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OCTOPUS

New Titles

2024

January – June

INCLUDING BACKLIST

Welcome to the Octopus New Titles Catalogue Jan ~ Jun 2024 + backlist

Contents

Food & Drink 2

Home & Garden 19

Nature 26

Pets 31

Health & Well Being 34

Sport 55

Art & Entertainment 58

Art, Crafts & Photography 62

Gift & Humour 73

History & Current Affairs 78

Memoir 92

Miller's 105

Philip's 107

Backlist 126

Contacts 209

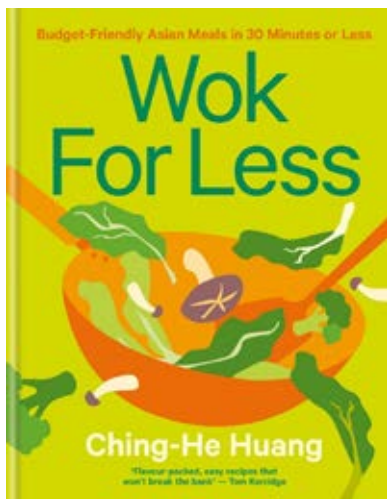


FOOD & DRINK



Wok for Less

Ching-He Huang



Quick, simple, wallet-friendly
Chinese recipes to cook at home

The wok is an incredibly quick, heat-efficient cooking method - and a lot less expensive (and bulky) than an air fryer. Chinese and Asian cuisines have also always featured recipes that use cheaper ingredients. In *Wok for Less*, *Sunday Times* bestselling author Ching-He Huang focuses on these traditional, clever ways to reduce costs - all without scrimping on taste.

From creative ways to make fish, seafood and meat go further, to inventive veg-packed dishes that will satisfy the most committed carnivore, and ideas for using storecupboard ingredients to make multiple meals, the recipes are not only delicious but will save you both time and money.

Praise for Asian Green

"There's a lot more than wok-based cooking in this beautifully photographed book." **The Times**
"The Greens Goddess" **Daily Mail**

The Times Best Food Books of the Year 2021

Evening Standard Best Vegetarian Cookbooks 2022

January 4, 2024

£25.00

208 Pages

Hardcover

9781804191590

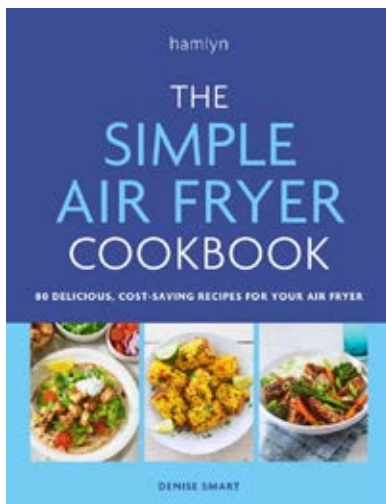
Ching-He Huang MBE was born in Taipei, Taiwan. An Emmy-nominated TV chef, her culinary ethos is to use fresh, organic, ethically sourced ingredients to create modern dishes that fuse Chinese tradition with innovation. Her TV series include *Chinese Food Made Easy*, *Chinese Food in Minutes*, *Exploring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

She appears regularly on TV in both the UK and US, including on BBC Saturday Kitchen and ITV's Lorraine.



The Simple Air Fryer Cookbook

Denise Smart



**Make the most of your air fryer
with 80 easy and budget-friendly
recipes**

Air fry anything with these delicious, low-effort 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 flavorful dishes for any time of day. With 80 simple recipes - some you never even thought possible to make in an air fryer - you can cook everything from Harissa chicken thighs to BBQ mushroom burgers to an Apple & blackberry ginger crumble.

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.

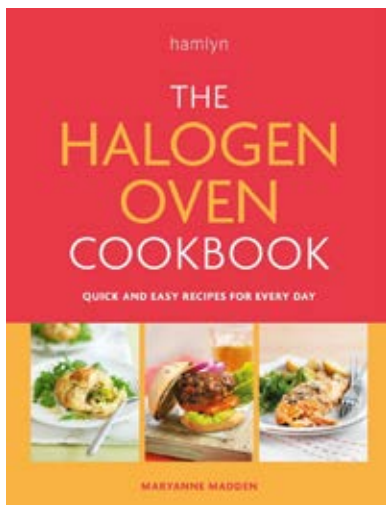
January 4, 2024
£16.99
192 Pages
Paperback
9780600638094

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 and all her recipes are double-tested to ensure they work perfectly first time.



The Halogen Oven Cookbook

Maryanne Madden



**200 easy and energy-efficient
recipes for your halogen oven**

Combining the convenience of a microwave with the delicious, crispy results of a traditional oven, the halogen oven is the perfect kitchen companion for households of all sizes.

This cookbook provides 200 simple and fool-proof recipes to help you get the most out of your halogen oven. Full of delicious options for meat, seafood and vegetarian meals as well as tasty sides and baked goods, with *The Halogen Oven Cookbook*, you will never run out of dinner and dessert ideas. With easy-to-follow instructions and quick cooking times, your halogen oven will help you whip up tasty and speedy meals - all without any hassle.

Contents include:

Meat: Sticky glazed chicken drumsticks; Chili pepper burgers; Apple & cider pot-roasted pork

Seafood: Malaysian prawn curry; Fish kebabs with garlic butter; Honey & sesame salmon

Vegetarian: Camembert stuffed mushrooms; Cherry tomato & pepper tart; Cauliflower cheese

Pizza & Pasta: Chorizo & olive linguine; Goats' cheese & mushroom pizza; Spaghetti carbonara

On the Side: Eggplant with harissa dressing; Caramel roasted vegetables; Garlicky potato bake

Breads & Baking: Sun-dried tomato bread; Summer fruits shortcake, Iced cherry cupcakes

Desserts & Puddings: Chocolate & cranberry cookies; Cinnamon apple crunch; Pistachio & chocolate torte

January 18, 2024

£16.99

192 Pages

Paperback

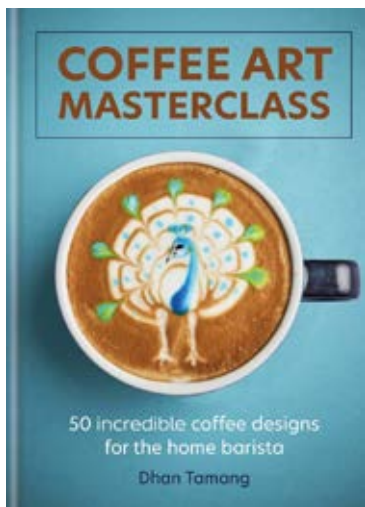
9780600638186

Maryanne Madden is a home economist and author of several halogen oven cookbooks.



Coffee Art Masterclass

Dhan Tamang



A beginners guide to taking your coffee to the next level.

A beginners guide to taking your coffee designs to the next level.

Take your designer coffee to the next level with Dhan's simple to follow and incredible designs. Impress your partner, friends and family by making them a cup with a design for every pastime and hobby. Recreate famous paintings, paint mythical creatures and sculpt stunning artworks all on the surface of your morning coffee.

There's no special equipment needed, and Dhan explains the basics, so that you can craft incredible designs from the outset. There are even templates for quick results and tips for ensuring your art stays in place for as long as possible.

Coffee Art Masterclass includes next-level latte designs that everyone can achieve.

January 18, 2024
£12.99
128 Pages
Hardcover
9781788404648

Dhan Tamang is UK Latte Art Champion 2013, 2014, 2015, 2016 and 2017, as well as a finalist at the 2016 World Latte Art Championship. He is renowned in the coffee art world for his use of color and the precision of his designs. Originally from Nepal, Dhan has been demonstrating his techniques the world over and training would-be baristas from his coffee lab in the UK.



Eat to Your Heart's Content

Sat Bains



Recipes to improve your heart health from an award-winning chef and heart attack survivor.

Easy heart-healthy recipes by 2-star Michelin chef Sat Bains, written with nutritionist Dr Neil Williams.

Sat's obsession for more than three decades of being a chef has been big, bold flavor, and that's not something he's prepared to sacrifice to ensure his food is also heart healthy. He still enjoys the odd steak and glass of red wine - since we all, occasionally, need to treat ourselves - but it's always in moderation.

His diet focuses on lean protein and a mix of legumes, good fats - such as avocado, nuts and olive oil - vegetables and fruits, as well as seasonings that will help elevate any dish.

The recipes are designed for every day, use ingredients that can be bought from any supermarket and are accompanied by advice written by nutritionist Dr Neil Williams highlighting the ingredients that are rich in the vitamins and minerals that aid heart health.

January 18, 2024
£26.00
192 Pages
Hardcover
9781804190722

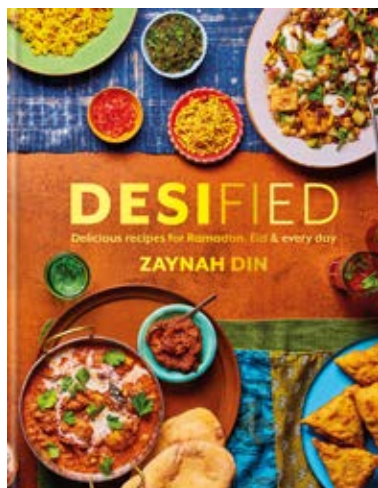
Satwant Singh 'Sat' Bains is an English chef best known for being chef proprietor of the 2-Michelin star Restaurant Sat Bains with Rooms in Nottingham. He won the Roux Scholarship in 1999, and worked in France, before returning to the UK and opening his own restaurant.

www.restaurantsatbains.com
Instagram: @satbains1



Desified

Zaynah Din



Over 90 South Asian recipes with a
desi twist

Desified is a celebration of South Asian flavors and spices. Inspired by the core principles of Ramadan, these recipes are convenient and quick to make - perfect for Muslims who are fasting during the holy month of Ramadan, but also handy throughout the year if you want an easy meal.

Split into two main sections of Suhoor and Iftar, *Desified* has more than 90 recipes, including show-stopping breakfasts, simple and satisfying dinners and feasting dishes to share. Before dawn, the nourishing recipes in Suhoor can prepare you for a day of fasting, including Masala chai brioche & butter breakfast pudding. Iftar is packed with mouth-watering meals to enjoy in the evening after sunset. Break your fast with Karahi chicken and 20-minute One-pot salmon & rice, with a side of Zaynah's homemade Masala chai.

Whether you're looking for the best ways to break your fast or you simply want to eat well throughout the year, a desi twist is always delicious.

February 1, 2024
£26.00
224 Pages
Hardcover
9780600637837

Zaynah Din is an award-winning digital marketer, content creator and passionate home cook. Zaynah combined her passion for cooking and photography while leveraging her platform to build a loyal following and customer base. As a content creator, Zaynah shares South Asian-inspired original recipes on her channels. For the past five years, Zaynah has worked at Facebook and Instagram with clients such as PepsiCo, Universal Music and Topshop to deliver impactful creative solutions, and at TikTok, where she was responsible for developing the online presence and marketing for TikTok for Business.

instagram: zaynahsbakes

TikTok: @zaynahsbakes



Kitchen Sanctuary Quick & Easy: Delicious 30-Minute Dinners

Nicky Corbishley



Quick and easy, home-cooked family recipes, ready in 30 minutes or less, from the hugely popular blog and YouTube channel Kitchen Sanctuary.

Making dinner from scratch can feel like a chore - often half the battle is trying to find something that's, quick, healthy and, most importantly, delicious. But delicious doesn't have to mean demanding. After their debut book, *Sunday Times* bestseller *It's All About Dinner*, Kitchen Sanctuary is back - this time focusing on quick and easy meals that are also budget friendly.

Chapters include:

Champion Chicken, Moreish Meat, Fantastic Fish, Vitally Veggie, Perfect pasta, Snack Suppers, Super Sauces, and Smart Shortcuts

Around 80 of the recipes are new and haven't previously appeared on the brand's website or YouTube channel and as well as offering quick and easy dinner solutions, the book is budget-friendly, with most recipes low or medium cost, and around a quarter being fully vegetarian. The book includes QR codes linked to video content.

February 29,
2024
£22.00
208 Pages
Hardcover
9781804191002

An award-winning food blogger, wife and busy mum of two who loves food, **Nicky Corbishley** spent 14 years working in corporate IT before turning to something more creative that would allow her to spend more time with the children. Nicky loves being in the kitchen and started cooking from a young age - inspired by her dad, who spent part of his childhood in Singapore, and mum, who taught her how to make a roast dinner at the age of 11.

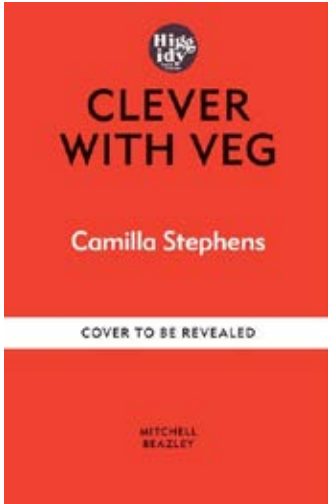
Nicky has written and/or created content for many brands, websites and magazines, including Neff, Brit + Co, the Telegraph, Superfood Magazine, the Vegetarian Society, Beautiful Home and Life Magazine.

Instagram: @kitchensanctuary



Higgidy Clever with Veg

Camilla Stephens



The third cookbook from fast-growing food brand Higgidy, with more than 100 easy, down-to-earth veggie recipes

The beloved food brand Higgidy are back with a third book, and they're on a mission to make it as simple as possible to cook and eat more veg. *Higgidy Clever with Veg* is a collection of more than 100 easy, down-to-earth veggie recipes. Whether you're a committed vegetarian or just keen to start eating more veg, you'll find plenty of straightforward, mouth-watering recipes and helpful hacks.

With chapters ranging from fuss free roasting tin dishes to speedy salads, recipes for parties and gatherings to veg packed sweet treats, *Higgidy Clever with Veg* has something for everyone. The book includes handy tips and tricks for wasting less food, such as herb pesto and easy pickling, as well as seasonal menu plans for every occasion.

Recipes include:

- No-fish Fingers and Pea Dip
- Scruffy Cauli Cheese Rigatoni
- Roasted Roots and Black Bean Burritos
- Winter Kale Caesar
- Pea, Lemon & Pine nut Mille Feuille
- Sticky Aubergine Tatin
- Dark Chocolate Courgette Cupcakes
- Lemon and Cucumber Sorbet

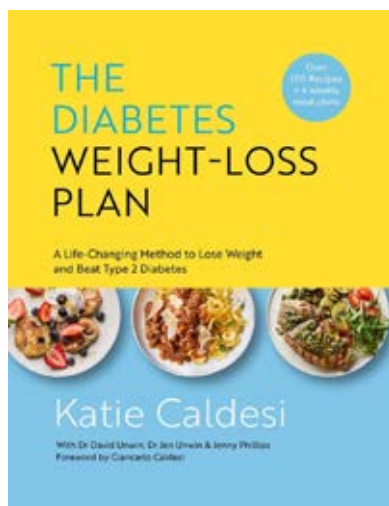
March 14, 2024
£26.00
224 Pages
Hardcover
9781784729028

Higgidy's founder and chief pie maker, **Camilla Stephens**, began making pies in 2003, having trained as a cook at Leiths School of Food and Wine. She worked for a time as head of food development for Starbucks UK before leaving to follow her dreams and start her own business - Higgidy. Since then, Higgidy has become one of the UK's fastest-growing food companies, and its products are now stocked in most of the country's major supermarkets. Camilla is married to Higgidy's co-founder James, and they have two children.



The Diabetes Weight-Loss Plan

Katie Caldesi & Giancarlo Caldesi



An easy-to-follow plan, packed with delicious recipes and expert advice, that makes losing weight and combating metabolic disease simple, tasty and sustainable

Good intentions and a shelf full of cookbooks aren't enough to sustain a healthy eating lifestyle. What you need is a plan. A plan underpinned by simple-to-follow low carb and sugar kitchen principles that will help the accomplished, or the less-than accomplished, cook lose weight, combat metabolic diseases and sustain a new way of eating.

With its simple approach, *The Diabetes Weight-Loss Meal Plan* will get you started on a healthier lifestyle that's easy to maintain, with weekly meal plans - including meat and completely vegetarian variants - and over 80 delicious low carb recipes.

Katie's unique table of Carb Swaps, bespoke CarbScale and calorie and carb counts for every recipe make the diet accessible to all, whether you're looking for dramatic weight loss or a sustainable eating plan. Dr David Unwin and Dr Jen Unwin, clinical experts in diabetes and lifestyle changes, introduce the key principles that underlie the plan, and explore the psychology behind lasting eating habits. Health tips from nutritionist Jenny Phillips accompany every recipe, which range from quick meals made in under 30 minutes to celebration showstoppers and batch-cooked dinners.

Katie and Giancarlo Caldesi own London's Caldesi in Marylebone as well as Caldesi in Campagna in Bray. They have co-authored the bestselling *The Diabetes Weight-Loss Cookbook*, *The Reverse Your Diabetes Cookbook*, *Around The World in Salads* and *The Gentle Art of Preserving* and have both appeared on *Saturday Kitchen*. Giancarlo was diagnosed with type 2 diabetes in 2012. Since then he has lost nearly four stone and kept his diabetes in remission by following a low-carb diet, while Katie has lost more than a stone in weight, too.

March 14, 2024
£22.00
208 Pages
Hardcover
9781914239618



Tequila Cocktails



**Embrace the magic of agave and
indulge your thirst for new ways to
drink spicy tequila and smoky
mezcal**

If you think that the ubiquitous tequila can only be consumed as a slammer with requisite salt and lime chaser, think again. It is so much more than just a shot glass favorite, but if the only tequila you've tried starred lime juice and a salt rim, it's high time you expanded your repertoire.

The tequila revolution is here. With its unique aroma and heady buzz, tequila has won its way into drinkers' hearts worldwide. Every day new craft, artisan and small-batch tequila brands are opening its doors to a loyal and thirsty following of blue agave lovers desperate to get their hands on this nectar of the Aztec gods. And the good stuff deserves a great cocktail.

Tequila Cocktails is a cheeky and uncomplicated guide to mixing cocktails using agave spirits that best showcase the true potential of spicy tequila and smoky mezcal. You'll find over 50 recipes for boozy stirred numbers and refreshing frozen drinks, easy highballs, and yes more than one spin on the classic margarita, that are fun to create - and even more fun to drink!

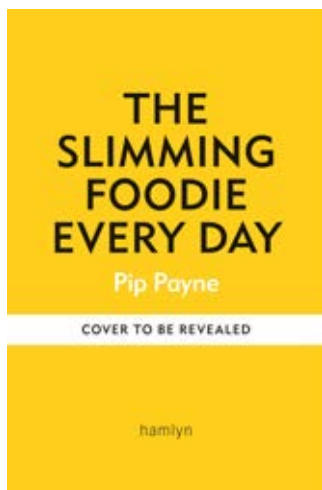
So, get your cocktail shaker ready.

April 2, 2024
£8.99
96 Pages
Hardcover
9781784729370



The Slimming Foodie Every Day

Pip Payne



**100+ recipes for every day of the
week from the bestselling
Slimming Foodie**

Get dinner on the table every night with these easy, healthy and family-friendly meals. With over 100 low-calorie recipes, The Slimming Foodie's newest cookbook shows us how to get maximum flavour with minimum fuss.

The Slimming Foodie is an expert on simple, slimming recipes, showing us clever swaps and everyday ingredients to get fabulous and flavourful results. In The Slimming Foodie Every Day, you'll find slimming recipes to fill all your cravings without breaking the bank, whether it's for superfood salads, comfort foods or indulgent fakeaways.

Featuring days-of-the-week dividers from Monday through Sunday, The Slimming Foodie Every Day will give you endless recipe inspiration.

April 11, 2024
£22.00
240 Pages
Hardcover
9781783255658

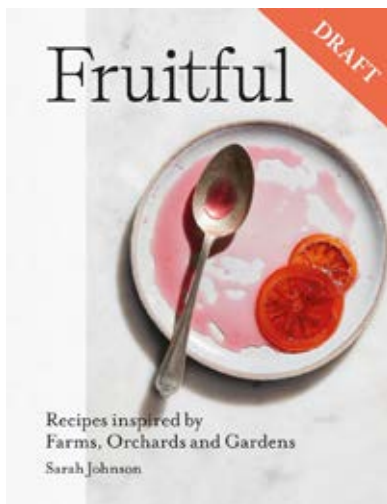
Pip Payne is the creator of the award-winning blog The Slimming Foodie. Keeping a love of food at the fore, Pip's approach is about bringing back convenient home cooking by making healthy recipes that are accessible to a new wave of home cooks. In her books, Pip shows readers how to prepare great tasting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

www.theslimmingfoodie.com
Instagram: [@the_slimming_foodie](https://www.instagram.com/the_slimming_foodie)
[@slimmingfoodie](https://www.instagram.com/slimmingfoodie)



Fruitful

Sarah Johnson



A classic and comprehensive cookbook revealing how to source, cook and enjoy fruit throughout the year in both sweet and savoury recipes.

This is a celebration of fruit, and all the glorious variety it can bring to our plates. From crisp apples to buttery pears, sticky peaches to plump berries, and zingy lemons to tart cherries.

An introduction covers the key techniques for cooking with fruit, such as roasting, poaching and puréeing. Over 80 recipes follow in chapters on citrus, berries, stone fruit, orchard and vine fruits, pome fruits, shrubs and stalks. From Polenta and Blackberry Muffins and Apricot Muscat Tart, to Pear and Farro Salad, Pan-Fried Duck Breast with Blackcurrant and Mackerel with Gooseberry Compote and Yoghurt, discover the joy and versatility of cooking with fruit. Plus plenty of jams, sorbets and ice creams.

Interspersed between the recipes are flavor charts and pairing suggestions for every fruit, alongside four interviews with fruit growers and farmers around the world.

Trained by Alice Waters at Chez Panisse, San Francisco, and now Head of Pastry Development at Spring in London and luxury hotel Heckfield Place in Hampshire, Sarah Johnson's recipes are modern, fresh and full of flavor. Her close relationship with the farmers and producers that supply the restaurants has given her a wealth of knowledge on the best fruits to buy and cook, and fantastic tips and tricks to get the most from your produce.

April 25, 2024
£30.00
256 Pages
Hardcover
9781804191033

Sarah Johnson is an Anglo-American pastry chef who trained under Alice Waters at Chez Panisse in San Francisco and currently splits her time between Spring Restaurant, London, and the much-feted Heckfield Place in Hampshire as Head of Pastry Development. Fruit and farms are central to Sarah's food philosophy and she meets regularly with growers to source the finest fruit for delicious, accessible recipes.



Ella's Kitchen: The First Foods Book



From the fastest growing baby food brand, the essential guide to weaning your baby - the fun, stress-free, Ella's Kitchen way

Fully revised and updated, with new recipes and photographs.

Covering every step of the weaning journey, from six months to a year, *The First Foods Book* includes more than 130 recipes - from single-veg purees to exciting combinations and full meals. Every one has been rigorously tested to ensure it meets with Ella's Kitchen nutritional standards.

There is also lots of practical advice to give every parent confidence at this key stage of their baby's development. Top tips and insider advice from nutritionists, baby experts and real moms, dads and carers make weaning easy and stress-free - introducing solids becomes as much of an adventure for parents as it is for the little one whose taste exploration has only just begun. Weekly meal planners show you just what to expect, and there is a pull-out chart included in the book that you can stick on your fridge or wall.

The third in the hugely successful Ella's Kitchen series, *The First Foods Book* brims with recipes guaranteed to set tiny taste buds alight. With every recipe specifically developed for its nutritional content, as well as for its yummy flavor, and with the Ella's Kitchen stamp of approval on every page, this is set to become every parent's must-have guide to weaning.

April 25, 2024
£18.99
208 Pages
Hardcover
9780600637578

Ella's Kitchen is a baby and children's food company founded by Paul Lindley when he was deputy managing director of Nickelodeon and trying to wean his reluctant daughter Ella. The range is based on simple, natural ingredients that ooze goodness and really appeal to children. The company has won many awards and is part of Haines Celestial in the US.



Sprout & Co Salad Cookbook

Theo Kirwan



More than 100 flavour-packed recipes from exciting Dublin-based food brand Sprout & Co

"Ottolenghi-style food... as good as it gets. Very tasty food that just happens to be healthy." *The Irish Times*

The first cookbook from the acclaimed Dublin-based food brand, the *Sprout & Co Salad Cookbook* includes more than 100 flavor-packed recipes. Co-founders Theo and Jack Kirwan are devoted to celebrating the most delicious things in life, all within a 'farm to fork' context.

Ranging from show-stopping sides to satisfying noodle dishes, the *Sprout & Co Salad Cookbook* shows us how much more there is to salads. With an extra chapter on dressings, toppings and pickles, this cookbook will teach you how to pack your meals full of flavor while ensuring your body gets the nutrients and healthy ingredients it needs.

Recipes include:

- Endive taco with mustard, walnut & gouda salsa
- Pickled Zucchini, pistachio zaatar & ricotta
- Ratatouille con tomate
- Gochujang chicken salad
- Harissa sweet potato & green yoghurt
- Chorizo & halloumi honey with braised fennel
- Salt & pepper prawn salad

May 9, 2024
£22.00
208 Pages
Hardcover
9781784729158

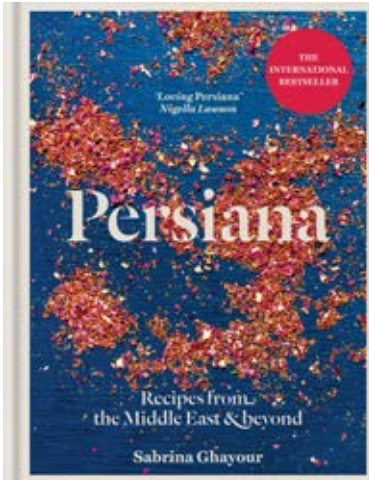
Theo Kirwan and his brother Jack are the co-founders of Sprout & Co. With 6 restaurants in and around Dublin, Sprout is the leading brand in Ireland for local, seasonal and flavorful food. In 2019 the brothers started their own organic farm in Co. Kildare, cutting their supply chain from farm to restaurant to just 24 hours. Theo, a former actor and graduate of the Ballymaloe cookery school, has led Sprout & Co's online presence with his recipe videos, gaining a loyal following of 170k people who get just as excited about food as he does.



Persiana

10th anniversary edition

Sabrina Ghayour



Sabrina Ghayour's original bestseller is a celebration of the food & flavours from around the Southern & Eastern shores of the Mediterranean, with over 100 recipes for Middle Eastern dishes

A celebration of the food and flavours from the regions near the Southern and Eastern shores of the Mediterranean Sea, with over 100 recipes for modern and accessible Middle Eastern dishes, including Lamb & Sour Cherry Meatballs; Chicken, Preserved Lemon & Olive Tagine; Blood Orange & Radicchio Salad; Persian Flatbread; and Spiced Carrot, Pistachio & Coconut Cake with Rosewater Cream.

May 9, 2024
£28.00
240 Pages
Hardcover
9781783256099

Sabrina Ghayour is an Iranian-born, self-taught home cook turned chef, cookery teacher and food writer. She made her name hosting the hugely popular 'Sabrina's Kitchen' supper club in London, specializing in Persian and Middle Eastern flavours, and went on to be named the Observer's Rising Star in Food. Her award-winning 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
@SabrinaGhayour



Korean Made Easy

Seji Hong



An easy guide to Korean cooking, by mix and matching seven essential ingredients, along with some easy-to-find additions.

Korean ingredients such as kimchi, gochujang and sesame oil are ubiquitous in kitchens worldwide and continuing to grow in popularity. But Korean food has a reputation of being longwinded and full of difficult-to-source ingredients.

Korean Made Easy dispels this myth, and shows how only seven basic store-cupboard essentials are required to recreate the flavours that make up the cuisine: Gochujang, Doenjang, Ganjang (soy sauce), Rice, Sesame oil, Fish sauce, Gochugaru, which, along with just a few additional ingredients that can be found in supermarkets, make up all the dishes in the book. Seji also highlights ingredient swaps throughout.

Chapters include Kimchi, Small dishes/banchan, Rice & noodles, Soups & stews, Noodles & rice, Korean BBQ, Seoul-style street food, Korean tapas & twists, Seji's sauce remix and Sweet & Soju. The c.70 recipes will include classics such as Bibimbap, Japchae and Beef Bulgogi, more contemporary dishes such as Gochujang Sausage Spaghetti, 3 ways to update your Ramyeon (Korean packet noodles) and 3 ways to make Korean Fried Chicken, as well as delicious soju-based cocktails, which include a Watermelon Soju Punch.

Seji Hong is Bombom's founder, chief creator and menu developer. She hosted supper clubs in Wimbledon in 2019 before launching Bombom sauces in November 2021. Bombom sauces have scooped two stars in the highly regarded Guild of Fine Foods Great Taste Awards 2022.

Born in Seoul, Seji grew up in a modern Seoul family that loved cooking and eating together. Dishes and memories such as Seji's grandmother's traditional food, cooked with seasonal ingredients following the lunar calendar, and her mum's modern fusion Seoul food inspired Seji to develop a unique menu, incorporating three generations of Korean cooking, that also suit a western palate.

June 6, 2024
£22.00
176 Pages
Hardcover
9781804191804

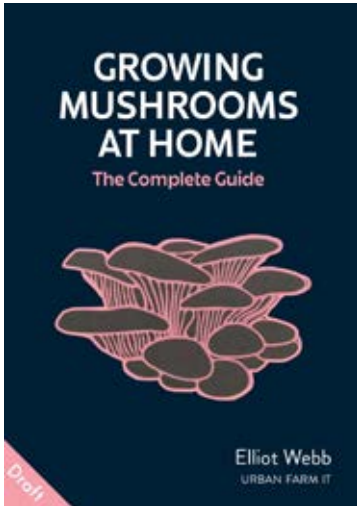
HOME & GARDEN





Growing Mushrooms at Home

Elliot Webb



Mushrooms are easy and fast to grow, highly productive, utilize waste products, have numerous health benefits and take up little space. Plus by growing your own you can have many more varieties than supermarkets can offer.

This book is packed with everything you need to know in an easily digestible format. The book begins with an introduction - what is a mushroom, what is their history, how can they help us - before detailing how to grow them at home, including guides for all varieties and growing methods, plus troubleshooting problems and how to harvest. The book then covers what to do with your harvest - storage, turning them into health supplements, and which variety works best for each use. A final section looks at the future of fungi, and the ground-breaking research into using mushrooms for health, construction, protecting the environment and psychedelics.

A comprehensive and beginner-friendly guide to growing mushrooms in the home and garden, from one of the UK's leading sellers of mushroom growing kits.

March 13, 2024
£18.99
192 Pages
Hardcover
9781804191958

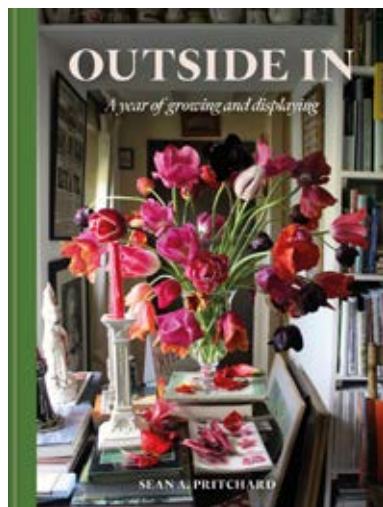
Elliot Webb grew up on a farm in South Wales and spent most of his childhood outdoors, exploring the woodland and fields and becoming passionate about foraging and fungi. He earned a BSc in fishery management and aquaculture from Portsmouth University in 2012. From there, he went on to manage one of the most reputable fish farms in Scotland.

Urban Farm-It was born in 2020. Originally intended to be a consultancy business, coronavirus drove a change of strategy to a digital and product-led business. It exploded. By capitalizing on the wave of interest in home grown food, particularly the benefits of mushrooms, they were able to grow rapidly and are now the UK's leading supplier of mushroom growing kits and cultivation materials to both industry and hobbyists.



Outside In

Sean A. Pritchard



The first book from celebrated garden designer, popular Instagrammer and advocate of English cottage style, Sean A Pritchard, showing how to plan your garden so you can display flowers and foliage in your home through the year.

Discover how to plan your garden so you can display flowers and foliage in your home every month of the year, in this beautifully illustrated guide from popular Instagram and RHS Hampton Court Garden Festival gardener Sean A Pritchard.

"Inventive, considered, and thoughtful design." House & Garden

In this, his first book, garden designer Sean Pritchard shows you how to plan a garden so that every month of the year there's something to bring indoors and display in an engaging way and Divided by season with additional chapters on vessels, scent, color, texture and how to plan for the gardening year.

From the cheery joy of early spring daffodils to the velvety richness of late-summer dahlias, the deep glow of golden autumn leaves to the optimism of late-winter catkins, Sean explains how to grow, harvest, and arrange an abundance of nature's treasure - whatever size your plot or your level of horticultural experience.

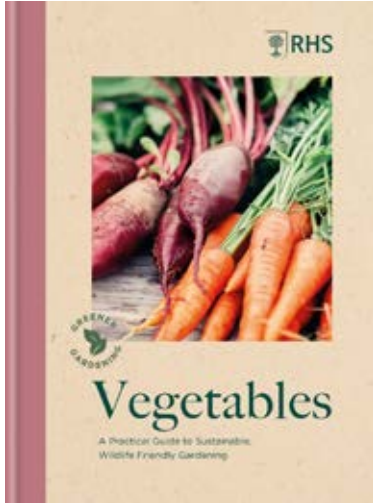
April 11, 2024
£30.00
224 Pages
Hardcover
9781784728854

Sean A. Pritchard has a garden design studio based in London and Somerset. Sean came to his career in garden design with a background in fine art and having previously worked in media - including for Time Inc. where he managed the brand and consumer strategy for magazines including *Country Life*. Before setting up his design practice, Sean graduated with Distinction from the Garden Design School in Bristol.

@sean_anthony_pritchard



RHS Greener Gardening: Vegetables Sally Nex



A primer for gardeners promoting greener, eco-friendly growing methods and sustainable gardening practices on every page.

Build your vegetable garden on sustainable, eco-friendly foundations from the start with this new guide to growing your own fresh, organic food.

Greener Gardening: Vegetables is the perfect handbook for all seasons, helping budding and experienced gardeners alike in their journey towards a greener way of gardening. The book covers:

- Setting up a new vegetable garden so it works hard for you and the environment
- A wide ranging directory of vegetables organized by harvesting season
- Methods for sowing and growing, plus advice on troubleshooting and saving seed
- 'Tasks to do' reminders for keeping on top of garden maintenance each season
- 'Do It Greener' reminders of quick and easy way to get greener results

Divided into setting up a new veg garden, veg garden techniques and a guide to what veg to grow (separated by season). You will find new ideas on every page to keep your garden productive and sustainable for years to come.

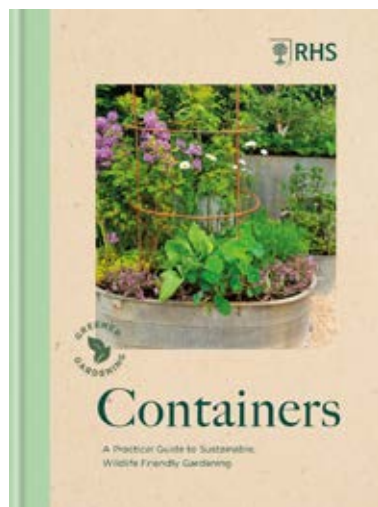
April 11, 2024
£18.99
176 Pages
Hardcover
9781784729301

Sally Nex is a gardener and writer whose work promoting sustainable techniques has appeared in leading national publications including *Gardener's World*, the *Guardian*, *Grow Your Own* and the RHS's *The Garden*. She travels the country presenting talks on a range of subjects and is a prominent voice in the movement for Gardening Without Plastic. Her passion for sustainable gardening has earned her the Garden Media Guild Beth Chatto Environmental Award in 2019.



RHS Greener Gardening: Containers

Ann Treneman



The complete primer on how to make an eco-friendly container garden.

This complete primer on how to make an eco-friendly container garden is dedicated to showing that everyone can have a garden, no matter the size, that can benefit the planet.

RHS Greener Gardening: Containers guides you through greener choices when it comes to creating a container garden including materials, design, plant choice and maintenance. A few pots on the patio or a window box can become a dynamic mini eco system. A balcony garden can attract wildlife. With the right plants to choose from, a patio can hold an orchard. It's all a matter of 'thinking green', using recycled materials when possible, being wildlife-friendly, choosing plants that will avoid waste, and gardening sustainably.

Featuring an easy-to-follow guide to green techniques as well as a helpful series of plant profiles, this is the perfect handbook for a sustainable container garden.

Sections include

- Setting up your container garden
- Container gardening techniques: sourcing plants, containers & contents, watering, feeding & troubleshooting
- Creating containers: growing in groups, choosing a theme, how to create a map or a plan

April 11, 2024
£18.99
176 Pages
Hardcover
9781784729318

Ann Treneman is garden designer who won the RHS People's Choice award for her RHS silver-gilt-medal Wild Kitchen Garden at Chelsea Flower show 2022 (Container Category). She has a masters degree in Landscape Architecture and projects include a sensory and dementia friendly garden in London. She was previously an award-winning journalist, writing on a variety of subjects including politics and theatre for *The Times* newspaper. She lives and gardens in Bakewell.



The Plant Parent Guide to Styling Your Home

Beth Chapman



From leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* reveals the incredible world of tropical houseplants, and teaches you to select, style and care for them in the best way to suit your space.

Did you know we spend an average of 90% of our time indoors? With the air-purifying, mind-calming, stress-relieving and productivity-boosting power of houseplants well established, it is time to transform your home with plants.

Created by leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* is here to reveal the incredible world of tropical houseplants, but also teach you to select, style and care for them in the best way to suit your space.

Upgrade your home with perfectly placed greenery by following the bespoke styling guides for every room, from shaded bedrooms to steamy bathrooms. Whether you're looking for the perfect Zoom backdrop or an oasis of calm in a busy kitchen, there are plenty of tips and tricks for choosing the best plants to suit your light, upkeep and styling requirements.

Easy-to-follow care guides make becoming a plant parent pro simple, with advice for every season to ensure your plants flourish year-round. For houseplant newbies there are recommendations for the species hardest to kill, while for the already green-fingered there are ideas for more unusual plants to introduce, and instructions for mastering the art of propagation. With *The Plant Parent Guide*, any home can become a beautiful and thriving plant-filled space.

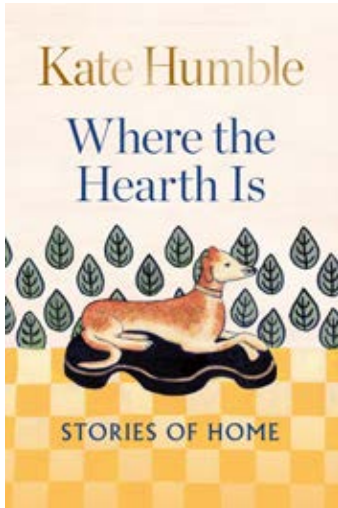
April 25, 2024
£26.00
192 Pages
Hardcover
9781804191873

Founded by **Beth Chapman**, Leaf Envy began as a series of pop-ups on a canal boat along Regents Canal but has now grown to be the destination for budding plant enthusiasts across the UK, helping people style their home with plants. Leaf Envy offers a carefully curated selection of high quality and unusual plants, bespoke pots, botanical accessories and expert advice for contemporary, modern homes.



Where the Hearth Is

Kate Humble



An exploration of the meaning
of home

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 reimagining whatever we consider 'home' - examining her own experiences and expectations, ideals and memories, and considering the views of others living uniquely, extraordinarily, happily. She's 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, broadcaster and respected advocate for the natural world, the environment and rural life. Her television credits include *Animal Park*, *Springwatch* and *Autumnwatch*, *Lambing Live*, *Living with Nomads*, *Back to the Land* and *Escape to the Farm*. Her other books include *Humble by Nature*, *Friend for Life*, *Thinking on My Feet*, *A Year of Living Simply* and her first cookbook, *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

June 6, 2024
£10.99
304 Pages
Paperback
9781783254613

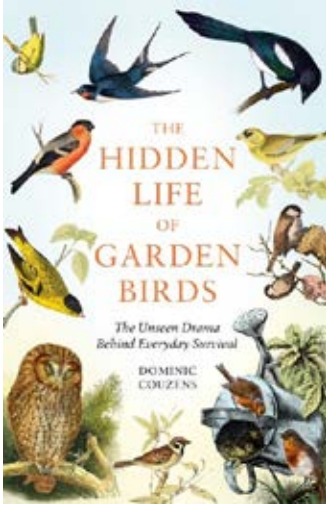
NATURE





The Hidden Life of Garden Birds

Dominic Couzens



Celebrating the extraordinary and enchanting world of garden birds

A glimpse into the secret lives of over 50 garden birds, with beautiful illustrations and intriguing facts.

Did you know that woodpeckers are capable of learning simple codes? Hooded crows can form connections with humans? A jay's call affects the behaviour of surrounding squirrels?

All these fascinating bird activities and more are revealed in *The Hidden Life of Garden Birds*. Unusual feeding behaviour is just the tip of the iceberg. From territorial conflict and strange relationships with man, to breeding and nesting oddities, this book exposes all the drama behind garden birds' everyday survival - making it the perfect gift for birdwatchers.

The Hidden Life of Garden Birds will enlighten you to the secret going-ons of the common creatures you can spot from the comfort of your back doorstep.

January 18, 2024
£18.99
208 Pages
Hardcover
9781856755139

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*. Dominic has appeared on BBC television and regularly contributes to leading magazines including *BBC Wildlife Magazine*, *Bird Watching* and *Nature's Home (RSPB)*.

birdwords.co.uk

@dominiccouzens



How to Be a Bad Birdwatcher

20th Anniversary Edition



An ode to the everyday joy of birdwatching, from award-winning nature writer and bird lover Simon Barnes

THE BESTSELLING BIRDWATCHING CLASSIC - 20TH ANNIVERSARY EDITION

**Look out the window. See a bird. Enjoy it.
CONGRATULATIONS! You are now a bad birdwatcher.**

Anyone who has ever gazed up at the sky or stared out of the window knows something about birds. In this fun, eye-opening and inspiring book, award-winning nature writer Simon Barnes paints a riveting picture of how birdwatching has framed his life and can help us all to a better understanding of our place on this planet.

How to be a Bad Birdwatcher shows why birdwatching is not the preserve of twitchers, but one of the simplest, cheapest and most rewarding pastimes around.

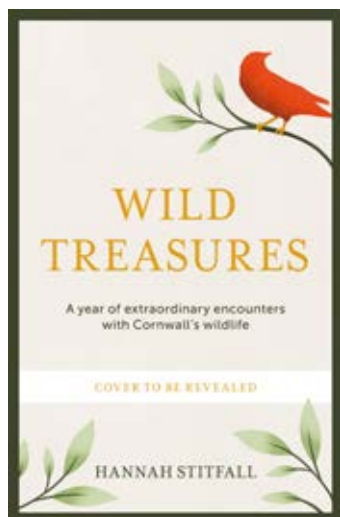
February 1, 2024
£16.99
224 Pages
Hardcover
9781780726168

Simon Barnes is the author of many wild volumes, including the bestselling *Bad Birdwatcher* trilogy, *Rewild Yourself*, *On The Marsh*, *The History of the World in 100 Animals*, and *The History of the World in 100 Plants*. He is a council member of World Land Trust, trustee of Conservation South Luangwa and patron of Save the Rhino. In 2014, he was awarded the Rothschild Medal for services to conservation. He lives in Norfolk with his family and horses, where he manages several acres for wildlife. He was the Chief Sports Writer for The Times until 2014, having worked for the paper for 30 years.



Wild Treasures

Hannah Stitfall



A nature diary from zoologist and wildlife photographer Hannah Stitfall about her close encounters with British wildlife in Cornish countryside.

Get up close to Cornwall's wildlife with this magical guide to the year

Hannah Stitfall is a wildlife photographer and zoologist, who regularly gets up in the early hours of the morning to try and catch sight of some of Cornwall's best hidden wildlife. She will spend hours on end waiting for a creature to appear among a hedgerow, scurrying across Cornwall's open fields, or taking flight across its towering cliffs and sandy beaches. In these brief, magical moments, Hannah is able to see and capture animal behaviour that the general public rarely get to witness.

In this book, Hannah shares her incredible stories, beautiful photographs, and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing in the grass in the spring, watching an otter cub hunt in the wetlands in winter, to witnessing the unique bioluminescence of a glow-worm in the summer, *Wild Treasures* is a remarkable diary, informative guide and joyous celebration of our nation's wonderful creatures. understanding of our place on this planet.

How to be a Bad Birdwatcher shows why birdwatching is not the preserve of twitchers, but one of the simplest, cheapest and most rewarding pastimes around.

April 24, 2024
£18.99
256 Pages
Paperback
9781856755221

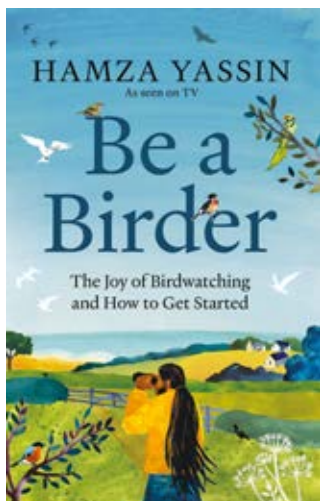
Hannah Stitfall is a zoologist and wildlife producer, presenter and photographer. She's presented on *The One Show*, BBC Earth and Radio 4, and she's a regular digital presenter on the *Winterwatch* and *Springwatch* social channels. Hannah also leads her own seasonal wildlife watching safaris in Cornwall which routinely sell out.

www.hannahstitfall.com



Be a Birder

Hamza Yassin



A joyful introductory guide for the budding birdwatcher from wildlife cameraman and presenter, Hamza Yassin

Journey along with Hamza in *Be a Birder* as he recounts stories of his birding adventures, and shares tips and tricks to help you get started in birdwatching.

In this beautifully illustrated guide, featuring fifty of Hamza's favourite birds, you will learn how to start identifying birds, understand their behaviour and movements, and find even more exciting birds, wherever you are. Starting with the goldfinch in your garden, to tawny owls in woodlands, to the elusive kingfisher near rivers and marshes, you will build your birdwatching confidence and push yourself further afield to find new feathered wonders.

Encouraging us all to stop, step outside and listen, *Be a Birder* is both a practical guide and a joyous celebration of these incredible creatures. Once you start looking for them, and with Hamza as your guide, your world will be forever changed. understanding of our place on this planet.

May 9, 2024
£10.99
304 Pages
Paperback
9781856755108

Hamza Yassin is a Scottish wildlife cameraman and presenter, a skilled ornithologist and the winner of the 2022 season of *Strictly Come Dancing*. Born in Sudan, he moved to Scotland when he was young. He has a degree in Zoology with Conservation after studying at Bangor University and a Masters in Biological Photography and Imaging from the University of Nottingham. Hamza has appeared on *The One Show*, *Countryfile* and is a presenter on the long running BBC series *Animal Park*. Hamza has also presented his own Channel 4 documentaries, *Scotland: My Life in the Wild* and *Scotland: Escape to the Wilderness*, and was the podcast host of the second series of *Get Birding*.

Instagram: hamzayassin90
@HamzaYassin3

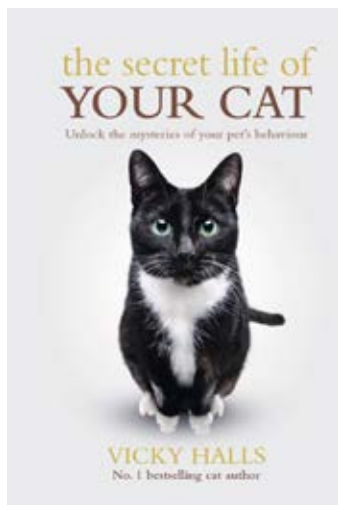
PETS





The Secret Life Of Your Cat

Vicky Halls



A comprehensive illustrated book that reveals why cats behave the way they do.

Who knows what's going through your cat's mind when they do the things they do?

Why does he dart from room to room for no real reason? Why does she hiss at empty spaces? And where do they go when they disappear for days on end?

Cats are curious creatures, but with *The Secret Life of your Cat* you'll soon be able to decipher their actions and gain a greater understanding of their world.

Written by the most popular cat author in the UK, Vicky Halls' affable and insightful prose analyses every situation and reveals your cat's inner-most thoughts, unveiling the mysteries of their behavior and helping to build a better bond between you and your pet.

Fully-illustrated throughout, with in-depth explanations for all feline habits and a quick-reference section allowing you to quickly locate any issues, *The Secret Life of your Cat* ensures that you'll no longer be bemused by their peculiar antics.

February 6, 2024
£12.99
208 Pages
Paperback
9781788404785

Vicky Halls is an acclaimed Pet Behavior Counsellor with many years' experience of treating behavioral problems in cats both in the UK and abroad. She is also an international bestselling author of several cat behavior books. In 2008 Vicky was voted as the 'Nation's Favourite Cat Author' by the readers of 'Your Cat' Magazine.



Sigrid Rides

Travis Nelson



In the tradition of *A Street Cat Named Bob*, *Nala's World*, and *Felix the Railway Cat*: This is the story of Travis Nelson, his deaf Norwegian Forest cat, Sigrid, and their adventures on two wheels.

June 20, 2024
£10.99
272 Pages
Paperback
9781804191163

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

A still life photograph featuring two rustic wooden stools against a white shiplap wall. On the left stool, there is a large glass jar filled with dried flowers, a small glass bottle of yellow liquid, a small glass bottle with a black dropper, and a tube of cream. A pink knitted cloth is draped over the left side of this stool. On the right stool, there is a white candle, a glass jar filled with dried blue flowers, a beige ceramic jar with a lid, and two bars of soap. A pink knitted cloth is also draped over the top right corner of the image.

HEALTH & WELLBEING



The Health Fix

Ayan Panja



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

Starting with the experience of his own illness, Dr Ayan Panja, NHS GP and lifestyle medicine expert, brings a unique personalised framework to tailor targeted lifestyle-based interventions to you, with his ground-breaking new book **THE HEALTH FIX**.

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

With the rising tide of non-communicable disease such as long Covid, type 2 diabetes, cardiovascular disease, gastrointestinal conditions and increasing mental health need, Dr Ayan blends in the science and evidence into eye-opening case studies which demonstrate how the patient story lays everything out. The unique **HEALTH FIX** toolkit will help you change your health for good by understanding the story of you.

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

January 4, 2024
£10.99
256 Pages
Paperback
9781914239328



Tarot for Love & Relationships

Jane Struthers



Tarot is a visionary tool that can be used to better understand love and relationships, and help ignite the most fulfilling path.

Relationships are fundamental to our quality of life and we strive to understand them and make them better. The tarot persuades us to look deeply and more carefully at every aspect of both our love and our work relationships.

In both our love lives and work relationships, tarot readings can instil a sense of deeper understanding and more careful consideration. Whether you feel let down by your best friend, stuck in a stagnant relationship, or sensing friction at work the Tarot can be a powerful tool for making decisions.

From the triumphs to the heartbreaks, it can help us to assess current situations or future events with extraordinary accuracy, and its 78 cards allow it to cover a huge variety of possibilities. *Tarot for Love & Relationships* includes sample readings using both classic spreads and new arrangements, and illustrated with the classic Rider Waite deck, this is a complete guide to navigating relationships with the Tarot.

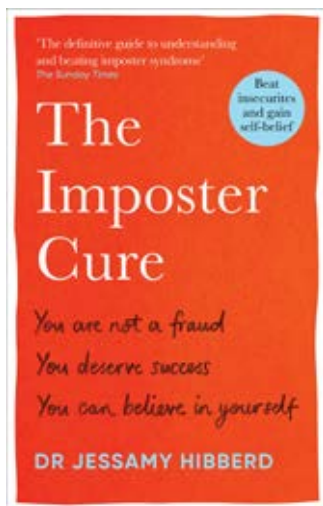
January 4, 2024
£14.99
176 Pages
Hardcover
9781804192030

Jane Struthers is an astrologer, tarot reader, healer and writer. She is the astrologer for *Bella*, one of Britain's bestselling women's magazines. She has appeared on many television and radio programmes and is the author of a number of books, including *The Palmistry Bible* and *Fortunes in a Teacup*.



The Imposter Cure

Dr Jessamy Hibberd



A solution-based self-help book
that explores the psychological
impact of imposter syndrome

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do.

Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements

January 18, 2024
£10.99
288 Pages
Paperback
9781783256273

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip, PgCert) is a highly respected chartered clinical psychologist, author and commentator. She is registered with the Health Professions Council and is a member of the British Psychological Society (BPS); the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Dr Jessamy has over 15 years experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring. Her TedX talk 'Adventure of a Lifetime', where Dr Jessamy highlights three simple changes anyone can make to feel happier and live a more fulfilling daily life, has been watched by thousands.

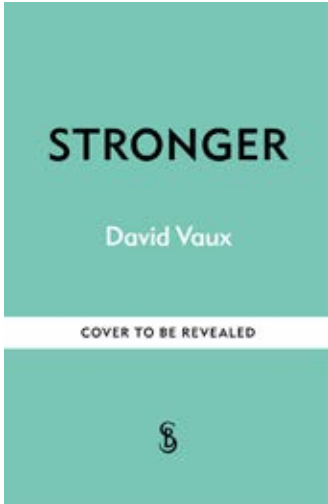
Drjessamy.com

Instagram: drjessamy



Stronger

David Vaux



Transform your health in ten simple steps - why strength is the magic bullet for ageless energy and longer life

What if you could take a medicine that reduces your chances of frailty, weakness, osteoporosis, preventable injury and early death by a factor of five? Something that dramatically increases your chance of a happy, healthy and independent older age?

Currently, no such medicine exists, but these rewards are within easy reach, and the answer is simple: **strength building**. In this groundbreaking book, renowned Osteopath David Vaux unveils decades of scientific research on strength and the musculoskeletal system. He explains why getting stronger is one of the simplest, cheapest and most life-changing things you can do - and unveils a simple ten-step strength plan that will empower you to embark on your journey towards a stronger and healthier life.

With a comprehensive 10-step strength plan, *Stronger* provides readers with a clear roadmap to follow. The book breaks down the process of building strength into manageable steps, ensuring that readers can easily implement the strategies and techniques outlined to achieve tangible results.

Stronger is the definitive guide to unlocking a life full of vitality and health, explaining the what, why and how strength is key to longevity right up to your last day on this planet.

January 18, 2024
£18.99
288 Pages
Paperback
9781780726090

David Vaux is recognized as one of the UK's most innovative osteopaths, with a special interest in strength and movement prescription for optimal ageing and pain management. He is an expert in older age strength, providing his expertise to multiple healthy ageing focused projects as well as working with elite performers from the arts and sporting arenas.



anatomē: The Modern Apothecary



An inspiring, informative guide to optimising wellbeing, through exploring the evolution of the apothecary trade, by a luxury wellness brand with global reach.

January 18, 2024
£30.00
224 Pages
Hardcover
9781804191408

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 beautifully 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.

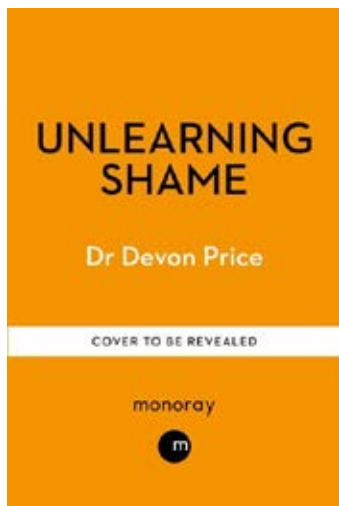
Through a period of immense stress founder **Brendan Murdock** began using essential oils to support his own health and wellbeing. This, coupled with his passion for the apothecaries of old inspired him to update and reinvent the apothecary for a new generation. The result is anatomē, a place you can visit not only to shop for botanical extractions, but also to speak to health practitioners for advice about strategies to support wellbeing. By taking the best from botanicals and extracting the goodness from plants, anatomē rediscovers remedies and remedies and practices of old and draws parallels with what present-day consumers want and need, through formulations that update and blend these practices.

@anatomelondon



Unlearning Shame

Devon Price



A powerful personal manifesto against shame that empowers us and calls us to action - from the author of *Unmasking Autism*

From social psychologist and author of *Unmasking Autism* Dr Devon Price comes a bold and transformative manifesto against self-blame culture.

Walking past a homeless person; buying a top made in a sweatshop that you'll wear a handful of times; reading the news and feeling - yet again - powerlessness to the point of apathy. Today, it's basically impossible not to carry shame about the state of the world and our place in it. Though we try and make good choices and live by our values, it can feel like we're not doing it right. When the political is so personal, and the personal so political, it's easy to feel overwhelmed by the sense that we're not doing enough - maybe, even, that *we're* not enough.

In *Unlearning Shame*, social psychologist and author of *Unmasking Autism* Dr Devon Price explains why holding individuals responsible for systemic issues can be so personally devastating, and teaches us how to unlearn shame that doesn't serve us. By outlining small, daily ways to feel empowered and examining how real, structural change can and does happen, Devon gifts us with the tools to overcome self-blame, be truly compassionate to ourselves and others, and feel hopeful again.

February 15, 2024
£20.00
304 Pages
Hardcover
9781800961937

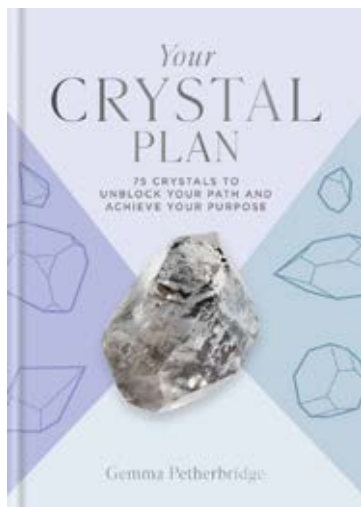
£16.99
Trade Paperback
9781800961944

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



Your Crystal Plan

Gemma Petherbridge



**Use crystals to overcome
obstacles, realise your goals and
connect to your higher self**

Crystals are powerful tools, prized for their physical and spiritual healing properties. But crystals do more than just heal and negate the negative events in your life - they can also be used for empowerment, purpose and transformation, to help you achieve your goals, overcome limiting beliefs and unlock the power you hold within.

This beautiful guide will show you how. *Your Crystal Plan* walks you through a process to first identify your spiritual, emotional and physical goals, and then, using the power of chakras, find the crystals that will best support you in achieving them.

Whether that's finding love, getting healthier, or connecting to your higher self, this book gives you a unique, personalized crystal plan to help you realize your dreams and become the best version of yourself.

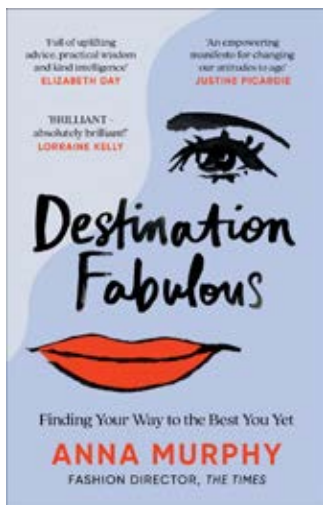
March 14, 2024
£16.99
208 Pages
Hardcover
9781841815602

Gemma Petherbridge set out on her spiritual path as a small child, prophesizing in her dreams. Seeing spirits, naturally intuiting situations and gaining insight into the destinies of others came as second nature, and after losing her parents at a young age she turned to spirituality for answers. Her journey into the world of wellness and holistic therapies began in earnest when, aged twenty-three, she studied hypnotherapy. Fifteen years on, Gemma is a Certified Crystal Healer, Intuition Teacher and Soul Purpose Coach. Having transitioned from healer to teacher, she has now taught and inspired thousands of people worldwide. Consciencecrystals.com
Instagram: [consciencecrystals](https://www.instagram.com/consciencecrystals)



Destination Fabulous

Anna Murphy



From the Fashion Director of the London Times comes a wise and inspiring guide to making the most of life as a grown-up woman - from the practical (how to look your best) to the existential (how to feel your best).

We live in a society that seems to want us to be afraid of growing older. But imagine if getting older could be the greatest thing that ever happened to you.

At 50, Anna Murphy, Fashion Director at *The Times*, feels more visible than at any point in her life to date. Her new book, *Destination Fabulous*, is the toolkit you need to embrace your age and celebrate the wisdom and inner beauty that comes with it.

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

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

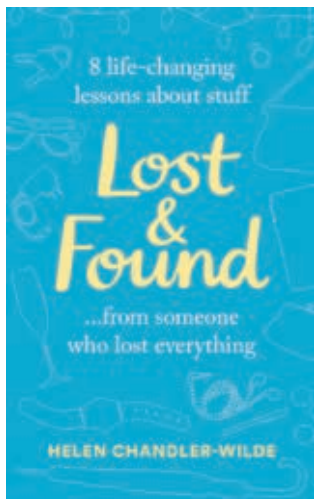
March 14, 2024
£10.99
320 Pages
Paperback
9781784728540

Anna Murphy is the Fashion Director of *The Times* and the author of *How Not To Wear Black* (DK). She was also the founder of *Stella* magazine. She has an Instagram following of 22,000. What has always motivated in her work is to help women and bring them joy.



Lost & Found

Helen Chandler-Wilde



Combining personal experience, expert opinion and self-help advice, *Lost & Found* explains why we buy and keep the things we do, and how we can live a less cluttered life

On New Year's Eve of 2018, journalist Helen Chandler-Wilde lost everything she owned in a storage unit fire in Croydon, where she'd stowed all her possessions after a big break-up. She was left devastated, and forced to re-evaluate her relationship with owning material things.

A mix of memoir, self-help and journalism, *Lost & Found* explores the psychological reasons for why we buy and keep the things we do, and explains how we can liberate ourselves from the tyranny of 'too much'. Helen interviews people from all walks of life, including behavioural psychologists on the science of nostalgia, a nun on what it's like to own almost nothing, and consumer psychologists on why we spend impulsively, to help us better understand why we're surrounded by clutter and what we can do to change it.

This smart-thinking book explains the sociological quirks of human nature and the fascinating science behind why we buy and hold onto things. By the end of it, your relationship with your belongings will be changed forever.

March 28, 2024
£16.99
320 Pages
Hardcover
9781783255597

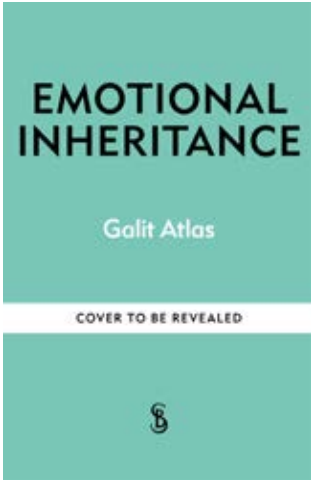
£14.99
Trade Paperback
9781783255610

Helen Chandler-Wilde is a news and features journalist at *Bloomberg*. Previously she worked at *The Telegraph* writing long-reads, analysis and covering the human tales behind the headlines. She went to UCL where she studied social sciences and Italian and also holds a MA in journalism from City University. Helen lives in south London, and in her free time to read, cook and rummage through charity shops.
@h_chandlerwilde



Emotional Inheritance

Galit Atlas



A vivid exploration, through a psychoanalytic lens, of the ghosts and buried traumas that hold us back and interfere with our lives.

THE INTERNATIONAL BESTSELLER

"A powerful, lucid, deeply empathic exploration of the legacy of generational trauma, *Emotional Inheritance* makes clear that Galit Atlas is not only a gifted psychoanalyst, but a gifted writer as well. I loved this book and was stirred by it." **Dani Shapiro, author of *Inheritance***

"Atlas's heady and beautiful book offers much insight, as well as tools for beginning to unpack the stories we're living, stories that aren't actually ours to live." ***Oprah Daily***

Past family trauma can keep us unconsciously connected to the past. It shapes our lives in ways we don't always recognise, and can keep us from living to our full potential.

In this transformative book, award-winning psychoanalyst Dr. Galit Atlas draws back the veil on the legacy of intergenerational trauma. Entwining the stories of her patients, her own stories, and decades of research, she shows how the people we love and those who raised us live inside us - how we take on their emotional pain - and she helps us identify the links between our life struggles and the 'emotional inheritance' we all carry. For it is only by following the traces those ghosts leave that we can truly change our futures.

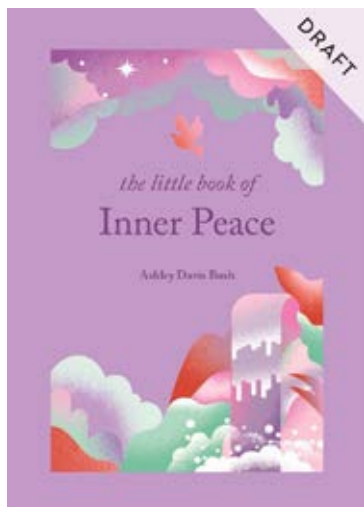
March 28, 2024
£10.99
240 Pages
Paperback
9781780726083

Galit Atlas is a psychoanalyst and clinical supervisor in Manhattan. She is a faculty member of the New York University Postdoctoral Program in Psychotherapy & Psychoanalysis. As an essayist and author, Atlas has published numerous articles and book chapters that focus primarily on gender and sexuality. Atlas served on the board of directors of the Division of Psychoanalysis of the American Psychological Association. She is the recipient of the Andre Francois Research Award and the NADT Research Award.



The Little Book of Inner Peace

Ashley Davis Bush



A calm mind comes from knowing how you handle your emotions.

In order to find inner peace, we must learn how to understand and cope with our emotions, and find harmony with others around us. This little book will help you identify and prioritise what makes you feel stressed so that you can take charge of your emotions. The simple tools, strategies and exercises within these pages harness the benefits of mindfulness, meditation, gratitude, creativity and compassion.

By learning how to create calm in your life, you can improve your well-being, mental health and inner strength, resulting in a happier, healthier you.

This illustrated guide will take you to a peaceful place, where you can enjoy a more relaxed life by focusing on being present.

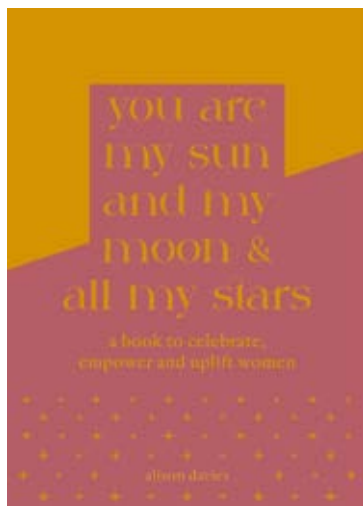
April 4, 2024
£8.99
96 Pages
Hardcover
9781856755351

Ashley Davis Bush, LICSW is a psychotherapist with 30 years of experience in the mental health field. She is a freelance writer and the author of eight self-help books. She is also a grief counsellor and an expert in stress management, self-care and self-compassion skills. She lives in New Hampshire, USA with her husband, also a psychotherapist. They have five grown children.

ashleydavisbush.com
@AshleyDavisBush



You are My Sun and My Moon and All My Stars



You are My Sun and My Moon and All My Stars is dedicated to celebrating the power of being a woman, giving tips, suggestions, meditations, and guided narratives that will uplift and inspire women, no matter what their situation may be. There is no doubt that sisterhood is so important right now, and with this book, we can embrace our feminine power and begin to feel fabulous.

With beautiful poems and excerpts, comforting words, and soothing visualisations, this book is sure to resonate with all women everywhere.

**For the mighty mothers and the
daring daughters, the sassy sisters
and the feisty friends. For every
woman, in every nation.**

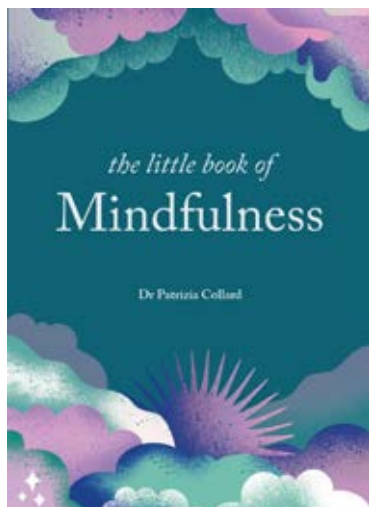
April 4, 2024
£7.99
96 Pages
Hardcover
9781841815701

Alison Davies is an author, storyteller and freelance writer from Nottingham. She has penned over 40 books, including the popular 'Be More...' series for Quadrille. Alison is a professional storyteller and delivers sessions at universities on how stories can be used as tools for teaching and learning. Her most important and demanding role by far though, is being human of choice to her three furry felines, Ziggy, Diego and Honey.



The Little Book of Mindfulness

Patrizia Collard



This illustrated guide has simple mindfulness exercises and meditations to find daily calmness and clarity.

Focus, slow down, and de-stress.

The practice of mindfulness is an increasingly popular endeavor that not only helps alleviate the symptoms of stress, anxiety and depression caused by the pressures of our everyday lives, but also promotes joy, peace and happiness.

Discover long-lasting happiness with *The Little Book of Mindfulness* and follow the path to mindfulness so you, your family and your friends can live a more fruitful, peaceful and relaxed life.

April 4, 2024
£8.99
96 Pages
Hardcover
9781856755405

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London.

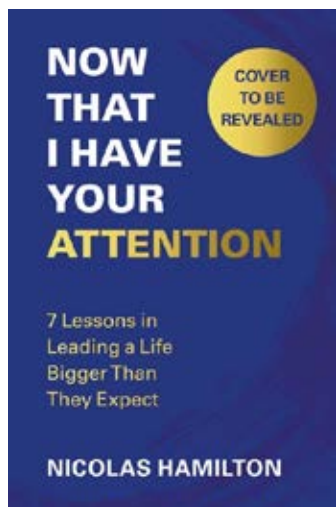
Dr Collard's wide range of approaches and methodologies include mindfulness-based cognitive behavioural therapy, rational emotive behaviour therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation and self-hypnosis.

Entermindfulness.com
Instagram: patriziacollard
@entermindfulness



Now That I have Your Attention

Nicolas Hamilton



An inspirational book of lessons on self-discipline and self-compassion from trailblazing racing driver and international speaker, Nicolas Hamilton.

April 11, 2024
£22.00
304 Pages
Hardcover
9781804191705

£16.99
Trade Paperback
9781804191712

Nicolas Hamilton has been exceeding expectations since day one.

Born with a form of cerebral palsy, Nicolas was told that he would never walk and would need a wheelchair for the rest of his life. Today he not only walks everywhere but he is the first disabled athlete to ever compete at the top level of British motorsport, The British Touring Car Championship, where he lines up on the grid alongside some of the world's best drivers.

***Now That I Have Your Attention* follows Nicolas's remarkable journey and shares the valuable, tough, and often surprising lessons learned throughout his life.**

Nicolas's journey has at times been hostile and has forced him to navigate periods of anger and resentment, but by building his mental strength and pushing himself beyond the physical limits of what anyone had ever expected of him, Nicolas has changed his life - and believes you can too.

With each of these 7 Lessons, Nicolas's message is simple and universal: with self-discipline and self-compassion you can defy the limitations imposed upon you.

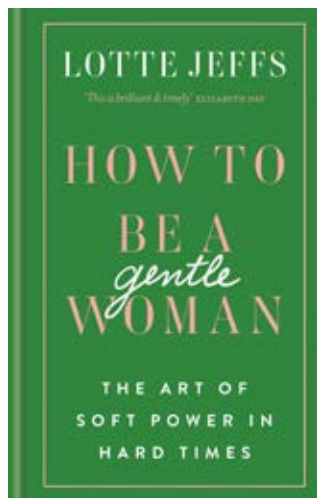
Nicolas Hamilton is a British racing driver who currently competes in the British Touring Car Championship.

Alongside Nicolas's racing career, he is a prolific public speaker and uses his social media platform to reach beyond fans of motorsport. He has been featured in British Vogue and worked with a variety of brands such as Meta, Amazon, and MINI to name a few, sharing his clear vision and understanding of how brands can improve diverse representation.



How to be a Gentlewoman

Lotte Jeffs



Gentlewoman (noun) A woman who meets the harsh pressures of modern life with thoughtfulness, care and kindness. She is confident; and without needing to shout, exudes a powerful presence.

This is brilliant and timely' Elizabeth Day

'Part memoir, part manual - this is the type of book every modern woman can take something from' Grazia

Learn to navigate the harshness of life with soft power. In her debut book, Lotte Jeffs weaves powerful life experience with practical advice and a psychological deep-dive into what truly constitutes an emotionally rich and meaningful existence. She speaks to everyone from agony aunts and archaeologists, to pop stars and novelists, to explore a diverse picture of what it is to truly live life well.

How to be a Gentlewoman will teach you how to slow down, lean out, recognize good relationships and let go of the bad, create a space you love, find your people and construct a happy and 'joined up' sense of yourself.

The gentle antidote to a brutal world.

For fans of Dolly Alderton's *Everything I Know About Love* and Elizabeth Day's *How to Fail*.

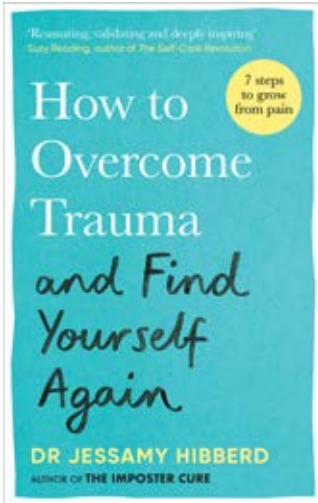
April 25, 2024
£10.99
400 Pages
Paperback
9781914240904

In 2016 **Lotte Jeffs** won 'Writer of The Year' at the Press and Publishing Association Awards. The following year she was shortlisted for 'Columnist of the Year' for her eponymously-named ELLE magazine column, Lotte's Lexicon. She has been a features writer and columnist for the past 15 years, writing for the Independent, the Guardian, The Saturday Times, The Sunday Times, the Evening Standard and ELLE. Jeffs has enjoyed a successful career on staff at magazines most recently as Features Editor and Acting Deputy Editor of ES Magazine and Deputy Editor and Acting Editor in Chief of ELLE. She has appeared on TV and radio and regularly hosts and participates in industry panel discussions.



How to Overcome Trauma and Find Yourself Again

Dr Jessamy Hibberd



How to grow from painful experiences and find meaning in life in seven steps

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

In this book, Dr Jessamy Hibberd unriddles the effects of trauma. Using a combination of psychology, neuroscience and her own experiences as a chartered psychologist treating people with trauma, Dr Hibberd unpacks a tough subject and opens up the space for self-healing. This book centres on the concept of 'post-traumatic growth', a term used to describe the remarkable way that painful experiences can lead to a valuable reassessment of life and a newfound discovery of meaning.

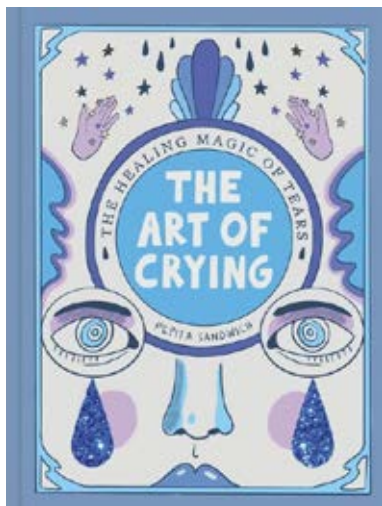
Through her revolutionary, seven-step programme, readers will learn how to process past events and move forward with a deeper level of self-awareness, a greater sense of purpose, and a renewed self-acceptance. Grounded in research and brought to life with real stories, *How to Overcome Trauma and Find Yourself Again* will give you the tools to move beyond the hurt and lead a more fulfilling, joyful life.

May 9, 2024
£10.99
304 Pages
Paperback
9781783255535



The Art of Crying

Pepita Sandwich



An illustrated celebration of crying in all its forms - combining stories, science and culture to show that a good cry could just be the secret to happiness.

Explore the healing, transformative power of shedding tears in this vibrant illustrated study of crying, one of the most uniquely human things we do.

What if crying wasn't just an involuntary reaction to feeling sad, vulnerable, or overwhelmed-but a hidden wellspring of power we could harness to live a fuller life?

In *The Art of Crying*, Pepita Sandwich makes the case that crying is humanity's most misunderstood and magical special effect. We are the only animals who shed tears as a result of the emotions we feel. But crying is not our weakness: it's our superpower. Our tears are a path to growth and healing that leads to deeper and more fulfilling experiences.

In this beautifully illustrated book, Sandwich dives deep into an ocean of research into tears to understand the science and history of this uniquely human phenomenon. And she has emerged with a case for "letting it all out" a little more often, because tears have a powerful magic all their own.

May 9, 2024
£16.99
208 Pages
Hardcover
9781780726137

Pepita Sandwich is an Argentine illustrator and visual artist born in Buenos Aires, and trained in Vermont at the Center for Cartoon Studies, who currently resides in New York City. In 2013, she began publishing her webcomics and drawings of relatable life observations with a focus on feelings, friendship, and self-discovery. Since then, her work has won over a fast-growing international audience. Pepita creates visual essays for media outlets like *The Washington Post*, *Vogue*, *Los Angeles Times*, and *The New Yorker*.

Her first two books were published by PRH in Spain and Argentina; *Diario de Supervivencia* (Survival Diaries 2016) and *Las Mujeres Mueven Montañas* (Women Move Mountains 2019).



Enough Already

Kara Loewentheil



From certified life coach and host of the Unf*ck Your Brain podcast, a no-holds-barred guide to deprogramming your brain from toxic social conditioning and reclaiming your worth.

If you're a woman in today's world, you've internalised a lifetime of dysfunctional social messaging about who you should be. These messages are so pervasive, you probably don't even notice them. Yet no matter how smart and successful you may be, they emerge in that disparaging inner voice that wrecks your confidence and makes you believe that your worth is determined by how you look, what you accomplish, and what everyone (but yourself) thinks about you.

It's time to break free. In *Enough Already*, certified life coach Kara Loewentheil draws on years of helping ambitious women bridge the gap between who they are on the outside and how they feel on the inside to show how to deprogram your brain from the socialisation you never asked for-and start living life on your own terms.

Using the latest brain science and feminist theory, *Enough Already* teaches you how to identify the conscious and unconscious biases that infiltrate your self-talk; how to experience your emotions without resisting them for fear of being seen as "too much;" and how to create new thought patterns around how you relate to your body, look to others for external validation, access true connection and desire, and define your worth.

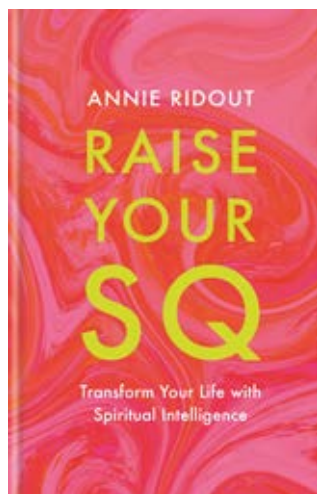
May 21, 2024
£20.00
320 Pages
Hardcover
9781804190333

Kara Loewentheil is a master certified life coach who helps anxious and insecure women overcome their internalised social programming, and the host of the New York Times-recommended podcast UnF*ck Your Brain. She runs the coaching community, The Clutch. Kara received her J.D. from Harvard Law School and clerked on the U.S. State Court of Appeals for the Fifth Circuit before becoming a litigator at the Center for Reproductive Rights. She was a fellow at Yale Law School and ran a think tank at Columbia Law School. She lives in Brooklyn with her family.



Raise Your SQ

Annie Ridout



Part spiritual toolkit, part inspirational 'how to', *Raise Your SQ* will shine a light on the new metric - endorsed by Oprah Winfrey, Arianna Huffington and Brené Brown - taking the business world by storm.

Ushering in a new era - where success is measured on different terms - *Raise Your SQ* will redefine what purpose and balance, at work and home, means to us all.

Structured through lessons, routines and exercises, *Raise Your SQ* will draw on Annie's own experience of how raising her spiritual intelligence transformed her work life, from scrimping and saving each month, to creating a six-figure business from scratch. And how it allowed her to create much needed harmony between her work and life goals.

Embodying a new way of living and working, this book will transform your life, by tapping into powers we all have and can nurture. *Raise Your SQ* will help you unlock the potential of an intelligence you didn't know you possessed.

May 23, 2024
£10.99
288 Pages
Paperback
9781804191293

Annie Ridout is the author of two non-fiction books, a journalist for the national press, a certified life coach and business consultant. She has helped thousands of women to launch and grow online businesses through courses and coaching and now, Annie is sharing her secret SQ tips for more joy, magic and success - both at home and at work.



Be Glorious, Be You

Alison Davies



This practical book is all about boosting the feel-good factor and sharing the love. It doesn't matter who you are, or where you are in your life right now, there is no-one quite like you and that is worth celebrating! This little book shows you how to shine your light by building empathy for others, developing a deep well of compassion and being kind, to yourself and those you meet.

Be Glorious, Be You offers tips, techniques and exercises based on mindfulness, meditation and self-care that will boost your esteem, so that you feel truly nourished and cared for. Consider it your essential guide to thinking and feeling fabulous.

An essential guide to building empathy for others and reminding yourself that you are also worthy of it as well.

June 6, 2024
£8.99
96 Pages
Hardcover
9781841815695

Alison Davies is an author, storyteller and freelance writer from Nottingham. She has penned over 40 books, including the popular 'Be More...' series for Quadrille. Alison is a professional storyteller and delivers sessions at universities on how stories can be used as tools for teaching and learning. Her most important and demanding role by far though, is being human of choice to her three furry felines, Ziggy, Diego and Honey.

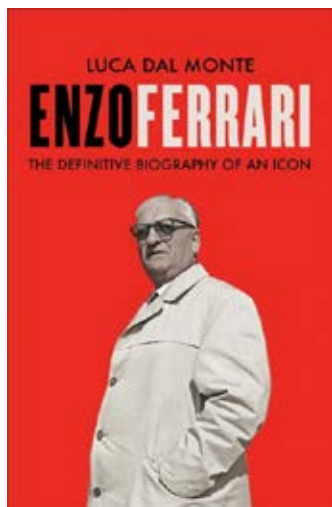
SPORT





Enzo

Luca Dal Monte



A definitive look at the life of Enzo Ferrari and how he became one of the most complex, well-known and imposing figures in the automobile world.

Soon to be an AppleTV+ series, *Enzo* uncovers a wealth of new facts about the origins, ambitions, and private life of Enzo Ferrari.

Drawing on years of original research conducted in Italy and abroad, this book lays bare the hidden aspects of Ferrari's career. From his earliest failed business ventures, to his political dealings with Italy's fascist government, Allied occupiers, and even Communist leaders.

Revisit all the highlights of Ferrari's rise to greatness. Including his driving career in the 1920s, his management of racing teams for Alfa Romeo in the 1930s and the launch of his own company and team in the late 1940s.

A must have for Ferrari and Formula 1 fans, this definitive biography makes previous accounts obsolete.

February 29, 2024
£25.00
512 Pages
Hardcover
9781788404716

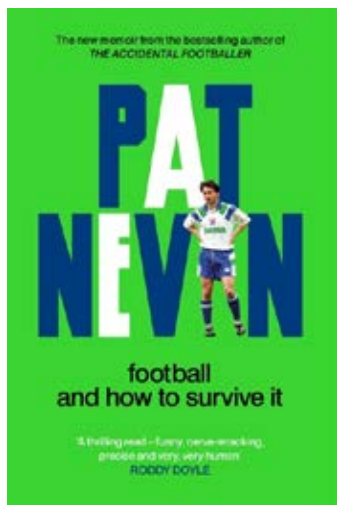
£16.99
Trade Paperback
9781788404723

Luca Dal Monte is an award-winning author who has written, or co-authored, ten books on motorsports. Prior to this, he led the communications departments of Pirelli Motor Racing, Ferrari, Maserati North America, and Maserati Worldwide. *Enzo Ferrari* was first published in Italy in 2016.



Football And How To Survive It

Pat Nevin



From The Sunday Times bestselling author, Pat Nevin, comes an exceptional memoir about the madness of life and football.

June 6, 2024
£10.99
352 Pages
Paperback
9781800961173

In his brilliant memoir, Pat Nevin takes us on a journey to the less glamorous side of football. From Tranmere to Kilmarnock, he plays some of the best football he's ever played. Then, in an unprecedented twist of fate, finds himself both player and Chief Executive of Scottish First Division club Motherwell.

What follows is an entertaining and revealing tale of the side of football that you rarely see as Pat tries to keep the lid on simmering tensions between owner and the manager; travels in Lear jets one moment, but has to sell off half the team, the next. So much is madness, like being the manager's boss, and his player at the same time; or discovering that the ground's goalposts are higher on one side than on the other!

And with impossible challenges at every corner, such as learning that their son is autistic, and the club hurtling towards administration, Pat strives to walk the impossible line between player, parent and boss.

Football And How To Survive It is a real one-off, uncovering the sport in all its complex, confusing and almighty glory. Once you've read it, you may never look at the game in the same way again.

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

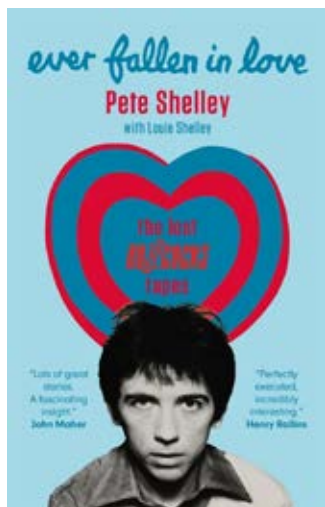
A low-angle, dark photograph of a crowd at a concert or festival. The scene is dominated by blue stage lighting, with multiple beams of light radiating from the top of the frame. In the foreground, the silhouettes of several people are visible, with their arms raised in the air. The background shows a dense crowd of people, also with their hands raised, creating a sense of collective energy and excitement. The overall atmosphere is vibrant and dynamic.

ART & ENTERTAINMENT



Ever Fallen in Love

Pete Shelley



Newly discovered recordings of a music legend in his own remarkable words: punk, Buzzcocks and the inspiration behind some of greatest songs ever written.

When Pete Shelley, lead singer of legendary punk band Buzzcocks, passed away in 2018 we lost the chance to hear one of music's brightest stars tell his story.

Or so it seemed.

Now, **recordings have surfaced of a series of remarkable interviews** in which Pete tells the story of his life, his band and his place at the beating heart of the punk explosion in fascinating detail.

Recorded over a series of late-night calls with a close friend, the tapes hear Pete talk song-by-song through Buzzcocks releases to reveal **the personal memories behind the music** and the inspiration for masterpieces such as 'Ever Fallen in Love (With Someone You Shouldn't've)' and 'What Do I Get?'.

Published for the first time and with the blessing of Pete's estate, *Ever Fallen In Love: The Lost Buzzcocks Tapes* is a tribute to a founding member of punk and a chance to hear **one of music's true visionaries tell his own story at last**.

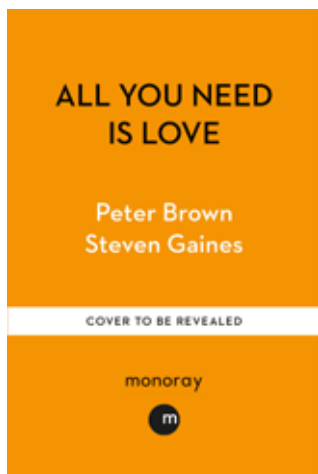
February 15, 2024
£10.99
352 Pages
Paperback
9781788403641

Pete Shelley was the lead singer, guitarist and songwriter of iconic punk band Buzzcocks. He wrote some of punk's most enduring songs, including 'Ever Fallen in Love (With Someone You Shouldn't've)', 'Orgasm Addict' and 'What Do I Get?', as well as solo hits such as 'Homosapien', which was subsequently banned from being played on the BBC. Regarded as one of the finest songwriters of his generation, Pete died in 2018.



All You Need is Love

Peter Brown & Steven Gaines



A stunning, revelatory new book about the final years of the Beatles based on extraordinarily frank, never-before-published or heard interviews with all the people involved, including George, Ringo, Paul and Yoko.

April 11, 2024
£25.00
352 Pages
Hardcover
9781800962330

£16.99
Trade paperback
9781800962347

All You Need is Love is a ground-breaking oral history of the Beatles and how it all came to an end. Based on never-before-published or heard interviews with Paul McCartney, Yoko Ono, George Harrison, Ringo Starr, and their families, friends, and business associates, this is a landmark book, containing stunning new revelations, about the biggest band the world has ever seen.

In 1980-1981 former COO of Apple Corp, Peter Brown and author Steven Gaines interviewed everyone in the Beatles' inner circle and included a small portion of the transcripts in their international bestselling book *The Love You Make*, which spent four months on the New York Times bestseller list. But left in their archives was a treasure trove of unique and candid interviews that they chose not to publish, until now. A powerful work assembled through honest, intimate, sometimes contradictory and always fascinating testimony, *All You Need is Love* is a one-of-a-kind insight into the final days, weeks, months and years of the Beatles phenomenon.

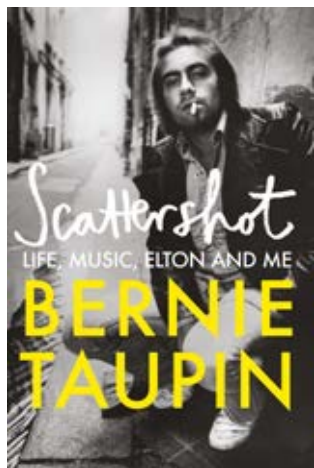
Peter Brown is the former COO of Apple Corp, the Beatles' financial empire. He's been a Beatles intimate since their earliest days in Liverpool. Their passports were locked in his desk drawer. He was best man at John and Yoko's wedding, he introduced Paul to Linda Eastman, and perhaps the most charming of his credentials is that he's the only real person ever mentioned in a Beatles song, "Peter Brown called to say, you can make it okay, you can marry in Gibraltar near Spain," from the "Ballad of John and Yoko."

Steven Gaines is the New York Times bestselling author of *Phillistines at the Hedgerow: Passion and Property in the Hamptons* and *The Love You Make: An Insiders Story of the Beatles* (with Peter Brown). His journalism has appeared in *Vanity Fair*, the *New York Times*, and *New York* magazine, where he was a contributing editor for 12 years.



Scattershot

Bernie Taupin



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

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, who conceived the ideas that spawned countless hits, and sold millions and millions of records. 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* transports 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.

May 23, 2024
£10.99
320 Pages
Paperback
9781800960770

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.

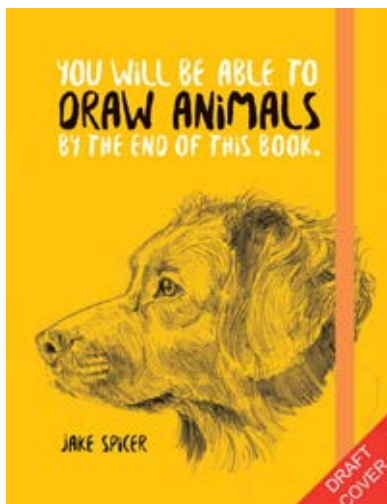
ARTS, CRAFTS & PHOTOGRAPHY





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

Jake Spicer



The complete beginner's guide to drawing wild and domestic animals, by the bestselling author of *You Will Be Able to Draw* (more than 170,000 copies sold worldwide).

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!

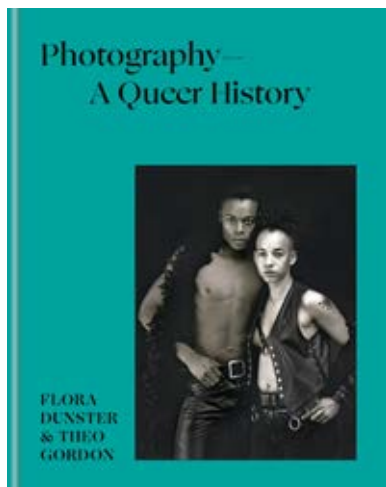
February 15, 2024
£19.99
160 Pages
Paperback
9781781578674

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, including the National Portrait Gallery, Camden Arts Centre, V&A and Brighton University.



Photography – A Queer History

Flora Dunster & Theo Gordon



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+ discrimination? 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.

February 22, 2024
£40.00
256 Pages
Hardcover
9781781578698

Flora Dunster and **Theo Gordon** are highly respected experts within this field. Flora is an Associate Lecturer at Central Saint Martins; 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*.



The Leathercraft Handbook

Candice Lau



Destined to be a classic, this modern introduction offers a contemporary twist on the age-old craft of leatherworking.

Welcome to Candice Lau's award-winning workshop, where she walks you through all the fundamental skills, techniques and tools needed to make beautiful and durable pieces. Try your hand at 20 step-by-step projects, complete with scaleable templates, from keyrings and clutch bags to travel cases and knapsacks. Each piece focuses on a different technique and is accompanied by guidance on how to make the design your own.

Arm yourself with everything you need to know to design and create unique leather pieces from scratch with *The Leathercraft Handbook*.

Stylish, accessible and aspirational. Learn the traditional craft of leatherworking through 20 contemporary projects, from stylish accessories to essential homewares.

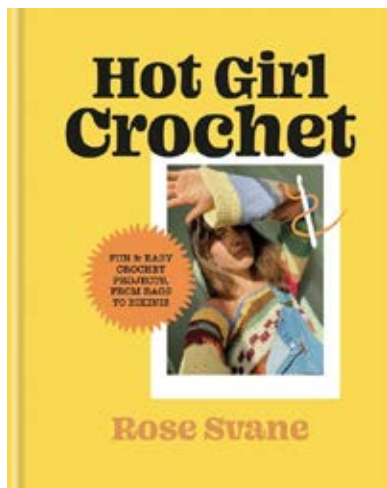
February 29, 2024
£22.00
176 Pages
Paperback
9781781579480

Candice Lau is an award-winning leatherworker based in London. She designs leather bags and accessories inspired by modernity, minimalism and functional living. Despite her contemporary aesthetic, she is passionate about using with traditional leatherworking methods and handcrafts most of her collections. Candice's clients include Bang + Olufsen, Facebook, Lacoste, Vitra and Heals.



Hot Girl Crochet

Rose Svane



Contemporary and cool crochet projects by trendy Danish creator **Rose Svane.**

Contemporary crochet star **Rose Svane** will teach you how to crochet your own cool clothes, accessories and Scandi homeware.

With a calm, creative vibe, this is the perfect guide for complete beginners, and those who've already caught the crochet bug.

Start with a crash-course in the key skills, then move on to 15 stunning step-by-step projects, from a tote bag and a bucket hat, to a plant basket and a cute bikini. Once you've got to grips with the techniques, you'll find that crochet can be a very mindful practice, and you'll soon have an essential new calming and creative outlet.

In just a couple of years, crochet designer and author **Rose Svane** has created a global business whose customers count influencers Emma Chamberlain, Maddie Ziegler, and Meadow Walker. Her designs have been featured in *Cosmopolitan* and copied by people all over the world.

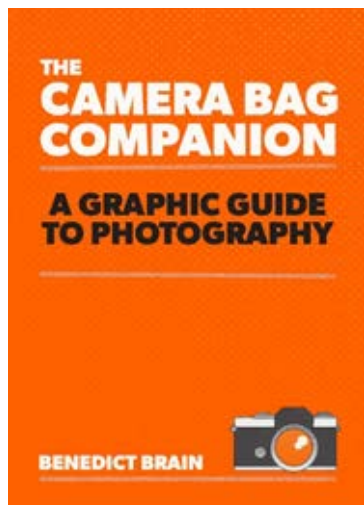
March 14, 2024
£22.00
272 Pages
Hardcover
9781781578988

Rose Svane began crocheting four years ago and started posting her creations on Instagram, where she now has a community of over 76k followers. Her creations were spotted by Emma Chamberlain who bought a bag, posting about it to her 16m followers.



The Camera Bag Companion

Benedict Brain



An illustrated how-to guide that cuts through the jargon to deliver photography advice in a clear and friendly way.

Are you ready for a completely new type of photography book?

Imagine having your personal, professional photographer with you whenever you go out to shoot. There to guide you, share their knowledge, and inspire you to take better photographs.

In his latest book, Benedict Brain puts himself in your kitbag, with a beautifully illustrated how-to guide that's as essential as any lens or tripod, and cuts through the jargon to deliver clear advice in a friendly, conversational style.

March 28, 2024
£22.00
192 Pages
Paperback
9781781579299

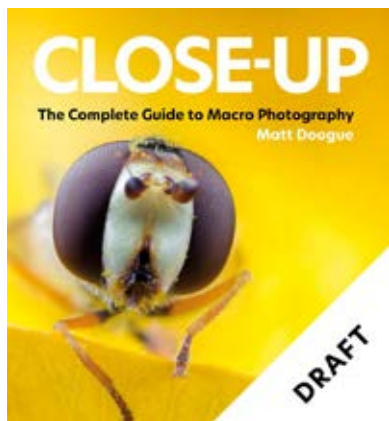
Benedict Brain is a UK based photographer and journalist. He graduated from the Derby School of Art in 1991. He is an Associate of the *Royal Photographic Society* and sits on the society's Distinctions Advisory Panel.

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



Close-Up

Matt Doogue



The complete guide to macro-photography by a top professional in the field. Learn how to capture awe-inspiring close-up shots and unlock the beauty of the miniature world with this comprehensive guide.

Macro is one of the fastest-growing genres in photography, and with this comprehensive and easy-to-follow guide, macro expert Matt Doogue invites you to discover a whole new world of creative image-making.

- Go from **complete novice** to **confident macro shooter**
- Learn from a **top professional** sharing tips & tricks for success
- Discover an **exciting new genre** of photographic practice
- **Connect with nature** and develop a deeper understanding of wildlife
- **Master key techniques** for **pro-level macro photography results**
- Experience a more **mindful approach** to taking photos

From understanding the optimal lens, to the shooting environment, advanced techniques and post-processing, unlock the beauty of the miniature world with this detailed guide.

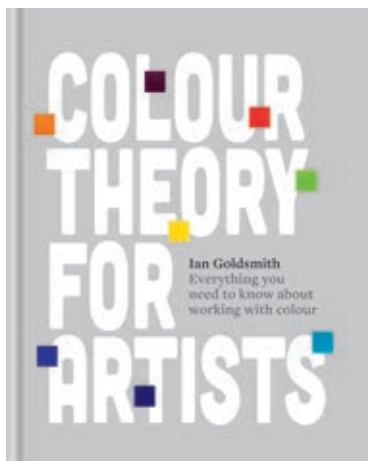
April 25, 2024
£30.00
208 Pages
Paperback
9781781579244

Matt Doogue is a conservationist, outreach teacher, mental health public speaker and macro photographer. With over a decade of experience, Matt uses varied techniques, including advanced focus stacking to achieve his photographs. Matt has collaborated with BBC Earth, *National Geographic*, Canon and the top UK photography magazines.



Colour Theory for Artists

Ian Goldsmith



The essential guide to colour theory and mixing for artists.

The essential guide to colour theory and mixing for artists.

Full of beautiful, intricate handpainted colour wheels and practical advice on using and mixing colour, this book is a must-have for any artist working with pigment and paint. Starting from the basics of colour and working up to the complexities of tonality, harmony, opacity and pigment, artist Ian Goldsmith explores and explains all the key elements of colour and what it can do. A comprehensive paint index at the back of the book provides an indispensable reference guide for choosing and purchasing materials that no practising artist should be without.

Including:

- Understanding the colour wheel
- Primaries, secondaries and tertiaries
- Colour temperature
- Hue, value and saturation
- Opacity and transparency
- Materials and pigments

May 9, 2024
£22.00
176 Pages
Hardcover
9781781579022

Ian Goldsmith is a British portrait artist. He is the founder of the Contemporary British Portrait Painters group, described as 'a new artists collective redefining portraiture in 2020' by *Artists & Illustrators* magazine. He began investigating colour theory and mixing in his work several years ago, and posts his trove of hand-painted colour wheels and sheets to his enthusiastic following on Instagram.



Beyond the Selfie

Rosie Hardy



From online sensation Rosie Hardy , this is the ultimate guide to photographic self-expression.

Do you want to elevate your portraits beyond the tired old selfie?

From Instagram sensation Rosie Hardy, this is the ultimate guide to photographic self-expression. Drawing on both her unique skills and lived experience, Rosie delivers a masterclass in self-portraiture, giving the reader the knowledge base and inspiration to tell their own stories, control their image and go far beyond the standard 'selfie'.

Learn how to upgrade your photography skills and express yourself in meaningful and captivating ways with this invaluable guide. Ideal for both beginners and professionals, discover essential tips and advice on shooting, editing and personal confidence.

Rosie lays out all the ingredients necessary for creating captivating self portraiture, presenting a recipe book for those hungry for self expression.

May 23, 2024
£22.00
224 Pages
Hardcover
9781781579381

At the age of 20, **Rosie Hardy** held the third most followed Flickr account world-wide, behind NASA and The White House. She now showcases her work on Instagram, where she boasts almost 200k followers. Since her teenage years, Hardy has used the medium of self portraiture to document the chapters of her life - from school life and break-ups, to developing alopecia, and eventually her journey through grief after the loss of her boyfriend in 2016.



Well Worn

Skye Pennant



A comprehensive bible of visible mending tips and tricks to give your well-worn garments a new lease of life.

Well Worn is the perfect book both for stitching pros and for those who have never picked up a needle and thread before. The traditional darning and sashiko techniques taught in this book fight against perfectionism as well as fast fashion. Begin by getting to grips with core mending skills, with a handy introductory compendium of visible mending techniques. Then, move on to convenient garment-led chapters, from socks to jeans, and from knitwear to stretch fabric, each with a wide variety of ideas and advice for approaching whatever piece of clothing you wish to revive.

Whether you're interested in fostering a more sustainable lifestyle, saving money by avoiding fast fashion, or simply engaging with a new creative outlet, this book is an accessible introduction for anyone looking to explore visible mending and revolutionise their wardrobe.

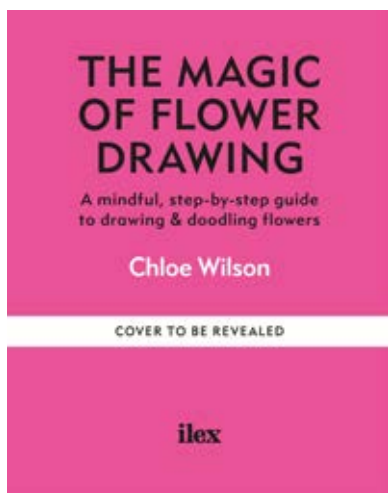
May 23, 2024
£20.00
144 Pages
Paperback
9781781579220

Skye Pennant is a Textile Artist living in Frome, Somerset. She has a BA (Hons) in Fashion Design Enterprise and in recent years has established Slow Stitch Club, an initiative based around celebrating and educating people about the joys of visible mending. Slow Stitch Club has 35k followers on Instagram, and 35k on TikTok.



The Magic of Flower Drawing

Chloe Wilson



The ultimate, accessible guide to drawing and doodling flowers and botanicals.

Mindful, achievable and satisfying, this book gives readers a unique way to interact with the natural world around them, whether that's drawing cut flowers in a vase, or wild flowers in their front garden.

Start at the beginning of the book and get a back-to-basics guide to line drawing, then move on to accessible step-by-step tutorials for stunning projects such as bouquets, patterns, wreaths and other floral motifs. Artist and educator Chloe Wilson breaks down each flower into easy repeatable elements, and gives plenty of tips on overcoming the fear of the blank page. She also provides plenty of tips on choosing the right materials, finding inspiration and developing your own style, along with ideas for using your drawings to create personalized stationery and artwork to go on your walls, so you can immediately enjoy the benefits of your new hobby in your home.

June 6, 2024
£16.99
144 Pages
Paperback
9781781579206

Chloe Wilson is an artist based in Nottinghamshire, UK. She taught herself to draw flowers as a way to unplug and relax whilst recovering from major surgery and through pandemic lockdowns. She shares her work with her engaged following of 86,000 via her Instagram page @magicofflorals and teaches educational content online to help others discover the calming magic of putting pen to paper.

GIFT & HUMOUR





The Magic Hour

Charlotte Moore



"Reading a poem gives us a glimpse of past and future possibilities, other worlds and other lives. It makes a gift of unfamiliar words, and refreshes parts of the mind that other art forms cannot reach..."

Charlotte Moore, a writer and former English teacher, has loved poetry all her life. Keen to be able to read and talk about poems with others, she set up a weekly poetry club for anyone interested to join her round her fireplace.

This book brings together a selection of the Tuesday Afternoon Poetry Club's favourite poems, some well-known, some less so. The poems are grouped into themes - from home and lovers, to war and the planets - each framed with a little context from Charlotte and delightful insights from members of the group.

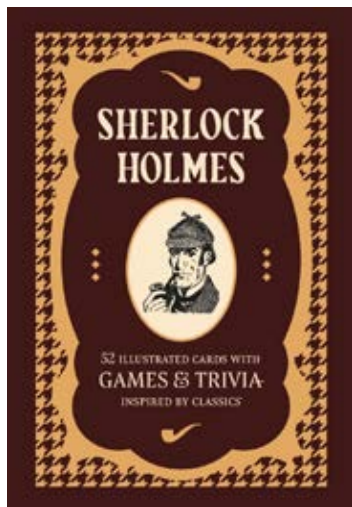
The Magic Hour offers a source of lifelong pleasure and nourishment, with words to delight and console, while reminding us of moments of personal significance. It demonstrates how we can all benefit from a dose of poetry in our daily lives.

February 29, 2024
£10.99
320 Pages
Paperback
9781780726267

Charlotte Moore read English at Oxford before becoming a teacher. She is now a freelance author, journalist and public speaker. She has published four novels, four historical books for children, *George and Sam*, a memoir of life with her autistic sons, and *Hancox*, a family history. She lives near Battle, East Sussex.



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



Sherlock Holmes

March 7, 2024 | £10.00 | 52 Cards | 9780753735510

Strap on your deerstalker 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 Arthur Conan Doyle's beloved classics.

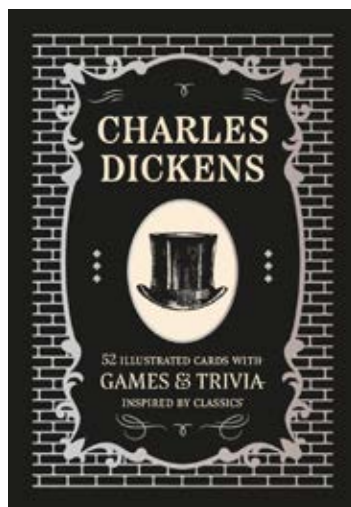
This is the perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

Charles Dickens

March 7, 2024 | £10.00 | 52 Cards | 9780753735527

Put your Charles Dickens 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 Charles Dickens's works.

Packed with trivia questions, party games, charades and challenges – and illustrated with exquisite images of beloved scenes, the cards double as a memory game or game of Snap, making this fun for all the family.





Could You Survive Midsomer?

Simon Brew



An official *Midsomer Murders* interactive novel.

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit, choose your own path and decide which way the story goes.

Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer? Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

An official Midsomer Murders Interactive novel **set in ITV's most celebrated and murderous county.**

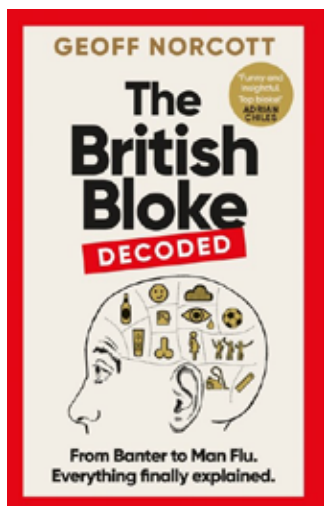
May 23, 2024
£10.99
304 Pages
Paperback
9781788404952

Simon Brew is the former editor and founder of Den of Geek - the popular culture news and reviews website. He is the author of three books including *Movie Geek*, *TV Geek* and *The Secret Life of the Movies*. Simon is also the founder of the magazine and podcast *Film Stories*. He lives in Birmingham, UK... not far from where *Midsomer* is filmed.



The British Bloke, Decoded

Geoff Norcott



Writer and comedian 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.

If you see a man drinking a pint in an airport pub alone, that's a bloke.

If you see a man driving to the tip on a Saturday morning with a smile on his face, that's a bloke.

And if you see a man heading back from the tip and on the way to the pub, that's a very happy bloke.

The British Bloke appears simple and straightforward. He loves football, cricket, beer, sheds, wearing socks and books about the SAS. But beneath that simple exterior lies a mysterious and complex being.

In *The British Bloke Decoded*, writer, comedian and regular bloke, Geoff Norcott peels back the layers of blokedom, revealing the truth behind the sometimes inexplicable behaviour of Britain's husbands, dads and brothers.

Based on 46 years of field research and almost scientific insights, Geoff digs deep into subjects as wide as: the value of Banter, the surprising roots of Mansplaining, the near impossibility of getting blokes to send birthday cards, and whether there could be a medal system for Hoovering.

And ultimately, he 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 eccentric splendour.

June 6, 2024
£10.99
240 Pages
Paperback
9781800961302

Writer and comedian **Geoff Norcott** is well known for his TV work on *Question Time*, *Live At The Apollo*, *Backstage With Katherine Ryan*, *Late Night Mash*, *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.

Geoff often appears on Times Radio and is also the host of the popular *podcast What Most People Think*. 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.

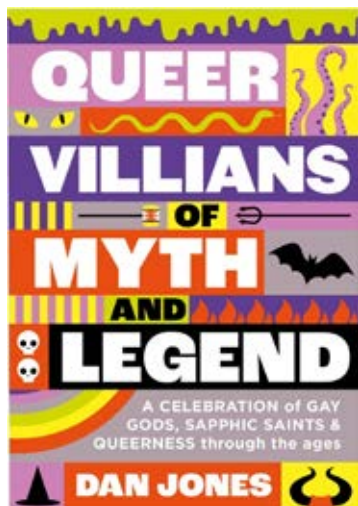


HISTORY & CURRENT AFFAIRS



Queer Villains of Myth and Legend

Dan Jones



The wicked companion book to *Queer Heroes of Myth and Legend*. Featuring 50 profiles and select B&W illustrated portraits, *Queer Villains of Myth & Legend* is a celebration of those delightfully villainous queer mystical beings.

Every good hero needs a villain! Explore the hidden world of magnetic and mysterious villains, often cast aside and misunderstood in tales of mythology and folklore. Through the pages of *Queer Villains of Myth and Legend*, discover a diverse community of fascinating characters, ranging from seductive and cunning to powerful and awe-inspiring.

Experience the dark allure of Circe and Medusa through to David Bowie's Jareth in *Labyrinth* and delve into their complex and multifaceted personalities and motivations. Take a deep dive into the intersection of queerness and villainy, re-examine some of our favorite characters, and discover why so many 'bad' characters are queer-coded.

From ancient mythology to contemporary pop culture, *Queer Villains of Myth and Legend* celebrates the fascinating stories of these often-overlooked characters. Join Dan Jones on a journey of discovery, as he explores the hidden depths of queer villainy and sheds light on the queer identities of these compelling figures. It's a powerful celebration of queerness through the ages in all its legendary complexity.

January 4, 2024
£16.99
240 Pages
Hardcover
9781804191354

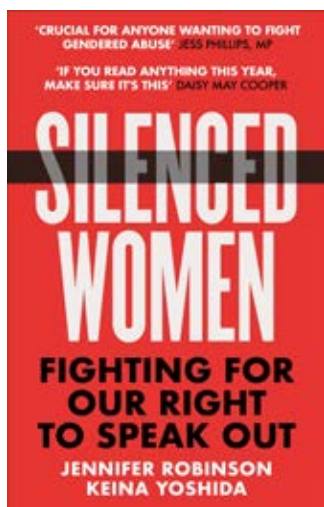
£14.99
Trade Paperback
9781804191392

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



Silenced Women

Jennifer Robinson & Keina Yoshida



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

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

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

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

Jennifer Robinson is a barrister at Doughty Street Chambers in London. Jennifer has represented survivors, journalists, media organisations, advocacy and frontline services organisations on free speech and media law issues. Her clients have included the BBC, the New York Times, the International Consortium of Investigative Journalists (ICIJ), Julian Assange and WikiLeaks.

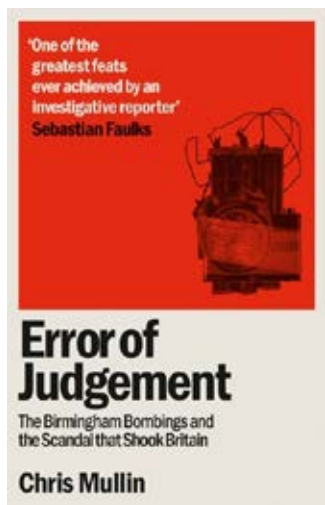
Dr Keina Yoshida is a human rights barrister at Doughty Street Chambers in London. Keina has represented victims and survivors of abuse in different legal proceedings, including in judicial reviews and in the Independent Inquiry into Child Sexual Abuse.

January 18, 2024
£12.99
432 Pages
Paperback
9781804190210



Error of Judgement

Chris Mullin



The book that changed the course of British legal history, 50 years on from the Birmingham Pub Bombings and the wrongful imprisonment of six innocent men.

***Error of Judgment* lit a fire under the establishment when it was first published, shattering the prosecution case against six Irishmen charged with the Birmingham Bombings and going on to change the course of British legal history.**

On the evening of 21st November 1974, bombs planted by the IRA in two crowded Birmingham pubs exploded, killing 21 people and injuring at least 170. Within a day of the explosion, six men - Paddy Hill, Gerry Hunter, Richard McIlkenny, Billy Power, Johnny Walker and Hughie Callaghan - were arrested and charged. All were found guilty.

Methodically, with total clarity and a tone that is both gripping and impassioned, then investigative journalist Mullin unpicked every detail of the case, revealing gaping holes in the prosecution case and the horrifying consequences of an establishment determined to close ranks.

Now 50 years on from the Birmingham Bombings and with new writing from Mullin, this classic edition of *Error of Judgement* tells the complete story of one of the most significant miscarriages of justice ever. As relevant now as it was fifty years ago, it's an essential text on corruption, violence and bias in British policing and justice.

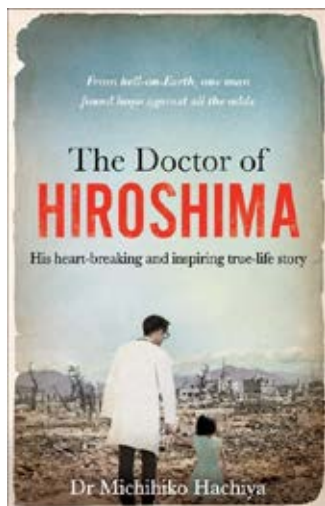
February 15, 2024
£10.99
464 Pages
Paperback
9781800961234

Chris Mullin is an author, journalist, and politician. In the 1980s he led the campaign that resulted in the release of the Birmingham Six. Mullin was a Member of Parliament for Sunderland South from 1987 until 2010 and served as a minister in three departments and as Chairman of the Home Affairs select committee. He is the author of four novels, including *A Very British Coup* which was made into an award-winning television series; three diary collections; a memoir; and *Error of Judgement*.



The Doctor of Hiroshima

Dr. Michihiko Hachiya



The powerful and inspiring diary of a doctor who survived the atomic bomb and treated the people of Hiroshima only 1500m from the centre of the blast.

With what this poor woman had been through the sight of her crying tore at my heartstrings. What if something should happen to her; who would care for her little baby? To conceal the fear and terror in my heart I left her, trying to put up a cheerful front. But no one could conceal from her the ominous import of the dark spots that had appeared on her chest.

The Doctor of Hiroshima is the extraordinary true story of Dr Michihiko Hachiya, whose hospital was less than a mile from the centre of the atomic bomb that hit on that warm August day. Somehow, in immense shock and pain and extremely weak, the doctor and his wife manage to drag themselves to the hospital, where their horrific wounds are treated, and they slowly begin to recover. Tentatively, the doctor starts to reckon with the utter devastation of the bomb, and to investigate the strange symptoms afflicting his patients.

Told simply and poignantly through Dr Hachiya's daily diary entries, *The Doctor of Hiroshima* is the inspiring story of how a doctor and his patients fought to survive and rebuild their lives in the face of unimaginable loss.

February 29, 2024
£9.99
256 Pages
Paperback
9781800961517

£14.99
Trade Paperback
9781800961500

Dr. Michihiko Hachiya was Director of the Hiroshima Communications Hospital when the world's first atomic bomb was dropped on the city. After the bomb, he continued as Director there for several years before taking on a teaching role at Okayama University Medical School. He retired in Okayama and passed away in the 1980s.



Rest is Resistance

Tricia Hersey



How slowing down can help us
beat grind culture and build a
foundation for healing.

By founder and creator of The Nap Ministry, *Rest is Resistance* is a call-to-action for anyone suffering from the toxic urgency of modern-day life. It centres around the systemic issues that cause us to overwork, and ultimately burn out, and offers us liberation through rest.

In its simplest form, rest becomes an act of resistance and a reclaiming of power because it disrupts and pushes back against capitalism and white supremacy. Slowing down moves us away from trying to operate at machine levels of productivity, to make us all more human. In this fierce and tender manifesto, Tricia Hersey elevates rest as a divine right, and paves the way towards a more well-rested life that empowers imagination, invention and healing.

Divided into four sections, *Rest is Resistance* explains Tricia's philosophy and methods, and includes both storytelling and practical advice. It will offer you the guidance and context to craft a rest practice for long-term health, both within yourself and society as a whole.

Tricia Hersey is an artist, poet, theologian and community organiser. She is the founder of The Nap Ministry, an organisation that examines rest as a form of resistance by curating sacred spaces for the community to rest via Collective Napping Experiences, immersive workshops, performance art installations and social media. Tricia is a global pioneer and originator of the movement to understand the liberating power of rest. She is the creator of the Rest is Resistance and Rest as Reparations frameworks.

www.triciahersey.com

instagram: thenapministry

March 14, 2024
£10.99
272 Pages
Paperback
9781783255184



TAXTOPIA

The Rebel Accountant



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

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

In the topsy-turvy world of tax avoidance, you can get richer by buying a yacht, the world's biggest exporter of coffee is Switzerland, and billionaires like Jeff Bezos, Donald Trump and the Duke of Westminster often pay less tax than you do.

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

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

Welcome to TAXTOPIA.

March 28, 2024
£10.99
368 Pages
Paperback
9781800960879

THE REBEL ACCOUNTANT is a chartered tax advisor who has worked widely behind the scenes in London and Australia, everywhere from major accountancy firms to tiny start-ups.

He chose his career because he loves to be creative.



Ghosts of the British Museum

Noah Angell



**An artist investigates strange
goings on at the British museum
-and uncovers a maelstrom of
disquiet within its corridors,
galleries and vaults.**

When artist and writer Noah Angell first heard murmurs of ghostly sightings at the British Museum he had to find out more. What started as a trickle soon became a landslide as staff old and new, from guards of formidable build to respected curators, brought forth testimonies of their inexplicable supernatural encounters.

It became clear that the source of the disturbances was related to the Museum's contents - unquiet objects, holy plunder, and restless human remains protesting their enforced stay within the colonial collection's cases, cabinets and deep underground vaults. Be it wraiths associated with genocides, uprooted sacred beings or the afterglow of deaths that occurred inside the museum itself, according to those who have worked there, the museum is heaving with profound spectral disorder.

Ghosts of the British Museum fuses storytelling, folklore and history, digs deep into our imperial past and unmask the world's oldest national museum as a site of ongoing conflict, where under the guise of preservation, restless objects are held against their will.

Noah Angell is a writer and artist who works with orally transmitted forms such as storytelling and song. His work has taken him to the north of Norway, in partnership with Polarmuseet, to work with first hand accounts of Inuit who performed in live ethnographic displays organised by local sailor Adrian Jacobsen, to North Carolina to shoot his forthcoming documentary film on gospel singer Connie B. Steadman of the Badgett Sisters, and to the British Museum in London, where for years he has collected museum workers' testimony of the ghosts that haunt the notorious colonial museum.

Angell has written lecture-performance works which have been performed internationally at spaces all around the world. Born in the US, he was resident in London for over a decade and now lives in Berlin.

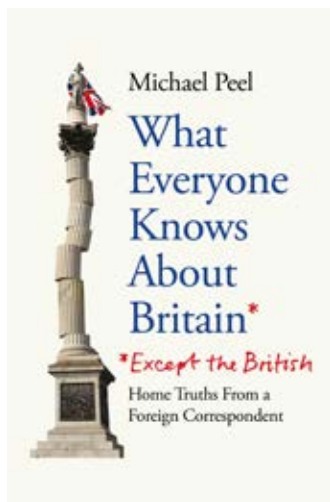
April 11, 2024
£20.00
320 Pages
Hardcover
9781800961340

£16.99
Trade Paperback
9781800961333



What Everyone Knows About Britain* (*Except The British)

Michael Peel



An award-winning foreign correspondent takes off the rose-tinted spectacles and reveals what Britain really looks like from abroad.

How do you see Britain?

That might depend on your point of view, and as long time British foreign correspondent, Michael Peel has come to understand, it can look very different from outside.

It's tempting to think of the UK as a fundamentally stable and successful nation. But events of the past few years, from Brexit to exposés of imperial history, have begun to spark fierce public debates about whether that is true. Is Britain, just a marginal northern European island nation, marked by injustices, corruption and with a bloody history of slavery, repression and looting?

In *What Everyone Knows About Britain*, Michael Peel digs into the national consciousness with the perspective of distance to pull apart the ways in which we British have become unmoored from crucial truths about ourselves. He shows us that from many perspectives we are no different from other countries whose own national delusions have seen them succumb to abuses of power, increased poverty and divisive conflict.

The battle over Britain's narrative is the struggle for its future and its place in the world. So, how do we escape the trick mirror - and see ourselves as we really are?

April 25, 2024
£20.00
384 Pages
Hardcover
9781800961760

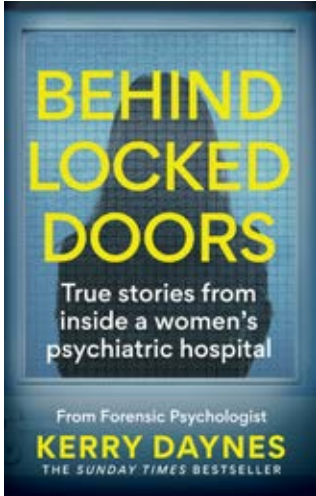
£16.99
Trade Paperback
9781800962071

Michael Peel first joined the Financial Times in 1997. Since then, he has been a foreign correspondent posted in West Africa, the Middle East, South-East Asia, and Europe. Peel's work has won awards, including from the UK Foreign Press Association and the US Society for Advancing Business Editing and Writing. He has also written for many other publications including the London Review of Books and TLS. He has appeared on the BBC, Sky and other broadcast media. He is currently on secondment to FT parent company Nikkei Asia, based in Tokyo.



Behind Locked Doors

Kerry Daynes



A gripping and eye-opening insider account of a women's psychiatric hospital.

Welcome to Huntswood Lodge: a privately-run women's 'locked rehabilitation' service discreetly located in the northwest's leafy suburbs, home to an eclectic group of women all trying to cope with the fallout from major traumatic events. There's a teenage girl with a history of suicide attempts; a mother convicted of murdering her small child; a victim of childhood sexual abuse who believes she is being followed by demons; a sex worker found with the dead body of her brother. We follow Kerry as she meets the remarkable women in the locked facility, each patient with their own unique and shocking story.

Twelve years into private practice, Kerry is ground down when she joins Huntswood but inspired by the chance to help deeply disturbed women on their path to recovery. However, the further she delves into their lives, the clearer it becomes that her own healing is intimately tied up with theirs.

In this engrossing, eye-opening and compassionate new book, Daynes confronts the stark reality of our mental health system and the true stories of the women trapped within it.

Kerry Daynes is the person the TV networks turn to for expert true crime commentary. Highly respected and known for her knowledgeable but personable delivery and sparky personality, she has contributed to numerous high-profile documentaries. These have been shown on BBC, ITV, Ch4, Ch5, The History Channel, Discovery, CBS Reality, The Crime & Investigation Network, BBC International, Curiosity Stream, Netflix and more. She is also 'The Profiler' in the award-nominated series 'Faking It: Tears of a Crime', now in its seventh season. Kerry lives in Cheshire with Captain Fur Potato, her pekingese-ewok crossbreed.

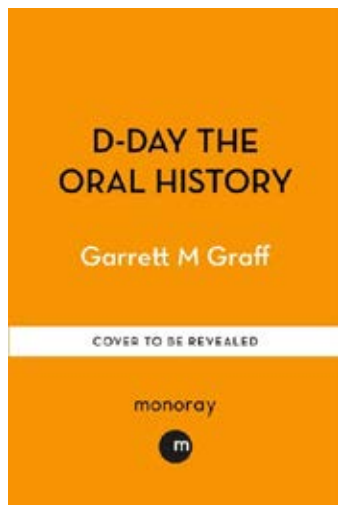
Twitter: @KerryDaynes

May 9, 2024
£9.99
320 Pages
Paperback
9781913068905



D-DAY The Oral History

Garrett M. Graff



A landmark new account of the single most important day of WW2, in the words of the people who lived it.

Eighty years on, *D-Day The Oral History* is a fresh and significant new history of arguably the most important day of the 20th Century.

On 6th June 1944, the Allied invasion began. For hours, wave after wave of soldiers, sailors, and airmen crossed the channel and stormed the Normandy coast, fighting to gain a foothold in Nazi-occupied Northwest Europe. It was the largest combined air and seaborne invasion ever, involving over 150,000 Allied troops on the ground, and its eventual success became a critical turning point in the war, spelling the beginning of the end for the Third Reich.

As the events of that day faded from living memory, it's more important than ever to understand what it felt like to be there and to live through it, on both sides. In this definitive work, Garrett M. Graff, the bestselling author of *The Only Plane in the Sky: The Oral History of 9/11*, compiles hundreds of US, Canadian, UK, French and German voices to tell the full story of exactly how that historic day unfolded, in visceral detail. From paratroopers to fighter pilots to nurses, generals, French villagers, German Defenders to Winston Churchill and Franklin Roosevelt, this is the most intimate re-telling of D-Day published to date.

Bestselling historian and Pulitzer Prize finalist **Garrett M. Graff** has spent nearly two decades covering politics, technology, and national security, and is now recognized as one of America's most prolific and wide-ranging journalists and historians. He is the former editor of *POLITICO Magazine*, a regular writer for publications from *Rolling Stone* to *Esquire* to the *Washington Post*, a contributor to *WIRED* and CNN, and a regular voice and analyst on NPR, PBS NewsHour and the History Channel. He is the author of a half-dozen award-winning books, including the international bestseller *The Only Plane in the Sky: An Oral History of 9/11*.

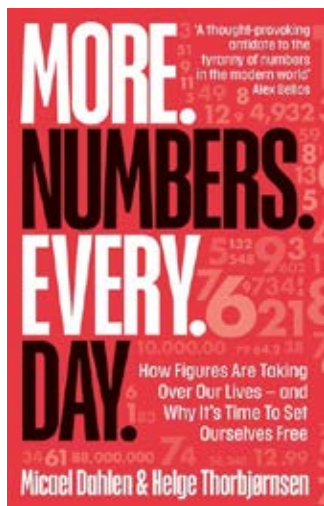
May 9, 2024
£25.00
448 Pages
Hardcover
9781800962170

£16.99
Trade Paperback
9781800962187



More. Numbers. Every. Day.

Micael Dahlen & Helge Thorbjørnsen



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

How many steps have you done today?
How many emails answered?
How much money have you spent this week
And how many hours have you slept?

Welcome to the numberdemic, where a deluge of figures, stats and data manipulate your every move. From the way you work, date and exercise to the products you buy and the news you read, numbers have worked their way into every part of our lives. But is life better this way? How are all of those numbers affecting us?

With fascinating, sometimes frightening and sometimes shrewdly funny research, behavioural economists Micael Dahlen and Helge Thorbjørnsen explain why we're so attached to numbers and how we can free ourselves from their tyranny. Along the way, you'll learn why viral videos, however inaccurate, become more convincing with every view; how numbers can affect the way we physically age, if we let them; why the more films you rate the less impressive you'll find them and how numbers that 'anchor' themselves in your brain can affect the size of your mortgage - plus much more.

Sharp, insightful and totally engaging, *MORE. NUMBERS. EVERY. DAY.* is your vaccination against a world obsessed with numbers.

May 9, 2024
£10.99
288 Pages
Paperback
9781800961050

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

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



Terrible Humans

Patrick Alley



From the author of *Very Bad People*, another thrilling exploration of the world's worst warlords, grifters and kleptocrats -and the brilliant investigators taking them down.

A small number of people, motivated by an insatiable greed for power and wealth, and backed by a pinstripe army of enablers (and sometimes real armies too), have driven the world to the brink of destruction. They are the super-villains of corruption and war, some with a power greater than nation state and the capacity to derail the world order. Propping up their opulent lifestyles is a mess of crime, violence and deception on a monumental scale. But there is a fightback: small but fearless groups of brilliant undercover sleuths closing in on them, one step at a time.

In *Terrible Humans*, Patrick Alley, co-founder of Global Witness and the author of *Very Bad People*, introduces us to some of the world's worst warlords, grifters and kleptocrats who can be found everywhere from presidential palaces to the board rooms of some of the world's best known companies. Pitted against them, the book also follows the people unravelling the deals, tracking the money and going undercover at great risk. From the oligarch charged with ordering the killing of an investigative journalist to the mercenary army seizing the natural resources of an entire African country, this is a whirlwind tour of the dark underbelly of the world's super powerful and wickedly wealthy, and the daring investigators dragging them into the light.

May 9, 2024
£22.00
352 Pages
Hardcover
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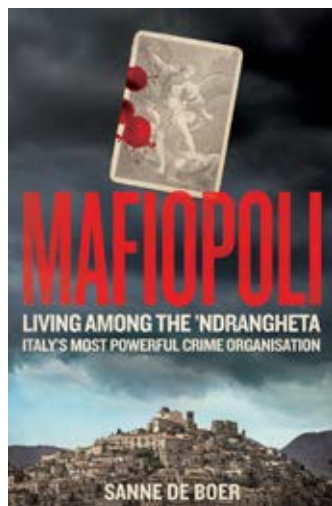
£16.99
Trade Paperback
9781800961982

Patrick Alley is one of the three founders of Global Witness. Founded in 1993, Global Witness has become one of the world's leading investigative organisations dedicated to routing out corruption & environmental and human rights abuses around the world. Patrick and his colleagues have challenged the assumption that you can't change things. Alongside his two co-founders, Patrick received the 2014 Skoll Award for Social Entrepreneurship. Global Witness were nominated for the 2003 Nobel Peace Prize for their work exposing the murderous trade in Blood Diamonds.



Mafiopoli

Sanne de Boer



The definitive book in English
about the 'Ndrangheta - the
most powerful Mafia in the
world.

The 'Ndrangheta is the world's most powerful Mafia and it's behind a litany of violence, organised crime and corruption around the world. In *Mafiopoli*, the first book to be published in English about the 'Ndrangheta, Sanne De Boer takes us deep inside this extraordinary criminal organisation.

In 2006, Sanne, a journalist, moved from Amsterdam to a quiet coastal town in Calabria. She had only intended to live there for a few months but was won over by the beautiful surroundings and warm community and decided to stay. Then, one night, a car was set alight on her street in the dead of the night and soon after, a man was shot dead in the middle of the day. Slowly, she begins to see glimpses of darker forces that control the small, idyllic Italian town.

Mafiopoli is an engrossing and dramatic insight into an incredibly destructive and ascendant criminal organisation. As Sanne starts to piece together the mysterious events and violence marring her new home, she dives deep into the story of the 'Ndrangheta: how they got power, how they're expanding it around the world and how all our lives are, in frightening and shocking ways, affected by their reign. This is a powerful new book on a deliberately opaque but deadly Mafia family.

June 20, 2024
£22.00
320 Pages
Hardcover
9781800962125

£16.99
Trade Paperback
9781800962132

Sanne de Boer is a Dutch journalist who has lived in Calabria since 2006. She is the first foreign journalist based in Calabria to write about the 'Ndrangheta, and regularly appears on TV and radio as a mafia expert. Her first book, *Mafiopoli*, was published originally in Dutch in 2020 and nominated for the 'Brusselprijs', a very prestigious award for the best book of journalism.

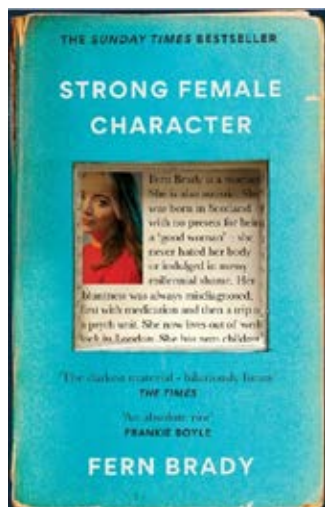


MEMOIR



Strong Female Character

Fern Brady



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

'An absolute riot. I'm literally going to read it again once I've finished, and I'm a miserable bastard...it's a belter' - FRANKIE BOYLE

'A set text for all of us in 2023' - DEBORAH FRANCES-WHITE

A summary of my book:

1. I'm diagnosed with autism 20 years after telling a doctor I had it.
2. My terrible Catholic childhood: I hate my parents etc.
3. My friendship with an elderly man who runs the corner shop and is definitely not trying to groom me. I get groomed.
4. Homelessness.
5. Stripping.
6. More stripping but with more nervous breakdowns.
7. I hate everyone at uni and live with a psycho etc.
8. **REDACTED** as too spicy.
9. After everyone tells me I don't look autistic, I try to cure my autism and get addicted to Xanax.
10. **REDACTED** as too embarrassing.

Fern Brady is a woman. She is also autistic. She was born in Scotland (no, not Glasgow). She has no presets for being a 'good woman' - she never hated her body or indulged in messy millennial shame. She now lives out of wedlock in London. She has zero children.

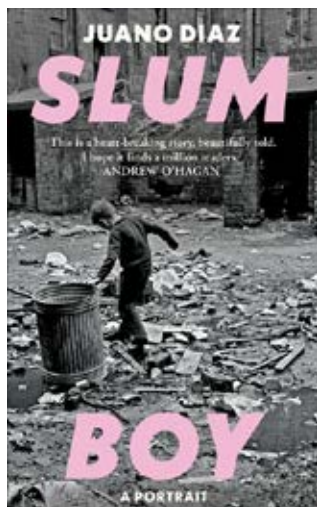
Fern's caustic wit, exceptional writing and electric stage craft has made her one of the UK's hottest comedy stars. As seen on Live from the BBC, Live from the Comedy Store, The Russell Howard Hour, and Live at the Apollo. She's had viral success with her BBC Life Lessons and supported Frankie Boyle and Katherine Ryan on tour. She can currently be seen on Taskmaster on Channel 4.

February 15, 2024
£9.99
288 Pages
Paperback
9781914240478



Slum Boy

Juano Diaz



An utterly inspiring story of a young boy's self-discovery through art while growing up in the slums of Glasgow in the 1980s.

"This is a heart-breaking story, beautifully told. I hope it finds a million readers". - Andrew O'Hagan
John Stewart must find his mother.

Born into the slums of Glasgow in the late '70s, a 4-year-old John's life is filled with the debris of alcoholism and poverty. Soon after witnessing a drowning, his mother's addictions take over their lives, leaving him starving in their flat, awaiting her return.

A concerned neighbor reports her, and he is forcibly taken away from his mother and placed into the care system. There, he dreams of being reunited with her. His mind is consumed with images and memories he can't process or understand, which his eventual adoptive parents silence out of fear as he grows into a young man within a strict Catholic and Romany Gypsy community.

This memoir is about how John found his way to his true identity, Juano Diaz, and how, against all odds, his unstoppable love for his mother sets him free.

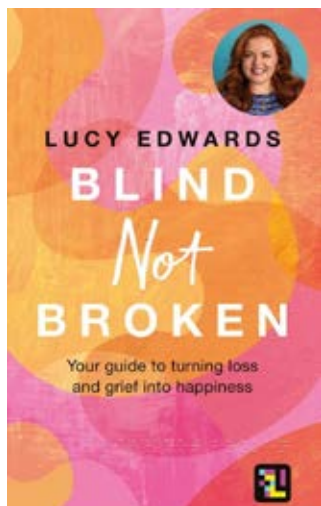
February 29, 2024
£20.00
288 Pages
Hardcover
9781914240829

Juano lives in Wiltshire with his partner David and their son. He is an internationally acclaimed artist and collaborates with many others including Pierre et Giles and Grace Jones. His work has been exhibited in galleries across the world including at the Museum of Modern Art in New York. Juano is currently working with film director Sophie Fiennes.



Blind Not Broken

Lucy Edwards



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

March 14, 2024
£20.00
288 Pages
Hardcover
9780600637653

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

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

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

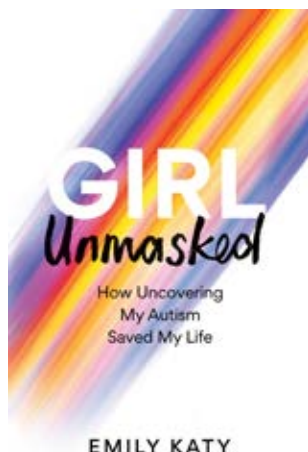
Part memoir and part self-help guide, this book follows Lucy's journey from tragic sight loss to becoming a thriving career woman. Each chapter contains inspirational tips, practical motivation and coping mechanisms which can be applied to people of every ability who are grieving a loss and/or experiencing a sudden change. This book offers a unique take on empowerment, happiness, strength, triumph over adversity and how we view beauty in the world.

Lucy Edwards is a UK-based blind broadcaster, content creator and disability activist who is usually accompanied by her cute guide dog Molly. She took to YouTube and TikTok and started to upload her experiences, becoming the first British blind person to pave the way for change across the platforms. Several years later, Lucy is now the first-ever blind content creator to become an Ambassador for Pantene. Lucy continues to campaign for inclusivity, within the beauty industry and beyond.



Girl Unmasked

Emily Katy



A powerful new memoir by a brilliant new voice - on what it's like living as a troubled teenager with undiagnosed autism.

To the outside world, Emily looks like a typical girl, with a normal family, living an ordinary life. But inside, Emily does not feel typical, and the older she gets, the more she realises that she is different. As she finally discovers when she is 16, Emily is autistic. *Girl Unmasked* is the extraordinary story of how she got there - and how she very nearly didn't.

Still only 21, Emily writes with startling candour about the years leading up to her diagnosis. How books and imagination became her refuge as she sought to escape the increasing anxiety and unbearable stresses of school life; how her OCD almost destroyed her; how a system which did not understand autism let her down; and how she came so close to the edge that she and her family thought she would never survive.

In this simple but powerful memoir, we see how family and friends became her lifeline and how, post-diagnosis, Emily came to understand her authentic self and begin to turn her life around, eventually becoming a mental health nurse with a desire to help others where she herself had once been failed.

Ultimately uplifting, *Girl Unmasked* is a remarkable insight into what it can be like to be autistic - and shows us that through understanding and embracing difference we can all find ways to thrive.

March 28 2023
£18.99
224 Pages
Hardcover
9781800961395

£14.99
Trade Paperback
9781800961401

After completing her degree in 2022, **Emily Katy** qualified as a mental health nurse. Emily is a Trustee of the charity 'The Autistic Girls Network', a former Governor and member of the CAMHS young people's council for her local NHS trust, and in 2021 to celebrate the International Day of the Girl, she was selected by the Women of the World Foundation as one of their 2021 40 Young Leaders.

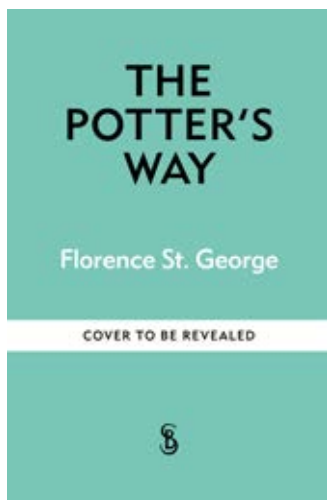
@ItsEmilyKaty
www.authenticallyemily.uk,

WWW.OCTOPUSBOOKS.CO.UK



The Potter's Way

Florence St. George



An inspirational journey into the therapeutic powers of pottery from *The Great Pottery Throw Down* contestant, Florence St. George.

Sometimes, the smallest things lead to the biggest changes. When struggling with depression and feeling lost after the birth of her daughter, Florence St. George began experimenting with a lump of clay on her kitchen table.

Pot by pot, bowl by bowl, she discovered that as her hands became busier, her mind grew calmer. In just a few years, Florence went from complete beginner to contestant on *The Great Pottery Throw Down*, learning what clay has to teach along the way: that creativity doesn't have to be expensive, that pottery is the perfect antidote to internet overload and that working with clay can ground you like nothing else.

In *The Potter's Way*, Florence shares her tips on how to get started on your own pottery journey, from hand-building pinch pots to throwing large-scale vessels on the wheel. This captivating book invites us all to slow down, reflect and experience the transformative power of creativity.

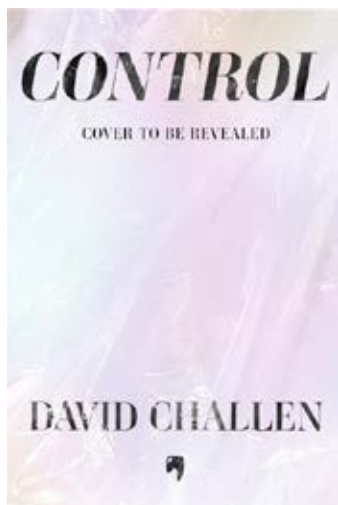
April 11, 2024
£10.99
256 Pages
Paperback
9781780726021

Florence St. George, also known as Flea, is a British ceramicist who discovered her love of clay after the birth of her daughter when she became ill with postnatal depression. In 2020, Flea became a contestant on *The Great Pottery Throw Down*. Demand for her work continues and she works with a factory in Portugal to produce limited editions of her designs. In 2021 she collaborated with the jewellery designer Monica Vinader and created an array of delicate stacking dishes for rings.



CONTROL

David Challen



The story of what abusive behaviour can do to a person, a family and how one woman's plight can change the justice system.

"On a Saturday morning in August 2010 my mother, Sally Challen, killed my father, Richard, at the family home with twenty blows of a hammer to the head. She was sentenced to life behind bars after suffering 40 years of abuse."

David Challen grew up in a household that was accustomed to his father's abuse and coercive behaviour - his criticisms, humiliations, manipulations and mind games. As David grew older, he realised there was something deeply wrong with the way his father treated their mother, Sally. Though she eventually left him, it was only weeks later that she murdered her husband of 31 years, leaving David with the most unimaginable moral dilemma: defending his mother.

Control tells the story of the abuse Challen unknowingly witnessed throughout his childhood, the coercive control that led to his mother, Sally Challen, killing his father, and the subsequent "trial that changed everything for women".

April 25, 2024
£20.00
288 Pages
Hardcover
9781914240263

£16.99
Trade Paperback
9781914240270

David Challen is a domestic abuse campaigner and keynote speaker. He successfully campaigned to free his mother Sally Challen in a landmark appeal recognising the lifetime of coercive control she suffered in February 2019.

David continues to speak out against violence against women, coercive control and recognising women's experiences in the criminal justice system.



Free Spirit

Tanya Sarne



An extraordinary life story of success, setbacks and survival set in London's Swinging Sixties, the crazy, drug-fuelled Hollywood of the '70s and the New York/London fashion scene of the '80s and '90s by one of the real-life inspirations for *Absolutely Fabulous*.

April 11, 2024
£10.99
352 Pages
Paperback
9781784728502

Free Spirit tells the extraordinary life story of Tanya Sarne and her triumphs, setbacks and survival.

Hers is a tale of resilience, of second and third chances and of global fashion success as the founder of Ghost, with a fanbase described by *Marie Claire* in the Nineties as 'bigger than the Spice Girls'.

Tanya's story is so much more than simply an account of incredible international fashion success (and excess). The only child of refugee parents, her life ranged from the London of the Swinging Sixties to the glamour and darkness of Hollywood in the early Seventies, to virtual destitution and abandonment with two small children in a Brazilian fishing village - all before she even dreamt of starting her own business ... or becoming one of the inspirations (with her daughter and Lynne Franks) for *Absolutely Fabulous*.

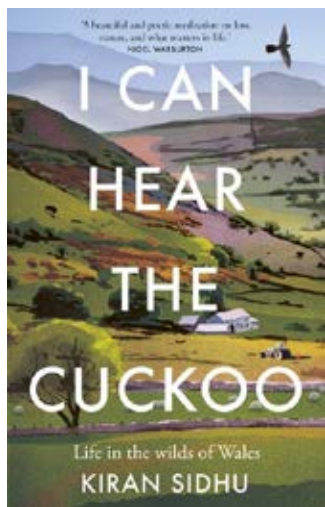
From busking with Andrew Loog Oldham before he managed the Rolling Stones, to being invited to stay with Sharon Tate the night of the Manson murders, Tanya is one of those people who seems to have fitted more into one life than most of us would fit into nine. But, above all, she is that still all-too-rare thing, a female entrepreneur who achieved true global success solely as a result of her own hard work and talent and entirely on her own terms.

After leaving university in 1967 with a degree in History, **Tanya Sarne's** early career choices included a stint as an actress, work as a fashion model and a script reader for Universal Films. In the mid-1970s, when her first marriage collapsed, she started selling alpaca jumpers from Peru to support her children. Thus began her involvement with fashion. She launched Ghost in 1984 and it became the 1990s' biggest independent fashion brand, famous for its outrageous parties and clothes that made women feel confident about themselves. The brand is now owned by Touker Suleyman.



I Can Hear the Cuckoo

Kiran Sidhu



A memoir about grief, nature, and what a small community in the Welsh valleys can teach us about life.

From the award-winning writer of *The New Yorker* short film, *Heart Valley*

Kiran Sidhu never thought she could leave London, but when her mother passes away, she knows she has to walk out of her old life and leave her toxic family behind. She chooses fresh air, an auditorium of silence and the purity of the natural world - and soon arrives in Cellan, a small, remote village nestled in the Welsh valleys.

At first, the barrenness and isolation is strange. But as the months wear on, Kiran starts to connect with the close-knit community she finds there; her neighbour Sarah, who shows her how to sledge when the winter snow arrives; Jane, a 70-year-old woman who lives at the top of a mountain with three dogs and four alpacas; and Wilf, the farmer who eats the same supper every day, and teaches Kiran that the cuckoo arrives in April and leaves in July.

Tender, philosophical and moving, *I Can Hear the Cuckoo* is a story about redefining family, about rebirth and renewal, and respecting the rhythm and timing of the earth. It's a book about moving through grief and the people we find in the midst of our sadness - and what this small community in the Welsh countryside can teach us about life.

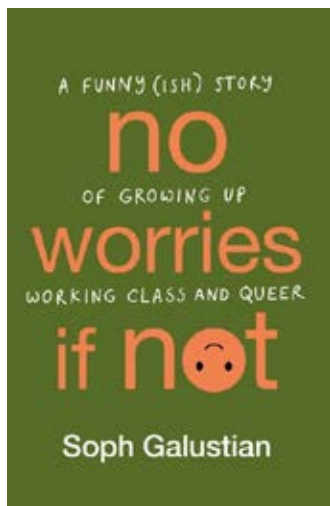
April 25, 2024
£10.99
320 Pages
Paperback
9781856754996

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



No Worries If Not

Soph Galustian



My Mad Fat Diary by Rae Earl meets Holly McNish: *No Worries If Not* is a darkly comic, hugely relatable, unflinching account of the testing moments growing up as a young, queer, working class woman.

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

This book is for anyone who was raised struggling, anyone who wrestled with coming out, who accidentally killed their childhood pet, who has lost the person closest to them...

Filled with flashbacks to the 2000s/2010s, *No Worries If Not* is equally for the straights and the gays, the rich and disadvantaged. In this book Soph offers a space to reminisce and laugh at life's misfortunes.

A comedy writing star, Soph Galustian's debut book *No Worries if Not* is a must read!

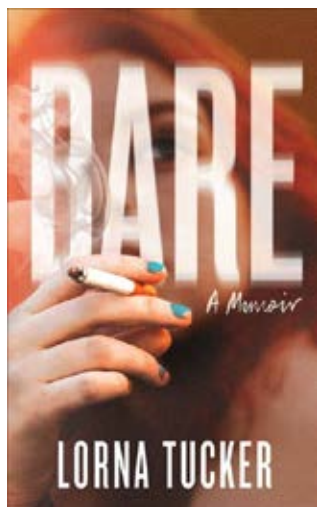
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9781804190265

Soph Galustian is a born-and-bred Mancunian writer and actress of Armenian heritage, who specialises in comedy writing and spoken-word poetry. She can currently be seen in Channel 4's *Everyone Else Burns* along Simon Bird. This is her first book.



BARE

Lorna Tucker



**The first female homeless memoir
published in the UK.**

Aged 15, Lorna was living on the streets of Soho, trying to avoid abuse and rape whilst battling an addiction to heroin. She worked as an escort and a stripper, lost custody of her daughter, and relapsed multiple times. But, somehow, and unlike most of the people imprisoned by the streets, Lorna didn't just survive but she flew.

'I've dodged through these streets for a lifetime. I realise I have never stopped running since the day that I left the streets, never sat still, never found peace. But the process of unpicking my life means that, for the first time ever, I am actually facing what I have to do. It's time to tell my story.'

On any given night, tens of thousands of families and individuals across the UK are experiencing homelessness. One in three people sleeping rough have experienced violence and are nine times more likely to take their own life.

May 23, 2024
£20.00
288 Pages
Hardcover
9781914240737

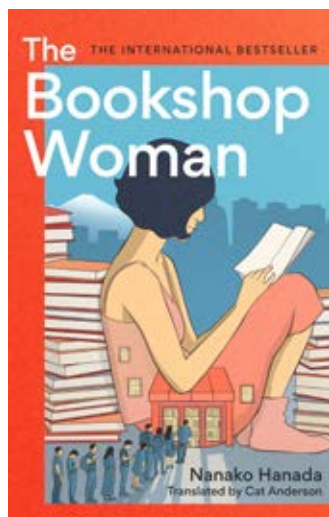
Lorna Tucker is a film director. In 2018, Lorna released her first feature feature documentary *Westwood: Punk, Icon, Activist* and it debuted to great acclaim at the Sundance Film Festival. In 2018 Lorna was named by both Harpers Bazaar and Elle Magazine as one of the five biggest breakout female film makers of the year . She was also included in the Evening Standard's 2018 Progress 1000 list of London's most influential people.



The Bookshop Woman

Nanako Hanada

Translated by Cat Anderson



A heartwarming true story of how one woman in crisis turned her life around by meeting people off a dating website and giving them personalised book recommendations.

Nanako Hanada's life is in crisis. Recently separated from her husband, living in youth hostels and internet cafes, her work is going no better. Book sales at the eccentric Village Vanguard bookstore in Tokyo, which Nanako manages, are dwindling. Fallen out of love in all aspects of her life, Nanako realises how narrow her life has become, with no friends outside of her colleagues, and no hobbies apart from reading and arranging books.

That's when Nanako, in a bid to inject some excitement into her life, joins a meet-up site where people meet for 30-minute bursts to find romance, build a network, or just share ideas. She describes herself as a sexy bookseller who will give you a personalised book recommendation. In the year that follows, Nanako meets an eclectic range of strangers, some of whom wanted more than just a book, others she became real friends with.

Written with a subtle but sharp sense of humour, *The Bookshop Woman* is a heart-warming book about a bookseller's self-discovery. It offers a glimpse into bookselling in Japan and the quirky side of Tokyo and its people. Books, once again, offer inspiration and serve as channels for human communication.

June 6, 2023
£16.99
Hardcover
9781914240775

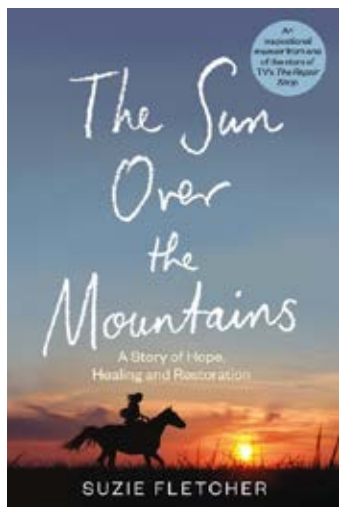
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Trade Paperback
9781914240812

Nanako Hanada (1979-) is a bookseller in Tokyo. Her first book, *The Bookshop Woman*, was an unexpected uplifting Japanese bestseller which has sold 60,000 copies and was adapted into a TV drama, the royalties allowed Nanako to open up her own bookshop, Kani Books in Tokyo.



The Sun Over The Mountains

Suzie Fletcher



A memoir of hope, healing and restoration, from star of TV's *The Repair Shop*, Suzie Fletcher.

Suzie Fletcher is the warm and friendly face on TV's *The Repair Shop* that viewers look forward to watching every week as the resident leather expert - a craft she has honed over four decades and was born out of her love of horses. But while she tends to be the one repairing and offering a gentle kindness to others, Suzie has also been in a process of change, reflection, and healing.

In her first book Suzie looks back over her life - which moves from England to Colorado and back again - and the places, people and experiences that have shaped the person she is today. We'll hear for the first time, how Suzie has overcome some of life's most difficult challenges, from complicated relationships to grief.

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

June 20, 2024
£10.99
256 Pages
Paperback
9781804190562

Suzie Fletcher is the resident leather expert on BBC's *The Repair Shop*. Originally from Oxfordshire she has been in the industry for over four decades.

Suzie is an avid fan of horses and her love for them began in her childhood, which lead to her career in saddle making and restoring.



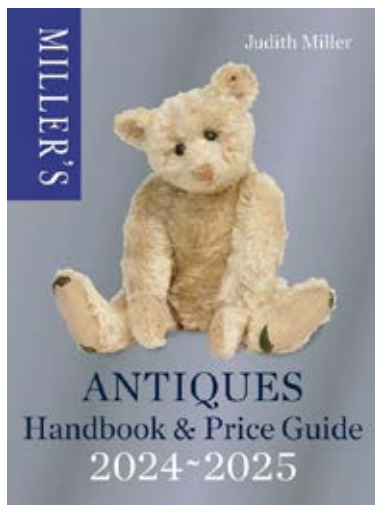
MILLER'S





Miller's Antiques Handbook & Price Guide 2024-2025

Judith Miller



If you want to know the value of your antiques - or find out how the antiques market is faring - the world's bestselling antiques price guide is the place to look.

Miller's Antiques Handbook & Price Guide remains the essential and trusted guide to the antiques market. It has earned the reputation of being the book no dealer, collector or auctioneer should be without. Compiled by the late Judith Miller, world-renowned antiques expert and co-founder of the book, the guide features more than 8,000 antiques.

Comprehensive sections cover Ceramics, Asian Antiques, Furniture, Glass, Silver and Metalwares, Jewellery and objets de vertu, Clocks and Watches, Books, Textiles, Toys, Decorative Arts and Modern Classics. Special features explain why one piece is worth more than another, show how to value an item and teach you to be your own valuer. Biographies of designers and factories give the background information you need to help date and value objects, while special 'Judith Picks' sections give fascinating background and valuation details for particularly interesting or unusual objects.

May 9, 2024
£45.00
600 Pages
Hardcover
9781784728373

Judith Miller was one of the world's leading antiques experts. She first began collecting in the 1960s while a student at Edinburgh University, and continued to extend and reinforce her knowledge of antiques through international research. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and went on to write more than 100 books which are held in high regard by collectors and dealers.

PHILIP'S



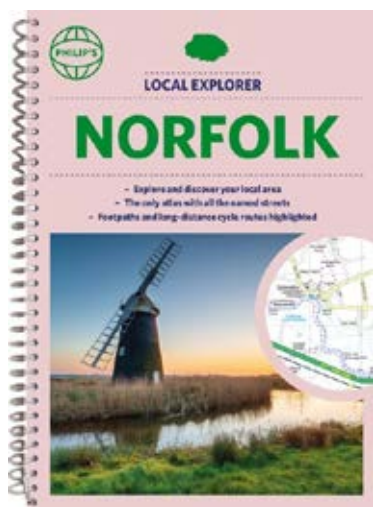


Philip's Local Explorer Street Atlases

Who hasn't explored and enjoyed their surrounding area in recent years and come to appreciate what is on our respective doorsteps? Philip's have created this new series 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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If you do have to travel to reach areas you'd like to explore, all A and B roads are clearly shown on our Route Planner and we include all the large-scale town and city plans. Exceptional detail allows the user to pinpoint exactly where they need to go and the best route to follow.



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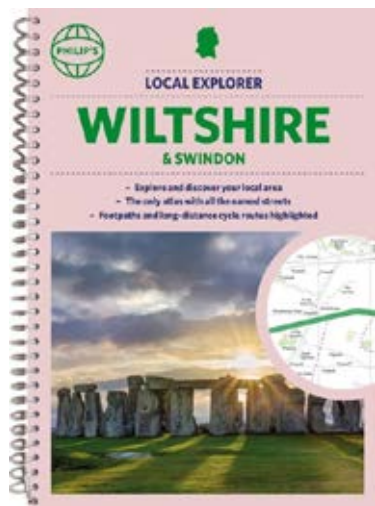
224 Pages

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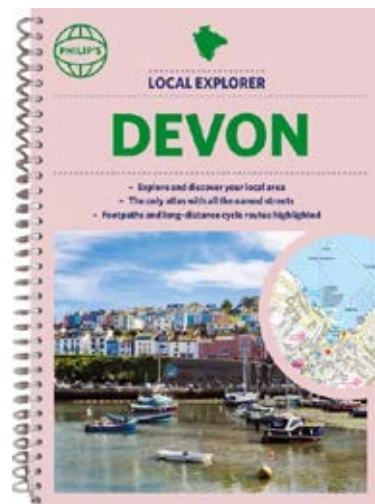
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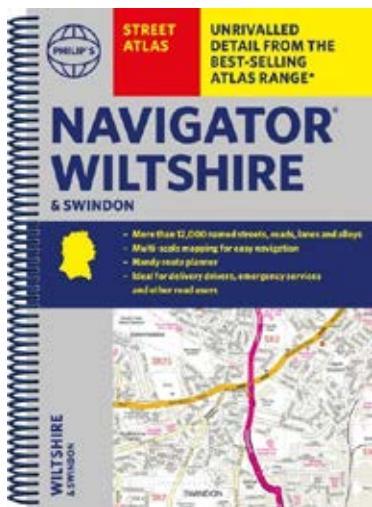
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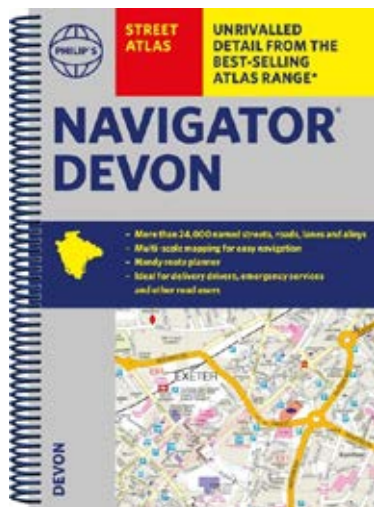
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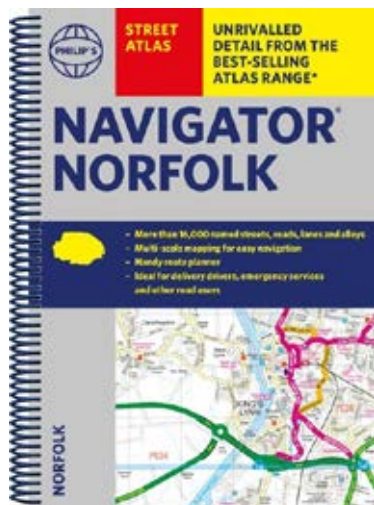
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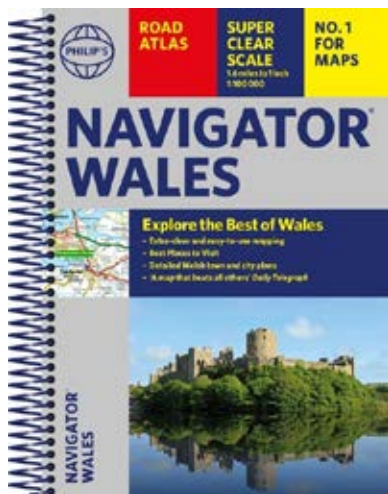
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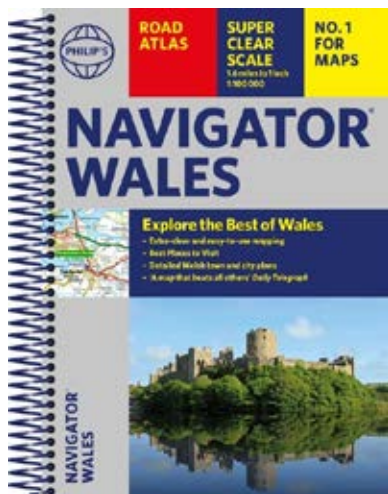
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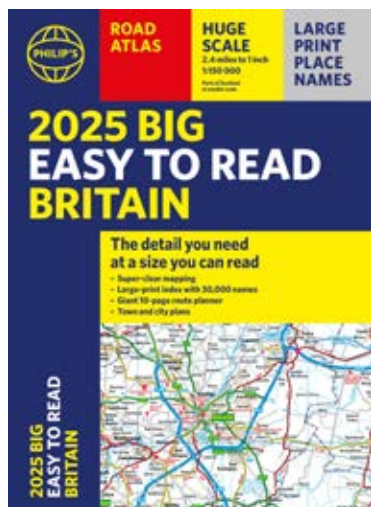
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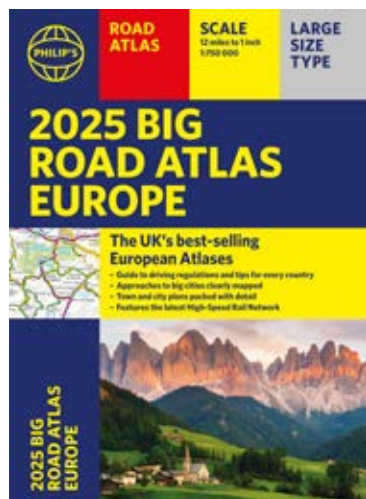
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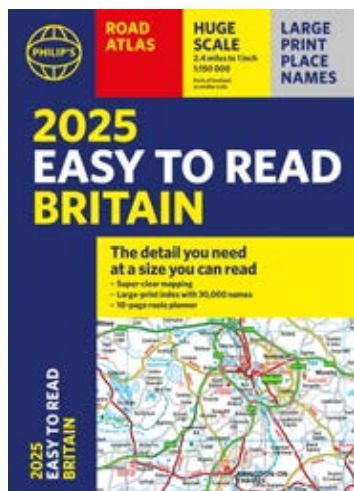
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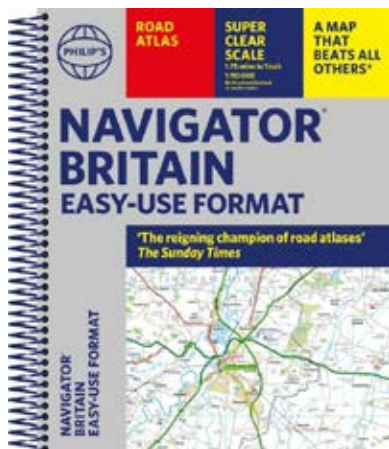
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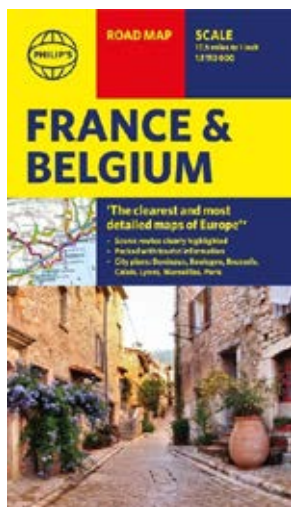
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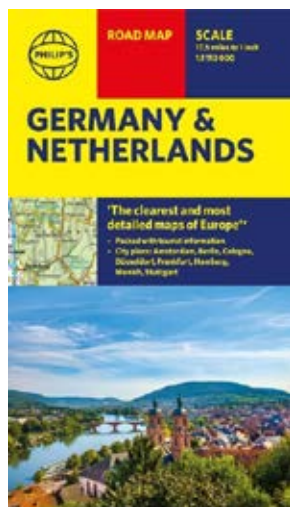
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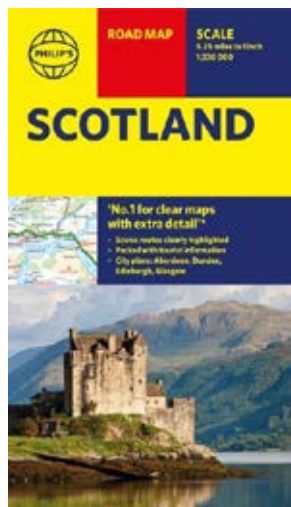
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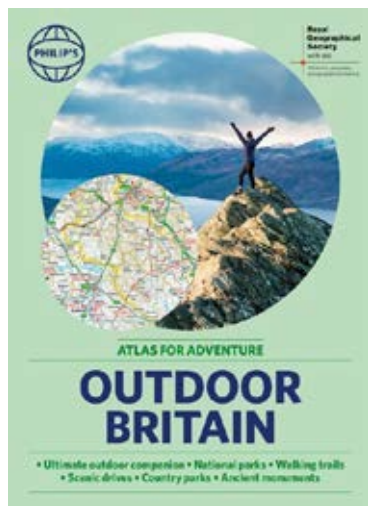
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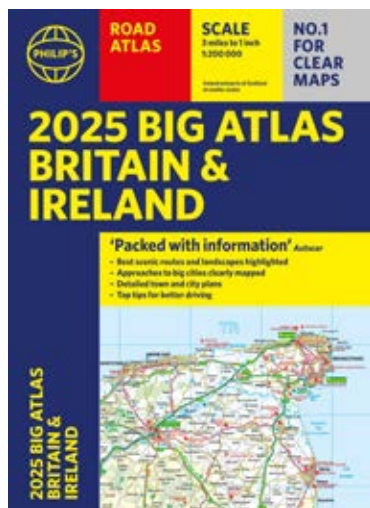
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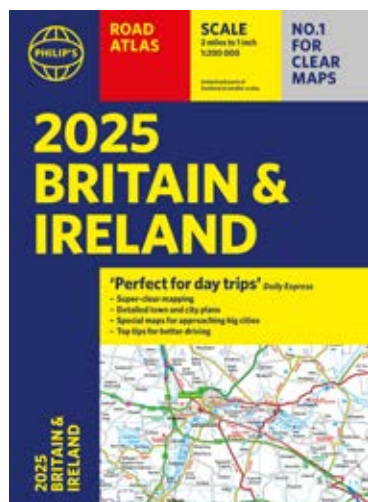
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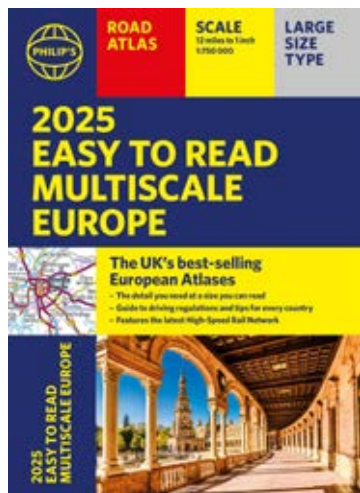
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