

OCTOPUS BOOKS USA
WINTER 2023

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



Mitchell Beazley
9781784727789
1784727784
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

256 Pages
Carton Qty: 18
Print Run: 4K
Self-Help / Fashion & Style
SEL038000

8.5 in H | 6.8 in W | 0.9 in T | 1.6
lb Wt
Status: **FORTHCOMING**

Get Changed

Finding The New You Through Fashion

Kat Farmer

Key Selling Points

- Kat Farmer's Instagram account @doesmybumlook40 has 288k engaged and loyal followers and has more than 335k engaged followers across her digital platforms.
- A wise, warm and funny guide to being your best self - whatever your age.
- 'It's not about spending loads of money, it's not about losing loads of weight, it's not about simply putting a belt with everything and it's NOT about following "rules". One size does not fit all. It's about starting you on your own journey and giving you the tools so you can find your own personal fashion path.' Kat Farmer

Summary

Rediscover yourself through clothes with the ultimate style guide and confidence bible from Kat Farmer - digital style guru (with more than 335k engaged followers) and fashion expert from BBC 1's You Are What You Wear and ITV's This Morning

'Farmer's upbeat, no-nonsense guidance is particularly useful if you're feeling stuck in a sartorial rut.' - RTÉ Lifestyle

Get Changed is for the countless women out there who are wondering whether they know who they are anymore. Loss of identity is an experience all too familiar to Instagram style guru and professional stylist Kat Farmer. In her own life, she found that fashion helped her regenerate herself and rediscover her confidence.

In *Get Changed*, Kat's authentic, down-to-earth voice, trademark humour, and insights into some of her personal anxieties make you feel like she's right there in the room with you.

The book delivers the personal stylist experience to readers, a step-by-step practical guide to building the ultimate new wardrobe. Borrowing from the structure of a recipe book, the prep, the ingredients and the method, Kat breaks down the process with easy-to-remember tips and tricks; the reader will come away inspired and confident that they can build a wardrobe of clothes they love. Most importantly, Kat will show that finding your confidence again and discovering the new you can be as simple as getting changed. The book covers all the basics - sorting out and assessing your current wardrobe, working out what works for your body type and your lifestyle, how to shop successfully, key wardrobe pieces (crucially that will work together) all tackled with Kat's helpful, warm and funny approach.

Contributor Bio

Kat Farmer, creator of the *Does My Bum Look 40 In This?* blog and Instagram account, is a fashion stylist and digital-first talent, known for her role in the BBC1 styling show, *You Are What You Wear* and regular appearances on ITV's *This Morning*. Kat is celebrated for inspiring people to dress for themselves and innovate using both old and new pieces from their wardrobe. With a following of more than 335k across her digital platforms, Kat documents her journey as a UK-based fashion stylist, offering an honest, no holds barred opinion on fashion trends, interiors and beauty products.

As an authoritative voice in the fashion industry, Kat's advice has featured in *The Guardian*, *The Telegraph* and culminated in a stunning Christmas cover shoot for *Stella Magazine*. Named 'a hugely successful one-woman brand' by *The Times*, Kat is proud to have worked with a variety of prestigious brands including Marks & Spencer, The White Company, Whistles and John Lewis. Her recent content for the M&S Instagram page accumulated the most views the brand has ever had for an IGTV.

Marketing Plans

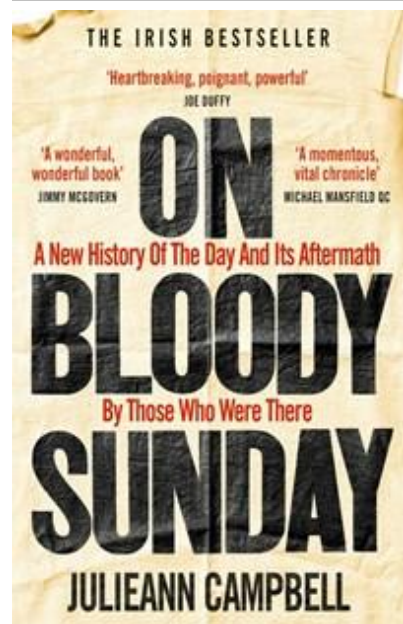
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



On Bloody Sunday

A New History of The Day and Its Aftermath By Those Who Were There

Julieann Campbell

Key Selling Points

- **AN IMPORTANT WORK:** This is the first complete oral history to be written and published about this momentous and terrible day
- **AUTHENTIC VOICE:** Julieann Campbell is the niece of one of the teenagers killed on 30 January 1972 and she has committed over 10 years of her life to researching the events of Bloody Sunday
- **UNPUBLISHED MATERIAL:** Includes exclusive interviews, access to rare tapes and material published here for the first time
- **INTERNATIONAL APPEAL:** Books on the Troubles and the IRA can sell - not only in the UK, but also in USA and Ireland. The most recent example of this is *Say Nothing* by Patrick Radden Keefe which was a *New York Times* bestseller

Summary

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

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

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

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

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

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

"There have been many books written about the events of Bloody Sunday, however, none has wrenched the reader as violently back to those CS gas-choked streets, dumping them right in the heart of the screaming, running, shooting and crying, as Julieann Campbell's *On Bloody Sunday*. A powerful chronicle of one of the darkest episodes of modern times." - Sunday Times

"Powerful and moving ... The strength of this important new book lies in the artistry the author brings to the tasks of portraying both the community upon which the massacre was perpetrated, and the individuals within it." - Irish Times

Monoray
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1800960433
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384 Pages
Carton Qty: 30
Print Run: 5K
History / Europe
HIS018000

7.8 in H | 5 in W | 0.09 lb Wt
Status: **FORTHCOMING**

"It's a wonderful book. The technique used - multiple voices speaking directly to us - is very simple but it has a profound effect. It puts us into the middle of the chaos of Bloody Sunday and keeps us there throughout the grief and anger that follow. A wonderful, wonderful book." - Jimmy McGovern, BAFTA winning screenwriter, creator of 'Sunday' (2002)

Contributor Bio

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

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

Quotes

"Her book is a reality check and poignant reminder of the human toll of conflict."

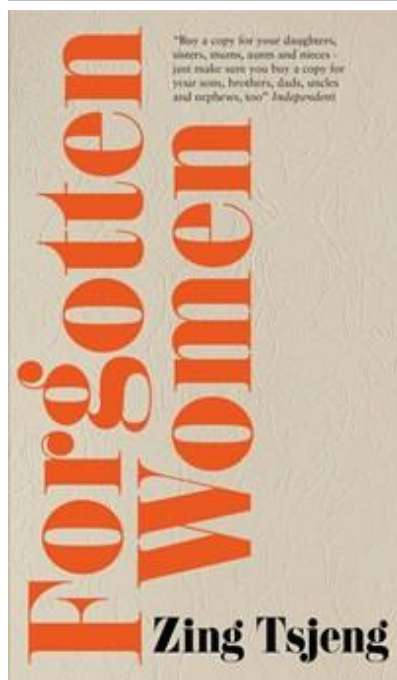
—**History.net**

Marketing Plans

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

Subrights

No subrights have been specified.



Brazen
9781914240690
1914240693
Pub Date: 2/7/2023
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\$34.99/\$38.99 Can./£30.00 UK
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Hardcover

592 Pages
Carton Qty: 14
Print Run: 6K
History / Women
HIS058000

8.7 in H | 5.4 in W
Status: **FORTHCOMING**

Forgotten Women

The women who shaped and were erased from our history

Zing Tsjeng

Key Selling Points

- Published in time for International Women's Day, this feminist compendium brings to light the fascinating stories of women who defied the odds, and the opposition, to change the world around them.
- The book aims to be truly intersectional and features women from around the world and across a wide range of backgrounds and disciplines.
- An inspiring book for women of all ages, the historic achievements recounted in this book will be relevant to women all over the world.

Summary

***Forgotten Women* uncovers the lost histories of the influential women who have refused over hundreds of years to accept the hand they've been dealt and, as a result, have formed, shaped and changed the course of our futures**

Forgotten Women shines a well-deserved spotlight on women of accomplishment in various fields - scientists, leaders, writers and artists - who have been forgotten or overlooked, uncovering the lost herstories of influential women who have formed, shaped and changed the course of our futures. Everyone knows a forgotten woman. The ones we hold close to our hearts, the rebels we raise in conversation, the pioneering early feminists who have been overlooked for too long. ***Forgotten Women*** redresses the balance and puts their achievements firmly back on the map. As Virginia Woolf said, "For most of history, anonymous was a woman."

LEADERS celebrated include **Shirley Chisholm**, the first African-American woman elected to Congress and who ran for US president in 1972; **Grace O'Malley**, the 16th century Irish pirate queen; **Sylvia Rivera**, a pioneering figure in the transgender rights movement; and **Agent 355**, the unknown rebel spy who played a pivotal role in the American Revolution.

Pioneering and innovative female **SCIENTIST** from across history and scientific disciplines - including mathematics, genetics, technology, chemistry astronomy, physical and medicine - include the likes of **Rosalind Franklin**, who uncovered the structure of DNA but whose work was attributed to her male colleagues; **Ruby Hirose**, whose pioneering research led to the polio vaccine.

Unsung genius female **WRITERS** include the Girl Stunt Reporters, who went undercover to write exposés on the ills of 1890s America; **Aemilia Lanyer**, the contemporary of Shakespeare whose polemical re-writing of *Paradise Lost* is regarded as one of the earliest feminist works of literature; and **Sarojini Naidu**, the freedom fighter and 'Nightingale of India' whose poetry echoed her political desire for Indian independence.

ARTISTS given their due include **Camille Claudel**, the extraordinarily talented sculptor who was always unfairly overshadowed by her lover, Rodin; **Baroness Elsa von Freytag-Loringhoven**, who has been claimed as the true originator of Marcel Duchamp's *Fountain*.

Forgotten Women shines a light on these unsung heroes whose contributions have changed our world.

Contributor Bio

Zing Tsjeng is the editor in chief of VICE UK and the author of the *Forgotten Women* book series. She specialises in women's and LGBTQ rights, politics, culture and lifestyle.

She is also a documentary host and podcaster, her recent podcast for the BBC was entitled *Forgotten Zingdom* and she interviews for publications such as *Vogue*, *Dazed*, and *The Guardian*.

Marketing Plans

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

Subrights

No subrights have been specified.



Cassell
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Print Run: 5K
Games & Activities / Quizzes
GAM008000
9.3 in H | 6.4 in W | 1.4 in T | 1.2 lb Wt
Status: **FORTHCOMING**

Can You Beat the Beast?

Have you got what it takes to challenge the beast?

Mark Labbett

Key Selling Points

- The second season of The Chase US 2021 premiered on ABC to 4.07m viewers.

Summary

Take on the infamous Beast in 50 quizzes for all the family, ranging from general knowledge to subject specifics.

Have you got what it takes to challenge TV's most notorious quizzer?

Take on the infamous Beast in 50 quizzes designed for all the family. Can you rival Mark's knowledge over 20 different subjects... beware even those that you might think aren't his strong suit - such as sport or music - will prove a real challenge. Compare your answers at the back to see if you've tamed the Beast, and which you might have got right that he got wrong. There are extra facts as Mark gives you fascinating bits of trivia associated with many of the answers, and lets you know if you've got a really tricky one correct!

Mark also tells stories of his own quizzing adventures and gives you tips and advice for improving your quizzing skills, such as common quiz questions and things you should commit to memory.

It all adds up to a fun, interactive, challenging experience for fans of The Chase and its most infamous protagonist.

Contributor Bio

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

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

Marketing Plans

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

Subrights

No subrights have been specified.



Hamlyn
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0600637697
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Paperback

256 Pages
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Print Run: 5K
Crafts & Hobbies / Needlework
CRA015000
7.8 in H | 7.3 in W | 0.9 in T | 1.4 lb Wt
Status:**FORTHCOMING**

Related Products

Other Formats
The Knitter's Handbook
9780600619413 \$12.99

The Knitter's Handbook

Yarns. Needles. Stitches. Techniques
Eleanor van Zandt

Key Selling Points

- Knitting is a perennially popular pastime.
- According to Craft Yarn Council, around 38 million Americans enjoy knitting as a hobby.
- Previous edition sold more than 12 thousand copies.
- This is a reissue with a new cover

Summary

An essential guide to knitting, stitches and techniques - for knitters of all levels.

Whether you are new to knitting and want to learn the basics or an experienced knitter who wants to try complex patterns, *The Knitter's Handbook* will guide you through more than 90 stitches and techniques. Featuring a comprehensive guide to yarns and patterns, clear and easy-to-follow instructions and 250 step-by-step illustrations, this practical book will help you master the techniques in no time.

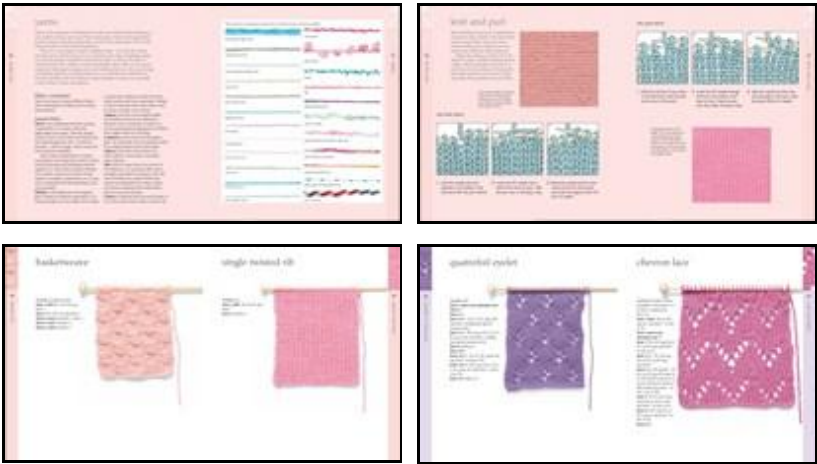
Contributor Bio

Eleanor van Zandt is an American writer and editor specialising in arts and crafts. Her books include The Hamlyn Complete Knitting Course (1990) and The DMC Book of Cross Stitch and Counted Thread Work (1996).

Marketing Plans

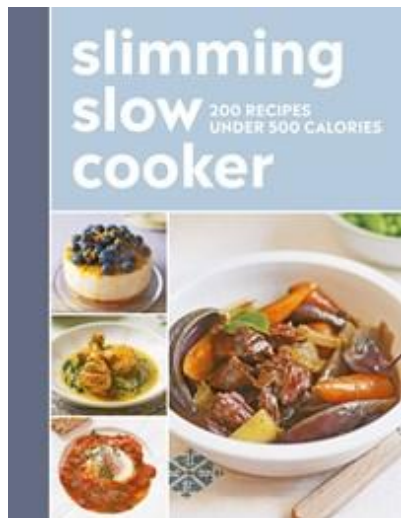
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Hamlyn
9780600637721
0600637727
Pub Date: 2/14/2023
On Sale Date: 2/14/2023
\$19.99/\$21.99 Can./£16.99 UK
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Paperback

192 Pages
Carton Qty: 5
Print Run: 4K
Health & Fitness / Diet & Nutrition
HEA034000
9.7 in H | 7.4 in W
Status: **FORTHCOMING**

Slimming Slow Cooker

200 Recipes under 500 calories
Hamlyn

Key Selling Points

- Full of ideas for varying your meals if you are on a calorie-controlled or fasting diet.
- 200 ideas for delicious low-calorie meals that you can throw together with minimal effort in your slow cooker.
- This is a reissue with a new cover

Summary

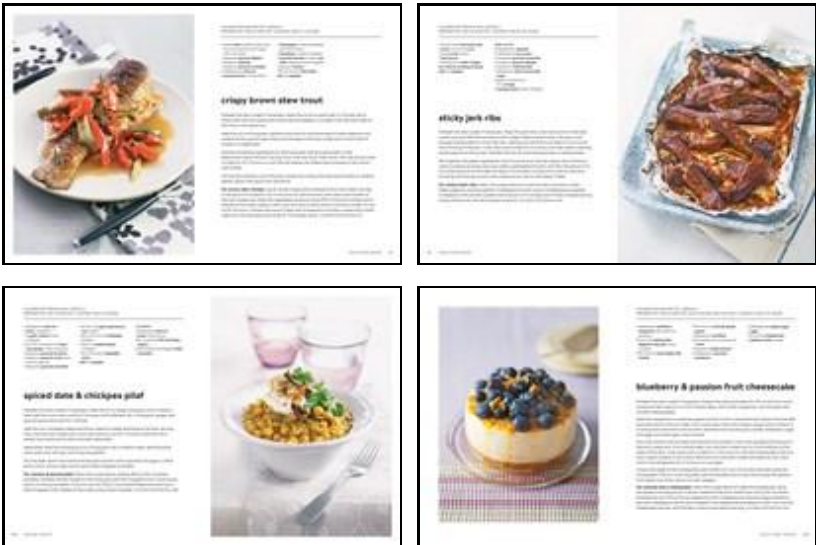
A range of delicious low-calorie meals to enjoy without breaking your resolutions, and without taking up your leisure time at the stove! Let your slow cooker do the work.

In this book you'll find low-calorie recipes to suit all occasions. Warming soups, stews and casseroles that can cook slowly all day and be ready when you come in from work are perfect for dieters as they are a secret weapon against evening binging on fast food when you're too tired to cook. You'll be surprised at the selection of fresh-tasting lighter meals that really lend themselves to slow cooking. Let your slow cooker make your dieting effortless!

Marketing Plans

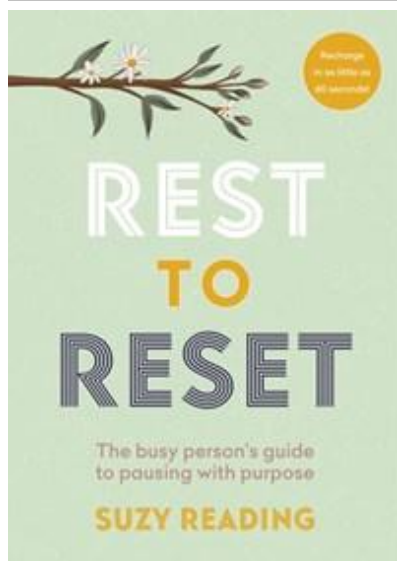
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Aster
9781783255276
1783255277
Pub Date: 2/21/2023
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\$14.99/\$16.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 10
Print Run: 8K
Health & Fitness / Sleep
HEA043000

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

Related Products

Ebooks

9781783255283

Rest to Reset

The Busy Person's Guide to Pausing With Purpose

Suzy Reading

Key Selling Points

- Suzy's previous books have sold nearly 33,000 in the US, these include, *Sit to Get Fit*, *Breathe*, *Self-care for Tough Times* and *Little Book of Self-Care*.
- ?As the impact of the pandemic on mental health continues, psychologists are reporting a large increase in demand for treatment of anxiety and depression compared with last year, according to a new survey by the American Psychological Association.

Summary

A roadmap to rest and recovery - with exercises that take as little as 60 seconds

As a society, we are more exhausted than ever before but despite hearing the call to relax, many of us find it hard to switch off. We see business as a badge of honor but, ask yourself, does this approach to life work for you?

Self-care expert Suzy Reading is here to challenge everything you've ever been told or told yourself about rest. Rest is not only calming and restorative, but energizing and fortifying, a way of preparing you for the days, weeks or months ahead.

You can also reset in as little as one minute - when we're already struggling to find a work-life balance, many of us feel like we don't have time to rest. This book is here to take the pressure off. Rest need not be another thing to add to your heavy schedule, many practices take seconds and can be woven into everyday life in no extra time. Discover how to make your chores more rejuvenating and your bathroom break a ritual for rest!

Rest to Reset is separated into two parts: **Redefining Rest** unpacks the true meaning of rest and introduces the eight pillars, which will help you identify the type of rest you need in any given moment. **Creating Your Own Rest Prescription** features 25 toolkits to help you bring your mind and body back to balance. It includes tips for when you're struggling with classic restful practices, like napping, meditation and breathwork; exercises to make existing daily activities more restful; and advice to improve your emotional wellbeing through rest, such as building confidence, dealing with grief or anger and learning the art of saying 'no'.

This book will not only revolutionize your relationship with rest but ultimately your relationship with yourself.

Contributor Bio

Suzy Reading is a Chartered Psychologist, a qualified yoga teacher and personal trainer, specialising in wellbeing. Her offerings include coaching, walk & talk sessions, private and group yoga, workshop presentations on self-care and other topics such as sleep, rest and relaxation, and how to make sustainable lifestyle changes. Suzy is the Neom Organics Psychology expert, a founding member of The Nourish App and is on the editorial board

for Motherdom Magazine. She is also the author of *The Little Book of Self-Care*, *Sit to Get Fit*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times* and *And Breathe*.

Suzyreading.co.uk
Instagram.com/suzyreading
Twitter.com/suzyreading

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Links

- [Sell Sheet](#)
- [Instagram](#)
- [Author Website](#)
- [Twitter Handle - @suzyreading](#)

Illustrations



Subrights

No subrights have been specified.



Conran
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1840918322
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Hardcover

224 Pages
Carton Qty: 14
Print Run: 8K
Architecture / Interior Design
ARC007000

10.6 in H | 7.9 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Absolutely Beautiful Things
9781840916935 \$34.99

Absolutely Beautiful Things

Decorating inspiration for a bright and colourful life

Anna Spiro

Key Selling Points

- A highly liveable look with an on-trend focus on vibrant colors and patterns.
- Anna's blog, launched in 2007, averages more than 150,000 page views per month, with avid followers in Australia, New Zealand, the UK, the US and Europe.
- She has more than 96,000 followers on Instagram.
- Anna's work has been featured in prestigious Home and Design magazines such as *Vogue Living*, *The Design Files* and Andrew Martin's *Interior Design Review*.
- In addition to an almost step-by-step guide to decorating, bright, colorful illustrations on every page showcase Anna's talent.
- This is a reissue with a new cover

Summary

In tune with the current trend for hot colors and strong patterns, Anna Spiro shows how mixing (colors, patterns, old and new, quirky and traditional) rather than matching is the key to an interesting home.

In *Absolutely Beautiful Things*, successful designer Anna Spiro shows you how to create an interior that's just right for you. To her, it's all about the mix, not the match, and, with her help, you'll find beauty in unexpected places. She'll give you the confidence to put together a layered and very individual home using elements you love, and make you see your old belongings in a new light.

As well as lavish photographs of rooms Anna has created, she shares many of her secrets from a life in decorating, gives practical details on how to work with pattern and color, and provides a room-by-room guide to furniture choice. 'I always endeavour to create happy, interesting, layered and uplifting spaces. That means mixing everything: color and pattern, old and new, square and round, quirky and conservative. It's the imperfections and surprises that make a space interesting'.

Contributor Bio

Anna Spiro is a Brisbane-based interior designer with a passion for vibrant colour. In addition to running her renowned interior design practice and shop, Black & Spiro, Anna is the author of an internationally acclaimed blog, *Absolutely Beautiful Things*. She has a flair for layering fabrics and textiles with antiques and special one-off pieces to create a diverse and inspiring space full of individual charm.

Marketing Plans

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

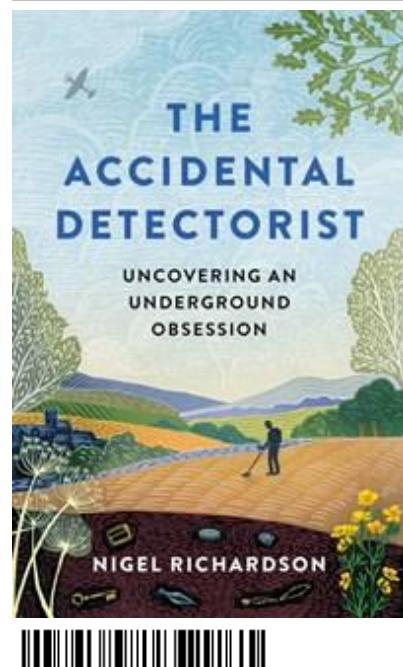
Illustrations





Subrights

No subrights have been specified.



Cassell
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Crafts & Hobbies
CRA000000

9.6 in H | 6.5 in W | 1.3 in T | 1.2 lb Wt
Status: **FORTHCOMING**

Accidental Detectorist

Uncovering an underground obsession

Nigel Richardson

Key Selling Points

- Niche hobby books can sell, even outside the hobby community. Mudlarking has sold 50k copies
- Detectorist YouTubers and television shows in recent years have helped draw a new audience
- As featured in the NY Times "The New Detectorists: As an old outdoor hobby draws new followers, metal detectors are sweeping the country."
- The metal detector market is expected to grow by USD 160.56 million during 2020-2024 according to Technavio

Summary

One man's accidental journey into uncovering Britain's underground obsession. A fascinating and engaging tale of metal detecting history and Britain.

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

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

Contributor Bio

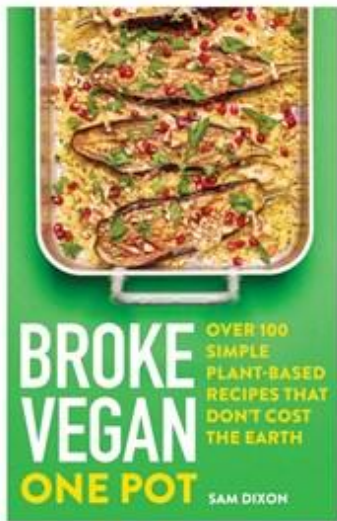
Nigel Richardson is a British journalist and author of five books who has worked at the top level for more than twenty-five years (thirteen of them on the staff of the Daily Telegraph in London). He writes about history, archaeology, landscapes, culture and wildlife conservation and has won numerous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

Marketing Plans

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

Subrights

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Aster
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Hardcover

144 Pages
Carton Qty: 10
Print Run: 7K
Cooking / Vegan
CKB125000
Series: Broke Vegan

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

Broke Vegan: One Pot

Over 100 Simple Plant-based Recipes That Don't Cost The Earth

Sam Dixon

Key Selling Points

- The next instalment in the bestselling Broke Vegan series which includes *Broke Vegan* and *Broke Vegan: Speedy*.
- The global vegan market is expected to be worth \$31.4 billion by 2026
- The one-pot theme taps into the strong trend in cookery for simply, fuss-free recipes

Summary

Low-cost vegan meals to make in just one pot

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

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

CONTENTS INCLUDES:

Midweek marvels Weekend wonders

To enjoy together

All-in-one sweets

Contributor Bio

Sam is a self-taught food stylist for cookbooks, magazines, film and TV, learnt through industry with a background in baking. She officially started her career in food at Violet bakery in East London. A love for seasonal ingredients, creativity and aesthetics was developed here. Since then, she has worked with numerous publications and brands such as *The Guardian*, *GQ*, *The Telegraph*, Hix, the White Company, Kyle Books, Quadrille and Hodder and Stoughton. She is also the co-creator of Studio Feast, a food photography studio in Hackney, London.

samdixonstylist.com

Instagram.com/sam__dixon

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Links

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

Illustrations



VEGETABLE PILAU RICE

Vegetable pilau is a popular Indian dish made with basmati rice, vegetables, and spices. It is a healthy and delicious meal that can be served as a main course or a side dish.

Ingredients:

- 1 cup basmati rice
- 1/2 cup vegetable oil
- 1/2 cup onion, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup peas
- 1/2 cup chickpeas
- 1/2 cup lentils
- 1/2 cup tomatoes, finely chopped
- 1/2 cup cilantro, finely chopped
- 1/2 cup garam masala
- 1/2 cup turmeric
- 1/2 cup cumin
- 1/2 cup coriander
- 1/2 cup salt

Instructions:

1. Wash the rice and soak it in water for 30 minutes.
2. Heat the oil in a large pot over medium heat.
3. Add the onion, green bell pepper, red bell pepper, carrot, peas, chickpeas, and lentils. Cook for 5 minutes.
4. Add the tomatoes, cilantro, garam masala, turmeric, cumin, and coriander. Cook for 5 minutes.
5. Add the rice and salt. Cook for 15 minutes.
6. Serve hot.



CHILLI CON VEGGIE

Chilli con Veggie is a popular Mexican dish made with ground beef, tomatoes, onions, and beans. It is a healthy and delicious meal that can be served as a main course or a side dish.

Ingredients:

- 1 cup ground beef
- 1/2 cup vegetable oil
- 1/2 cup onion, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup peas
- 1/2 cup chickpeas
- 1/2 cup lentils
- 1/2 cup tomatoes, finely chopped
- 1/2 cup cilantro, finely chopped
- 1/2 cup garam masala
- 1/2 cup turmeric
- 1/2 cup cumin
- 1/2 cup coriander
- 1/2 cup salt

Instructions:

1. Wash the rice and soak it in water for 30 minutes.
2. Heat the oil in a large pot over medium heat.
3. Add the onion, green bell pepper, red bell pepper, carrot, peas, chickpeas, and lentils. Cook for 5 minutes.
4. Add the tomatoes, cilantro, garam masala, turmeric, cumin, and coriander. Cook for 5 minutes.
5. Add the rice and salt. Cook for 15 minutes.
6. Serve hot.



KUTSU CURRY NOODLE SOUP

Kutsu Curry Noodle Soup is a popular Indian dish made with kutsu (a type of noodle), vegetables, and spices. It is a healthy and delicious meal that can be served as a main course or a side dish.

Ingredients:

- 1 cup kutsu
- 1/2 cup vegetable oil
- 1/2 cup onion, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup peas
- 1/2 cup chickpeas
- 1/2 cup lentils
- 1/2 cup tomatoes, finely chopped
- 1/2 cup cilantro, finely chopped
- 1/2 cup garam masala
- 1/2 cup turmeric
- 1/2 cup cumin
- 1/2 cup coriander
- 1/2 cup salt

Instructions:

1. Wash the rice and soak it in water for 30 minutes.
2. Heat the oil in a large pot over medium heat.
3. Add the onion, green bell pepper, red bell pepper, carrot, peas, chickpeas, and lentils. Cook for 5 minutes.
4. Add the tomatoes, cilantro, garam masala, turmeric, cumin, and coriander. Cook for 5 minutes.
5. Add the rice and salt. Cook for 15 minutes.
6. Serve hot.



BUDGET HOME-STYLE DAHL

Budget Home-Style Dahl is a popular Indian dish made with dahl (a type of lentil), vegetables, and spices. It is a healthy and delicious meal that can be served as a main course or a side dish.

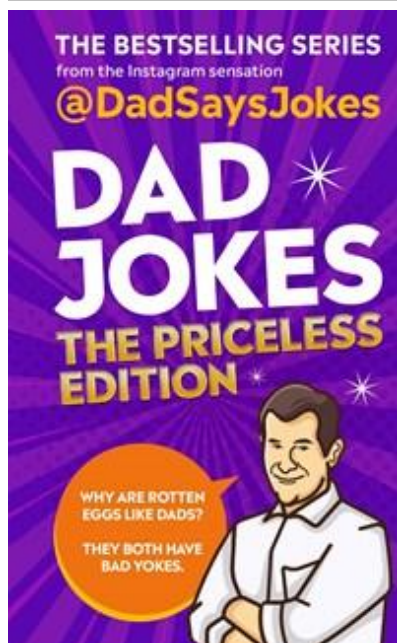
Ingredients:

- 1 cup dahl
- 1/2 cup vegetable oil
- 1/2 cup onion, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup carrot, finely chopped
- 1/2 cup peas
- 1/2 cup chickpeas
- 1/2 cup lentils
- 1/2 cup tomatoes, finely chopped
- 1/2 cup cilantro, finely chopped
- 1/2 cup garam masala
- 1/2 cup turmeric
- 1/2 cup cumin
- 1/2 cup coriander
- 1/2 cup salt

Instructions:

1. Wash the rice and soak it in water for 30 minutes.
2. Heat the oil in a large pot over medium heat.
3. Add the onion, green bell pepper, red bell pepper, carrot, peas, chickpeas, and lentils. Cook for 5 minutes.
4. Add the tomatoes, cilantro, garam masala, turmeric, cumin, and coriander. Cook for 5 minutes.
5. Add the rice and salt. Cook for 15 minutes.
6. Serve hot.

Subrights
No subrights have been specified.



Cassell
9781788402583
1788402588
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$12.99/\$14.99 Can./£10.99 UK
Discount Code: OHC
Hardcover

272 Pages
Carton Qty: 12
Print Run: 24K
Humor / Form
HUM004000
Series: Dad Jokes
7.1 in H | 4.5 in W | 0.9 in T | 0.5 lb Wt
Status: **FORTHCOMING**

Related Products

Ebooks

9781788403443

Dad Jokes: The Priceless Edition

The Bestselling Series From The Instagram Sensation

Dad Says Jokes

Key Selling Points

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

Summary

More hysterical jokes from the Instagram sensation

THE LATEST IN THE BESTSELLING SERIES

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

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with close to 3.5 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favourites - or Dad just drops in his own zinger! Kit, a young social networking influencer, started his career at the tender age of 14 when he created his original platform, Football.Newz. He has since added another nine platforms, including @PubityPets and monster meme page @Pubity with its 30 million followers. This is his fifth book.

Contributor Bio

Dad Says Jokes is a community-run social brand with over 3 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers.

Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

Instagram.com/DadSaysJokes

Twitter.com/DadSaysJokes

Facebook.com/DadSaysJokes

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Links

- [Twitter Handle - @DadSaysJokes](https://twitter.com/DadSaysJokes)
- [Instagram](https://www.instagram.com/dadsaysjokes)
- [Facebook Link](https://www.facebook.com/dadsaysjokes)

Illustrations

Why is the forest so noisy?

The trees bark.



As a doctor, I would never make a joke about an unvaccinated baby.

But, hey -- let me give it a shot.

What kind of magic does a condiment wizard perform?

Sourrry.

What's made of leather and sounds like a sneeze?

A shoe.

People often say that most women want to get married, but I don't think that's true.

I've asked loads, and they've all said no.

My wife says she's thinking of leaving me because of my obsession with poker.

I think she's bluffing.

Why is spicy food like a credit card?

You pay for it the next day.

Doctor, I shall grant you three wishes.

My wife is kicking me out because she's fed up with all my South American animal puns.

"OK," I said. "Allspace my bags."

Have you heard about the artist who uses different types of steak to create portraits of people?

A rare medium, but well done.

My wife says she's thinking of leaving me because of my obsession with poker.

I think she's bluffing.

Why is spicy food like a credit card?

You pay for it the next day.

My wife is kicking me out because she's fed up with all my South American animal puns.

"OK," I said. "Allspace my bags."

Have you heard about the artist who uses different types of steak to create portraits of people?

A rare medium, but well done.

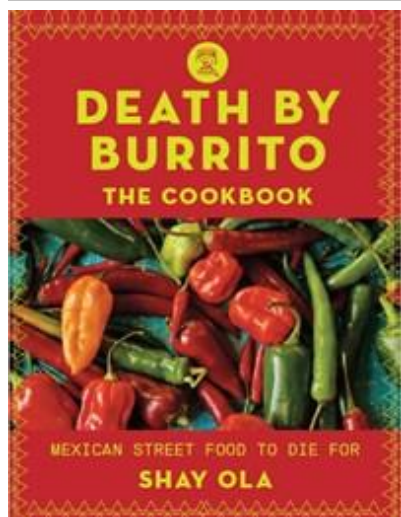
Today, I opened my very own pizza restaurant.

I will be rolling in dough in no time.



Subrights

No subrights have been specified.



Hamlyn
9781784728793
1784728799
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$22.99/\$24.99 Can.
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 10
Print Run: 6K
Cooking / Comfort Food
CKB127000

9.6 in H | 7.4 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Death by Burrito 9781845339036
\$19.99

Death by Burrito

Mexican Street Food to Die For

Shay Ola

Key Selling Points

- To-die-for Mexican food and cocktails from one of London's coolest nightspots.
- Unforgettable flavors from the Rebel Dining Society, whose clever culinary installations and events have had rave reviews from press and customers alike.
- This is a reissue with a new cover

Summary

Contemporary Mexican food from Shay Ola, founder of Death by Burrito, one of east London's trendiest eateries.

Delicious modern Mexican recipes from Death by Burrito at the Catch bar in the heart of Shoreditch.

A far cry from the Tex-Mex style of Mexican fast food, where cheese and mince dominate, the dishes in *Death by Burrito* put taste first - the truly exceptional range of starters, main meals and sides prioritizes fresh, vibrant flavours: Smoked Beef Short Rib Mole Tacos, Deconstructed Guacamole with Blue Corn Tortillas and Crab Cakes also look stunning on the plate.

To recreate the atmosphere of Death by Burrito at home, the perfect tequila cocktail is essential: the legendary Taqueria Toreador Slushy is sure to become a favorite.

Contributor Bio

Shay Ola is the founder of creative food events company The Rebel Dining Society, who work with creative agencies and brands to push the boundaries of fine dining. They showcase new and exciting culinary ideas, interactive art concepts and live performances, immersing participants in an atmosphere that stimulates all the senses as well as the taste buds.

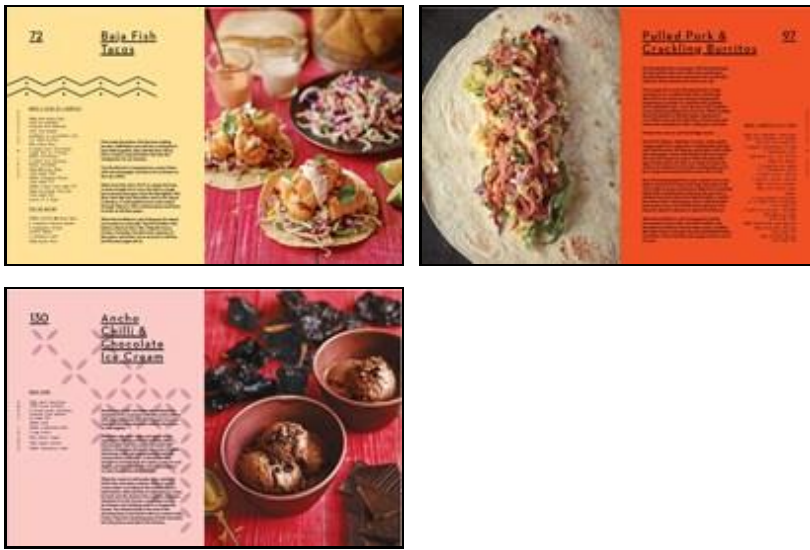
Death By Burrito is Shay's latest project - a Mexican grill and tequila bar located in the heart of East London, serving up lethal cocktails with to-die-for Mexican street grub.

Marketing Plans

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

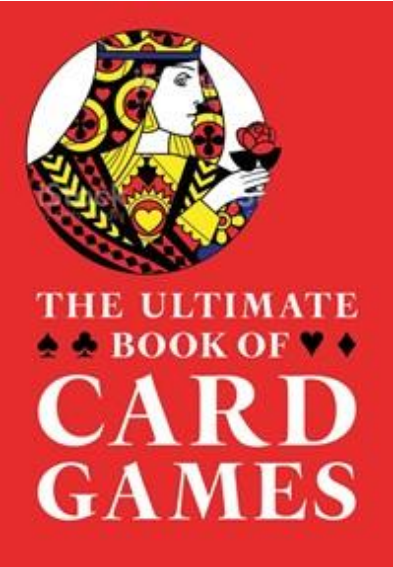
Illustrations





Subrights

No subrights have been specified.



Hamlyn
9780600637714
0600637719
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$16.99/\$18.99 Can.
Discount Code: OPB
Paperback

256 Pages
Carton Qty: 20
Print Run: 6K
Games & Activities / Card Games
GAM002000

9 in H | 6.4 in W
Status:**FORTHCOMING**

Related Products

Other Formats

Ultimate Book of Card Games
9780811866422 \$24.95

The Ultimate Book of Card Games

George F. Hervey

Key Selling Points

- A fantastic collection of incredibly popular card games
- Includes games for varying groups of people
- This is a reissue with a new cover

Summary

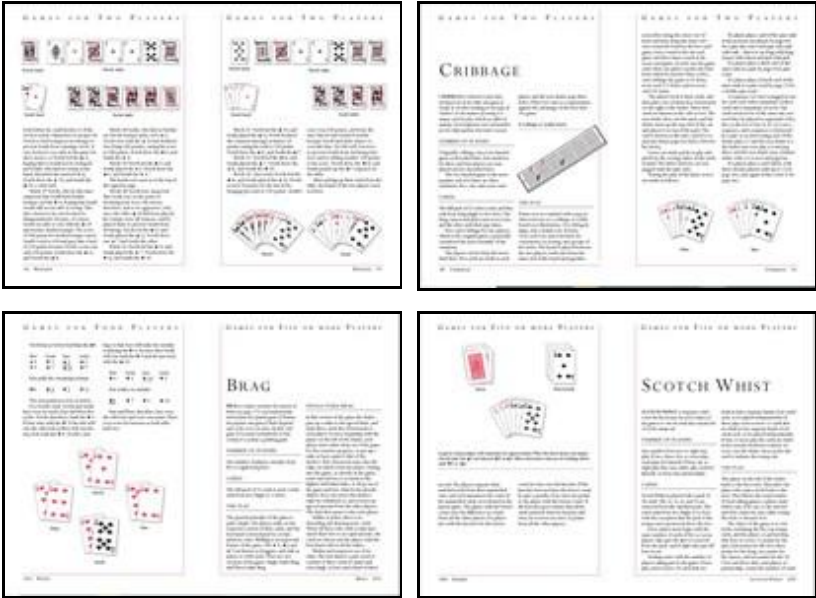
In minutes you can learn to play any of the 100 most entertaining card games as you follow the simple rules, methods of scoring, and hints on skillful play for every game.

In minutes you can learn to play any of the 100 most entertaining card games as you follow the simple rules, methods of scoring, and hints on skillful play for every game. They're arranged according to the number of players, starting with games for two like Cribbage and Pinochle, California Jack and Honeymoon Bridge, plus 15 more. Games for three players include Black Maria, Knaves, Ombre, Cut-throat Bridge, and 7 more. You'll find 13 games for four players, from Bridge, Canasta, and Hearts, to Calypso, Euchre, and Quinto, and 11 games for five or more, including Coon Can, Crazy Eights, Poker, Rummy, and Loo. Or try some of the 9 party games, 11 banking games, and 18 games for single players. Then you're ready to try the rule variations and adaptations for different numbers of players.

Marketing Plans

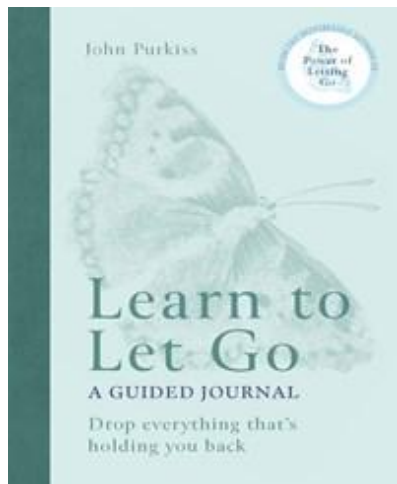
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Aster
9781783255436
1783255439
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$14.99/\$16.99 Can./£12.99 UK
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 10
Print Run: 15K
Self-Help / Journaling
SEL045000

8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Learn to Let Go: A Guided Journal

Drop everything that's holding you back

John Purkiss

Key Selling Points

- *The Power of Letting Go* sold over 19k copies in the US - over 5k in ebook in US and more in audio (sold 16k audiobooks overall).
- John is a well-respected self-help author, as a Cambridge University-educated businessman and well connected through social media and professional networks - which clearly was a powerful book-selling tool with *The Power of Letting Go*.
- The book's message has clearly struck a chord with self-help book buyers, and the subjects of intuition, gratitude and desire are ones of real interest, and core to the MBS and personal development market.
- The journal complements the book, but also stands on its own and condenses the important lessons in *The Power of Letting Go*.
- A beautiful, full-color illustrated journal, perfect for gifting (in a similar style to *Five Minutes in the Morning* - which sold 8k copies in US in 2021).

Summary

An illustrated guided journal to accompany *The Power of Letting Go*

'Life-changing' - Sara Makin, Founder & CEO of Makin Wellness

If you learn to let go, your life will take off.

How is negative thinking affecting your success? Are you holding on to a story about your life? Are you allowing judgement and pain to weigh you down?

Learn to let go and turn your dreams into reality with this beautifully illustrated guided journal, from the bestselling author of *The Power of Letting Go*. Drop everything that's holding you back, learn how to stay present and follow your intuition using the creative exercises, writing prompts and affirmations in this journal - and start living a life of freedom and success.

Contributor Bio

John studied economics at Cambridge University and has an MBA from INSEAD, where he was awarded the Henry Ford II Prize. He began his career in banking and management consultancy, and has invested in several high-growth companies. John was a partner with Heidrick & Struggles prior to co-founding Purkiss&Company, where he recruits chief executives, finance directors and other board members. He has lived and worked in France, Belgium and the USA. John speaks French, German and Spanish.

www.johnpurkiss.com

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Links

- [Author Website](#)
- [Facebook Link](#)

Illustrations



Subrights

No subrights have been specified.



Conran
9781840918250
184091825X
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$24.99/\$27.99 Can./£20.00 UK
Discount Code: OHC
Hardcover

224 Pages
Carton Qty: 10
Print Run: 8K
Cooking
CKB000000
Series: Leon Big
0.2 in H | 0.1 in W
Status: **FORTHCOMING**

LEON Big Salads

Rebecca Seal

Key Selling Points

- Salads are a very popular topic: *LEON Happy Salads* is LEON'S bestselling book ever with 140k in print and 6 foreign editions
- LEON-branded cookbooks have sold more than 1 million copies worldwide
- More than 100 recipe ideas that demonstrate that a salad can be a substantial meal

Summary

The first in a brand-new LEON series from the company that brought you the bestselling *LEON Happy Salads*

Leon was founded on the twin principles that food can both taste good and do you good. In this first book in their brand-new series, author and food journalist Rebecca Seal proves this with more than 100 mouthwatering ideas for hearty, healthy salads, ideal for any occasion.

From portable salads to bring to work to salad platters for leisurely weekend lunches, this brand-new recipe collection from the brand behind the hugely successful *LEON Happy Salads* proves that there is much more to a salad than a few damp leaves.

Recipes include:

LEON Aioli Chicken Salad
Thai Crispy Duck and Pineapple Salad
Honey and Harissa Roots and Grains
Halloumi Fries with Pomegranate and Fennel
Crab Cake Salad
Chipotle Seared Steak Salad
LEON Rainbow Salad
Griddled Hispi and Crispy Tofu

Contributor Bio

Rebecca has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her most recent - and first non-food book - is called *SOLO: How To Work Alone (And Not Lose Your Mind)*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries* and *LEON Happy Fast Food* and *LEON Happy Guts* with John Vincent. She lives in London with her husband and two small daughters.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Conran
9781840918311
1840918314
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$20.00/\$22.00 Can.
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 10
Print Run: 6K
Design / Fashion & Accessories
DES005000

8.3 in H | 6.3 in W
Status: **FORTHCOMING**

Vogue Essentials: Heels

Gail Rolfe

Key Selling Points

- Contains some of the best fashion photography available, including images from British Vogue's peerless archive of a million fashion images
- *Vogue* is an internationally prestigious, enduring luxury brand with a circulation of more than 200,000 in the UK
- The collaboration between Conran Octopus and British Vogue has been hugely successful, with more than 300,000 copies sold worldwide
- This is a reissue with a new cover

Summary

The latest in the *Essentials* series from internationally prestigious fashion brand, *Vogue*, celebrating the ultimate fashion power symbol, the high heel.

There is an indefinable magic, mystique and fascination about high-heeled shoes that defies all understanding or logic. How can you explain that the simple act of pointing your toes and gently slipping them into a pair of towering heels can be such a powerful experience physically, psychologically and emotionally? As British *Vogue* has charted over the last hundred years, by stepping into a pair of heels, a woman's personality is instantly transformed.

Divided into the categories of Fancy Footwork, Enduring Classics, Step Up and Rainbow Heels, British *Vogue's* archive of fashion photos has been plundered to showcase the most beautiful, memorable, rule-breaking and trend-setting heels to be photographed in its 100-year history.

Contributor Bio

Gail Rolfe is a freelance journalist and fashion editor with more than thirty-five years of experience. She joined the *Daily Mail* as Fashion Writer in 1981 and became their Fashion Editor in 1986. She left in 1995 to pursue a freelance career working for *Tatler*, *The Sunday Times* and *The Times*, alongside a fashion consultancy for the Arcadia Group. Over the years she has interviewed and styled many celebrities including Goldie Hawn, Elizabeth Hurley and Tamara Mellon. She is passionate about high heels and bought her first pair of Manolo Blahniks for her interview at the *Daily Mail*. She lives in London.

Marketing Plans

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

Illustrations





Subrights

No subrights have been specified.



Ilex Press
9781781578650
1781578656
Pub Date: 1/24/2023
On Sale Date: 1/24/2023
\$40.00/\$44.00 Can./£35.00 UK
Discount Code: OHC
Hardcover

224 Pages
Carton Qty: 5
Print Run: 3K
Photography
PHO000000
Series: Landscape Photographer of the Year

10.4 in H | 10.5 in W | 0.9 in T |
2.9 lb Wt
Status:**FORTHCOMING**

Landscape Photographer of the Year

Collection 15

Charlie Waite

Key Selling Points

- The UK Landscape Photographer of the Year Instagram account has 17.8k followers
- This is the 15th anniversary edition of the series

Summary

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

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

This edition features winning and highly commended entries across a range of categories including:

- Classic View
- Urban Life
- Black & White
- Historic Britain
- Landscapes at Night
- Lines in the Landscape
- Coast

Contributor Bio

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

Marketing Plans

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

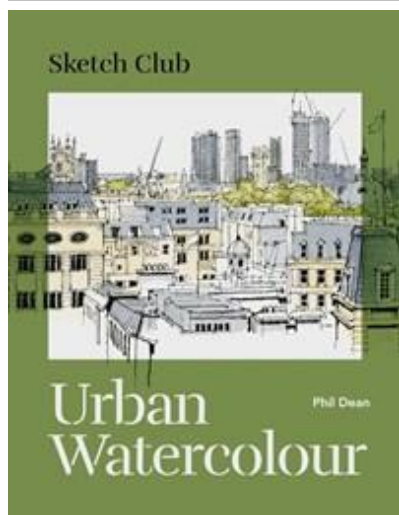
Illustrations





Subrights

No subrights have been specified.



Ilex Press
9781781578629
1781578621
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$18.99/\$20.99 Can./£16.99 UK
Discount Code: OPB
Paperback

112 Pages
Carton Qty: 5
Print Run: 5K
Art / Techniques
ART029000

10.9 in H | 8.5 in W | 0.5 in T |
1.1 lb Wt
Status: **FORTHCOMING**

Sketch Club: Urban Watercolour

Phil Dean

Key Selling Points

- The author's Instagram account, @shoreditchsketcher, has over 76k followers
- Clear and easy explanation of key watercolour techniques, with 20 step-by-step exercises for the reader to practise

Summary

Master essential watercolor techniques, get to grips with tips and tricks for painting outdoors and develop your core urban sketching skills with *Sketch Club: Urban Watercolour*

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

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

Chapters include:

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

Contributor Bio

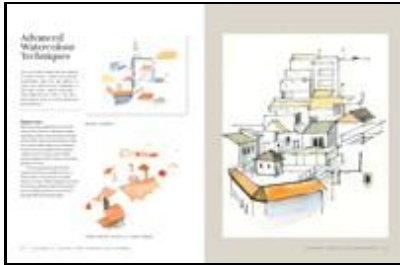
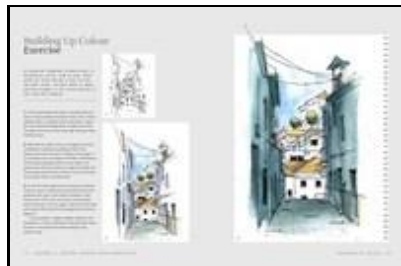
Phil Dean is an artist and graphic designer based in London. He graduated from Leeds College of Art with a degree in Graphic Design, before moving down to London, where he now runs his own creative agency. Phil also runs a hugely popular Instagram account, The Shoreditch Sketcher, where he posts stunning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

@shoreditchsketcher
www.theshoreditchsketcher.com

Marketing Plans

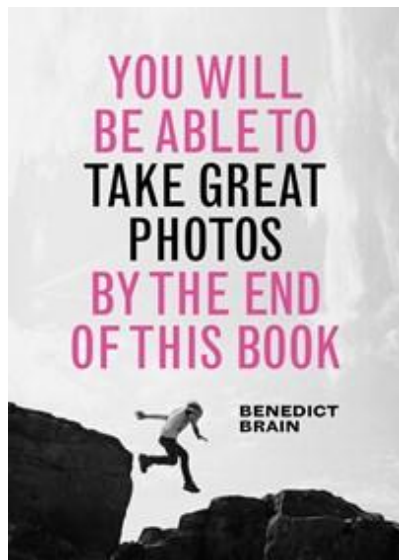
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Ilex Press
9781781578681
1781578680
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$24.99/\$27.99 Can./£18.99 UK
Discount Code: OHC
Hardcover

192 Pages
Carton Qty: 10
Print Run: 5K
Photography
PHO000000
Series: You Will Be Able to
8.5 in H | 6 in W
Status: **FORTHCOMING**

You Will Be Able to Take Great Photos by the End of this Book

Ben Brain

Key Selling Points

- This bestselling series has sold over 180,000 copies worldwide, in 13 languages
- The rise in smartphones (and Instagram) means amateur photography has never been more accessible and popular
- The author is an award-winning photographer, and writes a regular column in Digital Camera magazine
- The book is filled with inspiring projects, including 'Surreal Selfie', street portraits, 'Telling Stories' and much more

Summary

The latest title in the bestselling *You Will Be Able To* series, this straightforward and inspirational guide will teach you how to take stunning photos on any device

Do you want to take photos that make people say 'wow'?

Photography has never been so easy; nor has it ever been so hard. Digital cameras and smartphones can deliver perfect exposures and pin-sharp focus time after time, but the tech alone won't create draw-dropping imagery, or supply the sort of photos that stand out in a sea of online visual overload.

Stripped of pointless jargon and focusing instead on the most important element in the image-making process - the person holding the camera or phone - this book makes good on its promise to teach the key skills and mind-set for taking great photos on any device

- Gain the core skills needed by every photographer
- Learn to see the world as a photo opportunity
- Discover the tools that will raise your photography to the next level
- Develop a visual sense that can be applied to a range of photographic situation

The book is filled with inspiring projects, including 'Surreal Selfie', street portraits, 'Telling Stories' and much more.

Contributor Bio

Benedict Brain is a UK based photographer and journalist. He graduated from the Derby School of Art in 1991. He is an Associate of the *Royal Photographic Society* and sits on the society's Distinctions Advisory Panel.

Benedict was the editor of Britain's best-selling consumer photography magazine, *Digital Camera Magazine* until 2018. He currently writes a regular column, 'The Art of Seeing', for *Digital Camera* magazine.

Benedict is also a tour and workshop leader and is regularly asked to judge prestigious photo competitions such as the *International Garden Photographer of the Year* and the *British Photography Awards* and is a regular speaker at shows including *The Adventure Travel Show* and *The Photography Show*.

Marketing Plans

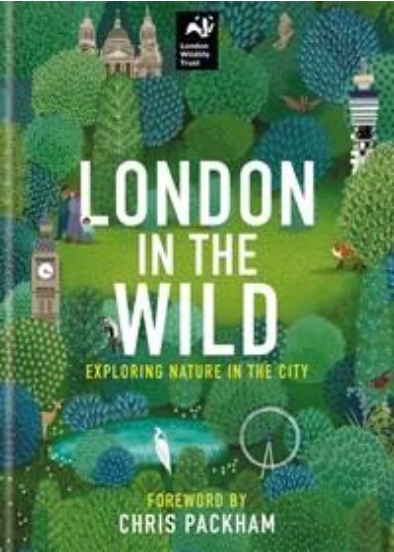
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Kyle Books
9780857839947
0857839942
Pub Date: 2/7/2023
On Sale Date: 2/7/2023
\$19.99/\$21.99 Can./£15.99 UK
Discount Code: OHC
Hardcover

192 Pages
Carton Qty: 5
Print Run: 4K
Nature / Animals
NAT037000

8.3 in H | 6.1 in W | 0.9 in T | 1.1
lb Wt
Status:**FORTHCOMING**

London in the Wild

Exploring Nature in The City

Chris Packham

Summary

You don't have to go to the countryside to experience nature; London's wild spaces and wildlife are much more diverse than we think

London is usually thought of as a place of cars, concrete, lights, noise and pollution, a harsh, unyielding landscape created to accommodate mankind, not wildlife. We rush through the city, focused on our destination, wrapped up in our thoughts, but if you take the time to stop and look you'll discover that London is teeming with wildlife ready to be discovered and enjoyed. More than 15,000 species of flora, fungi and fauna have been recorded within Greater London. In 2019, for example, there were 139 seal pups born in the Thames, and Croydon is one of the richest areas for butterflies in the UK.

London in the Wild will encourage you to explore the city – from your garden, local parks and community spaces to London's eclectic wildlife habitats, including wetlands, woodlands and heaths. You'll discover the secrets of the German Hairy Snail, the day-to-day life of a London tube mouse and the activities of seahorses living in the Thames.

Contributor Bio

The **London Wildlife Trust**, founded in 1981, is the nature conservation charity for Greater London. It is one of 46 members of the Royal Society of Wildlife Trusts, each of which is a local nature conservation charity for its area. London Wildlife Trust is a driving force for nature conservation across the capital. With dedicated supporters and volunteers, they work tirelessly to protect wildlife across London, encouraging conservational behaviours and positive interaction with nature and wildlife. The contributors to the book will be Matthew Frith, LWT Director of Conservation, and Anna Guerin, LWT Nature Reserves Office, Brilliant Butterflies Project.

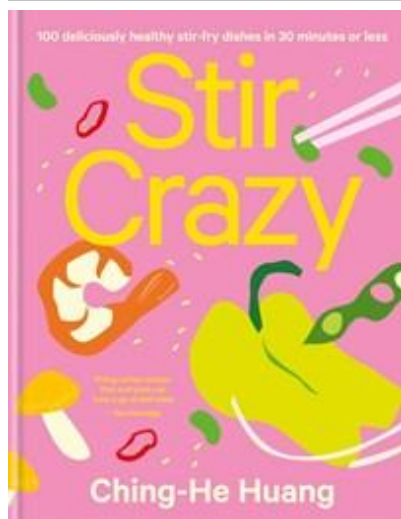
Marketing Plans

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

Illustrations



No subrights have been specified.



Kyle Books
9781914239984
1914239989
Pub Date: 2/21/2023
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\$26.99/\$29.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

208 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Regional & Ethnic
CKB017000
Series: Ching He Huang
9.9 in H | 7.6 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Stir Crazy 9781909487673
\$24.95

Ebooks

9780857835000

Stir Crazy

100 deliciously healthy stir fry dishes in 30 minutes or less

Ching-He Huang

Key Selling Points

- Appearance on the Today Show
- Appearance on Food Network's "Iron Chef"
- Feature in Dill Magazine
- This is a reissue with a new cover

Summary

Stir-frying is one of the quickest and easiest ways to cook - and one of the healthiest, using little oil and retaining more nutrients than many other methods. It also requires very little equipment - all you need a wok, a knife and a chopping board.

Winner - Gourmand World Cookbook Awards: Best UK Chinese Cookbook 2017

Stir-frying is one of the quickest and easiest ways to cook - and one of the healthiest, using little oil and retaining more nutrients than many other methods. It also requires very little equipment - all you need a wok, a knife and a chopping board. Learning what separates a good stir-fry from a great one, however, is not always so easy to master. Indeed, it is all about timing, knowing when to add what and how to get the best out of each ingredient. With tips on everything from controlling the heat to using the right oil, bestselling author Ching-He Huang has gathered together a collection of delicious dishes, simple enough for every day and with nutrition, taste and affordability in mind. Many are gluten and dairy free, as well as suitable for vegans and vegetarians, and include both Asian and Western ingredients readily available in any supermarket. So whether or not you eat meat, love carbs or prefer to avoid them, want something special or find yourself having to feed your family, Stir Crazy will do the trick.

Contributor Bio

Ching-He Huang has lived in Taiwan, South Africa and London. After graduating with a first class degree in economics, she set up her own business, Fuge Ltd, selling a range of fresh, healthy Chinese food and soft drinks. She fronted several BBC TV shows such as Exploring China. She is a bestselling author of a number of books, most recently Eat Clean: Wok Yourself to Health.

Marketing Plans

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

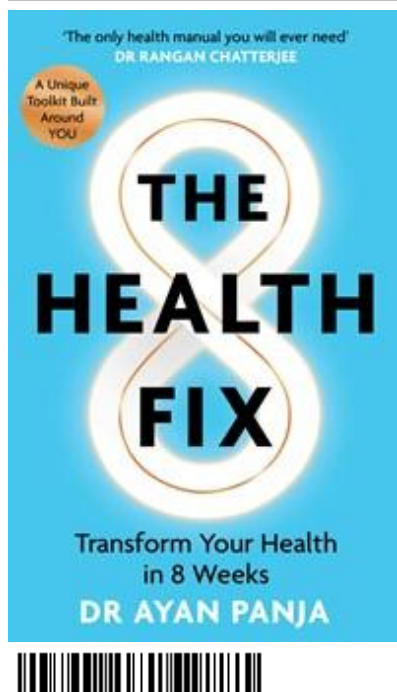
Illustrations





Subrights

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Kyle Books
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1914239296
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$19.99/\$21.99 Can./£14.99 UK
Discount Code: OHC
Hardcover

256 Pages
Carton Qty: 14
Print Run: 6K
Health & Fitness / Healthy Living
& Personal Hygiene
HEA010000

8.7 in H | 5.4 in W
Status: **FORTHCOMING**

The Health Fix

A Complete Toolkit for Improving Your Own Health and Wellbeing

Dr Ayan Panja

Key Selling Points

- Optimizing our health and preventing illness has become a major preoccupation after Covid-19.
- Dr Ayan has a large network of influencers, celebrities and organizations who can help promote his book, such as Dr Rangan Chatterjee, Dr Rupy Aujla, BBC science unit and NHS England.
- Dr Ayan has his own podcast, Saving Lives in Slow Motion, on Apple Podcasts.
- He recently appeared on Dr Rangan Chatterjee's Feel Better, Live More podcast talking about his own health struggles and fixes.
- With the rising tide of non-communicable disease such as long Covid, type 2 diabetes, cardiovascular disease, gastrointestinal conditions and increasing mental health needs, Dr Ayan blends science and evidence together in eye-opening case studies which demonstrate how the patient story lays everything out

Summary

A lifestyle medicine expert reveals his secrets for futureproofing your health and preventing illness.

Starting with the experience of his own illness, Dr Ayan Panja, NHS GP and lifestyle medicine expert, brings a unique personalized framework to tailor targeted lifestyle-based interventions to you, with his groundbreaking new book Health Fix. Unlike many approaches to health and wellbeing, Health Fix focuses on the 'why' rather than just the 'what' with a toolkit:

- Learn how to elegantly tighten up on the 8 factors which affect your health the most day-to-day
- Improve your ability to control your habits.
- Understand the interplay between your symptoms and your biology
- Experience the subtle power of 'how, what and when'.
- Generate your own targeted lifestyle prescription.
- Apply the 'fixes' that are relevant to you only.
- Feel the difference within 8 weeks.

The unique Health Fix toolkit will help you change your health for the good by understanding the story of YOU.

Contributor Bio

Dr Ayan Panja is a UK-based NHS GP partner with 23 years of clinical experience. As an editorial adviser to NHS Digital and presenter on BBC World News he has been communicating health to the masses for many years. His interest in prevention and wellbeing led him to co-create and run Prescribing Lifestyle Medicine, A Royal College of Practitioners accredited course for health care practitioners. Ayan featured in Pulse magazine's Power 50 in 2020 which lists the UK's most influential GPs Ayan also hosts a bite-sized podcast called Saving Lives in Slow Motion available free on @audible where you can hear more from him. @Dr_Ayan

Marketing Plans

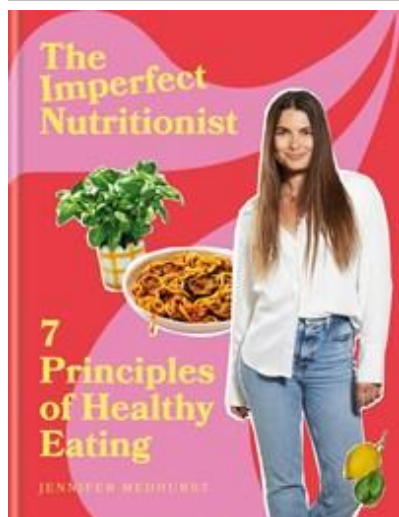
- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

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Kyle Books
9781914239755
191423975X
Pub Date: 3/7/2023
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\$29.99/\$32.99 Can./£25.00 UK
Discount Code: OHC
Hardcover

192 Pages
Carton Qty: 10
Print Run: 8K
Health & Fitness / Diet & Nutrition
HEA048000

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

The Imperfect Nutritionist

7 Principles of Healthy Eating

Jennifer Medhurst

Key Selling Points

- Food Industry Executive reports that in the US, 93% of consumers want to eat healthy at least some of the time, with 63% trying to eat healthy most or all of the time.
- Blends science and common sense with an accessible and relatable message.
- Jennifer has a growing social media platform on Instagram and on TikTok
- Jennifer has affiliations with high-profile brands such as Sweaty Betty

Summary

For fans of Deliciously Ella, Delicious, nutritious recipes created to deliver as much joy as they do nourishment, with a positive food message for those wanting a diet that is accessible and achievable and not bound by restrictions and banned foods.

Backed by science, The Imperfect Nutritionist celebrates food first, rather than looking at it as points on a plate. Instead of adopting a one-size-fits-all approach and telling the reader what they can and cannot eat, it acknowledges the complexities and uniqueness of the body and offers a diet that you can tailor to your own individual needs.

Part One outlines seven general principles that Jennifer believes underpins any healthy diet:

- Eat whole
- Be diverse
- Factor in fats
- Include fermented foods
- Reduce refined carbohydrates
- Know your liquids
- Eat mindfully

Part Two consists of a 2-week plan plus 100 recipes of dishes that you actually want to cook and eat, using ingredients available at any supermarket.

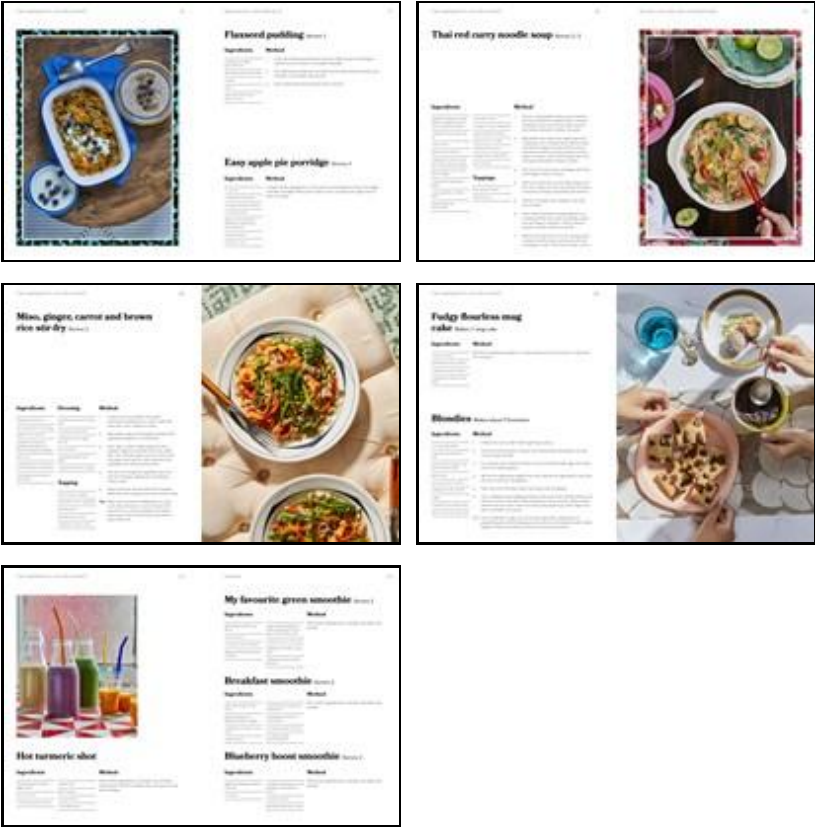
Contributor Bio

Jennifer Medhurst, aka The Imperfect Nutritionist, is a registered nutritionist, mBANT, rCNHC. Her career in nutrition started almost accidentally while looking for solutions to health issues that had developed while completing her Law degree. After visiting a nutritionist, she was shocked at how quickly her symptoms eased. She discovered a new passion and set up a successful health food catering business and a blog to share her recipes. The increasing volume of conflicting information around diet and her desire to help others compelled Jennifer to pursue her knowledge further and formally train at the College for Naturopathic Medicine, where she completed a three-year Nutrition diploma with distinction. Instagram: @jennifarmedhurst TikTok: @theimperfectnutritionist www.jennifarmedhurst.com

Marketing Plans

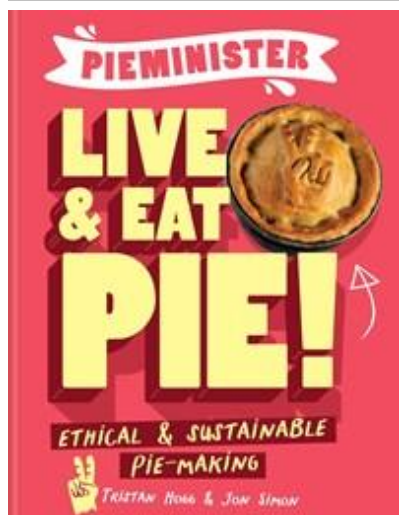
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Kyle Books
9781804190630
1804190632
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$26.99/\$29.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

192 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Courses & Dishes
CKB063000

9.6 in H | 7.4 in W
Status: **FORTHCOMING**

Pieminister Live & Eat Pie!

Ethical & Sustainable Pie-Making

Tristan Hogg, Jon Simon

Key Selling Points

- Pieminister's first book, A Pie for All Seasons, sold over 40,000 copies.
- In contrast to their first publication, this book places a much bigger emphasis on sustainability and inclusivity, providing a greatly expanded range of vegetarian and vegan recipes, and sharing their learnings on ethical cooking.
- Pieminister have won a number of awards, from institutions including PETA, The Vegan Society and Great Taste.
- They have 36.8k followers on Instagram and 29.5k on Twitter. 19% of their followers are in the USA.
- The number of Americans following a plant-based diet has increased by 300% over the last 15 years (Ipsos) and 30% of US adults are trying to cut down on gluten (NPD Group). Pieminister's highly inclusive recipes make pies an option for this growing market.

Summary

A mouthwatering collection of sustainable pie recipes, including sweet, savoury and plant-based options.

Delicious pie recipes from the award-winning Pieminister brand, including meat, fish, vegan and plant-based options. From unbeatable classics like Chicken & Ham or Steak & Ale, to uniquely flavorful combinations such as Jackfruit Steak & Black Pepper, Tofu, Leek & Smoked Garlic or Paneer, Potato & Chilli, this com-pie-lation has something for everyone.

The book begins with easy-to-follow pastry recipes, including vegan and gluten-free options. Then follow the pies themselves, organized by type – from megapies to feed the family to indulgent personal pies, and from simple traybakes to showstopping free-standing pies.

As well as sharing delicious pie recipes, Pieminister demystifies sustainable food, making it easy and attainable. From fighting waste and finding truly deforestation-free fats for pastry-making to getting to grips with truly sustainable packaging, this book reveals all of the wisdom gained over the last ten years at Pieminister. This is a cookbook that's useful, compelling and most of all, fun.

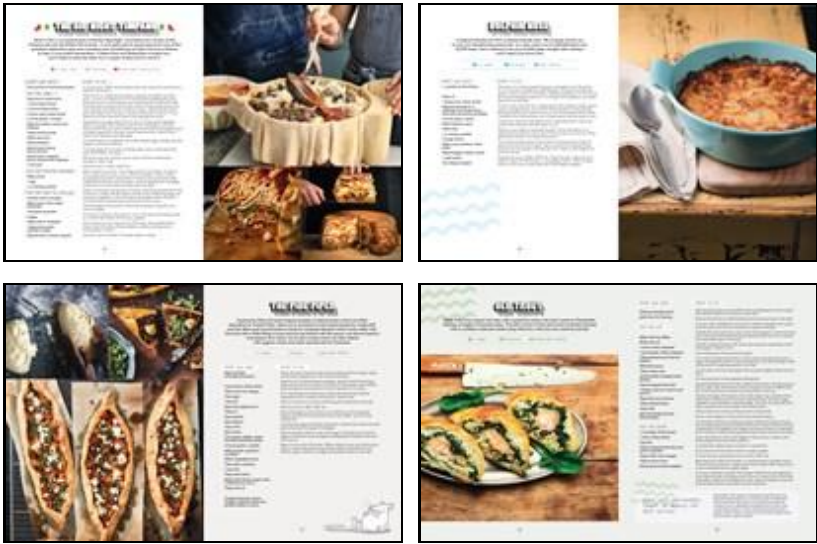
Contributor Bio

Pieminister is a sustainable pie making business from Bristol, UK. Their award-winning range includes plenty of plant-based and gluten-free recipes, and their business puts a major emphasis on animal welfare and sustainably sourced ingredients. Pieminister was founded in 2003 by brothers-in-law Tristan Hogg and Jon Simon, when they set up their shop in Bristol. Tristan made the pies and Jon ran the shop. Their exceptional pies meant the brand grew swiftly, and now employs 300 people and runs 16 restaurants across the UK. However, the company retains its family values and still makes all its pies in its Bristol shop. Instagram: @pieminister www.pieminister.co.uk

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



Kyle Books
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1914239563
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$22.99/\$24.99 Can./£18.99 UK
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 10
Print Run: 7K
Cooking / Vegan
CKB125000
9.8 in H | 7.5 in W
Status: **FORTHCOMING**

Vegan Chocolate Treats

100 delicious dairy-free, gluten-free and refined-sugar-free recipes

Emma Hollingsworth

Key Selling Points

- Emma is a well-established, award-winning blogger with an engaged following and 86k Instagram followers.
- The gap in the market Emma tapped into with Vegan Treats is still very much relevant and has grown significantly since 2019.
- 9.7 million Americans are vegan and 30% of Americans are trying to eliminate the use animal products in cooking.
- She gets the most engagement on social media and blog views from her chocolate-based recipes.
- Baking is a popular pastime, especially throughout the pandemic – a YouGov survey revealed that 27 million Brits (53% of the population) turned to baking during lockdown.

Summary

A second book from bestselling author of Vegan Treats, award-winning food blogger Mrs Hollingsworth's.

After the success of *Vegan Treats*, Emma is back with an even more indulgent sequel featuring all things chocolatey. *Vegan Chocolate Treats* features 100 delicious recipes, all based around Emma's all-time favorite food - you guessed it, chocolate! All the recipes in this chocolatey sequel are characteristically simple, fuss-free and made with easy to find, natural, ingredients. The focus is on confectionary, energy balls and bars, cakes, puddings and frozen desserts. Think healthier versions of peanut butter cups, Mars Bars, chocolate spread, Magnums and chocolate mousse as well as lots of birthday cake ideas too. With three small children around Emma knows all too well how little time many have to bake, so this book is one for even the busiest of aspiring bakers.

Contributor Bio

Emma Hollingsworth has a first in Economics from Birmingham and also studied at Harvard. Wanting to get healthier, she cut out gluten, sugar and other allergens, qualified as a certified health coach (IIN) and started developing healthy treats. She runs a weekly farmers' market stall, her blog won 'best recipe blog' at the 2017 Health Blog awards, she collaborates with well-known health brands such as Ethos, creates bespoke cakes to order and also runs workshops. Emma lives in London with her husband and daughter.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations





Subrights

No subrights have been specified.



Kyle Books
9781914239267
1914239261
Pub Date: 3/21/2023
On Sale Date: 3/21/2023
\$26.99/\$29.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

192 Pages
Carton Qty: 10
Print Run: 6K
Architecture / Interior Design
ARC007000

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

Related Products

Ebooks

9781914239519

The Handbook of Home Design

An Architect's Blueprint for Shaping your Home

Laura Jane Clark

Key Selling Points

- DIY home improvement retailing saw notable growth during the COVID-19 pandemic.
- According to MarketWatch, "The Do-it-Yourself (DIY) Home Improvement Retailing market for wind industry market and it is poised to grow by USD 154.76 bn during 2022-2025 progressing at a CAGR of 5% during the forecast period."
- *Your Home Made Perfect*, which Laura co-presents on BBCs is available to stream in on Hulu and slated to stream on Netflix as well.
- Laura Jane Clark has a rapidly growing Instagram following of 40k.

Summary

A TV architect brings you inspiring architectural ideas and design solutions for updating your home without breaking the bank.

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

In this era of 'don't move, improve', many people's homes have adapted to changing circumstances and tightening budgets. But to Laura Jane Clark, this doesn't mean you have to compromise. Whether you're longing for an extension to bring in light or trying to find a better use for neglected nooks and crannies, *The Handbook of Home Design* offers room plans, case studies and practical tips to regenerate and revitalize the place you call home, all without breaking the bank.

Sprinkled in are anecdotes from Laura's career, covering common and unusual interior design cases, including a house that needed an economical kitchen for a multi-generational family and a single-storey home that required stairless access.

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

Contributor Bio

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

Marketing Plans

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

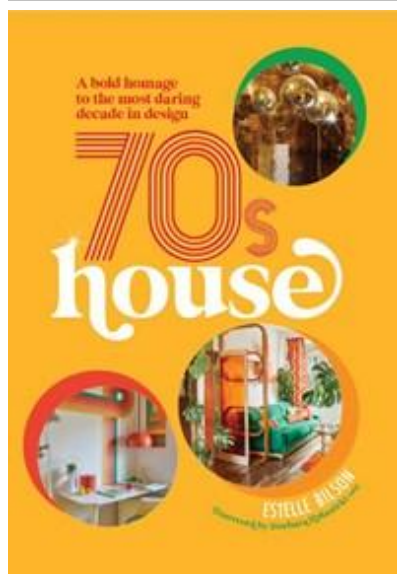
Illustrations





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Kyle Books
9781914239694
1914239695
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$22.99/\$24.99 Can./£22.00 UK
Discount Code: OHC
Hardcover

176 Pages
Carton Qty: 10
Print Run: 6K
House & Home
HOM000000
9.3 in H | 6.6 in W
Status: **FORTHCOMING**

70s House

A bold homage to the most daring decade in design

Estelle Bilson

Key Selling Points

- 70s maximalism is back in style – notably among gen z and millennials – as seen with influencers like Florence Given and Harry Styles.
- Social media, such as IG and TikTok, and the pandemic have increased interest in interior design.
- Nostalgia grabs the attention of older consumers (gen x) who remember aspects of original interiors (one of Estelle's most common comments is her home reminds people of their childhood homes).

Summary

A loud-and-proud gift-style interiors guide crammed full of 70s maximalist inspiration that epitomizes the freewheeling, more-is-more energy of the era.

For many people with an interest in 70s décor and design it can be overwhelming to know where to look, what to buy, what colors to use and how to style their home without it looking like a 'junk shop' or a pastiche. That's where 70s House comes in: with advice, tips and tricks to creating a thoroughly 70s space (or even just a few featured items) this vibrant book is crammed full of 70s interiors and bright, retro imagery. Clear and attractive photos illustrate how this can translate to readers' own interior projects.

The book is split into three sections: 70s influences – what shaped the era?; How to bring the 70s to your interior design; and At home with 70s House Manchester.

Part living manual, part interiors guide, 70s House will bring not just the colors and kitsch to the modern day, but also the freedom, rebellious spirit, joy and pure fun epitomised by the era – because the 70s is so much more than just the decade that taste forgot.

Contributor Bio

70s House Manchester started as the home of lifelong collector of 70s style, Estelle Bilson, daughter of an antiques dealer, who has been collecting since 1990. Through decorating her home and showcasing it on social media, she gained a lot attraction from the public and press – including the Observer, Mail, Sun and Metro. She is currently the 'go to' 70s style expert and at the forefront of the recent 70s interior revival, with over 80k IG followers, including Florence Given, Barbara Hulanicki (of Biba fame) and DC Hillier. Estelle has over 20 years' experience in the luxury fashion industry working for designers such as Aquascutum, Burberry and Gieves & Hawkes on Saville Row as Head of Product Development and Technical Design. Her sell-out collections from her online boutique count the likes of Sophie Ellis Bextor, Grace Woodward and Siobhan Hannah Murphy (@interiorcurve – 102k) among its many fans. Instagram: @70shousemanchester www.70shousemanchester.com

Marketing Plans

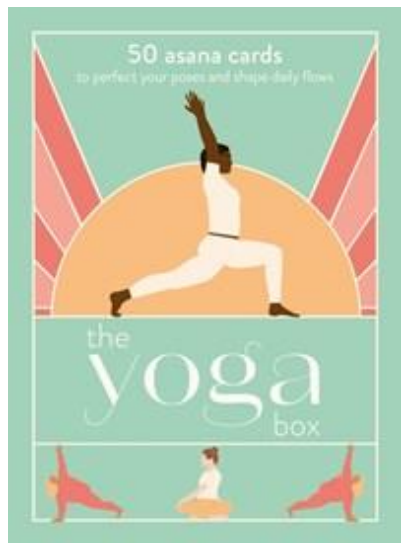
- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Pyramid
9780753735220
0753735229
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$16.99/\$18.99 Can.
Discount Code: OHC
Other Merchandise

16 Pages
Carton Qty: 10
Print Run: 6K
Health & Fitness / Yoga
HEA025000

6 in H | 4.4 in W
Status: **FORTHCOMING**

The Yoga Box

50 asana cards to perfect your poses and shape daily flows

Pyramid

Key Selling Points

- Yoga continues to be a popular way of improving physical and mental wellbeing year after year.
- This deck provides an easy entry point into starting yoga with just a pose or two at a time or creating customised flows work the whole body.
- Going beyond the poses, the booklet included with the deck helps provide guidance on moving between the poses, building a flow and incorporating breathing exercises and meditative mantras to create a mindful and restorative moment in your day.
- It is estimated that 37 million people in the U.S. practice yoga. This is up from 20 million three years ago.

Summary

A 50-card deck with a 16-page booklet full of yoga poses to strengthen your body, focus your mind and center yourself.

Yoga is a restorative, mindful and gentle practice that can strengthen your body while helping you center yourself in the moment. Use yoga to relax, improve your flexibility, focus your mind and connect with your spiritual side just by gently easing your body into poses that boost your physical and mental wellbeing. With 50 poses to choose from and guidance on how to select the poses that suit your needs and how to move between them smoothly, as well as relaxing breathing exercises and meditative mantras that help you inhabit your body, *The Yoga Deck* will help you incorporate yoga into your life as a daily practice, a warm-up, or just a moment of relaxation.

Whether you want to include a pose or two in your morning routine or want to combine the poses into a custom flow that's uniquely yours, *The Yoga Deck* will help you find the poses you need to stretch your body and support your spirit.

Contributor Bio

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

Marketing Plans

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

Illustrations



Subrights

No subrights have been specified.



Pyramid
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Pub Date: 4/4/2023
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\$12.99/\$14.99 Can./£10.99 UK
Discount Code: OPB
Paperback

128 Pages
Carton Qty: 40
Print Run: 8K
Juvenile Nonfiction / Language
Arts
JNF029060
8.3 in H | 5.9 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Dear Mom 9780762426904 \$8.95

Dear Mom

A journal all about us written by us

Kate Fox

Key Selling Points

- Ring the changes this Mother's Day with a break from flowers and chocolates.
- Show your Mom how special she is, with this heartfelt and personalised token of your love.
- The questions and activities in this book will help bring back memories of your childhood and strengthen the bond between you and your Mom.

Summary

With this lovely interactive journal, you can create a unique and unforgettable gift for your Mom.

For feeding us, protecting us, helping us take our first steps - we all have plenty to thank our moms for!

Show yours how much you care with *Dear Mom*, the interactive journal that will guide you through expressing your love and gratitude, and provide the perfect meaningful gift for your Mom.

Document your thoughts, feelings and memories about your relationship with your Mom and show her how much you cherish her with the ultimate personalized gift.

Contributor Bio

Kate Fox, a social anthropologist, is Co-Director of the Social Issues Research Centre in Oxford and a Fellow of the Institute for Cultural Research. She is also a bestselling author of popular social science.

Her work involves monitoring and assessing global sociocultural trends, and has included research, publications, lectures, consultancy work and broadcasts on many aspects of human behaviour, including: drinking, risk-taking, beauty and body image, flirting and courtship, crying, patriotism, pub behaviour and pub culture, horseracing, social class, mobile phones, the internet, online social media, menopausal women, cars and driving, gossip, taboos, violence and disorder, attitudes to work, coming of age in the 21st century, motherhood, shopping, individualism, the effects of health scares, the psychology of smell and the meaning of chips.

Her most recent book is the major popular bestseller *Watching the English: The Hidden Rules of English Behaviour*. This book has sold over half a million copies, and is translated into many languages including Chinese, Russian, Polish, Korean and Thai.

Kate's other books include *The Racing Tribe: Watching the Horsecatchers* and *Drinking and Public Disorder* (co-author with Dr Peter Marsh).

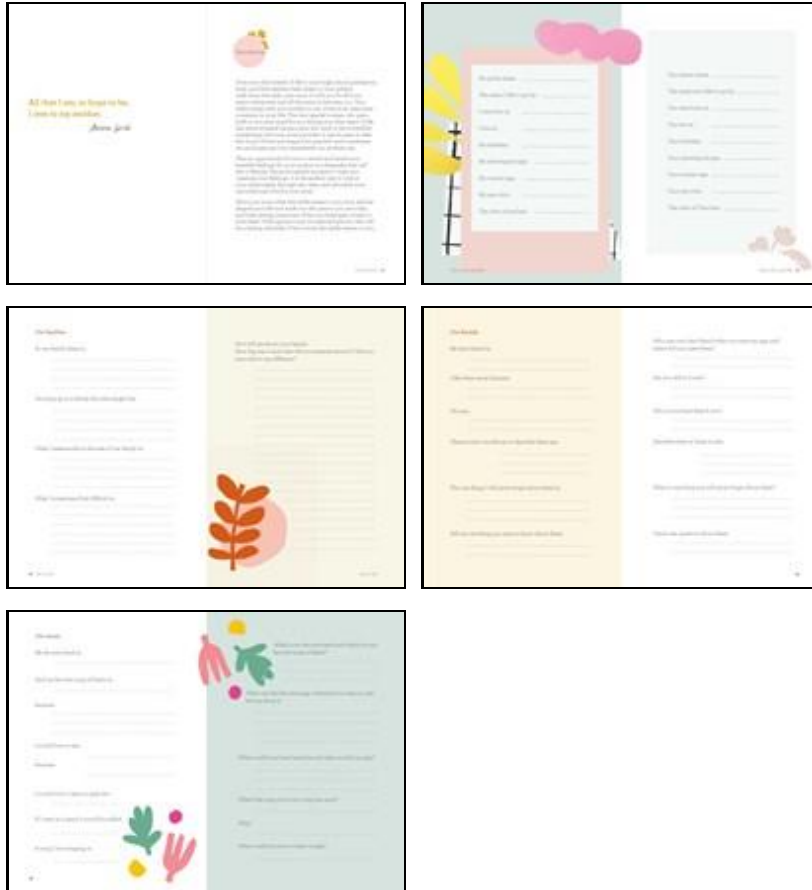
Kate is regularly invited to speak at the major literary festivals, as well as guest lectures and seminars at universities, institutes, embassies, trade and professional conferences, etc. in the UK and overseas. She gave the Christmas Lecture at the Royal Geographical Society, and won a debate against Boris Johnson for Intelligence Squared, among other high-profile engagements. She is frequently quoted in the Press and interviewed on radio and television. Kate has also been a regular columnist for Psychologies magazine.

Kate is married to the neurosurgeon Henry Marsh, CBE.

Marketing Plans

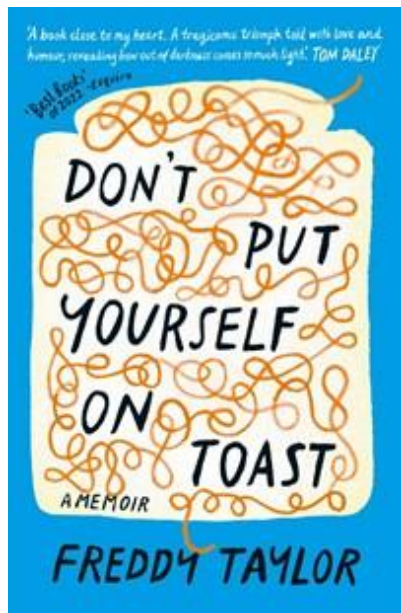
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Subrights

No subrights have been specified.



Short Books
9781780725277
1780725272
Pub Date: 2/7/2023
On Sale Date: 2/7/2023
\$16.99/\$18.99 Can./£12.99 UK
Discount Code: OHC
Hardcover

128 Pages
Carton Qty: 22
Print Run: 5K
Biography & Autobiography
/ Personal Memoirs
BIO026000
7.8 in H | 5 in W
Status: **FORTHCOMING**

Related Products

Ebooks

9781780725307

Don't Put Yourself on Toast

A Memoir

Freddy Taylor

Key Selling Points

- For readers of *Crying in H Mart* a memoir by Michelle Zauner.
- Memoirs and handbooks on grief have become all too commonplace, this is something altogether different: it is an inspiring reminder of the power and importance of laughter and fun in our lives, even more so when those lives are drawing to a close.
- A strong contender for the following prizes: The James Tait Black Prize for Biography, Sunday Times Young Writer of the Year (under 35, first time author).

Summary

A bittersweet coming-of-age memoir from a debut author about losing a parent and the power of laughter to hold a family together

When Freddy was 21 years old, his dad, a larger-than-life, successful TV producer, was diagnosed with glioblastoma, a particularly aggressive type of brain cancer.

Collected and expanded from Freddy's journal at the time and interspersed with entries from his stepmother's medical notes, *Don't Put Yourself on Toast* is a record of his father's struggle for life and Freddy's attempt to hold his family together using all the fun he can muster.

In startlingly vivid snapshots Freddy takes us from the entertaining antics of 'the most inappropriate wine gum toss competition ever attempted in a hospital ward'; to the comic-tragic deciphering of his father's muddled riddles as his speech disintegrates; to painful moments of regret and self-loathing, as he squanders precious time.

This heartrending portrayal of a world turned upside down offers a reminder of the power of humour and laughter to provide, even in our darkest moments, sustenance, comfort and hope.

Contributor Bio

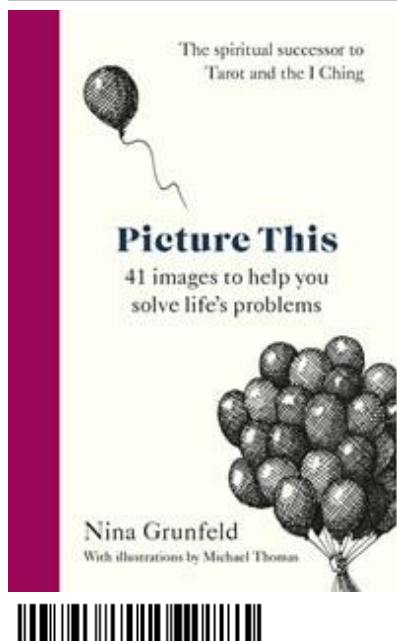
Freddy Taylor was brought up next to the ugly, white roundabout in Wandsworth, London. Now 32, he lives in Stockwell and works as a creative director at an advertising agency. This is his first book.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Subrights

No subrights have been specified.



Short Books
9781780725529
1780725523
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$12.99/\$14.99 Can./£9.99 UK
Discount Code: OHC
Hardcover

96 Pages
Carton Qty: 22
Print Run: 6K
Self-Help
SEL000000
7.2 in H | 4.6 in W | 0.5 in T | 0.3 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Picture This 9780821770115
\$1.96

Picture This

41 images to help you solve life's problems

Nina Grunfeld, Michael Thomas, Annie Lionnet

Key Selling Points

- A beautifully produced philosophy/self-help book, with delightful illustrations and clear, easy to follow precepts.
- For anyone interested in re/discovering Tarot and the I Ching and interested in psychology, meditation, astrology, art therapy and other forms of self-development.
- For readers of Rachel Kelly's *Singing in the Rain* and Ellie Claire's *Joyful, Joyful, We Adore Thee*.
- Inspiring for any age group

Summary

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

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

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

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

Contributor Bio

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

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

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

We believe that although professionals and experts can play a significant role in helping us to interpret our lives, we also have the ability to make sense of ourselves and our stories. All we need is the courage and willingness to look deep enough inside ourselves and trust what we find.

The key is getting into the right frame of mind by focusing on a picture and answering the questions posed. Create an atmosphere that works for you. Some of us find it easier to focus if we're feeling relaxed and under no time pressures. We may want to be alone, or we may want to use Picture yourself together with a friend or partner or even in a group. Be your own experiment. We suggest using Picture yourself on your own for the first few times to familiarize yourself with the process.

Think of a question as a situation and if this is taken as a metaphor for what is involved in finding a new perspective on the issue, then it is possible to get clarity on a situation or relationship that is complex for a solution or have an even more insight.

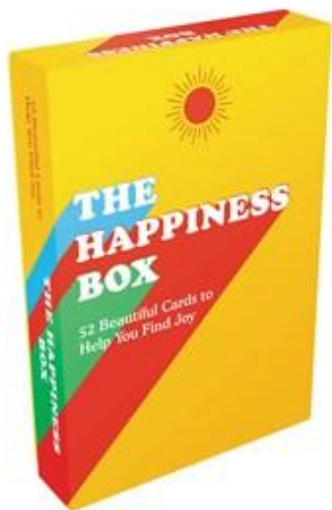
The seven questions (see below) are all carefully designed to stimulate your imagination as well as extend the imagery and to extend you into a wider horizon. If you are at a turning point in your life, or have a difficult decision to make, these questions

[illegible][illegible]

1. What's going on in your mind?
2. What's going on in your heart?
3. What's going on in your stomach?
4. What's going on in your mind, heart and stomach?
5. What's going on in your mind, heart and stomach?
6. What's going on in your mind, heart and stomach?
7. What's going on in your mind, heart and stomach?
8. What's going on in your mind, heart and stomach?
9. What's going on in your mind, heart and stomach?
10. What's going on in your mind, heart and stomach?



No subrights have been specified.



Summersdale
9781800074415
1800074417
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$16.99/\$18.99 Can.
Discount Code: OPB
Cards

16 Pages
Carton Qty: 20
Games & Activities / Card Games
GAM002000

6.6 in H | 4.6 in W | 1.7 in T | 0.8
lb Wt
Status: **FORTHCOMING**

The Happiness Box

Summersdale Publishers

Key Selling Points

- This box contains a 16-page booklet and 52 beautifully designed and instantly Instagrammable cards, each featuring a positive quote or affirmation, with a stand to display your favorite designs.
- Will appeal to those who enjoyed *The Little Book of Happiness* (ISBN: 9781849537902), which has sold over 44,000 copies.
- A lovely present to give a friend or loved one (or yourself!) to boost happy vibes every day.
- Box includes 52 individual cards, a 16-page booklet and a high-quality wooden stand
- Choose to display an inspiring quote or a powerful affirmation
- Beautifully presented and featuring bespoke card designs

Summary

52 beautifully designed cards ready to place in a solid wooden stand, all packaged in a handy box with an informative 16-page booklet to bring happiness and positivity into your daily routine.

Brimming with cheerful quotes and powerful affirmations, this little box of happiness will make your inner light shine bright One happy thought can change your whole day

It's not always easy to look on the bright side. But whether you're looking to bring a ray of sunshine into your day or are hoping to tap into your inner optimist, these joyful cards will help keep you smiling!

This set of 52 cards is full of uplifting quotes and inspiring affirmations to encourage positive thinking and a sunnier outlook each and every day. Each card, which can be displayed individually using the high-quality wooden stand, features a stunning bespoke design to brighten up any shelf, windowsill, office desk or side table.

This is the perfect gift for anyone looking for a daily boost of happiness.

- Box includes 52 individual cards, a 16-page booklet and a high-quality wooden stand
- Choose to display an inspiring quote or a powerful affirmation
- Beautifully presented and featuring bespoke card designs

Marketing Plans

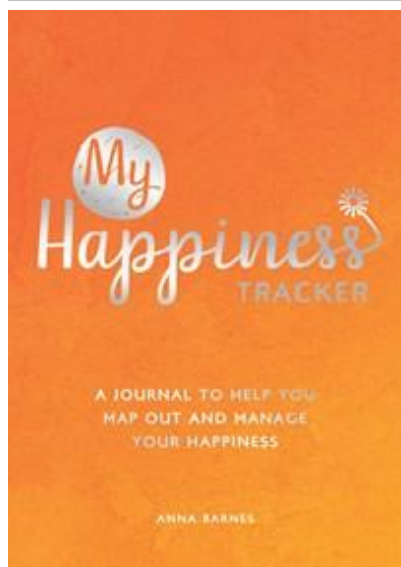
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
9781800074460
1800074468
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$14.99/\$16.99 Can.
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 40
Print Run: 6K
Self-Help / Personal Growth
SEL016000
8.3 in H | 5.9 in W | 0.8 in T | 0.7
lb Wt
Status: **FORTHCOMING**

My Happiness Tracker

A Journal To Help You Map Out And Manage Your Happiness

Anna Barnes

Key Selling Points

- Will appeal to those who enjoyed *How to Be Mindful* which has sold over 18,000 copies and those who enjoyed *How to Balance Your Life, Happiness for Every Day, Live Your Best Life*
- Will also appeal to those who enjoyed others in the series, which includes, *My Sleep Tracker, My Stress Tracker, My Happiness Tracker, My Life Tracker*
- An empowering gift for all ages
- Forms part of the current surge of interest in emotional health and wellbeing, with growing awareness of the positive effects of nurturing our self-esteem and mindfulness in schools, hospitals and workplace
- This fill-in journal features monthly spreads to track your health and fitness, enabling you to monitor how you are feeling and see if particular factors need improving
- Contains guided exercises and advice on nutrition and diet to help the reader explore all areas of their well-being.

Summary

An easy-to-use journal that'll help you improve your general well-being as you track your habits and gain insight into how to live a healthy, happy life.

Whether you're looking to boost your mood, document your daily habits or foster a more positive outlook, this journal is the perfect place to start

Discover the habits that help or hinder your happiness with this easy-to-use journal. Offering simple ways to track your lifestyle, boost positivity and achieve long-lasting happiness, this handy little book will have a big impact on your well-being and keep you smiling all year round.

You'll find a variety of interactive pages where you can record your happiness journey month by month, including:

- Your sleep, hydration and diet habits
- The best methods to boost your happiness levels
- Your monthly goals and ambitions
- Tips to help you stay on track 365 days a year
- The little things to be grateful for

You can learn a lot from your habits, and spending just a few minutes on your journal each day will help you maintain a sunnier outlook on life.

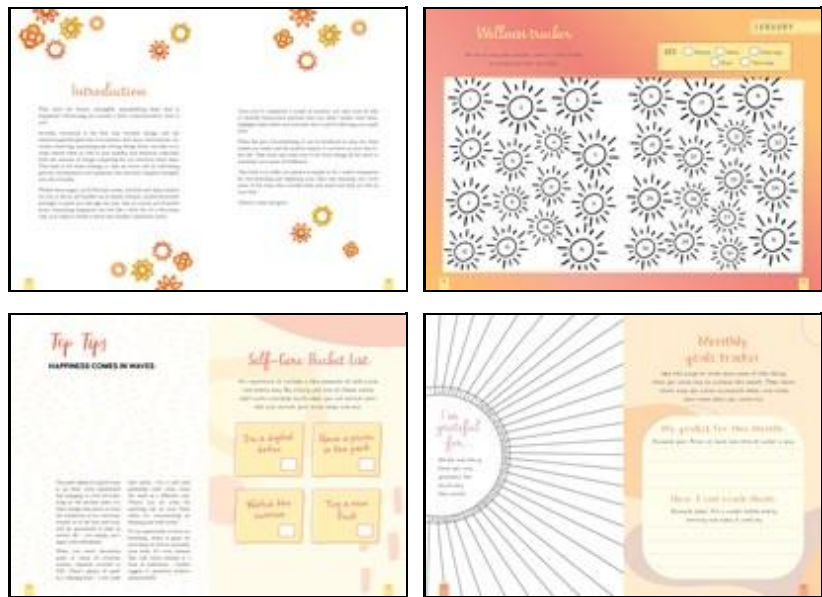
Contributor Bio

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

Marketing Plans

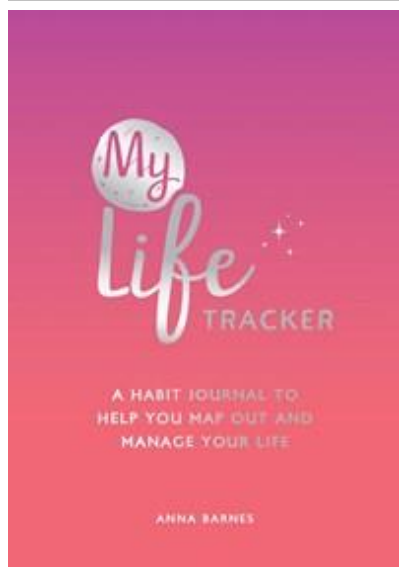
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
9781800074477
1800074476
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$14.99/\$16.99 Can.
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 40
Print Run: 6K
Self-Help / Journaling
SEL045000

8.3 in H | 5.8 in W | 0.8 in T | 0.7
lb Wt
Status: **FORTHCOMING**

My Life Tracker

A Habit Journal to Help You Map Out and Manage Your Life

Anna Barnes

Key Selling Points

- A fill-in journal that helps you track your daily habits, including spending, social media usage, diet, exercise and more
- Contains space to write or draw how you are feeling, enabling you to notice correlations between your lifestyle and mood(s)
- Other books in the series include *My Sleep Tracker*, *My Stress Tracker*, *My Happiness Tracker* and *My Fitness Tracker*

Summary

Including motivational tips and inspiring quotations, this beautiful fill-in journal will allow readers to set goals and map out their habits throughout the year with simple but effective trackers.

With trackers to help you chronicle everything from your mood to your spending, this book has all the tools you need to see the big picture of your daily life

Whether you want to understand your sleep patterns or social media usage, hit a fitness goal, or simply find joy in documenting your day, *My Life Tracker* is the ideal place to start. You'll find a variety of interactive pages where you can record all aspects of your life, month by month, including:

- Your budget and spending habits
- Your meditation and wellness habits
- Your exercise sessions and goals
- Your sleep, hydration and diet
- The books you've read

Tracking your routine with a journal gives you instant visual feedback and can show you how different aspects of your life interact to affect your well-being. It's fast, it's fun and, best of all, it's so easy! By spending just a few minutes on your journal each day, you will quickly build up a picture of who you are and where you want to go.

Contributor Bio

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

Marketing Plans

- Social media campaign
- National media outreach

Illustrations

January

MY GOALS AND ACHIEVEMENTS

My goal(s) for this month:

Remember your dreams are your own thing and make it real.

What will I do to reach my goal(s)?

Remember that the best way to reach your goal is to keep going and keep it real.

Top Tips

ACHIEVING YOUR GOALS

When setting the goal for the achievement for the month, make sure that you set a goal that is realistic and achievable. Remember that the goal should be something that you can do every day.

When you set a goal for the month, make sure that you set a goal that is realistic and achievable. Remember that the goal should be something that you can do every day.

When you set a goal for the month, make sure that you set a goal that is realistic and achievable. Remember that the goal should be something that you can do every day.

Spending Tracker

Track your spending and savings.

Choose your budget: _____

Choose your savings goal: _____

Category	Spending	Savings	Category	Spending	Savings
Food			Food		
Transport			Transport		
Utilities			Utilities		
Entertainment			Entertainment		
Health			Health		
Education			Education		
Other			Other		

Remember to track your spending and savings every day. This will help you stay on track and reach your goals.

Water Tracker

Track your water intake for the month.

Remember to drink at least 8 glasses of water every day.

Day	Water Intake (Glasses)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	

Just remember, you can do anything you set your mind to, but it takes action, perseverance, and facing your fears.

— HILLARY RODRIGUEZ

Sleep Tracker

Track your sleep for the month.

Remember to get at least 7-9 hours of sleep every night.

How many hours of sleep did you get last night?

1 2 3 4 5 6 7 8 9 10 11 12

Remember to track your sleep every night. This will help you stay on track and reach your goals.

Exercise Tracker

Track your exercise for the month.

Remember to get at least 30 minutes of exercise every day.

How many minutes of exercise did you get last night?

1 2 3 4 5 6 7 8 9 10 11 12

Remember to track your exercise every day. This will help you stay on track and reach your goals.

Subrights

No subrights have been specified.



Summersdale
9781800074484
1800074484
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$14.99/\$16.99 Can.
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 40
Print Run: 6K
Health & Fitness
HEA000000

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

My Fitness Tracker

A Journal to Help You Map Out and Improve Your Health and Well-Being

Anna Barnes

Key Selling Points

- This fill-in journal features monthly spreads to track your health and fitness, enabling you to monitor how you are feeling and see if particular factors need improving
- Contains guided exercises and advice on nutrition and diet to help the reader explore all areas of their well-being
- Other books in the series include: *My Sleep Tracker*, *My Stress Tracker*, *My Happiness Tracker* and *My Life Tracker*

Summary

An easy-to-use journal that'll help you improve your general well-being as you track your habits and gain insight into how to live a healthy, happy life.

Whether you're looking for a one-stop shop to track and improve your general well-being, or you want to focus on a specific area of your health, this journal is the perfect place to start.

Divided into monthly chapters to help you stay on track 365 days of the year, *My Fitness Tracker* includes tips and advice on how to adopt a healthier lifestyle, along with lots of inspiration to keep you motivated. You'll also find a variety of interactive pages where you can record your fitness journey, including:

- Your exercise goals and achievements
- How well you hydrate
- What you're eating and where you can improve your diet
- How exercise and healthy eating affect your mood and sleeping habits
- Your alcohol intake and how you can reduce it

Simply spend five minutes a day recording your eating and exercise habits and enjoy looking back on the progress you're making. There's no better time to get your life on track and form a healthier relationship with fitness and food. You've got this!

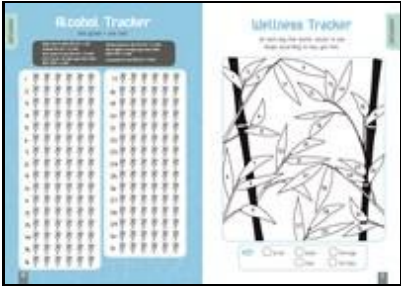
Contributor Bio

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

Marketing Plans

- Social media campaign
- National media outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
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1800074433
Pub Date: 1/3/2023
On Sale Date: 1/3/2023
\$10.99/\$11.99 Can.
Discount Code: OHC
Hardcover

Carton Qty: 60
Print Run: 6K
Self-Help
SEL000000

5.4 in H | 4.1 in W | 0.9 in T | 0.5 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats
365 Days of Calm
9781849536400 \$9.95

365 Days of Calm
Daily Guidance for Inner Peace
Summersdale

Key Selling Points

- Packed with simple tips to help you feel calm in everyday life, this pocket-sized book is the perfect gift for anyone who wants to feel more relaxed
- A similar title, *Pause: 100 Moments of Calm* (9781786859488), has sold over 11,000 copies
- Other titles in the series include: *365 Days of Yoga* (ISBN: 9781787836419), *365 Days of Kindness* (ISBN: 9781800071001), *365 Days of Mindful Meditations* (ISBN: 9781800071018), *365 Days of Positivity* (ISBN: 9781800071025) and *365 Days of Inspiration* (ISBN: 9781800074446)

Summary

A stylish pocket-sized book of quotes and tips that'll be your calming aid every day of the year, helping you feel more grounded in the bustle of life.

Find calm 365 days of the year with this little book of tips and quotes. It'll transport you to a peaceful place, where you can focus on being present and reap the rewards of a more relaxed life.

Staying calm is about how you deal with your emotions, and this little book is here to help you pinpoint what makes you stressed so you can stay in charge of your feelings. Within these pages are simple but effective tips on how to:

- Use breathing techniques and meditation to help you feel grounded
- Practice mindfulness to avoid catastrophizing
- Improve your health and well-being for a happier mind

As well as its many practical ideas, *365 Days of Calm* includes a range of insightful quotes, from Lao Tzu to Maya Angelou, to help restore the peace in your day.

Learning how to create calm in your life will boost your well-being, mental health and inner strength, helping you to become a happier and healthier person.

Contributor Bio

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

Marketing Plans

- Social media campaign
- National media outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
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1800074441
Pub Date: 1/3/2023
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\$10.99/\$11.99 Can.
Discount Code: OHC
Hardcover

Carton Qty: 60
Print Run: 6K
Self-Help
SEL000000

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

Related Products

Other Formats

365 Days of Inspiration
9781849533317 \$8.95

365 Days of Inspiration

Daily Guidance for a More Motivated You

Summersdale

Key Selling Points

- Packed with simple tips to help you feel inspired in everyday life, this pocket-sized book is the perfect gift for anyone who wants to feel more motivated
- Other titles in the series include: *365 Days of Yoga* (ISBN: 9781787836419), *365 Days of Kindness* (ISBN: 9781800071001), *365 Days of Mindful Meditations* (ISBN: 9781800071018), *365 Days of Positivity* (ISBN: 9781800071025) and *365 Days of Calm* (ISBN: 9781800074439)

Summary

A stylish pocket-sized book of quotes and tips that'll help you feel inspired by life every day of the year.

Stimulate your mind 365 days of the year with this little book of tips and quotes. It'll supercharge you with a new lease of life, helping you to get the most out of every day.

Inspiration is everywhere, but it's difficult to get creative sparks flying when you don't know where to begin. This little book is here to help you try out new experiences, look at things with a fresh pair of eyes and feel passionate about the things you love. Within these pages are simple but effective tips on how to:

- Break from the ordinary and widen your perspective
- Say "yes" to new possibilities
- Be mindful of your surroundings and experiences

As well as its many practical ideas, *365 Days of Inspiration* includes a range of rousing quotes, from Oprah Winfrey to David Attenborough, to spark creativity.

Discovering what motivates you will boost your well-being, mental health and inner strength, helping you to become more energized and positive every day of the year.

Contributor Bio

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

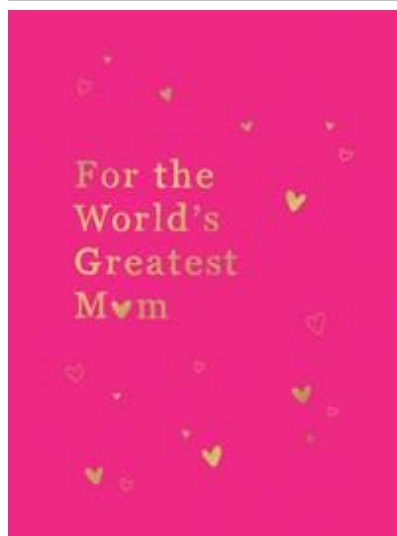
Marketing Plans

- Social media campaign
- National media outreach

Illustrations



Subrights
No subrights have been specified.



Summersdale
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1800074425
Pub Date: 2/7/2023
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Discount Code: OHC
Hardcover

Carton Qty: 60
Print Run: 12K
Family & Relationships
FAM000000

5.4 in H | 4.1 in W | 0.9 in T | 0.5
lb Wt
Status: **FORTHCOMING**

For the World's Greatest Mom

The Perfect Gift for Your Mom

Summersdale

Key Selling Points

- The perfect present for a marvellous mom – whether it be for Mother's Day, a special occasion or no occasion at all
- A similar Summersdale title, *Mom in a Million* (ISBN: 9781786857552), has sold over 8,000 copies
- Other similar Summersdale titles include: *For the World's Best Mom* (ISBN: 9781787836396), *Best Mom Ever* (ISBN: 9781800070226) and *For the Best Mom Ever* (ISBN: 9781787832305)

Summary

This is a beautiful little gift book filled with heartfelt quotes and sayings to help the reader express love and appreciation for their mother.

There's nobody quite like a mother – she's always there for you, no matter what, giving comfort, counsel and care. And, however old you are, you'll never stop being her child!

She deserves the sun, moon and stars, but if you can't manage that this little book is the next best thing. Inside you'll find a host of glittering quotations from around the world – whether from actors, writers, musicians or leaders from all walks of life, they all have something heartfelt and inspiring to say about their relationship with their mom or about their experience of being a mom. To make it even more special, there's a sprinkling of sentimental statements illustrating the kind and generous things mothers are known for best.

This is the perfect love bomb to let your mom know she's the world's greatest!

Contributor Bio

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

Marketing Plans

- Social media campaign
- National media outreach

Illustrations





Subrights

No subrights have been specified.



Summersdale
9781800071650
1800071655
Pub Date: 2/7/2023
On Sale Date: 2/7/2023
\$14.99/\$16.99 Can.
Discount Code: OPB
Paperback

160 Pages
Carton Qty: 11
Print Run: 6K
Juvenile Nonfiction / Social Topics
JNF053050

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

This is Me!

A Self-Discovery Journal for Girls

Summersdale Publishers

Key Selling Points

- A fun and friendly guide for 8–12-year-old girls on navigating all aspects of growing up, from body confidence and managing moods to preparing for exams, new schools and new friendships.
- It's interactive with quizzes and fun activities, as well as space for journaling.
- It's covert rather than overt mental health support and is beautifully packaged, making it a perfect birthday present.

Summary

A fun and empowering interactive journal for girls aged 8–12

It's time to discover and celebrate what makes you uniquely YOU!

Welcome to the time in your life when lots of big, exciting stuff happens! This companion is here to guide you along the way. It's full of fabulous fill-in activities, quizzes to do with friends, tips for sleepover parties, and advice on how to create your dream bedroom sanctuary. Helping you plan and prepare for big days, like starting a new school or taking an exam, and offering some great ideas when you need a happiness boost, this book covers the essentials and so much more!

Girls, *This Is Me!* is for you and you alone, so dive in and get started. Pick up a pen and make this journal as awesome and colourful as you are!

- Write a letter to your future self – what would you say?
- Make a family tree and learn more about your living relatives – what questions would you ask?
- How well do you and your best friend really know each other? Take the quiz to find out!

Marketing Plans

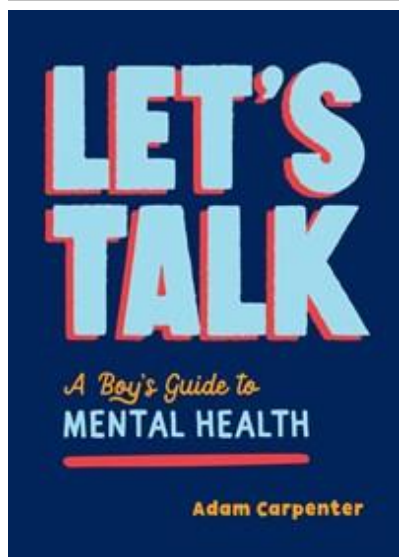
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
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1800071752
Pub Date: 2/7/2023
On Sale Date: 2/7/2023
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Paperback

160 Pages
Carton Qty: 11
Print Run: 6K
Juvenile Nonfiction / Social Topics
JNF053050
6.9 in H | 5 in W | 0.7 in T | 0.6 lb Wt
Status: **FORTHCOMING**

Related Products

Other Formats

Let's Talk 9781398702240
\$19.99
Let's Talk 9781398702226
\$26.99

Let's Talk

A Boy's Guide to Mental Well-Being

Adam Carpenter

Key Selling Points

- It's time to destigmatize mental health and equip young people with the knowledge that they are not alone and help is available whenever they need it.
- Contains information on different types of common mental health issues that affect the 11–14 age group.
- One in every nine children has a mental health disorder. The most common are emotional disorders, such as anxiety and depression. Boys are more susceptible to emotional disorders than girls in the 11-plus age group.
- Talking therapy is one of the key components recognized by medical practitioners and therapists to maintaining mental health.

Summary

An invaluable tool to get boys age 11-14 talking about mental health

Talking costs nothing but it can change your life for the better

Growing up is hard work! You're expected to ace your exams, be responsible, keep up a hectic social life both online and IRL, make big decisions about your future, and somehow stay happy at the same time. But, as we know, no one feels OK all the time, so what happens then? What happens when we don't feel great and don't know what to do about it or where to get help?

Let's Talk provides the tools to get boys talking about how they're feeling. Within this insightful guide you will find activities to figure out what help you might need, advice on where to get help, and case studies to show how others have voiced their feelings and found help.

Learn to:

- Articulate how you're feeling
- Build a support network
- Create your own well-being toolkit
- Bounce back from low mood
- Help others who might be struggling

Remember: if you're not feeling OK, you have the power to do something about it and this book will show you how.

Contributor Bio

Adam Carpenter is a writer and editor who currently works in Digital Safety and Community for a global kidtech company. He lives in West Cornwall, United Kingdom, with his wife and two children. This is his second book.

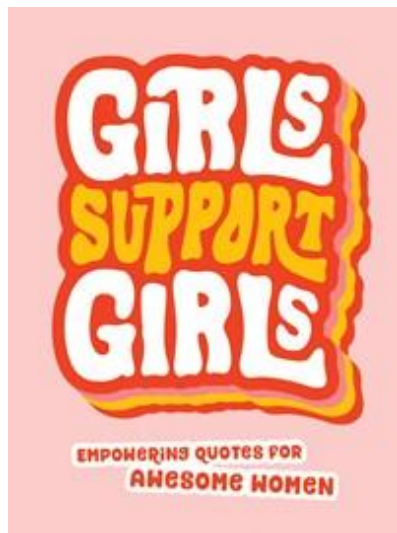
Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



No subrights have been specified.



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Hardcover

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Self-Help / Affirmations
SEL004000

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

Girls Support Girls

Empowering Quotes for Awesome Women

Summersdale Publishers

Key Selling Points

- A bold, stylish book of empowering quotes and statements that celebrate strong women.
- The title is a popular phrase and a modern take on the traditional “girl power” message.
- Similar Summersdale titles include:
 - *Go, Girl* (ISBN: 9781786852793)
 - *Be Strong* (ISBN: 9781787838437)

Summary

This groovy book is a celebration of female strength and solidarity, filled with empowering quotes and uplifting statements to inspire the reader to believe in their inner power.

Empowered women empower women! This small but mighty book – bursting with kick-ass quotes and uplifting statements – is a celebration of female strength and solidarity.

There’s nothing more powerful than a strong woman – except for two strong women supporting each other!

When girls stick together, amazing things can happen, and this little book is here to make sure you never forget it. Whether you need a boost to help you follow your dreams, or you want to lift up the women around you, this book is in your corner. It’s filled with inspiring quotes and affirmations to put a spring in your step and fire in your heart.

- Featuring a groovy design to lift your vibe
- Includes awesome affirmations to help you feel like a badass
- Serves up fearless feminist wisdom to keep you focused on your goals

160 pages of empowerment, with quotes from a diverse range of inspirational women, from Taylor Swift to Audre Lorde

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations





Subrights

No subrights have been specified.



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Body, Mind & Spirit / Magick
Studies
OCC028000

5.8 in H | 4.2 in W | 0.6 in T | 0.3
lb Wt
Status: **FORTHCOMING**

The Little Book of Witchcraft

An Introduction to Magick and White Witchcraft

Judith Hurrell

Key Selling Points

- This book taps into the recent surge of interest in esoteric subjects and the increase in the number of white witches.
- Learn about the history of witchcraft and why the practice is still relevant and popular today.
- Understand how to make the most of the natural world to improve your life with a wide range of rituals and spells for love, luck, good health and happiness.
- Other similar Summersdale titles include:
 - The Little Book of Spells (ISBN: 9781786857996)
 - The Little Book of Tarot (ISBN: 9781786857989)
 - The Little Book of Crystals (ISBN: 9781786859594)
 - The Little Book of Astrology (ISBN: 9781849539746)

Summary

This pocket-sized book is the perfect introduction to magick and white witchcraft.

Discover the wonders of Wicca and learn how to harness your inner power with this beginner's guide to white witchcraft

Whether you're a budding witch or simply want to learn more about the world of spells and sorcery, this book includes everything you need to understand and start practising this remarkable craft.

Find out how to tap into the infinite power of the natural world by uncovering the unique properties of natural ingredients – from herbs, flowers and seeds to incense and crystals. Study the extraordinary history of witches and Wicca, and discover how present-day witches combine modern technology and traditional methods to help manifest their desires.

Enrich your life with the power of magick and learn how to:

- Uncover and embrace your inner witch
- Connect with the rich history of witchcraft
- Start developing your Wiccan abilities and sustain your craft
- Work in alignment with the earth's natural rhythms to get the most out of your practice

Create spells, potions and rituals for promoting love, happiness and success

Contributor Bio

Judith Hurrell is a freelance writer who lives in Buckinghamshire. When she's not writing, you'll find her in nature, going on about the sky, the sea, the earth and the trees to her family and dogs. Follow her on Twitter at @JudeHurrell.

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
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Print Run: 6K
Gardening / Container
GAR001000

6.1 in H | 4.4 in W | 0.7 in T | 0.5
lb Wt
Status: **FORTHCOMING**

My Tiny Kitchen Garden

Simple Tips to Help You Grow Your Own Herbs, Fruits and Vegetables

Felicity Hart

Key Selling Points

- A growing body of research, including by Harvard Medical School, has shown a strong connection between time spent in nature and reduced stress, anxiety and depression.
- A similar Summersdale title, *The Little Book for Plant Parents*, has sold over 10,000 copies.
- Includes beautiful photographs and illustrations throughout.
- This stylish, Instagrammable little book is a beginner's guide to cultivating your own micro-garden and growing your own food.
- It features simple plant-care tips, handy troubleshooting advice and plant profiles to help the reader choose the plant that's right for them.
- This book will appeal to anybody who has limited outdoor space – or even none at all – and makes growing your own food an accessible experience for all.

Summary

Simple Tips to Help You Grow Your Own Herbs, Fruits and Vegetables

You don't need a garden to grow your own food! This book is the perfect beginner's guide to micro-gardening, featuring tips on how to start, what to choose and how to grow over 20 types of plant for your kitchen.

Have you ever been curious about growing your own food? Do you lack a garden? Have you got limited space in your home? Then this book is for you!

Whether you want to produce fresh herbs for your cooking, save money on your food bill, reduce your carbon footprint or enjoy the simple pleasure of watching something grow, *My Tiny Kitchen Garden* is bursting with tips and ideas to help you get started, including:

- The basics of micro-gardening
- Troubleshooting tips
- Plant profiles to help you choose what to grow
- Craft ideas to help you style your plants
- Advice on growing food from scraps
- How to save and store seeds

Whether you're a budding gardener or a seasoned expert looking for seeds of inspiration, dig into this book to hone your green thumb and cultivate your very own tiny kitchen garden

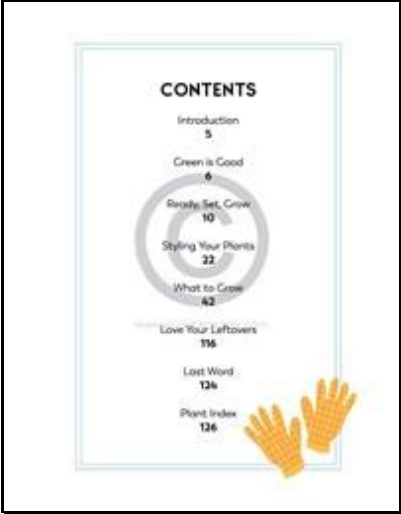
Contributor Bio

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

Marketing Plans

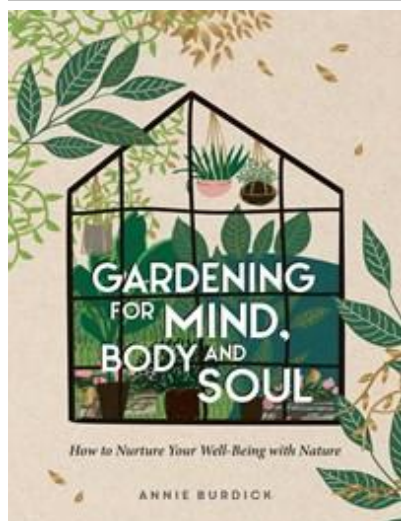
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

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Gardening / Reference
GAR018000

7.7 in H | 5.9 in W | 0.9 in T | 0.9

lb Wt

Status: **FORTHCOMING**

Gardening For Mind, Body and Soul

How To Nurture Your Well-Being With Nature

Annie Burdick

Key Selling Points

- Mindfulness has grown in popularity in recent years and continues to be a popular practice.
- A growing body of research, including by Harvard Medical School, has shown a strong connection between time spent in nature and reduced stress, anxiety and depression.
- This stylish, Instagrammable book is the perfect introduction to the health and well-being benefits of gardening.
- This book will appeal to anybody with an interest in gardening, from novice to expert gardeners.
- Includes beautiful photographs and illustrations throughout.
- A similar Summersdale title, *The Little Book for Plant Parents*, has sold over 10,000 copies.

Summary

How to nurture your well-being with nature

Discover the joys and health-giving benefits of nurturing a garden

We have long been aware of the positive effects of spending time in nature and how it can be a powerful antidote to the stresses of modern life. Science now tells us that cultivating a green space of our own has a proven ability to reduce depression and anxiety, boost our happiness levels and provide a feeling of balance and calm.

This book will help you:

- Explore which plants release scents to help uplift and soothe.
- Discover the ways gardening can boost physical and mental well-being, and promote feelings of balance and calm.
- Learn about birdsong and how it can boost happiness and creativity.
- Experience the wonders of growing plants from seeds, and how it teaches us to slow down and appreciate the simple things.

Contributor Bio

Annie Burdick is a writer, editor and community inclusion specialist for disabled adults. She lives in Oregon with her partner and rescue dog and loves finding new adventures in her spare time. She has written for *Eater*, *The Spruce*, *O.School*, *Llewellyn's Herbal Almanac*, and other publications.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Feeling the motivation to keep that blood pressure down? Just 30 minutes of gardening daily can have amazing results. Here are a few of the simplest tasks to incorporate into a daily gardening routine, for your health (and the health of your plants):

- Watering by hand (rather than with a sprinkler or hose)
- Pulling up stray weeds
- Harvesting ripe fruits, vegetables and herbs
- Deadheading flowering plants so they can grow new flowers
- Pruning overgrown plants
- Raking up leaves
- Turning over your compost pile
- Tackling a larger garden project you've been putting off (that pile of mulch isn't going to spread itself)



Part Two: GARDENING FOR THE SENSES

Sensory experiences exist in every moment of life, but there is something sublime and almost unexplainable about the sensations that nature (and by close extension, your garden) can provide.

When you step outside and listen past the hustle of daily life, you're rewarded. The melodic notes of birdsong. The rustle of leaves, branches, fronds all blowing in a puff of wind. Water dripping, leaves crackling underfoot, the sound of fruit being plucked from a tree.



CREATE A SANCTUARY, YOUR OWN "GARDEN ROOM"

While every inch of your garden can be a peaceful, wellness-boosting sanctuary, it's also possible that the work you do there, or the noise in certain areas, will make it become a place where you feel less relaxed than you could. Perhaps being near your vegetable patch keeps you from fully calming your mind because you're focused on examining your plants, seeing if they're in need of more water or shade. Others may find that sitting near a door or window means they hear noises inside or get called on more often when they are trying to meditate or reflect.



THREE YOGA POSES

The next time you need a break from the chaos of life, a bit of movement in your body, or a method for grounding or centering yourself, head to the garden, sit down a yoga mat or blanket and try one of these poses. Do so slowly and deliberately, and with the intention of exploring your connection to the earth and your garden.



Mountain pose

A strong and foundational pose, this one emphasizes breathing, concentration and connection to the earth. It's the perfect pose for slowing down, grounding or beginning a longer routine.

Subrights

No subrights have been specified.



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Hardcover

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Print Run: 12K
Games & Activities / Card Games
GAM002000

6.6 in H | 4.5 in W | 1.6 in T | 0.8
lb Wt
Status: **FORTHCOMING**

For the Best Mom Ever

52 Beautiful Cards to Show Your Mom Just How Much She Means

Summersdale

Key Selling Points

- A beautiful alternative gift for your mom that she can use again and again
- Comes with a tasteful wooden stand to display the cards, along with a mini booklet with even more sweet mom stuff inside
- Similar products include: *Best Mom Ever* (ISBN: 9781800070226) and *Mom in a Million* (ISBN: 9781786857552)

Summary

A deck of 52 cards containing a raft of heart-warming quotes and thoughtful words celebrating the miracle that is a mother.

Everyone knows that moms are amazing – what they don't know is that you have the best one!

These beautifully designed cards, which can be displayed using the handy wooden stand provided, are full of love, admiration and appreciation, expressed through quotations from grateful sons and daughters throughout the ages.

Alongside these wise words, there are cards with simple, sweet and touching declarations that will show just how much you care.

To finish off the package, the box also contains a 16-page booklet full of mom stuff, from ideas on how to enjoy some quality me-time to lines of heartfelt poetry.

This sweet and original gift will be a lasting reminder that, though life's ups and downs, and no matter how old you are, your mom will always be the BEST MOM EVER.

Contributor Bio

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

Marketing Plans

- Social media campaign
- National media outreach

Illustrations





Subrights

No subrights have been specified.



Summersdale
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1800077068
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Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 56
Print Run: 6K
Health & Fitness / Sleep
HEA043000

6.1 in H | 4.4 in W
Status: **FORTHCOMING**

All You Need is Rest

Mita Mistry

Key Selling Points

- Sleep and rest are vital to your health and well-being, maintaining your mood, immune system, energy levels and ability to focus – and they are increasingly popular as methods of self-care.
- Filled with practical advice, simple ideas, soothing quotes and beautiful photos, this book is an accessible guide to getting high-quality rest with the time that you have.
- The book follows the successful title *All You Need is Less* (ISBN: 9781786857668), which has sold over 30,000 copies.
- Other similar Summersdale titles include:
 - *How to Relax* (ISBN: 9781786855381)
 - *Retreat* (ISBN: 9781787836440)

Summary

This beautiful guide focuses on the restorative power of rest and sleep. Providing gentle tips, practical advice and soothing quotes, it helps the reader improve their overall well-being.

From bathing rituals and sleep yoga to solitude and mental relaxation, discover the restorative power of rest and sleep with this beautiful little book

When was the last time you truly felt well-rested? Perhaps it's hard even to remember. With so many demands on our energy, modern life can make it challenging to devote enough time to resting. However, it can be just as important as diet and exercise to our overall sense of well-being.

This little book will help you find ways to bring more rest into your life. It's filled with practical tips and simple ideas, including:

- Different kinds of rest, and which kind your body may need
- Techniques to allow your mind and body to take a break
- Sleep self-care to help you fall asleep and sleep well

When you know how to get the most from your down-time, you can step back into day-to-day life feeling revitalized, refreshed and reconnected to the best version of you.

Contributor Bio

Mita Mistry is a columnist, mindfulness-based cognitive therapist, acupuncturist and mum of two. She loves to spend her spare time running, doing yoga, baking or eating cake, and making memories with her husband, family, and friends. Visit mitamistry.co.uk to see more of her work.

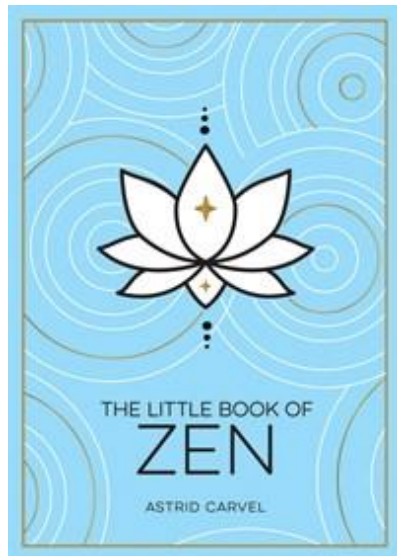
Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



No subrights have been specified.



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128 Pages
Carton Qty: 10
Print Run: 6K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

6 in H | 4 in W
Status: **FORTHCOMING**

The Little Book of Zen

A Beginner's Guide To The Art Of Zen

Astrid Carvel

Key Selling Points

- Similar Summersdale titles include: *The Little Book of Spells*, *The Little Book of Manifestation*, *The Little Book of Goddesses* and *The Little Book of Tarot* which has sold over 30,000 copies
- Includes the history of Zen, an introduction to Zen practices and beliefs, tips for cultivating your practice and developing your own sense of Zen, meditation exercises, step-by-step instructions for practising Zen arts such as calligraphy and gardening, and thought-provoking Zen teachings.
- An approachable introduction to an increasingly popular topic, with a contemporary design to appeal to a wide audience.

Summary

A beginner's guide to the art of zen by Astrid Carvel

How can we be happy?

How should we treat others?

How should we spend our time?

Zen is a philosophy for living in a state of kindness, gratitude and awareness, teaching us to be present and to experience the world as it truly is. This book will guide you through the concepts of Zen, revealing how you can apply its principles to your daily life and how you can reap the benefits to gain a greater sense of peace and calm.

Are you ready to discover the secrets of Zen?

Within these pages you'll find:

- The history of the Zen school of thought, and how it has shaped the world we live in today
- An introduction to Zen practices and beliefs, including the Six Virtues and the Five Precepts, and to Zen ceremonies, holidays and rituals
- Tips for cultivating and perfecting your practice, and developing your own sense of "Zen"
- Step-by-step instructions for trying various meditations and exercises for yourself
- Ideas to make your daily life and home more Zen
- Exercises in Zen arts, such as calligraphy, painting, gardening and flower arranging
- Wise words from the world's most enlightened thinkers
- Thought-provoking Zen teachings to help you see things in a new light

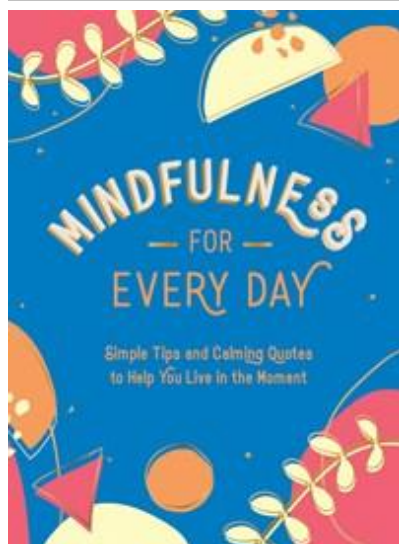
Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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160 Pages
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Print Run: 6K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

5 in H | 4 in W
Status: **FORTHCOMING**

Related Products

Other Formats

Mindfulness for Every Day
9781849538152 \$12.95

Mindfulness for Every Day

Simple Tips and Calming Quotes to Help You Live in the Moment

Summersdale

Key Selling Points

- Mindfulness has become very popular - it's easy to do and build into your daily routine
- Wonderful gift potential
- This pocket-sized book of simple, accessible tips and calming quotes is a perfect beginner's guide to mindfulness and how it can be used in everyday life.
- Part of a series which first published in 2021 that has already sold in excess of 28,000 copies.
- Other titles in the series include: *Inspiration for Every Day*, *Positivity for Every Day*, *Resilience for Every Day*, *Happiness for Every Day*, *Calm for Every Day*, *Affirmations for Every Day* and *Spirituality for Every Day*.

Summary

A charming book of tips and quotes perfect for anyone interested in living more mindfully, feeling calmer and adopting a slower pace of life.

Pause. Be present. Awaken your senses. Mindfulness is a powerful tool to help you live in the moment. This book will show you how to find peace every day and feel more connected to the world.

For many of us, mindful living can seem like something that exists only in other people's lives. But the good news is anyone can practice it. Whether you're new to mindfulness or need some extra inspiration, this book will help you find a path to a happier, healthier life.

Within these pages you will discover what mindfulness is and how it can be used in all aspects of your life, including:

- Breathing techniques to stay calm
- Eliminating distractions when you need to focus
- Appreciating the magical moments of the ordinary
- Practicing self-care for improved well-being

From discovering your calm within to learning how to meditate, the tips and techniques in this book will help you feel more at one with yourself.

Open your mind... relax... and let this little guide show you how to live more mindfully.

Contributor Bio

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

Marketing Plans

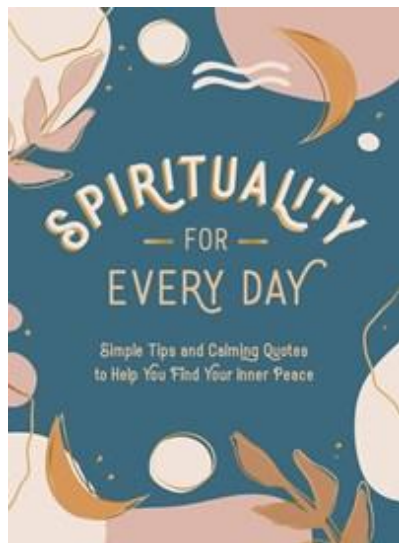
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



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Hardcover

160 Pages
Carton Qty: 60
Print Run: 6K
Body, Mind & Spirit / Spiritualism
OCC027000

5.4 in H | 4 in W
Status: **FORTHCOMING**

Spirituality for Every Day

Simple Tips and Calming Quotes to Help You Find Your Inner Peace

Summersdale Publishers

Key Selling Points

- This pocket-sized book of simple, accessible tips and peaceful quotes is a perfect beginner's guide to spirituality and how it can be used in everyday life.
- Part of a series which first published in 2021 that has already sold in excess of 28,000 copies.
- Other titles in the series include:
Inspiration for Every Day (ISBN: 9781787836549)
Positivity for Every Day (ISBN: 9781787836518)
Resilience for Every Day (ISBN: 9781787836532)
Happiness for Every Day (ISBN: 9781787836525)
Calm for Every Day (ISBN: 9781800071827)
Affirmations for Every Day (ISBN: 9781800071834)
Mindfulness for Every Day (ISBN: 9781800074378)

Summary

A charming book of tips and quotes perfect for anyone interested in discovering what spirituality is and how to practice it in everyday life.

Embrace your spiritual side with this little book of tips and quotes that will help you on your journey to a more positive and peaceful life.

For many, spirituality is a difficult concept to grasp. But the good news is anyone can understand and cultivate it. Whether you are new to spirituality or need some extra inspiration, you'll find everything you need to get started in this book.

Within these pages you will discover what spirituality is and how it can enhance your life, including:

- Meditation for mindful living
- Sensory activities for a deeper connection with nature
- Practicing gratitude for a happier mindset
- Daily positive mantras for better self-acceptance

From discovering your inner zen to learning how to chant, the tips, techniques and philosophies in this book will help you find serenity and look at the world with a new sense of wonder.

Open your heart, feel at peace and let this little guide show you how to find calm and tranquillity.

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

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Paperback

96 Pages
Carton Qty: 40
Print Run: 7K
Self-Help / Creativity
SEL009000

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

The Magick Coloring Book

A Spellbinding Journey of Color and Creativity

Summersdale Publishers

Key Selling Points

- Filled with myriad different designs that you can bring to life with color.
- Adult coloring books have taken the world by storm in recent years and their popularity is showing no signs of slowing down.
- Coloring-in has been shown to be therapeutic. This coloring book is perfect for anyone looking to relax and unwind.
- Similar Summersdale products include:
The Little Book of Spells (ISBN: 9781786857996)
You're Magic (ISBN: 9781787832275)
The Magic Art of Fortune Telling (ISBN: 9781787836471)

Summary

Step into the fascinating world of magick with this collection of supernatural symbols and beautiful images, ready for you to bring to life with color.

Embark on a bewitching journey into the world of magick with this collection of intricate and striking images, ready for you to color and complete as you wish. Featuring enchanted creatures, mystical objects and a host of other esoteric miscellanea, this coloring book offers an array of beautiful designs to celebrate the beliefs and practices associated with the supernatural world.

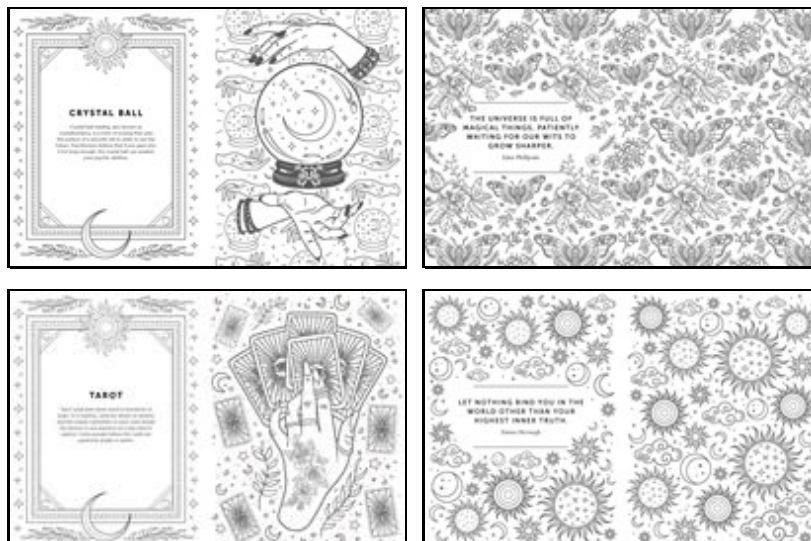
Take a moment of peace and clarity as you journey through the mesmerizing icons and patterns within these pages. Each illustration is accompanied by an inspiring quote, or insight into the history and meaning behind the symbol featured. Packed full of beautiful and captivating designs, this coloring book will help you connect with your natural energies and you unleash your inner power.

So relax, unwind, and explore the mystery and magnetism of the magickal world.

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



No subrights have been specified.



You Did It!

Summersdale Publishers

Key Selling Points

- A great gift idea to mark any achievement or special occasion, whether it's graduating from college or completing a marathon.
- Includes timeless quotations and motivational statements that will continue to inspire readers as they embark on new challenges.
- Similar Summersdale titles include:
Be Strong (ISBN: 9781786850300)
You Can Do It (ISBN: 9781786859440)
Believe in Yourself (ISBN: 9781786858030)
Just Be You (ISBN: 9781786852335)

Summary

This is a beautiful little gift book filled with congratulatory quotes and affirmations to help the encourage and celebrate success in all its forms.

Nothing tastes sweeter than success

It's time to celebrate how amazing you are. You pushed your boundaries, embraced your confidence, gave it a go, you showed strength and resourcefulness and you did it, you met that challenge. This is your victory lap and standing ovation all rolled into one.

This pocket-sized little book packs a positivity punch to sing your praises and put a smile on your face with its inspiration quotes affirmation and mottos.

A perfect gift for anyone to celebrate any kind of achievement.

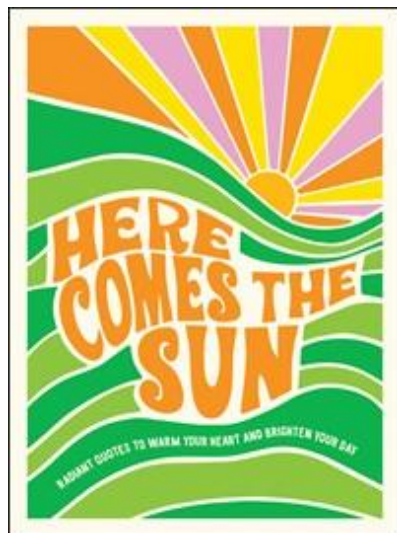
Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



No subrights have been specified.



Summersdale
9781800070479
1800070470
Pub Date: 3/7/2023
On Sale Date: 3/7/2023
\$9.99/\$10.99 Can./€9.00
EU/€9.00 DE
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 60
Print Run: 6K
Body, Mind & Spirit / Spiritualism
OCC027000

5.4 in H | 4 in W
Status: **FORTHCOMING**

Here Comes the Sun

Radiant Quotes to Warm Your Heart and Brighten Your Day

Summersdale Publishers

Key Selling Points

- After the turmoil of the last couple of years, in 2023 we'll be looking to a brighter future. This little book is a positive and uplifting gift.
- Will appeal to those who enjoyed *Always Look on the Bright Side of Life* (ISBN: 9781849535274), which has sold over 36,000 copies.
- The tonic we all need – studies showed that during the pandemic, the rates of depression doubled. We could all do with some positivity!

Summary

A sunny collection of positive, uplifting quotes to help you look on the bright side and see the rainbow in any storm – a perfect gift to brighten a loved one's day.

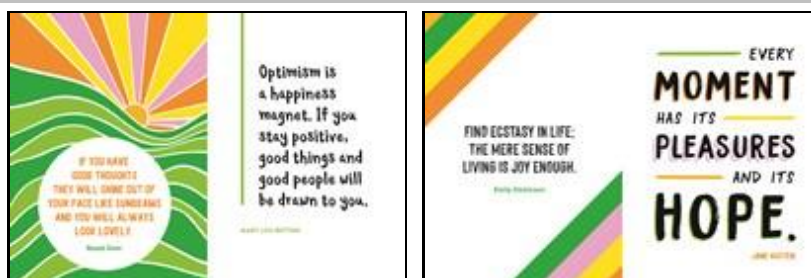
The sun shines brightest after a storm – and sometimes it even comes with a rainbow. This cheerful collection of wise words and uplifting quotes is a powerful dose of positivity, and the tonic we all need right now. Full of sunny thoughts, pick-me-ups and happiness boosters, *Here Comes the Sun* will help you look on the bright side and embrace the wonders of a new day. It's the perfect reminder there will be good times ahead.

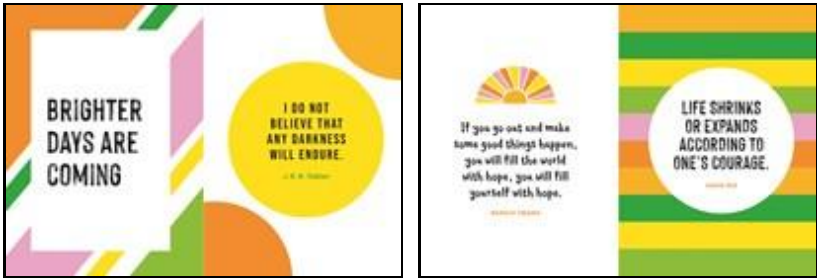
- With a bright, sunny design, this book will bring you good vibes only
- Includes feel-good affirmations to have you radiating positivity and feeling great in no time
- We all need a little extra cheerfulness in our lives from time to time – *Here Comes the Sun* is here to deliver it
- 160 pages of joy, with quotes from a diverse range of inspirational people, from the wisdom of Buddha to the feel-good positive vibes of Zendaya

Marketing Plans

- Social media campaign
- National media outreach

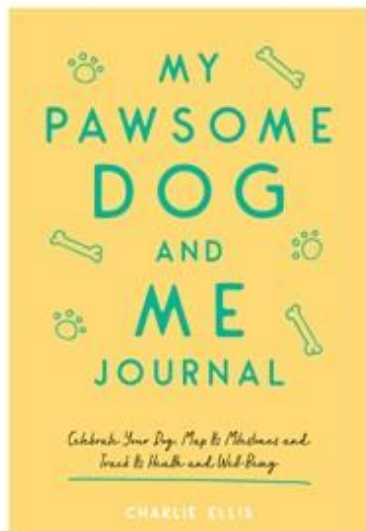
Illustrations





Subrights

No subrights have been specified.



Summersdale
9781800074194
1800074190
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$14.99/\$16.99 Can.
Discount Code: OPB
Paperback

144 Pages
Carton Qty: 10
Print Run: 6K
Pets / Dogs
PET004000

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

My Pawsome Dog and Me Journal

Celebrate Your Dog, Map Its Milestones And Track Its Health And Well-Being

Charlie Ellis

Key Selling Points

- Will appeal to those who enjoyed *Doggie Language*, which has sold over 65,000 copies.
- Similar Summersdale titles include: *Love is a Pup*, *Love is a Labrador* and *Dog Mindfulness*.
- This fun and informative book for dog owners is packed with helpful tips and advice on caring for the health and well-being of your beloved pet.
- With plenty of fill-in space to record precious memories, personal details and big milestones, this book is the perfect gift for any dog owner.

Summary

Cherish every moment with your pooch with this one-of-a-kind keepsake, filled with sage advice and pearls of doggie wisdom to help you care for your canine companion.

Love is a four-legged word

There is no love like that between a dog and its human. So why not document and celebrate that love in one treasured keepsake? With space to record of all the firsts, major milestones and precious memories you make together, *My Pawsome Dog and Me Journal* is the ultimate book for any pooch parent.

Document all of your dog's most important details – from their birthdate and star sign to their favourite treats and most-loved scratch spots. There's also plenty of helpful tips and practical advice on ensuring the overall health and well-being of your little woofers to keep them happy and healthy every day.

The journal is broken down into sections on caring for every part of your pup, including tips on:

- Supporting their physical and mental health
- Recognizing different communication and behavioral signals
- Grooming your pup from nose to tail
- Fun activities for maintaining fitness

Contributor Bio

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

Marketing Plans

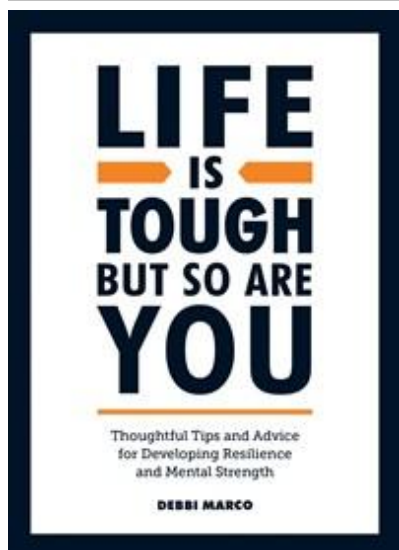
- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.



Summersdale
9781800071551
1800071558
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$11.99/\$12.99 Can.
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 56
Print Run: 6K
Self-Help / Motivational &
Inspirational
SEL021000

6.1 in H | 4.4 in W
Status: **FORTHCOMING**

Life is Tough, But So Are You

Tips and Thoughtful Advice for Developing Mental Strength and Resilience

Debbi Marco

Key Selling Points

- An accessible guide providing tips, information and practical advice for anyone looking to overcome life's setbacks and face adversity with courage.
- Awareness of mental health issues is a priority across a range of institutions, with hospitals, schools and workplaces introducing new initiatives and policies to focus on this.
- Similar Summersdale titles include:
*F*ck Stress* (ISBN: 9781787830097)
Resilience for Every Day (ISBN: 9781787836532)
You Are Stronger Than You Think (ISBN: 9781787832398)

Summary

With bite-sized tips and pointers, *Life is Tough, But So Are You* is an accessible, all-round introductory guide to bouncing back from adversity and finding your inner strength. It's the perfect caring gift for yourself or for others.

We all face ups and downs from time to time, and if you sometimes struggle to cope with life's challenges, big or small, then this book can help. Bursting with useful tips, kind advice and encouraging affirmations, this handy guide will provide the tools you need to overcome adversity and bounce back even stronger.

In this book, you will find:

- Helpful information on what it means to be mentally strong
- Suggestions to help you stay calm and positive when life throws you a curveball
- Simple ideas for taking care of your physical health and maintaining positive mental well-being
- Techniques for finding resolve in difficult moments, including tips and practical exercises for boosting confidence
- A guide to the different types of professional help available and how to find the right treatment for you

This is the perfect book for anyone looking to find strength, survive setbacks, and foster a brilliant, more resilient mindset.

Contributor Bio

Debbi Marco is a journalist, editor and mother of two. She likes to spend her spare time running, eating delicious food, drinking gin and hanging out with her family and friends. To see more of her work visit debbimarco.co.uk.

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations

DO NOT JUDGE ME BY MY SUCCESS. JUDGE ME BY HOW MANY TIMES I FELL DOWN AND GOT BACK UP AGAIN.

REMEMBER TO BREATHE.

Often in times of stress and adversity, your breathing can get shallow and cause tightness in your chest. Take a few minutes each day just to check in with your breath. Breathe in through your nose for a count of five, hold for five and then release for five. Repeat this five times several times a day or whenever you have time.

Malcolm Gladwell

WHAT IS RESILIENCE?

If you've ever heard the phrase "It'll give you temporary stress" behind your back, you're already halfway to understanding resilience. Resilience is the ability to bounce back when life is tough. But don't make the mistake of thinking you're not being resilient if you are suffering from anxiety, stress or suffering. Resilience means you know how to keep going even when you're finding it hard and recognize that you and things are an essential part of life. Resilient people know how to tap into their strengths and support systems in order to succeed. But resilience isn't built in a day. It's something you must practice and work on in order to maintain and grow through life.

1

ASKING FOR HELP IS A SIGN OF STRENGTH, NOT A WEAKNESS.

ALWAYS GO WITH YOUR PASSIONS. NEVER ASK YOURSELF IF IT'S REALISTIC OR NOT.

DISPAX CHOPRA

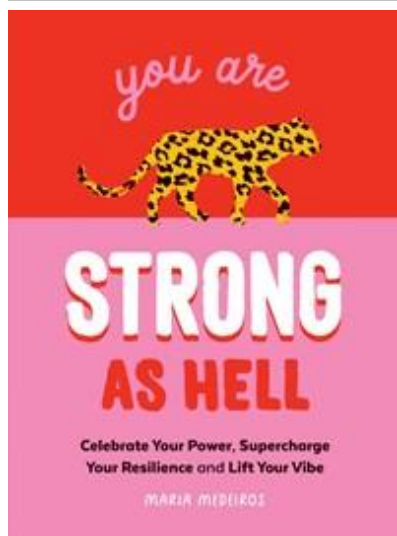
BE KIND

"Be kind" is so much more than a social media hashtag. It really should be the motto of humanity. But we're not just talking about acts of kindness towards others, although of course they are important. It's in helping others being kind to yourself. Self-kindness can take many different forms. Whether it's allowing yourself to make mistakes, treating yourself to a day off the sofa with Netflix, or ensuring you're taking in nutritious and healthy diet. Take a moment to think about you would give yourself if you were your best friend. Shouldn't be some kind words, a tip for the driver or a bowl of soup forgotten in a cupboard? Then just do it. Because when you're kind to yourself, you'll find you have more strength and capacity for life. Little things make those first steps to positive an act of self-kindness every day. Help you feel better and after your experiment, it may feel enlightening, but it will never have a knock-on positive effect on all areas of your life.

2

Subrights

No subrights have been specified.



Summersdale
9781800073449
1800073445
Pub Date: 4/4/2023
On Sale Date: 4/4/2023
\$10.99/\$11.99 Can./£7.99 UK
Discount Code: OHC
Hardcover

160 Pages
Carton Qty: 40
Print Run: 6K
Self-Help / Self-Management
SEL024000

5.4 in H | 4 in W
Status: **FORTHCOMING**

You Are Strong as Hell

Words to Help You Celebrate Your Power, Supercharge Your Resilience and Lift Your Vibe

Maria Medeiros

Key Selling Points

- Inspired by a popular phrase and tapping into the surge in interest in feminism, with a bold and stylish design throughout and quotes from diverse modern icons, this will be a perfect gift for any strong woman.
- Similar Summersdale titles include:
- *You Grow Girl* (ISBN: 9781787836778)
- *She Believed She Could So She Did* (ISBN: 9781787839717)
- *She Believed She Could So She Did* (ISBN: 9781787835184)
- *Go, Girl* (ISBN: 9781786852793)

Summary

A bold, bright and colorful collection of empowering quotes celebrating strong and resilient women everywhere. The perfect gift for the badass women in your life

Strong. Smart. Fierce. Full of fire.

This bold and brazen little book is a salute to strong women everywhere – the ones that raised us, the ones that support us, the ones that show the world just how tough women can be.

Strength comes in many shapes and sizes, from physical power and mental toughness to quiet and composed confidence. You can be gentle and powerful; you can be calm and resilient; you can be shy but rock-solid in your beliefs.

The empowering quotes and rousing affirmations in this book honor assertive and brave women everywhere. They will light a fire that helps you supercharge your confidence, lift your vibe and celebrate your power.

Packed with uplifting, inspirational mantras such as:

- Empowered women empower women
- Strong women don't have "attitudes" – we have standards
- Behind every successful woman is her tribe of supportive sisters
- Nothing is mightier than a woman who knows her worth
- Never apologize for your power
- A strong woman supports herself. A stronger woman supports everyone around her.

Contributor Bio

Maria Medeiros is a freelance writer of children's books, travel guides and inspirational gift books. She loves active outdoor adventures, martial arts, foodie city breaks and sharing experiences through writing. She currently lives in South East

London, but hopes to move to a house by the sea in the near future.

Marketing Plans

- Social Media Campaign
- National Media Outreach

Illustrations



Subrights

No subrights have been specified.