



EBURY PUBLISHING

AUTUMN CATALOGUE 2023

What About Men?

Caitlin Moran

A frank, funny and galvanising exploration of masculinity, and a manifesto for male allyship, from million-copy bestseller and feminist powerhouse Caitlin Moran.

'A must-read eye-opener that makes you laugh, cry, get angry and get happy on every page. It's magnificent' Bob Mortimer

'I fall passionately in love with absolutely every single thing Caitlin Moran writes - and I've fallen very hard for this book... Eye-opener, page-turner, women-translator, guy-empowerer - put like that, I hope you'll agree it's incredibly reasonably priced' Marina Hyde

'Our greatest modern writer on women turns her eyes on men - and it's all good' David Baddiel

As any feminist who talks about the problems of girls and women will know, the first question you will ever be asked is 'But what about MEN?' After eleven years of writing bestsellers about women and dismissing this question, having been very sure that the concerns of feminism and men are very different things, Caitlin Moran realised that this wasn't quite right, and that the problems of feminism are also the problems of, yes, men.

So, what *about* men? Why do they only go to the doctor if their wife or girlfriend makes them? Why do they never discuss their penises with each other - but make endless jokes about their balls? What is porn doing for young men? Is their fondness for super-skinny jeans leading to an epidemic of bad mental health? Are men allowed to be sad? Are men allowed to lose? Have Men's Rights Activists confused 'power' with 'empowerment'? And is Jordan B Peterson just your mum - but with some mad theory about a lobster?

In this book, Caitlin intends to answer all this and more - because if men haven't yet answered the question 'What About Men?', it's going to be down to a busy woman to do it.

Caitlin Moran is the eldest of eight children, home-educated on a council estate in Wolverhampton, believing that if she were very good and worked very hard, she might one day evolve into Bill Murray.



July 2023
9781529149159
Royal Octavo
£22.00 : Hardback
320 pages

Beyond the Wand

The Magic and Mayhem of Growing Up a Wizard
Tom Felton

The international runaway bestseller from much-loved Harry Potter star, Tom Felton

THE INSTANT SUNDAY TIMES AND NEW YORK TIMES BESTSELLER

'Uproarious memoir packed with anecdotes about the Harry Potter films' *Daily Mail*

'Very funny and fascinating' *Mail on Sunday*

'Brave and brilliant' *Cosmopolitan*

'Highly readable' *The Times*

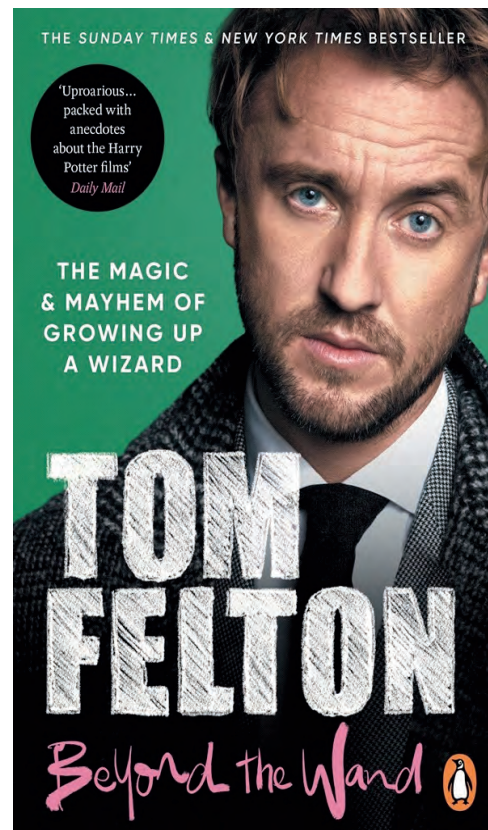
They called for a break, and Gambon magicked up a cigarette from out of his beard. He and I were often to be found outside the stage that housed the Astronomy Tower, having 'a breath of fresh air' as we referred to it. There would be painters and plasterers and chippies and sparks, and among them all would be me and Dumbledore having a crafty cigarette.

From Borrower to wizard, Tom Felton's childhood was anything but ordinary. His early rise to fame saw him catapulted into the limelight aged just twelve when he landed the iconic role of Draco Malfoy in the Harry Potter films.

Speaking with candour and his own trademark humour, Tom shares his experience of growing up on screen and as part of the wizarding world for the very first time. He tells all about his big break, what filming was really like and the lasting friendships he made during ten years with the franchise, as well as the highs and lows of fame and the reality of navigating adult life after filming finished.

Prepare to meet a real-life wizard.

Tom Felton is an English actor, best known for playing Draco Malfoy in the Harry Potter films. He has also appeared in *Rise of the Planet of the Apes*, *Belle*, *The Flash*, *A United Kingdom*, *The Forgotten Battle* and *2.22 A Ghost Story* in London's West End. He lives in London with his dogs Willow and Forrest.



July 2023
9781529149432
B (Ebury)
£8.99 : Paperback
320 pages

How Do You Live?

The uplifting Japanese classic that has enchanted millions

Genzaburo Yoshino

NOW A MAJOR MOTION PICTURE FROM STUDIO GHIBLI

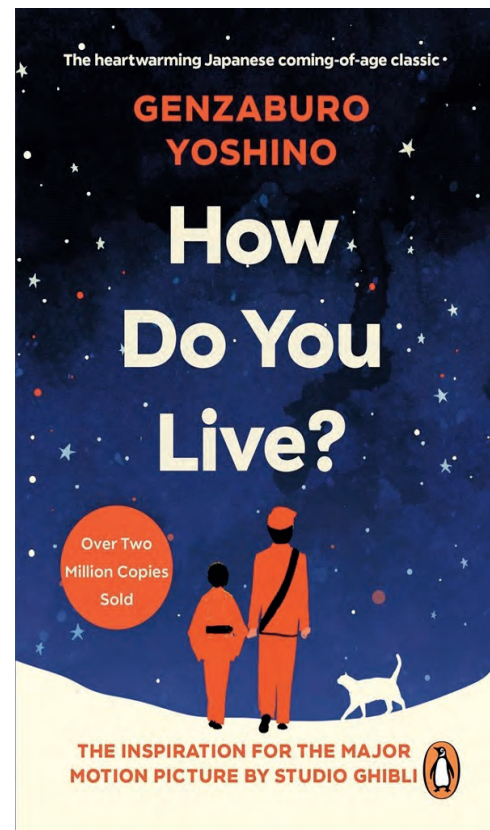
The beloved multi-million copy bestselling Japanese classic about finding one's place in the world

A NEW YORK TIMES BESTSELLER

Academy Award-winning anime master Hayao Miyazaki's favourite childhood book and the inspiration behind the Studio Ghibli film

'In *How Do You Live?*, Copper, our hero, and his uncle are our guides in science, in ethics, in thinking. And on the way they take us, through a school story set in Japan in 1937, to the heart of the questions we need to ask ourselves about the way we live our lives. We will experience betrayal and learn about how to make tofu. We will examine fear, and how we cannot always live up to who we think we are, and we learn about shame, and how to deal with it. We will learn about gravity and about cities, and most of all, we will learn to think about things - to, as the writer Theodore Sturgeon put it, *ask the next question*' - from the **foreword by Neil Gaiman**

Genzaburo Yoshino (1899-1981) was a writer, editor and journalist. In 1935, the writer Yamamoto appointed him editor-in-chief of the 16-book series: *A Library for Young Japanese Nationals*. *How Do You Live?* is the final book in this series, bringing in themes of Marxism, antimilitarism and Buddhism.



July 2023
9781846046469
B (Ebury)
£10.99 : Paperback
288 pages

The Last Days

A memoir of faith, desire and freedom

Ali Millar

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

'A masterpiece' Amy Liptrot

'Courageous stuff... intense, compelling, raw' The Times

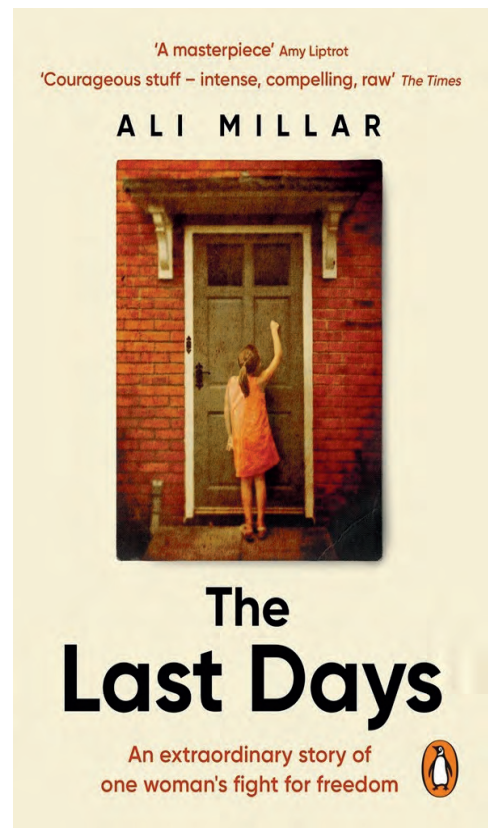
It is 1982 and in the Kingdom Hall we are Jehovah's Witnesses. The state of the world shows us the end is close, and Satan is like a roaring lion, seeking to devour us.

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

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

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

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



July 2023
9781529109535
B (Ebury)
£10.99 : Paperback
400 pages

Older and Bolder

My A-Z of surviving almost everything

Esther Rantzen

Trailblazing TV icon Dame Esther Rantzen looks back candidly on an eventful 82 years, reflecting on life lessons she's learned, and some she hasn't.

Be bolder as you grow older, and make sure you float above any challenges that threaten to overwhelm you.

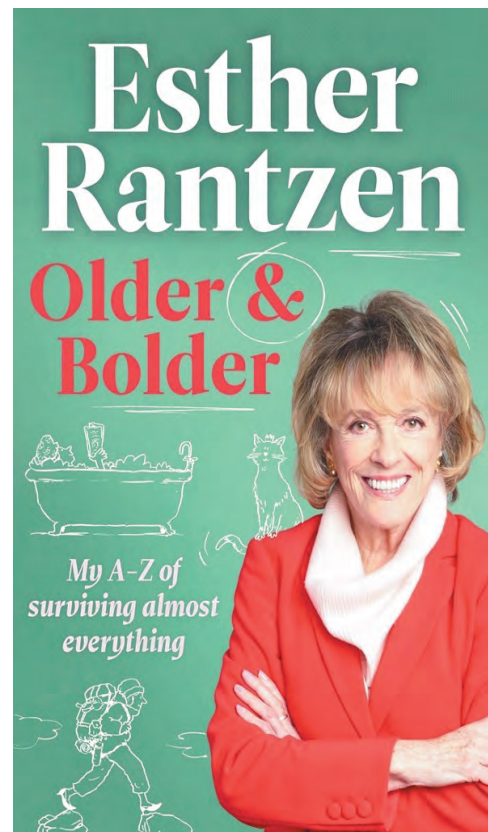
Multi-award-winning broadcaster, founder of Childline and The Silver Line, campaigner, mother, grandmother and joyous trailblazer of our times, Dame Esther Rantzen dazzles in the glory of getting older and ever bolder.

And now in this energising A-Z, she time-travels through her most significant memories, from meeting Princess Diana to creating a national outrage with a mischievous short film about a driving dog, and reflects with candour and humour on the life lessons she's learned, revealing the hints, hacks and personal philosophies that have been her secrets to surviving almost everything.

We may not all achieve what Dame Esther has, but here we can soak up her wisdom, laugh with her, learn from her, embrace the passing years and march boldly on.

Over a career spanning five decades, Dame Esther Rantzen has appeared in more than 2,000 television broadcasts. In her regular contributions to political and news programmes, including *The One Show*, she especially advocates protecting vulnerable people and growing old ungracefully. She is also a reality TV favourite with appearances on *Strictly Come Dancing*, *First Dates* and *I'm a Celebrity*. As a journalist, she writes for the *Daily Mail*, the *Guardian*, the *Telegraph* and *The Times*.

Dame Esther was awarded a DBE in 2015 for her services to children and older people, through her pioneering work as founder of Childline and The Silver Line. This is her sixth book.



July 2023
9781529908152
Demy Octavo
£16.99 : Hardback
224 pages

Doctor Who: Kerblam! (Target Collection)

Target Collection

Pete McTighe

A 13th Doctor adventure, novelised by the original scriptwriter and celebrated producer and screenwriter, Pete McTighe

Ding Dong!

The TARDIS is invaded. A plea for help delivered by robot summons the Doctor and her friends Yaz, Graham and Ryan to *Kerblam* - the biggest retailer in the galaxy. Posing as new recruits among the thousands of human workers, the TARDIS crew uncover a deadly plot that threatens the life of every person in the warehouse - and beyond.

Who has sent for the Doctor? What is the dark secret at the heart of *Kerblam*'s operations? And who will escape the merciless Postmen...?

Pete McTighe is a British screenwriter and producer and lifetime *Doctor Who* fan. As well as writing episodes of *Doctor Who*, he has written two series of his hit BBC drama *The Pact*, was writer/showrunner on supernatural thrillers *A Discovery Of Witches* and *The Rising*, and the originating writer of the female ensemble prison drama *Wentworth*, receiving five Australian Writers Guild nominations for his work. He also writes and directs the acclaimed short films to promote the *Doctor Who* - *The Collection* Blu-ray releases.



July 2023
9781785948237
A format 178x110mm
£9.99 : Paperback
192 pages

Doctor Who: The Zygon Invasion (Target Collection)

Peter Harness

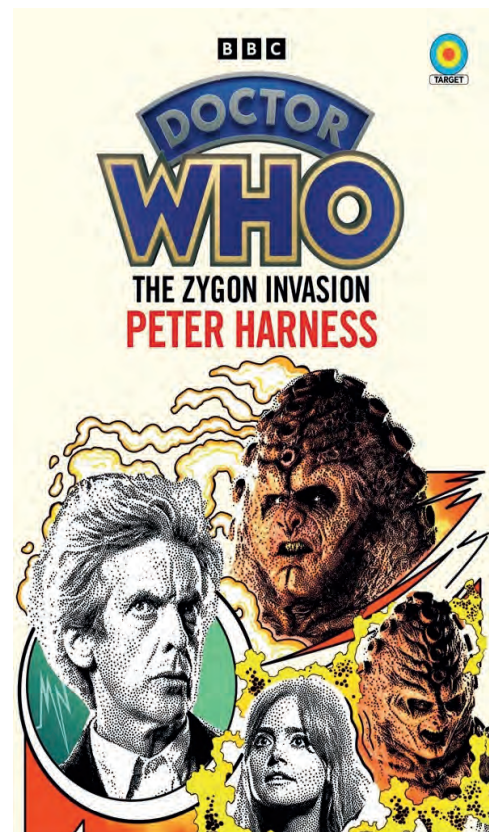
A dramatic 12th Doctor adventure from - featuring fan-favourite monsters the Zygons - novelised by acclaimed TV writer Peter Harness.

"We will die in the fire instead of living in chains."

For years, 20 million shape-changing Zygons have lived among us in secret. They wear human form, hiding in plain sight. Now a fanatical Zygon splinter group seek to expose their own kind and provoke a conflict that will force both sides to the brink of Armageddon to ensure their own survival.

It took three Doctors to broker a fragile peace between Zygons and Humans. Now the 12th must face the fallout alone. With his allies compromised and his companion believed dead, can he stop the world from plunging into war?

Peter Harness is an English playwright, screenwriter and actor. He has contributed to programmes such as *McMafia*, *City of Vice* and *Case Histories* and wrote a new miniseries adaptation of *The War of the Worlds* for BBC One.



July 2023
9781785947919
A format 178x110mm
£9.99 : Paperback
192 pages

Doctor Who: Planet of the Ood (Target Collection)

Keith Temple

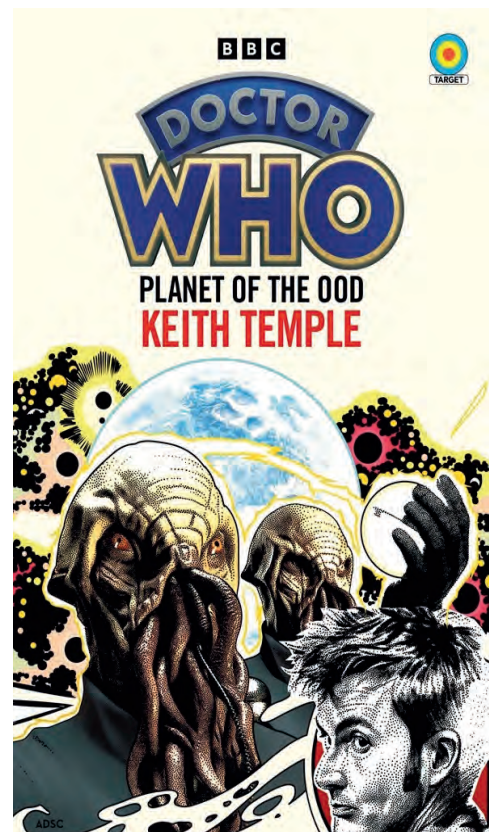
A classic 10th Doctor adventure, novelised by the original screenwriter and celebrated author, Keith Temple.

"The Ood came from a distant world, they voyaged across the stars, all for one purpose... to serve."

The TARDIS lands on the Ood-Sphere in the year 4126. Here, human profiteers have subjugated the Ood: the gentle creatures are forced into servitude and sold across the galaxy as the perfect slaves. But now, some are fighting back. Their eyes turn red as they throw off their chains and kill their oppressors...

The Doctor and Donna soon learn that the planet of the Ood holds cruel and awesome secrets. As they battle for justice and survival, the fate of the entire Ood race hangs in the balance. Will the outcome be salvation - or extinction?

Keith Temple is a British screenwriter whose credits include *Doctor Who*, *Doc Martin* and original BBC comedy drama, *Angel Cake* starring Sarah Lancashire. He has also written extensively for Continuing Drama including *EastEnders*, *Emmerdale*, *River City* and *Casualty*. Most recently, he wrote the screenplay for horror feature film, *Wyvern Hill*. He has also written for the stage and lectures widely on screenwriting and filmmaking.



July 2023
9781785948268
A format 178x110mm
£9.99 : Paperback
192 pages

Doctor Who: Warriors' Gate and Beyond (Target Collection)

Stephen Gallagher

A new-to-print, expanded novelisation of the classic 1981 adventure, by the original screenwriter Stephen Gallagher.

I am Biroc. The shadow of my past... and your future.

Warriors' Gate

In this new-to-print, expanded novelisation of the classic 1981 adventure, the TARDIS is caught in a collapsing void between two different universes - and the 4th Doctor, Romana and Adric must enter into a dangerous alliance with the Tharils - a race of enslaved, time-sensitive aliens. The consequences are explored in two further short stories...

The Kairos Ring

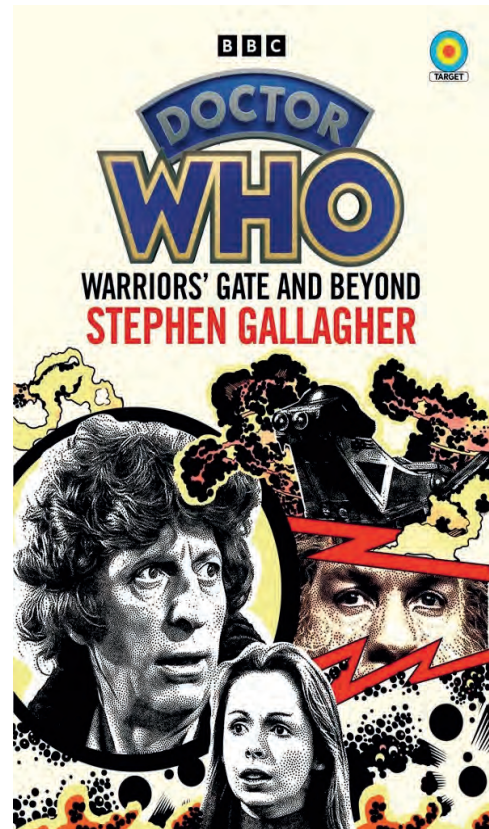
Now allies of the enslaved across all creation, Romana and the Tharil Laszlo ride the time winds in search of the sinister Sluagh - aliens who retool the dead as deadly warriors.

The Little Book of Fate

Searching for the source of a scream across time, the Eighth Doctor investigates a most unusual carnival freak show in the north of England - where a figure from his past awaits him.

Not one story but three, from one of classic *Doctor Who*'s most original voices - Stephen Gallagher, author of the original screenplay for *Warriors' Gate*.

Stephen Gallagher is a novelist, screenwriter and director specialising in suspense. Born in Salford, Lancashire, his original TV/ film credits include: *Chimera*, *Chiller*, *Bugs*, *Oktober*, *Crusoe* for NBC, *Eleventh Hour* and *The Forgotten*; he's also written for long-term series including *Doctor Who*, *Rosemary and Thyme* and *Silent Witness*.



July 2023
9781785948510
A format 178x110mm
£9.99 : Paperback
256 pages

Doctor Who: The Waters of Mars (Target Collection)

Phil Ford

A 10th Doctor adventure, novelised by the original screenwriter and television producer, Phil Ford

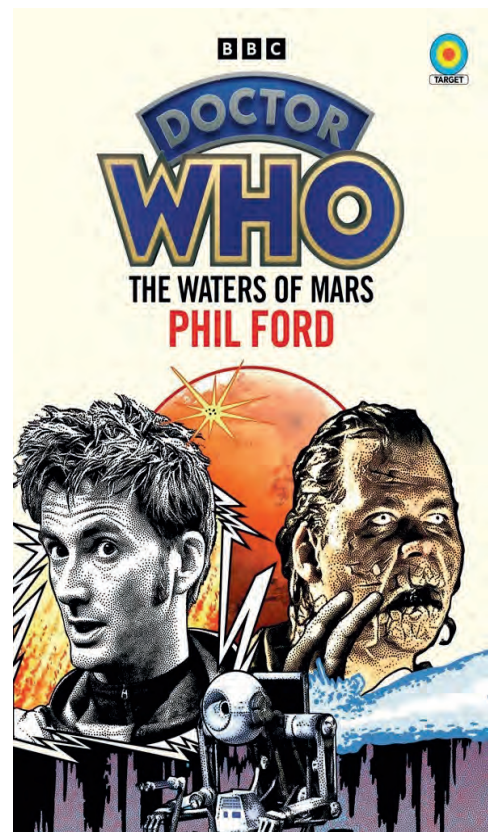
"Water is patient... water just waits. Water always wins!"

November 21st 2059, and Bowie Base One - the first human colony on Mars - is destined for destruction in a nuclear explosion. This tragedy is a fixed point in history. The Laws of Time dictate that it cannot - must never - be changed.

The Doctor arrives just as a viral life-form escapes from the Martian ice into the base's water supply. A single drop can transform a human into a terrifying monster with the power to infect others. History records that the threat is destroyed along with the base and every human in it. But as his darkest hour comes calling, the Doctor resolves to break the rules as he never has before...

Phil Ford (Author)

Phil Ford has written scripts for *Doctor Who*, *Torchwood* and *The Sarah Jane Adventures* for BBC Television. He also wrote animated Doctor Who adventure *Dreamland*, and four *Doctor Who Adventure Games*. His extensive screenwriting credits include episodes of *Taggart*, *Bad Girls*, *New Captain Scarlet* and *Coronation Street*. He co-created *Wizards vs Aliens* with Russell T Davies.



July 2023
9781785948213
A format 178x110mm
£9.99 : Paperback
192 pages

Scatter Brain

How I finally got off the ADHD rollercoaster and became the owner of a very tidy sock drawer

Shaparak Khorsandi

Hilarious memoir from a much-loved British comedian on a health topic which is very much on trend right now.

'Hilarious, unflinching, wise' - Sara Pascoe

'Intensely personal, highly educational and very funny' - Adam Kay

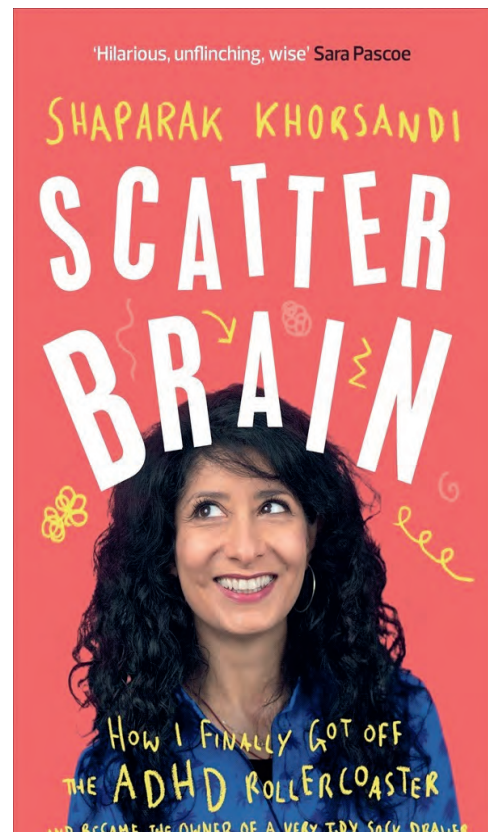
'Some brains, through no fault of their own, pack a bag, turn the lights off and run away to the seaside the moment they are meant to be doing homework, paying bills or not putting the cat in the fridge. These are ADHD brains. I have one and believe they are as common as being left-handed, flat footed or genuinely enjoying anchovies on a pizza.'

'Undiagnosed Attention Deficit Hyperactivity Disorder made my life a frustrating, maddening rollercoaster. I had very little focus except when I was hyper-focusing (and then it would always be on the wrong things), I made the same mistakes over and over again, regularly burning myself out until I was sobbing. When I finally was diagnosed in my 40s it felt like the lights had been turned on after a lifetime in the dark.'

Join much-loved comedian Shaparak Khorsandi as she looks back on her life through the lens of ADHD and finally makes sense of the chaos. From discovering the joys of shoplifting through to finally understanding her attraction to toxic men, *Scatter Brain* will have you laughing (and crying) as you find out what it's really like to live a life out of control. Whether you suspect you might have ADHD or you're just here for the ride, let Shaparak take you on her heartbreaking and hilarious journey of self-discovery where you just might learn something useful about yourself too!

Shaparak Khorsandi is one of the country's finest comedians, having launched herself back in 2006 with her sell out Edinburgh show, *Asylum Speaker*.

Shaparak's career has taken her to all corners of the globe, she has appeared on countless TV & Radio shows including; *Live At The Apollo*, *8 Out Of 10 Cats*, *Have I Got News For You*, *QI*, *The Graham Norton Show* and *Friday Night with Jonathan Ross*.



July 2023
9781785044199
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£16.99 : Hardback
256 pages

Not All Heroes Wear Capes

The incredible story of how one young man found happiness by embracing his differences

Jono Lancaster

A remarkable story of turning your differences into your greatest strengths

'An extraordinary story of transformation and inner strength' - KATIE PIPER

'Well worth reading: a tale of real heroism and obstacles overcome' - THE MAIL ON SUNDAY

'Truly remarkable and so helpful' - FEARNE COTTON

'Finding self-acceptance hasn't always been easy. I was abandoned at birth with a facial difference, and as I got older, I began to hate my face and the world I lived in.'

Gradually, through trial and error, random moments with strangers, and some tragic haircuts, I've found self-love and happiness.

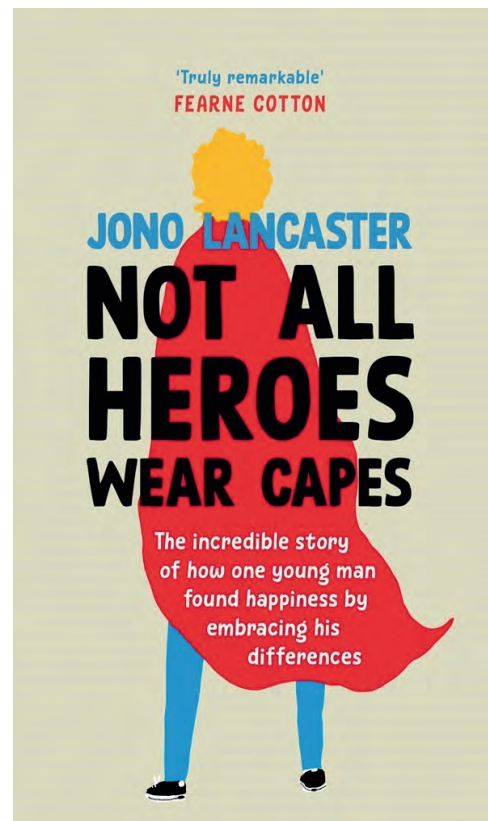
This book is the story of how I found my way out of difficult times, and how you can do the same.'

Jono Lancaster was born with Treacher Collins Syndrome - a condition that affects facial appearance - and at only two weeks old, he found himself in foster care. In his remarkable story, Jono shares the highs and lows of his journey and how he turned his differences into his greatest strengths.

Inspirational, empowering and moving - this is an extraordinary memoir with a powerful message: you are strong enough to become your own hero. (Cape optional.)

Jonathan (Jono) Lancaster is a thirty-something who loves fashion, music, and travel. While exploring the world, he found himself. A proud Yorkshire lad, he loves cheering on his local rugby team, the Featherstone Rovers, and he is the co-founder of charity Love Me Love My Face, which supports those with Treacher Collins Syndrome and other craniofacial conditions.

Jonathan is passionate about helping others find their own self-love and spends his free time doing yoga, presentation, public



July 2023
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Demy Octavo
£16.99 : Hardback
224 pages

Speed, Aggression, Surprise

The Secret Origins of the Special Air Service

Tom Petch

Ex-SAS Commander and award-winning filmmaker provides a fascinating, myth-busting story of the REAL origins of the SAS, for fans of Ben Macintyre

'Awesome!' ANDY McNAB | 'You must read this book'
Colonel TIM COLLINS OBE | 'Extraordinary' Sir RANULPH FIENNES

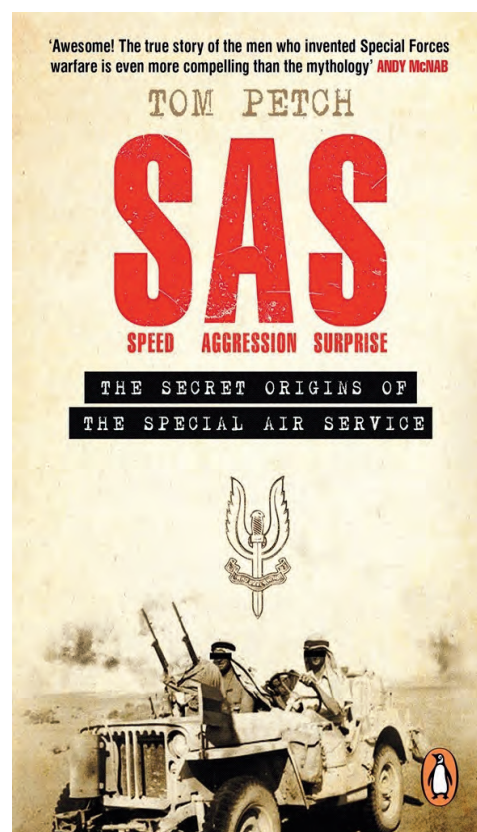
Forget what you thought you knew. Discover the REAL story of how the SAS was created.

From ex-SAS Commander Tom Petch, this is the never-before-told story of how the world's preeminent Special Forces came into existence. Flashing between dramatic accounts from the frontlines and power negotiations in Westminster, it's an adventure that reaches from the trenches of the Western Front to piracy in the deserts of North Africa, to the final assault on Germany.

Drawing on hidden archives and told with captivating drama, it focuses on two characters largely overlooked in the traditional narrative - Dudley Clarke the mastermind, and William Fraser the frontline operator. Without them there would never have been an SAS.

'Gripping and fascinating... Packed with unforgettable characters and thrilling adventures' WILL IREDALE, bestselling author of *The Pathfinders*

Tom Petch served for eight years in the British Army, as a tank commander, adjutant, aide de camp and a Troop Commander of 22 SAS. His military experience gives him a unique perspective on recently declassified archives, operation reports, accounts and interviews of the original SAS and their commanders. He is now an award-winning film director and producer whose debut film, *The Patrol*, won the Raindance Film Festival. He is also the great-great-great-grandson of Samuel Shephard, who founded Shephard's Hotel in Cairo where the SAS was born.



July 2023
9780753559406
B (Ebury)
£8.99 : Paperback
368 pages

How to Feed Your Family

Your one-stop guide to creating healthy meals everyone will enjoy

Charlotte Stirling-Reed

From the bestselling author of *How to Wean Your Baby*, this beautiful book with 70 balanced, baby-friendly recipes makes family mealtimes easy

THE SUNDAY TIMES BESTSELLER

'A must-have book for busy families who want to eat well and get organised in the kitchen.' - Joe Wicks

'Everything you need to know about family nutrition and mealtime happiness.' - Giovanna Fletcher

For many parents, feeding the whole family healthy, creative, home-cooked meals can be a struggle, with busy schedules and different tastes to navigate. After the initial care taken in the weaning stage, it's easy to find yourself falling back on oven chips! If you have a baby to feed alongside older children, sometimes it's hard to know where to begin.

Expert nutritionist Charlotte Stirling-Reed is here to help. Following on from her bestselling books *How to Wean Your Baby* and *How to Feed Your Toddler*, this book brings Charlotte's trademark approach of practical support and nurturing step-by-step guidance to help you manage the juggle of family life.

With 70 delicious, balanced recipes, with clear baby and toddler adaptations for each with Charlotte's expert advice, you'll soon find mealtimes can be stress-free *and* healthy, so you can continue your journey of bringing up adventurous little foodies.

'Mealtimes are so much easier with Charlotte's guidance.' - Kate Ferdinand

Charlotte Stirling-Reed is a leading nutritionist based in the UK and author of the *Sunday Times* bestselling *How to Wean Your Baby*.

Charlotte began her working life in the NHS after gaining a first-class honours degree in Nutrition and Human Biology and then a postgraduate degree in Nutrition and Public Health. Charlotte now works with a variety of global brands and her expertise is



July 2023
9781785044045
Other
£18.99 : Hardback
224 pages

The Art of Winning

Ten Lessons in Leadership, Purpose and Potential
Dan Carter

A unique and inspiring deep dive into leadership, strength and resilience from one of sport's true masters: All Black legend Dan Carter.

****Instant *Sunday Times* bestseller****

Ten timeless truths on leadership, purpose and potential - from the unique culture of the All Blacks, and the mind of a living legend.

You might think success at the highest level insulates you from self-doubt.

But nothing could be further from the truth.

In this book, I take you inside a journey that has forced me to look inwardly in a way I've never had to before. It's been challenging, frustrating, rewarding and left me full of gratitude.

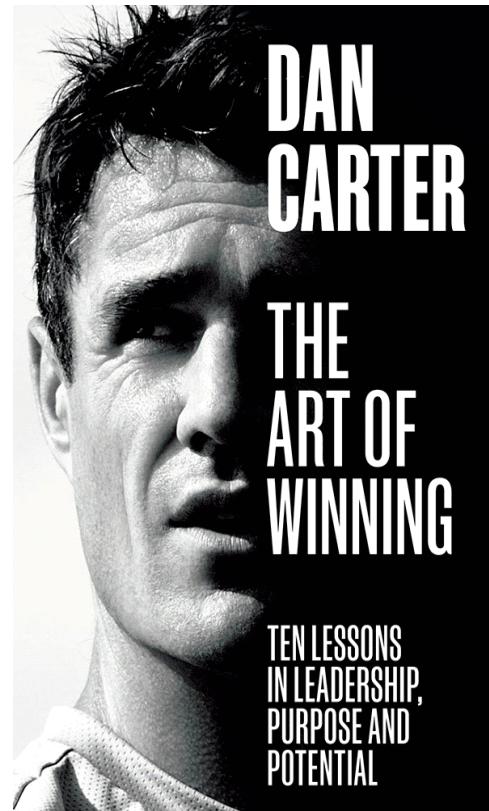
Whether you're a leader on a steep learning curve, a person navigating change in their life or just someone of any age trying to get that little bit better every day, I hope that my experience can spur you on to greater heights.

For the first time, sporting legend Dan Carter distils his two decades at the frontiers of high-performance into his 'perfect ten' lessons.

You won't find conventional wisdom here, but hard-learned truths, including:

- Why great leaders are made, not born, and why they must constantly evolve
- How to forge a winning team culture
- Why embracing your past can be every bit as important as looking towards your future
- Why empowering others leads to the best decisions
- Why confidence and self-belief are nothing without humility and a beginner's mindset

Honest, surprising and inspiring, *The Art of Winning* converts a legendary career into timeless lessons for readers in any walk of life. Step inside the unique culture of the All Blacks - and



July 2023
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Royal Octavo
£22.00 : Hardback
320 pages

Do Yourself a Flavour

75 Easy Recipes to Feed Yourself, Your Flatmates and Your Freezer

Fliss Freeborn

Playful recipes for the young, skint and hungry. For fans of Mob Kitchen, Jack Monroe and Ruby Tandoh.

Easy, thrifty, delicious food with a hefty glug of humour.

If you're a young(ish) person who wants to expand their kitchen repertoire beyond pesto-pasta and beans on toast, then you're in luck. *Do Yourself a Flavour* is full of ways to take your cooking to the next level.

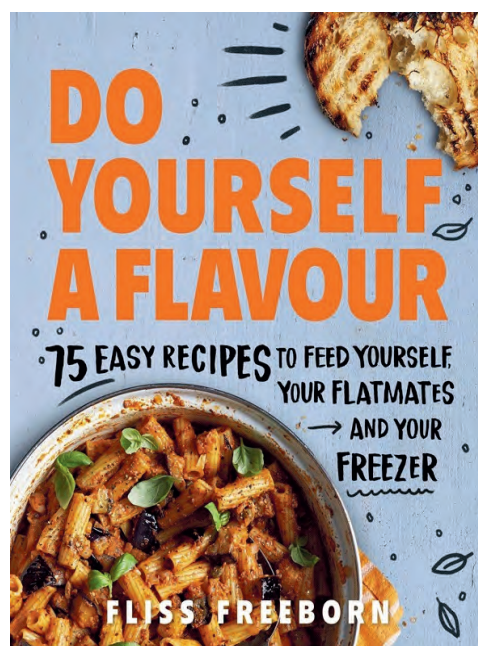
Brimming with over 75 recipes, plus tips and tricks for turning leftovers into fabulous meals in their own right, you'll be covered for all situations, from those quick fridge-to-face moments, through to making a delicious dinner to feed your plant-based pals and raging carnivores alike.

Including dishes such as *Puff Pastry Pizza Florentine*; *Sweet Potato, Spinach & Chickpea Curry*; *Mushroom, Ale & Lentil Pie*, and *Sausage, Squatternut Bosch & Red Onion Traybake*, you'll find din-spiration that doesn't require a riot of expensive or bizarre ingredients, utilises the culinary skills you already have, and won't ask you to go and buy more equipment for your (probably) shared, cramped kitchen.

Fliss Freeborn is Fortnum and Mason's Cookery Writer of the Year 2023

Fliss Freeborn wrote her first 'cookbook' aged 8. It included a recipe for clotted cream and golden syrup on toast, and instructed readers to eat cake batter straight out of the bowl rather than bothering to turn on their ovens. From the age of 12, she was the primary cook at home, later taking a job in a café as a prep and dessert chef. During school holidays, she worked in the galley of a charter boat, which meant by the time she arrived at university, she was well-versed in cooking delicious food for large groups of people on a tight budget.

In 2017, she started her blog - Student Cuisine for the Gloomy Teen - to share her recipes, accompanied by a hefty side-salad of surrealist humour. She still maintains that clotted cream and golden syrup on toast is an outrageously good snack, but now prefers her cake batter fully cooked.



July 2023
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230 x 189mm
£17.99 : Trade Paperback
176 pages

Lifting

Becoming the World's Strongest Brothers

Tom and Luke Stoltman

Scotland's all-conquering giants of Strongman reveal how together they lifted themselves from obscurity, and through adversity, to become Highland heroes

When Loch Morlich freezes over, we cut a hole in the ice and jump in.

Tom 'The Albatross' and Luke 'The Highland Oak' Stoltman are the world's strongest brothers. Between them, they've won everything there is to win in the mighty world of Strongman.

Tom can deadlift a 430kg bar to hip height, equivalent to about seven washing machines. Luke isn't far behind. Yet for the Stoltmans, being strong is about more than pure muscle. It's about overcoming adversity. And it's about honouring their biggest fan: their mother, who died in 2016 leaving the family devastated.

They've also transcended the sport, not least through launching the hugely successful online Stoltman Strength Academy. Through it all, they've stayed true to their roots in the Highlands of Scotland, giving back to their community, their family, and each other.

But it wasn't always like this. Back in 2010, Luke worked full time on oil rigs in the North Sea, and Tom was a teenager contending with the challenges posed by his autism. So, how did two lads from Invergordon conquer the world? Simple. They started lifting.

In their autobiography, Tom and Luke Stoltman show you how to lift: how to lift the lid on life with autism. How to lift yourself out of the darkness of bereavement. How to lift the trophy at the World's Strongest Man.

Luke Stoltman (Author)

LUKE STOLTMAN began weight training at the age of 15. He won his first contest, a local deadlift competition, in 2011. He has won Scotland's Strongest Man five times, was crowned Europe's Strongest Man in 2021 and has also enjoyed success at Britain's Strongest Man and World's Strongest Man.

Tom Stoltman (Author)



July 2023
9781529914412
Royal Octavo
£20.00 : Hardback
288 pages

The Mini ADHD Coach

How to (finally) Understand Yourself

Alice Gendron

The first truly accessible self-help book for ADHD readers.

With funny and relatable illustrations throughout, find out what it's really like to live with ADHD.

When Alice Gendron was diagnosed with ADHD aged 29, she knew she didn't fit the usual ADHD stereotypes. And she knew she wasn't alone. With 10 percent of the population worldwide living with ADHD, it's still highly misunderstood.

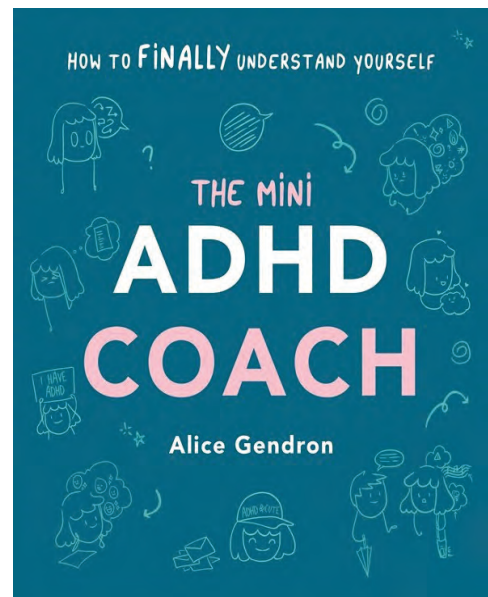
Can you have ADHD and still be able to focus? Do you have to be hyperactive to get a diagnosis?

The Mini ADHD Coach will set the record straight. Through Alice's much-loved illustrations, you'll learn:

- How ADHD can impact your daily life, from getting dressed and commuting to dating and making dinner
- How to deal with strong emotions after your ADHD diagnosis
- What ADHD expressions, such as analysis paralysis, hyperfocus and time blindness, really mean
- And how to finally understand yourself

Full of insider tips, daily hacks and an important glossary of ADHD language, this book will show you that you are not alone and that by working *with* your brain, not against it, it is possible to thrive with ADHD.

Alice Gendron was diagnosed with ADHD at the age of 29 and created her online platform, The Mini ADHD Coach, to navigate her diagnosis and help others to make sense of theirs too. Alice's funny and relatable illustrations are loved around the world. She currently lives in Bordeaux, France and has also lived in Melbourne, Australia.



July 2023
9781785044458
190 x 170 mm
£16.99 : Hardback
208 pages

Jane's Patisserie Everyday

Easy cakes and comfort bakes THE NO.1 SUNDAY
TIMES BESTSELLER

Jane Dunn

Sweet treats and delicious bakes for every day from bestselling sensation, Jane Dunn. For fans of *Mary Berry: Everyday*, *The Hairy Bikers Everyday Winners* and Nadiya Hussain

THE THIRD NUMBER ONE BESTSELLER from Jane Dunn

Simple cakes and delicious bakes for every day

Bestselling author Jane Dunn shows you how easy it is to bake every day with her simple treats, foolproof cakes, and comforting savoury bakes.

Covering all the classics from chunky cookies and fluffy cupcakes, deliciously flaky pastry and cheesy breads, to easy no-bake cheesecakes and quick one-tray feasts. This book has everything you need for effortless mouth-watering winners every day.

With **70 new and exclusive** fan-requested recipes, **30 classic favourites**, tips on freezing and how to make Jane's staple bakes free-from, *Jane's Patisserie: Everyday* is packed with big flavours that everyone will love. Including:

Carrot Cake Blondies
Chocolate Orange Fudge Cake
Chocolate Cheesecake Muffins
Irish Coffee Cupcakes
Mini Biscoff Cheesecakes
Marmite & Cheese Buns
Bacon Turnovers
Loaded Potato Skins
Ultimate Mac & Cheese

And more!

Jane started her blog in 2014 after training at Ashburton Chefs Academy. Jane has baked on *This Morning*, James Martin's *Saturday Kitchen*, and her recipes have been featured in *The Times*, *Fabulous*, *Cosmopolitan* and *Baking Heaven Magazine*. Her first book, *Jane's Patisserie*, is the fastest selling baking book of all time, a No.1 *Sunday Times* bestseller and her second, *Jane's*



August 2023
9781529196818
246x189
£22.00 : Hardback
272 pages

Ponies At The Edge Of The World

On nature, belonging and finding home

Catherine Munro

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

'Uplifting and moving' BBC RADIO 2

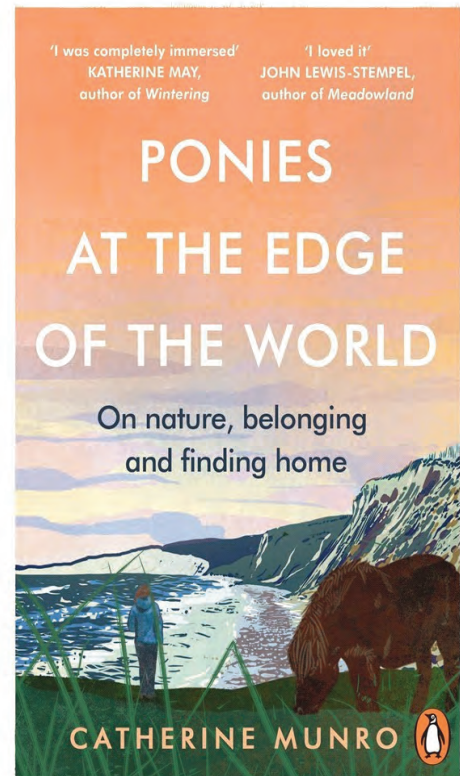
'Striking' *THE TIMES*

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

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

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

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



August 2023
9781846047275
B (Ebury)
£11.99 : Paperback
288 pages

How to Hangover

An illustrated guide

Stephen Wildish

A funny infographic survival guide. For fans of *The Hangover Cookbook*, *The Ladybird Book of the Hangover* and *Five Give-Up the Booze*

Headache? Confusion? Waves of nausea and regret?

Luckily, thanks to this handy book, a hangover no longer has to mean a ruined day.

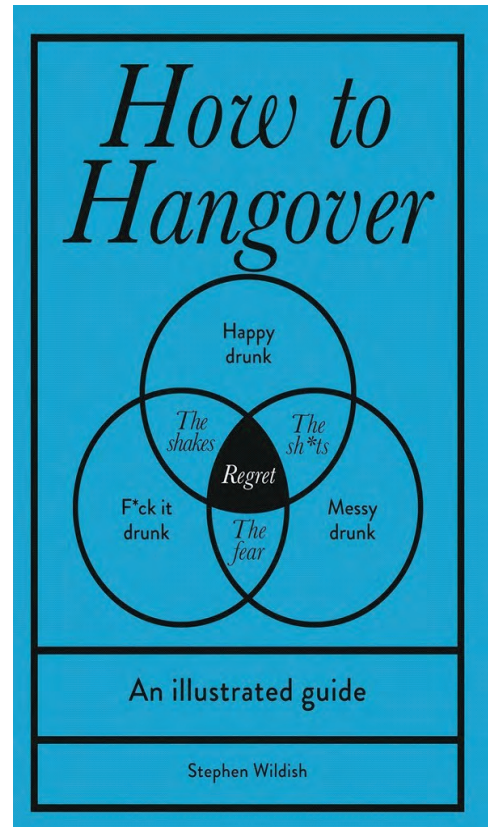
Use infographics and flowcharts to diagnose which hangover type you are suffering from and find the best treatments to help you on the road back to full health:

The bottomless pit
The 'I'm still drunk'
The Exorcist
The emotional boomerang
The lucky escape
The undeserved

If you are spraying the walls with last night's kebab and this morning's Berocca, you are going to need a very big glass of water...

With simple hangover cures and advice on how to tackle the clean-up (social AND physical) this book is the perfect remedy for all your 'morning after' regrets.

Stephen Wildish is a graphic designer specialising in illustration and infographics. He is the author of *How to Swear*, *How to Adult* and *How to Vegan*, and lives in Marlborough.



August 2023
9781529913675
198x129
£12.99 : Hardback
192 pages

Crystals to Manifest

Emma Lucy Knowles

Harness the power of crystals to manifest your best life. For fans of *Manifest* and *The Power of Crystal Healing*

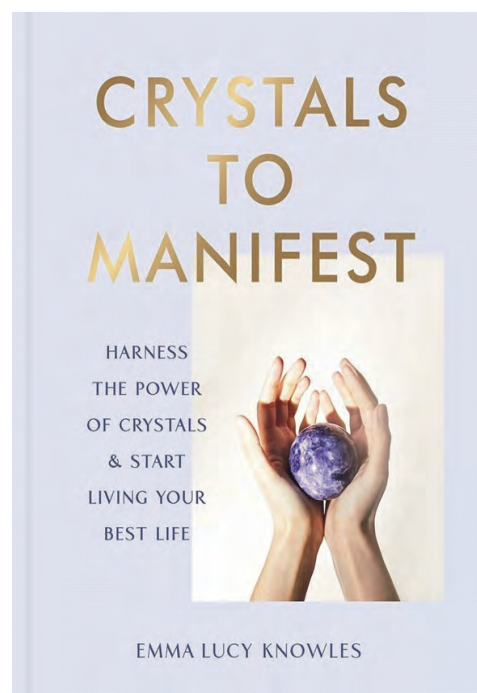
Invite love and success into your life with this essential guide to manifesting with crystals.

Hands-on healer and clairvoyant-to-the-stars, Emma-Lucy Knowles, shows us how to use crystals to help you feel more empowered in your everyday. Along with beautiful photography and a full index of the crystals she mentions, Emma-Lucy explains how to clear your body of what is blocking you, cast out your best intentions and then call in positive energy to transform your life.

Whether you're manifesting good things for your romantic life, friendships, career or physical health, you'll be told which crystals to pick and how to use them to strengthen your manifestation practice.

Harness the power of crystals and start living your best life.

Emma-Lucy Knowles is an intuitive hands on healer, clairvoyant and meditation teacher. She has worked with crystals and energy for over 15 years, helping people and souls from all over the world heal their pain, find joy and achieve success. She's also the go-to crystal expert for lifestyle magazines, and has been featured on *This Morning*, in *Cosmopolitan*, *Grazia*, *Harpers Bazar*, *Women's Health* and *Elle*. Follow @your_emmalucy on Instagram.



August 2023
9781529905373
185 x 143 mm
£16.99 : Hardback
192 pages

The Attention Fix

How to Focus in a World that Wants to Distract You
Anders Hansen

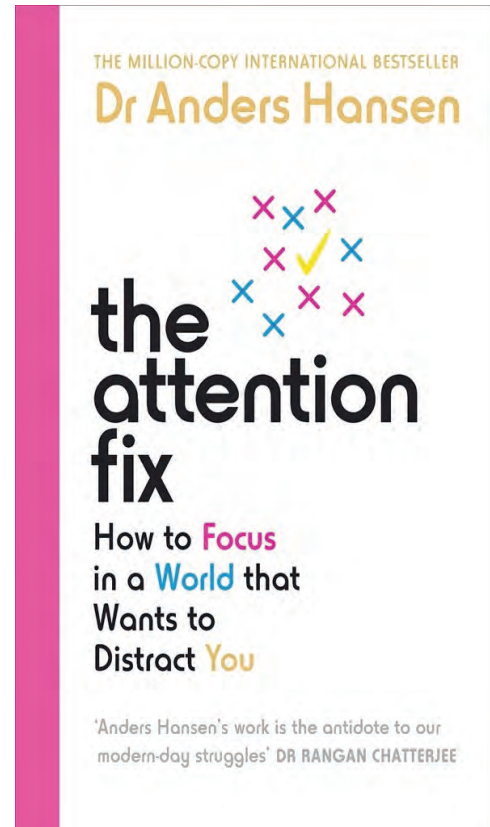
Million-selling wellbeing guru and psychiatrist's guide to why our addiction to technology causes us to feel anxious, stressed and lost - and what we can do to take back control.

Are you increasingly distracted, demotivated and unable to focus on simple tasks?

There's a good chance your smartphone is to blame. In the always-on age of notifications, emails and the news cycle, it's easy to waste the majority of our days mindlessly scrolling. But according to psychiatric specialist and mental health guru Dr Anders Hansen, being tethered to our devices 24/7 is taking its toll on our mental wellbeing. Sleeplessness, anxiety, depression and burnout are just some of the consequences of feeling digitally overloaded.

In *The Attention Fix*, Hansen shares an informative guide to what unrestricted social media use is actually doing to our brains, and the practical steps we can take to break the addiction cycle. Unpacking the latest scientific research on the brain, he explains knowledge to cure your smartphone addiction and foster deep, single-task focus. By taking control of your screen time, you'll feel happier, healthier and more productive.

Dr Anders Hansen is a Swedish psychiatrist, speaker and award-winning author with his own TV series exploring the human brain. His books have sold several million copies and topped bestseller lists around the world. Anders is the winner of the book of the year Big Health Award 2017 and 2019, and Sweden's Mensa Prize 2018. He is the author of *The Happiness Cure*, *The Attention Fix* and *The Mind-Body Method*.



August 2023
9781785044342
Demy Octavo
£14.99 : Trade Paperback
208 pages

Festive

Simple recipes, crafts and traditions for the perfect Christmas

Francesca Stone

Easy recipes, family projects and traditions that embrace the festive spirit

Make Christmas magic

In this book, you'll find easy, accessible ways to embrace your festive spirit and create lasting memories with the family with a collection of traditions - old and new - including simple recipes, styling tips and crafts to make your celebrations meaningful and beautiful without the big spend.

By using traditional, low-cost ingredients to create simple and tasty festive recipes and foraging, recycling, and using inexpensive items from around your home for cosy styling and beautiful crafts to keep or give as gifts, you can have a perfect, budget-friendly and more sustainable Christmas.

Recipes will include *Mini gingerbread house biscuits*, *Brie and cranberry waffles*, *Christmas Cake* and *Mince pies*, with styling tips covering how to dress your front door, tree and shelves, and crafts ranging from honeycomb paper trees to creating needle felted ornaments, recycled wax candles and natural beaded garlands.

This is a book you'll reach for year on year.

Francesca is the award-winning blogger and creative business owner behind Fall For DIY. A space for encouraging creative design with a DIY attitude. Sharing her accessible ideas, skills and many projects with her online following of over half a million is Francesca's passion, and it is the driving force behind her continuously experimenting with techniques both old and new.



August 2023
9781529905311
190 x 140 mm
£12.99 : Hardback
192 pages

The Cheese Wheel

How to choose and pair cheese like an expert

Emma Young

A completely new way to discover and delve into the world of cheese - the perfect gift for cheese lovers

'Delicious! Emma writes with such clarity and passion' NED PALMER, bestselling author *A Cheesemonger's History of the British Isles*

'Emma's expert take is brilliantly refreshing. What a triumph' HELEN MCGINN, Drinks Expert BBC Saturday Kitchen
'Fabulous, fun and factual' MELISSA HEMSLEY

Do you know your Brie from your Beaufort, your Reblochon from your Roquefort? Whatever your cheese expertise, this book is for you!

With over 110 cheeses covered, using *The Cheese Wheel*, you can:

- Discover the finest new cheeses from around the world
- Master how to taste cheese and describe what you like/dislike
- Find out the perfect drink to pair with your cheese
- Design your own cheeseboard
- And much more...

With experience as a cheesemonger, cheese maker and cheese awards judge, Emma Young brings her comprehensive knowledge to the page in this innovative flavour-based guide to cheese. Each cheese profile includes fascinating notes on its origins, what drink it pairs best with, why you must try it, and other cheeses it complements for your next cheese board.

So, whether you consider yourself a cheese connoisseur or are simply curious about the differences between a Cheddar, Comté and Caerphilly, this is an essential companion to have on your shelves.

'The book on cheese we have been waiting for' REGULA YSEWIJN

'A fun and informative book' RACHEL KHOO



August 2023
9781529903652
198x135
£14.99 : Hardback
208 pages

Bakes That Break The Internet

All The Trending Bakes from Faultline Cakes to Freakshakes!

Kat Buckley

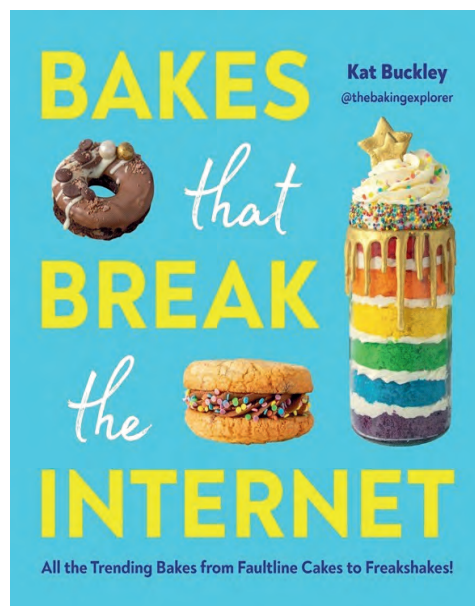
The best internet-breaking sweet treats for every occasion. For fans of Jane Dunn, Fitwaffle and *The Mini Egg Cookbook*.

TikTok Made Me Bake It!

Packed with the internet's most-loved recipes including *Anti-gravity Cake*, *Rainbow Cupcakes*, *Bronuts* and *Cookie Pies*, *Bakes That Break The Internet* is your guide to recreating the decadent and indulgent snacks from your For You Page at home.

From nostalgic treats like *Jammie Dodger Ice Cream* and *School Dinner Cake* to jaw-dropping desserts like *Nutella Freakshakes* and *Faultline Cake*, @TheBakingExplorer shows us the simple recipes and techniques to impress your friends and satisfy your sweet tooth.

Kat Buckley is a professional blogger living in Manchester, England. She has been blogging at The Baking Explorer for a decade, with a focus on sharing recipes and how to guides. She has been highly acclaimed by Vuelio, Feedspot and BritMums and her recipes have been featured in Baking Heaven magazine. Kat is passionate about making baking accessible to everyone and sharing the joy that food can bring.



August 2023
9781529905335
190 x 170 mm
£12.99 : Hardback
128 pages

Doctor Who: The Daily Doctor

Simon Guerrier & Peter Anghelides

To mark the 60th anniversary of Doctor Who, a page-a-day guide to keep you inspired and living your best Time Lord life.

What's the meaning of life? How do we overcome anger and hate? How do we find meaning in the universe, conquer grief and be kind in the face of darkness?

The Doctor, after hundreds of adventures through scores of years, has all the answers. And at last they're in the mood for sharing.

The Daily Doctor is a page-a-day guide to living your best Time Lord life. As days turn to weeks turn to months, stay serene with your daily dose of the inspirational plans, pronouncements and principles that bring order this crazy and chaotic universe.

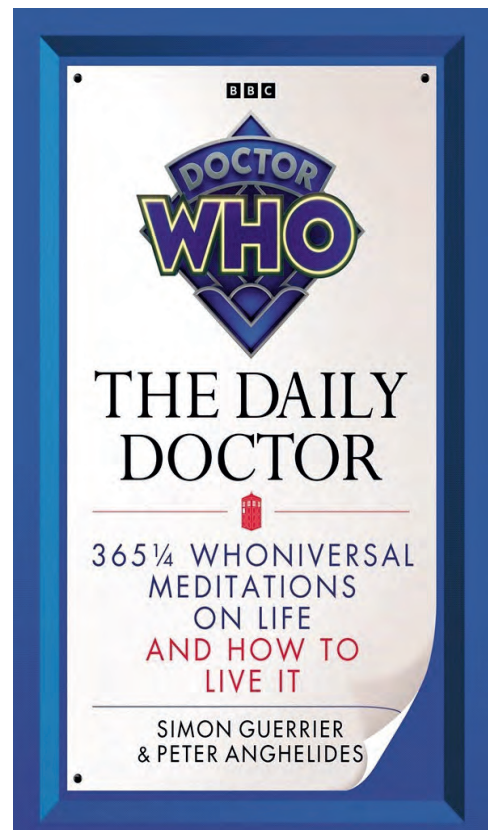
From what it means to be human, when it's best to run and the best approach to filling your pockets, this book contains nothing less than the tao of *Doctor Who* - 365¼ hot tips on life and how to live it!

Simon Guerrier (Author)

Simon Guerrier is co-author of *Doctor Who: The Women Who Lived* and *Whographica* for BBC Books, and has written countless *Doctor Who* books, comics, audio plays and documentaries. He has been a guest on *Front Row* and *The Infinite Monkey Cage* on Radio 4 and, with his brother Thomas, makes films and documentaries – most recently *Victorian Queens of Ancient Egypt* for Radio 3.

Peter Anghelides (Author)

Peter Anghelides has written award-winning and best-selling titles, with dozens of publications for BBC Books, BBC Audio, Virgin Publishing and Big Finish Productions. His original novels, audios and short stories include *Doctor Who*, *Torchwood*, *Blake's 7* and *The Sarah Jane Adventures*.



August 2023
9781785947988
Demy Octavo
£16.99 : Hardback
464 pages

Chatsworth

The gardens and the people who made them

Alan Titchmarsh and Jonathan Buckley

Alan Titchmarsh goes on a personal journey of discovery through the rich heritage of Chatsworth Estate and gardens, one of the most visited stately homes in the country

Home to sixteen generations of the Cavendish family over nearly five centuries, Chatsworth has played host to as rich a cast of characters as you are likely to find anywhere in the world. They have been, in turn, loved, reviled, extravagant, parsimonious, reclusive and sociable, but they have all left their mark on the landscape that surrounds their fabled family home, the Palace of the Peaks.

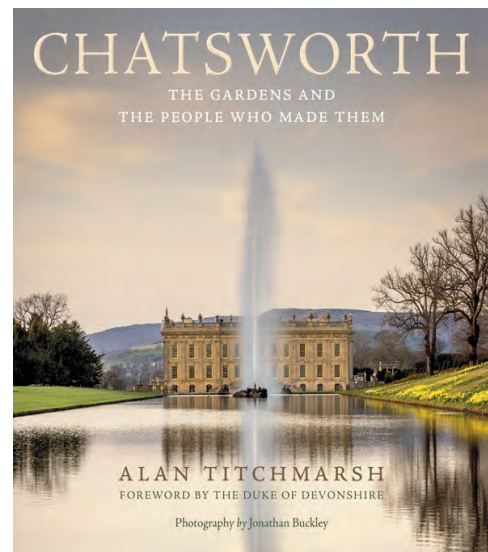
Follow Alan Titchmarsh into this irresistible world of visionaries, mavericks and English eccentrics.

Meet the indomitable Bess of Hardwick and her second husband Sir William Cavendish, who bought the Manor of Chatsworth for £600 in 1549 and built the first house there. Since then, the Estate has evolved with each generation, from the 4th Duke and Lancelot 'Capability' Brown in the 1700s, to the Bachelor Duke and the indefatigable Joseph Paxton the following century. From Andrew and Deborah Devonshire, who inherited an Estate that was on its knees in 1950 and ensured its survival when all seemed lost, to the 12th Duke and Duchess, Stoker and Amanda Devonshire, who have taken the reins since 2004. Alan explores the gardens they created. He discovers the real-life stories behind each horticultural triumph and architectural wonder, and we see how this great house and estate has flourished in all its beauty through changing times

With stunning, specially commissioned photography alongside long-forgotten images and memorabilia newly unearthed in the estate archives, this landmark new book is a glorious way to experience the magic of Chatsworth, past and present, wherever you are.

Alan Titchmarsh (Author)

Alan Titchmarsh MBE is known to millions through his career as a television presenter of shows including *Love Your Weekend*, *Love Your Garden*, *Ground Force*, *Gardeners' World*, *The Alan Titchmarsh Show* and *Spring Into Summer*. He has written more than forty gardening books, as well as twelve novels and



August 2023
9781529148213
262 x 250 mm
£35.00 : Hardback
288 pages

The Performance Paradox

How to Learn and Grow Without Compromising Results
Eduardo Briceño

A game-changing growth mindset that allows you to both learn and succeed at the same time from Carol Dweck's Mindset Works partner and Ted Talk phenomenon

We all know we should be learning and growing. But how do you make time while under pressure to perform?

Too many of us suffer from 'chronic performance': we feel constant pressure to look like we know what we're doing, to always be on, to rack up success after success and have all the answers, all because we assume that greater effort leads to greater success. But this temptation to portray ourselves as infallible is affecting both our work and personal lives and is blocking our ability for true growth.

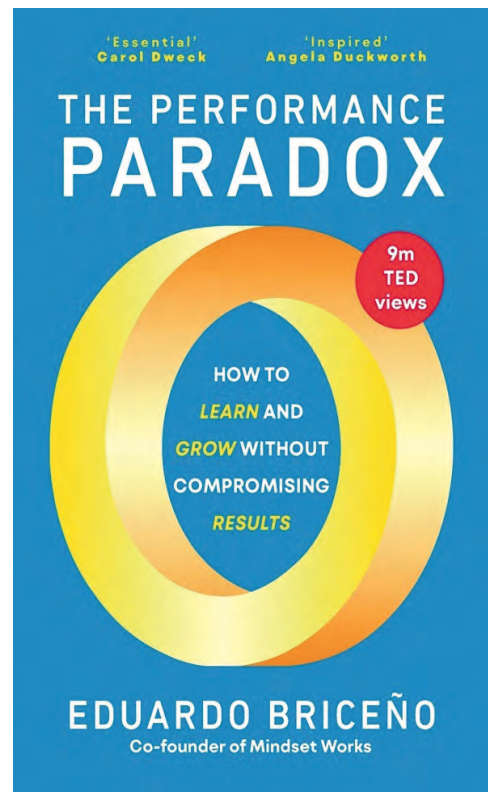
Through his work with over a hundred companies, co-founder of Mindset Works Eduardo Briceño has solved this by coming up with a game-changing framework that breaks our habit of chronic performance. He's discovered that long-term success as an individual or business - personal, financial and, organisational - relies on integrating and being proficient at learning and performing.

In *The Performance Paradox*, you will learn how to:

- Unlock the power of mistakes
- Integrate learning into daily habits
- Move seamlessly between learning and performing
- Solicit the most useful feedback
- Lead teams that constantly improve and outperform their targets

Ground-breaking and empowering, *The Performance Paradox* will break your chronic performance habit and revolutionise the way you approach growth mindset to get you on your way to thriving in both work and life.

Eduardo Briceño is a global keynote speaker, facilitator, and guide supporting leaders cultivating growth mindset cultures. He is a Pahara-Aspen Fellow, a member of the Aspen Institute's Global Leadership Network, and an inductee in the Happiness Hall of Fame. For over a decade he was the CEO of Mindset Works, which he cofounded in 2007 with Stanford



September 2023
9781529146424
Royal Octavo
£22.00 : Hardback
336 pages

Ten Hag: The Biography

Maarten Meijer

The ultimate, authoritative biography of Manchester United's 'absolutely fantastic' new manager, Erik ten Hag

'Meijer's portrait is definitive'
iNews

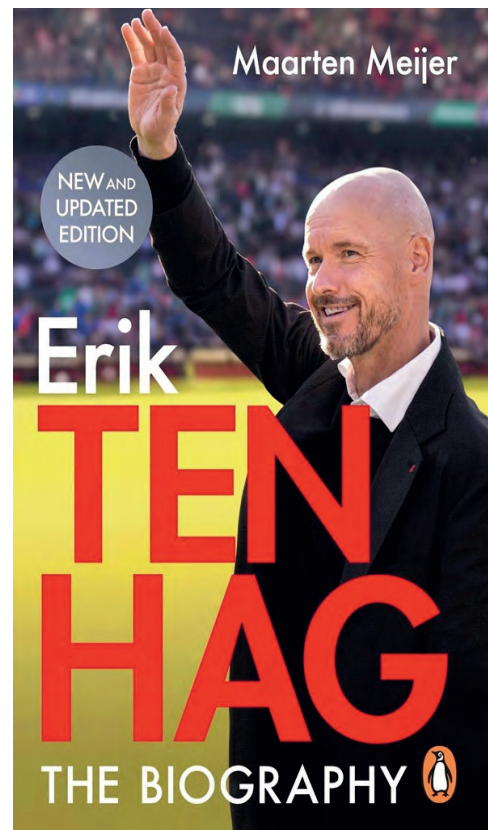
'Ten Hag may just be the man to bring the glory days back'
Daily Star

Who is Erik ten Hag? Calm and cool-headed, he ignores critics, follows his own methods and relentlessly pursues perfection on the pitch. His uncanny ability to analyse and solve problems - the 'process' as Ten Hag calls it - has unfailingly led to breakthrough. There is no magic. There is only intelligence at work, personal devotion to players and near-obsessive attention to detail.

At Ajax, Ten Hag brooked no dissent and moulded his team into a smoothly operating unit of attack. His team enjoyed an astonishing run, winning three league cups in a row and reaching the Champions League semi-finals for the first time in a quarter of a century. Along the way, they produced some of the brightest and most entertaining football seen in Europe for years. And throughout his first season at Manchester United, he has more than made his mark. He's brought a winning spirit to the club and silverware back to the trophy cabinet.

Maarten Meijer's definitive biography follows Erik ten Hag, from his upbringing in the Dutch countryside to his domestic triumphs and European victories. Meijer's book is the ultimate guide to the man with the momentous task of beginning a new era of great and winning football.

Dutch football commentator Maarten Meijer has written books on Louis Van Gaal, Guus Hiddink and Dick Advocaat. He has degrees in science and philosophy and a doctorate in Russian literature. Since 2000 he has been based in Korea with his wife and four children, where he teaches philosophy.



September 2023
9781529903638
B (Ebury)
£10.99 : Paperback
352 pages

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 south west 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 Classic Hendrick's Gin & Tonic, 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.

Dipping into summer stunners, winter warmers, and a variety of curious ingredients, readers will discover the versatility of Hendrick's gins, and be charmed by the playful creations on show. With chapters on sumptuous sharers perfect for hosting friends, trickier concoctions to enchant and astound, and tantalising toasts to celebrate something special, the Curious Cocktail Cabinet will prepare cocktail adventurers for any occasion.

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

Ally Martin (Author)

Ally Martin, Hendrick's Gin Global Ambassador, travels the world educating and inspiring curious drinkers on the intricate qualities, unique history and heritage of Hendrick's Gin. Originally from Edinburgh, Ally is the ideal envoy for one of Scotland's most celebrated gins and totes the signature rose and cucumber infusion from its home in Girvan, Ayrshire, to share with cocktail connoisseurs near and far. He is an award-winning gin specialist and was shortlisted for Best International Brand Ambassador at Tales of the Cocktail 2022 Spirited Awards® In New Orleans.



September 2023
9781529197372
Other
£20.00 : Hardback
256 pages

The Healing Cookbook

Nourishing plant-based recipes to help you feel better and stay well

Gemma Ogston

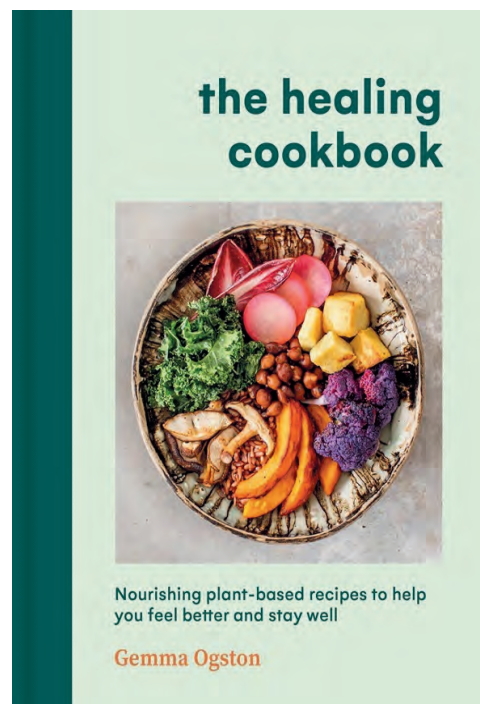
The first gift style book to cross veganism, immunity and wellbeing.

The Healing Cookbook takes self-care to the next level. In this four-colour illustrated book, plant-based chef Gemma Ogston shows readers how to supercharge their immune system and boost their mood, to feel better and stay well. It comes at a time when many of us have struggled with our health and are looking for ways to recover from illness and stay well.

Eating well is a vital part of good health, and yet so many of us are not fuelling our bodies in the right way. Presented in 4 parts: Recovery, Replenish; Staying Well and Supercharge, with a wellness toolkit, this beautiful book outlines how to harness the power of plant-based eating to recover from illness, and create a strong foundation of long-term health.

With over 60 delicious recipes, including Barley and Miso Risotto with Greens and Crispy Shrooms to boost energy levels and mood, Super Nourish Stir Fry with Kimchi to support gut health and immunity, and Tummy-loving Simple Stew to ease digestive issues, *The Healing Cookbook* is the path to wellness and vitality.

Gemma Ogston is a plant-based chef and mum of two with her own company Gem's Wholesome Kitchen based in Brighton. She works regularly with Soho House Brighton, has appeared on Saturday Kitchen and runs Gem's Community Kitchen, creating low cost, energy saving recipes as well as workshops for local schools. All her food is plant-based and plastic free: www.gemswholesomekitchen.com.



September 2023
9781785044397
190 x 140 mm
£16.99 : Hardback
192 pages

The Modern Midwife's Guide to the First Year

Marie Louise

A natural follow-on to Marie Louise's bestselling pregnancy and birth book, this evidence-based guide to the first year of parenthood will continue to build Marie Louise's author brand and firmly establish her as a leading expert in the parenting space.

The book you can trust to guide you through the highs and lows of parenthood.

Whether you're preparing for your baby to arrive, have just welcomed your little one into the world, or are well into the fourth trimester, this nurturing guide will ensure you feel supported and informed throughout your baby's first year.

Following on from where *The Modern Midwife's Guide to Pregnancy, Birth and Beyond* left off, this book will take you through the first 48 hours after birth up until your baby's first birthday.

From postpartum recovery to establishing a routine and looking out for signs to start weaning, Marie Louise will guide you through each stage of your baby's development. Packed with interesting facts, the most up-to-date insights and bringing together a whole host of childcare experts, you'll find everything you need to feel calm and confident about the exciting months ahead.

Marie Louise is a Senior Midwife, a PTLLS adult educator and hypnobirthing teacher from the UK. She has travelled extensively to learn about midwifery in different cultures and has also practised in Australia. She runs 'Modern Midwives Meetups' which provide a safe space for midwives to share best practice and hear from experts in the maternity field. Marie Louise is a sought after expert and has most recently been invited to Parliament to discuss maternal mental health and maternity discrimination. Marie is also a communications partner for Child.Org, an equal opportunities charity for children and advises Cocoon Family Health, a perinatal mental health charity based in London. Follow Marie Louise on Instagram [The_Modern_Midwife](#) or visit her website www.modernmidwife.com for her fun, informative and evidence-based posts.



September 2023
9781785044113
Royal Octavo
£16.99 : Trade Paperback
358 pages

How to Stand Up to a Dictator

Radio 4 Book of the Week

Maria Ressa

Inspirational 2021 Nobel Peace Prize WINNER Maria Ressa's personal frontline manifesto in the war against authoritarianism's sinister uses of big tech

WINNER OF THE NOBEL PEACE PRIZE 2021

What will you sacrifice for the truth?

Maria Ressa has spent decades speaking truth to power. But her work tracking disinformation networks seeded by her own government, spreading lies to its own citizens laced with anger and hate, has landed her in trouble with the most powerful man in the country: President Duterte.

Now, hounded by the state, she has multiple arrest warrants against her name, and a potential 100+ years behind bars to prepare for - while she stands trial for speaking the truth.

How to Stand Up to a Dictator is the story of how democracy dies by a thousand cuts, and how an invisible atom bomb has exploded online that is killing our freedoms. It maps a network of disinformation - a heinous web of cause and effect - that has netted the globe: from Duterte's drug wars, to America's Capitol Hill, to Britain's Brexit, to Russian and Chinese cyber-warfare, to Facebook and Silicon Valley, to our own clicks and our own votes.

Told from the frontline of the digital war, this is Maria Ressa's urgent cry for us to wake up and hold the line, before it is too late.

Praise for Maria Ressa:

Winner of the UNESCO Press Freedom Award 2021

'A personal hero of mine ... she's an important warning for the rest of us'

Hillary Clinton

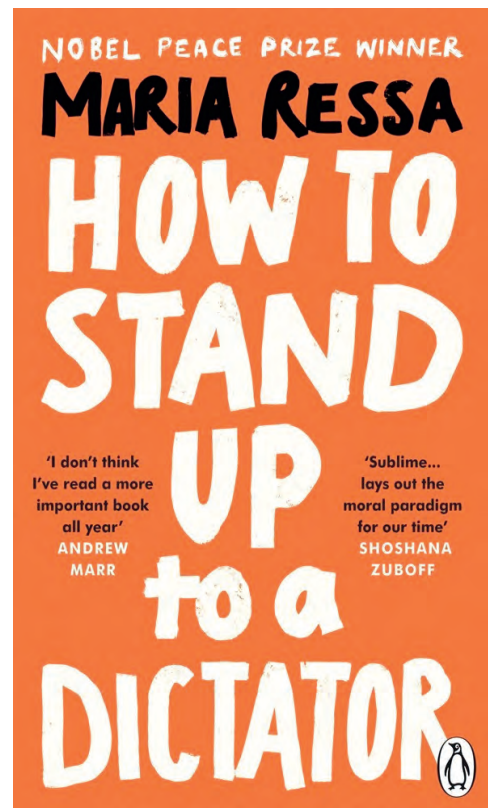
'Maria Ressa is 5ft 2in, but she stands taller than most in her pursuit of the truth'

Amal Clooney

'Maria is a key voice ... she is so incredible in so many ways'

Carole Cadwalladr

Maria Ressa is CEO, co-founder and President of Rappler, the



September 2023

9780753559215

B (Ebury)

£10.99 : Paperback

336 pages

The Best Ever Book of Halloween Stencils

Spooktacular pumpkin designs and quick cut-out costumes

The category-killing Halloween stencil book covering pumpkin designs, costume accessories, carving hacks and tips to reduce pumpkin waste

***Raise your spirits* with the best pumpkin carving designs and simple cut-out costume accessories.**

From simple knife-free ideas for little hands, to more complex showstoppers for the older Halloween enthusiast as well as fuss-free cut-out costume accessories, this book has everything you need to be the g-host with the most this Halloween.

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



September 2023
9781529913132
230 x 189mm
£10.99 : Trade Paperback
96 pages

Face the Music

My Story

Alfie Boe

The intimate and uplifting memoir from one of Britain's most loved singers - this is Alfie, off stage.

The intimate and uplifting memoir from one of Britain's most loved singers - this is Alfie, off stage.

Bringing his characteristic sense of cheeky humour to the page, in this heartfelt book Alfie describes for the first time the highs and lows of over a decade singing and performing across the world. From personal dinners with Queen Elizabeth II and following in the steps of King of Rock 'n' Roll Elvis in Vegas to mischievous antics with Michael Ball, Alfie's book takes us backstage to witness his brilliant career memories.

But this book is also a heartfelt insight to Alfie's unmasked truth for the first time ever. His unflinching honesty reveals not only the success stories, but also the pressures and how, through challenging times, he learned more about himself than he ever thought possible.

Laying bare the events that have shaped Alfie into the performer he is today, *Face the Music* demonstrates to us all that it's not our mistakes that define us - but instead, how we choose to come back from them.

As a young boy, Lancashire-born Alfie Boe (from the fishing port of Fleetwood) dreamed of a career as a singer. Having conquered the world's most prestigious opera stages, led the cast of *Les Miserables* for nearly a year, and stolen the show at the Queen's Diamond Jubilee Concert at Buckingham Palace, he has certainly succeeded. Always striving to bring good music to different audiences, after three sold-out UK Tours (including the Royal Festival Hall and the Royal Albert Hall), Boe has hundreds of thousands of fans, having achieved Platinum album sales in the UK, and four top ten album placings.



September 2023
9781529910346
Royal Octavo
£20.00 : Hardback
240 pages

The Key To Your Energy

22 Steps to Rebuild Your Energy and Free Yourself Emotionally

Natacha Calestreme

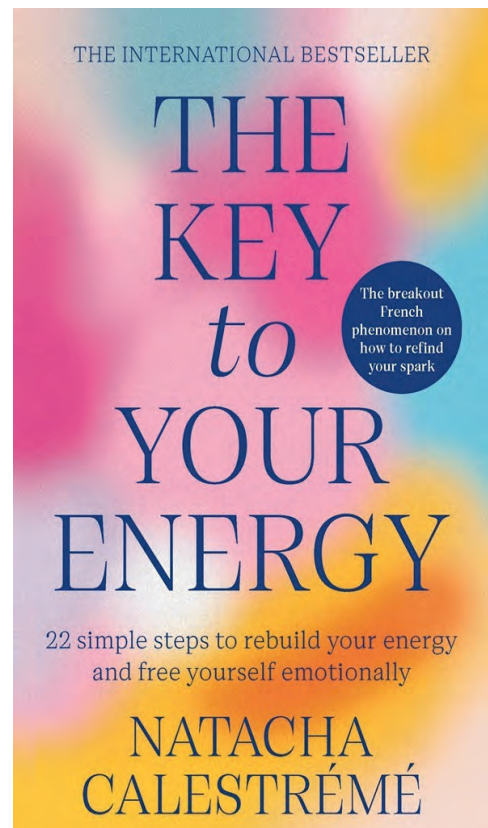
The international bestseller that helps you regain your energy, unlock negative emotions, and live your best life in just 22 steps

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.

'A rockstar for self-help' - ELLE

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 in 10 foreign countries. Her online conferences and videos unite millions of people.



September 2023
9781785044588
Demy Octavo
£16.99 : Trade Paperback
224 pages
N/A

The Coal Miner's Daughter

Maggie Hope

A family saga from the bestselling author of *A Daughter's Gift* and *The Servant Girl*

A wealthy landlord's son, and a coal miner's daughter...

Growing up in poverty, one of six siblings, Hannah Armstrong never thought she'd know anything other than her little mining town. But then she falls for Timothy Durkin, a wealthy Oxford student...

Following her heart, Hannah sacrifices everything she holds dear and follows her new husband to Oxford. But will her new life of luxury be everything she expected - or will she find that once a coal miner's daughter, always a coal miner's daughter...?

Maggie Hope was born in County Durham, during the Depression of the 1930s. She is the daughter of a coal miner and knows first-hand the hardships suffered by miners and their families during that time.

Along with her three sisters, she was raised in a 'two-up-two-down' miner's cottage with no inside toilet. Growing up, Maggie never dreamed she could earn a living from her writing. Instead she left school at sixteen and became a nurse, collecting stories from colleagues who had served during the war.

Maggie gave up nursing when she married her husband and started a family. It wasn't until she was in her 50s though that she finally began her writing career. She is now the *Sunday Times* bestselling author of fifteen novels.



September 2023
9781529911169
B (Ebury)
£7.99 : Paperback
512 pages

Mob 6: Tasty 6-Ingredient Meals

Tasty 6-Ingredient Meals

Mob

Mob offer up their simplest cookbook yet, with each recipe using just 6 ingredients. For fans of *The Roasting Tin* series, *OTK Shelf Love* and *Bosh*.

Six everyday ingredients, incredible quick and easy meals.

Mob are back with their much-anticipated simplest cookbook yet: ultra-tasty recipes made with six affordable ingredients, without ever compromising on flavour or originality.

Easy to shop, easy to make, quick to demolish.

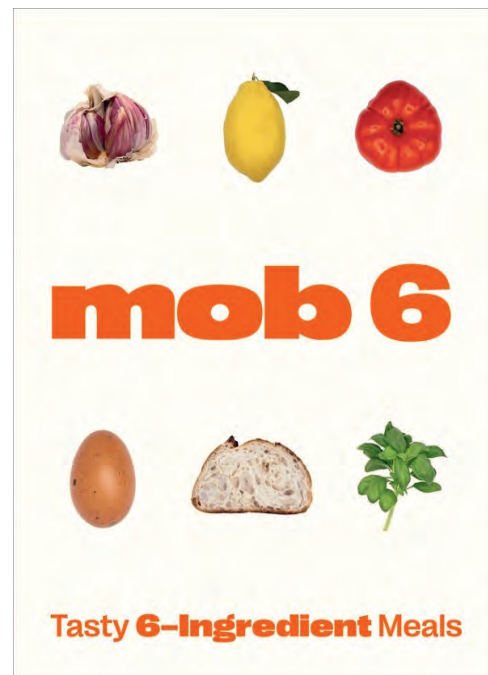
Find food for every craving with 115 new recipes, including:
Chorizo Mac 'n' Manchego,
Crispy Chilli Cauliflower,
All-the-Onions Smashburger
Harissa Sausage Orzotto.

Finishing off with Sweet Things, such as Negroni Jelly,
Tangerine Tiramisu and White Chocolate Tahini Cheesecake.

There's a finished photo for every single recipe plus ingredient pictures so you can instantly see what you need.

These are unfussy recipes using minimal ingredients delivering all the excitement that defines Mob's modern food.

Mob is the dynamic collective of chefs and creators that boasts more than 2 million online followers. They are known for championing tasty, easy, affordable food and diverse culinary talent.



September 2023
9781529902266
246x189
£22.00 : Hardback
288 pages

Carol Vorderman's Perfect 10 Quiz Book

With over 400 brand new questions, this is the perfect Christmas gift for fans of Carol Vorderman and her hit quiz podcast *Perfect 10*.

Guaranteed to educate, entertain... and irritate!

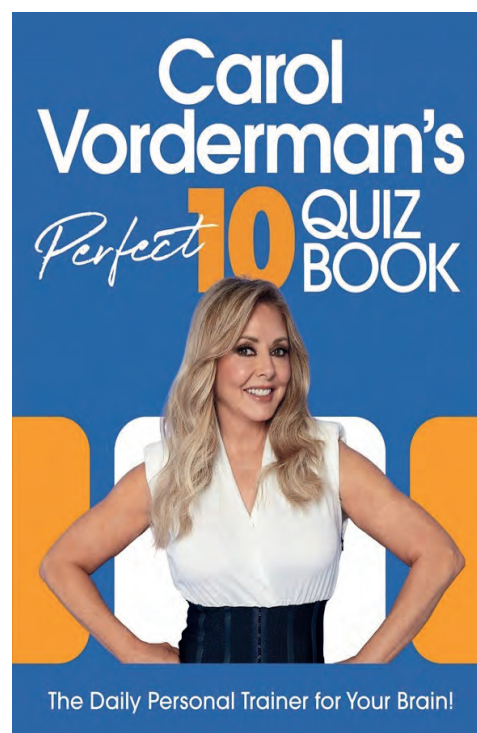
Enjoy 40 quick quizzes of 10 questions - a mix of anagrams, riddles, general knowledge, mindbenders, memory games, word puzzles and 'Carolateral' thinking! Ideal amusement for your commute, coffee break - whenever you have a spare 10 minutes.

Get your synapses firing, feel sharper and smarter.

Carol Vorderman MBE was the first woman to speak on Channel 4 and she hasn't shut up since! Since first appearing on our screens in 1982 as the 'vital statistician' on *Countdown*, Carol has appeared in around 10,000 TV shows including hosting *Pride of Britain Awards*, *Loose Women* and *I'm a Celebrity... Get Me Out Of Here!*

Carol has worked with a number of governments on education policy and protecting children online. During the coronavirus pandemic, Carol's online maths school went free and helped 500,000 primary school children. As a bestselling author, her *Made Easy Workbooks* and *10 Minutes a Day* series have helped over a million children revise key Maths and English skills and Carol Vorderman's *How To Do Sudoku* has sold over 500K copies in the UK.

Since 2022, Carol has presented *Perfect 10 with Carol Vorderman* - the nation's favourite daily quiz podcast that is guaranteed to educate entertain... and irritate!



September 2023
9781529917925
216x153
£14.99 : Hardback
256 pages

Deep Blue

My Ocean Journeys

Steve Backshall

From bestselling author and internationally popular TV presenter Steve Backshall, an *Underland* for oceans - a remarkable exploration of aquatic life from one of Britain's most renowned naturalists.

Take a deep breath

Steve Backshall was nine years old the first time he saw a shark, while on holiday with his family in Malaysia. It was the beginning of a life-long fascination with these 'lords of the sea', and the oceanic life around them. His career as one of the world's most popular naturalists and explorers has taken him to countless underwater places, many never before seen by others. And he's also been witness to the startling decline in fortune of our oceans' wild inhabitants over the past fifty years.

Deep Blue is a book a lifetime in the making: a remarkable blend of memoir, travel, and marine and environmental science that takes us on an unforgettable tour of the many worlds of aquatic life: from underwater deserts and rainforests to the evolution of ocean heroes like the sea turtle and the Great White, from the genesis of ocean life to the rapidly declining state of white polar seas and coral reefs. It's both a love letter to our precious oceans and rallying cry for what we must do to save them.

Born in 1973. Steve Backshall was brought up on a smallholding in the home counties of England. He studied English at university before going on to study biology, eventually becoming Adventurer in Residence for *National Geographic*. He travels the world as presenter of BBC TV's 'Deadly' series, for which he has won two BAFTAs. He presented BBC One's *Big Blue Live* alongside Matt Baker and Liz Bonnin in 2015, which went on to win the BAFTA Television Award for Best Live Event. His other documentary series include *Steve Backshall's Extreme Mountain Challenge*, *Down the Might River*, and *Steve Backshall and the Vertical Mile*.

STEVE
BACKSHALL

Deep Blue

My Ocean Journeys



September 2023
9781529144109
Royal Octavo
£22.00 : Hardback
368 pages

A History of Britain in Just a Minute

Gyles Brandreth

Gyles Brandreth's witty guide to British history, from Stonehenge and Boudicca to Brexit and Megxit, in delightful 60-second instalments - now in paperback

The story of us - without hesitation, repetition or deviation.

Join national treasure and *Just a Minute* regular Gyles Brandreth on a hilariously addictive romp through British history. This isn't just another history book - there's a catch! From Stonehenge and Boudicca to Megxit and Brexit, each topic is written in 60-second installments, without hesitation, repetition, or deviation.

A History of Britain in Just a Minute celebrates key moments, people and places from our past: kings and queens, heroes and villains, triumphs and disasters, inventions and events, battles and bonnets, art, science, literature, entertainment, sport, gossip, and more. Some entries are uninterrupted minutes, while others feature challenges for repetition and even, er...hesitation. You'll even find other *Just a Minute* panellists occasionally grabbing the pen to regale us with their witty takes on history.

You've never heard the history of Britain told quite like this. You'll enjoy every uproarious minute of it.

Gyles Brandreth is a writer, performer, former MP and Government Whip, now Chancellor of the University of Chester and probably best known these days as a reporter on BBC1's *The One Show* and as a regular on Radio 4's *Just a Minute*. On TV he has featured on *Have I Got News For You*, *QI*, *Room 101*, *Countdown*, and *This is Your Life*. As a journalist he writes for the *Telegraph* and *Daily Mail* and is a columnist for *The Oldie*. The founder of the National Scrabble Championships, his books about words and language include four best-sellers, *The Joy of Lex*, *Word Play*, *Have You Eaten Grandma?* and *Dancing by the Light of the Moon*.



September 2023
9781785947605
B (Ebury)
£10.99 : Paperback
384 pages

Quit

The Power of Knowing When to Walk Away

Annie Duke

US Bestselling author, cognitive psychologist and former professional poker player Annie Duke on the power of knowing when and how to cut your losses, for fans of THINK AGAIN, SWITCH and THE SUBTLE ART OF NOT GIVING A F*CK

'Brilliant and entertaining' *Daniel Kahneman* | 'Quit what you are doing right now and read this' *Richard Thaler* | 'Engrossing, important, and grounded in science' *Katy Milkman*

What if the secret to success is not just hard work, but knowing when to change track?

In this game-changing guide, decision-making expert Annie Duke shows why quitting what holds you back is essential for success. Drawing on new research and fascinating examples, this book offers practical strategies and explains:

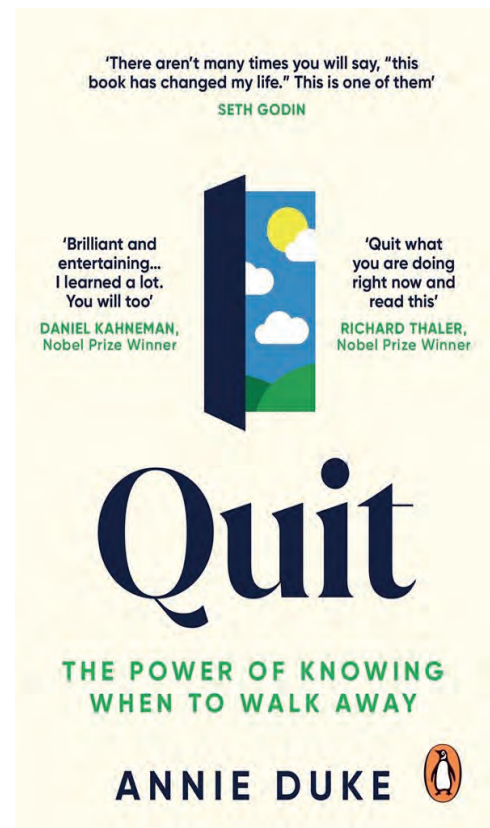
Why it's so hard to walk away

How to identify when it's best to persevere or pivot

How quitting on time often feels like quitting too early

Packed with insights from athletes, start-up founders and entertainers, *Quit* breaks down the mental model that keeps us from walking away and provides a toolkit for quitting anything - a career, a marriage, an investment - at the perfect time.

ANNIE DUKE is a bestselling author, speaker and consultant in the decision-making space. As a former professional poker player, Annie won more than \$4 million in tournament poker before retiring from the game in 2012. She is the cofounder of The Alliance for Decision Education, a nonprofit whose mission is to improve lives by empowering students through decision skills education.



September 2023
9781529146165
B (Ebury)
£10.99 : Paperback
336 pages

Becoming the One: A Guided Journal

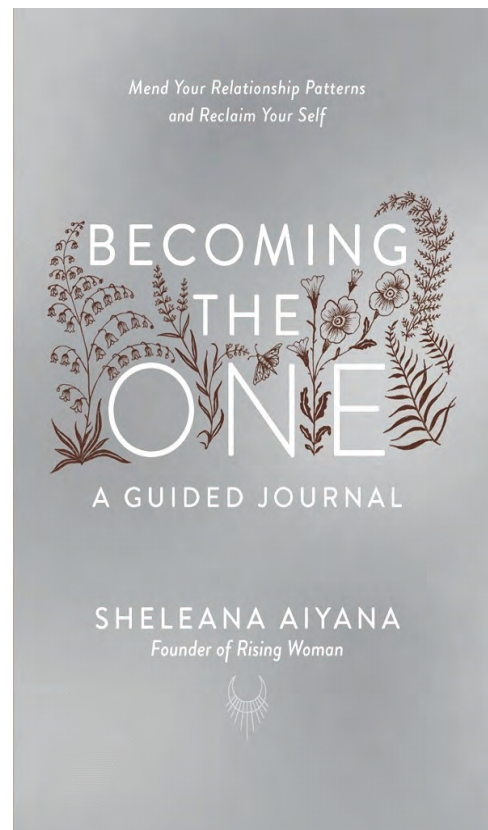
Mend Your Relationship Patterns and Reclaim Your Self
Sheleana Aiyana

An introspective guidebook to working through trauma and connecting with yourself from the founder of the 3 million strong Rising Woman community, Sheleana Aiyana.

Are you feeling disconnected? Trying to get through a break-up? At a crossroads in life?

Join founder of Rising Woman, Sheleana Aiyana, on a healing path to self-acceptance with the *Becoming the One Journal*. Building on the wisdom shared in her first book *Becoming the One*, Sheleana has created a transformative, interactive guidebook to give you the space to turn over a new leaf to usher in self-love and inner peace. Featuring journaling prompts, somatic exercises, reflections and meditations, this beautiful book is a guiding hand to working through difficult times and truly connecting with the innate goodness that lives within you.

Sheleana Aiyana is a spiritual counsellor, author and founder of Rising Woman with a growing community of over 3 million readers. Her training and immersion in couples facilitation, inherited family trauma, family systems, conscious relationship, somatic healing and plant medicines inform her holistic approach to seeing relationship as a spiritual path. Over 30,000 women in 146 countries have taken her flagship program "Becoming the One."



September 2023
9781846047565
Demy Octavo
£16.99 : Trade Paperback
224 pages
N/A

The Farm Table

A Cookbook

Julius Roberts

The first book from TV chef and farmer, Julius Roberts. Offering simple, rustic seasonal recipes and stories from his Dorset small-holding, *The Farm Table* will appeal to buyers of Nigel Slater's *The Kitchen Dairies*, *The Naked Chef* and *Jamie at Home*, and Hugh Fearnley Whittingstall's *River Cottage Cookbook*

'A heart-warming and uplifting book. The recipes are utterly gorgeous.' NIGEL SLATER

Cook and eat your way to the good life with simple, seasonal recipes.

First-generation farmer and chef Julius Roberts shares honest tales of farming life and easy, thoughtful dishes to reconnect us to nature and the seasons.

Making the most of simple ingredients, *The Farm Table* is unfussy home cooking at its very best.

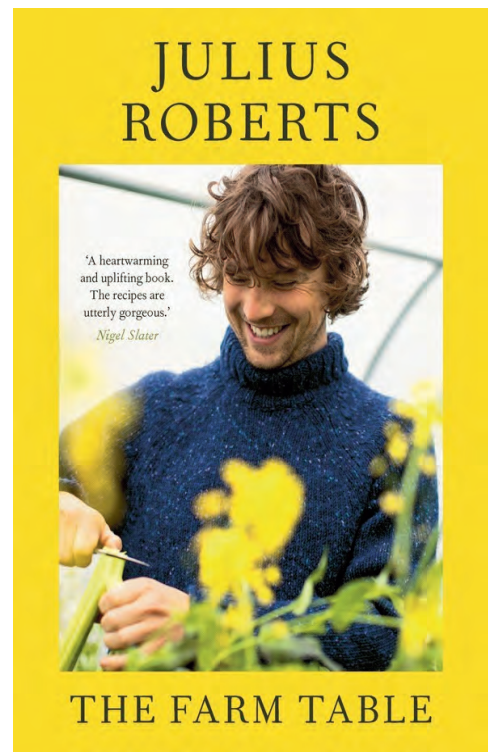
A few good things on a plate, assembled with joy and ease.

Recipes include:

- winter: an elegant, fuss-free dinner of roast pumpkin, mozzarella, hazelnuts and sage, and a hearty sausage stew
- spring: baked fish with herbs and asparagus, chicken roasted over lemon, fennel and potatoes, and a lamb stew with pearl barley
- summer: courgette pasta, a ratatouille galette, and a steamed apricot sponge
- autumn: arrives with smoked haddock and leek rarebit and pan-fried trout with mash and spinach sauce.

Passionate about seasonality, Julius shows us how to make the most of produce, from crisp, crunchy apples in autumn, pink rhubarb in winter, asparagus in spring and the first summer strawberries.

Julius Roberts is a first-generation farmer and restaurant trained chef, on a mission to live a self-sufficient life down on his family smallholding in Dorset, whilst also cultivating the finest ingredients, and cooking and eating the very best food.



September 2023
9781529198997
254 x 178 mm
£27.00 : Hardback
320 pages

Democracy Awakening

Notes on the State of America

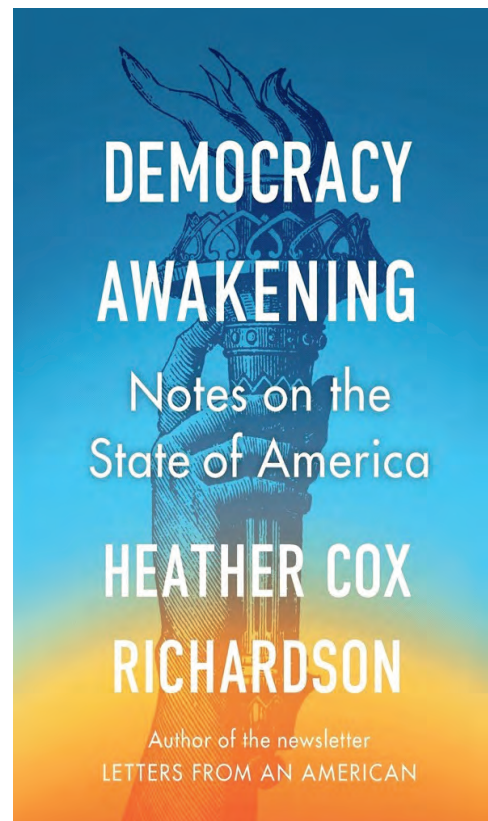
Heather Cox Richardson

From the million reader Substack phenomenon comes a vital narrative that explains how America, once a beacon of democracy, now teeters on the brink of autocracy - and how we can turn back.

In *Democracy Awakening*, American historian Heather Cox Richardson examines how, over the decades, an elite minority have made war on American ideals. By weaponising language and promoting false history, they are leading Americans into authoritarianism and creating a disaffected population.

Many books tell us what has happened over the last five years. In *Democracy Awakening*, Richardson wrangles America's meandering and confusing news feed into a coherent story to explain how America got to this perilous point, what we should pay attention to, and what the future of democracy holds.

Heather Cox Richardson is Professor of History at Boston College. She has written about the Civil War, Reconstruction, the Gilded Age, and the American West in award-winning books whose subjects stretch from the European settlement of the North American continent to the history of the Republican Party through the Trump administration. Her work has appeared in the *Washington Post*, the *New York Times*, and the *Guardian*, among other outlets. She is the cohost of the Vox podcast, *Now & Then*.



September 2023
9780753560846
Royal Octavo
£16.99 : Trade Paperback
304 pages

Extremely Online

The Untold Story of Fame, Influence and Power on the Internet

Taylor Lorenz

The first sweeping history of our life online, by TikTok's favourite tech journalist and cult cultural commentator, Taylor Lorenz.

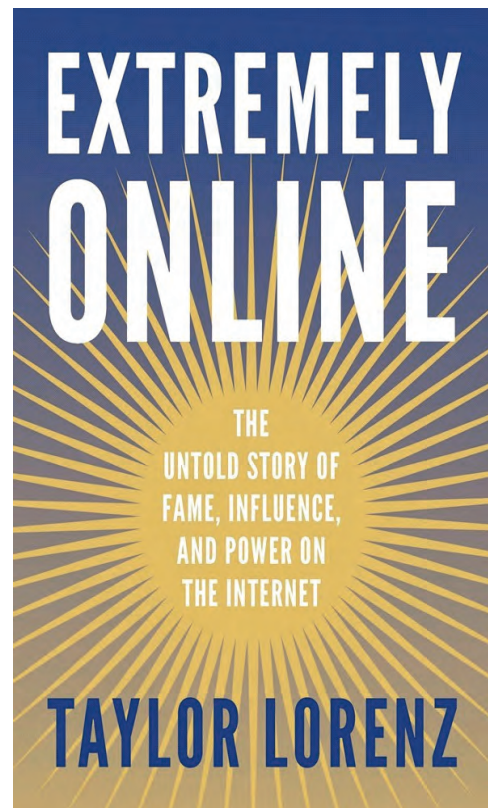
'This book is about a revolution. It has radically upended how we've understood and interacted with our world. It has demolished traditional barriers and empowered millions who were previously marginalized. It has created vast new sectors of our economy, while devastating legacy institutions. It is often dismissed by traditionalists as a vacant fad, when in fact it is the greatest and most disruptive change in modern capitalism.'

Acclaimed *Washington Post* reporter Taylor Lorenz presents a groundbreaking social history of the internet-revealing how online influence and the creators who amass it have reshaped our world, online and off.

For over a decade, Taylor Lorenz has been the authority on internet culture, documenting its far-reaching effects on all corners of our lives. Her reporting is serious yet entertaining and illuminates deep truths about ourselves and the lives we create online. In her debut book, *Extremely Online*, she reveals how online influence came to upend the world, demolishing traditional barriers and creating whole new sectors of the economy.

By tracing how the internet has changed what we want and how we go about getting it, Lorenz unearths how social platforms' power users radically altered our expectations of content, connection, purchasing, and power. Lorenz documents how moms who started blogging were among the first to monetize their personal brands online, how bored teens who began posting selfie videos reinvented fame as we know it, and how young creators on TikTok are leveraging opportunities to opt out of the traditional career pipeline. It's the real social history of the internet.

Emerging seemingly out of nowhere, these shifts in how we use the internet seem easy to dismiss as fads. However, these social and economic transformations created a digital dynamic so unappreciated and insurgent that it ultimately created new



October 2023
9780753560792
Royal Octavo
£16.99 : Trade Paperback
384 pages

Food on the Go

The Chilly's Cookbook

Chilly's

In Food on the Go you'll find healthy and tasty meals to suit all tastes, from sweet items such as **Chia Seed Chocolate Powerpots** and an **On-The-Go Smoothie** to fulfilling dishes including **Easy Ramen**, **Lamb Curry Bao Buns**, **Bang Bang Tofu Salad** and a **Salmon Poke Bowl**. Chapters include Breakfast, Soups & Hotpots, Wraps & Sandwiches, Salads, Snacks & Treats and Drinks, so *Food on the Go* will slot seamlessly into your lifestyle at any time of day.

From the pioneers of reusables, these 75 easy and delicious recipes are designed to fit perfectly into your busy life - and your Chilly's products.

Created to elevate your eating and drinking experience, *Food on the Go* is packed with convenient and exciting inspiration for every meal. Every recipe has been formulated to work dynamically with your Chilly's reusables, which will keep your food hot or cold throughout the day.



October 2023
9781529149326
190 x 170 mm
£16.99 : Hardback
160 pages

Surrounded by Vampires

Or, How to Slay the Time, Energy and Soul Suckers in Your Life

Thomas Erikson

How to spot - and slay - the time, energy and soul suckers in your life, from the international bestselling author of *Surrounded by Idiots*

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

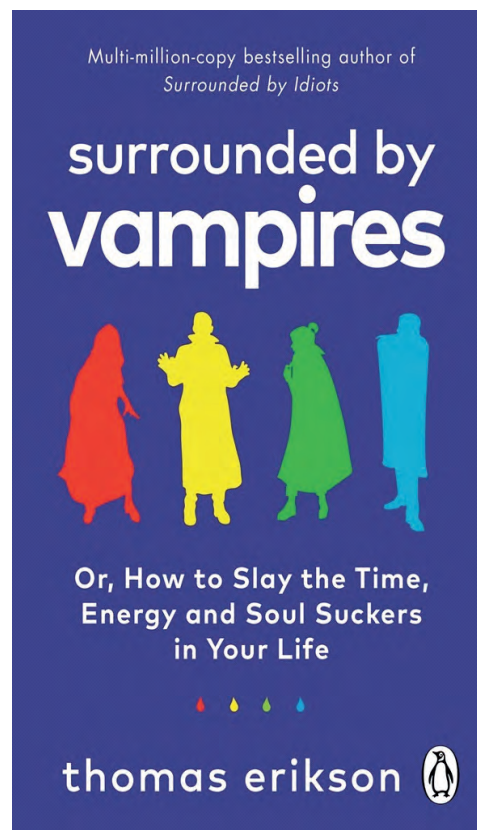
Do you often feel exhausted by conversations?
Are there people in your life with belittle you through words or actions?
Or, do you have colleagues who take up your time and don't actually do much?

You could be surrounded by vampires! International bestselling author and behavioural expert Thomas Erikson will help you recognise and deal with the four most common vampires.

Be it time, energy, attention or habit vampires, these ubiquitous social villains can leave you feeling drained and depleted. Whether they're lurking in your office, hiding amongst friends and family, or invading your thoughts, vampires can be found all around you.

Fortunately, no human or habit Vampire can survive when the sun shines on them. With the help of the behavioural model made famous in *Surrounded by Idiots*, Thomas Erikson will help you spot the vampires around you and find your light to vanish their influence for good.

Thomas Erikson is a Swedish behavioural expert, bestselling author and active lecturer. For more than 20 years, he has travelled across Europe delivering lectures and seminars in Swedish and in English to executives and managers in companies including IKEA, Coca Cola, Microsoft, Volvo and KIA Motors. *Surrounded by Idiots* (*Omgiven Av Idioter*) is a Swedish runaway bestseller, selling more than 1 million copies in Sweden alone. It has sold over 3 million copies worldwide, since it was first published in 2014, and has been translated into 55 languages. For more information about the author and his work visit thomaserikson.com.



October 2023
9781785043994
B (Ebury)
£10.99 : Paperback
368 pages

Be Useful

Seven tools for life

Arnold Schwarzenegger

Seven lessons from the international icon on how to live a meaningful, purposeful life, for fans of *Atomic Habits* and Wim Hof

The seven rules to follow to realise your true purpose in life -distilled by Arnold Schwarzenegger from his own journey of ceaseless reinvention and extraordinary achievement, and available for absolutely anyone.

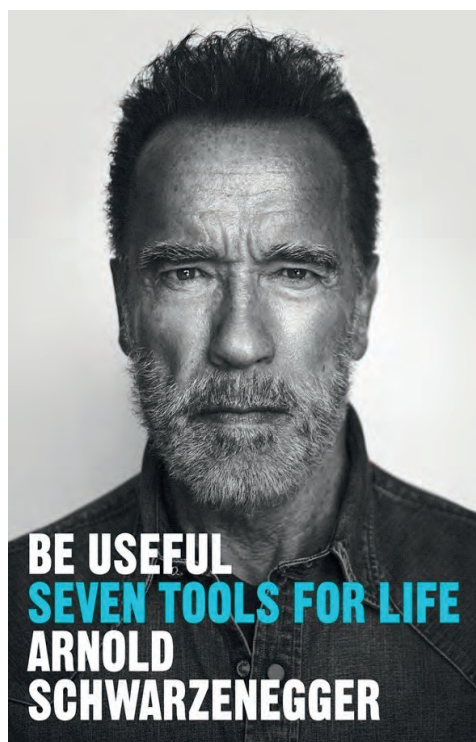
The world's greatest bodybuilder. The world's highest paid movie star. The leader of the world's sixth largest economy. That these are the same person sounds like the setup to a joke. But this is no joke. This is Arnold Schwarzenegger. And this did not happen by accident.

Arnold's stratospheric success happened as part of a process. As the result of clear vision, big thinking, hard work, direct communication, resilient problem-solving, open-minded curiosity, and a commitment to giving back. All of it guided by the one lesson Arnold's father hammered into him above all: be useful. As Arnold conquered every realm he entered, he kept his father's adage close to his heart.

Written with his uniquely earnest, blunt, powerful voice, **BE USEFUL** takes readers on an inspirational tour through Arnold's toolkit for a meaningful life. Arnold shows us how to put those tools to work, in service of whatever fulfilling future we can dream up for ourselves. He brings his insights to vivid life with compelling personal stories, life-changing successes and life-threatening failures alike--some of them famous, some told here for the first time ever.

Too many of us struggle to disconnect from our self-pity and connect to our purpose. At an early age, Arnold forged the mental tools to build the ladder out of the poverty and narrow-mindedness of his rural Austrian hometown, tools he used to add rung after rung from there. Now he has shared that wisdom with all of us. As he puts it, no one is going to come rescue you -- you only have yourself. The good news, it turns out, is that you are all you need.

Arnold Schwarzenegger is a global icon: a titan of public life, sports, and entertainment. An immigrant with few resources,



October 2023
9781529146530
Demy Octavo
£20.00 : Hardback
288 pages

Fake History

101 Things that Never Happened

Jo Teeuwisse

A funny and informative myth-busting guide to all the history you thought happened but never actually did, from historical expert Jo Teeuwisse, better known online as The Fake History Hunter.

Fake news about the past is fake history.

Did Hugo Boss design the Nazi uniforms?
Did medieval people think the world was flat?
Did Napoleon shoot the nose off the Sphinx?

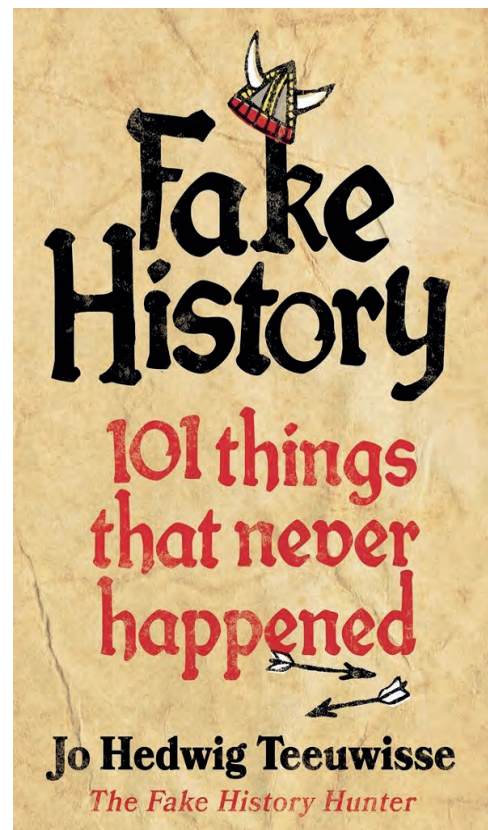
***Spoiler Alert* The answer to all those questions is no.**

From the famous quote 'Let them eat cake' - mistakenly attributed to Marie Antoinette - to the apocryphal horns that adorned Viking helmets, fake history continues to shape the story we tell about who we are and how we got here. With doctored photographs, AI-generated images and false claims about the past circulating in the news and on social media, separating fact from fiction seems harder than ever before.

Jo Hedwig Teeuwisse, better known as **The Fake History Hunter**, is on a one-woman mission to hunt down fake history and reclaim the truth for the rest of us.

In this fascinating and illuminating book, Teeuwisse debunks 101 myths so you can correct your friends and family, and arm yourself with the tools to spot and debunk fake history wherever you encounter it.

Jo Hedwig Teeuwisse, better known as *The Fake History Hunter*, is a widely-recognised historical authority for her work on social media debunking historical 'facts'. For over 20 years, Jo has studied, taught and researched history and is an expert in the daily life of Medieval Europe, life in the 1930s and 1940s, and the history of crime. She has worked as a historical consultant teaching in museums, advising on documentaries and carrying out research for films.



October 2023
9780753559673
Demy Octavo
£16.99 : Hardback
416 pages

Draw Your Feelings

A Creative Journal to Help Connect with Your Emotions through Art

Rukmini Poddar

***The Artist's Way* for a new generation. A stunning, creative workbook for accepting our emotions.**

"With her warm encouragement and captivating illustrations, Rukmini gently guides us to notice and accept ALL of our emotions. Each exercise and creative prompt she supplies is an opportunity for you to pause and experience your emotions from a new perspective."

--Jay Shetty, bestselling author of *Think Like a Monk*

An interactive guide to help readers connect with and process their emotions creatively.

Our emotions add colour to our lives. Happiness can feel like bright sunshine. Anxiety can feel like a gray cloud. Even though it may be uncomfortable at first, it's clear that sitting with your emotions, feeling them fully, and exploring their depths can teach you more about yourself and help you better anticipate and process big feelings when they come.

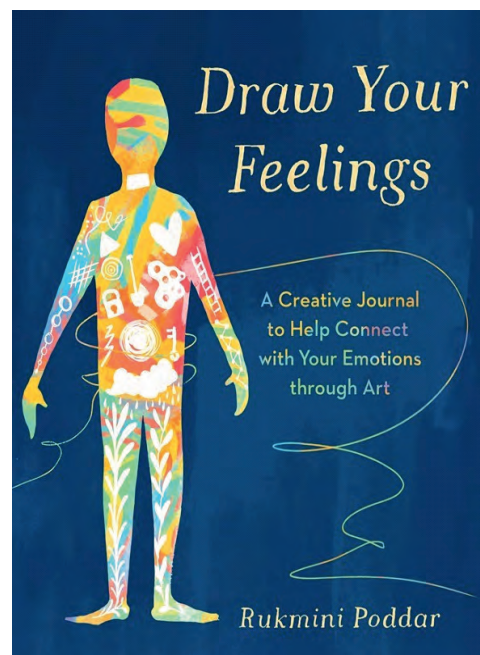
In this mind-opening and beautifully illustrated guide, popular artist Rukmini Poddar guides you through the steps to creative self-reflection, giving your emotions a physical representation through lines, shapes, colours, and more.

With exercises for beginners and experts alike, readers will learn basic drawing skills and take them all the way to mapping their emotional landscape.

Draw Your Feelings will stretch creative muscles you didn't know you had and transform the way you interact with yourself and the world.

Rukmini Poddar is an artist, designer, and educator. Her creative passion lies at the intersection of emotional wellness and creative storytelling. She began her illustration career after completing her first #The100DayProject in 2015, and has since completed this project each year for the past seven years. Rukmini hosts regular Draw Your Feelings art workshops for

large and small groups, including universities and corporate teams. When she's not busy drawing her feelings, you can find



October 2023
9781785044779
230 x 185
£16.99 : Trade Paperback
224 pages

The Chanel Style Principles

Be inspired, transform how you dress

Hannah Rogers

Discover how to bring the iconic principles of Chanel to your everyday wardrobe, for readers of Welbeck's *Little Book of Fashion* series

A beautiful and practical guide with ideas and tips on how to elevate your everyday outfits, Chanel-style.

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 is all you need to bring casual-chic sophistication to your everyday wardrobe.

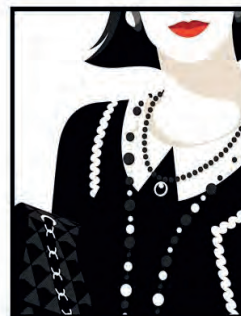
Accompanied by photography throughout, included in these pages are the achievable, timeless and classic looks that you can recreate at home as well as the rules to keep in mind, so that the way you dress can always be inspired by one of the world's most iconic fashion designers.

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*. She can be found online at @hannahlouiserogers.

The CHANEL STYLE PRINCIPLES



BE INSPIRED,
TRANSFORM HOW YOU DRESS

HANNAH ROGERS

Unofficial and unauthorised

October 2023
9781529907094
190 x 140 mm
£14.99 : Hardback
192 pages

How to be a Politician

2,000 Years of Good (and Bad) Advice

Vince Cable

The ultimate book of political advice, conjuring the warp, weft, ebbs, flows, highs and lows of a political life, in the words of those who said it best - curated and introduced by Sir Vince Cable.

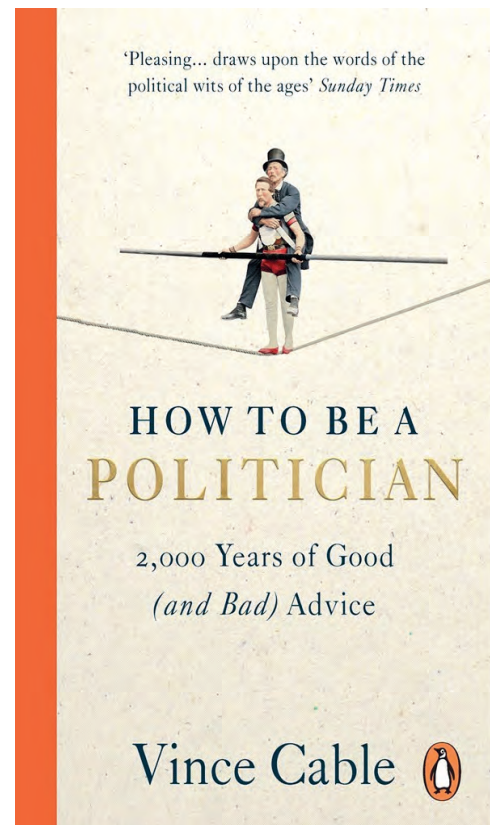
'Always forgive your enemies - but never forget their names.' JFK

'What do you want to be a sailor for? There are greater storms in politics than you will ever find at sea. Piracy, broadsides, blood on the decks. You will find them all in politics.' David Lloyd George

'Unchallenged master of the self-inflicted wound.' Nicholas Soames on Boris Johnson, apropos his switch to campaigning for Brexit

Structured to follow the arc of a life in politics - from childhood aspirations and first attempts at getting elected, to navigating the back benches, ascending the greasy pole, dealing with detractors, facing crises, and finally escaping - this unique collection weaves together the wittiest, wisest and most acerbic political quotations from the last 2,000 years. Punctuated throughout by candid insights from Sir Vince Cable, *How to Be a Politician* is a timeless and entertaining education in the dark arts of politics.

Vince Cable is the former Liberal Democrat leader 2017-2019 and was Secretary of State for Business, Innovation, and Skills 2010-2015. Some of his achievements include launching the world's first ever Green Investment Bank to support that supports young people through apprenticeships and the promotion of socially responsible capitalism. He is currently a visiting professor at the London School of Economics.



October 2023
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B (Ebury)
£10.99 : Paperback
256 pages

Isle of Dogs

A canine adventure through Britain

Clare Balding

The story of Britain told through its canine companions, by national treasure, dog lover and bestselling author Clare Balding

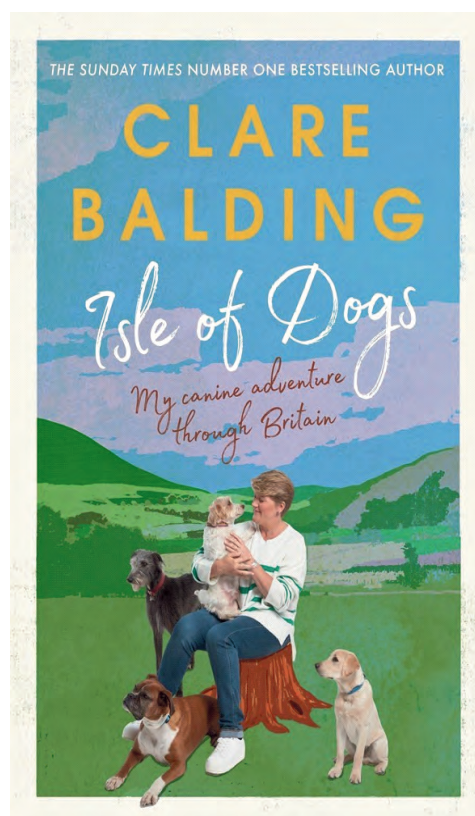
Every dog must have his day.

Dogs are never just pets. Not for the British. We love them as members of the family. They work with us, sleep with us, eat with us, help us live our daily lives and come on holiday with us. Some parents will freely admit to enjoying the company of their dogs more than their children while many couples would choose the dog over their partner. So what is it that makes our bond so special?

In this fascinating adventure across Britain, Clare Balding explores the many roles dogs fulfil and the history of how they became such an intrinsic part of our lives. She talks to people whose everyday survival depends on their dog, those whose experience of life has been transformed by them and what dogs have meant to her.

From the mysteries of extinct breeds to the ancient dogs still thriving today, she journeys from Battersea to the Orkney Islands via Buckingham Palace to tell a moving and humorous tale of loyalty and partnership. *Isle of Dogs* is an unmissable read for anyone whose life has been transformed by a faithful hound.

CLARE BALDING is an award-winning writer and broadcaster who has been at the forefront of sports presentation since 1998. She has been a key anchor at seven Olympic and six Paralympic Games as well as multiple Commonwealth Games and Winter Olympics. She was awarded a special BAFTA in 2012 for her work at the London Olympics and Paralympics. In 2023, she took over as the lead BBC TV presenter at Wimbledon. She was a key commentator on the BBC's television coverage of King Charles III's Coronation in 2023 and for the Queen's Platinum Jubilee coverage in 2022. She has presented the television coverage of Crufts for nearly two decades and *Lost Dogs Live* on Channel 5, which helps reunite missing dogs with their owners. During most of her childhood she thought she was a dog and has tried to live with the mentality of a Labrador puppy: be pleased to see everyone



October 2023
9781529195392
Royal Octavo
£22.00 : Hardback
304 pages

The Therapy Crouch

In Search of Happy (N)ever After

Abbey Clancy, Peter Crouch

Join the nation's favourite married couple and chart-topping podcast hosts, Abbey Clancy and Peter Crouch, as they discuss the realities of modern relationships in this hilarious and relatable guide.

Join the nation's favourite married couple and chart-topping podcast hosts, Abbey Clancy and Peter Crouch, as they discuss the realities of modern relationships in this hilarious and relatable guide.

From the moment you swipe right or lock eyes across a crowded bar, you step onto a rollercoaster ride of dating, first kisses and romantic weekends away. Then before you know it, you're meeting the in-laws, moving in together and walking down the aisle. It's not all highs, there are lows too: you've got your other half's annoying habits to discover and you need to learn how to win every argument in pursuit of *always* being right.

When kids come along, sexy text messages make way for school whatsapp groups and suddenly you have no time for one another. Life is a blur of nappies, sleepless nights and chauffeuring as your offspring embark on a more colourful social life than you could dream of. That first date might just be the start of a relationship that lasts for the rest of your life, so choose wisely.

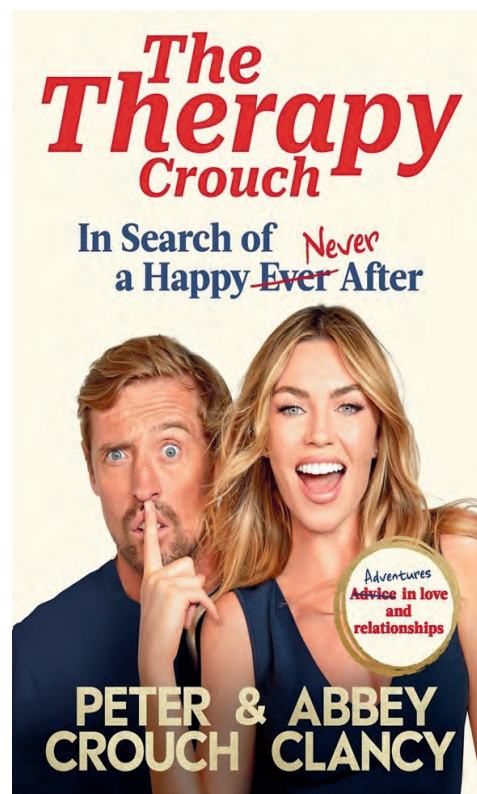
From hooking up to breaking up and getting together to staying together, join us as we navigate our way through the trials and tribulations of dating and relationships. Celebrating all that's good and bad about being in pursuit of love, we ask can you ever find you happy ever after?

Abbey Clancy (Author)

Abbey Clancy is a television presenter, model and the host of chart-topping podcast *The Therapy Crouch*. She was the runner-up of *Britain's Next Top Model* in 2006, winner of *Strictly Come Dancing* in 2013 and went on to present *Britain's Next Top Model*. Later this year she will host *Celebrity Homes* on ITV.

Peter Crouch (Author)

Peter Crouch was a professional footballer for over 20 years. He scored over 100 Premier League goals, has 42 England



October 2023
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304 pages

The Big Craptic Quizbook

Over 1,000 ever so dodgy, not-quite-cryptic
brainteasers

Pippa Taylor

All new, joyously addictive Craptic brainteasers, for fans of the popular long-running Saturday morning quiz on The Chris Moyles's Show.

Over 1,000 new Craptic brainteasers, for fans of the popular long-running Saturday morning quiz on *The Chris Moyles Show*.

This joyously addictive book is sure to irritate, exasperate and hook in all of your pals.

A Craptic, for anybody not yet acquainted, is a series of dodgy word clues that when merged and said out loud creates a name or phrase.

*breathe out in despair * holy man with hair ring * moo-er *
waterhole*
(sigh-monk-cow-well)

Now for the first time, you can unscramble Craptic clues that lead to movies, TV shows, bands, books, comedians and filmstars. There's oh-so-much fun ahead with this craptastic range of new categories to play anytime, anywhere and with anyone.

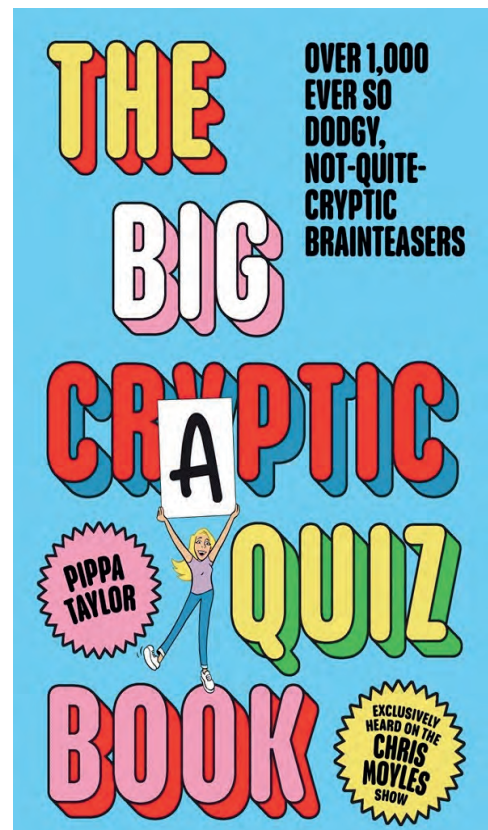
Be warned though, Pippa has found some very dubious ways to get you to the right answer...

Are you ready for some seriously silly laughs? Put yourself to the Craptic test.

'Pippa's Craptics are addictive. Once you start playing you'll be saying "just one more" for ages!' - Chris Moyles

'I didn't think it was possible, but this book is even crapper than the last one' - Chris Tarrant

'I think this book is absolutely excellent. Having said that the



October 2023
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Demy Octavo
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272 pages

Life on Our Planet

Accompanies the Landmark Netflix Series

Dr Tom Fletcher

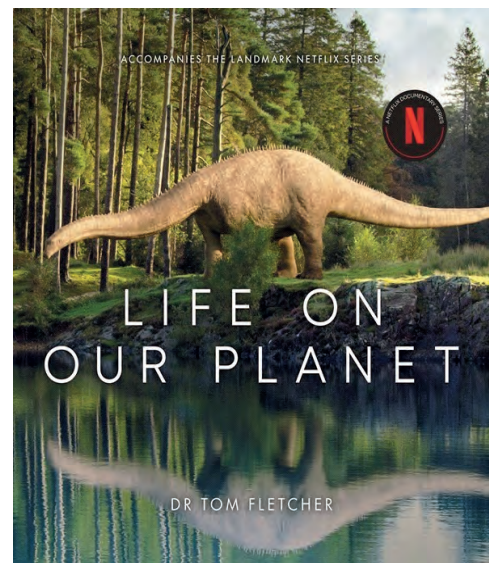
Accompanying an 8-part Netflix and Steven Spielberg series from Silverback Films and Industrial Light and Magic, a new 'Walking with Dinosaurs' that offers a stunning re-examination of prehistoric life on Planet Earth.

Today there are 20 million species on our planet. Yet what we see is just a snapshot in time. 99% of Earth's inhabitants are lost to our deep past. The story of what happened to these lineages - their rise and their fall - is truly remarkable.

Accompanying the ground-breaking series, *Life on Our Planet* tells the story of life's epic battle to conquer and survive on planet Earth, showing in a new light what's been lost to us, and how life's future is now being written by us. From ancient ocean worlds and plant life's first forays onto land, to the rise and fall of the dinosaurs and the devastation of the last Ice Age, this is a sweeping view of evolution, through five extinctions and, with the arrival of humans on earth, the beginning of the sixth...

With over 200 photos and images from the groundbreaking Netflix series, *Life on Our Planet* is an unforgettable journey to our ancient past, containing powerful lessons to learn about our future.

Tom Fletcher PhD is a vertebrate palaeontologist and wildlife expert, specialising in sharks and fossil fishes. He completed his masters at the University of Bristol, and his PhD at the University of Leeds, where he developed a love for teaching. As an academic he has published a variety of scientific papers, and continues to collaborate internationally as an *Honorary Research Fellow of Palaeobiology* at the University of Leicester. Tom now works at Silverback Films as a scientific adviser for a number of big-budget natural history series. He lives in the world-renowned 'Green Hollywood' of Bristol, UK with his partner and pets, amongst a jungle of plants, fossils, and books.



October 2023
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262 x 250 mm
£30.00 : Hardback
312 pages

Remember Love

Words for Tender Times

Cleo Wade

A valuable handbook for anyone white knuckling their way through the days from *New York Times* bestselling author and poet Cleo Wade.

The beloved, bestselling author of *Heart Talk*, hailed as "the poet of her generation" (*Time*), charts a path away from exhaustion and endless crises and toward a place of renewal and radiant love with a new, soulful collection of original poetry and prose.

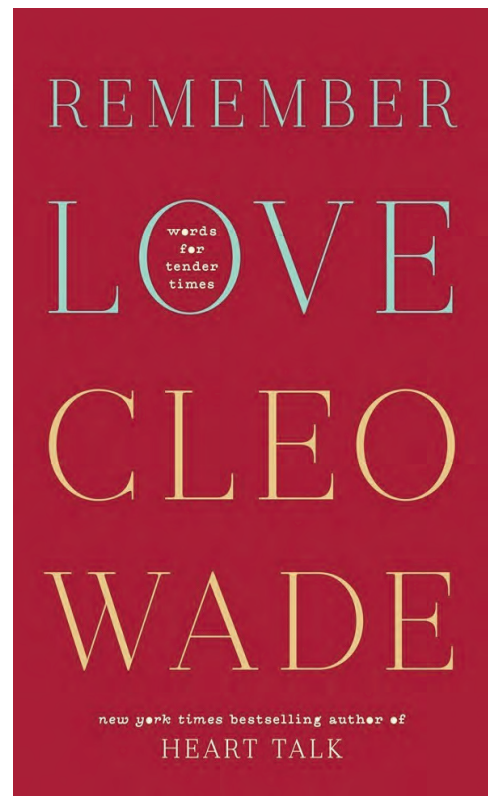
Cleo Wade is that friend you dream of having - the one you could phone in your darkest hours, confident she'd say the perfect thing, because no matter what you're going through, she's going to meet you with warmth and understanding. She's never shied away from her own setbacks and heartbreaks; she's embraced them and distilled them into pearls of essential truth and sincere advice which can help get you through, can make you see that tomorrow still lies straight ahead. If only you had such a friend...

And now you do.

Remember Love, offers the consoling, inspiring voice that so many are craving amid the chaos of modern life. In clear, deep, generous poetry and prose, Cleo urges those feeling confused, lost, or overwhelmed by change to return to what's essential: love. Time and again, she reminds us that love, particularly self-love, is what saves us, even on our worst days - especially on our worst days.

A soothing ode to what binds us, *Remember Love* journeys through the weird, mystical, palpably human and encouraging aspects of life. It urges you to put one foot in front of the other and face whatever comes your way - gently and vulnerably. It stands in a deep truth: by embracing our individual journeys and uniqueness, we can rediscover that not only is liking and loving ourselves our greatest responsibility, it is the greatest gift.

Cleo Wade is the *New York Times* bestselling author of *What the Road Said*, *Heart Talk*, and *Where to Begin*. She sits on the boards of the Lower Eastside Girls Club, the National Black Theatre in Harlem, and the Women's Prison Association. She



October 2023
9781846047725
Demy Octavo
£16.99 : Hardback
224 pages

Behind the Seams

My Life in Rhinestones

Dolly Parton with Holly George-Warren; Curated by Rebecca Seaver

Dolly Parton's life told through the clothes that made her who she is today. A covetable companion to Dolly's bestselling coffee-table book *Songteller* (2020).

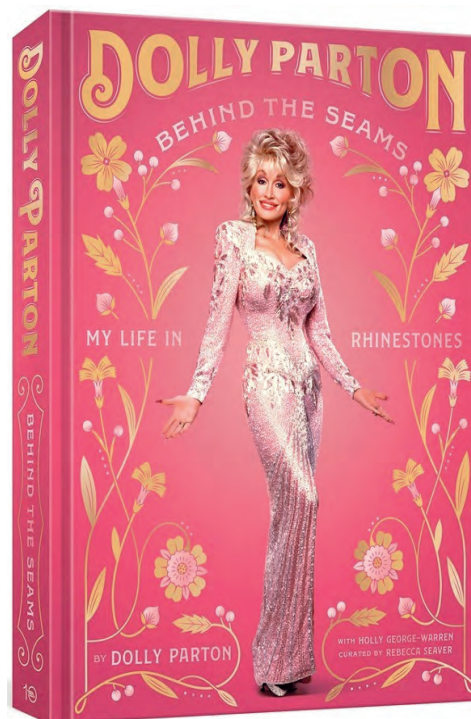
I hope that as you gaze upon my life in clothing, it will inspire you to develop, and celebrate, your own sense of style. I value my freedom to look like and be my own true self more than anything else, and I hope this book will also give you the confidence to look like and be the person you want to be. Whoever you are, be that! And enjoy your journey behind the seams' - **Dolly**

A beautifully illustrated celebration of Dolly Parton's iconic sense of style through entertaining personal stories and 450 full-color photographs, including exclusive images from her private costume archive.

In *Behind the Seams: My Life in Rhinestones*, global superstar Dolly Parton shares, for the first time, the full story behind her lifelong passion for fashion, including how she developed her own, distinctly Dolly style, which has defied convention and endeared her to fans around the world.

Featuring behind-the-scenes stories from Dolly Parton's life and career, and the largest reveal of her private costume archive, this gorgeously photographed book spotlights her most unforgettable looks from the 1960s to now. The sky-high heels, famous wigs, bold makeup, eye-catching stage clothes - she shares them all. Along the way, Parton discusses memorable outfits from her past, from the clothes her mother would sew out of feed sacks (including her "Coat of Many Colors") and the bold dresses and hairdos that shook up Nashville, to the bunny suit on the cover of *Playboy*, evening wear at Studio 54, costumes from her most famous film and TV roles, and the daring styles that continue to entertain and inspire today.

Filled with candor, humor, and lots and lots of rhinestones, *Behind the Seams: My Life in Rhinestones* is a shining tribute to one of the most beloved musicians in history, a treasured keepsake for anyone who loves Dolly Parton, and an indispensable guide to forging your own path to beauty and



October 2023
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305x228
£39.99 : Hardback
336 pages

Planet Earth III

Accompanies the Landmark Series Narrated by David Attenborough

Matt Brandon, Michael Gunton and Jonny Keeling

The iconic series that started it all returns: accompanying an 8-part programme narrated by David Attenborough, *Planet Earth III* takes you closer than ever to the world's most fascinating animals and landscapes - and humanity's irrevocable impact upon them.

The official tie-in to the final instalment in the legendary Planet Earth franchise

Few places on Earth remain untouched by humans, creating challenges for the wildlife we share it with. We have entered a new age, and we must look at the splendour of the natural world through a different lens.

From the depths of our oceans, to scorching deserts and the darkest jungles, *Planet Earth III* features spectacular places and surprising animal behaviours from all corners of our world. And for the first time, a human element is introduced to each landscape, highlighting how, in the age of the Anthropocene, today's planet has been forever changed by humanity and that wildlife now faces new challenges in our crowded, modern world.

Featuring over 250 beautiful full-colour photographs, *Planet Earth III* reveals the wonders and trials of life on an increasingly fragile planet, bringing you closer than ever before to our world's most intriguing species, unseen landscapes and natural phenomena.

Matt Brandon

Matt Brandon is a BAFTA winning series producer responsible for delivering a broad range of highly successful natural history and adventure documentaries for broadcasters including BBC, Disney+, National Geographic, Discovery Channel, and Animal Planet.

He has produced series about Australia, the Caribbean, and the Indian Ocean with explorer Simon Reeve. And travelled the Amazon River from Source to Sea with Bruce Parry. Matt's recent landmark shows include *Cities: Nature's New Wild* for the Natural History Unit, and *Super/Natural* for Disney + and National Geographic, executive produced by James Cameron.



October 2023
9781785948275
287 x 216 mm
£30.00 : Hardback
312 pages

Where's Del Boy?

Jim Sullivan, Steve Clark and Mike Jones

All the familiar characters and locations from fan favourite *Only Fools and Horses*, in a hilarious and exclusive new search-and-find story, with more twists and turns than the smoke from Del Boy's cigar.

National treasure hunt

Fromage Frais! Del Boy Trotter is on the run, with dodgy detective Roy Slater hot on his heels. With the manhunt going from Peckham to Hull and from Margate to Miami, will the long arm of the law finally catch up with him?

The police chase plays out over ten minutely detailed, search-and-find artworks, with *Peckham Echo* front pages, articles and adverts also dropped in throughout, to move the story along.

In this immersive plunge into the world of *Only Fools and Horses*, finding Del Boy is just the beginning. The pages are packed with artful clues, in-jokes and subtle references to all 64 episodes, testing the sleuthing skills of life-long fans of the classic show.

Can Del Boy dodge the detective? Mange tout!

Jim Sullivan (Author)

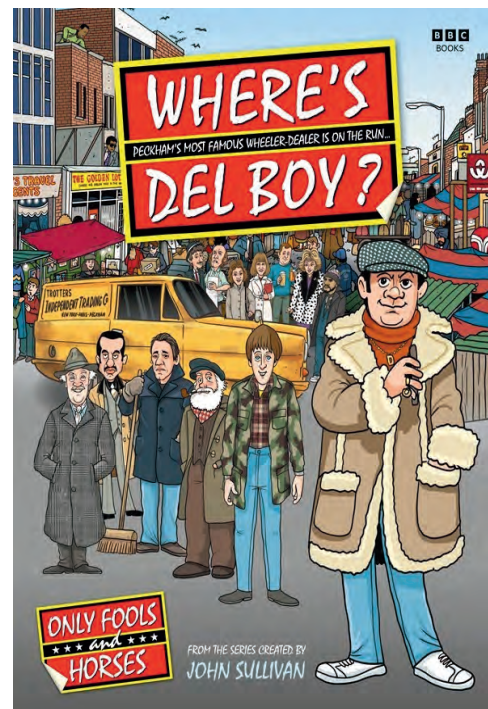
Jim Sullivan is the author of multiple books, including *The Peckham Archives* and *He Who Dares...* The son of *Only Fools and Horses* creator John Sullivan, he co-wrote the hit West End show *Only Fools and Horses the Musical*.

Steve Clark (Author)

Steve Clark has been specialising in behind-the-scenes reports on television programmes for more than twenty years. He is author of *The Only Fools and Horses Story* (BBC Books, 1999), *On Set* (Blake Publishing, 1999), *Captain Corelli's Mandolin - The Illustrated Film Companion* (Headline, 2001) and *The British Television Location Guide* (Splendid Books, 2011). He lives in Hampshire with his wife and son. He doesn't drive a Robin Reliant... but he'd secretly quite like one.

Mike Jones (Author)

Mike Jones is a writer and designer who specialises in film and television. A regular contributor to *Doctor Who* magazine and designer of the Gerry Anderson *Vault* series of books, Mike has



October 2023
9781785948329
280x210
£12.99 : Hardback
48 pages

Hidden Potential

The Science of Achieving Greater Things

Adam Grant

The #1 New York Times bestselling author of *Think Again* illuminates how we can elevate ourselves and others to unexpected heights.

"This brilliant book will shatter your assumptions about what it takes to improve and succeed. I wish I could go back in time and gift it to my younger self. It would've helped me find a more joyful path to progress."

-Serena Williams, 23-time Grand Slam singles tennis champion

The #1 New York Times bestselling author of *Think Again* illuminates how we can elevate ourselves and others to unexpected heights.

We live in a world that's obsessed with talent. We celebrate gifted students in school, natural athletes in sports, and child prodigies in music. But admiring people who start out with innate advantages leads us to overlook the distances we ourselves can travel. We can all improve at improving. And when opportunity doesn't knock, there are ways to build a door.

Hidden Potential offers a new framework for raising aspirations and exceeding expectations. Adam Grant weaves together groundbreaking evidence, surprising insights, and vivid storytelling that takes us from the classroom to the boardroom, the playground to the Olympics, and underground to outer space. He shows that progress depends less on how hard you work than how well you learn. Growth is not about the genius you possess – it's about the character you develop. Grant explores how to build the character skills and motivational structures to realize our own potential, and how to design systems that create opportunities for those who have been underrated and overlooked.

This book reveals how anyone can rise to achieve greater things. The true measure of your potential is not the height of the peak you've reached, but how far you've climbed to get there.

Adam Grant is an organizational psychologist at Wharton, where he has been the top-rated professor for seven straight

HIDDEN POTENTIAL

The Science of Achieving
Greater Things



ADAM GRANT

#1 New York Times bestselling author of

THINK AGAIN

October 2023
9780753560044
Royal Octavo
£25.00 : Hardback
304 pages

The Gardening Book

Monty Don

A genre-defining new book from bestselling author and 'the nation's favourite gardener' Monty Don - a no-nonsense, practical and accessible guide to the fundamentals of gardening for a new generation.

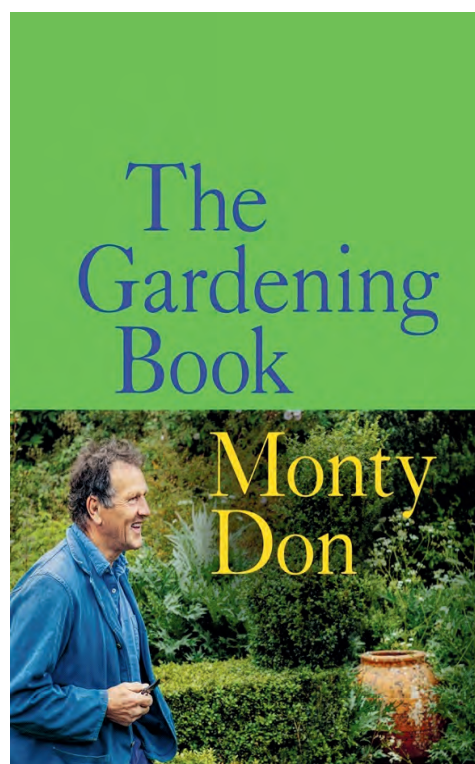
A fresh approach to gardening by bestselling author and the nation's favourite gardener Monty Don.

'Think of your garden like a meal. When you select a recipe, you're choosing it based on inclination, experience and circumstance. Making a garden, big or small, uses exactly the same process.'

If you are new to gardening, it can seem daunting - with Latin names, various soil types and seasonal requirements, it feels like a lot to learn. But with Monty Don's new book as a guide you will discover just how joyful and rewarding gardening can be.

Whether you want to grow your own veg, create a child-friendly garden, connect with nature, or make the most of houseplants, Monty will help you unlock your space's potential, showing you what, where and when to plant. *The Gardening Book* gives you the basics to grow over 100 popular flowers, foods, shrubs, houseplants and more - each one has a clear, concise, format: what you need, timing, method, and step-by-step photos, all on one spread. It's a refreshingly accessible approach that will help you build a garden which best serves your needs and enhances your lifestyle.

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



October 2023
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270x195
£28.00 : Hardback
352 pages

A Head Full of Music

The soundtrack to my life

Cliff Richard

In this new and personal memoir looking back over 65 years in music, Cliff Richard tells his own stories behind the songs and sounds that have stayed in his heart, and defined his life and times.

Foreword by Bob Stanley

On a sunny Saturday morning in May 1956, a fifteen-year-old, then called Harry Webb, was mooching down Waltham Cross High Street. He heard some music blaring out of a parked car. It stopped him in his tracks.

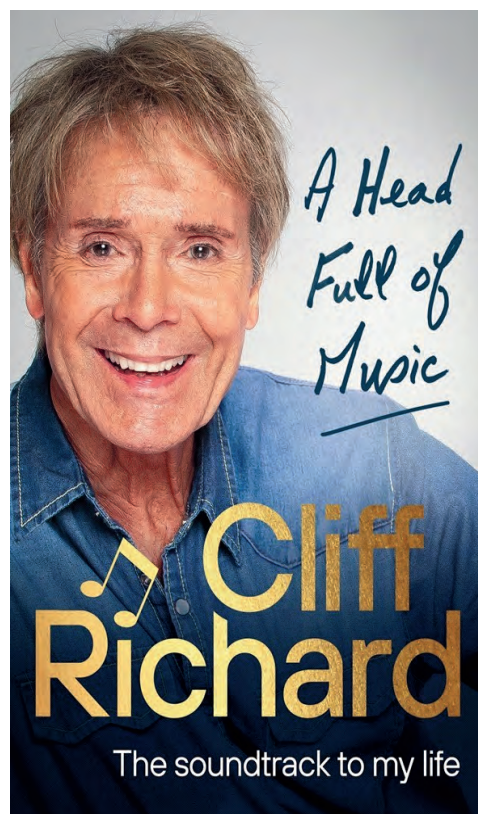
The song was 'Heartbreak Hotel' by Elvis Presley. It sounded like nothing he had ever heard before. In that instant, the schoolboy who was destined to take the hit parade by storm as Cliff Richard fell in love with rock and roll. It gave him the thrill, the purpose and the mission that has shaped his life ever since.

Cliff lives in and for music. And with 65 years as a hitmaker, the music filling his head is a broad category. His soundtrack begins by blasting us all back into that first life-changing explosion of rock and roll, and also includes great soul stars such as Aretha Franklin, longtime colleagues like Elton John, and much-missed close friends Cilla Black and Olivia Newton-John.

This book is meaningful to Cliff on many levels. The 30 or so songs here that make up the soundtrack to his life have each moved him deeply, but it's also about the legendary artists he met, and often got to know. He shares those stories and memories with you, too.

A Head Full of Music is a vibrant personal journey for Cliff, and it's a joy to accompany him on it. Get wired for sound with him and read on.

Sir Cliff Richard OBE (born Harry Rodger Webb on 14 October 1940) is a British singer, musician, performer, actor and philanthropist. He has total sales of over 21 million singles in the UK and is the third-top-selling artist in UK singles chart history, behind The Beatles and Elvis Presley. Over a career spanning 60 years, Cliff has amassed many awards, including



October 2023
9781529907346
Royal Octavo
£25.00 : Hardback
352 pages

Rick Stein's Simple Suppers

A brand-new collection of over 120 easy recipes

Rick Stein

From bestselling cook and food writer Rick Stein, comes the iconic *Simple Suppers* - a joyful collection of over 100 genuinely easy and delicious recipes paired with stories that celebrate the simple things in life.

These are my simple suppers. Recipes that are straightforward and informal - yet effortlessly delicious. The idea of supper appealed to me because it suggests an ordinary meal. When one is not trying too hard; maybe something you're going to cook in your jeans and Polo shirt, a glass of vinho verde on the worktop.

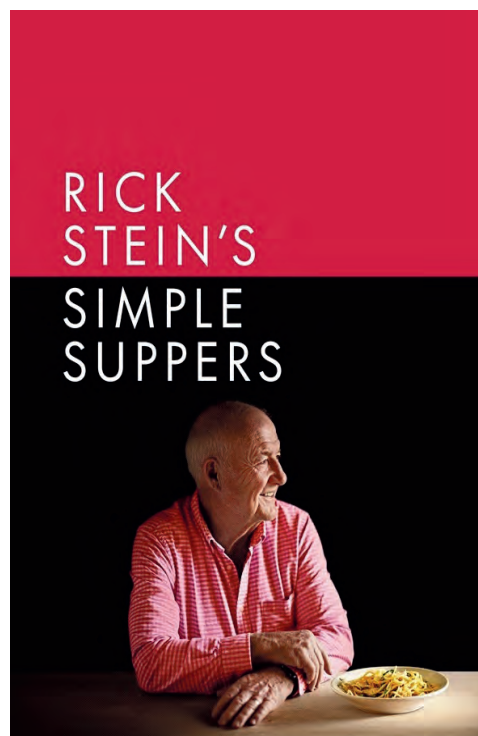
Rick Stein's Simple Suppers is your new go-to cookbook. A collection of stylish, easy recipes for midweek, weekends and every eventuality in between.

Chapters include:

- **Suppers for one:** Easy croque monsieur, Steak with Chimichurri sauce
- **Suppers for two:** Harissa lamb steak with chickpea mash, Aubergine braised with soy & ginger
- **Suppers with friends:** Pilaf with buttermilk chicken & pomegranate, Puff pastry fish pie
- **Fast suppers:** Sweet potato, chorizo & sweetcorn tacos, Baked portobello mushrooms with Dolcelatte & walnuts
- **One-pot suppers:** Coconut prawn curry, Wild garlic & broad bean risotto
- **Veggie suppers:** Vegetable bourguignon with dumplings, Spaghetti with courgettes, rosemary and ricotta

Rick Stein's passion for using good-quality local produce and his talent for creating delicious recipes in his books and restaurants have won him a host of awards, accolades and fans. As well as presenting a number of television series, he has published many best-selling cookery books, including *French Odyssey*, *Coast to Coast*, *Far Eastern Odyssey*, *Rick Stein's Long Weekends* and *Rick Stein's India*.

Rick has always believed in showcasing local seafood and farm produce in his four restaurants in Padstow, Cornwall, where he also has a cookery school, food shops and a pub in the nearby village of St Merryn. In 2018 Rick was awarded an CBE for services to the economy. He divides his time between Padstow, London and Australia, where he also has two



October 2023
9781785948145
240x170
£28.00 : Hardback
320 pages

How to Smile

Thich Nhat Hanh

One of ten pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

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

One breath, one step is all we need to feel at home and comfortable in the here and now

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

By applying considered breath and meditation, *How to Smile* acts as a guide to show us how to transform hurt into healing, while also allowing us to explore the strong emotions of anger, sadness, regret and fear.

This is the essential guide to help you heal.

Born in Hue, Vietnam, Thich Nhat Hanh was a Buddhist Zen Master, poet, scholar and human rights activist. In 1967, he was nominated for the Nobel Peace Prize by Martin Luther King. He founded the Van Hanh Buddhist University in Saigon, the School of Youth and Social Service and the Plum Village Buddhist community and meditation centre in France, where he lived for many years. He was the author of many acclaimed books including *Peace is Every Step*, *Old Path White Clouds* and *Fear*, which have sold millions of copies around the world. In 2018, he returned to Vietnam to live at the Tu Hieu Temple, where he was first ordained when he was sixteen years old. He died on 22nd January 2022, at the age of 95.



November 2023
9781846046551
156 x 110 mm
£6.00 : Paperback
128 pages

How They Broke Britain

James O'Brien

James O'Brien - prize-winning, bestselling author, radio and podcast sensation, twitter phenomenon - returns with a major political book about the dark forces and figures who have broken Britain.

THE REVEALING, DEFINING ACCOUNT OF THE DARK NETWORK THAT BROKE OUR COUNTRY.

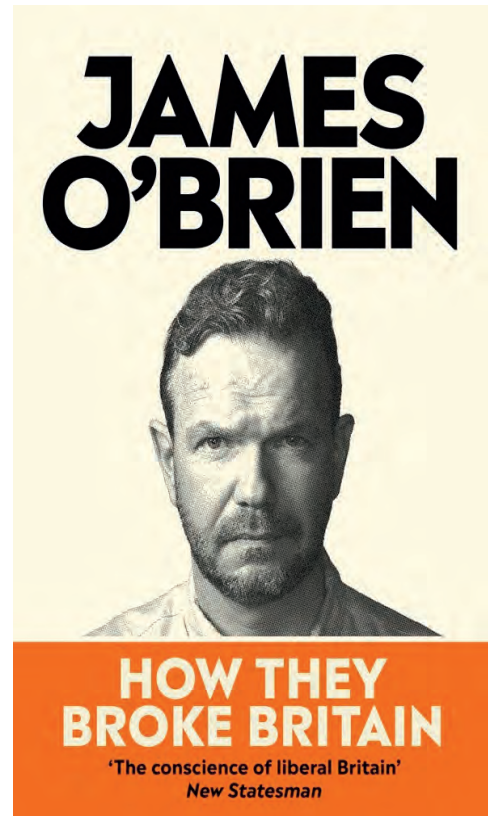
'An exceptional broadcaster' - *Guardian* | 'Consistently, forensically, brilliant' - Emily Maitlis

Something has gone really wrong in Britain.

Our economy has tanked, our freedoms are shrinking, and social divisions are growing. Our politicians seem most interested in their own careers, and much of the media only make things worse. We are living in a country almost unrecognisable from the one that existed a decade ago. But whose fault is it really? Who broke Britain and how did they do it?

Bold and incisive as ever, James O'Brien reveals the shady network of influence that has created a broken Britain of strikes, shortages and scandals. He maps the web connecting dark think tanks to Downing Street, the journalists involved in selling it to the public and the media bosses pushing their own agendas. Over ten chapters, each focusing on a particular person complicit in the downfall, James O'Brien reveals how a select few have conspired - sometimes by incompetence, sometimes by design - to bring Britain to its knees.

James O'Brien is an award-winning writer and broadcaster whose journalism has appeared everywhere from the *TLS* to the *Daily Mirror*. His daily current affairs programme on LBC is the most popular talk show on commercial radio with over 1.4 million weekly listeners and his first book, *How To Be Right*, was a *Sunday Times* bestseller, which won the Parliamentary Book Award for Best Political Book by a non-politician. He is often to be found on Twitter trying not to get into arguments unless absolutely necessary.



November 2023
9780753560341
Royal Octavo
£20.00 : Hardback
320 pages

Kung Food

Recipes from a Third-Culture Chinese Kitchen

Jon Kung

An exciting and unexpected collection of 100 recipes that re-examines Chinese food

An exciting and unexpected collection of 100 recipes that re-examines Chinese food

Jon Kung grew up as a 'third-culture' kid: Born in Los Angeles, raised in Hong Kong and Toronto, and now living in Detroit, Jon learned to embrace his diasporic identity in the kitchen after pivoting his career from law school graduate to being a cook. When the pandemic shut down his immensely popular popup, he turned to social media-not just as a means of creative expression, but as a way to teach and inspire.

Over time, Jon discovered that expressing himself through food not only reflected his complicated identities, it affirmed them. From dumplings to the most decadent curried mac and cheese, Jon inspires millions through his creative recipes and content.

In *Kung Food*, he breaks the boundaries of flavours in chapters such as:

Snacky Snacks, Bites, and Cravings (**Sesame Prawn Toast, Vegan Fried Oyster Mushroom Sandwich**)

Noodles & Dumplings (**Ginger Spring Onion Noodles, Buffalo Chicken Rangoons**)

Rice & Congee (**'Clay Pot' Rice Tahdig, Mushroom and Tempeh Fried Rice**)

Stir-Fries (**Szechuan Paneer with Mexican Chillies, Motor City Orange Chicken**)

Kung Foo Means 'with Effort' (**Hong Kong Chicken and Waffles, Dan Dan Lasagna**)

Through stunning, playful, and high-energy photos and Jon's wit and humility, he brings forward a collection of recipes that blend cultural traditions, ingredients, and flavours with his ultimate goal of redefining what Chinese food can be.

Jon Kung is a self-taught cook who was known for his popups and intricate dinners served out of his secret kitchen Kung Food Market/Studio. He is now a full-time content creator on TikTok, YouTube, and Instagram. Jon has been featured in USA Today, CNN, *The New York Times*, *The Washington Post*, and



November 2023
9781529919318
254x203mm
£27.00 : Hardback
288 pages

Brutto

A (Simple) Florentine Cookbook

Russell Norman

The much-anticipated follow-up title to Russell's award-winning and bestselling *Polpo*, showcasing simple Florentine recipes. *Brutto* will appeal to those who bought *Polpo*, Stanley Tucci's *Taste* and *The Tucci Table*, *An A-Z of Pasta* and *Jamie's Italy*

'*Brutto* is actually *bellissimo*. A perfect cookbook for lovers of true Tuscan food.

Simply brilliant.'

- STANLEY TUCCI

***Brutto ma buono* - ugly but good. This is the food of Florence - rigorously simple, few ingredients, exceptionally good.**

Anchovy with cold butter and sourdough

Penne with tomato and vodka

Sausages with braised lentils and mustard

Roasted squash with borlotti bean and salsa verde

Country-style bread and tomato salad

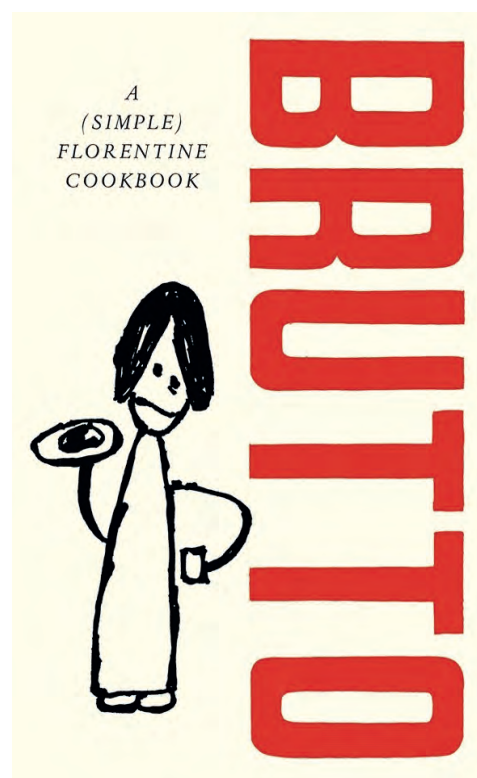
3-ingredient meringue hazelnut cookies

The food of Florence rests on humble ingredients - not many - brought together in the rough-and-ready style of everyday cooking with flavour at its heart.

This stunning brand-new cookbook offers outstanding recipes from Russell Norman's acclaimed new restaurant, Trattoria Brutto, alongside an ode to one of Italy's most beloved cities, Florence, and specifically the bohemian district of Santo Spirito.

Including Russell's captivating stories and insider advice, *Brutto* is a proudly fuss-free recipe book to use every day, wherever you are, and an joyous tribute to Italy's greatest rustic cuisine.

Russell Norman is an award-winning restaurateur, writer and broadcaster, and the founder of the POLPO restaurant group. Norman's book *POLPO - A Venetian Cookbook (of Sorts)* was published by Bloomsbury and won Waterstones Book of the Year 2012. In 2014 he presented *The Restaurant Man*, a six-part prime-time documentary for BBC2, and his second book *SPUNTINO - Comfort Food (New York Style)* won the 2016 Guild of Food Writers Award for best food and travel book. He is a



November 2023
9781529197143
265x180
£32.00 : Hardback
320 pages

Freee Baking

Clare Marriage

100 of your favourite recipes, made gluten free.

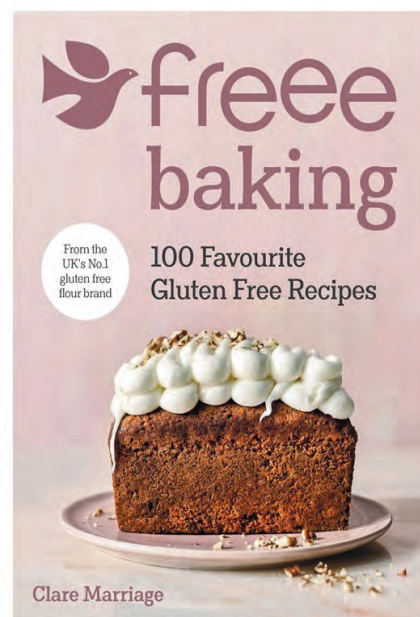
The comprehensive gluten free baking collection from the UK's No.1 gluten free flour brand, with recipes for every meal and occasion.

Find classic cakes including a Victoria Sponge, Lemon Drizzle Loaf Cake and Black Forest Gateau, and other sweet bakes from Chocolate Brownies, Sticky Toffee Pudding and Fruit Scones to Apple Pie, Plum Crumble and Treacle Tart. With festive bakes such as Christmas Cake and Chocolate Yule Log, as well as trusty White & Brown Bread, Cheese Pizza and Homemade Pasta, these recipes will last you all year long and through breakfast, lunch and dinner.

Written by Clare Marriage, founder and CEO of FREEE, these 100 recipes are easy to follow, extensively tested, and completely delicious - so you can achieve brilliant gluten free bakes every time.

These are recipes that you can trust - because baking gluten free shouldn't hold you back from eating all your favourites.

Clare Marriage, founder and CEO of FREEE, began her gluten free journey in 1978 when she discovered how difficult it was to find suitable ingredients for a gluten free diet. Through blending naturally gluten free flours, and many years of trials and bakes, FREEE have created award winning foods and ingredients that can change the way you bake without gluten.



November 2023
9781529916041
246x189
£25.00 : Hardback
240 pages

Fascinating Facts to Blow Your Curious Mind

An awesome collection of the wildest trivia about everything on Earth ... and beyond!

MJC Matthew

A compendium of fantastical facts and essential knowledge for readers to dazzle their friends with, covering every subject on Earth and beyond

Did you know that the reason you can never find the end of a rainbow is because they are actually full circles?

Or that our fingers shrivel up when they get wet because our bodies are adapting to give us a better grip in the water?

Fascinating Facts to Blow Your Curious Mind features unlikely and hilarious trivia on everything from history and animals to the ocean and space, as well as a special section on little-known knowledge which one day just might save your life.

Inside, you can also find answers to such key questions as:

Are we all related?

What is more dangerous, a koala or a crocodile?

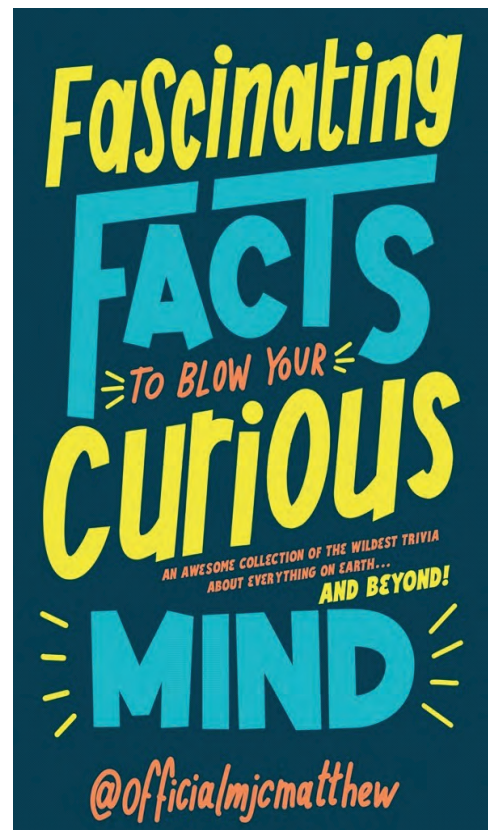
Did the Pope cause the Black Death?

Why was 'New York' once known as 'New Orange'?

Should you use spiderwebs as a bandage?

How much bamboo would it take to cover the Taj Mahal?

MJC Matthew is a 24-year-old Welsh TikTok star, known for his commentary on mysterious phenomena and quirky current affairs stories. He holds a masters degree in Forensic Science.



November 2023
9781529917147
Demy Octavo
£14.99 : Hardback
240 pages

The Sky at Night: The Art of Stargazing

My Essential Guide to Navigating the Night Sky

Maggie Aderin-Pocock

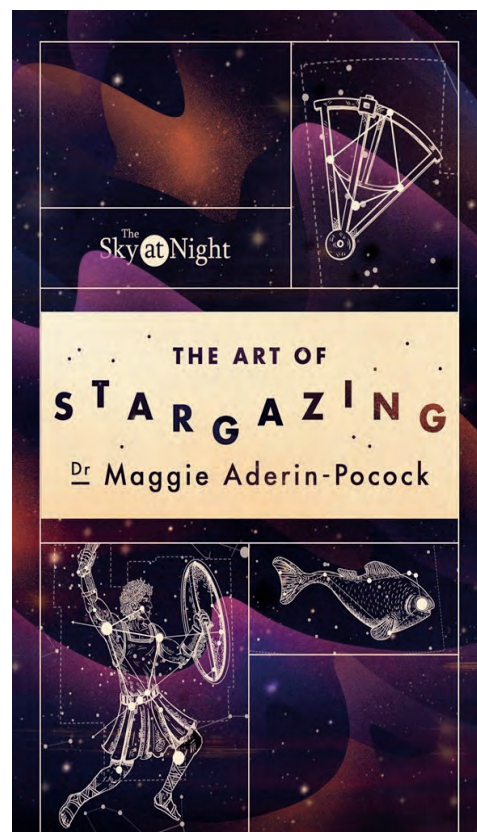
From the BBC's 'face of space' and popular *The Sky at Night* presenter Dr Maggie Aderin-Pocock, a fresh insightful tour of the night sky.

Look up...

The Art of Stargazing is the ultimate insider's guide to the night sky in which award-winning space scientist and *The Sky at Night* presenter Dr Maggie Aderin-Pocock shares her expertise and unique insights into the marvellous world of stars. Take a tour of the 88 constellations and explore the science, history, culture and romanticism behind these celestial bodies.

In this must-have handbook for budding stargazers - and anyone looking for a little more wonder in their lives - Maggie will help you to identify stars and teach you the basics of naked-eye observation, offering fascinating facts plus advice on kit, 'dark sky' locations and much more. Also included are beautiful illustrations to accompany each constellation and an easy-to-read sky map. **With Maggie by your side, the night sky will truly come alive.**

Dr Maggie Aderin-Pocock is a scientist and broadcaster referred to as the BBC's 'face of space'. Maggie is a pioneering figure in promoting science to the public and runs her own company engaging children and adults all over the world with the wonders of space science. Overcoming Dyslexia to study at Imperial College, she obtained her degree in Physics and a PhD in Mechanical Engineering. She has worked as a space scientist for many years on projects such as the James Webb Space telescope. While doing this she has toured the UK speaking to inner-city schools inspiring the next generation of physicists. In 2006 she was one of six 'Women of Outstanding Achievement' winners with GetSET Women and in 2009 she was awarded a Member of the British Empire for her services to science and education. As well as fronting *The Sky at Night*, Maggie has appeared in numerous programmes including *Stargazing Live* and *Doctor Who Confidential*. She is also an Honorary Research Associate at UCL's Department of Physics and Astronomy, and been awarded 5 honorary doctorates from



November 2023
9781785947896
Demy Octavo
£16.99 : Trade Paperback
256 pages

The Book Of Ceremonial Magic

A E Waite

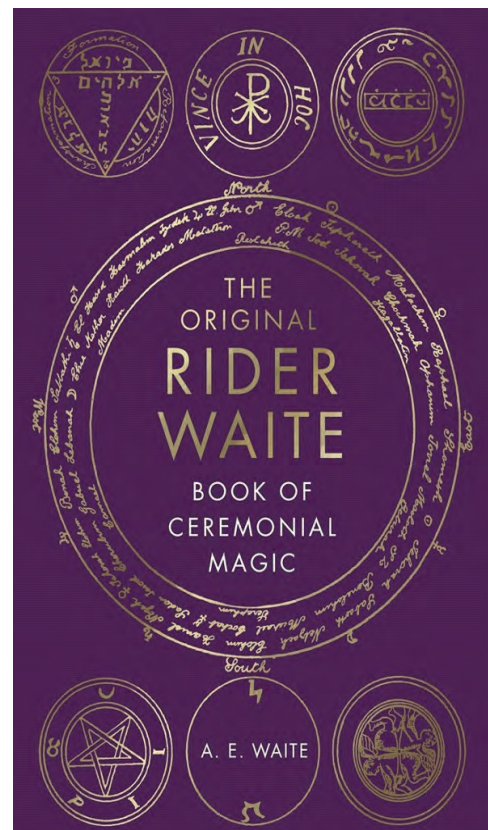
A cult classic on the history of magic from creator of the world's most famous tarot deck A E Waite.

From renowned scholar of the occult and creator of the world-famous Rider Waite Tarot Deck, A E Waite comes a new edition of his landmark book on magic. Featuring the original intricate illustrations, *The Book of Ceremonial Magic* offers an in-depth exploration of the darker side of grimoire, ceremony, demons and spirits.

This is a spellbinding book for anyone interested in the grotesque detail of black magic and the ceremonies and rituals that surrounded it. With whole chapters dedicated to describing how early incarnations of the occult prepared to engage with demons, this book will illustrate the deeper historical context of esoteric arts and the development of the occult, setting the context for how we perceive and understand magic today.

Arthur Edward Waite was the designer and co-creator of the now famous Rider Waite Tarot deck.

An American-born British poet and scholarly mystic, his strong interest in all esoteric matters - divination, magic, Kabbalism, alchemy and Freemasonry - led to him penning a number of books. These include the *Key to the Tarot*, *The Book of Ceremonial Magic* and *A New Encyclopedia of Freemasonry*.



November 2023
9781846047510
Demy Octavo
£18.99 : Hardback
384 pages

Official Strictly Come Dancing Annual 2024

Alison Maloney

The official *Strictly Come Dancing Annual* takes you behind the scenes of the most glamorous show on TV.

Dust off your dancing shoes, *Strictly* is back!

Featuring exclusive interviews with the celebs, judges, presenters and pro dancers, fun quizzes to test your ballroom knowledge and behind-the-scenes features to give you a glimpse into the glitz and glamour, this is your perfect partner for all things *Strictly*.

Experience a day in the life of a *Strictly* dance expert with choreographer Jason Gilkison, get the lowdown on the record-breaking feats performed by the *Strictly* pro dancers over the years, and find out how *Strictly* has been going green behind the scenes. This fun and glamour-packed annual is not to be missed by *Strictly* fans!

A multi-faceted and versatile writer, Alison Maloney is the author of several books, including *The Mums' Book*, *Woman's Hour: Words from Wise, Witty and Wonderful Women*, *The World of Mr Selfridge* and *The Official Strictly Come Dancing Annual*.



November 2023
9781785948534
280x210
£14.99 : Hardback
128 pages

Haaland

The incredible story behind the world's greatest striker
Lars Sivertsen

An insightful and intimate biography of one of the world's finest and most exciting football players, Erling Haaland

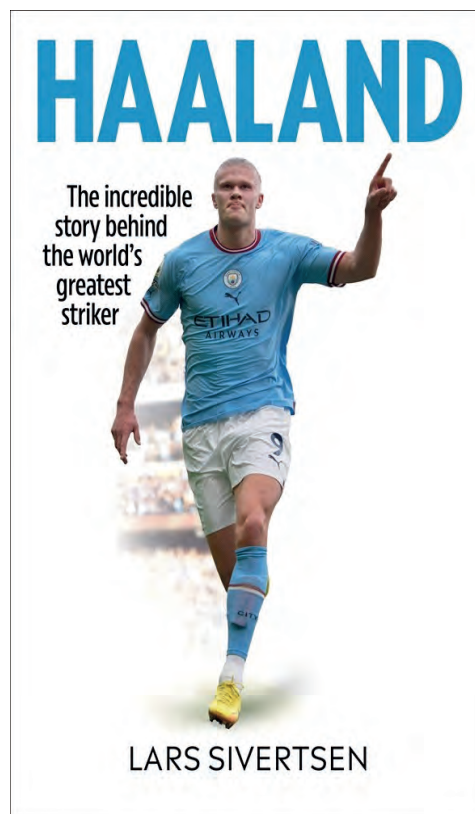
The man who can't stop scoring goals for fun

In his debut season with Manchester City, Norwegian sensation Erling Haaland has set the footballing world ablaze. The 21-year-old striker, known for his unique blend of speed and strength, has redefined the art of goal-scoring.

Highly regarded football journalist Lars Siversten follows Haaland's meteoric rise to stardom in this biography, a tale that begins in the small Norwegian town of Bryne where they both grew up. Born to former Manchester City player Alfie Haaland, Erling's journey started at hometown club Bryne FK in 2016 and he rapidly ascended the ranks, becoming Molde FK's top scorer at just 18 years old. His move to Austrian giants Red Bull Salzburg in 2019 marked the beginning of his European adventure, where he became the first teenager in history to net in five consecutive Champions League matches. A subsequent transfer to Borussia Dortmund showcased his remarkable ability to consistently score.

In his first Premier League season with Manchester City, Haaland has shattered the record for the most goals in a single season with an astonishing 36 goals. He then went on to achieve his ultimate dream: winning the treble in his first season with the club. This accomplishment solidifies his status as one of the most exceptional talents in football history, and demonstrates that a boy from Bryne can indeed conquer the world of football.

Lars Sivertsen is a Norwegian writer and broadcaster based in London. Having previously been a Premier League correspondent for Norwegian TV2, he is now a regular guest on the *Guardian's* award-winning podcast 'Football Weekly', as well as other podcasts 'The Football Ramble' and 'On The Continent'. He is a regular guest on *Danny Kelly's Trans Europe Express* on TalkSport, and has his own Premier League podcast in the Norwegian language called "PL-kvarteret". As a writer he has contributed to a number of outlets, such as the *Guardian*, *The Independent*, *World Soccer Magazine* and *The Blizzard*.



November 2023
9781529913095
Royal Octavo
£22.00 : Hardback
304 pages

Mother, Nature

A 5,000 Mile Journey to Discover if a Son and Mother Can Survive Their Differences

Jedidiah Jenkins

A 40 year-old gay man and his eccentric conservative mother travel the country together and find surprising answers to our generational and cultural rifts

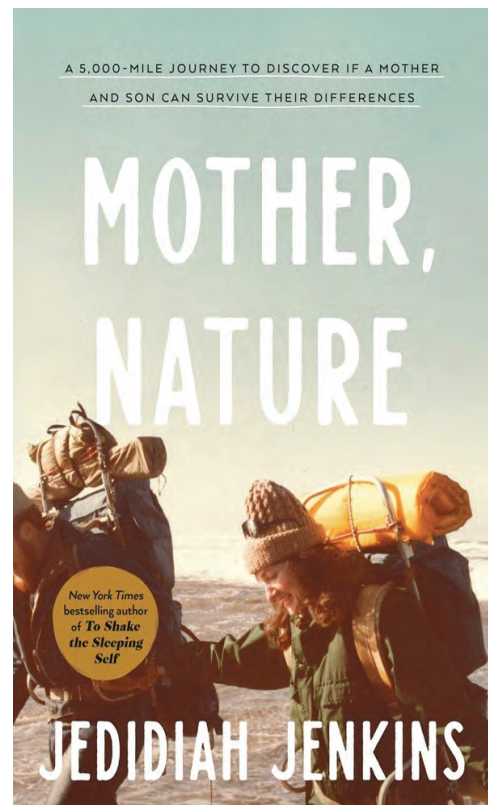
A contemplative and poignant memoir from the bestselling author of *To Shake the Sleeping Self*.

When his mother, Barbara, turned 70, Jedidiah Jenkins was reminded of a sobering reality: our parents won't live forever. For years, he and his mother, Barbara, had talked about taking a trip together, just the two of them. They landed on an idea: retrace the thousands of miles Barbara trekked with Jedidiah's father as part of the "Walk Across America" that became a sensation in the 1970s. And they would do it, as Barbara said, "Before an earthquake or asteroid destroys the world."

From New Orleans to the Oregon coast, listening to podcasts about serial killers- the only media they could agree on - they relived the trek that changed Barbara's life. Jenkins revisits who she was as a 30-year-old writer walking across America; who she was later, as a wife scorned by infidelity; and now, as a parent who loves her son while holding on to a faith that sees his sexuality as a sin. Along the way, Jenkins peels back universal questions of belonging, respect, and inheritance. What is our duty to our parents? How do we have hard conversations with the people we love? How do we make sense of the surprising directions life takes us in, and the differences that push us apart?

Tender, witty, and ultimately profound, Mother Nature is an unforgettable mother-son adventure story and a journey into our most pressing questions today.

Jedidiah Jenkins is a *New York Times* bestselling author, entrepreneur and Instagram personality. Jenkins began his professional career with the non-profit Invisible Children, where he helped orchestrate multinational campaigns to end the use of child soldiers in central Africa. He is the executive editor of *Wilderness* magazine; Jenkins's work has appeared in the *Paris Review* and *Good* magazine, and he has been covered by *National Geographic*.



November 2023
9781846047022
Demy Octavo
£16.99 : Hardback
272 pages

Small Victories

A Colouring Book of Little Wins and Miniature Masterpieces

Johanna Basford

A new, portrait pocket format + simpler, quick-to-colour escapist art to complete in short creative windows.

From bestselling author Johanna Basford - a new pocket-sized colouring book of mini masterpieces.

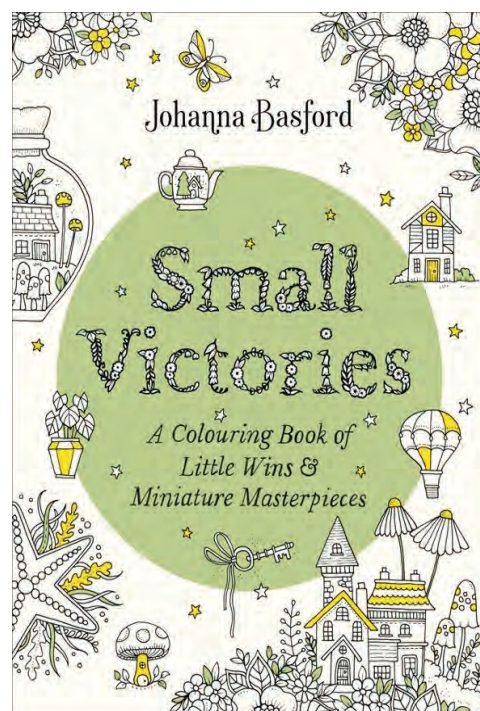
We don't always have a whole afternoon or even an hour to dedicate to our creative practice. *Small Victories* is the perfect book for when you want to pick up a pencil and complete a colouring page in a single sitting. Choose from pages of multiple individual drawings and select a few to colour, or little vignettes and smaller motifs that are easier to complete in one creative moment - all featuring Johanna Basford's trademark whimsical illustrations.

From tiny toadstools, dinky cakes to celestial and floral miniscapes, this book guarantees more of those feel-good vibes you get from finishing a creative project.

Johanna Basford is an illustrator and ink evangelist who prefers pens and pencils to pixels. Her intricate, hand-drawn illustrations are loved the world over by those who have coloured in (sometimes more than once) her bestselling books *Rooms of Wonder*, *How to Draw Inky Wonderlands*, *World of Flowers*, *Ivy and the Inky Butterfly*, *Johanna's Christmas*, *Magical Jungle*, *Lost Ocean*, *Enchanted Forest* and *Secret Garden*.

Johanna is a graduate of Duncan of Jordanstone College of Art and Design in Dundee, Scotland. She likes sugar mice, floral teacups, peonies, and bumblebees.

Visit her online at johannabasford.com or follow @johannabasford.



November 2023
9781529910407
203x152
£12.99 : Trade Paperback
80 pages

Radical Acceptance

Awakening the Love that Heals Fear and Shame

Tara Brach

Publishing in hardback for the first time, the 20th Anniversary Edition of Tara Brach's landmark international bestseller

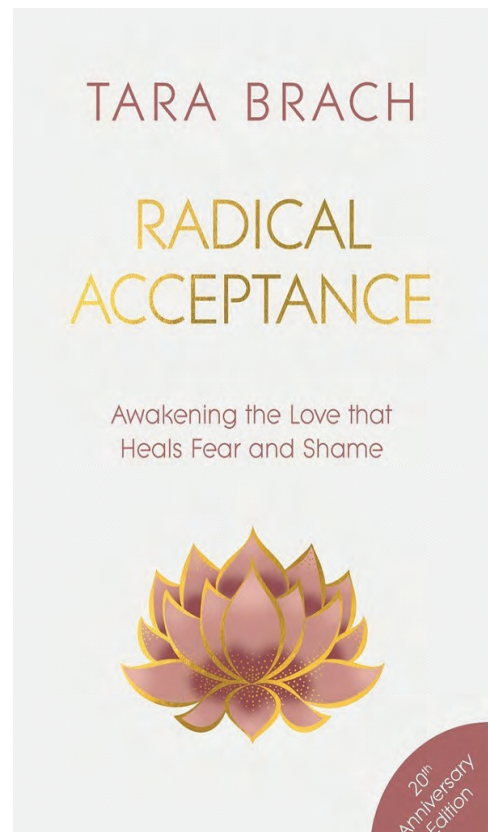
'I use Tara's meditations and she has changed my life, perhaps more profoundly than anybody' - Maria Popova

In the 20th Anniversary Edition of her seminal work *Radical Acceptance*, renowned meditation and mindfulness teacher Tara Brach offers us a path to freedom.

A brand new introduction focuses on Brach's deepened understanding in an ever-changing world. An additional chapter - 'The RAIN of Compassion' - offers meditation for realisation and belonging. RAIN, which stands for Recognize, Allow, Investigate and Nurture, was introduced in Brach's *Radical Compassion*.

Drawing on personal stories, Buddhist teachings and guided meditations, Tara leads us to trust our innate goodness. She reveals how we can develop the balance of clear-sightedness and compassion, heal fear and shame and build loving, authentic relationships.

Tara Brach is an internationally renowned teacher of mindfulness, meditation, emotional healing and spiritual awakening. She is the author of *Radical Acceptance* and *Trusting the Gold*, and her weekly podcasted talk and meditation is downloaded by over 3 million people each month. Tara is the senior teacher and founder of Insight Meditation Center of Washington, DC. She lives in Great Falls, VA with her husband and dog.



November 2023
9781846047688
Demy Octavo
£20.00 : Hardback
352 pages

Breathing for Pregnancy

How to find calm through the four trimesters

Carolyn Cowan

The first dedicated book on breathing for pregnancy

Easy ways to feel safe and calm during pregnancy.

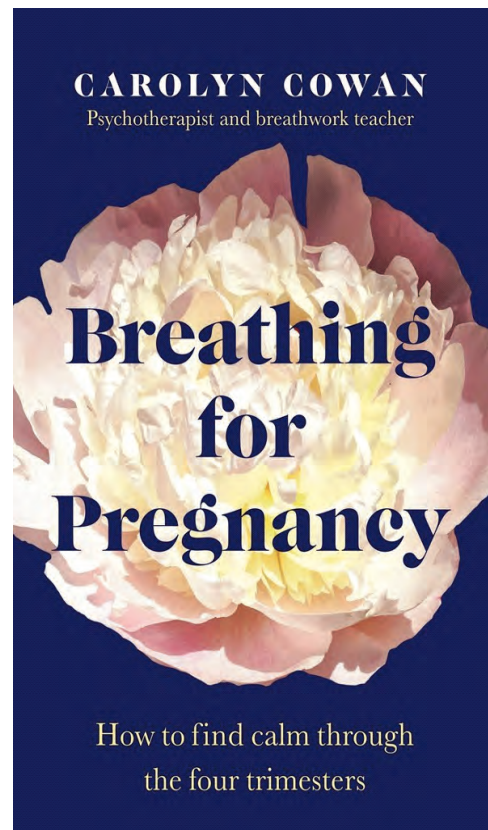
The journey to becoming a parent can be a landscape of joy and apprehension, of doubt and anxiety, of love and overwhelm. In this gentle and supportive guide, psychotherapist and breathwork teacher Carolyn Cowan uncovers the amazing hidden power of the breath.

Breathing for Pregnancy will teach you how to:

- Ease symptoms of worry and anxiety during pregnancy and labour
- Use breathing to manage your stress response and recover from symptoms such as morning sickness
- Stretch and move through yoga poses during pregnancy and after birth
- Create your own breathwork practice

Carolyn Cowan's unique and empathetic practice will allow you to unlock a new understanding of yourself and feel relaxed and comfortable during pregnancy.

Carolyn Cowan is a London-based psychotherapist, and yoga and breathwork teacher. She has spent more than 20 years specialising in psychosexual therapy, trauma and relationships, and working with pre- and postnatal clients. For more information, visit Carolyn at carolyncowan.com.



November 2023
9781785044441
Demy Octavo
£16.99 : Trade Paperback
256 pages

How to Make Anything in an Air Fryer

100 quick, easy and delicious recipes

Hayley Dean

Make all your favourites in your air fryer - 100 recipes that are quick, easy and full of flavour

Next mealtime, use your air fryer!

From **breakfasts and brunches** to **speedy lunches, healthy dinners** to **sweets and snacks**, this cookbook shows you how to cook all your favourite dishes in your air fryer. With recipes including everyday favourites as well as exciting new dishes - you'll never go back to your oven.

Whether you're looking to **save time, money and energy** - or simply want some **inspiration for what to cook next** - you'll find something that suits what you're looking for in this comprehensive cookbook.

With photography throughout and UK measurements, this is an easy-to-use cookbook for making the most of your new favourite kitchen gadget.

Hayley Dean has been obsessed with cooking for as long as she can remember, and her focus has always been on tasty recipes made easy. With a young family, she knows how difficult it can be to eat well when you have less time, and so for the past 6 years she's been sharing her quick & easy recipes online. You can find her, and the delicious food she makes, on Instagram @hayleys.world.



November 2023
9781529915723
Crown Quarto
£22.00 : Hardback
224 pages

Introduction to Internal Family Systems

A Revolutionary Therapy for Wholeness & Healing
Richard Schwartz

The must-have introduction to the IFS therapy model to help understand how your mind works.

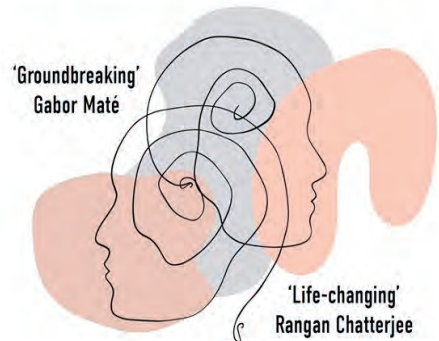
'Incredible' Jonathan Van Ness
'Groundbreaking' Gabor Maté
'Paradigm-shifting' Stephen Porges

We're all familiar with self-talk, self-doubt, self-judgement - and yet many of us still believe we have one uniform mind.

Dr Richard Schwartz's breakthrough model of therapy, Internal Family Systems (IFS), revealed that our minds are made up of distinct parts that form our 'internal family', from Protectors and Exiles to Managers and Firefighters.

Introduction to Internal Family Systems is the practical guide you need to understand how your mind works and uncover the life-changing power of IFS. Learn how to restore wholeness with the 8 Cs of 'Self' - confidence, calmness, creativity, clarity, courage, curiosity, compassion and connectedness - and unburden your mind with the compassionate and courageous within yourself.

Richard C. Schwartz



Introduction to **Internal Family Systems**

A Revolutionary Therapy for Wholeness & Healing

November 2023
9781785045134
Demy Octavo
£14.99 : Trade Paperback
160 pages

You Are the One You've Been Waiting For

A New Approach to Intimate Relationships with the Internal Family Systems Model

Richard Schwartz

Practise courageous love and build resilient intimacy with the groundbreaking IFS model of therapy.

'A must read' - Esther Perel

'My relationship bible' - Gabby Bernstein

'Releases our capacity to be fully alive in relationships' - Bessel van der Kolk

Most loving relationships fail, not because of communication or empathy breakdown, but because we unknowingly burden our partner with the task of caring for disowned and unloved parts of ourselves, our 'internal family'.

Building on the revolutionary Internal Family Systems model of therapy, Dr Richard Schwartz reveals how to reconnect and foster a healthy dialogue with your wise and compassionate 'Self' and your partner. *You Are the One You've Been Waiting For* will equip you with the essential tools needed to build trust and connection with the one you love.

Richard C. Schwartz



November 2023
9781785045127
Demy Octavo
£14.99 : Trade Paperback
208 pages

No Bad Parts

Healing Trauma & Restoring Wholeness with the Internal Family Systems Model

Richard Schwartz

Groundbreaking international bestseller to help you understand and challenge the destructive behaviours of your multifaceted mind.

'Innovative and transformational' - Gabor Maté
'Changed my life' - Rangan Chatterjee

The empowering new way to discover your multifaceted mind.

Do you long to break free from a stuck part of you - the inner critic, 'monkey mind', a bad habit or an addiction? What if there was a way to approach those aspects of you, to free you from the constant inner struggle and find true healing?

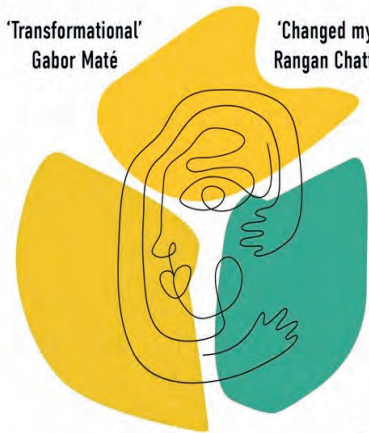
In this groundbreaking international bestseller, Dr Richard Schwartz reveals that we are each born with an 'internal family' of distinct parts within us. Some of our parts can become trapped in destructive patterns, but learning to relate to each of them with curiosity, respect and empathy can vastly expand our capacity to heal.

The Internal Family Systems (IFS) model will help you challenge the destructive behaviour of these parts, turn the ego, the inner critic and the saboteur into powerful allies, and allow you to return to a more whole and harmonious 'Self'.

Richard C. Schwartz

'Transformational'
Gabor Maté

'Changed my life'
Rangan Chatterjee



No Bad Parts

Healing Trauma & Restoring Wholeness

The International Bestseller

November 2023
9781785045110
Demy Octavo
£14.99 : Trade Paperback
224 pages

Lessons for Living

What Only Adversity Can Teach You

Phil Stutz

Tips and tools to challenge your thinking and transform your life, from A-list psychotherapist Phil Stutz, bestselling author and star of Netflix documentary *Stutz*

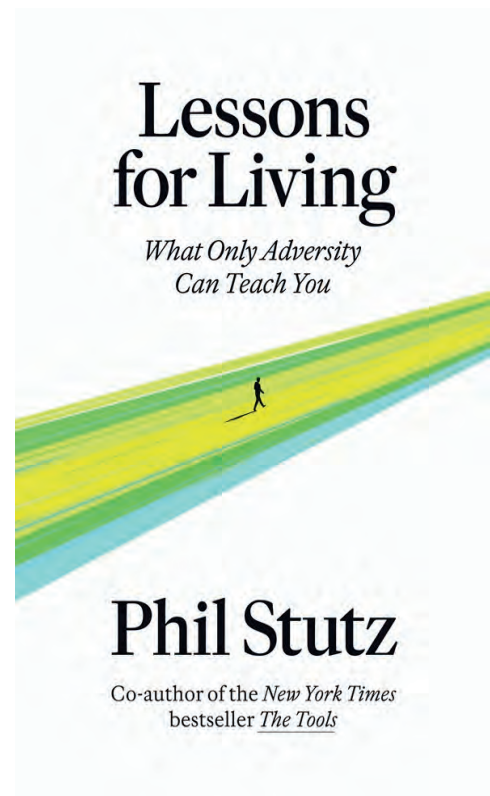
Is there another way? Can you live life with its conflicts, uncertainties and disappointments and still feel good about yourself? How can you even begin to think clearly about life's most universal dilemmas?

Acclaimed psychotherapist Phil Stutz has spent his life pondering the big challenges that we all face. In a collection of 30 powerful short essays, he reveals the solutions to life's most pressing issues, with new insights to the unique challenges of our modern age.

Whether you are dealing with uncomfortable emotions like envy and anger, trying to overcome bad habits or struggling with insecurities, *Lessons for Living* addresses real-world circumstances and hard truths and helps you to understand and accept the painful parts of life that we will all inevitably experience.

Filled with tips and tricks that will reframe your worldview, this book will offer you a new way to think about life and empower you to unleash your full potential.

Phil Stutz graduated from City College in New York and received his MD from New York University. He worked as a prison psychiatrist at the Rikers Island jail complex and then in private practice in New York before moving his practice to Los Angeles in 1982. He is the bestselling co-author of *The Tools* and *Coming Alive* and subject of the Netflix documentary *Stutz*, directed by Jonah Hill.



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The Vagus Nerve Reset

Train your body to heal stress, trauma and anxiety

Anna Ferguson

A practical guide to somatic therapy, self-healing and reconnection, from popular Instagram therapist Anna Ferguson, @annatheanxietycoach

Understanding our nervous system and somatic healing hold the key for many of us in overcoming anxiety - Anna's book shows us the way.'

Chloe Brotheridge - author of the bestselling *The Anxiety Solution*.

Harness the power of your vagus nerve to reduce stress, overcome anxiety and release past trauma

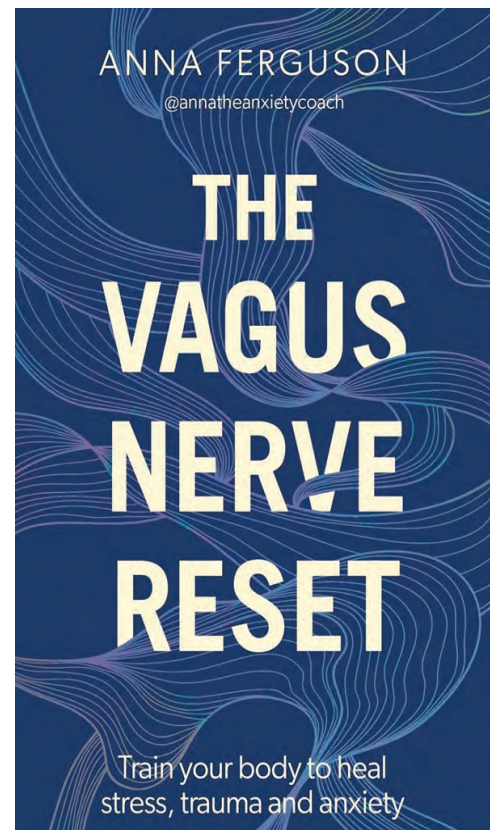
Feeling anxious and disconnected are signs of a nervous system that's out of balance. Something as small as a curt message from our boss can be perceived by our bodies as a threat to life. By understanding our physiological stress response, we can override and heal our emotional response, and fix the behaviours sabotaging our health and happiness.

In *The Vagus Nerve Reset*, Anna Ferguson offers somatic therapies alongside the science of Polyvagal Theory, to help us train our nervous system to stop overreacting, and start responding more calmly to day-to-day stressors and heal past experiences. Anna provides practical, immediate ways to unlock a mindful connection with our bodies, helping us become more aware of our nervous system and notice what derails us - and transform the way we respond to every kind of challenge in life.

By tuning into our vagus nerve we can gently shape our nervous system for greater resilience. This will have profound long-term positive influence on our overall health and wellbeing, providing relief from debilitating anxiety and symptoms of chronic illness.

Including a programme of mindful movement, breathwork and meditation, journalling, and more, this comprehensive guide allows us to find anchors of safety amongst the chaos, reclaim a sense of control and step into the most confident, resilient and grounded version of ourselves.

Anna Ferguson is a leading Australian mental health expert



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Wandering Nowhere

Alan Watts

A guided meditation journal, musing on spiritual experience from pioneering Zen scholar Alan Watts

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

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

Offering reflections on living for the present moment, the pleasures of listening to music, and finding the playfulness of day-to-day life, this beautiful guided meditation journal will help readers engage in the mindful practice of journaling.

Pioneering Zen scholar Alan Watts combines insightful and pithy wisdom with charming line illustrations in this collection of journalling prompts and mindfulness observations. The text is full of Watt's warm encouragement and humour which accompany some of his most salient philosophical observations, from seeing through arbitrary separations prescribed by language and society to leaving behind assumptions to see things as they truly are: fleeting, yet everlasting - simple, but wondrous.

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

Image
coming
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224 pages

Different Kinds of Minds

A Guide to Your Brain

Temple Grandin

Adapted young readers' edition of *New York Times* bestseller *Visual Thinking* by sensational author and autism advocate Temple Grandin

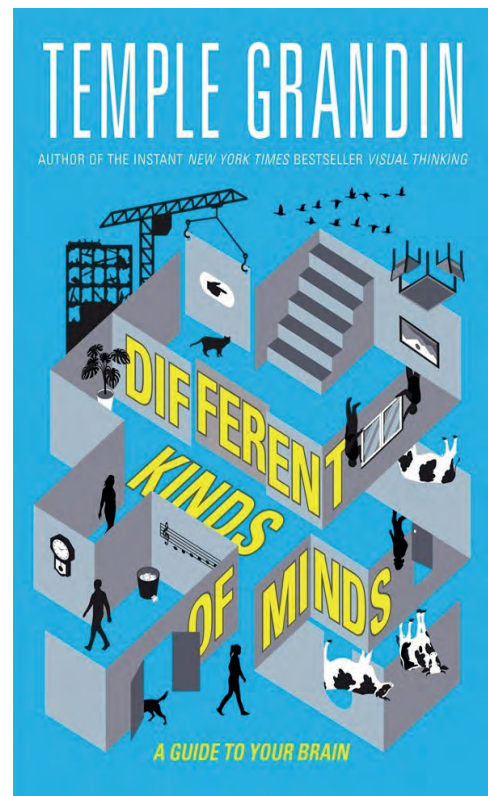
'We're so lucky to have Temple Grandin' - *New York Times*

Albert Einstein, Steve Jobs, Elon Musk and Maya Lin - what do they all have in common? They're visual thinkers.

Do you like puzzles, coding and taking things apart? Do you write stories, act in plays, slay at Wordle? The things you are good at are clues to how your brain works. Are you good at maths? Working with your hands? Are you a neat freak or a big mess? Are you a visual thinker?

With her knack for making science easy to understand, Temple Grandin explains the different types of thinkers - verbal thinkers who are good with language, and visual thinkers who learn through pictures and patterns. In *Different Kinds of Minds*, discover all kinds of brains and why we need to work together to create solutions for real-world problems.

Temple Grandin is one of the world's most accomplished and well known adults with autism. She is a distinguished professor of animal science at Colorado State University and the author of the *New York Times* bestsellers *The Autistic Brain* and *Visual Thinking*. Dr. Grandin has been a pioneer in improving the welfare of farm animals, as well as an outspoken advocate for the autism community. You can visit Temple Grandin online at TempleGrandin.com or follow her on Twitter @DrTempleGrandin and on Facebook @DrTempleGrandin.



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Quantum Body

The New Science of Living a Longer, Healthier, More Vital Life

Deepak Chopra

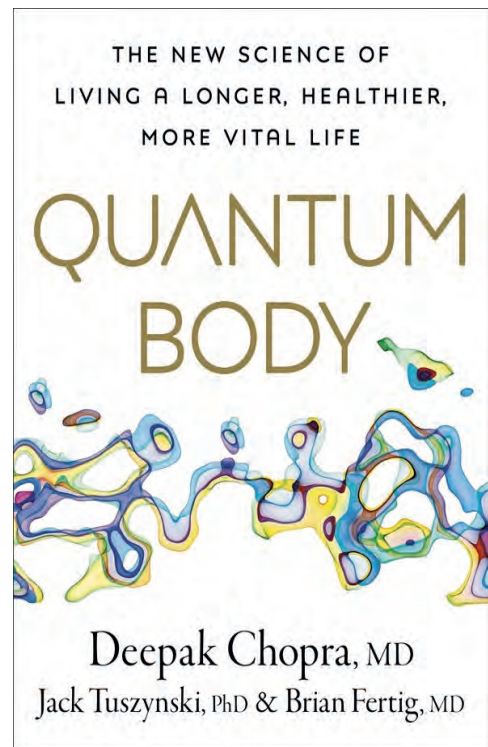
The ground-breaking rethink on aging and how to live well by from *New York Times* bestselling author, Deepak Chopra.

What is the best way to age well and live longer?

For decades, millions of people have tried to crack the secret of time and how to withstand it. The question affects the way we eat, treatments we invest in, and expensive packages sold by online gurus offering magical solutions. But without understanding the physical and spiritual links between quantum physics, biology and issues plaguing the body like inflammation, stress, and aging, the answer will continue to elude us.

In *Quantum Body*, international bestselling author Deepak Chopra teams up with world renowned physicist Jack Tuszynski and leading endocrinologist Brian Fertig, MD to reveal the new frontiers in health and aging. Timely and accessible, this book expands the barriers of science and invites you on the path to individual healing and longevity.

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



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304 pages

Drive to Succeed

Mohamed Mansour with Andrew Cave

One man's fight to revive the fortunes of his family's business and build a billion-dollar empire

Mohamed Mansour has spent his life fighting adversity. Born in Egypt in the post-war period, his childhood was halted abruptly when, aged ten, he almost lost a leg in a devastating car accident. At 18, he had to support himself through college in the US when his family's assets were seized by the Egyptian government. Aged 20, he fought cancer. Then, at 25, he returned to Egypt to help revive the fortunes of his family's once thriving business group as it steadily diversified into sectors from automobiles to construction equipment, fast food to venture capital.

Almost five decades on, he and his family stand at the helm of some of the largest companies in North Africa and the Middle East. They have partnered with global brands from General Motors and Caterpillar to McDonald's and invested early in Silicon Valley successes such as Facebook, Uber and Airbnb. He also served as Egypt's Transport Minister from 2005 to 2009.

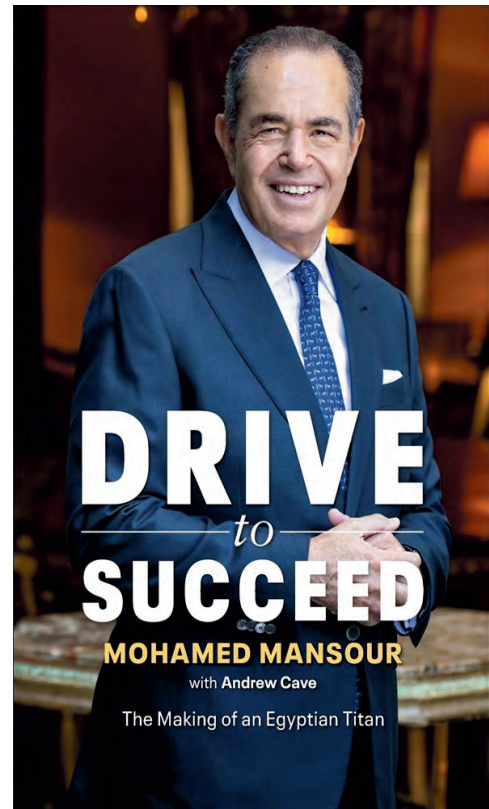
Filled with hard-won wisdoms, Mohamed Mansour's inspirational story demonstrates the importance of learning from experience and never giving up in the drive to succeed.

Mohamed Mansour (Author)

Mohamed Mansour is a prominent Egyptian businessman and former politician. He attended North Carolina State University and Auburn University before returning to Egypt. With his brothers Youssef and Yasseen, he transformed the fortunes of his father's business and today The Mansour Group is at the helm of some of the biggest companies in the Middle East. He also served as Minister of Transport in the Egyptian government from 2006 to 2009. He is married with two children and lives in London.

Andrew Cave (Author)

Andrew Cave has been interviewing the world's leading business figures for more than 25 years, writing for The Daily Telegraph and Sunday Telegraph from London and New York. His previous books include *Billions to Bust - and Back*, *The Power of Purpose* and *The Secrets of CEOs*.



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272 pages

Get Well, Stay Well

The six health habits everyone should know

Dr Gemma Newman

British family doctor and Reiki Master with a bold plan for healthy, happy life. The first British GP to bring medicine, psychology, nutrition and holistic therapies together, backed by global research.

One of the brave new voices in the medical community.' Dr Rupy Aujla

'Gemma's practical tips have been essential in my journey towards health.' Ella Mills, *Deliciously Ella*

Open your mind to look after your body

**-A simple plan for a happy, healthy life
-Myth-busting, evidence-based advice you can trust
-A radical approach to care for your mind, body and spirit.
-Everything in this book is free. Truly accessible healthcare for everyone.**

'A few years ago, I was driving home from a busy day in clinic when I realised something: *most of my patients were not getting better*. I was tinkering with their medications to ease symptoms ... but *had I actually helped anyone that day?* I'd never felt so powerless.

Alongside medicine, I have studied nutrition, psychotherapy and a wide range of holistic healing approaches. I have examined research papers, tested ideas on myself, asked my patients to try additional treatments - and I've seen eye-opening health transformations.

This book is my 'whole-body' plan. The best way for you to look after your physical, mental and emotional health - your *mind, body and spirit*. Headaches, back pain, IBS, anxiety ... the long list of chronic illness is rising. You are not alone. I believe I can help you.'

Dr Gemma Newman is a British family doctor with twenty years of experience. She is also a Reiki healer, a member of The British Society of Lifestyle Medicine and is on the board of Plant Based Health Professionals UK. She is passionate about treating body, mind and spirit to beat disease. Her first bestselling cookbook was *The Plant Power Doctor*. *Get Well Stay*



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384 pages

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

Ed Winters

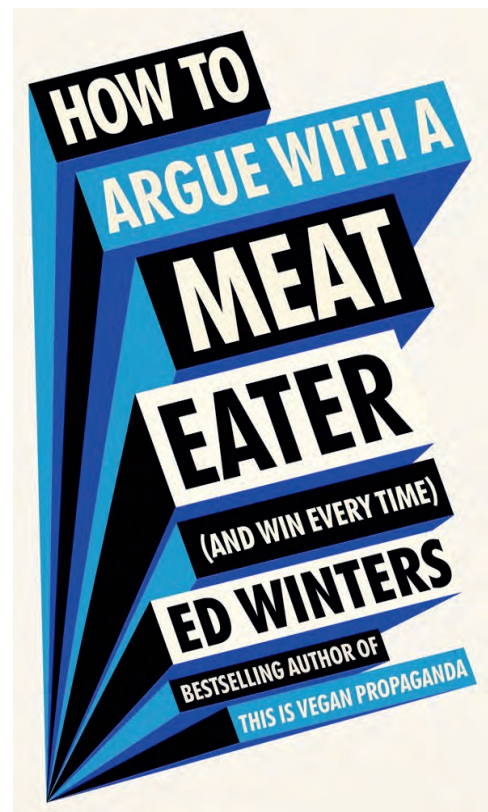
Following on from the bestselling *This Is Vegan Propaganda*, this next book by the incredible vegan activist, educator and influencer, Ed Winters, helps vegans effortlessly navigate one of the thorniest issues of all - how to argue with a meat eater.

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, bestselling author 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 2.4 million views online. His viral university speech "You Will Never Look at Your Life in the Same Way Again" has over 35 million views online.



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320 pages

Your Ritual Year

Emma Lucy Knowles

***Lunar Living* meets *Rituals for Every Day* meets *Almanac*
from bestselling author Emma-Lucy Knowles**

With our lives increasingly lived in a digital space, more and more of us are turning inwards to find deeper and more meaningful connections with ourselves and the space around us. For many of us, our daily rituals are what keep us grounded and give us a moment to breathe and consider what is truly important.

As a western society we have become disconnected from the seasons and how our needs and desires change as the year progresses. By tapping into the wheel of the year, by taking note of the moon's cycles, by observing rituals which change and evolve as the calendar year turns we can find deeper connection, build confidence and harness our personal power.

Starting in the New Year and organised by season, readers will be encouraged to start the book at their birthday - as everyone's new year starts energetically on their birthday - which creates a customisable and personal approach that readers crave. We're also tapping into key trends in the new age space - moon cycles, manifesting, intention setting and ritual self-care.

Emma-Lucy Knowles is an intuitive hands on healer, clairvoyant and meditation teacher. She has worked with crystals and energy for over 15 years, helping people and souls from all over the world heal their pain, find joy and achieve success. She's also the go-to crystal expert for lifestyle magazines, and has been featured on *This Morning*, in *Cosmopolitan*, *Grazia*, *Harpers Bazar*, *Women's Health* and *Elle*. Follow @your_emmalucy on Instagram.

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192 pages

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The Everyday Air Fryer Cookbook

Easy Meals for 1, 2 and more!

Beverley Jarvis

100 simple and suprising dishes for every occasion

Whether you're cooking for yourself, your partner or your family, an air fryer is the perfect kitchen appliance to whip up quick, easy and delicious meals. Packed with dozens of simple, yet satisfying dishes, *The Everyday Air Fryer Cookbook* can take you from amateur to aficionado in no time at all.

Master the basics of air-frying with quick and easy recipes for **Speedy Roasties**, **Garlic and Herb Ciabatta**, **Baked Potatoes**, **Marinated Lamb Chops** and **Chicken Breasts**.

Then, turn your hand to crowd-pleasing favourites such as **Roast Chicken with Lemon and Rosemary**, comforting **Salmon and Cod Fishcakes**, delicious **Roast Rack of Lamb with Roast New Potatoes**, wonderfully crispy **Scotch Eggs** and the perfect **Hasselback Potatoes**.

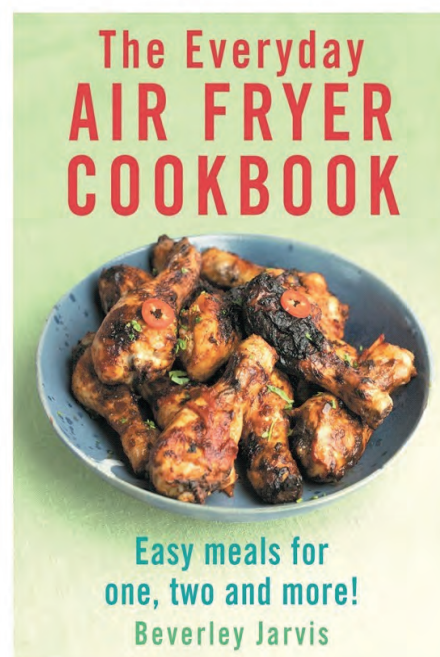
And indulge in air-fried desserts and sweet treats such as the ultimate **Cheese Scones**, meltingly beautiful **Chocolate Fondants**, teatime favourite **Banana Bread**, comforting **Apple, Pear and Raspberry Crumble** and simple **Speedy Carrot Cake Muffins**.

With recipes for every mood and occasion, this is the perfect introduction to the amazing versatility of the humble air fryer.

Beverley Jarvis has worked as a home economist and cookery writer for more than 50 years. She has written more than 23 cookbooks, including the first microwave cookbook available on the general market.

She presented a six-week microwave cooking programme on Pebble Mill at One for the BBC and has appeared on TV and radio many times.

Beverley also writes a regular healthy eating column for *Third Age Matters* magazine and hosts cookery demonstrations at her home in Kent.



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