



OCTOPUS

New Titles

2024

July - December



Welcome to the Octopus New Titles Catalogue July ~ December 2024

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FOOD & DRINK



Dancing on Eggshells John Whaite



A fascinating memoir from the Bake Off Winner, Strictly Runner Up and popular TV Baker

July 18, 2024
256 Pages

9781804191507
Paperback
£10.99

'We come for the glitter, but instead we get the grit, in stories told with insight, tenderness and joy.' - Russell T Davies

With a foreword by Steph McGovern

Well-known as the winner of the third series of *The Great British Bake Off* and runner up of *Strictly Come Dancing* with his same-sex dance partner Johannes Radebe, John Whaite's personal story is a complicated narrative of contradictions, highs and lows, told with tenderness, joy, insight and wit, but also unflinching honesty.

A shy little boy from rural Lancashire, who was scared to sleep alone and danced a little 'too gay' at family weddings, he was also an unruly teen who shaved a checkerboard pattern into his hair and refused to conform.

From childhood his life has revolved around food - his parents owned a fish and chip shop where John worked in the back peeling potatoes - but for long periods he has been haunted by bulimia and body dysmorphia and not a day goes by when he doesn't worry about what or how much he eats.

He achieved TV fame but then seemingly wilfully chose to self-destruct, before finding the strength to pull back when he woke up in a car with half a kebab at his feet and chilli sauce on his shoes.

Through it all, his essential optimism has meant that he has chosen to take every step back as a chance to reassess and begin again, finally arriving at the realisation that external validation and fulfilment is transient - a distraction from the sometimes painful pilgrimage we make as we gain wisdom from our experiences.

John Whaite won the third series of *The Great British Bake Off* and was runner up of the 2021 series of BBC1's *Strictly Come Dancing* on which he was the first all-male pairing in the show's history. He is the author of five cookery books, *John Whaite Bakes: Recipes for Every Day and Every Mood*, *John Whaite Bakes At Home* (published by Headline), *Perfect Plates in 5 Ingredients*, *A Flash in the Pan* (published by Kyle Books) and *Comfort: Food to Soothe the Soul*, which was chosen as Book of the Year 2017 by BBC Radio 4's *Food Programme*.

John was a resident chef on ITV's *Lorraine* for 4 years and is currently resident chef and guest presenter on Channel 4's *Steph's Packed Lunch*. He is also a presenter on *Food Unwrapped* and is a regular chef for *Waitrose online*.

@john_whaite



Crazy Water, Pickled Lemons

Diana Henry



A culinary exploration of the Mediterranean, Middle East and North Africa

'A glorious and magical feast for the senses' - Claudia Roden

In *Crazy Water, Pickled Lemons*, Diana Henry has gathered together dishes that combine flavours in ways long forgotten - or not yet discovered - in many Western kitchens. Colourful, aromatic and perfumed ingredients, from leathery pomegranates with their insides bursting with ruby seeds, to flower-waters that allow you to drink in the scent of a garden, combine to bring an intoxicating whiff of warmer climes to your table and pleasure to your kitchen.

Contents Include:

The Spice Trail - Jewelled Persian rice; Harissa-marinated lamb with spiced mash & cinnamon onions

A Bowl of Fresh Herbs - Chermoula tuna with pomegranate couscous; Chilled avocado & coriander soup

Sweet Cloves & Liquid Gold - Catalan black rice; Salt-baked potatoes with crème fraîche & new season's garlic

Fruits of Longing - Provençal roast lamb with figs, goat's cheese & walnuts; Moroccan lamb & quince tajine

Heaven Scent - Meringue & rose cake with summer berries; Mangoes with orange blossom & sweet labneh

Discover the delicious flavours of the Mediterranean, Middle East and North Africa in this new edition of the first cookbook by bestselling, award-winning cookery writer Diana Henry

August 1, 2024
208 Pages

9781783255726
Hardcover
£26.00

Diana Henry is one of the UK's best-loved food writers with book sales of more than 950,000 copies worldwide. She has regular columns in the *Sunday Telegraph* and *Waitrose Weekend*, her work has appeared in *BBC Good Food*, *House & Garden*, *Delicious* and beyond, and her broadcast appearances include BBC Radio 4.

Diana has won numerous awards for her journalism and books, including Cookery Journalist of the Year and Cookbook of the Year from the Guild of Food Writers; Cookery Writer of the Year and Cookery Book of the Year at the Fortnum & Mason Food and Drink Awards; Food Book of the Year at the André Simon Food & Drink Book Awards; and a James Beard award. Her last four new books - *A Bird in the Hand*, *Simple*, *How to Eat a Peach* and *From the Oven to the Table* - were all instant *Sunday Times* Top 10 Bestsellers.

www.dianahenry.co.uk
@dianahenryfood



A Recipe for Every Day of the Year



A collection of 365 delicious recipes, one to cook on every day of the year, reflective of the changing seasons.

A Recipe For Every Day of the Year is a magnificent collection of recipes compiled to keep the yearlong menu interesting and varied. Reflecting the changing seasons and linking to events on key dates - pumpkin-spiced for Halloween, festive goose for Christmas - these mouth-watering dishes are perfect to share with the ones we love.

This book is a joyful celebration of all our tried-and-true favourite dishes, whether you're craving a hearty breakfast, or you want to tantalize your taste buds with an indulgent dinner.

Dive straight in to discover 365 recipes, with easy-to-follow instructions, covering many sweet and savoury dishes: including stews, casseroles, puddings, cakes, pot roasts, risottos and puddings.

This warm and soulful book is the perfect gift that will last the whole year, with a little bit of magic to read every day.

August 1, 2024
384 Pages

9780600638261
Hardcover
£20.00



School of Wok: Jeremy Pang's Chinese Kitchen

Jeremy Pang



Filled with step-by-step techniques and more than 80 irresistible recipes, School of Wok's Jeremy Pang shows you how to master Chinese cooking recipes and techniques. From homemade classics like Steamed wontons in chilli broth to indulgent meals like Succulent crispy chili beef, feast on delightful Chinese dishes with family and friends.

Contents Include:

Stir-frying - Garlic & egg-fried rice; Hong Kong-style fried noodles; Stir-fried Sichuan chicken

Deep-frying - Shiitake & chive dumplings; Salt & pepper chilli squid; Classic sweet & sour pork

Steaming - Steamed aubergine with spring onion & garlic dressing; Steamed stuffed tofu with soy dressing; Clay-pot chicken & mushroom rice

Poaching & Braising - Grandma's 'Lionhead' meatballs; Poached Hainanese chicken rice with ginger oil; Braised beef brisket soup

Roasting & Double-cooking - Cantonese roast duck legs; Crispy pork belly; Stir-fried green beans with chilli hoisin

Salads, Pickles & Sides - Flash-fried morning glory; Stir-fried pea shoots with garlic; Pickled lotus root & spinach

Author and TV chef Jeremy Pang comes from three generations of Chinese chefs. Jeremy attributes his love of food to his father, who was keen for him to experience exciting flavours and foods from a young age. Over the years, Jeremy's expertise in the Chinese food industry has continued to gain him recognition, winning both Rising Young Star and Best Specialist Cookery School at the British Cookery School Awards 2015. Since then, his recipes and work have been featured in a wide variety of publications, including *The Guardian*, *Independent*, *The Sunday Times*, *Delicious* & *BBC Good Food*. Jeremy has made regular TV appearances, including Channel 4's *Sunday Brunch*, ITV's *Ainsley's Food We Love*, *Nadiya's Family Favourites* and *Ready, Steady, Cook*. He has also hosted his own successful ITV show, *Jeremy Pang's Asian Kitchen* and is a regular panellist on BBC Radio 4's *The Kitchen Cabinet*. Jeremy's refreshing laidback, straightforward approach has helped him build an award-winning specialist cookery school in London called School of Wok.

@jerempang_official
@ChefJeremyPang
@schoolofwok

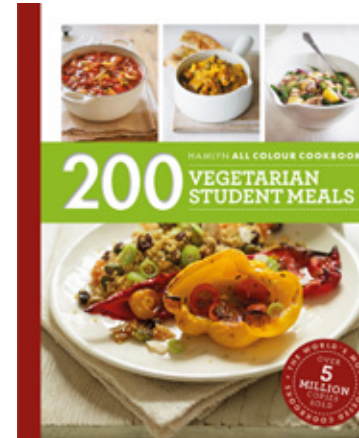
August 1, 2024
224 Pages

9780600638131
Hardcover
£25.00

WWW.OCTOPUSBOOKS.CO.UK



Hamlyn All Colour Cookery: 200 Vegetarian Student Meals



200 vegetarian student meals from the bestselling Hamlyn All Colour series

August 1, 2024
240 Pages

9780600638483
Paperback
£7.99

WWW.OCTOPUSBOOKS.CO.UK

A definitive guide to creating delicious vegetarian meals at university.

This flexible cookbook allows you to choose from a range of budget-friendly, easy and delicious vegetarian recipes. Even on days where you only have 10 minutes to cook, or when you don't have time for your food shop, you can still impress your friends with these tempting recipes.

With handy tips and tricks for cooking in a small university kitchen, this book will show you how to create a variety of great vegetarian dishes. Learn how to make quick breakfasts and midweek meals, and feast on snacks and delicious desserts with your friends.

Whether you're a complete novice in the kitchen or a seasoned chef, you won't run out of recipe inspiration with this book.

Contents Include:

Snacks & Light Bites - Deluxe eggs florentine; Camembert 'fondue' with honey & walnuts; Hot crumbed mozzarella balls

Soups & Salads - Hearty minestrone; Tricolore avocado & couscous salad; Broccoli & lemon pasta salad

Midweek Meals - Creamy courgette orzo pasta; Flash-in-the-pan ratatouille; Spring onion, dill & chive pancakes

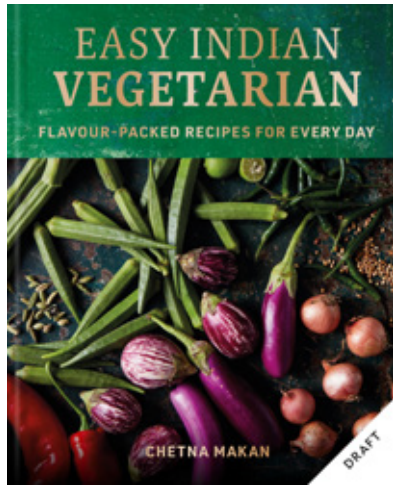
Comfort Food - Pesto & antipasti puff tart; Spicy szechuan tofu & vegetable stir-fry; Autumnal vegetable tagine

Desserts - Cookie dough brownies; Quick mini lemon meringue pies; Luscious Victoria & strawberry sponge



Easy Indian Vegetarian

Chetna Makan



Simple and delicious vegetarian recipes from the queen of Indian home cooking, Chetna Makan

August 15, 2024
224 Pages

9780600637752
Hardcover
£26.00

Chetna Makan was born in Jabalpur in Central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2004. Chetna was part of *The Great British Bake Off* in 2014 and since then has written 8 cookbooks. They range from baking, Indian street food, healthy Indian food, vegetarian and quick Indian. She also has a very popular YouTube channel *Food with Chetna* where she shares her creative flair for all things cooking and baking. She has previously collaborated with Jamie Oliver and Waitrose.

@chetnamakan

Chetna's newest book takes inspiration from the incredible vegetarian food that India has to offer. From deliciously spiced Gujarati thepla to indulgently sweet balushahi, Chetna's recipes celebrate the vibrant flavours of vegetarian Indian cuisine.

Featuring over 70 recipes with step-by-step instructions, you can easily recreate your favourite dishes at home. This book also includes a menu planner - perfect for everyday cooking on a busy schedule. Whether you're a meat-eater or vegetarian, you'll keep returning to this book for flavour-packed, creative and wholesome recipes.

Contents Include:

Snacks - Tomato chaat; Masala potato bonda; Chilli pakora

Veg - Chana dal & spinach; Yogurt onion curry; Papad courgette kadhi; Rainbow chard and peas sabzi

Dal - Black dal; Chana dal; Chickpea yogurt curry

Flatbreads - Onion paratha; Rice dosa; Masala puri

Rice - Vegetable & chickpea biryani; Green ginger pulao; Yogurt rice

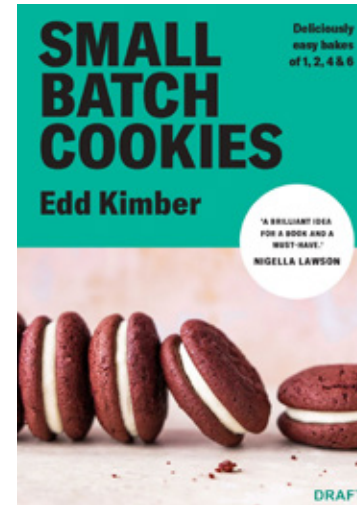
Sides - Sugar snap peas raita; Roast cauliflower raita; Coriander ginger chutney

Sweet - Balushahi; Jaggery treat; Coconut barfi



Small Batch Cookies

Edd Kimber



Foolproof recipes to make small batches of delicious cookies, from the first ever *Bake Off* winner and *Sunday Times* bestseller Edd Kimber, who boasts over 400k Instagram followers.

August 29, 2024
176 Pages

9781804191859
Hardcover
£22.00

Edd Kimber is a baker and food writer based in London. He is the author of *The Sunday Times* bestseller *One Tin Bakes* (2020) which also won the BBC Good Food, Guardian, New York Times and Washington Post Best Food Books 2020, as well as *One Tin Bakes Easy* (2021) and *Small Batch Bakes* (2022). Over the last ten years he has appeared on multiple television shows including *Good Morning America*, *The Alan Titchmarsh Show*, *Sunday Brunch*, *Saturday Kitchen* and, of course, on the original series of *The Great British Bake Off*, of which he is the inaugural winner. He regularly shares his knowledge at cookery schools and at food festivals around the world and also writes for multiple publications, including as the baking columnist for *Olive* magazine.

www.theboywhobakes.co.uk
@theboywhobakes

The latest book from *Sunday Times* bestseller Edd Kimber!

Craving a warm cookie, straight from the oven, but don't want to buy lots of expensive ingredients or make an enormous quantity to last for weeks? Then this is the recipe book for you!

Edd's tasty cookies are simple to make, with straightforward instructions and mouth-watering flavours. Only ever making a maximum of 6 biscuits, these are the perfect little treat. From Lemon Custard Creams to Sticky Toffee Cookies, Red Velvet Sandwiches and Mint Thins there is a perfect cookie for every moment, to be made just for you. The first ever winner of *The Great British Bake Off*, Edd is known for his reliable recipes and expert baking know-how, so even a beginner baker is guaranteed to find joy in these 70 sumptuous recipes.

Whether chewy or gooey, chocolatey or crunchy, a small batch of cookies makes everything better!

Praise for Small Batch Bakes:

'A brilliant idea for a book and a must-have' - Nigella Lawson
'You're always safe with Edd Kimber' - Diana Henry



The Monday Pasta Club

Ed Barrow



Delicious, easy and budget-friendly pasta recipes to be enjoyed throughout the week, from the Instagram sensation Monday Pasta Club.

Everybody loves pasta, but we all need some inspiration for new ideas, flavours and shapes. It's time to join The Monday Pasta Club!

Through The Monday Pasta Club - which posts a new pasta recipe every Monday at 5pm - Ed Barrow has built up a legion of fans. His recipes celebrate the versatility of one of the world's most-loved and easiest-to-cook ingredients. By varying your pasta shapes, flavour combinations and the time you have on hand, there are endless ways to enjoy a bowl of pasta.

The cookbook has a perfect pasta dish for every occasion, budget and time limit. The four chapters cover recipes ready in 10-15 minutes, 15-30 minutes, 30 minutes-1 hour and 1 hour+, and each include 5 vegetarian, 5 fish and 5 meat recipes.

From a super speedy Pistachio & Parsley Pesto pasta, to dishes that take a little longer like Sea Bass, Chilli and Lime Spaghetti and slow cooked treats such as Lamb and Rosemary Pappardelle, all of the recipes are delicious, easy-to-follow and celebrate the joy of pasta.

Ed Barrow is the founder of The Monday Pasta Club, a weekly recipe page dedicated to his love of pasta. A pasta recipe is posted every Monday at 5pm, and the account has built up a legion of fans, with more than 70k followers on Instagram. Originally a pastry chef, Ed set up The Monday Pasta Club during lockdown, after rediscovering a pasta machine he was given for his twelfth birthday.

www.themondaypastaclub.com
[@themondaypastaclub](https://www.instagram.com/themondaypastaclub)

August 29, 2024
 176 Pages

9781804191989
 Hardcover
 £22.00



Wine: Taste Pair Pour

Charlotte Kristensen



The indispensable guide to learning how to appreciate and understand wine, from wine writer and educator Charlotte Kristensen

The world of wine can be intimidating, with its huge variety of types and unfamiliar language, but in *Wine: Taste Pair Pour*, writer and educator Charlotte Kristensen sets out to empower the reader with accessible knowledge and practical advice. This book celebrates wine as a fundamentally sensory experience that can be enjoyed by all, with a focus on great tips for tasting, choosing and serving wine, and for pairing it with food.

- Learn how to taste and talk about key grapes and wine styles using your five senses to guide you
- Understand successful food and wine pairings, with sections detailing different food categories, each with delicious pairing recommendations and recipes
- Enjoy wine at home and out and about, with key knowledge on how to read a wine label, hosting with wine, tips for buying wine and getting the best out of a restaurant wine list

Charlotte Kristensen is a wine columnist, communicator and educator based in London. Prior to focusing on wine, she worked as a lawyer in the City of London. After falling in love with wine on a course in New York, Charlotte decided to leave the corporate world behind and made the leap into wine. In 2018, she set up her Instagram account [@thelondonwinegirl](https://www.instagram.com/thelondonwinegirl) to record her journey, and now has almost 20K followers from around the world.

Charlotte completed the prestigious Diploma in Wines with the Wine and Spirits Education Trust (WSET) in 2020 and is a certified WSET wine educator, teaching wine courses in central London. In 2022, she became the weekly wine columnist for *You Magazine* at the Mail on Sunday (2m+ readership) and produces monthly wine and food recipe videos for the [@youmag](https://www.instagram.com/youmag) Instagram channel (109k followers). Charlotte judges wine awards, runs supper clubs, produces lifestyle content and works with wine regions and brands from across the world, helping them tell their stories.

[@thelondonwinegirl](https://www.instagram.com/thelondonwinegirl)

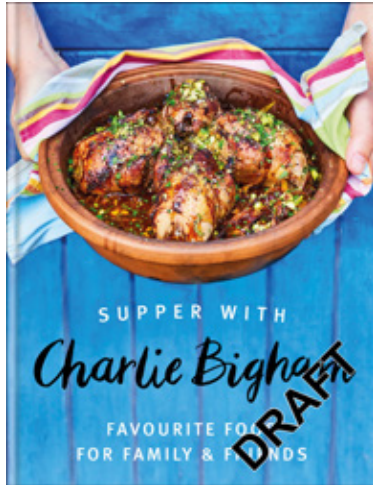
September 12, 2024
 224 Pages

9781784729288
 Hardcover
 £18.99



Supper with Charlie Bigham

Charlie Bigham



The first book of delicious, fuss-free recipes from Charlie Bigham, founder of the beloved supermarket food brand.

'I want food to be approachable, fun, not too fussy and bursting with flavour. When you enjoy making food, everyone enjoys eating it.' - Charlie Bigham

More than 100 relaxed supper dishes to enjoy at home with family and friends.

Supper with Charlie Bigham is a celebration of good-quality, fresh ingredients and how to use them to create delicious, fuss-free meals. The book contains more than 100 straightforward, easy-to-follow recipes, easy swaps to make the recipes work with what you have to hand, and ideas for scaling dishes up and down. Recipes range from standing-up starters to eat with a drink, to mains for eight or more people, to veg sides for sharing and simple puddings, giving plenty of options for flexitarian family food and entertaining. Along the way, Charlie shares his life-in-food experiences and tips.

Recipes include:

- The Ultimate Lasagne
- Shakshuka
- Beetroot, Red Onion & Blue Cheese Filo Tart
- Fish Pie
- Bashed Chicken with Parmesan Breadcrumbs
- Orzo with Cherry Tomatoes and Dates
- Chocolate Torte with Caramelised Hazelnuts

September 12, 2024
240 Pages

9781784729493
Hardcover
£26.00

It all started in 1994 when, in a maverick move, Charlie Bigham quit his job to go travelling in India. Captivated by the tastes, colours, textures and aromas of the cuisine, he decided to set up a food business. By 1996 he had done just that. After perfecting three dishes in his home kitchen - Caribbean Lamb, Cajun Chicken and Salmon with a Dill Sauce - he went knocking on doors and managed to find some upmarket London food shops who were up for stocking him. Then Waitrose were interested. Then Sainsbury's. Then Tesco. And the rest, as they say, is history.



Coffee Creations

Celeste Wong



The first book from top barista and coffee expert Celeste Wong, featuring 80 straightforward and delicious recipes for everything from hot and iced coffees to cocktails and coffee baking.

The first book from internationally renowned coffee expert and top barista Celeste Wong, *Coffee Creations* is a comprehensive and foolproof guide to every coffee beverage you might ever have contemplated making at home and some you haven't.

Celeste provides friendly and accessible advice on equipment, how to choose between beans, ground coffee and pods, as well as which roasts and flavours you should select to maximise on flavour and suit personal preferences.

Recipes are divided into chapters including:

- Master your 'traditional' barista creations at home: cappuccino, latte, flat white, macchiato and cortado.
- Hot days: iced lattes and cold brews.
- Cold days: Baileys and Biscoff lattes.
- Evenings in: coffee cocktails from espresso martinis to cold brew negronis.
- Novelty creations: dalgona, unicorn and orange juice and espresso.
- Baking with coffee: cheat's coffee ice cream and the perfect coffee and walnut cupcakes.

September 12, 2024
192 Pages

9781784729615
Hardcover
£18.99

Born in Dunedin, New Zealand, Celeste has held top positions in leading artisan cafes all over the world for well over a decade. Since migrating to the UK, she has been listed as one of five top baristas in the *Financial Times* and noted for her excellence in a plethora of other publications. She is the coffee expert at *Olive* magazine and has appeared on BBC One's *Saturday Kitchen* and NBC's *The Today Show* as a coffee expert.

@the_girl_in_the_cafe



Hugh Johnson's Pocket Wine Book 2025



'A thorough guide to just about everything worth drinking.'
The Times

'Space for only one wine book in your life? This is it.' Howard G. Goldberg, *The New York Times*

THE WORLD'S BESTSELLING ANNUAL WINE GUIDE

Hugh Johnson's Pocket Wine Book is the essential reference book for everyone who buys wine - in shops, restaurants, or on the internet. Now in its 48th year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide to wine.

Providing clear succinct facts and commentary on the wines, growers and wine regions of the whole world, the book also reveals which vintages to buy, which to drink and which to cellar, as well as the best growers to look for and why. *Hugh Johnson's Pocket Wine Book 2025* gives clear information on grape varieties, local specialities and how to match food with wines that will bring out the best in both.

This latest edition of *Hugh Johnson's Pocket Wine Book* includes a colour supplement on Pinot Noir, the world's most highly prized grape, discussing everything from variety and food pairings, to Pinot Noir sparkling wines and how climate change has affected the production of this grape.

Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* remains the world's bestselling annual wine guide. Its winning formula of insight, critical appraisal of the world of wine, plus valuable vintage news and wine recommendations has been often-imitated but never bettered.

Margaret Rand has been general editor of *Hugh Johnson's Pocket Wine Book* for some 15 years and now, with Hugh's retirement, has taken over the hot seat. The book's mix of personal insight and informed recommendations have made it the world's best-selling annual wine book.

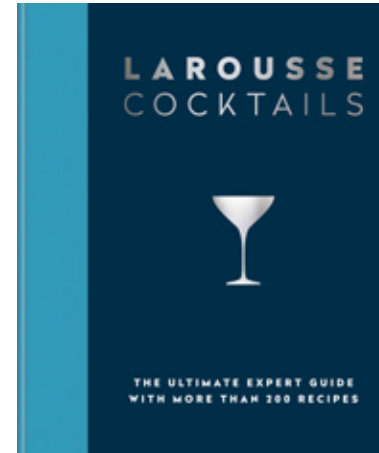
Margaret Rand's curiosity about wine started several decades ago and led her to a career of writing about wine and editing wine magazines, with the occasional foray into whisky. Her books include *Grapes & Wines* and *101 Wines to Try Before You Die*; she also writes regularly for *The World of Fine Wine*, *timatkin.com* and *winesearcher.com*. When she's not writing about wine she's probably walking, reading, or in the kitchen, cooking.

September 12, 2024
336 Pages

9781784728700
Hardcover
£15.99



Larousse Cocktails



More than 200 cocktails for every taste and occasion.

Learn how to make exquisite cocktails in the comfort of your own home. With inventive recipes and a complete guide to cocktail-making equipment, this book will help you master all the basics of bartending.

Featuring rum, gin, tequila, vodka, champagne, cognac and whiskey recipes, as well as non-alcoholic alternatives, this comprehensive guide is perfect for cocktail connoisseurs.

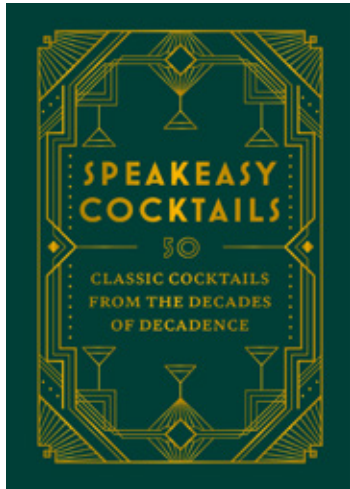
With *Larousse Cocktails* in hand - and a delicious cocktail in the other - you'll learn how to make the cocktails of your dreams, from reliable classics to extravagant creations.

The definitive guide to classic and timeless cocktails

September 12, 2024
352 Pages

9780600638537
Hardcover
£40.00

Larousse is the pre-eminent French cookery brand, publisher of the world-renowned classic *Larousse Gastronomique* since 1938. Larousse is synonymous with expert culinary advice that has been trusted by generations.



Speakeasy Cocktails: 50 Must-try Classics

A collection of ingenious prohibition-style cocktail recipes for the thirsty imbiber.

Prohibition in the United States may have banned liquor, but spirits still flowed freely in the back alleys, speakeasies, and countrysides - in fact, many of the best cocktails came out of (and long survived) those dry years. Whether it was to cover up a particularly unpalatable batch of hooch, or to stretch a little bit a long way, the Prohibition era birthed some of happy hour's most iconic - and creative - cocktails.

While some cocktails were invented during the 1920s, many cocktails that existed before the era just became more popular. From rum to gin cocktails, *Speakeasy Classics* offers 50 cocktails to tempt your senses and tickle your taste buds.

September 10, 2024
96 Pages

9780600638476
Hardcover
£8.99

Corner Shop Cocktails

The one-stop-shop for all your favourite cocktails

Covering all the classics, this book ensures you never again have to traipse from store-to-store searching for pricey syrups, unnecessary garnishes and hyper-specific components that you'll probably only use once. Instead, Corner Shop Cocktails eliminates all the fuss by using easily sourced, versatile ingredients to make inventive yet delicious drinks. Whether you fancy a Mojito, an Old-fashioned, a Bellini or a Negroni, you will find cost-conscious and convenient versions of all your favourite drinks.

With its clever hacks and easy swaps Corner Shop Cocktails fulfils a vital need for cocktail lovers everywhere, giving us the drinks we love with added convenience.

October 10, 2024
160 Pages

9780600638247
Hardcover
£14.99



60 creative cocktail recipes -
using easy-to-find ingredients
from your local convenience
store

WWW.OCTOPUSBOOKS.CO.UK



wagamama at Home



The latest cookbook from the
much-loved Asian restaurant
brand, celebrating
Wagamama's roots in
southeast Asian cuisine.

September 26, 2024
208 Pages

9781804191453
Hardcover
£22.00

Since opening its first restaurant in 1992, wagamama has grown to become a much loved global brand. With its Japanese ethos of Kaizen meaning 'good change' and its recipes based on the principles of egalitarianism, balance and simplicity, wagamama is a place where a bench, a bowl and fresh ingredients always provide a welcome.

Their previous books include *The wagamama Cookbook* (2005), *wagamama Ways with Noodles* (2006), *wagamama Feed Your Soul* (2019) and *wagamama Your Way* (2021).

In this latest book from the much-loved restaurant, wagamama goes back to its roots.

Wagamama invite you to join them as they travel through Japan, South Korea and Vietnam to reconnect with their origins. *wagamama at Home* celebrates their affinity with Asian cuisine, as well as their place as pioneers in Britain's Asian food scene.

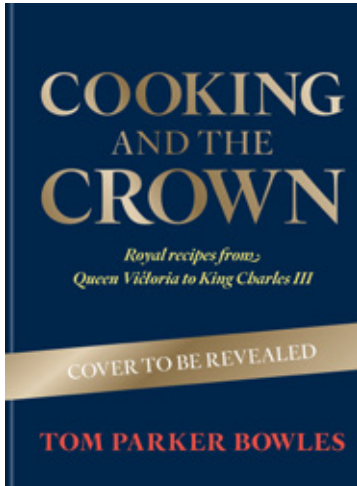
This odyssey through southeast Asia will provide the inspiration for a collection of brand new recipes, bringing exciting new trends, essential techniques and delicious flavours to the wagamama repertoire. The book will feature over 50 recipes, including restaurant favourites as well as at least 20 new dishes gathered from wagamama's travels.

WWW.OCTOPUSBOOKS.CO.UK



Cooking and the Crown

Tom Parker Bowles



Over 100 royal recipes for every occasion from Queen Victoria to the present day

Blending history, monarchy, and gastronomy, Tom Parker Bowles guides the reader on an adventure across royal culinary history

From breakfasts, picnic lunches and dinners, to coronations and state banquets, *Cooking and the Crown* showcases an abundance of beloved royal recipes for all seasons and occasions. Sophisticated creations feature alongside dishes of surprising simplicity, combining historical insights with modern tastes.

Each chapter is accompanied by fascinating tales of royal kitchens, chefs and culinary traditions. Weaving together material from the royal archives, contemporary accounts and personal insight, Tom Parker Bowles paints a vivid picture of royal tastes and traditions, as far back as Victorian times.

Contents Include:

Breakfast - Queen Camilla's porridge; Herrings fried in oatmeal; Kedgeree

Lunch - Salmon fishcakes; George V's curry; Buckingham Palace mutton pies

Tea - Queen Mary's birthday cake; Sandwiches a la Regance; Welsh teabread

Dinner - The King's wet martini; Oeufs drumkilbo; Sardine diable savouries

Pudding - Bombe Glacée Princess Elizabeth; Rod grod; Mango melba

September 26, 2024
240 Pages

9781783256068
Hardcover
£30.00

Tom Parker Bowles has been an award-winning food writer for over 20 years, is the author of eight books on food (including the bestselling Fortnum & Mason cookbooks) and is the restaurant critic for *The Mail on Sunday*. He is also a contributing editor for *Esquire*, *Country Life* and *Condé Nast Traveller*, plus a regular judge on the BBC's *Masterchef*.

Tom is a godson of King Charles III, and his mother, Camilla, is Queen.

@tomparkerbowles



Home Made

Kate Humble



The newest cookbook from one of TV's best-loved presenters

October 10, 2024
256 Pages

9781856755054
Hardcover
£25.00

A collection of simple and sustainable recipes from farm to table.

Featuring inspiring stories from 20 people, *Home Made* celebrates everyone who makes and grows the food we eat. With over 60 recipes from Kate Humble's kitchen table, you can enjoy simple, quick and fuss-free meals.

Contents Include:

Snacks, Sides, Drinks & Other Things

Baba ganoush with flatbreads; Iris's Speculaas hot chocolate; Honey, almond & olive oil cake

Vegetarian

Apple, cheese & honey tart; Frying pan pizza bianca with porcini mushrooms; Roasted tomatoes with ricotta & garlic butter

Fish

Chorizo, prawn & butter bean stew; Maple & miso baked fish with noodle salad; Thai-spiced fish stew

Meat

All-in-one campfire hotdogs; Hoisin pork belly & cucumber in lettuce cups; One-pot spring chicken casserole

Puddings

Chocolate chip cookies; Plum tarte tatin; Tumbler lemon curd & raspberry 'cheesecake'

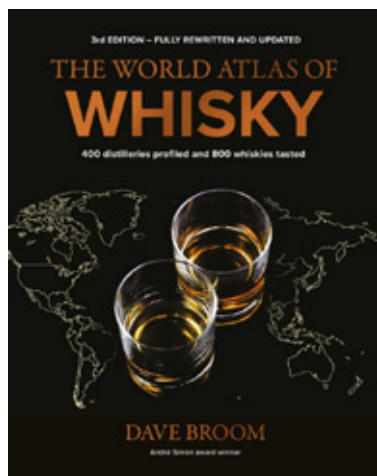
Kate Humble is a broadcaster and author of five books, including *Thinking On My Feet*, *A Year of Living Simply* and *Home Cooked*. A champion of the environment, nature conservation and rural affairs, she is president of the Wildfowl & Wetlands Trust and founded Humble by Nature, a rural skills centre on her farm in Wales. She lives with her husband and other assorted animals on a smallholding in the Wye Valley.

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The World Atlas of Whisky 3rd Edition

Dave Broom



This new, fully updated and revised edition of *The World Atlas of Whisky* provides an in-depth, comprehensive journey through the history, process, distilleries and expressions of world whiskies.

'The best whisky book ever - a must-read for drinkers!' - *Forbes*

'The perfect go-to reference guide for the whisky lover's bookshelf' - *Whisky Magazine*

As of 2022, the global American Whiskey market was estimated at USD 11825.64 million, and it's anticipated to reach USD 20546.52 million in 2028. Whisky has become the best-selling spirit category for on-premises consumption in recent years in the US. There are now approx. 2,000 distilleries in the US – increasing by more than double in the last decade.

Award-winning author and whisky expert Dave Broom profiles more than 400 distilleries and explores more than 800 whiskies. There has been major growth in the world of whisky in the last decade, with many more distilleries opening, and this new edition brings the world of whisky right up to date.

The World Atlas of Whisky is the only guide both the connoisseur and newcomer will ever need in order to understand everything there is to know about the world of whisky. This is a beautifully illustrated, in-depth and comprehensive journey through the history, process, distilleries and expressions of world whiskies, featuring detailed full-colour maps. Heritage, romance, flavour and craftsmanship are all celebrated in this complete study of this most versatile of drinks.

Dave Broom's previous books include *Whisky: The Manual*, *Gin: The Manual*, *Rum: The Manual*, *The Way of Whisky* and *A Sense of Place*. He has won many awards, including four Glenfiddich prizes and, in 2013, he won the prestigious IWSC Communicator of the Year Award. In 2015, he won The Spirited Award for Best Cocktail & Spirits writer, in 2018, an André Simon prize, and in 2020, a Fortnum & Mason award for Drinks Writer of the Year.

He has been a contributing editor to *Whisky Magazine*, *scotchwhisky.com* and *Malt Advocate*. In 2020 he started his own website *thewhiskymanual.uk*. Dave has made two films, *Cuba In A Bottle* and *The Amber Light*. The latter, an examination on whisky and Scottish culture, won Best Programme at the 2020 Fortnum & Mason awards.

Over his three-plus decades in the field, Dave has built up a considerable international following with regular training/educational visits to Japan, France, Holland, Scandinavia, Germany, Africa and North America. He is actively involved in whisky education and also acts as a consultant to major distillers on tasting techniques as well as training professionals and the public. Dave has also worked with Suntory in developing a language of tasting that communicates Japanese concepts to English speaking audiences.

October 10, 2024
352 Pages

9781784726737
Hardcover
£40.00



In Fine Spirits

Joel Harrison & Neil Ridley



The warm, authoritative guide to the global world of spirits across whisky, tequila, rum, vodka, vermouth and more, including the history, culture and cocktails behind each one, by the award-winning authors of *Distilled* and *60-Second Cocktails*.

October 10, 2024
224 Pages

9781784729387
Hardcover
£20.00

From the winners of the Fortnum & Mason Drink Book of the Year

'Joel Harrison and Neil Ridley explain everything you need to know to appreciate a distillate.' *Whisky Magazine*

The culture of enjoying quality spirits and liquors is now in a new golden age.

Following in the footsteps of renowned drinks experts Joel Harrison and Neil Ridley's award-winning debut, *Distilled*, *In Fine Spirits* is a warm and approachable guide to the world of distilled drinks. Across whisky, tequila, rum, vodka and vermouth, as well as no and low-alcohol alternatives, it examines not just how each spirit is made, but also the culture, history, cocktails and characters key to the success of each.

In Fine Spirits is designed for anyone who wants to understand more about the distilled drinks in their cabinet, as well as the colourful history and narratives of the countries, drinks, bars and people that have helped create the global renaissance of luxury liquor and fine spirits.

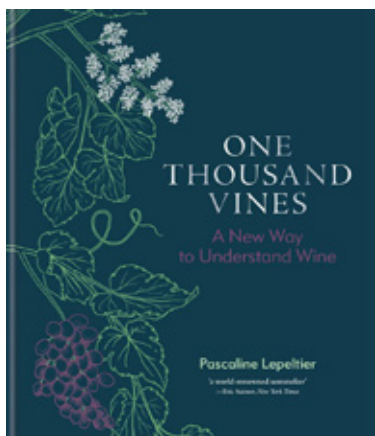
Joel Harrison & Neil Ridley are at the forefront of providing expertise and innovation in the drinks world. From whisky to gin, cognac to cocktails, the duo has a wealth of knowledge to share with audiences across the globe. They have written seven books on whisky and distilled drinks, winning the 2015 Fortnum and Mason Drink Book of the Year Award for *Distilled*. They are both Keepers of the Quaich, one of the highest accolades in the Scotch whisky industry, were made Mousquetaires d'Armagnac in recognition of their services to the global promotion of the brandy, Rectifiers of the Gin Guild for their work within the growing gin market and are both Liverymen for the Worshipful.

As well as writing for a number of different publications around the world, such as the *Telegraph* and *World of Fine Wine*, they also appear regularly on TV, including Channel Four's *Sunday Brunch* where, for the past six years, they have acted as the show's most enduring drinks experts.



One Thousand Vines

Pascaline Lepeltier



The much-anticipated first book by one of the most highly regarded women in the world of wine, the French-born, US-based star sommelier Pascaline Lepeltier.

Does terroir really matter? What are the origins of wine and food pairings? Has professional wine tasting led to a uniformity of taste? Are we killing vines by the way we cultivate them? Is it paradoxical to talk about natural wines? How do economics influence wine styles?

One Thousand Vines isn't an encyclopedia or atlas but it answers all the important questions about wine and offers the reader keys to understand the links between the bottle and the producers, terroirs and vineyards which give birth to it. With a refreshingly unique approach, star sommelier Pascaline Lepeltier offers those curious about wine not only the answers but also the tools to understand it by oneself.

The book contains three parts - Reading the Vines, Reading the Landscapes and Reading the Wines - each broken down into chapters and shorter sub-chapters. The reader is invited to dive in as they wish: by reading from start to finish, or by picking out topics of interest, creating their own paths, connecting dots and discovering new perspectives.

In imparting the most up-to-date knowledge in the fields of botany, geography, history, sensory analysis, anthropology and gastronomy, *One Thousand Vines* challenges preconceived ideas about the vine and its wine. It explains where we are now, how we got here, and shows us a way forward - in how grapes will be grown, made into wine and sold and in how to taste and enjoy wine.

Pascaline Lepeltier is probably the most decorated female sommelier on the planet. She was born in the Loire Valley, and left an academic career in philosophy to enter the world of wine at a young age. After winning numerous awards and accolades in France, she moved to New York in 2009 to open the US outpost of the famed wine bar Rouge Tomate.

She became a leader in the natural wine movement (though that's only part of her scope of work) and was heralded one of the "New Prophets of Wine" by *TimeOut*, and a "Natural Wine Evangelist" by Ray Isle in *Food & Wine*. She then opened her own wine focused restaurant in Tribeca, first called Racine's and recently renamed Chambers, where she is building a similarly diverse and exquisite list. She is one of only 25 or so women to have been certified a Master Sommelier, and was the first woman to be named Meilleur Sommelier de France (MOF). Pascaline has written for various prominent wine guides and books in France - including *The World of Fine Wine*, *Art of Eating* and *Wine & Spirits* - and is a contributor to *The Oxford Companion to Wine*.

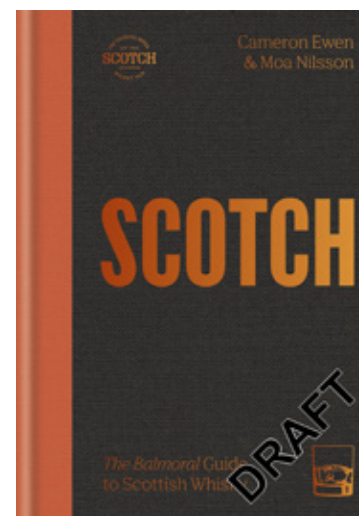
October 10, 2024
352 Pages

9781784729233
Hardcover
£45.00



SCOTCH

Cameron Ewen & Moa Reynolds



From the experts behind The Balmoral Hotel's world-famous SCOTCH whisky bar, this is an essential guide to everything you need to know about Scottish whisky.

October 24, 2024
224 Pages

9781784729516
Hardcover
£22.00

'This isn't just any Scotch bar...It is the Scotch bar.' *Forbes*

From the experts behind The Balmoral Hotel's world-famous SCOTCH whisky bar, this is an essential guide to everything you need to know about Scottish whisky.

SCOTCH contains answers to all the questions you might have wondered about whisky: should you add water, will your bottle go off, what does the colour of a whisky signify and are all Scottish whiskies peated? The book also includes 10 exclusive whisky cocktail recipes and a dedicated introduction to tasting whisky. Finally, 100 detailed profiles of the best Scottish whiskies available include tasting notes, a price guide and distillery descriptions, as well as a comment from SCOTCH's barman to accompany you on your tasting journey.

Complemented by beautiful, specially commissioned photography of SCOTCH bar, this is an essential purchase for every whisky drinker.

Spanning more than 50 distilleries including: Glenmorangie, Glenfiddich, The Macallan, The Glenlivet, Ardbeg, Bruichladdich and many more...

In 2013, The Balmoral, Scotland's most prestigious luxury hotel, brought to life its vision of opening SCOTCH, one of the best stocked whisky spots in Scotland, now home to around 500 Scottish whiskies from distilleries old and new.

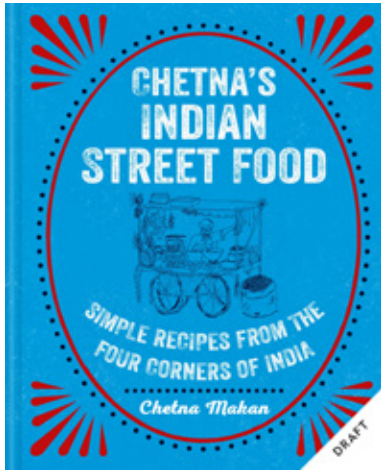
Whisky Ambassador and Bar Manager **Cameron Ewen** brings both knowledge and passion to SCOTCH. Having joined the team in 2015, Cameron has spent time with a variety of whisky producers, further increasing his knowledge of Scotland's greatest exports. His warm personality coupled with the relaxed ambience makes SCOTCH one of Edinburgh's must-visit bars.

Moa is a whisky writer and spirits judge. Her writing covers primarily Instagram, YouTube and blogging where she also collaborates with whisky brands from all over the world. She has contributed to publications such as the *Whiskey Wash*, *Whisky Magazine*, *Allt Om Whisky* and the Scotch Malt Whisky Society's *Unfiltered*. She won the Icons of Whisky Scotland (IWSC) Communicator of the Year 2021 and was shortlisted for the IWSC Spirits Communicator Award 2022.



Chetna's Indian Street Food

Chetna Makan



Explore exciting recipes from the streets of India's four biggest cities

Enjoy the best of Indian street food from the queen of Indian home cooking, Chetna Makan

Chetna Makan has travelled to the four corners of India - Mumbai, Kolkata, Delhi and Chennai - sampling the extreme varieties of street food on offer. Each area has subtle differences in ingredients and techniques, making the cuisine completely unique and full of character.

Chetna's Indian Street Food is a new edition of Chetna's delectable street food cookbook *Chai, Chaat & Chutney*. Chetna has taken inspiration from the street and created delicious recipes that are simple to cook at home. The result is a completely fresh take on Indian cuisine - try Tamarind Stuffed Chillis, Chana Dal Vada with Coconut Chutney and Sticky Bombay Chicken from the South or let your senses venture to the North for Chole, one of the ultimate curries, sweet Carrot Halwa, Pani Puri and Cardamom & Pistachio Kulfi.

Contents Include:

Chennai - Onion samosas; Sambhar; Lemon rice

Kolkata - Moong dal with cashews; Egg kathi roll; Aubergine curry

Mumbai - Papdi chaat; Sticky Bombay chicken; Vegetable pulao

Delhi - Paneer-stuffed paratha; Pani puri; Mango lassi

Chutneys & Masalas - Mint chutney; Curry leaf chutney; Chaat masala

November 7, 2024

240 Pages

9780600637769

Hardcover

£26.00

Chetna Makan was born in Jabalpur in Central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2004. Chetna was part of *The Great British Bake Off* in 2014 and since then has written 8 cookbooks. They range from baking, Indian street food, healthy Indian food, vegetarian and quick Indian. She also has a very popular YouTube channel *Food with Chetna* where she shares her creative flair for all things cooking and baking. She has previously collaborated with Jamie Oliver and Waitrose.

@chetnamakan



Preserving

Katie Caldesi & Giancarlo Caldesi



Covering Italian cured charcuterie, jams and chutneys, pickling, fermenting, freezing and pressure canning, Katie and Giancarlo combine traditional tried-and-tested methods with a thoroughly modern perspective.

November 7, 2024

304 Pages

9781804192405

Hardcover

£20.00

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.

www.caldesi.com

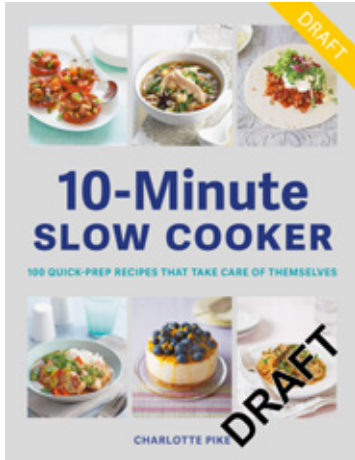
@KatieCaldesi

@MrCaldesi



The 10-minute Slow Cooker

Charlotte Pike



Over 100 easy slow-cooker recipes that take just 10 minutes of preparation

In 10 minutes or less, you can get dinner on the go and leave the slow cooker to do all the hard work.

With more than 100 recipes, The 10-minute Slow Cooker is full of delicious dishes that require only 10 minutes of hands-on time in the kitchen. It couldn't be easier!

From fresh and healthy meals to the ultimate home comforts, this book is full of hassle-free and healthy food that the whole family is bound to love.

Contents Include:

Vegetarian - Harissa & tomato chickpea stew with coriander yoghurt; Butter bean arrabbiata stew; Macaroni cheese

Chicken - Spiced coconut chicken; Mid-winter chicken casserole with root vegetables & herbs; Persian chicken stew with walnuts & pomegranate

Meat - Rosemary & olive lamb stew; Braised shoulder of pork with white wine, bay & black pepper; Guyanese-style beef pepper pot

Curries - Thai red chicken curry; Chickpea, sweet potato & spinach curry; Beef rendang with coconut & lemongrass

Sweet - Date, treacle & brown sugar sticky toffee pudding; Slow cooked spiced apple; Chocolate & tahini pudding with bananas & whipped cream

November 7, 2024
128 Pages

9780600638452
Paperback
£16.99

Charlotte Pike is a food and drink expert and professionally trained chef with over a decade of experience. Charlotte has written several award-winning cookery books, including *Fermented* and the *Hungry Student Cookbook* series. She is a member and former Chair of the Guild of Food Writers.

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@charlottepikefood
@Charlotte_Pike_



HOME & GARDEN



The Romantic Minimalist

Atlanta Bartlett



In this timely interiors book, design duo Atlanta Bartlett and Dave Coote explore a new type of minimalism. This isn't the 1990s version where lonely sofas sat in monastic empty rooms but an altogether softer approach. The emphasis is in appreciating the imperfect, encouraging self-expression and never compromising on comfort - all while keeping the core principles of simplicity, utility and elegance firmly in sight.

This new minimalism has romance and nostalgia at its heart. It celebrates the plain and simple things in life; loves old, time-worn treasures; shuns materialism in favor of sustainability and creates a home to soothe the soul. The book includes stunningly photographed case studies of homes, alongside chapters on topics ranging from color usage and storage, to sustainability and sourcing found objects from nature. This is the perfect manual for curating elegant and soothing living spaces.

The ultimate guide to creating the perfect pared-back, romantic and soulful home.

Featured homes include:

- Coastal Dream
- Prairie Charm
- Country Industrial
- Ship Shape
- New England Haven
- Pretty in Pink

Atlanta Bartlett and Dave Coote are a British design duo known for their distinctive and eclectic approach to interior design and lifestyle aesthetics. Having each worked successfully in the magazine, photography and design industries, this prolific couple have been producing books, interiors, furniture, products, sets, magazines features and cabins, both together and individually, that have been highly sought after for the last 35 years.

Their combined client list ranges from Laura Ashley, John Lewis and Habitat to Elle Deco, Living etc and Red magazine as well as their many private clients. Together, Atlanta Bartlett and Dave Coote are the cofounders of Pale & Interesting boutique homeware store, their interior design consultancy, Bartlett-Coote Interior Design, and their locations agency, The Beach Studios.

Between them they have authored five books, *The Relaxed Home*, *At Home with White*, *Easy Elegance*, *Pale & Interesting* and *Keep it Simple* (all published by Ryland Peters & Small). These books explore their design philosophy of teaming old with new, contrasting rough with smooth, pairing femininity with utility, celebrating the handcrafted and rooting everything they do in a strong eco-conscious ethic.

September 12, 2024
224 Pages

9781784729547
Hardcover
£30.00



RHS Grow Your Own Veg Through The Year



This book will help gardeners to plan smart, grow sustainably, and eat healthily with home-grown crops every day of the year. Experts from the world-renowned Royal Horticultural Society pick the best vegetables available to plant today, and share their tips on how to grow them for best results, 365 days of the year. For each crop there is at-a-glance information on when to sow, plant and harvest and the best varieties to try. From the widest range of tomatoes and potatoes to more eclectic edibles such as okra and ginger, this book shows you how to:

The ultimate handbook for how to plan smart, grow sustainably and eat healthily with home-grown crops 365 days a year.

- Plan and manage timings to create a succession of crops for year-round harvests
- Choose vegetables, herbs, edible flowers and exotic edibles for the best home-grown taste
- Pick crops for every situation
- Plan ahead for a rainbow harvest and great gut health
- Grow crops using RHS sustainable practice to support eco-systems, and protect wildlife and the planet
- Feel confident with 120+ crops, grouped into families, with problem-solving tips and best varieties

September 26, 2024
288 Pages

9781784729400
Hardcover
£26.00

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



RHS Horti Curious

Ann Treneman



A glorious celebration of plants, gardens, and gardeners from *Times* columnist Ann Treneman - and the perfect gift for any gardener.

A glorious celebration of all things horticultural - a treasure trove for garden-lovers from the creators of the bestselling *Latin for Gardeners* and *Botany for Gardeners*.

This wonderfully diverse collection of facts, figures and foliage is a celebration of plants, gardens and gardening. All things horticultural can be found here, from the phantasmagorical to the practical and everything in between. Delve into the cut-throat world of the plant hunters. Meet the first garden gnomes. Find a recipe to create a cocktail flower garden. See the world through the eyes of a bee. Here is a book to inspire gardeners and dig down into all aspects of a horticultural world where plants can heal and hurt, attack and retreat, survive and even come back from the dead.

Beautifully illustrated with botanical diagrams and graphics, this miscellany will inform and delight gardeners and plant lovers. A 'pick and mix' of horticultural knowledge, it ranges from local to global, filled with maps, historical biographies, scientific explorations, plant profiles, fun and unbelievable facts, recipes and tips.

October 3, 2024
224 Pages

9781784729639
Hardcover
£19.99

Ann Treneman is a journalist and 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 writes the Notebook column for *The Times* and was previously the paper's chief theatre critic and their award-winning parliamentary sketch writer and feature writer. Having grown up in Oregon in the US, she now lives and gardens in Bakewell, England.

PETS & NATURE





Fix Your Dog in Three Easy Steps Leon Towers



Celebrity dog behaviourist Leon Towers gives owners a plan for training out any canine challenging behaviour in three easy steps.

Does your dog have a rogue recall? Is your garden a canine race track? Are you fed up with your pup barking every time you open the door?

By looking at three things: environment, mental stimulation, and diet, qualified dog behaviourist and nutritionist, Leon Towers, promises to transform any challenging canine behaviour - from biting to barking, and aggression to separation anxiety.

Drawing on science-backed strategies and decades of experience, Leon's approach has improved the lives of over 16,000 dogs so far. In this stress-free guide, he puts himself in your living room, and offers readers a personalised, easy-to-follow training plan, covering diet, exercise, mental stimulation, and more.

Including real-life case studies, a breakdown of all the theory, and a treasure trove of handy dos and don'ts, you'll not only shape up your four-legged friend, but also, sustain lasting, life-long results. Grab some treats, a squeaker, and a long (ish) lead, and let Leon turn you into the ultimate dog behaviourist, right from the comfort of your own den!

July 4, 2024
256 Pages

9781788405003
Paperback
£14.99

Leon Towers is a qualified dog behaviourist, nutritionist, and hydrotherapist who has spent the last 12 years improving the lives of over 16,000 dogs. He reported on Crufts in 2019 and is the host for Channel 4's hit shows *Embarrassing Pets* and *My Gay Dog*. *Meet the PAW-rents: Celebrities and Their Dogs* is his latest project with Channel 5.



Pigcasso Joanne Lefson



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

With a foreword by Dr Jane Goodall.

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

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

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

August 15, 2024
336 Pages

9781788404211
Paperback
£10.99

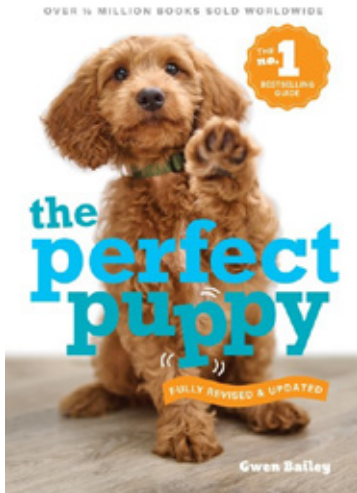
Joanne Lefson is an animal-loving entrepreneur and the founder of the dog adoption agency Oscar's Arc, which has saved the lives of thousands of shelter dogs since its inception in 2017. She is the founder of Farm Sanctuary SA, a sanctuary for rescued farmed animals - with a painting pig hogging the limelight. Pigcasso's abstract expressionist masterpieces have sold all over the world and have raised over \$1 million for the animal sanctuary.

Joanne's unique collaborations have been featured on ABC, NBC, CBS News, SABC, SKY News, ZDF, CNN and National Geographic as well as in The Times, The Sunday Times, USA Today and Der Spiegel. Her goal is to find a unique voice for vulnerable animals within a lost, loud world defined by human disconnect.



The Perfect Puppy

Gwen Bailey



With over half a million books sold worldwide, Gwen Bailey's original and best-selling puppy training guide is back - fully revised and updated for 2024.

THE NO.1 BEST-SELLING GUIDE - OVER 1/2 MILLION BOOKS SOLD WORLDWIDE

Gwen Bailey's ORIGINAL puppy training guide is back - FULLY REVISED and UPDATED for 2024!

Packed with the most up-to-date findings in canine behaviour and sporting a brand-new, user-friendly design, this stunning edition will teach how to raise a problem-free dog. From housetraining to games and shared activities, learn how to teach your dog good manners and build their confidence in the world around them. Complete with step-by-step training and socialisation plans, as well as no-nonsense guides to understanding and preventing biting, chewing, aggression, and other problems.

BRAND NEW content and UPDATES throughout.

- FRESH photography, that brings every lesson to life.
- The LATEST methods and practices, to stay ahead in the ever-evolving world of dog training.
- SUPER CLEAR, and USER-FRIENDLY layout
- Over half a million copies sold worldwide!

Join hundreds of thousands of owners across the world who have already transformed their puppies into healthy, happy and obedient companions.

August 29, 2024
240 Pages

9781788404662
Paperback
£16.99

Gwen Bailey (BSc Hons), ABTC-CAB, pioneered the use of animal behaviour knowledge in the rehoming of unwanted pets while working for a large animal welfare charity, where she was the Head of Animal Behaviour for 12 years.

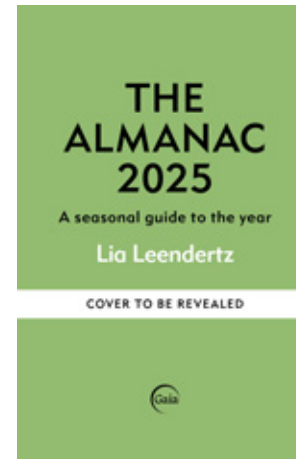
For the past 20 years, Gwen has been the Founder and Director of Puppy School, a UK network of puppy class tutors offering reward-based training classes run to a very high standard. Puppy School works with over 9,000 puppies per year in its 150 venues, and has collectively reached over 100,000 puppies since 2003.

Gwen has written 14 books on dog behaviour and training. She is a member and past Chairman of the Association of Pet Behaviour Counsellors and past Trustee for Battersea Dogs and Cats Home. She lives in Worcestershire with her husband and family of dogs, cats and alpacas.



The Almanac: A Seasonal Guide to 2025

Lia Leendertz



The eighth instalment of the bestselling and most-loved almanac on the market

August 29, 2024
288 Pages

9781856754682
Hardcover
£12.99

The original and bestselling almanac

Reconnect with the seasons in Britain and Ireland with this month-by-month guide to the world around us - including tide tables, sunrises and moon phases; wildlife and folklore; seasonal recipes and more.

The Almanac: A Seasonal Guide to 2025 gives you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way.

Divided into the 12 months, a set of tables each month gives it the feel and weight of a traditional almanac, providing practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights and beach holidays. And it's the ideal gift!

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

PRAISE FOR THE ALMANAC:

'Lia Leendertz's classic almanac never fails to delight' - *The Herald*

'It's a perfect Christmas present' - Allan Jenkins, *The Observer*

'The perfect companion to the seasons' - India Knight

'Indispensable' - Sir Bob Geldof

'This book is your bible' - *The Independent*

'I love this gem of a book' - Cerys Matthews

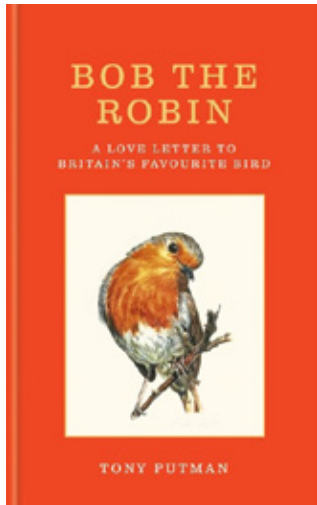
Lia Leendertz is an award-winning garden and food writer based in Bristol. She presents a monthly podcast, 'As the Season Turns', about what to look out for in the month ahead and writes a free monthly newsletter, 'Lia's Living Almanac', which you can sign up for at the address below. Her reinvention of the traditional rural almanac has become an annual must-have for readers eager to connect with the seasons, appreciate the outdoors and discover ways to mark and celebrate each month.

www.lialeendertz.com
lialeendertz.substack.com
@lia_leendertz



Bob the Robin

Tony Putman



The story of an incredible friendship between one man and a wild robin, and a beautiful celebration of the nation's favourite bird

'When a robin appears, a loved one is near'

In 2019, Tony Putman was working as a gardener in Edenbridge, Kent, when he noticed a bold robin sitting on a branch of an old plum tree. The robin glanced in his direction as he approached, but he didn't move, so Tony grabbed his camera and took a photo. This would be the first of hundreds of photos that Tony would take of Bob the robin - and the start of an extraordinary friendship that would last for years.

As Tony shared his pictures on his social media account, Putman and Robin, he witnessed an outpouring of love - not just for Bob, but for robins in Britain everywhere, who populate our gardens with song and movement even on the direst winter days.

In this book, Tony shares his touching journey with Bob, and tells the story of our nation's unwavering affection for these magnificent creatures. This is an informative book about the life of a robin, as well as a beautiful love letter to these spirited and lively birds - who offer us a connection with nature, a moment of contact and a great source of comfort and joy.

October 10, 2024
256 Pages

9781856755313
Hardcover
£16.99

Tony Putman is a gardener and passionate wildlife photographer who has captivated the world with his enchanting relationship with a Robin and a Fox. Developing a friendship with both that demonstrates beautifully the extraordinary capacity for a connection between wildlife and humans, he has been captured on film by the BBC in compelling footage that has drawn comments from admirers all over the world. His story and his work has catapulted Tony to the attention of BBC *Springwatch*, Fox News USA and Belgian, Dutch and German television channels.

www.putmanandrobinsshop.com
[@putman_and_robin](https://twitter.com/putman_and_robin)



RSPB A Little Bird Told Me

RSPB and Dominic Couzens



A treasure trove of incredible facts about British birds, for budding birdwatchers or experienced birders alike

The perfect, fun-filled Christmas gift for birdwatching enthusiasts

Did you know that a bird's visible 'knees' are actually its ankles? Have you ever noticed that owls don't have eyeballs - they have eye tubes instead? Did you know that millions of house martins disappear in winter?

A Little Bird Told Me will answer all your burning questions about British birds. You'll never run out of wonderful facts to impress your friends and family!

This beautiful, illustrated gift book is a dip-in-and-out collection of bird-related trivia, with a mix of science, history, pop culture and everything in between.

The book will have a Christmas theme running throughout, covering birds synonymous with Christmas, activities in the winter, holiday traditions, history, culture and more. Perfect for birdwatchers of all ages, this fun-filled book is the best gift for anyone wanting to learn more about our feathered friends.

October 24, 2024
256 Pages

9781856755375
Hardcover
£16.99

The **RSPB** is the UK's largest nature conservation charity, working locally in the UK and around the world. The RSPB's vision is a shared world where wildlife, wild places and all people thrive. Their work aims to protect and restore habitats, save species, share knowledge, connect people with nature and help to end the nature and climate emergency. 'Nature is in crisis. together we can save it.'

rspb.org.uk

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).

www.birdwords.co.uk
[@dominiccouzens](https://twitter.com/dominiccouzens)



Baby Massage

Peter Walker



Give your baby the best start in life with this expert-led guide to baby massage, featuring massage techniques and relaxation methods

Learn how to soothe your baby with this essential guide to baby massage.

Touch is the newborn baby's first form of communication and a crucial part of their development. Regular massages are proven to have a number of physiological benefits. You will find that massaging your baby will help:

- relax your infant when stressed
- relieve wind and constipation
- improve muscular coordination and flexibility
- facilitate longer and deeper sleeps

This book is designed to help you perfect this essential parenting skill. Written by the international baby massage specialist, Peter Walker, this comprehensive guide demonstrates vital new massage techniques and sequences for young babies.

Featuring easy-to-follow, step-by-step photographic instructions, this book will guide you through baby massage and relaxation methods and help strengthen your bond with your little one.

July 4, 2024
96 Pages

9780600638292
Paperback
£12.99

Peter Walker is the world's foremost authority on baby massage. A trained physical therapist, he offers a certificated teacher training course in baby massage directed at midwives, health visitors, neonatal nurses as well as parents. He has written a number of books on the subject.

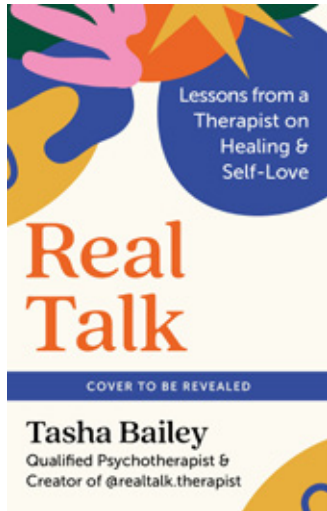
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HEALTH & WELLBEING



Real Talk

Tasha Bailey



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

July 4, 2024
272 Pages

9781804190890
Paperback
£10.99

Tasha Bailey is an accredited psychotherapist - specialising in trauma, self-love and creativity in therapy - and has established herself as one of the go-to experts on social media talking about mental health.

On Instagram, Tasha shares her insights with those who can't access therapy, helping people to reflect, recognise and take stock of their emotions. Tasha has a trademark playful, relatable, light touch but does not shy away from addressing tough questions about how and why we see ourselves the way we do and what we can do to fulfill our potential. She has contributed to, and been featured by, *Vogue*, *Stylist*, *Red Magazine*, *Buzzfeed*, *Refinery29*, *Cosmopolitan*, BBC Radio and more.

In September 2022 Tasha was named Health & Wellness Influencer of the Year at the bCreator Awards.

@RealTalk.Therapist

It's time to bring therapy out of the therapy room and into the real world.

In recent years, therapy and self-care have become familiar buzzwords, but it's clear that people are having to face their emotional difficulties without the tools and insight to work through them. Enter *Real Talk*: A book to enable readers to have genuine, authentic conversations with themselves, and to start the journey of healing their past experiences and cope with the challenges of modern life.

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

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

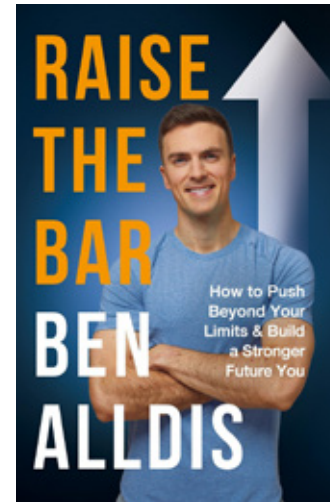
- Trauma & inner-child healing
- Love, trust, and attachment
- Family: intergenerational cycles of behaviour, rupture, and repair.
- Self-Esteem, bodies & sex

Real Talk contains a collection of lessons which the reader might typically learn in therapy. Tasha teaches readers modern language and ideas about mental health, exploring self-love and self-understanding. Connecting psychological theory, lived experience, references from modern day media and case studies from Tasha's work to create a more current, creative, and inclusive perspective of mental health.



Raise The Bar

Ben Alldis



In *Raise The Bar* one of Peloton's favourite instructors, Ben Alldis, tackles mindset, motivation and fitness and shows readers the power of unlocking potential, taking control of their life, and discovering and developing their talents.

August 1, 2024
288 Pages

9781804190616
Paperback
£10.99

Ben Alldis is a London based fitness and health expert, who is currently working at Peloton as a cycle & strength instructor. He joined the Peloton team in 2018, as the first UK male instructor. Combining this with his previous experience working in finance, Ben sits at the intersection of fitness, business, tech, music, sports, and entertainment. As a world class Peloton instructor, a NASM certified personal trainer and an experienced DJ, Ben is a unique hybrid of high-performance athlete, motivational coach, and a live performer. But he is first and foremost an educator and a coach and is on a mission to share his passion for fitness and health with as many people as he possibly can. *Raise The Bar* is his first book.

'Ben Alldis is a force. His attitude and drive are contagious.' - Max La Manna, author of *You Can Cook This!*

'Ben is never shy of sharing his positive energy, it's infectious and this book will help lift all spirits, not just physically but emotionally too' - Aimee Fuller, snowboarder and 2xOlympian

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

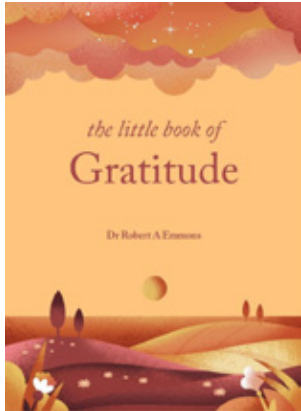
Raise The Bar is a narrative motivational book - with practical take homes too - that focuses on lessons and advice about drive, setbacks, defying expectations, support systems and challenging accepted behaviours, all told through stories and insight from Ben, who understands what it takes to set and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

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



The Little Book of Gratitude

Robert A. Emmons



Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives.

Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness.

Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect.

This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

A beautifully illustrated book exploring the subject of gratitude.

August 15, 2024
96 Pages

9781841815763
Hardcover
£8.99

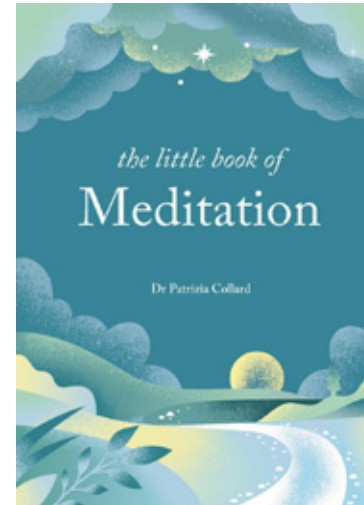
Robert A Emmons, PhD is Professor of Psychology at the University of California, Davis, where he has taught since 1988. He received his PhD degree from the University of Illinois at Urbana-Champaign. He is the author of nearly 200 original publications in peer-reviewed journals or chapters and has written or edited five books, including *The Psychology of Ultimate Concerns* (Guilford Press), *The Psychology of Gratitude* (Oxford University Press), *Thanks! How Practicing Gratitude Can Make You Happier* (Houghton-Mifflin) and *Gratitude Works! A Twenty-One Day Program for Creating Emotional Prosperity* (Jossey-Bass).

A leader in the positive psychology movement, Dr Emmons is founding editor and editor-in-chief of *The Journal of Positive Psychology*. His research focuses on the psychology of gratitude and thankfulness in both adults and youth, and how they are related to human flourishing. His interests also include the psychology and spirituality of joy and grace as they relate to human flourishing. Dr Emmons has received research funding from the National Institute of Mental Health, the John M Templeton Foundation, and the National Institute for Disability Research and Rehabilitation. His research has been featured in dozens of popular media outlets including the *New York Times*, *USA Today*, *US News and World Report*, *Newsweek*, *Time*, *NPR*, *PBS*, and *The Wall Street Journal*.



The Little Book of Meditation

Patrizia Collard



From the bestselling author of *The Little Book of Mindfulness*.

Meditation is an easy way to bring more peace and tranquillity into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion.

Dr Patrizia Collard, bestselling author of *The Little Book of Mindfulness*, shows you another way, with these fun and efficient exercises: just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head.

Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them.

The Little Book of Meditation is a beautifully colour-illustrated guide to daily meditations for a happier and healthier life.

August 15, 2024
96 Pages

9781841815770
Hardcover
£8.99

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioural Therapy for Dummies*, *Awakening the Compassionate Mind*, and *The Little Book of Mindfulness*.

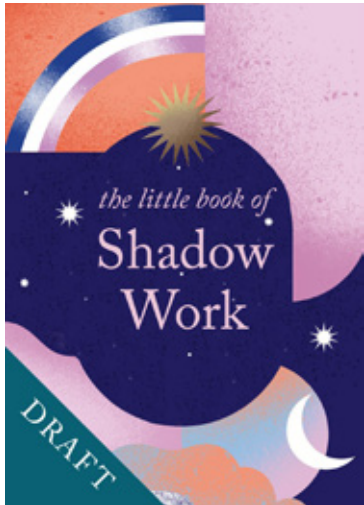
Dr Collard's wide range of approaches and methodologies include mindfulness-based cognitive behavioural therapy, rational emotive behaviour therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation and self-hypnosis.

Entermindfulness.com
@patriziacollard
@entermindfulness



The Little Book of Shadow Work

Richard Martyn



This illustrated guide to shadow work features simple exercises and prompts to help you face hidden fears and live a more fulfilling life.

TRANSFORM YOUR LIFE THROUGH SHADOW WORK

Shadow work involves delving into your subconscious to meet and heal your 'shadow self' - the 'darker side' of your personality. This often includes aspects of your self that you have repressed out of fear and shame because they do not conform to the environment around you. However, the memories we repress do not simply go away. Our emotional reactions and behaviour in the present day are often influenced by past experiences. For example, if you are often quick to become frustrated, angry or defensive, then this may be a sign that you need to address your shadow side.

Featuring beautiful illustrations, clear explanations, simple exercises and journal prompts, this pocket-sized guide is the perfect book to help you address, accept and overcome your shadow. You will find that shadow work helps you:

- Become more self-aware, and better understand your emotions, insecurities and triggers
- Gain self-confidence and self-acceptance
- Form healthier and more communicative relationships with others
- Approach yourself and others with more compassion
- Remove any creative blocks

August 15, 2024
96 Pages

9781841815886
Hardcover
£8.99

Richard Martyn is a qualified Shadow Work Practitioner who has been helping clients explore their shadow for several years. Richard was first introduced to shadow work in a men's group focusing on emotional support, where he discovered the transformative power of shadow work whilst unpacking his grief after being widowed. Richard then trained with the Healing the Shadow organisation founded by Marianne Hill in Frome. Richard is the father of two beautiful adults and resides in Coleford in Gloucestershire.

www.shadowworkforest.uk



Power Animals

Madonna Gauding



Step-by-step instructions for animal meditations, guidance on interpreting animal signs and messages and learn how to work with animal dreams and visions.

If you have never heard of spirit animals or power animals, you have come to the right place.

In Native American, Aboriginal and other shamanic cultures, animals have long been recognized as possessing important strengths and powers.

This beautifully illustrated book will teach you how to discover which animal guide has the most to offer you, and provides practical exercises for working with your spirit animal's healing powers and wisdom. Featuring exercises and step-by-step instructions to help you access the power of animals as guides and healers. This guide includes a comprehensive directory explaining the symbolism and significance of 75 animals of land, sea and sky as well as mystical creatures.

As you begin the journey of discovering your own power animal, you will be reminded that you inhabit a vast, interconnected universe. This profound realization is one of the best antidotes to depression and alienation. By working with power animals, through meditation, visualization and direct contact, you will be able to ask your power animal for advice, guidance, protection and healing.

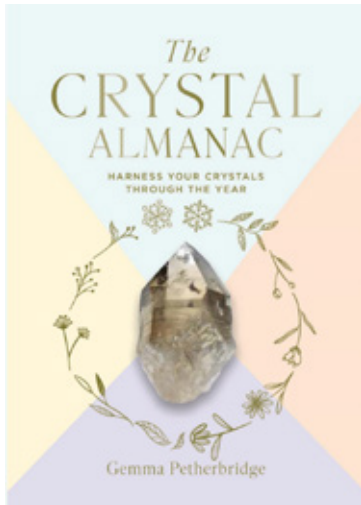
August 15, 2024
160 Pages

9781841815688
Hardcover
£14.99

Madonna Gauding has been a student of Buddhism for over 12 years and is a practitioner of martial arts. She is the author of *The Meditation Bible*, *World Mandalas*, *Six Keys to Buddhist Living* and *Working with Meditation*.



The Crystal Almanac Gemma Petherbridge



Become more in tune with the shifting energies of the year with this month-by-month crystal guide.

Embrace the energy of crystals throughout the changing seasons

Throughout the year, the energies around us vary dramatically. Working with crystals is all about bringing specific energies into our life, so it's important to be connected with these natural cycles, to ensure we're bringing balance, peace and healing into our lives in our crystal work.

In *The Crystal Almanac*, certified Crystal Healer Gemma Petherbridge teaches you how the seasons might feel or play out, the emotional shifts that can happen throughout the year, and how changing energies can affect our mood, happiness and even our manifestation skills. Discover the Sabbats and celebrations, moon phases, astrological cycles and deities related to each season and learn how you can use this knowledge to support and enhance your crystal work. Featuring crystal activities tailored to every month, this book will help to bring you into alignment with the natural world.

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. In 2017 she founded Conscience Crystals, which offers workshops, courses and an online shop. With her growing following, Gemma is now regularly asked to lead workshops and speak at holistic events and festivals, and major international businesses seek her guidance in incorporating crystals into office environments and products. She also presents the spiritual and holistic wellbeing podcast Soul Students.

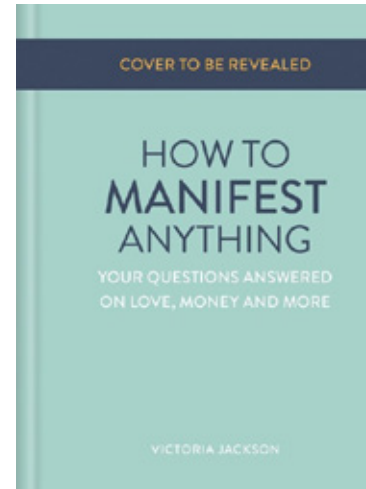
www.consciencecrystals.com
@consciencecrystals

August 15, 2024
192 Pages

9781841815626
Hardcover
£16.99



How to Manifest Anything Victoria Jackson



A dip-in-and-out guide to answer all your manifestation questions, from self-help coach and author of *Manifesting for Beginners*, Victoria Jackson

How do I manifest my soulmate?

I want to manifest money - where do I start?

How do I manifest my dream job?

My manifestation hasn't arrived yet - what am I doing wrong?

All these questions and more are answered in this essential guide from leading manifestation coach, teacher and author, Victoria Jackson. Designed with the signature 'agony aunt' concept in mind, *How To Manifest Anything* is a dip-in-and-out collection of the most popular and recurring questions people ask as they try to implement manifestation into their daily lives.

With this comprehensive guide, covering love, life, career, money, home, friendship and family, you will have everything you need to overcome any blocks, shift your focus, align your actions and finally turn those dreams into reality. Offering advice, guidance and reassurance, with Victoria's blend of soul, strategy, spirituality and science, this book will help you navigate the magic of manifesting and live your best life.

Victoria Jackson is a certified coach, multi-award-winning writer, speaker, community leader and #1 charting podcast host in the UK, teaching a global audience how to attract their goals and desires through the power of their thoughts. As the founder of the popular website and online community, The Manifestation Collective, Victoria uses an easy-to-digest, no-nonsense approach to help people understand - and more importantly implement - the teachings of the law of attraction.

Graduating in journalism and advertising, Victoria went on to become editor-in-chief of a leading men's fashion magazine before retraining to become a certified mindset coach specialising in Neural Energetic Wiring and Neural Energetic Encoding, EFT practitioner and clinical hypnotherapist. Featured across publications such as *The Guardian*, *Sunday Times*, *Body + Soul* and the *Evening Standard* over her years as a creative entrepreneur, Victoria's philosophy is to always look for ways in which we can meet the universe halfway by mixing soul, spirituality and, of course, strategy.

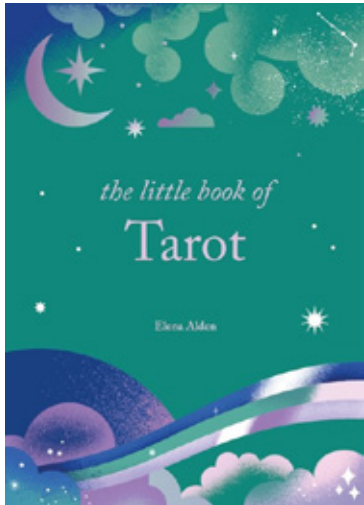
www.themanifestationcollective.co
@themanifestationcollective

September 12, 2024
160 Pages

9781841815640
Hardcover
£16.99



The Little Book of Tarot



Discover the tarot and find out what your cards really mean and cast light on life's big questions and inevitable challenges

Step inside the world of the Tarot and begin your journey to self-discovery. What message will you receive from the cards?

Tarot cards have been used for divination, and for shedding light on life's questions and challenges, for hundreds of years. Despite popular belief, anyone can read the Tarot and using these cards does not require psychic abilities or years of training. So, getting started is as simple as diving right in.

The Little Book of Tarot will show you how you can use the deck, how to decode each card and its symbolism, and how to remember its meaning. Use this book for a little self-reflection, let it spark your imagination, and discover your true spiritual power.

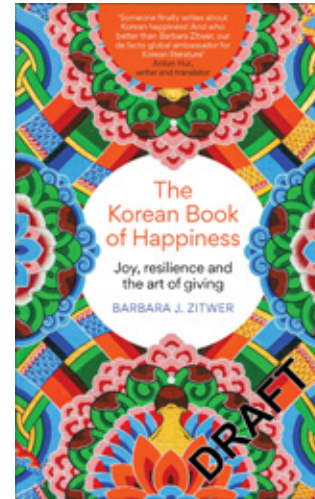
September 12, 2024
96 Pages

9781841815879
Hardcover
£8.99



The Korean Book of Happiness

Barbara J. Zitwer



An accessible, entertaining foray into a beguiling country through cultural wisdom, travel anecdotes, etiquette and recipes.

September 12, 2024
192 Pages

9781780725765
Paperback
£10.99

From the very first moment she set foot in South Korea, Barbara Zitwer, literary agent to some of the most celebrated Korean authors, fell head-over-heels in love, rediscovering a vitality for life.

In this fascinating book, Zitwer shares all that she has learnt about this vibrant country forged by the philosophies of han, heung and jeong: resilience, joy and the art of giving. She takes us from the buzzing capital of Seoul to Buddhist mountain temples, from the bizarre theme park within the Demilitarised Zone to the island of Jeju to meet haenyeo, a remarkable sisterhood of free-divers. Along the way, Zitwer recounts magical moments of understanding and connection, as well as top travel tips and local recipes.

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

'Someone finally writes about Korean happiness! And who better than Barbara Zitwer, our de facto global ambassador for Korean literature, to give the outside world an account of the joyful aspects of Korean life?' Anton Hur

'This eclectic and informative book is equal parts memoir, travelogue, guidebook, and cultural commentary with a bonus of authentic, delicious recipes. Delightfully energetic and upbeat, *The Korean Book of Happiness* has something for every reader.' Heinz Insu Fenkl, author of *Skull Water*

Barbara J. Zitwer, is an international literary agent and author of the novel, *The J.M. Barrie Ladies' Swimming Society* (2012). As an agent, she specialises in Korean literature and has launched the international careers of some of the most celebrated, prize-winning Korean authors, including: Booker Prize winner, Han Kang, author of *The Vegetarian* and Man Asian Prize winner, Kyung-sook Shin, author of New York Times bestseller, *Please Look After Mom*.

She lives in New York City with her husband and their two dogs.



Self-Care for Winter Suzy Reading



A 7-step guide to winter: how to not only survive the winter months but to thrive in them.

Are you feeling it too? The genuine urge to bunker in, a growing need for rest, a deep desire to seek comfort?

As the days become shorter and the cold descends, hibernation mode sets in. While seasonal change is a normal part of the natural world, many of us expect to have the same levels of energy all year round. The result is that our incessant drive to grow and out-perform can often leave us feeling frustrated and disheartened with our lower levels of energy and reduced productivity.

But what if there was a better way to approach the winter season?

Self-care expert Suzy Reading has devised 7 ways to not only survive the winter months but to thrive in them. By embracing the lessons from the natural world - from regulating light activity to warming body movements - you will learn how to alter your daily rhythms so that you can embrace winter. Through honouring lower energy levels and listening to what your body needs in the colder months, this can be an opportunity to rekindle joy and find fulfilment in every season of life.

Approaching winter doesn't have to be full of dread - so snuggle in and learn the key to thriving in the colder months.

Suzy Reading is a mother of two, an author, Chartered Psychologist, yoga teacher and coach. Suzy has over two decades of experience in the health and wellbeing industry, with qualifications in personal training from Australia and yoga teacher training accreditation from The Life Centre in London. She draws these modalities together with psychology to help people build sustainable healthy lifestyle habits and is one of the top UK experts on self-care. Suzy is the Psychology Expert for wellbeing brand Neom Organics and is a founding member of the "Nourish" app. She figure skated her way through her childhood, growing up on the Northern Beaches of Sydney, and now makes her home in the hills of Hertfordshire, UK. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times*, *This Book Will (Help) Make You Happy*, and *Breathe and Sit to Get Fit*. Her self-care card deck *The Little Box of Self-Care* is available now.

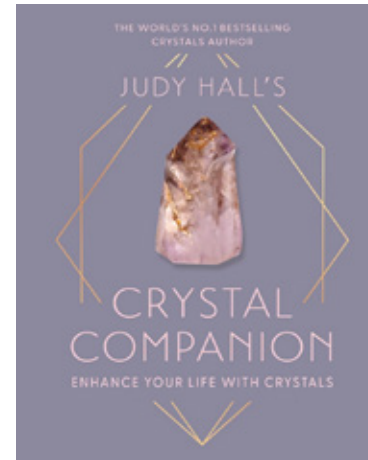
Suzyreading.co.uk
@suzyreading

September 26, 2024
192 Pages

9781783256358
Paperback
£16.99



Judy Hall's Crystal Companion Judy Hall



Describing in detail more than 300 crystals, 50 of which are new to the market, *Judy Hall's Crystal Companion* is a comprehensive guide to enhancing your life with crystals.

Featuring fresh, new photography and a clean, modern design, this book truly captures the striking beauty of the featured stones. Inside you will find that the colour-coded design ensures the ease of identification and navigation, making the guide suitable for entry-level and experienced crystal workers alike.

With more than 45 years of experience in crystal healing, expert author Judy Hall is a leading authority on the use of crystals for personal and spiritual development. This stunning book presents a curated collection of powerful crystals and beautifully communicates how these extraordinary entities can be employed to enhance our lives.

With chapters on the body, heart, mind, spirit, children, karmic clearing, ancestral healing, grounding and protection, and home and environment, and with in-depth descriptions of both the practical and esoteric properties of each stone, Judy Hall's *Crystal Companion* is essential reading for crystal lovers everywhere.

October 1, 2024
272 Pages

9781841815794
Hardcover
£20.00

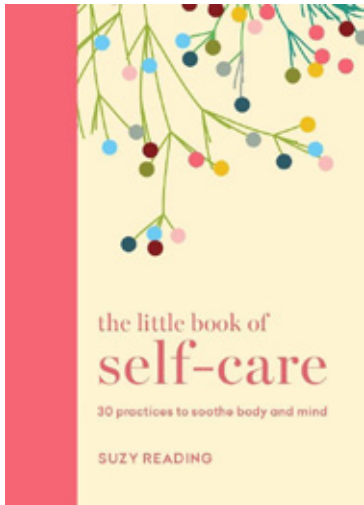
Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books - including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide - and her writing has been translated into 16 languages. Judy was four times named as one of the 100 most spiritually influential people in the world in the *Watkins Review*.

Judyhall.co.uk
Facebook.com/officialcrystaljudyhall



The Little Book of Self-care

Suzy Reading



A practical self-care guide
for everyday

Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea of self-care is the idea that taking care of yourself is not selfish and offers essential ways to stress-proof your body and mind.

In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need.

Chapters include practices for:

- Rest & relaxation
- Energy boosters
- Mind management
- Emotional first aid

Suzy Reading is a mother of two, an author, Chartered Psychologist, yoga teacher and coach. Suzy has over two decades of experience in the health and wellbeing industry, with qualifications in personal training from Australia and yoga teacher training accreditation from The Life Centre in London. She draws these modalities together with psychology to help people build sustainable healthy lifestyle habits and is one of the top UK experts on self-care. Suzy is the Psychology Expert for wellbeing brand Neom Organics and is a founding member of the "Nourish" app. She figure skated her way through her childhood, growing up on the Northern Beaches of Sydney, and now makes her home in the hills of Hertfordshire, UK. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times*, *This Book Will (Help) Make You Happy*, and *Breathe and Sit to Get Fit*. Her self-care card deck *The Little Box of Self-Care* is available now.

Suzyreading.co.uk
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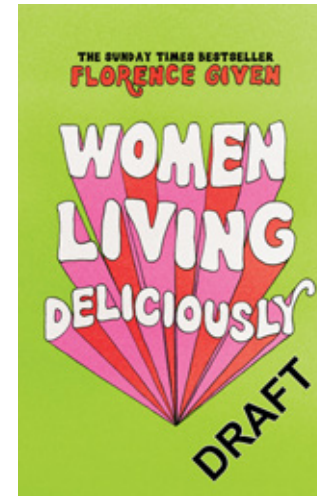
October 1, 2024
96 Pages

9781841815787
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£8.99



Women Living Deliciously

Florence Given



From the record-breaking best-selling author of *Women Don't Owe You Pretty* comes the ultimate guide on how to live a delicious life.

October 8, 2024
288 Pages

9781914240485
Hardcover
£20.00

Living Deliciously is the ritual of prioritising your joy and rest, choosing to notice the beauty of everyday existence, and taking the initiative to create small, considered moments for yourself.

This book will help you cultivate a sense of agency in your everyday life through intentional actions so that you're able to enjoy your life moment to moment, instead of counting on the big, momentous life events.

Too many of us have lost connection with ourselves and what makes us happy because our attention is drawn to external and material things that ultimately leave us feeling dissatisfied. Living a delicious life is an achievable and sustainable way of enabling our bliss and allowing time for what makes us feel good.

It's time for us all to fall in love with ourselves and our own lives.

Praise for *Women Don't Owe You Pretty*

'An incredible mouthpiece for modern intersectional feminism.'
- *Glamour*

'A fearless book.' - *Cosmopolitan*

'A hugely influential young woman.' - *Woman's Hour*

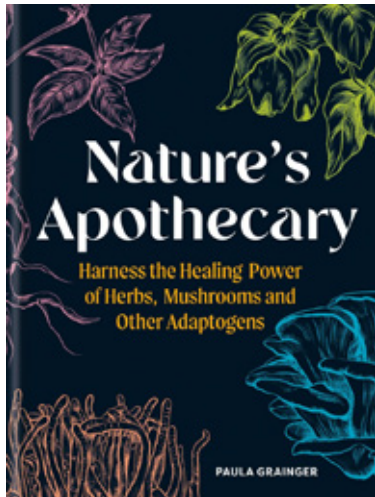
'Rallying, radical and pitched perfectly for her generation.' - *Evening Standard*

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



Nature's Apothecary

Paula Grainger



The go-to guide explaining how to use adaptogens to regulate, rebalance and restore your health

Discover the restorative power of adaptogens.

In *Nature's Apothecary*, Medical Herbalist Paula Grainger provides the solution for stress, anxiety and exhaustion by introducing us to a group of healing herbal ingredients known as adaptogens - plants with health-giving properties.

Adaptogens have been scientifically proven to lower levels of the stress hormone cortisol and prevent adrenal imbalances that can lead to fatigue and burnout. In this illustrated guidebook, you will delve into the history and science of these miraculous plants and learn how to maximize wellness using the most easy-to-source adaptogens, incorporating them into your life via delicious smoothies, energy bites and desserts, invigorating teas, tonics and lattes and wonderful beauty elixirs.

Covering all the common adaptogens such as Ashwagandha, Maca, Korean ginseng, Turmeric, Liquorice, Rosemary and Rhodiola, this updated edition also contains brand-new recipes and information about the benefits of popular fungal adaptogens including Reishi, Lion's Mane, Cordyceps, Shiitake and Oyster mushrooms.

October 10, 2024
176 Pages

9781856755382
Hardcover
£16.99

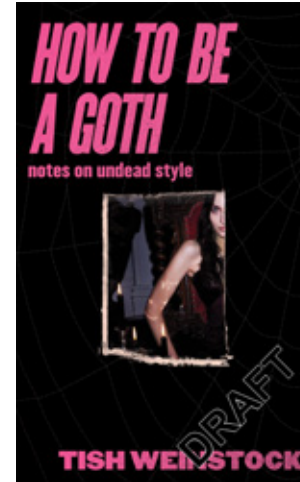
Paula Grainger is a well-known Medical Herbalist and member of the National Institute of Medical Herbalists with respected practices in Santa Cruz, California, and her native England. She works with clients using herbs and nutrition to maximise wellness, as well as teaching natural and herbal lifestyle classes. She is joint author of *Infuse*.

www.paulagrainger.com
@paulagrainger



How to Be a Goth

Tish Weinstock



A lifestyle guide for the modern goth, *How To Be A Goth* celebrates the most hallowed of all subcultures.

Amidst the waking nightmares of today, the solace of goth looms from behind the shadows to soothe our morbid anxieties. Permeating pop culture at every level - fashion, music, film, beauty - what was once the preserve of the hooded misfit, has now seeped into the mainstream. Which can only mean one thing: it is the season of the witch.

This grimoire will act as a manual for the modern goth as they move through the abyss; navigating the choppy waters of mortality. Including guides that cover everything from what to watch, listen to and read, to what to wear during the creepy teenage years, the trick or treat of adulthood, and finally, your witchy winter. To inspire and illuminate the darkness, interspersed throughout are interviews with other notable Goths on everything from how to arrange dead flower bouquets to how to make a chilling green juice.

Featuring insightful essays on the key characteristics of gothic style, as well an inventory of important undead icons through the ages; from Wednesday Addams, Siouxsie Sioux and Mary Shelley to Susie Bick, Rei Kawakubo and Miss Havisham, *How To Be A Goth* will carry you from cradle to crypt.

October 29, 2024
272 Pages

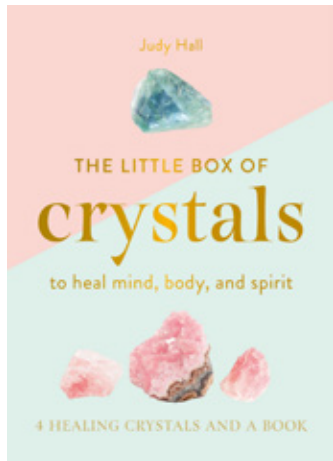
9781804192368
Hardcover
£18.99

Tish Weinstock is a London based writer and editor specialising in beauty and its intersection with fashion and pop culture. Graduating from Oxford University in 2012 with a degree in History of Art, she has worked at style bibles i-D, Dazed & Confused, and British Vogue, where she remains a contributing beauty editor. In 2022, Tish joined System Magazine as beauty director to launch its sister title System Beauty. Other obsessions include vintage dresses, Morticia Addams, interiors porn and her son Reuben - not necessarily in that order.



The Little Box of Crystals to Heal the Mind, Body and Spirit

Judy Hall



You will find everything you need to use crystals to enhance your life in this enchanting little guide. The Little Box of Crystals to Heal the Mind, Body and Spirit presents essential information on how to choose, use, cleanse, and program key crystals, each suited for a specific area of your life.

With Rose Quartz for improving relationships, Goldstone for increasing wealth, or Selenite for strengthening spiritual practices, this crystal box has it all.

Crystals included:

Citrine Quartz
Amethyst
Green Aventurine
Rose Quartz

Discover how crystals can enrich your life - from bestselling author and crystal expert Judy Hall.

November 7, 2024
96 Pages

9781841815848
£14.99

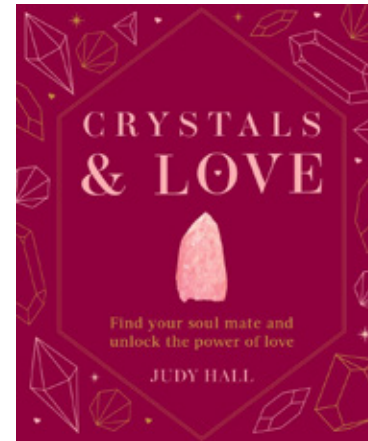
Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books - including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide - and her writing has been translated into 16 languages. Judy was four times named as one of the 100 most spiritually influential people in the world in the Watkins Review.

Judyhall.co.uk
Facebook.com/officialcrystaljudyhall



Crystals & Love

Judy Hall



Unlock the power of love through crystals with this all-inclusive volume on crystal rituals and techniques. Find your perfect partner, improve your current relationships and even boost your sex life with the help of *Crystal Love*.

Featuring sections on every aspect of love and relationships, this book will help solve or improve any major love issues. *Crystal Love* also has sections on how to create loving and positive environments, which not only improve personal bonds and outlook but will alter your relations with the world at large.

From best-selling expert author Judy Hall, exploring the power of crystals and love

December 17, 2024
128 Pages

9781841815824
Hardcover
£9.99

Judy Hall was an internationally known author, astrologer, crystal expert, psychic and healer. A leading authority on spiritual development, Judy had more than 45 years of experience in karmic astrology, crystal healing and past-life therapy. She was the author of over 45 books - including the bestselling *The Crystal Bible*, which has sold more than 1 million copies worldwide - and her writing has been translated into 16 languages. Judy was four times named as one of the 100 most spiritually influential people in the world in the Watkins Review.

Judyhall.co.uk
Facebook.com/officialcrystaljudyhall



The Good Mood Food Plan

Dr Michael Mosley

A GROUNDBREAKING EATING PROGRAMME
FROM THE MILLION-COPY BESTSELLING AUTHOR

*'Dietary interventions overtake non-pharmaceuticals
Of course people judge!'*
Credit: BBC



How to eat your way to better
mental health, from bestselling
author Dr Michael Mosley

Reduce Stress
Balance Your Body
Boost Your Energy

From the international bestselling author and health expert Dr Michael Mosley, *The Good Mood Food Plan* reveals how what we eat can reprogramme our bodies and shape our mental health.

In this insightful and practical book, Dr Mosley explains why choosing certain foods can make all the difference to how we cope when stress levels escalate. Drawing on the latest scientific research, Dr Mosley shares his top tips for incorporating 'good mood foods' into your diet, from nutrient-rich vegetables and fruits to mood-boosting proteins and healthy fats.

Whether you're looking to reduce stress, boost your mood, or simply lead a healthier life, *The Good Mood Food Plan* provides a comprehensive, science-backed approach to eating for mental wellness. With easy-to-follow tips and 50 delicious recipes from Dr Clare Bailey, this book is the ultimate guide to nourishing your body and mind for a happier, healthier you.

December 19, 2024

320 Pages

9781780725970

Trade Paperback

£16.99

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

SPORT



Searching for Novak Mark Hodgkinson



Delve inside the mind of the greatest tennis player of all time.

No man or woman has won more Grand Slam singles titles than Novak Djokovic, who took his 24th major at the 2023 US Open. Based on fresh interviews with people close to Djokovic - including his friends and mentors, along with his former coaches and his rivals - this is an in-depth exploration of the psyche of one of the most fascinating and controversial sporting characters ever.

From a bomb shelter in Belgrade to an immigration detention centre in Melbourne, and everywhere in between, this book uncovers his relentless pursuit of perfection and the unconventional beliefs that have propelled him to greatness.

Rage. Forgiveness. Shame. Pride. Love. *Searching for Novak* examines the psychological and emotional side of rewriting tennis history.

The compelling biography of Novak Djokovic, the greatest male tennis player of all time - looking at past events, his beliefs and what has made him one of the most enigmatic and successful sportsmen throughout history.

July 4, 2024
288 Pages

9781788405164
Hardcover
£22.00

9781788405171
Trade Paperback
£16.99

Mark Hodgkinson is known for his compelling biographies of Roger Federer, Andy Murray and Serena Williams. A former Daily Telegraph tennis correspondent, he has ghostwritten columns for Boris Becker, Martina Navratilova, Bjorn Borg and Pete Sampras, and also collaborated on a book with boxer Lawrence Okolie and on a golf project with singer Robbie Williams. Mark worked on two fitness books with Daniel Craig, Tom Hiddleston and their trainer Simon Waterson, one of which became an Amazon bestseller. Additionally, Mark authored a bestselling book for Naomi Osaka's former coach, Sascha Bajin, and has collaborated with psychologist Charlie Unwin and former Marine Nick Goldsmith. Mark consults for international sports brands in Europe, the United States and Japan.



The Path We Run Jen Benson



An incredible and personal story of ultra-running that looks at the determination, science and hidden history behind the sport, and explains why women ultra-runners outperform men.

The longer the distance run, the more women have an edge over their male competitors. Yet, the longer the distance, the less likely women are to start the race.

In this incredible and personal account, established running journalist Jen Benson looks at the science, hidden history, and what it takes to run an ultramarathon - unveiling why women are so well adapted for endurance sports.

Detailing her own account of completing her first 100-mile ultramarathon, Jen brings to the fore the harshness, humour, and personal sacrifice of ultra-running. Interweaved with this are unprecedented interviews with some of the greatest ultra-women of the past 40 years, including Jasmin Paris, who triumphed in a 268-mile winter Spine Race despite stopping to express milk for her baby, and Eleanor Adams, the first woman to complete a 153-mile Spartathlon ultramarathon despite opposition from male organisers.

A testament to the feats of women that challenge the very limits of human capability, this is the remarkable sporting history of extreme performance hitherto untold.

August 1, 2024
288 Pages

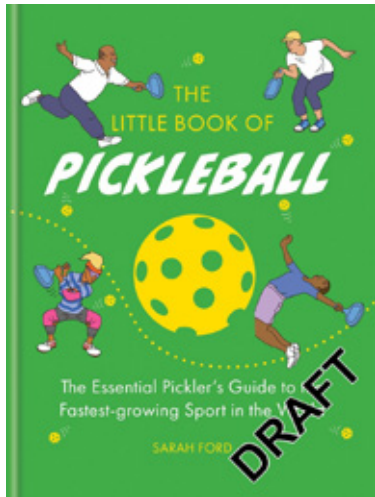
9781788404372
Hardcover
£20.00

Jen Benson is a runner, writer and PhD researcher exploring the psychology and philosophy of running. She has completed over 50 marathons and the UK Ironman and Ironman 70.3 triathlons. She is a qualified podiatrist with a master's degree in sport & exercise medicine. With her husband, she has co-authored several books including *Wild Running*, *Short Runs in Beautiful Places* and *The Running Bible*.



The Little Book of Pickleball

Sarah Ford



The perfect gift for the pickleballer in your life. Hilarious, fun and fact-filled, this guide shines a light on a highly addictive sport.

Pickleball is coming to a court near you, and you won't be able to resist its many charms!

The perfect gift for the pickleballer in your life, this hilarious, fun and fact-filled shines a light on a highly addictive sport.

The game itself is a delightful offspring of tennis, ping pong, and badminton, and it can be as easy or as hard as you want. It's strategic, complete with its own entertaining jargon and rulebook, and if it's good enough for the Clooneys and Kardashians, what are you waiting for?

In this book, you'll learn how to serve, slam, and shuffle your way to glory (while dodging flying paddles), and unlock the mysteries of the game. From the fundamental basics, to pro-pickling domination, it includes:

- A glossary of all the vital vernacular, from a 'dink' to a 'flabjack'.
- Expert tips on how to deal with tears and tantrums on court.
- The many faces of pickleball - which pickleball personality are you?
- The dark arts of pickling - don't just play better, play meaner!
- Solutions for the post-match hangover.
- And so much more!

If you're ready to smash pickleballs and shatter your friends' expectations, grab this side-splitting guide and let the victories roll in.

September 12, 2024
160 Pages

9781788405218
Hardcover
£14.99

Sarah Ford is a publisher, writer, and lover of all things bright and beautiful. She lives in the Cotswolds but works in London. When she's not working she can often be found chasing a small child, a cat, and several chickens around her garden.



The Lost Lionesses

Gail Emms



A captivating and moving account of the injustice faced by the first England women's World Cup team that was banned by the F.A and mocked by the media.

A captivating and moving account of the first England women's football team that took part in the 1971 World Cup - detailing the injustice faced by those who took part and its effect on the women's game as a whole. Told by the team themselves and written by the celebrity daughter of the main striker.

'Don't laugh, one day there may be a female Arsenal', one headline read amidst the ridicule following the First Women's World Cup in 1971.

The spotlight was on the original lionesses, a diverse group of schoolgirls, bank clerks, and telephonists, primarily hailing from Chiltern Valley football club, run by a 60-year-old, multilingual bus driver called Harry. These amateur girls emerged as England's first women's football team at the 1971 World Cup in Mexico, only to face scorn once returned home. They were mocked by the press and their achievements were undermined. Players were banned for three months to two years if they tried to play with another team. The heroes had been punished.

50 years later, the time has come to tell their truth.

Narrated by the daughter of one of the team members, Janice Barton, with unprecedented access to the secrets and insights of the first ever woman's team, this is a multi-generational story celebrating the power of a group of women who refused to accept the status quo - revealing how the events of 1971 shaped mother and daughter's lives both personally and professionally.

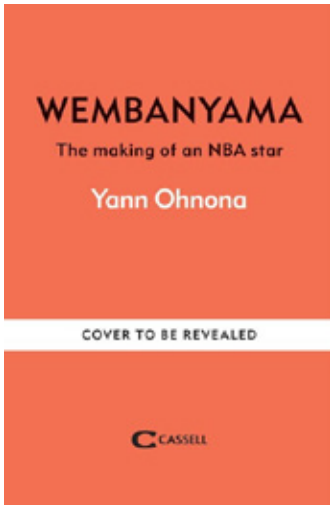
September 12, 2024
336 Pages

9781788404969
Hardcover
£22.00

Gail Emms MBE is a retired English badminton player who has achieved international success in doubles tournaments. First chosen to represent England in 1995, Gail went on to become a world champion - winning a silver medal at the Athens Olympic Games with mixed badminton doubles partner Nathan Robertson. She retired from the sport in 2008. Since then, Gail has forged a successful media career, becoming a recurring presence on esteemed platforms such as *Fighting Talk* (5Live) and *A Question of Sport*. She also focuses on PR and event management with her own successful company.



Wembanyama Yann Ohnona



The comprehensive biography of French basketball phenomenon, Victor Wembanyama, with dynamic photography, interviews and reports throughout - tracing his ascent from growing up in Chesnay, to arriving in the NBA.

October 1, 2024
160 Pages

9781788405485
Paperback
£20.00

Yann Ohnona, an experienced journalist, currently serves as a senior reporter covering basketball at *L'Équipe*. He spent two years researching Victor Wembanyama, delving deep into his inner circle, which included coaches, agents, teammates, and family. This comprehensive biography unveils Yann's insights to showcase a detailed portrait of the player, revealing one of the most fascinating sporting personalities that France has ever seen.

The comprehensive biography of French basketball phenomenon and NBA player, Victor Wembanyama, with dynamic photography, interviews and reports throughout.

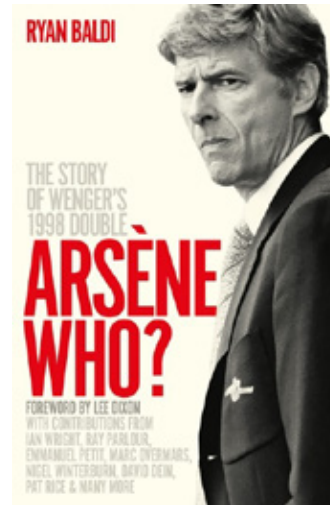
June 22, 2023. The face of Victor Wembanyama stretches several dozen metres high on the billboards of Times Square, New York. It's a big day. The day when Victor Wembanyama becomes the first Frenchman to be selected as the No. 1 overall pick in the NBA draft, at only 19 years old.

Nicknamed "alien" for his incredible height (7ft 4in) by none other than LeBron James himself, this story retraces Wemby's ascent. Through immersive interviews, reports, stories, and analysis, complemented by stunning visuals from *L'Équipe's* photography, long-standing basketball reporter Yann Ohnona showcases a detailed portrait of the player.

From his early life in Chesnay, Yvelines, to his historic season with Metropolitans 92, and with exclusive insight into his arrival into the NBA, this book draws upon two years of original research, and unrivalled insights from the player's closest circle, to reveal one of the most fascinating sporting personalities that France has ever seen.



Arsène Who? Ryan Baldi



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

October 10, 2024
304 Pages

9781788404556
B-format Paperback
£10.99

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

Nobody had heard of Arsène Wenger when he took charge of Arsenal in October 1996. 'Arsène Who?' was the headline. Yet within less than two full seasons, he transformed an underperforming side into league and FA Cup winners, in the process playing with breath-taking style, sparking an epoch-defining rivalry with Alex Ferguson and Manchester United and modernising football in England with his ground-breaking methods.

Built around over 150 exclusive interviews with key players, coaches, staff and opponents, and rich in behind-the-scenes stories, personal accounts of triumph, tragedy, hilarity and heartbreak, *Arsène Who?* relives Arsenal's rocky road to the 1998 Double and the inception of the Wenger revolution.

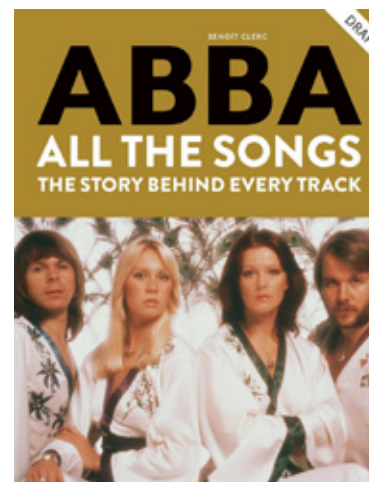
It is a portrait of a collection of troubled and aging stars who bonded with foreign newcomers to achieve immortality. It is a snapshot of a shifting cultural and sporting landscape epitomised by the Gunners' rise. And it is the tale of an unheralded mastermind who guided his team to new heights.

Arsène Who? is the inside story of how Wenger took Arsenal to the top of English football and changed the game forever.



Abba All the Songs

Benoît Clerc



The definitive recording history of pop megastars, ABBA, told song-by-song and track-by-track. Filled with fascinating photography (some rarely seen), and sensational behind-the-scenes details.

A loving and thorough dissection of every album and song released by Swedish superstars, ABBA. From their first single in 1972, when they weren't yet even called ABBA, all the way up to their Grammy-nominated studio album, *Voyage*, and their revolutionary virtual tour, expert author Benoît Clerc analyses everything there is to know about each song and session.

This one-of-a-kind book uncovers the stories behind all their greatest hits, including 'Waterloo', 'Mamma Mia', 'Fernando' and 'Dancing Queen', as well as lesser-known gems. In over 500 pages, no stone is left unturned. Drawing upon decades of research, it recounts the circumstances that led to the composition of every song - detailing the inspiration behind the lyrics, the recording process and the instruments used.

Featuring hundreds of photographs, including rare black-and-white publicity stills, images of instruments used by the band, and engaging shots of the musicians on-stage and in-studio, *Abba: All the Songs* is the perfect gift for any fan of pop.

The latest book in the best-selling *All The Songs* series, this definitive tome uncovers the full story behind every track that Abba released.

October 10, 2024
528 Pages

9781788404822
Hardcover
£50.00

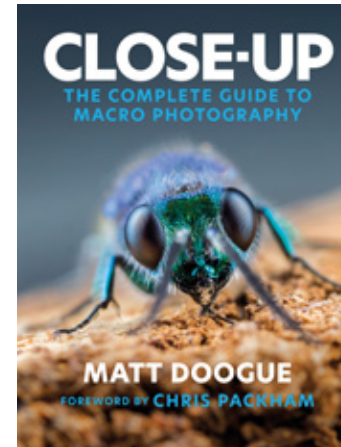
Benoît Clerc is an author, composer and professional musician. He has written three books in the bestselling *All the Songs* series on Queen, Metallica and David Bowie.

ART & ENTERTAINMENT

ARTS, CRAFTS & PHOTOGRAPHY



Close-Up Matt Doogue



The complete guide to macro-
photography by a top
professional in the field.

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.

July 4, 2024
208 Pages

9781781579244
Paperback
£30.00

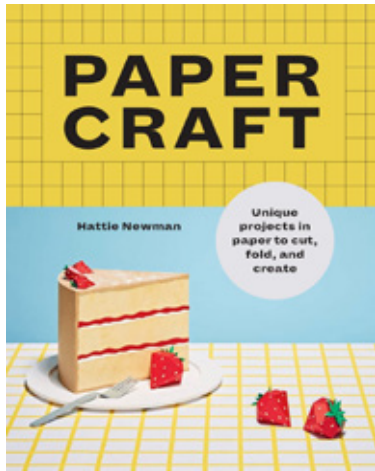
Matt Doogue is a conservationist, outreach teacher, mental health public speaker and macro photographer. With over a decade of experience, Matt uses varied techniques, including advanced focus stacking, to achieve his photographs.

Matt has collaborated with BBC Earth, National Geographic, Canon and the top UK photography magazines.



Papercraft

Hattie Newman



Discover paper's true potential with this book full of exciting projects.

There are many things you can do with paper but what can paper do for you?

One of the most versatile materials ever invented, paper is readily available, easy to work with, and can be transformed into exquisite works of art.

Discover how to make decorations for your home and gifts for your friends and family with this inspiring, accessible book. Make your way through simple step-by-step instructions to create a range of projects, from skyscrapers to silhouettes and letters to lanterns, with plenty of expert tips to give your creations a professional finish. Master fundamental papercraft shapes that you can adapt to a variety of uses, and ensure your accuracy by using the handy templates provided.

Projects include:

- Animal masks
- Strawberries
- Toy theatre
- Fantasy tropical island
- Moving ferris wheel
- Adorable geometric pig
- Pop-up greeting cards
- and many more...

Hattie Newman has earned an international reputation for her inimitable creations in the field of set design and papercraft. Found in advertisements, animations, physical spaces and books, her colourful work is loved by children, publishers and photographers alike.

Based in London, Hattie has also worked in New York, Paris, Valencia, and Milan with clients such as Lacoste, the Guardian, Vogue, NSPCC, Canon and Google. She is also active in design education, giving frequent talks and workshops to adults, students, and children. Guest lectures include Brief Design Festival in Madrid, Papier Hier in Amsterdam and Nicer Tuesdays in London. In the UK, Hattie is a guest lecturer at the University of the West of England, where she gained her first class degree in Illustration in 2008.

Exhibitions showcasing Hattie's work include Pick Me Up in Somerset House, London, The Paper Convention in Sydney, and The Paper Cut Festival in Amsterdam.

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July 18, 2024
128 Pages

9781781579541
Paperback
£16.99



The Paper Florist

Suzi McLaughlin



Tutorials and inspiration for making beautiful paper flowers - from bluebells and hellebores to roses and cherry blossom.

Paper flowers are not only beautiful, but also incredibly versatile. They can be used to create everything from simple home decorations and gorgeous gifts to unique centrepieces and decorative bouquets, all made from the most basic and inexpensive materials.

Suzi McLaughlin's step-by-step tutorials cover a beautiful array of flowers - including bluebells, peonies, poppies, cherry blossom and more - and teach everything you need to know. Make delicate, lifelike flowers, or let your imagination run wild and use Suzi's techniques to create playful hybrids.

The flowers are accompanied by templates for every shape used in the book, as well as instructions on how to display your creations to their full potential. Whether you want to make a gloriously blousy bouquet, a bejewelled cherry blossom branch or an impressive floral centrepiece, this book is sure to delight and inspire.

August 6, 2024
144 Pages

9781804192092
Paperback
£18.99

Suzi McLaughlin's passion for working with paper began at Falmouth Art College. The bold originality of her final degree show caught the attention of the Gardeners' World team, who commissioned her to create a life-size paper garden for BBC Gardeners' World Live Show, for which she was awarded an RHS gold medal. She has since created installations and bespoke items for Jo Malone's flagship London store, Harvey Nichols, Harrods, John Lewis and the magazines *Elle* and *You and Your Wedding*.



Newborn & Maternity Photography



Acclaimed newborn and maternity photographer Kristina Mack shares her knowledge of the creative and practical aspects of the genre, and how to making a living from capturing this unique stage of the human experience.

August 15, 2024
192 Pages

9781781579466
Paperback
£27.00

Kristina Mack is a Lithuanian-born, UK-based maternity and newborn photographer. Specialising in newborn photography since 2017, she has learned that working with mothers-to-be and newborn babies is a unique art. A lover of simplicity, she creates soulful, elegant and timeless images. Her unique style has attracted TV personalities, public figures and celebrities.

Kristina has been mentoring fellow photographers to find their own style and take their newborn photography to the next level. She is a strong believer that photographers don't need to be starving artists, and that a side hustle that starts with a love of photography can become a very enjoyable and profitable business.

Have you always dreamt of turning your photography hobby into a business, but don't feel you have the skills or acumen to succeed?

Newborn and maternity photography is one of the fastest-growing businesses for photographers to move into, and with a seasoned pro as your guide you can quickly learn the secrets of success.

In this book, acclaimed newborn and maternity photographer Kristina Mack shares her knowledge of the creative and practical aspects of the genre, and also the tricky business of making a living from capturing this unique stage of the human experience.



The Knitter's Handbook Eleanor van Zandt



Perfect your knitting skills with this essential guidebook

September 3, 2024
256 Pages

9780600638223
Hardcover
£22.00

The ultimate guide to knitting - for crafters of all levels

With over 90 essential stitches and patterns explained, this indispensable knitting guide is guaranteed to inspire your next project. Whether you're completely new to knitting or an experienced knitter looking for a challenge, this book is full of easy-to-follow, step-by-step instructions and over 250 illustrations and images to help you progress your skills to the next level.

The Knitter's Handbook is a fundamental resource and will help you:

- Master basic techniques such as the Knit stitch, the Purl stitch and the Cast/bind-off method
- Perfect simple textures including the Basket weave stitch, the Moss/seed stitch and the Diamond seed stitch
- Try out more intricate patterns such as Bobbles, Zig-zags and Medallions
- Play around with exciting colourwork designs
- Finish off your projects with eye-catching embellishments and edging styles
- Experiment with different yarns like merino and cashmere
- Identify the best budget-friendly equipment

Contents Include:

The Basics - Yarns; Casting on; Knit & purl

Knitting a Project - Selecting a pattern; Picking up stitches; Complex textures

Special Textures - Bobbles & knots; Loop stitch; Cable patterns

Knitting in the Round - Double-pointed needles; Medallions; Stitch patterns in rounds

Colourwork - Horizontal stripes; Weaving yarns; Fair isle patterns

Embellishments - Decorative cords; Beads & sequins; Embroidery on knitting

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



Beyond the Selfie

Rosie Hardy



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.

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

August 29, 2024
192 Pages

9781781579381
Paperback
£22.00

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.

rosiehardy.com
@georgiarosehardy



The Hayden Williams Fashion Activity Book

Hayden Williams



'Williams has captured some of the most iconic fashions with his pencil ... Not only does he capture the looks, he calls the trends as well.' - *Bustle*

'With one look at his Instagram, you can instantly tell that Hayden is insanely talented.' - *BuzzFeed*

The first book from cult fashion illustrator Hayden Williams. Colour your way through a collection of Hayden's iconic artworks, and then follow his top design tips to create your own original clothes on the blank mannequin pages.

Hayden Williams's unique fashion illustrations have captured hearts across the fashion industry. In this, his first book, discover dozens of original Hayden Williams artworks to make your own. Let your creativity run free and experiment with your own designs by dressing up Hayden's paper dolls, or play with colour palettes and patterns by colouring in some of Hayden's most famous designs.

Over 80 artworks for colouring and designing clothes, from the world-renowned fashion illustrator Hayden Williams.

September 12, 2024
96 Pages

9781781579589
Paperback
£16.99

British fashion illustrator and designer Hayden Williams is now one of the most recognised fashion illustrators in the industry. Hayden began to share his work on social media platforms in 2009, and since then has amassed a huge and engaged following. His signature design and illustration style has garnered praise across the fashion and entertainment industries; he has worked with Kate Moss and Kylie Cosmetics, and he counts among his fans and followers Rihanna and Ariana Grande.

@hayden_williams



Made in Britain

Jay Blades and Charlotte Reather



Britain is a country of crafts. From Cornish hedging to Sussex trug making, Scottish kiltmaking to the Stokes potteries, the UK, steeped in local knowledge and centuries of handed-down wisdom, is home to some of the rarest and most prized crafts in the world. Yet, many of these skills are in danger of dying out, currently possessed by people unable to share their knowledge with new generations. With 259 endangered and critically endangered crafts on the Heritage Craft Association's Red List, and with skilled professions including cricket ball making, gold beating, and mouth-blown flat glass making now listed as extinct, failing to appreciate and nurture these crafts is threatening them with becoming lost forever.

In *Made in Britain*, Jay Blades - presenter of *The Repair Shop*, passionate advocate of heritage crafts and co-chair of Heritage Crafts - joins forces with leading country journalist Charlotte Reather to travel to all corners of the UK to shine a light on ten key British heritage crafts. On the way, they tell the stories of the makers and apprentices fighting to keep them alive, and hope to bring one craft, the lost and peculiarly British art of cricket ball making, back from extinction.

Plate section photography by: Charles Sainsbury-Plaice
Cover illustration by: Andrew Jamieson, artist whose work featured on the Coronation invitation for King Charles III and Queen Camilla

Made in Britain is the latest book from beloved TV presenter Jay Blades exploring ten of Britain's endangered heritage crafts.

An ambassador of the Prince's Foundation and Co-Chair of Heritage Crafts, **Jay Blades** is a furniture restorer, author, and TV presenter, best known for his role as host of the BBC One prime time hit show, *The Repair Shop*. In 2023, Jay and *The Repair Shop* team won a Bafta in the Daytime category for *The Repair Shop: A Royal Visit*. Jay is First Chancellor of Buckinghamshire New University and was appointed an MBE in the 2021 Birthday Honours. He recently appeared on Radio 4's *Desert Island Discs*. Jay grew up in Hackney and lives in Shropshire.

Originally from the Cotswolds, **Charlotte Reather** is a leading country lifestyle journalist, columnist, comedy writer, and author. She co-wrote the No.1 *Sunday Times* bestselling *Extreme Fishing* book with Robson Green, The No.1 *New York Times* and *Sunday Times* bestselling *Clanlands* with Sam Heughan & Graham McTavish, and the *New York Times* and *Sunday Times* bestselling *Clanlands Almanac* also with Sam Heughan & Graham McTavish. Charlotte currently pens a monthly column called 'Tested' for *NFU Countryside* magazine and has turned her hand at 120 heritage crafts and rural skills for her previous column 'Charlie's Challenges' (2012 - 2019).

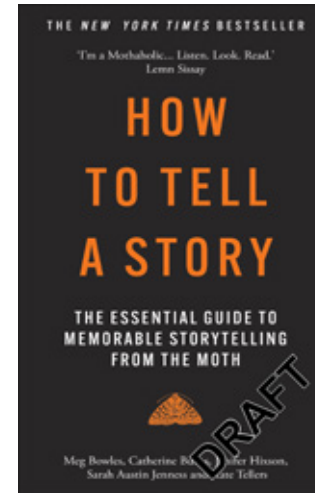
September 12, 2024
320 Pages

9781804192467
Hardcover
£25.00



How to Tell a Story

The Moth, Meg Bowles, Catherine Burnes, Jenifer Hixson, Sarah Austin Jenness, Kate Tellers



You are a multitude of stories. Every joy and heartbreak, every disappointment and dizzying high, has the makings of an unforgettable story. Whether your goal is to deliver the perfect wedding toast, give a moving eulogy, ace a job interview or simply connect more deeply to those around you, *The Moth* is here to help. A leader in the modern storytelling movement, *The Moth* inspires thousands of people around the globe to share their stories each year.

In this book, the Moth team reveal the secrets of their time-honed process and use examples from beloved storytellers like Neil Gaiman, Elizabeth Gilbert, Nimesh Shukla, Sarfraz Manzoor and more, to show you how to:

- mine your memories for your best stories
- explore structures that will boost the impact of your story
- deliver your stories with confidence
- tailor your stories for any occasion

The definitive guide to telling an unforgettable story in any setting, from the award-winning coaches and radio hosts at *The Moth*

Filled with empowering, easy-to-follow tips, this book will help you to unleash the power of storytelling on your life.

September 26, 2024
352 Pages

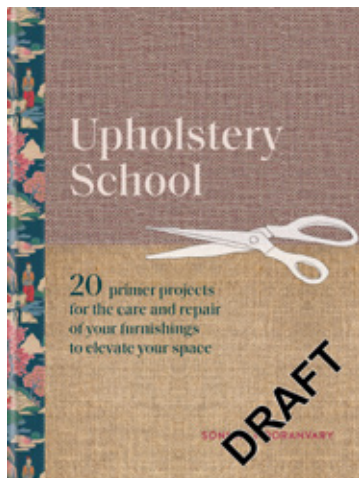
9781780726311
Paperback
£9.99

The Moth is an acclaimed non profit organization dedicated to the art and craft of storytelling. Since its launch in 1997, The Moth has hosted tens of thousands of curated events, open-mic StorySLAMs and workshops to crowds worldwide. *The Moth Radio Hour* now airs on over 575 radio stations, including the BBC, and The Moth podcast is downloaded more than 90 million times annually.

Meg Bowles, Catherine Burns, Jenifer Hixson, Sarah Austin Jenness, and Kate Tellers, along with The Moth's artistic and workshop teams, have directed people from all walks of life - including astronauts, Nobel Prize-winners and high school students - to develop true personal stories that have moved and delighted millions of listeners.



Upholstery School Sonnaz Nooranvary



In today's throwaway culture, there's a counter movement growing that urges us to 'make do and mend'. Reusing and upcycling has never been more popular, relevant or necessary, as people are becoming more aware of the grave implications of fast fashion/furniture on landfills and the environment - and with the cost-of-living crisis tightening everyone's purse strings, people are even more likely to turn to DIY methods to refresh their homes and furniture.

Upholstery is one of the most accessible ways to refresh your home and in *Upholstery School*, *The Repair Shop*'s resident upholsterer Sonnaz Nooranvary shows readers exactly how to refresh their furnishings, with clear step-by-step instructions and photography, using her years of expertise and characteristic tasteful style that has cemented her as a fan favourite.

Sonnaz first outlines all the basic techniques involved, from explaining the tools and materials required, to various fabrics and fixings and the difference between modern vs traditional. She also explains how to make your home work for you, covering different types of room layouts and window scenarios.

The c. 20 step-by-step projects are split into two halves: Soft furnishings and Upholstery, with most projects including at least one other variation, so there are plenty of options to suit every taste. Projects include scatter cushions, bolster cushions, lampshades, various types of dining chairs, different shapes of headboard and a room divider.

A practical step-by-step beginner's guide to upholstery, from fabrics to fixings, by one of the experts from *The Repair Shop*

September 26, 2024
208 Pages

9781804191682
Hardcover
£26.00

Sonnaz Nooranvary is a British-Iranian upholsterer based in Dorset, and best known for being the resident upholstery expert on *The Repair Shop*. Starting her upholstery career at 17 years old as the first female apprentice at Sunseeker Yachts, Sonnaz developed her eye for detail and exacting craftsmanship standards. Her brand 'House of Sonnaz' launched in 2022.

@sonnaz_30



The Botanical Watercolour Reverse Colouring Book Harriet de Winton



All you need is a pen to create gorgeous botanical artworks with *The Botanical Watercolour Reverse Colouring Book*.

Reverse colouring is the practice of drawing and doodling your own unique line artworks over pre-painted colour backgrounds. In this book, celebrated watercolourist Harriet de Winton has created more than 80 beautiful watercolour backgrounds for readers to fill in. Full of gentle prompts on how one might fill the pages with line drawings, and advice on how best to create authentic and original botanical artworks, this is a unique offering from the bestselling author of *New Botanical Watercolour*.

Discover or rediscover your creativity, and engage with the natural world of botanicals, with this free-form activity book.

A new activity book from bestselling watercolour artist and author Harriet de Winton (150,000 copies sold worldwide).

October 3, 2024
80 Pages

9781781579725
Paperback
£14.99

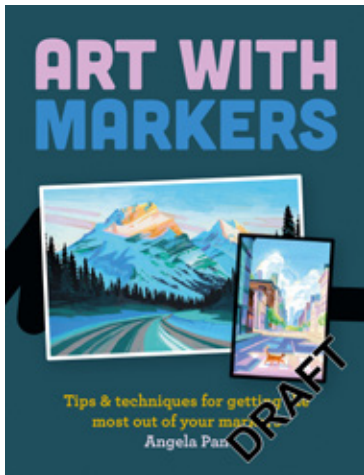
Harriet de Winton is an artist and stationer. Founder of the de Winton Paper co, Harriet hosts a popular YouTube watercolour tutorial channel as well as hosting workshops in the UK and abroad. She is the author of the best-selling *New Botanical Painting, Birds, Bees & Blossoms* and *A Year of Watercolour*, which between them have been translated into nine languages.

@dewintonpaperco
dewintonpaperco.com



Art with Markers

Angela Pan



The ultimate handbook of projects, tips and techniques for creating stunning art with markers.

Versatile and accessible, marker pens are the must-have art material for beginner and experienced artists alike. Now, artist and educator Angela Pan is here to show you how to get to grips with your marker set, and really master the medium.

Begin with an introduction to using marker pens, with all the tips and techniques you need to get started and fill that empty page. Next, move on to 20 step-by-step projects that show you how to create stunning landscapes, city scenes and still lifes using your marker pens. A trouble-shooting section shows you how to deal with leaky nibs, colour mixing issues, and how to ensure your artworks don't fade with time.

Projects include:

- Snow-covered mountain
- Sunny cityscape
- A cat in the big city
- New York morning
- Old town at night
- Seaside at sunset
- Twilight in Lisbon and many more...

October 10, 2024
144 Pages

9781781579565
Paperback
£18.99

A keen observer of the beauty around her, Chinese-Canadian artist Angela Pan enjoys capturing those fleeting moments and everyday sceneries with acrylic markers.

Before becoming a full-time artist and art content creator, Angela worked in the animation industry for six years. She has collaborated on art kits with Mossery, and has created instructional courses on Domestika. Angela has garnered an enthusiastic following for her art of 100,000 followers on Instagram, and a growing YouTube audience of over 20,000. She currently lives in Calgary, Canada with her husband and their adorable cat Suki.

@angelaccpan



Michael Freeman On... Creative Exposure



In the fifth book of his new series, best-selling author Michael Freeman explains another fundamental element of the photographic process - exposure.

October 10, 2024
176 Pages

9781781579428
Paperback
£26.99

THE LATEST BOOK IN THE ULTIMATE PHOTOGRAPHY MASTERCLASS SERIES, FROM BEST-SELLING AUTHOR MICHAEL FREEMAN

Shooting starts with the exposure, and setting it is the first decision in photography - one that determines everything else to follow in creating a satisfying image. It's very far from being a simple binary choice between right and wrong, because there is no standard 'right' exposure.

In the fifth book of his new series, best-selling author Michael Freeman takes a deep dive into another fundamental element of the photographic process. In his role as leading industry consultant in AI-led computational photography, Freeman reveals not only the full set of exposure processes available in and out of the camera, but how to link them to the personal aesthetic choices that we all want to make and argues that more than ever, exposure is a creative process.

- Clearly explains the principles of photographic exposure through a concise and easy-to-follow format.
- Examines the role of the photographer in the creative process of selective exposure.
- Real-life examples demonstrate the range of exposure choices available in any photographic situation.
- Takes account of the latest developments in computational digital photography and details how to work alongside them.
- Gives the practical photographer the tools they need to take full creative control of their camera.

One of the world's most widely published photographers, Michael Freeman has had a forty-year career as a documentary, travel and studio still life photographer, including a three-decade relationship with *Smithsonian* magazine, for whom he has shot more than forty stories, as well as being printed in almost all major publications worldwide. He has published 155 books - including the best-selling *The Photographer's Eye* for Ilex Press - with four million copies sold.

Of his published books, 78 are on the practice of photography, published in 28 languages. He wrote the degree course on photography for the UK's Open College of Arts, and has won several awards for his educational work. He regularly conducts workshops and has spoken at a wide range of institutions, including the Royal Geographical Society, the Smithsonian, Asia House, the Hay Literary Festival, Emirates Literary Festival, Beijing University, the China Central Academy of Fine Arts, Beijing Film Academy and Tsinghua University.



KNIT

Alice Hoyle



The slow, mindful craft of hand knitting is good for the planet and good for the mind. Meditative and fulfilling, it gives crafters a sense of accomplishment as well as a unique final product.

In *KNIT*, knitwear designer and *ROWS* founder Alice Hoyle shows you how to create dynamic pieces with creative and inspiring techniques. Along with 16 gorgeous projects, this book covers:

- Yarn Choice: How yarn choice and colour can transform projects.
- Stash Yarn: How to easily use leftover half balls of yarn from other projects to create amazing things.
- Scrap Yarn: Thrumming technique to use up tiny scraps leftover from other projects.
- Upcycling: Cutting up existing materials to create yarn.
- Reuse: How to unwind an existing jumper to reuse the yarn.
- Interesting and inspiring stitch techniques to use in the projects.
- How to take care of your knitwear, such as blocking, storing, getting rid of bobbles/pilling, fixing holes.

Knitting allows people to consciously slow down and make a connection to each piece they make, creating unique stories and imperfections that will be carried around for years to come. There is something incredibly exciting and freeing in the ability to make anything with just your hands, needles and yarn.

A dynamic intermediate/ advanced level knitting guide with creative techniques and around 15 gorgeous, contemporary projects - including garments, accessories and homeware.

October 24, 2024
160 Pages

9781804192009
Hardcover
£22.00

Alice Hoyle is an English knitwear designer based in Amsterdam. She creates dynamic knitwear that celebrates the traditional craft of hand knitting. Alice looks at ways to use yarn, stitch and colour to create something that feels innovative and exciting, yet timeless, while also focusing on sustainability by using only natural materials, secondhand, or left-over yarn from other projects.

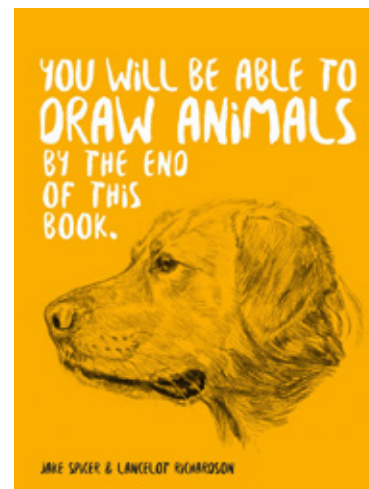
Alice studied Fashion Knitwear Design at university then moved to London to pursue a career in the knitwear industry. This turned into 4 years of designing and styling knitwear for Wool and the Gang, watching them grow from a start-up business, to the established brand they are today, after which she launched her own knitwear platform *ROWS* in October 2021. *ROWS* has partnered with US yarn company quince&co, Majo and Woolfolk and has been featured in *Grazia* and *Refinery29*.

www.rowsknitwear.com
[@rows_knitwear](https://twitter.com/rows_knitwear)



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

Jake Spicer & Lancelot Richardson



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

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* not only teaches 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 mark making and tone, and move on to the key elements of anatomy, texture and expression that will take your drawings from good to great.

The complete beginner's guide to drawing wild and domestic animals

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

Jake Spicer is a passionate advocate of drawing as a tool for social change, communication & 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.

October 24, 2024
160 Pages

9781781578674
Paperback
£19.99

www.jakespicerart.co.uk
[@jakespicerart](https://twitter.com/jakespicerart)

Lancelot Richardson is an artist and illustrator based in Brighton, South East England. He loves to draw and paint, creating work both from life, and from imagination, and works across a variety of mediums, including oils, digital painting, ink, printmaking, and good old pencil-to-paper drawing. Besides his painting and illustration work, Lancelot has run life drawing sessions at Draw Brighton since 2017, as well as workshops on imaginative drawing. He has exhibited in the New England House Open Studios and has written for *Paint & Draw* magazine.

www.lancelotrichardson.com
[@lancelotrichardson](https://twitter.com/lancelotrichardson)

GIFT & HUMOUR



Repair Shop 2025 Calendar



Bring the magic of *The Repair Shop* into your home with a stunning official 2025 calendar from the BAFTA-award-winning television show.

The calendar features beautiful photography from the show, showcasing the experts hard at work, the special objects they bring back to life and the famous barn itself. Short descriptive captions give context to the images selected to celebrate each month.

The Repair Shop has an enormous, international audience, as fans worldwide have been enchanted by the uplifting stories and heartwarming repairs that the show captures. The show has regular viewing figures of 7 million in the UK alone, and has cemented its place in the nation's heart as a classic series in the vein of *Antiques Roadshow*.

This beautifully-produced calendar is the perfect gift for any Repair Shop fan, as it brings show highlights and characters into your daily life with lovely photographs sure to raise a smile.

A 2025 calendar from the BAFTA-award-winning television show *The Repair Shop*.

July 18, 2024

9781804192160
£10.99

The Repair Shop is one of the BBC's best loved TV shows, with ardent fans around the world. The iconic Repair Shop barn is a workshop filled with expert craftspeople, who use their unique skills and knowledge to bring loved pieces of family history, and the memories they hold, back to life. The show is a heartwarming antidote to modern, throwaway culture, and a uplifting celebration of artisan crafts - from clockmaking and woodwork to art restoration and upholstery.



Dad Jokes: The Funniest Yet @DadSaysJokes



A new collection of fantastically funny jokes from the Instagram sensation @DadSaysJokes

All new jokes from the Sunday Times bestsellers @DadSaysJokes

The iconic Instagram page @DadSaysJokes returns with a fresh batch of dad jokes to share with your nearest and dearest. Packed with jokes so bad that they're good, Dad Jokes: The Funniest Yet is the perfect gift for every occasion.

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with more than 6 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favourites - or Dad just drops in his own zinger! Kit, a young social networking influencer, started his career at the tender age of 14 when he created his original platform, Football.Newz. He has since added another fourteen platforms, including @PubityPets and monster meme Instagram page @Pubity with over 35 million followers. This is his seventh book.

August 29, 2024
272 Pages

9781783255481
Hardcover
£10.99

Dad Says Jokes is a community-run social brand with over 6.2 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

@DadSaysJokes



Giles The Collection 2025 Carl Giles



A brand new collection of 150 Giles cartoons, capturing British humour and the brand's iconic style.

September 12, 2024
160 Pages

9781788404624
Paperback
£14.99

Carl Giles was born in Islington, North London, on 29 September 1916. After leaving school at fourteen, he initially trained in animation before moving into cartoons, when working for Reynolds News. In 1943 Giles moved to the Sunday Express and Daily Express, eventually replacing Strube and becoming the Daily Express "War Correspondent Cartoonist" with the 2nd Army in 1945.

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

"The nation's favourite cartoonist" - Express

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

The Giles Annual is a British institution as reassuringly familiar as a red pillar box or a black cab. This is a brand new collection of work from the 20th century's greatest cartoonist, bringing together some of his most celebrated artworks and capturing working people in hilarious, satirical scenes. Hospital staff, council workers, policemen and politicians all get the Giles treatment to bring British life and eccentricity into sharp focus.

Many of the cartoons feature his iconic, dysfunctional family, and are packed with tonnes of detail to pour over.

With 150 artworks and captions to give contemporary perspective, *Giles 2025* will delight all of those who love his work and collect the annuals.



Bedtime Stories for Privileged Children

Daniel Foxx



A whip-smart, funny and very of the moment parody of uber-rich extravagance from brilliant, upcoming comedian Daniel Foxx.

Author and comedian Daniel Foxx presents a wonderful collection of stories especially for the little darlings of the fabulously wealthy - that can also be enjoyed by YOU, the downtrodden, pitiful, ordinary adult!

Read about the everyday adventures of Rupert, Shallotte and Genevieve as they ski, holiday, and drift around Selfridges - whilst always keeping a healthy distance from the dreaded hoi polloi!

Other magical adventures include:

Rupert goes on holiday! But what is 'duty free'? And why do poor people love it so much?

Pippa and Retinol go for a picnic! But they can't find any Parma ham!!

Lily goes with Daddy to work! And fires Kate from marketing!!

Bedtime Stories for Privileged Children is the perfect Christmas gift - whether you're wintering in Aspen, summering in Tuscany, or simply want to keep the little ones quiet in the back of the Range Rover Evoque.

September 12, 2024
128 Pages

9781800962095
Hardcover
£14.99

Daniel Foxx is an award-winning comedian and writer from London. His easy-going delivery and sharp jokes have quickly established him as one of the most exciting new acts on the UK comedy circuit, whilst his comedy sketch videos have earned him a huge online following and millions of views. On screen, Daniel has performed on BBC One and BBC Three and on stage he has provided tour support for Josh Widdicombe and Sofie Hagen, garnering a host of accolades including a Writers' Guild Award nomination, Winner of the Brighton Fringe Award for Excellence and Finalist in the Chortle Student Comedy Awards. He also writes plays, screenplays and musical theatre, and his most recent project 'Unfortunate: The Untold Story of Ursula the Sea Witch' was one of Underbelly Festival's 2022 Headline Shows.



Letters to the Human Race...from the Cat

Vicky Halls



A delightful and hilarious collection of letters from cats to their beloved humans, unveiling the inner thoughts and musings of our feline friends.

In this delightful and hilarious collection of letters penned by cats to their beloved humans, best-selling author and acclaimed pet behaviour counsellor, Vicky Halls, offers a peek into what your cat is really thinking, and why they do the curious things that they do.

From candid complaints about leftover chicken to perplexing explanations for toilet trouble, these illustrated letters reveal the antics, demands, and, of course, the unconditional love cats have for their human counterparts.

Whether decoding the mysteries of a tail twitch or unravelling the enigma behind the cardboard box obsession, this book is an absolute necessity for any owner seeking to unravel the inner-thoughts of their cat, one comical letter at a time.

November 7, 2024
160 Pages

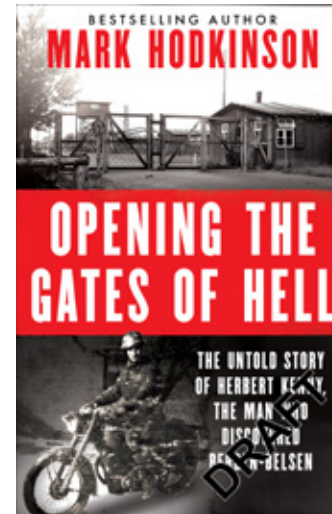
9781788405546
Hardcover
£12.99

Vicky Halls is an acclaimed pet behaviour counsellor with many years of experience treating behavioural problems in cats both in the UK and abroad. She is the author of seven best-selling books on cats for the general public, as well as several peer-reviewed papers for scientific journals. In 2008, Vicky was voted as the 'Nation's Favourite Cat Author' by the readers of Your Cat magazine. At home, Vicky is a slave to the demands of LC, her pre-loved elderly black moggie.

HISTORY & CURRENT AFFAIRS



Opening The Gates of Hell Mark Hodkinson



The untold story of Herbert Kenny, the man who found and helped liberate Bergen-Belsen.

August 1, 2024
320 Pages

9781788404846
Hardcover
£22.00

9781788404853
Trade Paperback
£16.99

Herbert Kenny, an army dispatch rider, was the first Allied soldier to push open the gates at Belsen Concentration Camp, in April 1945. He kept his story from the world until an encounter with a trainee journalist brought it to light. Now, forty years on, that reporter is ready to share Herbert's incredible tale with the world.

With unprecedented access to Herbert's diaries, letters and interviews, Mark Hodkinson brings to life the harrowing conditions of Belsen and its eventual liberation. From the events leading up to its gruesome discovery, to the trauma Herbert faced and his abandonment in the aftermath, this is a testament to the power of one person in the face of unimaginable darkness.

This is the tale of an ordinary man thrown into an extraordinary, life-changing situation. How can a person cope when they come face-to-face with history's darkest moment? Herbert Kenny was that man. This is his story.

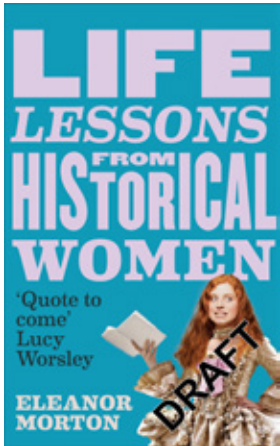
Mark Hodkinson is an experienced author, journalist, publisher and broadcaster. He wrote for *The Times* for over two decades, including three years as a columnist. He has also contributed to, among many others, *The Observer*, *The Guardian*, *GQ* and *The Word*. His last book, *No One Round Here Reads Tolstoy*, *Memoirs of a Working-Class Reader* received widespread critical acclaim and was featured on *Loose Ends*, *A Good Read* and was the main subject on an edition of Nihal Arthanayake's programme on BBC Radio Five Live.

He has published several acclaimed sports books, including *Blue Moon: Down Among the Dead Men* with Manchester City and *Believe in the Sign*, which was long-listed for the William Hill Sports Book of the Year. His debut novel, *The Last Mad Surge of Youth*, was chosen as Q's 'novel of the year' in 2009. Mark has produced and presented documentaries for BBC Radio 4, including *JD Salinger, Made in England*, about the writer's time spent in Devon during WWII and *Punk, the Pistols and the Provinces* which looked at the impact of punk rock in the regions. His most recent documentary for BBC Radio 4 is *So Many Books, So Little Time*.



Life Lessons From Historical Women

Eleanor Morton



Take a tour of the past and uncover stories of the women whose lives and achievements have shaped our modern world. In *Life Lessons from Historical Women*, Eleanor Morton celebrates the ordinary women whose decisions and accomplishments in their everyday lives resonate with us today.

Taking inspiration from the thriving self-help genre, Morton reasons that the greatest lessons can be taken from the female forebears who have come before - women whose actions inspire purpose, creativity and rebellion... without a side of pseudo psychology and judgement...

Covering the full gamut of the female experience, and women from all corners of history and the globe, *Life Lessons from Historical Women* includes chapters on 'How To Thrive' with Judith Kerr, 'Think Like an Entrepreneur' with Mary Seacole, and 'How Not to Give a Fuck' with the famous suffragette martyr Emily Davison.

Whether it's what we can learn from the first woman to summit Everest or the trailblazing ladies who confirm that pockets have always been must-have in women's clothing, Eleanor writes with humour and a sincere respect for our history, and imparts valuable lessons for the modern female.

A funny and fascinating introduction to some of history's most forward thinking women, their stories and what we can learn from them.

August 15, 2024
288 Pages

9781804192276
Hardcover
£18.99

9781804192719
Trade Paperback
£14.99

Eleanor Morton is a Scottish stand-up, writer and actor who started performing stand-up when she was 18 years old. Her latest Fringe show, *Eleanor Morton Has Peaked*, enjoyed a sell-out run and will be on tour in 2023. Recently she wrote and recorded a show for BBC R4, 'The Rest of Us', with Welsh comic Eyllt Sears and Northern Irish comic Mary Flanigan, about overlooked figures in UK history. She is currently based in Edinburgh but travels all over the UK to work and perform. *Life Lessons From Historical Women* is Morton's first book.



Pantheon

Caroline Lawrence



Get to know the ancient Greek gods and goddesses...and find out why their stories are still so enthralling today.

Discover how to identify each god, demigod, hero or monster from the ancient Greek world through their attributes and symbols, learn about their most famous stories from ancient sources and myths, and find out how these characters were viewed and worshipped in classical times.

From Aphrodite to Dionysus, Helen of Troy to the Minotaur, bestselling author and classicist Caroline Lawrence brings together all the information you need to really get to know the gods and goddesses. Classical sources such as the Homeric epics, ancient art and archaeological finds inform each god's profile, while facts about mythical figures in contemporary culture show how these gods and their stories have stood the test of time. Classical illustrator Flora Kirk's stunning, colourful artworks accompany each profile, making this a beautiful, must-have companion guide to the myths.

A beautifully illustrated handbook to the ancient Greek gods and goddesses.

September 12, 2024
208 Pages

9781781579497
Hardcover
£22.00

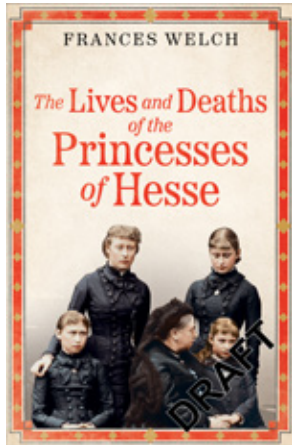
Caroline Lawrence was born in London, England and grew up in California. She studied Classics at Berkeley, where she won a Marshall Scholarship to Cambridge. There, at Newnham College, she studied Classical Art and Archaeology. After Cambridge, Caroline remained in England, and later took an MA in Hebrew and Jewish Studies at University College, London.

Caroline is the bestselling author of a number of children's books, including the 17-book *Roman Mysteries* series, which has gone on to sell many hundreds of thousands of copies. Her books have been translated in dozens of languages and have been adapted for television. In 2009, Caroline won the Classical Association Prize for 'a significant contribution to the public understanding of Classics'.



The Lives and Deaths of the Princesses of Hesse

Frances Welch



The Princesses of Hesse were Queen Victoria's grandchildren. After the death of their mother, Queen Victoria's favourite daughter Alice, the Queen stepped in, taking an almost manic interest in the motherless girl's marriage prospects. Very little went according to plan. Fortunately, Queen Victoria did not live to see her direst fears for the girls spouses being realised. She died in January 1901, just before her beloved Hesse granddaughters became caught up in the maelstrom of early 20th century Europe.

The youngest sister, **Alix**, married Tsar Nicholas II of Russia; she was assassinated, along with the rest of her family, in a cellar in Ekaterinburg. The second, **Ella**, married the Russian Grand Duke Serge. After he was assassinated, she became a nun, only to be assassinated by the Bolsheviks twenty-four hours after Alix in 1918. The third, **Irene**, married the Kaiser's brother, Prince Henry, and was entangled in the 1918 German uprisings. The eldest sister, **Princess Victoria**, married Prince Louis Battenberg, and became the mother of Lord Louis Mountbatten and grandmother of Prince Philip, Duke of Edinburgh.

Their lives were all dramatic, but this book - the first full-length biography of the Princesses of Hesse - also shows how they interacted as sisters, forever jostling for status and relaying the politics and intrigues that surrounded them. Drawing on hundreds of previously unseen letters from the sisters as well as from their grandmother Queen Victoria, *The Princesses of Hesse* takes us on a sweeping journey across the tumultuous landscape of the turn of the century.

Both intimate and epic in scope, Frances Welch's biography sheds new light on the four sisters' lives, illuminating a remarkable period of history in the process.

Frances Welch is author of *The Romanov & Mr Gibbes* (Short Books, 2003) and *A Romanov Fantasy: Life at the Court of Anna Anderson* (Short Books, 2007) She is married to the writer Craig Brown, and has two children. She lives in Aldeburgh, Suffolk.

The fascinating story of the Princesses of Hesse, four sisters at the heart of twentieth-century politics

November 7, 2024
288 Pages

9781780725215
Hardcover
£22.00

9781780726304
Trade Paperback
£16.99

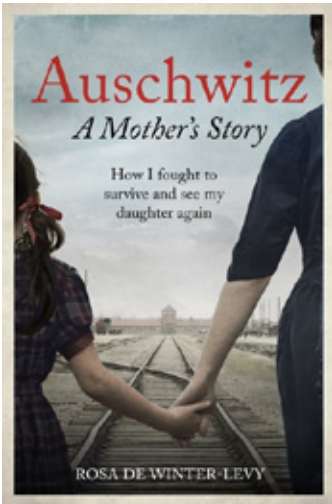
MEMOIR





Auschwitz – A Mother's Story

Rosa de Winter-Levy



The unforgettable, heart-breaking story of a mother who survived Auschwitz and fought to be reunited with her daughter once again.

Suddenly there is a blow to my face, I am hurled to one side. 'My child, I have to go with her!' I scream. But Dr Mengel is standing before me, whip raised. 'Maul halten, shut up!' His eyes gleam. Filled with fear I cower down.

In 1943, as the Nazi power swept across central Europe, Rosa, her husband Emanuel and their daughter, Judy, were forced into hiding. But after a year and a half of living a terrifying, day-by-day existence, they were betrayed. As they arrived in Auschwitz, Rosa was torn from her husband and her only daughter. Could she dare to hope she would see either of them again?

Somehow, Rosa fought the horror and humiliation of the camp, on occasion coming dangerously close to death. In nursing the people trapped beside her, she helped others survive, but tragically she also watched them die - including a mother she had met before, with a similar story and a daughter the very same age. Her name was Edith Frank.

Written immediately in the months after the war, *Auschwitz - A Mother's Story* tells Rosa de Winter-Levy's unique and heart-breaking personal story - from the atrocities of the camp to her journey out of hell. Powerful and affecting, it is the testimony of a mother, and the pain she will endure for the chance to hold her child again.

It's night. The door opens and along with 500 other women I am taken to the so-called Krätzeblock, the scabies block. Mice and rats run over us, the women scream and cry, it's almost unbearable. There's no chance of sleep, we're all consumed by the same thought: tomorrow our final hour will have come.

July 4, 2024 144
Pages

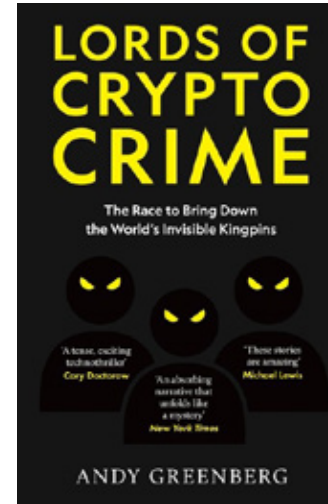
9781800962309
Paperback
£8.99

Rosa de Winter-Levy was born in Germany in 1905. When both of her parents died of the Spanish flu, she moved to the Netherlands at the age of 19. She married Emanuel de Winter and in 1928, they welcomed a daughter, Judy. After the war, she lived once again in the Netherlands and passed away in 1985.



Lords of Crypto Crime

Andy Greenberg



The thrilling behind-the-scenes story of how a small team of investigative agents chased down the criminal overlords of the dark web.

'Reads like a thriller... These stories are amazing.'
- Michael Lewis, #1 New York Times bestselling author of *The Big Short*

Dirty cops, trafficking rings, globe-spanning, nail-biting undercover detective work and the biggest takedown of the online narcotics market in the history of the internet. This is the story of how a single innovation has fuelled the world's criminal financial markets, and unleashed a cat-and mouse game like no other.

Over the last decade, crime lords inhabiting lawless corners of the internet have operated more freely - whether in drug dealing, money laundering, or human trafficking - than their old school counterparts could have ever dreamed of. By transacting in currencies with anonymous ledgers, overseen by no government and beholden no bankers, they have robbed law enforcement of the primary method of cracking down on illicit finance: following the money.

But what if this dark economy held a secret, fatal flaw? What if their currency wasn't so cryptic after all? Could an investigator using the right mixture of technical wizardry, financial forensics, and old-fashioned persistence uncover an entire criminal underworld?

Lords of Crypto Crime is the gripping, insider story of how a brilliant group of investigators took down the biggest kingpins of the dark web.

July 4, 2024
384 Pages

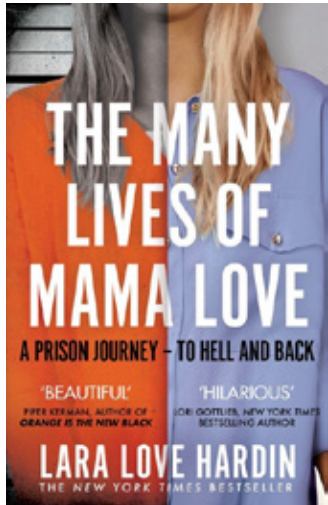
9781800962262
Paperback
£10.99

Andy Greenberg is a senior writer for *Wired* magazine. He's written about hackers, cybersecurity, surveillance, and privacy for more than fifteen years, and is the author of three books: *Tracers in the Dark*, *Sandworm*, and *This Machine Kills Secrets*. *Tracers in the Dark* and *Sandworm*, along with excerpts of the books published in *Wired*, have won several honors including two Gerald Loeb awards for distinguished business and financial reporting. *This Machine Kills Secrets* was named by *The Verge* as one of the top ten greatest tech books of all time. Greenberg lives in Brooklyn with his wife, documentary filmmaker Malika Zouhali-Worrall.



The Many Lives of Mama Love

Lara Love Hardin



'The Many Lives of Mama Love contains notes of Wild, Orange is the New Black, and Catch me if you Can' - *The New York Times*

'Lara Love Hardin shares compelling and important truths in her beautifully told personal story.' PIPER KERMAN, author of *Orange is the New Black*

Reading was her first addiction; but then came opiates. And so, despite the appearances of a perfect picket fence life, Lara steals credit cards and goes through people's mail, raiding identities to sustain her addiction until eventually she finds herself in a Californian prison.

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

The Many Lives of Mama Love is a beautiful, page-turning memoir about a powerful, redemptive journey with a surprising final act. It's about reaching rock bottom and clambering back up; about healing, shame and self-forgiveness, and about writing yourself a new path, with a different destiny.

A page-turning, funny and poignant memoir about Lara Love Hardin's journey from soccer mom to identity thief and opiate addict to New York Times bestselling ghostwriter, via a Californian prison.

July 4, 2024
320 Pages

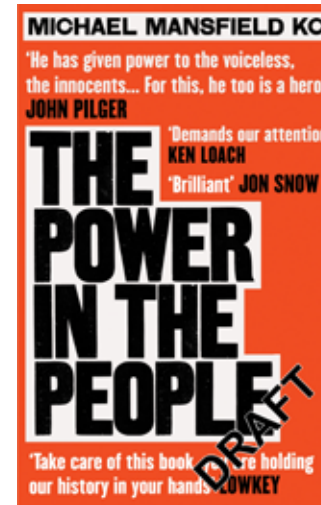
9781804190517
Paperback
£10.99

Lara Love Hardin is a literary agent and author. Previously co-CEO of Idea Architects, she is the founder of True Literary. Lara is a four-time *New York Times* bestselling co-writer, including the #1 *New York Times* bestseller *Designing Your Life* and the 2018 Oprah Book Club pick *The Sun Does Shine*, which she co-authored with Anthony Ray Hinton. In 2019 she won a Christopher Award for her work 'affirming the highest values of the human spirit', was nominated for an NAACP Image Award, and shortlisted for the Dayton Literary Peace Prize.



The Power In The People

Michael Mansfield



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

August 29, 2024
288 Pages

9781800961456
Paperback
£10.99

'I want this book to inspire people, give them a blueprint for fighting their own battles, and challenge the status quo. To see that together, we are always stronger. To understand that those who stand in the way of change cannot do so forever.' Michael Mansfield, KC

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

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

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

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

Michael Mansfield, KC, was called to the bar in 1967 and became Queens Counsel in 1989. Passionate about civil liberties and overturning miscarriages of justice he represented clients from the Birmingham 6, the Guildford 4 and the Tottenham 3. He has fought for the Orgreave miners and for the families of victims of Bloody Sunday, Hillsborough, the Marchioness, Lockerbie and Grenfell, as well as for the parents of Stephen Lawrence. Following the tragic death of his daughter by suicide in 2015, he and his wife, Yvette, set up the charity SOS to campaign for the provision of mental health support and suicide awareness. He has published several books including his autobiography, *Memoirs of a Radical Lawyer* (Bloomsbury, 2009). In 2017 Michael celebrated 50 years at the bar, but shows no sign of retiring, in fact he recently launched a podcast *Two Heads* with fellow barrister Lorna Hackett. He lives with Yvette near Stratford On Avon, Warwickshire.



Meet Ella James Middleton



A tender, warm-hearted but sometimes devastating account of James Middleton's life and battle with mental health, that might just be the most unexpectedly touching book you read this year.

Honest and revelatory, *Meet Ella* charts how James' love of animals took root in early childhood and record his jubilation when Ella - his first dog - bounds into his life at just eight weeks old, when he is 20. They form an unbreakable bond and Ella remains at James' side, a loyal and constant companion, until her death, aged 15 in January 2023. The most devoted of friends, she loved him unconditionally, read his moods; knew just when and how to intervene to help him. Ella is the reason he went to therapy.

Wherever James went, Ella - the most well-mannered and kind-natured of dogs - went with him. They attended weddings together - invitations invariably read 'To James and Ella' - and visited Highgrove and Sandringham when he was a guest of the royal family. She was even the reason he met his wife Alizee (a dog-lover too - or James would never have married her).

Threaded through this life-affirming story of one man's love for his dog is an honest account of James's battle with clinical depression. *Meet Ella* will move you to tears while making you marvel at the resilience of the human spirit.

September 26, 2024
272 Pages

9781804192504
Hardcover
£22.00

9781804192511
Trade Paperback
£14.99

James Middleton, younger brother of Catherine, Duchess of Cornwall, is an entrepreneur and dog lover. He has six dogs: four Cocker Spaniels and two Golden Retrievers. After becoming a consultant for a pet food company, he now runs his own dog food brand. He and his dog Mabel volunteer with Pets as Therapy and he has also donated a dog, Bertie (named after the Queen's father) and is raising funds to train him as a guide dog for the blind.



Repair Richard Hammond



TV favourite, Richard Hammond, has hit a crossroad in his life. Nearly twenty years after his famous high-speed car crash, he opens up about life after near death and the psychological challenges of the modern world.

In the nearly two decades since my death-defying car crash, people remain fascinated by the aftermath of such a life-changing event. The truth is, I'm still contemplating the effects myself.

That's where you find me now, at a crossroads. A moment of reflection and pause. A chance to look back over my life since and forward to the (I hope) long road ahead. Searching for answers and performing what I would call a 'midlife MOT' - checking in to see what's going on and fine-tuning the parts that are a bit stuck.

They say we're in crisis, men, so I want to get under the bonnet and have a look around - see if anything I've experienced or learned over the years might help or illuminate. Tread carefully into topics us blokes (in fact all of us, really) find hard to talk about, but absolutely must if we're to turn a corner.

I would argue that all life is a series of rupture and repair, breaking and fixing, high points and low points. A constant reaching of crossroads and hoping you've picked the right route. So I hope what I've got to say is sensible, and funny - at least for the short one off of the nation's favourite car show... - but mostly I hope it inspires a bit of self maintenance in you too.

The saying goes, 'if it ain't broke, don't fix it, but I'd argue we could at least change the oil every now, and keep ourselves in better repair.

October 10, 2024
320 Pages

9781804192191
Hardcover
£22.00

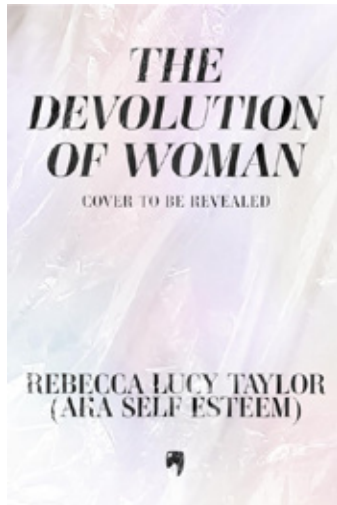
9781804192207
Trade Paperback
£16.99

Richard Hammond is an English journalist, television presenter, mechanic, and writer. He is best known for co-hosting the BBC Two motoring programme *Top Gear* from 2002 until 2015 with Jeremy Clarkson and James May. Since 2016, the trio have presented Amazon Studios' *The Grand Tour*.



The Devolution of Woman

Rebecca Lucy Taylor



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

In her remarkable literary debut, Taylor (AKA Self Esteem) will explore the devoluo[n] of a woman.

October 10, 2024
224 Pages

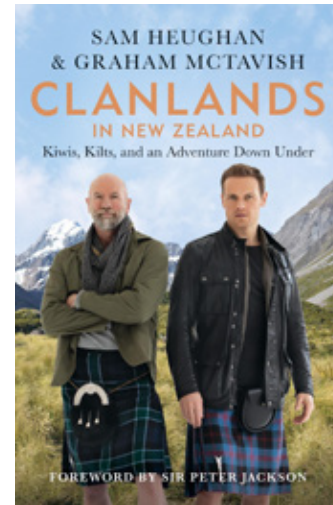
9781914240652
Hardcover
£22.00

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



Clanlands in New Zealand

Sam Heughan



WITH A FOREWORD BY SIR PETER JACKSON

Buckle up, grab a dram, and get ready for another unforgettable wild ride.

Join our intrepid Scotsmen on their latest epic adventure across The Land of the Long White Cloud in this thrilling follow-up to *Clanlands*. Setting out to explore a country that Graham calls home, and that Sam has longed to visit, these sturdy friends immerse themselves in all that New Zealand has to offer: stunning landscapes, rich history, world-class food and drink, and - much to Graham's mounting anxiety and Sam's deep satisfaction - famously adrenaline-fuelled activities! As ever there's not nearly enough space in their trusty camper van and with plenty of good-natured competition and tormenting to go around, Sam and Graham's friendship is put to the test once again. Along the way we learn about the length and breadth of this jewel of the Southern Seas, exploring the fascinating story of its people while testing the very limits of Graham's sanity.

The highly anticipated follow-up to the worldwide bestseller, *Clanlands*. Sam & Graham continue their immersive buddy adventure, this time in New Zealand!

Like the very best buddy movie sequel, this latest instalment is full of unforgettable experiences and loveable characters and promises to be an even more memorable ride with two of the most entertaining travel companions around.

So, say goodbye to your inhibitions and kia ora to New Zealand like you've never seen it before.

November 7, 2024
272 Pages

9781804190807
Paperback
£10.99

Sam Heughan is an award-winning actor, producer, entrepreneur, and philanthropist, best known for his starring role as Jamie Fraser in the hit TV show *Outlander*. He is the co-author of two previous books, *Clanlands* and *The Clanlands Almanac*, both of which appeared on the *Sunday Times* and *New York Times* bestseller lists, with *Clanlands* becoming an instant NYT #1. He is also the author of *Waypoints*, a *Sunday Times* and *New York Times* bestseller.

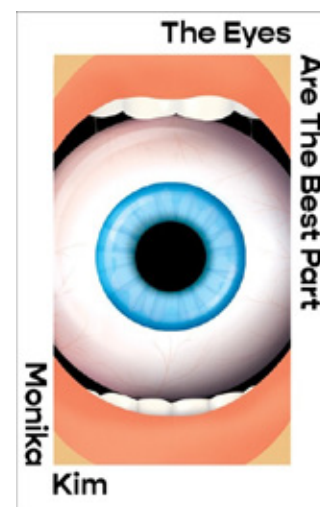
@samheughan

Graham McTavish has been acting for over 35 years in theatre, film and television. On film and TV, he is best known for his roles as Dougal MacKenzie in *Outlander*, the fierce Dwarf Dwain in *The Hobbit* trilogy, AMC's cult show *Preacher* as the Saint of Killers, and Ser Harrold Westerling of the Kingsguard in HBO's *House of the Dragon*. He has performed in theatre all over the world from the Royal Court Theatre in London to the Metropolitan Museum of Art in New York. Graham is co-author of the internationally bestselling *Clanlands* and *The Clanlands Almanac*.

FICTION



The Eyes Are The Best Part Monika Kim



Boy Parts meets *My Sister, the Serial Killer* in this feminist psychological horror about the making of a female serial killer from a Korean-American perspective.

July 4, 2024
288 Pages

9781914240867
Hardcover
£16.99

9781840918397
Trade Paperback
£14.99

Ji-won's life tumbles into disarray in the wake of her Appa's extramarital affair and subsequent departure. Her mother, distraught. Her younger sister, hurt and confused. Her college freshman grades, failing. Her dreams, horrifying... yet enticing.

In them, Ji-won walks through bloody rooms full of eyes. Succulent blue eyes. Salivatingly blue eyes. Eyes the same shape and shade as George's, who is Umma's obnoxious new boyfriend. George has already overstayed his welcome in her family's claustrophobic apartment. He brags about his puffed-up consulting job, ogles Asian waitresses while dining out, and acts condescending toward Ji-won and her sister as if he deserves all of Umma's fawning adoration. No, George doesn't deserve anything from her family. Ji-won will make sure of that.

For no matter how many victims accumulate around her campus or how many people she must deceive and manipulate, Ji-won's hunger and her rage deserve to be sated.

A brilliantly inventive, subversive novel about a young woman unraveling, Monika Kim's *The Eyes Are the Best Part* is a story of a family falling apart and trying to find their way back to each other, marking a bold new voice in horror that will leave readers mesmerized and craving more.

Monika Kim is a second-generation Korean-American living in Los Angeles's Koreatown. She learned about eating fish eyes and other Korean superstitions from her mother, who immigrated to Los Angeles from Seoul in 1985.



The Full Moon Coffee Shop

Mai Mochizuki



Set in Kyoto, *The Full Moon Coffee Shop* is an inspirational novel filled with music, stars, cats, and cakes, for lovers of all things Japanese and uplifting stories with a powerful healing message.

Based on the Japanese myth of cats returning favours to humans who are kind to them, "The Full Moon Coffee Shop" is the name of a peculiar cake cafe that is run by talking cats, which has no fixed location and instead materialises unpredictably on the night of a full moon.

The protagonists of this story - a successful female scriptwriter in crisis, a heartbroken tv director, and two male entrepreneurs - all end up there in the middle of the night, in a semi-dream-like state, and receive life-changing advice on love, work, and relationships from a charismatic tortoiseshell cat who interprets his guests' astrological chart.

The Western horoscope comes into play, as well as the life phases, one for each planet, that guide what lessons we have or haven't allowed ourselves to learn. Meanwhile, the customers are served a selection of drinks and sweet treats tailored perfectly to their needs: a Lunar Chocolate Fondant for Aching Hearts, a Planetary Ice Affogato, an Ice Coffee with Sunrise Syrup, or a Bitter Coffee for Mature Souls.

August 29, 2024
320 Pages

9781914240928
Hardcover
£16.99

9781914240935
Trade Paperback
£14.99

Mai Mochizuki fell in love with Chihiro Sakurada's illustrations when she saw them on social media, and they inspired her to write *The Full Moon Coffee Shop*.

GAMES & PUZZLES





70 Easy Card Tricks

Peter Arnold



Learn 70 tricks that are easy to master and hundreds of techniques that are essential for every budding magician.

Easy Card Tricks includes mathematical dupes, sleights of hand, 'mind-reading' stunts, expert shuffles, and card predictions that will seem impossible to an observer. Some of these tricks need no special skills at all, some need simple equipment such as a pen and paper, and some need simple conjuring skills to make the false shuffles, double lifts and glides look effortless. But all of the tricks are impressive and, with a little repetition in private, you will soon be a master of illusion.

70 tricks that are easy to learn and will astound your friends and family.

August 6, 2024
176 Pages

9780600638346
Hardcover
£12.99

Peter Arnold has written over 40 books on football, cricket, boxing, gambling, snooker, darts and cards. He was the co-author of the successful *Complete Book of Card Games* and General Editor on *The Official Rules of Sports and Games*. He lives in London, England and Spain.

Who Am I? Movies



August 1, 2024
9780753735534
£12.99

Are you a self-proclaimed film buff? Do you know your Jaws from your Jurassic Park?

Who am I? Movies is a big screen version of the classic guessing game. Choose a name card at random from the deck and set it on the stand facing the other players, but don't peek!

The aim of the game is for you to deduce who you are by asking each player in turn one question to which they can only answer 'yes' or 'no'. The other players have a booklet of profiles on 50 of film's all-time stars to help them answer your clever questions.

With impression prompts and alternative game-play suggestions, this is great fun for 2 or more players.

The sturdy box contains 50 name cards, a foldable stand and a 64-page booklet featuring profiles of 50 movie icons.

Who Am I? Pop



August 1, 2024
9780753735541
£12.99

Do you know your pop stars from your rockstars?

Who am I? Pop is a pop-icon version of the classic guessing game. Choose a name card at random from the deck and set it on the stand facing the other players, but don't peek!

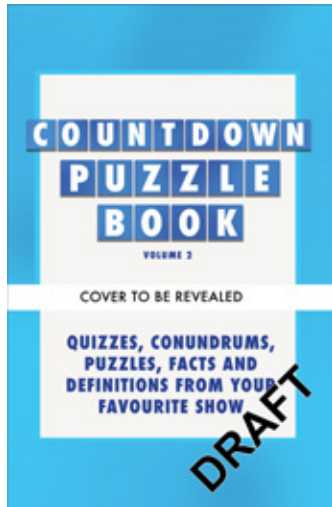
The aim of the game is for you to deduce who you are by asking each player in turn one question to which they can only answer 'yes' or 'no'. The other players have a booklet of profiles on 50 of Pop's all-time superstars to help them answer your clever questions.

With impression prompts and alternative game-play suggestions, this is great fun for 2 or more players.

The sturdy box contains 50 name cards, a foldable stand and a 64-page booklet featuring profiles of 50 pop icons.



The Countdown Puzzle Book Volume 2



The sequel to Volume 1 of *Countdown Puzzle Book*, published to coincide with the resurgence of viewing figures following Colin Murray's popular appointment as host.

A BRAND NEW *COUNTDOWN PUZZLE BOOK*, PERFECT FOR FANS OF THE SHOW!

Think you have what it takes to be a *Countdown* contestant?

Do you enjoy playing along with the show at home?

Do you know where the phrase 'The Full Monty' comes from?

Whether you consider yourself an expert, or just want to play *Countdown*-themed challenges at your leisure, this is the perfect book for you. It contains **over 750 number and word puzzles** based on your favourite quiz show, including the opportunity to take on contestants on the show by challenging yourself to beat their score, and even speed rounds if you fancy more of a challenge. There are feature puzzles of themed letters rounds and conundrums, as well as special maths and letters challenges.

Colin has provided his own teatime teasers under different categories, and for those who are amazed by Rachel's numerical agility there are black-belt maths challenges to see if you can solve those sums only she could manage on the show! Throughout are some of the best of Susie's fascinating 'Origins of Words' features. All in all, this is the ultimate book for all fans of *Countdown*!

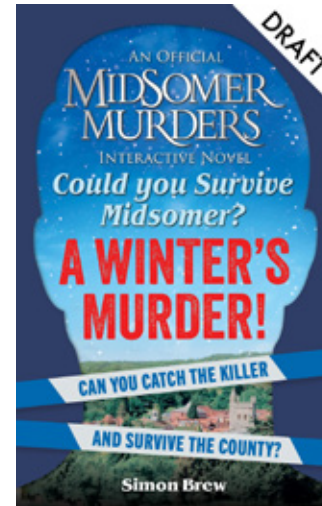
September 12, 2024
352 Pages

9781788404938
Trade Paperback
£16.99

ITV Ventures Ltd is a dynamic and innovative company that has made a significant mark in the world of media and entertainment. Established as an extension of the renowned ITV network, it is committed to producing high-quality, captivating content for a global audience.



Could You Survive Midsomer? – A Winter's Murder



Following the best-selling *Could You Survive Midsomer?*, this is the second official interactive *Midsomer Murders* novel, with a winter twist.

Following the best-selling *Can You Survive Midsomer?*, this is the second official interactive *Midsomer Murders* novel, with a winter twist.

Can you survive the Midsomer winter festivities?

It's been a year of tension and troubles in the beautiful county of Midsomer. On the first evening of Winter at the Windy Dog pub, Landlady Bey Granger, as always, is set to mark the start of the Causton village festivities. But when the lights switch on to kick off the celebrations, things do not go to plan. At least not for Trevor Kennedy, whose death certificate marks him as the first person in the area to die when a Christmas light exploded in their face. The further problem is: he might not be the last. 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 solve the crime? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an unmet, and possibly bizarre, death? Your task is to make the right choices, solve the case and - most tricky of all - avoid becoming a Causton crime statistic yourself...Good luck!

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

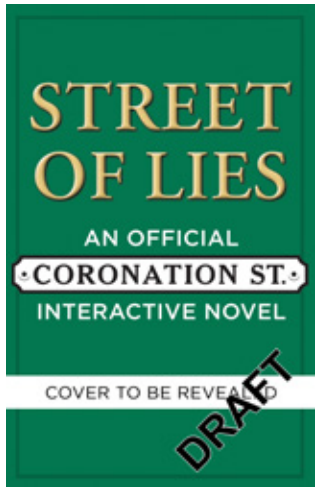
October 8, 2024
304 Pages

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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*.



The Street of Lies: An Official Coronation Street Interactive



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An official *Coronation Street* Interactive novel set in the celebrated cobbled town of ITV's Weatherfield.

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ITV Ventures Ltd is a dynamic and innovative company that has made a significant mark in the world of media and entertainment. Established as an extension of the renowned ITV network, it is committed to producing high-quality, captivating content for a global audience.

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The Repair Shop Puzzle Book



The first puzzle book based on the BAFTA-award-winning television show *The Repair Shop*.

Think you know about the *Repair Shop*, its crafts, craftspeople and stories? Looking for fun brainteasers, word games and quizzes to train your brain and hone your problem solving skills? It's time to put your knowledge to the test with this collection of questions and puzzles designed to challenge and entertain.

Blending together basic trivia, complex wordplay and a range of visual teasers, the book calls on the knowledge of *Repair Shop* fans to provide hours of challenges inspired by the iconic barn and the work that goes on inside. From silversmithing and woodworking, to teddy bears, clocks and paintings, the puzzles draw on the wide range of skills and objects that the *Repair Shop* team are famed for.

With difficulty levels varying from pleasantly tricky to fiendishly hard, *The Repair Shop Puzzle Book* will delight all fans of the show.

November 7, 2024
192 Pages

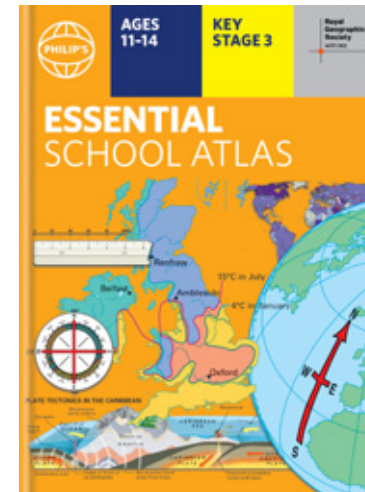
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The Repair Shop is one of the BBC's best loved TV shows, with ardent fans around the world. The iconic *Repair Shop* barn is a workshop filled with expert craftspeople, who use their unique skills and knowledge to bring loved pieces of family history, and the memories they hold, back to life. The show is a heartwarming antidote to modern, throwaway culture, and a uplifting celebration of artisan crafts - from clockmaking and woodwork to art restoration and upholstery.

PHILIP'S



Philip's RGS Essential School Atlas



In Philip's RGS Children's Atlas, clear and accurate maps are combined with fascinating facts about the countries of the world to provide essential geographical information for young readers aged 7-12.

September 5 2024
96 Pages

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"An excellent world atlas. Very illuminating, good colours, clear texts...good glossary and, last but not least, up-to-date". - Amazon customer review

- The ideal school atlas for Key Stage 3 pupils and Scotland's National Qualifications., 11-14 years old
- All updated for 2024 specifically to meet curriculum needs
- Specially focused 16-page UK and Ireland section
- Comprehensive 62-page world section includes thematic maps on the environment, climate change, people, quality of life, and energy
- Published in association with the Royal Geographical Society

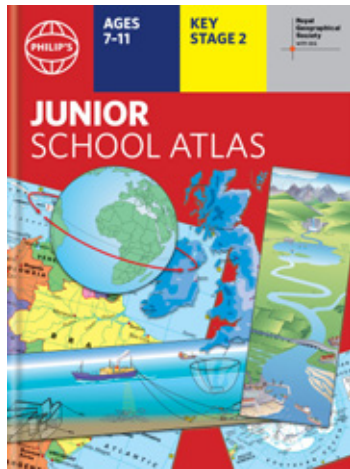
Philip's RGS Essential School Atlas has been specially created for lower-secondary geography students (11-14 year olds). The maps have been carefully designed to be uncluttered and easy to read, containing specially selected place names and detail. A clear set of symbols and scale information accompanies every map, with a useful introductory section covering basic atlas skills, including aerial photographs and satellite images to further explain particular features on the maps. Latitude and longitude co-ordinates are included in the index, alongside figure-letter references.

Fully up-to-date, the atlas includes detailed regional maps, charts and satellite images of Europe, Italy, the Middle East, China, Japan, Kenya, USA, Brazil, and the Arctic and Antarctica. It also focuses on areas of special interest for students of geography, such as Japan's volcanoes and earthquakes, and conservation in Kenya.

Philip's RGS Essential School Atlas is ideal for special project work and is available in both hardback and paperback editions.



Philip's RGS Junior School Atlas



The market-leading atlas for pupils at primary schools, *Philip's RGS Junior School Atlas* has been fully revised and updated for its 12th edition.

September 5, 2024
64 Pages

9781849076883
Hardcover
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9781849076890
Paperback
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The 12th edition of the market-leading atlas for primary school pupils, *Philip's RGS Junior School Atlas* has been fully revised and updated with all the latest facts and curriculum requirements.

- The essential atlas for primary schools with clear and easy-to-follow maps and diagrams - updated for 2024/2025
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- Recommended for **Key Stage 2 of the National Curriculum** and all **7-11 year olds**
- An excellent introduction to mapping concepts such as scale, direction, symbols, longitude and latitude
- 22-page Britain and Ireland section with **clear thematic charts**, diagrams and large-scale regional maps
- 22-page section on **The World**, with political maps - and thematic treatment of key themes, from volcanoes and earthquakes to transport and tourism
- **Continents section** with physical and political maps
- **Easy-to-follow map references and 1,000-place index**

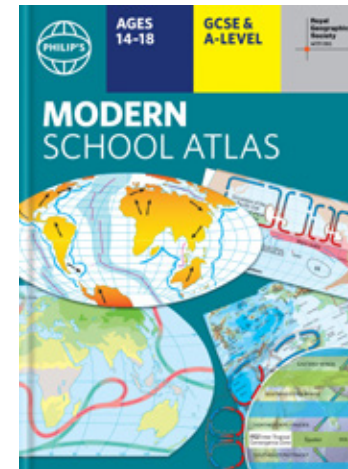
The introductory section describes the meaning of scale, how to measure distances using the maps, and explains the symbols on the maps.

The following section is devoted to the United Kingdom and Ireland. Thematic maps cover topics such as mountains and rivers, climate and weather, population and cities, farming and fishing, industry and energy, transport, tourism and conservation.

The rest of the atlas is made up of world thematic maps and world continental maps. Included are topics such as the world's climate, vegetation, agriculture, energy sources, and environmental concerns, such as global warming. A simple letter-figure index completes the atlas. Available in both Hardback and Paperback editions.



Philip's RGS Modern School Atlas



The 101st edition of the essential geographer's reference for secondary education (14-18 year-olds), specially created for Key Stage 4, GCSE, IGCSE, A-Level and international schools.

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Completing the atlas is a section of World social and economic statistics, and an index with letter-figure grid references as well as latitude and longitude co-ordinates.

Available in both hardback and paperback formats, *Philip's RGS Modern School Atlas* 101st Edition is an unbeatable combination of highly detailed physical mapping backed up by enlightening thematic maps.



Philip's Stargazing 2025 Month-by-Month Guide to the Night Sky Britain & Ireland

Nigel Henbest



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

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

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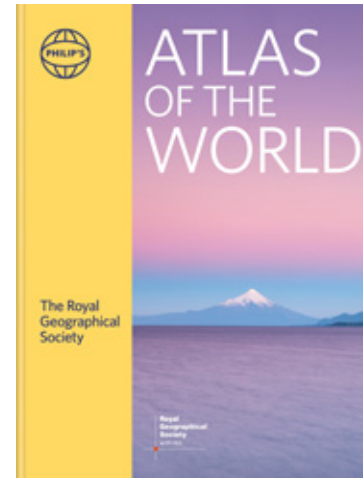
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For the first time In the **World Maps** section we add **space launch sites** - about 40 sites worldwide. We update the Arctic and Antarctica, revising limits of sea ice to **reflect the global climate changes** and add new national parks in Australia and Albania. In **global transport and infrastructure** the new international airports coming on stream in Dehli and Vietnam and railways are updated to include the new Iran/Iraq line.

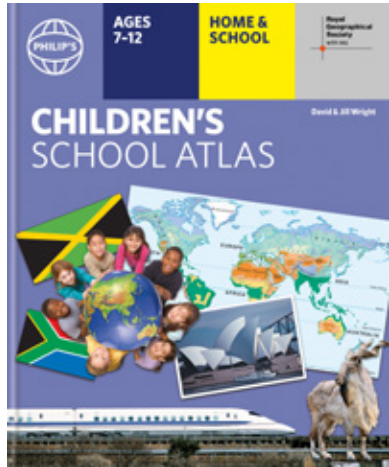
October 3, 2024
448 Pages

9781849077002
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Philip's RGS Children's School Atlas

David and Jill Wright



"This is such a great book for primary school age children and a little beyond for finding out about the world, its countries and people" - Amazon customer review

- Philip's atlas, designed specially to use at home and at school with **guidance for parents and teachers**
- **Clear maps and fascinating facts bring geography to life for readers aged 7-12**
- Published by Philip's in association with the **Royal Geographical Society**
- **Quizzes, activity ideas and puzzles to make learning fun**
- **Past winner of the Geographical Association's award** for making a significant contribution to geography

The atlas is organized spread by spread in the classic sequence: first Europe, then its land neighbour Asia, followed by Africa, Australia and Oceania, North America and South America. Illustrated with captivating full-colour photographs and packed with fact boxes, curiosities, flags, stamps and quiz questions, *Philip's RGS Children's Atlas* is both fun to use and easy to understand.

Now in its 17th edition, Philip's RGS Children's Atlas is a past winner of the Geographical Association's award for making a significant contribution to geography. The atlas was judged "an excellent 'all round' children's atlas with simple yet well-designed maps, well-illustrated with colour photographs. It links places to issues, events and real people, giving a clear sense of place."

David and Jill Wright began their careers as geography teachers, before moving into teacher training. They travelled the world extensively, researching new material for educational and children's books. Sadly, David died in 2009, but his wife Jill continues to write about geography for children.

October 3, 2024
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Philip's RGS Infant School Atlas

David Wright and Rachel Noonan



Written for 5 to 7 year-old this atlas is ideal for teaching Key Stage 1, helping to cover geography, history, science, citizenship and literacy requirements.

- **Written by experts** Professor David Wright and Rachel Noonan
- Published in association with the **Royal Geographical Society**
- 50 pages of **clear, child-friendly maps** showing our world today
- **Countries of the world brought to life** with flags, illustrations and photos
- **Bold text, simple words and short sentences to encourage reading skills**
- Starts with the Earth as a Planet then zooms into each of the world's regions with maps and illustrations
- **Numbered balloons on each map link to photos of a real place**

The latest edition of Philip's RGS Infant School Atlas is for children in the early stages of reading, aged between 5 and 7 years old.

Fully revised and updated, the atlas is for children aged 5-7 in the early stages of reading, with simple text to explain what is happening on the maps and illustrations - all compatible with National Curriculum Key Stage 1.

Clear, child-friendly maps are combined with vibrant photographs and facts about the world to provide essential geographical information for young children. Guidance is given at the beginning of the atlas on how to use the maps, encouraging the early development of map skills and knowledge of the world.

Each colourful spread is illustrated with photographs and packed with fact boxes, curiosities, flags, stamps and simple quiz questions. *Philip's RGS Infant School Atlas* is both fun to use and easy to understand. The text is simple and uncomplicated to encourage early reading skills.

October 3, 2024
48 Pages

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Hardcover
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David and Jill Wright began their careers as geography teachers, before moving into teacher training. They travelled the world extensively, researching new material for educational and children's books. Sadly, David died in 2009, but his wife Jill continues to write about geography for children.

Rachel Noonan is the daughter of David and Jill Wright, co-author and an infant school teacher. She lives in Norwich, Norfolk.



Philip's Navigator Britain

Easy-Use format



Easy-to-read mapping, superb extra detail, and a great lie-flat format make this the ultimate British road trip companion. drivers, visitors and locals.

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Clément Mazarian has been a collector of antique watches since he was a teenager. After several years of immersing himself in horology and travelling the world in search of the finest timepieces, Clément moved from working exclusively for dealers to creating his own concept: COLLECTION PERSONELLE. A renowned expert in collectors' watches, Clément researches and sells watches to private clients internationally.

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Henry Leutwyler is a self-taught Swiss photographer based in New York. He decided not to follow in the footsteps of his printer grandfather and father, but instead to devote himself to travel and photography. Henry has photographed many celebrities and notable figures: Michelle Obama, Julia Roberts, Iggy Pop, Rihanna and Martin Scorsese to name but a few.

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