



# **HODDER & STOUGHTON**

**US RIGHTS GUIDE  
SPRING 2022**

# Table of Contents

Fiction .....	4
Literary .....	14
Non-Fiction.....	16
Lifestyle.....	22

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## 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.

# Mindwalker

KATE DYLAN



FINAL COVER TO BE REVEALED

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.



Coronet

July 2023

Editor: Melissa Cox

Extent: 320

## 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**

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.



## 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

## reasons to go outside



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

ESME KING

## 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...

Hodder & Stoughton

May 2022

Editor: Kimberley Atkins

Extent: 368

### 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.



# The Bookshop Murders

Jenny Gladwell

## The Bookshop Murders

JENNY GLADWELL



FINAL COVER TO BE REVEALED

For fans of Agatha Christie, Stuart Turton, Dorothy L. Sayers and bookshops...we introduce you to Lucy Darkwether: bookseller, society heiress, adventurer...and sleuth. In a new adventure, set in 1930s London and the golden age of bookselling...and crime.

Lucy Darkwether is the proprietor of Darkwether Books, a famous antiquarian bookshop on London's Cecil Court. A prominent figure in literary London as well as a much sought after party guest, Lucy is well-placed to investigate a gruesome murder that has baffled the local detectives and sent shockwaves through the world of classical academia... but Lucy's involvement will have far-reaching and dangerous consequences that she does not expect

Coronet

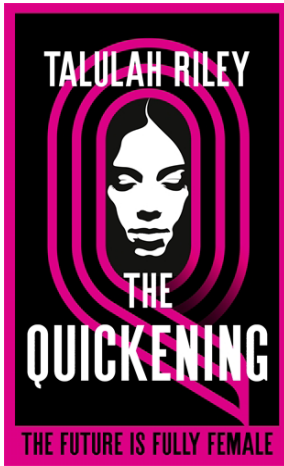
October 2023

Editor: Melissa Cox

Extent: 320

### About the author:

Jennifer Gladwell is the pen name of freelance editor and writer, Genevieve Herr. She has previously written romantic fiction such as *A Gift in December* and *This Year, Maybe* but has always loved the golden era of crime. Gen lives in Scotland with her family.



## The Quickening

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 Quickening, 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?

Hodder & Stoughton

June 2022

Editor: Kimberley Atkins

Extent: 352

Rights sold:

Hungary: Libri Könyvkiadó

### About the author:

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



# 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.

*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.

Hodder & Stoughton

March 2023

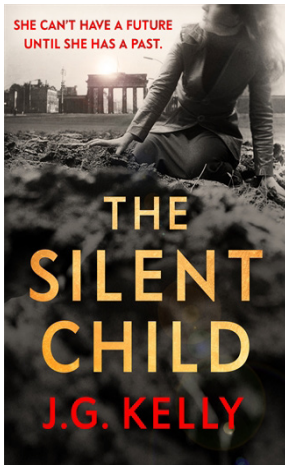
Editor: Kimberley Atkins

Extent: 352

## 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.



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.



## 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.

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.

Hodder & Stoughton

April 2023

Editor: Olivia Barber

Extent: 320

Option publishers:

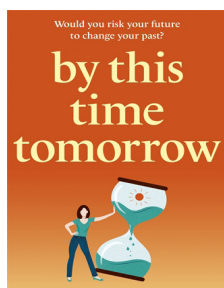
Sweden: Pirat Forlaget

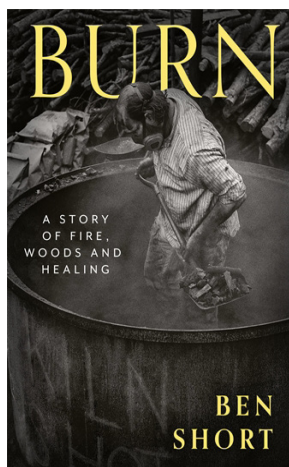
### About the author:

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*.





## 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.

### 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.

Sceptre

March 2022

Editor: Juliet Brooke

Extent: 416



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.

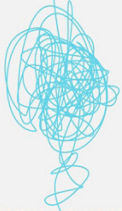
### About the author:

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



MIRIAM FRANKEL  
AND MATT WARREN



## ARE YOU THINKING CLEARLY?

30 REASONS YOU MIGHT NOT BE,  
AND WHAT TO DO ABOUT IT

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.



Hodder & Stoughton

March 2024

Editor: Kirty Topiwala,  
Izzy Everington

Extent: 320

## How We Think

Essential reading on how to think about thinking

Marius Ostrowski

It can often feel as if we live in an increasingly polarized world, characterized by an ever-growing divide between seemingly ideological opposites. But how do we come to think in the ways that we do in the first place? And how do we begin to understand those who seem to see the world in vastly different ways to ourselves?

To better understand how we think, Marius Ostrowski identifies eleven thinker-types that we broadly fall into, each of which forms a mental picture of the world in its own distinct way. Some overlap while others clash; and each will have their own way of looking at the world, and of relating to others within and outside of our own categories.

The first book of its kind, *How We Think* will explore the ways in which we engage with the world and the people around us spanning and bringing together a variety of disciplines from neurobiology to psychology, philosophy to behavioural economics. In doing so, Ostrowski gets to the core of how to better understand and question our own thinking and worldview, as well as those of others.

### About the author:

Dr Marius Ostrowski is a social scientist, political theorist and historian focusing on how ideas and ideologies emerge and gain influence among the general population. He is currently a Max Weber Fellow at the Robert Schuman Centre for Advanced Studies at the European University Institute, Florence.

Prior to that, he spent thirteen years at the University of Oxford, most recently as an Examination Fellow in Politics at All Souls College. Ostrowski is also a Senior Public Policy Researcher at ResPublica where he works on devolution and local empowerment.



## Power Up

Yasmin Ali

Growing up in oil-rich Iraq, where ironically enough power cuts were commonplace, Yasmin Ali has a deep appreciation for energy and its significance. Her journey out of Iraq with her family is a story powered by fossil fuels – planes, cars and trains are what transport-ed them to safety. Now as an energy engineer, Yasmin shows us just much energy underpins the world and connects disparate land-scapes and people. We are all bound by the resources on our plan-et, meaning our energy crisis is a global problem that needs global solutions.

In *Power Up* Yasmin invites us to discover a vast global network of power stations, gas pipelines, transmission cables, and engineers, quietly working behind the scenes and spanning the world. Driven by Yasmin's own experiences in the energy sector, *POWER UP* takes us on a journey through the resources that make our world turn: coal, oil and gas, nuclear and renewable energy, and will look to the future to imagine how our world could be powered.

Yasmin writes with a mix of scientific explanation and story-driven narrative, from helicopter crash training, to working on an offshore platform, and she interviews experts and pioneers around the world. The book explains where these resources come from, how they are extracted, converted into energy, and distributed around the globe, tracing energy into our individual lives and homes and shining a light on our energy use.

*Power Up* gives us a new appreciation for how our modern lives are powered and how entangled the problems of cli-mate change are with the possible solutions.

### About the author:

Yasmin Ali is an energy innovation project manager for the UK government's energy department, providing innovation funding, management and technical advice to enable policy makers and Ministers to make effective decisions about energy system decarbonisation. Yasmin is an avid promoter of STEM (Science, Technology, Engineering and Mathematics) through presenting and writing. Over the past decade she has delivered over 100 presentations to schools, teachers, parents, members of the public, and engineering professionals.

Hodder & Stoughton

May 2024

Editor: Anna Baty  
Izzy Everington

Extent: 384

# Misdiagnosed

Gender Bias in Medicine, and How We End It

Marieke Bigg

## 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

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.



**HODDER &  
STOUGHTON**

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May 2023

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Italy: Bollati Boringhieri

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## 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.

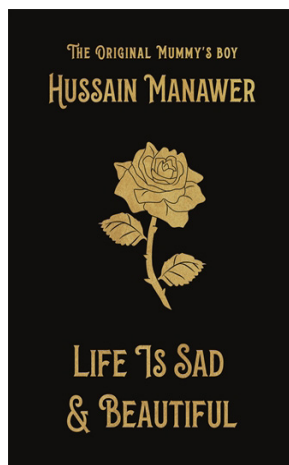
In *X Marks The Spot*, Professor Michael Scott takes us on an exhilarating tour of the world’s greatest archaeological discoveries, from enchanting objects and underwater shipwrecks to entire cities in the clouds. Scott uncovers eight spectacular finds, crossing millions of years, and trekking through 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 geopolitical 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

May 2022

Editor: Lauren Whelan

Extent: 320

## Life is Sad and Beautiful

The Debut Poetry Collection from The Original Mummy's Boy

Hussain Manawer

The debut poetry collection from the Original Mummy's Boy, Hussain Manawer.

'I remember the day I wrote my first ever poem, I was sitting on my bed in the attic and started jotting down lines on this little notepad, little did I know where it would lead me professionally, personally and also psychologically. This is my life's work to this date, all my notes, my favourite pieces that have served me through my darkest nights and carried me through every moment of pain, suffering, anxiety, panic and hardship.'

Hussain's debut poetry collection will invite readers on his journey through depression and grief, and out the other side to a better place - there will be joy, hope, tears and laughter - the emotions that make up the fabric of human experience. His words will remind readers, that even in your lowest moments you can find the gold dust, Life is Sad and Beautiful will shift outlooks and stand as a powerful vehicle for growth and change.

### About the author:

Hussain Manawer is a globally acclaimed Poet, Mental Health Advocate and Producer - who was born in Newham and shortly after grew up in Ilford, Essex. Tagged 'The Original Mummy's Boy', Hussain derives much of his inspiration from his own experiences and intense grief at the sudden loss of his mother. Dignitaries, major brands and broadcasters seek him out to articulate the mental health struggles our world is facing.

Hussain's poetry can also be heard on the Archewell Audio Podcast Christmas Special with Prince Harry and Meghan Markle. Manawer was called upon earlier this year by The Duke and Duchess of Cambridge to create the 'Mental Health Minute' which was broadcast on all radio stations with an all-star line-up including David Beckham, Joanna Lumley, Shirley Bassey, Jessie Lingard, Jamie Oliver, Anne Marie and Charles Dance.



Yellow Kite

March 2022

Editor: Carolyn Thorne

Extent: 240

## (Re)Create Yourself

Embracing greater self-love to unleash your potential

Dorota Stanczyk

The greatest relationship we have in life is with ourselves. On the journey to discovering our full potential, embracing self-love is the most powerful step to building self-esteem, confidence and finding happiness.

Dorota is a Polish transformation artist, international speaker and wellbeing creator and in her first book she sets us on the path to greater self-awareness, by sharing her life story and her teachings.

Full of insight, Dorota shows how we can recognise and unravel our limiting beliefs, dispel overthinking and release feelings of guilt and shame, all of which contribute to our sense of not being enough.

Reading this book takes you on a journey of self-discovery, proving that with work, any trauma can be healed. Dorota's encouragement and warmth shines through on every page awakening you to the power of self-compassion, self-care and deep self-love.

Dorota is a talented creative who knows how to inspire. Whether its film, photography or video, she's amazing at creating beautiful art and speaking on the topic of creativity and inspiration.' - Vishen Lakhiani, NYT Bestselling author, Founder of Mindvalley

### About the author:

Dorota Stanczyk is a Polish transformational artist, creative director, conscious creativity trainer, speaker and writer. Her passion is to combine fine arts, personal growth and interactive technology to raise awareness of new models and paradigms of living, working and being. She designs digital products, transformational events and experiences in the wellness industry.

She has shared her knowledge at Vested ConsciousTech Summit (Egypt), Tedx (Belgium) TOA (Berlin), Mindvalley Reunion (San Diego), World Academy of Art and Science & UN Geneva, Consciousness Hacking (San Francisco), RISE Conference (Hong-Kong), Web Summit (Dublin), Modern Woman Festival (Bali), Mindvalley University (Tallinn), DNX Conference (Lisbon), FreedomX (Budapest), Flow Fest (Bali), Nomad Cruise (Barcelona&Brazil) and more.



## Your Health in Your Hands

### Doctor Emeka Okorocha

TikTok star and A&E Doctor, Emeka Okorocha fast became a go-to source for healthcare advice and support during the pandemic. *Your Health in Your Hands* is his handbook for preventative medicine in the form of simple lifestyle hacks and advice for mind/body health that can be harnessed in the short-term with huge long-term benefits.

Sharing his plan for a better, brighter future for us all, Dr Emeka overhauls the way we look at our health and encourages us to take charge of it through his evidence-based guidance. Focusing on easy-to-maintain life hacks, simple mental strength exercises, fun medical facts, simple habits to adopt and throw-together tasty healthy recipes, this is a toolbox of techniques to boost mind-body health.

With Dr Emeka's 'Minutes that Matter' you will learn how to find time to look after yourself throughout your busy day. *Your Health in Your Hands* will help you feel better equipped to make decisions that will boost your wellbeing and avoid deteriorating illness.

Yellow Kite

June 2022

Editor: Lauren Whelan

Extent: 224

### About the author:

Doctor Emeka Okorocha is a frontline NHS doctor working in A&E departments in East London and Kent. The face of NHS and Government campaigns, he has appeared on many TV shows including *This Morning*, as well as many others across BBC, ITV, CNN, Channel 4 and Sky. He has also spoken on network radio stations, featured in national newspapers and collaborated with Boots, Holland & Barrett, Grenade, Biotiful Kefir, Freeletics, Moss Bros, Uber Eats, British Red Cross and United Nations.

Fronting the nationwide campaign 'It Starts on TikTok', Dr. Emeka was voted one of TikTok's top 10 educators for 2020, speaking about all things medical and Black Lives Matter. He is passionate about medicine, fitness and fashion.



