

OCTOPUS BOOKS USA SUMMER 2025

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

> FRONT COVER IMAGE © NADIA GRAPES/SHUTTERSTOCK.COM FROM THE CONFIDENCE FIX PUBLISHED BY SUMMERSDALE

Sales Conference Octopus Summer 2025 Frontlist



Mitchell Beazley 9781840919431 1840919434 Pub Date: 5/27/2025 On Sale Date: 5/27/2025 \$24.99/\$31.99 Can. Hardcover

112 Pages Carton Qty: 10 Print Run: 8K Games & Activities / Coloring Books GAM019000

10 in H | 7.8 in W Status:**FORTHCOMING**

Zoé de Las Cases Paris Colouring Book

A collection of beautiful Parisian images to colour in Zoé de Las Cases

Key Selling Points

- **TRACK RECORD:** Mitchell Beazley have an excellent track record publishing high-end coloring books; the *Vogue Colouring Book* has sold more than 90k copies.
- **BEAUTIFUL PACKAGE:** With colored thread binding, thick, creamy paper and an unusual open spine, this coloring book stands out as special compared to other products on the market.
- POPULAR BRAND: Zoé de las Cases is a French brand with international appeal

 her coloring and lifestyle books have been successful in France and abroad, and
 @zoedelascases has 235K Instagram followers.

Summary

A beautiful collection of Parisian scenes to color in, from French designer and decorator Zoé de Las Cases.

A beautiful collection of more than 40 Parisian scenes to color in, from French designer and decorator Zoé de Las Cases.

Enter the charming world of Zoé de Las Cases and rediscover the joy of coloring. Inspired by snapshots of Paris through the eyes of creators from the city and beyond, this coloring book of 42 drawings is a curated selection of romantic Parisian scenes from around the city, from rooftop views to cozy café corners, bohemian apartments to boutique windows.

With thick, creamy paper and colored thread binding, *Paris* is a beautiful gift for anyone wanting to romanticize their life. This joyful ode to the French capital is chic, stylish and sure to make you smile as you pick up your pens and pencils and bring the streets of Paris to life.

Contributor Bio

Zoé de Las Cases is an illustrator, graphic designer and interiors decorator. She cultivates an art of living that combines a sense of style and decoration, in a joyful, playful and colorful universe. Zoé is the author of many books, including her popular adult coloring books which have seen great success both in France and internationally. She regularly collaborates with brands and creates stationery and home decorations under the Zoé de Las Cases brand. She lives with her husband and children between Paris and Normandy.

Marketing Plans

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





Sales Conference Octopus Summer 2025 Frontlist



Mitchell Beazley 9781840919424 1840919426 Pub Date: 5/27/2025 On Sale Date: 5/27/2025 \$24.99/\$31.99 Can. Hardcover

112 Pages Carton Qty: 10 Print Run: 8K Games & Activities / Coloring Books GAM019000

10 in H | 7.8 in W Status:**FORTHCOMING**

Zoé de Las Cases Chez Moi Colouring Book

A collection of beautiful rooms to colour in

Zoé de Las Cases

Key Selling Points

- **TRACK RECORD:** Mitchell Beazley have an excellent track record publishing high-end coloring books; the *Vogue Colouring Book* has sold more than 90k copies.
- **BEAUTIFUL PACKAGE:** With colored thread binding, thick, creamy paper and an unusual open spine, this coloring book stands out as special compared to other products on the market.
- POPULAR BRAND: Zoé de las Cases is a French brand with international appeal

 her coloring and lifestyle books have been successful in France and abroad, and
 @zoedelascases has 235K Instagram followers.

Summary

A beautiful collection of more than 40 interior scenes to color in, from French designer and decorator Zoé de Las Cases.

A beautiful collection of more than 40 interior scenes to color in, from French designer and decorator Zoé de Las Cases.

Enter the charming world of Zoé de Las Cases and rediscover the joy of coloring. Inspired by the homes of leading interiors stylists from around the world, this coloring book of 42 drawings is a curated selection of homely scenes, from welcoming kitchen tables to cozy library corners, beautifully decorated bedspreads to charming country living rooms. Featured designers include: John Derian, Inès de la Fressange, Luke Edward Hall, Merci Paris and Nathalie Lété.

With thick, creamy paper and colored thread binding, *Chez Moi* is a beautiful gift for any interiors enthusiast. This joyful ode to the places we call home is a celebration of all things interior décor, and is sure to make you smile as you pick up your pens and pencils and bring these rooms to life.

Contributor Bio

Zoé de Las Cases is an illustrator, graphic designer and interiors decorator. She cultivates an art of living that combines a sense of style and decoration, in a joyful, playful and colorful universe. Zoé is the author of many books, including her popular adult coloring books which have seen great success both in France and internationally. She regularly collaborates with brands and creates stationery and home decorations under the Zoé de Las Cases brand. She lives with her husband and children between Paris and Normandy.

Marketing Plans

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







Conran 9781840919325 1840919329 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$22.99/\$28.99 Can. Hardcover

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

8.5 in H | 6.5 in W | 0.8 in T | 1.3 lb Wt Status:**FORTHCOMING**

Vogue Essentials: Lingerie

Anna Cryer

Key Selling Points

- Contains some of the best fashion photography available, including images from British *Vogue*'s peerless archive of a million fashion images
- *Vogue* is an internationally prestigious, enduring luxury brand that remains incredibly popular
- Our previous Vogue books have combined sales of over 200,000

Summary

The ultimate wardrobe essential, lingerie, is celebrated in the latest book from the internationally prestigious fashion brand, *Vogue*.

"From silk slips to bondage bras and Kate Moss' barely-there vest top - the evolution of lingerie over 100 years of Vogue's history is revealed in a stunning new book." - Mail Online

"Lingerie is what comes nearest to a woman's heart and naturally it gives her more real and intimate satisfaction than any other part of her wardrobe." - Vogue, 1918

Images of lingerie have been showcased in British Vogue since its launch in 1916. They demonstrate more than just changing fashion; they serve as a commentary on ideas of propriety, the progress of female emancipation and technological advancements as well as ever-changing ideals of the female silhouette and concepts of beauty.

Divided into categories of Stretch & Go, Pretty Things, Under Control and After Dark, Vogue Essentials: Lingerie explores the evolution of lingerie over the 100 years of Vogue's history, commenting on changing fashions, influence on popular culture, the psychology of lingerie and its role as a liberator, accompanied by more than 100 images from the British Vogue archive.

Contributor Bio

Anna Cryer is an editor who has worked at British *Vogue*, *Tatler* and *Harper's Bazaar* in London and New York. She was at *Vogue* on three separate occasions, as the magazine celebrated its 75th, 90th and 100th anniversaries. Her childhood nickname 'Pants on Fire' seems prescient given the subject of this, her first book. She lives in London.

Marketing Plans

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







Radar 9781804191361 1804191361 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$14.99/\$18.99 Can. Paperback

224 Pages Carton Qty: 10 Print Run: 6K Biography & Autobiography / LGBTQ+ BIO031000

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

Queer Villains of Myth and Legend

A Revelry of Queer Rogues and Outlaws Through the Ages Dan Jones

Key Selling Points

- VICTORY FOR VILLAINS: There has been a reclaiming of the 'villain narrative' in popular culture, and many are drawn to celebrate characters that live outside of the 'rules'. This book is a celebration of those complex and underestimated characters.
- **MYTHOLOGY:** Books featuring mythological characters are hugely popular. Such as *Song of Achillies* by Madeleine Miller, *Circe* by Madeleine Miller, *The Silence of the Girls* by Pat Barker and *Ariadne* by Jennifer Saint.
- **TikTok POPULARITY:** Queer mythology has had a surge of popularity thanks to TikTok.
- PRIDE MONTH: This book will publish in time for Pride Month in June
- **BEST SELLING AUTHOR:** Dan Jones has written across a range of genres, from fashion and grooming to folk-horror and queer culture in his witty and upbeat style.
- Dan Jones is based in New York, USA.

Summary

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

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

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

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

Contributor Bio

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

Marketing Plans

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

A CONTRACTOR	− − − − − − − − − − − − − − − − − − −	<page-header><page-header><text><text><text></text></text></text></page-header></page-header>	<section-header><section-header><section-header><text><text></text></text></section-header></section-header></section-header>
	<text></text>		<text><text><text><text></text></text></text></text>







Radar 9781804190470 1804190470 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$14.99/\$18.99 Can. Paperback

224 Pages Carton Qty: 10 Print Run: 6K Biography & Autobiography / LGBTQ+ BIO031000

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

Queer Heroes of Myth and Legend

A celebration of gay gods, sapphic saints, and queerness through the ages Dan Jones

Key Selling Points

- **MYTHOLOGY:** Books featuring mythological characters are hugely popular. Such as *Song of Achillies* by Madeleine Miller, *Circe* by Madeleine Miller, *The Silence of the Girls* by Pat Barker and *Ariadne* by Jennifer Saint.
- **TikTok POPULARITY:** Queer mythology has had a surge of popularity thanks to TikTok.
- PRIDE MONTH: This book will publish in time for Pride Month in June
- **BEST SELLING AUTHOR:** Dan Jones has written across a range of genres, from fashion and grooming to folk-horror and queer culture in his witty and upbeat style.
- Dan Jones is based in New York, USA.

Summary

Featuring 50 profiles and select B&W illustrated portraits, *Heroes of Queer Myth & Legend* is a celebration of gay gods and goddesses, sapphic sirens, misunderstood mermen, and lesbians of legend.

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

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

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

Contributor Bio

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

Marketing Plans

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

Illustrations



denotes the the half hand has the hand has the has the point of the star of the hand has the hand has the star of the star of

They all strates the two algorithm is predicted as the strength branch of a strength branch of the strength branc

<text><text><text><text>



We need to chick the fault dis-matrixenses of the series of the series of the series of the series dependent of the series of the series of the series dependent of the series of the se





Mitchell Beazley 9781840919318 1840919310 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$19.99/\$24.99 Can. Hardcover

240 Pages Carton Qty: 10 Print Run: 8K Cooking / Beverages CKB130000 8.3 in H | 6 in W Status:FORTHCOMING

Malt Whisky The Complete Guide Charles MacLean

Key Selling Points

- A Glenfiddich Award-winning title and author.
- Over 250 full-color photographs and illustrations.
- Includes all of Scotland's key malt whisky distilleries, with tasting notes and tips on buying and collecting malt whisky.
- Sales of whisky continue to grow globally, this book features expert recommendations from a world-respected authority on the subject.

<u>Summary</u>

"Scotland's leading whisky expert" - The Times

First published in 1997, Malt Whisky has been published in six languages and continues to be a key reference on the subject of Scottish malt whisky. This edition is produced in a smaller format to allow the whisky enthusiast to carry it as a portable companion for reference when buying, tasting or visiting distilleries. Full-color maps locate the distilleries, while over 150 photographs capture the essence of the spirit and how it is made.

Charles MacLean describes how to appreciate and get the most out of tasting malt whisky, and a detailed A-Z directory features all of Scotland's key distilleries and their whiskies with full-color labels. MacLean also includes tips on buying malt whisky, as well as a guide to distillery visitor facilities and the best whisky societies and websites. This book offers all the information any malt lover could ever need to appreciate this magical spirit to the full.

Contributor Bio

Scotland's leading whisky writer Charles MacLean was founding editor of Whisky Magazine and of the Russian Whisky, and was for many years Contributing Editor of the Scotch Malt Whisky Society's Newsletter (where he also chairs the Nosing Panel and writes the tasting notes). He contributes frequently to magazines around the world and is Whisky Correspondent to Scottish Field. He is Whisky Consultant to Bonhams Auctioneers, and is also the host of a TV channel (accessed via the internet) dedicated to the world of whisky, www.singlemalt.TV. He is a member of the Judging Panel (Spirits) of the International Wines & Spirits Competition, and was made a Keeper of the Quaich in 1992 and elevated to Master of the Quaich in October 2009 - the whisky industry's highest accolade. MacLean has published ten books on the subject, including Scotch Whisky, Malt Whisky, Whisky: A Liquid History, Whisky Tales, Eyewitness Companion to Whisky, World Whiskies and Whiskypedia.

Marketing Plans

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





Cassell 9781788405751 1788405757 Pub Date: 6/3/2025 On Sale Date: 6/3/2025 \$39.99/\$49.99 Can. Hardcover

234 Pages Carton Qty: 10 Print Run: 8K Sports & Recreation / Skateboarding SPO038000 10.6 in H | 7.9 in W Status:FORTHCOMING

The Art of Skateboarding

The History of an Urban Culture

Sylvie Barco, Philippe Danjean, Stéphane Madoeuf

Key Selling Points

TRENDING SPORT: Skateboarding has seen significant growth, with an estimated 15% increase in participation rates over recent years.

INTERNATIONAL APPEAL: There approximately 6.7 million skateboarders in the U.S, 1.1 million in Australia, 1 million in Canada, 800,000 in Germany, 600,000 in Spain as well as 500,000 in the UK, illustrating strong global appeal.

COMPARATIVE TITLE: *Skate the World: Photographing One World of Skateboarding* by Jonathan Mehring has sold over 10,000 copies in the U.S alone.

Summary

An illustrated, definitive guide to the art of skateboarding - from the streets of 1960s Los Angeles to today's Olympic skateparks.

From the empty pools of 1960s Los Angeles to today's Olympic skateparks, skateboarding has fostered a vibrant street culture that is visually striking yet often misunderstood.

In this definitive illustrated guide, trace the evolution of the skateboarding from the very first boards to a thriving industry defined by iconic brands and distinctive styles. Through never-before-seen photography, and exclusive access to designs from top artists, learn how skateboarding has become a living cultural movement, with dedicated events, exhibitions, and festivals, even attaining Olympic status.

Told through engaging narrative and pivotal excerpts from magazines, music, video games and films, *Skate* showcases the fearless tricks, defining moments, heroes and technical achievements through decades of transformation.

Contributor Bio

Sylvie Barco, a top graduate of Icart Photo in 1996, has spent 25 years exploring her fascination with walls through three series: the abstract and narrative "Lomoscope," the street detail collection "Chaos," and the street art-focused "Wall Street." In 2018, she launched the GOS (Gang of Skate) project in Spain, creating immersive collages that blend wall photography and skateboarding, revealing their poetic essence. Her work has been acclaimed by Mister Freeze, Grimaud Art Urbain, and Strokar. In 2022, she created a 15-meter immersive collage for the Art of Skate exhibition at Fluctuart. Sylvie Barco was named the 2022 laureate of 100 Women of Culture.

Philippe Danjean, co-creator of Spray, an urban art collection club, has been collecting urban and contemporary art for over 20 years. He has curated numerous exhibitions in France and abroad. Philippe teaches cultural management at ICART, where he coordinates an MBA in the International Art Market, and at HEC. He co-organized the Art of Skate exhibition with Stéphane Madoeuf and collaborates regularly with the Musée en Herbe and Little Beaux-Arts.

Stéphane Madoeuf has been passionate about skateboarding, graffiti, and music all his life. He started collecting vinyl records, posters, and flyers in 1990, expanding to urban cultures in the 2000s. After a marketing career, he now teaches at HEC Paris, directing programs in digital, entrepreneurship, and art. He has initiated numerous projects and promoted artists in exhibitions in France and abroad, including the Art of Skate exhibition at Fluctuart, and those exhibited at Station F.

Marketing Plans

- Social media campaign
- National media outreach

• Trade and Library Advertising





Hamlyn 9780600639121 0600639126 Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$26.99/\$33.99 Can. Hardcover

176 Pages Carton Qty: 10 Print Run: 6K Cooking / Regional & Cultural CKB017000

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

Jeremy Pang's Hong Kong Kitchen

Classic Recipes for Baos, Noodles, Street Food and More... Jeremy Pang

Key Selling Points

- Jeremy founded the School of Wok, a culinary school in London with over 500k subscribers and more than 20 million views across all videos on their YouTube, and over 26k followers on Instagram as of August 2024
- He has written multiple successful recipe books, including *Jeremy Pang's School* of Wok which sold over 2k copies

Summary

Over 70 delicious recipes from food author and TV chef Jeremy Pang that bring the vibrant food culture of Hong Kong to life

Jeremy Pang's *Hong Kong Diner* is inspired by the food culture of Hong Kong, where western sensibilities and tastes overlap with an ancient cuisine.

Hong Kong's cuisine draws from traditions from around the world, from classic Chinese to America's west coast. Chef Jeremy Pang grew up with Hong Kong as his second home, and he expertly brings together the very best dishes that the city has to offer.

Hong Kong Diner features over 70 recipes including irresistible street food from dumplings, baos and BBQ snacks, through to hotpots, rice pots, noodles, desserts and drinks, as well as a personal insight into the real culinary treasures of the city.

Contributor Bio

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 flavors 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 *Guardian*, *Independent*, *The Sunday Times*, *Delicious* and *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 panelist 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.

instagram.com/jeremypang_official twitter.com/chefjeremypang twitter.com/schoolofwok instagram.com/schoolofwok youtube.com/schoolofwok

Marketing Plans

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







TRACK

218.9.0

1

医醫羅

1000

in the





Colour in the Garden Stylish ideas for year-round colour Lucy Bellamy

Mitchell Beazley 9781784729349 1784729345 Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$29.99/\$37.50 Can. Hardcover

224 Pages Carton Qty: 10 Print Run: 4K Gardening / Garden Design GAR006000

9.8 in H | 7.5 in W Status:**FORTHCOMING**

Colour in the Garden

Stylish ideas for year-round colour Lucy Bellamy

Key Selling Points

- **SUCCESSFUL AUTHOR:** Lucy Bellamy's first book *Brilliant and Wild: A Garden from Scratch in a Year* won the Garden Media Award for best practical book of the year 2018 and has been translated into 3 languages, while *Grow 5* has been translated into 2.
- **PRAISE FOR** *GROW 5*: 'Bellamy makes gardening seem simple, expressive and joyful. Anyone can do it.' *Evening Standard;* 'Offers a fresh take on gardening in small spaces.' *Countryside.*
- **STUNNING PHOTOGRAPHY:** Featuring beautiful photographs by award-winning gardening photographer Jason Ingram.

Summary

A stylish but practical guide to using color in the garden, including small spaces, through the year.

'Bellamy makes gardening seem simple, expressive and joyful. Anyone can do it.' - *Evening Standard*

Jam-red poppies, giant umbels of yellow-flowered fennel, inky blue *Agastache, Euphorbia* in inchworm green . . . imagine a small garden steeped in color, where ground-hugging bumps of *Teucrium* and thyme are dotted with tall, diaphanous flowers; *salvia, eryngium* and single-flowered dahlias in saturated colors.

The way we use color in our outside spaces is changing. Color-themed borders with planting strictly planned around the color wheel, and seasonal color highlights maintained to be kept 'just so' have been replaced by changeable, textural planting using plants with different hefts and heights so that color shifts throughout the seasons.

Featuring inspirational real gardens, plant lists, a year-round planner and plenty of ideas for using color inventively in containers, this book shares a new approach for using color in small outdoor spaces.

Contributor Bio

Lucy Bellamy was Editor of *Gardens Illustrated* magazine, the 'Vogue of gardening', for five years. Her first book, *Brilliant and Wild: A Garden from Scratch in a Year*, was awarded practical book of the year by the Garden Media Guild (2018) and has been translated into German, French and Dutch. Her first book for Mitchell Beazley, *Grow 5*, has been translated into German and French. She has written about gardening in the national press, including for the *Guardian* and *The Times*.

Lucy lives in Bristol and has a small, city garden.

Marketing Plans

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





Hamlyn 9780600638926 0600638928 Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$12.99/\$16.50 Can. Hardcover

160 Pages Carton Qty: 5 Print Run: 6K Cooking / Regional & Cultural CKB017000

7.2 in H | 5.5 in W | 0.7 lb Wt Status:**FORTHCOMING**

Classic Chinese Recipes 75 signature dishes Ken Hom

Key Selling Points

- Ken Hom's books have sold over a million copies worldwide, and he has been cooking on television for over 30 years.
- Speedy and delicious dishes presented clearly, alongside beautiful photography.
- A fantastic gift as a stand-alone book, but also part of a collectable series.
- Publishing in 2025 as part of the Hamlyn 75 programme.

Summary

Ken Hom's books have sold over a million copies worldwide, and he has been cooking on television for over 30 years. This Chinese cookbook features authentic, delicious dishes presented clearly, alongside beautiful photography. A fantastic addition to any culinary library, and part of the collectable Hamlyn Classic Recipes series.

Discover the joy of Chinese cooking with Ken Hom's Classic Chinese Recipes.

The Hamlyn Classic Recipes series is a celebratory collection of some of the most admired chefs the world has to offer - noteworthy not only for their pioneering approach to food, but also for their dependable, uncomplicated and trustworthy recipes.

Ken Hom is regarded as the world's leading authority on Chinese cooking. In this cookbook, he shares over 75 of his finest recipes, honoring the simplicity and freshness of Chinese food.

Discover the art of achieving fresh and vibrant flavors through simple, yet sophisticated techniques that define Chinese cooking. The majority of ingredients can be sourced at local supermarkets. These recipes are organized into six chapters:

Chapter 1: Soups

Beancurd Spinach Soup; Wonton Soup; Minced Beef and Rice Noodles in Soup

Chapter 2: Meats

Stir-fried Pork with Bean Sprouts; Stewed Pork Spareribs; Orange-flavored Beef

Chapter 3: Poultry

Peking Duck and Flour Pancakes; Sichuan Cold Chicken Salad; Chicken in Black Bean Sauce

Chapter 4: Fish

Stir-fried Prawns with Peas; Red-cooked Fish; Sichuan Scallops with Whole Garlic

Chapter 5: Vegetables

Beijing Pan-fried Beancurd; Stir-fried Pak Choi; Crispy 'Seaweed'

Chapter 6: Rice & Noodles

Stir-fried Egg Noodles; Beef Fried Rice; Chicken and Rice Casserole

With stunning images to inspire your culinary journey, this masterful collection invites both novice and experienced cooks to explore the rich, traditional tapestry of Chinese cuisine. From the secret to the best Wonton Soup to timeless dishes such as Sichuan Chicken and Spicy Braised Fish, this Chinese cookbook will help you recreate a classic feast at home.

Contributor Bio

Ken Hom, CBE, is regarded as the world's leading authority on Chinese cookery. Well-loved for his popular television programs, books, charity work and restaurants, he was awarded an honorary CBE during HM The Queen's Platinum Jubilee year for 'services to charity, culinary arts and education' in 2022.

Marketing Plans

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





Hamlyn 9780600638889 060063888X Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$12.99/\$16.50 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Cooking / Regional & Cultural CKB044000

6.9 in H | 5.2 in W Status:**FORTHCOMING**

Classic Indian Recipes 75 Signature Dishes Chetna Makan

Key Selling Points

- Publishing in 2025 as part of the Hamlyn 75 program
- Chetna's books have sold over 46k copies
- Chetna has over 720k followers across YouTube, Instagram, Twitter, Facebook and TikTok
- Chetna won a Guild of Food Writers Recipe Writing Award for her outstanding work in Waitrose Magazine

Summary

Chetna Makan is most popular for her YouTube channel, 'Food with Chetna' where she shares her creative flair for cooking. This Indian cookbook features authentic, delicious dishes presented clearly, alongside beautiful photography. A fantastic addition to any culinary library, and part of the collectable Hamlyn Classic Recipes series.

Discover the joy of Indian cooking with Chetna Makan's *Classic Indian Recipes.*

The Hamlyn Classic Recipes series is a celebratory collection of some of the most admired chefs the world has to offer - noteworthy not only for their pioneering approach to food, but also for their dependable, uncomplicated and trustworthy recipes.

Chetna Makan is the queen of Indian home cooking. First introduced to us on *The Great British Bake Off,* Chetna has since authored several successful cookbooks, combining her inventive flavors with a love of simple Indian cooking. In this cookbook, she shares over 75 of her finest recipes, honoring the simplicity and freshness of Indian food.

Discover the art of achieving fresh and vibrant flavors through smooth, yet intricate techniques that define Indian cooking. These recipes are organized into five chapters:

Chapter 1: Meats & Poultry

Chettinad Chicken; Cardamom-flavored Lamb Patties; Kashmiri Chicken Curry

Chapter 2: Fish

Amritsari Fish; Marathi Salmon Curry; Pickled Prawns

Chapter 3: Vegetables

Vegetable Biryani; Kashmiri Spinach; Okra from Jaipur

Chapter 4: Small Dishes & Accompaniments

Cucumber Yoghurt Salad; Indian Sweet Naan; Coriander Chutney

Chapter 5: Desserts

Ground Rice Pudding; Chilli Hot Chocolate; Semolina Biscuits

With stunning images to inspire your culinary journey, this masterful collection invites both novice and experienced cooks to explore the rich, traditional tapestry of Indian cuisine. From the secret to the best Dal papdi chaat to timeless dishes such as Spicy garlic-ginger chicken and Okra masala, this Indian cookbook will help you recreate a classic Indian feast at home.

Contributor Bio

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.

www.chetnamakan.co.uk instagram.com/chetnamakan twitter.com/chetnamakan youtube.com/FoodwithChetna facebook.com/chetna.makan

Marketing Plans

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





Hamlyn 9780600638902 0600638901 Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$12.99/\$16.50 Can. Hardcover

160 Pages Carton Qty: 5 Print Run: 6K Cooking / Regional & Cultural CKB047000

7.2 in H | 5.6 in W | 0.7 lb Wt Status:**FORTHCOMING**

Classic Italian Recipes 75 Signature Dishes Anna del Conte

Key Selling Points

- Anna Del Conte is the definitive authority on Italian food both Delia and Nigella cite her as a great influence.
- Delicious dishes presented clearly, alongside beautiful photography.
- A fantastic gift as a stand-alone book, but also part of a collectable series.
- Publishing in 2025 as part of the Hamlyn 75 program.

Summary

Anna Del Conte is the definitive authority on Italian food - both Delia and Nigella cite her as a great influence. This Italian cookbook features authentic, delicious dishes presented clearly, alongside beautiful photography. A fantastic addition to any culinary library, and part of the collectable Hamlyn Classic Recipes series.

Discover the joy of Italian cooking with Anna Del Conte's Classic Italian Recipes.

The Hamlyn Classic Recipes series is a celebratory collection of some of the most admired chefs the world has to offer - noteworthy not only for their pioneering approach to food, but also for their dependable, uncomplicated and trustworthy recipes.

Anna Del Conte is one of the greatest living experts on Italian food. Both Nigella Lawson and Delia Smith cite her as their favorite Italian food writer and her culinary expertise has been acknowledged with countless awards. In this cookbook, she shares over 75 of her finest recipes, honoring the simplicity and freshness of Italian food.

Discover the art of achieving fresh and vibrant flavors through effortless, yet refined techniques that define Italian cooking. These recipes are organized into five chapters:

Chapter 1: Antipasti

Bruschetta; Stuffed Mussels; Focaccia with Rosemary

Chapter 2: Primi

Risotto with Mussels; Trofie with Pesto; Spaghetti alla Puttanesca

Chapter 3: Secondi

Steamed Sea Bass with Salsa Verde; Rabbit in Sweet-and-sour Sauce; Cuttlefish stewed in Wine

Chapter 4: Contorni

Broccoli Sauteed in Oil and Garlic; Peas with Prosciutto; Stewed Artichokes and Broad Beans

Chapter 5: Dolci

Tiramisu; Peaches stuffed with Amaretti; Panna Cotta

With stunning images to inspire your culinary journey, this masterful collection invites both novice and experienced cooks to explore the rich traditional tapestry of Italian cuisine. From the secret to the best Bucatini with pancetta to timeless dishes such as Beef braised in Barola and Calamari stuffed with rice, parsley and garlic, this Italian cookbook will help you recreate a classic feast at home.

Contributor Bio

Anna Del Conte is one of the greatest living experts on Italian food. Born in Milan, she

read History and Philosophy before leaving for London in 1949 where she quickly became the first cookery writer in England to specialize in Italian food. Both Nigella and Delia cite her as their favorite Italian food writer and her culinary expertise has been acknowledged with countless awards.

Marketing Plans

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





Hamlyn 9780600638940 0600638944 Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$12.99/\$16.50 Can. Hardcover

160 Pages Carton Qty: 5 Print Run: 6K Cooking / Regional & Cultural CKB080000

7.2 in H | 5.5 in W | 0.7 lb Wt Status:**FORTHCOMING**

Classic Spanish Recipes 75 Signature Dishes Elisabeth Luard

Key Selling Points

- A celebration of the most popular Spanish dishes by one of the world's leading Spanish cookery writers.
- Speedy and authentically delicious dishes presented clearly alongside beautiful and inspirational photography.
- A fantastic gift as a stand-alone book, but also part of the collectable Hamlyn Classic Recipes series.
- Publishing in 2025 as part of the Hamlyn 75 programme.

Summary

Elisabeth Luard is one of the world's leading Spanish culinary writer and has contributed to over fifteen cookbooks. This Spanish cookbook features authentic, delicious dishes presented clearly, alongside beautiful photography. A fantastic addition to any culinary library, and part of the collectable Hamlyn Classic Recipes series.

Discover the joy of Spanish cooking with Elisabeth Luard's *Classic Spanish Recipes.*

The Hamlyn Classic Recipes series is a celebratory collection of some of the most admired chefs the world has to offer - noteworthy not only for their pioneering approach to food, but also for their dependable, uncomplicated and trustworthy recipes.

Elisabeth Luard is an award-winning food-writer, journalist and broadcaster, and a renowned authority on authentic Spanish cooking. Why not fill your home with the heady aromas and bold flavors of the Spanish kitchen, with delicious recipes passed down from generation to generation. In this cookbook, she shares over 75 of her finest recipes, honoring the simplicity and freshness of Spanish food.

Discover the art of achieving fresh and vibrant flavors through seamless, yet exquisite techniques that define Spanish cooking. These recipes are organized into five chapters:

Chapter 1: Tapas

Chilli-roasted Chickpeas; Chicken Croquettes; White Gazpacho

Chapter 2: Meats & Poultry

Breaded Escalopes; Mincemeat with Saffron and Raisins; Quail with Parsley and Garlic Sauce

Chapter 3: Fish & Shellfish

Seafood Paella; Cuttlefish with Broad Beans; Swordfish Steaks with Garlic Sauce

Chapter 4: Vegetables & Accompaniments

Braised Aubergines; Grilled Asparagus with Parsley Salsa; Flageolets with Chorizo

Chapter 5: Desserts & Cakes

Custard Fritters; Spiced Almond Shortbreads; Madeira Cake with Olive Oil

With stunning images to inspire your culinary journey, this masterful collection invites both novice and experienced cooks to explore the rich traditional tapestry of Spanish cuisine. From the secret to the best Patatas Bravas to timeless dishes such as Gazpacho and Tortilla Española, this Spanish cookbook will help you recreate a classic feast at home.

Contributor Bio

Elisabeth Luard is an award-winning food-writer, journalist and broadcaster, and a renowned authority on authentic Spanish cooking. Having lived in Madrid and Andalucia and travelled throughout the Peninsula for many years, she has collected a wealth of wonderful traditional dishes which deliver the tastes and flavors of Spain's remarkably regional cuisine.

Marketing Plans

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





Godsfield 9781841816142 1841816140 Pub Date: 7/8/2025 On Sale Date: 7/8/2025 \$22.99/\$28.99 Can. Hardcover

192 Pages Carton Qty: 10 Print Run: 6K Body, Mind & Spirit / Spiritualism OCC027000 8.3 in H | 6 in W Status:**FORTHCOMING**

The Akashic Records

Open the book of your soul and discover your purpose Theresa Cheung

Key Selling Points

- Theresa is an internationally recognized name in the MBS space. She has two *Sunday Times* top 10 bestsellers to her credit, and her spiritual books have been translated into over 40 languages.
- Theresa was listed by *Watkins Mind Body and Spirit* magazine as one of the 100 most spiritually influential living people in 2023
- There is growing interest in the concept of Akashic records Gwyneth Paltrow's site goop shared a blogpost on reading the Akashic records for your soul, and on Instagram, #akashicrecords has over 445k posts as of August 2024
- *How to Read the Akashic Records* by Linda Howe sold over 57k copies as of August 2024. This focuses mostly on Linda's own prayer method, whereas Theresa's book is more inclusive and accessible, encouraging readers to find the best pathway and methods that work for them
- There are no titles relating to the Akashic records currently on the Godsfield list. Likewise, the market is missing a beautiful, illustrated guide on the subject, as most of the books in this area are mono and self-published
- Theresa has prolific press connections in the UK and the US. She is the go-to spiritual expert for *ITV: This Morning* with 22 appearances as of August 2024. Theresa has been featured in national newspapers as well *as Bustle, Good Housekeeping, Red, Cosmopolitan, Grazia, Best, Prima, Psychologies, Heat, Yahoo, Stylist, The Sun, Glamour, OK, The Evening Standard, Daily Mail, Bustle among others. Theresa has also appeared on several radio programs, including <i>BBC Radio 4 Beyond Belief, BBC Radio 2: The Claudia Winkleman show, BBC 5 Live podcast Different with Nicky Campbell, Capital FM with Ronan Kemp.* Overseas, Theresa's media includes

Coast to Coast AM with Georgy Noory, Gaia TV with Regina Meredith, Good Day Chicago, KTLA, Good Morning Arizona, AM Northwest as well as Canada SMZ and Today, Australia

• Theresa has appeared on numerous celebrity podcasts including Megan Trainor, Gabby Reece, Brandi Glanville, Torrey De Vito, Jeannie Mai, Kaitlyn Bristow and influencer and entrepreneur Sean Mike Kelly

Summary

A comprehensive guide to accessing your Akashic records and discovering your true potential

Are you ready to open the book of your life?

Spiritual expert Theresa Cheung leads you on the path to enlightenment by introducing you a new realm of self-discovery: the Akashic records.

The term 'Akashic' is rooted in the Sanskrit word 'akasha', meaning 'ether'. In the traditional Hindu Ayurvedic medicine practice, 'akasha' is one of the building blocks of the cosmos - empty space where everything connects. Your Akashic record is part of this unseen dimension, an endless energetic library that records your soul's journey through life. All your experiences, past, present and future, are written in this plane. Among them you'll find the answers to all your burning questions about yourself, your life and the universe.

With Theresa as your guide, accessing your Akashic record will heighten your self-awareness, teach you to approach the world with unconditional love and give you new tools to steer the direction of your life.

The sky is no longer the limit - your Akashic record awaits.

Contents include:

- A history and explanation of the Akashic records
- An introduction to the Akashic records' spiritual guardians
- The benefits of accessing your own Akashic record in your daily life

- The 12 most common pathways to channel your Akashic record, featuring guided mediations, intuitive tools and dreamwork exercises

Contributor Bio

Theresa Cheung is an internationally bestselling author and public speaker. She has been writing about spirituality, dreams and the paranormal for the past 25 years, and was listed by *Watkins Mind Body and Spirit* magazine as one of the 100 most spiritually influential living people in 2023. She has a degree in Theology and English from Kings College, Cambridge University, frequently collaborating with leading scientists and neuroscientists researching consciousness. Theresa is regularly featured in national newspapers and magazines, and she is a frequent radio, podcast and television guest. She has given workshops at venues such as Olympia, Alexandra Palace and The College of Psychic Studies, and she hosts her own popular spiritual podcast called *White Shores*.

www.theresacheung.com Instagram.com/thetheresacheung x.com/Theresa_Cheung_ facebook.com/TheresaCheungAuthor

Marketing Plans

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





Godsfield 9781841816401 184181640X Pub Date: 7/8/2025 On Sale Date: 7/8/2025 \$22.99/\$28.99 Can. Hardcover

224 Pages Carton Qty: 10 Print Run: 6K Body, Mind & Spirit / Ancient Mysteries & Controversial Knowledge OCC031000

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

Signs & Symbols An Encyclopedia of Origins & Sacred Concepts Madonna Gauding

Key Selling Points

- Madonna Gauding's previous books have combined sales of over 87k
- Every symbol is illustrated and is accompanied by a guide to the symbol's use in art, magic and mythology from a wide range of traditions and cultures
- This definitive guide is a fascinating exploration into a shadowy world where nothing is as straightforward as it seems

Summary

An illustrated guide to signs and symbols that will increase your awareness of symbols as they appear in your everyday life, opening you to an intense experience of meaning as you travel throughout your day

We make symbols in order to communicate ideas. But we also make symbols to help communicate and understand higher truths that are veiled or hidden to ordinary consciousness.

Wherever you are, you are surrounded by symbols. Everyday symbols such as the Freemason's set square or the lotus flower are familiar to nearly everyone, but few are aware of the true significance and fascinating origin of these signs.

Signs and Symbols reveals the key ideas and sacred concepts behind over 300 signs and symbols, from those used by ancient religions to the glyphs of medieval magicians.

Every symbol is illustrated and is accompanied by a guide to the symbol's use in art, magic and mythology from a wide range of traditions and cultures.

Chapters include: Ancient civilizations Esoteric and magical traditions including Alchemy, Wicca and Witchcraft Animals, Plants and the Natural World Amulets, charms and talismans Alphabets and letters Time, shape, number and color

This definitive guide is a fascinating exploration into a shadowy world where nothing is as straightforward as it seems.

Contributor Bio

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*.

Marketing Plans

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

	TIE EXAMPLES AND	<image/> <image/> <text><text><text><text><text><text><text></text></text></text></text></text></text></text>	<text><text><text><text><text><text><text><text><text><text><text></text></text></text></text></text></text></text></text></text></text></text>
ESOTERIC ADD MAGICAL TRADITIOAS	ALCHEAN **	<image/> <image/> <image/> <text><text><text><text><text><text></text></text></text></text></text></text>	 <(10) (11) (11) (11) (11) (11) (11) (11)



Godsfield 9781841816296 1841816299 Pub Date: 7/15/2025 On Sale Date: 7/15/2025 \$19.99/\$24.99 Can. Hardcover

192 Pages Carton Qty: 10 Print Run: 8K Body, Mind & Spirit / Dreams OCC006000 8.3 in H | 6 in W Status:FORTHCOMING

Understanding Dreams

How to Influence, Record and Interpret Dreams Paul Roland

Key Selling Points

- Covering a wide range of dream topics, this is the ultimate guide to understanding your dreams
- Previous titles: How Psychic Are You? (4.5k), Explore Your Past Lives (4.2k), How to Meditate: an Illustrated Guide to Calming the Mind and Relaxing the Body (4.5k).
- Paul's blog, https://paulroland.wordpress.com/ has over 8k subscribers

Summary

Unlock the hidden meanings and symbolism in your dreams with this comprehensive guide to over 200 detailed dream scenarios.

Dreams can be one our most valuable sources of self-knowledge - if we understand how to interpret their meaning and symbolism.

Even if we awake from a nightmare that has seemed all too real, or a vivid dream teeming with what may be significant imagery, it is rare for us to reflect on it beyond breakfast, or make it more than the subject of an idle chat with friends. From the five stages of sleep to the effects of sleep deprivation, from Freud's legacy to the work of contemporary dream specialists, a wide range of material unfolds, all beautifully and lucidly described.

Paul Roland explores: The science of sleep and dreams The effect of sleep deprivation Sensory deprivation Lucid dreams The psychology of sleep Freud's legacy and Jung and the House of Psyche

Find out about waking dreams and dreams of prophecy, prediction, disaster, and inspiration. *The Dream Directory* offers a close analysis of more than 200 detailed dream scenarios.

Contributor Bio

Paul Roland is a counsellor and teacher of meditation. He is also the author of several books on the subject of mysticism and the occult. His extensive studies have included practical magic, yoga, meditation, Buddhism and the Kabbalah. He has been a freelance writer and a regular contributor to various national publications in Britain, Europe, the USA and Japan, for over 20 years.

Marketing Plans

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



THINGS TO DO NOW THAT YOU'RE



Hamlyn 9780600638711 0600638715 Pub Date: 7/22/2025 On Sale Date: 7/22/2025 \$10.99/\$13.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 6K Self-Help / Aging SEL005000 5.8 in H | 4.3 in W Status:**FORTHCOMING**

Things to Do Now That You're 40

Rebecca Hall

Key Selling Points

- Must-have gift book for anyone turning 40, or in their forties, embrace the fact that you're becoming older and wiser every day.
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore for the young at heart.
- Beautifully packaged, *Things to do now that you're 40* is a fantastic gift or self-purchase.

Summary

A must-have book for anyone in their 40s, packed with fun and inventive suggestions, covering everything from relationships to career and lifestyle advice.

"You only live once - but if you work it right, once is enough." Joe E. Lewis

Don't panic, you're only 40. On the bright side, you can seize the day and have a mid-life adventure instead of a crisis! Now you have the experience and wisdom to accomplish anything you set your mind to. Whether it's starring as an extra in a film, researching your family tree or seeing the new year in on Copacabana Beach in Rio, it's time to try all the things you've never done before.

This book will help you think positively, with things like this to look forward to:

- Allow yourself to lose your dignity. It's an overrated virtue anyway
- Give up some of your time and volunteer with a worthy organization

- Make sure someone irresistible has licked your stomach and kissed the back of your knees

Realize that it is never too late to live the life you imagine for yourself

Contributor Bio

Rebecca Hall (Author)

Rebecca Hall is a prolific author who is well known for her warm, funny and heartfelt books of inspiration. She has also authored *1000 Reasons I Love You* and *1000 Reasons You're the Perfect Dad.*

Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

Marketing Plans

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



THINGS TO DO



Hamlyn 9780600638735 0600638731 Pub Date: 7/22/2025 On Sale Date: 7/22/2025 \$10.99/\$13.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 6K Self-Help / Aging SEL005000 5.8 in H | 4.3 in W Status:**FORTHCOMING**

Things to Do Now That You're 50

Robert Allen

Key Selling Points

- Must-have gift book for anyone turning 50, or in their fifties, embrace the fact that you're becoming older and wiser every day.
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore for the young at heart.
- Beautifully packaged, *Things to do now that you're 50* is a fantastic gift or self-purchase.

Summary

A must-have book for anyone in their 50s, packed with fun and inventive suggestions, covering everything from relationships to career and lifestyle advice.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein

Congratulations! You're 50. Make all the days in your life count. This is the real thing, not a trial run, so grab life by the horns! You're halfway to a century, you have the experience and wisdom to accomplish anything you set your mind to. Whether it's learning to salsa, indulging your skin in a bath of donkey's milk, or sand surfing in Brazil, throw caution to the wind and go for it. You might just enjoy it!

This book will help you think positively, with things like this to look forward to:

- Take part in a conservation project abroad and save one of the world's wild places

- Become a blood donor
- Take lessons in map reading
- Get a part as a movie extra we're all entitled to our 15 minutes of fame

Contributor Bio

Robert Allen (Author)

The late Robert Allen had a long-standing involvement with Buddhism, and especially Zen, which began when he was a teacher in Thailand. He was also a compiler of puzzle books for Mensa and other publishers, appeared on radio as a puzzle expert, was CEO of the Mensa Foundation for Gifted Children and he also taught writing. Robert's previous books include The Ultimate Mental Challenge, How to Win Arguments, Zen Reflections, 365 Pep Talks from Buddha and 365 Smiles from Buddha.

Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

Marketing Plans

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


THINGS

TO DO

NOW THAT YOU'RE

Things to Do Now That You're 60

Graeme Kent

Key Selling Points

- Must-have gift book for anyone turning 60, or in their sixties, embrace the fact that you're becoming older and wiser every day.
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore for the young at heart.
- Beautifully packaged, *Things to do now that you're 60* is a fantastic gift or self-purchase.

Summary

A must-have book for anyone in their 60s, packed with fun and inventive suggestions, covering everything from relationships to hobbies and lifestyle advice.

"It's not the years in your life that count. It's the life in your years." Abraham Lincoln

Congratulations dear, you're 60 years young! Take the plunge and realize some of those lifelong dreams. You now have the experience and wisdom to accomplish anything you set your mind to. Whether it's getting that tattoo you've always wanted, learning to line dance, or writing poetry, it's time to live life outside the comfort zone. You might surprise yourself.

This book will help you think positively, with things like this to look forward to:

- Organize a disco-dancing session with your most energetic buddies
- Take up golf or even archery or pole-vaulting
- Dig out that old guitar and form a musical group
- Treat yourself to a Caribbean cruise at Christmas instead of spending it with the family

Contributor Bio

Graeme Kent (Author)

Graeme Kent is the author of numerous novels, gift books, and radio and television scripts. His books include 50 Ways to say I Love You and 50 Ways to Say Happy Birthday.

Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

Marketing Plans

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

Illustrations

Hamlyn 9780600638759 0600638758 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$10.99/\$13.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 6K Self-Help / Aging SEL005000 5.8 in H | 4.3 in W Status:**FORTHCOMING**



THINGS

TO DO

NOW THAT YOU'RE

Hamlvn

9780600638773

Pub Date: 8/5/2025 On Sale Date: 8/5/2025

\$10.99/\$13.99 Can.

0600638774

Hardcover

96 Pages

Carton Qty: 10 Print Run: 6K

Self-Help / Aging SEL005000 5.8 in H | 4.3 in W

Status: FORTHCOMING

Things to Do Now That You're 70

Graeme Kent

Key Selling Points

- Must-have gift book for anyone turning 70, or in their seventies, embrace the fact that you're becoming older and wiser every day.
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore for the young at heart.
- Beautifully packaged, *Things to do now that you're 70* is a fantastic gift or self-purchase.

Summary

A must-have book for anyone in their 70s, packed with fun and inventive suggestions, covering everything from relationships to hobbies and lifestyle advice.

"As one grows older, one climbs with surprising strides." George Sand

So what if you're turning 70? After all, with age comes wisdom and a lot of perks. The early years of retirement can be more fruitful, fun-packed and adventurous than any that went before, with the time and space to explore the countless possibilities that life still holds. But what should you do and where should you start? Whether learning how to play the guitar, or writing that novel you've always had in you - don't just kick back in your armchair and let the golden years pass you by. There is a big, wide world out there.

This book will help you think positively, with things like this to look forward to:

- Expand your horizons if you want to get into surfing, go for it
- Make a list of your top ten films and find the time to watch them
- While you're out on the town, test the bartender's cocktail expertise
- You've spent a lifetime learning. Put it good use and enter local quiz

competitions

Contributor Bio

Graeme Kent (Author)

Graeme Kent is the author of numerous novels, gift books, and radio and television scripts. His books include 50 Ways to say I Love You and 50 Ways to Say Happy Birthday.

Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

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





Mitchell Beazley 9781784729721 1784729728 Pub Date: 7/22/2025 On Sale Date: 7/22/2025 \$39.99/\$49.99 Can. Hardcover

224 Pages Carton Qty: 10 Print Run: 12K House & Home / Decorating & Furnishings HOM003000

11.3 in H | 8.6 in W Status:**FORTHCOMING**

Cocoon

Creating Homes with Heart Ali Heath

Key Selling Points

- **SUCCESS OF PREVIOUS TITLES:** *Curate* has English-language sales of more than 37k copies, and *Create* more than 21k.
- **STUNNING PHOTOGRAPHY**: Specially commissioned photography shows a wide range of locations from modern urban spaces to rustic country homes.
- **INSPIRATION**: The perfect book for anyone looking for inspiration with interior style

Summary

The third interiors book from the author of *Curate* and *Create*, featuring homes in the UK, France, Spain, the US and Australia.

PRAISE FOR CREATE

"In three comprehensive sections packed with rich photography and expert advice, this practical yet inspiring guide will give you the confidence to try it yourself" - *Elle Decoration*

"It's clear that the spaces and wisdom featured in *Create* come from the heart. It is another masterclass by Ali Heath in creating soulful spaces that sing with warmth and cut their own design path." - Nicole Gray, Interiors Editor, *YOU* magazine

"Ali is undoubtedly one of the best, most consistent and versatile stylists working today, and her new book *Create* is testimony to that." - Ben Kendrick: Editor, *Modern Rustic*; Homes and Style Director, *Country Living* magazine

In her third book *Cocoon*, interior stylist, designer and writer Ali Heath invites the reader to create a home sanctuary that focuses on the human touch, as an antidote to our fast-paced, tech-driven modern world.

This way of decorating is so much more than just a look or style - it's about taking a holistic approach that draws upon *all* our senses, not just the visual, and connects us more meaningfully to ourselves and our surroundings. In the past creating a sanctuary was about the decoration of a few key rooms, now it is about how the home as a whole makes us feel. Cocooning is not about isolation or shutting down and does not have to mean going off-grid - it is simply about tuning back into our emotions, creativity and curiosity to satisfy our need for shelter, comfort and wonder. Photographed in inspirational homes around the world - from small inner-city sanctuaries to spacious island retreats, *Cocoon* celebrates a design approach that speaks to the heart.

Contributor Bio

Ali Heath is a UK-based journalist, stylist, interior designer and author and has over 20 years freelance experience, working with prestigious interior magazines, newspapers and private clients. Her work is featured regularly in many titles that include *Country Living*, *Elle Decoration*, *Elle Decoration Country*, *Homes and Gardens, House* & *Garden*, *Livingetc*, *Modern Rustic*, *Red*, the *Telegraph* and *YOU Magazine*. Ali collaborates with many leading photographers and her work is represented internationally by Living Inside agency, in Milan.

Her first bestselling book, *Curate*, with Australian interior stylist, Lynda Gardener, was published by Mitchell Beazley in 2020 and Ali is Contributing Editor and Creative Consultant for the new book from The White Company, The Art of Living with *White* (Mitchell Beazley, September 2022).

Prior to going freelance, Ali was New Business Director for a top below-the-line marketing agency before setting up a successful antiques business. She has a passion for mixing old and new and is renowned for storytelling in both her written and visual work.

Instagram @aliheath_uk www.aliheath.co.uk

Marketing Plans

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





Mitchell Beazley 9781840919400 184091940X Pub Date: 8/19/2025 On Sale Date: 8/19/2025 \$29.99/\$37.50 Can. Hardcover

312 Pages Carton Qty: 10 Print Run: 8K Cooking / Regional & Cultural CKB066000 8.7 in H | 6.2 in W Status:FORTHCOMING

Portugal: A culinary journey Recipes and ingredients

Anaïs Delon, Nicolas Lobbestaël

Key Selling Points

- **MEDITERRANEAN DIET:** Portuguese food falls into the Mediterranean diet, food extolled worldwide for its proven health benefits, with Portugal hailed as one of the emerging 'blue zones' areas known for their high concentration of centenarians, partially due to high-quality diets.
- **STUNNING PACKAGE:** With sprayed patterned edges, and foil on the cover, *Portugal* is the perfect gift.
- **RECIPES FROM PORTUGUESE CHEFS:** each recipe has been chosen by one of 12 featured Portuguese chefs, focusing on easily accessible local ingredients, spanning multiple Portuguese cities, mixing traditional favorites and contemporary culinary creations.

Summary

A beautifully packaged culinary journey around Portugal - complete with sprayed edge.

Explore Portugal's culinary heritage and innovation in this captivating book. Meet a dozen Portuguese chefs from Paris to Lisbon, each sharing their unique take on the nation's rich gastronomic traditions. From classic dishes like Caldo Verde (Portuguese green soup) and Bacalhau à Brás (salted cod, potatoes and eggs), to modern creations like Quejidas com Ginja (liquor infused cheesecakes), discover a world of flavors.

This book is your passport to savor the diverse tastes of Portugal and includes valuable recommendations for pastelarias, must-visit grocery shops, and trendy dining spots like the Musa Urban Brasserie and Prado restaurant.

Contributor Bio

Anaïs Bourny Delon has been working in the world of food since she was 22, working behind the scenes on numerous projects including the Paris Festival of Chefs, as well as the establishment of Le Table Ronde in Paris, a world-renowned restaurant that has welcomed more than 50 chefs from around the world over the last five years. She then worked in the team of only the fourth woman to be awarded three Michelin stars, Anne-Sophie Pic, in Spain. *Portugal* is her first book and is a profoundly human culinary itinerary across the food of Portugal, profiling 12 celebrated Portuguese chefs, constituting a beautiful homage to its people and traditions.

Marketing Plans

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







Mitchell Beazley 9781840919387 1840919388 Pub Date: 8/19/2025 On Sale Date: 8/19/2025 \$29.99/\$37.50 Can. Hardcover

272 Pages Carton Qty: 10 Print Run: 8K Cooking / Regional & Cultural CKB074000 8.5 in H | 6 in W Status:FORTHCOMING

Scandinavia: A culinary journey

Gísli Egill Hrafnsson, Inga Elsa Bergþórsdóttir

Key Selling Points

- **STUNNING PHOTOGRAPHY**: as well as an image for each recipe shot, the book includes breathtaking photography of Sweden, Finland, Norway, Iceland and Denmark throughout the seasons.
- **BEAUTIFUL PACKAGE**: complete with metallic green sprayed edges and thick paper, this is the perfect gift.
- **COMPLETE GUIDE TO NORDIC CUISINE:** the book features profiles on each one of the Nordic countries, featuring recipes from each country.
- **SCANDINAVIA REMAINS HOT TREND:** Scandinavian architecture, knitting, and home are all still very popular across the English language export world.

Summary

A beautifully packaged culinary journey across Scandinavian and Nordic cuisine, with 55 recipes and sprayed edges.

Discover the heart of Scandinavia through vibrant photographs and authentic Nordic recipes. This culinary journey takes you through Denmark, Norway, Iceland, Sweden and Finland, exploring the history, local produce, and festivals of these captivating countries. Delve into 55 enticing recipes, each thoughtfully organized by season. From classic dishes like Danish rye bread and pickled herring to mouthwatering innovations like rhubarb meringue bowls and skyr sorbet, this book captures the essence of Nordic living.

Contributor Bio

Gísli Egill Hrafnsson and **Inga Elsa Bergþórsdóttir**, originally from Iceland, are ardent food enthusiasts and culinary experts. With a passion for food and cooking, they have authored, photographed, and designed multiple books in Icelandic, English and French. Their extensive knowledge and family recipes are shared with authenticity, making them trusted voices in the world of Nordic cuisine. As hosts of a guest house, they introduce visitors to the bountiful ingredients sourced from their own garden, creating unforgettable culinary experiences.

Marketing Plans

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







Godsfield 9781841816074 1841816078 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$19.99/\$24.99 Can. Hardcover

176 Pages Carton Qty: 10 Print Run: 6K Body, Mind & Spirit / Witchcraft OCC026000 8.3 in H | 6 in W Status:**FORTHCOMING**

Karma's a Witch

The modern witch's guide to protection spells and karma magic Midia Starr

Key Selling Points

- WitchTok is booming, with 5.9M posts on TikTok as of August 2024
- On Instagram, the hashtag #witchcraft has 8.6M posts as of August 2024
- Publications like *Nylon* and *New York Times* have featured articles on protection spells for beginners and exorcisms for closure
- Witchcraft is a core MBS topic that is currently missing from the Godsfield frontlist
- Midia Star is a reliable OPG author, with titles including *The Witchcraft Handbook* (1.5k sold)

Summary

The modern witch's guide to protection spells and karma magic, with over 60 spells

Whatever energy you put out into the universe, will eventually return to you. Karma is an incredibly strong force, and it is vital you learn how to protect yourself from such negative energies.

In this essential guidebook, you will discover the transformative power of Karma magic and, more importantly, how to craft your own spells to shield yourself from the people who are trying to harm you in some way. Covering all modern situations, *Karma's a Witch* contains over 60 easy banishing and protection spells you can refer to again and again. You will also find tools and advice for the contemporary witch, including how to harness Goddesses energy to enhance your spellwork and what plants to grow in your witchy garden.

Whether it's an ex who just won't leave you alone, a boss who takes credit for your work, or a friend who stabbed you in the back - this book will help prepare you for all situations. This is not about getting your own back; it's about protecting your peace by giving karma a little nudge in the right direction.

Contents include:

- **Modern witchery:** a brief history of witchcraft through the ages, and how it differs to witchcraft today

- Best tools for witches: a guide to everything you'll need, from candles to cauldrons

- How to grow the perfect witchy garden: discover which herbs are crucial for your spells

- **Simple karma magic:** all the essential spells, from freezing a toxic person from your life, to returning a curse, to protecting your home from negative energy

Contributor Bio

Midia Star is a freelance journalist and author who has studied and practiced witchcraft, paganism and tarot since she was 12 years old. She specializes in health, lifestyle, women's issues, mind, body, spirit features and investigations. With over 25 years of experience in print and digital media, she has written for many national and international newspapers and magazines, including *My Weekly, The New York Times, Fate & Fortune, Soul & Spirit, The Times, Reader's Digest* and *Prima.* Her previous books published by Octopus include *Little Cauldron of Good Luck Spells, Little Cauldron of Love Spells* and *The Witchcraft Handbook*.

- Social media campaign
- National media outreach

• Trade and Library Advertising





Godsfield 9781841816395 1841816396 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$10.99/\$13.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 8K Body, Mind & Spirit / Channeling & Mediumship OCC003000

5.8 in H | 4.3 in W Status:**FORTHCOMING**

The Little Book of Intuition

Theresa Cheung

Key Selling Points

- Theresa Cheung is an internationally bestselling author.
- 'Mindful' subjects in general have become increasingly popular, and this book covers the essential aspects.
- Features practical, step-by-step exercises in an attractive and accessible package.

Summary

This beautifully illustrated book features simple exercises and prompts to help develop your sixth sense for self-healing and personal success.

The key to developing your sixth sense is your imagination. Unlock the power of imagination and you open yourself to a world of new possibilities.

When most people think of a sixth sense, they tend to think of an intuitive power. After consideration, it becomes apparent that what we call 'intuition' is not only a mental facility but also a super-sense, the cumulative power of all the senses: sight, hearing, taste, touch and smell. As we all possess intuition, we are therefore all able to unify our senses, giving us the power to find meaning in our lives, realize our potential and achieve personal fulfilment.

Your sixth sense can help in all aspects of your life - your relationships, career, and family - but most of all it can help you become the happy and successful person you are destined to be.

Featuring beautiful illustrations and simple exercises, this is the perfect little book to help you:

- Awaken your psychic ability
- Hear with your emotions and thoughts

- Exercise your mind and body to become more sensitive to your environment and the objects within it

- Develop your ability to read minds and understand people better
- Interpret auras

Contributor Bio

Theresa Cheung is an internationally bestselling author and public speaker. She has been writing about spirituality, dreams and the paranormal for the past 25 years, and was listed by *Watkins Mind Body and Spirit* magazine as one of the 100 most spiritually influential living people in 2023. She has a degree in Theology and English from Kings College, Cambridge University, frequently collaborating with leading scientists and neuroscientists researching consciousness. Theresa is regularly featured in national newspapers and magazines, and she is a frequent radio, podcast and television guest. She has given workshops at venues such as Olympia, Alexandra Palace and The College of Psychic Studies, and she hosts her own popular spiritual podcast called *White Shores*.

www.theresacheung.com Instagram.com/thetheresacheung x.com/Theresa_Cheung_ facebook.com/TheresaCheungAuthor

- Social media campaign
- National media outreach

• Trade and Library Advertising





Godsfield 9781841816388 1841816388 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$10.99/\$13.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 8K Self-Help / Emotions SEL042000

5.8 in H | 4.3 in W Status:**FORTHCOMING**

The Little Book of Breathing

Una L. Tudor

Key Selling Points

- Strong sales in 'Little Book of' market
- Cute and gifty format perfect for gift-giving
- Helps you get into the habit of practicing breathing with its everyday structure
- Stand-out title (limited books on breathing unless yoga titles)
- Full of practical tips, exercises and techniques to get you through the day

Summary

This beautifully illustrated book features simple exercises and prompts to help you breathe your way to a more considered, thoughtful and happier life.

Are you using your phone too much? Are you drinking too much coffee? Are you really getting the most out of your day?

The Little Book of Breathing is the one-step handbook towards a more considered and thoughtful life. Combining techniques, exercises and helpful thoughts from life coach and counsellor, Una L. Tudor, you will learn how to eliminate stress and bring peace into your life, all through the power of breathing.

With these simple 10-15 minute practices to guide you through your day, you'll learn how to harvest the power of your breath.

Accessible and open to everyone, this beautifully illustrated book will help you learn how to lead a more tranquil, relaxed and serene existence.

CONTENTS:

- 1. Rise and Shine! 7am
- 2. Information Overload 9am
- 3. C ool, C alm and C ollected 11.45am
- 4. Yoga C offee 3pm
- 5. Beat the C ommuter Blues 6pm
- 6. Home at Last 8pm
- 7. Beauty Sleep 11pm

Contributor Bio

Una L. Tudor is a life coach and counsellor from York. She lives in London with her wife and two cats, Bulgur and Barley. In her spare time, she practises yoga. This is her first book.

Marketing Plans

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

Clear the Mind: 9am	We be a part of the state of the state of the state of the state of the state of the state of the of the state
	and it may not the annumber of the last order of the set of the last of the last order. A set of the last.
and the	No. O transmission on the effect of the observed of the No. Observed on the share of a strength of the observed of the observed of the strength of the observed on the strength of the observed of the observed on the strength of the observed of the strength of the observed of the observed on the observed of the observed of the strength of the observed of the obse





Cassell 9781788405935 1788405935 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$19.99/\$24.99 Can. Hardcover

240 Pages Carton Qty: 10 Print Run: 4K History / Europe HIS015090 8.5 in H | 6 in W Status:FORTHCOMING

Scotland's Clans & their Tartans

The Histories and Origins of the Clans and their Tartan Plaids Ian Grimble

Key Selling Points

- An authoritative exploration of the origins and evolution of Scotland's unique clan system, this is the perfect gift for any history-buff
- From the Abercrombies to the Wemyss clan, this comprehensive book provides detailed entries on the history of each clan
- A visual celebration, over 150 tartans are beautifully displayed in full color
- Ian Grimble was a distinguished British historian, his contributions have left a lasting impact on the understanding of Scottish identity and history

Summary

Explore the fascinating history of Scotland's clans and explore the stories behind their iconic tartans in this comprehensive guide.

Scotland's Clans & their Tartans offers an authoritative exploration of the origins and evolution of Scotland's unique clan system, tracing its roots back to the 5th century in Ireland, where the Scots originally lived. From the Abercrombies to the Wemyss clan, this comprehensive book provides detailed entries on the history of each clan, including their geographical origins, notable clansmen, and the evolution of their distinctive tartan patterns.

With over 150 tartans beautifully displayed in full color images, this guide serves as both a visual celebration and an exhaustively researched reference for historians, enthusiasts, and anyone with an ancestral connection to Scotland alike.

Whether you're a proud Scot or simply fascinated by the intricacies of Scottish heritage, *Scotland's Clans & their Tartans* will make an essential addition to your collection.

Contributor Bio

Ian Grimble was a distinguished British historian, author and television producer, best known for his works on Scottish history and culture. His deep passion for Scotland was evident not only in his writing but also in his work on documentaries that brought Scottish history to a broader audience. His contributions have left a lasting impact on the understanding of Scottish identity and history.

Marketing Plans

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







Ilex Press 9781781579671 1781579679 Pub Date: 5/27/2025 On Sale Date: 5/27/2025 \$22.99/\$28.99 Can. Hardcover

224 Pages Carton Qty: 10 Print Run: 6K Body, Mind & Spirit / Divination OCC024000 8.5 in H | 6 in W

Status: FORTHCOMING

You Will Be Able to Read Tarot by the End of This Book

Nicole Rallis, Peter Henry Reed

Key Selling Points

- **TAROT IS A PERSISTENT, RESILIENT TREND**: having experienced a pandemic resurgence, with 108 billion views on TikTok and a wealth of new publishing in this area: e.g. *Little Book of Tarot* has sold over 14k since publication in 2019.
- **TWO SETS OF TAROT CARDS TO LEARN FROM:** the book features both the complete set of the most famous tarot deck in the world, Rider-Waite-Smith, as well as the authors' specially commissioned botanical tarot cards, providing a fresh, informative take on the subject.
- **EXHAUSTIVE APPROACH:** full color spreads for each card of the major and minor arcana, as well as sample tarot readings and a guide to the history of tarot.
- **SOCIAL MEDIA FOLLOWING**: the authors and illustrators have an Instagram following of 128,000.

Summary

A fool-proof, highly accessible guide to understanding tarot.

Incorporating beautiful botanical illustrations of all the cards in the major and minor arcana, alongside the Rider-Waite-Smith deck, this is a straightforward guide to everything you need to know about reading tarot, from a basic understanding of what each card means, all the way to detailed readings to enrich your everyday life. Using flowers as an accessible, engaging starting point into tarot makes this the perfect handbook for navigating this centuries-old practice.

Chapter breakdown:

Introduction: Why tarot is important and how flowers offer the most accessible introduction to tarot Section I: Seed - How to pull cards in a tarot spread Section II: Sprout - How to read the cards of the Major Arcana Section III: Bloom - How to read the cards of the Minor Arcana Section IV: Harvest - How to read the tarot in full and renew growth with others

Contributor Bio

Nicole Rallis (Author)

Nicole Rallis is an illustrator, gardener, and designer living in New England by way of New York City. Under her art brand, Leila + Olive, Nicole has devoted her lifelong enchantment with the union between nature and mystical transformation into building botanical inspired works. Her best-selling tools of divination, including the Pythia Botanica Oracle and Ophidia Rosa Tarot, have enchanted thousands of people across the world and have been featured in *NYLON*, *Teen Vogue*, and *Enchanted Living Magazine*. She has 128,000 followers on Instagram @leila_olive

Peter Henry Reed (Author)

Peter Henry Reed is a writer and artist living in New England. Peter started his career as a music journalist in Berkeley, CA, with work cited by such publications as the *Guardian* and Rolling Stone, before expanding into the botanical roots of his childhood. He collaborates with Nicole Rallis on many creative endeavors, including the beloved Ad Orbita Tarot.

- Social media campaign
- National media outreach

• Trade and Library Advertising

*

Illustrations









310

Three Farits Party Tronsent, Party





¥э



The Sun XIX

A. Ires, Robert



Ilex Press 9781840918977 1840918977 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$19.99/\$24.99 Can. Paperback

128 Pages Carton Qty: 10 Print Run: 6K Games & Activities / Coloring Books GAM019000

6.5 in H | 8 in W Status:**FORTHCOMING**

Animal Watercolour in 10 Minutes

Miriam Sugranyes

Key Selling Points

- FRESH TWIST ON A POPULAR SUBJECT: Watercolor is a perennially popular practical art subject, and this new approach gives readers an easy and accessible route into the medium.
- **EXPERT AUTHOR:** Miriam Sugranyes is an illustrator and art director with a passion for making art accessible to everyone.
- **THE PERFECT GIFT:** The ideal present for budding artists and animal lovers alike.

Summary

A super easy and quick watercolor technique for creating gorgeous 10-minute animal artworks.

Discover a clever new way to approach watercolor painting. Begin by building up the muscle memory of the stroke pattern, then put brush to paper, and create a little animal watercolor with ease and confidence.

Once you've mastered the stroke patterns, each animal project takes just 10 minutes to create, and you can create the artworks again and again with confidence.

The advantages of watercolor include it's vibrant and translucent nature, quick drying time, simple set up and clean up process, affordability, and versatility to be used in mixed media artwork. And these are just the highlights - other benefits include the soothing, calming atmosphere that watercolor painting provides, allowing your mind to take a much needed break from the hectic nature of life.

Animals include: giraffe, panda, flamingo, robin, whale, boar, otter, penguin, tortoise, elephant, hippo, lizard, leopard, chicken, goldfish.

Contributor Bio

Miriam Sugranyes is a Spanish artist and illustrator who has worked with a wide range of publishers and brands including Liberty, Unicef and Tate.

Marketing Plans

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







Kyle Books 9781804193150 1804193151 Pub Date: 6/10/2025 On Sale Date: 6/10/2025 \$29.99/\$37.50 Can. Hardcover

192 Pages Carton Qty: 10 Print Run: 8K Cooking / Regional & Cultural CKB034000

9.4 in H | 7.7 in W Status:**FORTHCOMING**

French Bakes Made Simple

From macaron to millefeuille and more Edd Kimber

Key Selling Points

- Covers everything from sweet treats to pastries
- Ed Kimber's previous books have combined sales of over 31k copies
- Ed Kimber is a Great British Bake Off winner

Summary

Perfect the art of French patisserie with over 80 delicious recipes from The Great British Bake Off winner Edd Kimber.

"Baking requires skill and perfection, and Edd's got it." Mary Berry

"Edd Kimber has made everyone's favorite French desserts and pastries accessible and easy to make. From buttery sable cookies to crusty canelés and flaky croissants, anyone can bake and enjoy the best French pastries, right in their own kitchen!" David Lebovitz

"Edd's desserts taste as good as they look - these delicious recipes inspire the baker in all of us." Philippe Conticini

This is a new edition of Edd Kimber's ultimate baking book that will help you recreate all the wonderful treats you'd find in a traditional French patisserie. With easy-to-follow step-by-step guides, Edd takes you through the techniques you'll need to make your own classic French bakes, from a moist and tasty genoise sponge to that quintessential icon of French pastry: the flaky, buttery croissant.

Chapters include:

- Sweet Treats: Classic Financiers, Canelés and Eclairs
 - Desserts & cakes: Cherry Clafoutis and Buche de Noel

- Pastry: Easy guides to making Pâte Sablée and Pâte Sucrée, and recipes for delicious tarts to use them in

- Basics: Essential icings and creams, such as Mousseline and Crème Chantilly

Edd's mouthwatering recipes use bakeware found in most household kitchens, removing the need for expensive or complex equipment and allowing you to create the perfect patisserie in your own home.

Contributor Bio

Edd Kimber is 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), *Small Batch Bakes* (2022) and *Small Batch Cookies* (2024). 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

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





Kyle Books 9781804192924 1804192929 Pub Date: 7/15/2025 On Sale Date: 7/15/2025 \$32.99/\$41.50 Can. Hardcover

224 Pages Carton Qty: 10 Print Run: 5K Cooking / Comfort Food CKB127000

9.8 in H | 7.5 in W Status:**FORTHCOMING**

Cook: Serve up Joy Recipes for Sharing The COOK Kitchen

Key Selling Points

- FIRST BOOK FROM THE POPULAR & SUSTAINABLE B CORP FOOD BUSINESS COOK has been selling award-winning hand-prepared frozen meals all made by hand in the company's four kitchens in Kent since 1997. It is a company that's nourishing for everyone - employees, communities, suppliers and customers alike.
- DELICIOUS, ACCESSIBLE RECIPES 100 dishes from weeknight suppers to entertaining a crowd include brand favorites and hearty, nourishing meals.

Summary

The first book from much-loved UK frozen meal brand COOK featuring 100 recipes for serving up joy at home, from weeknight suppers to special nights in, feeding a family to cooking for a crowd.

Food has the unique power to bring people closer together and here COOK have gathered 100 of their most treasured and popular recipes to recreate at home whether you are short on time, looking to entertain with a minimum of fuss, or wishing to push the boat out with style and panache for weekend entertaining or special nights in.

From the iconic chicken alexander and Moroccan lamb tagine to amazing pavlovas and gin and tonic semifreddo, there is something here for everyone, from worknight wonders to weekend cook-ins. Ingredients are sourced from planet friendly suppliers, with a constant emphasis on reducing the environmental footprint in the process.

Chapters include Worknight Wonders, Feeding the Family, Relax, it's the Weekend, Special Nights In, Cooking for a Crowd and Desserts.

At work and in life, we could all do with rediscovering the original spirit of the COOK story. Good people. Good food. Sitting down together. Serving up Joy.

Contributor Bio

COOK was founded in 1997 in Farnham, Kent, UK and now boasts 100 shops and 1000 distribution outlets throughout the country, from Budgens to independent farm shops and garden centers. A founding member of B Corp UK, part of the global movement of responsible businesses, COOK has been voted the Best British Food & Drink Company to work for. It is certified by the Living Wage Foundation and has created a program to help people back into work after prison, homelessness and other challenges for which it has been recognized with a Queen's Award for Enterprise. Put simply it's good cooking that's doing good.

Marketing Plans

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





Short Books 9781804192245 1804192244 Pub Date: 7/8/2025 On Sale Date: 7/8/2025 \$26.99/\$33.99 Can. Hardcover

208 Pages Carton Qty: 10 Print Run: 5K Health & Fitness / Diet & Nutrition HEA006000

9.8 in H | 7.5 in W Status:**FORTHCOMING**

Life Without Diabetes Cookbook

85 simple and delicious recipes for reversing type 2 diabetes Emma Porter

Key Selling Points

- WORLD-LEADING T2 DIABETES EXPERT: Prof Roy Taylor is the man who discovered that t2 was actually a reversible condition, and his Newcastle program is clinically proven to reverse t2 diabetes. More than just a cookbook, this offers readers expert advice from a specialist diabetes expert that they would not normally have access to.
- URGENT SUBJECT: More than 38 million Americans have diabetes (about 1 in 10), and about 90% to 95% of them have type 2 diabetes. Type 2 diabetes most often develops in people 45 or older
- LIVED EXPERIENCE OF COOKING WITH DIABETES: Emma Porter brings lived experience of eating with t1 diabetes, so recipes are suitable for all diabetics looking to balance their blood sugars and enjoy delicious, nourishing food. Emma is a *Sunday Times* bestselling author with experience of recipe writing based on diabetes research.

Summary

The fabulous companion cookbook to Professor Roy Taylor MBE's bestselling series: Life Without Diabetes and Your Simple Guide to Reversing Type 2 Diabetes

This companion cookbook to Professor Roy Taylor's bestselling Life Without Diabetes offers 100 delicious, easy recipes to help you:

follow the 3-step Newcastle weight loss program create filling, nutritious meals remain free of diabetes for life.

Bestselling author and recipe writer Emma Porter has teamed up with world-renowned diabetes expert Professor Roy Taylor to create meals that balance health needs with varied, enjoyable eating to enable you to lose weight, reverse your type 2 and stay diabetes-free for life.

They include high-protein shakes, soups and 800-calorie plates to help you through the Step 1 rapid weight loss stage, and a broad range of delicious low-carb, satisfying dishes to keep you on track long-term.

This is the perfect go-to cookbook, whether you are a type 2 diabetic, pre-diabetic or simply want to follow a low-carb diet to manage your blood sugars. With weekly shopping lists, menu planners and expert motivational advice, it includes everything you need to take back control of your health.

Contributor Bio

Emma Porter is the founder of the Low-Carb Kitchen and co-author, with Dr. David Cavan, of *The Low-Carb Diabetes Cookbook* (2018). She is a food writer, recipe developer, lifestyle coach and mother of two living in Cheltenham, Gloucestershire. Emma was diagnosed with type 1 Diabetes at 17 years old and has since established a successful health food platform (www.thelowcarbkitchen.co.uk) focused on foods to stabilise blood sugars. www.thelowcarbkitchen.co.uk @mrspslowcarbkitchen

Professor Roy Taylor MBE is Emeritus Professor of Medicine and Metabolism at Newcastle University and a world-leading expert on type 2 diabetes. In 2011, Taylor showed that type 2 diabetes was a simple, reversible condition. His life-changing discoveries have transformed the way we view and treat T2D. Taylor was appointed Member of the Order of the British Empire (MBE) in the 2023 New Year Honours for

Marketing Plans

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





Short Books 9781804193167 180419316X Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$19.99/\$24.99 Can. Paperback

320 Pages Carton Qty: 36 Print Run: 6K Family & Relationships / Life Stages FAM043000

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

Gift of Teenagers

Life Lessons They've Taught Me, and a Few I've Taught Them Rachel Kelly

Key Selling Points

- A new and optimistic approach to parenting teenagers, with a fresh look at how their brain works. It focuses on the hope and enjoyment they bring you rather than the doom and gloom. It's an opportunity to change the narrative and empower parents to enjoy their teenagers rather than managing and controlling them. This is a positive journey for both.
- Practical, evidence based, and authoritative resource for anyone navigating this challenging time. Tackling challenges than no previous generation before has had to face: gaming obsessions, social media and online bullying, drugs, and gender identity to name a few, so parents can be better equipped to deal with them.
- **Rachel Kelly** is a bestselling writer, public speaker and mental health advocate. She writes frequently for *The Sunday Times*, *The Telegraph*, *The Observer*, *The Spectator*, and *Tatler* plus writes regular columns on emotional well-being for *The Tablet* and *The Idler* magazines.
- She was named as one of the top five influencers on mental health in January 2023 by the Cardinal Clinic, a chain of private mental health hospitals.
- Building on success of her five previous books covering her experience of depression, recovery and her steps to wellbeing -- from poetry to nutrition.

Summary

This is a book about learning to love your teenagers and count them as a blessing. Rachel Kelly successfully navigated this challenging stage with her five children and shares the lessons learned so other parents may benefit from this new and inspiring perspective.

We live in a time of huge worry about our teenagers and their mental health - from fears of a phone-obsessed adolescence to concerns about an offline world of bullying and drugs, not to mention gender identity. But what if we parents don't need to be so fearful? What if our teenagers are a gift we can all learn from?

In this authoritative book by an established mental health writer with expert advice from a top clinical psychologist, Rachel Kelly shares how bringing up her **five** children in an anxious age, and her work for ten years with young people in schools and at universities, has led to her own psychological growth. Raising resilient teenagers begins with becoming a more resilient - and better informed - parent, someone who has learned to manage their own emotions, become aware of their parenting style, and understand the world our teenagers are growing up in.

Thus armed, we can engage with our adolescents better and discover how they, and their brains, work (short answer: not always like us!). The book also offers psychologically helpful (and evidence-based) approaches for supporting our teenagers, from personal relationships to navigating social media. Whisper it, but it might even be a fun ride.

Contributor Bio

Rachel Kelly is a best selling writer, speaker, mental health advocate and former *Times* journalist. She has written five books sharing her experience of depression and evidence-based strategies that have helped her feel better - everything from cooking to poetry to mindfulness to exercise. She has spoken all over the world from Delhi to Sydney, America and across the UK. Her books are published in over 10 countries and she is an official ambassador for mental health charities Rethink Mental Illness, SANE and The Counselling Foundation. She is the mother of three boys and two girls, all now grown-up.

Her previous books include the *Sunday Times* best-selling memoir **Black Rainbow** (Yellow Kite/Hodder), **Walking on Sunshine: 52 Small Steps to Happiness (S&S)**; **The Happy Kitchen: Good Mood Food** (S&S); **Singing in the Rain: An Inspirational Workbook** (Short Books), and, **You'll Never Walk Alone: Poems for Life's Ups and Downs**, published in 2022 by Yellow Kite.

Dr Carla Croft is a clinical psychologist who runs clinical psychology in four London hospitals and is a mother of two boys and a girl. This is her first book.

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



Sid Finch

CONTENT SUN

Summersdale 9781837995493 1837995494 Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$9.99/\$12.50 Can. Paperback

96 Pages Carton Qty: 10 Print Run: 12K Humor / Form HUM018000 6 in H | 4 in W

Status: FORTHCOMING

The Little Book of Funny Foreign Phrases A Collection of Creative, Hilarious and Ridiculous Sayings from Across the Globe

Sid Finch

Key Selling Points

- This amusing gift book contains creative, hilarious and ridiculous phrases from around the world.
- A similar Summersdale title, *The Little Book of Foreign Swear Words* (ISBN: 9781787837690), has sold over 46,000 copies.
- Similar Summersdale titles include: A Swear a Day (ISBN: 9781837990122); Swear Snap (ISBN: 9781787833333).

Summary

Discover a riotous collection of global expressions to perfectly capture every mood and moment in this hilarious compendium of foreign phrases!

Ever been stuck for a phrase that sums up exactly how you feel? These hilarious foreign expressions have got you covered in every scenario!

From when you're shitting and walking (*estou cagando e andando* - you couldn't care less), to times you're omitting smoke from every orifice (七窍生烟 [qīqiàoshēngyān] - you're really angry), there are certain situations that English words just can't describe. This little book is complete with the weird and wonderful foreign phrases you need to express yourself fully.

With a variety of sayings from around the world, this entertaining compilation will equip you to insult your friends, proclaim your feelings and speak your mind in new and creative ways.

Discover expressions like:

- Att glida in pa en rakmacka (Swedish): To slide in on a shrimp sandwich - When someone has had everything easy in life

- *Tomaten auf den augen haben* (German): To have tomatoes on your eyes - You're not seeing what everyone else sees

- *Sauter du coq a l'ane* (French): To jump from the rooster to the donkey - To illogically jump between conversation topics

And many more!

Contributor Bio

Sid Finch lives in London and enjoys a bit of cheeky banter and a pint of good beer (or any beer).

Marketing Plans

- National media outreach
- Trade and Library Advertising





Rufus Cavendish

Summersdale 9781837994779 1837994773 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$10.99/\$13.99 Can. Paperback

144 Pages Carton Qty: 10 Print Run: 5K Religion / Antiquities & Archaeology REL072000

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

The Little Book of Archaeology

A Pocket Guide to How Archaeology Works and What It Can Teach Us Rufus Cavendish

Key Selling Points

• An addition to Summersdale's successful 'Little Book of' series which introduces readers to those intriguing topics that we all want to learn more about without having to read a heavy academic book.

Summary

Journey through time and unravel the mysteries of ancient civilizations with this captivating pocket guide to the art and science of archaeology.

Embark on an exhilarating expedition through human history with this whirlwind tour of the essentials of archaeology

From the ancient wonders of Egypt and Pompeii to the mysteries of lost Mayan civilizations and the enigmatic Nazca Lines in Peru, this captivating guide offers a whirlwind tour of humanity's past through the art of archaeology.

Archaeology isn't just about dusty artifacts and buried ruins - it's about understanding ourselves and our shared history. In this pocket-sized treasure trove, you'll uncover the secrets of archaeological discovery and exploration and find out how it can illuminate the past, inform the present, and shape the future.

You'll learn about the pivotal moments and discoveries that changed the way we view the past; meet the trailblazers and pioneers who have shaped the field, from Howard Carter to Kathleen Kenyon; discover the methods and techniques that archaeologists use to unearth, excavate and preserve their findings; and consider contemporary ethical issues surrounding cultural heritage and repatriation.

Packed with fascinating facts, intriguing mysteries and breathtaking discoveries, *The Little Book of Archaeology* is the perfect companion for anyone curious about the world beneath our feet. Whether you're a seasoned enthusiast or embarking on your first excavation, this accessible and engaging guide is sure to spark your imagination and ignite your passion for the ancient world.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



	1997 1978 1998 1998 1998 1998 1998 1998	and an	
The Titul Discovery	requires only and it is not on all of another other	Early Planeers	Mary Leaker
Addes within studies, and are rear run passes, and any studies of the studies of the studies of the studies address. Within the studies of the studies of the studies of the studies of the studies of the studies methods are studied by studies and a studies of the studies of th	provide the results have not not reactions are upon whether shares are not reactions are upon the shares and the results of the results of the same class values of the share results are stra- tments class values of the shares are stra- tments of the shares are strated as the same class values of the shares are strated as the shares of the shares are strated as the shares must of the same bar on values we may as there must of the same the strate are strated as the shares of the shares are strated as the shares and the same strategies when the shares are strated as the shares of the shares are strated as the shares and the shares are shares are strated as the shares at the shares whether and the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are strated as the shares are shared as the shares are shares as the shares are shared as the shares are shares as the shares are shared as the shares are shares as the shares are shares and the shares are shares as the shares are shares as the shares are shares as the shares are shares as the shares are shares and the shares are shares as the shares are shares as the shares are shares as the shares are shares as the shares are shares as the shares are shares as the shares are shares as the share shares are shares as the shares are shares as the share shares are shares as the shares are shares as the shares are shares as the share shares are shares	More studies coulds, or use to use the parts on particly of observative of a particulated for the data shapes dotters. History finite-tange in to the users of the studies of the studies of the studies of the studies of the studies of the studies of the studies of the studies of the studies of the studies on a stud- ties of the studie	Ranghalls used scrape regime or to too to the Anome scrapes on T^{-1} of the static slame, appendix the theory of the state of the s



Summersdale 9781837996247 1837996245 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$10.99/\$13.99 Can. Paperback

128 Pages Carton Qty: 10 Print Run: 8K Self-Help / Affirmations SEL004000 6 in H | 4 in W Status:FORTHCOMING

The Little Book of Mindfulness

An Introduction to the Art of Being Present Summersdale Publishers

Key Selling Points

- Mindfulness is an extremely popular well-being trend with over 43 million uses of the hashtag "#mindfulness" on Instagram.
- Contains facts, practical exercises and uplifting quotes to entertain and educate readers about the history, practice and benefits of mindfulness.
- Similar Summersdale titles include: *The A-Z of Mindfulness* (ISBN: 9781787832732); *Mindfulness for Every Day* (ISBN: 9781800074378) and *The Little Box of Mindfulness* (ISBN: 9781787836587).

Summary

Discover inner peace and transform your daily life with this essential guide to practicing mindfulness and embracing the present moment.

The modern world can be stressful, but rest assured - this therapeutic guide to the practice of mindfulness will help you find stillness, calm and gratitude in every day

Rooted in Buddhist and Hindu traditions, the concept of mindfulness is centred around being present in the moment and fully aware of your thoughts. Whether nurtured through meditation and body scans, or by simply paying greater attention to what enters your mind as you walk, eat or wash-up, mindfulness is a practice that everyone can benefit from.

Within these pages, you will find:

- Fascinating facts on the history of mindfulness, from its origins in Hinduism and Buddhism to its use within the modern well-being industry

- Mindfulness techniques to improve your physical and mental health
- Step-by-step exercises and actionable advice on how to integrate mindfulness into your everyday life

- Thought-provoking quotes to help you appreciate life's small wonders

Taking the time to be fully present can change your perspective on life for good. By learning the methods, origins and evolution of this beautiful practice, you can start to live a more mindful life in a way that suits you best.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising




Summersdale 9781837994533 1837994536 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$11.99/\$14.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 6K Humor / Topic HUM008000

5.5 in H | 5.5 in W Status:**FORTHCOMING**

The Little Book of Cock

A Hilarious Activity Book for Adults Featuring Jokes, Puzzles, Trivia and More Summersdale Publishers

Key Selling Points

- This humorous adult activity book contains jokes, trivia, coloring pages and a raft of cock-themed puzzles, from word searches to anagrams to crosswords.
- Whether it's for a bachellor or bachellorette party, a partner, given as a stockingstuffer or just because, this book makes a hilarious small gift.
- A similar Summersdale title, *Spot the Cock* (ISBN: 9781787835900), has sold over 35,000 copies.
- Other similar Summersdale titles include: Rude Puzzle Book (ISBN: 9781787830264); The SHIIT Workout (ISBN: 9781787833265); Sexercise (ISBN: 9781787839946); Cock-a-Doodle (ISBN: 9781800079816).

Summary

Dive into this uproarious adult activity book celebrating life's most prominent appendage with jokes, puzzles, trivia, and more that'll have you laughing 'til you're sore!

Plunge head-first into this humorous adult activity book - full of jokes, puzzles and trivia - which celebrates life's most up-standing appendage: cock

Get ready for the ride of your life - figuratively speaking, of course!

Whether you prefer the term love rocket or disco stick, tent pole or pork sword, in this spunky little book, everyone's favourite member is the star of the show.

With the games and activities in these pages, you can now have more fun with cock than ever before. You will:

- Bone up on your cock trivia
- Tickle your fancy with a raft of dick-tacular jokes
- Test your head with counting conundrums and penis puzzles.
- Complete the coloring pages to find your creative release.
- Reveal more dirty terms for a boner than you ever dreamed was possible.

So, what are you waiting for? Come and see if you can pull it off! Cock has surely never been so much fun.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837994984 1837994986 Pub Date: 6/3/2025 On Sale Date: 6/3/2025 \$11.99/\$14.99 Can. Paperback

96 Pages Carton Qty: 10 Print Run: 5K Self-Help / Self-Management SEL024000 8.3 in H | 5.8 in W Status:**FORTHCOMING** This Book Will Give You ASMR

Activities and Assorted Triggers to Soothe Your Mind and Help You Relax Aurora Bell

Key Selling Points

- ASMR has become an increasingly popular tool for self-help and relaxation and is supported by a new wave of TikTok creators.
- This book offers a unique approach to feeling calm, complete with coloring pages, tutorials and an assortment of interactive exercises.

Summary

Indulge in the soothing world of ASMR with this immersive activity book, designed to trigger tingles and relax your mind with gentle sounds and calming activities.

Tap into the tingly world of ASMR and experience the soothing power of sound with this immersive activity book

A soft whisper in your ear. Someone playing with your hair. A feather lightly brushing your skin. If these things give you pleasant tingles up and down your body, then you already know the joy of ASMR.

ASMR, or Autonomous Sensory Meridian Response, relates to the tingly, pins-andneedles sensation and positive feelings you experience when you're exposed to audio or visual stimuli. It's a practice you can engage with to soothe your mind, relax your body and enter a state of low-grade euphoria.

Teeming with tips, activities, breathing exercises and coloring pages, this mesmerizing book will trigger your ASMR response. Use the pages of the book for folding, brushing, crinkling, or cutting, and discover how to trigger your ASMR response using techniques such as lip smacking, sound baths, massages and playing with slime.

Whether you're tracing patterns, whispering words, or creating your own tingleinducing tools, one thing is for sure: *This Book Will Give You ASMR*.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837996162 1837996164 Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$14.99/\$18.99 Can. Paperback

96 Pages Carton Qty: 10 Print Run: 10K Religion / Christian Living REL012040

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

The Jesus Loves You Coloring Book

A Christian Coloring Book of Beautiful Designs and Inspiring Scripture Summersdale Publishers

Key Selling Points

- It is estimated that over 200 million citizens of the USA identify as Christian.
- This beautifully designed coloring book contains quotes from and is inspired by the words of the Bible.
- Other Summersdale coloring books have sold over 700,000 copies combined.
- Similar Summersdale titles include: *365 Days of Prayer* (ISBN: 9781837994304); *The Gratitude Coloring Book* (ISBN: 9781837996186).

Summary

Experience the serenity and inspiration of faith through beautifully designed coloring pages paired with uplifting Bible quotes and prayers in this therapeutic Christian coloring book.

Welcome to *The Jesus Loves You Coloring Book*, a haven where you can find inspiration through faith, creative self-expression and reflection

The art of coloring has been proven to be a therapeutic activity to help you relax and find time for your thoughts. Featuring a carefully curated selection of quotes, prayers and statements, this coloring book offers an array of stunning designs to help you explore the wisdom contained within the Bible. Embrace your creativity as you decorate the beautiful images within, using whichever medium suits you best - whether that be markers, colored pencils, gel pens, or watercolors.

Within these pages you will find:

- Gorgeous designs inspired by the Bible
- Memorable and thought-provoking Bible quotes
- Uplifting prayers and statements

In a busy modern world, it's important to find time to reflect and look within yourself. Take a moment to be guided by these idyllic scenes and words of faith toward a sense of inner strength and peace.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837996186 1837996180 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$14.99/\$18.99 Can. Paperback

96 Pages Carton Qty: 10 Print Run: 10K Self-Help / Creativity SEL009000

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

The Gratitude Coloring Book

A Joyful Journey of Colour and Creativity Summersdale Publishers

Summersuale Fublishers

Key Selling Points

- This book is filled with beautiful illustrations, uplifting quotes and daily mantras to inspire feelings of gratitude.
- Research shows that practising gratitude can improve your mental and physical well-being, helping you lead a happier, healthier life.
- A similar Summersdale title, *My Daily Gratitude Journal* (ISBN: 9781800078307), has sold over 13,000 copies.
- Other similar Summersdale titles include: *How to Live Your Best Life* (ISBN: 9781800079366); *Manifest Your Destiny Coloring Book* (ISBN: 9781837991006); *Positive Mental Gratitude* (ISBN: 9781800078369).

Summary

Embark on a colorful journey of gratitude and creativity with this inspiring coloring book, designed to brighten your day and cultivate a thankful heart.

Grow a deep sense of gratitude as you color beautiful illustrations and count your blessings with *The Gratitude Coloring Book*

Gratitude is a powerful tool, and the practice of reflecting on all the good in your life can improve your mood, your focus, and your mental and physical health. You have so much to be thankful for, and, by filling in the pictures in this uplifting coloring book, you can begin every day with newfound hope and optimism.

This book will take you on a journey of reflection, manifestation and creative expression. Color intricate patterns, contemplate thoughtful quotes and be guided by supportive tips as you uncover the peace, beauty and joy in your life.

Inside you will find:

- \cdot Detailed designs ready to be enhanced with color
- \cdot Captivating scenes
- · Mindful mantras and daily affirmations
- · Inspiring quotes
- \cdot Simple tips to help you bring gratitude into your life

Nourish your mind, acknowledge your blessings and express your creativity as you take your first step towards becoming a more grateful you.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837994755 1837994757 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$10.99/\$13.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 8K Family & Relationships / Parenting FAM020000

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

Dad in a Million

The Perfect Gift to Give to Your Dad Summersdale Publishers

Key Selling Points

- Whether it's for Christmas, for Father's Day, for his birthday or just because, this little book is the perfect small gift for your dad to show him how much he's appreciated.
- Features a range of heartfelt quotes and affirmations to make any dad smile.
- A similar Summersdale title, *For the World's Best Dad* (ISBN: 9781787836563), has sold over 7,000 copies.
- Similar Summersdale titles include: For the Best Dad Ever (ISBN: 9781787832350); Dad Jokes (ISBN: 9781786852281); The Dad Annual (ISBN: 9781787832985).

Summary

Show your dad how truly special he is with this beautiful collection of heartwarming quotes and affirmations that celebrate everything wonderful about fatherhood.

There's nobody quite like your dad, so show him just how much he means to you with this beautiful collection of heartwarming quotes and affirmations

This book is for the dad who gives the best hugs, who tells amazing stories, who knows just what to say - and who's always there to lend a helping hand.

Within these pages you will find plenty of heartfelt quotes about the joys and quirks of fatherhood, as well as a host of thoughtful sayings to help you to express your love and admiration.

Dip into these pages to enjoy:

- Words of wisdom on why dads are amazing, from famous figures like Idris Elba, Shakespeare and Lady Gaga

- A wonderful and witty range of affirmations, bursting with appreciation for all that dads do

With 160 handsomely designed pages of love and affection, it's the ideal small gift to make him smile and to let him know he's a dad in a million!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837996100 1837996105 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$10.99/\$13.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Reference / Quotations REF019000

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

For the Best Teacher Ever

The Perfect Gift to Give to Your Teacher Summersdale Publishers

Key Selling Points

- This book is an ideal gift to give to your teacher at the end of the academic year.
- Other titles in the "For the Best... Ever" series have collectively sold over 53,000 copies.
- This book contains quotes from iconic and inspiring figures including Martin Luther King Jr and Maya Angelou.
- Similar Summersdale titles include: *You're a Star* (ISBN: 9781837995943); *You Are Amazing* (ISBN: 9781786859808); *Best Dad Ever* (ISBN: 9781837992720); *Best Mum Ever* (ISBN: 9781800070226).

Summary

Show your appreciation with this heartfelt collection of meaningful quotes and uplifting messages, celebrating the dedication and impact of the best teacher ever.

From the first day at school, your teacher has always been there for you, guiding and supporting you through every challenge. Now it's time to show your gratitude!

This collection of quotations is the perfect gift to let your favorite teacher know how much you appreciate their hard work and dedication. It's a way to say thank you for their unwavering commitment and to let them know that their efforts have not gone unnoticed.

Inside this thoughtfully curated book, you can expect to find:

- A selection of meaningful quotes that celebrate the impact teachers have on their students' lives.

- Uplifting messages that recognize and honor the dedication and passion of teachers.
- Inspiring words on the importance of education.

This book is more than just a collection of quotes and sayings; it's a tribute to the educators who have inspired, motivated, and shaped the minds of their students. Celebrate your favorite teacher and all the amazing work they do with this perfect thank you gift!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837996094 1837996091 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$10.99/\$13.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Self-Help / Affirmations SEL004000

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

Congratulations on Your Graduation Encouraging Quotes to Empower and Inspire

Summersdale Publishers

Key Selling Points

- Ideal as a thoughtful gift to give someone on their graduation day.
- Graduation is a widely celebrated event in the US, as students celebrate graduating from school and college/university.
- Filled with wise and memorable quotes from a variety of famous figures.
- Similar Summersdale titles include *You Are So Awesome* (ISBN: 9781849539586).

Summary

Celebrate your incredible achievement with this empowering collection designed to guide and uplift you as you embark on your next journey.

You did it! You graduated! Let this little book of inspirational quotes and motivational musings serve as a reminder of your incredible journey.

Congratulations! This is a momentous achievement, a milestone that marks the culmination of years of hard work, dedication and perseverance. Whether you're embarking on a new career, continuing your education or exploring uncharted paths, let the quotes and sayings within this book be a source of strength and guidance.

As you step into a new chapter of your life, use this book to uplift and empower you to navigate your future with confidence. Within its pages you will find:

- Inspirational sayings to keep you motivated
- Memorable quotes from a range of famous figures
- Enough wisdom and encouragement to last a lifetime

This book is not just a celebration of your graduation, but a companion for life, reminding you that with determination and hard work, you can achieve anything. Here's to the endless possibilities that await!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







ROBIN JAMES



Summersdale 9781837995059 1837995052 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$17.99/\$22.50 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Self-Help SEL000000

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

How to Balance Your Life

Everyday Tips for Simpler Living and Lasting Harmony Robin James

Key Selling Points

- A beautiful book of simple tips, calming techniques and full-color photographs and illustrations to help the reader find lasting harmony.
- This title is a revamp of *How to Balance Your Life* (ISBN: 9781786857767), which sold more than 16,000 copies.
- Similar Summersdale titles include *How to Find Calm* (ISBN: 9781786859945) and *How to Ease Your Anxiety* (ISBN: 9781837993796).

Summary

Achieve lasting peace and simplicity with practical tips and techniques for a more balanced, harmonious life.

Find harmony in all aspects of your life with this beautiful guide to simple, balanced living

Life is full of demands and responsibilities that are constantly vying for our attention, and achieving a sense of equilibrium can be challenging. Despite the everyday noise and distractions, there are always steps you can take to find a more balanced, harmonious existence - and that's where this book comes in.

With practical tips on everything from managing day-to-day stress to finding a work-life balance, *How to Balance Your Life* is your go-to guide to discovering lasting peace and harmony. This inspirational book will help you find ways to boost your well-being and be more mindful of the wider world and your impact on it, while making sure there is always room for "me" time.

Inside you will find:

- Techniques to soothe your mind and give yourself headspace
- Practical advice on keeping physically fit and healthy
- Tips for creating a peaceful home environment
- Ideas for spending quality time with others

And much more! So, delve into these pages and take your first step towards a happier, healthier and more relaxed future.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



THE ART OF -

SLOWING

DOWN

How to Find Peace and Purpose

JO PETERS

Summersdale

Hardcover 160 Pages

Carton Qty: 10

7.5 in H | 6 in W

Print Run: 6K

SEL004000

9781837996377 1837996377

Pub Date: 7/24/2025 On Sale Date: 7/24/2025

\$17.99/\$22.50 Can.

Self-Help / Affirmations

Status: FORTHCOMING

The Art of Slowing Down

How to Find Peace and Purpose in a Hectic World Jo Peters

Key Selling Points

- Filled with helpful tips, daily rituals, simple recipes, inspirational quotes and beautiful photos, this book taps into the continuing trend of mindful living.
- A previous edition of this book, *Slow* (ISBN: 9781786855398), has sold over 10,000 copies.
- Similar Summersdale titles include Calm for Every Day (ISBN: 9781837993086) and How to Find Calm in Five Minutes a Day (ISBN: 9781837990108).

Summary

Discover the transformative power of slow living with this calming guide, designed to help you find peace and purpose in today's hectic world.

Take a deep breath, get grounded in your surroundings and discover a peaceful pace of life with this simple guide to slow living

Do you often feel like you're rushing through life? Running for the train, hurrying to meet deadlines, speeding through a never-ending to-do list... Our routines become so hectic that we sometimes struggle to catch a breath.

In this fast-paced modern world, many people feel the pressure to always be on the go when really, what we actually need, is to go *slow*.

Discover The Art of Slowing Down with this calming companion. The tips and techniques inside this slow-living guide will not only boost your mental and physical well-being, but also enrich your relationships and help you reconnect with what really matters.

With practical advice on self-care, breathing techniques, mindfulness, ethical living and eating, and how best to cultivate quiet moments every day, this book is the key to a calmer, happier you.

Inside you will find:

- Slow daily rituals
- Gentle wellness practices
- Simple recipes
- New routines to help you reclaim your peace

And much more!

Contributor Bio

Jo Peters is a true advocate of the simple life. Once a city lawyer, she left it all behind and now lives on a small-holding in Scotland. She regularly talks in schools, educating the future generation about sustainability and caring for the environment.

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837993062 1837993068 Pub Date: 6/3/2025 On Sale Date: 6/3/2025 \$14.99/\$18.99 Can. Paperback

160 Pages Carton Qty: 10 Print Run: 6K Self-Help / Affirmations SEL004000 7 in H | 5 in W Status:**FORTHCOMING**

The Confidence Fix Empowering Exercises to Build Your Self-Esteem

Debbi Marco

Key Selling Points

- Filled with practical activities and inspiring quotes, this workbook allows you to develop your confidence and boost your well-being.
- An easy-to-follow workbook to guide people in using confidence to improve all aspects of their life.
- Similar Summersdale titles include *The Confidence Workbook* (ISBN: 9781800077157).

Summary

Unlock your inner strength and achieve your dreams with empowering exercises designed to build self-esteem and boost self-confidence.

Embrace your inner confidence and unleash your full potential with this simple guide to boosting your self-esteem.

Confidence isn't something we are born with, but instead is a skill that can be learned and developed over time. Filled with practical activities and inspiring statements, *The Confidence Fix* is a gentle and encouraging guide on how to grow your self-assurance.

By working through the prompts and exercises in this workbook, you will be able to find your inner strength, develop your resilience and build your self-belief. With inspirational quotes and space for personal reflections, this beautiful and powerful workbook is here to encourage daily self-care and personal growth.

With the help of this book, you will learn to:

- Advocate for yourself, both in the workplace and at home
- Love yourself and what makes you unique
- Manage your worries and stresses
- Celebrate all your achievements

Whether you're struggling with imposter syndrome, have a fear of failure or simply lack the confidence to pursue your goals, this book will guide you to overcome these challenges and have the courage to achieve your dreams.

Contributor Bio

Debbi Marco is a journalist, editor and mum of two. She likes to spend her spare time running, eating delicious food, drinking gin and hanging out with her family and friends.

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837994939 1837994935 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$13.99/\$17.99 Can. Cards

8 Pages Carton Qty: 10 Print Run: 6K Sports & Recreation / Training SPO047000

3.6 in H | 2.6 in W | 1.3 in T Status:**FORTHCOMING**

The Personal Trainer Card Deck

80 Exercise Cards and Booklet to Inspire Your Workout Routines Summersdale Publishers

Key Selling Points

- Exercise is an essential part of a healthy lifestyle. This deck makes the practice accessible, engaging and fun.
- The exercise cards can be used to create millions of unique workout routines. The challenge cards change the rules of the workouts to keep exercising entertaining.
- *The Personal Trainer Card Deck* also comes with an 8-page booklet for additional guidance and information.
- Fitness card decks continue to be extremely giftable, serving as ideal giftsto-self, birthday presents, or stocking fillers.
- Similar Summersdale titles include: *The Little Book for Yoga Lovers* (ISBN: 9781837994106) and *The Little Book of Pilates* (ISBN: 9781800076952).

Summary

Transform your fitness routine with 80 dynamic exercise cards and a comprehensive booklet designed to elevate your strength, endurance, and overall fitness levels.

Get stronger, feel fitter and be more active with this easy-to-use deck of exercise cards and booklet

Do you want to get fitter but don't know where to start? Is your gym routine starting to feel a little boring? Or maybe you struggle with finding time to work out? Whatever it is that's stopping you from achieving your fitness goals, *The Personal Trainer Card Deck* can help!

This deck guides you through 70 full body, upper body, lower body, core and cardiovascular exercises, plus a collection of fun fitness challenges that will help you create unique, effective and invigorating workout routines. You'll also practice staple strength-building movements, use your bodyweight or makeshift free weights, and follow helpful how-to guidance in your own time.

Featuring clear diagrams and step-by-step instructions, and millions of different combinations, your workouts will never be dull, repetitive or stressful again. Simply shuffle the deck, select five cards and complete your workout!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837994878 1837994870 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$11.99/\$14.99 Can. Cards

52 Pages Carton Qty: 10 Print Run: 6K Games & Activities / Card Games GAM002000

3.6 in H | 2.6 in W | 1.3 in T Status:**FORTHCOMING**

You Are Amazing

52 Empowering Cards and Booklet to Inspire You Every Day Summersdale Publishers

Key Selling Points

- A deck of 52 Instagrammable cards, each featuring an inspiring affirmation or quote, accompanied by a pocket-sized booklet to guide you on how to use them.
- Each card will help to inspire and boost feelings of self-confidence in the recipient.
- A similar Summersdale title, *You Are Amazing* (ISBN: 9781786859808), has sold over 100,000 copies, and a similar Summersdale card product, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 29,000 copies.
- Other similar Summersdale titles include: *You Are So Awesome* (ISBN: 9781837993536); *You're the Best* (ISBN: 9781800077027); *Be Strong* (ISBN: 9781800074057).

Summary

Shine brighter with this deck of 52 uplifting cards, each brimming with inspiring quotes and affirmations to elevate your spirits and celebrate your unique greatness.

This striking deck of 52 motivating cards is here to bring some sunshine into your day and help you see just how amazing you are

Sometimes we need a gentle reminder of our own unique brilliance - and this powerful, pocket-sized dose of positivity is here to do just that! The cards within this deck feature insightful quotes, inspiration and other wise words from both great thinkers and modern icons, as well as rousing statements that will encourage you to start your day with a spring in your step.

The bold designs will brighten any space you choose, and the words are guaranteed to boost your self-confidence, one card at a time. The informative accompanying booklet will also guide you on how to make the most of the deck, including how to harness the power of affirmations.

Pick any card to spark your joy and remind you to believe in yourself: you are simply amazing!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837994885 1837994889 Pub Date: 5/6/2025 On Sale Date: 5/6/2025 \$11.99/\$14.99 Can. Cards

52 Pages Carton Qty: 10 Print Run: 6K Games & Activities / Card Games GAM002000

3.6 in H | 2.6 in W | 1.3 in T Status:**FORTHCOMING**

You Make Me Proud

52 Empowering Cards and Booklet to Inspire You Every Day Summersdale Publishers

Key Selling Points

- A deck of 52 Instagrammable cards, each featuring an inspiring affirmation or quote, accompanied by a pocket-sized booklet to guide you on how to use them.
- Each card will help to inspire and boost feelings of self-confidence in the recipient.
- A similar Summersdale title, *You Make Me Proud* (ISBN: 9781800071858), has sold over 11,000 copies, and a similar Summersdale card product, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 29,000 copies.
- Other similar Summersdale titles include: You Are Amazing (ISBN: 9781786859808); You Are So Awesome (ISBN: 9781837993536); Be Strong (ISBN: 9781800074057).

Summary

Celebrate your achievements and boost your confidence with this uplifting collection of 52 empowering cards designed to remind you of your inner strength and accomplishments.

This beautiful deck of 52 empowering cards is here to lift your vibe, energize your outlook and remind you that you have so much to be proud of.

Sometimes we need a gentle reminder of our own inner strength - and this powerful, pocket-sized dose of positivity is here to do just that! The cards within this deck feature insightful quotes, inspiration and other wise words from both great thinkers and modern icons, as well as rousing statements that will encourage you to conquer any self-doubt and setbacks.

The striking designs will brighten any space you choose, and the words are guaranteed to boost your self-belief, one card at a time. The informative accompanying booklet will also guide you on how to make the most of the deck, including how to harness the power of affirmations.

Pick any card to give you the motivation to chase your dreams: believe and be proud!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837994519 183799451X Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$9.99/\$10.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Self-Help / Affirmations SEL004000

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

You Are Magical

Empowering Quotes and Affirmations to Lift Your Vibe Summersdale Publishers

Key Selling Points

- A spellbinding collection of inspirational quotes and affirmations to lift the spirits.
- The current mushroom trend, or "shroom boom", is attracting huge interest on social media, with #mushrooms gaining 3.7 billion views on TikTok.
- A similar Summersdale pick-me-up gift book, *You Are Amazing* (ISBN: 9781786859808), has sold over 91,000 copies.
- Other similar Summersdale titles include: Just Be You (ISBN: 9781800071841); Think Positive, Stay Positive (ISBN: 9781800077010); Yes You Can (ISBN: 9781786859792); You Got This (ISBN: 9781800073913).

Summary

Celebrate your unique brilliance with this collection of empowering quotes and affirmations designed to uplift your spirits and remind you just how magical you truly are.

Embrace your brilliance with this treasure trove of energizing quotes, sound advice and inspiring affirmations

There's no one more special than you. Nobody else has your unique blend of spellbinding talent, wit, passion and personality - all of the things that make you so magical. And it never hurts to be reminded of just how great you truly are. The powerful dose of positive energy and feel-good vibes inside this little book will help boost your confidence, supercharge your mood and bring some sunshine into your day.

Featuring insights from famous thinkers to modern superstars, *You Are Magical* is brimming with a wealth of wise words, including:

- I am always in the right place at the right time
- The world is better with me in it
- I have compassion for myself and others

Celebrate your unique power, because when you do, you are sure to feel nothing less than magical.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising





Summersdale 9781837996193 1837996199 Pub Date: 5/27/2025 On Sale Date: 5/27/2025 \$10.99/\$13.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 6K Self-Help / Affirmations SEL004000

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

Always Look on the Bright Side of Life Sunny Quotes to Lift Your Spirits

Summersdale Publishers

Key Selling Points

- This little book of sunshine is bursting with uplifting quotes, perfect both for those who always see life sunny-side-up and for those who might need reminding of the silver lining every now and then.
 - Similar Summersdale titles include: *Here Comes the Sun* (ISBN: 9781800070479); *You Are So Awesome* (ISBN: 9781837993536); *You Got This* (ISBN: 9781800073913).

Summary

Elevate your mood and brighten your outlook with this collection of uplifting quotes that inspire joy and remind you to always seek the silver lining.

Find the rainbow in every storm with this cheerful collection of uplifting quotes, designed to boost your happiness and have you radiating joy.

Life has its challenges, and even the strongest among us can feel low from time to time. Sometimes, all we need is a little boost to get us back on track. This pocket-sized book is filled with inspiring words of wisdom to remind you that brighter days are always ahead!

Discover a treasure trove of empowering quotes from a wide array of inspirational figures - from the ancient wisdom of Confucius to the modern insights of Taylor Swift. Each quote is carefully selected to lift your spirits, add some pep to your step, and keep you moving forwards with confidence.

This book is guaranteed to help you: Appreciate the brighter side of life Bounce back from hard days with a positive attitude Accept mistakes as part of life and success

Let this little book be your go-to source of motivation and positivity, providing a quick and powerful pick-me-up whenever you need it most.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







SAM DIXON

Summersdale 9781837996155 1837996156 Pub Date: 6/3/2025 On Sale Date: 6/3/2025 \$10.99/\$13.99 Can. Hardcover

160 Pages Carton Qty: 10 Print Run: 8K Humor / Form HUM015000

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

F*ck This Words, Quotes and Obscenities to Help You Vent Your Rage Sam Dixon

Key Selling Points

- The perfect humour-based gift for anyone who loves a laugh or a curse word.
- Taps into the trend for cynical and irreverent takes on the absurdities of modern times.
- Similar Summersdale titles include: A Swear A Day (ISBN: 9781837990122); Swear Snap (ISBN: 9781787833333); Keep F*cking Calm and Colour On (ISBN: 9781787839953).

Summary

Unleash your frustrations and find some comedic relief with this unapologetically brash collection of curse words, cynical quotes, and imaginative expletives.

It's time to indulge in some swear therapy. Rage against the man, the machine, and miscellaneous other grievances with this belligerent collection of cynical quotations and inventive epithets

With the world going to sh^*t and a mood of doom and gloom descending on us all, this f^* cking fantastic little book contains curse words, quotes, and obscenities to help you vent your anger. Tapping into the trend for irreverent, expletive-filled defiance, F^*ck This provides a hilarious and cathartic outlet for your pent-up frustrations.

Within these pages, you will find:

- A selection of sharp-witted, cynical and sweary quotations.

- A treasure trove of inventive and imaginative insults and expletives, guaranteed to bring a smile to your face and lighten your mood.

- Words that capture the spirit of defiance and rebellion while offering a humorous, therapeutic release from the pressures of everyday life.

Get ready to let off some steam and enjoy a few laughs along the way with this unapologetically brash collection.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837995110 1837995117 Pub Date: 7/1/2025 On Sale Date: 7/1/2025 \$11.99/\$14.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 6K Self-Help / Motivational & Inspirational SEL021000

6 in H | 4.5 in W Status:**FORTHCOMING**

How to Survive Retirement

A Hilarious Guide for the Recently Retired Kate Freeman, Ian Baker

Key Selling Points

- This tongue-in-cheek illustrated guide celebrates the joys of retirement and would make the perfect gift for any retiree.
- There are currently roughly 62 million people aged over 65 in the US. This number is expected to rise to 84 million by 2054.
- Other similar Summersdale titles include: *The Retirement Handbook* (ISBN: 9781787836983); *Officially Retired* (ISBN: 9781837992126); *You're Not Old, You're Vintage* (ISBN: 9781837993567).

Summary

Laugh your way through retirement with this charmingly illustrated, tonguein-cheek guide packed with essential tips and hilarious advice for making the most of your newfound freedom!

Dive into this hilarious, fully illustrated guide packed with tongue-in-cheek tips to prepare you for an exciting new life chapter - retirement!

Attention all retirees! This book is the essential guide to navigating life beyond the nine-to-five. Your freedom begins here and you're going to need all the advice you can get on how to while away the hours, make cool new friends, and avoid total boredom!

Retirement is an exciting time, but you probably have a lot of questions too. For instance, how long can I lie in bed before I'm officially classed as lazy, and what the heck do I do with all my free time now? Whatever questions you might have, this book is the ticket to a remarkably good retirement.

Charmingly illustrated by Ian Baker, *How to Survive Retirement* is packed with tonguein-cheek advice that will have you chuckling from page to page. So, wherever your retired years lead you, this book is your reminder to laugh, embrace your new life, and enjoy the ride!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising







Summersdale 9781837995134 1837995133 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$11.99/\$14.99 Can. Hardcover

96 Pages Carton Qty: 10 Print Run: 5K HUM027000

6 in H | 4.5 in W Status:**FORTHCOMING**

How to Survive Being a Grandparent A Hilarious Guide for Grandmas and Grandads

Kate Freeman

Key Selling Points

- This tongue-in-cheek illustrated guide celebrates the joys of grandparenthood and would make the perfect gift for any new grandparent.
- There are currently roughly 62 million people aged over 65 in the US. This number is expected to rise to 84 million by 2054.
- A similar Summersdale title, *The Little Instruction Book for Grandparents* (ISBN: 9781787835719), has sold over 12,000 copies.

Summary

Laugh your way through the chaos of grandparenthood with this charmingly illustrated, tongue-in-cheek guide packed with essential tips and hilarious advice for every grandma and grandad!

Dive into this hilarious, fully illustrated guide packed with tongue-in-cheek tips to prepare you for the rollercoaster ride of a lifetime - being a grandparent!

Attention all grandparents! This book is the essential guide to navigating the treacherous waters of spoiling grandchildren, mastering the art of babysitting, perfecting your cake-baking skills, and much more.

Being a grandparent can come with all sorts of challenges. Perhaps you're wondering how to stay trendy in order to impress your grandkids, or wanting to discover the secret to maintaining your sanity during endless rounds of "baby shark"? Whatever questions you might have, this book is the ticket to grandparenting greatness.

Charmingly illustrated by Ian Baker, *How to Survive Being a Grandparent* is packed with tongue-in-cheek advice that will have you chuckling from page to page. Whether you're a seasoned grandparent or a newcomer just learning the ropes, you'll learn to embrace the chaos, stock up on all the supplies you'll need, and cherish your most rewarding adventure yet - grandparenthood!

Contributor Bio

Kate Freeman understands the ups and downs of parenthood, having two children of her own. When she's not writing she enjoys painting and photography. She lives in Lincolnshire, UK with her family.

Marketing Plans

- National media outreach
- Trade and Library Advertising







Mystifying True Stories of Alleged Alien Encounters

JAMIE KING



Summersdale 9781837995035 1837995036 Pub Date: 6/3/2025 On Sale Date: 6/3/2025 \$13.99/\$17.99 Can. Paperback

320 Pages Carton Qty: 10 Print Run: 5K Science / Space Science SCI098000

7.8 in H | 5.1 in W Status:**FORTHCOMING**

Aliens

Mystifying True Stories of Alleged Alien Encounters Jamie King

Key Selling Points

- Stories of aliens and UFOs have been hugely popular for decades and this shows no signs of dwindling, with numerous books, podcasts, documentaries, films and TV series dedicated to the subject.
- Other similar Summersdale titles include *Stories of the Occult* (ISBN: 9781800079342) and *Cults: Coercion and Control* (ISBN: 9781837992805).

Summary

Explore captivating true stories of UFO sightings and alien encounters that will leave you questioning if we are truly alone in the universe.

A fascinating compendium of reported alien sightings, encounters and abductions, such as the mysterious Belgian UFO wave, the unusual Lubbock lights, and the infamous Roswell incident

What did Kenneth Arnold see flying above Mount Rainier? What were the Phoenix Lights? What really happened at the Battle of Los Angeles?

Humans have always looked to the skies and pondered what was up there. Throughout the centuries, science has provided us with many answers, but there are some mysteries that remain unexplained. In our modern world, many of us find ourselves asking the eternal conundrum, "Are we alone in this universe?"

This intriguing anthology examines incidents that were so puzzling they led witnesses to draw one inevitable conclusion: that aliens really do exist. Inside you will discover some of the most mysterious reports of UFO sightings, close encounters and alien abductions from across the globe. The real-life accounts within are compelling, bizarre and at times spine-chilling, each leaving you with a sense of wonder and a thirst to uncover the truth about life beyond our world.

Contributor Bio

Jamie King has been fascinated by famous mysteries ever since discovering the *Abbey Road* album cover conspiracy theory as a child. He works as a freelance writer and editor, and lives in Wimbledon, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising



Haunting Tales of the Paranormal from Across the World

JAMIE KING



Summersdale 9781837994854 1837994854 Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$13.99/\$17.99 Can. Paperback

320 Pages Carton Qty: 10 Print Run: 4K Body, Mind & Spirit / Afterlife & Reincarnation OCC022000

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

Real Ghost Stories

Haunting Tales of the Paranormal from Across the World Jamie King

Key Selling Points

- Filled with tales of ghosts, spirits, poltergeists and other unexplained phenomena, this book will send a shiver down the reader's spine.
- The fascination audiences have for supernatural tales and real-life horror is significant, with a number of series, documentaries and podcasts now dedicated to the genre.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 74,000 copies.
- Other similar Summersdale titles include: *Paranormal Stories* (ISBN: 9781800071896); *Stories of the Occult* (ISBN: 9781800079342).

Summary

Immerse yourself in bone-chilling tales of the paranormal from around the world that will leave you haunted and breathless.

Filled with terrifying tales of ghosts and ghouls, poltergeists and other unexplained encounters, this bone-chilling compendium of paranormal phenomena is sure to haunt you long after you have turned the final page

Did you hear about the ghost who solved her own murder? What about the terrifying case of the Battersea poltergeist? Do you know the story of the killer ghost of Kentucky?

Prepare for your blood to run cold and for your heart to beat a little faster, because the disturbing tales lurking within are not for the faint-hearted. Delve into this collection to discover infamous accounts of the eerie and the unexplained - as well as lesser-known strange, contemporary happenings from across the globe - and connect to the rich tradition of paranormal stories that have captivated humankind throughout the ages.

But beware: after sampling these sinister histories, you might be too scared to close your eyes - no matter how much your body craves sleep.

Contributor Bio

Jamie King has been fascinated by famous mysteries ever since discovering the *Abbey Road* album cover conspiracy theory as a child. He works as a freelance writer and editor, and lives in Wimbledon, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising

THE GREENBRIER GHOST	
Here a signarity is seen to work the control for the second seco	NGEFUL Hosts

	KONDERS (MORTE)	eck dept ments	KINGTO AND TO
ANGELS WITH FEED OF CLAY to these a sense of the billion and much be provided as a sense of the billion and much be provided as a sense of the billion and the sense of the billion and the billion and the sense of the billion and the billion and the billion of the billion and the billion and the billion the billion and the billion and the billion and the billion billion and the billion and the billion and the billion billion and the billion and the billion and the billion billion and the billion and the billion and the billion billion and the billion and the billion and the billion billion and the billion and the billion and the billion billion and the billion and the billion and the billion and the billion and the billion and the billion and the billion billion and the billion and the billion and the billion and the second and the billion and the billion and the billion and the second and the billion and the billion and the billion and the second and the billion and the billion and the billion and the second and the billion and the billion and the billion and the second and the billion and the billion and the billion and the second and the billion and the billion and the billion and the billion and the second and the billion and the billion and the billion and the billion and the second and the billion and the bil	The endower M-N - more compared or streams of a dis- tract stream of the stream of the endower methods and the N-N - N - N - N - N - N - N - N - N - N	product statistic study is statistically and statistical statistic	The long of the deal two shakes on the Marco Front State of the shakes and the specific costs of the state of the shakes of the shakes of the specific costs of an antibility singles.
		- W.2	



Summersdale 9781837995158 183799515X Pub Date: 8/5/2025 On Sale Date: 8/5/2025 \$10.99/\$13.99 Can. Paperback

144 Pages Carton Qty: 10 Print Run: 5K Body, Mind & Spirit / Unexplained Phenomena OCC029000

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

Conspiracy Theory Trivia Book

A Deep Dive into the World's Most Puzzling Secrets with Trivia Questions, Fascinating Facts and More

Jamie King

Key Selling Points

- This entertaining book includes overviews of popular conspiracy theories from around the world, fun facts and profiles, as well as multiple-choice questions for the reader to test their knowledge.
- Taps into the same fascination with conspiracy theories as Summersdale's successful title *Conspiracy Theories* (ISBN: 9781787835658), which has sold over 74,000 copies.
- Other similar Summersdale titles include: *The Little Book of Conspiracy Theories* (ISBN: 9781837994366); *The Little Book of Cults* (ISBN: 9781837993581); *True Crime Stories* (ISBN: 9781837990078).

Summary

Uncover the mysteries of history's greatest enigmas with intriguing trivia and captivating facts in this ultimate conspiracy theory compendium.

Dive into the world's most enthralling mysteries with this captivating compendium of conspiracies, full of fascinating trivia and quiz questions to keep you guessing

Prepare to test your knowledge, challenge your assumptions and unlock the peculiar secrets around history's greatest mysteries! Whether you're a seasoned conspiracy enthusiast or a curious sceptic, *The Conspiracy Theory Trivia Book* is your passport to a world where truth and speculation collide.

This book offers compelling glimpses into some of the world's strangest conspiracy theories, from secret societies to government cover-ups, accompanied by intriguing facts that will leave you questioning the boundaries between truth and fiction.

Inside, you will find:

- Summaries of the most popular conspiracy theories that have fuelled speculation for generations

- Fascinating factoids and tidbits of information to boost your comprehension of the world's most curious conundrums

- Trivia questions to challenge your assumptions and put your conspiracy knowledge to the ultimate test

Get ready to question everything you thought you knew and explore the enigmatic realm of conspiracies like never before.

Contributor Bio

Jamie King has been fascinated by famous mysteries ever since discovering the *Abbey Road* album cover conspiracy theory as a child. He works as a freelance writer and editor, and lives in Wimbledon, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising

