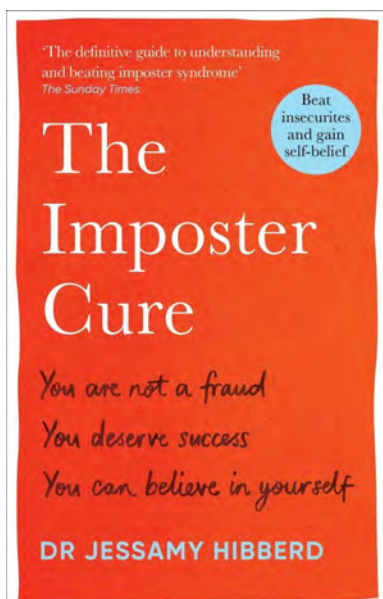




OCTOPUS
BOOKS USA

SUMMER 2024



Aster
9781783256273
Pub Date: 7/2/2024
\$12.99/\$16.50 Can.
Paperback

304 Pages
Carton Qty: 16
Print Run: 6K
Self-Help / Personal Growth
SEL023000
7.7 in H | 4.9 in W | 0.9 in T | 0.5
lb Wt

The Imposter Cure

You are not a fraud, you deserve success, you can believe in yourself

Dr Jessamy Hibberd

Key Selling Points:

- Up to 70% of people experience Imposter Syndrome.
- A book for men and women who are ambitious and open to self-improvement.
- The book is broad in appeal and written in an accessible way for people who want to improve their reaction to self-doubt at work or home so they can fully enjoy their lives again.
- Positive, solution-based advice for turning Imposter Syndrome on its head.

Summary

A solution-based self-help book that explores the psychological impact of imposter syndrome.

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self belief and learn to see themselves as others do.

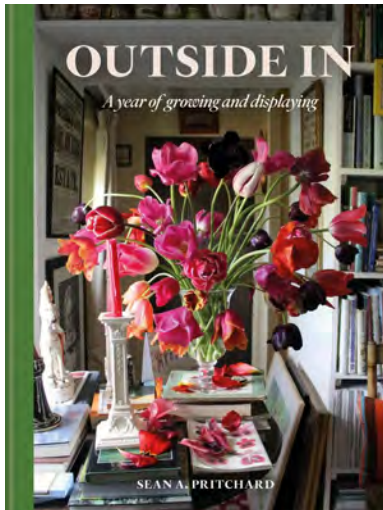
Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.

Contributor Bio

Dr Jessamy Hibberd (BSc, MSc, DClInPsy, 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.

Marketing Plans

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



Outside In

A year of growing and displaying

Sean A Pritchard

Key Selling Points:

- Sean has more than 100,000 followers on Instagram (29% of which are in the US), with famous followers including Christina Hendricks, Richard E Grant, Alexandra Shulman, John Derian, Hamish Bowles, Lulu Guinness, and Ben Pentreath.
- Key comp titles include *The Flower Yard* (7k copies) and *A Year Full of Flowers* (8k).
- Divided by season with additional chapters on vessels, scent, color, texture and how to plan for the gardening year.

Summary

Discover how to plan your garden so you can display flowers and foliage in your home every month of the year, in this beautifully illustrated guide from popular Instagram and RHS Hampton Court Garden Festival gardener Sean A Pritchard.

"Inventive, considered, and thoughtful design." *House & Garden*

In this, his first book, garden designer Sean Pritchard shows you how to plan a garden so that every month of the year there's something to bring indoors and display in an engaging way and Divided by season with additional chapters on vessels, scent, color, texture and how to plan for the gardening year.

From the cheery joy of early spring daffodils to the velvety richness of late-summer dahlias, the deep glow of golden autumn leaves to the optimism of late-winter catkins, Sean explains how to grow, harvest, and arrange an abundance of nature's treasure - whatever size your plot or your level of horticultural experience.

Contributor Bio

Sean A Pritchard has a garden design studio based in London and Somerset. Sean came to his career in garden design with a background in fine art and having previously worked in media - including for Time Inc. where he managed the brand and consumer strategy for magazines including *Country Life*. Before setting up his design practice, Sean graduated with Distinction from the Garden Design School in Bristol.

In his garden design career, Sean has designed two show gardens for Macmillan Cancer Support, including the Macmillan Legacy Garden at the prestigious RHS Hampton Court Palace Garden Festival in 2022.

He divides his time between London and Somerset - where he lives in a 300-year-old farm labourer's cottage on the Mendip Hills, overlooking the Somerset Levels. He applies much of his garden design philosophy to the decoration of the cottage.

Sean has a large following on social media, where he showcases a mix of the best seasonal flowers and planting, together with his home interior in Somerset.
@sean_anthony_pritchard

Marketing Plans

Mitchell Beazley
9781784728854
Pub Date: 5/7/2024
\$39.99/\$43.99 Can.
Hardcover

224 Pages
Carton Qty: 10
Print Run: 8K
Gardening / Ornamental Plants
GAR017000

10.5 in H | 7.8 in W

Related Products

Ebooks

9781784728861 -
Ebook



Kyle Books
9781804191873
Pub Date: 5/14/2024
\$29.99/\$37.50 Can.
Hardcover

192 Pages
Carton Qty: 10
Print Run: 8K
Gardening / House Plants & Indoor
GAR010000

9.9 in H | 7.6 in W

Related Products

Ebooks

9781804191880 -
Ebook

The Plant Parent Guide to Styling Your Home

Create a beautiful, plant-filled home

Beth Chapman

Key Selling Points:

- 60% of the global population live in major cities. For this demographic, bringing plants into the home is an important way to connect with nature and elevate their environment.
- Houseplants boast a number of practical benefits: they are calming and air-purifying, providing a route to stress relief, self-care, creativity and productivity.
- Houseplant sales surged by 2016 and 2019 - and the pandemic took the trend stratospheric
- 7 in 10 millennials call themselves a plant parent (2020 survey).
- 66% of American households own at least one houseplant (Statista).

Summary

From leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* reveals the incredible world of tropical houseplants, and teaches you to select, style and care for them in the best way to suit your space.

Did you know we spend an average of 90% of our time indoors? With the air-purifying, mind-calming, stress-relieving and productivity-boosting power of houseplants well established, it is time to transform your home with plants.

Created by leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* is here to reveal the incredible world of tropical houseplants, but also teach you to select, style and care for them in the best way to suit your space.

Upgrade your home with perfectly placed greenery by following the bespoke styling guides for every room, from shaded bedrooms to steamy bathrooms. Whether you're looking for the perfect Zoom backdrop or an oasis of calm in a busy kitchen, there are plenty of tips and tricks for choosing the best plants to suit your light, upkeep and styling requirements.

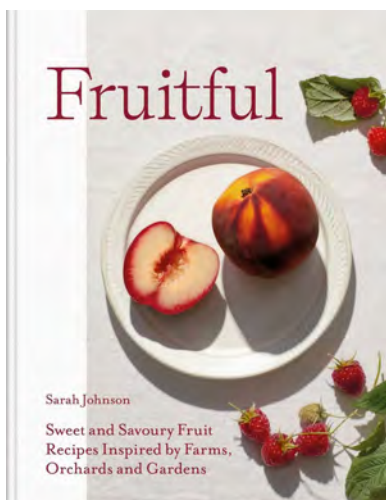
Easy-to-follow care guides make becoming a plant parent pro simple, with advice for every season to ensure your plants flourish year-round. For h...

Contributor Bio

Founded by Beth Chapman, Leaf Envy began as a series of pop-ups on a canal boat along Regents Canal but has now grown to be the destination for budding plant enthusiasts across the UK, helping people style their home with plants. Leaf Envy offers a carefully curated selection of high quality and unusual plants, bespoke pots, botanical accessories and expert advice for contemporary, modern homes.

Marketing Plans

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



Kyle Books
9781804191033
Pub Date: 5/28/2024
\$34.99/\$43.99 Can.
Hardcover

256 Pages
Carton Qty: 10
Print Run: 6K
Cooking / Specific Ingredients
CKB035000

9.9 in H | 7.6 in W

Related Products

Ebooks

9781804191026 -
Ebook

Fruitful

Recipes Inspired by Farms, Orchards and Gardens

Sarah Johnson

Key Selling Points:

- The World Health Organisation advises that we eat a minimum of 400g of fruit and veg every day.
- Fruit in your dessert is a wonderful way of eating seasonally and sustainably.
- Eating local, seasonal food is better for the planet, for your health and to reconnect people with the land.
- An increasing number of people are turning to farmer's markets, produce box schemes and their own back yards to find better fruit and veg and feel more in touch with what they eat.
- Sarah has an impressive network of international connections, from leading chefs Alice Waters, Skye Gyngell, Darina Allen, Jeremy Lee, Florence Knight and Rory Allen, to institutions such as The Rome Sustainable Food Project, Ballymaloe in Ireland, Noble Rot in Soho, Heckfield Place in Hampshire, Zuni Cafe in San Francisco CA, King Restaurant in New York and Fred's in Sydney.
- Features interviews with fruit farmers and growers in the USA, Australia and Europe.

Summary

A classic and comprehensive cookbook revealing how to source, cook and enjoy fruit throughout the year in both sweet and savoury recipes.

This is a celebration of fruit, and all the glorious variety it can bring to our plates. From crisp apples to buttery pears, sticky peaches to plump berries, and zingy lemons to tart cherries.

An introduction covers the key techniques for cooking with fruit, such as roasting, poaching and puréeing. Over 80 recipes follow in chapters on citrus, berries, stone fruit, orchard and vine fruits, pome fruits, shrubs and stalks. From Polenta and Blackberry Muffins and Apricot Muscat Tart, to Pear and Farro Salad, Pan-Fried Duck Breast with Blackcurrant and Mackerel with Gooseberry Compote and Yoghurt, discover the joy and versatility of cooking with fruit. Plus plenty of jams, sorbets and ice creams.

Interspersed between the recipes are flavor charts and pairing suggestions for every fruit, alongside four interviews with fruit growers and farmers around the world.

Trained by Alice Waters at Chez Panisse, San Francisco, and now Head of Pastry Development at Spring in London and luxury hotel Heckfield Place in Hampshire, Sarah Johnson's recipes are modern,...

Contributor Bio

Sarah Johnson is an Anglo-American pastry chef who trained under Alice Waters at Chez Panisse in San Francisco and currently splits her time between Spring Restaurant, London, and the much-feted Heckfield Place in Hampshire as Head of Pastry Development. Fruit and farms are central to Sarah's food philosophy and she meets regularly with growers to source the finest fruit for delicious, accessible recipes.

Marketing Plans

- Social media campaign



Kyle Books
9781804191804
Pub Date: 6/11/2024
\$26.99/\$33.99 Can.
Hardcover

176 Pages
Carton Qty: 10
Print Run: 6K
Cooking / Regional & Ethnic
CKB123000
9.3 in H | 6.6 in W

Related Products

Ebooks

9781804191811 -
Ebook

Korean Made Easy

Simple Recipes to Make from Morning to Midnight

Seji Hong

Key Selling Points:

- South Korea's cultural exports have never been so popular, after *Parasite*, *Squid Game*, *Crying in H Mart*, interest in Korean food is also growing.
- According to analytics company Spoonshot, interest in Korean cuisine spiked nearly 90% in the 12 months leading up to January 2022.
- Bombom sauces are stocked in Whole Foods (with a full window display in the Kensington branch over summer 2022), Souf Chef and Selfridges, among other shops around London and Bristol.
- According to data from The Food Institute, interest in Korean cuisine spiked nearly 90% in the 12 months leading up to January 2022 and the upward trajectory of Korean restaurant concepts is expected to continue in the foreseeable future

Summary

An easy guide to Korean cooking, by mix and matching seven essential ingredients, along with some easy-to-find additions.

Korean ingredients such as kimchi, gochujang and sesame oil are ubiquitous in kitchens worldwide and continuing to grow in popularity. But Korean food has a reputation of being longwinded and full of difficult-to-source ingredients.

Korean Made Easy dispels this myth, and shows how only seven basic store-cupboard essentials are required to recreate the flavors that make up the cuisine: Gochujang, Doenjang, Ganjang (soy sauce), Rice, Sesame oil, Fish sauce, Gochugaru, which, along with just a few additional ingredients that can be found in supermarkets, make up all the dishes in the book. Seji also highlights ingredient swaps throughout.

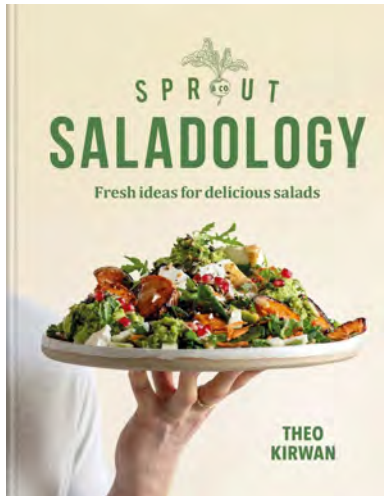
Chapters include Kimchi, Small dishes/banchan, Rice & noodles, Soups & stews, Noodles & rice, Korean BBQ, Seoul-style street food, Korean tapas & twists, Seji's sauce remix and Sweet & Soju. Approximately 80 recipes will include classics such as Bibimbap, Japchae and Beef Bulgogi, more contemporary dishes such as Gochujang Sausage Spaghetti, 3 ways to update your Ramyeon (Korean packet noodles) and 3 ways to make Korean Fried Chic...

Contributor Bio

Seji Hong is Bombom's founder, chief creator and menu developer. She hosted supper clubs in Wimbledon in 2019 before launching Bombom sauces in November 2021. Born in Seoul, Seji grew up in a modern Seoul family that loved cooking and eating together. Dishes and memories such as Seji's grandmother's traditional food cooked with seasonal ingredients following the lunar calendar and her mum's modern fusion Seoul food inspired Seji to develop a unique menu, incorporating three generations of Korean cooking, that also suit a western palate. Bombom sauces have scooped two stars in the highly regarded Guild of Fine Foods Great Taste Awards 2022 and have also featured in publications such as *Vogue UK*, *BBC Good Food Magazine* and *Korean Air* in-flight magazine.

Marketing Plans

- Social media campaign
- National media outreach



Sprout & Co Salad Cookbook

The tastiest salads you will ever eat

Theo Kirwan

Key Selling Points:

- Sprout are a rapidly growing food brand and have opened 6 stores since 2015.
- Sprout have clocked up 117k followers on TikTok and 29k followers on Instagram.
- Organic food popularity is continuing to grow, and the Irish organic sector is among the fastest growing the world.
- Sprout are advocates of a field-to-fork ethos and many of their ingredients are grown on their organic farm in Co. Kildare.

Summary

More than 100 flavour-packed recipes from exciting Dublin-based food brand Sprout & Co

"Ottolenghi-style food... as good as it gets. Very tasty food that just happens to be healthy." The Irish Times

The first cookbook from the acclaimed Dublin-based food brand, the *Sprout & Co Salad Cookbook* includes more than 100 flavor-packed recipes. Co-founders Theo and Jack Kirwan are devoted to celebrating the most delicious things in life, all within a 'farm to fork' context.

Ranging from show-stopping sides to satisfying noodle dishes, the *Sprout & Co Salad Cookbook* shows us how much more there is to salads. With an extra chapter on dressings, toppings and pickles, this cookbook will teach you how to pack your meals full of flavor while ensuring your body gets the nutrients and healthy ingredients it needs.

Recipes include:

- Endive taco with mustard, walnut & gouda salsa
- Pickled Zucchini, pistachio zaatar & ricotta
- Ratatouille con tomate
- Gochujang chicken salad
- Harissa sweet potato & green yoghurt
- Chorizo & halloumi honey with braised fennel
- Salt & pepper prawn salad

Contributor Bio

Theo Kirwan and his brother Jack are the co-founders of Sprout & Co. With 6 restaurants in and around Dublin, Sprout is the leading brand in Ireland for local, seasonal and flavorful food. In 2019 the brothers started their own organic farm in Co. Kildare, cutting their supply chain from farm to restaurant to just 24 hours. Theo, a former actor and graduate of the Ballymaloe cookery school, has led Sprout & Co's online presence with his recipe videos, gaining a loyal following of 170k people who get just as excited about food as he does.

Marketing Plans

- Social media campaign
- National media outreach

Mitchell Beazley
9781784729158
Pub Date: 6/4/2024
\$26.99/\$33.99 Can.
Hardcover

208 Pages
Carton Qty: 10
Print Run: 5K
Cooking / Courses & Dishes
CKB073000

9.9 in H | 7.6 in W

Related Products

Ebooks

9781784729165 -
Ebook



The Slimming Foodie Easy Meals Every Day

Healthy Dinners for the Whole Family

Pip Payne

Key Selling Points:

- The newest book from the *Sunday Times* bestselling author of *The Slimming Foodie* combined sales of 3,908 copies
- Pip Payne has over 350k followers across Facebook, Instagram and Twitter, and *The Slimming Foodie* blog has received over 5.5 million visits
- *The Slimming Foodie in Minutes*, the third in the series, was a number one *Sunday Times* bestseller and has sold over 10k copies since publishing in April 2023

Summary

100+ RECIPES FOR EVERY DAY OF THE WEEK FROM THE BESTSELLING SLIMMING FOODIE

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

Get dinner on the table every night with these easy, healthy and family-friendly meals. With over 100 low-calorie recipes, *The Slimming Foodie's* newest cookbook shows us how to get maximum flavor with minimum fuss.

The Slimming Foodie is an expert on simple, slimming recipes, showing us clever swaps and everyday ingredients to get fabulous and flavorful results. In *The Slimming Foodie Every Day*, you'll find slimming recipes to fill all your cravings without breaking the bank, whether it's for superfood salads, comfort foods or indulgent fakeaways.

Featuring days-of-the-week dividers from Monday through Sunday, *The Slimming Foodie Every Day* will give you endless recipe inspiration.

CONTENTS INCLUDE:

Chapter 1: Meat-Free Monday

Balsamic onion & feta frittata, Sweet potato & mozzarella 'sausage' rolls, Quinoa, pomegranate, walnut & feta salad

Chapter 2: Trays-Out Tuesday

Miso maple-glazed salmon, Teriyaki chicken traybake, Oven-baked black bean & corn loaded quesadillas

Chapter 3: Whip-It-Up Wednesday

Sausage & mushroom ragu, T...

Contributor Bio

Pip Payne is the creator of 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. In her books, Pip shows readers how to prepare great tasting meals that are cooked from scratch, while cutting down on fat and sugar and following science-led nutrition advice.

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

Hamlyn
 9781783255658
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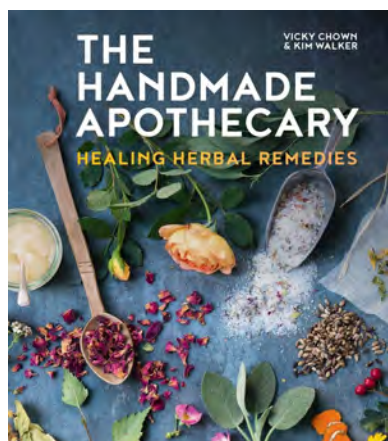
240 Pages
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 Print Run: 4K
 Health & Fitness / Diet & Nutrition
 HEA019000
 9.9 in H | 7.6 in W

Related Products

Ebooks

9781783255641 -
 Ebook

Marketing Plans



The Handmade Apothecary

Healing herbal recipes

Kim Walker, Vicky Chown

Key Selling Points:

- Contains fascinating information about herbs with suggestions of what each herb can be used for
- There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments
- An all-encompassing guide for the beginner who wants to start their holistic journey

Summary

Herbs are quite literally everywhere; it is only our ability to recognize their value that has been lost

Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs with suggestions of what each herb can be used for.

Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with vinegars, balms, oils, tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills.

An all-encompassing guide for the beginner, *The Handmade Apothecary* is filled with guidance, useful tips and tried-and-tested recipes that will inspire people to make their own remedies....

Contributor Bio

Victoria Chown and Kim Walker both studied Herbal Medicine at Westminster University. Kim is currently completing a PhD on Cinchona at the Royal Botanic Gardens, Kew and Royal Holloway, University of London. Victoria worked at Neal's Yard Remedies for six years providing natural health and beauty advice. Together they set up Handmade Apothecary. They are the authors of the bestselling *The Handmade Apothecary*, which focuses on foraging outdoors for herbs to create your own herbal medicines.

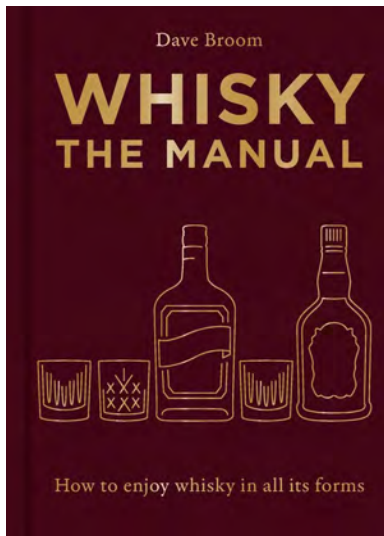
Marketing Plans

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

Kyle Books
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Pub Date: 6/18/2024
\$24.99/\$31.99 Can.
Hardcover

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Health & Fitness / Herbal
Medications
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9 in H | 8.5 in W



Mitchell Beazley
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Hardcover

224 Pages
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Cooking / Beverages
CKB088000
8.3 in H | 5.9 in W

Whisky: The Manual

How to enjoy whisky in all its forms

Dave Broom

Key Selling Points:

- Whisky is not just for old men anymore, and this book is aimed at the fastest-growing sector of the market: the 20- and 30-somethings adopting whisky for the first time
- Demystifies whisky for newcomers, with lots of information on different types of whisky and ways to enjoy it
- Dave Broom has a strong track record as a trusted authority around the world
- The online alcohol marketplace in the US has grown its gross merchandise value by 3.5x during the pandemic, with spirits making up 40.8% of sales - and whiskey being a leader (2021, *Forbes*)

Summary

Most whisky books tell you how to become an expert. This book tells you how to drink it.

This highly accessible and enjoyable guide is full of practical and fascinating information about how to enjoy whisky. All whisky styles are covered, including (just whisper it) blends. Along the way a good few myths are exploded, including the idea that whisky has to be taken neat.

In 'What to Drink', Dave Broom explores flavor camps - how to understand a style of whisky and - moves on to provide extensive tasting notes of the major brands, demonstrating whisky's extraordinary diversity.

In 'How to Drink', he sets out how to enjoy whisky in myriad ways - using water and mixers, from soda to green tea; and in cocktails, from the Manhattan to the Rusty Nail. He even looks at pairing whisky and food.

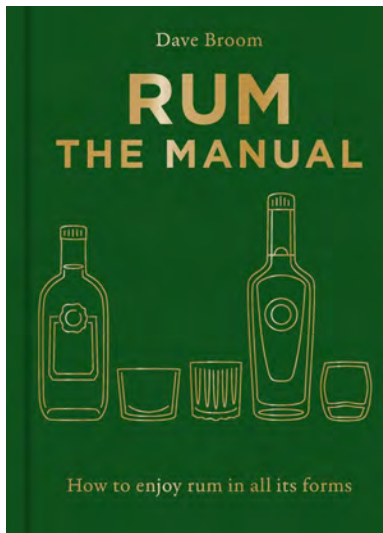
In this spirited, entertaining, and no-nonsense guide, world-renowned expert Dave Broom dispels the mysteries of whisky and unlocks a whole host of exciting possibilities for this magical drink.

Contributor Bio

Dave Broom has written 13 books, including *The World Atlas of Whisky*, now in its second edition. He has won many awards, including two Glenfiddich prizes and, in 2013, he won the prestigious IWSC Communicator of the Year Award. In 2015, he won The Spirited Award for Best Cocktail & Spirits writer, and, in 2018, *The Way of Whisky* won an Andre Simon prize. In 2020 he was awarded Best Drinks Writer at the Fortnum & Mason awards.

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

Over his three-plus decades in the field, Dave has built up a considerable international following with regular training/educational visits to North America, Japan, France, Holland, Scandinavia, Germany, and Africa. He is actively involved in whisky education and also acts as a consultant to major distillers on tasting techniques as well as



Mitchell Beazley
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Cooking / Beverages
CKB130000
8.3 in H | 6 in W

Rum The Manual

How to enjoy rum in all its forms

Dave Broom

Key Selling Points:

- Author Dave Broom has twice won a Glenfiddich Award for Drinks Book of the Year and for Drinks Writer of the Year.
- Dave Broom has a strong track record as a trusted authority on spirits the world over.

Summary

Discover how to enjoy rum in ways you never thought possible.

This is a book about how to drink rum of all kinds. It's about classic rums and new-generation rums, about rhum agricole and about premium aged rums, about rums from all over the world. It's about rum enjoyed with cola and ginger beer. About the best rum for a classic daiquiri. About rum cocktails that ooze style and personality. Above all, it's about enjoying your rum in all kinds of ways.

The days of rum being seen as a minor spirit are over. The category has been reborn in recent years with developments such as the rise of premium aged rums and spiced rums. The range of rums available has widened dramatically, with tiki bars in every major city globally. Add in cachaça - Brazil's native cane spirit - and you have a hugely popular distillate. So there's no surprise that the premium rum market is growing at an astonishing rate - from 23 percent per annum in the US to 74 percent per annum in France, for example.

The mission of this book is to help drinkers appreciate this complex spirit, find the style they like and discover how this versatile spirit can best be enjoyed. It will help you to understand your rum - how it's...

Contributor Bio

Dave Broom is an award-winning author specialising in spirits. He has been writing about drinks for more than 25 years and has twice won a Glenfiddich Award for Drinks Book of the Year and for Drinks Writer of the Year. In 2013 he won the prestigious IWSC Communicator of the Year award and in 2105 Best Cocktail & Spirits Writer at Tales of the Cocktail. Dave is editor-in-chief of *Whisky Magazine: Japan*, consultant editor to *Whisky Magazine* (UK, USA, France, Spain) and a lead columnist on *Whisky Advocate* (USA). He also contributes to a raft of national and international magazines and is actively involved in spirits education and training globally.

Marketing Plans

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



The Little Book of Pink Cocktails

50 pink cocktails, spritzes and punches

Pyramid

Key Selling Points:

- Cute and gifty format, this fun and flirty little cocktail book will do well as a stocking filler, mother's day or spontaneous gift.
- With 50 recipes, there's a pink cocktail to suit every taste and occasion.
- The trend of cocktail making at home is set to continue now that so many of us appreciate how a delicious cocktail can make any evening special.
- According to Google Trends, interest in homemade cocktails has risen significantly over the past 5 years.

Summary

Create amazing drinks without breaking a sweat with these mouth-watering cocktail recipes.

Cocktails! Drink them, mix them, and enjoy them. Cheers!

If you're looking to dazzle your friends and family or simply indulge in the fascinating world of cocktails, *The Little Book of Pink Cocktails* is the perfect guide to demonstrate your mixology skills.

This book offers an abundance of ideas and instructions on how to create unforgettable and fun cocktails, no matter how experienced you are as a mixologist, or how curious you are as a novice.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Pyramid
9780753735558
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\$9.99/\$12.50 Can.
Hardcover

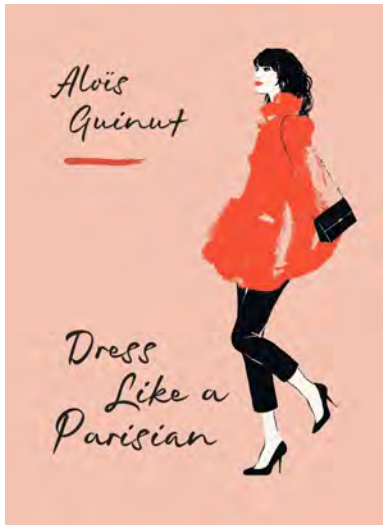
96 Pages
Carton Qty: 10
Print Run: 6K
Cooking / Beverages
CKB130000

5.8 in H | 4.3 in W

Related Products

Ebooks

9780600638384 -
Ebook



Dress Like a Parisian

Aloïs Guinut

Key Selling Points:

- Parisian style is a subject of timeless interest and similar titles have strong sales records. *How to be Parisian: Wherever You Are* has sold 77,993 in the US.
- Aloïs Guinut is a successful personal shopper and stylist whose services are in high demand.
- Includes interviews and quotes from prominent members of the Parisian fashion scene.
- Features street-style photography plus illustrations by acclaimed fashion illustrator, Judith van den Hoek, whose clients include Hermes and Prada.

Summary

Discover how French women look so effortlessly good with this lively guide by a Parisian fashion insider.

Bring a Parisian *je ne sais quoi* to your style, wherever you live.

Dress Like a Parisian is a wise and witty guide to finding your personal style, taking inspiration from how real Parisian women dress. With **personal stylist and fashion blogger Aloïs Guinut** as your guide, you can explore which colours, shapes and styles work best for you, whatever the occasion. Aloïs reveals **Parisian style secrets, rejects restrictive fashion rules** and **shares her favourite shops and brands**, demonstrating how you can use fashion to enhance your personality rather than shaping your personality to fashion. In the words of the patron saint of Parisian women, Yves St. Laurent, 'fashions fade, style is eternal.'

This book is illustrated with **photography shot on the streets of Paris** plus illustrations by **acclaimed fashion illustrator, Judith van den Hoek**, who has worked with **Elle, Hermes, Vogue, Prada** and **Grazia**.

Contributor Bio

Aloïs Guinut studied fashion at the prestigious Institut Français de la Mode (French Institute of Fashion), founded by former business partner of Yves St. Laurent, Pierre Bergé. She has previously worked as a fashion trend forecaster and now runs her own personal shopping service, giving advice to women from outside of France on Parisian style and designers.

Marketing Plans

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

Mitchell Beazley
9781784729486
Pub Date: 6/4/2024
\$22.99/\$28.99 Can.
Hardcover

240 Pages
Carton Qty: 10
Print Run: 5K
Design / Fashion & Accessories
DES005000

8.3 in H | 6 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.

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.

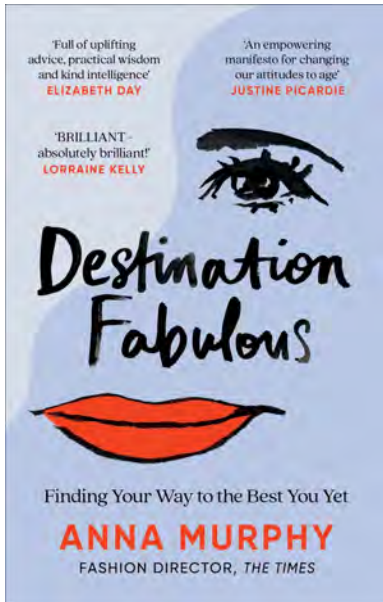
As for fashion, Anna knows better than anyone that this can be the ultimate route into surfacing the true you. She shares all her tricks for finding your way to a wardrobe that will transform not just the way you look but the way you feel. And she shares the highlights of her conversations over the years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

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.

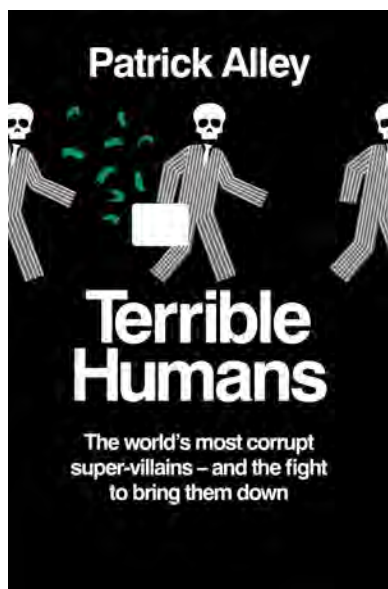
Marketing Plans

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



Mitchell Beazley
9781784728540
Pub Date: 6/4/2024
\$16.99/\$21.50 Can.
Paperback

352 Pages
Carton Qty: 72
Print Run: 4K
Self-Help / Fashion & Style
SEL038000
0.7 lb Wt



Terrible Humans

The World's most corrupt super-villains – and the fight to bring them down

Patrick Alley

Key Selling Points:

- **EXCELLENT CREDIBILITY:** Patrick Alley is hugely respected as one of three co-founders of Global Witness, a leading organization routing out corruption and environmental and human rights abuses around the world. George Soros wrote a foreword for *Very Bad People* and it received brilliant endorsements from Misha Glenny, David Farr, Edward Zwick and Isabella Tree, as well as excellent reviews from *The Big Issue* and the *Irish Times*.
- **A GLOBAL STORY:** *Terrible Humans* is truly international in scope, picking out a small number of people from across the world, from Slovakia to the Congo, Russia, Vietnam, Brazil, Ukraine, Australia and Saudi Arabia. *Terrible Humans* shows that the network of corruption, kleptocracy and big-time criminality is completely global and interconnected.
- **CURRENT AFFAIRS ANGLES:** *Terrible Humans* includes a chapter on the background of the Wagner group, the Russian paramilitary group, and on a French energy company fuelling Russia's fighter jets and consequently getting tied up in a legal case about their complicity in war crimes. Both are very timely given the ongoing war in Ukraine. There is also a chapter on Gautam Adani, the world's third richest man and close friend of India's President Narendra Modi, who will be looking to secure his third term in Spring 2024.

Summary

From the author of *Very Bad People*, another thrilling exploration of the world's worst warlords, grifters and kleptocrats - and the brilliant investigators taking them down

A small number of people, motivated by an insatiable greed for power and wealth, and backed by a pinstripe army of enablers (and sometimes real armies too), have driven the world to the brink of destruction. They are the super-villains of corruption and war, some with a power greater than nation state and the capacity to derail the world order. Propping up their opulent lifestyles is a mess of crime, violence and deception on a monumental scale. But there is a fightback: small but fearless groups of brilliant undercover sleuths closing in on them, one step at a time.

In *Terrible Humans*, Patrick Alley, co-founder of Global Witness and the author of *Very Bad People*, introduces us to some of the world's worst warlords, grifters and kleptocrats who can be found everywhere from presidential palaces to the board rooms of some of the world's best known companies. Pitted against them, the book also follows the people unravelling the deals, tracking the money and going undercover at great risk. From the oligarch charged ...

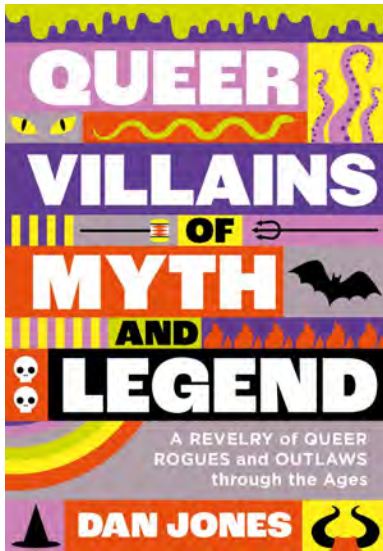
Contributor Bio

Patrick Alley is one of the three founders of Global Witness. Founded in 1993, Global Witness has become one of the world's leading investigative organisations dedicated to routing out corruption & environmental and human rights abuses around the world, with Patrick taking part in over 50 field investigations in South East Asia, Africa, Latin America and Europe. Taking the findings to governments, lawmakers and into the boardrooms of multinational companies, Patrick and his colleagues have challenged the assumption that you can't change things. Alongside his two co-founders, Patrick received the 2014 Skoll Award for Social Entrepreneurship. Global Witness were

Monoray
9781800961982
Pub Date: 8/20/2024
\$19.99/\$24.99 Can.
Paperback

352 Pages
Carton Qty: 36
Print Run: 4K
True Crime / White Collar Crime
TRU005000

9.2 in H | 6 in W



Queer Villains of Myth and Legend

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

Dan Jones

Key Selling Points:

- **VICTORY FOR VILLAINS:** There has been a reclaiming of the 'villain narrative' in popular culture, and many are drawn to celebrate characters that live outside of the 'rules'. This book is a celebration of those complex and underestimated characters.
- **MYTHOLOGY:** Books featuring mythological characters are hugely popular. Such as *Song of 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 the UK.
- **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.

Summary

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

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

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

From ancient mythology to contemporary pop culture, *Queer Villains of Myth and Legend* celebrates the fascinating stories of these often-overlooked characters. Join Dan Jones on a journey of discovery, as he explores the hidden depths of queer villainy and sheds light on the queer identities...

Contributor Bio

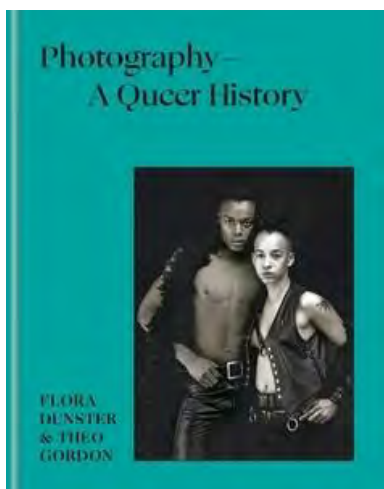
Dan Jones is a best-selling British author currently living in New York. A onetime magazine editor, Dan has written across a range of genres, from fashion and grooming to folk-horror and queer culture.

Marketing Plans

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

Radar
9781804191354
Pub Date: 5/7/2024
\$19.99/\$24.99 Can.
Hardcover

240 Pages
Carton Qty: 22
Print Run: 8K
Biography & Autobiography /
LGBTQ+
BIO031000
7 in H | 4.9 in W



Ilex Press
 9781781578698
 Pub Date: 5/7/2024
 \$49.99/\$54.99 Can.
 Hardcover

256 Pages
 Carton Qty: 0
 Print Run: 5K
 Photography / History
 PH0010000

0.7 lb Wt

Related Products

Ebooks

9781781579060 -
 Ebook

Photography – A Queer History

Flora Dunster, Theo Gordon

Key Selling Points:

- Features the work of 84 of the most influential queer photographers.
- Spans different historical and national contexts
- Artists include:
 - Wolfgang Tillmans
 - Roxy Lee
 - Linden
 - Archivo de la Memoria Trans
 - Alvin Baltrop
 - Leonard Fink
 - Nan Goldin
 - Hal Fischer
 - Tessa Boffin
 - Juliana Huxtable
 - Rotimi Fani-Kayode
 - Claude Cahun & MarceI Moore
 - Christopher Udemezue
 - Sarah Pucill
 - Duane Michals
 - Mumtaz Karimjee
 - Alice Austen
 - Mohamad Abdouni
 - Tammy Rae Carland
 - Dean Sameshima
 - Rosy Martin
 - Yuki Kihara
 - Sunil Gupta
 - Mahmoud Khaled
 - Kiss & Tell Collective
 - Ajamu
 - Del LaGrace Volcano
 - Evergon
 - Leon Mostovy
 - Bob Mitzer
 - Robert Mapplethorpe
 - Jill Posener
 - Liliana Zeic
 - Kia LaBeija
 - Phyllis Christopher
 - Libuse Jarcovjakova
 - Kearra Amaya Gopee
 - Richard Sawdon Smith
 - Laurence Rasti
 - Cassils
 - Ma Liuming
 - Michel Journiac
 - Tseng Kwong Chi
 - Jurgen Klauke
 - Paul Mpagi Sepuya
 - Zackary Drucker



Beyond the Selfie

The Art of Self Portraiture in the Digital Age

Rosie Hardy

Key Selling Points:

- Author Rosie Hardy has the third-most followed Flickr account after The White House and NASA.
- Her Instagram following is over 180k, with her self-portraits generating exceptional engagement.
- Her online followers have urged her to do a book.
- Self-imaging has a massive appeal for younger photographers as it allows the ultimate narrative control.
- *The Photography Storytelling Workshop* by Finn Beales has sold over 4.2k copies

Summary

From online sensation Rosie Hardy, this is the ultimate guide to photographic self-expression. Drawing on both her unique skills and lived experience, Rosie delivers a masterclass in self-portraiture, giving the reader the knowledge base and inspiration to tell their own stories, control their image and go far beyond the standard 'selfie'.

Do you want to elevate your portraits beyond the tired old selfie?

From Instagram sensation Rosie Hardy, this is the ultimate guide to photographic self-expression. Drawing on both her unique skills and lived experience, Rosie delivers a masterclass in self-portraiture, giving the reader the knowledge base and inspiration to tell their own stories, control their image and go far beyond the standard 'selfie'.

Learn how to upgrade your photography skills and express yourself in meaningful and captivating ways with this invaluable guide. Ideal for both beginners and professionals, discover essential tips and advice on shooting, editing and personal confidence.

Rosie lays out all the ingredients necessary for creating captivating self portraiture, presenting a recipe book for those hungry for self expression.

Contributor Bio

At the age of 20, Rosie Hardy held the third most followed Flickr account world-wide, behind NASA and The White House. She now showcases her work on Instagram, where she boasts almost 200k followers. Since her teenage years, Hardy has used the medium of self portraiture to document the chapters of her life - from school life and break-ups, to developing alopecia, and eventually her journey through grief after the loss of her boyfriend in 2016.

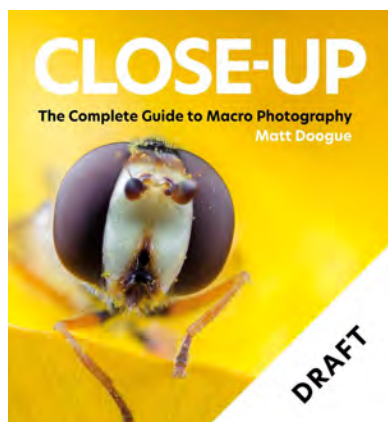
Marketing Plans

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

Ilex Press
9781781579381
Pub Date: 7/2/2024
\$24.99/\$31.99 Can.
Paperback

192 Pages
Carton Qty: 10
Print Run: 5K
Photography / Subjects &
Themes
PH0016000

8.3 in H | 6 in W



Close-Up

The Complete Guide to Macro Photography

Matt Doogue

Key Selling Points:

- **Trending Topic:** Macro is one of the fastest-growing genres in photography .
- **Author Credentials:** Written by a leading professional in the field.
- **Key Features:** The most comprehensive guide to macro photography, including information on essential gear, best camera settings, the shooting environment, advanced techniques, editing and more.

Summary

The complete guide to macro-photography by a top professional in the field. Learn how to capture awe-inspiring close-up shots and unlock the beauty of the miniature world with this comprehensive guide.

Macro is one of the fastest-growing genres in photography, and with this comprehensive and easy-to-follow guide, macro expert Matt Doogue invites you to discover a whole new world of creative image-making.

- Go from **complete novice** to **confident macro shooter**
- Learn from **a top professional** sharing tips & tricks for success
- Discover an **exciting new genre** of photographic practice
- **Connect with nature** and develop a deeper understanding of wildlife
- **Master key techniques** for **pro-level macro photography results**
- Experience a more **mindful approach** to taking photos

From understanding the optimal lens, to the shooting environment, advanced techniques and post-processing, unlock the beauty of the miniature world with this detailed guide.

Contributor Bio

Matt Doogue is a conservationist, outreach teacher, mental health public speaker and macro photographer. With over a decade of experience, Matt uses varied techniques, including advanced focus stacking to achieve his photographs. Matt has collaborated with BBC Earth, *National Geographic*, Canon and the top UK photography magazines.

Marketing Plans

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

Ilex Press
9781781579244
Pub Date: 8/6/2024
\$34.99/\$43.99 Can.
Paperback

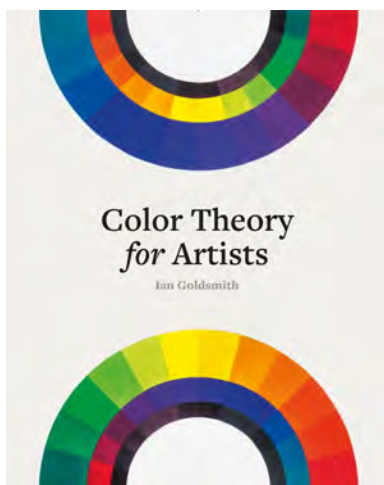
208 Pages
Carton Qty: 10
Print Run: 4K
Photography / Reference
PH0017000

9.8 in H | 7.5 in W

Related Products

Ebooks

9781781579251 -
Ebook



Ilex Press
9781781579145
Pub Date: 7/23/2024
\$26.99/\$29.99 Can.
Hardcover Paper over boards

176 Pages
Carton Qty: 0
Print Run: 4K
Art / Color Theory
ART007000

8 in H | 6.5 in W

Related Products

Ebooks

9781781579626 -
Ebook

Color Theory for Artists

Everything you need to know about working with colour

Ian Goldsmith

Key Selling Points:

- With detailed section dedicated to all aspects of color theory, this is the book no practising artist can be without
- Following on from successful Ilex color books, including *The Colour Bible* and *Tate: Colour, A Visual History*

Summary

A thoroughly practical guide to using color no artist can be without.

Full of beautiful, intricate hand-painted color wheels and practical advice on using and mixing colour, this book is a must-have for any artist working with pigment and paint. Starting from the basics of color and working up to the complexities of tonality, harmony, opacity and pigment, artist Ian Goldsmith explores and explains all the key elements of color and what it can do. A comprehensive paint index at the back of the book provides an indispensable reference guide for choosing and purchasing materials that no practising artist should be without.

Including:

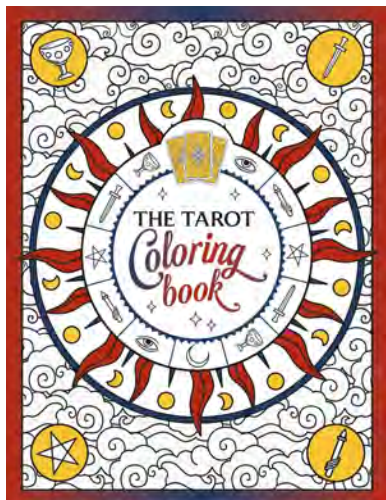
- Primaries, secondaries and tertiaries
- Harmony
- Tonality
- Colour temperature

Contributor Bio

Ian Goldsmith is a British portrait artist. He is the founder of the Contemporary British Portrait Painters group, described as 'a new artists collective redefining portraiture in 2020' by *Artists & Illustrators* magazine. He began investigating colour theory and mixing in his work several years ago, and posts his trove of hand-painted colour wheels and sheets to his enthusiastic following on Instagram.

Marketing Plans

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



Summersdale
9781837993406
Pub Date: 5/7/2024
\$11.99/\$12.99 Can.
Paperback

96 Pages
Carton Qty: 10
Print Run: 12K
Games & Activities / Coloring
Books
GAM019000
11 in H | 8.5 in W

The Tarot Coloring Book

A Mystical Journey of Color and Creativity

Summersdale Publishers

Key Selling Points:

- This is an accessible introduction to the art of Tarot reading and includes an overview of each card's meanings and interpretations.
- Filled with myriad designs that you can bring to life with color.
- Adult coloring books have taken the world by storm in recent years and their popularity is showing no sign of slowing down.
- A similar Summersdale title, *The Little Book of Tarot* (ISBN: 9781786857989), has sold over 12,000 copies.
- Other similar Summersdale titles include: *The Magick Coloring Book* (ISBN: 9781800074040) and *Manifest Your Destiny Coloring Book* (ISBN: 9781800079243).

Summary

Unlock your creativity and explore the enchanting world of Tarot with *The Tarot Coloring Book*. Discover meaning, symbolism, and hidden insights while creating your own vibrant masterpieces.

Create your very own colorful collection of masterpieces and delve into the mystical realms of the sacred art of Tarot with these mesmerizing images

Step into the spiritual world of Tarot and seek insight into your past, present and future while awakening your creativity with these striking illustrations.

Within this bewitching coloring book you will find Tarot-themed images alongside essential details about the meanings of the cards, and how to interpret their symbolism and understand your Tarot readings.

Inside you'll find:

- Images that are great for developing fine motor skills, improving focus, reducing stress and relieving anxiety
- A short history of Tarot and how and why it has been used as a tool for divination for centuries
- Easy-to-follow information of the major and the minor arcana cards
- Encouraging quotes to keep you motivated

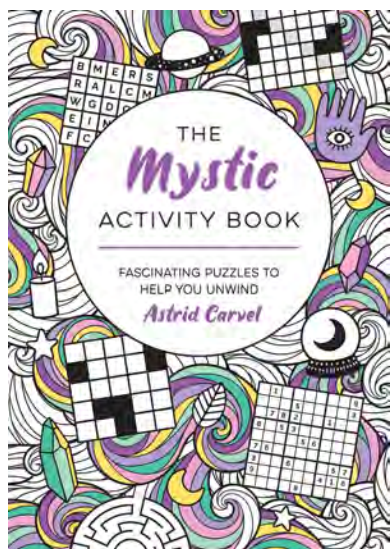
Go on a voyage of self-discovery and see what the cards are ready to reveal to you.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781800076853
Pub Date: 6/4/2024
\$11.99/\$12.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 6K
Games & Activities / Puzzles
GAM007000
8.3 in H | 5.8 in W

The Mystic Activity Book

Fascinating Puzzles to Help You Unwind

Astrid Carvel

Key Selling Points:

- Studies have shown that regularly completing crosswords or word-based games can have therapeutic benefits and improve brain function. Featuring number, word, logic and image puzzles of varying difficulty, this is the perfect puzzle book for anyone to enjoy.
- The classic puzzle activities in this book are inspired by increasingly popular mystic themes, including witchcraft, tarot, mystical creatures, spells and astrology.
- Similar Summersdale titles include *The Magick Colouring Book* (ISBN: 9781800074040).

Summary

Embark on a spellbinding journey through the mystical realm with *The Mystic Activity Book*. Puzzles, activities, and enchanting affirmations await, stimulating your mind and awakening your creativity.

Discover the wonders of the paranormal with this collection of spellbinding puzzles and brain-training activities, here to focus your mind and inspire creativity

Immerse yourself in all things mystical with this assortment of pleasing puzzles and calming conundrums, guaranteed to bewitch and enchant you.

From white witchcraft and secret symbols to rituals and runes, the enigmas in these pages will take you on an expedition through the mystical world. Featuring a huge range of puzzles, games and activities for you to enjoy, this treasury of brain-training teasers will help you engage your mind and find peace in your day.

Inside you will find:

- A varied selection of puzzles, including crosswords, word searches, word ladders, anagrams, sudokus, spot-the-differences, acrostics and more
- Mindful activities to help you relax, such as coloring pages and mazes
- A selection of enchanting affirmations to awaken your imagination and inspire creativity

Stimulate your mind ...

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*.

Marketing Plans

- National media outreach
- Trade and Library Advertising



Tarot for Love & Relationships

How to read the cards to nurture your heart & soul

Jane Struthers

Key Selling Points:

- Love-related questions are probably the most commonly asked question of the tarot card readings - this beautifully designed book provides invaluable advice.
- Tarot remains a popular interest, with 21.3 million posts against #Tarot on Instagram alone and 55 billion views on TikTok. In a climate where people are increasingly looking for ways to be mindful and to reflect on their lives, spiritual practices such as the tarot are becoming increasingly popular especially in matters of the heart.
- The perfect gift for readers of the spirituality genre, and will also make for a great self-purchase or impulse buy for those wanting to find out more about tarot and love.

Summary

Tarot is a visionary tool that can be used to better understand love and relationships, and help ignite the most fulfilling path.

Relationships are fundamental to our quality of life and we strive to understand them and make them better. The tarot persuades us to look deeply and more carefully at every aspect of both our love and our work relationships.

In both our love lives and work relationships, tarot readings can instil a sense of deeper understanding and more careful consideration. Whether you feel let down by your best friend, stuck in a stagnant relationship, or sensing friction at work the Tarot can be a powerful tool for making decisions.

From the triumphs to the heartbreaks, it can help us to assess current situations or future events with extraordinary accuracy, and its 78 cards allow it to cover a huge variety of possibilities. *Tarot for Love & Relationships* includes sample readings using both classic spreads and new arrangements, and illustrated with the classic Rider Waite deck, this is a complete guide to navigating relationships with the Tarot.

Contributor Bio

Jane Struthers is an astrologer, tarot reader, healer and writer. She is the astrologer for *Bella*, one of Britain's bestselling women's magazines. She has appeared on many television and radio programs and is the author of a number of books, including *The Palmistry Bible* and *Fortunes in a Teacup*.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Kyle Books
9781804192030
Pub Date: 6/4/2024
\$16.99/\$17.99 Can.
Hardcover

176 Pages
Carton Qty: 28
Print Run: 8K
Body, Mind & Spirit / Divination
OCC024000
8.5 in H | 6.1 in W | 0.8 in T | 1.1
lb Wt



Godsfield
9781841815688
Pub Date: 8/6/2024
\$16.99/\$21.50 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 5K
Body, Mind & Spirit / Angels &
Spirit Guides
OCC032000
6.9 in H | 5.2 in W

Power Animals

For Guidance, Protection and Healing

Madonna Gauding

Key Selling Points:

- The spiritual aesthetic in general is remaining popular across retailers with series such as the Welbeck *The Little Book Of*, the Hardie Grant *Seeing Stars* Zodiac books and Quercus/Greenfinsh *Oracle* titles.
- Beautifully designed in a modern, graphic style, Power Animals books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- A great gift book written by well-respected expert Madonna Gauding
- According to 2022 YouGovAmerica survey, 33% of adults under 30 are looking to indigenous wisdom for answers to our modern ills.

Summary

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

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

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

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

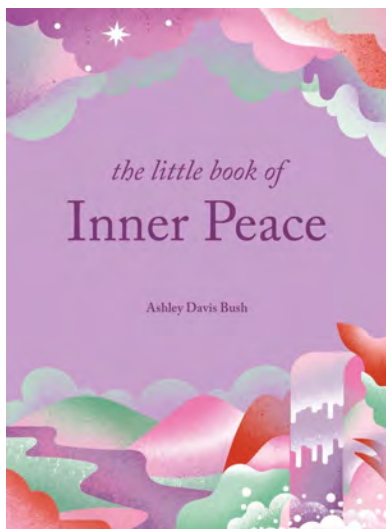
As you begin the journey of discovering you own power animal, you will be reminded that you inhabit a vast, interconnected universe. This profound realization is one of the best antidotes to depression and alienation. By working with power animals, through meditation, visualization and direct contact,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

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising



The Little Book of Inner Peace

Ashley Davis Bush

Key Selling Points:

- Beautifully illustrated, these little books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- Practical and pocket-sized format, *The Little Book* is a series of spiritual and personal development titles, each focusing on different aspects of healing and empowerment.
- A fully illustrated guide to finding inner peace each day, with simple practices for less angst and more calm.

Summary

This illustrated guide will take you to a peaceful place, where you can enjoy a more relaxed life by focusing on being present.

A calm mind comes from knowing how you handle your emotions.

In order to find inner peace, we must learn how to understand and cope with our emotions, and find harmony with others around us. This little book will help you identify and prioritize what makes you feel stressed so that you can take charge of your emotions. The simple tools, strategies and exercises within these pages harness the benefits of mindfulness, meditation, gratitude, creativity and compassion.

By learning how to create calm in your life, you can improve your well-being, mental health and inner strength, resulting in a happier, healthier you.

Contributor Bio

Ashley Davis Bush, LICSW is a psychotherapist with 30 years of experience in the mental health field. She is a freelance writer and the author of eight self-help books. She is also a grief counsellor and an expert in stress management, self-care and self-compassion skills. She lives in New Hampshire, USA with her husband, also a psychotherapist. They have five grown children.

ashleydavisbush.com

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

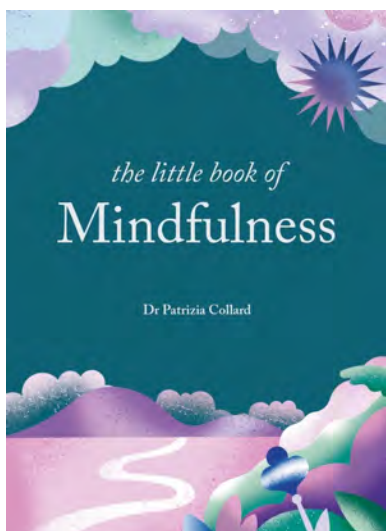
Godsfield
9781856755351
Pub Date: 5/7/2024
\$10.99/\$13.99 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 8K
Body, Mind & Spirit / Mindfulness & Meditation
OCC010000
0.7 lb Wt

Related Products

Ebooks

9781841815725 -
Ebook



The Little Book of Mindfulness

10 minutes a day to less stress, more peace

Dr Patrizia Collard

Key Selling Points:

- Beautifully illustrated, these little books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- Mindfulness is a popular subject. *The Little Book of Mindfulness* includes 40 easy to do practices and inspirations to build into your daily routine.
- Practical and pocket-sized format, *The Little Book* is a series of spiritual and personal development titles, each focusing on different aspects of healing and empowerment.

Summary

This illustrated guide has simple mindfulness exercises and meditations to find daily calmness and clarity.

Focus, slow down, and de-stress.

The practice of mindfulness is an increasingly popular endeavor that not only helps alleviate the symptoms of stress, anxiety and depression caused by the pressures of our everyday lives, but also promotes joy, peace and happiness.

Discover long-lasting happiness with *The Little Book of Mindfulness* and follow the path to mindfulness so you, your family and your friends can live a more fruitful, peaceful and relaxed life.

Contributor Bio

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

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

Entermindfulness.com

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

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

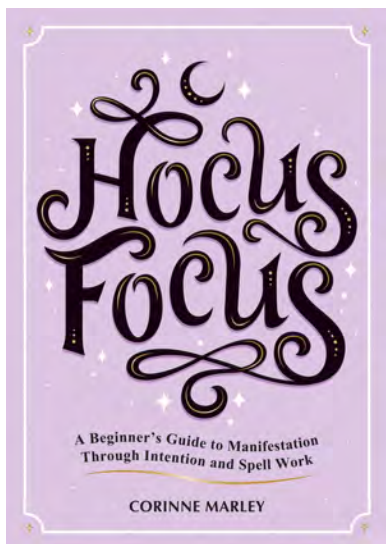
Godsfield
9781856755405
Pub Date: 5/7/2024
\$10.99/\$13.99 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 10K
Body, Mind & Spirit / Mindfulness & Meditation
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0.7 lb Wt

Related Products

Ebooks

9781841815718 -
Ebook



Summersdale
9781837991884
Pub Date: 5/7/2024
\$14.99/\$16.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 5K
Body, Mind & Spirit / Witchcraft
OCC026000
8.3 in H | 5.8 in W | 0.7 lb Wt

Hocus Focus

A Beginner's Guide to Manifestation Through Intention and Spell Work

Corinne Marley

Key Selling Points:

- A beginner's guide to spells and the power of intention, this book combines modern witchcraft and manifestation, topics which are growing in popularity, visibility and influence. Including journal elements for the reader to record their spell experience, it is an accessible introduction to the magic within each of us.
- Similar Summersdale titles include:
- *The Little Book of Witchcraft* (ISBN: 9781800074071) *The Little Book of Spells* (ISBN: 9781786857996) and *The Little Book for Modern Witches* (ISBN: 9781800079298).

Summary

Unlock the mystical realm with *Hocus Focus*. This modern guide to spell-work and manifestation empowers you to harness universal energies, transform your life, and manifest your deepest desires.

Conjure the magic within you with this modern guide to the ancient art of spell-work and manifestation - all you need is a little hocus focus

Including a variety of spells for every place and occasion - and tips and tricks on how to cast them - this enchanting book is the perfect introduction to invoking the universal energies at your disposal. Complete with fill-in sections to chronicle your experiences, these pages will teach you how to:

- Enrich your life with the power of intention
- Use spells for healing, reflection, self-care and self-discovery
- Harness the energy of the new moon to call in your deepest desires
- Connect with the wisdom of the natural world, familiars and spirit guides

This collection of rituals will guide you to a path of infinite possibilities, help you develop your unique gifts and abilities, and set you well on your way to creating the life you have always wanted.

Contributor Bio

Corinne Marley has had a lifelong connection to nature and the energy and healing power it carries. She is a writer, reiki practitioner, and tarot and oracle card reader. She is a creative entrepreneur and has displayed her artwork and photography in shows and galleries for over 15 years. Corinne holds a Bachelor of Applied Science Honours Degree and is an Education Assistant. She lives on Vancouver Island on the west coast of Canada with her husband and their two daughters. Visit her on Instagram @corinne_marley_

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837991297
Pub Date: 7/2/2024
\$13.99/\$15.99 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 5K
Health & Fitness / Herbal
Medications
HEA011000

5.8 in H | 4.1 in W | 0.7 lb Wt

Herbal Magic

A Beginner's Guide to the Magical Power of Plants

Lydia Levine

Key Selling Points:

- Combining the popular topics of herbalism and witchcraft, this book is a beginner's guide to the magical power of plants. It includes plant profiles that detail the purported magical properties of the herb, as well as a guide for where to forage, grow or buy it, finished off with an example craft, spell or ritual.
- Herbalism and witchcraft have become massive trends on social media platforms such as TikTok and Instagram. For example, #herbalmagick has 12.5 million views on TikTok, #foraging has 1.2 billion views on TikTok and #witchesofinstagram has 9.5 million posts on Instagram.
- Esoteric subjects are seeing a rise in popularity. Summersdale's *The Little Book of Spells* (ISBN: 9781786857996) has sold over 11,400 copies.
- Similar Summersdale titles *The Little Book for Modern Witches* (ISBN: 9781800079298) and *The Little Book of Witchcraft* (ISBN: 9781800074071).

Summary

Enter the enchanting world of plants and discover the captivating power they hold. Unlock the secrets of ancient wisdom and explore the transformative energies of nature in this captivating guide.

Step into the enchanting world of herbal recipes, remedies and rituals with this spellbinding guide to the magical power of plants

Including a variety of crafts, spells and rituals, this treasury of herb profiles is the perfect introduction to harnessing the infinite natural energies at your disposal. Complete with spells for every day and occasion - from cleansing and healing to divination and prosperity - within these pages you will also discover:

- The ancient relationship between herbalism and witchcraft
- The benefits of inviting herbal magic into your life, including reflection, self-care and self-discovery
- How to incorporate herbs into your practice to enhance your spell experience
- How to forage or grow herbs like the apothecaries and herbalists of the past

Conjure your inner power and enrich your life with a little herbal magic. Whether you are drawn to blends and brews or elixirs and potions, the unique natural powers of these bewitching ingredients are ready and waiting for y...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837991457
Pub Date: 5/7/2024
\$14.99/\$16.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 5K
Self-Help / Journaling
SEL045000

8.3 in H | 5.8 in W

30 Steps to Finding Yourself

An Interactive Journey to Self-Discovery

Sally Hope

Key Selling Points:

- This hands-on journal contains actionable advice, guided CBT-based exercises and thought-provoking journal prompts to help women on their journey of self-discovery.
- Sally Hope is a recovery coach specializing in supporting women who have experienced domestic abuse. She uses her personal experience alongside her professional knowledge and her gentle, down-to-earth humor to empower women to live lives full of joy and hope.
- In a post-Me-Too era, many women are realizing that their voices and experiences matter, and that there is nothing wrong with putting themselves first. This book provides readers with the tools to do so.

Summary

Uncover your true self and ignite personal growth with *30 Steps to Finding Yourself*. This empowering journal offers CBT-based activities, reflection prompts, and actionable advice for women on a journey of self-discovery. Build your self-esteem, grow your confidence and rediscover your sense of self with this empowering and practical 30-step journal for women

"Who am I?"

The more confidently you are able to answer this question, the higher your levels of happiness, self-esteem and personal growth tend to be. However, in a world that still socializes women to build their lives around other people, many of us don't have an answer.

This 30-step journal will take you on a unique and personal journey to discover who you are and who you want to be. Within these pages you'll find:

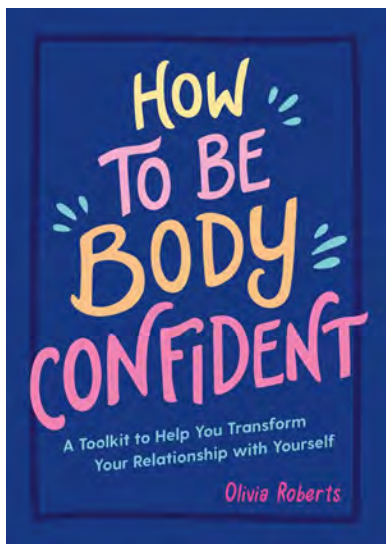
- A structured approach to self-discovery that builds from step 1 to step 30
- Interactive and creative CBT-based activities to nurture your relationship with yourself
- Thought-provoking journalling prompts to deepen your self-awareness and allow for reflection
- Guidance on how to let go of worries, doubts and other self-limiting beliefs
- Actionable advice to help you consciously shape yourself into the per...

Contributor Bio

Sally Hope is a recovery coach with a specialism in supporting women who have experienced domestic abuse. Sally uses her personal experience of trauma recovery alongside her professional knowledge and her gentle, down-to-earth humour to empower women to live lives full of joy and hope. She is passionate about humanity, personal growth, faith, spirituality, laughter, campervanning with her children and Lego.

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837990276
Pub Date: 5/7/2024
\$16.99/\$18.99 Can.
Paperback

160 Pages
Carton Qty: 9
Print Run: 5K
Health & Fitness / Women's
Health
HEA024000
8.3 in H | 5.9 in W | 0.7 lb Wt

How to Be Body Confident

A Toolkit to Help You Transform Your Relationship with Yourself

Olivia Roberts

Key Selling Points:

- This beautiful journal contains actionable tips on boosting body confidence and learning to fully accept yourself.
- Other similar Summersdale titles include *How to Fall in Love With Yourself* (ISBN: 9781787839342), *She Believed She Could So She Did* (ISBN: 9781787835610) and *You Are Enough* (ISBN: 9781800070028).

Summary

Embrace self-love and body acceptance with *How to be Body Confident*. This guided journal empowers you to celebrate your uniqueness, let go of body shame, and cultivate a positive, loving relationship with yourself.

A guided journal for learning to fully love and accept yourself as you are

There are so many things to celebrate about your body. Just think of everything it's got you through - the happy times and the challenges - and all the wonderful things it enables you to do each day. Sometimes, it's important to be reminded that your body is uniquely yours, and that's what makes it so special.

This beautiful guided journal is here to help you shed body shame for good, so that you can feel confident in yourself every day. By engaging with the tips and activities inside, you'll learn how to see your body in a different light, quit negative self-talk and start speaking to yourself with love and kindness.

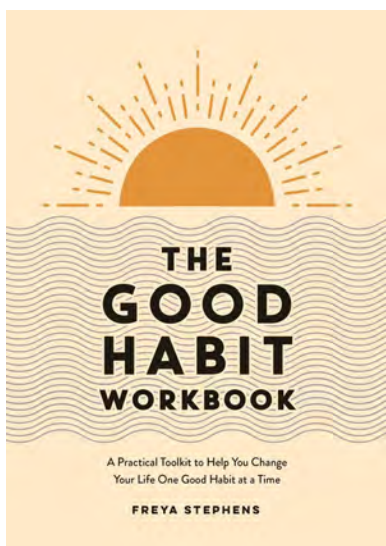
By encouraging you to wholly embrace yourself, this empowering guide promotes changing your attitude rather than changing your body. So whatever your shape or size, this book reassures you that all bodies are good bodies, and yours is perfect as it is.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837990283
Pub Date: 6/4/2024
\$16.99/\$18.99 Can.
Paperback

160 Pages
Carton Qty: 10
Print Run: 5K
Health & Fitness / Mental Health
HEA055000
8.3 in H | 5.8 in W

The Good Habit Workbook

A Practical Toolkit to Help You Change Your Life One Good Habit at a Time

Freya Stephens

Key Selling Points:

- This practical workbook contains actionable advice and guided exercises to help readers to make positive changes in their life by breaking away from bad habits and creating new, healthy ones.
- Habits - and how they are broken and created - is key topic in the self-help sphere, as good habits are a foundation of positive mental wellbeing.
- This book will appeal to fans of popular titles such as *Atomic Habits* by James Clear and *The Power of Habit* by Charles Duhigg.

Summary

Transform your life and embrace positive change with *The Good Habit Workbook*. This practical guide, rooted in CBT techniques, offers actionable advice and exercises to help you break free from negative habits and cultivate a healthy, fulfilling lifestyle.

Break away from bad habits and build healthy ones with this step-by-step workbook, which will help you make positive changes in your life

Habits are the building blocks of our days, and they have a huge impact on how we live - they affect what we do, how we feel and the paths in life that we choose to take.

The Good Habit Workbook contains practical advice, effective tips and guided exercises based on trusted cognitive behavioural therapy (CBT) techniques. It will help you to break free from negative cycles that aren't serving you and replace them with positive, productive habits for long-term health and happiness.

Use the workbook either on its own or alongside therapy to help you develop positive habits.

Inside the book, you will find:

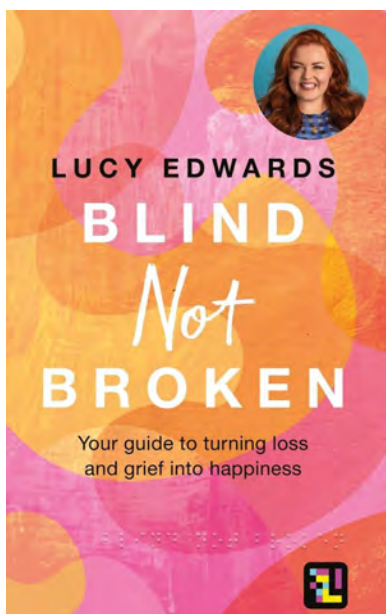
- Clear, actionable advice on making positive lifestyle changes to support and improve your mental well-being
- A calm, supportive approach which invites you to work through the book at your own pace...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Hamlyn
9780600637653
Pub Date: 6/4/2024
\$24.99/\$31.99 Can.
Hardcover

240 Pages
Carton Qty: 16
Print Run: 3K
Biography & Autobiography /
Personal Memoirs
BIO026000
8.7 in H | 5.4 in W

Related Products

Ebooks

9780600637646 -
Ebook

Blind Not Broken

Your Guide to Turning Loss and Grief into Happiness

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 i...

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)

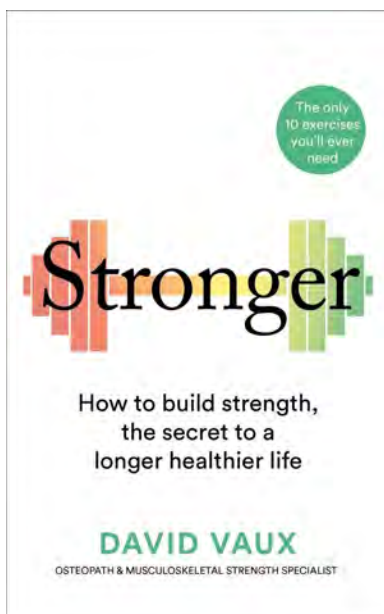
[Youtube.com/lucyedwards](https://www.youtube.com/lucyedwards)

[Tiktok.com/lucyedwards](https://www.tiktok.com/lucyedwards)

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

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

Marketing Plans



Short Books
9781780726090
Pub Date: 7/2/2024
\$22.99/\$28.99 Can.
Paperback

208 Pages
Carton Qty: 14
Print Run: 3K
Health & Fitness / Exercise
HEA007000

9.2 in H | 6 in W

Related Products

Ebooks

9781780726113 -
Ebook

Stronger

How to build strength: the secret to a longer healthier life

David Vaux

Key Selling Points:

- The new health zeitgeist - strength as the next big trend: A 2023 meta-analysis found that just 30 to 60 minutes a week of muscle strengthening increased life expectancy by 10 to 17 percent. Longevity is a familiar buzzword in the world of wellness, but Stronger is the first book of its kind - unveiling 'strength' as the key factor in helping you feel more energetic, vibrant, and youthful right up to your last day on this planet.
- Expert Author Credentials: David Vaux is one of Britain's most innovative Osteopaths and a renowned strength specialist. He has been researching the impact of strength building on living longer for decades, both through academic research and in everyday sessions with his patients. As an adviser to steering groups on healthy ageing from Imperial College London, The Arthritis and Musculoskeletal Alliance, the NHS and more, David is at the heart of the UK's strength and movement prescription for optimal health.
- Strength-boosting lifestyle tips: Stress management, sleep, breathing strategies, diet, balance, stretching key body areas, pain management, injury, fatigue and burn out avoidance - all form part of the overall strength plan, with simple principles and practices that are undemanding enough to work into any busy schedule.

Summary

Transform your health in ten simple steps - why strength is the magic bullet for ageless energy and longer life

What if you could take a medicine that reduces your chances of frailty, weakness, osteoporosis, preventable injury and early death by a factor of five? Something that dramatically increases your chance of a happy, healthy and independent older age?

Currently, no such medicine exists, but these rewards are within easy reach, and the answer is simple: **strength building**. In this groundbreaking book, renowned Osteopath David Vaux unveils decades of scientific research on strength and the musculoskeletal system. He explains why getting stronger is one of the simplest, cheapest and most life-changing things you can do - and unveils a simple ten-step strength plan that will empower you to embark on your journey towards a stronger and healthier life.

10-Step Strength Plan: Simple, easy-to-achieve steps to building strength and actionable guidance: With a comprehensive 10-step strength plan, "Stronger" provides readers with a clear roadmap to follow. The book breaks down the process of building strength into manageable steps, ensuring that readers can easily implement the strategie...

Contributor Bio

David Vaux is recognized as one of the UK's most innovative osteopaths, with a special interest in strength and movement prescription for optimal ageing and pain management. He is an expert in older age strength, providing his expertise to multiple healthy ageing focused projects as well as working with elite performers from the arts and sporting arenas.



Short Books
9781914239328
Pub Date: 7/2/2024
\$14.99/\$18.99 Can.
Paperback

256 Pages
Carton Qty: 72
Print Run: 5K
Health & Fitness / Healthy Living &
Personal Hygiene
HEA010000
7.8 in H | 5 in W

Related Products

Other Formats

9781914239298 - \$19.99
Other_Format

Ebooks

9781914239311 -
Ebook

The Health Fix

Transform Your Health in 8 Weeks

Dr. Ayan Panja

Key Selling Points:

- Optimizing our health and preventing illness has become a major preoccupation after Covid-19.
- Dr Ayan has a large network of influencers, celebrities and organizations who can help promote his book, such as Dr Rangan Chatterjee, Dr Rupy Aujla, BBC science unit and NHS England.
- Dr Ayan has his own podcast, Saving Lives in Slow Motion, on Apple Podcasts.
- He recently appeared on Dr Rangan Chatterjee's Feel Better, Live More podcast talking about his own health struggles and fixes.
- With the rising tide of non-communicable disease such as long Covid, type 2 diabetes, cardiovascular disease, gastrointestinal conditions and increasing mental health needs, Dr Ayan blends science and evidence together in eye-opening case studies which demonstrate how the patient story lays everything out

Summary

A lifestyle medicine expert reveals his secrets for future-proofing your health and preventing illness.

Starting with the experience of his own illness, Dr Ayan Panja, NHS GP and lifestyle medicine expert, brings a unique personalized framework to tailor targeted lifestyle-based interventions to you, with his groundbreaking new book Health Fix. Unlike many approaches to health and wellbeing, Health Fix focuses on the 'why' rather than just the 'what' with a toolkit:

- Learn how to elegantly tighten up on the 8 factors which affect your health the most day-to-day
- Improve your ability to control your habits.
- Understand the interplay between your symptoms and your biology
- Experience the subtle power of 'how, what and when'.
- Generate your own targeted lifestyle prescription.
- Apply the 'fixes' that are relevant to you only.
- Feel the difference within 8 weeks.

The unique Health Fix toolkit will help you change your health for the good by understanding the story of YOU.

Contributor Bio

Dr Ayan Panja is a UK-based NHS GP partner with 23 years of clinical experience. As an editorial adviser to NHS Digital and presenter on BBC World News he has been communicating health to the masses for many years. His interest in prevention and wellbeing led him to co-create and run Prescribing Lifestyle Medicine, A Royal College of Practitioners accredited course for health care practitioners. Ayan featured in Pulse magazine's Power 50 in 2020 which lists the UK's most influential GPs Ayan also hosts a bite-sized podcast called Saving Lives in Slow Motion available free on @audible where you can hear more from him. @Dr_Ayan

Marketing Plans

- Social Media Campaign



Hamlyn
9780600638292
Pub Date: 7/23/2024
\$14.99/\$18.99 Can.
Paperback

96 Pages
Carton Qty: 10
Print Run: 5K
Health & Fitness / Massage &
Reflexology
HEA014000
9.3 in H | 7.5 in W

Related Products

Ebooks

9780600638308 -
Ebook

Baby Massage

Proven Techniques to calm your baby and assist development

Peter Walker

Key Selling Points:

- This is a reissue of the previous 2019 edition, which has sold over 1,700 copies
- 'Baby massage' is a fast-growing trending topic with over 392.5 million views on TikTok
- Baby massage taps into the 'gentle parenting' trend, which has over 4.3 billion views on TikTok
- 'Baby massage' expert-led parenting courses are in great demand: the International Association of Infant Massage have trained over 13,000 baby massage instructors in the UK alone, and its curriculum is taught in over 70 countries
- The several health and wellbeing benefits of baby massage are a consistently popular topic on various parenting blogs, including *Johnsons Baby*, *Healthline* and *Pampers*. Baby massage has also been linked to improving babies' sleep patterns - another staple topic in the parenting market

Summary

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

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

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

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

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

Contributor Bio

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

Marketing Plans

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



Mitchell Beazley
9781784729431
Pub Date: 5/7/2024
\$49.99/\$62.99 Can.
Hardcover

600 Pages
Carton Qty: 5
Print Run: 12K
Antiques & Collectibles / Books
ANT005000
10.7 in H | 7.9 in W | 4.4 lb Wt

Related Products

Ebooks

9781784729530 -
Ebook

Miller's Antiques Handbook & Price Guide 2024-2025

Judith Miller

Key Selling Points:

- The only full-color, fully illustrated antiques price guide in the world
- All images new in every edition
- Features more than 8,000 antiques
- The essential guide for anyone buying online, at auction or in an antiques store

Summary

If you want to know the value of your antiques - or find out how the antiques market is faring - the world's bestselling antiques price guide is the place to look.

Miller's Antiques Handbook & Price Guide remains the essential and trusted guide to the antiques market. It has earned the reputation of being the book no dealer, collector or auctioneer should be without. Compiled by the late Judith Miller, world-renowned antiques expert and co-founder of the book, the guide features more than 8,000 antiques.

Comprehensive sections cover Ceramics, Asian Antiques, Furniture, Glass, Silver and Metalwares, Jewellery and *objets de vertu*, Clocks and Watches, Books, Textiles, Toys, Decorative Arts and Modern Classics. Special features explain why one piece is worth more than another, show how to value an item and teach you to be your own valuer. Biographies of designers and factories give the background information you need to help date and value objects, while special 'Judith Picks' sections give fascinating background and valuation details for particularly interesting or unusual objects.

Contributor Bio

Judith Miller was one of the world's leading antiques experts. She first began collecting in the 1960s while a student at Edinburgh University, and continued to extend and reinforce her knowledge of antiques through international research. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and went on to write more than 100 books which are held in high regard by collectors and dealers.

Judith appeared regularly on TV and radio. She was an expert on the BBC's *Antiques Roadshow* and co-hosted the popular BBC series *The House Detectives*, ITV's *Antiques Trail*, and Discovery's *It's Your Bid*. She appeared on *The Martha Stewart Show* and CNN. Judith lectured extensively, including at the V&A in London and the Smithsonian in Washington, and contributed to numerous newspapers and magazines, including the *Financial Times*, the *Daily Telegraph*, *BBC Homes & Antiques* and *House & Garden*.

Marketing Plans

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



Kyle Books
9781804192115
Pub Date: 8/20/2024
\$22.99/\$28.99 Can.
Paperback

192 Pages
Carton Qty: 10
Print Run: 3K
Art / Techniques
ART003000
9.2 in H | 7.4 in W

Inkspired

Betty Soldi

Key Selling Points:

Discover the calming, creative joy of calligraphy.

Contains guidelines and practice pages, and its calligraphy-friendly paper and unique lie-flat binding mean you can write straight into the book with ease

Summary

A joyful exploration of modern calligraphy, with exercises and ideas to help you get creative with ink.

Modern calligraphy has taken social media by storm and inspired thousands of people to put pen to paper and get involved with ink. For years, handwriting has been in danger of becoming lost to keyboards and smartphones, with few of us picking up a pen to do much more than scrawl a shopping list or take hasty notes in meetings so, for professional calligrapher Betty Soldi, this increase in interest is welcome.

In *Inkspired*, Betty encourages you to reconnect with handwriting and discover the calming, creative joy of calligraphy. The book contains guidelines and practice pages, and its calligraphy-friendly paper and unique lie-flat binding mean you can write straight into the book with ease. Once you have had a go at her own 'Alphabetty' of calligraphic letters, you are encouraged to develop your own individual style, with a section of projects, from invitations to writing on crockery.

Learn to embrace mistakes, play around with new ideas - Betty encourages practicing not just with pen and paper, but writing on mirrors in lipstick or etching messages into a plant leaf - and expr...

Contributor Bio

Betty comes from a Florentine family famous for making fireworks. Now, she likes to say, she makes fireworks with ink. She has been a calligrapher and graphic designer for many years and, after living in London, New York and Paris, she is now based back in Florence, where she has a design studio and runs two boutique hotels. She has worked with luxury and international brands including Fortnum & Mason, Waitrose and Hermes.

Marketing Plans

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



Kyle Books
9781804192092
Pub Date: 8/20/2024
\$22.99/\$28.99 Can.
Paperback

144 Pages
Carton Qty: 10
Print Run: 4K
Crafts & Hobbies / Papercrafts
CRA025000

9.3 in H | 7.5 in W

The Paper Florist

Create and display stunning paper flowers

Suzi McLaughlin

Key Selling Points:

- Popular in the Victorian era, when they were used as an alternative to out-of-season real flowers, there has been a resurgence of interest in paper flowers and a renewed focus on the use of nature as a source of inspiration - #paperflowers has 1.2 million posts on Instagram.
- Making flowers out of paper has seen a 60% increase in google searches over the last year.
- Allows you to make something precious from a very inexpensive and readily available material.
- Sales of art supplies now make up \$1.14 billion in the US, according to market research firm The NPD Group. The majority of crafters started during the recession and, as the economy has recovered, have continued with their projects.
- Paper crafting, with its calming qualities, helps promote emotional wellbeing and presents a practical challenge for those seeking a break from technology.

Summary

Tutorials and inspiration for making beautiful blooms of paper flowers, from bluebells and hellebores to roses and cherry blossom, as well as projects to use your stunning creations - beautiful centerpieces, cake decoration, hair accessories, unique gift wrapping and more.

Paper flowers are not only beautiful, but also incredibly versatile. They can be used to create everything from simple home decorations and gorgeous gifts to unique centerpieces and decorative one-off bouquets, all made from the most basic and inexpensive materials. Suzi McLaughlin's step-by-step tutorials cover a beautiful array of flowers including bluebells, peonies, poppies, cherry blossom and more, and will teach everything you need to know. Make delicate lifelike flowers, or let your imagination run wild and use Suzi's techniques to create playful hybrids. Adorn your home with color and style with just a few simple steps.

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

Contributor Bio

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

Marketing Plans

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



Ilex Press
9781781579541
Pub Date: 8/6/2024
\$19.99/\$24.99 Can.
Paperback

128 Pages
Carton Qty: 10
Print Run: 4K
Crafts & Hobbies / Papercrafts
CRA025000

10 in H | 8 in W

Papercraft

Unique Projects in Paper to Cut, Fold, and Create

Hattie Newman

Key Selling Points:

- Hattie is one of the leading practitioners in the world and is a professional, making paper displays, landscapes, animations and ad campaigns for big clients.
- This book gives you Hattie's key techniques along with fresh, inspirational projects that are a million miles away from old fashioned, tired paper-craft and origami titles.
- Addresses the current and growing trend for papercraft and paper making.

Summary

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

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

Discover paper's true potential with this book full of exciting projects that enable you to discover new paper arts, such as pop ups, papercuts and 3-D shapes. Learn how paper can be used to communicate ideas, how it can be photographed and lit to great effect and even how it can be animated. Develop skills in construction, tessellation, model making and scene creating, while also working with scale and moving parts. Paper has never been more fun and more intriguing.

Projects include: animal masks, ice creams, shadow puppets, tropical island, Ferris wheel, 3-D pig, car, lantern, geometric mobile, paper food, pop-up greetings card, paper theatre, giant pencil, and many more.

Contributor Bio

Hattie Newman has earned an international reputation for her inimitable creations in the field of set design and papercraft. Found in advertisements, animations, physical spaces and books, her colorful work is loved by children, publishers and photographers alike. Hattie has directed a number of playful short films and animations, in which her wonderful paper sculptures magically come to life - most recently in a Christmas TV Commercial for the fashion brand, Lacoste.

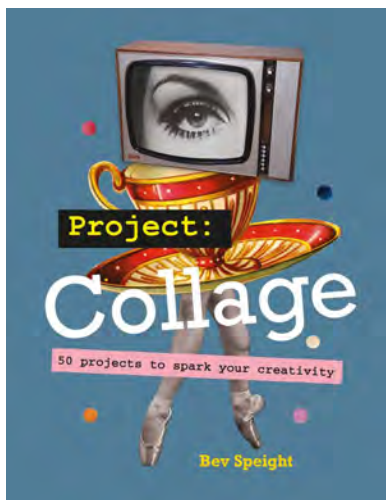
Although based at her London studio, projects regularly call Hattie away to work in New York, Paris, Valencia, Milan and other places far from her original home of Devon, England. Her clients include Lacoste, TFL, NSPCC, The Guardian, Honda, Canon and John Lewis.

As well as practicing commercially, Hattie is also active in design education, giving frequent talks and workshops to adults, students and children. Recent guest lectures include Brief Design Festival in Madrid, Papier Hier in Amsterdam and Beyonderground Festival in Belgium. In the UK, Hattie is a guest lecturer at the University of the West of England, where she gained her first class degree in Illustration in 2008.

Exhibitions showcasing Hattie's work incl...

Marketing Plans

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



Ilex Press
 9781781579534
 Pub Date: 7/2/2024
 \$22.99/\$28.99 Can.
 Paperback

144 Pages
 Carton Qty: 10
 Print Run: 4K
 Crafts & Hobbies / Papercrafts
 CRA025000

9.7 in H | 7.5 in W | 1 lb Wt

Project Collage

50 projects to spark your creativity

Bev Speight

Key Selling Points:

- First step-by-step collage title to be published
- 50 eye-catching projects to spark your creativity, organized thematically
- Collage is accessible to all: essential materials and tools can be found around the house, no specialist equipment required
- First book in a series of 'Project' titles, co-published with international brand Tate
- Tate is a family of four internationally renowned galleries that house art from 1500 to the present day. Their museums are among the world's most-visited attractions. Tate's mission is to increase everyone's enjoyment and understanding of art. Recent blockbuster shows include *David Hockney*, *Henri Matisse: The Cutouts*, and *Alexander Calder: Performing Sculpture*.

Summary

Project: Collage is packed with great ideas for creating eye-catching collages, with 50 step-by-step projects to inspire you.

Cut it, stick it, twist it!

Collage is the art of reinvention, a magical and tactile process that invites you to collect, combine and transform existing imagery and ephemera, both old and new, into entirely original compositions. Tactile, versatile and accessible, collage encapsulates the magic of experimentation. Collage can elevate trash into treasure, reinterpreting the familiar and mundane. Requiring no specialist equipment - only everyday materials - it is an art form for everyone and every budget.

The 50 contemporary collage projects within this book will both inform and inspire you to experiment with a range of materials, techniques and themes. Each chapter centers around a different subject, and the projects within develop on this theme and offer a variety of fresh approaches to it. Simple step-by-step directions demonstrate the creative process behind an example artwork. With a great mix of collage styles to choose from, you can start at the beginning and work your way through the book, or dip in and out of the projects as you wish.

From striking ar...

Contributor Bio

Bev Speight is an artist, illustrator, designer and educator who teaches at Middlesex University. She was previously creative director for a major book publisher and, amongst many other clients, has worked extensively on high profile campaigns for the BBC .

Marketing Plans

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



The Mindful Magic of Flower Drawing

A mindful, step-by-step guide to drawing & doodling flowers

Chloe Wilson

Key Selling Points:

- Chloe has an engaged and growing fanbase of 86,000 Instagram followers.
- Floral drawing is a popular trend, with 157k post under the #floraldrawing hashtag on Instagram.

Summary

The ultimate, accessible guide to drawing and doodling flowers and botanicals.

Mindful, achievable and satisfying, this book gives readers a unique way to interact with the natural world around them, whether that's drawing cut flowers in a vase or wild flowers in their front garden.

Start at the beginning of the book and get a back-to-basics guide to line drawing, then move on to accessible step-by-step tutorials for stunning projects such as bouquets, patterns, wreaths and other floral motifs. Artist and educator Chloe Wilson breaks down each flower into easy repeatable elements, and gives plenty of tips on overcoming the fear of the blank page. She also provides plenty of tips on choosing the right materials, finding inspiration and developing your own style, along with ideas for using your drawings to create personalized stationery and artwork to go on your walls, so you can immediately enjoy the benefits of your new hobby in your home.

Includes 25 accessible step-by-step exercises in floral drawing, plus extra tips and ideas for making the most of your art.

Contributor Bio

Chloe Wilson is an artist based in Nottinghamshire, UK. She taught herself to draw flowers as a way to unplug and relax whilst recovering from major surgery and through pandemic lockdowns. She shares her work with her engaged following of 86,000 via her Instagram page @magicofflorals and teaches educational content online to help others discover the calming magic of putting pen to paper.

Marketing Plans

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

Ilex Press
9781781579206
Pub Date: 6/25/2024
\$19.99/\$24.99 Can.
Paperback

144 Pages
Carton Qty: 10
Print Run: 5K
Art / Techniques
ART010000
9.7 in H | 7.4 in W

Related Products

Ebooks

9781781579213 -
Ebook



Pyramid
9780753735534
Pub Date: 8/20/2024
\$14.99/\$18.99 Can.
Cards

64 Pages
Carton Qty: 10
Print Run: 6K
Games & Activities / Card Games
GAM002000
5.5 in H | 4 in W

Who Am I? Movies

Guess the Greatest Actors From the Big Screen

Pyramid

Key Selling Points:

- This is a great birthday or Christmas gift as it can be played during most group situations - dinner parties, game nights, holiday/travel, family gatherings etc
- Each subject is in line with pop-culture subjects, which is a highly popular genre with the rise of the digital age.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- This is a pretty package that will be a fantastic gift or self-purchase, highly inclusive and is an enjoyable and easy game to play.

Summary

A hilarious and informative charade game about the movies.

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

Who Am I? is a fun way to get the party started and share hilarious yet informative moments with this charades game, that needs only 2 players and 60 seconds to get everyone animated.

Simply grab a card with the name facing your opponent, whilst the other player(s) holds onto the booklet of information on all the profiles in the game. You then begin to guess who you are by asking questions - to which the other players can only answer yes or no to.

This flexible card game can be played with just 2 players and is great for adding fun to any event, from couples' night to that big party with friends and family - it can even be played remotely via video call.

The set include 50 game cards, with a booklet containing all the profile information, with instructions as well.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising



Pyramid
9780753735541
Pub Date: 8/20/2024
\$14.99/\$18.99 Can.
Cards

64 Pages
Carton Qty: 10
Print Run: 6K
Games & Activities / Card Games
GAM002000
5.5 in H | 4 in W

Who Am I? Pop

Guess the Greatest Musicians From the Pop Hall of Fame

Pyramid

Key Selling Points:

- This is a great birthday or Christmas gift as it can be played during most group situations - dinner parties, game nights, holiday/travel, family gatherings etc
- Each subject is in line with pop-culture subjects, which is a highly popular genre with the rise of the digital age.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- This is a pretty package that will be a fantastic gift or self-purchase, highly inclusive and is an enjoyable and easy game to play.

Summary

A hilarious and informative pop-music charade game.

Do you know your popstars from your rockstars?

Who am I? is a fun way to get the party started and share hilarious yet informative moments with this charades game, that needs only 2 players and 60 seconds to get everyone animated.

Simply grab a card with the name facing your opponent, whilst the other player(s) holds onto the booklet of information on all the profiles in the game. You then begin to guess who you are by asking questions - to which the other players can only answer yes or no to.

This flexible card game can be played with just 2 players and is great for adding fun to any event, from couples' night to that big party with friends and family - it can even be played remotely via video call.

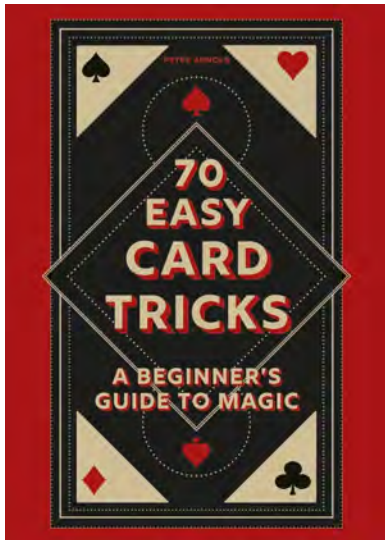
The set include 50 game cards, with a booklet containing all the profile information, with instructions as well.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising



70 Easy Card Tricks

A beginner's guide to magic

Peter Arnold

Key Selling Points:

- Previous editions have sold over 14,000 combined copies worldwide.
- Excellent value package, with 70 tricks in total.
- Tricks are simple but impressive, and clear explanations make them accessible to all budding magicians.

Summary

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

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

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

Contributor Bio

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

Marketing Plans

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

Cassell
9780600638346
Pub Date: 8/6/2024
\$14.99/\$18.99 Can.
Hardcover

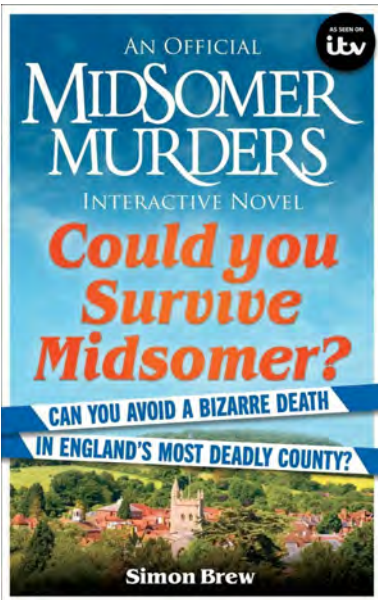
176 Pages
Carton Qty: 10
Print Run: 4K
Games & Activities / Magic
GAM006000

8.5 in H | 6 in W

Related Products

Ebooks

9781788405560 -
Ebook



Could You Survive Midsomer?

Can you avoid a bizarre death in England's most dangerous county?

Simon Brew

Key Selling Points:

- Household name: Over 21 years, residents of this quintessentially English county have hosted a series of homicides, which have been at the centre of over 122 episodes. *Midsomer Murders* is a TV national treasure
- International fanbase: *Midsomer Murders* has sold in over 220 territories and the show airs on AMC Networks' British programming-focused streamer Acorn TV
- Puzzle popularity: *Could You Survive Midsomer?* sees the return of the engaging pick-your-own adventure format to challenge the reader to solve a crime or succumb to the county's suspiciously high death rate
- Over the years, *Midsomer* has been on some of the biggest SVOD services including Netflix, Amazon Prime, Britbox, and now Acorn TV, as well as continuing to air on 'traditional' television on local PBS stations. It's also big in Free AVOD – it has its own channel on Pluto TV, as well as being on Tubi (owned by Fox), Roku Channel, Crackle in the US. All3 is launching a *Midsomer Murders* channel on Roku devices from mid November 2021
- 30 different endings

Summary

An official Midsomer Murders Interactive novel

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit, choose your own path and decide which way the story goes.

Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer? Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

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

Contributor Bio

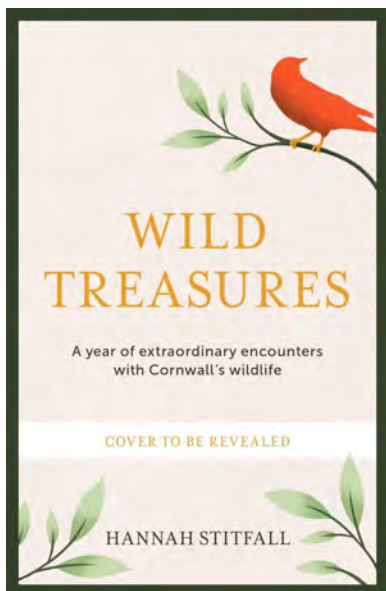
Simon Brew is the former editor and founder of Den of Geek - the popular culture news and reviews website. He is the author of three books including *Movie Geek*, *TV Geek* and *The Secret Life of the Movies*. Simon is also the founder of the magazine and podcast *Film Stories*. He lives in Birmingham, UK... not far from where *Midsomer* is filmed.

Marketing Plans

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

Cassell
9781788404952
Pub Date: 6/18/2024
\$12.99/\$16.50 Can.
Paperback

304 Pages
Carton Qty: 16
Print Run: 10K
Performing Arts / Television
PER010090
7.8 in H | 5 in W



Gaia
9781856755221
Pub Date: 7/23/2024
\$22.99/\$28.99 Can.
Hardcover

256 Pages
Carton Qty: 14
Print Run: 3K
Nature / Animals
NATO37000
9.3 in H | 5.3 in W

Wild Treasures

A Year of Extraordinary Encounters with Cornwall's Wildlife

Hannah Stitfall

Key Selling Points:

- *Wild Treasures* is a beautiful, giftable book exploring the extraordinary lives and wonders of animals
- Hannah has over 445k followers across her own Instagram, Twitter, TikTok and Facebook pages, where she shares unique stories about her encounters with wildlife. When *Wild Treasures* was acquired, Hannah initially had 85k Instagram followers: since then, her Instagram following has grown by 108% and boasts an impressive engagement rate of 15.5%
- The book's connection to Cornwall forges a strong sense of place, and regionally-focused nature books have excellent sales, including *Adventures of the Yorkshire Shepherdess*
- Highly giftable and perfect for wildlife enthusiasts, *Wild Treasures* showcases Hannah's stunning nature photography in a colour plate section, and features black and white illustrations of animals throughout

Summary

A nature diary from zoologist and wildlife photographer Hannah Stitfall, about her close encounters with British wildlife in the Cornish countryside

Get up close to Cornwall's wildlife with this magical guide to the year

Hannah Stitfall is a wildlife photographer and zoologist, who regularly gets up in the early hours of the morning to try and catch sight of some of Cornwall's best hidden wildlife. She will spend hours on end waiting for a creature to appear among a hedgerow, scurrying across Cornwall's open fields, or taking flight across its towering cliffs and sandy beaches. In these brief, magical moments, Hannah is able to see and capture animal behavior that the general public rarely get to witness.

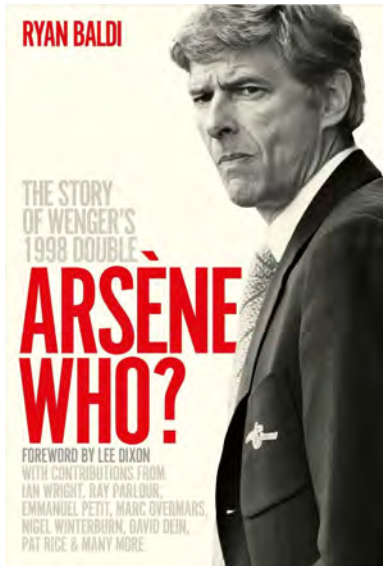
In this book, Hannah shares her incredible stories, beautiful photographs, and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing in the grass in the spring, watching an otter cub hunt in the wetlands in winter, to witnessing the unique bioluminescence of a glow-worm in the summer, *Wild Treasures* is a remarkable diary, informative guide and joyous celebration of Cornwall's wonderful creatures.

Contributor Bio

Hannah Stitfall is a zoologist and wildlife producer, presenter and photographer. She's presented on *The One Show*, BBC Earth and Radio 4, and she's a regular digital presenter on the *Winterwatch* and *Springwatch* social channels. Hannah also leads her own seasonal wildlife watching safaris in Cornwall which routinely sell out.

<https://www.hannahstitfall.com/>
[instagram.com/hannahstitfall](https://www.instagram.com/hannahstitfall)
<https://twitter.com/hannahstitfall>
<https://www.facebook.com/hannahstitfallwildlife/>
<https://www.tiktok.com/@hannahstitfall>

Marketing Plans



Arsène Who?

The Story of Wenger's 1998 Double

Ryan Baldi

Key Selling Points:

- *Arsène Wenger: The Biography* (published 2008) sold over 106k copies.
- *Arsene Wenger: The Inside Story of Arsenal Under Wenger* (published 2015) sold over 9k copies.
- Arsenal F.C. has a fanbase of over 100 million supporters worldwide.

Summary

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

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

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

It is a portrait of a collection of troubled and ageing stars who bonded with foreign newcomers to achieve immortality. It is a snapshot of a shifting cultural and sporting landscape epitomised by the Gunners' rise. And it is the tale of an unheralded mas...

Contributor Bio

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

Marketing Plans

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

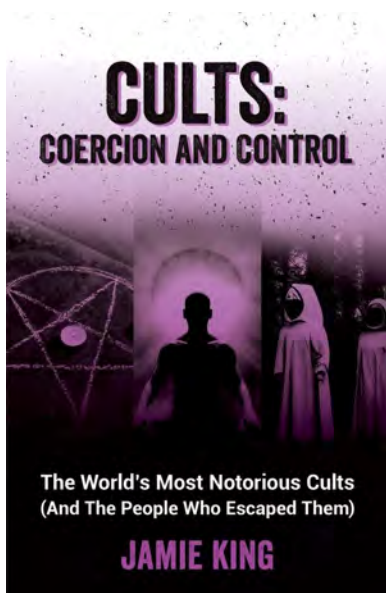
Cassell
9781788404549
Pub Date: 5/7/2024
\$24.99/\$31.99 Can.
Hardcover

304 Pages
Carton Qty: 14
Print Run: 4K
Sports & Recreation / Football
SPO015000
0.7 lb Wt

Related Products

Ebooks

9781788404570 -
Ebook



Summersdale
9781837992805
Pub Date: 8/6/2024
\$13.99/\$15.99 Can.
Paperback

320 Pages
Carton Qty: 16
Print Run: 5K
Religion / Cults
REL020000

8 in H | 5 in W

Cults: Coercion and Control

The World's Most Notorious Cults (And the People Who Escaped Them)

Jamie King

Key Selling Points:

- The popularity of the true crime genre continues to grow, with numerous books, podcasts, documentaries, films and TV series dedicated to these stories. Consumers present a particular fascination for cults, cult leaders and cult crimes.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 1,900 copies.

Summary

Delve into the dark world of cults this gripping true crime compendium, that exposes the chilling realities of notorious cults, exploring their origins, beliefs, and the unimaginable horrors they inflict.

Belief system or brainwashing? Captivated or captive? Community or cult? Uncover stories of the world's most infamous cults in this true crime compendium...

Building spacecrafts to transport humans to a new plane of existence, kidnapping children to create a master race that would survive the apocalypse, murdering innocent people to secure a place in the afterlife... these only scratch the surface of the strange, sinister and shocking world of cults.

Throughout history, cult groups have formed across the globe, promising followers freedom, family and fortune. In reality, religious, destructive and doomsday cults capture, coerce and control people. From mass murders to child marriages, polygamy to life insurance policies, blackmail to sex bait, discover the cruelty and curiosities of cults in this illuminating anthology.

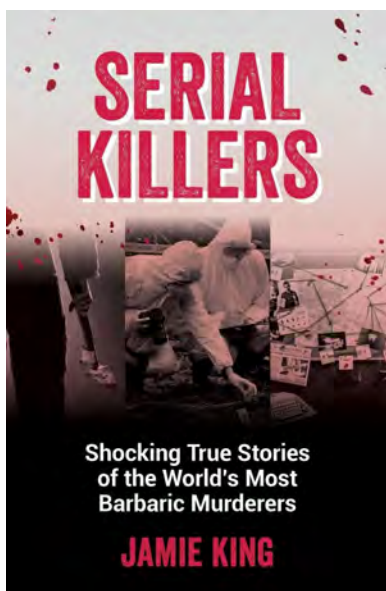
Filled with stories of the world's most notorious cults, this book details their origins, beliefs, leaders, followers and victims, and uncovers the unthinkable horr...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837991228
Pub Date: 6/4/2024
\$13.99/\$15.99 Can.
Paperback

304 Pages
Carton Qty: 16
Print Run: 4K
True Crime / Murder
TRU002010
7.8 in H | 5.1 in W

Serial Killers

Shocking True Stories of the World's Most Barbaric Murderers

Jamie King

Key Selling Points:

- The appetite for true crime has increased exponentially over the last few years, with numerous podcasts, TV channels and series with record-breaking viewing figures now dedicated to the genre - with a particular fascination for serial killers.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 1,900 copies.
- Other similar Summersdale titles include *True Crime Stories* (ISBN: 9781837990078).

Summary

Explore the chilling world of serial killers in this gripping true crime compendium. Uncover the shocking stories and delve into the twisted minds behind some of history's most infamous murderers.

A gripping compendium of some of the world's most infamous and shocking mass murderers, such as John Wayne Gacy, the Boston Strangler, David Berkowitz and Ed Gein, as well as some lesser-known figures

Who was the Zodiac Killer?

What drove Jeffrey Dahmer to dismember his 17 victims?

How many women really fell prey to Ted Bundy?

Maybe it's because our animal instincts draw us to dangerous situations; maybe it's because reading about predators allows us to learn about their behaviors in a safe setting. Whatever the reason, serial killers and their crimes have fascinated us for centuries.

This true crime compendium not only relates the disturbing events that transpired but also delves into the psychology of the perpetrators. The stories within are shocking and often difficult to comprehend, but with this deep dive into the world of the macabre, readers may gain a greater understanding of the motivations and thought processes of these murderers. This book is a must-read for anyone interested in...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837992720
Pub Date: 5/7/2024
\$9.99/\$10.99 Can.
Hardcover

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

5.4 in H | 4 in W

Best Dad Ever

The Perfect Thank You Gift for Your Incredible Dad

Summersdale Publishers

Key Selling Points:

- Whether it's for Christmas, for Father's Day, for his birthday or just because, this little book is the perfect small gift for your dad to show him how much he's appreciated.
- A similar Summersdale title, *Dad in a Million* (ISBN: 9781786857637), has sold over 7,900 copies.
- Other Summersdale titles include:
- *For the Best Dad Ever* (ISBN: 9781800078376)
- *Dad Jokes* (ISBN: 9781786852281)
- *The Dad Annual* (ISBN: 9781787832985)

Summary

Celebrate your one-of-a-kind dad with *Best Dad Ever*. This heartfelt collection of quotes and wisdom is the perfect gift to express gratitude and cherish the joys of fatherhood.

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

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

These pages offer a curated collection of wise and witty words from actors, leaders, writers and musicians about the joys and quirks of fatherhood. Whether you want your message to be kind, moving or just plain funny, you can pay tribute to your dad with this perfect keepsake.

This book is for the dads who:

- can mend anything, even broken hearts
- tell the most groan-worthy gags
- will always love you, no matter what

There is nobody quite like your dad. Let him know how much you care with a meaningful gift celebrating everything that makes him the best ever..

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

OFFICIALLY RETIRED



QUOTES AND
QUIPS TO CELEBRATE
YOUR FREEDOM

Summersdale
9781837992126
Pub Date: 5/7/2024
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 6K
Humor / Form
HUM015000

4 in H | 5.4 in W | 0.4 lb Wt

Officially Retired

Hilarious Quips and Quotes for the Newly Retired

Ted Heybridge

Key Selling Points:

- This book will appeal to those who enjoyed *Retirement for Beginners* (ISBN: 9781849537513), which has sold more than 3,300 copies.
- With hilarious quotes and quips, this makes the perfect gift for new retirees or anyone thinking about retiring.
- Similar Summersdale titles include *The Little Book of Retirement* (ISBN: 9781849538510) and *The Retirement Handbook* (ISBN: 9781787836983).

Summary

Cheers to retirement! Embrace the joy and laughter of your newfound freedom with *Officially Retired*. This hilarious collection of quotes and quips is the perfect companion for anyone navigating the adventures of post-nine-to-five life.

Celebrate surviving the nine to five with this hilarious collection of quotes, quips and statements

Congratulations, you've retired! It's time to celebrate your freedom. Whether you have grand plans to travel the world or want to move into the slow lane, you can now enjoy trading in the work grind for doing whatever you want to do.

Make the most of all your new free time with *Officially Retired*, a funny book of quotes, quips and statements on the joys and tribulations of retirement. In this delightful little book, you will find witty observations on all aspects of retirement, including:

- Embracing sleeping in and banishing the alarm clock
- The challenges of keeping up with technology
- The fleeing hair follicles
- Being the only person happy on a Monday

Perfect for anyone who wants to find humor in their golden years, or as a gift for someone about to escape the rat race, this little book is here to provide laughter and fun during your seven-day wee...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837993567
Pub Date: 8/6/2024
\$10.99/\$13.99 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 6K
Psychology / Developmental
PSY043000
5.5 in H | 4 in W

You're Not Old, You're Vintage

Joyful Quotes for the Young At Heart

Summersdale Publishers

Key Selling Points:

- This joyful collection of quotes about our latter years celebrates the lighter side of ageing and would make the perfect retirement or milestone birthday gift.
- A refreshed edition of *You're Not Old, You're Vintage* (ISBN: 9781849535335), which has sold over 4,000 copies.
- The 2021 American Community Survey estimated that over 55 million Americans were aged over 65.
- Similar Summersdale titles include *The Little Instruction Book for Retirement* (ISBN: 9781787835726); *The Retirement Handbook* (ISBN: 9781787836983); *Officially Retired* (ISBN: 9781837992126).

Summary

This spirited collection of quotes and musings celebrates the joy and wisdom that come with our later years. Laugh, embrace, and love the ride of life!

Just like a valuable antique, your smooth finish may have become a little lined and your legs may creak from time to time. But don't worry: even if you no longer have all your original parts and nobody can find your instruction manual, it's great to be vintage!

Whether you're a silver surfer or a golden oldie, you've still got what it takes (it just takes a little longer than it used to). Yes, there's the memory loss, wrinkles and the receding hairline but you're worldly-wise and have a lifetime of anecdotes to show for it all. And besides, we'll all be old-timers one day - but today it's your turn!

Full of senior sagacity and elderly erudition, this spirited and joyful collection of quotes and musings about our latter years celebrates the lighter side of ageing. Encouraging you to laugh, embrace and love the ride, this book will show you that it really is the life in your years that counts.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

You Are So Awesome

Uplifting Quotes and Affirmations to Celebrate How Amazing You Are

Summersdale Publishers

YOU
ARE SO
AWESOME

Key Selling Points:

- The latest addition to a stylish series of colorful pick-me-up gift books.
- A previous title in the series, *You Are Amazing* (ISBN: 9781786859808), has sold over 7,900 copies.
- Similar Summersdale titles include: *You're The Best* (ISBN: 9781800077027); *Think Positive, Stay Positive* (ISBN: 9781800077010); *Believe and Achieve* (ISBN: 9781800073920).

Summary

Celebrate your uniqueness and embrace your awesomeness with *You Are So Awesome*. This pocket-sized book of inspirational quotes and empowering affirmations will uplift your spirits and remind you of your incredible worth.

Be proud of who you are with the help of these inspirational quotes and empowering affirmations

If you're feeling down or need some encouragement, this pocket-sized book of positive quotes and powerful affirmations will help show you how great you are. These inspiring words are here to remind you that there is no one quite like you, and your uniqueness is what makes you amazing.

Filled with sage insights from ancient philosophers and sound advice from modern superstars, *You Are So Awesome* is packed with a wealth of wise words to lift your spirits. Open this uplifting collection of quotes and statements on any page and find mood-boosting words to get you through your day, such as:

- You are worthy of a wonderful life
- Be yourself and it can't go wrong
- You have the power to change your story
- Embrace your flaws and turn them into your strengths

Feel empowered to take charge of your life with this beautiful book and celebrate how incredible and awesome you are.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Summersdale
9781837993536
Pub Date: 8/6/2024
\$10.99/\$13.99 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 5K
Reference / Quotations
REF019000
5.5 in H | 4 in W



Cat Tales

Comforting Stories of Faithful Feline Friends

Ashley Morgan

Key Selling Points:

- This book celebrates the special relationships we form with our cats and the huge impact they have on our lives.
- The US is a nation of cat lovers, with over 58 million cats kept as pets (and plenty of people who love cats but don't own one themselves).
- Similar Summersdale titles include:
- *Super Cats* (ISBN: 9781800076884)
- *My Rescue Pet Rescued Me* (ISBN: 9781787839861)

Summary

Discover the profound impact of feline companionship in *Cat Tales*. This heart-warming collection of true stories celebrates the extraordinary connections between cats and humans, reminding us of the joy, comfort, and lessons they bring to our lives.

This collection of uplifting stories shares true accounts of some extra-special cats and reminds us that even the smallest creatures can have the biggest impact on our lives

Cats are more than just pets - they are family. This heart-warming book is filled with tales of the incredible bonds we form with cats, and inspiring examples of how these furry friends have brought joy and love into so many lives.

From rescuing their owners from loneliness to being a source of comfort during tough times, the cats featured in these stories have proven that they are so much more than just cute and cuddly companions. Each tale serves as a reminder of the powerful connection we share with these fluffy animals and the lessons they teach us about healing, hope, and happiness.

Whether you're a cat owner or you simply appreciate the magic of these adorable creatures, this book is sure to warm your heart and remind you of the power of their love and companio...

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Summersdale
9781837992829
Pub Date: 7/2/2024
\$11.99/\$12.99 Can.
Paperback

208 Pages
Carton Qty: 40
Print Run: 4K
Pets / Cats
PET003000
0.7 lb Wt



Dog Tales

Uplifting Stories of True Canine Companionship

Ben Holt

Key Selling Points:

- This book celebrates the special relationships we form with our dogs and the huge impact they have on our lives.
- There are 76 million dogs kept as pets in the US alone, not to mention service dogs or working dogs who help save lives every day.
- Similar Summersdale titles include *Wonder Dogs* (ISBN: 9781800071803) and *My Rescue Pet Rescued Me* (ISBN: 9781787839861).

Summary

Experience the unconditional love and incredible stories of remarkable dogs in *Dog Tales*. This heartwarming collection celebrates the uplifting impact and unwavering bond between dogs and humans, leaving you inspired and filled with joy.

This collection of heart-warming stories shares true accounts of some extra-special pups and celebrates the many ways dogs uplift and enrich our lives every day

Dive into these pages to meet some of the most incredible dogs and puppies who have touched the lives of their owners in unforgettable ways. From loyal service dogs who have helped their owners through some of life's toughest challenges, to playful puppies who bring joy to every moment, the furry friends featured in this heart-warming collection of stories will leave you feeling uplifted and inspired.

Whether you're a dog lover or simply need a dose of positivity, the stories inside are sure to raise your spirits. Filled with tales of courage, love and loyalty, this book is here to remind you of the unbreakable bond between dogs and humans. So settle in with your furry friend and get ready to be inspired by the stories of these amazing pups!

Contributor Bio

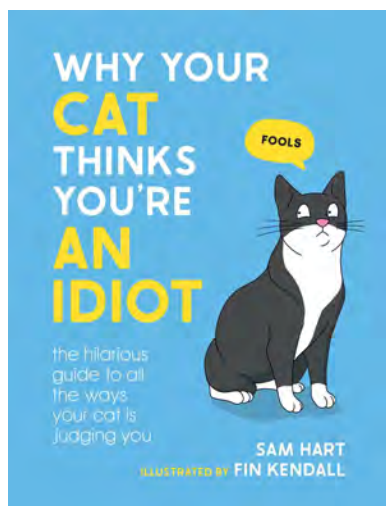
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Summersdale
9781837992843
Pub Date: 7/2/2024
\$11.99/\$12.99 Can.
Paperback

208 Pages
Carton Qty: 40
Print Run: 5K
Pets / Dogs
PET004000
0.7 lb Wt



Summersdale
9781800079304
Pub Date: 8/6/2024
\$10.99/\$11.99 Can.
Hardcover

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

6.2 in H | 4.7 in W | 0.5 in T | 0.4
lb Wt

Why Your Cat Thinks You're an Idiot

The Hilarious Guide to All the Ways Your Cat is Judging You

Sam Hart

Key Selling Points:

- A perfect gift for one of the eight million cat owners in the UK.
- Similar Summersdale titles include:
- *Cat Yoga* (ISBN: 9781787832466)
- *The Cat Owner's Survival Guide* (ISBN: 9781800074019)

Summary

Unveil the comical truth with *Why Your Cat Thinks You're an Idiot*. This hilarious gift book sheds light on the amusing reasons behind your feline's judgmental behavior and showcases their undeniable superiority.

This frank and hilarious illustrated gift book is the perfect guide to why your cat thinks you are an idiot

You dote on your fluffy feline, but it may feel like the relationship is a little one-sided at times. Whether it's the judgemental stares or the cold shoulders, sometimes your cat doesn't seem to have the same enthusiasm for you as you do for them. If you're wondering why they treat you this way, allow this book to explain; your cat thinks you're a fool!

Filled with witty original illustrations, this book offers many reasons why your pampered puss thinks you're ridiculous and why they're in charge. From following you into the bathroom to knocking things off shelves, gain insight into the mind of your moggy and allow them to explain why they act the way they do.

Perfect for any cat lovers, or long-suffering owners, this book reveals the truth: your cat just thinks you are an idiot.

Contributor Bio

Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue centre based in Buckinghamshire.

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781800079311
Pub Date: 8/6/2024
\$10.99/\$11.99 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 5K
Pets / Dogs
PET004000

6.2 in H | 4.8 in W | 0.5 in T | 0.4 lb Wt

Why Your Dog Thinks You're a Hero

The Hilarious Guide to All the Reasons Your Dog Thinks You're the Best

Sam Hart

Key Selling Points:

- A charming book of hilarious illustrations, this book is a perfect gift for dog owners everywhere.
- Similar Summersdale titles include:
- *The Dog Owner's Survival Guide* (ISBN: 9781800074002)
- *Dog Mindfulness* (ISBN: 9781787832459)

Summary

Unleash laughter and love with *Why Your Dog Thinks You're a Hero*. This witty and heartfelt gift book reveals the delightful reasons behind your dog's adoration and showcases the bond you share.

This hilarious and heartfelt gift book is the perfect guide to the many reasons why your dog thinks you are a hero

Owning a dog is to have a four-legged best friend who worships your every move. Each time you walk through the door, you become the center of their universe, and their love for you is only matched by their love of chowing down on sausages and chasing cats. As their amazing owner, you know what it takes to care for them, but allow this book to show how much it means to your furry friend.

Filled with witty original illustrations, this book explains the curious reasons behind all your dog's goofy looks and behaviors. Discover what your dog is saying through their barks and tail wags, and why they think you're the best.

Whether you're leaving enough room for them on the sofa, taking them for walkies or always bringing them treats, you really are the hero in their big puppy-dog eyes.

Contributor Bio

Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue centre based in Buckinghamshire.

Marketing Plans

- National media outreach
- Trade and Library Advertising

The Little Book of Flirting

Tips and Tricks to Help You Master the Art of Love and Seduction

Sadie Cayman

Key Selling Points:

- Newly updated version of *The Little Book of Flirting* (ISBN: 9781849539067)
- The increase in dating apps has brought a new lease of life to the world of flirting and dating.
- Offers inclusive dating advice to all, regardless of gender and sexual orientation.
- A playful gift for singletons who are looking for love, as well as couples who want keep that flirting flame alive.
- Other similar Summersdale titles include *The Little Book of Love* (ISBN: 9781800075184).

Summary

Unleash your inner flirt with *The Little Book of Flirting*. Packed with essential advice and playful inspiration, this pocket guide will boost your confidence and help you charm your way into exciting connections and memorable dates.

Packed with essential advice for everyone from flirting first-timers to anyone looking for some fresh dating inspiration

Whether you choose to treat your flirting talents as a delicate science or simply as a fun way to meet new people, this pocket guide will set you well on your way to charming the socks off anyone you set your sights on.

From chat-up lines and online-dating nopes to first-date ideas and etiquette, these pages will arm you with all the flirting know-how you could ever need, including:

- Tips and tricks to boost your self-confidence before a first date
- How to make a good first impression
- Where to meet like-minded people and how to get noticed
- Non-verbal ways to say "I fancy the pants off you!"
- Charming conversation openers

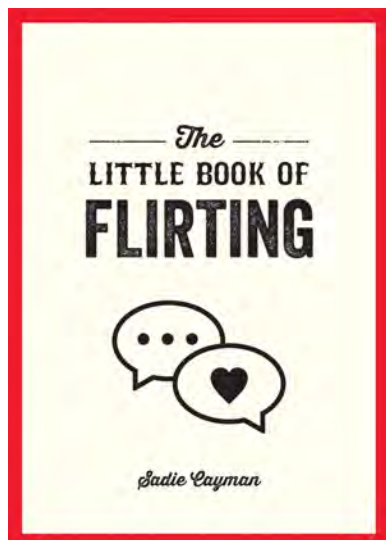
Delving into the exhilarating world of hook-ups, internet dating and real-life dates, this book is the perfect companion on your journey to becoming a world-class flirt.

Contributor Bio

Sadie Cayman is a freelance writer and pilates teacher living in County Durham. She believes in seizing the day, and is partial to a good mojito.

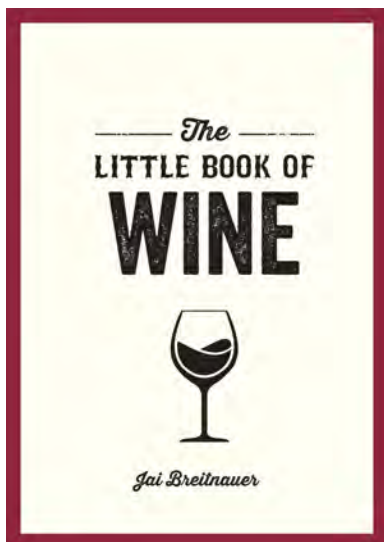
Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781837990801
Pub Date: 6/4/2024
\$9.99/\$10.99 Can.
Paperback

96 Pages
Carton Qty: 10
Print Run: 5K
Family & Relationships / Love &
Romance
FAM029000
5.8 in H | 4.1 in W



Summersdale
9781800079984
Pub Date: 8/6/2024
\$9.99/\$10.99 Can.
Paperback

128 Pages
Carton Qty: 10
Print Run: 5K
Cooking / Beverages
CKB126000
6 in H | 4 in W

The Little Book of Wine

A Pocket Guide to the Wonderful World of Wine Tasting, History, Culture, Trivia and More

Jai Breitnauer

Key Selling Points:

- This friendly and accessible little gift book is perfect for newcomers and experts alike - with fascinating facts on how wine is produced, flavor profiles and top tips for tasting and pairing your drinks.
- In 2021 in the US the total wine consumption amounted to 1.1 billion gallons.

Summary

Raise your glass to the captivating world of wine with *The Little Book of Wine*. Unveiling its secrets, history, and trivia, this pocket guide is a delightful gift for wine enthusiasts of all levels.

Whether you're a qualified quaffer or an aspiring aficionado, raise a glass to the wonders of wine with this vintage blend of culture, history and trivia

Pinot, Chardonnay, Merlot, Riesling... There are so many delicious varieties of wine to delight both the nose and palate - and no other beverage has ever created such excitement and emotion over its vast history. It's also a subject whose complexities can be baffling and mysterious to the uninitiated. Luckily, this small but full-bodied pocket guide is here to unveil all the secrets of this most marvellous drink.

Packed with a wealth of information on the world of wine, this miscellany is the perfect gift for any wine fan, from the seasoned expert to the casual drinker. Whether you favor red or white, dry or sweet, sparkling or still, indulge your inner sommelier and celebrate the gift of the grape with *The Little Book of Wine*.

Contributor Bio

Jai Breitnauer is a writer originally from London. She has a WSET level 2 and previously worked in the wine and spirits industry in New Zealand. As well as working a regular wine columnist for *MindFood* magazine, and digital editor of NZ drinks title *TOAST*, Jai has also contributed to a distillery guide. She currently lives in Bristol, UK, with Noah, her architect husband, two teenagers, and Jimbo the rescue dog. When not drinking wine, Jai loves a cup of coffee enjoyed with a good book.

Marketing Plans

- National media outreach
- Trade and Library Advertising



You are My Sun and My Moon and All My Stars

A book to celebrate, uplift and empower women

Isha Tempest

Key Selling Points:

- The themes and concepts covered in this title will resonate with a very wide audience, and women of all ages will be able to relate to it.
- This is a great gifty book, for women to buy each other, to be gifted with as a little 'pick me up'. Books focused on empowering women is an everlasting trend, from memoirs to practical guides. This book is somewhat inclusive with practical tips that can be used by the 'every-day' woman.
- Sits well with the growing trend of retelling audiences what a modern woman looks like.
- Alison Davies is an experienced self-care author who has written for various commercial magazines and several lifestyle and gifting books.

Summary

For the mighty mothers and the daring daughters, the sassy sisters and the feisty friends. For every woman, in every nation.

You are My Sun and My Moon and All My Stars is dedicated to celebrating the power of being a woman, giving tips, suggestions, meditations, and guided narratives that will uplift and inspire women, no matter what their situation may be. There is no doubt that sisterhood is so important right now, and with this book, we can embrace our feminine power and begin to feel fabulous.

With beautiful poems and excerpts, comforting words, and soothing visualisations, this book is sure to resonate with all women everywhere.

Contributor Bio

Isha is a London based author with a love for inspiring creativity and making the magic of mindfulness accessible to all. She is a writer and mindfulness practitioner, who uses her know-how to help individuals flourish by finding happiness and prioritising their wellbeing. Isha is a wife, and mother to her dinosaur-obsessed little girl, Kitty. This is her first book and she hopes to write many more.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Godsfield
9781841815701
Pub Date: 5/7/2024
\$9.99/\$12.50 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 5K
Body, Mind & Spirit / Inspiration &
Personal Growth
OCC019000
6 in H | 4.3 in W

Related Products

Ebooks
9781841815732 -
Ebook



Godsfield
9781841815695
Pub Date: 7/2/2024
\$9.99/\$12.50 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 5K
Self-Help / Affirmations
SEL004000
5.8 in H | 4.3 in W

Related Products

Ebooks

9781841815749 -
Ebook

Be Glorious, Be You

How to build compassion and be kinder to yourself

Alison Davies

Key Selling Points:

- *Be Glorious, Be You* is a continuation in the same style as *Power Up* and *Find Your Focus*, full of practical tips and exercises, and popular wellness and self-care techniques.
- Alison Davies is an experienced self-care author who has written for various commercial magazines and several lifestyle and gifting books.
- This is a great gifty book, in a similar vein to *The Little Book of Happiness*, these books are uniquely popular in a post-Covid world where people are trying to get back on their feet, in a crisis where everything currently feels overwhelming.
- With the rise of the digital age it's easy to get lost in what other people are doing, and an increasingly well-liked trend at the moment - particularly with Gen Z - is finding ways to be kinder to yourself.

Summary

An essential guide to building empathy for others and reminding yourself that you are also worthy of it as well.

This practical book is all about boosting the feel-good factor and sharing the love. It doesn't matter who you are, or where you are in your life right now, there is no-one quite like you and that is worth celebrating! This little book shows you how to shine your light by building empathy for others, developing a deep well of compassion and being kind, to yourself and those you meet.

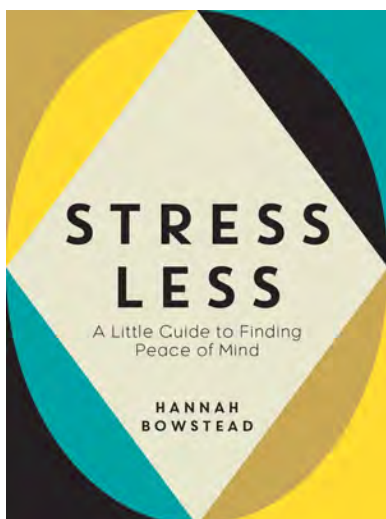
Be Glorious, Be You offers tips, techniques and exercises based on mindfulness, meditation and self-care that will boost your esteem, so that you feel truly nourished and cared for. Consider it your essential guide to thinking and feeling fabulous.

Contributor Bio

Alison Davies is an author, storyteller and freelance writer from Nottingham. She has penned over 40 books, including the popular 'Be More...' series for Quadrille. Alison is a professional storyteller and delivers sessions at universities on how stories can be used as tools for teaching and learning. Her most important and demanding role by far though, is being human of choice to her three furry felines, Ziggy, Diego and Honey.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising



Summersdale
9781837990818
Pub Date: 8/6/2024
\$10.99/\$11.99 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 4K
Self-Help / Self-Management
SEL024000

5.3 in H | 4 in W | 0.7 in T | 0.4 lb
Wt

Stress Less

A Little Guide to Finding Peace of Mind

Hannah Bowstead

Key Selling Points:

- This stunning book of affirmations and tips offers a creative and convenient way to practice self-care.
- A lovely gift for a friend or loved one to help alleviate their daily stresses.
- Similar Summersdale titles include:
 - *365 Days of Mindful Meditations* (ISBN: 9781800071018)
 - *Positivity for Every Day* (ISBN: 9781787836518)

Summary

Experience peace amidst the chaos with *Stress Less*. This beautiful book offers practical tips, soothing affirmations, and calming techniques to regain control and find serenity in your daily life.

With practical tips and soothing affirmations, enjoy a sense of peace wherever the day takes you with the calming influence of this beautiful book

As our lives become increasingly busy, it may feel like stress is controlling you, rather than the other way around. *Stress Less* will help you to take back control and tackle your worries head-on by introducing lasting and positive changes in the form of simple calming techniques and handy tips to ease your everyday stresses.

Guiding you to create a trouble-free mindset, inside this book you will find:

- How to practice mindfulness to ground yourself
- Ways to introduce self-care and regular "me" time
- Fun ways to spend time in nature in order to experience its calming influence
- Actionable tips to wind down before bed to ensure a good, restful night's sleep

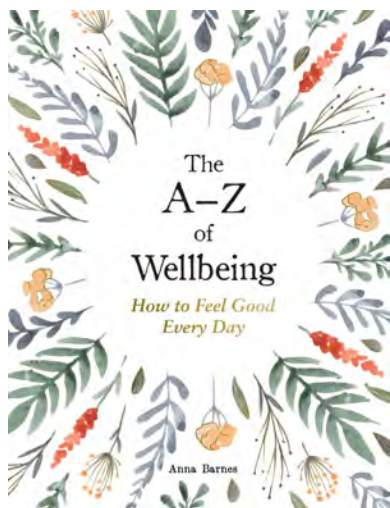
Stress Less also includes powerful affirmations and mantras that can motivate and inspire you. Pause to find calm in the everyday with this handy guide.

Contributor Bio

Hannah Bowstead works in publishing and enjoys writing about culture, crafting and navigating the pitfalls of modern life. She grew up in Essex but now lives in Surbiton with her boyfriend. She fills her spare time singing, reading and sewing her own (often totally impractical) clothes.

Marketing Plans

- National media outreach
- Trade and Library Advertising



Summersdale
9781800077058
Pub Date: 7/2/2024
\$11.99/\$12.99 Can.
Hardcover

128 Pages
Carton Qty: 10
Print Run: 5K
Reference / Personal & Practical
Guides
REF015000

6.2 in H | 4.7 in W | 0.6 in T | 0.5
lb Wt

The A-Z of Wellbeing

How to Feel Good Every Day

Anna Barnes

Key Selling Points:

- Understanding how to improve our physical and mental well-being continues to be a vital topic in the self-help space. Includes beautiful watercolor illustrations throughout.
- Similar Summersdale titles include: *The Secret to Happiness* (ISBN: 9781787839847).

Summary

Discover the keys to living a happier life in *The A-Z of Wellbeing*. From attitude to balance and connection, this charming guide offers simple tips, affirmations, and activities to nourish your mind, body, and spirit.

Dive into this beautiful ABC of tips to discover the art of living well every day

A is for attitude.

B is for balance.

C is for connection.

The things that add up to a happier life don't have to be complicated. Whether you choose to dance and sing, give yoga a go or tap into the power of quietude and kindness, this charming A-Z guide will help you find your perfect path towards a greater sense of well-being.

Within these pages, you will find:

- An A-Z of simple tips to help you boost your well-being
- A raft of calming affirmations and wise words to inspire you
- Activity ideas and fill-in sections to start you on your journey
- Inspiration for bringing more happiness into every day

With ideas to nourish your mind, body and spirit, let this little book help you work your way to a wonderful sense of well-being.

Contributor Bio

Anna Barnes has a longstanding interest in mindfulness and emotional wellbeing. She enjoys coastal walks and t'ai chi.

Marketing Plans

- National media outreach
- Trade and Library Advertising

The Little Book of Farts

Everything You Didn't Need to Know and More!

Summersdale Publishers

Key Selling Points:

- Other similar titles include: *The Little Book of Foreign Swear Words* (ISBN: 9781787837690) and *52 Things to Do While You Poo: The Fart Edition* (ISBN: 9781786859969), *52 Things to Do While You Poo: The Turd Edition* (ISBN: 9781787832688).

Summary

Prepare to laugh and learn with *The Little Book of Farts*. From historical to musical, animal to mini farts, this amusing guide celebrates the diversity of flatulence and promises hilarious moments for all toilet-humored enthusiasts.

If you thought there was only one type of fart, get ready to be blown away!

This amusing and informative little book is set to entertain farters far and wide. Featuring all things flatulence, it's the perfect gift for toilet-humored-cheese-cutters!

Human beings are made unique by a selection of special and beautiful things: our fingerprints, our irises, our voices... and our farts.

Covering the many different types of farts, farty facts (did you know, a person farts around 15 times a day?), farting etiquette, top-trumping tips and bottom-burp analysis, this book is sure to make you laugh out loud and let one rip.

Get a whiff of what this book's got going on inside:

- Historical farts, such as *The Tomb of Toot-ankhamun*
- Musical farts, such as *Trumpet Chorus*
- Travel farts, such as *Turdulance*
- Animal Farts, such as *The Whale Song*
- Mini Farts, such as *Pocket Parp*

And more!

After reading this pocket-(parp)-sized book, you'll realize you didn't know the first thing a...

Contributor Bio

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

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