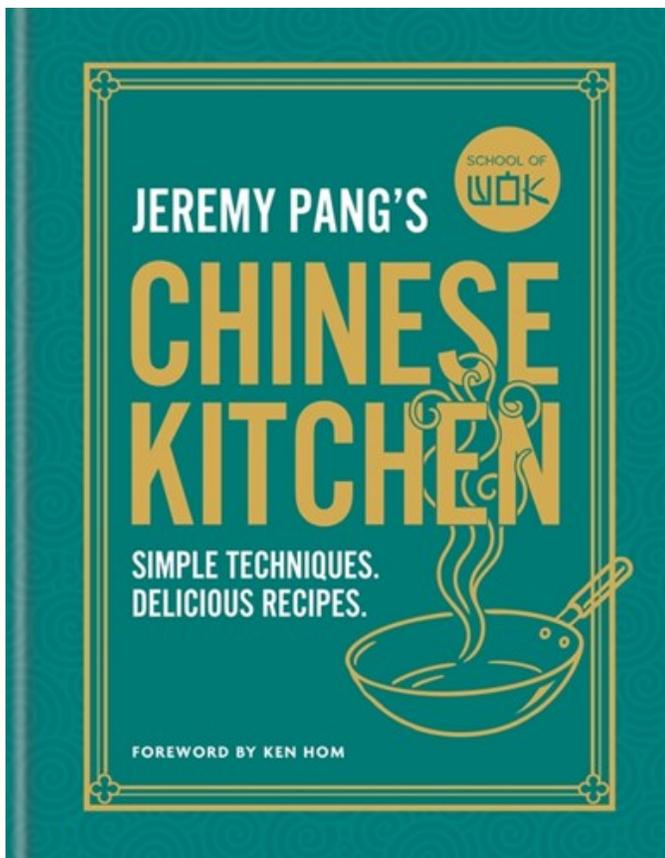


M&P Catalogue 2026

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FOOD AND DRINK



SCHOOL OF WOK: JEREMY PANG'S CHINESE KITCHEN

Simple techniques and recipes to enjoy delicious Chinese food at home

9780600639916
£25.00

January 15, 2026
Hardcover

Hamlyn

The must-have Chinese cooking bible from TV's Jeremy Pang and the award-winning cookery institution, School of Wok

AS SEEN ON ITV

Master your cooking skills with iconic Chinese recipes from School of Wok's Jeremy Pang

'I like to eat, but I also like to learn, and this book is like having a kind, encouraging clear-voiced teacher by your shoulder; there's a jauntiness about it that just puts a spring in your step as you walk into your kitchen'
Nigella Lawson

With a foreword by Ken Hom

Discover how to make the best Chinese food at home with this essential guide. Filled with step-by-step techniques and more than 80 irresistible recipes, School of Wok's Jeremy Pang shows you how to master Chinese cooking recipes and techniques.

From homemade classics like Steamed wontons in chilli broth to indulgent meals like Succulent crispy chili beef, feast on delightful Chinese dishes with family and friends.

CONTENTS INCLUDE:

Stir-frying

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

Deep-frying

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

Steaming

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

Poaching & Braising

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

Roasting & Double-cooking

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

Salads, Pickles & Sides

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



Author and TV chef Jeremy Pang comes from three generations of Chinese chefs. Jeremy attributes his love of food to his father, who was keen for him to experience exciting flavours and foods from a young age. Over the years, Jeremy's expertise in the Chinese food industry has continued to gain him recognition, winning both Rising Young Star and Best Specialist Cookery School at the British Cookery School Awards 2015. Since then, his recipes and work have been featured in a wide variety of publications, including *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 panellist on BBC Radio 4's *The Kitchen Cabinet*. Jeremy's refreshing laidback, straightforward approach has helped him build an award-winning specialist cookery school in London called School of Wok.

HAMLYN COOKS: EASY VEGAN MEALS

Hamlyn

9780600639374
£6.99

January 8, 2026
Paperback

Hamlyn

Fresh, simple plant-based recipes that mean eating meat and dairy free has never been easier

Fresh, simple plant-based recipes that mean eating meat and dairy free has never been easier.

Whether you are a vegan full time, or just want to introduce more plants into your mealtimes, *Hamlyn Cooks: Easy Vegan Meals* delivers a whole variety of plant-based inspiration.

From quick snacks and light lunches to foolproof dinner party showstoppers that will delight meat-eaters and veggies alike, *Hamlyn Cooks: Easy Vegan Meals* is your essential new kitchen companion.

Contents include:

Breakfasts and brunches such as Mushroom Tofu Scramble, Carrot and Apple Muffins and Toasted Muesli with Coconut Chips

Starters, snacks and soups such as Avocado and Cucumber Sushi; Red Bean Soup Cajun Style and Tomato and Thyme Tart

Main meals: such as Teriyaki Mushrooms with Noodles; Thai Chickpea Burgers; Basil and Pine Nut Risotto and Potato, Rosemary and Onion Pie

Salads and sides such as Roasted Roots and Quinoa Salad; Broccoli, Pea and Avocado Salad and Warm Lentil, Onion and Tomato Salad

Breads and baking such as Herb and Walnut Rye Soda Bread; Chilli and Courgette Focaccia; Chocolate and Beetroot Fudge Cake and Sticky Cinnamon and Pecan Buns

Desserts such as Banana and Strawberry Ice Cream; Coconut Rice Pudding and Ultra Rich Chocolate Stacks

Every delicious recipe is accompanied by fantastic colour photography, a smart variation to keep your food feeling fresh, and all bound in a small, handy format, making this great-value book ideal for all!



hamlyn cooks

EASY VEGAN MEALS



tomato & thyme tart

Serves 6
Preparation time 30 minutes
plus chilling
Cooking time 30 minutes

200 g (7 oz) plain flour, plus extra for dusting
100 g (3½ oz) dairy-free spread, softened

4 tablespoons thyme leaves, plus extra for garnish
2 tablespoons olive oil
1 onion, finely chopped
200 g (7 oz) mixed mushrooms, sliced
10 tomatoes, sliced
to season with
season

Put the flour in a bowl and season with salt and pepper. Add the spread and rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in half the thyme, then add enough of the measured water to bring the mixture together into a firm dough.

Roll out the dough on a floured surface and use to line a 23 cm (9 inch) fluted flan tin. Chill until ready to use.

Heat 1 tablespoon of the oil in a frying pan, add the onion and cook over a medium-high heat for 5–10 minutes until softened and golden. Stir in the remaining thyme leaves and cook for a further 7 minutes. Season the onion mixture with the poultry cubes and reserved oil.

Place the tomatoes in a bowl with the remaining oil, the salt and plenty of pepper. Arrange over the onion and bake in a preheated oven (200°C/400°F) for 15–20 minutes until the pulp is golden and the tomatoes softened. Garnish with thyme leaves to serve.

For mixed tomato salsas make up 200 g (7 oz) of a mixture of cherry and plum tomatoes and add salt. Heat 1 tablespoon oil in a frying pan with a splash of balsamic vinegar and cook over a medium-high heat for 3–5 minutes until softened and golden. Season to taste with 100 g (3½ oz) of mixed tomatoes, mixed and 1 tablespoon thyme leaves. Roll out the onion base on a lightly floured surface over a 23 cm (9 inch) circle and pile the tomato mixture on one half. Lightly brush the middle with oil and bake in a preheated oven (200°C/400°F) for 15–20 minutes. The 2 tomatoes will golden.



Hamlyn, was founded by Paul Hamlyn and is one of the most well known names in illustrated publishing producing practical, informative and inspiring books. It approaches all the books it publishes in an accessible and appealing manner.

HAMLYN COOKS: VEGETARIAN AIR FRYER

Hamlyn

9780600639312
£7.99

January 8, 2026
Paperback

Hamlyn

The most delicious meat-free meals you can make with your air fryer

The most delicious meat-free meals you can make with your air fryer

From the trusted *Hamlyn Cooks* series, this cookbook provides hundreds of easy recipes for you to enjoy with your air fryer, with delicious ideas for breakfast, light bites and sides, main meals and sweet treats. Every recipe has been designed to be nutritionally balanced, simple and satisfying, with plenty of pulses and plants, delicious sauces and flavoursome quick fixes all included.

Whether you want a healthier alternative to traditional frying, or a faster and cheaper way of cooking than the oven, your air fryer will help you save time, money and calories - all with no meat, and minimal clean-up.

Every delicious recipe is accompanied by fantastic colour photography, a smart variation to keep your food feeling fresh, and all bound in a small, handy format, making this great-value book ideal for all!



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HAMLYN COOKS: MEDITERRANEAN

Hamlyn

9780600639411
£6.99

January 8, 2026
Paperback

Hamlyn



hamlyn cooks

MEDITERRANEAN



Simple, nutritious recipes inspired by the Mediterranean diet that make a healthy lifestyle easy and delicious

Simple, nutritious recipes inspired by the Mediterranean diet that make a healthy lifestyle easy and delicious

Whether you want to improve your health or are just looking for dishes that will evoke Spanish summers, there is plenty to choose from in this collection.

From light bites and lunches to impressive seafood spreads, *Hamlyn Cooks: Mediterranean* offers a selection of recipes with fresh ingredients that make it easier than ever to maintain a balanced diet.

Contents include:

- **Nibbles:** Sweetcorn Fritters with Tomato Salsa; Borlotti Bean & Pepper Bruschetta; Moroccan-Style Hummus
- **Fish & seafood:** Grilled Seabass with Salsa Verde; Mixed Seafood Grill; Roast Garlic-studded Monkfish
- **Meat:** Saffron & Almond Chicken; Turkey & Avocado Salad; Chicken, Mediterranean Roast Lamb
- **Vegetables:** Spinach, Tomato & Egg Tarts; Artichoke & Red Pepper Paella; Spicy Tomato Poached Eggs
- **Desserts:** Seville Orange & Chocolate Tart; Moscatel Roasted Peaches; Lemon Panna Cotta & Raspberries

Every delicious recipe is accompanied by fantastic colour photography, a smart variation to keep your food feeling fresh, and all bound in a small, handy format, making this great-value book ideal for all!

boquerones

Serves 4
Preparation time 10 minutes
plus marinating

400 g (1 lb) salt-baked anchovies, gutted
500 g (1 lb) artichoke, cut
into 2 cm (3/4 in) slices
2 garlic cloves, sliced
2 red chilli, chopped
salt
2 tablespoons olive oil

Open up each anchovy and pull the spine and all the bones away. Remove the heads. Rinse the fish under cold running water and pat dry with kitchen paper.

Place the artichokes in a non-stick dish, pour over the vinegar and add a pinch of salt. Cover and leave to marinate in the refrigerator for at least 2 hours, until the fish is no longer translucent. Rinse again and pat dry.

Mix together the oil, garlic and chilli in a dish. Then add the anchovies, cover and marinate in the refrigerator overnight. Serve with a slice of the oil and the garlic and chilli sauce.

For boquerones salad
Mix together 2 tablespoons olive oil, vinegar and 2 tablespoons lemon juice in a small bowl. Add finely grated artichoke, lemon slices, salt, 2 chopped tomatoes and 200 g (7 oz) drained anchovies and mix together. Arrange on a serving plate, scatter over 2 chopped hard-boiled eggs and serve.



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HAMLYN COOKS: JUICES & SMOOTHIES

Hamlyn

9780600639336
£7.99

January 8, 2026
Paperback

Hamlyn



hamlyn cooks JUICES & SMOOTHIES



All the delicious and healthy juice and smoothie recipes you will ever need

All the delicious and healthy juice and smoothie recipes you will ever need

Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay.

Hamlyn Cooks: Juices & Smoothies gives you a huge choice of quick, simple recipes that use all your favourite fruits and vegetables to ensure that your diet will never get dull!

Contents include:

Fruit Juices: such as Strawberry, Carrot and Beetroot; Blueberry, Apple and Ginger; Pear and Cranberry; Mango, Apple and Blackcurrant

Vegetable Juices: such as Broccoli and Kale; Cabbage, Apple and Cinnamon; Lettuce and Kiwifruit; Tomato, Carrot and Ginger

Healthy Smoothies: such as Orange Super-Smoothie, Summer Berry; Mango, Pineapple and Lime; Cucumber Lassi; Peach Smoothie

Every delicious recipe is accompanied by fantastic colour photography, a smart variation to keep your food feeling fresh, and all bound in a small, handy format, making this great-value book ideal for all!

blueberry, apple & ginger juice

Serves 200 ml (7 fl oz)
2.5 cm (1 inch) pieces of fresh
root ginger, plus extra to
decorate
100 g (3.5 oz) fresh fruit
200 g (7 oz) apple
200 g (7 oz) red raspberries
(see notes below)

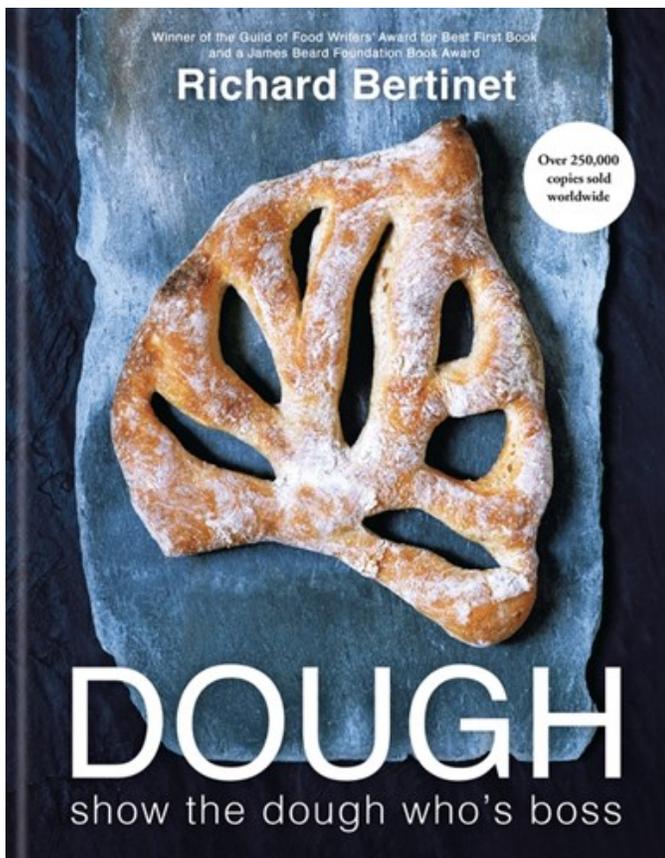
**Peel and roughly chop the ginger. Peel the grapefruit
and divide it into segments. Core and quarter the apple.
Put the ginger, grapefruit, apple and raspberries into a
juicer and juice.**

**Pour the juice into a glass over ice, if using. Decorate
with the slices of ginger if liked and serve immediately.**

**For apple & ginger juice, cut 200 g (7 oz) apple
cores into pieces with 2.5 cm (1 inch) ginger, peeled
and roughly chopped. Blend in a food processor or use with
the juicer notes.**



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DOUGH

Show the dough who's boss
Richard Bertinet

9781804193570
£20.00

February 26, 2026
Hardcover

Kyle Books

New edition of the highly successful *Dough* from expert-baker Richard Bertinet on how to make the perfect dough. Updated with new and revised recipes.

'Richard is a master of his craft - ultra user-friendly, it might even change the way you look at bread forever.'
- *Sunday Telegraph*

Since it was first published in 2005, *Dough* has been widely recognized as the definitive guide to making bread at home. With over 60 recipes, this revised edition marks 20 years of Richard Bertinet's practical and simple approach to home breadmaking.

Breadmaking has never been more simple and do-able. Though the doughs themselves vary, the technique for making each one is identical. The beauty of it is that it takes little to no time at all to fill a bread board with Fougasses, Breadsticks, Moroccan Rolls or Poppy Seed Stars, Sesame Plaits or Cardamom and Prune Bread, and no one will guess that they are all part of the same 'family'.

Richard has been teaching bread making for several years and with his refreshing and easy approach you will discover how to 'work' the dough, get a feel for essential techniques, and have the confidence to experiment with your own ideas. Most of the breads in *Dough* take less than 1 hour to bake and there are suggestions on how to make the dough in advance ready for a wide range of sweet and savoury bakes - all in the knowledge that you're being guided by a master of the craft.

New recipes: Pizza with a Biga Dough, Sultana and Rosemary Rolls, Apple Poolish Rye Bread, Cardamom Spiced Knots and Hot Cross Buns.

Contents include:

- Chapter 1: White Dough
- Chapter 2: Olive Dough
- Chapter 3: Brown Dough
- Chapter 4: Rye Dough
- Chapter 5: Sweet Dough
- Additional Recipes
- Suppliers

work the dough

How to work the dough: This is a key technique in bread making and is essential for creating a strong, elastic dough. The video shows the author demonstrating the technique of 'stretch and fold' which is used to develop the gluten in the dough. This technique involves stretching the dough out and then folding it back on itself, which helps to align the gluten strands and create a strong network. The video also shows the author demonstrating how to 'pull and tuck' the dough, which is another technique used to develop the gluten. This involves pulling the dough out and then tucking the edges towards the center, which helps to create a more rounded shape and a stronger structure. The video is a great resource for anyone looking to improve their bread making skills.



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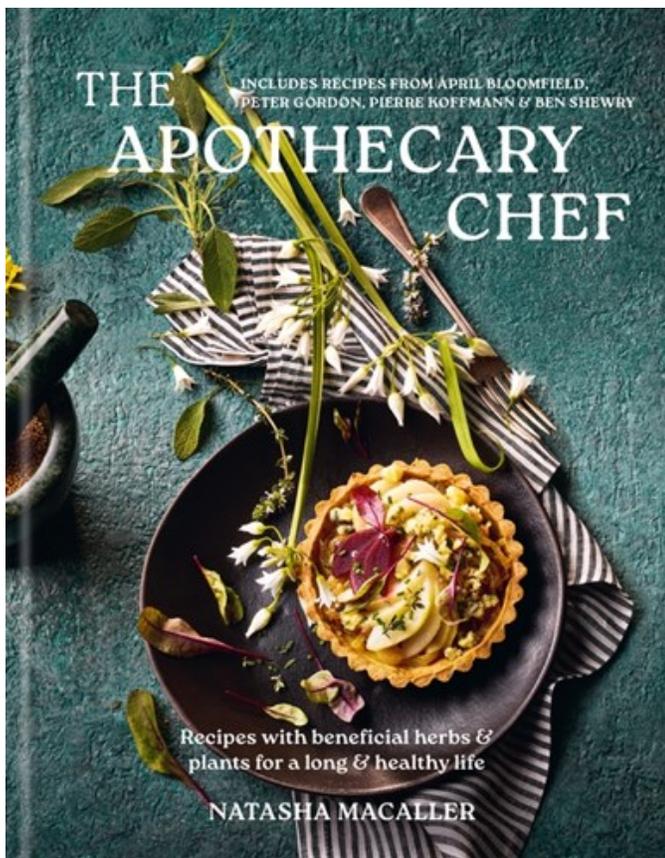
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The Dough Co. Consulting Ltd (Author)

Richard Bertinet set up his Bertinet Kitchen in 2005 and Bertinet Bakery in 2011 and his bread is now widely available at farmshops, delis and Waitrose across the south of the UK. He trained as a baker in his native Brittany and has over 20 years' experience as a chef and baker who teaches principally in his own school in Bath. His first two books won numerous awards both in the UK and the US including IACP Cookery Book of the Year and James Beard Award.

www.thebertinetkitchen.com



THE APOTHECARY CHEF

Recipes with Beneficial Herbs & Plants for a Long and Healthy Life

Natasha MacAller

9781804192801
£30.00

February 26, 2026
Hardcover

Kyle Books

More than 80 recipes featuring beneficial herbs and plants for a long and healthy life created by a host of celebrated chefs.

Whether harvested in far-away fields, gathered at the local farmers market, pulled from a garden bed or plucked from the kitchen windowsill, herbs and plants have the ability to elevate and enhance our food and health. *The Apothecary Chef* is a celebration of the fragrance and flavour they impart, and a guide to incorporating them into your cooking and kitchen garden.

Featuring more than 80 dishes from 30 award-winning chefs in 11 countries and the author, *The Apothecary Chef* is a recipe book with a difference, providing inspiration and information in equal measure. Every recipe includes several 'hero' ingredients that you can grow, forage or buy, and a directory of 50 edible plants and herbs to grow and cook with is also included.

Chapters include Good for the Gut, Everyday Joy, A Sense of Calm, Immunity Boosters, Longevity & Resilience and Breath & Balance, with recipes ranging from rosemary calendula potato cakes and allium & wild mushroom galette to mint pannacotta and persimmon pudding.

Contributing chefs include Allan Altschul of The Newt, Nyeshia Arrington, April Bloomfield, Honey & Co, Pierre Koffmann, April Bloomfield, David Lebovitz, Peter Gordon, Olia Hercules, Sarah Johnson, Sean Sherman (The Sioux Chef), Ben Shewry, Itamar Srulovich & Sarit Packer of Honey & Co., and Lee Wescott.

Natasha MacAller
My Garden Ratatouille

A lovely dinner for two, with the addition of a third, fourth, fifth, sixth, seventh, eighth, ninth, tenth, eleventh, twelfth, thirteenth, fourteenth, fifteenth, sixteenth, seventeenth, eighteenth, nineteenth, twentieth, twenty-first, twenty-second, twenty-third, twenty-fourth, twenty-fifth, twenty-sixth, twenty-seventh, twenty-eighth, twenty-ninth, thirtieth, thirty-first, thirty-second, thirty-third, thirty-fourth, thirty-fifth, thirty-sixth, thirty-seventh, thirty-eighth, thirty-ninth, fortieth, forty-first, forty-second, forty-third, forty-fourth, forty-fifth, forty-sixth, forty-seventh, forty-eighth, forty-ninth, fiftieth, fifty-first, fifty-second, fifty-third, fifty-fourth, fifty-fifth, fifty-sixth, fifty-seventh, fifty-eighth, fifty-ninth, sixtieth, sixty-first, sixty-second, sixty-third, sixty-fourth, sixty-fifth, sixty-sixth, sixty-seventh, sixty-eighth, sixty-ninth, seventieth, seventy-first, seventy-second, seventy-third, seventy-fourth, seventy-fifth, seventy-sixth, seventy-seventh, seventy-eighth, seventy-ninth, eightieth, eighty-first, eighty-second, eighty-third, eighty-fourth, eighty-fifth, eighty-sixth, eighty-seventh, eighty-eighth, eighty-ninth, ninetieth, ninety-first, ninety-second, ninety-third, ninety-fourth, ninety-fifth, ninety-sixth, ninety-seventh, ninety-eighth, ninety-ninth, one hundred, one hundred and one, one hundred and two, one hundred and three, one hundred and four, one hundred and five, one hundred and six, one hundred and seven, one hundred and eight, one hundred and nine, one hundred and ten, one hundred and eleven, one hundred and twelve, one hundred and thirteen, one hundred and fourteen, one hundred and fifteen, one hundred and sixteen, one hundred and seventeen, one hundred and eighteen, one hundred and nineteen, one hundred and twenty, one hundred and twenty-one, one hundred and twenty-two, one hundred and twenty-three, one hundred and twenty-four, one hundred and twenty-five, one hundred and twenty-six, one hundred and twenty-seven, one hundred and twenty-eight, one hundred and twenty-nine, one hundred and thirty, one hundred and thirty-one, one hundred and thirty-two, one hundred and thirty-three, one hundred and thirty-four, one hundred and thirty-five, one hundred and thirty-six, one hundred and thirty-seven, one hundred and thirty-eight, one hundred and thirty-nine, one hundred and forty, one hundred and forty-one, one hundred and forty-two, one hundred and forty-three, one hundred and forty-four, one hundred and forty-five, one hundred and forty-six, one hundred and forty-seven, one hundred and forty-eight, one hundred and forty-nine, one hundred and fifty, one hundred and fifty-one, one hundred and fifty-two, one hundred and fifty-three, one hundred and fifty-four, one hundred and fifty-five, one hundred and fifty-six, one hundred and fifty-seven, one hundred and fifty-eight, one hundred and fifty-nine, one hundred and sixty, one hundred and sixty-one, one hundred and sixty-two, one hundred and sixty-three, one hundred and sixty-four, one hundred and sixty-five, one hundred and sixty-six, one hundred and sixty-seven, one hundred and sixty-eight, one hundred and sixty-nine, one hundred and seventy, one hundred and seventy-one, one hundred and seventy-two, one hundred and seventy-three, one hundred and seventy-four, one hundred and seventy-five, one hundred and seventy-six, one hundred and seventy-seven, one hundred and seventy-eight, one hundred and seventy-nine, one hundred and eighty, one hundred and eighty-one, one hundred and eighty-two, one hundred and eighty-three, one hundred and eighty-four, one hundred and eighty-five, one hundred and eighty-six, one hundred and eighty-seven, one hundred and eighty-eight, one hundred and eighty-nine, one hundred and ninety, one hundred and ninety-one, one hundred and ninety-two, one hundred and ninety-three, one hundred and ninety-four, one hundred and ninety-five, one hundred and ninety-six, one hundred and ninety-seven, one hundred and ninety-eight, one hundred and ninety-nine, two hundred.



NATASHA MACALLER spent 30 years as a professional ballerina performing with New York's prestigious Joffrey Ballet and Boston Ballet, completing her exhilarating career in the Broadway and Los Angeles productions of *The Phantom of The Opera*. Turning her artistic spirit to a second creative career in the kitchen and garden, Natasha channels the same passion, diligence and precision that made her a successful dancer into the art of cooking. She divides her time between Los Angeles, London and New Zealand, where she teaches cookery courses, writes and is often found in the garden between the rhubarb and the tomatoes. She's also a highly sought-after restaurant consultant.

The Apothecary Chef, her third cookbook, is a homage to her curiosity of growing a Noah's ark of fruit, vegetables and herbs in her New Zealand garden and using these and other beneficial grown, foraged or purchased ingredients to blend and create healthful, flavourful and inspired recipes.

the
wagamama
cookbook

food is life



Hugo Arnold

THE WAGAMAMA COOKBOOK

Food is life
Hugo Arnold

9781804193587
£22.00

February 12, 2026
Hardcover

Kyle Books

New edition of the hugely successful *The wagamama Cookbook* from the international restaurant brand, featuring over 120 nourishing and delicious every day, Japanese-inspired recipes. Suitable for meat, seafood lovers and vegetarians alike, this publication contains a collection of noodle, rice and dumpling recipes that have been specially created and prepared by the people behind Wagamama's style. It is packed with food photography and 90 inspirational recipes.

New edition of the hugely successful *The wagamama Cookbook* from the international restaurant brand, featuring over 120 nourishing and delicious every day, Japanese-inspired recipes.

Since opening their doors in 1992, wagamama has grown to become a much-loved global brand. True to the 'positive eating, positive living' ethos, this collection of recipes shares the secret of the hallmark culinary minimalism that has won them instant cult status worldwide.

The distinctive wagamama flavour originates from the traditional 200-year-old ramen (noodle) shops of Japan which guarantee nourishment with ingredients that cleanse and nurture the mind and body.

Suitable for meat-eaters, seafood lovers and vegetarians alike, *The wagamama Cookbook* includes more than 120 fresh and vibrant recipes to nourish and inspire. Featuring mouth-watering recipes for appetisers and side dishes, hearty soups and stir-fries, and exotic desserts and juices, plus hints and tips on ingredients, equipment and cooking techniques.

Whether you are cooking for one or a crowd, this book allows you to recreate the best of Japanese and Asian-inspired food, and helps you bring wagamama home.

Contents include:

- The wagamama kitchen: Equipment, Ingredients and Stocks and Preparations
- Sauces, dips and dressings: Amai Sauce, Ebi Katsu Sauce and Gyoza Sauce
- Sides and other small dishes: Negima Yakitori, Yasai Gyoza and Tori Kara Age
- Main dishes: Tonkatsu, Chilli Beef Ramen and Yaki Soba
- Salads: Rice Noodle Salad, Tamarind Chicken Salad and Beef Itameru
- Desserts, juices and drinks: Banana Katsu, Fruit Yakitori and Raw Juice



ebi gyoza

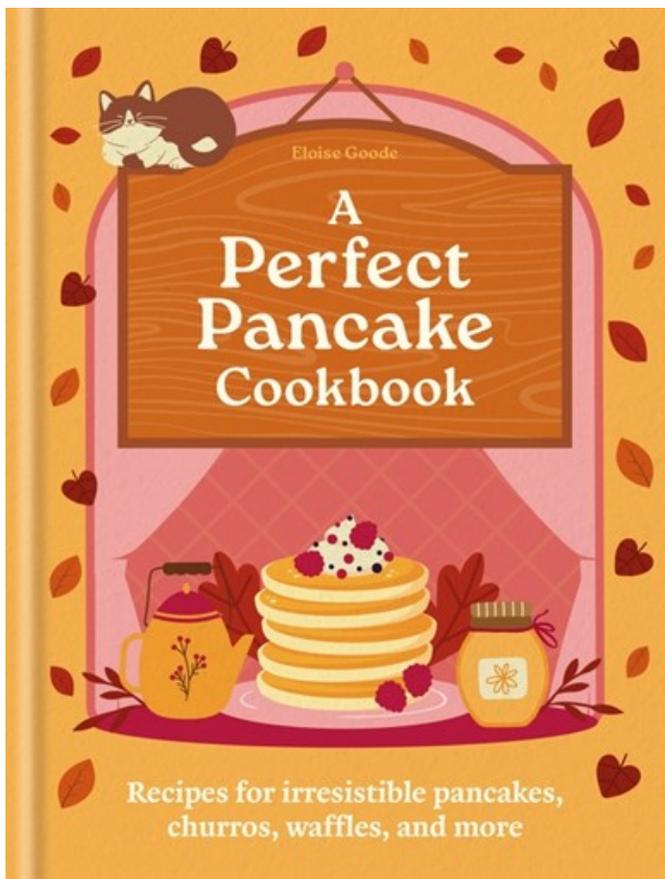
recipe by Hugo Arnold

Ingredients
100g (3.5oz) ground pork
100g (3.5oz) ground chicken
100g (3.5oz) ground beef
100g (3.5oz) ground turkey
100g (3.5oz) ground lamb
100g (3.5oz) ground venison
100g (3.5oz) ground bison
100g (3.5oz) ground elk
100g (3.5oz) ground moose
100g (3.5oz) ground caribou
100g (3.5oz) ground reindeer
100g (3.5oz) ground muskox
100g (3.5oz) ground yak
100g (3.5oz) ground zebu
100g (3.5oz) ground kudu
100g (3.5oz) ground topi
100g (3.5oz) ground reedbuck
100g (3.5oz) ground roan
100g (3.5oz) ground eland
100g (3.5oz) ground kudu
100g (3.5oz) ground topi
100g (3.5oz) ground reedbuck
100g (3.5oz) ground roan
100g (3.5oz) ground eland

Instructions
1. Pre-heat the oven to 180°C (350°F).
2. In a large bowl, combine the ground meat, onion, garlic, ginger, and soy sauce.
3. Mix well and form into small dumplings.
4. Fry the dumplings in a pan with oil until golden brown.
5. Drain the dumplings and serve with a dipping sauce.

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

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



A PERFECT PANCAKE COOKBOOK

Recipes for irresistible pancakes, churros, waffles, and more
Hamlyn

9780600639862
£9.99

February 12, 2026
Hardcover

Hamlyn

With over 40 recipes and smothered in small-town coffee shop in fall vibes, this pancake cookbook is a love letter to the coziest season of all.

It's the season to reach for warm fluffy pancakes, maple syrup-soaked waffles or sweet crunchy churros and snuggle up with a blanket to sip on a delicious spiced latte. Now you can bring the coziness into your kitchen with these irresistible recipes.

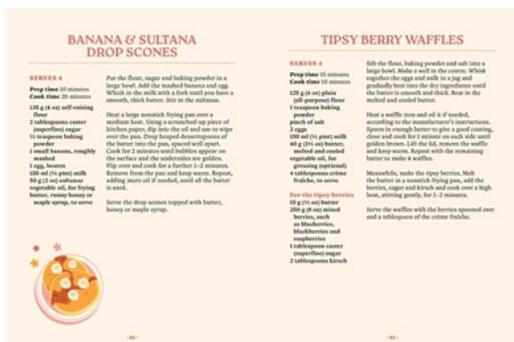
When those golden leaves start to fall, you know it's time to rustle up all the comforting dishes and indulge in delicious sweet treats. From Classic American Buttermilk Pancakes to French Toast with Blueberries and the ubiquitous Vanilla-spiced Latte, *A Perfect Pancake Cookbook* celebrates the season with a treasure trove of cosy, soul-warming recipes that are nostalgically evocative of home and all its comforts.

A Perfect Pancake Cookbook has over 40 indulgent recipes to grill, fry or bake. Including a selection of delicious batter-based recipes to help you get the most out of the cosiest season, year after year.

Contents include:

- Classic Treats
- Sweet & Sticky Treats
- Fruity Treats
- Not Quite a Pancake
- Around the World

Other titles in the series: *A Cosy Chocolate Cookbook*, *A Cinnamon Bun Cookbook* and *A Pumpkin Spice Cookbook*.

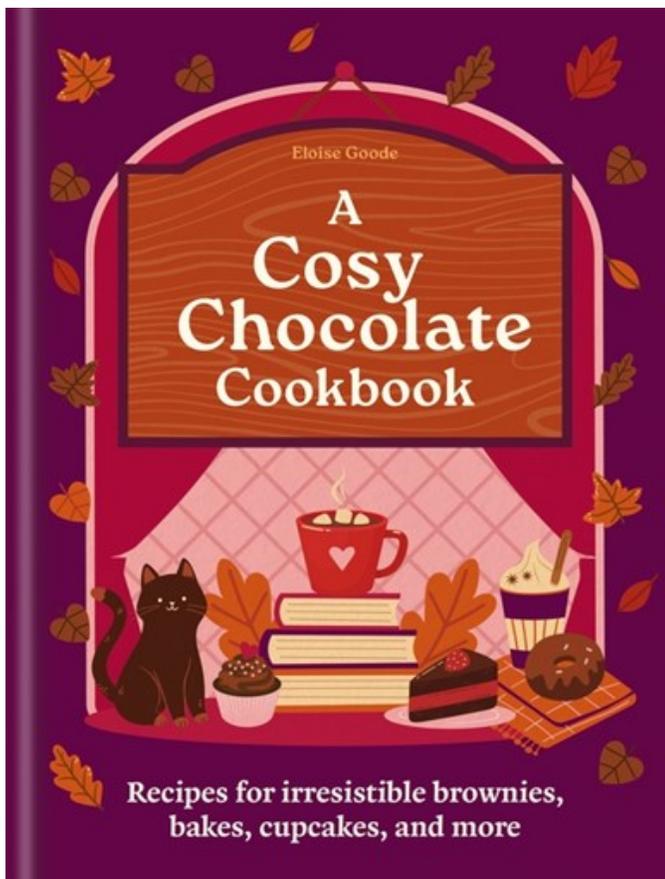


Hamlyn (Author)

Hamlyn has a rich history of publishing smart, popular books for everyday living. With food, drink, home, garden, health and parenting at its core, Hamlyn continues to be a dependable and trusted voice for readers and families of all shapes and sizes.

Eloise Goode (Author)

Eloise Goode is a self-taught home baker with over 30 years' experience making biscuits, cakes and delicious desserts. A lover of all-things sweet, Eloise began her baking journey making sweet treats for friends, before turning her hobby into a full-time passion project. She lives in the Cotswolds with her husband and chief taste-tester David, two cats named Mumbo and Bumble, and an elderly but still energetic Westie terrier called Fred.



A COSY CHOCOLATE COOKBOOK

Recipes for irresistible brownies, bakes, cupcakes, and more

Hamlyn

9780600639855
£9.99

February 12, 2026
Hardcover

Hamlyn

With over 40 recipes and smothered in sweet coffee shop in fall vibes, this cookbook packed full of chocolatey goodness is a love letter to the coziest season of all.

It's the season to reach for gooey mud pies, decadent chocolate cupcakes or an irresistibly sweet brownie bite and snuggle up with a blanket to sip on a deliciously thick and creamy hot chocolate. Now you can bring the coziness into your kitchen with these irresistible recipes.

When those golden leaves start to fall, you know it's time to rustle up all the comforting dishes and indulge in delicious chocolatey treats. From classic Chocolate Chip Cookies to The Devil's Food Cake and the ubiquitous Baked Chocolate Cheesecake, *A Cosy Chocolate Cookbook* celebrates the season with a treasure trove of cosy, soul-warming recipes that are nostalgically evocative of home and all its comforts.

A Cosy Chocolate Cookbook features over 40 indulgently rich, easy to follow chocolate recipes to help you get the most out of the cosiest season, year after year.

Contents include:

- Classic Treats
- Sweet & Sticky Treats
- Cupcakes & Muffins
- Little Treats
- Irresistible Cakes

Other titles in the series: *A Perfect Pancake Cookbook*, *A Cinnamon Bun Cookbook* and *A Pumpkin Spice Cookbook*.

CHOCOLATE CORNFLAKE BARS

CUTS INTO 12 BARS

Prep time 10 minutes, plus chilling.
Cook time 5 minutes
200 g (7 oz) milk chocolate, broken into pieces
2 tablespoons golden syrup
50 g (2 oz) white oil spread
120 g (4 oz) cornflakes

Melt the chocolate with the golden syrup and allow all spread in a bowl over a pan of simmering water.
Stir in the cornflakes and mix well together.
Grease a 20 x 18 cm (8 x 7 inch) tin. Turn the mixture into the tin, press down using the back of a spoon, and chill until set. Cut into 12 bars.

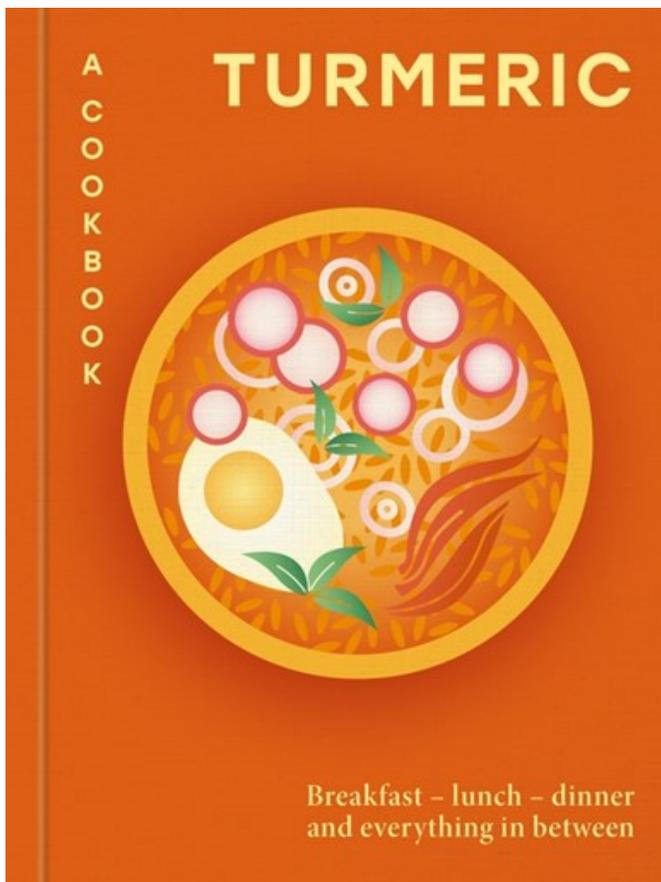


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TURMERIC: A COOKBOOK

Breakfast – lunch – dinner and everything in between
Hamlyn

9780600640080
£9.99

February 19, 2026
Hardcover

Hamlyn

Over 40 indispensable recipes that celebrate the incredible health benefits, versatility and uses of the superfood, turmeric.

Considered to be one of nature's most powerful anti-inflammatory ingredients, turmeric is a powerful spice that has long been used in the Chinese and Indian systems of medicine and have a wide variety of health benefits, including pain relief, digestive relief, brain and memory function and weight management.

Studies increasingly show that superfoods such as turmeric can play a vital role in our lives - protecting us against illness and disease, helping to manage and ease the symptoms of chronic health conditions and supporting our health and vitality as we age.

Turmeric becomes more active either when cooked or combined with other specific ingredients such as ginger and black pepper. Whether in root or powder form, turmeric can be used in juices, smoothies, infusions, soups, curries, pulses, stews, for roasting with vegetables, adding to hummus, yoghurt and marinades for fish, meat or tofu. *Turmeric: A Cookbook* provides the health benefits and uses of this incredible superfood and includes over 40 delicious recipes.

Recipes include:

- Breakfasts: frittata, muesli, congee
- Soups, Sides & Snacks: infused oil, pickles, hummus
- Main Dishes: buddha bowls, curries, salads
- Sweet & Drinks: tonic, ice cream, muffins

RECIPE 1
COCONUT CHICKEN SOUP
with turmeric & kale

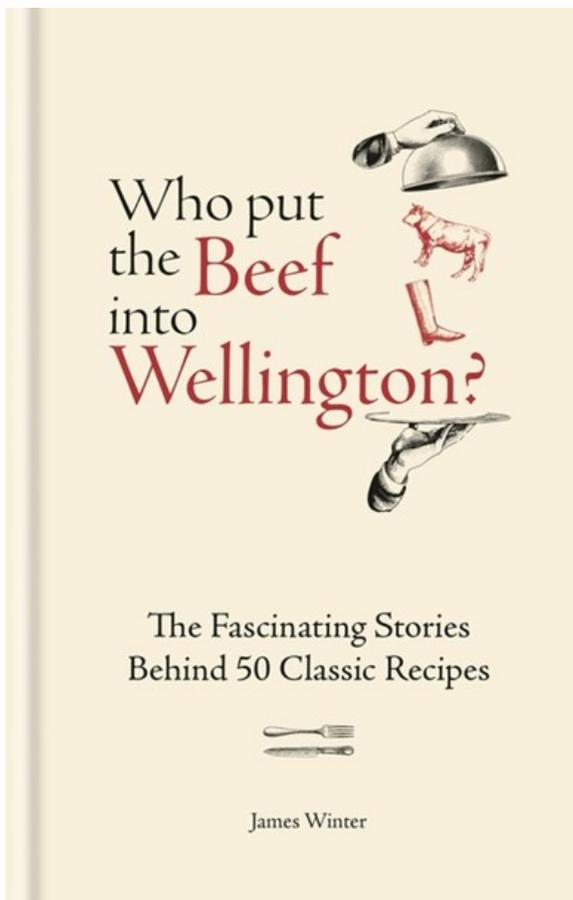
The coconut in coconut gives this soup a rich, creamy texture. The use of coconut water instead of coconut milk makes it lighter, fresher and healthier for those who want to keep their bodies healthy and fit.

1 tablespoon coconut oil
1 small onion, chopped
200g (7 oz) fresh coconut water
200g (7 oz) fresh kale, washed and chopped
1 medium ground chicken breast
1 teaspoon ground black pepper
50g (1 3/4 oz) soft kale, washed and chopped
1 baby kale bunch, washed and chopped
50g (1 3/4 oz) soft kale, washed and chopped
100g (3 1/2 oz) soft kale, washed and chopped
100g (3 1/2 oz) soft kale, washed and chopped

1. Heat half the coconut oil in a large, heavy-bottomed pot over medium heat. Add the onion, water, turmeric, and black pepper. Cook for 5 minutes.
2. Heat the remaining coconut oil in a frying pan over medium heat. Add the chicken breast and cook until browned on both sides, about 5-10 minutes. Add the coconut water, onion, turmeric, and black pepper. Cook for 5 minutes.
3. Place the chicken pieces in a large bowl. Break the chicken into bite-sized pieces and add to the pot.
4. Divide the kale, chicken and chicken between bowls and pour over the hot coconut chicken soup. Taste and adjust seasonings if using. Serve immediately.



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WHO PUT THE BEEF INTO WELLINGTON?

The Fascinating Stories Behind 50 Classic Recipes

James Winter

9781804193709

£12.99

March 12, 2026

Hardcover

Kyle Books

Discover the incredible origins of 50 of your favourite culinary classics, find out how they got their name and use the easy-to-follow recipes to recreate them at home.

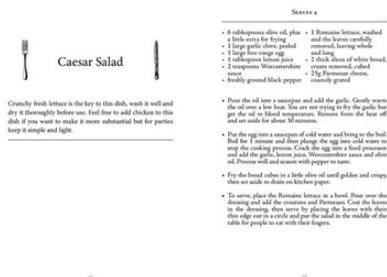
Ever wondered where Caesar Salad comes from? Who was Benedict and what's he got to do with combining poached eggs with ham and hollandaise sauce?

In this fascinating journey into culinary history James Winter provides the answers to these questions and explores the origins of classic dishes from around the world. Who came up with them? When and what inspired them to combine certain ingredients? And why have they endured to become classics that we turn to again and again?

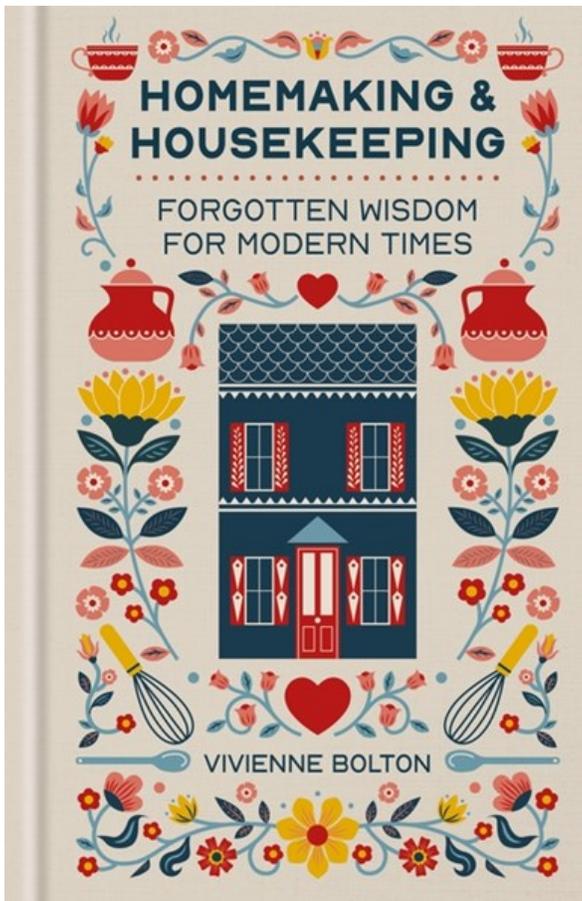
Discover the story behind 50 classic recipes, from Battenberg Cake and Peach Melba to Sole Veronique, Chicken Kiev and Bloody Mary. *Who Put The Beef into Wellington?* includes the quintessential version of each recipe plus hints and tips from top chefs, this book will inform, inspire and tantalise your tastebuds in equal measure.

Content includes:

- **Light bites:** Caesar Salad, Eggs Benedict, Coronation Chicken and Oysters Rockefeller
- **Mains:** Lamb Balti, Woolton Pie, Steak Diane and Pizza Margherita
- **Something Sweet:** Peach Melba, Baked Alaska, Bananas Foster and Opera Cake
- **And to Drink:** Margarita, Tom Collins, Mint Julep and Negroni



James Winter has spent a career working around food and drink. For over a decade he was Executive Editor for the BBC's flagship cookery programme Saturday Kitchen Live, where he was instrumental in uncovering and promoting the talents of many of Britain's finest chefs. His passion for hospitality later saw him work as Chief Marketing Officer for Heston Blumenthal's Fat Duck Restaurant Group. He remains a food broadcaster and writer. His first book *Yes Chef!* was published in 2009.



HOMEMAKING AND HOUSEKEEPING

Forgotten Wisdom for Modern Times

Vivienne Bolton

9781804193723
£10.00

March 12, 2026
Hardcover

Kyle Books

Celebrating traditional and time-honoured methods of cooking, housekeeping and medicinal remedies across the four seasons for the modern home.

Our modern world is infinitely more complex than the one previous generations inhabited, and the pace of life much quicker. Yet the way our grandmothers lived their lives - using knowledge passed down through the family - is as relevant today as it's always been.

Homemaking and Housekeeping celebrates the practical rites and rituals that for centuries have marked the seasons around the world, from natural spring cleaning to the planting of seeds, through the summer months where home and garden can be enriched with floral and edible bounty, from rose petal pot pourri to fresh herb cheeses; in the autumn, harvest time offers an abundance of preserving, pickling and drying, while winter brings remedies for sore throats, recipes for steamed puddings, and instructions on how to make candles and decorate your home for the holidays.

Content includes:

Spring: Spring flowers, posies and bulbs, spring lamb, asparagus, pancakes, dealing with slugs and snails...

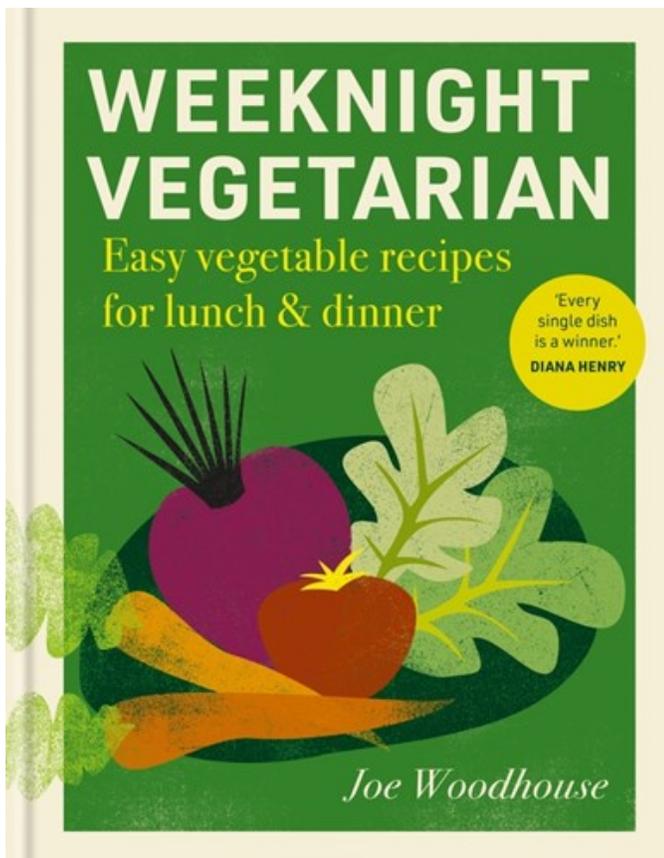
Summer: Windowsill herbs, remedies for hayfever and summer colds, sliced peach jam, salts and fizzies...

Autumn: Toffee apples, drying pears, root vegetable crisps, bird boxes and ladybird houses, compost heaps...

Winter: Winter in the garden, pot pourri and pomanders, marmalade, steamed puddings...



Vivienne Bolton grew up in South Africa, but has lived most of her adult life in England. A passionate craftswoman with an insatiable curiosity for life, she brought up her five children in a small village where she kept chickens and bees and, like her grandmother before her, grew an old-fashioned kitchen garden. Through the years, she has cooked professionally, made her own cheeses, beeswax floor polishes, cosmetics and one year grew enough carrots to feed a community.



WEEKNIGHT VEGETARIAN

Easy vegetable recipes for lunch & dinner
Joe Woodhouse

9781804194041
£26.00

March 12, 2026
Hardcover

Kyle Books

Vibrant vegetarian food from trained chef and successful author Joe Woodhouse, perfect for easy weeknight cooking

Full of deliciously simple veggie-filled recipes, *Weeknight Vegetarian* is perfect for the everyday home cook. Joe Woodhouse uses minimal ingredients with maximum flavour, celebrating seasonal eating and making vegetables exciting. 90 recipes include:

Lentil and Crunchy Veg Salad with Tahini Dressing
Oyster Mushroom Cheesesteak with Oven Chips
Fridge Drawer Fritters
Whipped Tofu with Charred Broccoli & Red Onion
Spelt Stew au Pistou
Georgian Spiced Spinach & Chickpeas
Red Lentil Moussaka

Wherever possible recipes will highlight any make-ahead options, easy substitutions and modifications to fit the cook's tastes or dietary needs. With tips on how to prep dishes and hacks for minimising stress in the kitchen, this is a must-have for every household.

Chapters include: Assembly Job, Mix and Make, One Pot on the Hob, In and Out of the Oven and Worth the Washing Up.

Praise for *Your Daily Veg*

'I absolutely adore the food in this beautiful book' Nigella Lawson
'One of the most inventive vegetable cooks' Anna Jones



Joe Woodhouse has been vegetarian since the age of 10, teaching himself how to cook. He later trained as a chef and spent years working in kitchens such as Vanilla Black and the Towpath Café, as well as contributing to events with restaurants such as the Quality Chop house. Alongside being a chef, he is also a photographer, shooting with clients such as Soho Farmhouse, Belazu, Marmite, Asda, Hakkasan, and Coleman's. He is lauded amongst colleagues - including Anna Jones and Nigella Lawson - for being the best vegetarian chef in the business. His work has featured in publications such as *The New Yorker*, *Bon Appétit*, *Guardian*, *Observer*, *Metro*, *Evening Standard* and *Life & Thyme*.

Instagram: @joe_woodhouse



LOAF TIN BAKES

Easy Cakes for Every Occasion
Flavie Millet-Joannon

9780600639626
£22.00

March 26, 2026
Hardcover

Hamlyn

A new and easy way to make delicious bakes in just one tin!

It's time to take your loaf tin beyond banana bread!

Loaf Tin Bakes is full of recipes for cakes made in just one tin, with themed chapters including The Classics, Vive le Chocolat!, Marbled to Perfection, Wonderfully Nutty, Patisserie Favourites and more.

Perfect for beginner bakers with easy methods and minimal equipment, this book is full of delicious and creative ideas for the simplest piece of baking equipment - the loaf tin!

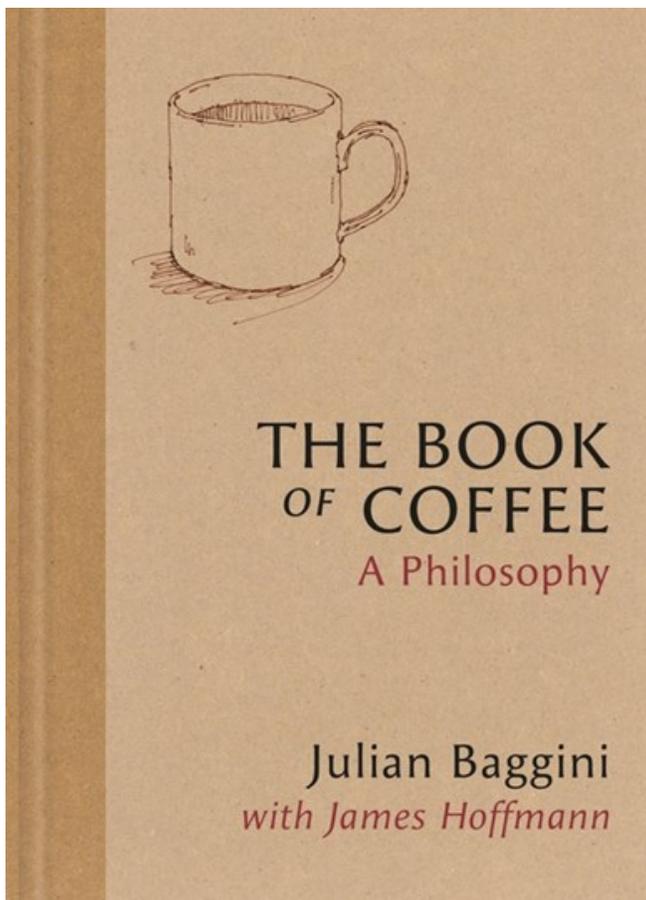
Recipes include:

- Triple Chocolate Marble Cake
- Hazelnut Coffee Cake
- The Speculoos Special
- Aztec Hot Chocolate
- Refreshing Lime & Basil
- Creamy Cheesecake Loaf

Loaf tin bakes are the perfect way to whip up a delicious sweet treat with no fuss.



Flavie is the creator of the blog and Instagram account [@iletaitungateau](https://www.instagram.com/iletaitungateau), where she shares her recipes and top baking tips. The account has over 100,000 followers.



THE BOOK OF COFFEE

A philosophy
Julian Baggini

9781846016387
£14.99

April 9, 2026
Hardcover

Mitchell Beazley

A collaboration between philosopher Julian Baggini and internationally celebrated coffee expert James Hoffmann, this is the perfect gift book for the curious coffee lover.

'What is so appealing about the ideas in this book is that we could pivot coffee from being the driving force behind excessive hours and a poor work-life balance into being a drink that lets us contemplate meaning and purpose in a different way.' James Hoffmann, author of the Sunday Times bestseller, *How to Make the Best Coffee at Home*.

Philosopher Julian Baggini and coffee expert James Hoffmann team up in this beguiling deep dive into what the world's favourite hot drink can teach us about the art of living.

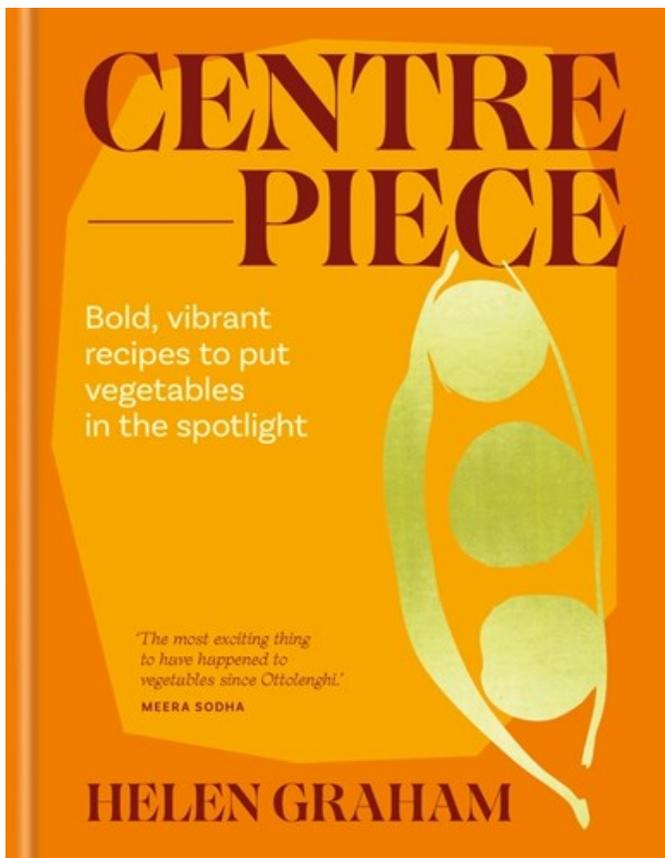
Julian Baggini has long been fascinated by the philosophical underpinnings of how we eat and drink, and the chance discovery in Tokyo of a copy of *The Book of Tea* by Kakuzo Okakura (published in 1906) led him on a journey to explore our relationship with coffee. Coffee is the ritual that begins and gets us through the day, it not only fuels us but has shaped the very fabric of modern life. Our cup of coffee allows for a moment of deeper connection, both with oneself and others, through attentive preparation and consumption. A moment to embrace life's absurdity with joy and alertness.

This little book on coffee is something ultimately enriching and life affirming, an elevation of the everyday and a pleasure to read - a treatise on how we can infuse the seemingly mundane with moments of mindful attention and meaning. It will appeal not only to coffee lovers but to anyone intrigued by the intersections of culture, philosophy, and everyday life. In tracing the deep roots of coffee in our imagination, *The Book of Coffee* reveals why this humble drink remains a profound and lasting symbol of life itself.



Dr Julian Baggini is a philosopher, writer and journalist who has written over 20 books, which have sold over half a million copies in the UK alone. He has served as Academic Director of the Royal Institute of Philosophy and was also the co-founder and editor of *The Philosophers' Magazine*. Julian's books have seen great international success; his titles have sold in 24 territories (excluding the UK and North America) and have been translated into 23 languages. His bestselling titles include *How The World Thinks* and *The Pig That Wants To Be Eaten*. His most recent work, *How The World Eats*, was published in 2024.

James Hoffmann is the co-founder of Square Mile Coffee Roasters, a multi-award-winning coffee roasting company based in London. He has a YouTube channel with more than 2.3 million subscribers, and an Instagram following of more than 760k. He is the author of *The World Atlas of Coffee* (first edition 2014, second edition 2018, third edition 2025) and the Sunday Times bestseller *How to Make the Best Coffee at Home* (2022).



CENTREPIECE

Bold, vibrant recipes to put vegetables in the spotlight
Helen Graham

9781783256655
£28.00

April 9, 2026
Hardcover

Hamlyn

100 vibrant vegetarian recipes from celebrated chef Helen Graham
Vibrant vegetarian recipes from celebrated chef Helen Graham

'Helen carries the torch for all the ingredients I love most. Vegetables behaving exactly as they should. A cook after my own heart.' - YOTAM OTTOLENGHI

'Original, do-able, unquestionably delicious vegetable recipes. I love this book.' - ANNA JONES

'Helen's recipes are the most exciting thing to have happened to vegetables since Ottolenghi.' - MEERA SODHA

'Helen has a thrillingly unique way with flavours, which makes you look at familiar ingredients anew.' - JAY RAYNER

A celebration of bold, vibrant vegetarian dishes designed to inspire, delight and put vegetables exactly where they belong: centre stage.

Drawing inspiration from the rich flavours of the Middle East and North Africa, as well as Helen Graham's Ashkenazi Jewish heritage, this cookbook features 100 inventive, vegetable-based recipes that will transform your table. With accessible ingredients and simple methods, Helen's flavour-packed combinations of spices, herbs and sauces elevate vegetables into something truly showstopping.

Contents includes:

- **The Meal Before the Meal**, including Mushrooms Skewers with Tamari & Pomegranate and Halloumi & Ricotta Fritters with Spiced Lemon Syrup
- **The Main Event**, including Harissa Roast Carrots, Mango Labneh & Mint and Hispi Cabbage with Date Butter & Tahini
- **On the Side**, including Potato Salad with Basil Zhoog & Coconut Crunch and Hawaii Roast Potatoes with Preserved Lemon Roast Shallots
- **Something Sweet**, including Za'atar & Cherry Chocolate Fridge Cake Bars and Poppy Seed & Orange Blossom Babka

Helen Graham was Executive Chef at renowned London restaurant Bubala for 5 years, following working at critically acclaimed restaurants the Palomar and the Barbary, as well as the Ottolenghi Test Kitchen.

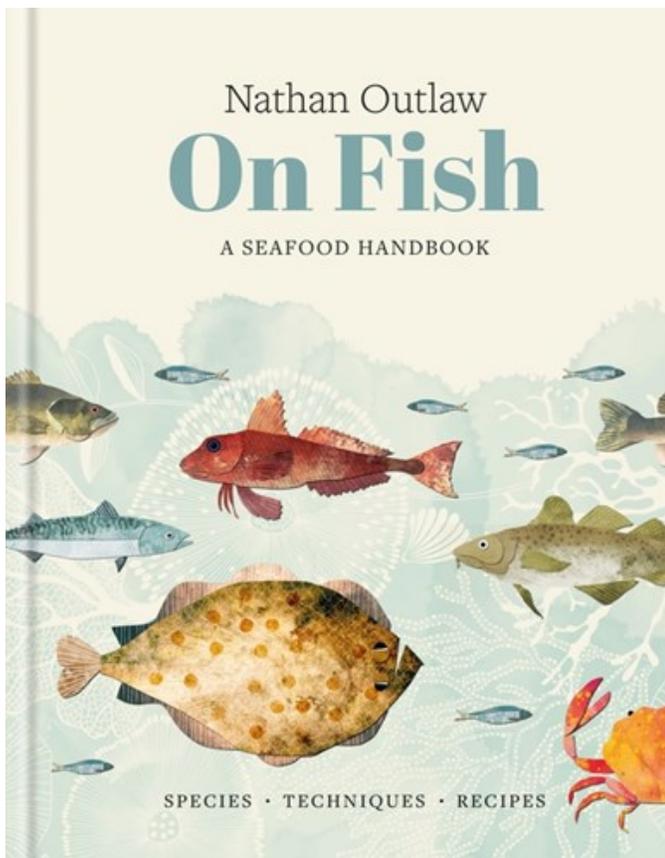
Matbucha with Jalapeño & Coriander

Serves 4
Prep: 10 minutes
Cook: 10 minutes
Total: 20 minutes

A fresh, vibrant vegetable-forward recipe that's perfect for a summer meal. The combination of spicy jalapeños and fresh coriander adds a zesty kick to the smoky, roasted vegetables. This recipe is a great way to introduce your family to the world of spices and herbs.



Helen Graham is a celebrated chef and food writer based in London. Drawing on her Jewish diasporic roots, she pioneers innovative vegetable-forward cooking inspired by cuisines across the Middle East, Eastern Europe and North Africa. She has worked at several prominent Middle Eastern restaurants including the Palomar, the Barbary and the Ottolenghi Test Kitchen. Helen was Executive Chef at renowned London vegetarian restaurant Bubala for 5 years, helping take the business from pop-up to two critically acclaimed sites before leaving in 2023 to go solo. In 2022, Helen was selected as a rising star by Jay Rayner, and she made her debut television appearance on *Sunday Brunch*. She has since also appeared on *Saturday Kitchen*. Her recipes have been featured in *Great British Chefs*, *House & Garden*, *The Guardian*, *Vogue*, *Delicious Magazine*, *Ocado Life Magazine*, the *Financial Times*, and *The Observer*.



NATHAN OUTLAW ON FISH

A Seafood Handbook

Nathan Outlaw

9781804193211
£30.00

April 16, 2026
Hardcover

Kyle Books

A comprehensive handbook for anyone who is cooking with fish, from home cooks to chefs and culinary students

'Simply delicious recipes by the master of fish.' *Jamie Oliver*

This brand new handbook from Michelin-star chef Nathan Outlaw is a must-have for anyone cooking with fish, from home cooks to culinary students.

For anyone wanting to know more about seafood and how to cook it, Michelin-starred Nathan Outlaw has distilled three decades of experience as a foremost fish chef into a very personal go-to cook's handbook.

Fish Basics covers fishing methods, shopping & storing plus preparation techniques and advice on curing, grilling, smoking, pickling, barbecuing, poaching and frying.

Chapters on flat fish, round fish, oily fish, shellfish and cephalopods provide detailed knowledge about 32 individual species including habitat, fishing and when to eat seasonally, along with cooking & serving suggestions, followed by more than 80 recipes ranging from Brill Cured in White Wine with Grapes, Pumpkin Seeds & Basil Oil and Plaice, Aubergine & Mushroom Curry to Anchovies with Crispy Potato Wedges and Grilled Octopus Skewers.

With recipes to suit all occasions and cooking skills, *On Fish* is an indispensable resource for anyone wanting to discover and cook with sustainable fish.



Nathan Outlaw is a Michelin-starred British seafood chef. Nathan trained with Rick Stein, and has two restaurants and a guest house, Outlaws, in Port Isaac, Cornwall. He is passionate about using local, seasonal and sustainable produce, and the importance of ethical fishing and seafood consumption. He appears regularly on BBC TV's *Saturday Kitchen* and ITV's *James Martin's Saturday Morning*.

JA-PURR-NESE ADORABLE CAT-SHAPED RECIPES FROM SUSHI TO SOUP

Adorable Cat-shaped Recipes from Sushi to Soup
Laure Kié

9781846016677
£14.99

April 23, 2026
Hardcover

Mitchell Beazley

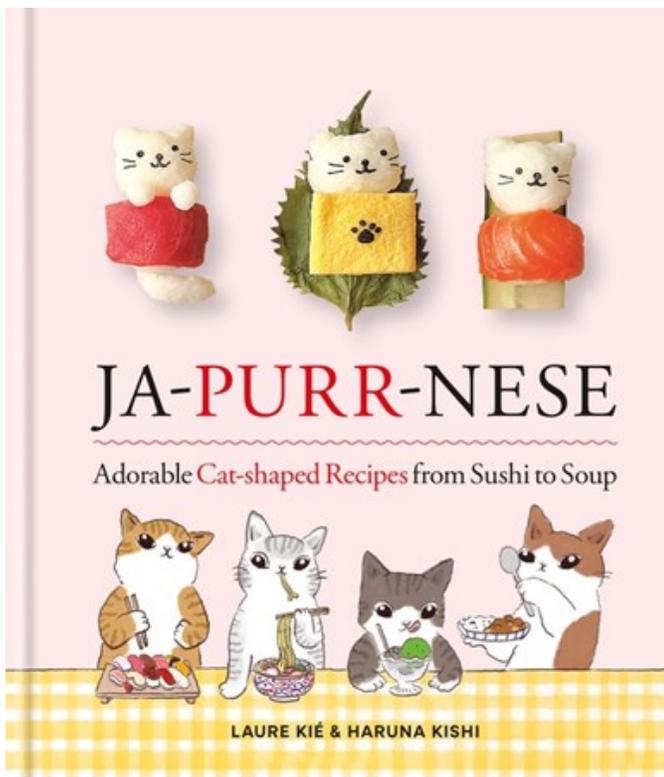
A collection of adorable Japanese themed and inspired recipes, all shaped like cats.

The most winning culinary combination possible - Japanese food and cats!

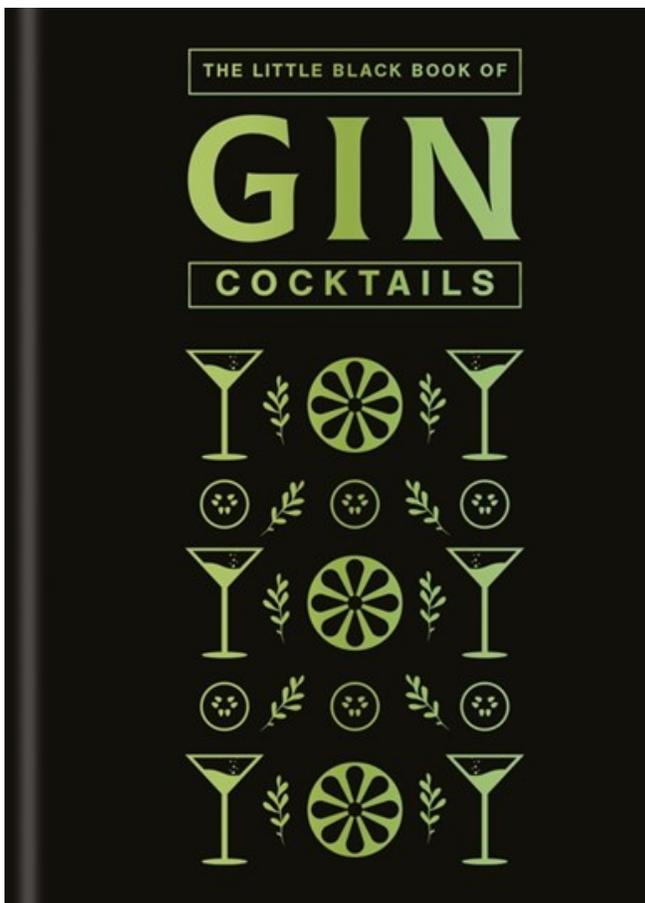
From the savoury (sushi, onigiri, gyoza and spring rolls) to the sweet (daifuku mochi, dango, matcha latte), this collection of cat-themed Japanese recipes, is the perfect gift and self-purchase for the cat lover in your life. The first of its kind, this is the kawaii trend adapted to cooking.

Recipes include

- Bento boxes
- Sushi
- Tonkatsu burger
- Karé rice
- Inari-sushi
- Dango
- Donuts



Laure Kié is a renowned author of Japanese cookery.



THE LITTLE BLACK BOOK OF GIN COCKTAILS

A Pocket-Sized Collection of Gin Drinks for a Night In or a Night Out

9780600640165
£8.99

May 5, 2026
Hardcover

Hamlyn

A pocket-sized collection of 50 must-try, classic gin cocktail recipes for all occasions. This is the perfect gift for all gin enthusiasts.

"When life hands you lemons, make a gin and tonic." - Anon

The impeccable G&T is the elixir of life to gin connoisseurs, but gin is the true star of the show when it comes to cocktails. There are hundreds of different cocktails to choose from, however, a good gin cocktail plays with flavours, ensures balance and relies on quality ingredients that compliment the distinctive character of the spirit. But there are classics such as the Martini, Corpse Reviver, Tom Collins, Negroni and French 75 that have one luscious ingredient in common: gin.

Whether you are in the mood for a Gin Fizz, Singapore Sling, Gimlet or a Southside, here in *The Little Black Book of Gin Cocktails* you'll find a collection of your favourite classic and contemporary gin cocktails that are a must-try for any g-inthusiasts.

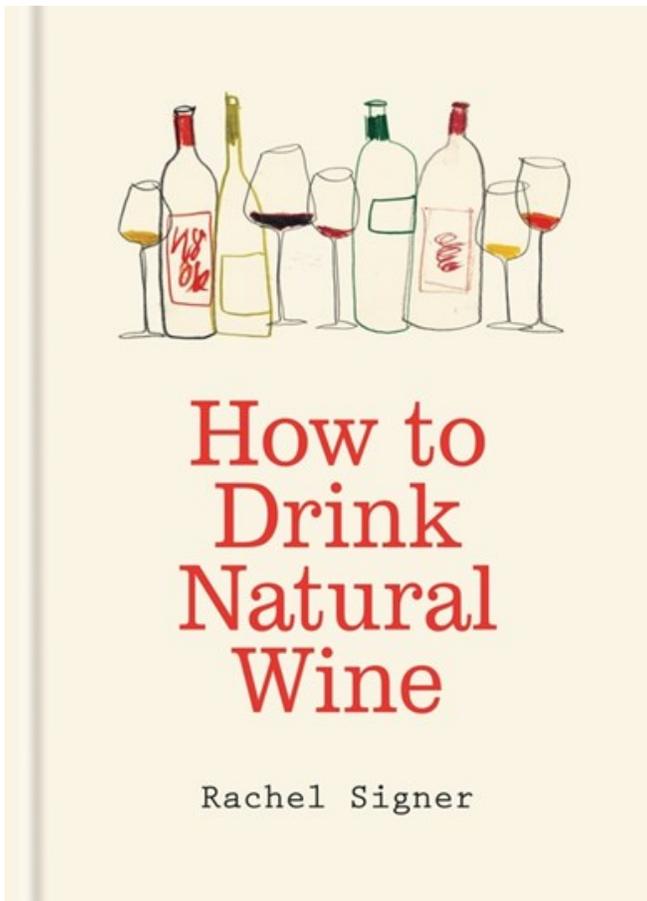
Content includes:

- Martinis
- Coupettes & Flutes
- Rocks & Wine Glasses
- Highballs
- Jugs & Bowls
- Bar Basics & Techniques

Part of a series that includes: *The Little Black Book of Classic Cocktails* and *Drink Pink*



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HOW TO DRINK NATURAL WINE

Rachel Signer

9781840919813
£20.00

May 7, 2026
Hardcover

Mitchell Beazley

Everything you ever needed to know about super-trendy natural wine, from acclaimed natural wine journalist and winemaker Rachel Signer.

Natural wine has entrenched itself in the bistros and bars of global cities. A movement founded on organic farming, artisanship, and minimalism in the cellar, it is a complex world of colorful, modern labels and surprising blends.

Through stories and photography from vineyards across the world, journalist and winemaker Rachel Signer introduces readers to the wild, global journey of natural wine:

Discover the established styles of natural wine from orange wine to pét-nat, and the iconic producers you should try.

Learn how natural wine is made and why it's so special.

Explore how to taste, store, and serve natural wine, as well as how to pair it with food.

Be inspired to taste natural wines in the vineyard and discover the bars and fairs you should visit around the world.

Praise for Rachel Signer

'An engaging writer whose story will certainly make you thirsty for a bottle of natural wine.'

New York Times



WHAT IS NATURAL WINE AND WHY IS IT EVERYWHERE?



In the past few years, a grassroots movement has taken hold in the global wine industry.

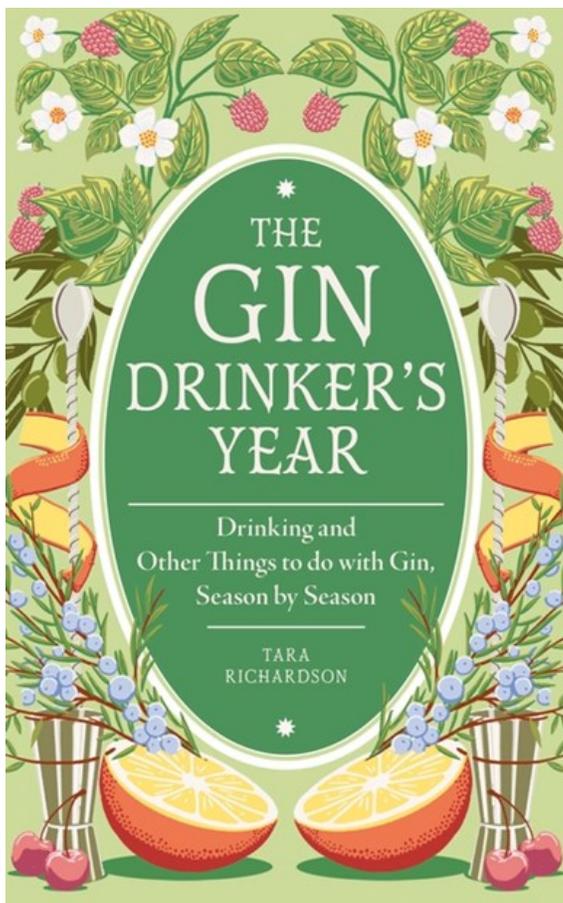
It's called "natural wine," or, sometimes, "pet-nat." It's a wine that's made from grapes that are grown and fermented in a way that's as close to nature as possible. It's a wine that's made with minimal intervention, and it's a wine that's becoming increasingly popular around the world.

But what is natural wine, and why is it everywhere? The answer lies in a combination of factors, from a growing awareness of the environmental impact of conventional wine production to a desire for more authentic and flavorful wines.

At its core, natural wine is a wine that's made from grapes that are grown and fermented in a way that's as close to nature as possible. It's a wine that's made with minimal intervention, and it's a wine that's becoming increasingly popular around the world.

But what is natural wine, and why is it everywhere? The answer lies in a combination of factors, from a growing awareness of the environmental impact of conventional wine production to a desire for more authentic and flavorful wines.

Rachel Signer is an acclaimed author and natural wine journalist. She has written *You Had Me at Pét-Nat: A Natural Wine Soaked Memoir*, named by the *New York Times* as one of 2021's best wine books. She is founder of cult natural wine magazine *Pipette*, distributed in more than 30 territories including Canada, the USA, Italy and Germany. Originally from the USA, Rachel now lives in Australia, where she has also made natural wine for six years. She leads annual boutique natural wine tours in Italy and regularly teaches food-and-drink-writing workshops. Follow on Instagram @rachsigs



THE GIN DRINKER'S YEAR

Drinking and Other Things to Do With Gin; Day by Day, Season by Season - A Recipe Book

Tara Richardson

9780600639954
£10.00

May 7, 2026
Hardcover

Hamlyn

The gin drinker's day-to-day guide - featuring 30 gin-laced food recipes, 150 gin cocktail and gin-fusion recipes, snippets of gin-eral knowledge, plus games and crafts.

***The Gin Drinker's Year* is a celebration of all things gin and packed full of cocktails, food and g-infused recipes.**

With everything from 150 gin cocktails and gin-infusions, plus 30 delectable gin-spiked food recipes such as Gin Penne and Minty G&T Lollies, to heartfelt tributes to Snoop Dogg's 'Gin & Juice', the sozzled wit and wisdom of renowned gin soak Dorothy Parker and the rules of Gin Pong and Ten-Gin Bowling, there's an entry for every day of the year.

You'll also discover fascinating snippets of gin-eral knowledge such as the history of vermouth, the birthday gift that the beefeaters of the Tower of London are given every year, and why you most definitely should be celebrating National Gingerbread Day.

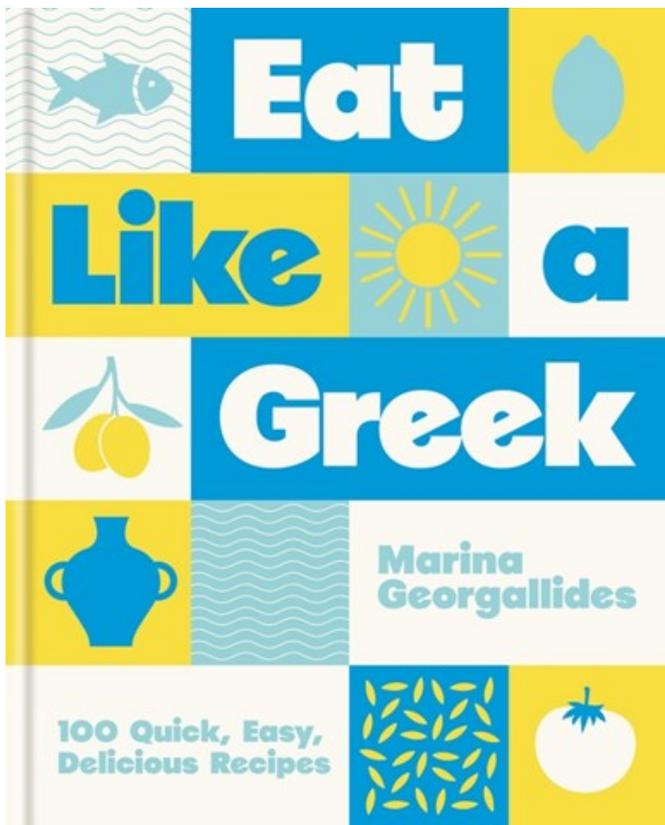
So let the festivities be-gin. This is every gin lover's handbook to the best year ever.

Highlights include:

- **January:** New Year's resolutions, Burns Night, Al Capone and a celeriac gin-fusion
- **February:** Spin the Bottle, National Toast Day, Pancake Day and the Leap Day Cocktail
- **March:** Gin Snap, White Day, St Patrick's Day, Earl Grey and some rather questionable poetry
- **April:** Shakespeare's birthday, National Raisin Day and a Great Gatsby inspired Gin Rickey
- **May:** Dick Bradsell's birthday, a Delft Donkey, a little opera and International Tea Day
- **June:** Strawberry Fields, World Gin Day, Father's Day, a load of cobblers and floral foraging
- **July:** Independence Day, genever, National Pi a Colada Day and garden games
- **August:** Lychees, Dorothy Parker, Ogden Nash, World Oyster Day and Dubonnet
- **September:** Hedgerows, Florida, International Talk Like a Pirate Day and directions to Park Lane
- **October:** International Gin & Tonic Day, the Beer Flood, spooky concoctions and Sake
- **November:** Albert Camus, National Espresso Day and the anniversary of Casablanca
- **December:** Humphrey Bogart's birthday, Roald Amundsen, Gin Pong and fizzy bubbles



Tara Richardson is a writer and editor based in south London, where she lives with her partner and about forty houseplants. She writes (and edits) books on well-being, gardening, food and drink, and all the other little things that make life a bit shinier.



EAT LIKE A GREEK

100 Quick, Easy, Delicious Recipes
Marina Georgallides

9780600639299
£25.00

May 7, 2026
Hardcover

Hamlyn

100 ingenious recipes that make exciting Greek and Cypriot dishes simple, from social media sensation Marina Georgallides

'An irresistible collection of Greek-Cypriot recipes that balance tradition with easy, everyday deliciousness.' Emily Rox, author of *The World is Your Dumping*

Join Instagram sensation Marina Georgallides (@chefmarinie) on a journey to rediscover her Greek roots through these delicious yet simple recipes.

In *Eat Like A Greek*, Marina Georgallides shares 100 easy-to-follow Greek and Cypriot recipes from her childhood, using fresh ingredients and surprisingly simple cooking methods.

Contents include:

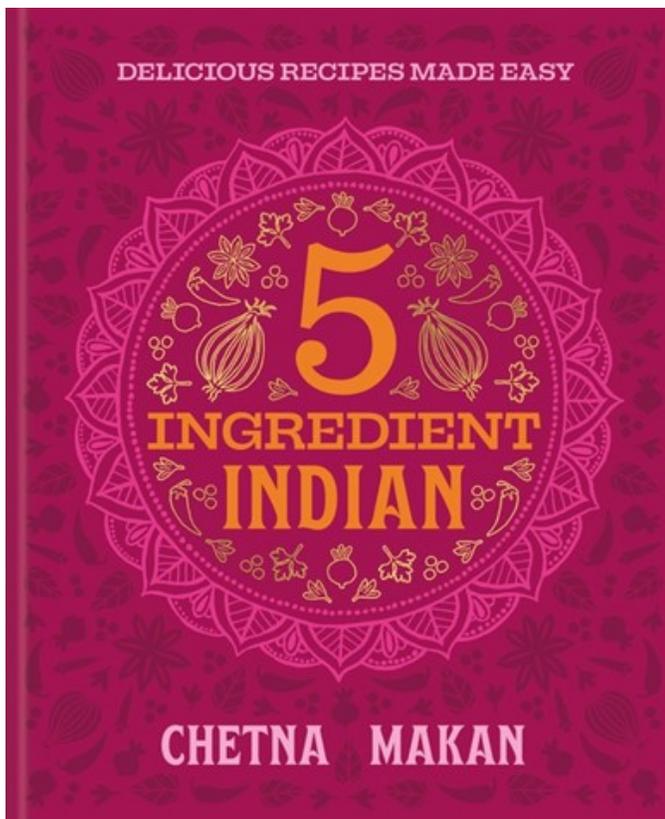
- **Dips** such as Spicy Honey Feta Dip, Tzatziki and Aubergine Dip
- **Mezze** such as Stuffed Vine Leaves, Crispy Courgette Chips and Fried Feta Cheese Parcel
- **Salads** such as Roasted Aubergine Salad, Cabbage Slaw and Beetroot Salad
- **Everyday dinners** such as Cypriot-style Lentil Rice, Orzo Stew and Pan-fried Prawns in Tomato Sauce
- **Sweet treats** such as Lemon Filo Cake, Halva and Baklava

Rooted in tradition but designed to be adapted, Marina's recipes make the flavourful dishes that she grew up with accessible to all cooks. From a Portokalopita recipe that doesn't require you to oven dry the filo pastry to a flatbread recipe that only needs one hour proving time, no dish is out of reach.



Marina Georgallides (@chefmarinie) is a Greek-Cypriot London-based food blogger. Her journey into food content creation started in earnest at the beginning of 2021 when she made a promise to herself to post a recipe every single day for a month. Five years later, and she has built a loyal social media following of over half a million who are here for her fun food series and budget-friendly, imaginative recipes.

instagram.com/chefmarinie
tiktok.com/@chefmarinie
youtube.com/@chefmarinie



5 INGREDIENT INDIAN

the BRAND NEW collection of over 90 super simple delicious Indian recipes

Chetna Makan

9780600639763
£26.00

May 21, 2026
Hardcover

Hamlyn

Save time and money with delicious, home-cooked Indian meals that use just five ingredients

Cooking Indian food from scratch doesn't have to be complicated. With Chetna Makan's newest book, you can make flavourful Indian dishes with five simple ingredients.

Combining bold flavours and straightforward cooking methods, Chetna has created recipes and her signature spice blends to make and enjoy delicious Indian cuisine with minimal fuss.

Recipes include delicious main meals like a Tandoori Roast Chicken, *Palak Paneer*, or a Cod Fish Curry; dals such as *Palak Dal* (Spinach Lentils) and *Whole Masoor Dal* (Brown Lentils), snacks such as Masala Papad and Sev (Gram Flour Noodles), and sweet treats such as Saffron Rice Pudding and *Rasgulla*, all with just five ingredients.

Chapters Include:

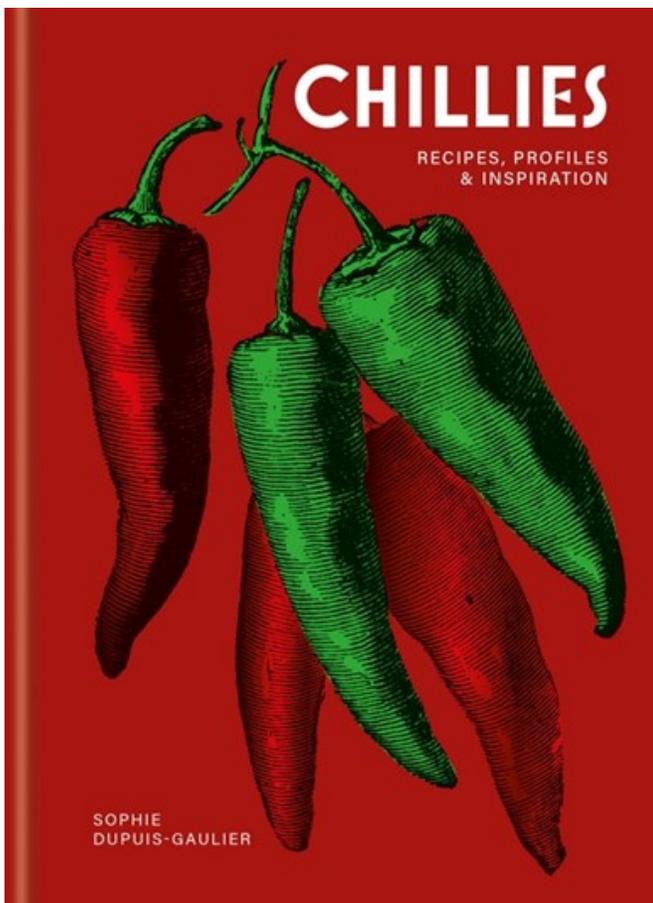
- **Spice blends** such as Chaat Masala and Tandoori Masala to build the foundations of your meals
- **Snacks** such as Onion Pakora, Crispy Aubergine and Paneer Vada
- **Veg** such as Cauliflower Sabji and Green Bean Stir Fry
- **Dals** such as Palak Dal (Spinach Lentils) and Sabut Masoor Dal (Brown Lentils)
- **Fish** such as Cod Curry and Curry Leaf Prawns
- **Chicken** such as Chicken Tikka and Tandoori Roast Chicken
- **Rice** such as Herby Pulao, Mushroom Rice and Chole Chawal (Chickpea rice)
- **Breads** such as Roti, Paratha and Uttapam
- **Chutneys and Salads**
- **Sweets** including Wholemeal Laddoo, Saffron Kheer and Masala Chai

With *5 Ingredient Indian*, discover how to bring a taste of India into your kitchen with these effortless yet impressive dishes.



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



CHILLIES

Recipes, profiles & inspiration
Sophie Dupuis-Gaulier

9781846016738
£26.00

May 28, 2026
Hardcover

Mitchell Beazley

Spice up your life with *Chillies* - the latest in the beautifully packaged cookbook series with decorative sprayed edges.

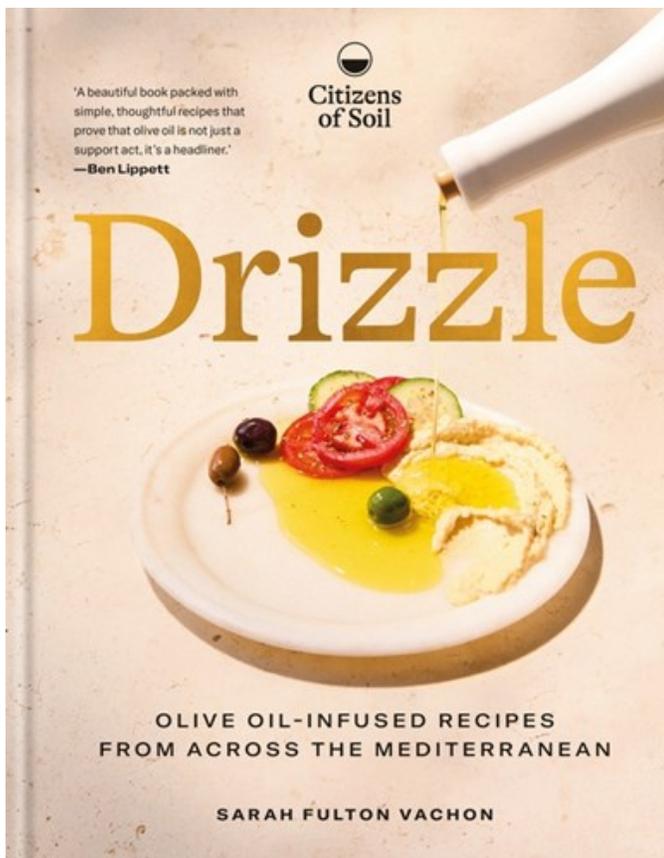
Dive into the bold, vibrant world of chilli peppers with *Chillies*, the ultimate guide for spice lovers and culinary adventurers alike. Discover over 20 varieties of chillies, each carefully classified according to the Scoville scale, from mild to fiery hot, and learn how to incorporate their unique flavours into your cooking.

Featuring nearly 80 irresistible recipes, this book offers a range of dishes to suit every spice tolerance - from the mild warmth of Basque-style piperade to the fiery heat of sausage rougail. Whether you're a fan of subtle heat or crave an explosive kick, *Chillies* will bring new depth and excitement to your meals. Perfect for those who love to experiment in the kitchen and explore the diverse flavours of this incredible ingredient.



Sophie Dupuis-Gaulier is a successful cookbook author and food stylist who has worked with the likes of *Elle* France, pioneering cookbook publishing house *Alain Ducasse Edition*, and *Saveurs* magazine. She has also collaborated with brands such as Mastrad, Darégal and Leader Price, and has produced several cooking videos for the Leroy Merlin group and Moroccan television.

She lives and works in Paris, and her cooking and styling are deeply inspired by her travels.



DRIZZLE

Olive oil-infused recipes from across the Mediterranean

Sarah Fulton Vachon

9781846016196
£26.00

May 28, 2026
Hardcover

Mitchell Beazley

A glorious celebration of a golden liquid, *Drizzle* is a collection of 80 beautiful sun-soaked, olive-oil drenched recipes, from the UK's fastest growing premium olive oil brand, Citizens of Soil.

'A beautiful book packed with simple, thoughtful recipes that prove that olive oil is not just a support act, it's a headliner.'

-Ben Lippett

'Olive oil makes everything better and this book shows you how.'

-Anna Jones

'You'll rethink everything you thought you knew about this essential kitchen staple.'

-Manon Lagrève

From certified olive oil sommelier Sarah Fulton Vachon, founder of the award-winning olive oil brand Citizens of Soil, comes a celebration of the superfood that is extra virgin olive oil. *Drizzle* features recipes for each season, as well as expert insight into choosing, tasting and cooking with this liquid gold.

Recipes come directly from olive oil producers, and from the olive oil obsessed, across the Mediterranean and beyond, from Cretan dolmades to sweet Portuguese buns. Each dish perfectly captures why we should all be drizzling more olive oil, in every season and at every meal.



Sarah Fulton Vachon is an olive oil sommelier and founder of Citizens of Soil, the Olive Oil Club and refill brand with award-winning extra virgin olive oils from regenerative farmers. She has spent her career working with food and drink brands and regularly delivers olive oil masterclasses to the likes of Fortnum and Mason and Tim Spector's Zoe team. She's made the *Telegraph* + NatWest "Top 100 Female Entrepreneurs to Watch" and is a member of Women in Olive Oil, a global network which empowers education and advancement of women in the industry she loves.



RECIPES FOR SOUPS

An indispensable collection of tasty and nourishing recipes

Hamlyn

9780600640127
£10.00

June 4, 2026
Hardcover

Hamlyn

An indispensable collection of 65 easy-to-follow recipes that you can make from scratch - all packed full of natural ingredients and bursting with flavour.

Discover 65 mouth-watering, achievable and inspiring recipes that you will turn to time and time again.

Homemade soup is the ultimate comfort food: warm, filling, and satisfying. There is nothing better than soup for using up leftovers - it's easy to make, endlessly versatile and simply delicious. Whether you are looking for a satisfying starter, a light summer lunch, wholesome and hearty winter dishes, or quick and simple mid-week dinners to savour, they're all here.

Recipes for Soup is perfect for soup fans everywhere; packed full of classic easy-to-follow recipes for every occasion, from Caribbean Pepper Pot and Cream of Chicken Soup to Crab Bisque - the recipes in this book are a great way to convert soup sceptics to soup lovers.

Contents include:

- The Basics
- The Classics
- Mains
- Veg-forward
- Something Different
- Small Plates & Sides

Other titles available in the series:

Recipes for Summer
Recipes for Pickling & Preserving
Recipes for Savoury Bakes

THE CLASSICS



MINISTRONE

SERVES 4
PREPARATION TIME 5 minutes
COOKING TIME 23 minutes

2 tablespoons olive oil	1 carrot, chopped	1 onion, chopped	1 garlic clove, crushed	2 celery sticks, chopped	1 stalk fresh dill	1 can of tomatoes	400g (14oz) can chopped tomatoes	600ml (2 pint) chicken vegetable stock (see page 7-9)	100g (3½oz) small pasta shapes	1 tablespoon chopped flat leaf parsley	salt and pepper	grated Parmesan cheese to serve
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Heat the oil in a large saucepan. Add the onion, garlic, celery, carrot and cook over a medium heat, stirring occasionally for 5 minutes. Add the tomatoes, stock, vegetable, cabbage, bay leaf and flat leaf parsley. Bring to the boil, lower the heat and simmer for 10 minutes.

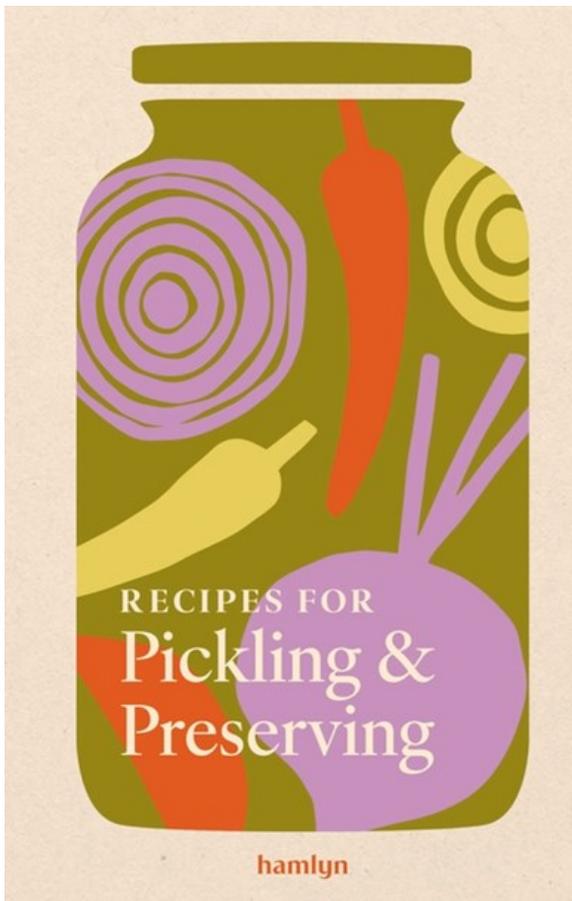
Add the pasta and season to taste. Stir well and cook for a further 8 minutes. Keep stirring, as the soup may stick to the base of the pan. Just before serving, add the parsley and stir well. Ladle into bowls and serve with grated Parmesan.

THE CLASSICS

Francesca Huntingdon (Author)

Francesca Huntingdon is a home cook, recipe writer and food stylist based in Bath. She has over 20 years of experience - learning to cook from her mother, grandmother and brothers. She specialises in creating inspiring, dependable and fuss-free recipes - with a strong emphasis on flavour - that can help anyone become a better cook.

When she's not cooking, Francesca enjoys growing organic vegetables and herbs, and loves wandering around farmer's markets with her husband, children and her two giant dogs.



RECIPES FOR PICKLING & PRESERVING

An indispensable collection of tangy and tasty recipes
Hamlyn

9780600640141
£10.00

June 4, 2026
Hardcover

Hamlyn

An indispensable collection of 65 easy-to-follow recipes that you can make from scratch - all packed full of natural ingredients and bursting with flavour.

Discover 65 mouth-watering, achievable and inspiring recipes that you will turn to time and time again.

It's no secret that fermented and preserved foods are loved for the bold, layered flavours they produce as well as the benefits they provide to our gut and immune system. Pickling and preserving are also great ways to turn seasonal produce into utterly delicious treats you can enjoy all year round. The recipes in this book have something for everyone, whether you are just starting out on your pickling journey, or a seasoned hand looking for inspiration.

Recipes for Pickling & Preserving is perfect for cooks, food lovers, foragers and pickle enthusiasts; packed full of tasty, easy-to-follow recipes that anyone can make at home, from Autumn Harvest Chutney and Apple, Marrow and Ginger Jam to Jerked Tomato Relish - these pickles and preserves can elevate even the most humble of dishes.

Veg-Forward



Green Tomato Chutney

MAKES 4 jars
PREPARATION TIME 15 minutes
COOKING TIME 1½ hours

1kg (2 lb) green tomatoes, fresh-chopped	1 teaspoon ground ginger
500 g (1 lb) onions, finely chopped	generous pinch of ground cloves
500 g (1 lb) cooking apples, peeled, cored and chopped	generous pinch of ground sumac
2 fresh green chilies, washed, deseeded and finely chopped	50g (2 oz) raisins
2 garlic cloves, crushed	250 g (9 oz) soft dark brown sugar
	300 ml (1 pint) white wine vinegar

Add the tomatoes, onions, apples and chilies to a large pan and mix together. Add the garlic, ginger, cloves and sumac, then stir in the raisins, sugar and vinegar. Bring to the boil, then reduce the heat and simmer, covered, for 1½ hours, or until the chutney has thickened, stirring occasionally.

Ladle into warm, dry jars. Dispense any air pockets with a skewer or small knife and cover with airtight lids. Label and store to mature in a cool, dark place for at least 3 weeks.

Contents include:

- The Basics
- The Classics
- Something Different
- Veg-forward
- Fruit-forward
- Small plates & Sides

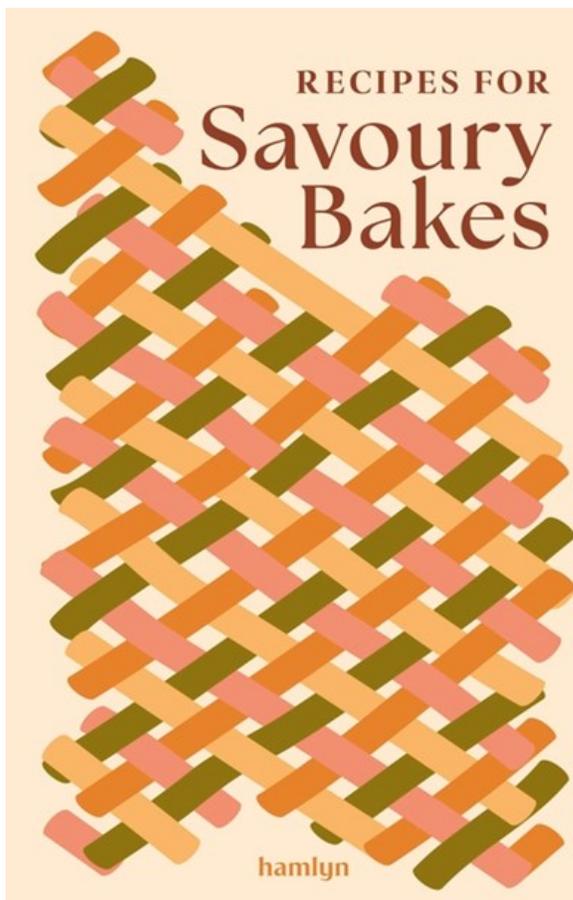
Other titles available in the series:

- Recipes for Soups*
- Recipes for Summer*
- Recipes for Savoury Bakes*

Francesca Huntingdon (Author)

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RECIPES FOR SAVOURY BAKES

An indispensable collection of tasty and tempting recipes
Hamlyn

9780600640134
£10.00

June 4, 2026
Hardcover

Hamlyn

An indispensable collection of 65 easy-to-follow recipes that you can make from scratch - all packed full of natural ingredients and bursting with flavour.

Discover 65 mouth-watering, achievable and inspiring recipes that you will turn to time and time again.

There's something universally comforting about freshly baked goods - is there anything more satisfying than biting into a warm, flaky sausage roll or nibbling on a rich, cheesy pie? Transcending traditional sweet treats, this book offers a refreshing exploration of pies, tarts, breads, and pastries filled with herbs, cheeses, meats and vegetables. Whether you're preparing a simple lunch, an elegant side dish, or a hearty centrepiece for your dinner, this book has a recipe for every occasion.

Recipes for Savoury Bakes is the perfect ode to the rich and hearty world of savoury baking; packed full of tasty and easy-to-follow recipes that include French Onion Tarts, Homemade Sausage Rolls and Cheesy Potato, Garlic and Chive Cakes - these delicious dishes will help everyone embrace the pleasures and rich rewards of home baking.

Mains

Tuscan Style Tarts

MAKES 4
PREPARATION TIME 30 minutes
COOKING TIME 15 minutes

35g (1.2oz) ready-rolled puff pastry
2 tomatoes, sliced
85g (3oz) soft cheese
2 sliced chicken slices
8 small pieces of ready-made pastry from a tin (drained)

1 tablespoon olive oil
125g (4.4oz) grated cheddar cheese
1 tablespoon olive oil
salt and pepper
grounded herbs

Use the ready-rolled puff pastry cut it into 4 x 12cm (1.5 inch) circles and place, well spaced apart, on a large baking sheet. Prick the bases all over with a fork.
Arrange the tomato slices randomly on top of each one, dividing them evenly between the bases and keeping a 1cm (1/2 inch) border around the edge. Sprinkle water over the chicken slices, peppers, thyme and olives, then drizzle with the olive oil and season to taste.
Bake at the top of a preheated oven, 220°C (425°F), Gas Mark 7, for 12-15 minutes or until the pastry is puffed and golden and the toppings cook. Serve the tarts with a simple green salad.

10



Contents include:

- The Basics
- Small Plates & Sides
- The Classics
- Mains
- Veg-forward
- Something Different

Other titles available in the series:

- Recipes for Soups*
- Recipes for Pickling & Preserving*
- Recipes for Summer*

Francesca Huntingdon (Author)

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RECIPES FOR SUMMER

An indispensable collection of fresh and vibrant recipes
Hamlyn

9780600640158
£10.00

June 4, 2026
Hardcover

Hamlyn

An indispensable collection of 65 easy-to-follow recipes that you can make from scratch - all packed full of natural ingredients and bursting with flavour.

Discover 65 mouth-watering, achievable and inspiring recipes that you will turn to time and time again.

As the weather warms, we crave food that is naturally lighter yet still nourishing and packed full of flavour. Summer is the perfect season to impress your family and friends with wholesome, easy to make and delicious dishes. Whether you are looking for vibrant meat, fish and vegetable meals, or zesty salads and desserts, bring the sunshine into your kitchen and capture the joy of summer eating with this collection of delicious recipes.

Recipes for Summer is perfect for lazy summer days when the last thing you want to do is spend hours cooped up in the kitchen. With recipes from Summer Rolls with Matcha Dipping Sauce and Prawn and Avocado Tostada to Watermelon and Choc Chip Sorbet, this collection of tasty and easy-to-follow dishes is sure to hit the spot when the weather turns hot.

Contents include:

- The Basics
- Small Plates & Sides
- Mains
- Veg-forward
- Something Different
- Something Sweet

Other titles available in the series:

- Recipes for Soups*
- Recipes for Pickling & Preserving*
- Recipes for Savoury Bakes*

Summer Prawn & Fish Filo Pie

SERVES 4
PREPARATION TIME 30 minutes
COOKING TIME 20-25 minutes

750g (2½ lb) skinless white fish fillets
1 onion
100g (3½ oz) frozen cooked prawns, defrosted
100g (3½ oz) frozen peas, defrosted

grated red and just a bit of lemon
200g (7 oz) ready-made white sauce
100g (3½ oz) filo pastry, cut into 10cm (4 in) squares, for wrapping
salt and pepper

Put the fish into large, non-stick pieces and put in a bowl with the prawns and peas. Add the lemon rind and juice, stir in the white sauce and fill and season well with salt and pepper.

Tip the fish mixture into a gratin or pie dish. Cover the surface of the mixture with a layer of filo, then brush with melted butter. Repeat the process, covering up each side until the mixture is completely sealed. Brush the pastry with melted butter.

Bake in a preheated oven, 200°C (400°F), Gas Mark 6, for 20-25 minutes until the pastry is golden brown and the fish is cooked through.

Tuscan Style Tarts

SERVES 4
PREPARATION TIME 15 minutes
COOKING TIME 12-15 minutes

35g (1¼ oz) ready-rolled puff pastry
2 tomatoes, sliced
100g (3½ oz) soft cheese, sliced
200g (7 oz) chicken slices
8 small pieces of each: sweet pepper, feta (a jar drained)

1½ tsp olive oil
125g (4½ oz) Kalamata olives
1½ tsp olive oil
salt and pepper, to taste

Use the ready-rolled puff pastry cut it into 4 x 12 cm (1½ inch) circles and place, well spaced apart, on a large baking sheet. Prick the bases all over with a fork.

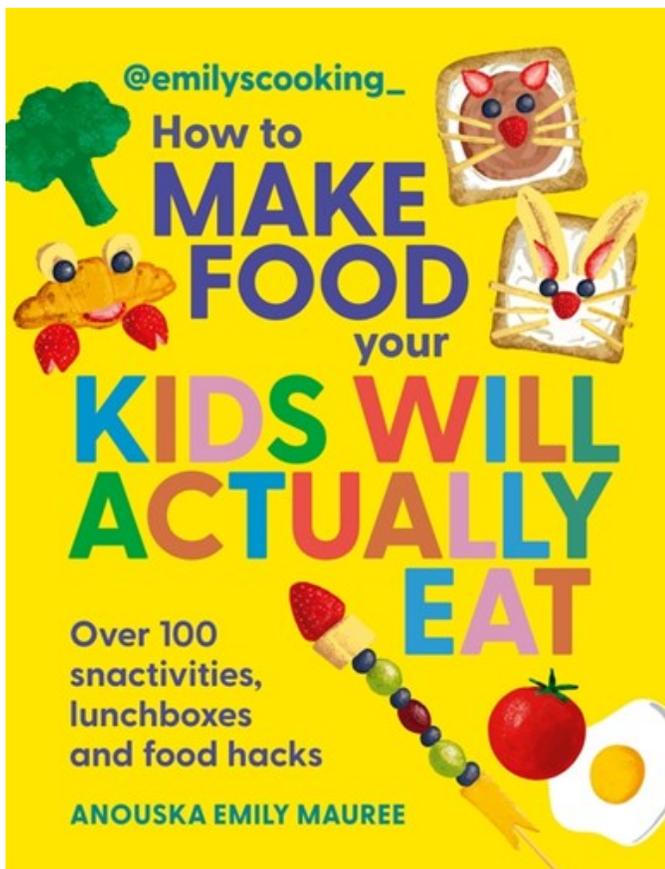
Arrange the tomato slices randomly on top of each one, dividing them evenly between the bases and keeping a 1 cm (½ inch) border around the edge. Sprinkle water over the chicken slices, peppers, olives and olives, then drizzle with the olive oil and season to taste.

Bake at the top of a preheated oven, 220°C (425°F), Gas Mark 7, for 12-15 minutes or until the pastry is puffed and golden and the toppings are done with a golden-brown crust.

Francesca Huntingdon (Author)

Francesca Huntingdon is a home cook, recipe writer and food stylist based in Bath. She has over 20 years of experience - learning to cook from her mother, grandmother and brothers. She specialises in creating inspiring, dependable and fuss-free recipes - with a strong emphasis on flavour - that can help anyone become a better cook.

When she's not cooking, Francesca enjoys growing organic vegetables and herbs, and loves wandering around farmer's markets with her husband, children and her two giant dogs.



EMILY'S COOKING: HOW TO MAKE FOOD YOUR KIDS WILL ACTUALLY EAT

Over 100 Fun Snactivities, Lunchboxes and Food Hacks

9780600639602
£16.99

June 18, 2026
Paperback

Hamlyn

Over 100 ingenious food hacks, lunchboxes, snactivities and more

Brilliant hacks and flavour-saving recipes from @EmilysCooking_, the internet's go-to for child-friendly food, that make every mealtime fun for the whole family.

Emily's recipes are fun to make, simple to prepare and crucially, your kids will *actually* eat them. Whether you need food that's perfect for a party, easy to pack into a lunchbox or guaranteed to keep the whole family happy at dinner, this is *How to Make Food Your Kids Will Actually Eat*.

Recipes include:

Breakfast: Simple Shakshuka; Little Chick Egg; Terrific Toast Characters

Lunch Savers: Corn Dogs; Potato Skin Crisps; Mango Cluster
In Case of Emergency: Toaster Pocket Wrap; Chicken Tortilla Samosas; Goopy Conflake Bites

Dinner Time: Don't Worry Chicken Curry; Hasselback Salmon & Veg Traybake; Giant Pig in a Blanket

Fun with Fruit & Veg: Watermelon Pizza; Strawberry Roses; Crispy Chickpeas

Sweet Treats: Three-Ingredient Lava Cakes; Chocolate Flower Pops; No-Churn Strawberry Ice Cream

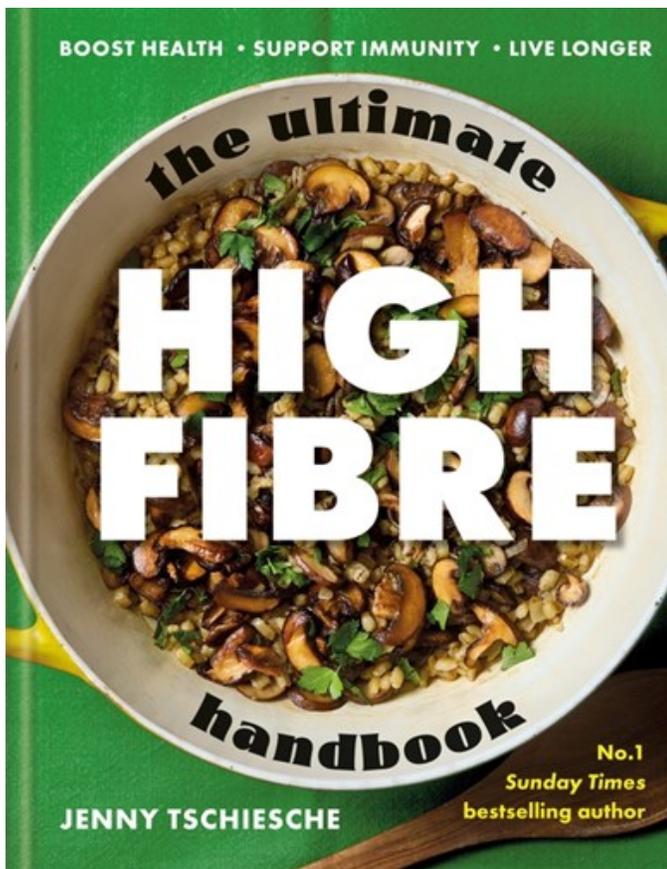
Holiday Helpers: Chocolate Christmas Trees; Diwali Firework Skewers; Halloween Puking Pumpkin

From the easiest snacks to reach for in a pinch to simple lunchbox solutions, these are recipes that your kids will truly love!



Emily Rahman is a Mauritian-British mum of two who loves making mealtimes fun. With a background in childcare, she has always loved helping kids find the fun in food but she got into her channel in earnest in lockdown when she started to grow a following for her brilliantly simple food hacks. She has gone viral for food that is both fun and delicious, such as her Disney-inspired Bluey toast, and has worked with brands such as Tesco, Lidl, Nestle, Waitrose, OXO, Maggi and Quorn.

[Instagram.com/emilyscooking_](https://www.instagram.com/emilyscooking_)



THE ULTIMATE HIGH-FIBRE HANDBOOK

Boost Health · Support Immunity · Live Longer

Jenny Tschiesche

9780600640462
£22.00

June 25, 2026
Hardcover

Hamlyn

A no-nonsense guide to fibre, the crucial missing ingredient from your healthy eating, with 70 delicious recipes

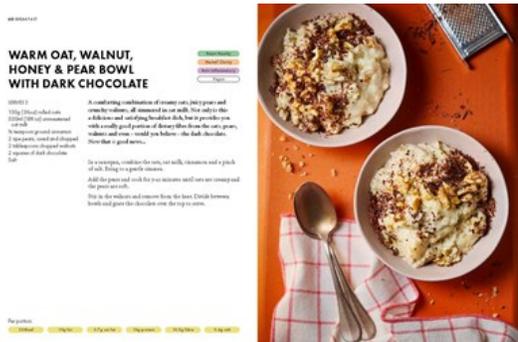
Bestselling author and nutritionist Jenny Tschiesche reveals everything you need to know about fibre, including why we need it and how to eat enough of it - plus 70 delicious, high-fibre recipes.

Drawing on nutritional science and years of clinical practice, Jenny breaks down how fibre works alongside high-protein and low-carb diets, and its profound impact on digestion, microbiome health, blood sugar regulation and longevity.

This is the ultimate guide to increasing your fibre intake naturally, without fibre supplements or fads like fibremaxxing. *The Ultimate High-Fibre Handbook* includes:

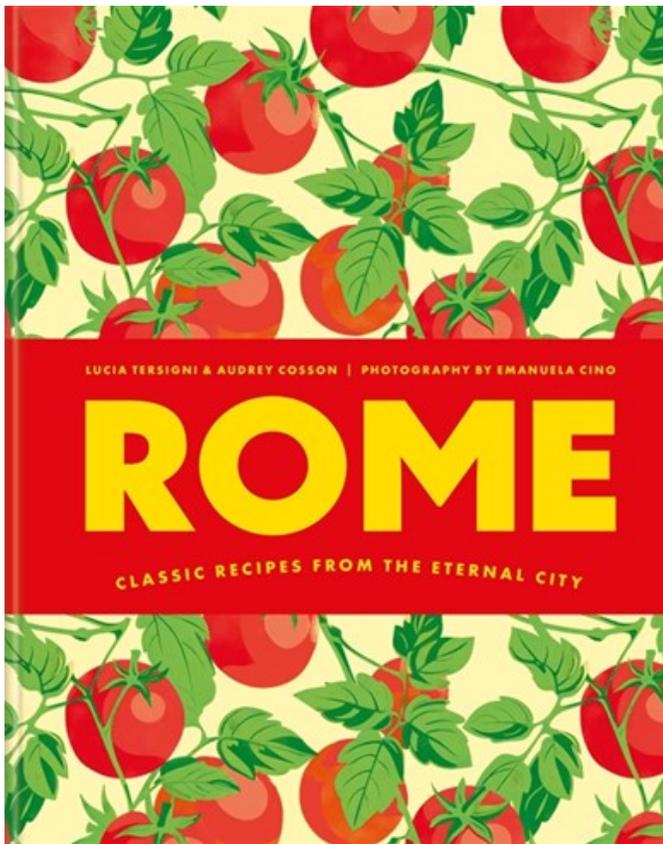
- 70 nourishing recipes that are naturally high in fibre
- Step-by-step tips to gradually increase your fibre intake without discomfort
- Hydration and cooking methods to maximise your fibre tolerance
- Practical guidance on the best whole food fibre sources

From hearty lentil stews to seed-based breads and gut-friendly smoothies, *The Ultimate High-Fibre Handbook* is both a recipe book and a roadmap to a healthier way of eating. Rediscover this vital, overlooked nutrient that is foundational to your lifelong health.



Presenter and nutrition expert Jenny Tschiesche is a renowned speaker, content creator and bestselling author. She has a Foundation Degree and Diploma in Nutritional Therapy from Bedfordshire University and Institute of Optimum Nutrition. Jenny is an inspired and inventive cook who has worked with athletes, sporting bodies, people dealing with illness, parents, fussy eaters and children. She has helped thousands of clients and conducted seminars, workshops and lectures globally - in schools, at festivals, to corporates and to Olympians. As a gifted presenter, she is also a regular contributor to the national press, BBC radio and TV.

@lunchboxdoctor
Instagram: 65.5k
Facebook: 22.6k



ROME

Classic recipes from the eternal city

Audrey Cosson

9781846017308
£28.00

June 25, 2026
Hardcover

Mitchell Beazley

The eternal city as you've never tasted it before - from pollo ai peperoni to pizza scrocchiarella, bruschetta to beignets, and saltimbocca to spaghetti

Complete with stunning photography of Rome and its environs, this is the eternal city as you've never tasted it before. With the inclusion of every essential, authentic recipe made easier than ever before, and restaurant recommendations off the traditional tourist path, *Rome* transports readers to all the delicious sights, smells and flavours of Italy's oldest city.

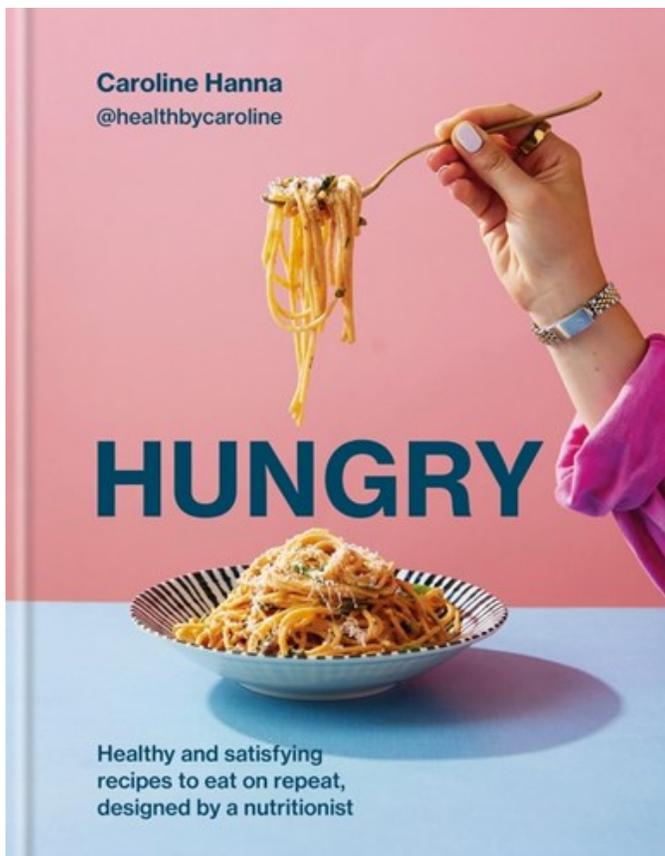
Chapters include:

1. **Antipasti**: bruschetta, zucchini flower fritters, mozzarella crouettes
1. **Pane (bread) e pizza**: white pizza, Roman roll, pizza scrocchiarella
2. **Pasta e gnocchi**: bucatini all'amatriciana, penne all'arrabbiata, gnocchi alla romana, spaghetti alla carbonara
3. **Carne (meat) e pesce (fish)**: Roman beef in tomato sauce, chicken and red pepper, cod with chickpeas
4. **Verdure (vegetables)**: spring vegetable soup, zucchini alla Romana, stuffed tomatoes
5. **Dolci (dessert)**: almond cookies, granita, traditional Roman cake



Lucia Tersigni (Author)

Originally from Ciociara (just south-west of Rome), but Roman by adoption, **Lucia Tersigni** has lived in Rome for forty years. After studying literature at the university of Sapienza, she decided to transform her passion for food into an exciting career. Desserts are her first love, vegetables her second, but little by little she has let herself be transported by the unique force of all flavours. There isn't a dish she won't try - for her it is always essential to taste and smell.



HUNGRY

Healthy and satisfying meals to eat on repeat, designed by a nutritionist

Caroline Hanna

9780600639831
£26.00

July 2, 2026
Hardcover

Hamlyn

Over 90 recipes designed by a nutritionist, incorporating the foods you love to feel satisfied and sustained for longer.

Packed with foods that make you feel good and recipes that are easy to follow from registered nutritional therapist Caroline Hanna, *Hungry* is the cookbook to satisfy your cravings.

No more coffee for breakfast and restrictions on snacking - when you are hungry, you should eat. Nutritional therapist and Cordon Bleu-trained chef Caroline shares over 90 recipes that are nutritious, well-balanced and tasty to honour both your hunger and your health.

Hungry incorporates highly nutritious ingredients in each and every dish without you noticing. Nutritional additions to classic favourites include:

- '7 Plant Points' Chilli Con Carne
- High Protein Creamy Red Pepper Pasta
- Bangers and Cheese-and-Chive Mash with a Kale and Onion Gravy
- A Nutritionist's Hangover Sandwich

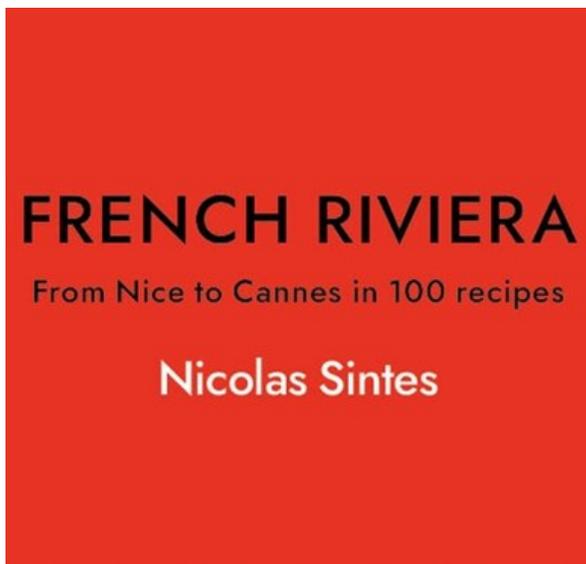
Full of recipes that celebrate and satiate appetite, *Hungry* is all about food that feels good *and* tastes good.



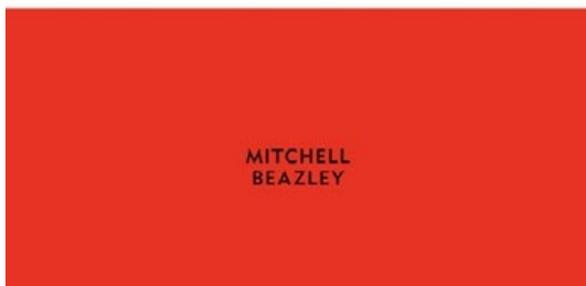
Carolina Hanna is a registered nutritional therapist (DipCNM, mBANT, rCNHC) and Le Cordon Bleu-trained recipe developer and content creator based in London. She has built an audience of over 185,000 thanks to her simple recipes and realistic approach to nutrition.

Formally trained at the College of Naturopathic Medicine, Caroline has collaborated with brands including Nairn's, Mindful Chef, Dash Water, ProVen and BOL Foods. A nutritionist with a hedonistic streak, she can often be found drinking a glass of red wine (Argentinian Malbec, thanks) and eating a cheese fondue for two by herself.

Her science-backed yet realistic approach to nutrition is a refreshing tonic to a glossy world of perfectly curated food and cooks, making both Caroline, her recipes, and her mission - to create well-balanced recipes that are delicious and satisfying - relatable.



COVER TO BE REVEALED



Nicolas Sintes, a local resident and chef as talented as he is passionate, has worked in prestigious kitchens throughout the region.

FRENCH RIVIERA

From Nice to Cannes in 100 recipes

Nicolas Sintes

9781846017599
£40.00

August 6, 2026
Hardcover

Mitchell Beazley

A beautiful cookbook from one of Europe's trendiest location, shot on location in the Côte d'Azur

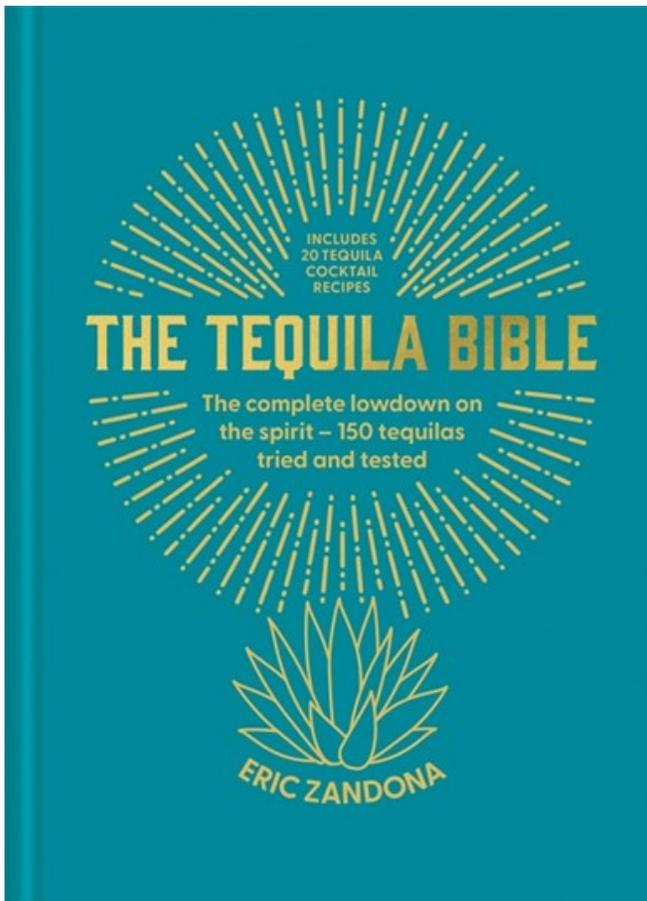
'The French Riviera, it's not just a setting. It's a place where one cooks with sun, seafood, herbs, olive oil. A straightforward, delicately balanced cuisine, it's all about the essentials. It is one that I have celebrated for more than twenty years. This book is made for those who love this region, who love cooking simply, and who know that a beautiful plate starts always with good produce.'

Nicolas Sintes

Each chapter of this beautiful book is devoted to a different town on the French Riviera, France's Mediterranean coast, showcasing each *ville's* delightful dishes and vistas . Specially commissioned photography brings the coast right into your home - from Cassis to La Ciotat, Toulon & La Baie de Tamaris, Saint-Tropez, Cannes, Antibes, Nice & Menton.

Recipes include:

- 1) Stuffed chicken
- 2) Sautéed girolles
- 3) Bouillabaisse
- 4) Saffron & honey madeleines
- 5) Chicken in salt crust
- 6) Tomato salad with nectarines and balsamic vinegar
- 7) Fennel salad with green olives, bottarga and orange
- 8) Mussels à la Provençale
- 9) Heritage tomato bruschetta
- 10) Prawn carpaccio



THE TEQUILA BIBLE

The complete lowdown on the spirit – 150 tequilas tried and tested

Eric Zandona

9781840919837
£20.00

August 13, 2026
Hardcover

Mitchell Beazley

An approachable, comprehensive guide to Tequila and other agave spirits, by the author of the bestselling *Bourbon Bible* (more than 90k sold since 2018).

In the golden age of tequila, the choice of bottles has never been greater - from the perfect neat tequila serve to the spirit in your margarita.

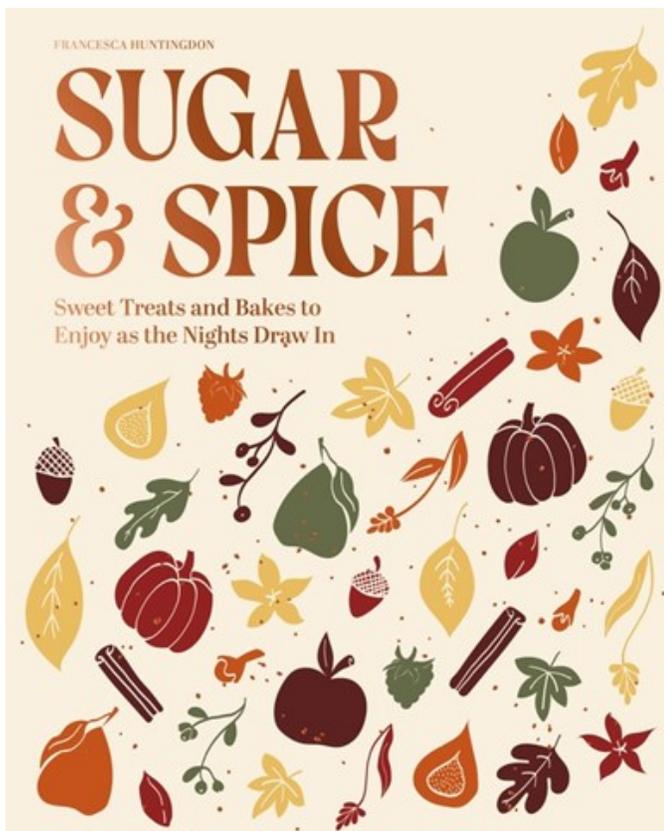
In *The Tequila Bible*, bestselling author Eric Zandona dives into more than 150 of the most exciting tequilas, from big-name classics to tiny craft distilleries, with flavour profiles and recommendations for the best way to drink each one. *The Tequila Bible* is the ultimate guide to one of the world's most popular spirits.

- With profiles on more than 150 varieties of tequila, with key facts and flavour notes
- Contains 20 tequila cocktail recipes from the Paloma to the Añejo Old Fashioned
- Unlocks everything you need to know to read a tequila label



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

Twitter: @EZdrinking



THE SUGAR AND SPICE COOKBOOK

Sweet Treats and Bakes to Enjoy as the Nights Draw In

Francesca Huntingdon

9780600640295
£20.00

August 27, 2026
Hardcover

Hamlyn

A definitive collection of over 170 autumnal recipes - from iced loaf cakes and moist muffins to gooey chocolate brownies and beyond, whether it's sugar-crusted, spiced or outrageously sticky, everything in this book is simply irresistible and utterly scrumptious.

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" - Winnie the Pooh

Autumn is a season of the year beloved by so many; it's the time of warm colours, crisp leaves, chunky knitwear and spiced hot drinks - and it's also when many of us grab our bowls and cooking implements and get cooking!

Throughout this book, you'll find a vast selection of bakes and sweet treats - everything you might want to indulge in as the season turns and autumn leaves start to fall. With over 170 recipes, from simple puddings to more elaborate and indulgent bakes, *The Sugar and Spice Cookbook* will be the go-to bible for cinnamon bun fans, pumpkin spice perfectionists, chocoholics and cake lovers.

A beautifully designed gift for everyone from first-time bakers to experienced cakemakers.

Contents Include:

Chapter 1: Pastry

Spiced Hazelnut Palmiers; Honeyed Pecan Pie; Caramel Tarte Tatin

Chapter 2: Muffins, Cupcakes & Loaves

Apple & Cinnamon Muffins; Mince Pie Cupcakes; Sticky Toffee & Date Loaf

Chapter 3: Biscuits, Brownies & Traybakes

Clove & Cardamom Spice Cookies; Chocolate Fudge Brownies; Spicy Apple Parkin

Chapter 4: Little Treats

Creamy Pistachio Toffee; Salted Caramel Shards; Banoffee Meringues

Chapter 5: Puddings & Desserts

Ginger & Treacle Sponge Pudding; Caramel Apple Crumble; Peachy Cinnamon Cheesecake

Chapter 6: Showstoppers

St Clements Cake; Chocolate & Chestnut Roulade; Pear, Cinnamon & Raisin Kugelhupf

STICKY CINNAMON & PECAN BUNS

Mix the flour with a tablespoon of water and salt until the milk gently is a maximum and becomes thin like the good old-fashioned custard.

Mix the flour and salt in a large bowl, add the butter and combine with the water to make a breadcrumb-like texture.

Combine the flour and salt mixture together then add into the flour mixture to make a smooth, soft dough. Tip the dough into a large bowl and add the eggs and sugar. Mix thoroughly until smooth and elastic. Put it in a clean bowl, cover with a clean plastic wrap and leave to rise in a warm place for 30 minutes.

Make the filling by the butter, sugar and cinnamon in a bowl until well combined. Then add the pecans, dates and maple syrup.

Roll the dough into a lightly floured surface and knead for a minute until smooth. Roll the dough into a log 20 cm (8 in) in diameter. Spread the filling evenly across it. Then roll tightly from one of the longer sides to the other. Slice into 10 even slices. These pieces will spread on a baking sheet, so place them on a lightly oiled sheet with a space of 2 cm between them.

Bake at 180°C (350°F) for 20 minutes until golden. Leave to cool on a wire rack. For the icing, mix the sugar and milk until it is a thick paste and add the vanilla. Drizzle over the cooled buns and leave to harden slightly.



Francesca Huntingdon is a home cook, recipe writer and food stylist based in Bath. She has over 20 years of experience - learning to cook from her mother, grandmother and brothers. She specialises in creating inspiring, dependable and fuss-free recipes - with a strong emphasis on flavour - that can help anyone become a better cook.

When she's not cooking, Francesca enjoys growing organic vegetables and herbs, and loves wandering around farmer's markets with her husband, children and her two giant dogs.

THE ADHD RECIPE BOOK



TIPS, PLANNERS & 90 EASY RECIPES TO EAT WELL WITH ADHD

JACQUELINE GALANTY

THE ADHD RECIPE BOOK

Tips, Planners and 90 Easy Recipes to Eat Well with ADHD

Jacqueline Galanty

9780600640264
£22.00

August 27, 2026
Hardcover

Hamlyn

A nutrition toolkit for people with ADHD, featuring tips, case studies and over 80 recipes specifically designed for ADHD

The ADHD Recipe Book makes healthy eating easy and accessible for everyone, with recipes that are specifically designed for people with ADHD:

- Intuitive recipe design with no hidden steps
- Organised ingredient lists
- Kit list before you start
- 'Cook by need' contents list (One Pot, 30 Minutes, Batch Cooks, No Cook)

ADHD affects millions of people around the world, with more people being diagnosed every day. It affects focus, attention and organisation, which are all needed for food preparation. This can make eating well every day a challenge - but it doesn't need to be that way.

Dietitian Jacqueline Galanty explains the relationship between ADHD and food, and the simple steps that can be taken to help people manage difficulties such as:

- Recognising hunger cues
- Planning mealtimes
- Managing chaos in the kitchen

Featuring case studies, practical tips and meal plans, *The ADHD Recipe Book* is an important and inclusive resource.

Eating Well for Health & ADHD

Eating well lays the foundation for your health. To help your body, strengthen your mind, support focus and sharpen memory, when you're motivated.

- sleep comes more easily
- stress feels more manageable
- your energy is steadier across the day in the long term, balanced eating lowers the risk of illness and supports long-term wellness.

This sounds simple but modern life is busy and complicated, and this can get in the way of our best intentions. Stress, poor sleep and busy schedules can push eating off course.

Sometimes, this means turning to convenience foods or eating larger amounts than usual when we're tired and need comfort. Other times, it's the opposite and the same pressures mean we lose our appetite, skip meals or find food preparation too exhausting to even start.

Add to that the constant availability of eating out options, processed advertising and a culture that celebrates dieting and meal skipping, and it's no surprise that eating well feels hard.

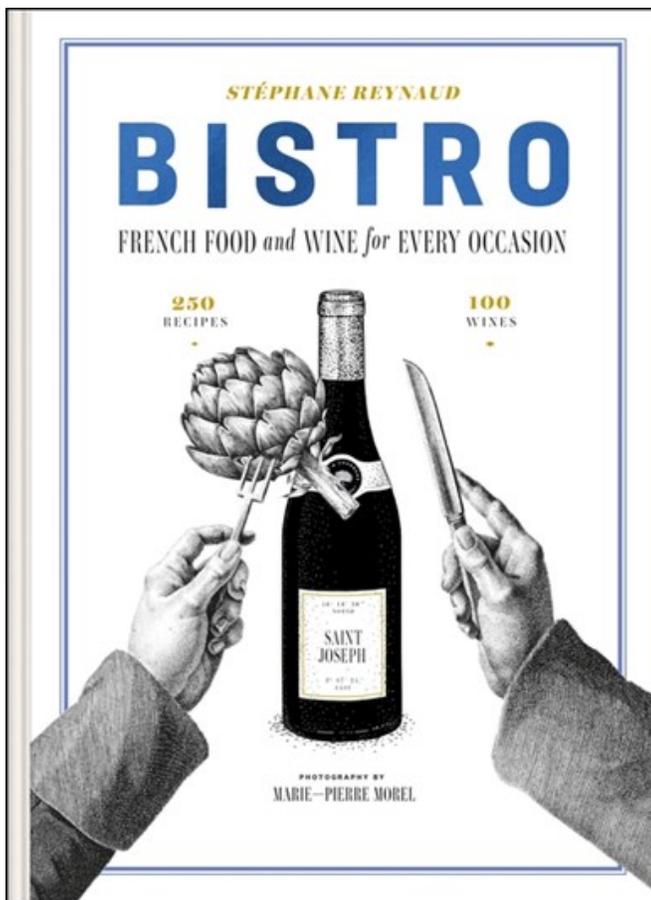
For people living with ADHD, these challenges are magnified. Research shows that people with ADHD eat fewer fruits, vegetables and protein-rich foods, and more processed calories than the general population. This is partly because eating well depends on a balance of will, skills, and ADHD can make some of these harder. Some of the common barriers can be found in the table opposite.

This recipe book is more than a collection of meals - it's designed to work with an ADHD brain. The food is nourishing and recipes are structured simply with realistic planning tips to take the friction out of cooking.

Barrier	Explanation	Examples
Executive function (memory, planning, organisation)	People with ADHD find it harder to plan, organise and follow through on routine tasks.	Forgetting items coming out of ingredients, finding recipe instructions, skipping an eating slot.
Hunger and fullness cues	Difficulty tuning into the body's signals.	Forgetting to eat until someone, remembering good leftovers without realising.
Sleep disruption	Poor sleep in ADHD is linked to irregular rhythms, sleeplessness, too-waking, mental health and regular mealtimes.	Cravings for foods, lack of motivation to cook, energy and mood swings.
Motivation and reward systems	Executive differences can mean food feels extra demanding especially when conditions are high or when you're overwhelmed. Low stimulation, repetitive tasks are harder to start.	Eating for comfort, eating quickly without thought, avoiding mealtime meals such as simplifying the alternative can get in the way of starting cooking.
Activity	Meditation and high activity mean energy levels are greater.	Burning out of energy, irritability, concentration slips, meals and snacks don't meet needs.
Motivations	Stimulants can suppress appetite but hunger otherwise. Other side effects include dry mouth and dopamine dysregulation.	Skipping meals, minimal intake during the day, over-eating in the evening when meals have worn off. Cutting out food groups.
Sensory differences	Sensory sensitivities to textures, smells or tastes are common in ADHD.	Limited range of food options, difficulty eating out with others.

Jacqueline Galanty is a HCPC-registered dietitian and Associate Nutritionist with experience in both the NHS and private practice. She specialises in working alongside people with neurodivergence and mental health challenges, including ADHD, autism and anxiety.

www.nutritionalclinic.co.uk



BISTRO

French food and wine for every occasion
Stéphane Reynaud

9781846016905
£40.00

August 27, 2026
Hardcover

Mitchell Beazley

A massive, gorgeously produced celebration of classic French bistro food and drink by one of the most influential French writers of modern time.

The bistro. The counter, the conviviality, the house classics to eat at any hour. A true French institution. In *Bistro*, Paris's most famous bistrotier, Stéphane Reynaud, shares 250 recipes to enjoy and 100 wines to accompany them. Be transported from the counter to the fishmonger's bench, to the butcher, to the dessert window.

Recipe chapters include:

- The counter: croissants, tarte aux oignons, sardines escabèche
- The fishmonger's bench: creamed mussels, whelks with miso mayo
- Entrées: terrines, soups, endive and olive salad, salmon gravlax, scallops and bacon
- Dish of the day: Lyon sausage, pork and duck cassoulet, stuffed tomatoes, confit garlic potatoes
- Fresh from fishing: tuna with sweet potatoes, marinated sea bream, salmon confit
- The butcher's counter: lamb shank, bavette with shallots, crispy chicken breast
- Served at every hour: fried fish with fries, cheese soufflé, salad Niçoise
- The cheese cellar: from Caen-Rouen to Paris-Lille
- The dessert window: crème caramel, tarte tatin, rum baba

But that isn't all - discover everything you need to know on aperitifs, beer or coffee...Plus 100 wines from all across France, expertly paired with a range of dishes. All the recipes are written by Stéphane Reynaud with generosity and authenticity to ensure pleasure at every table.



Grandson of a butcher, born in Lyon, Stéphane Reynaud has owned and operated several Paris restaurants. The latest, Yes, My General, in the 7th arrondissement of Paris was voted best bistro in Paris in 2020 where people come to 'to drink, drink well and eat, eat well'. He is the author of several cookbooks, including *Ripailles*, *Stéphane Reynaud's Barbecue* and *One Knife, One Pot, One Dish*.

GARDENING & NATURE

50 Ways to Kill a Slug



Serious & silly ways to outwit the garden's number one enemy

50 WAYS TO KILL A SLUG

Serious & silly ways to outwit the garden's number one enemy

Sarah Ford

9780600639879
£7.99

January 29, 2026
Paperback

Hamlyn

New updated edition of the hugely successful *50 Ways to Kill a Slug*; completely serious and very silly ways to kill or outwit the garden's number one enemy.

In a carefully manicured garden, amid the pristine borders, prowls the irksome pest...

Are you being bullied by a mollusc that slimes all over your garden and munches through your favourite delphinium? Have your tender seedlings been devoured in the night by a nocturnal predator? Are you worried about using slug pellets for fear of endangering local wildlife? Take a stand against slugs with 50 alternative, organic, natural, chemical and humane solutions to slug problems. *50 Ways to Kill a Slug* shows you how to trick, flick and frighten slugs out of your garden, leaving you with blissfully pest-free plants without having to resort to harmful chemical options.

Stop slugs in their tracks and make slimy trails and nibbled leaves a thing of the past!

This newly updated bestselling book, is now presented as a small format paperback edition, beautifully packaged in a vibrant leafy green. It is the perfect gift for expert and novice gardeners alike.

Stop slugs in their tracks and make slimy trails a thing of the past!

Contents include:

- Know your enemy
- Prepare the battleground
- Gather your weapons
- Enter into Combat: prevention, barriers, traps, baits, organic ideas, a taste of their own medicine, biological allies, simply silly

What to do when you've been slimed

Slug slime is gross. However, in your wars against slugs, it is inevitable that you will get slimed on more than one occasion. So, to de-slime, rub a little vinegar with warm water and wash your hands. Please be careful to avoid any cuts on your hands.

What to do with a slug (dead or alive)

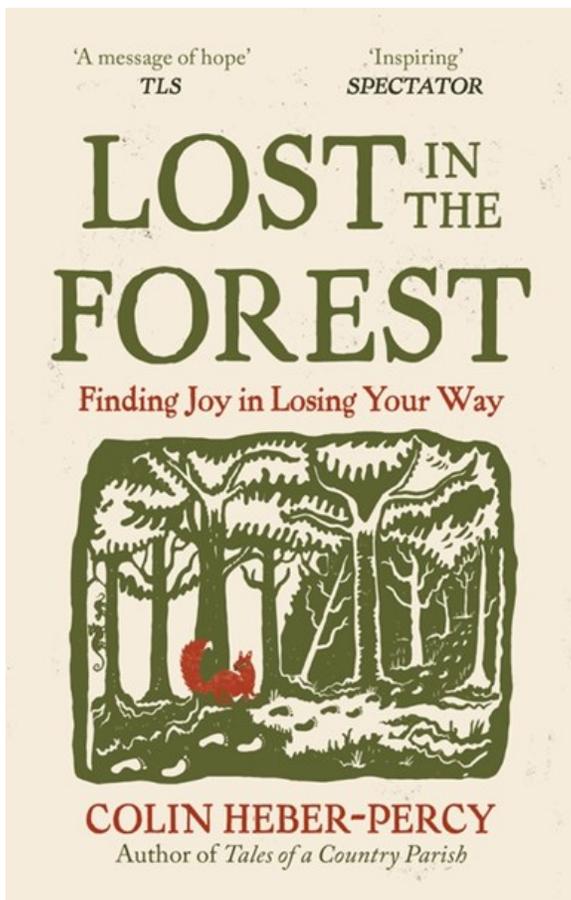
You've killed and collected them, or just collected them. What now?

Slugs are much more useful than you might imagine. They are full of protein and can make a tasty snack for cats, chicks or fish. They are also quite a good addition to a compost bin; as the average compost pile is full of their favourite food, the living ones will live you forever and will stay put; they will also help with the breakdown of cardboard and paper and improve the quality of your compost. With good quality compost, your plants will become stronger giving them

more of a fighting chance against the slug. The dead slugs will be eaten by the living slugs, who in turn will become strong, making better compost - and so the cycle continues.



Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals... mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn. When she's not working she can be found hanging out in her garden, smelling the flowers with her daughter and a whole host of pets.



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

LOST IN THE FOREST

Notes on not belonging from the English countryside
Colin Heber-Percy

9781804192344
£10.99

February 26, 2026
Paperback

Gaia

From the author of *Tales from a Country Parish* (2022), Colin Heber-Percy's new book is a gentle, funny, and life-affirming exploration into life's biggest questions.

'A message of hope' TLS

'Inspiring' SPECTATOR

'A sumptuous mix of poetry, story and deep philosophical truths' FERGUS BUTLER-GALLIE

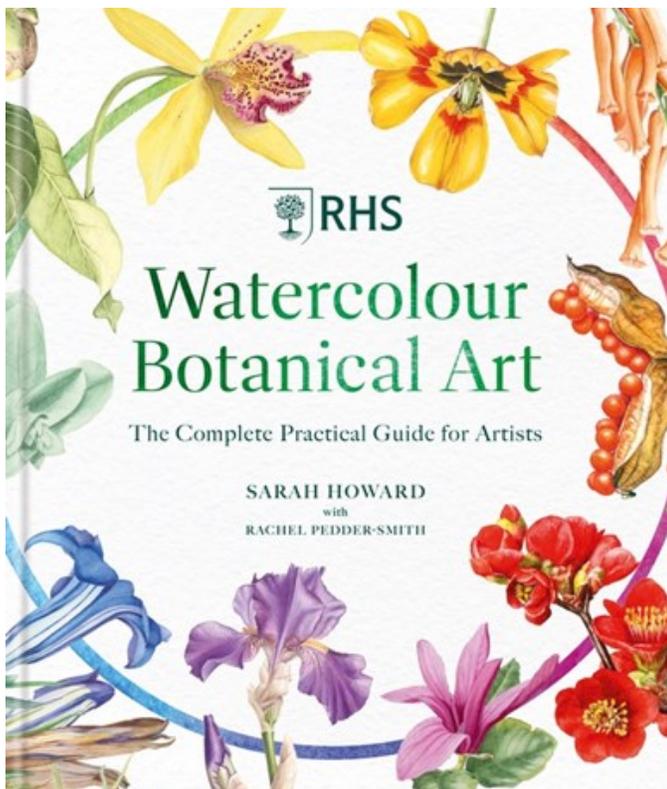
'Colin Heber-Percy is a reliable guide' REV RICHARD COLES

This book is a hymn to getting lost. Drawing on his experience as a troubled schoolboy, a burnt-out screenwriter at the BBC, an 'awkward' priest in the Church of England, Colin Heber-Percy reflects on the value of *not* belonging...

We all share a desire to belong. There's reassurance and safety in knowing who we are and where we fit in. But at significant moments in our lives - a new job, new school or an unexpected change of circumstances - or just in the ruts and routines of everyday life, we can experience a sense of not belonging, of dislocation, of being lost in a forest. But, there is another way to approach these uneasy moments. Rather than fearing the forest, Colin discovers great value and creativity there.

Join parish priest Colin Heber-Percy in an invitation to get lost - to lose the labels society and institutions use to box us in - and to relish the liberation of losing our way in the world. Blending anecdotes from parish life, with philosophy, literature and tales from his local Savernake Forest, Colin argues that there is an overlooked richness, a spirituality and a freedom to be found outside the boundary lines our culture sets for us.

***Lost in the Forest* is a gentle, funny, and life-affirming trail of crumbs through the woods...**



RHS WATERCOLOUR BOTANICAL ART

A Practical Guide for Artists

Sarah Howard

9781784729844
£30.00

March 12, 2026
Hardcover

Mitchell Beazley

A practical, must-have handbook for botanical artists that can be returned to time and time again, in association with the RHS and created with the input of its team of botany experts.

Unlike botanical art books that only focus only on painting techniques, and botany books that do not take account of the artist's method, *Watercolour Botanical Art* balances both botany information and the painting practice used to depict it.

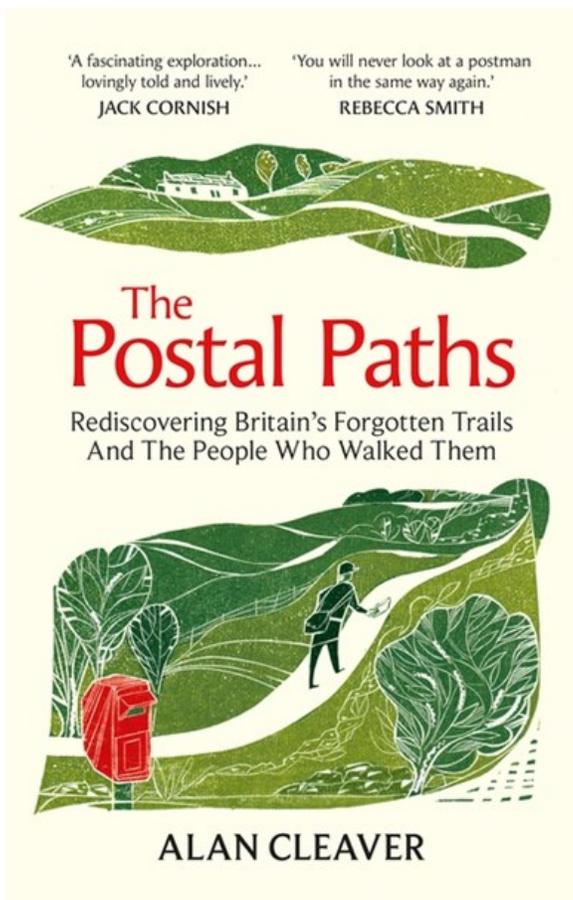
The intended reader is any artist who wishes to be more informed about botany; who needs to tackle the challenges of painting complex and particular botanical structures; who wants to learn what to look out for; and discover variations and morphological parts that are not obvious.

Part One focuses on botanical forms and considerations. Each entry in the directory of morphological terms will include: Diagrams and text describing the plant morphology
Artists' Considerations: a checklist to follow when examining a plant
Paintings from celebrated botanical artists

Part Two focuses on practical considerations for artists describing painting techniques in step-by-step detail. This section also includes practical tips for working outdoors, visiting plant collections, and collecting or photographing plant specimens for study.



After working as a book researcher, archivist and journalist, **Sarah Howard** moved to Ethiopia with her husband where life began as a botanical illustrator. Now living in Scotland, and after training at the Royal Botanic Garden, Edinburgh, she has taken part in numerous exhibitions, liaised with artists for international exhibitions, been an active member of botanical painting associations, and has had work selected for prestigious institutions or commissioned for private and public collections. Sarah holds a Diploma in Botanical Illustration (Distinction), Royal Botanic Garden Edinburgh, 2014.



Alan Cleaver is a retired newspaper journalist and editor, with a career spent mostly in provincial journalism. In 2010, he decided to leave journalism to self-publish books on Cumbrian history, folklore and walking.

THE POSTAL PATHS

Rediscovering Britain's Forgotten Trails And The People Who Walked Them

Alan Cleaver

9781800962231
£10.99

March 12, 2026
Paperback

Monoray

A journey through Britain's lost paths, and a social history of the postmen and women who forged them.

'A fascinating exploration of routes trod by generations of rural postmen and women - lovingly told and lively.'
-JACK CORNISH, author of *The Lost Paths*

'A delightful exploration of one of our most important cultural figures in the community, the postman. *Postal Paths* journeys around the UK, unearthing forgotten stories... You will never look at a postman in the same way again.'

-REBECCA SMITH, author of *Rural: The Lives of the Working Class Countryside*

'Charming... Cleaver brings to the life the lives of those who served their communities.'

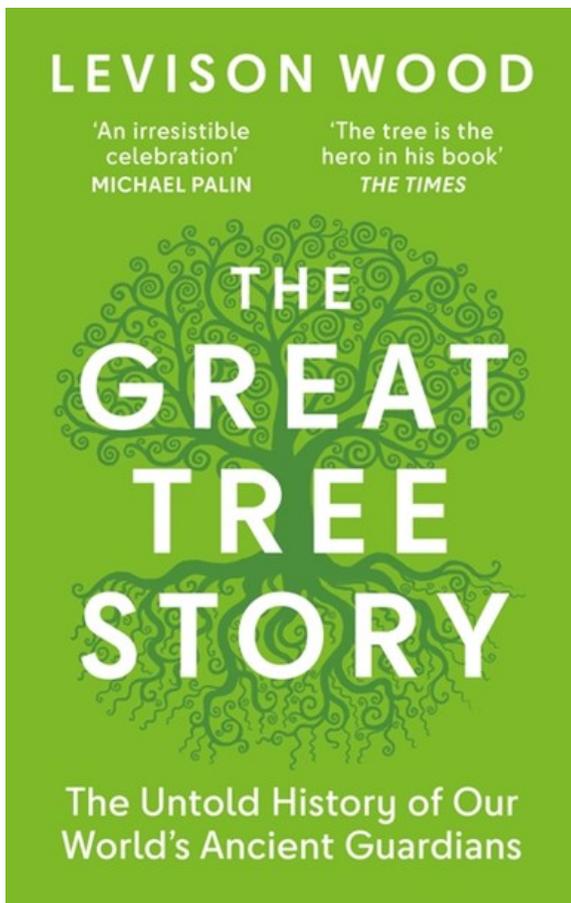
-KIRAN SIDHU, author of *I Can Hear The Cuckoo*

Seeing the hills, the crofts, villages and ruins only tells half the story. The people who worked, walked, lived and died here are the other half.

Postal paths span the length and breadth of Britain - from the furthest corners of the Outer Hebrides to the isolated communities clinging to the cliffs of the Rame Peninsula in south-east Cornwall. For over 200 years, postmen and women have delivered post to homes across Britain on foot, no matter how remote.

A chance remark by a farmer about a Postman's Path led Alan Cleaver on a quest to discover more about this network of lanes, short-cuts and footpaths in the British landscape. From the rolling fells of Cumbria to Kent's shingle coast, he walked in the footsteps of 20th Century posties. And what he found, through conversation and painstaking research, was not just beautiful scenery. It was an incredible, forgotten slice of social history - the tales and toil of rural postmen and women trudging down lanes, over fields, and even across rivers to make sure the post always came on time.

From women like Hannah Knowles, who began her job delivering letters in 1912 and would only miss three days through illness over the next 62 years of service, to a WW1 veteran who completed his 9-mile delivery route on one leg, *Postal Paths* paints a vivid picture of people who not only served communities but brought them together, one letter at a time.



THE GREAT TREE STORY

The Untold History of Our World's Ancient Guardians
Levison Wood

9781856755634
£10.99

March 26, 2026
Paperback

Gaia

A global exploration into the profound influence forests have had on our planet and civilisation.

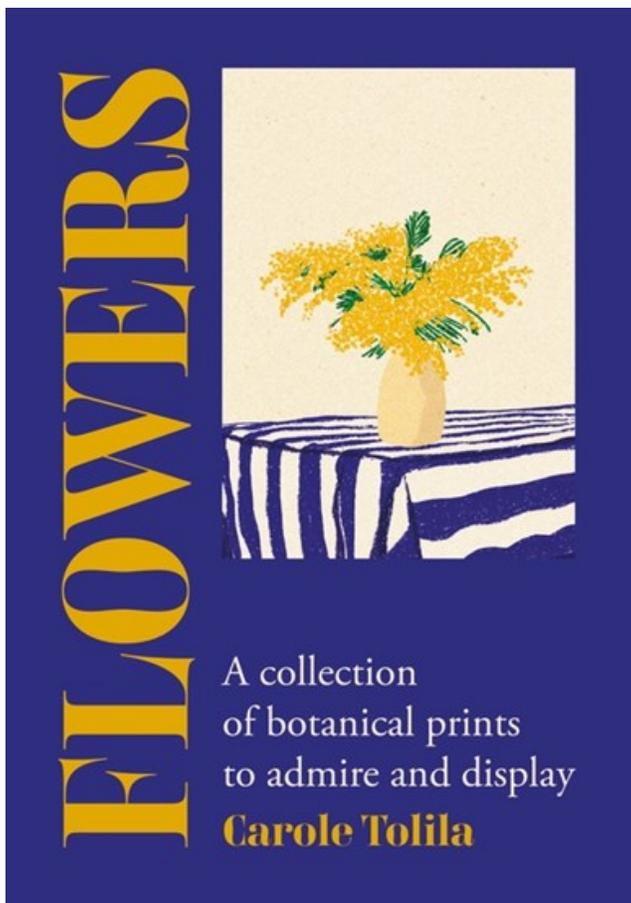
'An irresistible celebration' Michael Palin
'A thrilling journey of discovery' Tristan Gooley
'Original thought, and cutting-edge research' Sophy Roberts
'The tree is the hero in his book.' *The Times*

The Great Tree Story explores the profound influence that trees have had on our planet and civilization. Delving into their evolutionary beginnings, their cultural significance, and the impact that agriculture, colonization, and the Industrial Revolution have had on their survival - this book recounts the resilient life of trees across the ages.

Combining global travel and in-depth research, explorer Levison Wood plots the history of trees alongside our own - from the rainforests of Brazil to the war-torn regions of Ukraine - and centres their stories as the bearers of ancient wisdom.

This is a vital retelling of our natural history, and one that determines our own future.

Levison Wood is a bestselling author, photographer and explorer. He has written seven other books: *Walking the Nile* and *Walking the Americas* (both *Sunday Times* bestsellers), *Walking the Himalayas* (Adventure Travel Book of the Year at the Edward Stanford Travel Writing Awards), *Arabia*, *Eastern Horizons*, *The Last Giants* and the children's book, *Incredible Journeys*. His six television series to date have been broadcast and distributed in over a hundred countries worldwide. Wood served for several years as an Officer in the British Parachute Regiment, including an operational deployment to Afghanistan where he fought against Taliban insurgents in Helmand and Kandahar. He is an elected Fellow of the Royal Geographical Society and the Explorers Club, a visiting Fellow at CASS business school, and he has been a Leica ambassador since 2014.



FLOWERS

A collection of botanical prints to admire and display
Carole Tolila

9781846016707
£25.00

March 26, 2026
Hardcover

Ilex Press

A beautiful collection of 30 detachable art prints of flowers, created by 30 artists from around the world, with information about each flower and artist.

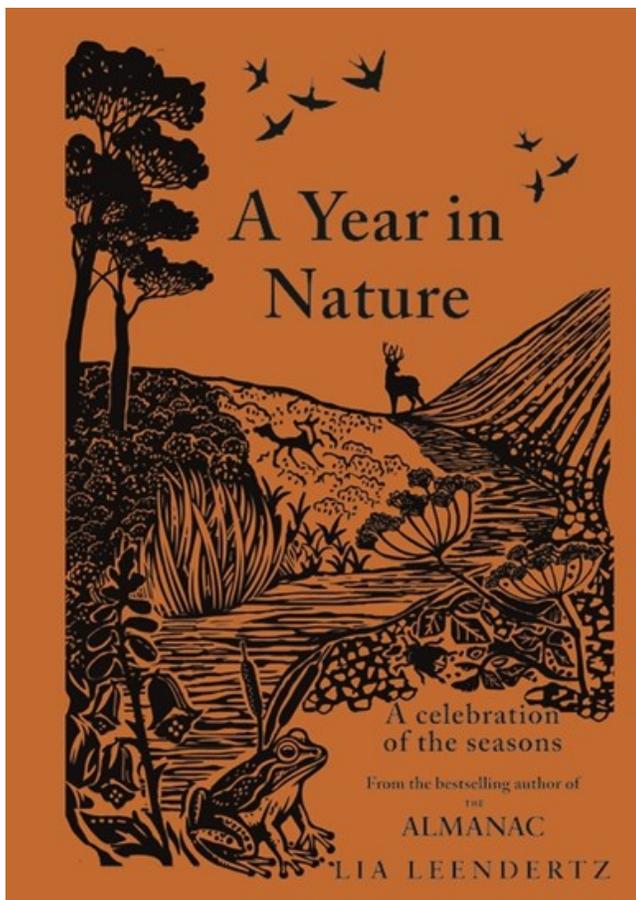
An ode to the beauty of the floral world, FLOWERS is a collection of 30 detachable art prints, each created by a contemporary artist from around the world.

In this beautiful book, gardener and journalist Carole Tolila has selected 30 of her favourite flowers. Not only is FLOWERS unique in form, being a book you can both admire and display, but it's unique in content: this is a collective work, made up of gorgeous artworks created by illustrators from across the globe. The pages of the book house a multitude of artistic techniques, ranging from watercolour to collage, linocutting to digital drawing. On the reverse of each detachable print, you'll find a little natural history to accompany each flower, along with information about each artists, the techniques they used and how the botanical world sparks inspiration for them.

Whether you're decorating your own home or looking for a thoughtful gift for a friend, FLOWERS is the perfect way of letting a little nature and poetry into your life. Simply pull a print out of the book, grab a frame or some washi tape, and display it on your wall.



Carole Tolila is a French journalist and co-host of *Silence ça pousse !*, the popular TV gardening show. Well-known on social media, with more than 90k followers, she hosts *La Pyjama Thérapie*, live videos about interior design. A lover of the natural world, Carole is the author of *FLOWERS*, a beautiful book of floral prints to admire and display.



A YEAR IN NATURE

A Celebration of the Seasons

Lia Leendertz

9781856755993
£10.00

May 7, 2026
Hardcover

Gaia

Drawn from Lia Leendertz's bestselling *The Almanac* comes a beautifully packaged look at the countryside that surrounds us and the wildlife that inhabits it.

***A Year in Nature* is a captivating journey across the countryside through the seasons.**

A delightful voyage through the seasons, each page sparkles with wonder and gentle surprises. From spring's first blossoms dancing in the breeze to winter's quiet hush beneath a blanket of snow, *A Year in Nature* celebrates the magic woven into each month, where birds chatter like storytellers, leaves whirl in secret ballets, and raindrops compose lullabies on mossy stones. With this beautiful collection, you are invited to wander meadow paths, pause beneath starlit skies, bring nature into your home and marvel at the tiny miracles often overlooked. It's a joyful reminder that nature's calendar is always full of enchantment.

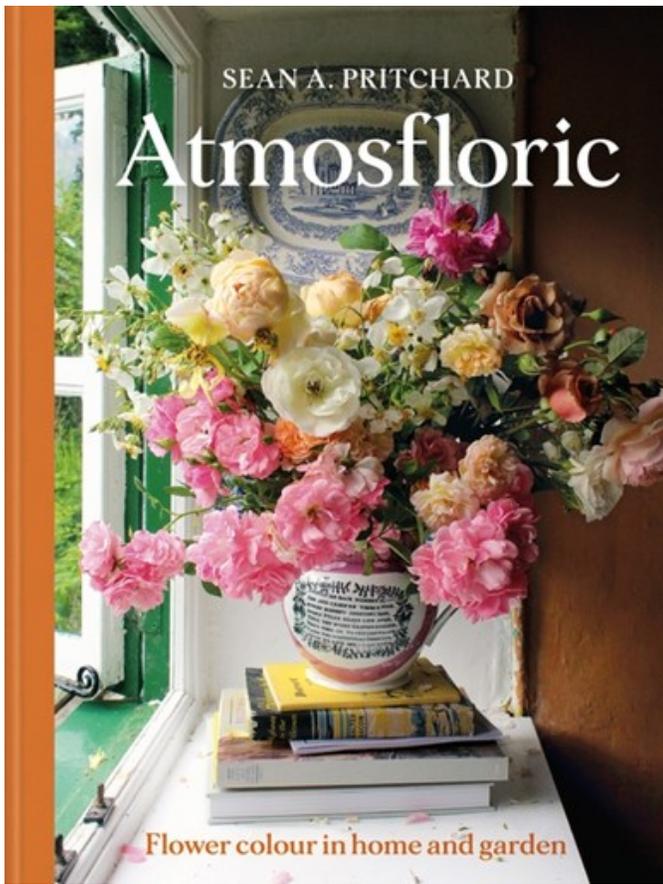
This is a book to treasure all year, every year, and the perfect companion to *A Year in Story and Song* and *A Year of Feasting and Festivities*.

Highlights include:

- January: In the ancient meadow, the hedgerow in January and inside a beehive in January
- February: A nature table for February, toad migration and winter rainbows
- March: The vernal/spring equinox, garden wildlife in March and bird of the month
- April: The pond in April, brimstone butterflies and flower on the month
- May: Garden and weather folklore, 'The feast of Beltane' and May dew
- June: Nature weaving, the hedgerow in June and Midsummer
- July: Flower of the month, summer hailstorm and inside the beehive in July
- August: Flower and leaf mandalas, dragonfly migration and the grasshopper chorus
- September: Corn dollies, autumn equinox and daddy-longlegs
- October: Make Halloween nature wands, preparing for hibernation and the moon illusion
- November: Making a space for November, preserving leaves and mellow mists
- December: Mark the winter solstice, types of frost and "cherry tree carol"

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

www.lialeendertz.com
instagram.com/lia_leendertz
twitter.com/lialeendertz
lialeendertz.substack.com



ATMOSFLORIC

Flower colour in home and garden

Sean A. Pritchard

9781840919356
£30.00

May 7, 2026
Hardcover

Mitchell Beazley

The hotly anticipated second book from designer Sean Pritchard, author of *Outside In*, exploring the impact of colour in the garden and how it can be displayed indoors. 'I wish I could do the flowers like Sean does. Like all good artists he makes it seem effortless and easy - but the beauty and spontaneity he conjures is grounded in his intelligent study of how colour theory works - and this new manual for flowers is his testimony to us. If you use it properly it is bound to be transformative.' Ruth Guilding, *The Bible of British Taste*

Sean Pritchard's hotly anticipated new book, *Atmosfloric: Flower colour in home and garden* explores how to grow flowers for colour and bring them indoors for visual impact and atmosphere.

The garden allows us to play with colour. Unlike the colours in our interiors, colour in the garden is fleeting and fickle, and with that comes an exciting opportunity to experiment with a changing performance of colour month after month and to bring those colours indoors for constantly changing displays.

Colours are considered in three mood-based chapters: Romantic, Energetic and Reflective. For each chapter Sean reveals his favourite flowers to grow (with plant lists and inspirational planting plans) and shows them in a range of inspirational gardens and interiors.

As with *Outside In* the photography is by the author, who has photographed some highly sought-after gardens and interiors in England and France including the iconic Charleston Farmhouse and Kettle's Yard, plus the homes of Richard E Grant, Sam McKnight, Marin Motagut, Butter Wakefield, Isabel and Julian Bannerman and Anthony Watson of Atelier Vime.

Sean also takes a personal look at colour theory and explores the relationship that gardeners and gardener-artists have had with colour through history.

Praise for Sean Pritchard's first book, *Outside In*:

'I devoured this sumptuously British step-by-gorgeous-step guide to when to seed, plant and pluck in a single sitting.' - Richard E. Grant



Pursuing a mood

The emotion of flower colour

The garden allows us to play with colour. Unlike the colours in our interiors, colour in the garden is fleeting and fickle, and with that comes an exciting opportunity to experiment with a changing performance of colour month after month and to bring those colours indoors for constantly changing displays.



Sean A Pritchard has a garden design studio based in London and Somerset. He came to his career in garden design with a background in fine art and brand strategy. Before setting up his design practice, Sean graduated with Distinction from the Garden Design School in Bristol. Sean has designed two show gardens for Macmillan Cancer Support, including the Macmillan Legacy Garden at the prestigious RHS Hampton Court Palace Garden Festival in 2022. He divides his time between London and Somerset - where he lives in a 300-year-old farm labourer's cottage on the Mendip Hills, overlooking the Somerset Levels. He applies much of his garden design philosophy to the decoration of the cottage, which he shares on his popular Instagram account, @sean_anthony_pritchard Sean's first book *Outside In: A Year of Growing and Displaying* was published in April 2024 (also by Mitchell Beazley)



THE SPIRIT OF THE RAINFOREST

How Indigenous Wisdom Reconnects Us to Nature
Dr Rosa Vásquez Espinoza

9781856755580
£12.99

July 16, 2026
Paperback

Gaia

A competing title to the bestselling BRAIDING SWEETGRASS - a fascinating insight into the Amazon rainforest from scientist and peruvian-born explorer Dr Rosa Espinoza.

As featured in the NEW YORK TIMES

'Every page feels alive with passion' - Sophie Pavelle, author of 'Forget Me Not'

'A beautiful book' - Levison Wood, author of 'Walking the Himalayas'

Join scientist Dr Rosa Vasquez Espinoza as she uncovers one of the most unexplored regions on the planet.

Dr Rosa is no stranger to the Amazon. Growing up with the rainforest as her back garden, she learnt the lessons of the rainforest from her grandmother, a native healer in natural medicine. She went on to pursue a classical education in science, gaining a PhD in the US, but has always been pulled back to the heart of the Amazon. As a leading biologist in her field, Rosa continues to explore the region through a unique blend of scientific inquiry and ancient insight.

In this book, you'll learn about Dr Rosa's journeys in the Amazon: her treacherous encounters with a boiling river, her conservation work with stingless bees, her experience of taking ayahuasca as a natural psychedelic - and all the amazing biodiversity of the rainforest.

At the heart of Rosa's expedition is her passion to combine science with the indigenous knowledge of the Amazon. She shares her experience of learning from the indigenous communities that she visits, and shows what they have to teach us - stretching beyond the realm scientific knowledge. Here Rosa learns the most important lessons in how to reconnect to the natural world - and, in turn, will teach us to do the same.

In this book, Rosa celebrates the richness of Amazonian culture, the wonders of biodiversity, and the enduring spiritual connections between humanity and the natural world.

Dr. Rosa Vásquez Espinoza is a Peruvian and Amazonian scientist, conservationist, TV presenter, award-winning artist, and National Geographic Explorer. Dr. Rosa is the founder and executive director of Amazon Research International (ARI), a foundation in Peru dedicated to advancing conservation and knowledge of Amazonian biodiversity and culture. In 2023, Rosa was named **Ashaninka International Ambassador** to further amplify the voices of Amazonian communities and expand conservation efforts. **In 2025 she was awarded the Order of Merit for Women, the highest national honors given in Peru. She was also named one of the BBC's 100 women for her conservation work and the '50 most powerful women of Peru' by Forbes Peru.**

www.rosavespinoza.com

Yacu wasca



SCIENTIFIC NAME: *Yacu wasca*

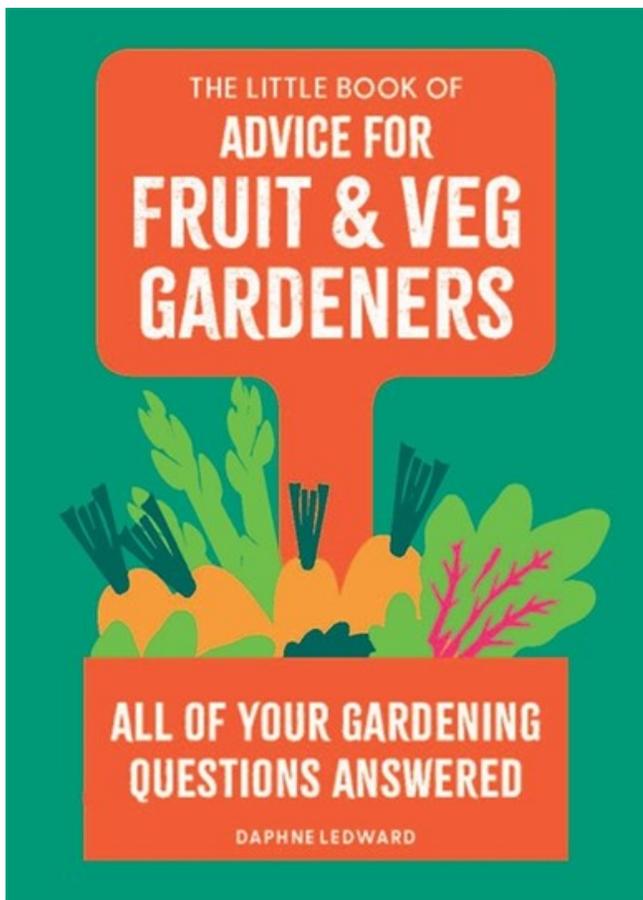
TRADITIONAL NAME: Yacu wasca

ORIGIN: Yacu wasca is a traditional medicinal plant from the Amazon region of Peru.

TRADITIONAL USE: Yacu wasca is used in traditional Amazonian medicine for various ailments, including fever, malaria, and stomach pain. It is also used as a natural insect repellent and for its analgesic properties. The plant is often brewed as a tea or used as a poultice.

Yacu wasca is a traditional medicinal plant from the Amazon region of Peru. It is used for various ailments, including fever, malaria, and stomach pain. The plant is often brewed as a tea or used as a poultice.

SCIENTIFIC INFORMATION: Yacu wasca is a member of the Rubiaceae family. It is a small, woody shrub with opposite, elliptical leaves. The plant is native to the Amazon basin and is found in primary and secondary forests. It is a traditional medicinal plant used by indigenous communities in the region.



THE LITTLE BOOK OF ADVICE FOR FRUIT & VEG GARDENERS

All of your gardening questions answered

Daphne Ledward

9780600640226
£8.99

July 30, 2026
Paperback

Hamlyn

An indispensable little book to help you get the most from your garden all year round, and answer your most pressing questions.

To nurture a garden is to feed not just the body, but the soul. - Alfred Austin

In the multifaceted world of gardening, the same questions arise time and time again: how do I sow my own vegetables? When and how should I plant my garden to get the best fruits?

The Little Book of Advice for Fruit & Veg Gardeners will guide you with time-honoured, practical advice, whether you're planting gardens that you hope will explode with seasonal harvest year after year, or taking your first steps developing the green fingers that will allow you to grow your own produce.

Packed full of tips and easy to follow advice that will help gardeners enhance their skills, develop new ones and answer questions such as, what sort of soil is best for your garden, how to select the right fruit or vegetables for your space, and most importantly, how to nurture, care for and grow your garden or allotment year after year.

Chapters include:

- Spring
- Summer
- Autumn
- Winter

Also available: *The Little Book of Advice for Flower Gardeners*

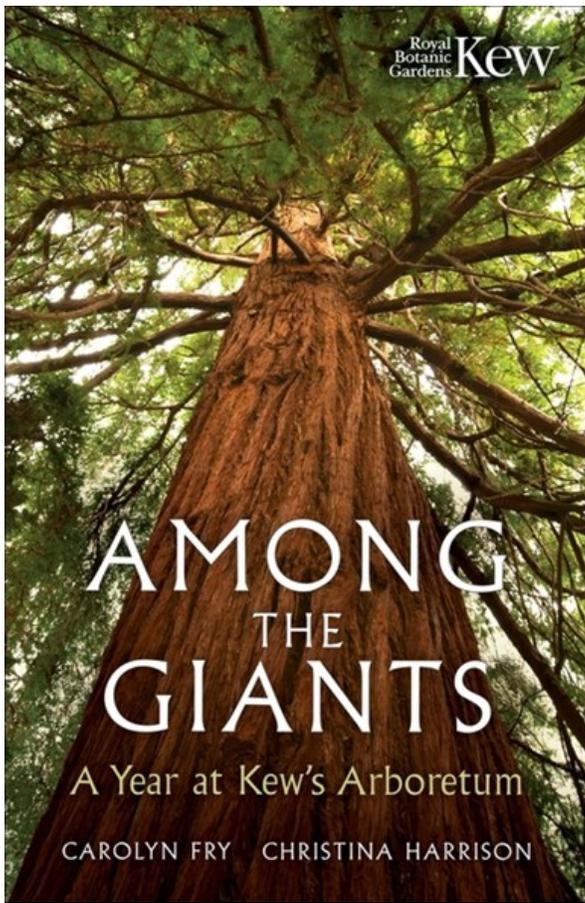


"Can I eat the fruit on my *Passiflora caerulea*?"
They are edible but not particularly tasty - although they do make good wine.

"I planted a new asparagus bed last year, and there are a good lot of spears coming through. Can I start cutting them now?"
You can take one or two, but the majority should be left for another year, or you will weaken the plants.

"DO I NEED A PROPER ASPARAGUS KNIFE TO CUT THE SPEARS?"
No, any sharp, long-bladed knife will do.

Daphne Ledward is a prolific writer and broadcaster on all aspects of gardening. She started her gardening career with BBC Radio Lincolnshire and has been a regular panellist on BBC Radio 4's Gardeners' Question Time and Classic FM's Gardening Forum for 18 months. She has also appeared on television programmes such as Gardeners' Direct Line (BBC 1), By Day (Sky 1), Homes and Gardens Livetime (Granada Breeze), Grass Roots (Meridian) and How Does Your Garden Grow? (UK Style/BBC 2), and was the gardening 'expert' on Radio 2's Jimmy Young Show.



AMONG THE GIANTS

A Year at Kew's Arboretum (Royal Botanic Gardens, Kew)

Carolyn Fry

9781856755702
£12.99

July 30, 2026
Paperback

Gaia

A fascinating insight the life of trees at Kew Gardens - and those who care for them - over the course of a year.

As you wander through the gardens at Kew, stretching across two-thirds of the grounds lies the arboretum. This great collection contains trees as old as the Gardens themselves, many that cannot be found anywhere else in Britain. It is a unique spectacle, full of luscious species, towering redwoods, and hidden life within its branches.

Throughout the year, you'll find the protectors of this mighty collection. Named the Tree Gang, this team of eight care for the trees across the whole of Kew Gardens. From their daily tree assessments to the intermittent tree felling, journey with the gang to discover why the gang's work is more crucial than ever.

AMONG THE GIANTS shares heartwarming stories alongside the fascinating insights into the secret life of trees and how they change throughout the seasons - all from the comfort of your armchair.

with planting new collections and meeting the demands of Kew as a historic botanic garden and world-class scientific institution, one that welcomes nearly two and a half million visitors every year. Crucially, the Tree Gang must also ensure that the Gardens can continue fulfilling these vital roles well into the future, after their time in the Arboretum is over.

In this capacity, the team caring for trees at Kew currently face challenges not known to their forebears. This is climate change, which, through higher temperatures, less predictable rainfall and more extreme events, is putting the UK's trees – including those at Kew – under great pressure. There is no doubt that the UK is heating up, so its tree management teams need to have all sectors covered. For tree protection, there are four major systems: water, nutrients, and insect frequency and severe extreme weather events. According to Forest Research, the UK's principal organisation for forestry and tree-related research, British woodlands will face increasing risks from droughts, flooding, pests, diseases, wind and fire. Among the nation's most susceptible trees are broadleaves, which have shallow root systems. These are vulnerable to drought and particularly at risk due to the lower rainfall and higher temperatures already being experienced there.

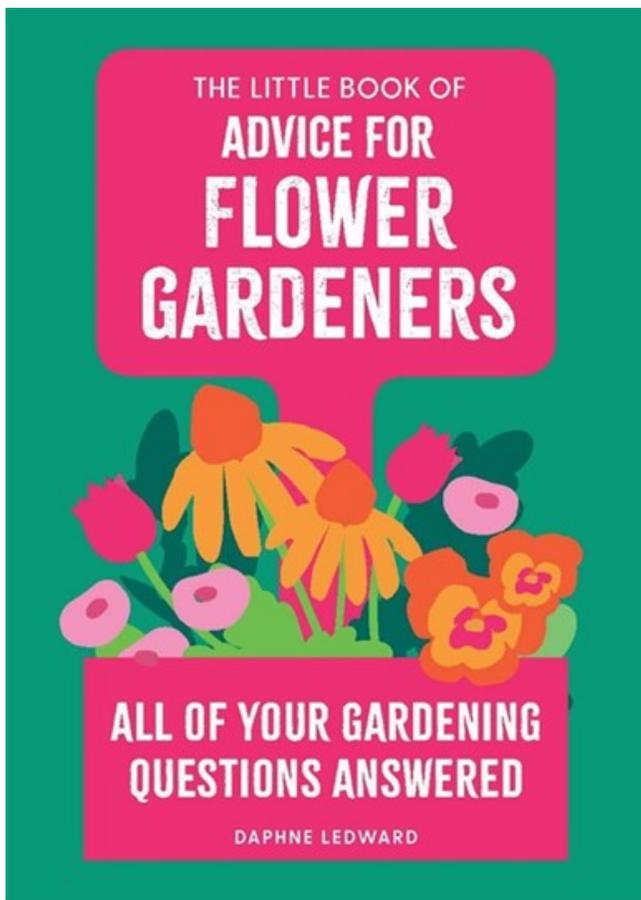
The presence of European beech that the Tree Gang is

set to cut down may well be a victim of this human-induced phenomenon. Once stressed, such as by prolonged periods of hot, dry weather, beeches' defence mechanisms against pathogens decrease. The white rot that grows among its sap up the bark of this tree is indicative of the beetle-like fungus (*Dothidea beechi*). This common fungus is opportunistic and will feed on a wide range of hardwood tree species such as beech. It steadily 'sifts out' both the lignin and cellulose at the heart of the tree, often creating dangerous instability in its structure while the canopy still appears full and healthy. There is no official treatment for this fungus and the prognosis is, sadly, terminal. Where such a tree is growing next to a well-used visitor path, as in this case, it does not seem likely to be felled. Although the beech is not part of the scientific collection at Kew in the Gardens, it has been a valued ornamental specimen and its absence will be felt in the woods quite keenly.

The felling will be undertaken by four members of the Tree Gang: Tom Fry, the arboretum's supervisor, along with others from the Kew's Conservation and Wildflower Area, will take a couple of days to complete the task. Tom has already noticed the Visitor Operations team so that the public can be alerted. The path beside which the beech stands is a major

Carolyn Fry is a science and environment writer and editor based in West Sussex, UK. She has written/co-authored 11 books on environmental and historical themes, and appeared in the BBC 2 documentary 'Cruikshank on Kew: The garden that changed the world', to explain how plants were used to build the British Empire. Carolyn has also contributed news stories and articles to *New Scientist*, *The Times*, *The Guardian*, *The Independent*, *BBC History*, *BBC Earth*, *BBC Wildlife* and more. She is a former Editor of *Geographical*, the Royal Geographical Society's magazine. She has worked on a number of titles for Kew and most recently published *Trees: 10 Things You Should Know* (Seven Dials).

Christina Harrison is the former editor of *Kew Magazine*. She trained as an ecologist and botanical horticulturalist and has an MA in Garden History, for which she specialised in the trees at the Royal Botanic Gardens, Kew. She is author or co-author of several books including *Remarkable Trees* (Thames & Hudson).



THE LITTLE BOOK OF ADVICE FOR FLOWER GARDENERS

All of your gardening questions answered
Daphne Ledward

9780600640240
£8.99

July 30, 2026
Paperback

Hamlyn

An indispensable little book to help you get the most from your garden all year round, and answer your most pressing questions.

My garden is my most beautiful masterpiece. - Claude Monet

In the multifaceted world of gardening, the same questions arise time and time again: how can I ensure my flowers bloom beautifully and often? When and how should I plant my garden to get the best results?

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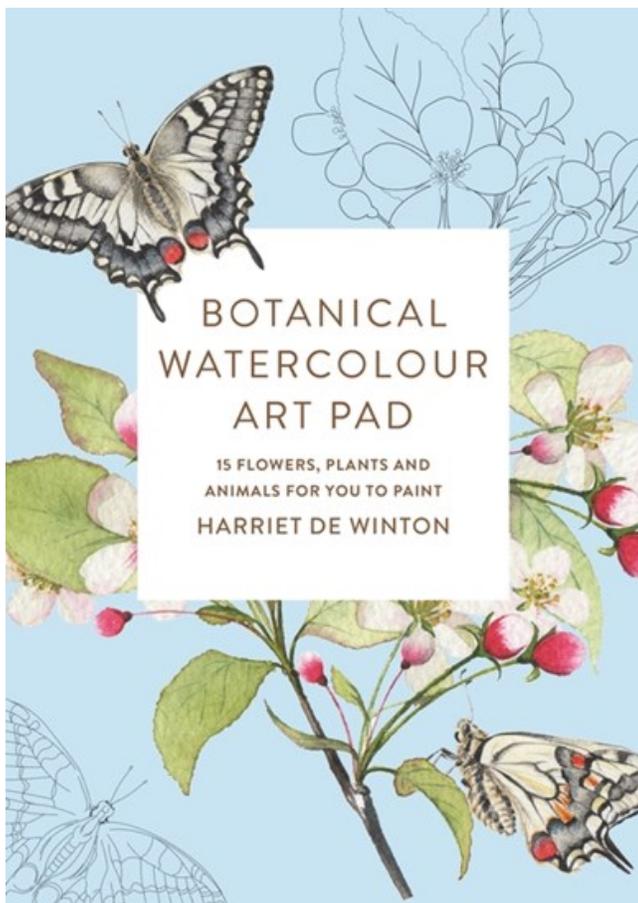
Chapters include:

- Spring
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BOTANICAL WATERCOLOUR ART PAD

15 flower and animal artworks for you to paint
Harriet de Winton

9781846017094
£16.99

August 6, 2026
Paperback

Ilex Press

15 stunning artworks by Harriet de Winton on high-quality art paper to paint in yourself and create your own stunning watercolour artworks.

This beautiful and inspiring book gives you everything you need to create your own stunning watercolour paintings.

Explore the materials and essential techniques with 4 guided projects and find inspiration in the gallery of fifteen completed artworks by watercolour artist and tutor Harriet de Winton.

The original artworks have been produced as outlines on high-quality art paper, which you can paint directly onto to create your own gallery of stunning watercolour artworks of plants and animals.

Projects include:

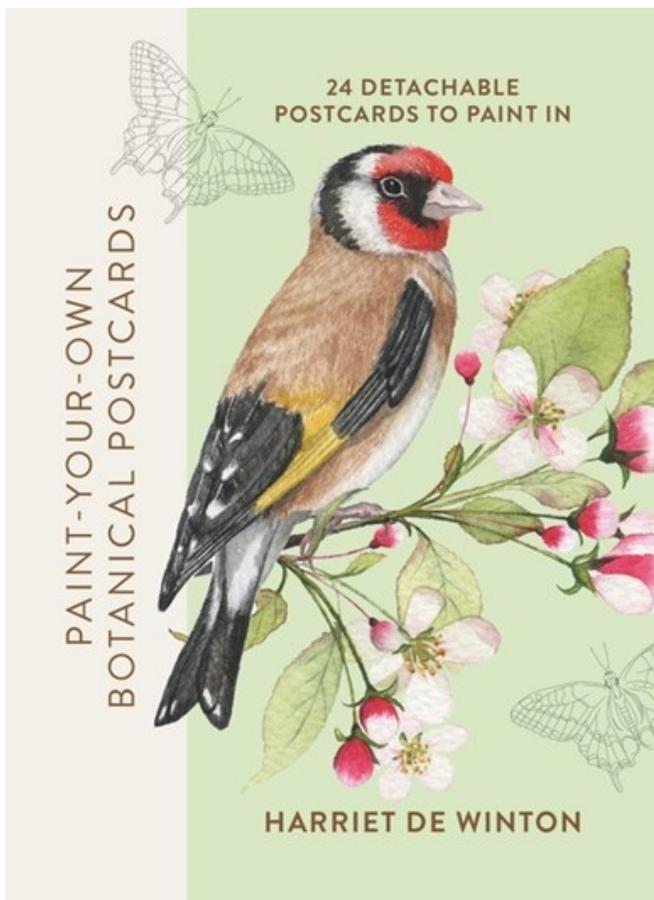
- Bengal tiger
- Emperor Dragonfly
- Bumblebee
- Goldfinch
- Apple Blossom
- Swallowtail butterfly
- Arctic poppy
- And many more...

This is a wonderful addition if you have Harriet's other titles, including bestselling *New Botanical Painting* and her latest *You Will Be Able to Paint with Watercolour by the End of This Book*, or a great starting point in your watercolour journey.



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

@dewintonpaperco
dewintonpaperco.com



PAINT-YOUR-OWN BOTANICAL POSTCARDS

24 detachable postcards to paint in
Harriet de Winton

9781846017100
£10.99

August 6, 2026
Paperback

Ilex Press

24 detachable postcards on high-quality art paper with hand-drawn artworks by Harriet de Winton for you to paint in yourself.

24 hand-drawn postcards to paint into by talented and experienced watercolour artist and tutor Harriet de Winton.

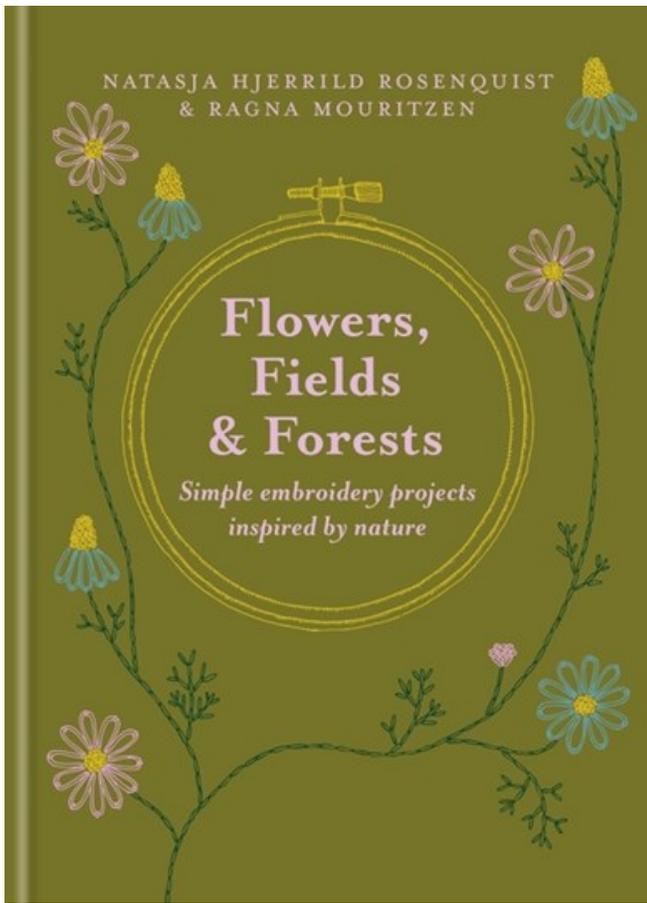
Paint in the outlines to create stunning artworks of flowers, butterflies and animals. Each postcard is detachable, so you can send them to your family and friends after painting them in.

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FLOWERS, FIELDS AND FORESTS

Simple Embroidery Projects Inspired by Nature
Natasja Hjerrild Rosenquist

9781846017056
£22.00

August 6, 2026
Hardcover

Ilex Press

30 stunning nature-inspired embroidery projects including flowers, plants, sea life, feathers, insects and the elements.

30 stunning nature-inspired embroidery projects including flowers, plants, sea life, feathers, insects and the elements.

With motifs such as dandelion, swallow, mussel and oak leaf, Natasja Hjerrild Rosenquist from Lille Klode and designer Ragna Mouritzen teach you how to make beautiful nature-inspired embroidered motifs for clothing, napkins, linens or accessories.

With a guide to all the basic stitches as well step-by-step instructions for each embroidery design, the book is also filled with stunning natural photography if you are looking for inspiration for motifs, colours and new stitches.

This is the perfect way to relax and unwind, to discover a new skill if you are an embroidery beginner, or a stunning source of inspiration for more experienced crafters.



Embroidery for repair and decoration – extending the life of textiles

Embroideries can be used both as a decoration and to reinforce clothes and other textiles. You can also be used to cover small holes and stains, giving the fabric a longer life. This is known as visible mending.

We live in a world with huge environmental concerns, including of clothes and textiles. Giving these things a second chance by mending, repairing or embellishing them is a good way on the way to have and more sustainable consumption.

In our experience, when you hold the needle in your hands, you develop a deeper awareness. You get a different understanding of what it takes to make a piece of clothing. For example, and a small repair for the mending requires and the people who help make it. You'll find that it's not just the needle and thread that are all, but also the people who help make it. In this way, many people will experience a renewed understanding of quality when they start working

on and with needles, and even to buy the best fabric. Sewing is a more conscious experience.

Whether you're mending holes or mending a piece of fabric with embroidery, your embroidery will add more value to the world. When we get time and feeling into repairing, mending and embellishing, we connect with the piece of clothing or fabric in question, we give it a story, and we actually want to take better care of it and keep it longer, because there is a personal connection.

The author's passion in this book can be used however you want. As a mending guide that can be used for the occasion, but most of the designs can very suitable for visible mending.

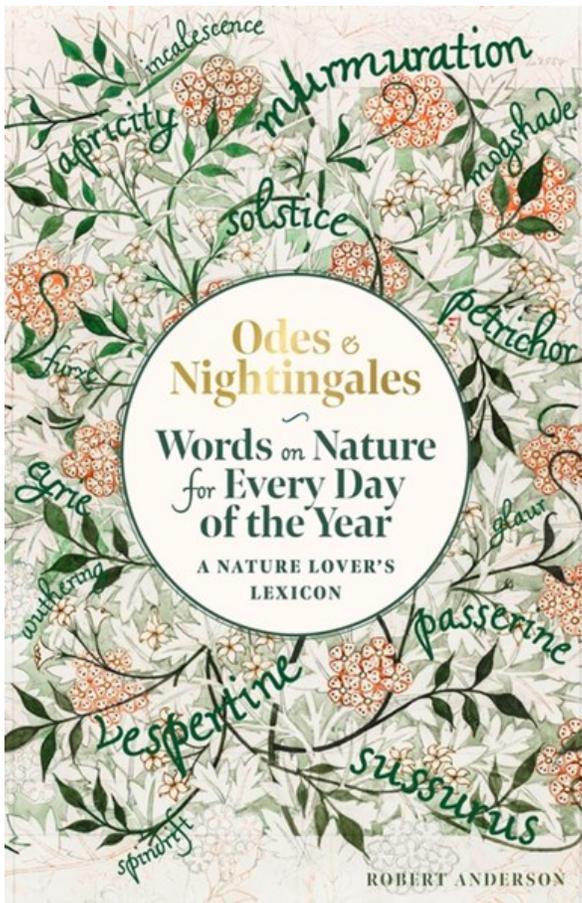
Natasja Hjerrild Rosenquist (Author)

On a daily basis, Natasja runs the company and the Instagram profile Lille Klode, where she wants to inspire how to give your clothes a longer life with embroidery. Natasja also holds embroidery workshops, where she teaches visible mending and beginner embroidery.

@lilleklode

Ragna Mouritzen (Author)

Ragna Mouritzen is an artist and has a bachelor's degree in Fine Art Drawing from Camberwell College of Arts in London, followed by a master's degree in Ceramic Design from KADK. Since leaving, she has worked both in her own practice and in collaborative projects and has exhibited both at home and abroad. In her daily life, alongside her own practice, she works with product development for Royal Copenhagen.



ODES AND NIGHTINGALES

Words on nature for every day of the year

Robert Tuesley Anderson

9781788406802
£14.99

August 13, 2026
Hardcover

Gaia

From murmurations of starlings in spring, to petrichor - the sweet smell that you get after rain - explore the beauty of the evocative words that we use to describe nature, and celebrate the natural world through literary quotes and poems.

"In all things of nature there is something of the marvellous." - Aristotle

Some of the most evocative words in language are those we use to describe the natural world. Words like petrichor, murmuration, shivelight and dreich all conjure up experiences of being out in nature. In Japan this concept of connection with the outdoors is known as *Shinrin-yoku* 'forest bathing', whilst in Norway it is *Friluftsliv* or 'free-air life', a word coined by playwright Henrik Ibsen, meaning to spend time reconnecting with nature.

Nature has inspired poets and writers through the centuries, and the phrases they used are often what we bring to mind when we think of the natural world: Wordsworth wandered lonely as a cloud, Keats wrote his 'Ode to a Nightingale' and Shakespeare compared his muse to a summer's day.

Odes and Nightingales brings together the best nature words, with their origins, and the best writing on nature. Perfect for reading or sharing, this is a gift to treasure all year long.

Highlights include:

- Extracts from some of the UK's best loved nature poets and writers, including Wordsworth, Keats, Robert Burns, Tennyson, Jane Austen, Emily Bronte, Shakespeare
- Learn the fascinating origins of words like petrichor, murmuration, dumberdash and polliwog
- Discover words from around the world, from Inuit words for snow, to Japanese blossom viewing parties and the Icelandic custom of closing offices early on a sunny day.

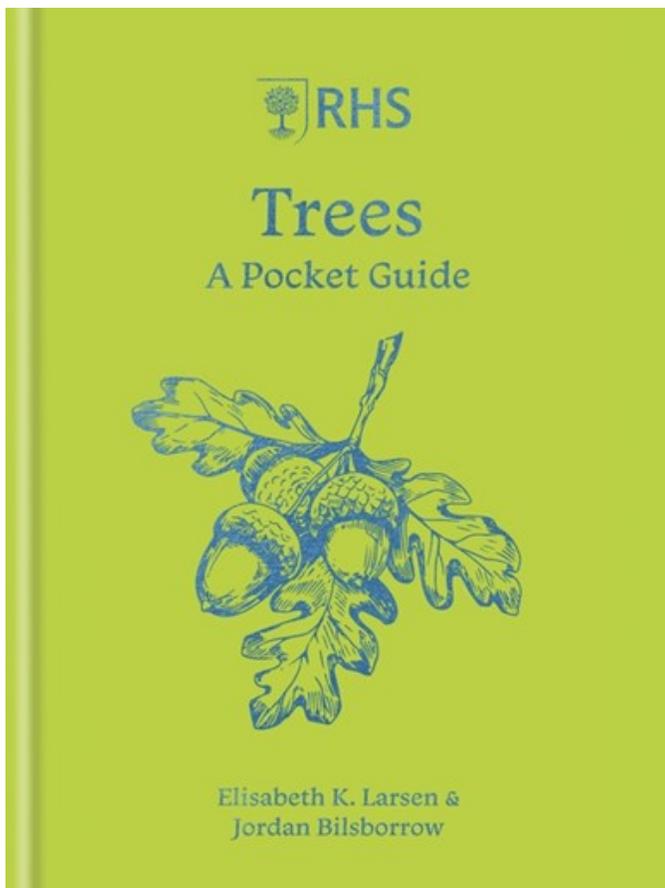


The snowdrops from cottage tops
The Dutch moss grows in brighter groves
And even in quiet succession drops
If they spring like some bold fern.

The Old English name for February means 'second month' - and there's surely no better name for this wiggly, drier, somewhat fine of coat. S. R. R. Tolkien adapted the Old English name for his *Shire Calendar*. So much thought 22 January - 20 February 1. Paths are slippy and slippery, ferns on the bog, muddy grey grass and through the house, and the washing machine is eternally whirring, as you'll know through the course of the month, there's something away from it: ubiquitous, infuriating mud.

But as the English poet John Clare (1793-1864) reminds us in his poem 'A Thaw', part of the February section of his *The Shepherd's Calendar*, there are hopeful, if somewhat, signs of change - whether the drip-drip of melting icicles (Clare's complaint in the poem is the sight of a snowdrop branch venturing the cold or golden-yellow cartoon dancing from a bush, you could almost convince yourself that spring is just around the corner...

Robert Tuesley Anderson is a writer, poet and editor living in the Southern Uplands of Scotland. He is the author of several books including *Recipes From the World of Tolkien*. His cookbooks have given him the opportunity to bring together two lifelong enthusiasms: good home-cooked food and classical literature.



RHS TREES

A pocket guide
Jordan Bilborrow

9781846017162
£12.99

August 20, 2026
Hardcover

Mitchell Beazley

A compact, beautifully illustrated field guide to identifying, cultivating and celebrating trees.

This beautifully designed *RHS Pocket Guide* contains everything you need to identify, enjoy and care for the trees around you. Whether you want to know more about the trees in parks and in the countryside, or how to select the right tree for your garden, this guide offers year-round guidance and inspiration for every nature-lover.

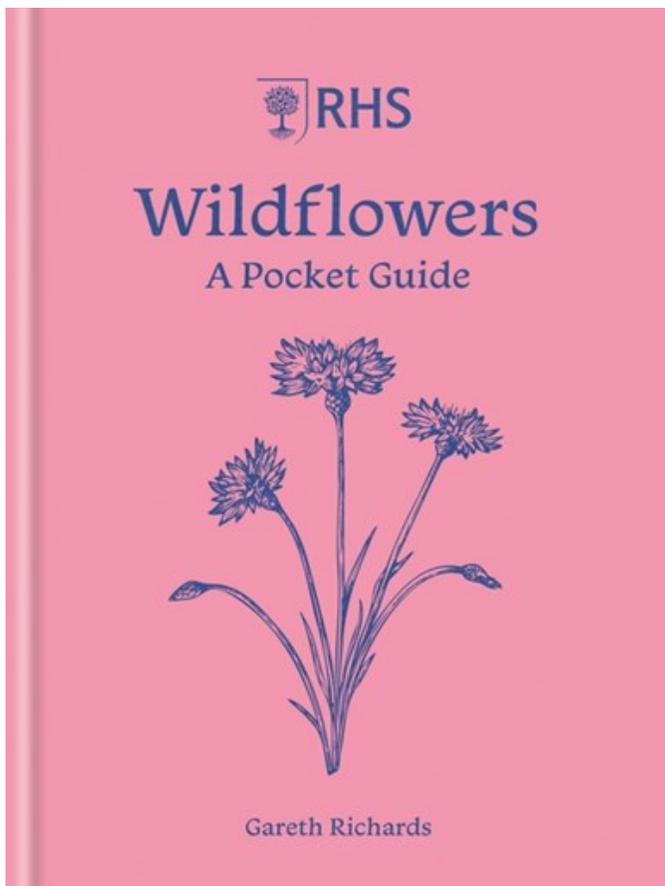
This pocket field guide contains 50 charmingly illustrated profiles of common British tree varieties, along with a handy identification flow chart for quick reference when you're out and about. Packed with RHS-approved advice for cultivating and caring for trees in your garden, this is perfect companion for a country walk or sunny garden seat.

Part-practical manual and part-celebration of trees, this pocket-sized treasure trove is the ideal gift for any nature lover.



Jordan Bilborrow (Author) is a senior botanist at the Royal Horticultural Society specialising in plant identification, with a passion for identifying a range of plants from humble weeds to mighty trees. He manages the plant identification team at the RHS, part of the Gardening Advice Service, and researches ecosystem services of trees and hedges. His PhD research led to fieldwork throughout Morocco, Spain, and Portugal. A champion of botanical education, Jordan also contributes to the *Botanical University Challenge*, writing questions to inspire the next generation of plant scientists.

Elisabeth Larsen (Author) developed a love for forests and trees growing up in Norway. Early work investigated black poplar drought tolerance for biofuel as part of her MSc studies before she joined a research team in Valencia to study water-use of Aleppo pine forests in a Mediterranean climate for her PhD. She recently concluded a five-year project on ecosystem services provided by garden trees as a Tree Scientist at the Royal Horticultural Society.



RHS WILDFLOWERS

A pocket guide
Gareth Richards

9781846017179
£12.99

August 20, 2026
Hardcover

Mitchell Beazley

A compact, beautifully illustrated field guide to wildflowers in your garden and beyond.

This beautifully designed *RHS Pocket Guide* contains all you need you identify the wildflowers around you and care for them in your garden. Whether you're out gathering wild garlic and sweet cicely or making space for foxgloves and honeysuckle in your garden, this guide offers year-round guidance and inspiration for every nature-lover.

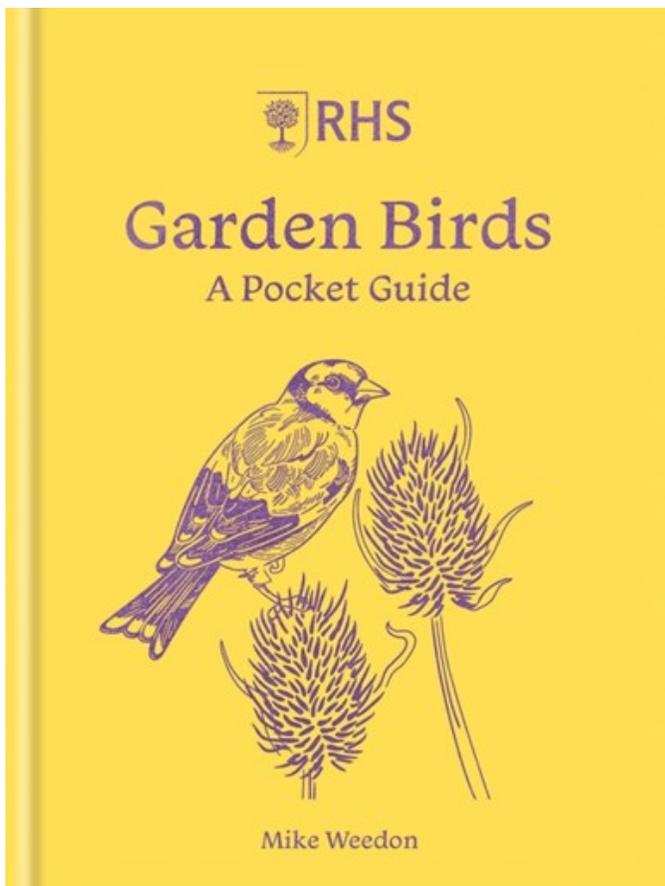
The perfect companion on a country walk or sunny garden seat, it contains 50 charmingly illustrated profiles of common British varieties and is packed with RHS-approved advice on identifying, planting and enjoying wildflowers all year round.

Part-practical manual and part-celebration of wildflowers, this delightful pocket-sized treasure trove is the ideal gift for any nature lover.



Gareth Richards is Associate Editor of *The Garden* magazine, a monthly publication for the RHS's 600k+ membership. He also curates and co-hosts the weekly *Gardening with the RHS* podcast. Gareth has a BSc (Hons) in Horticulture from Writtle University College and is a keen gardener and allotmenteer. His many interests include a special fondness for wildlife and eco-friendly gardening, Mediterranean plants, botanising and growing unusual edibles. Gareth gardened in France, Italy and New Zealand before settling back in the UK.

He's written magazine articles for *The English Garden*, *Garden News* and *The Garden* and is author of two books, *Do Bees Need Weeds?* (with Holly Farrell, Mitchell Beazley, 2020) and *RHS Weeds - The beauty and uses of 50 vagabond plants* (Welbeck, 2021). He's also a contributing author to *RHS Grow Your Own Veg Through the Year* (Mitchell Beazley, 2025) and *1001 Plants You Must Grow Before You Die* (Cassell, 2016).



RHS GARDEN BIRDS

A pocket guide

Mike Weedon

9781846017186
£12.99

August 20, 2026
Hardcover

Mitchell Beazley

A compact, beautifully illustrated field guide to identifying and celebrating British garden birds.

This beautifully designed *RHS Pocket Guide* contains everything you need to identify and support the most common garden birds in the UK. Whether you're watching goldfinches on teasels, or making space for wrens to nest, this guide offers year-round guidance and inspiration for every nature-lover.

Along with information on the evolution, biology and behaviour of British birds, the book also contains 30 charmingly illustrated bird profiles and is packed with RHS-approved advice on making bird-friendly spaces in your garden and beyond, making it the perfect companion for your potting bench, sunny garden seat or outdoor ramble.

Part-practical manual and part-celebration of garden birds, this pocket-sized treasure trove is the ideal gift for a nature lover.



Mike Weedon is a lifelong birder and wildlife watcher. He completed a PhD in palaeontology at the University of Bristol, then worked as a post-doctoral research fellow at the Natural History Museum in London, and at Hokkaido University, Japan. For many years, he has been the assistant editor of *Bird Watching*, the UK's best-selling monthly magazine for birdwatchers.

Mike's fascination with birds started when he was about eight years old, hiding in the garden shed to watch starlings feeding on the lawn. These days, he does most of his birdwatching around Peterborough, Cambridgeshire, where he lives with his family. His garden, near the city centre, is very much wildlife-oriented, and he has recorded 90 species of bird there, as well as 22 butterfly species, 16 dragonflies and several hundred moths, plus foxes, deer and hedgehogs.

THE ALMANAC 2027

Lia Leendertz

9781856755528
£12.99

August 27, 2026
Hardcover

Gaia

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

PRAISE FOR *THE ALMANAC*:

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

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

'The perfect companion to the seasons' - India Knight

'Indispensable' - Sir Bob Geldof

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

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

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

www.lialeendertz.com
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lialeendertz.substack.com

INTERIORS



THE QUIET HOME

House Hushing for Calm and Intentional Living
Michelle Halford

9781784729820
£27.00

February 12, 2026
Hardcover

Mitchell Beazley

A stylish guide to art of 'house hushing' and how to dial down the visual 'noise' in your home through decluttering, curating your possessions, shopping more mindfully and decorating with calming colours. From the interior stylist, writer, and designer with over 300k followers across social media as @thedesignchaser.

"'House hushing' is a new interiors trend that's making (the right kind of) noise in these troubling times." *Guardian*

A beautiful, authoritative guide to the concept of house hushing, *The Quiet Home* incorporates design principles and strategies for dialling down the visual noise in your home, and creating serene interiors that promote calm and wellbeing. It takes a pared-down, thoughtful approach to home interiors and explains how to create spaces that whisper rather than shout.

The Quiet Home takes as its starting point the idea that everything in an interior has a voice and creates noise. By reducing this visual noise through thoughtful design principles and strategies we can create a more serene living environment that in turn increases our wellbeing. A concept that delves deeper than aesthetic principles and how a home looks, quietening the spaces we live in can greatly affect how we feel.

The book provides insights for both creating a quiet home and adopting a more considered way of life, with chapters on Foundations, Mindful Minimalism, The Art of the Edit and Room by Room. Each chapter is accompanied by beautiful imagery that takes the reader on a global journey of inspiring homes and design. A comprehensive guide to read cover to cover, the book's chapters can also be read in any order, providing clear reference points for a range of home projects, large or small.

Natural elements

These spaces in nature offer a profound sense of calm and serenity, creating spaces and reducing cognitive clutter that help reduce stress and improve mental health. The book explores the concept of house hushing through the thoughtful use of natural elements like wood, stone, and plants, and the intentional choice of light-colored walls and furniture to create a sense of openness and airiness. The book also discusses the importance of natural light and how to maximize it in your home, as well as the benefits of using natural materials like wood and stone in your interior design.

A house in Japan

The book explores the concept of house hushing through the thoughtful use of natural elements like wood, stone, and plants, and the intentional choice of light-colored walls and furniture to create a sense of openness and airiness. The book also discusses the importance of natural light and how to maximize it in your home, as well as the benefits of using natural materials like wood and stone in your interior design.



Michelle Halford is an interior stylist, writer, and designer based in Auckland, New Zealand, with over 300k followers across social media. She works on creative projects with local and international brands, including Dulux, Samsung, Pernod Ricard, BoConcept, Nespresso, and Hilton Hotels & Resorts NZ, and consults with clients on residential spaces. With a focus on holistic design, she has been creating quiet spaces for 12 years, and her work has been featured in many publications. Most recently, she has moved into product design with a homeware collaboration and the launch of her own furniture brand. You can find out more at thedesignchaser.com and on Instagram [@thedesignchaser](https://www.instagram.com/thedesignchaser).



HOME SWEET HOME

Transform your rented space
Medina Grillo

9781840919622
£18.99

March 12, 2026
Hardcover

Mitchell Beazley

Inject style, personality and comfort into your rented home, whatever your taste or budget, with this handbook from blogger Medina Grillo (@grillodesigns, 867k Instagram followers). Inject style, personality and comfort into your rented home, whatever your style or budget.

'So many useful tips in here - this is so different to most other books out there!' - Alex Stedman, *The Frugality*

'There seems to be no end of resourceful, affordable and creative ideas.' - Sophie Robinson

You've got the keys from your landlord, moved into your new home, and the boxes are unpacked. Now you want to put your stamp on the place, but how do you do this when you can't paint the walls, refurbish the kitchen or replace the old, tired flooring?

And can you really live with magnolia walls? What about those outdated kitchen cupboards? Not to mention the tattered lampshades, old sofa and sparse furniture...

In this invaluable book, award-winning interiors blogger Medina Grillo shares her favourite tips, tricks and DIY projects for transforming a rented space. Discover ways to add a splash of colour with removable wallpaper, learn how to hang artworks without damaging the walls, and turn your hand to upcycling those furniture bargains you picked up at the flea market.

With chapters covering all aspects of the home, from walls, flooring and lighting to storage and accessories, *Home Sweet Home* will enable every reader to make their house feel like home, whether they are a DIY expert or have never before lifted a paintbrush.

Filled with photography and illustrations, and featuring a brand new introduction in this new edition, it is the perfect read for any renter looking to live in a beautiful and stylish home.



Medina Grillo is the voice behind the blog Grillo Designs, where she shares creative and affordable ways to decorate your home with a DIY approach. The blog has gained a large readership over the years and has won some prestigious awards, including the 2017 Best DIY and Home Improvement Blog by Amara, and the *Domino* magazine's Pinner's Choice Award 2017. Her DIY tutorials have been featured in a variety of both online and print publications, such as *Real Homes*, *Make It Yours*, *Apartment Therapy* and the *Telegraph*. Her goal is to inspire creativity and her tagline is: "Just your average renter, making a house a home!"

grillo-designs.com
@grillodesigns

THE LAYERED HOME

Inspiration for Crafting Cozy, Collected Rooms



BENJAMIN REYNAERT

THE LAYERED HOME

Inspiration for Creating Cozy, Collected Rooms
Benjamin Reynaert

9781846016936
£30.00

March 17, 2026
Hardcover

Mitchell Beazley

The first book from the magazine editor and stylist behind @aspoonfulofbenjamin offering an aspirational guide to transforming your living space with colour and pattern.

**"If you choose one playbook rule, let this be your guide: Layers plus personalization is the combination that creates absolute spatial magic. Nothing else comes close."
Benjamin Reynaert**

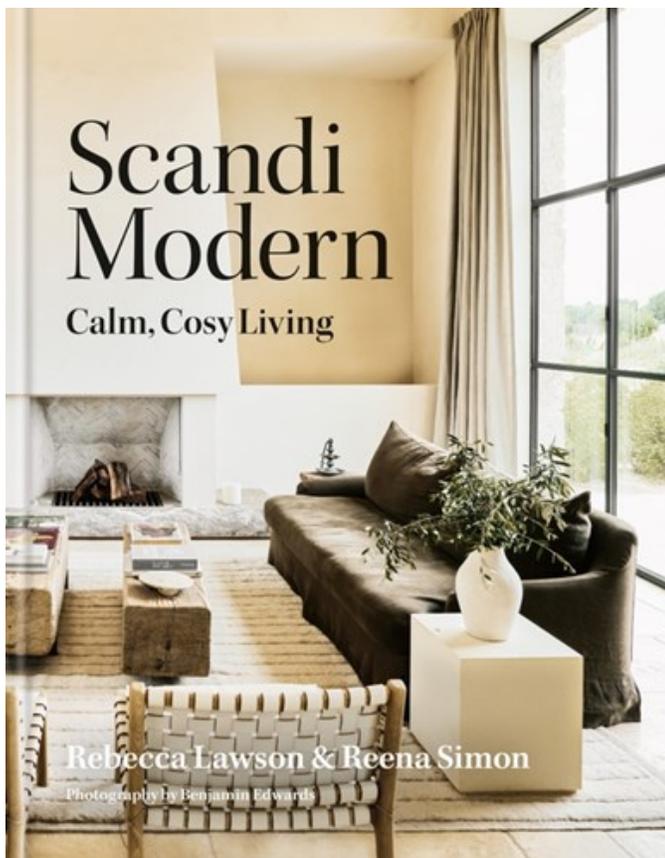
To magazine editor and stylist Benjamin Reynaert, more is more when it comes to the home.

The more patterns and colours combined, the more preloved pieces scooped up at the right time, the more surfaces to display treasured objects, the more a house will feel like home. Layers are key to achieving this maximalist alchemy. It's not a look that can be bought all at once, but one developed over time, leisurely and with intention, as you stay mindful of your space's personality. Most of all, layering a home requires listening to and respecting your own instincts and taste.

To help train your eye, Benjamin takes you on a journey through exquisitely decorated homes lived in by creative and curious people. From the UK and France to the USA, these homes artfully integrate patterns, colours, textures, art, furniture, and objects to create interiors that are as unique as the people who live in them. More than 200 photographs capture home tours of stunning maximalist homes, and Benjamin's interviews with his favourite tastemakers reveal tips and tricks on collecting, arranging objects, and modifying rooms over time. Brimming with beauty and smart advice, *The Layered Home* shares how to curate interiors filled with warmth and endless visual interest by embracing abundance, imperfection, and craft. The end result: a gorgeous home that tells your unique story.



Benjamin Reynaert runs his own studio focusing on interior styling and creative direction, where he directs editorial shoots, develops visual branding languages, and creates product. He has held top editorial posts and contributes regularly to publications including *Architectural Digest*, *Elle Decor*, *Domino*, *House Beautiful* and *Veranda*. With a BFA and bachelor's in architecture from Rhode Island School of Design, he is a contributing editor at *Frederic Magazine* and is a co-founding board member of the Asian American Pacific Islander Design Alliance (AAPIDA). His instagram account @aspoonfulofbenjamin has 120k engaged followers.



SCANDI MODERN

Calm, cosy living

Reena Simon

9781846015984
£30.00

June 18, 2026
Hardcover

Mitchell Beazley

A new book from the authors of the highly successful *Scandi Rustic: Creating a Cozy & Happy Home*.

'This book is a glorious love letter to comfort and calm - Scandi style.' -Michelle Ogundehin, writer, author and TV presenter

'*Scandi Modern* blends dreamy, light-filled homes with genuinely practical advice on how to bring that effortless calm and cocooning Scandinavian feel into your own space. I love how Rebecca and Reena balance interiors escapism with realistic, achievable styling foundations, from materials that age beautifully to rituals that make a house feel lived-in, not styled-for-show. It's thoughtful, grounding and full of ideas I couldn't wait to try at home' - Will Taylor @brightbazaar and The Drew Barrymore Show.

'As someone that loves the idea of blurring the lines of indoor and outdoors, *Scandi Modern* inspires the reader to embrace the concept fully. I've always been heavily influenced by my Scandinavian design and this book has my full attention and appreciation. Reena and Rebecca gave us something beautiful in *Scandi Rustic* and have now raised the bar.' - Hilton Carter @hiltoncarter

Scandi Modern is a guide to creating a home that feels calm, cosy and intentional. Grounded in the principles of good Scandinavian design, it explores how light, texture, natural materials and curated detail shape spaces that bring out the best in the way we live now.

The book moves from the key foundations of Scandi Modern into clear, room-by-room guidance, offering practical advice on layout, flow, furnishings and the everyday rituals that make a home feel inviting.

Thoughtful, accessible and rooted in real living, *Scandi Modern* offers a fresh perspective on calm, cosy living.

WHAT IS A SCANDI MODERN HOME?



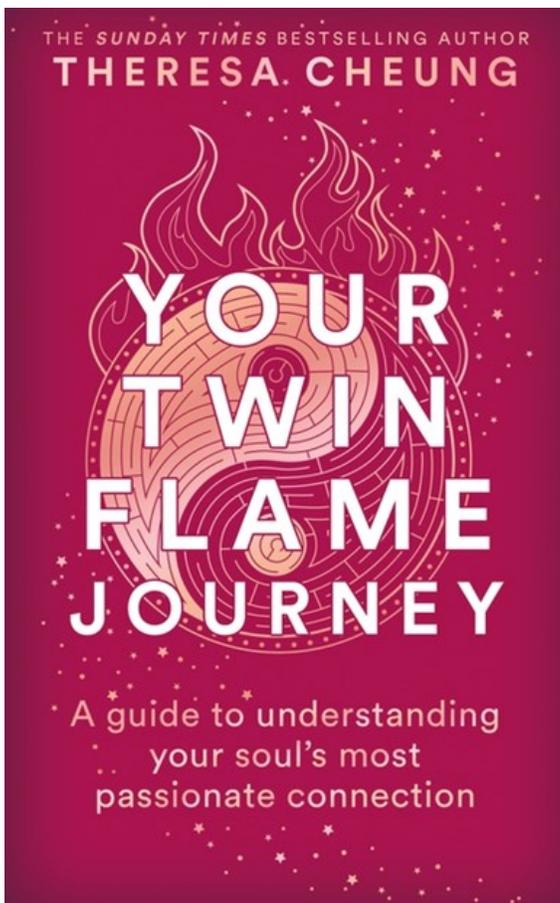
Scandi Modern is a guide to creating a home that feels calm, cosy and intentional. Grounded in the principles of good Scandinavian design, it explores how light, texture, natural materials and curated detail shape spaces that bring out the best in the way we live now.



Reena Simon is a Designer, Stylist and Founder of Hygge for Home, a brand dedicated to modern Scandinavian-inspired interiors. As a tastemaker and author, Reena's work has been featured in leading design publications, and she has collaborated with renowned homeware brands on exclusive collections. Through her signature aesthetic, balancing warmth, simplicity and purposeful design.

Rebecca Lawson is a sustainability professional and the founder of Malmo and Moss, a platform dedicated to Scandinavian interiors with a British sensibility. Rebecca blends rustic textures, minimalist palettes and layered lighting to create homes inspired by Scandinavian design principles, which feel both serene and lived-in. Her expertise in styling and storytelling has made her a sought-after consultant in the interiors industry, regularly collaborating with brands to share aspirational interiors content and advice with her audience. Reena and Rebecca have 500K followers across their social platforms.

MBS



YOUR TWIN FLAME JOURNEY

A guide to understanding your soul's most passionate connection - AS SEEN ON ITV'S THIS MORNING
Theresa Cheung

9781841816333
£16.99

February 5, 2026
Trade Paperback

Godsfield Press

A guide to understanding your soul's most passionate connection: your twin flame

AS SEEN ON TV*

Unlock the mystery of Twin Flame relationships with spiritual expert, Theresa Cheung.

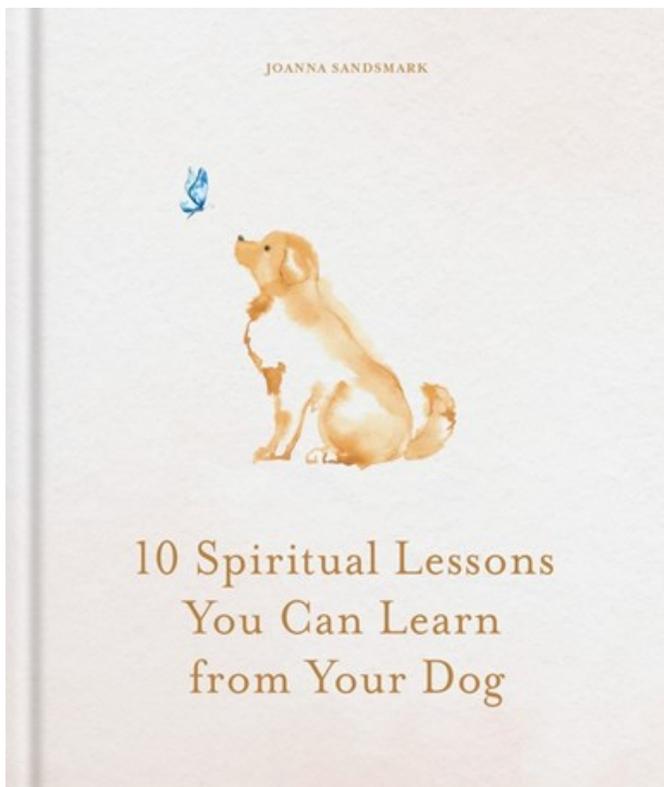
Every relationship has lessons to teach you, but none more so than the Twin Flame relationship. Meeting your Twin Flame is the most powerful soul encounter you can ever experience. Often marked with an irresistible familiarity and heart-breaking intensity, your Twin Flame serves as a mirror to both the best and the most unlikeable and unhealed parts of you. The Twin Flame relationship has an ancient, multi-cultural history behind it, and is accompanied by many immortal expressions across art and culture. But unfortunately, it is also often very misunderstood.

From debunking the myths around Twin Flames to offering practical advice for navigating these passionate connections, *Your Twin Flame Journey* is a comprehensive guide to intimate relationships from a psychological and spiritual perspective.

With Theresa's expert guidance, you will learn how to heal your broken heart and make empowering decisions for yourself, as Theresa knows best of all: you cannot find your Twin Flame until you spiritually awaken to the power of self-love first.

*Theresa Cheung appeared on ITV's *This Morning* to discuss *Your Twin Flame Journey* on 06/02/2026.

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. She hosts her own popular spiritual podcast called *White Shores* and a *UK Health Radio* show called *The Healing Power of Your Dreams*.



10 SPIRITUAL LESSONS YOU CAN LEARN FROM YOUR DOG

Essential Life Lessons We Can Learn From Our Furry Friend

9781841816524
£9.99

February 26, 2026
Hardcover

Godsfield Press

Feel-good lessons and practical daily life skills we can pick up from our pets for a life lived in contentment. The perfect gift for any dog lover.

Dogs are more than just furry friends and companions - they are members of our family who bring purpose and joy to our lives. They are often so much more to us than mere pets, and if we look closely enough there are lessons we can learn from our four-legged friends to improve both ourselves and our wellbeing.

10 Spiritual Lessons You Can Learn From Your Dog looks at what we can learn - from taking a leaf out of our loyal friends' book by learning how to sit back and watch the world go by to embracing your their sense of joy and playfulness. Full of practical, accessible, easy-to-follow advice, this book will help you unleash your carefree spirit and focus on the good things in life.

Beautifully packaged as a stylish hardback, this edition makes the perfect gift for any dog lover or even just those looking to improve their wellbeing.

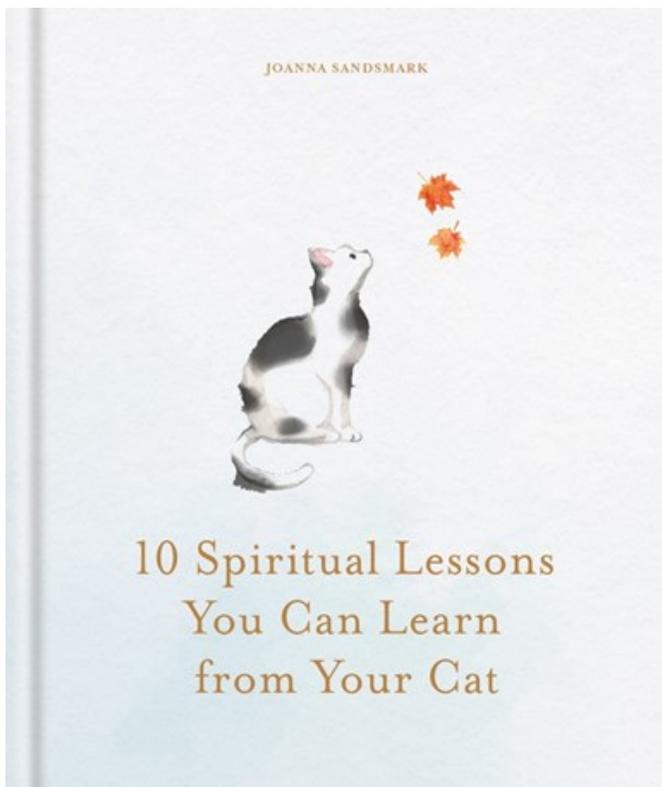
Lessons include:

- Man's best friend
- Obedience school
- Wag your tail
- Puppy love
- Work like a dog
- Teaching old dogs new tricks

Also available: *10 Spiritual Lessons You Can Learn From Your Cat*



Joanna Sandmark lives in Los Angeles, California. Joanna has written for DC Comics, was a staff writer on TV's *Weird Science*, and is currently teaching an online course she wrote called "Get Funny." As a voice actress, she has appeared in numerous commercial, industrial, and animated projects, including the popular animated television series, *Rugrats*. She is a member of the Writer's Guild of America, The Screen Actors Guild, the American Federation of Television and Radio Artists, and the Auto Club.



10 SPIRITUAL LESSONS YOU CAN LEARN FROM YOUR CAT

Essential Life Lessons We Can Learn From Our Furry Friend

9781841816517
£9.99

February 26, 2026
Hardcover

Godsfield Press

Feel-good lessons and practical daily life skills we can pick up from our pets for a life lived in contentment. The perfect gift for any cat lover.

Cats are more than just furry friends and companions - they are members of our family who bring purpose and joy to our lives. They are often so much more to us than mere pets, and if we look closely enough there are lessons we can learn from our four-legged friends to improve both ourselves and our wellbeing.

10 Spiritual Lessons You Can Learn From Your Cat looks at what we can learn - from taking a leaf out of our feline friends' book by learning how to sit back and watch the world go by to striking a balance between self-reliance and dependency. Full of practical, accessible, easy-to-follow advice, this book will help you unleash your carefree spirit and focus on the good things in life.

Beautifully packaged as a stylish hardback, this edition makes the perfect gift for any cat lover or even just those looking to improve their wellbeing.

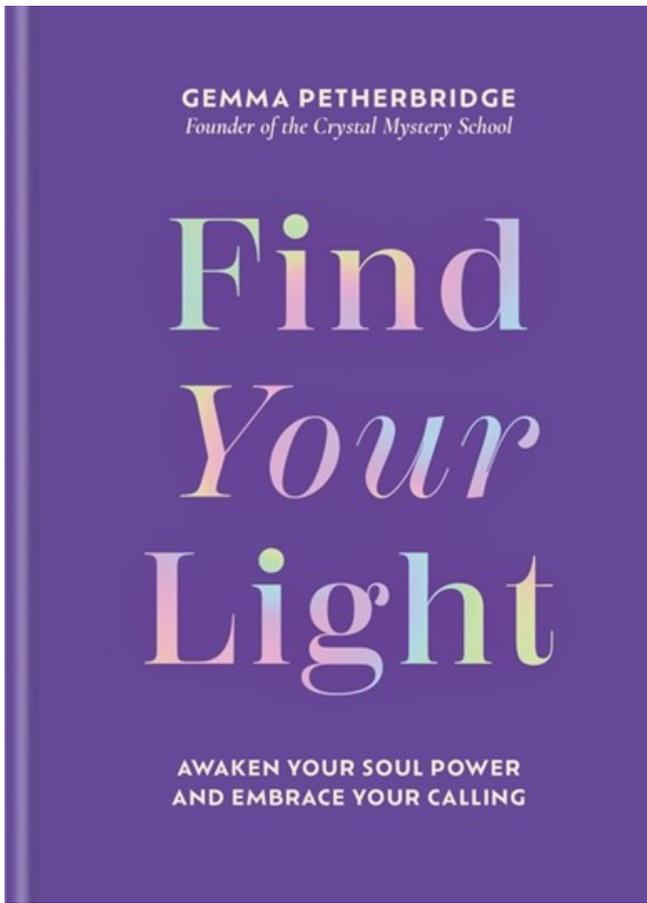
Lessons include:

- Dogs have masters; cats have partners
- Play with your toys
- Cat got your tongue?
- Take a catnap
- Showing affection
- Lean to purr

Also available: *10 Spiritual Lessons You Can Learn From Your Dog*



Joanna Sandmark lives in Los Angeles, California. Joanna has written for DC Comics, was a staff writer on TV's *Weird Science*, and is currently teaching an online course she wrote called "Get Funny." As a voice actress, she has appeared in numerous commercial, industrial, and animated projects, including the popular animated television series, *Rugrats*. She is a member of the Writer's Guild of America, The Screen Actors Guild, the American Federation of Television and Radio Artists, and the Auto Club.



FIND YOUR LIGHT

Awaken Your Soul Power and Embrace Your Calling
Gemma Petherbridge

9781841816661
£18.99

July 2, 2026
Hardcover

Godsfield Press

A lightworker's guide to awakening your soul power and finding your true purpose.

Awaken your soul. Embrace your light. Step fully into your purpose.

Your soul came here with a mission, and this book will help you remember what it is.

In this beautifully illustrated and accessible guide, internationally renowned speaker and energy healer Gemma Petherbridge illuminates the transformative power of lightwork. Lightwork is a powerful tool for personal growth, enabling you to create lasting, positive change - both for yourself and for others. By channelling high-frequency vibrations known as light language, you'll learn how to shift energy, activate healing and align with your soul's higher path.

Whether you're just beginning your spiritual journey or ready to deepen your practice, this comprehensive modern guide offers the tools, insights and rituals you need to reconnect with your inner light.

Inside, you'll discover how to:

- Unlock emotional, physical and energetic healing
- Release trapped emotions and ancestral trauma
- Open your intuition and awaken your spiritual gifts
- Heal blocked or overactive chakras
- Work with crystals, essential oils, reiki and sound healing
- Strengthen your connection to the Universe and your soul mission

Your soul came here with a mission, and this book will help you remember what it is.

You've been on a different path - one that might not be the path you want. But why? You've been following the path that leads to the success or fulfillment that's always been your dream. You've been so busy trying to fit into someone else's mould. There's just a tiny part of you that feels different, more sensitive or more emotional. That's because they're there. Making you feel you need more purpose. You're meant to be here. It's because you're here to do something that's never been done before. That's why your light is needed more than ever. And that's why it's so important to follow your path, even when the road ahead looks unclear.

What is a Lightworker?
In the simplest terms, a Lightworker is someone who helps others see the light and the beauty of their lives in alignment with their own gifts. They're the ones who bring light to the world. They inspire, support and elevate others who are struggling. The light is something that's always been there, it's something that's always been there. When a Lightworker shows their light, it's like they're showing you the way to the light.



Gemma Petherbridge has always had one foot in the esoteric world. Growing up amid the mystical landscapes of Stonehenge and Avebury, she discovered she was psychic from a young age. But it wasn't until the profound loss of both her parents in her early twenties that her dreams of a corporate career gave way to a deeper calling—a need to explore life's bigger questions. Now, two decades on, Gemma is an international speaker on energy healing, holding over 27 qualifications across a wide range of spiritually therapeutic modalities. She is the founder of The Crystal Mystery School, an online academy offering live, accredited training in disciplines such as Crystal Healing, Akashic Records Reading and Cacao Facilitator Training. Having transitioned from healer to teacher, she has now taught and inspired thousands of people worldwide. Crystals remain one of Gemma's greatest passions. With three published crystal books to her name, she is currently writing her fourth—this time inspired by the wisdom and mission of Lightworkers.

It's time to raise your vibration, trust your gifts and live your light with purpose.

HOW TO MANIFEST ANYTHING

Your questions answered
on love, money and more

Victoria Jackson

COVER TO BE REVEALED



HOW TO MANIFEST ANYTHING

Your Questions Answered on Love, Money and More
Victoria Jackson

9781841815657
£10.99

August 13, 2026
Paperback

Godsfield Press

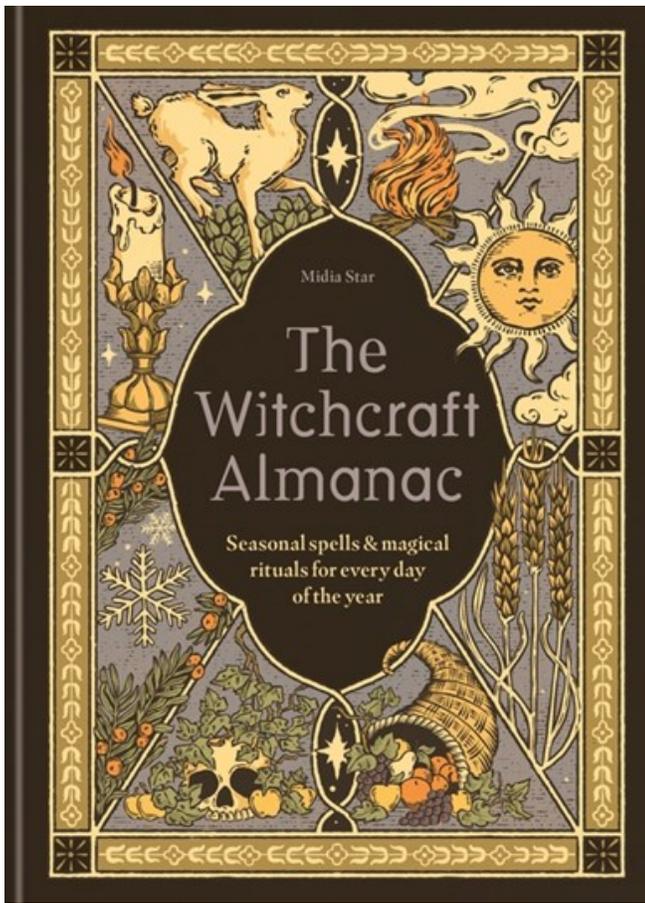
Stop chasing and start attracting with this complete guide to manifesting your dream life.

Discover the ultimate guide to creating the life you truly love with *The Manifest Mindset*, the essential companion for anyone ready to harness the power of manifestation.

In **Part One**, Victoria Jackson introduces the core principles and practices behind manifesting, guiding you through nine simple, practical steps to help you align your thoughts, energy and actions with your desires. With accessible advice, affirmations and journaling prompts, this section lays the foundation for understanding how to connect with the universe, raise your vibration and begin turning your dreams into reality.

Building on that foundation, **Part Two** takes you deeper into the real-world application of manifestation. Drawing on the most common questions people ask as they put these ideas into practice, Victoria offers thoughtful, compassionate guidance on manifesting across every area of life - from love, money and career to home, friendship and family. With her signature blend of soul, strategy, spirituality and science, she helps you move past blocks, shift your focus and align your actions with your intentions.

Whether you're just starting out or refining your existing practice, this book will help you strengthen your connection to the universe, embrace gratitude and possibility and create a life that feels truly aligned with who you are and what you desire.



THE WITCHCRAFT ALMANAC

Seasonal spells and magical rituals for every day of the year

Midia Star

9781841816494
£18.99

August 27, 2026
Hardcover

Godsfield Press

The perfect year-round companion for all witches, with a spell for every day of the year

Unlock the magic of every season with this essential guide for modern witches.

This mystical almanac offers you a spell for every day of the year, helping you connect with nature's rhythms and discover magic that resonates with you all year long.

Expert witch Midia Star walks you through the Pagan Calendar, providing guidance on eight Wiccan Sabbats, including the Winter Solstice, Imbolc, the Spring Equinox and the Summer Solstice. Divided by season, every spell is thoughtfully crafted to be simple, effective and achievable using ingredients freely given by nature and easily found in your surroundings.

Contents include:

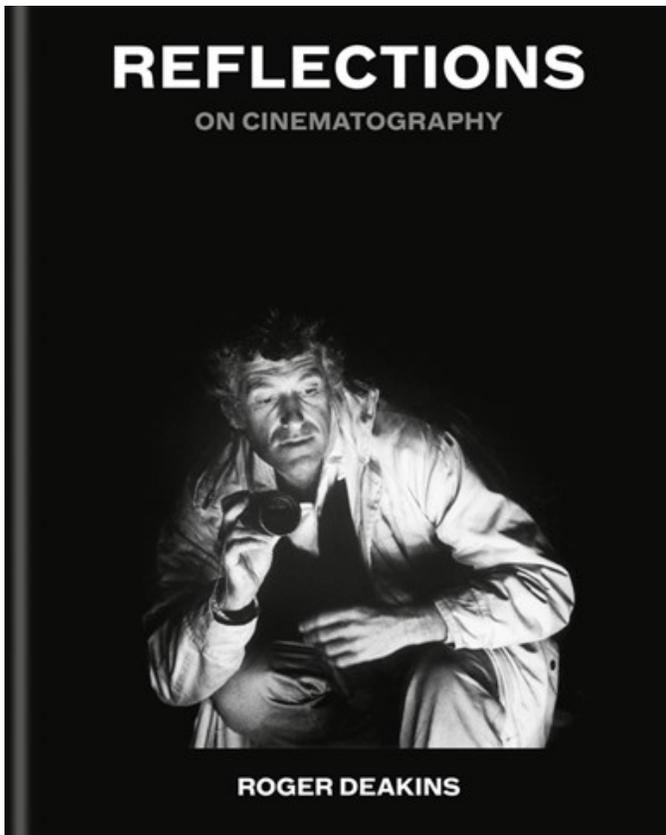
- Detailed advice on the best tools, ingredients and rituals for every point on the Wheel of the Year
- Powerful seasonal spells such as a Winter Solstice Gratitude Ritual and a Summer Solstice Sunstone Spell

Whether you are seeking love, abundance, peace, protection or personal power, this beautifully illustrated, timeless almanac will be your magical companion year after year.



Midia Star is a freelance journalist and author who has studied and practiced witchcraft, paganism and tarot since she was 12 years old. She specialises 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 and products published by Octopus include *Little Cauldron of Good Luck Spells*, *Little Cauldron of Love Spells*, *The Witchcraft Handbook*, *Karma's a Witch* and *Karma's a Witch: An Oracle Deck*.

PHOTOGRAPHY & CRAFT



REFLECTIONS

On Cinematography
Sir Roger Deakins

9781788406659
£40.00

February 12, 2026
Hardcover

Cassell

The one-of-a-kind visual memoir of Sir Roger Deakins, telling his life's story by way of his iconic, beloved films.

From two-time Academy Award winner from 16 nominations, and five-time BAFTA award winner from 11 nominations, Sir Roger Deakins - widely regarded as the greatest cinematographer of all time - a one-of-a-kind visual memoir, telling his life's story by way of his iconic, beloved films, including *The Shawshank Redemption*, *Skyfall*, *Fargo*, *Blade Runner 2049*, *The Big Lebowski*, *1917*, and *No Country for Old Men*, among others.

Cinematography is both an art and science - capturing motion requires a combination of skill, ingenuity, and artistic genius. Lighting, camera movement, and framing are just a few of the important components in the process of turning words on a page into unforgettable moving images. Over the course of a brilliant 50-year career, Sir Roger Deakins has proven to be the greatest artist & visionary that the craft of cinematography has ever known.

In ***Reflections: On Cinematography***, Deakins offers his fans and film enthusiasts a one-of-a-kind look into his life and improbable road to Hollywood immortality. Readers will discover how "the boy from Torquay, England" overcame a troubled childhood to enter his way into art school; his fortuitous entry into world of documentary filmmaking (including a yacht race around the world); to shooting groundbreaking music videos such as Herbie Hancock's "Rock It," to his singular film career, including his longtime collaborations with the Coen Brothers, Sam Mendes, and Denis Villeneuve.

Filled with never-before-seen storyboards, sketches, and diagrams, Deakins shows readers how he created some of the most iconic scenes in the most beloved films of all time. Through candid, lyrical prose, Deakins reflects on his life and each of his projects; how he helped shape them, and how they shaped him.

A truly unique visual memoir, ***Reflections*** is for film fans and general readers alike, and for anyone looking to find inspiration, beauty, and creativity by looking through the singular lens with which Roger views the world.

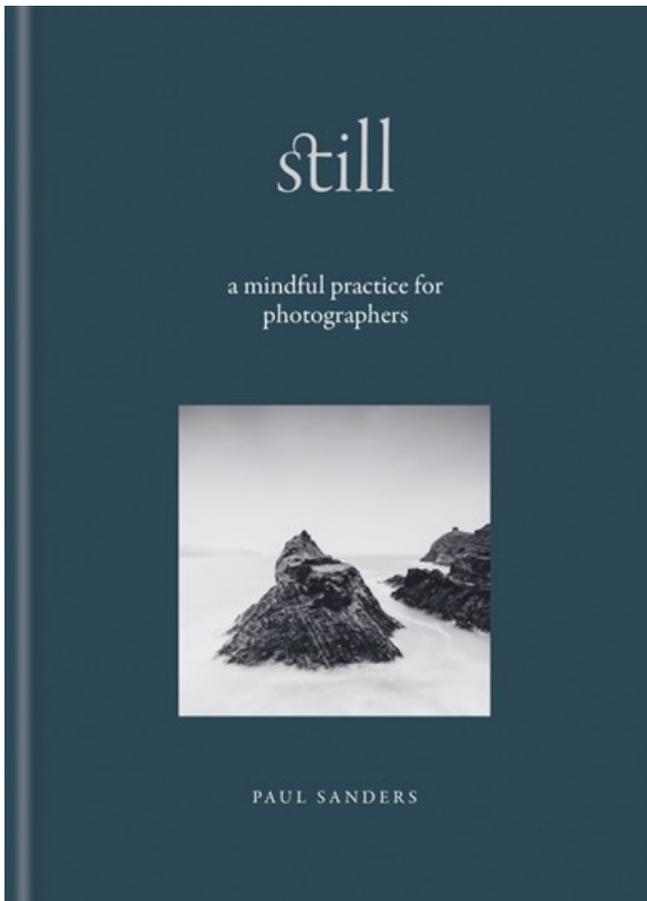


1917 is a unique blend of a technical manual, a love letter to the craft, and a visual memoir. Deakins shares his insights on the challenges of shooting a film in real time, the importance of lighting, and the art of storytelling through the camera. This section includes a detailed storyboard for a key scene from the film, showing the camera's path through the trenches and the placement of actors and props.

Deakins discusses the technical aspects of cinematography, such as the use of natural light and the challenges of shooting in difficult environments. He also shares his thoughts on the importance of collaboration and the role of the cinematographer in the filmmaking process.



Sir Roger A. Deakins is widely regarded as the greatest cinematographer of all time. Roger has been nominated for 16 Academy Awards, winning twice for *Blade Runner 2049* and *1917*. He has also been nominated 11 times for the BAFTA award, winning on five occasions. Roger has been awarded Lifetime Achievement Awards from the American Society of Cinematographers, the British Society of Cinematographers, and the National Board of Review. He is also the sole cinematographer to have been honored with a CBE, in 2013, and a knighthood, in 2021. Roger splits his time between England and California, with his wife and longtime collaborator, James. You can follow them @team.deakins.



STILL

A Mindful Practice for Photographers

Paul Sanders

9781840919233
£20.00

February 5, 2026
Hardcover

Ilex Press

A powerful guide to finding calm, clarity, and creative depth through the art of mindful photography.

Still shows how slowing down behind the camera can transform not only your images, but also your life.

Discover a transformative approach to photography - one rooted in mindfulness, presence, and creative renewal.

In *Still*, acclaimed fine-art photographer **Paul Sanders** invites you on a powerful journey that goes beyond technique - into the emotional and spiritual heart of photography. Blending poetic reflections, practical guidance, and stunning metaphorical imagery, Paul reveals how slowing down behind the camera can unlock more meaningful images - and a more grounded, purposeful life.

Born from his own experience of overcoming burnout and stress, Paul shares how photography became a tool for healing, clarity, and self-discovery. This beautifully written and visually rich guide offers more than inspiration - it gives you the tools to reconnect with your creativity on a deeper level.

Inside *Still*, you'll learn how to:

- * Reignite your creative passion.
- * Photograph with intention and emotional honesty.
- * Use the camera as a form of meditation and personal reflection.
- * Discover stillness and meaning in the everyday.

Whether you're an experienced photographer or picking up a camera for the first time, *Still* offers a refreshing, empowering perspective - one that encourages you to slow down, look deeper, and create with heart.

More than a photography book, *Still* is a must-have guide for anyone seeking calm and clarity in their creative life.

a mindful practice for photographers

Mindfulness is about being present in the moment. The practice is currently so popular, but is it real?

The term of mindfulness has been used in a variety of ways, from a spiritual practice to a psychological tool. It has been applied to everything from meditation to business. Mindfulness is a practice that is often used to help people who are struggling with stress, anxiety, and depression. It is a practice that is often used to help people who are struggling with addiction, pain, and chronic illness. It is a practice that is often used to help people who are struggling with grief and loss.

When Paul Sanders first started practicing mindfulness, he was looking for a way to deal with the stress and burnout that had been plaguing him for years. He had been a successful photographer, but he was also a very stressed person. He had been working long hours, and he was always feeling overwhelmed. He had been trying to do everything, and he was always feeling like he was not doing it well enough.

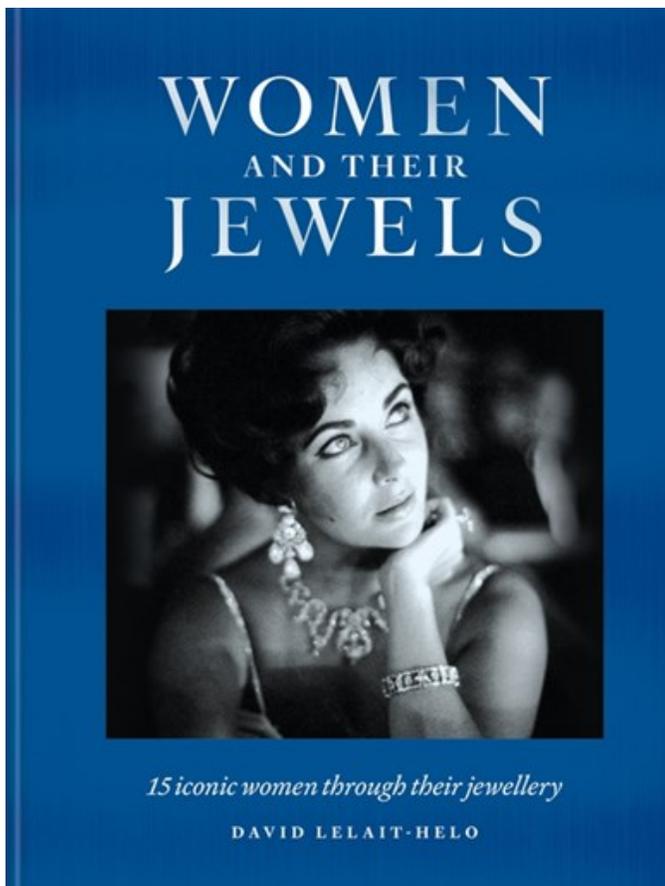
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British fine-art photographer Paul Sanders has been involved in photography for over 35 years, first as a black-and-white printer, then as a fashion photographer.

An opening at a local weekly newspaper for a trainee photographer led to jobs at the *Manchester Evening News*, Reuters, and then as Picture Editor of *The Times*. During 2011 he suffered a nervous breakdown as a result of stress and burnout. He made the decision to leave the role at *The Times* to pursue his love of nature and the landscape and, working closely with a therapist, started exploring how photography could aid his recovery.

Paul's approach to landscape photography is one of mindful connection. After looking at thousands of images every day during his years at *The Times*, his own work is made in response to emotional and spiritual reactions to the locations he visits, and reflecting a sense of stillness and calm. Today Paul's, beautiful, reflective work has been exhibited widely across the UK, Europe and Japan.



WOMEN AND THEIR JEWELS

15 iconic women through their jewellery

David Lelait-Helo

9781784729677
£30.00

February 26, 2026
Hardcover

Mitchell Beazley

A sumptuously illustrated book exploring the lives and loves of 15 famous women through the prism of their jewellery - including Elizabeth Taylor, Elizabeth II, Jackie Kennedy, Princess Diana and Wallis Simpson.

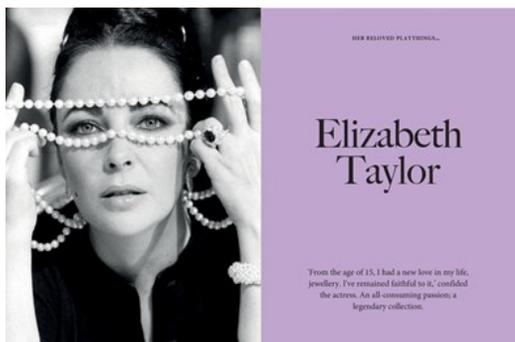
The word 'jewel' derives from the Old French word *joiel*, a word that finds its roots in the words for playing, joy, and enjoyment, proof that jewellery is intimately tied to notions of pleasure and happiness.

For some, it is the pleasure of love, for others, an obsessive passion. For **Wallis Simpson**, after the throne had passed her by, her jewelled treasures were her solace. As for **Maria Callas**, the soprano amassed diamonds and rubies to ward off the poverty of her childhood, and to spark the jealousy of a mother she hated. **Barbara Hutton**, America's most famous poor little rich girl, went around wearing a tiara, demanding to be called a princess. And they have been the cause of so much drama, **Marie-Antoinette**, whose diamond necklace identified her and sent her to the guillotine; **Joséphine de Beauharnais**, who was also embroiled in a necklace affair involving Marie-Antoinette's pearls; **Begum Om Habibeh**, Miss France 1930, and wife of the Aga Khan, who was robbed of her royal jewellery in the middle of the street...

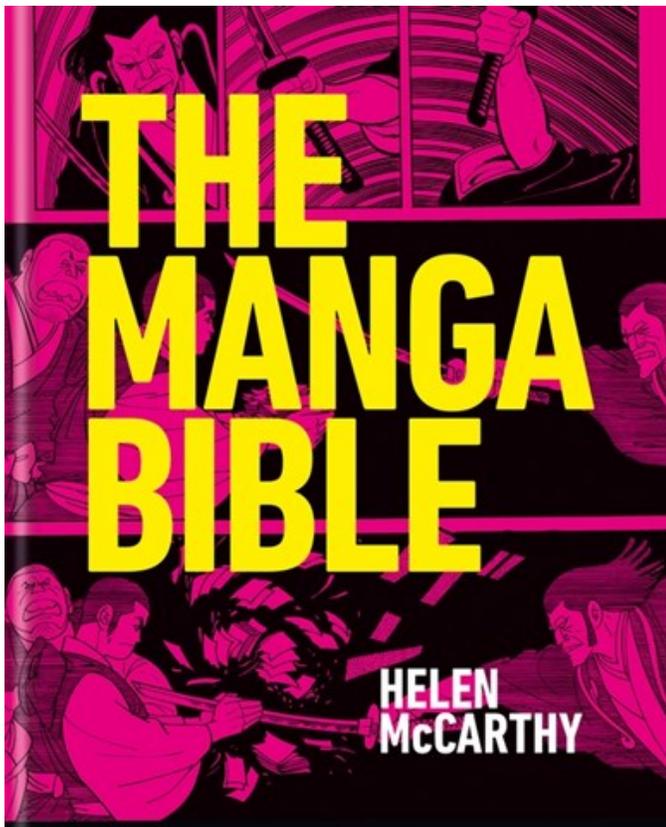
In this gloriously illustrated book, novelist and jewellery expert David Lelait-Helo stares into the jewellery boxes of these illustrious women to discover their hearts and their minds.

The women featured are:

Ava Gardner
Barbara Hutton
Brooke Astor
Elizabeth II
Elizabeth Taylor
Eugénie de Montijo
Grace Kelly
Helena Rubinstein
Jackie Kennedy
Diana, Princess of Wales
Maria Callas
Marie-Antoinette
Princess Soraya
Wallis Simpson, Duchess of Windsor
Begum Om Habibeh



David Lelait-Helo is a novelist, essay writer, and biographer whose childhood dream was to become a jeweller. With little plastic pearls and pieces of aluminium foil, he would create entire collections of finery. In 2011, he was given the wonderful opportunity to admire the jewellery box of Liz Taylor, and the history of jewellery became one of his greatest passions.



THE MANGA BIBLE

The definitive guide to contemporary and historical manga

Helen McCarthy

9781840918830
£25.00

March 5, 2026
Hardcover

Ilex Press

The definitive guide to manga, from renowned manga historian Helen McCarthy.

Everything you ever wanted to know about manga.

The Manga Bible is the definitive guide to manga, taking you from its earliest beginnings in 12th-century Japan right through to the 21st-century global phenomenon it has become.

Whether you're already a manga superfan or new to this magical world, this is the ultimate guide to the art form. Expert manga historian Helen McCarthy covers all the iconic genres, stories and artists, as well as introducing you to a host of lesser-known creators and characters, telling the fascinating story of this international sensation.

- Explores the key genres, types and styles of manga from romance to sci-fi to horror and beyond
- Evaluates the cultural contexts and transformation of manga in relation to war, politics, gender and technology
- Features over 70 profiles including Akira Toriyama, Baron Yoshimoto, Hideko Mizuno, and the 'God of Manga' Osamu Tezuka

Praise for *The Anime Encyclopedia: A Century of Japanese Animation*

'Impressive, exhaustive, labyrinthine and obsessive - *The Anime Encyclopedia* is an astonishing piece of work.' **Neil Gaiman**

'... promises to do for anime what Halliwell did for film.' **Mark Schilling, Screen International**

Praise for *A Brief History of Manga*

'It is with such wonderful details that McCarthy's bullet-point history of the form really triumphs' **Jasper Sharp, Manga UK blog**

Praise for *The Art of Osamu Tezuka: God of Manga*

'... an absolute treasure trove for anyone who wants to learn more about the God of Manga and his varied creative output.' **NEO magazine**



THE EARLIEST JAPANESE CARTOONS

Japan's earliest cartoons are those of the Edo period (1603-1868). The earliest cartoons were those of the Edo period, which began in the 17th century. The first cartoon was a woodblock print of a man and a woman, which was published in 1680. This cartoon was the first of a series of cartoons that were published in the Edo period.

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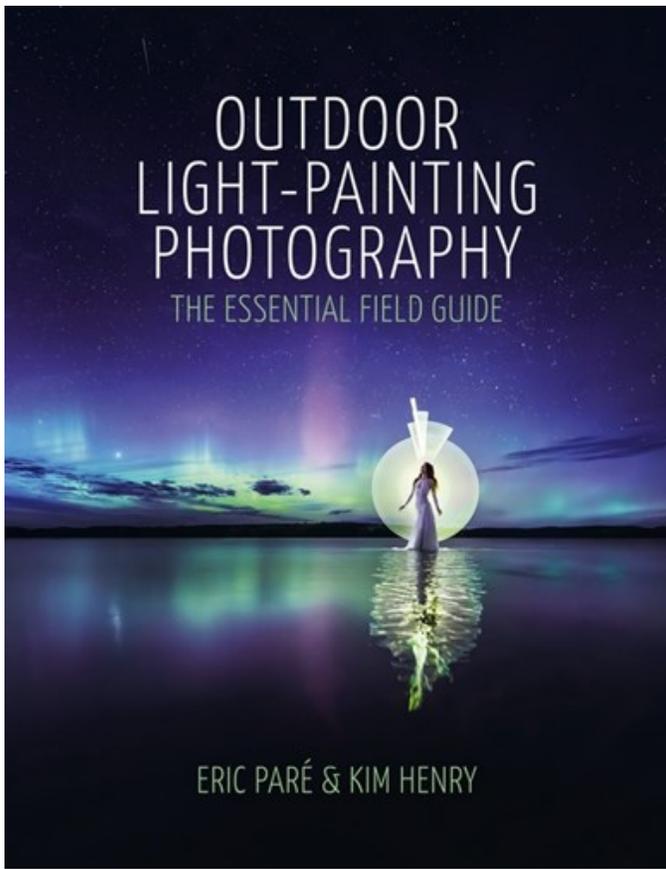
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Helen McCarthy was first introduced to anime and manga in 1981. In 1991, Helen co-founded the UK's first professional anime magazine, *Anime UK*. The magazine won an international reputation, was sold in Japan, and helped to create the market for her first book. She later edited *Manga Mania* magazine, and has written over 100 articles for European, American, Japanese and online publications, from *Super Play* magazine and *Kyoto Journal* to the *Daily Telegraph Online*.

Helen has written over a dozen books, including works on anime and manga superstars Hayao Miyazaki, Osamu Tezuka and Leiji Matsumoto. She is co-author of *The Anime Encyclopedia*, considered the pre-eminent research guide to the medium. A popular speaker at venues all over the world, Helen has curated and presented a number of film seasons alongside contributing to exhibitions including the British Museum's 2019 blockbuster exhibition *Manga!* In 2024.



OUTDOOR LIGHT-PAINTING PHOTOGRAPHY

The Essential Field Guide
Eric Paré

9781840919257
£26.00

March 26, 2026
Paperback

Ilex Press

An easy-to-follow, how-to guide to the art of outdoor light painting from Instagram sensations Eric Paré (400k followers) and Kim Henry (22k followers).

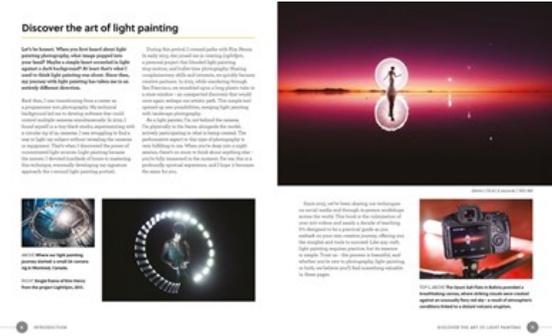
A book to inspire your nights. Learn the technique, embrace the process, and step into a world where light becomes your brush.

Outdoor Light-Painting Photography is an invitation to step outside after dark and discover a world where light becomes your brush. Created by artists and photographers Eric Paré and Kim Henry, this book distills more than a decade of exploration, technical refinement, and creative adventure into a practical and inspiring field guide.

Blending photography, performance, and movement, Eric and Kim have pioneered a modern approach to light-painting, transforming landscapes into luminous stages. Through clear explanations and stunning imagery, they reveal how simple tools like a flashlight and a plastic tube can create breathtaking results when combined with long-exposure photography. Inside, readers will find:

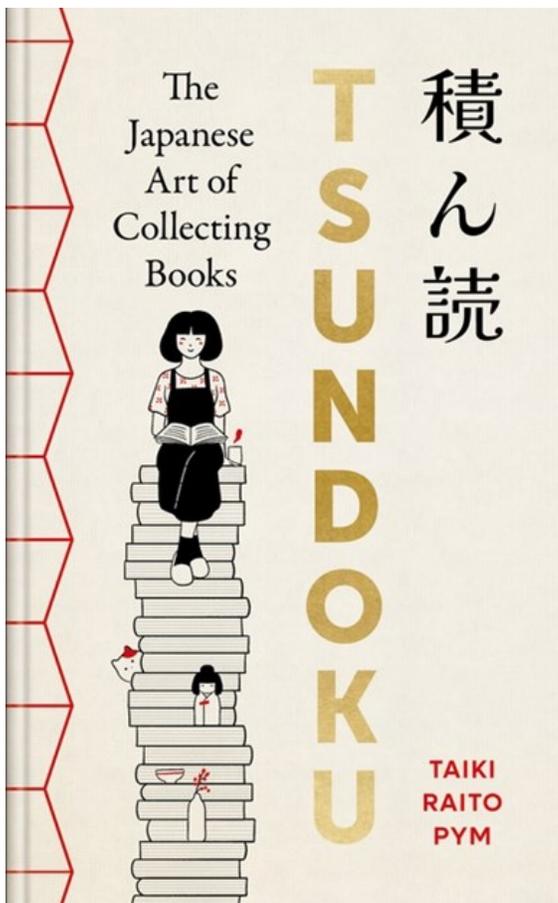
- * Essential equipment and techniques to get started or refine their craft.
- * Step-by-step guidance for shooting in various environments: from black canvas to beach, winter, cityscapes, and under the stars.
- * Insights into composition, light shapes, workflow, and tools.
- * Multiple reference tables for easy access on the field.
- * A decade's worth of tips, tricks, and hard-earned wisdom from countless night sessions around the world.

Whether you're an experienced photographer seeking new creative directions or a curious beginner ready to step into the night, this book offers both technical clarity and artistic inspiration. This book is a celebration of light, movement, and the magic that happens when the sun goes down.



Eric Paré is a Canadian visual artist specializing in bullet-time and light-painting photography. With over 1 million followers across his TikTok, Instagram, and YouTube channels, his striking visuals and behind-the-scenes content have inspired a global community. His work has been featured on CNN, MTV, BBC, Vice, TEDx, and he has worked on large-scale campaigns with Lexus, Twitter, Adobe, HP, Intel, Facebook, Canon, and Microsoft. He owns a 400-camera studio in Montreal.

Kim Henry is a contemporary dancer and performer fascinated by movement, nature, and human beings. Since 2011, she has taken part in over a hundred dance, film, and physical theater projects as a freelance artist. Her creative partnership with visual artist Eric Paré began in 2014. Together, they developed a globally recognized light-painting aesthetic and have been sharing their process with others for over a decade.



TSUNDOKU

The Japanese Art of Collecting Books
Taiki Raito Pym

9781788406468
£16.99

April 2, 2026
Hardcover

Cassell

A book-lover's guide to collecting books... but not necessarily reading them!

An ode to the quiet joy of collecting more books than we could ever possibly read - and loving them all the same...

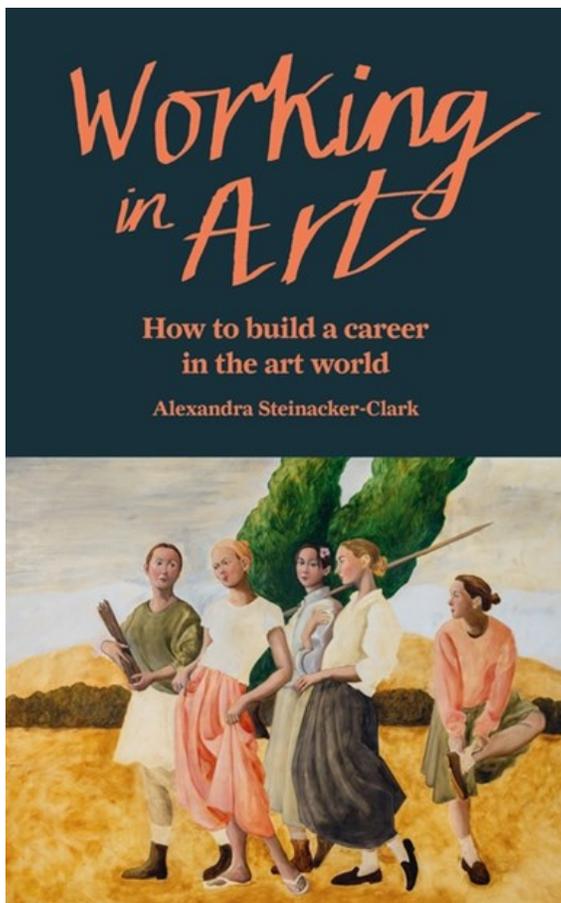
Drawing on the evocative Japanese term *tsundoku* - first coined in the Meiji era to describe the growing stacks of unread books that accumulate around devoted readers - this insightful and warmly humorous book reframes what some might see as clutter or guilt as a deeply meaningful way of living.

From the tactile pleasure of flipping through pages to the quiet ritual of rearranging overflowing shelves, *Tsundoku* explores the psychology, culture, and poetry behind the irresistible urge to collect and cherish books. It offers meditations on the joy of choosing and buying books, the rebellion against reading lists, creative ways to organise your shelves, foolproof excuses for sneaking in yet another new title, techniques for remembering what you've read, and the guilty - but glorious - pleasure of re-reading.

Above all, this philosophy reminds us that we do not necessarily have to have read all the books we own to love them unconditionally. Feelings of guilt, be gone! Unread books can be even more fascinating because they take us on wonderful journeys, and speak to us regardless, whether we open them or keep them closed. We know that books are a cure for the soul: just touching one, smelling one, or leafing through one makes us feel better immediately.



Taiki Raito Pym is not a single person, but the pseudonym of a group of passionate readers who have fallen victim to *tsundoku*. Books began to occupy their homes ever since they were children and, by the time they realized it, books had already taken over their living spaces. However, they allowed them do it. The one thing they all have in common is that they own more books than they can read in a single lifetime: and to tell the truth, they are happy nonetheless. And of course, they all have at least one cat. But that is another story!



WORKING IN ART

How to build a career in the art world

Alexandra Steinacker-Clark

9781840919547
£16.99

April 9, 2026
Trade Paperback

Ilex Press

How to get a job and make a living in the art industry, from rising art world star Alexandra Steinacker-Clark, creator of the *All About Art* podcast.

The essential guide for anyone looking to find a job in the professional art sector, or make a career change into the industry.

Ever been told that your plan to work in art is a pipe dream? Or that the art world is far too opaque and nepotistic to break into? This book breaks down the barriers that stop people approaching a career in art, and gives practical advice for a wide range of career paths.

Through in-depth interviews with curators, gallerists, conservators, content creators, journalists, auction house employees, and many more, Alexandra Steinacker-Clark provides a fascinating insight into what it means to work in art.

Includes interviews with:

Sally Tallant, President and Executive Director of the Queens Museum, New York

Maria Rita Cerilli, Communications Manager at the Peggy Guggenheim Collection, Venice

Elsy Lahner, Curator for Contemporary Art at the Albertina Museum, Vienna

Mikei Hall, Senior Art Handling Technician at Tate Britain, London

Thaddaeus Ropac, Gallerist

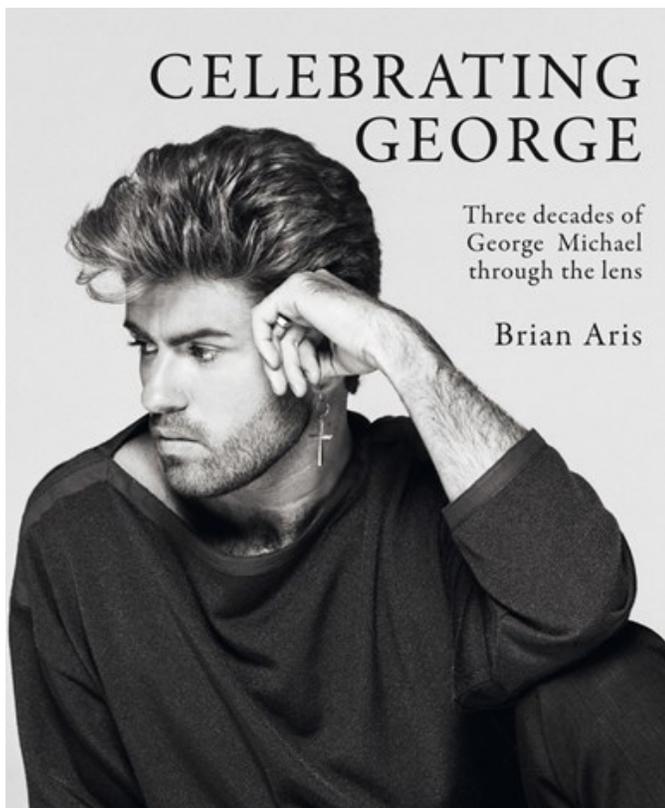
Bianca Bosker, Journalist and author of *Get the Picture*

Lisa Dennison, Chairman of Sotheby's, Americas

Alayo Akinkugbe, Author and creator of the Instagram account *A Black History of Art*

Alexandra Steinacker-Clark is an American-Austrian art historian, curator, writer and podcaster living and working in London. Alexandra is the founder and host of the *All About Art* Podcast which, according to Spotify Wrapped 2022, was within the top 10% of most followed and most shared podcasts worldwide and it remains within the top 10% today. She is also the co-director of NXT GEN: AWITA x All About Art, a program designed to support early career arts professionals, a TEDx speaker, and serves on the Board of SALOON Network.

Alexandra has a BA in History of Art from University College London and an MA in Arts Administration and Cultural Policy from Goldsmiths University. She has previously worked as Gallery and Exhibitions Manager at Galerie Max Hetzler in London along with past positions at Skarstedt Gallery, Galerie Thaddaeus Ropac, Shezad Dawood Studio, Kunsthistorisches Museum Vienna, and Sotheby's Auction House.



CELEBRATING GEORGE

Three decades of George Michael through the lens
Brian Aris

9781788406215
£40.00

April 9, 2026
Hardcover

Cassell

A stunning book of pictures from George Michael's life by renowned music photographer Brian Aris. It includes many unseen images of George at different stages of his career.

George Michael hated having his photo taken, which makes this stunning collection of images spanning over 20 years such an unusual and beautiful tribute to one of the most consummate performers the music world has ever seen.

Brian Aris first met George when he shot him and his Wham! colleague Andrew Ridgeley in 1984. He gained George's trust and subsequently took some of the most iconic shots of the star that provide an illuminating document of a complex character.

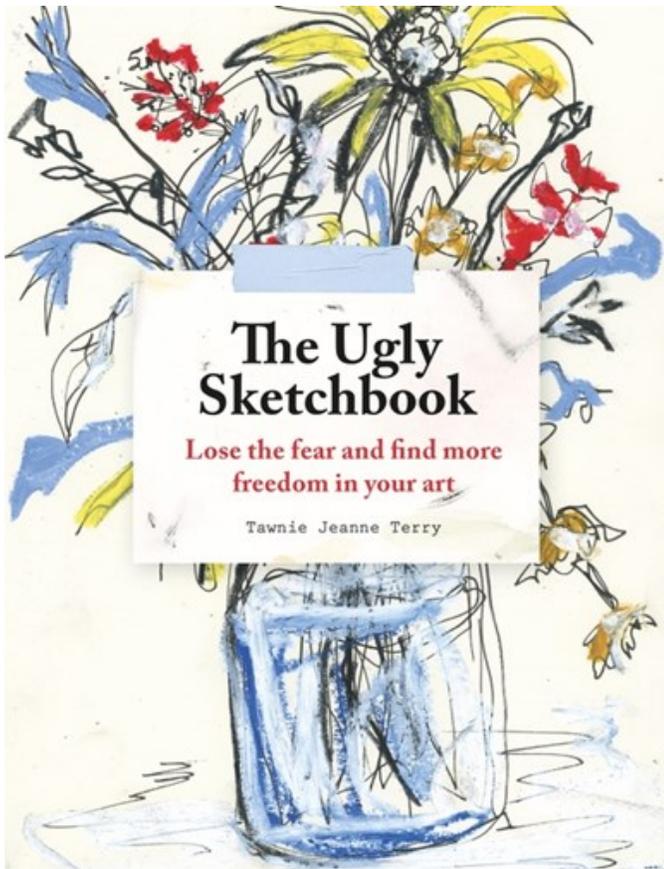
With text documenting George's life and Brian's memories of his sessions and meetings with the star, together with iconic images, contact sheets and previously unseen images, this is a beautiful tribute to pop's most likeable and talented singer.



Brian Aris (Author)

Brian Aris began his photographic career as a photojournalist, working for a London agency. After nine years of travelling, including a stint in Vietnam at the end of the war, he opened a studio in London. During the next two decades he covered every aspect of the music scene from punk rock, glam' rock and straight rock 'n' roll with the Rolling Stones right through to the emergence of the boy bands and then the girl power that arrived with The Spice Girls. Commissioned by Bob Geldof to photograph his wedding to Paula Yates, Brian was then brought in to take the exclusive official pictures of the all-superstar Band Aid line-up. He was given exclusive backstage access of the Live Aid and Live8 concerts. Other glamorous weddings followed - Sting to Trudy Styler, David Bowie to Iman, Liza Minelli to David Gest, Joan Collins to Percy Gibson and David Beckham to Victoria.

He is considered the foremost music photographer.



THE UGLY SKETCHBOOK

Lose the fear and find more freedom in your art
Tawnie Jeanne Terry

9781846016035
£19.99

April 9, 2026
Paperback

Ilex Press

In this interactive sketchbook from artist Tawnie Jeanne Terry (@tawniejeannestudios), rid yourself of inhibitions and (re)discover your creative streak.

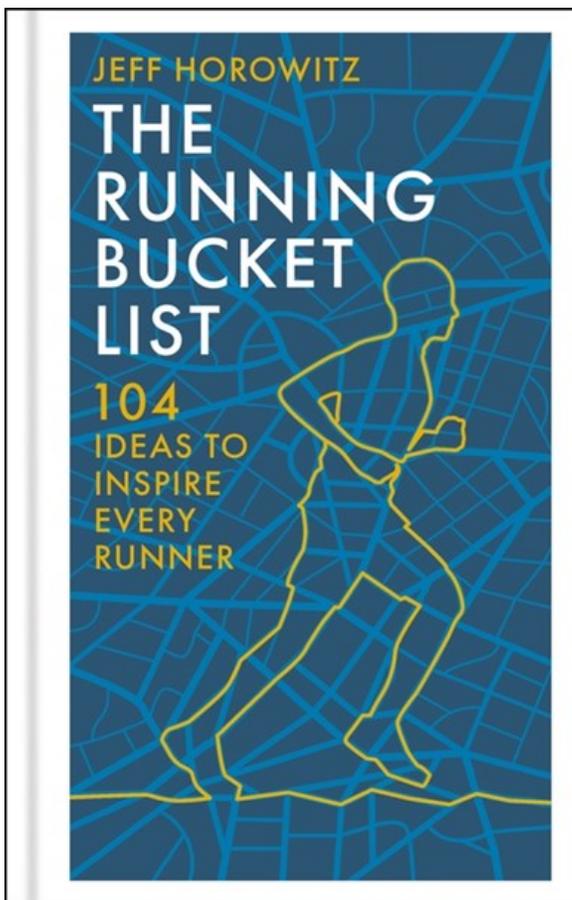
Are you full of creative ideas but scared to put pen to paper? Do you find yourself wanting to make art but intimidated by a blank page?

In this guided sketchbook, regain your creativity with the help of artist Tawnie Jeanne Terry (@tawniejeannestudios). With 10 playful exercises to get you warmed up, 20 projects, plus ideas and inspiration to take your art practice further, *The Ugly Sketchbook* is your toolkit to finding freedom through art. The sketchbook contains step-by-step instructions and blank pages throughout for you to draw into, as well as scope to use whatever art materials you have to hand. Shake off the fear and get creating!



Tawnie Jeanne Terry is a mixed media artist and content creator based in Southern California. Her art has been featured on US TV networks such as Showtime, USA, AMC and more. Having taken art classes on and off throughout her life, she decided to finish her art degree online during the pandemic. Since beginning to post her art more regularly on Instagram a couple of years ago, her platform has grown quickly - she now has more than 180k engaged followers, and has recently started sharing tutorials on her YouTube channel which more than 2k subscribers.

@tawniejeannestudios



THE RUNNING BUCKET LIST

104 Ideas to Inspire Every Runner

Jeff Horowitz

9781804193815
£14.99

April 9, 2026
Hardcover

Short Books

A bucket list to inspire runners everywhere - this book provides a fun and organized way to keep motivated and reinvigorate your love for running.

There are a lot of reasons to run. We do it to lose or maintain weight, to be healthier, and to clear our minds. Running can do all these things, and more. But running can be, well, repetitive. For everyone, at some point, it can get boring. Predictable. Routine.

Experienced runner, coach, and adventurer Jeff Horowitz wrote *The Running Bucket List* to provide a fun and organized way to reinvigorate your love for running. Pulling from his nearly four decades of running, which includes racing in every state in the US and on every continent, running in everything from the world's biggest races to solo runs in almost every kind of condition imaginable, Horowitz offers ideas to spice up your training and events that you might already be familiar with, as well as others that you've never dreamed of before.

Check items off your running bucket list like:

- Join a running club;
- Get a gait analysis;
- Participate in your local parkrun;
- Conquer the Great Wall Marathon;
- Run on the Roger Bannister Track in Oxford;
- Become a race volunteer;
- And so much more!

In this book, you'll find over 100 bucket list items, ranging from the sublime to the ridiculous, from the deeply challenging to the whimsical. Pick and choose from among these adventures or work your way through the list one by one. Either way, you can be sure to banish boredom from your running.



Jeff Horowitz is an author, editor, speaker, certified triathlon, running, and cycling coach, as well as a personal trainer, with over 25 years experience in the fitness industry.

Formerly a practicing attorney, Jeff quit law to share his passion for endurance sport and healthy living. His books include *Quick Strength For Runners* (Velo Press, 2013), *Smart Marathon Training - Run Your Best Without Running Yourself Ragged* (Velo Press, 2011), *Ageless Strength* (Velo Press 2013), and *My First 100 Marathons; 2,620 Miles With An Obsessive Runner* (Skyhorse Press, 2008). He has been published in the *New Yorker*, *Competitor* magazine - for which he was also the mid-Atlantic editor - *Running Times*, and *Marathon & Beyond*.

YOU WILL BE ABLE TO CROCHET AMIGURUMI BY THE END OF THIS BOOK



YOU WILL BE ABLE TO CROCHET AMIGURUMI BY THE END OF THIS BOOK

15 Cute and Easy Crochet Characters
Fay Lyth

9781781579701
£19.99

April 9, 2026
Paperback

Ilex Press

Start with a crash course in the basics of crochet, then get straight into 15 cute and easy amigurumi projects.

Want to try making those cute crochet critters you see everywhere, but don't know where to begin? This book is for you.

Amigurumi - the Japanese art of crocheting small, stuffed creatures - offers the perfect introduction to crochet. Experienced crochet artist Fay Lyth leads you through the basics followed by 15 adorable amigurumi projects. A simple sour lemon is a great way to master the basic techniques, then move on to a planet or an ice cream cone to build your confidence. Finally, take on more complex, multi-piece amigurumi projects like an octopus or a sweet little bear.

By the time you've made your way through this book, you will have the skills and confidence to tackle any amigurumi project you put your mind to.



ADDITIONAL MATERIALS

Some patterns will require small amounts of additional materials such as felt fabric, chenille stems (pipe cleaners), plastic or paper pom-poms, cardboard, fabric glue or other embellishments. Always check the pattern for the full list of materials needed.

OTHER TOOLS AND EQUIPMENT

Does your hook have your ball and yarn? Have you got your needle and bob? Check that you have them.

KNITTING Knitting is a different skill to crocheting. Some things can be done with both, but many cannot. If you are new to knitting, you may want to learn the basics before starting a project. Knitting needles come in many sizes and materials. The most common are metal, wood, bamboo, and plastic. The size of the needle is measured in millimeters (mm) or US sizes. The most common sizes are 2.5mm (US 2), 3mm (US 3), 3.5mm (US 4), 4mm (US 4), 4.5mm (US 5), 5mm (US 6), 5.5mm (US 7), 6mm (US 8), 6.5mm (US 9), 7mm (US 10), 7.5mm (US 11), 8mm (US 12), 9mm (US 13), 10mm (US 14), 11mm (US 15), 12mm (US 16), 13mm (US 17), 14mm (US 18), 15mm (US 19), 16mm (US 20), 17mm (US 21), 18mm (US 22), 19mm (US 23), 20mm (US 24), 21mm (US 25), 22mm (US 26), 23mm (US 27), 24mm (US 28), 25mm (US 29), 26mm (US 30), 27mm (US 31), 28mm (US 32), 29mm (US 33), 30mm (US 34), 31mm (US 35), 32mm (US 36), 33mm (US 37), 34mm (US 38), 35mm (US 39), 36mm (US 40), 37mm (US 41), 38mm (US 42), 39mm (US 43), 40mm (US 44), 41mm (US 45), 42mm (US 46), 43mm (US 47), 44mm (US 48), 45mm (US 49), 46mm (US 50), 47mm (US 51), 48mm (US 52), 49mm (US 53), 50mm (US 54), 51mm (US 55), 52mm (US 56), 53mm (US 57), 54mm (US 58), 55mm (US 59), 56mm (US 60), 57mm (US 61), 58mm (US 62), 59mm (US 63), 60mm (US 64), 61mm (US 65), 62mm (US 66), 63mm (US 67), 64mm (US 68), 65mm (US 69), 66mm (US 70), 67mm (US 71), 68mm (US 72), 69mm (US 73), 70mm (US 74), 71mm (US 75), 72mm (US 76), 73mm (US 77), 74mm (US 78), 75mm (US 79), 76mm (US 80), 77mm (US 81), 78mm (US 82), 79mm (US 83), 80mm (US 84), 81mm (US 85), 82mm (US 86), 83mm (US 87), 84mm (US 88), 85mm (US 89), 86mm (US 90), 87mm (US 91), 88mm (US 92), 89mm (US 93), 90mm (US 94), 91mm (US 95), 92mm (US 96), 93mm (US 97), 94mm (US 98), 95mm (US 99), 96mm (US 100).

Fay Lyth is the creative force behind Stitch by Fay. She has over a decade of crochet experience and has a passion for quick and easy crochet patterns. Since 2020, she has built a following online by posting and selling original crochet patterns suitable both for complete beginners and for more experienced crocheters. Fay lives and works in New Zealand.

@stitchbyfay

DESIGN YOUR OWN MANGA & ANIMÉ CHARACTERS

SHASHWATI VAHADANE



DESIGN YOUR OWN MANGA & ANIME CHARACTERS

Shashwati Vahadane

9781840918601
£19.99

April 23, 2026
Paperback

Ilex Press

Get a crash course in designing and drawing your own unique manga characters from expert artist and character designer **Sasha Vahadane** (@colorbysasha, 180k+ Instagram followers).

In *Design Your Own Manga & Animé Characters*, acclaimed artist **Sasha Vahadane** will provide you with a complete roadmap for creating your own original characters from scratch. Filled with step-by-step demonstrations, expert guidance and advice and tips and tricks, this book will teach you everything you need to bring your unique characters to life.

This is the ultimate manual for beginner artists, and includes chapters on:

- Getting started and understanding your tools, both traditional & digital
- Learning the basics of anatomy
- Drawing faces and facial expressions
- Adding hair, clothes, accessories
- Creating dynamic poses and exploring body movement
- Composition tips and tricks
- Other characters: chibi, animals and kemonomimi
- Finding your own style
- Drawing your own manga stories

Tools & Materials

Manga art can be created without the need for any fancy tools or an expensive setup. You can either start with just a simple pencil and paper, or you can use digital tools if you feel more at ease in that medium. Most of my art is digital, but all the techniques and tips can be used for both traditional and digital media. The most important thing is to pick the tools you feel most comfortable with and are suited to the style of art you want to create. Here is a basic but basic guide to traditional materials and digital tools, along with tips on how to use them effectively.

Traditional tools

Pencil is the most common tool used in traditional manga art. It's great for sketching and drawing. There are many types of pencils, but for manga art, a 2B or 4B pencil is usually the best choice. They are soft and can create dark, rich lines. It's also important to have a sharpener to keep your pencils sharp.



Digital tools

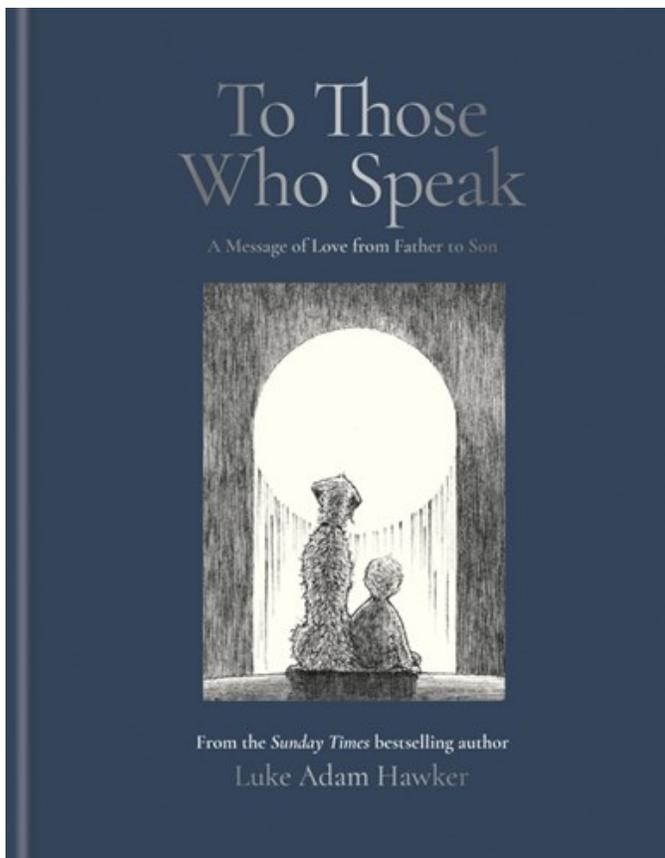
For digital art, you'll need a computer or tablet with a drawing application. There are many options, but for manga art, a program like Clip Studio Paint or Photoshop is often used. A good mouse or stylus is also essential for precise drawing. It's also helpful to have a secondary monitor to view your work at a distance.

Other tools

Other useful tools include a ruler for straight lines, a protractor for angles, and a variety of brushes for digital art. A good eraser is also important for correcting mistakes. For traditional art, a good set of brushes and a palette can be very helpful.



Sasha Vahadane is a self-taught artist, originally from India and now living and working in the UK. She has grown an enthusiastic following online for her character illustration over the past 3 years (Insta 200K+). Sasha creates step-by-step art tutorials for her Patreon account, and is also in the process of launching a Manga Masterclass series online. In recent years, she has exhibited her work at MCM Comic-Con London.



TO THOSE WHO SPEAK

A Message of Love from Father to Son

Luke Adam Hawker

9781840918724

£16.99

April 30, 2026

Hardcover

Ilex Press

A moving tale of a boy and his dog, and a friendship beyond words, from the bestselling author of *Together* and *The Last Tree*.

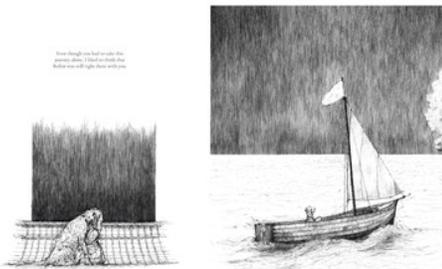
'An epic, lyric, loving book; a cosmos between covers, illuminated by other ways of being and seeing. It will reach many people, and many people will reach for it.' - Robert Macfarlane

When we pause to truly listen, everything speaks.

As it became clear that his son, Harry, would not talk in the same way as other children his age, Luke Adam Hawker began to discover the power and wonder of wordless communication. It was this, and Harry's growing friendship with their beloved family dog, Robin, that provided hope through all that was thrown at them in the first few years of Harry's life.

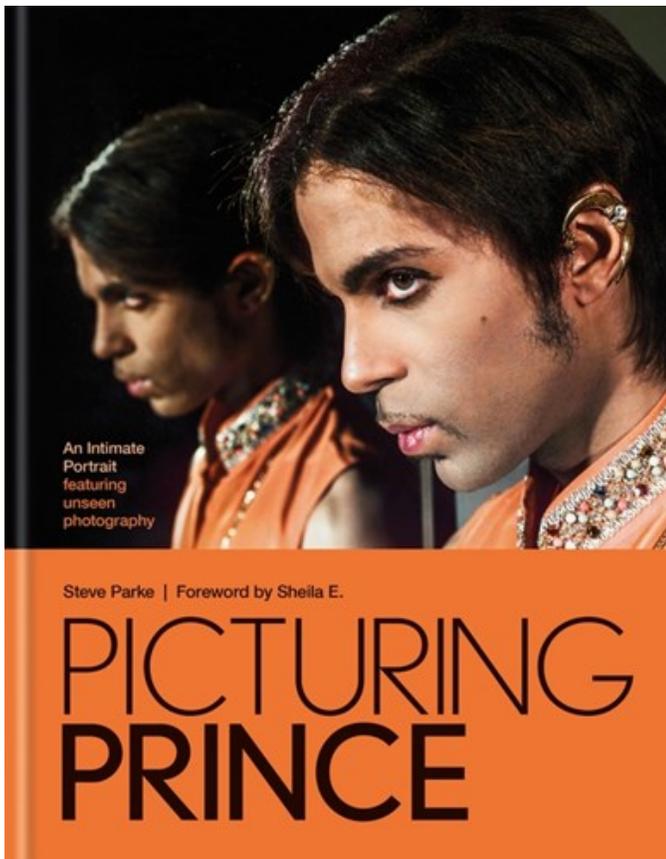
This is a book about an unconventional parenting journey, and the joy that is unlocked when we really learn to listen.

A heartening, hopeful story of fatherhood and friendship, from bestselling author and artist Luke Adam Hawker.



Luke Adam Hawker is a globally acclaimed artist celebrated for his compelling work, which is displayed in several prestigious collections including the Parliamentary Art Collection. He has garnered an enthusiastic social media following that now exceeds half a million. His debut book *Together* became a *Sunday Times* bestseller, while his second book *The Last Tree* inspired a highly praised exhibition with the National Trust in 2024. Together, these two titles have sold over 220,000 copies and have been translated into twelve languages.

An advocate for empathy, Luke harnesses its transformative power in his art, fostering deep connections with his audience through his openness and vulnerability. His passion for creativity is matched only by his dedication to fatherhood, and he eagerly anticipates sharing his son Harry's story through his artistic lens in his third book. Luke lives in Surrey, England, with his wife, son, and their dog, Robin.



PICTURING PRINCE

An Intimate Portrait
Steve Parke

9781788406611
£25.00

May 5, 2026
Hardcover

Cassell

Featuring a mix of never-seen-before and rare photographs of Prince, alongside written vignettes about working at Paisley Park with the icon, Steve Parke's book is essential for Prince fans

PICTURING PRINCE sees the late icon's former art director, **STEVE PARKE**, revealing stunning intimate photographs of the singer from his time working at Paisley Park. At least half of the images in the book are exclusively published here for the first time; most other images in the book are rare to the public eye.

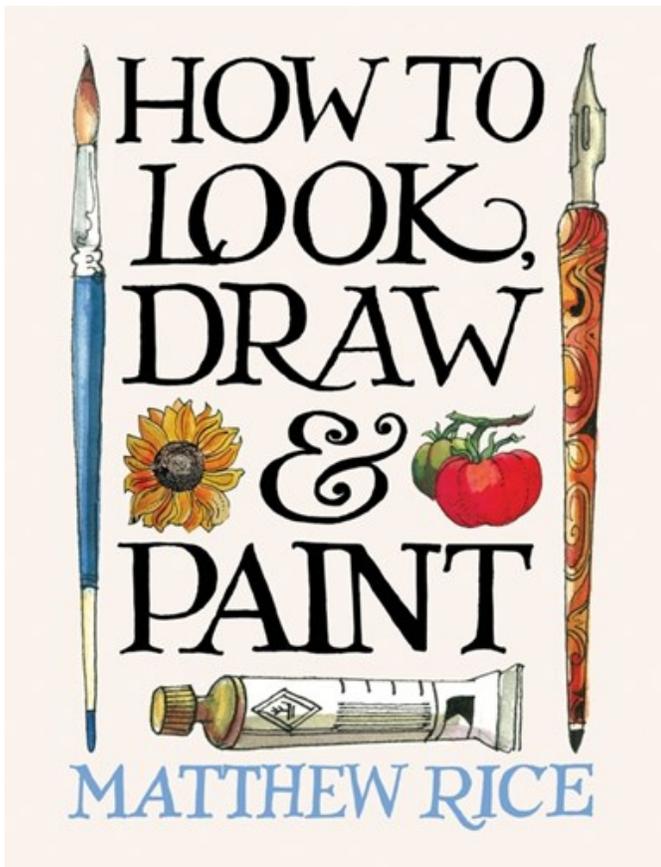
Alongside these remarkable images are fifty engaging, poignant and often funny written vignettes by Parke, which reveal the very human man behind the reclusive superstar: from shooting hoops to renting out movie theatres at 4am; from midnight requests for camels to meaningful conversations that shed light on Prince as a man and artist.

STEVE PARKE started working with Prince in 1988, after a mutual friend showed Prince some of Steve's photorealistic paintings. He designed everything from album covers and merchandise to sets for Prince's tours and videos. Somewhere in all of this, he became Paisley Park's official art director. He began photographing Prince at the request of the star himself, and continued to do so for the next several years. The images in this book are the arresting result of this collaboration.



Steve Parke started working for Prince in 1988, after a mutual friend showed Prince some of Steve's photorealistic paintings. As Steve learned Photoshop and other design programs, Prince asked him to design everything from merchandise and album covers to sets for tours and videos. Eventually Steve became Paisley Park's official art director and spent a week out of every month in Minneapolis, often working through the night with Prince in a near-empty studio.

In the late 90s, Prince asked Steve if he could use a camera. For the next several years, Steve took hundreds of shots of Prince, most of them in or around Paisley Park. What is unique about Steve is that he not only worked with Prince so intimately and for so long-the way very few other people did-but that, of the very few people who did, he's one of the only ones with photos.



HOW TO LOOK, DRAW & PAINT

Matthew Rice

9781840919080
£19.99

May 7, 2026
Paperback

Ilex Press

Explore the building blocks of drawing and painting and engage with the visual world around you, with the first practical art book from renowned artist, author and designer, Matthew Rice.

Learning to draw needn't be complicated or expensive, nor does one need a particularly spectacular subject to draw.

In this, his first practical art book, artist Matthew Rice encourages readers to look at and draw the scenes around them - the desk they are sitting at, the view out the window, a bowl of produce from the supermarket. And it is by truly sitting with and engaging with our everyday world that drawing skills can be learnt and strengthened, confidence built, and a new mindful creative activity developed.

A bunch of spring onions can be a starting point when thinking about shading and form. The view from your kitchen window becomes an exercise in perspective and measuring lines. A vase full of flowers is the perfect subject to develop your skills in detailed drawing and three-dimensional structure.

Little by little, by following the ten step-by-step exercises in the book, readers will build the skills and techniques to approach drawing any scene with confidence and ease.

"To know how to draw, you need to think about how to look, because to draw is to look and report in on what you have seen. As we learn to draw better we also learn to understand better: to analyze, explore and comprehend our world and its inhabitants. The exercise is more than an expression of a desire to decorate, to kill time or amuse. It is in fact a vital and near universal mode of communication that allows us to speak to those with whom we share no other common language." - Matthew Rice

Figures Eight, Nine, Ten, and Eleven, from the book 'How to Look, Draw & Paint' by Matthew Rice.



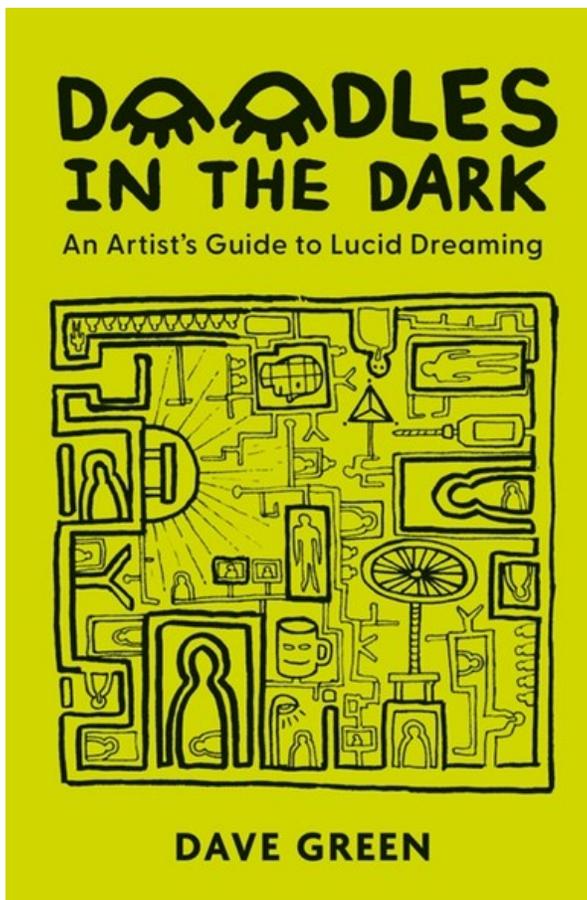
Figures Twelve, Thirteen, and Fourteen, from the book 'How to Look, Draw & Paint' by Matthew Rice.



OBSERVATIONAL DRAWING VS. ICONOGRAPHY

Icons, whether made of stone or wood, are a part of our world. They are the visual language of the past, and they are still with us today. They are the visual language of the present, and they are still with us today. They are the visual language of the future, and they are still with us today. They are the visual language of the world, and they are still with us today.

Recording all that surrounds him, from heritage apples to Venetian rooftops, **Matthew Rice** has documented a lifetime of memories and moments in pen and watercolour. He has designed and illustrated Emma Bridgewater pottery for three decades, and has created illustrations for magazines such as *Country Life*, as well as for his own books on architecture, including the bestselling *Rice's Architectural Primer*.



DOODLES IN THE DARK

An artist's guide to lucid dreaming

Dave Green

9781804192863
£22.00

May 14, 2026
Hardcover

Godsfield Press

Everything you've ever wanted to know about lucid dreaming and how to harness it to awaken your creative power

A mind-expanding look into the 'art' of lucid dreaming, *Doodles In The Dark* shows you how to use your dreams to awaken your creativity.

Have you ever been aware that you were dreaming, and used that awareness to influence the course of your dream? If so, you've experienced lucid dreaming.

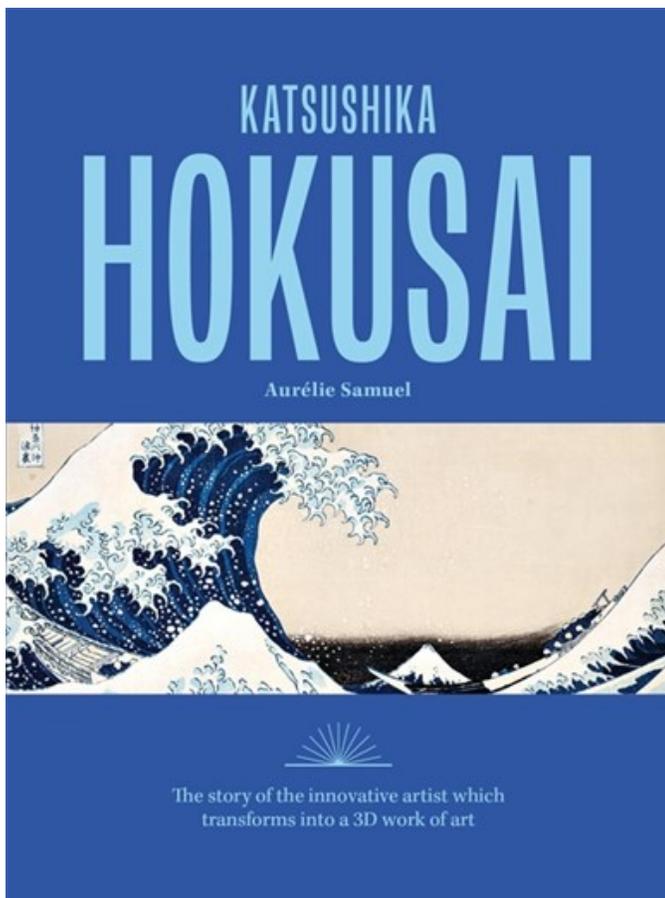
In *Doodles In The Dark*, renowned artist and comedian Dave Green takes us on a genre-bending journey through the history, science, philosophy and spirituality of the dreaming mind. By sharing copies of otherworldly doodles that he first conceived inside his own lucid dreams, he shows us just how much our dreaming brains are capable of imagining.

Much more than your average creative guidebook, *Doodles In The Dark* teaches us *how* to lucid dream and how to make artwork - not *of* our dreams but *within* the dream state itself. Part memoir, part scientific caper and part meditation on the nature of reality, this is a book for artists, oddballs and anyone interested in the creative power of their nocturnal reveries.

Your dreams are waiting. It's time to wake up inside them.

Dave Green is an artist from London who creates simple line drawings in his lucid dreams, which he re-creates upon waking up. His art has been featured in *BBC Science Focus* and *DreamTime magazine*. He has lectured about his work at Tate Modern and is the subject of a documentary by The World Science Festival called 'The Dreaming Pen'. In 2022, he was the winner of the award for artistic merit presented to him by the International Association for the Study of Dreams.

www.dave-green.co.uk/
[instagram.com/davegreen5000](https://www.instagram.com/davegreen5000)
x.com/davegreen5000



KATSUSHIKA HOKUSAI

The story of the iconic artist that transforms into a 3D work of art

Aurélie Samuel

9781846016691
£8.99

June 4, 2026
Paperback

Ilex Press

This miniature biography, with text by a leading art historian, transforms into a 3D work of art by folding the pages back so you can display this great artist's work in your home.

The Great Wave Off Kanagawa (1831) by Katsushika Hokusai is one of the world's most famous works of art.

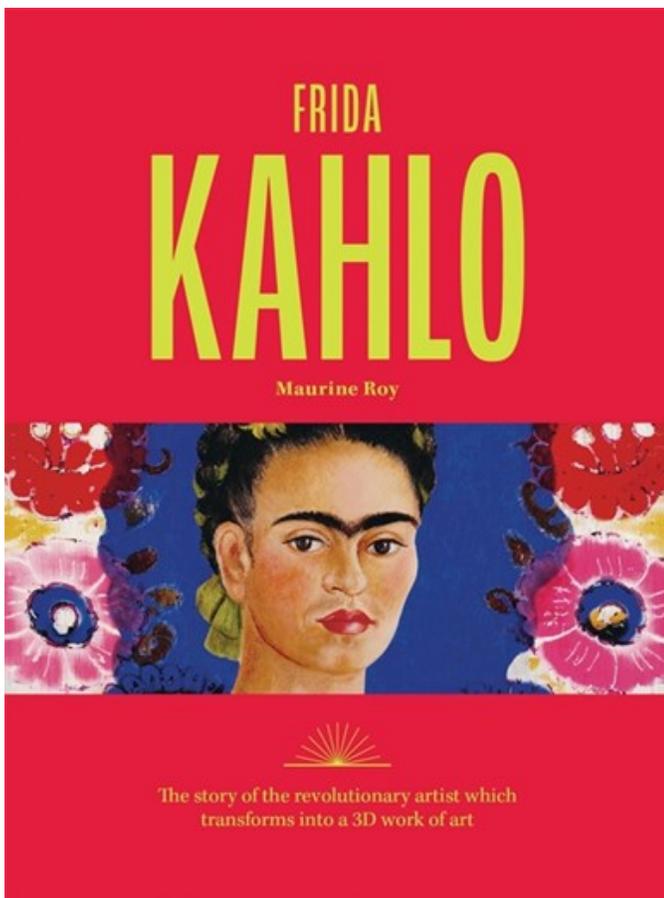
Hokusai's woodblock prints created a new taste for landscape and nature and caused a major aesthetic upheaval among European artists at the end of the nineteenth century.

Aurélie Samuel rediscovers this iconic artist whose work, embodying Japanese spirituality, remains iconic even to this day.

Fold each page back to create a pop-up miniature version of this great artist's work for display in your home.



An art historian specializing in Asian art and a heritage curator, Aurélie Samuel is the author of numerous books, including: *Kabuki, Costumes of Japanese Theater* (Artlys, 2012), *Kimono: The Ladies' Delight* (Gallimard, 2017), *Samurai: From War to the Way of the Arts* (Snoeck, 2017), and *At the Court of Prince Genji. A Thousand Years of Japanese Imagination* (Gallimard, 2023).



FRIDA KAHLO

The story of the revolutionary artist which transforms into a 3D work of art

Maurine Roy

9781846016752
£8.99

June 4, 2026
Paperback

Ilex Press

This miniature biography, with text by a leading art historian, transforms into a 3D work of art by folding the pages back so you can display this great artist's work in your home.

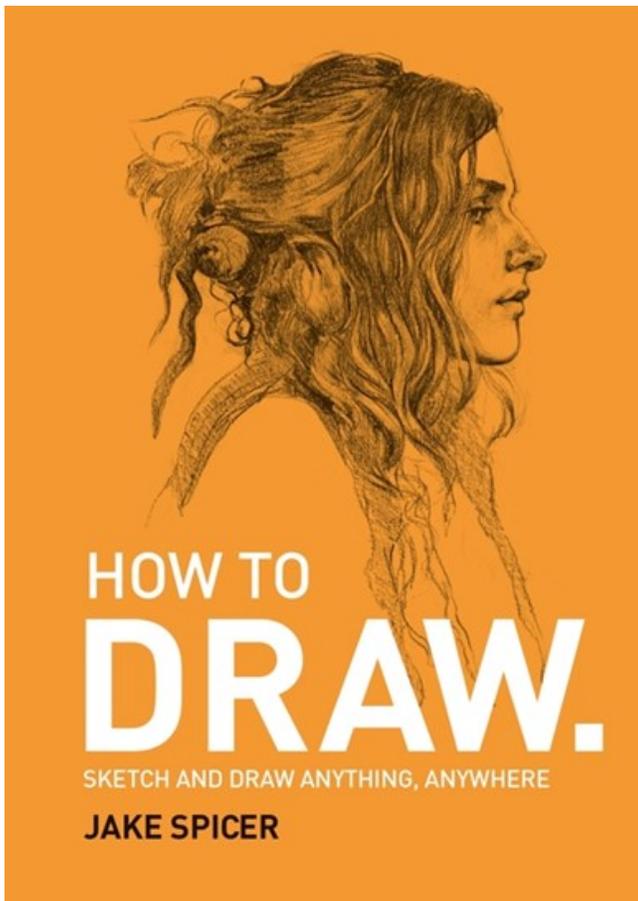
Frida Kahlo's *The Frame* (1938) is one of the best-known works of this contemporary feminist icon, undeniably unique in style while also celebrating Mexican culture through the popular traditions and iconography of the country.

Maurine Roy explores Kahlo's boundless resilience and unique art style, uncovering how such deeply personal work still touches on the universal concerns of today.

Fold each page back to create a pop-up miniature version of this great artist's work for display in your home.



An art historian, Maurine Roy specializes in the representation of the body in modern and contemporary art. She is currently an assistant curator and created the podcast *Dessine-moi un corps*.



HOW TO DRAW

Sketch and draw anything, anywhere with this inspiring and practical handbook

Jake Spicer

9781781575789
£16.99

June 7, 2018
Paperback

Ilex Press

Learn how to draw with proven exercises for real-world practice and improvement from the UK's favourite drawing teacher.

Jake Spicer wants you to learn how to draw.

This is his complete course in drawing, suitable for complete beginners as well as experienced artists, and designed to help you fit drawing into your lifestyle.

Tried-and-tested exercises, ranging from five-minute sketches to dedicated sessions of an hour or longer, cover every subject and location you could wish for, while accessibly written drawing theory helps you relate the technical concepts to your practice, helping you to hone your craft.

Whatever your goals are, expert art tutor Jake Spicer gives you the inspiration and encouragement to draw more - and keep improving.



Jake Spicer is an artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and National Portrait Gallery.

www.jakespicerart.co.uk

@BrightonDrawing

THE ART OF STREET PHOTOGRAPHY



JOSHUA K. JACKSON

SEAN TUCKER

THE ART OF STREET PHOTOGRAPHY

Express the Moment

Joshua K Jackson

9781840919950
£30.00

June 11, 2026
Hardcover

Ilex Press

Master the art of street photography with acclaimed photographers Joshua K. Jackson and Sean Tucker, as they share timeless lessons, striking visual inspiration, and practical techniques to transform your images.

In *The Art of Street Photography*, photographers Joshua K. Jackson and Sean Tucker present a more interpretive and artistic approach to street photography.

This book expands the scope of street photography from its more traditional 'reportage' roots to uncover your own subjective and creative visual voice. Throughout the book you will get ideas about how to use the public space as your canvas and your camera as a tool for personal expression. This approach invites you to imbue your work with personal meaning and share your perspective on the world as you seek to show the ordinary everyday in extraordinary ways.

Whether you are a seasoned street photographer or just beginning, this book will inflame your curiosity and creativity. Packed with wisdom, encouragement, and striking imagery, *The Art of Street Photography* will shift your photography from a merely technical exercise to something truly artistic.

HOW HUMAN BEINGS SEE

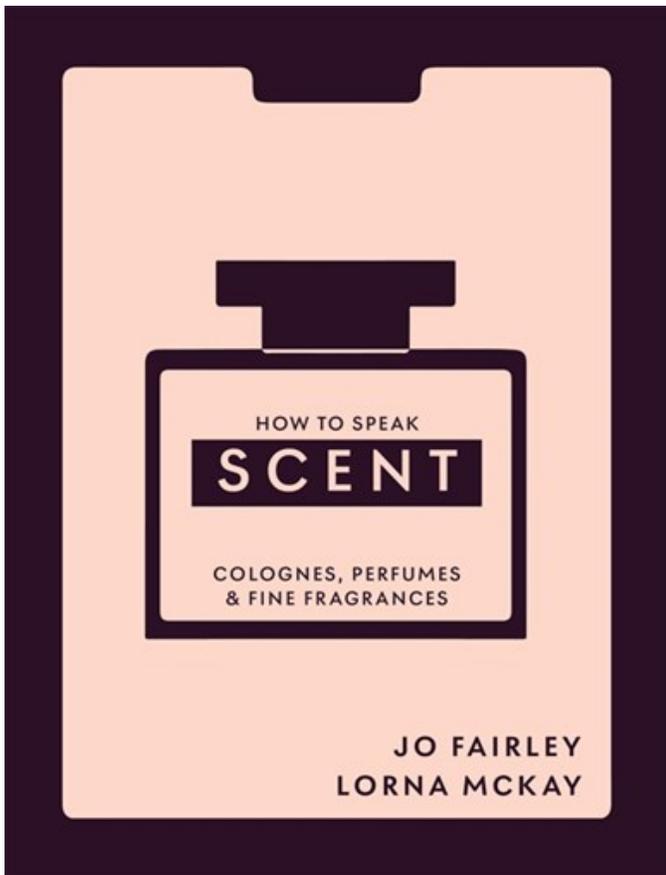
How human beings see is a complex and fascinating subject. It involves the interplay of light, the eye, and the brain. The process of seeing is not just a passive reception of light, but an active interpretation of the world around us. This section explores the science of vision and how it shapes our perception of reality.



Joshua K Jackson (Author) is a photographer based in London, UK. His work explores how everyday elements on the street can transcend their initial forms and take on deeper significance.

Joshua's work has been exhibited across the UK, Europe, USA and Asia. He has published two monographs of his work, *Sleepless In Soho* (2020) and *Modern Paradox* (2022).

Sean Tucker (Author) is a photographer, filmmaker, author and public speaker based in the UK. Over his career to date he has helped individuals, charities and big multinational corporations tell stories across more than 20 countries. In more recent years he began a popular YouTube channel where he seeks to inspire other photographers and creatives from all walks of life. In 2021 he also published *The Meaning in the Making*, a philosophy for the creative life.



HOW TO SPEAK SCENT

Discover the language of colognes, perfumes and fine fragrances

Josephine Fairley

9781804194140
£12.99

July 30, 2026
Hardcover

Kyle Books

Your essential guide to the world of fragrances, explore everything from what notes to look for to what scent to wear for special occasions, and what different scents say about you.

Colognes, aftershaves, perfumes, fragrances, scents: there are so many ways to describe those little bottles of fine-smelling liquid that we dab, spray and mist on ourselves every day. But our love of fragrances runs so much deeper than just buying a scent because we like the way it smells. Scent is so evocative, yet so personal; the fragrances we choose tell a story, saying much about us and how we want to be perceived - from subtle, floral notes to warming oud, our obsession with scents runs deep.

How to Speak Scent will take you on a journey into this fascinating world, explaining how to tell top notes from mid notes, base notes, dry down and lingering dry down, how to choose a fragrance for special occasions, what different scents say about you, and breaking scents down into their distinct themes: woody, floral, amber, fresh. Featuring some of the most renowned and innovative perfumes from powerhouses such as Chanel, Guerlain, Jean Paul Gaultier, Tom Ford, and Issey Miyake, this book is an essential companion for anyone with a passion for fragrance.

Contents include:

- Scents of time
- Meet the families
- From strength to strength
- Do you speak scent?
- A world of ingredients
- From field to flacon: the making of a perfume
- What the noses know
- How the magic of scent works on the mind
- Your questions answered

floral-ambrée

The name says it all: the FLORAL AMBRÉE are a sophisticated fusion of floral and AMBRÉE notes, and as most fragrances now fall into this category that it's vital to be in its own right. FLORAL AMBRÉE blends flowers - including peonies, jasmone, freesia, and orange blossom - with spices, warm woods and resin. The result? Fragrances that are sensual and often sweetly seductive, but generally more and lighter than true Ambrées. This family is growing incredibly fast, with fragrances that keep up the optimism, the moodiness or the fruits.



Jean Paul Gaultier (left) and Jacques Cavallié (right) for 'L'Élixir de la Vie' by Jean Paul Gaultier. Photo: © 2012 by The New York Times

floral ambrée fragrances include:

jean paul gaultier classique

LAUNCHING 1993 CREATOR Jacques Cavallié

Jean Paul Gaultier's best is Jacques Cavallié was for a fragrance to originate in his grandfather's dressing table, with plenty of powderiness and hints of the scents you get in old perfumes. In fact, Gaultier (who started in a perfume shop, but this was powder and long-lasting in every way) didn't even know the name of the perfume he was creating because the 'Champs' of his name. It's so familiar as it's possible to imagine and, even now, it's not like anything else out there. First comes orange, which is contrasted by berry oils, notes, glass and peach. The final 'wild' patchouli and 'dry' oils. Cavallié used brief scents, made more indulgent by the inclusion of lots of things like orange blossom and dusty rose notes, and the warmth of ginger. The best? A big helping of vanilla, some iris and plenty of powdery woods notes. Ambrée, delivering a warm, soft, sweet 'New powder' effect. The final is a mixture of glass notes that is made to be a perfect counterpoint to a classic, classic for SHOCKING, but with a very warm, rich, and the glass. The book's pink juice itself is the leading word in a fragrance that says 'see you'.

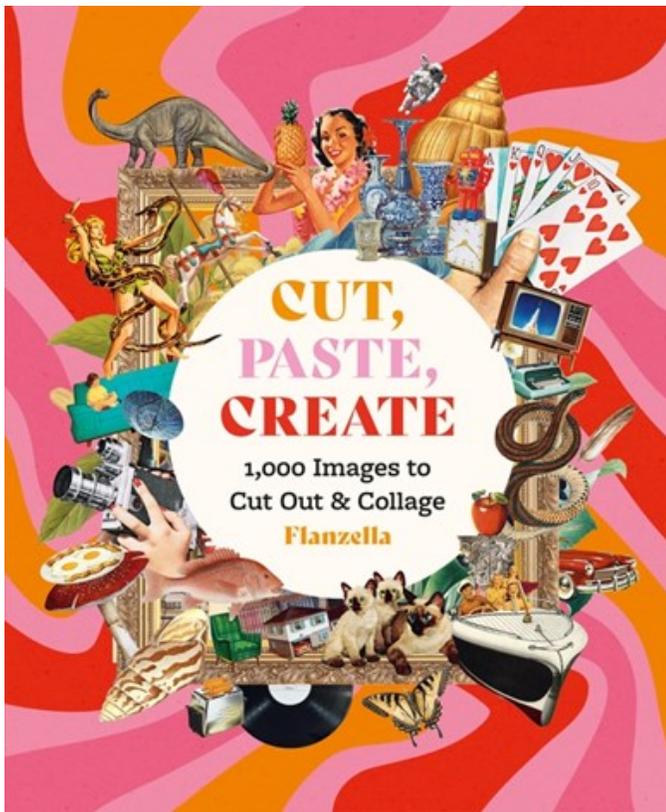
- LIBRE by Yves Saint Laurent
- EMPORIO ARMANI DIAMONDS by Armani
- L'ÉLIXIR DE LA VIE by Jean Paul Gaultier
- THE ONE by Dolce & Gabbana

MEET THE FAMILIES

43

Josephine Fairley is a contributing editor to the *Mail on Sunday YOU Magazine*, where she writes on beauty and organic living. She is the co-author of the bestselling Beauty Bible series, which includes *The Ultimate Natural Beauty Bible*, *Beauty Bible Beauty Steals* and *The Anti-Ageing Beauty Bible*. She also writes perfume blog called The Scent Critic.

Lorna McKay worked as a Perfumery and Cosmetics Buyer at Harrods before setting up Liberty's beauty department and then joining QVC as their first beauty buyer nearly 20 years ago. She has also created fragrances for the Liz Earle range.



CUT, PASTE, CREATE

1,000 Images to Cut Out & Collage
Flanzella

9781846016615
£16.99

July 2, 2026
Trade Paperback

Ilex Press

Discover a magical cabinet of collage curiosities with over 1000 images to cut out and create your own masterpieces with, from birthday cards to vision boards.

Create your own masterpieces with this magical cabinet of collage curiosities including 1,000 stunning images.

Make your own greetings cards, mood boards, posters, artwork, or decoupage furniture and objects to display, all without the need to cut up existing books and rifle through magazines for images.

Celebrated collage artist Leah Flanagan guides you through tips and tricks, finding inspiration and step-by-step instructions for how to create your own collages. Featuring everything from botanicals, animals and people to objects, food and backgrounds, *Cut, Paste, Create* has all you need to unlock your creativity and create amazing artworks.



Leah Flanagan is a Toronto-born, Dallas, TX-based collage artist. After years of making collages, Leah opened an online shop in 2020, now selling over 100+ surreal collage artworks. She has a popular YouTube channel with over 10K subscribers talking through her inspiration, processes and giving tips and techniques. @flanzella

CHROMATRIX MASTERPIECES

THOMAS PAVITTE

COLOUR IN AND REVEAL FAMOUS MASTERPIECES
IN THESE 20 MIND-BENDING PUZZLES



CHROMATRIX MASTERPIECES

Colour in and reveal famous masterpieces in these 20 mind-bending puzzles

Thomas Pavitte

9781846017346
£10.99

July 30, 2026
Paperback

Ilex Press

A new colouring puzzle concept from Thomas Pavitte, bestselling author of the *Spiroglyphics*, *Querkles* and *Dot-to-Dot* series with potential to become a new series.

Chromatrix is the latest unique colouring activity puzzle book from bestselling author and puzzle artist Thomas Pavitte.

Colour between the lines to reveal a famous painting.

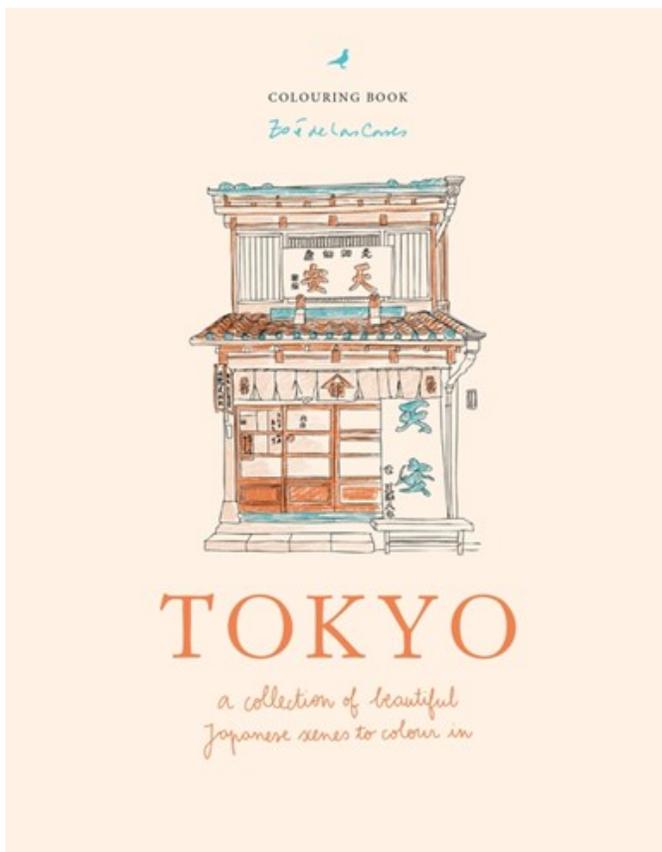
Each work starts as featureless continuous line, and as you colour between the lines in the required colour you reveal a famous masterpiece.

The perfect blend of colour-by-numbers, dot-to-dot and drawing activity and puzzle books, this is a new drawing concept to reveal beautiful paintings for creative puzzle fans.

COLOUR IN AND
REVEAL FAMOUS
MASTERPIECES
IN THESE 20
MIND-BENDING
PUZZLES
THOMAS PAVITTE
🌀🌀🌀🌀🌀🌀🌀🌀

Thomas Pavitte's unique talent is creating activity puzzles that result in something truly extraordinary. His 1000 Dot-to-Dot books and Querkles colouring books have become international best-sellers, enjoyed by creative puzzle fans the world over, with millions of copies in print.

Constantly exploring new graphic ideas, Thomas lives in Melbourne, Australia, and shares his work at thomasmakesstuff.com.



ZOÉ DE LAS CASES TOKYO

A collection of beautiful Japanese scenes to colour in
Zoé de Las Cases

9781846016769
£20.00

July 2, 2026
Hardcover

Mitchell Beazley

A beautiful collection of Japanese scenes to colour in, from French designer and decorator Zoé de Las Cases, in the same series as *Paris* and *Chez Moi* and from the creator of *Secret Japan*.

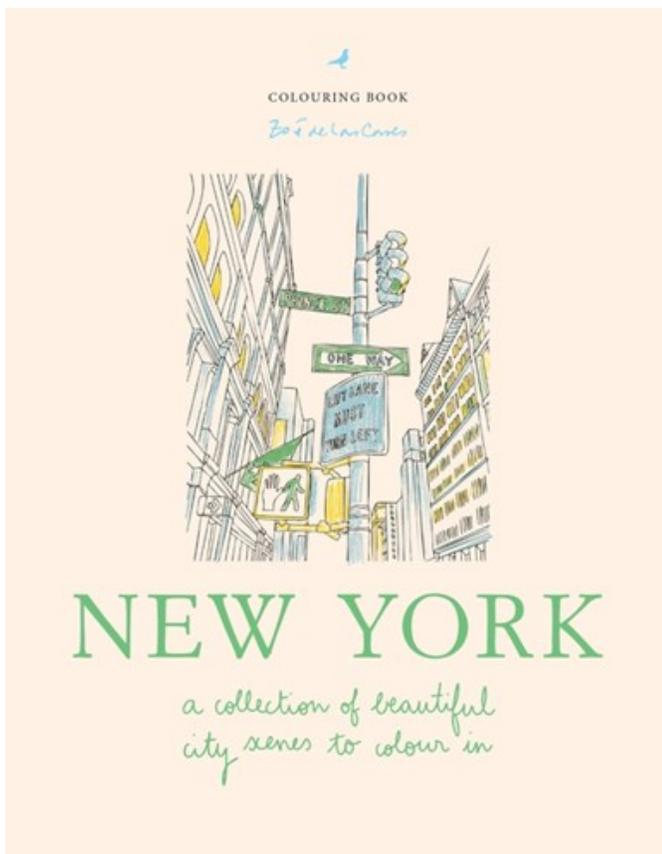
A beautiful collection of more than 40 Japanese scenes to colour in, from French designer and decorator Zoé de Las Cases.

Enter the charming world of Zoé de Las Cases and rediscover the joy of colouring. Inspired by snapshots of the beautiful city of Tokyo, this colouring book of 42 drawings is a curated selection of atmospheric scenes, from cult ramen bars to delicate ceramics, traditional geishas to lucky cats.

With thick, creamy paper and coloured thread binding on an open spine - meaning the book lays flat for ease for colouring - *Tokyo* is a beautiful gift for anyone wishing to soak up the everyday beauty that Japan has to offer. This joyful ode to Japanese culture is elegant, calming and sure to make you smile as you pick up your pens and pencils and bring the pages to life.



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 colourful universe. Zoé is the author of many books, including her popular adult colouring 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.



ZOÉ DE LAS CASES NEW YORK

A collection of beautiful city scenes to colour in
Zoé de las Cases

9781846016660
£20.00

July 2, 2026
Hardcover

Mitchell Beazley

A beautiful collection of New York scenes to colour in, from French designer and decorator Zoé de Las Cases, in the same series as *Paris* and *Chez Moi* and from the creator of *Secret New York*.

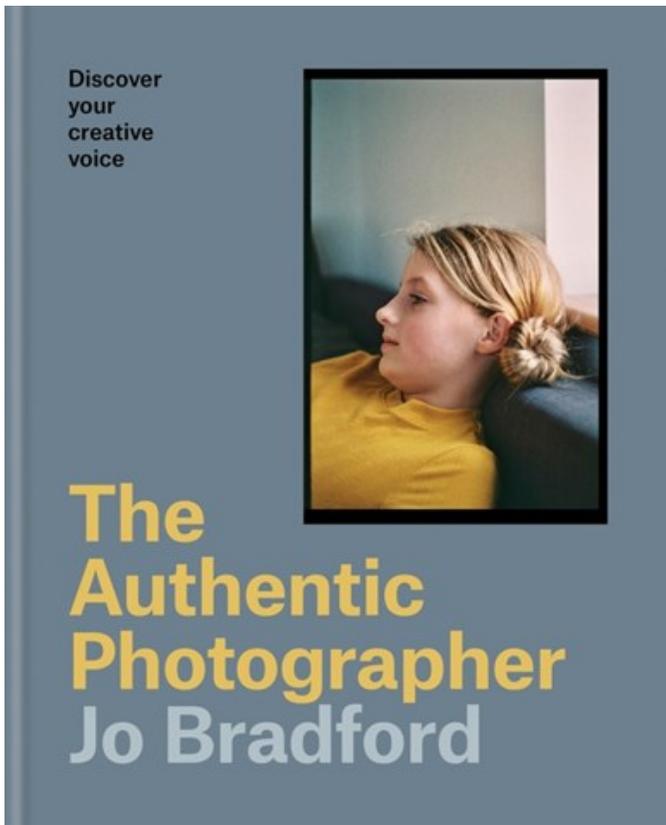
A beautiful collection of more than 40 New York scenes to colour in, from French designer and decorator Zoé de Las Cases.

Enter the charming world of Zoé de Las Cases and rediscover the joy of colouring. Inspired by snapshots of the timeless city, this colouring book of 42 drawings is a curated selection of trendy scenes from around the city, from Brooklyn to Harlem, Coney Island to the Upper West Side.

With thick, creamy paper and coloured thread binding on an open spine - meaning the book lays flat for ease for colouring - *New York* is a beautiful gift for anyone in love with the Big Apple. This joyful ode to the city that never sleeps is effortlessly cool, stylish and sure to make you smile as you pick up your pens and pencils and bring the streets of New York to life.



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 colourful universe. Zoé is the author of many books, including her popular adult colouring 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.



THE AUTHENTIC PHOTOGRAPHER

Finding your creative voice
Jo Bradford

9781781579596
£25.00

August 6, 2026
Paperback

Ilex Press

Based on best-selling author Jo Bradford's consistently sold-out six-week course for the Royal Photographic Society, this is a structured and practical approach to photography for those who struggle with creativity and finding a personal style.

Have you mastered the basics of camera control but still struggle with finding your authentic voice?

Based on best-selling author Jo Bradford's consistently sold-out six-week course for the Royal Photographic Society, this book provides a clear and concise pathway to finding your personal style, and overcoming creative blocks.

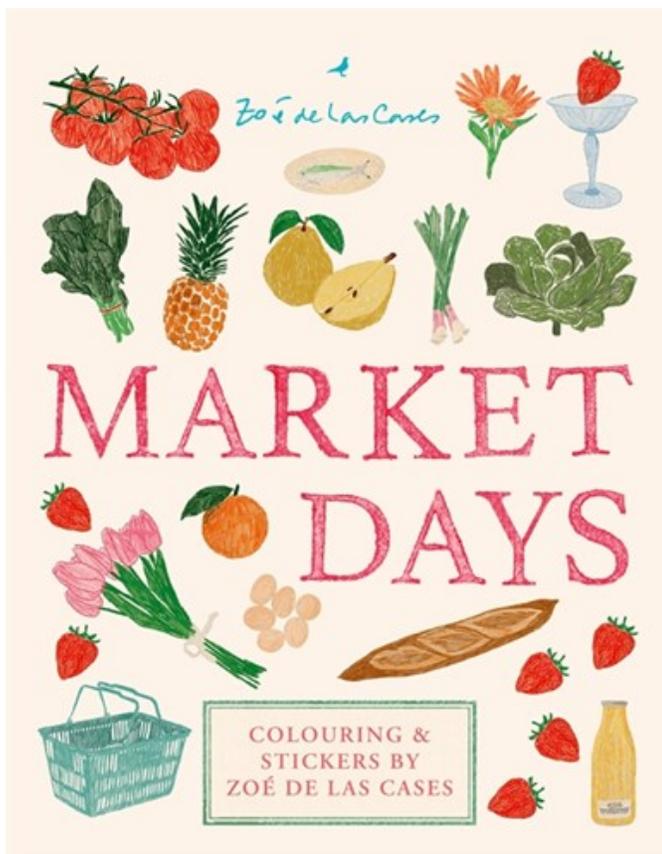
The chapters are structured around key photographic themes, from composition to communication. Each section is packed with project-based exercises, encouraging photographers to not only deconstruct their artistic approach, but also reflect upon and be led through the process of rebuilding it. Blending historic ideas about photography and image-making with current concepts around creativity, this is a modern take on the fundamentals of photography and finding inspiration in simplicity.

The ultimate companion for photographers looking to get out of a creative rut, take their photography forward, and discover new ideas.



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

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



MARKET DAYS

Colouring and stickers by Zoé de Las Cases
Zoé de Las Cases

9781846017322
£16.99

August 13, 2026
Hardcover

Mitchell Beazley

A beautiful sticker and colouring book to bring the delights of a neighbourhood shopping trip to life, from French designer Zoé de Las Cases.

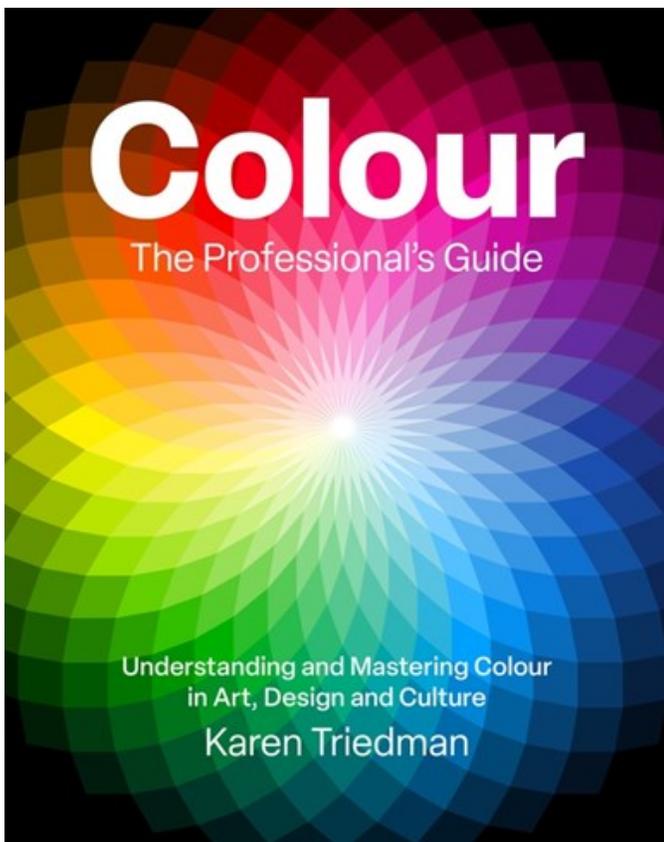
Enter the charming world of Zoé de Las Cases and rediscover the joy of colouring and stickers.

This gorgeous activity book will take you on a journey through a picture-perfect town filled with Zoé's favourite shops. From the bakery to the *brocante*, the greengrocer to the florist, your hand-woven *panier* will be full to the brim with treats by the time you get home.

Market Days is both a colouring book and a sticker book. You will find 20 scenes to colour in, printed on thick, creamy paper and bound with coloured thread. Each scene has its own page of colourful hand-drawn stickers. Use these stickers to fill the shelves, windows and tables of your scenes with fresh produce, pastries and antique finds, or put pencil to paper and let your imagination roam free.



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 colourful universe. Zoé is the author of many books, including her popular adult colouring 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.



COLOUR: THE PROFESSIONAL'S GUIDE

Understanding and Mastering Colour in Art, Design and Culture

Karen Trieman

9781846017414
£30.00

August 20, 2026
Hardcover

Ilex Press

Covering the theory, psychology, history and application of color, *Color: The Professional's Guide* removes the grey areas from the full color world of contemporary design, providing designers from all disciplines with everything they need to become true, confident colorists.

Color is one of the most complex elements of design; it is also what viewers respond to first on an emotional level.

Understanding how color works is essential for graphic designers, interior designers, artists and anyone who works with color.

Covering the theory, psychology, history and application of color, *Color: The Professional's Guide* removes the grey areas from the full color world of contemporary design, providing designers from all disciplines with everything they need to become true, confident colorists.

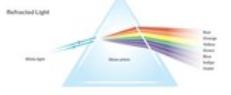
- Color theory including definitions, theoretical color and color organization
- Psychology and culture of color
- Color through history
- Color in art: painting, photography, poetry and film
- Color design and experience including design principles, color in branding, experiential design and color consulting

Colour Variables / Hue, Value, and Intensity

Colour is an extraordinarily complex element. While the human eye can distinguish between millions of different shades, the brain processes only a limited number of these. This is why we often see two different shades of a color and not realize they are different. The brain processes color in a way that is not linear. It is more like a spectrum. The brain processes color in a way that is not linear. It is more like a spectrum. The brain processes color in a way that is not linear. It is more like a spectrum.

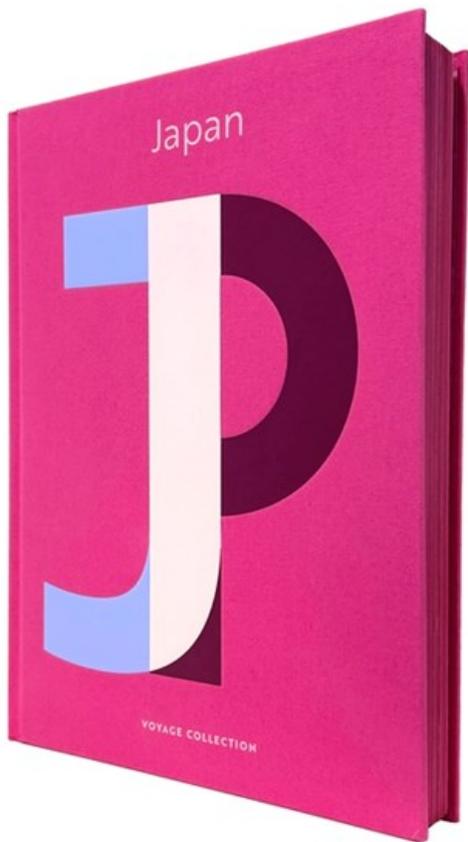


The color wheel is a diagram that shows the relationship between colors. It is a circle divided into sections for primary, secondary, and tertiary colors. The colors transition from red at the top to blue at the bottom, with green and yellow in between.



The diagram shows a light source on the left and a surface on the right. A spectrum of colors is shown between them, representing the reflection of light. The colors transition from red on the left to blue on the right.

Karen Trieman is a designer and educator in the field of color design and visual merchandising. She has taught a variety of classes including theory, psychology, trends and color consulting for Rhode Island School of Design. Karen has written about color and design for various newspapers and design magazines, and has co-authored two books: *Colorgraphics* and *Breaking Designer's Block*, both for Rockport. She lives in Providence, RI, with her husband and three children.



JAPAN

Voyage Collection

Mitchell Beazley

9781846017124
£50.00

August 20, 2026
Hardcover

Mitchell Beazley

The ultimate luxury gift book, this clothbound tome with sprayed edges and an embossed cover is a beautiful celebration of the the ancient land of Japan.

Escape to the ancient land of Japan with this luxurious, clothbound book of nearly 300 stunning photographs, accompanied by a playlist to immerse yourself fully in the spirit of this captivating country.

Lush forests that conceal magnificent temples, bustling modern cities with ancient traditions, turquoise waters where mountains can be admired and sprawling countryside draped in new colours with each season. This marvellous archipelago is said to have been born from the union of two Japanese deities, Izanagi and Izanami.

The inhabitants of these ancient islands now perpetuate Japan's inspiring art of living, its craftsmanship, fashion and gastronomy. A world shaped by nature, beliefs, and the unparalleled attention to detail of the Japanese people.

Let yourself be carried away on a unique journey, far from crowds and the expected...



Mitchell Beazley is a long established family reference publisher producing books on a wide range of subjects including cookery, gardening, reference, natural history as well as leading the way with its award winning wine titles and bestselling antiques books under the Miller brand.



AMALFI COAST

Voyage Collection
Hachette Livre

9781846017117
£50.00

August 20, 2026
Hardcover

Mitchell Beazley

The ultimate luxury gift book, this clothbound tome with sprayed edges and an embossed cover is a stunning celebration of the magical Amalfi coast.

Sail away to the Amalfi coast with this luxurious, clothbound book of nearly 300 stunning photographs, accompanied by a playlist to immerse yourself fully in the ambiance of southern Italy.

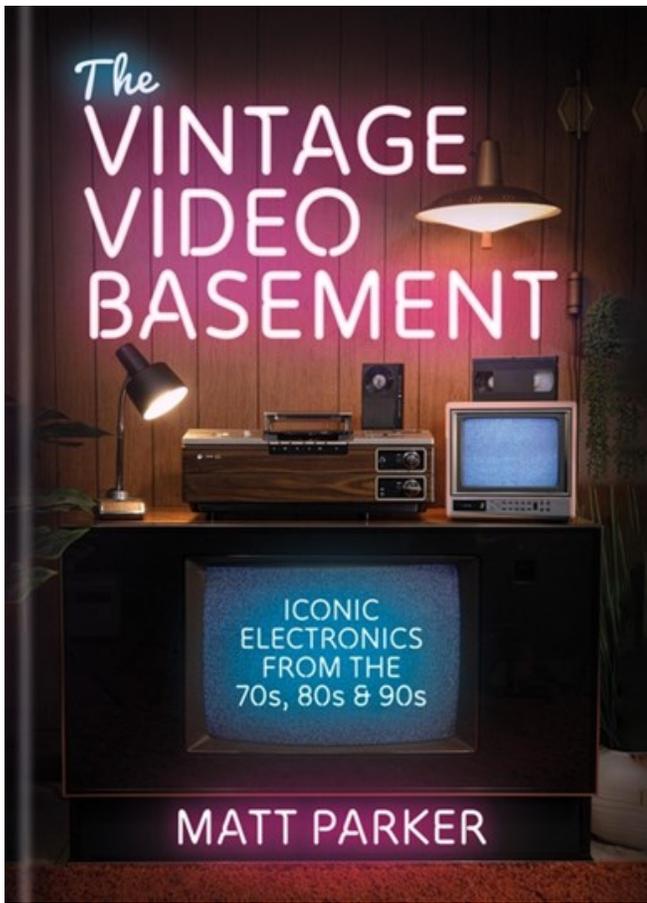
A true gem of southern Italy, this coastline with its steep slopes exudes a timeless charm. Amalfi is its epicentre, nestled in its rocky amphitheatre where colourful houses and immaculate villas seem to hang in the air. In Ravello, the scent of wisteria mingles with the salty sea air in the enchanted gardens that have inspired so many artists.

A people of fishermen and artisans, the inhabitants of this coastline cultivate *la dolce vita*. The serenity of the Amalfi Coast can be felt on every street corner, at the top of every belvedere. A place where you find yourself dreaming, dazzled by the light of the sun setting over the azure waters where Odysseus once encountered the sirens.

Let yourself be carried away on a unique journey, far from crowds and the expected...



Mitchell Beazley is a long established family reference publisher producing books on a wide range of subjects including cookery, gardening, reference, natural history as well as leading the way with its award winning wine titles and bestselling antiques books under the Miller brand.



THE VINTAGE VIDEO BASEMENT

Iconic Electronics From the 70s, 80s and 90s
 Matt Parker

9781846016158
 £18.99

August 27, 2026
 Hardcover

Ilex Press

A curated journey through the iconic electronics of the '70s, '80s, and '90s, drawn from the author's incredible archive - the hit social media sensation @vintagevideobasement.

Take a curated trip back to the golden age of home entertainment with *The Vintage Video Basement*.

Join self-confessed video nerd Matt Parker as he opens the door to his retro den, showcasing an extraordinary collection of analogue electronics from the '70s, '80s, and '90s. From iconic Sony Trinitron TVs and forgotten Betamax players to early video cameras, LaserDiscs, and neon-lit gaming consoles, this book is a vibrant celebration of a bygone era.

More than just a catalog of vintage tech, *The Vintage Video Basement* is a visual time capsule filled with personal stories, historical insights, and geeky details that bring these devices - and their cultural impact - to life. Along the way, you'll rediscover the magic of physical media, explore the format wars that shaped a generation, and perhaps even feel inspired to create your own analogue archive. Part history, part design porn, this is the ultimate book for collectors, nostalgia lovers, and anyone who ever raced to press 'record' on a blank VHS tape.



Welcome to the Basement

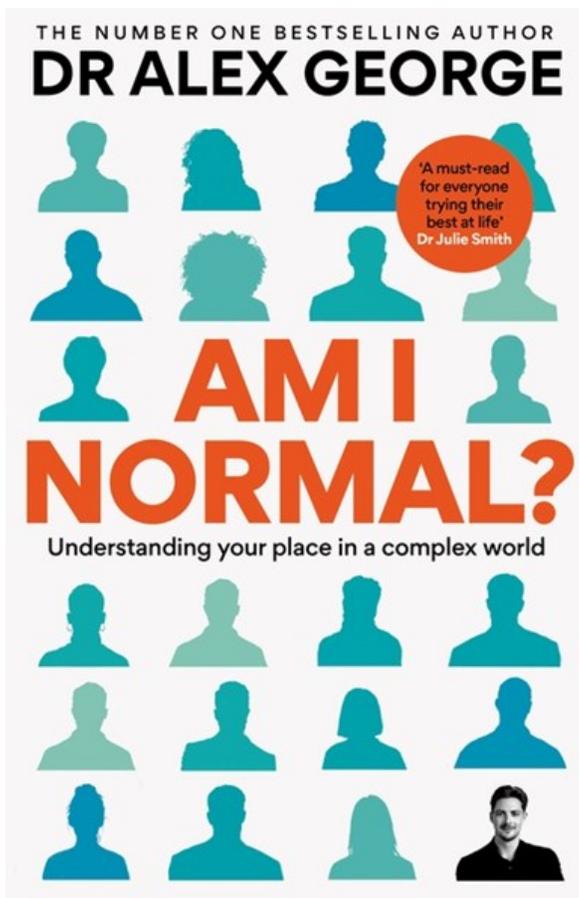
Come on in!

The Matt Parker guide to the Vintage Video Basement is a visual time capsule filled with personal stories, historical insights, and geeky details that bring these devices - and their cultural impact - to life. Along the way, you'll rediscover the magic of physical media, explore the format wars that shaped a generation, and perhaps even feel inspired to create your own analogue archive. Part history, part design porn, this is the ultimate book for collectors, nostalgia lovers, and anyone who ever raced to press 'record' on a blank VHS tape.

Matt Parker (@vintagevideobasement, 300k Instagram followers) has been collecting, repairing, and preserving vintage electronics since childhood. Beyond electronics, he also collects physical media, toys, furniture, and anything else that fits his aesthetic and personal style. Through social media, he introduces and educates others about obsolete technology, evoking nostalgia for a simpler time.

Raised in Cheraw, South Carolina, Matt earned a master's degree in physics from the University of Georgia. He later worked as a debug engineer at a tech startup in Washington state. He currently lives in Kingsport, Tennessee, with his wife, Lauren, and their son, Charlie.

HEALTH



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Dr. Alex George is a TV doctor, author, and Youth Mental Health Ambassador to the government. Alex has become a well known and respected figure amongst healthcare professionals in the UK, from his years as an A&E doctor, bringing the nation accessible and reassuring advice directly from the frontline throughout the pandemic.

Alex is on a mission to improve mental health support for young people, and has become prolific throughout the UK in his campaigning for Early Support Hubs. In February 2021, Alex was appointed by the former Prime Minister as Youth Mental Health Ambassador to the government. Alex has a hugely successful podcast, *Stompcast*, which promotes the importance of walking in nature for mental and physical well being. In November 2021, he presented his first full length documentary for BBC One and Children Need, *Dr Alex: Our Young Mental Health Crisis*. He also hosts his own radio show on Classic FM, *Uplifting Classics*, which explores the relationship between classical music and wellbeing.

AM I NORMAL?

Understanding your place in a complex world
Alex George

9781783256389
£22.00

January 15, 2026
Hardcover

Aster

An inspirational and purpose-led memoir from Dr Alex George - providing readers with a window on to his experiences as well as his personal and professional insights on the notion of 'normality'.

'The world can feel a hard place at times, who hasn't asked themselves 'Is it me?' How wonderfully reassuring to have Dr Alex ask those same questions with his trademark warmth and honesty. A must read for everyone trying their best at life.' **DR JULIE SMITH**

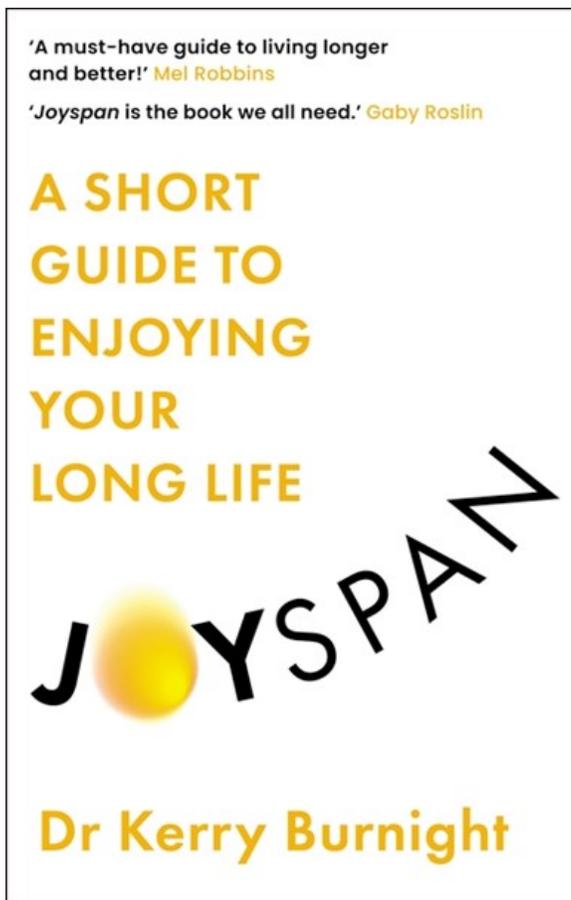
'This is the story of all of the ways in which I didn't fit in and of all the things I would rather change about the world, than myself.'

How many of us have at some time wondered 'Am I Normal?' And yet, our society is set up in such a way that there is very little room for difference or quirks or for us to question what normal really is.

In this powerful, honest, and ultimately comforting book, mental fitness advocate and former A&E doctor Dr Alex George explores what it means to be "normal" in a society that often fails to embrace any kind of straying from the accepted path laid out by the expectations of others.

After years spent trying to fit the mould of what others expected of him, Alex's ADHD diagnosis became a turning point - not just in understanding himself, or helping him navigate the highs and lows he had experienced in childhood, whilst working in A&E and after the devastating loss of his brother, but in challenging the systems and society that marginalise so many.

This is a book that will give hope to anyone who has ever felt different and help you realise that your version of your normal is enough.



JOYSPAN

A Short Guide to Enjoying your Long Life

Dr Kerry Burnight

9781783256310
£10.99

January 22, 2026
Paperback

Aster

The '*What to Expect When You're Expecting*' of aging

'Joyspan is the book we all need. It helps us learn how to embrace aging through science, but with love, warmth and fun' -
GABY ROSLIN

'This book completely changed how I see myself growing older. It's not just about adding years to your life - it's about making those years incredible. A must-have guide to living longer and better!' - **MEL ROBBINS**

A prominent US gerontologist's practical, science-based guide to aging well

Growing old in today's society is daunting. The core message of this book is that losing your quality of life as you age is not inevitable. You can live a great life all the way to the end by leveraging what "older you" does better. By the end of this book, your fear of aging will be replaced with confidence that you will know how to age into the best version of yourself.

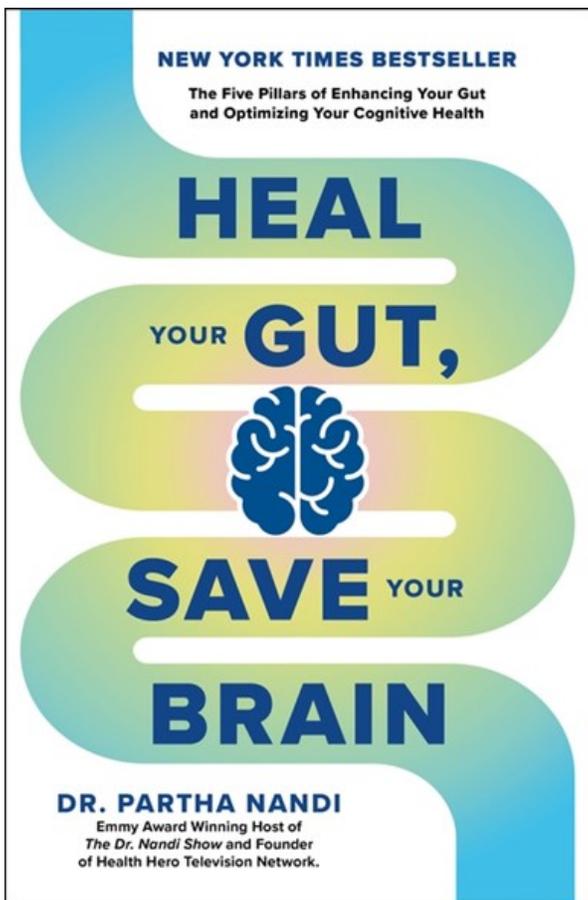
Joyspan is the practical guide readers have been looking for. A rich body of evidence confirms that a number of strengths peaks with age: judgment, empathy, patience, and appreciation. Older you will have better problem-solving skills, more resilience, and a deeper and more robust spiritual life. When you harness these strengths, growing older becomes an era of expansion rather than contraction. In a society that can you make you feel invisible, staying vital requires you to stay visible to yourself so that you uncover the strengths and fullness of your life.

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Dr. Kerry Burnight is known as 'America's Gerontologist' for her passion in sharing knowledge about healthy aging. She earned a PhD in Gerontology and taught Geriatric Medicine and Gerontology for 19 years at the University of California, Irvine School of Medicine. Her writing has been published extensively in academic journal articles, book chapters, magazine articles, and blogs. Kerry Burnight was an invited speaker to the U.S. White House at the Elder Justice Summit, and at the U.S. Department of Justice. She has also appeared on several television programmes including *Dr. Phil*, *CBS News* and *NBC News*. She is the co-founder of first Elder Abuse Forensic Center in the U.S. and Founder of TheGerontologist.com.

www.drkerryburnight.com
www.thegerontologist.com
[instagram.com/the_gerontologist](https://www.instagram.com/the_gerontologist)
[tiktok.com/@drkerryburnight](https://www.tiktok.com/@drkerryburnight)
[facebook.com/drkerryburnight](https://www.facebook.com/drkerryburnight)



HEAL YOUR GUT, SAVE YOUR BRAIN

The Five Pillars of Enhancing Your Gut and Optimizing Your Cognitive Health

Partha Nandi

9781804193976
£18.99

January 22, 2026
Trade Paperback

Short Books

Written by Emmy Award-winning gastroenterologist Dr. Partha Nandi, this practical and engaging book delves into the latest research on the gut-brain connection, and gives handy tips on how to reduce your risk of cognitive decline, especially Alzheimer's and Parkinson's Disease.

NEW YORK TIMES BESTSELLER

Cognitive decline is not your destiny. You can improve your brain function through small steps taken every day.

Heal Your Gut, Save Your Brain by gastroenterologist and health advocate Dr. Partha Nandi highlights the latest research on the gut-brain connection, giving you a clear protocol for maintaining brain health, and slowing or reducing the effects of neurodegenerative diseases as you age. This book details:

THE VITAL GUT-BRAIN CONNECTION

Discover the profound link between your gut and brain, and explore how this connection shapes your emotions, cognitive abilities, and overall mental health.

NUTRITION'S ROLE IN GUT AND BRAIN HEALTH

Unlock the secrets of a diet that nurtures your gut microbiome, paving the way for enhanced brain function, reduced inflammation, and a shield against cognitive decline.

A NEW UNDERSTANDING OF LEAKY GUT SYNDROME

Dive deep into the causes and consequences of leaky gut, or increased intestinal permeability, learning how it can trigger systemic inflammation and affect brain health.

A HOLISTIC APPROACH

Embrace Dr. Nandi's five pillars of health - nutrition, movement, community, spirituality, and purpose - for a comprehensive strategy that nurtures gut health and, in turn, boosts cognitive function and overall vitality.

THE IMPACT OF THE MICROBIOME ON NEURODEGENERATION

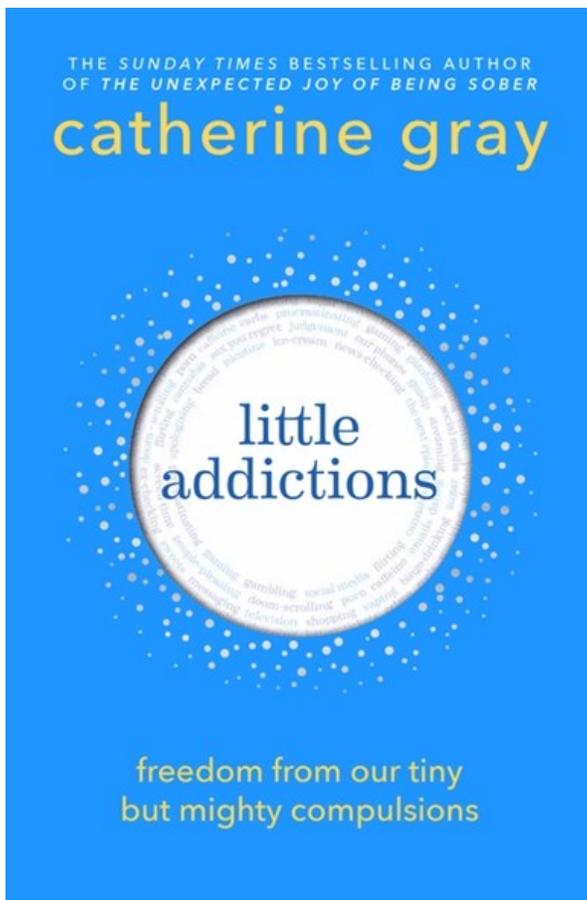
Learn about the critical role of your gut's microbiome in preventing and battling neurodegenerative diseases like stroke, Alzheimer's, and Parkinson's.

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Partha Nandi, M.D., F.A.C.P., is a gastroenterologist, clinical associate professor of medicine at Michigan State University and president and chief medical officer of Pinnacle GI Partners. He is a best-selling author, international health advocate, keynote speaker, and media expert whose no-nonsense approach to health and wellness combines Eastern and Western techniques and philosophies. He is also the host of the Emmy award-winning Dr. Nandi Show, with millions of viewers worldwide, the chief health editor at WXYZ ABC Detroit, and the best-selling author of two books. Dr. Nandi practices medicine full-time in Michigan, where he lives with his wife and children.



LITTLE ADDICTIONS

Freedom from our tiny but mighty compulsions
Catherine Gray

9781804193242
£16.99

January 29, 2026
Trade Paperback

Aster

Master your micro addictions to unlock macro happiness.

'Snortingly funny and entertainingly researched via an impressive suite of scientists' - The Times

Smartphones, ultra-processed food, online shopping, people-pleasing, gambling, dating... most of us can identify a little addiction we don't *need* to quit but certainly do a little too much of.

In her brand-new book, LITTLE ADDICTIONS, Catherine Gray, *Sunday Times* bestselling author of *The Unexpected Joy of Being Sober*, shows you how to fight back against the insidious drip-feeding of addictive influence, master your micro addictions and unlock maximum happiness. A little at a time, it might even change your life.

'Bloody loved it.' - **Bryony Gordon**

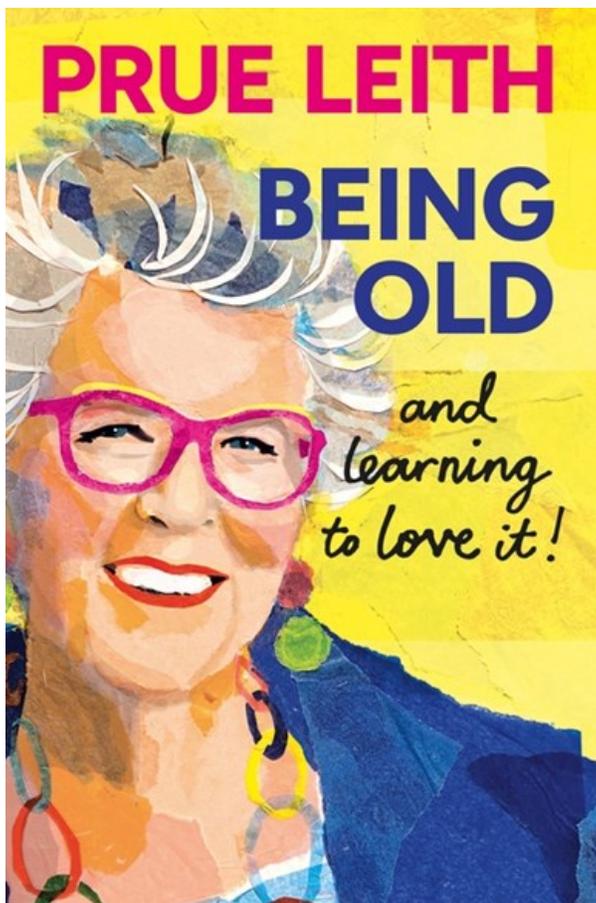
'Fascinating and confronting. A book I'll return to and recommend to clients.' - **Psychotherapist Joshua Fletcher**

'As our world becomes increasingly engineered to create dependency, the old distinction between "addiction" and "bad habit" is collapsing. This book meets that moment with compassion and rigour, giving readers the science and practical tools to take back control.' - **Shahroo Izadi, Behavioural change specialist**



Catherine Gray is author of six books, including *The Unexpected Joy of Being Sober*. She's sold over half a million books in English-speaking territories, her work has been published in the likes of *Stylist*, *Marie Claire*, *The Lancet Psychiatry* and the *Guardian*, and her books have been translated into nine languages. In 2018, Catherine founded charitable campaign Sober Spring, a three-month sabbatical from alcohol, and she now runs it with Alcohol Change UK, for whom she is an ambassador. She's been sober since 2013. Catherine lives in Hove and when not writing she enjoys falling off a paddleboard, giving her plants names like 'Cassandra' and 'Miguel', and spamming Instagram with pictures of dogs.

Instagram.com/unexpectedjoyof
Twitter.com/cathgraywrites



BEING OLD...AND LEARNING TO LOVE IT!

Prue Leith

9781804193747
£20.00

February 26, 2026
Hardcover

Short Books

'Old age is not all bad. I'm lucky enough for it to be almost always good. I am, I think, as happy as I've ever been.' **PRUE LEITH**

'Few people have aged so gracefully and enterprisingly as Prue. How she's done it is a revelation, full of humour and practical advice.' - **DELIA SMITH**

'Oh my days, this book is an absolute JOY! It is like sitting down with your fabulous, straight-talking auntie who tells it exactly how it is... but with a big cuddle and a glass of something cheeky on the side. - **ALISON HAMMOND**

'Refreshing, honest and tremendously encouraging for those who are terrified of growing old.'
- **ALAN TITCHMARSH**

Getting older may have its challenges - but it can be a lot of fun.

In this candid, uplifting, and thoroughly entertaining book, Prue Leith explores the trials and taboos of growing older - along with its unexpected joys. Part memoir and part reflection, *Being Old and Learning to Love It* is packed with Prue's trademark wit, wisdom, and no-nonsense charm as she takes a spirited canter through the triumphs, trials and tribulations of ageing well.

Sometimes serious, sometimes funny and always engaging, Prue speaks with refreshing honesty about life as a modern woman in her eighties. Nothing is off limits: from love and sex, staying active, and finding fame on *The Great British Bake Off*, to friendship, family, and the occasional regret. She tackles the big questions we all have about getting older - about senility, time running out, dealing with grief, and her passionate belief in assisted dying - with the same frankness she brings to discussing when to retire, fashion & beauty, travel and gardening.

'We all are heading for old age, if we're lucky. It's a mystery for the young and hard to navigate for many of the elderly. Prue lays it all out for us, in her wonderful, honest, way.' - **VIN + OMI**

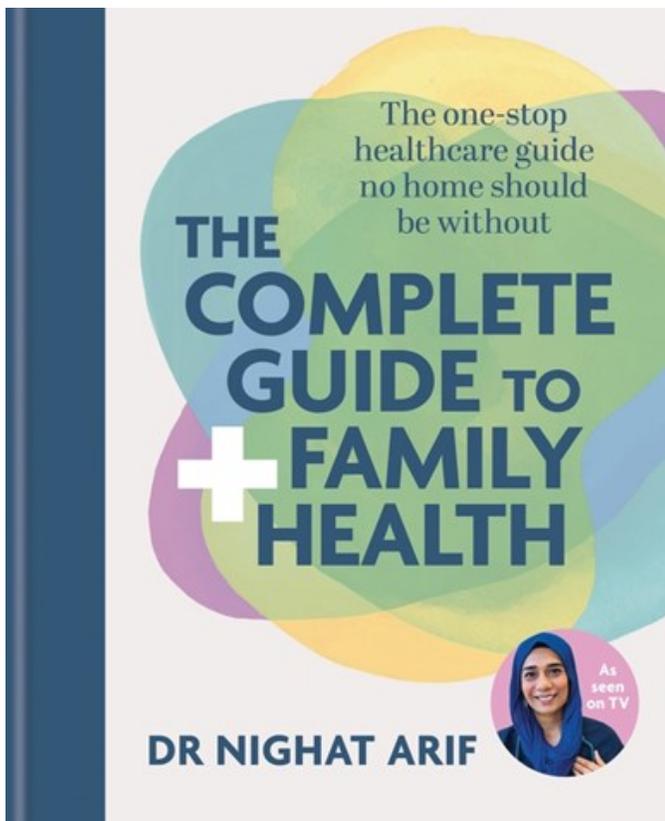
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Now 85 years old, Dame Prue Leith is first and foremost a businesswoman, who made her name with Michelin starred restaurant, and Prue Leith's school of Food and Wine which she sold in 1995. She has written more than a dozen cookery books, seven novels, and *Relish*, her original memoir in 2013, and has worked as a columnist for *Daily Mail*, *The Guardian* and the *Daily Mirror*.

Her first television appearance was in the 1970s as a presenter, and she returned to television to be a judge on *The Great British Menu* for 11 years until 2016 and a judge for *My Kitchen Rules*, which she left to replace Mary Berry in *The Great British Bake Off*.

She has also been active in general education, and many diverse organisations including Ashridge Management College, Kings College, and as Chancellor of Queen Margaret University, Edinburgh.



THE COMPLETE GUIDE TO FAMILY HEALTH

The one-stop healthcare guide no home should be without

9781783256433
£22.00

March 12, 2026
Hardcover

Hamlyn

A comprehensive guide to family health, from symptoms and medications to what to do next, from trusted GP Dr Nighat Arif

The one-stop healthcare book that no home should be without, from the nation's favourite GP, Dr Nighat Arif.

This is your essential guide from a voice you can trust, so that you can feel confident dealing with the day-to-day of your family's health.

From skin conditions in every skin tone to serious symptoms and what to do next, basic first aid to how to get what you need from a GP appointment, this is a thorough handbook to the most common health complaints, conditions and treatments for all ages.

The Complete Guide to Family Health is your first port of call when you have a health concern, sharing straightforward advice without the medical jargon or complex technical information.

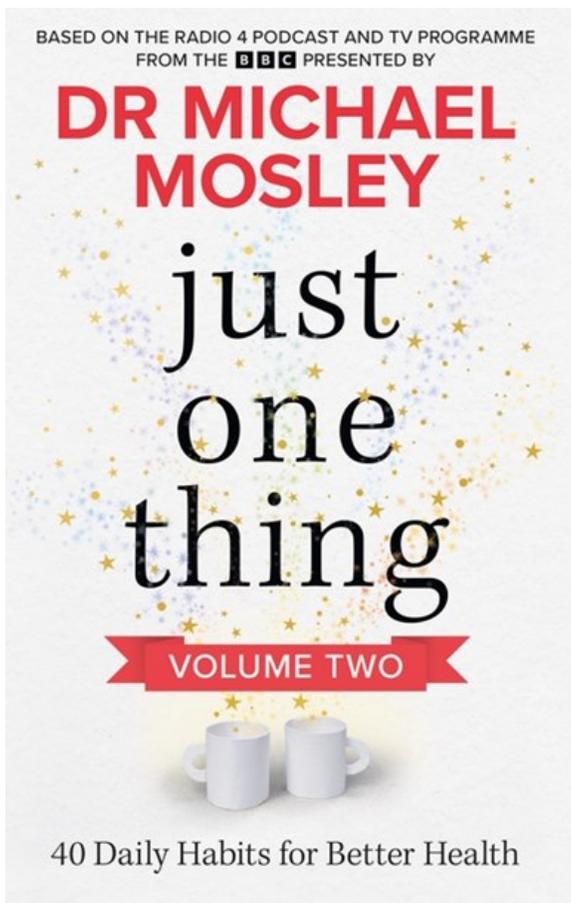
Topics include:

- **The body:** when to get help for a fever; how to recognise sepsis; and what to do about fatigue
- **Skin:** how to recognise conditions like eczema, psoriasis and acne; how to treat bacterial, fungal and viral conditions; and how to stay vigilant against skin cancer
- **Immune system:** how to support your immune system; living with autoimmune diseases; and how to respond to infections
- **Cardiovascular system:** how to check your blood pressure; what to do about varicose veins; and diseases to watch out for including angina, arrhythmogenic cardiomyopathy (ACM) and thrombosis
- **Women's and men's health:** all the key health information you need whatever your sex or gender



Dr Nighat Arif is a GP specialising in women's health and an honorary fellow of the Royal College of Obstetrics & Gynaecology. She has 18 years' NHS experience and also runs her own private practice. Dr Nighat is a medical broadcaster on TV & Radio, hosting a podcast called "That Time Of The Month" which tackles taboo topics around women's health, as well as being a content creator with YouTube Health, TikTok Creators Academy and the WHO Fides network.

In 2023, she received a Points of Light award from the Prime Minister for her work raising awareness of women's health issues. In 2024 she was awarded the national 'Woman of the Year' at the Asian Achievers Awards for her work around equity in healthcare and she is the co-founder of The Health Collective. She is also a global keynote speaker advocating for equitable healthcare.



JUST ONE THING VOLUME 2

40 Daily Habits for Better Health
BBC Studios Science Unit

9781804193938
£20.00

March 26, 2026
Hardcover

Short Books

If you were going to do Just One Thing to transform your health, what would it be?

Based on the second series of the much-loved BBC podcast, recorded by the late Dr Michael Mosley, this book brings together 40 brand new tips for a healthier lifestyle, that are easy to implement and proven by science to improve your health and wellbeing.

Each chapter brings to life these new, quick, easy and often unexpected hacks which can improve your health through simple diet, fitness, and lifestyle changes.

For example, did you know that:

- Eating turmeric can boost mood, sharpen memory and ease your aches and pains?
- Or that tai chi benefits your immune system and heart health?
- Or that expressive writing may help you to sleep better, think more clearly and even heal faster?

Thoroughly researched, road-tested and science-backed, these simple tips could have such a beneficial impact on your overall health, you might want to try them all!

'In Just One Thing Michael masterfully made medical science accessible and fun, and his work helped millions lead healthier lives. It's a privilege to work on this series.'

- Clive Myrie

'Just One Thing shows that even small tweaks can actually make a big difference. It's a privilege to be part of something Michael started' - Roman Kemp

'Michael inspired so many of us with his curiosity and passion for helping people live healthier, happier lives. It's a privilege to be part of Just One Thing, and I can't wait to share the simple, surprising ideas that really can make life better.' - Zoe Ball

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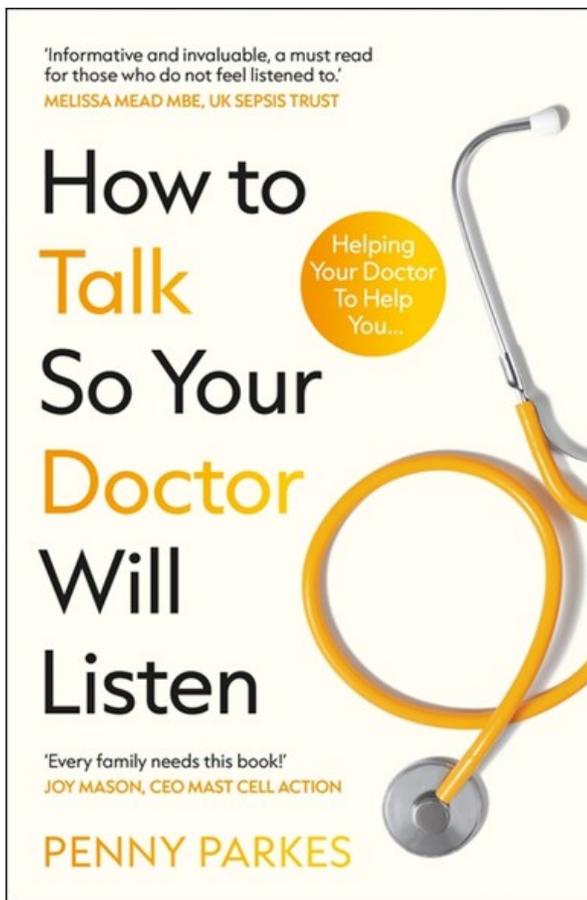
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Dr Michael Mosley trained as a doctor before becoming a journalist, podcast host and television presenter. His bestselling books include *The Fast Diet*, *The 8-Week Blood Sugar Diet*, *The Clever Guts Diet*, *The Fast 800*, *The Fast 800 Keto*, *Just One Thing* and *4 Weeks to Better Sleep*. He was married to the author Dr Clare Bailey and they have four children.



HOW TO TALK SO YOUR DOCTOR WILL LISTEN

Helping Your Doctor to Help You
Penny Parkes

9781804193303
£16.99

April 23, 2026
Trade Paperback

Short Books

A much-needed book that gives you the tools to take control of your health, prepare for your medical appointments, advocate for yourself and your family, and deal with emergencies and chronic conditions.

Did you struggle to explain your symptoms or their severity as clearly as you'd planned?

Or perhaps you felt unable to put into words just how worried you are, either for yourself or a loved one, and didn't find the reassurance or the answers you needed.

If you've ever felt this way, then this book is for you.

How to Talk So Your Doctor Will Listen is all about giving you the words, the prompts, and the confidence so that you can help your doctor to help you. By building your communication toolbox and **mastering the art of how to advocate for yourself and your family**, you'll learn how to make the most of your healthcare appointments and feel empowered to successfully and respectfully interact with professionals of all kinds.

Written by expert patient, Penny Parkes, who has learned first-hand how to navigate our complex and ever-evolving healthcare system, this book is intended to **make your future healthcare experiences more positive, empathetic and constructive**, giving you the confidence to ask for the help you need, when you need it the most.

Packed with tips for communicating effectively, the book also:

- Helps you **prepare for your appointments** so you can give your doctor the best possible chance of getting you the help you need
- Gives **clear advice for dealing with emergencies** and routine screening
- Includes case studies and personal stories
- Teaches you how to keep your own **healthcare records**
- Explains the triage system and how doctors approach appointments
- Provides **troubleshooting suggestions** for when things don't go to plan
- Includes tips for dealing with life-changing or **chronic conditions**.

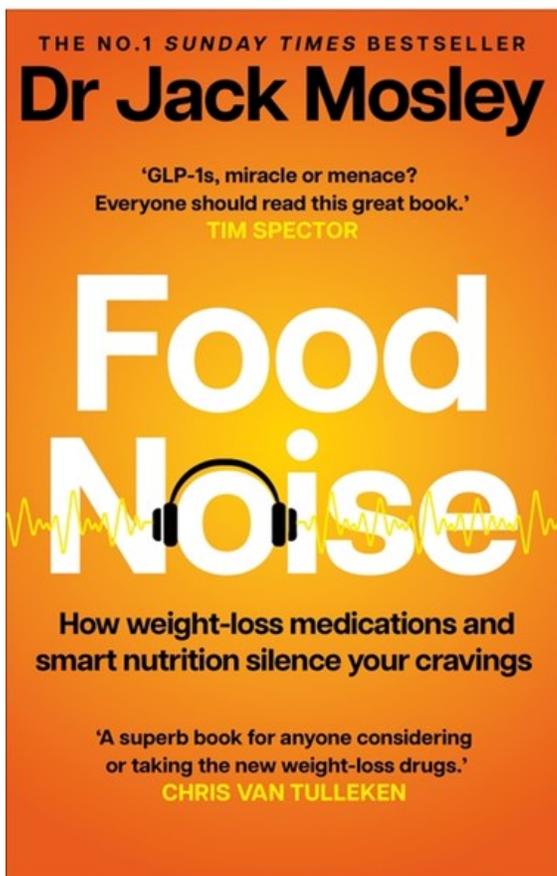
Chapter by chapter, this book will give you the vital resources to help you feel less alone, whatever stage you find yourself in your healthcare journey.

Penny Parkes lives in the Cotswolds with two children, two dogs, an ever-tolerant husband and a growing portfolio of invisible and dynamic disabilities.

She is dedicated to her role as advocate and volunteer in supporting newly diagnosed patients (and their families) with Mast Cell disorders. She is also a passionate panellist and champion for inclusivity in publishing.

How To Talk So Your Doctor Will Listen is Penny's seventh book, but the one she has been waiting a lifetime to write: now - more than ever - when its ideas, themes and advice are needed the most.

As an author, she has topped the Audible and Kindle charts many times, appeared at literary festivals around the country and has written for The Telegraph, as well as extensively in her local media. You can find her on X and Instagram as @CotswoldPenny



Dr Jack Mosley is the son of Michael Mosley, pioneer of the hugely popular 5:2 diet and the Fast 800 books and program www.thefast800.com. Jack studied medicine at Newcastle University and received a Distinction in his Masters of Research in diabetes with Professor Roy Taylor, whose remarkable work proved the transformative effect of weight loss and diet on type 2 diabetes, leading many hundreds of thousand putting their diabetes into remission. Jack worked as a doctor in emergency medicine in the UK and Australia and now works as a GP registrar.

FOOD NOISE

How weight-loss medications and smart nutrition silence your cravings

Jack Mosley

9781804194065
£10.99

April 23, 2026
Paperback

Short Books

Everything you need to know about living well with the new generation of diet drugs, from understanding side effects and giving your body the nutrients it needs, to sustaining weight loss.

****Updated with the latest science****

The Sunday Times No.1 Bestseller, May 2025

'GLP-1s, miracle or menace? Everyone should read this great book' Tim Spector

'This is a superb book for anyone who is considering taking (or talking about) the new weight loss drugs - in other words all of us' Chris Van Tulleken

Is your Food Noise too loud?

Are you deafened by persistent chatter that sends you back to the kitchen or the coffee shop for a snack you probably don't need?

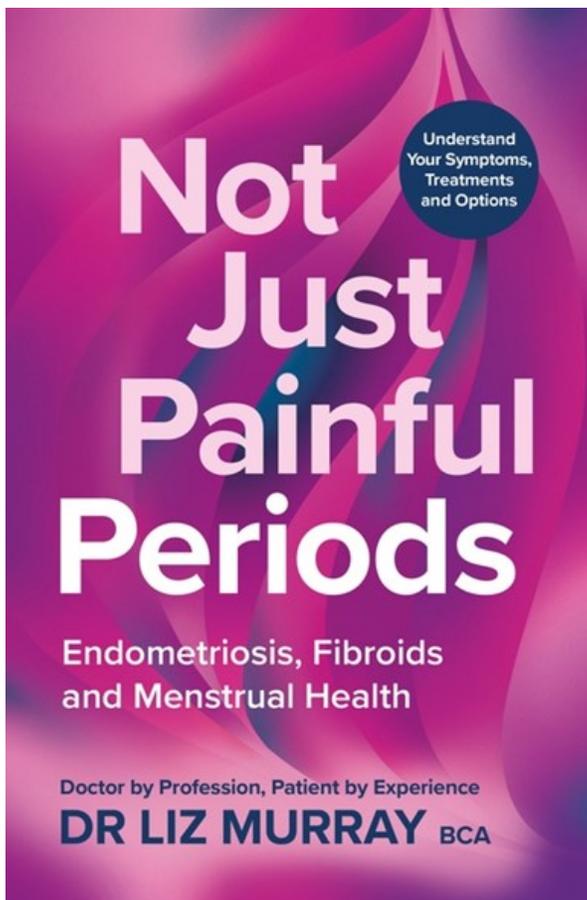
Food Noise can be relentless, it can worsen with chronic stress, or lack of sleep, and is dialled up by seductive advertising and the easy meals and treats we are surrounded by.

This book weighs up the pros and cons of the new GLP1's, the so-called **'miracle' weight loss drugs** which promise to silence the food noise and deliver rapid weight loss. They also have a role to play in reversing Type 2 diabetes and can have other health benefits, but are they a game changer, or a health hazard?

Food Noise is an easy-to-read mix of the latest science, real-life stories, practical advice, delicious and healthy recipes, and a 7-day meal plan to help you eat well when you're eating less, on or off the drugs.

This book will help you to

- **Understand the science**
- **Transform your diet and your health**
- **Sustain that change**



NOT JUST PAINFUL PERIODS

Endometriosis, Fibroids and Menstrual Health

Dr Liz Murray

9781804193839
£16.99

April 30, 2026
Trade Paperback

Aster

Not Just Painful Periods is a lifeline for anyone who's ever been told their painful or heavy periods were just another period.

'In this essential book, Dr Liz Murray provides accurate, practical and empowering information that every woman should have access to.' - **Professor Andrew Horne, Director of Centre for Reproductive Health, University of Edinburgh; Speciality Advisor to CMO for OBGYN, Scottish Government; and President of World Endometriosis Society**

For generations, women's health concerns have been dismissed, minimised, or misunderstood. But heavy, painful periods are *not* normal, and suffering in silence should not be an option. In this groundbreaking and compassionate guide, Dr Liz Murray blends medical expertise with her own experience of living with endometriosis and chronic illness, to give readers the clarity, language, and confidence to finally be heard.

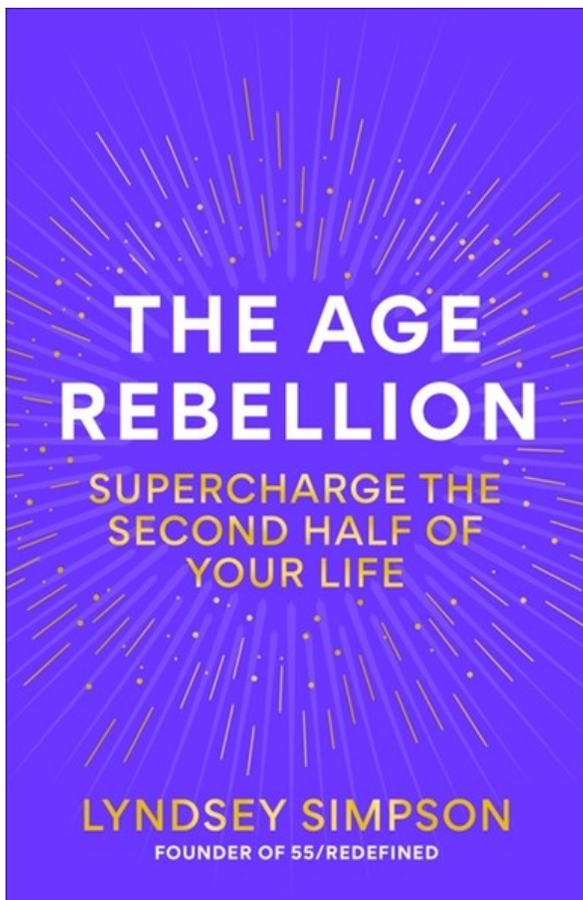
Drawing on the latest research into endometriosis, fibroids, adenomyosis and PCOS, Dr Murray explains what's really happening inside your body and how these conditions can affect women in very different ways. She offers practical tools for self-advocacy, demystifies diagnosis, and lays out treatment paths that empower rather than overwhelm.

Inside, you'll learn how to:

- Spot the early signs your body wants you to notice
- Recognise the crucial role of hormones and your immune system play in your health
- Navigate the path to diagnosis
- Understand your options for treatments
- Deal with issues affecting your fertility, menopause, and relationships

All women deserve to feel supported and empowered in their own bodies. *Not Just Painful Periods* is more than book - it's a revolution in women's health, delivered with warmth, wisdom, and unshakeable hope.

Dr Liz Murray is a doctor, activist and artist. After working on the frontline during the Covid-19 pandemic, her 15-year battle with chronic health forced her to step back from her clinical role as a doctor, but she utilised her experience as both a patient and doctor to become the founder of the charity Mortal + Strong to provide education and support for people affected by life-changing and incurable health conditions. Dr Liz is a fierce and passionate health advocate and has recently been awarded a British Citizen's Award (People's Honours) for services to health (BCAh) and is also an ambassador for the Patient Information Forum (PIF).



THE AGE REBELLION

Supercharge the second half of your life

Lyndsey Simpson

9781804193501
£22.00

May 7, 2026
Hardcover

Short Books

Redesign your future or an alternative to traditional retirement and break free from outdated narratives about growing older *'Retirement bad! Living good! Refreshingly salty, unapologetically un-woo-woo, and totally inspirational.'*

- **Ben Miller, Actor, comedian and bestselling author**

'At 50, I feel more energised, more curious and more driven by purpose than at any other time - and The Age Rebellion explains exactly why. Ikigai has taught me that meaning deepens with age, and this book gives us the roadmap to design a future that matches that truth. It tears up the old rulebook on "retirement" and helps you plan for the extra 30 years modern life now offers. A brilliant guide for anyone ready to rewrite what comes next.'

- **Sam Smith, Founder of finnCap/Cavendish Financial and co-founder of SuperScalers, author of *The Secret Sauce***

Whether you're approaching retirement, navigating a career change, or simply wondering how to live a meaningful life in your later years, this book provides both the insight and the practical tools you need to thrive. It's not just about planning - it's about creating a life that defies expectations and maximizes the incredible potential of your most experienced years. **This book will empower you to reclaim control, make a new plan, and rewrite the rules of what's possible.**

The Age Rebellion is an inspiring, action-oriented approach to **breaking free from outdated narratives about growing older**, and through a refreshing blend of personal insight and practical advice, Reflecting a new global movement, this is a practical, inspiring book helping readers *find an alternative to traditional retirement* and redesign your future, your way. Showing how you can live a life of continued growth, productivity, and impact, no matter what your age.

Written by entrepreneur, public speaker, and corporate consultant Lyndsey Simpson, this book is for anyone approaching mid or later life and feels unsure about what the future holds for their life and work and is looking for inspiration. Lyndsey **invites the reader to challenge outdated myths about what it means to retire** - the retirement rainbow, as she calls it - and question society's expectations of us as we reach this pivotal point in our lives. By **teaching us how to plan for a future that we're excited about**, rather than fearful of, readers will feel confident in boldly stepping into a new, empowered chapter of their lives.

Ready to join the Age Rebellion? Let's rewrite the narrative of what it means to grow older, together.

Lyndsey Simpson, CEO of 55/Redefined, is a driving force and powerful voice on one of the most urgent and under-debated topics of our time: widespread ageism in the workplace and an unrealistic expectation of retirement by the individual.

Passionate about changing attitudes towards the over 50s in the workplace Lyndsey through her company 55/Redefined has worked with some of the world's biggest companies from AXA to Amazon through to Barclays and Diageo enabling them to develop a new age strategy for over 50s talent and consumers alike. She has been widely quoted in the business press for her mantra: *"if you haven't got an age strategy, you haven't got a growth strategy."*

GET AHEAD OF BEING DEAD

Your Handy Planner for the End of Life

Evie King

9781804193785
£16.99

June 18, 2026
Trade Paperback

Short Books

Welcome mortal, to your little book of death homework.

'A vitally important book for anyone who thinks they might die at some point. Do not buy this book if you are already dead. It's too late. Repeat. Do not buy this if you're dead. But for everyone else it's a complete guide to getting your affairs in order, before anyone tells you that you have to.' - **RICHARD HERRING**

'And in the event that Evie is still publishing after my own death. Speaking as a dead person, can I just say, authoritatively, that Evie King was right about everything and I really wish I'd listened to her?' - **Advance quote from deceased Alan Moore**

'Not only practical, it's also somehow a great meditation on death. Telling me all sorts of practical stuff in a way I can bear to read. More than bear, I loved it.' - **PHILIPPA PERRY**

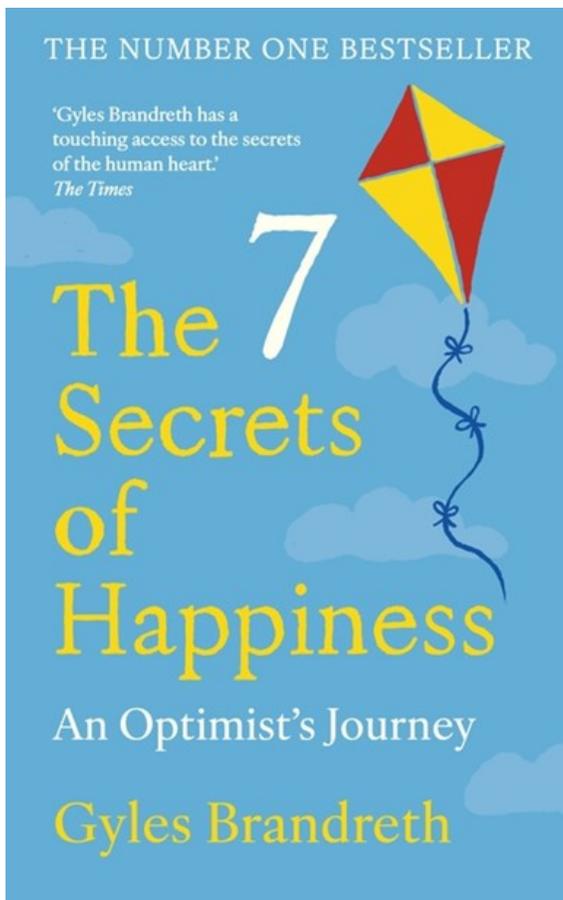
'King acts as a warm, wise, and witty psychopomp, gently guiding readers through the often overwhelming business of planning for your own death. With real-life stories and practical tips she turns end-of-life admin into something profoundly life-affirming.' - **SARAH CHAVEZ, Executive Director, Order of the Good Death**

This book gives you everything you need to prepare for your own death, from basic admin to acceptance of the concept itself. It's a practical guide *and* journal that asks us to confront the questions that many of us are afraid to discuss with our loved ones: What type of funeral do I want? What do I want to happen to my possessions? How do I want to be remembered? Evie, a former stand-up comedian, also explains why death planning is so important, using her extensive expertise as a council funeral officer.

The exercises at the end of each section help you prepare for every mortality eventuality. From ensuring the admin of your life can be packed down quickly and efficiently, to guaranteeing you are given the correct funeral rites, to knowing what we are doing with your Facebook page.

Once completed, it is intended to be stored along with your documents and important paperwork (and/or to trigger you to prepare those important documents and gather said paperwork if you haven't already). There is also a free text blank page after each section for your own notes. Throughout, Evie includes real-life stories to add her winning combination of light-hearted touches and serious lessons as to why this preparation is so vital.

Evie King does not exist, but the person who plays her is a council worker and writer. A former stand-up comedian, she has always written short-form pieces in the margins of her various day jobs, contributing to New Humanist, Guardian Comment Is Free, BBC Comedy and Viz. After moving to the seaside and going part-time she had more time for writing and in 2023 completed her first book, *Ashes to Admin*, about her job arranging council funerals. It sold over 10,000 copies, was selected by Stewart Lee for the London Review of Books one hundred books for the next twenty years collection and won the 2025 ASDS (Association for the Study of Death & Society) Award for outstanding and original books in the field of death studies. And then this one, obviously. She also contributed to the book *Words to Live and Die By*, a series of death haikus compiled by the acute palliative care team at Warwick Hospital. She is an ambassador for missing persons and cold-case charity Locate International and heads the UK training programme for council funeral workers.



THE 7 SECRETS OF HAPPINESS

An Optimist's Journey

Gyles Brandreth

9781780726403
£10.99

July 2, 2026
Paperback

Short Books

Brimming with wisdom and wit, this illustrated and updated edition of *The 7 Secrets of Happiness* features new research, anecdotes and stories from national treasure and advocate for joy, Gyles Brandreth.

ILLUSTRATED EDITION - UPDATED FOR MAXIMUM HAPPINESS!

Ten years on, Gyles Brandreth has learnt yet more about happiness... featuring a new introduction and charming illustrations, this little book attempts to answer a big question: How can we be happy?

'Marvellous, brilliant, wonderful, best thing I've ever heard, transformational...'

That was the response from a total stranger when Gyles Brandreth delivered the Happiness Lecture at Birmingham University. Someone else in the thousand-strong audience tweeted: 'The 7 Secrets of Happiness are amazing. Thank you Gyles Brandreth, wherever you are.'

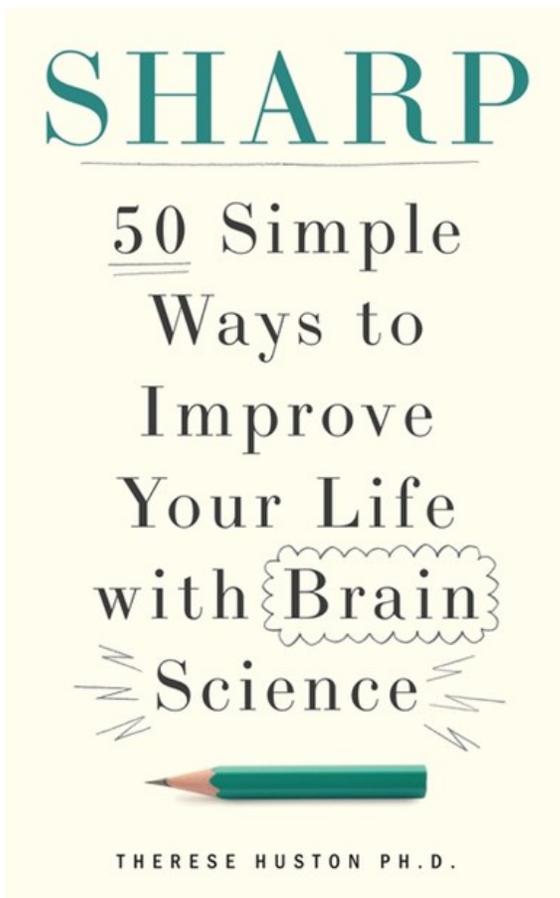
Well, Gyles Brandreth is here now with those 7 Secrets of Happiness. The secrets are simple rules, easy to remember, but challenging to achieve. Gyles Brandreth found them when he set out on a journey looking for happiness and ended up in the psychiatrist's chair - with Dr Anthony Clare.

What is happiness? Who gets to be happy? And how? These are the big questions that Gyles Brandreth aims to answer in this little book. Research shows that happy people live up to ten years longer than unhappy people. This is a book that won't simply enhance your life: it will extend it.

Introduction

More than a decade ago, on 17 June 1993, I delivered the Page Memorial Lecture at the University of Birmingham. Thomas Page, born in 1886, was a Birmingham University student who went on to become a teacher, journalist and war correspondent for the Daily Mail, before pursuing a successful career in advertising and publicity for the American automobile industry. He was an outstanding man, with a memorable name. Page. Fortunately, the Irish playwright Oscar Wilde, believed that you need just five letters to name things if you are to have your mark on the world - like Oscar or Wilde or Page or Page or Page. When he did so, Thomas Page did not know his

Gyles Brandreth is a writer, broadcaster, former MP and Government Whip, now Chancellor of the University of Chester and best known as a regular on ITV's *This Morning* and Radio 4's *Just A Minute*. On stage he has appeared as Malvolio, Lady Bracknell and in his own musical revue in London's West End. On TV he has featured in *Have I Got News For You*, *QI*, *Would I Lie to You?*, *Pointless*, *Countdown* and *Celebrity Gogglebox*. His novels include seven Victorian murder mysteries featuring Oscar Wilde as his detective and he has published two acclaimed volumes of diaries, an autobiography, *Odd Boy Out*, and two best-selling royal biographies. His podcasts include *Something Rhymes With Purple*, all about words and language, which he presents with Susie Dent, and *Rosebuds*, in which he talks to famous people about their early memories. He is married to writer and publisher Michele Brown and has three children, six grandchildren and a cat called Nala.



STAY SHARP

50 Simple Ways to Boost Your Brain
Therese Huston

9781804193419
£10.99

August 27, 2026
Paperback

Short Books

A practical guide, outlining over 50 tips and hacks to make the most of your brain, written by an expert author and backed up by easy-to-understand science.

'Upgrade your brain health with a gentle dose of relatable science' **DR AYAN PANJA, author of *The Health Fix***

'A razor sharp book pinpointing easy steps to boost your brain power!' **Dr HANNAH CRITCHLOW**

Don't leave your best days to chance. Be happier, more focused and less stressed with *Sharp's* 50 simple strategies.

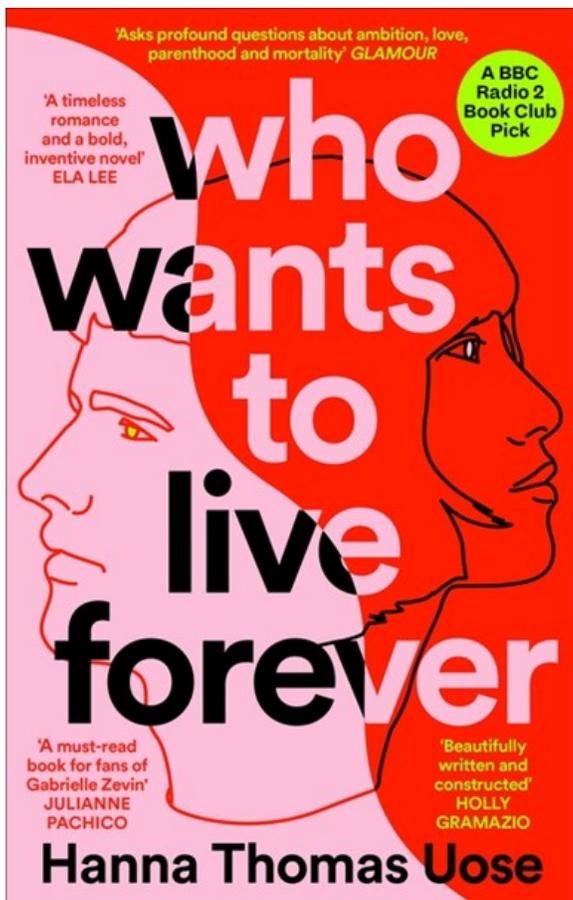
Cognitive scientist Therese Huston unpacks the latest neuroscience research to deliver a goldmine of techniques to help you feel your sharpest at work, at home or in relationships, including:

- how a calming deep breathing technique improves decision-making;
- exactly what kind of exercise helps you think on your feet;
- what brain science says scary movies can do to help you learn; and
- how drinking tea can help you to focus on your most unfocused days.

Stay Sharp is packed with innovative, actionable tips that can make a difference in your daily routine. Best of all, many of them take five minutes or less. Whether you want to make fewer mistakes, support your partner through life's challenges, or simply learn faster, *Stay Sharp* gives you the tools to do it all, without having to overhaul your entire lifestyle.

Therese Huston, Ph.D., is a cognitive scientist who transforms good science into great strategies. She was the founding director of the Center for Excellence in Teaching and Learning at Seattle University and is now a consultant for their Center for Faculty Development. She also completed the Oxford Executive Diploma in Organisational Leadership at Said Business School, University of Oxford. Therese is the author of *Let's Talk: Make Effective Feedback Your Superpower*; *How Women Decide*; and *Teaching What You Don't Know* and has written for the *New York Times*, the *Los Angeles Times*, *TIME*, *The Guardian*, and *Harvard Business Review*. She has led workshops and delivered presentations to Fortune 500 companies, start-ups, and universities across the globe. She lives in Seattle with her husband and their dog, who insists on being the real boss of the household.

FICTION



WHO WANTS TO LIVE FOREVER

A BBC Radio 2 Book Club Pick

Hanna Thomas Uose

9781840918472
£10.99

March 26, 2026
Paperback

Brazen

What happens to loving each other forever when your soulmate decides *living* forever is more important? A GOOD HOUSEKEEPING GOOD BOOKS SPRING COLLECTION PICK

'I LOVED this addictive, beautifully written novel about romance, life and immortality.'
DAILY MAIL

'Bleak yet hopeful, romantic yet lonely, this novel is both ordinary and extraordinary.'
RADIO TIMES

'I loved it so much I wanted it to go on forever'
FERN BRADY

'Beautifully written and constructed' HOLLY GRAMAZIO

'A timeless romance and a bold, inventive novel'
ELA LEE

'Dazzling: a cold hard reckoning with reality; a constantly surprising fear of imagination, philosophy, humanity, warmth and love'
JESSICA STANLEY

'This is a must-read book for 2025, especially for fans of Gabrielle Zevin'
JULIANNE PACHICO

This is the greatest romance you will ever read without the happily ever after.

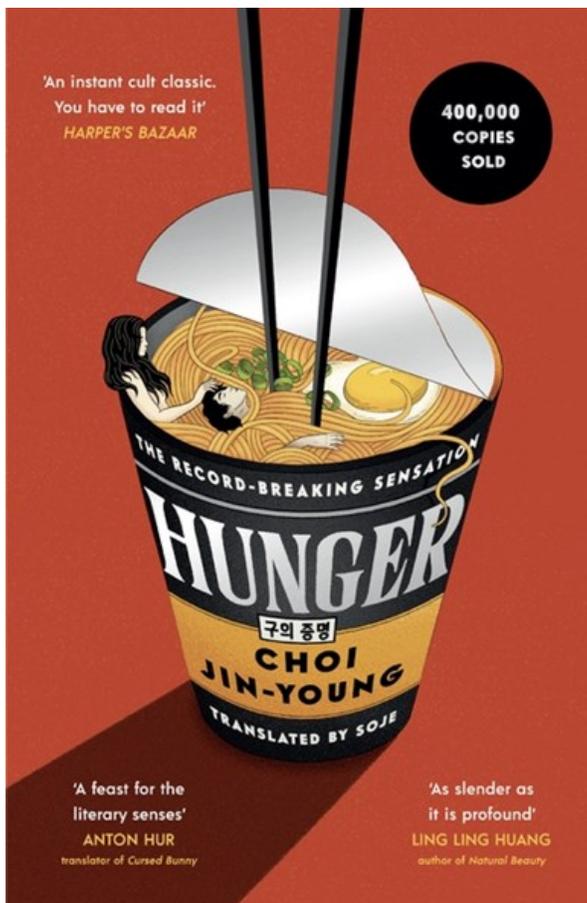
Yuki and Sam are soulmates.

They are destined to spend the rest of their lives together. They are supposed to love one another, forever.

But when a miracle drug is released which can extend a human's life indefinitely, Sam chooses to live forever, instead of loving Yuki forever - and the world they know is spun inside out.

WHO WANTS TO LIVE FOREVER plunges into a parallel universe where forever is on sale to the highest bidder. What comes next is a world-building epic narrated by an intersecting cast of characters that will drive you to the edge of reality and leave you to answer biggest questions of all: What is life without death? What is life without love?

Hanna Thomas Uose is a British Japanese writer living in London. In 2023, she completed the MA in Prose Fiction at the University of East Anglia. In 2022, she won the Morley Prize for Unpublished Writers of Colour and was shortlisted for the Orion/DHA Space to Write Project. She was also selected for the Asian Women Writers mentorship programme. Hanna has spent the last sixteen years working in advocacy and campaigns with organisations such as 350.org, Free Tibet, Greenpeace International, Joint Council for the Welfare of Immigrants, Level Up, Liberty, and UN Global Pulse.



HUNGER

'An instant cult classic. You have to read it'

HARPER'S BAZAAR

Choi Jin-young

9781840919028

April 9, 2026

Brazen

£9.99

Paperback

If *Parasite* were a record-breaking book sensation and 'instant cult classic' (*HARPER'S BAZAAR*) translated into 10 languages with 400,000 copies sold

IF *PARASITE* WERE A RECORD-BREAKING LITERARY SENSATION

OVER A QUARTER OF A MILLION COPIES SOLD

'An instant cult classic... You have to read it' *HARPER'S BAZAAR*

'A feast for the literary senses' ANTON HUR, Judge of the International Booker Prize

'As slender as it is profound' LING LING HUANG, author of *Natural Beauty*

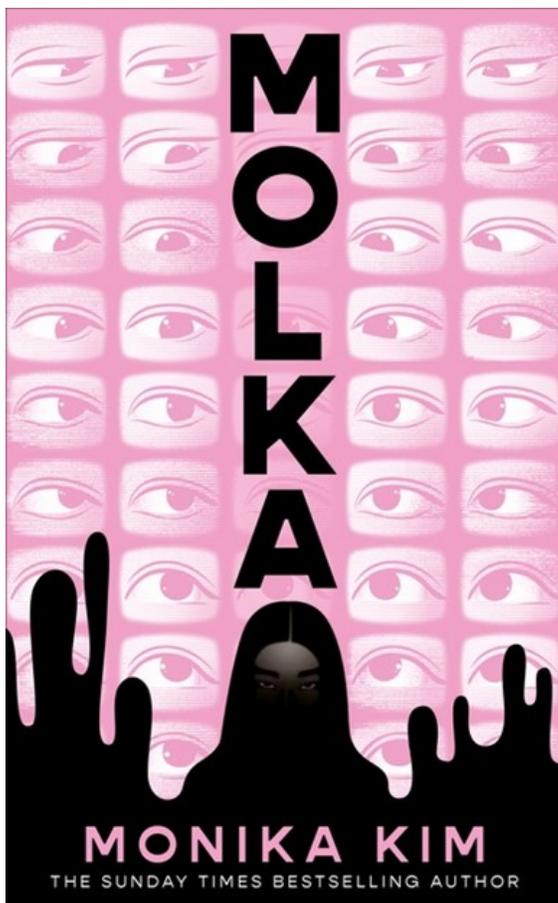
On an ordinary afternoon, a woman sees her boyfriend murdered in the street. Time stops. Until she lifts his body from the concrete, cradles it to her chest and carries him home, where she disinfects every inch of skin before beginning.

As the man witnesses his own funeral from beyond, their two voices - living and dead - lament a lifetime of bone-grinding labour in a country where the rich feast and the poor starve. But the woman is no longer willing to bow before law, money, or God. In a final act of rebellion and sacrament, she claims his body as hers and entombs the corpse within her flesh where her soulmate will live again.

A decade after it was first published, the underground sensation that tests the limits of what the human heart can endure is still crawling under your skin and staying there. *Hunger* is a psychologically and philosophically thrilling cult classic that cuts to the core of love, capitalism, and the things they do to us.

YOU ARE ~~WHAT~~ WHO YOU EAT

CHOI JIN-YOUNG is one of South Korea's best-known authors. Her career started in 2006 when she won the Silcheon Literature Debut Author Award. She has since won many more, including the Shin Dong-yup Literary Prize, Manhae Literary Prize and, most recently, the Yi Sang Literary Award.



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

The Eyes Are the Best Part is her debut novel and was selected as a Book of the Year by the *New York Times*, *TIME*, Spotify and others.

MOLKA

A hotly anticipated new novel from the bestselling author of *THE EYES ARE THE BEST PART*
Monika Kim

9781840918625
£18.99

April 30, 2026
Hardcover

Brazen

MOLKA* is a psychological horror about the rise in surveillance camera crimes that will appeal to fans of *You* and *Yellowface

'A thought-provoking, rage-inducing revenge tale that is hard to forget' Asia Mackay, author of *A Serial Killer's Guide to Marriage*

'Brutal and unflinching...You won't be able to look away as this book cuts you to pieces.' Kylie Lee Baker, author of *Bat Eater*

'Combining feminist fury with creeping horror... Fans of *Bunny* will love this.' Eve Kellman, author of *How to Kill a Guy in Ten Ways*

THE NEW NOVEL BY THE *SUNDAY TIMES* BESTSELLING AUTHOR OF *THE EYES ARE THE BEST PART*

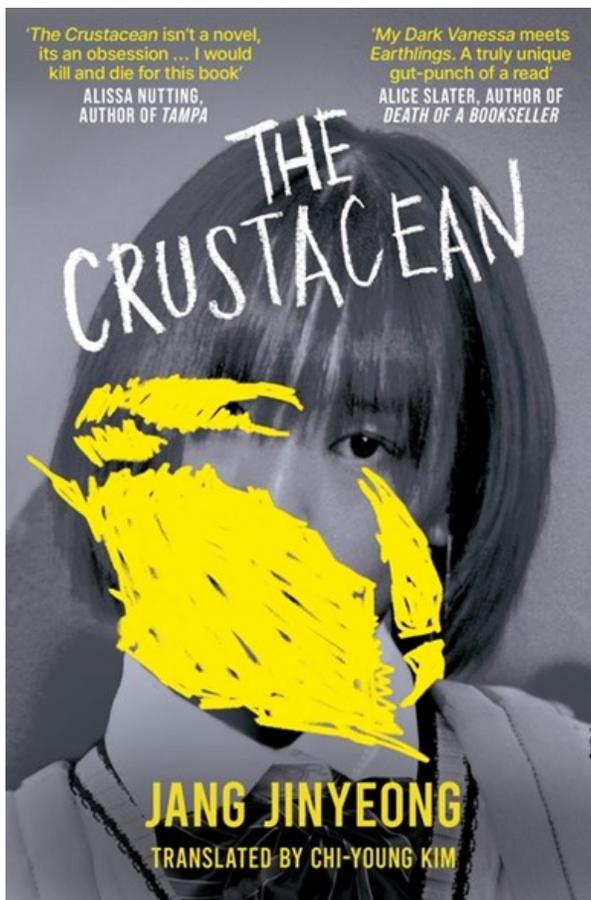
**Junyoung and Dahye are colleagues;
he has a taste for voyeurism
and she a hunger for revenge.**

Molka (n): the Korean term for spy cameras secretly and illegally installed, often to capture voyeuristic images and videos.

Dahye has met the man of her dreams - Hyukjoon, who happens to be the heir to a multi-billion fortune. Till one day, a video of them having sex goes viral. She is all over the internet and he is nowhere to be found.

Junyoung is a nobody; a nothing office worker who harbours a dark secret: in every women's cubicle, shower and bathroom in his workplace, are cameras - his secret cameras. Junyoung spends his days watching and preying on his unsuspecting female victims.

Soon his perverse obsession turns to Dahye - but, this time, he has chosen the wrong woman to wrong. When Dahye's pain turns to blind rage - she decides that she will not rest until he has paid in blood...



THE CRUSTACEAN

The spiky revenge narrative from Lolita's perspective
Jang Jinyeong

9781840919110
£10.99

May 7, 2026
Paperback

Brazen



FIELDWORK AS A SEX OBJECT

FROM THE WOMEN'S PRIZE-SHORTLISTED ICON

Meena Kandasamy

9781840919448
£16.99

May 21, 2026
Hardcover

Brazen

A new novel of incels, influencers and AK-47s from the Women's Prize-shortlisted icon and "one-woman, agitprop literary-political movement" (*INDEPENDENT*)

A NEW NOVEL OF INCELS, INFLUENCERS AND AK-47S EVERYONE IS TALKING ABOUT

FROM THE WOMEN'S PRIZE-SHORTLISTED POET AND PROVOCATEUR

'A one-woman, agitprop literary-political movement' *INDEPENDENT*

I mute the audio before replaying it frame by frame - in dread, in desperation. I watch the video four times. It is not me. It is my fucking face.

Amrita Chaturvedi goes by Amy. Amy identifies as a communist on Twitter (her bio omits a cameo on reality TV and millionaire daddy who runs the show at Delhi High Court).

When a deepfake porno of her 'forwarded many times' by WhatsApp aunties goes viral, the truth finally catches up. On her birthday, Amy is battling a stoning in the digital town square that could cancel even Kim Kardashian.

Her executioners? An unhinged cartel of virgins styling themselves after V for Vendetta - except these keyboard warriors are on a merciless crusade to eradicate desi jezebels and Make India Hindu Again.

A muscular work where the online turns offline turns bloody, this is not a novel you read but a novel that reads you. *Fieldwork as a Sex Object* asks every one of us how much we're prepared to risk for our principles.

'Courageous and brave' *STYLIST*

'One of fiction's most fiery and unclassifiable' *GUARDIAN*

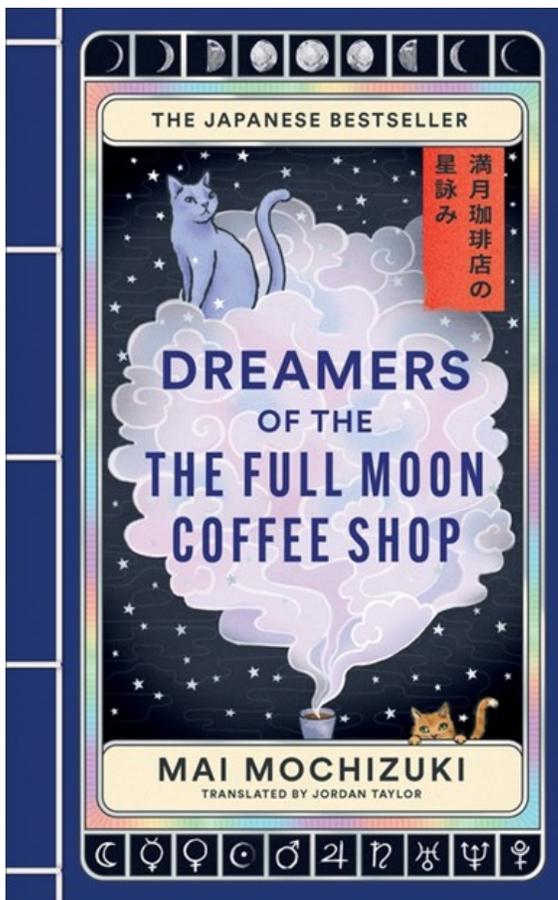
'Her prose is electric, at once brave and poetic and satirical' *PARIS REVIEW*

DR MEENA KANDASAMY FRSL is a poet and provocateur who has spent two decades triggering online trolls. She has been translated into more than 20 languages.

Her previous novel, *When I Hit You*, was shortlisted for the Women's Prize, Jhalak Prize and Hindu Literary Prize. It was also Book of the Year in the *Financial Times*, *Observer* and *Daily Telegraph*. Her viral poetry collection, *Ms Militancy*, is a feminist symbol across South Asia.

In 2022, Meena was awarded the PEN Germany Lifetime Prize. She has two sons.

X @meenakandasamy
Instagram @k.a.n.d.a.s.a.m.y



DREAMERS OF THE FULL MOON COFFEE SHOP

Mai Mochizuki

9781846016042
£16.99

July 2, 2026
Hardcover

Brazen

The story of a cat mum and the one that got away set in everyone's favourite coffee shop - from the author of *The Full Moon Coffee Shop* which is a Waterstones Paperback of the Year

This is not a romance, but it is about love - and set in a cute coffee shop!

One crescent moon, an azure cat takes over the running of the Full Moon Coffee Shop. The evening's first customer is an aging mother living alone in a crumbling cottage perched on a sea cliff.

Fujiko hasn't seen her only daughter, a high-flying actress in Tokyo, longer than she remembers. She passes the days reminiscing about times gone by in the company of a fluffy white kitty, until her little life collapses in on itself when blast from the past hits the headlines.

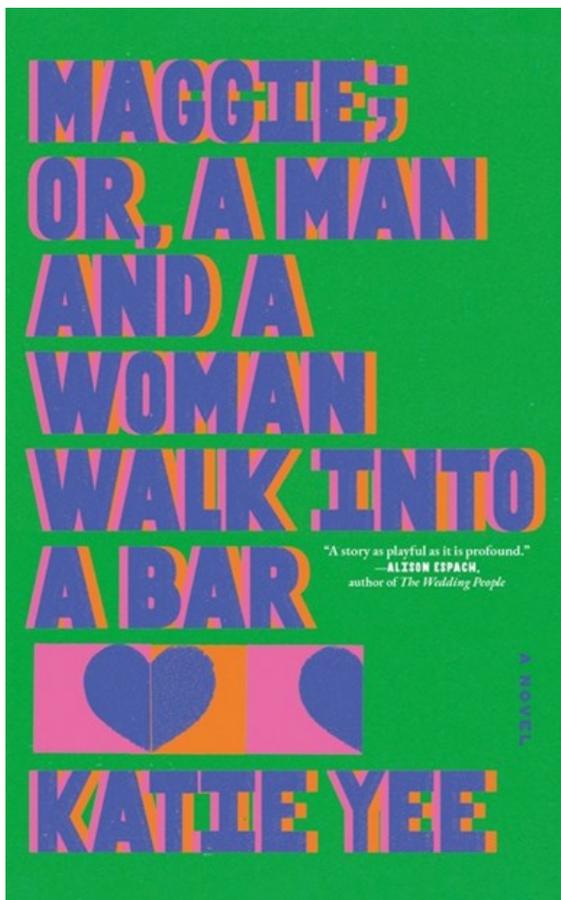
In a little multi-dimensional coffee shop tucked away somewhere between past and future, Fujiko makes a new feline friend. But this cat isn't just any old cat: they are planet of our deepest desires in disguise, and they have the power to bend time.

Under the mystical influence of the blue planet, the third book in the beloved healing fiction series weaves an enchanting, empowering story about owning your truth before it's too late.

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

Translated into 20 languages, *The Full Moon Coffee Shop* has sold over half a million copies worldwide.

@maimotiduki



Katie Yee is a writer from Brooklyn. She has received fellowships from the Center for Fiction, the Asian American Writers' Workshop, and Kundiman. By day, she works at the Brooklyn Museum.

MAGGIE

Or, A Man and a Woman Walk into a Bar:
'HEARTBURN for the 2020s' *The Times*
Katie Yee

9781840918809
£10.99

July 2, 2026
B-format Paperback

Brazen

'[Nora Ephron's] HEARTBURN for the 2020s - the best divorce novel I've read for years.' *The Times*

**Winner of the 2025 Barnes & Noble Discover Prize.
A *New York Times* Book of the Year.
A *TIME's* 100 Must-Read Book of 2025.**

'A gem of a novel, one that will make you think, make you feel, and make you laugh.' ALISON ESPACH, author of *The Wedding People*

A man and a woman walk into a restaurant. The woman hopes they will order the best wine on the menu. Instead, her husband tells her he is having an affair with a woman called Maggie.

When her chest starts to ache, the woman goes to a doctor who tells her the pain in her breast isn't just heartbreak - but - cancer. She decides to call the tumour Maggie and begins to strike up a conversation with it.

In turns wildly funny and devastatingly tender, *Maggie* takes place during a pause -between divorce and marriage, sickness and health, the unknown and the status quo. In reaction to the unfolding chaos, the heartbroken woman creates 'A Guide to My Husband: A User's Manual' filled with a thousand facts for the real Maggie about the man they both love. In the tradition of Nora Ephron's writing on heartbreak and womanhood, *Maggie* is set to be the divorce novel of our age.

"Katie Yee's debut novel...is full of resentment-tinged wit, **just like Nora Ephron's classic.**" *The Times*

'Katie Yee is a storyteller extraordinaire.' DELIA EPHRON, sister of Nora Ephron and author of *Siracusa*

'An absolutely delightful debut! An inspiring story of growth and wonder. Highly recommend!' ELIN HILDERBRAND, author of *The Perfect Couple*, now a major *Netflix* series

'A wry meditation on grief, healing, and reclaiming one's identity.' *TIME Magazine*

**Summer's Best Beach Reads by *The New York Times* *
Books You Should Read This July by *New York* magazine *
Books We're Most Excited About by *Today* * Best Beach Reads by *Harper's Bazaar* * Best Books of Summer by *ELLE* * Most Anticipated Books of the Summer by *Time* * Best Summer Reads by *Oprah Daily* * Books to Read this Summer by *The Washington Post***

EVERYTHING HAPPENED AT ONCE

The new novel from the author of *Hunger*

Choi Jin-young

9781840919868
£14.99

July 30, 2026
Trade Paperback

Brazen

The new novel from the author of 'an instant cult classic' (*HARPER'S BAZAAR*) with 400,000 copies sold across 10 territories

THE NEW NOVEL FROM THE RECORD-BREAKING AUTHOR OF *HUNGER*

'An instant cult classic. You have to read it' *HARPER'S BAZAAR*

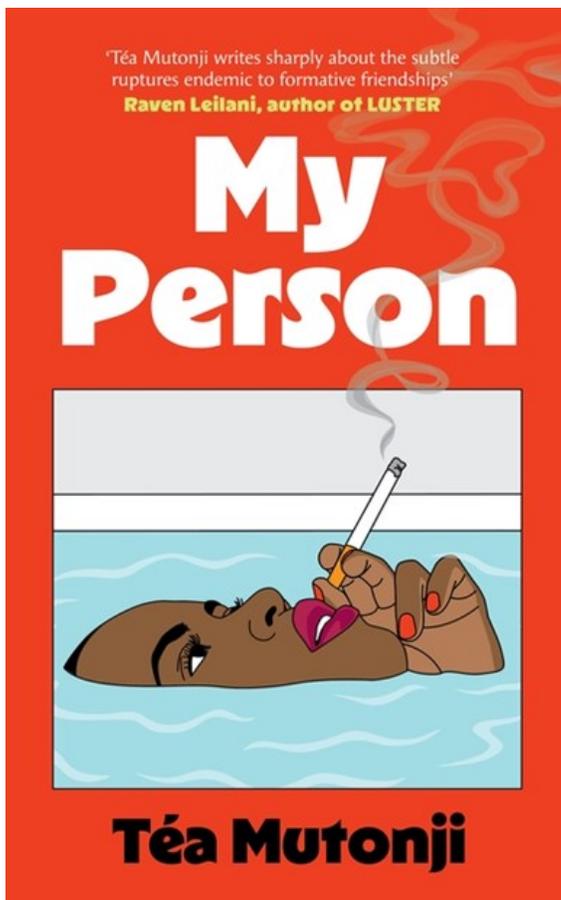
What is the date today? Here, time doesn't pass in days. I wouldn't be surprised if spring slid straight into summer, if I looked at a clear lake and saw an old woman in my reflection.

A mutant virus has swept half of the world's population overnight. The known world has collapsed. The new world is a lawless place where children's livers are believed to provide immunity.

In one apartment block, an unlikely pack break out of quarantine in a stolen lorry and brave an achingly empty world once teeming with colour. The desolate reaches of Eurasia are signposted with fellow defectors and found family.

A wandering travel agent.
A mixed-race divorcee embracing her sacred desire.
A deaf girl traversing the frozen continent barefoot.

How do you find a way forward in a world turned upside down? A novel about our will to live and love until the very end, *Everything Happened at Once* charts the intimate landscapes of humans making liferafts out of the small miracles of the everyday.



MY PERSON

The witty, razor-sharp debut novel about a big BFF break-up

Téa Mutonji

9781846016530
£18.99

August 13, 2026
Hardcover

Brazen

A bold debut from an exhilarating, multi-award-winning young writer, about two lifelong BFFs who find themselves in an emotional deadlock when one abruptly proposes that they end the friendship

'Téa Mutonji writes sharply about the subtle ruptures endemic to formative friendships' - RAVEN LEILANI, author of LUSTER

'A nuanced and fearless exploration of friendship, family, race and class, and the extraordinary pressures of coming of age as an artist, told with subtlety and verve' NUSSAIBAH YOUNIS, author of FUNDAMENTALLY

'Sexy, infuriating, and unbelievably fun to read . . . This is a writer who can read someone to filth in just one line' - KATIE YEE, author of MAGGIE

Tania and Margot, best friends for over twenty years, are preparing to host their monthly dinner party when Tania tells Margot this isn't working for her anymore - that she wants to 'unknow' her. But how do you extricate yourself from someone whose family owns the apartment you live in, who has taken you in as their own, even claims you as their 'person'?

In the midst of a tense will-they-won't-they break-up, Tania and Margot become entangled in a rigorous revision of history, their once delicate dance intensifying toward a frantic finale. As Margot disappears herself and Tania spirals into sex and drugs, jeopardizing both her book deal and her livelihood, they're forced to reckon with where it all went wrong . . . or whether they were simply wrong for each other to being with.

A taut, piercing exploration of girlhood and identity, and the life-altering ways in which world-defining friendships can be both beautiful and excruciating, *My Person* is an addictive, astutely observed novel from a major new talent.

Téa Mutonji's first book, the story collection *Shut Up You're Pretty*, was shortlisted for the Atwood Gibson Writers' Trust Fiction Prize (2019) and won the Edmund White Debut Fiction Award (2020) and the Trillium Book Award (2020). *My Person* started as her thesis project at NYU, where she received the Jill Davis Fellowship. This is her first novel.

Please Form Pairs

'She was laughing. She didn't know why. Every feeling inside her tangled together, like a discarded toy. She laughed and laughed until she was out of breath, until her batteries had run out.'

Chiren Kina



CHIREN KINA is 39. She started writing in school after being rejected by her crush 16 times and winning the R-18 Literature Prize for Women by Women.

Her debut novel translated into English, *Please Form Pairs*, has sold 100,000 copies.

TikTok @chireneko

PLEASE FORM PAIRS

Squid Game meets Mean Girls
Chiren Kina

9781846017537
£14.99

August 27, 2026
Trade Paperback

Brazen

SQUID GAME meets **MEAN GIRLS** in this hit survival drama about keeping up and staying (barely) alive in a girl-eat-girl Tokyo - now with 100,000 copies sold

SQUID GAME MEETS MEAN GIRLS

THE #1 JAPANESE HIT ABOUT KEEPING UP AND STAYING (BARELY) ALIVE IN A GIRL-EAT-GIRL WORLD

100,000 COPIES SOLD

LET THE GAMES BEGIN

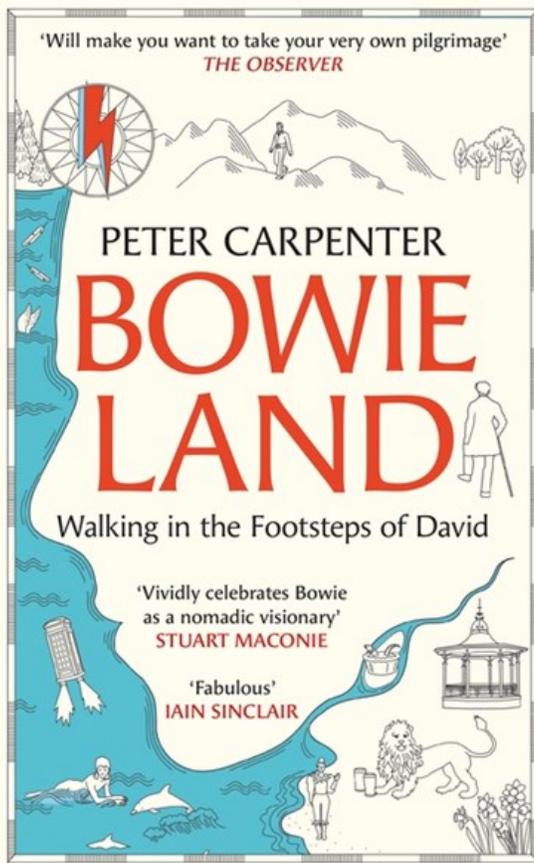
Mishin Mizushima isn't *nearly* kawaii enough by Tokyo standards. Her developmentally stunted mum isn't a fan either, ditching her in their micro-apartment to shack up with a sugar daddy.

Her story is one of thousands in a city where towering alpha females move and think as a single, terrifyingly beautiful organism. The betas know to lay low. The rest grovel at the feet of the sparkly food chain.

In one school, a battle erupts between the barbies when a new teacher dares to question the natural order. In the wisdom of Hello Kitty, "you can never have too many friends" - and everyone knows the best way to make friends is to play a game...

An unhinged bestseller straight outta Tokyo, *Please Form Pairs* is a candy-coated survival drama where everyone must play by three rules: keep up, be liked, and stay (barely) alive in a girl-eat-girl world.

NARRATIVE



BOWIELAND

Walking In The Footsteps Of David
Peter Carpenter

9781800961562
£10.99

January 8, 2026
Paperback

Monoray

A writer's odyssey walking the Bowie heartlands, peeling back the layers of understanding about his hero.

'Fabulous... What a ghost story! A ripping read.' IAIN SINCLAIR, author of *London Orbital*

'Vividly celebrates Bowie as not just a chameleonic visionary, but a nomadic one, a creature informed by place and circumstance.' STUART MACONIE

'BowieLand will make you want to take your very own pilgrimage, accompanied by the great man's songs.' ALEXANDER LARMAN, *THE OBSERVER*

'A sublime, time-travelling quest.' TIFFANY MURRAY, author of *My Family and Other Rock Stars*

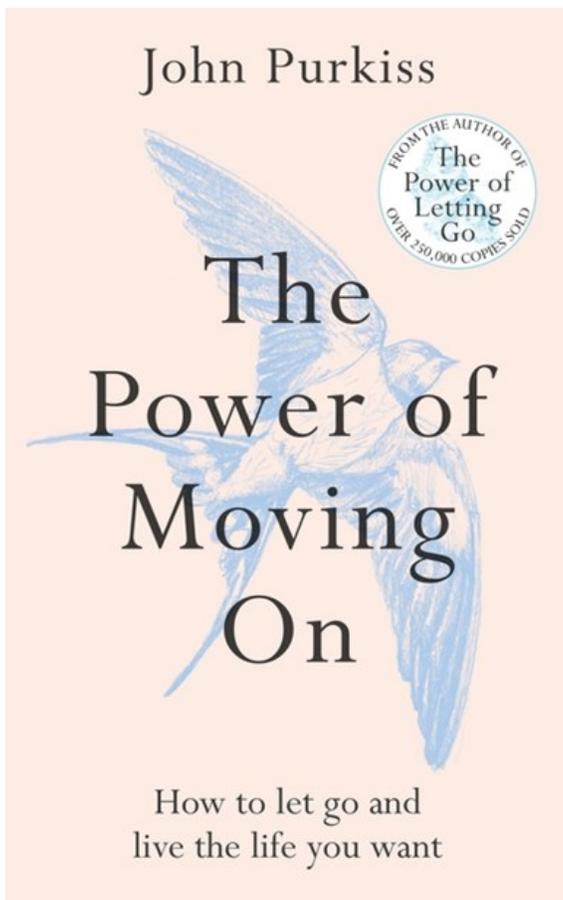
'A joyful and fascinating journey which anchors Bowie's genius in the pavements.' KEVIN LOADER, producer of *The Buddha of Suburbia*

BOWIE IS STILL OUT THERE...

Following open heart surgery, Peter Carpenter was given one instruction - walk if you want to stay alive. So, when his hero died in 2016, he knew what he had to do. The figure who was to so many a companion and guide had left no single focal point for homage. To reconnect with him, Carpenter would take a walk into the past, to the places where David Jones became something more: David Bowie.

Leaving behind well-known shrines to Bowie, he journeyed through South London edgelands to obscurer haunts. Carpenter's quest, a series of happy accidents and chance meetings, took him to Bickley as well as Berlin and Brixton, to Eel Pie Island as well as Heddon Street and Beckenham.

Carpenter's perambulations echo Bowie's own wandering creative spirit. They reveal multiple influences, both conscious and unconscious, in Bowie's creative development. Ultimately, Carpenter reaches a fresh understanding of where Bowie sits in the culture, not as an outlier, but as part of a tradition, informed by those artists, poets and musicians who passed on their wisdom to him. A celebration of the revelatory powers of walking, and by no means just for Bowie obsessives, BOWIELAND opens up our geography in ways rarely seen or so well understood.



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

www.johnpurkiss.com

THE POWER OF MOVING ON

How To Let Go and Live The Life You Want

John Purkiss

9781800963603
£16.99

January 13, 2026
Trade Paperback

Monoray

Following the huge success of THE POWER OF LETTING GO, John Purkiss returns with the highly anticipated follow up to live life on the next level by manifesting your desires.

THE HIGHLY ANTICIPATED FOLLOW UP TO *THE POWER OF LETTING GO*

John Purkiss, the bestselling author of *The Power of Letting Go*, sets out the crucial next steps for a transformed life. Discover the Power of Moving On...

What do I want, why don't I have it, and how can I make it happen?

The Power of Moving On takes you on a deeper journey to discover what you truly want - whether it's a romantic relationship, financial freedom or better health - and how to get it. By raising the level of your consciousness, you can move on and create the space to manifest your desires.

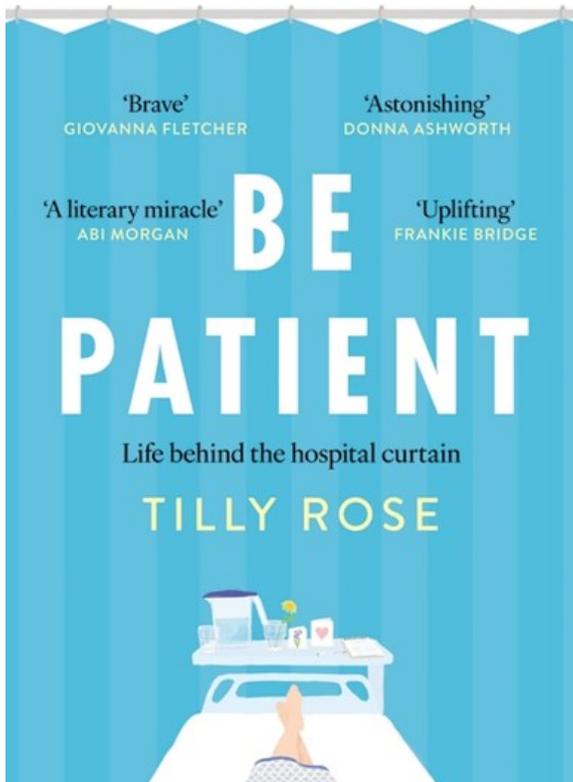
In this practical guide, you will learn proven techniques to:

- Identify your true desires
- Remove negative beliefs that are holding you back
- Allow the cosmos to manifest through you
- Turn your desires into reality

These simple, yet powerful, tools will enable you to manifest your desires much more easily - often in ways you never imagined.

***The Power of Moving On* will help you discover a vital truth: when your inner world changes, your outer world is transformed.**

'An antidote to *This is Going to Hurt...*
the other side of Britain's hospital wards'
THE TIMES



BE PATIENT

Life behind the hospital curtain

Tilly Rose

9781780726236
£10.99

January 29, 2026
B-format Paperback

Monoray

A hugely entertaining and informative story of life, loss and laughter from behind the hospital curtain by expert patient, Tilly Rose.

'Darkly funny as well as deeply shocking, [Be Patient] is an antidote to *This is Going to Hurt...* This is what it's like to be on the other side of Britain's hospital wards' -*The Times*

'Tilly writes beautifully, with such compassion... the insight that she gives the reader is astonishing.' -Donna Ashworth, poet and author of *Wild Hope* and *Growing Brave*

'A story of perseverance, the importance of advocating for yourself and how the kindness of strangers can have a huge impact... A lesson to us all on what it is to have hope, even when we are at our most depleted. Shocking, brave and raw.' - Giovanna Fletcher, author, podcaster, actress and activist

'What a sensational read. A real, heartfelt, and insightful look into the lived experience of someone managing their chronic health issues.' -Dr Nighat Arif, author of *The Knowledge*

'I found this book both heartbreaking and uplifting all at once. A true story of resilience, hope and unwavering courage. A reminder to us all that life is worth living and that love really can conquer all.' -Frankie Bridge, presenter and author of *Open*

It's the sleepover from hell that no one prepared you for. The doctors have gone to medical school, the nurses have gone to uni - but what about the patients?

Be Patient is a warm, darkly comic account of Tilly's desperate search for a diagnosis, against the backdrop of a hilariously funny, heartfelt and, at times, shocking insight into patient life.

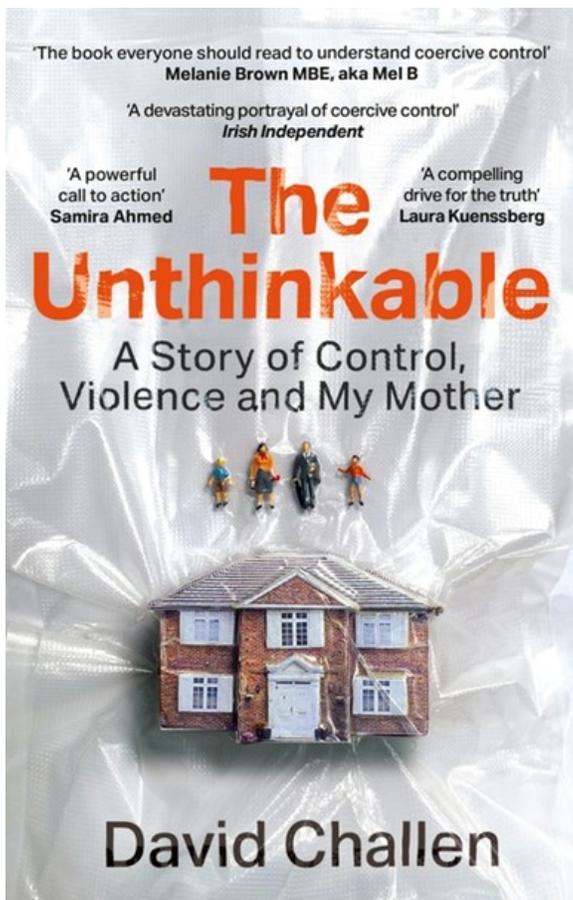
A 'medical mystery' for over 20 years, Tilly has spent a lifetime navigating GP waiting rooms, A&E departments and hospital wards. She has been given a front row seat watching humanity at its worst (or its best, depending on how you look at it). Along the way, she has become highly qualified at two things: being a patient and being *very patient*.

Now, she is shining a bright hospital strip light onto a space that none of us want to occupy but one we know, with some certainty, that we will. Complete with 'survival tips' and fuelled with humour (the best medicine of all), *Be Patient* is an extraordinary memoir on resilience, hope and finding strength in the face of adversity.

Tilly Rose is an author and activist, championing access to higher education and patient advocacy.

After 20 years as a patient, Tilly made the decision to share her patient journey on Instagram and saw first-hand how her experiences resonated with followers. She now shares her personal story in 'chapters' on @thattillyrose and recently launched @thatpatientcollective - a platform for other patients to share their stories and support each other along the way.

***Be Patient* is Tilly's first memoir and part of her wider mission to impact patient care.**



THE UNTHINKABLE

A Story of Control, Violence and My Mother
David Challen

9781914240300
£10.99

January 29, 2026
Paperback

Brazen

The true story of how one woman killed her husband of four decades and changed the system forever

'David is one of the most courageous men I know . . . His book is one that everyone should read to understand coercive control, and what it is like to be a child growing up in a house where there is domestic abuse' Melanie Brown MBE, aka Mel B

'Unthinkable stares down horror and heartbreak. A story told with unflinching courage and a compelling drive for the truth' Laura Kuennsberg

'Beautifully written and deeply moving, I found David's book so compelling I read it in one sitting. It is a powerful call to action as much as a very personal memoir' Samira Ahmed

'A devastating portrayal of coercive control as depicted by a son' Irish Independent

*

"When my mum struck, it was with the cumulative rage of thirty years of hurt."

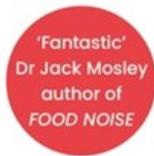
David Challen grew up in the perfect home with the model family.

He also grew up inside a house which concealed his father's manipulation and control.

One Saturday in 2010, David's mother struck more than twenty blows to the back of her husband's head with a hammer after thirty years of abuse. She then washed the dirty dishes from the lunch she had just cooked and left the house. In those few minutes, David's life was changed forever.

Over the next decade, he led the fight to overturn her conviction; and in doing so he not only freed his mother and helped change the legal system, but also became a voice for the countless victims of coercive control across the country.

This is a powerful story of a son's love for his mother; of an insidious form of abuse that must be better understood if we are to truly tackle it; and fight that reshaped how society understands domestic abuse.



THE OVER- THINKING CURE

How to free your mind
and focus on what
really matters

Dr Jessamy Hibberd
AUTHOR OF THE IMPOSTER CURE

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip, PgCert) is a highly respected chartered clinical psychologist, author and commentator. She gained her Doctorate in Clinical Psychology at Royal Holloway, University of London, and completed her accreditation in CBT at the world-renowned Institute of Psychology, Kings College. Jessamy also completed her training in schema therapy, and most recently completed a post-graduate certificate at The Tavistock and Portman in Child, adolescent and family mental wellbeing. She is registered with the Health Professions Council and is a member of the British Psychological Society (BPS) and the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Dr Jessamy has over 15 years experience working in mental health (within the NHS and in her own practice) and is passionate about psychology and the benefits it can bring. Her TedX talk 'Adventure of a Lifetime', where Dr Jessamy highlights three simple changes anyone can make to feel happier and live a more fulfilling daily life, has been watched by thousands.

THE OVERTHINKING CURE

How to free your mind and focus on what really matters

Dr Jessamy Hibberd

9781800963160
£16.99

February 5, 2026
Trade Paperback

Monoray

From the bestselling author of *The Imposter Cure*, this life-changing book shows you how to break free from the habit of overthinking.

'A compassionate, clear, and practical book . . . so very helpful.' - Julia Samuel, author of *THIS TOO WILL PASS*

'A fantastic book. This book is packed with lots of helpful advice about how to understand your overthinking tendencies and how to address them!'- Dr Jack Mosley, author of *FOOD NOISE*

Do you get caught up in anxious thoughts?

Do you replay over your mistakes and failures in your mind?

Do you lie awake at night because you can't stop thinking about what happened earlier that day?

If so, you're suffering from overthinking.

But you are not alone.

Thinking about your life is a normal part of being human; it's often helpful to analyze a situation or revisit a problem in your mind, but if you find yourself constantly dwelling on your thoughts - with no sign of resolution - then it becomes a problem.

Overthinking is the problem that disguises itself as the solution.

In this life-changing book, trusted psychologist Dr Jessamy Hibberd shows how to break free from overthinking. Through expert advice, and real-life examples from her clinic, you will become more aware of your overthinking habits - and learn why we get stuck in unhelpful thinking patterns. Dr Jessamy offers personalized prompts and practical tips to identify your doom spirals and help you find healthier coping strategies that redirect your thoughts.

The cure is simple: break the cycle of overthinking.

In this book, you will learn how to:

- Notice your thoughts
- Choose your response
- Challenge your thinking
- Accept the reality of how life is
- Face your fears

The Overthinking Cure is the essential guide to break free from overthinking - so you can live a better life and focus on what really matters.

'Strips away the lies to show what's really happening in the world'
OLIVER BULLOUGH

'Essential reading'
TIM SPECTOR

Plastic Inc.



Beth Gardiner

PLASTIC INC

Big Oil, Big Money and The Plan To Trash Our Future
Beth Gardiner

9781800962521
£22.00

February 26, 2026
Hardcover

Monoray

An extraordinary exposé of the voracious industry pushing plastic into our lives -- and now ramping up to make more than ever.

'Gripping and essential reading' - TIM SPECTOR

'Strips away the lies to show what's really happening in the world' - OLIVER BULLOUGH

'Totally compelling' - ELIZABETH KOLBERT

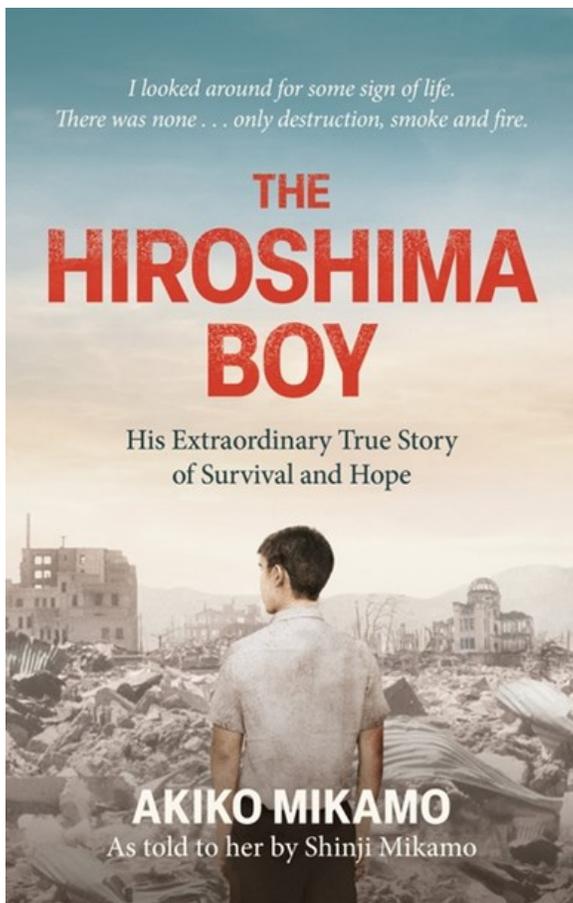
Plastic is everywhere in our daily lives. But the companies making it - oil and petrochemical giants like ExxonMobil and INEOS - are hiding in plain sight. Because for all the vivid coverage of where plastic ends up, there is remarkably little discussion of where it comes from. In a shocking investigative deep dive, packed with character-driven storytelling, award-winning journalist Beth Gardiner exposes the truth of the vast, rapacious industry flooding our world with plastic - and now preparing to make more than ever.

From the Gulf Coast of Texas to the narrow streets of Antwerp and the glitz and bling of Dubai, Gardiner gives us an up-close look at the plastic industry's relentless growth, its extraordinary profits, its toxic pollution, and its hidden role in exacerbating climate change. Today, the industry is pouring billions of dollars into plans to double, and eventually triple, the amount of plastic it churns out, even as so many of us - aghast at this material's out-of-control proliferation - try to use less. As Big Oil stares down a future of diminishing demand for fossil fuels, plastic has become its financial lifeline.

BETH GARDINER is a US journalist based in London. Her work has appeared in publications including The New York Times, The Guardian, National Geographic, Smithsonian, Time, The Washington Post, The Wall Street Journal. Her first book, *Choked* (Granta) was Guardian Book of the Week. <https://www.bethgardiner.com/>

Plastic Inc is full of stunning revelations, including how Big Oil pushed plastic into our lives and then sold us myths about recycling to ease our worries; how companies funded litter campaigns to blame us for the waste they were creating; and how they've poured cash and political muscle into fighting bans on single-use plastics. Gardiner also uncovers the hidden health crisis caused by chemicals in the items we use every day, and scientists' growing fear that microplastics may pose even greater dangers.

Plastic Inc is an extraordinary exposé of an industry that will stop at nothing to feed its voracious hunger for profit.



THE HIROSHIMA BOY

His Heartbreaking True Story of Survival and Hope
Akiko Mikamo

9781800963696
£9.99

February 26, 2026
Paperback

Monoray

The powerful true story of Shinji Mikamo, the atomic bombing of Hiroshima, his miraculous survival and the life he built after the bomb.

As the soldiers lifted me from the floor, my father's eyes locked with my own. For just a moment, I thought I saw a shadow of sadness across his face. But it disappeared as quickly as it had arrived, replaced with my father's look of perpetual determination. "You'll find me at the hospital," I said to him. He made no response to this. "Be well, Shinji," he replied to me.

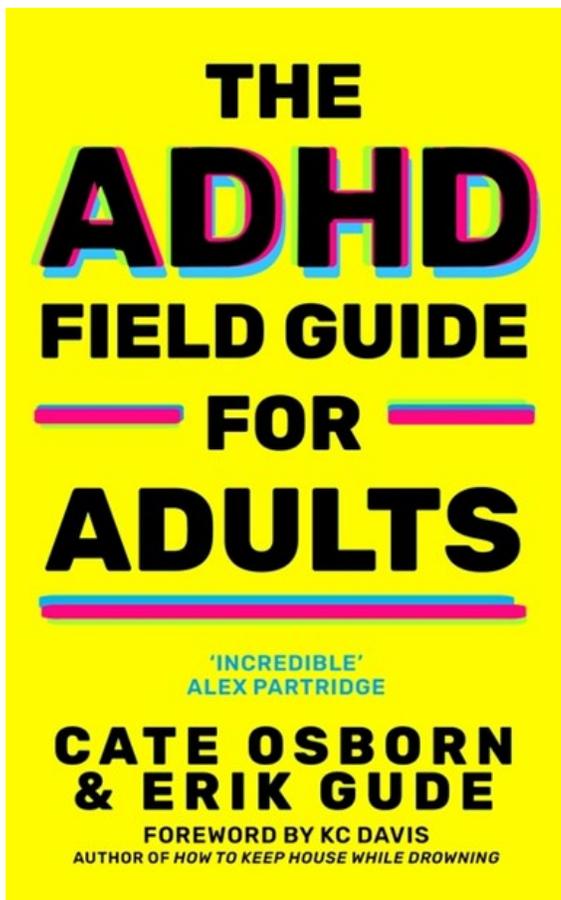
Shinji Mikamo, a teenager, is on the roof of his house, working with his father, when there is a blinding flash. When he regains consciousness, he is severely injured, burned all over his body, and buried in the rubble of a building. Somehow, his father manages to pull him out, and together they begin to search for help. They were - it turned out - only 1200 metres away from the centre of the explosion.

The Hiroshima Boy tells the story of Shinji and his father's journey through Hiroshima as they come face to face with the utter destruction of the city and meet neighbours, friends and strangers enduring unimaginable agony. Running from an enormous fire engulfing their neighbourhood, they reach the banks of the Kyobashi River. But the water provides little comfort, and the scenes they find there are devastating. For the next four days, they roam, searching for food, water and refuge in excruciating pain. Eventually, they reach a village outside Hiroshima City, where Shinji is able to be transferred to a hospital. But to do so he must leave his father, not knowing whether he will ever see him again...

Told simply and powerfully, *The Hiroshima Boy* is an extraordinary first-person account of survival, suffering, courage and hope.

Akiko Mikamo Raised by two Hiroshima survivors, Akiko Mikamo decided as a child that she wanted to contribute to world peace. In 2014, Dr. Mikamo received an Award for Exceptional Services for World Peace and Humanity from the World Peace and Prosperity Foundation at the House of Lords in London. She is president of US-Japan Psychological Services based in San Diego, California and executive producer of the film "8:15 Hiroshima From Father to Daughter" based on this book.

Shinji Mikamo On August 6, 1945, Shinji Mikamo, a teen in the center of Hiroshima City, was on the roof of his home when the atomic bomb exploded. He was only 1200 metres away from the epicenter. Miraculously, he and his father survived the atomic blast, and they spent the days that followed searching for medical help, shelter, clean water, and food before, eventually, Shinji was taken to receive medical care..



THE ADHD FIELD GUIDE FOR ADULTS

Erik Gude

9781800962415
£18.99

March 5, 2026
Trade Paperback

Monoray

From social media sensations Cate Osborn and Erik Gude, with Rennie Dyball, comes a fresh and practical guide to managing ADHD for adults.

'Incredible... warm, compassionate, full of relatable insights, practical strategies, and, most importantly, takes us one huge step further towards removing the stigma and shame from ADHD'

-Alex Partridge, bestselling author of *Now It All Makes Sense*

From social media sensations Cate Osborn and Erik Gude, with Rennie Dyball, comes a fresh and practical guide to managing ADHD for adults.

Just shy of her thirtieth birthday, Cate Osborn, a teaching artist with two master's degrees, started to have difficulty remembering her lines. Suddenly, things that had seemed routine before were falling through the cracks. An evaluation finally led to a diagnosis: ADHD.

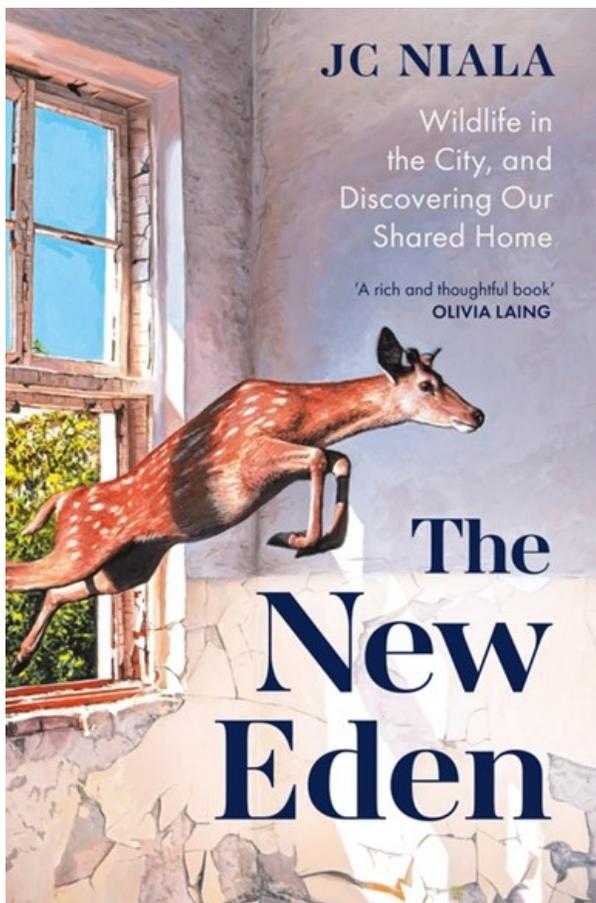
Erik Gude had a slightly different path. Diagnosed in his teens, it would take years before he understood the myriad of ways ADHD affected his life. When they connected as adults, it didn't take long before they realized other people might feel just as lost as they had.

The ADHD Field Guide for Adults is a witty, thoughtful, and practical guide to living with ADHD in adulthood, from two people who actually know what it's like. Featuring the most important foundational information about ADHD, as well as interviews with expert medical professionals, it is carefully designed, with Q&As, definition breaks and expert takes, to be genuinely engaging for people with ADHD, offering bite-sized pieces of knowledge in an accessible format.

From testing, evaluations, and diagnoses, to hacks for work and productivity, and advice on navigating relationships, sex and loved ones, *The ADHD Field Guide for Adults* is an empowering guide with real-life suggestions from lived experience on every page.

Cate Osborn (she/they) is a certified ADHD sex educator and intimacy coach, mental health advocate, content creator, performer, and actor. She is deeply passionate about ADHD advocacy and education, and can be found at @catieousaurus on Instagram, X and TikTok.

Erik Gude is an artist and performer; as @heygude on TikTok, Youtube and Twitch, Erik has built a dedicated community of over 650,000 followers who enjoy his unique outlook on living and crafting with adult ADHD and depression.



THE NEW EDEN

Wildlife in the city, and discovering our shared home
JC Niala

9781856755856
£22.00

March 12, 2026
Hardcover

Gaia

An urgent new voice in nature writing: JC Niala explores wildlife in our cities and reframes our perception of co-existing with the natural world.

'A nuanced invitation to see the city as a place of wild co-existence and possibility.' OLIVIA LAING
'Meticulously researched and elegantly written' VICTORIA BENNETT

While it's easy to think of the city as a human domain - a place that belongs to us alone - the reality is that nature is always present, always finding ways to thrive, even in the most unexpected places.

From the remarkable adaptation of birds to the fearless resilience of mammals, there are stories from across the globe that attest to the growing realisation that nature is abundant in our cities - and it is time to discover a new way of living with it.

Through her experience of cities, from London to Nairobi, San Francisco to New Delhi, anthropologist JC Niala is perfectly placed to offer a luminous exploration of city life - and ask what it means to live with nature rather than simply in it.

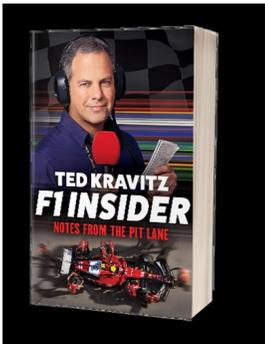
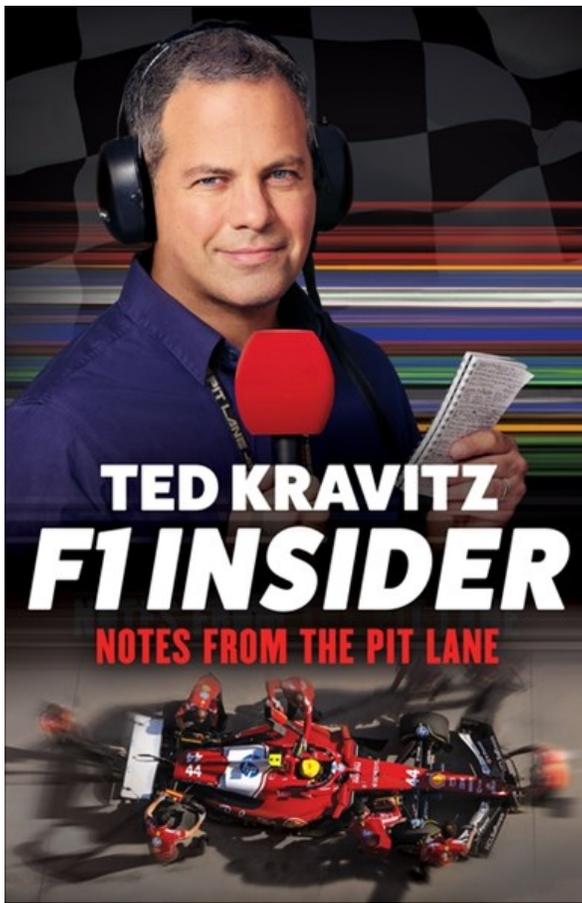
Combining memoir, social history, and cultural commentary, JC celebrates nature in our cities and, by doing so, offers a powerful vision of the future where we can all belong.

PRAISE FOR JC Niala:

'Moving and beautiful' - Robert MacFarlane

JC Niala is an award-winning writer, environmental historian and anthropologist specialising in human-nature interactions. JC works as the Head of Research, Teaching and Collections at the History of Science Museum, **University of Oxford**.

She has also been on BBC's 'The Conversation' and 'Thinking Allowed', and she wrote and narrated the nature podcast series 'The Root of the Matter' with Wellcome Collection. She has appeared on panels at The Garden Museum, London, The Old Fire Station in Oxford and participated in the Edinburgh International Book Festival (where she interviewed Olivia Laing), as well as Chiswick Book Festival and Chelsea History Festival. JC lives in Oxford and Nairobi - and has lived in other cities including London and San Francisco.



Ted Kravitz is a vastly experienced motorsport journalist and television presenter, renowned for coverage of Formula 1 across BBC, Sky and other channels. With over twenty years of experience, Ted has established himself as an indispensable figure in the F1 community, celebrated for his the widely acclaimed 'Ted's Notebook' segments on Sky F1. Named an 'icon' and 'one of the most high-profile voices in F1', Ted's profound expertise and captivating commentary has amassed a following of over 500k across social media platforms.

F1 INSIDER

Notes from the Pit Lane

Ted Kravitz

9781788405744
£10.99

March 26, 2026
Paperback

Cassell

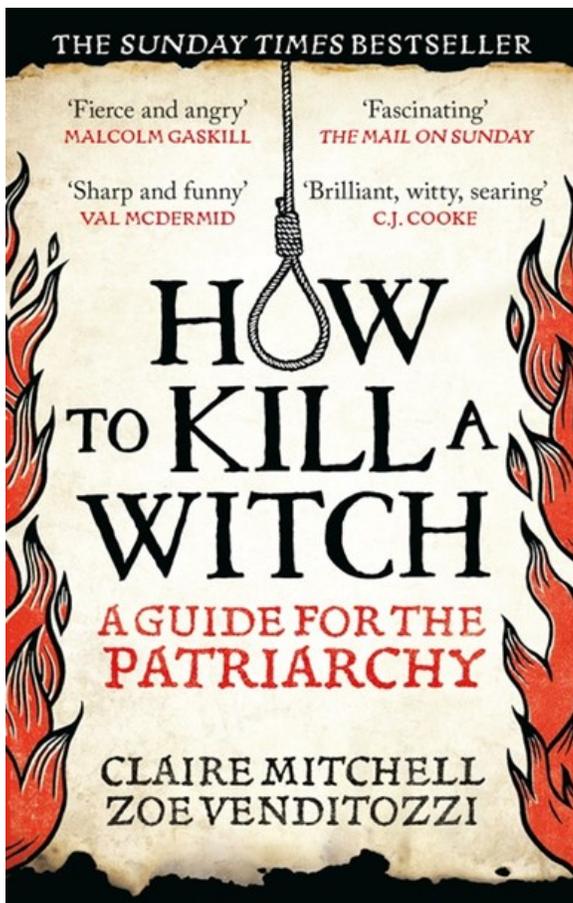
A definitive account of the world's most glamorous sport by legendary F1 commentator Ted Kravitz. This is an insider's view of the inner circle of teams, drivers and all things F1.

'A fascinating and unique insight from one of F1's most formidable reporters.'

Toto Wolff

From Australia and Italy to China and the U.S., Ted Kravitz - hailed as an 'icon' and 'one of the most high-profile voices in Formula 1' - is the fans' eyes and ears in the pit lane, followed by millions of devoted viewers eager to discover what happens behind the scenes. His iconic *Ted's Notebook* series is essential viewing, and now *F1 INSIDER: Notes From the Pit Lane* brings his distinctive perspective on the world's most glamorous, complex, and exhilarating sport vividly to life.

Written in his own inimitable style and informed by more than two decades immersed at the heart of the sport, Ted delivers an unrivalled insider's view of the teams, drivers and defining moments of Formula 1. With his characteristic sharp observations, humour and unparalleled access, this is a front row seat to everything that makes F1 unlike any other sport on earth.



Leading human rights lawyer **CLAIRE MITCHELL, KC**, and writer, **ZOE VENDITOZZI** formed the Witches of Scotland campaign with the aim of shining a light on the historic injustice of the Witch Trials. Through their tireless campaigning, regular public appearances, and highly entertaining podcast, this pair of 'quarrelsome dames' recently launched a Witches of Scotland tartan to act as a lasting memorial to the women throughout the world killed as witches. In 2022, Claire and Zoe were made Doctors of Laws by the University of Dundee in 2022 in recognition of their work. Claire lives in Edinburgh and Zoe lives in Fife.

HOW TO KILL A WITCH

A Guide For The Patriarchy
Claire Mitchell

9781800961906
£10.99

April 2, 2026
Paperback

Monoray

A compelling and detailed investigation into the historic persecution of women as witches from the 1500s to the present day.

**** *THE SUNDAY TIMES BESTSELLER* ****

WINNER 2025 Goodreads Choice Awards

Blackwell's Scottish Book of the Year

'As well as highly entertaining read, *How To Kill A Witch* is a tour de force of research, understanding and compassion.' **PROFESSOR SUE BLACK**, author of *All That Remains*.

'Serious and angry, but so completely accessible, *How To Kill A Witch* is a work of real historical investigation and a fierce warning for our times.' **MALCOLM GASKILL**, author of *The Ruin Of All Witches*

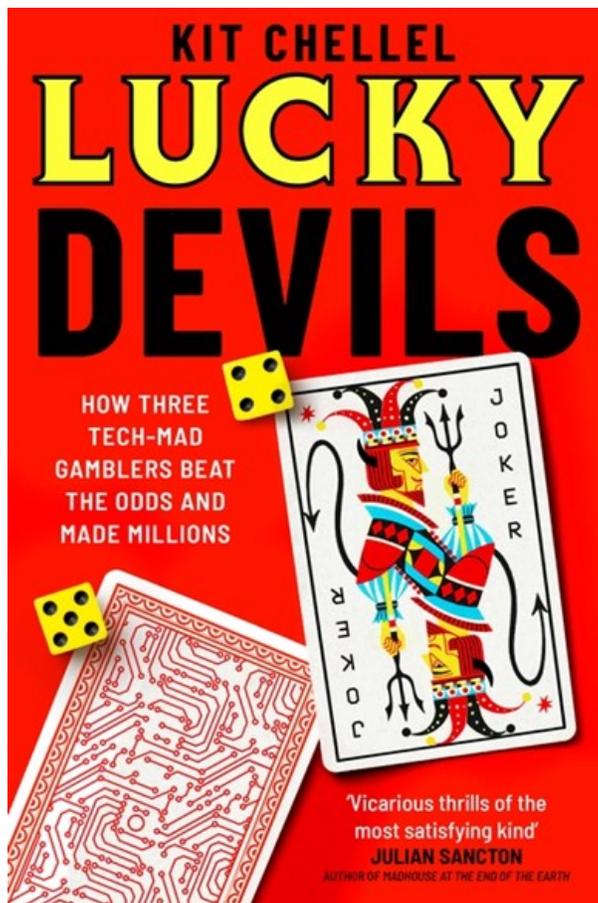
'Two of Scotland's most vivid storytellers.' *THE TIMES*

As a woman, if you lived in Scotland in the 1500s, there was a very good chance that you, or someone you knew, would be tried as a witch. Witch hunts ripped through the country for over 150 years, with at least 4,000 accused, and with many women's fates sealed by a grizzly execution of strangulation, followed by burning.

Inspired to correct this historic injustice, campaigners and writers Claire Mitchell, KC, and Zoe Venditozzi, have delved deeply into just why the trials exploded in Scotland to such a degree. In order to understand why it happened, they have broken down the entire horrifying process, step-by-step, from identification of individuals, to their accusation, 'pricking', torture, confessions, execution and beyond.

With characteristically sharp wit and a sense of outrage, they attempt to inhabit the minds of the persecutors, often men, revealing the inner workings of exactly why the Patriarchy went to such extraordinary lengths to silence women, and how this legally sanctioned victimisation proliferated in Scotland and around the world.

With testimony from a small army of experts, pen portraits of the women accused, trial transcripts, witness accounts and the documents that set the legal grounds for the hunts, *How to Kill A Witch* builds to form a rich patchwork of tragic stories, helping us comprehend the underlying reasons for this terrible injustice, and raises the serious question - could it ever happen again?



LUCKY DEVILS

How Three Tech Mad Gamblers Beat The Odds and Made Millions

Kit Chellel

9781800963252
£22.00

April 16, 2026
Hardcover

Monoray

The secret history of a trio of gamblers who used homemade technology and their own ingenuity to outplay the house, raking in hundreds of millions of dollars and transforming the way games are played.

'There's simply no one better at chronicling the shady, hackable, and wildly anarchic world of gambling' Brad Stone, *New York Times* bestselling author of *The Everything Store* and *Amazon Unbound*

'The best book about gambling I've ever read' Liam Vaughan, author of *Flash Crash*

'A fascinating insight... *Lucky Devils* brilliantly reveals what it takes to challenge the seemingly impossible and come out on top' Adam Kucharski, author of *The Perfect Bet*

In the late 1970s, three men declared war on the casino. They arrived in Las Vegas just as the personal computer was beginning its boom. If the power of computers could be applied to gambling, they reasoned, a player could make a mint.

There was only one problem: How do you smuggle a computer, typically, the size of a suitcase, onto a casino floor without getting noticed?

Using cutting-edge strategies and gloriously DIY tech that was decades ahead of its time, they solved this and many other problems. They became pioneers of what's known as advantage playing, applying their intellects and creativity to everything from poker and blackjack to horseracing and roulette. For more than thirty years they faced down angry pit bosses, violent Mafiosos, bankruptcies, nights in foreign jails, lawsuits, and personal betrayals. They learned that the only thing harder than reaching the pinnacle of gambling achievement was staying there.

Drawing from exclusive interviews with all three players and their associates, award-winning Bloomberg journalist Kit Chellel delivers a cinematic and often uproarious account of fortunes gained, lost, and gained again. Scrupulously reported and irresistibly told, *Lucky Devils* reveals how these players did more than simply amass wealth; they revolutionized the game itself.

They gave the lie to the old adage. The house doesn't *always* win.

Kit Chellel is an investigative reporter at Bloomberg *Businessweek* and co-author of *Dead in the Water: A True Story of Hijacking, Murder, and a Global Maritime Conspiracy* alongside Matthew Campbell, published in the UK by Atlantic in 2022. The book was the winner of the True Crime Awards Book of the Year 2023 and shortlisted for the *FT* Business Book of the Year Award. It was also a Waterstones Best Books of 2022 pick and selected as a Book of the Year by *The Financial Times*, *The Times* and *The Economist*. *Dead in the Water* is in development as a limited series on a major streaming platform. Kit lives in West London with his three children.

'Reads like a tremendous thriller: fascinating, disturbing and shrewdly compelling.'
William Boyd

Murder in Paris '68

A True Story of
Death and Glamour



Edward Chisholm

Author of *A Waiter In Paris*

Edward Chisholm was born in Dorset, England, and moved to Paris in 2012 after graduating from the School of Oriental and African Studies, London.

A resident there for seven years, Chisholm spent the first four of them working all manner of low-paid jobs, from waiting and bar work to museum security and market hand, while trying to build a career as a writer.

Now, Chisholm makes a living as a copywriter/pen for hire, with ambitions of writing novels. His work has appeared in *The New York Times*, the *Guardian* and the *Financial Times* magazine.

MURDER IN PARIS '68

A true story of death and glamour

Edward Chisholm

9781800962675
£22.00

April 23, 2026
Hardcover

Monoray

Author of *A Waiter In Paris* delves deep into the 1960s Parisian underworld and an unsolved murder that brought the country to its knees.

'Evocative, gripping and beautifully written. I've recommended this book to everyone I know!' EMERALD FENNELL

'Highly original, atmospheric and brilliantly conceived, *Murder in Paris '68*, a true story, reads like a tremendous thriller: fascinating, disturbing and shrewdly compelling.' WILLIAM BOYD

'A magnificent read' LAWRENCE OSBORNE

From the author of *A Waiter In Paris*...

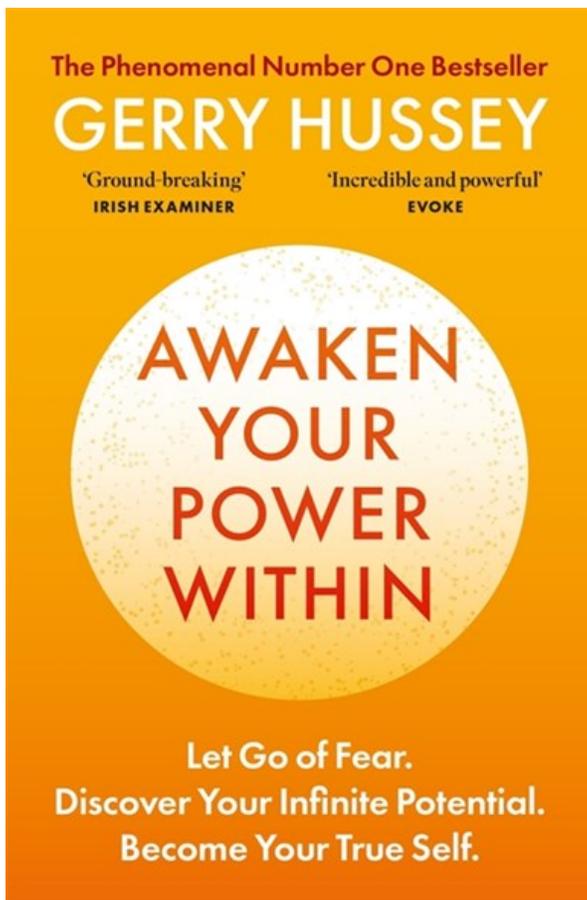
In 1960s Paris, the high-life and the low-life go hand in hand. It is a time of glamour, sports cars, casinos and night clubs with a cast of actresses, petty criminals, high-level gangsters and compromised politicians. And with French cinema taking the world by storm, the man at the dark heart of it all is an enigmatic film star dubbed 'the most beautiful man in the world'.

With a shady past and a taste for bad company, Alain Delon lives on the edge. But when a dead body turns up in the outskirts of Paris that turns out to be his associate, Stevan, questions begin to be asked. That Delon shot to stardom playing the stylish and murderous Tom Ripley does not go unnoticed. Is art imitating life or is life imitating art? And who killed Stevan Marković?

Edward Chisholm, author of the acclaimed *A Waiter In Paris* submerses the reader into the city's demimonde and draws us intimately into events as they unfold. And as we inhabit the lives of the players in this extraordinary true-life drama, we witness what became to be known as The Marković Affair from the inside, as it spirals out of control and not only pulls down Alain Delon but everyone in his orbit.

For fans of Patrick Radden Keefe, David Grann and Philippe Sands, A Murder In Paris '68 may be the best non-fiction you read this year.

'An engrossing book. Through the story of a murder, it takes us back to Paris in the 1960s. As in *A Waiter in Paris*, Edward Chisholm pierces the glitter to find the city's seamy underside. And unlike the police of the time, he seems to have cracked the case.' SIMON KUPER



AWAKEN YOUR POWER WITHIN

Let Go of Fear. Discover Your Infinite Potential.
Become Your True Self.

Gerry Hussey

9781800963962
£10.99

May 7, 2026
Paperback

Monoray

A powerful and transformative guide to self-discovery from the new star of self-help and #1 international bestseller

CHOSEN BY WOMAN&HOME AS ONE OF THEIR 30 BEST SELF-CARE BOOKS FOR 2022

'You are an infinite being with infinite potential. All you need to do is open yourself to a new consciousness, a true vision of who you really are and awaken to the power within'

From leading health and performance coach, Gerry Hussey, comes a powerful guide to transforming your mind, body and soul.

In *Awaken Your Power Within*, Gerry tells an open, honest and mind-blowing story of self-discovery that takes us inside the heart and mind of a young boy who dared to ask deeper questions about the mind and soul. Bringing together insights from psychology, neuroscience, gut health, quantum physics, mindfulness and philosophy, the book shows you how to break free from limiting and self-destructive habits and reclaim your inner world, so that you can live as your truest and most powerful self.

From letting go of the fear of not being enough to opening up a deeper level of consciousness, *Awaken Your Power Within* is a life-changing introduction to the limitless possibilities of which you are capable.

AWAKEN YOUR POWER WITHIN

you want - I don't know if anyone wants that - it's more that you're trying to escape the relative pain, the same old thoughts and the ever-present feeling of being alone. It's almost like looking at life and the world from inside a window with a vacuum, with a feeling that all of life and everything you wish for is on the other side of a glass wall but you can't get at it, you can't feel, sense or experience it.

I didn't want to die but I simply couldn't keep being, not this type of life.

In those dark days, I didn't know that I could change my life, that I could change my world simply by changing me. Therefore, I thought I was supposed to bring this same reality and that was something I couldn't bear to face.

Finding that one piece of me that was lovable

On one occasion, at the age of fifteen, as I prepared to end my life, I started to think about my mum. My beautiful mum, who I share with all my heart. My beautiful mum who I have loved me even if I couldn't understand why I love my mum deeply and I started to imagine what it would do to her if I went ahead and ended my life. This book is something that I love.

It was the first moment in my life where I actually allowed myself to work at evidence and realise that there was, in fact, someone who loved me.

Deep down, I know, despite all my doubts, that my mum knew me, knew every part of me. If my mum was willing to love me, then, at some level, a piece of me must be lovable. For the first but most powerful of moments, I felt loved

Gerry Hussey

and I felt love. I began to realise that, as powerful as love is - and as powerful - there was something that was more powerful, more powerful than unity, more powerful than anger and more powerful than self-compassion - and that is love. In that moment, I experienced love. It felt like that feeling of love to flow through me without ending it. I realised that I had discovered myself and physically. As I understood the feeling of being loved and being lovable, everything in my being felt different, not just in my mind but in my body and, for that brief moment, I realised the true power of love and that love I had unconsciously been assuming impact on what I think and how I feel in my body.

For the first time that I could remember, it was like something clicked in my heart - a sense, a tickle of electricity - and when it did, for that split second, there was a whole new feeling. There was a certainty over how my thoughts and physical sensations changed to feel in that moment of feeling loved and there was hope, hope that if my mind and body could change even for a brief moment, then maybe there could change change.

I now started to wonder: What if I could find and experience that piece of me? What if, even for a second, I could allow myself to see myself through my mum's eyes? I became aware that I had something to fight for, and that maybe love was the starting

I began to realise that, as powerful as love is - and as powerful - there was something that was more powerful, more powerful than unity, more powerful than anger and more powerful than self-compassion - and that is love. In that moment, I experienced love. It felt like that feeling of love to flow through me without ending it. I realised that I had discovered myself and physically. As I understood the feeling of being loved and being lovable, everything in my being felt different, not just in my mind but in my body and, for that brief moment, I realised the true power of love and that love I had unconsciously been assuming impact on what I think and how I feel in my body.

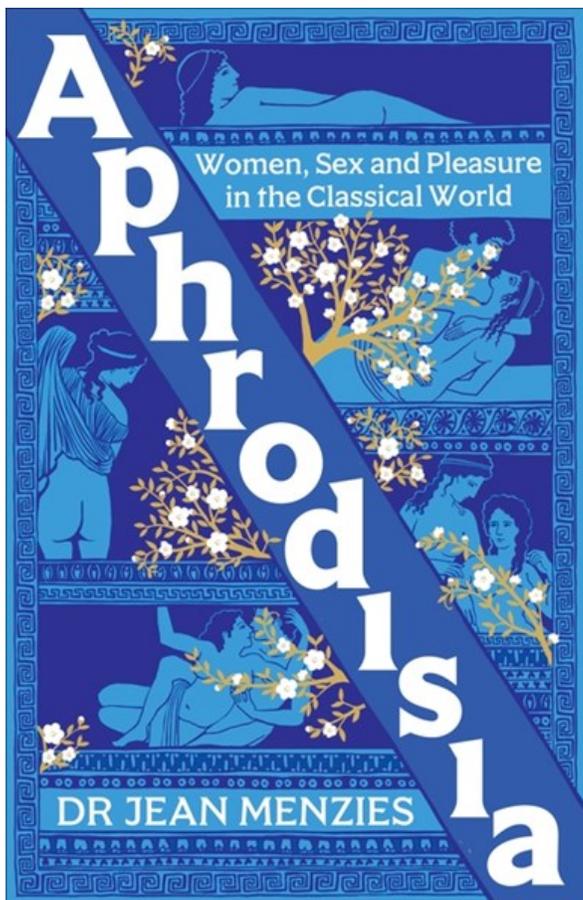
For the first time that I could remember, it was like something clicked in my heart - a sense, a tickle of electricity - and when it did, for that split second, there was a whole new feeling. There was a certainty over how my thoughts and physical sensations changed to feel in that moment of feeling loved and there was hope, hope that if my mind and body could change even for a brief moment, then maybe there could change change.

I now started to wonder: What if I could find and experience that piece of me? What if, even for a second, I could allow myself to see myself through my mum's eyes? I became aware that I had something to fight for, and that maybe love was the starting

Gerry Hussey is a performance psychologist who has been working in the fields of health and performance for almost twenty years. He is the co-founder of Soul Space, an empowering movement that focuses on integrative mind, body and soul programs, speaking engagements and events.

At the forefront of building high-performance teams and individuals, Gerry leads teams for success at high-profile competitions such as the Olympic Games, Heineken Cups, World Cups, and World and European championships. He also works with corporate organisations along with one-on-one sessions for individuals.

Gerry brings an unrivalled wealth of honesty, experience and infectious passion to everything he does, and has the ability to awaken, unlock and connect people in a truly powerful manner.



APHRODISIA

Women, Sex and Pleasure in the Classical World
Jean Menzies

9781800963207
£20.00

May 7, 2026
Hardcover

Monoray

A lively history of women's sex, desire and pleasure in the classical world

Was Ovid a surprising champion of women's sexual pleasure? Or did he just want them to fake it? Where did the British Museum curators hide the most pornographic of frescoes? And what exactly was the phallic wooden object excavated in 90's Northumberland?

In **APHRODISIA**, Dr Jean Menzies dives into the hidden history of women's sexuality in Ancient Greece and Rome. The classical world stretched across the Mediterranean for more than a millennium, its people and cultures wide and varied and its sexual proclivities equally so. Yet so often when we read about sex in antiquity it is about the men folk first and foremost: which brothels they were visiting, how they balanced wives and lovers, and what they got up to in the gymnasium. Delving into the literature, art and artefacts of the ancient world, from sex toys to seduction tips to kink, Dr Jean Menzies instead centres women and their desire. In doing so, she uncovers the many faces of women's sexuality over the course of thousands of years, and asks intriguing, and sometimes provocative questions about women, sex and desire today.

Dr Jean Menzies is an author and presenter. In 2020 she won the BAMB Breakthrough Author award for her first book, *Greek Myths: Meet the heroes, gods, and monsters of ancient Greece* and she is also the author of adult fantasy novel, *The Flames of Albiyon*, published in 2021. She has a PhD in ancient history with a specialism in the history of women in Classical Greece. She also produces the podcast *That's Ancient History*.

WHATEVER WILL BE, WILL BE

A Matter of Life and Football

Felix White

COVER TO BE REVEALED

C CASSELL

WHATEVER WILL BE, WILL BE

A Matter of Life and Football

Felix White

9781788405607
£10.99

May 7, 2026
Paperback

Cassell

A personal and unique road trip style journey through the FA Cup campaign of the 2024/25 football season by bestselling author Felix White - from the first non-league rounds of the tournament to the final at Wembley.

'A book so beautiful that it finally made me understand what football means. An exceptional writer.'

- **Bella Mackie**

'So much more than a book about football. A book about aging, community and memory. Rich in detail and great jokes. I wish I had written it.'

- **Josh Widdicombe**

'Mesmerising and unputdownable, like Fever Pitch meets The Sportswriter. I commend it in the highest terms.'

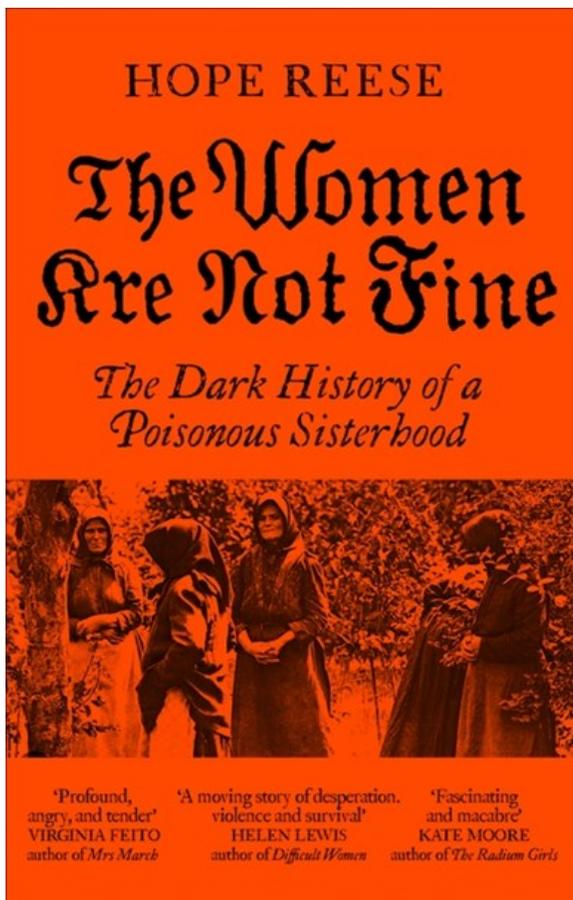
- **Amol Rajan**

From the *Sunday Times* bestselling author of *It's Always Summer Somewhere* comes a moving and often hilarious journey through the 2024/25 FA Cup - from the first muddy preliminary round in Penrith to a glorious sunny day at Wembley.

On the brink of turning 40, Felix White sets out to watch a match from every round of the Cup, meeting fans, players and dreamers at every level of the English game. As he travels the country, football becomes a way to explore memory, identity, grief and joy. While he reflects on his own lifelong obsessions, his story becomes a unique expression of how the game communicates something vital, both literal and internal, between a child and an adult.

Told with lyrical wit and heartfelt honesty, *Whatever Will Be, Will Be* is more than just a story about football - it's about growing up, holding on and the strange ways sport connects us all.

Felix White is a musician, broadcaster and co-founder of independent record label, Yala! He has also, for as long as his conscious memory extends, been in love with the game of cricket. Neither of his parents - from Lebanon and the Isle of Wight - were into the game, so it is a slight mystery to everyone that he took to it as much as he did. He co-presents BBC podcast Tailenders with Greg James and England's most successful ever fast bowler Jimmy Anderson, which has proved a 'safe space' in which to channel his enthusiasm for it regularly. The Maccabees, the band for whom he is renowned, released four studio albums and split at their commercial peak after 14 years together, off the back of a UK number one album and major festival headline shows. He lives in South London where he continues to work on numerous musical projects, including film scores, and has still not overcome his rational fear of a cricket ball.



THE WOMEN ARE NOT FINE

The Dark History of a Poisonous Sisterhood
Hope Reese

9781840918427
£10.99

May 7, 2026
B-format Paperback

Brazen

The dark history of a poisonous sisterhood

'Compelling' *TELEGRAPH*

'Such a compelling account of a small but significant dark corner of history... Profound, angry, and tender all at once'
VIRGINIA FEITO, author of *MRS MARCH*

'Fascinating and very compelling' ZOE VENDITTOZZI, co-author of *HOW TO KILL A WITCH*

'A moving story of desperation, violence and survival'
HELEN LEWIS, author of *DIFFICULT WOMEN*

*The women of Nagyrév are desperate.
They're abused by their husbands.
They are feeding their newborns to livestock.*

At the turn of the 20th century, in the village of Nagyrév, Hungary, midwife Zsuzsanna Fazekas was more than a caretaker - she was a confidante. She helped poor women give birth; she assisted them with abortions; and she listened. Their stories were the same: husbands who drank, who beat them, who made their lives unbearable.

In response, Auntie Zsuzsi asked one question: "Why bother with them?"

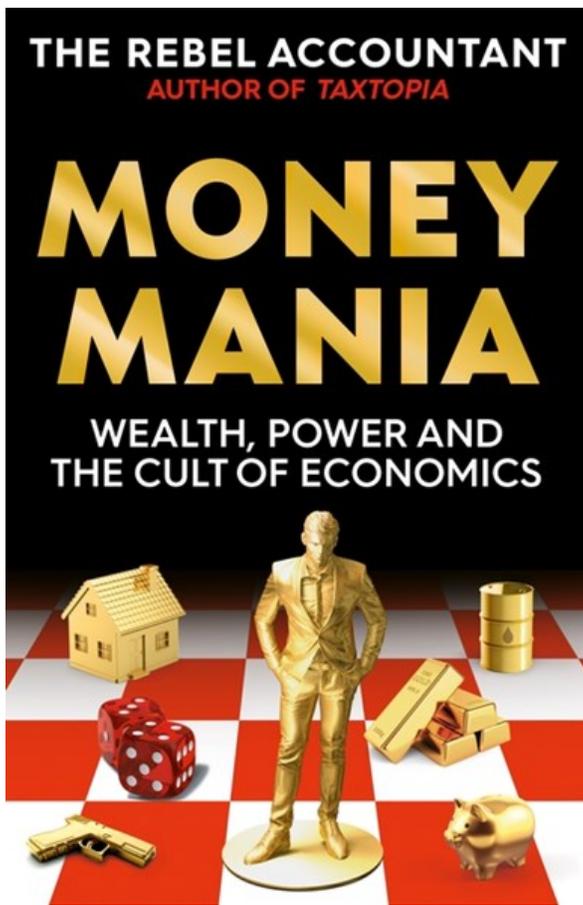
Her solution was arsenic. Soon, women began slipping this concoction, made by dissolving flypaper in water, into their husbands' porridge, stews, and brandy. And over the next twenty years, the quiet village became the epicenter of one of the deadliest poisoning epidemics of the 20th century - according to some estimates, up to 300 people in the region were murdered.

Why did they do it? How did these murders spin out of control? How did these women get away with their crimes for two decades?

In *The Women Are Not Fine*, journalist Hope Reese pieces together archival newspapers, court documents, police records, and the vital work of historians, sociologists, and psychologists, diving deep into the truth behind this extraordinary event. Her findings serve as a stark warning: when women in a community are pushed to the brink, the consequences reverberate through history.

The Women Are Not Fine is more than a true crime story. It's a timely, haunting exploration of what happens when women's suffering goes unanswered.

Hope Reese is a journalist writing for the *New York Times*, *Shondaland*, *Vox* and dozens of other publications covering subjects ranging from culture to politics to technology. She is published in the collection *Where Freedom Starts: Sex Power Violence #MeToo* (Verso Books). *The Women Are Not Fine* is her first book.



MONEYMANIA

Wealth, Power and the Cult of Economics
The Rebel Accountant

9781800963085
£22.00

May 7, 2026
Hardcover

Monoray

The author of *Taxtopia* blows apart the world of economics, wealth and power in his inimitable and entertaining way.

'Pulls off the rare feat of making you laugh, think and feel like you happened upon a top secret dossier' GEOFF NORCOTT

'MONEYMANIA is a page-turner and a must read if you wonder why the world is so screwed up.' PATRICK ALLEY, author of *VERY BAD PEOPLE*

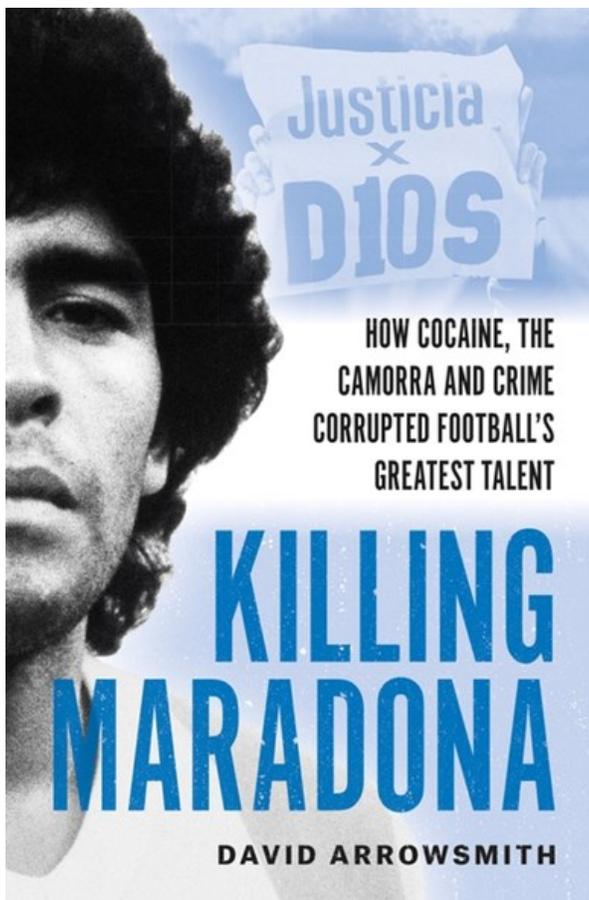
The anonymous author of TAXTOPIA takes us behind the scenes as he embarks on another part of his career, this time recruited as an economist into an industry that believes the world of money can be predicted with almost scientific accuracy. Instead, he discovers that economics has long been driven by vested interests, reckless predictions and a staggering lack of common sense.

In MONEYMANIA we find out why mortgages cost more because of a casual remark made in New Zealand in the '80s, and ask whether the Age of Austerity was due to a simple spreadsheet error. We also learn that if America behaved more like Iceland, they would have put 32,000 bankers in prison.

The Rebel Accountant strips away the complexities of economics, showing us how the profession is responsible for some of the greatest mistakes of all time - and leaves us wondering how they got away with it.

This is MONEYMANIA.

THE REBEL ACCOUNTANT is a chartered tax advisor who has worked widely behind the scenes in London and Australia, everywhere from major accountancy firms to tiny start-ups. He chose his career because he loves to be creative.



KILLING MARADONA

How cocaine, the Camorra, cartels and crime corrupted football's greatest talent

David Arrowsmith

9781788406154
£22.00

May 21, 2026
Hardcover

Cassell

Drugs, cartels, mafia, addiction, the FBI, and coercion... this is a detailed look at the darkness that consumed the world's most naturally talented footballer.

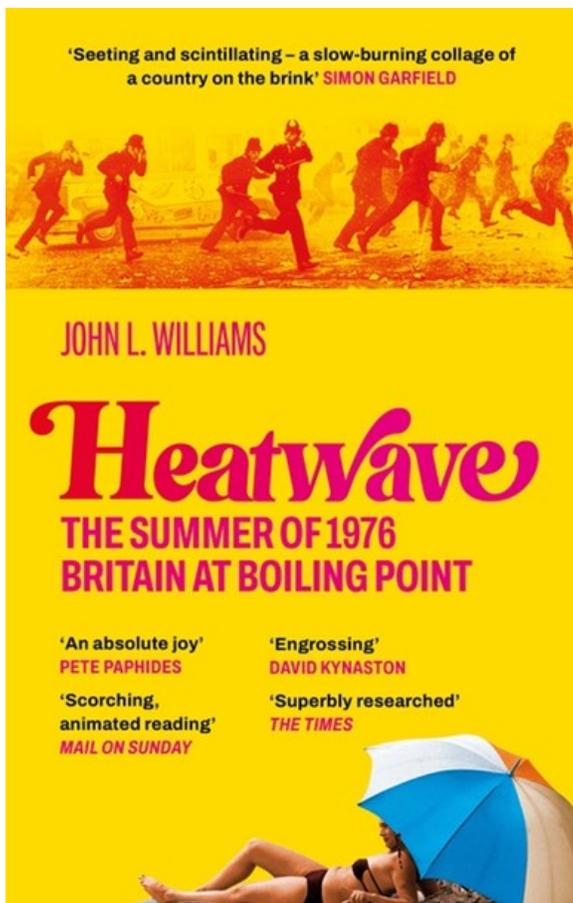
Drugs, cartels, mafia, addiction, the FBI, and coercion - this is the untold story behind the tragic decline of football's most gifted and controversial legend.

Maradona was football's ultimate genius - a magician on the pitch whose talent rivalled only Pelé. But off the field, the boy from the barrios of Buenos Aires became entangled in a dark web of criminal influence and personal demons. From the Cali Cartel's attempts to lure him into the drug trade, to the Camorra's grip on his life in Naples; from clashes with the Italian government to Pablo Escobar's sinister hospitality, Maradona's life was a battleground far beyond football.

Battling addiction, betrayal, and exploitation, Maradona's story is one of genius corrupted - a man caught between adulation and self-destruction, whose medical neglect and FBI scrutiny culminated in a tragic end. Marking the 40th anniversary of Argentina's legendary 1986 World Cup victory, *Killing Maradona* is a searing investigation into the forces that destroyed football's first 'Golden Boy.'

David Arrowsmith was the Director of Development at leading UK factual TV producer Zig Zag Productions. He has worked in television for over 20 years - developing unscripted ideas and acting as Executive Producer on key projects for companies such as October Films, DSP, Channel 5, Granada Television, and the BBC. He is passionate about history, and just some of his key commissions include '1966: Who Stole the World Cup?', 'Britain's Bloodiest Dynasty', '8 Days That Made Rome', and 'Adolf & Eva: Love & War'. He was also involved in the development of the award-winning, Nobel Peace Prize-nominated documentary 'Sri Lanka's Killing Fields'.

David was born and raised in London but is proudly half-Colombian. In fact, he is the great-grandson of a former president and directly descended from four more. He has played football for over 35 years and has no plans to stop just yet.



HEATWAVE

The Summer of 1976 – Britain at Boiling Point

John L Williams

9781800961739
£10.99

May 21, 2026
Paperback

Monoray

A rich examination of the cultural and political upheaval in Britain in the boiling hot summer of 1976

'A teeming chronicle of those scorching months. Superbly researched.' *THE TIMES*

'Scorching, animated and essential reading. Superb.' *THE MAIL ON SUNDAY*

'Grippingly captures the three months that shook Britain's cultural landscape' PAULINE BLACK

'Scorching, seething and scintillating, *Heatwave* conjures a slow-burning collage of a country on the brink. I lived through those cruel months, and Williams recreates them with intense skill' SIMON GARFIELD

'An absolute joy' PETE PAPHIDES

'Engrossing...powerful...goes way beyond nostalgia' DAVID KYNASTON

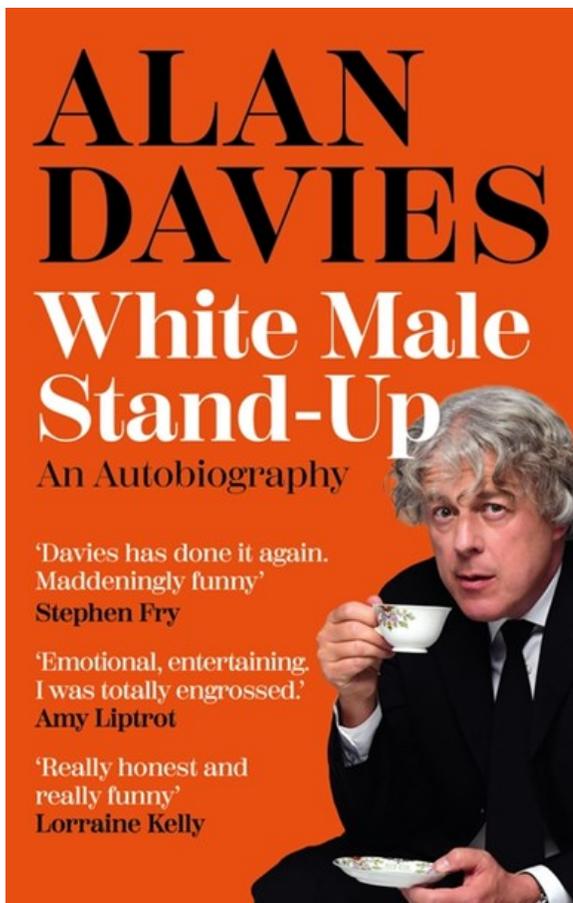
With temperatures soaring to 35°C, severe water shortages and a sunburned population queuing at the standpipes, the summer of 1976 was always remembered as Britain's hottest.

But the wave that hit the UK that year was also cultural and political, with upheaval on the streets, in parliament, on the cricket pitch and on the radios and TV sets of a nation at a crossroads.

Before this blistering summer, Britain seemed stuck in the post-war era, a country where people were all in it together - as long as you were white, male and straight. In July, Tom Robinson writes a song called *Glad to be Gay*, and by August bank holiday, Black youth are making the police run for their lives in the almighty riot at the Notting Hill Carnival. But with the Labour Prime Minister Harold Wilson suddenly quitting, the pound sinking and the economy tanking, a restless immigrant population and increasing dissatisfaction in the old world order, the weather seemed to boil up the country to the point where the lid blows off.

Weaving a rich tapestry of the news stories of the year, with social commentary and dozens of first-person interviews with those that were there at the time, Williams's reappraisal of the summer of '76 is an evocative, sometimes nostalgic but always an unflinching read. *Heatwave* takes us back to relive the events of that summer and asks - have we really moved on as much as we would have liked?

John L Williams is a biographer, novelist, and crime writer from Cardiff. His non-fiction includes his much-acclaimed biography of the Trinidadian polymath CLR James, and his account of the Cardiff Three miscarriage of justice case, *Bloody Valentine* ('A bloody good book' - Benjamin Zephaniah), as well as his enduringly popular portrait of urban America as seen through the prism of crime fiction, *Into The Badlands*. His biography of his fellow Cardiffian Shirley Bassey was proclaimed the music book of the year by *The Times*. He is the crime fiction reviewer for *The Mail on Sunday*. He is the co-founder and literary director of the Laugharne Weekend Festival in west Wales. The one single recorded by his punk band, The Puritan Guitars, is surprisingly collectible.



WHITE MALE STAND-UP

Alan Davies

9781800962590
£10.99

June 4, 2026
Paperback

Monday

A brave and startlingly honest memoir by one of the country's best-loved comedians and the bestselling author of *Just Ignore Him*.

On the Waterstones Best Books of 2025 List

'Davies has done it again, damn him. Irritatingly good. Maddeningly funny. Annoyingly fine.' STEPHEN FRY

'Emotional, entertaining and startlingly honest. I was totally engrossed.' AMY LIPROT, author of *The Outrun*.

'Really honest and really funny' Lorraine Kelly

Following *Just Ignore Him*, the bestselling memoir of his traumatic childhood, *White Male Stand-Up* is what happened next to Alan Davies.

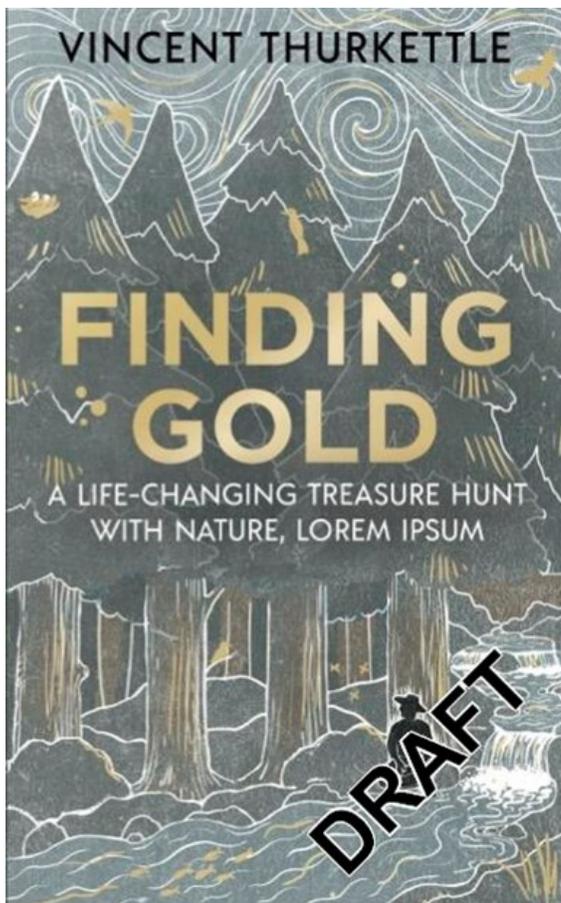
It's the story of how he threw himself into the joyous and idealistic world of stand-up comedy, leading to a television career, but how echoes from the past, and the thought that everyone might prefer it if he disappeared, saw him repeatedly dismantle everything around him.

With a cast of well-known comedians, actors, agents and producers, Alan awkwardly navigates his life from the camaraderie of the comedy circuit via life-changing fame as TV's *Jonathan Creek*, to the unwelcome realisation that most people know him from a bank advert and think he's had a perm.

Often very funny and always honest, this very personal memoir is a rich tale of uplifting highs and painful lows, of success and excess, and the dangers of both. How Alan Davies survived it - and very nearly didn't - is the compelling tale of *White Male Stand Up*.

Alan Davies is a comedian, writer and actor, best known for starring in the hit BBC series *Jonathan Creek* and for his regular appearances as a panellist on *QI*.

In 2016 he took a Creative Writing MA at Goldsmiths College (Univ of London) which led to the publication of his childhood memoir, *Just Ignore Him* (Little, Brown 2020). The book, widely praised for its honesty and humour while sensitively dealing with issues such as bereavement and child abuse.



FINDING GOLD

My life-changing treasure hunt with nature
Vincent Thurkettle

9781804194188
£22.00

June 4, 2026
Hardcover

Short Books

A gripping tale of one man's escape from conformity to chase gold, claim freedom, and redefine life on his own terms.

'Lyrical, magical, philosophical and inspirational' - **James Ogilvie, Chair, Walking Scotland, Woodland Trust Director, Chartered Forester**

This is the story of long-time civil servant Vincent Thurkettle, who, at the peak of his career, decided to abandon an excellent job and pension to follow a dream - to go hunting for gold.

Vincent Thurkettle's story is a gripping and colourful adventure, a physical and spiritual journey among amazing people in unlikely places. A story to amuse, entertain and inspire all of those who have a dream and just need a nudge and the courage to get started.

Finding Gold captures both the practical aspects of gold and treasure hunting, and, perhaps more importantly, it describes the attitude and psychology needed to really grip life, to truly seize the day and enjoy every moment. Finding the metal itself is actually only a small part of the story - it's mostly about feeling alive again, vibrant, with new friendships and purpose. And finally, finding the 'treasure' of fulfilment and happiness.

An aspirational, inspirational guide for would-be adventurers everywhere.

Vincent Thurkettle, born in Somerset and raised in Wales, is a lifelong outdoorsman. After serving as a reconnaissance officer in the reserve forces, he pursued woodland management with the UK Forestry Commission before leaving in 2005 to embrace a freer life. His passion for natural gold led him to become British gold panning champion multiple times and world champion in 2007. As President of the World Goldpanning Association, he began diving for shipwreck treasure and discovered Britain's largest gold nugget. Vincent now lives in a self-designed cottage in rural Norfolk.

DECIVILISATION

An Archaeologist's Guide to Tomorrow

Dr. Chloë Duckworth



FINAL COVER TO BE REVEALED

DECIVILISATION

An Archaeologist's Guide to Tomorrow

Dr. Chloë N. Duckworth

9781788405799
£22.00

June 4, 2026
Hardcover

Cassell

Changing the way you view civilisation... do we need to go look back at civilisations in the past in order to secure our future?

Do we need to look back at civilisations in the past to prepare for our future?

A bold, thought-provoking journey into the deep human past - asking urgent questions about the modern world and our place within it. What does it mean to live in bodies shaped by millions of years of evolution for small-group survival, close connection with nature, and nomadic life - yet find ourselves trapped in sprawling cities, bound by office hours, and dependent on global trade to meet our basic needs?

In this eye-opening book, archaeologist and broadcaster Dr Chloë Duckworth examines the foundations of civilisation through the lens of ancient history. Drawing on rich archaeological case studies, *De-Civilisation* challenges the assumptions:

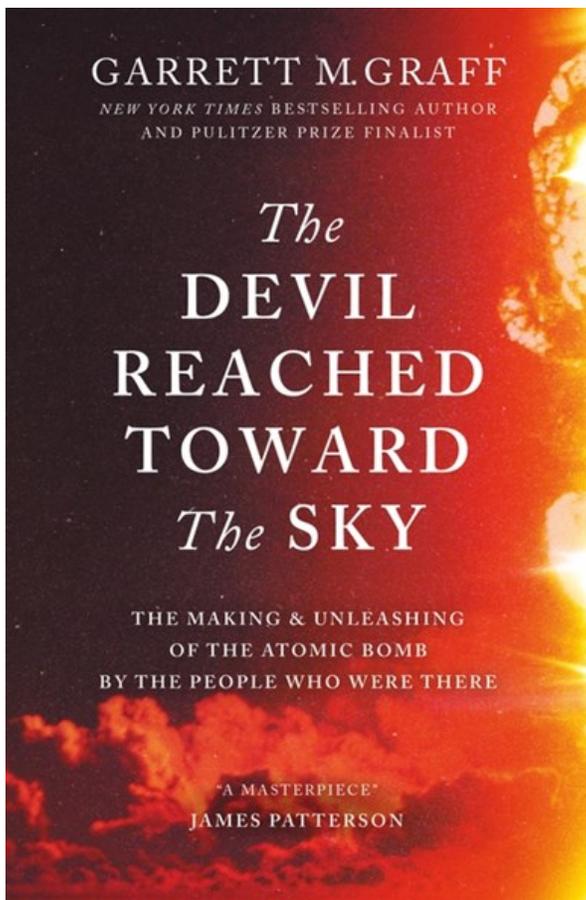
- Do we need to farm?
- Do we need to live in towns and cities?
- Do we need money?
- Do we need to read and write?
- Do we need specialists?
- Do we need religion?
- Do we need social divisions?
- Do we need foreign trade?
- Do we need innovation?

With clarity, wit, and deep expertise, Duckworth reveals why handbags mattered more than the wheel, how Bronze Age bling laid the groundwork for modern science, and why the story of civilisation is not one of steady progress - but of trade-offs, losses, and complex gains.

Equal parts history, anthropology, and survival guide, *De-Civilisation* invites readers to see the world as archaeologists do: full of meaning, shaped by choices, and ripe for rethinking. If society as we know it fell apart tomorrow, what knowledge would actually help us survive - and what might we finally let go? You'll never look at civilisation - or yourself - the same way again...

Dr Chloë Duckworth is a distinguished archaeologist, author, and presenter renowned for her expertise in ancient technology and experimental archaeology. Her groundbreaking research spans Roman recycling, Sahara Desert innovations, and the origins of glassmaking, blending academic rigor with a passion for bringing history to life. A respected columnist for *British Archaeology* and sought-after public speaker, Chloë has captivated audiences at major festivals and scientific events.

As a presenter on Channel 4's *The Great British Dig: History in Your Back Garden* - a series attracting over a million viewers per episode - she skillfully translates complex archaeological knowledge into engaging, accessible stories. At Newcastle University, she inspires students through innovative, hands-on teaching methods. Outside academia, Chloë is an avid adventurer, embracing wild camping, sea kayaking, and ancient craft skills, embodying the spirit of discovery she shares in her work.



THE DEVIL REACHED TOWARD THE SKY

The Making and Unleashing of the Atomic Bomb - By
The People Who Were There

Garrett M. Graff

9781800963474
£14.99

June 4, 2026
Paperback

Monoray

From the international bestselling author of *The Only Plane in the Sky*, a sweeping oral history of the atomic bomb's creation and deployment

A NEW YORK TIMES BESTSELLER - A PULITZER PRIZE FINALIST - THE 'MASTERPIECE' DEFINITIVE HISTORY OF THE ATOMIC BOMB

'A comprehensive account... focuses not just on the voices of scientists [but] explores overlooked pieces of the Manhattan Project's history.' -Daily Mail

'This period in history has never been more relevant and frightening than it is today... A masterpiece.'-James Patterson

"Comprehensive and engrossing...Excellent oral history."-Kirkus Reviews

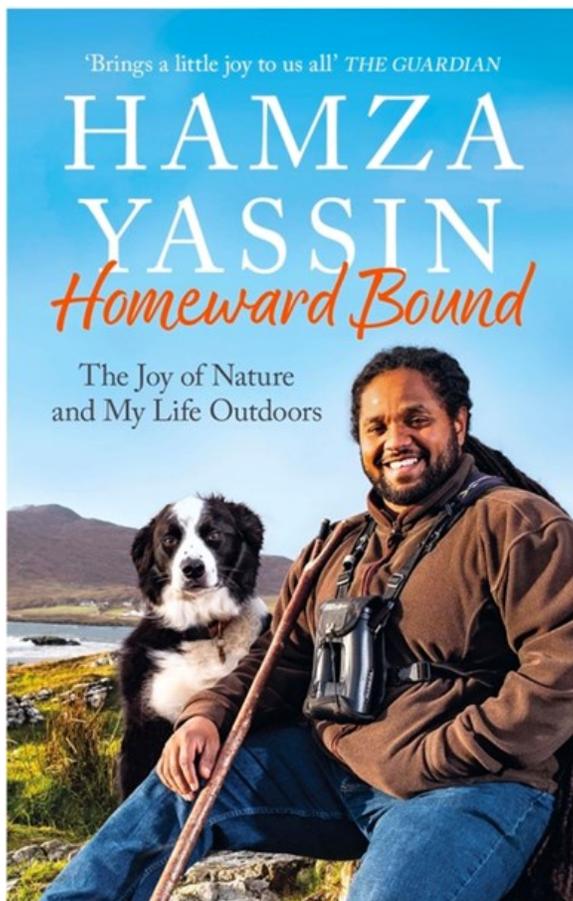
From the international bestselling author of *The Only Plane in the Sky*, a sweeping oral history of the atomic bomb's creation and deployment

April 12, 1945. Less than three months into his vice presidency, Harry Truman is catapulted into the Oval Office following the sudden death of Franklin D. Roosevelt. As he recites the oath, he learns a chilling secret known only to a select few: the United States is on the verge of deploying a weapon of unimaginable power. This weapon could end the war but also herald a new age of global fear and uncertainty.

Drawing from over twenty-five oral history archives across the US, Japan, and Europe, Graff has masterfully blended the memories and perspectives from key figures like Harry Truman and J. Robert Oppenheimer, the crews of the B-29 bombers, *Enola Gay* and *Bock's Car*, the rescuers who bravely faced the destruction, and the haunting stories of those at ground zero in Hiroshima and Nagasaki, including the experiences of the *hibakusha* - the 'bomb-affected people'.

Enriched by memoirs, diaries, letters, official documents, and news reports, this is an immersive and deeply human account of the Manhattan Project through the end of World War II and the dawning of the Cold War, offering a vivid, multi-dimensional view of events that reshaped the world forever.

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



HOMeward BOUND

The joy of nature and my life outdoors
Hamza Yassin

9781856755443
£10.99

June 18, 2026
Paperback

Gaia

Join TV star Hamza Yassin as he shares his stories from time spent outdoors - and the nature he meets along the way.

'We are all the better for his way of seeing the world' Dame Judi Dench

'He is delight and joy personified' - Marian Keyes

'Set to become BBC's next David Attenborough' - DAILY MAIL

'Brings a little bit of joy to us all' - GUARDIAN

Hamza Yassin loves being outdoors in nature. As a child who struggled with dyslexia at school, he always longed to be in the world outside the classroom. Thankfully, due to a forward-thinking teacher who encouraged him to run outside before a lesson, Hamza embraced his love of nature from an early age. There he discovered that his dyslexia allowed him to see the world in a special way.

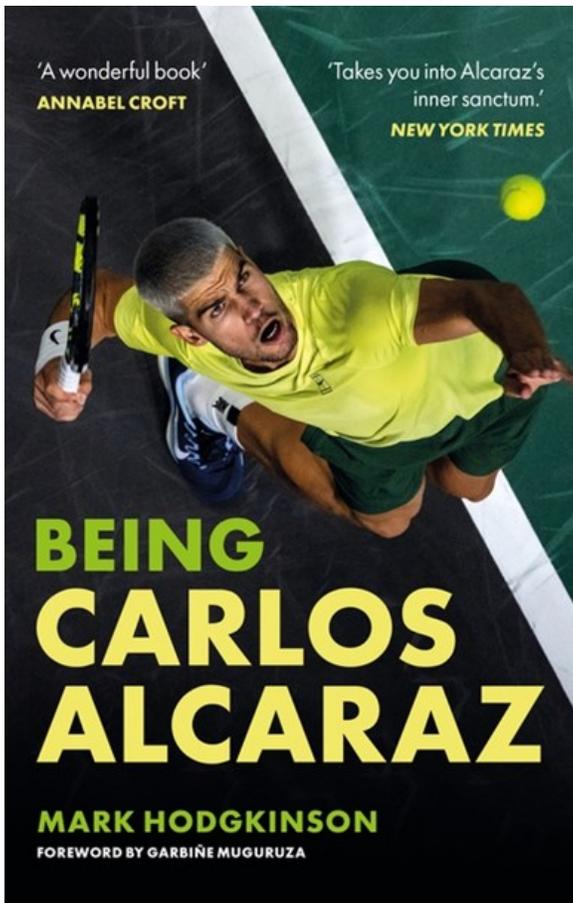
Homeward Bound tells the story of Hamza's fascination with the outdoors. From learning to ring birds in Wales to chasing orca in Scotland - Hamza explores wildlife across the British Isles and delights in the hidden life that is found there. Throughout his journey, he shows us the wonder of wildlife and how mother nature is a home for us all.

Packed with charming personal stories, including life in the Scottish Highlands, and his adventures as a wildlife cameraman - Hamza shares the joy of nature and shows us how it has made him who he is today.

Hamza Yassin is a Scottish wildlife cameraman and presenter, a skilled ornithologist and the winner of the 2022 season of *Strictly Come Dancing*. Born in Sudan, Hamza moved to the UK when he was young. He has a degree in Zoology with Conservation from Bangor University and a Masters in Biological Photography and Imaging from the University of Nottingham. He made his first television appearance on the CBeebies show *Let's Go for a Walk*, in the role of Ranger Hamza. Since then, Hamza has appeared on *The One Show*, *Countryfile*, and *Animal Park*. Hamza has also presented his own documentaries for the BBC and Channel 4, and his latest BBC documentary *Hamza's Hidden Wild Isles* is broadcast in 2025.

[instagram.com/hamzayassin90](https://www.instagram.com/hamzayassin90)

twitter.com/hamzayassin3



BEING CARLOS ALCARAZ

The Man Behind the Smile
Mark Hodgkinson

9781788406253
£10.99

June 18, 2026
Paperback

Cassell

The first detailed and comprehensively researched biography of the heir apparent to the Djokovic-Nadal-Federer era.

'This is a wonderful book. I love it. Mark's research is amazing, with the in-depth interviews and level of detail providing great insights into who Carlos Alcaraz is.'
- Annabel Croft, broadcaster and former tennis player:

'A perfect match of author and subject. Mark Hodgkinson's mix of style and substance - flair and professionalism - mirrors Carlos Alcaraz on a tennis court.'
- Jon Wertheim, a senior writer at Sports Illustrated

'This is a great window into the background and processes of arguably the most exciting player in men's tennis right now.'
- Charlie Eccleshare, tennis correspondent for the New York Times and The Athletic

'A highly readable portrait of tennis's most exciting young talent.'
- Conor Niland, a former tennis player and the winner of the William Hill Sports Book of the Year award 2024 for 'The Racket'

'This is a brilliant book. The detail on offer is extraordinary ... A cracking read for any tennis fan.'
- Courtney Walsh, Fox Sports in Australia

INSIDE THE MIND OF A YOUNG ICON CHASING TENNIS HISTORY

Based on new interviews with those closest to him - including coaches, friends, old teachers and other villagers - Being Carlos Alcaraz offers fresh insights into a tennis phenomenon. From a modest apartment above a kebab shop in the village of El Palmar to glory on the sport's biggest stages, this captivating book traces Alcaraz's emergence and contrasts his story against the Big Three of Novak Djokovic, Rafa Nadal and Roger Federer.

Grit. Joy. Swagger. Belief. The dark moments between the smiles. The tears. The broken racquets. The tension of wanting to be a normal young man while aspiring to tennis greatness. Being Carlos Alcaraz delves into the emotional and cultural forces that have shaped a modern icon - one destined to redefine tennis for years to come.

MARK HODGKINSON

on Alcaraz's way through. Part of it is the technical, the physical, the mental, the emotional. But part of it is the story. It's the story that the world is watching and trying to understand. It's the story that the world is watching and trying to understand. It's the story that the world is watching and trying to understand.

When he was a primary school, Carlos Alcaraz didn't have time to watch tennis. He had to go to school. He had to go to school.

BEING CARLOS ALCARAZ

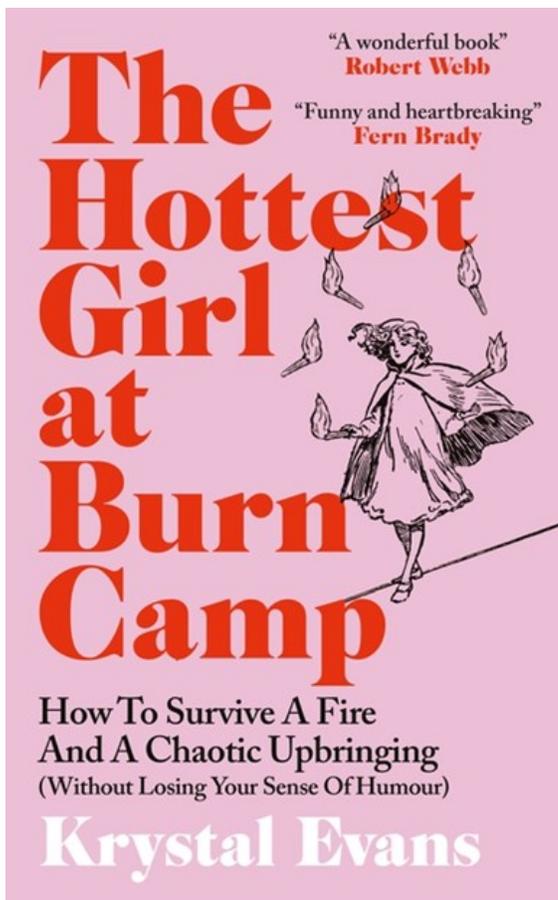
A high price for your team. All this work and so much trouble? It's worth it. One great disadvantage of being in the world? It's the world of tennis. One great disadvantage of being in the world? It's the world of tennis. One great disadvantage of being in the world? It's the world of tennis.

Being Carlos Alcaraz has, for about as long as he can remember, been a part of the story. For about as long as he can remember, been a part of the story. For about as long as he can remember, been a part of the story.

It was at school in his first and only year. Alcaraz would see him after hours in which he had to go to school. He had to go to school.

Mark Hodgkinson is known for his compelling biographies of Novak Djokovic, Roger Federer, Andy Murray and Serena Williams. His last book - Searching for Novak - was long-listed for the William Hill Sports Book of the Year and described as 'a terrific book' by tennis legend Chris Evert.

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



KRYSTAL EVANS is a writer and American stand-up comedian based in the UK and is known for her powerful live shows and also her work with Mitchell & Webb and on Comedy Central. Her stand-up show about the fire, also called *The Hottest Girl At Burn Camp*, won critical acclaim and widespread coverage. She lives in Edinburgh and is the super-responsible mum to two boys. Her favourite food is breakfast burritos and she has a gigantic photo of Rod Serling in her front room.

THE HOTTEST GIRL AT BURN CAMP

How to Survive a Fire and A Chaotic Upbringing
(Without Losing Your Sense of Humour)

Krystal Evans

9781800962743
£10.99

July 2, 2026
Paperback

Monoray

A witty, insightful and inspiring memoir from the rising-star comedian about coping with an unimaginable tragedy and rising from the ashes

'A wonderful book, I don't expect to read a better memoir for a very long time.' ROBERT WEBB, author of *How Not To Be A Boy*

'Funny and heart breaking in equal measure' FERN BRADY, author of *Strong Female Character*

'The guiltiest of literary pleasures: a memoir that you open with trepidation and stay up til 6am to finish' KATE SPICER, author of *Lost Dog*.

'Compelling, edgy and always hilarious. Absolutely essential reading.' JOSIE LONG

When Krystal Evans was 14, the house that she shared with her mother and little sister burned down. Narrowly escaping by breaking a window and jumping out head-first Krystal suffered burns, smoke inhalation, and the unimaginable tragedy of losing her sister. That Evans has written such a warm and disarmingly funny memoir about what led the family to that fatal night, and how they coped with its aftermath, is nothing less than astonishing.

This is a spellbinding story of growing up poor in America, living with a mentally ill mother, and having a wolf for a pet (really). From the indignities of being rejected from a summer camp for burn victims, to putting up with a succession of her mom's increasingly shady friends and partners, Krystal and Katie's childhoods were marked by adult chaos, inappropriate behaviour, and never knowing what the next day would bring.

But, writing with joy, skill and candour, we witness Krystal growing as a person from the ashes of disaster into the confident, funny, and (reasonably) well-hinged adult, mother and comedian that she is today.

At the same time, funny, tragic and inspiring, it is the story of a family dangerously close to the edge, and of a girl struggling to make her way into adulthood, once the smoke clears.

'A feat of storytelling,' Patrick Radden Keefe

Pamela Colloff

Catch The Devil

A True Story of Murder, Deception
and Injustice in the American South



CATCH THE DEVIL

A True Story of Murder and Deception in the
American South

Pamela Colloff

9781913068509
£22.00

July 16, 2026
Hardcover

Endeavour

The gripping true story of a serial con man whose lies condemned a man to death row by award-winning New York Times Magazine writer Pamela Colloff.

The gripping true story of a serial con man whose lies condemned a man to death row by award-winning *New York Times Magazine* writer Pamela Colloff.

'Incendiary, emotionally devastating. [This] is a feat of dogged reporting, bravura storytelling, and clear-eyed moral conscience.' -Patrick Radden Keefe, author of *Say Nothing* and *London Falling*

For more than three decades, Paul Skalnik roamed the southern states of America lying about who he was. He passed himself off as a fighter pilot, a high-rolling oilman, a criminal defense attorney, an undercover agent, and a terminal cancer patient. In these guises he married nine women—some at the same time—and scammed them out of their money.

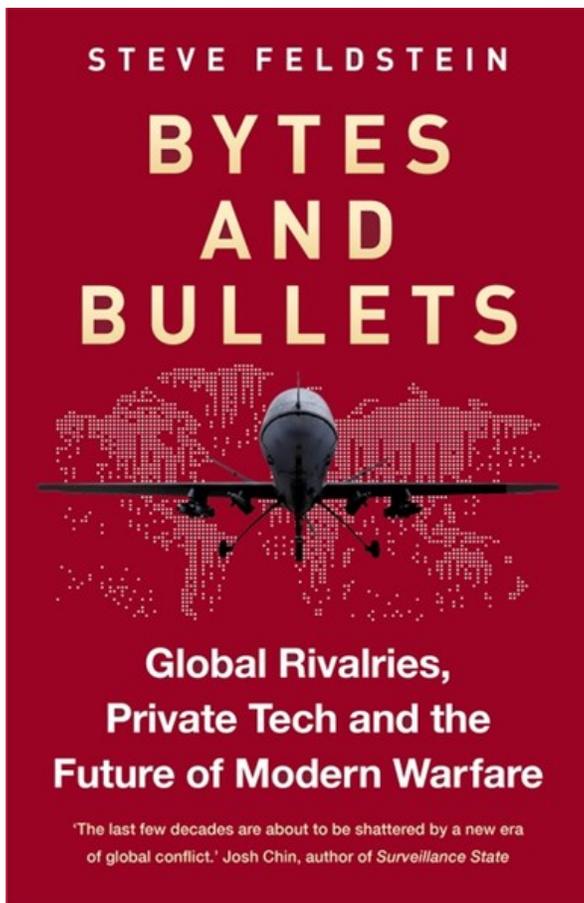
When Skalnik got caught, as he invariably did, he would run a different con. Locked up with other men awaiting trial, he claimed they confessed their crimes to him. Then he peddled those stories to prosecutors. In Florida, he became a frequent witness for the state, thinking nothing of exaggerating men's wrongdoing or implicating the innocent to help prosecutors win convictions. In return, the state rewarded him with his freedom, fueling his growing sense of invincibility. Soon he was not just committing fraud; he was preying on girls in their teens or barely into adolescence.

In 1985, Jim Dailey, a down-on-his-luck Vietnam veteran, was implicated in the murder of a 14-year-old girl and landed in jail with Skalnik. Despite a total lack of forensic evidence, Skalnik's account of Dailey's "confession" was enough to put Dailey on death row where he still waits, four decades later.

In this mesmerizing debut, Pamela Colloff spins a dark tale of a remorseless and brilliant liar made lethal by a system more concerned with winning convictions than finding the truth.

'A fiery indictment... portrays the banality of evil in our time.'
-STARRED Kirkus review

PAMELA COLLOFF is a reporter at ProPublica and a staff writer at The New York Times Magazine. She was the recipient of a National Magazine Award for Reporting in 2020 and for Feature Writing in 2013. Her work has been anthologized in Best American Magazine Writing, Best American Crime Reporting, and Next Wave: America's New Generation of Great Literary Journalists. Colloff holds a bachelor's degree in English from Brown University. She lives in Austin, Texas, with her husband and their two children.



BYTES AND BULLETS

Global Rivalries, Private Tech, and the New Shape of Modern Warfare

Steve Feldstein

9781800962866
£25.00

July 16, 2026
Hardcover

Monoray

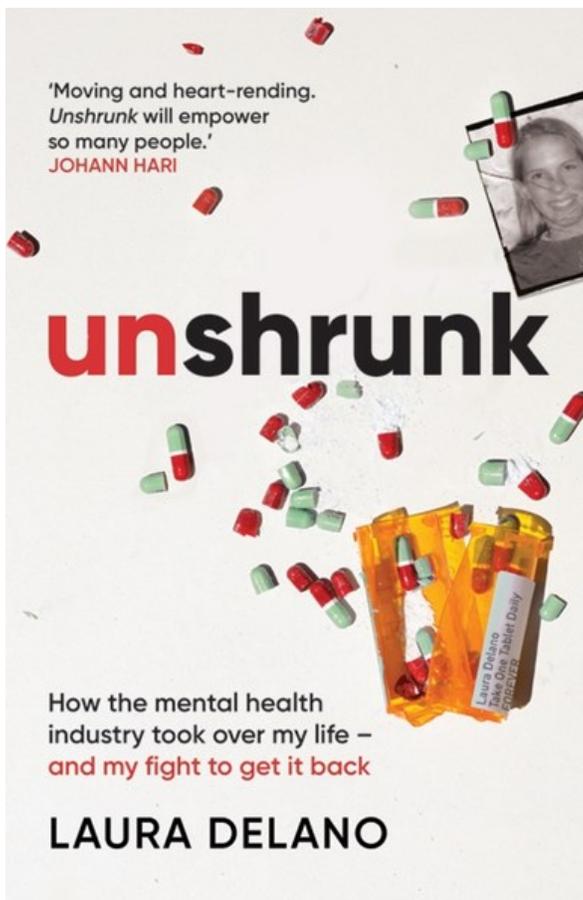
A new cutting-edge tech cold war has already begun, and the West is falling behind fast.

When it comes to global dominance, military technology has always been a major geopolitical driver. For decades, the West set the rules on innovation using soft power and government funding to develop its own exclusive cutting-edge defensive capabilities. But in the digital era, the breakthroughs - be it AI systems and autonomous drones, satellite internet or advanced semiconductors - are coming from private companies, not government labs.

In *Bytes and Bullets*, Steve Feldstein explains how technology is transforming geopolitics, upending the ways that countries compete, and how they wage war. Through captivating stories and original field research, he shows how the West's dominance is being undercut at every turn by a combination of commercialization, authoritarian convergence led by China and Russia, and the emergence of new regional powers hungry for more influence.

A new tech cold war is coming into focus fast and restrictions and sanctions are no longer enough to maintain international stability. Feldstein reports from its front line in this rich and at times alarming account of this pivotal moment in history, making an urgent call for the West to act now, or risk losing its international standing forever.

STEVE FELDSTEIN is a senior fellow at the Carnegie Endowment for International Peace, a highly regarded thinker and speaker. Previously serving as a senior official at USAID, he is considered an international expert on technology, democracy, and national security. His first book, *The Rise of Digital Repression*, won the 2023 Grawemeyer Award for Ideas Improving World Order. Feldstein has appeared on *CNBC*, *C-SPAN*, *NPR*, and *BBC*, and his writing has appeared in *The Atlantic*, *Foreign Affairs*, and *Lawfare*, among others.



UNSHRUNK

How The Mental Health Industry Took Over My Life -
And My Fight to Get it Back

Laura Delano

9781913183233
£10.99

July 30, 2026
Paperback

Monoray

A memoir about one woman's battle to discover her true self outside of the deeply flawed American mental health system

'Girl, Interrupted for the age of the prescription pill... compelling, important, haunting.' -THE NEW YORK TIMES

'A really moving and heart-rending story. *Unshrunk* will help and empower so many people.' -JOHANN HARI

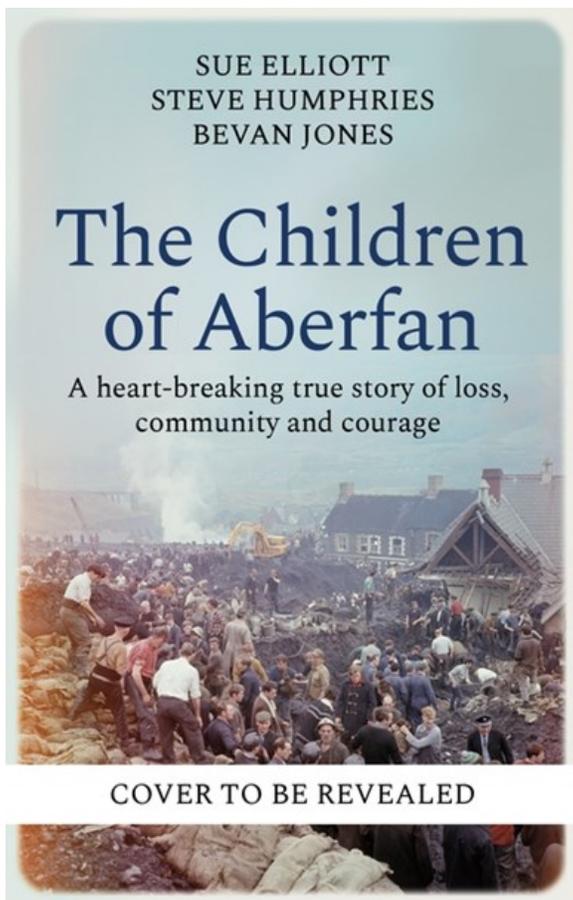
'*Unshrunk* is the story of a young woman who dared to be herself, and a potent reminder of why human suffering can never be reduced to a diagnostic manual. A must read.' -ANNA LEMBKE, author of *Dopamine Nation*

At age fourteen, Laura Delano's parents took her to her first psychiatrist. At school, she was the model student, but at home Laura felt an uncontrollable rage that she unleashed on family, friends and herself. She was promptly diagnosed with bipolar disorder and started on a course of mood stabilizers and antidepressants.

It was to mark the beginning of a painful and relentless journey. For the next thirteen years, Laura sought help from the best psychiatrists and hospitals, accumulating an ever-expanding list of diagnoses and prescriptions for nineteen different drugs. She accepted her diagnoses and embraced the pharmaceutical regime she'd been told was necessary to manage her incurable, lifelong disease. But as her symptoms only got more severe and eventually she was deemed 'treatment resistant', Laura began to wonder if the drugs and diagnoses were the cure - or had they become the problem?

Weaving together Laura's medical records and doctors' notes with illuminating research on the drugs she was prescribed, *Unshrunk* is the powerful memoir of one woman's battle against the commercial psychiatric industry and the role it plays in shaping what it means to be human.

Laura Delano is a writer, speaker, and consultant, and the Executive Director of Inner Compass Initiative, a charitable organization that she founded to help people make more informed choices about psychiatric diagnoses and drugs. She is a leading ex-patient voice in the international movement of people who've left behind the medicalized, professionalized offerings of the mental health system to build something different. Laura works with individuals and families around the world seeking guidance and support for the withdrawal journey and life post-psychiatry. She lives in Connecticut with her husband and children.



THE CHILDREN OF ABERFAN

A heart-breaking true story of loss, community and courage

Sue Elliott

9781800963047
£9.99

July 30, 2026
B-format Paperback

Monoray

The story of a tragedy never forgotten, and a community who came together to mourn

The story of a tragedy never forgotten, and a community who came together to mourn a generation of children

In October 1966, a small Welsh mining village was hit by disaster. Heavy rain had been pounding the village for days and over time filled a tip containing coal waste, situated high above the village. Within minutes, the coal tip had slid down the mountain, engulfing a farm, several houses and a school, and ultimately killing 28 adults and 116 children. It was a man-made disaster, the likes of which had not seen before, and which attracted the attention of the world's media. Aberfan would become synonymous with tragedy as the small, close-knit village mourned the loss of an entire generation of children.

In *The Children of Aberfan* those who were actually there - rescuers, parents, teachers, neighbours and children - tell the full story of the tragic event. Moving and simply told, in the voices of the people on the ground, it is a story about a grieving community, about a disaster long foretold but ignored by those in power; and about the heroism and dignity of those who were left behind.

Sue Elliott (Author)

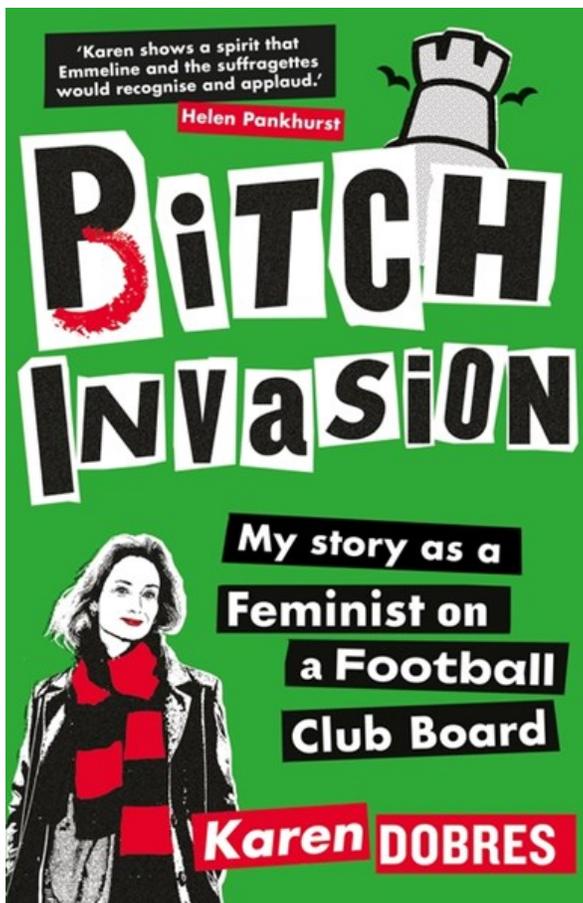
Sue Elliott is a writer of social and oral history and has published five books in collaboration with Steve Humphries and Testimony Films.

Steve Humphries (Author)

Steve Humphries established Testimony Films in 1992 and is recognised as a pioneering producer of oral history documentaries. His award-winning films have been shown on all main UK channels and across the English-speaking world.

Bevan Jones (Author)

Bevan Jones grew up close to the south Wales valleys and has worked as a writer, editor and academic, latterly for US universities in London.



PITCH INVASION

My story as a feminist on a Football Club board
Karen Dobres

9781788405898
£10.99

July 30, 2026
Paperback

Cassell

A female focused NF memoir from a model who disrupted the whole ethos of the football patriarchy.

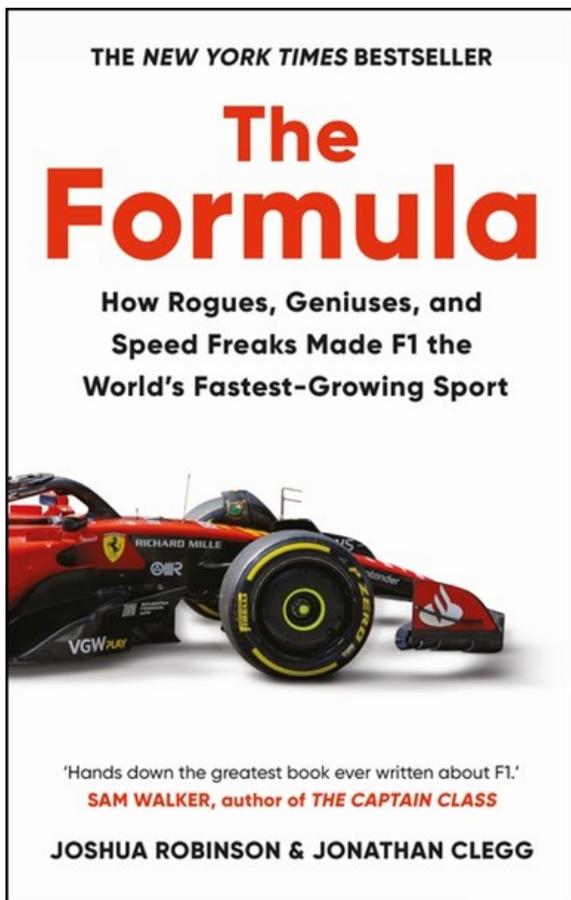
Karen Dobres never expected to fall for football - let alone help revolutionise it. In *Pitch Invasion*, Karen shares her hilarious and heartfelt journey from someone who 'always zoned out when bloody football was on the telly' to becoming a Director at Lewes FC - the first football club in the world to pay its women and men players equally.

In 1994, Karen could barely sit through a match at Wembley. Fast forward to 2023, and she's introducing multi-million-pound deals for the women's team of her local club. How does a trained counsellor and former catwalk model end up navigating the male-dominated world of football? And how did she turn her 'imposter syndrome' into a tool for change?

With bisexual pirates, vegan snacks, and even a designated breastfeeding area, Lewes FC is no ordinary football club. It's a pioneering force for equity, inclusion, and innovation. Through Karen's witty, self-deprecating storytelling, *Pitch Invasion* gives readers an insider's view of the quirky yet revolutionary culture at Lewes FC. From organising Suffragette flash mobs to introducing Prosecco on tap at the stadium, Karen brings to life her experiences at this fan-owned, debt-free, gender-equal club where everyone - from local supporters to pop stars - helps shape the future of the game.

From 2017, when women's football was still fighting for recognition, to the present day, *Pitch Invasion* is the story of how one woman helped lead the charge for gender equality, challenging football's entrenched hegemony, not just for one club, but across the UK.

Karen Dobres is a former fashion model, trained Person-Centred Counsellor, and advocate for gender equality in football. Growing up in Neasden, Northwest London, during the peak of British football hooliganism, Karen had little interest in the sport, viewing it as a male-dominated, unsafe space. However, her perspective changed in 2017 when she discovered women's football and became a passionate supporter of Lewes FC-where she now serves as a Director. Karen has been featured on national TV and radio, and regularly speaks on gender issues in sport, promoting equity and inclusion both on and off the pitch. She lives in Lewes, East Sussex.



THE FORMULA

How Rogues, Geniuses, and Speed Freaks
Reengineered F1 into the World's Fastest-Growing
Sport

9781800964273
£10.99

August 6, 2026
B-format Paperback

Monoray

The epic story of how F1 saved itself from collapse and became the world's fastest growing sport through guile, fearlessness, and above all, reinvention.

**** Shortlisted for Charles Tyrwhitt Sports Writing Award, 2025 ****

A NEW YORK TIMES BESTSELLER

ONE OF THE FINANCIAL TIMES' BEST BOOKS OF SUMMER 2024

'HANDS DOWN THE GREATEST BOOK EVER WRITTEN ABOUT F1' -Sam Walker, author of *The Captain Class*
'MODERN F1 IS THE SPORTS STORY OF THIS ERA AND NO ONE COULD TELL IT BETTER' -Kevin Clark, ESPN
'THE FASTEST READ YOU WILL EVER PICK UP' -A.J. Baime, author of *Go Like Hell*

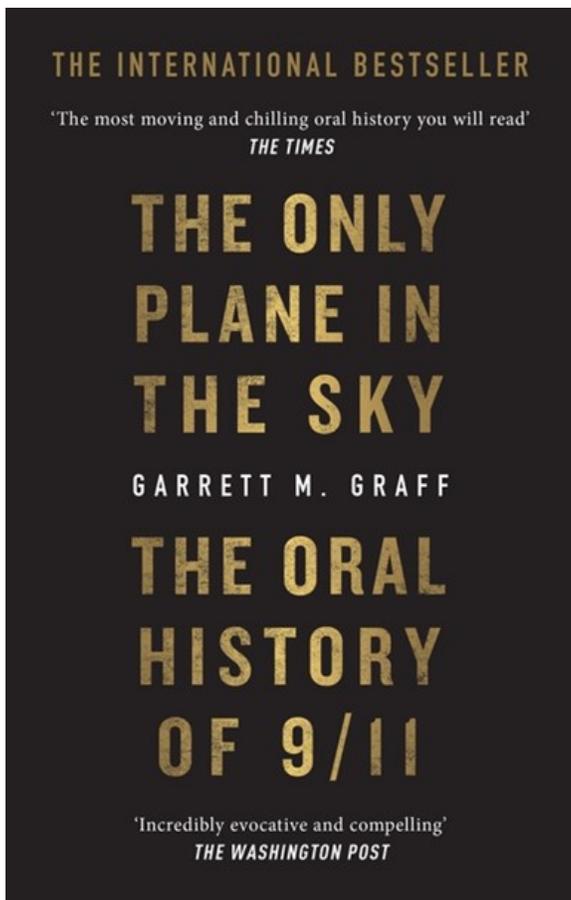
F1 is now the fastest-growing sports business in the world, and a multi-billion-dollar global media juggernaut. But how exactly did it get there?

Highly respected *Wall Street Journal* reporters Joshua Robinson and Jonathan Clegg uncover the full epic story of how F1 came to achieve total global fandom. Bringing unique insight and access to the sport's most storied teams and personalities - from Ferrari to Bernie Ecclestone to Christian Horner, Daniel Ricciardo, and Lewis Hamilton - they delve into the world of big money, beautiful people, intense feuds and audacious gambles, all set across a backdrop of the world's most glamorous locations.

The result is the first definitive account of the business of F1 - not just the cars and the races, but the drama, the deals, and the financial operation that underpins it all. It's the tale of a commercial empire: one built in the 20th century, rendered almost obsolete in the early 21st, and that has re-emerged world dominant today.

Joshua Robinson is the European sports correspondent for *The Wall Street Journal*, and has written for the *New York Times*, the *Washington Post* and *Sports Illustrated*.

Jonathan Clegg is an editor for *The Wall Street Journal*, his work has also appeared in the *Daily Telegraph*, the *Independent*, and *FourFourTwo* magazine.



THE ONLY PLANE IN THE SKY

The Oral History of 9/11

Garrett M. Graff

9781800963856
£14.99

August 13, 2026
Paperback

Monoray

A new edition for the 25th anniversary, this is the definitive and bestselling first-person account of 9/11

"Incredibly evocative and compelling." - *The Washington Post*
"The most moving and chilling oral history you will read." - *The Times*

"Astonishing. I read it in one sitting & was utterly gripped from start to finish." - **Piers Morgan**

**** Updated 25th Anniversary edition with additional content ****

The Only Plane in the Sky is the first comprehensive oral history of 9/11, deftly woven and told in the voices of ordinary people grappling with extraordinary events.

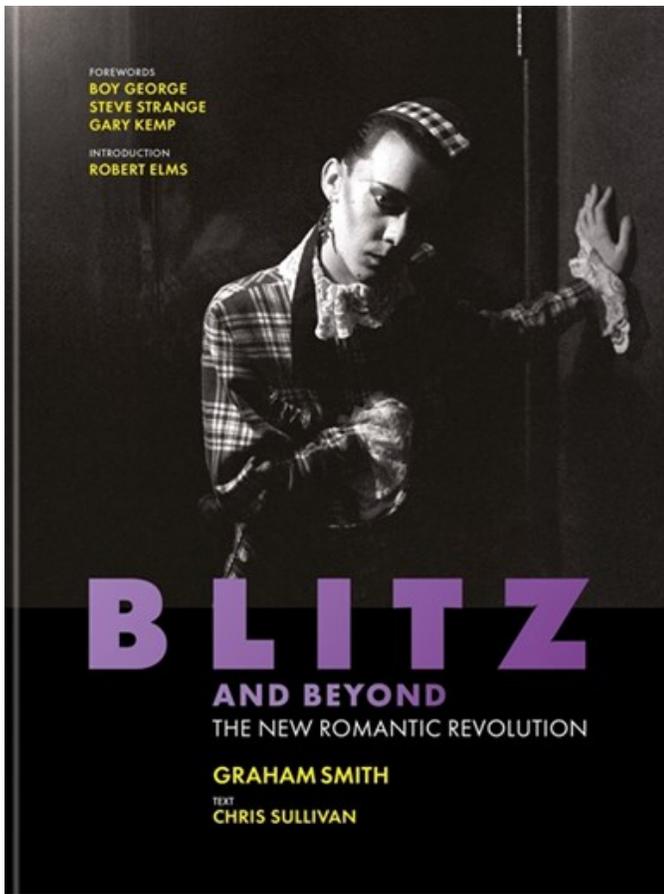
It begins predawn, where we meet airport staff who unknowingly usher terrorists onto their flights. From a secret bunker beneath the White House, Dick Cheney and Condoleezza Rice watch for incoming planes on radar. At the Pentagon, officials feel a violent tremor as they come under attack.

We hear the stories of the father and son working on separate floors in the North Tower; the firefighter who rushes there to search for his wife; the phone operator who keeps her promise to share a passenger's last words with his family; the chaplain who stays on the scene to perform last rites, losing his own life when the Twin Towers collapse. In New York, first responders confront a scene of unimaginable chaos. At the Pentagon generals break down and weep when they are barred from rushing into the burning building to try and rescue their colleagues.

Drawing on never-before-published transcripts, declassified documents and interviews from nearly five hundred people, award-winning historian Garrett Graff skilfully tells the story of the day that changed all of our lives - as it was lived.

The Only Plane in the Sky is a unique, profound, and searing exploration of humanity on a day that changed the course of history, and all of our lives, 25 years ago.

Bestselling historian and Pulitzer Prize finalist Garrett M. Graff has spent nearly two decades covering politics, technology, and national security, and is now recognized as one of America's most prolific and wide-ranging journalists and historians. He is the author of a half-dozen award-winning and bestselling books.



BLITZ AND BEYOND

The New Romantic Revolution

Graham Smith

9781788406598
£40.00

August 13, 2026
Hardcover

Cassell

An exclusive behind-the-scenes look at the birth of the New Romantic music scene through the lens of a photographer who was there.

An exclusive, definitive visual and narrative account of the New Romantic movement from a photographer who was there.

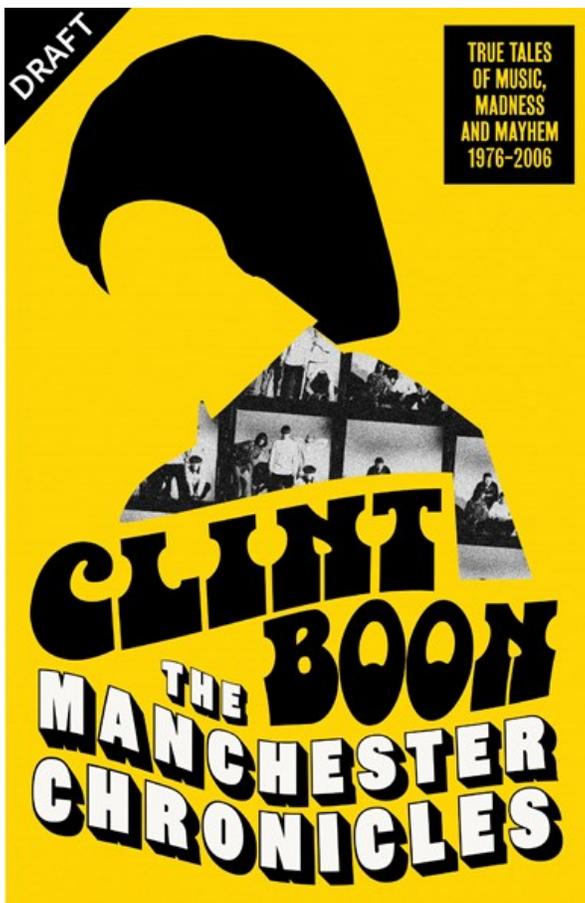
While many musical styles have been labeled 'post-punk,' the New Romantic movement transcended the 'no future' ethos of the late 1970s like no other. In the dimly lit bars of Soho, a group of extravagant youths emerged, dressed in flamboyant and striking attire - ushering in a cultural moment that would define a generation.

Photographer Graham Smith was at its core, capturing over 500 extraordinary images that reveal this vibrant, groundbreaking scene in unparalleled detail.

This book offers an intimate, behind-the-scenes perspective on a movement that visually shaped a decade and left a lasting influence on music and fashion. Featuring exclusive forewords by boy George, Gary Kemp, and the late Steve Strange, this is the definitive photographic and narrative record of one of the most creative, bohemian, and influential movements of the late twentieth century.



Gary Kemp is a British musician, songwriter, and actor best known as the lead guitarist and principal songwriter for the iconic band Spandau Ballet. With a career spanning over four decades, Kemp has been influential in shaping the sound of the New Romantic era and beyond. In addition to his music career, he has pursued acting roles in film and television and authored a memoir detailing his life and creative journey.



THE MANCHESTER CHRONICLES

True Tales of Music, Madness and Mayhem 1976 - 2006

Clint Boon

9781800962828
£25.00

August 27, 2026
Hardcover

Monday

The much-loved indie star and DJ's entertaining folk-history of life in the heyday of the city of music.

THE MANCHESTER CHRONICLES is an exhilarating and highly personal folk-telling of the Manchester music scene, as seen through the eyes and ears (and hair) of one of the city's favourite sons, Clint Boon from the iconic Inspiral Carpets. From early days of punk in the mid-1970s through the crucible of the 1980s indie and psychedelic scenes, the explosion of Madchester, Rave and then Brit Pop in the 1990s, this is an intimately told adventure of an extraordinary musical renaissance.

A born storyteller, Clint Boon pieces together a collage of often hilarious stories to give us a unique take on the city's coming of age alongside his own. At art school, rehearsal studios and sweaty gigs, we meet the movers and shakers of Manchester, often well before they were famous, as they came together to forge their identities and put the city on the map.

Be it a near-fatal car crash, or suffering the ignominy of being on Top of The Pops one week and signing on the dole the next - while your former roadie, Noel, makes pop history - Clint entertainingly captures the mayhem of music, success and the city's extraordinary musical family.

Encountering bands like Buzzcocks, Joy Division, The Fall, New Order, the Smiths, James, the Stone Roses, the Happy Mondays, Elbow, Inspiral Carpets and Oasis, raconteur Clint tells the Manchester legend not as an exhaustive history, but as what it felt like to be there at the time, taking the trip of a lifetime.

Clint Boon, is a musician and DJ based in Stockport. He first came to fame as keyboard player for the Inspiral Carpets, responsible for their defining organ sound. The band, who reformed in 2023 to much excitement, are seen as one of the definitive 'Madchester' groups producing a stack of highly acclaimed and chart-topping hit singles and albums.

From 2004-2023, Clint became a permanent fixture on well-known radio stations of Manchester and has become one of the country's most sought after club DJs. As a key and much-loved figure in Manchester's music scene over three decades, Clint is a passionate advocate for the city and its ever-evolving music scene.