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SPRING CATALOGUE 2022

Rethink

How We Can Make a Better World

Amol Rajan

Based on the hit BBC podcast, a guide to our global 'reset moment', examining life after the pandemic, with contributions by Pope Francis, HRH Prince Charles, The Dalai Lama, Lady Hale, Tara Westover, Steven Pinker, Caleb Femi, Carlo Rovelli, and many more.

After darkness, there is always light

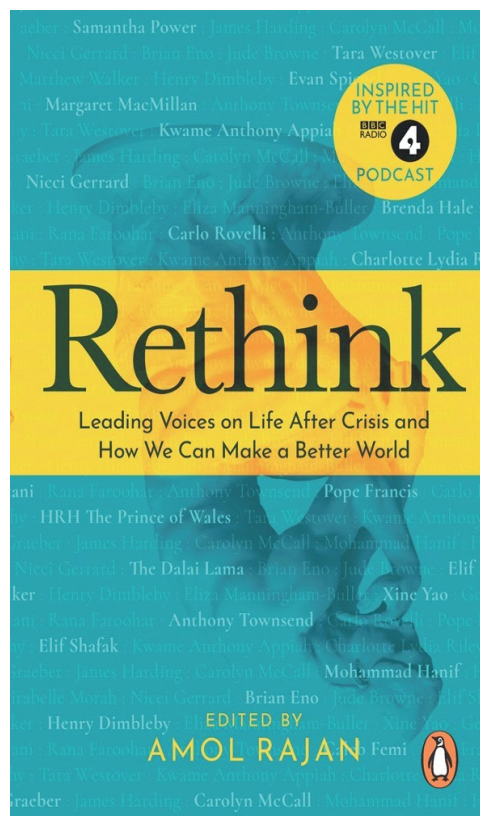
In a time of increasing uncertainty, *Rethink* offers a guide to a much-needed global 'reset moment', with leading international figures giving us glimpses of a better future after the pandemic. Each contribution explores a different aspect of public and private life that can be re-examined - from Pope Francis on poverty and the Dalai Lama on the role of ancient wisdom to Brenda Hale on the courts and Tara Westover on the education divide; from Elif Shafak on uncertainty and Steven Pinker on Human Nature to Xine Yao on masks and Jarvis Cocker on environmental revolution. Collectively, they offer a roadmap for positive change after a year of unprecedented hardship.

Based on the hit BBC podcast, and with introductions by presenter and journalist Amol Rajan, *Rethink* gives us the opportunity to consider what a better world might look like and reaffirms that after darkness there is always light.

RETHINK List of contributors

WHO WE ARE

Carlo Rovelli - Rethinking Humanity
Pope Francis - Rethinking Poverty
Peter Hennessy - Rethinking Democracy
Anand Giridharadas - Rethinking Capitalism
Jared Diamond - Rethinking a Global Response
Ziauddin Sardar - Rethinking Normality
The Dalai Lama - Rethinking Ancient Wisdom
C.K. Lal - Rethinking Institutions
Jarvis Cocker - Rethinking an Environmental Revolution
Clare Chambers - Rethinking the Body
Steven Pinker - Rethinking Human Nature
Tom Rivett-Carnac - Rethinking History
Jonathan Sumption - Rethinking the State



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352 pages

How to Change

The Science of Getting from Where You Are to Where You Want to Be

Katy Milkman

The groundbreaking blueprint to help you and those around you to achieve super-human personal and professional goals, from the master of behaviour change

'Game-changing. Katy Milkman shows in this book that we can all be a *super* human' Angela Duckworth, bestselling author of *Grit*

***How to Change* is a powerful, groundbreaking blueprint to help you - and anyone you manage, teach or coach - to achieve personal and professional goals, from the master of human nature and behaviour change and Choiceology podcast host Professor Katy Milkman.**

Award-winning Wharton Professor Katy Milkman has devoted her career to the study of behaviour change. An engineer by training, she approaches all challenges as problems to be solved and, with this mind-set, has drilled into the roadblocks that prevent us from achieving our goals and breaking unwanted behaviours. The key to lasting change, she argues, is not to set ever more audacious goals or to foster good habits but to get your strategy right.

In *How to Change* Milkman identifies seven human impulses, or 'problems', that commonly sabotage our attempts to make positive personal and professional change. Then, crucially, instead of getting you to do battle with these impulses she shows you how to harness them and use these as driving forces to help instil new, positive behaviours - better, faster and more efficiently than you could imagine.

Drawing her own original research, countless engaging case studies and practical tools throughout to help you put her ideas into action, Milkman reveals a proven, inspiring path that can take you - once and for all - from where you are today to where you want to be.

Katy Milkman is a behavioural scientist and Professor at The Wharton School at the University of Pennsylvania. Over the course of her career, she has worked with or advised dozens of organisations on how to encourage positive change, including Google, the U.S. Department of Defense, the



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The Green Planet

(ACCOMPANIES THE BBC SERIES PRESENTED BY
DAVID ATTENBOROUGH)

Simon Barnes

Accompanying a major BBC series from the team behind *Planet Earth II* and presented by David Attenborough, a fascinating exploration of the hidden life of plants - by *Sunday Times* bestselling author Simon Barnes.

Praise for The Green Planet (BBC One)

'David Attenborough's gobsmacking, awe-inspiring return' *The Guardian*

'The Green Planet reveals the secret lives of plants in the same way The Blue Planet opened our eyes to the oceans' *New Scientist*

There's something new under the sun

Plants live secret, unseen lives - hidden in their magical world and on their timescale. From the richest jungles to the harshest deserts, from the snowiest alpine forest to the remotest steaming swamp, *Green Planet* travels from one great habitat to the next, showing us that plants are as aggressive, competitive and dramatic as the animals on our planet. You will discover agents of death, who ruthlessly engulf their host plant, but also those that form deep and complex relationships with other species, such as the desert cacti who use nectar-loving bats to pollinate. Although plants are undoubtedly the stars of the show, a fascinating new light will be shed on the animals that interact with them.

Using the latest technologies and showcasing over two decades of new discoveries, *Green Planet* reveals the strange and wonderful life of plants like never before - a life full of remarkable behaviour, emotional stories and surprising heroes.

Born in Bristol in 1951, Simon Barnes went on to become the multi-award winning Chief Sports Writer for *The Times* until July 2014. He is the author of over 20 books, including three on wildlife and three novels. His bestselling *How to Be a Bad Birdwatcher* has been serialised in *The Times* and read on Radio 4. Simon lives in Suffolk with his family.



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320 pages

The Morning Journal

Five minutes a day to soothe your soul

My Self-Love Supply

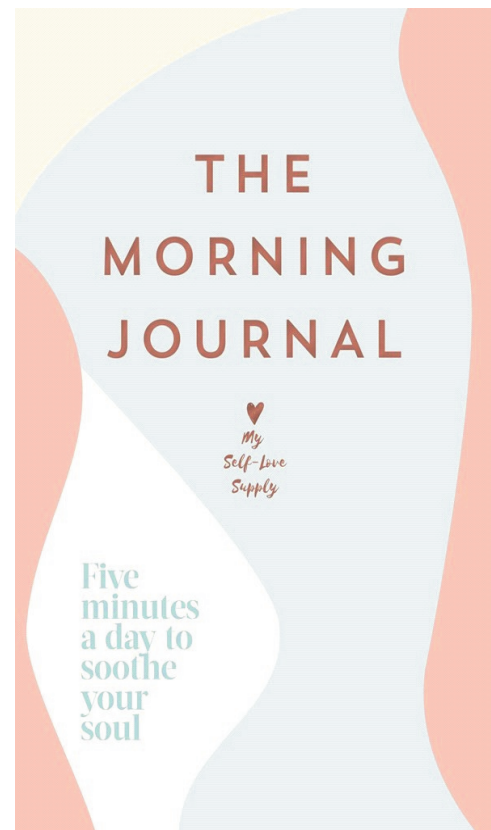
From the hit Instagram page @MySelfLoveSupply (3 million fans) comes a five minute journal to start the day prioritising your self-care needs

The Morning Journal is your daily companion. It will inspire you to start each week with intention and find moments of peace even on the messiest days. This is a simple, gentle guide to understanding and fulfilling your self-care needs with compassion.

FEATURING:

- * a daily planner
- * reflective journal pages
- * prompts and mood trackers
- * empowering words of affirmation
- * soothing activities

My Self-Love Supply is the hit Instagram account set up by MSc Psychological Studies with Mental Health student, Sofia Pellaschi, which provides self-care and wellbeing inspiration to her 3.3 million followers. Her first book, The Morning Journal, was a self-published success and a simple, gentle guide to daily self-care.



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128 pages

This Is Vegan Propaganda

(And Other Lies the Meat Industry Tells You)

Ed Winters

The first book from vegan activist, educator and influencer, Ed Winters, who has a strong, loyal following on Instagram

Every time we eat, we have the power to radically transform the world we live in.

Our choices can help alleviate the most pressing issues we face today: the climate crisis, infectious and chronic diseases, human exploitation and, of course, non-human exploitation. Undeniably, these issues can be uncomfortable to learn about but the benefits of doing so cannot be overstated. It is quite literally a matter of life and death.

Through exploring the major ways that our current system of animal farming affects the world around us, as well as the cultural and psychological factors that drive our behaviours, *This Is Vegan Propaganda* answers the pressing question, is there a better way?

Whether you are a vegan already or curious to learn more, this book will show you the other side of the story that has been hidden for far too long. Based on years of research and conversations with slaughterhouse workers and farmers, to animal rights philosophers, environmentalists and everyday consumers, vegan educator and public speaker Ed Winters will give you the knowledge to understand the true scale and enormity of the issues at stake.

This Is Vegan Propaganda is the empowering and groundbreaking book on veganism that everyone, vegan and sceptic alike, needs to read.

Ed Winters is a compassionate activist and vegan educator from the UK, widely known for his viral online content. He is a prolific public speaker who has been invited to schools, universities and businesses across the world. Ed has given speeches at over a third of UK universities and at Ivy league colleges, including as a guest lecturer at Harvard University in 2019 and 2020. He has also spoken at major companies including Google on numerous occasions, Facebook and The Economist.



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320 pages

Rainbow Bowls

Easy, delicious ways to #EatTheRainbow

Niki Webster

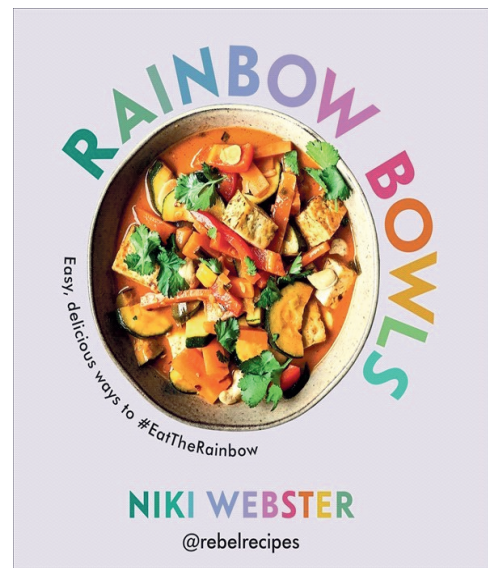
Easy, colourful vegan one-bowl meals. For fans of *Buddha Bowls* (21k gross) and *Bowls of Goodness* (20k)

Healthy never looked so beautiful.

A simple, beautiful cookbook to help you eat a rainbow of fruit and veg.

Rebel Recipes' Niki Webster, shares 40 quick, easy and colourful one-bowl vegan meals including the delicious *Lazy Weekend Brunch Bowl*, *Sweet Potato Harissa Soup*, restorative *Miso Noodle Broth* and *Spiced Blood Orange Posset*, for perfectly balanced, nutritious breakfasts, lunches, dinners and desserts.

It's easy to enjoy tasty, vibrant fresh vegetables all year round and every day.



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128 pages

Life After Life

The bestselling classic on near-death experience

Ray Moody

The 14 million-copy bestseller that revolutionized the way we think about death

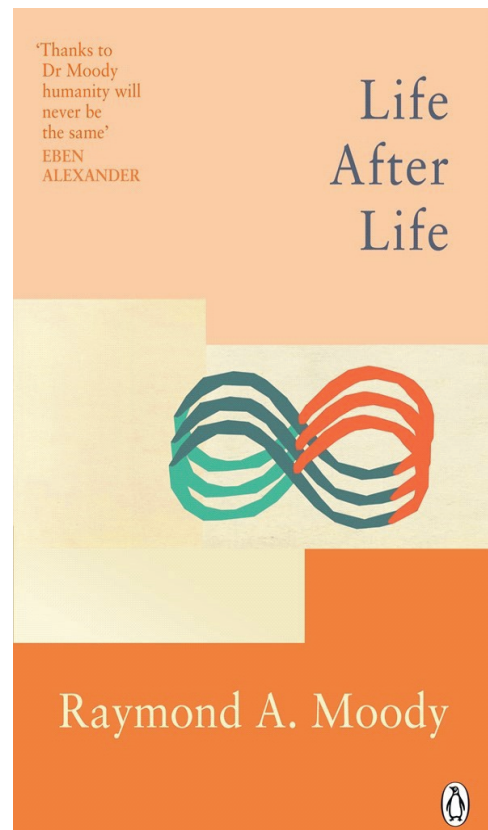
'This book will enlighten many and confirm what we have been taught for two thousand years - that there is life after death' Elisabeth Kübler-Ross

We cannot fully understand this life until we catch a glimpse of what lies beyond it

In this landmark bestseller, the world's leading authority on life after death, Dr Raymond Moody, reveals his ground-breaking research that established the concept of near-death experience.

Sharing compelling testimonies from those who experienced 'clinical death' and came back, *Life After Life* is a perspective-shifting and uplifting work that will offer vital reassurance to anyone who has wondered, 'what comes next?'

Raymond A. Moody, Ph.D., M.D., is a world-renowned scholar, lecturer and writer, widely known for his research and work on life after death and near-death experiences. He is the bestselling author of many books, including *Paranormal: My Life in Pursuit of the Afterlife*, *Glimpses of Eternity* and *Life After Life*.



January 2022
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Demy Octavo
£14.99 : Trade Paperback
176 pages

Loving What Is

Four Questions That Can Change Your Life

Byron Katie & Stephen Mitchell

The classic bestseller on achieving inner peace, by renowned spiritual teacher Byron Katie

'A great blessing for our planet' Eckhart Tolle

A thought is harmless unless we believe it

Drawing on her own experience of moving through suffering to freedom, Byron Katie developed 'The Work': a simple, four-step programme to help pinpoint the problems that are troubling you and how to tackle them effectively.

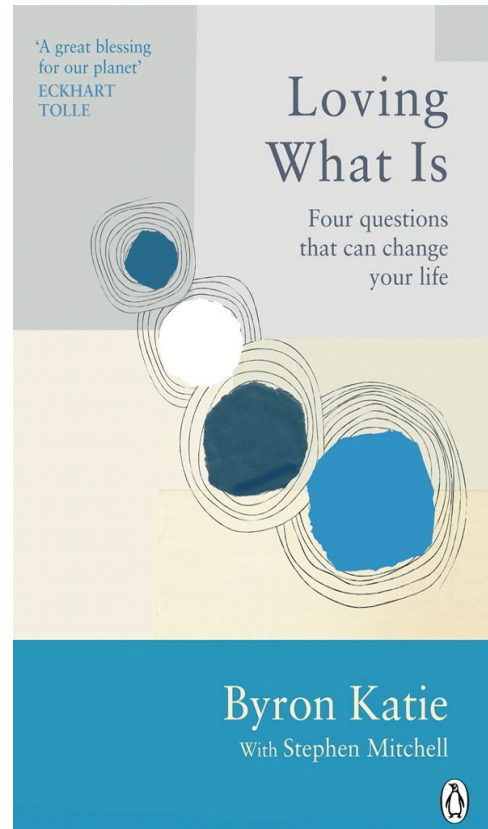
A life-transforming system for discarding the stories at the source of our suffering, this is your guide to finding inner peace and happiness.

Byron Katie (Author)

Byron Katie is the author of bestsellers *Loving What Is*, *I Need Your Love - Is That True?* and *A Thousand Names for Joy*. She is renowned for her creation of 'The Work', a four-step method of self-inquiry.

Stephen Mitchell (Author)

Her co-author, Stephen Mitchell, is the author of many books including *The Selected Poetry of Rainer Maria Rilke*, *Gilgamesh*, *The Second Book of the Tao*. www.stephenmitchellbooks.com



January 2022
9781846046971
Demy Octavo
£14.99 : Trade Paperback
400 pages

The Seat of the Soul

An Inspiring Vision of Humanity's Spiritual Destiny

Gary Zukav

The iconic #1 *New York Times* bestseller on finding purpose in life

'The Seat of the Soul changed the way I see myself. It changed the way I view the world' Oprah

You receive from the world what you give to the world

We are constantly evolving within a changing climate and yet always seem to return to the same question: is there more to life?

In his iconic bestseller, renowned spiritual teacher Gary Zukav reveals how to become the authority in your own life, how to change the way you see the world and how to interact with others.

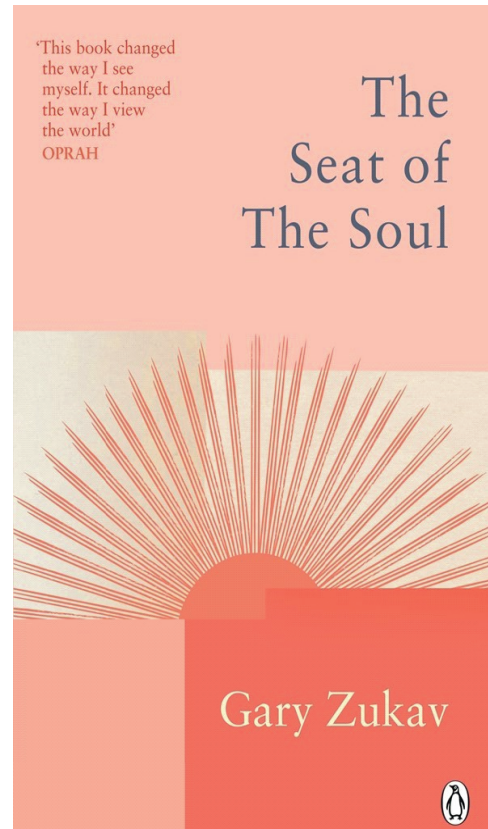
The Seat of the Soul is the ultimate path to connecting with your deepest spiritual self.

Gary Zukav (Author)

Gary Zukav is a spiritual teacher and author of the iconic #1 New York Times bestseller *The Seat of the Soul*. His other works include bestsellers *The Dancing Wu Li Masters* and *Soul Stories*. Over six million copies of his books are in print and translations are available in 32 languages.

Maya Angelou (Preface By)

Maya Angelou was raised in Stamps, Arkansas. In addition to her bestselling autobiographies, including *I Know Why the Caged Bird Sings* and *The Heart of a Woman*, she wrote numerous volumes of poetry, among them *Phenomenal Woman*, *And Still I Rise*, *On the Pulse of Morning*, and *Mother*. Maya Angelou died in 2014.



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304 pages

Flow

The Psychology of Happiness

Mihaly Csikszentmihalyi

The ground-breaking classic on achieving optimal happiness by world-renowned psychologist Mihaly Csikszentmihalyi

'Elegantly written ... it is more relevant than ever' *The Times*

Control of consciousness determines the quality of life

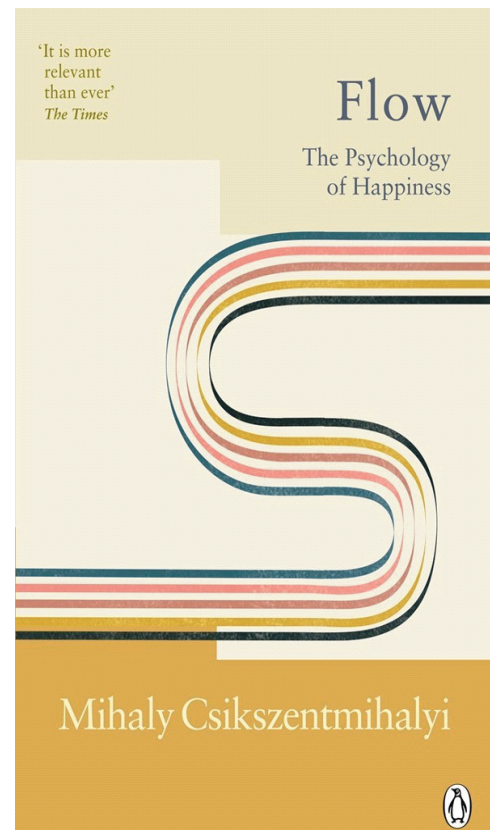
What really makes us feel glad to be alive?

Combining over 40 years of ground-breaking research with practical advice, world-renowned psychologist Mihaly Csikszentmihalyi reveals the key to optimal experience: flow.

This classic work of psychology is your essential guide to unlocking a happier, more fulfilling state of being.

Mihaly Csikszentmihalyi was Claremont Graduate University's Distinguished Professor of Psychology and Management, and former chairman of the Department of Psychology at the University of Chicago. For the past thirty years, up until he died in 2021, he was involved in research on topics related to optimal experience or "flow." He was the author of 18 books, which have been translated into more than 20 languages. Interest in his work outside academia has been shown by substantial articles in *Psychology Today*, the *New York Times*, the *Washington Post*, the *Chicago Tribune*, *Omni*, *Die Frankfurter Allgemeine Zeitung*, *Focus*, *Newsweek*, and others.

Dr. Csikszentmihalyi was a member of the American Academy of Arts and Sciences, the National Academy of Education, the Hungarian Academy of Sciences, and the National Academy of Leisure Sciences. He was a Senior Fulbright Fellow and sat on several boards, including the Board of Advisers for the Encyclopaedia Britannica. He appeared on a number of foreign television networks, such as the BBC and RAI (Italian television), and took part in several hourlong segments of "Nova".



January 2022
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£14.99 : Trade Paperback
384 pages

The Tofoo Cookbook

100 delicious, easy & meat free recipes

The Tofoo Co.

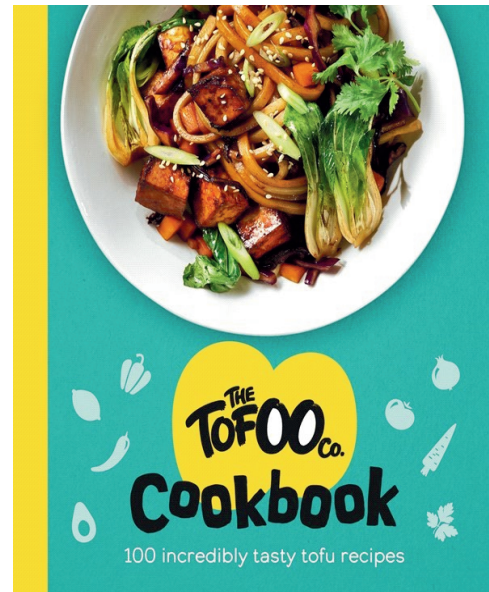
100 delicious and creative meat-free recipes from the UK's leading tofu brand, Tofoo.

There's so much you can do with Tofoo!

Tear it, chop it, fry it, marinade it, dice it or slice it, tofu is the secret ingredient to delicious, hearty vegetarian eating. *The Tofoo Cookbook* is filled with 100 satisfying, uncomplicated and frankly delicious dishes for every taste.

With easy to follow steps on prepping tofu, delicious marinades and tips for nailing the basics, this book is the perfect guide for anyone looking to add a little to-fun into their cooking. Including classics like **Tofu Shakshuka**, **Tofish and Chips** and **Tofu Poke Bowls** to exciting new recipes like **Chipotle Tofu Tacos**, **Panko Tofu Bao Buns** and **Sumac Tofu with Tahini Sauce**, this book is perfect for everyone from the most dedicated vegetarians to the reluctant flexitarian.

From breakfast to brunch, speedy lunches to delicious dinners, this book has everything you need to create some tofu-riffic meals.



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190 x 170 mm
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224 pages

Natural Wellness Every Day

The Weleda Way

Emine Rushton

Natural beauty, health and general wellbeing advice from the world renowned sustainable beauty company.

Health and beauty begin from within.

Covering nature, skin, health and self care, *Natural Wellness Every Day* is bursting with insights, tips and recipes for a complete mind-body approach to wellbeing. Guided by the experts at Weleda, this manual draws on 100 years of expertise to bring specialist holistic advice to all - from soothing rituals and natural remedies, to the powerful benefits of seasonal self-care. This book will not only educate you on the natural powers and uses of certain herbs and flowers, debunk health and beauty jargon around sustainability and encourage you to embrace effective self-care rituals, it will also speak to the power of uniting yourself with the natural world and its cycles to offer practical solutions to everyday health and skin dilemmas and promote health and wellbeing throughout the seasons.

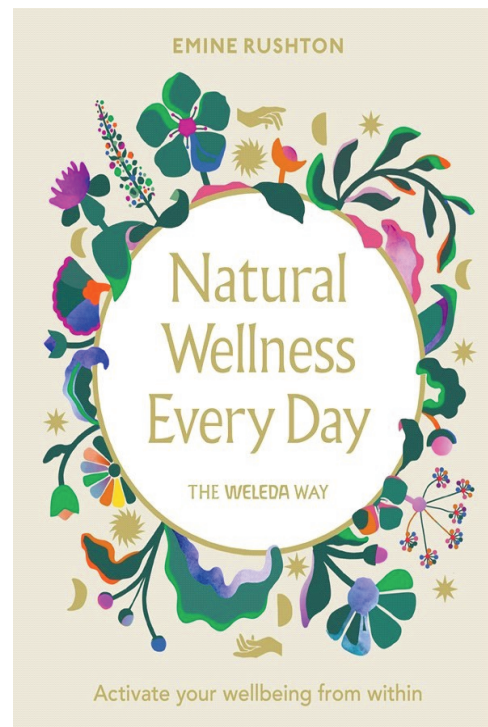
Natural Wellness Every Day is a complete guide to natural care of earth, skin, self and health, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.

About Weleda

Founded in 1921, **Weleda** is now the world's leading producer of certified natural skincare and healthcare products, inspiring an industry and supplying to 50 countries on five continents. Weleda's holistic approach to healthcare is grounded in natural balance, and their products are skilfully formulated to work in harmony with the body's own restorative abilities. From sustainable farming, to biodynamic cultivation and global innovation, Weleda has been committed to working in harmony with nature and human beings since it sowed its first seeds 100 years ago. Weleda's unique expertise in harnessing nature's wisdom provides a truly integrative approach to activating wellness from within.

About the author

Emine Kali Rushton is a wellbeing author, editor of seasonal living journal *Wellspring* and a qualified holistic skin therapist. A keen wild grower and plant lover she is presently studying to



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304 pages

Bigger Than Us

The power of finding meaning in a messy world

Fearne Cotton

Sunday Times bestselling author Fearne Cotton explores how what we believe can positively change how we live, for fans of Happy (278k), Vex King and Gabrielle Bernstein.

THE BRAND NEW SUNDAY TIMES BESTSELLER

Calm anxiety through connection. Find happiness through purpose. Feel comfort in the universal.

Think bigger to unlock you.

Writing this book has changed my life.

I sought the insight and advice of wise minds to explore what they can teach us to achieve happiness, connection and hope.

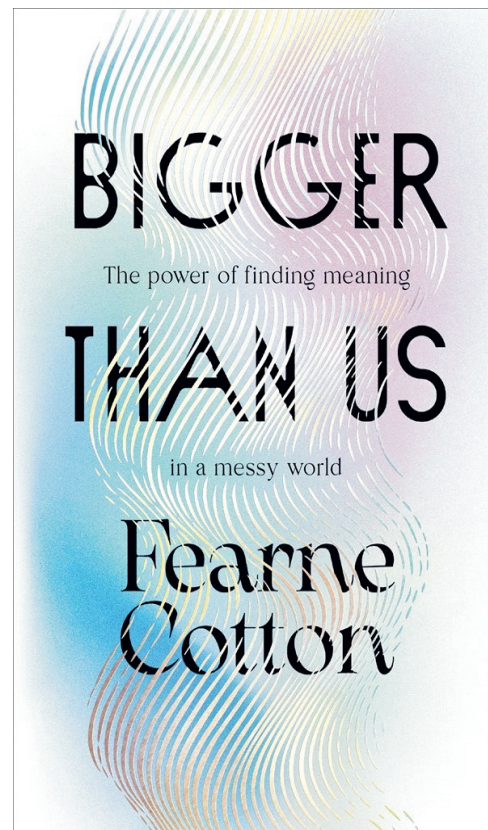
With their help, I peeled back layers of anxiety and self-limiting beliefs to find contentment and deeper meaning.

From intuition and energy to manifesting, ritual, prayer and signs, I have explored positive ideas and simple exercises that are available to every single one of us.

This is for anyone seeking a path through our confusing lives and offers inspiration for tapping into the strength and comfort around us and releasing the blocks and insecurities that hold us back.

Fearne

Fearne Cotton is one of the UK's most in-demand TV and radio presenters, appearing regularly on Radio 2, Children in Need and BBC Music Awards. As a busy mum of two young children, Fearne knows the time pressures on parents and kids. She's passionate about involving children and families from all backgrounds in activities that can improve their health, mental well-being and promote a lifelong love of reading, and believes that being healthy needn't be expensive, time-consuming or difficult!



January 2022
9781529108668
Demy Octavo
£16.99 : Hardback
304 pages

THE FITNESS CHEF – Lose Weight Without Losing Your Mind

The Sunday Times Bestseller

Graeme Tomlinson

Instagram phenomenon and infographic king The Fitness Chef offers an easily digestible, mind-and-body reset manual for long-term weight loss. From bestselling author of *Eat What You Like* and *Still Tasty*.

WEIGHT LOSS WITHOUT ANXIETY, PRESSURE AND GUILT.

Discover how to enjoy weight loss by:

- Staying focused on what matters
- Letting go of what doesn't matter
- Understanding why you don't need to suffer to lose weight.
- Continuing to enjoy food and nights out with friends and family

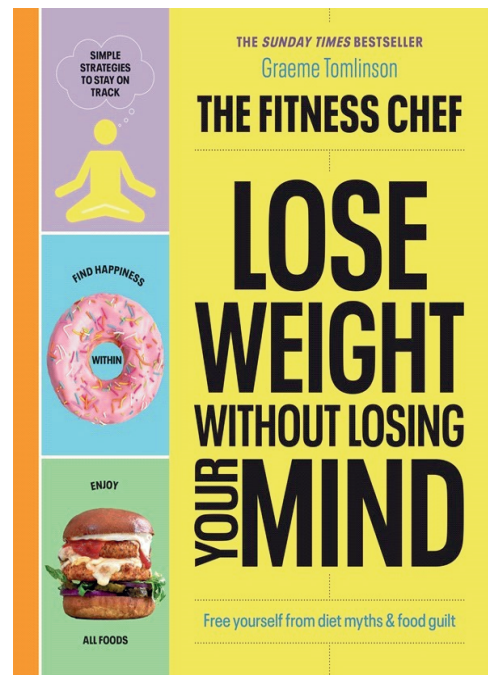
Graeme Tomlinson, AKA The Fitness Chef, has helped over a million people with his evidence based, straight-talking infographics and two bestselling weight-loss books.

This mind-and-body reset will help you find a happier relationship with food, while achieving your weight-loss goals.

Graeme Tomlinson is the Scottish nutrition coach and personal trainer behind the Instagram phenomenon The Fitness Chef (@thefitnesschef_) - followed by over 900,000 people around the world.

With his trademark infographics, he cuts through the maze of diet culture and weight-loss myths to deliver only dieting facts based on science. He has helped thousands of people love food and lose weight for life.

fitnesschef.uk



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256 pages

Jerks at Work

Toxic Coworkers and What to do About Them

Tessa West

A fun guide to understanding and dealing with a universal workplace problem - difficult colleagues - based on original research by Tessa West, Associate Professor of Psychology at New York University.

Want to get those difficult colleagues off your back and restore your sanity? NYU psychology professor Tessa West shows you how.

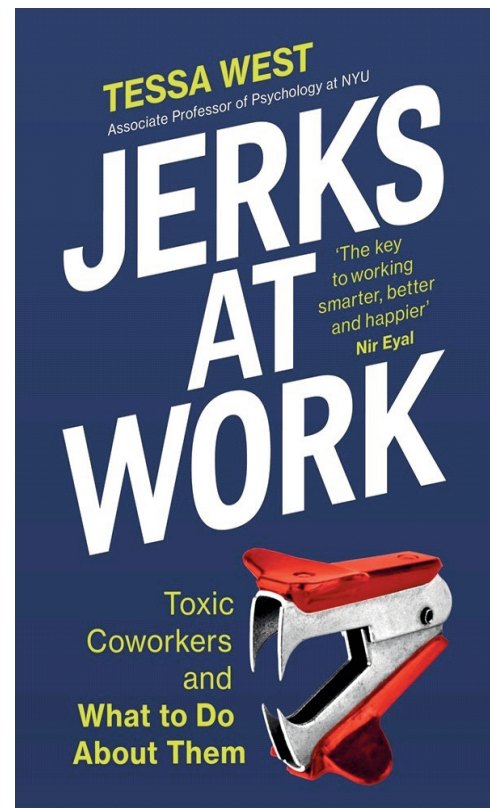
Have you ever watched a colleague charm the pants off management while showing a competitive, Machiavellian side to the lower ranks? They don't hesitate to throw peers under the bus, but their boss is oblivious to their bad behaviour. What about a constantly interrupting colleague? Or an over-bearing manager? While these jerks stress us out in small ways throughout the day, they aren't technically breaking any rules, so we're expected just to put up with them.

...Until now. Tessa West has already helped thousands of people resolve their most pressing workplace issues. And here she draws on a decade of original research to profile classic workplace archetypes, including the Gaslighter, the Bulldozer, the Credit-Stealer, the Neglector, and the Micromanager, giving advice to anyone who's ever hidden in the bathroom to cry at work. She digs deep into the inner workings of each bad apple, exploring their motivations and insecurities, and offers clever strategies for stopping each type of jerk in their tracks.

Know a Jerk at Work? This proactive approach reveals the single, most effective way to achieve emotional wellbeing at work.

Tessa West is an Associate Professor of Psychology at New York University. A leading expert on interpersonal interaction and communication, and quantitative analysis and statistics, her work has been covered in the *New York Times*, *The Guardian*, the *WSJ*, *TIME*, the *Huffington Post* and *The Globe and Mail*.

Her experiences as a rising leader in the world of academia - often as the only woman, and youngest person in the role by a magnitude of decades - have given her a unique perspective



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272 pages

Hooked

How We Became Addicted to Processed Food

Michael Moss

A searing exposé of how big food corporations gets us addicted to their products

NEW YORK TIMES BESTSELLER

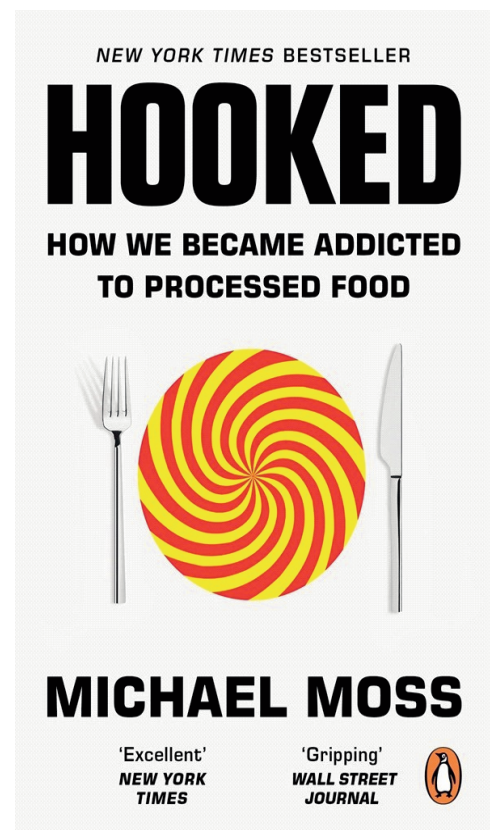
From the #1 *New York Times* bestselling author of *Salt Sugar Fat* comes a "gripping" (*The Wall Street Journal*) exposé of how the processed food industry exploits our evolutionary instincts, the emotions we associate with food, and legal loopholes in their pursuit of profit over public health.

"The processed food industry has managed to avoid being lumped in with Big Tobacco-which is why Michael Moss's new book is so important."-Charles Duhigg, author of *The Power of Habit*

Everyone knows how hard it can be to maintain a healthy diet. But what if some of the decisions we make about what to eat are beyond our control? Is it possible that food is addictive, like drugs or alcohol? And to what extent does the food industry know, or care, about these vulnerabilities? In *Hooked*, Pulitzer Prize-winning investigative reporter Michael Moss sets out to answer these questions and to find the true peril in our food.

Moss uses the latest research on addiction to uncover the shocking ways that food, in some cases, is even more addictive than alcohol, cigarettes, and drugs. Our bodies are hardwired for sweets, so food giants have developed fifty-six types of sugar to add to their products and ways to exploit our evolutionary preference for fast, ready-to-eat foods. Moss goes on to show how the processed food industry -- including major companies like Nestlé, Mars, and Kellogg's -- has not only tried to hide the addictiveness of food but to actually exploit it. As obesity rates continue to climb, manufacturers are now claiming to add ingredients that can effortlessly cure our compulsive eating habits.

A gripping account of the legal battles, insidious marketing campaigns, and cutting-edge food science that have brought us to our current public health crisis, *Hooked* lays out all that the food industry is doing to exploit and deepen our addictions, and shows us why what we eat has never mattered more.



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304 pages

Madhouse at the End of the Earth

The Belgica's Journey into the Dark Antarctic Night
Julian Sancton

A new classic of extreme endurance – *Into Thin Air* meets *The Perfect Storm* in 19th century Antarctica

****A Times Best Book of 2021****

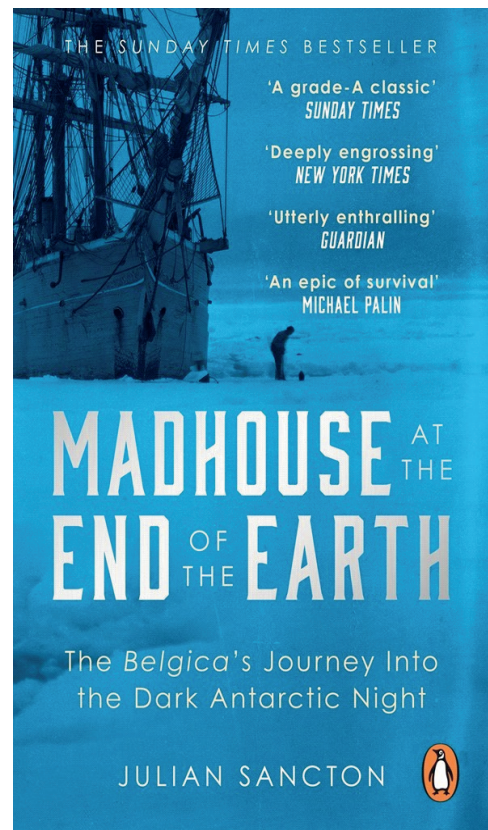
The harrowing, survival story of an early polar expedition that went terribly wrong, with the ship frozen in ice and the crew trapped inside for the entire sunless, Antarctic winter

August 1897: The *Belgica* set sail, eager to become the first scientific expedition to reach the white wilderness of the South Pole. But the ship soon became stuck fast in the ice of the Bellinghousen sea, condemning the ship's crew to overwintering in Antarctica and months of endless polar night. In the darkness, plagued by a mysterious illness, their minds ravaged by the sound of dozens of rats teeming in the hold, they descended into madness.

In this epic tale, Julian Sancton unfolds a story of adventure gone horribly awry. As the crew teetered on the brink, the Captain increasingly relied on two young officers whose friendship had blossomed in captivity - Dr. Frederick Cook, the wild American whose later infamy would overshadow his brilliance on the *Belgica*; and the ship's first mate, soon-to-be legendary Roald Amundsen, who later raced Captain Scott to the South Pole. Together, Cook and Amundsen would plan a last-ditch, desperate escape from the ice-one that would either etch their names into history or doom them to a terrible fate in the frozen ocean.

Drawing on first-hand crew diaries and journals, and exclusive access to the ship's logbook, the result is equal parts maritime thriller and gothic horror. This is an unforgettable journey into the deep.

Julian Sancton read History at Harvard, and is a senior features editor at *Departures* magazine, where he writes about culture and travel. His work has appeared in *Vanity Fair*, *Esquire*, *The New Yorker*, *Wired*, and *Playboy*, among other publications. He grew up in Paris and New York and has reported from every continent, including Antarctica, which he first visited while researching this book.



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368 pages

Influence is Your Superpower

How to Get What You Want Without Compromising

Who You Are

Zoe Chance

Dynamic Yale professor rewrites the rules of persuasion in this breakthrough pop psych book - think Dale Carnegie for do-gooders or *Quiet* meets Robert Cialdini's *Influence*

Rediscover the superpower that makes good things happen, from the professor behind Yale School of Management's most popular class

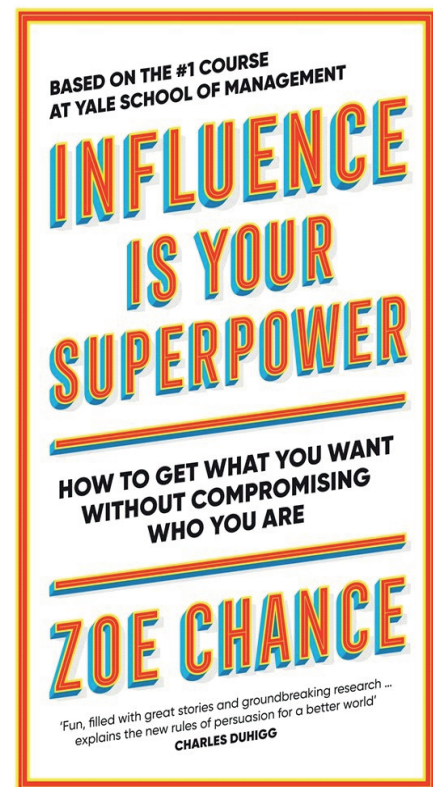
"The new rules of persuasion for a better world." - Charles Duhigg, author of the bestsellers *The Power of Habit* and *Smarter Faster Better*

You were born influential. But then you were taught to suppress that power, to follow the rules, to wait your turn, to not make waves. Award-winning Yale professor Zoe Chance will show you how to rediscover the superpower that brings great ideas to life.

Influence doesn't work the way you think because you don't think the way you think. Move past common misconceptions - such as the idea that asking for more will make people dislike you - and understand why your go-to negotiation strategies are probably making you *less* influential. Discover the one thing that influences behaviour more than anything else. Learn to cultivate charisma, negotiate comfortably and creatively, and spot manipulators before it's too late. Along the way, you'll meet alligators, skydivers, a mind reader in a gorilla costume, Jennifer Lawrence, Genghis Khan and the man who saved the world by saying no.

Influence Is Your Superpower will teach you how to transform your life, your organization and perhaps even the course of history. It's an ethical approach to influence that will make life better for everyone, starting with you.

Zoe Chance helps great people become more influential. She's an assistant professor of marketing at Yale School of Management, where she teaches one of the school's most popular electives, Mastering Influence and Persuasion (aka 'Doing Uncomfortable Things That Make You a Better Person'). Zoe delivers keynotes and influence workshops internationally and works with Fortune 500 firms and leading non-profits.



February 2022
9781785042362
Demy Octavo
£16.99 : Hardback
304 pages

Chatter

The Voice in Our Head and How to Harness It
Ethan Kross

Major big idea book based on breakthrough research: the natural successor to *Quiet*, *Thinking Fast and Slow* and *The Chimp Paradox*

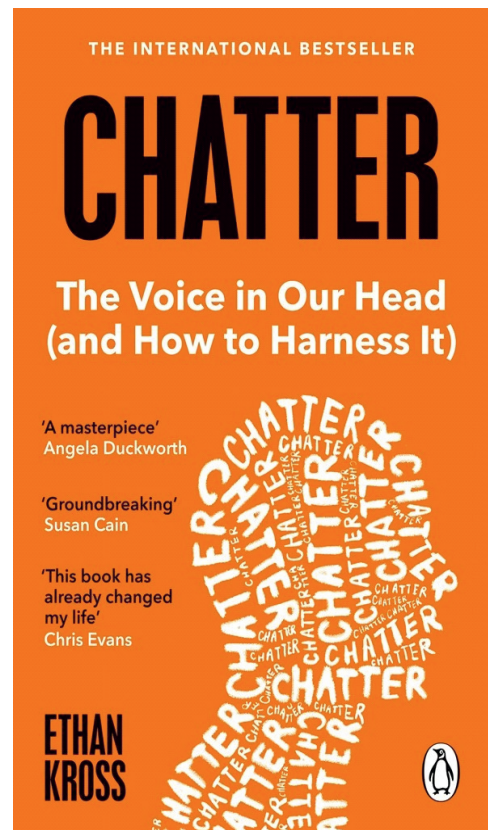
Turn your inner voice from critic to coach

As humans, we all have a special ability that is unique to our species: an inner voice. It helps us focus, achieve our goals and reflect on life's most joyful moments. But it can also be our biggest enemy, chewing over painful emotions and replaying embarrassments, hijacking our thoughts to run amok with 'chatter'. How does this source of wisdom turn into our biggest critic? And how can we take back control?

These are the questions one of the world's leading experts on the conscious mind set out to answer twenty years ago, when he started on an audacious mission — to study the conversations we have with ourselves. In this hugely anticipated book, that expert, the award-winning neuroscientist and psychologist Ethan Kross, reveals the sheer power of the inner voice, and shows us that we all possess a set of tools for harnessing it. Hidden in plain sight, they are in the words we use and the stories we tell ourselves, in the conversations we have with our loved ones and in the habits we undertake when tackling our goals. They are even sometimes in our bizarre rituals and lucky charms.

Fascinating, entertaining and full of original insights and tips, *Chatter* will change the conversations you have with yourself forever, and help you lead a happier, more productive life.

Ethan Kross PhD is one of the world's leading experts on controlling the conscious mind. An award-winning professor at the University of Michigan and Ross School of Business, he is the director of the Emotion & Self Control Laboratory. He has participated in policy discussion at the White House, and has been interviewed about his work on Good Morning America and NPR Morning Edition. His pioneering research has been featured in the *New York Times*, *New Yorker* and *New England Journal of Medicine and Science*. He completed his BA at the University of Pennsylvania, and his PhD at Columbia University.



February 2022
9781785041969
B (Ebury)
£10.99 : Paperback
272 pages

Doctor Who: The Ruby's Curse

Alex Kingston

A stylish *Doctor Who* sci-fi noir adventure by award-winning actress Alex Kingston, featuring her most famous characters: private detective Melody Malone and legendary time-travelling archaeologist River Song.

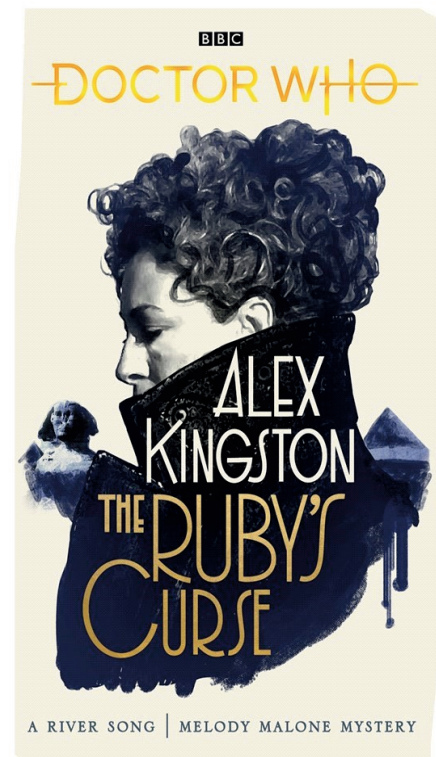
She's got ice in her heart and a kiss on her lips...

1939, New York. Private Eye, Melody Malone, is hired to find a stolen ruby, the Eye of Horus. The ruby might hold the secret to the location of Cleopatra's tomb - but everyone who comes into contact with it dies. Can Melody escape the ruby's curse?

1939, New York. River Song, author of the Melody Malone Mysteries, is forced to find a reality-altering weapon, the Eye of Horus - but everyone who comes into contact with it dies. River doesn't believe in curses - but is she wrong?

From the top-security confines of Stormcage to the barbarism of first-century Egypt, River battles to find the Eye of Horus before its powers are used to transform the universe. To succeed, she must team up with a most unlikely ally - her own fictional alter ego, Melody. And together they must solve another mystery: *Is fiction changing into fact - or is fact changing into fiction?*

Alex Kingston is TV royalty, celebrating 40 years in the business. From her debut in *Grange Hill* in 1980 to the title role (and BAFTA nomination) in *The Fortunes and Misfortunes of Moll Flanders*, starring in over 150 *ER* episodes and becoming part of *Doctor Who* folklore as River Song. Her appearance in *Doctor Who* was meant to be a one-off but she became a regular and remains a fan favourite.



February 2022
9781785947148
B (Ebury)
£9.99 : Paperback
320 pages

Nature, Man and Woman

A Radical Examination of Spirituality, Humanity and Our Place in the World

Alan Watts

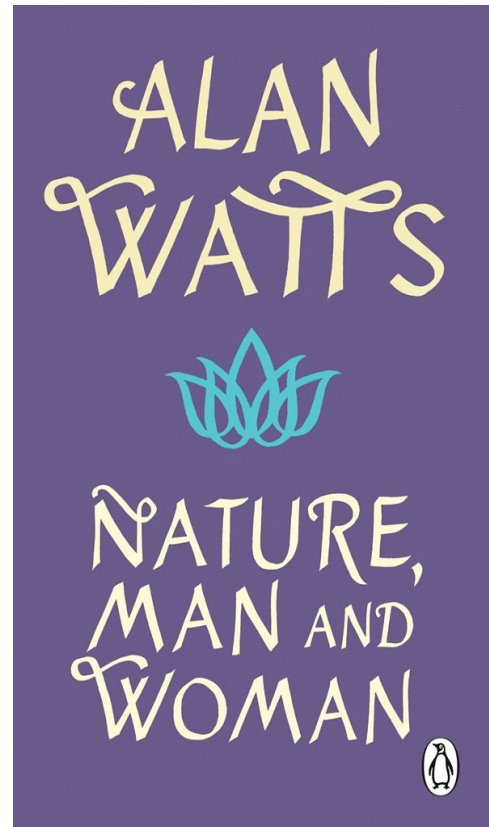
A poetic examination of nature, humanity and spirituality by pioneering Zen scholar Alan Watts

'The perfect guide for a course correction in life' Deepak Chopra

To be forever looking beyond is to remain blind to what is here

In this engaging and enduring work, pioneering Zen scholar Alan Watts examines humanity's place in the natural world and the spirit's connection to the body. Drawing on the precepts of Taoism, Watts offers an alternative vision of our place in the universe that will revolutionise the way you think, feel and live.

Alan Watts was a British philosopher, writer and speaker who was best known for his expertise in Eastern philosophies including Zen Buddhism and Taoism. He wrote over 25 books and numerous articles on subjects such as personal identity, the true nature of reality, higher consciousness, the meaning of life, concepts and images of God and the non-material pursuit of happiness.



February 2022
9781846046896
B (Ebury)
£9.99 : Paperback
224 pages

Hear Me Out

Sarah Harding

Girls Aloud 'wildchild' Sarah Harding finally sets the record straight in her powerful and moving memoir

Sunday Times Bestseller

'I can't rewrite history; all I can do is be honest and wear my heart on my sleeve. It's really the only way I know. I want to show people the real me. Or perhaps remind them. Because, somewhere - amongst the nightclubs, the frocks and hairdos, the big chart hits, and the glamour of being a popstar - the other Sarah Harding got utterly lost. She's the one who's been forgotten. And all I want is for you to hear her out.'

Sarah Harding is best known as the wild member of Girls Aloud, whose reputation for partying, drinking and dating made her a tabloid favourite. But where does the celebrity Sarah Harding end and the real Sarah begin?

Faced with a devastating cancer diagnosis that turned her life upside down, Sarah has decided that now is the time to write her story. Her truth.

This is Sarah Harding in her own words.

One fifth of BRIT-award-winning pop group Girls Aloud, singer Sarah Harding was part of one of the UK's most popular girl groups of the 21st Century. With over 8 million record sales, the band also achieved a record-breaking run of twenty consecutive Top 10 singles in the UK charts. Before fame beckoned, Sarah toured the North West of England performing at social clubs and pubs.

Her first foray into acting came in the BBC TV film *Freefall*, where she played the beautician girlfriend of Dominic Cooper. Sarah also had a starring role in *St. Trinian's 2: The Legend of Fritton's Gold* and went on to have a leading role in *Ghost: The Musical*. Outside of acting, Sarah was crowned the winner of the 20th series of *Celebrity Big Brother*. This is her first and only book, finally setting the record straight.

Sunday Times Bestseller



SARAH HARDING



My story, my words, my life

February 2022
9781529109764
B (Ebury)
£8.99 : Paperback
320 pages

All Dogs Great and Small

What I've learned training dogs

Graeme Hall

The star of Channel 5's *Dogs Behaving (Very) Badly* imparts his wisdom on how to have the best relationship with your dog, told through the stories of some of the special dogs he's loved and helped.

The *Sunday Times* bestseller

Have you ever wished you could get the dog in your life to behave better?

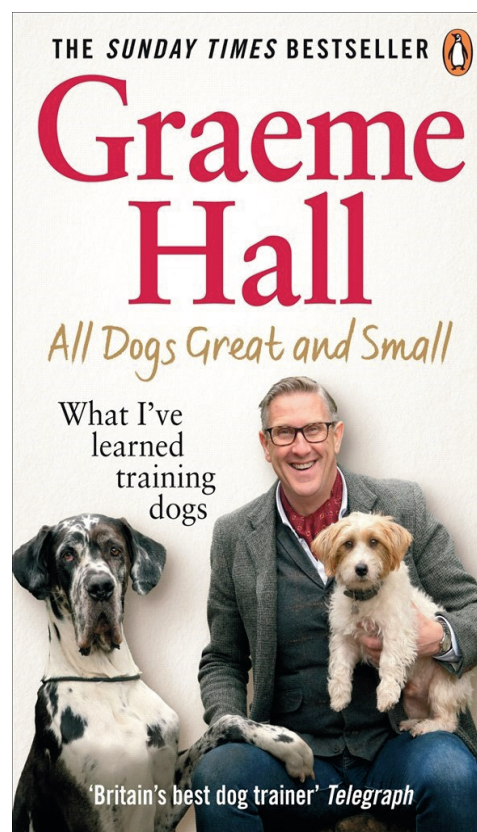
With experience of training over 5,000 dogs of every breed, Graeme Hall has formulated the golden rules that every dog owner needs to know and he's here to share them with you.

In chapters on getting a puppy, kids and dogs, separation anxiety and so much more, Graeme recounts his hard-won, often hilarious success stories and reveals a solution for every dog-related worry. His simple, tried and tested lesson will help you understand your dog and drive better behaviours.

The Dogfather has seen it all and he's here to share his secrets.

Graeme Hall 'The Dogfather' has been described by the *Telegraph* as 'Britain's best dog trainer', Graeme criss-crosses the country helping dog and puppy owners with behaviour problems. His motto is 'Any dog, any age, any problem' and he has built a glowing reputation on providing quick but long-lasting fixes.

After running a very successful training business, Graeme is now best known as the presenter of hit Channel 5 show *Dogs Behaving (Very) Badly*. He also has a long-running podcast *Talking Dogs* and is currently on a headline tour of the UK. An accomplished writer, his first book *All Dogs Great and Small* was an instant *Sunday Times* bestseller and he is now also a monthly columnist for *The Sunday Times Magazine*.



February 2022
9781529107456
B (Ebury)
£8.99 : Paperback
288 pages

Are You Really OK?

Understanding Britain's Mental Health Emergency
Stacey Dooley

BBC investigative journalist, documentary maker and author of the *Sunday Times* bestseller, *On the Frontline with the Women Who Fight Back*, Stacey Dooley explores the mental health crisis in Britain and its particular impact on young people.

We are not OK...

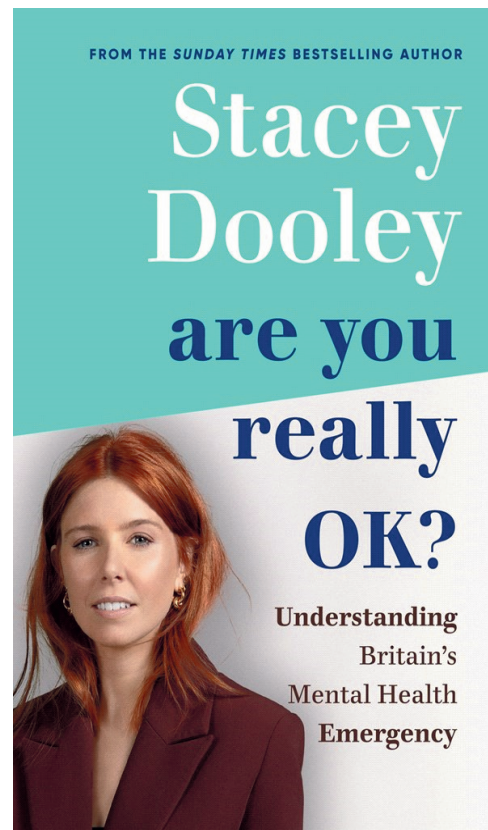
I've been fortunate enough to meet many remarkable people over the last decade of making documentaries - sometimes in incredibly hostile environments, where they've been really up against it - and I've seen the devastating effect that poverty, trauma, violence, abuse, stigma, stress, prejudice and discrimination can have on people's mental health. It has always been the common thread.

Every week, 1 in 10 young people in the UK experiences symptoms of a common mental health problem, such as anxiety or depression, and 1 in 5 have considered taking their own life at some point. In this book, Stacey Dooley opens up the conversation about mental health in young people, to challenge the stigma and stereotypes around it.

Working in collaboration with mental health experts and charities, Stacey talks to young people across the UK directly affected by mental health issues, and helps tell their stories responsibly, in order to shine a light on life on the mental health frontline and give a voice to young people throughout the UK who are living with mental health conditions across the spectrum.

As well as hearing about their experiences directly, Stacey speaks to medical experts, counsellors, campaigners and health practitioners who can give detailed insights into the conditions profiled and explore the environmental factors that play a part - including poverty, addiction, identity, pressures of social media and the impact of Covid-19.

Stacey Dooley is one of the UK's most loved documentary presenters. Across her series, *Stacey Dooley Investigates*, she has examined a variety of topics from sex trafficking and under age sex slavery, to domestic violence.



February 2022
9781785947025
Demy Octavo
£16.99 : Hardback
304 pages

A Cure for Darkness

The story of depression and how we treat it

Alex Riley

The definitive story of depression - from its history to its cutting-edge future - by a young scientist discovering his own very personal family history of darkness.

'Boldly ambitious, deeply affecting, and magisterial in scope'
Steve Silberman, author of *Neurotribes*

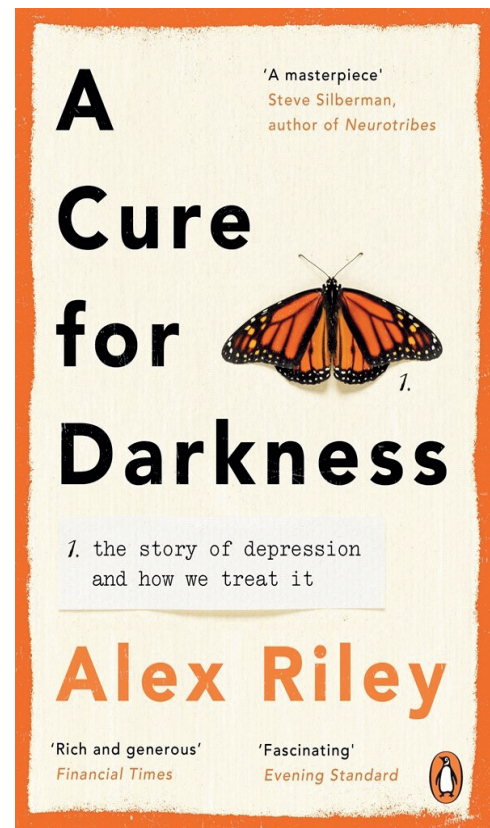
'Expansive and thoughtful, it illuminates the complexity and elusiveness of his subject' *New Statesman*

Depression is a leading cause of disability around the world today, a growing health crisis that affects us all. It is a complex and diverse condition. But it is also highly treatable.

In this profound and sweeping history, Alex Riley charts the macabre, ingenious, and often surprising developments in the science of mental healthcare over the last 2000 years. In the pursuit to understand his own experiences with mental illness, Riley interweaves his own family history with fascinating stories of biological and psychological treatments which illuminate the past, question the current state of diagnosis, and investigate the hype and hopes for future treatments.

From the re-emergence of long-forgotten therapies to a group of grandmothers who stand at the forefront of a revolution in mental healthcare, *A Cure for Darkness* is an essential exploration of one of the most pressing problems of our time.

Alex Riley is an award-winning science writer and the author of *A Cure for Darkness: The Story of Depression and How We Treat It*, his first book. He received a best feature award at the 2019 Association of British Science Writers Awards for his reporting on The Friendship Bench, a project that began in Zimbabwe in 2006 and has since provided mental health care to thousands of people in New York. Since leaving academia in 2015, he began writing popular science articles for magazines such as *New Scientist*, PBS's *NOVA Next*, *BBC Future*, *Mosaic Science*, *Aeon*, and *Nautilus Magazine*. He lives in Bristol.



February 2022
9781785039027
B (Ebury)
£10.99 : Paperback
480 pages

How to Live. What To Do.

How great novels help us change

Josh Cohen

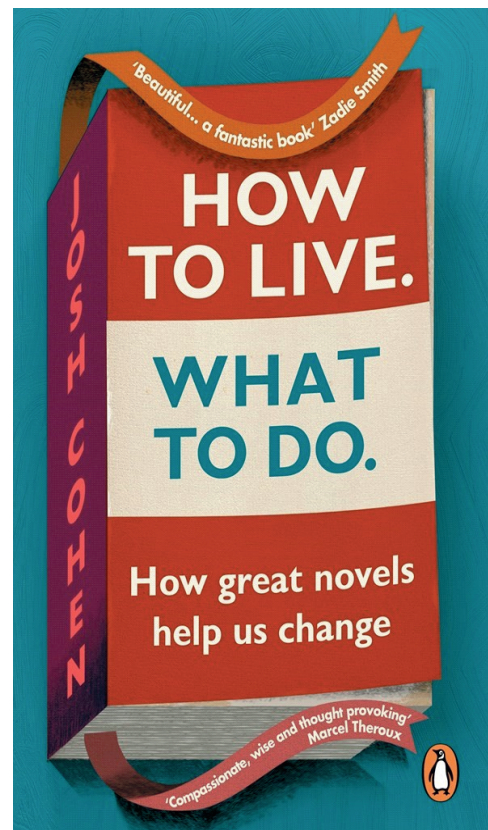
How reading can help us live a richer and more meaningful life, written by an eminent psychoanalyst and Professor of English Literature.

What can *Alice in Wonderland* teach us about childhood? Could reading *Conversations with Friends* guide us through first love? Does Esther Greenwood's glittering success and subsequent collapse in *The Bell Jar* help us understand ambition? And, finally, what can we learn about death from Virginia Woolf?

Literature matters. Not only does it provide escapism and entertainment, but it also holds a mirror up to our lives to show us aspects of ourselves we may not have seen or understood. From jealousy to grief, fierce love to deep hatred, our inner lives become both stranger and more familiar when we explore them through fiction.

Josh Cohen, a psychoanalyst and Professor of Modern Literary Theory, delves deep into the inner lives of the most memorable and vivid characters in literature. His analysis of figures such as Jay Gatsby and Mrs Dalloway offers insights into the greatest questions about the human experience, ones that we can all learn from. He walks us through the different stages of existence, from childhood to old age, showing that literature is much more than a refuge from the banality and rigour of everyday life – through the experiences of its characters, it can show us ways to be wiser, more open and more self-aware.

Josh Cohen is Professor of Modern Literary Theory at Goldsmiths, University of London and a psychoanalyst in private practice. He is the author of books and articles on modern literature, cultural theory and psychoanalysis, including *How to Read: Freud*, *The Private Life: Why We Remain in the Dark*, and *Not Working*.



February 2022
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£9.99 : Paperback
384 pages

Good Enough

40ish Devotionals for a Life of Imperfection

Kate Bowler and Jessica Richie

A compassionate, intelligent and wry series of Christian reflections from a NYT bestselling author, which gives readers permission to be fragile and strive for good not great

*****THE INSTANT NEW YORK TIMES BESTSELLER*****

We begin to feel less alone, more loved and less judged when good is . . . enough.

In this collection of 40ish short spiritual devotionals, *Good Enough* reveals the small things we can do to inch toward a deeper, richer, truer kind of faith. Through blessings, prayers and human truths, learn to live with imperfection in a culture of self-help that promotes endless progress, and discover a companion for when you want to stop feeling guilty that you're not living your best life now.

Hailed by Glennon Doyle as 'the Christian Joan Didion', in these gorgeously written reflections Kate Bowler and Jessica Richie proffer fresh imagination for how truth, beauty, and meaning can be discovered amidst the chaos of life. Their words celebrate kindness, honesty and interdependence in a culture that rewards ruthless individualism and blind optimism. Ultimately, in these pages we can rest in the encouragement to strive for what is possible today - while recognising that though we are finite, the life in front of us can still be beautiful.

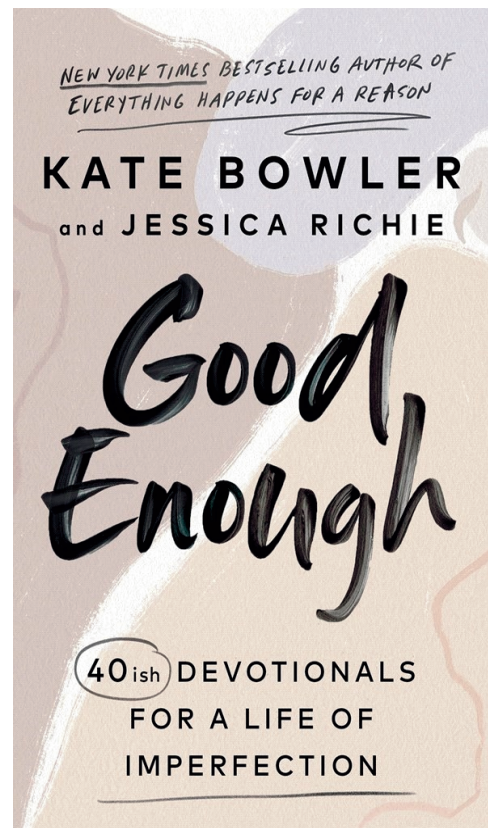
Kate Bowler (Author)

Kate Bowler is the NYT bestselling author of *Everything Happens for a Reason* and her **TED talk on the topic has over 9 million views** to date. She hosts the popular podcast 'Everything Happens' and has previously appeared on NPR, Today, *New York Times*, *Washington Post* and *Time*.

Kate is an Associate Professor of the History of Christianity in North America at Duke Divinity School. She lives in Durham, North Carolina, with her husband, Toban, and son, Zach.

Jessica Richie (Author)

Jessica Richie is the executive director of the Everything Happens Initiative at Duke Divinity School and the executive producer of the Everything Happens podcast. She received her



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272 pages

Border Wars

The conflicts that will define our future

Klaus Dodds

An thrilling insight into international border geopolitics by one of the UK's leading experts, doing for the future of borders what *Prisoners of Geography* did for their past.

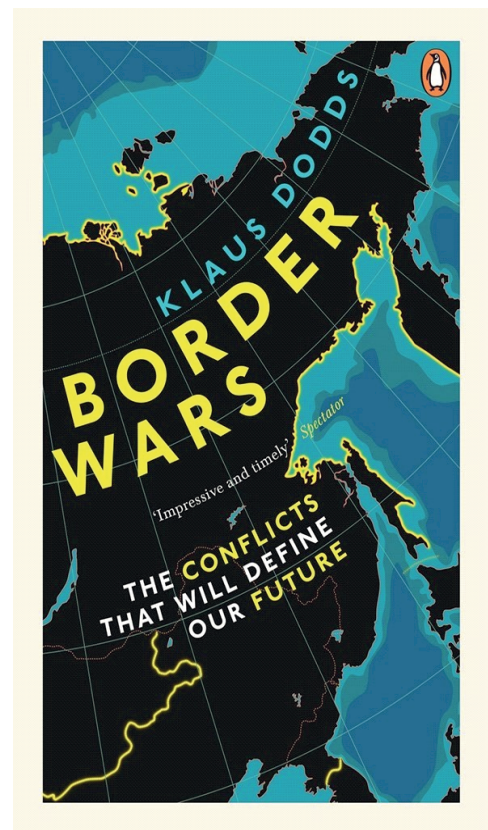
How are borders built in the modern world? What does Brexit mean for Ireland's border? And what would happen if Elon Musk declared himself president of the Moon?

In *Border Wars*, Professor Klaus Dodds takes us on a journey into the geopolitical conflict of tomorrow in an eye-opening tour of the world's best-known, most dangerous and most unexpected border conflicts from the Gaza Strip to the space race.

Along the way, we'll discover just what border truly mean in the modern world: how are they built; what do they mean for citizens and governments; how do they help understand our political past and, most importantly, our diplomatic future?

Klaus Dodds is Professor of Geopolitics at Royal Holloway, University of London and a Fellow of the Academy of Social Sciences. He is one of the UK's leading authorities on geopolitics and has written a number of books for a variety of popular and academic audiences including for OUP's A Very Short Introduction series. Since 2006, he has written a monthly geopolitics column for Geographical Magazine; he gives frequent talks on border issues, is an expert in the geopolitics of international terrorism, and is often invited to join panels at events and in the media (including on BBC TV and radio) on the subject of border issues.

He is also recipient of the Philip Leverhulme Prize, awarded to 'outstanding researchers whose work has already attracted international recognition and whose future career is exceptionally promising'.



February 2022
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B (Ebury)
£10.99 : Paperback
304 pages

Fitwaffle's Baking It Easy

All my best 3-ingredient recipes and most-loved cakes and desserts. THE SUNDAY TIMES BESTSELLER

Eloise Head and Fitwaffle

Social media baking superstar Fitwaffle (6 million followers) bakes quick and easy cakes, cookies, traybakes and puddings using only 3 ingredients.

THE FIRST BOOK FROM THE SOCIAL MEDIA BAKING STAR WITH 7 MILLION FOLLOWERS.

100 easy and delicious recipes, including brand-new creations as well as the most popular posts from online.

I'm Eloise, known online as Fitwaffle, and welcome to my first book! I've collected 100 of my most-loved and brand-new recipes to make baking so simple.

Find fifty 3-ingredient recipes, including my crowd-pleasing Cookies and Cream Cake and delicious Chocolate Caramel Fudge, plus all of your favourite 4- and 5-ingredient recipes including Speculoos Ice Cream and a cinnamon roll made in a mug! Finally, you'll find a chapter of my most popular special occasion bakes that need a few more ingredients but are totally worth it!

Eloise Head, known online as **Fitwaffle**, has amassed a following of more than 6 million across her social media platforms with her fun, simple and indulgent bakes.

A personal trainer, turned food influencer, turned baker, Eloise's recipes inspire, spread joy and bring people together through the love of delicious food. Eloise has a passion for fitness and nutrition, resisting the idea that you can't enjoy the foods you love and stay healthy at the same time.

Find her on Instagram @fitwaffle and @fitwafflekitchen and on TikTok, Facebook and YouTube @fitwaffle



March 2022
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246x189
£20.00 : Hardback
256 pages

Abundance

The Inner Path To Wealth

Deepak Chopra

An enlightening guide to success, fulfilment and wholeness by the world's master of modern meditation, Deepak Chopra

Discover the keys to a life of success, fulfilment, wholeness and plenty

Many of us live in a mindset of lack and limitation, focusing on the things we don't have. Too often we allow our egos to drive our thoughts and actions, preventing us from reaching something greater: a true sense of inner peace, acceptance and fulfilment.

In *Abundance*, international bestselling author Deepak Chopra offers a simple seven-step plan to help you reset your focus, become the agent of your own life and strive for life's unbounded possibilities. Demonstrating how to work past self-generated feelings of limitation and providing meditations to help you focus your attention and intuition, this is your guide to a life of true power, prosperity and plenty.

DEEPAK CHOPRA™ MD, FACP, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is the author of over 89 books translated into over forty-three languages, including numerous New York Times bestsellers. His 90th book and national bestseller, *Metahuman: Unleashing Your Infinite Potential* (Harmony Books), unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. Chopra has been at the forefront of health and wellbeing and Daily Breath with Deepak was awarded the 2020 Webby Award Podcast in Health and Fitness. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century."
www.deepakchopra.com

The New York Times bestselling phenomenon

Deepak Chopra



Abundance

THE INNER PATH TO WEALTH

March 2022
9781846046919
Demy Octavo
£14.99 : Hardback
272 pages

Gardening at Longmeadow

Monty Don

A new edition of Monty Don's classic book of green-fingered wisdom, to inspire a new generation of gardeners.

'The nation's favourite gardener' - Guardian

'There was nothing here that could possibly be described as a garden. But beneath years of neglect was a blank canvas that I could fill with the garden of my dreams...'

Monty Don invites you into Longmeadow, a place that has become synonymous with *Gardener's World*, to show how he creates and tends his own garden, and how you can bring some of that same magic to our own.

Following the cycle of the seasons, *Gardening at Longmeadow* is a year-long diary of Monty's gardening wisdom: from the earliest snowdrops of January and the first splashes of colour in the Spring Garden, to the electric summer displays of the Jewel Garden and the autumn harvest in the orchard. Alongside his rich, personal experiences at Longmeadow, Monty describes the individual plants coming into their own in the floral and vegetable gardens and talks you through key tasks, from composting and lawn maintenance to topiary clipping and fruit pruning. The result is a very personal account of failure, bewilderment and surprise, as well as endless pleasure and some success over the course of a gardening year.

With beautiful photography throughout, *Gardening at Longmeadow* is an essential book for gardening enthusiasts of all skill levels. It will inspire you to achieve a balanced, healthy garden of your own, that's spilling with produce and full colour all year round.

Monty Don O.B.E. is the UK's leading garden writer and broadcaster. He has been lead presenter of *Gardeners' World* since 2003 and since 2011 the programme has come from his own garden, Longmeadow, in Herefordshire. His previous books include *The Complete Gardener*, the *Sunday Times* bestsellers *Nigel* and *My Garden World*, *The Jewel Garden* with Sarah Don, and *Japanese Gardens* with Derry Moore, which was shortlisted for the Edward Stanford Travel Writing Awards.



MONTY DON

Gardening at
Longmeadow

March 2022
9781785947827
200 x 148mm
£16.99 : Trade Paperback
352 pages

Deep Cover

How I took down Britain's most dangerous gangsters
Shay Doyle and Scott Hesketh

An explosive first-hand account of Level 1 undercover police work, from the cop who infiltrated and dismantled some of the UK's toughest gangs and high-profile gangsters, including Salford's 'Mr Big' and cop killer Dale Cregan. For fans of *Running with the Firm*, *Good Cop Bad War* and *Soldier Spy*

Street kid turned undercover cop.

'This time he wasn't getting up. Neither were the two young women he'd just murdered. The two unarmed young police officers he cut down in a hail of 32 bullets and the fragments of a grenade, ending their promising lives so savagely, so senselessly. I felt empty. Cold. How had it come to this?'

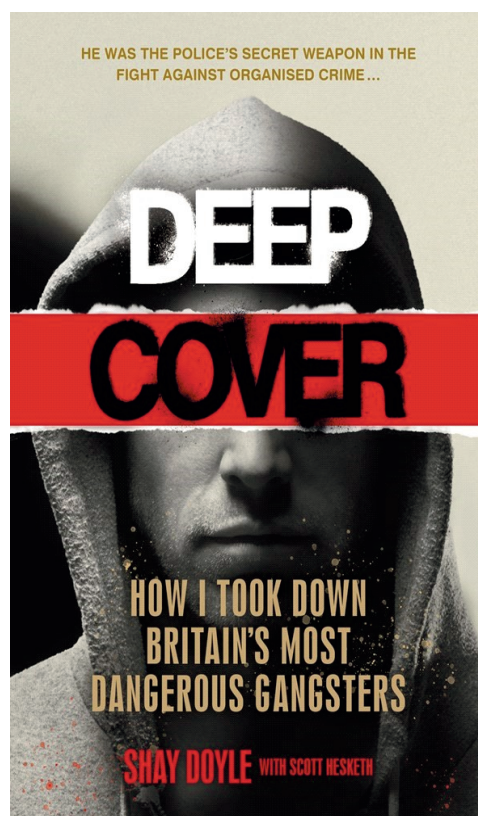
Shay grew up on a tough Manchester council estate where drugs and gangs were rife. A life of crime would have been an easy path to take. So it went against everything that was expected of him when he joined the police.

It wouldn't be long before Shay's prodigious talent caught the attention of the top. Then came the call that changed his life: an offer to join the secret Level 1 undercover unit known as Omega. And it was easy to see why they wanted him; he wouldn't have to stray too far from what he already knew. He had all the attributes of a professional criminal - the athletic physique of a cage fighter, the talk, the walk. Streetwise and fearless, he'd be a match for the most hardened villain. He was given a new identity, his DNA and fingerprints were removed from the national database, and so began the life of Mikey O'Brien.

In a distinguished covert career spanning 17 years, former soldier Shay infiltrated Moss Side gangs, was part of a hand-picked team hunting Dale Cregan and was brought in to break up a gang war wall of silence after the murder of Salford 'Mr Big' Paul Massey. But there would be a heavy price to pay for a life in the shadows, where any mistake could have lethal consequences...

Shay Doyle (Author)

Shay Doyle is a former soldier and police officer who was one of the UK's chosen few Level 1 undercover operatives. Posing



March 2022
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320 pages

Stress-Free Productivity

A Personalised Toolkit to Become Your Most Efficient,
Creative Self

Dr Alice Boyes

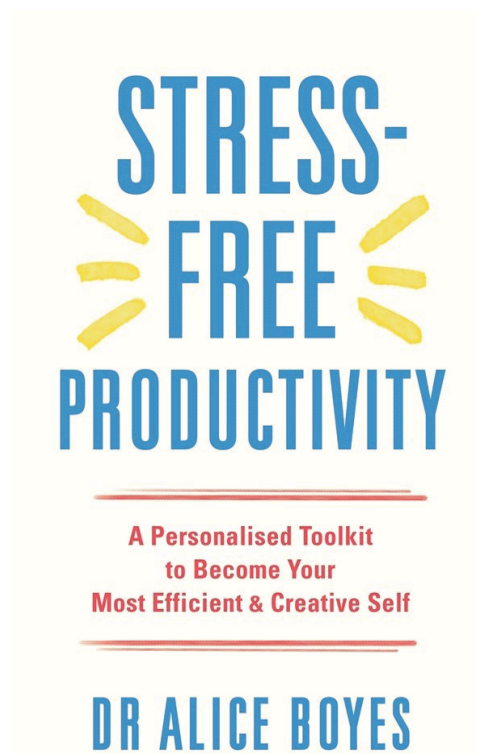
A simple guide for readers to harness their inner expert and learn what helps them innovate, produce, and flourish... without the burnout.

Have you ever felt that you're too much of a perfectionist to be productive? Does the prepackaged advice from experts just not work? Then this is the book for you.

There is no such thing as a one-size-fits-all productivity plan. The tricks that work for your colleague may not work as well for you. Or perhaps they don't work at all. The fact is that everyone has their own productivity quirks to make them work efficiently and effectively. They just don't know how to crack them.

In this innovative guide, Dr Alice Boyes will help you diagnose your unique productivity profile and give you the framework to formulate a powerhouse personalised system. Drawing on groundbreaking research, countless examples, and quizzes in every chapter, this book will help you be the most growth-oriented, most effective and efficient, and most creative and visionary version of yourself.

Alice Boyes, PhD, is a former clinical psychologist-turned-writer. The author of *The Anxiety Toolkit* and *The Healthy Mind Toolkit*, she is a popular blogger for *Psychology Today* (where her articles have over 23 million views) and *The Harvard Business Review*. Her research has been published in *The American Psychological Association*, and she has been featured in publications like the *Guardian* and *Women's Health*.



March 2022
9781529146172
Royal Octavo
£12.99 : Trade Paperback
336 pages

Taylor Swift Lines To Live By

Shake it off and never go out of style with Tay Tay

Be inspired by the life philosophy of pop icon Taylor Swift, with her wisest motivational quotes. For fans of *Pocket Ru Paul Wisdom* (17k TCM) and *Pocket Frida Kahlo Wisdom* (14k TCM).

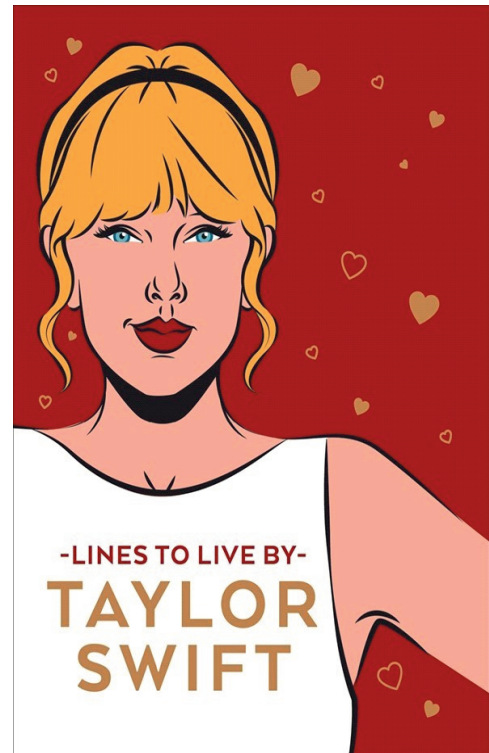
'Just be yourself, there is no one better'

Taylor Swift has been a global superstar for well over a decade. Her pop hits and iconic music videos constantly deliver empowering messages of self-love and resilience.

Shaking off personal challenges and clapping back at misogyny since day one, Tay Tay has emerged as the defining voice of her generation.

Featuring all her best wisdom on confidence, careers, beauty, relationships, and more, this collection of quotes will motivate Swifties of all ages to live a more creative and confident life.

Pop Press is the home of Ebury's gift publishing, offering fun, beautiful and affordable books for everyone and all occasions



March 2022
9781529149395
161 x 110 mm
£7.99 : Hardback
128 pages

Ariana Grande Lines To Live By

Say 'thank you, next' to bad vibes and live your best life

Be empowered by the life philosophy of pop icon Ariana Grande, with her best motivational quotes. For fans of *Pocket Ru Paul Wisdom* (17k TCM) and *Pocket Dolly Wisdom* (4k TCM).

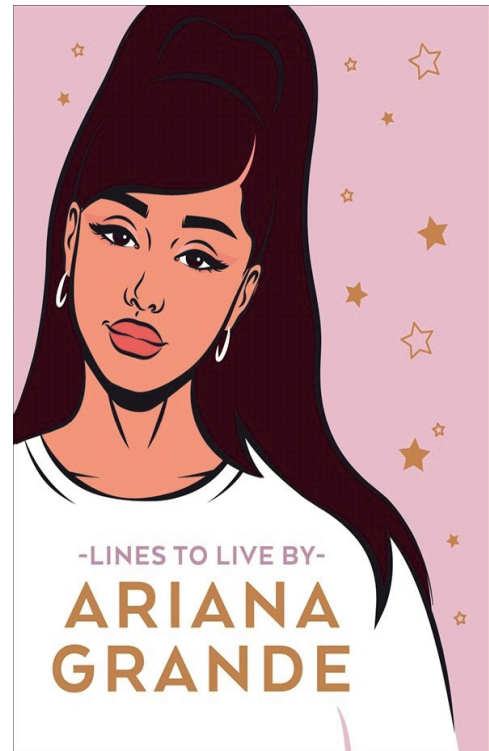
'We are not objects or prizes. We are queens.'

After bursting onto the music scene with smash hit after smash hit and an instantly iconic ponytail, Ariana Grande has grown into one of the most inspiring artists of the 21st century. Her epic choruses and empowering lyrics have taught an entire generation about the importance of confidence and creativity.

Ari became an international superstar in her early 20s and her trailblazing wisdom encourages us all to bring in the good vibes and strive for the life we deserve.

With quotes on everything from careers and beauty to relationships and mental health, this uplifting collection will empower you to slay in every lane and be the superstar of your own life.

Pop Press is the home of Ebury's gift publishing, offering fun, beautiful and affordable books for everyone and all occasions



March 2022
9781529149388
161 x 110 mm
£7.99 : Hardback
128 pages

How to Make a Dress

Adventures in the art of style

Jenny Packham

The stunning memoir from internationally acclaimed designer Jenny Packham, go-to couturier for icons from the Duchess of Cambridge to Dita Von Teese, on the secrets of great style and life behind the catwalk.

'From inspiration to sketch, pattern to fabric, the making of a dress has been the structure that has held me, and my passion to dress others is the momentum of my life.'

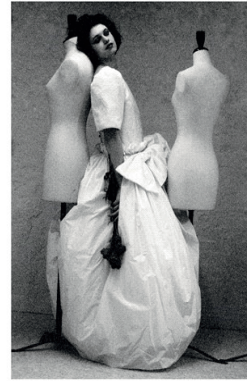
Jenny Packham is one of Britain's leading designers and most in-demand couturiers, known for her exquisite dresses made for brides, celebrities and even royalty. In *How to Make a Dress*, she explores her creative journey in a brilliant meditation on life and style.

Beginning with the search for creative inspiration and taking us into her studio then onto the red carpet and beyond, she asks the questions that have preoccupied us for centuries: What makes the perfect dress? What do our clothes mean to us? And why do we dress the way we do?

Whether she is on the trail of Marilyn Monroe in LA, designing a bespoke piece for the red carpet or sketching for a new collection, Jenny documents her pursuit of the eternal truths of style. Decades in the making, *How to Make a Dress* is an unforgettable book for anyone who has ever loved a piece of clothing.

Jenny Packham graduated from Saint Martin's School of Art and launched her eponymous fashion label in 1988. Now with stores across the world, she is famed for her beautiful bridal gowns as well as her bespoke dresses for public figures including the Duchess of Cambridge, Adele and Dita Von Teese. She is based in London, and *How to Make a Dress* is her first book.

JENNY PACKHAM



'Captivating'
SUNDAY EXPRESS

'Fascinating'
GRAZIA

'Lyrical and
dreamy'
TOWN AND
COUNTRY

A Memoir
**HOW TO MAKE
A DRESS**



March 2022
9781529103038
B (Ebury)
£10.99 : Paperback
320 pages

Take It In

Do the inner work. Create your best damn life.

Giselle La Pompe-Moore

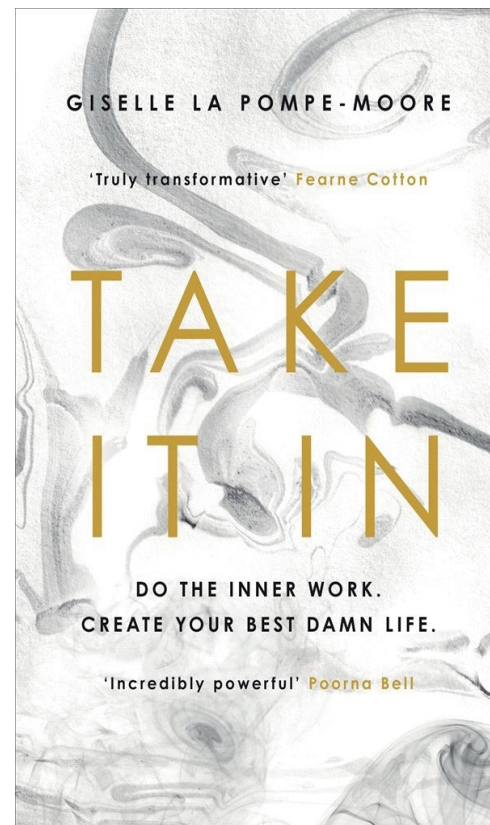
The ultimate guide to connecting with your spirit and manifesting the life you want.

'The woman redefining spirituality for the millennial crowd'
VOGUE

Daily life can be rough and we can often feel disconnected from who we *really* are. The solution? Everyday spirituality.

In this empowering book, spiritual guide and teacher Giselle La Pompe-Moore reveals how doing the inner work and being spirit-informed will help you create the life you never thought possible. With personal anecdotes, practical exercises and no-nonsense advice, *Take It In* will help you move through the self-criticism, fears and doubts that get in the way of you seeing your greater purpose, power and potential. Do the inner work and create your best damn life.

Giselle La Pompe-Moore is a spiritual guide, trauma-sensitive meditation teacher, Reiki master teacher, speaker and writer. She has been featured in publications such as *Vogue*, *Evening Standard*, *Sheerluxe*, *YOU Magazine*, and *Refinery29* to name a few, and has written for *Stylist*, *Elle*, *Who What Wear UK*, *Red* and *i-D*.



March 2022
9781846047077
Demy Octavo
£16.99 : Hardback
304 pages

Mindful Moments

Thoughts to Nourish Your Body and Soul

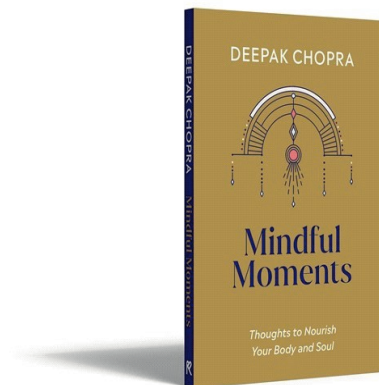
Deepak Chopra

A beautifully packaged gift book filled with wisdom from the master of modern meditation, Deepak Chopra.

This is the moment of power. Be the moment.

Take a moment to be mindful with master of modern meditation Deepak Chopra.

For the past thirty years, Deepak Chopra has been at the forefront of the meditation revolution in the West, inspiring millions with his remarkable insight and wisdom. In this enlightening collection of meditations and quotes, gathered from across his career, Chopra offers you the opportunity to take a moment and let the wise, pithy and insightful thoughts that fill this beautifully illustrated book sink into your spirit and nourish your soul.



DEEPAK CHOPRA™ MD, FACP, founder of The Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global, a modern-day health company at the intersection of science and spirituality, is a world-renowned pioneer in integrative medicine and personal transformation. Chopra is a Clinical Professor of Family Medicine and Public Health at the University of California, San Diego and serves as a senior scientist with Gallup Organization. He is the author of over 89 books translated into over forty-three languages, including numerous New York Times bestsellers. His 90th book and national bestseller, *Metahuman: Unleashing Your Infinite Potential* (Harmony Books), unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. Chopra has been at the forefront of health and wellbeing and Daily Breath with Deepak was awarded the 2020 Webby Award Podcast in Health and Fitness. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century."
www.deepakchopra.com

March 2022
9781846047381
Other
£10.99 : Hardback
144 pages

Man with a Van

My Story

Drew Pritchard

Quest TV's addictive No 1 show *Salvage Hunters* has turned straight-talking antiques-dealer Drew Pritchard into a cult figure around the world (19m viewers). For the first time, the man with a van tells us his story - the boy who preferred skips to school, learnt more from lost things than lessons, and proved the doubters wrong by building an empire on Britain's rustiest artefacts.

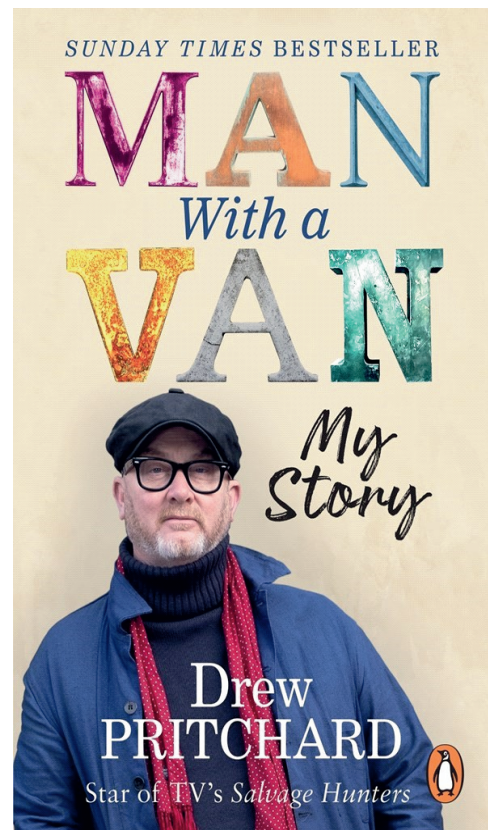
Sunday Times bestseller

'When I see something old, that I think is beautiful, special, valuable, it's not about the money. It's about being in another time and place.'

Star of TV's *Salvage Hunters*, Drew Pritchard will go to the greatest lengths for the best deals. He discovered the casts Lord Elgin made of his infamous marbles in a school garage, and broke the bank to buy the tool box Malcolm Campbell used when he set the water speed record in 1934. He made a million. Lost it. And made it again.

The face of the compulsively fascinating business of finding and restoring lost treasures, visionary Drew takes us up and down the country, into garages, factories, schools and pubs, digging out incredible items from that 'other time and place'. Then by lovingly restoring them, he brings our history back to life.

A flat cap among silver spoons and old school ties, our favourite no-bullshit expert may be a one-off, but his story makes us all dream of that obscure piece of antiquity gathering dust in the garden shed...



March 2022
9781529106749
B (Ebury)
£10.99 : Paperback
320 pages

Partnering

Forge the Deep Connections that Make Great Things Happen

Jean Oelwang

How to become a great leader through strong relationships, drawing from the wisdom of legendary partnerships including Jimmy and Rosalynn Carter, Ben and Jerry, and Desmond and Leah Tutu.

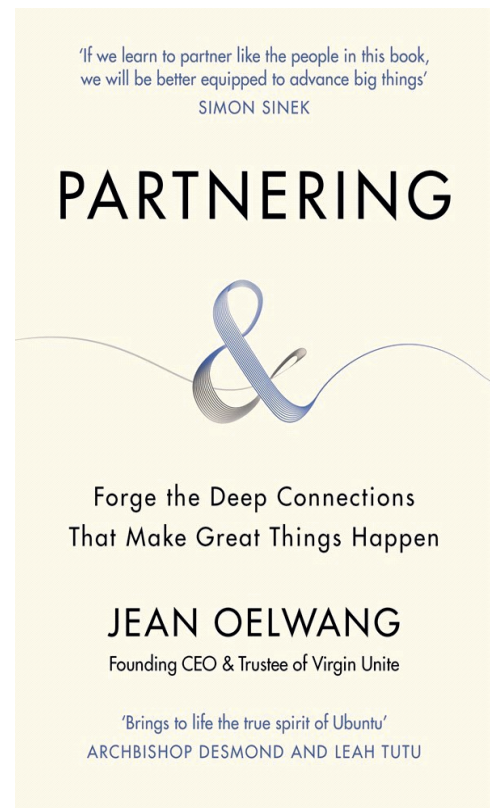
Some of the most successful people in the world all have a secret power: their partnerships.

Our individualistic society has created a cult of self-interest. The result: fear, division, and domination, which has crushed our ability to relate meaningfully to each other and diminished our ability to innovate and collaborate.

Jean Oelwang, founding CEO and Trustee of Virgin Unite, has interviewed over 60 business and life partnerships - including Desmond and Leah Tutu, and Ben and Jerry - revealing how to nurture relationships with depth and purpose. These kinds of deep connections have a profound ripple effect on everything we do, supporting us to achieve more, withstand anything and amplify impact. Enduring partnerships are the foundation of a meaningful life as well as the backbone of any successful organisation. In this book she unpicks the values that connect great partners, offering practical tools for staying in sync, disagreeing respectfully and a blueprint for expanding small partnerships into large-scale collaborations.

Packed with wisdom to nourish the relationships that give us strength and meaning, *Partnering* is a call-to-action for individuals resisting individualism to lead with purpose and impact.

Jean Oelwang is the Founding CEO and Trustee for Virgin Unite and a B Team Leader. She sits on the Advisory Council for The Elders and the Boards of RMI, Just Capital and Virgin Unite.



March 2022
9781529146066
Royal Octavo
£14.99 : Trade Paperback
320 pages

Perfectly Imperfect Puppy

The ultimate life-changing programme for training a well-behaved, happy dog

Graeme Hall

The definitive guide to giving your puppy the best start in life, written in the accessible style of Britain's best dog trainer and *Sunday Times* bestselling author Graeme Hall.

THE NEW BOOK FROM GRAEME HALL, THE *SUNDAY TIMES* BESTSELLING DOGFATHER

I've been training puppies for years and I am yet to come across one who behaved perfectly at all times. With this book I really wanted to be realistic about the expectations we should have when training a puppy and demystify the process with clear, simple advice, based on science and experience.

In this stress-free guide you will learn how to:

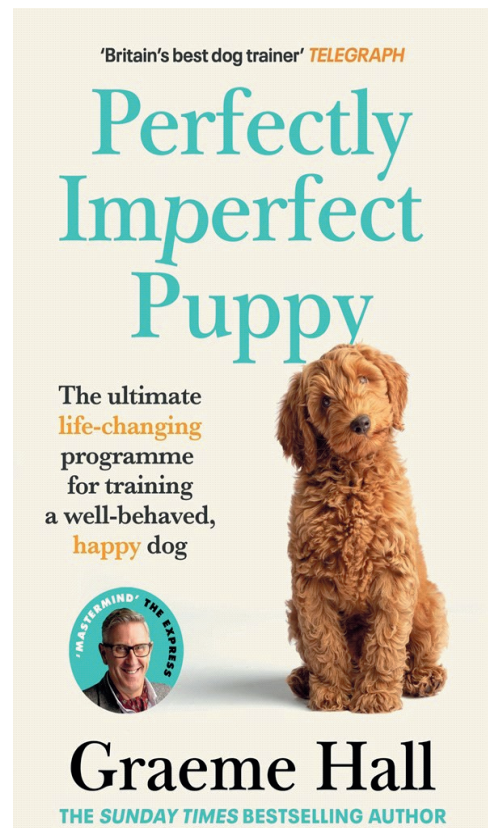
- Choose the right puppy for your lifestyle, including the benefits of a rescue dog
- Introduce them to the family, other pets and children
- Tackle separation anxiety
- Train your puppy, while building understanding and trust
- Socialise them, so they grow into a happy, well-adjusted dog
- Prevent behavioural problems later in life

I love working with puppies because there is so much potential to make a lasting difference to a dog's life and to their owner's. If you can get it right (or right-ish), you are paving the way for a lifetime of reliably good behaviour.

Happy training!
Graeme Hall

Graeme Hall 'The Dogfather' has been described by the *Telegraph* as 'Britain's best dog trainer', Graeme criss-crosses the country helping dog and puppy owners with behaviour problems. He's worked from the Scottish Highlands to the Channel Islands (and pretty-much everywhere in between). His motto is 'Any dog, any age, any problem'.

Graeme is the presenter of hit Channel 5 show *Dogs Behaving (Very) Badly*. He's helped celebrities with their pets and has featured on *BBC Breakfast* and ITV's *This Morning*. Graeme is a Master Dog Trainer with the Guild Of Dog Trainers.



March 2022
9781529149210
Demy Octavo
£14.99 : Trade Paperback
272 pages

The Repair Shop: Tales from the Workshop of Dreams

Karen Farrington, foreword by Jay Blades

A celebration of the most moving stories behind the items restored in the Workshop of Dreams, now in paperback.

We all have treasures hidden away in the attic, well-loved and well-worn belongings that have been passed down from generation to generation. They may be damaged or no longer working, but we can't bear to part with them. The expert craftspeople of hit BBC series *The Repair Shop* are dedicated to restoring and conserving these heirlooms. They know that the true worth of these possessions doesn't lie in their monetary value, but in the memories they hold and the stories they tell.

In this fascinating book, you'll step inside *The Repair Shop*'s Workshop of Dreams to explore some of the most moving family stories from the hit BBC series. From a glamorous sequinned dress that belonged to a popular travelling circus performer to a pump organ that was brought from Jamaica by a member of the Windrush generation, each family item is brought vividly to life - and lovingly restored by the team of Repair Shop experts who also contribute to these expanded stories. With a foreword by Jay Blades, *Tales from the Workshop of Dreams* is a heartfelt love letter to our collective past, and a fascinating slice of social history.

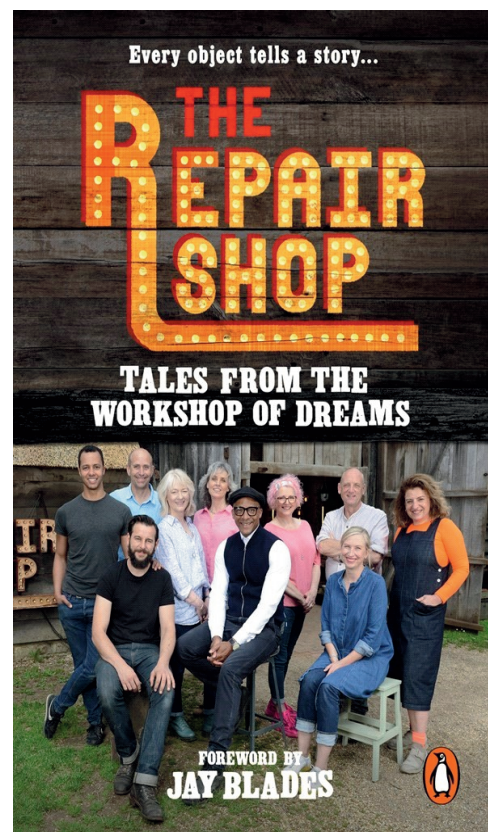
This book features items fixed by Repair Shop experts Steve Fletcher, Will Kirk, Lucia Scalisi, Suzie Fletcher, Kirsten Ramsay, Dominic Chinea, Brenton West, Tim Gunn, Sara Dennis, Chris Shaw, Matt Nickels, Amanda Middleditch and Julie Tatchell. With great care and attention to detail, the Repair Shop team resurrect priceless pieces of family history and breathe new life into the stories they hold.

Karen Farrington (Author)

Karen Farrington is the author of over 40 books, including two bestselling titles with *The Repair Shop*. Her other books include the *Springwatch Almanac*, *The Ambridge Chronicles*, and *Murder Mystery and My Family*.

Jay Blades (Foreword By)

Jay Blades is a TV Presenter, Social Entrepreneur, Community leader and furniture designer. He co-founded the award winning social organisation Out of The Dark, a charity



March 2022
9781785947667
B (Ebury)
£10.99 : Paperback
304 pages

Ammu

Indian Home-Cooking To Nourish Your Soul

Asma Khan

A heart-warming cookbook of comforting aromatic Indian flavours, from Asma Khan of Darjeeling Express and Netflix fame

'An entrancing book' - Nigella Lawson

Indian family food with heart - the mouthwatering new cookbook from Asma Khan, founder of the iconic Darjeeling Express

This book is a joyful celebration of the universal power of food to restore, and to comfort. It is a tribute to Ammu, Asma's mother, to the simple home cooking from her kitchen in Calcutta, and an exploration of the inextricable link between food and love.

These dishes will bring warmth to your kitchen when you need a meal or dish to share with your family and friends - from quick-and-easy Baghare Aloo and Shahi Paneer, a vegetarian staple all ages love, to Ammu's Chicken Biryani the much-requested Darjeeling Express favourite.

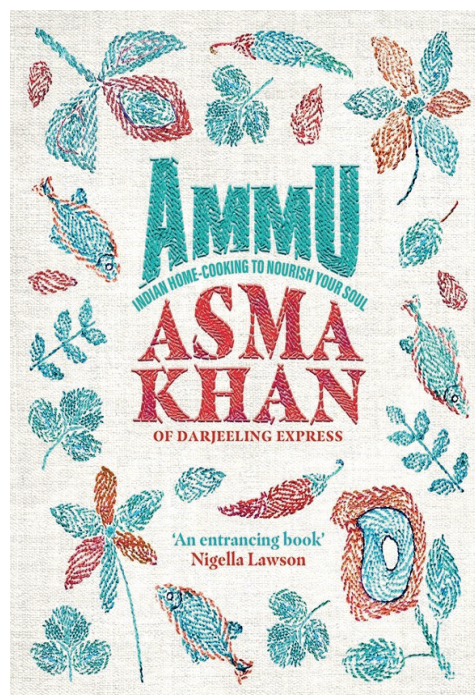
With over 100 recipes, easy-to-follow instructions and a photograph for every dish *Ammu* is an essential book for anyone wanting to make Indian comfort food at home.

'This is the food I cook for my family every day, meals to restore and nourish. I give these recipes to you, with love.' - Asma

Asma Khan is owner of Darjeeling Express, London, and one of the UK's most prominent female chefs.

She moved from India to Cambridge in 1991 with her husband. She comes from a royal background - Rajput on her father's side and Begali on her mother's. After training as a lawyer, Asma registered for a food business, which began life as a supper club then became a critically acclaimed pop-up, in London, in 2015.

Asma was the first British chef to appear on Netflix's *Chef's Table*. An unstoppable force for social change in the food industry and beyond, Asma has been revolutionising the



March 2022
9781529148145
246x189
£26.00 : Hardback
288 pages

Outlaw

Learning lessons the hard way as Britain's most wanted man

Ray 'The Boxer' Bishop

Ray Bishop takes you to the darkest extremes of human behaviour: a world of gangster crime, armed robbery, copious drug use and compulsive, high-stakes gambling. Against the odds, he lived to tell the tale.

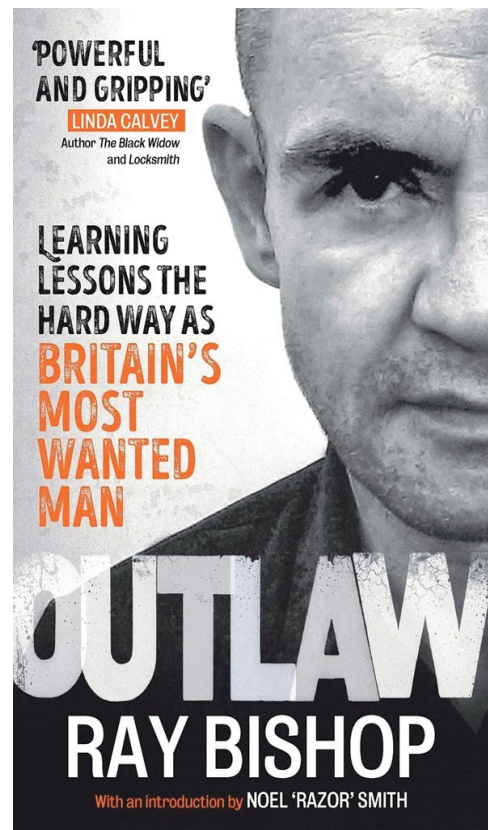
Follow Britain's most wanted man into London's underworld and back out again

Ray Bishop was on the run, skulking in a dealer's house in north London, when an image of his face flashed up on the TV, accompanied by a public warning. The assembled company were aghast, and Ray felt sick at what he saw. How had he become Britain's most wanted man?

Growing up in a council estate in South East London, where he and his friends were regularly brutalised by the police Ray tells all of his early days of petty crime. Being despatched to notoriously violent youth-detention centres where he was further criminalized he graduated with flying colours to a career in London's underworld as an armed robber, a drug smuggler and a people trafficker, developing a serious addiction to cocaine and heroin along the way.

But Ray's is also story of redemption, of coming back from rock bottom and learning lessons the hard back. Enrolling in a rigorous rehabilitation programme, Ray turned his life around. He went on to realise his childhood dream of becoming British Middleweight Boxing Champion, setting up his own business and advocating for others along the way. Here's how he did it.

Ray Bishop is articulate, highly intelligent, has an extraordinary photographic memory, is a gifted writer and is not afraid of the truth. He has a masters degree in psychology and a diploma in drug and alcohol counselling. The only time he sees the inside of a prison these days is to give talks on rehabilitation.



March 2022
9780753555675
B (Ebury)
£9.99 : Paperback
320 pages

Surviving the Krays

The Final Explosive Secret about the Firm

David Teale

David Teale, groomed by the twins, controlled by threats, raped by Ronnie, falsely imprisoned by the State for his 'own protection' as younger brother of Kray informer Bobby. Turns out that's only half the story.

David Teale: groomed by the twins, controlled by threats, raped by Ronnie, falsely imprisoned by the State for his 'own protection' as younger brother of Kray-informer Bobby. Turns out that's only half the story.

David first met the Krays when he was seventeen years old. He was drawn into London's underworld, and became Ronnie's reluctant foot soldier, driver, errand boy. He was close to murder, and witnessed menaces and the increasingly psychotic behaviours of the most feared men in gangster land.

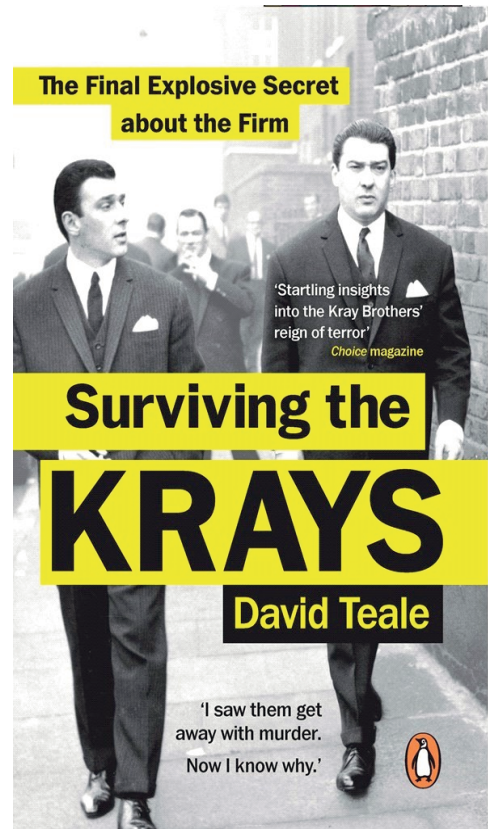
Unbeknown to David, his brother Bobby had bravely turned informer at great risk to his own safety and that of his brothers. That had its own consequences.

But why, when the police were being furnished with eye-witness statements, from an impeccable source, were they seemingly incapable of bringing the twins to justice? The Krays were untouchable.

After tireless research through newly released documents in the National Archives, and piecing together previously classified information together with his own, first-hand knowledge of the time, David Teale uncovers the shocking new truth, revealed in this book for the first time.

David's story rewrites True Crime history.

David Teale was born into a family of seven in wartime London's Holborn. One of three brothers whose lives were forever changed by the Kray Firm, David was a teenager when he first met Ronnie Kray and experienced his unspeakable cruelty first-hand. His older brother Bobby secretly turned informer on the Firm, and David was imprisoned by the State 'for his own protection'. He has spent years researching in the National Archives and previously classified documents to uncover the truth about the Krays.



March 2022
9781529106909
B (Ebury)
£8.99 : Paperback
320 pages

A Line Above the Sky

On Mountains and Motherhood

Helen Mort

A stunning memoir of motherhood and mountaineering by one of Britain's most gifted poets, for readers of *H is for Hawk* and *The Outrun*.

Guardian Books to Watch 2022

Evening Standard Books to Watch 2022

Bookseller Editor's Choice

'A wonderful book - exhilarating and taut, fearless in its explorations of wildness, risk, motherhood, and the inner and outer worlds of the writer' *Jon McGregor*

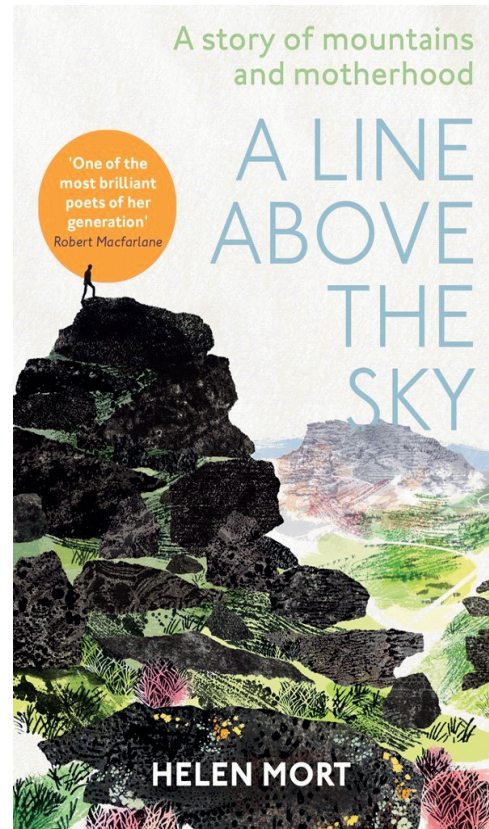
'This book is beautiful' *Emma Jane Unsworth*

Climbing gives you the illusion of being in control, just for a while, the tantalising sense of being able to stay one move ahead of death.

Helen Mort has always been drawn to the thrill and risk of climbing: the tension between human and rockface, and the climber's powerful connection to the elemental world. But when she becomes a mother for the first time, she finds herself re-examining her relationship with both the natural world and herself, as well as the way the world views women who aren't afraid to take risks.

A Line Above the Sky melds memoir and nature writing to ask why humans are drawn to danger, and how we can find freedom in pushing our limits. It is a visceral love letter to losing oneself in physicality, whether climbing a mountain or bringing a child into the world, and an unforgettable celebration of womanhood in all its forms.

Helen Mort was born in Sheffield in 1985, and grew up in nearby Chesterfield. Five times winner of the Foyle Young Poets Award, she received an Eric Gregory Award in 2007 and won the Manchester Young Writer Prize in 2008. Her first collection, *Division Street* (2013), was shortlisted for the T.S. Eliot Prize and Costa Poetry Award, and won the Fenton Aldeburgh First Collection Prize. In 2014, she was named as a 'Next Generation Poet', the prestigious accolade announced only once every ten years, recognising the 20 most exciting new poets from the UK and Ireland. *No Map Could Show Them*



March 2022
9781529107784
Demy Octavo
£16.99 : Hardback
288 pages

Many Different Kinds of Love

A story of life, death and the NHS

Michael Rosen

The *Sunday Times* bestselling coronavirus diaries of national treasure Michael Rosen, told in poems and letters from Michael and the doctors and nurses who saved his life

The instant *Sunday Times* top ten bestseller

A *Guardian* Book of the Year
An *Evening Standard* Book of the Year
An *Independent* Book of the Year
Netgalley's non-fiction Book of the Year

A national treasure's journey to the brink and back.

'Will I wake up?'
'There's a 50:50 chance.'

Michael Rosen wasn't feeling well. Soon he was struggling to breathe, and then he was admitted to hospital, suffering from coronavirus as the nation teetered on the edge of a global pandemic.

What followed was months on the wards: six weeks in an induced coma, and many more weeks of rehab and recovery as the NHS saved Michael's life, and then got him back on his feet. Throughout Michael's stay in intensive care, a notebook lay at the end of his bed, where the nurses who cared for him wrote letters of hope and support. Embarking on the long road to recovery, Michael was soon ready to start writing about his near-death experience.

Combining stunning new prose poems by one of Britain's best loved poets and the moving coronavirus diaries of his nurses, doctors and wife Emma-Louise Williams, this is a beautiful book about love, life and the NHS. Featuring original illustrations by Chris Riddell, each page celebrates the power of community, the importance of kind gestures in dark times, and the indomitable spirits of the people who keep us well.

Michael Rosen is one of the best-known figures in the children's book world. He is renowned for his work as a poet, performer, broadcaster and scriptwriter. He visits schools with his one-man show to enthuse children with his passion for books and poetry. In 2007 he was appointed Children's

MICHAEL ROSEN

Many Different Kinds of Love



A story of life,
death and the
NHS

THE *SUNDAY TIMES* BESTSELLER



March 2022
9781529109467
B (Ebury)
£9.99 : Paperback
320 pages

Springtime at Cannon Hall Farm

Springtime at Cannon Hall

The Nicholson Family

The first official tie-in to Channel 5's hit series *On the Farm* from the bestselling authors of *Living Our Best Lives*, for fans of Adam Henson and The Yorkshire Shepherdess

Join the Nicholson family for this heartwarming journey through a typical springtime on their South Yorkshire farm.

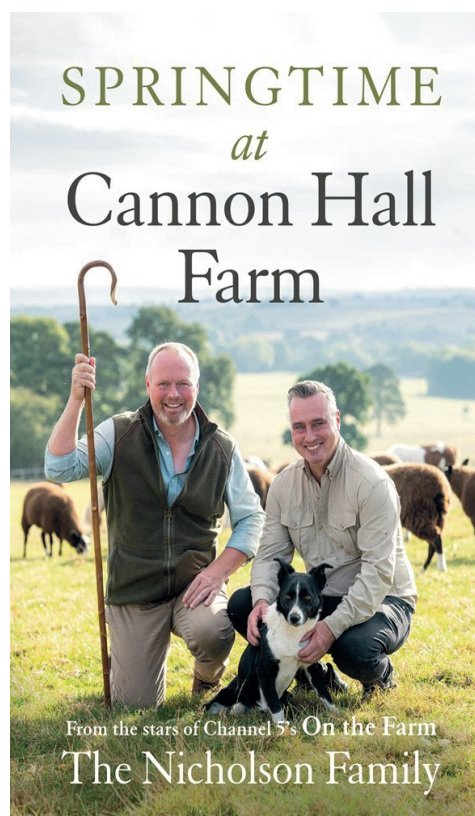
Throughout the book they reflect on the childhood stories, testing times, poignant memories and enriching experiences that have shaped the lives they lead today. With the coming of a new season, Roger and Cynthia Nicholson and their sons Richard, Robert and David show how the farming year is shaped around the arrival of baby goats, lambs, calves and piglets galore.

As Yorkshire's premier open farm attraction, Cannon Hall Farm continues to play host to thousands of visitors and spring is the busiest time of the year. People flock to meet the new arrivals and catch up with old favourites such as the llama and alpaca posse, the stunning shire horses and the irrepressible Shetland ponies, including Ozzy Horsebourne and Jon Bon Pony.

Along with all the animal antics, *Springtime at Cannon Hall Farm* features tales of bygone days when traditional skills, crafts and daily practices shaped life in the countryside. And for fans of Rob and Dave's Channel 5 shows, there are lots of behind-the-scenes secrets you won't want to miss...

The Nicholson Family

Roger and Cynthia Nicholson and their three sons Richard, Robert and David have a combined farming experience of more than one hundred and fifty years! They work together at their farm in Yorkshire's beautiful Pennine foothills, where they rear pigs, sheep, goats, cows and more.



March 2022
9781529149012
Royal Octavo
£16.99 : Hardback
256 pages

Call Me Red

A shepherd's journey

Hannah Jackson

Get lost in a wonderful slice of life from shepherdess Hannah Jackson, who provides us with tales from the farm and lessons to live by for fans of the Yorkshire Shepherdess and Adam Henson

***Sunday Times* bestseller**

Lessons to live by, without getting up with the lark

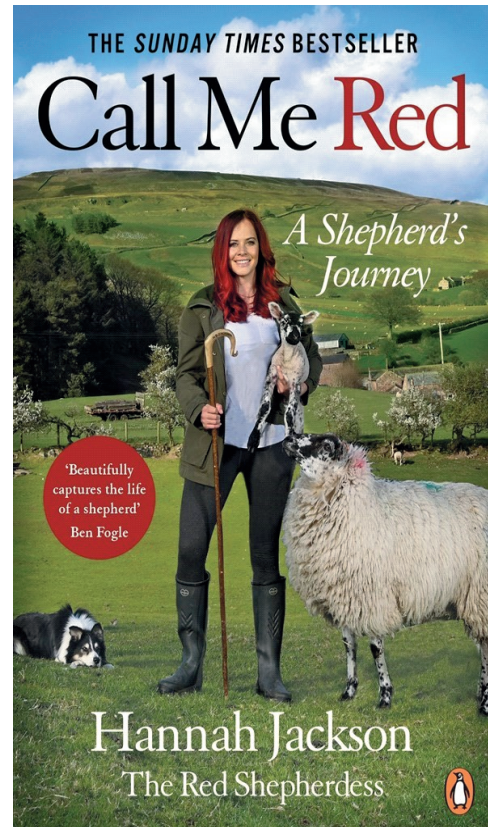
Hannah Jackson (aka The Red Shepherdess) grew up in the Wirral, and hadn't set foot on a farm until she was 20-years-old. But she'd always loved animals and on a visit to the Lake District, she saw a lamb being born and had a light bulb moment - a burning desire to succeed as a farmer - and never looked back.

In *Tales of a Shepherdess*, Hannah gives us a unique insight into farm life and the values it has taught her that we can use in our everyday lives to change ourselves and our world for the better - from connection, communication and community, to leadership, patience and resilience. Hannah will show us how becoming a lambing and farming contractor in a male-dominated and traditional world taught her grit and determination; how training her loyal sheepdog Fraser taught her to trust; and how sometimes failure can teach us more about ourselves than success. Hannah's journey also teaches us how we should find what sets our hearts on fire and throw everything into it.

Hannah's simple and universal wisdom, practical advice, and words of encouragement will inspire you to achieve your goals, follow your dreams and focus on what's really important in life.

Hannah Jackson, also known as The Red Shepherdess, is a first-generation farmer and TV personality. Her inspirational daily insights into shepherding, her indomitable spirit and a love for animals has gained her a loyal following across social, as well as making her one of the farming industry's youngest and most influential spokespeople and role models.

When not on her Cumbrian farm or working as a contract shepherd, Hannah is a frequent presenter on BBC One's *Countryfile* and features regularly in the press as an advocate



March 2022
9781529109122
B (Ebury)
£9.99 : Paperback
320 pages

Test Match Special

Tall Tales – The Good The Bad and The Hilarious from the Commentary Box

Jonathan Agnew and Phil Tufnell

To coincide with their first ever Test Match Special live tour, a sparkling new collection of cricket tales from Aggers, Tuffers and the TMS Team.

Who played the best pranks on his fellow team-mates? Which member of the TMS team terrorised his teachers in the annual staff-pupil game? And the truth behind 'the greatest sporting commentary of all time'...

Between them, Jonathan Agnew and Phil Tufnell have probably watched more cricket than anyone alive, and they have many stories to tell, both as players and as commentators for *Test Match Special*. From their days as schoolboy cricketers, learning the ropes, to the shenanigans of the county circuit, and now their careers as commentators, they have seen it all.

Joined by colleagues from TMS such as Isa Guha, Ebony Rainford Brent, Alison Mitchell, Carlos Brathwaite and Aatif Nawaz, Aggers and Tuffers share the highlights, mishaps and moments of brilliance and emotion that they have witnessed and experienced on pitches around the world.

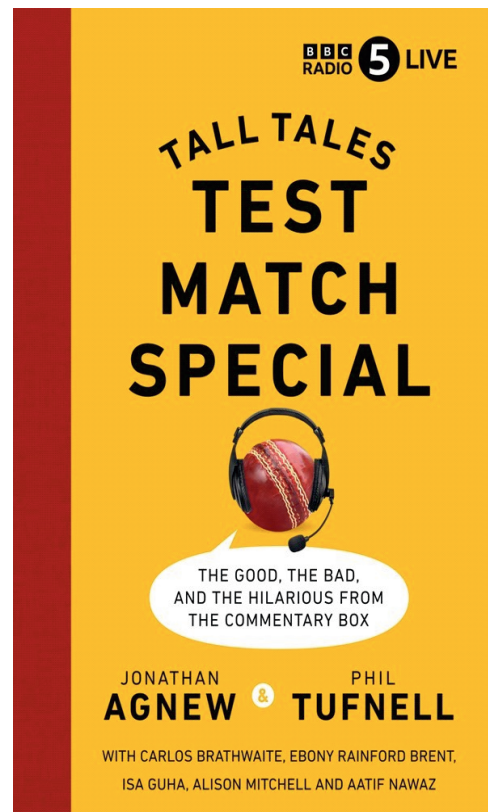
Jonathan Agnew (Author)

Jonathan Agnew is an English cricket broadcaster and a former professional cricketer.

While still a player, Agnew began a career in cricket journalism and commentary. Since his retirement as a player, he has become a leading voice of cricket on radio, as the BBC Radio cricket correspondent and as a commentator on Test Match Special.

Phil Tufnell (Author)

Phil Tufnell is a former England cricketer and now television presenter. Recognised during his cricketing days as an orthodox spin bowler, Tufnell competed for Middlesex for 16 years until 2003 when he announced his retirement. During his time as a professional cricketer he played in 42 Test Matches and 20 One Day Internationals for England as well as completing in 316 First-Class Matches for Middlesex.



March 2022
9781785947773
Royal Octavo
£20.00 : Hardback
320 pages

Deep Deception

The story of the spycop network, by the women who uncovered the shocking truth

Alison, Belinda, Helen Steel, Lisa and Naomi

Five women who were deceived and manipulated into long-term, sexual relationships by undercover police tell the shocking story of what happened to them

Groomed. Gaslighted. Ghosted.

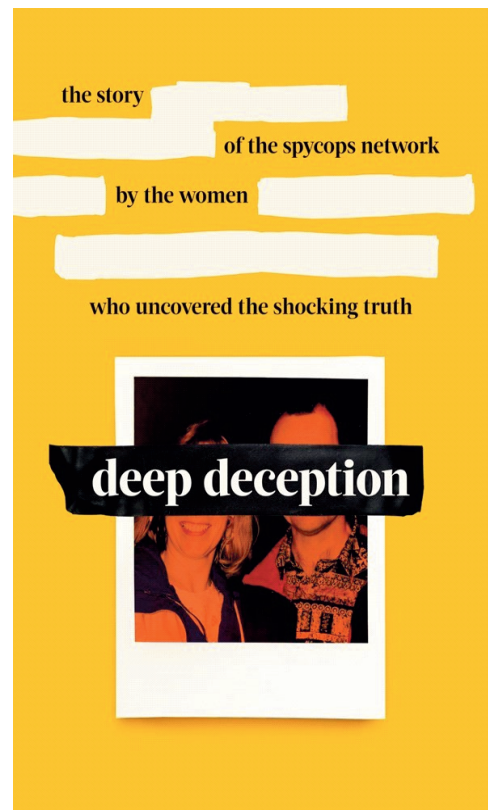
They thought they'd found their soulmate. They had no idea he was spying on them.

These five motivated, independent women each thought they'd met their perfect partner - someone who shared their values, ambitions and goals.

But after a while, in some cases years later, the men started to behave strangely. They disappeared for weeks at a time, saying they needed to go away to clear their heads. Small details about their lives didn't quite fit. Then they vanished, leaving a note saying that the relationship was over.

These men were undercover police officers, who had targeted the women for their links to activist groups. They took the identities of dead children and carried fake passports and driving licences. They were all married, some with children. They had been working from a set of guidelines and were all using the same manipulative techniques.

This is the story of five women whose lives were stolen by state-sponsored spies, and who, one by one, uncovered the shocking truth.



March 2022
9781529108316
Royal Octavo
£20.00 : Hardback
320 pages

Dare to Change Your Life

Find your ambition and make your dreams real with this book

Lawrence Okolie

An essential and refreshing personal development book for all of us to champion to create better representation for diverse role models.

Lawrence is an inspiration to me and, after reading his story, he'll become an inspiration to you.' **Anthony Joshua**

'An inspirational and important role model' **Guvna B**

Discover the mindset that made Lawrence Okolie a champion...

'Whatever your situation, I want to help you. I'm proud of the changes I've made to my life. While flipping burgers in McDonald's, I found my ambition and now I'm a boxing champion. I've changed how I look at myself. how I look at the world. and I've improved my lifestyle.

If I can do this. I know you can too.

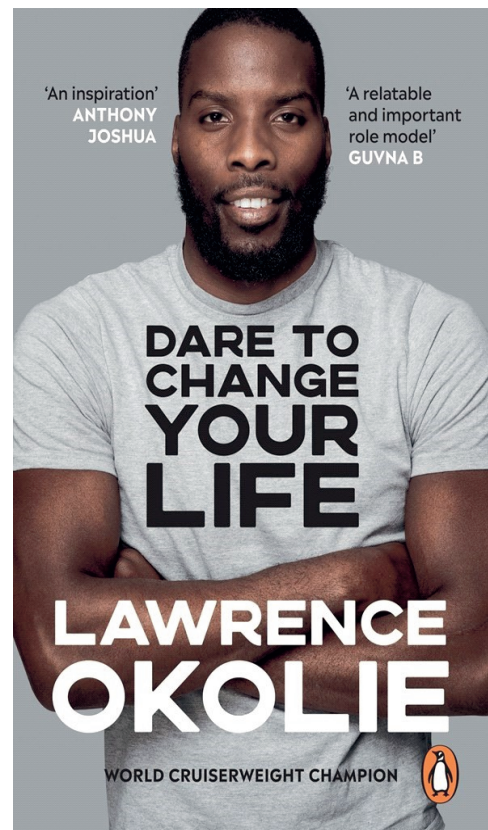
Perhaps you're feeling scared. a bit hopeless or unsure about where you're heading in life and what to do next? Maybe you feel stuck and you can't see a way out? I want to help you to change your life.' **Lawrence Okolie**

Discover:

How anything is possible
Why you don't need luck but you do need purpose and faith
When fear and risks are good things
Why positive energy and kindness are essential
How curiosity is power
That you are not defined by your past
Why you shouldn't fear failure
That you can control your future

And much more...

Lawrence Okolie was born in Hackney, London, to Nigerian parents. Inspired by Anthony Joshua, Lawrence decided to become a boxer in 2012. He represented Great Britain in the 2016 Rio Olympics and turned professional in 2017, going on to



April 2022
9781529109399
B (Ebury)
£9.99 : Paperback
256 pages

Easy

Simply delicious home cooking

Chris Baber

Quick, simple and delicious recipes for the family kitchen, from TV Chef Chris Baber

Simple. Speedy. Delicious.

Stuffed with quick, simple and mouth-watering recipes, *Easy* is the only cookbook you'll need to make every meal count without stressing in the kitchen. Whether it's having a crowd of mates over for a weeknight dinner, recreating your favourite takeaway or rustling up a delicious brunch to start the weekend right, Chris has a dish for every occasion. Packed with straightforward recipes - from Spicy Prawn Tostadas and Honey and Harissa Spatchcock Chicken to Veggie Pilaf with Fried Halloumi and Summer Strawberry and Raspberry Crumble - and handy tips, *Easy* is the perfect guide to creating delicious food that hits the spot every time.

Chris is a professional home-taught chef with a passion for simple, tasty, family-friendly cooking and helping the nation become better home cooks.

Taking on the role of head chef in the Baber household from the age of 6, food has always been a huge part of his life, and in 2016 he went on to win BBC One's popular cooking competition, *Yes Chef*, beating thousands of other entrants to the coveted prize.

Chris is currently working with M&S Food, where he creates weekly, simple recipes for families and works closely with ITV to bring these to homes across the UK.

Chris is passionate about improving everyone's ability to cook from scratch, and launched BBC's Blue Peter 'Cooking Club', an online initiative to encourage children of all ages to try new recipes.



April 2022
9781529148541
Crown Quarto
£16.99 : Trade Paperback
208 pages

A Different Kind of Happy

The Sunday Times bestseller and powerful fiction debut
Rachaele Hambleton

Warm-hearted, funny, emotional and relatable women's fiction about blended families and modern parenting from *Sunday Times* Bestselling author and *Part-Time Working Mummy* blogger.

'A powerful story of family, hope, growth and second chances' Anna Mathur

Happiness comes in all shapes and sizes.

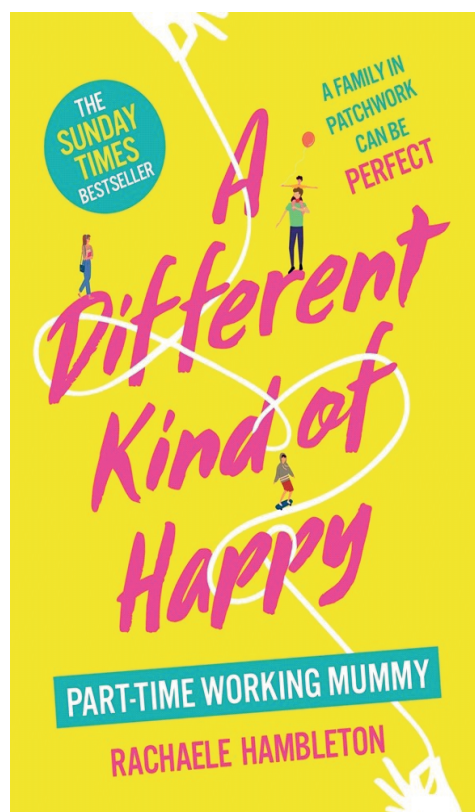
Jo said goodbye to peace and quiet when she got pregnant at 19, but now she has a chance to hit refresh.

A partner she loves, five amazing kids and a house by the sea. Jo must find a way to make the most of her second chance at happiness.

She's surrounded by mums who seem to have it all together, but when normal is not an option, surprises can lead to a different kind of happy.

Rachaele Hambleton, aka Part-Time Working Mummy, is a *Sunday Times* bestselling author and one of the most popular parenting personalities. She is a full-time mum to three daughters and one baby boy, step-mum to two boys and is married to her 'bird-boy' Josh. Her successful blog documents the highs and lows of life as a family of eight ... with a dog and some chickens thrown in for good measure. As well as blogging and bringing up six tiny humans, Rachaele fights hard for awareness and is an ambassador for Kidscape and a Patron of Trevi, Plymouth.

facebook/PartTimeWorkingMummy
Instagram: @PTWMUMMY
Twitter: @PTWMUMMY



April 2022
9781529105193
B (Ebury)
£7.99 : Paperback
320 pages

The Wim Hof Method

Activate Your Potential, Transcend Your Limits

Wim Hof

The iconic 'iceman' known for his record-breaking endurance of cold temperatures, shares his world famous method for improving your mind, body and performance.

STAR OF BBC ONE'S FREEZE THE FEAR

'I've never felt so alive' JOE WICKS

'A fascinating look at Wim's incredible life and method'
FEARNE COTTON

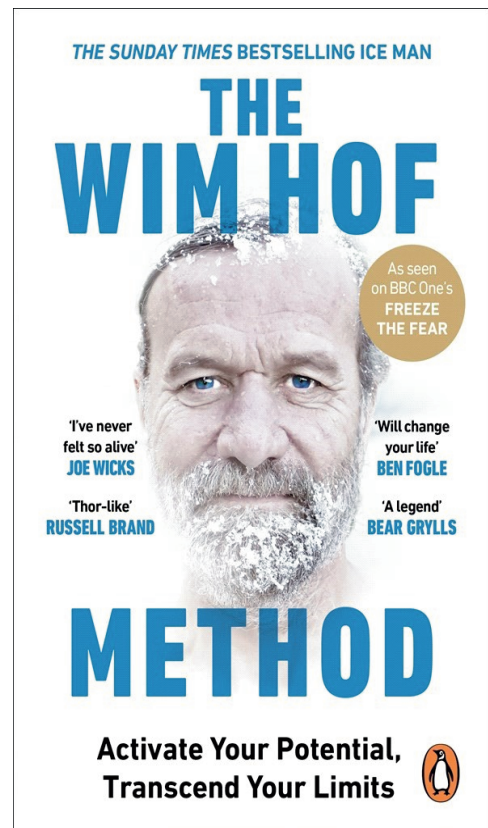
My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind.

'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of **Cold**, **Breathing** and **Mindset** to take ownership over your own mind and wellbeing.

'The book will change your life' BEN FOGLE

'Wim is a legend of the power ice has to heal and empower'
BEAR GRYLLS

Wim Hof, a.k.a. 'The Iceman,' holds multiple world records for his feats of endurance and exposure to cold. The benefits of his method, now practiced by tens of thousands, have been validated by eight university research studies. He has been featured on the BBC, VICE Media, and the Discovery Channel; *The Joe Rogan Experience*, *The Tim Ferriss Show*, and *The School of Greatness* podcasts; and in the bestselling book *What Doesn't Kill Us* by Scott Carney. He lives in the Netherlands with his family.



April 2022
9781846046308
B (Ebury)
£8.99 : Paperback
224 pages

Stronger

Gareth Thomas

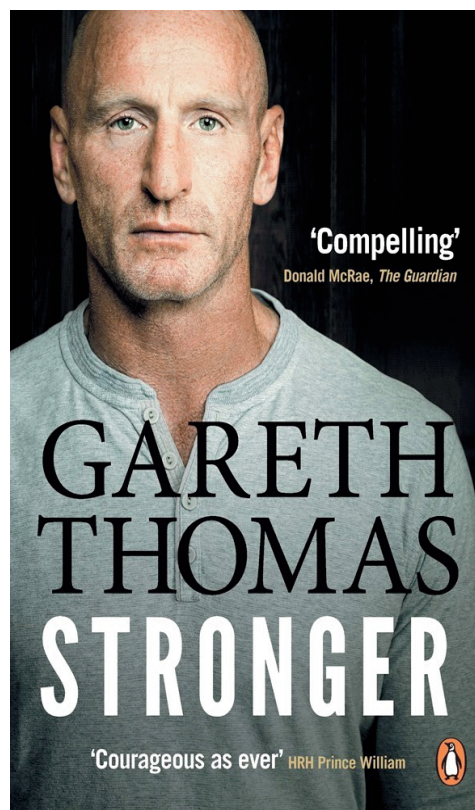
The motivational memoir from bestselling author and sporting icon Gareth Thomas

You're not born with resilience but you can find it on the journey with hard work, belief and the help of those around you.

Gareth Thomas has learned to push on even when everything seems most futile. His willingness to expose his deepest emotional frailties as a man and come through even stronger as a result has made him a national hero.

In the Sunday Times Bestseller PROUD, Gareth focused closely on the intense experience of coming out in a very public arena of global sport. STRONGER is the broader story of how Gareth has managed to deal with the adversity life has thrown at him across the years, from childhood to his most recent gruelling announcement that he was HIV positive.

Gareth Thomas was born in 1974. He played rugby union for Bridgend, Celtic Warriors, Toulouse and Cardiff Blues, winning 100 international caps for Wales and captaining the British and Irish Lions. In 2010 he switched to rugby league, playing for the Crusaders RL, and for Wales. He retired from rugby in October 2011. Gareth announced publicly in 2009 that he is gay, and was voted the most influential gay person by Stonewall that year. In 2019, Gareth spoke openly about living with HIV and has gone on to partner with the Terrance Higgins Trust in order to raise awareness around HIV.



April 2022
9781529107777
B (Ebury)
£10.99 : Paperback
320 pages

Aftermath

Life in the Fallout of the Third Reich

Harald Jähner

The internationally bestselling and prize-winning history of German life in the fallout of the Third Reich, filled with eye-opening, shocking and vitally human stories of ruin, repression and revival.

*****SHORTLISTED FOR THE BAILLIE GIFFORD PRIZE 2021*****

A 2021 Book of the Year

The Times* * *Sunday Times* * *Telegraph* * *New Statesman* * *Financial Times* * *Irish Independent* * *Daily Mail

'A masterpiece' SPECTATOR

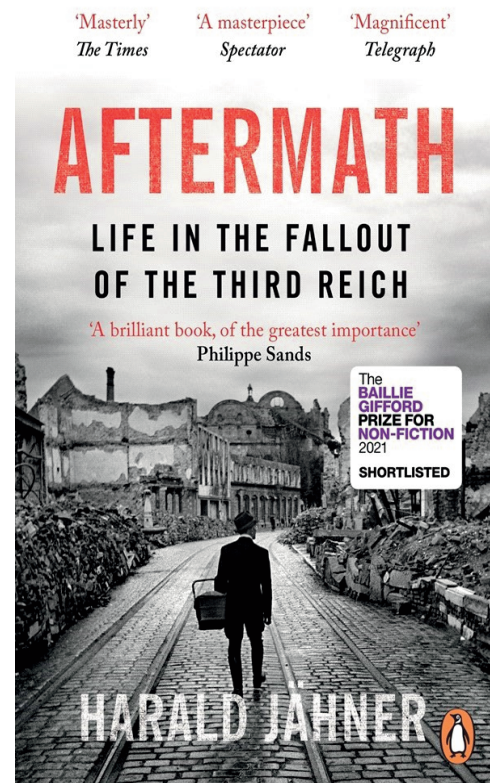
'Exemplary [and] important... This is the kind of book few writers possess the clarity of vision to write' MAX HASTINGS, SUNDAY TIMES

'Magnificent... There are great lessons in the nature of humanity to be learnt here' TELEGRAPH

Germany, 1945: a country in ruins. Cities have been reduced to rubble and more than half of the population are where they do not belong or do not want to be. How can a functioning society ever emerge from this chaos?

In bombed-out Berlin, Ruth Andreas-Friedrich, journalist and member of the Nazi resistance, warms herself by a makeshift stove and records in her diary how a frenzy of expectation and industriousness grips the city. The Americans send Hans Habe, an Austro-Hungarian Jewish journalist and US army soldier, to the frontline of psychological warfare - tasked with establishing a newspaper empire capable of remoulding the minds of the Germans. The philosopher Hannah Arendt returns to the country she fled to find a population gripped by a manic loquaciousness, but faces a deafening wall of silence at the mention of the Holocaust.

Aftermath is a nuanced panorama of a nation undergoing monumental change. 1945 to 1955 was a raw, wild decade poised between two eras that proved decisive for Germany's future - and one starkly different to how most of us imagine it



April 2022
9780753557884
B (Ebury)
£9.99 : Paperback
432 pages

Breaking the Age Code

How Your Beliefs About Ageing Determine How Long and Well You Live

Becca Levy

Stunning revelations and powerful, scientifically-proven advice on how to live a healthy and vibrant long life from the world's leading expert and pioneer in the field of ageing. Just changing the way you think about getting older can add 7.6 years to your life.

'Will shatter some of your basic assumptions about ageing' - Adam Grant

Why do some people age better and live longer than others?

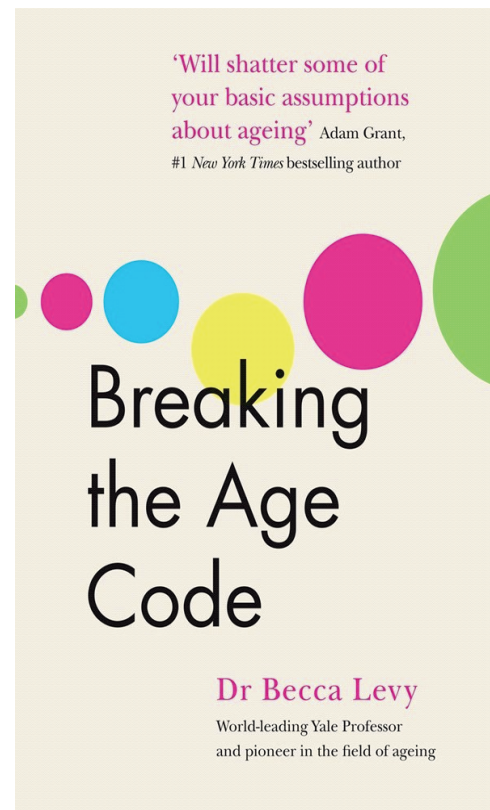
This is the question that led leading expert and researcher Dr Becca Levy to discover a fascinating truth: **just changing the way you think about ageing can add years to your life.**

In *Breaking the Age Code*, Dr Levy draws on pioneering research to offer stunning revelations about the mind-body connection. She demonstrates that many aspects of ageing we consider to be natural, such as memory loss, hearing decline and cardiovascular events, are in fact influenced by our own negative biases, often informed by cultural ageism. She tackles head on how we can shift these outdated ideas at a societal level and what we can do to help ourselves.

Positive, practical and full of fresh insights, *Breaking the Age Code* will dismantle your assumptions about how we get older and leave you looking forward to what the future holds.

'Breaking the Age Code is less a self-help manual than a manifesto for a revolution' - Anna Maxted, The Times

DR BECCA LEVY is the Professor of Epidemiology and the Chair of the Yale School of Public Health, Social & Behavioral Sciences Department. She is also a Professor of Psychology in the Yale University Department of Psychology. She is the leader and pioneer of a field of study that focuses on how both positive and negative age stereotypes affect the health of older individuals and has led WHO efforts to investigate the impact of ageism on the health of older people. She has published many articles, won numerous awards for her work and been cited widely across the media. She speaks extensively about her work around the world, including in the



April 2022
9781785043550
Royal Octavo
£16.99 : Trade Paperback
304 pages

Trauma: The Invisible Epidemic

How Trauma Works and How We Can Heal From It

Dr. Paul Conti

The transformative guide to recognising, preventing and healing trauma by Dr Paul Conti, with a foreword by Lady Gaga.

'I can say with certainty that this man saved my life. He made life worth living. But most importantly, he empowered me to find and reclaim myself again' *Lady Gaga*

Do the work to heal yourself and find a path through trauma.

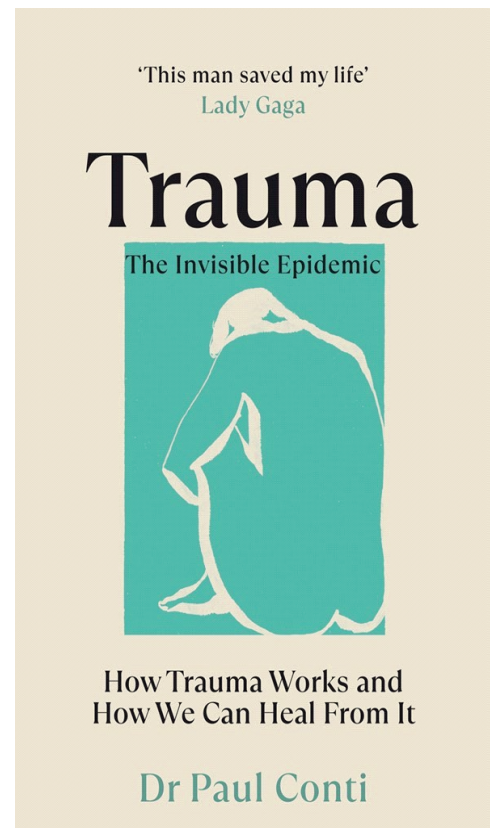
Trauma is everywhere and so many of us are silently affected by it. Stressful, challenging and frightening events can happen to anyone, at any age, leaving us feeling overwhelmed, anxious and exhausted. Left unchecked, difficult experiences can have a lasting psychological effect on our wellbeing.

In *Trauma: The Invisible Epidemic*, leading psychiatrist Dr Paul Conti sets out a unique set of tools anyone can access to help recognise the signs of trauma, heal from past hurt and find the road to recovery.

Drawing on the most recent scientific research, Dr Conti breaks down the topic into clear sections, looking at why trauma happens, how it manifests in the body and what we can do to move past it. In the book, you'll discover the three different types of trauma you might face, as well as practical exercises and solutions for getting to the root of the problem.

This is an important, life-affirming book, one that invites you to empower yourself against trauma, own your life experiences and learn to thrive, not just survive, in the wake of life's difficulties.

Paul Conti, MD, is a graduate of Stanford University School of Medicine. He completed his psychiatry training at Stanford and at Harvard, where he was appointed Chief Resident. He served on the medical faculty at Harvard before moving to Portland, Oregon to found his clinic. Dr Conti's life-changing trauma work has earned him several celebrity fans including Kim Kardashian, Lady Gaga and Tommy Hilfiger. He has also appeared on the chart-topping business podcast The Tim Ferriss Show.



April 2022
9781785044106
Demy Octavo
£14.99 : Trade Paperback
192 pages

A Chosen Destiny

My Story

Drew McIntyre

In this thrilling, no-holds barred memoir, Britain's first ever WWE Champion Drew McIntyre tells the incredible roller coaster story of his life, from a small village in Ayrshire, Scotland to the bright lights of WWE.

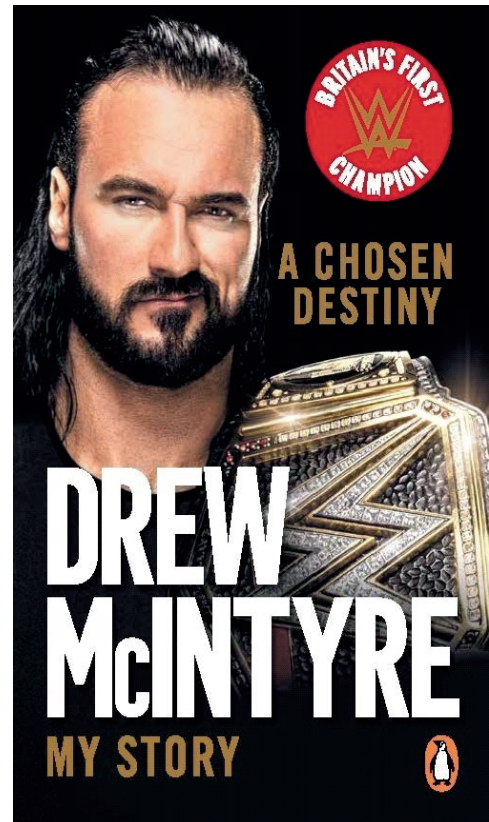
A destiny chosen, a destiny squandered, and a champion's relentless pursuit for redemption.

Growing up in a small village in Ayrshire, Scotland, Drew dreamed of becoming WWE Champion and following in the footsteps of heroes Stone Cold Steve Austin and Undertaker. With his parents' support, he trained and paid his dues, proving himself to tiny crowds in the Butlin's circuit. At age twenty-two, McIntyre made his WWE debut and was touted by none other than WWE Chairman Vince McMahon as "The Chosen One," who would lead WWE into the future. With his destiny in the palm of his hands, Drew watched it all slip through his fingers.

Through a series of ill-advised choices and family tragedy, Drew's life and career spiralled. As a surefire champ, he struggled under the pressure of expectations and was fired from the company. But the WWE Universe has not seen the last of this promising athlete. Facing a crossroads, this powerful Scotsman set a course to show the world the real Drew McIntyre.

Buoyed by the support of his wife, Kaitlyn, and the memory of his beloved mother, Drew embarked on a mission to recharge, reinvent and revitalise himself to fulfil his destiny. It is a story of grit, courage and determination as a fallen Superstar discovers who he truly is and storms back to reclaim his dream.

DREW MCINTYRE (aka Drew Galloway) is a two-time WWE Champion (the first ever British-born title holder), one-time Intercontinental and NXT Champion, and two-time tag team champion in WWE. He has also claimed several championships and accolades in promotions such as Irish Whip Wrestling, Insane Championship Wrestling, Evolve, and others. He is known for his imposing physique and brute strength in the ring, and his dominant finishing move, the Claymore Kick. He resides in Florida with his wife, Kaitlyn, and adored cats, Hunter and Chaz.



April 2022
9781529109191
B (Ebury)
£10.99 : Paperback
320 pages

Stronger Together

How We're Living While Fighting

Anne and Linda Nolan

For the first time, Nolan sisters Anne and Linda open about their devastating cancer diagnosis in this heartbreaking, honest and optimistic story of survival, family and love, for readers of Denise Welch and Coleen Nolan

"It's ok to be scared, to feel lonely... we'll get through it, because we have to."

For more than 40 years Linda and Anne have performed side by side as members of iconic Irish girl group The Nolans. But in 2020 the sisters sat next to each other for a very different experience. Soon after returning home from filming their hit TV series *The Nolans Go Cruising*, with their sisters Coleen and Maureen, Linda and Anne received devastating cancer diagnoses within days of each other and soon began gruelling rounds of chemotherapy together. It was a stark reminder of how cruel life can be and, of course, of their beloved sister Bernie, who also faced and lost the same battle.

Stronger Together is Linda and Anne's story. A reflection on their close-knit relationship, in the limelight and behind the scenes, and of how family helped them hold it all together when things got tough. Deeply personal, incredibly moving and told with trademark humour, it's a story they hope will help you too.

Anne Nolan (Author)

Anne Nolan was born in Dublin in 1950, the eldest of eight children. The family moved from Dublin to Blackpool the early 1960s shortly after which they started to tour as The Singing Nolans. Later The Nolan Sisters went on to achieve massive chart success with hits like 'I'm In The Mood For Dancing' which became a hit all over the world. Anne does a lot of work for the Alzheimer's Society after her mum passed away with the illness. In 2009 she released her autobiography *Anne's Song* and in 2011 she released her debut solo album *Just One Voice*.

Linda Nolan (Author)

Linda Nolan was born in 1959, the third youngest of eight children. She enjoyed great success as part of the Nolan Sisters, touring with the likes of Frank Sinatra and Engelbert Humperdinck. Linda went on to perform in cabarets and stage musicals including *Our House the Musical* and *Menopause The Musical*.

LINDA & ANNE
NOLAN



How We're Living While Fighting

'Emotional' - Daily Mirror



April 2022
9781529109597
B (Ebury)
£9.99 : Paperback
320 pages

Life on a Thread

My story

Jamie Hull

SAS trooper Jamie Hull was given a 5% chance of survival after jumping from a burning aircraft, on fire himself, moments before crash landing. His story will take you, like no other, to the furthest extremes of endurance and endeavour.

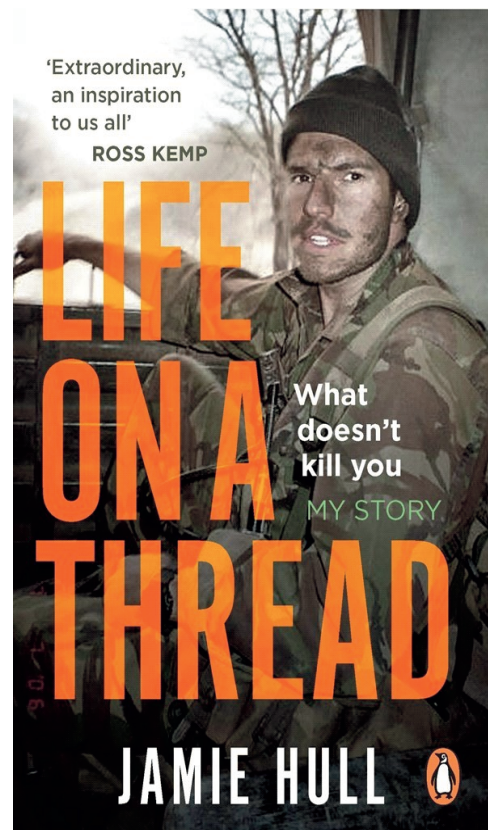
SAS trooper and trainee pilot Jamie Hull was flying solo when his aircraft caught fire. It should have been the end of his life, but it was the beginning of his story.

With flames up to his chin, he brought the plane in, climbed out and jumped from the wing. As he lay on the ground, fully conscious, waiting for the emergency services, he could smell his flesh burn.

Even if he survived, what would he have left to live for?

But this man is made of stern stuff. He fought back from the brink of death, and created a new and profoundly meaningful life from the wreckage of his experience.

Meet Jamie Hull, former Special Services soldier, now Ambassador for Help for Heroes and veteran of two marathons, a 3,000-mile bicycle race across America and an expedition up Mount Kilimanjaro. His story will take to you to the furthest extremes of human endurance and endeavour.



April 2022
9781529109672
B (Ebury)
£8.99 : Paperback
288 pages

Eat Well for Less: Happy & Healthy

80 quick & easy recipes from the hit BBC series

Jo Scarratt-Jones, foreword by Chris Bavin and Jordan Banjo

***Eat Well for Less* is back! 80 simple and delicious recipes that make healthy eating easy and stress-free, from the hit BBC One series.**

Tuck into 80 easy and effortlessly healthy meals from the hit BBC series *Eat Well for Less*.

Cooking doesn't have to add to the pressures of daily life - make your kitchen a happy place with *Eat Well for Less: Happy & Healthy*. Packed full of light lunches, simple suppers and weekend feasts that you can whip up for the whole family in a flash, this book will leave you full and feeling good without breaking the bank. Recipes include Jamaican Chicken Tacos, Spiced Feta & Chickpea Sweet Jacket Potatoes, BBQ Veggie Chilli, One-pan Spicy Eggs and Peanut Butter & Date Flapjacks.

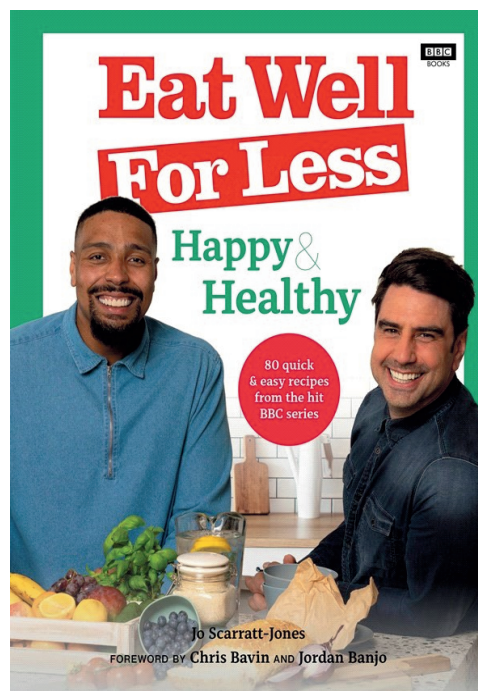
Featuring a foreword from new presenters Chris Bavin and Jordan Banjo, budget-friendly meal planners and top tips, *Happy & Healthy* will help you stress less in the kitchen and teach you how to make quick and nutritious dishes.

Jo Scarratt-Jones (Author)

Bestselling food writer and TV cookery producer Jo Scarratt-Jones started her career in television in 1997 when she joined LWT. Jo spent 15 years at ITV working on a varied output from *Trinny and Susannah* to *Katie Price*. She was involved in setting up the first series of *I'm A Celebrity Get Me Out of Here!* and spent many happy times in Australia on subsequent series. She joined RDF in February 2011 as an Executive Producer and became Head of Popular Factual in 2012. Jo looked after many series of *Sun*, *Sex and Suspicious Parents* for BBC3 and is the executive producer for BBC1 series *Eat Well For Less?* and *Shop Well For Less?*.

Chris Bavin (Foreword By)

Chris Bavin is a judge on BBC's primetime cooking show, *Britain's Best Home Cook*, alongside Mary Berry. He also co-presents the hugely popular *Eat Well for Less?*. As a former market trader and fresh produce importer, Chris's business, The Naked Grocer, twice won National Independent Retailer of the Year. As well as his busy TV career, Chris runs cookery



April 2022
9781785947841
246x189
£14.99 : Trade Paperback
224 pages

Dead Men Don't Tell Tales

Guy Martin

The world's only million-copy-selling truck fitter is back, faster than ever

Guy Martin can't sit still. He has to keep pushing - both himself and whatever machine he is piloting - to the extreme. He's a doer, not a talker.

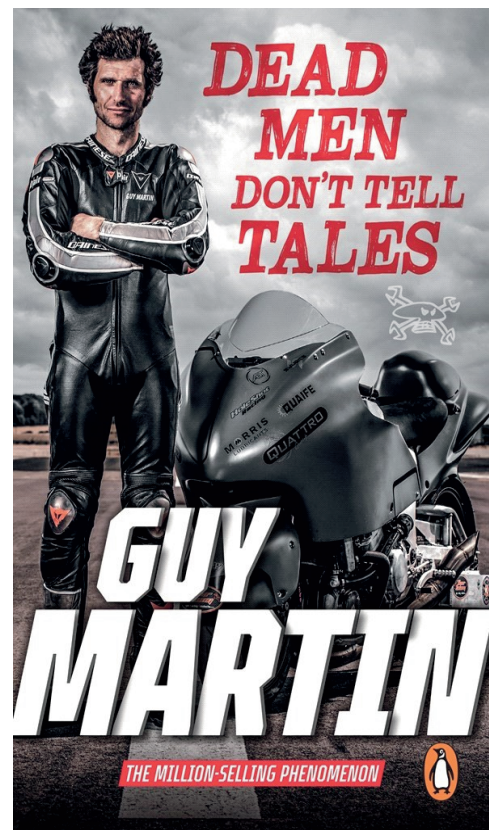
That applies whether Guy's competing in a self-supported 750-mile mountain bike race across Arizona, or trying to reach 300mph in a standing mile on the 800-horsepower motorbike he built in his shed. And during his TV adventures, travelling through Japan, winning records for the world's fastest tractor, re-creating the famous Steve McQueen *Great Escape* jump, discovering the toil and sacrifice of the D-Day landings and trying to cut the mustard as a Battle of Britain pilot.

Guy's become a dad now and he's hoping that one day his daughter will grow up to be a better welder than he is. Oh, and he's still getting up at 5am to work on trucks in for service or to be out on his tractor, working the Lincolnshire land he's always called home.

This is Guy Martin's latest book, in his own words, on the last four years of his life that make the rest of us look like we're in slow motion.

We're here for a good time, not a long time. To Guy, if it's worth doing, it's worth dying for.

Except for one summer spent sleeping inside a truck in a concrete yard in Northern Ireland, Guy Martin has lived within 20 miles of the Grimsby hospital he was born in, on the 4 November 1981. The professional truck mechanic turned taytie farmer has won multiple international road races, and scored fifteen Isle of Man TT podiums. He is also Channel 4's face of engineering and speed, presenting critically acclaimed documentaries and travelogues, and taking on world records. Did we mention he's also the author of four phenomenal *Sunday Times* bestselling memoirs? A genuine, one-off marvel.



April 2022
9781529108941
B (Ebury)
£8.99 : Paperback
320 pages

Commando

The Inside Story of Britain's Royal Marines
Monty Halls

Accompanying a 4-part BBC series for the 40th anniversary of the Falklands War, a character-led, all-access account of the work of the modern Royal Marine Commandos by celebrated former Marine Monty Halls.

'A truly incredible collection of stories of true heroism.' - Bear Grylls

'A barnstorming account of heroism and fortitude from individuals who epitomise the Commando ethos. It's a splendid read.' - Sir Ranulph Fiennes

'Monty brings us a glimpse of what the green beret really means and the bonds it creates.' - Dan Snow

'This book is the epitome of those Commando qualities - courage, determination, unselfishness and cheerfulness in the face of adversity.' - Aldo Kane

There is only one colour that matters, one that unites us all. And that colour is green.

The Royal Marine Commandos have become a byword for elite raiding skills and cutting-edge military operations. They are globally renowned, yet shrouded in mystery. With unique insight and authority, *Commando* captures the essence and heart of this revered military unit then and now, exploring their role patrolling the high seas and policing coastlines around the globe, and revealing their rich history and what it means to win and wear the legendary green beret.

With full and exclusive access to every level of the organisation, author and former Royal Marine Monty Halls tells the real stories of extraordinary individuals in latter day conflicts and on global operations: from the Mountain leaders in the Falklands War to high profile drugs busts in the Gulf; from amphibious raids in Iraq to feats of ultra endurance to raise money for their brethren in the veteran community. These are the modern vanguard of a legendary unit, descendants of the misfits and eccentrics who were so effective and feared in WW2 that Hitler famously ordered them to be shot on sight.

Accompanying a major BBC series on the 40th anniversary of



April 2022
9781785947735
Royal Octavo
£20.00 : Hardback
352 pages

The Highland Vet

A Year at Thurso

Guy Gordon and the Thurso Veterinary Team

The official TV tie-in to the hit Channel 5 show, which celebrates the animals and people of the northern Scottish Highlands. For fans of Julian Norton and James Herriot

Discover the charms and challenges of working at Scotland's most northerly mainland veterinary practice.

From performing farm animal caesarean sections at all hours to missing special occasions in order to treat much loved family pets in crisis, no two days in the work of vet Guy Gordon and his team are ever the same.

Based in Thurso, northern Scotland, the small group of vets and their supporting staff cover a vast area of more than one thousand square miles. The expansive, wild and rural landscape in which they operate brings a huge variety of work depending on the season, with the delivery of newborn lambs and calves in the spring, and the arrival of seal pups to the northern Scottish coast starting in the autumn months.

The Highland Vet shows what working in one of Britain's most beautiful and remote locations really involves. Inside, Guy and his team share the highs and lows, ups and downs and ins and outs of their daily work throughout the course of a year, making this a truly magical celebration of Scotland's northern Highlands, as well as the animals and people who call the region home.

Guy Gordon (Author)

Guy Gordon is a veterinary surgeon based in Thurso, Scotland. He graduated from the University of Edinburgh in 1993 and worked in Fife and Perthshire before moving to Thurso in 1997. Guy and his team of vets, nurses and administrative staff are the stars of the popular Channel 5 show *The Highland Vet*.



April 2022
9781529148992
Royal Octavo
£16.99 : Hardback
320 pages

Yes To Life In Spite of Everything

Viktor Frankl

A newly discovered classic: a collection of inspirational lectures on embracing life from worldwide bestseller Viktor Frankl.

'Viktor Frankl gives us the gift of looking at everything in life as an opportunity'* Edith Eger, bestselling author of *The Choice

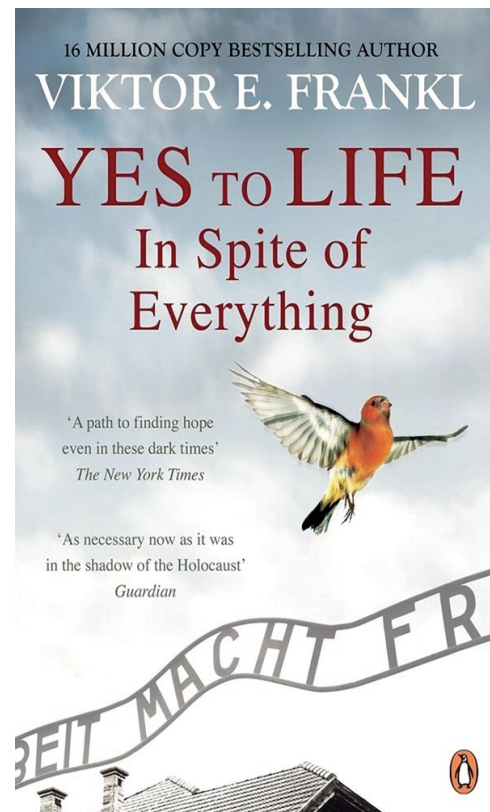
Find hope even in dark times with this rediscovered masterpiece by the 16 million copy bestselling author of *Man's Search For Meaning*

Just months after his liberation from Auschwitz renowned psychiatrist Viktor E. Frankl delivered a series of talks revealing the foundations of his life-affirming philosophy. The psychologist, who would soon become world famous, explained his central thoughts on meaning, resilience and his conviction that every crisis contains opportunity.

Published here for the very first time in English, Frankl's words resonate as strongly today as they did in 1946. Despite the unspeakable horrors in the camp, Frankl learnt from his fellow inmates that it is always possible to say 'yes to life' – a profound and timeless lesson for us all.

With an introduction by Daniel Goleman.

Viktor Frankl was born in Vienna in 1905 and was Professor of Neurology and Psychiatry at the University of Vienna Medical School. His wife, father, mother and brother all died in Nazi concentration camps, only he and his sister survived, but he never lost the qualities of compassion, loyalty, undaunted spirit and thirst for life (earning his pilot's licence aged 67). He died in Vienna in 1997.



May 2022
9781846046377
B Format
£9.99 : Paperback
128 pages

The Essential Terrance Dicks

Volume 2

Terrance Dicks

The cosmos without the Doctor scarcely bears thinking about...

***"I think if you can get a kid reading for pleasure, not because it's work, but actually reading for pleasure, it's a great step forward. It can start with me, you know, start with Dicks and work its way up to Dickens - as long as you get them reading."* - Terrance Dicks**

For over 50 years, Terrance Dicks was the secret beating heart (s) of *Doctor Who* - from joining production of *The Invasion* in 1968 to his final short story in 2019. As the undisputed master of *Doctor Who* fiction, Terrance wrote 64 Target novels from his first commission in 1973 to his last, published in 1990. He helped introduce an entire generation to the pleasures of reading and writing, and his fans include Neil Gaiman, Sarah Waters, Mark Gatiss, Alastair Reynolds, Russell T Davies, Steven Moffat, Frank-Cottrell Boyce, and Robert Webb, among many others.

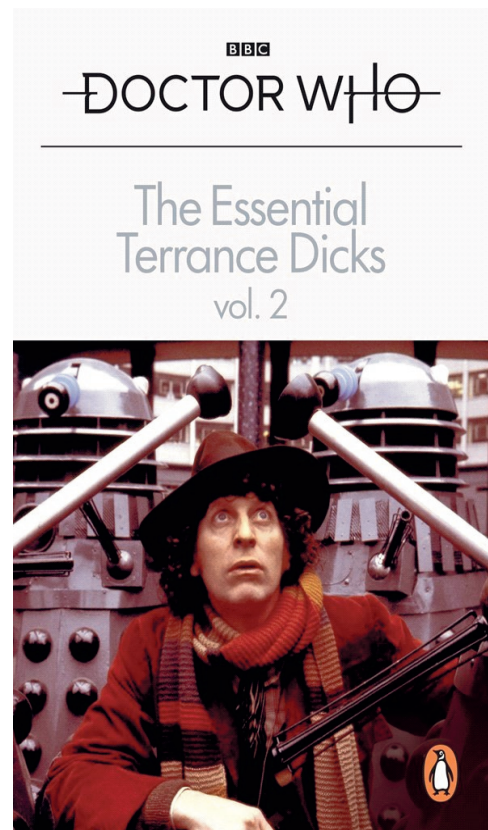
This two-volume collection, features the very best of his *Doctor Who* novels as chosen by fans - from his first book, *The Auton Invasion*, to his masterwork, the 20th anniversary celebration story *The Five Doctors*, voted all-time favourite.

This Volume contains, complete and unabridged:

DOCTOR WHO AND THE GENESIS OF THE DALEKS
DOCTOR WHO AND THE PYRAMIDS OF MARS
DOCTOR WHO AND THE TALONS OF WENG-CHIANG
DOCTOR WHO AND THE HORROR OF FANG ROCK
DOCTOR WHO AND THE FIVE DOCTORS

Terrance Dicks became Script Editor of *Doctor Who* in 1968, co-writing Patrick Troughton's classic final serial, *The War Games*, and editing the show throughout the entire Jon Pertwee era to 1974. He wrote many iconic episodes and serials for the show after, including Tom Baker's first episode as the Fourth Doctor, *Robot*; *Horror at Fang Rock* in 1977; *State of Decay* in 1980; and the 20th anniversary special, *The Five Doctors* in 1983.

Terrance novelised over sixty of the original *Doctor Who* stories for Target books, including classics like *Doctor Who and the Abominable Snowmen* and *Doctor Who and the Auton Invasion*,



May 2022
9781785947360
B (Ebury)
£14.99 : Paperback
480 pages

The Food Programme: 13 Foods that Shape Our World

How Our Hunger has Changed the Past, Present and Future

Alex Renton, foreword by Sheila Dillon

A fascinating exploration into 13 foods and how they determine our past, present and future, from the team behind BBC Radio 4's *The Food Programme*.

Vital stories for hungry minds.

In the first official book from BBC Radio 4's hit series *The Food Programme*, award-winning writer Alex Renton tells the stories of 13 key staples such as spice, oil, cocoa, bread and tomatoes, exploring their history, evolution and how our ever-growing hunger for them continues to alter our world. Look at food in a new light - as a weapon, an art form, a tool of revolution, but also a bringer of pure happiness.

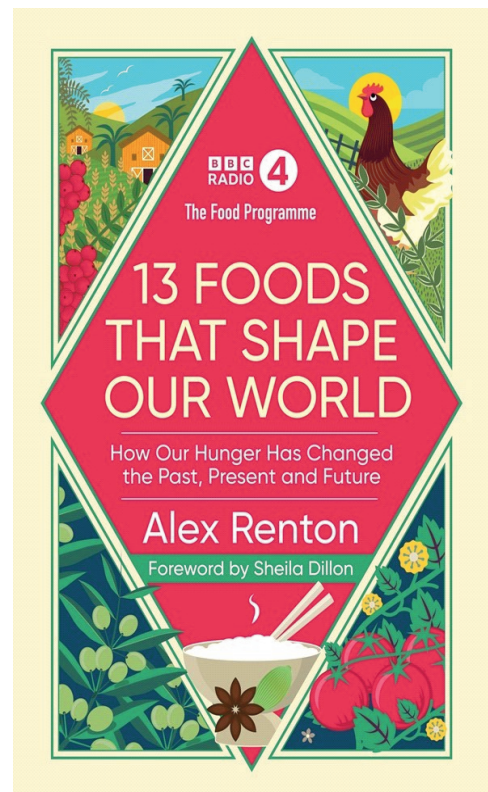
Discover a kaleidoscope of fascinating facts and curiosities, including the forgotten joys of lard, the secret to perfect chips and how our love of pepper led to piracy.

Alex Renton (Author)

Alex Renton is an award-winning writer and reporter whose career has ranged from theatre criticism, food writing and the investigation of child abuse to work as a political correspondent and war reporter in the Middle East, Africa and the Balkans. He is also the author of *Planet Carnivore* and *Blood Legacy*.

Sheila Dillon (Foreword By)

Sheila Dillon is a British writer and broadcaster who began her career writing for the New York food magazine *Food Monitor*. She is known to listeners of Radio Four as presenter of *The Food Programme*, on which she has appeared for more than 20 years. Dillon also presents the annual Food and Farming Awards.



May 2022
9781785947384
Royal Octavo
£16.99 : Hardback
352 pages

The Essential Terrance Dicks

Volume 1

Terrance Dicks

A two-volume celebration of a consummate storyteller, collecting ten of Terrance Dicks's best novels, as chosen by fans.

***"I think if you can get a kid reading for pleasure, not because it's work, but actually reading for pleasure, it's a great step forward. It can start with me, you know, start with Dicks and work its way up to Dickens - as long as you get them reading."* - Terrance Dicks**

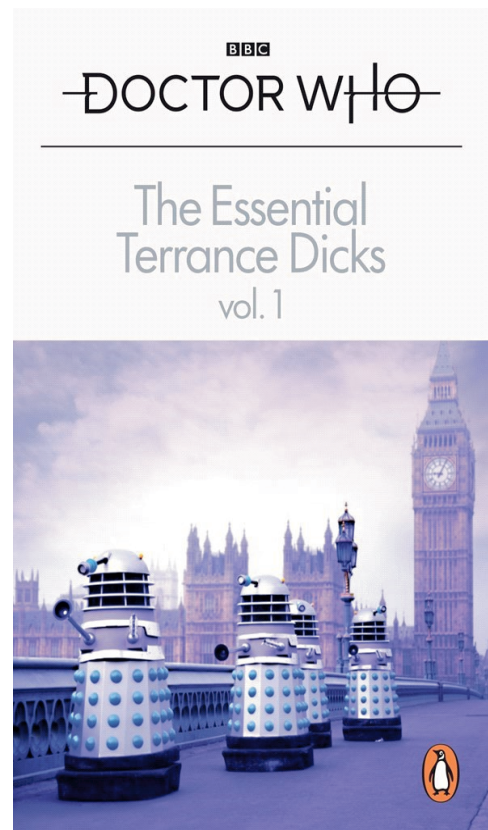
For over 50 years, Terrance Dicks was the secret beating heart (s) of *Doctor Who* - from joining production of *The Invasion* in 1968 to his final short story in 2019. As the undisputed master of *Doctor Who* fiction, Terrance wrote 64 Target novels from his first commission in 1973 to his last, published in 1990. He helped introduce an entire generation to the pleasures of reading and writing, and his fans include Neil Gaiman, Sarah Waters, Mark Gatiss, Alastair Reynolds, Russell T Davies, Steven Moffat, Frank-Cottrell Boyce, and Robert Webb, among many others.

This two-volume collection, features the very best of his *Doctor Who* novels as chosen by fans - from his first book, *The Auton Invasion*, to his masterwork, the 20th anniversary celebration story *The Five Doctors*, voted all-time favourite.

This volume contains, complete and unabridged:

DOCTOR WHO AND THE DALEK INVASION OF EARTH
DOCTOR WHO AND THE ABOMINABLE SNOWMEN
DOCTOR WHO AND THE WHEEL IN SPACE
DOCTOR WHO AND THE AUTON INVASION
DOCTOR WHO AND THE DAY OF THE DALEKS

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May 2022
9781785946653
B (Ebury)
£14.99 : Paperback
576 pages

Intuitive Weaning

For calm mealtimes and happy babies

Jo Weston

The first intuitive/gentle parenting weaning book by an early years teacher and mum of 3 with a strong Instagram platform (165k).

The introduction of solids can be a stressful time and parents put a lot of pressure on themselves to 'get it right'. I want to reassure parents that it is easier than they think.

Beautifully photographed, this full-colour weaning book has over one hundred super easy and tasty baby and family recipes. It will encourage you to throw away the rule book and wean *intuitively*, learning to follow *your* baby's cues and not the clock! Bringing together the author's three R's of weaning - Respectful, Responsive, Realistic - you'll discover that weaning really doesn't have to be a struggle and can be used as a fun learning experience for baby - and you!

Jo Weston is a mother of three children under 5. She has a degree in education studies, is a qualified teacher, and has a great understanding and passion for learning, child development and play. She launched Baby Led Kitchen as a small 'just for fun' Instagram account while introducing solids to her eldest daughter in the summer of 2016 and now has 165k followers @babyledkitchen.



May 2022
9781785043888
220 x 160 mm
£14.99 : Hardback
208 pages

Watchdog: The Consumer Survival Guide

Matt Allwright

The definitive guide on how to sidestep pitfalls in all areas of life from BBC presenter Matt Allwright.

Matt Allwright is my idol. As a comic I'm supposed to say something funny about this book, but actually it's legit useful, helpful advice, written compassionately and clearly. I can absolutely see this becoming my consumer bible. Wonderful stuff!' - **JOE LYCETT**

'Every scam, rogue trader or poor excuse for shoddy service...Watchdog's seen them all. And leading the troops is the consumer superhero who has faced and fought every dodgepot going. Our Matt always has your back, whether he's wearing his cape or not.' - **STEPH MCGOVERN**

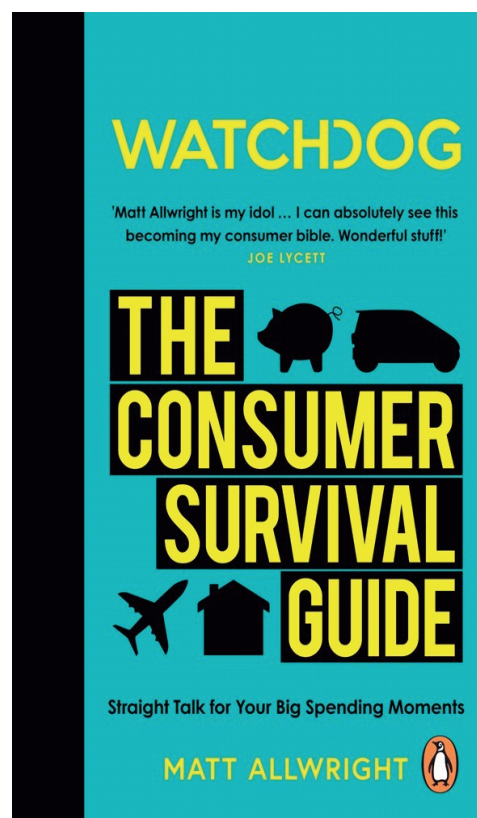
'Finally! A book that puts all the info in one place AND makes it funny. Matt is the best at this - making difficult stuff easy to swallow so that we can fight our own corners when he isn't there to fight them for us.' - **GABY ROSLIN**

Keep your money in your pocket.

In *Watchdog: The Consumer Survival Guide*, Matt Allwright will help you to help yourself amid the minefield of modern consumer rights and fraudsters, offering practical advice on how to sidestep pitfalls in all areas of life. Each chapter is built around relatable hurdles we all face - renting a flat, buying a car, securing our online data, booking a dream holiday and much more.

Packed with useful tips, myth busters and case studies, *Watchdog: The Consumer Survival Guide* will leave you feeling empowered and save you some pennies along the way.

Matt Allwright is a journalist, broadcaster, magazine columnist and author who is a familiar face to viewers of prime-time television. He has been a mainstay presenter and reporter on **BBC Watchdog** and BBC one hit *Rogue Traders* since 1997. He's also presented ***Your Money and Your Life*** with Kym Marsh, ***Housing Enforcers***, ***You've Been Scammed***, ***Fake Britain***, ***The Empty Housing Scandal***, ***The One Show*** and ***The Food Inspectors***.



May 2022
9781785945366
B (Ebury)
£10.99 : Paperback
416 pages

How to Grow Through What You Go Through

Mental maintenance for modern lives

Jodie Cariss and Chance Marshall

Therapists and founders of the revolutionary practice Self Space share tools to help each of us build a resilient mind every day, so we can thrive through life's ups and downs.

Free yourself from self-improvement; find space for self-compassion

In a world which can be hard to navigate, it's not surprising that sometimes we don't feel OK. In this compassionate book, therapists Jodie Cariss and Chance Marshall show us that when it comes to our mental health, there are no quick fixes. Instead they set out sustainable, realistic tools that will truly support you to feel more confident, hopeful and anchored through life's ups and downs.

Using a practice they call 'mental maintenance', you'll learn how to:

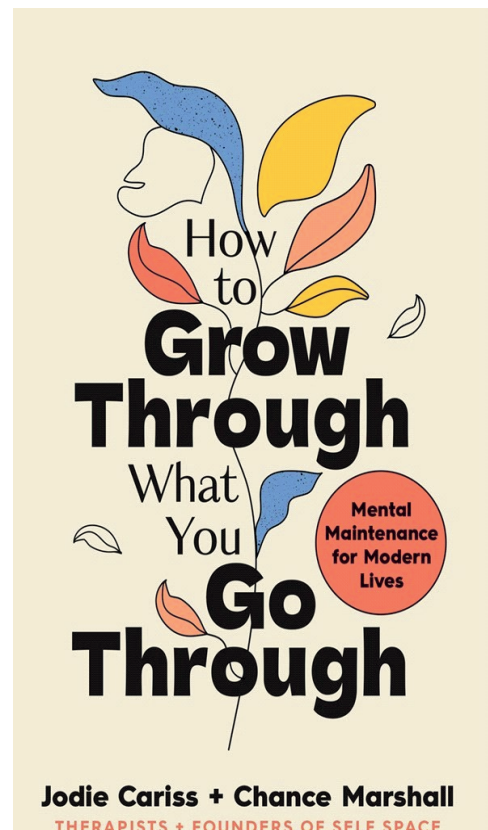
- **Embrace your real self, messy bits and all**
- **Unpick habits and attitudes that hold you back**
- **Navigate life's challenges with more ease and less strain**
- **Care for your mental health proactively, before things get difficult**

With this book by your side, and a little curiosity and commitment, you'll soon find that you have the potential to thrive, just as you are.

Jodie Cariss (Author)

Jodie Cariss (MA, HCPC, BADTh, TIHR) is the Founder of Self Space, a therapist with over 15 years' experience and a Tavistock-trained Executive Coach. After beginning her career as a children's television presenter, she then trained as a Dramatherapist and worked with schools through her other company Cariss Creative, as well as individuals through private practice and creative and media agencies through corporate consultancy. She is dedicated to growing awareness of mental health and supporting individuals, groups and companies to be the best versions of themselves.

Chance Marshall (Author)



May 2022
9781785043680
Demy Octavo
£16.99 : Hardback
240 pages

Golden: The Power of Silence in a World of Noise

Justin Talbot-Zorn and Leigh Marz

Golden: The Power of Silence in a World of Noise offers a new way of understanding the unprecedented mass proliferation of sensory input we live with, how it impacts us, and strategies and practices we as individuals, groups, organizations, and society at-large can use to turn down the noise.

Silence isn't simply an absence of noise.

At a time when everyday life demands our attention at every waking moment, Justin Zorn and Leigh Marz shares what scientists, philosophers, spiritual practitioners, creatives, and businesspeople have discovered about the nature of silence.

In this timely and enlightening book, they examine how we can be quiet together-suggesting how we create group norms among colleagues, in families, and between partners. With the explosion of open workspaces, the issue of working quiet is an urgent one; Justin and Leigh offer innovative often counterintuitive strategies to create productive environments.

Thought-provoking and practical, Justin Zorn and Leigh Marz asks why we are letting silence slip away and what we can do to stop it?

Justin Talbot-Zorn (Author)

Justin Zorn, who has written for publications ranging from The Washington Post, The Atlantic, and The Guardian among others, is a Truman National Security Fellow and a Senior Advisor for Economic and Policy Research. He writes and lectures about how to bring ideas from contemplative spiritual traditions into the work of strategic planning in politics and management and helped launch a first-of its-kind mindfulness program in the US House of Representatives.

Leigh Marz (Author)

Leigh Marz specializes in working with scientists, engineers, and mission-driven organizations. She has designed training programs for NASA Goddard Space Flight Center to promote an experimental mind-set and collaboration amongst climate change teams. For the Green Policy Institute, Leigh facilitated cross-sector initiatives to reduce toxic chemicals in products, at

Golden The Power of Silence in a World of Noise

Justin Zorn and Leigh Marz

'A guide to getting out of the shallows and into the depths' Rebecca Solnit

May 2022
9781529146073
Demy Octavo
£14.99 : Hardback
320 pages

BAKE WITH JACK – Bread Every Day

All the best breads and simple, step-by-step recipes to use up every crumb

Jack Sturgess

Making bread is simple and fun. Discover how with *Sunday Brunch* bread expert and Bake with Jack YouTube star (over 180k subscribers), Jack Sturgess.

Make your own bread and don't waste a slice.

I'm Jack, professional-chef-turned-breadmaker on a mission to give everyone the knowledge they need to make their own amazing bread at home.

Most breads - including the fancy ones - don't need loads of the hard work. I've figured this out and want to share my tips and tricks with you. Master 30 breads, including classic sandwich loaves, bloomers, rolls, rye, ciabatta, focaccia, fruit breads and sweet buns, pitta and bagels, sourdough and pizza dough.

Try my meal ideas to use up every last crumb - from epic sandwiches and the best things on toast to hearty meals like easy spaghetti meatballs that use up stale bread, salads and soups with the crunchiest croutons, and doughnut offcuts served with gloriously gooey chocolate and marshmallow dip!

There are recipes here everyone will love.

Jack is a professional chef turned bread maker, demonstrator and educator on a mission to give everyone the knowledge they need to make amazing bread at home for life - without stress. He hates complicated fussy recipes and loves to bake bread with his kids. He is the Channel 4 *Sunday Brunch* bread expert, teaching the UK nation bread making skills. When he is not hosting bread workshops from his Woking studio, you can find him on Youtube, Instagram, Facebook and Twitter and at www.bakewithjack.co.uk.



May 2022
9781529109702
246x189
£22.00 : Hardback
288 pages

Joyrider

How gratitude can help you get the life you really want

Angela Scanlon

Broadcaster and presenter of BBC's *The One Show* and *Your Home Made Perfect*, Angela Scanlon, explores the profound power of gratitude and shows us how focusing our attention on the little positives can lead to big changes in our lives.

How gratitude can get the life you really want...

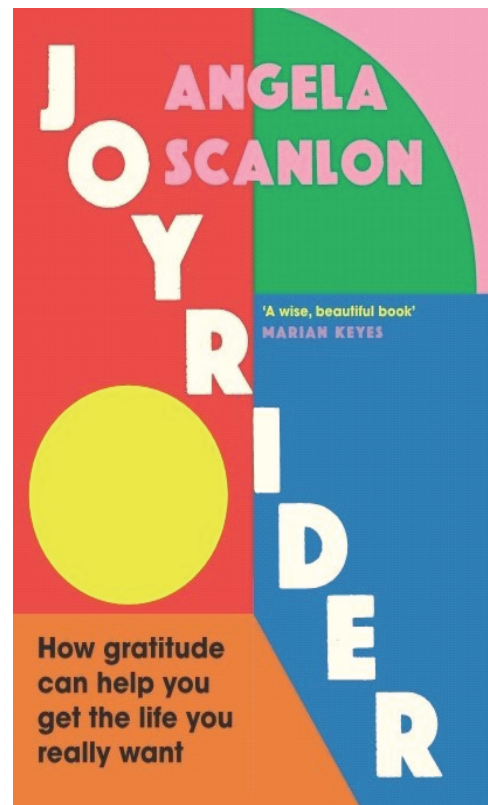
'Gratitude is your soul's superfood, but cheaper than goji berries, and twice as good for you. I like to think of it as mindfulness for cynics or the "gateway drug" to spirituality. It's a very tangible thing you can do everyday that will shift your focus to what you have rather than pining and obsessing over what you don't have. Away from a state of lack into limitless abundance...'

So what happens when we stop taking things for granted and start putting some grá* into our gratitude? When we consciously turn our heads and hearts to what we have and focus on the good? In *Joy Rider*, television presenter and host of the podcast *Thanks A Million*, Angela Scanlon, presents her guide to tapping into your own natural super resource - joy.

This book is an invitation to embrace the kind of gratitude that cuts through the bulls**t of life to its truth, connecting us with the present and grounding us in self. When there is so much to feel anxious about, Angela shares with readers how focusing our attention on the small, incremental positives in life can completely change it for the better.

* It means love in Irish

Angela Scanlon is a long-established face at the BBC, regularly presenting *The One Show*, fronting popular makeover shows *Your Home Made Perfect* and *Your Garden Made Perfect*, as well as hosting her own hit podcast, *Thanks a Million* (which has featured guests including Ruby Wax, Fearne Cotton, Matt Haig and Jameela Jamil). Born and raised in Ireland where she began her career, Angela has fronted TV shows and documentaries to critical acclaim and in 2021 launched her own Saturday night chat show on RTÉ One. She lives in London with her husband and daughter.



May 2022
9781785043895
Demy Octavo
£16.99 : Hardback
304 pages

Cheer the F**K Up

How to Save your Best Friend

Jack Rooke

Rising comedy star and BBC Radio 1's resident on-air expert in mental health, Jack Rooke, presents a comedic, angry and empowering guide on what to do (and what *not* to do) to help save your best mate, written by someone who lost theirs.

*Cheer the F**K Up is, without a doubt, the most meaningful and funniest book I have ever read on mental health and loss. Jack is a genius (fact) and he weaves together themes of love, grief, sexuality, trauma, growing up, mental health and friendship in a memoir that will stand the test of time. If you are a human living on this planet YOU NEED THIS BOOK! It has never been more important and never been more needed.'* - **Scarlett Curtis**

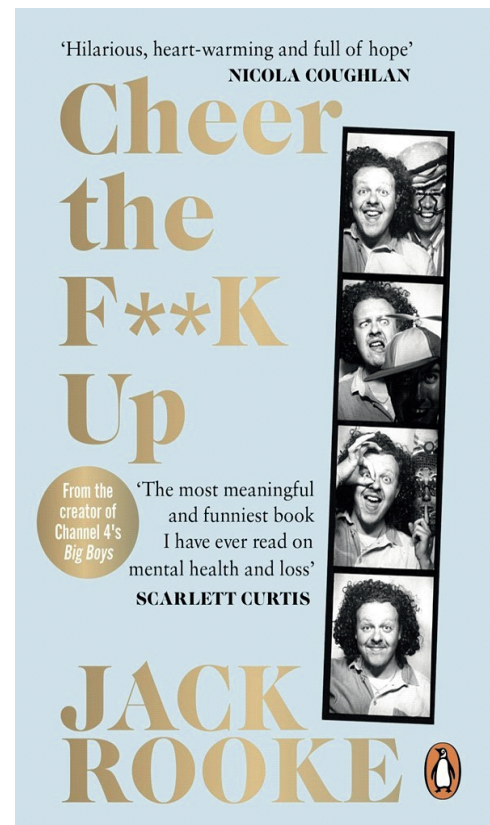
'Once you've had the pleasure of reading a work by Jack Rooke, you'll have spent time with one of the funniest, warmest, most caring people I've ever known, and he'll feel like your new favourite friend. This book deals with difficult topics in such a beautiful, thoughtful and hilarious way. It's the book we all need in our lives.' - **Nicola Coughlan**

This book will definitely make you laugh and might just make you cry, but it could also help save a life.

*Cheer the F**K Up* is a bold, brilliant and very personal account of a young comedian's experiences with mental health. An ode to the importance of friendship, Jack Rooke takes us on a mission to better understand the reasons why so many people are struggling, and how we can all feel better equipped in knowing how to support that one friend we might be that bit more worried about.

Part comedic memoir, part advice guide, this book is a fresh and timely take on a huge issue very close to Jack's heart – in 2015, while working as an ambassador for a male mental health charity, he lost one of his best friends to suicide.

Taking you on a journey through his life and experiences with grief, sexuality, depression and more, Jack offers his own frank and powerful advice on how best to have meaningful conversations about a loved one's state of mind. Hilarious and heart-breaking in equal measure, *Cheer the F**K Up* will definitely make you laugh and might just make you cry, but it



May 2022
9781529108248
B (Ebury)
£9.99 : Paperback
416 pages

A Life on Our Planet

My Witness Statement and a Vision for the Future

David Attenborough

The legacy-defining Sunday Times bestseller by Sir David Attenborough - now in paperback.

With a new afterword, *Why You Are Here: A speech on the opening of the COP26 climate summit*

As a young man, I felt I was out there in the wild, experiencing the untouched natural world - but it was an illusion. The tragedy of our time has been happening all around us, barely noticeable from day to day - the loss of our planet's wild places, its biodiversity.

I have been witness to this decline. *A Life on Our Planet* contains my witness statement, and my vision for the future - the story of how we came to make this, our greatest mistake, and how, if we act now, we can yet put it right.

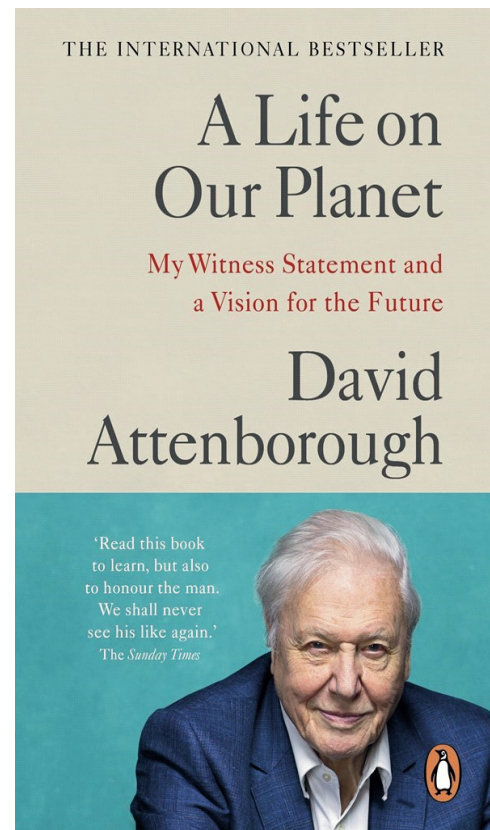
We have the opportunity to create the perfect home for ourselves and restore the wonderful world we inherited.

All we need is the will to do so.

Sir David Attenborough is Britain's best-known natural history film-maker. His career as a naturalist and broadcaster has spanned nearly seven decades.

His first job - after Cambridge University and two years in the Royal Navy - was at a London publishing house. Then in 1952 he joined the BBC as a trainee producer, and it was while working on the *Zoo Quest* series (1954-64) that he had his first opportunity to undertake expeditions to remote parts of the globe, to capture intimate footage of rare wildlife in its natural habitat.

He was Controller of BBC 2 (1965-68), during which time he introduced colour television to Britain, then Director of Programmes for BBC Television (1969-1972). In 1973 he abandoned administration altogether to return to documentary -making and writing, and has established himself as the world's leading Natural History programme maker with several landmark BBC series, including *Life on Earth* (1979), *The Living Planet* (1984), *The Trials of Life* (1990), *The Private Life of Plants* (1995), *Life of Birds*



May 2022
9781529108293
B (Ebury)
£9.99 : Paperback
288 pages

Framers

Make Better Decisions In The Age of Big Data

Kenneth Cukier, Viktor Mayer-Schoenberger and Francis de Vericourt

The 2-million bestselling authors of *Big Data* now show the limits of data, and explain the incredible power of human ingenuity to get better results than anyone could have previously imagined.

**A *Financial Times* and *Economist* Book of the Year
'Wonderfully stimulating... will teach you to see around corners' -- *Tim Harford***

The power of mental models to make better decisions

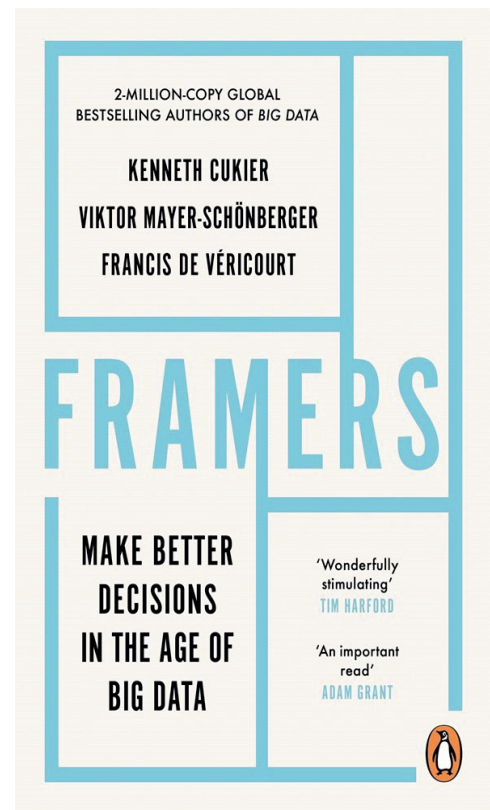
We're always told that humans make bad decisions and that more data is better. But this is backwards: people are actually good at decisions because we use mental models and can envision new realities outside of data. Great outcomes don't depend so much on the final moment of choosing but on generating better alternatives to choose between. That's framing. It's a cognitive muscle we can strengthen to improve our lives, work and future -- to meet this historical moment. *Framers* shows how.

Kenneth Cukier (Author)

Kenneth Cukier is a Senior Editor at The Economist, and host of its weekly tech podcast. He is also an associate fellow at Saïd Business School at the University of Oxford, researching artificial intelligence. His TED Talk on AI and society has over 2 million views. Kenn was a foreign correspondent for two decades in Europe, Asia and America and a research fellow at Harvard's Kennedy School of Government. He serves on the board of Chatham House and is a member of the Council on Foreign Relations.

Viktor Mayer-Schoenberger (Author)

Viktor Mayer-Schönberger is Professor of Internet Governance and Regulation at the Oxford Internet Institute at Oxford University. He is also a faculty affiliate of the Belfer Center of Science and International Affairs at Harvard University. Viktor and his work have been featured in (among others) the *New York Times*, the *Wall Street Journal*, the *Financial Times*, The *Economist*, *Nature*, *Science*, *BBC* and *Wired* Magazine. He is also on the boards of foundations, think tanks and organizations



May 2022
9780753555002
B (Ebury)
£9.99 : Paperback
272 pages

The World Without Us

Alan Weisman

With a new afterword from the author, this worldwide bestseller answers the ultimate question: what happens to the Earth when human beings disappear?

Revised Edition with New Afterword from the Author

Time #1 Nonfiction Book of the Year

Finalist for the National Book Critics Circle Award

Over 3 million copies sold in 35 Languages

"On the day after humans disappear, nature takes over and immediately begins cleaning house - or houses, that is. Cleans them right off the face of the earth. They all go."

What if mankind disappeared right now, forever... what would happen to the Earth in a week, a year, a millennium? Could the planet's climate ever recover from human activity? How would nature destroy our huge cities and our myriad plastics? And what would our final legacy be?

Speaking to experts in fields as diverse as oil production and ecology, and visiting the places that have escaped recent human activity to discover how they have adapted to life without us, Alan Weisman paints an intriguing picture of the future of Earth. Exploring key concerns of our time, this absorbing thought experiment reveals a powerful - and surprising - picture of our planet's future.

Alan Weisman is an award-winning journalist, his reports have appeared in *Harper's*, *The New York Times Magazine*, *The Atlantic Monthly*, *Discover*, and on NPR, among others. A former contributing editor to *The Los Angeles Times Magazine*, he is a senior radio producer for Homelands Productions and teaches international journalism at the University of Arizona.

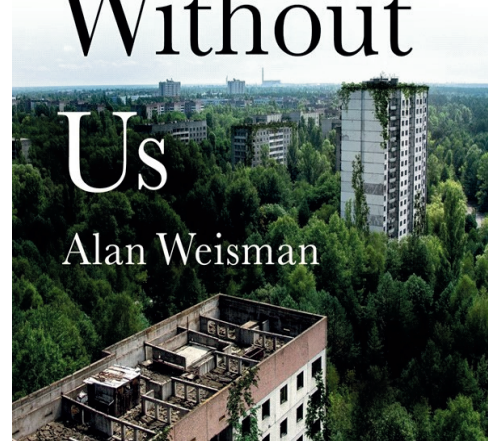
OVER 3 MILLION COPIES SOLD

The World Without Us

Alan Weisman

'A powerful vision of a possible future for the earth'
Sunday Times

'Unfolds like a thriller'
Cal Flynn, author of Islands of Abandonment



May 2022
9780753559710
B (Ebury)
£12.99 : Paperback
448 pages

The Ponies At The Edge Of The World

A story of hope and belonging in Shetland

Catherine Munro

A beautiful memoir of one woman's search for belonging on the islands of Shetland.

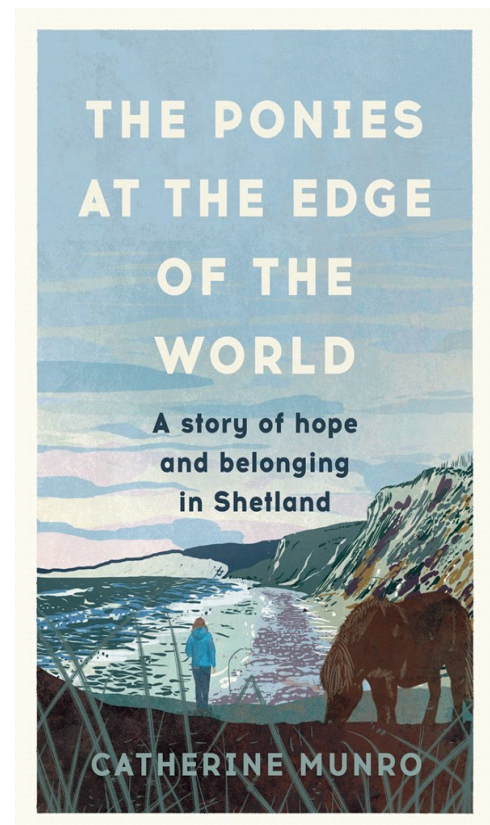
'A meditation on connection between humans and animals, and the homes we make in wild places. I was completely immersed' Katherine May, bestselling author of *Wintering*

I had drifted, gotten lost, strayed from the paths and places I love. I felt Shetland calling me, and in this moment, I began my slow, imperfect journey towards finding home.

Catherine Munro transforms her life when she moves to Shetland to study the hardy ponies who call this archipelago home. Over the course of her first year, she is welcomed into the rhythms and routines that characterise life at the edge of the world.

When faced with personal loss, Catherine finds comfort and connection in the shared lives of the people, animals and wild landscapes of Shetland. *The Ponies at the Edge of the World* is a heartfelt love letter to the beauty and resilience of these magical ponies and their native land. This is a stunning book on community, hope and finding home.

Catherine Munro is an anthropologist in human-animal relationships, with a special interest in the people and ponies of Shetland. Catherine lives in Shetland with her young family and loves exploring the landscapes and sharing her experiences through her writing and work as a tour guide. *The Ponies at the Edge of the World* is her first book.



May 2022
9781846047268
Demy Octavo
£16.99 : Hardback
288 pages

How to be a Boss Bitch

Stop apologizing for who you are and get the life you want

Christine Quinn

In this part manifesto, part tell-all, Christine Quinn, the breakout star of Netflix's hugely popular *Selling Sunset*, shares the lessons learned on her journey from Texas bartender to self-made millionaire, entrepreneur and reality TV star

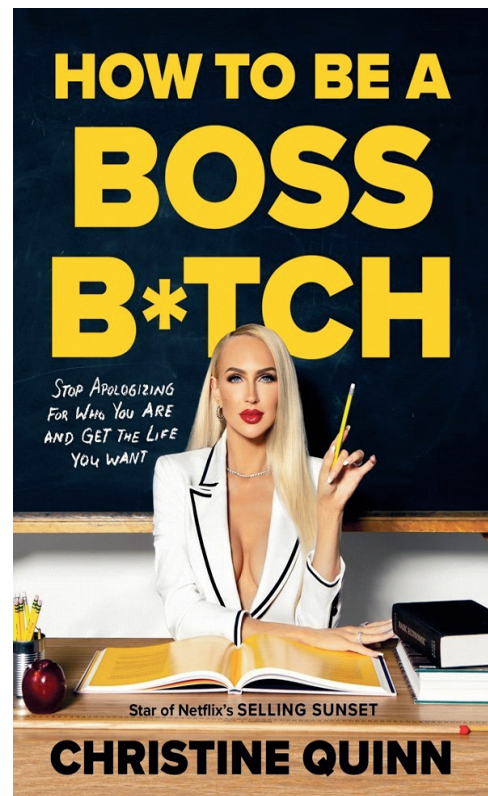
'Let's get one thing straight right up front: If you're going to call me a bitch, I'm going to take it as a compliment.'

Christine Quinn, the breakout star of Netflix's hit *Selling Sunset*, shows women how to unapologetically own their power in business and relationships to live the life they want.

Part prescriptive how-to, part manifesto, part tell-all, Christine Quinn's *How to Be a Boss Bitch* candidly covers sex and money, fashion and fame, gossip and gratitude, confidence and consciousness. Quinn has been called everything from "the most-talked-about woman on TV" to "the villain 2020 needed," and she isn't shy about any of the qualities that got her the success she has today: tenacity, confidence, and fearlessness, all while dressed in full glam and designer. By sharing details of her journey from high school dropout to self made millionaire, reality TV star, and fashion and beauty entrepreneur, Quinn gives her readers the tools to define their own Boss Bitch style and manifest their own success - without being held back by society's terms.

From branding yourself with a signature style that reflects your unique strengths, to using your opponent's poison as your power, to learning the basics of a successful negotiation, to getting fired - and being ecstatic about it, *How to Be a Boss Bitch* is a modern guide to living a bold, authentic life.

Christine Quinn is the breakout star of Netflix's hugely popular *Selling Sunset* and a member of the elite real estate firm selling high-end luxury properties to affluent clients in the Los Angeles area. She lives in Los Angeles with her husband and son.



May 2022
9781529149135
Royal Octavo
£16.99 : Hardback
224 pages

Tell Me the Truth About Love

13 Tales from Couples Therapy

Susanna Abse

***The Examined Life* meets *Three Women*: stories of real couples on the couch from one of Britain's most experienced relationship therapists.**

'A must-read for everyone wanting to understand more about what makes us fall in - and out - of love' Philippa Perry

A charming, useful, kind book about the pains and hopes of relationships' Alain de Botton

Drawing on over 30 years of therapeutic encounters with people facing hurdles in their love lives, former Chair of the British Psychoanalytic Council Susanna Abse takes us deep inside one of the most fascinating realms there is: other people's relationships.

Candid and captivating, each chapter is inspired by a classic, timeless story. Parents blow their straw house down; Rapunzel yearns for companionship but remains trapped in her castle. Couples strive to navigate the fall from Eden, the bitter taste of the poison apple and strangers in their beds.

From dealing with infidelity to navigating our changing role within a single relationship over the course of a lifetime, *Tell Me the Truth About Love* sheds vivid light on the human heart, and its struggle to both embrace life's greatest gift and protect itself from pain. Inside, you will find solace, wisdom and unparalleled insight into how, and why, we love.

Susanna Abse is a psychoanalytic therapist who has worked in private practice with couples, individuals and parents since 1991. She is the former chair of The British Psychoanalytic Council and was CEO of the charity Tavistock Relationships from 2006 until 2016. She has also recently been presenting *Britain on the Couch* for Channel 4 News. She has published widely on couple therapy, parenting, and family policy and how these areas need to be at the heart of progressive welfare provision, a subject on which she lectures and teaches.

Susanna is a Senior Fellow of the Tavistock Institute for Medical Psychology, a fellow of the Centre for Social Policy at Dartington; a previous Leadership Fellow at St George's House, Windsor Castle, as well as a Member of the Advisory



May 2022
9781529107333
Demy Octavo
£16.99 : Hardback
240 pages

In Search of the Dark Ages

The classic best seller, fully updated and revised for its 40th anniversary

Michael Wood

The bestselling classic *In Search of the Dark Ages* expanded and revised for the book's 40th anniversary. From Boudica to William the Conqueror, this is the definitive story of the Early Middle Ages and the hidden history of its people.

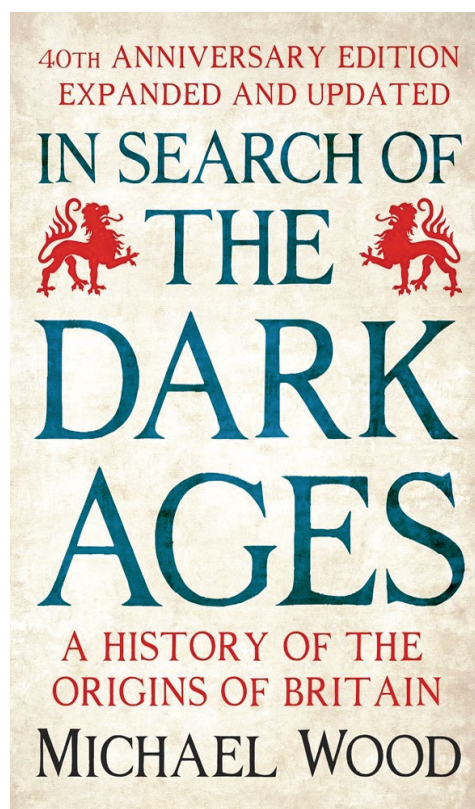
In Search of the Dark Ages is an unrivalled exploration of the origins of English identity, and the bestselling book that established Michael Wood as one of Britain's leading historians. Now, on the book's 40th anniversary, this fully revised and expanded edition illuminates further the fascinating and mysterious centuries between the Romans and the Norman Conquest.

Alongside portraits of Boadicea, King Arthur, Alfred the Great, Athelstan, and William the Conqueror, the story of England is expanded further to include new voices, with all-new chapters on fascinating characters such as Penda of Mercia, Aethelflaed Lady of the Mercians, Hadrian the African, Eadgyth of England, and Wynflaed. It's an altogether richer, more varied, and inclusive study on the creation of Britain.

Just as it did when it first published 40 years ago, *In Search of the Dark Ages* overturns preconceptions of the Early Middle Ages as a shadowy and brutal era, showing them to be a richly exciting and formative period in the history of Britain.

For more than 20 years, historian and broadcaster Michael Wood has made compelling journeys into the past, which have brought history alive for a generation of readers and viewers. He is the author of several highly praised books on English history including *In Search of the Dark Ages*, *The Domesday Quest*, *In Search of England* and *In Search of Shakespeare*. He has over 80 documentary films to his name, among them *Art of the Western World*, *Legacy*, *In the Footsteps of Alexander the Great*, *Conquistadors* and *In Search of Myths and Heroes*.

Michael was born in Manchester and educated at Manchester Grammar School and Oriel College Oxford, where he did post-graduate research in Anglo-Saxon history. He is a Fellow of the Royal Historical Society.



May 2022
9781785947766
Royal Octavo
£25.00 : Hardback
352 pages

Weird to Exist

Simple Comics for Complex Feelings

Alison Zai

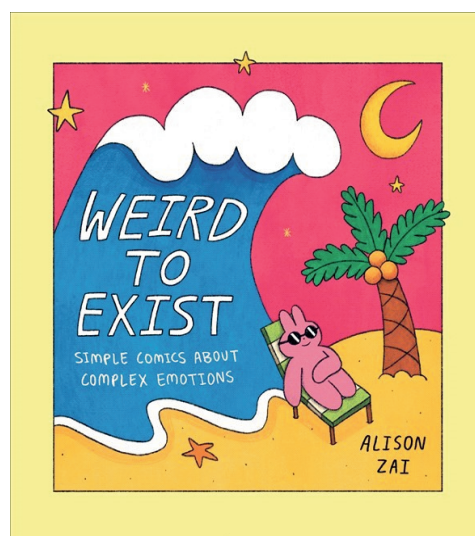
100 hilarious and simple comics about complex feelings by Instagram comic star Alison Zai (@alisonzai)

A vibrantly coloured yet darkly humorous comic collection about the absurdity and beauty of being alive.

We've all felt the pain that comes from realising a beautiful moment will soon become a distant memory. We're all guilty of avoiding deadlines by researching obscure facts about dirt or bingeing scary conspiracy videos. Inspired by these universal experiences and existential musings, Alison Zai walks the line between laughing so hard that you burst into tears and crying so hard that you break into laughter.

Weird Exist is divided into three intrinsic human acts - **to exist, to love, to create** - and ultimately touches on how weird it is to do all of that. Also included is Zai's popular long-form comic, *Bee Real*, which follows one little irritable bee's enlightening mission to extinguish the sun. With sharp levity and emotional complexity, this colourful collection finds the fun in life's hard truths.

Alison Zai is a Los Angeles-based illustrator. She creates drawings about the irrational chaos, beauty, and overall strangeness of life. These experiences and emotions that make us human are featured throughout her work, usually in the form of brightly coloured talking animals.



May 2022
9781529148381
178x178
£12.99 : Hardback
144 pages

Rule, Nostalgia

A Backwards History of Britain

Hannah Rose Woods

Cambridge cultural historian Hannah Rose Woods explores the backwards history of Britain's enduring fixation with its own past.

*** CHOSEN AS A BOOK TO WATCH IN 2022 BY THE NEW STATESMAN AND IRISH TIMES ***

'Rule, Nostalgia is an eye-opening history of Britain's enduring fixation with its own past' - Jeremy Paxman

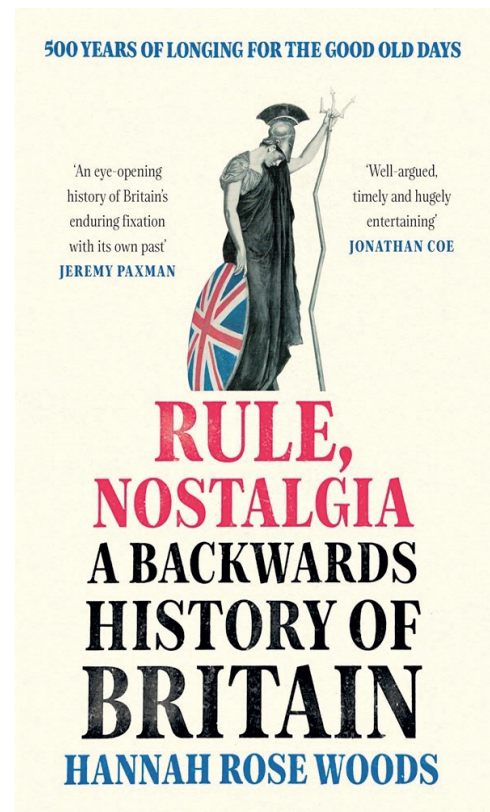
'Well-argued, timely and hugely entertaining' - Jonathan Coe, bestselling author of *Middle England*

'Our national story is so much stranger than we think: this book brilliantly insists that we look at it afresh' - James Hawes, bestselling author of *The Shortest History of England*

Britain is an island ruled by nostalgia, but nostalgia today isn't what it used to be...

Longing to go back to the 'good old days' is nothing new. For hundreds of years, the British have mourned the loss of older national identities and called for a revival 'simple', 'better' ways of life - from Margaret Thatcher's call for a return to 'Victorian values' in the 1980s, to William Blake's protest against the 'dark satanic mills' of the Industrial Revolution that were fast transforming England's green and pleasant land, to sixteenth-century observers looking back wistfully to a 'Merry England' before the upheavals of the Reformation. By the time we reach the 1500s, we find a country nostalgic for a vision of home that looks very different to our own.

But were the 'good old days' ever quite how we remember them? Beginning in the present, cultural historian Hannah Rose Woods takes us back on an eye-opening tour through five hundred years of Britain's perennial fixation with its own past to reveal that history is more complex than we care to remember. Asking why nostalgia has been such an enduring and seductive emotion across hundreds of years of change, Woods separates the history from the fantasy, debunks



May 2022
9780753558737
Royal Octavo
£20.00 : Hardback
400 pages

Tour de Force

My history-making Tour de France

Mark Cavendish

Just how did Mark Cavendish, the greatest sprint cyclist of all time, return from being seemingly dead and buried at 36 to become the Tour de France's most successful ever stage winner?

'I pulled off my glasses and wiped my eyes. "That was perhaps the last race of my career..."'

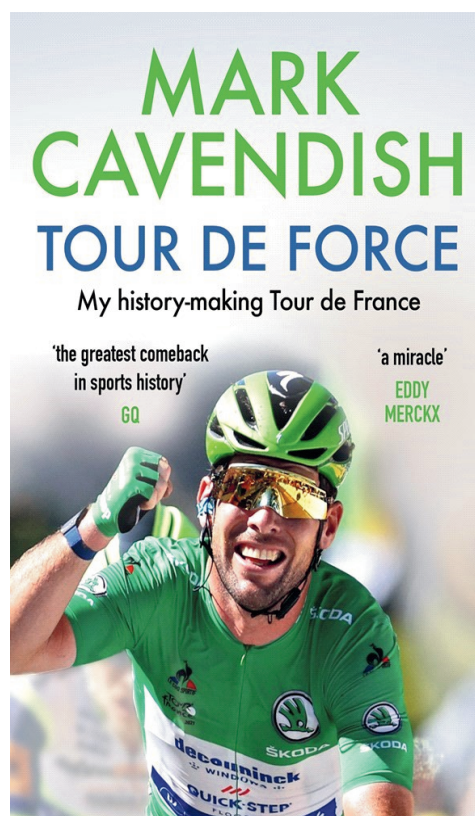
Deep down, Mark Cavendish thought he was finished. After illness, setbacks and clinical depression, the once fastest man in the world had been written off by most. And at the age of 36, even he believed his explosive cycling career would fade out with a whimper. The Manxman hadn't won a single Grand Tour stage in Italy, Spain or France since 2016.

But then came his incredible resurrection at the 2021 Tour de France. Included on the Deceuninck Quick-Step team at the very last minute, only after Sam Bennett suffered an injury, Mark set about rewriting history. He claimed back the green jersey he first wore in 2011, and his four stage victories finally saw him matching Belgian legend Eddy Merckx's all-time record of 34 Tour de France stage wins. Cycling greats are never content, and Cav's dogged determination and inner strength had earned him the record that few believed he could ever achieve. This is his own intimate account of that race, right from the saddle of the miracle tour.

Mark Cavendish MBE is widely regarded as the greatest sprinter in the history of cycling and is the *'Tour de France's best sprinter of all time'*, according to L'Equipe.

Born and raised on the Isle of Man and having experienced early success on the track, 'Cav' joined professional road cycling team T-Mobile in 2006 as a stagiaire. During the 2008 season, he made his first big impact at the grand tours, winning two stages at the Giro d'Italia followed by four victories at the Tour de France at the age of just 22.

Following his early career success, Cav went on to dominate the sport. On the track he became Madison World Champion in 2005, 2008 and 2016 and at the 2016 Olympic Games in Rio he represented Great Britain in the Omnium event, winning a silver medal.



May 2022
9781529149487
B (Ebury)
£9.99 : Paperback
320 pages

30 Animals That Made Us Smarter

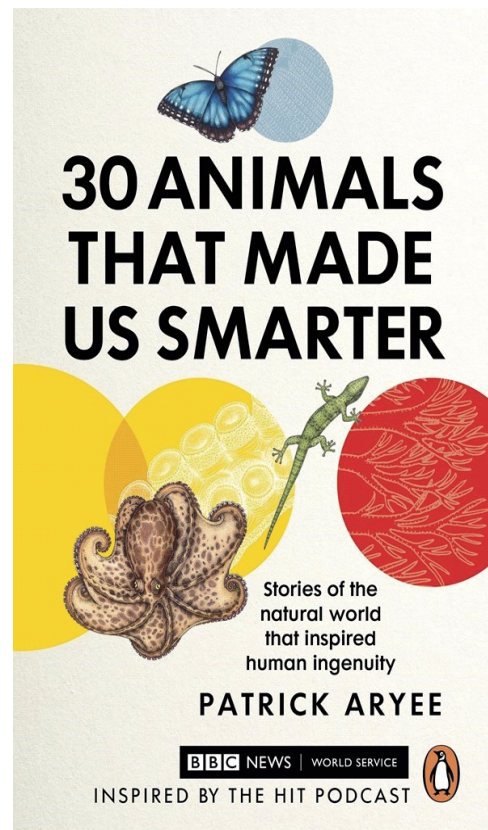
Patrick Aryee

Accompanying the hit BBC podcast, a fascinating exploration of how the animal world has inspired human progress via new inventions and solutions that impact our daily lives.

Did you know that mosquitoes' mouthparts are helping to develop pain-free surgical needles? Or that manta rays are being tipped to offer the solution to microplastic pollution?

For many years, humans have been using the natural world as inspiration for everything from fashion and architecture to medicine and transport. In *30 Animals That Made Us Smarter*, Patrick Aryee shares astonishing stories of animal biology and behaviour that have influenced human progress - from x-ray space telescopes inspired by the eyes of lobsters to kingfishers that helped solve engineering problems with Japan's high-speed bullet train.

Based on the hit BBC World Service podcast, *30 Animals That Made Us Smarter* reveals a whole new level of wonder at the world around us.



June 2022
9781785947513
B (Ebury)
£10.99 : Paperback
384 pages

My Lifey

Paddy McGuinness

Paddy McGuinness surprises everyone, including himself, with his story of young Patrick, the tearaway teen from Bolton who ended up on prime-time TV.

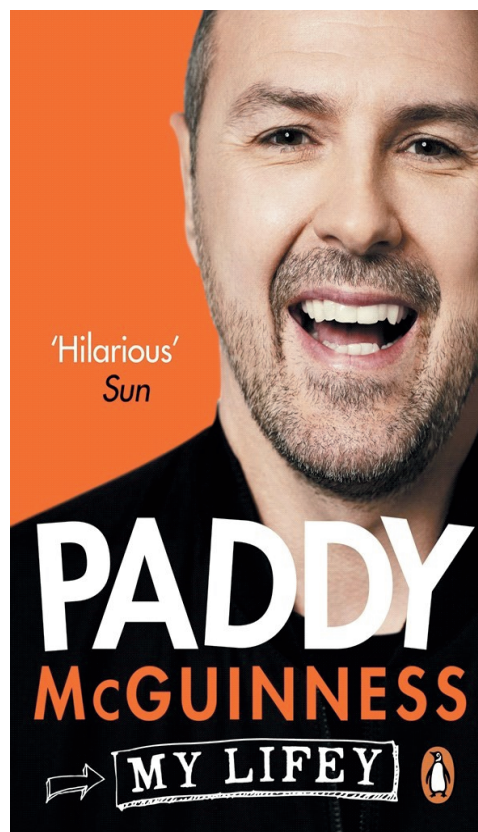
Get the kettle on, the biscuits out and settle in for a belting read.

Let Paddy McGuinness take you back, far, far away from celebrity land, to a two-up, two-down terrace in 1970s Bolton, where he grew up. They were happy times, but money was tight. Paddy slept on a mattress he dragged in from the street, and at 17 he struggled severely with the stress of juggling a college course and two jobs to support his beloved mum.

But while cash may have been short, grit and wit were in over-supply, and this is the improbable true story of the lad who went from kipping in abandoned cars in Bolton to racing supercars on *Top Gear*, via laying concrete floors in prisons, a lively career in a leisure centre, a showbiz intervention by school pal Peter Kay and eye-popping adventures in the world of teledom.

There has been mischief and misadventure, joy and sorry, huge success and unexpected challenges. It's a lifey well lived, and an unforgettable personal memoir written from the heart.

Paddy McGuinness is a comedian, actor and television presenter. School friend Peter Kay gave him his first acting break with roles in *That Peter Kay Thing* (2000), *Phoenix Nights* (2000-1) and *Max and Paddy's Road to Nowhere* (2004). He's now best known as presenter of *Top Gear* and *A Question of Sport*. He lives in Cheshire with his wife, Christine, and their three children.



June 2022
9781529109375
B (Ebury)
£9.99 : Paperback
320 pages

The Outdoor Swimmers' Handbook

Kate Rew

The must-have, beautifully illustrated breakout guide to the booming nature meets wellbeing sport of the past 18 months: outdoor swimming.

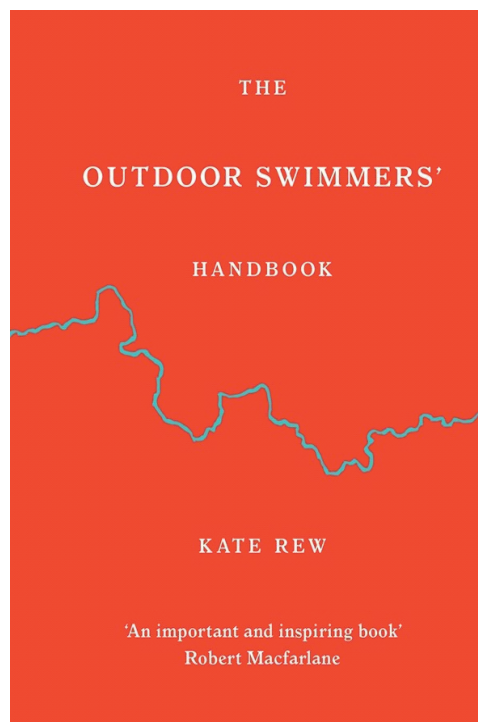
'An important, inspiring book by someone that has encouraged million of people to experience the wonders and friendships of Britain's rivers, lakes and seas' Robert Macfarlane

When swimming we are part of the planet and all the elements again, in a place where moons wane, storms swell and life ebbs and flows throughout the seasons.

Capturing the freewheeling spirit, community and wisdom that defines The Outdoor Swimming Society movement, founder Kate Rew reveals everything you need to know to explore rivers, lakes, seas and estuaries. Sharing tales of her own inspiring swims, Kate explores the rich and varied life of outdoor swimmers, from the physiology of cold to planning lazy hazy downstream swims.

An exquisite guide for beginners and enthusiasts alike, *The Outdoor Swimmers' Handbook* will lead you to the shore and become your trusted companion for the adventures ahead.

Kate Rew is the founder of The Outdoor Swimming Society. Born on a Devon farm, she began river swimming as a child and hasn't stopped since. As founder of The OSS, Kate has founded three iconic open water events (Dart10k, Swoosh and Hurly Burly) and has spearheaded an international resurgence in swimming outdoors. Her first book *Wild Swim* was published in 2008.



June 2022
9781846047282
220 x 160 mm
£22.00 : Hardback
320 pages

I Feel That

Uplifting Quotes and Inspiring Pocket Wisdom for Every Mood

Christina Scotch

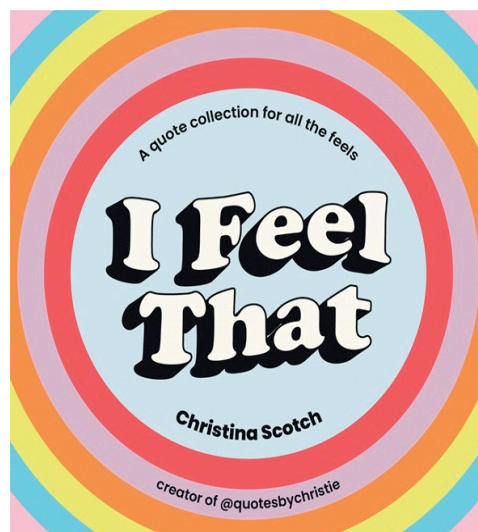
From popular Instagram artist @QuotesByChristie, an inspiring and colourful quote collection for all of your ups and downs

Quotes are instant sympathy. A good quote says, "I've been there, too," in just a few words. And the perfect quote in the perfect moment can be just the reminder you need that you're not alone, and you're going to get through this.

That is why Christina Scotch started QuotesByChristie, her popular Instagram page - to reach out across the Internet void and embrace all of the people going through it, too. In this colourful collection, Scotch shares fan favourites and all new material to hit all of your highs and lows.

Perfect for birthdays, graduations, and any other giftable occasion, *I Feel That* is sure to be an inspiration for readers everywhere.

Christina Scotch is a twenty-five-year old graphic designer from Washington, D.C. She started @QuotesByChristie in 2018 after discovering the power of the perfect quote in the perfect moment. The account has over 1 million followers and has been featured in Refinery 29 and Forbes.



June 2022
9781529149753
153x153
£10.99 : Hardback
208 pages

Feeling Myself

How I shed my shame to find sexual freedom and you can too

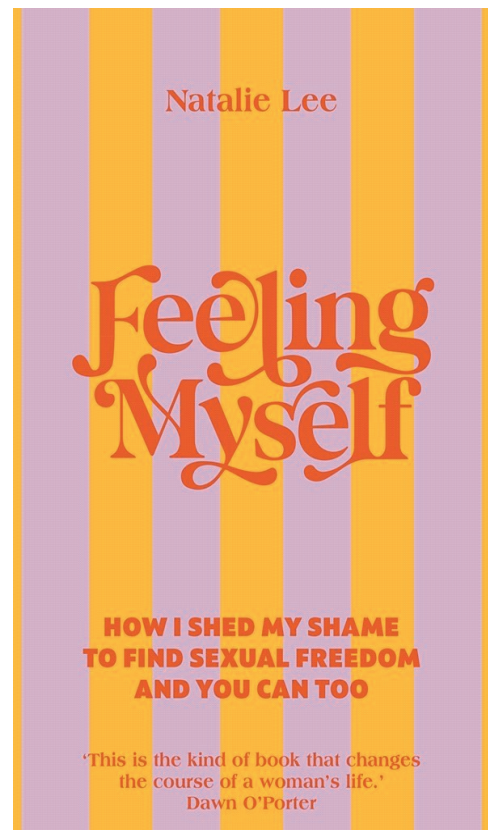
Natalie Lee

The first book by influencer Natalie Lee in an on-trend area of women's health

*Trauma, porn, masturbation, sexuality, sex after motherhood, sex when you feel sh*t about your body, sex after separation... these are all topics around which we skirt delicately, as if they're bombs which will explode if we prod them too curiously. In this way, sex is intimately connected with shame. Like most of us, shame has followed me around for most of my life. I felt shame for the colour of my skin, shame for being female, and shame for wanting more, but I also felt shame around the subject of masturbation. Even as an adult, I carried an intense feeling that masturbation was somehow dirty. I look back on this now and realise how warped our approach to sex is and how the shame that surrounds these conversations holds women back.*

In this honest and revealing memoir, Natalie Lee digs deep into her own relationship with sex to expose the shame that many of us feel. Taking us through her journey, from traumatic beginnings to marriage, motherhood and eventually experiencing sexual freedom after divorce in her thirties, *Feeling Myself* is a story of learning to be your true self in a society that doesn't prioritise your pleasure. It is a book for every woman to feel empowered by and to learn the tools to experience their own emancipation too.

Natalie Lee began her career as a midwife before starting her blog, Style Me Sunday, in July 2012. Over nearly a decade, she has grown her platform from a blog to a brand, and now reaches women across various different mediums. She has 90k followers on Instagram (@stylemesunday). Throughout this time, she has run events, co-hosted a podcast (*The Everything Project*), been a panellist more times than she can count, taken part in a television project about women's quests for better orgasms, and worked with a variety of household-name brands.



June 2022
9781785043864
Demy Octavo
£16.99 : Hardback
272 pages

Rewilding the Sea

How to Save our Oceans

Charles Clover

A landmark, inspiring book showing that the best way to protect our seas is to stand back and let nature repair the damage, from the Co-founder of Blue Marine Foundation and one of the leading figures in marine conservation.

'Desperately needed' - Isabella Tree

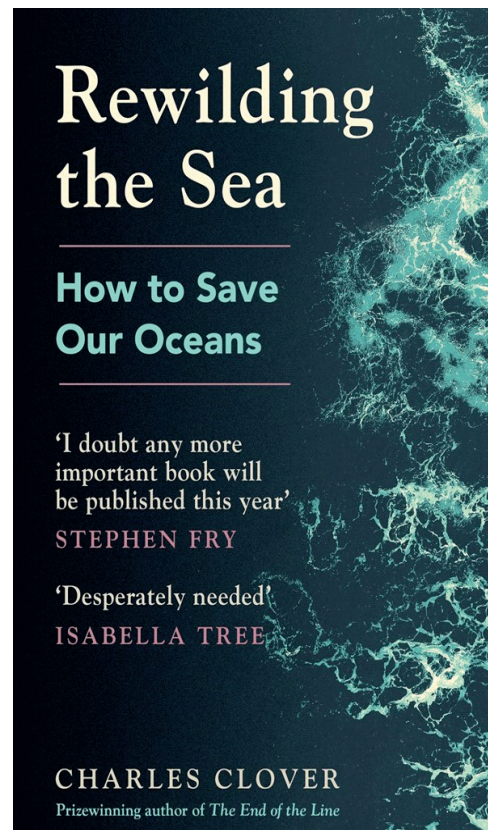
'I doubt any more important book will be published this year' - Stephen Fry

In this indispensable follow up to his acclaimed *The End of the Line: How Overfishing is Changing the World*, Charles Clover chronicles how determined individuals are proving that the crisis in our oceans can be reversed, with benefits for both local communities and entire ecosystems. *Rewilding the Sea* celebrates what happens when we step aside and let nature repair the damage: whether it is the overfishing of bluefin tuna across the Atlantic, the destruction of coral gardens by dredgers in Lyme Bay or the restoration of oysters on the East Coast of America.

The latest scientific research shows that trawling and dredging create more CO2 than the aviation industry and damage vast areas of our continental shelves, stopping them soaking up carbon. We need to fish in different ways, where we fish at all. We can store carbon and have more fish by stepping aside more often and trusting nature.

Essential and revelatory, *Rewilding the Sea* propels us to rethink our relationship with nature and reveals that saving our oceans is easier than we think.

Charles Clover is Co-Founder of Blue Marine Foundation, a major NGO with exceptional connections and resources. Charles made his name as an author and environmental journalist writing principally for *The Sunday Times* and the *Daily Telegraph* for which he was Environment Editor for twenty-two years. His book *The End of the Line* (Ebury, 2005) and the award-winning major documentary film that it inspired (presented by Clover) highlighted overfishing as a global problem. He was then invited to lead Blue Marine.



June 2022
9781529144031
Royal Octavo
£22.00 : Hardback
288 pages

How the World is Making Our Children Mad and What to Do About It

A field guide to raising empowered children and growing a more beautiful world

Louis Weinstock

Note on a Nervous Planet for parentings by renowned child psychotherapist who helped Philippa Perry write her book.

I know of no one better qualified to understand what young people are facing today - Philippa Perry

Louis cares deeply about children and the world they are growing up in. In this book, he provides a brilliant, nurturing, much needed voice to children and anyone who cares about children - Jessie Ware

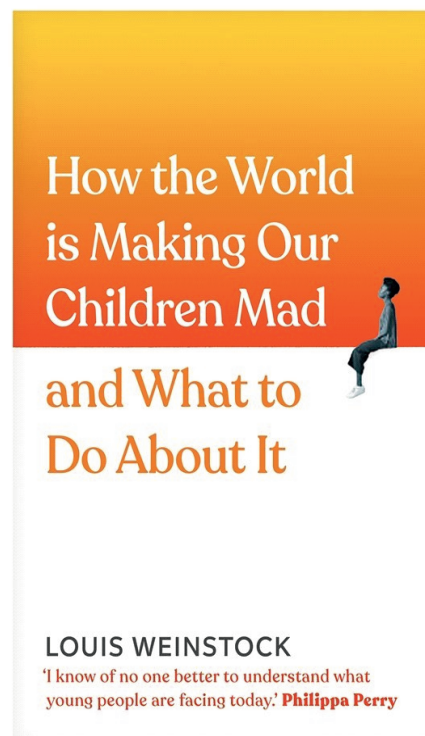
Passionate about empowering children, young people, and families to reclaim their attention, Louis is delivering a message of hope for the future without shying away from the very real existential challenges of today - David Lammy

I know you care about children. Whether you've got your own kids or you look after other people's, you have a deep love for these little humans.

You want them to grow up in a world where people are basically kind to each other and kind to the planet. But when you look at the world now - a mental health crisis, a global pandemic, climate change, war - you worry about the possible future your child is facing and how they will cope.

There are already countless parenting books, many of them very helpful. But few address the backdrop to our parenting - a world so full of change and uncertainty that it's getting harder to catch our breath, to find our feet on solid ground. The truth is that our children's minds are affected by this world, and we don't talk about this anywhere near enough.

*Whatever your worries, I've created this book for us to explore these worries together. If there is one lesson we really need to learn in the twenty-first century, it is this: **we are all in this together.***



June 2022
9781785043796
Demy Octavo
£16.99 : Hardback
320 pages

The Social Distance Between Us

How Remote Politics Wrecked Britain

Darren McGarvey

Darren McGarvey uses his own unique proximity to get closer to the action and uncover the truth about Britain, to look at the would-be answers whether from the political Left, the Right or Centre to see how they each get it wrong in differing ways and to look to find ways that we might get it right.

A RADIO 4 BOOK OF THE WEEK

If all the best people are in all the top jobs, then why is Britain such a fucking bin fire?

Britain is in a long-distance relationship with reality. A ravine cuts through it, partitioning the powerful from the powerless, the vocal from the voiceless, the fortunate from those too often forgotten. This distance dictates how we identify and relate to society's biggest issues - from homelessness and poverty to policing and overrun prisons - ultimately determining how, and whether, we strive to resolve them. So why, for generations, has a select group of people with very limited experience of social inequality been charged with discussing and debating it?

I've sat on cold pavements with beggars, asking them why they would rather wander the streets than live in supported accommodation. I've pleaded with alcoholics to give sobriety one last shot before they end up dead - and read their obituaries in the paper weeks later. I've sat with youth workers at their wits' end as diversionary services are cut amid a surge in gang and knife violence. Too many people remain so far from this nightmarish social reality that even when they would earnestly wish to bring about change, they don't know where to start. So start here.

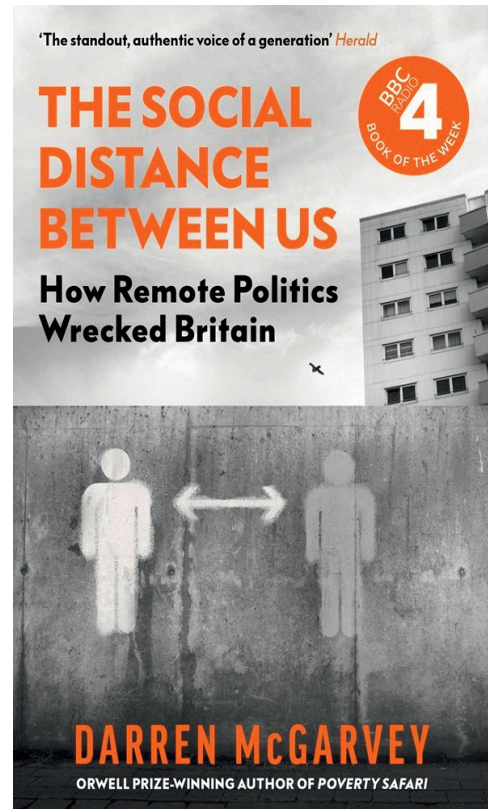
Praise for Darren McGarvey:

'The standout, authentic voice of a generation' *Herald*

'Utterly compelling' Ian Rankin, *New Statesman*

'Brilliant' Russell Brand

'An absolutely fascinating individual' Owen Jones



June 2022
9781529104080
Royal Octavo
£20.00 : Hardback
400 pages

As Cooked on TikTok

Fan favourites and recipe exclusives from more than 40 creators!

TikTok, Foreword by Gordon Ramsay

Popular TikTok cooks from around the world share 70 delicious recipes for the best dishes shared on TikTok and the new viral dishes you need to know about.

The first OFFICIAL cookbook from TikTok!

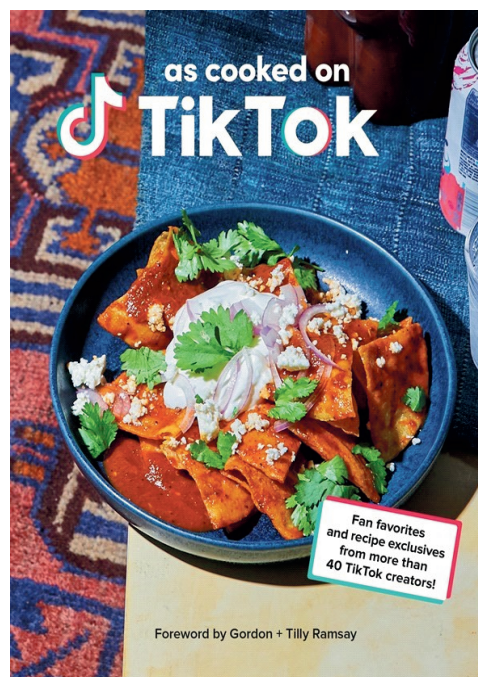
The biggest and best global TikTok stars have come together to bring you the first official TikTok cookbook featuring both viral and BRAND NEW recipes from the community's best-loved food creators.

The world's most popular TikTok talents share tried-and-tested #simplerecipes for the hottest dishes, from THE GOOUEST #mugcakes to THE MOST DELICIOUS #fetapasta to THE BEST #bakedoats. Scan the QR codes on each page to go straight to the creator's TikTok page!

Discover the exciting new recipes predicted to be THE next viral trends - find them here first!

TikTok (Author)

TikTok is the leading destination for short-form mobile video, with over one billion users globally. The company is focused on inspiring creativity and bringing joy to people around the world. TikTok has global offices including Los Angeles, New York, London, Paris, Berlin, Dubai, Mumbai, Singapore, Jakarta, Seoul, and Tokyo.



June 2022
9781529148619
228x178
£20.00 : Hardback
192 pages

I'll Die After Bingo

The Unlikely Story of My Decade as a Care Home Assistant

Pope Lonerган

The first insider account of what life inside British care homes is really like, written with humour and poignancy

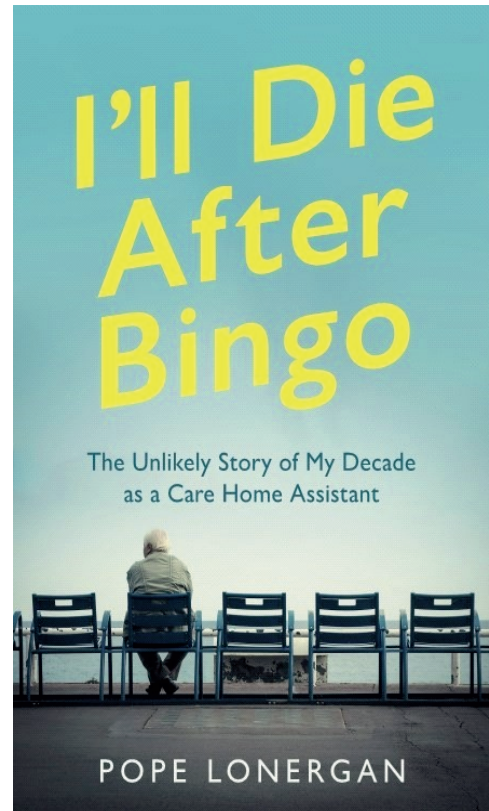
'From fearless and funny to heart-stoppingly raw' *Evening Standard*

Home is where the care is.

Whether he's initiating a coup d'état against new regulations with the residents, or forging a bond with the 98-year old who once called him a fat slut, Pope Lonerган's work is infinitely varied. This no-holds-barred account shows what life inside a care home is really like, for both residents and carers. Featuring night-time drama, incontinence pads and the uniquely dark humour of one double-amputee Alzheimer's patient, here you can learn everything you ever wanted to know (and a few things you probably really didn't) about Britain's care system.

This important memoir challenges us all to think differently about the value of our elderly, and also the carers who look after them.

Pope Lonerган is a stand-up comedian, Quaker and (recovering) drug addict. He is also a care assistant. *I'll Die After Bingo* is his tough yet hilarious, intelligent and honest account of 9 ½ years spent caring for the elderly.



June 2022
9781529109337
Royal Octavo
£16.99 : Hardback
320 pages

Becoming the One

Heal Your Past, Transform Your Relationship Patterns
and Come Home to Yourself

Sheleana Aiyana

Founder of Rising Woman, Sheleana Aiyana, shows you how to overcome trauma, grief and loss by learning to embrace your true story.

'A spectacular guide to the inner world and relationships; it dispels myths, grounds you in transformative truth and reconnects you to your power' Yung Pueblo

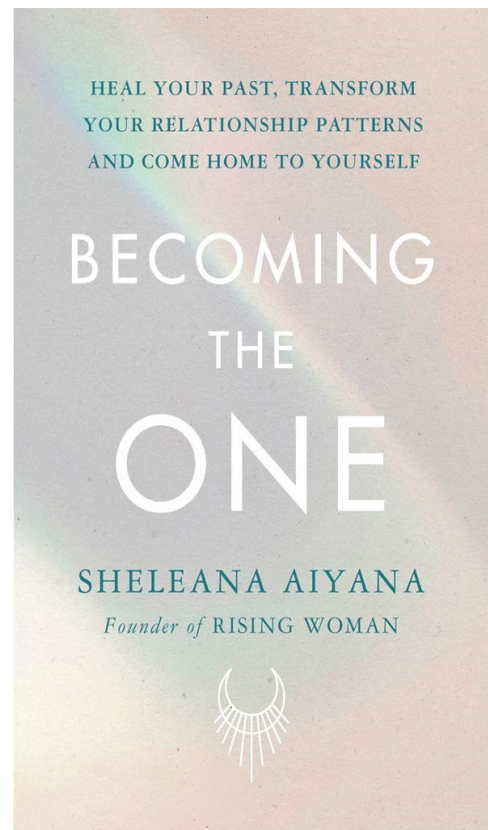
'This masterpiece will take you from pain to freedom' Nedra Glover Tawwab

Relationships have the ability to infuse our lives with the magic of intimacy and connection. But often we can find ourselves chasing unavailable love, putting other's needs before our own all the while abandoning the one who needs us most - ourselves.

From Sheleana Aiyana, spiritual writer and founder of Rising Woman, comes a transformational inner-work journey to heal lifelong relationship patterns and reclaim power over your life.

Becoming the One is your invitation to make peace with your past, stand in your worth and find your way home to yourself.

Sheleana Aiyana is a spiritual counsellor, author and founder of Rising Woman with a growing community of over 2.4 million readers. Her training and immersion in couples facilitation, inherited family trauma, family systems, conscious relationship, somatic healing and plant medicines inform her holistic approach to seeing relationship as a spiritual path. Over 30,000 women in 146 countries have taken her flagship program "Becoming the One."



June 2022
9781846046865
Demy Octavo
£16.99 : Hardback
224 pages

Surrounded by Narcissists

Or, How to Stop Other People's Egos Ruining Your Life
Thomas Erikson

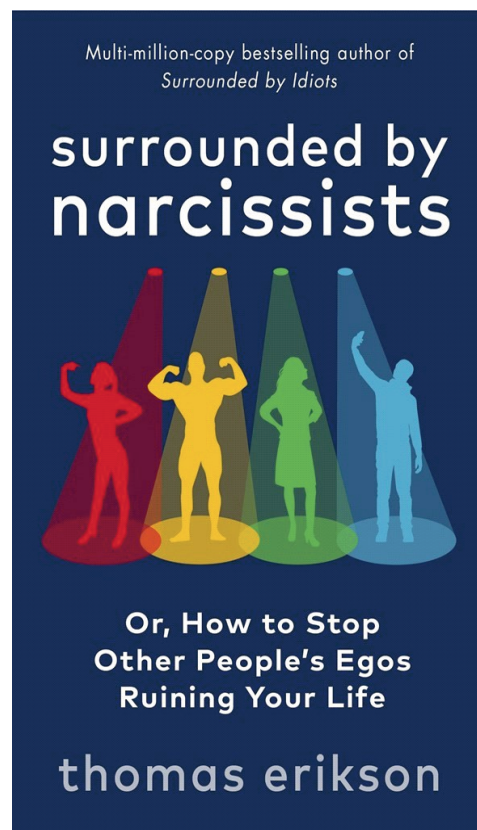
How to free yourself from the tyranny of narcissists and everyday narcissism, from the multi-million-copy bestselling author of *Surrounded by Idiots*

From the Sunday Times bestselling author of *Surrounded by Idiots*

Are you overshadowed by the narcissists in your life? Are you worn out by their constant demands for attention, their absolute belief they are right (even when clearly they are not), their determination to do what they want (regardless of impact), and their baffling need to control everyone and everything around them?

In this thought-provoking, sanity-saving book, Thomas Erikson helps you understand what makes narcissists tick and, crucially, how to handle them without wearing yourself out in the process. With the help of the behavioural model made famous in *Surrounded by Idiots*, Erikson provides all the tools you need to manage not just the narcissists around you but everyday narcissism as well - itself becoming more widespread in this age of social media. Engaging and practical, *Surrounded by Narcissists* will help you free yourself from narcissistic agendas so you can pursue a happier, more fulfilling and successful life.

Thomas Erikson is a Swedish behavioural expert, active lecturer and bestselling author. For the last 18 years he has been travelling all over Europe delivering lectures and seminars in Swedish and English to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, Volvo and KIA Motors. *Surrounded by Idiots* (*Omgiven Av Idioter*) has been a Swedish runaway bestseller in since it was first published in 2014. It has sold over 2.5 million copies worldwide, of which nearly 1 million copies have been sold in Sweden alone, and it has been translated into 42 languages. For more information about the author and his work visit thomaserikson.com.



June 2022
9781785043673
B (Ebury)
£9.99 : Paperback
320 pages

Land Healer

Jake Fiennes

A revolutionary manifesto for a new relationship with the land, from the Conservation Manager at Holkham Estate and one of the leading lights in the new nature movement.

'Jake Fiennes is changing the face of farming in Britain... a revolutionising force' Isabella Tree

Our relationship with our land is broken: we must heal it.

Jake Fiennes is on a mission to change the face of the English countryside. As Conservation Manager at Holkham in Norfolk, one of the country's largest historic country estates, his radical habitat restoration and agricultural work has nurtured its species and risen its crop yields - bringing back wetlands, hedgerows, birds and butterflies over 25,000 acres of land.

But this isn't rewilding - there is no 'wild' in Britain anymore. Mass farming, crop science and industrial chemicals have destroyed the majority of our natural landscape and wildlife over the last century. *Land Healer* is the story of Fiennes's ambition to bring back our flora and fauna - by reclaiming our traditions and trialling new experiments which could restore our symbiosis with our land, and save our shared future.

Following the farming year and the natural cycle of the seasons, *Land Healer* chronicles a life of conservation lived at the edges, and is a manifesto for rethinking our relationship with the natural world before it's too late.

'One of the motive forces behind this new way of looking at the land' - Tony Juniper, chair of Natural England

Jake Fiennes is Conservation Manager at Holkham in Norfolk, one of the country's largest historic country estates. From a thirty year career in conservation, game-keeping and land management, his advice and expertise is being sought by an increasing number of key players in the conservationist and agricultural fields - including the Ministry of Agriculture, the NFU, the Prince of Wales, the National Trust, the RSPB and Natural England, among others. Previously, he worked at the Raveningham estate, helping to kick-start their famous rewilding project. He lives in an old blacksmith's house with his partner in Norfolk.

'Jake Fiennes is changing the face of farming in Britain
... a revolutionising force.' ISABELLA TREE

Jake Fiennes

LAND HEALER



How Farming Can
Save Britain's Countryside

June 2022
9781785947308
Royal Octavo
£20.00 : Hardback
352 pages

Mile End Girl

Maggie Ford

A warm-hearted rags-to-riches East End saga, perfect for fans of Katie Flynn and Maggie Hope.

Can this East End girl find a better life?

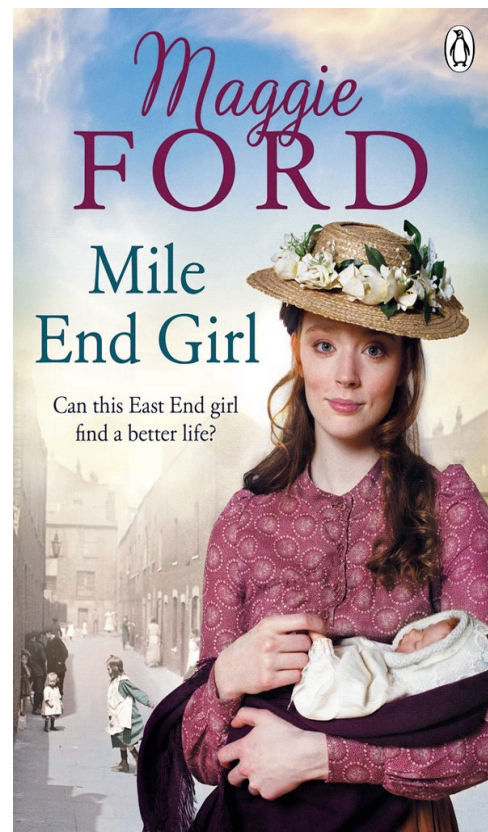
Born in a tenement on the Isle of Dogs, Jessie has higher hopes for her future. When she manages to land a job at the Telephone Exchange, her earnings allow her to join the choir at the People's Palace. There, she catches the eye of the charming James Medway who sweeps her off her feet.

But married life isn't a bed of roses, and when Jessie falls pregnant it quickly becomes clear that James is far from the dotting husband she'd hoped for. Can Jessie find a way to stay strong for her baby?

A heart-warming and gripping East End Saga, perfect for fans of Dilly Court and Maggie Hope.

Maggie was born in the East End of London but at the age of six she moved to Essex, where she has lived ever since. After the death of her first husband, when she was only twenty-six, she went to work as a legal secretary until she remarried in 1968. She has a son and two daughters, all married; her second husband died in 1984.

She has been writing short stories since the early 1970s.



June 2022
9781529105599
B (Ebury)
£6.99 : Paperback
480 pages

The Missing Cryptoqueen

Jamie Bartlett

The inside story of the biggest business scam of the 21st century, and the hunt for the woman who got away with it.

'The largest financial scam ever' - *Fortune*

'The bizarre case of OneCoin illustrates how easily a classic scam could be reinvented for the digital age' - *Financial Times*

'The story of OneCoin stands out even among the outlandish capers of the cryptocurrency era' - *Wall Street Journal*

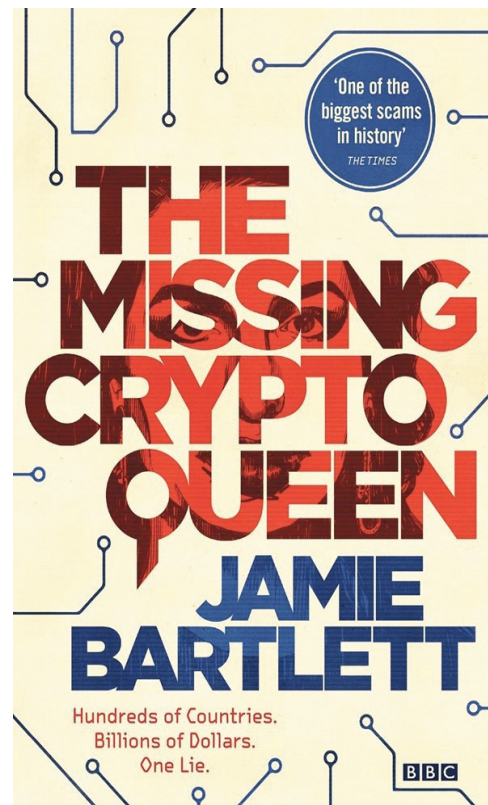
**Hundreds of Countries.
Billions of Dollars.
One Lie.**

In 2014 a brilliant Oxford graduate called Dr Ruja Ignatova promised to revolutionise money and make people rich in the process. The future, she said, belonged to cryptocurrencies such as Bitcoin. And the self-styled cryptoqueen vowed that she had invented the Bitcoin Killer. She launched OneCoin, an exciting new cryptocurrency that she promised would not only earn its investors untold fortunes, it would change the world. OneCoin swept the globe - becoming one of the fastest companies to make \$1 billion in revenue.

By 2017, billions of dollars had been invested in OneCoin in hundreds of countries, from the USA to Pakistan, Hong Kong to Yemen, and the UK to Uganda. But by the end of the year Ruja Ignatova had disappeared, along with the money, and it slowly became clear that her revolutionary cryptocurrency was not all it seemed.

The Missing Cryptoqueen tells the unbelievable story of the rise, disappearance and fall of Dr Ruja Ignatova. It is a modern tale of intrigue, techno-hype and herd madness that reveals how OneCoin became the biggest scam of the 21st Century.

Jamie Bartlett is the bestselling author of *The Dark Net*, *Radicals*, and *The People Vs Tech*, which was longlisted for the 2019 Orwell Prize for Political Writing and won the 2019 Transmission Prize. He founded the Centre for the Analysis of Social Media at the think-tank Demos and regularly writes on



June 2022
9780753559581
Demy Octavo
£16.99 : Hardback
320 pages

The Dope

The Real History of the Mexican Drug Trade

Benjamin T Smith

The untold history of the Mexican drug trade.

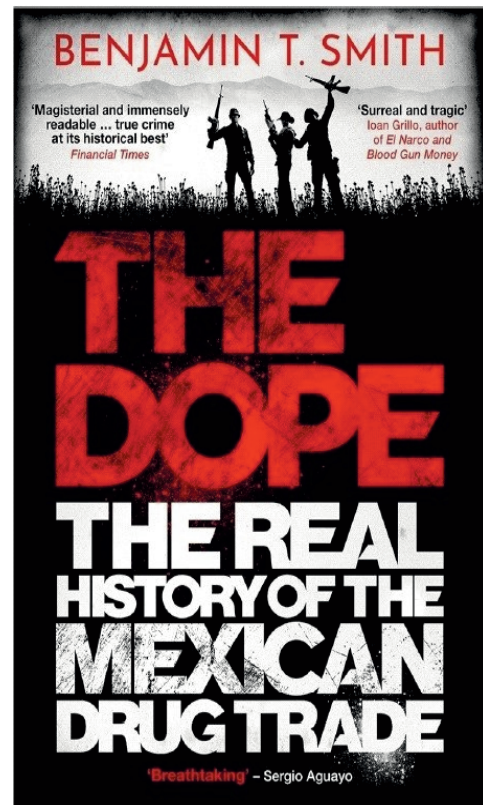
Discover the secret history behind the headlines.

The Mexican drug wars have inspired countless articles, TV shows and movies. From *Breaking Bad* to *Sicario*, El Chapo's escapes to Trump's tirades, this is a story we think we know. But there's a hidden history to the biggest story of the twenty-first century.

The Dope exposes how an illicit industry that started with farmers, families and healers came to be dominated by cartels, kingpins and corruption. Benjamin T Smith traces an unforgettable cast of characters from the early twentieth century to the modern day, whose actions came to influence Mexico as we now know it. There's Enrique Fernández, the borderlands trafficker who became Mexico's first major narco and one of the first victims of the war on drugs; Eduardo 'Lalo' Fernández, Mexico's most prominent heroin chemist and first major cocaine importer; Leopoldo Salazar Viniegra, the brilliant doctor and Marxist who tried (and failed) to decriminalize Mexico's drugs; and Harry Anslinger, the head of the Federal Bureau of Narcotics whose sensationalist strategies paved the way for U.S. interference and the extraordinary levels of violence in Mexico today.

The Dope is the epic saga of how violence and corruption came to plague modern Mexico, and the first book to make sense of the political and economic big picture of the Mexican drug wars.

Benjamin T. Smith is one of the foremost historians of modern Mexico. He is a professor in modern Latin American history at the University of Warwick, and was Associate Professor of Mexican History at Michigan State University. His previous books have explored politics, violence, Catholicism and journalism in modern Mexico. Benjamin has written widely on Mexico for the *Guardian*, *The Jacobin*, and *Dissent* and has appeared on Sky TV, BBC Radio, Channel 4 News and France24. He also provides expert witness accounts for Mexican asylum seekers escaping gang violence.



June 2022
9781529105698
B (Ebury)
£9.99 : Paperback
448 pages

Meliz's Kitchen

Simple Turkish-Cypriot comfort food and fresh family feasts

Meliz Berg

Home cook @MelizCooks (98k Instagram) shares simple, vibrant meals that bring big Turkish-Cypriot flavours to the kitchen every day.

Sunshine flavours everyone will love

Meliz's Kitchen is a celebration of the melting-pot of delicious spices and fresh flavours that make a Turkish-Cypriot kitchen.

In this book Meliz shares the best comforting recipes and her easy go-to meals for busy family life. Find inspiration in nine chapters of vibrant, nourishing cooking: *Kahvalti* (breakfast), *Meze & Salata* (dishes and salads to share), *Ocak & Kizartma* (traditional stove-top dishes), *Firin* (hearty dishes from the oven), *Yahni* (easy one-pots and slow-cooking), *Kebab & Kofte* (barbecue dishes and accompaniments), *Ekmek & Hamur Isi* (breads, doughs, and pastries) and *Kek ve Tatlılar* (crowd-pleasing sweets).

Recipes include:

Cypriot Breakfast Platter

One-pot Halloumi & Tomato Pasta

Stuffed Artichokes & Vine Leaves

Cypriot Pasta Bake

Chicken Doner Kebab

Creamy Moussaka

BBQ Wings & Thighs

Halloumi, Olive & Herb Loaf

Tahini & Carob Molasses Baklava

With easy-to-follow steps and no special equipment needed, this book will bring sunshine to your kitchen every day.

Meliz Berg is a self-taught cook, recipe developer and food content creator. Inspired by her Turkish-Cypriot heritage, and experience of growing up in a household that combined both traditional Cypriot and London living, she created the blog and instagram page Meliz Cooks.

Meliz Cooks is loved for its easy-to-follow recipes, addictive combinations of flavours and spices, and for highlighting the mixture of beautiful cuisines evident in Cyprus. Her recipes



June 2022
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246x189
£25.00 : Hardback
288 pages

Blood, Fire and Gold

The story of Elizabeth I and Catherine de Medici

Estelle Paranque

A thrilling joint biography of Elizabeth I and Catherine de Medici, uncovering how their complex 30-year relationship shaped their dynasties, perfect for fans of Alison Weir and Tracy Borman.

***'A stunning portrayal of two of the most powerful women in European history'* Tracy Borman**

***'Exciting and compelling, packed full of tantalising details of diplomacy and court life, Paranque succeeds both in bringing history to life, but also in putting flesh on the bones of these two extraordinary women and rival queens'* Kate Mosse**

***'Bursting with fresh perspectives, this is a vibrant retelling of a story you thought you knew'* Dan Snow**

In sixteenth-century Europe, two women came to hold all the power, against all the odds. They were Elizabeth I and Catherine de Medici.

One a Virgin Queen who ruled her kingdom alone, and the other a clandestine leader who used her children to shape the dynasties of Europe, much has been written about these iconic women. But nothing has been said of their complicated relationship: thirty years of friendship, competition and conflict that changed the face of Europe.

This is a story of two remarkable visionaries: a story of blood, fire and gold. It is also a tale of ceaseless calculation, of love and rivalry, of war and wisdom - and of female power in a male world. Shining new light on their legendary kingdoms *Blood, Fire and Gold* provides a new way of looking at two of history's most powerful women, and how they shaped each other as profoundly as they shaped the course of history. Drawing on their letters and brand new research, Estelle Paranque writes an entirely new chapter in the well-worn story of the sixteenth century.

Estelle Paranque is an Assistant Professor in History at NCH at Northeastern (London campus). She has participated in several international historical documentaries on TV, including BBC Two's *The Boleyns: A Scandalous Family* (aired in August 2021),



June 2022
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Royal Octavo
£20.00 : Hardback
320 pages

This is It

Essays on Zen and Spiritual Experience

Alan Watts

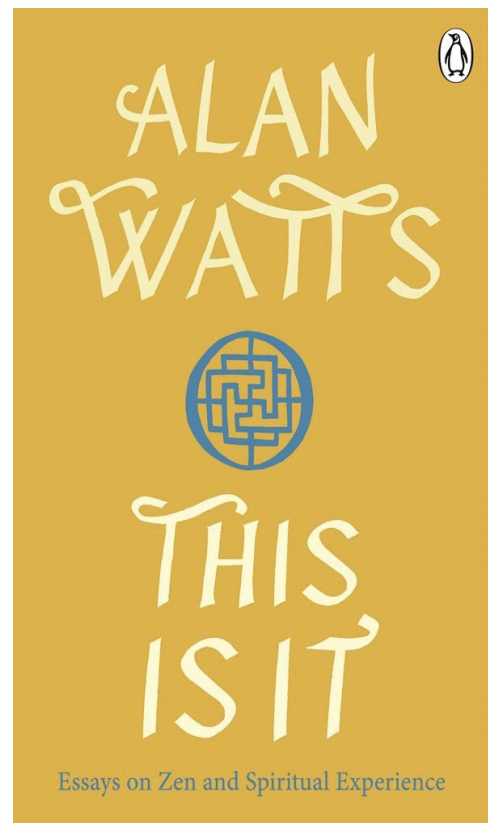
Six revolutionary essays on spiritual experience from pioneering Zen scholar Alan Watts

'A spiritual polymath, the first and possibly greatest' Deepak Chopra

The spiritual is not to be separated from the material, nor the wonderful from the ordinary

This remarkable collection of essays from pioneering Zen scholar Alan Watts offer a challenging and comprehensive insight into 'cosmic consciousness'. From the paradoxes of self-consciousness to psychedelics and the connection of spirit and matter, this is a mind-opening exploration into the relationship between spirituality and ordinary life.

Alan Watts was a British philosopher, writer and speaker who was best known for his expertise in Eastern philosophies including Zen Buddhism and Taoism. He wrote over 25 books and numerous articles on subjects such as personal identity, the true nature of reality, higher consciousness, the meaning of life, concepts and images of God and the non-material pursuit of happiness.



June 2022
9781846046889
B (Ebury)
£9.99 : Paperback
160 pages

Outpacer

The Blueprint for Breakthrough Success in the Digital Era

Alex Holt

Alex Holt, Global Head of Technology, Media and Telecoms (TMT) at KPMG, combines his years as an industry leader and advisor to the biggest names in tech to decode and share the blueprint to achieve breakthrough success in the digital era.

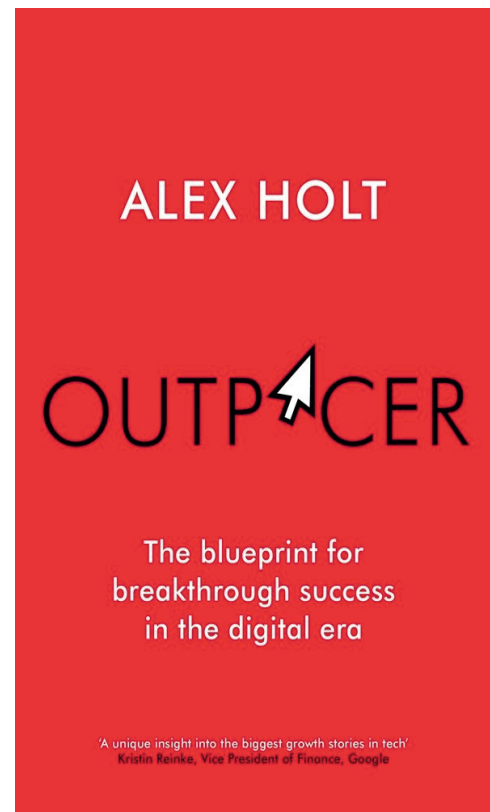
Over the past decade a small number of companies have changed every aspect of how we live, work and play. These Outpacers have become enormous global businesses with companies like Google, Amazon, Netflix, Salesforce, Meta, Tesla and Apple all totally redefining what a successful organization looks and feels like.

Each chapter in *Outpacer* focusses on an Outpacer characteristic required for organisational greatness and features examples of what it is and how to achieve it, including; how to structure your company's mission and vision, foster the right entrepreneurial culture, innovate, collaborate and utilise agile technology and data driven insights to drive continuous progress, deliver an exceptional customer experience and achieve outstanding results.

Each Outpacer characteristic is illustrated by fascinating profiles of business leaders from companies such as Google, Amazon, Apple and Tesla who have driven phenomenal success, alongside profiles of the stars of film, tv, music and sport who share the same winning characteristic such as Reese Witherspoon, Jay Z and Sir Lewis Hamilton. The combination of business leaders and popular icons illustrate and inspire the reader helping them to learn how they too can lead an Outpacer business.

This is *not* business as usual.

Alex Holt is the Global Head of the multi-billion-dollar Technology, Media and Telecoms practice at KPMG. He leads a large team who work with all the major organisations across the sector on everything from multi-billion M&A deals through to tax, audit and management consulting. As well as leading the TMT sector globally, Alex is also the Global Lead Partner for some of the largest tech companies in the world.



June 2022
9781529146134
Royal Octavo
£20.00 : Hardback
256 pages

MEZCLA

Recipes to Excite

Ixta Belfrage

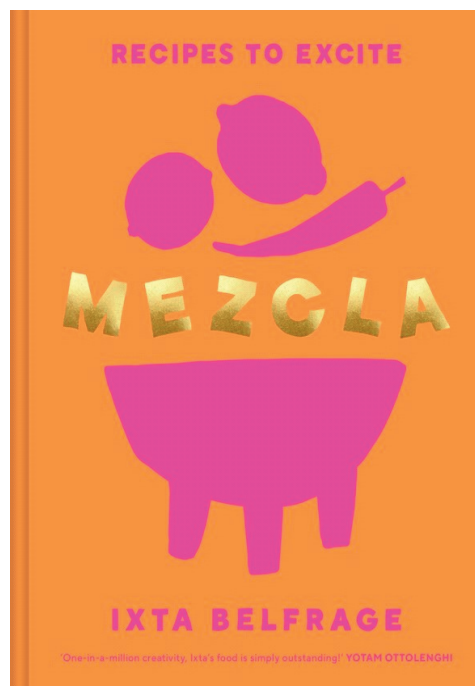
Reinventing 'fusion' flavours with fun, flavour-packed recipes to cook for yourself and others, from the co-author of bestselling *Ottolenghi FLAVOUR* (100k TCM). For fans of Alison Roman, Nigella Lawson and Anna Jones.

Everyday eating with built in wow factor - from the Ottolenghi protégé shaking up the food world.

MEZCLA means *mix, blend or fusion* in Spanish and in her first solo cookbook, Ixta Belfrage - loved for her inventive ingredient combinations - shares her favourite *mezcla* of flavours. Helpfully divided into quick recipes (for when you need something great on the table, fast) and longer recipes (for when you have time to slow down and savour the process), here are 100 bold, impactful recipes inspired by Italy, Brazil, Mexico and beyond. Creative, colourful and always delicious, this is food for every day and every occasion.

Includes quick, flavourful recipes, such as **Giant Cheese on Toast with Honey and Urfa Butter** and **Chicken with Pineapple and 'Nduja**, as well as dishes to spend more time over: **Chiles Rellenos with Salsa Roja Risotto** and **Prawn Lasagne with Habanero Oil**.

Ixta Belfrage spent her youth absorbing food traditions in Italy, Mexico and Brazil. She began her culinary career at Ottolenghi's NOPI restaurant, before moving to the Test Kitchen, where she worked for Yotam Ottolenghi for five years, contributing to his columns in the *Guardian* and *The New York Times*. Ixta was Yotam's co-author on bestselling *Flavour* (2020).



July 2022
9781529148091
246x189
£26.00 : Hardback
288 pages

Food Isn't Medicine

Dr Joshua Wolrich

The first NHS doctor to take a public stand against diet culture and empower you to do the same.

The Sunday Times Bestseller

Losing weight is not your life's purpose.

Do carbs make you fat?
Could the keto diet cure mental health disorders?
Are eggs as bad for you as smoking?

No, no and absolutely not. It's all what Dr Joshua Wolrich defines as 'nutribollocks' and he is on a mission to set the record straight.

As an NHS doctor with personal experience of how damaging diets can be, he believes every one of us deserves to have a happy, healthy relationship with food and with our bodies. His message is clear: we need to fight weight stigma, call out the lies of diet culture and give ourselves permission to eat *all* foods.

Food Isn't Medicine wades through nutritional science (both good and bad) to demystify the common diet myths that many of us believe without questioning. If you have ever wondered whether you should stop eating sugar, try fasting, juicing or 'alkaline water', or struggled through diet after diet (none of which seem to work), this book will be a powerful wake-up call. Drawing on the latest research and delivered with a dose of humour, it not only liberates us from the destructive belief that weight defines health but also explains how to spot the misinformation we are bombarded with every day.

Dr Joshua Wolrich will empower you to escape the diet trap and call out the bad health advice for what it really is: complete nutribollocks.

Dr Joshua Wolrich is an NHS surgical trainee and nutrition MSc student who is not only setting the record straight when it comes to spurious nutrition advice, but aggressively fighting weight stigma and campaigning for healthcare to become weight-inclusive, spreading the message via his podcasts and his 350K plus followers online. He follows a Health at Every Size® approach and encourages his patients to have a



July 2022
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B (Ebury)
£10.99 : Paperback
304 pages

That Moment When

Life Stories from Way Back Then

Mo Gilligan

Mo Gilligan, BAFTA-winning breakout comedy star of a generation, reveals the inspirational, life-changing and hilarious moments that made him.

Come on my journey. Look at where man's come from. I was working in retail in 2017.

You might know Mo as the critically acclaimed stand-up comedian, BAFTA-winning presenter, *Masked Singer* judge and social media mega star. But do you know the moments that really made him? Opening up on the turning points, the good times, the challenges and the lessons learned, this is Mo as you've never seen him before.

Journeying through childhood memories in South London, Mo reminisces about school days and old-school raving, and takes us behind the scenes of his first comedy gigs, the creation of the original Geezer, selling out national tours and becoming one of TV's most in-demand stars. Share the moment that Mo decided he wanted to be a comedian, the moment he went viral, the moment he realised he was famous (and how to deal with it), the moment his Netflix special dropped, the moment he won his BAFTA and the moments he still has to come.

In among the laugh-out-loud observations, life lessons and candid storytelling, there lies the bigger influences in Mo's life - the unsung heroes of the Black British comedy scene, the power of community and the feel-good legacy he wants to create.

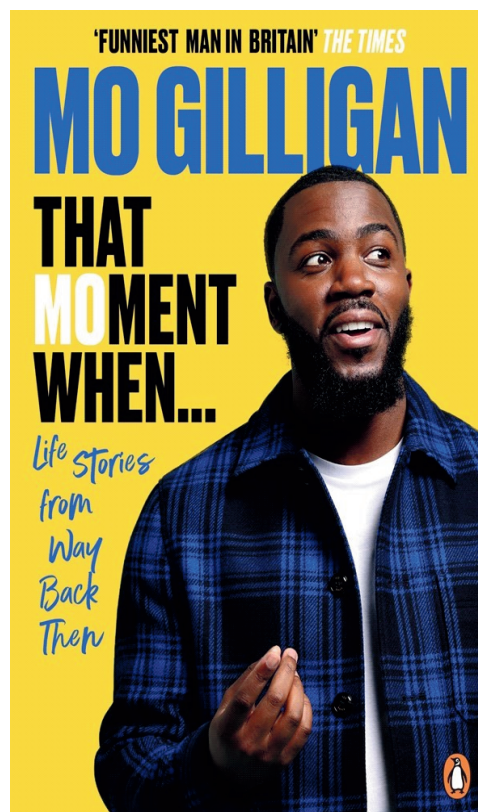
'The Funniest Man in Britain' *The Times*

With his high-energy style and everyday observations, BAFTA-winning **Mo Gilligan** is one of the UK's fastest rising comedians with an online reach running into multiple millions. His debut Netflix Original Stand Up Special *Momentum* was globally released in 190 countries to huge critical and audience acclaim. He hosts award-winning *The Lateish Show* on Channel 4 and his world tour *There's Mo to Life* kicks off in Autumn 2021.

Instagram: @mothecomedian

Twitter: @MoTheComedian

Facebook: MoGilliganComedy



July 2022
9781529109214
B (Ebury)
£9.99 : Paperback
304 pages

Skintelligent

What you really need to know to get great skin

Dr Natalia Spierings

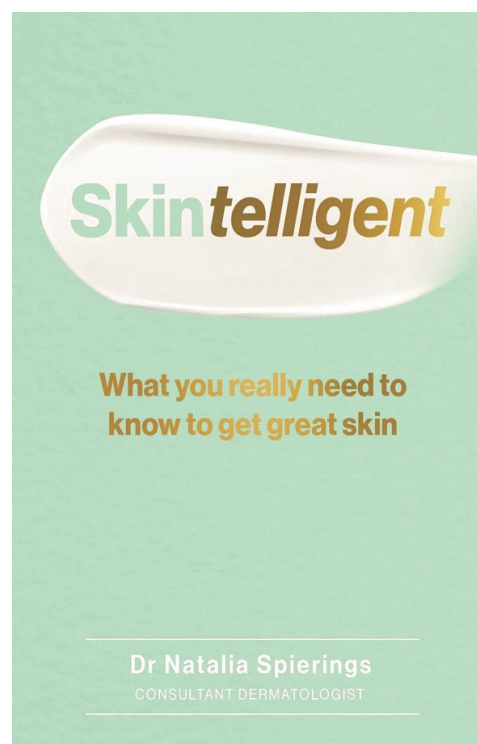
The first authoritative, unbiased and evidence-based book by a top dermatologist that reveals the truth about Big Skincare.

If you had a heart attack would you go to a personal trainer to treat your chest pain? If you had cancer would you seek treatment from a journalist who reviews chemotherapy drugs? No you wouldn't. You would go to a cardiologist or an oncologist - an expert with vast clinical experience and knowledge. So why do we go to a beauty counter to deal with our skin problems? Or get skincare advice from beauty bloggers or facialists via Instagram or YouTube?

Consultant Dermatologist Dr Natalia Spierings is here to shake things up! Drawing on a decade of work helping thousands of people achieve great skin, she will empower you to navigate the confusing world of skincare so you never get fooled into buying hundreds of pounds of skincare products again. If you have a problem with your skin - whether it is pimples, pigmentation, overly dry skin, large pores or whatever - it is a skin *abnormality* and cannot and will not be corrected with a three-step skincare regime you buy at a department store.

Think of this book as your personal consultation with Dr Spierings and let her give you the information you need to start getting the best from your skincare - without hurting your wallet!

Dr Natalia Spierings is a Consultant Dermatologist with a Master's Degree in Aesthetic Medicine. A unique combination of technical skill, depth of knowledge, aesthetic sensibility and communication skills has positioned her globally as a leading dermatologist. She currently splits her clinical time between both the NHS and private sector in London, and at Kings College Hospital in Dubai. You can find her on Instagram @drnataliaspierings.



July 2022
9781785044069
Demy Octavo
£16.99 : Trade Paperback
320 pages

Doctor Who: The Fires of Pompeii (Target Collection)

James Moran

A classic 10th Doctor adventure adapted and expanded from the 2008 TV script by original writer, James Moran.

"My masters will follow the example of Rome... our mighty empire bestraddling the whole of civilization!"

It is AD 79, and the TARDIS lands in Pompeii on the eve of the town's destruction. Mount Vesuvius is ready to erupt and bury its surroundings in molten lava, just as history dictates. Or is it?

The Doctor and Donna find that Pompeii is home to impossible things: circuits made of stone, soothsayers who read minds and fiery giants made of burning rock. From a lair deep in the volcano, these creatures plot the end of humanity - and the Doctor soon finds he has no way to win...

James Moran is a British screenwriter for television and film, who wrote the horror-comedy *Severance*. He works in the horror, comedy, science-fiction, historical fiction and spy thriller genres.

No Image
Available

July 2022
9781785947797
A format 178x110mm
£7.99 : Paperback
192 pages

Re-educated

How I changed my job, my home, my husband and my hair

Lucy Kellaway

A wise and witty memoir of starting again in later life, following acclaimed journalist Lucy Kellaway as she changes jobs, homes, relationships and hair colours in her fifties.

'A beautifully told story of courage, determination and, above all, magnificent defiance' *Alan Johnson*

'Bracing and inspirational' *Nigella Lawson*

'A wonderful writer... life-affirming' *Jon Snow*

'There are lots of reasons to read this book, which has the fineness of detail, sharpness of humour and grace of a novel by Penelope Lively. But it's this business of changing one's mind - the thing most of us least like to do - that I admired the most' *Observer*

'I am immersed in a new world that feels a long way from my old one. Though I've not been re-invented, what has happened is just as radical and a lot more interesting: I am being re-educated.'

Lucy Kellaway had a comfortable life. For years she had the same prestigious job, the same husband, and the same home. To the casual observer, she was both happy and successful. But one day, Lucy began to realise that the life she had built for herself no longer suited her. Was it too late to start again?

The answer was no - so she proceeded to tear down both marriage and career, and went back to school. Retraining as a teacher, Lucy discovers there is a world of new possibilities awaiting her - and learns that you can teach an old dog new tricks (providing they are willing to un-learn a few old ones along the way).

A witty and moving story of one woman's pursuit of a new life, *Re-educated* is a celebration of education's power to transform our lives at any age, and an essential companion for anyone facing the joy - and pain - of starting again.

Lucy Kellaway is an English writer and teacher. For over twenty years, she was an observer of the peculiarities of

Image
coming
soon

July 2022
9781529108019
B (Ebury)
£10.99 : Paperback
288 pages

Doctor Who: The Eaters of Light (Target Collection)

Rona Munro

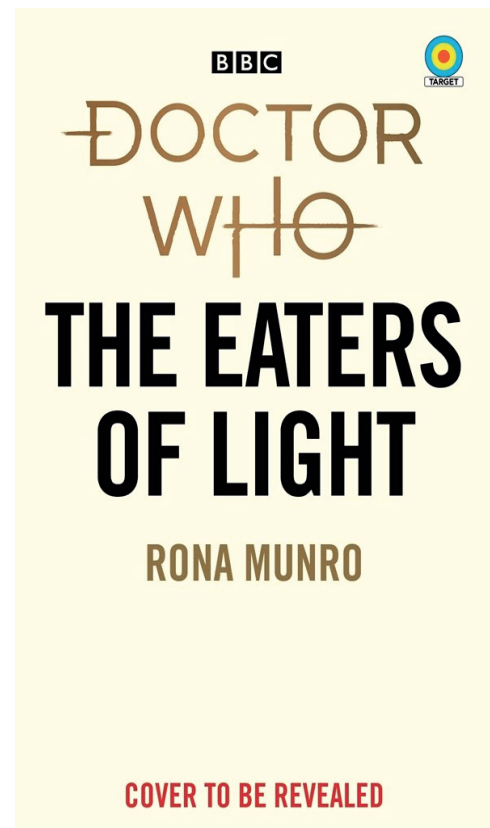
A critically lauded 12th Doctor adventure adapted by original screenwriter and award-winning playwright, Rona Munro.

"To protect a muddy little hillside, you doomed your whole world!"

The Doctor takes Bill and Nardole back to 2nd century Scotland to learn the fate of the 'lost' Ninth Legion of the Imperial Roman Army. 5,000 soldiers vanished without explanation - how?

The search for the truth leads the Doctor and his friends into a deadly mystery. Who is the Guardian of the Gate? What nightmare creature roams the wildlands, darkening the sky and destroying all in its path? A threat from another dimension has been unleashed on the Earth, and only a terrible sacrifice can put things right...

Rona Munro was born in Aberdeen and has written extensively for stage, film, radio and television. Her breakthrough play *Bold Girls*, won the Susan Smith Blackburn Prize. As the writer of *"Survival"* and *"The Eaters of Light"* she is the first (and only) writer of stories for both the classic 1963-1989 series of Doctor Who and the 2005 revived series.



July 2022
9781785947933
A format 178x110mm
£7.99 : Paperback
192 pages

The Hidden Universe

Adventures in Biodiversity

Alexandre Antonelli

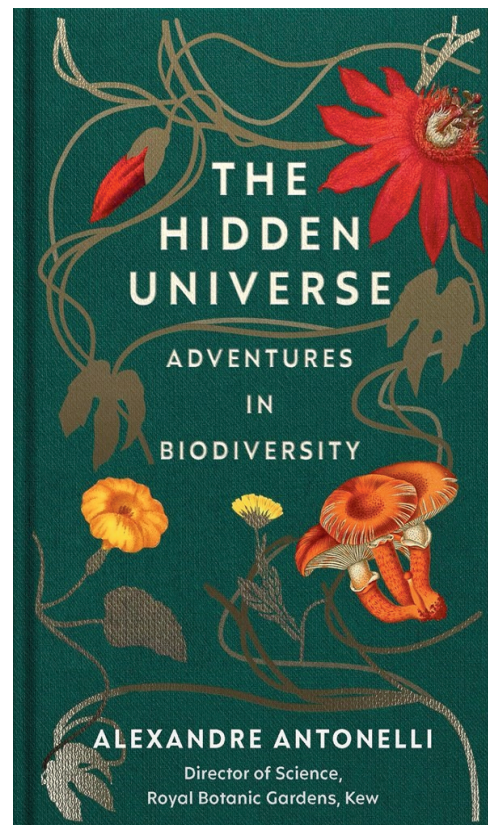
Everything you need to know about biodiversity - what it is, how it works, and why it's the single most important tool to battle climate change - from the Director Science at the Royal Botanical Gardens at Kew.

We don't know what we've got until it's gone...

This brief, lucid book by the Director of Science at Royal Botanical Gardens takes you on an unforgettable tour of the natural world, showing how *biodiversity* - the rich variety of life in the world and in our own backyards - provides both the source and the salvation of our existence. Combining inspiration stories and the latest scientific research, Alex Antonelli reveals the wonders of biodiversity at a genetic, species and ecosystem level - what it is, how it works, and why it's the most important tool in our battle against climate change.

A deeper understanding of biodiversity has never been more important, as the slow violence of habitat loss has put the fate of almost one-fifth of all species on Earth at risk of extinction in the coming decades. These building blocks of life form a network that underpins almost every aspect of our lives, providing invaluable sources of food, medicine, fibre, clothing, building material and more. With simplicity and clarity, *The Hidden Universe* shows you not only what's at stake, but what can be done (and is already being done) to protect and restore biodiversity around the world. It marks the arrival of a bold new voice in popular science.

Alexandre Antonelli is Director of Science of the Royal Botanic Gardens, Kew, where he leads the work of over 350 scientists. A botanist by training, he was made Full Professor of Biodiversity at University of Gothenburg in Sweden aged 36, and founded the Gothenburg Global Biodiversity Centre and served as Cisneros Visiting Scholar at Harvard University before joining Kew. He remains an active researcher at the University of Gothenburg and the University of Oxford in the UK. This is his first book.



July 2022
9781529109160
B (Ebury)
£14.99 : Hardback
288 pages

The Last Days

A memoir of faith, desire and freedom

Ali Millar

A lyrical and powerful memoir of leaving the Jehovah's Witnesses, from an exciting new literary talent.

A Scotsman Book to Watch for 2022

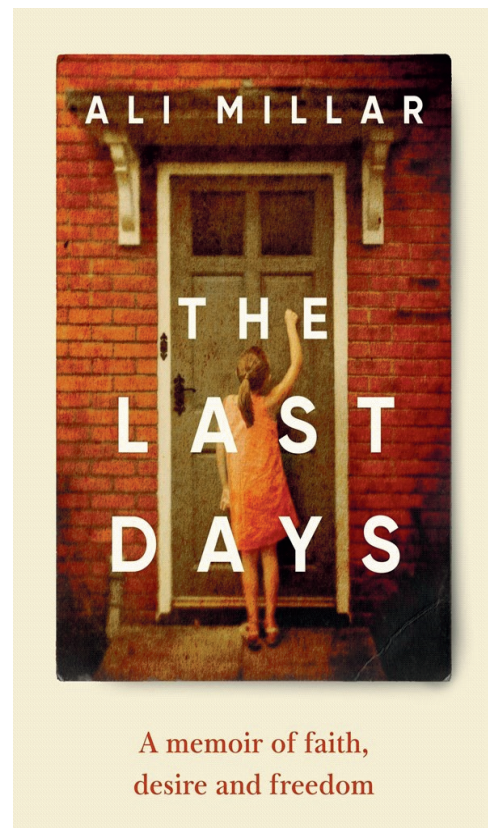
It is 1982 and in the Kingdom Hall we are Jehovah's Witnesses. The state of the world shows us the end is close, and Satan is like a roaring lion, seeking to devour us.

Ali Millar is waiting for Armageddon. Born into the Jehovah's Witnesses in a town in the Scottish Borders, her childhood revolves around regular meetings in the Kingdom Hall, where she is haunted by vivid images of the Second Coming, her mind populated by the bodies that will litter the earth upon Jehovah's return.

In this frightening, cloistered world Ali grows older. As she does, she starts to question the ways of the Witnesses, and their control over the most intimate aspects of her life. As she marries and has a daughter within the religion, she finds herself pulled deeper and deeper into its dark undertow, her mind tormented by one question: is it possible to escape the life you are born into?

A tale of love and darkness, of faith and absolution, *The Last Days* is an unforgettable memoir of one woman's courageous journey to freedom.

Ali Millar was born and raised in the Scottish Borders, and now lives in England with her husband and four children. She has an MA with Distinction in Creative Writing from Edinburgh Napier University, and has worked as a cultural producer for Summerhall in Edinburgh, for whom she has interviewed dozens of writers including Marina Warner, Rachel Cusk, Emma Jane Unsworth, and Etgar Keret. She has also chaired events at the Edinburgh International Book Festival.



July 2022
9781529109528
Demy Octavo
£16.99 : Hardback
320 pages

Doctor Who: The Androids of Tara (Target Collection)

David Fisher

42 years on from Terrance Dicks' original novelization, David Fisher adapts his Tom Baker-era Doctor Who adventure into a wickedly witty new Target Book

"Why is your first impulse to reach for your swords and never a screwdriver?"

The Doctor and Romana's search for the fourth segment of the all-powerful Key to Time leads them to the planet Tara, where courtly intrigue and romantic pageantry employ the most sophisticated technology.

Within hours of arriving, Romana is mistaken for a powerful princess and the Doctor forced to dally with robotic royalty - and both are quickly embroiled in the scheming ambitions of the wicked Count Grendel. Finding the segment of the Key is easy enough, but escaping with it in one piece will prove an altogether more colourful affair...

David Fisher was approached by script editor Anthony Read to write for *Doctor Who* and the result was the 100th story, *The Stones of Blood*, transmitted in 1978. Fisher first met Read when the latter was setting up a series called *The Troubleshooters* in 1965. Fisher went on to write for *Orlando* (1967), *Dixon of Dock Green* (1969), *Sutherland's Law* (1973) and *General Hospital* (1977). As well as *The Stones of Blood*, Fisher also contributed *The Androids of Tara*, *The Creature from the Pit* and *The Leisure Hive* to *Doctor Who*. The first two stories were novelised by Terrance Dicks, but Fisher decided to pen the latter two himself for the Target range.

Following his work on *Doctor Who*, Fisher wrote for *Hammer House of Horror* (1980), *Hammer House of Mystery and Suspense* (1984) and collaborated with Read on a number of historical books with subjects including World War Two espionage, the Nazi persecution of Jews and the Nazi/Soviet pact of the early 1940s.



July 2022
9781785947926
A format 178x110mm
£7.99 : Paperback
192 pages

How to Focus

Thich Nhat Hanh

The new book in the popular 'How to' series from the father of mindfulness, Thich Nhat Hanh.

'The monk who taught the world mindfulness' *Time*

In this enlightening series world-renowned spiritual leader Thich Nhat Hanh shares the essential foundations of mindful practice and meditation.

Born in Hue, Vietnam, Thich Nhat Hanh was a Buddhist Zen Master, poet, scholar and human rights activist. In 1967, he was nominated for the Nobel Peace Prize by Martin Luther King. He founded the Van Hanh Buddhist University in Saigon, the School of Youth and Social Service and the Plum Village Buddhist community and meditation centre in France, where he lived for many years. He was the author of many acclaimed books including *Peace is Every Step*, *Old Path White Clouds* and *Fear*, which have sold millions of copies around the world. In 2018, he returned to Vietnam to live at the Tu Hieu Temple, where he was first ordained when he was sixteen years old. He died on 22nd January 2022, at the age of 95.



July 2022
9781846046575
156 x 110 mm
£5.00 : Paperback
128 pages

Doctor Who: The Stones of Blood (Target Collection)

David Fisher

42 years on from the original novelization, author David Fisher lovingly adapts his acclaimed Tom Baker - era adventure into a glorious new Target Book

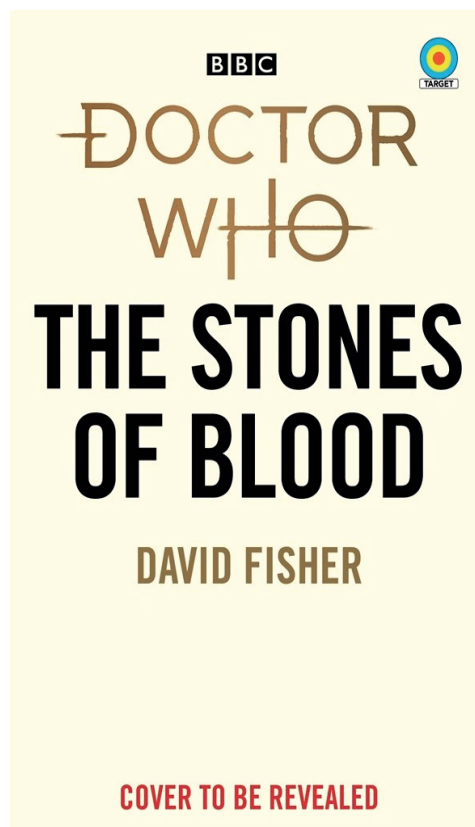
"We won't find Dracula hanging around the Manor. But we may find something equally disturbing..."

The Doctor is delighted when his quest for the Key to Time leads him to his favourite planet, Earth. But his friends are less enchanted: Romana is nearly lured to her death by a sinister apparition, and K9 is all but destroyed by a belligerent boulder with the power to move - and a thirst for blood.

An ancient stone circle becomes a battleground as the Doctor must outwit the deadliest alien criminal this side of hyperspace - and her bloodthirsty silicon servants...

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£7.99 : Paperback
208 pages

Femina

A New History of the Middle Ages, Through the Women
Written Out of It

Janina Ramirez

A groundbreaking reappraisal of medieval femininity, revealing why women have been written out of history, and why it matters, by BBC historian Janina Ramirez.

'Janina Ramirez is a born storyteller, and in *Femina* she is at the peak of her powers. This is bravura narrative history underpinned by passionate advocacy for the women whom medieval history has too often ignored or overlooked. *Femina* is essential reading' - Dan Jones, bestselling author of *The Plantagenets* and *Powers and Thrones*

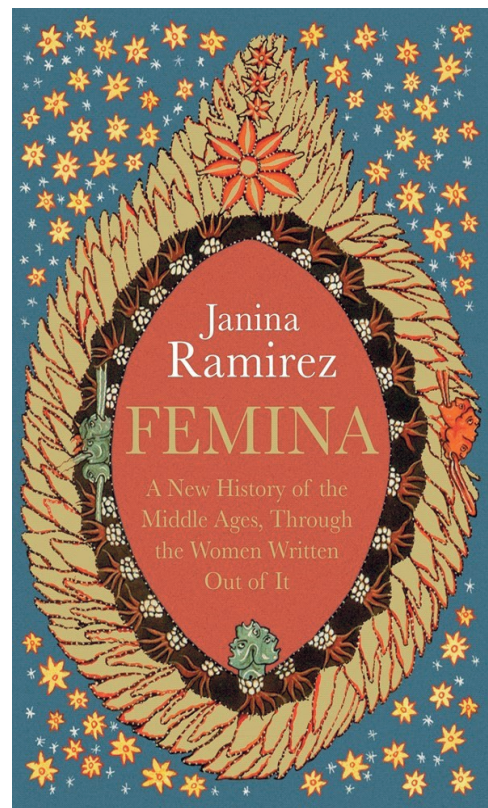
'I am the fiery life of divine substance, I blaze above the beauty of the fields, I shine in the waters, I burn in sun, moon and stars' - Hildegard of Bingen (1098 - 1179)

The middle ages are seen as a bloodthirsty time of Vikings, saints and kings: a patriarchal society which oppressed and excluded women. But when we dig a little deeper into the truth, we can see that the 'dark' ages were anything but.

Oxford and BBC historian Janina Ramirez has uncovered countless influential women's names struck out of historical records, with the word FEMINA annotated beside them. As gatekeepers of the past ordered books to be burnt, artworks to be destroyed, and new versions of myths, legends and historical documents to be produced, our view of history has been manipulated.

Only now, through a careful examination of the artefacts, writings and possessions they left behind, are the influential and multifaceted lives of women emerging. *Femina* goes beyond the official records to uncover the true impact of women like Jadwiga, the only female King in Europe, Margery Kempe, who exploited her image and story to ensure her notoriety, and the Loftus Princess, whose existence gives us clues about the beginnings of Christianity in England. See the medieval world with fresh eyes and discover why these remarkable women were removed from our collective memories.

Dr Janina Ramirez is an Oxford lecturer, BBC broadcaster,



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9780753558256
Royal Octavo
£22.00 : Hardback
464 pages

Get Divorced, Be Happy

How becoming single can turn out to be your happy ever after

Helen Thorn

From the hugely popular Scummy Mummies comedian Helen Thorn, this hilarious and empowering book on surviving break-ups and thriving as a single person comes at a time when there are more separations and divorces than ever.

THE SUNDAY TIMES BESTSELLER

'Helen is the woman I want in my life when the shit hits the fan' - Bryony Gordon

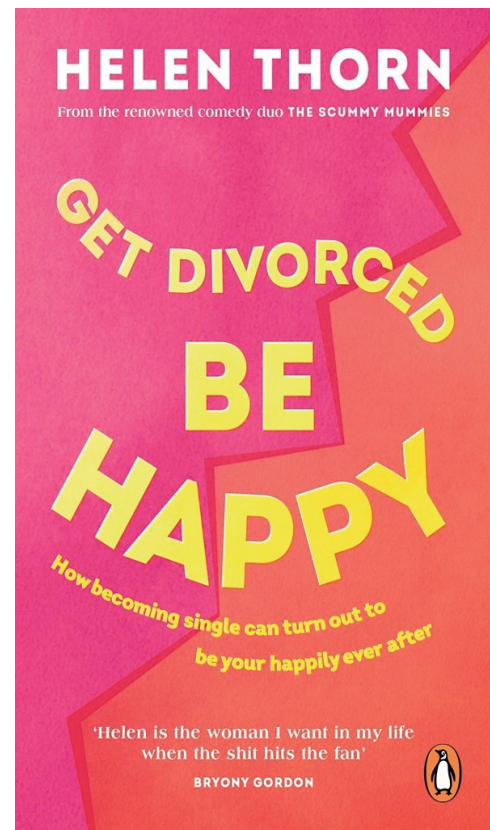
What do you do when your relationship suddenly ends? How do you cope when the cosy 'coupley' future you had planned disappears?

Join comedian Helen Thorn from The Scummy Mummies as she haphazardly takes the plunge into single life for the first time in twenty-two years.

Helen shares her own roller coaster journey from the initial shock of a surprise separation, the messy months hanging out in her PJs through to the highs of rediscovering online dating, tiny pants, rock-solid female friendships and the glorious joy of just being by herself.

With the help of relationship experts and an army of women "who know", *Get Divorced, Be Happy* will show you that going it alone isn't the end, it is just the beginning, and you will come out the other side, stronger, happier and goddamn sassier than ever before.

Helen Thorn is an award-winning comedian, podcaster and author. She is widely known for her honest and hilarious take on parenthood, being single in her 40s and body positivity. She is a regular on BBC Radio 5 Live and has featured several times on Woman's Hour. Together with Ellie Gibson she is the co-host of one of the most popular parenting podcasts in the UK - Scummy Mummies - and has performed to packed out theatres around the UK.



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