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BOOKS USA



SUMMER 2023



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MONORAY • PYRAMID • RADAR
SHORT BOOKS • SPRUCE • SUMERSDALE





Aster
9781783254989
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Pub Date: 5/2/2023
\$26.99/\$29.99 Can.
Hardcover

240 Pages
Carton Qty: 5
Print Run: 6K
Health & Fitness / Diet & Nutrition
HEA006000
10.3 in H | 7.9 in W | 1 in T | 2.1
lb Wt

The Slimming Foodie in Minutes

100+ quick-cook recipes under 600 calories

Pip Payne

Key Selling Points

- The third book from the Sunday Times bestselling author of The Slimming Foodie
- The Slimming Foodie has sold over 35k copies via Nielsen Bookscan
- The Slimming Foodie blog has received over 4.5 million visits

Summary

Fast, healthy, recipes - all under 600 calories - from the *Sunday Times* bestselling author Pip Payne

"Pip Payne is on a mission to help us eat well, without feeling we're on a diet." - BEST

The bestselling Slimming Foodie is back with speedy recipes that prove fast food doesn't have to be unhealthy. One of the biggest barriers to healthy eating is time - after a long day's work it can be tempting to cave into a high-calorie takeout. However, the Slimming Foodie's new cookbook contains 100 new delicious recipes, all under 600 calories, that can be prepped or cooked in 30 minutes or less!

The Slimming Foodie is an expert on simple cooking. She has already shown us that we don't have to forgo flavor to eat better and has now made slimming even more convenient with these quick and tasty meals.

With mouth-watering, low calorie food this fast, *The Slimming Foodie in Minutes* will ensure cooking for the family never takes away from your evening!

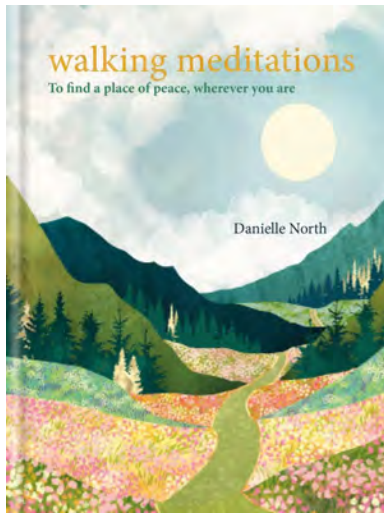
Contributor Bio

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

Theslimmingfoodie.com
[Instagram.com/the_slimming_foodie](https://www.instagram.com/the_slimming_foodie)
[Twitter.com/slimmingfoodie](https://twitter.com/slimmingfoodie)

Illustrations





Aster
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160 Pages
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Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000
7.1 in H | 5.3 in W

Walking Meditations

To find a place of peace, wherever you are

Danielle North

Key Selling Points

- The Pause Method is based on Danielle's bestselling book *Pause* and *Pause Everyday* - which sold over 60,000 copies worldwide - plus almost 20 years' experience of working with leaders and teams as an executive coach across the globe.
- This book perfectly rounds out the series of *Morning Meditations* and *Sleep Meditations* - as a meditation book you can use in the day, whenever you need to relax/take a break. All the books in the series use stunning illustrations by Space Frog designs, making the books are beautiful, gifty objects.
- Mindful walking, or walking for self-help, is an increasingly popular trend. The recently published *52 Ways to Walk* sold over 700 copies in its first week, with backlist *Walking in the Woods* (7k net), *The Art of Mindful Walking* (5.7k TCM) and *Walking on Sunshine* (28k) continuing to sell well. Interestingly, according to Department of Transport, we're walking 34% more in 2022, and 94% of walkers who took it up during lockdown aim to keep taking more steps.
- Walking meditation has its origins in Buddhism and was made popular by Thich Nhat Hanh (author of the original book on mindfulness, *The Miracle of Mindfulness*).
- Meditation is reported to be the fastest-growing health trend in the US and continues to grow in popularity across the globe - an estimated 200-500 million people practice it around the world. The meditations in this series are the perfect introduction to guided meditation.

Summary

Walking meditations to relax, refocus the mind and help you find calm whenever you need it.

Cultivate mindfulness and bring your mind and body in sync with this beautiful book of walking meditations.

Walking meditation, also known as *Kinhin* meditation, is widely practiced in many forms of Buddhism, blending the physical experience of walking with the focused mindfulness of a meditative state. This can be done anywhere, from a few steps at home to a short walk on a bustling street, or a longer hike in a natural setting.

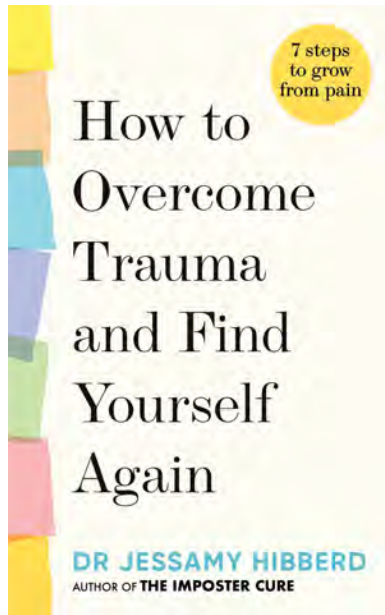
Walking while meditating boosts awareness, improves sleep quality, offers mental clarity and facilitates a mind-body connection. It is a practice you can develop each time you leave the house, to help you refocus and come back to yourself.

This beautifully illustrated book will guide you through the process of finding inner peace while on the move, with a selection of meditations for every season, long and short walks in both a natural and an urban setting, and meditations for creativity, calm and focus. *Walking Meditations* will help you use your surroundings as a meditative tool so you can restore your energy, come back into your senses and find calm in your day-to-day life.

Contents include:

10-minute mood boost
Walking with your senses
Meditations for every season
Extended meditations for longer walks
Walking peacefully

Contributor Bio



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Self-Help / Post-Traumatic Stress
Disorder (PTSD)
SEL043000
9.3 in H | 5.3 in W

How to overcome trauma and find yourself again

7 steps to grow from pain

Dr. Jessamy Hibberd

Key Selling Points

- In 2017, the World Health Organisation's World Mental Health Surveys revealed that 70.4% of respondents had experienced lifetime traumas
- 70% of adults in the US have experienced some type of traumatic event at least once in their lives
- Dr Jessamy's first book *The Imposter Cure* has sold over 20k copies worldwide, according to PubApp

Summary

How to grow from painful experiences and find meaning in life

FREE YOURSELF FROM PAIN, UNDERSTAND YOUR TRAUMA AND FIND INNER PEACE IN THIS LIFE-CHANGING GUIDE, FROM THE AUTHOR OF *THE IMPOSTER CURE*

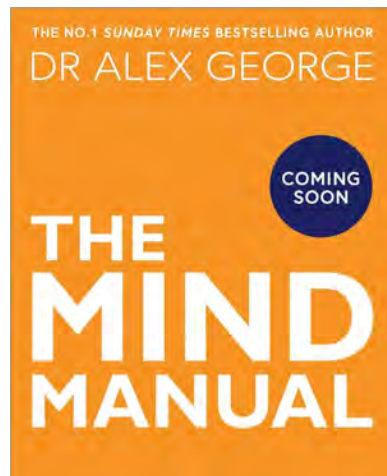
So many of us experience trauma throughout our lives. Trauma can be debilitating. Left unaddressed, it can have a long-term impact on our physical, mental and emotional health, restricting our personal growth and leaving us feeling empty and unfulfilled.

In this book Dr Jessamy unriddles the effects of trauma. Using a combination of psychology, neuroscience and her own experiences, Dr Jessamy brings a tough subject to life and opens up the space for healing. This book centers on the concept of 'Post-traumatic growth' - a term used to describe the remarkable way that painful experiences can lead to a valuable re-assessment of life, a renewed discovery of meaning and a fresh perspective.

Through her programme, readers will learn how to process past events and move forward with greater purpose and self-acceptance. Dr Jessamy examines common trauma responses and provides us with the building blocks to make sense of our pain in order to reach a deeper level of self-awareness and appreciation. Ultimately Dr Jessamy will help you find meaning when life feels meaningless and remain hopeful even in the face of adversity.

Contributor Bio

Dr Jessamy Hibberd (BSc, MSc, DC linPsy, PgDip) is a highly respected chartered clinical psychologist, author and commentator. She has 14 years' experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring.



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Health & Fitness / Healthy Living
& Personal Hygiene
HEA010000

9.3 in H | 7.5 in W

The Mind Manual

Dr. Alex George

Key Selling Points

- Dr Alex has 1.5 million Instagram followers, a rapidly growing YouTube channel and a hit podcast, The Waiting Room
- In the bestselling tradition of Dr Rangan Chatterjee, Dr Megan Rossi and Dr Rupy Aujla

Summary

The ultimate handbook for everyday health

WHAT CAN YOU CHANGE TODAY, AND NOT PUT OFF UNTIL TOMORROW?

Dr Alex is on a mission to empower us to make our own health choices, take positive control and feel equipped and inspired to make those small changes today that energise and future-proof for life.

"Health and happiness come from the cumulative effects of many small and positive daily changes to our lifestyle. It's about building sustainable and healthy habits - taking small and purposeful steps to a healthy future. By the end of the book I hope my readers have developed their own 'bespoke health toolkit' to be used across every aspect of their lives, and to make long-lasting and meaningful change."

What you do consistently has a direct impact on your day-to-day health, your immune system, your mental health, your metabolism, your bone density, your heart health, your blood pressure, your energy levels and how you fight disease generally. Your lifestyle is often your body's biggest support system and the more robust you can make that, the more you can rely on it to get you through. Think of it like your life insurance policy.

With detailed sections dedicated to informing us on how our mental health can impact our physical health, and what we can change in our day-to-day lifestyle choices to combat this, *The Mind Manual* is a must have toolkit for anyone looking to take their first steps towards a brighter, healthier and happier future.

Contributor Bio

Dr Alex George is an A&E and TV doctor. He has been working in A&E as an emergency doctor throughout the COVID-19 pandemic and has become a well-known and respected figure amongst healthcare professionals in the UK, bringing the nation accessible and reassuring advice directly from the frontline.

Alex is on a mission to make mental health education compulsory in schools, and has become prolific throughout the UK in his campaigning with charities such as YoungMinds, Anna Freud Centre & Mind, with a goal to ensure mental health sits alongside the likes of Maths and English on the curriculum. Alex has now been appointed by the Prime Minister as Youth Mental Health Ambassador to the government.

Alex is a resident presenter on ITV's Lorraine, has presented for Watchdog and also appeared on Celebrity Masterchef. Alex is also a fully qualified Level 3 PT.

Instagram.com/dralexgeorge
Twitter.com/dralexgeorge
YouTube.com/dralexgeorge
TikTok @dralexgeorge

Illustrations



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Pets / Cats
PET003000
9.3 in H | 6 in W

Being Your Cat

What's really going on in your feline's mind

Celia Haddon, Dr. Daniel Mills

Key Selling Points

- Approximately 42.7 million US households have at least one cat.
- In 2021, \$123.6 billion was spent on our pets in the U.S.
- Americans spent an estimated \$2.14 billion buying their pets Valentine's Day presents.
- 25% of cat owners bought clothing for their pet in 2020.
- Vermont is the state with the highest percentage of cat owners: 44.6%
- At 31%, Millennials have the highest rate of pet ownership.
- America is a nation of cat lovers. With over 95 million cats kept as pets (and plenty of people who love cats but don't own one themselves), this book will appeal to this market.

Summary

Renowned cat expert Celia Haddon puts the reader inside the mind of their cat, to show them how they think, feel and experience the world.

Ever wondered why your cat won't sit on your lap? Why she would suddenly watch the football on television, how she sees the world and what she thinks of you and your family? Prepare to enter the mind of your cat and revolutionize the way you see the world and your enigmatic pet.

Bestselling cat author Celia Haddon and veterinary expert Professor Daniel Mills take you into the mind of your feline and, drawing on the latest scientific research, describe how your cat experiences the world. This is a unique book drawing on a wealth of veterinary science and studies, which relays those findings in a way that will amuse and delight owners. By placing you in the mind of your cat you will know what it's like physically, empirically, psychologically and emotionally to *be* your cat.

Being Your Cat will fascinate and surprise those who wish to know the secret world of cats and reveals how their experiences don't always stray far from our own.

Contributor Bio

Celia Haddon (Author)

Celia Haddon was the *Daily Telegraph* pet agony aunt whose knowledgeable yet sentimental column delighted cat lovers. She has sold somewhere between one to two million books. A cat behavior practitioner with the Centre of Applied Pet Ethology, she has a B.Sc. in applied animal behavior.

Daniel Mills, FRCVS (Author)

Professor Daniel Mills is a practicing veterinary surgeon and academic at the University of Lincoln who specializes in the management of problem behavior and the human-animal bond. He runs the podcast *What Makes You Click?*, which features chats with inspirational friends in the field of animal behavior he has had the benefit of getting to know over the course of his career.

He shares his home with his human family and a rescue cat called Mika amongst other animals.



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Music / Genres & Styles
MUS029000

7.8 in H | 5 in W

The Lost Album of The Beatles

What if the Beatles hadn't split up?

Daniel Rachel

Key Selling Points

- There is continued interest in The Beatles which can be seen when GET BACK, a documentary looking at the final months of the band produced and directed by Peter Jackson and accompanied by an official book, released last year to great acclaim.
- Books on the Beatles are popular on both sides of the pond - The Beatles: The Biography has sold 165k copies via US TCM
- Daniel Rachel is author of several music books and winner of the prestigious Penderyn Book Prize, called 'the Mercury Prize of books' by the NME, and awarded to the single best music book written each year.

Summary

An award-winning music author takes a serious look at a playful question of pop history: what if the Beatles had created one more album?

This is the story of the great lost Beatles album.

The end of the Beatles wasn't inevitable. It came through miscommunication, misunderstandings and missed opportunities to reconcile.

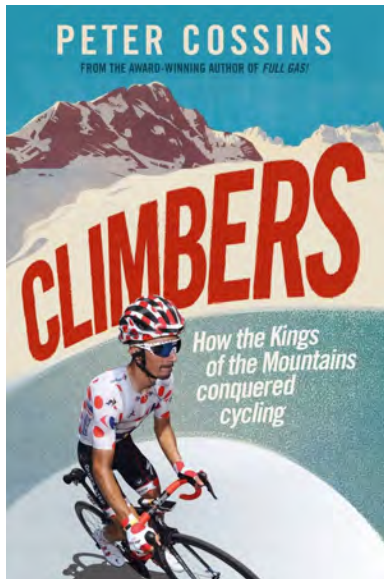
But what if it didn't end? What if just one of those chances was taken, and the Beatles carried on? What if they made one last, great album?

In *Like Some Forgotten Dream*, Daniel Rachel - **winner of the prestigious Penderyn Music Book Prize** - looks at what could have been. Drawing on impeccable research, Rachel examines the Fab Four's untimely demise - and from the ashes compiles a track list for an imagined final album, pulling together unfinished demos, forgotten B-sides, hit solo songs, and arguing that together **they form the basis of a lost Beatles masterpiece.**

Compelling and convincing, *Like Some Forgotten Dream* is **a daring re-write of Beatles history**, and a tantalizing glimpse of what might have been.

Contributor Bio

Daniel Rachel is a musician turned award-winning author. His previous books include *NME* and *Guardian* Book of the Year *Isle of Noises*, *Evening Standard* Book of the Year *Don't Look Back in Anger*, and *Walls Come Tumbling Down*, which was described as 'triumphant' by the *Guardian* and 'superlative...brilliant' by *Q magazine*, and was awarded the prestigious Penderyn Music Book Prize in 2017.



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Biography & Autobiography
/ Personal Memoirs
BIO026000
7.8 in H | 5 in W

Climbers

How the Kings of the Mountains conquered cycling

Peter Cossins

Key Selling Points

- The Tour de France attracts a reported 2.6 billion viewers per year.
- Peter has won the past two Telegraph Cycling Book of the Year awards (2019, 2020).
- There has been a cycling boom thanks to lockdown. One in ten US adults reporting riding their bikes for the first time in a year.

Summary

Award-winning cycling author's look at the men and psychology of the mountain climber

When, during the Pyrenean stages of the 1998 Tour de France, a journalist asked Marco Pantani why he rode so fast in the mountains, the elfin Italian, unmistakable in the bandanna and hooped ear-rings that played up to his "Pirate" nickname, replied: "To shorten my agony."

Drawing on the fervor for these men of the mountains, *Climbers* looks at what sets these athletes apart within the world of bike racing, about why we love and cherish them, how they make cycling beautiful, and how they see themselves and the feats they achieve.

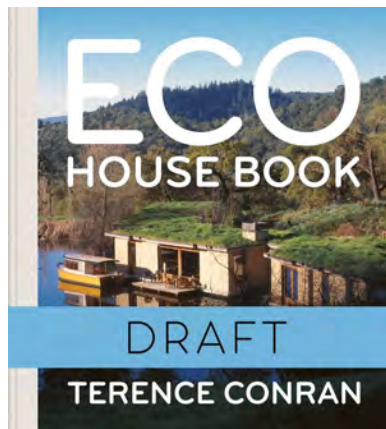
Working chronologically, Peter Cossins explores the evolution of mountain-climbing. He offers a comprehensive view of the sport, combining contemporary reports with fresh one-to-one interviews with high-profile riders from the last 50 years, such as Cyrille Guimard, Hennie Kuiper and Andy Schleck. And, unlike many other cycling books, *Climbers* also includes the stories of female racers across the world, from Ashleigh Moolman-Pasio and Annemiek van Vleuten to Fabiana Luperini and Amanda Spratt.

Climbers analyses the personalities of these racers, highlighting the individuality of climbing as an exercise and the fundamental fact that it's a solitary challenge undertaken in relentlessly unforgiving terrain that requires unremitting effort.

Captivating and iconic, *Climbers* is the ultimate cycling book to understand what it takes both physically and mentally to take on the sport's hardest stages.

Contributor Bio

Peter Cossins has been writing about cycling since 1993. A former editor of *Procyling*, he has also contributed to the *Guardian*, *The Times*, the *Sunday Telegraph*, the *Sunday Express* and the *Sunday Herald*. He has worked on every Tour during that time.



Conran
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House & Home / Cleaning,
Caretaking & Organizing
HOM019000
11 in H | 9 in W

Eco House Book

Terence Conran

Key Selling Points

- Provides all the information you need to dramatically reduce your home's carbon footprint without starting from scratch
- Explains how relatively small and economic changes can be made from simple repairs to dramatic overhauls
- Terence Conran, restaurateur and designer is an undisputed authority on design and his books, notably, *The Essential House Book*, are international best sellers
- Special focus is given to reducing the vast amounts of energy and water that homes consume on a daily basis
- Extremely user-friendly, with tips, and advice on material choices and design directions
- Includes more than 300 photographs

Summary

A complete guide to home improvement the environmentally friendly way: whether you want to redecorate or redesign your home, Terence Conran provides all the information you need to reduce your home's carbon footprint and improve the quality of your life.

There is a great deal we can do to convert our existing homes into greener, healthier places to live. *The Eco House Book* explains how relatively small and economic changes can be made, including simple repairs to improve energy efficiency, water saving tips, and productive gardening, to more dramatic overhauls such as redesigning room use, converting basements and extending your home.

Environmental issues should be part of every decision you make on the home front--from selecting fabric for soft furnishings to designing and siting a home extension.

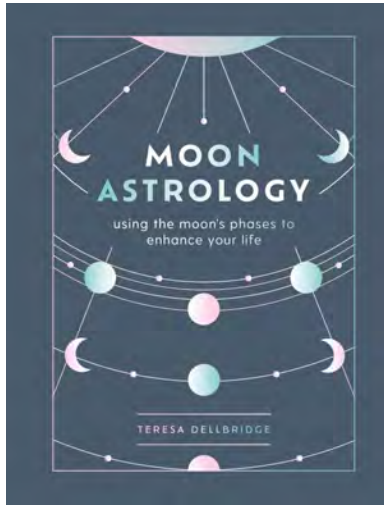
Special focus is given to reducing the vast amounts of energy and water that homes consume on a daily basis, with advice on low energy lighting strategies and decorative choices, improving insulation and reducing energy use, the latest green heating systems, alternative ways of generating power, and electricity reducing appliances. As we are urged to change our lifestyles to reduce our carbon footprint and consumption of water, there has never been a better time to green your home.

Contributor Bio

Terence Conran is one of the world's leading designers, furniture-makers, restaurateurs, retailers and founder of the Habitat group of stores, which revolutionized home furnishings in the 1960s. He is Chairman of Conran Holdings, the parent company of his retail and restaurant businesses, and Chairman of Conran & Partners, his architecture and design practice.

Illustrations





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Moon Astrology

using the moon's phases to enhance your life

Teresa Dellbridge

Key Selling Points

Moon Astrology will help you to:

- Recognize why some days are easy and some are difficult
- Plan your life to take advantage of cosmic influences to power important decisions and actions
- Track the moon's phases with easy-to-use Lunar phase tables for 2022-2030 and look up your moon sign with birth charts from 1924 to 2025 plus an easy guide for calculating any date past or future
- Learn about how each phase of the moon brings different energies for reflection, rest, growth, and inspiration
- Find easy spiritual exercises for channelling the power of each phase
- Discover how to take advantage of each phase to supercharge your Health and Beauty, Love and Relationships, Career and Finances and your Home and Garden

Summary

An essential guide to harnessing the ancient power of the moon and using it to heal, transform and create lasting change in your life.

Do you have certain days when you feel like the universe is against you? Do some days just flow more easily than others? Are you seeking a way to live in tune with nature?

You probably know all about your Sun Sign, which describes your personality, but have you heard of your Moon Sign? Your Lunar zodiac sign governs your emotional life, your inner mood, and your day-to-day energy. **Moon Astrology** will teach you all about your moon sign so that you can harness the moon's cosmic power, knowing when and how to use that power is key.

Understanding when the moon passes through its phases, letting the ebb and flow of its energy wash through you like the coming and going of the tides, will help you to improve and empower every aspect of your life. When you tap into the moon's tempo and plan the events of your life in tune with its rhythm, you will feel more centered and balanced.

Discover sections on interpreting your moon sign, understanding the different phases of the moon, and mastering "moon-phase life planning". **Moon Astrology** is the indispensable guide to discovering how the moon can impact your instincts and intuitions, and have subtle effects on the rhythms of everyday life.

Contributor Bio

Teresa Dellbridge (née Teresa Moorey) has written many books on personal growth, self-help, psychic powers and esoteric wisdom. She is the author of *Working with Psychic Protection*, *Working with Hypnotherapy*, *Your Crystal Code* and *The Fairy Bible*.

Website: www.teresadellbridgewellbeing.co.uk

Illustrations



Power Up
How to feel awesome by protecting and boosting positive energy
Alison Davies

Key Selling Points

- A handy compendium of some of the most popular self-care and wellbeing practices
- Includes easy exercises to put techniques into practice
- Includes a daily energy clock

Summary

Boost your positive energy to feel empowered and motivated throughout the day.

Protect, maintain and boost your positive energy around the clock.

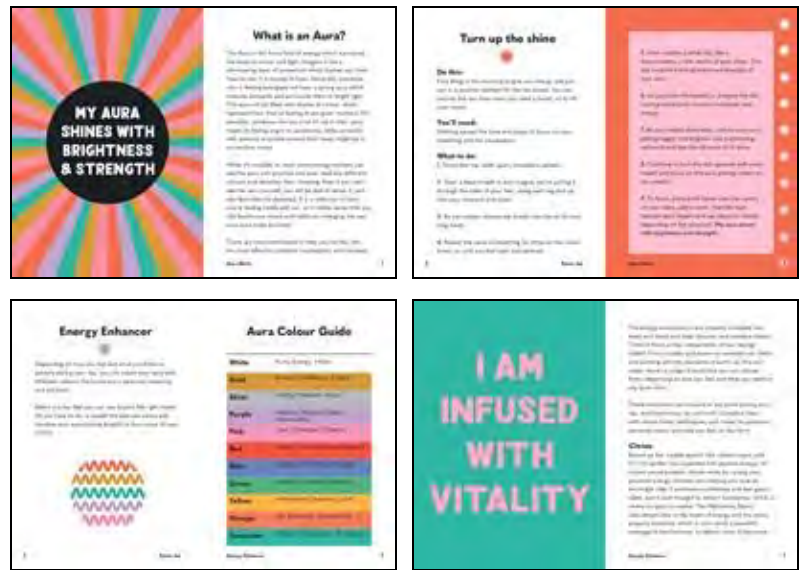
Power Up brings together multiple popular self-care and wellbeing practices in one place: how to cleanse and protect your aura; the power of daily affirmations and mantras; how breathing techniques can help you feel engaged and energized; and the ability to change the narrative by using visualization and manifestation.

With bitesize exercises that are easy to incorporate into busy schedules, tips on little boosts to help pick you up throughout the day, and a handy Daily Energy Clock, *Power Up* will help create positive habits which are easy to stick to for a lasting impact on your daily energy levels.

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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Chetna's Indian Feasts

Everyday meals and easy entertaining

Chetna Makan

Key Selling Points

- Chetna has sold over 35,000 copies across six titles via TCM
- Chetna's social media following continues to grow with 40,000 followers on Twitter, 68K followers on Facebook, 226,000 followers on YouTube and 200,000 followers on Instagram, so a combined social media following of 533,000
- Chetna won a Guild of Food Writers Recipe Writing Award for her outstanding work in Waitrose Magazine at the Guild of Food Writers 25th Anniversary Awards

Summary

The latest book from Great British Bake Off's Chetna Makan, queen of Indian home cooking

OVER 80 BRAND-NEW TASTY RECIPES TO ENJOY WITH FRIENDS AND FAMILY FROM *BAKE OFF'S* CHETNA MAKAN

Chetna Makan is the queen of Indian home cooking. First introduced to us on The Great British Bake Off, Chetna has since authored several bestselling cookbooks that combine her inventive flavors with a love of simple Indian recipes.

In this newest collection, Chetna provides us with flavor-packed feasts designed to please a crowd. Chetna's accessible style and supermarket-friendly ingredients prove that you don't need to be an expert to entertain. Chetna's Indian Feasts provides a varied array of delicious dishes, grouped together by theme so you know exactly how to pair your platters. Whether this is a big celebration or a quick-fix family dinner, you will find enticing yet easy recipes for every occasion.

Vibrant, varied and reliably delicious, Chetna's food will always impress.

CONTENTS INCLUDES:

Breakfast Feasts
Everyday Feasts
Festive Feasts
Sunday Lunch Feasts
Barbecue Feasts
Friday Night Feasts

Contributor Bio

Chetna Makan was born in Jabalpur, an ancient city in Central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003.

Chetna reached the semi-final of *The Great British Bake Off* in 2014, and her first book, *The Cardamom Trail*, is a celebration of baking with Indian flavours. She is the author of six other titles: *Chai, Chaat & Chutney* (2017), *Chetna's Healthy Indian* (2019), *Chetna's Healthy Indian Vegetarian* (2020), *Chetna's 30 Minute Indian* (2021) and *Chetna's Easy Baking* (2022). She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food.

Youtube.com/FoodwithChetna
Instagram.com/chetnamakan
Twitter.com/chetnamakan

Illustrations



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Cooking / Methods
CKB089000
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Jeremy Pang's School of Wok: Simple Family Feasts

Simple Family Feasts

Jeremy Pang

Key Selling Points

- The School of Wok has 400,000 subscribers of which 130,000 are in the USA and School of Wok YouTube Channel has US Subscribers: 130,000 and US Video views: 8,900,000. They also have over 18k Instagram followers along with over 18k followers on Jeremy Pang's personal Instagram.
- School of Wok is Europe's only award-winning Asian and Oriental cookery school.
- Jeremy Pang hosted a new show on ITV called *Jeremy Pang's Asian Kitchen*.

Summary

Easy Asian cooking for the whole family from School of Wok founder and star of the hit ITV show *Jeremy Pang's Asian Kitchen*

AS SEEN ON TV COOKING

Make dinnertime easy with over 80 Asian recipes from Jeremy Pang and his award-winning cook institution, School of Wok.

Bringing together the best Asian flavors from across the continent, this book makes Asian cooking quick and accessible so you can spend less time fussing over dinner and more time together. Each dish can be enjoyed on its own for a simple supper or grouped together for larger feasts with something for everyone to enjoy. Learn how to group dishes together with rice and noodles and other accompaniments as per traditional Asian cuisine. Most recipes in the book utilise the 'wok clock' technique, where the ingredients are laid out in a clock formation in the order they will be cooked for complete simplicity. You'll also find handy feast planners with the order and cooking times of each dish to make life as easy as possible.

Fast, fresh and flavorsome, *Simple Family Feasts* will help you discover exciting family favorites that you will return to again and again.

Contributor Bio

Author and TV chef Jeremy Pang comes from three generations of Chinese chefs. Jeremy attributes his love of food to his father, who was keen for him to experience exciting flavors and exotic foods whilst he was a young boy. Over the years, Jeremy's expertise in the Chinese food industry has continued to gain him recognition, winning both Rising Young Star and Best Specialist Cookery School at the British Cookery School Awards 2015. Since then, his recipes and work have been featured in a wide variety of publications including: *The Guardian*, *Independent*, *The Sunday Times*, *Delicious* & *BBC Good Food*. Along with regular appearances on UK TV shows including: Channel 4's *Sunday Brunch* and ITV's *Ainsley's Food We Love* and *Nadiya's Family Favourites*, Jeremy also recently joined BBC 1's *Ready, Steady, Cook* for the latest series, made his debut talking food on BBC Radio 2 and is a regular panellist on BBC Radio 4's acclaimed *The Kitchen Cabinet*. Jeremy's refreshing laid-back, straightforward approach has helped him build an ever-growing and thriving specialist cookery school in London called School of Wok.

[Instagram.com/jeremypang_official](https://www.instagram.com/jeremypang_official)
[Twitter.com/ChefJeremyPang](https://twitter.com/ChefJeremyPang)
[Twitter.com/schoolofwok](https://twitter.com/schoolofwok)
[Instagram.com/schoolofwok](https://www.instagram.com/schoolofwok)
[YouTube.com/SchoolofWok](https://www.youtube.com/SchoolofWok)

Illustrations



Hamlyn
9780600637653
0600637654
Pub Date: 6/20/2023
\$19.99/\$21.99 Can.
Hardcover

288 Pages
Carton Qty: 16
Print Run: 5K
Biography & Autobiography
/ Personal Memoirs
BIO026000
9.3 in H | 5.3 in W

Blind Not Broken

Lucy Edwards

Key Selling Points

- Lucy has a strong social media presence with 1.7m followers on TikTok, over 600k subscribers on YouTube and over 140k followers on Instagram
- Lucy has strong brand partnerships, and has wider interest from TV, press, charities and communities
- This is an important book and Lucy's educational format combined with her charming personality provides an opportunity to push publishing in a different direction, becoming more accessible to all

Summary

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

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

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

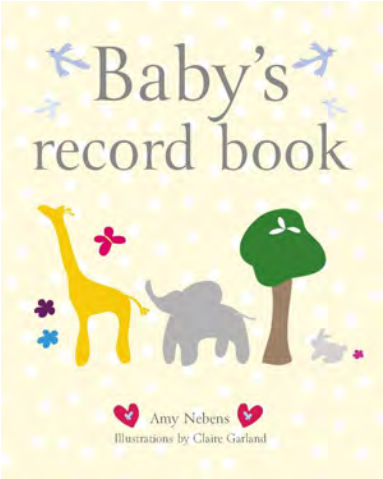
Part memoir and part self-help guide, this book follows Lucy's journey from tragic sight loss to becoming a thriving career woman. Each chapter contains inspirational tips, practical motivation and coping mechanisms which can be applied to people of every ability who are grieving a loss and/or experiencing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

Lucy's motto in life is that she is 'blind, not broken'. In these pages, she will help you adopt this same motto by demonstrating how the challenges we face in life need not break us but can instead inspire us to lead full, rich lives.

Contributor Bio

Lucy Edwards is a UK-based blind broadcaster, content creator and disability activist who is usually accompanied by her cute guide dog Molly. At only 17, Lucy lost her eyesight due to a rare condition called Incontinentia Pigmenti, but her motto in life is that she is 'blind, not broken'. She took to YouTube and TikTok and started to upload her experiences, becoming the first British blind person to pave the way for change across the platforms. Several years later, Lucy is now the first-ever blind content creator to become an Ambassador for Pantene featuring in their TV adverts, with her face across Superdrug stores nationwide to promote their Silky & Glowing range. Lucy also worked with Pantene closely to ensure all packaging was accessible to the vision-impaired community. Lucy continues to campaign for inclusivity, within the beauty industry and beyond.

[Instagram.com/lucyedwardsofficial](https://www.instagram.com/lucyedwardsofficial)
[Youtube.com/lucyedwards](https://www.youtube.com/lucyedwards)
[Tiktok.com/lucyedwards](https://www.tiktok.com/lucyedwards)
[Twitter.com/lucyedwards](https://twitter.com/lucyedwards)
[Facebook.com/lucyedwardsofficial](https://www.facebook.com/lucyedwardsofficial)



Baby's Record Book

Amy Nebens, Claire Garland

Key Selling Points

- Interactive pages, 6 pockets and 4 envelopes allow you to record all those special moments and memories in a baby's first five years.
- Classic design will stand the test of time and become a wonderful keepsake - a great baby gift for expectant parents.
- Includes nursery rhymes and lullabies.

Summary

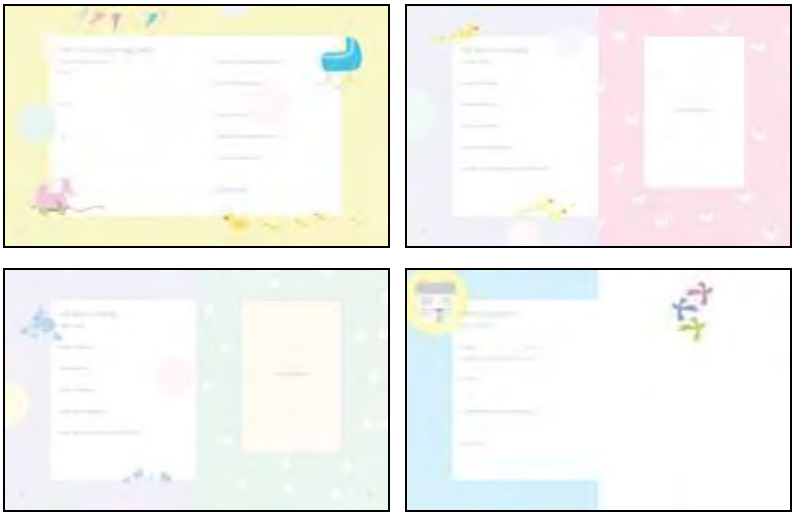
Interactive pages, 6 pockets and 4 envelopes allow you to record all those special moments and memories in a baby's first five years. Classic design will stand the test of time and become a wonderful keepsake - a great baby gift for expectant parents. Includes nursery rhymes and lullabies.

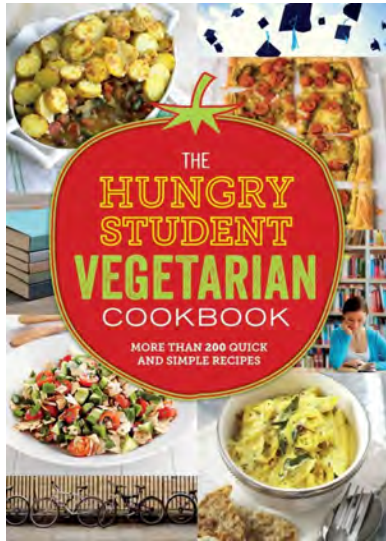
Chronicle your baby's life up to age five - a ripe time of growth and discovery - in this well-organized keepsake. Classic lullabies and nursery rhymes are placed throughout the book for you to entertain your growing child. Baby Record Book pairs charming illustrations with prompts that help parents to record their child's measurements, milestones and memorable events. Spacious pages allow plenty of room for photographs, and storage envelopes and pockets are perfect for preserving locks of hair and other mementos. Baby's Record Book will become the keepsake that parent and child can have forever to capture the magic of childhood.

Hamlyn
9780600637882
0600637883
Pub Date: 5/2/2023
\$24.99/\$27.99 Can.
Hardcover

94 Pages
Carton Qty: 10
Print Run: 10K
Family & Relationships / Life
Stages
FAM025000
9.3 in H | 7.5 in W

Illustrations





The Hungry Student Vegetarian Cookbook

More Than 200 Quick and Simple Recipes

Spruce

Key Selling Points

- With tuition fees and living costs increasing year on year, there's never been a better time to save on the takeaways and whip up your own tasty treats
- Not just another student cookbook - *The Hungry Student Vegetarian Cookbook* will help to ease your first venture away from home
- Advice on stocking up the store cupboard, crucial kitchen kit and the best brain foods means you'll be ready to prepare spectacular feasts at the drop of a hat
- The perfect gift not only for students leaving home but for any inexperienced cook on a budget

Summary

Ditch the takeaways and impress all your friends with this spectacular selection of more than 200 vegetarian recipes.

A student cookbook with a difference, *The Hungry Student Vegetarian Cookbook* not only gives you more than 200 quick and cheap meat-free recipes that are easy and tasty, even hardened carnivores will keep turning up for dinner. There are also indispensable tips on budgeting, lunchbox ideas, healthy eating and how to get creative with leftovers.

With chapters dedicated to Bring on Brekky, Comfort Food, Roasted and Baked, Made in a Flash and All the Carbs, there are opportunities for impromptu parties, end of the month budget creations and comfort foods for one.

All the recipes in this book are balanced for a healthy vegetarian diet, and they each have an affordability stamp to help with budgeting as well as detailed instructions to make them accessible to even the most novice cook.

Forget the textbooks, this is the only book you'll ever need to get through your first year!

Contributor Bio

Spruce is known for its innovative design and beautiful books across a range of areas including cookery, biography, mind body spirit and gift books. It has a great reputation for publishing well-defined, distinct series which become backlist classics.

Illustrations





Ilex Press
9781781578858
1781578850
Pub Date: 5/23/2023
\$32.99/\$35.99 Can.
Paperback

272 Pages
Carton Qty: 10
Print Run: 6K
Crafts & Hobbies / Needlework
CRA015000

10.2 in H | 7.6 in W

Knitting for Olive

Twenty modern knitting patterns from the iconic Danish brand

Knitting for Olive

Key Selling Points

- Knitting for Olive has 354k Instagram followers on its account (@knittingforolive).
- Publishing at the perfect time for a Mother's Day gift.
- Consists of 20 stylish patterns, suited to all levels of knitting experience.
- Each project includes a full pattern and step-by-step explanation.
- A techniques section is also included.
- With 20 patterns included, readers have access to €100 worth of material for \$32.99.
- Knitting for Olive ship worldwide.

Summary

Discover 20 stunning, timeless knitting patterns, from cult Scandinavian brand Knitting for Olive.

This book contains a timeless selection of both brand new and fan-favorite patterns, and with projects appropriate for all levels of prior knitting experience, everyone can find a project they love, or try their hand at something more challenging. Each project includes a full pattern and explanation, and a techniques section at the back of the book provides you with any extra information you need to tackle every piece in the book, making sure you are never stuck or left wondering how to complete your project. Create beautiful hand-made pieces of clothing for yourself or to give as wonderfully unique gifts for friends and family, and expand your knitting repertoire with these lovely projects from Knitting for Olive.

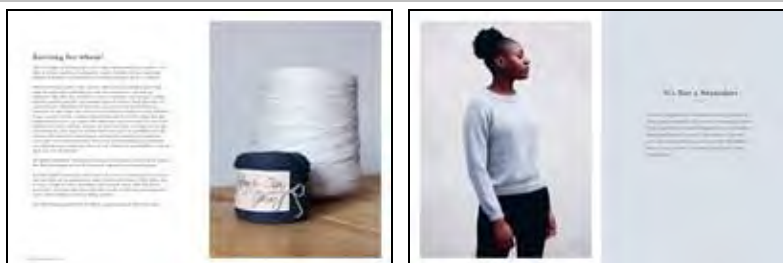
Projects include:

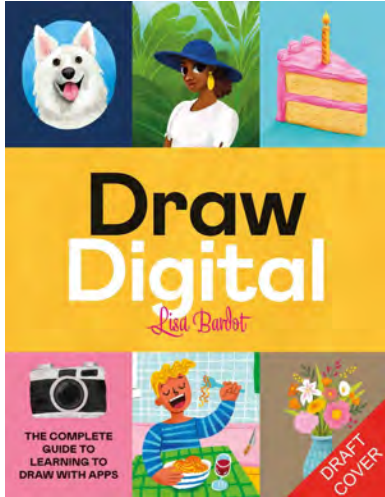
- Color Rain Sweater
- Truffle Sweater
- Knitted Streets of Copenhagen
- Olive Vest
- Barbroe Blouse

Contributor Bio

Based in Copenhagen, Knitting for Olive is a family-run business providing home-knitters with attractive, timeless knitting patterns and high quality, natural yarns. Since 2015, they have been attracting a committed audience of crafters, who love the classic Scandinavian designs, and the easy-to-follow patterns. Join them and their 347k followers on Instagram at @knittingforolive.

Illustrations





Ilex Press
9781781578643
1781578648
Pub Date: 5/9/2023
\$22.99/\$24.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Art / Digital
ART046000
9.7 in H | 7.4 in W | 0.09 lb Wt

Draw Digital

The Complete Guide to Learning to Draw with Apps

Lisa Bardot

Key Selling Points

- The Bardot Brush YouTube channel has 324,000 subscribers and has clocked up over 13 million views.
- The author has more than 94k followers across both Instagram handles, @bardotbrush and @lisabardot.
- Digital art is a fast-growing, popular trend within practical art.
- While the book is not app specific, Lisa's followers know her primarily through her procreate content, and the information featured in this book is all relevant to this creative digital tool.

Summary

Learn how to draw from scratch, and get the most out of your drawing app, with *Draw Digital*.

Acclaimed artist and educator Lisa Bardot gives you all the tools you need to approach creating art and illustration on your iPad, using Procreate and other popular drawing apps.

- Explore the core technical aspects of your chosen app, including layers, masks, alpha lock, and brushes.
- Learn how to draw plants, flowers, and animals, then move on to drawing people and more complicated scenes.
- Step-by-step exercises lead you through each new topic, with plenty of tips, tricks and techniques.
- An ideal starting point for newcomers to digital art, but with plenty of original inspiration and advice for more advanced artists.

Draw Digital will equip you with all the tools you need to confidently explore this new avenue of drawing, all from the comfort of your iPad using your favorite app.

Contributor Bio

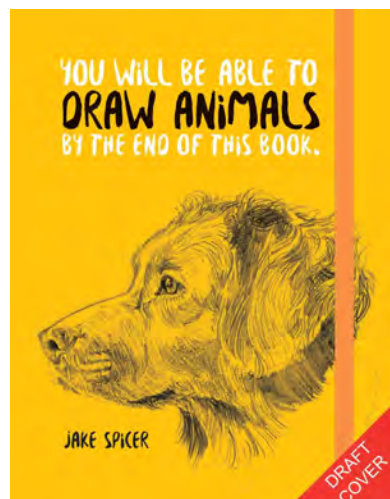
Lisa Bardot is an illustration artist, teacher, and all-around creative person based in Sacramento, California. With the iPad and Procreate as her ideal, but not only tool of choice, she creates educational tutorials, industry-leading digital brushes, and art-making resources to help beginners and experienced artists alike find joy in creating.

Her educational videos about drawing and illustration have been viewed millions of times, and she receives high praise for her thorough, concise, and fun teaching style. Additionally, she runs the Making Art Everyday artistic prompt challenge, followed by thousands of participants worldwide.

Check out more of Lisa's work on Instagram at @lisabardot, @bardotbrush, or on the Bardot Brush YouTube channel.

Illustrations





Ilex Press
9781781578674
1781578672
Pub Date: 10/10/2023
\$24.99/\$27.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Art / Techniques
ART010000
9.8 in H | 7.5 in W

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

Jake Spicer

Key Selling Points

- This is the latest in the bestselling '*You Will Be Able to Series*' (500,000 copies sold to date worldwide, and 33,000 in the US).
- Jake Spicer has extensive experience in teaching drawing, working as a drawing tutor, and is the author of several bestselling Ilex titles including *You Will Be Able to Draw By the End of this Book* (15,933 copies sold).
- The swiss-style lay-flat binding makes this a distinctive, highly practical package.

Summary

From the bestselling author of *You Will Be Able to Draw* comes the complete beginner's guide to drawing wild and domestic animals

No subject has had more enduring appeal for artists than animals. And yet creating convincing animal sketches can be daunting, and leave you wondering, where do I start?

Let go of your fear and unlock drawing skills that you never believed you could have with this expertly guided sketchbook. *You Will be Able to Draw Animals by the End of This Book* will not only teach you the fundamental steps required for you to be able to sketch animals, but also allows you the space to practise on the page, with pages laying flat to allow you to draw comfortably. Start with the essentials, such as basic markmaking and tone, and move on to the key elements of anatomy, texture and expression that will take your drawings from good to great.

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

Contributor Bio

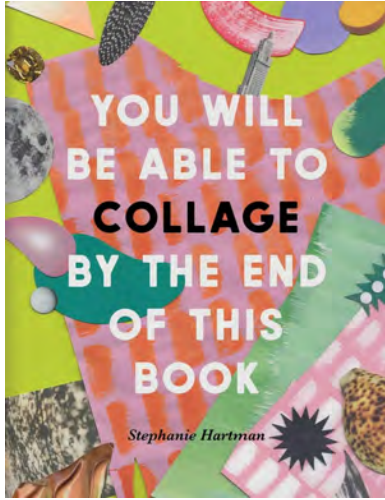
Jake Spicer is a passionate advocate of drawing as a tool for social change, communication & investigation and promotes wider visual literacy through his works as an artist, author & tutor. He lives in North Wales and works as head tutor of the independent drawing school Draw Brighton, Co-Director of the Drawing Circus and as a visiting tutor at galleries & institutions across the UK, including the National Portrait Gallery, Camden Arts Centre, V&A and Brighton University.

www.jakespicerart.co.uk

@jakespicerart

Illustrations





Ilex Press
9781781578667
1781578664
Pub Date: 6/6/2023
\$24.99/\$27.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 8K
Art
ART000000
Series: You Will Be Able to
9.7 in H | 7.4 in W

You Will Be Able to Collage by the End of this Book

Stephanie Hartman

Key Selling Points

- The latest in the bestselling 'You Will Be Able to' series, with more than 500,000 copies sold worldwide (33,000 in the US).
- The book takes the reader from the very basics of collage all the way to more complicated projects like pop-up and zines.

Summary

Learn everything you need to know about how to collage beautiful, accomplished pieces of art, with the latest title in the bestselling 'You Will Be Able to' series

Get started, get inspired, and get creating your own stunning collage artworks.

The ultimate accessible artform, collage is truly for everyone. Stephanie Hartman, creator of Collage Club Ldn, takes you through all the basics you'll need to create your own works of collage. Learn how to find and choose materials, what tools you'll need in your basic kit and how to get started on your artistic journey.

Simple warm-up exercises give you the confidence to overcome the fear of the blank page, and more complex step-by-step exercises will motivate you to push your practice to the next level and grow your skills in this artform.

Never be stuck for inspiration again, and discover a unique, tactile and transformative artform that anyone can learn.

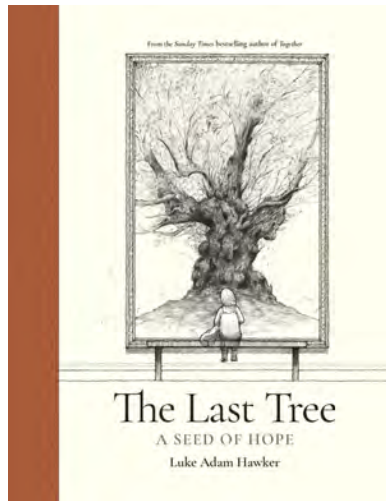
Contributor Bio

Stephanie Hartman is a collage artist and the founder of Collage Club Ldn. She leads popular workshops celebrating the art of cutting and sticking, and has worked with brands and organisations such as ASOS, Adidas, Toast and the Royal Academy.

@collageclubldn

Illustrations





Ilex Press
9781781578704
1781578702
Pub Date: 7/25/2023
\$19.99/\$21.99 Can.
Hardcover

64 Pages
Carton Qty: 10
Print Run: 50K
Fiction / Nature & the
Environment
FIC077000

9.8 in H | 7.6 in W | 0.6 in T | 1.1
lb Wt

The Last Tree

A seed of hope

Luke Adam Hawker

Key Selling Points

- From the bestselling author of *Together*, which was a *Sunday Times* bestseller, a Barnes & Noble Book of the Year finalist, and has sold 130,000 copies to date worldwide
- As with *Together*, *The Last Tree* is in the highly successful genre of crossover illustrated gift books for adults
- A beautifully realised celebration of the natural world
- Luke Hawker has 298k highly engaged followers on Instagram @lukeadamhawker
- This book of printed on FSC (Forrest Stewardship Council) paper

Summary

From the bestselling author of *Together*, and in the highly successful genre of *The Boy*, *The Mole*, *The Fox* and *The Horse*, Luke Hawker's new book is a superbly illustrated narrative that evokes the fragility and beauty of our natural world.

The rustling got louder. Olive looked under the bench - nothing. The sound was actually coming from the leaves in the painting in front of her...

Imagine a world without trees. A world that is in many ways like our world, but where magnificent canopies, tree climbing and leaves rustling in the breeze are something only the elderly Tree Generation remembers.

Until a young girl comes along, a girl who is brave and spirited and willing to follow where her imagination takes her. Climbing accidentally into a parallel world, where nature still exists in its purest form, Olive experiences the wonders that her own world has lost.

From the bestselling author of *Together*, *The Last Tree* is a powerful and beautifully illustrated evocation of the fragility of our natural world and a magnificent celebration of its beauty. Ultimately this is a wonderful story of hope and new beginnings.

Contributor Bio

Luke Adam Hawker worked as an architectural designer before becoming a full time artist in 2015. He sells his signed and limited edition prints to fans throughout the UK and the rest of the world. He has also been commissioned by brands such as the Soho House Hotel Group, and has an artwork hanging in the Parliamentary Art collection. He has over 298k very engaged Instagram followers @lukeadamhawker.

Luke's first book, *Together*, was a *Sunday Times* bestseller. It has sold over 130,000 copies worldwide to date, and has been translated into nine languages.

Luke lives with his wife, son and dog Robin in Surrey, England.

Illustrations



Ilex Press
9781781578971
1781578974
Pub Date: 6/6/2023
\$19.99/\$21.99 Can.
Paperback

144 Pages
Carton Qty: 10
Print Run: 6K
Crafts & Hobbies / Sewing
CRA035000
9.3 in H | 7.5 in W

Stitch

Sewing Projects for the Modern Maker

Jen Rich

Key Selling Points

- 2020 saw a boom in home sewing as people sought a new hobby, and demand for sewing machines surged worldwide, with many people under 40 taking up sewing for the first time.
- Hobbycraft reported an 115% boost in sales of sewing machines in 2020.
- Sustainable crafting is on trend with recycling of old materials and using up scrap fabric both popular techniques.
- Stunning, modern and graphic photography.

Summary

Find inspiration with over 25 stunning sewing projects that will appeal to any modern maker, with gorgeous designs and creative projects in a beautiful contemporary style.

Stitch will offer contemporary designs and creative projects for the modern maker with a discernible eye for aesthetics, with a focus on customisable makes, stunning fabric inspiration, easy-to-follow instructions and beautifully graphic photography.

The book will cover the basic techniques of sewing with all projects achievable either by using a sewing machine or by hand (and a little more time!), and with no overly complicated techniques. Each project will be photographed and some will be accompanied by step-by-step images to help guide you through more intricate instructions.

With makes including reusable fabric bowl covers, pretty pot holders and scrunchies made from off cuts, as well as projects to up-cycle old bed linen or use up scraps of fabric left from other designs in the book, anyone from beginner to intermediate will find projects to love in this modern makers handbook.

Explore modern sewing and learn to perfect your stitch.

Contributor Bio

Jen Rich is a photographer and stylist with over 10 years of experience working for a range of editorial and advertising clients. She has a passion for all things crafty and has always enjoyed making things with her hands, whether that be sewing her own clothes or writing 150 wedding invitations in calligraphy. She strongly believes that crafting and sewing can be extremely helpful in maintaining our mental and emotional wellbeing.

Jen has published two previous titles with Octopus Publishing Group, *Clever Cookie Cutter* and *Pumpkin Crafting*. For both titles she developed the designs from initial concepts, crafted the projects, then styled and photographed the book.

Illustrations





Ilex Press
9781781578711
1781578710
Pub Date: 6/6/2023
\$29.99/\$32.99 Can.
Paperback

176 Pages
Carton Qty: 10
Print Run: 5K
Photography / Techniques
PHO020000
Series: Michael Freeman
Masterclasses
9.3 in H | 7.5 in W

Michael Freeman on Color and Tone

The Ultimate Photography Masterclass

Michael Freeman

Key Selling Points

- Michael Freeman's books have sold more than 4 million copies worldwide
- The book dispels myths around color, presenting the science in a comprehensible, relevant way

Summary

Fifteen years after the publication of the hugely influential bestseller *The Photographer's Eye*, Michael Freeman returns with fresh ideas on the medium, in the third book in the exciting new series from the master of photography guides.

Color isn't 'just there' in photography, an ordinary fact of life. It's much more special and can be a subject and pursuit in its own right, because it triggers an emotional and aesthetic response like no other. Color is processed not in the eye, but in the mind, and that makes it personal.

In this third book in the series, Michael Freeman talks about color in photography in a completely fresh, thoughtful and useful way, unlike any other book on the market. In recent years, photography-about-color has exploded as a shooting phenomenon, taking inspiration not just from the great colorist photographers like Outerbridge, Haas, Gruyaert, Leiter, Eggleston and Porter, but from the new freedom that modern sensors and processing software give.

This book both celebrates and advises this new trend, drawing on Freeman's long experience editorially and professionally, spanning the two eras of film and digital color.

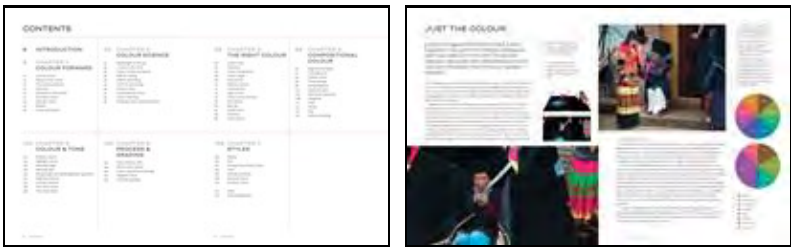
Contributor Bio

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
9781781579084
1781579083
Pub Date: 8/22/2023
\$24.99/\$27.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 7K
Photography / Techniques
PHO007000
10 in H | 7.7 in W

The School of Photography: Beginner's Guide

Master your camera, clear up confusion, create stunning images

Marc Newton

Key Selling Points

- Author runs the online School of Photography course with over 250k followers across various social media platforms.
- Over 68k students have already graduated the school with 40% of students based in North America, 35% in the UK and the rest in Australasia and Europe.
- The author previously self-published the book, and when able to market and supply it through Amazon consistently ranked in the top 10 for photography books.
- The self-published edition had over 280 five-star Amazon reviews.

Summary

A comprehensive and easy-to-follow guide to the essential photography skills

The Complete Guide to Photography will take the beginner photographer to an advanced level in no time and fill in any gaps of photography knowledge that may be causing you not to reach your full potential.

You'll be able to use your camera properly in all manual modes and apply the knowledge learnt in any situation. The Complete Guide to Photography is the perfect tool for anyone who is just starting out on their photography journey and perhaps feels the vast array of options and tools available are somewhat daunting. It is also the perfect companion for more experienced photographers who are simply looking to brush up their skills or try some new photography methods.

Whatever the case, this essential collection of lessons and techniques is a must-have for anyone looking to sharpen their lens and capture the perfect image every time.

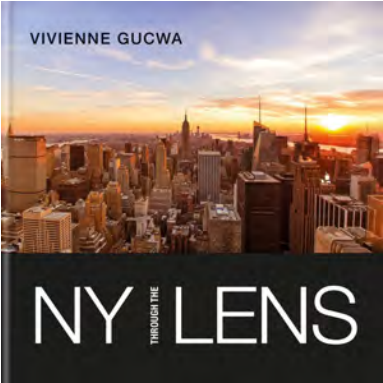
Contributor Bio

Marc Newton is a photographer, educational speaker, author and teacher of photography. He got his first paid photography job in 1997 while studying for his photography degree, and in 2002 he decided to give teaching a go. He hasn't looked back since.

In 2012 Marc started The School of Photography and now teaches people all over the world. The School of Photography now has over 400k social media followers across Facebook, YouTube and Instagram, with a split of 40% based in the USA, 30% in the UK and the remainder in Europe.

Illustrations





New York through the Lens

Vivienne Gucwa

Key Selling Points

- Lush images are front and center throughout the book, supported by insightful commentary, engaging anecdotes, tales from the road, and professional tips on how to reliably seek out and capture scenes of such perennial enjoyment.
- New York remains to this day, one of the most popular locations to experience
- Vivienne Gucwa is a native of Queens

Summary

Street photographers will never tire of New York as a subject. It is the perfect setting for the genre, the world's most evocative cityscape, against which candid, memorable moments play themselves out every day.

Nearly a decade ago, Vivienne Gucwa began walking the streets of the city with the only camera she could afford a sub-\$100 point-and-shoot and started taking pictures. Choosing a direction and going as far as her feet would take her, she noticed lines, forms and structures that had previously gone unnoticed, but which resonated, embodying a sense of home. Having limited equipment forced her to learn about light, composition and color, and her burgeoning talent won her blog millions of readers and wide recognition in the photographic community.

New York Through the Lens showcases the stunning results of her ongoing quest. Filled with spectacular photographs and illuminated by Vivienne's own insightful commentary, NY Through the Lens acts as a beautiful travel guide to the city; it will be a must-read for her many fans and for any lover of street photography.

Contributor Bio

Vivienne Gucwa is a native of Queens, one of the five boroughs of New York City. She began taking photographs of New York City with a modest camera and amassed a huge following online after she started to post her photographs to her New York City blog called NY Through The Lens. New York City turned out to be the perfect setting for her whimsical style of city photography.

Vivienne Gucwa is out there, every day, capturing these fleeting moments of city life rife with nostalgia and longing, and here she presents an elegant volume showcasing the stunning results of her ongoing quest.

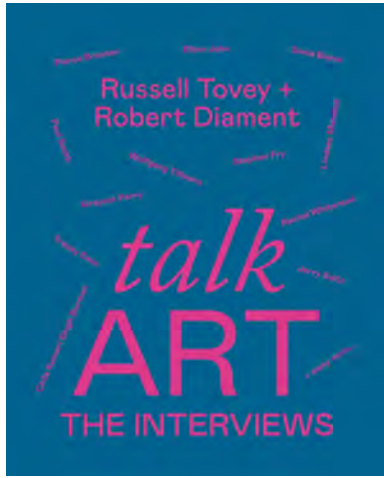
Illustrations



Ilex Press
9781781579138
178157913X
Pub Date: 7/3/2023
\$26.99/\$29.99 Can.
Hardcover

192 Pages
Carton Qty: 10
Print Run: 6K
Photography / Subjects & Themes
PHO019000

8 in H | 8 in W



Ilex Press
9781781578797
1781578796
Pub Date: 6/6/2023
\$29.99/\$32.99 Can.
Paperback

256 Pages
Carton Qty: 10
Print Run: 5K
Art / Criticism & Theory
ART009000

9.3 in H | 7.5 in W

Talk Art The Interviews

Conversations on art, life and everything

Russell Tovey, Robert Diament

Key Selling Points

- The Talk Art podcast has had more than 3 million downloads since its launch in 2018
- Russell Tovey and Robert Diament have a combined Instagram audience of almost 750,000, while the Talk Art Instagram (@talkart) has 72,000 followers

Summary

The second book from *Sunday Times* best-selling authors Russell Tovey and Robert Diament, *Talk Art: The Interviews* offers a beautifully packaged collection of interview highlights from the popular Talk Art podcast.

A follow-up to the *Sunday Times* bestseller *Talk Art: Everything you wanted to know about contemporary art but were afraid to ask*, this collection gathers together 24 of the most profound, interesting, moving, funny and informative moments from the wildly popular Talk Art podcast. These curated excerpts explore the inspirations, art experiences and favorite artists of a fascinating range of creative people from Grayson Perry to Elton John, and from Tracey Emin to Paul Smith, accompanied by images of the artworks that have influenced them.

Featuring interviews from:

- Jerry Saltz
- Laurie Anderson
- Stephen Fry
- Elton John
- Tracey Emin
- Paul Smith
- Sonia Boyce
- Chila Burman
- Rachel Whiteread
- Wolfgang Tillmans
- Pierce Brosnan
- Grayson Perry

Contributor Bio

Russell Tovey (Author)

Russell Tovey is an actor best-known for appearing in *The History Boys*, *Years and Years*, *Being Human*, *The Good Liar*, HBO's *Looking* and ITV's *The Sister*. He is also a passionate art collector, with more than 300 pieces, and a judge for the prestigious Turner Prize 2021.

Robert Diament (Author)

Robert Diament is Director of the Carl Freedman Gallery and Counter Editions (a company that produces prints and multiples by leading contemporary artists such as Tracey Emin, David Shrigley and Martin Creed). Before working in art, he was the lead singer of electro-pop band Temposhark.

Illustrations



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Crafts & Hobbies / Pottery & Ceramics
CRA028000
10 in H | 7.8 in W | 1 in T | 1.6 lb Wt

The Urban Potter

A modern guide to the ancient art of hand-building bowls, plates, pots and more

Emily Proctor

Key Selling Points

- Popularity of ceramics and pottery is growing with no signs of stopping, Town & Country dubs this the year "The Glazed Age: The Year Everyone Became a Ceramicist ...Angelica Huston [joins] the list of clay-loving, mudslinging notables, which includes Jimmy Kimmel's daughter Katie Kimmel, an Instagram star thanks to her whimsical wild pet vases; and the painter Peter Halley's daughter Isabel Halley.
- The mindful nature of the craft appeals to the increasing number of people seeking a digital detox, and interested in the slow living movement.
- Worldwide appeal: ceramics are booming around the world.
- Hand-crafting ceramics taps into the growing maker movement, which emphasises creation over consumption.
- With a suitable alternative for all projects included within this book, Emily ensures you don't need a kiln to enjoy this hobby.

Summary

An illustrated step-by-step guide to making 20 unique handcrafted ceramics with simple, natural shapes and neutral tones without a kiln.

With more and more people turning towards a slower way of life, away from endless screen time, creative pursuits like hand-building pottery are having their own boom. *The Urban Potter* is for those interested in expressing themselves through the ancient, tactile art of hand-building ceramics, while also being a guide to creating unique pieces.

Emily's naturally wheel-free, unique style favors simple yet interesting imperfect shapes. Her focus is on reconnecting with hand-building techniques of the past, resulting in gorgeously rustic, one-off pieces that explicitly and deliberately reject the myth of perfection. Step-by-step projects include kitchenware, decorative accessories and more (soap holders, multi-functional jars). All the techniques involved, from moulding to glazing, are fully explained. By the end of the book you will have learned how to create 20 beautifully one-off handcrafted pieces, while leaning into the joys of slow ceramics and the mindful, relaxing, patient nature of the art.

Contributor Bio

Emily Proctor studied 3D design at art school in Bournemouth before working as a stylist and buyer for 10 years. Her work is almost exclusively made using ancient hand build methods in an attempt to reconnect with the past. The forms are designed to be simple and primitive allowing the texture and color of the clays and glazes to speak for themselves. Emily's work has been featured in Esquire, Time Out London and Stylist. Instagram: @epc.studio www.epc.land

Illustrations





Kyle Books
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\$32.99/\$36.99 Can.
Hardcover

208 Pages
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Cooking
CKB000000
9.8 in H | 7.5 in W

Flavor Kitchen

Vibrant Recipes with Creative Twists
Crystelle Pereira

Key Selling Points

- 75 flavor-packed recipes for every occasion
- Crystelle has Portuguese-Goan and Kenyan heritage, and speaks French, Italian and Spanish, making her perfectly placed to bring international flavors together in this vibrant book
- Crystelle has 174k followers on Instagram and 91k on TikTok. 58% of her Instagram followers are in the US
- She has already received lots of press, in the UK and internationally, recently appearing on The Today Show to make a jubilee trifle, and previously on Good Morning America and MOB Kitchen
- *The Great British Bake Off* is the UK's all-time most popular food & drink TV show and the most famous - 94% of UK adults have heard of it (YouGov). It's also loved in the US, where it is shown on Netflix
- A study by Gousto in 2021 found that 46% of Brits were attempting to cook more international food at home

Summary

Tasty, enticing, and bursting with flavor, Crystelle's recipes make cooking and baking with the most vibrant and exciting flavors easy.

Cooking has always been an equal passion to baking for Crystelle, as shown by the coveted 'Hollywood Handshake' she received for her curried chicken and potato pie on *The Great British Bake Off*, a dish showcasing her Portuguese-Goan roots. Inspired by her travels and heritage, Crystelle's book encourages people to experiment with flavors and shows how – just by adding a few more condiments to your cupboard – you can elevate classic dishes.

Divided into two halves - savory and sweet - the book showcases the baking that took Crystelle to the final of *The Great British Bake Off*, as well as her flair for creative savory dishes. Drawing inspiration from around the world, there is a flavor-packed dish for every occasion, from zingy curries, mouth-watering pastas and zesty salads to scrumptious cakes, pull-apart breads and indulgent brownies. Featuring a handy guide to Crystelle's hero ingredients and star seasonings - all of which feature in multiple recipes - it couldn't be easier to raise your flavor game.

Contributor Bio

Raised in London by Kenyan-born, Portuguese-Goan parents, Crystelle Pereira first showcased her baking skills and winning flavor combinations on *The Great British Bake Off*. Cooking is an equal passion to baking for Crystelle, and her dishes are known for their inventive twists and exciting flavors. Her appearance on *GBBO* made *Vanity Fair's* list of Best Performances of 2021, and she has gone on to cook on acclaimed TV shows such as *Good Morning America*, *The Today Show*, *Sunday Brunch* and *ITV Lorraine*.
Instagram: @crystellepereira

Illustrations





Kyle Books
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1804190659
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256 Pages
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Cooking / Health & Healing
CKB103000

10.1 in H | 8.7 in W | 1 in T | 2.4
lb Wt

Royal Marsden Cancer Cookbook

Nutritious recipes for during and after cancer treatment

Clare Shaw PhD RD

Key Selling Points

- It is estimated that there will be 21 million cases of cancer in the world by 2030 (14.1 million adults worldwide were diagnosed with cancer in 2012).
- A positive, lifestyle approach to looking after yourself when you or someone you know has cancer.
- A healthy diet is vital when going through treatment and can be preventative afterwards.
- Includes recipes from Nigella Lawson, Mary Berry, Ruth Rogers, Maggie Beer, Stephanie Alexander and Rick Stein.

Summary

The book is divided into three sections: a detailed section by Dr Clare Shaw on diet and cancer and the problems you may face during treatment; recipes to cook during treatment, which are nutritionally beneficial and wholesome enough to keep you strong even if you can't eat too much; and a section of recipes for after treatment aimed at keeping you healthy.

These recipes are designed to serve smaller portions and two people as well as for families, and there are lots of tips about budgeting, leftovers and freezing. Clare wants to emphasize that you don't have to cook 'special', separate meals for one, the rest of the family can eat in the same way, saving on time and stress as well as encouraging a healthier diet for all. The tools you gain from this book will help you build a healthy foundation that you and your family can build upon.

Includes recipes from Nigella Lawson, Mary Berry, Ruth Rogers, Maggie Beer, Stephanie Alexander and Rick Stein - ensuring there will be something for everyone.

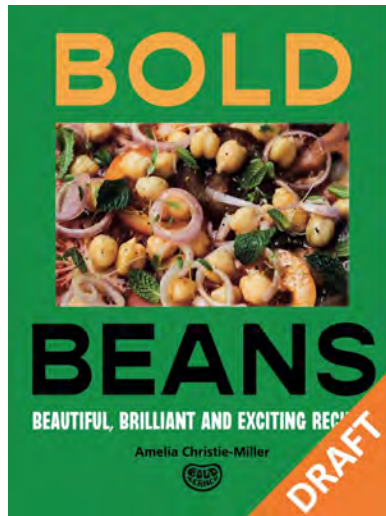
"Essential reading for anyone affected by cancer." Xanthe Clay, Food & Drink, Telegraph

Contributor Bio

Clare Shaw PhD RD was appointed as the first Consultant Dietitian in Oncology in 2004 at The Royal Marsden NHS Foundation Trust where she still works. Her interest in helping support people with cancer to eat well during and after treatment has led to a career spanning more than 20 years.

Illustrations





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Cooking / Courses & Dishes
CKB010000
9.8 in H | 7.5 in W

Bold Beans

beautiful, brilliant and exciting recipes

Amelia Christie-Miller

Key Selling Points

- Environmentally conscious consumers are turning to beans as an alternative to meat, and home cooks have increasingly embraced them. After dipping in the early 2000s, the consumption of dry beans in the United States has risen in recent years, to 9.6 pounds in 2018 from 7.2 pounds per capita in 2015, according to government estimates (NY Times)
- The Bold Bean Co has been approached by a UN initiative to encourage people to eat more beans and will be part of a campaign being launched in September with the support of supermarkets such as Tesco.
- "Beans are a good source of protein (25–29%, depending on the variety); rich in soluble and insoluble fiber, which promotes digestive health, and packed with vitamins and minerals. Their many health benefits range from helping prevent heart disease, colon and bowel cancer to helping maintain low blood sugar levels". (The Guardian)

Summary

A cookbook celebrating the brilliant versatility of beans, with 80 nutritious, delicious recipes

For too long in the UK beans were thought of as dreary hippy fodder, but they've undergone a radical image makeover. At long last they are being recognized for their brilliant versatility as well as for being truly delicious and nutritious – something that has been known in Europe for years. One of the healthiest and most sustainable of foods, they help with meat reduction by providing a cheap source of plant protein and at the same time aid soil health, one of the most pressing issues in farming today.

The book will contain c.80 recipes divided into the following chapters:

- Beans on Toast
- Bean Snacks and Share Plates
- Hearty Salads
- Bean Bowls
- Soup Beans
- Bean Feasts

The majority will be written by the Bold Bean team, but in keeping with their community-driven growth they plan to include at least 20 recipes from guest writers, the influencers who've been their greatest supporters so far – including Ben Lebus of MOB and Melissa Hemsley. Appealing to vegans, vegetarians and flexitarians, they are recipes offering guaranteed heartiness, protein and satisfaction – with reduced carbs too, if that's your thing.

Contributor Bio

Established a year ago, Bold Bean Co was set up by Amelia Christie-Miller who, following a bean epiphany in Spain, decided that the UK both needed and deserved to have a better understanding of beans and how brilliant they can be. Now listed in Selfridges, Waitrose and Planet Organic (as well as numerous independent shops and online outlets), Bold Beans are taking the food world by storm.

Illustrations



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Hardcover

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/ Agriculture
TEC003090

10.5 in H | 7.8 in W | 0.09 lb Wt

Recipes to Reconnect

Food and conversations to re-establish the relationship between nature, food and self

Anna Boglione

Key Selling Points

- This is the first book in association with Petersham Nurseries, which has 200k followers on Instagram, the majority of which are in the UK and US
- Recently there have been significant changes in people's relationship with food, community and the environment
- The Gut is Anna's new platform. It looks into all of the ways a connection with nature and a more natural diet can aid digestive health and general wellbeing
- For fans of the iconic and beloved restaurant and lifestyle shop Petersham Nurseries
- For those wanting to live and eat more sustainably
- People who want a greater understanding of why what we eat can help our environment and our bodies

Summary

Seasonal recipes that reconnect us with our local environment, from Anna Boglione and the chefs at Petersham Nurseries for those wanting to live and eat more sustainably.

Inspired by her upbringing at Petersham Nurseries, *Recipes to Reconnect* features a collection of over 60 recipes from the Petersham team and other great chefs, alongside Anna's own home cooking. Split into seasons, included are delicious, simple dishes, created in response to wide-ranging conversations with farmers, conservationists and nutritionists around themes such as re-wilding, community, sleep and fasting. Interviewees and chefs featured include Isabella Tree, Hugh Fearnley-Whittingstall, Bruce Parry, Jeremy Lee of Quo Vadis, Skye Gynell of Spring, and Simon Rogan of L'Enclume. The dishes celebrate natural ingredients and encourage you to enjoy your food all the more having considered its origin.

Anna sees food as a way to create conversation, to bring people together and to experience the joy of nature. In *Recipes to Reconnect*, she creates a deeper consideration of nature's place in our modern lives and brings it, quite literally, to the table.

Contributor Bio

Anna Boglione spent her childhood exploring the Italian alps and within London's Petersham Nurseries, her family's restaurant, farm and garden centre. Having grown up in such organic surroundings, Anna struggled once exposed to the food she ate outside of home. She developed digestion issues, which affected her weight, cognitive function and later her spine. Anna found relief and comfort in plants and nature and launched *The Gut*.

Petersham Nurseries, Richmond, is situated along the Thames, adjacent to a cow field. Awarded a Green Michelin star, the seasons are reflected in the food, flowers find their way into the dishes and the colours of each season are intertwined within the ambiance. www.petershamnurseries.com Instagram: @petershamnurseries

Illustrations



The Low Carb Italian Kitchen

100 Delicious Recipes for Weight Loss

Giancarlo Katie Caldesi

Key Selling Points

- Italian food is the most popular cuisine in the world (YouGov, 2019)
- Results from a study published in Diabetes Care showed those following the Mediterranean diet had a 52 percent lower risk for type 2 diabetes
- The bespoke CarbScale makes the plan accessible to all - whether following strict keto or looking to cut some carbs to feel better

Summary

100 delicious recipes for weight-loss.

If there's one diet that is widely acclaimed for its health benefits, it's the Mediterranean diet. It is lauded by health experts for its positive impact on weight loss, heart and brain health, cancer prevention and diabetes prevention and control. The diet is not just nutritious, but tasty too. In particular, the simplicity, exemplary ingredients and all-round deliciousness of Italian cuisine means that it is internationally adored. But surely Italian food, with its pasta, pizzas and oil-soaked breads, is as far from being low calorie and low carb as you can get? Not in the hands of Italian food and low-carb specialists Katie and Giancarlo Caldesi.

With a combined ninety-three years of cooking experience and several bestsellers between them, Katie and Giancarlo have become leading advocates for the health benefits of a low-carb diet. Here, they show you how, in more than eighty fabulous Italian recipes combining healthy ingredients with a little kitchen know-how, you can still eat some of the tastiest food on the planet while shedding weight and achieving a healthier, happier and more energized you.

Expert nutritionist Jenny Phillips introduces the book, defining the Mediterranean diet and relating it to the Caldesi's tried-and-tested approach. Using the recipes that follow and the Caldesi's bespoke CarbScale, anyone can enjoy delicious low-carb Italian food, from sugar-free dolci and low-carb pizza to portion-controlled pasta with abundant vegetables and delicious sauces.

Contributor Bio

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

www.caldesi.com @KatieCaldesi @MrCaldesi

Illustrations





Kyle Books
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Hardcover

208 Pages
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Health & Fitness / Diet & Nutrition
HEA048000
9.9 in H | 7.6 in W

2 Weeks to a Younger You

Secrets to Living Longer & Feeling Fantastic

Gabriela Peacock

Key Selling Points

- Gabriela is an engaging and authoritative new voice in wellbeing. Her many long-term celebrity clients include Dame Joan Collins, James Blunt, Ellie Goulding, Eva Herzigova, Jodie Kidd and Piers Morgan.
- Gabriela specialises in intermittent fasting weight management plans, one of the most effective and clinically researched weight-loss methods.
- The book includes 50 quick and easy recipes to support the weight-loss plans.
- Gabriela's first book, *2 Weeks to Feeling Great*, was a *Sunday Times* bestseller and has 32,500 copies in print.
- Health and wellness is booming market: a large international survey found that post-pandemic 65% of people are more likely to consider their health in day-to-day decision making (GSK).

Summary

An accessible guide to health and nutrition to encourage shifts in diet and lifestyle to a healthier, happier you

Research is transforming our understanding of the ageing process and shows that briefly experiencing stressors such as short periods of intermittent fasting (IF) stimulate incredible changes in the body – proving that it is possible to hold back and even reverse some aspects of the inevitable.

With chapters on emotional wellbeing, activity, sleep, plus three, two-week IF plans – a Super-Charge program with three days of 700 calories, a Reset 700 with two days of 700 calories and a Maintain Plan – and 50 deliciously healthy recipes, Gabriela shows how easy it is to look younger – and be healthier – fast, and without fuss!

With 50 quick and easy recipes to support the weight-loss plans, as well as tips and tricks for lifestyle choices, you can be sure of noticing the positive changes much sooner than previously expected.

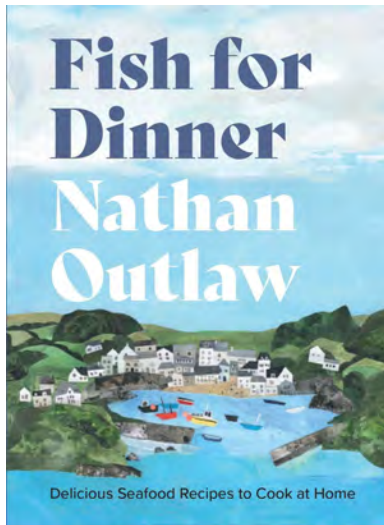
"I had no idea feeling great was going to be this easy." – Jodie Kidd

Contributor Bio

Gabriela Peacock, who was born in the Czech Republic, has built her practice as a nutritionist around a realistic approach to the demands of modern life. Having worked as a model, she then spent nine years studying two degrees, the first in Naturopathic Nutrition, before going on to graduate from the University of Westminster with BSc (Hons) in Health Science – Nutritional Therapy. Gabriela specialises in intermittent fasting weight management plans and in 2016 launched her range of supplement programs, based on her extensive experience in the role supplements play in supporting restful sleep, increased energy, healthy immune function, weight loss and general physical, as well as mental, wellbeing. She is the bestselling author of *2 Weeks to Feeling Great*.

@gp_nutrition – 33.5k followers

Illustrations



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Hardcover

224 Pages
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Cooking / Specific Ingredients
CKB076000
9.9 in H | 7.6 in W

Fish for Dinner

Delicious seafood recipes to cook at home

Nathan Outlaw

Key Selling Points

- Eating more fish is encouraged worldwide for health and environment reasons
- Eating two portions of fish per week provides your total required amount of Vitamin D and Omega-3
- Nathan's recipes are not overly complicated, but built around excellent ingredients and perfect flavor combinations

Summary

A brand-new collection from the UK's most celebrated fish chef that explains what fish to cook and how to cook it, and provides simple, delicious recipes with easily accessible ingredients and speedy prep times.

Nathan Outlaw is in the process of rebranding and refocusing his Michelin-starred Cornwall restaurants to offer a more affordable and relaxed approach to fine dining. This is driven by his increased interest in accessibility and sustainability, and his new collection of delicious fish dishes will appeal to home cooks looking for easy seafood recipes. An introduction covers how to buy fish ethically, advice on equipment, tips for fish preparation and cooking techniques, followed by a section on the best fish species for cooking.

Recipes are divided into such chapters as: Flash in a Pan, One in the Oven, Steamed & Poached, Over the Coals, No Cook, Super Salads, Deep & Crispy, In a Bowl and Snack.

A final section offers sauce recipes, from Hollandaise to chilli sauce.

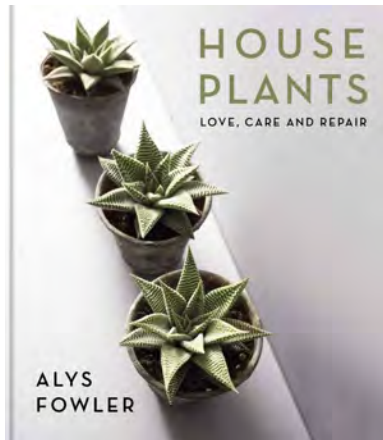
Contributor Bio

Michelin-starred chef Nathan Outlaw trained with Rick Stein and now runs his own two restaurants in Port Isaac, Cornwall. He appears regularly on *Saturday Kitchen* and *Great British Menu*, and also featured on *Rick Stein's Cornwall* TV series.

@nathanoutlaw, 176k followers
www.outlaws.co.uk

Illustrations





House Plants

Love, Care and Repair
Alys Fowler

Key Selling Points

- Plants are helpful in many ways, from adding personality to your home to offering purifying properties
- House plants are perfect for those that may not have a garden
- Specialist plant groups are also covered, from tropical edibles to succulents and climbers

Summary

Houseplants are more than just decorations. They turn a room into a living space and breathe life into our interiors.

Houseplants are more than just decorations. They turn a room into a living space and breathe life into our interiors. Not all of us can have a garden or even a window box, but everyone can own a houseplant - and everyone should. Not only are they an affordable and attractive way to add a decorative and personal touch to a space, indoor plants also have unique air purifying properties and their presence is good for our health and wellbeing. In this practical yet inspiring guide, gardening expert Alys Fowler explores all the possible indoor plant options available, helping you to find the perfect plant for any location, from cool, shady bedrooms to warm, sunny kitchen windowsills. As well as more traditional indoor plants, Alys looks at specialist plant groups such as indoor tropical edibles, orchids, cacti, succulents and climbers. With her encyclopedic knowledge and trademark inspirational style, this definitive guide will give you all the knowledge you need to care for your plants.

Contributor Bio

Alys Fowler trained at the Royal Horticultural Society, the New York Botanical Gardens and the Royal Botanic Gardens at Kew. She is a regular TV presenter on the BBC and is the bestselling author of *The Thrifty Gardener*, *The Thrifty Forager* and *Abundance*. She writes regularly for the *Guardian* and has also written for *Gardens Illustrated* and *Grow Your Own*. @AlysFowler

Illustrations



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Gardening / Flowers
GAR004000

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Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Crafts & Hobbies / Papercrafts
CRA025000
9.3 in H | 7.5 in W

Bound

15 beautiful bookbinding projects

Rachel Hazell

Key Selling Points

- Rachel has held workshops around the world and has launched an online course, Paper Love, so she has a worldwide audience.
- Workshops in bookart and bookbinding are becoming increasingly popular.
- #bookbinding has over 260,000 posts on Instagram
- Buying beautiful notebooks is expensive. Making your own is inexpensive once you have the tools
- Despite the advancement of digital notebooks, physical notebook sales are constantly rising, making them just as popular as before the advent of digital calendars. Moleskine saw revenues of over 128 million euros in 2015, 53 million more euros than the previous year.

Summary

In this accessible collection of creative projects, Rachel Hazell shares exciting paper crafting techniques to develop your bookbinding skills.

After explaining the tools and materials needed, Rachel takes you through each project with step-by-step instructions.

Different techniques for cutting and folding are demonstrated, and, once you are happy with the various techniques, you will then begin to bind your own books with stitches such as ladder, dash and chain. Projects include The Slit Book, A Concertina with Pockets and The Three-Hole Pamphlet Stitch, which can then be developed further to create unique and personal handmade notebooks, books and keepsakes that are not only fun and satisfying to make, but also make wonderful gifts.

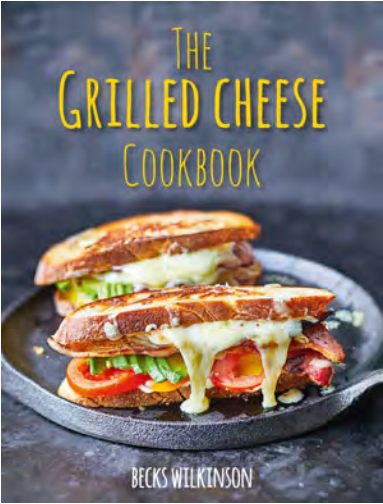
So whether you have already tried your hand at bookbinding or are a complete beginner, Rachel's knowledge and passion will inspire you to explore the many possibilities of bookart.

Contributor Bio

Drawing her inspiration from remote landscapes, typography, shorelines, flea-markets and remarkable literary cities, book artist Rachel Hazell takes people on creative journeys, making books and unfolding stories. Home is the city of Edinburgh and the small Hebridean island of Iona. With *The Travelling Bookbinder*, she holds bookart workshops across the world, from a palazzo in Venice to a library on Nantucket. Her online courses, PaperLove and BookLove enable people, regardless of location, to develop ideas, imagination and technical skill.

Illustrations





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64 Pages
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Cooking / Specific Ingredients
CKB096000

6.9 in H | 5.2 in W

The Grilled Cheese Cookbook

Becks Wilkinson

Key Selling Points

- rilled cheese remains one of the ultimate comfort foods for all age groups
- Simple and with an almost limitless variety, there is a grilled cheese for every mood
- Perfect as a personal snack or an easy sharing plate for company

Summary

The ultimate grilled cheese book, packed with meltingly delicious recipes.

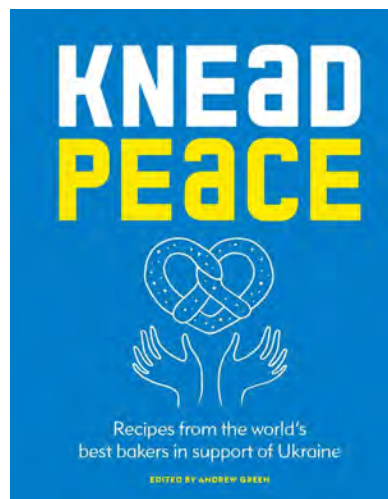
Who doesn't love a grilled cheese? Comfort food has never been better than biting into a crunchy, warm, gooey grilled cheese, oozing with your favorite cheesy fillings. Not only are they delicious, grilled cheeses are also cheap and wonderfully simple to make. Becks guides you through the best ingredients to use to ensure your grilled cheese has the perfect initial crunch and stringy, melty inside. The book is divided into two scrumptious sections - Marvelous Melts for Every Day and Sensational Sandwiches for Special Occasions - giving you plenty of recipes to choose from whether you want minimum effort or maximum creativity. With recipes such as The Brie-I Deal (brie, charred pear and rocket), The Hipster (whipped goat's cheese, spiced pumpkin and kale) and Banoffee French Toast (brioche, caramel, bananas and mascarpone), there is a recipe to suit your every mood. The perfect gift for any cheese lover, *The Grilled Cheese Cookbook* It is bursting with your new favorite grilled cheese recipes.

Contributor Bio

Becks Wilkinson is a freelance food stylist and chef. She has worked with many wonderful chefs, most recently as Sous Chef for Jamie Oliver and Barbecoa and Fifteen. As well as her work as a food stylist, she also caters weddings, events and supper clubs. And when she's not working with food, she can be found teaching yoga or covered in glitter and pretending she's in the circus - something to counteract those cheese toasties.

Illustrations





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Cooking / Methods
CKB004000

10 in H | 7.8 in W | 1 in T | 1.7 lb
Wt

Knead Peace: Bake for Ukraine

Recipes from the world's best bakers in support of Ukraine

Andrew Green

Key Selling Points

- A unique title that will benefit many
- Many different bakes are included, from sweet and savory to indulgent cakes and cookies
- Bakes included are from all over the globe

Summary

Baking recipes from famous chefs, brought together in support of Ukraine.

"Baking connects good people and lets them understand each other no matter what language they speak." - ANNA MAKIEVSKA

Inspired by the resilient spirit of Anna Makievska and The Bakehouse, Kyiv, who have continued to bake day and night throughout the conflict, Knead Peace is a unique collection of beautiful bakes in support of Ukraine. Donated by esteemed bakeries from across the globe, they include sweet and savoury breads, indulgent cakes and cookies, and delicious pies and tarts.

INCLUDING...

ANNA MAKIEVSKA of The Bakehouse, Kyiv
MAX BLAC HMAN-GENTILE of Tartine Bakery
RIC HARD BERTINET
SARIT PAC KER & ITAMAR SRULOVIC H of Honey & C o.
VANESSA KIMBELL of The Sourdough School
ALIX ANDRÉ of Arôme Bakery
HELEN GOH
KITTY TAIT of The Orange Bakery
YOTAM OTTOLENGHI
IXTA BELFRAGE

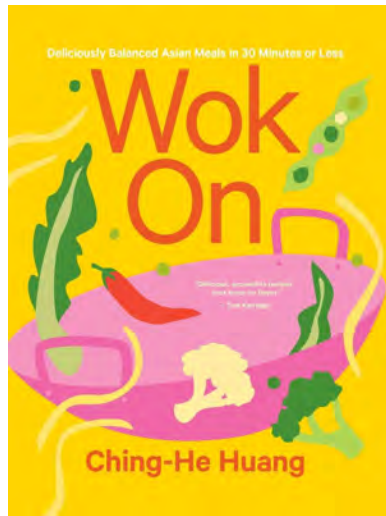
Knead Peace, founded by Andrew Green, was born from the idea that baking is a community that has the power to make a difference.

Contributor Bio

Knead Peace is an initiative created by Andrew Green and Anna Makievska of The Bakehouse, Kyiv, utilizing the power of baking to bring people together to raise money to support humanitarian work in Ukraine. Baking recipes have been donated by many famous and respected bakers and chefs. Andrew Green has worked in some of the finest kitchens in the UK and abroad, with a particular love of baking and patisserie. These include the RAC club, the City of London Club, Gordon Ramsey's Royal Hospital Road, Nobu London, and Drakes on the Pond.

Illustrations





Kyle Books
9781804191095
1804191094
Pub Date: 9/5/2023
\$24.99/\$27.99 Can.
Hardcover

208 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Regional & Ethnic
CKB017000
9.8 in H | 7.5 in W

Wok On

Deliciously balanced Asian meals in 30 minutes or less

Ching-He Huang

Key Selling Points

- Ching is an authority on Chinese food. She regularly features on Saturday Kitchen and has presented multiple TV series.
- Ching has appeared on The Today Show
- Features vegetarian and vegan recipes.
- Recipes include dishes inspired by the cuisines of Taiwan, Hong Kong, Macau, Japan, Singapore, Vietnam, Malaysia, Thailand and Indonesia as well as China.
- In this follow-up to Ching's Stir Crazy every recipe is healthy and can be made in under 30 minutes
- Ching's combined social media reach is 100k

Summary

Winner for the UK in the Gourmand World Cookbook Awards 2020 in the Easy Recipes category.

Fast, fresh and fun dishes are at the heart of this book, a celebration of the wok, demonstrating its versatility and featuring recipes from places across Asia, including Taiwan, Hong Kong, Malaysia and Vietnam.

This modern collection of recipes, from dumplings and curries to stir-fries, is simple enough for every day and every cook. Each dish can be made in 30 minutes or less and has been created with nutrition, taste and affordability in mind. Asian dishes typically include lots of vegetables and Ching has kept to this, ensuring that many of her recipes are suitable for vegetarian and vegans as well as those with gluten and dairy allergies. Fresh produce and ingredients that are readily available in supermarkets are also key to these dishes, which feature steamfrying, flash-frying, braising and stir-frying.

A stunning and accessible guide, *Wok On* will inspire you, showing you how to wok this way.

Contributor Bio

Ching-He Huang was born in Taipei, Taiwan. An Emmy-nominated TV chef, her culinary ethos is to use fresh, organic, ethically sourced ingredients to create modern dishes that fuse Chinese tradition with innovation and are also accessible to home cooks. Her TV series include Chinese Food Made Easy, Chinese Food in Minutes, Exploring China and Ching's Amazing Asia. She is the author of eight cookbooks including *Stir Crazy*, *Eat Clean: Wok Yourself to Health*, *Exploring China*, *Ching's Fast Food*, *Everyday Easy Chinese*, *Ching's Chinese Food in Minutes*, *Chinese Food Made Easy* and *China Modern*. She appears regularly on TV in both the US and UK, including The Today Show.

Illustrations





Mitchell Beazley
9781784728403
1784728403
Pub Date: 5/9/2023
\$24.99/\$27.99 Can.
Hardcover

224 Pages
Carton Qty: 5
Print Run: 5K
Gardening
GAR000000

10 in H | 7.8 in W | 1.1 in T | 1.9
lb Wt

RHS You Will Be Able to Garden By the End of This Book

Simon Akeroyd

Key Selling Points

- The latest in the highly successful 'You Will Be Able To' series, with more than half a million copies sold to date, 33,000 of which are in the US.
- Simon Akeroyd is the author of RHS Allotment Handbook & Planner - 54,000 copies in print.
- The book includes 15 step-by-step techniques that make for stress-free, successful gardening.
- Lockdown has given rise to many new gardeners, a ripe audience for straightforward and clear instruction.
- Includes a section dedicated to the popular practice of propagation.

Summary

A foolproof step-by-step beginner's guide to gardening, backed by the authority of the RHS

The title might sound like a bold statement, but you really will be able to garden by the end of this book. Whether you are a budding botanist or just aspire to have greener fingers, this book will hold your 'horticultural hand' and guide you gently through the principles of gardening. Whether you have a tiny courtyard or something a bit bigger, this book will share everything you need to know to create your own patch of horticultural heaven.

With 12 easy-to-follow chapters that explore all the basics of successful, stress-free gardening including assessing and designing your garden, how to grow fruit and vegetables, plant maintenance, propagation, lawns and container garden. The 15 step-by-step techniques will teach you how to sow seeds, prune shrubs, cut a hedge, mow a lawn and even how to design your own outside space, plus so much more. Just as important, the book explains how to garden sustainably and encourage wildlife, so that you can make informed decisions when it comes to creating and maintaining your garden.

Contributor Bio

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.

Illustrations





Mitchell Beazley
9781784728519
1784728519
Pub Date: 5/30/2023
\$24.99/\$27.99 Can.
Hardcover

352 Pages
Carton Qty: 14
Print Run: 5K
Self-Help / Motivational &
Inspirational
SEL021000
8.7 in H | 5.4 in W

Destination Fabulous

Finding your way to the best you yet

Anna Murphy

Key Selling Points

- As Fashion Director of the London *Times* Anna Murphy has a weekly column, where she regularly discusses positive ageing
- The pandemic has led to shifting attitudes in positive ageing, with many celebrities (including Jennifer Aniston, Gwyneth Paltrow and Sarah Jessica Parker) choosing to show their greys

Summary

From the Fashion Director of the London *Times* comes a wise and entertaining guide to making the most of life as a grown-up woman.

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

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

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

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

Drawing on the wisdom of writers as diverse as Pema Chodron and Eckhart Tolle, Dorothy Rowe and Osho, Nora Ephron and Mary Oliver, she writes about saying goodbye to what doesn't serve you and welcoming what does; about forging relationships that work for you as well as others; and about finding your purpose, whether in your personal or professional life. Discover how the bumps on her road have helped her find her way to her true path. Her hope is that this book will help you to find yours, too.

Chapters include Embracing Your Face, Making Fashion Your Friend, True Romance, Your Body Beautiful, Finding Your Purpose and How to Live in Joy

Contributor Bio

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



Mitchell Beazley
9781784728878
178472887X
Pub Date: 6/6/2023
\$19.99/\$21.99 Can.
Paperback

56 Pages
Carton Qty: 10
Print Run: 10K
Art / Techniques
ART029000

11.7 in H | 8.3 in W

RHS Wildflowers Watercolour Art Pad

15 botanical artworks for you to paint

Rachel Pedder-Smith

Key Selling Points

- Tackle each artwork in easy-to-follow step-by-steps
- Backed by the authority of the RHS

Summary

15 stunning wildflower templates with guidance from the artist behind *RHS Flowers: The Watercolour Art Pad* and *RHS Botanical Art: The Watercolour Pad*.

Create beautiful wildflower paintings using template outlines from the artist, printed on art-quality watercolor paper. Each outline includes a finished painting to copy and a recommended color palette, as used by the artist. The book includes step-by-step tutorials on essential techniques and advice and tips on painting different kinds of plants and flowers, from fleshy bluebells to delicate blossom. Perfect for absolute beginners in botanical art, the ready-to-use outlines allow readers to focus on painting, avoiding the difficulty of accurate composition drawings. *RHS Wildflowers: Watercolour Art Pad* is an ideal gift for watercolor fans at all stages, whether they're looking to take up botanical art for the first time or refreshing their skills.

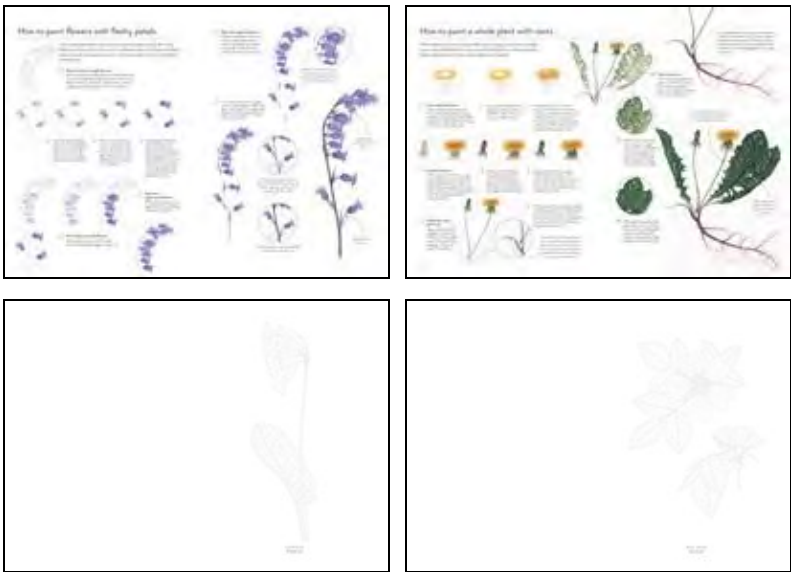
Featured templates include:

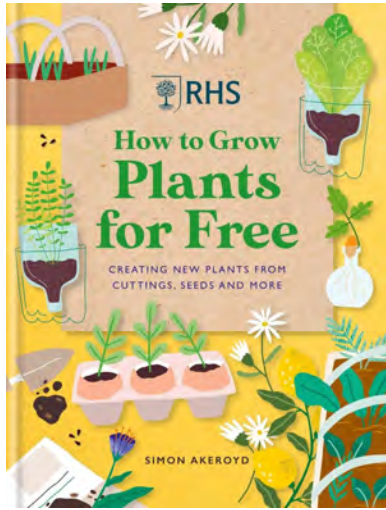
- Bluebells
- Cowslips
- Bee Orchids
- Aconites
- Meadow Flowers

Contributor Bio

Rachel Pedder-Smith is a botanical artist who trained at the Royal College of Art, London. She is best known for her ground-breaking and exquisite 18-foot Herbarium Specimen Painting, displayed at Kew Gardens. Her work is part of the collection at the RHS's Lindley Library and she has been awarded four RHS Gold medals.

Illustrations





Mitchell Beazley
9781784728915
1784728918
Pub Date: 6/6/2023
\$16.99/\$18.99 Can.
Hardcover

144 Pages
Carton Qty: 10
Print Run: 6K
Gardening
GAR000000
8.4 in H | 6.2 in W

RHS How to Grow Plants for Free

Creating New Plants from Cuttings, Seeds and More

Simon Akeroyd

Key Selling Points

- Easy techniques to grow your own plants, no matter the budget
- Backed by the authority of the RHS

Summary

The perfect introduction to increasing the number of plants in your garden or community easily and cheaply

Increase your stock of plants easily and for free by propagating them yourself. *RHS How to Grow Plants for Free* demystifies the art of taking cuttings and explains the other ways you can multiply your garden plants. Propagating your own plants is fun, inexpensive, and a sustainable way to garden.

An introductory section explains the botanical science behind all types of propagation and defines and simplifies the language. The book is then split into self-contained practical chapters detailing each of the different types of propagation. Each chapter includes a selection of 'plant profiles' for the plants best suited to each propagation method:

- Dividing Plants covers the easiest methods of splitting one plant into several new ones
- Saving Seeds introduces how to collect and process seeds from flowers, vegetables, herbs and trees
- Cuttings covers how to successfully grow a new plant from an existing one using several different methods for taking cuttings
- The Houseplants chapter shows techniques needed to increase your collection.
- The final chapters show how to grow new plants from kitchen scraps, and gives ideas on how to make the most of all the new plants you've created by giving them as gifts

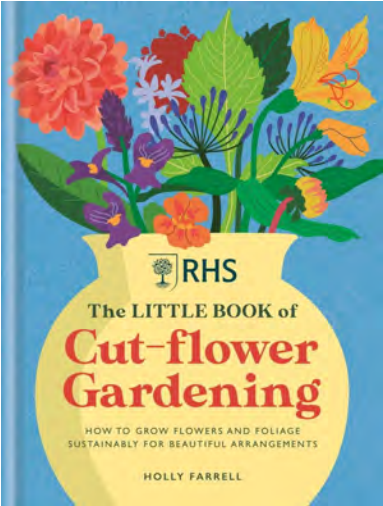
Contributor Bio

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.

Illustrations





Mitchell Beazley
9781784728892
1784728896
Pub Date: 6/6/2023
\$16.99/\$18.99 Can.
Hardcover

144 Pages
Carton Qty: 10
Print Run: 6K
Gardening / Flowers
GAR004000
8.4 in H | 6.2 in W

RHS The Little Book of Cut-Flower Gardening

How to grow flowers and foliage sustainably for beautiful arrangements
Holly Farrell

Key Selling Points

- An easy, affordable way of growing your own fresh, beautiful blooms to display all year round
- Backed by the authority of the RHS

Summary

The ideal companion for anyone starting a new cut flower patch, inspiring and guiding you to fill your home with armfuls of fresh, sustainable, and beautiful blooms all year around.

Flowers brighten our homes, our lives and, when they are homegrown, they also brighten our gardens - not just for us, but also for the buzzing wildlife that loves their nectar. Growing your own flowers gives the huge satisfaction of harvesting something from a plant you have nurtured, and brings a greater connection with nature and the seasons. It also allows you to have a house full of flowers at a fraction of the cost of buying them, all with a sustainable, positive environmental impact.

RHS The Little Book of Cut-Flower Gardening is the perfect introduction to growing your own blooms. Whether your cut-flower patch is a handful of pots or a gracious yard, you'll find accessible information on successful and sustainable growing, to keep your plot healthy and as productive as possible. As well as introductory chapters on planning and gardening basics, there are details on how to cut your flowers and extend their vase life, and how to dry flowers for everlasting arrangements.

More than just flowers, the directories break down the blooms and foliage into their different groups. There are sections on annuals from seed, such as love-in-a-mist, ammi and sweet peas; growing bulbs and tubers such as tulips and dahlias; perennials for flower and foliage, such as lady's mantle, lavender, roses, apple mint and ornamental grasses; and shrubs and trees for foliage, flower, spring blossom and colourful winter stems.

Contributor Bio

Holly Farrell spent two years at RHS Gardens Wisley where she gained the Wisley Diploma in Practical Horticulture, and the RHS Certificate and Diploma (both with Commendation), and where she won the Nicholson Prize for overall contribution to RHS Garden Wisley as a trainee. After working as Head Gardener on a private estate she now combines designing and improving gardens for private clients with her developing career as a garden writer for publications such as *Kitchen Garden* and the RHS magazine *The Garden*. Holly is the author of several books including *RHS Gardening for Mindfulness*, *RHS Little Book of Happy Houseplants* and *Planting Plans for Your Kitchen Garden: How to Create a Vegetable, Herb and Fruit Garden in Easy Stages*. She lives in Oxfordshire.

Illustrations





Mitchell Beazley
9781784728557
1784728551
Pub Date: 7/3/2023
\$40.00/\$44.00 Can.
Hardcover

224 Pages
Carton Qty: 10
Print Run: 15K
House & Home / Decorating &
Furnishings
HOM003000
11 in H | 8.5 in W

Create

At Home with Old & New

Ali Heath

Key Selling Points

- *Curate*, the previous title by Ali Heath, has sold 7,943 copies since July 2021.
- Combining modern and antique items is an enduring decorating trend.
- Specially commissioned photography shows a wide range of locations from small urban spaces to roomy country homes.

Summary

The much-anticipated follow-up to the highly successful *Curate* provides decorating inspiration for homes that beautifully combine both the modern and the antique

Some of the most exciting interiors around are those that combine vintage and antique finds with select contemporary pieces. In *Create*, interior stylist and journalist Ali Heath encourages you to think imaginatively about how to use old and new at home - introducing individuality and interest, while incorporating the need to decorate more sustainably.

Following on the success of her first book *Curate*, *Create* is a visual feast divided into four engaging and informative chapters. Establishing Your Style will fire your imagination, while Adding the Magic considers ten decorating elements, including pattern and texture, display, lighting, and color. In Creative Spaces the homes of a maverick group of 12 antique dealers and interior designers are shared, and the book closes with Inspirations - advice on where to buy period items and how to buy online and at auction. With glorious photography, original drawings and break-out ideas pages, *Create* will give you the confidence to nurture a home you love - one that celebrates the past while embracing the present and future.

Contributor Bio

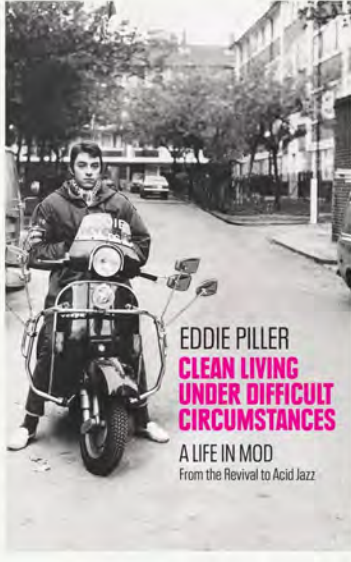
Ali Heath is a UK-based interiors journalist, stylist, creative consultant and author and has over 17 years freelance experience, working with prestigious interior magazines, newspapers and private clients. Her work is featured regularly in many titles that include *Country Living*, *Elle Decoration*, *Elle Decoration Country*, *Homes and Gardens*, *House & Garden*, *Livingetc*, *Modern Rustic*, *Red*, the *Telegraph* and *YOU Magazine*. Ali collaborates with many leading photographers and her work is represented internationally by Living Inside agency, in Milan.

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

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

Instagram @aliheath_uk www.aliheath.co.uk

Illustrations



Monoray
9781800960596
180096059X
Pub Date: 7/4/2023
\$29.99/\$32.99 Can.
Hardcover

416 Pages
Carton Qty: 10
Print Run: 3K
Biography & Autobiography
/ Music
BIO004000
9.3 in H | 6 in W

Clean Living Under Difficult Circumstances

A Life In Mod – From the Revival to Acid Jazz

Eddie Piller

Key Selling Points

- **ENDURING BRITISH YOUTH CULTURE** - Mod is the most successful youth culture of all time and has millions of devotees in the UK and around the world - albeit many of them in their 40s, 50s and 60s!
- **THE BEST KNOWN 'FACE' ON THE SCENE** - With the exception of Paul Weller, Eddie Piller is undoubtedly Britain's best-known mod. As label owner of Acid Jazz records, he has brought big names in music to us all. Major endorsements from the great and the good will accompany the publication.
- **EXPERIENCED BROADCASTER WITH A PLATFORM** - Eddie is known for his DJ stints on national radio. His Modcast on Totally Wired Radio garners tens of thousands of listeners every week. Regular ticketed Modcast events run throughout the year.
- **RECENT COMMERCIAL SUCCESS** - Compilation albums by Eddie on his own or with his friend Martin Freeman (the actor), have all seen strong commercial success. Eddie Piller Presents - the Mod Revival (BBC) recently topped the compilation charts, and a fourth album with Martin Freeman will be released this year.

Summary

This is the memoir of a teenage mod from the East End of London.

A journey of discovery for a schoolboy dabbling with punk, funk, record shops, discos and clothes, and then... WHAAAM! An unstoppable wave of like-minded kids fall headlong in love with 60s mod culture, revived and reformatted for the 70s and 80s generation.

The ultimate mod memoir - from Britain's best-known 'face'.

Eddie Piller was one such kid. His life was changed forever. Written with humor, passion and attention to detail, CLEAN LIVING UNDER DIFFICULT CIRCUMSTANCES is perhaps the ultimate mod memoir, taking us from meeting the Small Faces as a toddler, to the 1979 Mod revival, through the more purist 1980s mod scene and eventually to Acid Jazz.

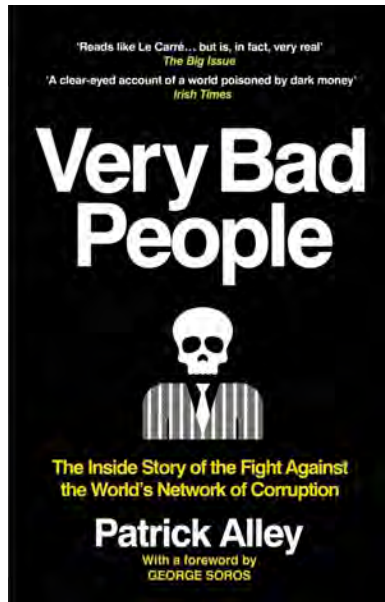
A born storyteller, Eddie takes us evocatively into a world of scooters, clothes, and music. We run with the crowd to decaying seaside towns, East End backstreet boozers and sweaty teenage gigs, all fizzing with an uncontainable excitement and often exploding into violence.

Once mod touched your soul it changed the way you looked at life, unexpectedly broadening your horizons. In Eddie it awakens a can-do attitude that sees him setting up a fanzine, putting on club nights, hustling jobs in the music industry, and eventually setting up a record label. It even takes him to Ireland at the height of the troubles and to Australia where the local mods take him on a military exercise...

Visceral and always entertaining, CLEAN LIVING UNDER DIFFICULT CIRCUMSTANCES is a stand-out memoir that relives the thrill of the 70s and 80s, and the movement that helped make mod the most enduring and successful British youth culture of all time.

Contributor Bio

Writer, record producer, label owner, broadcaster, and entrepreneur **EDDIE PILLER** is heavily involved with the mod subculture, an interest which started in 1966 when his mum ran the fan club for East End mod super-stars, The Small Faces. He is perhaps best known as the co-founder of Acid Jazz records which recently celebrated its 35th



Monoray
9781913183509
1913183505
Pub Date: 6/6/2023
\$12.99/\$14.99 Can.
Paperback

336 Pages
Carton Qty: 10
Print Run: 5K
Biography & Autobiography
/ Personal Memoirs
BIO026000

7.8 in H | 5 in W

Very Bad People

The Inside Story of the Fight Against the World's Network of Corruption

Patrick Alley

Key Selling Points

- Foreword by George Soros, the legendary hedge fund manager who is widely considered to be one of the most successful investors of all time
- Global Witness were nominated for the Nobel Peace Prize in 2003; they won the mega-prestigious Skoll Award in 2014; and Charmian Gooch won the TED Prize in 2014
- "Part true crime tale, part investigative procedural, this is the account of the brilliant and necessary superheroes of Global Witness, whose superpower is the truth." - Edward Zwick, Director of *Blood Diamond* (Global Witness uncovered the Blood Diamond scandal)
- Global Witness have a US office based in New York
- Links to Patrick's US press:
 - **2019** – New York Times Editorial on Global Witness' work documenting the killings of Land and Environmental Defenders <https://www.nytimes.com/2019/08/01/opinion/environmentalists-murdered.html?searchResultPosition=2>
 - **2019** – New York Times article on Global Witness exposé of state looting by ruling family of the Republic of Congo used to purchase apartment in Trump Tower, New York <https://www.nytimes.com/2019/04/10/business/trump-congo.html>
 - **2014** – TED talk – Charmian Gooch, Global Witness co-founder, gives the 2014 Ted Prize Winner speech on Global Corruption https://www.ted.com/talks/charmian_gooch_meet_global_corruption_s_hidden_players?language=en
- Patrick Alley's TedX Exeter talk: <https://www.youtube.com/watch?v=IUIrYBtkf14>
- Patrick was featured on the politico podcast, [Global Inside](#). With Russia's invasion of Ukraine, transparency and anti-corruption laws that Global Witness has championed for decades have shot up the agenda as governments scramble to cut ties established with Russian oligarchs and sanction the wealth they so warmly welcomed before the war. The West's tolerance of this corruption over many years has supported and emboldened Putin. The tragedy is that it has taken such brutality to jolt political leaders into seeing just how embedded dirty Russian money is across the world. *Very Bad People* comes at a crucial time, when the extent of kleptocracy linked to the Russian regime is being revealed.

Summary

The gripping and untold story of how Global Witness have uncovered a worldwide network of highly organized criminality, kleptocracy and corruption and exposed the people behind it.

Arms trafficking, offshore accounts and luxury property deals. Super-yachts, private jets and super-car collections. Blood diamonds, suspect oil deals, deforestation and murder. This is the world of Global Witness.

What began as three friends wanting to end the decades-long civil war in far-away Cambodia is now an award-winning organization, Global Witness, dedicated to rooting out worldwide corruption. VERY BAD PEOPLE is co-founder Patrick Alley's revealing inside track on a breath-taking catalogue of modern super-crimes - and the 'shadow network' that enables them.

From their first campaign, exposing how the illegal timber trade funded the genocidal Khmer Rouge, to alerting the world to blood diamonds fuelling war across Africa, Global Witness unravel crooked deals of labyrinthine complexity and encounter well-known corporations whose operations are no less criminal than the Mafia. This network of



Pyramid
9780753735305
075373530X
Pub Date: 5/9/2023
\$14.99/\$16.99 Can.
Cards

16 Pages
Carton Qty: 10
Print Run: 8K
Science / Space Science
SCI015000
5.1 in H | 3.6 in W

Stargazing Deck

40 cards to light up your sky: a spotter's guide to the constellations

Pyramid

Key Selling Points

- Star gazing was labelled the 'breakout hobby' of 2020, and events such as the Super Blood Moon total lunar eclipse of May 2021 continued to caused great interest across social media and in the press, showing this trend is not going anywhere.
- People are enjoying reconnecting with nature through star gazing and astrology, tuning into the Earth's movements and exploring the effects of the solar system around us.
- Card deck formats are increasingly popular as beautiful collectable items as well as informative and practical sources of knowledge. They are a fun new way to digest book-like content.
- This deck provides an easy entry point into star gazing, no equipment is needed and it's not too technical for a total beginner to pick up and begin learning about the night sky.

Summary

A deck of cards to show you how and when to spot 40 constellations across the sky, explaining the key features to look out for as well as the myths and legends behind each one.

Look up and take a journey through the stars

From the twelve constellations in the *zodiac* family or asterisms such as the *Big Dipper* and the *Great Square of Pegasus*, to the lesser-known formations of the *Chameleon* or the *Sculptor*, the night sky holds stories and legends that have fascinated humans for thousands of years.

Star Gazing is a deck of 40 illustrated cards, each one showing a different constellation, plus a 16pp booklet introducing star gazing and constellation spotting. The deck will explore the origins and myths associated with each constellation, guide you on how to locate each one in the night sky and the best time of year to spot them, as well as key features to look out for and interesting facts about the stars.

Informative yet beautiful, this little pack brings the stars to life and allows you to explore the science and the history of the night sky through the constellations.

Contributor Bio

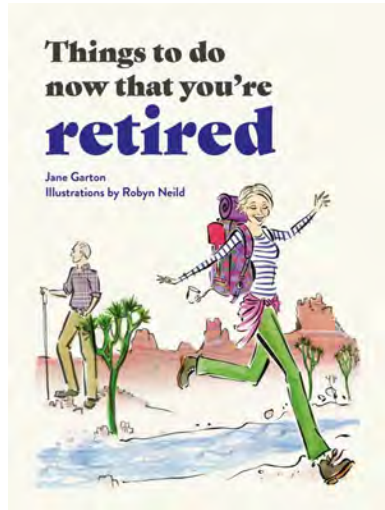
Pyramid (Author)

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.

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.

Illustrations



Pyramid
9780753735343
0753735342
Pub Date: 6/6/2023
\$11.99/\$12.99 Can.
Hardcover

256 Pages
Carton Qty: 10
Print Run: 5K
Self-Help / Motivational & Inspirational
SEL021000
6.5 in H | 4.8 in W

Things to Do Now That You're Retired

Jane Garton

Key Selling Points

- New edition into the 'Things to do... series', packed with inspiring and original ideas
- Fun-filled tips and thought-provoking quotations to encourage the reader to live life to the full
- A great impulse purchase!

Summary

New edition into the 'Things to do... series', packed with inspiring and original ideas and fun-filled tips and thought-provoking quotations to encourage the reader to live life to the full. A great impulse purchase!

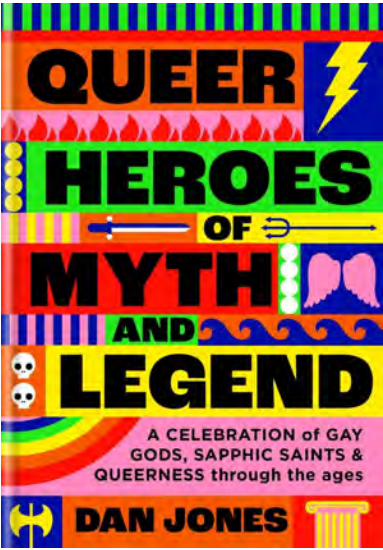
Retirement is not the end of your working years but rather the start of something new. With more time on your hands than ever before, filling your days may seem harder than you expected and can leave you wondering 'exactly what do I do now?' This book provides a wide range of upbeat suggestions on ways to luxuriate in your new-found time. Whether it is learning a new language, taking up a new hobby or simply spending more time with friends and family, this book is packed with inspirational ideas. It aims to encourage readers to make the most of their retirement, to appreciate the extra time they have to spend pursuing activities they enjoy and exploring new ones. As well as a force for encouraging you to make the most of every opportunity, this book will make suggestions for how to come to terms with yourself, your friends and your family in this new phase of your life.

Contributor Bio

Author Jane Garton is an accomplished writer, having written, edited and co-edited a wide range of publications over the past 20 years including: New Woman, The Health Store Magazine, Lifeline (Great Ormand Street magazine), HFEA Guide, Tesco Healthy Living, Pink Ribbon magazine, Top Sante, Nursing Times, Fitness, Chat, Upbeat (magazine for BUPA members) and handbag.com. She is also the author of Happy - 100 tips to Feel Good (MQP), 1000 Paths to Hope (MQP to be published Jan 2008), 5-minute Guides to Yoga, Feng shui, Aromatherapy, Detox.

Illustrations





Queer Heroes of Myth and Legend

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

Dan Jones

Key Selling Points

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

Summary

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

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

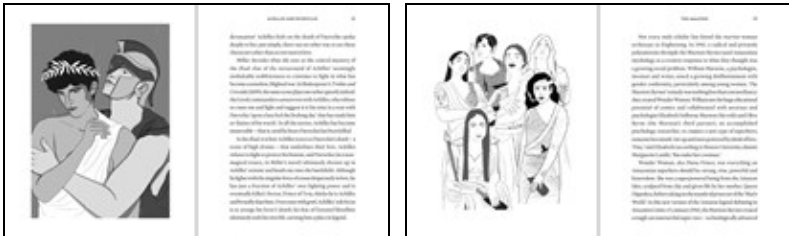
Be captivated by stories of forbidden love like Patroclus & Achilles (explored in Madeleine Miller's bestseller *Song of Achilles*), join the cult of Antinous (inspiration for Oscar Wilde), get down with pansexual god Set in Egyptian myth, and fall for Zimbabwe's trans God Mawi. And from modern pop-culture,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

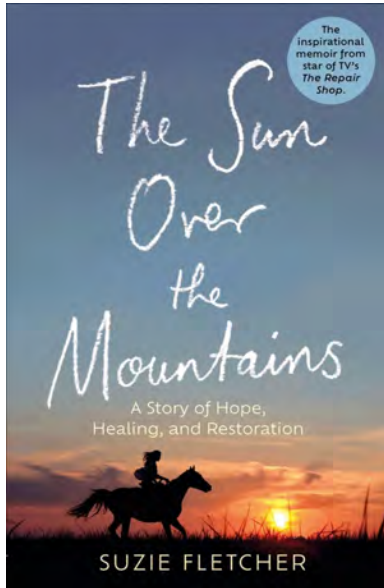
Heroes of Queer Myth & Legend brings to life characters who are romantic, brave, mysterious, and always fantastical. It is a magnificent celebration of queerness through the ages in all its legendary glory.

Contributor Bio

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

Illustrations





Radar
9781804190579
1804190578
Pub Date: 9/5/2023
\$24.99/\$27.99 Can.
Hardcover

256 Pages
Carton Qty: 28
Print Run: 5K
Biography & Autobiography
/ Personal Memoirs
BIO026000
9.3 in H | 6 in W

The Sun Over The Mountain

Suzie Fletcher

Key Selling Points

- **Memoir 'Plus':** *The Sun Over The Mountain* promises to appeal to fans of *Making It: How Love, Kindness and Community Helped Me Repair My Life* by Jay Blades (HB TCM: 42K), but also strong female stories such as *The Wild Other* by Clover Stroud.
- **Inspiring Character:** Suzie is a passionate and articulate storyteller, ready to share her vast life experiences in the media and at events.
- **Repair Shop Community:** Though Suzie herself is not on social media, her fellow experts (many of whom have large social media followings and books of their own) are keen to support her and amplify her book on their channels.
- **Campaign Hooks:** there are a number of issues addressed in *The Sun Over the Mountain* which will be newsworthy: grief, troubled relationships, isolation. There are also themes of travel, nature and community.

Summary

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

Suzie Fletcher is the warm and friendly face on *The Repair Shop* that viewers look forward to watching every week. But while she tends to be the one repairing and offering a gentle kindness to others - she has also been in a process of change, reflection, and healing.

In her first book Suzie looks back over her life - which moves from England to Colorado and back again - and the places, people and experiences that have shaped the person she is today.

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

Contributor Bio

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

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

The Sun Over The Mountain is her first book.



The Korean Book of Happiness

Joy, resilience and the art of giving

BARBARA J. ZITWER

Key Selling Points

- South Korea is on everyone's radar due to 'Hallyu', the Korean wave - their award-winning films, books and pop bands: Parasite, Squid Games etc.
- South Korea's answer to Hygge: using the Korean philosophies of Han, Heung and Jeong
- Includes authentic recipes from Korea's most renowned authors: J.M. Lee, author of *Broken Summer*, Kyung-sook Shin, author of *Please Look After Mom*, Won-pyung Sohn, author of *Almond*
- Zitwer's novel, *The J.M. Barrie Ladies' Swimming Society* (2012) sold 13K in paperback

Summary

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

In this witty, charming book, Zitwer shares all that she has learnt about this fascinating country: a vibrant, global powerhouse of culture and industry with an enduring devotion to the ancient philosophies of Han, Heung and Jeong (resilience, joy and the art of giving).

We follow Zitwer as she travels from the buzzing capital of Seoul to a meeting with Buddhist nuns in the mountains, from the bizarre theme park within the Demilitarized Zone to the tropical island of Jeju, home to Haenyeo, the inspirational, octogenarian, female divers. Along the way she regales us with hilarious anecdotes of her cultural faux pas, top travel tips and local recipes as well as magical moments of understanding and connection.

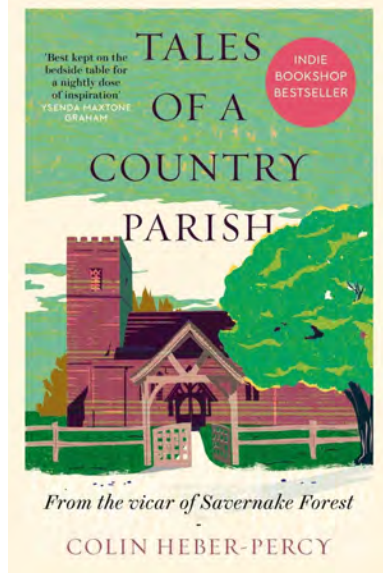
Contributor Bio

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

She graduated from Columbia Film School and, prior to working in publishing, she produced films including *Vampire's Kiss* with Nicolas Cage. She lives in New York City with her husband and their two dogs.

Illustrations





Short Books
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1780725612
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\$14.99/\$16.99 Can.
Paperback

288 Pages
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Print Run: 5K
Self-Help / Spiritual
SEL032000

7.8 in H | 5 in W

Tales of a Country Parish

From the vicar of Savernake Forest

Colin Heber-Percy

Key Selling Points

- Although obviously a work of *Christian* reflection the book aims to reach across borders and boundaries to appeal to the 'Spiritual but Not Religious.' It's as much for the interested as the committed.
- Profound wisdom from an incredible variety of sources both religious and secular beautifully written with a light touch.
- Local and regional press interviews lined up as well as reviews in the *Tablet*, *Catholic Herald*, *Oldie* and *Spectator*. Plus planned indie bookshop tour and interest from a number of literary festivals.
- For readers of Roger Deakin's *Notes from a Walnut Tree Farm*, John Lewis-Stemple's *Meadowland* or Alistair Moffat's *The Secret History of Here: A Year in the Valley*

Summary

"A delightful book from a gentle, generous spirit." - SIMON RUSSELL BEALE

An uplifting, intelligent and often amusing meditation on life in a country parish during a curious year

"Philosophical speculation, country lore, rock music, spiritual exploration, erudite and beautifully written, this collection of reflections and meditations is a surprise and a delight. The kind of shot in the arm the Church of England badly needs - and is so rarely to be found." - SALLEY VICKERS

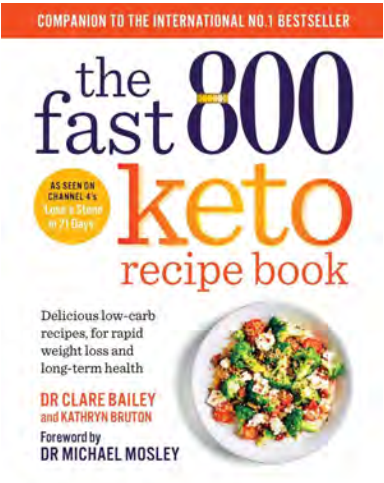
During the unprecedented circumstances of Spring 2020, Colin Heber Percy began writing a daily newsletter of reflections and uplifting stories to stay in touch with his parishioners. Word spread, and soon his bulletins were being eagerly consumed by readers around the country and beyond.

In this thought-provoking and invigorating book, Heber-Percy draws upon a kaleidoscopic knowledge of nature, philosophy, poetry and music, as well as religious writings, and interlaces them with amusing and touching vignettes from his Wiltshire parish.

As he follows the changing seasons, Heber-Percy moves from the seemingly small and mundane to ponder big life questions - can you find heaven in a Londis shop, why is the Bible not like the Highway Code, what on earth we are all doing here - while gently offering up wisdom and sustenance for all, regardless of faith and creed.

Contributor Bio

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



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Health & Fitness / Diet & Nutrition
HEA006000
Series: The Fast 800 Series
7.3 in H | 9.4 in W | 0.7 in T | 1.8 lb Wt

The Fast 800 Keto Recipe Book

Delicious low-carb recipes, for rapid weight loss and long-term health
Dr Clare Bailey

Key Selling Points

- Recipes to go with Michael's dynamic new weight loss program which not only puts you into ketosis faster than a normal keto diet but is also healthier and more sustainable
- 200,000 copies of Clare's last book, *The Fast 800 Recipe Book* sold
- Nearly 5 million copies sold internationally across all the existing Michael Mosley titles (rights sold in more than 40 territories worldwide)
- Includes 8 weeks of calorie-counted meal plans

Summary

COMPANION RECIPE BOOK TO THE INTERNATIONAL NUMBER ONE BESTSELLER

Following Dr Michael Mosley's No 1 bestselling *Fast 800 Keto*, this fabulous companion cookbook offers delicious, Mediterranean-style, recipes to help you incorporate the new combined program into your daily life.

From breakfasts and brunches, soups and shakes to more substantial suppers and even occasional indulgent treats, all the meals are carefully tailored to ensure you lose weight, fast, while also making sure you get all the necessary vitamins, minerals and nutrients. Along with eight weeks of menu plans, there is a Fast 800 Keto toolkit which includes shopping lists and an index by calories, and lots of advice and tips to help keep you on track.

Whether you are embarking on an intensive weight-loss program to prevent or reverse Type 2 diabetes, or simply want to bring down your blood pressure and cholesterol and improve your mood and general health, *The Fast 800 Keto Recipe Book* will inspire you to change the way you eat forever.

Contributor Bio

DR CLARE BAILEY, wife of Michael Mosley, is a GP who has supported hundreds of patients to lose weight, reduce their blood sugars and put their diabetes into remission at her surgery in Buckinghamshire. She is the author of the bestselling *8-Week Blood Sugar Diet Recipe Book*, *Clever Guts Diet Recipe Book*, *The Fast 800 Recipe Book* and *The Fast 800 Easy*.

Illustrations





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Business & Economics
/ Accounting
BUS001010

7.8 in H | 5 in W

Share Power

How ordinary people can change the way that capitalism works – and make money too

Merryn Somerset Webb

Key Selling Points

- Merryn Somerset Webb is one of the most well-respected and prominent voices in financial journalism, having won multiple awards including Personal Finance Journalist of year in 2018, and Finance Commentator of the Year in 2019. She has 36.9K followers on Twitter
- DIY investment is all the rage. After years of negative media about corporate greed and incompetence, a new generation of investors is demanding more financial responsibility. The investing hashtag on TikTok has 1.4bn views and the personal finance one has nearly 4bn

Summary

A blueprint for reimagining capitalism in the post-Covid era, from the Editor-in-Chief of *MoneyWeek* Merryn Somerset Webb

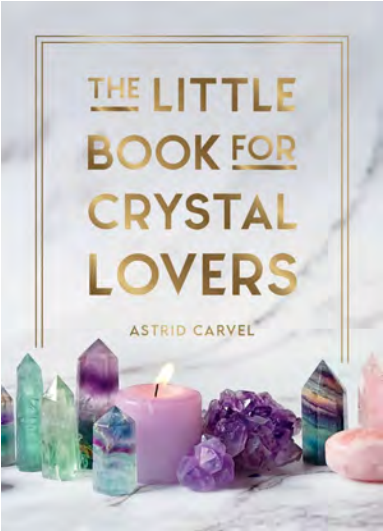
Should companies care about climate change? Should they be vanquishing the gender pay gap? Should they be advancing human rights in their supply chains? And if we think they should - can we, as ordinary people, bring about these sorts of changes?

The answer is, technically, yes. The majority of us now own shares in listed companies - whether that be through a stocks and shares ISA, a self-invested portfolio or a workplace pension scheme. What few people know is that every share comes with a vote in company decisions, over everything from executive pay to corporate strategy. The technology exists to allow us to vote - all we need to do is learn how to use it.

In *Share Power*, Merryn Somerset Webb, Editor-in-Chief of *MoneyWeek*, takes us deep into the world of corporate capitalism - from the privatization of state-owned companies in the 1980s to the financial crash of 2008 and the growth of the modern multinational - to show us how capitalism went wrong and how, with six simple recommendations, every one of us now has the power to make it work for us.

Contributor Bio

Merryn Somerset Webb is Editor in Chief of *Moneyweek*, the UK's best-selling financial magazine, as well as a Contributing Editor and weekly columnist at the *Financial Times*. Somerset Webb is also a non-executive director of several UK listed investment trusts and a regular media commentator and speaker on all things financial. She lives in Edinburgh.



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Body, Mind & Spirit / Crystals
OCC004000

6.1 in H | 4.4 in W | 0.8 in T | 0.4 lb Wt

The Little Book for Crystal Lovers

Simple Tips to Make the Most of Your Crystal Collection

Astrid Carvel

Key Selling Points

- An accessible, informative and appealing guide to crystals and precious stones, which are growing in popularity, visibility and influence.
- Contains simple care tips, fascinating history, full color photos and crystal profiles to help the reader make the most of their crystal collection.
- Including all you need to know to choose, charge and care for your crystals, this is the perfect gift for beginners and experienced crystal lovers alike.
- Similar Summersdale titles include:
 - *The Little Book of Tarot* (ISBN: 9781786857989)
 - *The Little Book of Spells* (ISBN: 9781786857996)
 - *The Little Book of the Zodiac* (ISBN: 9781786855466)
 - *The Little Book for Plant Parents* (ISBN: 9781787836877)

Summary

Curate the ultimate crystal collection and bring harmony to mind, body and spirit with this modern guide to these enchanting stones.

They're striking, precious and have long been prized for their beauty, but have you ever tapped into the extraordinary magic of crystals?

The grand powers attributed to these little stones are infinite, and this book is here to help enhance your everyday life by revealing the practical and spiritual benefits each crystal has to offer. Crystals can bring positivity and prosperity into your life, and the easy-to-follow information in this book offers guidance on choosing the right crystal for your needs and harnessing their awesome healing energies.

This is the ideal guide for ardent and aspiring crystal lovers alike. Discover how to make the most of your collection with simple tips on the best methods of cleansing, charging and storing your crystals. Featuring detailed crystal profiles complete with beautiful color photos and key information on dozens of stones – from their identifiable features to their unique energies – these pages contain everything you need to know to feel the full force of these natural treasures.

Contributor Bio

Astrid Carvel is a white witch (the good kind!) and writes on a range of esoteric subjects, including spellcasting, clairvoyance and crystal healing.

Illustrations





Summersdale
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1800078374
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160 Pages
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Print Run: 10K
Family & Relationships / Parenting
FAM020000

5.4 in H | 4 in W | 0.9 in T | 0.5 lb
Wt

For the Best Dad Ever

Summersdale

Key Selling Points

- Whether it's for Christmas, for Father's Day, for his birthday or just because, this little book is the perfect small gift for your dad to show him how much he's appreciated.
- Other Summersdale titles include:
 - *Dad in a Million* (ISBN: 9781786857637)
 - *Best Dad Ever* (ISBN: 9781800070233)
 - *Dad Jokes* (ISBN: 9781786852281)
 - *The Dad Annual* (ISBN: 9781787832985)

Summary

Show your awesome dad just how much he means to you with this heartfelt collection of quotes and timeless wisdom.

Is your dad one in a million? Whether he's the best hug-giver, the ultimate bad-joke-teller or simply your biggest fan, say a massive thank you with the help of this little book.

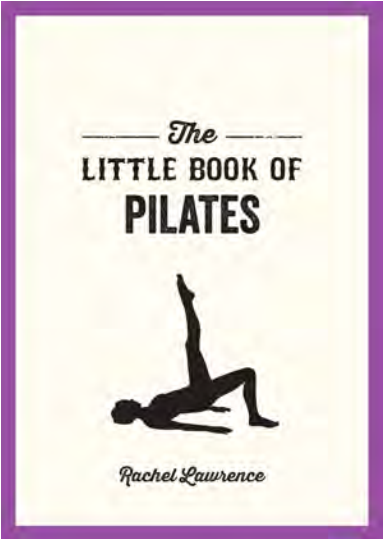
These pages offer a curated collection of witty thoughts and wise quotations about the joys and quirks of fatherhood. Whatever you want your message to be – moving, kind or just plain funny – pay tribute to your number-one guy with this perfect keepsake. This is for the dads who:

- Build the coolest dens from a load of old junk
- Love embarrassing you whenever there's a dancefloor involved
- Tell the most groan-worthy gags
- Provide a first-rate taxi service and never charge a penny

There's nobody quite like your dad. Show him how much you care with a meaningful gift celebrating everything that makes him the best dad ever.

Illustrations





Summersdale
9781800076952
1800076959
Pub Date: 5/2/2023
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Paperback

128 Pages
Carton Qty: 20
Print Run: 8K
Health & Fitness / Exercise
HEA007030
5.8 in H | 4.3 in W | 0.3 lb Wt

The Little Book of Pilates

Rachel Lawrence

Key Selling Points

- Packed with a range of exercises and helpful tips, this pocket-sized book is the perfect gift for anyone who already practices Pilates or is interested in trying it for the first time.
- The clearly illustrated workouts make this suitable for people wanting to try Pilates in the comfort of their own home.
- Similar Summersdale titles include:
 - *365 Days of Yoga* (ISBN: 9781787836419)
 - *Spirituality* (ISBN: 9781786859693).
 - *The Secrets of Spiritual Healing* (ISBN: 9781787836839)
 - *The Little Book of Chakras* (ISBN: 9781787836853)

Summary

Delve into this introduction to the popular practice of Pilates and learn all you need to know to energize your mind, body and spirit

Discover the wonders of Pilates with this easy-to-follow guide, filled with helpful tips and practical information on this low-impact yet highly effective exercise. This little book contains all you need to know to kick-start your at-home workout routine and improve posture, build strength and increase flexibility.

Whether it's your first time on the mat or you're a seasoned pro, the teachings in these pages offer the benefits of Pilates to everyone, no matter your fitness level. Containing step-by-step instructions for a variety of workouts – from beginner to advanced level – this book is the ultimate guide to developing your fitness in the comfort of your home.

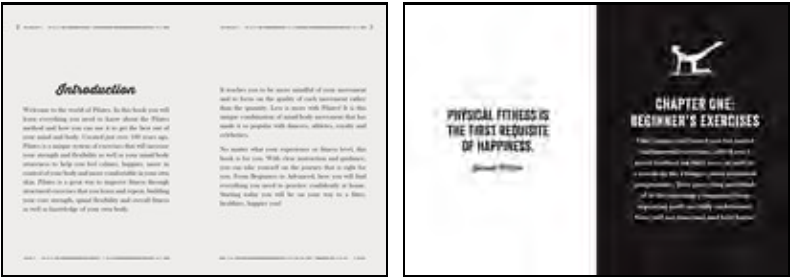
This book includes:

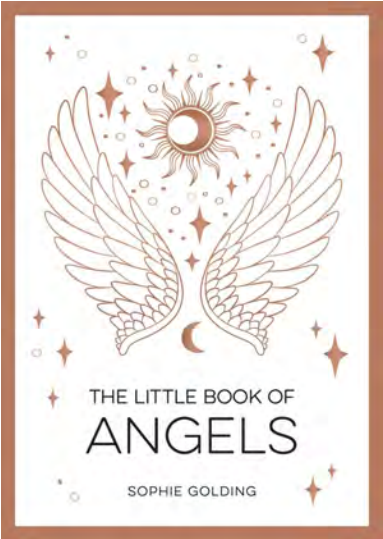
- Breakdown of the Pilates system with guidance on the six core principles: concentration, control, center, flow, precision and breathing
- Step-by-step instructions for 36 different Pilates exercises, with illustrations to guide you
- Uplifting quotations to inspire positive thinking and enhance your Pilates practice

Contributor Bio

Rachel Lawrence, known as “The Girl with the Pilates Mat” on YouTube, is a Pilates expert with over 150k subscribers. Originally from London she now lives in Brighton, UK with her husband and rescue dog, Boo Boo. She loves beach walks, healthy food and daily movement. She has written for healthy lifestyle blogs and websites and this is her first book.

Illustrations





The Little Book of Angels

Sophie Golding

Key Selling Points

- An accessible introduction to angels in all their guises, with information and advice on connecting to the spiritual world and the ways they can enhance your life.
- Similar Summersdale titles include:
Spirituality (ISBN: 9781786859693)
The Secrets of Spiritual Healing (ISBN: 9781787836839)
The Little Book of The Zodiac (ISBN: 9781786855466)

Summary

Discover the fascinating world of angels and learn how to access and interpret their messages to bring peace and abundance to your life

Have you ever felt like something is watching over you? Do you feel there is a presence keeping you company wherever you go? Have you seen, felt or heard something you can't explain? Then your spirit guides could be trying to contact you.

Unlock the secrets of the spiritual world with this introductory guide to angels in all their forms. Here you will discover how to strengthen the connection with your divine messengers and channel their awesome power. With the wisdom and guidance of your angels to protect you, you can find your purpose and live with positivity every day.

Inside you will find:

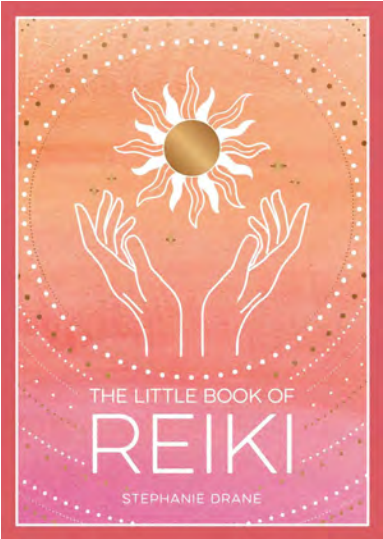
- A history of angels and how they've been perceived throughout different cultures around the world
- Information on the many types of spirit guides, including spirit animals, ancestors, ascended masters, enlightened beings and starseeds
- Methods for channelling and communicating with angels and how to interpret their messages
- The many ways angels can enhance your life and support you on your personal path

Contributor Bio

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

Illustrations





Summersdale
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1800076843
Pub Date: 6/6/2023
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Paperback

128 Pages
Carton Qty: 90
Print Run: 8K
Body, Mind & Spirit / Healing
OCC011010
5.7 in H | 4.3 in W

The Little Book of Reiki

Stephanie Drane

Key Selling Points

- The perfect introduction to reiki, this book covers everything you need to know, including how to practice it on your own.
- On Instagram, #reiki has been used 11.6 million times.

Summary

A beautiful book that's the perfect pocket-sized introduction to reiki and its life-enhancing qualities

Discover the benefits of reiki with this beginner's guide to what it is and how you can introduce the technique into your daily routine for a healthier, happier life

Reiki is a Japanese complementary therapy with the aim of bringing balance and well-being to the body, mind and spirit. Drawing on the energy of the universe, it seeks to direct and apply this life force to restore health and harmony in the individual.

Within the pages of this book, you will find everything you need to know about this holistic healing practice, including:

- The history and etymology of reiki
- The five principles to live by
- What chakras are and how they are used in reiki
- How to set intentions and use visualization
- Techniques and exercises to practice self-reiki

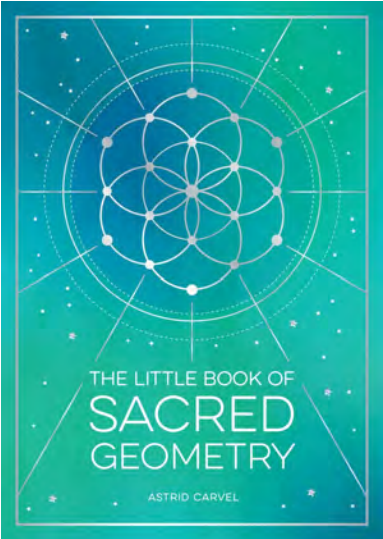
Step into the world of reiki and find out how you can tap into the energy around you and use it to nurture and nourish yourself physically, emotionally and spiritually.

Contributor Bio

Stephanie Drane is a reiki master, wild woman, spiritual artist and writer, living and practicing reiki under the wide Suffolk skies in the UK. Inspired by the natural world, Stephanie can often be found barefoot in a field or swimming in a river.

Illustrations





Summersdale
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Paperback

128 Pages
Carton Qty: 90
Print Run: 8K
Mathematics / Geometry
MAT012000
5.7 in H | 4.3 in W

The Little Book of Sacred Geometry

How to Harness the Power of Cosmic Patterns, Signs and Symbols

Astrid Carvel

Key Selling Points

- An accessible, aesthetically appealing introduction to the topic of sacred geometry, which is growing in popularity, visibility and influence.
- Contains clear explanations and useful illustrations to help newcomers grasp the essentials of sacred geometry, while also offering value to more knowledgeable readers.
- Part of a series of books offering approachable introductions to esoteric subjects, including *The Little Book of Spells* (ISBN: 9781786857996) and *The Little Book of the Zodiac* (ISBN: 9781786855466), which have sold over 73,000 copies combined.
- Similar Summersdale titles include:
 - *The Little Book of Chakras* (ISBN: 9781787836853)
 - *The Little Book of Tarot* (ISBN: 9781786857989)

Summary

This accessible introduction to sacred geometry illuminates the beauty and power of nature and explains how we can draw on this mystical energy to enrich our everyday lives.

Sacred geometry is founded on the belief that everything is connected through the shapes and symmetries that we see repeated in nature all around us, from snowflakes and shells to crystals and honeycombs. These beautiful patterns are part of the mystic architecture of the universe – some even see them as the signature of a deity woven throughout creation.

This beginner’s guide clearly explains what sacred geometry is and how it manifests in the natural world. Then, by learning how to harness the power of sacred shapes, you can find healing, energy, peace and oneness with the universe.

The Little Book of Sacred Geometry will help you appreciate the cosmic significance of these principles and grasp fascinating insights such as:

- How the study of sacred geometry has developed since ancient times
- What the numerous sacred shapes look like
- What key concepts, such as the golden ratio, refer to

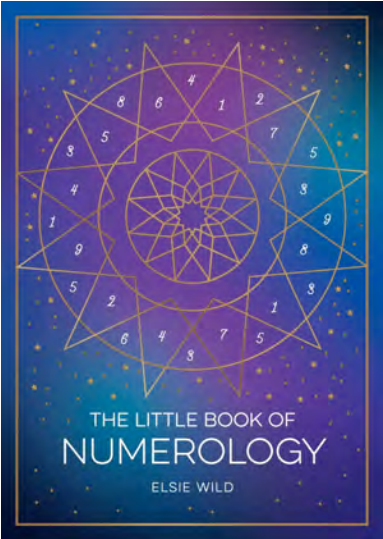
How sacred geometrical practices can be applied in your life

Contributor Bio

Astrid Carvel is a white witch based in Sussex, who enjoys reading literature on Wicca in her spare time. She is also the author of the best-selling *The Little Book of Crystals* and *The Little Book of Spells*.

Illustrations





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Carton Qty: 90
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Body, Mind & Spirit / Numerology
OCC015000

5.7 in H | 4.3 in W

The Little Book of Numerology

A Beginner's Guide to Shaping Your Destiny with the Power of Numbers

Elsie Wild

Key Selling Points

- An easy-to-read introduction to the ancient art of numerology, revealing how to practice it and how it can unlock answers in your own life.
- Similar Summersdale titles include:
- *The Little Book of Tarot* (ISBN: 9781786857989)
- *The Little Book of Chakras* (ISBN: 9781787836853)
- *The Little Book of the Zodiac* (ISBN: 9781786855466)

Summary

A fun and informative pocket-sized guide to numerology, showing you how to interpret numerological patterns and use them to shape your destiny.

Take control of your destiny and unlock the hidden meaning behind the numbers in your life

From the moment we're born, numbers play a significant role in all our lives. Whether you have always had a "lucky number", find yourself drawn to specific dates in your calendar or hold superstitions about certain digits, this beginner's guide will show you how to read and interpret the numerological patterns in your life.

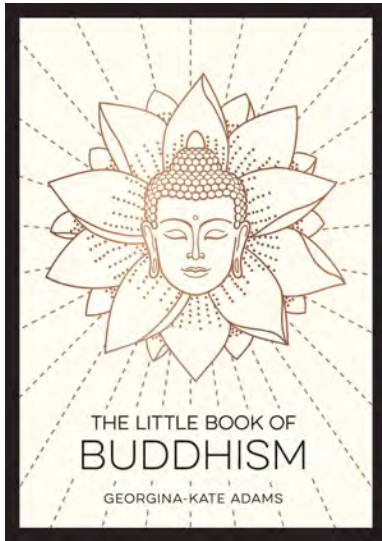
Numerology offers the chance to establish a deeper connection with yourself and others, to fine-tune your intuition and to make the most of life's endless possibilities. It can also be used as a tool for healing, reflection and self-care.

Contributor Bio

Elsie Wild is a writer and witchy woman haunting New York. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications.

Illustrations





Summersdale
9781800077072
1800077076
Pub Date: 8/1/2023
\$10.99/\$11.99 Can.
Paperback

128 Pages
Carton Qty: 90
Print Run: 6K
Religion / Buddhism
REL007020
5.7 in H | 4.3 in W

The Little Book of Buddhism

Georgina Kate Adams

Key Selling Points

- This is a new addition to the accessible *Little Book of...* series, and is the perfect introduction to Buddhism, its key figures, beliefs and traditions – for those new to the subject as well as those who want to brush up their knowledge.
- Other similar Summersdale titles include:
- *The Little Book of World Mythology* (ISBN: 9781800071766)

Summary

This pocket-sized introduction provides an accessible and engaging overview of Buddhism, including its origins, worldview and key figures.

Who was the Buddha? What's the difference between enlightenment and awakening? Do Buddhists believe in God? Discover all this and more with this beginner's guide to one of the world's oldest and most widely practiced philosophies.

This book is the perfect guide for anyone with an interest in the subject, wanting to brush up their knowledge, or looking to apply Buddhist practices to their daily life.

This beginner's guide will help you understand:

- Who Gautama Buddha was, and how Buddhism developed into the fourth-biggest religion in the world
- The difference between the two major branches of Buddhism: Theravada and Mahayana
- The most important Buddhists beliefs and practices, from the Four Noble Truths and the cycle of rebirth (Samsara) to mindfulness and meditation

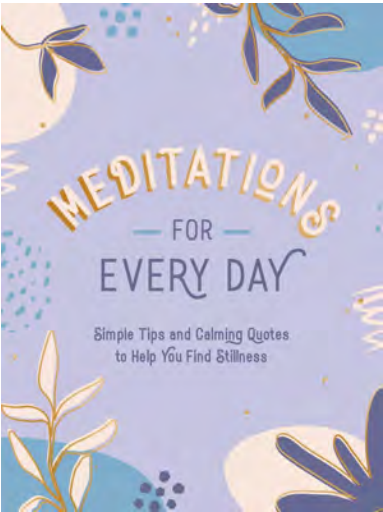
The prevalence of Buddhism around the world today, and how its teachings can apply to modern-day life

Contributor Bio

Georgina-Kate Adams is a freelance writer, social entrepreneur and student of Buddhism. She lives by the sea in Hampshire, UK with her family.

Illustrations





Summersdale
9781800076761
1800076762
Pub Date: 5/2/2023
\$10.99/\$11.99 Can.
Hardcover

160 Pages
Carton Qty: 13
Print Run: 6K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000
5.4 in H | 4 in W

Meditations for Every Day

Simple Tips and Calming Quotes to Help You Find Stillness

Summersdale

Key Selling Points

- The simple, accessible tips and calming quotes serve as a perfect beginner’s guide to meditation and how it can be used in everyday life.
- Part of a series which was first published in 2021 and has already sold in excess of 17,000 copies.
- Other titles in the series include:
 - *Inspiration for Every Day* (ISBN: 9781787836549)
 - *Positivity for Every Day* (ISBN: 9781787836518)
 - *Resilience for Every Day* (ISBN: 9781787836532)
 - *Happiness for Every Day* (ISBN: 9781787836525)
 - *Calm for Every Day* (ISBN: 9781800071827)
 - *Affirmations for Every Day* (ISBN: 9781800071834)

Summary

Bring more peace and tranquility into your life with the help of this little book of practical advice, wise words and soothing meditations.

Even in the rush of the busiest days, there is a way to press pause on life’s pressures and find a stillness within. Meditation is the key. Whether you’re completely new to the practice or just looking for a dose of further inspiration, this book will help you establish a long-lasting and soul-nourishing habit.

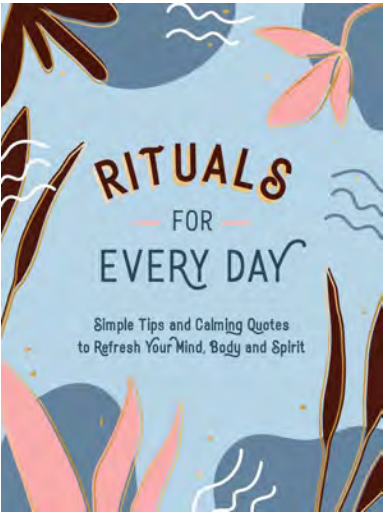
Within these pages you will find a selection of simple yet effective tips to help you meditate with comfort, clarity and confidence, including:

- Advice on how to find the best times and places to meditate
- Useful exercises to help you manage and reduce stress and anxiety
- Mindful mantras to promote inner peace and progress on your spiritual journey

Enriched with quotations from celebrated champions of these timeless techniques, this book is your pocket-sized guide to living more fully and freely in the present moment.

Illustrations





Summersdale
9781800076754
1800076754
Pub Date: 5/2/2023
\$10.99/\$11.99 Can.
Hardcover

160 Pages
Carton Qty: 13
Print Run: 6K
Body, Mind & Spirit / Channeling & Mediumship
OCC003000

5.4 in H | 4 in W | 0.9 in T | 0.5 lb Wt

Rituals for Every Day

Simple Tips and Calming Quotes to Refresh Your Mind, Body and Spirit

Summersdale

Key Selling Points

- This pocket-sized book of simple, accessible tips and soothing quotes is a perfect beginner's guide to daily rituals and how they can be used in everyday life.
- This book is a new addition to a successful series which includes *Happiness for Every Day* (ISBN: 9781787836525) and *Inspiration for Every Day* (ISBN: 9781787836549).
- Similar Summersdale titles include:
The Little Book of Daily Rituals (ISBN: 9781787832244)
How to Find Joy in Five Minutes a Day (ISBN: 9781800071568)
Change Your Life in Five Minutes a Day (ISBN: 9781787836365)

Summary

Filled with inspiring quotes and simple tips, this pocket-sized book is a guide to daily rituals, which will help the reader to find peace and purpose every day

Including wise words, simple ideas and easy-to-follow advice, this soothing book will help you master the art of daily rituals

A daily ritual is more than a routine: it's an act of self-care that's carried out mindfully, and with reverence. You could use a ritual to set an intention for your morning, to help you process difficult emotions, or to manifest your goals – but whichever kind you choose, a ritual will always bring focus to the present moment and imbue your life with a sense of calm and purpose.

Within these pages you will find a raft of simple but effective rituals to try as well as tips to help you on your journey, including:

- Fitting rituals into a busy schedule
- How daily practice can improve your physical and mental well-being
- Inspiration for creating your own rituals

Whether you use them to empower, energize, calm or inspire, daily rituals will help you to live fully and intentionally, and this beautiful book will guide you on your way.

Illustrations





Summersdale
9781800076747
1800076746
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Hardcover

160 Pages
Carton Qty: 60
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Body, Mind & Spirit / Channeling &
Mediumship
OCC003000
5 in H | 4 in W

Self-Care for Every Day

Simple Tips and Soothing Quotes to Help You Feel Your Best

Summersdale

Key Selling Points

- In the wake of the pandemic, more people than ever are suffering from the effects of burnout, making self-care increasingly important.
- This book is a new addition to a successful series which includes *Happiness for Every Day* (ISBN: 9781787836525) and *Inspiration for Every Day* (ISBN: 9781787836549).
- Similar Summersdale titles include:
The Little Book of Daily Rituals (ISBN: 9781787832244)
How to Find Joy in Five Minutes a Day (ISBN: 9781800071568)
Change Your Life in Five Minutes a Day (ISBN: 9781787836365)

Summary

Filled with inspiring quotes and simple tips, this pocket-sized book is a guide to self-care, which will help the reader nurture their well-being every day.

This beautiful book is filled with simple self-care tips and ideas to help you nurture your well-being every day

Self-care comes in many guises, but at its heart it's anything you do to take care of yourself. It could be five minutes of gentle breathing, time reserved for pursuing a hobby, or the joy of a hot shower – as long as it leaves you feeling restored and refreshed.

Within these pages you will find a raft of simple but effective tips to help on your journey, including:

- Why self-care is key to happiness and health
- Finding the best methods for you
- How to fit self-care into a busy schedule
- Inspiration to nourish your mind, body and soul

We all need to take time out every now and again to recharge our batteries. Whenever you find your energy fading, dip into this beautiful book and find strength again.

Illustrations





Summersdale
9781800073944
1800073941
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\$11.99/\$12.99 Can.
Hardcover

160 Pages
Carton Qty: 48
Print Run: 6K
Self-Help / Emotions
SEL042000

6 in H | 4.5 in W

You're Not Alone

Good Advice and Kind Words for When You Feel Lonely

Debbi Marco

Key Selling Points

- This book offers ideas, advice and kind words to help someone who is feeling lonely or isolated, reminding them that loneliness is a normal and natural phenomenon that we all go through.
- A comforting, friendly starting point for someone wanting to help themselves to form or strengthen their connections. It could also be given as a gift by a concerned friend or relative to someone who may be struggling with feelings of isolation.
- Similar Summersdale titles include:
 - *It's OK Not to Be OK* (ISBN: 9781786859853)
 - *UnLonely* (ISBN: 9781787835443)
 - *Resilience for Every Day* (ISBN: 9781787836532)

Summary

A clear and comforting book to help the reader understand loneliness and the importance of looking after your mind, body and soul whenever you feel alone.

We all feel lonely sometimes

In a world more connected than ever before, it can be hard to unravel why it is that we feel alone. The truth is, whether you're sociable or solitary, extroverted or introverted, loneliness can affect us all at some point in our lives.

Packed with easy-to-follow advice and bite-sized tips as well as a selection of uplifting quotes, this book is a go-to guide for anyone feeling lonely or isolated.

Learn and understand more about:

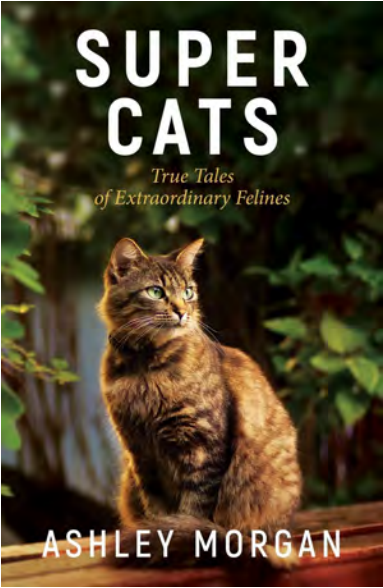
- Why loneliness is so common and what we can do about it
- How to nurture your mind and body to give you greater confidence
- What the best strategies are to support your mental health and well-being
- How to form and build on new connections in your life

Contributor Bio

Debbi Marco is a journalist, editor and mum of two. To see more of her work, visit debbimarco.co.uk

Illustrations





Summersdale
9781800076884
1800076886
Pub Date: 7/3/2023
\$11.99/\$12.99 Can.
Paperback

208 Pages
Carton Qty: 68
Print Run: 6K
Pets / Cats
PET003000
8 in H | 5 in W

Super Cats
True Tales of Extraordinary Felines
Ashley Morgan

Key Selling Points

- A fully revised and updated edition of *Super Cats*, with new content, celebrating amazing cat heroes from around the world in these inspirational true stories. The previous edition of *Super Cats* sold nearly 9,000 copies.
- America is a nation of cat lovers. With over 95 million cats kept as pets (and plenty of people who love cats but don't own one themselves), *Super Cats* will appeal to this wide market.
- Similar Summersdale titles include:
 - *Wonder Dogs* (ISBN: 9781800071803)
 - *My Rescue Pet Rescued Me* (ISBN: 9781787839861)

Summary

Discover the true tales of extraordinary felines with this heart-warming and inspirational collection, perfect for all cat lovers.

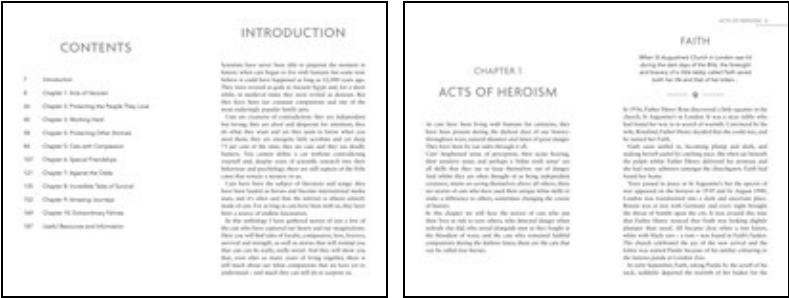
Meet some of the world's most incredible real-life cat heroes in this awesome compendium of true stories, including:

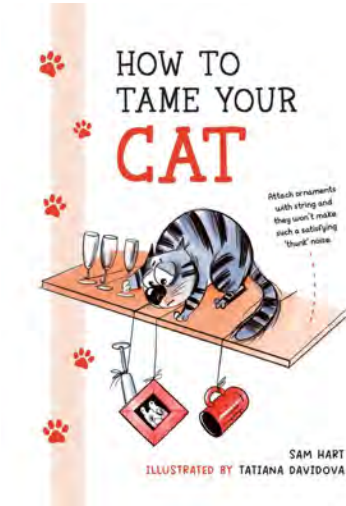
- Scarlett, the brave mother who went into a burning building five times to rescue her kittens.
- Emily, the cat who survived an epic journey across the Atlantic trapped in a shipping container from America to France.
- Oscar, the care-home cat who predicts when residents are about to pass on and comforts them in their final hours.

Whether they're testing the boundaries of their nine lives or demonstrating unusual talents, cats are always full of surprises. In *Super Cats*, prepare to meet the most surprising of all.

From loyal companions who put their lives at risk to help others, to intuitive cats who detected danger when no one else did, these extraordinary felines will capture your heart and make you marvel at their astonishing powers.

Illustrations





Summersdale
9781800077126
1800077122
Pub Date: 8/1/2023
\$10.99/\$11.99 Can.
Hardcover

96 Pages
Carton Qty: 80
Print Run: 6K
Pets / Cats
PET003000
6 in H | 5 in W

How to Tame Your Cat

Sam Hart, Tatiana Davidova

Key Selling Points

- With humorous bespoke illustrations throughout, this is the perfect gift for any cat lover.
- Similar Summersdale titles include:
- *The Little Instruction Book for Cats* (ISBN: 9781786855343)
- *Cat Yoga* (ISBN: 9781787832466)

Summary

A fully illustrated book of tongue-in-cheek advice for cat parents who struggle to tame their pet's inner beast.

Having a cat can be such a joy. Little compares to the delight of cuddles on the couch, the sound of gentle purring, or the fun of playtime. But what do you do when your furry friend starts scratching all the furniture, ruining the flower beds, stealing your food and generally wreaking havoc?

Luckily, this entertaining guide is here with top tips and tricks to tame your cat when the wild beast comes out, so you can spend more time giving head scratches and less time worrying about the state of your curtains.

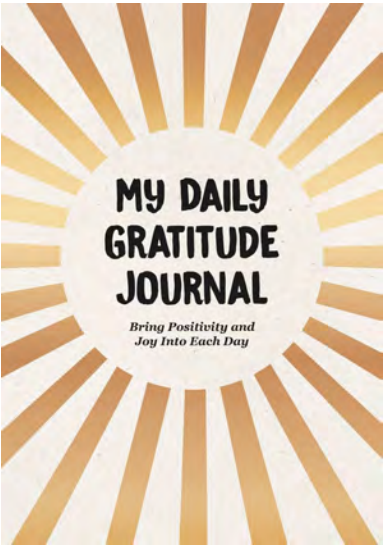
Become an elite cat parent with these nuggets of wisdom:

- If you're worried about items crashing to the floor, attach ornaments with string and they won't make such a satisfying 'THUNK' noise
- City cats love the daily discipline of being taken for a walk; give it a try and observe the calming effect it has on them

Invest in some security grade locks for your bathroom to avoid your cat drinking from the toilet

Illustrations





My Daily Gratitude Journal
Bring Positivity and Joy Into Each Day
Summersdale

Key Selling Points

- This beautiful journal contains guided prompts and tips on how to practise gratitude and adopt a more positive outlook on life.
- Studies have shown that focusing on feelings of contentment lowers stress levels, leaving you feeling more grounded, resilient and able to deal with whatever life throws at you.

Summary

A guided journal to record everything that brings you joy. With beautiful fill-in pages and thoughtful prompts, this book contains everything you need to help you look at your life through a more positive lens.

Summersdale
9781800078307
1800078307
Pub Date: 5/2/2023
\$16.99/\$18.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 8K
Self-Help / Affirmations
SEL004000
8.3 in H | 5.8 in W

Invite positivity and appreciation into your life

Gratitude plays an important role in boosting self-esteem, reducing stress and improving your overall well-being, but it's not always easy to find time for. Happily, this journal is here to be your daily reminder to focus on the good things in life.

Give yourself a gratitude break each day to remind yourself of everything you're grateful for, whether it's your family and friends, your health, your favourite TV show or even the weather. Once you get started, you'll be amazed by just how much there is to appreciate.

Illustrations





The Baby Witch's Journal

Astrid Carvel

Key Selling Points

- Part journal and part beginner's guide and spell book, this is a great gift for lovers of esoteric subjects. This is a journal for age 16+.
- A "baby witch" is a popular term for a beginner witch. It was coined in 2020 when "baby witches" on TikTok swelled in numbers.
- Similar Summersdale titles include:
 - *The Little Book of Spells* (ISBN: 9781786857996)
 - *The Little Book of Tarot* (ISBN: 9781786857989)

Summary

Delve into the magical world of spells and white witchcraft with this informative and friendly guide for new witches.

Summersdale
9781800077140
1800077149
Pub Date: 8/29/2023
\$11.99/\$12.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 7K
Self-Help / Journaling
SEL045000

8.3 in H | 6 in W

Calling all baby witches! Have you ever wanted to develop your intuitive powers to look into the future and manifest your dreams? Are you interested in learning how to harness the moon's power to cast the most potent spells for love and happiness? Or maybe you're just curious about all this witchy stuff and want to know more? If so, this journal is for you!

Find out what kind of witch you could be. Are you a celestial witch, who looks to the moon and stars for guidance? Are you a weather witch, who uses the power of the elements for the most potent spell-casting? Maybe you're a divination witch, who can see the future in a black mirror? Or perhaps an earth witch, who enjoys a bubbling cauldron of herbal delights?

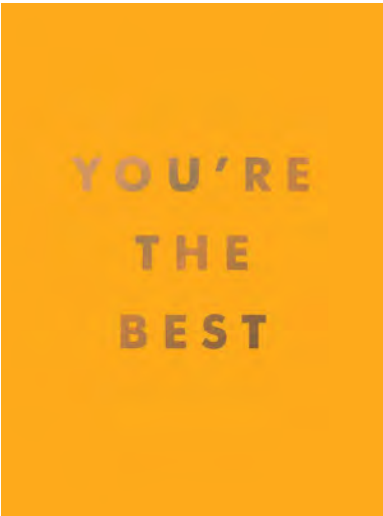
With easy-to-follow spells and rituals for every occasion, and grimoire pages to record the spells you have cast and any that you've devised yourself, this beautifully designed journal will set you on the path to discovering your true witchy self.

Contributor Bio

Astrid Carvel is a white witch based in Sussex, who enjoys reading literature on Wicca in her spare time. She is also the author of the best-selling *The Little Book of Crystals* and *The Little Book of Spells*.

Illustrations





Summersdale
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1800077025
Pub Date: 6/6/2023
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 13
Print Run: 6K
Self-Help / Affirmations
SEL004000
5.4 in H | 4 in W | 0.9 in T | 0.5 lb
Wt

You're the Best

Summersdale

Key Selling Points

- The latest addition to a stylish series of colourful pick-me-up gift books, including *You Are Amazing* (ISBN: 9781786859808), which has sold more than 56,000 copies.
- Similar Summersdale titles include:
- *Carpe Diem* (ISBN: 9781800071865)
- *Believe and Achieve* (ISBN: 9781800073920)
- *You Got This* (ISBN: 9781800073913)
- *Just Be You* (ISBN: 9781800071841)
- *Never Give Up* (ISBN: 9781786859785)
- *Dare to Dream* (ISBN: 9781786859815)
- *Yes You Can* (ISBN: 9781786859792)

Summary

Embrace your brilliance with the help of the powerful quotations and motivational affirmations in this pocket-sized collection of praise and positivity.

There's no one better than you. Nobody has your unique blend of talent, wit, passion and personality. And it never hurts to be reminded how great you truly are, or receive some encouragement when you really need it.

This little book is bursting with supportive quotes and inspiring mantras to lift your spirits and celebrate your successes. From the timeless ideas of ancient sages to brilliant insights from modern superstars, these are words to live by.

As well as the hard-won wisdom of leaders, legends and trendsetters, this book includes a host of empowering affirmations and daily reminders such as:

- Own your energy
- Live what you believe, and believe what you live
- Wear your crown with pride
- Be completely and perfectly you
- You are worthy of joy
- Save some love for yourself

Illustrations





Summersdale
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1800077017
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\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 13
Print Run: 6K
Self-Help / Affirmations
SEL004000
5.4 in H | 4.1 in W | 0.9 in T | 0.5 lb Wt

Think Positive, Stay Positive

Summersdale

Key Selling Points

- The latest addition to a stylish series of colourful pick-me-up gift books, including *You Are Amazing* (ISBN: 9781786859808), which has sold more than 56,000 copies.
- Similar Summersdale titles include:
- *Carpe Diem* (ISBN: 9781800071865)
- *Believe and Achieve* (ISBN: 9781800073920)
- *You Got This* (ISBN: 9781800073913)
- *Just Be You* (ISBN: 9781800071841)
- *Never Give Up* (ISBN: 9781786859785)
- *Dare to Dream* (ISBN: 9781786859815)
- *Yes You Can* (ISBN: 9781786859792)

Summary

Stay at the top of your game and be your best self with the help of the empowering quotations and upbeat affirmations in this pocket-sized dose of winner’s wisdom.

With a positive mood and the right attitude, nothing can hold you back. Whatever your aims or ambitions in life, confident thoughts and good advice make all the difference.

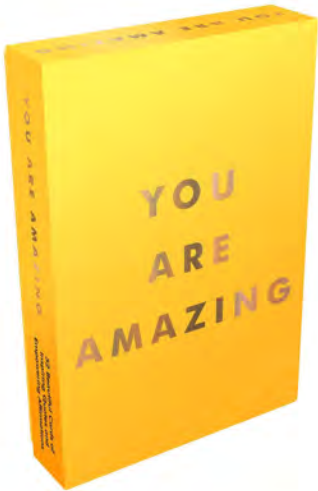
This little book, packed with incisive quotes and optimistic affirmations, is here to support you on your journey to sweet success and greater happiness. From the timeless ideas of ancient sages to brilliant insights from modern superstars, these are words to get you feeling inspired and thinking like a true champion.

As well as the hard-won wisdom of leaders, legends and trendsetters, this book includes a host of encouraging affirmations and daily reminders such as:

- Do something today that your future self will thank you for
- Start and end each day with a positive thought
- Inside every setback hides an opportunity
- Believe in magic and you will find it

Illustrations





You Are Amazing
52 Cards of Inspiring Quotes and Statements to Encourage Self-Confidence
Summersdale

Key Selling Points

- 52 striking cards featuring a range of inspiring quotes and affirmations to help boost self-confidence and self-belief.
- Box includes a stand to display your favourite designs, which you can use as a decoration for your home or workplace.
- An ideal present to give to a friend (or for yourself!) to encourage self-belief and positive thinking.
- Another Summersdale product, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 4,648 units.
- Similar Summersdale titles include:
- *You Are So Awesome* (ISBN: 9781849539586)
- *Never Give Up* (ISBN: 9781786859785)

Summary

A deck of 52 cards containing inspirational quotes and statements for anyone in need of a little more self-assurance

Embrace the power of self-belief and channel your inner confidence with this deck of 52 beautiful and uplifting cards. Brimming with motivational quotes and feel-good affirmations, the cards in this little box are here to boost your mood and help you find your hidden strength.

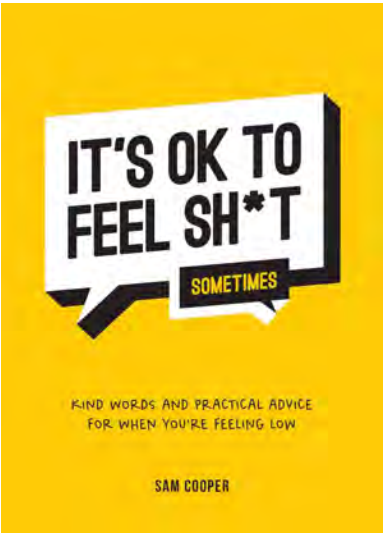
Featuring striking designs to kick-start the positive vibes, these encouraging pick-me-ups are designed to be displayed in the wooden holder which you can place anywhere in your home. Let these prompts of gratitude and appreciation help you recognize and remember that you are amazing.

This is the perfect gift for anyone looking for a daily dose of inspiration and encouragement.

- Box includes 52 individual cards, a wooden holder, and small booklet
- Choose to display an inspiring quote or a powerful affirmation
- Beautifully presented and featuring bespoke card designs

Illustrations





It's OK to Feel Shit (Sometimes)

Kind words and practical advice for when you're feeling low

Summersdale

Key Selling Points

- Full of tips, advice and positive affirmations to help anyone who is struggling with low mood, self-esteem issues, or a more serious mental health problem such as anxiety and depression.
- A friendly starting point for someone wanting to help themselves, or could be given as a gift by a concerned friend or relative.
- Similar Summersdale titles include:
 - *It's OK Not to Be OK* (ISBN: 9781786859853)
 - *Be Kind to Your Mind* (ISBN: 9781787832565)
 - *F*ck Stress* (ISBN: 9781787830097)

Summary

A supportive guide filled with actionable tips and advice to help you when you're feeling low. Packed with kind words and thoughtful advice, this book will help you make sense of your feelings.

We all feel like sh*t sometimes, and that's OK

Whether you're struggling with low mood, self-esteem issues or a more serious mental health condition, it's important to know that what you're experiencing is nothing to be afraid or ashamed of.

This informative guide will help you gain a deeper understanding of your mental health and leave you feeling better equipped to deal with whatever's getting you down, so you can take those next steps. With a breakdown of the most common causes of low mood, from work-related stress to clinical depression, this book teaches you how to recognize these issues and provides helpful tips on how to cope with them.

Topics covered include:

- Anxiety, stress and depression
- Self-care and mindfulness
- How to talk about your mental health
- Where to seek professional help

Illustrations





Summersdale
9781800077171
1800077173
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Hardcover

160 Pages
Carton Qty: 60
Print Run: 6K
Self-Help / Affirmations
SEL004000
5 in H | 4 in W

Shit Happens So Get Over It

Uplifting Quotes for Bad Days

Summersdale

Key Selling Points

- Previous editions of the book have sold 160,000 copies combined.
- An ideal gift for both traditional and non-traditional commiseration situations.

Summary

A hot-shit book of witty quotations that’s the perfect gift for any pessimist in your life.

This little book of uplifting and pithy quotes is the ultimate antidote to all the days that couldn’t end quickly enough

When the shit hits the fan, you don’t just need a massive mop. You need some words of wisdom that will keep you going no matter what is thrown your way. You scratched the side of your car: pick up this book. You sent private snaps to your family WhatsApp by mistake: let your tears streak these pages. You delivered a presentation at work with your zipper undone and toothpaste on your chin: stiffen that upper lip with every quote you read.

By the end of this remarkably astute collection of quotes, you’ll have:

- Enough resilience to make light of the worst scenario
- Enough willpower to overcome all obstacles
- And enough quotes under your belt to last you a lifetime!

Why waste time wondering if the glass is half full or half empty when you can just get on and drink it!

Illustrations





You Got This

Summersdale

Key Selling Points

- 52 striking cards featuring a range of inspiring quotes and affirmations to help boost self-confidence and self-belief.
- Box includes a stand to display your favourite designs, which you can use as a decoration for your home or workplace.
- An ideal present to give to a friend (or for yourself!) to encourage self-belief and positive thinking.
- Another Summersdale product, *The Little Box of Positivity* (ISBN: 9781787833340), has sold over 20,000 units.
- Similar Summersdale titles include:
- *You Are So Awesome* (ISBN: 9781849539586)
- *Never Give Up* (ISBN: 9781786859785)

Summary

A deck of 52 cards containing inspirational quotes and statements to remind you that you can think big and keep your cool – no matter what life throws at you.

You can do whatever you set your mind to. Whether that's chasing your dreams or changing the world, this colorful deck of inspiring words and motivational quotes will help you conquer any doubts and setbacks, making it the perfect companion on your quest to greater resilience and unshakeable confidence.

These eye-catching cards and pocket-size booklet come complete with a beautiful wooden stand so that you can display them anywhere you choose. For a powerful boost of self-belief, use these reminders to brighten up your room, your desk or wherever else you like. Simply pick a card, and let it fill you with inner strength!

These stirring thoughts are sure to energize your outlook and set you on your way to achieving your ambitions. Stay fearless – because you got this!

Illustrations



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