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The Silence In Between

Josie Ferguson



Imagine waking up and a wall has divided your city in two. Imagine that on the other side is your new-born baby and there is no way of getting to him...

Berlin, 1961.

Lisette lives in East Berlin but brings her new-born baby to a hospital in West Berlin. Under doctor's orders, she goes home to rest, leaving the baby in the care of the hospital.

But overnight the border between East and West closes, slicing the city - and Lisette's world - in two. With a city in chaos and armed guards ordered to shoot anyone who tries to cross, her situation is desperate.

Lisette's teenage daughter, Elly, has always struggled to understand the distance between herself and her mother. Both live for music but while Elly hears notes surrounding every person she meets, for her mother - once a talented pianist - the world has gone silent.

Perhaps Elly can do something to bridge the gap between them. What begins as the flicker of an idea turns into a daring plan to escape East Berlin, find her baby brother, and bring him home...

Born in Sweden, **Josie Ferguson** moved to Scotland when she was two. She returned to Sweden in her twenties where she completed a MSc in Clinical Psychology. Upon graduating she moved to London and then Singapore in search of an adventure and a bit less rain. Born into a family of writers and readers, she has worked as a freelance book editor for the past ten years. She currently lives in Singapore with her husband and two young children. *The Silence In Between* is her debut novel.

The Paris Affair

Fiona Schneider



***The Guernsey Literary and Potato Peel Pie Society* meets Lucinda Riley in this breath-taking story of how one woman's disappearance spurs the search of a lifetime.**

War pulled them apart. Love brought them back together.

2002 - London: Julia is one of the most gifted concert pianists in the world, but when her hands freeze on stage, she has no idea how to fix them. So, she seeks the aid of her mentor, Christoph, only to find his health declining, and his memory fading.

When she finds an old recipe book, detailing 'the recipes of us' Julia decides it's time to give her hands a new task and she begins to cook. As each new dish passes his lips, Christoph's memories of a woman called Sylvie return.

1942 - Paris: Christoph Baumann has been sent to Occupied Paris, tasked with working for Kommandant von Gross-Paris in exchange for his sister's safety. When the Kommandant recruits French chef Sylvie, Christoph is instantly entranced.

But Sylvie is not who she seems, and she can never tell Christoph the truth, no matter how much she feels drawn to him. Because Sylvie is Lisette, and she was sent from London to work as part of the resistance.

As his memories resurface, Julia soon realises that instead of Christoph saving her, she might need to save him. And the answers they seek lie in the past.

Fiona Schneider lives in Cambridgeshire with her German husband and three children. She graduated from Cambridge University with a degree in English, and in 2000 moved to Ireland to complete a M. Phil. in Creative Writing at Trinity College, Dublin. She is now a primary school teacher, writing novels in her spare time. *The Paris Affair* is her English language debut.

Six Poppies

Lisa Collins



A sweeping and emotional love story about a war veteran and the woman he thought he'd left behind, for fans of Colleen Hoover and *Me Before You*.

Carl meets Sarah, a nurse, at Camp Bastion, in Afghanistan. He feels an instant connection with her, and it seems she feels the same. So he's heartbroken when she gets engaged to his friend and fellow soldier, Danny.

All three survive, and eventually return to the UK to process what they've been through - now living miles apart, as opposed to in neighbouring tents. Honouring the lives of the friends he lost to war with a tattoo of six poppies, Carl vows never to forget their stories.

But when he is thrown back together with Sarah years later, will he finally have the chance to re-write his own?

Lisa Collins is a journalist who has worked for *The Sun*, *The Mirror* and the *Daily Mail* where she edited the *Femail* pages for over ten years. She lives in London with her husband and three sons.

The Manor

Nancy Revell



***Downton Abbey* meets *Dilly Court*, from bestselling author Nancy Revell.**

County Durham, in the North East of England. 1949.

Angie leaves Sunderland, the shipyards and her friends behind to marry her sweetheart Quintin Foxton-Clark. Together they plan to move into his manor home, which is built on an old foundry in Country Durham.

But Angie's new life is devastated by the sudden loss of her husband after an accident in the abandoned forge. Now she must adjust to life as the head of the big house – where she feels like an outsider.

It will take courage to build a new life – and it's only with the support of the community around her that Angie will find happiness once again.

Nancy Revell is a former journalist who worked for all the national newspapers, providing them with hard-hitting news stories and in-depth features. She lives in her hometown of Sunderland, Tyne and Wear, with her husband. She is also the author of the *Shipyard Girls* series.

The Palace Girls

Emma Royal



Step through the palace gates and discover a captivating historical novel of royal drama, secrets and forbidden love...

Buckingham Palace, 1951.

After the devastation of World War II, the nation is finally on the road to recovery. And so is Milly Hendry.

After her parents died in the Blitz, Milly was taken in by her aunt, one of the Royal Army of Cleaners at Buckingham Palace. The Palace, and the people who work there, have become a family to Milly. On the cusp of her 21st birthday, she is getting ready to celebrate with her beloved friends from below the royal stairs and, in particular, the dashing footman, Timothy.

But the King's health is declining, and tensions in the Palace are rising. And then a devastating letter arrives for Milly – a letter containing secrets from the past that could change her whole future...

For fans of *Downton Abbey* and *The Crown*, a stunning royal drama awaits.

Emma Royal is the pen name for an established romance writer, who has always loved historical fiction and has a Master's degree in history. When not writing, she can be found running around after her two children and two dogs, along with her husband.

The Wartime Bookshop

Jo Toye



A gripping, heart-warming and uplifting story about the power of books and how they can bring people together, even in the darkest of days.

It's 1939 and when war breaks out, Carrie Anderson hopes to join the Forces alongside her twin brother Johnnie. But family duty means she must stay at home – and so she takes over a bookstall at her local railway station.

She may not be on the front line but, in recommending books to individuals on the platform, she meets people from all walks of life and feels buoyed that the books she sells are providing education and escapism for travellers, troops, refugees and evacuees.

But when she gifts a book to a soldier, this act of kindness will have repercussions she could never have anticipated. It's the start of a great love story for Carrie – but with war raging, how will it end?

The Wartime Bookshop is the first novel in a brand new series.

Joanna Toye read English at Cambridge and afterwards joined the BBC on the production team of the iconic Radio 4 daily serial *The Archers*. She has also written for BBC television as well as Channel 5 and ITV. Her six previous historical novels have been called 'a cross between *Mr Selfridge* and *Call the Midwife*' for their warm sense of family and community in an authentic period setting.

The Last Train Home

Elle Cook



A will-they-won't-they love story for fans of Beth O'Leary and Laura Jane Williams.

On the last train home you expect to find standing space only, drunk people singing, the overpowering smell of fast food...

You never expect to find love.

When Abbie and Tom cross paths traveling home after a night out, their eyes meet across a crowded carriage and their connection is unmistakable. What they don't know is that moments later they will both be caught up in an event that will change them forever. It's one that will bring them together. But it will also tear them apart.

A lot can happen in seven seconds. A lot can happen in seven years.

Can they find their way back to each other?

Gorgeously romantic and swoon-worthy, this is the next unputdownable, will-they-won't-they love story from Elle Cook.

Elle Cook worked as a journalist and in PR before becoming a full-time novelist. She is the author of historical time-slip novels under her real name, Lorna Cook, which have sold more than 200,000 copies combined. Her first contemporary novel for Century was *The Man I Never Met*, which has sold in six territories.

Enemies To Lovers

Laura Jane Williams



The brand new novel from international bestselling author Laura Jane Williams with one of the most iconic romantic tropes at its heart...

The best way to get over a crush? Simply get to know him better...

Flo Greenberg: highly strung. Over-achiever. And currently on an enforced break from life after The Embarrassing Meltdown Incident That She Does Not Wish To Talk About, Thank You.

Jamie Kramer: her brother's best friend. Pain in the arse. And somehow on Flo's family holiday to Greece.

Flo and Jamie hate each other.

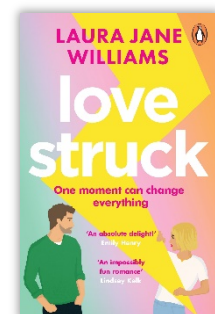
Except, they don't. Flo has a secret. She actually has a mortifying crush on her mortal enemy, and nobody – absolutely nobody, least of all her bonkers family, and certainly not Jamie himself – can know.

And so she has a plan. With two surprise weeks of sharing breakfast, lunch and dinner, boat trips and sun-loungers, Flo is going to have to remedy herself the only way she can think of: by actually spending time with him.

Getting to know Jamie is the perfect cure for Flo's romantic feelings.

Isn't it...?

Laura Jane Williams is known as the queen of the meet-cute. She is the author of six novels and a novella. The rights to Laura's international bestseller *Our Stop* have been sold for television, and her books have been translated into languages all over the world. Her forthcoming novel *Lovestruck* will be published on the Century list in June 2023.



Bloodstream

Emilee Carter



Netflix's *Drive to Survive* meets Ali Hazelwood in a sizzling new motorsport romance perfect for fans of Lauren Asher and Hannah Grace...

For Faith Jensen, life has always happened one small miracle at a time. After a job offer from the CEO of a motorsport championship - a job which she didn't even apply for, her world is flipped upside down. Within weeks, she finds herself leaving her tiny London flat behind for an open-ended trip around the world with a multi-championship winning racing team.

As a social media influencer, Faith's job is to share her life with the internet. That's her normal. So when her new bosses ask her to do the same for their racing drivers, she figures it's going to be easy as pie. Vlogs, captions and filters are all she knows. However, Julien Moretz is the obstacle she never saw coming.

The Belgian God of racing hates social media, influencers and opening up. In that order. But for Jules, Faith is more than just an annoying coworker he's desperate to avoid at all costs. She's a cruel gift from the universe, sent to destroy everything he's spent ten years trying to protect himself from.

Emilee Carter grew up in a seaside town in the South West of England and has remained there into her twenties, using her media degree to pursue her journey as an author. Emilee joined the Bookstagram community as @emileesbookshelf in the midst of writing *Bloodstream*, her debut novel, and found the courage to share her fictional worlds with the real world.

Fantasy

Fight Me!

Austin Grossman



A thrilling, acerbic and hilarious journey into the world of superhero has-beens.

Alex used to be something special. A shape-shifting metahuman, he was part of mid-90s superhero team "The Newcomers" - alongside a princess, a cybernetically-enhanced female assassin and a helmet-clad genius.

Together, they destroyed aeons-old supervillain, Sinistro, shattering the thing he most desired: The Legacy.

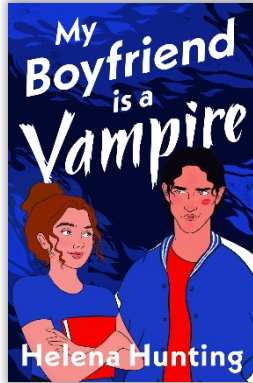
Now though, with their crime-fighting days behind them, the mystery returns. Someone is stealing Legacy fragments. If restored it could spell the end of the world.

The Newcomers are older, but not necessarily wiser. Lawsuits, lost fortunes and bad choices have come between them. Can they put their differences aside - for the sake of humanity itself?

Austin Grossman is a novelist and interactive storyteller. His novels include *Soon I Will Be Invincible*, *YOU: a novel*, and *Crooked*. *Soon I Will Be Invincible* was nominated for the 2007 John Sargent Sr. First Novel Prize. His writing has also appeared in *Granta*, the *Wall Street Journal*, and *The New York Times*. His game credits include *System Shock*, *Deus Ex*, and *Dishonored*, which received the 2012 BAFTA award for Best Game. He has an M.A. in Performance Studies from N.Y.U. and is A.B.D. in English Literature at the University of California, Berkeley. He currently teaches narrative design at N.Y.U, and works as a consultant in game and XR experience design.

My Boyfriend Is A Vampire

Helena Hunting



Hazy's always fallen for the bad boys. But never a vampire... Sink your teeth into 2023's most swoony rom-com.

Hazel “Hazy” Florence is on track to graduate top of her class but she's determined to have a little fun along the way.

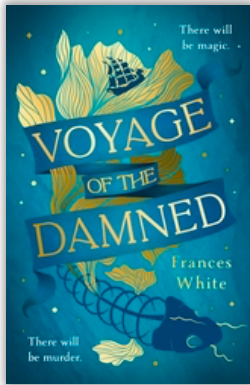
As soon as she lays eyes on her mysterious and swoony new neighbour - Godric Hawthorn - Hazy knows he is just what she needs and they instantly fall for each other. But this is no quintessential college romance. Godric has a secret... he's a vampire. Dating a vampire comes with its own messy complications. And then there's Hazy's jealous ex-boyfriend who's dangerously close to the truth.

Can Hazy protect her boyfriend's blood-sucking secret? Or could there be more at stake than Hazy and Godric's hearts?

NYT and *USA Today* Bestselling author, **Helena Hunting** lives outside of Toronto with her amazing family and her two awesome cats, who think the best place to sleep is her keyboard. Helena has over 6.1 million views on TikTok and 82k followers across Instagram, Twitter and Facebook. She writes everything from contemporary romance with all the feels to romantic comedies that will have you laughing until you cry.

The Voyage of The Damned

Frances White



A mind-blowing murder mystery on a ship full of magical passengers. If Agatha Christie wrote fantasy, this would be it!

To mark the thousandth year of peace in the Empire of Concordia, the emperor's ship embarks upon a twelve-day voyage. Aboard are the heirs of the twelve provinces of Concordia, each graced with a unique magical ability known as a Blessing. Except one: Ganymedes Piscero.

When a beloved heir is murdered, everyone is a suspect.

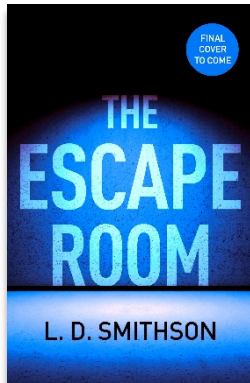
Stuck at sea and surrounded by powerful people, odds of survival are slim. But as the bodies pile higher, Ganymedes must become the hero he was not born to be and unmask the killer before he ends up the next victim of their bloody crusade.

Frances White is a creative writing graduate from Royal Holloway University of London. As well as writing about imaginary events, she also writes about real ones for various publications, with subject matters ranging from Women in Ancient Greece to the US Civil Rights Movement. When she's not writing, Frances can be found sewing costumes for comic conventions, or performing Shakespeare with her travelling theatre troupe. As a queer writer, Frances is passionate about bringing more LGBTQIA+ representation into fantasy.

Crime, Thriller & Mystery

The Escape Room

L. D. Smithson



A reality TV show turns into a serial killer's twisted competition. Can you solve the puzzle before it's too late?

Eight strangers arrive at a remote sea fort off the coast of England. They are here to take part in 'The Fortress', a mysterious reality TV show in which contestants have to solve a series of complex puzzles. But this is no game, and the consequences of failure are more deadly than anyone could have imagined.

The show's sinister purpose becomes clear when the first person is evicted from the competition. Instead of being sent home to their family, they are left to die inside a locked room.

Under scrutiny from the watching public, the contestants soon turn on one another. What are they willing to do for wealth and fame? How far will they go to survive? And who is behind it all? The only thing they know for certain is that if they want to escape, they need to win...

Everything is a clue.

No one leaves.

The only way out is to win. Are you ready to play?

L. D. Smithson was born in Yorkshire and now lives in Leeds. She is an occupational psychologist and a crime writer.

The Attic

Andrea Mara



I'm not afraid of being alone in the dark.

I'm afraid that I'm not alone.

And now my worst fears are coming true.

Anya is having a bath and enjoying some peace and quiet in her polished new-build in Brentwood Heights, one of Dublin's most glamorous neighbourhoods. She's sipping a glass of wine when she hears a noise, a scratching in the roof. It must be mice, she tells herself. That's her first mistake. Through the open bathroom door, the landing is in darkness. There it is again, something creaking. Her breath catches in her throat, but she doesn't move or try to reach for her phone. That's her second mistake. Then she sees the attic hatch swing open, like a pendulum, yawning in the dark. And a masked man drops to the landing, all in black. She tries to react but it's too late. Thirty seconds later, Anya is dead.

Across town, Anya's old school friend, Julia, watches a TikTok video of a masked man climbing out of an attic. She suddenly realises why the footage is eerily familiar: it was filmed in her house.

When the second video arrives, Julia starts to panic. Is someone really hiding up there, tiptoeing the hallways while she sleeps?

It won't be long before she finds out...

Andrea Mara is a *Sunday Times* and *Irish Times* top ten bestselling author of *All Her Fault*, *Hide and Seek*, and *No One Saw A Thing*; she has been shortlisted for a number of awards, including Irish Crime Novel of the Year.

The Villa

Jess Ryder



A gripping sun-soaked thriller, when a dream hen party turns into a deadly nightmare...

Three years ago, bride-to-be Amelia died at her own hen party after confronting an intruder. Now her closest friends who were there that night – Dani, Charlene, Tiff, and Beth – have returned to the Spanish villa where she was killed.

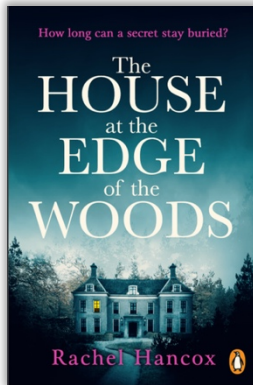
They long to find a sense of closure.

But from the moment they step back inside the villa, tensions rise. Everyone has a different version of what happened that fatal night. Only one thing is certain: someone is lying, and they'll do just about anything to keep their secrets hidden...

Jess Ryder is the author of eight psychological thrillers. She also writes books for children, teens and young adults as Jan Page. With many years' experience as a scriptwriter, she loves watching television crime drama. Jess lives with her partner in London, UK and has four grown-up children.

The House at the Edge of the Woods

Rachel Hancox



An unsolved murder lies at the heart of this page-turner as a young couple struggle to find happiness in their lives.

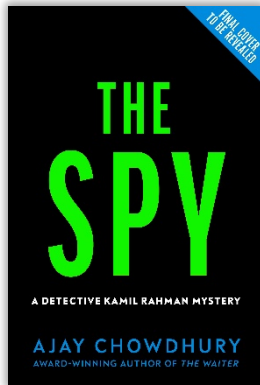
Rebecca and Ben have built a life that looks idyllic, but at the centre of it is something they never talk about – the unsolved mystery of his mother's murder when he was a small boy, sitting waiting for her in the car at the side of a motorway.

Rebecca has just landed her dream job, painting a vast fairy-tale mural on a domed ceiling at Ditton House. But as Ben's terrible nightmares return, the wealthy businessman who owns Ditton starts asking questions about the murder case that make Rebecca increasingly uneasy, and the stories in the mural start to weave their way into her mind.

Would uncovering the truth about Ben's mother's death put everything right, or upend their lives completely? And is there any chance the answer to the mystery might be within their grasp?

Rachel Hancox studied Medicine and Social and Political Science at Cambridge, qualified as a doctor three months after getting married, and has juggled her family, her career and a passion for writing ever since. She worked in paediatrics and public health for 20 years, writing short stories alongside medical policy reports, and drafting novels during successive bouts of maternity leave. Her first novel was *The Shadow Child*.

The Spy Ajay Chowdhury



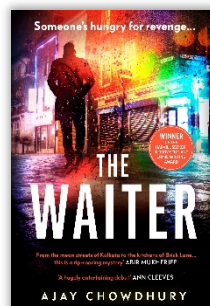
Kamil Rahman returns in *The Spy*, as Kamil and his amateur-sleuth restaurant manager partner, Anjoli, are thrown into the midst of a terrorist plot.

When MI5 receive intelligence of a plot to assassinate the Indian Prime Minister on his visit to London, it's Kamil Rahman they turn to.

Kamil infiltrates the terror cell in order to foil the terrorist conspiracy – yet the more time he spends in Kashmir, the more his allegiances will be tested.

Ajay Chowdhury is the inaugural winner of the Harvill Secker-Bloody Scotland crime fiction award. He is a tech entrepreneur and theatre director who was born in India and now lives in London where he builds digital businesses, cooks experimental dishes for his wife and daughters and writes through the night. His children's book, *Ayesha and the Firefish*, was published in 2016 and adapted into a musical.

The Waiter, the first in his Kamil Rahman crime series, about an ex-policeman from Calcutta who has moved to Brick Lane in London, has been optioned by BBC Studios. His second title, *The Cook*, was published in May 2022 to critical acclaim and deals with the issue of homelessness. The third instalment, *The Detective*, will be published in April 2023.



4 April 2024 | Katie Ellis-Brown for Harvill Secker | 384 pp
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Murder at Maybridge Castle

Ada Moncrieff



***Downtown Abbey* meets *Agatha Christie* in this unputdownable Christmas murder mystery.**

Christmas 1937. An assortment of guests has arrived at Maybridge Castle, deep in the Cumbrian countryside. Hector Hayton, once something of a fixture on the society circuit of London, has recently purchased the castle and transformed it into “England’s first and only bona fide haunted hotel.” Guests can enjoy a range of ghoulish activities, from séances with a local medium to tours of the forest bordering the castle, where newly-discovered graves suggest that it is the final resting place of countless women persecuted in the witch trials.

During a game of murder-in-the-dark, however, one of the guests is killed, and it becomes clear that Maybridge Castle lives up to its haunted reputation.

It’s up to sleuth Detective Daphne King to solve the clues to find the murderer.

Ada Moncrieff is the author of *Murder Most Festive* and *Murder at the Theatre Royale*. She lives and works in London.

Literary Fiction

How to Be Somebody Else

Miranda Pountney



A person would have to be crazy to leave New York, the whole city's thinking...

New York, 2015, a Monday in spring. Dylan, about to turn thirty-eight, walks out of a successful career in advertising, sublets her apartment and agrees to housesit for Anna, an artist she has never met. She doesn't mention these life changes to her friends, her parents back in England or to Matt, her boyfriend living on the West Coast.

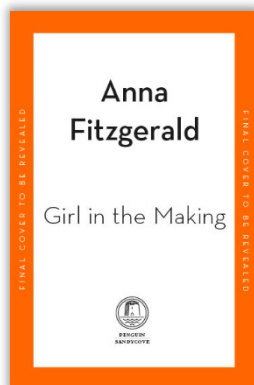
In Anna's loft, Dylan has time to think, space to write and a chance to try on a new kind of life. When her neighbour Kate invites her to a party and introduces her to Gabe, Dylan tries on a new kind of romance. Gabe happens to be married to Kate but, according to Gabe, 'it's not a thing'. The more time Dylan spends with Gabe, the more she begins to believe it.

As spring turns to summer, Dylan's experiments in living test friendships, loyalties and the boundaries of herself, until an unexpected encounter between the two couples forces her to confront her future.

Miranda Pountney was born in North London. She read English Literature at Oxford University before embarking on a career in advertising—first in London, then in New York. In 2018 she graduated from the Bath Spa Creative Writing MA, with distinction. *How to Be Somebody Else* is her debut novel. It was pre-empted on a partial by Jonathan Cape.

Girl in the Making

Anna Fitzgerald



A passionate story of girlhood in a world not made for girls.

Jean Kennedy is a gentle, perceptive girl growing up in a very strange world: suburban Dublin in the 1970s and '80s.

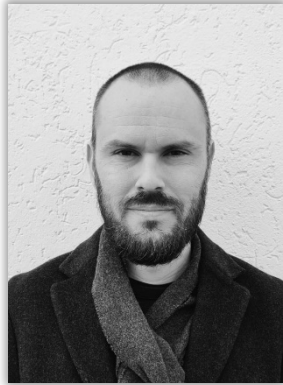
From early childhood to the brink of adulthood, Jean navigates the complicated attachments and brutal inequalities of family, the contradictions of a deeply hypocritical society, and the universal mysteries of sex, friendship, change and self-determination.

A moving, propulsive, and powerfully hypnotic coming-of-age story from a thrilling new talent, *Girl in the Making* is a magnificent first novel for readers of Edna O'Brien, Anne Enright, Douglas Stuart, Elena Ferrante and Claire Keegan.

Anna Fitzgerald lives in Dublin. *Girl in the Making* is her first novel.

Clinical Intimacy

Ewan Gass



The story of a mysterious man, told by a dozen distinct voices, each differently mesmerized by him; in turns uncanny and alluring, the novel asks fundamental, provocative questions about sex, power, privacy, care and who has the right to those things.

A researcher lays out her investigative parameters. Her subject? A mysterious man known only as X. Her interviewees? A dozen distinct people - his mother, his childhood best friend, his wife - each differently mesmerized by him. As we read and we wonder what makes X so magnetic, so charismatic, we also watch X unravel.

This is a novel about hyper-subjectivity: are we the story we tell about ourselves, or the stories others tell about us? Approached obliquely only via others, X is a cipher assembled bit by bit. It is also a novel that delights in juxtaposition; a novel about fatherhood and sex work, a novel about how we narrativize our lives without ever giving voice to the subject at its centre. It's a literary experiment in collectivity, a detective story, and a psychogeography of crisis.

Ewan Gass is a writer, critic, and teacher based in Cambridge. He was shortlisted for the 2020 White Review Short Story Prize for his lover's discourse style story *Questionnaire*. *Clinical Intimacy* is his first novel.

Graphic Fiction & Non-Fiction

This Beautiful, Ridiculous City

Kay Sohini



A visually elaborate, full-colour, graphic memoir about home and its contingencies.

This Beautiful, Ridiculous City is about moving across the world to escape a deeply abusive relationship, about recovering one's memories from fragmentation through writing, about finding one's way home through food, and about New York through an immigrant perspective.

It uses the personal as a window into gendered abuse and its effect on memory, as well as into cultural imperialism, migration, and assimilation.

It is also about the implications of deeply loving and calling a place home where you are, on some level, always seen as foreign and Other.

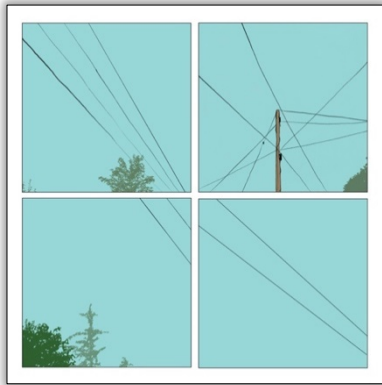
Kay Sohini is a South Asian researcher, writer, and comics maker based in New York. She has a PhD in English from Stony Brook University, where she drew her doctoral dissertation as a comic. *Drawing Unbelonging* was supported by a grant from the Mellon Foundation and the American Council of Learned Society.

In both her creative and academic work, she focuses on how comics can be utilised by scholars and artists alike in healthcare justice, in environmental humanities, in resisting disinformation, and in espousing an equitable future for all. Her work on comics has been published in *The Nib*, Graphic Mundi's *Covid Chronicles*, *Women Write About Comics*, and *Inside Higher Ed*, amongst others.

Scenes From Imagined Moments

Comic-strip poems to help you see and feel seen

Jordan Bolton



Powerful visual poetry exploring the reality of what it means to be human - from Instagram phenomenon, artist Jordan Bolton.

Fragments of imagined lives, shared through Jordan's heart-breaking and heart-warming comic strip poems that anyone and everyone can relate to.

Find all of Jordan's most loved stories along with exclusive new ones - starting with stories set in public places, before moving into those in transit, and ending with those set at home, in a journey from outside to in.

Exploring the emotions of love, family, grief and happiness and the small but powerful rays of hope that can be found in even the most mundane of days, this book will help you to better understand yourself, others and the world around you as you navigate the highs and lows of life.

This is a book about communication and connection: what we do say, what we don't say and what we mean to say.

Jordan Bolton ([@jordanboltondesign](https://www.instagram.com/jordanboltondesign)) is an artist from Manchester, UK. His illustrations and photographs have been featured in *Wired*, *Vice*, and *The Guardian*, among others, and have been exhibited across the world, including a 2018 solo exhibition at London's Royal Albert Hall.

That Book

Naoki Matayoshi and Shinsuke Yoshitake



A runaway bestseller in Japan, a standout illustrated fable and a love letter to those for whom books are so much more than words on paper.

A book that makes the sound of turning pages *fractionally* too early, infuriating its readers; a diary shared by two children with painful secrets; a photo album left by a dying father for when his daughter gets married . . .

From the comically irreverent to the heartrending to the heartwarming, *That Book* delves into all that a book can be, forming an enchanting compendium that reveals the ways in which we interact with books, and the importance they hold in our hearts - all told through the tale of two subjects gathering stories about books for their blind, book-loving king.

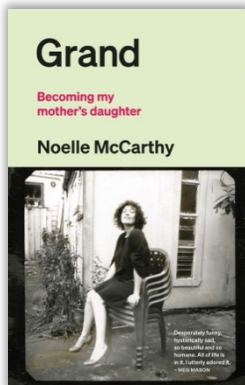
Naoki Matayoshi is an author and comedian. His debut novel *Spark* won the Akutagawa Prize and became a bestselling phenomenon, selling over three million copies. It has subsequently been adapted into a Netflix original series.

Shinsuke Yoshitake made his debut as a picture book author with *Maybe It's an Apple* in 2013. He has since authored several other prizewinning works, and has, amongst others, been awarded The Bologna Ragazzi Award Special Prize.

Biography & Memoir

Grand

Noelle McCarthy



An astonishing memoir about mothers and daughters, addiction and recovery, birth and loss, running away and coming home.

'I'll be grand, girl, I've great faith.' - Mammy, just before she dies

Funny, charismatic and generous; angry, vicious and hurt; in pubs all over Cork City, Noelle McCarthy's mother Carol rages against her life and everything she's lost.

As soon as she can, in the early years of the millennium, Noelle runs away. All the way to New Zealand. Yet, the demons of the past give chase and Noelle seems fated to throw away her future, just like her mother. Somehow she gets out of the hole and makes a new life. But then Carol gets sick, and finally it's time to face the past and everything that's waiting back home in Cork.

Grand is sharp, funny, tender and deeply moving - a dazzlingly honest memoir about becoming a modern woman.

Noelle McCarthy is an award-winning writer and broadcaster. *Buck Rabbit*, her first foray into non-fiction, won the Short Memoir section of the Fish Publishing International Writing competition in 2020. Since 2017, she and her husband John Daniell have been making critically acclaimed podcasts as Bird of Paradise Productions. She has provided commentary for radio and written for the Irish Times, the Independent and the Irish Examiner. In New Zealand, she has written columns, reviews, first-person essays and features for a wide range of media including Metro, the NZ Herald and Newsroom. She is the International Institute of Modern Letters Writer in Residence for 2023.

You Don't Have to Be Mad to Work Here

Benji Waterhouse



A witty, candid, poignant memoir, with urgent things to say about the crisis in mental healthcare.

This is a fly-on-the-padded-wall account of life as a junior psychiatrist.

Humane, darkly humorous, candid and myth-busting (spoiler: there are no padded walls), Benji Waterhouse reveals the sometimes terrifying, sometimes absurd, sometimes heart-breaking reality of life on both sides of the doctor's desk. Of temporarily leaving the profession disillusioned, burnt out and compassion fatigued. And of finally coming to understand the personal reasons that drew him to the profession and rediscovering his vocation.

Dr Benji Waterhouse is a doctor specialising in psychiatry, as well as an award-winning stand-up comedian. He has written for the *Guardian* and *Independent*, and was featured in a list of 'Inspiring Psychiatrists' by the Royal College of Psychiatrists.

16 May 2024 | Bea Hemming for Jonathan Cape | 288 pp

Rights sold: Chinese Simplified (Beijing Imaginist Time Culture), Polish (Znak), Romanian (Nemira) and Russian (Eksmo)

Rights Contact: Catherine Wood

One Way Ticket

The Autobiography

Justin Hawkins



The highly entertaining and gloriously indiscreet memoir from glam rock royalty Justin Hawkins, the much-loved flamboyant frontman of The Darkness.

When Justin Hawkins and his thunderbolt catsuit burst on to the music scene, The Darkness unleashed their brand of glam rock on an unsuspecting public. The band's now-legendary early shows earned them legions of fans, instantly enthralled by the flamboyance, the noise, the sheer spectacle.

Whilst their debut album, *Permission to Land*, catapulted them to global fame, The Darkness lived as extravagantly as their music. They reignited the fading hedonism of the rock'n'roll era, celebrated the pure joy of performing, and broke all the rules.

Twenty years on, with the band still selling out arenas around the world, Justin Hawkins finally tells his story. From his Lowestoft childhood, where he taught himself to play the guitar in his bedroom and began gigging with local bands from the age of twelve, to the formation of The Darkness and the cultivation of their distinct sound, to the fast living that nearly killed him.

Told with the same irreverence as his music, *One Way Ticket* is packed with brilliantly funny stories, outrageous encounters and wild tales from a lovable music icon.

Justin Hawkins is an English musician and singer/songwriter best known for being the founder, lead singer and lead guitarist of The Darkness.

In December 2020, he started a Youtube channel @JustinHawkinsRidesAgain which currently has 390,000 followers and nearly 50 million combined views across his videos, where he talks about "new music, very old music, the music industry and what's going in the world of rock and roll in general".

Epic ***The True Story of Pelé*** Andrew Downie



The first complete, up-to-date biography of Pelé, widely regarded as the greatest footballer of all-time.

On 29th December 2022, at the age of 82, the world lost one of the shining lights of football: Edson Arantes do Nascimento, known affectionately as Pelé. Along with Muhammad Ali, he was the best-known sportsman of the 20th century.

The raw numbers speak for themselves: he was the only player to have won the World Cup three times; he was only 17 when he played for Brazil in the 1958 World Cup finals, scoring six goals in their last three games; he scored a record 1,200 goals throughout his career; and he helped introduce ‘soccer’ to the Americans. What elevates Pelé beyond these stats, however, is just how he played the sport. Pelé popularised the description of football as ‘the beautiful game’ and no one played it more beautifully or with such joy than the man known as the King in his native Brazil.

In *Epic*, revered Brazilian football correspondent Andrew Downie will tell the full story of Pelé through the characters that populated his life and the events that shaped his career. And through all of this emerges not only the true and complete portrait of one of the greatest players ever to grace the football pitch, but also that of his country.

Andrew Downie was a foreign correspondent in Brazil for 20 years. His sports writing has appeared in *The Sunday Times*, *GQ*, *Esquire*, *The Economist*, *The New York Times* and *The Guardian*. He is the author of *Doctor Socrates: Football, Philosopher, Legend* which has been published in Portuguese, Italian, French, Polish and Turkish. His second book, *The Greatest Show On Earth*, was shortlisted for best football book at the 2022 Sports Book of the Year awards. He lives in Madrid, but spends much of his time in Brazil.

True Crime & Paranormal

Into the Uncanny

A Paranormal Casebook

Danny Robins



Danny Robins, creator and presenter of the hit *West End (and sound to be Broadway) play 2:22 A Ghost Story* and the No.1 BBC podcasts *The Battersea Poltergeist* and *Uncanny* takes us on journey into the unknown to answer the eternal question, 'do ghosts exist?'

'A contemporary Van Helsing...' *Sunday Times*

'The audio hero of all things spooky' Miranda Sawyer, *Observer*

I know what I saw...

Do you believe? We live in an age well attuned to the incendiary power of words, but there's one word that has more power to divide than most - 'ghost'. In our jaded been-there, done-that, unshockable world, the statement 'I have seen a ghost' still has the power to silence a room and forever change the way you see someone, or how people see you.

If you're a sceptic, how would you react to your partner claiming the house is haunted? If you're a believer, how would it feel to be told by someone you love that the ghost you saw doesn't exist?

In *Into the Uncanny: A Paranormal Casebook*, renowned writer and broadcaster, and creator of the hit BBC podcast *Uncanny*, Danny Robins, explores new and exclusive paranormal stories and seeks to explore his own personal journey into the uncanny and his fascination with all things supernatural.

Danny Robins is an award-winning British writer, broadcaster and journalist. He created the phenomenal BBC podcasts *The Battersea Poltergeist*, and *Uncanny*, The Olivier Award-nominated hit Westend play *2:22 A Ghost Story* and has created and written various shows for TV and radio, including the BAFTA-nominated hit series *Young Dracula* for BBC1 and *Rudy's Rare Records* and *The Cold Swedish Winter* for BBC Radio 4. He also created the Haunted podcast series for Panoply, which explores real-life ghost stories.

Love Until Death

The Life and Crimes of Alexandre Despallières

Chris Hutchins



Tying into a major Netflix drama, *Love until Death* is the wildly elaborate but totally true story of the jetsetting ‘psychopathic fantasist’ who left an international trail of death and devastation behind him.

Alexandre Despallières bewitched many people with his hypnotic charm. A popstar in France during the 1980s, one of his hits was fittingly entitled ‘L’amour à mort’...

Posing as a billionaire businessman dying of cancer, Despallières seduced and married former Warner Music boss Peter Ikin in 2008. Just one month later, Ikin died of an overdose of paracetamol, and Despallières inherited his estate through a forged will.

Around the same time, he was also involved with one of the most powerful lawyers in France, Olivier Metzner. Metzner committed suicide in 2014; police believe he was being blackmailed by a ‘former long-time lover’. Other suspected victims include Despallières’ own parents and the Hollywood heiress Marcelle Becker, who formally adopted Despallières in 2005.

Despallières died of Covid in 2022, just before he was due to stand trial for Peter Ikin’s murder. In *Love until Death*, Chris Hutchins – who knew the accused personally – explores the life and suspected crimes of the darkly charismatic Alexandre Despallières.

Chris Hutchins is a journalist who has written compelling investigative biographies of characters as diverse as Elvis, Princess Diana and Vladimir Putin.

The Umbrella Murder

The Hunt for the Cold War's Most Notorious Killer

Ulrik Skotte



A revealing, page-turning story of the most iconic Cold War spy killing of all time, for fans of Ben Macintyre, Henry Hemming and the novels of John Le Carré and Mick Herron.

In 1978 the Bulgarian author and dissident Georgi Markov was assassinated by a poisoned umbrella on Waterloo Bridge in London. His murder is the most iconic killing in almost five decades of the Cold War, and no one has ever been prosecuted for it.

The Umbrella Murder reveals the real architect and hit man behind this spectacular killing: a spy code-named Piccadilly who worked for the Bulgarian secret service and the KGB, who has been hiding for more than 40 years.

Written as a modern-day thriller and drawing on an incredible thirty-year cache of original documents and recordings and never-before-seen archive material – some not even seen by police or secret services – this is a jaw-dropping and page-turning search for justice in the murky underworld of intelligence and across the shifting sands of spycraft.

Ulrik Skotte is a Danish journalist who has been chasing the truth about the umbrella murder and the mysterious agent Piccadilly for more than 25 years. He eventually managed to track down Piccadilly and met him face to face in an apartment in Austria in 2021. A month later, Piccadilly was found dead in the same apartment. Ulrik Skotte lives in Copenhagen and owns the TV company *Doceye*, which produces documentaries for the Scandinavian and European markets.

History

Murder in Florence

Thomas Harding



A gripping true crime investigation about the murder of the wife and two daughters of Robert Einstein, cousin of Albert Einstein, in Nazi occupied Florence.

During a writing retreat to Florence in 2022, Thomas Harding finds himself and his wife, Debora, living only 10km away from the villa Il Focardo where the wife and children of Robert Einstein, Albert Einstein's cousin, were murdered by Nazi soldiers.

The author was inspired not only by the unsolved triple-murder and its backdrop against WWII Fascist Italy, but the proximity of the Einstein family's story to his own German-Jewish heritage. As such, Harding embarks on an investigation that he insists is as paramount today with the revival of the far-right across international politics as it was in 1944.

Thomas Harding is a bestselling author whose books have been translated into more than sixteen languages. He has written for the *Sunday Times*, the *Washington Post* and the *Guardian*, among other publications. He is the author of *Hanns And Rudolf*, which won the JQ-Wingate Prize for Non-Fiction; *The House By The Lake*, which was shortlisted for the Costa Biography Award; *Blood On The Page*, which won the Crime Writers' Association "Golden Dagger Award for Non-Fiction"; *Future History*, which was nominated for the German Youth Literature Award 'Best Youth Book' in 2021; *The House By The Lake* (picture book edition) which was nominated for the Kate Greenaway Medal 2022; and *White Debt* which was longlisted for the Moore Prize for Human Rights Writing.

Paris '44

Patrick Bishop



A heart-stopping countdown narrative recreating the liberation of Paris in 1944, one of the great hinge moments of WW2.

The fall of Paris to the Nazis in June 1940 seemed like the darkest day of the Second World War; and the liberation of the city in August 1944 felt like the brightest.

The liberation was a hinge moment of immense significance for the twentieth century, heralding the final victory of light over darkness and opening the door to a future free from fear. It was also the party of the century: champagne flowed freely, total strangers embraced - it was a celebration of life renewed against the backdrop of the world's favourite city, seen in by the likes of Ernest Hemingway and Lee Miller.

This happy ending has come to feel as if it was pre-ordained. But there was nothing inevitable about it. Had things gone differently Paris might have gone down as a ghastly monument to Nazi nihilism, reduced to a rubble-strewn graveyard.

This book, timed for the eightieth anniversary of the liberation of Paris, tells the story of those iridescent days in a startling new way. In a countdown narrative, packed with drama, heroism, joy - and heart-thumping suspense - the City of Lights' fate hangs in the balance.

Patrick Bishop is the *Sunday Times* bestselling author of works including *Operation Jubilee*, *Fighter Boys*, *Bomber Boys*, *Wings*. He spent twenty-five years as a foreign correspondent covering conflicts around the world.

The Martyr and the Red Kimono

A Rebel Monk's Sacrifice and a New Generation of Hope in Japan

Naoko Abe



The remarkable true story of Saint Maximilian Kolbe, his sacrifice in Auschwitz, and the two men in war-torn Japan whose lives he changed forever.

On the 14th of August 1941, a Polish monk named Maximilian Maria Kolbe was murdered in Auschwitz.

Kolbe's life had been remarkable. Fiercely intelligent and driven, he founded a movement of Catholicism and spent several years in Nagasaki, ministering to the

'hidden Christians' who had emerged after centuries of oppression. A Polish nationalist as well as a monk, he gave sanctuary to fleeing refugees and ran Poland's largest publishing operation, drawing the wrath of the Nazis. His death was no less remarkable: he volunteered to die, saving the life of a fellow prisoner.

It was an act that profoundly transformed the lives of two Japanese men. Tomei Ozaki was just seventeen when the US dropped an atomic bomb on Nagasaki, destroying his home and his family. Masatoshi Asari worked on a farm in Hokkaido during the war and was haunted by the inhumane treatment of prisoners in a nearby camp. Forged in the crucible of an unforgiving war, both men drew inspiration from Kolbe's sacrifice, dedicating their lives to humanity and justice.

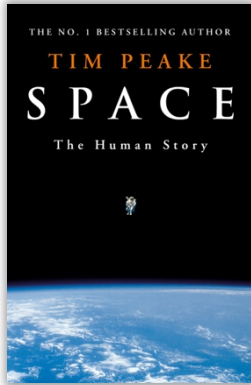
In *The Martyr and the Red Kimono*, award-winning author Naoko Abe weaves together a deeply moving and inspirational true story of resistance, sacrifice, guilt and atonement.

Naoko Abe is a Japanese journalist and non-fiction writer. She was the first female political writer to cover the prime minister's office, the foreign ministry and the defence ministry at *Mainichi Shimbun*, one of Japan's largest newspapers. Since moving to London with her British husband and their two boys in 2001, she has worked as a freelance writer and has published five books in Japanese. Her biography of *Collingwood Ingram* in Japanese won the prestigious Nihon Essayist Club Award in 2016. She has now written an adaptation of the book for English-language readers. She is a trained classical pianist and an advanced yoga practitioner.

Space

A Human History

Tim Peake



The first human history of space travel – from the Apollo missions to our journey to Mars – by the beloved astronaut.

Only 650 people in human history have left Earth. 50 years after an astronaut last walked on the moon, the journey is set to begin again. What will separate these upcoming moonwalkers from the legendary Apollo crews? Does it still take a derring-do attitude, super-human fitness, intelligence, plus the ‘right stuff’ – a fabled grace under pressure? And how will astronauts travel even further – to Mars and beyond?

Astronaut Tim Peake takes readers on a thrilling journey through the history of human space travel – and where we are heading to next. From Yuri Gagarin to Neil Armstrong, the Shuttle crews to the teams on the ISS and at SpaceX, Peake traces the personal stories of the men and women who have forged the way.

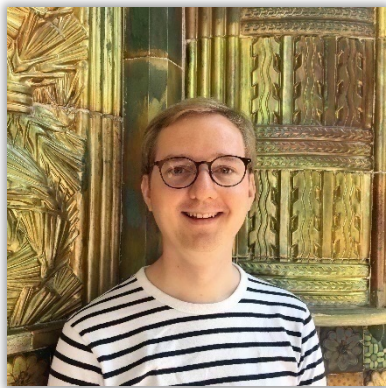
Full of human drama and astonishing detail only an astronaut would know, this book reveals what life in space is really like: the wondrous views, the surreal weightlessness, the extraordinary danger, the surprising humdrum, the humour, the newfound perspective, the psychological pressures, the gruelling physical toll, the thrill of launch and the trepidation of re-entry. It also examines the surprising, shocking and often poignant stories of astronauts lives back on earth, which are forever changed as they readjust to terra firma, physically, emotionally, and in their family lives.

Tim Peake is a European Space Agency astronaut. He finished his 186-day Principia mission working on the International Space Station for Expedition 46/47 when he landed back on Earth 18 June 2016. He is also a test pilot and served in the British Army Air Corps. Tim is a Fellow of a number of UK science, aviation and space-based organisations. His books have been published in 20 languages.

Wreckers

Disaster in the Age of 'Discovery'

Simon Park



A retelling of the birth of imperialism that focuses on the shipwrecks, mishaps, and the resistance of indigenous peoples.

The old narrative of imperialism is that brave, swashbuckling adventurers went out and forged empires, bringing home great riches. Despite stark revisions to this one-sided view of history, the early voyages themselves remain unexplored. This is the focus of *Wreckers*, where we see a series of failures on the part of the Europeans, and we see a more active, resisting role for indigenous populations.

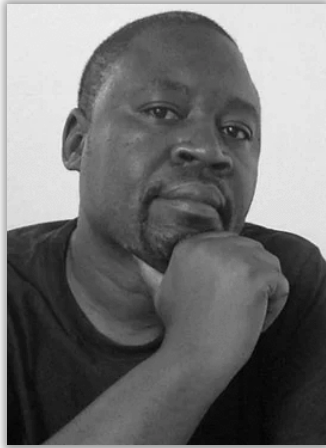
We don't often hear about Christopher Columbus' several shipwrecks, or that he died while trying to persuade the world that America was, in fact, China. It turns out Vasco da Gama, who first connected Europe to Asia via a direct sea route, did not know where he was going, and it was a Gujarati pilot who navigated him across the Indian Ocean to Calicut. And there's the fantastic story of Frenchwoman Marguerite de Roberval, one of the few women to sail on a colonizing expedition only to be marooned by her own brother.

Wreckers throws myths we have long been told about European empire-building overboard, transporting readers instead on voyages tragically cut short and introducing them to new characters whose lives illuminate dark spots of a foundational period in world history. By looking at the disasters rather than the accomplishments we get a new and exciting take on history.

Simon Park is Associate Professor of Medieval and Renaissance Portuguese at the University of Oxford. He is an expert in the literature and material culture of the early modern world, particularly from Portugal and its global empire. In 2020, he was the winner of the Juan Facundo Riaño Prize for Art History awarded by the Spanish Embassy and ARTES UK. In the same year he was shortlisted for the Ideas Prize. This is his first book for a general readership.

Sunset Empire

Rahmane Idrissa



The epic history of one of Africa's great precolonial empires.

For just over a century, the Songhay Empire was the western terminus of a great axis of commerce and culture joining China and India with the Mediterranean.

Its territories stretched the breadth of West Africa, its rulers controlled the supply of gold to Europe and the Middle East, and, in Timbuktu, it had one of the foremost intellectual centres of the age.

In 1592, it became the first state south of the Sahara to fall victim to a colonial expedition – not from Europe but Saadian Morocco, whose sultan hoped to emulate the Spanish conquest of the New World. Its demise signalled the decline of one axis of power in favour of another, one dominated by the empires traversing the Atlantic.

Sunset Empire reveals this history in full for the first time. It follows in the steps of the king who built one of the largest states in African history, charts the coup which claimed the throne for Islam and traces the struggles for succession and global developments which ultimately led to the empire's downfall.

Drawing on masses of untapped archival material, Rahmane Idrissa retrieves the voices and personalities of the primary actors, making this not only a rare portrait of African civilization before the dismal centuries of European intervention, but also a singularly engaging one.

Here, in all its drama, is the epic history of the Songhay.

Rahmane Idrissa is a historian and political scientist based at Leiden University's African Studies Centre. His previous books include *The Politics of Islam in the Sahel* and *A Historical Dictionary of Niger*, where he is a national, the descendent of followers of the last Songhay Emperor. Alongside many articles published in academic journals, he has had stints writing for *The London Review of Books*, *The New York Review of Books* and *The Guardian*.

The Roads To Rome

Two Thousand Years of Travel Along the Routes of Empire

Catherine Fletcher



Part history, part travelogue, brimming with life and drama, this is the first book to tell the full world-shaping story of one of the greatest imperial networks ever built.

All roads lead to Rome. It's a medieval proverb, but it's also true: today's European road network still reflects the old pattern of the routes built under the Roman Empire.

Over 2,000 years - through storms and sunshine - they've been walked by pilgrims and crusaders, tourists and travellers, armies and refugees, from Scotland in the north to Santiago de Compostela in the west, along the North African coast and the shores of the Adriatic, across Greece to Istanbul and the Holy Land.

Bringing together the history of the roads with the author's own travels along these old routes, *The Roads to Rome* is a journey into that past and an exploration of its legacy through successive centuries, showing how and why this world-shaping network came about and how it transformed the vast panoply of peoples it connected. Along the way we encounter spies and bandits, scheming innkeepers, streetwalkers, postmasters, soldiers and tourists, an exiled king, an aristocratic lady with her family of five, even Mussolini on his motorbike. And that's not to mention the famous names of literature who made their way along the ancient roads: Keats, Germaine de Staël, Goethe, Dickens, George Eliot, and many more. Across space and time we meander and march through a series of worlds that existed at a different pace and yet remain intimately connected to our present.

The Roads to Rome is the first book to tell the full story of these arteries of empire and channels of human activity which marked Rome's 'extraordinary greatness' then and now, a vivid portrait of lives lived and transformed through travel over 2,000 years.

Catherine Fletcher is a historian of Renaissance and early modern Europe and the author of three previous books, including most recently *The Beauty and the Terror: An Alternative History of the Italian Renaissance*, which was a Book of the Year (2020) in *The Times*. Catherine is Professor of History at Manchester Metropolitan University and broadcasts regularly for the BBC.

Homer's Women

The Untold Story of the Real Women Behind Greece's Greatest Epics and Why They Matter

Emily Hauser



An eminent classicist and historian delves into Homer's *Iliad* and *Odyssey* revealing the untold stories of the real women to be found in these two great, epic poems, exposing what life was like for women of the Bronze Age Mediterranean over three thousand years ago.

There has never been a better time to be a woman in Homer... From Madeline Miller's *Circe* and Pat Barker's *The Silence of the Girls* to Natalie Haynes' *A Thousand Ships* and Costanza Casati's *Clytemnestra* – fictional retellings and reimaginings of the 'stories' of the women whose names can be found in Homer's *Iliad* and

Odyssey have fascinated countless readers in recent years.

At the same time, modern research has been proceeding apace and historians like Emily Hauser have been making discoveries about the real world in which these women lived. Filling in the gaps in our knowledge of the pre-Classical world, not only with the world of imagination, but with the real, lived experience of these incredible Bronze Age women.

Emily Hauser's new book writes Homer's women back into the history books, examining the non-fiction reality (as far as we are able to know it) of the Homeric women that have caught the interest of so many readers in recent years. It follows in the footsteps of each of Homer's women in turn, from Helen of Troy, Briseis, Chryseis and Cassandra to Circe, Clytemnestra, Calypso and Penelope, re-reading and re-interpreting the ancient history and the original texts, drawing on recent scientific discoveries and unravelling extraordinary new archaeological evidence in search of the real women in Homer.

Emily Hauser studied Classics at Cambridge, where she was taught by Mary Beard. She completed a PhD at Yale University, was a Junior Fellow at Harvard University and is now Lecturer in Classics and Ancient History at Exeter University. She has previously written novels set in ancient Greece and bringing some of its forgotten stories to life: *For the Most Beautiful*, *For the Winner*, and *For the Immortal*.

Book-Makers

A History of the Book in 18 Lives

Adam Smyth



A biography of the book in eighteen extraordinary lives.

Books tell all kinds of stories – romances, tragedies, comedies – but if we learn to read the signs correctly, they can tell us the story of their own making too.

This is the first history of the world's most important object, the book, told through eighteen dynamic portraits of the individuals who helped to define it.

Books have undergone a remarkable evolution in production, commerce and style, ultimately serving to challenge the way we think about life and the world around us. They have transformed humankind from primates to thinkers, scholars and storytellers by enabling the creation of documentation and entertainment, and encouraging the democratisation of learning.

Yet we know little about the individuals who brought these fascinating objects into existence and of those who first experimented in the art of printing, design and binding. Who were the renegade book-makers who changed the course of history?

From Caxton's first printings of *The Canterbury Tales* to Nancy Cunard's avant-garde pamphlets produced on her small press in Normandy, Adam Smyth explores the lives of these early innovators in order to understand how books have been introduced to new readers, bought, sold and borrowed, and the invention of new technologies which transformed the landscape of the printing press.

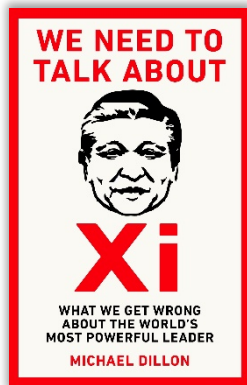
Adam Smyth is Professor of English Literature and the History of the Book at Balliol College, University of Oxford. He presents the LitBits podcast and is a regular contributor to the *London Review of Books* and the *TLS*. He also runs the 39 Steps Press, a small printing press which he keeps in his barn in Oxfordshire.

Current Affairs

We Need To Talk About Xi

Understanding the World's Most Powerful Leader

Michael Dillon



A short, urgent book unveiling the mystery of Xi Jinping, one of the world's most powerful political leaders – how he came to power, his hold on China and why we should care.

Meet the most powerful leader in the world.

Chinese premier Xi Jinping is a man that graces our television screens and news headlines on a regular basis. But even after a decade in power, he remains shrouded in mystery.

From growing up with a father purged in Mao's Cultural Revolution and his mission to eradicate poverty, to his persecution of Uyghur Muslims and paranoia about being likened to Winnie the Pooh, Xi Jinping is a man obscured by caricatures.

In this short, essential guide, academic and writer Michael Dillon unveils the character of Xi Jinping – arguably the world's most powerful leader – to truly understand his grip on China, what he wants and how we get him wrong.

But this is not just the story of Xi; this is the story of the world's largest economic powerhouse, which dives into the crux of the issue: what does Xi's leadership of China mean for the rest of the world, and what will he do next?

Michael Dillon is a historian and writer specialising in China. Currently Professor of History and Affiliate of the Lau China Institute at King's College London, he was previously the Director of the Centre for Contemporary Chinese Studies at Durham University and Visiting Professor at Tsinghua University in Beijing. He is a Fellow of the Royal Historical Society and the Royal Asiatic Society, has commented on contemporary Chinese affairs for international media, and has been a regular contributor to the *London Review of Books*. His recent books include *China: A Modern History*, *China in the Age of Xi Jinping*, *Zhou Enlai: the Enigma behind Chairman Mao* and *Deng Xiaoping: the Man Who Made Modern China*

The Coming Storm

A Journey into the Heart of the Conspiracy Machine

Gabriel Gatehouse



A riveting deep dive into the roots of Q Anon, the rise of the extreme right in the US, a democracy in mortal peril – and the strange fascination conspiracy theories continue to hold for us all.

Is this how democracy dies?

Based on his smash hit podcast, *The Coming Storm* is Gabriel Gatehouse's brilliant exploration of the roots of Q Anon and the rise of the extreme right in the US. It is a story that reaches back decades, showing how a dark fantasy embedded itself in the American consciousness, threatening to derail its democracy – and it continues to unfold today.

Gatehouse's riveting book takes you down a rabbit hole – one that both the US as a nation and he as a journalist fell through – to unpack an epochal shift in political culture that starts in the earliest years of the Clinton administration and reaches a crescendo on 6 January 2021 with the storming of the US Capitol. But that event wasn't the wild finale of a chaotic Trump presidency many hoped for – it was only the beginning.

The Coming Storm gets under the skin of these conspiracy theories to show us a radical new kind of politics emerging, a movement that has coalesced around a loose alliance of white supremacists, men's rights activists, tech bros, and radically disenchanted leftists. As we approach the 2024 US presidential election, and perhaps the most perilous moment in the history of American democracy, Gatehouse's book tells us some dark truths about our present and provides clues about our future. It marks the debut of a major new voice in political journalism.

Gabriel Gatehouse is a BBC journalist and broadcaster. Over the past decade and a half he has reported from almost every conflict around the world, from Ukraine to Syria, Libya to Iraq. He has won numerous awards for his journalism, most recently the 2019 Prix Europa (for *The Puppet Master*, his five-part investigation into Vladislav Surkov, aka 'Putin's Rasputin') and the 2020 Foreign Press Association award for his coverage of the Hong Kong protests. He has reported extensively from the United States on the rise and fall of Donald Trump. His podcast, *The Coming Storm*, which launched in January 2022 to critical acclaim, was shortlisted for the Orwell Prize for Journalism.

5 September 2024 | Albert De Petrillo for BBC Books | 384 pp
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Take My Grief Away

Katerina Gordeeva



Shocking and raw first person accounts of the war in Ukraine, from an exiled, prize-winning independent Russian journalist.

'Someday people will learn history by reading Katerina Gordeeva's books. Not the history of war, but rather the history of people at war. How fragile a human being is, how shamefully and frighteningly fragile. Read this book' - Svetlana Alexievich, winner of the Nobel Prize in Literature and author of *Chernobyl Prayer*

In the darkest of times, in the midst of it all, a journalist has one single task: to document everything that is happening. It is time to slow down and listen to the voice of a human being.

On 24 February 2022, Russia invaded Ukraine. Since that day, prize-winning independent journalist Katerina Gordeeva has travelled to refugee centres across Europe to recording the human voice and cost of war. *Take My Grief Away* reveals twenty-four raw and heart-breaking first-person accounts from people with often polar views, but nonetheless united in grief and their first-hand experiences of the brutality and senselessness of war. These twenty-four voices will transform what you think you know about war, grief and human nature.

Katerina Gordeeva is one of Russia's most famous independent journalists. Until 2012, she worked as a TV reporter for the federal television channel NTV. During her time at NTV, she reported from the front-lines of Chechnya, Afghanistan and Iraq as a war correspondent. Katerina left Moscow out of protest in 2014, after Russia's remorseless annexation of Crimea and seizure of part of Eastern Ukraine. In 2020, she created her own YouTube channel, which to-day has more than 1.3 million subscribers. Her documentary film, *Humans At War*, has been viewed by more than 2.5 million people.

In the summer of 2022, Gordeeva was named as one of the top 10 most influential independent journalists in Russia. She is a five-time winner of the Redcollegia Award, an independent prize that recognizes the work of journalists doing ground-breaking work despite government pressure. Gordeeva was awarded the Anna Politkovskaya International Journalism Prize in August in 2022, an award that honours her commitment to independent journalism. In September 2022, the Russian government named Gordeeva a 'foreign agent', a title that is often compared to the term 'enemy of people', which was used in the Soviet Union during the Stalin era.

6 June 2024 | Suzanne Connelly for WH Allen | 256pp

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Rights Contact: Sarah Scarlett

Politics & Economics

Domination Through Democracy

Why Oligarchs Win

Jeffrey A. Winters



The wealthy and powerful few have dominated the many throughout most of human history. Despite all manner of pushback from below, that pattern remains as true today as it was five thousand years ago. This book explains why.

Here's the disturbing reality: the wealth distribution across all modern societies is grossly skewed. The bottom half of the world's population has a mere 1% of all wealth while the top 1% owns half of the wealth pie. By most measures, the gap between the oligarchs at the very top and the average citizen is larger today than anything that existed during European serfdom, Imperial China, or the slave society of Imperial Rome.

What's less well understood is that wealth concentration is at epic levels not just in poor authoritarian countries, but in rich democratic ones as well. And what's truly unique and puzzling about this situation is the degree to which people participate openly and freely – democratically – in their own ongoing exclusion. Ours is a uniquely modern blend of freedom and inequality that oligarchs and elites in other eras could only dream of.

This book sets out to understand what it is about the design and function of modern democracies that makes it possible to combine so much equality with so much inequality. It digs deeper into how we arrived at this state of 'participatory inequality,' and examines what happens when the arrangement is strained or breaks down. When looked at carefully, Winters shows, it is clear that today's global crisis of democracy is earned, deserved, and, if anything, long overdue.

In the end, Winters argues, if we are to stand a chance of overcoming this profoundly contradictory, unequal settlement, we must be armed with an alternative. Finding this alternative – through history, philosophy, and imaginative political theory – is the ultimate aim of this book.

Jeffrey Winters is a professor of political science at Northwestern University, Director of the Equality Development and Globalization Studies Program at Northwestern's Buffett Institute for Global Affairs, and past Chair of the Political Science Department. He is the author of the award-winning *Oligarchy* (Cambridge University Press, 2011). He has been quoted or featured in the *New York Times* (front page), *Washington Post*, *Wall Street Journal*, *Financial Times*, *Los Angeles Times*, *Chicago Tribune*, *New Yorker*, National Public Radio, ABC News, NBC News, CBS News, PBS, and hundreds of other television, radio, print, and online media venues spanning three decades.

20 February 2025 | Chloe Currens for Allen Lane | 256 pp
Rights Contact: Amelia Evans

Too Late to Awaken

What Lies Ahead When There Is No Future?

Slavoj Žižek



The ‘most dangerous philosopher in the West’ returns with a rousing and counterintuitive analysis of our global predicament.

We hear all the time that we are moments from doomsday. Around us, crises interlock and escalate, threatening our collective survival: Russia’s invasion of Ukraine, with its rising risk of nuclear warfare, is taking place against a backdrop of global warming, ecological breakdown, and widespread social and economic unrest.

Protestors and politicians repeatedly call for action, but still we continue to drift towards disaster. We need to do something.

But what if the only way for us to prevent catastrophe is to assume that it has already happened—to accept that we’re already five minutes past zero hour?

Too Late to Awaken sees Slavoj Žižek forge a vital new space for a radical emancipatory politics that could avert our course to self-destruction. He illuminates why the liberal Left has so far failed to offer this alternative, and exposes the insidious propagandism of the fascist Right, which has appropriated and manipulated once-progressive ideas.

Pithy, urgent, gutting and witty, Žižek’s diagnosis reveals our current geopolitical nightmare in a startling new light, and shows how, in order to change our future, we must first focus on changing the past.

Slavoj Žižek is a Hegelian philosopher, Lacanian psychoanalyst, and political activist. He is international director of the Birkbeck Institute for the Humanities and Eminent Scholar at Kyung-Hee University, Seoul. His previous books include *Living in the End Times*, *First as Tragedy*, *Then as Farce*, *Trouble in Paradise* and, most recently, *The Courage of Hopelessness*.

Adventures in Democracy

The Turbulent World of People Power

Erica Benner



A political philosopher explores the elusive promises of popular government

In a hypercompetitive world obsessed with rankings, super-wealth and greatness, how can we live up to democratic ideals of equality?

Erica Benner has spent a lifetime thinking about these questions from different angles in different countries - from postwar Japan, where democracy was imposed on a defeated country, to post-communist Poland, with sudden gaps of wealth and security, and the US and South Africa with their legacies of slavery and racism.

Adventures in Democracy draws on her experiences and the deep history of democracies - in ancient Rome and Athens, the American and French revolutions and Renaissance Florence - to offer an unflinching portrait of modern democracy. To salvage democratic institutions and ideals, Benner argues, we need to pay more attention to inequalities and struggles for power among citizens. Probing myths of heroic triumph over tyranny and inexorable progress towards equality, she reveals the vulnerabilities of people power, inviting us to consider why democracy is worth fighting for and the role each citizen must play.

Erica Benner is a political philosopher who has taught at Oxford University, the London School of Economics and Yale. She is the author of *Be Like the Fox*, which was selected as one of *The Guardian's* Best Books of 2017 and shortlisted for the 2018 Elizabeth Longford Prize for Historical Biography. Erica was born in Japan and currently lives in Berlin.

Psychology & Sociology

Wisdom

The New Science of Better Decisions and a Fulfilled Life

Howard Nusbaum



What wisdom is, why we should want to be wiser, and how people and institutions can become wiser more easily than is thought.

What is wisdom? How can individuals and institutions become wiser? And how does wisdom help us? Being smart means being good at solving difficult problems. Being clever means being creative in coming up with solutions. But neither intelligence nor cleverness need involve morality. There can be smart and clever psychopaths, criminals and politicians. In our divided and tempestuous times, we need something better than that. We need wisdom.

Wisdom has moral grounding, takes the long view and balances different perspectives - it has profound benefits for societies and individuals. While many think it is necessary to be grey and bearded or to have lived a difficult life to make wise decisions, in this sage and thought-provoking book, world-leading wisdom expert Professor Howard Nusbaum draws on the latest research in psychology, philosophy, neuroscience and economics to show that counter to what many believe, wisdom is a skill that can be learned more easily than thought.

With fascinating examples (on why even atheists are often against the idea of selling their souls, for example) and useful tips (e.g. how thinking about a problem in the third person leads to wiser decisions), *Wisdom* changes the way we think about decision making, giving success a more prosocial definition, and showing why we could all do with being a little wiser. Our futures may depend on it.

Howard Nusbaum is the Stella M. Rowley Professor of Psychology at the University of Chicago and Director of the Chicago Center for Practical Wisdom, which supports scientific research on wisdom and works closely with those working in medicine, business, engineering and the law. Nusbaum has published over 100 peer-reviewed journal articles, has served as editor of various prestigious journals, has edited five academic books on topics ranging from perception to wise reasoning, and his research has featured in *The New York Times*, *Telegraph* and *New Yorker*, among others. This is his first book for a general reader.

May Contain Lies

How Statistics, Stories and Studies Exploit Our Biases – and What We Can Do About It

Alex Edmans



How to understand our human biases to separate fact from fiction, identify misinformation when we see it and make smarter decisions.

May Contain Lies is a ground-breaking book that reveals why our human biases affect the way we receive and interpret information.

Our lives are minefields of misinformation. Statistics, stories and studies lie to us on a daily basis. Not only this but, as Professor Alex Edmans reveals, our brains lie to us too. He argues that we need to acknowledge and understand the role that our own human biases play in interpreting and digesting the information that we consume.

It's only when we do, that we can actively resist being manipulated, and make informed choices that improve our lives.

Alex Edmans is Professor of Finance at London Business School. His TED talk 'What to Trust in a Post-Truth World' has been viewed 2 million times. He has also spoken at Davos and Google. In 2013, he was awarded tenure at The Wharton School and in 2021, was named MBA Professor of the Year by Poets and Quants. Edmans writes regularly for *The Wall Street Journal*, *Financial Times* and *Harvard Business Review*. His first book *Grow the Pie* (Cambridge University Press) was a *Financial Times* Book of the Year and has been published in eight languages.

Opinionated

Why We Think What We Think

Turi Munthe



We think of our opinions as rational, where in fact they are almost arbitrary – deeply embedded in our biology and psychology. Why do we disagree? Because it's the secret to our evolutionary success.

We all love to think that we have reached our opinions as a result of a rational process; our experience of the world, our extensive reading and our education. And of course that's true, to some extent. Humans are – or can be – deeply rational beings.

But reason is not the only thing. There are a vast range of external factors – from our genetic make-up, to the culture around us, our physical appearance and even the geology of the land where we live – which can make people more, or less, likely to believe certain things. Even our preferred type of peanut butter or how we eat an ice cream can, it turns out, be a surprisingly good indicator of some of our most cherished beliefs.

Opinionated will cover all the illogical reasons for why we think what we think – the irrational, physiological, social, genetic, cultural, psychological, even geographic influences that affect so much of what we believe. Above all else, this book makes the case for rational debate and conversation. When we can see opinions as a set of attitudes developed over millennia, and diversity of opinion as humanity's great asset, it allows us to look at disagreement not as an argument to win, but as an opportunity to explore. It allows us to reframe politics as the joint labour of opposing forces on the same ultimate side. It allows us to consider those with whom we disagree – be they politicians or annoying relatives – with humanity.

Humans are an extraordinary evolutionary success story. From the lessons of that success, *Opinionated* makes the case for openness, for political inclusion, and for conversation.

Turi Munthe is a journalist and media entrepreneur. He has written for *The Economist*, *The Guardian*, *The Times Literary Supplement* and *The Spectator*. He has appeared on the BBC, CNN, al-Jazeera and NBC. He founded Demotix, the world's largest network of photojournalists, later sold to Bill Gates's Corbis, as well as Parlia, an encyclopedia of opinions. He is on the board of Index on Censorship and Italy's largest media company GEDI, publisher of *La Stampa*. He lives in London with his Italian wife and their two children.

This Is Not A Safe Space

Abi Canepa Anson



A powerful examination of psychotherapy and the relationship between patient and practitioner told through the lens of race.

Abi Canepa Anson has been a psychotherapist for over sixteen years. In that time, she has raised questions about how therapy underserves Black and global majority peoples, from the barriers of access to mental health care in communities to how therapists can decolonise their thinking.

In this absorbing book, Abi questions what it really means to have a safe space in therapy – one where every patient can bring their whole selves to the room free of bias and full of nuance. Through intimate conversations about relationships, loss, family as well as the lighter moments of everyday life, Abi tells the stories of her most memorable clients. From a queer sex worker coming to terms with his sexuality and feelings abandonment, to a mother searching for meaning in her life and a woman struggling with her relationship with food and grief, Abi welcomes us into her chair and forces us to listen once and for all to the voices lost in the void.

Abi Canepa-Anson is a psychotherapist, writer and activist keen to make psychotherapy more accessible to those who need it. She has a particular interest in raising awareness about the stigma around mental health and the effects of racism on black lives. She is a qualified psychodynamic psychotherapist, having undertaken her clinical training with the Westminster Pastoral Foundation (WPF). She also has a Masters in the Psychodynamics of Human Development from Birkbeck University and a postgraduate diploma in Psychodynamic Theory and Practice from Roehampton University. She also trained at the Relate Institute in Relationships Counselling, in Psychosexual Therapy at the Tavistock Institute, and at the Institute of Group Analysis where she qualified as a supervisor. She now works in private practice offering individual and couple therapy, group work and supervision. In addition to offering therapy and supervision, she has led workshops and taught on postgraduate courses on difference, diversity and inclusion.

Popular Science

Moral AI

Vince Conitzer, Jana Schaich Borg, and Walter Sinnott-Armstrong

Should robots ever be considered free? Will computers transcend human intelligence? And what can we do to make sure AI is safe?

The artificial intelligence revolution has begun. Today, there are self-driving cars on our streets, autonomous weapons in our armies, robot surgeons in our hospitals – and AI's presence in our lives will only increase. Some see this as the dawn of new era in innovation and ease; others think that it will only shrink further an individual's right to a safe and private life. But one thing is clear: this is a technology like no other, one that raises profound questions about freedom, justice and the very definition of human agency.

In *Moral AI*, world-renowned researchers in artificial intelligence and philosophy, Vince Conitzer, Jana Schaich Borg, and Walter Sinnott-Armstrong, tackle these thorny issues head-on. In clear-sighted prose, they lay out the recent advances in this still nascent field, peeling away the exaggeration and alarm, and offer lucid examinations of the moral concerns at the heart of AI programmes. Ultimately, they argue that artificial intelligence can be built and used safely and ethically, but that its potential cannot be achieved without careful reflection on the values we wish to imbue this technology with, and how much attention we believe programmers, corporations and users should pay to them.

Vince Conitzer is a Professor of Economics at Duke University.

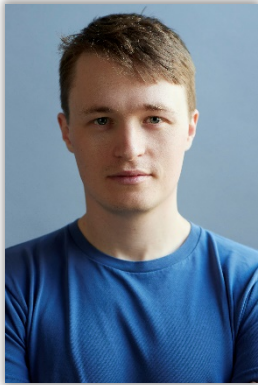
Jana Schaich Borg is Associate Research Professor in the Social Science Research Institute at Duke University.

Walter Sinnott-Armstrong is the Chauncey Stillman Professor of Practical Ethics in the Department of Philosophy and the Kenan Institute for Ethics at Duke University. His class, 'Think Again: How to Reason and Argue', is one of the most popular courses available online via the global platform Coursera. His books include *Morality Without God?*, *Moral Skepticisms*. His previous book for Pelican, *Think Again*, has been translated into five languages.

Saving Everyone

The Case for Universal Neuropreservation

Ariel Zeleznikow-Johnston



A neuroscientist explains how the brain encodes our sense of self and argues the case for brain preservation to abolish permanent death.

Saving Everyone presents the scientific and moral case for using brain preservation to prevent people from permanently dying.

Using the latest neuroscientific research, bizarre-but-true case studies, and historical perspectives on pivotal moments in modern medicine, the reader will be gently guided through the facts of what is possible. And what may initially seem outlandish will become clearly justified.

With the understanding that the brain is the source of our identity, it should be possible to prevent death by preserving the mind. For this to actually work, we need to know two things: how exactly the human brain enables a person to be who they are and how the brain decays during death.

Modern neuroscience can offer answers to both of these critical questions of personhood and death. We now know how to erase, insert, and force the recall of specific memories. Doctors are increasingly providing prosthetic implants to functionally replace portions of the brain. And critically, the last few years has seen the successful development of a procedure that perfectly preserves a human brain.

If deployed at scale, we can make this neuropreservation procedure cheap enough to be affordable for everyone.

Dr Ariel Zeleznikow-Johnston is a neuroscientist at Monash University, where he investigates novel methods for characterising the nature of conscious experiences to aid in the ongoing quest to understand the neural basis of consciousness. The ultimate goal of Ariel's career is to contribute to research that clarifies the neurobiological, cognitive, and philosophical basis of what it is to be a person. He hopes to accelerate the development of medical infrastructure that helps prevent him and everyone else from dying.

He has no affiliation with nor receives any financial backing/compensation from any other company, non-profit organisation or individual associated with cryonics, anti-ageing medicine or other life-extension technologies.

The Infinite Alphabet

And the Laws of Knowledge

César A. Hidalgo



A brilliant polymath explains how information becomes knowledge.

Sooner or later we all understand that knowledge is key. Today, leaders in business, government and academia are first and foremost knowledge managers. Presidents, deans, ministers, majors and CEOs work hard to attract and nurture talent. For decades we have understood that knowledge is the ultimate factor but, despite its importance, we have until now lacked a principled way to think about it.

Through a series of fascinating examples, César Hidalgo distils three ‘Laws of Knowledge’ to show how knowledge grows over time, how it spreads across space, and how it should be valued. In doing so he explains how this everyday term will in future become a formal concept, akin to ‘energy’ or ‘light’.

Knowledge is highly specific. You cannot substitute a pianist with a brain surgeon, or a goalkeeper with a pastry chef. Like the letters of an infinite alphabet, continually growing, the study of knowledge is both difficult and fascinating. Knowledge is discrete, but comes with combinatorial richness, and is as endless as text.

The Infinite Alphabet will transform our understanding of how information becomes knowledge by telling the story of the discoveries that are morphing it from a colloquial concept into the world of numbers.

César A. Hidalgo is a Chilean-Spanish-American scholar known for his contributions to economic complexity, data visualisation, and applied artificial intelligence. For nine years he was a professor at MIT before moving to France where he leads the Center for Collective Learning at the University of Toulouse’s Artificial and Natural Intelligence Institute. Author of *Why Information Grows* (Allen Lane, 2015) and co-author of *The Atlas of Human Complexity* and *How Humans Judge Machines* (MIT, 2014, 2021), he was the sole recipient of the 2018 Lagrange Prize recognizing excellence and innovation in the study of complex systems, and has won three Webby awards for Data Africa, Streetchange and DataUSA. His TED Talk on augmented democracy has been viewed over two million times.

All Creatures Great and Small

The Secrets of the World's Natural History Museums

Jack Ashby



A behind-the-scenes tour through the world's greatest natural history museums, revealing how their hidden secrets can help us in the fight against climate change.

Zoologist Jack Ashby spends his life working in natural history museums, and in *All Creatures Great and Small* he guides us through a series of extraordinary collections, from marvellous mounted whale skeletons and impossibly tiny insect cabinets, to buried treasures in vast museum storehouses.

But look more closely at these displays: all is not as it seems. While most exhibits succeed in communicating feelings of wonder and awe – a vital function when less people than ever have access to the outdoors – Ashby argues that the version of nature that natural history museums present does not always reflect reality, with specimens revealing more about the biases of their curators than they do about the species that they represent.

Likewise, the ways in which museums have traditionally told the story of their own histories has disproportionately elevated the contributions of certain kinds of people whilst diminishing the work of others, often ignoring museums' complex colonial heritage altogether. Ashby argues that these issues are precisely why it is such an exciting time to be a natural historian, for while society shapes museums, so too can museums shape society – for the good. As we face the existential threat of cataclysmic biodiversity loss, natural history museums will emerge as indispensable resources in the fight against climate catastrophe.

Weaving together fresh historical research, entertaining zoological trivia and insider stories from Ashby's distinguished natural history career, *All Creatures Great and Small* is a charming ode to the joys, eccentricities and planet-saving potential of the world's best-loved museums.

Jack Ashby is the assistant director of the University Museum of Zoology, Cambridge, one of the UK's largest and most significant natural history museums. His life is split between a career dedicated to engaging people with the natural world – chiefly through museums – and ecological fieldwork across Australia, on behalf of universities and wildlife organisations there. He is the author of *Platypus Matters*, which won the Whitley Award for best natural history book, and *Animal Kingdom*.

Unexplained ***How Scientists Think***

Dr Camilla Pang



What can we learn about the world and ourselves if we think like scientists?

Scientists are professional question askers and truth seekers. They know how to plan an experiment, see it through and produce an honest assessment of the results. They are familiar with troubleshooting errors, used to avoiding traps like bias, and are experts at analysing the difference between trends and anomalies.

Over the years, Dr Camilla Pang, has become convinced that science isn't just the best method we have for understanding the world, it's also one of the best ways we can learn about ourselves. Science is first and foremost a toolbox – a combination of knowledge, techniques, disciplines and attitudes that equip you to explore the world.

Scientists don't have all the answers about how to live a better life, but there is no one better when it comes to asking the right questions, setting up the experiment and making sense of the evidence it produces. They have much to teach us about how to think for ourselves, spot opportunities, take calculated risks, approach new ideas, and be accountable for our successes and failures.

This book walks us through the scientific process from initial observation to forming a hypothesis, collaborating with others, combating bias and hunting for proof. We could all benefit from being a bit more scientific – thinking like a scientist could help you to approach the big questions and decisions in your life with more confidence and clarity. *Unexplained* shows us that you don't need a PhD to think like a scientist, or a pair of lab goggles to change the way you see and understand the world.

Dr Camilla Pang holds a PhD in Biochemistry from University College London and is a Postdoctoral Scientist specialising in Translational Bioinformatics. At the age of eight, Camilla was diagnosed with Autistic Spectrum Disorder (ASD), and ADHD at 26. Her career and studies have been heavily influenced by her diagnosis and she is driven by her passion for understanding humans, our behaviours and how we work. She is the author of *Explaining Humans*, which was the winner of the Royal Society Science Book Prize 2020, published in 14 languages, and described as 'truly exceptional' by neuroscientist Gina Rippon.

29 February 2024 | Emily Robertson for Viking | 256 pp
Rights Contact: Amelia Evans

To Boldly Go Where No Book Has Gone Before ***A Joyous Journey into Science***

Luke O'Neill



'A clear thinker and interlocutor extraordinaire' Bono

A hugely accessible history of science that reveals the human stories behind history's biggest discoveries.

How did life begin?

What does the warping of spacetime in a black hole actually look like?

And what's happening on the 4,800 exoplanets beyond our solar system?

In this book, renowned scientist and Fellow of the Royal Society Luke O'Neill is on a mission to help us fall in love with science again, by stripping away many of the more (let's be honest) boring bits and focusing on the human stories behind the greatest scientific discoveries made so far.

To Boldly Go Where No Book Has Gone Before covers everything from space travel and evolution to alchemy and AI. We delve into how the human mind really works, how exactly scientists have discovered cures to deadly diseases (hint: it's often pure co-incidence), and we speculate about what discoveries might be just around the corner.

This is an awe-inspiring history that celebrates the joy of science.

Luke O'Neill is a world-renowned scientist, author and educator, and Professor of Biochemistry at Trinity College Dublin. He has published over 350 major papers, has 6 major discoveries to his name – including a protein called Mal which is a master switch for immunity – and in 2016 was made a Fellow of the Royal Society, which is 'the equivalent of a lifetime achievement Oscar' (*The Guardian*). Luke appears regularly on television and radio, has a weekly column in Ireland's number one Sunday newspaper, *The Irish Independent*, and in 2021 was the Chair of judges for the Royal Society Science Book Prize. He is the author of several trade books, the most recent is *Nevermind the Bollocks, Here's the Science* (Gill Books, 2021).

Health & Nutrition

Fermenting for Life

A User's Guide to Fermented Food and Drinks

Tim Spector



From the bestselling author of *Spoon-Fed* and *The Diet Myth*, an introduction to the life-changing benefits of fermentation from the world-leading gut scientist.

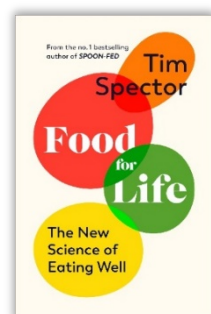
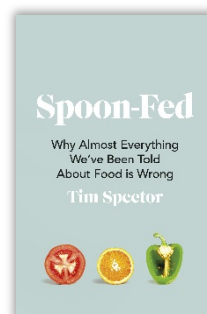
Tim Spector is on a mission to bring fermenting into our lives and kitchens. Drawing on cutting-edge science and his own experiments, with practical tips and recipes, *Fermenting for Life* is an accessible introduction and guide for beginners and fermenting enthusiasts alike.

Fermenting is one of the most ancient techniques for preparing and preserving foods and drinks, requiring no more than a little knowledge, time, patience and basic materials to turn the humblest of ingredients into the richest of nutritional sources. Yet the wide-ranging benefits of fermenting - nutritional, ecological, financial and, yes, taste - are not sufficiently talked about, and many people feel too intimidated to give fermenting a go.

With his well-known conviction, clarity and authority, Tim Spector is here to share that ferments are the surprisingly delicious discovery that have most transformed his diet. He explains their extraordinary potential to rapidly and cheaply improve our gut microbes and general health more than any other food group, and shows the endless simple and tasty ways to bring them into our daily lives.

Fermenting For Life cuts through myths and misunderstanding to help us navigate the fascinating world of ferments and their extraordinary benefits for our health, our meal times, and our planet.

Tim Spector is a professor of genetic epidemiology at King's College London and honorary consultant physician at Guy's and St Thomas' hospitals. He is a multi-award-winning expert in personalised medicine and the gut microbiome, and the author of five books, including the bestsellers *Spoon-Fed*, *Food for Life* and *The Diet Myth*. He appears regularly on TV, radio and podcasts around the world, and is one of the top 100 most cited scientists in the world. He is co-founder of the personalised nutrition company ZOE and leads the world's biggest citizen science health project, the ZOE Health study. He was awarded an OBE in 2020 for his work fighting Covid-19.



4 September 2025 | Bea Hemming for Jonathan Cape | 336 pp
Rights Contact: Catherine Wood

Every Body Should Know This

Digestible Nutrition Advice for a Healthy Life

Dr Federica Amati



A bite-sized guide demystifying the nutritional science behind leading a healthy and happy life.

Are you tired of conflicting advice on nutrition? Do you struggle with making healthier food choices? Then look no further.

Every Body Should Know This combines medical science, nutrition and epidemiology in a clear format that will help you to make the best and most

nourishing decisions for maintaining good health.

Broken down into the transitional stages of metabolic health, Dr Federica reminds us that food and diet are investments in ourselves. To invest in our future health, we must re-connect with food in a way that responds to our biology at different life stages. Whether you're a parent, young adult or senior, this practical guide uses the latest scientific evidence to reveal the power behind personalised and simple nutrition.

Dr Federica Amati is postdoctoral medical scientist and AfN accredited nutritionist with over ten years experience in scientific research and communications. Dr Federica is committed to carrying out ongoing nutrition, public health and mental health research at Imperial College London alongside the NIHR and the WHO Collaborating Centre. Dr Federica also leads scientific communications for personalised nutrition company ZOE where she works alongside Dr Tim Spector.

Society & Culture

Decolonising My Body

A Radical Exploration of Rituals and Beauty

Afua Hirsch



A global exploration of ancestral beauty practices, and a story of liberation and rediscovery, as bestselling writer Afua Hirsch challenges where our ideas of beauty come from.

How do we determine what is beautiful? Whose standards are we trying to meet, when we spend our hard-earned money on haircare, skincare and makeup? Where do those expectations come from, and how can we learn to undo them?

After getting her first tattoo at forty-years old, award-winning journalist Afua Hirsch embarked on a journey to reclaim her body from the colonial ideas of purity, adornment and ageing she - and many of us - absorbed while growing up.

Informed by her original research from around the world, Afua looks at how individual and collective notions of what is 'beautiful' are constructed or stripped away from us.

Through personal anecdotes, interviews with beauty experts, practitioners and service users, she explores the global history of skin, hair and body modification rituals. These insights and discoveries will empower readers to reconnect with their cultures of origin, better understand the link between beauty and politics, and liberate themselves from mainstream beauty standards that aren't serving them.

Afua Hirsch is a bestselling writer, journalist and broadcaster. She is a columnist for the *Guardian*, and appears regularly on the BBC, Sky News and CNN. *Brit(ish)* is her first book and was awarded a Royal Society of Literature Jerwood Prize for Non-Fiction.

How to Argue With a Meat Eater (And Win Every Time)

Ed Winters



Following on from the bestselling *This Is Vegan Propaganda*, this next book by the incredible vegan activist, educator and influencer, Ed Winters, helps vegans effortlessly navigate one of the thorniest issues of all - how to argue with a meat eater.

How to Argue With a Meat Eater (and Win Every Time) is an essential companions for all vegans helping them to remain cool and calm (and win) even in the most heated debate. It comprehensively breaks down every argument used against veganism, providing readers with impressive rebuttals to these arguments. Covering topics such as ethics, the environment, health and nutrition, as well as providing tips on how to have 'healthy' debates, this book will leave readers feeling confident and empowered knowing that, no matter what the argument, they can win every time.

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*.

Ed has also given two TEDx talks that have amassed over 2 million views online. His viral university speech "You Will Never Look at Your Life in the Same Way Again" has 35 million views online.

Not All Men

The Truth About Violence Against Women and Your Role in Ending It

Jackson Katz



For too long, violence against women has been seen as a women's issue, now the world-leading expert on the topic is here to show how men can finally step up and make a difference.

After 30 years of campaigning to end men's violence against women, and with stories of sexual assault and gender violence still filling headlines around the world, Jackson Katz is on a mission to share his life's work with as many readers as possible.

In this short and galvanizing book, Jackson shares the issues at the heart of this problem, our problematic view of masculinity, and reveals concrete strategies from his internationally renowned training programme to prevent men's violence against women; namely by becoming 'active' rather than 'passive' bystanders.

The first book by a man aimed at inspiring men to act, this will become the definitive resource to learn the social roots of the problem *and* how we can overcome them.

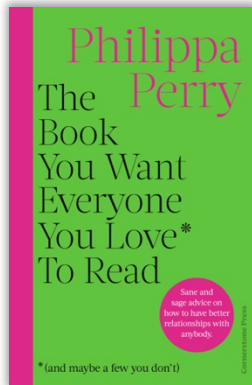
Jackson Katz is an American educator, filmmaker, author and founder of the Mentors in Violence Prevention (MVP) Programme, which has been rolled out to sports teams, schools and the military in the US and UK. He has given thousands of lectures in all 50 states, and on every continent except Antarctica. His [TED talk](#) 'Violence Against Women – It's a Men's Issue' has been translated into 27 languages and watched over 5 million times, he has appeared on news stations around the world and his work has been covered by global publications including *The New York Times*, *The Guardian* and the *Huffington Post*.

Self-Help & Personal Development

The Book You Want Everyone You Love* to Read

**(and maybe a few you don't)*

Philippa Perry

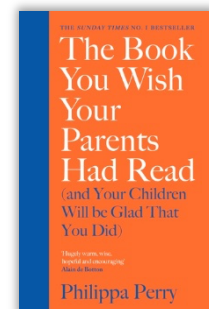


Sane and sage advice on how to have better relationships with anybody, from the multi-million copy bestselling author of *The Book You Wish Your Parents Had Read*.

In *The Book You Want Everyone You Love* To Read* **(and maybe a few you don't)* Philippa Perry, psychotherapist and agony aunt for *The Observer/Guardian.com*, offers sane and sage advice on how to have better relationships with anybody. Life is about the quality of our connections, whether that's with family, partners, friends, colleagues. If we can get those relationships on a functional and even keel, then the other tricky stuff that life throws our way becomes easier to manage.

In this warm, practical and witty book, Perry will show you how to approach life's big problems. How do you find and keep love? What can you do to manage conflict better? How can you get unstuck and cope with change and loss? What does it mean to you to be content? Are other people just annoying or are you the problem? With a healthy dose of sanity, Philippa Perry's compassionate advice could help you become a happier, wiser person.

Philippa Perry has been a psychotherapist for the past twenty years. She is an agony aunt for *The Observer Magazine*, a freelance writer and a TV and radio presenter. Her No. 1 *Sunday Times* bestselling book *The Book You Wish Your Parents Had Read (and Your Children Will be Glad That You Did)* (2019) has been translated into over 40 languages and sold nearly two million copies worldwide. She has written two other books: *Couch Fiction* and *How to Stay Sane*. She lives in London with her husband the artist Grayson Perry, and they have a grown-up daughter, Flo.



12 November 2023 | Anna Argenio for Cornerstone Press | 320 pp

Rights sold: Arabic (Dar Al-Saqi), Brazilian Portuguese (Companhia Das Letras), Dutch (Balans), German (Ullstein), Italian (Garzanti), Polish (Agora), Spanish (Planeta), Thai (Bookscape), Turkish (Hep Kitap)

Rights Contact: Amelia Evans

If I'm Going to Live to One Hundred, I Might As Well Be Happy

And Other Lessons From a Life Well Lived

Rhee Kun Hoo



Published for the first time in English, this comforting, insightful, and surprisingly hilarious collection of life lessons from Korean psychiatrist Rhee Kun Hoo was an instant bestseller in his native Korea and a recommended book by the National Library of Korea.

From reflections on forgiveness and regret to perseverance, letting go of the rat race, the joys of living simply and the power of ordinary happiness, *If I'm Going to Live to One Hundred, I Might As Well Be Happy* is a collection of comforting and inspiring wisdom from retired Korean psychiatrist and beloved, bestselling author Rhee Kun Hoo.

Drawing on his remarkable life experiences as an esteemed psychiatrist, humanitarian, democracy activist, survivor of war, husband, father and grandfather, *If I'm Going to Live to One Hundred* offers just the kind of solace that we need in our modern age of individualism, distraction and burn out. Rhee's wisdom and insight into what constitutes a life well-lived will resonate with readers of all ages, from burnt-out millennials to reflective retirees.

Rhee Kun Hoo was born in 1935, during imperial Japan's occupation of Korea. Having worked as a psychiatrist and taught at Ewha Womans University his entire career of more than 50 years, Rhee made indispensable contributions in the field of mental health care in South Korea and is considered a visionary. He was the first in the country to introduce an open-ward system and to use psychodrama as a therapy method in psychiatric facilities, and also served as the president of KNPA (Korean Neuropsychiatric Association). Since retirement, Rhee and his wife have dedicated themselves to providing the post-war Korean generations with guidance in life such as parenting, counseling, relationship advice and post-retirement life coaching. Rhee has written more than ten books in Korean to date, including his bestselling debut essay collection, *I Want to Have Fun Till the Day I Die* (Galleon, 2013), which has sold half a million copies.

16 May 2024 | Suzanne Connelly for Rider | 208 pp

Rights sold: Dutch (A W Bruna Uitgevers), German (Rowohlt), Italian (Longanesi), Spanish (Diana), Thai (Nanmee Books)

Rights Contact: Sarah Scarlett

The Visual Detox

How to Consume Media Without Letting it Consume You

Marine Tanguy



You are what you see: learn how to curate your visual landscape to improve your focus and mental wellbeing.

We start seeing the world from the second we open our eyes as a newborn child and - apart from when we're sleeping - we continue that process until the moment we take our last breath, but how often do we stop to think about how what we see shapes how we think?

Constantly immersed in a visual world shaped by design decisions, most of us are unaware of the impact that our visual diet has on our wellbeing. We rarely stop to consider how the messages we take in from the world around us impact our thoughts and feelings, both consciously and unconsciously. The things we see can affect our mood, shift our focus and even change our minds.

The Visual Detox will help you take back control, by giving you the tools to conduct your own visual audit, helping you take stock of messages you are internalising from your environment, break down the impact of those messages through case studies and psychological evidence, and perform your very own visual detox to disengage from visuals that aren't serving you. This book will equip you with the understanding and practical advice you need to interact critically with your visual environment.

Marine Tanguy is the CEO and Founder of MTArt Agency. An advocate for artists since a young age, Marine Tanguy managed her first gallery at 21 under Steve Lazarides, who discovered Banksy and JR. She opened her first art gallery in Los Angeles at 23, where she was mentored by Michael Ovitz. After seeing the restrictiveness of the traditional gallery model, Marine launched MTArt Agency in 2015 to build the reputations of the incredible artists and to inspire everyone with their work. Marine was awarded *Forbes* 2018 30 under 30 Europe: Art & Culture, UK entrepreneur of the year for the 2019 NatWest Awards and Woman of the Year 2021 by *WOTC* magazine. She is a writer and keynote speaker on contemporary art, art investment, and how art can be used to shape our lives. Her talks include two TEDx Talks on how to transform cities with art and how social media visuals affect our minds.

The Vagus Nerve Reset

Train your body to overcome stress, trauma and anxiety

Anna Ferguson



A practical guide to somatic therapy, self-healing and reconnection, from the popular Instagram therapist.

Do you feel like a stranger in your own body, have a gnawing discomfort that sits deep in your stomach, or seem to be living your life in a repetitive loop on autopilot?

These are all modern manifestations of a nervous system in distress. Without support, resources and guidance, we are never given the tools to nurture our nervous systems, emotionally regulate and find our true sense of safety, so we find ourselves in a constant state of reactivity and exhaustion.

The Vagus Nerve Reset provides guidance for navigating the trickiest challenges and experiences that life throws at you. Armed with the full arsenal to rebuild and reclaim your connection to yourself, you will learn to integrate mind and body through the complex and beautiful network of your autonomic nervous system.

Driven by the latest science on the vagus nerve, mind-body techniques, and established research, you will gain an in-depth and comprehensive resource that gifts you the tools necessary to find anchors of safety amongst the chaos, reclaim your sense of control, release past experiences and step into a new paradigm in which you are welcomed wholly as you.

Whether you feel as though you are in the dark recesses of your mind, or just deepening your understanding of self, you will arm yourself with the regulating resources to combat stress and anxiety. *The Vagus Nerve Reset* is a hands-on guide that will enable you to step into the most confident, resilient and grounded version of you. You will come away feeling energised, anchored and emotionally connected in the face of stress and anxiety.

Anna Ferguson (@annatheanxietycoach) is a leading Australian mental health expert and anxiety therapist. She has built an engaged community of 248k followers on Instagram, sharing practical, holistic mind-body tools and breaking down barriers and stigma around mental health. Through her work as a counsellor, speaker and author, she provides valuable resources for those who struggle with anxiety and is striving to change the conversation around mental health.

Weathering

Ruth Allen



A geologist and therapist's evocative exploration of the lessons the earth can teach us about grounding, resilience and recovery, perfect for fans of Katherine May.

Rocks and mountains have withstood aeons of life on our planet – gradually eroding, dissolving, recycling, shifting, solidifying, and weathering.

We might spend a little less time on earth, but humans are also weathering: evolving and changing as we're transformed by the shifting climates of our lives and experiences. So, what might these ancient natural forms have to teach us about resilience and change?

In a stunning exploration of our own connection to these enduring forms, outdoor psychotherapist and geologist Ruth Allen takes us on a journey through deep time and ancient landscapes, showing how geology – which has formed the bedrock of her own adult life and approach to therapy – can offer us a new way of thinking about time, grief, change and boundaries.

In a world shaken by physical, political, and medical disasters, *Weathering* argues for a deeper understanding of the ground beneath our feet to better serve ourselves and the world we live in.

Ruth Allen PhD is a qualified psychotherapist, writer, and an experienced trainer and facilitator. Originally trained as a geologist, with a doctorate in Himalayan mountain-building, she now specialises in movement and nature-based practice, nature connection and relational embodiment. She is a supervisory director for 'Rooted for Girls', a unique woodland-based psycho-educational programme for teenage girls, and is influential in the UK outdoor therapy field, offering training to new practitioners and trainees as well as offering expert consultation. In her spare time, she is a keen mountain adventurer. Her first book, the illustrated title *Grounded*, was published in 2021 to critical acclaim.

High on Life

David JP Phillips



Optimize your brain and activate your best mental self.

Our hormones affect just about everything in our bodies, including how we think and feel. Learn to optimize your body's chemical factory and achieve lasting effects in your life.

This simple account can help everybody understand how our chemistry can affect us, and how we can affect it in turn. Through understanding six key substances - Dopamine, Oxytocin, Serotonin, Cortisol, Endorphin, Testosterone - we can learn to harness our mind's full potential and become our best mental selves. This book is about how to lead yourself towards the future you desire, for everyone who longs to feel high on life for real.

David JP Philips is an internationally acclaimed Swedish public speaker, author and coach who has helped people around the world to develop how they communicate with each other. Philips is well known for his bestselling book and TedX seminar *How to Avoid Death By PowerPoint* and he is especially fascinated by the human brain, signal substances and how we act and communicate according to different situations.

Timeboxing

The Power of Doing One Thing at a Time

Marc Zao-Sanders



The modern-day time management method that can be used in both personal and professional life to enhance productivity, reduce anxiety and achieve one's goals.

This book will reveal timeboxing as a fundamental time management practice for anyone feeling spoilt by choice every hour of every day.

Unlike other abstract productivity hacks, *Timeboxing* will confidently dive deep into the method - how to do it consistently and do it well - and show how it can reap short-term benefits as well as life-changing, life-long change.

The result is guidance on what you can, should and will do, at any given moment of your life, and the promise of living deliberately is made real and accessible. The practice of intentional daily activity is shown to yield what almost every human being wants most: a chosen, cherished life.

Marc Zao-Sanders is the co-founder and the CEO of filtered.com, a learning tech company that focuses on developing business skills within the workplace and using data to identify, analyse and deliver the most important skills to organisation members. Marc Zao-Sanders began his career in strategy and now regularly writes about topics including algorithms, learning and productivity in *Harvard Business Review*, *Scientific American* and *MIT Sloan Management Review*.

|| January 2024 | Karolina Kaim for Michael Joseph | 288 pp

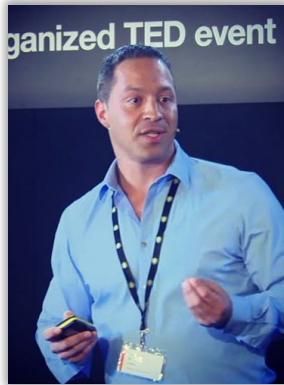
Rights sold: Brazilian Portuguese (Rocco), Chinese Complex (Sun Color), Chinese Simplified (Cheers), Croatian (VBZ), Dutch (Volt), German (Goldmann), French (Editions First), Hebrew (Tchelet), Japanese (Asahi Shimbun), Lithuanian (Baltos Lankos), Polish (Insignis), Portuguese (Porto Editora), Romanian (Trei) and Spanish (Urano)

Rights Contact: Sarah Scarlett

Red Flags, Green Flags

Modern Psychology for Everyday Drama

Dr Ali Fenwick



This book will give you the tools you need to identify the signs of healthy and unhealthy behaviours in all areas of your life.

In a world which has become increasingly fast-paced, digital, diverse, and complex, making fast decisions is seen as a strength. With the multitude of options we have available today, making a quick and dirty decision doesn't seem like a bad thing. Especially when we see things we don't like in friends, family, work, or relationships, we are quick to judge and label these as red flags.

This mindset is causing us to lose our ability to deal with difficult situations and blocking us from understanding ourselves in the heat of the moment.

Red Flags, Green Flags will help you break the cycle of unhealthy behaviour and allow you to identify the good and the bad signs in your life. Being able to differentiate red flags from green flags requires effort and key insights about human relationships, self-reflection, and the functioning of the brain. This book will enable you to distinguish true red flags from green flags and show you what these signals say about people and, more importantly, what they say about you.

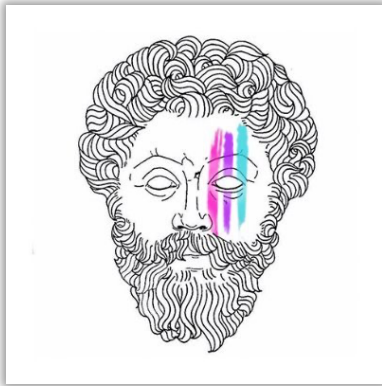
Covering 48 critical life situations, *Red Flags, Green Flags* provides you with the insights and tools to make better decisions about dating, relationships, friends, family, work, health, and success.

Dr Ali Fenwick is an expert in Human Behaviour and a Professor of Organisational Behaviour and Innovation at the HULT International Business School. Dr Fenwick is also the CEO of Lead TCM&L, a management consulting and training company that specializes in applying behavioural interventions to areas including business, education, government and society.

The Everyday Stoic

Simple Rules for a Good Life

William Mulligan



A contemporary guide to the ancient art of Stoic philosophy, helping you to overcome adversity, cultivate resilience and find inner peace.

The Everyday Stoic: Simple Rules for a Good Life is a contemporary guide to Stoic philosophy, showcasing simple lessons for finding meaning and happiness despite the odds.

Drawing on the wisdom of classical thinkers, this book explores the ancient art of living a good life, providing readers with actionable advice on how to build resilience, overcome modern challenges and cultivate a sense of inner calm.

William Mulligan is the founder of The Everyday Stoic, a YouTube channel dedicated to teaching Stoicism and to guiding his 400,000 followers through modern life using the ancient rules and wisdom. It is his strong belief that stoicism is for everyone, not just selected few. So far William has gained an amassed following of over 840,000 followers across his YouTube and Instagram channels, where he shares stoic teachings and principles. *The Everyday Stoic* is his first book.

The Fundamentals of Love

Paul Brunson



***The Fundamentals of Love* 3-book series will guide you through the minefield of love.**

‘Looking for love can be one of the most exciting and rewarding experiences in life, but it can also be a difficult and frustrating journey. It’s not always easy to tell if someone is a good match for you, and it’s normal to feel overwhelmed or unsure where to begin. But don’t worry; this is why I wrote *The Fundamentals of Love* and I’m here to show you how.’ – Paul Brunson

The Fundamentals of Love series – *Find Love*, *Nurture Love* and *Let Love Go* – by world-renowned relationship expert Paul Brunson, will arm you with all the advice you could ever need to help you navigate the mystifying world of romance and relationships. Paul will give you the tools to help you find self-love, prepare for a relationship, know what to look for in a partner, find your perfect match, discover your all-important attachment style, cultivate a meaningful relationship, and know when it’s time to let love go and move on. Packed with Paul’s trademark wit, wisdom and no-nonsense inclusive advice that’s applicable to whatever relationship or situationship you’re in, and based on hundreds of research studies, these books will guide you through what feels like the minefield of love so you can be the happiest version of you.

Find Love: Learn to Love Yourself and Discover Your Perfect Match

(1 Feb 2024 | 224pp)

Nurture Love: 10 Secrets to a Meaningful Long-Lasting Relationship

(15 Aug 2024 | 224pp)

Let Love Go [working title]

(12 Feb 2025 | 224pp)

Paul Brunson is an American internationally recognised relationship expert, entrepreneur and television host, based in London. He currently serves as an expert on *Celebs Go Dating* and *Married At First Sight UK*, a featured business columnist for *USA Today*, the weekly relationship expert on *Lorraine*, one of Steven Bartlett’s five experts on ‘The Diary’, and he’s the co-founder of *Endmost Therapy*. Major media outlets, such as *Good Morning America*, *The New York Times*, *The Guardian* and *Sunday Brunch* have sought his insights. Named as a Top Voice on LinkedIn and the world’s most influential matchmaker by the Matchmaking Institute, Oprah Winfrey said herself that he is ‘much more than a matchmaker.’

Holly Whitaker for Vermillion
Rights Contact: Sarah Scarlett

Cultivating Happiness

How to Cope with Trauma and Challenges, and Transform Your Life

Karen Guggenheim

with a foreword by Mo Gawdat



An uplifting self-help guide that shows us through small actions and daily changes we can all bring positivity, compassion and serenity into our lives to feel happier and better, despite what we might be going through.

Is it possible to cultivate happiness? Is one able to overcome pain and difficulty and find, despite everything, a sense of fulfilment? This is what psychologist Karen Guggenheim asked herself after the sudden death of her husband in 2016 in just days following a flu. Overwhelmed by her tragic and unforeseen grief, Karen decided to react to the pain and set

off from the adversity to begin a surprising journey of 'post-traumatic growth' which led her to set up the World Happiness Summit.

With a foreword by Mo Gawdat, *Cultivating Happiness* provides practical tools to help you confront traumas and difficulties to transform your life, exploring themes including Post-Traumatic Growth, anxiety and spirituality. Each chapter gives an account of the principles and research that have supported her transformation and show us that happiness really can be taught and learned.

Karen Guggenheim is a pioneer in the global happiness movement, a leader in promoting the science behind wellbeing to an international audience, and a motivational speaker inspiring people about how to grow post-trauma and rebuild a life focused on meaning, purpose and happiness. She is the founder of the World Happiness Summit®. Karen is based in Miami.

New Methods for Women, A Manifesto

Fresh Perspective on Life, Work and Relationships

Sharmadean Reid



10 methods for empowering women in their relationships, careers, communities and creativity.

What does real empowerment look like, and how do you achieve it?

Whether it's teaching you how to have stronger relationships and find purpose, meaning and success at work, or giving you the tools and tips needed to build community, be creative and achieve personal growth, *New Methods for Women* is the ultimate guide to living a more purposeful and empowered life.

Drawing on her vast experiences as an entrepreneur, business-owner, tech and beauty visionary, Sharmadean Reid MBE reveals the secret formula for lifting up yourself and the women around you, based on her own successes.

New Methods for Women will help any beauty junkie, female entrepreneur, working mum or hustler to achieve their goals. Sharmadean distils ancient teachings, the wisdom of her favourite authors, and her own experiences with business, leadership and as a co-parenting mother into 10 of the most valuable life lessons any of us can hope to learn.

Sharmadean Reid is a British-Jamaican entrepreneur and businesswoman who received an MBE in 2015 for her services to the nail and beauty industry. Reid is the founder of Wah Nails and Beautystack - a networking platform for influential beauty professionals - and is a founding member of the woman's co-working space, The Wing. A member of the British Beauty Council, Sharmadean is an ambassador for Futuregirlcorp, a business boot-camp for female entrepreneurs.

Beautiful Chaos

On Motherhood, Overwhelming Love and Finding Yourself

Jessica Urlichs



A raw and honest poetry collection for mothers from bestselling poet and mum of three, Jess Urlichs.

This beautifully tender and honest poetry collection capturing the essence of motherhood comes from the bestselling self-published Insta poet and mum of three Jessica Urlichs.

Beautiful Chaos is a poetry book like no other. Whether feeding her baby or hastily scribbling notes onto her phone, this collection is the result of brutally honest, incredibly real poems that will strike a chord with mothers everywhere.

Raw, relatable and heartfelt, Urlichs expresses the highs and lows, and every messy moment in-between.

From reacquainting yourself with your postpartum body, to seeing your first born turn five; from reconfiguring your relationship with your partner, to all the hopes and wishes we hold dearest for our children, Jess gets to the core of what it feels like to be a new(ish) mum and speaks to the hearts and minds of mums all around the world.

Jessica Urlichs is a poet and mum of three, who began writing poetry after the birth of her second child as a way of working through her postnatal anxiety. After sharing some of these poems on social media, her Instagram following quickly grew to 244k and counting. She has self-published three volumes of work which quickly became bestsellers, thanks to her relatability and honesty striking a chord with mothers everywhere. You can discover her newsletter, blog posts, social media channels and poetry via her website: www.jessicaurlichs.com.

This Book May Save Your Life

Dr Karan Rajan



Live better for longer with help from TikTok sensation and General Surgeon, Dr Karan Rajan.

In this myth-busting survival guide to the human body, Dr Rajan offers readers science-based tips, medical explanations and ways to read the body's physical signs in his humorous and accessible style.

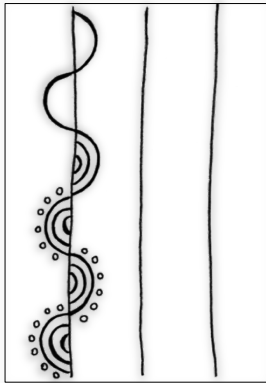
It will show you how to sleep better, what your fingernails say about your health, why an oily scalp is good for the environment and why you should never hold in a fart!

So take ownership of your day-to-day health! With his practical advice to help you thrive, Karan Rajan may well actually save your life.

Dr Karan Rajan is a surgeon and one of the biggest health and science creators on social media. Since 2020 he has amassed more than 6.5 million followers across TikTok, YouTube, Instagram and Facebook with his refreshingly frank medical myth-busting and advice videos. He has featured on BBC television and national radio, with coverage in *The Guardian*, *Independent*, *Washington Post*, *New York Post*, *The Sun* and *The Daily Mail*. A former weekly health columnist for Mail+, Dr Rajan was also a contributing presenter on BBC Two's six-part series *Your Body Uncovered*. Dr Rajan has worked closely with the UN, the WHO & the British Red Cross in an ambassadorial capacity. This is his first book.

A Doodle a Day Keeps the Stress Away

Tamara Michael



Don't stress yourself. Express yourself.

This book was designed for the stressed out and weary, the ones who have forgotten what it was like to draw for no reason and colour outside the lines, for anyone tired of staring at their screen and who misses the feeling of putting pen to paper. It offers simple, creative prompts that will help readers find a much-needed moment of mindfulness in their day.

- This book is for you (no one else needs to see these pages).
- Start wherever you like and draw for as long as you need (starting is always the most difficult part).
- Don't overthink it, just go with it.

For fans of *Burn After Writing* and *Wreck This Journal*, Tamara's effortlessly simple and brilliant ideas will help readers to immediately unleash their creativity, 10 minutes at a time.

Tamara Michael ([@tamaramichael](https://www.tiktok.com/@tamaramichael)) is a learning support teacher, multi-platform artist and doodler, particularly loved on TikTok for simple creative doodle challenges. Tamara is a trained artist, whose work has been exhibited and sold in galleries. She doodles for calm herself, and has her classes doodle for 10-minutes a day after hectic lunch breaks. She uses her art training to create very simple exercises online, which she has been posting online since 2020.

Mind, Body, Spirit

Unearthed

Robert Sheehan



Lessons learned from tuning into the mind by celebrated actor, author and podcaster Robert Sheehan.

From Hollywood star of *Misfits* and *The Umbrella Academy* and host of hit podcast *The Earth Locker*, Robert Sheehan, comes his heartfelt journey to inner peace.

Meditation is a whole dimension without time, a profound reminder of the eternal being of You.

Many of us often feel challenged by the question of what gives our lives true meaning. What are we searching for? How do we know we are on the right path? In *Unearthed*, Robert Sheehan shares intimate reflections on his own search for purpose, looking back at this journey so far and sharing the lessons he has learnt along the way.

Meditation is at the heart of Robert's route to awakening and here he reveals how we can welcome practice into our daily lives to nurture a quiet mind and content heart. In a world where our conscious attention is constantly up for grabs, *Unearthed* shows how we can retain our power and give our minds the rest they need.

Robert Sheehan is a celebrated actor, podcaster and author. He is renowned for his breakout role in hit TV show *Misfits* and ongoing role in award-winning show *The Umbrella Academy*. As co-host of *The Earth Locker* podcast, Robert enjoys exploring the universals of the human condition and what it means to live a better life. He is the author of short story collection *Disappearing Act* and upcoming memoir *Unearthed*.

Manifest: Dive Deeper

Roxie Nafousi



The hugely anticipated follow up to the *Sunday Times* bestseller **MANIFEST: 7 Steps to Living Your Best Life.**

'The Millennial Answer to *The Secret*' *Vogue*

'A roadmap for a more positive way of life' *Financial Times*

Unlock your limitless potential, create lasting, transformative change, and turn your dreams into a reality. This book takes you deeper into your inner healing journey and expands your understanding of each of the unique seven steps to manifestation. Roxie Nafousi provides practical techniques to teach you how to harness your potential and confidently step into your power.

An interactive workbook following a 7-step structure to teach readers how to manifest their best life. Each chapter is filled with exercises that are designed to cultivate self-awareness, reflection and growth, and therefore empower and enhance your manifesting process.

The author says, 'by the time you have worked through this book, you will have greater clarity around what you actually want from life, you will have healed in profound and astonishing ways, you will understand how to step into the very best version of yourself that exists, and you will be manifesting effortlessly and powerfully.'

Roxie Nafousi is a Self-Development Coach, Manifesting Expert, Ambassador for the Mental Health Foundation and Instagram Agony Aunt and contributor for Kourtney Kardashian's wellness platform, *POOSH*. Roxie works with one-to-one clients as well as hosting monthly self-development workshops and webinars to over 600 people a month. She is the host of popular podcast series *The Moments That Made Me*. Her commitment to transforming the lives of people who suffer with emotional and mental-health issues and helping them to fulfil their potential has seen her become a well-known and respected figure in the wellness world. Her first book, *Manifest*, has been sold in 28 territories and was in the *Sunday Times* bestseller chart for over 20 weeks after first publication.



5 January 2023 | Ione Walder for Michael Joseph | 240 pp

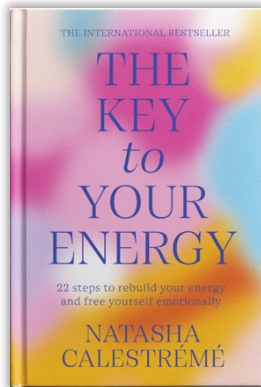
Rights sold: Arabic (Dar Altanweer), Chinese Complex (ACME), Estonian (Pegasus), French (Le Lotus et l'Elephant), Hungarian (Édesvíz), Romanian (Bookzone) and Spanish (Urano)

Rights Contact: Sarah Scarlett

The Key To Your Energy

22 Steps to Free Yourself Emotionally

Natacha Calestreme



The international bestseller that helps you regain your energy, unlock negative emotions, and live your best life in just 22 steps.

The international bestselling guide to regaining your energy so you can finally live life to the full.

Are you tired of feeling tired? Do you feel weighed down by your emotional burdens and your past traumas? French bestselling author, journalist and therapist Natacha Calestrémé is here to help you bounce back, build resilience and regain your energy. Read by more than a million readers in France, French phenomenon *The Key To Your Energy* is the ultimate companion. In just 22 tried-and-tested steps, you can unblock any energy in your body, fix your fatigue, restore your joy and serenity, and heal inner wounds that are holding you back.

Natacha Calestrémé is a bestselling author, journalist and therapist, who became known through workshops to help individuals free themselves from past emotional burdens. These experiences gave birth to two international bestselling books: *The Key to Your Energy* and *Finding My Place*, which have now been read by more than a million readers in France and translated into 10 languages so far. Her online conferences and videos unite millions of people.

Ramadan Journal

Dina Aziz



A new Ramadan planner from Dina Aziz, creator of the online word of mouth sensation. Plan your time, check-in with yourself, and track your goals for your best, most mindful and productive Ramadan yet.

'Ramadan isn't just about not eating for prolonged periods of time, it's about working on ourselves - our character and imaan - and setting goals, replacing bad habits and working on our spirituality. It's a time to focus on personal growth and to help others where we can.' - Dina Aziz

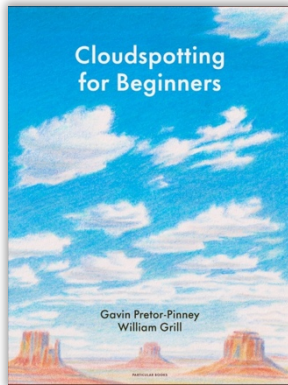
The month of Ramadan is a time for reflection, self-improvement, personal growth, and of heightened devotion and worship, but the pressures and stresses of day-to-day life can sometimes make it feel hard to keep track of all your good intentions. From suhoor to iftar and beyond, the *Ramadan Journal* is here to help guide you through the month of Ramadan. Beautifully designed and full of helpful checklists, reminders, journal prompts, and spaces to reflect - whether you're fasting or exempt - get ready to track your progress through the holiest month.

Dina Aziz's original self-published *Ramadan Planner* was a word-of-mouth sensation, shared online and passed from person to person, through WhatsApp groups and email chains throughout the Muslim community. The links to download a copy of the early iteration of *The Ramadan Planner* kept breaking under the intense high demand, with one such download link registering over one million clicks.

Illustration & Gift

Cloudspotting For Beginners

Gavin Pretor-Pinney and William Grill



An illustrated guide to the wondrous lives of clouds.

Have you ever watched a cloud being born? It's easier said than done. Ideally, you'll pick a sunny day with a few puffy white clouds. First of all, look for the faintest threads of white starting to appear like a tiny, frayed piece of sky fabric. Gradually the strands will gather into a mound of bright white. Your cloud has appeared - as if from nowhere. But what will it grow up to be?

Clouds exist in all manner of shapes and sizes. From low-lying stratus to high-flying cirrus, Gavin Pretor-Pinney and William Grill reveal the key facts, characteristics and stories about each of the major types. We learn how they form and the altitudes they prefer; we see the ordinary and extraordinary forms they inhabit; we listen to rolling thunder and watch sparking lightning; we even look down on Earth's clouds from space - and visit them on other planets.

Highly informative and beautifully illustrated, *Cloudspotting for Beginners* will inspire curious minds with lifelong meteorological wonder.

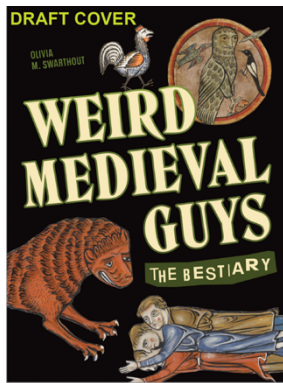
Gavin Pretor-Pinney is founder of the Cloud Appreciation Society ([@cloudappsoc](#)), which has more than 47,000 members in 120 countries. He is the author of the internationally bestselling *Cloudspotter's Guide* and *Cloud Collector's Handbook*. His third book, *The Wavewatcher's Companion*, won the prestigious Royal Society Winton Prize for Science Books. Gavin is a TED Global speaker with over [1.3 million views](#). He has presented television documentaries for the BBC and Channel 4 and is a Visiting Fellow at the Meteorology Department of Reading University and winner of the Royal Meteorological Society's Michael Hunt award.

William Grill ([@william.grill](#)) is a Bristol-based illustrator whose main interest lies in narrative illustration and publishing. He draws most of his inspiration from the natural world, and enjoys working in coloured pencils and occasionally printmaking processes like lino and lithography. His first book, *Shackleton's Journey*, won the 2015 Kate Greenaway award and has been translated into over fourteen languages, and his second book, *The Wolves of Currumpaw*, won the 2016 Bologna Ragazzi Prize for Non-fiction.

Weird Medieval Guys

A Bestiary of Curious Creatures from the Dark Ages

Olivia Swarthout



Explore the medieval world through its art with this hilarious guide to the medieval world that will have you laughing out loud.

Live, laugh, love and die in the Middle Ages with *Weird Medieval Guys!*

Explore what your medieval life would have been through a choose-your-own-adventure full of quizzes, how-to guides, diagrams and flow charts that takes you from your birth to your gruesome end, revealing your patron saint, the fate of your love life and the trials and tribulations you faced along the way.

Then, discover everything you need to know to survive the natural world, from stripping naked to survive a wolf attack, decoding the significance of birds visiting your sickbed and brewing love potions all while learning about the magical gemstones found in the heads of toads, horrifying basilisks and saintly hounds - all illustrated with the very best ancient illustrations of beasts, birds, fishes and serpents from all four corners of God's creation, drawn by people who *definitely* saw these creatures with their very own eyes and lived to tell the tale.

Chock full of hilarious, mad and bad advice for surviving and thriving on the mortal plane, this complete guide to life in the dark ages is guaranteed to make you laugh.

Data scientist by day and queen of Medieval Memes by night, **Olivia Swarthout** shares medieval art with the world via [@WeirdMedieval](#) Twitter and Instagram accounts. She uses her platform to debunk myths about how we view the past through humour that reveals how medieval people were, in many ways, just like us.

Born in Montana, USA, Olivia lived in Germany for many years before moving to the UK to study statistics at the University of Glasgow. She now lives and works in London.

Style & Fashion

The Chanel Style Principles

Be Inspired and Transform How You Dress

Hannah Rogers



Discover how to bring the iconic principles of the world's greatest fashion designers to your everyday wardrobe with these beautiful and practical guides.

With chapters covering Chanel's iconic rules of simplicity, elegance and comfort (nautical, monochrome and, of course, the little black dress), this handy little book – the first in the series - is all you need to bring casual-chic sophistication to your everyday wardrobe.

Accompanied by photography throughout, included in these pages are the achievable, timeless and classic looks that you can recreate at home with what you have to hand as well as the rules to keep in mind, so that the way you dress can always be inspired by one of the world's most iconic fashion designers.

Alongside this, find all you need to know about the personality, history, and extraordinary legacy behind the prolific French fashion creator. There's no one quite like Coco Chanel and these are the guiding principles that make her work iconic.

Hannah Rogers is *The Times* Assistant Fashion Editor and covers whatever is capturing the current zeitgeist, specialising in trends, fashion, red carpet and celebrity. She also styles celebrity portraits for *The Times Magazine*.

Food & Drink

SIFT

Everything You Need to Know About Baking

Nicola Lamb



An essential, new baking bible: Nicola gives you the key elements to master any bake.

Nicola Lamb is the go-to person for all your baking questions and cravings. In *SIFT*, her definitive guide to baking, she takes the fear out of failure and will inspire you with over 100 exciting bakes.

Nicola breaks down the science of key ingredients and techniques in a friendly and practical way, with beautiful illustrations and helpful diagrams. For fans of *Salt, Fat, Acid, Heat* and *The Flavour Thesaurus*, *SIFT* will help you to understand every how and why of baking, put baking disasters behind you and move forward with complete confidence. Never wonder again why your sponge didn't rise, never bake another flat focaccia or sloppy cheesecake.

Nicola's recipes are split into levels of difficulty, ranging from easy 30-minute cakes to fabulous showstoppers you can devote a weekend to, from a 10-minute Mango cheesecake, to Olive oil brie-oche, from Plum sandwich cake to Grilled cheese za'tar pain suisse.

"Her palate and mind thrill me in equal measure and I cannot wait to read, learn from, and celebrate this book" - Samin Nosrat

"I can think of no one better to explain the science and theory of baking than Nicola Lamb. Her enthusiasm and knowledge is extraordinary" - Nigel Slater

"Clear and precise recipes written with a passion for pastry, you can sense that every instruction, every word of advice is justified, which will guide the baker to magnificent results every time" - Julie Jones

Nicola Lamb ([@nicolaalamb](https://twitter.com/nicolaalamb)) is the author of *Kitchen Projects*, a weekly newsletter that shares the highs and lows of recipe developing. It is in the top 10 paid food & drink newsletters on Substack, the leader of independent newsletter publishing, as well as the top 15 overall food & drink newsletters. She trained in New York and London's top bakeries, including Ottolenghi, Dominique Ansel and Little Bread Pedlar. Her recipes and writing have been featured in the *Guardian*, *Vogue*, *London Evening Standard* and *Olive* magazine. She is a regular contributor to the *Guardian Feast* 'Kitchen Aide' column and *Serious Eats*, and the *Kitchen Projects* newsletter has been featured by Mob Kitchen, the *Guardian G2* and in Felicity Cloake's "The Perfect..." column, as well as in Grammy award-winning popstar Lorde's newsletter.

Sobremesa

Easy Mexican recipes for every day

Susana Villasuso



75 quick, easy and delicious recipes for Mexican weeknight meals, sharing plates, drinks and desserts to make and enjoy together.

London-based, Mexican-born chef and recipe developer Susana Villasuso is on a mission to bring the flavours of Mexico to your table.

Inspired by the dishes she learned to cook from her mother and grandmother, her debut cookbook brings together authentic and simple recipes for feeding the whole family and for all occasions, made with everyday, easy to source supermarket ingredients. It's a real taste of Mexico, with a modern twist.

Try some of Susana's family classics, including Crispy bean and ricotta taquitos with crema verde, Brown miso and porter carnitas, Salmon ceviche with yellow beets and lime marinade and Mexican blood orange vanilla cake.

In *Sobremesa*, which means 'relaxing at the table after a heavy meal', discover the Mexican art of easy everyday celebrations.

Susana Villasuso ([@holasus](#)) was born and raised in Mexico, where she first learned traditional Mexican cooking from her mother and grandmother. Now based in London, she's on a mission to share her culture with the world, adapting and updating the recipes she grew up with to make them even quicker and easier to prepare with locally available ingredients.

Kin

Recipes for the Modern Caribbean Kitchen

Marie Mitchell



***Kin* is a cookbook with context – a vibrant celebration of the people, stories and food of the Caribbean, from Trinidad and Barbados in the south to Jamaica and Cuba in the north.**

Marie Mitchell's cooking is motivated by a powerful desire to learn about her ancestry and the recipes that have been passed down from generation to generation in Caribbean communities. In *Kin*, her hotly anticipated debut cookery book, she shares dishes from

the Caribbean and its diaspora, celebrating the connection food can foster between us and our families, our culture, and places and people around the world.

Accompanied by gorgeous photographs, many of them shot on location in the Caribbean, the book's eighty recipes – which include crispy saltfish fritters, rich and tempting aubergine curry, zingy lime and ginger cheesecake, slow cooked jerk pork, and sweet Guinness punch – are a vital celebration of these islands' ancestral flavours.

Crackling with energy and heart, *Kin* reclaims the heritage of Caribbean cuisine and honours its tradition of sharing and connecting through food.

“Marie Mitchell is at the vanguard of a new generation of young chefs revolutionising what we know – or what we think we know – about Caribbean food and culture.” Jimi Famurewa, ES Magazine food critic

Marie Mitchell ([@marie_mitchell](#)) is a British-Caribbean chef with a passion for bringing people together through food. Her culinary career was borne out of an important Caribbean principle: sharing food with loved ones. She co-founded Island Social Club – a space aimed at filling the void left by the erosion of London's once thriving Caribbean social scene – and explores Caribbean culture and food with authenticity. Marie has written for Observer Food Monthly and Resy London, has spoken live at the DO Lectures, and featured on BBC Radio 4 and Jamie Oliver's Meat Free Meals.

Easy Vegan

Roxy Pope and Ben Pook



The brilliant creators of *One Pot Vegan* are back with 100 fuss-free, fast and delicious vegan recipes that make it easy to get plants on plates.

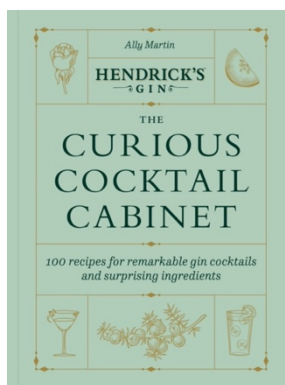
This essential vegan cookbook proves that plant-based food can be both accessible and ready in a flash. Roxy and Ben's recipes are perfect for simple mid-week meals that are healthy and cost-conscious and are designed to be made with a minimal number of ingredients.

Easy Vegan will showcase the most delicious recipes yet from Roxy and Ben, with dedicated chapters on fresh and vibrant 15- and 30-minute meals, such as Spicy pasta e fagioli, Crispy chilli tofu salad and Strawberry dump cake.

Roxy Pope and Ben Pook ([@sovegan](https://www.instagram.com/sovegan)) are the the plant-based powerhouses behind [SO VEGAN](https://www.sovegan.com), one of the world's leading vegan food platforms with a growing community of over 1.5 million followers. Their mission is to make it easier for everyone to eat more plants, so that people and the planet can thrive.

The Curious Cocktail Cabinet

Ally Martin and Hendrick's Gin



Take a delectably eccentric excursion to the Hendrick's Gin Palace.

Step inside the curious world of Hendrick's Gin and perfect the peculiar alchemy of cocktail making. Distilled in a gloriously inefficient way, Hendrick's is world renowned for its signature infusion of rose and cucumber. Since opening its very own Gin Palace on the southwest coast of Scotland in 2018, Hendrick's has innovated a whole range of new gins, each with their own fresh flavour.

Now readers can not only perfect the ultimate G&T but explore a unique variety of unusual flavours and surprising serves. Join Global Ambassador and juniper aficionado Ally Martin as he explores the 11 key botanicals used to make Hendrick's and crafts the perfect cocktails to celebrate each flavour.

Expect elevated versions of old favourites - from martinis and gimlets to negronis - as well as more complex cocktails to delight novices and experts alike.

With the perfect gin cocktail for everyone, this is the ultimate addition to any drinks trolley.

Hendrick's Gin Global Ambassador, **Ally Martin**, travels the world educating and inspiring bartenders, curious drinkers and gin lovers on the intricate qualities, unique history and heritage of Hendrick's Gin. An ideal envoy for the world's most unusual gin, Ally, a Scotsman, is an ambassador for the Scottish gin, toting the signature rose and cucumber infusion from its home in Girvan, Scotland to share with curious drinkers near and far.

An award-winning cocktail connoisseur and gin specialist, he proudly aims to build excitement and awareness of Hendrick's Gin by elucidating knowledge and spreading his contagious passion for the peculiar and premium spirit. With gin becoming increasingly popular in cocktail culture today, this has become a new heyday for Ally, an expert in his craft and with a plethora of gin knowledge he simply will not keep to himself!

For these efforts, Ally was shortlisted for Best International Brand Ambassador at Tales of the Cocktail 2022 Spirited Awards® In New Orleans.

Gardening

Start Growing

A Year of Joyful Gardening Projects For Beginners

Daisy Payne



A gardening book for a new generation of complete novices, with fun, simple and affordable gardening projects for every season, from TV gardening expert, Daisy Payne.

Get to grips with gardening with these easy, budget-friendly, year-round gardening projects and tips for complete beginners.

Step away from your screen and discover the joys of growing and connecting to nature with this no-nonsense, fuss free book for first-time gardeners with simple step-by-step projects for every season accompanied by beautiful photography throughout to guide you.

Whether you have a windowsill, patio, small patch of grass, allotment or more room to play with, find projects to suit your space from growing salad on your windowsill and creating a houseplant haven in your bathroom, to soil testing and creating raised beds.

Covering all your practical gardening basics and the tools you'll need to start out with, to more mindful projects like growing your own fruit and veg and creating a lovely water feature, this book will get you excited about gardening, whatever space you have.

Daisy Payne is a self-taught gardener and TV presenter. Daisy's blog and online tutorials got the attention of ITV's *This Morning* and she is now a refreshing rising star in the gardening world, charming viewers with her seasonal tips and tricks and working to show a more accessible side to the green-fingered world.

Imprints



CORNERSTONE

Cornerstone publishes books that connect with people. We love discovering new voices, unearthing stories and taking them to new audiences.



CENTURY

Century publishes a list of bestselling fiction across a diverse range of genres from true crime to fantasy as well as one of the most well regarded list of commercial non-fiction.



HUTCHINSON & HEINEMANN

Hutchinson Heinemann is known for bestsellers, prize winners, for ground-breaking voices and original stories. Formerly two separate imprints, brought together in 2021, we are a culturally leading imprint and home to a range of writers, from the bestselling Robert Harris to the Pulitzer prize-winning Richard Powers, from the New York Times bestselling Lauren Groff to the Sunday Times bestselling Marc Morris.



DEL REY

Del Rey list is the science fiction and fantasy imprint at Penguin Random House, dedicated to publishing across a wide range of the very best in SF, fantasy and horror as well as cross-genre fiction.



#MERKY BOOKS

#Merky Books is an award-winning book publishing imprint founded in 2018 by Stormzy and Penguin Random House UK in order to create a home for the stories that are far too often underrepresented in the world of publishing. #Merky Books publishes a wide variety of stories across non-fiction, fiction, poetry, and beyond. It is currently home to authors like Ramla Ali, Chelsea Kwakye, Ore Ogunbiyi, Rivers Solomon, Hafsa Zayyan, Monika Radojevic, Jude Yawson, and, winner of The Desmond Elliott Prize 2020, Derek Owusu. The programme also includes the #Merky Books New Writers' Prize, an open submission competition to find new works across a range of genres.



CORNERSTONE PRESS

Cornerstone Press is a new imprint launching in January 2022 as a home for big ideas with practical applications. Encompassing titles that were previously published under Random House Business, it includes smart thinking, politics, economics, psychology, business, self-development, health and lifestyle. Full of bold books that expanded our thinking and improve the way we live, both individually and as a society. From the million-copy selling *Atomic Habits* by James Clear to the revolutionary *Doughnut Economics* by Kate Raworth, the power of *Ikigai* to the thrilling expose of *The World for Sale* by Javier Blas and Jack Faricy, these are books to help you build the foundations of your life, whether you're looking to change your day to day patterns or understand the world in which



Young Arrow

YOUNG ARROW

Young Arrow is the home of the children's and young adult books written by some of Cornerstone's biggest authors.



The non-fiction specialists of Penguin Random House, from memoir to self-help; from cookery to sport; from business to humour – Ebury covers almost every area of non-fiction.



EBURY PRESS

Ebury Press is one of the country's most successful imprints dedicated to creating bestsellers in narrative and illustrated lists covering every genre from cookery, sport and gift to memoir, history and politics.



BBC BOOKS

BBC Books is the publisher of choice for titles relating to BBC programmes and personalities. Combining the editorial quality and integrity of the BBC with the award winning sales of Penguin Random House, we are the home of the best ideas and talent the BBC has to offer.



EBURY PARTNERSHIPS

Experts in brand publishing and partnerships. Ebury Partnerships work with a wealth of brands and authors across food and drink, health and museums and galleries, and entrepreneurs and business pioneers.



VERMILION

Established in 1990, Vermilion brings life-changing ideas, advice and inspiration to readers who don't just want to live well but be their very best. We publish the most influential and passionate experts, thinkers and voices across a wide range of subjects to help readers find new ideas and spark change, including psychology, smart thinking, parenting, health and inspirational memoir.



RIDER

Rider is the home of inspirational, life-affirming books that explore the universals of human experience. Our timeless books offer readers hope, healing and a better understanding of their place in the world.



HAPPY PLACE BOOKS

Launched with broadcaster and writer Fearne Cotton in 2021, Happy Place Books champions wellbeing talent and exciting new voices to share positive stories and ideas for happiness.



WH ALLEN

WH Allen publishes gripping writing by fascinating people on things that matter. Whether through provocative ideas or immersive stories, our prize-winning books engage readers and start conversations.



POP PRESS

Pop Press is the home of Ebury's gift publishing, offering fun, beautiful and affordable books for everyone and all occasions. Our list includes humour, lifestyle, food and drink and wellbeing books to inspire, entertain, and capture the zeitgeist and the imagination of the young or young at heart.



EBURY EDGE

Harnessing talent from the worlds of management, leadership, productivity and sport, Ebury Edge publishes inspiring books to help readers optimise themselves and get ahead.



**WITNESS
BOOKS**

WITNESS BOOKS

Witness Books is dedicated to writers that turn an unflinching eye to our planet, and offer hope for those who want to make a difference. We are the publishing home for the next generation of nature writers, environmentalists, explorers, scientists, and campaigners who encourage us to see the world, and to make it better.



**EBURY
SPOTLIGHT**

EBURY SPOTLIGHT

The home of entertainment publishing, focusing on the brightest talent to create standout, must-have books of the moment.

PENGUIN GENERAL

A broad church for anyone who is culturally inquisitive, Penguin General's publishing unites an intelligent curiosity about the world around us, as well as a great love of storytelling.



FIG TREE

Fig Tree was founded in 2005 to publish well-written, narrative-driven, entertaining and occasionally provocative books that tap into the zeitgeist. Most of its readers and authors are women. As well as fiction, it also publishes history, art history, memoir, and beautifully designed and produced illustrated cookery titles.



HAMISH HAMILTON

Founded in 1931, Hamish Hamilton is one of Britain's most distinguished literary lists. Publishing no more than 20 new titles a year, both fiction and non-fiction, and all points in between, Hamish Hamilton's authors include Arundhati Roy, Noam Chomsky, Zadie Smith, W.G. Sebald, Ali Smith and Mohsin Hamid.



VIKING

Viking publishes fiction and non-fiction: books that combine brilliant writing with popular appeal, books that make headlines and books that will win prizes. It publishes current affairs, history, biography, memoir, economics, science, narrative non-fiction, music, art and sport with authors including John le Carré, Nick Hornby, Colm Tóibín, Michelle Obama, William Trevor and Nina Stibbe.



PENGUIN BUSINESS

Penguin Business is Penguin's leading business imprint, publishing cutting-edge ideas in leadership, management, entrepreneurship, finance, innovation, professional skills, and narrative business. It publishes books that are packed full of practical advice to help you change the way you work and do business. Our bestselling, internationally renowned authors include Simon Sinek, Eric Ries, Seth Godin, John Doer, Oliver Shah and Don Tapscott.



PENGUIN LIFE

Launched in 2016, Penguin Life publishes health and lifestyle books by experts who share a passion for living well. From psychology and inspirational thinking, to fitness and parenting, they publish books to help you be the best you can be. Its authors include Ruby Wax, Dr Rangan Chatterjee and Meik Wiking.



SANDYCOVE

Covering the full spectrum of genres and markets, Sandycove is the leading Irish-based publishing imprint. Publishing no more than 20 new titles a year, we select, edit and promote each book with the love and care of a small press. Our list of bestsellers, prize-winners and new discoveries is unmatched, backed up by the immense resources of Penguin Random House

PENGUIN

**MICHAEL
JOSEPH**

Penguin Michael Joseph publishes some of the world's most popular authors. We specialise in general fiction, crime, thriller, cookery, memoir and lifestyle books. Many of our authors are now, or soon will be, household names, here in the UK and around the world. We seek out the very best authors in their field and bring their books to the widest possible audience. We take an author's vision and turn it into a beautiful book people can't help but talk about. In a crowded market, our books shine.

GENERAL FICTION

Marian Keyes, Jojo Moyes, Liane Moriarty, Lesley Pearse, Dawn French, Stephen Fry. Our novelists are recognised around the world as the finest storytellers anywhere. These are writers that readers come back to every year because, without fail, they tell entertaining, thrilling and, above all, enjoyable stories every single time. We sign up and launch only those debut novelists whose stories we believe the world will fall in love with. Whatever you're interested in we have a bestselling author to spin you a bewitching tale.

CRIME FICTION

Penguin Michael Joseph's crime and thriller list is not stuffed with the usual suspects. Each and every one of our writers, has their own unique – and sometimes maverick – take on their field. Whether it is historical epics or action-packed adventures, missing-person cases or twisty psychological thrillers, our bestselling authors strive to bring something new to the genre. You can count on us for gripping adventures from Clive Cussler to Gregg Hurwitz, Tim Weaver, C.J. Tudor, Gillian McAllister and Claire Douglas.

NON-FICTION MEMOIR

It could be the secrets behind the success of the already famous or it could be a newly discovered tale – either way, we turn our authors' memoirs into memorable bestsellers. We only seek out people who've got a real story to tell, one that we believe readers are dying to hear and we help our authors connect with their audiences, hosting events up and down the country, where they can meet legions of fans, old and new. Dive into the worlds of names such as Stephen Fry, Daisy-May Cooper, Jeremy Clarkson and Raynor Winn.

COOKERY

Penguin Michael Joseph has been home to the country's bestselling cookery writer – Jamie Oliver – for over twenty years. As he has grown in stature so our list has swelled to include the brightest, freshest chefs, food writers and dieticians, helping us all to create scrumptious treats as well as eat healthily, cater for big occasions or cook family meals that cost just a few pennies. Our popular cookery authors include Nadiya Hussein, Amelia Freer and John Clark aka The Meal Prep King.

NON-FICTION LIFESTYLE

When it comes to books about how we live, Penguin Michael Joseph has the best authors with the very best advice. Whether you're seeking happiness through cleaning, wanting to feel energised and revitalised, looking for help with exercise or some style advice, or embarking on a full mindfulness regime, you're only a few pages away from a healthier, happier you. Our list of lifestyle books features confidence-boosting lifestyle hacks from Dr Julie, goal-getting tips from Roxie Nafousi and, of course, the unstoppable Queen of Clean, Mrs Hinch.

Penguin Press

Penguin Press comprises the flagship non-fiction imprint Allen Lane, the innovative Particular Books, the newly revitalised Pelican imprint and the world of Penguin Classics.

allen lane

ALLEN LANE

In 1967 Penguin's founder started a hardback imprint under his own name, Allen Lane. Allen Lane is now the leading publisher in the UK of bestselling serious non-fiction, setting the agenda in subjects including history, science, politics, economics, philosophy, psychology, language and current affairs. Its books are renowned for their quality and their originality of thought.



PARTICULAR BOOKS

By and for the particularly passionate, Particular Books began publishing in 2009. Some of its authors are award-winners, some are bestsellers; all – artists, illustrators, map-makers, photographers, poets, scientists – express their consuming interests in distinctive ways that delight readers across the globe.



PELICAN

The Pelican imprint, originally founded in 1936 by Allen Lane, was relaunched in May 2014. It publishes accessible and intelligent books of lasting value about essential topics, from economics to evolution. As authoritative, democratic and approachable guides to intellectual subjects, written by leading experts and expert communicators, its introductions are the first books to turn to on any given topic.



PENGUIN CLASSICS

Penguin Classics represents the greatest repository of our shared cultural imagination and a treasure trove for readers. The series includes nearly 3,000 of the greatest and most significant works written, spanning two-and-a-half millennia and representing every corner of the globe. The Modern Classics list - continually expanded with contemporary authors – is considered timeless.

TRANSWORLD

We are storytellers

Over the last 70 years we have launched and nurtured the careers of some of the best known names in books including Kate Atkinson, Dan Brown, Bill Bryson, Lee Child, Jilly Cooper, Stephen Hawking, Sophie Kinsella and Terry Pratchett. We have also published many of the bestselling debuts in each year of the past decade, such as Rachel Joyce's *The Unlikely Pilgrimage of Harold Fry*, Terry Hayes' *I Am Pilgrim*, Paula Hawkins' *The Girl on the Train*, Ruth Jones' *Never Greener* and Sarah Pearse's *The Sanatorium*.

Doubleday



Our literary and ideas-led imprint, Doubleday is home to prize-winners Kate Atkinson, Bill Bryson, Hallie Rubenhold (Baillie Gifford), Sue Black (Saltire), Sarah Jane-Blakemore (Royal Society Science Prize), John Boyne, Paula Hawkins, Rachel Joyce, Donal Ryan (Booker longlist x 2), Diane Setterfield, Maggie Shipstead (Booker shortlist, Women's Prize longlist), Curtis Sittenfeld, and Markus Zusak.

Bantam



Bantam is Transworld's home of blockbusters. Bantam believes that reading can bring joy to everyone and anyone, and strives to reach the widest possible audience for the books on the list, guaranteeing entertainment, escapism and unforgettable stories. Bantam has an unparalleled reputation for launching bestselling debuts and building the biggest brands in the market. Bantam fiction spans from dark mysteries and thrillers that excite and surprise to irresistible romantic comedies, gripping sagas to uplifting and thought-provoking book-club novels. In non-fiction, Bantam publishes popular voices with an unmissable pitch, from the latest social media stars to wellbeing sensations. Bantam brings the adventure of popular history and sporting superheroes to life. Bantam finds the most original and exciting new voices and turns them into household names.

Torva



Torva is a new hardback imprint dedicated to non-fiction publishing.. Torva is the home for expert voices who reimagine the status quo, whether that means changing the way you work or challenging how the world works. From the UK and across the world, Torva authors will tackle big ideas head on, from geopolitics to science, business to personal development. Torva will be Transworld's imprint for books which surprise and question, shift your mindset and readjust your world. The Torva name and logo were inspired by the Norse goddess of thunder, reflecting the impact and power of these bold and fresh-thinking books.

VINTAGE

World class writing. Beautiful design. Ideas that matter.

We publish some of the world's most thought-provoking, unforgettable, beautifully designed books – from contemporary trail blazers to our red-spine Vintage Classics. We're not just publishers – we're passionate book lovers, dedicated to creating beautiful books for people who love to read.



The Bodley Head

The Bodley Head

The Bodley Head is dedicated to agenda-setting non-fiction by our most original thinkers and gifted communicators: books to help us understand the world and bend it in a new direction. We publish global leaders and renowned dissidents, path-breaking reporters and esteemed historians, Nobel Prize-winning scientists and the voices and visionaries who will shape our future.



Jonathan Cape

Jonathan Cape

Where books break new ground. At Jonathan Cape our publishing has been setting trends for a century. Our carefully curated list, respected and admired across the globe, ranges from commercial to literary fiction, pioneering graphic novels to award-winning poetry, and rich non-fiction spanning memoir, nature writing and ground-breaking ideas books.



Chatto & Windus

Chatto & Windus

The beauty and power of books. Chatto & Windus publish a wide range of fiction, non-fiction and poetry: books that will last and that are beautiful in form and content; that speak ideas; that are pure pleasure. We celebrate the power of excellent writing in everything we do, and strive to promote equality and honour the feminist commitment that has always run through our publishing.



Hogarth Press

Hogarth

In 1917 Virginia and Leonard Woolf started The Hogarth Press from their Richmond home – Hogarth House – armed only with a hand press and a determination to publish the newest, most inspiring writing. Hogarth continues to be a home for a fresh generation of literary talent: an adventurous fiction imprint with an accent on the pleasures of storytelling and a broad awareness of the world.



Square Peg

Square Peg

Square Peg publishes 10 to 12 standout, contemporary non-fiction books each year. Across a range of genres including trend-led narrative, humour and entertaining reference.



Yellow Jersey

Yellow Jersey

Launched in 1998, Yellow Jersey Press has become synonymous with quality sports writing, covering all sports from the perspective of player, professional observer and passionate fan. Sport is about more than simple entertainment; it represents a determination to challenge and compete. It binds individuals with a common goal, and often reflects our experiences in the wider world. Yellow Jersey understands this as much as its readers.



Harvill
Secker

Harvill Secker

Books that bring us together. At Harvill Secker we publish books that cross borders and genres. Our outlook is international and we're proud of our range. We seek out the most exciting voices from the UK and around the world, inspired by our founders' mission to 'overcome the barriers between people.'

Vintage Classics

VINTAGE CLASSICS

A Classics list for 21st Century readers. Vintage Classics is home to some of the greatest writers and thinkers from around the world and across the ages. We bring you not just the books you already know and love – books that are a proud part of our legacy – but also those we rediscover and reintroduce; works that still capture imaginations, inspire new perspectives and incite curiosity.

Vintage Paperbacks

VINTAGE PAPERBACKS

Vintage Paperbacks does things differently. It takes the literary gifts handed to it by its hardback colleagues and reimagines them – from cover and copy to the marketing and publicity campaign – for a paperback market. This makes it unique in UK publishing.