

OCTOPUS

New Titles

2023

January – June

INCLUDING BACKLIST

January – June 2023
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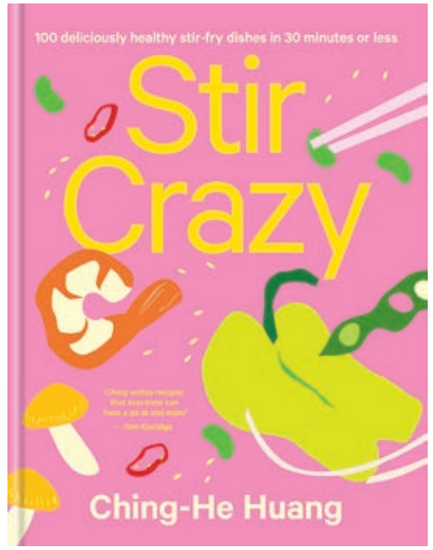
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Stir Crazy

By Ching-He Huang



100 deliciously healthy stir fry recipes in 30 minutes or fewer.

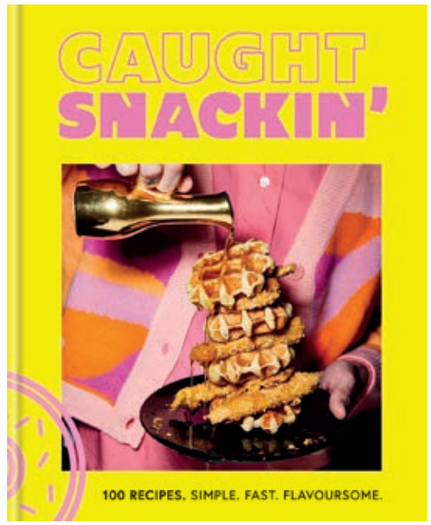
- **PUBLICATION 12/01/2023**
- **£22.00**
- **HARDBACK**
- **208 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239984**
- **KYLE BOOKS**

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 is 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.

Ching-He Huang MBE was born in Taipei, Taiwan. An Emmy-nominated TV chef, her culinary ethos is to use fresh, organic, ethically sourced ingredients to create modern dishes that fuse Chinese tradition with innovation. Her TV series include *Chinese Food Made Easy*, *Chinese Food in Minutes*, *Exploring China* and *Ching's Amazing Asia*. She is the author of ten cookbooks including *Stir Crazy*, *Eat Clean: Wok Yourself to Health*, *Exploring China*, *Ching's Fast Food*, *Everyday Easy Chinese*, *Everyday Easy Asian*, *Ching's Chinese Food in Minutes*, *Chinese Food Made Easy* and *China Modern*. She appears regularly on TV in both the UK and US, including on BBC *Saturday Kitchen* and ITV's *Lorraine*.

Caught Snackin'

By @caughtsnackin



The debut cookbook from the sensational TikTok account @CaughtSnackin.

- **PUBLICATION 02/02/2023**
- **£20.00**
- **HARDBACK**
- **256 PAGES**
- **U (235x190)**
- **ISBN: 9780600637561**
- **HAMLYN**

Elevate your food game with 100 recipes from the viral TikTok account. Those recipe videos you can't stop watching? We made those. And now, we're blessing you with the *Caught Snackin'* cookbook, so you can too. We've covered all bases: from boujee brunches to quick & simple lunches, Friday night fakeaways to desserts that will make you TikTok famous.

Our dishes are created firstly for deliciousness and secondly for ease. Whether you're going all in cooking for a crowd or cotching on the sofa with a bowl full of comfort food, we're bringing over 100 bangin' recipes with big flavours and zero stress.

You don't need mad chefileeni equipment or Gordon Ramsay tekz, just this book and good vibes. LET'S GOOOOOOO!

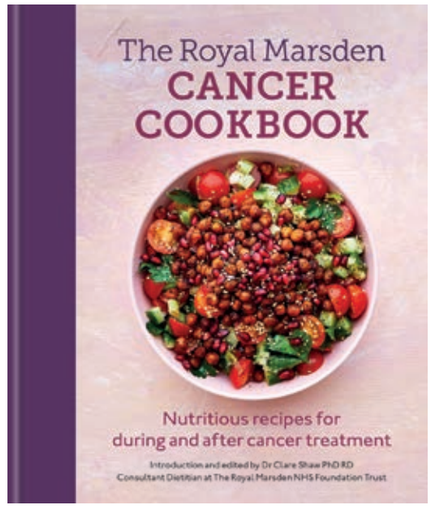
Contents Includes:
SNACKIN' – Red Hot Popcorn Chicken; Ice Cube Pizza Bites; Candied Twist Bacon
BRUNCHIN' – Honey Nut French Toast; Bacon Egg Cups; Shaken up 'Shakshuka'
LUNCHIN' – Cauliflower Base Pizza; One Pot Sticky Cola Wings; 5 -Minute Chilli Oil Noodles
DININ' – Rustic Ravioli Lasagne; Creamy Vodka Pasta; One-Pot-Wonder Baked Tomato Risotto
BAKIN' – Chocolate Mug Cake; Jaffa Cake Bread & Butter Pudding; Banana Bomb Muffins
FAKIN' – Meatless Bean & Cheez Melts; Fried Chicken Bucket; Glazed Vanilla Doughnuts
SIPPIN' – Dishwasher Gummy Bear Vodka; Frozen Espresso Martinis; Strawberry Rice Paper Bubble Tea

Caught Snackin' launched on TikTok in April 2020, by a gang with a love for food! Two years later, the team are the UK's fastest growing TikTok channel, topping the charts with over 20 million UK views every month. *Caught Snackin'* is their debut cookbook.

Tiktok: @caughtsnackin
Instagram: @caughtsnackin

Royal Marsden Cancer Cookbook

By Clare Shaw, PhD RD



Nutritious recipes for during and after cancer treatment with contributions from top chefs.

- **PUBLICATION 23/02/2023**
- **£26.00**
- **HARDBACK**
- **256 PAGES**
- **OTHER (250x210)**
- **ISBN: 9781804190654**
- **KYLE BOOKS**

One in three people will be diagnosed with cancer. Such news is life changing and brings with it many psychological, emotional and physical challenges, including changes in body weight, appetite and the ability to taste and swallow, as well as alterations in the way your digestive system works. *The Royal Marsden Cancer Cookbook* explores the foods that will support and nourish you during this time and offers more than 150 delicious, healthy recipes divided into 'During Treatment' (dishes with more energy and in a form that is easier to eat) and 'After Treatment' (healthy options that encourage a balanced diet). There are also masses of inspirational ideas, variations and tips.

The recipes include contributions from top chefs and food writers, including Mary Berry, Nigella Lawson, Ruth Rogers, Rick Stein, Liz Earle, Gwyneth Paltrow, Raymond Blanc and Prue Leith, among others.

All the recipes have been reviewed and analysed by Dr Clare Shaw PhD RD, Consultant Dietician at The Royal Marsden, a world-leading cancer centre specialising in diagnosis, treatment, care, education and research.

Dr Shaw was appointed as the first Consultant Dietitian in Oncology in 2004 at The Royal Marsden NHS Foundation Trust, where she still works. Her interest in supporting people with cancer to eat well during and after treatment has led to a career spanning more than 20 years. The Royal Marsden Hospital was the first hospital in the world dedicated to the study and treatment of cancer and remains a world leading centre for treatment, research and training.

LEON Big Salads

By Rebecca Seal



The first in a brand-new LEON series from the company that brought you the bestselling *LEON Happy Salads* (140,000 copies in print).

- **PUBLICATION 02/03/2023**
- **£20.00**
- **HARDBACK**
- **224 PAGES**
- **U (235x190)**
- **ISBN: 9781840918250**
- **CONRAN OCTOPUS**

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 mouth-watering ideas for hearty, healthy salads, ideal for any occasion.

From portable salads to bring-to-work salad platters to 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 Rainbow Salad with Harissa
- Spiced Crispy Duck with Watermelon Salad
- Puy Lentils with Roast Tomatoes, Smoky Aubergine and Fried Eggs
- Halloumi Fries with Pomegranate, Fennel and Radicchio
- Crab Cake and Mango Salad
- Chipotle-Seared Steak Salad with Griddled Spring Onions
- Crispy Pork with Celeriac Apple Slaw
- Griddled Hispi with Yoghurt, Crispy Onions and Brown Butter Almonds

Rebecca Seal 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*, *LEON Happy Fast Food* and *LEON Happy Guts* with John Vincent and *LEON Happy One-pot Vegetarian* with Chantal Symons. She lives in London with her husband and two small daughters.



Vegan Chocolate Treats

By Emma Hollingsworth



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

- **PUBLICATION 02/03/2023**
- **£18.99**
- **HARDBACK**
- **160 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239564**
- **KYLE BOOKS**

After the success of *Vegan Treats*, Mrs Hollingsworth is back with even more deliciously indulgent recipes, all based around Emma's all-time favourite food – you guessed it, chocolate!

All the recipes in this chocolatey sequel are dairy-free, gluten-free and free from refined sugar, and with plenty of nut-free and raw options, there's something to suit every diet.

From Death by Chocolate Cupcakes and White Chocolate and Raspberry Blondies to Walnut Whips and Pistachio and Chocolate Fudge Flapjacks, along with Emma's simple chocolatey staples, all 100 recipes are in Emma's characteristic easy-to-follow style and made with minimal fuss and effort, using easy-to-find, natural ingredients.

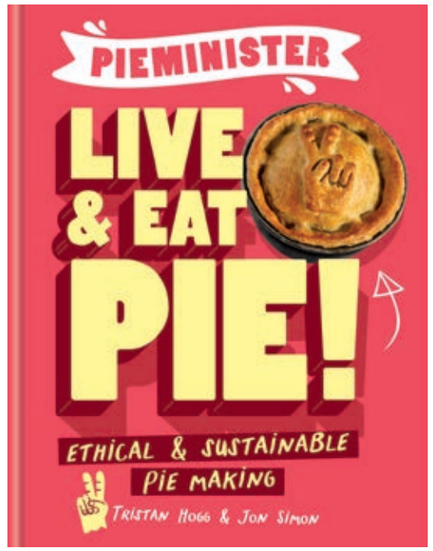
Whether you want to wow guests at a dinner party, make tasty treats for all the family or even just create healthier versions of your favourite confectionery, you'll be spoilt for choice with Mrs Hollingsworth's inspiration for every occasion.

Emma's Instagram following has grown quickly since Vegan Treats and as well as selling desserts to local cafes and cakes to order, with fans including Rachel Stevens, Chessie King and Tiffany Watson, she now has postal service of some of her most popular items, widening her audience around the UK. 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.

Emma Hollingsworth is a trained accountant with a first in Economics from Birmingham University. With a high pressure job, Emma wanted to find ways to improve her diet and be healthier, and so she cut out gluten, sugar and other allergens before qualifying as a certified health coach (IIN) and starting to develop her own healthy treats. She documented her foray into cooking with natural foods through her blog, Mrs Hollingsworth's, which went on to win 'best recipe blog' at the 2017 Health Blog awards.

Pieminister: Live and Eat Pie

By Tristan Hogg and Jon Simon



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

- **PUBLICATION 09/03/2023**
- **£22.00**
- **HARDBACK**
- **192 PAGES**
- **SSN (246x189)**
- **ISBN: 9781804190630**
- **KYLE BOOKS**

A mouthwatering com-pie-lation of sustainable pie recipes, including sweet, savoury and plant-based options, from beloved British piemakers Pieminister.

Easy-to-follow pastry recipes include vegan and gluten-free options, and the pies themselves range from indulgent personal pies to perfect party cana-pies and from tasty traybakes to showstopping free-standing pies.

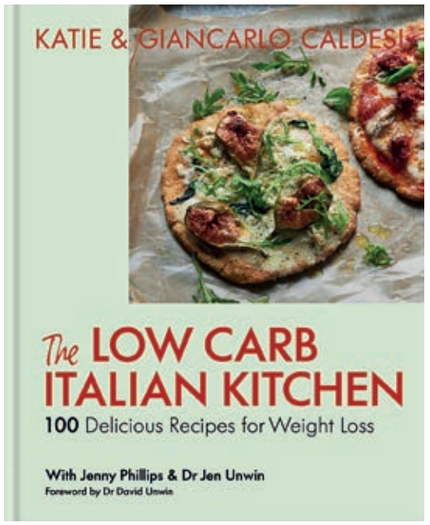
Pieminister are renowned for their innovative flavour combinations, which are gloriously showcased here, with recipes including Pumpkin & Pistachio Patties, Chili Con Carnage pie, Feta & Honey Bites, Toffee Apple Crumble Ice-cream Pie, Smoked Mackerel Hash and their famous Mooless and Blueless vegan steak and stilton pie.

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.

In 2003 **Tristan Hogg and Jon Simon** opened a small pie shop and bakery in Bristol, UK and Pieminister was born. A winning combination of exciting recipe ideas, the best responsibly sourced ingredients and a sense of fun has meant they have been making award winning pies in their bakery ever since. Now, crowned the Supreme Champion at the British Pie Awards, and the number one premium pie maker in UK, their pies are enjoyed by thousands of conscientious food lovers every single day.

The Low Carb Italian Kitchen

By Giancarlo and Katie Caldesi



If there's one diet that is widely acclaimed for its health benefits, it's the Mediterranean diet. It is lauded by health experts for its positive impact on weight loss, heart and brain health, cancer prevention and diabetes prevention and control. The diet is not just nutritious, but tasty too. In particular, the simplicity, exemplary ingredients and all-round deliciousness of Italian cuisine means that it is internationally adored.

But surely Italian food, with its pasta, pizzas and oil-soaked breads, is as far from being low calorie and low carb as you can get? Not in the hands of of Italian food and low-carb specialists Katie and Giancarlo Caldesi.

With a combined ninety-three years of cooking experience and several bestsellers between them, Katie and Giancarlo have become leading advocates for the health benefits of a low-carb diet. Here, they show you how, in more than eighty fabulous Italian recipes combining healthy ingredients with a little kitchen know-how, you can still eat some of the tastiest food on the planet while shedding weight and achieving a healthier, happier and more energized you.

Expert nutritionist Jenny Phillips introduces the book, defining the Mediterranean diet and relating it to the Caldesi's tried-and-tested approach. Using the recipes that follow the Caldesi's bespoke CarbScale, anyone can enjoy delicious low-carb Italian food, from sugar-free dolci and low-carb pizza to portion-controlled pasta with abundant vegetables and delicious sauces.

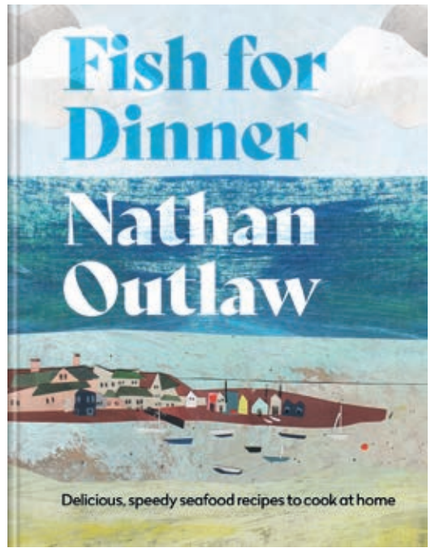
Katie and Giancarlo Caldesi own London's Caldesi in Marylebone as well as Caldesi in Campagna in Bray. They have co-authored the bestselling *The Diabetes Weight-Loss Cookbook*, *The Reverse Your Diabetes Cookbook*, *Around The World in Salads* and *The Gentle Art of Preserving* and have both appeared on *Saturday Kitchen*.

100 delicious Italian recipes for weight loss.

- **PUBLICATION 16/03/2023**
- **£20.00**
- **HARDBACK**
- **208 PAGES**
- **U (235x190)**
- **ISBN: 9781914239588**
- **KYLE BOOKS**

Fish for Dinner

By Nathan Outlaw



A brand-new collection from the UK's most celebrated fish chef that explains what fish to cook and how to cook it, and provides simple, delicious recipes with easily accessible ingredients and speedy prep times.

Nathan Outlaw is in the process of rebranding and refocusing his Michelin-starred Cornwall restaurants to offer a more affordable and relaxed approach to fine dining. This is driven by his increased interest in accessibility and sustainability, and his new collection of delicious fish dishes will appeal to home cooks looking for easy seafood recipes.

An introduction will cover how to buy fish ethically, advice on equipment, tips for fish preparation and cooking techniques. Then follows a section on the best fish species for cooking and the recipes themselves. These are divided into chapters such as: Flash in a Pan, One in the Oven, Steamed & Poached, Over the Coals, No Cook, Super Salads, Deep & Crispy, In a Bowl and Snack.

Michelin-starred chef **Nathan Outlaw** trained with Rick Stein and now runs his own two restaurants in Port Isaac, Cornwall. He appears regularly on *Saturday Kitchen* and *Great British Menu*, and also featured on the *Rick Stein's Cornwall* TV series.

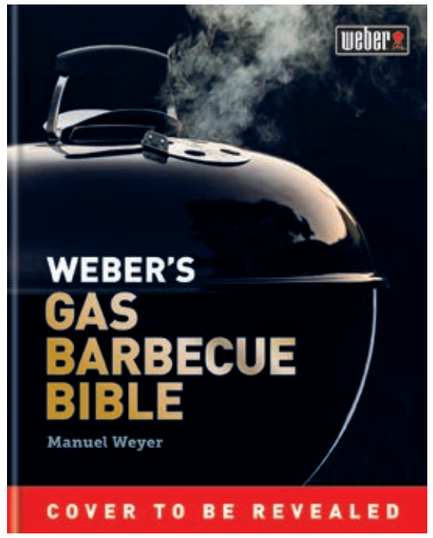
@nathanoutlaw, 178k followers
outlaws.co.uk

Simple, delicious fish recipes with easily accessible ingredients and speedy prep times.

- **PUBLICATION 01/04/2023**
- **£28.00**
- **HARDBACK**
- **224 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239809**
- **KYLE BOOKS**

Weber's Gas Barbecue Bible

By Manuel Weyer



Your new go-to guide to gas barbecuing from the most reliable name in the BBQ game.

Weber's Gas Barbecue Bible is your one-stop shop for everything gas barbecuing! Gas barbecues give off less smoke and less polluting air particles, so you can relax knowing you chose the greener way to grill. This latest collection from the most extensive barbecue series on the market contains over 500 stunning step-by-step recipe images – each in full colour – to ensure that your barbecuing never goes awry.

Weber's Gas Barbecue Bible explains grilling techniques, timings and accessories and provides expert advice on how to handle a gas barbecue. Whether it's meat, fish and seafood, vegetables and fruit, or veggie and vegan burgers, this gas barbecue book proves that you can grill just about anything to charred, smoky perfection.

It doesn't matter if you are a beginner BBQ-er or a seasoned grill master, this book is guaranteed to revolutionise your outdoor cooking.

Recipes include:

- California Skirt Steak Burrito
- Southern Steak Smoked with Pimientos de Padrón
- Salmon from the Plank
- Pepper Poppers with Rocket

Manuel Weyer is a chef, food stylist and cookbook author with a penchant for grilling. After working in top restaurants in Germany and abroad, he became self-employed in 2015. His gourmet business includes a restaurant and his cooking and grilling school.

Manuelweyer-culinaryart.de

The essential companion to gas barbecuing.

- **PUBLICATION 13/04/2023**
- **£30**
- **HARDBACK**
- **368 PAGES**
- **EA (253x201)**
- **ISBN: 9780600637806**
- **HAMLYN**

Flavour Kitchen

By Crystelle Pereira



Inspired by her travels and heritage, Crystelle's recipes are bursting with bold and exciting flavours from around the world. In *Flavour Kitchen* she shows that just by adding a few key ingredients to your store cupboard you can easily elevate classic dishes into something vibrant, enticing and fresh.

The book begins with an introduction to the handful of hero ingredients that are used throughout the recipes to add a punch of flavour. All of these key condiments are used more than once, allowing you to make them favourite store cupboard go tos, not one off purchases.

Divided into two halves – savoury and sweet – the book showcases the baking that took Crystelle to the *Bake Off* final, as well as her flair for creative savoury dishes. Whether you're looking for a zingy curries, mouth-watering small plates and zesty salads, or show-stopping celebration cakes, tangy cheesecakes and indulgent brownies, there is a flavour-packed recipe here for every occasion.

Crystelle Pereira is a creative and charismatic cook and baker, raised in North London by Kenyan born, Portuguese-Goan parents. She stole the heart of the nation on the *Great British Bake Off*, and her baking skills saw her reach the final, receiving several Hollywood Handshakes along the way. Her appearance on GBBO made *Vanity Fair*'s list of Best Performances of 2021, and she has gone on to cook on acclaimed TV shows such as *Good Morning America*, *The Today Show*, *Sunday Brunch* and ITV *Lorraine*. Whatever she cooks, Crystelle always puts her own distinctive spin on a recipe: adding a new flavour, experimenting with ingredients or combining complimentary cuisines.

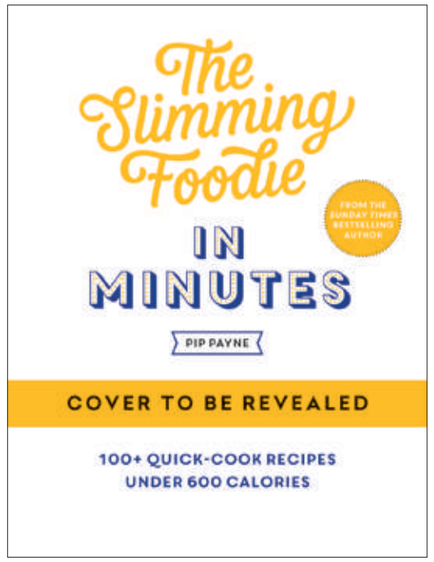
Instagram: @crystellepereira, 183k followers

A collection of innovative recipes that celebrate the vibrancy and inventiveness of international cuisine and encourage you to experiment with flavour.

- **PUBLICATION 27/04/2023**
- **£26.00**
- **HARDBACK**
- **224 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239793**
- **KYLE BOOKS**

The Slimming Foodie in Minutes

By Pip Payne



'Pip Payne is on a mission to help us eat well, without feeling we're on a diet.' – **BEST**

The bestselling Slimming Foodie is back with speedy recipes that prove fast food doesn't have to be unhealthy. One of the biggest barriers to healthy eating is time – after a long day's work it can be tempting to cave into a takeaway or rely too heavily on processed foods for that quick fix. However, the Slimming Foodie's new cookbook contains 100 new delicious recipes, all under 600 calories, that can be prepped or cooked in 30 minutes or less!

The Slimming Foodie is an expert on simple cooking. She has already shown us that we don't have to forgo flavour to eat better and has now made slimming even more convenient with these quick and tasty meals.

With mouth-watering, low-calorie food this fast, *The Slimming Foodie in Minutes* will ensure cooking for the family never takes away from your evening!

Pip Payne is behind the award-winning blog The Slimming Foodie. Keeping a love of food at the fore, Pip's approach is about bringing back convenient home cooking by making healthy recipes that are accessible to a new wave of home cooks. Creating great tasting meals that are cooked from scratch and cut down on fat and sugar while following science-led nutrition advice.

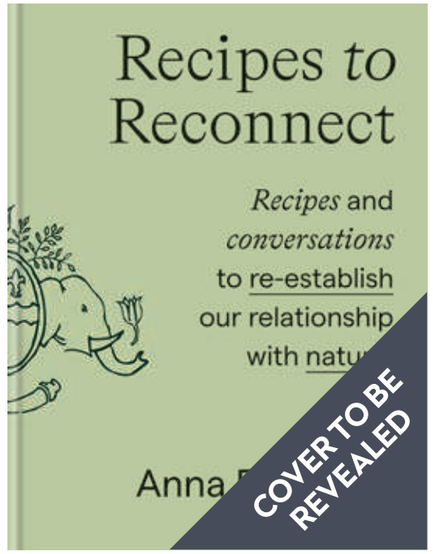
Theslimmingfoodie.com
Instagram: @the_slimming_foodie
Twitter: @slimmingfoodie

Fast, healthy recipes from the *Sunday Times* bestselling author of *The Slimming Foodie*.

- **PUBLICATION 27/04/2023**
- **£20.00**
- **HARDBACK**
- **240 PAGES**
- **U (235x190)**
- **ISBN: 9781783254989**
- **ASTER**

Recipes to Reconnect

By Anna Boglione



Inspired by Anna Boglione's upbringing at Petersham nurseries, *Recipes to Reconnect* includes over 60 recipes from the Petersham team, acclaimed chefs and Anna's own home. Split into seasons, included are delicious, simple dishes, created in response to wide-ranging conversations with farmers, conservationists and nutritionists around themes such as re-wilding, community, sleep and fasting. Interviewees and chefs featured include Isabella Tree, Hugh Fearnley-Whittingstall, Bruce Parry, Jeremy Lee of Quo Vadis, Skye Gyngell of Spring, and Simon Rogan of L'Enclume, The dishes celebrate natural ingredients and encourage you to enjoy your food all the more having considered its origin.

Anna sees food as a way to create conversation, to bring people together and to experience the joy of nature. In *Recipes to Reconnect*, she creates a deeper consideration of nature's place in our modern lives and brings it, quite literally, to the table.

Anna Boglione spent her childhood exploring the Italian alps and within London's Petersham Nurseries, her family's restaurant, farm and garden centre. Having grown up in such organic surroundings, Anna struggled once exposed to the food she ate outside of home. She developed digestion issues, which affected her weight, cognitive function and later her spine. Anna found relief and comfort in plants and nature and launched The Gut.

Petersham Nurseries, Richmond, is situated along the Thames, adjacent to a cow field. Awarded a Michelin star, the seasons are reflected in the food, flowers find their way into the dishes and colours of each season are intertwined within the ambience.

petershamnurseries.com

Seasonal recipes that reconnect us with our local environment, from Anna Boglione and the chefs at Petersham Nurseries.

- **PUBLICATION 02/05/2023**
- **£35.00**
- **HARDBACK**
- **272 PAGES**
- **ME (260x194)**
- **ISBN: 9780857839961**
- **KYLE BOOKS**

Jeremy Pang's School of Wok: Simple Family Feasts By Jeremy Pang



Easy Asian cooking for the whole family from School of Wok founder and star of the hit ITV show *Jeremy Pang's Asian Kitchen*.

- **PUBLICATION 08/06/2023**
- **£25.00**
- **HARDBACK**
- **208 PAGES**
- **U (235x190)**
- **ISBN: 9780600637776**
- **HAMLYN**

AS SEEN ON TV: Make dinnertime easy with over 80 Asian recipes from TV's Jeremy Pang and his award-winning cookery institution, School of Wok.

Bringing together the best Asian flavours from across the continent, this book makes Asian cooking quick and accessible so you can spend less time fussing over dinner and more time together. Each dish can be enjoyed on its own for a simple supper or grouped together for larger feasts with something for everyone to enjoy. Learn how to group dishes together with rice and noodles and other accompaniments as per traditional Asian cuisine. Most recipes in the book utilise the 'wok clock' technique, where the ingredients are laid out in a clock formation in the order they will be cooked for complete simplicity. You'll also find handy feast planners with the order and cooking times of each dish to make life as easy as possible.

Author and TV chef **Jeremy Pang** comes from three generations of Chinese chefs. Over the years, Jeremy's expertise in the Chinese food industry has continued to gain him recognition, winning both Rising Young Star and Best Specialist Cookery School at the British Cookery School Awards 2015. Since then, his recipes and work have been featured in a wide variety of publications including: the *Guardian*, *Independent*, *The Sunday Times*, *Delicious* and BBC *Good Food*. Along with regular appearances on UK TV shows including: Channel 4's *Sunday Brunch* and ITV's *Ainsley's Food We Love* and *Nadiya's Family Favourites*, Jeremy also recently joined BBC1's *Ready, Steady, Cook* for the latest series, made his debut talking food on BBC Radio 2 and is a regular panellist on BBC Radio 4's acclaimed *The Kitchen Cabinet*. Jeremy's refreshing laid-back, straightforward approach has helped him build an ever-growing and thriving specialist cookery school in London called School of Wok.

Instagram: @jeremypang_official | schoolofwok
Twitter: @ChefJeremyPang | schoolofwok
YouTube: SchoolofWok

Chetna's Indian Feasts

By Chetna Makan



Over 80 brand-new tasty recipes to enjoy with friends and family from *Bake Off*'s Chetna Makan.

- **PUBLICATION 08/06/2023**
- **£26.00**
- **HARDBACK**
- **224 PAGES**
- **U (235x190)**
- **ISBN: 9780600637677**
- **HAMLYN**

Chetna Makan is the queen of Indian home cooking. First introduced to us on *The Great British Bake Off*, Chetna has since authored several bestselling cookbooks that combine her inventive flavours with a love of simple Indian recipes.

In this newest collection, Chetna provides us with flavour-packed feasts designed to please a crowd. Chetna's accessible style and supermarket-friendly ingredients prove that you don't need to be an expert to entertain. *Chetna's Indian Feasts* provides a varied array of delicious dishes, grouped together by theme so you know exactly how to pair your platters. Whether this is a big celebration or a quick-fix family dinner, you will find enticing yet easy recipes for every occasion.

Chetna Makan was born in Jabalpur, an ancient city in Central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003.

Chetna reached the semi-final of *The Great British Bake Off* in 2014, and her first book, *The Cardamom Trail*, is a celebration of baking with Indian flavours. She is the author of four other titles: *Chai, Chaat & Chutney* (2017), *Chetna's Healthy Indian* (2019), *Chetna's Healthy Indian Vegetarian* (2020) and *Chetna's 30 Minute Indian* (2021). She has a very popular YouTube channel, 'Food with Chetna', where she shares her creative flair for food.

Youtube: FoodwithChetna
Instagram: @chetnamakan
Twitter: @chetnamakan



Garden Style

By Heidi Howcroft and Marianne Majerus



640 glorious photographs with informative commentaries to inspire your own outdoor paradise.

- **PUBLICATION 02/03/2023**
- **£40.00**
- **HARDBACK**
- **320 PAGES**
- **OTHER (280x240)**
- **ISBN: 9781784727826**
- **MITCHELL BEAZLEY**

Choosing what suits your garden can be a daunting prospect and everyone, even the professionals, needs help to realize opportunities and create outdoor spaces in tune with their personal needs and dreams. A garden is what we make it: there is no right or wrong way and each is unique.

Richly illustrated with 640 photos by award-winning photographer Marianne Majerus and with illuminating text by landscape architect Heidi Howcroft, this book shows what is possible for every type of garden, from challenging small spaces to expansive plots. Design tools are explained, planting styles explored, and inspiration is drawn from a wide variety of locations and climates to appeal to garden owners and designers everywhere.

The book is not only a companion to *Garden Design: A Book of Ideas* (45,000 copies in print) but is also a valuable style catalogue and sourcebook in its own right, encouraging and inspiring readers to discover their own garden style – be it contemporary or traditional, cottage-style or urban minimalist.

Heidi Howcroft was educated in England and completed her professional training as a landscape architect in Germany, where she lived and worked for many years. In addition to design work she has curated exhibitions, writes as a columnist and is the author of over 30 books covering a wide range of garden topics. Based in Somerset, England.

Marianne Majerus is one of Europe's finest garden photographers. She has won many awards, including International Garden Photographer of the Year, and has been named Photographer of the Year by the Garden Media Guild on several occasions. In 2018 she was named European Garden Photographer of the Year. She is a founding member of the Professional Garden Photographers' Association. She is the co-author, with Heidi Howcroft, of *Garden Design: A Book of Ideas*.

Handbook of Home Design

By Laura Jane Clark



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

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

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

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

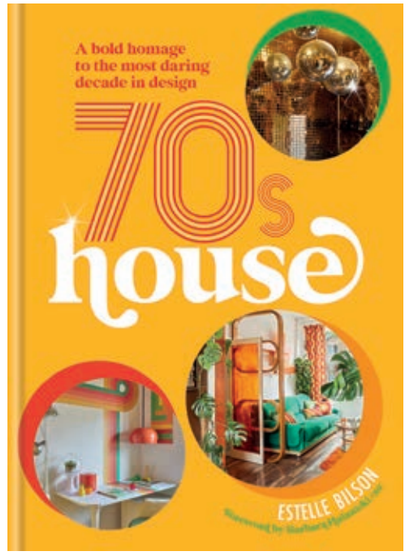
@laurajaneclark_

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

- **PUBLICATION 21/03/2023**
- **£22.00**
- **HARDBACK**
- **192 PAGES**
- **U (235x190)**
- **ISBN: 9781914239267**
- **KYLE BOOKS**

70s House

By Estelle Bilson



From disco and glam to space age and psychedelic, there's no denying the huge impact the 70s had on style and design. But how do you bring the era's maximalism to your interior without it looking like a cluttered junk shop or a period pastiche?

Estelle Bilson aka @70shousemanchester transformed her unremarkable 3-bedroom terraced home into a 70s wonderland, using a thrifty eye and vintage know-how. In her first book, she shows you how to bring the same creative magic to your home with her expert tips and tricks on choosing colour, pattern, shapes and materials – whether you're after a few nods to the era, or the full 70s fantasy.

70s House is the definitive guide to the era, covering everything from shag carpets and supergraphics, to Hornsea ceramics and G Plan furniture. Estelle also reveals her secrets to throwing the grooviest get-together, complete with vintage recipes and record selections to match.

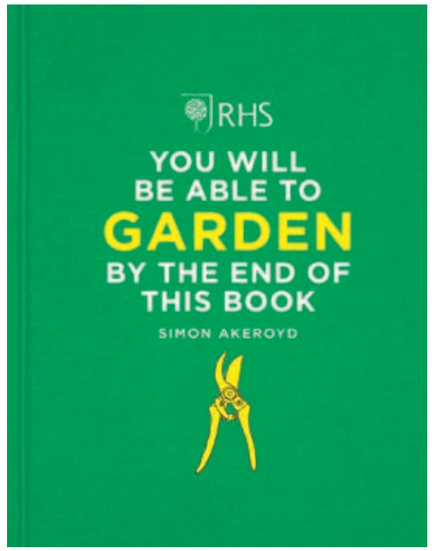
Part interiors guide, part manual for living, this loud-and-proud book will bring not only 70s colour and kitsch to the modern day, but also the rebellious spirit and freewheeling energy epitomised by the era. Because the 70s is so much more than the decade that taste forgot.

70s House Manchester (@70shousemanchester) started as the home of **Estelle Bilson**, daughter of an antiques dealer, who has been collecting since 1990. A former Savile Row product developer and technical designer, Estelle designs and sells her own 70s-style homewares from her online boutique, www.70shousemanchester.com. Estelle can be seen regularly on BBC1's *The Bidding Room*, presented by Nigel Havers, as one the show's specialist dealers, where she displays her vast knowledge of mid-century and 70s curiosities. Her 70s House is available to hire as a location for film, photography and weddings and advertising campaigns.

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

- **PUBLICATION 30/03/2023**
- **£18.99**
- **HARDBACK**
- **176 PAGES**
- **OTHER (229x164)**
- **ISBN: 9781914239694**
- **KYLE BOOKS**

RHS You Will Be Able to Garden by the End of This Book By Simon Akeroyd



A foolproof step-by-step beginner's guide to gardening, backed by the authority of the RHS (more than 600,000 members).

- **PUBLICATION 06/04/2023**
- **£20.00**
- **HARDBACK**
- **224 PAGES**
- **SSN (246x189)**
- **ISBN: 9781784728403**
- **MITCHELL BEAZLEY**

The title might sound like a bold statement, but you really will be able to garden by the end of this book. Whether you are a budding botanist or just aspire to have greener fingers, this book will hold your 'horticultural hand' and guide you gently through the principles of gardening. Whether you have a tiny courtyard or something a bit bigger, this book will share everything you need to know to create your own patch of horticultural heaven.

12 easy-to-follow chapters explore all the basics of successful, stress-free gardening including assessing and designing your garden, how to grow fruit and vegetables, plant maintenance, propagation, lawns and container garden. The 15 step-by-step techniques will teach you how to sow seeds, prune shrubs, cut a hedge, mow a lawn and even how to design your own outside space, plus so much more. Just as important, the book explains how to garden sustainably and encourage wildlife, so that you can make informed decisions when it comes to creating and maintaining your garden.

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

Simon was previously Gardens' Manager for the National Trust (with properties that include Agatha Christie's Greenway, Coleton Fishacre, Compton Castle, Bradley Manor and Polesden Lacey). He was also Garden Manager for the Royal Horticultural Society including Harlow Carr and RHS Garden Wisley. Apart from gardening he is also a keen beekeeper.

RHS Wildflowers Watercolour Art Pad

By Rachel Pedder-Smith



15 stunning wildflower templates with guidance from the artist behind *RHS Flowers: The Watercolour Art Pad* and *RHS Botanical Art Watercolour Pad*.

- **PUBLICATION 04/05/2023**
- **£16.99**
- **PAPERBACK**
- **56 PAGES**
- **OTHER (297x210)**
- **ISBN: 9781784728878**
- **MITCHELL BEAZLEY**

Create beautiful wildflower paintings using template outlines from the artist, printed on art-quality watercolour paper. Each outline includes a finished painting to copy and a recommended colour palette, as used by the artist. The book includes step-by-step tutorials on essential techniques and advice and tips on painting different kinds of plants and flowers, from fleshy bluebells to delicate blossom. Perfect for absolute beginners in botanical art, the ready-to-use outlines allow readers to focus on painting, avoiding the difficulty of accurate composition drawings. *RHS Wildflowers Watercolour Art Pad* is an ideal gift for watercolour fans at all stages, whether they're looking to take up botanical art for the first time or refreshing their skills.

Featured templates include:

- Bluebells
- Cowslips
- Bee Orchids
- Aconites
- Meadow Flowers

Rachel Pedder-Smith is a botanical artist from the Royal College of Art, London. She has a longstanding relationship with Royal Botanic Gardens, Kew where she spent many years illustrating pressed and dried specimens from within the Herbarium collection. She also moderates the Botanical Illustration Diploma at Royal Botanic Gardens, Edinburgh. She is the author of *RHS Flowers: The Watercolour Art Pad* (2017, Mitchell Beazley) and *RHS Botanical Art Watercolour Art Pad* (2021, Mitchell Beazley).

Rachel has been awarded four gold medals from the Royal Horticultural Society. She has had two solo shows in London and her paintings are included in many notable collections, the Shirley Sherwood Collection, Royal Botanic Gardens, Kew, the Hunt Institute for Botanical Documentation and the Lindley Library.

RHS The Little Book of Cut-Flower Gardening

By Holly Farrell



Flowers brighten our homes, our lives and, when they are homegrown, they also brighten our gardens – not just for us, but also for the buzzing wildlife that loves their nectar. Growing your own flowers gives the huge satisfaction of harvesting something from a plant you have nurtured, and brings a greater connection with nature and the seasons. It also allows you to have a house full of flowers at a fraction of the cost of buying them, all with a sustainable, positive environmental impact.

RHS The Little Book of Cut-Flower Gardening is the perfect introduction to growing your own blooms. Whether your cut-flower patch is a handful of pots or half an allotment, you'll find accessible information on successful and sustainable growing, to keep your plot healthy and as productive as possible. As well as introductory chapters on planning and gardening basics, there are details on how to cut your flowers and extend their vase life, and how to dry flowers for everlasting arrangements.

More than just flowers, the directories break down the blooms and foliage into their different groups. There are sections on annuals from seed, such as love-in-a-mist, ammi and sweet peas; growing bulbs and tubers such as tulips and dahlias; perennials for flower and foliage, such as lady's mantle, lavender, roses, apple mint and ornamental grasses; and shrubs and trees for foliage, flower, spring blossom and colourful winter stems.

Holly Farrell studied at the University of York then trained at RHS Garden Wisley, where she gained the Wisley Diploma and RHS Certificates in Horticulture. Her recent books include *Healing with Plants: The Chelsea Physic Garden Herbal, RHS Get Growing, RHS Do Bees Need Weeds?* (co-author), *Growing Herbs* (Kew Gardener's Guides), *The Herb Almanac* (with Chelsea Physic Garden) and *RHS The Little Book of Wild Gardening*. Holly is a judge on the Vegetable Forum at RHS Bridgewater and also regularly contributes to magazines: the *Garden*, the *English Garden, Kitchen Garden, Breathe* and *Teen Breathe*.

The ideal companion for anyone starting a new cut-flower patch, inspiring and guiding you to fill your home with armfuls of fresh, sustainable, and beautiful blooms all year around.

- **PUBLICATION 04/05/2023**
- **£14.99**
- **HARDBACK**
- **144 PAGES**
- **OTHER (208x155)**
- **ISBN: 9781784728885**
- **MITCHELL BEAZLEY**

RHS How to Grow Plants for Free

By Simon Akeroyd



Increase your stock of plants easily and for free by propagating them yourself. *RHS How to Grow Plants for Free* demystifies the art of taking cuttings and explains the other ways you can multiply your garden plants. Propagating your own plants is fun, inexpensive, and a sustainable way to garden.

An introductory section explains the botanical science behind all types of propagation and defines and simplifies the language. The book is then split into self-contained practical chapters detailing each of the different types of propagation. Each chapter includes a selection of 'plant profiles' for the plants best suited to each propagation method:

- Dividing Plants covers the easiest methods of splitting one plant into several new ones
- Saving Seeds introduces how to collect and process seeds from flowers, vegetables, herbs and trees
- Cuttings covers how to successfully grow a new plant from an existing one using several different methods for taking cuttings
- The Houseplants chapter shows techniques needed to increase your collection.
- The final chapters show how to grow new plants from kitchen scraps, and gives ideas on how to make the most of all the new plants you've created by giving them as gifts

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

Simon was previously Gardens' Manager for the National Trust. He was also Garden Manager for the Royal Horticultural Society.

The perfect introduction to easily and cheaply increasing the number of plants in your garden or community.

- **PUBLICATION 04/05/2023**
- **£14.99**
- **HARDBACK**
- **144 PAGES**
- **OTHER (208x155)**
- **ISBN: 9781784728915**
- **MITCHELL BEAZLEY**

Create

By Ali Heath



The much-anticipated follow-up to *Curate* (more than 28,000 copies sold since June 2021) provides decorating inspiration for homes that combine the old and the new.

- **PUBLICATION 01/06/2023**
- **£30.00**
- **HARDBACK**
- **224 PAGES**
- **K (280x216)**
- **ISBN: 9781784728557**
- **MITCHELL BEAZLEY**

Some of the most exciting interiors around are those that layer vintage and antique finds with select contemporary pieces. In *Create*, interior stylist and journalist Ali Heath encourages you to think imaginatively about how to bring together old and new at home – introducing individuality and interest, while incorporating the need to decorate more sustainably.

Following on from the success of her first book *Curate*, *Create* is a visual feast divided into three engaging and informative chapters. Establishing Your Style will fire your imagination, while Adding the Magic considers various decorating elements, including pattern and texture, curiosities and collections, furniture and furnishings, art and display, and lighting. In Creative Spaces the homes of a maverick group of ten antique dealers and interior designers are shared – offering a mix of pared-back neutral homes and more colourful spaces – providing a fresh new take on artfully combining old and new. The book is full of insightful advice from experts and gives readers a valuable sourcebook to return to for inspiration.

With glorious photography, original drawings and break-out ideas pages, *Create* will give you the confidence to nurture a home you love – one that celebrates the past while embracing the present and future.

Ali Heath is a UK-based interiors journalist, stylist, creative consultant and author and has over 17 years' freelance experience, working with prestigious interior magazines, newspapers and private clients. Her work is featured regularly in many titles that include *Country Living*, *Elle Decoration*, *Elle Decoration Country*, *Homes and Gardens*, *House & Garden*, *Livingetc*, *Modern Rustic*, *Red*, the *Telegraph* and *YOU Magazine*. Ali collaborates with many leading photographers and her work is represented internationally by Living Inside agency, in Milan.

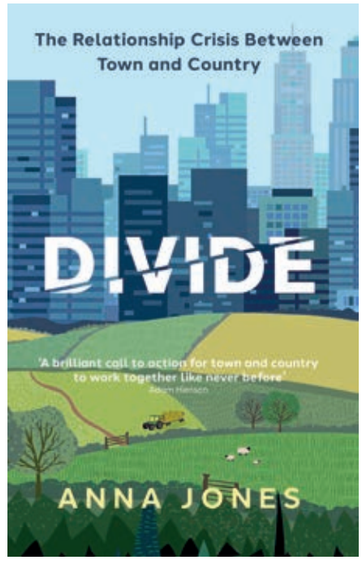




Nature

Divide

By Anna Jones



A ground-breaking book that uncovers the most overlooked cultural division in modern society – the rift between urban and rural communities.

- **PUBLICATION 18/02/2023**
- **£9.99**
- **PAPERBACK**
- **288 PAGES**
- **B (198x126)**
- **ISBN: 9780857839732**
- **KYLE BOOKS**

'Divide is well written and thought-provoking.' – ***Sunday Telegraph***

This book is a call to action. It warns that unless we learn to accept and respect our social, cultural and political differences as town and country people, we are never going to solve the chronic problems in our food system and environment.

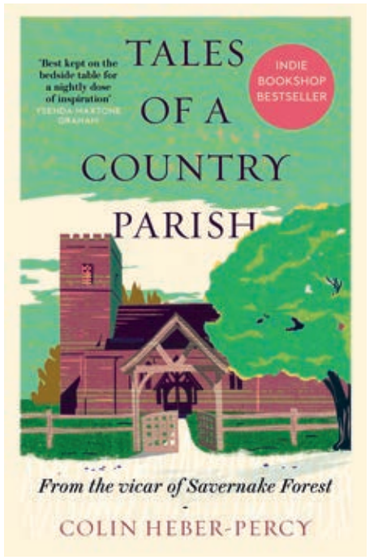
As we stare down the barrel of climate change, only farmers – who manage two thirds of the UK's landscape – working together with conservation groups can create a healthier food system and bring back nature in diverse abundance. But this fledgling progress is hindered and hamstrung by simplistic debates that still stoke conflict between conservative rural communities and the liberal green movement.

Each chapter, from Family and Politics to Animal Welfare and the Environment, explores a different aspect of the urban/rural disconnect, weaving case studies and research with Anna's personal stories of growing up on a small, upland farm. There is a simple theme and a strong message running throughout the book – a plea to respect our differences, recognise each other's strengths and work together to heal the land.

Anna Jones is a well-known journalist, broadcaster, blogger and Nuffield Farming Scholar. She is a familiar voice on BBC Radio 4's *Farming Today*, *On Your Farm*, *Costing the Earth*, *Food Programme* and BBC World Service, and a freelance producer/director on BBC One's *Countryfile*. She writes for the *Guardian* and farming trade press. Growing up on the Welsh Borders, from at least five generations of farmers on her father's side and a long line of butchers and farm labourers on her mother's, Anna's heritage is deeply rooted in working class, conservative, rural values.

Tales of a Country Parish

By Colin Heber-Percy



One vicar's uplifting, intelligent and often amusing meditation on life in a country parish.

- **PUBLICATION 30/03/2023**
- **£9.99**
- **TRADE PAPERBACK**
- **288 PAGES**
- **B (198x126)**
- **ISBN: 9781780725611**
- **SHORT BOOKS**

'A delightful book from a gentle, generous spirit.'
– **Simon Russell Beale**

'Philosophical speculation, country lore, rock music, spiritual exploration, erudite and beautifully written, this collection of reflections and meditations is a surprise and a delight.'
– **Salley Vickers**

'Self-willed, eccentric, intimate... this book takes you into the mind of a man of intellect, deep tenderness, and above all, a passionate, life-sustaining Christian faith.'
– **Madeleine Bunting**

'This hymn to a holy land has a Wordsworthian appreciation of nature and is full of humanity and wisdom.' – **Sarah Sands**

'A luminous, lyrical book, brimming with soul and the spirit of place.' – **Bishop Andrew Rumsey**

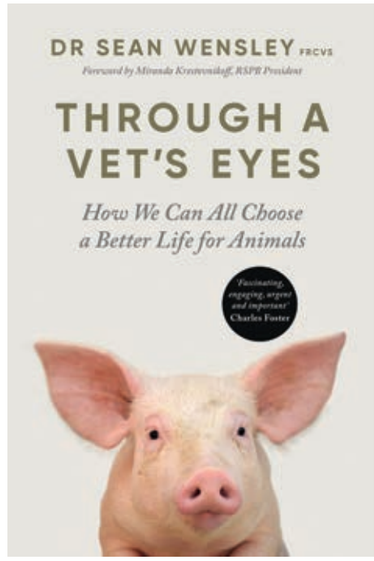
'Heber-Percy's prose is flowing and he writes amusingly, perceptively and beautifully.' – ***Country Life***

In this thought-provoking book, Colin Heber-Percy draws upon a kaleidoscopic knowledge of nature, philosophy, poetry and music as he records the trials and tribulations of life in his Wiltshire parish, while gently offering up wisdom and sustenance for all, regardless of faith and creed.

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

Through A Vet's Eyes

By Dr Sean Wensley



An eye-opening book about our relationship with animals, written by an award-winning vet.

- **PUBLICATION 27/04/2023**
- **£9.99**
- **PAPERBACK**
- **368 PAGES**
- **B (198x126)**
- **ISBN: 9781856754750**
- **GAIA**

One of the *Financial Times*' Best Summer Books of 2022.

'A compelling account of the trials, tribulations and triumphs of life as a vet – and a lesson to us all on how we should treat the animals with which we share our lives.' – **Stephen Moss, naturalist and author**

As our societies become more urbanised, we are further removed from the reality of where and how our food is produced. Surveys suggest that nearly 1 in 4 UK adults don't know that bacon comes from pigs. On the opposite end of the spectrum, the humanisation of our pets is a risk to their welfare; with over 60% of UK dogs being overweight or obese, we are effectively killing them with kindness. *Through A Vet's Eyes* seeks to redress this imbalance so that we see all animals as thinking, feeling beings not dissimilar to ourselves.

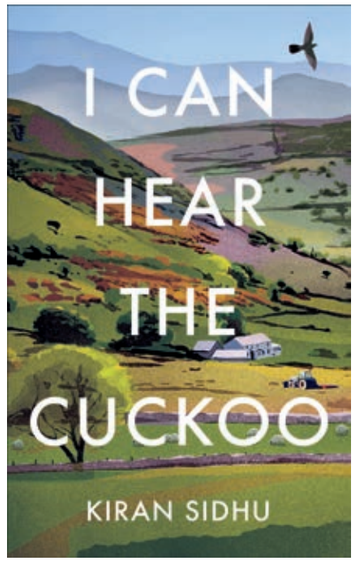
Dr Wensley shares his first-hand experience of how animals are treated and used for our benefit. He interrogates the different levels of welfare afforded to them and reveals how we the general consumer can reduce our animal welfare footprint through the choices we make every day.

Dr Sean Wensley is an award-winning UK veterinarian and recent President of the British Veterinary Association (BVA). He chairs the Animal Welfare Working Group of the Federation of Veterinarians of Europe (FVE), which represents veterinary organisations from 40 European countries. In 2017 he received the inaugural World Veterinary Association (WVA) Global Animal Welfare Award for Europe. He is a Fellow of the Royal College of Veterinary Surgeons and is Senior Veterinary Surgeon for Communication and Education at the national UK veterinary charity, the People's Dispensary for Sick Animals (PDSA). His media appearances include BBC Radio 4 *Today*, BBC *Breakfast*, BBC Radio 2 *Jeremy Vine* and *The Big Questions*.

Twitter.com/seanwensley

I Can Hear the Cuckoo

By Kiran Sidhu



One woman's journey to the Welsh Valley, and how she heals a fractured past and discovers a sense of belonging through the community she finds there.

- **PUBLICATION 27/04/2023**
- **£16.99**
- **HARDBACK**
- **320 PAGES**
- **DEMY (216x153)**
- **ISBN: 9781856755009**
- **GAIA**

Heart Valley, based on Wilf the farmer and co-written and produced by Kiran Sidhu, premiered at the 2022 Tribeca Film Festival.

After Kiran loses her mother, she escapes to the Welsh countryside – to allow herself to grieve away from turbulent city life in London, to leave her toxic family behind, and to find solace in the purity of the natural world.

She openly wonders, 'what's a brown city girl like me doing in the Welsh countryside?', but she quickly discovers a sense of belonging in the small, close-knit community she finds there; her neighbour Sarah, who teaches her how to sledge when the winter snow arrives; Jane, a 70-year-old woman who lives at the top of a mountain with three dogs and four alpacas; and Wilf, the farmer who eats the same supper every day, and taught Kiran that the cuckoo arrives in April and leaves in June.

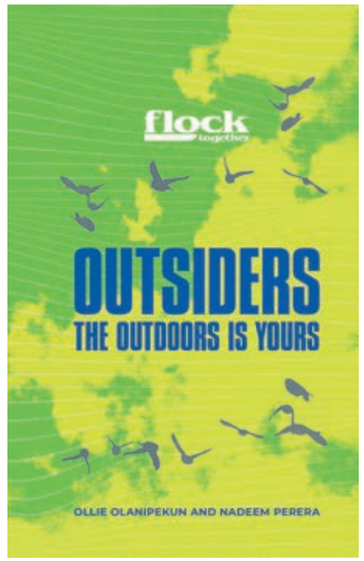
I Can Hear the Cuckoo is a tender, philosophical memoir about the beauty of a microscopic life, the value of solitariness, and respecting the rhythm and timing of the earth. This is a reflective book about finding friendship in the most unexpected places – and what nature and a small community in the Welsh Valleys can teach us about life.

Kiran Sidhu is a freelance journalist and has written features, lifestyle and opinion pieces for the *Guardian, Observer, Telegraph, The i Paper, The Independent, Metro, Woman* magazine, *Woman's Own* and *Breathe* magazine. Her article about her farmer friend Wilf was the 13th most read article in the *Guardian* in 2021, and was made into a short film *Heart Valley*, directed by Christian Cargill and produced by Pulse Films. She lives in the Welsh Valley with her husband.

kiransidhu.co.uk | Twitter.com/kiransidhu41

Flock Together: Outsiders

By Ollie Olanipekun and Nadeem Perera



The first book from the up-and-coming birdwatching club making nature accessible to everyone.

- **PUBLICATION 11/05/2023**
- **£8.99**
- **PAPERBACK**
- **224 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781856754781**
- **GAIA**

AS SEEN ON BBC ONE'S *THE ONE SHOW*

Nature is a powerful source of creativity, inspiration and healing; however, it has not always felt like a safe space for people of colour. Flock Together is here to change that, by inspiring everyone, regardless of race, religion or economic status, to build their relationship with the outdoors and embrace all that nature has to offer.

Founded by Ollie Olanipekun and Nadeem Perera in summer 2020, Flock Together is the UK's first birdwatching collective for people of colour. Ollie and Nadeem share a mutual love of nature - it is their outlet when faced with neglect and prejudice, it is a place for deep thought and discovery, and it is the foundation on which their friendship and community is built.

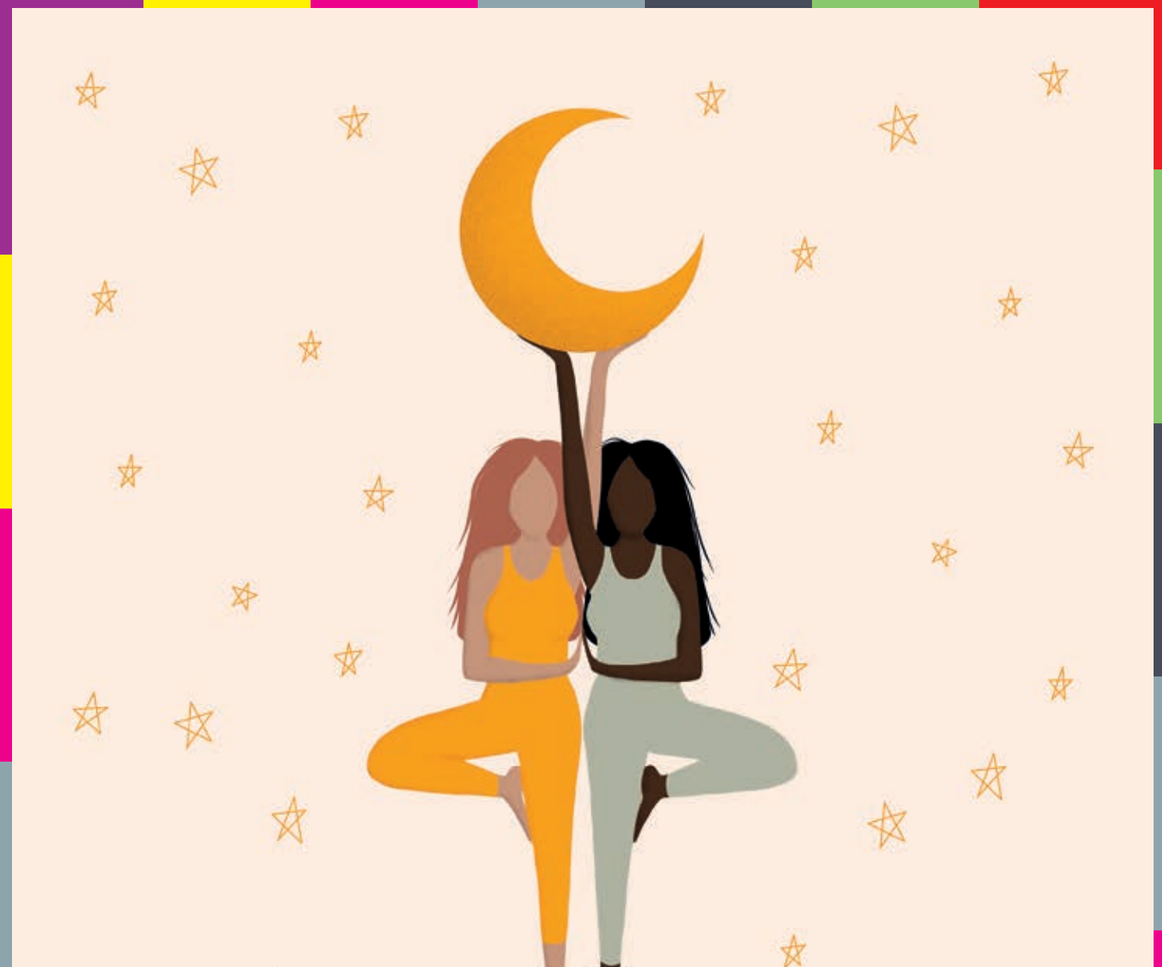
Part memoir, part manifesto, *Outsiders* is Flock Together's call-to-action. Divided into six parts, each chapter focuses on a key pillar in the Flock's mission: Make Nature a Must; Challenging Preconceptions; Nature as My Healer; Building a Community; Who Runs Nature; and Creative Mentorship.

Nadeem Perera is a sports coach and activist. A self-taught birdwatcher of 13 years, he has acquired expert knowledge of birds, other wildlife and the great outdoors in rural England. He has found ways to connect this experience with communities of all ages through his work in youth football and other sports.

Instagram.com/birdnerdeem

Ollie Olanipekun is a Creative Director based in north-east London. He is the founder of award-winning creative agency Superimpose / Futurimpose and has social responsibility at the core of his work. Empowering individuals and communities throughout his career, Ollie is committed to supporting this audience as well as building smoother pathways into the creative industries for the next generation of 'non-traditional' creatives.

Instagram ollie_ranger



Health & Wellbeing

The Health Fix

By Dr Ayan Panja



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

- **PUBLICATION 05/01/2023**
- **£14.99**
- **HARDBACK**
- **256 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781914239298**
- **KYLE BOOKS**

In this ground-breaking book, NHS GP and lifestyle medicine expert Dr Ayan Panja, helps you to understand the interplay between your symptoms and your biology, so you can tailor your own lifestyle-based Health Fix.

While modern medicine mainly deals with the 'what' and treating the symptoms of ill health, Dr Ayan focuses on the 'why' and shares his novel approach to future-proofing your health and preventing illness for as long as possible.

With over 30 years' worth of learning, clinical practice and teaching since starting medical school, as well as experiencing his own period of ill health, Dr Ayan shares his unique personalised framework to help you to get to the root of your symptoms and shows you how to apply the key concepts through a collection of real-world Health Fix case studies.

- A personalised Health Fix toolkit includes advice on how to:
- Create your own Health Loop and tighten up on the eight key factors which affect your everyday health
- Improve your ability to control your habits and change your behaviours through the easy-to follow IDEAL framework
- Experience the subtle power of How, What and When
- Generate your own targeted Lifestyle Prescription
- Apply the 'fixes' that are relevant only to you
- Feel the difference within 8 weeks

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. Ayan featured in *Pulse* magazine's Power 50 in 2020 which lists the UK's most influential GPs and also hosts a bite-sized podcast called *Saving Lives in Slow Motion*. @Dr_Ayan

Moon Yoga

By Lisa Hood



Whether we realize it or not, we are all connected to the moon's energy – everyone and everything – from the rolling tides to the balance of emotions within our bodies.

Understanding the different energies of the changing moon phases will allow you to move through life in a more harmonious way.

Moon Yoga is your guide to harnessing the moon's energy to lift and enhance your life. Insightful guidance on the lunar cycle and its effects on us as human beings will teach you how to practice yoga in sync with the moon's energy – from yin poses and flows to individual poses for each full moon throughout the year. Plus, uplifting mantras and rituals to provide grounding, strengthened intuition and mindfulness when you need it most.

Lisa Hood has been working with bodies for over 16 years. She trained and performed as a professional dancer and has been teaching yoga for 5 years. For the last 5 years she has found herself being more and more drawn to other methods of mindfulness. Watching the moon, and understanding its energy and having the freedom to be bold enough to manifest with conviction, has given her the opportunity to make decisive exciting decisions in her life and she brings these gifts from Mama Earth into her teaching.

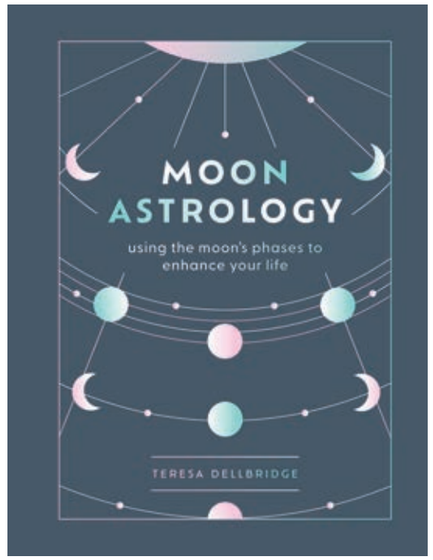
Lahoodyoga.com
Instagram: @LahoodYoga

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

- **PUBLICATION 05/01/2023**
- **£12.99**
- **HARDBACK**
- **128 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815237**
- **GODSFIELD**

Moon Astrology

By Teresa Dellbridge



As the moon passes through its phases, the ebb and flow of its energy washes through you like the coming and going of the tides.

When you tap into the moon's tempo and plan the events of your life in tune with its rhythm, you feel more centred and balanced, and every aspect of life is in harmony with nature's music. Learning about the moon's signs and phases means that you can:

- Understand why some days are easy and some are difficult
- Plan events to take advantage of cosmic influences
- Target the right time for important decisions
- Know when to hold back and when to act

Moon Astrology is the essential guide to discovering how the moon can impact your instincts and intuitions and have subtle effects on the rhythms of everyday life.

Teresa Dellbridge (née Teresa Moorey) has written many books on personal growth, self-help, psychic powers and esoteric wisdom. She is the author of *Working with Psychic Protection*, *Working with Hypnotherapy*, *Your Crystal Code* and *The Fairy Bible*.

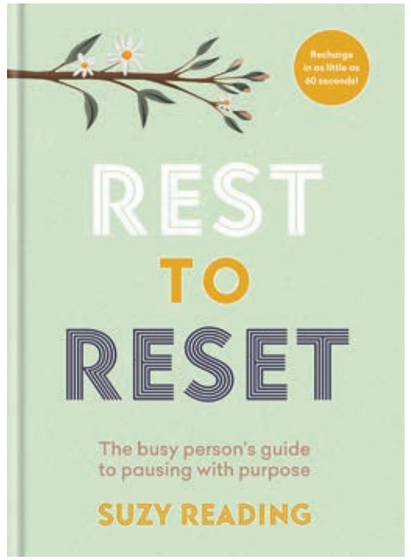
Teresadellbridge.co.uk

A beautifully illustrated guide to harnessing the ancient power of the moon and using it to create lasting change in your life.

- **PUBLICATION 05/01/2023**
- **£12.99**
- **HARDBACK**
- **144 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815329**
- **GODSFIELD**

Rest to Reset

By Suzy Reading



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

- **PUBLICATION 02/02/2023**
- **£12.99**
- **HARDBACK**
- **160 PAGES**
- **Z (210x149)**
- **ISBN: 9781783255276**
- **ASTER**

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 busyness as a badge of honour 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 energising 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 heaving 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!

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

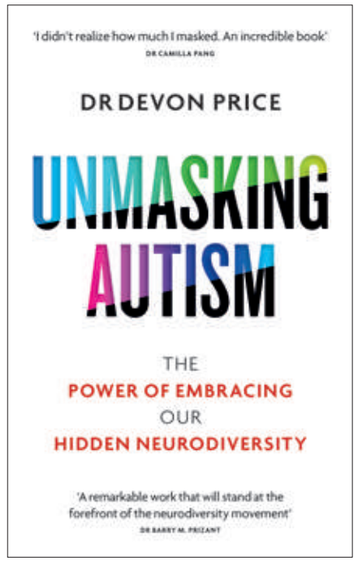
Suzy Reading is a Chartered Psychologist, a qualified yoga teacher and personal trainer, specialising in wellbeing. Suzy is the Neom Organics Psychology expert, a founding member of The Nourish App and is on the editorial board for *Motherdom Magazine*. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times*, *This Book Will (Help) Make You Happy*, *And Breathe* and *Sit to Get Fit*. Her self-care card deck *The Little Box of Self-Care* is available to pre-order now.

Suzyreading.co.uk | Instagram.com/suzyreading

Twitter.com/suzyreading

Unmasking Autism

By Dr Devon Price



A groundbreaking new work on understanding 'masked Autism' and the power of embracing neurodiversity for both individuals and society.

- **PUBLICATION 02/02/2023**
- **£14.99**
- **PAPERBACK**
- **320 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781800960565**
- **MONORAY**

'Reading this felt like being at home – I didn't realise how much I masked. What an incredible book that I know will be re-read many times over.' – **Dr Camilla Pang, author of *Explaining Humans***

'A powerful argument for radical self-acceptance applicable to all readers.' – ***Los Angeles Times***

'An essential roadmap for autistic people to be themselves.' – ***NPR***

Have you, a friend or family member been living with undiagnosed autism?

For every visibly Autistic person you meet, there are countless 'masked' people who pass as neurotypical. They don't fit the stereotypical mould of Autism and are often forced by necessity to mask who they are, spending their entire lives trying to hide their Autistic traits. In particular, there is evidence that Autism remains significantly undiagnosed in women, people of colour, trans and gender non-conforming people, many of whom are only now starting to recognise those traits later in life.

Blending cutting-edge research, personal insights and practical exercises for self-expression, Dr Devon Price examines the phenomenon of 'masking', making a passionate argument for radical authenticity and non-conformity. A powerful call for change, Unmasking Autism gifts its readers with the tools to uncover their true selves and build a new society - one where everyone can thrive on their own terms.

Devon Price, Ph.D. is a social psychologist, professor, author and proud Autistic person. His writing has appeared in outlets such as the *Financial Times*, *HuffPost*, *Slate*, *Jacobin*, *Business Insider*, *LitHub* and on PBS and NPR. Price is also the author of *Laziness Does Not Exist* (S&S). He lives in Chicago, where he serves as Assistant Professor at Loyola University Chicago›s School of Continuing and Professional Studies.

One Thousand Days and One Cup of Tea

By Vanessa Moore



A heart-breaking grief memoir uncovering the process of healing from a personal and psychological view, written by a bereaved clinical psychologist.

- **PUBLICATION 02/02/2023**
- **£9.99**
- **PAPERBACK**
- **304 PAGES**
- **B (198x126)**
- **ISBN: 9780857839428**
- **KYLE BOOKS**

Vanessa's husband Paul dies suddenly and tragically on their regular Sunday morning swim.

How will she cope with her dilapidated house, her teenage children, the patients who depend on her? Will therapy help? Why do mysterious white feathers start appearing in unexpected places?

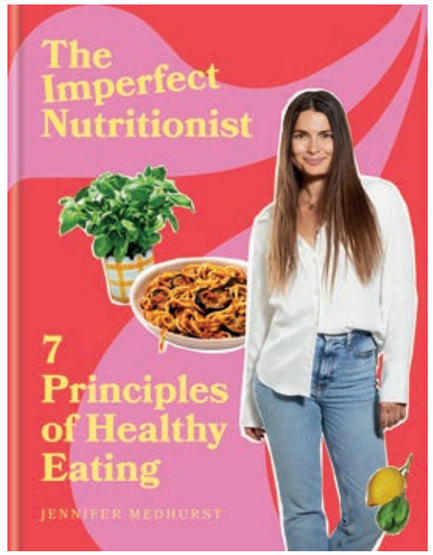
As a clinical psychologist, Vanessa Moore is used to providing therapy and guidance for her patients. But as she tries to work out how to survive the trauma that has derailed her life, she begins to understand her profession from the other side. Like her, many of her patients were faced with life events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

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

Vanessa Moore is a clinical psychologist. She studied Psychology at the University of Bristol, gained her PhD in Experimental Psychology from University College London and trained as a clinical psychologist at the Institute of Psychiatry. She has had a long career in the NHS working in clinical, teaching, research and senior management roles. She specialised in working with children and families early in her career and she has published extensively in academic journals, mainly in the field of child psychology. She is a specialist magistrate in the family courts and she lives in Hampshire.

The Imperfect Nutritionist

By Jennifer Medhurst



Delicious, nutritious recipes created to deliver as much joy as they do nourishment, with a positive, inclusive food message.

- **PUBLICATION 02/02/2023**
- **£25.00**
- **HARDBACK**
- **192 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239755**
- **KYLE BOOKS**

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:

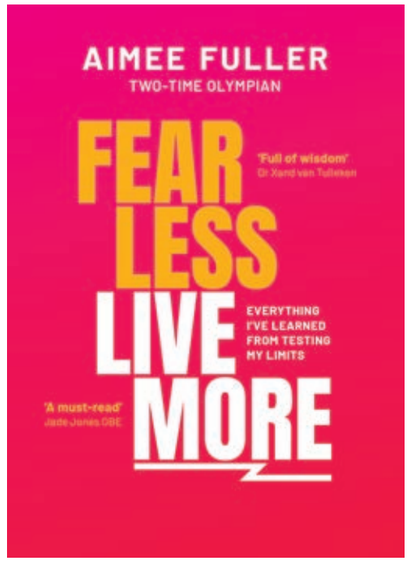
- Eat whole
- Be diverse
- Factor in fats
- Include fermented foods
- Reduce refined carbohydrates
- Know your liquids
- Eat mindfully

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.

Jennifer Medhurst AKA "the imperfect nutritionist" is a registered nutritionist, mBANT, rCNHC with a private clinic based in London. Jennifer's 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. Many hours in the kitchen and some failed experiments later a new passion was discovered, and she set up a successful health food catering business and a food blog to share her recipes.

Fear Less Live More

By Aimee Fuller



As someone who has lived outside her comfort zone, Aimee Fuller has a lot to say about fear. A former professional snowboarder, she made history as the first woman to land a double backflip in competition and competed in two Winter Olympics. In 2019, Aimee fronted the documentary *Running in North Korea*, which shows her running her first-ever marathon in one of the most isolated countries in the world.

In this bright and insightful book, Aimee gives an honest account of her experiences with fear and how, when the worst happens, she manages to pick herself back up again with purpose and an even greater thirst for life. Encouraging you to get up close and personal with your fears, Aimee shows you how to reframe fear and build a healthy relationship with it and what to do when things go wrong.

Drawing on her training as a professional athlete, Aimee provides confidence-building tools that can be applied to any aspect of life, like goal-setting, maintaining consistency, celebrating your strengths, learning from failure, taking comfort in choice, owning your decisions and visualising success. *Fear Less, Live More* is for anyone who wants to be the driver of their own life.

Aimee Fuller is a two-time Olympian, broadcaster, and sport and media personality. As a professional snowboarder, she took part in two Winter Olympics for Team GB and, in 2017, ranked third in the world in the Big Air World Cup rankings. She is a member of the British Olympic Association (BOA) Athletes' Commission. Aimee hosts regular features on BBC One's *Ski Sunday*, presents live TV events across sport for Red Bull TV and the Olympic Channel, and hosts a podcast, *Monday Mile with Aimee Fuller*.

Aimeefuller.co.uk | Instagram Aimee_Fuller
Twitter Aimee_Fuller | Facebook AimeeFullerSnow

How to make the most of life outside your comfort zone.

- **PUBLICATION 02/02/2023**
- **£8.99**
- **PAPERBACK**
- **208 PAGES**
- **OTHER (178x126)**
- **ISBN: 9781783254125**
- **ASTER**

The Money Journal

By Gemma Bird



Achieve your budget goals with *The Money Journal*.

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

With the spiralling cost of living, it's difficult to feel like you can take control of your finances. And with so much shame and secrecy around the topic of money, it can be difficult to ask for support. However, *The Money Journal* will help you get in the right frame of mind so you can manage your budget and achieve your goals. Because money isn't a secret recipe that only rich people know, it's a mindset and an attitude that anyone can have.

With space for tracking your spending, exercises to help you budget, a checklist for getting out of debt, and of course, tips and encouragement from @MoneyMumOfficial, *The Money Journal* will have you feeling empowered in no time!

No more money anxiety. Take a breather, fill in this journal, and start saving towards your life goals.

Gemma Bird AKA Money Mum is a hard-working mother of two from Essex. After years of working multiple jobs at once, from picking mushrooms to working as an estate agent, Gemma never earned more than £25k a year and yet managed to pay off her £225k mortgage. To achieve this, Gemma had to come up with some careful and creative methods of saving every penny and consequently the thought occurred to her that others may be interested in this too... Gemma then launched @MoneyMumofficial on Instagram to help others save cash. She now regularly shares money-saving tips and promotes her 'No Spend Day' and 'Make Money Day' to her whopping 218k loyal followers. As her platform has continued to grow, brands like Amazon, Pampers, Tescos, and McDonalds have reached out to partner with her.

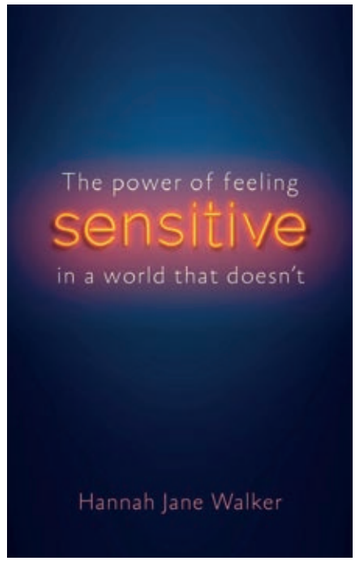
Instagram @moneymumofficial

Plan your budget and take back control with Instagram sensation Money Mum.

- **PUBLICATION 02/02/2023**
- **£12.99**
- **PAPERBACK**
- **176 PAGES**
- **Z (210x149)**
- **ISBN: 9780600637790**
- **HAMLYN**

Sensitive

By Hannah Jane Walker



Reveal the untapped potential of sensitive people.

- **PUBLICATION 03/03/2023**
- **£9.99**
- **PAPERBACK**
- **304 PAGES**
- **B (198x126)**
- **ISBN: 9781783254569**
- **ASTER**

'Written with such understanding and power it takes your breath away.' – **Jeremy Vine**

Hannah Jane Walker is a very sensitive person, along with at least a fifth of the population. Like many, she was conditioned to believe this was a weakness and a trait that she should try and overcome. When she had her first child and realised that her little girl was sensitive too, Hannah decided to find out whether sensitivity might in fact be a positive trait. Her question led to some fascinating answers and ongoing research that suggests survival and thriving is not only limited to the fittest, but to the sensitive.

People who are highly sensitive are highly caring, they are observant and notice new ways of doing things in difficult circumstances, they are able to follow their gut instincts (a real, scientific thing), they bring teams together, they listen well and are far more resilient than we've often been led to believe. The problem is that in today's noisy world, they often suffer from lower self-esteem and confidence levels.

Like Susan Cain's *Quiet*, which showed the power of introverts in an extrovert world, *Sensitive* overturns old cliches and stereotypes and suggests a new way of looking at a trait that people so often feel ashamed of but that has so much untapped potential.

Hannah Jane Walker is a poet, broadcaster and playwright from Essex. She is currently an artist in residence at Cambridge Biomedical Campus, collaborating with scientists on outdoor poetic visual art installations. With playwright Chris Thorpe she has written, performed and toured around the world The *Oh Fuck Moment* and *I Wish I Was Lonely*. Solo, she has made *This is Just to Say* and *Highly Sensitive*. Most recently she has begun working in broadcasting with BBC Radio 4 and now with her own theatre poetry podcast Human Resources.

Hannahjanewalker.co.uk | Twitter hannahjanster

Star Gazing

By Nigel Henbest



A deck of cards to show you how and when to spot 50 constellations across the sky, explaining the key features to look out for as well as myths and legends behind each one.

- **PUBLICATION 02/03/2023**
- **£12.99**
- **CARDS**
- **50 CARDS, BOOKLET 16 PAGES**
- **BOX (127x87x30)**
- **ISBN: 9780753735305**
- **PYRAMID**

Look up and take a journey through the stars

From the twelve constellations in the zodiac family or asterisms such as the Big Dipper and the Great Square of Pegasus, to the lesser-known formations of the Chameleon or the Sculptor, the night sky holds stories and legends that have fascinated humans for thousands of years.

Star Gazing is a deck of 50 illustrated cards, each one showing a different constellation, plus a 16pp booklet introducing star gazing and constellation spotting. The deck will explore the origins and myths associated with each constellation, guide you on how to locate each one in the night sky and the best time of year to spot them, as well as key features to look out for and interesting facts about the stars.

Informative yet beautiful, this little pack brings the stars to life and allows you to explore the science and the history of the night sky through the constellations.

After researching at Cambridge, **Professor Nigel Henbest** was appointed consultant to both *New Scientist* magazine and the Royal Greenwich Observatory. He is a future astronaut with Virgin Galactic.

The author has written over fifty books on astronomy and space, as well as presenting/producing dozens of radio and TV programmes for the international market.

Untitled

By Dr Nighat Arif



THE ESSENTIAL WOMEN'S HEALTH BIBLE

Celebrated GP Dr Nighat Arif brings women's health to the forefront in this extensive guidebook designed to help women better understand and prepare for each phase of life. This book covers all the basics of the 3 key stages of women's reproductive health: the puberty years, the fertility years and the peri/menopausal years. Every step of the way, Dr Nighat will help you get to know the female body by explaining what is normal and what to expect, with each chapter containing useful illustrations and diagrams. This book tackles many important topics: from the help available for people with conditions like endometriosis and polycystic ovary syndrome to the symptoms of heart disease to look out for in women.

Dr Nighat is on a mission to help those who are often underserved and underrepresented in healthcare systems. This book is inclusive of all experiences, encompassing the perspectives of women of colour and transgender communities to ensure that no minority groups are left out of vital conversations. She also enlightens readers on issues which are often misunderstood or considered taboo, such as the cultural myths surrounding menstruation.

Dr Nighat is a GP and medical educator specialising in women's health and family planning with over 16 years of experience in the NHS and private practice. Dr Nighat was nominated for the Bevan Prize for Health and Wellbeing to acknowledge her exceptional commitment to advancing wellbeing in her community. She has appeared on BBC *Breakfast*, ITV'S *This Morning* and BBC *LookEast*, and she hosts her own show on BBC3 Counties Radio. Dr Nighat was also a contributor on the Channel 4 documentary *Davina McCall: Sex, Lies and the Menopause*. Dr Nighat has written for *Stylist*, *OK*, *Good Housekeeping* and *Women in Medicine*.

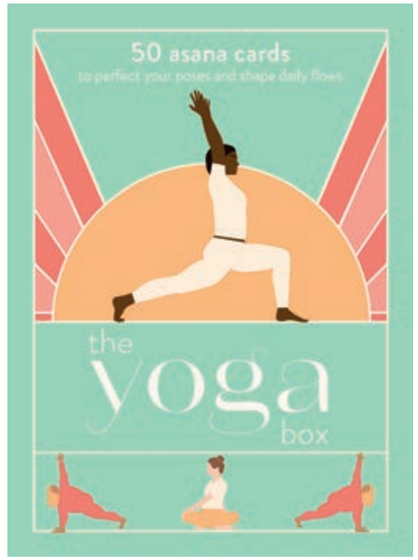
Tiktok: @DrNighatAri | Twitter: @DrNighatArif

An inclusive women's health guide from female GP, women's health specialist, broadcaster and advocate for underserved communities Dr Nighat Arif.

- **PUBLICATION 15/06/2023**
- **£20.00**
- **HARDBACK**
- **256 PAGES**
- **U (235x190)**
- **ISBN: 9781783255238**
- **ASTER**

The Yoga Box

By Godsfield Press



Yoga is a restorative, mindful and gentle practice that can strengthen your body while helping you centre 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 Box will help you incorporate yoga into your life as a daily practice, a warm-up, or just a moment of relaxation.

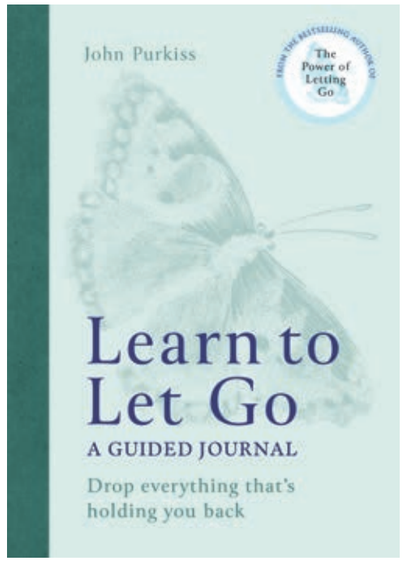
Whether you want to include a pose or two in your morning routine or want to combine the poses into a custom flow that's uniquely yours, *The Yoga Deck* will help you find the poses you need to stretch your body and support your spirit.

50-card deck full of yoga poses to strengthen your body, focus your mind and centre yourself.

- **PUBLICATION 02/03/2023**
- **£14.99**
- **CARDS**
- **50 CARDS, BOOKLET 16 PAGES**
- **BOX (147x107x40)**
- **ISBN: 9780753735220**
- **GODSFIELD**

Learn to Let Go

By John Purkiss



'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*. Learn how to stay present, let go of the thoughts that keep you stuck, and tune into something far more intelligent than your brain using the creative exercises, writing prompts and techniques in this journal – and start living a life of freedom and success.

John Purkiss studied economics at Cambridge University and has an MBA (Master of Business Administration) from INSEAD. He began his career in banking and management consultancy, in London and Chicago, and worked in sales and marketing in the UK and Continental Europe. John then learned to meditate, which made his intuition much stronger and enabled him to move into executive search. He recruits senior executives and board members, and also invests in high-growth technology companies. He has lived and worked in France, Belgium and the USA, and speaks French, German and Spanish.

johnpurkiss.com
Facebook.com/groups/ThePowerOfLettingGo

A journal to help turn your dreams to reality.

- **PUBLICATION 06/04/2023**
- **£12.99**
- **PAPERBACK**
- **160 PAGES**
- **Z (210x149)**
- **ISBN: 9781783255436**
- **ASTER**

The Mind Manual

By Dr Alex George



Dr Alex is on a mission to empower us to make our own health choices, take positive control and feel equipped and inspired to make those small changes today that energise and future-proof for life.

'Health and happiness come from the cumulative effects of many small and positive daily changes to our lifestyle. It's about building sustainable and healthy habits – taking small and purposeful steps to a healthy future. By the end of the book I hope my readers have developed their own "mental health toolkit" to be used across every aspect of their lives, and to make long-lasting and meaningful change.'

Dr Alex George is an A&E and TV doctor. He has been working in A&E as an emergency doctor throughout the COVID-19 pandemic and has become a well-known and respected figure amongst healthcare professionals in the UK, bringing the nation accessible and reassuring advice directly from the frontline. Alex is on a mission to make mental health education compulsory in schools, and has become prolific throughout the UK in his campaigning with charities such as YoungMinds, Anna Freud Centre and Mind, with a goal to ensure mental health sits alongside the likes of Maths and English on the curriculum. Alex has now been appointed by the Prime Minister as Youth Mental Health Ambassador to the government. Alex is a resident presenter on ITV's *Lorraine*, has presented for *Watchdog* and also appeared on *Celebrity Masterchef*. Alex is also a fully qualified Level 3 PT.

Instagram.com/dralexgeorge | Twitter.com/dralexgeorge

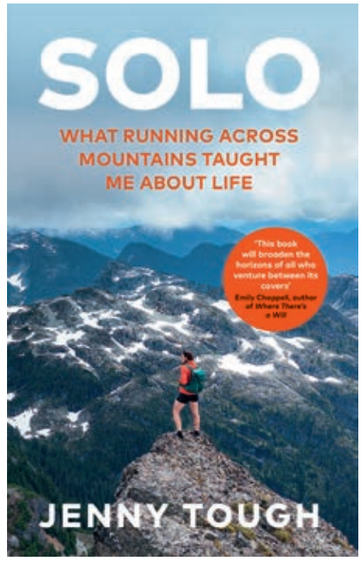
YouTube.com/dralexgeorge | TikTok @dralexgeorge

The ultimate handbook for mental fitness from the no. 1 *Sunday Times* bestseller.

- **PUBLICATION 04/05/2023**
- **£18.99**
- **PAPERBACK**
- **240 PAGES**
- **U (235x190)**
- **ISBN: 9781783254903**
- **ASTER**

Solo

By Jenny Tough



The incredible story of a six-continent journey of self-discovery.

- **PUBLICATION 11/05/2023**
- **£8.99**
- **PAPERBACK**
- **384 PAGES**
- **B (198x126)**
- **ISBN: 9781783254736**
- **ASTER**

'Jenny Tough writes with the same talent, imagination, and sheer courage that she displays in her athletic endeavours. This book will broaden the horizons of all who venture between its covers.' – **Emily Chappell, author of *Where There's a Will***

Jenny Tough is an endurance athlete who's best known for running and cycling in some of world's most challenging events – achieving accolades that are an inspiration to outdoor adventurers everywhere. But *Solo* tells the story of a much more personal project: Jenny's quest to come to terms with feelings and emotions that were holding her back. Like runners at any level, she knew already that running made her feel better, and like so many of us, she knew that completing goals independently was empowering, too. So she set herself an audacious objective: to run – solo, unsupported, on her own – across mountain ranges on six continents, starting with one of the most remote locations on Earth in Kyrgystan.

Solo chronicles Jenny's journey every step of the way across the Tien Shan (Asia), the High Atlas (Africa), the Bolivian Andes (South America), the Southern Alps (Oceania), the Canadian Rockies (North America) and the Transylvanian Alps (Europe), as she learns lessons in self-esteem, resilience, bravery and so much more.

Jenny Tough is an adventure traveller originally from Canada. She enjoys writing about her solo mountain expeditions and tales of world travel as a solo female. Jenny has been featured by *National Geographic, BBC Scotland, Women's Running, The Great Outdoors* and more. In 2020 she edited *Tough Women Adventure Stories*, published by Summersdale. When she's not exploring the mountains of the world, she lives in Scotland, and occasionally wherever she parks her adventure van.

jennytough.com | Instagram.com/jennytough

Twitter.com/jennytough | Facebook.com/jenniferjtough

Post-traumatic Growth

By Dr Jessamy Hibberd



How to grow from painful experiences and find meaning in life.

- **PUBLICATION 11/05/2023**
- **£16.99**
- **TRADE PAPERBACK**
- **304 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781783255542**
- **ASTER**

So many of us experience trauma throughout our lives. Trauma can be debilitating. Left unaddressed, it can have a long-term impact on our physical, mental and emotional health, stunting our personal growth and leaving us feeling empty and unfulfilled.

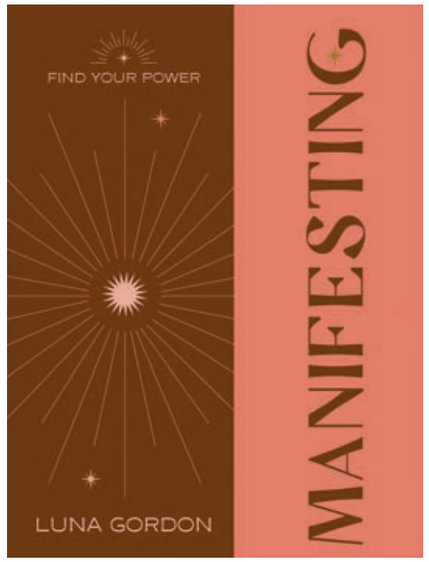
In this book, Dr Jessamy unriddles the effects of trauma. Using a combination of psychology, neuroscience and her own experiences, Dr Jessamy brings a tough subject to life and opens up the space for healing. This book centres on the concept of 'post-traumatic growth' – a term used to describe the remarkable way that painful experiences can lead to a valuable re-assessment of life, a renewed discovery of meaning and a fresh perspective.

Through her five-step programme, readers will learn how to process past events and move forward with greater purpose and self-acceptance. Dr Jessamy examines common trauma responses and provides us with the building blocks to make sense of our pain in order to reach a deeper level of self-awareness and appreciation. Ultimately this book will help you find meaning when life feels meaningless and remain hopeful even in the face of adversity.

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip) is a highly respected chartered clinical psychologist, author and commentator. She has 14 years' experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring.

Find Your Power: Manifesting

By Luna Gordon



Contrary to the belief that 'seeing is believing', manifesting is all about believing in something in order to see it come your way. Manifesting is in fact the ability to use the power of your mind to change and create the reality you experience.

Manifesting is a practice that benefits literally every area of your life because it empowers you to become the very best version of yourself that exists, embody the person you most want to become. *Find Your Power: Manifesting* will help you to unlock the infinite potential that you have to create the life of your dreams.

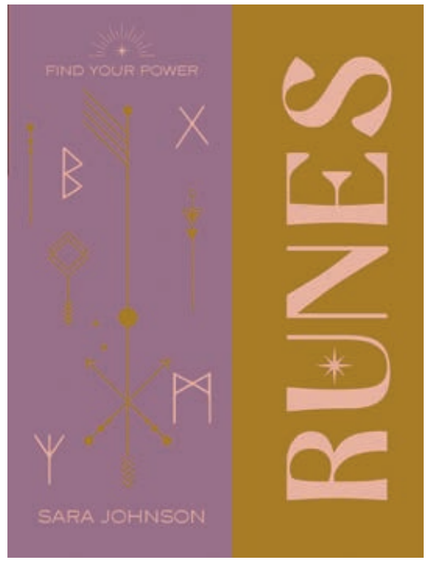
Luna Gordon is an established mind-set coach, law of attraction practitioner and an avid pupil of ancient and modern spiritual practices, she shares how to apply these timeless principles in our daily lives. Luna uses approaches such as energy healing, astrology, meditation, and more, to help others find a way to inner peace and heal. Luna resides in Sussex, UK.

It's time to step inside the world of Manifesting and begin your journey of understanding yourself.

- **PUBLICATION 11/05/2023**
- **£9.99**
- **HARDBACK**
- **128 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815398**
- **GODSFIELD**

Find Your Power: Runes

By Sara Johnson



Germanic tribes in northern Europe used runes to communicate via the written word. Runes were an alphabet, but they were also a connection to their gods and a source of mystery and divination. Intricately carved rune stones can still be found throughout northern Europe, and beyond.

The word 'rune' means secret or mystery. Methods of magic have been created throughout our world.

From astrology to palmistry, Tarot to I-Ching, divination has always held a fascination for humankind. Now you, too, have a little magic at your fingertips. It's an intriguing idea, isn't it?

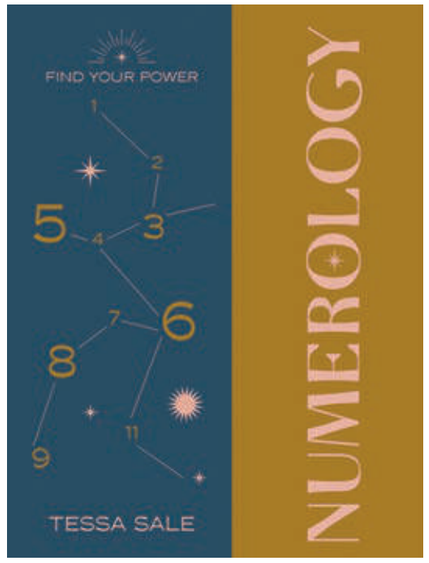
Sara Johnson is a spiritual teacher, practicing eclectic witch and author living in Ledbury, Herefordshire. Most days, you will find Sara writing or experimenting with spell work, she has an especially strong affinity for stone spirits and crystals. She loves to read, play the cello, and spend time surrounded by nature. Sarah currently watches the full moon from her sitting room window with her two cats that make her laugh every day.

Discover a simple way to unlock the ancient power of Runes for insight, direction and divination.

- **PUBLICATION 11/05/2023**
- **£9.99**
- **HARDBACK**
- **128 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815404**
- **GODSFIELD**

Find Your Power: Numerology

By Tessa Sale



Have you ever found yourself gazing at the clock at exactly 11:11? Or wondering why you so frequently meet people born on the same day of the month? Or why your lucky number shows up in the most unexpected places? Numerology numbers make up a powerful, sacred system that goes back thousands of years.

Just as your astrology birth chart contains powerful metaphysical insight – the planets and zodiac signs are connected to specific attributes – the teachings of numerology can also offer insight behind the numbers in your life, who you are now and who you have the potential to be.

You do not need to be a mathematician to explore the magic of numerology and live your best life.

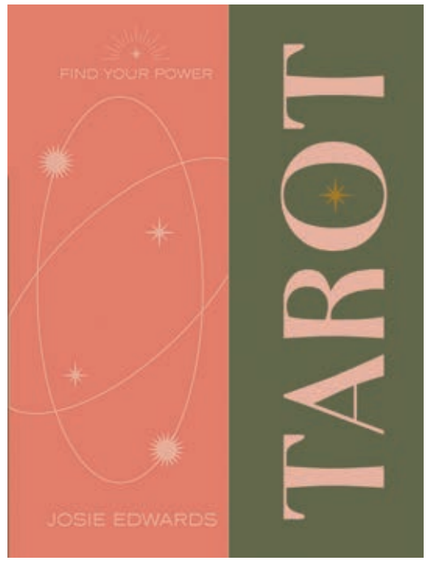
Tessa Sale is a numerologist and devotee of spiritualism, and an author who shares a deep-rooted fascination with the mysticism, spirituality, and meditation. When she's not writing, she's seeking inspiration through travelling or reading. A free spirit with her feet planted firmly on the ground, she lives by numbers in Kingston, Surrey with her husband, their two children, and far too-many succulents.

Begin your journey of understanding yourself through the power and magic of numbers.

- **PUBLICATION 11/05/2023**
- **£9.99**
- **HARDBACK**
- **128 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815381**
- **GODSFIELD**

Find Your Power: Tarot

By Josie George



The Tarot is a deck of 78 mystical cards that has been used for divination and fortune-telling for thousands of years. It is also used as a wonderful tool for self-discovery, psychological awareness and spiritual awakening.

The practice Tarot is often seen as an occult art reserved for mystics and entering into the vast world of Tarot readings can be daunting.

Contrary to popular belief, Tarot encourages you to look inside yourself as a mirror of what you are experiencing in your life. In this way, the cards are a tool, but all the answers come from inside you.

By practicing Tarot for self-discovery, you are building your levels of self-awareness and developing your intuition. You are finding your power. When done regularly, you get to know yourself on a deeper level and you feel more connected to the choices you make and the path you take.

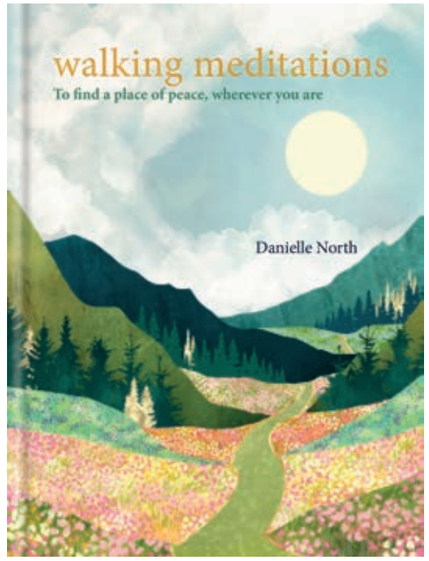
Josie George is a writer and visual artist who spends her time exploring how writing, drawing, painting, and photography can connect us with the world around us. Her memoir *A Still Life* (Bloomsbury, 2021) shares her experience of living with the challenge of a disabling chronic illness. In *The Little Book of Tarot*, she delves into the world of Tarot to explore how it can enrich our lives and deepen our understanding of ourselves and others. She lives with her son in the West Midlands.

Harness the ancient power of Tarot and connect with your spiritual side on a whole new level.

- **PUBLICATION 11/05/2023**
- **£9.99**
- **HARDBACK**
- **128 PAGES**
- **NQ (174x131)**
- **ISBN: 9781841815367**
- **GODSFIELD**

Walking Meditations

By Danielle North



Walking meditation, also known as Kinhin meditation, is widely practiced in many forms of Buddhism, blending the physical experience of walking with the focused mindfulness of a meditative state. This can be done anywhere, from a few steps at home to a short walk on a bustling street, or a longer hike in a natural setting.

Walking while meditating boosts awareness, improves sleep quality, offers mental clarity and facilitates a mind-body connection. It is a practice you can develop each time you leave the house, to help you refocus and come back to yourself.

This beautifully illustrated book will guide you through the process of finding inner peace while on the move, with a selection of meditations for every season, long and short walks in both a natural and an urban setting, and meditations for creativity, calm and focus. *Walking Meditations* will help you use your surroundings as a meditative tool so you can restore your energy, come back into your senses and find calm in your day-to-day life.

Contents include: 10-minute mood boost; walking with your senses; meditations for every season; extended meditations for longer walks; and walking peacefully.

Danielle North is an executive coach, author, speaker and founder of Pause Global, a transformational retreats and coaching company. Founded in 2012, Pause addresses the issues of business and lifestyle burnout. The Pause Method is based on Danielle's almost 20 years' experience of working with leaders and teams as an executive coach. Danielle is the author of *Pause, Pause Every Day, Sleep Meditations* and *Morning Meditations*. Her books have been translated into over 10 languages.

Pauseglobal.com | Instagram.com/pause.global

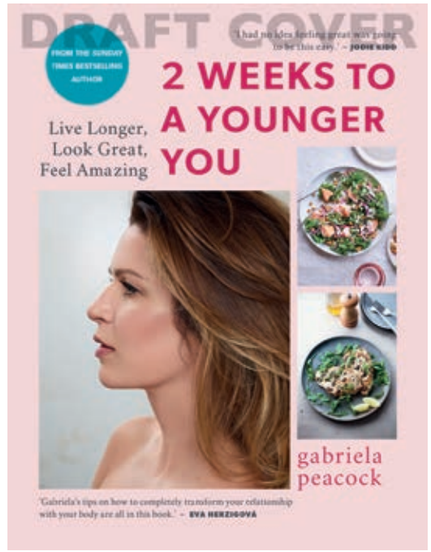
Twitter.com/pauseglobal_ | Facebook.com/pauseglobal

Walking meditations to relax, refocus the mind and help you find the calm whenever you need it.

- **PUBLICATION 11/05/2023**
- **£12.99**
- **HARDBACK**
- **160 PAGES**
- **NQ (174x131)**
- **ISBN: 9781783255627**
- **ASTER**

2 Weeks to a Younger You

By Gabriela Peacock



'I had no idea feeling great was going to be this easy.' – **Jodie Kidd**

Research is transforming our understanding of the ageing process and showing that briefly experiencing stressors – such as short periods of intermittent fasting (IF) – can stimulate incredible changes in the body, proving that it is possible to hold back and even reverse some aspects of the inevitable.

With chapters on emotional wellbeing, activity and sleep, plus three, two-week IF plans – a Super-Charge programme with three days of 700 calories, a Reset 700 with two days of 700 calories and a Maintain Plan – and 50 deliciously healthy recipes, Gabriela shows how easy it is to look younger – and be healthier – fast, and without fuss!

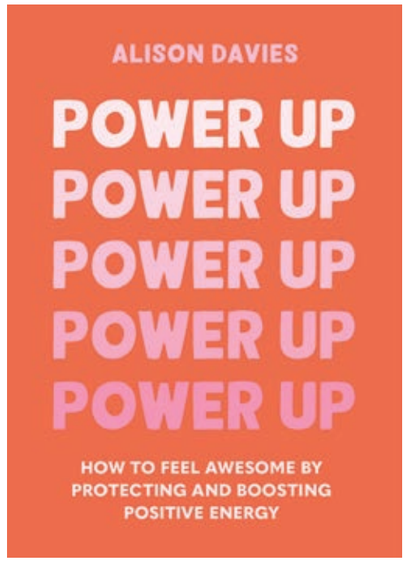
Gabriela Peacock, who was born in the Czech Republic, has built her practice as a nutritionist around a realistic approach to the demands of modern life. Having worked as a model, she then spent nine years studying two degrees, the first in Naturopathic Nutrition, before going on to graduate from the University of Westminster with BSc (Hons) in Health Science – Nutritional Therapy. Gabriela specialises in intermittent fasting weight management plans and in 2016, launched her range of supplement programs, based on her extensive experience in the role supplements play in supporting restful sleep, increased energy, healthy immune function, weight loss and general physical, as well as mental, wellbeing.

The key to a longer and healthier life, and looking and feeling amazing – fast and without the fuss – from the *Sunday Times* bestselling author of *2 Weeks to Feeling Great.*

- **PUBLICATION 18/05/2023**
- **£25.00**
- **HARDBACK**
- **208 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239908**
- **KYLE BOOKS**

Power Up

By Alison Davies



Boost your positive energy to feel empowered and energized throughout the day.

- **PUBLICATION 01/06/2023**
- **£8.99**
- **PAPERBACK**
- **96 PAGES**
- **NB (147x105)**
- **ISBN: 9781841815343**
- **GODSFIELD**

Who doesn't want to feel full of beans at the start of the day? Let's face it, even if we are brimming with energy first thing, by close of play this can be sadly lacking, leaving us deflated and lacklustre. Energy is as much about mindset as anything else and maintaining a positive attitude can really make a different to how we feel and experience the world around us. Not only that, if we feel positive, we naturally have a spring in our step and an open heart and mind which can lead to all sorts of exciting opportunities.

Even the most active amongst us will have lacklustre days, but instead of reaching for one more caffeine hit, why not try a more practical approach? Create positive energy by using the power of your mind and some self-care tips and tricks, and you'll instantly restore focus and creativity and boost wellness.

Power Up outlines some of the best ways to protect, maintain and boost positive energy around the clock. It includes exercises that are easy to incorporate into a busy schedule, and includes a handy Daily Energy Clock, to help you create positive energy habits which are easy to stick to. The chapters cover Aura Work, Affirmations and Mantras, Breathwork, Energy Enhancers, Visualisation and Mindful Meditation.

Alison Davies is the author of over 35 books in the areas of self-help, natural health, folklore and magical arts. She also writes for several magazines including *Bella*, *Soul & Spirit*, *Your Fitness*, *Take a Break*, *Fate and Fortune*, *Spirit and Destiny*, and also writes for the 'Express Yourself' section of the *Daily Express*.

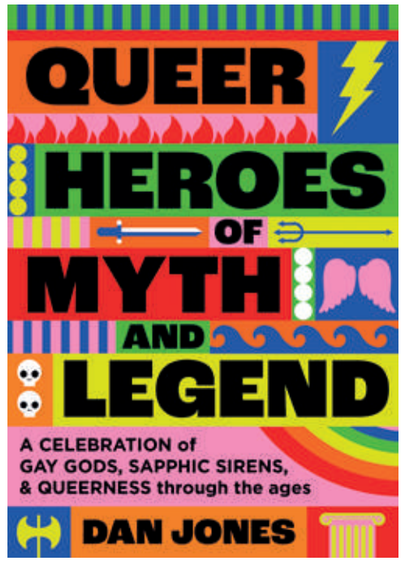




Gift

Queer Heroes of Myth and Legend

By Dan Jones



A celebration of gay gods and goddesses, sapphic sirens, misunderstood mermen, and lesbians of legend.

- **PUBLICATION 12/01/2023**
- **£16.99**
- **HARDBACK**
- **224 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781804190463**
- **RADAR**

Hidden in the margins of history books, classical literature, and thousands of years of stories, myths and legends, through to contemporary literature, TV and film, there is a diverse and other-worldly super community of queer heroes to discover, learn from, and celebrate.

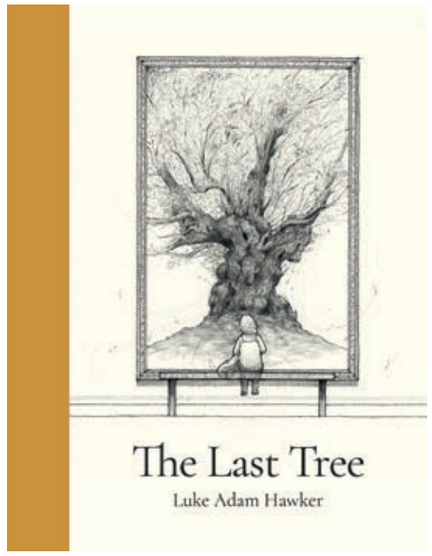
Be captivated by stories of forbidden love like Patroclus & Achilles (explored in Madeleine Miller's bestseller *Song of Achilles*), join the cult of Antinous (inspiration for Oscar Wilde), get down with pansexual god Set in Egyptian myth, and fall for Zimbabwe's trans god Mawi. And from modern pop-culture, through Dan Jones's witty, upbeat style, learn more about 90s fan obsessions *Xena: Warrior Princess* and *Buffy the Vampire Slayer*, Neil Gaiman's *American Gods* and the BBC's *Doctor Who*.

Queer Heroes of Myth & Legend brings to life characters who are romantic, brave, mysterious, and always fantastical. It is a magnificent celebration of queerness through the ages in all its legendary glory.

Dan Jones is a best-selling British author currently living in New York. A one-time magazine editor, Dan has written across a range of genres, from fashion and grooming to folk-horror and queer culture.

The Last Tree

By Luke Adam Hawker



From the *Sunday Times* bestselling author of *Together*, a superbly illustrated arrative that evokes the fragility and beauty of our natural world.

- **PUBLICATION 02/03/2023**
- **£16.99**
- **HARDBACK**
- **64 PAGES**
- **SSN (246x189)**
- **ISBN: 9781781578704**
- **ILEX PRESS**

The rustling got louder. Olive looked under the bench – nothing. The sound was actually coming from the leaves in the painting in front of her...

Imagine a world without trees. A world that is in many ways like our world, but where magnificent canopies, tree climbing and leaves rustling in the breeze are something only the elderly Tree Generation remembers.

Until a young girl comes along, a girl who is brave and spirited and willing to follow where her imagination takes her. Climbing accidentally into a parallel world, where nature still exists in its purest form, Olive experiences the wonders that her own world has lost.

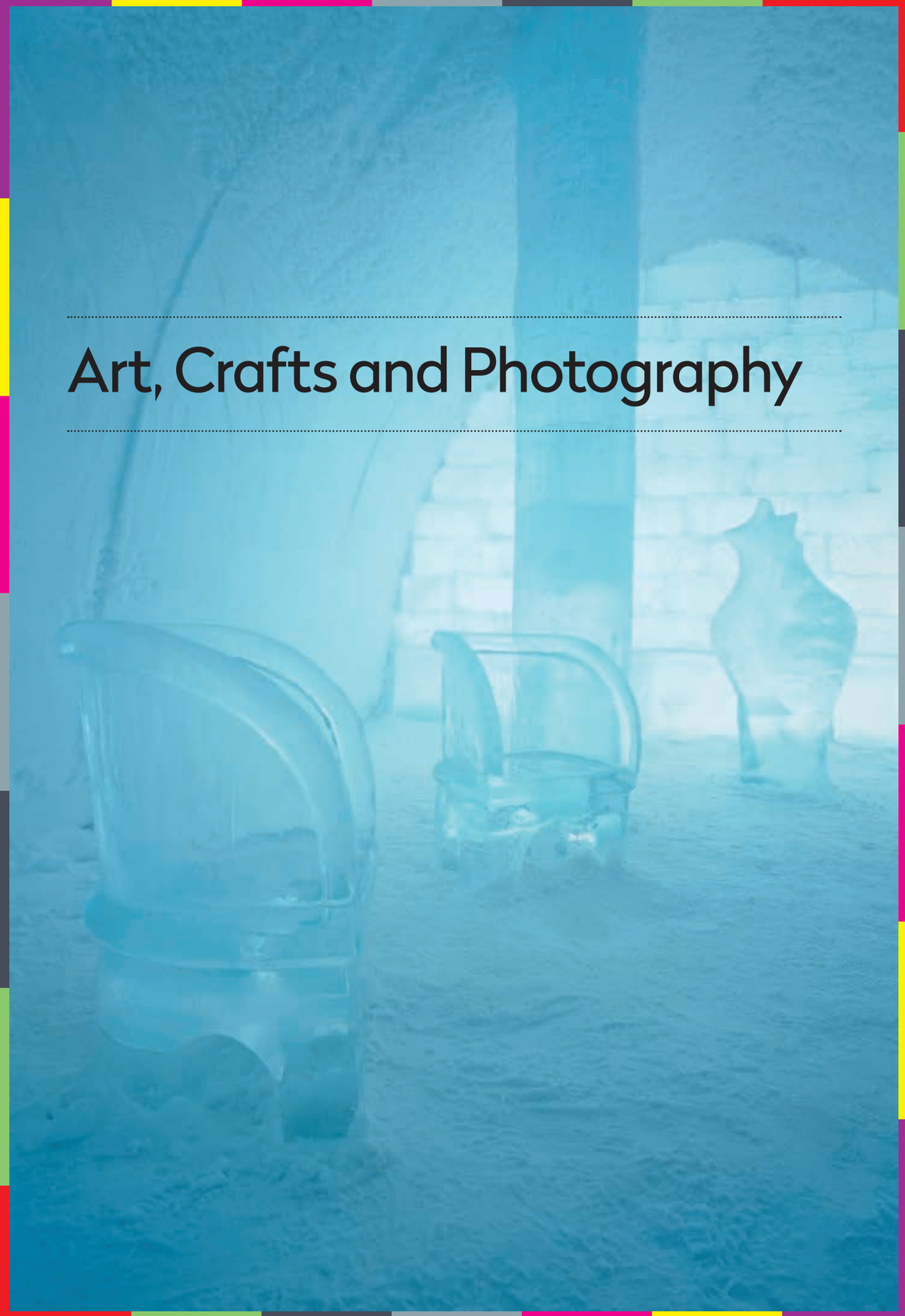
From the bestselling author of *Together, The Last Tree* is a powerful evocation of the fragility of our natural world and a magnificent celebration of its beauty. Ultimately this is a wonderful story of hope and new beginnings.

Luke Adam Hawker worked as an architectural designer before becoming a full-time artist in 2015. He sells his signed and limited edition prints to fans throughout the UK and the rest of the world. He has also been commissioned by brands such as the Soho House Hotel Group, and has an artwork hanging in the Parliamentary Art collection. He has over 301k very engaged Instagram followers @lukeadamhawker.

Luke's first book, *Together*, was a *Sunday Times* bestseller. It has sold over 130,000 copies worldwide to date, and has been translated into nine languages.

Luke lives with his wife, son and dog Robin in Surrey, England.

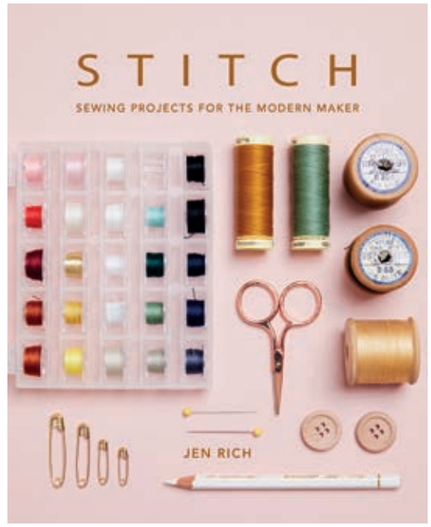




Art, Crafts and Photography

Stitch

By Jen Rich



Stunning sewing projects that will appeal to any modern maker, with gorgeous designs in a beautiful contemporary style.

- **PUBLICATION 05/01/2023**
- **£16.99**
- **PAPERBACK**
- **144 PAGES**
- **U (235x190)**
- **ISBN: 9781781578971**
- **ILEX PRESS**

Stitch will offer contemporary designs and creative projects for the modern maker with a discernible eye for aesthetics, with a focus on customisable makes, stunning fabric inspiration, easy-to-follow instructions, and beautifully graphic photography.

The book will cover the basic techniques of sewing with all projects achievable either by using a sewing machine or by hand (and a little more time!), and with no overly complicated techniques. Each project will be photographed and some will be accompanied by step-by-step images to help guide you through more intricate instructions.

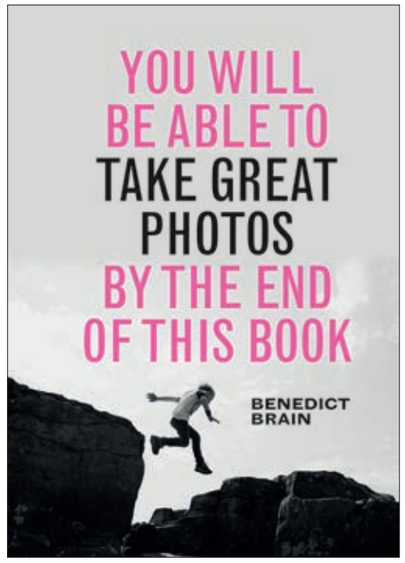
With makes including reusable fabric bowl covers, pretty pot holders and scrunchies made from off-cuts, as well as projects to up-cycle old bed linen or use up scraps of fabric left from other designs in the book, anyone from beginner to intermediate will find projects to love in this modern makers handbook.

Explore modern sewing and learn to perfect your stitch.

Jen Rich is a photographer and stylist with over 10 years of experience working for a range of editorial and advertising clients. She has a passion for all things crafty and has always enjoyed making things with her hands, whether that be sewing her own clothes or writing 150 wedding invitations in calligraphy. She strongly believes that crafting and sewing can be extremely helpful in maintaining our mental and emotional wellbeing.

Jen has published two previous titles with Octopus Publishing Group, *Clever Cookie Cutter* and *Pumpkin Crafting*. For both titles she developed the designs from initial concepts, crafted the projects, then styled and photographed the book.

You Will be Able to Take Great Photos by The End of This Book By Benedict Brain



This straightforward and inspirational guide will teach you how to take stunning photos on any device.

- **PUBLICATION 02/03/2023**
- **£18.99**
- **PAPERBACK**
- **192 PAGES**
- **Z (210x149)**
- **ISBN: 9781781578681**
- **ILEX PRESS**

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.

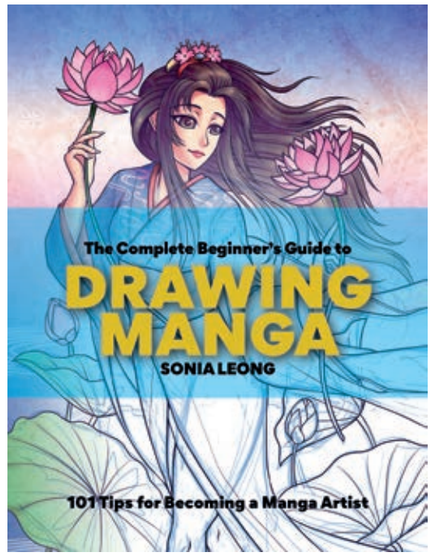
Stripped of pointless jargon and focusing instead on the most important element in the image-making process – the person holding the camera or phone – this book makes good on its promise to teach the key skills and mind-set for taking great photos on any device.

- 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 situations

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, for which he currently writes a regular column, 'The Art of Seeing'. 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.

The Complete Beginner's Guide to Drawing Manga By Sonia Leong



The complete crash course in how to draw your own manga characters and comics, from award-winning manga artist and educator Sonia Leong.

- **PUBLICATION 02/03/2023**
- **£16.99**
- **PAPERBACK**
- **176 PAGES**
- **SSN (246x189)**
- **ISBN: 9781781578810**
- **ILEX PRESS**

Award-winning manga artist Sonia Leong, with the help of other acclaimed manga creators and educators, gives you all the tips, tricks and tools you will need to get your ideas onto the page.

- Discover how to get started, build your confidence, and boost your skills, beginning from first principles.
- Learn how to draw faces, bodies, hands, feet, and create unique characters with their own styles.
- Get the most out of your drawing materials, from traditional pens and pencils to digital software, and discover how best to use them to work up your own manga stories and comics.
- Benefit from advice on pacing, layout, composition and lettering.

Sonia Leong is an award-winning comic book artist specializing in anime and manga. She is the Director of Sweatdrop Studios, a UK comic collaborative and independent publisher, and has published numerous instructional art books and manga titles of her own. Sonia has taught manga workshops for over 15 years, and has spoken at the British Museum, the British Library, the Hay Festival, Latitude Festival, and the Victoria and Albert Museum, along with many comic convention appearances around the world. Her artwork has been exhibited in the Kyoto International Manga Museum, London County Hall, and the London Cartoon Museum.

The Urban Potter

By Emily Proctor



An illustrated step-by-step guide to making unique handcrafted ceramics with simple, natural shapes and neutral tones.

- **PUBLICATION 16/03/2023**
- **£22.00**
- **HARDBACK**
- **160 PAGES**
- **SSN (246x189)**
- **ISBN: 9781914239700**
- **KYLE BOOKS**

With more and more people turning towards a slower way of life, away from endless screen time, creative pursuits like hand-building pottery are having their own boom. *The Urban Potter* is for those interested in expressing themselves through the ancient, tactile art of hand-building ceramics, while also being a guide to creating unique pieces.

Emily's naturally wheel-free, unique style favours simple yet interesting imperfect shapes. Her focus is on reconnecting with hand-building techniques of the past, resulting in gorgeously rustic, one-off pieces that explicitly and deliberately reject the myth of perfection.

Step-by-step projects include kitchenware, decorative accessories and more (soap holders, multi-functional jars). All the techniques involved, from moulding to glazing, are fully explained.

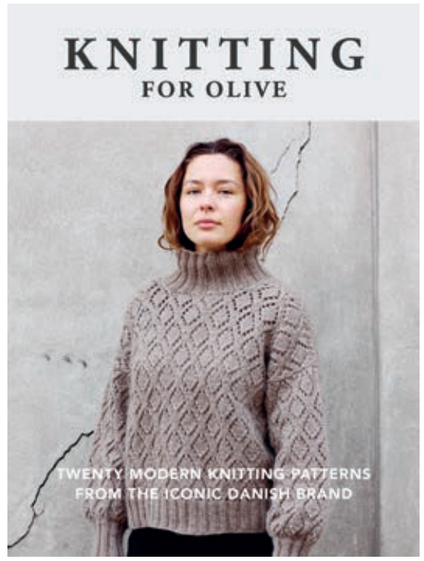
By the end of the book you will have learned how to create 20 beautifully one-off handcrafted pieces, while leaning into the joys of slow ceramics and the mindful, relaxing, patient nature of the art.

Emily Proctor studied 3D design at art school in Bournemouth before working as a stylist and buyer for 10 years. Her work is almost exclusively made using ancient hand build methods in an attempt to reconnect with the past. The forms are designed to be simple and primitive allowing the texture and colour of the clays and glazes to speak for themselves. Emily's work has been featured in *Esquire*, *Time Out London* and *Stylist*.

Instagram epc.studio
www.epc.land

Knitting for Olive

By Knitting for Olive



Discover 20 stunning, timeless knitting patterns, from cult Scandinavian brand Knitting for Olive.

- **PUBLICATION 06/04/2023**
- **£26.99**
- **PAPERBACK**
- **272 PAGES**
- **ME (260x194)**
- **ISBN: 9781781578858**
- **ILEX**

The iconic Danish brand Knitting for Olive is known and loved throughout the Nordic countries and beyond for their contemporary yet classic knitting designs.

This book contains 20 gorgeous, accessible knitting patterns for women, and includes both brand new designs and a selection of tried and tested fan-favourites. There is a project in here for everyone: the designs vary in difficulty, and cover a range of jumpers, tops, cardigans, hats and scarves. Each project includes a full pattern and explanation, and a techniques section at the back of the book provides you with any extra information you need to tackle every piece in the book.

Fully illustrated with beautiful and stylish photography, this book will take you straight to the heart of the world of Knitting for Olive, and show you how to create your own contemporary, Scandinavian-inspired pieces.

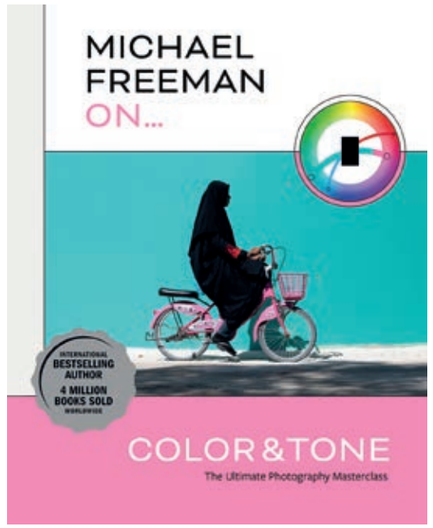
Projects include:

- Chunky Rib Sweater
- December Hat & Olive Scarf
- Waffle Sweater
- Olive Top
- It's Not A Sweatshirt
- Karl Johan Sweater
- Simple and Simple Sweater
- Puff Tee

Based in Copenhagen, **Knitting for Olive** is a family-run business providing home-knitters with attractive, timeless knitting patterns and high quality, natural yarns. Since 2015, they have attracted a committed audience of crafters, who love the classic Scandinavian designs, and the easy-to-follow patterns. Join them and their 357k followers on Instagram at @knittingforolive

Michael Freeman On... Color & Tone

By Michael Freeman



Color isn't 'just there' in photography, an ordinary fact of life. It's much more special and can be a subject and pursuit in its own right, because it triggers an emotional and aesthetic response like no other. Color is processed not in the eye, but in the mind, and that makes it personal.

In this third book in the series, Michael Freeman talks about color in photography in a completely fresh, thoughtful and useful way, unlike any other book on the market.
In recent years, photography-about-color has exploded as a shooting phenomenon, taking inspiration not just from the great colorist photographers like Outerbridge, Haas, Gruyaert, Leiter, Eggleston and Porter, but from the new freedom that modern sensors and processing software give.

This book both celebrates and advises this new trend, drawing on Freeman's long experience editorially and professionally, spanning the two eras of film and digital color.

Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when *Time-Life* used many of the pictures he came back with, he embarked on a full-time photographic career.

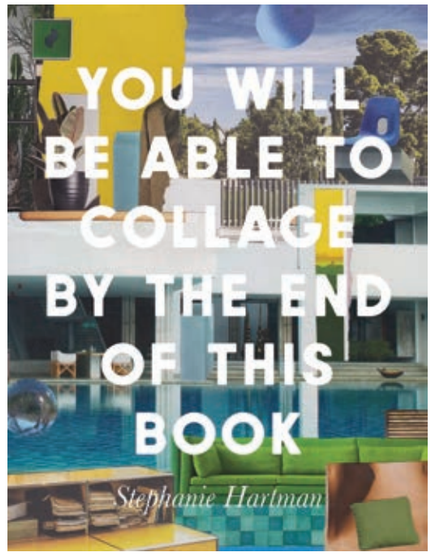
Since then, Freeman has worked for all the world's major magazines, most notably the *Smithsonian* (for which he has shot more than 40 stories over 30 years), consolidating his reputation as one of the world's leading reportage photographers. His books have sold over four million copies worldwide. For his photographic educational work he was awarded the Prix Louis Philippe Clerc by the French Ministry of Culture.

Freeman's books on photography have been translated into 27 languages.

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

- **PUBLICATION 06/04/2023**
- **£24.99**
- **PAPERBACK**
- **176 PAGES**
- **U (235x190)**
- **ISBN: 9781781578711**
- **ILEX PRESS**

You Will Be Able to Collage by the End of This Book By Stephanie Hartman



Get started, get inspired, and get creating your own stunning collage artworks.

The ultimate accessible artform, collage truly is for everyone. Stephanie Hartman, creator of Collage Club Ldn, takes you through all the basics you'll need to create your own works of collage. Learn how to find and choose materials, what tools you'll need in your basic kit and how to get started on your artistic journey.

Simple warm-up exercises give you the confidence to overcome the fear of the blank page, and more complex step-by- step exercises will motivate you to push your practice to the next level.

Never be stuck for inspiration again, and discover a unique, tactile and transformative artform that anyone can learn.

Stephanie Hartman is a collage artist and the founder of Collage Club Ldn. She leads popular workshops celebrating the art of cutting and sticking, and has worked with brands and organisations such as ASOS, Adidas, Toast and the Royal Academy.

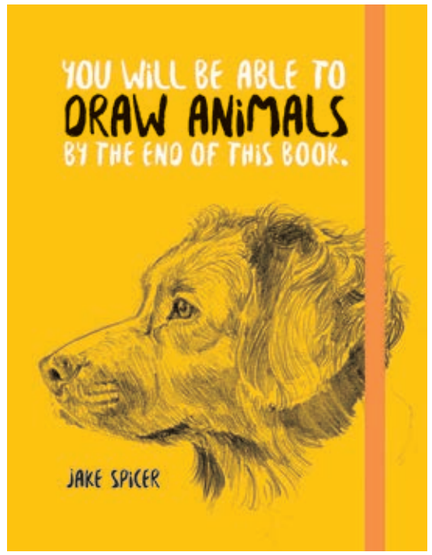
@collageclubldn

Learn everything you need to know about how to collage beautiful pieces of art, with the latest title in the bestselling *You Will Be Able to* series (500K copies sold to date).

- **PUBLICATION 04/05/2023**
- **£16.99**
- **PAPERBACK**
- **160 PAGES**
- **SSN (246x189)**
- **ISBN: 9781781578667**
- **ILEX PRESS**

You Will Be Able to Draw Animals by the End of This Book

By Jake Spicer



No subject has had more enduring appeal for artists than animals. And yet creating convincing animal sketches can be daunting, and leave you wondering, where do I start?

Let go of your fear and unlock drawing skills that you never believed you could have with this expertly guided sketchbook. *You Will be Able to Draw Animals by the End of This Book* will not only teach you the fundamental steps required for you to be able to sketch animals, but also allows you the space to practise on the page, with pages laying flat to allow you to draw comfortably. Start with the essentials, such as basic markmaking and tone, and move on to the key elements of anatomy, texture and expression that will take your drawings from good to great.

Pick up a pencil and discover the joy of drawing animals!

Jake Spicer is a passionate advocate of drawing as a tool for social change, communication and investigation and promotes wider visual literacy through his works as an artist, author and tutor. He lives in North Wales and works as head tutor of the independent drawing school Draw Brighton, Co-Director of the Drawing Circus and as a visiting tutor at galleries & institutions across the UK, including the National Portrait Gallery, Camden Arts Centre, V&A and Brighton University.

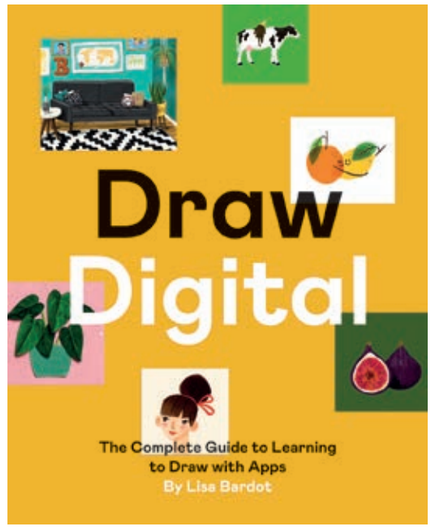
jakespicerart.co.uk
@jakespicerart

The complete beginner's guide to drawing wild and domestic animals, by the bestselling author Jake Spicer.

- **PUBLICATION 04/05/2023**
- **£16.99**
- **PAPERBACK**
- **160 PAGES**
- **SSN (246x189)**
- **ISBN: 9781781578674**
- **ILEX PRESS**

Draw Digital

By Lisa Bardot



Acclaimed artist and educator Lisa Bardot gives you all the tools you need to approach creating art and illustration on your iPad, using Procreate and other popular drawing apps.

Explore the core technical aspects of your chosen app, including layers, masks, alpha lock, and brushes.

Learn how to draw plants, flowers, and animals, then move on to drawing people and more complicated scenes.

Step-by-step exercises lead you through each new topic, with plenty of tips, tricks and techniques.

An ideal starting point for newcomers to digital art, but with plenty of original inspiration and advice for more advanced artists.

Lisa Bardot is an illustration artist, teacher, and all-around creative person based in California, USA. With the iPad and Procreate as her tool of choice, she creates educational tutorials, industry-leading digital brushes, and art-making resources to help beginners and experienced artists alike find joy in creating.

Her educational videos about drawing and illustration have been viewed millions of times, and she receives high praise for her through, concise, and fun teaching style. Additionally, she runs the Making Art Everyday artistic prompt challenge, followed by thousands of participants worldwide.

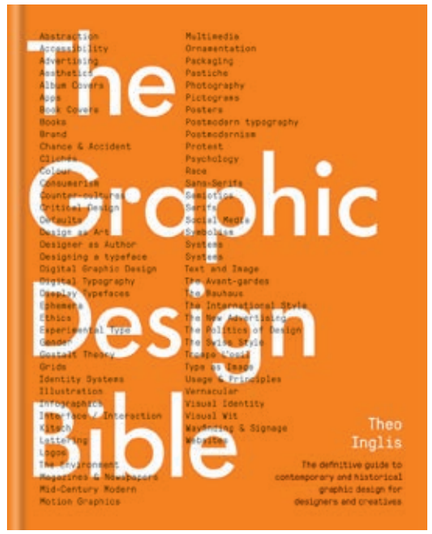
Check out more of Lisa's work on Instagram at @lisabardot, @bardotbrush, or on the Bardot Brush YouTube channel.

Learn how to draw from scratch, and get the most out of your drawing app, with *Draw Digital*.

- **PUBLICATION 01/06/2023**
- **£18.99**
- **PAPERBACK**
- **160 PAGES**
- **SSN (246x189)**
- **ISBN: 9781781578643**
- **ILEX PRESS**

The Graphic Design Bible

By Theo Inglis



The definitive, contemporary guide to modern and historical graphic design for designers and creatives.

- **PUBLICATION 01/06/2023**
- **£22.00**
- **HARDBACK**
- **320 PAGES**
- **G13 (200x160)**
- **ISBN: 9781781578575**
- **ILEX PRESS**

Discover the history and theory of graphic design from the past 150 years, and how that comes to bear on contemporary design.

Designer, writer and lecturer Theo Inglis takes readers through the core building blocks of graphic design such as composition, colour, medium and typography, and explores how each has been utilized and revolutionized by designers through history, and up to the present day.

This book will expand your knowledge of the world of design and provide you with practical take-aways to inform your own creative practice.

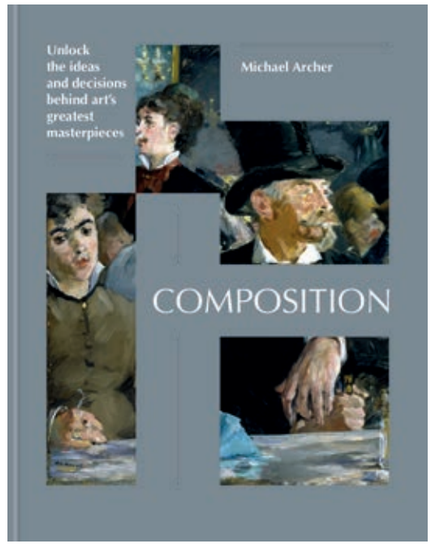
Theo Inglis is a freelance graphic designer, design writer and has taught as a lecturer in Graphic Design at the University of Suffolk. His debut book on design history, *Mid-Century Modern Graphic Design*, was published by Batsford in May 2019. He was a contributor to *Type Directory*, published by Thames & Hudson in 2019 and worked as a freelance reporter for *Grafik* magazine and Monotype, the world's leading font company, from 2016-17.

He has written for AIGA's *Eye on Design*, *It's Nice That*, *Communication Arts* magazine, *Creative Review*, the *Financial Times*, *Computer Arts* and the *Recorder*. Freelance clients have included Pentagram, Penguin Random House, The Poetry School, openDemocracy and a wide variety of independent literary and radical publishers.

Theo holds a BA in Graphic Design from Norwich University of the Arts and an MA in Critical Writing in Art & Design from the Royal College of Art.

Composition

By Michael Archer



A unique and contemporary guide to composition, and to every decision an artist makes.

- **PUBLICATION 02/03/2023**
- **£30.00**
- **HARDBACK**
- **240 PAGES**
- **OTHER (276x216)**
- **ISBN: 9781781578612**
- **ILEX PRESS**

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

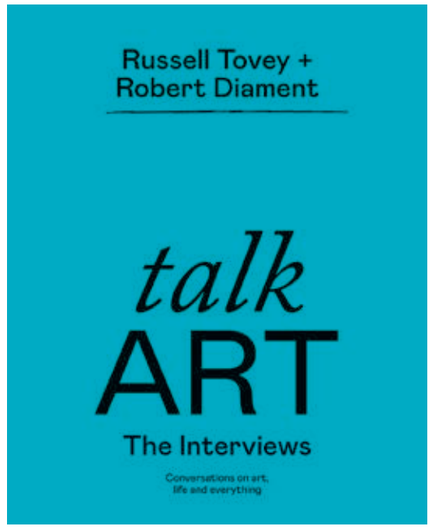
The art world has changed almost beyond recognition since the first principles of composition were invented in classical times with the aim of achieving harmonious design. Today, artists have different concerns. Scientific, technological and social advances have changed the way we see reality; the way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

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

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

Talk Art The Interviews

By Russell Tovey and Robert Diament



A follow-up to the *Sunday Times* bestseller *Talk Art: Everything you wanted to know about contemporary art but were afraid to ask*, this collection gathers together 24 of the most profound, interesting, moving, funny and informative moments from the wildly popular *Talk Art* podcast. These curated excerpts explore the inspirations, art experiences and favourite artists of a fascinating range of creative people accompanied by images of the artworks that have influenced them.

Featured interviews:
Jerry Saltz, Laurie Anderson, Stephen Fry, Elton John, Tracey Emin, Paul Smith, Sonia Boyce, Chila Burman, Rachel Whiteread, Wolfgang Tillmans, Pierce Brosnan, Grayson Perry.

Russell Tovey is an actor best-known for appearing in *The History Boys*, *Years and Years*, *Being Human*, *The Good Liar*, HBO's *Looking* and ITV's *The Sister*. He is also a passionate art collector, with more than 300 pieces, and a judge for the prestigious Turner Prize 2021.

Robert Diament is Director of the Carl Freedman Gallery and Counter Editions (a company that produces prints and multiples by leading contemporary artists such as Tracey Emin, David Shrigley and Martin Creed). Before working in art, he was the lead singer of electro-pop band Temposhark.

The 2nd book from *Sunday Times* bestselling authors, this is a beautifully packaged collection of interview highlights from the popular *Talk Art* podcast.

- **PUBLICATION 04/05/2023**
- **£25.00**
- **JACKETED PAPERBACK**
- **256 PAGES**
- **U (235x190)**
- **ISBN: 9781781578797**
- **ILEX PRESS**

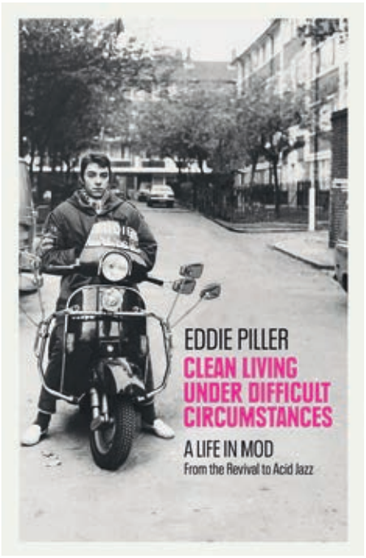


Narrative Non-Fiction



Clean Living Under Difficult Circumstances

By Eddie Piller



The ultimate mod memoir – from Britain's best-known 'face'.

- **PUBLICATION 07/04/2023**
- **£20.00**
- **HARDBACK**
- **320 PAGES**
- **ROYAL (234x153)**
- **ISBN: 9781800960596**
- **MONORAY**

Eddie Piller's memoir tells the life of a 70s teenage mod from the east end of London. They lived the mod life 24/7, from the books they read, their chosen mode of transport, the music they listened to and religiously collected, the drugs they took and the obsessively detailed clothes they wore. He takes us into their world of scooters, violence, clothes, music and the incredible camaraderie that helped create the most enduring and successful British youth culture of all time. This is the untold story of the seventies mods.

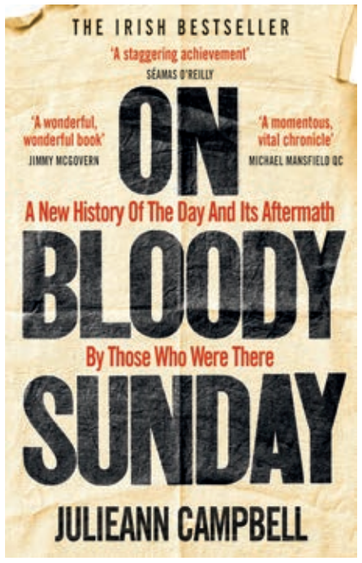
Writer, record producer, label owner, broadcaster, and entrepreneur **Eddie Piller** is heavily involved with the mod subculture, an interest which started in 1966 when his mum ran the fan club for East End mod super-stars, The Small Faces .

He is perhaps best known as the co-founder of Acid Jazz records which recently celebrated its 35th birthday and remains one of the most successful indie labels of a generation.

In recent years Piller has seen great success with the acclaimed jazz and soul compilation series *Martin Freeman & Eddie Piller Present...* with the award-winning actor. He is also behind the chart-topping BBC album, *Eddie Piller presents...The Mod Revival*. A thirty-year career in specialist radio has included successful spells presenting at radio stations such as Jazz FM, BBC Radio London, 6 Music, and Kiss FM. In 2019 he founded specialist internet radio station, Totally Wired Radio (TWR) and is especially well known for his regular Modcast show. Piller has recently written two books for Omnibus on the subject of Fanzines, and has written nine documentaries for Sky, ITV and the BBC as well as two radio documentaries. He has been the headline DJ at Glastonbury and Bestival, and Paul Weller's tour DJ. Currently, Eddie, among other things, manages the actor/musician Matt Berry and can be spotted, if you're eagle-eyed, in the latest series of *Toast* as a Californian cop.

On Bloody Sunday

By Julieann Campbell



The first ever complete oral history of one of the darkest episodes of modern times.

- **PUBLICATION 05/01/2023**
- **£12.99**
- **PAPERBACK**
- **384 PAGES**
- **B (198x126)**
- **ISBN: 9781800960435**
- **MONORAY**

'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***

'Meticulous.... *On Bloody Sunday* possesses a veracity and cumulative power that sets it apart from previous accounts.' – ***Observer***

'A momentous chronicle, timely and vital, which highlights that the burden of change rests, as always, upon the shoulders of those who suffered and yet, have nurtured the desire that lessons be learned.' – **Michael Mansfield QC, who represented a number of families during the Bloody Sunday Inquiry.**

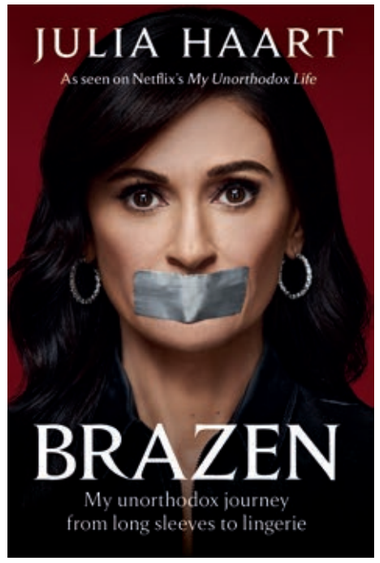
In January 1972, a peaceful civil rights march in Northern Ireland ended in bloodshed. British Army troops opened fire on marchers, leaving 13 dead and 15 wounded. The British military informed the world that they had won an 'IRA gun battle'. This became the official narrative for decades until a family-led campaign instigated one of the most complex inquiries in history. Fifty years on, those present tell their story together for the first time. *On Bloody Sunday* unfolds before us an extraordinary human drama, as we experience one of the darkest moments in modern history.

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.

Campbell 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.

Brazen

By Julia Haart



A riveting, inspiring memoir of one woman's escape from an extreme religious sect and her extraordinary rise from housewife to CEO.

- **PUBLICATION 12/01/2023**
- **£9.99**
- **PAPERBACK**
- **464 PAGES**
- **B (198x126)**
- **ISBN: 9781913068653**
- **ENDEAVOUR**

The Sunday Times Bestseller from the star of Netflix's *My Unorthodox Life* – the 2nd season will be released in Jan 2023

Ever since she was a child, every aspect of Julia Haart's life – what she wore, what she ate, what she thought – was controlled by the rules of ultra-Orthodox Judaism. At nineteen, after a lifetime spent caring for her seven younger siblings, she was married off to a man she barely knew. For the next twenty-three years, her marriage would rule her life.

Eventually, when Haart's youngest daughter, Miriam, started to innocently question why she wasn't allowed to sing in public, run in shorts, or ride a bike without being covered from neck to knee, Haart reached a breaking point. She knew that if she didn't find a way to leave, her daughters would be forced into the same unending servitude.

So Haart created a double life. In the ultra-Orthodox world, clothing has one purpose – to cover the body, head to toe – and giving any more thought than that to one's appearance is considered sinful, an affront to God. But when no one was looking, Haart would pour over fashion magazines and sketch designs for the clothes she dreamed about wearing in the world beyond her Orthodox suburb. She started preparing for her escape by educating herself and creating a 'freedom' fund. At the age of forty-two, she finally mustered the courage to flee.

Within a week of her escape, Haart founded a shoe brand, and within nine months, she was at Paris Fashion Week. Just a few years later, she was named creative director of La Perla. Soon she would become co-owner and CEO of Elite World Group and one of the most powerful people in fashion. Along the way, her four children – Batsheva, Shlomo, Miriam and Aron – have not only accepted but embraced her transformation.

Propulsive and unforgettable, Haart's story is the journey from a world of 'no' to a world of 'yes', and an inspiration for women everywhere to find their freedom, their purpose and their voice.

Share Power

By Merryn Somerset Webb



'Brimming with energy and hugely convincing – capitalism rescued in one short book.' – **Justin Webb, journalist and presenter on BBC Radio 4 *Today Programme***

Should companies care about climate change? Should they be vanquishing the gender pay gap? Should they be advancing human rights in their supply chains? And if we think they should – can we, as ordinary people, bring about these sorts of changes?

The answer is, technically, yes. In the UK, the majority of us now own shares in listed companies – whether that be through a stocks and shares ISA, a self-invested portfolio or a workplace pension scheme. What few people know is that every share comes with a vote in company decisions, over everything from executive pay to corporate strategy. The technology exists to allow us to vote – all we need to do is learn how to use it.

In *Share Power*, Merryn Somerset Webb, Editor-in-Chief of *MoneyWeek*, takes us deep into the world of corporate capitalism – from the privatisation of state-owned companies in the 1980s to the financial crash of 2008 and the growth of the modern multinational – to show us how capitalism went wrong and how, with six simple recommendations, every one of us now has the power to make it work for us.

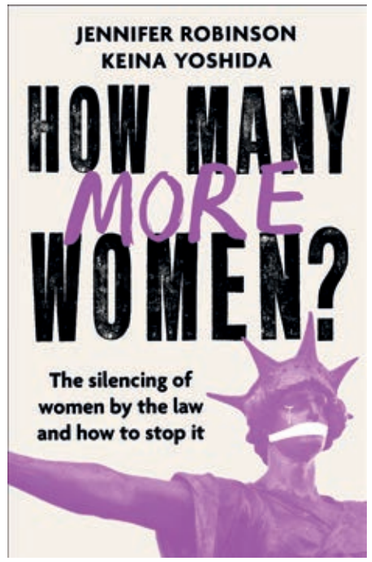
Merryn Somerset Webb is Editor in Chief of *Moneyweek*, the UK's best-selling financial magazine, as well as a Contributing Editor and weekly columnist at the *Financial Times*. Somerset Webb is also a non-executive director of several UK listed investment trusts and a regular media commentator and speaker on all things financial. She lives in Edinburgh.

Why the financial system should work for everyone: and how YOU have the power to change it.

- **PUBLICATION 26/01/2023**
- **£9.99**
- **B (198x126)**
- **172 PAGES**
- **OTHER**
- **ISBN: 9781780725628**
- **SHORT BOOKS**

How Many More Women?

By Jennifer Robinson and Keina Yoshida



In 2017, allegations against Harvey Weinstein prompted a worldwide witnessing of sexual harassment and abuse stories on social media. While #MeToo has empowered women, men, trans and queer survivors to speak out about their experiences of abuse, like every progressive movement for change, there has been cultural and legal backlash.

Rich, privileged and powerful men have teams of lawyers at their disposal to suppress allegations and prevent newspaper stories from running. Individual women, frontline services, advocacy groups and journalists find themselves fighting against censorship. The weaponising of the law to silence survivors from speaking about their abuse, and anyone who might report on it, has been described as the 'perverse twist' of MeToo.

Leading human rights barristers Jennifer Robinson and Dr Keina Yoshida set out to investigate this global problem, drawing on the high-profile cases they have worked on and interviews with survivors of abuse. *How Many More Women?* will show readers just how difficult the law makes it for women to report their abuse, the impact it has on free speech and how survivors around the world can fight back.

Jennifer Robinson is a barrister in London. She has represented survivors, journalists, media organisations, advocacy and frontline services organisations on free speech and media law issues. She has advised high-profile women who have spoken out about their experience of gender-based violence, including Rose McGowan and Amber Heard, and assisted journalists to break #MeToo stories.

Dr Keina Yoshida is a barrister in London. She has represented victims and survivors of abuse in different legal proceedings, including in judicial reviews and in the Independent Inquiry into Child Sexual Abuse. Keina is also an academic at the Centre for Women, Peace and Security at the LSE and sits on the editorial board of the journal *Feminist Legal Studies*.

Two leading feminist barristers expose the way in which the law is used to silence women and show how we can fight back.

- **PUBLICATION 02/02/2023**
- **£20.00 / HARDBACK / 9781804190203**
- **£14.99 / TRADE PAPERBACK / 9781804190227**
- **336 PAGES**
- **ROYAL (234x153)**
- **ENDEAVOUR**

Love & Care

By Shaun Deeney



A beautifully written, moving memoir about the unbreakable bonds of family and what it means to look for love late in life.

- **PUBLICATION 09/02/2023**
- **£9.99**
- **PAPERBACK**
- **336 PAGES**
- **B (198x126)**
- **ISBN: 9781913068455**
- **ENDEAVOUR**

'An honest and thoughtful memoir. Moving but, ultimately, full of hope. Beautiful.' – **Kate Mosse**

'Superb. *Love & Care* is a book about the unbreakable bonds of family, the cruelty of passing time and a love that never dies.' – **Tony Parsons**

'A beautiful, intimate story of love and understanding – candid and funny. This is a lyrical memoir of hope and forgiveness.' – **Raynor Winn, author of *The Salt Path***

'A heart-warming, heart-wrenching, and beautifully humane account of loving and caring.' – **Nicci Gerrard, novelist and author of *What Dementia Teaches Us About Love***

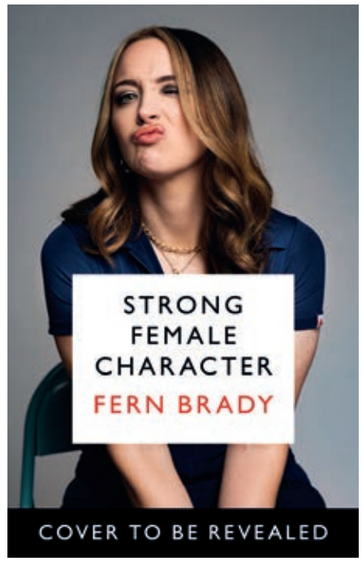
'He's in hospital again . . . and he's not eating. Perhaps you should think about coming back to the UK,' Brenda said. 'I don't think your dad will be going home again.'

Shaun's mother is in a care home with Parkinson's Dementia and now his father is dying. He should go back. And yet this was supposed to be his time. Shaun has relocated to a new country to make a fresh start. His two daughters are grown-up. He has moved on from the divorce. He is single and he is free, and still hoping to find love again. Will this mean giving up on his own life?

Shaun Deeney is a former journalist and Emmy award-winning film and TV producer. He has made current affairs programmes for ITV on social issues, including care. He is also the creator of a podcast on caring for his mother called *Love and Care*. Shaun has a degree in English and American Literature from Kent at Canterbury. He has two daughters and loves listening to Frank Sinatra. For more information visit shaundeeney.com.

Strong Female Character

By Fern Brady



***Strong Female Character* is a game-changing memoir on sexism and neurodiversity.**

- **PUBLICATION 14/02/2023**
- **£16.99**
- **HARDBACK**
- **288 PAGES**
- **DEMY (216x135)**
- **ISBN: 9781914240447**
- **BRAZEN**

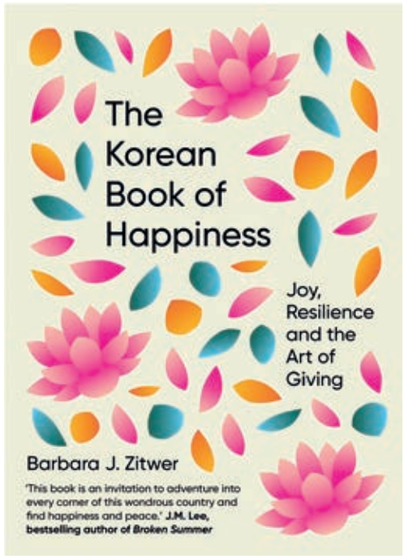
'This is a book about how being a woman gets in the way of people's expectation of what autism should look like and, equally, how being autistic gets in the way of people's expectations of what a woman should look like.'

Strong Female Character is a game-changing memoir on sexism and neurodiversity. Fern Brady will use her voice as a neurodivergent, working-class woman from Scotland to bring issues such as sex work, abusive relationships and her time spent in teenage mental health units to the page. It will take a sledgehammer to the Manic Pixie Dream Girl trope which is mistakenly applied to neurodiverse women. It will also look at how her lack of regard for social expectations ultimately meant she surpassed any limitations of what a Scottish working-class woman can do.

Fern Brady is known for being totally unique and completely fearless. Her caustic wit, exceptional writing and electric stage craft has made Fern one of the UK's hottest comedy stars. As seen on *Live from the BBC*, *Live from the Comedy Store*, *The Russell Howard Hour*, and *Live at the Apollo*. She regularly writes for the *Guardian* and her career has gone stratospheric in the last 18 months. She's had viral success with her BBC *Life Lessons,* stormed the Australian comedy scene and supported Frankie Boyle and Katherine Ryan on tour. She is currently co-hosting *British as Folk* on Dave.

The Korean Book of Happiness

By Barbara J. Zitwer



'This book is an invitation to adventure into every corner of this wondrous country and find happiness and peace. If you are going to Korea, this book is crucial. But this book is worth reading even more when you can't go to Korea.' – **J.M. Lee, bestselling author of *Broken Summer* and *The Investigation***

From the very first moment she set foot in South Korea, Barbara Zitwer, literary agent to some of the most celebrated, prize-winning Korean authors, fell head-over-heels in love, discovering there a renewed sense of happiness and energy.

In this witty, charming book, Zitwer shares all that she has learnt about this fascinating country: a vibrant, global powerhouse of culture and industry with an enduring devotion to the ancient philosophies of Han, Heung and Jeong (resilience, joy and the art of giving).

We follow Zitwer as she travels from the buzzing capital of Seoul to a meeting with Buddhist nuns in the mountains, from the bizarre theme park within the Demilitarised Zone to the tropical island of Jeju, home to Haenyeo, the inspirational, octogenarian, female divers. Along the way she regales us with hilarious anecdotes of her cultural faux pas, top travel tips and local recipes as well as magical moments of understanding and connection.

The Korean Book of Happiness invites you to explore a beguiling culture and learn how the Korean way can make your life happier and more fulfilled.

Barbara J. Zitwer is an international literary agent. She graduated from Columbia Film School and, prior to working in publishing, she produced films including *Vampire's Kiss* with Nicolas Cage. Zitwer co-wrote the play *Paper Doll* about Jacqueline Susann. She lives in New York City with her husband and their two dogs.

An accessible, entertaining foray into South Korea through cultural wisdom, travel anecdotes, etiquette and recipes.

- **PUBLICATION 02/03/2023**
- **£12.99**
- **HARDBACK**
- **192 PAGES**
- **DEMY (216x153)**
- **ISBN: 9781780725758**
- **SHORT BOOKS**

Destination Fabulous: Finding Your Way to the Best You Yet

By Anna Murphy



We live in a society that seems to want us to be afraid of growing older. But imagine if getting older could be the greatest thing that ever happened to you. At 50, Anna Murphy, Fashion Director at *The Times*, feels more visible than at any point in her life to date. Her new book, *Destination Fabulous*, is the toolkit you need to embrace your age and celebrate the wisdom and inner beauty that comes with it.

How do you lift and smooth your face naturally? Should you go grey, and, if so, how? How do you deal with the menopause? Anna combines her knowledge of conventional approaches with her openness to the alternative ways of thinking found in disciplines like yoga and Chinese medicine. For her natural is always best.

As for fashion, Anna knows better than anyone that this can be the ultimate route into surfacing the true you. She shares all her tricks for finding your way to a wardrobe that will transform not just the way you look but the way you feel. And she shares the highlights of her conversations over the years with super-stylish agers such as Iris Apfel and Miuccia Prada.

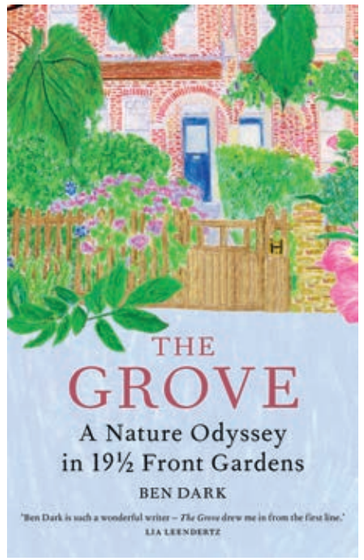
Drawing on the wisdom of writers as diverse as Pema Chodron and Eckhart Tolle, Dorothy Rowe and Osho, Nora Ephron and Mary Oliver, she writes about saying goodbye to what doesn't serve you and welcoming what does; about forging relationships that work for you as well as others; and about finding your purpose, whether in your personal or professional life.

As Fashion Director of *The Times*, it goes without saying that **Anna Murphy** is passionate about what we wear. The author of *How Not To Wear Black* believes strongly that the act of choosing what to put on every morning can have a profound impact not just on how we look, but how we feel. Her years of writing and research, plus her own life experience have also opened Anna up to fresh thinking around the best ways to live a life that is contented and fulfilled, especially as you grow older.

From the Fashion Director of the London *Times* comes a wise and inspiring guide to making the most of life as a grown-up woman.

- **PUBLICATION 02/03/2023**
- **£20.00**
- **HARDBACK**
- **352 PAGES**
- **DEMY (216x153)**
- **ISBN: 9781784728519**
- **MITCHELL BEAZLEY**

The Grove: A Nature Odyssey in 19½ Front Gardens By Ben Dark



The first non-fiction book from an award-winning new voice, hailed by the *Sunday Times* as 'the millennial Monty'.

- **PUBLICATION 06/04/2023**
- **£9.99**
- **PAPERBACK**
- **336 PAGES**
- **B (198x126)**
- **ISBN: 9781784727413**
- **MITCHELL BEAZLEY**

'The best gardening book of 2022.' – ***Telegraph***

'A wonderful book.' – **Alexandra Shulman, *Mail on Sunday***

'Meet the millennial Monty Don.' – ***The Sunday Times Style***

'A testament to the secret communal power of a front garden.' – **Alice Vincent, *New Statesman***

'Ben Dark is such a wonderful writer – *The Grove* drew me in from the first line.' – **Lia Leendertz**

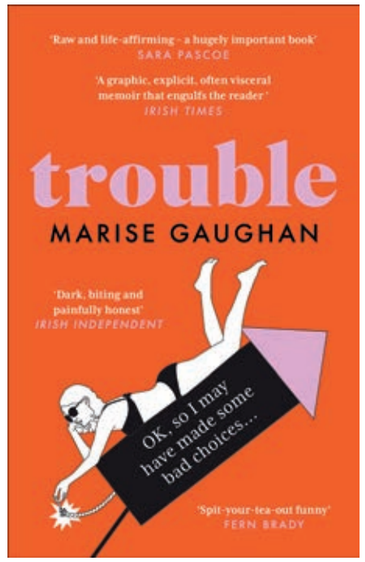
There is a renewed interest in the nature on our doorsteps, as can be seen in the work of amateur botanists identifying wildflowers and chalking the names on the pavements. But beyond the garden wall lies a wealth of cultivated plants, each with a unique tale to tell. In *The Grove*, award-winning writer and head gardener Ben Dark reveals the remarkable secrets of twenty commonly found species – including the rose, wisteria, buddleja, box and the tulip – encountered in the front gardens of one London street over the course of year.

As Ben writes, in those small front gardens 'are stories of ambition, envy, hope and failure' and *The Grove* is about so much more than a single street, or indeed the plants found in its 19 ½ front gardens. It's a beguiling blend of horticultural history and personal narrative and a lyrical exploration of why gardens and gardening matter.

Ben Dark is a head gardener, award-winning broadcaster and landscape historian. As a gardener he has worked for embassies, cemeteries, heritage bodies and oligarchs. He organized a private flower show for the Royal Family and helped to build gold-medal winning gardens on the main avenue at the Chelsea Flower Show. As the creator and host of the award-winning Garden Log Podcast he frequently speaks to gardening groups and industry events. Ben has written about plants for the *Telegraph* and has been featured in the *Independent*, *Gardens Illustrated* and the *Financial Times*.

Trouble

By Marise Gaughan



A stunning literary memoir from an exceptional Irish writer and comedian.

- **PUBLICATION 02/03/2023**
- **£9.99**
- **PAPERBACK**
- **288 PAGES**
- **B (198x126)**
- **ISBN: 9781913183998**
- **MONORAY**

'Remarkable and relatable... *Trouble* is an outstanding memoir, a text on addiction that gets to the heart of its implicit trauma and complications. Gaughan has a remarkable voice, self-assured yet vulnerable, frank to a staggering degree – and likeable even in her darkest moments.' – ***Business Post***

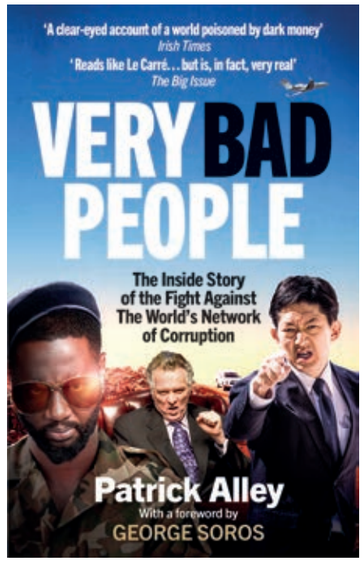
'Raw, brutal and life-affirming – Marise has written a hugely important book that is as entertaining as it is illuminating.' – **Sara Pascoe**

Marise was nine when she first realised there was trouble. 14, when her Dad tried to end it all, and 23 when he finally succeeded. In a turmoil of conflicting emotions she runs, leaving a trail of sex and self-destruction in her wake, a girl imploding through trying to make sense of how a loving father would leave his daughter behind. As she retells her unravelling, from child to adult, Gaughan strips back her identity and her relationship with her father, layer by layer, until she starts to understand how to live with him, years after he has gone. Written beautifully, with wit and unflinching honesty, Marise Gaughan has produced one of the most profound coming-of-age memoirs of recent years, a stunning new voice in Irish writing.

Marise Gaughan was born in Dublin in 1991, and began doing stand-up in the open mic nights of Los Angeles in 2016. Now living in London, she continues to perform in all the major UK and Irish clubs and festivals. Her award nominated debut show *Drowning* premiered at the Dublin Fringe festival in 2018 and was awarded the Women's Irish Network Arts Bursary. She presented a weekly radio segment on Ireland's lyric.fm during lockdown that the *Irish Times* called 'edgy, honest and funny.' This is her first book.

Very Bad People

By Patrick Alley



'*Very Bad People* would be a hugely enjoyable thriller if it wasn't all true... Thank heavens there are Very Good People like Patrick Alley and his astonishingly courageous colleagues.'
– Isabella Tree, author of *Wilding*

'Alley has produced a clear-eyed of a world poisoned by dark money, and a welcome reminder that resistance is possible. As it turns out, his book is even more timely than he could have hoped.'
– Irish Times

Arms trafficking, offshore accounts and luxury property deals. Superyachts, private jets and supercar collections. Blood diamonds, suspect oil deals, deforestation and murder. This is the world of Global Witness, the award-winning organisation dedicated to rooting out worldwide corruption.

This is co-founder Patrick Alley's revealing inside track on a breath-taking catalogue of modern super-crimes – and the 'shadow network' that enables them. It's about following the money, going undercover in the world's most dangerous places, and bringing down the people behind the crimes. *Very Bad People* is a fearless investigation into the darkest workings of our world – and an inspiration to all of us who want to fight back.

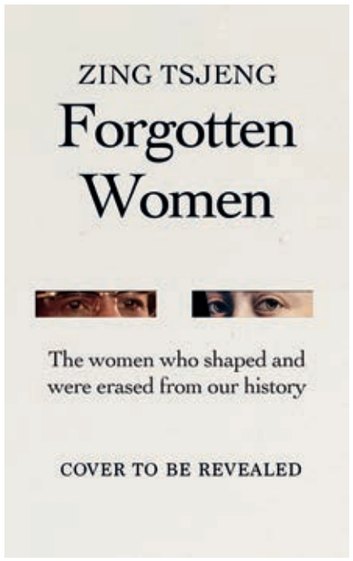
Patrick Alley is one of the three founders of Global Witness. Founded in 1993, Global Witness has become one of the world's leading investigative organisations dedicated to routing out corruption & environmental and human rights abuses around the world, with Patrick taking part in over 50 field investigations in South East Asia, Africa, Latin America and Europe. Taking the findings to lawmakers and into the boardrooms of multinational companies, Patrick and his colleagues have challenged the assumption that you can't change things. Alongside his two co-founders, Patrick received the 2014 Skoll Award for Social Entrepreneurship. Global Witness were nominated for the 2003 Nobel Peace Prize for their work exposing the murderous trade in Blood Diamonds.

The untold story of how three friends formed Global Witness, fighting highly organised worldwide criminality, kleptocracy and corruption.

- **PUBLICATION 02/03/2023**
- **£9.99**
- **PAPERBACK**
- **336 PAGES**
- **B (198x126)**
- **ISBN: 9781913183509**
- **MONORAY**

Forgotten Women

By Zing Tsjeng



'To say this [book] is "empowering" doesn't do it justice. Buy a copy for your daughters, sisters, mums, aunts and nieces – just make sure you buy a copy for your sons, brothers, dads, uncles and nephews, too.' – ***indy100***

'Here's to no more forgotten women.' – ***Evening Standard***

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.

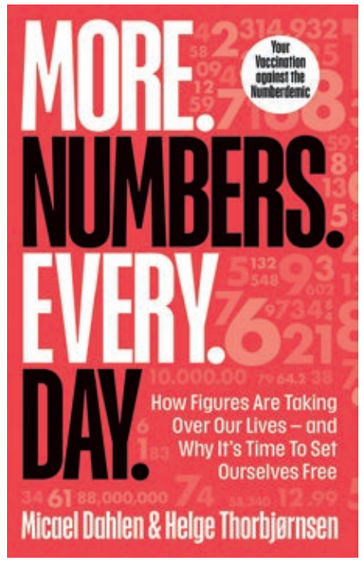
Zing Tsjeng is the editor in chief of *VICE UK* and the author of the *Forgotten Women* book series. She specialises in women's and LGBTQ rights, politics, culture and lifestyle. She is also a documentary host and podcaster, her recent podcast for the BBC was entitled *Forgotten Zingdom* and she interviews for publications such as *Vogue*, *Dazed*, and the *Guardian*.

The women who shaped and were erased from our history.

- **PUBLICATION 09/03/2023**
- **£16.99**
- **HARDBACK**
- **352 PAGES**
- **DEMY (216x153)**
- **ISBN: 9781914240690**
- **BRAZEN**

More. Numbers. Every. Day.

By Micael Dahlen & Helge Thorbjørnsen



Two rollicking economists explain how a 'numberdemic' is taking over lives – and what we can do about it.

- **PUBLICATION 16/03/2023**
- **£16.99 / HARDBACK / DEMY (216x153) / ISBN: 9781800961043**
- **£14.99 / TRADE PAPERBACK / ROYAL (234x153) / ISBN: 9781800961067**
- **320 PAGES**
- **MONORAY**

'Numbers are so concrete, precise, and clear. Numbers don't lie. They're honest, neutral and controllable. They are relevant, rational, and objective. So we thought. But it turns out they're fickle, manipulative, addictive bastards. You just don't know it yet.'

How many steps have you done today? How many emails answered? How much money have you spent this week and how many hours have you slept? This is a book about the slog of our quantified lives today – tracked, rated, measured, with every relationship, step, hour slept, taxi taken, pound spent, all translated into a number. In *More. Numbers. Every. Day.*, two sparky Scandinavian economics professors, Micael Dahlen and Helge Thorbjørnsen, explain why numbers affect how we think and how we feel, our relationships and our choices, as well as our financial, political and technological worlds. You'll learn how your pedometer could affect your mortgage and why you're more likely to get a parking ticket in the period just before Christmas than any other time of the year. Crucially, *More. Numbers. Every. Day.* will also suggest ways you can shape your relationship with numbers for the better.

A sharp, entertaining and insightful read, *More. Numbers. Every. Day.* is your vaccination shot against the numberdemic: the key to a happier life in a world obsessed with numbers.

Micael Dahlen is Professor at the Stockholm School of Economics, with a particular interest in what makes us happy. He is the author of several books and an acclaimed public speaker.

Helge Thorbjørnsen is Professor of Marketing at the Norwegian School of Economics. He is curious about human behaviour and decision-making, particularly when technology is involved.

TAXTOPIA

By The Rebel Accountant



An anonymous accountant provides an eye-opening exposé of the dubious tax practices of the super-rich and the broken global tax system.

- **PUBLICATION 30/03/2023**
- **£20.00 / HARDBACK / ISBN: 9781800960886**
- **£14.99 / TRADE PAPERBACK / ISBN: 9781800960893**
- **320 PAGES**
- **ROYAL (234x153)**
- **MONORAY**

In *TAXTOPIA* a rogue accountant breaks ranks to share his journey from clueless naïf to skilled tax consultant and in doing so blows the lid on the murky world of making the tax burdens of the ultra-wealthy disappear.

In the topsy-turvy world of tax avoidance, you can get richer by buying a yacht, the world's biggest exporter of coffee is Switzerland, and the Duke of Westminster pays less tax than you do.

Written with sharp wit and over-brimming with inside secrets, the anonymous author shows us that not only does the global tax system encourage dubious practice which favours the rich, but that it was specifically founded with that in mind.

If you suspect that tax is a rigged game, a con, designed to fleece the little guy, you are about to find out just how shockingly true that really is.

Welcome to *TAXTOPIA*.

The Rebel Accountant is a chartered tax advisor who has worked widely behind the scenes at companies both reputable and disreputable in London and Australia, ranging from major accountancy firms to tiny start-ups and large American multinationals.

He chose his career because he loves to be creative.

Blind Not Broken

By Lucy Edwards



The debut book from disability activist and TikTok sensation Lucy Edwards.

- **PUBLICATION 30/03/2023**
- **£16.99**
- **HARDBACK**
- **288 PAGES**
- **DEMY (216x153)**
- **ISBN: 9780600637653**
- **HAMLYN**

Lucy Edwards is a UK-based blind broadcaster, content creator, Pantene Ambassador and disability activist. At only 17 her world went to black. In an instant Lucy lost her eyesight due to a rare condition called Incontinentia Pigmenti. She had to learn how to navigate her life all over again, the beginning of an extraordinary journey to find self-acceptance and happiness.

Through sharing her day-to-day routine in her viral 'How does a blind girl?' video series, Lucy's story gripped the nation. She has since become an online phenomenon, accumulating over 1.7 million TikTok followers and 600k YouTube subscribers.

Part memoir and part self-help guide, this book follows Lucy's journey from tragic sight loss to becoming a thriving career woman. Each chapter contains inspirational tips, practical motivation and coping mechanisms which can be applied to people of every ability who are grieving a loss or experiencing a sudden change. This book offers a unique take on empowerment, happiness, strength, triumph over adversity and how we view beauty in the world. Lucy's motto is that she is 'blind, not broken'. In these pages, she will help you adopt this same motto by demonstrating how the challenges we face in life need not break us but can instead inspire us to lead full, rich lives.

Lucy Edwards is a UK-based blind broadcaster, content creator and disability activist who is the first-ever blind content creator to become an Ambassador for Pantene featuring in their TV adverts, with her face across Superdrug stores nationwide to promote their Silky & Glowing range. Lucy also worked with Pantene closely to ensure all packaging was accessible to the vision-impaired community. Lucy continues to campaign for inclusivity, within the beauty industry and beyond.

Instagram.com/lucyedwardsofficial | YouTube.com/lucyedwards

TikTok.com/lucyedwards | Twitter.com/lucyedwards

In The Shadow of the Mountain

By Silvia Vasquez-Lavado



Inspiring mountaineer takes a group of abused young women on an epic trek to Mount Everest Base Camp, before climbing the mountain herself, and ealing her own trauma.

- **PUBLICATION 06/04/2023**
- **£9.99**
- **PAPERBACK**
- **384 PAGES**
- **B (198x126)**
- **ISBN: 9781913183790**
- **MONORAY**

'Silvia Vasquez-Lavado is a warrior. I'm in awe of her strength and courage.' – **Selena Gomez**

'Silvia Vasquez-Lavado is a woman possessed of uncommon strength, rare compassion, and a ferocious stubbornness to not allow the trauma of her childhood to destroy her life.' – **Elizabeth Gilbert, author of *Eat, Pray, Love***

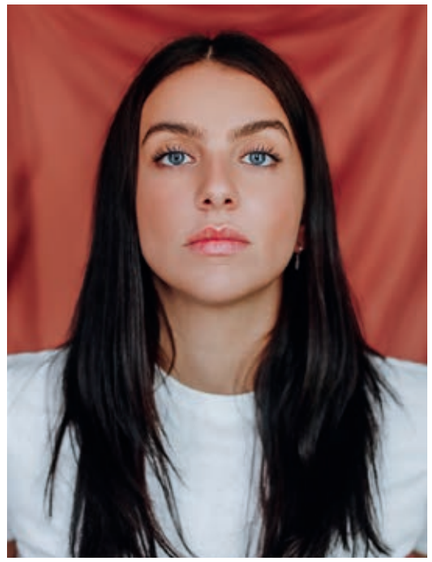
Despite a high-flying career, Silvia Vasquez-Lavado knew she was hanging by a thread. Deep in the throes of alcoholism, and hiding her sexuality from her family, she was repressing the abuse she'd suffered as a child. When her mother called her home to Peru, she knew something finally had to change. It did. Silvia began to climb. Something about the sheer size of the mountains, the vast emptiness and the nearness of death, woke her up. And then, she took her biggest pain to the biggest mountain: Everest. The 'Mother of the World' allows few to reach her summit, but Silvia didn't go alone. Trekking with her to Base Camp, were five troubled young women on an odyssey that helped each confront their personal trauma, and whose strength and community propelled Silvia forward...

Beautifully written and deeply moving, *In the Shadow of the Mountain* is a remarkable story of compassion, humility, and strength, inspiring us all to find have faith in our own heroism and resilience.

Silvia Vasquez-Lavado is a humanitarian, mountaineer, explorer, social entrepreneur, and technologist living in San Francisco. In 2014, she launched Courageous Girls to help survivors of sexual abuse and trafficking find their own inner strength. Courageous Girls has had projects in Nepal, the United States, and Peru. Vasquez-Lavado was recognized by *Fortune* magazine as one of the Corporate Heroes of 2015. CNET named her one of the '20 Most Influential Latinos in Silicon Valley'. She is a member of the Explorers Club and one of the few women in the world to complete the 'Seven Summits.'

No Worries If Not

By Soph Galustian



No Worries if Not is a funny and relatable coming-of-age story, that explores Soph Galustian's experiences of poverty, queerness, mental health, grief and community. She recounts her life from childhood, to teens, into adulthood through a mixture of short stories, spoken word, illustrations and space for the reader to reflect (or draw tits... whatever you prefer).

This book is for anyone who was raised having no hot water and no electricity on a weekly basis, anyone who wrestled with coming out, who accidentally killed their childhood pet fish, who has lost the person closest to them...

Filled with flashbacks to the early 2000s/2010s, *No Worries if Not* is equally for anyone who had a porch, a fancy drama school uniform and no dead pet fish...

In this book Soph offers a space to reminisce and laugh at life's misfortunes. A comedy writing star of the future, Soph Galustian's debut book *No Worries if Not* is a must read!

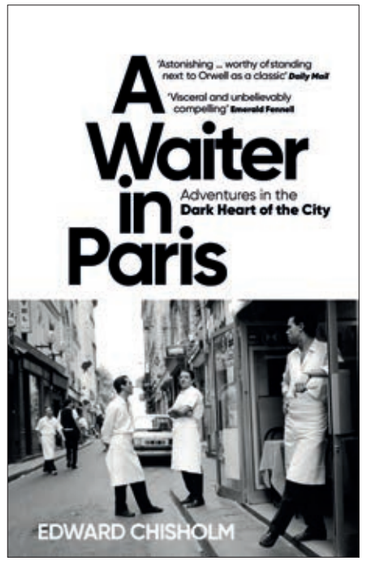
Soph Galustian is a born-and-bred Mancunian writer and actress of Armenian heritage, who specialises in comedy writing and spoken-word poetry. This is her first book.

My Mad Fat Diary by Rae Earl meets Holly McNish: This is a darkly comic, relatable, unflinching account of the testing moments growing up as a young, queer, working class woman.

- **PUBLICATION 06/04/2023**
- **£12.99 / TRADE PAPERBACK / ROYAL (234x153) / ISBN: 9781804190098**
- **£16.99 / HARDBACK / B (198x126) / ISBN: 9781804190081**
- **224 PAGES**
- **RADAR**

A Waiter in Paris

By Edward Chisholm



'Visceral and unbelievably compelling.' – **Emerald Fennell**

'Vividly written and merciless in its detail.' – **Edward Stourton**

'An excellent book.' – ***Strong Words***

'Chisholm's fortitude in the face of hot-headed, violent chefs and infernal fourteen-hour days without breaks in pursuit of his goal is admirable, and makes for compelling reading.'
– Jeremy Allen, *TLS*

A waiter's job is to deceive you. They want you to believe in a luxurious calm because on the other side of that door... is hell. Edward Chisholm's spellbinding memoir of his time as a Parisian waiter takes you below the surface of one of the most iconic cities in the world and right into its glorious underbelly. He inhabits a world of inhuman hours, snatched sleep and dive bars; scraping by on coffee, bread and cigarettes, often under sadistic managers, with a wage so low you're fighting your colleagues for tips. Colleagues – including thieves, narcissists, ex-Legionnaires, paperless immigrants, wannabe actors and drug dealers – who are the closest thing to family that you've got. It's physically demanding, frequently humiliating and incredibly competitive. But it doesn't matter because you're in Paris, the centre of the universe, and there's nowhere else you'd rather be in the world.

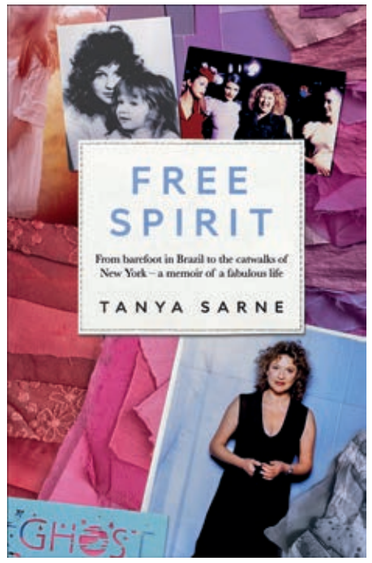
Edward Chisholm was born in Dorset, England, and moved to Paris in 2012 after graduating from the School of Oriental and African Studies, London. A resident there for seven years, Chisholm spent the first four of them working all manner of low-paid jobs, from waiting and bar work to museum security and market hand, while trying to build a career as a writer. Now, Chisholm makes a living as a copywriter/pen for hire, with ambitions of writing novels. His work has appeared in *The New York Times*, the *Guardian* and the *Financial Times*.

Inspired by Orwell, a brilliant portrait of the underbelly of contemporary Paris through the eyes of a young waiter scraping a living in the city.

- **PUBLICATION 06/04/2023**
- **£9.99**
- **PAPERBACK**
- **384 PAGES**
- **B (198x126)**
- **ISBN: 9781800960206**
- **MONORAY**

Free Spirit

By Tanya Sarne



Success, setbacks and survival set in London's Swinging '60s, the drug-fuelled Hollywood of the '70s and the LDN/NY fashion scene of the '80s and '90s by one of the real-life inspirations for Ab Fab.

- **PUBLICATION 06/04/2023**
- **£20.00**
- **HARDBACK**
- **352 PAGES**
- **ROYAL (234x153)**
- **ISBN: 9781784728465**
- **MITCHELL BEAZLEY**

Reading like a real life *Daisy Jones and the Six,* Tanya Sarne's story is so much more than simply an account of incredible international fashion success (and excess). The child of immigrant parents, her life ranged from the London of the Swinging Sixties, to the glamour and darkness of Hollywood, to virtual destitution and abandonment with two small children in a Brazilian fishing village before she even dreamt of starting her own business. Hers is a tale of extraordinary resilience, of second and third chances capped by global fashion success as the founder of Ghost.

From busking with Andrew Loog Oldham before he managed the Rolling Stones, to being invited to stay with Sharon Tate the night of the Manson murders, to being (with her daughter and Lynne Franks) the inspiration for *Absolutely Fabulous*, Tanya is one of those people who seems to have fitted more into one life than most of us would fit into nine.

Above all though she is that still all too rare thing, a female entrepreneur who achieved true global success solely as a result of her own hard work and talent and entirely on her own terms.

Born in 1945 as an only child to immigrant parents, **Tayna Sarne** spent the first two years of her life in a children's home with her early career including a stint as an actress. Her involvement with fashion began in the mid-1970s when she ended up selling alpaca jumpers from Peru to support her children when her first marriage to film director and pop musician Mike Sarne collapsed after stints in Hollywood and Brazil. She launched Ghost in 1984 and it became the 1990's biggest independent fashion brand (famous for its outrageous parties and the ability to make women feel confident in their dresses). The brand is now owned by Touker Suleyman and works with M&S.

The Sun Over The Mountain

By Suzie Fletcher



The first memoir from *The Repair Shop*'s Suzie Fletcher.

- **PUBLICATION 20/04/2023**
- **£20.00 / HARDBACK / ISBN: 9781804190579**
- **£14.99 / TRADE PAPERBACK / ISBN: 9781804190586**
- **256 PAGES**
- **ROYAL (234x153)**
- **RADAR**

Suzie Fletcher is the warm and friendly face on *The Repair Shop* that viewers look forward to watching every week. But while she tends to be the one repairing and offering a gentle kindness to others – she has also been in a process of change, reflection, and healing.

In her first book Suzie looks back over her life – which moves from England to Colorado and back again – and the places, people and experiences that have shaped the person she is today.

A self-confessed hippy with a deep connection to nature, Suzie's exceptional warmth and zest for life shine through on every page, making *The Sun Over the Mountain* a truly inspiring read that will resonate with anyone who has faced uncertainty but has the courage and power within them to overcome it.

The Potter's Way

By Florence St George



A guide to discovering your creative self through the therapeutic power of pottery.

- **PUBLICATION 27/04/2023**
- **£14.99**
- **HARDBACK**
- **256 PAGES**
- **OTHER (216x135)**
- **ISBN: 9781780725802**
- **SHORT BOOKS**

Sometimes it's the little things that get you through the big stuff. Struggling with depression and feeling lost after the birth of her daughter, Florence St George began experimenting with a small lump of clay on her kitchen table.

Pot by pot, bowl by bowl, she discovered that as her hands became busier, her mind grew calmer. In just a few years, Florence went from complete beginner to contestant on *The Great Pottery Throwdown*, discovering some important lessons along the way: that pottery is the perfect antidote to internet overload (phones and clay don't mix), that creativity doesn't have to be expensive, and that the hands-on process of working with clay can ground you like nothing else. It forces you to be in the moment, it teaches you resilience (pots are endlessly breaking) and fully engages your mind, body and soul.

In *The Potter's Way*, Flea shares simple tips to get you started on the great pottery journey, from hand-building pinch pots through to throwing large scale vessels on the wheel. This book will give you the toolkit to unleash your creativity and put you on the path of self-discovery.

"It doesn't matter who you are, we all get stuck in the mud sometimes. Fortunately, I found that mud has the power to heal."

Florence St George, also known as Flea, is a British ceramicist who discovered her love of clay after the birth of her daughter when she became ill with postnatal depression. In 2020, Flea became a contestant on *The Great Pottery Throwdown*. Demand for her work continues and she works with a factory in Portugal to produce limited editions of her designs. She has collaborated with many artists and designers, including her most recent collection with Monica Vinader.

Open Wide Please

By Milad Shadrooh



The weird and wonderful world of dentistry as told by the Singing Dentist.

- **PUBLICATION 27/04/2023**
- **£9.99**
- **HARDBACK**
- **224 PAGES**
- **B (198x126)**
- **ISBN: 9781780724720**
- **SHORT BOOKS**

"No offence mate, but I hate you!" Welcome to the world of dentistry, where nervous clients are a part of daily life and root canals, abscesses and fillings just a few of the delights in store.

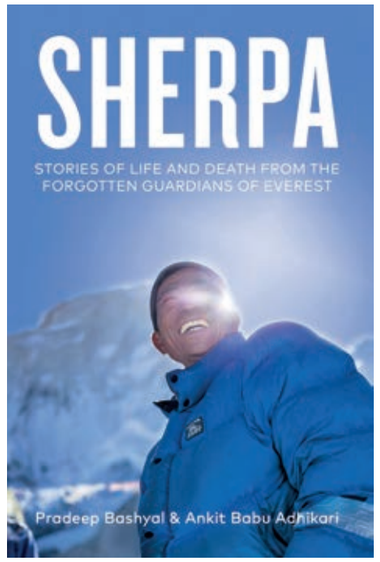
But for Dr Milad Shadrooh, there is no better job in the world. As a toddler, Milad was destined to become a doctor, but when it came down to it, the prospect of being continuously on call and wading through blood and gore felt like some form of torture. He chose dentistry and twenty years on, Milad has become the UK's most celebrated dentist and a YouTube sensation, with a collection of stories that will alternately astound you and have you rolling with laughter.

Drawing on both his own experiences and those of his colleagues, Milad drills down into the grisly details, touching on everything from the history of dentistry to how to have the perfect teeth. Employing a host of anecdotes and advice to dispel some of the scarier myths, ultimately, he explains not only what it takes to be a dentist, but – that biggest of mysteries – why anyone would want to do it.

Dr Milad Shadrooh is a dentist and owner of Chequers Dental Surgery in Basingstoke. Outside of dentistry, Milad hit the headlines as the "Singing Dentist", with his educational and entertaining dental parody songs gaining over 250 million views combined. Milad is the go-to media dental clinician with appearances on ITV's *This Morning*, *Good Morning Britain* and *Lorraine*, BBC News, Sky News and countless radio appearances. He been voted the Number 1 'Most Influential person' in Dentistry three times in the last four years.

Sherpa

By Pradeep Bashyal and Ankit Babu Adhikari



Changing the narrative of mountaineering books, *Sherpa* focuses on the people who live and work on the roof of the world.

- **PUBLICATION 04/05/2023**
- **£8.99**
- **PAPERBACK**
- **352 PAGES**
- **B (198x126)**
- **ISBN: 9781788403344**
- **CASSELL**

Amid all the foreign adventurers that throng to Nepal to scale the world's highest peaks there exists a small community of mountain people at the foothills of Himalayas. *Sherpa* tells their story. It›s the story of endeavour and survival at the roof of the world. It dives into their culture and tells of their existence at the edge of life and death. Written by Ankit Babu Adhikari – a writer, social science researcher and musician – and Pradeep Bashyal – a journalist with the BBC based in Nepal – *Sherpa* traces their story pre- and post-mountaineering revolution, their evolution as climbing crusaders with previously unpublished stories from the most notable and incredible Sherpas of the last 50 years.

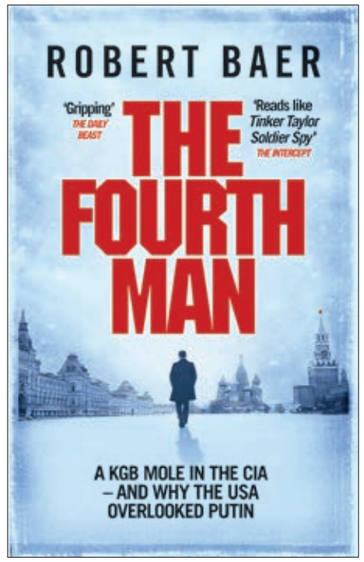
This is the story of the Sherpas.

Ankit Babu Adhikari is a writer and social science researcher based in Kathmandu. He has worked with national dailies *The Kathmandu Post* and *The Himalayan Times*. His works have also appeared on *The Washington Post* and *Asian Geographic*. If you google him, you may come across some strange feeds to songs and profiles featuring 'Ankit Babu Adhikari'. Don't get confused, it's the same person. He rarely tweets @AnkitAdhikari01

Pradeep Bashyal is a BBC journalist based in Kathmandu. He has been covering mountains and mountaineering for nearly a decade. His works have also appeared in *Nepal Magazine*, *The Washington Post*, *Buzzfeed News*, *Asian Geographic*, *National Geographic*, *The Diplomat*, among others. After this book, in his to-dos, are making a documentary on his toddler son and recording a song with Ankit. But no one has ever heard him sing. He tweets @pdpbasyal

The Fourth Man

By Robert Baer



The explosive story of a KGB spy and the rise of Putin's Russia.

- **PUBLICATION 04/05/2023**
- **£9.99**
- **PAPERBACK**
- **320 PAGES**
- **B (198x126)**
- **ISBN: 9781800960497**
- **MONORAY**

'Reads like *Tinker Taylor Soldier Spy*.' – **James Risen, *The Intercept***
'A compelling account of the ongoing search for the Fourth Man... a gripping and mind-bending read.' – ***Dr. Mark Stout, The Daily Beast***

In the aftermath of the Cold War, US intelligence caught three high-profile Russian spies. However, these arrests left major questions unanswered, and rumours have long swirled of another mole, often referred to as the Fourth Man.

For the first time ever, *New York Times* bestselling author and former CIA operative Robert Baer tells the explosive story of how insiders believe a KGB mole rose to the highest ranks of the CIA.

Robert Baer is one of the most accomplished agents in CIA history and a winner of the Career Intelligence Medal. Security Analyst for CNN, he is considered one of the world's most foremost authorities on the Middle East and had contributed to *TIME*, *Vanity Fair*, *The Wall Street Journal* and the *Washington Post*. He is the author of four *New York Times* bestsellers, including *See No Evil* – which was adapted into the acclaimed film *Syriana*, earning George Clooney an Academy Award for his portrayal of Baer – and, most recently, *The Perfect Kill: 21 Laws for Assassins*.

Behind Closed Doors

By Kerry Daynes



At a privately-run locked rehabilitation hospital, forensic psychologist Kerry Daynes meets an eclectic group of vulnerable women all struggling with the fallout from major traumatic events. With several years of experience in prisons and secure hospitals under her belt, Kerry is undaunted and optimistic about how she can help but, as she soon discovers, her work comes with a cost now more than ever before. Engrossing, compassionate and eye-opening, *Behind Closed Doors* tells the fascinating stories of the women being failed by our criminal and mental health systems.

Kerry is the person the TV networks turn to for expert commentary. Highly respected and known for her knowledgeable but personable delivery and sparky personality, she has contributed to numerous high-profile documentaries. These have been shown on BBC, ITV, C5, The History Channel, Discovery, CBS Reality, The Crime & Investigation Network, BBC International and more. She is also 'The Profiler' in the award-nominated series *Faking It: Tears of a Crime*.

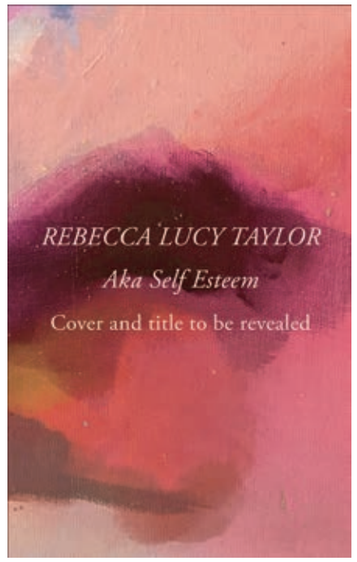
Twitter KerryDaynes.

The gripping third book from *Sunday Times* bestselling author and forensic psychologist Kerry Daynes.

- **PUBLICATION 01/06/2023**
- **£7.99**
- **PAPERBACK**
- **320 PAGES**
- **B (198x126)**
- **ISBN: 9781913068905**
- **ENDEAVOUR**

The Devolution of Woman

By Rebecca Lucy Taylor



'A pin-up and an oracle for millennial women.' – **Dolly Alderton**

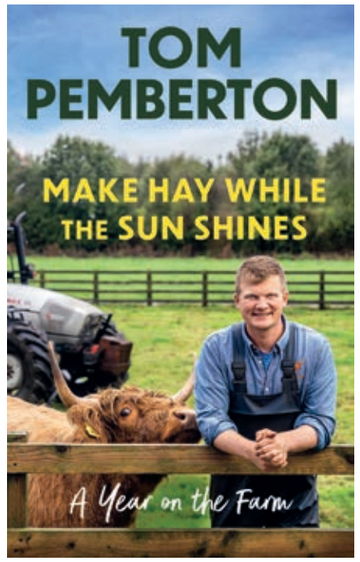
As Self Esteem, Rebecca Taylor has given voice to the feelings of insecurity and misogyny-induced frustration whilst emboldening a whole new audience with powerful, truth-telling lyricism. Her latest album *Prioritise Pleasure* was voted the *Guardian*'s top album of 2021. She has written the music for *Prima Facie*, Jodie Comer's theatre debut and music for Dolly Alderton's TV Adaptation for the BBC of *Everything I Know About Love*.

In her remarkable literary debut, Taylor (AKA Self Esteem) will explore the devolution of a woman.

- **PUBLICATION 01/06/2023**
- **£16.99**
- **HARDBACK**
- **224 PAGES**
- **DEMY (216x153)**
- **ISBN: 9781914240652**
- **BRAZEN**

Make Hay While the Sun Shines

By Tom Pemberton



A look behind the farm gate: over the changing seasons Tom gives a unique insight into everyday life on a busy dairy farm with all its highs, lows and hard graft.

- **PUBLICATION 01/06/2023**
- **£9.99**
- **PAPERBACK**
- **256 PAGES**
- **B (198x126)**
- **ISBN: 9781804190050**
- **RADAR**

For five generations, the Pemberton family have farmed at Birks Farm in the picturesque town of Lytham on Lancashire's Fylde Coast, working at the heart of the area since the 1830s and supplying dairy produce to the local community ever since.

In 2016, Tom Pemberton uploaded a one-minute video to YouTube about how to use the farm shop's new raw milk vending machine. He thought a handful of people would watch it. It turns out many more did. And so he began uploading regular videos, every Tuesday, Friday and the occasional Sunday to show what he gets up to on the farm. Things don't always go to plan, especially when you're the farmer's son, but every day's a learning day and Tom approaches work as he does life in general: stay positive and don't take yourself too seriously.

Make Hay While the Sun Shines takes us behind the farm gate and follows a year on the farm: from calving to maintaining machinery, from mucking out to planning and building a brand-new cow shed. Tom gives us a unique insight into everyday life on a busy dairy farm with all its highs, lows and hard graft. Full of heart, amusing anecdotes and unforgettable characters like Tom's dad, Andy – aka the Ginger Warrior – this is Tom's story of determination, adventure and how to keep a smile on your face even when you're knee-deep in cow poo.

Tom Pemberton is a beef and dairy farmer based on the Fylde coast in Lytham St Annes, Lancashire. As well as running a popular YouTube channel, Tom Pemberton Farm Life, he is a full-time beef, dairy and sheep farmer. He has previously won Digital innovator of the Year at the British Farming Awards. This is his first book.

Cabin Fever

By Jonathan Franklin and Michael Smith



The incredible story of the Zaandam cruise ship which set sail at the start of the pandemic and became the setting for an extraordinarily dramatic tale: a story of human kindness, peril and bravery.

- **PUBLICATION 01/06/2023**
- **£9.99**
- **PAPERBACK**
- **272 PAGES**
- **B (198x126)**
- **ISBN: 9781913068752**
- **ENDEAVOUR**

On 7 March 2020, 1,200 tourists gathered on the dock in Buenos Aires, Argentina, to board Holland America's 780-foot long, ten-story tall Zaandam for a 31-day South American cruise of a lifetime. Few on board had heard of the virus as they set sail. No one could imagine the extraordinary sequence of events that was about to unfold on the high seas.

The tension rises and falls as passengers hear the news about the outbreak on land and the first signs of it appear on ship. Then the Zaandam is prevented from docking in port after port. At one point their passage is blocked by a Chilean naval cutter with guns raised. In an attempt to manage the rising number of casualties onboard, the sister ship Rotterdam is called into action. Only the crew of the Rotterdam don't know about the Covid outbreak on the Zaandam until it is too late. Some of the crew try to mutiny. Meanwhile, diplomats are desperately trying to negotiate for the Zaandam and the Rotterdam to sail down the Panama canal – a journey through very narrow waters akin to threading a needle.

Cabin Fever is a story layered with moments of kindness, peril and perseverance. A remarkable tale that is filled with individual acts of heroism, the struggles and the tragedies of the crew and passengers.

Michael Smith is an award-winning investigative reporter at *Bloomberg Businessweek*. Smith has won dozens of awards over his 30-year career, including the prestigious George Polk, Maria Moors Cabot, Robert F. Kennedy and Overseas Press Club prizes. He is based in Miami. Twitter: @SmithMarkets.

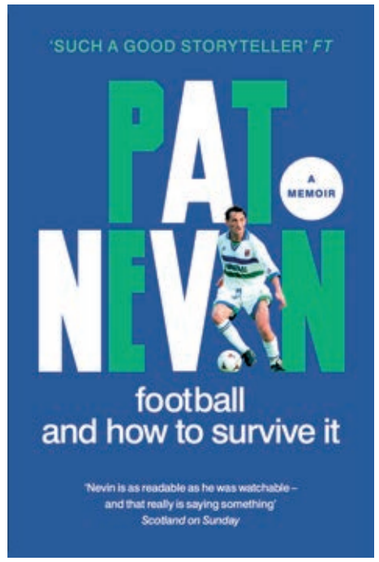
Jonathan Franklin is an award-winning public speaker, investigative journalist and author. Franklin's previous books include *A Wild Idea*, *438 Days* (now under development as a major motion picture) and *The 33*, a US bestseller. A native of New Hampshire, he splits his time between Portland, Maine and Punta de Lobos, Chile where he lives with his wife and daughters. **Twitter:** @FranklinBlog

Sport



Football And How To Survive It

By Pat Nevin



Following his *Sunday Times* bestselling memoir *The Accidental Footballer*, Pat Nevin takes us on a rare journey to the less glamorous side of football.

- **PUBLICATION 01/06/2023**
- **£20.00 / HARDBACK / ISBN: 9781800961135**
- **£14.99 / TRADE PAPERBACK / ISBN: 9781800961166**
- **352 PAGES**
- **ROYAL (234x153)**
- **MONORAY**

If you think that small clubs are less interesting than the big guns then prepare to pick your jaw up off the floor. Because this is where you see the football industry for what it is, in all its complex, confusing and calamitous glory.

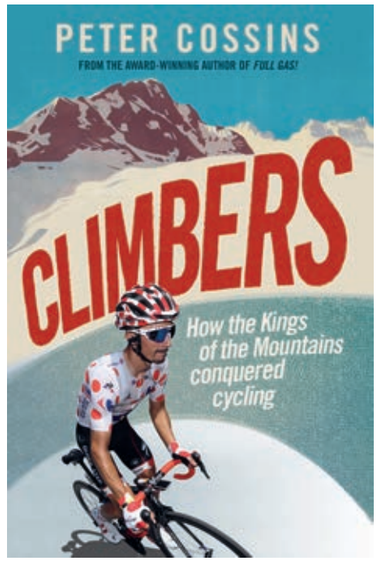
From Tranmere Rovers, to Kilmarnock, Pat plays some of the best football he's ever played. In an extraordinary twist of fate, what comes next is literally without precedent, Pat becomes both player and Chief Executive of Scottish First Division club Motherwell, and it is here that the adventure takes on a life of its own. Additionally with a young family to support, life kicks in, and hard, throwing some spectacular curveballs such as learning that their son is autistic and needs a lot of care.

This book is for people who support their local club, day in, day out; who know it's not all about Manchester United and the Champions' League. For many, football is a passionate, daily slog, full of twist and turns, tiny budgets, corrupt agents, neurotic managers and overblown institutions. It's compelling, infuriating, fascinating… And once you've read *Football and How To Survive It*, you may never look at the game in quite the same way again.

Starting at Celtic Boys Club, over a 20-year career, **Pat Nevin** has played for Clyde, Chelsea, Everton, Tranmere Rovers, Kilmarnock and Motherwell. He has won 28 caps for Scotland across a ten-year international career. Nevin was chair of the Professional Footballer's Association and since retiring as a player has worked as chief executive of Motherwell. He is now a football writer and broadcaster for Radio 5 Live, BBC World Service, Chelsea TV, BBC Sport website, and Ireland's Newstalk Radio. A voracious vinyl collector, he still loves Indie music and the Arts, and can be often caught DJing at clubs or festivals around the UK. His memoir *The Accidental Footballer* was a *Sunday Times* bestseller.

Climbers

By Peter Cossins



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

- **PUBLICATION 01/06/2023**
- **£9.99**
- **PAPERBACK**
- **336 PAGES**
- **B (198x126)**
- **ISBN: 9781788403139**
- **CASSELL**

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

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

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

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

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

Peter Cossins is a journalist and writer who has reported on professional cycling since 1993. He was a long-time contributor to and former editor of *Procycling* and is the author of ten books on the sport including *Full Gas!* and *The Yellow Jersey*, which won the Cycling Book of the Year at the *Telegraph* Sports Book Awards in 2019 and 2020, respectively. He lives with his family in France's Pyrénées Ariégeoises.

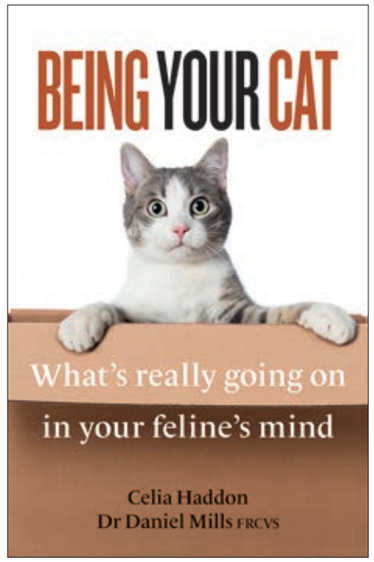


Pets



Being Your Cat

By Celia Haddon with Dr Daniel Mills, FRCVS



Renowned cat expert Celia Haddon puts the reader inside the mind of their cat, to show them how they think, feel and experience the world.

- **PUBLICATION 02/03/2023**
- **£14.99**
- **TRADE PAPERBACK**
- **256 PAGES**
- **ROYAL (234x153)**
- **ISBN: 9781788404051**
- **CASSELL**

Ever wondered why your cat won't sit on your lap? Why she would suddenly watch the football on television, how she sees the world and what she thinks of you and your family? Prepare to enter the mind of your cat and revolutionise the way you see the world and your enigmatic pet.

Bestselling cat author Celia Haddon and veterinary expert Dr Daniel Mills take you into the mind of your feline and, drawing on the latest scientific research, describe how your cat experiences the world. This is a unique book drawing on a wealth of veterinary science and studies, which relays those findings in a way that will amuse and delight owners. By placing you in the mind of your cat you will know what it's like physically, empirically, psychologically and emotionally to be your cat.

Being Your Cat will fascinate and surprise those who wish to know the secret world of cats and reveals how their experiences don't always stray far from our own.

Celia Haddon was the *Daily Telegraph* pet agony aunt whose knowledgeable yet sentimental column delighted cat lovers. She has sold somewhere between one to two million books. A cat behaviour practitioner with the Centre of Applied Pet Ethology, she has a B.Sc. in applied animal behaviour.

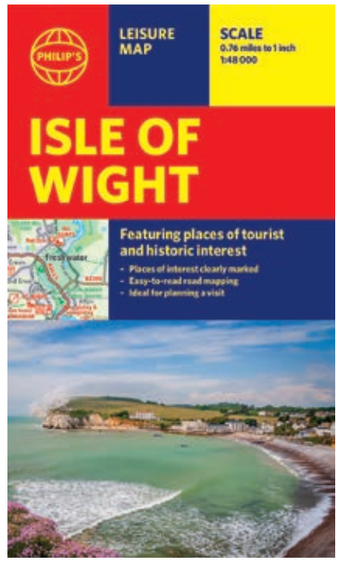
Professor Daniel Mills is a practising veterinary surgeon and academic at the University of Lincoln who specialises in the management of problem behaviour and the human-animal bond. He runs the podcast *What Makes You Click?*, which features chats with inspirational friends in the field of animal behaviour he has had the benefit of getting to know over the course of his career.

He shares his home with his human family and a rescue cat called Mika amongst other animals.



Philip's Isle of Wight Leisure Map

By Philip's Maps



A newly updated edition of this single-sided folded sheet map of the Isle of Wight, giving everything you need for a holiday or day trip.

- **PUBLICATION 05/01/2023**
- **£5.99**
- **FOLDED MAP (820x640)**
- **ISBN: 9781849076111**
- **PHILIP'S**

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

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

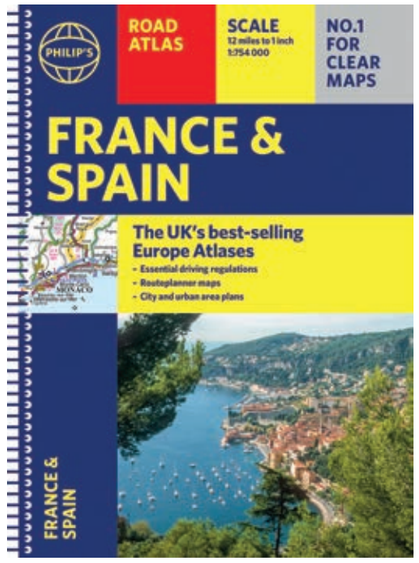
There are six clear town centre street maps: Cowes, Newport, Ryde, Sandown, Shanklin and Ventnor to ensure you never get lost.

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

Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's France & Spain Road Atlas

By Philip's Maps



The latest edition of *Philip's France and Spain Road Atlas*, in a spiral A4 format, is the must-have atlas for anyone travelling to these countries and driving.

- **PUBLICATION 05/01/2023**
- **£12.99**
- **OTHER (297x212)**
- **ISBN: 9781849076302**
- **PHILIP'S**

The new edition *Philip's France and Spain Road Atlas*, in a spiral A4 format, is the must-have atlas for anyone travelling to these countries by car or other vehicle.

From the market leaders in European Road Mapping, in addition to the main maps at 1:750,000, the road network is shown at three supplementary scales from 1:250,000 to 1:3M, with ultra-clear detailed maps for urban areas.

Scenic routes are highlighted on the road maps, with theme parks and World Heritage Sites clearly shown. The maps also highlight towns with low-emission zones and show motorway rest/parking areas.

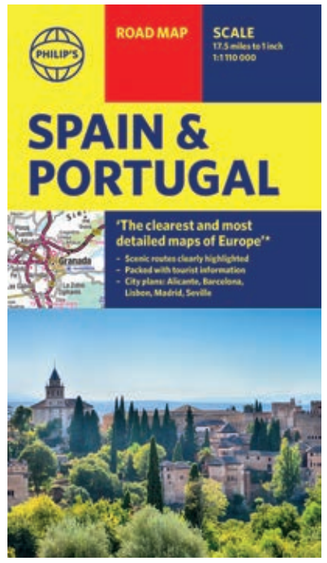
Philip's France and Spain Road Atlas includes:

- Up-to-date driving regulations, including speed limits
- 4 pages of route-planning maps which enable journeys of over 800 miles to be planned without turning a page
- 57 pages of clear, detailed road maps, with scenic routes highlighted and toll, toll-free and pre-pay motorways all clearly marked
- 6 large-scale urban-area maps
- 11 city-centre plans marking historic buildings and tourist attractions, as well as car parks, head post offices and o ther facilities
- Listings for ski resorts and top visitor attractions.

Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's Spain & Portugal Road Map

By Philip's Maps



Philip's latest super-clear road map of Spain and Portugal has been fully updated with the latest tourist, heritage and driving information. From the market-leading European range.

- **PUBLICATION 05/01/2023**
- **£6.99**
- **FOLDED ROAD MAP (612x1070)**
- **ISBN: 9781849076296**
- **PHILIP'S**

Philip's latest super-clear road map of Spain and Portugal has been fully updated with the latest tourist, heritage and driving information.

'The clearest and most detailed maps of Europe.' – **David Williams MBE, CEO Gem Motoring Assist**

The bestselling fold-out road map for navigating in Spain and Portugal has been updated for all travellers wanting to go places in the Iberian peninsula. Whether driving through the most spectacular scenic routes the countries have to offer or tracking your city-to-city travel, this handy map has all you need.

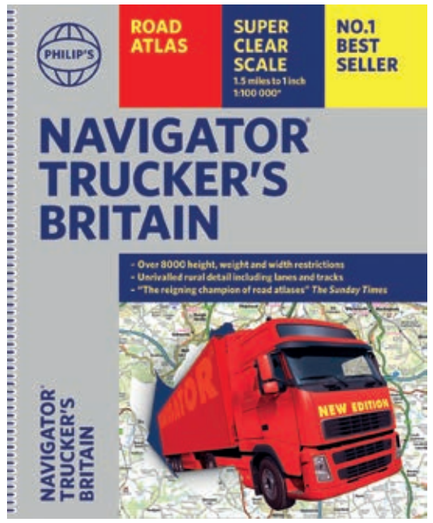
- Super-clear scale 1:1,110,000 (17.5 miles to 1 inch)
- Key driving information: motorways (toll, pre-pay and free), mountain passes, railways, road numbers (European and local), plus distances between towns
- Fully revised and up-to-date with the latest tourist and leisure information
- Scenic routes clearly highlighted
- Places of interest added: from castles, historic houses, beaches and national parks to theme parks, places of worship and ancient monuments
- Includes the islands of Majorca, Minorca and Ibiza
- Double-sided maps - more for your money and easier to use
- Detailed city plans: Alicante, Barcelona, Lisbon, Madrid and Seville
- Full index of place names
- Major city location maps

In fact, everything you need for your trip to Spain and Portugal.

Philip's has been at the forefront of creating maps and atlases since 1834. Whether a local street map or a fact-packed World Atlas, we use the most up-to-date technology, expertise and our global network to ensure our customers have all the information they need.

Philip's Navigator Trucker's Britain: Spiral

By Philip's Maps



Philip's Navigator Trucker's Road Atlas – one of the UK's best-selling road atlases. Essential for drivers of large vehicles.

- **PUBLICATION 02/03/2023**
- **£26.99**
- **SPIRAL BOUND**
- **412 PAGES**
- **OTHER (350x280)**
- **ISBN: 9781849076128**
- **PHILIP'S**

The UK's best-selling road atlas for anyone driving large vehicles – every bridge height, width and weight limit you could need.

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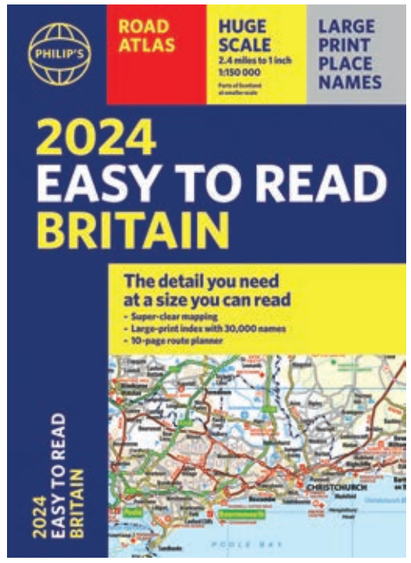
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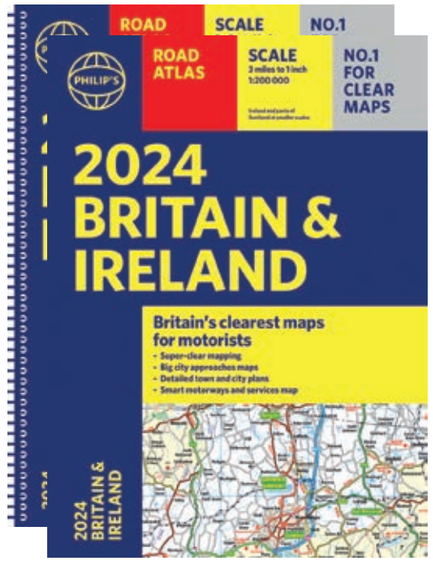
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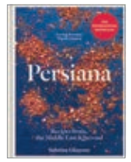
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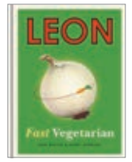
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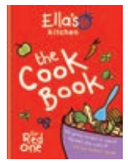
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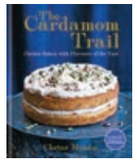
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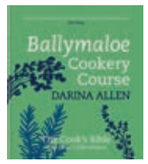
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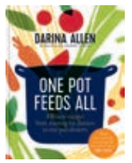
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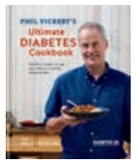
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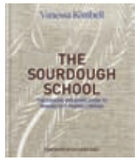
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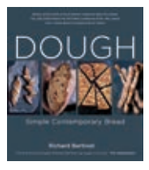
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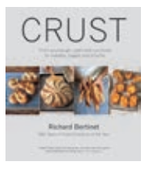
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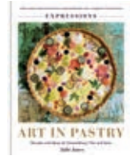
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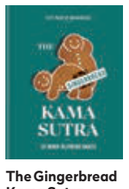
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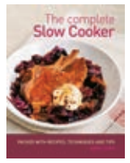
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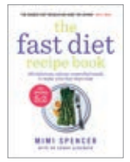
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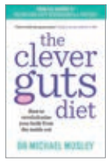
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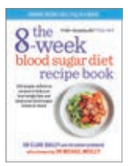
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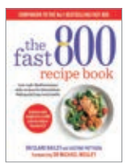
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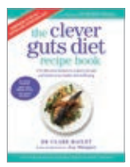
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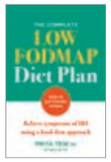
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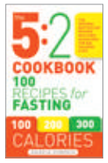
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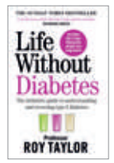
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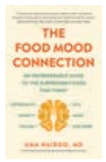
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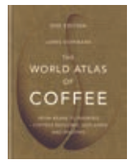
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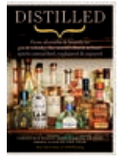
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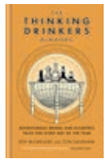
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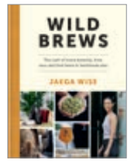
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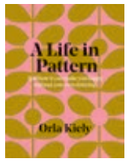
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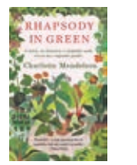
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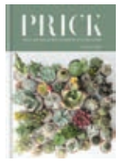
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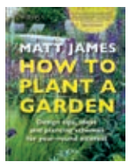
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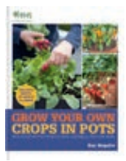
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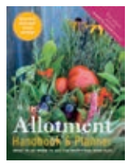
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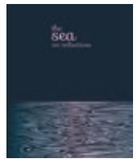
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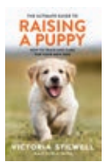
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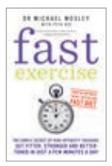
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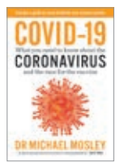
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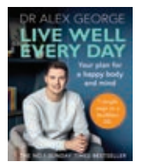
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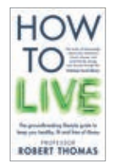
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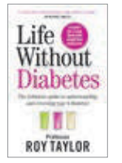
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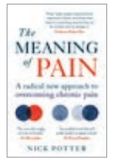
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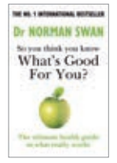
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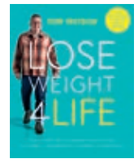
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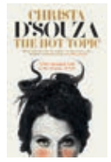
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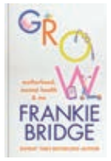
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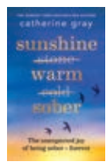
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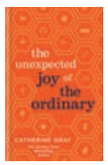
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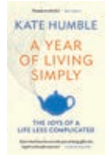
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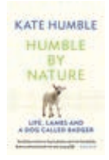
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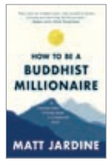
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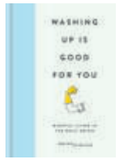
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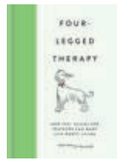
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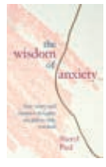
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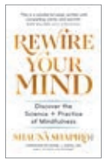
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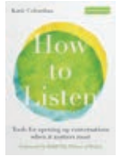
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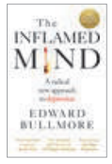
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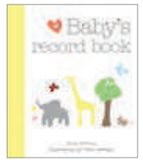
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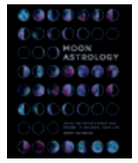
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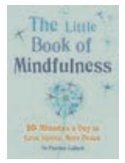
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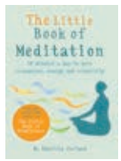
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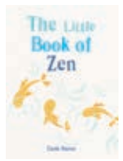
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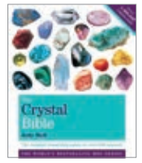
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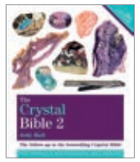
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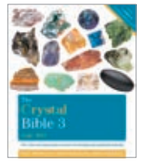
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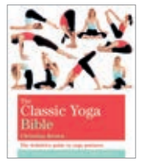
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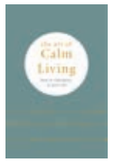
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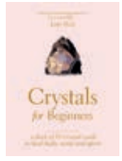
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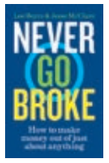
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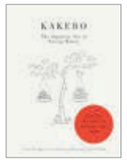
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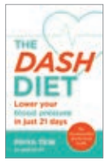
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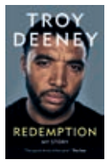
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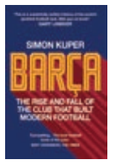
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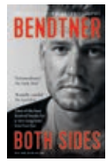
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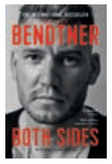
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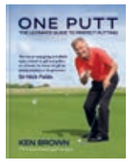
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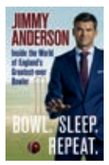
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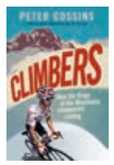
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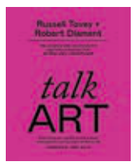
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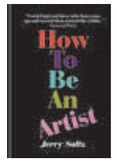
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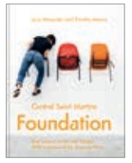
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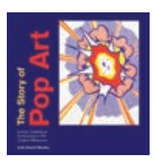
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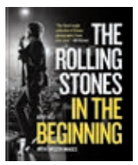
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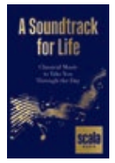
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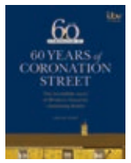
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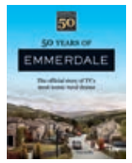
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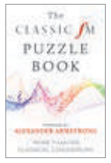
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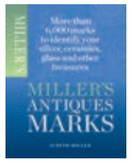
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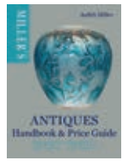
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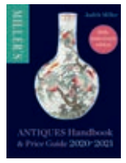
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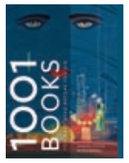
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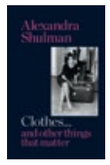
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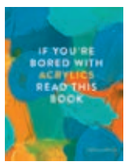
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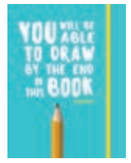
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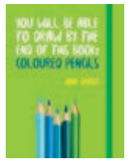
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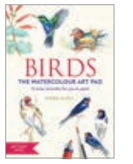
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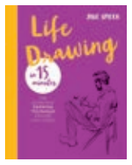
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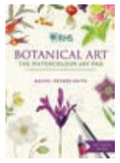
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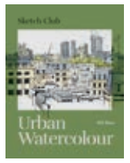
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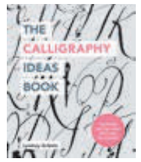
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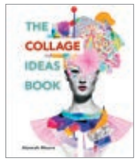
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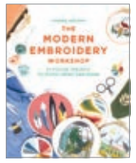
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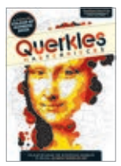
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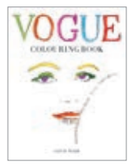
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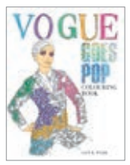
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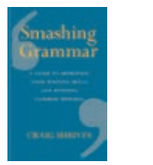
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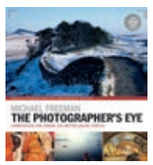
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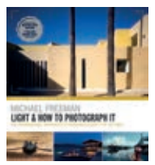
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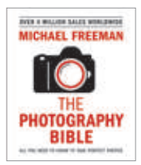
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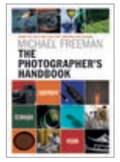
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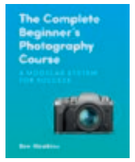
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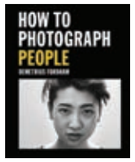
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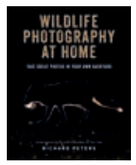
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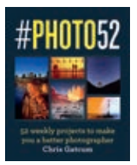
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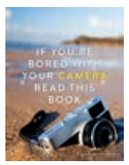
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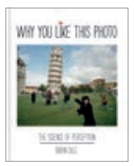
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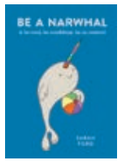
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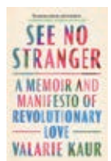
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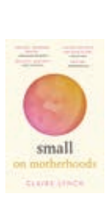
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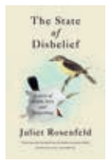
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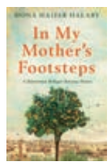
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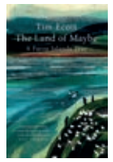
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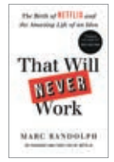
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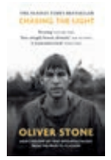
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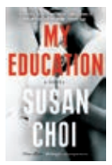
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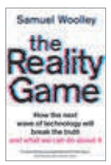
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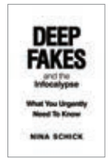
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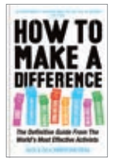
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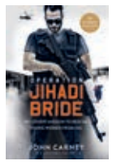
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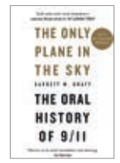
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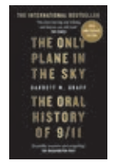
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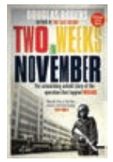
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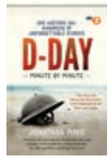
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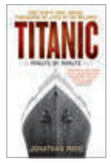
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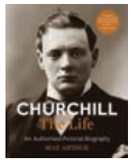
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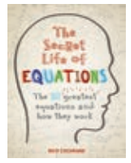
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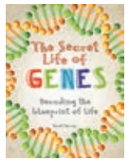
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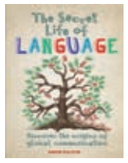
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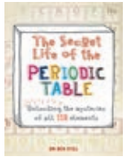
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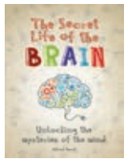
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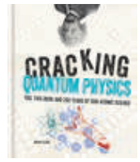
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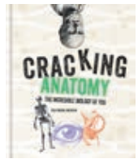
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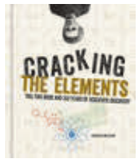
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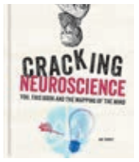
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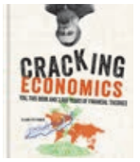
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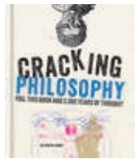
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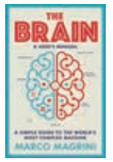
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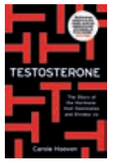
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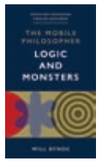
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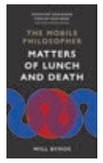
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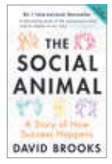
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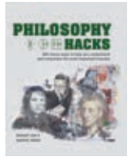
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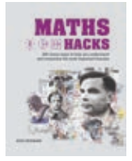
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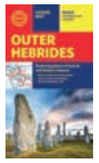
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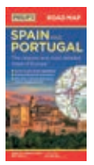
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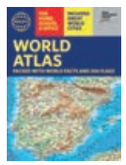
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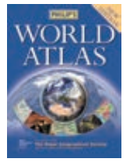
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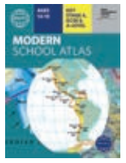
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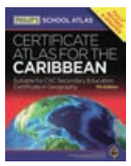
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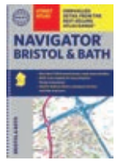
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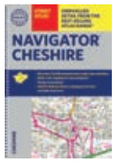
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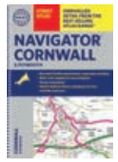
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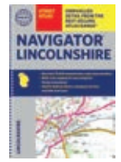
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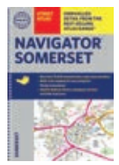
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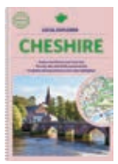
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