



EBURY PUBLISHING

SPRING CATALOGUE 2024

Get Well, Stay Well

The six healing health habits you need to 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.

'A hopeful, essential read' Dr Rangan Chatterjee

'A true game changer of a book.' Dr Rupy Aujla

'For anyone wanting to live longer and improve their health today.' Dan Buettner

Determined to help her patients, Dr Gemma Newman has studied nutrition, psychotherapy and a wide range of holistic approaches alongside her medical practice.

This book brings together everything she has learned, in twenty years of clinical experience:

Six essential health prescriptions distilled into simple and free, daily habits.

She has seen radical transformations in her patients, family, and her own health from her open-minded approach to medicine – from chronic headaches to debilitating anxiety. Give yourself the best chance of a healthy, happy life – whatever life throws at you. This is accessible, uplifting, evidence-based advice you can trust. Includes:

- **Practical exercises exploring your mind-body-emotional health connection**
- **Expert help to get to the root cause of your health concerns**
- **A toolkit of solutions backed by global research**
- **A bespoke health plan for you – no one-size-fits all approach**
- **Food as medicine, with simple plant-based recipes**

Open your mind to look after your body.

Dr Gemma Newman has been a British family doctor for twenty years. She is also a member of the British Society of Lifestyle



December 2023
9781529107692
Demy Octavo
£20.00 : Hardback
384 pages

Your Ritual Year

Emma Lucy Knowles

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

Rituals are the new resolutions.

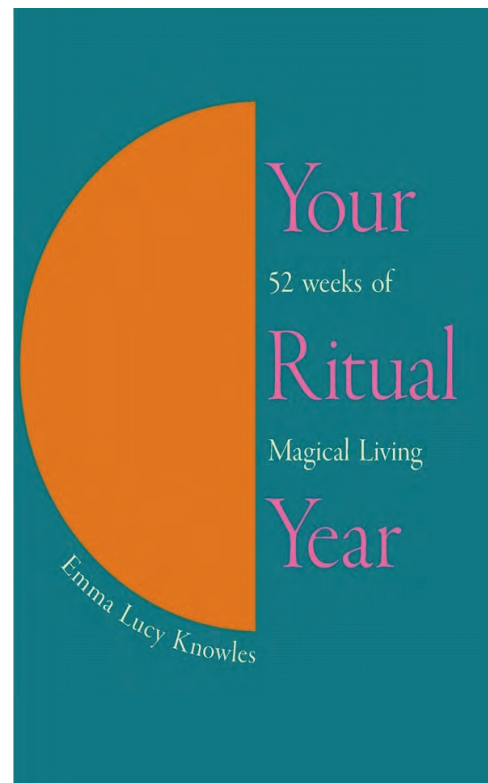
Find peace, manifest change and harness your personal power with this new book from clairvoyant-to-the-stars, Emma Lucy Knowles.

Featuring 52 rituals - one for every week of the year - this book will help you to:

- avoid burnout
- charge your creativity
- conquer self-doubt
- manifest good things
- burn bridges (the bad ones)
- rediscover your joy

Written in Emma's helpful and non-judgemental style, discover simply daily rituals to help you shut out the noise of the digital world and find meaningful connection to yourself and the world around you.

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.



December 2023
9781529905359
198 x 129
£14.99 : Hardback
224 pages

Bored of Lunch Healthy Slow Cooker: Even Easier

Nathan Anthony

Easy, healthy slow cooker recipes with as little as five-minutes hands-on time, from instant bestselling sensation Bored of Lunch (600k UK TCM across book 1 and 2).

FROM THE INSTANT NO.1 BESTSELLING SENSATION, BORED OF LUNCH

All new 'even easier' slow cooker recipes to enjoy delicious, healthy and budget-friendly food every day.

From Nathan Anthony, the home cook with over 3 million followers, comes another book of recipes to transform your weeknight cooking. Filled with all your favourite fakeaways, pastas, pies, soups and curries, as well as a whole chapter on meal prep recipes, you will be amazed what you can make in a slow cooker.

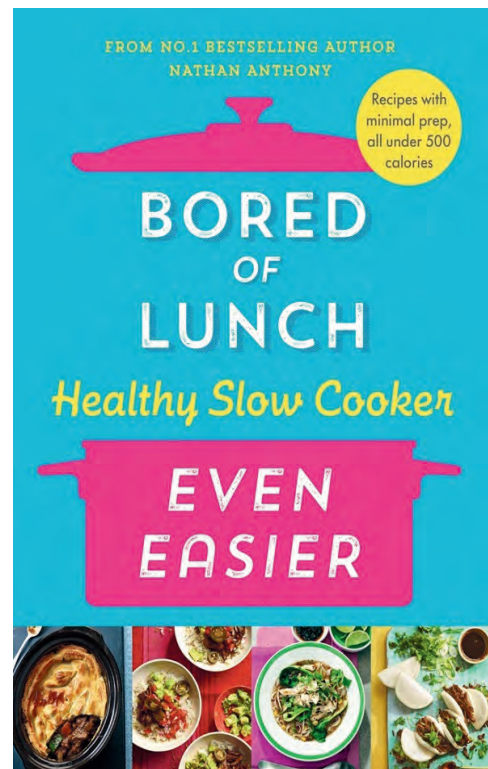
Here are recipes with hardly any prep, fewer ingredients and clever time-saving tips, making it a must-have for any busy home-cook. Every recipe is 500 calories or under, providing a hassle-free way to enjoy lighter versions of your family favourites.

As a lower-energy alternative to a conventional oven, slow cookers are a cost-efficient way to save on your household bill. And with a focus on everyday, easy-to-find ingredients, this is food you can cook without breaking the bank.

With a photo for every recipe, dishes include Teriyaki Beef Bowls, Chicken Pad Thai, Tomato and Mascarpone Risotto with Sticky Halloumi and Carrot Cake Overnight Oats.

Healthy, satisfying food has never been so easy.

Nathan Anthony is the no.1 bestselling author and creator of hit food platform Bored of Lunch. Nathan is a Northern Irish home cook who set up his food blog during lockdown to get people cooking, eating healthier and give them something to focus on during the pandemic. By day Nathan works at a FTSE100 company so cooks in a way to suit his hectic schedule. Initially aimed at busy professionals this quickly expanded to all those working from home, busy parents and those who



January 2024
9781529914474
245x167mm
£20.00 : Hardback
192 pages

The Vegan Air Fryer

Quick & easy, healthy meals

Niki Webster

Quick, healthy, energy-saving meals - including family-friendly 10-minute recipes, cakes and bread. A cookbook people are searching for. First vegan airfryer book to market from a mainstream UK publisher.

Healthy Eating Made Simple.

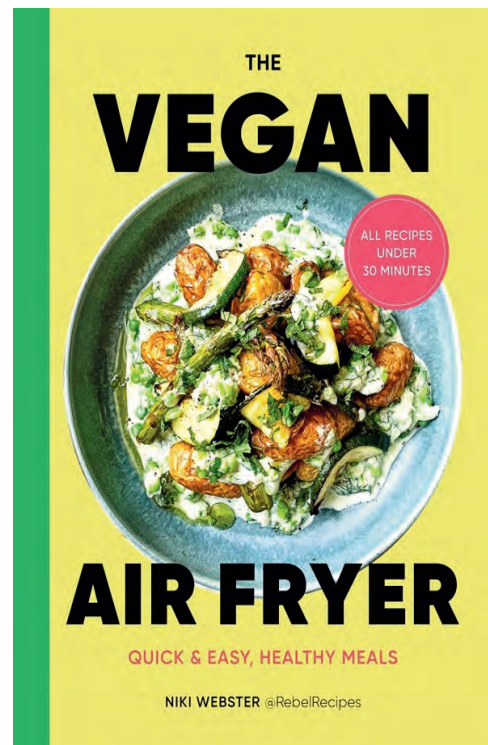
This quick-and-easy cookbook makes healthy meal prep, and eating more veg, effortless.

Everyone will love these delicious, vibrant breakfasts, snacks, lunches, dinners, baking and desserts cooked in your air fryer. If you're new to vegan eating or have just got an air fryer, this book is for you.

Find 70 plant-based recipes for beginners. Enjoy cooking:

- Easy breakfasts
- Simple lunches & light bites
- Super quick meals – ready in 15 minutes or less
- 30-minute meals
- Bread, cakes, cookies & desserts

Niki is an award-winning blogger, plant-based chef, food consultant, stylist and photographer who celebrates the vibrancy, flavour and colour of vegetables. She launched @rebelrecipes in 2015.



January 2024
9781529922363
240x170
£22.00 : Hardback
192 pages

We Need To Talk About Xi

What we need to know about the world's most powerful leader

Michael Dillon

A short, urgent book that sorts the fact from the fiction about Xi Jinping - one of the world's most powerful political leaders - to truly understand how he came to power, his hold on China and why we should care.

Meet the most powerful leader in the world.

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

From growing up with a father purged in Mao's Cultural Revolution and his mission to eradicate poverty, to his persecution of Uyghur Muslims and paranoia about being likened to Winnie-the-Pooh, Xi Jinping is a man obscured by caricatures. In this short, essential primer, historian and writer Michael Dillon unveils the character of Xi Jinping - arguably the world's most powerful man - to truly understand his grip on China, what he wants and how the West gets him wrong.

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

Michael Dillon is a historian and writer, who has studied and travelled in China for over 50 years. Currently Professor of History and Affiliate of the Lau China Institute at King's College London, he was previously the Director of the Centre for Contemporary Chinese Studies at Durham University and Visiting Professor at Tsinghua University in Beijing. He is a Fellow of the Royal Historical Society and the Royal Asiatic Society, has commented on contemporary Chinese affairs for international media, and has been a regular contributor to the *Times Literary Supplement* and the *London Review of Books*.

His recent books include *China: A Modern History*, *China in the Age of Xi Jinping*, *Zhou Enlai: the Enigma behind Chairman Mao* and *Deng Xiaoping: the Man Who Made Modern China*.



January 2024
9781529914450
B (Ebury)
£10.99 : Paperback
208 pages

Time Wise

The instant international bestseller

Amantha Imber

A guide to the productivity secrets of the world's foremost thinkers, leaders and entrepreneurs - with exclusives from Adam Grant, Greg McKeown and Dan Pink.

The instant international bestseller

'This charming book will save you more time than it takes to read.' Adam Grant

'A must-read. This book will transform how you approach your workday.' Greg McKeown

'Read this book!' Jake Knapp

High achievers most definitely approach their workday differently. This book gives access to the secrets and strategies they've found for making things work. From Wharton Professor Adam Grant's trick to get into flow when he starts work, Google's Executive Productivity Advisor, Laura Mae Martin, and her inbox shape-shifting, to Cal Newport's multiple kaban boards, this isn't your typical productivity book.

You know the basics and have heard the swallow-the-frog platitudes. *Time Wise* goes deeper and unveils some of the more counterintuitive but effective methods that boost your productivity. Some of the high achievers featured, along with their personal strategies, include Adam Alter setting systems instead of goals, Rita McGrath who consults her own personal board of directors, Jake Knapp who focuses on the one important thing of the day and Oliver Burkeman's approach to beating the to-do list.

This book will allow you to master the superpower of using your time wisely to achieve success in business, life and beyond.

Dr Amantha Imber is an organisational psychologist and the host of the popular business podcast How I Work. With over 3 million downloads, the show features some of the world's most successful people's habits, strategies and rituals. In 2021, she won the Thinkers50 Innovation Award (described by the Financial Times as the 'Oscars for Management Thinking'), which recognises the thinker who has contributed the most to

'Will save you more time than it takes to read.'
ADAM GRANT

'A must-read.'
GREG MCKEOWN

TIME WISE

**Productivity Secrets of the
World's Most Successful People**

Amantha Imber

THE INSTANT INTERNATIONAL BESTSELLER



January 2024
9781529146325
B (Ebury)
£10.99 : Paperback
320 pages

Break the Cycle

A Guide to Healing Intergenerational Trauma

Dr Mariel Buqué

The definitive, paradigm-shifting guide to healing intergenerational trauma from an expert trauma psychologist, professor and holistic practitioner.

How to pass on strength not pain to those you love.

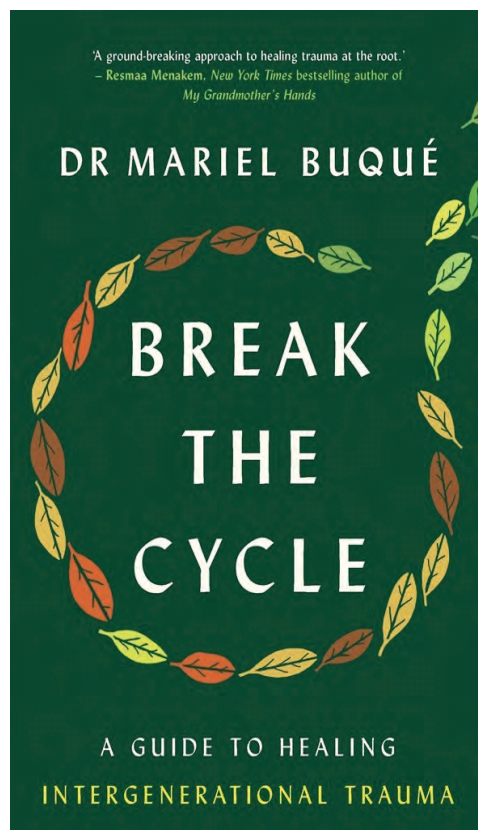
When a physical wound is left unhealed, it continues to cause pain and can infect the whole body. When emotions are left unhealed, they similarly cause harm that spreads to other parts of our lives, hurting our family, friends and colleagues. Eventually, this hurt spreads further, affecting entire communities and families across generations.

This is intergenerational trauma. It can lead us to become people-pleasers, co-dependent in relationships and even estranged from our families. The wounds are complex and continue to invade our minds, bodies and spirits long after.

In *Break the Cycle*, Dr Mariel Buqué delivers the ground-breaking guide to healing inherited trauma. Weaving scientific research with practical exercises and stories from her therapy room, Dr Buqué will help you understand how trauma is inherited from one generation to the next, break the cycle and disrupt the flow of intergenerational trauma with therapeutic exercises, and encourage you to pass on strength - not pain - to future generations.

With a holistic approach to healing that has been absent from the field of psychology for too long, *Break the Cycle* will help you shift intergenerational trauma to intergenerational abundance.

Dr Mariel Buqué is a Columbia-trained holistic psychologist, professor, sound bath meditation healer and intergenerational trauma expert. She has appeared as an expert on *Good Morning America* and in *Vogue*, *Self* and *Glamour*. Dr Buqué is originally from the Dominican Republic and now lives in the United States.



January 2024
9781785044281
Demy Octavo
£16.99 : Trade Paperback
288 pages

SORT YOUR LIFE OUT

3 Steps to Transform Your Home & Change Your Life
The BBC Sort Your Life Out team

To accompany a new series of the hit BBC1 show, the life-changing tidying and cleaning book of the hit BBC One show from the *Sort Your Life Out* team. With a foreword by Stacey Solomon.

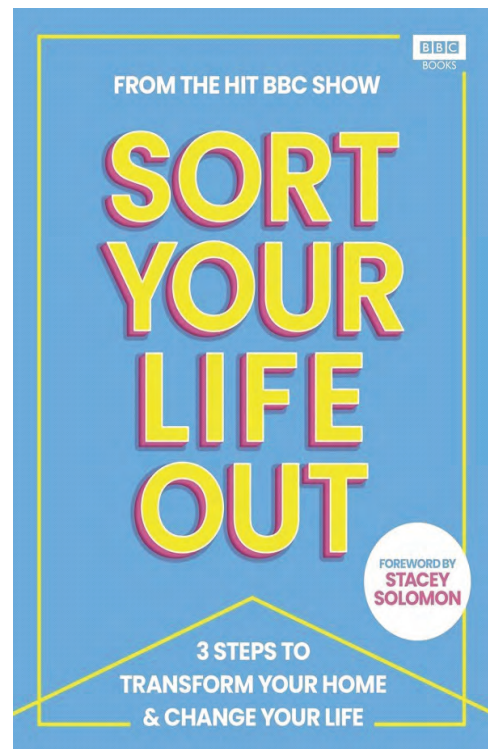
The first official book from the life-changing BBC One show, *Sort Your Life Out* will have you falling back in love with your home in three simple steps:

- 1. STRIP** - how to let go and clear out the clutter (when you don't have a warehouse to hand)!
- 2. SORT** - time to sell, donate, recycle and upcycle.
- 3. SYSTEMISE** - learn how to organise, fold and store in a way that is manageable and sustainable.

Filled with every tip and trick from your favourite experts Stacey, Dilly, Iwan and Rob, this empowering book will give you the tools to transform your home and get that *Sort Your Life Out* mindset.

Stacey Solomon (Foreword By)

Mum, TV personality, meticulous organizer and crafter, Stacey shares love and positivity with every post, and her sense of humour is contagious. Find her @staceysolomon on Instagram and Twitter where she shares her daily recipes, craft projects, tidying wins and uplifting messages.



January 2024
9781785948671
216x153
£16.99 : Hardback
256 pages

Reboot with Kayla

Kayla Itsines

The all-in-one toolkit for kickstarting your health and fitness, from Sweat's co-founder and head trainer, Kayla Itsines.

Are you looking for a way to reignite your fitness and feel amazing in yourself? Embark on a four-week reboot journey with Sweat's head trainer Kayla as she guides you through a powerful plan for your mind and body:

Week 1: Mindset

Week 2: Movement

Week 3: Motivation

Week 4: Momentum

In just four weeks, you'll boost your energy and confidence as you set up long-term healthy habits to help you feel your best – inside and out.

A complete reset toolkit backed by the expertise of Sweat, this book is packed with:

- Accessible workout plans to meet you at your fitness level – and build beyond
- Step-by-step mobility and strength exercises
- 30 nourishing and easy-to-make recipes to inspire every meal of the day
- Weekly meal planners
- Pep talks from Kayla and her top tips for reboot success
- Daily prompted journal pages to tap into the power of a positive mindset.

Commit to yourself and hit reboot with Kayla by your side. From here on, every move you make is another step towards the best version of you.

Sweat's co-founder and head trainer Kayla Itsines has made it her mission to provide women with the tools they need to improve their health and fitness, revolutionising the female fitness landscape and making movement more accessible to women across the globe.

A 4-week toolkit for rediscovering your best self

REBOOT



KAYLA ITSINES

Featuring workouts, recipes, tips and journal

January 2024
9781529932751
220x170mm
£18.99 : Trade Paperback
264 pages

Doctor Who: Wild Blue Yonder (Target Collection)

Mark Morris

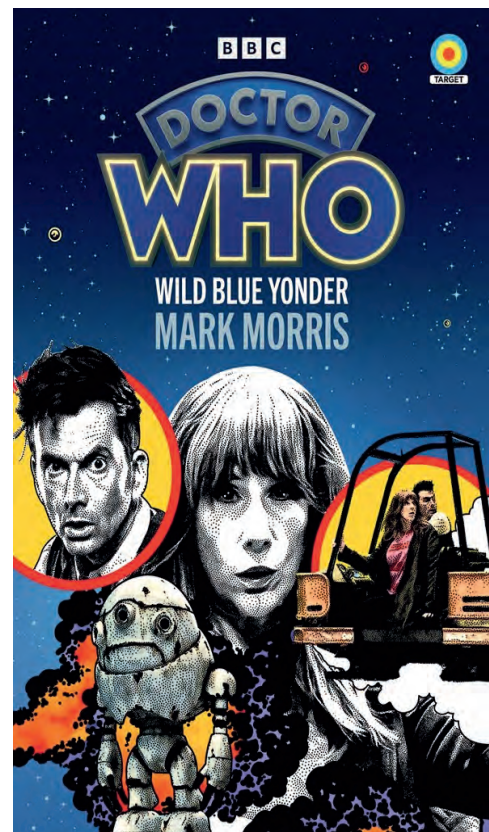
Based on a script by Russell T Davies, the spectacular second adventure for *Doctor Who*'s 60th anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble.

A ship at the edge of space. A robot with a secret. A sinister presence.

The Doctor and Donna are trapped on board a mysterious spacecraft. Fate of the crew: unknown. Fate of the universe if what's on board gets out: terminal.

Based on a script by Russell T Davies, the spectacular second adventure for *Doctor Who*'s 60th anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble.

Mark Morris became a full-time writer in 1988, and a year later saw the release of his first novel, *Toady*. He has since published a further sixteen novels, among which are *Stitch*, *The Immaculate*, *The Secret of Anatomy*, *Fiddleback*, *The Deluge* and four books in the popular Doctor Who range. His short stories, novellas, articles and reviews have appeared in a wide variety of anthologies and magazines, and he is editor of the highly-acclaimed *Cinema Macabre*, a book of fifty horror movie essays by genre luminaries, for which he won the 2007 British Fantasy Award. He also writes under the name of J. M. Morris. To find out more about Mark Morris visit his website at www.markmorrisfiction.com



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9781785948466
A format 178x110mm
£9.99 : Paperback
252 pages

Doctor Who: The Giggle (Target Collection)

James Goss

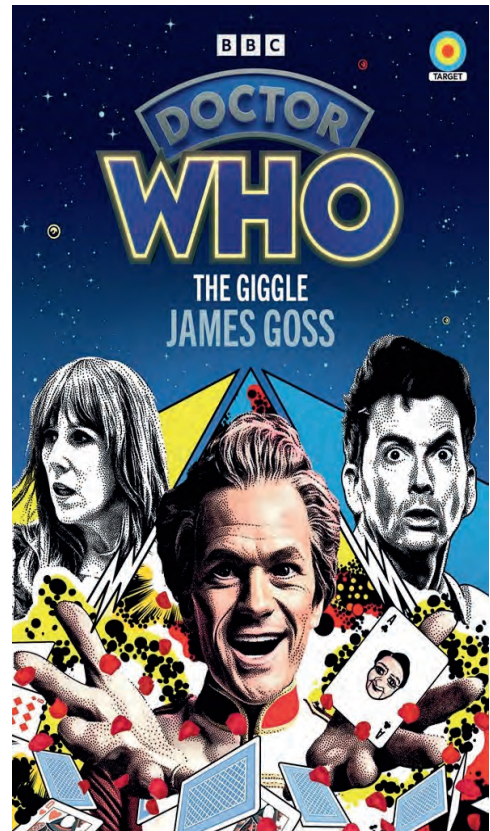
Based on a script by Russell T Davies, this thrilling third adventure for *Doctor Who*'s 60th anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble, as well as introducing Ncuti Gatwa as the Fifteenth Doctor.

A sinister toyshop. The Earth erupting in violence. Shockwaves travelling through history.

With old friends powerless to help, the Doctor is drawn into a deadly duel against an old nemesis who can bend reality to his will – and change the Doctor's future for ever...

Based on a script by Russell T Davies, this thrilling third adventure for *Doctor Who*'s 60th anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble, as well as introducing Ncuti Gatwa as the Fifteenth Doctor.

James Goss has adapted three *Doctor Who* stories by Douglas Adams for BBC Books (*City of Death*, *The Pirate Planet*, and *The Krikkitmen*). He's also written several original *Doctor Who* and *Torchwood* books. His novel *#Haterz* is in development as a motion picture. He's also written for the stage and the radio.



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9781785948473
A format 178x110mm
£9.99 : Paperback
252 pages

Doctor Who: The Star Beast (Target Collection)

Gary Russell

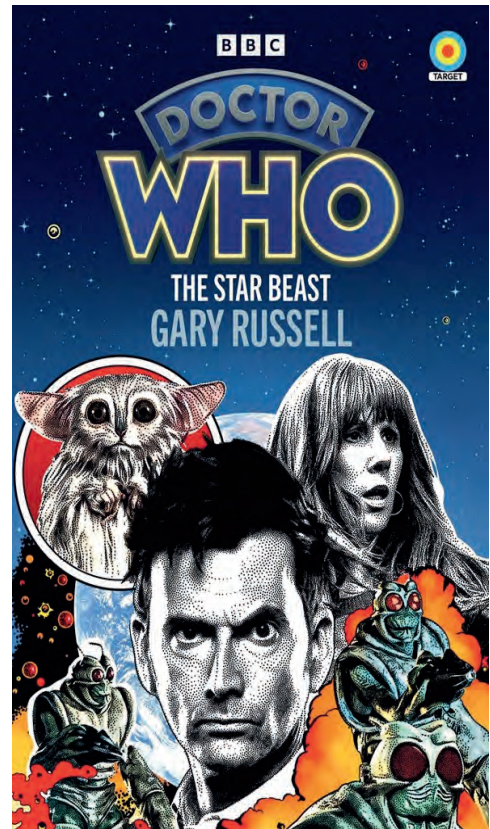
Based on a script by Russell T Davies, this brand-new adventure for Doctor Who's 60th Anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble.

A life-changing encounter. A fugitive from the stars. Wrathful warriors in pursuit.

Landing on Earth, the Doctor finds a stranded alien in need of protection – and is dragged headlong into the life of his old friend Donna Noble, knowing that if she ever remembers their time together, she will die...

Based on a script by Russell T Davies, this brand-new adventure for Doctor Who's 60th Anniversary features David Tennant as the Fourteenth Doctor and Catherine Tate as Donna Noble.

One-time *Doctor Who*, *Torchwood* and *The Sarah Jane Adventures* script editor **Gary Russell** has written books on subjects such as *Doctor Who*, *Frasier*, *The Simpsons* and *The Lord of the Rings* movies. He is currently overseeing animated reimaginings of old 1960s missing *Doctor Who* stories for BBC Studios.



January 2024
9781785948459
A format 178x110mm
£9.99 : Paperback
252 pages

Until I Kill You

The shocking true story of the woman who survived living with serial axe murderer John Sweeney

Delia Balmer

The shocking true story of a woman trapped in an abusive relationship with a man who would become a serial killer

Soon to be an ITV drama starring Anna Maxwell Martin.

When Delia Balmer entered into a relationship with the attentive John Sweeney, she had no idea he was a serial killer.

At first he was caring but over the course of their relationship he became violent and controlling. On more than one occasion he held Delia hostage and tortured her. Chillingly, he also confessed to the murder of his previous girlfriend. After one serious assault, Sweeney was released on bail, and left her in the utmost fear knowing that he would return to finish her off. After a final frenzied attack leaving Delia on the brink of death, Sweeney went on the run. Astonishingly, it would take the police six years to capture and convict Sweeney of multiple murders.

This is her compelling memoir. Previously published as *Living With a Serial Killer*, this is the true story behind the ITV drama, *Until I Kill You*.

Delia Balmer is a former nurse at the Royal Free Hospital. She was awarded with a BSc Degree by the University of Westminster in 2000.

No Image
Available

September 2024
9781529920321
B Format
£10.99 : Paperback
336 pages

Tasty High Protein

transform your diet with easy recipes under 600 calories
Fraser Reynolds

Easy, calorie-counted recipes from a cross-platform nutrition coach with over 1.5mil followers. For fans of Joe Wicks, Scott Baptie, and The Fitness Chef

Fuss-free, filling and slimming food that everyone will love

PE teacher turned qualified nutrition coach, Fraser Reynolds is on a mission to prove that a diet doesn't have to be bland, boring or restrictive. Whether you're looking to **lose fat, gain muscle** or reach your **macro targets**, Fraser's food will help you achieve your health and diet goals while eating the food you love.

With 100 high-protein recipes including **calorie counts**, nutritional information and **barcodes to scan** your meals straight into your **food tracking app**, this book is packed with delicious food for the whole family.

Get stuck in to a comforting **Dauphinoise Chicken Pie**, a punchy plate of **Crispy Chilli Beef**, a quick **Crusted Salmon Burger**, or a **Hearty Veggie Chilli** all under 600 calories, including sides.

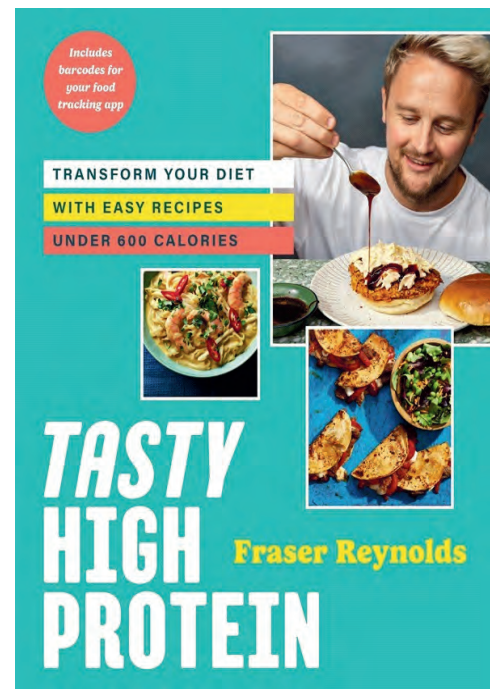
Sections include:

Air Fryer & Slow Cooker
Brunch
Quick Bites
Family Favourites
Fakeaway
& Meal Prep

PE teacher turned nutrition coach, Fraser Reynolds is on a mission to prove that being on a diet doesn't have to be bland, boring or restrictive.

With over 1.5 million followers across social media, Fraser's simple high protein recipes have helped thousands to achieve their health and diet goals while still eating the food they love.

Fraser's recipes have been featured by ALDI, *Daily Mail*, and *The Sun*. Find him online:



December 2023
9781529915648
246x189
£22.00 : Hardback
224 pages

Let Healing Happen

A Shamanic Guide to Living An Authentic and Happy Life
Eddy Elsey

A down-to-earth guide to deep healing from shamanic practitioner and founder of Street Spirituality, Eddy Elsey - this is ancient shamanic wisdom for the modern mindset.

'A sober, sensible voice in an often insane out-of-balance New Age World. An engrossing and thoughtful read.' - **NICK BREEZE WOOD, Shamanologist and editor of Sacred Hoop Magazine**

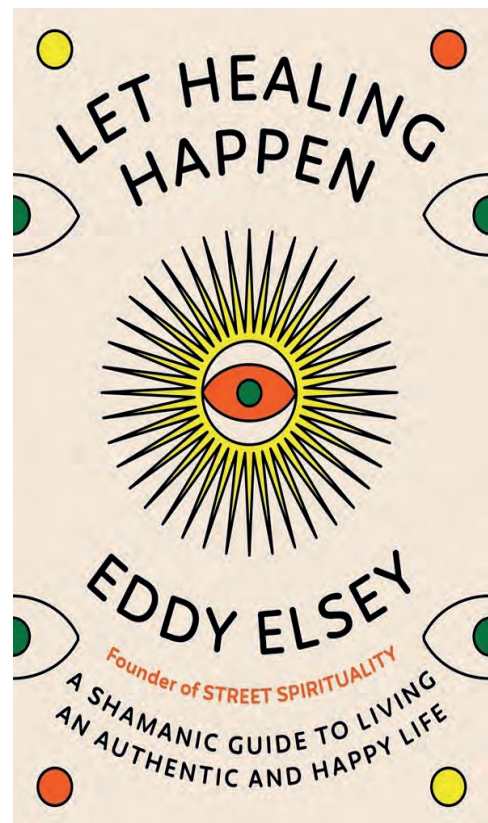
'Although our cultures wax and wane like the moon in the sky, the land beneath our feet still pulses with the same power that it always has. Shamanism is a gateway into the mysterious world of that power.' - Eddy Elsey

In this book, shamanic practitioner and founder of online platform Street Spirituality, Eddy Elsey, shares his life-changing journey from living as a burned-out partygoer to becoming a practising shamanic healer and finally feeling like his authentic self. He reveals the rituals and tools that have helped him live a more spiritually grounded life so you can too.

Let Healing Happen shows us that by connecting to our roots in the earth and drawing on ancient shamanic practices, it is possible to heal pain, find balance and embrace the role we play in this beautiful world.

'Whatever your beliefs, this call to understanding ourselves as a part of the natural world has much to teach about living well.'
- **Claudia Canavan**

Eddy Elsey is a Shamanic Practitioner and founder of Street Spirituality. In addition to a 1-2-1 healing practice, he runs events and workshops at leading studios in London and has been featured in *GQ*, *Men's Health*, *The Metro* and *The Telegraph* for this work, as well as becoming the resident Shamanic Practitioner at The Mandrake Hotel in London.



January 2024
9781846047534
Demy Octavo
£17.99 : Hardback
288 pages

The Ramadan Family Cookbook

80 recipes for enjoying with loved ones

Anisa Karolia

No-fuss, tasty meals for your family at Ramadan

This collection of 80 delicious recipes has you and your family covered for Ramadan. With dishes that everyone will enjoy, it includes chapters focused on making cooking easy, quick and even healthy.

Whether you're looking to cook ahead and make a batch recipe that will see you through the week, or rustle up something nutritious after sunset, there's something for everyone in this beautifully photographed cookbook.

Example chapters and recipes include:

One Pot Wonders (Masala Prawns & Rice, Easy Dahl with Chapati)

Make It Healthier (Grilled Chipotle Chicken Skewers, Lemon & Herb Cod Parcels)

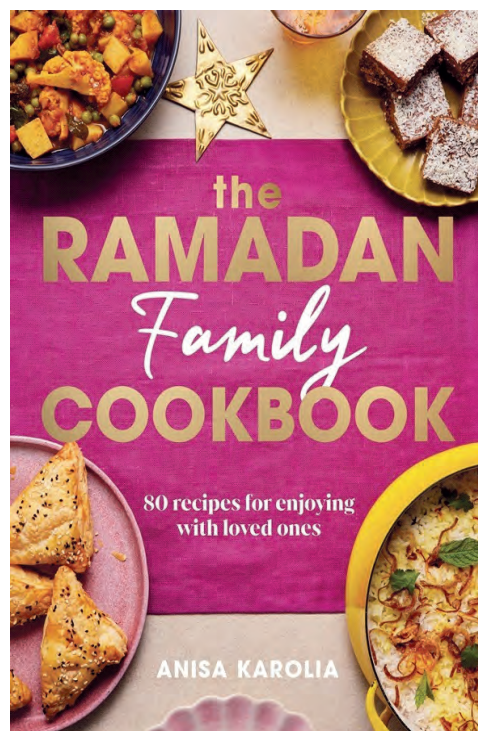
Crowd-Pleasing Bites (Lamb Samosas, Veggie Paneer Spring Rolls)

Bake It Easy (Rose & Pistachio Shortbread, Orange & Almond Loaf)

Drinks (Mango Lassi, Coconut and Chocolate Milkshake)

Anisa Karolia is one of the UK's most popular Muslim food bloggers, sharing all of her favourite authentic recipes since 2015. She has a community of over 240,000 followers worldwide and was a British Muslim Award winner for Online Personality of the Year in 2023.

Through her various platforms, Anisa's mission is to share quick and easy recipes, and she especially loves to share those all-time family favourites that she enjoyed growing up with.



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240x170
£22.00 : Hardback
192 pages

Reclaiming You

Your Therapy Toolkit for Life's Twists and Turns

Abby Rawlinson

An empowering, practical guide to the tools of therapy you need to know

A life-changing roadmap on how the mind-body connection can transform our lives' - **FEARNE COTTON**

'With such empathy and wisdom, Abby nudges us back home to ourselves after difficult time' - **TASHA BAILEY (@realtalk.therapist)**

An empowering, practical guide to the tools of therapy you need to know.

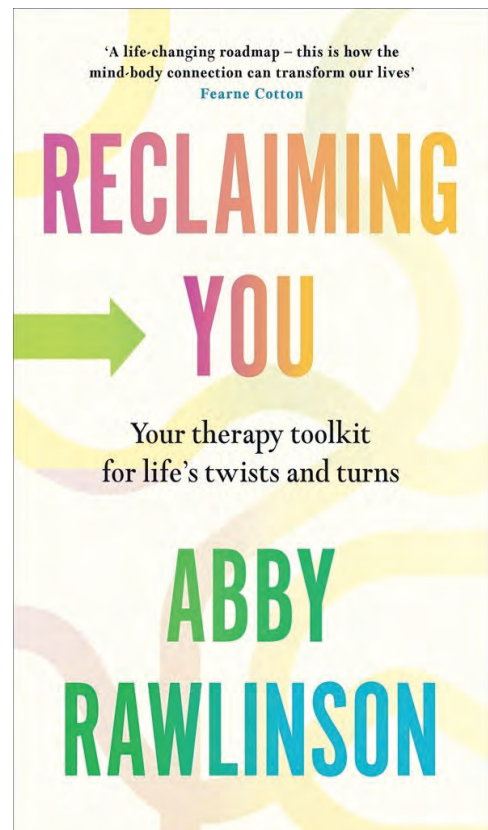
From integrative therapist, Abby Rawlinson (@therapywithabby), comes *Reclaiming You*, a real-world companion to improving your mental health. Guiding you on your journey to reconnecting with your true self, and uncovering the science of how our minds and bodies are interconnected - this empowering handbook shows you how to rediscover what you want and need, break unhealthy patterns and make lasting, positive change.

Here are 5 of the ways this book could change your life:

- 1. Transform how you react to stress**
- 2. Break your people-pleasing pattern**
- 3. Tackle anxiety and low moods**
- 4. Silence your inner critic**
- 5. Learn to say 'no' (without feeling guilty)**

'Warm and personal . . . will help you dig deeper into who you are and help you grow your self belief' - **DR MARTHA DEIROS COLLADO (@dr.martha.psychologist)**

Abby Rawlinson is an integrative therapist with a private practice based in east London, UK. Her work mixes traditional psychotherapeutic theories with cutting-edge, evidence-based techniques into a style that feels relatable, down-to-earth, and compassionate. Abby regularly contributes to articles, including but not limited to *Stylist*, *Elle*, *BBC*, *Harpers Bazaar*, *Sheerluxe*, *Women's Health*, and *Psychologies*. She can be found on Instagram @therapywithabby or online at therapywithabby.co.uk



January 2024
9781529908688
Demy Octavo
£16.99 : Hardback
272 pages

Only Say Good Things

Surviving Playboy and finding myself

Crystal Hefner

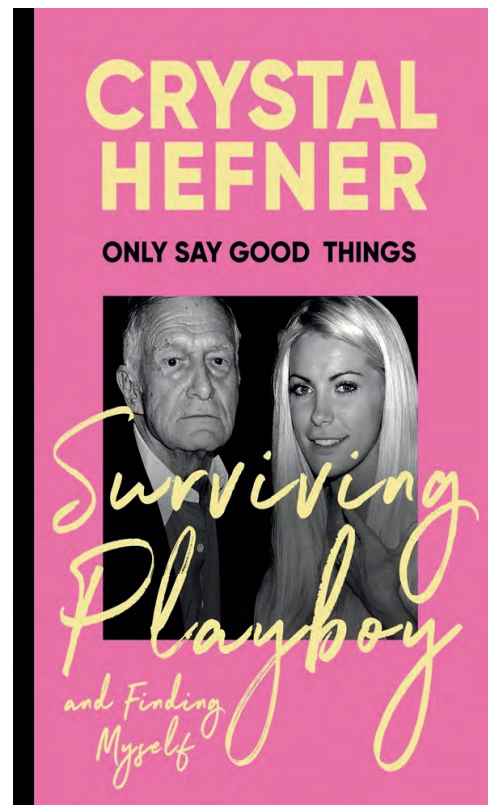
Combining the nostalgic writing of Jennette McCurdy's *I'm Glad My Mom Died* with the urgency of Emily Ratajkowski's *My Body*, this gripping memoir from Hugh Hefner's widow lays bare the shocking reality of life in the Playboy mansion.

'I was 21 years old when I found myself on the front stoop of the Playboy Mansion, its ornate front door feeling like a route to success. I want to tell the real story of my time there - the good and the bad, the dark and the light. The story I wish I'd heard as a young woman trying to find my way in the world. Before I showed up at a party, allowed myself to stay, and made the decisions that would shape my life.'

In 2008 the Playboy mansion became Crystal Harris's sanctuary - a shimmering vestige of power and opportunity. Within months she had ascended its hierarchical system to become Hugh Hefner's top girlfriend. But her new home came at a cost. Forced to follow strict rules which governed everything from her appearance to behaviour, she began to lose her identity. By the time she married Hef in 2012, the mansion had become her prison.

Before he passed away in 2017, Hef made Crystal promise to only say good things about the decade she spent in his world. After years of silence, in this gripping and honest memoir Crystal finally exposes the toxic culture at Playboy's core and the devastating effect it had on her health. In a world where so many still strive to achieve impossible beauty standards formed by the male gaze at the expense of their happiness, her extraordinary story of misogyny and objectification and ultimate journey to self-discovery reveals eye-opening lessons that are relevant to us all.

Crystal Hefner spent 10 years inside the Playboy mansion, a place that was both her sanctuary and prison. Following Hugh Hefner's death in 2017, she was left searching for home, belonging, and a sense of self; she now dedicates herself to sharing what she has learned about body image, objectification and beauty standards in the hopes of reaching other young women.



January 2024
9781529923681
Royal Octavo
£22.00 : Hardback
240 pages

Lovers in Auschwitz

A True Story

Keren Blankfeld

The incredible true story of two Holocaust survivors who fell in love in Auschwitz, only to be separated upon liberation and lead remarkable lives apart following the war-and then find each other again more than 70 years later

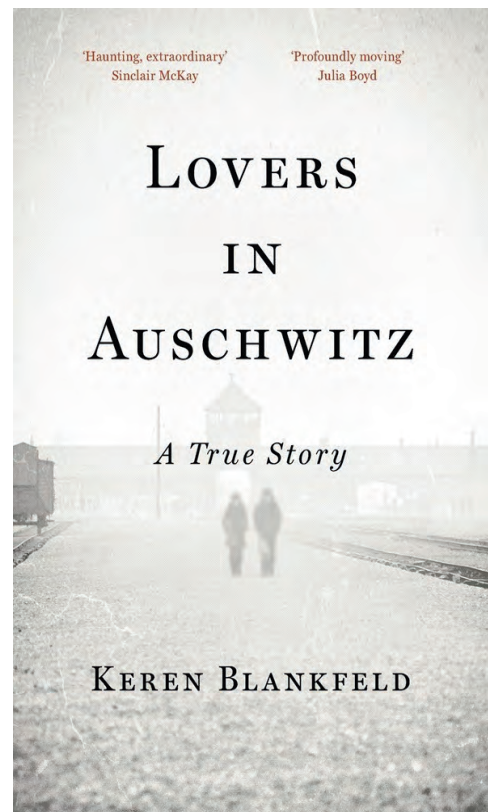
'Haunting and powerfully resonant... this is a story not just of remarkable individuals, but also a tribute to the wider indomitability of the human spirit at the darkest moment in European history' - Sinclair McKay, bestselling author of *Berlin and Dresden*

Zippi Spitzer and David Wisnia's story began when they first locked eyes across the work floor. It was the start of a romance that could have unfolded anywhere if it weren't for one key difference: Zippi and David were prisoners in history's most infamous death camp.

David and Zippi defied the odds by surviving for years beneath the ash-choked skies of Auschwitz. Shielded by the protection of their fellow inmates, saved on occasion by their own ingenuity and twists of fate, their love affair reminded them that their old world still existed – a world of possibilities, of freedom and desire. As the war's end drew near, little did they know just how far their lives would diverge, and how many years would pass before they would meet again.

An unbelievable true story of romance, sacrifice, loss, and resilience, *Lovers in Auschwitz* chronicles the lives of two young people ensnared in the Nazis' horrific creation, who discovered hope and humanity in history's darkest hour.

Keren Blankfeld is a long-form journalist with a special interest in investigative narrative nonfiction. A former staff writer for Forbes Magazine, her stories have appeared in the New York Times, Forbes, Reuters, The Toronto Star, and others. She teaches reporting and writing at the Columbia Graduate School of Journalism and has also taught at the New York University's Graduate School. She has been a guest on CNN, BBC World News, and E! Entertainment. In 2013, Keren served as a creative executive at New Regency Productions, where she worked with screenwriters and playwrights to develop material for movies and TV shows. She holds a B.A. in International Relations and English from Tufts University and an M.S. in



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400 pages

Million Dollar Weekend

The Surprisingly Simple Way to Launch a 7-Figure Business in 48 Hours

Noah Kagan

A step-by-step guide to building a million-dollar company and having fun along the way, from a man who's done it already. Seven times over.

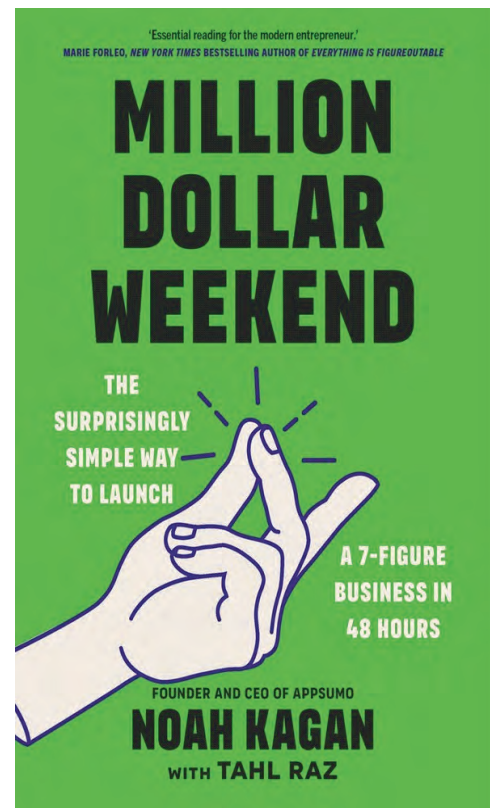
It's time to leapfrog the only hurdle between you and a million-dollar company.

More people than ever want to be their own boss, but venturing forward with your own business can be hugely intimidating. Are you investing effort in ideas that have no basis in customer demand? Are you shying away from even considering starting your own business? Noah Kagan knew this feeling all too well, but has since discovered how to banish the one simple thing holding aspiring entrepreneurs back, to become a 7-figure founder.

MILLION DOLLAR WEEKEND offers an into-the-deep-end process for overcoming fear and perfectionism and making the business of your dreams a reality. Step-by-step, Noah shows what it takes to oust fear and build the "ask muscle", and shares practical advice that every entrepreneur needs to master. By demystifying what it takes to start a business, turning risk into realistic action and fear into fun, this is the beginning of your journey to successful entrepreneurship.

And the best part? You can kickstart this process in a weekend.

After graduating from UC Berkeley, Noah became employee #30 at Facebook, where he invented status updates, developed the Facebook ads platform (you're welcome?), and worked on the very first version of Facebook's mobile app. Since 2010, Noah has been Chief Sumo of Sumo Group, a \$70 million company, offering ecommerce and marketing tools that help millions of small businesses grow their audiences and reach more customers. It's a tool for entrepreneurs to overcome the self-created obstacles that stand in the way of their own success.



January 2024
9781529146189
Royal Octavo
£16.99 : Trade Paperback
240 pages

Come Together

The Science (and Art) of Creating Lasting Sexual Connections

Emily Nagoski

The long-awaited follow-up to *New York Times* bestseller *Come As You Are* by a leading voice in sexual wellness

'Emily Nagoski is a national treasure – helping us all understand how to finally build true, joyful, confident sex lives.' –Glennon Doyle, author of *Untamed*

What does it really take to create lasting sexual connections in long-term relationships?

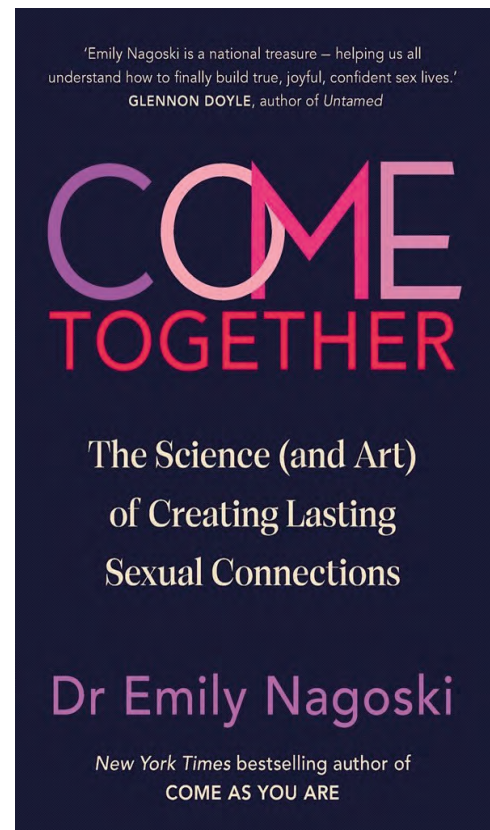
Most couples struggle at some point to maintain their sexual connection. But a lot of the advice we are given on sex is either not very good or steeped in cultural assumptions and expectations that can end up hurting us.

In *Come Together*, leading sexual wellness educator, Dr Emily Nagoski, takes on one of the most misunderstood subjects of all time - sex in long-term relationships - and shows us that most of what we've been taught about enjoying sex is wrong.

Featuring inclusive stories and examples from a wide range of couples and individuals, you'll find out what great sex really looks like and the best way to overcome obstacles - including relationship conflicts, gendered beliefs about how sex 'should be' and body image worries.

With insight, humour and empathy, *Come Together* will radically transform the way you approach sex and desire, and empower you to create long-term, fulfilling sexual connections.

Emily Nagoski is the *New York Times* bestselling and award-winning author of *Come as You Are* and co-author, with her sister Amelia, of *Burnout: The Secret to Unlocking the Stress Cycle*. She has an MS in counselling and a PhD in Health Behaviour, both from Indiana University, with clinical and research training at the Kinsey Institute Sexual Health Clinic. She has been a sex educator for over twenty years, teaching women to live with confidence and joy inside their bodies. She lives in Massachusetts with two dogs, a cat and a cartoonist.



February 2024
9781785044991
Demy Octavo
£16.99 : Hardback
368 pages

Does My Dog Love Me?

Understanding how your dog sees the world

Graeme Hall

Britain's best dog trainer, Graeme Hall, uses scientific evidence alongside his own personal stories to reveal how to understand your dog better and answer all the questions you secretly want to ask

Have you ever wondered what your dog is really thinking?

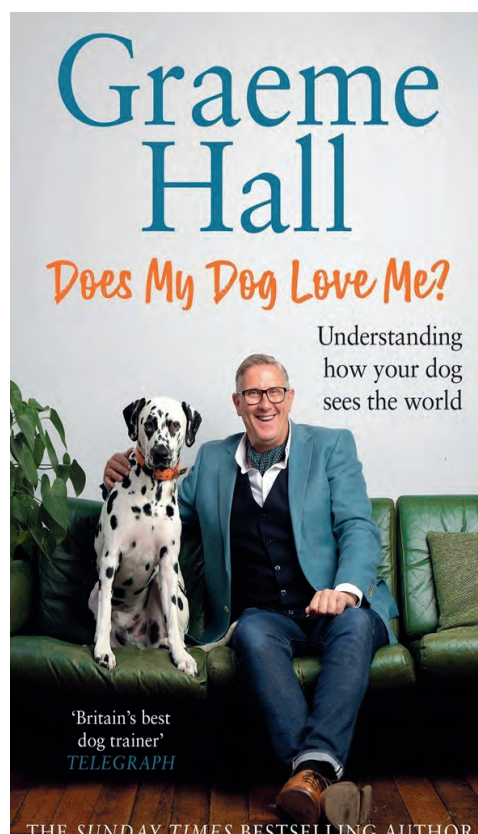
Our dogs mean the world to us and as owners we do our best to make sure they feel happy and loved, whilst also keeping them in line when needed. But wouldn't it be so much easier if we spoke the same language and could ask what they were thinking or feeling?

In his latest book, top dog trainer, Graeme Hall, reveals the secrets to understanding what your furry companion is trying to say and how they see the world. Drawing on 15 years of experience training over 5,000 dogs, and backed up with scientific evidence, he tackles all the tricky questions you've ever wanted to ask, such as 'how do I tell my dog he's been naughty?' and 'how long does a dog remember?'.

Sharing his own personal stories and practical tips, Graeme demonstrates how to interpret your dog's body language and use that knowledge to build a stronger, more rewarding relationship, as well as how to avoid common mistakes. Whether you're a seasoned dog owner or a new pup parent, this book will change the way you think about your four-legged best friend.

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

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



February 2024
9781529149234
Royal Octavo
£22.00 : Hardback
240 pages

Find Love

How to navigate modern love and discover the right partner for you

Paul Brunson

A smart, accessible and inclusive guide to finding love by world-renowned relationship expert, Paul Brunson.

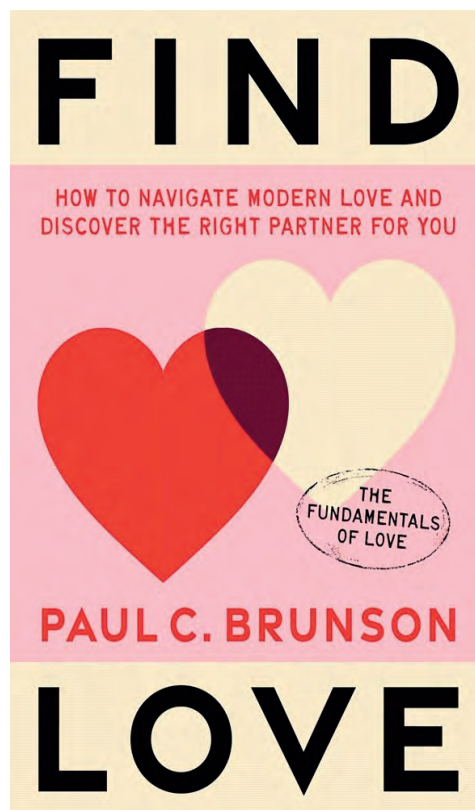
'FIND LOVE is more than a book; it's a compass for navigating the ever-changing landscape of relationships. This book is your toolkit for identifying and connecting with a partner who not only completes you but also strengthens you. It is rich with insights, supported by research, and steeped in heart.' - Paul Brunson

From red to green flags, apps, speed-dating, attachment styles, trauma, dealbreakers, compromises and making it past the first date... finding love can feel like a minefield.

In *Find Love*, world renowned relationship expert and Head of Global Research for Tinder, Paul Brunson, provides you with vital advice for navigating and securing real connections. Whether you're single and looking for love or in a relationship and wondering if your partner is 'the one', this book will arm you with the advice, skills, and simple tools you need to make an informed decision on how to simultaneously love yourself and find the right partner for you.

'Packed with practical advice and brilliantly researched, this is a thoughtful, deeply helpful and empowering toolkit for all things relating to love and relationships' – Fearne Cotton

Paul Brunson is an internationally recognised relationship expert, entrepreneur, and television host. He's American, based in London, and currently serves as co-host of *Celebs Go Dating* and *Married At First Sight UK*, relationship consult on *Lorraine*, a featured expert on Steven Bartlett's 'The Diary' project and co-founder of Endmost Therapy. He's also the Head of Global Insight at Tinder. Major media outlets such as *Good Morning America*, *The New York Times*, *The Guardian*, *USA Today* and *Sunday Brunch* have sought his wisdom. Hailed by Oprah Winfrey as 'much more than a matchmaker, Brunson has also been named the world's most influential matchmaker by the Matchmaking Institute.



February 2024
9781785044687
198 x 129
£16.99 : Hardback
288 pages

The Peanut Butter Cookbook

Recipes Like No Other

Manilife

Discover all the ways you can cook with peanut butter with 75 creative and delicious recipes from ManiLife, the creators of peanut butter like no other.

'There really is such a thing as THE best peanut butter.. and that's ManiLife. I am hooked on it.' Yotam Ottolenghi

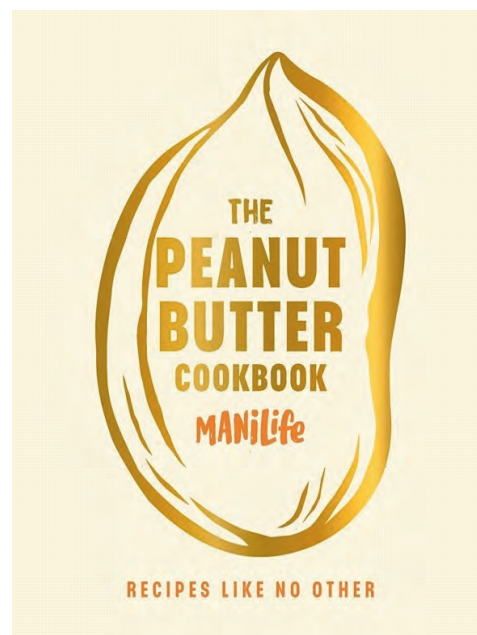
Peanut butter is good for so much more than toast - unleash the potential of your jar with these sweet and savoury, smooth and crunchy recipes from ManiLife.

ManiLife's single-estate peanuts are sourced from Córdoba, Argentina, then roasted and blended in small batches for an award-winning flavour. They are the most awarded peanut butter brand, with 19 Great Taste Stars across their range.

Find 75 new recipes for all occasions, from speedy **Black Bean Peanut Butter Dal** and a **Samosa Sandwich** to flashy **Charred Broccoli Tikka Masala** and **Nutty Lamb Moussaka**. You'll be covered for sweet treats too, with bangers such as **Passion Fruit Meringue Roulade** and **PB Panna Cotta** as well as simple sweets like **Miso Caramel Peanut Brownies** and **Fluffernutter Cookies**.

ManiLife's mission is to make the best tasting product and to bring people together through inspiring them to use it in recipes, every day. They are absolutely a brand for food lovers - if you love food there is only one peanut butter.

Founded in 2015 by Stuart MacDonald, ManiLife are the foodie's choice of peanut butter. ManiLife began after a year spent in Argentina, where Stu fell into working with a peanut butter social enterprise. As well as realising the power of good quality, tasty food for bringing people together, he noted there were no peanut butter brands back in the UK prioritising quality, craft, taste and most notably, provenance, in the same way as coffee & chocolate brands were. ManiLife is now stocked in many big retailers including Waitrose and Sainsbury's, and is the proud recipient of 19 Great Taste Awards.



February 2024
9781529923827
230 x 189mm
£20.00 : Hardback
160 pages

The Attachment Solution

How to develop strong, secure and lasting relationships
Charisse Cooke

A guide to healing past heartbreak and developing healthy and loving relationships, by psychotherapist and co-dependency counsellor Charisse Cooke.

'A cracking read, interesting, eye opening, helpful, and all wrapped up in Charisse's beautifully warm and empathetic tone.' – ANNA WILLIAMSON, Relationship Expert and Bestselling Author of *Where is the Love?*

'This is the book everyone needs to read to gain a better understanding of relationships and how we show up in the way that we do, so that we can both love better and be loved better.' – HELEN MARIE, Trauma Therapist and author of *Choose You*

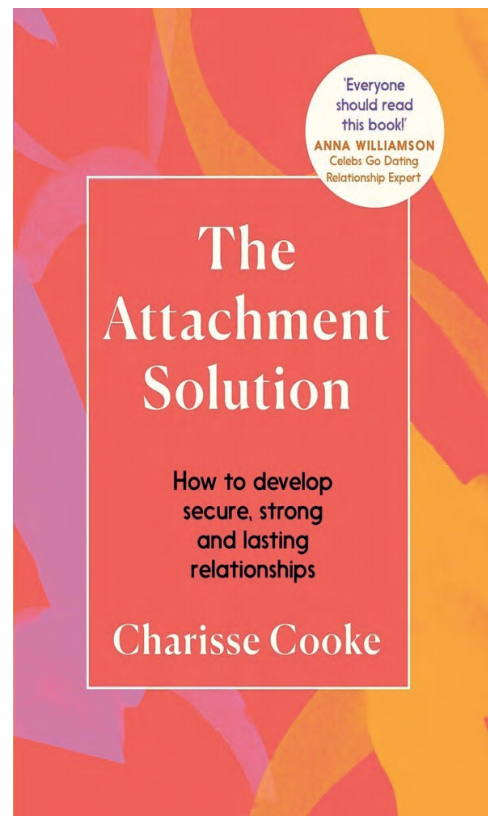
We are built to love.

Every part of our physiology and psychology is designed to connect to others and share our lives in deep and meaningful ways. As social animals we need people, this is the way we're built. But in modern life, so much has got in the way of creating healthy attachments.

When it comes to our intimate relationships, we are increasingly acting from a place of fear. We're scared we will choose the wrong person, or the person we are with doesn't love us enough. We're scared to get close. We're scared to be on our own. We're scared the one we love is pulling away. We are not securely attached.

We have all been profoundly impacted by our experiences from childhood and previous relationships, and our need to protect ourselves can become greater than our need to love. When we love, or try to be loved, our history permeates our present in the most all-consuming and powerful ways. This book will offer tools and strategies for creating positive, secure attachments and help us create the fulfilling and nourishing relationships we need.

Charisse Cooke is an attachment-based psychotherapist. She works in private practice in London, and has built a dynamic Instagram community where she shares practical tools and strategies to help us develop healthy, stable and authentic



February 2024
9781785044427
Demy Octavo
£16.99 : Trade Paperback
336 pages

Getting Better

Life lessons on going under, getting over it, and getting through it

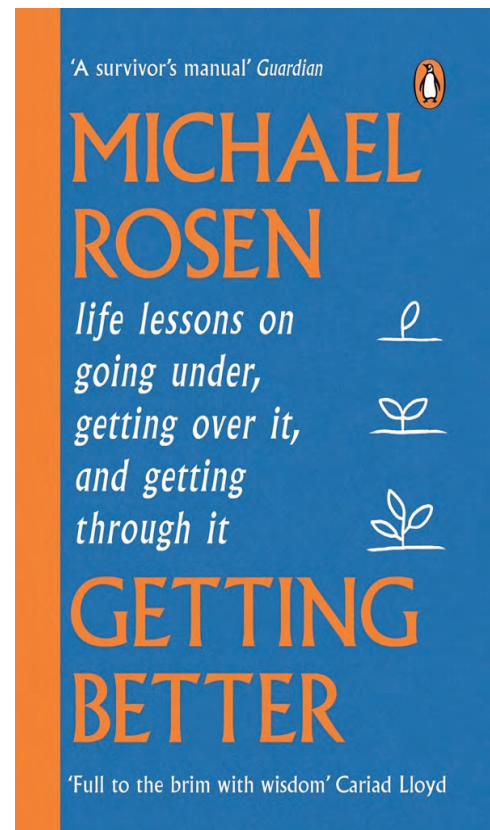
Michael Rosen

A stunning new memoir from national treasure Michael Rosen, exploring the role trauma - from chronic illness to the loss of a child - has played in his life, and how we can learn to live again in the aftermath of tragedy

In our lives, terrible things may happen. Michael Rosen has grieved the loss of a child, lived with debilitating chronic illness, and faced death itself when seriously unwell in hospital. In spite of this he has survived, and has even learned to find joy in life in the aftermath of tragedy.

In *Getting Better*, he shares his story and the lessons he has learned along the way. Exploring the roles that trauma and grief have played in his own life, Michael investigates the road to recovery, asking how we can find it within ourselves to live well again after - or even during - the darkest times of our lives. Moving and insightful, *Getting Better* is an essential companion for anyone who has loved and lost, or struggled and survived.

Michael Rosen is one of the best-known figures in the children's book world. He is renowned for his work as a poet, performer, broadcaster and scriptwriter. He visits schools with his one-man show to enthuse children with his passion for books and poetry. In 2007 he was appointed Children's Laureate, a role which he held until 2009. While Laureate, he set up The Roald Dahl Funny Prize. He currently lives in London with his wife and children.



February 2024
9781529148909
B (Ebury)
£10.99 : Paperback
272 pages

A Dirty, Filthy Book

Sex, Scandal, and One Woman's Fight in the Victorian Trial of the Century

Michael Meyer

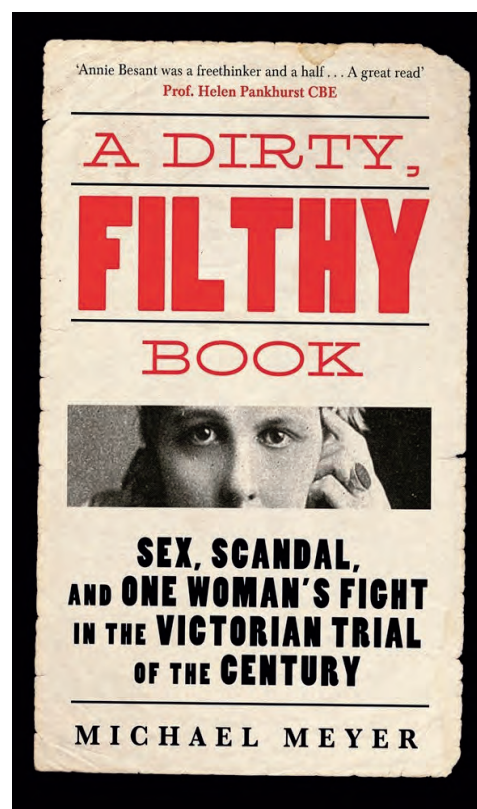
An empowering and gripping story of a pioneer of women's rights written by a critically-acclaimed writer and historian, for fans of Hallie Rubenhold, Hermione Lee and prize-winning Victorian histories.

London, 1877. A petite young woman stands before an all-male jury, about to risk everything. She takes a breath, and opens her defence.

Annie Besant and her confidant Charles Bradlaugh are on trial for the sordid crime of publishing and selling a birth control pamphlet. Remarkably – forty-five years before the first woman will be admitted to the English bar – Annie is defending herself. Before Britain's highest judge she declares it is a woman's right to choose when, and if, to have children. At a time when women were legally and socially subservient to men, Annie's defiant voice was a sensation. The riveting trial scandalised newspapers, captivated the British public and sparked a debate over morals, censorship and sex.

Drawing on unpublished archives, private papers and courtroom transcripts – and featuring an incredible cast including Queen Victoria, George Bernard Shaw and London itself – *A Dirty, Filthy Book* tells the gripping story of a forgotten pioneer who refused to accept the role the Establishment assigned to her. Instead, she chose to resist.

Michael Meyer is a critically-acclaimed author and journalist who has written for the *New York Times*, the *Wall Street Journal*, the *Financial Times*, and many other outlets. A Fulbright scholar, Guggenheim fellow, Berlin Prize and Whiting Award winner, Meyer has also received fellowships from the National Endowment for the Humanities, the Cullman Center, MacDowell, and the University of Oxford's Centre for Life-Writing. He is a Professor of English at the University of Pittsburgh, where he teaches nonfiction writing.



February 2024
9780753559925
Royal Octavo
£25.00 : Hardback
400 pages

Data Grab

The new Colonialism of Big Tech and how to fight back
Ulises A. Mejias and Nick Couldry

Leading global experts provide a sweeping, empowering playbook to tackle what Yuval Harari has described as one of the biggest threats to humanity, for fans of Shoshana Zuboff's internationally bestselling THE AGE OF SURVEILLANCE CAPITALISM

Your life online is *their* product.

In the past, colonialism was a landgrab of natural resources, exploitative labour and private property from countries around the world. It promised to modernise and civilise, but actually sought to control. It stole from native populations and made them sign contracts they didn't understand. It took resources just because they were there.

Colonialism has not disappeared – it has taken on a new form.

In the new world order, data is the new oil. Big Tech companies are grabbing our most basic natural resources – our data – exploiting our labour and connections, and repackaging our information to control our views, track our movements, record our conversations and discriminate against us. Every time we unthinkingly click 'Accept' on Terms and Conditions, we allow our most personal information to be kept indefinitely, repackaged by big Tech companies to control and exploit us for their own profit.

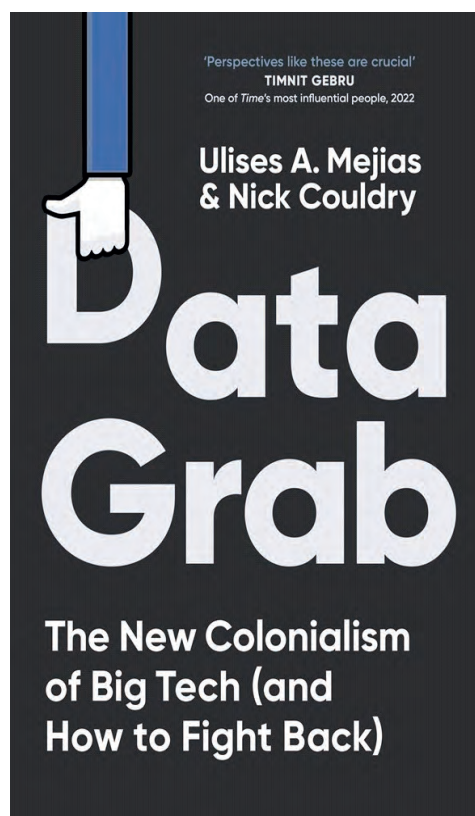
In this searing, cutting-edge guide, two leading global researchers – and founders of the concept of data colonialism – reveal how history can help us both to understand the emerging future and to fight back.

Ulises A. Mejias (Author)

Professor Ulises A. Mejias (Mexican American) is a critical media theorist, recipient of the State University of New York Chancellor's Award for Excellence in Scholarship, and a Fulbright Specialist from 2021 to 2025.

Nick Couldry (Author)

Professor Nick Couldry (British) is a sociologist of media and culture at the London School of Economics and a Faculty Associate at Harvard University's Berkman Klein Center for Internet and Society.



February 2024
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Royal Octavo
£22.00 : Hardback
320 pages

Unprocessed

What Your Diet Is Doing to Your Brain

Kimberley Wilson

Chartered psychologist Kimberley Wilson kickstarts a long-overdue conversation about how what we eat is creating a mental health apocalypse.

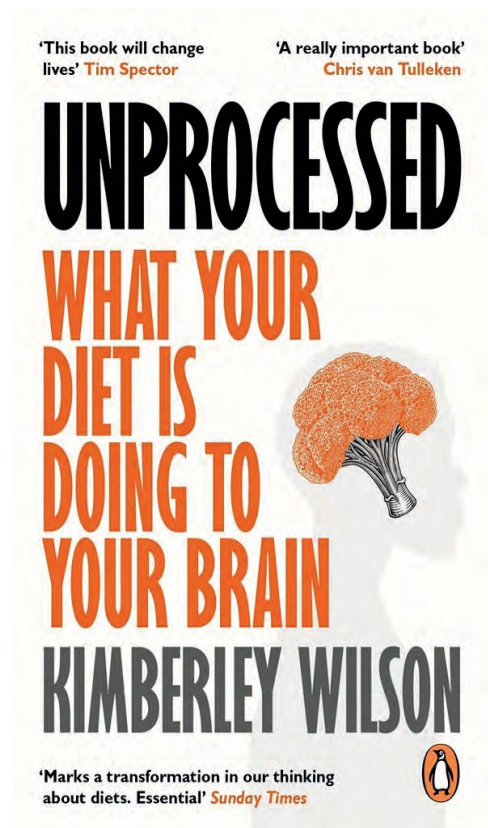
We all know that **as a nation our mental health is in crisis**. But what most don't know is that a critical ingredient in this debate, and a crucial part of the solution - **what we eat** - is being ignored.

Nutrition has more influence on what we feel, who we become and how we behave than we could ever have imagined. It affects everything from our decision-making to aggression and violence. Yet mental health disorders are overwhelmingly treated as 'mind' problems as if the physical brain - and how we feed it - is irrelevant. Someone suffering from depression is more likely to be asked about their relationship with their mother than their relationship with food.

In this eye-opening and impassioned book, psychologist Kimberley Wilson draws on startling new research - as well as her own work in prisons, schools and hospitals around the country - to reveal **the role of food and nutrients in brain development and mental health**: from how the food a woman eats during pregnancy influences the size of her baby's brain, and hunger makes you mean; to how nutrient deficiencies change your personality.

We must also recognise poor nutrition as a social injustice, with the poorest and most vulnerable being systematically ignored. We need to talk about what our food is doing to our brains. And we need decisive action, not over rehearsed soundbites and empty promises, from those in power - because if we don't, things can only get worse.

Kimberley Wilson is a Chartered Psychologist, author and visiting lecturer working in private practice in central London. She's a Governor of the Tavistock & Portman NHS Mental Health Trust and the former Chair of the British Psychological Society's Training Committee in Counselling Psychology. Kimberley's first book *How to Build a Healthy Brain* (Yellow Kite, 2020) explored how to look after both physical and mental well-being. She hosts Stronger Minds, a podcast on topics such as food, lifestyle, psychology and mental health. She's appeared



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320 pages

The Six Disciplines of Strategic Thinking

Leading Your Organization Into the Future

Michael Watkins

The ultimate guide to strategic thinking by Michael Watkins, internationally bestselling author and leading expert on strategy.

How did John F. Kennedy put a man on the moon in just under ten years?

What can chess teach us about actionable insights?

And why should you shake up a business at a time of great success?

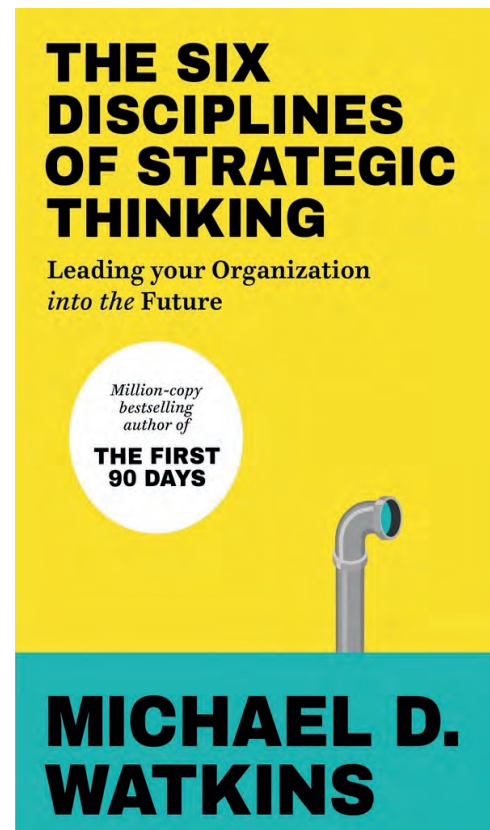
All of these questions have their answer in strategic thinking. But what *is* strategic thinking exactly? Are we born with it, or can we nurture it?

As a distinct and important capability in leaders, strategic thinking is a remarkably poorly defined, little understood concept, confined to management courses and board meetings. But in *The Six Disciplines of Strategic Thinking*, world-renowned expert Michael Watkins shows leaders how they can benefit from it, as long as they have the tools to nurture it.

Exploring the six specific mental disciplines that together constitute strategic thinking, each chapter shows how they can create value, and offers prescriptions on how to develop the strategic thinking mindset ourselves. Academically grounded but jargon-free, with real-world examples from all sectors and ages, *The Six Disciplines of Strategic Thinking* assesses our innate ability to think strategically, and helps us to cultivate it, leading to better decisions that get proven results.

Michael D. Watkins is Professor of Leadership and Organizational Change at IMD, and co-founder of Genesis Advisers. He has spent the last two decades working with leaders as they transition to new roles, build their teams and transform their organizations. In 2023, he was inducted to the Thinkers50 Hall of Fame, in recognition for his outstanding contributions to the worlds of management and leadership.

He is author of the international bestseller *The First 90 Days*,



January 2024
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Demy Octavo
£16.99 : Trade Paperback
192 pages

The Batch Lady Grab and Cook

No-fuss prep-ahead meals to make life easy

Suzanne Mulholland

100 prep-ahead, make later meals, for fans of Mary Berry's *Cook Now Eat Later*, Bored of Lunch and Pinch of Nom.

Delicious home cooking - ready when you want it

Take the hassle out of mealtimes with 100 easy recipes to have dinner ready in no time.

Grab and Cook is a simple method to put satisfying, wholesome food on the table every day. Each recipe takes no more than 15 minutes to prepare, and can either be cooked right away, or made for the freezer to cook when you're hungry.

All of the recipes have instructions for cooking in multiple appliances - including oven, air fryer, pressure cooker, hob, slow cooker and microwave - so you can choose the one that suits you.

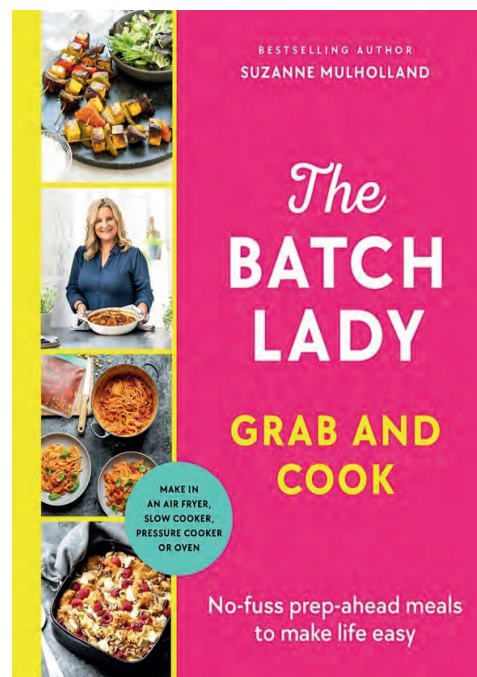
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'To say that Suzanne goes the extra mile in *Grab and Cook* would be a stupendous understatement – it's fuss-free and full of recipes that you'll actually make again and again.' - **Becky Excell**

Suzanne Mulholland, known as The Batch Lady, is a time-saving guru and family-cooking expert. She is helping thousands of people to spend less time in the kitchen by getting organised in advance and filling the freezer full of homemade ready meals saving time, money, and waste.

The Batch Lady method was developed by Suzanne to share her cookery and time management expertise to help people get organised in advance and take the stress of our daily meal times.

Suzanne worked as a time-management expert and took all the tools from her previous job and applied them to cooking when she had children. She showed a few friends how she stayed organised and made all her meals in advance, they loved it and after encouraging her to share recipes on Facebook and Instagram, The Batch Lady was born.



February 2024
9781529922028
246x189
£22.00 : Hardback
256 pages

The Power of Du'a

A Practical Guide to Deepen Your Du'a, Transform Your Connection with Allah and Change Your Life

Aliyah Umm Raiyaan

Inspirational advice and practical tools to focus, reflect and implement the spiritual practice of du'a from *Sunday Times* bestselling author Aliyah Umm Raiyaan.

'Empowering....of great benefit to those who want their doors flung open by Allah' - Mufti Menk

What seems impossible can become possible through du'a

In *The Power of Du'a*, *Sunday Times* bestselling author and revert, Aliyah Umm Raiyaan takes you on a journey that shows how faith and practising du'a (a personal supplication) can transform your life.

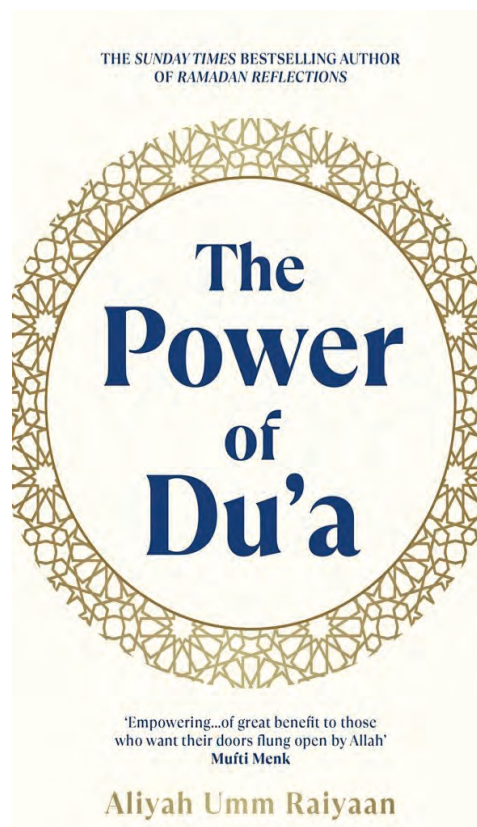
Featuring inspirational real-life stories from those who have experienced miraculous results from living with du'a, this book is a comforting guide to revive and develop a close relationship with Al Mujeeb – The One Who Responds. Through life's challenges and struggles, with tools from the Qur'an and Sunnah, you will learn how to:

- **Sincerely prepare your heart *before* du'a**
- **Ask of Allah from a place of certainty, *during* du'a**
- **Move forward in faithful trust *after* He responds**

You will learn how to prepare your heart and then ask of Allah from a place of sincerity and certainty. This book provides tools to navigate the response to your du'a, developing a close and trusting relationship with The Most High.

Deeply moving and uplifting, *The Power of Du'a* is for anyone looking to reflect, reshape their dialogue with the Divine and walk in complete faith – embracing the perfect plans Allah has for each and every one of us.

Aliyah Umm Raiyaan reverted to Islam in 1999 as a young woman and has been involved in UK dawah for over twenty years. In 2010, she founded Solace UK, a charity that helps women who have reverted to Islam and find themselves in difficulty. In 2019, she launched a YouTube show called *Honest Tea Talk*, which brought unscripted conversations to the table



February 2024
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Demy Octavo
£14.99 : Trade Paperback
272 pages

Love Until Death

The twisted true story of Alexandre Despallières
Chris Hutchins

The incredibly elaborate but all-true story of the psychopathic international fraudster, who charmed his victims to death

The twisted true story of Alexandre Despallières

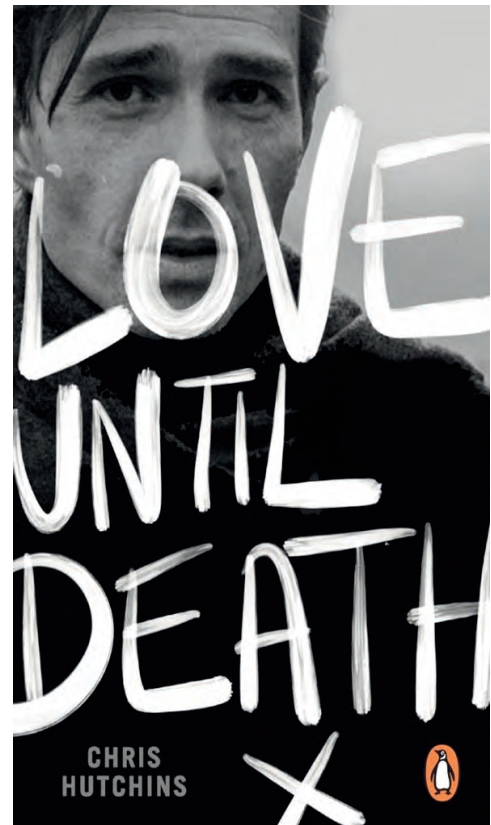
Alexandre Despallières bewitched many people with his poisonous charm. A popstar in France during the 80s, one of his hits was fittingly entitled *L'Amour à Mort...*

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

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

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

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



April 2024
9781529903751
Demy Octavo
£16.99 : Paperback
320 pages

Sleep Reset

The New Tools of Rest & Recovery

Natalie Pennicotte-Collier

A super-charged blend of the very best strategies to protect sleep, which will build confidence and self-awareness so readers can handle any sleep turbulence or full-blown insomnia.

Discover the tools you need to become your own best sleep coach.

How is your sleep right now? Restless nights, bleary-eyed mornings or full-blown insomnia? The good news is that even in tough times, your sleep is never truly broken.

Packed with the latest rest and recovery strategies, and supported by the latest sleep science, *Sleep Reset* is the definite five-week programme for better sleep. Using Mindfulness-based Cognitive Therapy techniques, breathwork exercises and meditation practices, you will feel empowered to:

- Get back in touch with the most evolved sleep tech on this planet - your inner body clock
- Support your nervous system to reduce sleep stress and calm your racing mind
- Identify the most common sleep problems and access the tools you need to fix them
- Rebuild your sleep confidence and improve your sleep health

Through this day-to-night roadmap for better sleep, learn how to be your own best sleep coach and get back on track - for life.

Natalie Pennicotte-Collier is both a sleep expert and clinical therapist. Over the past decade, she has pioneered a mind-body approach to enhance sleep, performance and well-being.

Drawing on the latest research on the nervous system and the power of the mind, she has transformed sleep health in elite sport, the workplace and the NHS, working alongside GPs in the community. As well as this, she has delivered full-scale sleep solutions for Ebay, Atomico, Investigo, is the Premier Inn's resident sleep expert and collaborates with the nation's favourite sleep brands, including Royal Warrant Hypnos Beds.



February 2024
9781785043987
Demy Octavo
£16.99 : Trade Paperback
256 pages

It's Not You

How to Identify and Heal from NARCISSISTIC People
Ramani Durvasula

A transformative guide to protecting and healing yourself from the narcissism you can't see, from psychologist and preeminent narcissism expert Dr Ramani Durvasula.

REDISCOVER WHO YOU ARE AFTER YEARS OF INVALIDATION.

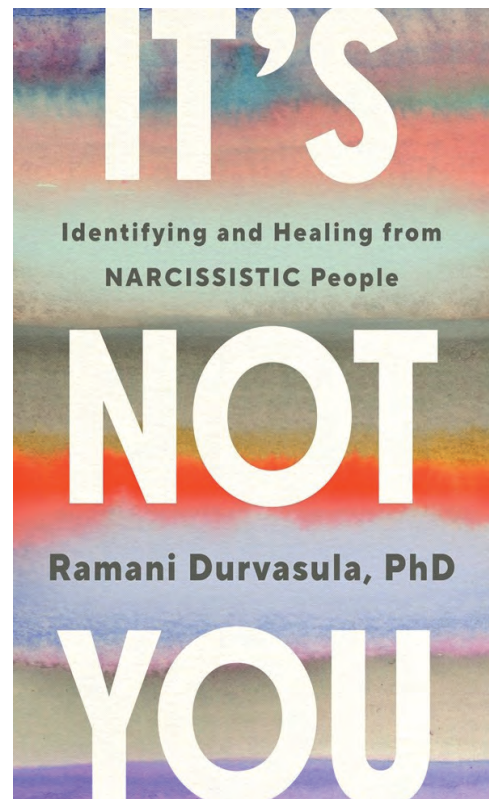
Dealing with a narcissist is hard. One day their confidence and charisma pull you in, the next they gaslight, wreck your self-confidence and leave you wondering what you could have done differently. The answer is: nothing.

In *It's Not You*, psychologist and narcissism expert Dr Ramani Durvasula shows how narcissists hijack our wellbeing, and what we can do to break free from toxic relationships and embark on a path towards healing.

Drawing on more than 20 years of studying, teaching and helping people navigate the challenging landscape of narcissism, this book is packed with tips and advice to help you confront toxic cycles, let go of trauma bonds, learn discernment and create realistic boundaries.

With the right tools, it is possible to stop blaming yourself and regain your power; this book will show you how.

Dr Ramani Durvasula is a licensed clinical psychologist, Professor Emerita of Psychology at California State University Los Angeles and the Founder and CEO of LUNA Education, Training & Consulting. She discusses narcissism on her popular YouTube channel, on social media as @DoctorRamani on her popular online program on healing from narcissistic abuse and as the host of the podcast 'Navigating Narcissism' with Dr Ramani.



February 2024
9781785045028
Demy Octavo
£16.99 : Trade Paperback
368 pages

Chocolate Overload!

Seasonal bakes made with your favourite treats

Jessie Bakes Cakes

Consumer-insight led, family-friendly, easy baking book focused on UK/US/ANZ top 3 biggest seasonal moments Easter, Halloween and Christmas.

Amazing bakes for every season

I'm Jessie – a baker on a mission to spread seasonal joy! I hope you love baking and decorating these super cute, easy treats with *all* the chocolate goodies. Use up your leftover chocolate eggs to bake Easter brownies and cheesecake, turn peanut butter cups into a spooky chocolate slab, make Christmas candy cane cupcakes and a chocolate orange cake – and so much more.

Cupcakes, cakes, cookies, brownies, blondies, slabs, sweet sharing boards and chocolate drinks galore.

Find me on Instagram @jessie.bakes.cakes



February 2024
9781529915518
190 x 170 mm
£12.99 : Hardback
96 pages

One Sinha Lifetime

Comedy, disaster and one man's quest for happiness
Paul Sinha

A hilarious and moving memoir from broadcaster, quiz champion and national treasure Paul Sinha, perfect for fans of Rob Beckett and Romesh Ranganathan

'That night, I'd survived my life flashing before me, with my dignity intact.

Yes, this chaotic life has always been a gamble.

... But *what a gamble.*'

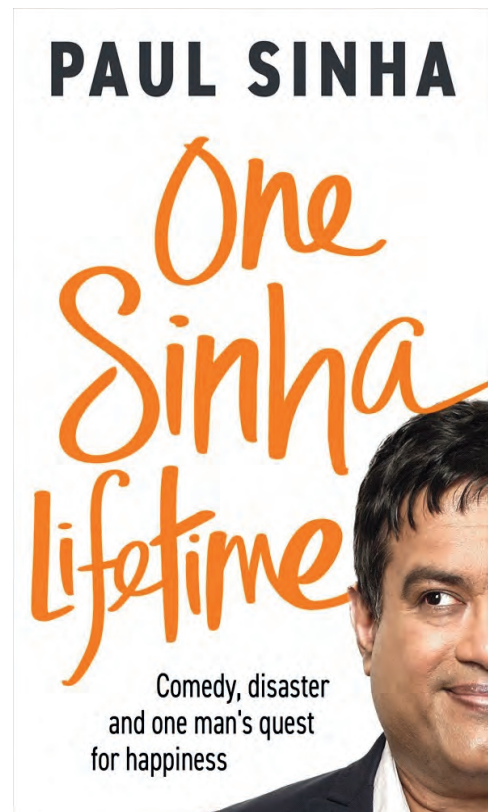
Paul Sinha is an award-winning comedian, a quizzing mastermind and a happily-married husband. But for much of his life none of these seemed remotely imaginable.

As a boy, Paul struggled to find his place in a world where he didn't quite fit. Who was he? An over-achieving schoolkid with the world's knowledge at his fingertips? A traditional Bengali son, destined for a career in medicine that he never once craved. A young gay man yearning to breathe freely? Or was he yet another flawed human being on a self-destruct mission?

Amid life's mayhem, it was frequently Paul's love of facts in which he found solace, whether funding his lifestyle through quiz machines or simply trying to show off to his mates. Stumbling serendipitously into both a career in stand-up and the clandestine network of competitive quizzers introduced him to a new sense of purpose, a new identity, and, eventually, new love...

A hilarious and moving coming-of-age memoir of one man's search for fulfilment, *One Sinha Lifetime* is an unconventional odyssey through love, family, and the joy of general knowledge.

Paul Sinha is an award-winning comedian, broadcaster and champion quizzer, best known for his appearances on TV's *The Chase*. Formerly a doctor, he left medicine to pursue a comedy career, and hasn't looked back.



June 2024
9781529908534
Royal Octavo
£22.00 : Hardback
320 pages

How to Apocalypse

An illustrated guide

Stephen Wildish

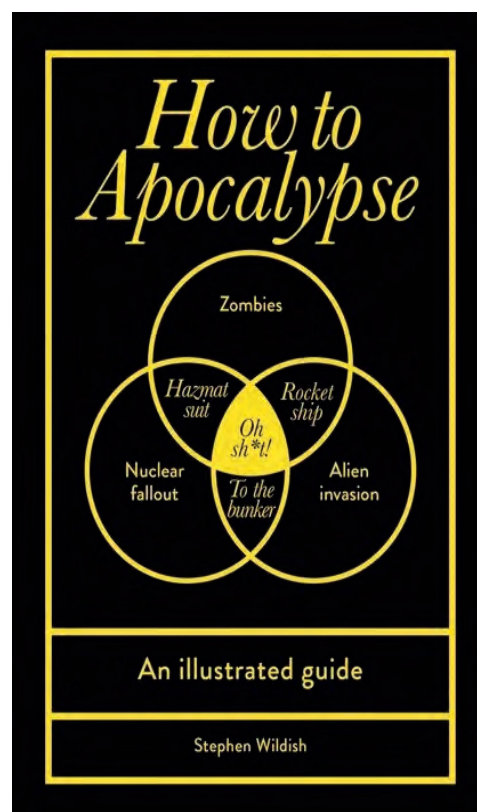
A funny infographic survival guide. For fans of *The Worst-Case Scenario Survival Handbook* and *The Ladybird Book of the Zombie Apocalypse*

Apocalypse.... Now?

Prepare for every possible end of days with this essential survival guide.

Covering crucial survival skills, the ideal Plan A and Plan B, tips for survival on the road as you travel from chaos to salvation, and assembling the perfect team, this hilarious book has everything you need when Doomsday strikes.

Includes: Zombies, Alien Invasion, Nuclear Fallout, Climate Crisis, Asteroids, Viruses, Robots and more!



March 2024
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198x129
£12.99 : Hardback
192 pages

Abundance

The Inner Path To Wealth

Deepak Chopra

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

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

We live in a time of fear and insecurity, wrapped up in a mindset of lack, scarcity and limitation. Too often we focus on the things we don't have and allow our egos to drive our thoughts, actions and reactions, preventing us from reaching something greater. Now is the time for change, to reset our focus and strive for life's unbounded possibilities.

In *Abundance*, master of modern meditation Deepak Chopra illuminates the path to abundance, helping readers become agents of change in their own lives. Demonstrating how to work past self-generated feelings of limitation and fear and providing meditations to help you focus and direct your attention and intuition, this is your guide to a life of stability, prosperity, insight, creativity, love and true power.

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



March 2024
9781846046933
B Format
£12.99 : Paperback
272 pages

An Eggcellent Easter

Simple springtime makes, bakes and activities for the whole family

Francesca Stone

Easy recipes, quick crafts and family-friendly activities that embrace the spirit of spring. For fans of *The Mini Egg Cookbook*, *Advent* and *Where's The Bunny?*

Embrace the spirit of spring

In this book, you'll find easy, accessible ways to make your Easter *eggcellent* and create lasting, fuss-free memories with friends and family.

Packed with simple recipes, creative child-friendly activities and crafts that utilise low-cost, easy to source and recycled materials. You can make your celebrations meaningful and beautiful without the big spend.

Including quick tips on how to run the best Egg Hunt (with and without chocolate), how to make Easter Bonnets, Nature Masks, Spring Wreaths, Easter Trees and more, this book has everything you need to keep little hands busy and embrace the spirit of spring.

A helpful resource that you'll reach for year after 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.



February 2024
9781529924718
190 x 140 mm
£14.99 : Hardback
192 pages

Things I Wish I'd Known

My hacks for a tidy home, happy kids and a calmer you
Emily Norris

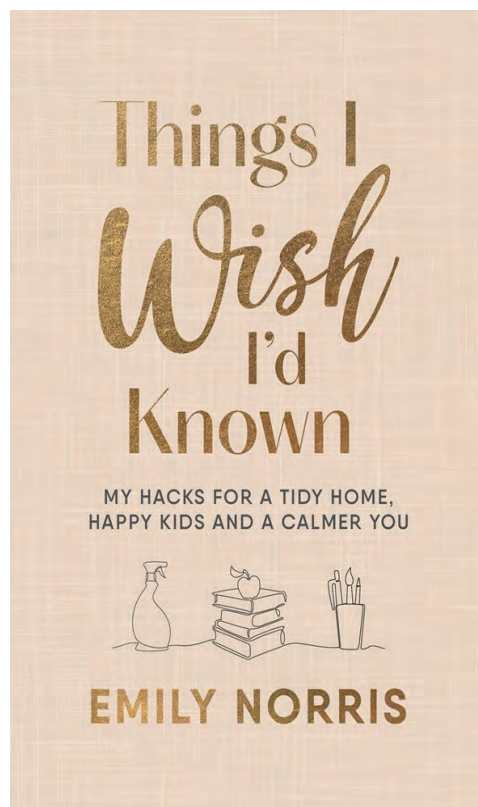
The long-awaited book of tried-and-tested mum hacks, from much-loved influencer Emily Norris

I became obsessed with mum hacks when a friend showed me a game-changing tip during my baby days - that baby vests can be pulled down (not up) in the event of an explosive poo. I couldn't believe I had been a mum for so long and not known! *Things I Wish I'd Known* will bring you hundreds of quick and clever solutions, just like this, all to make the parenting juggle easier.

You'll find my favourite hacks and habits, as well as dozens of new ones, all designed to give your day-to-day a lift. From cleaning hacks that leave your home sparkling in no time, laundry tricks that save you money, and simple tweaks to night-time routines which transform everyone's sleep, I'll show you how to hack every aspect of home-life so you feel less stress and more joy!

Emily x

Emily Norris, mum of 3 and YouTuber, has been creating positive, upbeat and sanity-saving content for mothers with young families around the world since 2014. Her channel has grown steadily over the years and is now at almost 800k subscribers on YouTube with her videos generating over 3 million views every month. Across Instagram, Emily also shares humorous reels to her audience on her main account and her home renovation journey on @emilynorrishome. Emily is also a firm favourite of several household brands, including P&G, Dyson, Google, Tesco, Disney, LEGO, KiwiCo and HelloFresh.



March 2024
9781785044724
198 x 129
£16.99 : Hardback
288 pages

The West

A New History of an Old Idea

Naoíse Mac Sweeney

Prize-winning historian providing a radical, new account of how the idea of the west has shaped our history, told through the stories of fourteen fascinating lives, for fans of Sathnam Sanghera, Peter Frankopan and Edward Said

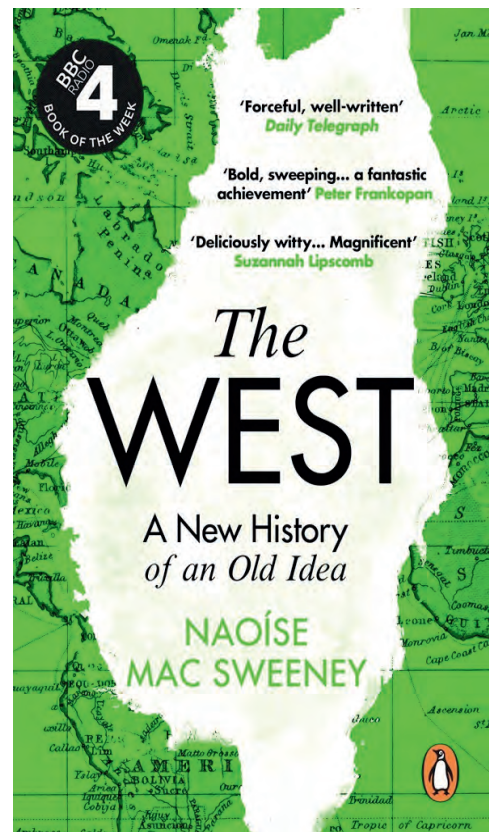
Many of us assume Western Civilization derives from a cultural inheritance that stretches back to classical antiquity, a golden thread that binds us from Plato to NATO.

But what if all this is wrong? What if the Western world does not have its ultimate origins in a single cultural bloodline but rather a messy bramble of ancestors and influences? What if The West is just an idea that has been invented, co-opted, and mythologised to serve different purposes through history?

As battles over privilege, identity and prejudice rock the cultural wars, it's never been more important to understand how the concept of The West came to be. This book tells a bold, empowering new story of how the idea of the West was created, how it has been used to justify imperialism and racism, and also why it's still a powerful ideological tool to understand our world.

Told through the lives of fourteen fascinating historical figures - from a powerful Roman matriarch to an Islamic scholar, from a crusading Greek soldier to a founding father of the United States, from a slave girl in the new Americas to a British prime minister -- it casts a new light on how the West was invented, embraced, rejected and re-imagined to shape our world today.

Naoíse Mac Sweeney is Professor of Classical Archaeology at the University of Vienna. She previously held posts at Cambridge and Leicester Universities, and has won numerous academic awards for her work on classical antiquity and myths both in the UK and the EU. Her previous book was shortlisted for major awards, and she has appeared on *Thinking Allowed* on BBC Radio 4 and was a reporter on BBC4's *Digging for Britain* TV series with Alice Roberts.



March 2024
9780753558935
B (Ebury)
£12.99 : Paperback
448 pages

AI 2041

Ten Visions for Our Future

Kai-Fu Lee and Chen Qiufan

***New York Times* bestselling non-fiction author joins forces with a celebrated science-fiction novelist to blend imaginative storytelling and scientific forecasting to ask how artificial intelligence will change our world over the next 20 years.**

A WALL STREET JOURNAL, WASHINGTON POST, AND FINANCIAL TIMES BEST BOOK OF THE YEAR

In this ground-breaking blend of imaginative storytelling and scientific forecasting, a pioneering AI expert and a leading writer of speculative fiction join forces to answer an imperative question: How will artificial intelligence change our world within twenty years?

AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand new forms of communication and entertainment. In liberating us from routine work, however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up-both to AI's radiant pathways and its existential perils for life as we know it.

In this provocative, utterly original work of "scientific fiction," Kai-Fu Lee, the former president of Google China and bestselling author of *AI Superpowers*, joins forces with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten gripping short stories, set twenty years in the future, they introduce readers to an array of eye-opening 2041 settings:

In San Francisco, a new industry, "job reallocation," arises to serve displaced workers

In Tokyo, a music fan is swept up in an immersive form of celebrity worship

In Mumbai, a teenage girl rebels when AI gets in the way of romance

In Seoul, virtual teachers offer orphaned twins new ways to



March 2024
9780753559024
B (Ebury)
£12.99 : Paperback
480 pages

Fitwaffle's No-Bake Baking

Easy oven-free recipes including cheesecakes, traybakes and more

Eloise Head

100 no-bake recipes from bestselling author and award-winning content creator Fitwaffle (more than 13 million followers).

100 delicious recipes that don't use an oven

Who doesn't love a no-bake? From cheesecakes, ice cream and truffles to desserts made on the hob, in a microwave and air fryer, not one of these recipes needs you to turn on your oven.

You'll find brand-new recipes using popular flavours, as well as highly-requested fan favourites, lots with fewer than 5 ingredients and one-tin options to save on washing up. There are even no-bake brownies, cookies and cakes, plus 10 savoury recipes – so you'll find something for everyone.

Includes:

- Triple Chocolate Mousse Cake
- Very Berry Cream Pie
- Speculoos Millionaire's Bars
- White Chocolate and Raspberry Cheesecake
- Cookie Cups for Two
- White Chocolate Cheesecake Truffles
- Peanut Caramel Fudge

...and so much more!

Eloise Head, known online as Fitwaffle, has amassed a following of more than 13 million across her social media platforms with her fun, simple and indulgent bakes.

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



March 2024
9781529921663
246x189
£22.00 : Hardback
256 pages

Country Life

A story of peaks and troughs

Giles Wood and Mary Killen

***Gogglebox's* witty Wiltshire couple reveal how they've learnt to navigate local lore, politics and customs to get the best out of their pragmatic version of the rural idyll, from the village socials and shops (Mary) to the solitary wilderness (Giles).**

The Nutty Idyll

Former townies Giles and Mary swapped city life for rural Wiltshire over thirty years ago, and they've each embraced it in their own very different ways.

Mary has happily traded sophisticated London salons for monthly lectures at the Farmers' Club, competitive school quizzes, church interactions and local Auction House sales. While Giles has immersed himself in the catastrophic consequences of conventional farming, his organic no-dig veg-patch, the increasingly disproportionate response by local landlords to harmless trespassers and the strange death of the village house martins.

For recent city escapees and indigenous country folk alike, Giles and Mary sift through the unhelpful dreamy myths and offer a practical reality, with robust back and forth on every aspect of life in rural outposts, including but not limited to planning wars, class wars, dog thefts, tree-felling fights, misunderstandings between incomers and natives and the role of the Heron Appreciation Society.

The much-loved Wiltshire couple share their combined, hard-earned lessons, so we can learn the secret skills of grumbling and bumbling our way towards a new contented country life.

Giles Wood (Author)

Giles Wood is an accomplished artist, and is also a published writer, with columns in *The Telegraph* and *The Oldie*. In the podcast space, he can be heard on *Giles and Mary's Oldie Newsround with Harry Mount*.

Mary Killen (Author)

Mary Killen is a busy journalist, with a weekly column in *The Spectator*, and regular contributions in many other national publications. She has been appearing on Channel 4's hit show



March 2024
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B (Ebury)
£12.99 : Paperback
256 pages

Cultivating Happiness

Overcome trauma and positively transform your life

Karen Guggenheim

A life-affirming and empathetic guide on how to find happiness after hardship, from the founder of World Happiness Summit.

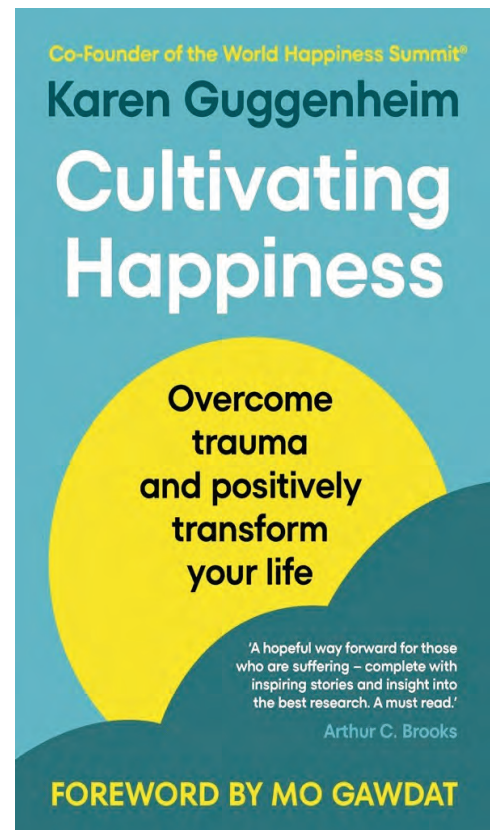
Is it possible to overcome pain by learning to be happy?

This is the question Karen Guggenheim asked herself after the sudden death of her husband in 2013. Overwhelmed by this unexpected loss, Karen decided to use her grief as a motivator to look inwards and embark on a transformative journey of post-traumatic growth, which led her to become the co-founder of the World Happiness Summit, the leading happiness conference in the world.

Drawing from her personal experiences and research in psychology and neuroscience, Karen reveals that happiness can be taught and learned, and that, through small daily changes, we can all bring more compassion and positivity into our days to feel better about ourselves and others.

Cultivating Happiness is a practical and accessible guide to dealing with adversity, showing us that it is possible to grow from our challenges and lead more fulfilling and purposeful lives.

Karen Guggenheim is a pioneer in the global happiness movement, a leader in promoting the science behind well-being to an international audience, and a motivational speaker inspiring people about how to grow post trauma and rebuild a life focused on meaning, purpose, and happiness. She is the producer of the World Happiness Summit®, the leading well-being conference promoting the benefits of an evidence-based approach to increase happiness in all areas of life. Karen is currently based in Miami.



March 2024
9781846047800
Demy Octavo
£16.99 : Trade Paperback
224 pages

The Full Freezer Method

Kate Hall

Take control of your freezer and save money, reduce waste and enjoy a more healthy, varied diet. This is *Tap to Tidy* for your freezer for fans of *Eat Well for Less* and *The Organised Mum Method*.

Want to save thousands of pounds on your food bill? Eat a healthy varied diet? Cut down on food waste?

The secret to all of this in in your freezer.

This simple, five-step organisation guide will change the way you shop, cook and eat – saving you money, time and wasted food.

Kate Hall has already helped countless people transform their freezers from unloved graveyards of good intentions to organised treasure troves of ingredients ready to make a meal you actually want to eat, without having to pop to the shops or scrimp on quality.

With handy illustrations and money-saving tips, *The Full Freezer Method* will empower you to make lasting change, save you money and actually enjoy the process.

Image
coming
soon

March 2024
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198 x 129
£14.99 : Hardback
192 pages

The Dior Style Principles

Be inspired, transform how you dress

Hannah Rogers

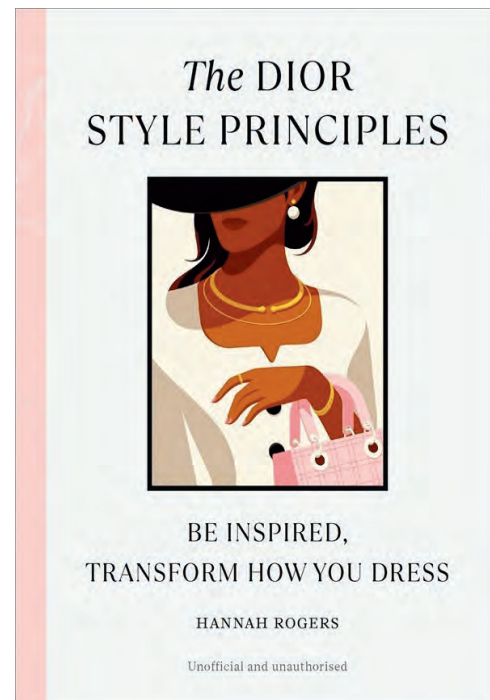
Discover how to bring the iconic principles of Dior to your everyday wardrobe.

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

Learn how to create achievable and timeless Dior-inspired ensembles using your existing wardrobe by following these ten style principles. From how to work bold prints into your daily outfits and picking the skirt length that suits you best to establishing that one 'wow' piece to impress, this practical look book shows you how to dress like you've been styled by one of the world's best-known fashion designers.

Along the way, also discover everything you also need to know about the personality, history, and extraordinary legacy of the classic French fashion creator. This is an essential companion for the fashion-forward and fans of Christian Dior.

Hannah Rogers is the assistant fashion editor at *The Times* (London), covering whatever is capturing the zeitgeist, specialising in trends, fashion, red carpet, and celebrity. She also styles celebrity portraits for *The Times Magazine*. She has a degree in Anthropology & Sociology from Durham University and an MA in Fashion Journalism from Central Saint Martins. She lives in London, England and can be found online at @hannahlouiserogers.



March 2024
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190 x 140 mm
£14.99 : Hardback
192 pages

The Mind-Body Method

How Listening to Your Body Can Stop You Losing Your Mind

Anders Hansen

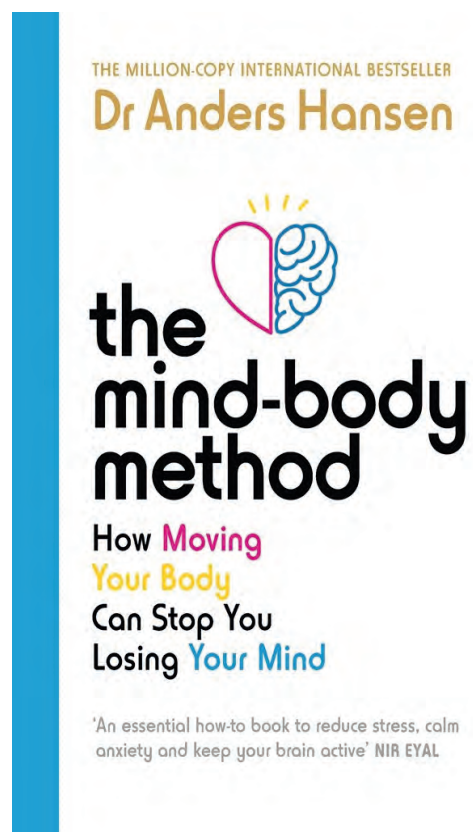
Million-selling wellbeing guru and psychiatrist's guide to why humans were built to move.

Do you want to reduce your stress levels, boost your memory, mood and focus, and be more creative? Then it's time to get moving!

In this ground-breaking book and international bestseller, psychiatrist and mental health guru Dr Anders Hansen presents the simple yet effective method for reducing stress and anxiety, boosting your memory, raising your IQ, and even slowing down the ageing process.

With practical and concrete advice on how we can all reap the benefits of daily movement, *The Mind-Body Method* is the book you need to help you to make life-altering changes, understand why your brain is wired to move, and motivate you to achieve your health and fitness goals.

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*.



March 2024
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Demy Octavo
£16.99 : Trade Paperback
256 pages

British Woodland

How to explore the secret world of our forests

Ray Mears

Take a walk in the forest with this immersive guide to our life-giving trees: discover which wood to use for fire, or make tools, which trees point the way, provide food, medicine and shelter, and learn how they protect our world.

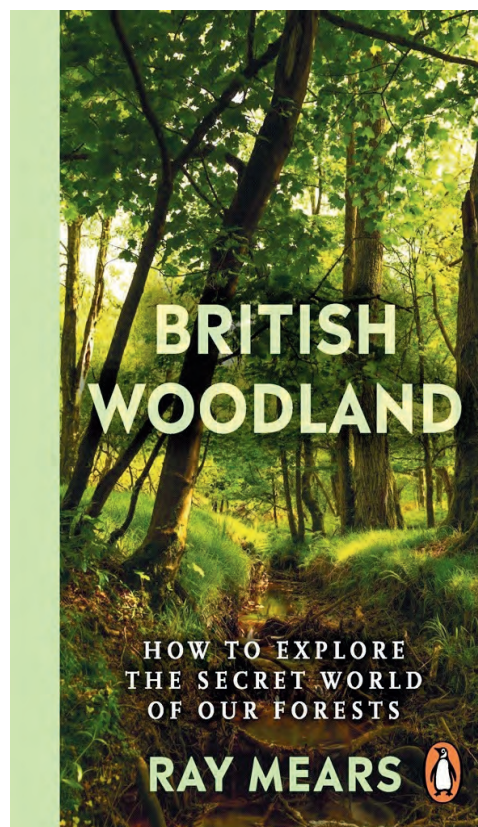
Nobody sees and understands woodland better than Ray Mears.

With deep natural history knowledge and practical woodcraft skills, gained over a lifetime of learning from the world's last remaining indigenous peoples, Ray offers a different way to experience our wooded landscapes. He challenges the old concepts. He looks to our ancestors and shows how man's hand in shaping woodland is critical. We are not separate from nature, we just need to ensure that our interactions have a positive impact.

With the emphasis on interaction, British Woodland is structured by usage. We learn that sycamore and clematis are among the best woods for burning, pine and oak help us navigate, and hawthorn and beech have edible leaves. Rope can be made from willow, utensils and tools from hazel, and historically, weapons were made from yew and wych elm.

With Ray as our guide, encouraging this sense of connection to individual trees, our appreciation of wooded landscapes will change. We can learn how to live inclusively in nature, for our own wellbeing and enjoyment, and also for the future of our planet.

Ray Mears has become recognised throughout the world as an authority on the subject of bushcraft and survival. TV series including *Ray Mears' Bushcraft*, *Ray Mears' World of Survival*, *Extreme Survival* and *Ray Mears goes Walkabout* have made him a household name over the past two decades, but he has spent his whole life learning these skills, and founded Woodlore School of Wilderness Bushcraft over 35 years ago. He lives in Sussex with his family.



March 2024
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B (Ebury)
£10.99 : Paperback
320 pages

How to Thrive with Adult ADHD

7 Pillars for Focus, Productivity and Balance

Dr James Kustow

ADHD can be your superpower, not your enemy

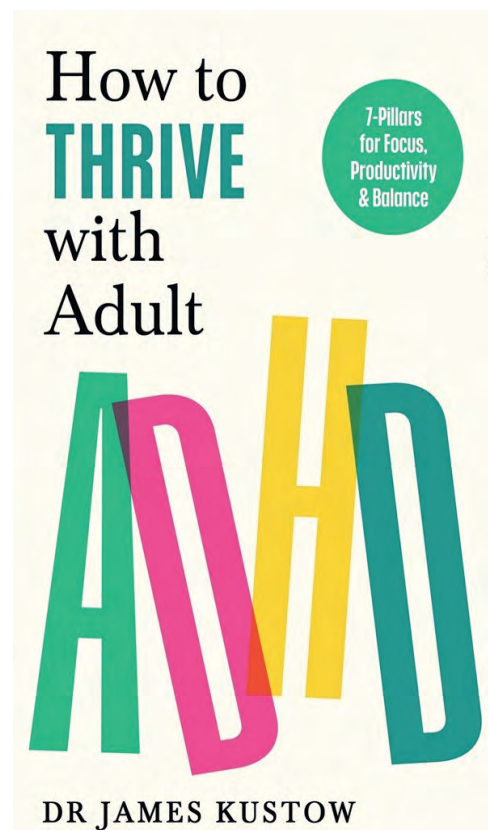
Adult ADHD has long been misunderstood, but is finally getting the attention it deserves as a very real and debilitating condition. More people than ever are having that penny-drop revelation that ADHD might explain what has made life so difficult for them, but NHS waiting times for referrals are running into years, and thousands are not getting the help they desperately need.

It doesn't need to be this way. Dr James Kustow, one of the UK's leading adult ADHD psychiatrists, knows first-hand that medical assistance is just one part of overcoming the challenges associated with ADHD. With the right lifestyle adjustments, nutritional changes and mental attitude, and by integrating simple organisational systems and stabilising routines, adult ADHD can become a *strength*, capitalising on the creativity and passion that those with ADHD so often exhibit. He knows this professionally but also personally, as he himself is managing ADHD day to day - diagnosed in adulthood.

In this no-nonsense guide, Dr Kustow will demystify ADHD and share **seven key pillars** for managing and harnessing its powers, based on cutting-edge research and 20 years of clinical experience that has shown him how these tools radically transform lives.

Each pillar involves incremental changes - to your lifestyle, diet and mindset - and targeted strategies to optimise time and task management. Taken together, they will not only help you live a balanced and fulfilled life, but also turn your unique style of engaging with the world into your **most powerful strength**.

Dr James Kustow is a leading London-based Consultant Psychiatrist, working in one of the few specialist NHS Adult ADHD services in the capital. Dr Kustow also has a busy private practice, and is the Medical Director of The Grove Practice, an internationally respected mental health training provider. Dr Kustow has developed a specialist clinical expertise working with Adult ADHD, both in terms of its diagnosis and medical management, but additionally in the development of comprehensive psychosocial interventions.



October 2024
9781785044526
Demy Octavo
£16.99 : Trade Paperback
240 pages

Weathering

Ruth Allen

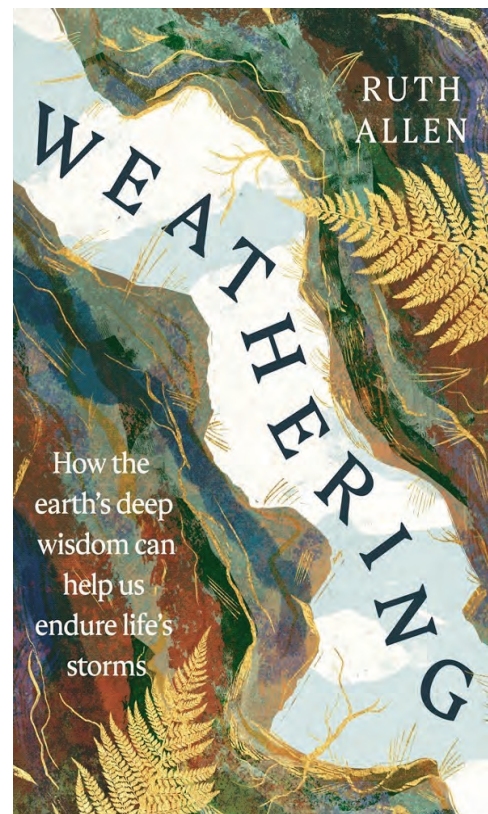
A geologist and therapist's evocative exploration of the lessons the earth can teach us about grounding, resilience and recovery, perfect for fans of Katherine May.

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

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

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

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



March 2024
9781529902631
Demy Octavo
£18.99 : Hardback
320 pages

Midwife Pip's Guide to a Positive Birth

Tools to Feel Calm and Confident

Pip Davies

The book every parent-to-be needs from up-and-coming NHS midwife, Pip Davies, in a perennial area of the parenting books market.

Everything you need to know for an empowering birth experience.

Midwife Pip is on a mission to help every parent-to-be to feel informed and prepared for birth. With the right education and support, she firmly believes that all births - whether planned or unplanned, assisted, caesarean, waterbirth or hypnobirth - can be positive.

Midwife Pip's Guide to a Positive Birth will take you through every stage of preparation for pregnancy, labour, birth and beyond. Packed with evidence-based information and insider tips and tricks from a practising midwife, this book is your personal antenatal class. You'll discover:

- How to harness the connection between your mind and body
- The importance of the birth environment and how to influence it
- The best positions for labour and birth
- How your birth partner can best support you
- Breathwork and visualisations to help you relax
- How to make an informed decision about birth, including VBAC
- The key questions to ask your midwife
- What you need to know about postpartum aftercare, and much more!

Whether you're having your first or your fifth baby, this honest and reliable guide will equip you with everything you need to know to embrace the exciting journey of parenthood.

Pip Davies is an experienced midwife, hypnobirthing and antenatal educator, creator of The Midwife Pip Podcast, and most importantly, a mum. She has been a practising NHS midwife for more than a decade, with roles in low-risk birthing centres, antenatal and postnatal wards, assessment units, community and homebirths, and most recently as a Labour Ward Coordinator and Midwifery Sister. Pip is on a mission to

No Image
Available

April 2024
9781785044786
Demy Octavo
£16.99 : Trade Paperback
256 pages

Unearthed

Robert Sheehan

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

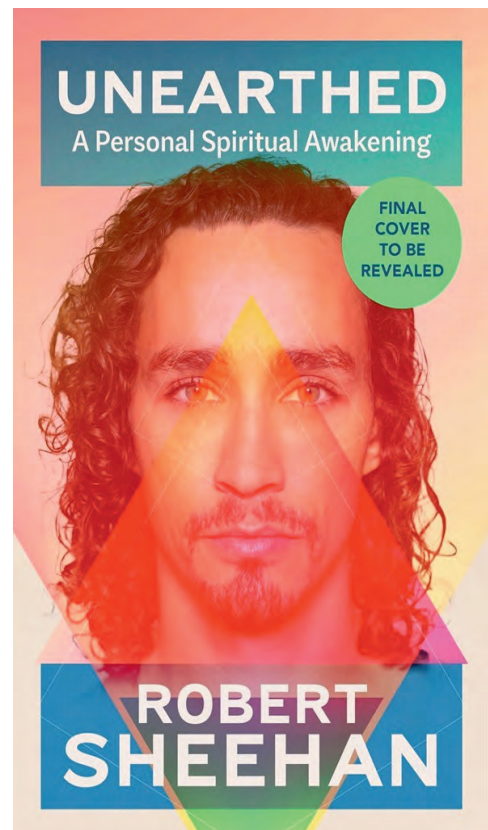
From Hollywood star of *Misfits* and *The Umbrella Academy* and host of hit podcast *The Earth Locker*, Robert Sheehan, comes his heartfelt journey to inner peace.

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

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

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

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



June 2024
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Demy Octavo
£18.99 : Hardback
288 pages

The Myth of Normal

Trauma, Illness & Healing in a Toxic Culture

Dr Gabor Maté, with Daniel Maté

A book that changes everything – from the legendary Dr Gabor Maté

We tend to believe that normality equals health. Yet what is the norm in the Western world?

Mental illness is on an unstoppable rise. Some 45% of Europeans suffer high blood pressure, and nearly 70% of Americans take at least one prescription drug. Illness and trauma are defining how we live.

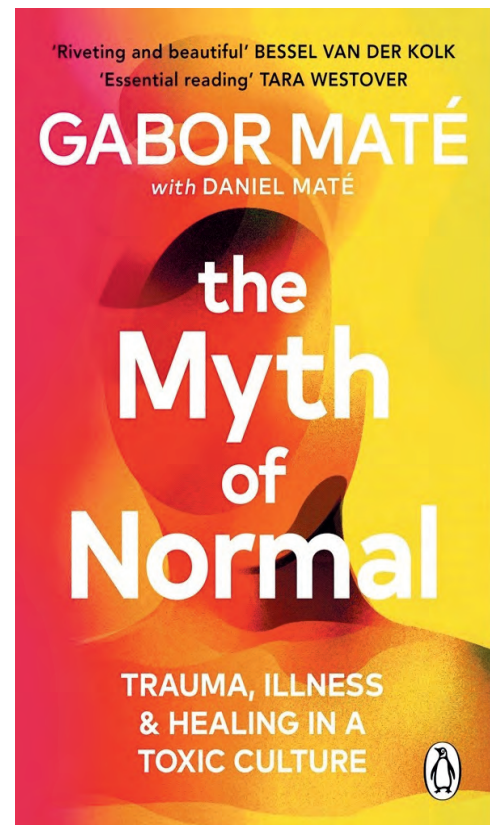
In his new masterpiece, renowned physician, addiction expert and author Gabor Maté dissects the underlying causes of this malaise - physical and emotional, and connects the dots between our personal suffering and the pressures of modern-day living. Over four decades of clinical experience, Dr Maté has found that the common definition of 'normal' is false: virtually *all* disease is actually a natural reflection of life in an *abnormal* culture, as we grow further and further apart from our true selves. But he also shows us the pathway to reconnection and healing.

Filled with stories of people in the grip of illness or in the triumphant wake of recovery, this life-affirming book shows how true health is possible - if we are willing to embrace authenticity above social expectations. *The Myth of Normal* is Gabor Maté's most ambitious, compassionate and urgent book yet.

Gabor Maté (Author)

A celebrated speaker, and bestselling author, **Dr Gabor Maté** is highly sought after for his expertise on a range of topics including addiction, stress and childhood development. Rather than offering quick-fix solutions to these complex issues, Dr Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

Dr Maté has written several bestselling books including *When the Body Says No*, *Scattered Minds* and co-authored *Hold on to Your Kids*. His most recent book *The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture* is a *New York Times*



April 2024
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B (Ebury)
£10.99 : Paperback
576 pages

Bringing Down Goliath

How Good Law Can Topple the Powerful

Jolyon Maugham

A revealing, empowering vision of how the law can work better for all of us, from Jolyon Maugham KC, one of the most prominent, outspoken lawyers in the UK, and the founder of Good Law Project. For fans of *The Secret Barrister* and James O'Brien.

The *Sunday Times* Bestseller

'Inspiring and illuminating' JAMES O'BRIEN

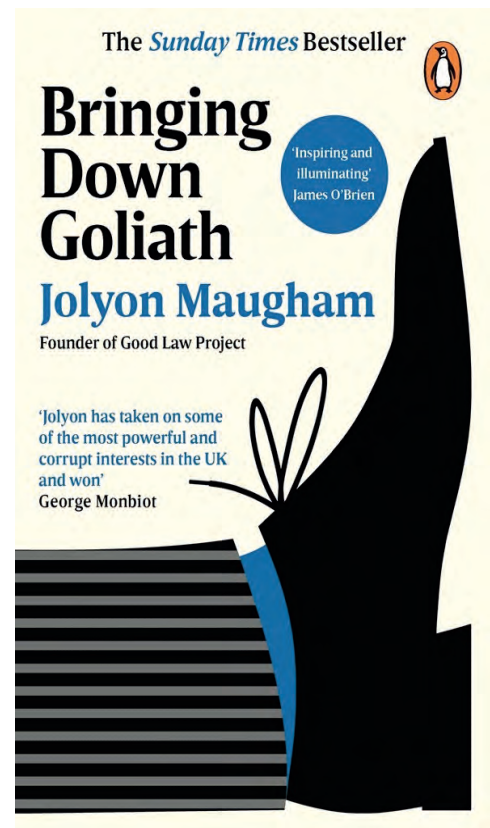
Picked as a 2023 highlight by the *Guardian*

Our legal system often feels like it only works for the rich and powerful. But we can fight back.

Jolyon Maugham KC founded Good Law Project in 2017 with the belief that the law can also put power into the hands of ordinary people. Already the largest legal campaign group in the UK, Good Law Project is shining light into corners the establishment would rather keep dark – from the failures of Brexit to the still-developing PPE scandal, to the tax arrangements of business giants like Uber.

In *Bringing Down Goliath*, Jolyon Maugham KC reveals the story behind these landmark cases and the hidden fault lines of our judicial system. He offers an empowering, bold new vision for how the law can work better for all of us in the fight against injustice.

Jolyon Maugham is a lawyer, writer and the founder of governance watchdog Good Law Project. At the age of 45 he was described by *The Times* as 'one of Britain's leading barristers' but only a year later started to wind down his practice in order to start a brand new not-for-profit. Since its inception in 2017, Good Law Project has become the biggest legal campaigning group in the country, has won some of the leading constitutional cases of our times and set the political agenda exposing the government's pandemic sleaze.



April 2024
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B (Ebury)
£12.99 : Paperback
336 pages

LIT

Using Nature's Playbook to Spark Energy, Ideas and Action

Jeffrey Karp

Seven powerful brain hacks to access high energy thinking in a low energy thinking world, find greater focus, creativity, productivity and passion - from Harvard and MIT scientist Jeff Karp.

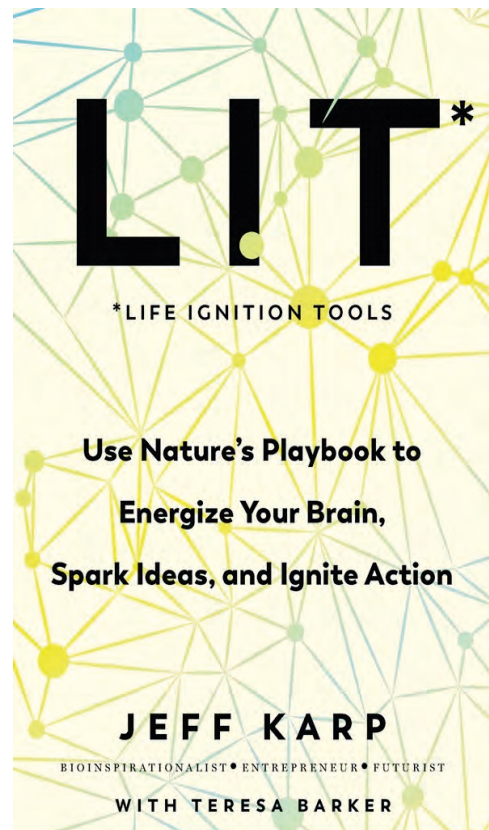
How can we achieve greater mental performance and creativity in a modern world of constant distraction, always-urgent deadlines, mindless social media scrolling and anxiety-inducing 24/7 news? In *LIT*, innovative Harvard and MIT scientist Jeff Karp has found a powerful way to access high energy thinking with the help of his seven brain hijacks, or Life Ignition Tools (LIT).

LIT will teach you to:

- turn inward and connect with what is truly important to you
- question assumptions and break out of habitual thinking to discover what really serves you best
- manage information overload
- recognise manipulative messaging that can throw you off course
- explore, experiment and discover fresh approaches to old challenges

Using Dr Karp's tools, *LIT* will take you off autopilot and help you redirect your life with energy, focus and creativity so that you can create a life you truly want to lead.

Dr Jeff Karp is Professor of Medicine at Harvard Medical School and a researcher at MIT. Diagnosed with learning difficulties at a young age, he slowly built up a series of 'brain hijack' tools to tap into his own unique patterns of thought and behaviour, which eventually evolved into the seven brain ignition tools he uses in his work today. He has published more than 125 peer-reviewed papers, holds more than 100 patents and received more than 50 awards and honours. Karp lives in Brookline, Massachusetts with his wife, son, daughter and two Cavalier King Charles Spaniels.



April 2024
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Demy Octavo
£16.99 : Trade Paperback
336 pages

Magnificent Minds

The New Whole-Child Approach to Autism

Dr Suzanne Goh

Bringing together twenty years of clinical experience and research on autism from a Harvard educated paediatric neurologist, this book is essential reading for anyone caring for a child with autism.

"For years, I searched for a book that I could recommend to parents—those just beginning to learn about autism as well as those with decades of experience. I looked for a book with all the essential information—the liquid gold—something a busy parent could get through while keeping up with the demands of life. I couldn't find that book, so I decided to write it."

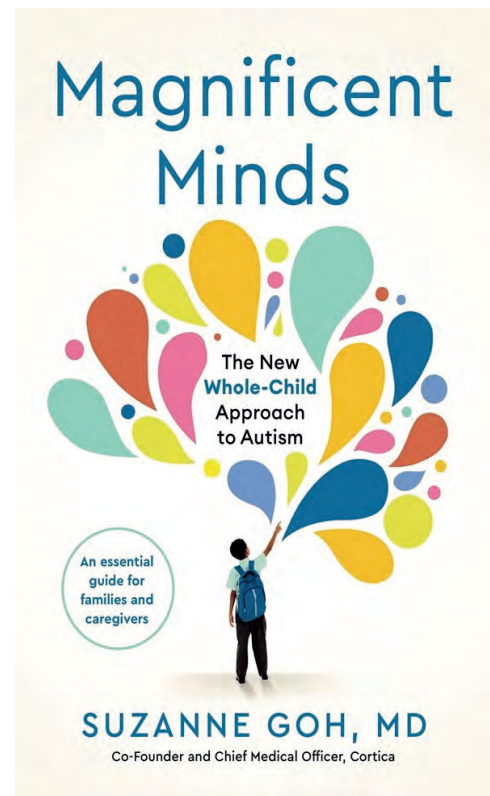
Dr Suzanne Goh is a renowned paediatric neurologist who has spent decades working with autistic children. In this ground-breaking book, Goh combines her extensive experience with original research to give you a clear understanding of what autism is and how to create a holistic treatment roadmap for *your* child.

Based on Goh's revolutionary 'whole child approach,' you'll discover how to:

- Best support every aspect of your child's health
- Get the help you need and build a strong and supportive team
- Make informed decisions based on a deep understanding of *your* child's brain and body

Most importantly, *Magnificent Minds* will show you how to recognise and nurture your child's innate strengths – their intelligence, abilities, and gifts – and celebrate their neurodiverse magnificence.

Dr Suzanne Goh is cofounder and chief medical officer of Cortica, the largest provider of comprehensive health services for autism in the United States. Cortica began in Goh's one-room medical office in San Diego ten years ago and has grown to a staff of more than a thousand doctors and therapists who serve tens of thousands of autistic children and their families in the United States and abroad. A graduate of Harvard University, Oxford University, and Harvard Medical School, she is former co-director of Columbia University's Centre for Autism



April 2024
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Demy Octavo
£16.99 : Trade Paperback
352 pages

Corker

Hannah Crosbie

An approachable and informal guide to wine with a clear concept, from Sunday Brunch's new wine expert, Hannah Crosbie. For fans of *The 24-hour Wine Expert* and *The Noble Rot Wine Book*

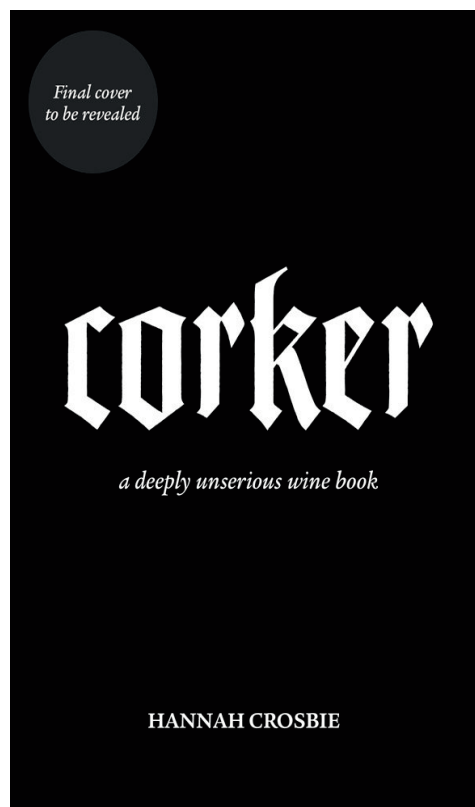
From wine writer and tv presenter Hannah Crosbie, *Corker* will become the go-to guide that matches wine with life's important (and unimportant) events.

So much of what we drink and how we drink it is rooted in occasion. What bottle do you buy the first time you meet the in-laws? What do you order on a date that's going well? If it's not going well? What should you drink on a plane? Pairing sage advice with Hannah's signature tongue-in-cheek humour, this is a deeply unserious wine book that celebrates the joy of everyday drinking.

Corker is a guide for wine novices staring nonplussed at supermarket shelf, as well as wine lovers who might already know their Chablis from their Chenin, but still need some inspiration when picking the best bottle for their budget and the occasion.

Hannah Crosbie is a wine personality and writer from Edinburgh, living in London. Often referred to as 'The Nigella of Wine', she is the most exciting voice in wine today. Her informed, albeit tongue-in-cheek approach creates a relaxed and refreshing space to learn 'while-u-drink', demystifying the esoteric world of wine.

She has appeared on Sunday Brunch and writes about wine for a variety of publications, regularly contributing to Soho House, Mob Kitchen, FRIEZE, Decanter, Courier, Refinery29 and Pipette Magazine.



April 2024
9781529913163
Other
£16.99 : Hardback
192 pages

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

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

Louis Weinstock

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

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

There are epidemic rates of ADHD, depression, anxiety, self-harm and suicide in young people. The conventional medical model wants to put a plaster on the problems with medication and CBT, but we, as parents, need to dig deeper. We need to face the fact that it is not our child's fault, but the world we are bringing them up in and that we play a key role in how they see this world.

Bringing together years of work helping children and the child inside us all, acclaimed psychotherapist, Louis Weinstock, will show us how. Split into two parts, and blending mindfulness, meditation and visualisation, we are taken on a journey that starts with exploring our own fears and weaknesses, and ends joyfully in practical ways we can help build confidence, courage and authentic hope about the future in our children.

The power lies within each of us to create with, and for, our children a more beautiful world right now - a world where they realise their almost infinite potential.

LOUIS WEINSTOCK is a psychotherapist who works with children and the child inside us all. He helps people find a light in the darkness - in the things that are unseen, unheard and unspoken. For over 20 years, he has expertly guided children and grown-ups through some of the toughest challenges life can throw at us - loss, trauma, divorce, burnout and breakdowns. He is also co-founder of Apart of Me, a multi-award-winning charity that helps young people transform their grief into compassion. His work has been featured on the BBC, ITV and in the *Guardian* newspaper. He lives in Manchester with his wife and daughter.



April 2024
9781785043802
B (Ebury)
£12.99 : Paperback
320 pages

An African History of Africa

From the Dawn of Civilisation to Independence

Zeinab Badawi

Zeinab Badawi, award-winning broadcaster and President of SOAS, tells an epic story of the oldest inhabited continent in the world from an African perspective, for fans of William Dalrymple, David Olusoga and Peter Frankopan.

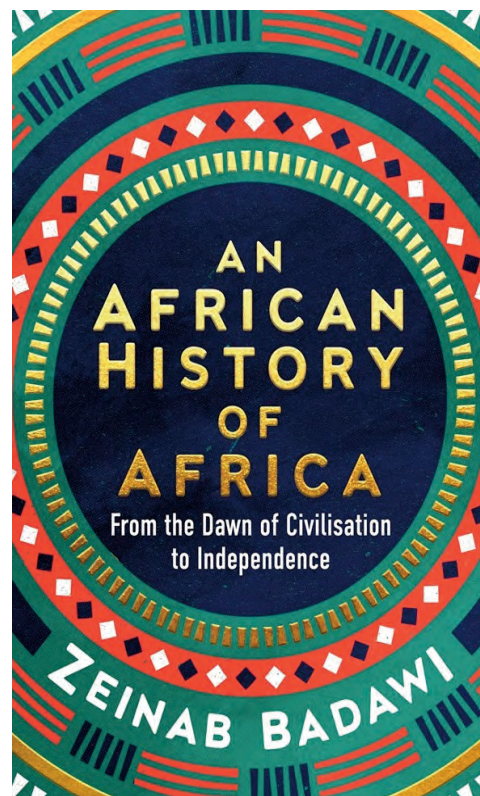
Everyone is originally from Africa, and this book is therefore for everyone.

For too long, Africa's history has been dominated by western narratives of slavery and colonialism, or simply ignored. Now, Zeinab Badawi sets the record straight.

In this fascinating book, Badawi guides us through Africa's spectacular history – from the very origins of our species, through ancient civilisations and medieval empires with remarkable queens and kings, to the miseries of conquest and the elation of independence. Visiting more than thirty African countries to interview countless historians, anthropologists, archaeologists and local storytellers, she unearths buried histories from across the continent and gives Africa its rightful place in our global story.

The result is a gripping new account of Africa: an epic, sweeping history of the oldest inhabited continent on the planet, told through the voices of Africans themselves.

Zeinab Badawi is an award-winning broadcaster, journalist, and filmmaker. She is President of SOAS University of London and is an honorary fellow of her alma mater St Hilda's College, Oxford. Born in Sudan, she has worked in the British media for several decades. Zeinab is a recipient of the President's Medal of the British Academy, a Patron of the United Nations Association UK, and is on the boards of the Arts, Humanities and Research Council, MINDS (the Mandela Institute for Development Studies), the International Crisis Group and Afrobarometer. She was previously Chair of the Royal African Society. *An African History of Africa* is her first book.



April 2024
9780753560129
Royal Octavo
£25.00 : Hardback
368 pages

Gardeners' World: A Year in a Small Garden

Creating a Beautiful Garden in Any Space

Frances Tophill

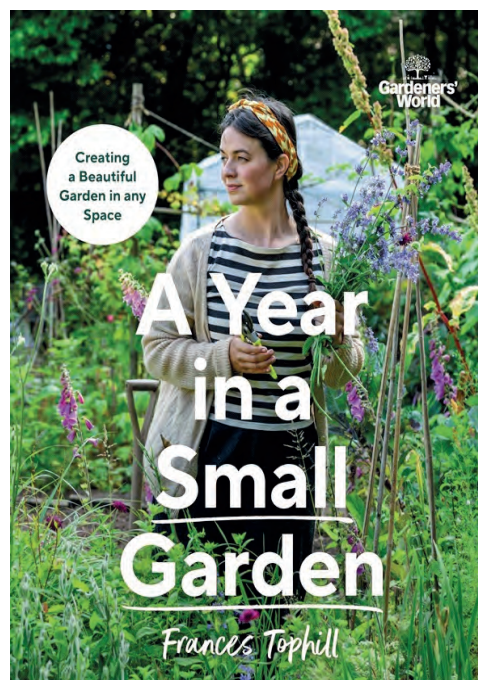
To accompany a new series of *Gardeners' World*, follow rising star Frances Tophill as she creates a beautiful small garden from scratch - with tips on how to recreate it at home.

A Year in a Small Garden follows Frances Tophill as she creates her new garden in a terraced house in Devon. Working in a small space, the book documents her journey to bring life to her garden, including tips and tricks for you to achieve similar results in whatever spaces you have at home.

The book is structured around the stages of building her small garden, and branches out to include small community gardens Frances works with, as well as projects to create in small spaces at home - with a focus on growing food and planting in a sustainable, environmentally friendly way.

Featuring new photography shot throughout the year, as well as Frances's own journal and garden notebooks, this book will not only give you an insight into Frances's journey creating her first garden - but will help you create a beautiful, productive, garden at home.

Frances Tophill is a British horticulturist, conservationist, author, and television presenter known for her contributions to *Love Your Garden* and *Gardeners' World*. She studied for a bachelor's degree in horticulture with plantsmanship from the Scottish Agricultural College and Royal Botanic Garden Edinburgh. *A Year in A Small Garden* is her sixth book.



April 2024
9781785948640
246x189
£26.00 : Hardback
256 pages

The Buyer

The making and breaking of an undercover detective
Liam Thomas

The powerful memoir of a former undercover officer, telling the story of his journey through the force into elite undercover work via a shocking family revelation that takes his life, and work, to the edge.

The real *Line of Duty*.

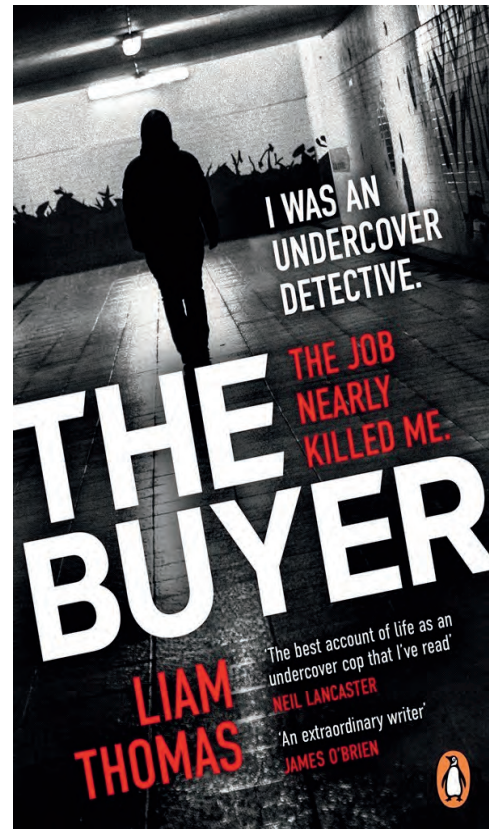
'The first rule of covert surveillance is never, *never*, disturb the environment. To be an undercover officer, you must watch and wait. Before that, though, is the question of identity. Embarking on a covert operation you first must decide who you are. Who will you be today?'

Liam Thomas was an officer in the Met for over a decade, many of those years spent deep at the heart of Britain's most dangerous criminal enterprises in the murky world of undercover surveillance. Before him, his father had also been a police officer, a pillar of their small community.

Fighting corruption was Liam's life. But then he discovers a family secret, one which teaches him that corruption is closer to home than he had ever expected. The shocking revelation takes him into a line of work that pushes him to the very edge of his sanity – and then he discovers that his bosses are investigating him...

A thrilling memoir of a life lived amongst a world of corruption, justice and questionable loyalties, this book tells the real story of the police's line of duty.

Liam Thomas is a former undercover detective for the Metropolitan Police, where he worked for twelve years. He is now an actor, playwright and screenwriter; he recently finished filming his directorial debut *Tide* (which he also wrote), funded by the Arts Council. In 2018 he launched *Sleeping Dogs*, a new theatre company which aims to champion and offer opportunity to northern voices. Arts Council England funded their first, critically acclaimed, production.



April 2024
9781529107685
B (Ebury)
£12.99 : Paperback
320 pages

Vertigo

The Rise and Fall of Weimar Germany

Harald Jähner

Baillie Gifford-shortlisted author Harald Jähner (*Aftermath: Life in the Fallout of the Third Reich*) presents a staggering new assessment of the short life of the Weimar Republic between the wars in Germany.

Germany, 1918: a country in flux. The First World War is lost, traditional values are shaken to their core, revolution is afoot and the victory of democracy beckons. Everything must change with the times. The country is abuzz with talk of the 'new woman', the 'new man', 'new living' and 'new thinking'.

What follows is the establishment of the Weimar Republic, an economic crisis and the transformation of Germany. A triumphant procession of liberated lifestyles emerges. Women conquer the racetracks and tennis courts, go out alone in the evenings, cut their hair short and cast the idea of marriage aside. Unisex style comes into fashion, androgynous and experimental. People revel in the discovery of leisure, filling up boxing halls, dance palaces and the hotspots of the New Age, embracing the department stores' promise of happiness and accepting the streets as a place of fierce battles. So much of this short burst of life between the wars seems amazingly modern today, including, amidst a frenzy of change, the backlash from those who did not see themselves reflected in this new culture. Little by little, deep divisions in society began to emerge. Divisions that would have devastating consequences, altering the course of the twentieth century and the lives of millions around the world.

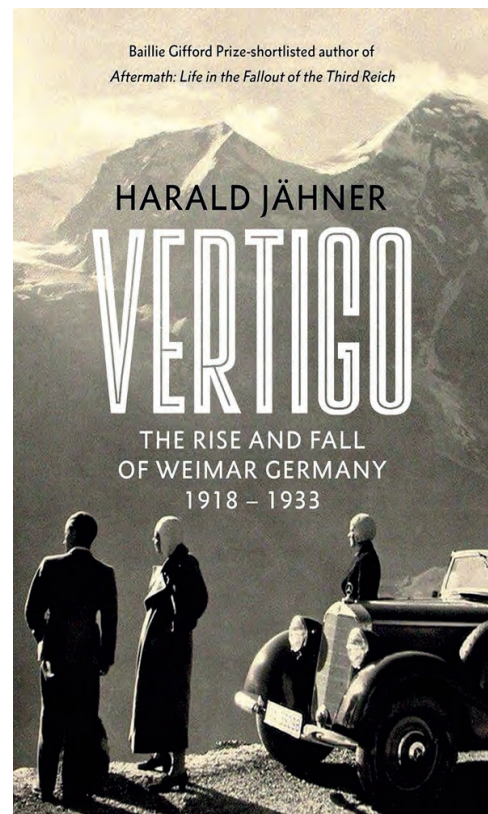
Praise for *Aftermath* by Harald Jähner:

'Exemplary [and] important... This is the kind of book few writers possess the clarity of vision to write' - *Max Hastings, Sunday Times*

'A masterpiece' - *Spectator*

'Magnificent... There are great lessons in the nature of humanity to be learnt here' - *Rupert Christiansen, The Telegraph*

'Jähner is masterly in telling the tragic, despicable, comedic and uplifting stories of those who were there' - *Katja Hoyer,*



June 2024
9780753559963
Royal Octavo
£25.00 : Hardback
480 pages

Lovely Jubbly

A Celebration of Only Fools and Horses

Jim Sullivan and Mike Jones

Celebrate more than 40 years *Only Fools and Horses* with this bestselling, fully illustrated official history of the iconic BBC show – now updated with brand-new material!

Long Live Hookey Street ...

Ménage et trois! It's been more than 40 years since John Sullivan's *Only Fools and Horses* first graced our television screens. In this official guide, updated with new and never-before-seen material, Mike Jones and Jim Sullivan - son of John and co-writer of the hit West End show *Only Fools and Horses the Musical* - chart the creation and evolution of the nation's favourite comedy series. Including behind-the-scenes info and interviews with those who helped make the show a success, and more than a word or two from Del, Rodders and the rest of the Peckham faithful, here we take an episode-by-episode look at what made *Only Fools and Horses* work.

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*.

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 also curated several *Only Fools and Horses* exhibitions. He regularly writes and designs accompanying sleeve notes for audio and video releases of much-loved screen classics.

No Image
Available

May 2024
9781785948886
Crown Quarto
£16.99 : Trade Paperback
304 pages

Camp Bestival at Home

Live the festival lifestyle Everyday

Rob and Josie da Bank

Live the Camp Bestival Lifestyle Everyday

Get wild. Get messy. 'Dad dance' like no one's watching. Believe in magic. Experiment. Nourish body & mind. Let go of the reins & the routines. **Make memories & have some serious fun.**

From the co-founders of award-winning family festival Camp Bestival, **Josie & Rob da Bank**, a family handbook for parents who want to bring the magical ethos of the festival home & build a life for their family that's full of adventure, fun & memories that will last a lifetime.

Written by Rob da Bank, with contributions from celebrity friends and festival regulars. Illustrated throughout by Josie da Bank with festival photography and step by step activity illustrations and photography.

Each month features nature, make & do, decoration, festival celebration, dressing up and cooking activities. With celebrity parent hacks on how to relax, enjoy life and the festival activities at home.

Get back to nature, learn bushcraft, camp out, have campfire singalongs and stargaze. For kids with endless energy there's family bootcamp and wild swimming, Or organise a family rave, a kitchen disco or an air guitar competition. Experiment with science and learn circus skills, comedy routines, face painting, making costumes, build a cardboard castle and make a vegetable orchestra! And relax after all the activity with fire feast and foraged cocktails, kids yoga and meditation.

No Image
Available

May 2024
9781529925746
230 x 189mm
£20.00 : Hardback
256 pages

SIFT

The Elements of Great Baking

Nicola Lamb

An essential, new baking bible. Nicola Lamb's *SIFT* is the definitive guide to baking, giving you the key elements to master any bake. For fans of *Salt, Fat, Acid, Heat* and *The Flavour Thesaurus*.

'Every page is a masterclass in better baking' – **Nigel Slater**

'When your bake rebels, trust in SIFT. Nicola Lamb solves the many mysteries of baking: why ganache misbehaves, why dough acts up, and what 'until golden brown' truly means. Informative, enriching, and so delicious' – **Yotam Ottolenghi**

'Nicola understands and explains baking like nobody else' – **Jamie Oliver**

'Simply extraordinary recipes' – **Helen Goh**

'Everything you ever wanted to know about baking but were too afraid to ask' – **Felicity Cloake**

Nicola Lamb is the go-to person for all your baking questions and cravings. In her essential new baking bible, *SIFT*, she takes the fear out of failure and offers up an inspiring collection of over 100 delicious bakes.

In the first half of the book, Nicola breaks down the science of key elements and techniques with infectious enthusiasm and beautiful illustrations. Explore every how and why of baking and move forward with complete confidence – you'll never again wonder why your custard has curdled, why your sponge didn't rise or why your panna cotta didn't set.

Nicola's recipes are divided into the time it takes to make a bake, ranging from gooey cookies and airy cakes that you can whip up in an afternoon to fabulous showstoppers you can devote a weekend to. These include:

Bake in an afternoon: Roasted Strawberry Victoria Sponge, Miso Walnut Double-Thick Chocolate-Chip Cookies and Bread-and-Butter Pudding with Caramel Mandarins

Bake in a day: Salted Vanilla and Pistachio Layer Cake, Fancy Rhubarb Tart and Olive Oil Brie-oche with Roasted Grapes

Bake in a weekend: Mocha Passionfruit Opera Cake, Pain au



May 2024
9781529906226
246x189
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352 pages

The Lessons

How I learnt to Manage My Mental Health and How You Can Too

Nile Wilson

The first major trade book from Olympic medal-winning gymnast with a big platform and loyal audience on a timely and important subject.

Nile Wilson has always been one of life's winners. A handsome and charismatic young man with an Olympic bronze medal in the Horizontal Bar at just 21 years old. But after a serious neck injury, forcing him to retire early and miss taking part in the Tokyo Olympics, Nile's world fell apart.

Swamped with depression, anxiety and addictive behaviours, his mental health went over a cliff. Over the past 18 months, Nile has had to face down his demons and accept his new reality, and this is the book he wish he'd been given before it all began.

Based on 12 hard-won lessons, Nile will guide you through the tools that have helped him come to back from the brink and find, for the first time, a sense of inner calm and renewed purpose. From recognizing destructive patterns, redefining success and managing self-talk, *The Lessons* will inspire and guide you through the ups and downs of life, and help you to build resilience and self-belief, no matter what.

Nile Wilson is a British Olympian medal-winning gymnast who won a bronze medal at the 2016 Rio Olympics on the Horizontal Bar - the first ever UK Olympic medal in that discipline. He also won 5 medals at the 2018 Commonwealth Games, 3 Gold and 2 Silver, which is the most by any English gymnast in the history of the games. Nile was ranked by *The Sunday Times* at 36 in the top 100 Influencers in the United Kingdom, and he recently won the BBC 3 series 'Dancing on Ice' and stars on 'Go Hard or Go Home'.

No Image
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May 2024
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256 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.

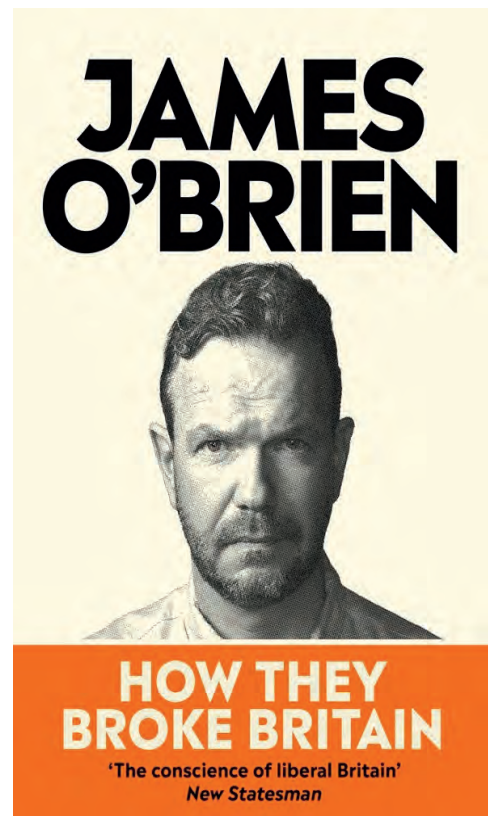
'An exceptional broadcaster' - *Guardian* | 'Consistently, forensically, brilliant' - Emily Maitlis

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.



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384 pages

In This Economy?

How Money and Markets Really Work

Kyla Scanlon

'The internet's favourite econ nerd', Kyla Scanlon, with an illustrated guide to finally understanding the mad maths and terrible terminology of economics

"Few people can communicate how the economy actually works better than Kyla Scanlon." -Morgan Housel, author of *The Psychology of Money*

The stuff you really need to know about how the economy works? It's pretty simple. Yes, even if you were bored to tears in economics class, or if you're cross-eyed from reading painfully convoluted-or straight-up misguided-financial commentary. In this particularly disorienting era, Kyla Scanlon is the Tim Harford of the disaffected and disillusioned Gen Z looking for answers.

This is the definitive, approachable guide to the key concepts and mechanics of economics and the most common myths and fallacies to steer clear of. Through Kyla's trademark blend of creative analogies, clever illustrations, refreshingly lucid language-and even quotes from poetry, literature, and philosophy-she answers questions such as:

- Is our national debt really a threat?
- What is a "mild" recession, exactly?
- What's really happening in the employment market, and how do we improve it for workers?

At a time when experts overcomplicate simple things loudly, choosing to generate smoke rather than clearing the air, *In This Economy?* shows that understanding the markets-and the systems they operate in-is easier than you think.

Whether you're worried about your mortgage rate, job security, bank account balance, or the health of the broader economy, this concise and witty guide will give you the confidence to make smarter financial decisions-no matter what the headlines say.



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256 pages

Thorns, Lust and Glory

The betrayal of Anne Boleyn

Estelle Paranque

An exciting new telling of the life of Anne Boleyn, using new archival research to reveal the woman behind the myth, from the acclaimed historian Dr Estelle Paranque.

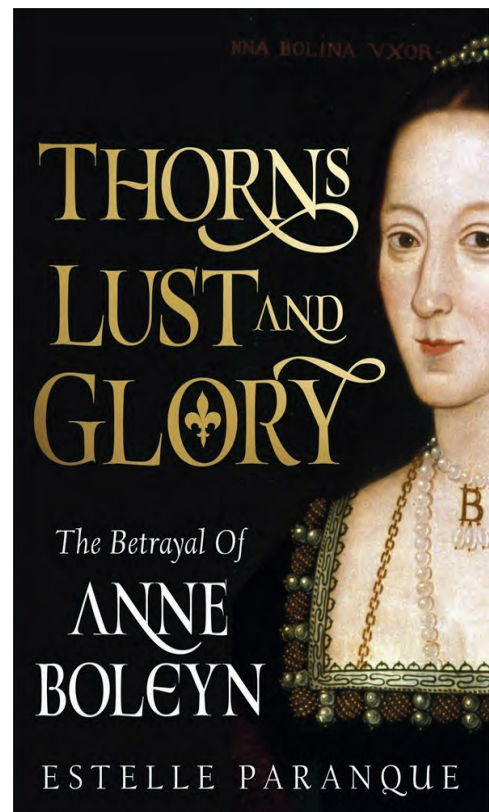
A queen on the edge.

Anne Boleyn has mesmerised the English public for centuries. Her tragic execution, orchestrated by her own husband, never ceases to intrigue. How did this courtier's daughter become the queen of England, and what was it that really tore apart this illustrious marriage, making her the whore of England, an abandoned woman executed on the scaffold? While many stories of Anne Boleyn's downfall have been told, few have truly traced the origins of her tragic fate.

In *Thorns, Lust and Glory*, Estelle Paranque takes us back to where it all started: to France, where Anne learned the lessons that would set her on the path to becoming one of England's most infamous queens. At the court of the French king as a resourceful teenage girl, Anne's journey to infamy began, and this landmark biography explores the world that shaped her, and how these loyalties would leave her vulnerable, leading to her ruin at the court of Henry VIII.

A fascinating new perspective on Tudor history's most enduring story, *Thorns, Lust and Glory* is an unmissable account of a queen on the edge.

Estelle Paranque is an Associate Professor in History at Northeastern University London as well as an Honorary Research Fellow within the Centre for the Study of the Renaissance at the University of Warwick. She earned a PhD in Early Modern European History from University College London in 2016. She has participated in international historical TV documentaries including BBC Two's *The Boleyns: A Scandalous Family* (2021) and Channel 4's *The Queens Who Changed the World* (2023). She appears regularly on podcasts and gives talks to prestigious history and literary festivals. She is the author and editor of six books.



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320 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

Norwegian striker Erling Haaland is only in his first season at Manchester City and yet he has taken the Premier League - and world football stage - by storm. At the halfway point in the season, in just 20 games, the distinctive star has scored 25 goals, beating last year's PL golden boot winners Son Heung-Min and Mo Salah. He is well on his way to beating the record of 34 goals in a single season - a record no one has beaten in 27 years. Known for his speed, strength and goal scoring, Haaland is a fascinating character who doesn't fit the mould of a modern-day professional footballer.

Lars Sivertsen's biography will follow Haaland from his early life in Norway as the son of former City player Alife, and his incredible track-record as a scoring sensation, becoming his hometown club's top scorer at only 18 and shortly after becoming regarded as one of Europe's best strikers. Sivertsen provides an insight into where Haaland has come from and gets to the heart of what makes him tick

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*.

No Image
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304 pages

Somebody Told Me

One Man's Unexpected Journey Down the Rabbit Hole of Lies, Trolls and Conspiracies

Danny Wallace

The million-copy bestselling author of *Yes Man* and *Join Me* immerses himself in the contagious, dangerous world of disinformation, everyday lies, trolls, conspiracy theories and those trying to fight back.

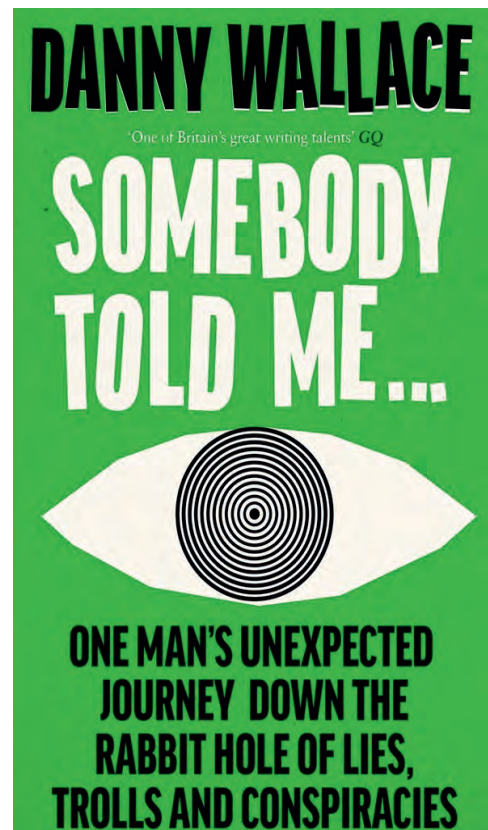
Have you been keeping your eye on your grandma lately? Have you been calling her enough? You sure she's not spending too much time on YouTube? Is she talking fondly of dictators? Has she suddenly started quietly muttering in the Aldi queue about the "Jewish Space Lasers" she's heard are setting wildfires around the world to make sure everyone believes in climate change? When was the moment the world began to believe anything?

Danny Wallace, million-copy bestselling author of *Yes Man* and *Join Me*, has fallen down the modern rabbit hole of lies, conspiracies and disinformation. Along the way, he encounters families torn apart by accusations and fake news, journalists putting themselves on the frontline of the disinformation war, reformed conspiracy theorists, influencers who see profit in stoking paranoia, and the shadowy nameless, faceless trolls on the other side of our screens. He discovers how disinformation and well-told lies can ruin a year or a whole life, how they can affect our family, our street, our community. How they can spread across a country, a continent, even the world. How they take hold of our imaginations and make us feel both helpless and powerful.

And Danny asks: can you do anything to stop it – even with the truth on your side?

Danny Wallace is a *Sunday Times*-bestselling author who lives in London. His first book, *Join Me*, was described as a 'word-of-mouth phenomenon' by *The Bookseller* and 'one of the funniest stories you will ever read' by the *Daily Mail*. His second book, *Yes Man* – in which he decided to say 'Yes' to everything – became a hugely successful film with Jim Carrey in the lead role.

He was the PPA Columnist of the Year 2011 and the Arqiva Radio Presenter of the Year 2012 for his work as the host of the triple Sony Award-winning Xfm Breakfast Show with Danny



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384 pages

The Problem With Change

The Essential Nature of Human Performance

Ashley Goodall

The big new idea in business, for fans of Simon Sinek and Adam Grant: the much-needed rebuttal to those who worship at the altar of constant disruption by former Deloitte and Cisco top leadership development executive, Ashley Goodall.

Change and innovation are the cornerstones of dynamic and modern business.

Or so we are told.

Whether it's a merger or re-org; a new process, policy, or IT "solution"; or reconfiguring the office layout, change has become the ultimate easy button for leaders, who pursue it with abandon and thereby unleash an endless torrent of disruption on employees. The result is life in the blender: a perpetual state of upheaval, uncertainty, and unease.

Yes, companies need to grow, innovate, and adapt to changing needs. But stressed-out employees rarely go the extra mile, chaos rarely produces agility or speed, and it's hard to innovate or grow while bleeding talent to turnover and quiet quitting. This is how change stymies the very progress that it seeks.

Drawing on decades spent leading HR operations at Deloitte and Cisco, **Ashley Goodall** explores the essential nature of human performance and offers a radical new alternative to the constant turbulence that defines corporate life. By prioritizing team cohesion (instead of reshuffling teams at will), by communicating in real words (rather than corporate speak), by striving for predictability (instead of charisma), by honoring shared rituals (instead of corporately-mandated bonding), by fixing only the things that are truly broken (instead of moving fast and breaking everything in sight) and more, leaders at every level can create environments that allow people to do the best work of their lives.

Ashley Goodall is a leadership expert who has spent his career exploring large organizations from the inside, most recently as an executive at Cisco. He is the co-author of *Nine Lies About Work*, which was selected as the best management book of 2019 by Strategy + Business and as one of Amazon's best business and leadership books of 2019. Prior to Cisco, he

THE PROBLEM WITH CHANGE:

The Essential
Nature of Human
Performance

ASHLEY GOODALL

COVER
TO BE REVEALED

A
Rethinking
of Work

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320 pages

The Portfolio Life

Future-Proof Your Career and Craft a Life Worthy of You

Christina Wallace

A manifesto for a new way of working and living. Stepping away from a one-path career trajectory, *The Portfolio Life* teaches us to re-evaluate what we have to offer the world and embrace a mix of opportunities that reflect who we are.

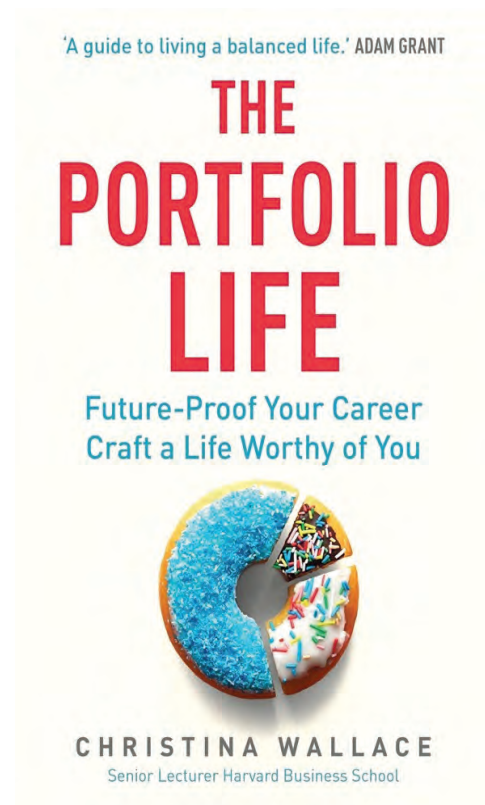
Having one full-time job is the riskiest career move you can make today; we need a new path to design sustainable, future-proof, fulfilling lives that don't tie our identities and livelihoods to one single job.

In ***The Portfolio Life***, millennial, Harvard Business School professor and serial entrepreneur Christina Wallace delivers a model for thriving amidst the constant disruptions of the 21st century. Adapting tried-and-true practices from the business sector, Christina makes Portfolio Living accessible and actionable for all readers through practical tools like her Balanced Scorecard, 100 Wishes Assessment, time optimisation benchmarks, and more.

This book encourages you to embrace the Venn diagram of your life and interests, and make it work for you. Portfolio Living grants you permission to step back from the cult of ambition and define your life beyond just your paid work.

Being multidimensional is a career superpower, and Wallace empowers her readers to shape their lives to align with their core values, aptitudes, and interests to future-proof their careers and their home lives. It teaches readers core skills in strategising how to utilise the skills and opportunities available to them, in a way that keeps both their bank balance and minds healthy.

Christina Wallace is a self-described "human Venn diagram" who has crafted a career at the intersection of business, the arts, and technology. She is currently a Senior Lecturer of Entrepreneurial Management at Harvard Business School and an active startup mentor and angel investor.



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If You Live To One Hundred, You Might As Well Be Happy

Lessons for a Long and Joyful Life: The Korean Bestseller

Rhee Kun Hoo

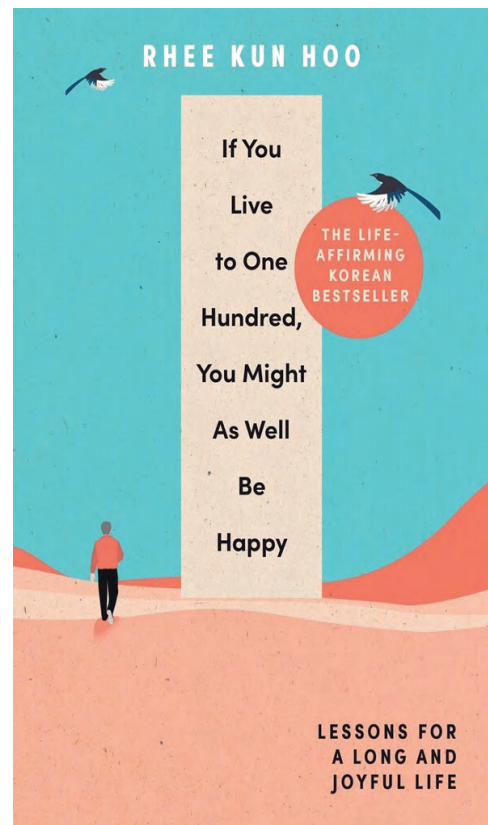
THE LIFE-AFFIRMING KOREAN BESTSELLER

***'I hope my book will give readers around the world a glimpse into Korean culture and will impact their lives, guiding and comforting them, even half as much as writing it changed mine.'* – Rhee Kun Hoo**

If You Live to One Hundred, You Might As Well Be Happy captivated South Korea, one of the fastest-ageing countries in the world, where it became a national bestseller and was recommended by the Library of Korea. After taking up writing in his retirement from a long, celebrated career in psychiatry, Rhee Kun Hoo has become a beloved, bestselling author in his native country. Now, his delightful wisdom is available for the first time in English.

With his ninetieth birthday on the horizon, Rhee found himself reflecting on what constitutes a life well lived. The result is *If You Live to One Hundred, You Might As Well Be Happy*, his collection of charming life lessons. Here, Rhee offers comfort, laughter and wisdom for readers of all ages, from burnt-out millennials to reflective retirees, exploring:

- * The happiness and liberation of forgiving others – and yourself.
- * Why the traps of modern society – the rat race, competition, expectations and the conventions of modern family – aren't worth getting caught in. And how you should live your life on your own terms.
- * Why you should face up to your insecurities and biases about your ageing, mortal self, sooner rather than later, and embrace the overlooked rewards of growing old.
- * How good company isn't hard to find, it's never too late to make new friends and you're never too old to connect with youth. You just need to know how.
- * Why we should never underestimate the power of ordinary



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Choose You

Gentle Words to Help You Heal and Grow

Helen Marie

The book for when you need help and wisdom fast from a psychotherapist and brilliant Instagram communicator

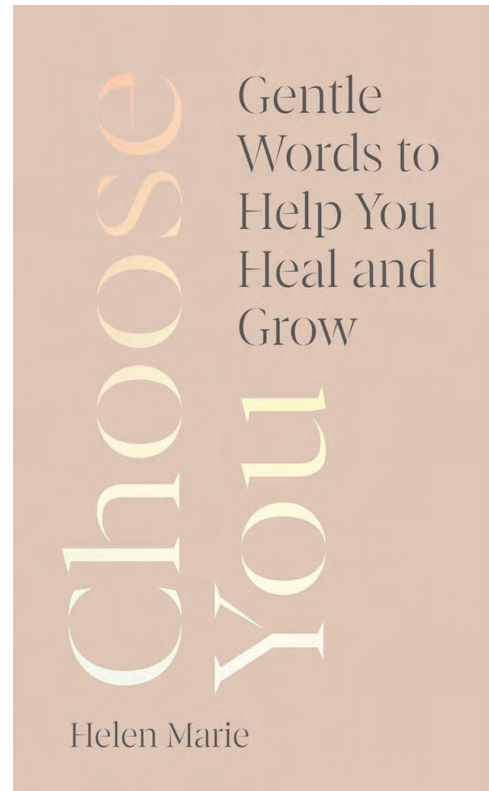
Are you searching for inner calm or healing after heartbreak?
Are you looking to deepen your self-love, understand your emotions and set healthy boundaries?

In *Choose You*, Helen Marie's gentle, supportive bite-sized wisdom will encourage you to:

- Speak to yourself with kindness
- Learn to set boundaries
- Step back to see things a little more clearly
- Show up your yourself
- Find moments of stillness
- Take time to heal
- Seek authentic connections
- And treat yourself like someone you love.

Featuring journal prompts, intuitive questions, reflective exercises and therapy-inspired lists for you to nurture your thoughts, this beautiful and soothing book has everything you need to begin your journey of understanding yourself and your needs better.

Helen Marie is a trauma and self-work therapist from the UK. She specialises in helping clients develop the skills they need to understand themselves at a deeper level. Helen shares accessible and relatable advice about self-work, trauma, attachment and relationships on Instagram and TikTok @h.e.l.e.n.m.a.r.i.e.



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224 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



May 2024
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352 pages

The Good Enough Job

What We Gain When We Don't Put Work First

Simone Stolzoff

You are so much more than just your job - a manifesto for a new era of working, one in which your self-worth isn't tied to what you do.

'An incredibly propulsive read. It will absolutely challenge you, in the best way possible, to change the way you think about work.' Anne Helen Petersen

'A sharp analysis of modern work culture.' Vauhini Vara

The Good Enough Job reminds us that the biggest goal of all is to live a life we are happy with, and in which work is but one of the multitude of facets that make us who we are. An antidote to the toxic #hustle movement convincing us all we need to find fulfilment in the office, it denounces the dangers of burnout linked to those of us who cannot answer the question: beyond work, what's left?

Conversations of burnout have bubbled to the top of the cultural zeitgeist as the line between work and not-work continues to blur. Burnout and workaholism are symptoms of a deeper root cause: a lack of separation between who we are and what we do. This book is not a credo against looking to work for fulfilment, nor is it in favour of treating work as a necessary evil. It is a guide to developing a healthier relationship to work through the stories of people who have successfully done so. These are stories that invite us to re-evaluate what makes us happy, and how we can work to live, rather than the other way round.

Simone Stolzoff is a writer, designer and work expert from San Francisco. A former design lead at the global innovation firm IDEO, his work has been featured in *The New York Times*, *Washington Post*, *Wall Street Journal*, *The Atlantic*, and many other publications. He is a graduate of Stanford and The University of Pennsylvania.

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coming
soon

May 2024
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240 pages

Variable Valve Timings

Memoirs of a car tragic

Chris Harris

Revered in the petrolhead community years before his star gig on *Top Gear*, automotive print and video journalist, racing driver and the UK's favourite car geek reveals how all things motoring became his life's driving force

Tyre destruction, power slides and continuous drooling

Chris Harris has driven more cars than most people could ever dream of. His vast knowledge is legendary. He calls it 'unhinged geekery'. But we call it infectious enthusiasm, adrenaline-fueled escapism and peerless journalistic rigour and integrity.

And then there are his famous skills at the wheel, from city cars to rally cars, F1 to vintage, not forgetting the Guinness World Record 3.4km sideways in an electric car.

And now for the first time, Harris is going all out with that unhinged geekery, and takes us down the road of his life-long adventure with the automobile - from the Scalextric track to the Nürburgring 24 Hour, via his own formative low-powered Somerset version of *The Dukes of Hazard*.

A highly individual, petrol-soaked life story that's all down to variable valve timings.

Chris Harris is an automotive journalist, amateur racing driver and TV presenter. He has worked as a reviewer and columnist for many automotive magazines including *Autocar*, *Evo* and *Jalopnik*. Chris has been appearing on *Top Gear* since 2016, and became one of the three main presenters in 2017. He also has his own web series *Chris Harris on Cars*, now hosted by Topgear.com. This is his first book.

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320 pages

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Hortobiography

Carol Klein

A lyrical and moving memoir from Carol Klein, Britain's favourite plantswoman, told through the stories of the gardens she has loved throughout her life.

'Living life is like gardening in a temperate climate: there are moments of growth and flourish, moments of pause and decline, and periods of reflection and wonderful regeneration. And how exciting it is to exist in this kind of garden - and how dull it would be to live in tropical climes, with a landscape that always remains the same'

Carol Klein is one of Britain's best loved horticulturists, and for decades gardening has been her life. In this extraordinary memoir, she tells the story of her life through the gardens - and the gardeners - who have shaped her, from learning at her grandfather's feet to building award-winning landscapes at the Chelsea Flower Show.

Exploring why our gardens are so important to her - and to all of us - and how they bring joy, creativity and good health to our lives, Carol also offers irresistible insights on her favourite flowers and plants, and how to help them flourish. A story of a life lived happily amongst the greenery, this book is the perfect companion for anyone who has sought solace in the natural world.

Gardening expert, broadcaster and writer Carol Klein is familiar to all as a permanent presenter on *Gardeners' World*, but she is also the owner of a thriving nursery business, Glebe Cottage Plants, and she contributes to a number of publications, including *Garden News*, *Gardens Illustrated* and the *Guardian*. She is also the author of three other books, *Grow Your Own Veg*, *Grow Your Own Fruit* and *Plant Personalities*.

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320 pages

Heal Your Back

4 Steps to a Pain-free Life

Anisha Joshi

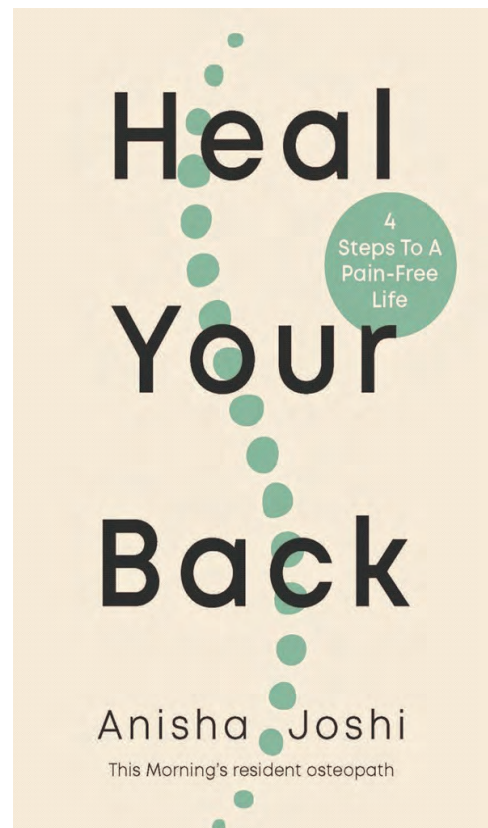
An empowering, practical guide to taking charge of your back pain for good, from *This Morning's* expert osteopath

Packed with real-life anecdotes and case studies, drawn from Anisha Joshi's extensive experience as an osteopath, this book will relieve your pain, take charge of your symptoms and future-proof your health! Back pain can adversely affect quality of life. Around 80 per cent of us experience lower back pain at some point, and it is the chief cause of disability among those under 45 in the UK, contributing to missed work days, mental health decline and long NHS waiting lists.

Starting with the basics of understanding how your back works and moving through the different types of back pain, as well as the causes and symptoms, Anisha will draw on her years of experience in clinic to show you how you can manage your symptoms and bulletproof your back using a simple four-step approach: **Keep moving; Change your mindset; Eat well; Sleep**

Using evidence-based research, award-winning osteopath Anisha will help you to understand the real causes of back pain (often not what we might think), and offers practical, everyday advice to help you take care of your back, overcome your pain and live a healthier, happier, pain-free life.

Anisha Joshi qualified as an Osteopath at the British College of Osteopathic Medicine. She has won Principal Osteopath of the Year, appeared regularly on *This Morning*, and has been sought out by many magazines and national papers for her expert commentary. Her patient list includes many professional athletes, as well as A list celebrities who seek out her advice and treatment.



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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

No Image
Available

June 2024
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304 pages

Joan

The true story of Britain's most notorious diamond thief
Joan Hannington

The shocking true story of one of Britain's most successful diamond thieves, Joan Hannington, and a fascinating insight into the criminal underworld in the 1980s. Set to be a six-part ITV drama, starring Sophie Turner.

Diamonds are a girl's best friend

Joan Hannington was the most notorious female figure in London's criminal underworld during the 80s, earning her the nickname 'The Godmother'. With her stunning looks and glamorous wardrobe, Joan was constantly underestimated, but she used this to her advantage and became an undetected mastermind in high-stakes jewellery theft. Often transforming herself into different characters, Joan seamlessly got away with millions of pounds in diamonds.

Coming from a violent, loveless childhood, Joan learnt to trust no one but herself. At seventeen, she becomes a mother, but is trapped in a disastrous marriage with a brutal thug. When he goes on the run, Joan seizes the moment to leave her old life. Motivated by her desire to care for her daughter, Joan gets swept up in the exhilarating world of a life of crime and makes some heartbreaking decisions as she sets her sights on a better life.

Joan is the true story of her meteoric rise from petty offender to one of Britain's most accomplished diamond thieves, making a success of life by not playing by the rules when the odds seemed stacked against her.

Joan Hannington was born in 1957 in London. She was known as one of Britain's most notorious diamond thieves and she was married to Boisie Hannington, an expert in antiques and a member of the criminal elite, for eleven years. Joan has two children and currently lives by the seaside with her two dogs.



September 2024
9781529913149
B (Ebury)
£10.99 : Paperback
302 pages

Tucking In

A Very Comforting Cookbook

Sophie Wyburd

Simple, hearty recipes from the queen of comfort food, for fans of Comfort Mob, Nigella Bites and Mezcla

Simple, hearty recipes from the queen of comfort food

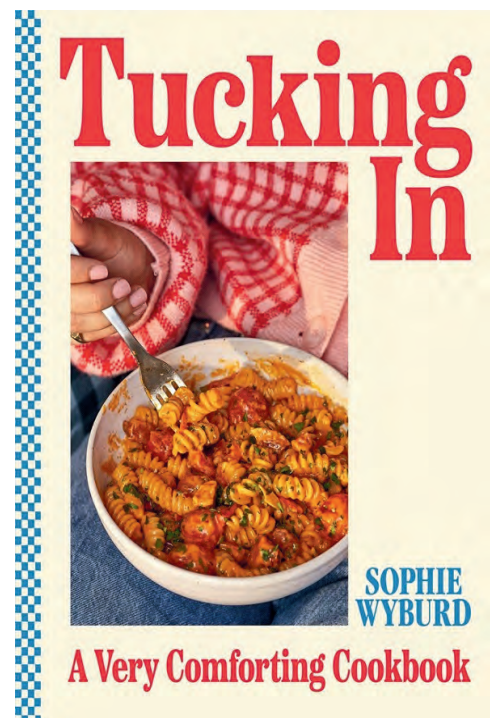
Good food does not mean complicated food. Whether it's a bowl of something warming on a Tuesday night, or a weekend feast for friends, this is comforting, filling, flavour-packed food from Sophie Wyburd.

These recipes make cooking a non-stressful affair – from everyday dinners including Harissa Braised Cod and Chipotle Vodka Gnocchi Bake, to more adventurous mains for when you're feeling that bit fancier, such as Curried Chicken Legs with Cheesy Polenta.

'A collection of exciting recipes that are cosy and simple. I can almost hear Sophie's infectious laugh coming through in the beautiful writing.' - Ixta Belfrage

Sophie Wyburd is a cook, recipe writer and presenter from South London. Sophie's varied career in food has seen her working as a restaurant chef, in food styling and heading up the food team at Mob. She now brings simple, comforting home cooking to the masses via social media and her newsletter, Feeder. You can also find her cooking up a storm at supper clubs all over London, and co-hosting *I'll Have What She's Having* and *A Bit of a Mouthful* podcasts.

Find her on Instagram **@sophiewyburd**



June 2024
9781529909951
246x189
£22.00 : Hardback
256 pages

The Art of Clothing Care

Extend the life of your favourite clothes, rejuvenate tired textiles and take pride in your wardrobe

What would happen if we turned our back on fast fashion trends? If we took time to slow down, to take pride in caring for our clothes and making them last as long as possible?

These are the questions at the heart of Steamery's mission – to design beautiful clothing care essentials that bring out the best of your wardrobe. Now Steamery is sharing its secrets to inspire you to not only appreciate the garments you love, but to find joy in the mindful act of clothing care.

With quick and simple tips, *The Art of Clothing Care* shows you how making small changes can go a long way in keeping your wardrobe looking wonderful.

This comprehensive guide includes tips on checking a garment's quality, how to shop for pre-loved clothes, keeping your wardrobe fresh and clean without over-washing, how to remove different types of stains, simple clothing repairs and upcycling ideas, as well as inspiring thoughts on the future of fashion and clothing care.

Tapping into slow fashion trends including make do and mend, upcycling, clothing rental, sustainable textiles and shopping second-hand, this beautifully designed coffee table book is the perfect way to start thinking about how you care for your clothes and what small changes you could make to keep them looking their best.

Swedish brand Steamery specialises in creating modern, high-quality steamers, detergents and all-you-need products for garment care - all with a Scandinavian touch. Think minimalist designs with powerful performance and functionality, all with the aim of encouraging people to slow down unsustainable processes and take on a slow fashion lifestyle.



June 2024
9781529918953
220 x 160 mm
£22.00 : Hardback
240 pages

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

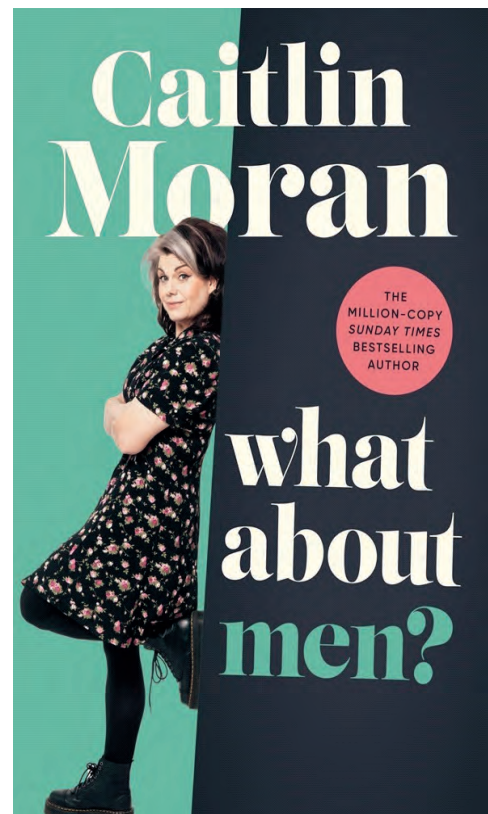
'Our greatest modern writer on women turns her eyes on men - and it's all good' David Baddiel

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.



June 2024
9781529149173
B (Ebury)
£10.99 : Paperback
320 pages

Rebellion

The Antiliberal Tradition That is Tearing America Apart – Again

Robert Kagan

A short 'warning from history' book that uses America's past to explain and reconfigure the present crisis facing the US, in the vein of Tim Snyder's *On Tyranny* & Anne Applebaum's *Twilight of Democracy*.

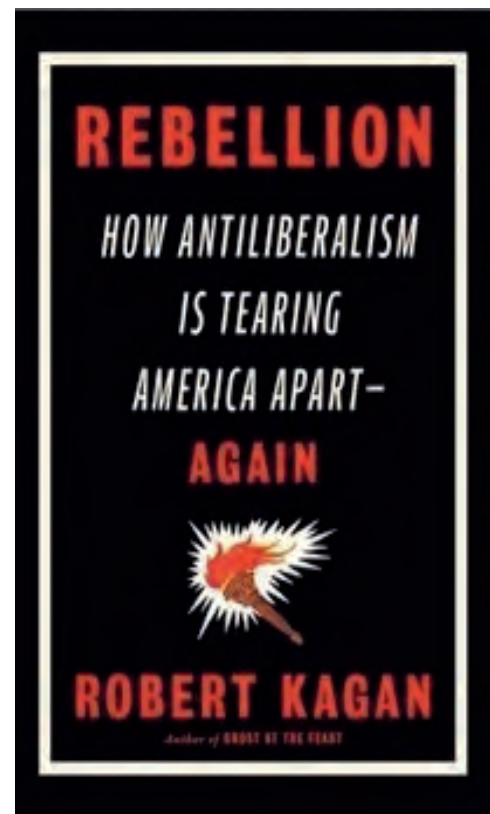
'The transformation of the US into an autocracy has advanced. By 2024, it might be irreversible [and] will change almost everything in the world. Nobody has outlined this danger more compellingly than Robert Kagan.' - Martin Wolf, *Financial Times*

A chilling and clear-eyed warning about the threats to our democracy posed by the increasing radicalization of the Republican Party, from a leading historian and intellectual

The 2024 election could be the last free election held in a unified America. So warns Robert Kagan in this brilliant and terrifying analysis of the perilous state of democracy in the United States today. If Donald Trump loses the upcoming election, as he did in 2020, but refuses to accept the result, as he also did in the last election, he is likely to call on his millions of followers to repudiate the election results. It will be a short step from there to Republican-dominated states rejecting the legitimacy of the federal government and effectively seceding. The United States at that point will cease to be united, with grave consequences for both Americans and the world.

In *Rebellion*, Kagan dives deeper than the op-eds and think pieces to explore the historical forces that have brought us to this moment—in particular the long history of opposition to liberalism, and to government, that has shaped America's character from the time of the Revolution to today. Trump's unique capacity to tap into that tradition of dissent and circumvent the American system has brought us to the edge of dissolution—not for the first time in our history but possibly the last. This is an elegant and deeply informed synthesis of history, contemporary politics, and ideas that sheds light on this crucial moment.

Robert Kagan is the Senior Fellow at Washington think tank Brookings; a contributing columnist at *The Washington Post*; and the author of several NYT bestsellers including *The World*



May 2024
9780753560297
Demy Octavo
£16.99 : Hardback
256 pages

Co-Intelligence

Living and Working with AI

Ethan Mollick

From Wharton professor and author of the One Useful Thing Substack, comes an urgent and definitive playbook for working, learning and living in the new age of AI. For fans of Kevin Kelly, Ray Kurzweil, Cal Newport, and Martin Ford.

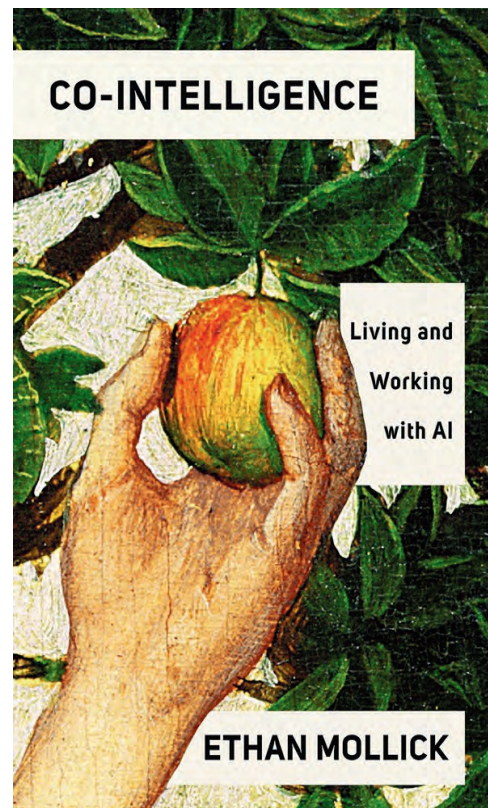
Consumer AI arrived with a bang in November 2022 when OpenAI released ChatGPT. Within four months it hit 1 billion users, and media pundits were forecasting the end of jobs and a knowledge revolution.

Wharton professor Ethan Mollick immediately understood what ChatGPT really meant: after millions of years on our own, humans had developed a kind of co-intelligence that could augment, or even replace, human thinking. Cutting through the noise of AI evangelists and AI doom-mongers, Mollick has become one of the most prominent and provocative explainers of AI, focusing on the practical aspects of how these new tools for thought can transform our world.

In *Co-Intelligence*, he urges us to engage with AI as co-worker, co-teacher and coach. He assesses its profound impact on business and education, using dozens of real-time examples of AI in action.

Mollick challenges us to utilize AI's enormous power without losing our identity, to learn from it without being misled, and to harness its gifts to create a better human future. Wide ranging, hugely thought-provoking, optimistic and lucid, *Co-Intelligence* reveals the promise and power of this new era.

Ethan Mollick is a Professor of Management at Wharton, specializing in entrepreneurship and innovation. His research has been featured in various publications, including *Forbes*, the *New York Times*, and the *Wall Street Journal*. He is the creator of numerous educational games on a variety of topics. He lives and teaches in Philadelphia, Pennsylvania.



April 2024
9780753560778
Royal Octavo
£16.99 : Trade Paperback
320 pages

The Outsider Advantage

Because You Don't Need to Fit In to Win

Ciera Rogers

A guide to discovering an outsider's secret business weapon, and how to use it, from Ciera Rogers, founder of a seven-figure earning brand.

From the fashion mogul and entrepreneur behind Babes, an empowering memoir about turning what makes you different into the foundation of your success

Ciera Rogers is known for being an "Outsider"—and she likes it that way. As the founder and CEO of a multi-million-dollar brand that caters to curvy women of all shades, worn by the likes of Kim Kardashian and championed by Beyoncé, Ciera has rallied the very women the fashion industry is designed to ignore around the radical idea that what makes you different is actually your superpower.

The Outsider Advantage is for Outsiders like her: the dreamers, doers, and go-getters that society continuously overlooks and underestimates, but who are uniquely equipped to achieve glass-shattering success.

In this bold and inspiring memoir, Ciera shares the moments in her life that left the biggest impact—being kidnapped at a young age by her estranged father, running hustles in strip clubs, living in her mom's red Jeep, daring to post her first outfit for sale on Instagram, hitting seven-figures, and buying a home—and unearths the powerful lessons she has taken away from her past and her unorthodox rise, like how to harness what you already have and how to use your trauma as a motivator. She also speaks to feelings of millennial rage, as on her journey, she came to realize that the American Dream is a lie. But she didn't allow that to stop her from outmaneuvering the system to finally live the life she wanted.

Arguing that what the world calls limitations—lack of connections, resources, fancy degrees, or even the "right" look—are actually our biggest competitive advantages, Ciera teaches anyone who has ever been overlooked, ignored or underestimated how to embrace their Outsider status to find unstoppable success.

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June 2024
9780753558812
Royal Octavo
£14.99 : Trade Paperback
320 pages

Take My Grief Away

Katerina Gordeeva

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

'Read this book. Don't put it off until you'll supposedly be strong enough and ready for the reading. If you put it off, you'll find yourself defenseless in the face of evil.'
- Svetlana Alexievich, winner of the Nobel Prize in Literature and author of *Chernobyl Prayer*

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

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

Katerina Gordeeva is an award-winning Russian independent journalist. Until 2012, she worked as a TV reporter for the federal television channel NTV. During her time at NTV, she reported as from the frontlines of Chechnya, Afghanistan, and Iraq as a war correspondent. She later resigned from the channel due to a disagreement with the channel's programming agenda. Katerina left Moscow out of protest in 2014, after Russia's remorseless annexation of Crimea and seizure of part of Eastern Ukraine.

In 2020, she created her own YouTube channel, which today has more than 1.3 million subscribers. To make her documentary film *Humans At War*, Katerina Gordeeva travelled to dozens of refugee shelters in both Europe and Russia. She collected first-person accounts by interviewing of people with opposing views about their experiences and how the war had drastically changed their lives. This three-hour testimonial film has been viewed by more than 2.5 million people.

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June 2024
9780753560594
Royal Octavo
£22.00 : Hardback
256 pages

When The Heavens Went On Sale

The Misfits and Geniuses Racing to Put Space Within Reach

Ashlee Vance

Bestselling author of *Elon Musk*—over 1.5m copies sold – returns with an incredible, untold new story of the renegade space race and the new wild west above the clouds

Acid-dropping NASA renegades and the new the space race no one knows is coming

Beyond the headlines of SpaceX, Virgin Galactic an Blue Origin there is a new secret space race that could change everything.

The Rainbow Mansion is a fast-paced, exclusive, behind-the-scenes narrative that follows the global self-taught geniuses, counterculture rebels and idealists, moneyed powers-that-be, and Silicon Valley hucksters who are leading the private sector space race and the impending intergalactic land grab that will alter the course of life back here on Earth.

Both a fast-paced thriller and a revealing look into the future, *The Rainbow Mansion* will take you on a fascinating journey into the world of people building our tomorrow.

Ashlee Vance is one of the most prominent writers on technology today. After spending several years reporting on Silicon Valley and technology for the *New York Times*, Vance went to *Bloomberg Businessweek*, where he has written dozens of cover and feature stories for the magazine on topics ranging from cyber espionage to DNA sequencing and space exploration.



June 2024
9780753557761
B (Ebury)
£9.99 : Paperback
320 pages

The 1619 Project

A New American Origin Story

A dramatic expansion of one of the definitive journalistic events of recent years: *The 1619 Project*, *The New York Times Magazine*'s award-winning reframing of the American founding and its contemporary echoes, placing slavery and resistance at the centre of the American story.

The animating idea of **The 1619 Project** is that the American story is more accurately told if we begin not on July 4, 1776, but in late August of 1619, when a ship arrived in Jamestown bearing a cargo of twenty to thirty enslaved people from Africa. Their arrival inaugurated a barbaric and unprecedented system of chattel slavery that would last for the next 250 years. This is sometimes referred to as America's original sin, but it is more than that: It is the country's very origin.

The 1619 Project places the consequences of slavery and the contributions of Black Americans at the centre of the story America tells about itself. Orchestrated by the editors of *The New York Times Magazine*, led by MacArthur "genius" and Pulitzer Prize-winning journalist Nikole Hannah-Jones, this collection of essays and historical vignettes includes some of the most outstanding journalists, thinkers, and scholars of American history and culture -- including Linda Villarosa, Jamelle Bouie, Jeneen Interlandi, Matthew Desmond, Wesley Morris, and Bryan Stevenson. Together, their work shows how the tendrils of 1619 -- of slavery and resistance to slavery -- reach into every part of our contemporary culture, from voting, housing and healthcare, to the way we sing and dance, the way we tell stories, and the way we worship. Short pieces of flash fiction and poetry bring the history to life through the imaginative interpretations of some of our greatest writers.

The 1619 Project ultimately sends a very strong message: We must have a clear vision of this history if we are to understand our present dilemmas. Only by reckoning with this difficult history and trying as hard as we can to understand its powerful influence on our present, can we prepare ourselves for a more just future.

Nikole Hannah-Jones (Author, External Editor)

NIKOLE HANNAH-JONES is the Pulitzer Prize-winning creator of **The 1619 Project** and a staff writer at *The New York Times Magazine*. She has spent her career investigating racial inequality and injustice, and her reporting has earned her the



June 2024
9780753559550
B (Ebury)
£10.99 : Paperback
512 pages

The Great Defiance

How the world took on the British Empire

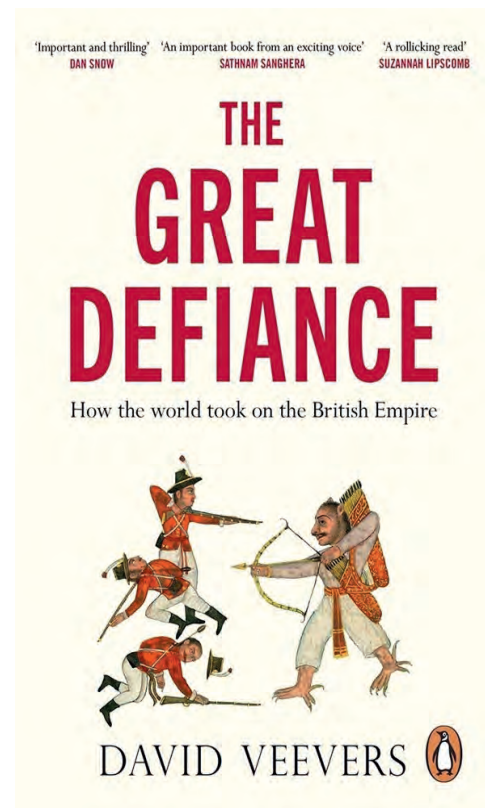
David Veevers

A fascinating new history of the early days of the British Empire, told through the stories of the forgotten international powerhouses who aided, abetted and resisted the march of the British, by the award-winning historian David Veevers.

The story of the British Empire is a familiar one: Britain came, it saw, it conquered, forging a glorious world empire upon which the sun never set. In fact, far from being the tale of a single nation imposing its will upon the world, the British Empire found itself reshaped by the tenacious resistance of the powerful Indigenous and non-European people it encountered. From ill-advised ventures in Ireland to the failure to curtail North African Corsair states all the way to the collapse of commercial operations in East Asia, British attempts to create an imperial enterprise often ended in embarrassment and even disaster.

In this book, David Veevers looks beyond the myths of triumph and into the realities of British misadventures in the early days of Empire, meeting the extraordinary people across the world who were the real forces to be reckoned with. From the Emperors who determined the expansion of the English East India Company, to the West African kings who resisted English entreaties and set the terms of the lucrative slave trade, to the Paramount Chiefs in America who fought to expunge European forces from their homelands, *The Great Defiance* retells the story of early Empire from the perspective of the Indigenous and non-European people who held the fate of the British in their hands.

Dr David Veevers is an award-winning historian and Lecturer in Early Modern History at the University of Bangor, and was formerly a Leverhulme Fellow in the School of History at Queen Mary, University of London. His PhD is from the University of Kent, with work specialising in the British Empire and its role internationally. His acclaimed academic book, *The Origins of the British Empire in Asia, 1600 - 1750*, was published by Cambridge University Press in 2020.



June 2024
9781529109962
B (Ebury)
£10.99 : Paperback
416 pages

Embracing Hope

On Freedom, Responsibility & the Meaning of Life
Viktor Frankl

Never before published collection on finding fulfilment and purpose from the multi-million-copy bestselling author Viktor Frankl.

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

An inspirational new collection on turning tragedy into triumph by Holocaust survivor and multi-million copy bestselling author of *Man's Search for Meaning*.

During his lifetime, world renowned psychiatrist and Auschwitz survivor Viktor Frankl had an unshakably optimistic outlook on life. He believed that regardless of circumstance, we can all find meaning and fulfilment in our lives, even in the face of great adversity.

But how much influence do we have on shaping our own lives? How do we seize opportunities and create a meaningful life? And in doing so, can we still respect the dignity of others and tolerate all views?

Published in English for the first time, *Embracing Hope* shows that by exercising our freedoms, we have a duty and responsibility to ourselves, to others and to the world around us. This collection of timeless lessons offers hope and consolation, admonition and warning, and reveals how to turn tragedy into triumph and lead a fulfilled, purposeful life.

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

Image
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June 2024
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Demy Octavo
£16.99 : Hardback
224 pages

The Path to Self-Love

Heal Your Heart, Set Healthy Boundaries & Unlock Your Inner Strength

Ruby Dhal

Breakout book by adored Insta-poet and author Dhal on how to practice self-love

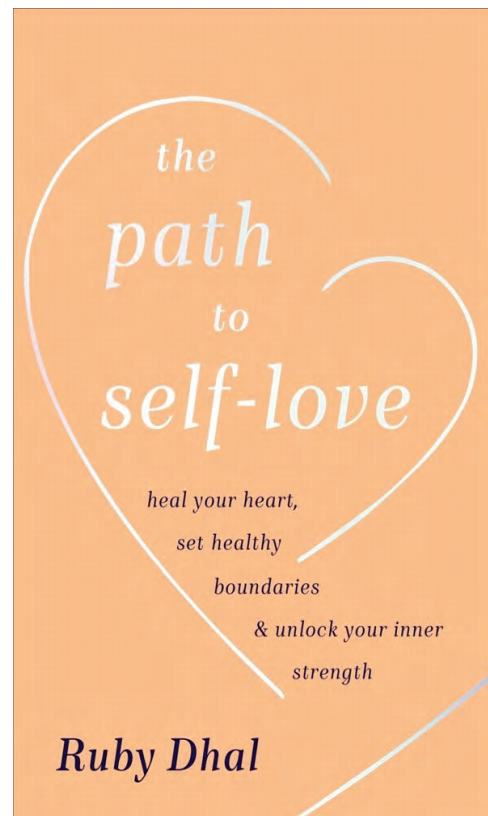
A raw and honest guide to cultivating self-love and unlocking your healing journey, from poet and Instagram sensation Ruby Dhal.

Self-love is not as simple as it sounds. More than basic self-care practises and everyday indulgences, it is the key to unlocking your inner power and fostering true healing within yourself. With the same welcoming and honest voice—that of an empathetic best friend who’s been through it all—that people know and love online, Ruby Dhal shares her own personal stories and advice.

Through Ruby’s gentle words, discover how to harness the power of self-love to transform all aspects of your life – whether that's setting healthy boundaries in your relationships, overcoming loss or heartbreak, feeling resilient when things don't go as planned or knowing when to let go.

Using a mixture of prose poetry and hard-won insight into the healing journey, *The Path to Self-Love* will empower you to access your inner strength, trust in yourself and unlock the doors to happiness, healthy relationships and fully realised dreams to help build the life *you* deserve.

Ruby Dhal is a writer, poet, performer, content creator and bestselling author. She moved to the UK from India with her parents aged three, and within a year lost her mum. This started her lifelong healing journey and inspired her to create art to heal hearts all over the world.



June 2024
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Demy Octavo
£16.99 : Hardback
256 pages

Trust Your Timing

How to use astrology to navigate your love life and find your authentic self

Alice Bell

Find self-acceptance and confidence in this empowering guide to using astrology to better approach our love lives

Why am I still single?

Why do I struggle to form long-lasting relationships?

Why do I feel so stuck?

In *Trust Your Timing*, Vogue astrologer Alice Bell shows us how understanding our own astrology can improve our approach to relationships. By guiding us through the basics of reading our birth charts (a map of the stars and planets at the exact moment a person was born), chart synastry and the more advanced areas of prediction, she demonstrates that **trusting our timing is a key tool in developing self-acceptance.**

Informative, lively and comforting - whether you're new to astrology or have been practicing for years - this book will help you better understand yourself and your relationships through the lens of astrology, no matter what stage of life you find yourself in.

Alice Bell is a full time astrologer and resident astrologer for British *Vogue*. She first got into astrology because it helped her validate certain personality traits she had always had trouble accepting, but it also made her more aware of which areas of life she needed to lean into to feel the most fulfilled. Through her work, she aims to help others find their unique life path and trust in their own personal timing.

In addition to her weekly horoscopes for British *Vogue*, she is a co-host of the astrology podcast, *Astrology and You*, and has worked with many fashion and beauty brands to create astrology content. Her work has been featured in *Vogue*, *Refinery 29*, *Goop*, *The Times*, and *Forbes*. You can find Alice on Instagram @stalkalice.

Image
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August 2025
9781529904987
B Format
£10.99 : Paperback
224 pages

The Other Olympians

Michael Waters

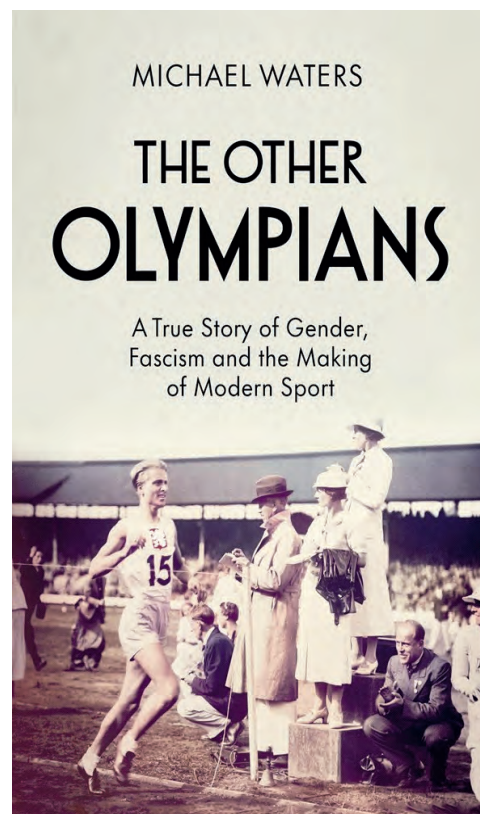
The story of the early athletes and Olympic bureaucrats who lit the flame for today's culture wars.

In December 1935, Zdenek Koubek, one of the most famous sprinters in European women's sports, declared he was now living as a man. Around the same time, the celebrated British field athlete Mark Weston, also assigned female at birth, announced that he, too, was a man. Periodicals and radio programs across the world carried the news; both became global celebrities. A few decades later, they were all but forgotten. And in the wake of their transitions, what could have been a push toward equality became instead, through a confluence of bureaucracy, war, and sheer happenstance, the exact opposite: the now all-too-familiar panic around trans, intersex, and gender nonconforming athletes.

In *The Other Olympians*, Michael Waters uncovers, for the first time, the gripping true stories of Koubek, Weston, and other pioneering trans and intersex athletes from their era. With dogged research and cinematic flair, Waters also tracks how International Olympic Committee members ignored Nazi Germany's atrocities in order to pull off the Berlin Games, a partnership that ultimately influenced the IOC's nearly century-long obsession with surveilling and cataloging gender.

Immersive and revelatory, *The Other Olympians* is a groundbreaking, hidden-in-the-archives marvel, an inspiring call for equality, and an essential contribution toward understanding the contemporary culture wars over gender in sports.

Michael Waters has written for *The New Yorker*, *The Atlantic*, *The New York Times*, *Wired*, *Slate*, and *Vox*, among other publications. He was the 2021–2022 New York Public Library Martin Duberman Visiting Scholar in LGBTQ studies and lives in Brooklyn, New York.



June 2024
9781529910193
Royal Octavo
£22.00 : Hardback
320 pages

Downfall

Prigozhin and Putin, and the new fight for the future of Russia

Mark Galeotti and Anna Arutunyan

The compelling, first-to-market story of the rise, fall and death of the Wagner Group's Evgeny Prigozhin, and what this tells us about the chaotic new direction of late Putinism, by the acclaimed author of *A Short History of Russia*.

Evgeny Prigozhin emerged as one of the most dangerous warlords in the world and as one of Vladimir Putin's chief rivals in Russia's tumultuous political climate, exiled after leading Wagner's attempted coup and killed in a mysterious plane crash. But what is the truth about this enigmatic figure, his role in the war with Ukraine, and the chaos unleashed across Russia by his turn against Putin? And, the aftermath of his death, what is next for Russia in the new stage of late Putinism that Prigozhin's life forged?

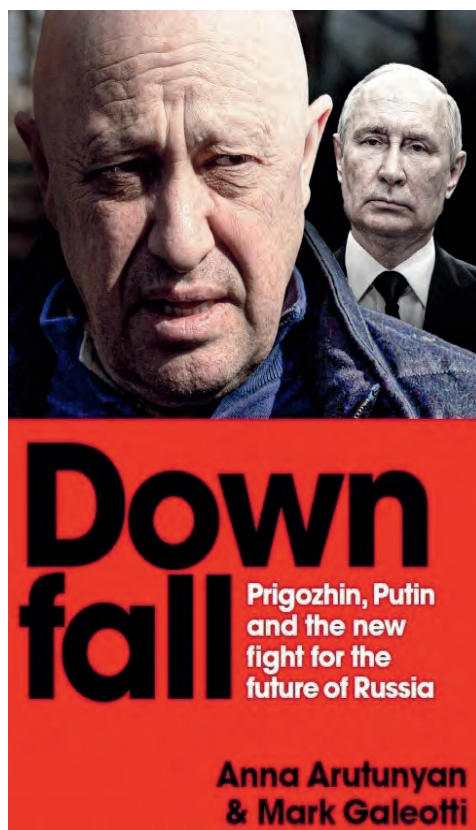
Drawing on years of research, this book traces the rise of Russia's most prominent non-state actor and examines the political climate that propelled a convicted gangster with no government office to the formidable role he has come to occupy. An essential story of Russia's recent history, *The Warlord* is also a compelling insight into its likely future.

Mark Galeotti (Author)

Professor Mark Galeotti is one of the foremost Russia-watchers today, who travels there regularly to teach, lecture, talk to his contacts, and generally watch the unfolding story of the Putin era. Based in London, he is Senior Non-Resident Fellow at the Institute of International Relations Prague, having previously headed its Centre for European Security, and was before then Professor of Global Affairs at NYU. A prolific author on Russia and security affairs, he frequently acts as consultant to various government, commercial and law-enforcement agencies.

Anna Arutunyan (Author)

Anna Arutunyan is a Russia-American journalist, analyst and author. Born in Moscow, she was raised and educated in the United States before returning to Russia as a journalist. She covered two decades of Russian politics, first as reporter and editor at *The Moscow News*, then as a correspondent and analyst. She has served as Russia's senior analyst for the International Crisis Group, and only left Russia after the February 2022 invasion. She has a wide range of contacts in



June 2024
9781529927351
Demy Octavo
£18.99 : Hardback
272 pages

Material World

A Substantial Story of Our Past and Future

Ed Conway

Ed Conway - Sky Economics Editor and *Times* columnist - reveals a bold new story of human progress told through six materials that built our world, for fans of Tim Marshall, Lewis Dartnell, Jared Diamond and Yuval Harari.

'A compelling narrative of the human story'

Tim Marshall, author of *Prisoners of Geography*

Sand, iron, salt, oil, copper and lithium.

The struggle for these tiny, magical materials has razed empires, demolished civilizations, fed our greed and our ingenuity for thousands of years. But the story is not over. We are often told we now live in a weightless world of information but in fact we dug more stuff out of the earth in 2017 than in all of human history before 1950. And it's getting worse. To make one bar of gold, we now have to dig 5,000 tons of earth. For every tonne of fossil fuels, we extract six tonnes of other materials - from sand to stone to wood to metal. Even as we pare back our consumption of fossil fuels we have redoubled our consumption of everything else. Why? Because these ingredients build everything. They power our computers and phones, build our homes and offices, print our books and packaging. Our modern world would not exist without them, and the hidden battle to control them will shape our future.

See the history of human civilization from a new perspective - our ambitions and glory, innovations and appetites - literally from the ground up.

Ed Conway is a writer and broadcaster. He is the Economics and Data Editor of Sky News and a regular columnist for *The Times* and *Sunday Times*. He has written two critically acclaimed and bestselling books and has won numerous awards for his journalism. He lives in London.

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B (Ebury)
£10.99 : Paperback
448 pages

Running for your Life

On Middle Age, Marathons, and the Quest for Peak Performance

Nick Thompson

A motivational and enlightening book exploring why some of us improve with age and others don't, from one of the top 25 Master marathoners in the world.

How much does our speed and our decline depend on our minds, not our bodies?

In this thought-provoking and inspiring book, top 25 Master marathoner Nick Thompson invites readers to defy the inevitable decline that comes with age. After setting the American record in the 50km for the 45-49 age group, Thompson is on a mission to explore how pain, endurance and talent exist in the mind of a runner.

Inspired to run by his father as a young child, Nick Thompson began setting school records in high school and has never looked back since. *Running for your Life* is the story of Thompson's ambition to break down the physiology of running and reveals how we can power through psychological barriers and get faster with age.

Guaranteed to make you rethink what it means to get older, *Running for your Life* is an exploration of how and why we age and what putting one foot in front of another can teach us about ourselves.

Nick Thompson is the CEO of *The Atlantic* and former editor-in-chief of WIRED. Nick is a frequent public speaker who has given talks and moderated events around the world, including at Davos and SXSW. Nick was previously online editor of *The New Yorker* and was a co-founder of the multi-media publishing company The Atavist. He has built a sizeable following across social media, especially on Twitter. His ability to reach audiences across a range of media will offer an extraordinary platform from which to launch *Running for your Life*.

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June 2024
9781529146103
Demy Octavo
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336 pages

History for Tomorrow

Inspiration from the Past for the Future of Humanity
Roman Krznaric

One of Britain's most popular public philosophers presents unexpected, hopeful lessons from human history that could help us to overcome the global challenges facing humanity in the 21st century

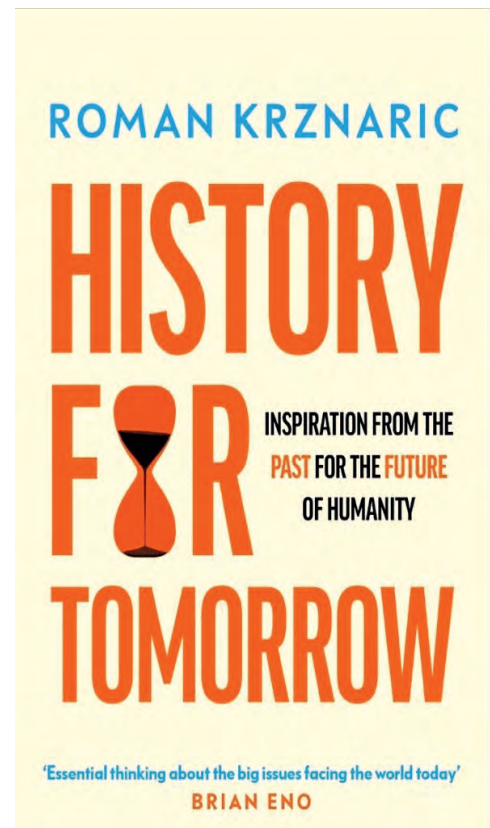
What can humankind's rich history of radical revolts teach us about the power of disobedience to change climate policy? What inspiration could we take from seventeenth century Japan to create a regenerative economy today? How might the history of financial capitalism help us understand what it takes to bring AI under control?

Here, leading social philosopher Roman Krznaric unearths fascinating insights and inspiration from the last 1000 years of world history that could help us confront the most urgent challenges facing humanity in the twenty-first century. From bridging the inequality gap and keeping AI under control, to reviving our faith in democracy and avoiding ecological collapse, *History for Tomorrow* shows that history is not simply a means of understanding the past but a way of reimagining our relationship with the future. Krznaric shows how, time and again, societies have risen up, often against the odds, to tackle challenges and overcome crises. History can offer a vision for radical hope that could turn out to be our most vital tool for surviving and thriving in the turbulent decades ahead.

Roman Krznaric is a social philosopher whose books, including *The Good Ancestor*, *Empathy*, *The Wonderbox* and *How to Find Fulfilling Work*, have been published in more than twenty-five languages. He is Senior Research Fellow at Oxford University's Centre for Eudaimonia and Human Flourishing and founder of the world's first Empathy Museum.

Roman has been named by the Observer as **one of Britain's leading popular philosophers**. His TED talk 'How to be a good ancestor' has been **viewed over 1.5 million times**. His writings have been widely influential amongst political and ecological campaigners, education reformers, social entrepreneurs and designers. He is an acclaimed public speaker, and his talks and workshops have taken him from a London prison to Google's headquarters in California.

After growing up in Sydney and Hong Kong, he studied at the



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336 pages

A Daughter's Choice

June Francis

A gritty, heartwarming family saga from the author of *A Mother's Duty*. Perfect for fans of Maureen Lee

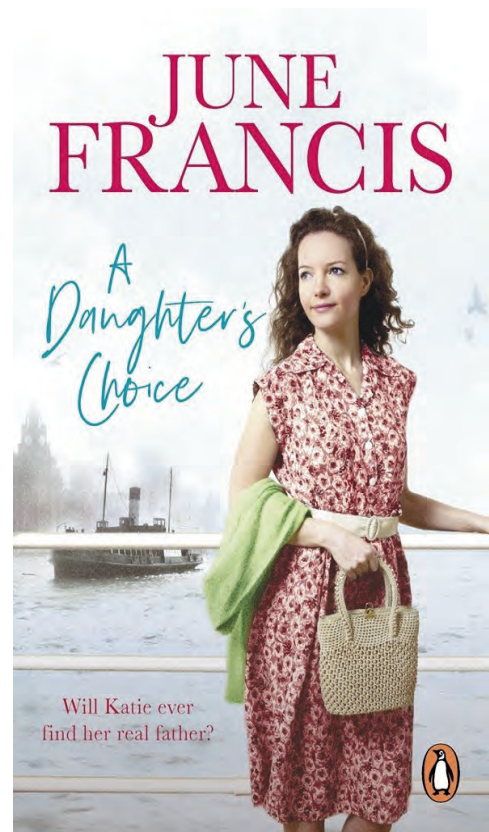
Seventeen year old Katie is about to discover a devastating family secret...

Katie is the apple of her mother's eye and is being trained to take over the family business. But when Celia, her natural mother, re-enters her life, her world is turned completely upside down.

Tormented by her divided loyalties, Katie is plagued by a question Celia refuses to answer - who is her real father?

(Note: Originally published as *Somebody Else's Girl*)

June Francis's previous sagas include *A Daughter's Choice*, *Lily's War* and *Mersey Girl*. She had her first novel published at forty and is married with three sons. She lives in Liverpool.



July 2024
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£7.99 : Paperback
400 pages

One Pot, One Portion

Eleanor Wilkinson

Clear concept-led cookery from a platform which has seen rapid growth in the past six months. For fans of *The Roasting Tin* (245k TCM) and *Good Food Meals for One* (35k TCM).

Meals for one, cooked in one pot. Cooking for yourself just got easier and much more delicious.

In a culinary landscape that primarily caters for couples, families, or larger groups, Eleanor Wilkinson wants to give people who cook for themselves the tools to make delicious food that doesn't take hours, or leave you with a sinkful of washing up.

Eleanor's recipes will also offer up potential variations, substitutes or common ingredients between the recipes, so that cooks can fight food waste and make sure they are getting the most of their ingredients, and their money.

With recipes such as a One Pot, One Portion Lasagne, Chicken and Cottage Pie and an unforgettable Self-Saucing Chocolate Mug Cake, cooking for one has never tasted so good.

Eleanor is 27-year-old content creator and recipe developer from East Yorkshire. Her love of food and cooking inspired her to start sharing recipes on social media; her One Pot, One Portion series – recipes for people who cook, eat or live alone, and are tired of washing up – have garnered millions of views on TikTok and a community of nearly 600K people on Instagram. In a culinary landscape that only caters for couples, families, or larger groups, Eleanor wanted to provide something for everyone left out. She believes that cooking for yourself is a huge act of self-care; her aim is to bring the joy and excitement back to the kitchen, showing solo cooks that they don't have to choose between eating leftovers for three days straight or sticking to soup! Eleanor previously worked in the non-profit sector and trained at the prestigious Ballymaloe cookery school in Cork.

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July 2024
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240x170
£22.00 : Hardback
224 pages

Dinner Tonight

Quick & easy meals full of Mediterranean flavour

Meliz Berg aka @MelizCooks

Serious flavour, simple recipes - answering the eternal question of 'What's for dinner?'

The second book from the instant No.1 Sunday Times Bestselling cook.

Meliz shares her go-to homecooking - quick and nourishing meals, snacks all ages will love, instant dinners made with storecupboard essentials, clever short-cuts and cheats, one-pots and one-tray winners, easy Friday 'fakeaway' ideas and lazy weekend inspiration for beautiful food that takes care of itself in the oven - perfect for friends and family gatherings.

Meliz includes her meat-free and gluten-free simple swaps to cater for all cravings! As well as her tips for cooking with an airfryer and slowcooker.

'Build-your-own', 'Fully Loaded' and 'Restaurant-style' Salad Bowls, One-Pot Orzo, Leftover Hummus Soup, Cheat's Lahmacun Pide Pockets, Tavuk Kebab Curry, One-Pot Roasted Aubergine Pilav, One-tray Spiced Kofte and Crunchy Potatoes, Hellim-Crusted Fish Tacos, Mum's Sunday Mince and Roast Chicken, Hellim & Dried Mint Yorkshire Puddings, Berry 'Baklava' Pots and Oozy Helva Stuffed Filo Parcels - and more...

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

Meliz Cooks is loved for its easy-to-follow recipes, addictive combinations of flavours and spices, and for highlighting the melting-pot of beautiful cuisines evident in Cyprus. Her recipes have featured in *Co-op Food* and *Asda Good Living Magazine*, as well as for *Good Homes* and the *Guardian*.

Find her @melizcooks

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June 2024
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246x189
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224 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.

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 Shappi 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 here to enjoy the ride, let Shappi take you on her 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*. She is also the author of the bestselling childhood memoir, *A Beginner's Guide To Acting English* and *Nina is Not OK*.

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Available

July 2024
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£10.99 : Paperback
256 pages

It's Them, Not You

How to Break Free from Toxic Parents and Reclaim Your Story

Josh Connolly

James Smith meets Gabor Maté in resilience coach Josh Connolly's life-affirming manual on how to confront toxic family dynamics and find emotional freedom.

'Blood is thicker than water'

'You'll miss them when they're gone'

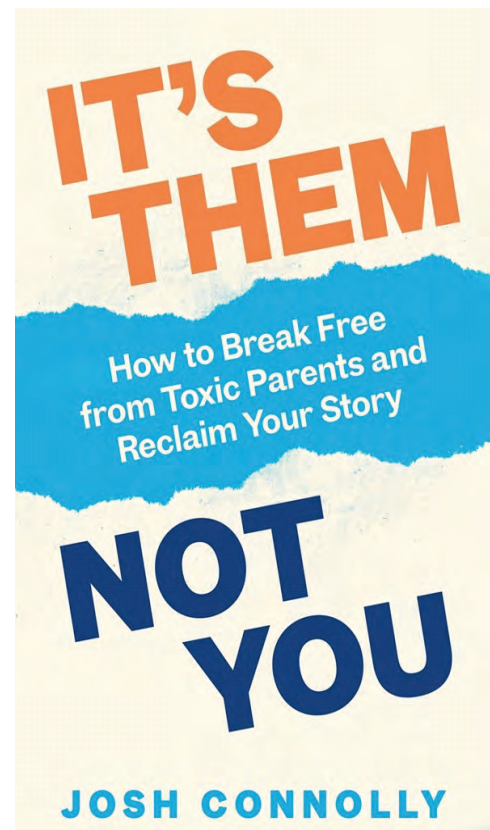
'You can't choose your family'

How many times have you heard that family is sacred, even when your reality is different? *It's Them, Not You* smashes the false narrative that family is everything.

Equipping you with a deeper understanding of toxic family dynamics, resilience and wellbeing coach Josh Connolly will validate your experience and provide the tools you need to deal with emotionally immature parents and family members.

It's Them, Not You offers a pathway to heal your inner child and break free from the traumas of the past. Whether your solution is to go 'no contact', place new boundaries or reconnect with community, this book is the ultimate handbook to help get unstuck and heal from the strongest wounds.

Josh Connolly is a resilience and wellbeing coach, leading conversations around addiction recovery and dysfunctional family environments. He is an ambassador for Nacoa - a national charity supporting people affected by a parent's drinking - and an influential mental health advocate, appearing on the *BBC*, *ITV*, *Channel 5 News* and on programmes such as *The Victoria Derbyshire Show*, *Good Morning Britain*, and *BBC Breakfast*. A certified breathwork practitioner, host of the recently launched podcast *115 Miles* and founder of the Inner You self-healing programme, Josh's work resonates with people struggling to reconcile the past with the present.



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224 pages

A Better Tomorrow

Life Lessons in Hope and Strength

Mina Smallman

A deeply personal memoir from Mina Smallman - former Archdeacon of Southend, activist and mother to Bibaa Henry and Nicole Smallman - which is an urgent call for justice and for positive change in Britain today.

There is no greater agony than bearing an untold story inside you
- Maya Angelou

Mina Smallman has lived through the unimaginable. On Saturday 6 June 2020, her daughters, Bibaa Henry and Nicole Smallman, were killed in a park by a male stranger as they celebrated Bibaa's birthday.

Mina has been fighting for justice ever since - for her daughters, and for the rest of us, by challenging the toxic culture in the Metropolitan Police and calling out the wider institutional misogyny, racism and classism in Britain. Now, she tells her story for the first time. Starting from her childhood in foster care and arriving at the present day, Mina looks back on her time as a schoolteacher, and then as the first woman of colour to be an Archdeacon in the Church of England, before sharing her experience of losing her two daughters, Bibaa and Nicole.

Told through grief and with compassion, humour and love, this deeply personal memoir is Mina's beacon of hope, which calls for all of us to step up, collectively, and work together for a better future.

Mina Smallman is an activist and the former Archdeacon of Southend. Prior to becoming the first woman of colour to be an Archdeacon in the Church of England, Mina worked as a schoolteacher for 15 years. On 6 June 2020, her daughters, Bibaa Henry and Nicole Smallman, were murdered by a male stranger as they celebrated Bibaa's birthday in Fryent Country Park, London. Mina has been fighting for justice for her daughters - and for a safer, better and more equal Britain - ever since.

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288 pages

Too Tired to Fight

The 13 Conflicts New Parents Must Have to Create Connection

Erin and Stephen Mitchell

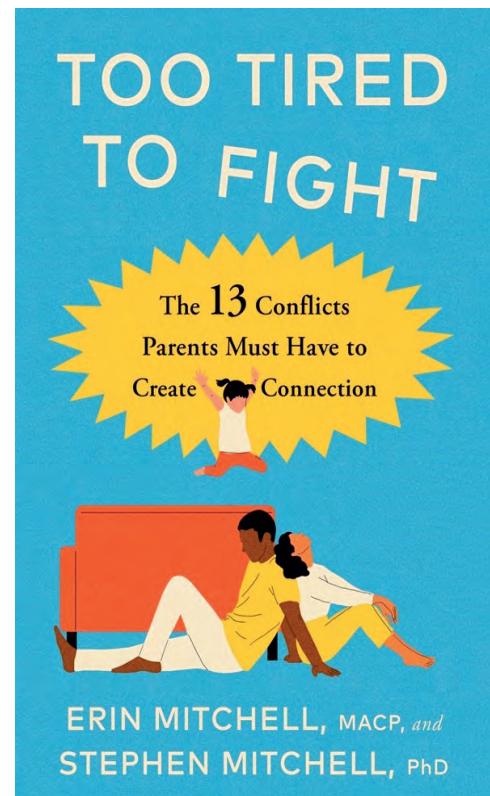
The essential research-packed toolbox for parents and couples who want to fight better and grow stronger. Perfect for fans of Gary Chapman and Esther Perel.

Some fights can make you stronger; here's how...

Every couple wants to feel alive and deeply connected to one another. In fact, those with children often feel the added desire to have and become it all: the perfect parents, partners, and fulfilled individuals. And yet, most of us are too exhausted and consumed by endless demands to still feel close as a couple. Too often, we plod along, swallowing resentment until it explodes. This book shows you that it doesn't have to be this way.

In *Too Tired to Fight*, relationship therapists and parenting couple Erin and Stephen Mitchell walk you through the 13 fights that are necessary to maintain a strong relationship. By examining real-life scenarios that lead to arguments - from discipline, work, social pressures and sharing labour to intimacy after kids - they offer simple scripts for transforming conflict into connection. With the right mindset shift, anyone can turn the messy and tense moments of disconnection into experiences of repair and healing.

Erin and Stephen Mitchell have been married for 13 years and have three kids. Stephen has a PhD in Medical Family Therapy and Erin has a Masters' Degree in Counselling Psychology. A decade after becoming parents while working in the clinical world, they saw a gap in the self-help content relevant to parenting couples. There was a dearth of psychologically sound, research-informed content, with actionable strategies to help parenting couples continue to build healthy relationships. Because of this gap, they co-founded Create Your Couple Story, a company focused on providing access to research-informed, psychologically sound education through on-line courses for couples.



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256 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.

Dan Carter is a widely hailed as one of the most elite and successful professional rugby players in the world.

After retiring from a sport he played for 32 years, he set out to inspire the next generation of leaders to create purposeful impact, joining the Oxford Foundry - Oxford University's Entrepreneurial Institute, founded by LinkedIn co-founder Reid Hoffman - as its first ever Leader in Practice. Now, in a follow-up to his bestselling 2015 autobiography, he answers timeless questions for aspiring leaders everywhere. Why is the team more important than the individual? How do you navigate the transition from player to leader? How should we respond when confidence is eclipsed by doubt, when circumstances get the better of us, when setbacks derail us? How can we remain humble and grounded when we're winning - and how can we keep on winning, even when a loss may be just around the corner?

Full of inspiring personal stories of both victories and setbacks, the greatest rugby sportsman reflects on his career, shares his own secrets of high performance, and reveals the art of exceeding your highest expectations.

Former All-Black, father of four and Unicef Ambassador Dan Carter is considered the greatest first-five to ever don the All Blacks jersey. During his 20-year career he broke several world records and scored the winning points in the 2015 Rugby World Cup final, earning him his third World Rugby Player of the Year Award and a second consecutive World Cup win for New Zealand. He is the most-capped All Black Flyhalf and the highest point scorer in Super Rugby history. In 2021, Dan was invited to become the first ever Leader in Practice at the Oxford Foundry, the entrepreneurship institute founded at the university by Apple CEO Tim Cook. Dan's goal was simple: to inspire the next generation of leaders.

No Image
Available

July 2024
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320 pages

Legacy of Menace

Life in the Shadow of the Krays

Bobby and David Teale

Menaced by the Krays; stitched up by the establishment; torn apart from each other; nowhere to turn. The Teale brothers tell the chilling true story of what happened when they turned on the twins.

Survivors from London's gangland

The third and final chapter in Bobby and David Teale's powerful true story focuses on the shattering consequences of Bobby's secret decision to inform on the Krays, putting himself and his brothers David and Alfie in mortal danger.

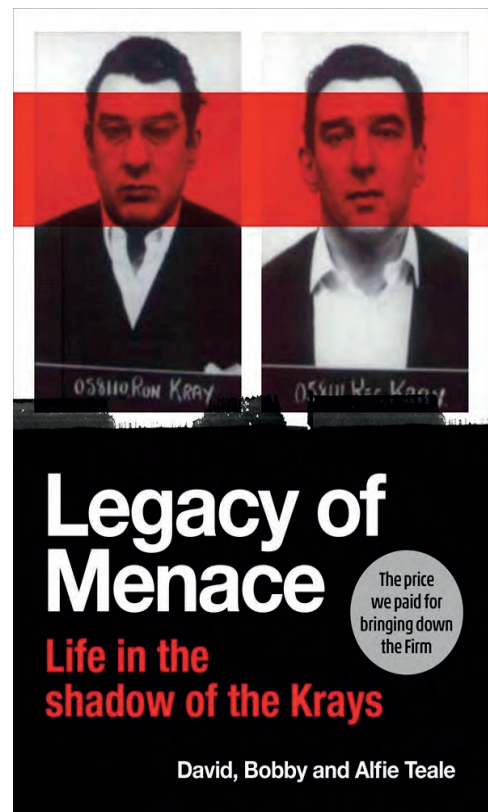
Sure enough, someone, somehow had told the murderous twins they had a spy in their midst. Suspicion fell on Bobby, and Reggie held him at gunpoint in a terrifying mock execution in Epping Forest, as a warning for what happens to 'informers.'

Three days after that, Bobby, David and Alfie were arrested. Bobby had believed it was the Yard's way of making him and his family 'safe'. His brothers didn't have a clue what was going on. Bobby expected six months inside, maybe. They each got three years for 'demanding money with menaces,' a catch-all crime that required minimal evidence to convict.

In *Legacy of Menace*, Bobby opens up on what he went through at the hands of the Krays and the police, how his economy with the truth was his attempt to protect his brothers, and why he vanished, fearful of gangland retribution, when he was released from prison.

While David recalls the appalling confusion of brutal life in prison, not knowing why he was there, his brother refusing to speak to him, rumours swirling about the Krays coming for them.

David, now aged 81, has remained profoundly angry with Bobby, 82, for abandoning him and Alfie to their fate. But the brothers, once close, are reconciling again, as Bobby provides full disclosure with new and dramatic details of his time in prison and his cross-border escape, helping David to understand the experience from Bobby's perspective for the first time.



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288 pages

The Umbrella Murder

The Hunt for the Cold War's Most Notorious Killer
Ulrik Skotte

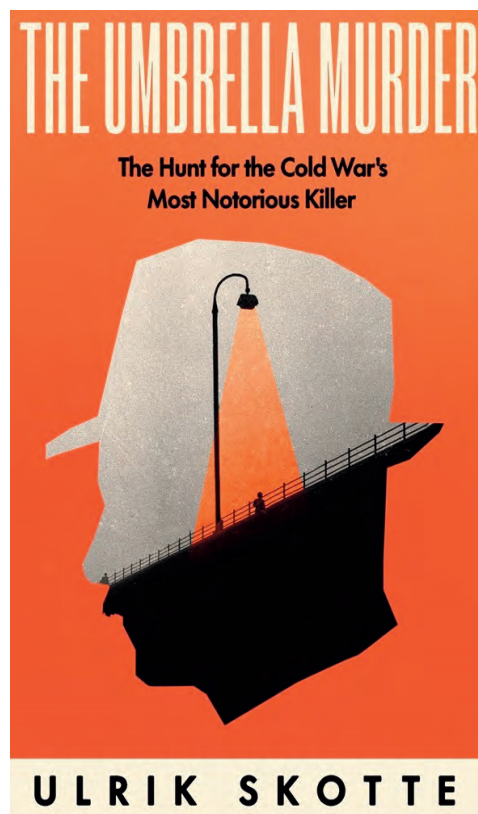
A revealing, page-turning story of the most iconic Cold War spy killing of all time, for fans of Ben Macintyre, Henry Hemming and the novels of John Le Carre and Mick Herron.

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

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

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

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



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336 pages

The Stoic Path to Wealth

Ancient Wisdom for Enduring Prosperity

Darius Foroux

Build wealth by applying ancient wisdom to the chaos of modern-day markets, with investor and financial influencer Darius Foroux.

'Darius has a unique ability to turn complex ideas into simple stories.' — Morgan Housel, #1 NYT bestselling author of *The Psychology of Money*

The Stoics understood that if you can control your reactions and manage your emotions, you can achieve success. The same principles apply to our financial lives today.

The only way to beat inflation and grow your wealth is by investing. The greatest investors approach the markets with discipline, emotional distance, and self-mastery—lessons that the Stoics have been teaching us for thousands of years. Combining ancient wisdom with practical investment strategies drawn from analysis of the greatest investors of all time, ***The Stoic Path to Wealth*** will teach you how to:

- cultivate an investing edge by managing your emotions and developing your unique skills and talents.
- develop the discipline to ignore short-term market fluctuations and avoid living in the future.
- foster a mindset that allows you to enjoy what you have and avoid greed.
- create a sustainable approach to trading.

As financial markets become increasingly unpredictable and chaotic, ***The Stoic Path to Wealth*** offers the key to weathering any economic storm while building wealth that will last a lifetime and beyond.

Darius Foroux is an investor, entrepreneur, blogger, podcast host and writer in the personal development and personal finance space. He holds a master's degree in Business Administration, with a specialisation in finance, from the University of Groningen. He currently lives in the Netherlands. Foroux has more than 281,000 Medium subscribers and 140,000 email newsletter subscribers to his writing on investing and stoicism. He gains thousands of highly-engaged subscribers every month. His blog posts have been read by 30 million individual visitors and his work has appeared in *TIME*, *NBC*, *Fast Company*, *The Economist*, *Vox*, *Inc.* *Observer* and

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July 2024
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272 pages

Job Therapy

What You Need to Know About Yourself to Find the Job You Love

Tessa West

The first book to explore your psychological needs at work to help find your most fulfilling job yet.

When we think about changing jobs, we turn to traditional career advice that focuses on skills, qualifications, and interviewing techniques. We tend to ask ourselves, "Do I want to move from a full-time to a part-time job? Do I want to leave my company and start my own business?" But this line of thinking doesn't get to the heart of the problem—*why* you've been so unhappy at work in the first place. What if, instead, we asked ourselves a different question: "What psychological needs aren't being met now that need to be met in my next job?"

In *Job Therapy*, Dr. Tessa West helps you turn inwards to identify the psychological reasons why you are unsatisfied, whether you're having an identity crisis at work, your job has changed so dramatically you don't recognise it anymore, or you aren't receiving recognition for your contribution.

Whether you've only just entered the workplace or considering your final move, *Job Therapy* will help you identify and land your best role yet, one that's deeply rooted in a clear sense of self.

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

Her experiences as a rising leader in the world of academia - often as the only woman, and youngest person in the role by a magnitude of decades - have given her a unique perspective on jerks at work. She regularly gives talks to global organisations including Capital One, KPMG, Gilead and Pfizer, to help employees improve their relationships.

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