## The Female Factor

Redefining women's health and what it means for you

Hazel Wallace

The male body has always been the default body in clinical medicine, making the wrong assumption that women are just smaller versions of men. *The Food Medic: The Female Factor* will change the narrative for female health and provide methods to protect and maximise your health in positive, affirming steps, covering what we eat, how we move, how we sleep and the effects of stress.

You'll find answers to questions such as the below, to ensure you are as clued in as possible when it comes to your health and your body:

- \* Do women have specific nutrient needs?
- \* Can food ease PMS symptoms?
- \* Can I exercise on my period?
- \* Do women respond to stress differently?
- \* What hormones affect our sleep?
- \* Is heart disease really more common in men?

With jaw-dropping facts and statistics, practices to incorporate into your daily life, heaps of advice and 50 recipes to sustain and fuel your body, *The Food Medic: The Female Factor* is the go-to guide for all-round women's health.

### About the author:

Dr Hazel Wallace is an NHS doctor, registered nutritionist and bestselling author. She is the founder of The Food Medic, a blog she set up in 2012 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle.

She bridged the gap between conventional medical advice and the latest developments in nutrition and other areas of lifestyle.

Following the success of *The Food Medic* and *The Food Medic for Life*, Hazel is back this summer with *The Female Factor* – a definitive guide on women's health.

## Chronic Fatigue Syndrome

Your Route to Recovery: Solutions  
to Lift the Fog and Light the Way

LAUREN WINDAS



FINAL COVER TO BE REVEALED

Yellow Kite

March 2023

Editor: Liz Gough

Extent: 224

## Chronic Fatigue Syndrome: Your Route to Recovery

Solutions to Lift the Fog and Light the Way

Lauren Windas

There are over 17 million people worldwide suffering with Chronic Fatigue Syndrome. Lauren Windas is one of the estimated 250,000 people suffering with CFS in the UK. Whilst at university in 2012 she fell ill with a viral infection and was later diagnosed with CFS. Since then she has devoted herself to reclaiming her health and being able to live a full life, drawing on the knowledge of experts to help manage her often mysterious and hard-to-manage condition.

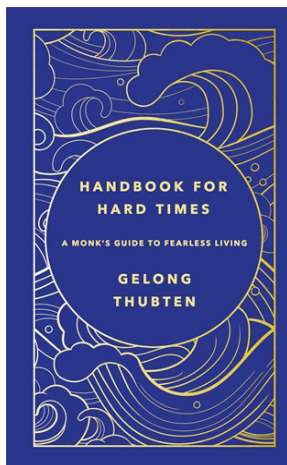
In *Chronic Fatigue Syndrome: Your Route to Recovery*, Lauren recounts the highs and lows of her own health journey and experiences, whilst providing an evidence base, and contextualising what we know so far about Chronic Fatigue Syndrome/ME. She provides personal anecdotes, clinical expertise, recovery tips, and nutrition and lifestyle strategies to employ to support the recovery process.

This book is highly practical and packed with information to support anyone suffering - or for a family member who wants to help a loved one, and includes recipes, support and further resources.

### About the author:

Lauren Windas runs a clinical practise (based both online and on Kings Road, Chelsea) involving working with clients who suffer with CFS / M.E and post-viral fatigue-related conditions, IBS and digestive concerns, as well as those struggling with their weight or poor relationships with food (disordered eating).

Lauren has appeared on various health and nutrition podcasts, including The Medicinal Chef's "Nutrition Nuggets" podcast and CNM's Natural Health podcast. She has contributed writing and comments towards various publications including Women's Health, Harper's Bazaar, Marie Claire and Cosmopolitan, whilst having various recipes featured in publications such as Red, Psychologies and Natural Health Magazine, as well as writing a monthly column in Yoga Magazine.



**Yellow Kite**

January 2023

**Editor:** Liz Gough

**Extent:** 256

**Option Publishers:**

Brazil: Buzz

Bulgaria: (List 2016)

France: Éditions Larousse

Germany: Ullstein

Italy: Antonio Vallardi

Netherlands: Ten Have

Romania: Bookzone

Serbia: Laguna

Slovakia: Albatros

Turkey: Guney Kitap

Vietnam: Huy Hoang Cul-tural

# Handbook for Hard Times

*A monk's guide to fearless living*

## Gelong Thubten

In HANDBOOK FOR HARD TIMES Sunday Times bestselling author of A Monk's Guide to Happiness Gelong Thubten teaches us to understand that happiness, kindness and resilience can be cultivated through reframing life's difficulties as opportunities for transformation.

Meditation and mindfulness practices help us to access deep reserves of inner strength as we learn how to 'lean into' our suffering. Thubten suggests how we can find meaning in pain and discomfort, transforming deeply ingrained patterns of fear and resistance. As we discover how hard times can enhance the development of mindfulness, compassion and forgiveness, we can develop a fearless outlook on life and lasting, unshakeable happiness.

This approachable and practical book, complete with meditations, is designed for modern times, and will be a valuable resource to anyone during times of struggle, but also during all times to encourage and build resilience and help us find inner contentment and peace.

## About the author:

Gelong Thubten is a Buddhist monk, meditation teacher and author from the UK. He ordained as a monk 26 years ago at Samye Ling Tibetan Monastery in Scotland, and he has spent over six years in intensive meditation retreats, the longest of which was 4 years long. He is now regarded as one of the UK's most influential meditation teachers, with pioneering work in providing non-religious mindfulness programmes to businesses, hospitals, schools, universities, prisons and addiction counselling centres.

His book, A MONK'S GUIDE TO HAPPINESS was a Sunday Times Top Ten Bestseller with editions in 10 countries internationally. Thubten's work has been featured in The Times and Guardian newspapers and on Sky, the BBC and ITV. He has appeared on some of the leading health and wellness podcasts, including Deliciously Ella and Poppy Jamie's Happy not Perfect.



Yellow Kite

February 2023

Editor: Liz Gough

Extent: 256

## Happy Dog, Happy You

A warm and encouraging book that brings out the joyful energy between dogs and their owners to en-

More than ever, dog ownership is on the rise as these curious and cuddly companions steal the hearts of the population.

This calls for a guide that seeks to put love, happiness and encouragement at the centre of a relationship between dogs and their owners. Award-winning dog groomer Verity Hardcastle does exactly that with Happy Dog, Happy You. Incorporating facts and practical advice, Verity brings out the fun and mindfulness aspects of dog ownership which are essential for the bonding and positive wellbeing aspects that are lacking in existing manuals.

To all dog owners - everyday life with your dog will flourish with everlasting joy!

### About the author:

Verity Hardcastle is an award-winning dog groomer from Yorkshire having trained with Look North Grooming and Training Centre in 2010. Prior to becoming a professional dog groomer Verity used to 'show' her Dobermann dog as a hobby. She made her television debut on Channel 4's Crufts and in 2021 she joined the judging panel on BBC 1's Pooch Perfect. She regularly features on Steph's Packed Lunch and Blue Peter, and has her own podcast, 'Pod on the Dog'.



Yellow Kite

May 2022

Editor: Nicky Ross

Extent: 192

## How to Create Little Happy Learners

60 simple learning and craft activities for 0-5 year olds

**Sophie David**

How to Create Little Happy Learners presents an inspiring selection of learning and craft activities designed to promote a love of learning. Written by Sophie David, a former early years teacher and adviser who is now a stay-at-home mum with 3 children under 5, she is now channelling her knowledge and creativity to show-case the craft ideas she was using to keep her children entertained.

Here, she offers over 60 fun-packed activities for children, all highlighting different skills (fine motor, phonics, maths, creativity, communication and independence). Split into topics ranging from animals to transport, Sophie not only offers crafting activities that involve children and can be used time and time again utilising everyday items, she also adapts each activity for different age groups (from 0-5 years) so you can reuse the book as your child grows.

Some activities include: - Searching for animal fossils (phonics and creativity)- Bug Count (problem solving and maths)- Emotion stones (communication)- Creating sensory bags (baby play and motor skills) This book offers a bank of great activities to not only inspire a love of learning in your children but to make that journey a fun, craft filled one.

### About the author:

Sophie David has over 10 years experience as an Early Years Foundation Stage teacher and is now a stay-at-home mum with three children under five.

She started her instagram account, Little Happy Learners, in 2018 in a bid to share her knowledge with other parents. As a parent and teacher, Sophie's main aim has always been to ensure that children love to learn and she firmly believe that if a child loves to learn, they will always achieve big things.

## Make Money Online

### Lisa Johnson

Would you like to half your working hours and double your income? Don't work harder, work smarter! In Make Money Online, learn what you need to know to make money from a passive income business online. No complicated plans or tech troubles; just a simple step-by-step approach using Lisa's CASsH System, to earning money either as a side hustle or as your main business without ever trading time for money.

Lisa Johnson has spent the last three years teaching over 10,000 people how to create passive income streams. With her accessible fresh content and encouraging voice, Lisa's here to educate readers on everything from finding their passive income niche, to generating sales, to building an online audience and ultimately how to keep a consistent income so they can live a true life of freedom and happiness.

Yellow Kite

January 2023

Editor: Holly Whitaker

Extent: 256

### About the author:

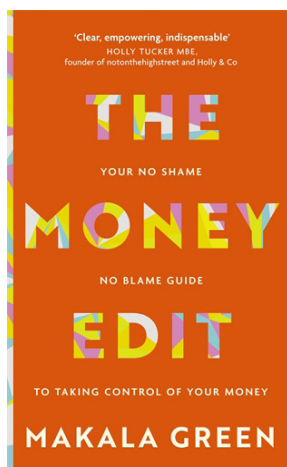
Lisa Johnson is a multi 7-figure business strategist specialising in helping entrepreneurs scale their businesses using passive and semi-passive income from memberships and courses online. After a tough childhood spent in social housing, Lisa went on to have successful careers in law, banking and the entertainment industry.

Her background in overcoming obstacles has helped mould her into a bold, straight-talking strategist, who is never afraid to be an authentic and outspoken truth teller, especially when it comes to talking about integrity in the online world.

She has spoken on BBC's Women's Hour and is a Thrive Global Contributor. She has been featured in national newspapers and magazines including Psychologies, The Guardian, Business Insider and Fast Company. A recent feature on Lisa in Forbes magazine garnered over a quarter of a million views in a week.

Lisa is a huge believer that everyone can become a success no matter their background and is known for her anti-bullying campaigning online. Lisa lives in Bedfordshire, UK with her husband and 10 year old twin sons but spends much of her time travelling the globe with her family.





## The Money Edit

Your no blame, no shame guide to taking control of your money

**Makala Green**

Money is a foundation of life, it impacts almost all of our choices, whether it's what to have for lunch or when we will retire - so why don't we like talking about it?

Money is complicated, or at least it seems complicated. From ISAs to pensions and debt to tax, money management feels like a mine-field, but it doesn't need to be. Makala Green, a financial expert, The UK's first black female chartered financial expert, a businesswoman and a speaker and wealth coach with over 17 years' experience has spent years learning about the different aspects of the financial world. Here, she shares all her knowledge to help us break down barriers and gain financial freedom.

Yellow Kite

March 2022

Editor: Carolyn Thorne

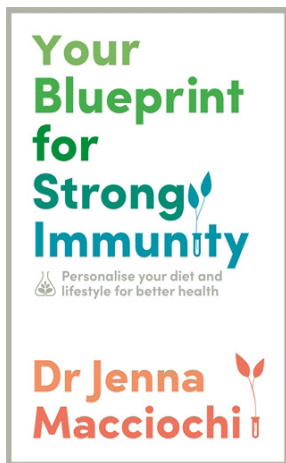
Extent: 320

The Money Edit is a no-jargon, straight-talking guide, giving us the confidence and clarity to understand money and help us make the right choices - no matter what life stage we are at. Makala busts money-myth after myth and shows us how to: 1. Cultivate a money mindset 2. Address difficult conversations about money 3. Track income and expenses and learn how to budget 4. Start saving and plan for the future 5. Get on the property ladder 6. Adapt when financial circumstances change No matter your background, upbringing or circumstances, The Money Edit is a simple approach with plenty of real-life examples, checklists, planning tools and resources to get you started. Makala is here to make you feel positive, confident and in control when it comes to money.

### About the author:

Makala Green is the UK's first black female chartered financial expert and Founder of Green Wealth Planning. Having started as a cashier at Nationwide Building Society at 16, she is now a financial expert, businesswoman, speaker and wealth coach with over 17 years' experience financially transforming individuals and businesses across a diverse sector of money management, investment planning and property acquisition.

She is also the founder of The Wealth Check, a platform created to help make wealth simple and give people the tools they need to confidently take control of their finances and plan their financial journey. She consults for multi-million pound companies such as Waitrose, John Lewis and Metro Bank and is also dedicated to mentoring young females to embark on careers in financial services and bridge the diversity gap.



Yellow Kite

February 2022

Editor: Carolyn Thorne

Extent: 400

## Your Blueprint for Strong Immunity

Personalise your diet and lifestyle for better health

Dr Jenna Macciochi

Your Blueprint for Strong Immunity breaks down the science behind our health and shares the secrets of how to be well, for good. Expert immunologist Dr Jenna Macciochi has over 20 years' experience as a scientist researching the impact of lifestyle on the immune system in health and disease.

Your Blueprint for Strong Immunity guides you through your very own health MOT and Jenna will help you audit your current lifestyle so you are able to identify key areas that might not be serving your health well. In Part Two, you will learn what to do when you fall ill, how to recover from infection and how to build mental resilience. Part three explains how to support your immunity when you live with chronic illness. She includes over 20 of her own delicious and simple recipes to help you nourish your body.

'Dr Jenna is one of the most knowledgeable authorities on Immune Health and has a wonderful ability to communicate an incredibly complicated subject in a profoundly approachable and relatable way.' - Dr Rupy Aujla, author of The Doctor's Kitchen.

### About the author:

Dr Jenna Macciochi specialises in understanding how nutrition and lifestyle interact with the immune system in health and disease. With over 20 years' experience she is on a mission to break down the science behind our health and share the secrets of how to be well, for good.

Based in Brighton, Jenna is a lecturer at Sussex University, a qualified fitness instructor and health coach and author of Immunity: the science of staying well.

She is a mother of 7-year-old twins and a keen home cook, creating recipes and rituals inspired by her farm-to-table Scottish roots and capturing her family's Italian heritage.

## Astrology Self-Care: Aquarius

Live your best life by the stars

**SARAH BARTLETT**



FINAL COVER TO BE REVEALED

**Yellow Kite**

August 2022

Editor: Carolyn Thorne

Extent: 144

## Astrology Self-Care: Aquarius

Live your best life by the stars

**Sarah Bartlett**

So, you've tried all the normal self-care tips and energising rituals but you're confused because none of the techniques are working for you. That's ok! You just haven't found the right self-care habits that relate to your specific star sign! You're an Aquarius - you need to do stretching, hiking or spend time with family or friends! Your body is a temple and you need to slow down every once in a while and put yourself first.

This is a guide specifically tailored to your needs - we know you Aquarius are quirky and unique, so let us empower you to take care of yourself and vitalise your mind, body and spirit to be your best self. Each book focuses on a wide range of easy and inspiring self-care practices and rituals specifically geared to your sun-sign personality, providing all the information you'll need to understand your sun-sign qualities and potentials and how to enhance these personal strengths. Other books in the series Astrology for Self-Care series include: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Pisces.

### About the author:

Sarah Bartlett studied at the Faculty of Astrological Studies for three years and later acquired the prestigious Diploma in Psychological Astrology - an in-depth 3-year professional training programme, cross-fertilising the fields of astrology and depth, humanistic and transpersonal psychology, run by Liz Greene. She has worked extensively in the media as astrologer for Cosmopolitan Magazine (UK), Prima Magazine, SHE, Spirit & Destiny and the London Evening Standard, as well as being one of the founding members of theastrologyroom.com.

Sarah has appeared on many UK radio shows and TV programmes, including Steve Wright's Afternoon Show on BBC Radio 2. Her books include the international best-seller The Tarot Bible, The Little Book of Practical Magic, Secrets of the Universe in 100 Symbols, Relationship Astrology, and many other Love Horoscope titles. Sarah currently practices and teaches astrology and other esoteric arts in the heart of the countryside.



## Deliciously Ella How To Go Plant-Based The Definitive Guide For You and Your Family

### Ella Mills

This book demystifies going plant-based, making it as easy, clear and delicious as possible, and features 100 new recipes to get you started on your plant-based journey.

How to Go Plant-Based is not just filled with family-friendly recipes, it's also a practical guide incorporating Ella's own journey, alongside scientific research and data, plus insights and information from plant-based experts, including doctors and nutritionists.

Ella debunks the common myths surrounding eating a plant-based diet, shares her experiences of cooking for her family and emphasises the importance of making a plant-based diet accessible to everyone - for health, wellbeing, and the planet. The book features 100 plant-based recipes for the whole family to enjoy, with tips on adapting recipes for anyone weaning their little ones.

The recipes will also feature the signature deliciously ella concepts we all know and love: quick, easy recipes that use familiar ingredients, recipes perfect for batch cooking, freezable options, easy pastas and one-pots for weeknight meals, and portable snacks and treats. It also features the top 20 FAQs to eating this way, as sourced from Ella's social media following.

### About the author:

Ella Mills is an award-winning cookery author, entrepreneur and a champion of plant-based living.

She started off with the popular recipe website, [deliciouslyella.com](https://deliciouslyella.com), before releasing a #1 app and writing the best-selling debut cookbook ever in the UK, *Deliciously Ella*, which was named as Amazon's biggest-selling book in the year of publication and was a New York Times bestseller.

She has since released a further four best-selling books, including the fastest selling vegan cookbook, created the deliciously ella podcast which consistently hits #1 on the podcast charts, launched a diverse range of plant-based food products into supermarkets across the country, opened a restaurant, grown and developed the app into a wellbeing and recipe resource, and built a social media audience of approximately 3 million people.

**Yellow Kite**

August 2022

**Editor:** Liz Gough

**Extent:** 288

**Option Publishers:**

France: Marabout

Portugal: ASA Edicoes

Netherlands: Kosmos

## Borough Market: The Knowledge

The ultimate guide to  
shopping and cooking

CLARE FINNEY

ANGELA CLUTTON



HODDER &  
STOUGHTON

FINAL COVER TO BE REVEALED

Hodder & Stoughton

October 2022

Editor: Liz Gough

Extent: 320

## Borough Market: The Knowledge

The ultimate guide to shopping and cooking

Angela Clutton, Clare Finney

Producing a great dish - a dish that celebrates the vibrancy and versatility of seasonal ingredients - doesn't have to be difficult and doesn't have to be expensive. All it needs is a knowledge of what to look for when we're buying ingredients, when to buy them, how to store them, how to prepare them and how best to cook them. The Knowledge hosts intriguing in-depth features and unmissable Q&As with traders, along with visual step-by-step guides to preparing ingredients and lists of interesting seasonal produce.

Moving through meat, fish, vegetables, fruit, dairy, bakery and store-cupboard ingredients, each chapter shares a collection of tantalising recipes that will teach you how to make the most of your produce, inspired by the incredible seasonal offerings from Borough Market traders.

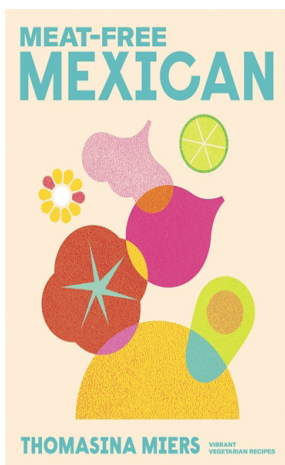
Recipes include Roasted Cod's Head with Clams and Seaweed; One-pot Fragrant Spiced Lamb with Spinach Rice; Parsnip Gnocchi and Smoked Garlic Butter; Moong Dal Dosa with Masala Potatoes and Tomato Chutney; Rhubarb, Date and Orange Chutney; Ginger & Pink Peppercorn Baked Cheesecake.

Come away feeling confident and excited to use your newfound understanding of ingredients, armed with the market traders' unrivalled expertise, delightful seasonal recipes.

### About the author:

Angela Clutton is a food columnist, author, host of the Borough Market Cookbook Club and Borough Talks events. She is an experienced broadcaster, having featured on numerous shows on the BBC, ITV, Channel 4 and Channel 5.

Her book *The Vinegar Cupboard* won the Debut Cookery Book Award at the Fortnum & Mason Food & Drinks Award 2020 and was a double winner at the same year's Guild of Food Writers Awards.



## Meat-free Mexican

Vibrant Vegetarian Recipes

Thomasina Miers

'This is full of recipes which are fresh, fiery and fun. There is something so convivial and energetic about Mexican food, which Thomasina captures so well.' YOTAM OTTOLENGHI

'Meat-Free Mexican proves that you don't need meat to make bold, tasty and exciting Mexican food, from the comfort of your own home. Thomasina never fails to inspire and this book is no exception. I can't wait to try these dishes!' GORDON RAMSAY

Heap flavour onto your plates and fill your kitchen with Tommi's Mexican-inspired vegetarian and vegan recipes.

Celebrating fresh, seasonal vegetables, earthy pulses and bold herbs, this is an enticing collection of recipes that are simple enough to cook every day and delicious enough to cook for feasts, with seasonal and dairy-free swap-ins to cater for every month and diet. Starting with breakfasts to savour, Tommi then moves through mouth-watering tacos, spectacular salads, comforting enchiladas, dishes for speedy weeknight joy and a range of crowd-pleasers, all to be laden with smoky salsas, fiery chilli oils and earthy moles to layer texture and taste.

With outrageously tempting cakes, tarts and puddings, plus a whole host of thirst-quenching drinks to see you from first light to sundown, there's something for everyone here.

### About the author:

When Thomasina Miers first arrived in Mexico aged eighteen, she fell so in love with its food that she went back to live there, opening a cocktail bar and cooking with some of Mexico's top chefs. After returning to London and winning BBC2's MasterChef in 2005, Thomasina co-founded Wahaca, winner of numerous awards for its food and sustainability credentials.

Tommi's passion lies in great food and how it can positively affect people and the environment: she co-founded the 'Pig Idea' campaign in 2015 and in 2017 she helped set up Chefs in Schools. An ambassador for the Soil Association, she was awarded an OBE in 2019 for her services to the food industry. Tommi has a weekly column in the Guardian's Feast magazine. Meat-free Mexican is her eighth cookery book. She lives in London with her husband and three daughters.

Hodder & Stoughton

May 2022

Editor:

Isabel Gonzalez-Prendergast

Extent: 256

Healthy-ish  
MOB

MOB KITCHEN



FINAL COVER TO BE REVEALED

Hodder & Stoughton

September 2022

Editor: Carolyn Thorne

Extent: 256

## Fresh MOB

### Over 100 tasty healthy-ish recipes

The freshest recipes from the team at MOB Fresh MOB is packed with 100 of our favourite dishes that are tasty, filling and nourishing.

Fresh MOB shares balanced meals that celebrate the textures and flavours that make food great - we're talking earthy Roast Aubergine and Squash Salad with Cheat's XO Dressing, a juicy Grilled Chicken Burger with Mojo Verde and Avo Salsa, the most comforting Cabbage Spaghetti Aglio e Olio and a range of healthy-ish puds such as Carrot Sheet Cake with Tahini Cream Cheese Frosting.

As always, we promise minimal and affordable ingredients and every recipe serves 4, so you can share with friends, save leftovers for the next day or scale recipes up or down to feed a few or to feed a crowd. Lots of veg, lots of protein, lots of nutrients, lots of food that will leave you feeling good and satisfied.

These are recipes to make every day delicious.

### About the author:

Mob's mission is to help students and young professionals get more comfortable in the kitchen and make quality meals along the way. The aim is to inspire and educate our audience through diverse and high-quality content, connecting the youth through what they love (and know the most: food).

With four Amazon bestselling cookbooks already in the bag, Mob has a strong social media presence with over 825,000 followers on Instagram, 287,000 followers on Facebook, and 950,000 followers on TikTok.



## Slimming Eats 2

Siobhan Wightman

Wildly popular Slimming Eats is back with another stunning book filled to the brim with easy, tasty, everyday recipes. With one pot dishes with minimal mess, oven bakes to throw together, slow cooker recipes to simmer, beautiful bowls to curate and delicious desserts to satisfy cravings, this book focuses on creating slimming food that is easy to pull together, healthy and delicious.

Each recipe is complete with a calorie count, a full nutritional breakdown and hacks for making recipes low-carb or even easier.

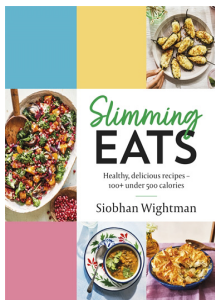
Yellow Kite

December 2022

Editor: Lauren Whelan

Extent: 288

Also Available:  
SLIMMING EATS 1



### About the author:

Siobhan is a full-time food blogger and mum. In 2009 she started Slimming Eats to keep herself, and many others, accountable in their weight-loss journey. She has built a loyal fanbase of over 1.5 million people who have found her healthy way of cooking not only helps them lose weight but is absolutely delicious, nutritious and filling.

Her first book Slimming Eats has sold over 85K copies since December 2021. Siobhan was born in London, but now lives in Ontario, Canada with her husband and two children.





## The Kitchen Prescription

Revolutionise your gut health with 101 simple, nutritious and delicious recipes

**Saliha Mahmood Ahmed**

Eating well doesn't need to be dull food and deprivation - it should be eating a wonderfully varied, vibrant and exciting range of foods. In *THE KITCHEN PRESCRIPTION*, gastroenterologist Dr Saliha Mahmood Ahmed draws on her love of good food and her expertise in gut health to create 101 recipes that are easy to make, incredibly delicious to eat and will effortlessly keep your gut and digestion in tip-top condition.

These are family-friendly dishes made for food lovers that are cost effective, diverse and backed by credible scientific advice. Gut-friendly breakfasts, immune-boosting lunches, quick family suppers and a host of simple, mostly plant-based dishes make up this colourful collection of recipes.

Yellow Kite

January 2023

Editor: Nicky Ross

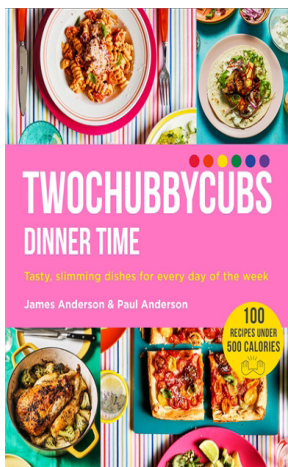
Extent: 224

Sunshine Labneh and Tomatoes on Toast  
Baked Cauliflower with Limey Pickle and Coconut Yoghurt  
Crispy Fennel, Carrot and Halloumi Rosti  
Charred Sweetcorn and Sweet Potato with Curry Leaf Salsa Verde  
Crispy Turmeric Butter Gnocchi  
Brussels sprout and Coconut Pawa with Fiery Green Chutney  
Rose and Saffron Labneh Cheesecake

The more diversely we eat, the lower our risk of heart disease, diabetes, obesity, depression, and the more enhanced our immunity. This is a book you'll be reaching for time and again, because these recipes are a joy to eat and fuss free, and you can feel happy in the knowledge you'll be helping your body to stay healthy too.

### About the author:

Dr Saliha Mahmood Ahmed is a Gastroenterology Doctor, winner of MasterChef 2017 and author of *Khazana*, which won the Observer Food Monthly Best Cookbook of the Year 2019. *Khazana* was also shortlisted for the Travel Cookery Book of the Year in the 2019 Edward Stanford Travel Writing Awards and was winner of the Summer Harvest Gourmand World Cookbook Awards 2020, in the category Celebrity Chef in English. She is based in London, working for the NHS, and has two children.



## Twochubbycubs Dinner Time

Tasty, slimming dishes for every day of the week

James and Paul Anderson

100+ dinner recipes under 500 calories from The Sunday Times bestselling authors!

Dinner Time is the latest cookbook from the outrageously funny James & Paul, otherwise known as the twochubbycubs, here to arm you with meals that will fill you up throughout the week and keep those tastebuds happy, all while keeping you on track with your healthy eating.

These are recipes for everyone: perfect plates for families, friends and meals made for sitting in front of the TV. There are incredible pastas, big batches of soups, stews and curries, salads and sides that will fill you, speedy dishes to throw together quickly, plus cubbies classics and fakeaway favourites to keep your Friday nights tasty.

Dive in and enjoy feasting without the fuss, faff or fret - these are delicious dinners, drizzled with encouragement, support and laughter, to help you reach your goals!

Yellow Kite

May 2022

Editor: Lauren Whelan

Extent: 256

### About the author:

James and Paul Anderson are the duo behind the enormously successful slimming blog, TwoChubbyCubs. Their first and second cookbooks became Sunday Times bestsellers, with their first selling over 100K copies across all editions.

They are back in May with over 100 new and delicious recipes for their new cookbook, Dinner Time.

