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BOOKS USA

OCTOPUS BOOKS USA
FALL 2023

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MITCHELL BEAZLEY
MONORAY • PYRAMID
RADAR • SHORT BOOKS
SPRUCE • SUMMERSDALE



The Home Style Handbook

How to make a home your own

Lucy Gough

Key Selling Points

- Lucy is an acclaimed stylist and interiors tutor, with a dedicated fanbase which includes 18.5k followers on Instagram
- The book provides friendly, accessible advice on how to style every room in your house to your taste
- Lucy's 'How to style your home like a magazine' course has reached 1300 students, all of whom have left 5 star reviews

Summary

A step-by-step, room-by-room, moodboard-by-moodboard guide to creating a home that reflects your personal style and the way you want to live - from acclaimed Australian-born stylist and online interiors tutor, Lucy Gough.

We all want to live in a home that reflects our personalities, our experiences, our life's journey. But if we are not a professional decorator or stylist, where do we start?

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

The book includes:

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

Contributor Bio

LUCY GOUGH is an Australian-born interior stylist who has lived and worked in London for the last 12 years, but is currently based in New South Wales.

Lucy has art directed, styled and created concepts for brands and publications including John Lewis, Marks & Spencer, *Livingetc*, *Homes & Gardens*, *The Sunday Times*, *You Magazine*, Dulux, Crown Paint, Heal's and many others, and continues to create unique and inspiring imagery for all her clients. She writes regularly for *The Sunday Times* and has a monthly 'design your space' column in *House Beautiful UK*.

In April 2020 Lucy launched an online course 'How to become a professional interior stylist' on her website lucygoughstylist.com, followed by 'How to style your home like a magazine' and now has more than 1,300 students - all have left 5-star reviews. Delivering workshops to groups of interiors enthusiasts and professionals is a particular favorite activity of Lucy's and these have included events for Heal's and *Livingetc*, plus teaching an online interiors workshop on the newly launched Times+ platform.

@STYLE_BY_LUCY

Illustrations

Mitchell Beazley
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House & Home / Decorating &
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10 in H | 8 in W



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Cooking / Beverages
CKB126000

7.9 in H | 4.3 in W

Hugh Johnson Pocket Wine 2024

Hugh Johnson, Margaret Rand

Key Selling Points

- Hugh Johnson is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* remains the world's bestselling annual wine guide.
- A brand new edition of the unrivalled and bestselling annual, *Hugh Johnson's Pocket Wine Book*, the world's bestselling annual wine guide.
- With clear succinct facts and commentary on the wines, *Hugh Johnson's Pocket Wine Book* is the essential reference book for everyone who buys wine – wherever it may be.

Summary

The brand new edition of the unrivalled and bestselling annual, *Hugh Johnson's Pocket Wine Book*, the world's bestselling annual wine guide.

The world's best-selling annual wine guide.

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

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

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

Contributor Bio

Hugh Johnson (Author)

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

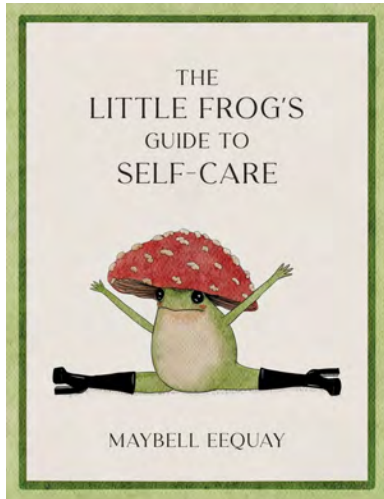
With the publication of his first book, *Wine*, Johnson established himself at the age of twenty-seven as the most refreshing and authoritative voice on the subject. During the past four decades he has written books that have become landmarks on the subject, including his classic *The World Atlas of Wine*, co-authored with Jancis Robinson, his *Wine Companion*, first published in 2003, *The Story of Wine* and *Hugh Johnson on Wine*.

In his spare time he writes about gardening from his home in London.

Margaret Rand (Author)

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

Margaret Rand's curiosity about wine started several decades ago and led her to a career of writing about wine and editing wine magazines, with the occasional foray into whisky. Her books include *Grapes & Wines* and *101 Wines to Try Before You Die*; she also writes regularly for *The World of Fine Wine*, timatkin.com and winesearcher.com.



The Little Frog's Guide to Self-Care

Maybell Reiter

Key Selling Points

- Frogs continue to be one of the biggest animal trends of recent years, particularly on social media platforms such as TikTok and Instagram, and Maybell Eequay's little frog has a worldwide following of over 335,000.
- The frog's messages of self-love, self-compassion and emotional well-being are topics that continue to be prevalent in the media and resonate with people around the globe.
- The frog's deadpan humor adds a refreshing 'no-nonsense' twist on the topic of positivity.
- The book contains over 40 beautiful hand-drawn watercolor illustrations.
- Similar illustrated Summersdale titles include:
 - *Doggie Language* (ISBN: 9781787837010)
 - *The Little Book of Pawsitivity* (ISBN: 9781800073432)

Summersdale
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1837991014
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Self-Help / Affirmations
SEL004000

6 in H | 4 in W

Summary

Globally loved, the little frog is the creation of Maybell Eequay and appears in this charming book of uplifting affirmations and empowering life lessons

Hop into this uplifting little book, filled with positive affirmations on self-love and empowerment, as told by the internet's most fashionable frog

"Don't forget about the subtle magic that is happening all around you every day"

Meet the little frog! With its mushroom hat and endless collection of fabulous footwear, this adorable amphibian is here to be your new best friend. Whether you need an emotional boost, some friendly encouragement or an honest view on the world, the little frog will be your guide.

Created by the California-based artist Maybell Eequay, this book is a perfect compassionate gift for yourself or others. Inside you will find:

- Over 40 hand-drawn illustrations of the little frog
- Beautiful life lessons and empowering reminders that it's okay to be gentle with yourself and to feel your feelings
- A humorous, no-nonsense approach to positivity

These illustrations will fill your heart with love for yourself and others, and remind you that it's brave and wonderful of you to exist!

Contributor Bio

Maybell Eequay is an Oakland-based artist who works in many different mediums. Born and raised in the breathtaking St. Croix River Valley, Maybell draws a lot of inspiration from her childhood homelife as well as her love of vintage children's books and knickknacks. Growing up in a creative household and the daughter of two artists, Maybell has been making art since she was old enough to hold a pen. Today, she enjoys making art that has a vaguely nostalgic feel paired with tender messages and light humour.

Illustrations



Metallica All the Songs

The story behind every track

Benoît Clerc

Key Selling Points

- **SUCCESSFUL SERIES:** The latest title in an incredibly successful series by expert authors - over 150,000 sold in the US alone.
- **BESTSELLING ARTISTS:** Metallica's eponymous 5th album (1991) sold over 16 million copies in the States, making it the biggest album of the Soundscan era.
- **ROCK MEGASTARS:** They have sold over 125 million records worldwide.
- **PASSIONATE FANBASE:** They have 1.18 million official fans.
- **SOCIAL MEDIA FOLLOWING:** Twitter 6 million, Instagram 8 million.

Summary

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

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

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

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

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

Contributor Bio

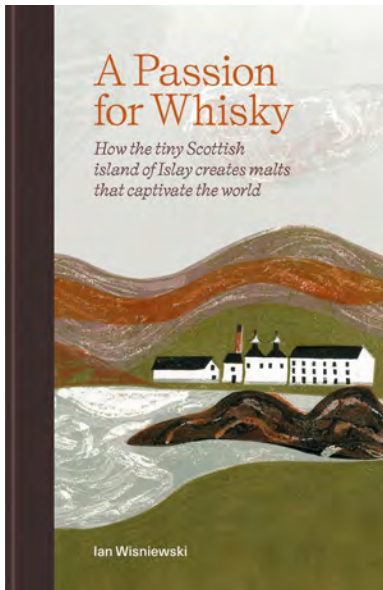
Author and composer Benoît Clerc has been a professional musician for over fifteen years. In addition to composing music for film and television, in 2018 Benoit formed his own production company, Tivoli Songs.

Illustrations



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Guides
MUS012000
10.9 in H | 8.4 in W



A Passion for Whisky

How the tiny Scottish island of Islay creates malts that captivate the world

Ian Wisniewski

Key Selling Points

- Islay itself is a recognized jewel in the Scotch whisky crown. While the island has a population of 3,228, its distillery Lagavulin attracts more than 27k visitors annually, and the annual Islay Malt Whisky Festival up to 20k. The Islay hashtag has nearly 900k hits on Instagram and Islay whisky more than 228k.
- Three new distilleries are set to open on Islay, testifying to increased demand.
- Comp titles include *101 Whiskies to Try Before You Die* (19k) Mitchell Beazley's *World Atlas of Whisky* (32k), and successful previous publishing on *Islay Peat, Smoke & Spirit / Whisky Island* (3k).

Summary

An addition to Mitchell Beazley's successful whisky-themed publishing, this is a must-have guide to the world-famous whiskies of Islay, explaining what makes them so special and profiling the growing number of talented distilleries.

"Ian Wisniewski is one of our foremost drinks writers. At once affectionate, knowledgeable and entertaining, this engaging book is essential reading for any fans of Islay whisky." - Charles Maclean

The Scottish island of Islay produces some of the world's most revered malt whiskies, and is described by the *New York Times* as the equivalent of Bordeaux for wine lovers. In *A Passion for Whisky* Ian Wisniewski explores the unique combination of tradition, innovation, climate and location, which create such superlative examples of Scotch whisky.

Individual profiles of Islay's 13 distilleries include tasting notes for selected malts that illustrate the incredible range of peated styles produced, together with a section on tasting techniques, making this an indispensable guide for Scotch whisky lovers. Whisky sales overtook vodka in the US in 2022 for the first time in two decades, with no small influence from Scotch whisky - the US imported £789.2 million in Scotch in 2021.

Contributor Bio

Ian Wisniewski is a food, drink and travel writer and broadcaster, specializing in spirits, particularly whisky and especially Scotch whisky. He is the author of three books on whisky, including *Classic Malt Whisky*, and contributes to various publications including *Whisky Magazine*, *Whisky Quarterly* and *Malt Whisky Yearbook*, and was a contributor to Michael Jackson's encyclopedic book, *Whisky*. He conducts tutored tastings and classes on whisky, and visits distilleries on a regular basis to learn more about the production process, which is one of his favorite subjects. He is a Master of the Quaich, the highest honor bestowed by the Keepers of the Quaich, Scotland's premier whisky society.

Illustrations

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9.3 in H | 6 in W



Farrow & Ball How to Redecorate

Transform your home with paint & paper

Joa Studholme, Charlotte Cosby

Key Selling Points

- The first edition of this book has sold more than 67k copies in the English language.
- As an established, internationally recognized brand, Farrow & Ball's products are sold at 1,744 locations throughout the world. They have 1.5m followers on Instagram and were bought by the Danish Hempel Group in 2021, with plans for even more expansive brand growth in the years to come.
- More than 80% of the book has changed since the first edition to embrace recent trends and decorating needs like how to decorate a home-working space.

Summary

An extensively revised edition of one of the bestselling interiors books of the last decade - from the internationally renowned paint company that keeps on growing.

The second edition of *Farrow & Ball: How to Decorate*, now titled *How to Redecorate*, brings the invaluable advice from the first edition right up to date in line with current trends, including catering for the home-working age. The book reflects the seismic shift in the way we decorate our homes that has taken place over the last decade, showcasing a wide range of living spaces, featuring everything from compact city apartments to roomier country residences.

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

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

Contributor Bio

Farrow & Ball (Author)

Paint pioneers John Farrow and Richard Ball founded their company in 1946. They met while working at a local clay pit and later went on to build their first factory in Dorset, southern England, where the company is still based. Farrow & Ball is now one of the world's leading home decorating brands, manufacturing decorative paint and wallpaper that transform homes around the globe. Farrow & Ball paint is distinguished for its depth of color and unique finish developed through the use of high levels of pigment, rich resin binders, and ingredients with a high refractory nature. In addition, its complementary wallpaper products are handcrafted using Farrow & Ball paint with traditional block and trough printing methods, creating a distinctive tactile texture. Farrow & Ball distributes its paints and papers to 70 countries worldwide, and there are more than 50 Farrow & Ball showrooms in the UK, Europe and North America, as well as over 1,500 independent retailers who support the brand.

Joa Studholme (Author)

Having joined Farrow & Ball more than 25 years ago, Joa Studholme has amassed a vast wealth of experience. From developing new colors to consulting on design projects, Joa works with the paints and papers every day on both residential and commercial projects and chooses colors for more than 4,500 rooms a year. A self-confessed "colour geek", her passion for interior design and color means her own

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ARC007000

9.4 in H | 9 in W

House & Garden A Year in the Kitchen

Seasonal recipes for everyday pleasure

Blanche Vaughan

Key Selling Points

- Chef contributors to the book include Sybil Kapoor, Asma Khan, Trine Hahnemann, Claudia Roden and Georgio Locatelli
- Seasonality is becoming much more of a significant factor in the life of a home cook, including as a result of international lockdowns
- This book sits squarely within the genre of Skye McAlpine's *A Table with Friends*
- Blanche Vaughan has significant expertise in the food writing world, having worked at Moro, the River Café, and for the past six years as the Food Editor of *House & Garden*, with an array of influential contacts in this space

Summary

The first cookbook from Condé Nast's premier UK lifestyle magazine, *House & Garden*, with contributions from an array of well-known chefs and a wealth of gorgeous, aspirational imagery.

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

BLANCHE VAUGHAN

With more than 150 elegantly simple recipes, *Artichokes & Apple Blossom: Seasonal Recipes for Everyday Pleasure* is destined to become a kitchen classic.

Recipes include:

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

Contributor Bio

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

Illustrations



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Cooking / Seasonal
CKB077000
10.2 in H | 7.6 in W



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Hardcover Paper over boards

224 Pages
Print Run: 8K
Cooking / Beverages
CKB006000

8.5 in H | 6 in W

How to Make Better Cocktails

Cocktail techniques, pro-tips and recipes

Andrew Shannon, Sebastian Hamilton-Mudge, Natalia Garcia Bourke

Key Selling Points

- The modern design and combination of illustration and photography will make it an attractive package that could be self-purchase but also gift for any cocktail lover.
- Candra is collective of drinks industry professionals and educators, they run an engaging digital resource for anyone wanting to make better drinks with or without alcohol.
- Cocktail books are continuing to sell well, but there isn't much available that focuses on the fundamental techniques of cocktail making in a fun and engaging way. Many books do away with equipment explanations in a handful of pages, and merely suggest 'fresh is best' when it comes to ingredients. *Make Better Cocktails* will give this information the space it needs to enable readers to make the best possible drinks at home.
- Their Instagram audience is growing (+2k followers in 6 months) and they are well-connected in US.
- Seb and Natalia do a lot of consultancies in California but also globally. US and UK are key markets.

Summary

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

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

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

Contributor Bio

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

Sebastian Hamilton-Mudge (Author)

Seb began his career as a professional bartender. A respected expert, he worked with spirit brands, such as Plymouth Gin, Martell Cognac and Absolut Vodka to develop innovative cocktails and exciting ways to educate bartenders. During this time, he also consulted on bar operations across the UK, wrote an award-winning college course on professional bartending and opened his own, much-loved venue, Eight Bar and Kitchen. He eventually left the bar to travel the world as Global Brand Ambassador for Beefeater and Plymouth Gin, a prestigious role that kept him on the road for the next nine years.

Natalia Garcia Bourke (Author)

A former Brand Director for Mezcal El Silencio, Natalia is an accomplished creative innovator with a love for building brands. She has worked for Midleton, a world-leading Irish whiskey distillery and the home of award winning brands such as Jameson and Redbreast. Her roles took her from Europe to Mexico, and then back to

RHS Puzzles & Brain Teasers for Gardeners

Simon Akeroyd, Dr Gareth Moore

Key Selling Points

- Contains 100 puzzles to delight any gardener - the perfect gift.
- Backed by the authority of the RHS.
- Stylish flexi-bound format for portability and good looks.

Summary

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

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

Quizzes include:

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

Contributor Bio

Simon Akeroyd (Author)

Simon Akeroyd has written over 30 gardening books, including *RHS Gardener's Quiz & Puzzle Book* and the bestselling *RHS Allotment Handbook & Planner* (both published by Mitchell Beazley). Simon's most recent book is *RHS 50 Ways to Outsmart a Squirrel & Other Garden Pests*. He writes for national garden and lifestyle magazines and as producer and journalist for the BBC.

Simon was previously Gardens' Manager for the National Trust (with properties that include Agatha Christie's Greenway, Coletton Fishacre, Compton Castle, Bradley Manor and Polesden Lacey). He was also Garden Manager for the Royal Horticultural Society including Harlow Carr and RHS Garden Wisley. Apart from gardening he is also a keen beekeeper.

Dr Gareth Moore (Author)

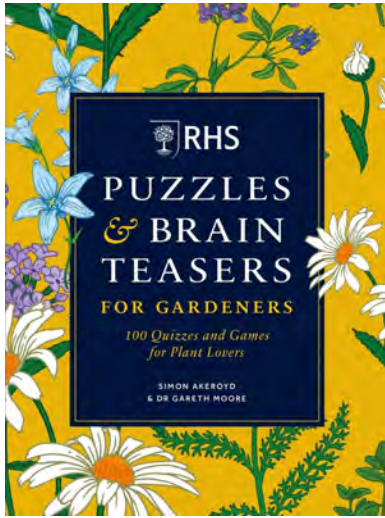
Puzzle setter **Dr Gareth Moore** has authored numerous bestselling books, including *The Ordnance Survey Puzzle Book* and *The Mindfulness Puzzle Book*. Dubbed 'Britain's King of Puzzles' by *The Sun*, his books have sold in excess of 5 million copies in English alone, and have been translated into over 35 languages.

drgarethmoore.com

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[Twitter.com/DrGarethMoore](https://twitter.com/DrGarethMoore)

Illustrations



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Flexibound

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GAR000000
9.1 in H | 6.7 in W



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352 Pages
Carton Qty: 14
Print Run: 3K
Biography & Autobiography
/ Personal Memoirs
BIO026000

9.4 in H | 6.4 in W | 1.5 in T | 1.4
lb Wt

Free Spirit

From barefoot in Brazil to the catwalks of New York – a memoir of a fabulous life

Tanya Sarne

Key Selling Points

- Comparison titles include *Daisy Jones and the Six* (124k TCM) and *Lady in Waiting: My Extraordinary Life in the Shadow of the Crown* (254k TCM in both hardback and paperback).
- Tanya Sarne has numerous influential contacts across fashion and film, including Alexandra Shulman, Sadie Frost, Cat Deeley, Lucinda Chambers, Bobby Gillespie and Sam McKnight.
- Based on Jennifer's Saunder's *Absolutely Fabulous* character along with her friend, Lynne Franks.
- Current celebrity fans of the Ghost brand include Holly Willoughby and the Duchess of Cambridge.

Summary

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

"I read *Free Spirit* all in one go as I literally couldn't put it down. Tanya Sarne's courage and resilience are utterly awe-inspiring. You could read no better book than this on the zeitgeist of London and Hollywood in the Sixties and Seventies and the fashion world of the Eighties and Nineties." Joanna Lumley

"Wherever it was at, Tanya seemed to be. This is an honest, amusing depiction of life as founder of Ghost, the British fashion brand much loved by woman of all shapes and ages. As well as navigating life through the Sixties and onwards, here is a story of a woman boss juggling motherhood, marriage, romance and every other thread of life's rich tapestry." Alexandra Shulman

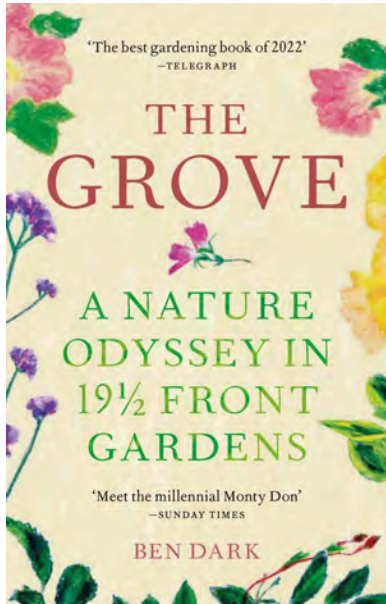
"Inspiring, intelligent, brave, plain spoken and wild, Tanya Sarne's memoir tells the story of a woman who is tirelessly optimistic, brilliantly pragmatic and fiercely true to herself. At once a fighter and a dreamer, she has overcome the challenges her personal and professional life have thrown at her with extraordinary tenacity, humor and grace." Susannah Frankel

"She just makes clothes that people like to wear" - Grace Coddington

Reading like a real-life *Daisy Jones and the Six*, Tanya Sarne's story is so much more than simply an account of incredible international fashion success (and excess). The child of refugee parents, her life ranged from the London of the Swinging Sixties to the glamour and darkness of Hollywood, to virtual destitution and abandonment with two small children in a Brazilian fishing village before she even dreamt of starting her own business. Hers is a tale of extraordinary resilience, of second and third chances capped by global fashion success as the founder of Ghost.

From busking with Andrew Loog Oldham before he managed the Rolling Stones, to being invited to stay with Sharon Tate the night of the Manson murders, to being (with her daughter and Lynne Franks) the inspiration for *Absolutely Fabulous*, Tanya is one of those people who seems to have fitted more into one life than most of us would fit into nine.

Above all though she is that still all too rare thing, a female entrepreneur who achieved true global success solely as a result of her own hard work and talent and entirely on



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GAR002000

7.7 in H | 5 in W | 1 in T | 0.7 lb
Wt

The Grove

A Nature Odyssey in 19 ½ Front Gardens

Ben Dark

Key Selling Points

- A personal and passionate narrative nature memoir, which will appeal to fans of *Underland* by Robert Macfarlane (more than 75,000 copies sold via TCM) and *The Shepherd's Life* by James Rebanks (267,000 copies sold via TCM)
- Author is a rising star of the horticultural world. He is well-connected in garden media circles and fully supportive of publicity for the book
- Ben Dark hosts podcast *The Garden Log*, which has a rapidly-growing fan base. 'Ben Dark describes what he has been up to during the week in mellifluous tones that soothe as well as inform' - Jane Perrone, *Financial Times*

Summary

The first non-fiction book from an award-winning new voice, hailed by *Gardeners' World* magazine as 'the millennial Monty'

"The best gardening book of 2022." *The Telegraph*

"A book to make even a quick trip to the corner shop endlessly fascinating. Dark has been dubbed the millennial Monty Don for this beautifully written study of the oft-overlooked nature on our doorsteps...Dark teases the drama, humor and history from even the most commonplace buddleja, box and tulip." *George Hudson, Evening Standard, Favourite Gardening Books of the Year*

"This enjoyable read throws a spotlight on the everyday." Rachel de Thame's 10 Best Gardening Books of 2022, the *Sunday Times*

"Gardening for a billionaire taught Ben Dark that "plants alone are not enough to make a garden special". Instead he finds "special" in the people and the history, as well as the plants, that fill 19½ London front gardens. A soulful read." Tom Howard, *RHS The Garden, Best Books of The Year*

"A wonderful book." Alexandra Shulman, *Mail on Sunday*

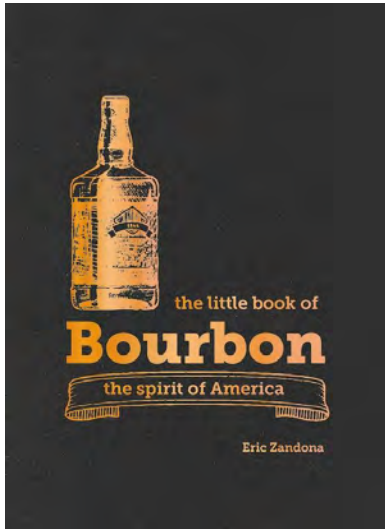
"Meet the millennial Monty Don." *The Sunday Times Style*

"Ben Dark's beautifully observed book, *The Grove: A Nature Odyssey in 19 ½ Front Gardens*, tells the stories of 20 key plants growing in a single London street's front gardens in a way that's as engaging as it is informative." *The Irish Times*

Any walk is an odyssey when we connect with the plants around us. Each tree or flower tells a tale. Mundane 'suburban' shrubs speak of war and poetry, of money, fashion, love and failure. Every species in this book was seen from one pavement over twelve months and there is little here that could not be found on any road in any town, but they reveal stories of such weirdness, drama, passion and humor that, once discovered, familiar neighborhoods will be changed forever.

There is a renewed interest in the nature on our doorsteps, as can be seen in the work of amateur botanists identifying wildflowers and chalking the names on the pavements.

But beyond the garden wall lies a wealth of cultivated plants, each with a unique tale to tell. In *The Grove*, award-winning writer and head gardener Ben Dark reveals the remarkable secrets of twenty commonly found species - including the rose, wisteria, buddleja, box and the tulip - encountered in the front gardens of one London street over the course of year.



The Little book of bourbon

The spirit of America

Eric Zandona

Key Selling Points

- Bourbon production is currently at its highest levels in 50 years, up 115% in the last five years
- Bourbon continues to rise in popularity. Spirits sales have been soaring in 2021, but bourbon has seen the biggest sales increase of all spirits in the US, holding 40% share of the whiskey subcategory
- Bourbon is the most popular, coveted, talked about spirit in America - deeply ingrained in the American culture and tangled in American history

Summary

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

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

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

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

Contributor Bio

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 Florida.

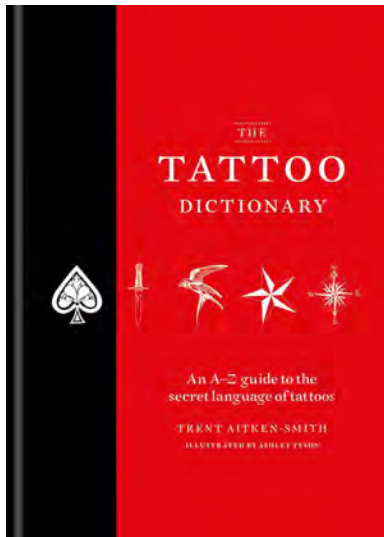
Twitter: @EZdrinking

Illustrations



Mitchell Beazley
 9781784729110
 1784729116
 Pub Date: 9/12/2023
 \$9.99/\$10.99 Can.
 Hardcover Paper over boards

96 Pages
 Print Run: 12K
 Cooking / Beverages
 CKB130000
 Series: Little Book of
 6 in H | 4.3 in W



The Tattoo Dictionary

Trent Aitken-Smith

Key Selling Points

- There has been a huge surge in the popularity of tattoos - now 20% of people in the US have a tattoo (up from 14% in 2008).
- Tattoo-related publishing has increased, with new titles selling in large numbers.
- The beautiful, high-spec package, at an affordable price, makes this book the perfect gift.

Summary

An essential A-Z guide to the secret language of tattoos.

Discover the true meanings behind over 200 popular tattoos with this comprehensive book, illustrated with over 100 tattoo designs.

From sailors' swallows and Mexican skulls to prisoners' barbed wire and intricate Maori patterns, tattoos have been used as a means of communication by cultures all over the world for thousands of years.

Through meticulous research, *The Tattoo Dictionary* uncovers the history of the most popular symbols in tattoo history, revealing their hidden meanings and the long-forgotten stories behind them in this beautifully packaged book.

Contributor Bio

Trent Aitken-Smith is an international tattoo journalist and editor of *Tattoo Master* magazine. He has written features and interviews for various international publications including *Skin Deep*, *Tattoo Master*, *PRICK*, *Xalt* and *Pinstriping & Kustom Graphics*.

Ashley Tyson is a tattoo artist at the award-winning Xotica studio in London.

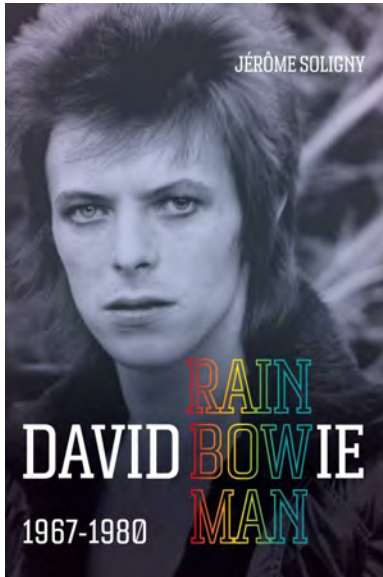
Illustrations



Mitchell Beazley
9781784729172
1784729175
Pub Date: 10/3/2023
\$20.00/\$22.00 Can.
Hardcover

256 Pages
Carton Qty: 10
Print Run: 6K
Art / Body Art & Tattooing
ART055000

8.3 in H | 6 in W



David Bowie Rainbowman

1967-1980

Jerome Soligny, Tony Visconti, Jonathan Barnbrook

Key Selling Points

- **TOTALLY COMPREHENSIVE:** At 290,000 words and drawing on over 150 interviews, this book is an incredibly detailed account of Bowie's music unlike anything else on the market
- **INCREDIBLY AUTHORITATIVE:** The book draws on interviews with some of the most significant people in David Bowie's life and huge figures in the music industry. The author, Jérôme, was the only journalist Bowie would talk to in France and exchanged many emails with him over 25 years of friendship. He was made Chevalier des Arts et des Lettres in 2019
- **50th ANNIVERSARY OF ALADDIN SANE:** *David Bowie Rainbow Man* will publish in 2023, the year of the 50th anniversary of the release of 'Aladdin Sane'
- **COVER DESIGN:** The cover was designed by Jonathan Barnbrook, who designed quite a few of David Bowie's album artworks, including the last, *Blackstar*
- In the week after Bowie's death, US sales increased by 5000% with over 300,000 pure album sales
- In 2022, Bowie's music catalog sold to Warner for \$250 million

Monoray
9781800960633
1800960638
Pub Date: 9/5/2023
\$39.99/\$43.99 Can.
Hardcover

704 Pages
Carton Qty: 6
Print Run: 50K
Biography & Autobiography
/ Music
BIO004000
9.3 in H | 6 in W

Summary

The most authoritative work on the creation of Bowie's music ever published

"This is a book unlike any other, the definitive analysis of David's music, told in a quiet natural way, but with absolute authenticity, by the people around him" - **Hermione Farthingale**

"Jérôme Soligny is one of the best authorities in the world of David Bowie's career and life in general... His new biography *Rainbowman* is a thorough and honest account of the great man." - **Tony Visconti**

"Jérôme is a guy who is still aware that popular music is an art form and not a money suppository. He writes from the heart and is one of the last exemplars of a dying breed. The critic, armed with intelligence and brute compulsive honesty, as dangerous as a river." - **Iggy Pop**

"Not long ago, Jérôme told me something that I find very true: 'David played saxophone, guitar, a bit of keyboards, but above all, he played... musicians!' I think he was right on the money." - **Mike Garson**

"This is a book unlike any other, the definitive analysis of David's music, told in a quiet natural way, but with absolute authenticity, by the people around him" - **Hermione Farthingale**

"Jérôme Soligny is one of the best authorities in the world of David Bowie's career and life in general... His new biography *Rainbowman* is a thorough and honest account of the great man." - **Tony Visconti**

"Jérôme is a guy who is still aware that popular music is an art form and not a money suppository. He writes from the heart and is one of the last exemplars of a dying breed. The critic, armed with intelligence and brute compulsive honesty, as dangerous as a river." - **Iggy Pop**

"Not long ago, Jérôme told me something that I find very true: 'David played saxophone, guitar, a bit of keyboards, but above all, he played... musicians!' I think he was right on the money." - **Mike Garson**



Roast Figs, Sugar Snow

Food to warm the soul

Diana Henry, Nigel Slater

Key Selling Points

- A reissue of a little-known Diana Henry gem. This is one of her earlier books that many later Diana fans would not yet possess
- Photography by Jason Lowe, a twice-winner of the Glenfiddich Award for food photography
- Diana Henry's books have sold over 950,000 copies worldwide
- Diana has 119k followers on Instagram and over 42k followers on Twitter

Summary

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

A new edition of the hidden gem at the heart of Diana Henry's extraordinary cookbook repertoire

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

Recipes include:

- Georgian Cheese Pies
- Salad of Smoked Duck with Farro, Red Chicory and Pomegranates
- Pumpkin Tarts with Spinach and Gorgonzola
- Vermont Baked Beans
- Roast Pork with Black Pudding, Apple and Mustard Sauce
- Melting Leg of Lamb with Juniper
- Dublin Coddle
- Snow Biscuits
- Skier's Chocolate with Bugnes
- Roast Figs and Plums in Vodka with Cardamom Cream

Contributor Bio

Diana Henry is one of the UK's best-loved food writers with book sales of more than 950,000 copies worldwide. She has regular columns in the *Sunday Telegraph* and *Waitrose Weekend*, her work has appeared in *BBC Good Food*, *House & Garden*, *Delicious* and beyond, and her broadcast appearances include BBC Radio 4. Diana has won numerous awards for her journalism and books, including Cookery Journalist of the Year and Cookbook of the Year from the Guild of Food Writers; Cookery Writer of the Year and Cookery Book of the Year at the Fortnum & Mason Food and Drink Awards; Food Book of the Year at the André Simon Food & Drink Book Awards; and a James Beard award. Her last four books - *A Bird in the Hand*, *Simple*, *How to Eat a Peach* and *From the Oven to the Table* - were all instant Top 10 Bestsellers.

www.dianahenry.co.uk

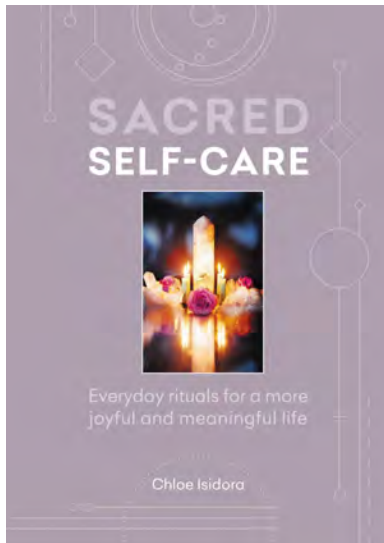
Instagram: @dianahenryfood

Twitter: @dianahenryfood

Illustrations

Aster
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1783255765
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Hardcover Paper over boards

208 Pages
Print Run: 8K
Cooking / Regional & Ethnic
CKB031000
9.8 in H | 7.5 in W



Sacred Self-care

Everyday rituals for a more joyful and meaningful life

Chloe Isidora

Key Selling Points

- Self-care is one of the leading wellness trends and shows no sign of petering out
- Shamanism and spirituality are becoming increasingly popular and mainstream
- Learn how to create a sacred space, hold a ceremony and weave ritual into everyday life

Summary

Ceremonies and rituals to ease the mind, connect to the heart and honor the moment.

During the average day, most people's time is consumed by thinking "I need to do this. Can't forget that. How did I come across? What did that person think of me? Why are they acting like that?" Our endless thoughts can run havoc and often cause a state of stress and anxiety - the mind can be a very useful and brilliant tool, but when we slip into unhelpful thought patterns, with the same story going around and around on repeat, it's exhausting.

In *Sacred Self-Care*, Chloe Isidora offers an antidote with ceremonies and rituals that ease the mind and connect you to your heart space. Rituals can range from the smallest act, such as lighting a candle or blessing your food, to a ceremony involving many people singing and dancing. These processes encourage you to slow down, to honor the moment and to connect to something greater than yourself.

Learn how to create a sacred space, hold a ceremony and weave ritual into everyday life. Through practices suggested throughout the book, you will create opportunities throughout the day, week and year to experience reconnecting and receive your own inner guidance, recognizing the feeling of following your joy, just as Chloe herself has.

Contributor Bio

Chloe Isidora started her career as a fashion editor. After 10 years, she received a calling to make a radical life change. This took her to Peru, Chile, India, Brazil and the east and west coasts of America. Through this journey she has been initiated into Shamanism through the Four Winds Society, Crystalline Consciousness, Herbalism and has studied at the Oneness University. Chloe now works as a medium, Shamanic energy practitioner and womb healer, and has been featured in a number of publications such as Vogue, The Sunday Times, the Guardian and ES Magazine.

Illustrations



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1783255943
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Hardcover

192 Pages
Carton Qty: 10
Print Run: 5K
Self-Help / Personal Growth
SEL016000
8.3 in H | 6 in W



Aster
9781783255818
1783255811
Pub Date: 9/5/2023
\$18.99/\$20.99 Can.
Cards

50 Pages
Print Run: 6K
Gardening / Herbs
GAR009000
Series: -
6 in H | 4.5 in W

Healing Plants

50 botanical cards illustrated by the pioneering herbalist Elizabeth Blackwell

Chelsea Physic Garden

Key Selling Points

- Celebrating its 350 year anniversary, Chelsea Physic Garden is one of the oldest botanic gardens in the world.
- Beautifully illustrated with prints from *A Curious Herbal* by Elizabeth Blackwell, the pioneering herbalist of the 18th Century.
- Natural and herbal medicine has had a resurgence in popularity, as an alternative treatment to synthetic medicine.
- Easily accessible for preparing simple healing home remedies, using plants and herbs found in common gardens and hedgerows.

Summary

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

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

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

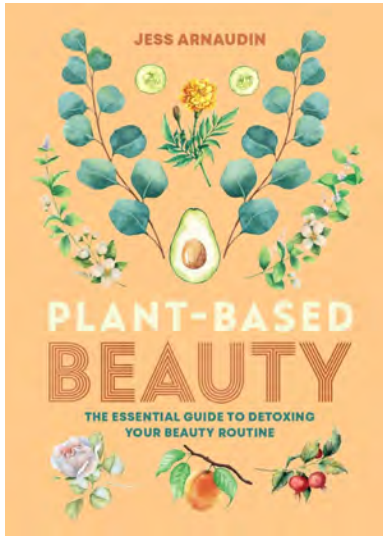
Contributor Bio

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

Chelseaphysicgarden.co.uk
[Instagram.com/chelsea_physic_garden](https://www.instagram.com/chelsea_physic_garden)
[Twitter.com/ChelsPhysicGdn](https://twitter.com/ChelsPhysicGdn)

Illustrations





Plant-Based Beauty

The Essential Guide to Detoxing Your Beauty Routine

Jess Arnaudin

Key Selling Points

- Pinterest has reported that searches for vegan beauty are up 281% since 2017.
- There are over 925 thousand hashtags for Vegan Beauty on Instagram.
- According to Mintel's Global New Products Database there has been a 175% increase in cruelty-free and vegan cosmetic products since 2013.
- In California, New York, Canada, and the European Union legislators and activists have all backed bans on the sale of beauty and personal care products that have been tested on animals.
- The total market for natural prestige beauty products (of which vegan is a category) was valued at £124 million in 2017 and accounts for 26% of prestige women's face skincare.

Summary

A conscious guide to plant-based beauty

The essential guide to detoxing your beauty routine.

Plant-based beauty is part of a growing global movement that is not just about the food we eat but the choices we make when it comes to what we wear and the beauty products we use. We are more aware than ever that our personal actions have an effect both on our own levels of wellness and the health of the world around us.

Plant-Based Beauty is a practical companion to your daily routine, helping you to truly understand the ingredients you are putting on your skin and replacing them with self-care rituals to look forward to.

Jess Arnaudin helps to de-code the language, myths and science surrounding natural ingredients and shares recipes and her favourite beauty foods as part of her philosophy of "Inside Out Beauty".

Contributor Bio

Jess Arnaudin is an expert skin therapist, organic beauty coach, eco-makeup artist and writer with 7+ years of experience in NYC 's beauty and wellness industry. Jess's articles on beauty have been featured in publications including *Chickpea Magazine*, *Buzzfeed*, *Inskin Magazine*, *Savor Life Magazine*, *Grace Belle*, and *New York Yoga + Life Magazine*.

Illustrations



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Health & Fitness / Beauty &
Grooming
HEA003000

8.3 in H | 6 in W



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Paperback

384 Pages
Print Run: 5K
Biography & Autobiography
/ Women
BIO022000

7.8 in H | 5 in W

Solo

What running across mountains taught me about life

Jenny Tough



Key Selling Points

- Jenny Tough has more than 55,000 followers across her social media platforms
- *Wild*, a comparative title, has sold over 1.7 million copies via BookScan in the US
- She is the first person to run across Kyrgyzstan in 2016, first person to run solo and unsupported across the Atlas Mountains in 2017, first female winner of the inaugural Atlas Mountain Race 2020 and the first woman to cross the finish line at the Silk Road Mountain Race 2021 (dubbed as one of the hardest bike races on earth). She is a brand ambassador for the following companies: Montane, Komoot, Apidura, Vivo, SPOT and DPS skis.

Summary

The incredible story of a six-continent journey of self-discovery

Jenny Tough is an endurance athlete who's best known for running and cycling in some of world's most challenging events - achieving accolades that are an inspiration to outdoor adventurers everywhere. But *SOLO* tells the story of a much more personal project: Jenny's quest to come to terms with feelings and emotions that were holding her back. Like runners at any level, she knew already that running made her feel better, and like so many of us, she knew that completing goals independently was empowering, too. So she set herself an audacious objective: to run - solo, unsupported, on her own - across mountain ranges on six continents, starting with one of the most remote locations on Earth in Kyrgyzstan.

SOLO chronicles Jenny's journey every step of the way across the Tien Shaw (Asia), the High Atlas (Africa), the Cordillera Oriental (South America), the Southern Alps (Oceania), the Canadian Rockies (North America) and the Transylvanian Alps (Europe), as she learns lessons in self-esteem, resilience, bravery and so much more.

What Jenny's story tells us most of all is that setting out to do things solo - whether the ambitious or the everyday - can be invigorating, encouraging and joyful. And her call to action to find strength, confidence and self-belief in everything we do will inspire and motivate.

Contributor Bio

Jenny Tough is an adventure traveller originally from **Canada**. She enjoys writing about her solo mountain expeditions and tales of world travel as a solo female. Jenny has been featured by *National Geographic*, *BBC Scotland*, *Women's Running*, *The Great Outdoors* and more. In 2020 she edited *Tough Women Adventure Stories*, published by Summersdale. When she's not exploring the mountains of the world, she lives in Scotland, and occasionally wherever she parks her adventure van.

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

[Youtube.com/channel/UCz19OCvmBVPT9m5kIm6hbYA](https://www.youtube.com/channel/UCz19OCvmBVPT9m5kIm6hbYA)

[Twitter.com/jennytough](https://twitter.com/jennytough)

[Facebook.com/jenniferjtough](https://www.facebook.com/jenniferjtough)

Things to do indoors: 100 Activities

Dawn Isaac

Key Selling Points

- Packed with games, projects, crafts and experiments for kids to enjoy inside the house.
- Things To Do Indoors is sure to get your kids away from the computer and provide hours of entertainment for the entire family.
- Card decks and non-book product continue to be popular in the gift market. This handy little tube provides 100 fun, easy and cheap ideas, all in one place, which will be invaluable to overstretched parents.

Summary

With 100 activities to inspire and excite when you're stuck inside, there's everything from simple and silly things to distract kids for ten minutes to crafts and experiments that will keep them entertained all afternoon.

"I'm bored" must be the most frightening words in a child's vocabulary, and how to keep kids entertained is something that keeps many of us awake at night. 100 Things to Do Indoors is a collection of games, activities, prompts and projects to keep little and not-so-little ones focused, busy and happy. From simple and silly things to distract them for ten minutes to crafts and experiments to keep them entertained for an afternoon, there's a boredom buster for everyone.

Pick a play prompt strip to give you all the inspiration you need whether you're a parent, a grandparent, a childcare worker or simply the one in charge of a child for a day! Not every activity will suit your day - or their mood - so just turn the stick over or choose another one from the pot.

If you don't know how to make rainbow crayons, a calming jar or bath paints, no problem. There's a handy booklet with all the instructions you'll need for all sorts of projects.

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

Embrace the indoors and ...

Get creative with slime, goop and bath bombs.

Channel your inner scientist with lava bottles, erupting volcanoes and magic drinks. Make a time capsule, have a Yes day, or build a tape town.

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

Have fun!

Contributor Bio

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

Illustrations



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Cards

50 Pages
Print Run: 6K
Ages 8 to 11, Grades 3 to 6
Juvenile Fiction / Sports &
Recreation
JUV032040
6 in H | 2 in W



Things to do outdoors: 100 Activities

Dawn Isaac

Key Selling Points

- Packed with games, projects, crafts, experiments and gardening inspiration for kids to enjoy outside.
- Things To Do Outdoors is sure to get your kids away from the computer and provide hours of entertainment for the entire family.
- Card decks and non-book product continue to be popular in the gift market. This handy little tube provides 100 fun, easy and cheap ideas, all in one place, which will be invaluable to overstretched parents.

Summary

With 100 activities to inspire and excite when you're out and about, there's everything from simple and silly things to distract kids for ten minutes to crafts and experiments that will keep them entertained all afternoon.

"I'm bored" must be the most frightening words in a child's vocabulary, and how to keep kids entertained is something that keeps many of us awake at night. 100 Things to Do Outdoors is a collection of games, activities, prompts and projects to keep little and not-so-little ones focused, busy and happy. From simple and silly things to distract them for ten minutes to crafts and experiments to keep them entertained for an afternoon, there's a boredom buster for everyone. Pick a play prompt strip to give you all the inspiration you need whether you're a parent, a grandparent, a childcare worker or simply the one in charge of a child for a day! Not every activity will suit your day - or their mood - so just turn the stick over or choose another one from the pot. If you don't know how to make moon sand, chalk paints or giant bubbles, no problem. There's a handy booklet with all the instructions you'll need for all sorts of projects.

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

Embrace the outdoors and ...

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

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

Have fun!

Contributor Bio

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

Illustrations

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Cards
50 Pages
Print Run: 6K
Ages 8 to 11, Grades 3 to 6
Juvenile Fiction / Sports &
Recreation
JUV032040
6 in H | 2 in W



Kyle Books
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Hardcover

256 Pages
Carton Qty: 22
Print Run: 3K
Biography & Autobiography
/ Personal Memoirs
BIO026000

9.3 in H | 5.3 in W

Dancing on Eggshells

John Whaite

Key Selling Points

- John appears regularly on television and radio in the UK and America, including on Channel 4's *Steph's Packed Lunch* and *Food Unwrapped*.
- John has an impressive and engaged social media presence with 303k followers on Instagram.
- The first live show of 2021 *Strictly Come Dancing*, on which John was a favorite contestant, had an average of 7.9 million viewers (mirror.co.uk).
- *Comfort: Food to Soothe the Soul* was chosen as Book of the Year by BBC Radio 4's *Food Programme*.

Summary

A fascinating memoir from the *Bake Off* Winner, BBC's *Strictly Come Dancing* Runner Up and popular TV Baker

Well-known as the third-series winner of *The Great British Bake Off* and runner up of *Strictly* in 2021 with his same-sex dancing partner Johannes Radebe, John Whaite's personal story is a complicated narrative that embraces coming out on *Bake Off*, his ongoing body dysmorphia and bulimia as well as mental health challenges and a changing relationship with his mother, particularly after the break-up of his parents marriage.

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

Contributor Bio

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

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

@john_whaite



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Hardcover Paper over boards

96 Pages
Print Run: 6K
Comics & Graphic Novels
/ Romance
CGN004090

8.5 in H | 6 in W

Disaster Dates & Lucky Escapes

Finding the one in the age of online dating

Tess Smith-Roberts

Key Selling Points

- Online dating is more popular than ever and has no signs of slowing - it's estimated that more than half of relationships will start online by 2035 (Sky News).
- Between 2015 and 2019, 32% of new couples met online (Statista), with 25 to 29-year-olds most likely to meet a partner on a dating app, according to YouGov, meaning dating stories - especially bad ones - are relatable for the target audience of gen-z/millennials of all genders, but mainly women.
- Since posting these comics on her Instagram, Tess has received countless comments of support, with plenty more bad date submissions from her followers, and the series has been featured in Stylist, It's Nice That, and The Lily.
- Tess's posts do very well, however these comics have consistently proved even more popular and regularly reach upwards of 6-10k likes.

Summary

Terrible but hilarious dating stories from the viral Instagram series, illustrated in a playful, colorful comic style

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

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

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

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

Contributor Bio

Tess Smith-Roberts is a freelance Illustrator based in South East London, originally from Norwich, who studied illustration at Kingston School of Art. She approaches her work with humor, bold shapes, and a playful use of color. With almost 185K Instagram followers, her varied clients include Comic Relief, TK Maxx, Apple, Bon Appetit, *New York Times*, *The New Yorker*, *Chilly's*, *Vogue*, *Medium*, Soho House to name but a few. She was inspired to create her popular series of dating comics after a string of bad dates, which by doing so and getting her followers to send in their own, provided a form of cathartic therapy.

Instagram: @tesssmithroberts (184k followers) <https://tesssmithroberts>.

Illustrations



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Cooking
CKB000000
9.9 in H | 7.6 in W

More Daily Veg

No fuss or frills, just great vegetarian food

Joe Woodhouse

Key Selling Points

- According to a study done by Vegetarian Times, 9.7 million Americans follow a vegetarian diet, with about one million of those being vegan. 59% of plant-based eaters in the United States are female, with 41% being male.
- A 2020 poll by Gallup found that 23% of adults in the U.S. claim they have reduced how much meat they consume.
- There has been a surge in popularity of veg boxes. Previously the trend was for organic, but now people are keen on staying healthy and supporting small, independent farms.
- Google trends reports a 50% increase in searches for 'vegetarian' in the past 5 years in the UK, and a 40% increase worldwide.
- 2 in 3 Americans have stopped or reduced their meat consumption over between 2015 and 2018 (Cambridge University Press).
- A meat-free diet is cheaper (Thinkmonkey).
- Joe has a loyal Instagram following of 55.5k followers.

Summary

Delicious food that just happens to have no meat or fish in it.

"I absolutely adore the food in this beautiful book." – Nigella Lawson on *Your Daily Veg*

"I really love Joe Woodhouse's food" – Nigella Lawson

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

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

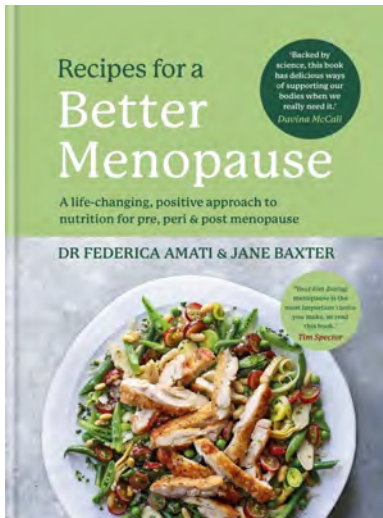
Grouped together by ingredient, the recipes follow a simple format of short ingredients lists and easy-to-follow instructions for making the most delicious food that just happens to have no meat or fish in it.

Contributor Bio

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

Illustrations



Recipes for a Better Menopause

A life-changing, positive approach to nutrition for pre, peri and post menopause

Dr. Federica Amati, Jane Baxter

Key Selling Points

- Recipes are backed by science to help long-term health
- Dr. Federica Amati is a registered nutritionist with a PHD in clinical medicine research
- Jane Baxter is a head chef of Wild Artichokes and a regular face to BBC Saturday Kitchen's 2 million viewers

Summary

A collection of delicious, science-backed recipes to help women combat symptoms of the menopause and boost their long-term health

'Federica is a brilliant scientist and a joy to work with. She is knowledgeable and enthusiastic about nutrition research and communicating evidence-based science in a clear and practical way'- Professor Tim Spector

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

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

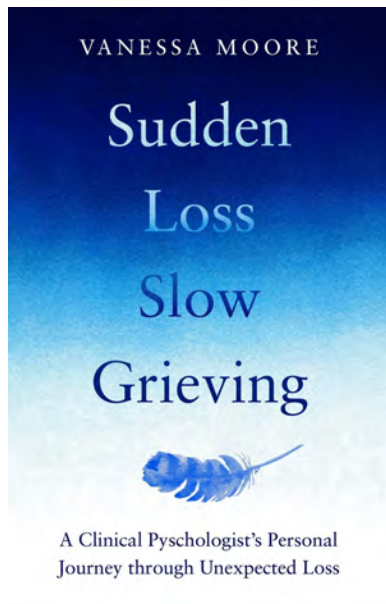
Contributor Bio

DR FEDERICA AMATI is a registered nutritionist with a PhD in clinical medicine research who specializes in achieving optimal nutrition through evidence based, personalized nutrition plans. Her research interests are in the Mediterranean Diet and women's health, the gut microbiome and mental health. She continues to lead on research projects in nutrition, public health and mental health with Imperial College London and the WHO Collaborating Centre for Education and Training. She is also a Senior Scientific Advisor for the NNedPro Global Centre for Nutrition and Health, ZOE Nutrition and NESTA. She is a contributing writer on many of Tim Spector's books and has strong working relationships with other well-known voices in this area including Liz Earle, Xander Van Tulleken and Alice Mackintosh. Dr Amati is a frequent podcast and talk guest as well as a contributing expert for several media outlets including *The Times*, *Financial Times*, *How to Spend It*, *Vogue*, *Marie Claire* and *Grazia*.
www.federicaamati.com @dr.fed.amati

JANE BAXTER is the head chef and co-owner of Wild Artichokes, Kingsbridge, Devon. She is a well-respected head chef, newspaper columnist, cookbook author and TV personality. She has been a regular face to BBC Saturday Kitchen's 2 million viewers for 4 years. Most recent appearance being 3rd September 2022. She began her career in cookery at 'Riverside' in Helford under George Perry-Smith, then she worked under Joyce Molyneux at 'The Carved Angel' in Dartmouth which then led to her time at The River Café in London. From there Jane went 'off-piste' to live and work in the South Pacific for 7 years. On her return she started working for 'Riverford', setting-up the acclaimed Field Kitchen which led to her writing two Riverford Farm Cookbooks gaining two 'Guild of Food Writers' awards. Her recipes have featured in The Guardian since

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304 Pages
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Family & Relationships / Death,
Grief, Bereavement
FAM014000
7.8 in H | 5 in W

Sudden Loss Slow Grieving

Vanessa Moore

Key Selling Points

- A study done by Amerispeak found that 57% of Americans are grieving the loss of someone close to them over the last three years
- For those who have suffered loss and are looking to read something that engages with the pain they feel and readers interested in psychology

Summary

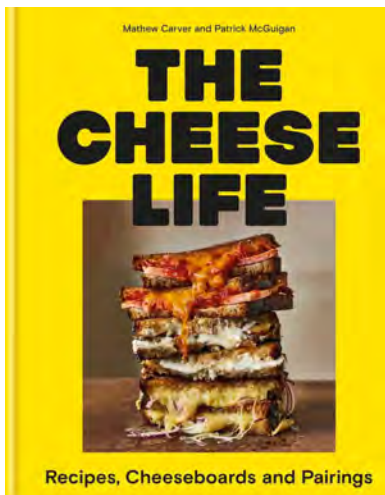
A heartbreaking grief memoir, *One Thousand Days and One Cup of Tea* uncovers the process of healing from a personal and psychological view, written by a bereaved clinical psychologist

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

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

Contributor Bio

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



The Cheese Life

Recipes, Cheeseboards and Pairings

Mathew Carver, Patrick McGuigan

Key Selling Points

- The Cheese Bar is an emerging brand with a strong digital following and dedicated fan base
- On Instagram @thecheesebarldn has 68.8k followers and @thecheesetruck has 20k
- The Cheese Bar are opening a fourth London restaurant in 2023 and one in Berlin in 2024
- The Cheese Bar has received enthusiastic press coverage, including from the *Financial Times*, *Independent*, *Evening Standard* and *Guardian*
- The book will be comprehensive in scope, packed with information, recipes and ideas
- US cheese consumption grew 3% in 2021, and the top food-related search on Google in 2022 was baked feta pasta (The Future of Cheese Market Report 2022)
- In 2022 Aldi launched a new artisan cheese brand to met the rising demand for speciality cheese

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Cooking / Specific Ingredients
CKB096000
9.8 in H | 7.5 in W

Summary

A fun and comprehensive introduction to the cheese life, including mouth-watering recipes, creative pairings and expert insight.

As a new wave of artisan cheese appreciation sweeps the globe, *The Cheese Life* is a must-have companion for any cheese lover. With gloriously gooey recipes, perfectly put-together cheeseboards and mouth-watering flavor pairings, this is everything you need to live the cheese life.

The book begins with an introduction to the wonderful world of cheese, and how to buy, taste and cook with it, followed by over 50 recipes divided into Grill, Melt, Bake and Grate. From Baked Feta with Stewed Peppers & Honey to a Grilled Brie & Mushroom Sandwich, the recipes are creative, indulgent and let the quality and flavor of the cheese shine through. A final section explores the art of the cheeseboard, featuring 5 thematic cheeseboard suggestions, recipes for perfect accompaniments and a simple guide to drink pairing.

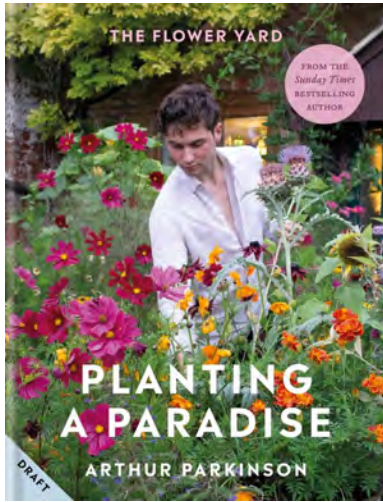
Interspersed throughout the book are handy profiles for all key varieties, from mozzarella to halloumi, and nuggets of cheesy wisdom, including what to do with leftover rinds, the importance of temperature and how to store and slice your cheeses.

Contributor Bio

Mathew Carver founded The Cheese Truck in 2014 after a brief 'research' trip across the States. Since then, he's become a well-respected and vocal advocate of British cheese, judging at the World Cheese Awards since 2017, the British Cheese Awards and Young Cheesemonger of the Year. He has three restaurants in London – The Cheese Bar, Pick & Cheese and The Cheese Barge. Patrick McGuigan has written about cheese for publications including the *Telegraph*, *The Financial Times* and *delicious*. His first book, *The Philosophy of Cheese*, was published by the British Library in 2020.

Illustrations





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Gardening / Container
GAR001000

9.6 in H | 6.5 in W

The Flower Yard

Planting a paradise

Arthur Parkinson

Key Selling Points

- Through the pandemic gardening grew by leaps and bounds, with no sign of slowing down, thanks to working from home, strong home sales and sustained interest in gardening itself.
- Experts say people increasingly want to connect with nature, not just by simply gardening, but also enhancing their outdoor spaces to enrich their everyday lives and encourage biodiversity.
- Arthur is a popular figure on Instagram with 93.6k followers
- Plants included in the book are suitable for growing in containers. Arthur Parkinson will also deal with the issue of plants getting pot bound, and the compost becoming depleted of nutrients – there will be advice on top dressing (adding compost to the top of pots) and feeding plants, including making your own feed.

Summary

An inspirational companion to *The Flower Yard*, a *Sunday Times* bestseller, arranged seasonally, with tips, hints and advice on growing flamboyant flowers sustainably in containers.

"Simply gorgeous" – Nigel Slater on *The Flower Yard*

"The Kew-trained king of the small-space garden" – the *Guardian* on *The Flower Yard*

Sumptuous, beautiful and packed with refreshingly down-to-earth advice, Arthur Parkinson's new book focuses on dramatic but easy-to-grow floral plants that will turn your garden into a perfumed, sustainable paradise, teeming with wildlife and alive with the sound of songbirds. Arranged seasonally, it includes sowing tips and propagating hints, plus advice on planning and keeping track of what is happening in your garden.

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

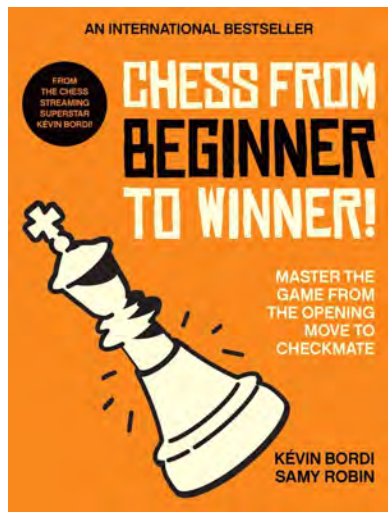
Arthur also looks at drought-tolerant flowering herbs for sun baked patios and balconies, striking perennial shrubs for winter structure, seeds that can simply be scattered about directly and grown with reasonable neglect to ferns for shady doorstep pots and scented leaf pelargoniums that then become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

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

Contributor Bio

Arthur Parkinson trained at Kew Gardens. After graduating he went to work for Sarah Raven at her farm in East Sussex and, in 2017, assisted her in creating a garden at the Chelsea Flower Show. Arthur has also created an urban cut-flower garden at the Emma Bridgewater factory in Stoke-on-Trent to great acclaim and published a book based on his work there, which was Joanna Lumley's 'book of the year'. In spring 2018, Arthur was named as one of the UK's young gardening stars by *Architectural Digest* and has since been featured alongside his photography in *Gardens Illustrated*, *The English Garden*, *Gardenista*, the *Guardian* and the *Financial Times*.

Illustrations



Chess from beginner to winner!

Master the game from the opening move to checkmate

Kévin Bordi, Samy Robin

Key Selling Points

- The French version of this title *Gagner aux échecs* (published May 2021) is the #1 best-selling book on Amazon.fr about chess.
- Kévin Bordi is the creator of Blitzstream, France's #1 chess website.
- More than 450 annotated illustrations.
- Simple and easy-to-follow.

Summary

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

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Games & Activities / Chess
GAM001030
9.2 in H | 6 in W

Want to learn chess? Not sure where to start?

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

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

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

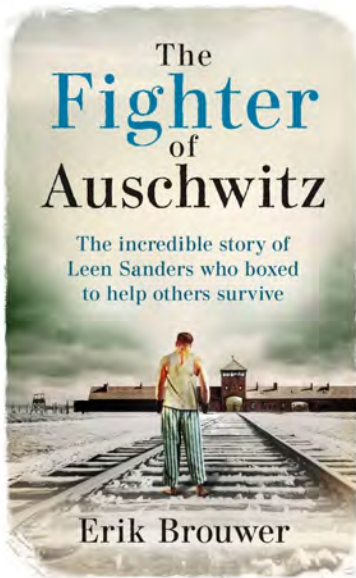
Contributor Bio

Kévin Bordi is the creator of the website Blitzstream on YouTube and Twitch, the number one chess website in France.

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

Illustrations





The Fighter of Auschwitz

The incredible true story of Leen Sanders who boxed to help others survive

Erik Brouwer

Key Selling Points

- The Tattoist of Auschwitz has sold over 1.1 million copies in the US alone.
- A popular HBO film featured another Nazi camp boxer (Harry Haft). However, he wasn't in the main Auschwitz Camp whereas Leen was throughout.
- A statue of Leen was unveiled in The Netherlands where he is known as 'The God of Auschwitz'.

Summary

The story of Dutch boxer Leen Sanders who was spared to entertain the Nazi guards and helped others survive Auschwitz.

'He had the dream again last night... He taps the gloves of his unbeaten Polish opponent. There are rumours that the loser will be sent to the gas chamber.'

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

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

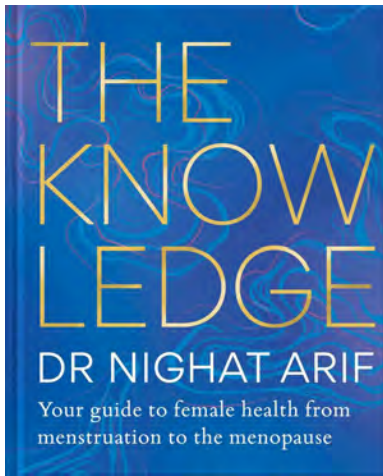
A story of astonishing resilience and compassion, *The Fighter of Auschwitz* is a testament to the endurance of humanity in the face of extraordinary evil.

Contributor Bio

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

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History / Modern
HIS043000
7.8 in H | 5 in W



The Knowledge

Your guide to female health – from menstruation to the menopause

Dr. Nighat Arif

Key Selling Points

- Dr Nighat is a rising star in female health, reaching the core health market. She also speaks Urdu and Punjabi and has done copious work making space for BAME communities in medicine, meaning she can reach underserved communities and pave the way for broader representation in medical fields
- Dr Nighat has an incredibly strong mainstream media presence, appearing on the BBC's Food Truth or Scare, BBC Breakfast, ITV'S This Morning and BBC LookEast. She hosts her own Sunday Breakfast show on BBC3 Counties Radio, and regularly appears on TimesRadio, Talk Radio, BBC Radio 5 Live, BBC Asian Network and BBC Berkshire. She was also a contributor on the Channel 4 documentary 'Davina McCall: Sex, Lies and the Menopause'
- Dr Nighat has a following of over 250k across all her social media platforms

Summary

An inclusive women's health guide from female GP, women's health specialist, broadcaster and advocate for underserved communities Dr Nighat Arif

THE ESSENTIAL WOMEN'S HEALTH BIBLE

Celebrated GP Dr Nighat Arif brings women's health to the forefront in this extensive guidebook designed to help everyone better understand each of the three key stages of a woman's life: the puberty years, the fertility years and the peri/menopausal years. Every step of the way, Dr Nighat will help you get to know the female body by explaining what is normal, what to expect, how to care for yourself and when to seek help. This book tackles many important topics: from the help available for people with conditions like endometriosis and polycystic ovary syndrome to the symptoms of heart disease to look out for in women.

The Knowledge is for everyone - and this book encompasses all experiences, including the perspectives of women of color, people of all abilities and cultures, and the transgender community to ensure that all groups affected by female health concerns are a part of vital conversations.

This is a life-saving book for all genders, ages and communities. From the young preteen hoping to understand their first period, to the couple experiencing fertility issues, to the single father raising teenage daughters, to the person unknowingly experiencing early signs of gynaecological cancer: this book is an indispensable asset for us all.

Contributor Bio

Dr Nighat is a GP specialising in women's health and family planning with over 16 years of experience in the NHS and private practice. She is based in Buckinghamshire and is able to consult fluently with patients in Urdu and Punjabi. Dr Nighat is a medical educator and provides teaching to local trainee GPs as well as at national and international conferences. Dr Nighat was nominated for the National Bevan Prize for Health and Wellbeing to acknowledge her exceptional commitment to advancing wellbeing in her community. Dr Nighat has worked to raise awareness on menopause and women's healthcare in Black and Asian women, she presented her clinical work at the 'Menopause in the Workplace' Parliamentary committee hearing. She has also worked with Team Halo, a United Nation (UN) initiative to bring an end to the pandemic and presented at the G7 Global Vaccine Confidence Summit that led to her being awarded an Honorary Doctorate Degree in Science at London City University for Women's Health, Public Health and Inclusion.

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Medical / Nursing
MED058120

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The Night Sky

An astronomer's guide to the night sky and the universe

Heather Couper, Nigel Henbest

Key Selling Points

- Practical and gift format (198 x 126mm)
- Perfect companion for beginners and seasoned astronomers and star gazers alike
- A comprehensive handbook to the planets, stars and constellations - discover fascinating celestial facts and notable astronomical anniversaries

Summary

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

Discover the wonders of the Universe with this indispensable guide. *The Night Sky* is chock full of information explaining what, when and how to observe space and understanding the night sky.

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

Contributor Bio

Heather Couper (Author)

Heather Couper is a past President of both the British Astronomical Association and the Society for Popular Astronomy. She is a Fellow of the Royal Astronomical Society and the Institute of Physics, and a former Millennium Commissioner, for which she was awarded the CBE in 2007.

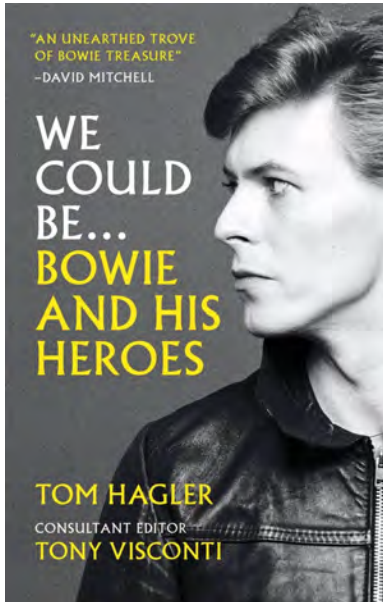
Nigel Henbest (Author)

After researching at Cambridge, Professor Nigel Henbest was appointed consultant to both *New Scientist* magazine and the Royal Greenwich Observatory. He is a future astronaut with Virgin Galactic. The author has written over fifty books on astronomy and space, as well as presenting/producing dozens of radio and TV programmes for the international market.

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Science / Space Science
SCI004000

8 in H | 5.1 in W



We Could Be

Bowie and his Heroes

Tom Hagler, Tony Visconti

Key Selling Points

- **BOWIE INSIDER:** Bowie's long-time producer Tony Visconti is the book's consultant editor and source of many of the anecdotes, offering a view from inside the star's inner circle
- **STRONG AUTHOR:** Author is a BBC radio presenter with strong contacts across the media - has previously worked for *The Sunday Times* and *Sunday Telegraph* and has written extensively for the *Daily Mail*, the *Daily Mirror* and *The Sun*

Summary

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

With consultant editor Tony Visconti

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

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

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

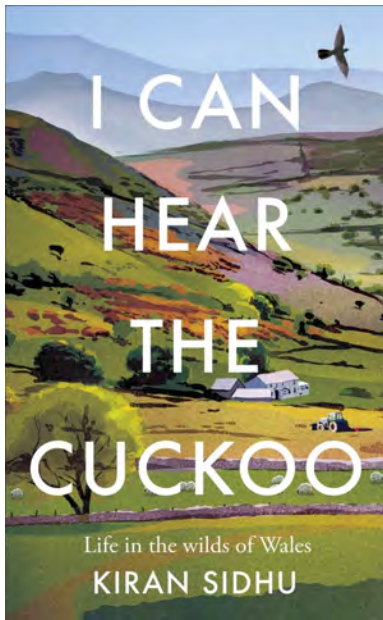
Exhaustively researched from thousands of sources by BBC reporter and Bowie obsessive Tom Hagler - with the guidance and memories of Bowie's long-time producer Tony Visconti - *We Could Be* is fascinating, comic, compelling, and a history of Bowie unlike any that has come before.

Contributor Bio

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

Cassell
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Paperback

400 Pages
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Biography & Autobiography
/ Music
BIO004000
7.8 in H | 5 in W



I Can Hear the Cuckoo

Life in the Wilds of Wales

Kiran Sidhu

Key Selling Points

- The profile Kiran wrote on her farmer friend Wilf was the 13th most read/shared article in the Guardian in 2021, with over 1.88 million page views. Kiran's second article on Wilf, where she talks about their friendship, was also in the top 20.
- *The Guardian* have already expressed interest in featuring the book when it's published.
- Kiran is a very talented writer with an incredible personal story to tell, and her perspective as a British-Asian in an overwhelmingly white community in a rural space (which is traditionally less welcoming) feels really important.
- The Welsh Valley location is a really lovely hook - and we've found this strong sense of place is really beneficial for these kind of nature memoirs (eg, Yorkshire Shepherdess, James Rebanks' *Shepherd's Life: A Tale of the Lake District*)
- The book will sit alongside other nature-themed memoirs with a community element such as *I Am An Island* (18k, ST bestseller), *Dark, Salt, Clear* (10k TCM) and *I Belong Here* (5.5k HB, PB to come) with the lessons from nature like *The Wild Remedy* (22k).
- Kiran's nature writing is tender, beautiful, compelling - yet really accessible. We'll definitely be putting the book forward for prizes, including the Wainwright.
- **The New Yorker have bought the rights to the film**, and is on their website and YouTube. They will also be licensing it to other countries and The New Yorker will be the distributor

Summary

One woman's journey to the Welsh Valley, and how she heals a fractured past and discovers a sense of belonging through the community she finds there

Heart Valley, based on Wilf the farmer and written and co-produced by Kiran Sidhu, won Best Documentary Short Film at Tribeca Film Festival 2022

After Kiran loses her mother, she escapes to the Welsh countryside - to allow herself to grieve away from turbulent city life in London, to leave her toxic family behind, and to find solace in the purity of the natural world.

She openly wonders, 'what's a brown city girl like me doing in the Welsh countryside?', but she quickly discovers a sense of belonging in the small, close-knit community she finds there; her neighbour Sarah, who teaches her how to sledge when the winter snow arrives; Jane, a 70-year-old woman who lives at the top of a mountain with three dogs and four alpacas with an inspiring attitude for life; and Wilf, the farmer who eats the same supper every day, and taught Kiran that the cuckoo arrives in April and leaves in July.

I Can Hear the Cuckoo is a tender, philosophical memoir about the beauty of a microscopic life, the value of solitariness, and respecting the rhythm and timing of the earth. This is a reflective book about finding friendship in the most unexpected places -and what nature and a small community in the Welsh Valleys can teach us about life.

A short film about Kiran's profile on Wilf was created by Pulse Films called *Heart Valley*, and Kiran is credited as writer and co-producer. The film won Best Documentary Short Film at Tribeca Film Festival 2022, beating over 7,000 submissions and 20 finalists. It's being shown on BBC Wales at the end of July '22 and will be on iPlayer for a year.

Contributor Bio

Kiran Sidhu is a freelance journalist and has written features, lifestyle and opinion pieces for the *Guardian*, *Observer*, *Telegraph*, *The i Paper*, *The Independent*, *Metro*,

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Nature
NAT000000

8.8 in H | 5.8 in W | 1 lb Wt



Little book of Tarot

Sara Johnson

Key Selling Points

- The internationally bestselling Little Book series explores key wellness ideas and disciplines in an accessible way for general readers. Each book offers simple tools, exercises and advice on how to build a happier, healthier and more fulfilled life.
- Tarot and spell-casting are both popular trends in spiritual practice - *The Little Book of Tarot* teaches you how to use your tarot cards for your personal growth
- The renaissance of the modern tarot movement doesn't seem to be dwindling. Young tarot enthusiasts and truth seekers are looking to the ancient art as a tool for self-care and empowerment

Summary

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

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

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

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

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 Body, Mind & Spirit / Divination
 OCC024000
 Series: Little Book of
 5.8 in H | 4.3 in W

Contributor Bio

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

Illustrations





The Little Book of Manifesting

Madeleine du Frayne

Key Selling Points

- The internationally bestselling Little Book series explores key wellness ideas and disciplines in an accessible way for general readers. Each book offers simple tools, exercises and advice on how to build a happier, healthier and more fulfilled life.
- Manifesting has seen a huge spike in interest on social media in the last couple of years, with the '#manifestation' tag having 15.3 billion views on TikTok and the same hashtag having over 7.5 million posts on Instagram.
- Manifesting and the law of attraction have always been popular topics within the MBS community with *The Secret* by Rhonda Byrne having sold over 35 million worldwide.

Summary

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

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

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

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

Contributor Bio

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

Illustrations



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Personal Growth
OCC019000
Series: Little Book of
5.8 in H | 4.3 in W



Find Your Focus

How to avoid distractions and improve your focus

Alison Davies

Key Selling Points

- Alison Davies is an experienced self-care author who has written for various commercial magazines and several lifestyle and gifting books.
- Lack of focus is a popular trend across books, blogs, podcasts and various platforms. As technology gets ever more instant and we become even more available at every minute of the day, the subject of setting focus and keeping concentration is increasingly popular.
- Steven Bartlett's Diary of a CEO podcast episode called 'How to Fix Your Focus & Stop Procrastinating' has had 110k views on YouTube in the last 9 months, while terms such as 'improve concentration', 'fix your focus' and 'stop procrastinating' throw up endless podcast episode suggestions. Alison Davies brings this practical subject to a more wellness and self-care focused consumer with a colorful, fun and engaging package.

Summary

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

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

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

Contributor Bio

Alison Davies is the author of over 35 books in the areas of self-help, natural health, folklore and magical arts. She also writes for several magazines including *Bella*, *Soul & Spirit*, *Your Fitness*, *Take a Break Fate and Fortune*, *Spirit and Destiny*, and also writes for the Express Yourself section of the *Daily Express*.

Illustrations



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Judy Hall's Complete Crystal Workshop

Judy Hall

Key Selling Points

- Features practical, interactive exercises and meditations, tying into the enormous popularity of mind, body, spirit workshops available worldwide.
- Features interactive exercises that help you to tailor the book to your needs.
- Going far beyond a reference guide, *The Crystal Experience* is more like a personal tutor, leading you through the key ideas and concepts of using crystals via inspirational and holistic hands-on exercises and rituals.

Summary

A practical guide to crystals from bestselling international author Judy Hall.

From crystal expert Judy Hall comes a fascinating book that gives you a personalized, practical and direct experience of the thought-provoking wisdom that crystal exploration has conveyed to thousands throughout the world. Going far beyond a reference guide, *The Crystal Experience* is more like a personal tutor, leading you through the key ideas and concepts of using crystals via inspirational and holistic hands-on exercises and rituals.

Features interactive exercises that help you to tailor the book to your needs, journaling sections for you to write down your own experiences and a step-by-step learning programme that guides you to revision work and more advanced exercises. Perfect for novice and practised crystal users alike, this holistic, integrated and practical guide is your own personal crystal workshop in a book.

Contributor Bio

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

Judyhall.co.uk

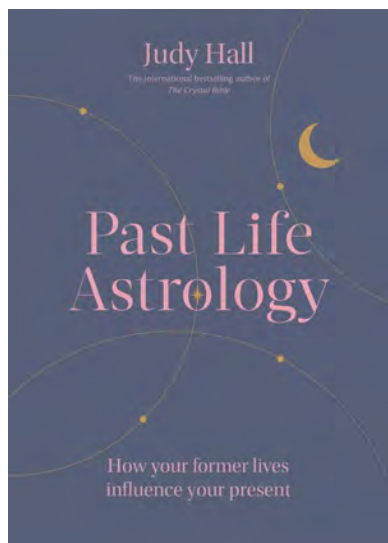
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Illustrations



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Past Life Astrology

Judy Hall

Key Selling Points

- Astrology has seen a resurgence in popularity, especially in a challenging climate - people turn to the stars for guidance.
- Great gift book written by well-respected and bestselling expert author Judy Hall.
- As many as 70 million Americans read their horoscopes daily, According to the American Federation of Astrologers, a study by the Pew Forum on Religion & Public Life, 25 percent of Americans believed that the positions of the stars and the planets affect our daily lives.
- According to 2022 YouGovAmerica survey, 37% of adults under 30 are believers of astrology and believes that astrology is based on science.

Summary

Discover your roles in your former incarnations and explore their effect on your present life

Using the ancient Indian form of karmic astrology, we can discover the effect of our past lives on the present

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

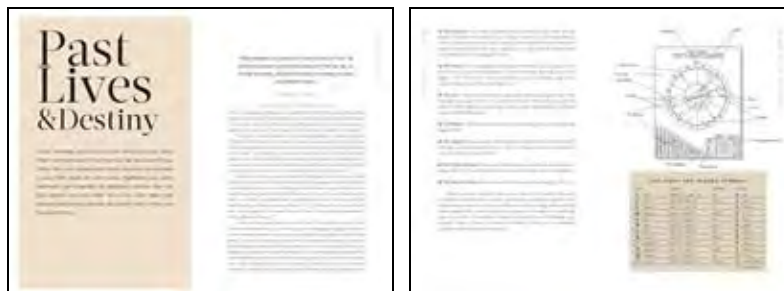
Contributor Bio

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

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Illustrations



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Body, Mind & Spirit / Afterlife &
Reincarnation
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8.3 in H | 6 in W



The Qigong Bible

Katherine Allen

Key Selling Points

- Part of The Godsfield Bible Series, with over 3 million copies in the series sold worldwide.
- Beautifully presented and fully illustrated with 300 postures from the main schools of Qigong, illustrated in step-by-step sequence
- Encourages readers of all levels to make Qigong a part of their lives

Summary

The definitive guide to energy cultivation exercise. Includes expert tips on how to practise Qigong for health, spiritual development and martial prowess.

This is the ultimate guide to practicing Qigong and finding a mental and physical balance in life, encouraging readers of all levels to make Qigong a part of their everyday routine. The ancient art of Qigong, the 'seed of martial arts', not only allows you to maintain your health but also heals the bodies and calms the minds of those who practice it.

Beautifully presented and fully illustrated with 300 postures from the main schools of Qigong, illustrated in step-by-step sequence, *The Qigong Bible* includes expert tips on how to practice Qigong for health, spiritual development and martial prowess. This is the definitive guide to energy cultivation exercise.

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Body, Mind & Spirit / Healing
OCC011010
6.5 in H | 5.5 in W

Contributor Bio

Katherine Allen has been teaching Qigong since 1992. She is a senior instructor and honorary vice president of The Tai Chi Union for Great Britain. She is a Level 8 senior instructor of Practical Tai Chi Chuan International and has given workshops, talks and demonstrations to a wide variety of groups, including London Mind Body Soul exhibitions and GMTV. Her longtime interest in physical and mental health and the mysteries of a joyful, peaceful, youthful spirit are driving forces in her life.

Illustrations





The Grazing Table: How to Create Beautiful Butter Boards, Food Platters & More

How to Create Beautiful Butter Boards, Food Platters & More

Natalie Thomson

Key Selling Points

- Butter boards were a viral TikTok trend in 2022 with videos amassing over 8.5 million views
- Charcuterie boards and grazing boards enjoy widespread popularity across the U.K., U.S. and worldwide
- Natalie Thomson is a professional food stylist with clients including BBC, The Great British Bake Off, Harrods, and British Airways

Summary

A beautiful, giftable guide to building your own grazing board

Grazing boards are a wonderful, sociable way to share a meal with family and friends. With surprisingly little effort, you can create eye-catching, delicious spreads for sweet and savory lovers alike.

Whether it's a midweek meal or a big celebration, there's a grazing board for every occasion.

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

Contents include:

Chapter 1: Dairy, Fruit & Vegetables

Including Whipped salted butter board, Cheesy tear & share bread wreath and Rainbow fruit platter

Chapter 2: Fish & Seafood

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

Chapter 3: Poultry

Including Crispy chicken butter board, Chipotle chicken nachos and Cobb salad

Chapter 4: Meat

Including Luxury picnic, Classic charcuterie and Burger board

Chapter 5: Treats

Including Pancake platter, Mini doughnuts and Ice cream station

Contributor Bio

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

Nataliethomsonfood.com

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[Twitter.com/nataliejmt1](https://twitter.com/nataliejmt1)

Illustrations

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Cooking / Entertaining
CKB029000
Series: -

9.9 in H | 7.6 in W



A Very Vegan Christmas

Plant-based recipes for celebrating in style

Sam Dixon

Key Selling Points

- Sam Dixon is an author in the bestselling *Broke Vegan* series, which has sold over 16000 copies since publication
- The global vegan market is expected to be worth \$31.4 billion by 2026
- Publication of this book coincides with the festive season and Veganuary, creating huge sales potential and marketing possibilities

Summary

A giftable Christmas cookbook for the vegan in your life

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

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

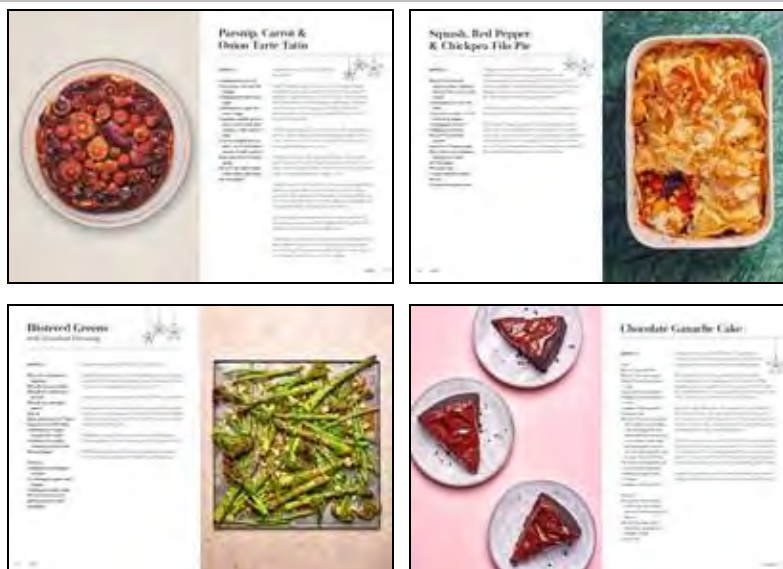
Contributor Bio

Sam is a self-taught food stylist for cookbooks, magazines, film and TV, learnt through industry with a background in baking. She officially started her career in food at Violet bakery in East London. A love for seasonal ingredients, creativity and aesthetics was developed here. Since then, she has worked with numerous publications and brands such as *The Guardian*, *GQ*, *The Telegraph*, Hix, the White Company, Kyle Books, Quadrille and Hodder and Stoughton. She is also the co-creator of Studio Feast, a food photography studio in Hackney, London.

samdixonstylist.com

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

Illustrations



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Cooking / Vegan
CKB125000
Series: -

8.3 in H | 6 in W



Cook Smart: Air Fryer

90 quick and easy energy-saving recipes

Dean Edwards

Key Selling Points

- Air fryer usage has increased by more than 60%, and air fryer cookbook sales are up by 11%
- The Cook Slow series has sold over 25000 copies via TCM since publication (Jan. 2023).
- Dean's likeable persona and family-friendly cooking style has made him a firm favorite on MasterChef since 2006
- A perfect introduction for those new to air fryers and for air fryer owners looking for inspiration

Summary

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

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

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

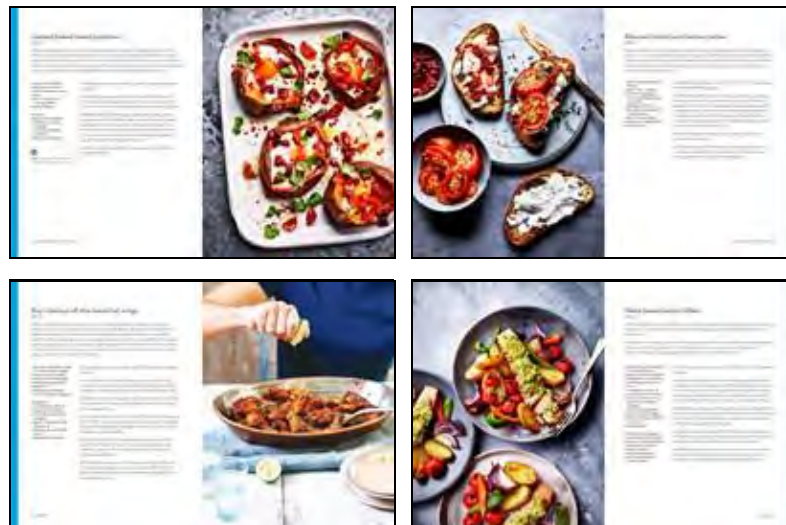
With dishes to suit every occasion, this book shares all the creative ways you can benefit from this awesome appliance.

Contributor Bio

After coming second in BBC's *MasterChef Goes Large* in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food.

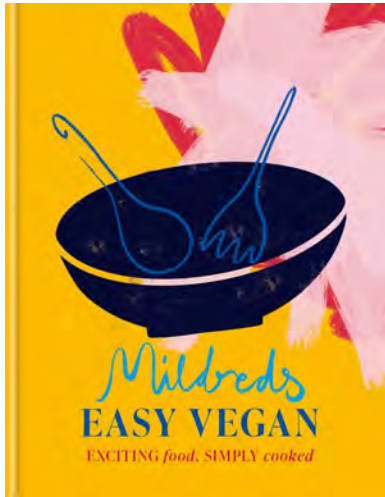
Dean's likeable persona and family-friendly cooking style has made him a firm favorite on ITV's *Lorraine* since 2010, but he originally made his ITV debut on *This Morning* in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.

Illustrations



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CKB127000
9.8 in H | 7.5 in W



Mildreds Easy Vegan

Exciting food, simply cooked

Mildreds

Key Selling Points

- Mildreds has sold over 30000 copies of their previous cookbooks since publication (Nielsen BookScan, Jan 2023)
- Voted one of the best 18 vegan restaurants in the world by the Evening Standard, January 2017
- The vegan movement continues to expand as people seek more healthy, sustainable and compassionate lifestyles
- An accessible cookbook with easy, quick and delicious recipes

Summary

Simple vegan recipes to enjoy at home

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

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

Contents include:

Chapter 1: Brunch

Including Tropical fruit buttermilk pancakes, Sweetcorn fritters and Kimchi grilled cheese

Chapter 2: Sharing

Including Hummus three ways, Whipped avocado & jalapeño quesadilla and Tempeh larb

Chapter 3: Light

Including Grilled peach, tomato & Thai basil salad, Mushroom miso broth with gyoza and Smoky chickpea cobb salad

Chapter 4: Comfort

Including Butternut arancini, Sweet potato macaroni cheese and Asparagus chick'n pot pie

Chapter 5: Bread

Including Five spice tofu bánh mì, Persian jackfruit wrap and Portobello French dip

Chapter 6: Sides

Including Harissa patatas bravas, Buttermilk ranch slaw and Lemon cashew rice

Chapter 7: Dressings & Pickles

Including Whipped tahini, Quick pickled carrots and Green tahini dressing

Chapter 8: Sweet

Including Carrot cake mug cake, Ice cream sandwiches and Chocolate bark

Chapter 9: Bakes

Including Dark chocolate chip cookies, Chai banana bread and Ginger molasses cookies

Chapter 10: Drinks

Including Pink rose lemonade, Luxury hot chocolate and Pineapple negroni

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The Classic Cocktail Bible

Hamlyn

Key Selling Points

- With retailers installing cocktail bays in numerous stores, there's never been a greater opportunity to dabble in making your own drinks.
- With 200 recipes including age-old classics such as the daiquiri, dry martini, margarita and Long Island ice tea, the Classic Cocktail Bible is the only book you will ever need.
- Discover new ways to best enjoy your favourite spirits and give your parties a stylish twist or make a quiet drink at home into a real treat.

Summary

The only book you need indulge in to discover the delicious world of classic cocktails.

The definitive guide to the world's best cocktails and the bars that made them the only thing to drink in the hottest, and coolest, place to be seen. Imagine sipping a sophisticated Bellini while watching the gondolas glide by on Venice's Grand Canal, or swinging the night away in Paris with the sounds of Nat King Cole in your ears and a Dizzy Gillespie on the tip of your tongue. Now you can recreate these amazing experiences for yourself with this ultimate guide. Delicious recipes feature alongside their creators - the movers and shakers who drank them, and the bars with which they have become synonymous - and each cocktail is beautifully illustrated with historical and contemporary photography.

Contributor Bio

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.

Illustrations



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8.6 in H | 6.2 in W | 1.1 lb Wt



The Occult & Folklore Coloring Book

Duchess of Lore

Key Selling Points

- The Duchess of Lore has an engaged and growing Instagram following (50k followers), plus huge demand on her Etsy shop (where she has almost 600 5-star reviews).
- Adult coloring continues to be hugely popular, and this trend-led book hits on subjects of the occult, myth and folklore to offer something new and different in the coloring market.

Summary

An original coloring concept from cult artist Duchess of Lore.

Discover over 30 intricate artworks to color in, from the brilliant mind of artist **Duchess of Lore**.

With evocative subjects inspired by the occult, myth, legend and folklore, readers will find intricate, beautiful line drawings of Gaelic goddesses, astrological signs and tarot images, pagan symbols, ancient Greek gods, magical motifs and much more. Open up this book and turn the pages to find yourself lost in new, mythical worlds, waiting for your hand to add color to them.

Let your imagination roam free, find a mindful escape and create your own beautiful, colorful artworks with *The Occult & Folklore Coloring Book*.

Contributor Bio

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

Illustrations



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Books
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A Year of Watercolour

A seasonal guide to botanical watercolour painting

Harriet de Winton

Key Selling Points

- Harriet's previous books have sold 100,000 copies, including seven co-editions of *New Botanical Painting* and four of *Birds, Bees and Blossoms*.
- The author has a strong and engaged Instagram presence (with 44.4k followers), and began a YouTube channel during the pandemic that now has 76k subscribers and 4.4 million views.
- Botanical watercolor painting continues to be extremely popular as a practical art subject.

Summary

Discover more than 30 new step-by-step watercolor projects from best-selling author and artist Harriet de Winton, centered around observations of nature through spring, summer, autumn and winter.

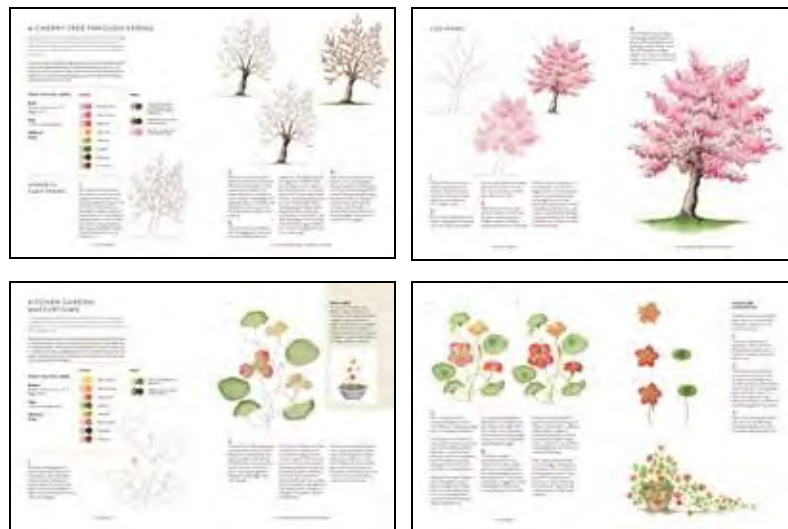
A Year of Watercolour walks readers through the creation of beautiful and evocative watercolor scenes including seasonal plants emerging, animal hibernation and migration, speckled eggs in a bird's nest, home-grown vegetables and much more. With a wide array of subjects, Harriet explores the idea of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

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

Contributor Bio

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

Illustrations



Ilex Press
9781781579008
1781579008
Pub Date: 10/10/2023
\$22.99/\$24.99 Can.
Paperback

144 Pages
Print Run: 10K
Art / Techniques
ART029000
9.8 in H | 7.5 in W



Michael Freeman On... Black & White

The Ultimate Photography Masterclass

Michael Freeman

Key Selling Points

- Black and white photography remains very popular in the digital age, especially on Instagram, where #blackandwhitephotography has over 40 million posts attached to it
- Michael Freeman, having sold over four million books worldwide, is a dominant international voice within the practical photography landscape, with young photographers citing him as a huge influence on their learning
- This is the fourth book in the popular *Michael Freeman On...* series, with the potential to emerge as a strong standalone title as well as a significant title within the series itself

Summary

Learn all there is to know about one of the most enduring methods for presenting photography, monochrome images remain timeless and now you can capture with perfect image using Michael Freeman's expertise.

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

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

Contributor Bio

Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of the pictures he came back with, he embarked on a full-time photographic career.

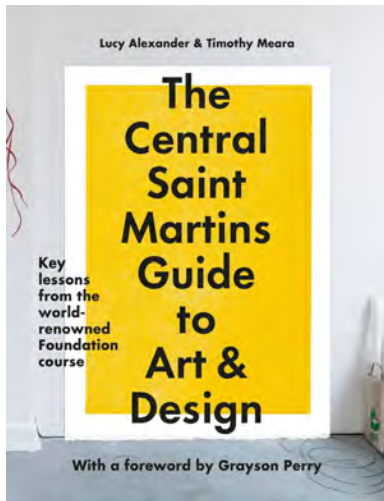
Since then, working for clients that include all the world's major magazines, most notably the *Smithsonian Magazine* (for which he has shot more than 40 stories over 30 years), Freeman's reputation as one of the world's leading reportage photographers has been consolidated. Of his many books, which have sold over 4 million copies worldwide, more than 60 titles are on the practice of photography. For this photographic educational work he was awarded the *Prix Louis Philippe Clerc* by the French Ministry of Culture.

Freeman's books on photography have been translated into 27 languages.

Illustrations

Ilex Press
9781781579053
1781579059
Pub Date: 11/7/2023
\$29.99/\$32.99 Can.
Paperback

176 Pages
Print Run: 4K
Photography
PH000000
9.3 in H | 7.5 in W



Ilex Press
9781781579343
1781579342
Pub Date: 9/26/2023
\$34.99/\$38.99 Can.
Paperback

256 Pages
Carton Qty: 10
Print Run: 4K
Design / Fashion & Accessories
DES005000

9.8 in H | 7.5 in W

The Central Saint Martins Guide to Art & Design

Key lessons from the word-renowned Foundation course

Timothy Meara, Lucy Alexander

Key Selling Points

- This edition has been updated in line with the current course at Central St Martins and has a new afterword by Rathna Ramanathan, Head of CSM.
- This is the official course book for the Central Saint Martins' Foundation diploma, the most prestigious foundation course in the world. Only 1 in 11 applicants are successful.
- Central Saint Martins is a world-famous arts and design college synonymous with success. Alumni include Alexander McQueen, John Galliano and Stella McCartney.
- With exclusive material and expert guidance, this book offers the essential practical know how for you to thrive in the world of art and design. The course is used as a model worldwide, and the course attracts over 52 nationalities.
- Harness your creativity and experience, and test the boundaries of your imagination.
- Discover how to stand out from the crowd, develop your work, learn where you fit and take the next step with this transitional course. No matter what creative path you choose to pursue, discover who you want to be and how to get there.

Summary

This is the official course book for the Central Saint Martins' Foundation diploma, the most prestigious foundation course in the world. It includes key lessons in fashion, fine art, graphic and three-dimensional design.

Experiment, explore and expand your creative skillset with the Central Saint Martins Foundation in Art and Design. Heralded as the most prestigious foundation course in the world, teachers from across the course have contributed their expert knowledge to help you find your own path and the right specialist field for you. The school is famed for its successful graduates, including Alexander McQueen and Stella McCartney, and its rigorous foundation curriculum which is used as a leading education model for first-year art and design college students across the globe.

Try your hand at projects that will inspire you to think differently, hone your abilities and guide your forays into Fashion and Textiles, Fine Art, Graphic Communication Design, and Three-Dimensional Design and Architecture. You'll be introduced to a range of materials and methods of researching and developing your ideas and learn how to evaluate and reflect on your practice. Every chapter and exercise is designed to help you build your understanding and portfolio and prepare you for the next step.

Contributor Bio

Central Saint Martins is a world-famous arts and design college and part of University of the Arts London. It is internationally renowned for the creative energy of its students, staff and graduates. Fundamental to study at the college are experimentation, innovation, risk taking, questioning and discovery, within a highly supportive learning environment, no matter which discipline you choose to study. The school is synonymous with success. Alumni include Alexander McQueen, John Galliano, Stella McCartney, Jarvis Cocker and Joshua Oppenheimer.

Illustrations

VIEW POINT

View Point

Human stories through the smartphone lens

Jo Bradford

Key Selling Points

- Key comparative title is Brandon Stanton's Humans (11k TCM)
- Camera phone photography is a huge subject - 4.3 billion people have smartphones and 90% of people who regularly take photos do so exclusively on their phones
- Jo Bradford, as a recognized champion of smartphone photography, is ideally placed to engage with this huge camera phone audience

Summary

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

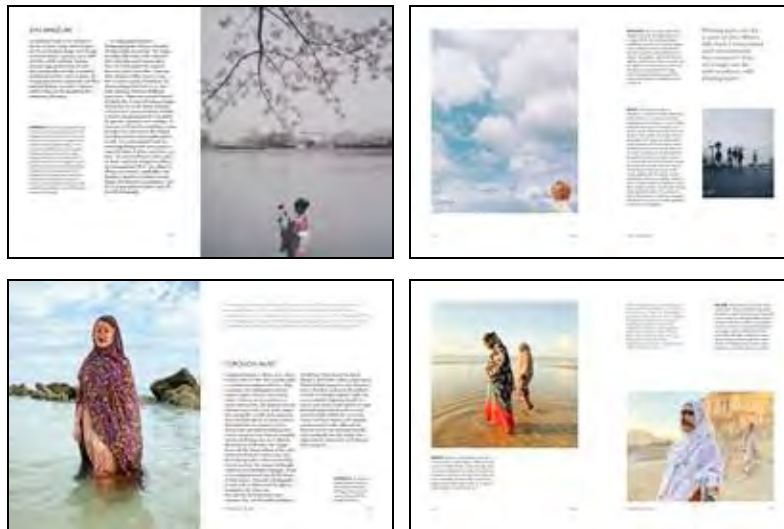
International in scope and full of beautiful and impactful imagery that highlights the immediacy of the genre, *View/Point* is a book of human experience stories as told through the medium of phone photography. Featuring approximately 75 contributors from every corner of the globe, interviewed by the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

Contributor Bio

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.

Illustrations



Ilex Press
9781781578827
1781578826
Pub Date: 10/17/2023
\$39.99/\$43.99 Can.
Paperback

256 Pages
Print Run: 4K
Photography
PHO000000

9.7 in H | 7.4 in W





Alice in Wonderland

A literary card game: 52 illustrated cards with games and trivia

Pyramid

Key Selling Points

- Illustrated with exquisite images of beloved scenes, the cards double as a memory game or game of Snap, making this fun for all the family.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- Perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

Summary

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

Pyramid
9780753735428
0753735423
Pub Date: 10/3/2023
\$9.99/\$10.99 Can.
Cards

Tumble down the rabbit hole and put your knowledge to the test with a 16pp booklet and 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places of Lewis Carroll's beloved classics.

52 Pages
Print Run: 5K
Games & Activities / Card Games
GAM002000

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

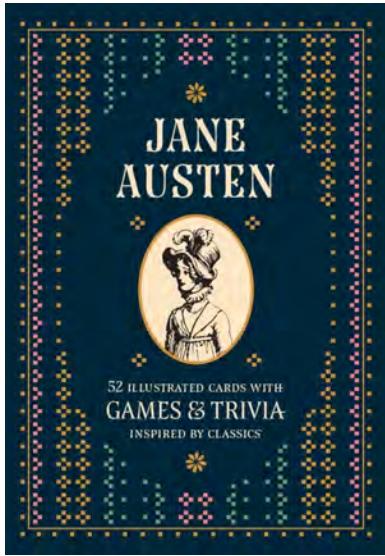
3.5 in H | 2.5 in W

Contributor Bio

Pyramid publishes books on a wide range of popular subjects including cookery, reference, mind body spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

Illustrations





Jane Austen

A literary card game: 52 illustrated cards with games and trivia

Pyramid

Key Selling Points

- Illustrated with exquisite images of beloved scenes, the cards double as a memory game or game of Snap, making this fun for all the family.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- Perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

Summary

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

Put your Jane Austen knowledge to the test with a 16pp booklet and 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places and relationships of Jane Austen's works.

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

Contributor Bio

Pyramid publishes books on a wide range of popular subjects including cookery, reference, mind body spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

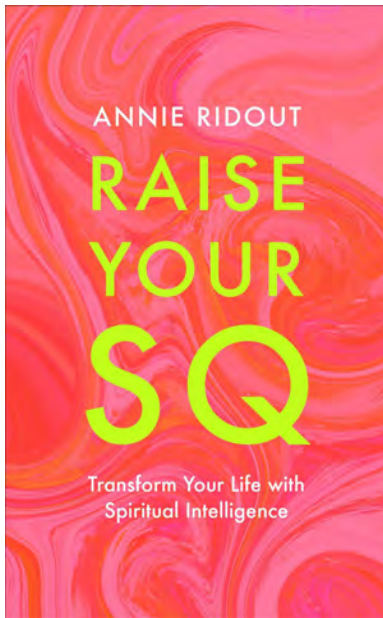
Illustrations



Pyramid
 9780753735398
 0753735393
 Pub Date: 10/3/2023
 \$9.99/\$10.99 Can.
 Cards

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

3.5 in H | 2.5 in W



Raise Your SQ

Transform Your Life with Spiritual Intelligence

Annie Ridout

Key Selling Points

- **Spiritual Nation:** so many of us looking for more meaning at work, it's time we had a resource to turn to. With 25 million posts on Instagram hash-tagged 'spirituality', never has our society been more 'woo-curious'.
- **Audience:** This is a thoughtful, predominantly female, market who are reading both soft business/self-improvement and more spiritual titles. **For readers who bought *Manifest* and *Good Vibes, Good Life*, but also *The Squiggly Career* & *The Multi-Hyphen Method*.**
- **Practical meets esoteric:** Annie's background in journalism and business ownership, plus her own spiritual leanings, make her a perfect ambassador for this hot new trend. This book contains take-aways for everyday and long-term learnings.

Summary

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

Ushering in a new era - where success is measured on different terms - ***Raise Your SQ: How to use the Magic of Spiritual Intelligence to Unlock More Joy and Success*** will redefine what purpose and balance, at work and home, means to us all.

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

We spend one third of our waking lives working, and with so many of us looking for more meaning at work, it's time we had a resource to turn to. Embodying a new way of living and working, this book will enable you to reach for your goals, help you find better balance, creative solutions and more joy. ***Raise Your SQ*** will help you unlock the potential of an intelligence you didn't know you possessed.

Contributor Bio

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

Radar
9781804191279
1804191272
Pub Date: 9/5/2023
\$24.99/\$27.99 Can.
Hardcover

288 Pages
Carton Qty: 18
Print Run: 7K
Self-Help
SEL000000

8.6 in H | 5.4 in W | 1 in T | 0.9 lb
Wt



Real Talk

Lessons from therapy on Healing & Self-Love

Tasha Bailey

Key Selling Points

- The Chimp Paradox meets Dr Julie, *Real Talk* makes a therapist's tool kit available to everyone
- Statistics show a third of adults and young people felt their mental health worsened since March 2020 (Mind, 2021). The need for accessible mental health books - grounded in expertise - has never been greater.
- **STRONG AUTHOR PLATFORM:** Tasha is a successful content creator (@realtalk.therapist - **48.9K followers on IG, majority female aged 18-34**) putting out regular, good quality content, following trends to communicate expertise and knowledge. In September 2022 Tasha was named Health & Wellness Influencer of the Year at the Blogosphere Awards, beating Dr Julie in the category.

Summary

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

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

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

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

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

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

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

Contributor Bio

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

Radar
9781804190913
1804190918
Pub Date: 11/21/2023
\$22.99/\$24.99 Can.
Hardcover

272 Pages
Print Run: 8K
Psychology / Mental Health
PSY036000
9.3 in H | 5.3 in W



Radar
9781804191149
1804191140
Pub Date: 9/19/2023
\$26.99/\$29.99 Can.
Hardcover

272 Pages
Print Run: 20K
Biography & Autobiography
/ Personal Memoirs
BIO026000
9.3 in H | 5.3 in W

Sigrid Rides

The Story of an Extraordinary Friendship and An Adventure on Two Wheels

Travis Nelson

Key Selling Points

- This book is in the tradition of *Nala's World*, *A Street Cat Named Bob*, and *Felix the Railway Cat* and is the story of an extraordinary friendship between a human and cat.
- Travis uses Instagram and TikTok (127K and 622K followers respectively) to share videos of his rides with Sigrid and the adventures they're having.
- The story of Sigrid & Travis touches on themes such as connection, resilience, community and resolving past issues.

Summary

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

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

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

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

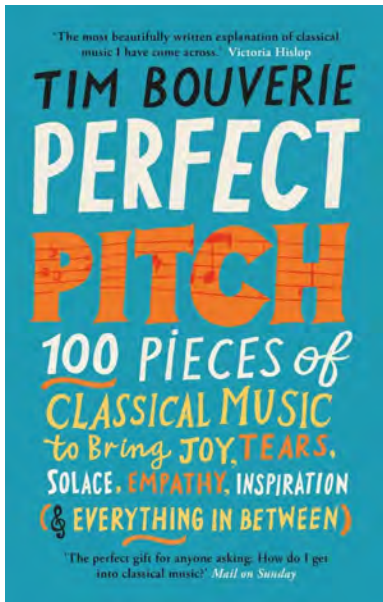
Contributor Bio

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

Find Travis & Sigrid on social media:

Instagram: @skintension

TikTok: @sigirides



Short Books
9781780725796
1780725795
Pub Date: 10/3/2023
\$12.99/\$14.99 Can.
Paperback

256 Pages
Carton Qty: 64
Print Run: 5K
Music / Genres & Styles
MUS006000

8 in H | 5.4 in W | 1.3 in T | 0.5 lb
Wt

Perfect Pitch

100 pieces of classical music to bring joy, tears, solace, empathy, inspiration (& everything in between)

Tim Bouverie

Key Selling Points

- Classical music has never been more democratic – and more popular with streaming services
- Provides a list of not only what to listen to but also a recommended recording for each piece
- Includes a link to accompanying Spotify playlist, which can be found [here](#)
- Bouverie brings together his lifetime's knowledge on the subject with his brilliant skill as a writer and a sharp journalistic eye for a good story.
- For readers of Clemency Burton Hill's book, *A Year of Wonder*

Summary

100 pieces of classical music to bring joy, tears, solace, laughter, inspiration, empathy & everything else in between

"Thank you to Tim Bouverie for this book which can be enjoyed as much by the hard-nosed professional as the beginner, anxious to learn something of this great music." – **Jools Holland**

"A treat from the very first page... the perfect introduction to classical music for a beginner, a companion for the music lover, and sheer entertainment for both." – **Joanna Lumley**

A book for anyone who wants to bring more classical music into their life and doesn't know where to start.

Nearly all of us have the capacity to enjoy classical music but too often we are put off by not knowing where to look, or what we are actually looking for. We feel the need of a guide to help navigate such vast and varied artistic terrain.

With this delightful book, historian Tim Bouverie provides just this. Drawing on his lifelong passion for music, he has created a compilation of 100 classical masterpieces sure to move and be enjoyed by almost anyone. Some are well-known, some more idiosyncratic, others hidden gems waiting to be brought into the light. All are intended to comfort and inspire. He provides a short introduction to each piece – variously anecdotal, personal, historical and quirky – and a recommended recording to try.

Highly accessible and entertaining, *Perfect Pitch* is filled with engrossing stories and insights that bring to life 300 years of the world's greatest music.

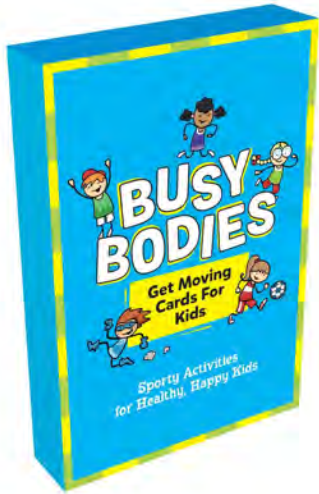
An accompanying playlist is available on Spotify.

"The most beautifully written explanation of classical music I have come across...Brilliant." – **Victoria Hislop**

"Generous and passionate... astutely blends context and anecdote, always delivered with smiling and enthusiastic authority." – **Dame Jane Glover, conductor and author of *Mozart's Women***

Contributor Bio

Tim Bouverie has nurtured a passion for classical music since he was five years old. Having studied history at Christ Church, Oxford, he worked as a political journalist before becoming a full-time historian and writer. His first book, *Appeasing Hitler: Chamberlain, Churchill and the Road to War* was a *Sunday Times* Bestseller and was



Summersdale
9781800079199
1800079192
Pub Date: 9/5/2023
\$16.99/\$18.99 Can.
Cards

16 Pages
Carton Qty: 6
Print Run: 6K
Ages 6 to 10, Grades 1 to 5
Games & Activities / Card Games
GAM002000
Series: -
6.5 in H | 4.3 in W

Busy Bodies

Sporty activities for healthy, happy kids

Summersdale Publishers

Key Selling Points

- 52 beautifully illustrated cards, each featuring an activity or challenge.
- These are a fun yet powerful way to nurture healthy habits and help children feel happy and confident in their bodies.
- An ideal gift for children aged 4–11 to develop sporty skills and a lifetime of healthy habits.
- A new study has found that 14.4% of pre-kindergarten children (age 4–5) are obese, with a further 13.3% overweight. At age 10–11 (year 6), 25.5% are obese and 15.4% overweight.

Summary

52 activity cards for kids aged 4–11 to help instil healthy habits that will last a lifetime

On your marks, get set... it's time to get busy!

We all know that being active is an important part of a healthy lifestyle, and it can be brilliant fun too!

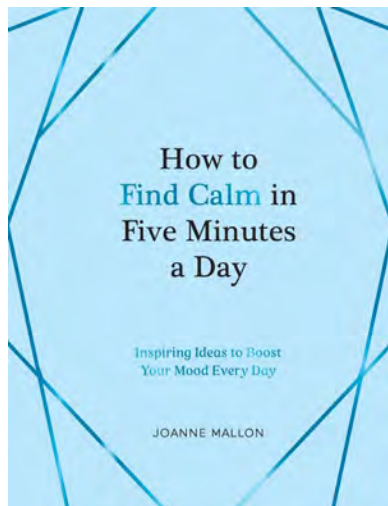
The Busy Bodies colorful boxed-set contains:

- 52 illustrated cards each with a simple challenge or sporty activity to get kids moving and thinking about their physical and mental health.
- Each card also contains an interesting fact to help kids learn why different activities can be good for you.
- The set includes a 16-page booklet with useful tips for parents and carers with information on how much exercise is expected of the age range, a chart showing the different types of exercise grouped into the main categories – strength-building, heart health, coordination and agility, flexibility – and recipes for some healthy post-activity snacks.

Contributor Bio

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

Illustrations



How to Find Calm in Five Minutes a Day

Inspiring Ideas to Bring You Peace Every Day

Joanne Mallon

Key Selling Points

- The book contains over 60 ideas for things you can do – in five minutes or less – to help you de-stress and bring calm into your day.
- The “five minutes a day” timeframe makes this title appealing to anybody who has a busy lifestyle but wants to be able to improve their well-being.
- Other similar Summersdale titles include:
Calm for Every Day (ISBN: 9781800071827)
365 Days of Calm (ISBN: 9781800074439)
How to Quieten Your Mind (ISBN: 9781786855268)

Summary

This beautifully designed book is spilling over with quick, actionable tips to help you discover a small oasis of calm even on the busiest of days

This book includes over 60 prompts and ideas to help you pause for peace and connect to calm every single day – and each tip takes no longer than five minutes

Pockets of calm are all around us, even on the busiest of days – and they’re easy to find when you know where to look. All you need is five minutes. Guiding you through each stage of your day, these soothing rituals will help you to recenter yourself and rise above everyday stresses.

Tips include:

- How to incorporate mindfulness into your routine
- Starting the day with a relaxation exercise and a calming mantra
- Visualizing what calm looks like to you
- Writing down your worries to gain focus and perspective

Even the smallest moment of calm can transform your outlook, so whether you follow one tip or many, you’re sure to de-stress, boost your well-being and find clarity and calm every day.

Contributor Bio

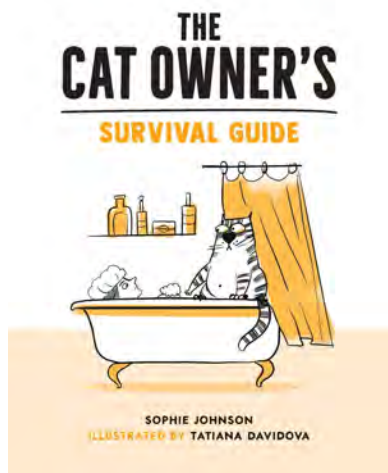
Joanne Mallon is one of the UK’s most experienced life and career coaches. She’s been working with clients all around the world for 20 years. The author of five books, Joanne also writes the popular healthy lifestyle blog *Opposable Thumbs*. Originally from Belfast, Ireland Joanne lives with her family in Brighton, UK and can also be found on Twitter and Instagram @joannemallon.

Illustrations



Summersdale
 9781837990108
 1837990107
 Pub Date: 11/7/2023
 \$11.99/\$12.99 Can.
 Hardcover Paper over boards

128 Pages
 Carton Qty: 10
 Print Run: 6K
 Body, Mind & Spirit / Mindfulness
 & Meditation
 OCC010000
 6.2 in H | 4.7 in W



Summersdale
9781800074019
1800074018
Pub Date: 10/3/2023
\$10.99/\$11.99 Can.
Hardcover Paper over boards

96 Pages
Carton Qty: 10
Print Run: 5K
Comics & Graphic Novels
/ Humorous
CGN014000

6.2 in H | 4.7 in W

The Cat Owner's Survival Guide

Hilarious Advice for a Pawsitive Life with Your Furry Four-Legged Best Friend

Tatiana Davidova, Sophie Johnson

Key Selling Points

- There are 58.3 million cats kept as pets in the US – 25% of households have at least one cat.
- With brilliant bespoke illustrations throughout, this is the perfect gift for cat lovers old or young, or any new cat parent.
- Another humorous cat book, *The Best Cat Memes Ever* (ISBN: 9781786857842), has sold over 32,000 copies.

Summary

A hilarious, fully illustrated book full of tongue-in-cheek advice for surviving life as a cat parent – the perfect gift for any cat lover

You have the best cat in the world, it's true. But there's no avoiding the fact that, perfect and adorable as they may be, there are certain elements of being a cat owner that you could do without. Those thoughtful "gifts" you find in the kitchen. The scratch-marks on the couch. Their hairballs clogging up your vacuum cleaner.

Luckily, this no-nonsense guide is here to teach you all the tricks you'll ever need to help you navigate life with your furry friend, so you can focus on the positives – like giving them head-scratches and cooing over their little toe beans.

With pearls of wisdom like these, you'll be a pro cat parent in no time:

- As a cat parent, you will need to work out the golden number of tummy rubs your cat will allow before they turn into an uncontrollable scratch-monster
- Your cat may look cute and innocent, but there's an evil mastermind secretly at work behind all that fluff

Items placed on a surface are highly offensive to cats and will be quickly dispatched to the floor, where they belong

Contributor Bio

Sophie Johnson is a writer and comedian from London, UK. She loves sausages and is owned by her cat Laurie.

Tatiana Davidova is a professional artist and illustrator from Moldova. Since 2002, she has been living and working in Germany, where she received a second specialized education in the field of book illustration.

Illustrations



THE DOG OWNER'S SURVIVAL GUIDE



Summersdale
9781800074002
180007400X
Pub Date: 10/3/2023
\$10.99/\$11.99 Can.
Hardcover Paper over boards

96 Pages
Carton Qty: 10
Print Run: 5K
Comics & Graphic Novels
/ Humorous
CGN014000

6.2 in H | 4.7 in W

The Dog Owner's Survival Guide

Hilarious Advice for Understanding the Pups and Downs of Life with Your Furry Four-Legged Friend

Tatiana Davidova, Sophie Johnson

Key Selling Points

- There are 76.8 million dogs kept as pets in the US – 38% of households have at least one cat.
- With brilliant bespoke illustrations throughout, this is the perfect gift for dog lovers old or young, or any new dog parent.
- Another humorous cat book, *The Best Dog Memes Ever* (ISBN: 9781786857835), has sold over 12,000 copies.

Summary

A hilarious, fully illustrated book full of tongue-in-cheek advice for surviving life as a dog parent – the perfect gift for any dog lover

You have the best dog in the world, it's true. But there's no avoiding the fact that, perfect and adorable as they may be, there are certain elements of being a pup owner that you could do without. That smell they bring in when they've rolled in fox poo. The nibble-marks on your furniture. Their fur stuck to absolutely every black item of clothing you own.

Luckily, this no-nonsense guide is here to teach you all the tricks you'll ever need to help you navigate life with your furry friend, so you can focus on the positives – like giving them head-scratches and nose-boops every time they prove they're a good doggo at heart.

With pearls of wisdom like these, you'll be a pro dog parent in no time:

- Remember to check the dog is in the room before blaming it for your fart
- It is a truth universally acknowledged that a dog in possession of a healthy libido must be in want of a leg

Start working on your mental toughness – those puppy-dog eyes are enough to break even the iciest of hearts

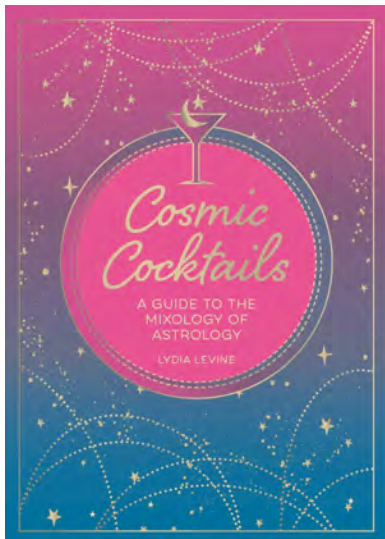
Contributor Bio

Sophie Johnson is a writer and comedian from London, UK. She loves sausages and is owned by her cat Laurie.

Tatiana Davidova is a professional artist and illustrator from Moldova. Since 2002, she has been living and working in Germany, where she received a second specialized education in the field of book illustration

Illustrations





Cosmic Cocktails

A guide to the mixology of astrology

Lydia Levine

Key Selling Points

- This book taps into the recent surge of interest in esoteric subjects.
- A similar Summersdale title, *The Little Book of Cocktails* (ISBN: 9781849535854) has sold over 60,000 copies.
- Other similar Summersdale titles include:
- *The Little Book of the Zodiac* (ISBN: 9781786855466)
- *The Little Book of Spells* (ISBN: 9781786857996)

Summary

This pocket-sized guide to astrology and mixology helps craft the perfect cocktail for your star sign

What if your next drink was written in the stars?

In this divine blend of astrology and mixology, you'll learn about your character traits and the cocktails that complement them. Packed with over 60 recipes and a spellbinding introduction to the zodiac, this book will help you deepen your connection with your inner self, learn more about your friends and find out how to create a delicious array of befitting, mystical drinks.

The ideal companion for every cocktail lover, *Cosmic Cocktails* will provide you with all the tools for experimenting with mixology and magic.

In this book, you will find:

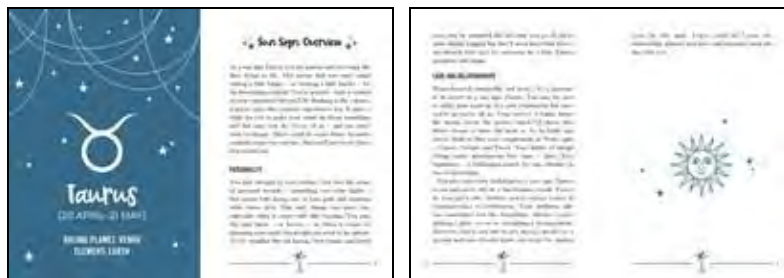
- An introduction to astrology, including information on your sun, rising and moon signs
- The ideal cocktail match for you and your friends, with mystical spins on classic recipes, including the Margarita, Piña Colada, Martini and Mojito.

Expert tips, tricks and techniques on blending each drink

Contributor Bio

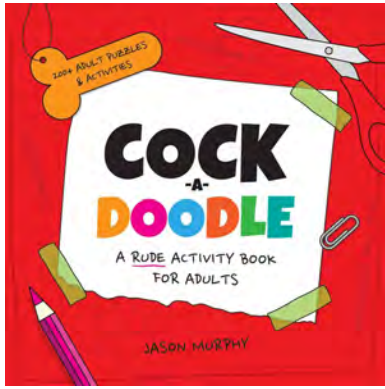
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Illustrations



Summersdale
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 1800075529
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 \$10.99/\$11.99 Can.
 Paperback

128 Pages
 Print Run: 8K
 Cooking / Beverages
 CKB130000
 6 in H | 4 in W



Cock-a-doodle

A rude activity book for adults

Jason Murphy

Key Selling Points

- Includes an answer code so you can make sure you spotted everything!
- A hilarious present to give to your friends or partner, as a stocking filler, funny birthday present or just for a laugh!
- Similar Summersdale titles include:
 - *Spot the Cock* (ISBN: 9781787835900)
 - *52 Things to Do While You Screw* (ISBN: 9781786854902)
 - *Rude Puzzle Book* (ISBN: 9781787830264)
 - *The SHIT Workout* (ISBN: 9781787833265)

Summary

A hilarious activity book featuring wordsearches, spot-the-differences and much more puzzling pleasure, all centred around one thing: the cock!

Discover cock-the-differences, cock-tastic coloring and all kinds of phallic fun with this rude activity book for adults

Put down your phone, tablet or newspaper and pick up *Cock-a-doodle*, an activity book with a devilish difference. This ever-so-slightly naughty puzzle book includes a raft of rude activities, and what's more, there's a hidden cock to be found nestled within each spread.

Hone your puzzling skills by completing a range of intricately detailed activities to intrigue, confound and entertain, including:

- Cock-based coloring
- Creative cut-outs
- Dick-themed doodle pages
- Spot the cock search-and-find puzzles

And much more!

Contributor Bio

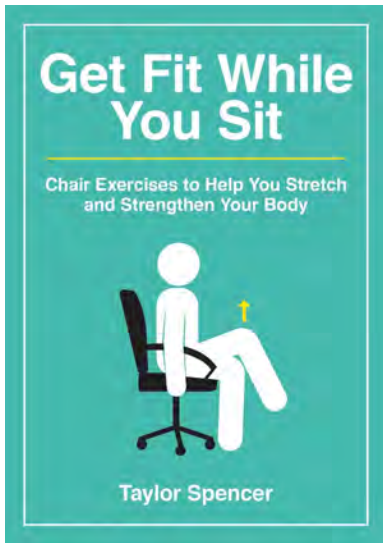
Jason Murphy is a graphic designer by day and the creator of weird and wonderful artwork by night. He is the author and illustrator of the search-and-find book *Spot the Cock*. He currently lives in near Birmingham, UK.

Illustrations



Summersdale
9781800079816
1800079818
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Hardcover Paper over boards

96 Pages
Print Run: 6K
Games & Activities / Puzzles
GAM007000
6.1 in H | 6.1 in W



Get Fit While You Sit

Chair Exercises to Help You Stretch and Strengthen Your Body

Taylor Spencer

Key Selling Points

- We are living in an era where “sitting is the new smoking”. This book appeals to anyone who has a sedentary lifestyle and typically sits for more than four hours a day.
- A perfect gift or self-purchase for any office worker.
- Packed with over 50 exercises that include step-by-step instructions and diagrams.

Summary

An easy-to-navigate book packed with exercises to help you stretch and tone your body from your head to your toes, all of which you can do sitting down

Take control of your fitness from the convenience of your desk! This easy-to-follow guide includes exercises to strengthen and stretch your body throughout the day.

The average office worker spends between four and nine hours at their desk each day. Couple this with the fact that health issues such as heart disease, obesity, joint problems and depression are linked to lack of exercise, and you'll see why getting fit and healthy has never been so important.

Perfect for people who spend extended time sitting at a desk or have mobility issues, *Get Fit While You Sit* aims to provide a head-to-toe workout that's achievable from your chair. It contains exercises that focus on strengthening and stretching specific parts of the body, while also promoting other healthy habits, such as deeper, more focused breathing.

Inside you'll find:

- Step-by-step instructions for exercising your whole body
- Simple graphics to illustrate each exercise
- Tips on how to sit with a good posture

Breathing techniques to help you relax and reduce tension

Contributor Bio

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Illustrations



Summersdale
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1800078382
Pub Date: 10/3/2023
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Paperback

128 Pages
Carton Qty: 10
Print Run: 6K
Health & Fitness / Exercise
HEA007000
5.8 in H | 4.1 in W



Summersdale
9781837990016
1837990018
Pub Date: 11/7/2023
\$9.99/\$10.99 Can.
Cards

16 Pages
Carton Qty: 10
Print Run: 6K
Games & Activities / Card Games
GAM002000
Series: -
3.5 in H | 2.6 in W

Crap Snap

A Card Game for Poop Lovers

Summersdale Publishers

Key Selling Points

- Similar scatological titles from Summersdale include *The Shiit Workout* (ISBN: 9781787833265) which has sold over 65,000 copies and reached number 4 in *The Sunday Times* Bestseller List.
- Poo-themed products are perennially popular as fun gifts for all ages.

Summary

Get ready to be gleefully grossed out with this fabulously sh*t version of the classic game of Snap

Match the number twos for sh*ts and giggles with your pals.

Time: Depends how regular you are

Number of players: 2+

Includes: 52 playing cards, 16pp booklet plus an instruction card

Age: 16+ (but a maturity age of 4+)

Assembly required? As if!

Batteries required? I'd be worried if it did!

Poop is hilarious and Snap is excellent fun, so what happens when you combine the two and take the trouble to make it rhyme? You get *Crap Snap*, that's what!

Crap Snap is all about speed, spontaneity and paying close attention to the crap-themed words on the cards and being the first to shout "crap snap"! What's that number two saying to you? Well, it's saying that crap is where it's at and this pan-jamming party game is the most fun you can have off the toilet. Who knew that sh*t could be so much fun? It'll leave you and your opponents laughing and gagging in equal measure.

Contributor Bio

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Illustrations





Summersdale
9781800079366
1800079362
Pub Date: 11/7/2023
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Paperback

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

How to Live Your Best Life

Live a Life You Love and Find Joy and Fulfilment Every Day

Sophie Golding

Key Selling Points

- Contains short, practical tips to help the reader to both envision and create a life that makes them happy.
- Other similar Summersdale titles include:
Find Your Why (ISBN: 9781787839984)
Be Your Best Self (ISBN: 9781800071612)
The Secret to Happiness (ISBN: 9781787839847)

Summary

This beautiful book is filled with simple ideas, uplifting quotes and grounding affirmations to help the reader to find the things that bring them joy and live a life of fulfilment

Live your life to the fullest! Filled with thoughtful advice and inspiring quotes and affirmations, this book will show you how to envision your best, happiest life and make it reality.

Your best life is yours to define. Whether it means reaching for your dreams, finding a sense of purpose or making more time for the things you love, it's whatever makes you feel like the very best version of yourself.

Through a collection of easy-to-follow tips and words of wisdom, this book will help you to create a life you love.

Learn how to:

- Visualize what your best life looks like for you
- Identify your core values and align your life with them
- Adjust your mindset with small changes and habits to stay motivated and happy
- Find peace within yourself and nurture self-love

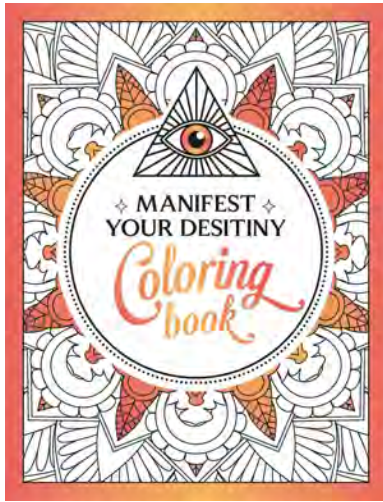
We are at our happiest when what we do matches up with who we are, so dive into these beautiful pages to begin your journey towards a life of joy and fulfilment.

Contributor Bio

Sophie Golding is a writer and artist living in West Sussex. She enjoys meditation, sea swimming and the great outdoors.

Illustrations





Manifest Your Destiny Coloring Book

A Mesmerizing Journey of Color and Creativity

Summersdale

Key Selling Points

- This coloring book also acts as an introduction to manifesting, offering guidance on a variety of manifestation practices as well as inspirational quotes to help you realize your dreams.
- Manifestation continues to be one of the biggest trends of recent years, particularly on social media platforms such as TikTok and Instagram. #manifestation has been tagged over 6.5 million times on Instagram and over 13.3 billion times on TikTok.
- Similar Summersdale products include:
 - *The Little Book of Tarot* (ISBN: 9781786857989)
 - *The Little Book of Spells* (ISBN: 9781786857996)
 - *Keep F*cking Calm and Color On* (ISBN: 9781787839953)

Summary

Color in your very own collection of masterpieces and discover the secret to manifesting your dreams with these pages, full of enchanting images and helpful guidance.

Step into the exciting world of manifestation and awaken your creativity with these stunning designs. Just a few moments of quiet to focus on these pages will help boost your creativity, raise your vibrations and ultimately support you on your manifesting journey. The striking images are accompanied by practical tips and inspirational quotes to help motivate you towards achieving your most cherished dreams. So relax, embrace a peaceful mindset, and let the universe guide you.

Inside you'll find:

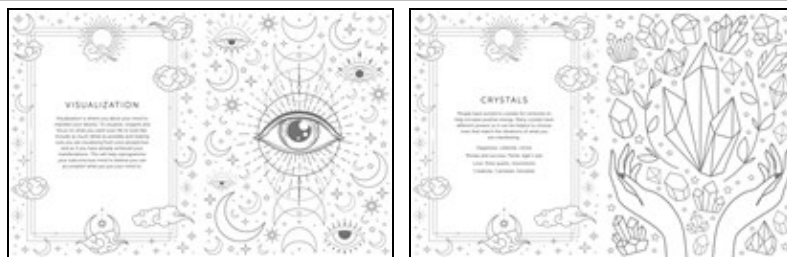
- Intricate, high-resolution designs that contain a varied selection of beautiful patterns
- Images that are great for developing fine motor skills, improving focus, reducing stress and relieving anxiety
- Easy-to-follow manifesting techniques
- Uplifting quotes to keep you motivated as you journey through the pages

Harness the power of manifestation and make your dreams a reality.

Contributor Bio

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Illustrations



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96 Pages
Carton Qty: 10
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Games & Activities / Coloring
Books
GAM019000
Series: -
11.1 in H | 8.5 in W | 0.8 lb Wt



The Cocktail Deck

52 Classic and Modern Cocktail Recipe Cards for Every Occasion

Summersdale Publishers

Key Selling Points

- Cocktails have never been more popular; since the pandemic, many more people are choosing to mix drinks from the comfort of their own homes.
- With its stylish design and bespoke illustrations, this deck of cards is a beautiful, Instagrammable gift as well as a practical one.
- Box includes a high-quality wooden stand for easy display.
- Will appeal to the same audience as *The Little Book of Cocktails* (ISBN: 9781849535854), which has sold over 62,000 copies.
- Other similar Summersdale titles include *The Little Book of Whisky* (ISBN: 9781786857965).

Summary

This box contains 52 cards of delicious cocktail recipes with beautiful bespoke illustrations, plus a wooden stand for easy display

Dive into this deck of 52 cards containing delicious cocktail recipes, both classic and modern. The box also includes a pocket-sized booklet and stand for displaying the recipe cards.

Bottoms up! Whether you're a mixologist in the making or looking for new ideas to refresh your repertoire, let The Cocktail Deck help to make any occasion one to remember.

From the crowd-pleasing classics such as the Margarita and Piña Colada to modern must-know recipes like the Paper Plane and White Negroni, this beautifully illustrated deck includes over 50 recipes to spark your imagination, as well as a handy booklet full of expert tips and techniques on blending the perfect drink.

This is an ideal gift for all those who appreciate the unique alchemy of cocktail making.

- Box includes 52 individual cards and a 16-page booklet with extra cocktail tips, tricks and presentation ideas
- Display your cocktail recipe in the high-quality wooden stand as you create the perfect sip

Each card features a bespoke illustration

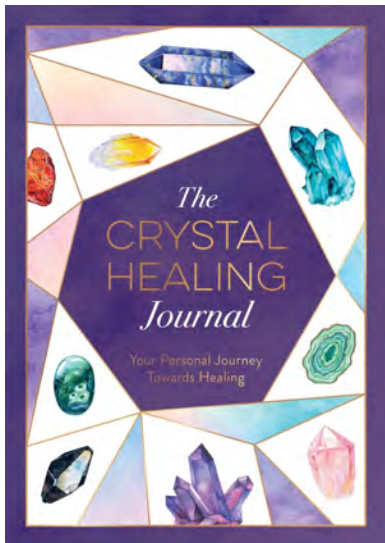
Contributor Bio

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Illustrations

Summersdale
9781837990023
1837990026
Pub Date: 10/3/2023
\$16.99/\$18.99 Can.
Cards

16 Pages
Carton Qty: 10
Print Run: 6K
Cooking / Beverages
CKB006000
Series: -
6.5 in H | 4.3 in W



The Crystal Healing Journal

Your Personal Journey Towards Healing

Astrid Carvel

Key Selling Points

- A guided, fill-in journal for the reader to create a personal record of their crystal-healing practices, with 30 different bespoke journal pages paired with a particular crystal, plus 50 pages of general journal prompts that can be used with any crystal.
- Includes tips on how to choose, cleanse, charge and care for your crystals, plus a brief history of how crystals have been used for healing throughout the centuries.
- Crystals are enjoying a surge in popularity.

Summary

A beautifully designed guided journal, with thoughtful prompts to track your crystal-healing practices and your journey towards better health and well-being, complete with 30 crystal profiles, a history of crystals, and crystal care tips

Once you discover the joy and power of working with crystals, you'll want to have them around you every day. They've been used for millennia, for everything from healing and predicting the future to decorations for temples, homes and the body. And today these gems can help guide your healing practices and enhance your meditations, aiding your journey to greater well-being with their vibrational energy.

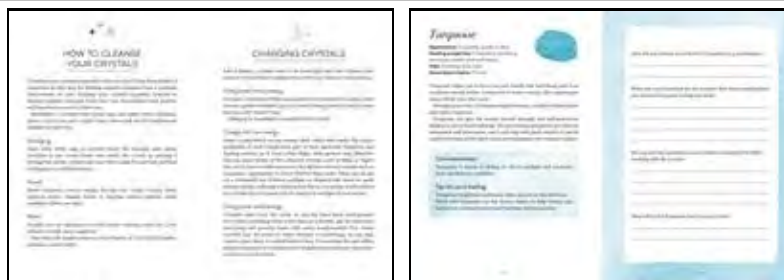
- The Crystal Healing Journal will give you the essential facts about working with crystals for self-care and meditation, from how to choose your crystals, to how to cleanse, charge and care for your collection.
- Thoughtful prompts will guide you through different healing practices using 30 essential stones, carefully chosen for their restorative powers.
- Includes over a hundred journal pages for you to keep a record of your experiences with each crystal and to document your own practices.

This healing journey belongs to you. May it bring you joy, self-discovery and well-being!

Contributor Bio

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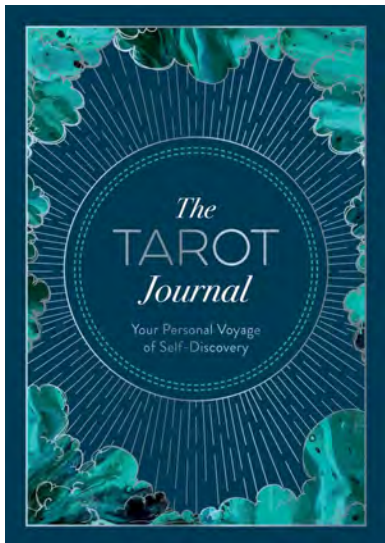
Illustrations



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1800076770
Pub Date: 11/7/2023
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Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Body, Mind & Spirit / Crystals
OCC004000

8.3 in H | 5.8 in W



The Tarot Journal

Your personal voyage of self-discovery

Astrid Carvel

Key Selling Points

- A guided, fill-in journal for the reader to create a personal record of their tarot readings, with bespoke journal prompts for various types of readings, plus 50 pages of general journal prompts that can be used to record the insights gained from any tarot session.
- Includes a brief history of tarot and how to use the cards, and an overview of each card's meanings and interpretations, including when reversed.
- A previous title, *The Little Book of Tarot* (ISBN: 9781786857989), has sold over 40,000 copies.

Summary

A beautifully designed guided journal, with thoughtful prompts to track your tarot readings, complete with a history of tarot, guidance on how to use the cards, and a handy overview of each card's meanings and interpretations

Once you discover the joy and power of working with the tarot, you'll find the cards invaluable in guiding you through life's ups and downs. From enhancing your self-care practices to revealing what the future may hold, they are a powerful tool for reflection as well as divination.

The Tarot Journal is full of thoughtful prompts to explain different types of reading, with over a hundred journal pages for you to keep a record of which cards come up and the messages they're trying to tell you.

With a handy reminder of each card's meanings and interpretations, and a brief history of the tarot, this book contains everything you need to start interpreting the cards and to create a keepsake of your journey towards self-discovery.

This journey belongs to you. May it bring you wisdom, guidance and well-being!

Contributor Bio

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

Illustrations



Summersdale

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Paperback

160 Pages

Print Run: 6K

Body, Mind & Spirit / Divination

OCC024000

8.3 in H | 5.8 in W



The Little Box of Daily Affirmations

52 Cards with Simple Steps to Help You Set Your Intentions

Summersdale Publishers

Key Selling Points

- This box contains a 16-page booklet, outlining what affirmations are and how to practice them, and 52 double-sided cards, each featuring an affirmation on one side and a well-being tip on the other.
- More people are looking to incorporate affirmations and self-care practices into their daily lives as a way to find calm and live positively. This deck is the perfect package for anyone looking for daily guidance and inspiration.
- A similar Summersdale card set, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 21,000 copies.
- Other products in the series include:
 - *The Little Box of Mindful Meditations* (ISBN: 9781800074064)
 - *The Little Box of Daily Rituals* (ISBN: 9781800079939)

Summary

These beautiful cards and booklet will help you to learn what affirmations are and practice them regularly for a happier and healthier life

A deck of 52 beautiful cards featuring inspiring affirmations to repeat aloud and bite-sized tips to promote overall well-being and boost self-confidence. The box also includes a 16pp booklet on how to practice affirmations and a stand for displaying the cards.

You don't need to be well-versed in mindfulness practices to feel the benefits of affirmations. There are so many little moments throughout the day when you can pause, reflect, then continue with added purpose. Whether you want to boost confidence or reduce stress, the journey begins with this box.

Alongside a booklet covering the essentials of how to practice affirmations and incorporate them into your daily life, this box contains a set of 52 beautifully designed cards, each with an affirmation on one side and a well-being tip on the reverse.

Each card can be displayed individually using the wooden stand, allowing you to bring daily inspiration to any shelf, windowsill, desk or side table.

This is the perfect gift for anyone looking for an extra dose of positivity every day.

Contributor Bio

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

Illustrations



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Cards

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

6.5 in H | 4.3 in W



The Little Box of Daily Rituals

52 Cards with Simple Steps to Help You Improve Your Self-Care Routine

Summersdale Publishers

Key Selling Points

- This box contains a 16-page booklet, outlining what rituals are and how to practice them, and 52 double-sided cards, each featuring a short ritual on one side and a tip on how to practice it on the other.
- More people are looking to incorporate rituals and self-care practices into their daily lives as a way to find calm and happiness. This deck is the perfect package for anyone looking for daily guidance and inspiration.
- A similar Summersdale card set, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 21,000 copies.
- Other products in the series include:
 - *The Little Box of Mindful Meditations* (ISBN: 9781800074064)
 - *The Little Box of Daily Affirmations* (ISBN: 9781800079922)

Summary

These beautiful cards and booklet will help you to learn what rituals are and practice them regularly for a happier and healthier life

A deck of 52 beautiful cards featuring simple, self-care rituals and bite-sized tips to help you incorporate them in your daily life. The box also includes a 16pp booklet on how to practice daily rituals and a stand for displaying the cards.

You don't need to set aside hours of your day to feel the benefits of daily rituals. There are so many little moments when you can pause, be present and find calm. Whether you would like to feel more positive or perhaps spend more time on self-care, the journey begins with this box.

Alongside a booklet covering the essentials of rituals and how to incorporate them into your daily life, this box contains a set of 52 beautifully designed cards, each with a ritual on one side and a tip on the reverse.

Each card can be displayed individually using the wooden stand, allowing you to bring tranquil inspiration to any shelf, windowsill, desk or side table.

This is the perfect gift for anyone looking to instil calm and self-care in their day.

Contributor Bio

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Illustrations



Summersdale
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16 Pages
Carton Qty: 10
Print Run: 6K
Games & Activities / Card Games
GAM002000
6.5 in H | 4.3 in W



Summersdale
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1800079842
Pub Date: 10/3/2023
\$11.99/\$12.99 Can.
Hardcover Paper over boards

128 Pages
Print Run: 10K
Cooking / Beverages
CKB008000
Series: Little Book of
6.1 in H | 4.4 in W

The Little Book for Coffee Lovers

Recipes, Trivia and How to Brew Great Coffee: The Perfect Gift for Any Aspiring Barista

Felicity Hart

Key Selling Points

- An accessible, informative and aesthetically appealing guide to coffee with full-color photos throughout.
- Contains history and trivia, profiles of different types of bean and styles of making coffee, tips for making the best coffee at home, plus recipes for coffee-infused food and drink.
- Coffee is the world's most popular drink, with around two billion cups consumed globally every day. The value of the coffee market and consumer spending on coffee continue to grow year on year.
- In the same series as our popular title, *The Little Book for Plant Parents* (ISBN: 9781787836877) which has sold over 33,000 copies.

Summary

Prepare to take your love of coffee to the next level with this richly aromatic tour of the world's favorite drink, from bean to cup and beyond.

Happiness comes in all shapes and sizes: espresso, cortado, flat white, latte, cappuccino...

We wake up and smell it. We crave it when we're sleepy. We take deep lungfuls of its rich aroma when we buy a new bag of it. We put it in cakes, cocktails and just about every other type of food imaginable. But most of all, we rely on it to punctuate our day with a caffeine hit and a small burst of all its delicious flavors.

In this homage to the coffee bean you will:

- Discover how coffee was discovered, how it is grown and how it is turned into our favorite drink
- Learn everything you wanted to know about different beans, roasting styles and brewing techniques
- Take a barista training course from the comfort of your own kitchen, with top tips on making the perfect brew at home
- Get to grips with modern developments in the coffee world, such as nitro, cold brew, proffee and snapchilled coffee
- Try out delicious coffee-based recipes, from flavored lattes and iced coffees to coffee fudge, tiramisu, homemade syrups and espresso martinis

The only thing this book doesn't contain is caffeine – you'll have to make a fresh cup of joe for that.

Contributor Bio

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

Illustrations



The Little Book for Modern Witches

Astrid Carvel

Key Selling Points

- An accessible, informative and appealing guide to modern witchcraft, a topic which is growing in popularity, visibility and influence.
- Contains simple tips, fascinating history, full-color photos and spell profiles to help the reader make the most of their practice.
- Including all you need to know to about magick and spellcasting, this is the perfect gift for beginners and experienced witches alike.
- Similar Summersdale titles include:
The Little Book of Witchcraft (ISBN: 9781800074071)
The Little Book of Spells (ISBN: 9781786857996)
The Little Book of Tarot (ISBN: 9781786857989)

Summary

A beautifully illustrated guide to modern witchcraft. From the history to the fundamentals of spellcasting, this inspirational book has everything you need to safely practice magick

Find your magick and harness your inner power with this beautifully illustrated guide to modern witchcraft

Practicing witchcraft can provide the gateway to a life filled with prosperity, positivity and opportunity. The Little Book for Modern Witches is the perfect beginner's guide if you're looking to enrich your life with the power of magick.

From the fascinating history of white witchcraft to the fundamentals of spellcasting, this inspirational guide contains all the information you need to safely practice magick.

Wherever you are in your witchcraft journey, make the most of your practice by learning these valuable insights:

- The history of witchcraft and its significance today
- The essentials of a witch's toolkit
- How to make runes, wands, crystal pendants and more
- How to cast different spells for love, good health, happiness, protection and much more

A magickal gift idea, this book is an all-round treat for aspiring and seasoned witches alike.

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Illustrations



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 Body, Mind & Spirit / Witchcraft
 OCC026000
 Series: Little Book of
 6 in H | 4 in W



The Little Book of Breathwork

Find Calm, Improve Your Focus and Feel Revitalized with the Power of Your Breath

Jo Peters

Key Selling Points

- Breathwork has become the hot topic in health and wellness over the past few years; it has featured in many of the world's most popular health and wellness TV shows and YouTube channels.
- Meditation, mindfulness, yoga and self-care techniques are all interwoven into breathwork, so it will appeal to readers who are interested in holistic ways to improve their well-being.
- A similar Summersdale title *Draw Breath* (ISBN: 9781787830332) – a practical book of breathing exercises – has sold over 7,000 copies.

Summary

A beginner's guide to breathwork, complete with all the information you need to start your breathwork practice, plus step-by-step instructions for breathing exercises you can try safely at home

Learn how to use the power of your breath to gain clarity, peace and better health with this beginner's guide to the ancient practice of breathwork

If you're looking for ways to boost your overall health and well-being, and tools that can bring you instant calm, then breathwork is the answer. Breathwork combines meditation and mindfulness with the ancient traditions of yoga and qigong, with simple exercises that anyone can try.

Once you've started learning the art of breathwork, you'll have the knowledge at your disposal to help you:

- Relieve stress and anxiety and create a deeper sense of calm
- Enhance your mental clarity and increase your focus
- Improve your overall physical health and well-being
- Harness your natural energy and boost athletic and motivational performance
- Cultivate a deeper connection with your mind, body and soul

With an overview of the history of breathwork around the world, and step-by-step instructions for carrying out different techniques safely in your own home, *The Little Book of Breathwork* provides everything you need to embark on your journey to feeling great every day.

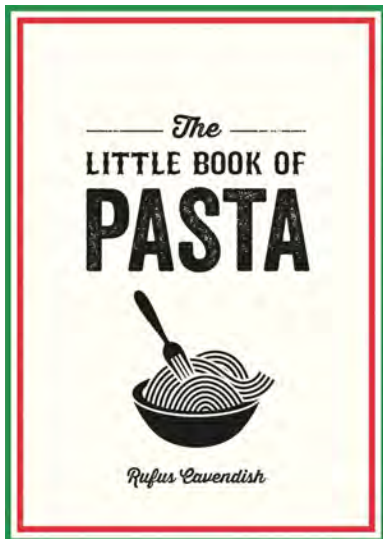
Contributor Bio

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Illustrations

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Series: Little Book of
5.8 in H | 4.1 in W



The Little Book of Pasta

Rufus Cavendish

Key Selling Points

- Italian cuisine in general, and pasta in particular, remain popular subjects for celebrity cookbooks and TV series. Stanley Tucci's *Searching for Italy* has recently been enjoyed by millions of viewers in the US and UK.
- Includes a brief history of pasta and an overview of the many varieties, as well as trivia, tips and recipes to be tried at home.
- The perfect gift for pasta aficionados and curious beginners alike.

Summary

An accessible and informative introduction to pasta, this pocket guide offers an engaging overview of a beloved food, exploring its history and many varieties as well as giving a taste of its countless culinary possibilities

From farfalle and fusilli to fettucine and beyond, this pocket guide serves up a celebration of one of the world's most popular culinary creations

Whether fresh, dried, baked into lasagna or swirled as spaghetti around your fork, pasta is fantastic. It's so universal and versatile that we might even take it for granted sometimes.

But this humble and hearty food, with all its history and variety, deserves to be more fully understood and appreciated. Lifting the lid on all things pasta, this handy pocket guide will give you a taste of the following topics and much more:

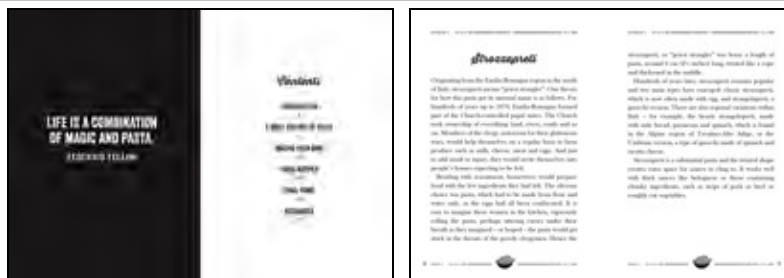
- Tuck in to the history of pasta, tracing its journey from Italian origins to global domination
- Learn about the most popular (and the most unusual) pasta shapes, sauces and dishes
- Whet your appetite with delicious bites of trivia
- Hone your culinary skills and discover how to make your own pasta from scratch
- Experiment with delicious recipes, allowing you to perfect classic dishes or expand your repertoire

Whether you're a curious newcomer or a seasoned connoisseur, *The Little Book of Pasta* has all the mouth-watering information and inspiration you could hunger for.

Contributor Bio

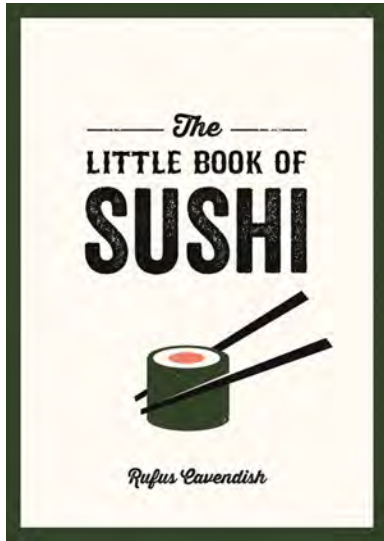
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Illustrations



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128 Pages
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Series: Little Book of
6 in H | 4 in W

The Little Book of Sushi

A Pocket Guide to the Wonderful World of Sushi, Featuring Trivia, Recipes and More

Rufus Cavendish

Key Selling Points

- This is a new addition to Summersdale's accessible *Little Book of...* series, and is a celebration of one of the world's most recognizable and best-loved dishes: sushi.
- Includes a brief history of sushi and an overview of the many varieties and ingredients, as well as trivia, etiquette tips and recipes to be tried at home.
- The perfect small gift for seasoned sushi-lovers and curious beginners alike.

Summary

Featuring history, trivia, recipes, sushi profiles, preparation and etiquette tips and more, this pocket guide is the perfect introduction to the wonderful world of sushi.

From seaweed-wrapped maki rolls to tuna-topped nigiri, dive into this celebration of one of the world's favorite delicacies

There are few foods more recognizable than sushi. Originating in Japan, the iconic fluffy white rice that's topped, wrapped or rolled with beautifully prepared fish and vegetables is an art form as much as it is a meal.

This handy pocket guide will give you a taste of the following and much more:

- Find food for thought with the history of sushi
- Learn about different kinds of sushi, from the traditional to the modern, and how to eat it
- Whet your appetite with delicate bites of trivia
- Discover mouth-watering recipes, allowing you to bring Japan to your very own kitchen

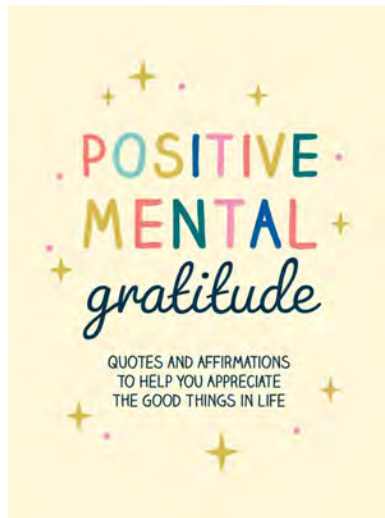
Whether you are a curious beginner or a seasoned connoisseur, *The Little Book of Sushi* will be your handy guide to the bite-sized delicacy which has found favor all over the world.

Contributor Bio

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

Illustrations





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5.5 in H | 4 in W

Positive Mental Gratitude

Quotes and Affirmations to Help You Appreciate the Good Things in Life

Summersdale Publishers

Key Selling Points

- This book focuses on how the simple powers of positivity and gratitude can improve your well-being.
- Featuring a raft of inspiring quotes and statements and a striking trend-led design, this little book makes the ideal small gift for a loved-one.
- A similar Summersdale title, *Positivity for Every Day* (ISBN: 9781787836518), has sold over 15,000 copies.
- Other similar Summersdale titles include:
 - *Live Your Best Life* (ISBN: 9781786857514)
 - *365 Days of Kindness* (ISBN: 9781800071001)
 - *Think Positive, Stay Positive* (ISBN: 9781786850355)

Summary

This sunny little book, brimming with uplifting quotes and empowering statements, is the perfect small gift to inspire a positive outlook and help the reader celebrate the present moment

This gentle book – spilling over with beautiful quotes and statements on the practice of gratitude – will empower you to celebrate the present, even in times of challenge and change

Gratitude is a gift that never stops giving. Helping you to see wonderful moments in the everyday, strengthen your relationships and improve your health, practicing gratitude can boost your spirits and drive positive change.

The uplifting quotations and inspiring affirmations within these pages will help you tap into this quiet power. This book will remind you to find the good in each moment, and how an attitude of gratitude can:

- Improve your mental and physical well-being
- Help you to motivate yourself to embrace the day
- Help strengthen your relationships by spreading kindness

Positive Mental Gratitude is your go-to guide to harnessing the power of positive thought, and will help you to relish the small pleasures, be kind to your mind and brighten your world.

Contributor Bio

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

Illustrations





I Believe in You

Uplifting Quotes and Powerful Affirmations to Fill You with Confidence

Summersdale Publishers

Key Selling Points

- This little book of positive statements will fill the recipient with confidence and is a perfect gift for any occasion.
- Will appeal to those who enjoyed *You Are So Awesome* (ISBN: 9781849539586), which has sold over 125,000 copies, and *Never Lose Your Sparkle* (ISBN: 9781849539579), which has sold over 64,000 copies.
- Similar Summersdale titles include:
- *You Are Amazing* (ISBN: 9781786859808)
- *Dream, Believe, Achieve* (ISBN: 9781787836891)

Summary

A little book packed with empowering quotes and affirming statements, perfect for telling someone you care about that you believe in them

If you want to lift someone's spirits and fill them with confidence, look no further than this pocket-sized book of inspiring quotes and affirmations

Simple words of encouragement are powerful things. Sometimes the best gift you can give is letting someone know just how special they truly are. That's why this little book is packed with empowering quotes and affirming statements, perfect for telling someone you care about that you believe in them.

From the worldly wisdom of early philosophers to the musings of modern superstars, these words will inspire, motivate and uplift. The ideal gift for any occasion, whether you know someone who's taking their driving test, about to graduate, or perhaps just in need of a little confidence boost.

As well as the wise words of great writers, artists and thinkers, this book includes a host of positive affirmations and daily reminders such as:

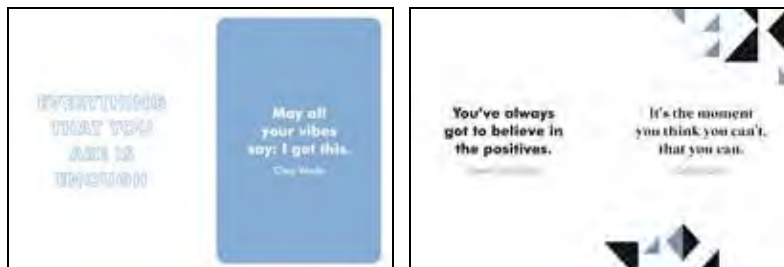
- Believe in yourself and you will be unstoppable
- Everything that you are is enough
- You have to believe in order to achieve
- Live life on your terms and never apologize for it

You are the creator of your own destiny

Contributor Bio

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

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Self-Help / Affirmations
SEL004000

5.5 in H | 4 in W



I Love You

Romantic Dates and Meaningful Quotes for the One You Love

Summersdale Publishers

Key Selling Points

- The perfect Valentine’s Day present, or year-round gift for the one you love.
- Show your partner just how much you love them with this lovely little book, packed with romantic quotes and delightful date ideas.
- Similar Summersdale titles include:
You Are My Sun, My Moon and Stars (ISBN: 9781800074187)
I Love You (ISBN: 9781787835801)
Olive You (ISBN: 9781786855480)

Summary

This little book of charming date ideas and thoughtful quotes about love is the perfect gift for your special someone to show them how much you care

Show your one true love how much they mean to you with this heartfelt collection of creative date ideas and amorous quotes

Spending time with the one you love makes every day special, and this little book of charming date ideas gives you new ways to sweep your partner off their feet. Filled with inspiration and romance, this book is a gorgeous gift for that special someone to show them how much you care. With novel suggestions such as whisking them away for a beach-front picnic, cooking a romantic three course meal or watching the stars from your back garden, this book is packed with many ways to light a spark in your love life.

As well as dreamy date ideas, this book is also filled with thoughtful and profound quotes about love. Be inspired by the beautiful words of poets and writers, and explore the most passionate ways to tell your partner, “I Love You”.

Contributor Bio

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

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