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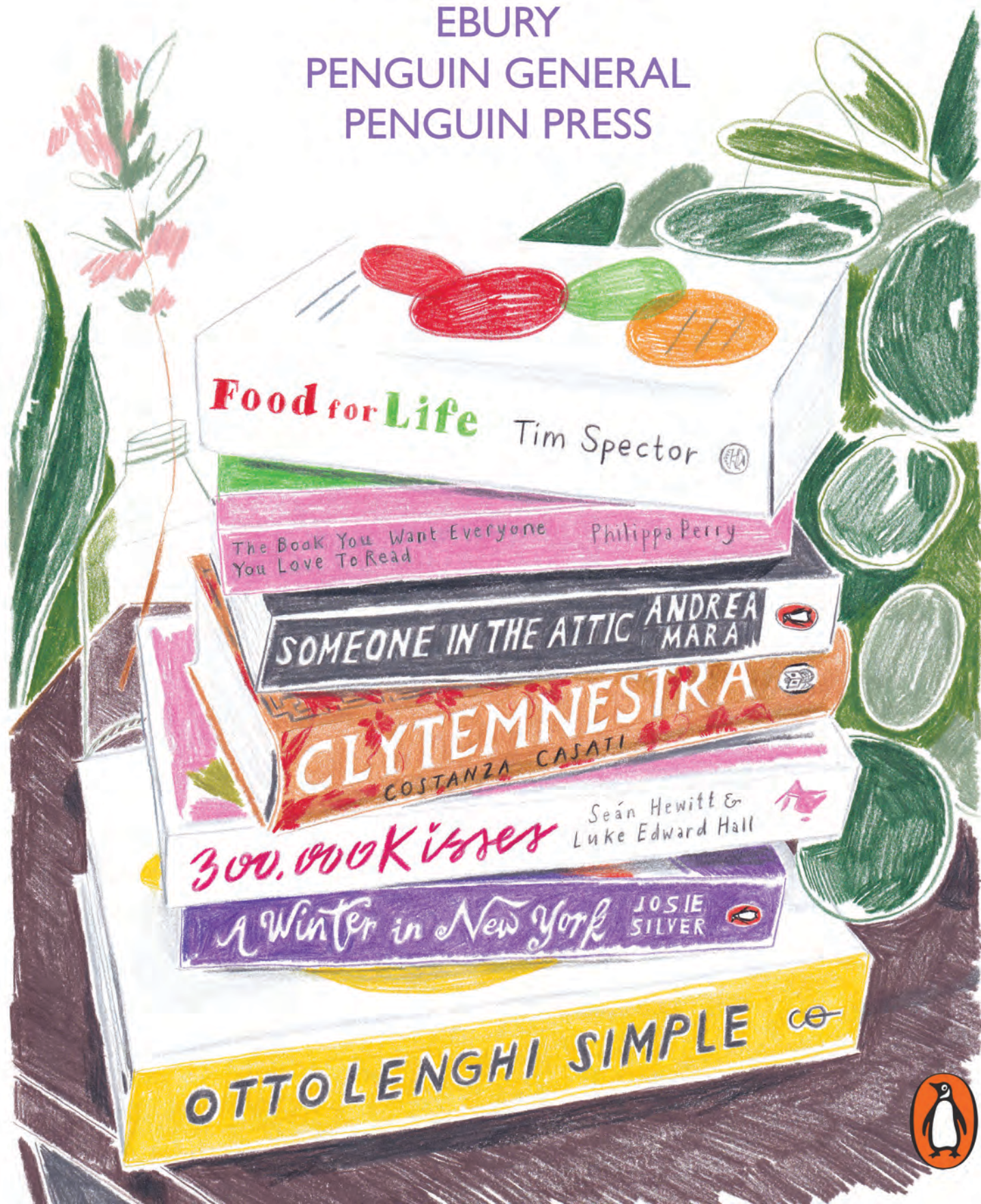
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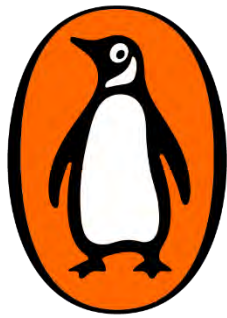
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FICTION

Sympathy Tower, Tokyo

Qudan Rie



Imprint: Penguin
Editor: Edward Kirke
Extent: 144pp
Pub Date: 1 November 2025

The award-winning, bestselling Japanese phenomenon. A propulsive, prophetic novel about the beauty of language and the nature of identity in the age of AI

In an alternate Japan, criminals aren't treated with bitterness and hate. Instead, a radical sympathy toward crime has been widely normalised – and there are plans afoot to build a grand tower in the centre of Tokyo, intended to compassionately imprison those who have committed the most terrible wrongs.

Acclaimed architect Sara Machina has been tasked with designing this beautiful building, but is riven by self-doubt and misgiving: haunted by her past, she wonders whether these people deserve the luxury rehabilitation they have been promised. As her crisis deepens, as the lines and angles of the new tower begin to take shape in her mind, she decides to seek solace in the words of an AI chatbot...

Winner of Japan's most prestigious literary award, *Sympathy Tower, Tokyo* is a revelation, a Tower of Babel for the 21st century, providing a brilliant defence of the power of language written by humans, a touching exploration of the creative impulse, and a keen send-up of our modern world's unrelenting conformity.

Qudan Rie was born in Saitama, Japan. She made her debut in 2021 with *Bad Music*, which won the Bungakukai New Writers Award. In 2022, her second work, *Schoolgirl*, was awarded the Japanese government's 2023 Art Encouragement Award for New Artists and was shortlisted for the Akutagawa Prize, Japan's most prestigious literary award. Her third work, *The Poetry Horse*, won the Noma Literary Newcomer Award. Her bestselling fourth novel, *Sympathy Tower, Tokyo* was published in 2024, and won the Akutagawa Prize.

This Is Not a Game

Kelly Mullen



An unlikely grandmother and granddaughter sleuthing duo find themselves trapped in a mansion with a series of clues — and a killer — to hunt down. Perfect for readers of Janice Hallett and Richard Osman

Mimi is a widowed puzzle fanatic who lives on the idyllic Mackinac Island where cars are not allowed and a Gibson cocktail with three onions at sundown is mandatory.

Her granddaughter Addie is getting over the heartbreak of her double-dealing fiancé, who dumped her and cut her out of the deal for the brilliantly successful murder-mystery computer game that they invented together.

When Mimi persuades Addie to join her for the weekend at a charity auction run by a local socialite, neither of them could predict how things will unfold. But when the host is found murdered before the event has fully got underway – with a storm afoot that will trap them in the house with the other guests – it's clear there are only two people present who have what it takes to find the killer.

The pair soon begin to narrow down the suspects. But then another murder takes place. And it won't be long before their own lives are at risk ...

Kelly Mullen is an award-winning executive producer with credits including Academy Award-nominated *Trumbo* starring Bryan Cranston and Helen Mirren, and Apple TV+'s *Dads*, produced with Ron Howard. Kelly now leads a global entertainment studio, where she crafts pop culture content for over 400 brands including Dove and Ben and Jerry's. Her creative work has won more than 50 awards including The Writers Guild of America Paul Selvin Award, Cannes Lions and Clios. Originally from Iowa, Kelly lives in London. Century have acquired rights to Kelly's next novel *A Murder in Eight Cocktails*.

Imprint: Century
Editor: Emily Griffin
Extent: 400pp
Pub Date: 10 April 2025

Rights Sold:
German (Rowhl)
US (Dutton, PRH US)

Death in the Arctic

Tom Hindle



A killer strikes on a luxury voyage to the North Pole in *Sunday Times* bestselling author Tim Hindle's latest book, perfect for fans of *Knives Out*

Far from home. Far from help. A killer in the skies.

When aspiring travel writer Chloe Campbell is invited aboard a luxury airship flying over the North Pole, she thinks she's bagged the opportunity of a lifetime.

But she hasn't had long to admire the dazzling icy views when one of her fellow passengers is discovered dead in his cabin.

Chloe knows it's murder. What she doesn't know is when – or who – the killer will strike next.

Hovering above a deserted snowscape, the passengers are trapped with a murderer in their midst . . .

Tom Hindle hails from Leeds and lives in Oxfordshire with his wife, a cat and two surprisingly cunning tortoises. He is the author of the *Sunday Times* bestselling *Murder on Lake Garda*, *A Fatal Crossing*, *The Murder Game* - which were inspired by masters of the crime genre such as Agatha Christie and Anthony Horowitz.

Tom Hindle's previous novel *Murder on Lake Garda* was a *Sunday Times* top-10 bestseller. His books have been published in six languages including Portuguese (Almedina), Hungarian (Central Media), German (Heyne), Greek (Pedio), Arabic (Al Arabi), and Czech (Dobrovsky).

Imprint: Century
Editor: Emily Griffin
Extent: 400pp
Pub Date: 16 January 2025

A Sharp Scratch

Heather Darwent



Imprint: Viking
Editor: Victoria Moynes
Extent: 384pp
Pub Date: 27 March 2025

An atmospheric, intelligent psychological suspense novel that examines what it means to be chronically unwell in a society obsessed with wellness and the lengths you might go to become well again

Have you ever felt it was all too much? That you just needed to get away from it all?

Betsy knows that feeling all too well. So, when she's offered the opportunity to retreat to a highly exclusive wellness centre she jumps at the chance.

Sarraday is a place like no other. Here, she discovers that her imperfections make her unique, not weak. She's not broken, just special. As are all the other girls admitted to Sarraday.

It turns out all they needed to get better was Sarraday. All they have to do is follow the rules.

A small ask really.

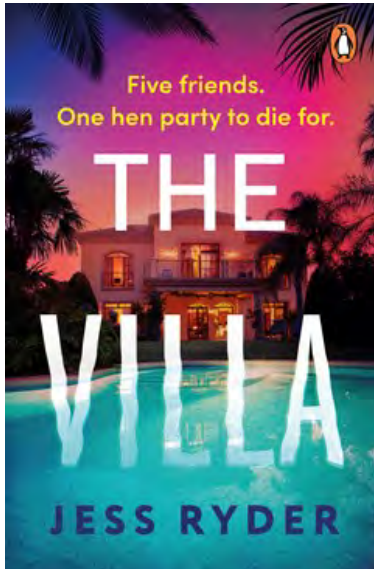
Until it's not.

Just how far is Betsy willing to go to become well? And once she is, will Sarraday let her go?

Heather Darwent is based just outside of Edinburgh. Her debut novel *The Things We Do To Our Friends* was a *Sunday Times* bestseller and was nominated for both the McIlvanney Prize for Scottish Crime Book of the Year and the Bloody Scotland Crime Debut of the Year.

The Villa

Jess Ryder



Imprint: Penguin
Editor: Emily Griffin
Extent: 400pp
Pub Date: 4 July 2024

Rights Sold:
German (Aufbau Verlage)

A dream hen party turns into a deadly nightmare. . . A gripping sun-soaked thriller, perfect for fans of Lucy Clarke's *The Castaways* and TM Logan's *The Holiday*

Three years ago, bride-to-be Aoife died at her own hen party.

Now the hens have returned to the villa where that terrible weekend unfolded.

They long for closure. But the moment they step back inside, old wounds open and tensions begin to rise.

Everyone has a different version of what happened that night.

Who is keeping secrets?

And how far will they go to keep them hidden?

Jess Ryder is the bestselling author of nine psychological thrillers. Her novel *The Ex-Wife* was recently adapted into a Paramount+ TV series to the acclaim of critics and viewers alike, and her thrillers have been read by countless readers. She lives with her partner in London and has four grown-up children.

What If I Never Get Over You

Paige Toon



Imprint: Penguin
Editor: Emily Griffin
Extent: 400pp
Pub Date: 27 March 2025

Rights Sold:
US (Putnam, PRH US)



The epic new love story from the *Sunday Times* bestselling author of *Only Love Can Hurt Like This*

Ellie and Ash meet during an intoxicating summer of travelling in Europe. Across three blistering days in Lisbon, they begin to fall for each other, forming a connection that will prove to be unforgettable.

After three days they must part ways, and so they promise to meet again in a week's time.

But when Ellie arrives at their chosen spot she is alone. Ash never shows.

Six years later, Ellie is stunned to cross paths with Ash once again.

What follows is an impossible story of passion and heartache. But how will it end?

Paige Toon is the bestselling author of fifteen adult novels and three young adult titles, and her books have sold two million copies worldwide. Paige writes sweeping, emotional love stories filled with incredible settings and characters you'll never forget. She tells nuanced stories with big, thought-provoking themes at their heart which leave you uplifted and believing in the power of love. You will laugh, cry and feel like you've become part of a new family. She lives in Cambridgeshire with her husband and their two children.

Seven Summers and *Only Love Can Hurt Like This* have sold in the US (Putnam), Brazilian Portuguese (Verus), Polish (Albatros), Spanish (VR Editoras), German (S Fischer), Hungarian (Lira), Hebrew (Keter), Greek (Harlenic), Romanian (Grup Media) and Ukrainian (Family Leisure Club). Paige is busy writing her next book, which has sold to Putnam in the US.

Wedding Season

Elle Cook



Imprint: Penguin
Editor: Emily Griffin
Extent: 400pp
Pub Date: 8 May 2025

A woman finds herself caught between two ideal men at a wedding, perfect for fans of Beth O'Leary and Laura Jane Williams

This year's wedding season is coming to an end for flatmates Lexie and Sarah.

Sarah sets Lexie one last challenge as part of their summer-long wedding bingo – to kiss the best man, Josh. But while Lexie is looking for Josh, she meets Chris. Their connection is instant, and they can't stop talking. As she runs inside to grab them champagne, she finally finds Josh at the bar and connects with him too.

Returning to Chris, he tells her in a matter of moments he's leaving the UK to go home to New York. They're reluctant to leave things where they are. The laughter, fun and conversation feels so real, so meant to be.

So Chris makes a split-second decision and invites Lexie to go with him to New York, just for the weekend, just for a few days, just to see.

With two men, and one moment to make a life-changing decision, what will Lexie decide?

And what if fate has other ideas?

Elle Cook worked as a journalist and in PR before becoming a full-time novelist. She is the author of *The Last Train Home*, *The Man I Never Met*, and is also the author of five historical timeslip novels under her real name, Lorna Cook. *The Girl from the Island*, *The Dressmaker's Secret* and *The Hidden Letters* have sold over 200,000 copies combined. She lives in coastal Essex with her husband and two daughters.

Game On

Ki Stephens



Imprint: Century
Editor: Jess Muscio
Extent: 216pp
Pub Date: 31 July 2025

Cartwheel into summer 2025 with *Game On*. A spicy, page-turning and addictive romance set in the world of competitive cheerleading

Ella Davies is trading her life in Oxford for a year in Nashville to prove her worth on Whitlin University's competitive cheer squad.

Hudson Fox is Whitlin's prized quarterback. A menace on the field, and a player off of it, Hudson doesn't do distractions. When Ella finds herself in desperate need of a strong base to facilitate her tricks, she is forced to ask Hudson for help.

But as things heat up during their practice lifts, tumbling from the pyramid becomes the least of Ella's worries. Because instead of falling on the mat, she's falling for the quarterback...

Ki Stephens is a romance enthusiast who finds comfort in the happily-ever-after with just a little bit of angst along the way. She has a special interest in works that include neurodivergent characters like herself. When she's not daydreaming about books, Ki enjoys working with kids, creating art in her backyard studio, and spending loads of time with her baby girl, her husband, and their three pets.

Falling For You

Emily Maple



Imprint: Century
Editor: Katie Loughnane
Extent: 400pp
Pub Date: 11 September 2025

Emily Maple will do for Autumn what Josie Silver's *One Day in December* did for Christmas! A joyful love story packed with humour and heart, best enjoyed under a warm blanket with a pumpkin spiced latte...

From the moment the first leaf of Autumn falls, Annie is in the Starbuck's queue for a pumpkin spiced latte. Her seasonal excitement is such that she often starts making her Halloween costume on 1st November the year before – and this year is no exception.

But when her costume fails her at a Masquerade Ball, the last thing she expects is a tall, dark, and presumably handsome man to swoop in and offer a fix.

Though they can't see one another's faces, the spark between them is instant. They talk, they dance, they almost share a kiss – until he receives a phone call and leaves in a hurry before she catches his name.

Annie spends the rest of the year searching for the man she's dubbed Mr Cinderella, but to no avail. Little does she know that he only lives five streets away, and that, in a years' time, they'll unexpectedly meet again.

The night they met was one neither of them have forgotten – but what happens if they don't remember each other now?

Emily Maple is a writer living in Berkshire with her partner and their occasional dog, Archie the boxer. Emily has worked in casting, marketing and education, but everything always ends up boiling down to her true love... writing!

The Reaper

Jackson P. Brown



Imprint: Del Rey
Editor: Sam Bradbury
Extent: 400pp
Pub Date: 25 March 2025

Del Rey's big debut of 2024, *The Reaper* is a pacy, sexy ride through the underground fantasy world of London

Amy is an empath, able to sense the auras of the supernatural creatures that stalk London at night. But sorely lacking in knowledge, she spends night after night searching for answers.

Gerald is a Reaper - a weapon for hire - on the verge of his Awakening. Of coming into his power and becoming the man his family need him to be. The man they demand he be.

When Amy stumbles onto Gerald one night, she notices his strange aura, unlike anything she has seen before. And so, against her better judgement she helps him. In thanks he makes her an offer she can't refuse: become his partner and he will introduce her to a world she has only ever felt the shallow surface of: the underworld.

And their first mission together: find a girl who vanished into thin air.

Jackson P. Brown is a British-Jamaican writer from London. In 2020, she was one of the winners of Penguin's #WriteNow competition for underrepresented writers. She also founded Black Girl Writers in the same year, which is a mentoring programme that pairs Black women with industry professionals to help demystify the publishing industry. She is an avid consumer and collector of anime and manga, and writes reviews of both in her spare time.

HISTORY

Embers

An Emotional History of Humanity

Penny Spikins



Imprint: Viking
Editor: Connor Brown
Extent: 352pp
Pub Date: 17 April 2025

An ambitious and hopeful history of the evolution of human emotions

Embers is an ambitious and sweeping history of the past three million years that shows how the evolution of our emotions is what has made our species so successful.

We journey through the development of our most essential human emotions – from love, to courage and the need for connection to nature and the spiritual – and meet ancestors from Deep History who were more compassionate and collaborative than we have been led to believe.

Embers is the story of how we became human – but it is more than an origin story. Leading archaeologist Penny Spikins shows how our Deep History continues to shape everything from our social relationships to our immune systems. She argues that the challenges of the modern world are a product of us having lost something of our fundamental humanity along the way. To arrive at a fairer and more fulfilling future, we must rekindle a society focused on interdependence and emotional connection. As this pathbreaking and evocative history shows, Deep History holds the answers.

Penny Spikins is Professor of the Archaeology of Human Origins at the University of York and is a world-leading expert in the evolution of social emotions. Her books include *Mesolithic Europe*, *Prehistoric People of the Pennines*, *Mesolithic Northern England*, *How Compassion Made Us Human* and *Hidden Depths*, and this is her first trade book.

Wreckers

Disaster in the Age of 'Discovery'

Simon Park



Imprint: Viking
Editor: Connor Brown
Extent: 368pp
Pub Date: 17 April 2025

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

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

Did you know Christopher Columbus suffered several shipwrecks and died while trying to persuade the world that America was, in fact, China? We learn that Vasco da Gama, who first connected Europe to Asia via a direct sea route, did not, in fact, know where he was going.

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

Simon Park is Associate Professor of Medieval and Renaissance Portuguese at the University of Oxford and Tutorial Fellow at St Anne's College, Oxford. He is an expert in the literature and material culture of the early modern world, particularly from Portugal and its global empire. This is his first trade book.

Thirteen Hundred Years

A Forgotten History of Islam in Europe

Tharik Hussain



Imprint: Viking
Editor: Connor Brown
Extent: 400pp
Pub Date: 1 May 2025

An epic and revelatory journey to find the ancient roots of Islam in Europe

The story of Islam in Europe is of light and dark, where since the earliest days Islamophobia has overshadowed the vast contributions of Muslims to European culture spanning more than 1,300 years. This revelatory history explores the ancient roots of Muslim Europe.

Our odyssey begins in the little-known Sufi lodges in Cyprus, where Muslims arrived in 647AD. From there, we travel through the continent – visiting places such as Sicily, Malta, Portugal and Spain – encountering red-haired European Sultans and Arabic-speaking Christian Kings. We meet forgotten Muslim pioneers, such as Abbas Ibn Firnas who gave us flight and Ibn Sina who gave us modern medicine. We see the Islam-inspired *mudejar* art of fourteenth-century Christians in Spain, and how such cross fertilisation birthed Europe's 'Renaissance'. We discover the long-forgotten tombs of European Muslims who knew the Prophet Muhammad, and the author – award-winning writer Tharik Hussain – becomes the first Muslim in over 900 years to pray inside the remains of a nameless Sicilian Mosque.

In remedying Europe's Islamic amnesia, this epic adventure reveals the pivotal role Islam has played in shaping the continent we know today.

Tharik Hussain is an award-winning author and journalist specialising in global Muslim heritage and culture. He has written for *The Times*, *Guardian* and *Telegraph*, *National Geographic Traveler*, Al Jazeera and the BBC, for which he produced the award-winning radio program *America's Mosques*. Tharik has written or contributed to travel books on the Middle East, Southeast Asia and Europe, and his book *Minarets in the Mountains*, was longlisted for the Baillie Gifford Prize, shortlisted for the Stanford Dolman Travel Book of the Year, and won the Adele Evans Award.

Carthage

Eve MacDonald



Imprint: Ebury Press
Editor: Robyn Drury
Extent: 416pp
Pub Date: Summer 2025

A landmark new history of the ancient kingdom of Carthage, told through its iconic figures from Dido to Hannibal, drawing on brand new archaeological evidence

Carthage was a power that dominated the western Mediterranean for almost six centuries before its fall to Rome. The history of the realm and the Carthaginians was subsumed by their conquerors and, along the way, the story of the real Carthage was lost. An ancient North African kingdom, Carthage was the home of Hannibal and of Dido, of war elephants and enormous power and wealth, of great beauty and total destruction.

In this landmark new history, Eve MacDonald tells the essential story of the lost culture of Carthage and of its forgotten people, using brand new archaeological analysis to uncover the history behind the legend. A journey that takes us from the Phoenician Levant of the early Iron Age to the Atlantic and all along the coast of Africa, *Carthage* puts the city and the story of North Africa once again at the centre of Mediterranean history.

Reclaimed from the Romans, this, for the very first time, is the Carthaginian version of the tale.

Dr Eve MacDonald is Senior Lecturer in Ancient History at Cardiff University; she is an archaeologist and ancient historian who has worked and published extensively on the history and material culture of Carthage, North Africa and the Middle East. She is one of the world's foremost experts on the region and is the author of *Hannibal: A Hellenistic Life*, published in 2015 by Yale University Press. She has also appeared in podcasts (History Hit: The Ancients, *Hannibal's Winter War*) and documentary films for Channel 4 and PBS's *Secrets of the Dead*. *Carthage* is her first trade book.

Cicero's Tongue

Catharine Edwards



Imprint: Hutchinson Heinemann
Editor: Anna Argenio
Extent: 528pp
Pub Date: 5 June 2025

Rights Sold:
Dutch (Athenaeum)
US (St Martin's Press)

An authoritative new biography of one of the most influential and fascinating figures in classical history: Cicero

When the great Roman orator Cicero was murdered in the Autumn of 43 BCE, Fulvia, the wife of Marc Antony, had his tongue cut out and pierced with pins, so great a weapon it was. But Cicero was more than a brilliant orator - his life almost perfectly mirrors the decline and fall of the Roman Republic, and his actions and reactions to the rising tyranny of the world around him continue to fascinate and inspire today.

In this gripping new biography, historian Catharine Edwards will breathe new life into one of the ancient world's most notable figures, and offer a fresh take on the end of the Roman Republic. The book examines Cicero's life for what it can tell us about a turbulent society, in which longstanding tensions and inequalities were exacerbated by the wealth of empire, and ambitious generals battled to seize control and remake Rome.

Catharine Edwards is a professor of Classics and Ancient History at Birkbeck, University of London where she has been since 2006, and is one of the world's foremost experts on Roman History. A Fellow of the British Academy, she has published extensively on Roman cultural history. She translated Suetonius' *Lives of the Caesars* for Oxford World's Classics, is a regular contributor to BBC Radio, presented a three-part TV series on Roman imperial women for BBC Television, and writes regularly for the *Times Literary Supplement*.

Tokyo and Hiroshima

The Bombing of Japan, 1945

Richard Overy



Imprint: Allen Lane
Editor: Simon Winder
Extent: 208pp
Pub Date: 6 March 2025

A remarkable account of the terrible climax of the Second World War in Asia, published for the 80th anniversary of the war's end

In the closing months of the Second World War hundreds of thousands of Japanese, mostly civilians, died in a final outburst of violence from the air. American planes were beginning to run low on plausible targets when it was decided to use two atomic weapons in a final, terrible flourish to try to end the war. What place the firebombing and atomic bombs have in explaining Japan's surrender has remained a hot area of debate ever since.

Richard Overy's remarkable new book rethinks how we should regard this last stage of the war and the role of the bombs. The easy equation 'bombing equals surrender' is no longer viable. This book explores the way in which the willingness to kill civilians and destroy cities became normalized in the course of a horrific war as moral concerns were blunted and scientists, airmen, and politicians endorsed a strategy of mass destruction they would never have endorsed before the war began. But it also engages with new scholarship that shows how complex the effort to end the war was in Japan, where 'surrender' was entirely foreign to Japanese culture.

Richard Overy is Honorary Research Professor of History at the University of Exeter. His major works include *The Dictators*, winner of the 2005 Wolfson Prize, *1939: Countdown to War* and *The Bombing War*, which won a Cundill Award for Historical Excellence in 2014. He is a Fellow of the British Academy and a Member of the European Academy of Sciences and Arts. His work has been translated into 16 languages.

War and Power

Phillips Payson O'Brien



Imprint: Viking
Editor: Daniel Crewe
Extent: 368pp
Pub Date: 28 August 2025

A bold, revisionist study which challenges modern misconceptions about the creation of power and the operations of war

Our modern understanding of war is mostly focused on weapons, armies and battles – with too little understanding of the underlying factors that created, maintained and operated them. In *War and Power*, Professor Phillips Payson O'Brien shows us why this is wrong, and that when we focus on battles, we miss what really matters in war.

From historic 'great powers' like Ch'ing Dynasty China and Mussolini's Italy, to Putin's Russia, we have seen large military forces, which many assumed would triumph against much smaller enemies, defeated.

Payson O'Brien explains that we need an entirely new language to understand both war and power. We need to do away with thinking about 'Great Powers' and think instead of 'Full Spectrum Powers'; we need to think less about weapons and battles, and more about the economies, politics and societies that produce them.

Phillips Payson O'Brien is Professor of Strategic Studies at St Andrews. He is the author of *How the War Was Won: Air-Sea Power and Allied Victory in World War II* and *The Second Most Powerful Man in the World: The Life of Admiral William D. Leahy, Roosevelt's Chief of Staff* and *The Strategist*, coming in August 2024. He has written for *The Atlantic*, *The Spectator* and *Foreign Affairs*, and has a combined following of over 200k on Twitter and Substack.

The Cold War

A New History

Vladislav Zubok



Imprint: Pelican
Editor: Casiana Ionita
Extent: 256pp
Pub Date: 5 December 2024

A sweeping, original history of the Cold War, from an acclaimed historian of the USSR

Why did the Cold War erupt so soon after the Second World War? How did it escalate so rapidly, spanning five continents over six decades? And what led to the spectacular collapse of the Soviet Union?

In this comprehensive guide to the most widespread conflict in contemporary history, Vladislav Zubok traces the origins of the Cold War in post-war Europe, through the tumultuous decades of confrontation, to the fall of the Berlin Wall and beyond.

With remarkable clarity and unique perspective, Zubok argues that the Cold War, often seen as an existential battle between capitalist democracy and totalitarian communism, has long been misunderstood. He challenges the popular Western narrative that economic superiority and democratic values led the USA to victory. Instead, he looks beyond the familiar images of East-West rivalry, shining a light on the impact of non-Western actors and placing the war in the context of global decolonisation, Soviet weakness and the accidents of history. Here, he interrogates what happens when stability and peace are no longer the default, when treaties are broken and when diplomacy ceases to function.

Drawing on years of research and informed by Zubok's three decades in the USSR followed by three decades in the West, *The Cold War* paints a striking portrait of a world on the brink.

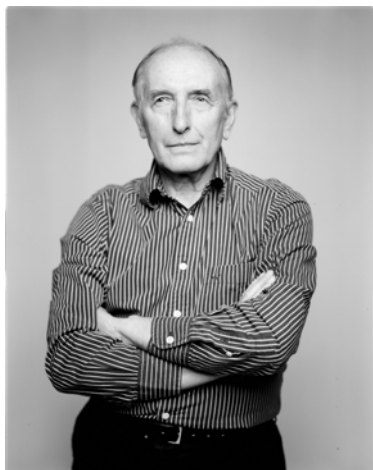
Vladislav Zubok is Professor of International History at the London School of Economics. He is the author of several books, including *Collapse* and *A Failed Empire*, and is the recipient of the Lionel Gelber Prize and the Marshall Shulman Prize, as well as a finalist for the Cundill Prize.

SCIENCE

How Food Really Works

The Science of Feeding our Growing Planet

Vaclav Smil



Imprint: Viking
Editor: Connor Brown
Extent: 320pp
Pub Date: 7 November 2024

Rights Sold:
Italian (Einaudi)
US (Viking, PRH US)

A myth-busting book about how the world produces its food and how we can feed the world's population without killing the planet

In eight bite-size chapters Vaclav Smil tackles the fundamental challenge of feeding the world's growing population without doing further damage to the planet. He explores the global history of food production to understand why we farm some animals and not others, why most of the world's calories come from just a few foodstuffs and how this might change in the future. Smil investigates many of the burning questions facing the world today: why are some of the world's biggest food producers also the countries with the most undernourished populations? Why do we waste so much food and how can we solve that? Could the whole planet go vegan and be healthy? Should it?

Overturning myths around nutrition, the impact of industrial farming, and food distribution *How Food Really Works* is the data-based, rigorously researched guide that offers solutions to our broken global food system.

'There is no author whose books I look forward to more than Vaclav Smil' **Bill Gates**

Vaclav Smil is Distinguished Professor Emeritus at the University of Manitoba. He is the author of over 40 books on topics including energy, environmental and population change, food production and nutrition, technical innovation, risk assessment, and public policy. No other living scientist has had more books (on a wide variety of topics) reviewed in *Nature*. A Fellow of the Royal Society of Canada, in 2010 he was named by Foreign Policy as one of the Top 100 Global Thinkers. He is the author of *Numbers Don't Lie*, *Size* and the *Sunday Times* and *New York Times* bestselling *How the World Really Works* – these have been published in 32 languages.

Fantasy Maths

A Mathematical Primer in 42 Absurd Hypothetical Questions

Thomas Crawford



Imprint: Hutchinson Heinemann
Editor: Rowan Borchers
Extent: 320pp
Pub Date: 6 November 2025

The internet's favourite professor delves into the mathematics of life, the universe and Charizards

How many daily calories does a Charizard need? What is the maximum hypothetical speed of the Death Star? And is there any evidence that the meaning of life really is '42'?

The word 'mathematics' tends to conjure up memories of incomprehensible equations, terrifying examination halls and dry statistics. But there's an alternative, altogether more stupid (yet vastly more entertaining) way to do maths.

In *Fantasy Mathematics*, Oxford maths lecturer and YouTube superstar Dr Tom Crawford reveals what the most absurd imaginary scenarios tell us about the most quotidian mathematical problems. He explores what the flight paths of the dragons in *Game of Thrones* reveal about the Pythagorean equation. He examines how modelling the movements of a Poké Ball can help us make sense of the mathematics of gravity. And he delves into the fluid dynamics of the time those big talking trees blew up the dam in *Lord of the Rings*.

Dr Tom Crawford is a maths fellow at St Edmund Hall, University of Oxford. An expert on applied maths, he holds a PhD in Fluid Dynamics from the University of Cambridge, and is Public Engagement Lead at Oxford's Department for Continuing Education.

In addition to his research and teaching, Tom runs the popular 'Tom Rocks Maths' YouTube channel. One of the biggest maths creators on the internet, Tom frequently appears on 'Numberphile', the world's largest online maths channel, and has collaborated with the likes of Matt Parker, Alex Bellos and Hannah Fry. He regularly appears on the BBC explaining mathematical subjects for a popular audience, and his research has been featured in *iNews*, TED.com and the *New Scientist*.

The Little Book of Penguins

Dr Peter Fretwell and Lisa E Fretwell



Imprint: Viking
Editor: Alpana Sajip
Extent: 240pp
Pub Date: 27 November 2025

A charming and beautifully illustrated book about the world's most beloved birds

There's something about penguins that makes them irresistible. Maybe it is their comical waddle, or the fact that their upright gait makes it easy to compare them to humans. Whatever the reason, their cult following around the world is indisputable. Penguins can tell us so much about the world we live in – and what its future might look like.

The Little Book of Penguins is a joyful, informative book, perfect for penguin lovers and naturalists alike, that introduces us to the main species of penguin and the fascinating lives they lead: their history, evolution, behaviours and habitats.

As leading British Antarctic scientist Peter Fretwell shows, many of the distant places penguins inhabit face changes and threats to their existence through human interaction, habitat loss, invasive species and climate change. These changes will be felt by us all in decades to come – so it's time we learned what the future holds in store for these most beloved of birds.

Dr Peter Fretwell is a leading scientist at the British Antarctic Survey (BAS). He has published over 100 scientific papers and has authored numerous scientific papers on emperor penguins. He pioneered the use of satellite imagery to find and monitor polar wildlife, a project that led to him discovering almost half of the world's emperor penguin colonies. He is the author of *Antarctic Atlas*, which was a *Financial Times* book of the year, won the IBT book award and has been translated into five languages.

Lisa E Fretwell has been a working artist for over 30 years. She has exhibited her work in Smiths Gallery in London, in New York, and in non-gallery venues such as the Derngate Theatre in Northampton, The Old Town Hall in Hemel Hempstead, and the Haymarket Theatre in Leicester.

Quantum 2.0

The Weird Physics Driving a New Revolution in Technology

Paul Davies



Imprint: Pelican
Editor: Chloe Currens
Extent: 208pp
Pub Date: 27 March 2025

Welcome to the world of Quantum 2.0

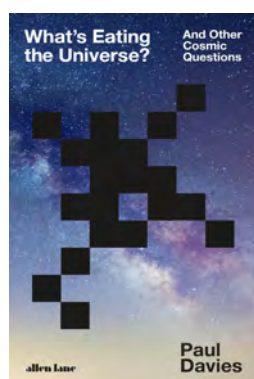
In this exhilarating and mind-bending book, renowned scientist Paul Davies tells the story of how an iconic mathematical equation in the 1920s started a radical new theory of nature. Quantum Mechanics burst upon the modern world, and today we are on the cusp of the second great quantum technology revolution.

Quantum 2.0 reveals how exotic states of matter that have no counterpart in the everyday world are being harnessed to enable forms of teleportation and 'spooky' telepathic links between remote places. Powerful new tools such as quantum computers, quantum cryptography and the quantum internet have attracted billions of dollars of investments, triggering a frantic quantum arms race. And appearing on the horizon is the game-changing prospect of quantum AI.

Yet underpinning this promise lies a paradox. Although quantum mechanics is the most successful scientific theory ever, quantum systems possess properties that defy intuition and shred everyday notions of reality.

Everything is about to change - it's time you understand how.

Paul Davies is a Regents' Professor of Physics and Director of the Beyond Center for Fundamental Concepts in Science at Arizona State University. The bestselling author of thirty books, his many awards include the Templeton Prize and the Faraday Prize of the Royal Society. He has been translated widely and even has an asteroid named after him.



Transhumanism

Duncan Bell



Imprint: Pelican
Editor: Hana Teraie-Wood
Extent: 416pp
Pub Date: 5 February 2026

The first philosophical, political and literary history of transhumanism by a leading historian at Cambridge

Transhumanism is one of the most ambitious ideologies ever formulated – and now it's shaping our world. Advocating for radical human enhancement through technoscientific intervention, it believes that we can engineer people who are more intelligent, healthier, and more emotionally sophisticated, than those produced by Darwinian natural selection. That human beings will be remade and spread through the solar system. That with the help of technology, we can live forever.

Where did this extraordinary vision come from, and what does it mean for us today? In *Transhumanism* leading historian Duncan Bell traces the rise of an idea from nineteenth-century Darwinism through modern genetics to its ascendance in the age of machine intelligence. What began in the minds of science fiction writers, philosophers and radical scientists such as H. G. Wells and J.B.S. Haldane now has the backing of some of the wealthiest individuals and corporations in the world – from Elon Musk, to Peter Thiel and Jeff Bezos.

Travelling from the ideological margins to the technological centre, from the lab to reality, *Transhumanism* covers everything from space colonisation and genetic augmentation to mind-uploading, cyborgs and species transformation, and it asks the question: who really wants to live forever? And where will it lead us: to utopia, or annihilation?

Duncan Bell is a Professor of Politics and International Studies at the University of Cambridge and author of three books with Princeton University Press. He has won awards for his work, including a Philip Leverhulme Prize (Modern History) and the Whitfield Prize of the Royal Historical Society. He has held visiting positions at Columbia University, Harvard University, and the Free University of Berlin. *Transhumanism* is his first trade book.

The Future Loves You

The Neuroscientific Case for Abolishing Death

Dr Ariel Zeleznikow-Johnston



Imprint: Allen Lane
Editor: Keith Mansfield
Extent: 272pp
Pub Date: 28 November 2024

A brilliant young neuroscientist explains how to preserve our minds indefinitely, enabling future generations to choose to revive us

Whether it's a pill, an injection, or a life-saving surgery, today's medicine has a much greater chance of being there for you when you need it most, compared to what our ancestors could access. Even so, it still seems inevitable a day will come for each of us when a doctor is forced to tell our distraught relatives *"I'm sorry, there's nothing more we can do..."* Yet even here, this book shows how recent advances are empowering doctors to add the much more hopeful *"...for now."*

From ventilators to brain implants, medicine has been blurring what it means to die. In a lucid description of modern neuroscientific thinking, Zeleznikow-Johnston explains that death is not the loss of breath, but of personal identity – that the core of our identities is our minds, and that our minds are encoded in the structure of our brains. On this basis, he explores how recent discoveries now offer us all the chance of preserving our minds for future revival.

This new preservation technology gives us each a personal stake in the future. Because if we work together to create a better world for our descendants, then just maybe, the future will love us enough to bring us back.

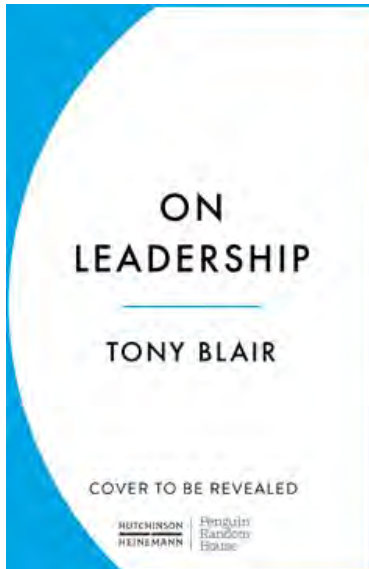
Dr Ariel Zeleznikow-Johnston is a neuroscientist at Monash University, Australia, where he investigates methods for characterising the nature of conscious experiences. In 2019, he obtained his PhD from The University of Melbourne, where he researched how genetic and environmental factors affect cognition.

POLITICS, ECONOMICS & BUSINESS

On Leadership

A Practical Guide

Tony Blair



Imprint: Hutchinson Heinemann
 Editor: Nigel Wilcockson
 Extent: 320pp
 Pub Date: 5 September 2024

Rights Sold:
 Italian (Mondadori)
 US (Crown, PRH US)

An inspiring guide to better government from a global statesman

'If you don't know where you're going, any road will take you there.'

Tony Blair learnt how to govern the hard way: by doing it for 20 years. There was no manual he could read beforehand, no training course he could go on. All he could rely on was gut feeling and growing experience. At the end of it all, he says, he was beginning to understand how government worked - and how to make it better.

Now he has written the manual on government he so badly needed back in 1997, sharing the insights he has gained from his own personal experience and from observing other world leaders at first hand. Written in short, pithy chapters, packed with examples drawn from all forms of political systems from all over the world, *On Leadership* answers all the key questions: What sort of skillset does a leader need to develop? How do you come up with a plan for governing - and make sure you stick to it? What do you do when the inevitable crisis emerges from nowhere? Why should you focus on ideals, but never on ideology?

Both a call to arms for better government, and a practical guide to achieving that goal, this is a masterly book by a masterly statesman.

Tony Blair was born in Edinburgh in 1953. He was Prime Minister of the United Kingdom from May 1997 to June 2007. Since leaving office Blair has spent most of his time working on three areas: supporting governments to deliver effectively for their people, working for peace in the Middle East, and countering extremism. In 2016, he established the Tony Blair Institute for Global Change which aims to help political leaders build open, inclusive and prosperous societies in an increasingly interconnected world.

Notes on Natural Capital

The Value of the World Around Us

Partha Dasgupta



Professor of Economics at Cambridge University Sir Partha Dasgupta distils a lifetime of research on the economics of biodiversity into eight accessible essays about natural capital and why it matters

'Imagine a football team which measures its success only on the basis of the goals it scores and doesn't count the goals it concedes. That football team could be losing right through without recognizing it...'

Nature is not free, nor is it an infinite resource, but for centuries we have been using it as if it is both. We know now more than ever that our demands on the natural world are unsustainable – and it is time that our economic models reflect this.

This idea – that our measures of economic health are flawed because they undervalue or neglect nature – has been at the heart of Partha Dasgupta's work for decades. Our main measure of growth, Gross Domestic Product (GDP), does not account for the net loss of nature's products and services that go alongside it, inevitably providing a false picture of our economic health. In *Notes on Natural Capital*, Dasgupta draws from a lifetime of research to guide us through the economics of biodiversity and explain why we must put nature at the centre of our economic models.

Sir Partha Dasgupta is a Professor of Economics at the University of Cambridge, and a fellow of St John's College, Cambridge. His research has covered development economics, the economics of technological change, population, social capital and ecological economics. In 2019, he was commissioned by the UK Treasury to write a report, *The Economics of Biodiversity: The Dasgupta Review*, which was published in 2021 to much acclaim.

Imprint: Witness Books
Editor: Albert De Petrillo
Extent: 224pp
Pub Date: 17 July 2025

How Not to Die (Too Soon)

The Global Politics of Life and Death

Devi Sridhar



Imprint: Viking
Editor: Connor Brown
Extent: 320pp
Pub Date: 15 May 2025

Up to 40% of deaths around the world are preventable. This transformative book will help us all live longer, healthier lives

All deaths are tragic, but how many are avoidable? And what percentage would be acceptable to us as a society: five, ten, even twenty per cent of *all* deaths around the world? If only it were so low. The shocking truth is that up to forty per cent of all deaths are preventable. And so what can we do, as individuals and as a society, to increase our longevity?

How Not to Die (Too Soon) urges readers to look beyond national borders to learn from the successes and failures of other countries. Why are British people generally heavier and less healthy than Danes? Why is life expectancy so much higher in Japan than in the United States? How can developing countries like India, Senegal and Ghana escape the health challenges that have plagued rich countries?

Public health experts like Devi Sridhar are the unacknowledged heroes we did not know we needed. They spend their lives figuring out what makes people die too soon and then implementing policies that stop that happening. Here she dives deep into the core issues affecting global wellbeing, revealing the scandalous statistics behind premature deaths around the world and presenting innovative solutions to combat them, from how we might reduce consumption of ultra-processed foods to how we encourage populations (and ourselves) to be more active.

Devi Sridhar is Professor and Chair of Global Public Health at the University of Edinburgh. As a Rhodes Scholar she holds an MPhil and DPhil from the University of Oxford, where she has since held research positions. She has served as a policy advisor for the WHO, UNICEF, UNESCO and the Scottish, UK and German governments. She co-wrote the academic book *Governing Global Health* with Chelsea Clinton in 2017 and published *Preventable* with Viking in 2022.

**SOCIETY,
CULTURE &
PHILOSOPHY**

The Cultural Tutor

A Beautiful Education in 50 Short Lessons

Sheehan Quirke



Imprint: Viking
Editor: Shyam Kumar
Extent: 304pp
Pub Date: 10 April 2025

Rights Sold:
Spanish (Destino, Planeta)

From the creator of the wildly popular Twitter account, *The Cultural Tutor*: a witty, passionate, and thought-provoking cultural primer on everything from Plato to Messi

What's the difference between Impressionism and Post-Impressionism? Is science any different to mythology? Why is the Argentinian flag blue and white?

The Cultural Tutor emerged from the depths of Twitter/X in 2022, dispensing elegant missives about poetry, paintings, classical music, architectural design and fascinating and often counter-intuitive facts about history and geography. Exploring every continent, every religion and every tradition of art, it was not the sort of content one usually finds on one's newsfeeds – and yet it has flourished.

Now, the author of *The Cultural Tutor*, writer and blogger Sheehan Quirke, will take everything he's learned and compile it into an all-encompassing cultural primer. Exploring seven 'pillars' of culture and in fifty short lessons, he will arm the reader with a toolkit that contains everything they'll need to begin their own 'beautiful education'.

Sheehan Quirke graduated from Durham University with a law degree in 2018. In May 2022 he started The Cultural Tutor Twitter (now X) account with the aim of democratising elite knowledge and wisdom. He now has 1.6 million followers including personalities across the cultural and political spectrum, from Elon Musk to Jordan Peterson and JK Rowling to Trevor Noah. His weekly newsletter, the Areopagus, has nearly 80,000 subscribers.

Red Pockets

Alice Mah



Imprint: Allen Lane
Editor: Casiana Ionita
Extent: 224pp
Pub Date: 3 April 2025

An unforgettable story about inheritance, ghosts and the future from a brilliant new voice

Every spring during the Qingming Festival, people return to their home villages in China to sweep the tombs of their ancestors. They make offerings of food and incense to prevent their ancestors from becoming hungry ghosts that could cause misfortune, illnesses and crop failures. Yet for the past century, the tombs of many overseas Chinese ancestors have been left unattended because of the ruptures of war and revolution.

A few years ago, Alice Mah returned to her family's ancestral rice village in South China, 90 years after her grandfather's last visit and 50 years after her last relative died in the village. While she found clan members who still remembered her family, there were no tombs left to sweep. Instead, there were incalculable clan debts to be paid.

In *Red Pockets*, Mah chronicles her journey from the rice villages of South China, through the declining railway towns of Western Canada where she grew up, to the industry and isles of Scotland where she now lives. As she travels, her research on pollution gives way to growing eco-anxiety, culminating in a crisis of spiritual belief. An exquisite blend of memoir, cultural history, and environmental exploration, *Red Pockets* confronts the hungry ghosts of our neglected ancestors, while searching for an acceptable offering. What do we owe to past and future generations? What do we owe to the places that we inhabit?

Alice Mah is a Chinese Canadian-British writer and Professor of Urban and Environmental Studies at the University of Glasgow. Her award-winning research focuses on toxic pollution and environmental justice, the subjects of her most recent books: *Petrochemical Planet* and *Plastic Unlimited*. This is her first trade book.

Wages For Housework

The Story of a Movement, an Idea, an Unfulfilled Promise

Emily Callaci



Imprint: Allen Lane
Editor: Casiana Ionita
Extent: 304pp
Pub Date: 30 January 2025

Rights Sold: US (Seal Press,
Hachette US)

The riveting, untold story of a revolutionary campaign to change the way work is valued

Launched in the early 1970s in the United States, Italy and the UK, Wages for Housework was a political movement making the case that women who did all the care work at home deserved to be paid. Like many revolutionary ideas, it remained an unfulfilled promise. It is a feminist path not taken.

Here historian Emily Callaci tells the enthralling story of this international campaign and its intellectual roots by exploring the lives of its key figures. We follow Selma James and Mariarosa Dalla Costa as they lay the foundations of the movement, then explore how Silvia Federici reframed the campaign in the context of 1970s New York, while Wilmette Brown and Margaret Prescod brought the insights of Black feminism, expanding the movement even further with an anti-imperialist perspective.

Uncovering fascinating stories and debates thanks to new archives and interviews, Callaci takes us deep inside the heart of the campaign, reaching across Europe, America and Africa. She shows how these women imagined potential futures under capitalism — and beyond — as the questions they raised continue to resonate today. What would it be like to live in a society that rewarded caring for people as much as consumption? How would we relate to the natural world if, rather than emphasizing productivity and growth, we valued maintenance and repair? And what would the women of the world do with their lives if they had more time?

Emily Callaci is a historian and writer, currently Professor of History at the University of Wisconsin-Madison. *Wages for Housework* is her first trade book.

Alone in Japan

A Journey to the Future

Tom Feiling



Imprint: Allen Lane
Editor: Chloe Currens
Extent: 272pp
Pub Date: 13 March 2025

A unique, vivid and wide-ranging portrait of love, sex and death in contemporary Japan, which should provoke and engage us all

No sex. No kids. No future?

When Tom Feiling moved to Tokyo as a student in the early nineties, Japan was a beacon of the future: a rising superpower, a technology giant, a global symbol of prosperity, civility and success. When he returned twenty-four years later it was no longer a beacon. It was a warning.

This is a unique account of contemporary Japan, which travels from the quiet of its furthest flung villages to the aspiration and dynamism of its cities. It tells the story of how Japanese society embarked on a vast, silent process of transformation that is still unfolding today. It is still peaceful; it is still prosperous. But the Japanese population is dwindling at an alarming rate. As things stand, Japan's populace will shrink by a third with each new generation.

Travelling through shrines and brothels, rice fields and mango farms, old peoples' homes, and a panoply of bars, Feiling meets with those affected by this transformation. Through interviews and extensive research, he weaves together a powerful account of how and why men and women are ceasing to have kids. He reveals how sexual behaviours are both shaped by and reshaping Japan's evolving economy, and he considers what the dangers and the opportunities of this situation might be for us all.

For although this is a Japanese story, it is also one that is playing out in countries all around the world. A low birth rate, an ageing society, and a shrinking population are visible everywhere from Spain to South Korea.

Tom Feiling is an award-winning documentary filmmaker and writer. His celebrated books include *The Candy Machine: How Cocaine Took over the World* and *short Walks from Bogotá: Journeys in the New Columbia*.

Reason, Carnival and Honour

Matei Candea



Imprint: Pelican
 Editor: Hana Teraie-Wood
 Extent: 288pp
 Pub Date: 12 February 2026

A groundbreaking new understanding of the cultures of free speech around the world by a leading anthropologist at Cambridge

What free speech really means is hotly contested. Is it increasingly under attack in our democracies; or is it being weaponised by the powerful? These debates don't just happen in the news: they divide families, strain relationships. This is because, anthropologist Matei Candea shows, arguments about free speech are not just about abstract principles: they question what it means to be a good person, to have empathy and courage. They involve fears for the future and longings for the past – and they demand that you pick a side, right now!

Deploying the power of anthropology, *Reason, Carnival and Honour* outlines three visions of free speech – Reason, or civil rational debate; Carnival, or the right to be outrageous; and Honour, the duty to stand by one's word. Sometimes supporting each other and sometimes at odds, they entail very different understandings of what language is and does, of what it means to be free.

Building on years of research and an exploration of anthropological literature from around the globe – from tales of French Cartoonists to Zambian talk show hosts, open source hackers to Tibetan Buddhist monks – *Reason, Carnival and Honour* reveals a richer landscape of differences, to help us find new alliances and even answers to the big questions underlying what it is we're really arguing about.

Matei Candea is a professor of social anthropology at the University of Cambridge, with an international record of publication in the fields of anthropology, social studies of science and the history of ideas. He is fluent in Romanian, French, Spanish and English. From 2016 to 2021, he led an international research project on the anthropology of free speech, funded by a Grant from the European Research Council. *Reason, Carnival and Honour* is his first trade book.

The Animal and the Idea

Finding Meaning in a Divided World

John Duncan



Imprint: WH Allen
Editor: Jamie Joseph
Extent: 320pp
Pub Date: 12 June 2025

Rights Sold: Korean (Kachi Publishing)

Pioneering, prize-winning neuroscientist who has led research programmes at Oxford and Cambridge, with a dazzling new story of human behaviour and how we find meaning, for fans of *Thinking Fast and Slow* and Steven Pinker

Why are we so often in conflict—arguing with ourselves and with others, uncertain over who we are what we need from our lives?

In *The Animal and the Idea*, the neuroscientist John Duncan explains that each of us is not just one person – we are two. On one side are our animal instincts, built on the sophisticated needs of human life through evolution, but struggling to navigate the complexity of modern life. On the other side is our rational brain which calculates and cogitates, but is often helpless in the face of bigger questions of meaning and purpose.

Dovetailing these two competing sides of ourselves, Duncan draws on a lifetime's trailblazing work to attack puzzles that have concerned thinkers, writers and philosophers through human history. *Right and wrong. Freedom and responsibility. Women and men. Democracy and justice. Ambition and fulfilment.* Understanding how these two sides of ourselves interact offers revealing and often surprising answers to some of the great questions of our lives.

Discover a new perspective on human behaviour, and learn how we can better understand ourselves, our struggles, and our search for meaning.

John Duncan is among the pioneers of modern cognitive neuroscience. He has worked for more than forty years on the puzzles of mind and brain, with joint appointments at the Universities of Cambridge and Oxford. He is a Fellow of both the Royal Society and the British Academy. In 2012 he was awarded the Heineken Prize in Cognitive Science.

**HEALTH,
WELLBEING &
PERSONAL
DEVELOPMENT**

The Cortisol Reset Plan

Six steps to reduce stress, lose weight and reclaim your energy

Marina Wright



Imprint: Vermilion
Editor: Anya Hayes
Extent: 224pp
Pub Date: 5 December 2024

Simple nutrition and lifestyle solutions to tackle one of the biggest health concerns today: chronic stress

As a nutritionist specializing in hormonal health, Marina Wright has worked with hundreds of women experiencing the same cluster of symptoms: weight gain, brain fog, anxiety, insomnia, fatigue, aches and pains. The underlying culprit is most often chronic stress. We are so used to the constant physical experience of stress that we don't question that it's *something we could actually change*. Here's where *The Cortisol Reset Plan* can help.

This practical, accessible book will help you tackle this problem at the source. It includes a 6-step nutrition and lifestyle programme (including a stress-reducing recipe section), providing strategies to help identify adrenal triggers, and daily lifestyle habits to calm the body and gradually build up awareness and resilience to prevent the chronic stress response taking hold again.

The Cortisol Reset Plan will set you up with a strong foundation to return to and stay in good health and balance, whatever turbulence life throws at you.

Marina Wright empowers women to reclaim their health, through nutrition and nervous system regulation. She has a community of 426k followers on Instagram, where she shares daily stress-reducing tips and tricks to find balance and holistic wellbeing. She's based in Australia but is originally Spanish. She worked as an investment banker in London before suffering burnout, and chose to reclaim her own health by training in functional diagnostic nutrition, and has never looked back.

The 30-Day Gut Reset

Simoné Laubscher



Imprint: Vermilion
Editor: Sam Jackson
Extent: 224pp
Pub Date: 2 January 2025

A practical, transformational gut health plan from Elle Macpherson's personal nutritionist

The 30-Day Gut Reset is a science-backed and highly practical guide, offering a tangible plan for optimum gut health, energy and vitality. This empowering book focuses on the importance of the gut microbiome – the vast network of bacteria, fungi and yeasts that live in our digestive tract – that hugely influences our physical health and mental stability.

More of the feel good hormone serotonin, which plays a key role in staving off anxiety and depression, is produced in the gut than in our brain, so it's no surprise that the gut - home to more than 100 million nerve cells – is often referred to as our second brain.

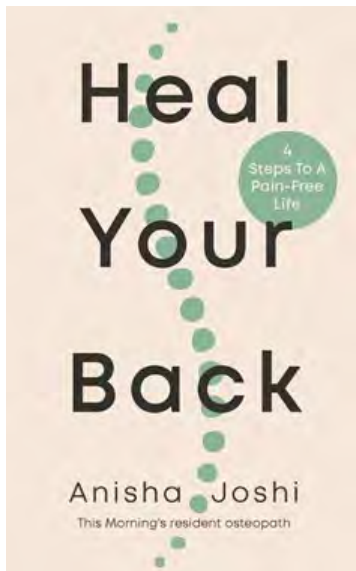
You will discover how to improve your gut health, with a practical programme to help you to reverse Candida overgrowth, rebalance your microbiome and heal your gut. In just 30 days you can make huge improvements to your overall health and energy levels – and in turn enrich the happiness in your life.

Simoné Laubscher is a naturopathic nutritionist and has been treating clients for over 20 years at her Rejuv.co.uk clinics in London's Harley Street & the UAE. She holds a BSc Nutrition degree, an MSc in Naturopathy and Nutrition and a PhD in Nutrition and Oxidative Stress. Building up immunity to prevent illness is one of her many specialties.

Heal Your Back

4 Steps to a Pain-free Life

Anisha Joshi



Imprint: Vermilion
Editors: Anya Hayes
Extent: 288pp
Pub Date: 17 October 2024

An empowering, practical guide to taking charge of your back pain for good, from an 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 hospital 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 how you can manage your symptoms and bulletproof your back using a simple four-step approach: Keep moving; Change your mindset; Eat well; Sleep.

Anisha Joshi qualified as an Osteopath at the British College of Osteopathic Medicine. She has won Principal Osteopath of the Year, appeared regularly on television, 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 rely on her advice and treatment.

Turn Yourself On

8 Simple Principles to Find Your Power in the Bedroom and Beyond

Dr Anna Hushlak with Billie Quinlan, Founders of Ferly



Imprint: Penguin Life
Editor: Amy McWalters
Extent: 256pp
Pub Date: 30 January 2025

A radical guide to female empowerment with eight key principles that will enable women to find their voice and confidence in the bedroom, at home, at work, and in everything they do

Business leaders and pioneers in the world of FemTech, Anna Hushlak and Billie Quinlan have transformed the lives of over half a million women around the world with their expert-led approach to pleasure and sex through the #1 Sexual Wellness app, Ferly.

Their book, *Turn Yourself On*, combines expert-led advice and techniques with personal anecdotes and inspiring lessons from female figures from Cleopatra to Frida Kahlo, in a galvanising read that will enable readers to identify and communicate their needs, find more pleasure in day-to-day life and feel confident in everything they do.

For any woman who wants to take back control of her life, this book is rebellious, relatable, and real talk, that will arm you with the tools to boss life in and out of the bedroom.

Dr. Anna Hushlak and Billie Quinlan are founders of the leading sexual health app, Ferly. Pioneers in the world of FemTech, women's health advocates and sexual assault survivors, Billie is also an entrepreneur and trained health coach, while Anna has spent 17 years in science and research. They have been voted the Top100 Women in FemTech, have done TEDx talks, interviews, panels and podcasts. Their work has been covered by *Forbes*, *The Times*, *BBC*, *The Guardian*, *Vogue* and *Vanity Fair*. They've been featured by Apple and Ferly is the only women's sexual wellness product to be included in Apple Health.

Mantra Meditation

Guided Chants to Heal Your Mind, Body & Soul

Radhika Das



Imprint: Rider
Editor: Holly Whitaker
Extent: 224pp
Pub Date: 9 January 2025

Uplift your spirit with the transformative power of chanting

Chanting is more than just words. In *Mantra Meditation*, renowned Kirtan artist Radhika Das introduces us to the world of modern chanting and reveals its profound origins, showing us that we do not need to be a good singer, a yoga practitioner, or a follower of any religion or set of beliefs to experience the extraordinary power of mantra.

This book will guide you through relevant and accessible Vedic chants that can be practiced in solitude or with community and explores how you can integrate these powerful tools in your everyday life. Through the repetition of these sacred syllables, you'll tap into a state of joy, clarity and boundless love.

Featuring practical exercises like simple postures, breathing techniques and meditations, *Mantra Meditation* will empower you to begin your mantra journey so you can unlock a true sense of inner peace and cultivate authentic spiritual growth.

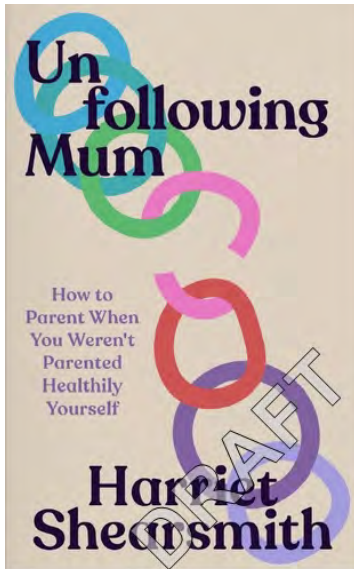
'Radhika Das shares mantra music from his heart and soul. It's been a joy watching him evolve over the years, sharing his art with people across the world.' - **Jay Shetty**

Radhika Das is a London-based Kirtan artist and Bhakti Yoga teacher who has been practicing for 16 years. His talks and events span over 30 cities and countries worldwide (including a weekly Friday evening residency at OmNom in Islington, a residency in New York and multiple retreats a year in India, Italy and Belgium) and he is also the host of the podcast 'For Soul's Sake'.

Unfollowing Mum

Break Unhealthy Patterns and Be the Parent You Wish You'd Had

Harriet Shearsmith



Imprint: Vermilion
Editor: Anya Hayes
Extent: 224pp
Pub Date: 7 November 2024

Empowerment coach Harriet Shearsmith's life-affirming manual on how to approach parenting when you weren't parented healthily yourself

Unfollowing Mum is a supportive handbook for anyone seeking to understand how the past informs their current parenting struggles, and positively move beyond them. Harriet is an empowerment coach, estranged from her own parent. She challenges narratives of unconditional acceptance and healing in parental relationships that still have a negative impact on you, and shows you how to create a new template for parenting your own children without having had healthy modelling.

The book will show you how to let go of family dysfunction and discover how to parent your children with a clean slate. You will learn how to heal your inner child, understand how to identify toxic traits you've experienced, and to find different pathways to break free from these wounds through self-compassion and honest connection with others.

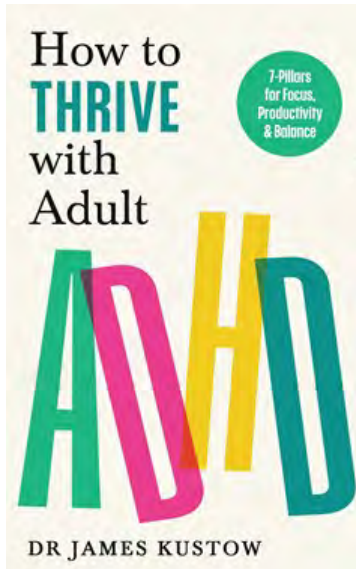
With practical exercises throughout, including journaling prompts and lyric therapy, this book will offer advice for how to approach parenting when you are healing the way you have been parented: exploring how to forgive your own perceived parenting imperfections, and compassionately reparent your inner child in the present.

Harriet Shearsmith knows first hand how challenging it can be to navigate estrangement, toxic family and dysfunctional dynamics in a digital age, where setting boundaries and protecting your peace is harder than ever. She is the host of the *Unfollowing Mum* podcast and on instagram @unfollowing_mum, offering support for for cycle breakers, from someone who has lived the experience.

How to Thrive with Adult ADHD

7 Pillars for Focus, Productivity and Balance

James Kustow



Imprint: Vermilion
Editor: Leah Feltham
Extent: 240pp
Pub Date: 3 October 2024

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 hospital 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 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 was also diagnosed with ADHD 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.

Taken together, these changes will help you live a balanced and fulfilled life, and 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 a specialist NHS Adult ADHD service. Dr Kustow also has a busy private practice, and is the Medical Director of The Grove Practice, an internationally respected mental health training provider.

GENERAL NONFICTION

The Power of Music

Sheku Kanneh-Mason



Imprint: Viking
Editor: Alpana Sajip
Extent: 336pp
Pub Date: 26 June 2025

An exploration of the transformative power of music from the acclaimed, world famous young musician

Sheku Kanneh-Mason knows and feels the transformative power of music as much as any musician alive. The ferocious passion and commitment of his performances communicate uniquely to his audiences, in concert, on record, and to the billions who have seen his filmed performances.

In his first book, Sheku seeks to discover what the secret of that power he knows intimately, and feels innately is truly about, and to discover how music can change lives, communities, and cultural consciousness. Each of the 20 chapters begins with an epiphany of Sheku's musical life: a piece, a song, a performance, or an encounter that sparked his imagination, and then explores topics such as music's role in social change, its power to affect our mental and physical health and the essential place of music education.

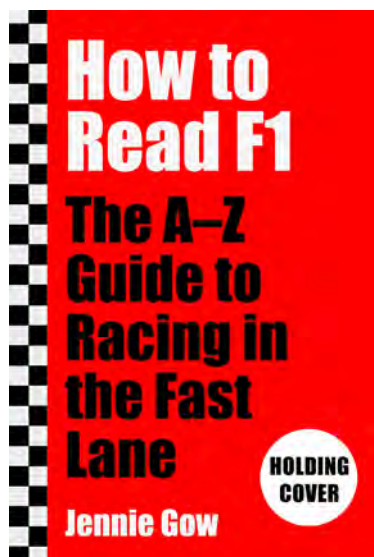
As well as a deep love for all music, across genres and traditions, the book is also a call to change. That the culture of classical music, also grows out of its complacency, and acknowledges its responsibility to be part of the world of its audiences. And, above all, is part of the lives of those communities who currently have no relationship with it, but who would benefit from its power of connection, empathy, and inspiration the most.

Sheku Kanneh-Mason shot to fame as the winner of the 2016 BBC Young Musician competition, the first black musician to win the award since its launch in 1978. He then became a household name after being invited to perform at the 2018 wedding of the Duke and Duchess of Sussex. Now 24 years old, he continues to study cello at the Royal Academy of Music and records exclusively for Decca Classics.

How to Read F1

The A-Z Guide to Racing in the Fast Lane

Jennie Gow



Imprint: BBC Books
Editor: Nell Warner
Extent: 224pp
Pub Date: 7 November 2024

An entertaining A-Z guide to Formula One by the BBC F1 presenter and *Drive to Survive* expert Jennie Gow

'Being in the pit lane and on the grid or even in the F1 paddock is not for the faint of heart. It takes courage and a lot of hard work to know your stuff and ask the difficult questions in F1. Jennie Gow was that Gal!' - Damon Hill

Fun, informative and insightful, *How to Read F1* is the perfect gift for Formula One fans.

BBC F1 journalist and *Drive to Survive* expert Jennie Gow covers the key concepts, teams, tech and rules in an easy-to-read, bitesize format, packing the book with her unique insights, anecdotes and plenty of trivia. Whether you're new to sport and keen to learn more or a veteran supporter looking to brush up on facts, there's something for everyone in this entertaining guide to life in the fast lane.

Jennie Gow is a respected journalist, broadcaster and event host who broke into the world of Formula One motor racing in 2010 and has since become renowned as one of the sport's foremost media professionals. One of the few women to work in this demanding arena, Jennie is currently to be found presenting and reporting on Formula One for BBC News and BBC Five Live, and will once again be featured as an F1 expert on the next *Drive to Survive* Netflix series.

Think Clearly

Succeed in the Data Age with Eight Simple Rules

Kiko Llaneras



Simple laws for smarter decisions in a world of too much information, from one of Europe's leading data journalists

Data is all around us. It has become an essential asset for anyone who needs to make better decisions, whether we want to choose our children's school or decide what vacuum cleaner to buy. Anything relevant to us can benefit from a quantitative look that is revealing, valuable and often counter-intuitive.

Think Clearly by Kiko Llaneras aims to help us think better. How? By compiling, explaining and illustrating dozens of useful ideas and shortcuts. It teaches us to avoid reasoning while recounting a bunch of eloquent examples:

- How did Barack Obama make decisions and sleep so peacefully when he was President?
- What ridiculous prejudice thwarted Marc Gasol's signing by the Houston Rockets in 2007?
- Why did we know that vaccines would work against COVID-19? And why are so many soccer players born in January?

It is a practical book to stretch your quantitative skills for better, clearer and more reason-based decision-making.

Kiko Llaneras is a data journalist at *El País* and holds a Ph.D. in industrial engineering. He has taught at the University of Girona and the Polytechnic University of Valencia.

Imprint: WH Allen
Editor: Jessica Patel
Extent: 224pp
Pub Date: 23 January 2025

**PUBLISHING
SOON**

This Is Why You Dream: What Your Sleeping Brain Reveals About Your Waking Life

Rahul Jandial



Cornerstone Press
Anna Argenio
16 April 2024
288pp

Uncover the truth of your dreaming brain with *Sunday Times* bestselling neurosurgeon Dr Rahul Jandial

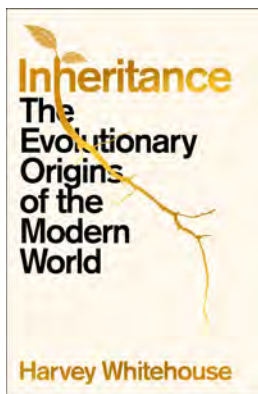
In this pioneering book, bestselling neurosurgeon Rahul Jandial delves into the dreaming brain and shares stories from his own practice to show the astonishing impact that dreams have on our waking life. He explains how dreaming of an exam might help you score up to 20% higher, why taking a long nap could make you better at problem-solving, and even that certain dream disorders can warn you of serious diseases like Parkinson's years ahead of other symptoms. He offers clear and compelling advice, backed by new research, to become a lucid dreamer, understand your dreaming patterns and unleash their creative power.

Sharing the very latest discoveries in modern neuroscience, *This Is Why You Dream* provides answers to some fundamental questions: Why do we dream? How do we dream? What do dreams mean? And perhaps, most importantly, do we sleep in order to dream?

Rights Sold: Brazilian Portuguese (Editora Sextante), Complex Chinese (Systex), Czech (Jan Melvil), Danish (Alpha Forlag), Dutch (Uitgeverij Luitingh-Sijthoff), French (Editions Leduc), German (Rowohlt), Hebrew (The Armchair), Hungarian (21. Szazad Kiado), Italian (Longanesi), Japanese (Kobunsha), Korean (Woongjin Think Big), Romanian (Trei), Portuguese (Group Saida de Emergencia), Polish (Dressler Dublin Sp. z o.o.), Simplified Chinese (China Machine), Spanish (Diana), Vietnamese (Phuong Nam), US (Penguin Life, PRH US)

Inheritance: The Evolutionary Origins of the Modern World

Harvey Whitehouse



Hutchinson Heinemann
Rowan Borchers
13 June 2024
464pp

The ancient inheritance that made us who we are. The ancient inheritance that is now driving us to ruin.

Every human being is endowed with an inheritance. A set of ancient biases – forged by natural selection and fine-tuned by millennia of culture – that shape every facet of our behaviour.

For countless generations, this inheritance has been taking us to ever greater heights: driving the rise of more sophisticated technologies, more organised religions, more expansive empires. But now, for the first time, it is failing us. Suddenly, we find ourselves on a path to destruction.

Unveiling a pioneering new way of viewing our collective history – one that weaves together psychological experiments, on-the-ground fieldwork, and big data – Harvey Whitehouse introduces three evolved biases that shape human behaviour everywhere: conformism, religiosity, and tribalism.

Rights Sold: Arabic (Nobu), Brazilian Portuguese (Alta), Complex Chinese (China Times), Japanese (Soshisha), Portuguese (Tomas e Debates), Simplified Chinese (CITIC), Spanish (Debate), US (Harvard University Press)



Century
Katie Loughnane
15 August 2024
400pp

Enemies to Lovers

Laura Jane Williams

The brand new novel from international bestseller with one of the most iconic romantic tropes at its heart... Get ready for *Enemies to Lovers*, coming Summer 2024!

Flo Greenberg: highly strung. Over-achiever. And desperate for a relaxing Greek holiday with her family. Jamie Kramer: her brother's best friend. Pain in the arse. And somehow on Flo's relaxing Greek holiday too...

With two surprise weeks of sharing meals, boat trips and sun-loungers, Flo must endure the company of this irksomely chiselled Lothario. But after what happened last year, she's determined not to let him get the better of her.

Rights Sold: US (Putnam, PRH US)



Hamish Hamilton
Simon Prosser
2 May 2024
336pp

Three Burials

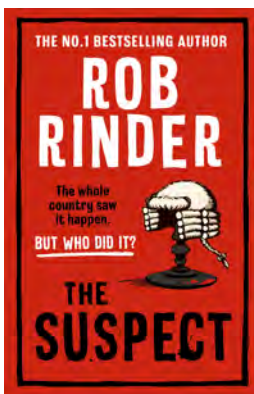
Anders Lustgarten

An electrifying wild ride of a debut novel from award-winning playwright Anders Lustgarten

Meet Cherry, a bandit queen on the run, driving a pink soft-top convertible through the badlands of South-East England. She's never felt more *Thelma & Louise* in her life - except there are three of them in the car and one of them is dead.

How did a head nurse and mother of two end up driving a handcuffed policeman and the corpse of a murdered refugee on a journey to find justice? Pursued by a racist, roid-raged, shaven-headed officer of the law - not to mention by her husband and daughter - what else can a woman with a conscience do in modern Britain?

Rights Sold: French (Actes Sud), German (Hoffmann und Campe Verlag)



Century
Emily Griffin
20 June 2024
400pp

The Suspect

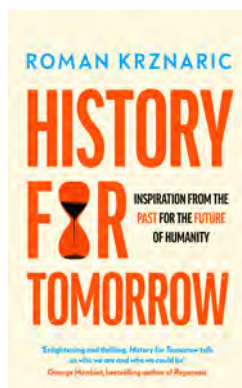
Rob Rinder

The Secret Barrister* meets Janice Hallett's *The Appeal*. A gripping courtroom drama by barrister and broadcaster Rob Rinder following on from his no.1 *Sunday Times* bestselling debut *The Trial

When the UK's favourite breakfast TV presenter dies live on air in front of millions of viewers, the nation is left devastated. More devastated still when it becomes clear that her death was not an accident.

The evidence points to one culprit: celebrity chef Sebastian Brooks. But junior barrister Adam Green is about to discover that the case is not as open-and-shut as it first seemed.

Rights Sold: Simplified Chinese (China Translation), US (Public Affairs)



WH Allen
Suzanne Connelly
4 July 2024
544pp

History for Tomorrow:

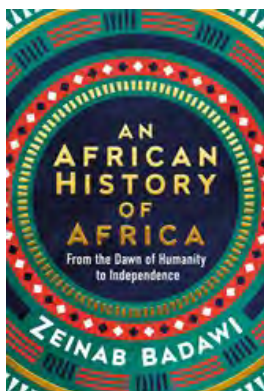
Inspiration from the Past for the Future of Humanity

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?

Rights sold: Brazilian Portuguese (Record), Dutch (Uitgeverij Ten Have), German (DuMont), Korean (Gilbult), Norwegian (Res Publica), Portugal (Almedina), Thai (Visit Sam Yan)



WH Allen
Jamie Joseph
18 April 2024
544pp

An African History of Africa

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

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.

Rights sold: Arabic (FAIR), Brazilian Portuguese (Editora Planeta do Brazil), Chinese Simplified (Gingko Shanghai) Dutch (Omnieboek), German (Piper Verlag GmbH), Italian (Rizzoli), Portuguese (Editorial Presenca), US (Mariner, HarperCollins US)



Viking
Connor Brown
11 July 2024
288pp

It's a Gas:

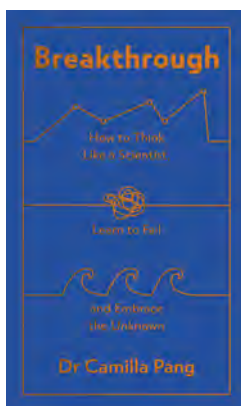
The Magnificent and Elusive Elements that Expand Our World

Mark Miodownik

The secret life of gases - the strange, elusive and fascinating substances that shape our world, from the author of the best-selling, prize-winning *Stuff Matters*

Taking us back to that exhilarating - and often dangerous - moment when scientists tried to work out exactly what they had discovered, Mark Miodownik shows that gases are the formative substances of our modern world, each with its own weird and wonderful personality. From how nitrous oxide affects our neural pathways to the gases that make plants grow and flowers smell through to the carbon-fuelled climate crisis, this is a fact-filled delight of a book.

Rights Sold: Korean (MID), Italian (Bollati), Russian (Mann, Ivanov & Ferber), Simplified Chinese (United Sky), US (Houghton Mifflin Harcourt)



Viking
Emily Robertson, Alpana
Sajip
25 April 2024
256pp

Breakthrough:

How to Think Like a Scientist, Learn How to Fail and Embrace the Unknown

Dr Camilla Pang

Breakthrough explores the frontier between what we do and don't know about the world: where knowledge meets mystery, complexity overwhelms certainty, and the vastness of our universe unspools the logic of science's established laws.

The stability of science was originally a safety blanket for her survival with Autism; after becoming a scientist herself, Dr Camilla Pang quickly realises that it is the complete opposite. Scientific research, much like life - beset by new technology and ubiquitous information - is constantly changing. Part of its curse but also of its beauty.

Rights sold: Arabic (Jarir), Korean (Prunsoop)



Allen Lane
Chloe Currens
16 May 2024
224pp

The Invisible Doctrine: The Secret History of Neoliberalism

The Secret History of Neoliberalism (& How It Came to Control Your Life)

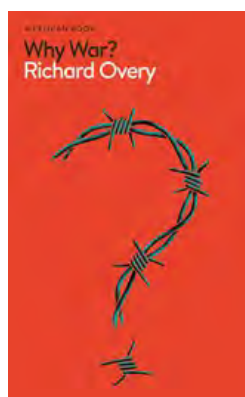
George Monbiot and Peter Hutchison

How can you fight something if you don't know it exists?

We live under an ideology that preys on every aspect of our lives: our education and our jobs; our healthcare and our leisure; our relationships and our mental wellbeing; even the planet we inhabit - the very air we breathe. So pervasive has it become that, for most people, it has no name. It seems unavoidable, like a natural law.

But trace it back to its roots, and we discover that it is neither inevitable nor immutable. It was conceived, propagated, and then concealed by the powerful few. It is time to bring it into the light - and, in doing so, to find an alternative worth fighting for.

Rights sold: Canadian (Penguin, PRH Canada), US (Crown, PRH US)



Pelican
Simon Winder
27 June 2024
304pp

Why War?

Richard Overy

A study of what leads humans to war, from one of our great military historians

There can be few more important but also more contentious issues than attempting to understand the human propensity for conflict. Our history is inextricably tangled in wave after wave of inter-human fighting from as far back as we have records.

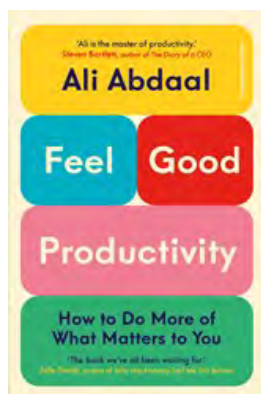
How can we make sense of what Einstein called 'the dark places of human will and feeling'? Richard Overy draws on a lifetime's study of conflict to write this challenging, invaluable book. Studying every facet of war from biology to belief, psychology to security, Overy allows readers to understand the many contradictory or self-reinforcing ways in which warfare can suddenly appear a legitimate option.

Rights sold: Complex Chinese (Acropolis), German (Rowohlt), Spanish (Tusquets)

RECENT HIGHLIGHTS

Feel-Good Productivity: How to Do More of What Matters to You

Ali Abdaal



Cornerstone Press
Rowan Borchers
28 December 2023
304pp

The world's most-followed productivity expert reveals how to achieve more by finding joy in everything you do

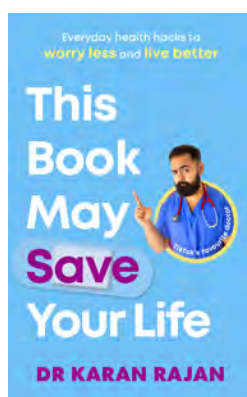
Dr Ali Abdaal - the world's most-followed productivity expert - has uncovered an easier, happier path to success. Drawing on decades of psychological research, he has found that the secret to productivity and success isn't grind - it's *feeling good*. If you can make your work feel good, then productivity takes care of itself.

In this revolutionary book, Ali reveals how the science of feel-good productivity can transform your life. He introduces the three hidden 'energisers' that underpin enjoyable productivity, the three 'blockers' we must overcome to beat procrastination, and the three 'sustainers' that prevent burnout and help us achieve lasting fulfilment. He recounts the inspiring stories of founders, Olympians, and Nobel-winning scientists who embody the principles of Feel-Good Productivity. And he introduces the simple, actionable changes that you can use to achieve more and live better, starting today.

Rights sold: Arabic (Tashkeell), Brazilian Portuguese (O Novo Mercado Escolar de Marketing), Complex Chinese (Suncolour), Czech (Euromedia), Dutch (Uitgeverij Atlas), French (Editions Leduc), German (dtv), Hindi, Tamil, Telugu, Marathi, Malayalam (Manjul Publishing House), Hungarian (Good Life), Korean (Wisdomhouse) Italian (Sperling & Kupfer), Indonesian (Pustaka Alvabet), Japanese (Tayokan Publishing), Macedonian (Art Lamina), Malaysian (PTS), Polish (Mt Biznes), Portuguese (PRH Portugal), Romanian (Bookzone), Russian (Alpina), Simplified Chinese (China Machine Press), Spanish (Planeta), Slovak (Vydavatel'stvo Tatran), Swedish (Volante), Thai (Amarin), Turkish (Boyner), Vietnamese (First News)

This Book May Save Your Life: Everyday Health Hacks to Worry Less and Live Better

Dr Karan Rajan



Century
Callum Crute
28 December 2023
336pp

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

The hilarious, myth-busting survival guide to the human body from TikTok's favourite General Surgeon.

Though the odds are stacked against us, the human body has an extraordinary tendency to survive...

Full of hard-learned lessons and health hacks from Dr Karan Rajan's years working the hospital wards, *This Book May Save Your Life* is a head-to-toe ode to our amazing bodies - warts and all - that will help you to worry less and live better for longer.

Here, Dr Karan explains the weird and wonderful bodily functions that keep us going, and offers practical advice to help you thrive when things go wrong.

Rights sold: Arabic (Jarir Bookstore), Bulgarian (Ciela Norma), Chinese Simplified (CITIC), Dutch (Xander), German (Piper Verla), Greek (Psichogios), Italian (De Agostina), Polish (Insignis), Portuguese (LeYa), Romanian (Trei), Thai (B2S), Vietnamese (Nah Nam), US (Crown, PRH US)



Viking
Harriet Bourton
14 March 2024
352pp

The Best Way to Bury Your Husband:

Four new friends. Four dead bodies. One big problem . . .

Alexia Casale

In this darkly funny story with a big heart, meet the four women who have two things in common: they were all pushed too far in their abusive relationships, and they all have a corpse to dispose of...

Sally never meant to cave her husband's head in with a skillet. Or at least she didn't until suddenly, she did. But Sally isn't the only woman in town reaching breaking point. When coincidence brings four strangers together, a surprising friendship is formed. So can they find the best way to bury their husbands - and get away with it?

Rights sold: Brazilian Portuguese (Planeta do Brazil), Croatian (Fokus Komunikacije), French (Robert Laffont), German (dtv), Portuguese (Grupo Saida de Emergencia), Serbian (Vulkan), US (Pamela Dorman, PRH US)



Ebury Edge
Drummond Moir,
Geraldine Collard
11 January 2024
192pp

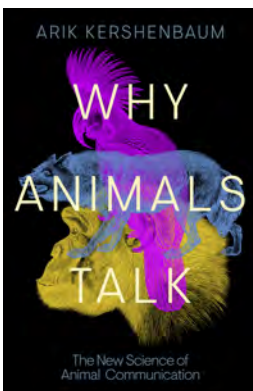
The Six Disciplines of Strategic Thinking: Leading Your Organization Into the Future

Michael Watkins

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

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.

Rights sold: Brazilian Portuguese (Objectiva), Complex Chinese (Global Group), German (Campus), Greek (VL MARONITIS), Hindi (Sanage), Korean (DONGNYOK SCIENCE), Simplified Chinese (CITIC), Spanish (PRH Mexico), Thai (Amarin), Ukrainian (Nash Format), US (HarperCollins US)



Viking
Connor Brown
25 January 2024
288pp

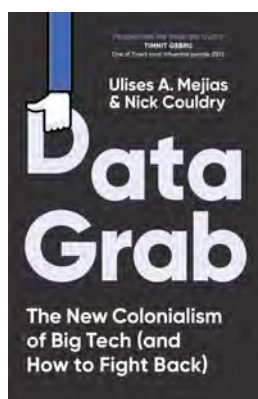
Why Animals Talk: The New Science of Animal Communication

Arik Kershenbaum

How communication works across the animal kingdom, for readers of *Other Minds* and Ed Long

Why Animals Talk is a scientific journey through the untamed world of animal communication. From the majestic howls of wolves and the enchanting chatter of parrots to the melodic clicks of dolphins and the spirited grunts of chimpanzees, these diverse and seemingly bizarre expressions are far from mere noise. In fact, they hold secrets that we are just beginning to decipher.

Rights sold: Complex Chinese (Faces), Japanese (Kashiwashobo), Simplified Chinese (Chinese National Geography Intellectual Property), US (Penguin Press, PRH US)



Cornerstone Press
Jamie Joseph
8 February 2024
320pp

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*

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.

Rights Sold: German (S Fischer), Korean (YLC), US (University of Chicago Press)



Allen Lane
Thomas Penn, Chloe
Currens
2 November 2023
192pp

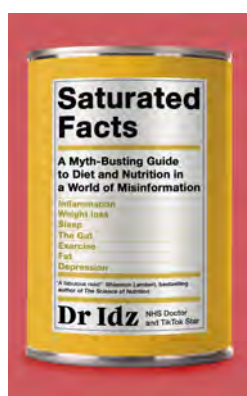
Too Late to Awaken: What Lies Ahead When There is No

Slavoj Žižek

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

We hear all the time that we're moments from doomsday. Around us, crises interlock and escalate, threatening our collective survival: Russia's invasion of Ukraine, with its rising risk of nuclear warfare, is taking place against a backdrop of global warming, ecological breakdown, and widespread social and economic unrest. Protestors and politicians repeatedly call for action, but still we continue to drift towards disaster. We need to do something. But what if the only way for us to prevent catastrophe is to assume that it has already happened-to accept that we're already five minutes past zero hour?

Rights sold: Dutch (Starfish), Italian (Ponte Alle Grazie), Japanese (NHK), Latvian (Zvaigzne ABC), Spanish (Anagrama), Swedish (Fri Tanke Förlag), Turkish (Is Banks), US (Seven Stories)



Penguin Life
Jamie Birkett
14 March 2024
272pp

Saturated Facts:

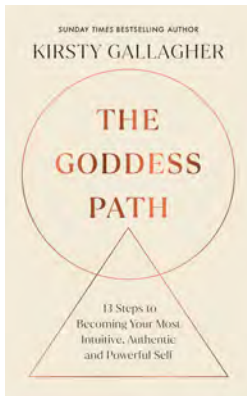
A Myth-Busting Guide to Diet and Nutrition in a World of Misinformation

Dr Idrees Mughal

TikTok star and NHS medic Dr Idz debunks the biggest myths in nutrition, fitness and weight loss

TikTok sensation Idrees Mughal (dr_idz), an NHS doctor with a degree in nutrition, busts through the troubling advice available on social media to look at the cutting-edge science around some of the most exciting topics in diet and health: the link between nutrition and our mental wellbeing; the science behind gut health and how our gut acts as our 'second brain'; chrono-nutrition (the timing of when and what we eat); the role of inflammation in the body; and how to lose weight sustainably and for the long term.

Rights sold: Italian (Corbaccio), Simplified Chinese (United Sky)



Rider
Leah Feltham, Holly Whitaker
7 March 2024
272pp

The Goddess Path:

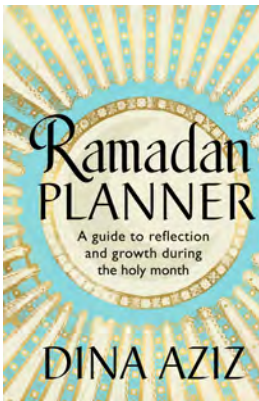
13 Steps to Becoming Your Most Intuitive, Authentic and Powerful Self

Kirsty Gallagher

***Sunday Times* bestselling author Kirsty Gallagher takes you on a journey of self-discovery, leaving you to emerge as your most intuitive, powerful, goddess-like self**

Taking you on a personal and spiritual deep dive, this book will lead you on a powerful journey to uncover all that keeps you from living your most authentic, purposeful life. By walking Kirsty's tried and tested Goddess Path you'll learn how to reclaim your self-worth, establish boundaries, cultivate your intuition, step into your feminine power, and uncover who you truly are.

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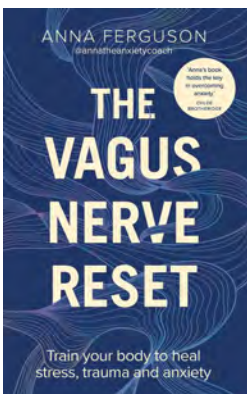
A guide to reflection and growth during the holy month

Dina Aziz

Plan your time, check-in with yourself, and track your goals for your best, most mindful and productive Ramadan yet

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

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Vermillion
Olivia Morris, Anya Hayes
30 November 2023
272pp

The Vagus Nerve Reset:

Train your body to heal stress, trauma and anxiety

Anna Ferguson

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

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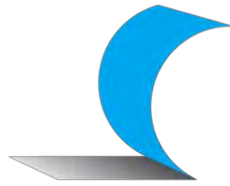
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