

## New Titles 2023 July - December



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## FOOD & DRINK



**Kyle Books** 



## The Grilled Cheese Cookbook Becks Wilkinson



#### The ultimate grilled cheese book, packed with meltingly delicious recipes

Who doesn't love a grilled cheese? Comfort food has never been better than biting into a crunchy, warm, gooey grilled cheese, oozing with your favorite cheesy fillings. Not only are they delicious, grilled cheeses are also cheap and wonderfully simple to make. Becks guides you through the best ingredients to use to ensure your grilled cheese has the perfect initial crunch and stringy, melty inside.

The book is divided into two scrumptious sections -Marvelous Melts for Every Day and Sensational Sandwiches for Special Occasions - giving you plenty of recipes to choose from whether you want minimum effort or maximum creativity. With recipes such as The Brie-I Deal (brie, charred pear and rocket), The Hipster (whipped goat's cheese, spiced pumpkin and kale) and Banoffee French Toast (brioche, caramel, bananas and mascarpone), there is a recipe to suit your every mood. The perfect gift for any cheese lover , *The Grilled Cheese Cookbook* It is bursting with your new favorite grilled cheese recipes.

July 3, 2023 £7.99 Hardcover 64 Pages 9781804191101

Becks Wilkinson is a freelance food stylist and chef. She has worked with many wonderful chefs, most recently as Sous Chef for Jamie Oliver and Barbecoa and Fifteen. As well as her work as a food stylist, she also caters weddings, events and supper clubs. And when she's not working with food, she can be found teaching yoga or covered in glitter and pretending she's in the circus - something to counteract those cheese toasties.

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## Bold Beans Amelia Christie-Miller



A cookbook celebrating the brilliant versatility of beans, with 80 nutritious, delicious recipes

August 1, 2023 £22.00 Hardcover 192 Pages 9781804190821 For too long in the UK beans were thought of as dreary hippy fodder, but they've undergone a radical image makeover. At long last they are being recognized for their brilliant versatility as well as for being truly delicious and nutritious – something that has been known in Europe for years. One of the healthiest and most sustainable of foods, they help with meat reduction by providing a cheap source of plant protein and at the same time aid soil health, one of the most pressing issues in farming today.

The book will contain c.80 recipes divided into the following chapters:

- Beans on Toast
- Bean Snacks and Share Plates
- Hearty Salads
- Bean Bowls
- Soup Beans
- Bean Feasts

The majority will be written by the Bold Bean team, but in keeping with their community-driven growth they plan to include at least 20 recipes from guest writers, including Ben Lebus of MOB and Melissa Hemsley. Appealing to vegans, vegetarians and flexitarians, they are recipes offering guaranteed heartiness, protein and satisfaction – with reduced carbs too, if that's your thing.

Established a year ago, Bold Bean Co was set up by Amelia Christie-Miller who, following a bean epiphany in Spain, decided that the UK both needed and deserved to have a better understanding of beans and how brilliant they can be. Now listed in Selfridges, Waitrose and Planet Organic (as well as numerous independent shops and online outlets), Bold Beans are taking the food world by storm.



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



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

#### AS SEEN ON TV COOKING

Make dinnertime easy with over 80 Asian recipes from Jeremy Pang and his award-winning cook institution, School of Wok.

Bringing together the best Asian flavors 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.

Fast, fresh and flavorsome, *Simple Family Feasts* will help you discover exciting family favorites that you will return to again and again.

August 15, 2023 £22.00 Hardcover 208 Pages 9780600637776

Author and TV chef Jeremy Pang comes from three generations of Chinese chefs. Jeremy attributes his love of food to his father, who was keen for him to experience exciting flavours and exotic foods whilst he was a young boy.

Instagram: @jeremypang\_official @schoolofwok YouTube: SchoolofWok



## Dancing on Eggshells John Whaite



A fascinating memoir from the Bake Off Winner, BBC's Strictly Come Dancing Runner Up and popular TV Baker Well-known as the third-series winner of *The Great British Bake Off* and runner up of *Strictly* in 2021 with his samesex dancing partner Johannes Radebe, John Whaite's personal story is a complicated narrative that embraces coming out on *Bake Off*, his ongoing body dysmorphia and bulimia as well as mental health challenges and a changing relationship with his mother, particularly after the breakup of his parents marriage.

Each chapter takes an element of food or culture and loops it back to John's northern upbringing above a fish and chip shop which instilled a strong a work ethic, as well as using baking as a form of meditation. He also talks about how gay people in the 1990s had to choreograph their every move depending on the people they were surrounded by to ensure they were protected - the dance on eggshells and how *Strictly* changed his life and relationship with his long-term partner, Paul, for the good.

November 7, 2023 £25.00 Hardcover 256 Pages 9781804191491

John Whaite took part in the 2021 series of BBC1's *Strictly Come Dancing* in the show's first all-male pairing. He won the third series of *The Great British Bake Off*, and now runs his own cookery school, John Whaite's Kitchen. His book *Comfort: Food to soothe the soul*, was chosen as Book of the Year by BBC Radio 4's *Food Programme*. John is currently resident chef and guest presenter on Channel 4's *Steph's Packed Lunch*.

#### Hamlyn

## Chetna's Indian Feasts Chetna Makan



OCTOPUS

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 flavors with a love of simple Indian recipes.

In this newest collection, Chetna provides us with flavorpacked 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.

Vibrant, varied and reliably delicious, Chetna's food will always impress.

The latest book from Great British Bake Off's Chetna Makan, queen of Indian home cooking

#### CONTENTS INCLUDES:

Breakfast Feasts Everyday Feasts Festive Feasts Sunday Lunch Feasts Barbecue Feasts Friday Night Feasts

August 8, 2023 £26.00 Hardcover 224 Pages 9780600637677

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. She is the author of seven other titles and she has a very popular YouTube channel, *Food with Chetna*, where she shares her creative flair for food.

## German Baking Jürgen Krauss

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A celebration of German home baking, from Black Forest gâteau and apple streusel to stöllen, lebkuchen and gingerbread, by the popular GBBO contestant

August 31, 2023 £26.00 Hardcover 208 Pages 9781914239885 The brand new book from the much-loved Great British Bake Off semi-finalist.

Jürgen Krauss's gentle charm, ambitious flavours and scientific know-how captured audiences' hearts on The Great British Bake Off, his semi-finals departure triggering unprecedented complaints from dismayed viewers. Drawing on the flavours and techniques of his childhood home in the Black Forest, this fool-proof collection of recipes provides delicious inspiration for anytime of day and any occasion.

From sweet and savoury classics such as flammkuchen, cinnamon raisin braid, streusel, marble cake, bundt and sachertorte, to festive bakes such as lebkuchen, Christmas biscuits, stollen and Easter braid, they are the perfect way to celebrate German baking at home.

Jürgen Krauss was the star of Bake Off 2021, his semi-finals departure triggering over 100 complaints from dismayed viewers. His love for baking began during his childhood in the Black Forest. His travels across Europe, before settling in Brighton, UK, widened his culinary influences, but also gave him the yearning to master German bread-making, the perfect showcase for both his technical precision and creative flavours.

Instagram: @juergenthebread



## The Little Book of Bourbon

### **Eric Zandona**



This essential guide from Eric Zandona will show you everything you need to know about America's favourite spirit, including classic cocktail recipes Bourbon is booming, and this essential guide from Eric Zandona will show you everything you need to know about America's favorite spirit, including classic cocktail recipes.

Bourbon is America's favorite spirit and has been for more than decades. Eric Zandona - spirits specialist at the American Distilling Institute - explores the history, craft and rich flavor of this distinctive spirit.

The Little Book of Bourbon, the perfect drinker's companion; it delves into this wonderful world and offers everything you need to know at a glance about Bourbon - from how it is made, how to drink it like a pro and the key things you need to understand when buying a bottle.

The Little Book of Bourbon also features 20 classic cocktail recipes, from an Old Fashioned to a Manhattan and Whiskey Sour.

September 12, 2023 £7.99 Hardcover 96 Pages 9781784729110

Eric Zandona is Director of Spirits Information at the American Distilling Institute, a spirits judge at the prestigious International Wine & Spirit Competion, staff writer at *Distiller* magazine and author of two previous books, *The Bourbon Bible* and The Tequila Dictionary. He lives in Florida.

Twitter: @EZdrinking

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## A Year in the Kitchen

### Blanche Vaughan, House & Garden



October 10, 2023 £35.00 Hardcover 304 Pages 9781784728953 The first cookbook from Condé Nast's premier lifestyle magazine, House & Garden, with contributions from an array of well-known chefs and recipes by ex-River Café and Moro chef Blanche Vaughan, Food Editor of House & Garden.

'These are the recipes I cook at home, dishes that I turn to throughout the year because they answer a craving for a particular thing to eat at a particular time. The recipes evolved from ideas for what to cook and what I chose to include in the food pages of House & Garden each month: a reflection of our appetites, the food growing then, the weather, how we are living and eating each season.'

With more than 150 elegantly simple recipes, *A Year in the Kitchen*: Seasonal Recipes for Everyday Pleasure is destined to become a kitchen classic.

Recipes include:

- Asparagus Carbonara (Spring)
- Summer Greens & Soft-Cheese Pie (Summer)
- Pumpkin Soup with Gruyère and Sage (Autumn/Fall)
- Claudia Roden's Chicken with Sweet Wine and Grapes (Winter)

Blanche Vaughan is a food writer and chef who worked at the River Cafe, Moro and St John. She has written for the Guardian and published four books with Weidenfeld & Nicolson including *One Pot* and *Egg*. She wrote *itsu*: the cookbook with Julian Metcalfe. Blanche is Food Editor at House & Garden.



## Hugh Johnson Pocket Wine 2024 General Editor: Margaret Rand



The world's bestselling annual wine guide Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine - in shops, restaurants, or on the internet. Now in its 47th year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

It provides clear succinct facts and commentary on the wines, growers and wine regions of the whole world. It reveals which vintages to buy, which to drink and which to cellar, which growers to look for and why. Hugh Johnson's Pocket Wine 2024 gives clear information on grape varieties, local specialities and how to match food with wines that will bring out the best in both.

This latest edition of Hugh Johnson's Pocket Wine 2024 includes a colour supplement on Chardonnay, the world's most obliging grape, discussing everything from history and taste to texture, fashion and the role oak plays.

September 7, 2023 £14.99 Hardcover 336 Pages 9781784728182 Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his Pocket Wine Book remains the world's bestselling annual wine guide.

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



## Roast Figs, Sugar Snow Diana Henry



An irresistible collection of cold-weather recipes that celebrate the unique pleasures of autumn and winter

September 14, 2023 £22.00 Hardcover 208 Pages 9781783255702 A new edition of the hidden gem at the heart of Diana Henry's extraordinary cookbook repertoire.

Coming soon from the critically acclaimed, multi-awardwinning, Sunday Times bestselling author Diana Henry, her classic cookbook Roast Figs Sugar Snow, revisited, revised and refreshed nearly 20 years after its first publication, with a new foreword and seven new recipes. Full of comforting delights from cold-weather climes - from the ski slopes of Italy, to the coffee houses of Vienna and Budapest, the rural reaches of New England and beyond these recipes will bring warmth to your heart as well as your home.

Recipes include:

- -Georgian Cheese Pies
- -Pumpkin Tarts with Spinach and Gorgonzola
- -Vermont Baked Beans
- -Roast Pork with Black Pudding, Apple and Mustard Sauce
- -Dublin Coddle
- -Snow Biscuits
- -Skier's Chocolate with Bugnes
- -Roast Figs and Plums in Vodka with Cardamom Cream

Diana Henry is one of the UK's best-loved food writers with book sales of more than 950,000 copies worldwide. Diana has won numerous awards for her journalism and books, including Cookery Journalist of the Year and Cookbook of the Year from the Guild of Food Writers. dianahenry.co.uk Instagram: @dianahenryfood Twitter: @dianahenryfood



## **Mildreds Easy Vegan**



Simple vegan recipes to enjoy at home from the Mildreds kitchens Bringing the restaurant's most delicious dishes to your kitchen, *Mildreds Easy Vegan* is packed full of punchy flavors and food that will satisfy even the most ardent meat eater.

Designed for seasoned vegans and novices alike, this book has more than 115 simple recipes, as well as tips for how best to cook with plants.

Chapters include:

Brunch | Sharing | Light | Comfort | Bread | Sides | Dressings & Pickles | Sweet | Bakes | Drinks

#### With recipes such as:

Tropical fruit buttermilk pancakes, Hummus three ways, Grilled peach, tomato & Thai basil salad, Butternut arancini, Sweet potato macaroni cheese, Asparagus chick'n pot pie, Five spice tofu bánh mì, Persian jackfruit wrap, Harissa patatas bravas, Buttermilk ranch slaw, Lemon cashew rice, Carrot cake mug cake, Chai banana bread, Ginger molasses cookies, Pink rose lemonade, Luxury hot chocolate, and Pineapple negroni

October 31, 2023 £26.00 Hardcover 256 Pages 9780600638056

Lively and effortlessly cool, Mildreds is a mecca for all food lovers that has been offering exciting, affordable vegetarian and vegan food from its original restaurant in London's Soho, since 1988. It now has two more branches in King's Cross and Camden, and is hugely popular, both for its food and its vibe, with musicians, comedians and other celebrities.

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#### Hamlyn

# остория Th

## The Grazing Table Natalie Thomson



A beautiful, giftable guide to building your own grazing board

September 12, 2023 £18.99 Hardcover 160 Pages 9780600637967 Grazing boards are a wonderful, sociable way to share a meal with family and friends.

With surprisingly little effort, you can create eye-catching, delicious spreads for sweet and savory lovers alike. Whether it's a midweek meal or a big celebration, there's a grazing board for every occasion.

Featuring butter boards, charcuterie, cheeseboards, antipasti, mezze, fruit platters, dessert boards and more, *The Grazing Table* is full of inspiring ideas for building your own grazing boards at home and includes more than 60 simple recipes for making some of the elements from scratch.

#### Contents include:

**Dairy, Fruit & Vegetables:** Including Whipped salted butter board, Cheesy tear & share bread wreath and Rainbow fruit platter

Fish & Seafood: Including Seafood platter , Build-your-own poke bowl and Fish tacos

**Poultry:** Including Crispy chicken butter board, Chipotle chicken nachos and Cobb salad

Meat: Including Luxury picnic, Classic charcuterie and Burger board

**Treats:** Including Pancake platter , Mini doughnuts and Ice cream station

Natalie has been styling and recipe writing since 2012 after completing a diploma in food and wine from Leiths Cookery School in London. In that time, she has successfully built a broad client base and has worked with UK magazines, publishers, advertisers and film companies. She writes recipes for cookbooks and magazines.

#### **Kyle Books**

# Остория

## More Daily Veg Joe Woodhouse



Delicious food that just happens to have no meat or fish in it "I absolutely adore the food in this beautiful book." – Nigella Lawson on *Your Daily Veg* 

"One of the most inventive vegetable cooks." – Anna Jones

In his dazzling new collection of recipes - a companion to the highly acclaimed *Your Daily Veg* - Joe Woodhouse takes his inspiration from countries as varied as Vietnam, Spain, Morocco and Greece, offering modern updates of traditional vegetarian dishes so they are healthier and more modern in their approach, as well as recipes with easy ways to approach sometimes less familiar but still straightforward dishes that always deliver on flavour and satisfaction.

Grouped together by ingredient, the recipes follow a simple format of short ingredients lists and easy-to-follow instructions for making the most delicious food that just happens to have no meat or fish in it.

November 7, 2023 £22.00 Hardcover 192 Pages 9781804190845 Joe Woodhouse has been vegetarian since the age of 10, teaching himself how to cook. He later trained as a chef and spent years working in kitchens such as Vanilla Black and the Towpath Café. He is also a photographer, shooting with clients such as Soho Farmhouse, Belazu, Marmite, Asda, Hakkasan, and Coleman's. He is lauded amongst colleagues - including Anna Jones and Nigella Lawson - for for being the best vegetarian chef in the business. Instagram: @joe\_woodhouse

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#### Hamlyn



## Air Fryer Cookbook Dean Edwards



Cost-saving, low-effort recipes with your air fryer

Cooking food quickly and efficiently, the air fryer is the hot new gadget if you want to save money, time and energy. A healthier alternative to frying, it gives you that allimportant crunch with little to no oil.

Discover how to make the most of your air fryer with more than 90 simple and delicious recipes to try at home. The air fryer has become an extremely popular method to prepare food due it's frying technique, which minimises the unhealthy elements we associate with fried food, while maintaining the flavor and satisfying comforting crunch we associate with it, making it perfect for anyone and everyone who is tempted to give it a try.

With dishes to suit every occasion, this book shares all the creative ways you can benefit from this awesome appliance.

October 17, 2023 £20.00 Paperback 192 Pages 9780600637981 After coming second in BBC's *MasterChef Goes Large* in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food. Dean's likeable persona and family-friendly cooking style has made him a firm favorite on ITV's *Lorraine* since 2010, but he originally made his ITV debut on *This Morning* in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.



## Ginger Pig Christmas Cookbook Tim Wilson & Rebecca Seal



More than 80 delicious recipes for the perfect Christmas from the acclaimed sustainable butcher *Ginger Pig* 

October 5, 2023 £25.00 Hardcover 176 Pages 9781784729196 Have you always wanted to know how to roast a duck or the best way to stuff a bird? Are you in search of creative ways to repurpose your Christmas Day leftovers, instead of the usual tired old turkey sandwiches? Learn from the experts at acclaimed London butcher Ginger Pig and enjoy more than 80 of their luxurious festive recipes.

Begin with Ginger Pig's cult favourite sausage rolls, before moving on to to baked camembert with rosemary, thyme and garlic, followed by perfect roast turkey, prepared according to their expert advice. Choose from an array of mouthwatering stuffing options, including pork and chestnut, and prune and brandy, before deciding on your choice of delicious side dishes, with everything from trusty favourites pigs and blankets and roast potatoes, to Ginger Pig gratis dauphinoise and roasted Brussels sprouts with cream, bacon and chestnuts.

Packed with recipes for every possible Christmas, whether you're feeding a crowd or cooking for just a few, this is the ultimate culinary guide for a stress-free, luxurious Christmas.

Tim Wilson, owner of The Ginger Pig chain of butchers, is one of the most respected meat producers in Britain. His shops have received many accolades, including Best Food Producer in the Observer Food Awards. The shops stock meat exclusively from his three Yorkshire farms. **Rebecca Seal** has written about food and drink for the Financial Times, the Guardian, Red and The Sunday Times. Her cookbooks include Istanbul: Recipes from the heart of Turkey and Lisbon: Recipes from the heart of Portugal.

#### Hamlyn

# Остория

## A Very Vegan Christmas Sam Dixon



#### A beautiful vegan Christmas cookbook

#### A giftable Christmas cookbook for the vegan in your life

For many readers, Christmas is a feast of meat, cheese and chocolate, but with more people turning to a plant-based diet, there is a gap in the market for a festive vegan cookbook. Use the fabulous recipes included in this book to make sure everyone can sit at the table and enjoy some fantastic Christmas cooking.

Christmas is a me for everyone to come together, where no one is left out, and where delicious food is shared amongst loved ones. This book is the perfect Secret Santa gift for your plant-based friends and family. Enjoy plantbased twists on all the iconic Christmas dishes and discover some new favourites. With easy-to-cook, fuss-free recipes packed with flavour and variety, *A Very Vegan Christmas* is the perfect holiday gift.

September 19, 2023 £16.99 Hardcover 160 Pages 9780600638032 Sam is a self-taught food stylist for cookbooks, magazines, film and TV, learnt through industry with a background in baking. She officially started her career in food at Violet bakery in East London. Since then, she has worked with numerous publications and brands such as The Guardian, GQ, The Telegraph, Hix, the White Company, Kyle Books, Quadrille and Hodder and Stoughton. She is also the cocreator of Studio Feast, a food photography studio in Hackney, London. samdixonstylist.com

Instagram: @sam\_\_\_dixon

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## How to Make Better Cocktails



How to Make Better Cocktails will filter the nonsense of complicated drinks and confusing industry terminology to unlock the magic of cocktail making without pretension. Candra's ethos, is that understanding the 'why', not just the 'how', behind cocktail making makes each drink much better. By teaching the fundamentals of cocktails and breaking down each element, from equipment to ingredient to method, they enable and empower creativity with cocktails.

Featuring not only classic recipes and Candra originals, but also in-depth explanations of techniques and equipment to help you through the misconceptions and complexities of making great cocktails. With space given to an essential kit breakdown, what you might already have at home that can be repurposed, as well as a glossary of cocktail terms and techniques.

Learn how to make better cocktails by understanding the 'how' and 'why' behind cocktail techniques, ingredients and concoctions

October 17, 2023 £14.99 Hardcover 224 Pages 9780600637943

**CANDRA** (Candid Drinks Advice) is the consumer-face of WeareKina. We Are Kina is a global drinks consultancy.

candradrinks.com Instagram: @candra\_drinks

#### **Mitchell Beazley**

# OCTOPUS

## A Passion for Whisky Ian Wisniewski



A must have guide to the world-famous whiskies of Islay, the jewel in the Scotch whisky crown A recognised jewel in the Scotch whisky crown and a place the *New York Times* deemed 'pilgrimage-worthy', the tiny Scottish island of Islay is responsible for some of the world's most sought-after malt whiskies. In *A Passion for Whisky*, celebrated whisky writer and Master of the Quaich Ian Wisniewski delves into everything from the history of distilling on Islay, to how Islay's unique combination of ingredients and climate produce some of the finest examples of Scotland's national drink, as well as how best to enjoy your dram, what glassware to select with your whisky and how to easily pick out tasting notes.

Filled with detailed profiles on each of Islay's nine celebrated distilleries and their most desirable offerings, and studded throughout with the voices of Islay-dwellers and experts, this is an essential book for every dedicated admirer of Scotch whisky.

October 17, 2023 £25.00 Hardcover 256 Pages 9781784729097 Ian Wisniewski is a food, drink and travel writer and broadcaster, specializing in spirits, particularly whisky and especially Scotch whisky. He is the author of three books on whisky and contributes to various publications including Whisky Magazine, Whisky Quarterly and Malt Whisky Yearbook. He conducts tutored tastings and classes on whisky, and visits distilleries on a regular basis to learn more about the production process, which is one of his favourite subjects. He is a Master of the Quaich.



## Flavour

## Sabrina Ghayour



The new book from the Sunday Times bestselling author of Persiana and Persiana Everyday The new collection of simple, delicious, crowd-pleasing recipes from the bestselling Middle-Eastern chef.

Over 100 fabulously flavourful recipes with a Middle-Eastern twist.

Praise for Sabrina Ghayour:

'Sabrina Ghayour's Middle-Eastern plus food is all flavour, no fuss - and makes me very, very happy' - Nigella Lawson

'I don't think she could write a dull recipe if she tried. Every one an elegantly spiced delight.' - Tom Parker Bowles

Recipes include:

- Zaatar onion, tomato & aubergine tartines with labneh
- Chicken shawarma salad
- Herb koftas with warm yoghurt, mint & pul biber
- Ras el Hanout and orange lamb cutlet platter
- Mama ghanoush
- Pan-fried salmon with barbary butter
- Nut butter noodles
- Lime, coconut & cardamom loaf cake
- Tea, cranberry, orange & macadamia shortbreads

October 12, 2023 £26.00 Hardcover 240 Pages 9781783255108

Sabrina Ghayour is an Iranian-born, self-taught home cook turned chef, cookery teacher and food writer. Her awardwinning debut, Persiana, is a worldwide bestseller, and her follow-ups Sirocco, Feasts, Bazaar, Simply and Persiana Everyday were Sunday Times bestsellers.

SabrinaGhayour.com Instagram: @SabrinaGhayour Twitter.com/SabrinaGhayour

#### Hamlyn

## Microwave Cookbook Dean Edwards

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DEAN EDWARDS

Cost-saving, low-effort recipes with your microwave Microwave cooking is much more than fast food or ready meals. With a microwave, cooking a delicious dinner is as simple as pressing a button. Microwaves are easy to use and energy efficient - making them perfect companion to small and large kitchens alike, as well as the perfect tool for both solo cooking and entertaining friends.

Whether you are a student looking to keep costs down while still enjoying flavorsome food, or you are hoping to save time during your busy day without having to say goodbye to your favorite food, this book will provide you with plenty of recipes that will show you the true power of your microwave. Filled with healthy and wholesome recipes, this book helps you make the most of your microwave.

December 7, 2024 £20.00 Paperback 192 Pages 9780600638001 After coming second in BBC's MasterChef Goes Large in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food. Dean's likeable persona and family-friendly cooking style has made him a firm favorite on ITV's Lorraine since 2010, but he originally made his ITV debut on This Morning in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.



## **Cheese Life** Mathew Carver & Patrick McGuigan



The ultimate cookbook for cheese lovers everywhere, including mouth-watering recipes, creative pairings and expert insight The Cheese Bar is on a mission to make cheese as fun, accessible and flavorsome as possible. With 3 cheese restaurants, 1 cheesemonger and 1 cheese truck, they are perfectly placed to welcome everyone in to the world of cheese. From Baked Feta with Stewed Peppers & Honey to a Grilled Stilton, Bacon & Pear Sandwich, their recipes feature creative pairings that let the quality and flavor of the cheese shine through.

The book begins with an introduction to the craft of cheese-making, and how to buy, taste and cook with the best cheese. Following this are the cheese-focused recipes, divided into Grill, Melt, Bake and Grate. A final section explores the art of the cheeseboard, featuring seasonal cheeseboard suggestions, recipes for perfect accompaniments and a simple guide to drink pairing. Interspersed throughout the book are handy profiles for all key varieties and nuggets of cheesy wisdom, from what to do with leftover rinds, to the importance of temperature and how to store your cheeses.

A new wave of artisan cheese appreciation is sweeping the globe; *Cheese Life* is the perfect way to get stuck in.

November 7, 2023 £25.00 Hardcover 208 Pages 9781804191545

Mathew Carver founded The Cheese Truck in 2014 after a brief 'research' trip across the States. He is a well-respected and vocal advocate of British cheese and has three restaurants in London – The Cheese Bar, Pick & Cheese and The Cheese Barge.

**Patrick McGuigan**'s first book, *The Philosophy of Cheese*, was published by the British Library in 2020.



## Quick Keto Kitchen Monya Kilian Palmer

Quick Keto Kitchen

Easy, speedy recipes that still fit your macros



Learn how easy it is to incorporate the keto diet into your busy lifestyle with dishes that can be on the table ready to eat in 45 minutes or less. The delicious recipes include Spinach and Feta Calzone (prep time 10 minutes, cook time 30 minutes) and Courgette Gratin (prep time 5 minutes, cook time 30 minutes), as well as Lamb Cutlets & Tomato Garlic Salsa (prep time 15 minutes, cook time 20 minutes), Steak Tagliata (prep time 5 minutes, cook time 5 minutes) and Berry and Coconut Crumble (prep time 10 minutes, cook time 30 minutes).

'A beautiful book by a talented, trusted and valued member of my team'

- Heston Blumenthal on Keto Kitchen

Quick and delicious recipes from the bestselling author of Keto Kitchen, Lazy Keto Kitchen and Budget Keto Kitchen

December 7, 2023 £16.99 Paperback 144 Pages 9781914239922 Monya Kilian Palmer is a chef and culinary consultant originally from Cape Town, South Africa. Since moving to the UK in 2012, she has worked for both Heston Blumenthal's Fat Duck Group and Le Cordon Bleu. Monya private chefs for an international athlete every summer and is kept very busy developing recipes and creating culinary content for clients all over the world. She has been following the ketogenic lifestyle since mid-2018 and her blog, Fats of Life, is dedicated to keto recipes. Her first book, Keto Kitchen, was published in June 2020. Instagram: @mkilianpalmer fatsoflife.co.uk

#### Hamlyn



## The Air Fryer Cookbook Denise Smart



## 200 easy, delicious recipes for your air fryer

#### MAKE THE MOST OF YOUR AIR FRYER WITH 200 EASY RECIPES

Air fryers have become a global phenomenon. They are simple, fuss-free and use less oil, making them the perfect healthy alternative to typical frying methods. Air fryers are also one of the most cost-saving and energy-efficient appliances available, cheaper and faster than traditional ovens.

In this cookbook you will discover how to get the most out of your air fryer. Whether it's breakfast, a quick snack, dinner or dessert, this cookbook gives you flavourful dishes for any time of day. With over 200 simple recipes – some you never even thought possible to make in an air fryer – you can cook everything from harissa chicken thighs to portobello mushroom burgers to orange and almond cake.

With shorter cook times and minimal clean-up, air fryers are a must-have gadget for your kitchen, and The Air Fryer Cookbook is the perfect book to go with it.

November 23, 2023 £16.99 Paperback 192 Pages 9780600638094 Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise has written over a dozen cookbooks. She has worked for many large publishing houses, covering subjects from children's cooking to desserts, quick cooking and mug food. All her recipes are double-tested to ensure they work perfectly first time.



## Hamlyn All Colour Cookery: 200 Air Fryer Recipes



200 simple, energy-saving recipes for your air fryer

December 21, 2023 £6.99 Paperback 240 Pages 9780600638117

#### AIR FRY ANYTHING WITH 200 DELICIOUS RECIPES

From the trusted Hamlyn All Colour Cookery series, this cookbook provides 200 easy recipes for you to enjoy with your air fryer, with delicious ideas for breakfast, light bites and sides, meat and fish mains, vegetarian and vegan meals and sweet treats. Whether you want a healthier alternative to traditional frying, or a faster and cheaper way of cooking than the oven, your air fryer will help you save time, money and calories – all with minimal clean-up.

#### CONTENTS INCLUDES: Breakfast

Toasted Muesli with Coconut; Iced Cinnamon Rolls; Soft Boiled Eggs & Soldiers Snacks & Light Bites Halloumi Sticks & Dip; Prawn Toasts; Air Fryer Pizzas Meat & Fish Mains Chicken Gyros with Pitta; Crispy Fish Finger Tacos; Roast Beef with Horseradish Crumb Veggie & Vegan Meals Vegetable Fajitas with Beans; Baked Feta with Tomatoes & Chilli Pasta; Miso Aubergine Sides Crispy Noodles; Vegetable Fried Rice; Polenta & Parmesan

#### Fries

#### Sweet Treats

Baked Lemon Curd Cheesecake; Banana Katsu with Miso Caramel Sauce; Chocolate Chip Cookies

## HOME & GARDEN

LLIAM MO



# RHS Allotment Handbook & Planner



Written by the Royal Horticultural Society's foremost fruit and veg experts, *RHS Allotment Handbook & Planner* provides the lifestyle-changing advice that gardeners need for growing a year-round supply of healthy, edible crops for their garden.

With RHS tried-and-tested varieties, this book covers what to grow, how and where to grow it.

Exploring best practice growing advice, allotment life and its numerous benefits, this book also includes a month-bymonth calendar of tasks to guide gardeners through the year.

The RHS expert guide to growing fruit and vegetables on an allotment or equivalent plot, now updated with a month-by-month fold-out chart of regular tasks

October 15, 2015 £14.99 Paperback 224 Pages 9781784721459

The Royal Horticultural Society (RHS) is the UK's largest gardening charity, dedicated to advancing horticulture and promoting good gardening. Its charitable work includes providing expert advice and information, training the next generation of gardeners and promoting the ecological, aesthetic and psychological benefits of gardening in an urban environment. The RHS has 415,000 members.

## The Home Style Handbook Lucy Gough



OCTOPUS

A step-by-step, room-byroom guide to creating a home that reflects your personal style and the way you want to live We all want to live in a home that reflects our personalities, our experiences, our life's journey. But if we are not a professional decorator or stylist, where do we start?

In this inspirational and helpful handbook, interiors stylist and tutor Lucy Gough will teach you how to understand your true style and how to implement it in how you decorate your living space. Your dream home needn't be a spacious, architecturally designed building - it could be small or rented. With this book you'll discover what YOU love and what makes YOU happy so you can surround yourself with the colors, furniture, furnishings and finishing touches that inspire you. For Lucy, every good room scheme starts with a moodboard - she explains how to create your own and features them throughout the book to explore the elements within a series of home case studies and why they work.

#### The book includes:

How to translate magazine imagery into your home How to create impact with art, plants and accessories How to style your kitchen, living room, bathroom, home office and hallway Key inspirational case studies

September 5, 2023 £30.00 Hardcover 224 Pages 9781784728632

Lucy Gough is an Australian-born interior stylist. She has art directed, styled and created concepts for brands and publications including John Lewis, Marks & Spencer, *Livingetc, Homes & Gardens*, The *Sunday Times, You Magazine*, Dulux, Crown Paint, Heal's and many others. She writes regularly for The *Sunday Times* and has a monthly 'design your space' column in *House Beautiful UK*. lucygoughstylist.com



## The Home Edit Stay Organised Clea Shearer & Joanna Teplin



The new book from the stars of Netflix's hit series answer their most commonly asked question: how to stay organized after getting organized?

September 26, 2023 £27.00 Hardcover 256 Pages 9781784729066 Just as The Home Edit Life reassuringly told us that it's OK to own things, Stay Organized promises that it's OK to create a mess. When your systems are working, you'll be able to clean them up within 15 minutes. And as we've all learned over the last few years, maintenance is self-care. Our homes are critical to our mental health. When your systems work, you have more bandwidth. You don't have to start from a maxed-out place. Above all else, move forward feeling calm, collected, and confidently organized with humor, relatability, and beautiful imagery.

Stay Organized covers all kinds of topics related to maintenance, showing readers actionable ways to create systems in their own homes that will be easy to maintain for long-term success.

Topics include:

- How to get your household on board
- Sharing spaces effectively
- Household schedules
- Inventory checklists
- Checking in with your systems
- Staying on top of incoming and outgoing items
- Low-bar lifestyle goals for each space

**Clea Shearer** and **Joanna Taplin** founded The Home Edit in 2015 with the goal of merging conventional organization and interior design, offering both full and virtual services through their website. Their first book, The Home Edit, was published in March 2019 and made the New York Times bestseller list, followed by The Home Edit Life in September 2020 and The Home Edit Workbook in March 2021. The series has sold more than 136,000 copies in the UK and Commonwealth.



## Farrow & Ball How to Redecorate Joa Studholme and Charlotte Cosby



An extensively revised edition of one of the bestselling interiors books of the last decade - from the internationally renowned paint company that keeps on growing The second edition of *Farrow & Ball: How to Decorate,* now titled *How to Redecorate,* brings the invaluable advice from the first edition right up to date in line with current trends, including catering for the homeworking age. The book reflects the seismic shift in the way we decorate our homes that has taken place over the last decade, showcasing a wide range of living spaces, featuring everything from compact city apartments to roomier country residences.

Packed with stylish and easy-to-follow decorating advice, *How to Redecorate* answers common questions, including which white to use with which color, how to select a neutral group and what exactly are the three different ways to decorate? Accompanied by a wealth of inspirational new images, the book also features an expanded section on color names and inspirations, as well as guidance on how to create a beautiful working space within the home.

With more than 80% new material, this new edition of the bestselling *How to Decorate* takes decorating to a whole new level, demystifying the process with ease and equipping you to transform your home.

September 26, 2023 £35.00 Hardcover 268 Pages 9781784728991

Farrow & Ball is one of the world's leading home decorating brands, manufacturing decorative paint and wallpaper that transform homes around the globe. Farrow & Ball distributes its paints and papers to 70 countries worldwide, and there are more than 50 Farrow & Ball showrooms in the UK, Europe and North America, as well as over 1,500 independent retailers who support the brand.

# OCTOPUS

## Planting a Paradise Arthur Parkinson

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An inspirational companion to *The Flower Yard*, arranged seasonally, with tips, hints and advice on growing flamboyant flowers sustainably in containers Sumptuous, beautiful and packed with refreshingly downto-earth advice, Arthur Parkinson's new book focuses on dramatic but easy-to-grow floral plants that will turn your garden into a perfumed, sustainable paradise, teeming with wildlife and alive with the sound of songbirds. Arranged seasonally, it includes sowing tips and propagating hints, plus advice on planning and keeping track of what is happening in your garden.

There is focus on floral plants that are easier-to-grow (but still dramatic), and plants that encourage diversity and wildlife - for example, how to attract garden birds for the best aphid control (so no pesticides) - and how to create his much Instagram liked dolly tub container pond.

Arthur also looks at drought-tolerant flowering herbs for sun baked patios and balconies, striking perennial shrubs for winter structure, seeds that can simply be scattered about directly and grown with reasonable neglect to ferns for shady doorstep pots and scented leaf pelargoniums that then become winter houseplants as well as returning to his stalwart glamour flowers that are nectar rich-single dahlias, roses and sweet peas.

This is gardening both for the good of ourselves and the planet.

Arthur Parkinson trained at Kew Gardens. After graduating he went to work for Sarah Raven at her farm in East Sussex and, in 2017, assisted her in creating a garden at the Chelsea Flower Show. Arthur has also created an urban cut-flower garden at the Emma Bridgewater factory in Stoke-on-Trent to great acclaim and published a book based on his work there, which was Joanna Lumley's 'book of the year'. In spring 2018, Arthur was named as one of

November 7, 2023 £22.00 Hardcover 208 Pages 9781914239670

## NATURE



## Be a Birder Hamza Yassin



A joyful introductory guide for the budding birdwatcher from wildlife cameraman and presenter, Hamza Yassin Discover the wonderful world of birdwatching with wildlife cameraman Hamza Yassin.

Journey along with Hamza as he recounts stories of his birdwatching adventures and shares tips and tricks in this beautifully illustrated guide for beginning birders. With practical advice and personal anecdotes, you will learn how to get started in birdwatching and hone your identification skills to become an experienced twitcher.

Whether you need a companion on your next expedition or simply wish to dip in and out as you learn more, *Be a Birder* is fit for every purpose, and encourages us all to discover the joy of birdwatching. Inside you will learn how to quickly identify birds, what different bird behaviour means, the most useful birding equipment to take and the best places to see the most exciting birds, wherever you are.

Whether you're spotting common garden birds or hoping to catch sight of the more obscure, *Be a Birder* invites us all to stop, step outside and listen, and open our eyes to the beauty of these incredible creatures. With Hamza as your guide, you will be able to build your birdwatching confidence and push yourself further afield to find new feathered wonders.

September 14, 2023 £16.99 Hardcover 256 Pages 9781856755092

Hamza is a Scottish wildlife cameraman and presenter and a skilled ornithologist. Hamza has appeared on *The One Show* and *Countryfile*, and has also presented his own Channel 4 documentaries, and was the podcast host of the second series of *Get Birding*.

Instagram: @hamzayassin Facebook: hamzayassinphotography


### RSPB Garden Birdwatcher's Puzzle Book Dominic Couzens



The new puzzle book for garden bird enthusiasts, in collaboration with the RSPB A jam-packed puzzle and trivia book about the wonderful garden birds in Britain, in collaboration with the RSPB.

Did you know that a blue tit spends 80 per cent of its waking hours searching for food? Can you guess how far a sparrow flies every day? Can you tell a starling apart from a grackle?

Take off your binoculars and put your birdwatching expertise to the test with this fun-filled puzzle book, and step into the ever-changing world of garden birds. A must-buy for any bird enthusiast or bird-watching novice, this book is packed with questions, word games and bamboozling brainteasers that will reveal a treasure trove of incredible facts about our feathered friends in the garden.

Filled with illustrations of birds to test your identification knowledge, maps of flight patterns and informative guides, this book will put you on the path to becoming an ornithological expert.

Flock together with your friends and family and start solving these incredible puzzles!

October 26, 2023 £16.99 Royal Paperback 256 Pages 9781856755085 The **RSPB** is the UK's largest nature conservation charity, working locally in the UK, and around the world. The RSPB's vision is a shared world where wildlife, wild places and all people thrive.

**Dominic Couzens** is a leading nature writer and lecturer in the UK. He has been writing about wildlife for over 20 years and is the author of several successful books including The Pocket Guide to Garden Birds.

#### Cassell



# The Astronomy Bible

### **Heather Couper & Nigel Henbest**



Discover the wonders of the Universe with this indispensable guide.

The Night Sky is chock full of information explaining what, when and how to observe space and understanding the night sky.

Not only accessible, but also invaluable, this is the perfect practical guide for both budding and seasoned astronomers, an easy introduction to astronomy and a useful resource for more experienced stargazers.

A comprehensive and definitive guide to the wonders of the night sky and the universe

September 7, 2023 £12.99 B-format Paperback 224 Pages 9781788404532 Heather Couper is a past President of both the British Astronomical Association and the Society for Popular Astronomy. She is a Fellow of the Royal Astronomical Society and the Institute of Physics, and a former Millennium Commissioner, for which she was awarded the CBE in 2007.

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.



# HEALTH & WELLBEING

# Just One Thing Dr Michael Mosley



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How simple changes can transform your life, from the No 1. international bestselling author Michael Mosley If you were going to do just one thing to transform your health, what would it be?

We all want quick and easy ways to improve our health, but when it comes to diet, fitness and wellbeing it can be hard to separate the facts from the fads. And harder still to find changes that fit easily into our daily lives.

Based on the popular BBC podcast, Just One Thing, this book brings to life Dr Mosley's mission to find things you can introduce into your daily routine which will have a big impact on your mental and physical health.

Did you know that eating chocolate can help your heart, that singing can give you a natural 'high' and that having more house plants can improve your mood and boost your productivity?

Dr Michael Mosley unearths a range of Just One Things whose impacts are so surprising and intriguing you will be desperate to try them out. He chats to experts, road tests all his tips and enlists some special guests to help you find that one small thing that could really make a difference to how you feel.

July 6, 2023 £9.99 B-format Paperback 208 Pages 9781780725901

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



## The Knowledge Dr Nighat Arif

THE KNOV EDGE DR NIGHATARIF Your guide to female health from menstruation to the menopause

An inclusive women's health guide from female GP, women's health specialist, broadcaster and advocate for underserved communities 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 is a life-saving book for all genders, ages and communities, that will educate and act as an indispensable asset for all.

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.

July 20, 2023 £22.00 Hardcover 256 Pages 9781783255238

Dr Nighat is a GP specialising in women's health and family planning and has worked to raise awareness on menopause and women's healthcare in Black and Asian women. She has also worked with Team Halo, a United Nation (UN) initiative to bring an end to the pandemic and presented at the G7 Global Vaccine Confidence Summit.

## Healing Plants Chelsea Physic Garden



*50 Healing Plants* is a collection of 50 cards featuring plants and herbs from around the world that are known for their healing powers and properties.

Exquisitely illustrated with *prints from Elizabeth Blackwell*, the *pioneering herbalist* of the 18th Century, and with an accompanying booklet describing the importance of Blackwell's work, and that of the renowned *Chelsea Physic Garden* as it celebrates its 350 year anniversary. This is a gift for anyone with an interest in botanical art, botany or the healing properties of plants.

Explore the healing powers of plants in this stunning deck from one of the oldest botanic gardens in the world, Chelsea Physic Garden

September 5, 2023 £16.99 Cards 50 Pages 9781783255818 Chelsea Physic Garden is the oldest botanic garden in London and houses around 5,000 different medicinal, herbal, edible and useful plants - a living library dedicated to healing with plants. Medicinal plants have been grown at the Garden since the 17th century, a tradition continued in the present day with displays of medicinal and herbal species used globally in the past, present and potentially in the future.



## Raise The Bar Ben Alldis



Ben Alldis shows readers the power of unlocking potential, taking control of their life, and discovering and developing their talents

August 31, 2023 288 Pages

Hardcover £20 9781804190173

Trade Paperback £14.99 9781804190623 Growing up, Ben was an accomplished athlete who was always looking for an opportunity to run, ride, kick a ball or compete. After graduating from university, he went on to work for a prestigious private equity firm in London, but after a pivotal year of battling skin cancer and losing one of his family members to illness, he decided to take the jump and follow his dream of helping others through health and fitness.

Raise The Bar is a narrative motivational book - with practical take homes too - that focuses on lessons and advice about drive, setbacks, defying expectations, support systems and challenging accepted behaviours, all told through stories and insight from Ben, who understands what it takes to set and achieve personal goals and motivates others daily to do the same.

Using the principles behind maintaining a healthy mind and body, Ben wants to show you how to live beyond your limits right now and lay a positive foundation for your future self.

As a world class Peloton instructor, a NASM certified personal trainer and an experienced DJ, Ben Alldis is a unique hybrid of high-performance athlete, motivational coach, and a live performer. But he is first and foremost an educator and a coach and is on a mission to share his passion for fitness and health with as many people as he possibly can.



# The Almanac: A Seasonal Guide to 2024

### Lia Leendertz



The seventh instalment of the bestselling seasonal guide

Reconnect with the seasons in Britain and Ireland with this month-by-month guide to the world around us including key dates, tide tables and garden tasks; constellations and moon phases; sunrises, folk songs and seasonal recipes.

The Almanac: A Seasonal Guide to 2024 gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way.

Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteorspotting nights and beach holidays. This year's edition focuses on the natural wonders of the garden, celebrating the beautiful flora and fauna at your doorstep. There are also features on each month's unique nature, with this instalment following the swirling micro world of the garden pond through the year.

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

September 14, 2023 £12.99 Hardcover 288 Pages 9781856754644 Lia Leendertz is an award-winning garden and food writer. She writes regularly for the Daily Telegraph, The Garden, the Guardian and Gardens Illustrated. Her reinvention of the traditional rural almanac has become an annual musthave for readers eager to connect with the seasons, appreciate the outdoors and discover ways to mark and celebrate each month. Lialeendertz.com Instagram: @lia\_leendertz Twitter.com/lialeendertz



### Find Your Focus Alison Davies

#### **ALISON DAVIES**



HOW TO AVOID DISTRACTIONS AND IMPROVE YOUR FOCUS

Learn how to focus your mind, avoid distractions and improve long term concentration with handy advice, tips and practical tools Learn how to focus your mind, avoid distractions and improve long term concentration with handy advice, tips and practical tools

In a world where technology is killing our attention spans and we're incapable of focusing for more than a short period of time - whether it's being addicted to endlessly scrolling TikTok, getting distracted by the constant ping of emails, picking up your phone multiple times a minute to check Instagram, or trying to do too many tasks at once learn how to sharpen your concentration and make 'focus' your new super-power.

Find Your Focus will look at how our attention spans work, why they are impacted, and provide exercises, tips and techniques to help improve your focus. Chapters could include things such as Mind Watching, Attention Seeking, Apply and Try, Memory Building and Distraction Busting, and will teach you how to notice when your focus is lacking and how to build healthy habits into everyday to bring your mind back to the present.

October 3, 2023 £8.99 Hardcover 96 Pages 9780753735374

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*.

# Real Talk Therapy Tasha Bailey



Qualified psychotherapist and award-winning content creator, Tasha Bailey, closes the gap between the therapy room and the wider world

September 28, 2023 272 Pages

Hardcover £16.99 9781804190913

Trade Paperback £14.99 9781804190906 Qualified psychotherapist and award-winning content creator, Tasha Bailey, closes the gap between the therapy room and the wider world. *Real Talk: Lessons from Therapy for Healing & Living* makes a therapist's tool kit available to everyone.

Filled with techniques and wisdom from a therapist's toolkit this is a must-have handbook for optimising your mental health. Drawing on her experience as a qualified psychotherapist and applying her intersectional perspective Tasha Bailey shares the knowledge and skills you need to change your life.

Tasha's straight-talking but compassionate style will help readers hold up a mirror to their present situation and make sense of their past - delving into topics such as: -Trauma & inner-child healing

-Love, trust, and attachment

-Family: intergenerational cycles of behaviour, rupture, and repair.

-Self-Esteem, bodies & sex

Connecting psychological theory, lived experience, references from modern day media and case studies from Tasha's work to create a more current, creative, and inclusive perspective of mental health.

Tasha Bailey is an accredited psychotherapist - specialising in trauma, identity and creativity in therapy - and has established herself as one of the go-to experts on social media talking about mental health, encouraging more open conversations about healing and self-care, especially in marginalised communities. Instagram: @RealTalk.Therapist



### The Little Book of Manifesting Madeleine du Frayne

The Little Book of Manifesting Madeleine du Frayne

Discover how you can unequivocally manifest the life you desire with this guide Everyone can manifest. We're all doing it every second of every day without even realizing it. Discover how you can unequivocally manifest the life you desire with this guide

Do you want to feel empowered and turn your dreams into reality? The universe is prepared to give you what you want. You just need to ask and be willing to take the right steps.

The Little Book of Manifesting is the essential guide to get you started. With daily meditations, positive affirmations, practical tips and exercises, this will help you visualize your aspirations and develop a greater understanding of yourself.

Explore the secrets to attracting more health, wealth and happiness in your life!

October 3, 2023 £9.99 Flexibound 96 Pages 9781856755047

Madeleine du Frayne lives in the English Peak District, where her work is inspired by the majesty and deep history of the countryside around her. A practicing healer, Madeleine hopes to guide you - both in this book and her in-person work - into a deeper understanding and communion with your truest self.



### Little book of Tarot Sara Johnson



Spark your imagination, seek your inner wisdom and discover your true spiritual power Learn how to harness the ancient mysteries of Tarot. Spark your imagination, seek your inner wisdom and discover your true spiritual power.

For hundreds of years, tarot cards have been used for predicting the future, and a way to cast light on life's big questions and inevitable challenges.

However, tarot cards are a powerful tool for self-care and for guidance on what's going on in various aspects of your life, from love interests and personal finances, to career paths and other goals. It is also a practical way to become more mindful.

The Little Book of Tarot will show you how you can use the deck for personal guidance and self-development to help you understand your motivations, strengths, and talents. Use this book for a little self-reflection or space to get validation and clarity on your journey through life.

October 3, 2023 £7.99 Flexibound 96 Pages 9781856755023

Sara Johnson is a spiritual teacher and author living in Ledbury, Herefordshire. Most days, you will find Sara writing or experimenting with healing work; she has an especially strong affinity for Tarot cards and crystals. She loves to read, play the cello, and spend time surrounded by nature.



### **Recipes for a Better Menopause** Dr Federica Amati & Jane Baxter



A collection of delicious, science-backed recipes to help women combat symptoms of the menopause and boost their long-term health Misinformation around what to eat during the menopause is commonplace, despite being something that every woman will face at some point in their lives. So how can women tailor their diets to minimize symptoms and improve their health? There are plenty of anecdotal guides and helpful medical perspectives on the causes and symptoms of the menopause, but there is currently no evidence-based, practical cookbook with delicious recipes to help women harness the power of food to transform their long-term wellbeing.

Dr Federica Ama 's knowledge of the cutting-edge scientific research around menopause and nutrition, and Jane Baxter's 35-year career as an award-winning chef with personal experience of cooking for the menopause - make them uniquely placed to give women the tools they need to optimize diet for the menopause and beyond.

November 7, 2023 £25.00 Hardcover 208 Pages 9781804191439

**Dr Federica Amati** is a registered nutritionist with a PhD in clinical medicine research who specializes in achieving optimal nutrition through evidence based, personalized nutrition plans.

Jane Baxter is the head chef and co-owner of Wild Artichokes, Kingsbridge, Devon. She is a well-respected head chef, newspaper columnist, cookbook author and TV personality.



### anatome: The Modern Apothecary Brendan Murdock

anatomē the modern apothecary

How to harness the power of botanicals to support your health and improve wellbeing



Gabriel Weil Brendan Murdock

An inspiring and informative guide to natural healing, through exploring the evolution of the apothecary trade, by a luxury wellness brand with global reach An inspiring and informative guide to natural healing, through exploring the evolution of the apothecary trade, by luxury wellness brand anatome

Traditionally spaces for healing within the community, apothecaries took a holistic look at health, giving their patients personalized prescriptions and practices to heal both body and mind. But today's consumers who want to enhance their wellbeing and prevent the adverse effects associated with fast-paced, busy lifestyles – including stress, insomnia and digestive problems – are missing this vital middle ground between perfect health/wellness and going to a doctor.

This book combines nature and science to restore calm to modern-day lives and includes quick and easy practical recipes/rituals and practices to support wellbeing. This beau fully packaged book inspires and informs the reader by reviving the science-backed potions and rituals of the past and exploring the essential role these practices have in alleviating common complaints and ailments of today, while also revealing how readers can seamlessly weave these principles and routines into their lifestyles to support their wellbeing, in particular the 5 key pillars of health: sleep, nutrition, movement, mental and emotional health.

November 14, 2023 £30.00 Hardcover 224 Pages 9781804191408

By taking the best from botanicals and extracting the goodness from plants, anatome rediscovers remedies and practices of old and draws parallels with what present-day consumers want and need.

anatome.com Instagram: @anatomelondon

### Godsfield

# Past Life Astrology Judy Hall

DRAF



How your former lives influence your present

Discover your roles in your former incarnations and explore their effect on your present life Using the ancient Indian form of karmic astrology, we can discover the effect of our past lives on the present.

This guide aims to impart the practical skills needed to see your own present-day path according to the teachings of karma and reincarnation. By calculating and understanding how to read your birth chart you can understand patterns that have built up over many life mes. Judy Hall offers detailed explanations on types of karma, how souls reincarnate and how patterns are carried forward. *Past Life Astrology* examines karmic themes within each sunsign and then goes on to show how these themes are played out throughout life, meaning you can start to apply the information in a practical way to your own soul journey, wherever you are in this life time.

November 2, 2023 £14.99 Paperback 160 Pages 9781841815596 Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books -including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide.

## Find Your Power: Chakras



Unravel the hidden healing powers within you and reconnect yourself with the energetic world of chakras.

What are chakras? Chakras are our body's spiritual centres, full of vibrating, healing energy. Have you ever felt isolated, detached or lacking in self-esteem, then you may have a blocked energy centre, destabilising the flow of all the other energy centres in your body, or chakras.

For a very long time, Eastern philosophy held crucial answers. Find Your Power: Chakra is an essential guide to your wellbeing. With the tools provided, a comprehensive knowledge and proper directions, you will finally be able to tap into your life's energy and connect to the world and bring harmony and balance to your daily life.

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

December 7, 2023 £10.00 Hardcover 128 Pages 9781841815497

### Find Your Power: Crystals

### **Tessa Sale**



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Tap into the infinite potential of crystals; experience tremendous growth and self-discovery, and open yourself to the resonating energies of crystal healing for a more fulfilling life.

Find Your Power: Crystals explores the different types of crystal healing and provides practical guidance, creative visualisation, positive inner dialogue, as well as meditations and techniques for harnessing the unlimited power of crystals.

This unique guide also explores the different types of natural psychic abilities and provides guidance for helping you to turn them into powerful life-changing skills. Delve into the power of crystals to enrich your wellbeing.

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

September 7, 2023 £10.00 Hardcover 128 Pages 9781841815510

Tessa Sale is a Seichim Reiki practitioner 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 in Kingston, Surrey with her husband, their two children, and far too-many succulents.

## **Find Your Power: Meditation**



It's time to step inside the world of meditation and begin your journey of understanding yourself Are you struggling to still your mind? Discover the power of meditation and gently focus your mind for a happier and healthier life.

You may already know that meditation and mindfulness can increase focus, reduce stress, quiet the mind and improve your health. However, focus and tranquillity can become difficult as we face numerous challenges, especially in a world where technological advances have consumed our daily lives. As a result, we spend less time looking inward.

Take a mindful adventure of self-discovery with Find Your Power: Meditations; a journey towards health, happiness and wholeness. Towards strength, peace and freedom. Towards becoming fully and fearlessly who you are. Explore meditations that will guide you to a sacred space, that sacred space within you.

When you transform your inner world, you will transform your outer world. More importantly, you will discover the unshakable happiness you have been looking for.

December 7, 2023 £10.00 Hardcover 128 Pages 9781841815534

### Find Your Power: Mindfulness Alina Curtis



It's time to step inside the world of mindfulness and begin your journey of understanding yourself Empower yourself to quiet your busy mind, this is your practical guide to finding inner calm in a frantic world.

Find Your Power: Mindfulness shows you simple, yet powerful practices that you can integrate into your daily life; helping you to break the vicious cycle of stress, exhaustion, unhappiness and anxiety.

Many of us find it difficult to simply appreciate the present moment, whether we dwell on the past, worry about the future and moving mindlessly from one instant to the next. When we are not being mindful, we miss out on the small moments that are often valuable. This indispensable guide will help you find the joy of looking forward to something new each day, the kind of happiness that gets into your soul and allows you to face the worst that everyday life can throw at you with new courage.

September 9, 2023 £10.00 Hardcover 128 Pages 9781841815558

Alina Curtis 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.

Alina uses approaches such as energy healing, astrology, meditation, and more, to help others find a way towards self-empowerment and heal. Luna resides in Chichester, West Sussex.

# SPORT



### Arsène Who?

### Ryan Baldi



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An exhaustive look at Arsène Wenger's revolutionary management of Arsenal F.C., which changed the face of English football, told through the anecdotes of those who played for him, worked with him, or competed against his teams.

With unparalleled behind-the-scenes insights, *Arsène Who?* dives into Arsène Wenger's revolutionary management at Arsenal FC, which changed the face of English football.

Featuring 150 contributions from those who were involved in the Wenger revolution, this book includes contributions from key players Ian Wright, Lee Dixon, Ray Parlour, Emmanuel Petit, Marc Overmars, Nigel Winterburn, David Platt, Wenger's assistant Pat Rice, physios Gary and Colin Lewin, and even the kit man, Vic Ackers.

Exposing personal relationships, conflicts and a Copernican Revolution in football philosophy, this is the astounding story of Arsenal's 97/98 double-winning team, and how Wenger changed the Club for good.

Hardcover £20.00 9781788404549

October 5, 2023

304 Pages

Trade Paperback £14.99 9781788404563 Ryan Baldi is a professional sports writer, whose work has featured on BBC Sport, The Guardian, The Independent, World Soccer, and FourFourTwo. His most recent book, The Dream Factory: Inside the Make-or-Break World of Football's Academies, was longlisted for the William Hill Sports Book of the Year.





### We Could Be Tom Hagler



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

#### With consultant editor Tony Visconti

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

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

He embarrasses himself in front of Lennon and Warhol. He saves the life of Nina Simone. He is hated by Bob Dylan. He teaches Michael Jackson the moonwalk. Individually astonishing, together these stories - including details never before revealed - build a new picture of Bowie, one which shows his vulnerability, his sense of humor, his inner diva.

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

July 6, 2023£9.99 Paperback 400 Pages 9781788402736

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



## David Bowie Rainbowman Jérôme Soligny



The most authoritative work on the creation of Bowie's music ever published In *David Bowie Rainbowman*, Jérôme Soligny tells the story of David Bowie the musician with the help of those intimately involved with the creation of his music.

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

With a foreword by Tony Visconti, an introduction by Mike Garson, cover photo by Mick Rock and iconic cover design by Barnbrook.

September 5, 2023 704 Pages

Hardcover £30.00 9781800960633

Trade Paperback £20.00 9781800960664 Jérôme Soligny is a musician, writer and journalist based in Le Havre, France. Over the course of 25 years, Jérôme spoke with Bowie many times, and interviewed him on numerous occasions for *Rock&Folk* magazine. He was made Chevalier des Arts et des Lettres in 2019 and is described by Bryan Ferry as 'one of the great French authorities on contemporary music'.

# Scattershot Bernie Taupin



An evocative, clear-eyed, and revealing memoir by Bernie Taupin, the lyrical master and longtime collaborator of Elton John

September 7, 2023 £25.00 Hardcover 320 Pages 9781800960756 This is the memoir music fans have been waiting for. Half of one of the greatest creative partnerships in popular music, Bernie Taupin is the man who wrote the lyrics for Elton John. Together, they were a duo, a unit, an immovable object.

An exciting, multi-decade whirlwind, *Scattershot* whizzes around the world as we ride shotgun with Bernie on his extraordinary life. We visit New York with him and Elton on the cusp of global fame. We spend time with him in Australia almost in residency at an infamous rock 'n' roll hotel in an endless blizzard of drugs. And we spend late, late night hours with John Lennon, with Bob Marley, and hanging with Frank Sinatra. And beyond the world of popular music, we witness memorable encounters with writers like Graham Greene, painters like Andy Warhol and Salvador Dali, and scores of notable misfits, miscreants, eccentrics, and geniuses, known and unknown.

Unique and utterly compelling, *Scattershot* will transport the reader across the decades and around the globe, along the way meeting some of the greatest creative minds of the 20th century, and into the vivid imaginings of one of music's most legendary lyricists.

Bernie Taupin is an English lyricist who has worked in partnership with legendary singer, composer, pianist, and worldwide icon Elton John since 1967 and has written the lyrics for most of John's famous hits, including "Rocket Man," "Candle in the Wind," "Crocodile Rock", "Your Song," "I'm Still Standing," and countless others. In 2022, Taupin was made a Commander of the Order of the British Empire (CBE) for services to music. He lives in Southern California.

### **Mitchell Beazley**



### Rickenbacker Guitars Martin Kelly



The definitive Rickenbacker book, featuring original and archive photography, interviews and exhaustive detail on the iconic guitar brand

September 5, 2023 £40.00 Hardcover 336 Pages 9781788404334 "Knowing Martin and Paul Kelly's perfectionism and attention to detail it's no surprise that this is the ultimate and complete story of all things Rickenbacker." - Johnny Marr

*Rickenbacker Guitars* is the highly anticipated follow up to *Fender: The Golden Age*, charting the story of one of the most important and influential guitar makers of all time. From George Beauchamp's invention of the world's first commercially viable electric guitar in 1931, through the company's heyday during the 1960s - when their instruments were favored by The Beatles, The Byrds and The Who - and up to the continuing legacy of Rickenbacker today.

This definitive collection features unprecedented access to the company archives, 350 beautifully photographed original instruments - including all 7 surviving Beatles owned Rickenbackers - and new interviews with legendary Rickenbacker players such as Roger McGuinn, Peter Buck, Susanna Hoffs, Johnny Marr, Mike Campbell, Geddy Lee and Paul Weller.

*Rickenbacker Guitars* is the most comprehensive history of the brand to date and a must-have for all guitar enthusiasts.

Martin Kelly is the joint MD of highly acclaimed British independent record label Heavenly Recordings home of the Magic Numbers, Doves and Cherry Ghost.

Paul Kelly is an award winning film maker (director of *Finisterre* and *This Is Tomorrow*) and designer. He took all of the photographs for this book. He lives in London.



# The Illustrated World of Tolkien The Second Age David Day



Following the success of Illustrated World of Tolkien, David Day explores the Second Age of Middle-earth and Tolkien's richly imaginative legendarium This volume is an in-depth and exquisitely illustrated guide to the Second Age of Middle-earth, one of the least-explored periods of Arda's history.

The Illustrated World of Tolkien: The Second Age, is the follow up companion to the best-selling **The Illustrated World of Tolkien**, and gathers together artwork, charts, and fascinating and scholarly writing from renowned Tolkien expert David Day. Exploring the languages, poetry and elements of the heroic ages of Norse, Greek and Roman mythologies that may have influenced Tolkien's writing, it is a reference guide for any fan of Tolkien's work, Tolkien's world and the imaginative brilliance his vision inspired.

The Second Age is made up of two great narrative channels: on the one hand the rise and cataclysmic downfall of the island-kingdom of Númenor and its aftermath, and on the other the forging of the Rings of Power and the rise to power of the new dark lord.

This work is unofficial and is not authorised by the Tolkien Estate or HarperCollins Publishers.

September 14, 2023 £30.00 Hardcover 288 Pages 9781788404174

David Day was born and brought up in Canada. He has published more than twenty books in the fields of poetry, ecology, natural history, fantasy and mythology and a number of award-winning children's books. His writing has also appeared in many magazines and anthologies. His enduring fascination with complex mythologies led him to J.R.R. Tolkien.



## View/Point Jo Bradford

# VIEW POINT



From the UK's best-selling author in phone photography, a unique snapshot of the diversity of life and the powerof the 'pocket camera' to document it.

International in scope and full of beautiful and impactful imagery that highlights the immediacy of the genre, *View/Point* is a book of human experience stories as told through the medium of phone photography. Featuring approximately 75 contributors from every corner of the globe, interviewed by the author about their lives and their photographic art, this book offers a definitive take on both the power of the still image to tell a story and the joy of personal expression that phone photography offers.

A unique snapshot of the diversity of life and the power of the 'pocket camera' to document it

October 17, 2023 £30.00 Paperback 256 Pages 9781781578827 Jo Bradford is a best-selling author, award-winning photographer and educator. Her first two books, *Smart Phone Smart Photography* (2018) and *Smart Phone Smart Photo Editing* (2021), are published by CICO. Her third book, *Smart Photos*, was published in August 2022 by White Lion/Quarto. Jo is an Associate Lecturer on the Marine and Natural History Photography BA at Falmouth University and delivers workshops and presentations on smartphone photography worldwide.

While she lives off-grid on Dartmoor National Park with her two young children and one large dog, Jo is well connected to the outside world with a very engaged following on Instagram.



### At Home With the Buckleys

### James & Clair Buckley



A radically relatable, hilarious, domestic memoir... told from both sides! **CLAIR:** We've been let loose on a book... whose bright idea was that?

**JAMES:** We haven't got anything to say!

CLAIR: Don't tell them that before they buy it...

JAMES: They'll work it out eventually!

**CLAIR:** Well, we've managed to put together some bits and pieces that might be interesting - or at least funny/weird/ silly.

JAMES: Probably not.

**CLAIR:** No... probably not. Though if you like the vlogs, you might like it?

JAMES: No one likes the vlogs.

CLAIR: True.

JAMES: Anyway, enjoy!

At Home with The Buckleys is one couple's take on the wild ride that is modern marriage, parenting and adulting. Told from both sides, Clair and James share a collection of hilarious stories and comedy excursions from their early lives, years of cult TV fame, having children and setting up their YouTube channel.

September 28, 2023 £9.99 B-format Paperback 224 Pages 9781804190258 James and Clair Buckley are known and loved for authentically documenting the misadventures of modern family life. The down-to-earth duo share their everyday scummy stories in raw, relatable and honest fly-on-the-wall content that never fails to amuse. Wherever life takes them, from the comfort of their mid-century modern home to family adventures out and about, the Buckleys manage to make even the most mundane moments laugh-out-loudentertaining.

## The Graphic Design Bible Theo Inglis



OCTOPUS

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, color, medium and typography, and explores how each element has been both utilized and revolutionized by designers through history, and how their influence is still felt up to the present day.

Equipped with a wealth of information and practical advice, this comprehensive book will expand your knowledge of the world of design and provide you with practical take-aways to inform your own creative practice.

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

July 4, 2023 £25.00 Hardcover 320 Pages 9781781578575 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 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.

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#### **Mitchell Beazley**



### Metallica All the Songs Benoît Clerc



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

From their widely circulated demo, *No Life 'til Leather*, all the way to their 10th studio album *Hardwired… to Self-Destruct* - Metallica have earned the title of the biggest heavy metal band on the planet. Their albums, including the hugely influential *Master of Puppets*, are now considered classics of rock and metal, while singles such as *Enter Sandman, Fade to Black* and *For Whom the Bell Tolls* have stood the test of time. Follow the epic journey of the godfathers of thrash metal, song-by-song, and see how they became one of the biggest selling bands in the world.

No stone is left unturned across more than 500 pages, illustrated with incredible photography throughout, from the inspiration behind the lyrics and melodies to the recording process and even the musicians and producers who worked on each track.

Uncover the stories behind the music in this truly definitive book - a must-have for every Metallica fan.

October 10, 2023 £50.00 Hardcover 528 Pages 9781784728939 Author and composer Benoît Clerc has been a professional musician for over fifteen years. In addition to composing music for film and television, in 2018 Benoit formed his own production company, Tivoli Songs.



### Photography – A Queer History Flora Dunster

Photography– A Queer History



From Robert Mapplethorpe to Deborah Bright, this is the essential guide to queer photography Photography - A Queer History examines how photography has been used by artists to capture, create and expand the category 'Queer'. It bookmarks different thematic concerns central to queer photography, forging unexpected connections to showcase the diverse ways the medium has been used to fashion queer identities and communities.

How has photography advanced fights against LGBTQ+ discriminatin? How have artists used photography to develop a queer aesthetic? How has the production and circulation of photography served to satisfy the queer desire for images, and created transnational solidarities?

*Photography - A Queer History* includes the work of 84 artists. It spans different historical and national contexts, and through a mix of thematic essays and artist-centred texts brings young photographers into conversation with canonical images.

November 7, 2023 £40.00 Hardcover 256 Pages 9781781578698 Flora Dunster and Theo Gordon are highly respected experts within this field. Flora is an Associate Lecturer at Central Saint Mar ns; her research has featured in the *Journal of American Studies* and *The Art of Feminism*. Theo is a Leverhulme Early Career Fellow at the University of York, with his work featured in the *Oxford Art Journal* and *Art History*.



## David Bowie Kevin Cummins

Including previously unpublished material, a book that is essential for Bowie fans everywhere From the legendary Bowie gigs in the early 1970s, through to a poignant image taken outside his apartment in New York in 2016, Kevin Cummins has captured the many faces of Bowie, including previously unpublished material, and created a book that is essential for Bowie fans everywhere.

The career of celebrated pop photographer Kevin Cummins began on 29th June 1973 when as a 19-year-old photography student he photographed David Bowie. That image is now in the renowned photography collection of the V&A Museum and marked the beginning Kevin Cummins' four-decade-long visual chronicle of David Bowie's remarkable career. *David Bowie Mixing Memory & Desire* includes some of the best portraits of Bowie ever taken and contains extensive never-before-published imagery of David Bowie from Kevin Cummins' archive, making this a must-have visual treat for Bowie fans everywhere.

November 7, 2023 £35.00 Hardcover 256 Pages 9781788404280 Manchester-born **Kevin Cummins** has an interna onal reputa on as one of the world's leading photographers and is famed for his iconic portraits of musicians including Joy Division, David Bowie, Nick Cave, Mick Jagger, Pa Smith and Oasis.

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

# ARTS, CRAFTS & PHOTOGRAPHY



### The School of Photography: Beginner's Guide Marc Newton



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The Complete Guide to Photography will take the beginner photographer to an advanced level in no time and fill in any gaps of photography knowledge that may be causing you not to reach your full potential.

You'll be able to use your camera properly in all manual modes and apply the knowledge learnt in any situation. The Complete Guide to Photography is the perfect tool for anyone who is just starting out on their photography journey and perhaps feels the vast array of op ons and tools available are somewhat daunting. It is also the perfect companion for more experiences photographers who are simply looking to brush up their skills or try some new photography methods.

Whatever the case, this essential collection of lessons and techniques is a must-have for anyone looking to sharpen their lens and capture the perfect image every time.

A comprehensive and easy-tofollow guide to the essential photography skills

August 22, 2023 £19.99 Paperback 160 Pages 9781781579084 Marc Newton is a photographer, educational speaker, author and teacher of photography. He got his first paid photography job in 1997 while studying for his photography degree, and in 2002 he decided to give teaching a go. He hasn't looked back since. In 2012 Marc started The School of Photography and now teaches people all over the world. The School of Photography now has over 400k social media followers across Facebook, YouTube and Instagram.

#### **Ilex Press**



### A Year of Watercolour Harriet de Winton



The third botanical watercolour book, this time with a seasonal twist, by best-selling author Harriet de Winton, whose first two books have sold 100,000 copies

October 10, 2023 £18.99 Paperback 144 Pages 9781781579008 Discover more than 30 new step-by-step watercolor projects from best-selling author and artist Harriet de Winton, centered around observations of nature through spring, summer, autumn and winter.

A Year of Watercolour walks readers through the creation of beautiful and evocative watercolor scenes including seasonal plants emerging, animal hibernation and migration, speckled eggs in a bird's nest, home-grown vegetables and much more. With a wide array of subjects, Harriet explores the idea of seasonality around the world, whether that's cherry blossoms signalling spring in Japan, the red and brown leaves of autumnal New England, or the summer strawberries of the UK.

Alongside the seasonal tutorials, Harriet includes advice on how to observe and depict nature at close hand - including creating a travel kit for 'painting walks' out in nature, and charting the growth of a plant over the course of a single season.

Harriet de Winton is an artist and stationer. Founder of the de Winton Paper Co, Harriet hosts a popular YouTube watercolour tutorial channel as well as hosting workshops throughout the UK. She is also the author of the best-selling *New Botanical Painting*, which has been translated into 6 languages.


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



The complete beginner's guide to drawing wild and domestic animals, by the bestselling author of You Will Be Able to Draw From the bestselling author of You *Will Be Able to Draw* comes the complete beginner's guide to drawing wild and domestic animals

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.

So pick up a pencil and discover the joy of drawing animals!

September 14, 2023 £19.99 Paperback 160 Pages 9781781578674 Jake Spicer is a passionate advocate of drawing as a tool for social change, communication & investigation and promotes wider visual literacy through his works as an artist, author & 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.



## **Knitting for Olive**

K N I T T I N G



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

September 28, 2023 £26.99 Paperback 272 Pages 9781781579152 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 sec on 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 Karl Johan 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 been a racting a committed audience of crafters, who love the classic Scandinavian designs, and the easy-tofollow patterns.

Instagram at @knittingforolive



## Drawing Digital Lisa Bardot



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

Draw Digital will equip you with all the tools you need to confidently explore this new avenue of drawing, all from the comfort of your iPad using your favorite app.

September 28, 2023 £20.00 Paperback 160 Pages 9781781578643

Lisa Bardot is an illustration artist, teacher, and all-around creative person based in Sacramento, California. With the iPad and Procreate as her ideal, but not only 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. Instagram: @lisabardot @bardotbrush Youtube: Bardot Brush

### **Kyle Books**



## The Repair Shop Book 2 Jay Blades



The second specially photographed book from the BBC's Top Ratings Hit *The Repair Shop,* in which the experts explain the importance of heirloom restoration crafts

January 23, 2024 £22.00 Hardcover 176 Pages 9781914239656 *The Repair Shop* - with regular viewing figures of 7 million in the UK alone - has cemented itself as a BBC classic series in the vein of *Antiques Roadshow*.

This new book focuses on the crafts which the experts specialize in, from woodwork and ceramics to leather restoration and metalwork. Learn about heirloom crafts and the importance of restoration in an increasingly fastpaced, throwaway culture.

Featuring brand new stories about never-seen-before objects, learn about the skills and techniques at the center of the workshop of dreams and hear about the many lives these experts touch.

Enter a workshop filled with expert craftspeople as they bring loved pieces of family history and the memories they hold, back to life.

In his Foreword, Jay Blades explains the unique magic of the Repair Shop barn, then each of the expert craftspeople reveal the inside stories of their craft and the repairs of treasured possessions that keep family history live using their heritage craft skills.

Instagram: @therepairshop.tv



## Michael Freeman On... Black & White



A clear and concise guide to a unique, enduring and very popular subset of photography: black and white Learn all there is to know about one of the most enduring methods for presenting photography, monochrome images remain timeless and now you can capture with perfect image using Michael Freeman's expertise.

A quiet revolution has been gathering pace in photography - an exploration of the subtleties, excitement and pleasure in making images in black and white. This is not a case of old traditions reasserting themselves, but rather a rediscovery of what imagery made purely out of tones can offer to the creatively curious.

The fourth book in Michael Freeman's newest series, *Michael Freeman On...Black & White* is a clear and concise guide to a unique, enduring and very popular subset of photography. Broken down into chapters covering every type of monochrome photography, the book provides both a practical guide to working without the distraction colour, details of the unique challenges posed by a genre that is so defined by shape and light and the ways in which working in monochrome can hugely improve your photographic practice.

November 7, 2023 £26.99 Paperback 176 Pages 9781781579053 In 1971 Michael Freeman 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's reputation as one of the world's leading reportage photographers has been consolidated. Of his many books, more than 60 titles are on the practice



### Central Saint Martins Foundation: Key lessons in art and design



Essential practical knowhow for you to thrive in the world of art and design With exclusive material and expert guidance from curriculum leaders at Central Saint Martins, one of the most prestigious art schools in the world, this book offers the essential practical knowhow for you to thrive in the world of art and design.

Explore and expand your creative skill set with Central Saint Martins Foundation. Guided by key lessons from college tutors, you'll learn to expand your creative abilities and develop your own visual language. Exclusive projects from the world-class Central Saint Martins Foundation Diploma in Art and Design will inspire your experiments and unlock your potential across four key areas: communication design, fashion and textiles, fine art and three-dimensional design. No matter which discipline you choose to pursue, this book will help you discover who you want to be and set you on the path to achieving it.

"Do you care about heartbreaking beauty, fresh new ideas, astounding craftsmanship, ingenious solutions, the tingle of a shocking image? Would you make art even if it wasn't your job? Then this is the book for you" - **Grayson Perry** 

The book is a Swiss-bound paperback, designed to lie flat when open and in use.

August 31, 2023 £30.00 Paperback 256 Pages 9781781579343

**Central Saint Martins** is a world-renowned arts and design college and part of University of the Arts London. It is known for the creative energy of its students, staff and alumni.

Lucy Alexander and Timothy Meara are Curriculum Leaders on the Central Saint Martins Foundation Diploma in Art and Design.

## ACTIVITY BOOKS



### Cassell



## Can You Beat the Beast?

### **Mark Labbett**



Can you beat TV's most formidable quizzer?

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

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

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

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

September 14, 2023 £9.99 B-format Paperback 352 Pages 9781788403610 Mark Labbett is the Beast, TV's quizzing leviathan. He's one of the most feared quizzing challengers on TV across the globe as he pits his wits against members of the public... and invariably wins. He's most famous as a regular in ITV's The Chase. He first appeared on the show in 2009 and has since appeared on the American version as the sole Chaser in 2013 (returning in 2021) as well as one of the five Chasers on the Australian version since 2016.

### **Express Puzzles**

August 3, 2023 | £9.99 | B-format Paperback | 464 Pages

The *Daily Express* is one of the UK's favourite newspapers, with a regular circulation of 350k. This iconic brand sits at the heart of our readers' communities, forming part of the fabric of everyday life for thousands of people across the UK. *Express Newspapers* are published by Reach PLC, Britain's largest newspaper, magazine and digital publisher reaching 38.6million people every month.

### **Big Book of Quick Crosswords**

A brand-new bumper collection of 400 quick-fire crosswords!

With 400 puzzles to choose from, this new bumper edition is the perfect puzzling companion for beginners and experts alike!

### Express: Big Book of Arrow Words Volume 1

A new compilation of 350 general knowledge puzzles!

Packed with 350 puzzles from the Daily Express, this is the greatest, fast and fun general knowledge puzzle around. Perfect for quiet times and busy commutes.

### Express: Big Book of Crusader Crosswords Volume 1

A brand new compilation of 200 of the Express's most popular puzzle!

Taxing, absorbing and fun, this brand-new edition will keep you entertained for hours

79

Packed with 200 crosswords, this is the perfect puzzle book to have by your side.



### 9781788404365

### 9781788404358

9781788404341



### RHS Puzzles & Brain Teasers for Gardeners Simon Akeroyd & Dr Gareth Moore



A beautifully illustrated collection of 100 quizzes and puzzles to test the horticultural and botanical knowledge of gardeners and plant lovers everywhere

RHS Puzzles & Brain Teasers for Gardeners is a beautifully illustrated collection of 100 quizzes and puzzles to test the horticultural and botanical knowledge of gardeners and plant lovers everywhere. Testing everything from your knowledge of the creatures in your garden, to your ability to name the tools in the tool shed, as well as plenty of of no-knowledge-required gardening-themed logic puzzles, this is the perfect gift for the gardener in your life, no matter their experience level.

Quizzes include:

- 12 'Planting Calendar' word searches based on what to plant in each month of the year
- Match the leaf to the plant
- Which horticultural hero am I?

October 17, 2023 Flexibound 208 Pages 9781784729127 Simon Akeroyd has written over 30 gardening books. His most recent book is *RHS 50 Ways to Outsmart a Squirrel & Other Garden Pests*. He writes for national garden and lifestyle magazines and as producer and journalist for the BBC.

Dubbed 'Britain's King of Puzzles' by *The Sun*, **Dr Gareth Moore**'s books have sold in excess of 5 million copies in English alone, and have been translated into over 35 languages.



### **Things To Do Outdoors**

### Dawn Isaac



100 activities to inspire and excite when stuck inside from simple and silly things to distract kids for ten minutes to crafts and experiments that will keep them entertained all afternoon

September 12, 2023 50 activity sticks 9781804191347 100 Things to Do Outdoors is a collection of games, activities, prompts and projects to keep little and not-solittle ones focused, busy and happy. There's a boredom buster for everyone. Pick a play prompt strip to give you all the inspiration you need whether you're a parent, a grandparent, a childcare worker or simply the one in charge of a child for a day! Not every activity will suit your day - or their mood - so just turn the stick over or choose another one from the pot.

Embrace the outdoors and ...

Learn about nature with scavenger hunts, the match box challenge or snail racing. Get creative with moon sand and wellie fashion. Hunt for dinosaur eggs, take a penny hike or make a potion lab.

The activities are written with children aged **3-8** years in mind but it's your call as to how much help, support and age-appropriate supervision they might need ... make whatever adjustments are necessary.

Whilst there are lots of ideas for solo play, there are plenty more things for you to join in with, as well as group activities that will work well for bigger families and parties. Have fun!



### **Things To Do Indoors**

### Dawn Isaac



100 activities to inspire and excite when stuck inside from simple and silly things to distract kids for ten minutes to crafts and experiments that will keep them entertained all afternoon

September 12, 2023 50 activity sticks 9781804191330 100 Things to Do Indoors is a collection of games, activities, prompts and projects to keep little and not-solittle ones focused, busy and happy. There's a boredom buster for everyone. Pick a play prompt strip to give you all the inspiration you need whether you're a parent, a grandparent, a childcare worker or simply the one in charge of a child for a day! Not every activity will suit your day - or their mood - so just turn the stick over or choose another one from the pot.

Embrace the indoors and ...

Get creative with slime, goop and bath bombs. Channel your inner scientist with lava bottles, erupting volcanoes and magic drinks.

Make a time capsule, have a Yes day, or build a tape town.

The activities are written with children aged **3-8** years in mind but it's your call as to how much help, support and age-appropriate supervision they might need ... make whatever adjustments are necessary.

Whilst there are lots of ideas for solo play, there are plenty more things for you to join in with, as well as group activities that will work well for bigger families and parties. Have fun!

Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for *the Guardian, the Telegraph, Good Housekeeping* and *The Garden,* and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of 101 Things For Kids To Do Outside, 101 Things for Kids to do on a Rainy Day and 101 Brilliant Things for Kids to do With Science.

## The Telegraph Puzzles

September 7, 2023 | £8.99 | B-format Paperback | 240 Pages

The Telegraph is one of the UK's most popular daily broadsheets, with a daily circulation of 350,000 readers. In 1925, it became the first British quality newspaper to publish a daily crossword.

### The Telegraph Big Book of Cryptic Crosswords 12

A brilliant new collection of cryptic crossword puzzles from the Telegraph. Packed with 350 puzzles from the *Daily Express*, this is the greatest, fast and fun general knowledge puzzle around. Perfect for quiet mes and busy commutes.

### The Telegraph Cross Atlantic Crosswords 1

Revel in a new puzzling experience with the first collection of American-style crosswords from the Telegraph.

With clues ranging from straight definitions to humorous wordplay, from general knowledge to current events, this is the ultimate puzzling companion to have by your side.

Perfect for those seeking an alternative to the cryptic and quick variations, these Cross Atlantic crosswords will appeal to experts and novices alike!

### The Telegraph Cryptic Crosswords 13

A brand new compilation of 100 cryptic crosswords from the Telegraph. Test your lateral thinking with these cryptic crosswords! Utterly addictive and entertaining, these fiendish puzzles are the perfect brainteasers for beginners and experts alike.

### The Telegraph Train Tracks Volume 1

Test your visual logic with the first collection of train track puzzles from the Telegraph. To complete each puzzle, you must create a continuous track across each grid while using the number of track segments specified.

Whether you're looking to sharpen your analytical skills or simply pass the time, this is the ideal puzzling companion to have by your side!

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### 9781788404464

### 9781788404501



### 9781788404457

### 9781788404488

### Cassell



### Chess from beginner to winner! Kévin Bordi & Samy Robin



Go from beginner to winner with this simple-to-follow guide by chess streaming sensation Kévin Bordi and FIDE master Samy Robin.

Want to learn chess? Not sure where to start?

Go from beginner to winner quicker than you ever imagined with this simple-to-follow guide!

Chess streaming sensation Kévin Bordi and FIDE master Samy Robin introduce you to a world of fun and excitement. Drawing on their experiences and unique playing style, they demystify the rules of the games, arm you with winning tactics and propel you towards success.

With more than 450 annotated illustrations, you will gain invaluable tips and tricks to refine your strategies and finally understand what is going on in the heads of champions.

Go from beginner to winner with this simple-to-follow guide by chess streaming sensation Kévin Bordi and FIDE master Samy Robin

November 7, 2023 £14.99 Paperback 192 Pages 9781788404600 **Kévin Bordi** is the creator of the website Blitzstream on YouTube and Twitch, the number one chess website in France.

Samy Robin is a FIDE (Fédération Internationale des Échecs) Master and Editor-in-Chief of Chess.com France.



### The Occult & Folklore Colouring Book Duchess of Lore



An original colouring concept from cult artist Duchess of Lore Discover over 30 intricate artworks to colour in, from the brilliant mind of artist Duchess of Lore.

With subjects inspired by the occult, myth, legend and folklore, readers will find beautiful line drawings of Gaelic goddesses, astrological signs and tarot images, pagan symbols, ancient Greek gods, magical motifs and much more.

Let your imagination roam, find a mindful escape and create your own beautiful, colourful artworks with The Occult & Folklore Colouring Book.

September 14, 2023 £14.99 Paperback 256 Pages 9781781579367

The Duchess of Lore is a Toronto-based artist & maker. Her work is inspired by folklore, the occult, and the arts of bygone eras. She has a dedicated and engaged following on social media, and a bustling online store. Instagram: @duchess\_of\_lore



## Women Don't Owe You Pretty



From the best-selling book Women Don't Owe You Pretty, this 50-card deck will challenge you, encourage you and empower you on your journey of self-discovery

September 7, 2023 50 Cards 9780753735459 Be brave and bold - there's nobody quite like you - it's time to recognize your confidence and express your true self brazenly.

In a fast-paced world, sometimes it's easy to lose sight of the things that make us extraordinary and brilliant and shake our confidence. However, we all need to take time to sit with our feelings, heal and work on our resilience to form a better connection with our inner power.

Each card in this incredible deck, allows you to unpack one challenge at a time, or set an intention for a day that's going to bring you closer to that moment of selfawareness. So, stop scrolling, sit with a card and learn how to protect your energy, understand that you are the love of your own life, and celebrate what makes you sparkle, shine and stand out. It's time to activate your power and your feminine instinct.

Florence Given is a bestselling feminist author, awardwinning podcaster and illustrator based in London. She grew up in Plymouth and attended London College of Fashion, after which she went on to pursue art and writing. Florence broke records with her first book, Women Don't Owe You Pretty, a feminist manifesto which challenged outdated patriarchal narratives and inspired women across the globe. In all her work, from her nonfiction writing to her debut novel and hit podcast, Florence uses her platform to bring women together and give them a permission slip to define feminism on their own terms.



Immerse yourself in some of the most fascinating worlds of classic literature with these themed trivia and game card decks

## Alice in Wonderland

October 3, 2023 | 52 Cards | 9780753735428



Tumble down the rabbit hole and put your knowledge to the test with 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places of Lewis Carroll's beloved classics.

Packed with trivia questions, party games, charades and challenges, and illustrated with vintage illustrations that make for a delightful game of Snap or Memory, there is something for everyone in this new series of quiz and game decks.

### Jane Austen



### October 3, 2023 | 52 Cards | 9780753735398

Put your Jane Austen knowledge to the test with 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places and relationships of Jane Austen's works.

Packed with trivia questions, party games, charades and challenges; and illustrated with vintage illustrations that make for a delightful game of Snap or Memory - there is something for everyone in this new series of quiz and game decks.

## **GIFT & HUMOUR**



Hamlyn



# Dad Jokes: The Laugh-out-loud edition



Hilarious and chucklesome jokes from the Instagram sensation @DadSaysJokes The iconic Instagram page @DadSaysJokes returns with a fresh batch of dad jokes to share with your nearest and dearest. With cringeworthy gags for every occasion, Dad Jokes: The Laugh-out-loud Edition is the perfect gift for Father's Day, birthdays, Christmastime and beyond.

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with over 5.5 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favourites - or Dad just drops in his own zinger! Kit, a young social networking influencer, started his career at the tender age of 14 when he created his original platform, Football.Newz. He has since added another fourteen platforms, including @PubityPets and monster meme Instagram page @Pubity with over 31 million followers. This is his fifth book.

August 31, 2023 £12.99 Hardcover 272 Pages 9781783255467

Dad Says Jokes is a community-run social brand with over 5.5 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers.

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





Capturing Giles's trademark style and British humour, the 2024 annual focuses on gatherings, from the pub to sports events to family get-togethers.

Fans of Giles will be delighted to receive this brand-new collection, which includes **150 cartoons** from the archives of the one of the biggest selling daily newspapers in the world, the Daily Express, whose work led to him being voted the best cartoonist of the 20th century.

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

September 7, 2023 £14.99 B-format Paperback 160 Pages 9781788403573 Carl Giles was born in Islington, London, in 1916. After leaving school at fourteen, he initially trained in animation before moving into cartoons, when working for Reynolds News. In 1943 Giles moved to the Sunday Express and Daily Express, eventually replacing Strube and becoming the Daily Express "War Correspondent Cartoonist" with the 2nd Army in 1945.

Best known for his Express "family", his cartoons had enormous popular appeal and in 1959 he was awarded an OBE. Giles left the Daily Express in 1989 but continued working for the Sunday Express until 1991. He died in 1995.

### Disaster Dates & Lucky Escapes Tess Smith-Roberts



OCTOPUS

Terrible but hilarious dating stories from the viral Instagram series, illustrated in a playful, colourful comic style Following up on the popularity of Tess Smith-Roberts's viral dating comics series on Instagram, the book will contain around 20 outrageous dating comics illustrated in her colorful and fun signature style so loved by her 185k Instagram followers. The sometimes gross, often relatable but always laugh-out-loud hilarious stories are weaved into a narrative, all happening to one main character who's just trying to find love in an online world.

The story follows Olive as she navigates the terrible world of app-based dating and all the weirdos she matches with, with some stories submitted by Tess's Instagram followers, some influenced by previous submissions and of course some fan favourites from her popular dating comics series on Instagram

After a string of terrible dates, Olive is ready to give up. Will she ever find the one? And will they be everything she is looking for?

October 24, 2023 £12.99 Hardcover 96 Pages 9781804190937 Tess Smith-Roberts s a freelance Illustrator based in South East London, originally from Norwich, who studied illustration at Kingston School of Art. She approaches her work with humor, bold shapes, and a playful use of color. She was inspired to create her popular series of dating comics after a string of bad dates, which by doing so and getting her followers to send in their own, provided a form of cathartic therapy.

Instagram: @tesssmithroberts



### The Very Best of Fesshole: The New Fesstament Rob Manuel



From the creator of viral Twitter sensation, Fesshole and bestselling humour collection The Very Best of Fesshole: Britain confesses anonymously, comes a new and even more hilarious tome.

'Puerile, reprehensible and very, very funny' Adam Kay

'Hilarious! The only guide any alien would need to find out what humans are really like' David Schneider

Fesshole is back with even more of Britains deepest, darkest secrets, their innermost thoughts and their most outrageously funny faux pas.

October 26, 2023 £12.99 Hardback 272 Pages 9781804190425

Rob Manuel was born in Wolverhampton and sits at the intersection of code and comedy. He has spent 20 years entertaining people online through b3ta.com and more recently a series of Twitter bots. Fesshole is only the latest iteration of a life's work: figuring out how he can bash keys today to make him giggle and forget about the monstrous darkness that envelops everything.

## The Colossal Book of Amazing Facts for Curious Minds



TOPUS

5,000 facts – more than any other book on the market – that will astound, amuse and fascinate you!

A polish bear in World War II rose to the rank of colonel.

Cassell

Penguins can't taste fish.

The ashes of the man who invented the pringles container are buried in one.

Houseflies buzz in the key of F.

'hippopotomonstrosesquippedaliophobia' is the fear of long words.

This is just 0.02% of all the facts in this incredible tome! Written by seven authors and covering subjects as diverse as The Universe, Art and Literature, The Natural World and Movies, The Colossal Book of Incredible Facts for Curious Minds is the ultimate trivia book!

Why not amaze family and friends with the reasons pandas do handstands, the sinister source of the term 'rule of thumb', or that the patent for the fire hydrant was destroyed... in a fire. Every entry is weird, wonderful, inspiring and quite brilliantly, true!

September 14, 2023 £16.99 Paperback 512 Pages 9781788404693 Written by: Professor Nigel Henbest Simon Brew Sarah Tomley Ken Okona-Mensah Tom Parfitt Trevor Davies 7th author TBC





## A Normal Family Chrysta Bilton



For most of her life, Chrysta Bilton was one member of a small, if dysfunctional, family of four. There was her sister, Kaitlyn, her hedonistic, glamorous, gay mum Debra, and Jeffrey, who Debra hand-picked, in an LA hairdressers, to be the father of her children. During Chrysta's unstable childhood, Debra struggled to keep the family afloat and Jeffrey wandered in and out of their lives.

Then, in her twenties, Chrysta discovered that her father had secretly donated his sperm over 500 times - and that she had at least 35 other siblings.

A Normal Family is a captivating coming-of-age memoir about Chrysta's reckoning with the secrets both parents had carefully kept from her. Heartfelt, warm and funny, it's a story of embracing the family we have, in all the forms we find it.

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

July 6, 2023 £9.99 B-format Paperback 320 Pages 9781913183158 Raised in Los Angeles by an eccentric mother and a father who struggled with mental illness, Chrysta Bilton was in her mid-20s when she found out that her family was much more complicated than she ever could have imagined. Chrysta lives in Los Angeles with her husband, the writer Nick Bilton, their two children, Emerson and Somerset, two dogs and one cat, Pixel, Pine Cone, and Piano. *A Normal Family* is her first book.



## Life and Death Decisions Dr Lachlan McIver

DR LACHLAN MCIVER **JAPA CALLER JAPA CALLER J** 

An action-packed tale of medicine in the most remote, poverty-torn areas of the globe from a Médecins Sans Frontières doctor Dr Lachlan McIver's work has since taken him to over thirty countries, from the islands of the Pacific that are sinking as a result of climate change to civil war zones in South Sudan and the Democratic Republic of the Congo. In this no-holdsbarred memoir, Lachlan recounts his experiences of caring for his patients and tackling health problems in some of the world's most extreme environments.

We see him delivering babies in makeshift operating theatres by the light of a head torch; treating patients ravaged by tropical diseases; and helping care for patients with infected wounds, from bullets and bomb blasts, that are resistant to all known antibiotics. We follow Lachlan as he is evacuated with his Médecins Sans Frontières colleagues to a safe house in the Democratic Republic of the Congo when it is revealed that members of their team have been kidnapped by the local militia.

Life and Death Decisions is a deeply human look at the personal cost of our broken global health system and a vital call to action. It's what we need right now.

July 6, 2023 £9.99 B-format Paperback 320 Pages 9781913068882 Dr Lachlan McIver is a rural medicine and public health specialist with a PhD in the health impacts of climate change. He currently works as the Tropical Diseases and Planetary Health Advisor at the headquarters of Médecins Sans Frontières in Geneva. Lachlan is an Associate Professor at James Cook University and is the founder and past Chair of Rocketship Pacific Ltd - an international nonprofit organisation dedicated to improving health in Pacific island countries.

drlachlanmciver.com



## Cabin Fever Michael Smith



The true story of the Zaandam cruise ship, which set sail with a deadly and little-understood stowaway - Covid-19 - days before the world shut down in March 2020

July 6, 2023 £10.99 Paperback 272 Pages 9781913068752 In early 2020, the world was on edge. An ominous virus was spreading and no one knew what the coming weeks would bring. Far from the hotspots, the cruise ship *Zaandam* was preparing to sail from Buenos Aires loaded with 1,200 passengers - British, American, Australian, European and South American tourists. Most were over the age of 65.

There was concern about the virus in the news but that was oceans away. Escaping to sea at the ends of the earth for a few weeks seemed like it might be a good option.

Within days, people aboard the *Zaandam* began to fall sick. The world's ports shut down. With only two doctors aboard and few medical supplies to test for or treat Covid-19, and with dwindling food and water, the ship wandered the oceans on an unthinkable journey.

Cabin Fever is a riveting narrative thriller, taking readers behind the scenes of the ship's complex workings, and below decks into the personal lives of passengers and crew who were caught unprepared for the deadly ordeal that lay ahead. It is a story layered with moments of peril, perseverance and kindness. A remarkable tale that is filled with individual acts of heroism and the struggles and the tragedies of the crew and passengers.

**Michael Smith** is an award-winning investigative reporter at *Bloomberg Businessweek*. His stories document financial crimes, the business of narcotics and human trafficking, and environmental and labour abuses in corporate supply chains.

Jonathan Franklin is an award-winning public speaker, investigative journalist and author. Franklin's previous books include *A Wild Idea*, 438 Days: An extraordinary story of survival at sea, and The 33.



## Sigrid Rides Travis Nelson



This is the story of Travis Nelson, his deaf Norwegian Forest cat, Sigrid, and their adventures on two wheels

September 19, 2023 272 Pages

Hardcover £18.99 9781804191149

Trade Paperback £14.99 9781804191156 When Travis Nelson arrived in London, he expected to embark on a new life and a new job. Coming from California, he'd uprooted his wife and his cat, Sigrid, and planned to be here for the long haul. Then Covid-19 struck. Travis's new job vanished as the company cut staff. For two years, and through successive lockdowns, he was stuck in limbo in an unfamiliar city, trying to find his way.

To keep himself occupied, Travis set out to discover his adoptive home. He bought a bike and began cycling through London's streets and parks with his unusual travelling companion, Sigrid - his deaf, Norwegian Forest cat - who came along for the ride. But what started as a way of injecting routine and purpose into Travis's life in stressful times, created an internet sensation. When Travis began posting videos of the pair's rides on social media, he drew in another community of people looking for moments of joy in an anxious world.

In this charming memoir, Travis charts his adventures with Sigrid. He unlocks a hidden London seen only from cyclist's viewpoint, as well as finding friendship and hope. Most of all, it is the story of one man's relationship with his feline companion - one that has given him direction and a sense of belonging at a time when he felt lost.

Software Engineer, Travis Nelson, & his cat Sigrid live in London. Travis uses his Instagram, TikTok, and Patreon platforms to share videos and content from his rides with Sigrid and the adventures they're having. This is Travis' first book.

Instagram: @skintension TikTok: @sigirides

## The Many Lives of Mama Love Lara Love Hardin



OCTOPUS

One woman's journey from soccer mom to identity thief and opiate addict to New York Times bestselling ghostwriter, via a Californian prison

July 13, 2023 320 Pages

Hardcover £16.99 9781804190500

Trade Paperback £14.99 9781804190524 Reading was her first addiction; but then came opiates. And so, Lara steals credit cards and goes through people's mail, raiding identities to sustain her addiction until eventually she finds herself in a Californian prison.

She has to get to grip quickly with life behind bars. She doesn't know the street world of Santa Cruz so isn't sure who to be afraid of, defer to, or lord above - but she does know how to pretend. Within weeks, she understands each gang and every jail language, and is doling out advice and writing letters for the other girls in prison. She finds she has a talent for writing under the guise of others, for absolute empathy with them. Before long she's earned herself a nickname: 'Mama Love'.

The Many Lives of Mama Love is a beautiful, page-turning and powerful memoir about Lara Love Hardin's transformative journey from identity theft to prison matriarch and eventually prestigious writer. It is a story about reaching rock bottom - and clambering back up; about self-forgiveness and healing; and about writing a path to a new identity.

Lara Love Hardin is a literary agent and author. Previously co-CEO of Idea Architects, she is the founder of *True Literary*. Lara is a four-time *New York Times* bestselling cowriter, including the #1 *New York Times* bestseller *Designing Your Life* and the 2018 Oprah Book Club pick *The Sun Does Shine*, which she co-authored with Anthony Ray Hinton.

### Cassell



## The Fighter of Auschwitz Erik Brouwer



The incredible story of Leen Sanders, a Dutch boxer who was spared to entertain the Nazi guards at Auschwitz and helped others survive 'He had the dream again last night... He taps the gloves of his unbeaten Polish opponent. There are rumours that the loser will be sent to the gas chamber.'

In 1943, the Dutch champion boxer, Leen Sanders, was sent to Auschwitz. His wife and children were put to death while he was sent 'to the left' with the others who were fit enough for labour. Recognised by an SS officer, he was earmarked for a 'privileged' post in the kitchens in exchange for weekly boxing matches for the entertainment of the Nazi guards. From there, he enacted his resistance to their limitless cruelty.

With great risk and danger to his own life, Leen stole, concealed and smuggled food and clothing from SS nursing units for years to alleviate the unbearable suffering of the prisoners in need. He also regularly supplied extra food to the Dutch women in Dr. Mengele's experiment, Block 10. To his fellow Jews in the camp, he acted as a rescuer, leader and role model, defending them even on their bitter death march to Dachau towards the end of the war.

A story of astonishing resilience and compassion, *The Fighter of Auschwitz* is a testament to the endurance of humanity in the face of extraordinary evil.

November 14, 2023 £8.99 Paperback 256 Pages 9781788404303 Erik Brouwer is a Dutch sports journalist and the author of eight historical non-fiction titles on topics as diverse as Argentine football and the actress Jetta Goudal. He won the 2009 Nico Scheepmaker award for sports books for *Spartacus*, his book about Jewish Olmypic athletes at the beginning of the second world war.



### The Death of a Soldier Told by His Sister Olesya Khromeychuk

OLESYA KHROMEYCHUK

### THE DEATH OF A SOLDIER TOLD BY HIS SISTER A Ukrainian Story

'If you read only one book about the war, this is the one to read.' Henry Marsh

A moving and thoughtprovoking account of loss and war from the Director of the Ukrainian institute WITH A FOREWORD BY PHILIPPE SANDS AND AN INTRODUCTION BY ANDREY KURKOV

'If you read only one book about the war, this is the one to read.' -Henry Marsh, author of *Do No Harm* 

'Heartbreaking, agonizing, unforgettable. An immediate history of a cruel war and a personal chronicle of unbearable loss' -Simon Sebag-Montefiore, author of *The World* 

Killed by shrapnel as he served in the Ukrainian Armed Forces, Olesya Khromeychuk's brother Volodymyr died on the frontline in eastern Ukraine. As Khromeychuk tries to come to terms with losing her brother, she also tries to process the Russian invasion of Ukraine: as a historian of war, as a woman and as a sister.

In a thoughtful blend of memoir and essay, Olesya Khromeychuk tells the story of her brother - and of Ukraine. Beautifully written and giving unique, poignant insight into the lives of those affected, it is an urgent act of resistance against the dehumanising cruelty of war.

August 3, 2023 £10.99 B-format Paperback 224 Pages 9781800961203

Dr Olesya Khromeychuk (@OKhromeychuk) is a historian and writer. She has taught the history of East-Central Europe at Cambridge, UCL, UEA and King's College London and is currently the Director of the Ukrainian Institute London. She has written for the New York Review of Books, Der Spiegel, the Los Angeles Review of Books, openDemocracy and Metro.



### Pigcasso Joanne Lefson



Heart-warming pet narrative that parodies the artworld and makes you smile

Heart-warming pet narrative that parodies the artworld and makes you smile.

When Joanne Lefson took on a piglet at her animal shelter, the young sow proceeded to eat everything in her stable but a paint brush. In a flash of inspiration, Joanne attempted to introduce the pig to the art of painting - and thus Pigcasso was born.

Starting out with a humble canvas on the sanctuary wall, Pigcasso's paintings are now owned by the likes of George Clooney, she has a Swatch watch design partnership, a wine label, and has eclipsed the previous world record holder for animal art. She's been commissioned by Nissan and has had exhibitions in Cape Town, Munich and Amsterdam. More than that, Pigcasso's art funds the food and veterinary services for all the animals at the sanctuary.

*Pigcasso* is the story of this unique pig and of the circumstances that brought her and Joanne together to take the art world by storm and form a unique and unbreakable bond.

October 31, 2023 £22.00 Hardcover 336 Pages 9781788404204

Joanne Lefson is an animal rights activist and the founder of Oscar's Arc, a dog adoption agency, and Farm Sanctuary SA, a sanctuary for rescued farmed animals - with a painting pig hogging the limelight. Pigcasso's Abstract Expressionist masterpieces are sold all over the world and have raised over 3 million rand for the sanctuary. Lefson's goal is to find a unique voice for vulnerable animals within a lost, loud world defined by human disconnect.



## Sudden Loss Slow Grieving Vanessa Moore

VANESSA MOORE Sudden Loss Slow Grieving

A Clinical Pyschologist's Personal Journey through Unexpected Loss

October 31, 2023 £9.99 Paperback 304 Pages 9780857839428 A heartbreaking grief memoir, One Thousand Days and One Cup of Tea uncovers the process of healing from a personal and psychological view, written by a bereaved clinical psychologist

Vanessa's husband Paul died suddenly and tragically on their regular Sunday morning swim. This is a raw narrative of how she found a way to move forward for her teenage children, their dilapidated home and the patients who all need her. Beautifully written and honestly relayed, the book dives into the aftermath of death, the painful reminders, the heartwarming moments and how to endure the pain of loss.

"This book is about a period of great loss in my life, a time when the tables were completely turned on me. I was a qualified therapist who suddenly found myself needing psychological therapy. I was a trained researcher who became my own research subject, as I tried to make sense of what was happening to me. I was an experienced manager who now struggled to manage the events taking place in my own life. Yet, throughout all this turmoil, my patients were always there, in the background, reminding me that there are many different ways to deal with loss and trauma and search for a way forwards." Vanessa

Vanessa Moore is a clinical psychologist. During her career in the NHS she has worked therapeutically with children, adults, couples, families and groups within hospitals and other community settings. She has trained psychologists and other diverse health professionals, and has researched a wide range of clinical questions and published her findings in academic journals. She lives in Winchester, UK.

### Monoray



## The British Bloke, Decoded Geoff Norcott



Geoff Norcott peels back the layers of the British Bloke, revealing the truth behind the sometimes inexplicable behaviour of Britain's husbands, dads and brothers

September 14, 2023 £16.99 Hardcover 240 Pages 9781800961296 Why won't British men wear sun-tan lotion? How is it they don't notice things on the bottom step of the stairs? And why are they so reluctant to go to the doctors?

The British Bloke appears simple and straightforward. He loves football, cricket, beer, sheds, super-hero films and books about the SAS. He values the importance of wearing socks at all times and is able to strategically bury his feelings when necessary.

But beneath that simple exterior lies a mysterious and complex being.

Based on field research and almost scientific insights, Geoff digs deep into subjects as wide as: the value of Banter, the surprising roots of Mansplaining, why men don't want any fuss, the near impossibility of getting them to send birthday cards - and whether there could be a medal system for Hoovering.

And ultimately, Geoff concludes that whilst the toxic men have been grabbing all the publicity - perhaps now's the time to celebrate the simple British bloke in all his decent, complicated and eccentric splendour.

Writer and comedian Geoff Norcott is well known for his TV work on Question Time, Live At The Apollo, Backstage With Katherine Ryan, Mock The Week and Have I Got News For You among many others. He also fronted his own documentary How The Middle Classes Ruined Britain for BBC2.

As a stand-up he has performed several successful national stand-up tours, including his most recent show I Blame The Parents in 2021/2022.



## The Fourth Man Robert Baer



The explosive true story of a KGB spy at the top of the CIA and why the US failed to spot the rise of Putin

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.

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. Three pioneering female veterans of counterintelligence were tasked with unearthing him. With steadfast determination and expertise, they came to a shocking conclusion, one which continues to have dramatic consequences for American security.

In this gripping insider account, Baer tells a thrilling story of Russian espionage and American intelligence. With profound implications for the rise of Vladimir Putin and international relations with Russia, *The Fourth Man* is a real-life spy thriller with echoes of John Le Carré.

September 14, 2023 £9.99 B-format Paperback 320 Pages 9781800960497

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* and most recently, *The Perfect Kill: 21 Laws for Assassins*.





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

September 14, 2023 £9.99 B-format Paperback 288 Pages 9780857839732 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. 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.
# The Accidental Detectorist

### **Nigel Richardson**



OCTOPUS

One man's accidental journey into uncovering Britain's underground obsession Each new field is hope, each old one reality.

There are things below the surface that pull people together in a shared love of history, landscape and the hope that, this time, something incredible will be unearthed.

When a travel writer is stuck on home soil in the middle of a pandemic he tries his hand at metal detecting - and is instantly addicted. This all-consuming hobby takes him around the country, back through history and deep into the psyches (his own included) of those hooked on 'happy bleeps'.

As he immerses himself further in the world of metal detecting, exposing the shady activities of 'nighthawks', attending rallies and making lifelong friends, a change comes over him. This country beneath his feet, these people who scour it for clues and tokens - they are the home he's been looking for.

The Accidental Detectorist is a big-hearted dig into a pastime sometimes mocked but always enticing.

September 28, 2023 £9.99 B-format Paperback 304 Pages 9781788403726

Nigel Richardson is a British journalist and author of five previous books who has worked at the top level for more than 25 years (13 of them on the staff of the Daily Telegraph in London). He writes about history, archaeology, landscapes, culture and wildlife conservation and has won numerous awards and commendations (including UK Travel Journalist of the Year, Sunday Times Children's Book of the Week and BBC Radio 4 Pick of the Week).



### Where the Hearth Is

### **Kate Humble**

Kate Humble WHERE THE HEARTH IS

> WHAT MAKES A HOME A HOME

#### What makes a home a home

September 28, 2023 £22.00 Hardcover 304 Pages 9781783254606 Kate Humble has a knack for sharing her own journey towards a more pleasing and purposeful life in a way that inspires readers, enables them to reassess their own lives and helps them achieve their personal goals. Having encouraged readers to reconnect with nature in *Thinking* on My Feet and simplify their lifestyles in A Year of Living Simply, she turns now to re-imagining the ideal home examining her own experiences and expectations, considering all the elements necessary to future-proof her home life, taking advice from others living uniquely, extraordinarily, happily, and gaining insights from some unexpected quarters - including the animal kingdom.

As our time spent in office buildings and other traditional workplaces shrinks forevermore, feeling happy, healthy, productive and content in our homes (be they castles or caravans, flat-shares or farms, fixed or temporary, inner city/out of town/beyond) is more important to get right than ever before. *Where the Hearth Is* will resonate with all those seeking to make the most of their lives during the many hours we all spend at home - whether it's a case of tiny adjustments while staying put, moving out, living differently or dreaming of building something new.

Kate Humble is a writer, smallholder, campaigner and one of the UK's best-known TV presenters. Her other books include Humble by Nature, Friend for Life, Thinking on My Feet, A Year of Living Simply and Home Cooked. Thinking on My Feet was shortlisted for both the Wainwright Prize and the Edward Stanford Travel Memoir of the Year.

Katehumble.com Humblebynature.com Instagram: @FarmerHumble @kmhumble

octopusbooks.co.uk



# The Power in the People Michael Mansfield, KC



The internationally renowned human rights barrister shows us how the power to change the world is in the hands of people, not the people in power

October 10, 2023 £12.99 Hardcover 224 Pages 9781800961449 Barrister Michael Mansfield, KC, has spent his career fighting injustice, persecution and corruption. And be it the Birmingham Six, Bloody Sunday, Stephen Lawrence, the Marchioness, Hillsborough or Grenfell, he has come to learn one thing - that people power is unstoppable.

Time and again he has witnessed governments, police forces, legal institutions and the establishment, try to block change and maintain the status quo in order to protect their interests. But almost every time he has seen that passion, perseverance, collectivity and courage create a powerful momentum which is increasingly difficult to stop.

In this short but powerful book, the veteran barrister draws upon his 50 years of fighting for justice and revisits his most important cases and clients, proving without doubt that when people get together they can make lasting and positive change.

The power is in the people - not the people in power.

Michael Mansfield, KC, celebrated 50 years at the bar in 2017, but shows no sign of retiring, in fact he recently launched a podcast Two Heads with fellow barrister Lorna Hackett. He has published several books including his autobiography, *Memoirs of a Radical Lawyer* (Bloomsbury, 2009).

Following the tragic death of his daughter by suicide in 2015, he and his wife, Yvette, set up the charity SOS to campaign for the provision of mental health support and suicide awareness. He lives with Yvette near Stratford On

Avon, Warwickshire.



### **Clanlands 2**

### Sam Heughan & Graham McTavish

<section-header>

COVER TO BE REVEALED

Sam & Graham continue their immersive buddy adventure, this time in New Zealand!

November 7, 2023 320 Pages

Hardcover £22.00 9781804190760

Trade Paperback £16.99 9781804190777 In this follow-up to Clanlands Sam & Graham document their journey across New Zealand, a country Graham calls home and that Sam has longed to visit since learning it was a popular destination for Scottish immigrants to settle back in the 19th century.

Follow the 'outlandish' pair as they explore the Scottish influence of New Zealand: connecting with the rich culture and Scottish heritage, sampling world-class food & drink, and being humbled by incredible landscapes and pulseraising activities. All of this accompanied (of course!) by a healthy side of Sam torturing his faithful travel companion, Graham.

Told in the pair's characteristic bantering style, Clanlands 2 promises to be an informative and entertaining deep dive into a much-loved country... and yet another unforgettable wild adventure.

Sam Heughan is an award-winning actor, producer, entrepreneur and philanthropist, best known for his starring role as Jamie Fraser in the hit TV show Outlander. He is the co-author of two previous books, both of which appeared on the Sunday Times and New York Times bestseller lists. Find Sam online @samheughan Graham McTavish has been acting for over 35 years. On film and TV he is best known for his roles as Dougal MacKenzie in Outlander, the fierce Dwarf Dwalin in The Hobbit trilogy, and AMC's cult show Preacher as the Saint of Killers. Graham is co-author of the worldwide bestselling *Clanlands* and *The Clanlands Almanac*.

# PHILIP'S



### Philip's RGS Atlas of the World



The Philip's RGS Atlas of the World gives a striking view of the Earth's surface and its many complexities and treasures

October 5, 2023 £75.00 Hardback 448 Pages 9781849076531 Packed with the latest statistics and filled with clear cartography, the Philip's RGS Atlas of the World gives a striking view of the Earth's surface and its many complexities and treasures.

Nearly 200 pages of fully revised ultra-clear maps and satellite imagery reveal the full shape of Earth's surface. This edition includes the special feature, 'Biodiversity on the Brink', which examines threats such as habitat destruction and climate change.

The extensive front section contains a Gazetteer of Nations that has been comprehensively checked and updated to include recent economic and political changes.

New for this edition is an illustrated guide on the whole world's essential physical facts - the highest peaks, longest rivers, deepest oceans, etc - an at-a-glance reference for all.

Updated World Geography section includes new maps on urbanization, vital health issues (alcohol consumption and prevalence of tobacco use).

World city plans: 70 of the world's greatest cities shown in detail with locations of prominent public buildings and largest museums and galleries.



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



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

September 7, 2023 £6.99 Paperback 96 Pages 9781849076517 Now including the top astronomical places to visit, star festivals and the latest on star parties in Britain and Ireland, the new 2024 edition is totally up-to-date for exploring the wonder of the night skies, month-by-month and day-by-day.

Whether you're a seasoned astronomer or just starting out, Philip's Stargazing 2024 is the only book you'll need. Compiled by experts and specially designed for easy and daily use, Stargazing 2024 acts as a handily illustrated and comprehensive companion.

- 12 updated sky charts for year-round astronomical discovery
- Daily Moon Phase Calendar, highlighting special lunar events throughout the year
- Planet Watch for ideal viewing days in 2024
- The best places to experience Dark Skies
- Top places to visit for astronomical insights
- Expert advice and insight throughout from internationally renowned Prof Nigel Henbest
- Special article on the use of filters for astrophotography by expert Robin Scagell
- Complete calendar of major astronomical events, including the Top 20 Sky Sights of 2024
- Jargon Buster, explaining common or confusing terms

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.

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Philip's



### Philip's Local Explorer Street Atlas Nottinghamshire



For walkers, cyclists and local explorers at a scale that provides greener options to uncover all the nature and hidden gems in your local area

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- Scales: 1<sup>3</sup>/<sub>4</sub> inches to 1 mile (1:36,000) and 3<sup>1</sup>/<sub>2</sub> inches to 1 mile (1:18,000). Major towns: 7 inches to 1 mile (1:9,000)

Other information on the maps includes postcode boundaries, car parks, railway and bus stations, post offices, schools, colleges, hospitals, police and fire stations, places of worship, leisure centres, footpaths and bridleways, camping and caravan sites, golf courses, and many other places of interest.

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