



EBURY PUBLISHING

AUTUMN CATALOGUE 2024

Get In!

Football according to Mark Goldbridge

Mark Goldbridge

Die-hard football fandom meets humour, the most successful football YouTuber brings his love of the beautiful game to the page

It doesn't really matter who you support. Football is a cruel, cruel game. All of us fans have had moments of shock, disappointment, and feeling like a right knobhead. We want our teams to play like winners who'll fight for the badge to their last breath. More often, there's so many clowns on the pitch we think the circus is in town. We've endured abject surrenders in the pissing down rain, watched multi-millionaire managers lose the plot, and signed players who couldn't pass a parcel, all to the sound of Michael Owen's 'expert' analysis. Season after bloody season. It stings so much your team might as well be sponsored by Dettol. Why do we do it to ourselves?

There's a lot to love I guess. Nothing will ever emulate the high that a major win or seeing your team lift a trophy brings. Take Manchester United winning the treble: footballing perfection. And nothing else will ever come close. Life doesn't get any better than that.

As I talk you through everything from transfers to trophies to touchline tantrums, join me as I give my definitive take on football. There's a lot to get through, so take my hand like an over-eager mascot and walk with me out of the tunnel into the glaring floodlights of what it means to be a fan...

...and how to survive it.

Mark Goldbridge is a hugely successful football YouTuber and radio presenter on talkSPORT. A Manchester United obsessive, he set up 'The United Stand', a fan community platform with 1.8 million subscribers on YouTube. His 'That's Football' channel for football fans beyond United has 1.1 million followers. This is his first book.



August 2024
9781529920147
Royal Octavo
£22.00 : Hardback
304 pages

Jane's Patisserie Easy Favourites

Simple sweets & stress-free treats

Jane Dunn

Easy sweet treats and simple savoury bakes from the three-time No.1 bestseller, Jane Dunn. For fans of *Mary Makes it Easy*, Edd Kimber's *One Tin Bakes* and *Fitwaffle's Baking it Easy*

Cake it easy!

No.1 bestseller Jane Dunn has always made it her goal to share deliciously simple recipes that take the stress out of baking.

With exclusive fan requests, shorter methods and easy-to-use sections covering recipes that are *No bake, 30 minutes or Less, 5 Ingredients, Small batch, Crowd-pleasers* and more, this is Jane's easiest book yet.

Make a batch of zingy **Lemon Meringue NYC Cookies**, enjoy moreish **Feta and Garlic Muffins** warm from the oven, whip up some gooey **Hazelnut Chocolate brownies**, impress your friends with an easy show-stopping **Bourbon Biscuit Cheesecake** or feed your family with no-faff **Frying Pan Pizzas**.

With *air fryer* and *slow cooker* notes and Jane's expert tips and tricks, this book is full of easy favourites that you'll come back to again and again.

Jane started her blog after training at Ashburton Chefs Academy and has amassed a loyal following across social media. Jane has baked on *This Morning*, James Martin's *Saturday Kitchen*, and her recipes have been featured in *The Times*, *Fabulous*, *Cosmopolitan*, *Baking Heaven Magazine* and more. Her first book, *Jane's Patisserie*, is the fastest selling baking book of all time and all three of her books are No.1 *Sunday Times* Bestsellers.

Find her at Janespatisserie.com on Instagram, Facebook, Youtube, and Twitter @janespatisserie



Image
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soon

August 2024
9781529196856
246x189
£22.00 : Hardback
288 pages

The Book of The Boss

Empowering words of wisdom from Bruce Springsteen
Pop Press

Be inspired by the affirmations, wit and wisdom of Rock & Roll royalty. For fans of *What Would Arnie Do?*, *Be More Vader* and *Pocket Bowie Wisdom*

'I think I just wanted to be great'

Born in the USA ... but loved around the world, Bruce Springsteen has been a musical icon for the last 50 years and continues to rock stadiums with his legendary shows.

An outspoken ally for social justice, this collection of quotes showcases The Boss's wisdom on equality, performing and friendships and will inspire everyone to live a creative and confident life.

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



Image
coming
soon

August 2024
9781529933369
161 x 110 mm
£7.99 : Hardback
128 pages

David Attenborough Lines to Live By

Embrace the wonder of your world

Pop Press

'I am hopeful for the future, because although nature is in crisis, now is the time for action.'

For 70 years, David Attenborough's soothing voice has brought the magic of nature to our TV screens, teaching millions around the world about beautiful animals and the climate crisis that endangers them.

David Attenborough Lines to Live By is a celebration of Sir David's impact on the natural world and will inspire everyone to appreciate and protect the fragile world around us.

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



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August 2024
9781529933345
161 x 110 mm
£7.99 : Hardback
128 pages

Sleepless in Sangria

60 romcom cocktails you'll fall in love with

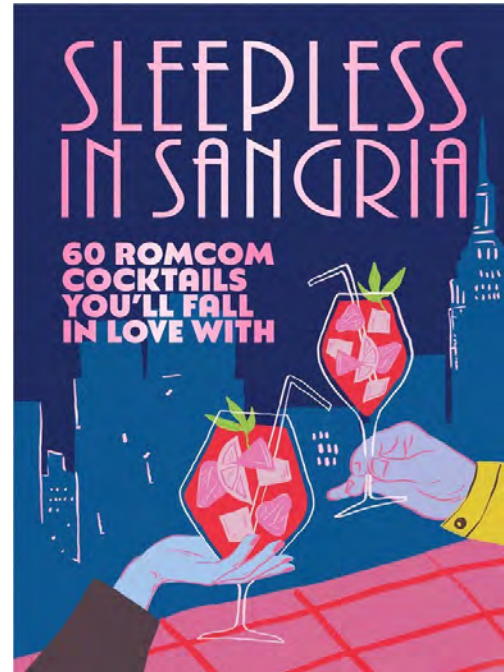
Fall in love with this heart-warming collection of 60 romcom inspired cocktails

Shake up your next film night with *Sleepless in Sangria*. A charming cocktail book bringing the magic of romantic comedies to your glass with 60 delicious recipes inspired by your favourite movies.

From '10 Things I Hate About Woo Woo' to 'When Harry Met Daquiri', each recipe captures the essence of the most iconic romcom moments, adding a nostalgic twist to your next night in. Whether you're a fan of beloved classics like 'There's Something about (Bloody) Mary' or crave a slightly more modern sip on 'Crazy Shandy Love', this book has a drink for every romcom obsessive.

With gorgeous illustrations, easy-to-follow instructions and a romcom checklist included at the back, this loveable gift book has the cocktail meet cute you've been waiting for.

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



August 2024
9781529936360
176 x 126 mm
£12.99 : Hardback
160 pages

There's a Soup for That

Theresa von Wangenheim

Bold and colourful book of soups matched to your mood. For customers who bought *Good Food's Soups & Sides* and *LEON's Happy Soups*.

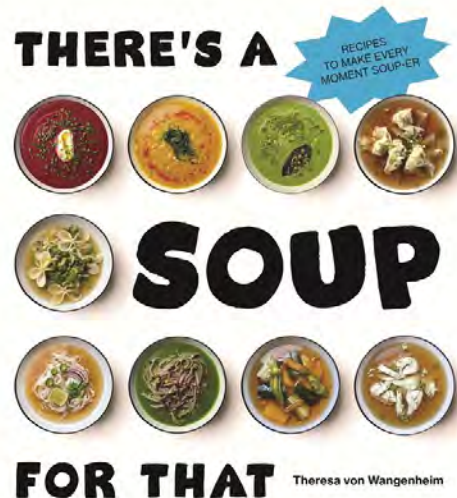
A bold and beautiful book of soups, tailored to suit your soup-making mood.

Making soup is always a good idea and with chapters for Emotional Support Soups, Soups For When You Just Can't, Soup as Medicine and Soups to Impress, this is truly soup for every situation.

Ticking all the budget-friendly, healthy and easy boxes that we look for in everyday cooking, *There's a Soup for That* takes a colourful and fun approach to soup, offering fresh takes on perennially popular favourites.

With a photo for every recipe and basic recipes for simple broths and easy toppings, this book will raise your soup-making game to the next level.

Theresa von Wangenheim is a German-American creative who lives and works between London and Munich. Initially sharing recipes on Instagram alongside her day job, she saw the project take on a life of its own after a collaboration with M Missoni. Since then, she's been featured in *Vogue UK*, *The Sunday Times Style*, on *Mob*, and continues to grow her engaged Instagram following @sssssoupsssss.



August 2024
9781529934571
190 x 170 mm
£14.99 : Hardback
192 pages

Gender Explained

A New Understanding of Identity in a Gender Creative World

Dr Diane Ehrensaft and Michelle Jurkiewicz

The informed road map you need to embrace the new gender creative landscape

By now, you've probably heard the terms transgender, nonbinary, genderqueer, and gender fluid. You might even know someone who identifies as one of those ways or know someone who is questioning their gender. But what do those terms actually mean? Is this gender exploration just a phase due to over-influence by social media or peer pressure? And how do you broach the subject of gender with your child or loved one?

Gender Explained is the complete roadmap to understanding gender in all its forms. Backed by the latest research and featuring personal stories from children, adolescents and parents, clinical psychologists and gender specialists Diane Ehrensaft and Michelle Jurkiewicz will walk you through everything you need to know about today's gender phenomenon, including:

- Why so many kids today are exploring gender
- What it means that gender is on a spectrum
- How to parent a gender creative child
- How to support those exploring their gender identity

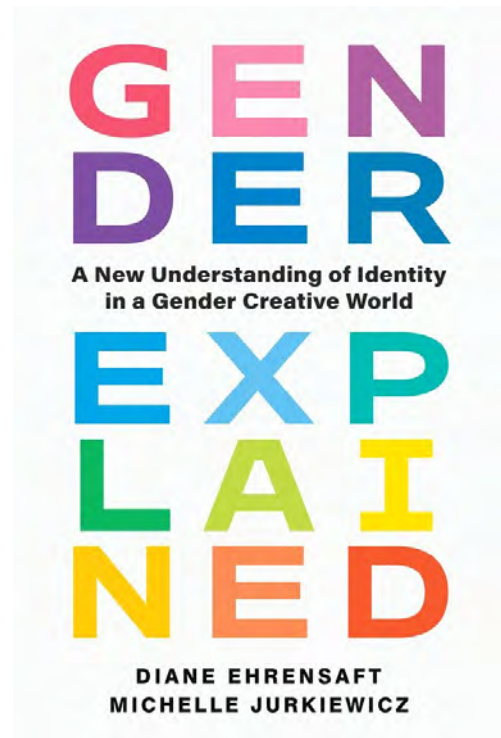
Dispelling myths and answering the most common questions that appear in clinical practice, this book will equip you with the information and insight to navigate this new world with confidence and ease.

Diane Ehrensaft (Author)

Diane Ehrensaft is a developmental and clinical psychologist who cares for children, adolescents and families. She specialises in gender-affirmative care for transgender and gender-expansive patients and publishes and lectures internationally on this topic. She is also the author of *The Gender Creative Child* and *Gender Born, Gender Made*. She lives in San Francisco, California.

Michelle Jurkiewicz (Author)

Michelle Jurkiewicz is a licensed clinical psychologist and gender specialist in private practice in Berkeley, California. Dr



August 2024
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Demy Octavo
£16.99 : Trade Paperback
256 pages

The ADHD Advantage

Why Your Brain Being Wired Differently is Your Superpower

Anders Hansen

Multi-million-copy bestselling author and psychiatrist Dr Anders Hansen shows us why ADHD was - and can still be - an advantage.

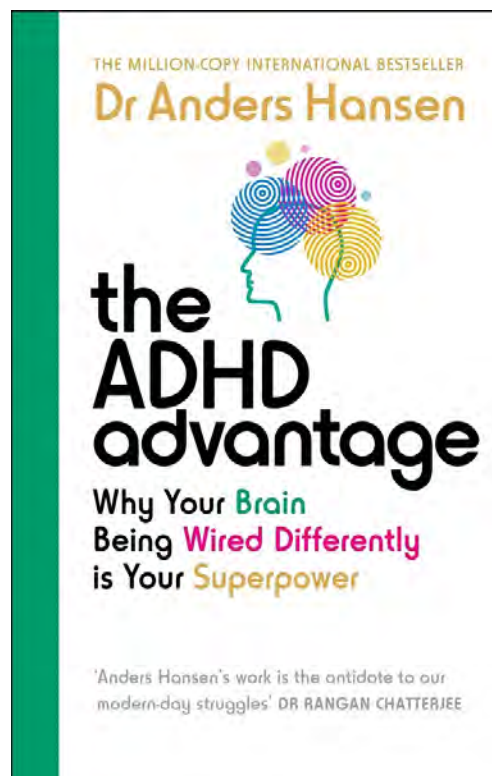
Are you highly driven, creative, fearless, questioning, flexible, stubborn and enterprising? Are you able to think outside the box and shrug off almost every adversity?

Seeing all these positive qualities lined up, you might be surprised to learn that they are traits typical to people with ADHD.

Today, we label these traits as a 'disorder', but they were once essential to our ancestors' survival, giving them energy or ability to hyperfocus when hunting. It was quite simply advantageous to have these traits.

In *The ADHD Advantage*, leading psychiatrist and viral TedX speaker Dr Anders Hansen shows you how to turn your diagnosis into an asset, handle the negative aspects of ADHD, and find joy in the fact we aren't all the same.

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



August 2024
9781785044946
Demy Octavo
£16.99 : Trade Paperback
224 pages

You Need To Exist

a book to love and destroy!

Yungblud

An interactive creative journal exclusively written and illustrated by Yungblud (global cult following 12+ mil). *Wreck This Journal* meets *Burn After Writing* and *The Artist's Way* from the 'voice of Gen Z'

*'To be different is to be the best f*cking thing here and you'll be celebrated for that!'*

Written and illustrated by global phenomenon YUNGBLUD, this **interactive journal** is packed with **never-before-seen art, exclusive lyrics, poems, creative prompts**, and incisive questions that will push you to dig deep and celebrate what makes you different.

Who are you?

For most of us that is the hardest question in the world.

This book is designed to help guide you on a journey to find out. To confess what you love about yourself, destroy your deepest insecurities and face your darkest fears.

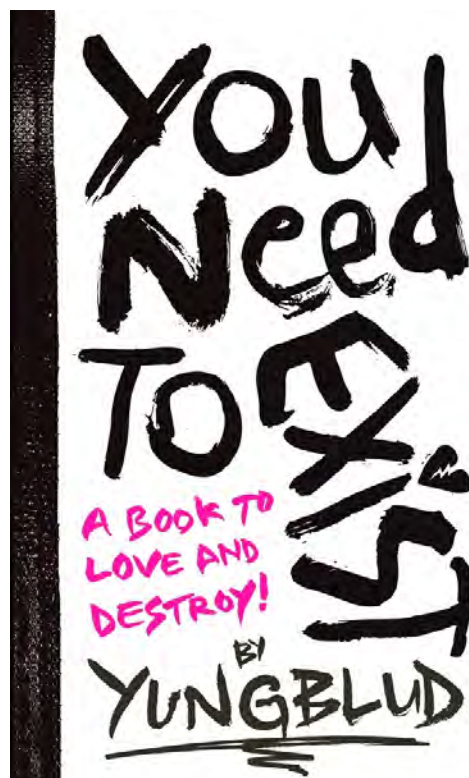
This is a book to **rip, draw, burn, bury** and **create**. A book that will end up in tatters if you do it right. This is a book of you.

So, I'll ask you again... Who are you?

It's time to find out.

Dom xoxo

YUNGBLUD (aka Dominic Harrison) first picked up a guitar at age two and began writing his own songs at age 10. The 26-year-old artist is known for voicing the major concerns of his generation, using his music to unite and empower the youth of today. A creative phenomenon with two No.1 albums and a global audience, he has turned his hand to everything from producing short films, directing music videos, and collaborating with a plethora of diverse artists. YUNGBLUD now has over 8 Million monthly listeners on Spotify and over 3 Billion global streams.



August 2024
9781529932065
Demy Octavo
£12.99 : Paperback
160 pages

The Pep Revolution

Inside Guardiola's Manchester City

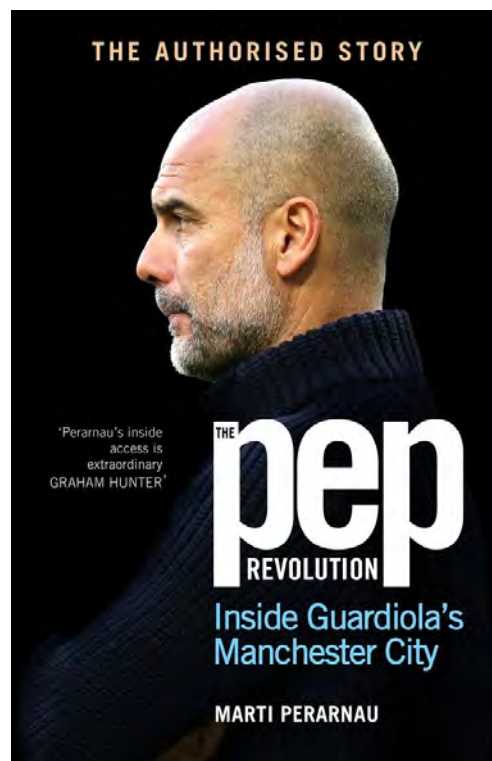
The only authorised biography of Pep Guardiola's Manchester City years, and the final volume of Marti Perarnau's access-all-areas and hugely acclaimed Pep trilogy.

The *only* authorised story of Pep Guardiola's triumphant reign at Manchester City: as close to Guardiola as you can get.

'Write about everything you see. Be as critical as you like.' This is what Pep Guardiola told the journalist Marti Perarnau in 2023, when Perarnau arrived to spend a season as an insider at Bayern Munich. In the ten years since, he has followed Pep Guardiola across Europe, and since 2016 has been a fly on the wall at Manchester City, where Guardiola has broken records and revolutionised the Premier League with his radical managerial style.

This is the long-awaited, access-all-areas story of Pep Guardiola's time at Manchester City, telling every twist and turn of their journey to the top and providing the definitive lessons of Guardiola's leadership. The only true insider account, it's an essential read for any football fan, and any reader in search of the lessons of one of sport's great leaders.

Martí Perarnau is one of Spain's leading sports journalist, who has edited the sports pages of several national newspapers and created the long-running Estadio 2 programme for Televisión Española. Since 2013 he has been profiling Pep Guardiola, resulting in two highly acclaimed books *Pep Confidential* and *Pep: The Evolution*, both about Guardiola's time at Bayern Munich. Before his career in media and journalism, he participated in the Moscow 1980 Olympic Games in the high jump, in which he was the national champion.



August 2024
9781529937305
Royal Octavo
£22.00 : Hardback
512 pages

How to Make Anything in an Air Fryer: Easy Dinners!

100 quick and tasty meals to make tonight
Hayley Dean

From bestselling author Hayley Dean, 100 flavour-packed, easy dinners to you'll want to make tonight

FROM *SUNDAY TIMES* BESTSELLING AUTHOR HAYLEY DEAN

Not sure what to cook tonight?

Discover 100 quick, easy and flavour-packed recipes in this must-have cookbook for anyone with an air fryer. From **20-minute meals** for busy weekdays, to Friday night **fakeaways**, **weekend favourites**, **lighter options** (and some **puddings** for those who like something sweet!), this a comprehensive collection of main meals that'll ensure you *always* have inspiration for what to make next.

With every recipe using easy-to-follow instructions, UK measurements, and ingredients you can easily find in your supermarket, it's never been easier to find new delicious dishes and twists on popular classics to make in your air fryer.

So, whether you're an air fryer beginner or have had your appliance for a while, here are the properly tasty meals everyone will love and that you'll keep coming back to time and time again.

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



August 2024
9781529940039
Crown Quarto
£22.00 : Hardback
224 pages

BOWIE His Style Principles

Be inspired to dress out of this world

Natalie Hammond

Revolutionise your wardrobe with the simple style principles of a global fashion icon. For fans of the Wellbeck *Little Book of Fashion Series*, *David Bowie: IS*, *How to Be Parisian* and *Bowie Style*.

Dress out of this world every day

Taking inspiration from Bowie's most memorable looks and personas, sprinkle a little stardust on your wardrobe and learn how to bring the show-stopping style of this global icon into your outfits every day.

With ten simple principles, you can embody the androgynous energy of Aladdin Sane, stun with the shapes and colour of Ziggy, master the monochrome shades of The Thin White Duke and more.

Includes photographs, illustrations and simple graphics so that you can embrace a new era with achievable twists on Bowie's signature looks. This handy guide has everything you need to know about the history and fashion legacy of the man who fell to earth.

Natalie Hammond is the senior fashion news editor at *Grazia*. She previously worked on the fashion desk at *The Times*, and her writing has appeared in publications including *The Telegraph*, *The Financial Times*, *Port* and *Gal Dem*. She can be found on IG @nataliehammond



August 2024
9781529932881
190 x 140 mm
£14.99 : Hardback
192 pages

Celebrate Diwali

Recipes, activities and crafts to do with your kids

Renu Bhardwaj

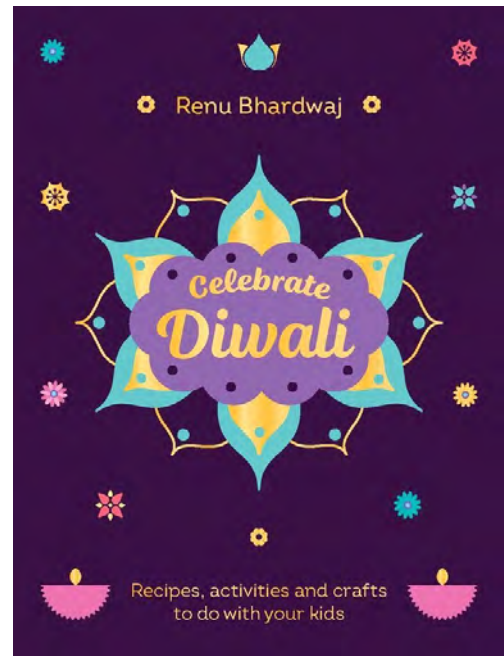
Easy recipes, quick crafts and family-friendly activities to make your Diwali magic.

Create lasting family memories as you celebrate Diwali this year.

With recipes to create the perfect Diwali feast, simple crafts to do with your children and low-budget ways to decorate your house, this is everything you need to bring together the ultimate Diwali celebration.

With beautiful photography throughout, recipes include Samosa Chaat, Chilli Paneer and Nani's Creamy Kheer as well as ideas for edible gifts such as Coconut Ladoo, Chocolate Peda and Rangoli Sugar Cookies. Step-by-step guides to creating homemade Diyas and paper garlands will enable the whole family to get involved as you decorate your house for Diwali. And with handy checklists and countdown calendars, this is a book you will come back to year after year.

Renu Bhardwaj is an Education Guidance Advisor who shares recipes with her online following of 132k (instagram). Born in Manchester and now based in Scotland with her husband and two children, Renu's passion is in creating affordable, delicious meals for busy families. Her warmest childhood memories are of her mother's kitchen, the air rich with the aroma of her homemade Indian dishes. As someone who has struggled to find suitable books to introduce her own children to Diwali, she hopes this book will be a helpful tool for families for years to come.



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190 x 140 mm
£14.99 : Hardback
192 pages

Face the Music

My Story

Alfie Boe

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

THE SUNDAY TIMES BESTSELLER

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

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

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

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

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

No Image
Available

August 2024
9781529910353
B Format
£10.99 : Paperback
256 pages

Stop Lying to Yourself

101 Hard Truths to Help You Change Your Life

Simon Gilham

Straight-talking prompts and advice from online phenomenon, Simon Gilham

"What is the one thing that you are holding onto, that you know you need to let go of?"

No more excuses!

Wherever you are at in your life, if you do not feel like the happiest, most honest version of yourself, this book is for YOU. From relationships to friendships, and mental health to physical appearance, we all struggle; but we are not alone. And we can do something about it.

Simon Gilham has built a dedicated community of over 9 million people worldwide through his videos that tell you what you *need* to hear, even if it's not what you *want* to hear.

In *Stop Lying to Yourself*, for the first time, he brings all his most sought-after advice together with completely new quotes, prompts and practical self-help steps to create a straight-talking, inspirational handbook for us all.

Read in one sitting or dip in and out, this book might sometimes feel challenging, but it will always feel empowering, so that you can finally make the positive change you deserve, today.

'If it makes you happy, it doesn't have to make sense to anyone else.'

Simon Gilham is an internationally successful CEO with a career spanning over 25 years, proudly working with many icons from the worlds of fashion and design that include Sir Paul Smith, Virgil Abloh and Dame Vivienne Westwood.

During the pandemic in 2020 he discovered an acute personal drive to self-improve and create a balanced mindset and life that were focused on perspective. Realising that his commitment and honesty in making hard decisions related to these goals were his strength, he went on to create a community sharing advice and prompts for others, through @xgilham. This community has now grown to over 9 million



Image
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soon

August 2024
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178x129
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208 pages

Colourful

Iris Apfel

A style icon's legacy book for a devoted international following. For lovers of *The Fashion Book*, *Louis Vuitton Catwalk*, *Vivienne Westwood Catwalk*, *The Creative Act* and *The Warmth of the Heart Prevents the Body From Rusting*.

Iris Apfel's legacy

29 August 1921 to 1 March 2024.

In the summer of 2023, as Iris Apfel welcomed her 102nd birthday, she put pen to paper to write this very special project: what Iris called her legacy book.

Comprising of over 200 personal photos and adorned with beautiful, unseen fabric patterns from her Old World Weaver's collection, Iris's incredible energy radiates from every page. Here she shares her creative work, life stories, adventures, and her unwavering belief in the essential power of colour and creativity on a life well lived.

'It has been an honour to know and to learn from Iris.'

Ruvén Afanador

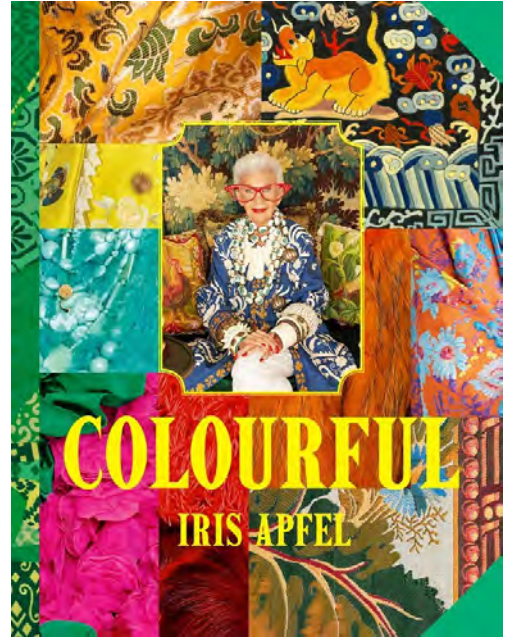
'A force of nature.' *Tommy Hilfiger*

'One of the industry's oldest tastemakers.' *Vogue*

This is not a book of secrets – I have no secrets. Sorry to disappoint if that's what you're looking for. I have some good stories though. And a few ideas. This book is about living, creating and colour. Because creativity and colour matter. I don't want you to dress like me or think like me – that's not the idea of this book. I want you to find the colours, confidence and creative inspiration that reflect you. My life has been filled with love, wonder and a very deep, incurable curiosity. This book is my treasure trove of inspiration, influences and ideas: My source. Be brave. Find your source. What makes you happy?

Much love, Iris x

Iris Apfel is the renowned American businesswoman, interior designer, fashion icon and a prolific collector of and authority on antique textiles. In 1950 she founded Old World Weavers with her husband Carl, an international textile manufacturing company specializing in reproducing antique fabrics. She was a



August 2024
9781529916164
246x189
£40.00 : Hardback
288 pages

Match of the Day Football Almanac

Six Decades of Trophies, Tournaments, and Timeless Moments

Nick Constable

A fun, witty and informative guide to the football season, featuring fan-favourite football memories, published to celebrate the 60th anniversary of the BBC's beloved *Match of the Day*.

Do you remember the Battle of Old Trafford? Shearer's dream debut hat trick? Or how many goals Haaland scored in his debut Premier League season? Hope, heartbreak and victory, over the past sixty years *Match of the Day* has shown it all.

From bombastic debuts in August to May's nail-biting end-of-season title races, the football calendar is filled with legendary moments. Packed full of stories from 60 years of football history, *The Match of the Day Football Almanac* is your ultimate guide to the highs and lows of the football season.

Featuring the most legendary footballing stories from the last 60 years of *Match of the Day*, this month-by-month guide includes giant-killing FA cup battles, the birth of the Premier League and the dawn of VAR, all culminating in legendary World Cup and Euros tournaments – with stats and insights from the experts at *Match of the Day* along the way. This is the perfect gift for any football fan, and a fitting tribute to our favourite football programme.

Nick Constable is a freelance national newspaper journalist and fully paid-up *Match Of The Day* obsessive. He has written and edited numerous books on the Beautiful Game including *Match of the Day: 50 Years of Football* and *Motson's National Obsession*, detailing the legendary commentator's favourite snippets of football trivia. Other sports books include *Aggers Special Delivery*, co-authored with BBC Cricket Correspondent Jonathan Agnew, and *Test Match Special: Tall Tales* co-authored with Phil Tufnell and Jonathan Agnew.



Image
coming
soon

September 2024
9781785949166
Demy Octavo
£16.99 : Hardback
288 pages

Ottolenghi COMFORT

Yotam Ottolenghi and Helen Goh

Ottolenghi's first brand-new major cookbook since the era-defining *Ottolenghi SIMPLE* and *Ottolenghi FLAVOUR*. With over 100 evocative, irresistible recipes alongside stories of childhood and home.

This is comfort food, Ottolenghi-style.

In his much-anticipated new book, Yotam Ottolenghi brings his inspiring, flavour-forward approach to comfort cooking, delivering new classics that taste of home.

A bowl of pasta becomes **Caramelised Onion Orecchiette with Hazelnuts & Crispy Sage**, a warming soup is **Cheesy Bread Soup with Savoy Cabbage & Cavolo Nero**, and a plate of mash is transformed into **Garlicky Aligot Potato with Leeks & Thyme**.

Weaving memories of childhood and travel with over 100 irresistible recipes, *Ottolenghi COMFORT* is a celebration of food and home – of the connections we make as we cook, and pass on from generation to generation.

Yotam Ottolenghi is the restaurateur and chef-patron of the six London-based Ottolenghi delis, as well as the NOPI and ROVI restaurants. He is the author of eight bestselling and multi-award-winning cookery books. Yotam has been a weekly columnist for the Saturday *Guardian* for over thirteen years and is a regular contributor to the New York Times. His championing of vegetables, as well as ingredients once seen as 'exotic', has led to what some call 'The Ottolenghi effect'. This is shorthand for the creation of a meal which is full of colour, flavour, bounty and sunshine. Yotam lives in London with his family.
www.ottolenghi.co.uk @Ottolenghi

Helen Goh was born in Malaysia and migrated with her family to Australia at the age of ten. After studying psychology, she combined psychotherapy practice with a cooking career, becoming head pastry chef at a landmark Melbourne restaurant before moving to London, and joining Ottolenghi. Co-author with Yotam, of the best-selling baking book *Sweet*, she has worked closely with him in recipe development for over 10 years, drawing widely on Asian, Western and Middle Eastern influences in her cooking. Helen is also a successful food columnist whose recipes appear in the *Sydney Morning*



September 2024
9781785038914
270x195
£30.00 : Hardback
320 pages

The Super Cute Amigurumi Bible

A bumper book of patterns to crochet all your favourite animals!

The biggest amigurumi book yet, with over 60 adorable animals to crochet, love and share – it's the cat's pyjamas!

Grab your crochet hook and head to a cosy corner – it's time to get stitching! Including everything from farmyard familiars to fantasy friends, this bumper book of 60 amigurumi patterns has something to make for everyone you know.

Featuring straightforward, tried-and-tested instructions and a range of difficulties, this gorgeous book includes a project for every taste and ability.



September 2024
9781529938753
Crown Quarto
£19.99 : Paperback
192 pages

Scatter Brain

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

Shaparak Khorsandi

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

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

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

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

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

Shaparak's career has taken her to all corners of the globe, she has appeared on countless TV & Radio shows including; *Live At The Apollo*, *8 Out Of 10 Cats*, *Have I Got News For You*, *QI*, *The Graham Norton Show* and *Friday Night with Jonathan Ross*. She is also the author of the bestselling childhood memoir, *A Beginner's Guide To Acting English* and *Nina is Not OK*.

No Image
Available

September 2024
9781785044205
B (Ebury)
£12.99 : Paperback
256 pages

Human Design Made Simple

How to unlock your strengths and discover your true purpose

Emma Dunwoody

The first practical and accessible book on Human Design by an expert with a successful podcast and coaching business in this space

Human Design gives us the blueprint to our personality: our strengths and weaknesses, our energy type, who we work best with, how we communicate, strategise, and so much more. Behavioural Specialist, Master Coach and Neuro-Linguistic Programming expert Emma Dunwoody reveals the power of a new modern method, Transformational Human Design, in simple steps, teaching you how to integrate the knowledge into your everyday, moving from thinking to feeling, and transform your life.

Drawing inspiration from many different schools of wisdom, including the chakras, Tree of Life, I Ching and Western astrology, Human Design is a system based on our time and date of birth, illustrated as a unique chart that reveals our opportunities, challenges, personality, strengths, relationships and much more.

Through Human Design, you can tap into a detailed and unique toolkit to help you unlock your true power. *Human Design Made Simple* will show you how to:

- find out what your Internal Guidance is, and how you can harness it
- discover what your energy type is, and tap into its power
- stop striving to be someone you're not and feel comfortable in your own skin
- understand your intuition, personality, habits, relationships, and more

Personal and easy-to-understand, Human Design Made Simple will show how to apply your new understanding to day-to-day living. Through Transformational Human Design you'll find ways to recondition your habits, find your true purpose and truly live life to the full.

Emma Dunwoody is a Behavioural Specialist and Master Coach, certified in Life & Business coaching, Behaviour and Personality



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September 2024
9781846048265
Demy Octavo
£16.99 : Trade Paperback
256 pages

Hortobiography

Carol Klein

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

Carol Klein is one of Britain's best loved horticulturists, and for decades gardening has been at the heart of her extraordinary life. From her childhood adventures in Manchester to her first experiments in plantswomanship at Glebe Cottage, and from training as an artist and a teacher, and then finding an entirely unexpected career as one of Britain's most beloved television presenters, in this long-awaited memoir Carol tells the story of the people, places and plants that have shaped her life.

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

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



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soon

September 2024
9781529144246
Royal Octavo
£22.00 : Hardback
320 pages

The Coming Storm

A Journey into the Heart of the Conspiracy Machine

Gabriel Gatehouse

From the creator of the smash hit podcast, a riveting deep dive into the roots of Q Anon, the rise of the extreme right in the US, a democracy in mortal peril - and the strange fascination conspiracy theories continue to hold for all of us.

Is this how democracy dies?

Based on his smash hit podcast, *The Coming Storm* is Gabriel Gatehouse's brilliant exploration of the roots of Q Anon and the rise of the extreme right in the US. It's a story that reaches back decades, showing how a dark fantasy embedded itself in the American consciousness, threatening to derail its democracy - and it continues to unfold today. Gatehouse's riveting book takes you down a rabbit hole - one that both the US as a nation and he as a journalist fell through - to unpack an epochal shift in political culture that starts in the earliest years of the Clinton administration and reaches a crescendo on 6 January 2021 with the storming of the US Capitol. But that event wasn't the wild finale of a chaotic Trump presidency many hoped for - it was only the beginning.

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

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



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9781785948152
Royal Octavo
£25.00 : Hardback
384 pages

Rosen's Almanac

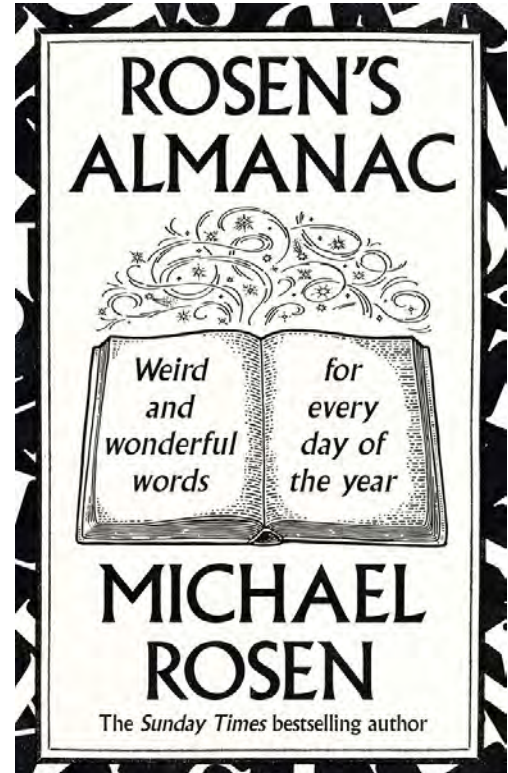
Weird and wonderful words for every day of the year
Michael Rosen

Join beloved author and presenter of BBC Radio 4's Word of Mouth, Michael Rosen, on a journey through the year via our most weird and wonderful words.

What are words? They're the beginning of our stories: portals to treasured memories, to the strange sayings that seem to be unique to our own families and the beloved people that say them to us. So, what was your gran's favourite word for a time-waster? How did your dad answer the question 'What's the time?'. And just how many responses are there to the daily query 'What's for dinner?' Even better, how do these words change as they travel across our regions?

In a joyful journey through a year of weird words and fantastic phrases, one of the nation's favourite wordsmiths takes a tour of the British Isles and all its vernacular idiosyncrasies, as well as reflecting on the joys of English, in a delightful book for anyone who loves language - whether following its rules or breaking them!

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



September 2024
9781529148916
Demy Octavo
£16.99 : Hardback
168 pages

A Pawtobiography

My adventures on Gone Fishing

Ted the Dog

Ted, Bob and Paul's canine co-star on *Gone Fishing*, is putting paw to paper for the first time to reveal how he rose from humble beginnings to become a fan favourite on the hit BBC2 show.

Speaking toothfully

Ted is putting paw to paper because he needs his voice to be heard. He loves Bob and Paul but, as 2m viewers of *Gone Fishing* will know, they put words in his mouth without knowing what goes on inside his head. Spoiler alert: Ted's view, supported by behind-the-scenes evidence, is that his co-stars are actually 'a pair of complete muppets'.

But first he tells you how life started for him. A skinny unwanted runt, abandoned outside a rescue centre in the freezing cold on Boxing Day, over a decade ago.

One of Ted's favourite television programmes is *SAS: Who Dares Wins* and, just like his hero Billy Billingham, he has developed the skills to adapt, survive and win.

This is the memoir of a truly remarkable mutt.



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September 2024
9781529944969
Demy Octavo
£16.99 : Hardback
160 pages

Strictly Blackpool

Alison Maloney

To mark 20 years of *Strictly Come Dancing*, a lavish celebration of dance at Blackpool and what it means to the stars of *Strictly*.

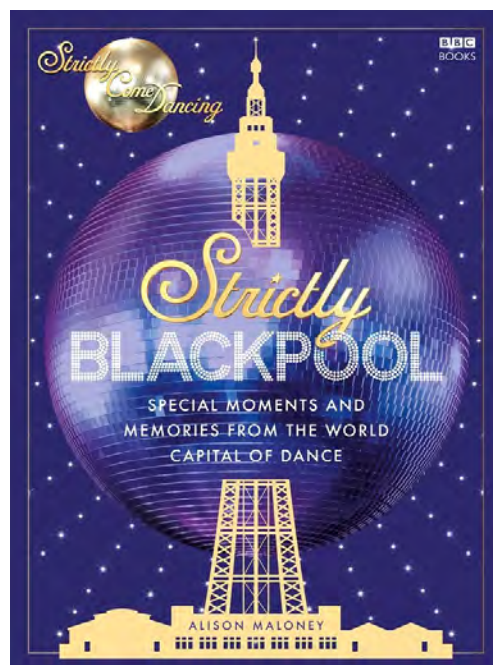
Magic moments and memories from the world capital of dance

Ask a *Strictly* star at the start of their journey what their goal is and the chances are they'll say 'Getting to Blackpool.' The iconic Tower Ballroom has been a Mecca to the ballroom dancing world since 1894, and *Strictly*'s annual trip to the bright lights is a highlight of the series for contestants and viewers alike.

Strictly Blackpool takes fans on a trip down memory lane, celebrating the most memorable routines from specials of the past and the dancers' own Blackpool experiences, as well as a behind the scenes glimpse of how the BBC's flagship show is transported to the seaside town every year for the magical ballroom special. There is a fascinating look at the Tower Ballroom's amazing history and secrets - from the circus in the basement to the elephants that lived in the building and bathed on the beach - as well as special photos from the Tower's archives.

Bringing together the exciting history of the Ballroom and the magic of the annual Blackpool special, this beautifully-packaged book is a true celebration of Blackpool's dance heritage, and a must-buy for any *Strictly* fan!

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



September 2024
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Crown Quarto
£22.00 : Hardback
224 pages

Into the Uncanny

Danny Robins

The debut book from the leading light of the 'new paranormal', Danny Robins – now in paperback

'A wonderfully entertaining ride' - Mark Gatiss, co-creator of *Sherlock*

'A brilliant book, engaging and filmic' - Reece Shearsmith, co-creator of *Inside No. 9*

'Scarily good!' - Danny Wallace, author of *Yes Man*

Do you believe? We live in an age well attuned to the incendiary power of words, but there's one word that has more power to divide than most - 'ghost'. In our jaded been-there, done-that, unshockable world, the statement 'I have seen a ghost' still has the power to silence a room and forever change the way you see someone, or how people see you. If you're a sceptic, how would you react to your partner claiming the house is haunted? If you're a believer, how would it feel to be told by someone you love that the ghost you saw doesn't exist?

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

DANNY ROBINS is an award-winning British writer, broadcaster and journalist. He created the hit BBC podcasts *The Battersea Poltergeist*, *Uncanny* and *The Witch Farm*, and the Olivier Award-nominated West End play *2:22 - A Ghost Story*, which is now playing in countries around the world. He has created and written various shows for TV and radio, including the BAFTA-nominated series *Young Dracula* for BBC1. The TV series of *Uncanny* will be broadcast on BBC 2 later this year.

Most impressively though, he came second in the UK Air Guitar Championship (he was robbed) and he bizarrely once had a Number 11 hit single by accident. Ask him about it when you see him.

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Available

September 2024
9781785948107
B Format
£10.99 : Paperback
352 pages

Until I Kill You

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

Delia Balmer

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

Soon to be an ITV drama starring Anna Maxwell Martin.

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

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

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

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



September 2024
9781529920321
B Format
£10.99 : Paperback
336 pages

Tea Happiness

60 delicious recipes to make with tea

Bird & Blend Tea Co.

60 recipes to spark happiness and reimagine tea, from the experts in tea mixology

Infuse your favourite drinks and dishes with your best-loved flavours of tea!

From the award-winning experts at Bird & Blend Tea Co., a tea-rrific cookbook with bakes, savoury dishes, cocktails, milkshakes and more. With chapters on **black, green, oolong, rooibos, fruit, herbal** and **matcha**, these mouth-watering recipes showcase the versatility of the tea already in your cupboard.

From **Green Tea Miso Soup** and an **Earl Grey Yoghurt Loaf** to **Chai & Coconut Ice Lollies** and an **Eton Mess Milkshake**, this cookbook will inspire you to experiment with tea in exciting and surprisingly easy ways.

The perfect gift for the tea-lover in your life, these recipes are not just for teatime. Bird & Blend have something for every occasion and moment of your day, with recipes designed for wellness, wind-downs, pick-me-ups and celebrations.

Let the tea-licious fun begin!

Bird & Blend Tea Co. is an independent, award-winning tea company on a mission to spread happiness and re-imagine tea. They have over 100 blends which have won tens of Great Taste Awards, and they have the UK's top-rated tea subscription box.



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September 2024
9781529937398
190 x 140 mm
£14.99 : Hardback
176 pages

Rick Stein's Food Stories

Rick Stein

Accompanying a major new BBC primetime series, Rick Stein celebrates the best of British food with over 100 diverse, exciting and easy new recipes.

'Over my 55-year career, I've seen British cuisine transform. What we have now is an amalgam of our own rich repertoire of dishes, and the food and flavours of so many different cultures from the people who have made Britain their home – from meat and two veg to Pad Thai noodles. We have today what I believe is one of the most exciting cuisines in the world' – Rick Stein

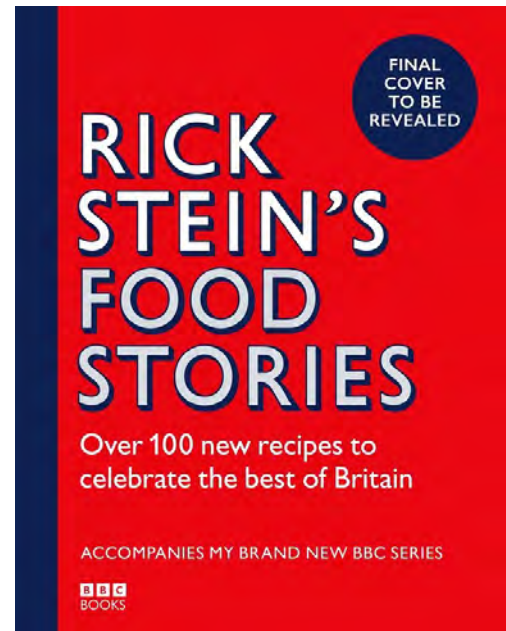
Accompanying the major new BBC2 series, *Rick Stein's Food Stories* is an exciting collection of new classics that celebrate modern Britain. Rick's recipes reflect his mouth-watering and heartfelt exploration of today's British cuisine and how different cultures have influenced the nation's evolving palate.

Rick highlights traditional favourites such as Bangers and champ with red wine gravy, Crumpets with potted shrimp, and Tattie scones with smoked salmon and puts his twist on new food and flavours that have come to our shores, including Kubo pork belly adobo, Arroz roja and Paneer jalfrezi.

With stunning food and location photography, *Rick Stein's Food Stories* also shines a spotlight on talented food heroes from all over the country, from food growers and producers to immigrant home cooks and rebellious young chefs. Let Rick take you on a delicious journey through our joyous and ever-changing food scene.

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

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



September 2024
9781785948602
Crown Quarto
£28.00 : Hardback
288 pages

Match of the Day Annual 2025

Match of the Day Magazine

From the UK's number 1 football magazine, the very best footy annual is back!

What a save!

The MOTD annual returns, bursting with fun football trivia, games, puzzles, cartoons and much, much more...

Packed with fun football trivia, quizzes, games, puzzles, top 10s, cartoons and more, this is the only annual fans of this beautiful game will need.

Featuring Gary and all of the MOTD presenters, Paz, Ketch, and the best teams and players on the planet, *Match of the Day Annual 2023* is the best around - it will be on the top of your Christmas list!

BBC's Match of the Day is the UK's best-selling football magazine, including Premier League match highlights, exclusive interviews, transfer gossip and fascinating stats and facts. It also includes posters, quizzes and funnies, all for young readers.



September 2024
9781785948381
280x210
£9.99 : Hardback
96 pages

Good Lookin' Cookin'

A Year of Meals - A Lifetime of Family, Friends, and Food
Dolly Parton and Rachel Parton George

From the New York Times bestselling author, a southern feast! Parton family recipes and stories shared with love.

You're invited to pull up a chair to a year of meals, friends, and fun with the Partons, as Dolly and her sister (and favorite cook) Rachel share beloved, crowd-pleasing recipes and family stories.

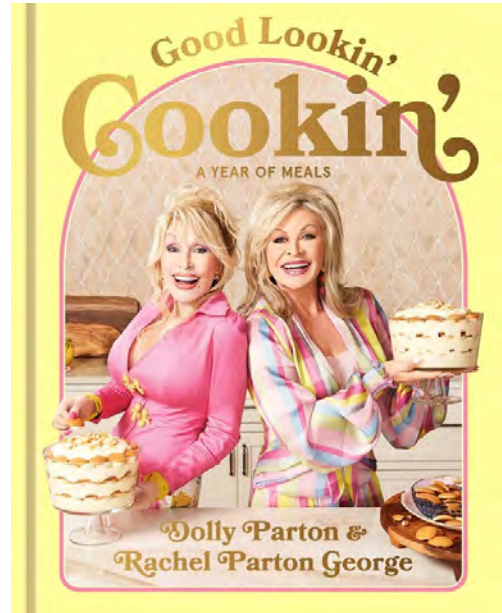
"Hey, good lookin'—what ya got cookin'?"

This is what Dolly Parton sings to her sister Rachel Parton George whenever she walks into her kitchen. It's what you do when a love for good music and good food runs in the family.

In *Good Lookin' Cookin'* Dolly and Rachel share tips for hosting events all year long, including twelve multi-course menus of cherished recipes for New Year's Day, Easter, Mother's Day, Thanksgiving, Christmas, and more. You'll learn how much butter or whipped cream goes into a "Dolly Dollop," what condiment is almost always on the table at Parton family meals, and what special dish Rachel makes at Dolly's request every year for her birthday. Recipes include American classics such as **Country Ham and Biscuits, Barbecue Spare Ribs, Family Favorite Meatloaf, Slaw of Many Colors, Watermelon Fruit Salad, Mac and Cheese,** and **Strawberry Shortcake.**

Filled with more than 80 delicious dishes as well as photographs of Dolly and Rachel cooking and hosting all year long, *Good Lookin' Cookin'* is a treasured cookbook that will make you feel like part of the Parton family. With their trademark warmth and sisterly love, Dolly and Rachel remind you that cooking doesn't need to be serious—it should be fun! And always good lookin'!

Dolly Parton is the most honored and revered female singer-songwriter of all time. She has garnered 11 Grammy Awards and over 50 nominations, including the Lifetime Achievement Award. Achieving 27 Recording Industry Association of America gold, platinum, and multi-platinum awards and certifications, she has had 26 songs reach the top of the Billboard country



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£30.00 : Hardback
272 pages

The Anxiety Prescription

A doctor's remedy to calm your mind, soothe your nervous system, and heal chronic worry for good

Dr Russell Kennedy

From neuroscientist Dr Russell Kennedy comes a revolutionary, life-changing approach to healing anxiety

'A must-read for anyone who suffers with chronic worry.'
– Dr Nicole LePera

'Dr Kennedy's message has the potential to transform the way we think about mental health and the role of the body in calming the mind.' – Dr Rangan Chatterjee

After years of trying different therapies for his crippling anxiety without success, Dr Russell Kennedy had an epiphany: anxiety does not start in the brain.

Anxiety starts in the body, where trauma is stored and physical and emotional perception begin. **Alarm bells** originating in the body are what trigger those **anxious thoughts** that we call anxiety, and Dr Kennedy realised that true healing starts only when we learn not to conflate the two. He understood that existing therapies focused only on the mind would never get to the root of the problem – at best, they could help manage symptoms, but they'd never truly heal anxiety.

Now fully revised and updated, with new material including the **Anxiety Toolkit**, *The Anxiety Prescription* blends Dr Kennedy's personal story with medical science, neuroscience and developmental psychology. When you learn how to sever the connection between the somatic alarm and the flood of anxious thoughts – you can begin to heal old trauma and gain back a sense of control.

The Anxiety Prescription offers a toolkit of techniques for our thinking minds, and our feeling bodies – changing not just our mindset, but our 'body-set'. Unravelling the intricate relationship between anxiety, the body and the mind, this powerful book offers a profound path toward healing and growth.

Dr Russell Kennedy is a physician, neuroscientist, certified yoga and meditation teacher, and a professional stand-up comedian. For over a decade he was a doctor by day, comic by night. He specialises in non-traditional treatments for anxiety

'A must-read for anyone who suffers from chronic worry.'
Dr Nicole LePera @the.holistic.psychologist

The Anxiety Prescription

A doctor's remedy to calm your mind,
soothe your nervous system, and heal
chronic worry for good



DR RUSSELL KENNEDY

September 2024
9781785045097
Demy Octavo
£16.99 : Trade Paperback
224 pages

Say It Well

Find Your Voice, Speak Your Mind, Inspire Any Audience
Terry Szuplat

A practical and transformative speech writing guide from President Barack Obama's longest-serving senior speechwriter.

Anyone can inspire and entertain an audience.

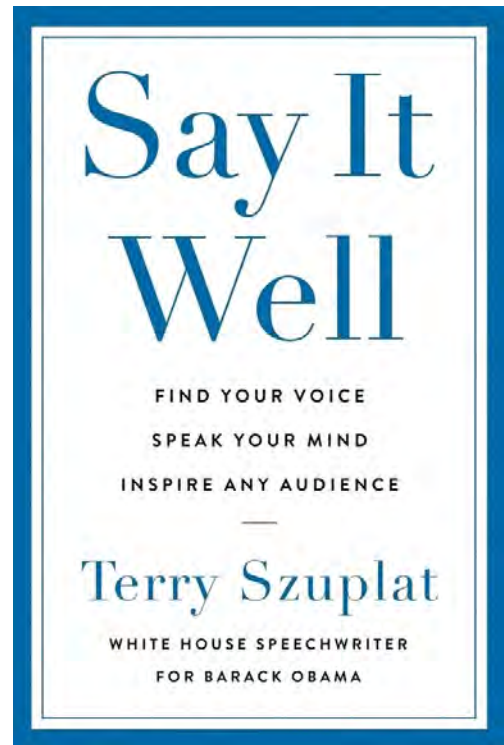
Whether you're addressing a boardroom, delivering a heartfelt eulogy or seeking to ignite change, this comprehensive guide gives you the tools you need to become a confident public speaker.

Leading speechwriter Terence Szuplat draws on his unparalleled experience in the White House to show you how to:

- Communicate clearly and confidently in *any* situation
- Create an emotional connection with your audience from the start
- Adopt a new mindset to help overcome your anxieties and fear of public speaking
- Harness the power of storytelling to win over a tricky audience

Full of practical tips, fascinating psychological research and insight from conversations with President Obama, this book will transform the way you approach speaking in public forever. Whether you're an experienced speaker or just starting out, *Say It Well* is the ultimate companion on your journey to becoming a masterful communicator.

Terence Szuplat is one of the world's leading speechwriters – including spending eight years as one of President Obama's speechwriters. He is plugged into a vast network of very prominent civil servants and journalists and his consulting clientele includes highly influential business leaders, celebrities and entertainers. He has written essays for *The Washington Post*, *The New Yorker*, *POLITICO*, and numerous other publications; he has appeared live on CTV, CBC, and Fox and in documentaries by HBO and CNN; he has been interviewed by radio shows and podcasts in the US and abroad.



September 2024
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Demy Octavo
£16.99 : Trade Paperback
320 pages

Joan

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

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

Diamonds are a girl's best friend

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

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

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

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



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

Tigga Mac's Cake Hacks

Tigga Mac

The ultimate step-by step DIY guide to creating simple, delicious and affordable cakes for any celebration.

Solve the kids' birthday cake dilemma with 30 achievable, affordable and amazing-looking cake hacks from internet sensation Tigga Mac!

Children's birthdays are a time for celebration – but nailing the cake can be a source of stress!

If you need inspiration and instruction, look no further than Tigga Mac's Cake Hacks from the Aussie cake artist adored across social media: Tigga Mac.

Cakes for everyone

From frogs to mermaids, sandcastles to ice-cream trucks, you're sure to find something your little one will LOVE in this colourful collection of cake creations with its five themed chapters:

Whimsical and Wonderful

Farmyard Friends

Tracks, Wheels and Automobiles

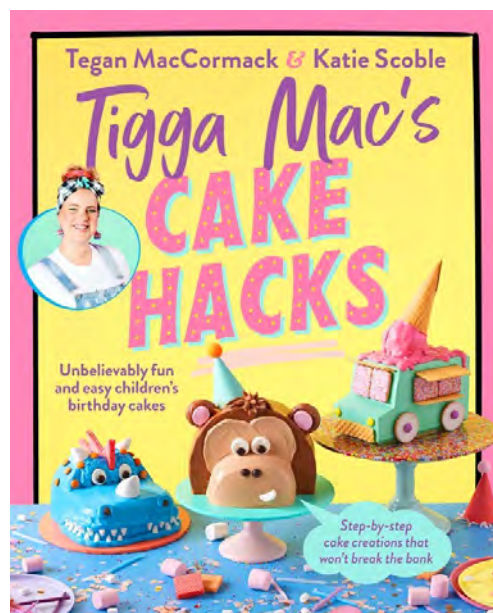
Slimy Scales, Teeth and Tails

Creepy, Kooky and All Things Spooky

No baking skills (or big budget) needed

You can make these creations with affordable shop-bought sponge cakes or homemade ones. Simply follow Tigga's step-by-step decorating instructions from start to finish, all accompanied by clear photography and a full-page shot of the finished cake to guide you.

The hacks are graded easy, medium and hard, so you can choose one that suits your skills, time and ambitions. And for the more challenging cakes, QR codes will lead you to follow-along video tutorials to help you on your path to birthday cake glory!



September 2024
9781529929676
230 x 189mm
£22.00 : Trade Paperback
208 pages

BBC: The Story of the Solar System

Maggie Aderin-Pocock

A dazzling infographic tour of the solar system by bestselling author and *Sky at Night* presenter Maggie Aderin-Pocock

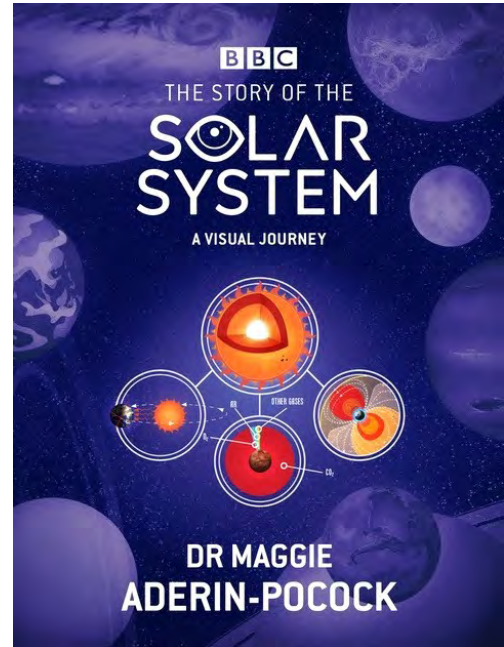
Take a new look at the world around you.

What is a planet? Is there life on Mars? What makes Earth so special?

Questions about our Solar System have fascinated us for centuries. Based on the latest scientific research, *The Story of the Solar System* will help you see the planets around us in a whole new light. Using colourful and easy-to-follow infographics, each planet becomes a character with a story of its own to tell, from Jupiter the King of the Solar System to ice oddity Uranus and outlier planet-but-not-a-planet Pluto.

As Space Scientist Maggie Aderin-Pocock shows us, the story of Earth is best understood as part of its larger family, and *The Story of the Solar System* will bring that family to life.

Dr Maggie Aderin-Pocock has had a passion for space and astronomy since she was a small child. Now a pioneering figure in promoting science to the public, Maggie runs her own company engaging children and adults all over the world with the wonders of space science. Overcoming dyslexia to study at Imperial College, she obtained her degree in Physics and a PhD in Mechanical Engineering. As a space scientist, she has spent many years working on novel and bespoke instruments for the space industry, including the James Webb Space Telescope. While doing this she has toured the UK speaking to inner-city schools inspiring the next generation of physicists. In 2006 she was one of six 'Women of Outstanding Achievement' winners with GetSET Women and in 2009 she was awarded a Member of the British Empire for her services to science and education. As well as fronting *The Sky at Night*, Maggie has appeared in numerous programmes including *Stargazing Live* and *Doctor Who Confidential*. She is also an Honorary Research Associate at UCL's Department of Physics and Astronomy, and been awarded five honorary doctorates from universities across the country.



September 2024
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Crown Quarto
£22.00 : Hardback
192 pages

Prose and Cons

The English Language in Just a Minute

Gyles Brandreth

From bestselling writer, podcaster and English language virtuoso Gyles Brandreth, a magical tour of our mother tongue in pithy 60-second instalments.

As fans of *Just a Minute* know, the key to the game is knowing your way around the English language: how it works, how it's evolved, and how words connect, often in surprising ways. When it comes to the English language (and *Just a Minute*), Gyles Brandreth has seen it all – and now he's ready to put you through your linguistic paces, to become a *Just a Minute* expert yourself.

In this wildly entertaining A to Z of verbal acrobatics, Gyles takes you on a whirlwind tour of our mother tongue – from the origins of words and correct grammar and punctuation, to similes, euphemisms and record breaking tongue twisters (try getting your mouth around floccinaucinihilipification!). An idiosyncratic blend of history, word play, anecdote, and hyperbole, all in 60-second instalments, this is Gyles Brandreth at his word-perfect, *Just-a-Minute* best. You'll never mix your metaphors again...

Gyles Brandreth is a writer, broadcaster, veteran of *Just A Minute*, *QI* and *The One Show*, former MP and Government Whip, now Chancellor of the University of Chester and founder of the 'Poetry Together' project bringing schoolchildren and older people together to learn poetry by heart. His many books include the best-selling poetry anthology, *Dancing by the Light of the Moon*, and the international best-seller about spelling and punctuation, *Have You Eaten Grandma?* With Susie Dent, the lexicographer from *Countdown*, he co-hosts the award-winning podcast, *Something Rhymes With Purple*. With Dame Sheila Hancock he presents *Great Canal Journeys* on Channel 4. With Dame Maureen Lipman he is a regular on *Celebrity Gogglebox*. Gyles is married to writer and publisher Michèle Brown and has three children, seven grandchildren, and lives in London with his wife, his jumpers, and Nala, the neighbour's cat.



Image
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soon

September 2024
9781785946820
Demy Octavo
£16.99 : Hardback
384 pages

Strangeland

How Britain Went Through the Looking Glass

Jon Sopel

From Jon Sopel, bestselling author and presenter of The News Agents podcast, comes his most ambitious book to date: an incisive examination of post-Brexit Britain, and what it means for our future.

At the beginning of 2022, after eight years of political reporting in the US, Jon Sopel returned home to the UK – and having spent almost a third of his career abroad, he found a very different place to the one he left. In *Strangeland*, his first book since launching the global hit podcast *The News Agents*, he asks: What is the Britain he's come home to?

In the US, Jon was the outsider looking in, firm in the belief that the common language of English masked our fundamental differences; in terms of values and beliefs, it seemed the British had much more in common with our European neighbours.

Strangeland is Jon's account of how much that has changed. The US was a country he thought he knew well but didn't really; returning home has been in some ways even more disconcerting – either Britain, the country he grew up in, has changed dramatically, or he has. Perhaps it's both.

A trenchant analysis of politics, people, and everything in between, *Strangeland* is an unforgettable portrait of a country gone through the looking glass.

Jon Sopel was the BBC's North America Editor for 8 years, before launching *The News Agents* podcast with Emily Maitlis and Lewis Goodall in August 2022. During his time at the BBC, he covered the 2016 and 2020 elections and Trump's White House at first hand, reporting for the BBC across TV, radio and online, as well as presenting the highly successful *Americast* podcast with Emily Maitlis and Anthony Zurcher.

He is the author of *If Only They Didn't Speak English: Notes from Trump's America*, *A Year at the Circus: Inside Trump's White House* and *UnPresidential: Politics, Pandemics and the Race that Trumped All Others*.



September 2024
9781529938401
Royal Octavo
£22.00 : Hardback
352 pages

Classic Cocktails and Fancy Drinks

With Angostura Bitters

Angostura Bitters

Celebrate 200 years of timeless mixology with Angostura Bitters

Step into the world of classic cocktails with Angostura Bitters. Celebrating its 200th anniversary, Angostura Bitters is essential in timeless drinks such as the **Old Fashioned**, **Manhattan** and **Champagne Cocktail**. This iconic ingredient has not only helped shape the history of cocktails, but has truly stood the test of time.

Now readers can explore a range of classic cocktails and fancy drinks specially designed to showcase its distinct and versatile flavour. Find simple three-ingredient cocktails such as a sweet **Stone Fence**, an elegant **Star** and a savoury **Tuxedo**, or cool off on a summer's day with a refreshing **Queen's Park Swizzle**, the iconic **Singapore Sling** or a zesty **Daiquiri**. Go heavy on the liquor with a sophisticated **Martini**, the fresh **Fitzgerald** or spiced **Mandarin Sazerac**, or go for a low alcohol option such as a tangy Lemon Lime and Bitters, a herbal **Green Mind Collins** and a fruity **Sober Summer Cup**.

As you explore these classic drinks, delve into the rich history of Angostura Bitters to find out how it was originally created as a medicine, how nineteenth century sailors used the bitters to invent the **Pink Gin** cocktail and why the label is too big for the bottle. Beautifully photographed and designed with a host of timeless recipes and twisted takes on classic drinks, this is the perfect book for any cocktail lover.

First created in 1824, Angostura Bitters is an essential ingredient in some of the world's most famous drinks, including the Old Fashioned, Manhattan and Champagne Cocktail. The iconic ingredient is made to a secret recipe in Trinidad & Tobago and is renowned across the world, receiving a royal warrant from Queen Elizabeth II in 1955.

Created soon after the development of the cocktail, Angostura Bitters has played a large role in shaping the history of mixology and was a key ingredient in more than 90 recipes in the seminal *Savoy Cocktail Book*.



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October 2024
9781529938098
220 x 160 mm
£20.00 : Hardback
256 pages

Unprocessed Made Easy

75 delicious, ultra-processed free recipes for every meal of the day

Delicia Bale

75-recipe cookbook giving people simple and tasty recipes for anyone looking to reduce how many ultra-processed foods they eat.

Ultra-easy recipes with no ultra-processed ingredients.

Registered Nutritionist, Delicia Bale makes reducing the number of processed and ultra-processed foods (UPFs) you eat simple, in these 75 easy-to-make recipes. With clever swaps and handy tips, these are your classic family favourites with the same delicious flavours but fewer addictive, industrially processed ingredients.

With recipes that everyone will love – from Healthy Breakfast Cookies and Meal-prep Noodle Jars to Ground Almond Brownies and Lasagne these convenient breakfasts, lunches, dinners and snacks will help you eat healthier, while keeping you energised and satisfied all day long.



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October 2024
9781529941708
240x170
£14.99 : Hardback
192 pages

The Ballerina of Auschwitz

Young Adult Edition of The Choice

Edith Eger

The unforgettable account of Edith Eger's extraordinary survival of Auschwitz, with unseen content written for a new generation.

The life-changing *Sunday Times* and *New York Times* bestseller, now with new material from Edie's childhood.

Even in hell, hope can flower...

In 1944, sixteen-year-old ballerina Edith Eger was sent to Auschwitz. Separated from her parents on arrival, she endured unimaginable experiences, including being made to dance for the infamous Josef Mengele. When the camp was finally liberated, she was pulled from a pile of bodies, barely alive.

With over a hundred pages of new material covering Edie's childhood and teen years, this is the unforgettable story about finding hope in the most unlikely spaces.

PRAISE FOR THE CHOICE

'I'll be forever changed by her story' - **Oprah Winfrey**

'Extraordinary ... will stick with you long after you read it' - **Bill Gates**

'One of those rare and eternal stories you don't want to end' - **Desmond Tutu**

Dr Edith Eger is a Hungarian-born psychologist, Holocaust survivor and international bestselling author of *The Choice* and *The Gift*. Born in Hungary, Edith was a teenager when she and her family were sent to Auschwitz in the Second World War. Despite overwhelming odds, Edith survived the Holocaust and moved with her husband to the United States. Having worked in a factory whilst raising her young family, she went on to graduate with a PhD from the University of Texas and became an eminent psychologist.



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October 2024
9781846047817
B (Ebury)
£10.99 : Paperback
224 pages

Surrounded by Liars

Or, How to Stop Half-Truths, Deception and Storytelling Ruining Your Life

Thomas Erikson

How to handle the liars in your life, from the million-copy-bestselling author of *Surrounded by Idiots*

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

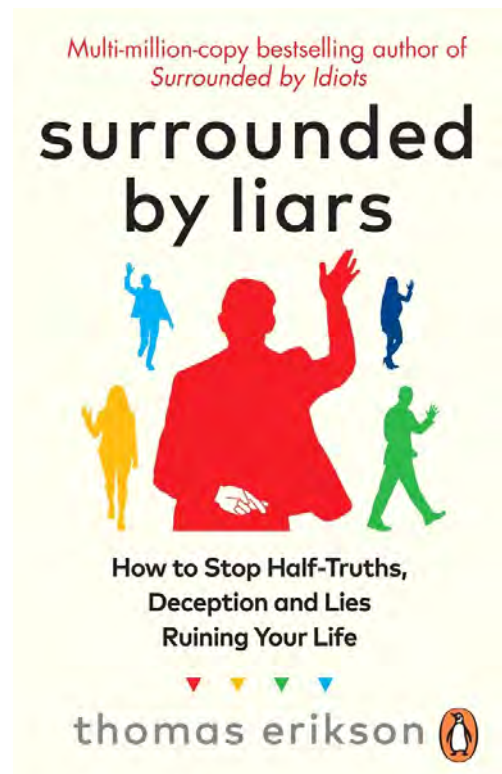
Studies suggest two people who have never met before will tell three lies within the first five minutes. Astounding. But why?

Why do we choose to lie even when we know it's wrong? To protect the people we love? To paint ourselves in a better light? To win short-lived praise? Or, are there simply far more obscure reasons behind why we lie?

In *Surrounded by Liars*, international bestselling author and behavioural expert Thomas Erikson unpacks the psychological reasons behind why we lie, and reveals the impact lying has on our relationships.

With the help of the behavioural model made famous in *Surrounded by Idiots*, discover how to detect the liars in your life and shatter their deception for good!

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



October 2024
9781785044762
B (Ebury)
£10.99 : Paperback
288 pages

The Gift

A survivor's journey to freedom

Edith Eger

Reflections on hope, healing and finding freedom by celebrated therapist, Holocaust survivor and author of the award-winning international bestseller *The Choice*

'An incredible human being with an extraordinary story to share' Dr Rangan Chatterjee

'A beautiful, life-changing manifesto' Brené Brown

'I will be forever changed by Dr Eger's story' Oprah

'Her story is a testament to our true human potential. She's a gift' Nicole LePera

Each moment in Auschwitz was hell on earth. It was also my best classroom. Subjected to loss, torture, starvation and the constant threat of death, I discovered tools for survival and freedom that I continue to use every day.

In her darkest moments, celebrated therapist and Holocaust survivor Dr Edith Eger discovered that the most damaging prison was the one in her mind. *The Gift* is a hands-on guide that gently encourages us to change the imprisoning thoughts and destructive behaviours that may be holding us back. Drawing on her incredible story and experience as a therapist, Eger shares empowering life lessons to heal and find freedom through the strength that lies within.

Dr Edith Eger is a Hungarian-born psychologist, Holocaust survivor and international bestselling author of *The Choice* and *The Gift*. Born in Hungary, Edith was a teenager when she and her family were sent to Auschwitz in the Second World War. Despite overwhelming odds, Edith survived the Holocaust and moved with her husband to the United States. Having worked in a factory whilst raising her young family, she went on to graduate with a PhD from the University of Texas and became an eminent psychologist.

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October 2024
9781846048401
B (Ebury)
£12.99 : Paperback
256 pages

The Choice

A true story of hope

Edith Eger

The incredible, bestselling memoir of survival, hope and empowerment

THE AWARD-WINNING INTERNATIONAL BESTSELLER

Even in hell, hope can flower

'I'll be forever changed by her story' - Oprah Winfrey

'Extraordinary ... will stick with you long after you read it' - Bill Gates

'One of those rare and eternal stories you don't want to end' - Desmond Tutu

'A masterpiece of holocaust literature. Her memoir, like her life, is extraordinary, harrowing and inspiring in equal measure' - *The Times Literary Supplement*

'I can't imagine a more important message for modern times. Eger's book is a triumph' - *The New York Times*

In 1944, sixteen-year-old ballerina Edith Eger was sent to Auschwitz. Separated from her parents on arrival, she endures unimaginable experiences, including being made to dance for the infamous Josef Mengele. When the camp is finally liberated, she is pulled from a pile of bodies, barely alive.

The horrors of the Holocaust didn't break Edith. In fact, they helped her learn to live again with a life-affirming strength and a truly remarkable resilience.

The Choice is her unforgettable story. It shows that hope can flower in the most unlikely places.

Dr Edith Eger is a Hungarian-born psychologist, Holocaust survivor and international bestselling author of *The Choice* and *The Gift*. Born in Hungary, Edith was a teenager when she and her family were sent to Auschwitz in the Second World War. Despite overwhelming odds, Edith survived the Holocaust and moved with her husband to the United States. Having worked in a factory whilst raising her young family, she went on to graduate with a PhD from the University of Texas and became



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October 2024
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B (Ebury)
£12.99 : Paperback
384 pages

How to Thrive with Adult ADHD

7 Pillars for Focus, Productivity and Balance

Dr James Kustow

ADHD can be your superpower, not your enemy

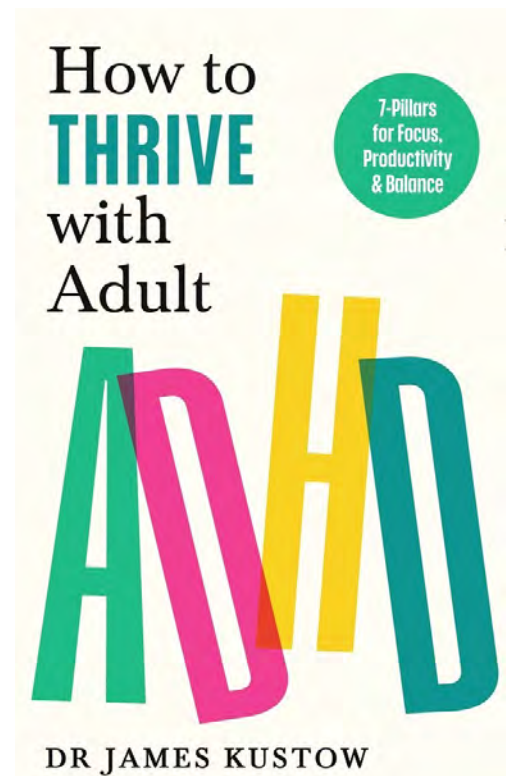
Adult ADHD has long been misunderstood, but is finally getting the attention it deserves as a very real and debilitating condition. More people than ever are having that penny-drop revelation that ADHD might explain what has made life so difficult for them, but NHS waiting times for referrals are running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

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

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

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

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



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

The Complete Compendium

Pam Ayres

The ultimate Pam Ayres collection showcasing Britain's favourite poet's lifetime of work, stretching back over more than 50 years

Pam Ayres is a proper poet, whose wistful, funny, and perceptive verse captures both the joy and unfairness of life.'
The Sunday Times

Pam Ayres has spent a lifetime bringing joy to the nation with her poetry, providing profound and hilarious insights into the delights and tribulations of daily life. In pursuing a career as a performer and a writer as a young girl, she stepped outside of what was expected of her and created a life she could only dream of, travelling the world and bringing roars of laughter wherever she goes. Now, Pam has gathered together the last five decades of poetry in this beautifully illustrated collection and reflects back on her writing in new introductions.

Pam Ayres has been a writer, broadcaster and entertainer for over 40 years. She is the author of several bestselling poetry books, including *The Works*, *Surgically Enhanced*, *You Made Me Late Again!* and *The Last Hedgehog*. Pam's autobiography, *The Necessary Aptitude*, was a bestseller when it was published in 2011.

On radio she is a regular on *Just A Minute*, has made six series of her own *Ayres On The Air* and has appeared twice on the legendary *Desert Island Discs*.

Pam performs her solo stage show throughout the UK and lives in the Cotswolds, where she is an enthusiastic gardener for wildlife.



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October 2024
9781529944723
Royal Octavo
£25.00 : Hardback
480 pages

The Second Act

A celebration of midlife

Fern Britton

National treasure and bestselling author, Fern Britton, opens up about the challenges and joys of midlife in a heart-warming and hilarious new book.

Welcome to your second act! Perhaps your adult children have moved out of home, maybe you've retired and are wondering what's next, or your back on the market and looking for a second shot at love. Whatever your situation, this stage of life opens up a world of possibilities (as well as all the worries and things to think about when you hit this age!). As women, sometimes we put our needs to the side as we take on different roles, such as 'mum' or 'wife', but it's time for us to reclaim our power and rediscover who we are and what makes us happy.

Join Fern as she explores both the joys and challenges of midlife with warmth and humour. She also brings us into her world and reveals how she has transformed her life since relocating to Cornwall; including making lifestyle changes, reflecting back on what she has learnt, and finding a strong group of female friends who enjoy putting the put the world to rights over a couple of cosmos.

Now is the time for us all to start living our best second act, so grab a glass of wine or a cup of tea and let's dive in!

A broadcasting legend and national treasure, Fern Britton has been on our screens for more than 42 years and won numerous TV awards – she was a presenter on *Ready Steady Cook* between 1994-2000 and *This Morning* for 10 years between 1999-2009. She also presents the Channel 5 series *My Cornwall with Fern Britton*. She is a bestselling author and has written 9 fiction books and a memoir in 2008 (which remained on the *Sunday Times* bestseller list for 12 weeks). She is 64 and a mum of four. She relocated to Cornwall with her daughters in 2020.



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October 2024
9781529940503
Royal Octavo
£22.00 : Hardback
320 pages

Pass the Plate

100 delicious, highly shareable, everyday recipes

Carolina Gelen

Viral food influencer Carolina Gelen presents 100 crowd-pleasing, effortlessly delicious recipes in her trademark carefree style. For fans of Alison Roman, Ixta Belfrage, Mob and Molly Baz.

Millions of online followers have flocked to Carolina Gelen's comforting cooking and easy, breezy style that emphasises big flavour with a light lift. In her debut cookbook, she shares soulful recipes rooted in the resourcefulness of her Romanian upbringing that use affordable, pantry-friendly ingredients.

With 100 simple recipes – almost all brand-new but including some fan favourites – for creative but familiar takes on satisfying comfort foods, *Pass the Plate* has you covered for any occasion, from easy weeknight meals to spirited gatherings. No matter the mood or skill level, you'll enjoy irresistible recipes from personality-packed chapters such as:

Egg-Stravaganza: One-Pan Courgette Feta Fried Eggs, Sesame-Crusted Breakfast Quesadilla with Spinach, Dutch Baby Pancake with Yogurt Whipped Cream and Sweet Berries

Pasta-Palooza: Caramelized Lemon Pesto Pasta, Many Mushrooms Lasagne, Brie Mac and Cheese with Crunchy Panko

Salad Days: Evergreen Potato Salad, Cucumber Salad with Salted Lemon Yogurt, Heirloom Tomato Salad with Anchovy Panko

Pick-a-Protein: One-Pan Garlicky Chicken Couscous, Crispy Coconut Chicken Bites with Pineapple-Basil Salsa, Honey Chipotle Salmon Tacos Dorados

Veg Out: Butter Beans alla Vodka, One-Pot Baked Risotto Blistered Tomatoes with Burrata, Cozy Veggie Pot Pie

Nosh & Nibble: Smothered Sweet Onion Bread, Butter Pecan Twists, Spicy Charred Red Pepper Yogurt Dip

Sweets & Treats: Upside-Down Pineapple Coconut Cake, The Very Best Banana Bread, Easy No-Bake Milk Chocolate Pie

With gorgeous photography and heart-warming stories about



October 2024
9781529929492
236 x 189 mm
£27.00 : Hardback
288 pages

The Gucci Style Principles

Be Inspired, Transform How You Dress

Hannah Rogers

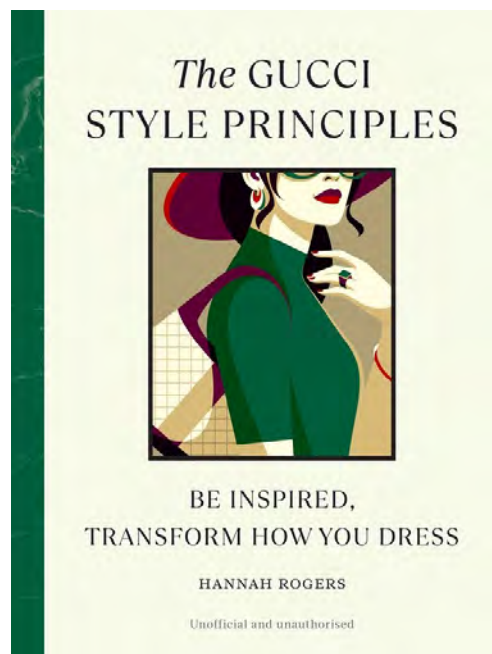
Bring the iconic principles of Gucci's fashion to your everyday outfits

A beautifully illustrated guide on how to transform your everyday outfits, Gucci-style.

Bring the defining principles of Gucci's style to your own wardrobe with this celebration of one of the world's most renowned fashion houses. From channelling the super brand with your beauty choices, finding your inner extrovert in the clothes you choose, and even bringing the influence of the house's equestrian beginnings into your streetwear - this is an essential handbook for going Gucci, your way.

Including the stories, history and personalities who have defined a legacy like no other, there's no better companion for fans of Gucci.

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



October 2024
9781529930573
190 x 140 mm
£14.99 : Hardback
192 pages

Gardeners' World: The Flower Book

A Bloom for Every Day of the Year

Gardeners' World

From the team at *Gardeners' World*, a beautifully illustrated celebration of the joy flowers, providing a bloom for each day of the year.

***The Flower Book* is a daily journey through the art, science, and enchantment of flowers, in which every day of the year is paired with a flower, chosen to match the day it is in bloom.**

Compiled by the experts at *Gardeners' World*, this enchanting volume is the perfect gift for anyone who finds solace, inspiration, and wonder in the world of flowers. Serving as your daily dose of floral joy, *The Flower Book* is something to cherish throughout the seasons.

From the delicate snowdrops of January and the explosion of tulips in April to the festive poinsettias of December, each flower is paired with historic botanical illustrations and features practical tips and tricks for growing throughout the seasons, along with insights into the symbolism, folklore, and significance of each featured flower.

The Flower Book is your companion in discovering the daily wonders of nature, one exquisite bloom at a time.

Gardeners' World Magazine is Britain's biggest-selling gardening magazine, providing fresh ideas and clear advice every month. From plants and flowers to gardens and design, allotments and kitchen gardens to shopping guides and tried-and-tested reviews, *Gardeners' World Magazine* features the top names in BBC gardening, such as Monty Don, Alan Titchmarsh, Carol Klein and the *Gardeners' Question Time* team.

Find out more at www.gardenersworld.com



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October 2024
9781785948954
216x153
£20.00 : Hardback
320 pages

Heal Your Back

4 Steps to a Pain-free Life

Anisha Joshi

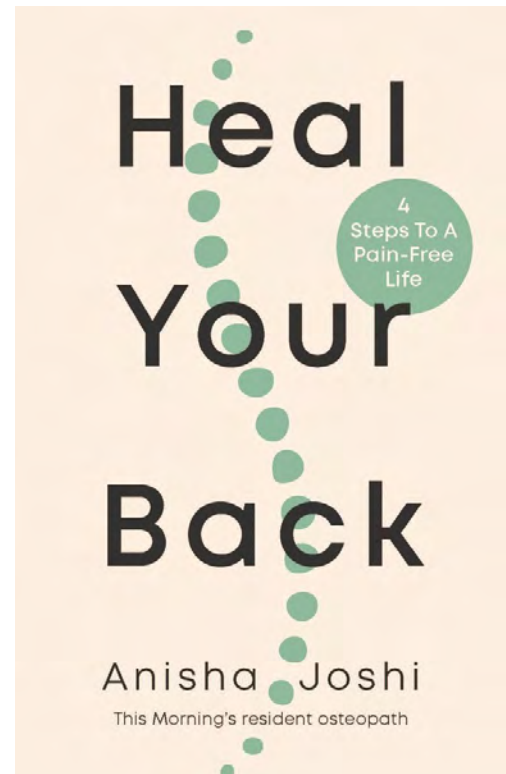
An empowering, practical guide to taking charge of your back pain for good, from *This Morning's* expert osteopath

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

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

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

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



October 2024
9781785044670
Demy Octavo
£16.99 : Trade Paperback
288 pages

Isle of Dogs

A canine adventure through Britain

Clare Balding

A fascinating new history of Britain told through its dogs, by acclaimed broadcaster and best-selling author Clare Balding, perfect for fans of Bill Bryson.

Every dog must have his day.

There's nothing the British love quite as much as their dogs - but did you know that our canine companions have also shaped the history of this sceptred isle? From hunting to our hearths, and from herding to heavy industry, our dogs have accompanied us through centuries of social and economic change, and our relationship is still evolving today.

In this fascinating alternative history of Britain, Clare Balding takes us on a journey across the length and breadth of the home nations, exploring our unique heritage of canine tradition and meeting the people who still live, work and innovate with their dogs. A story of companionship, loyalty and good old-fashioned hard work, *Isle of Dogs* is an unmissable read for anyone whose life has been transformed by a faithful hound.

CLARE BALDING is an award-winning writer and broadcaster who has been at the forefront of sports presentation since 1998. She has been a key anchor at seven Olympic and six Paralympic Games as well as multiple Commonwealth Games and Winter Olympics. She was awarded a special BAFTA in 2012 for her work at the London Olympics and Paralympics. In 2023, she took over as the lead BBC TV presenter at Wimbledon. She was a key commentator on the BBC's television coverage of King Charles III's Coronation in 2023 and for the Queen's Platinum Jubilee coverage in 2022. She has presented the television coverage of Crufts for nearly two decades and *Lost Dogs Live* on Channel 5, which helps reunite missing dogs with their owners. During most of her childhood she thought she was a dog and has tried to live with the mentality of a Labrador puppy: be pleased to see everyone and treat every new task as an exciting adventure. Her first book, *My Animals and Other Family*, was published in 2012 and won the National Book Award for biography of the year. In 2013, she was awarded an OBE in the Queen's Birthday Honours List and in 2023 received a CBE for services to sport and charity in the Queen's final Honours List.



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October 2024
9781529195415
B (Ebury)
£8.99 : Paperback
320 pages

The Archers Unseen

A secret history of Ambridge

Julie Beckett

Behind closed doors in Britain's most talked-about village

What was Helen Titchener cooking when she stabbed her husband over dinner? What did law-abiding Jill Archer throw, and at whom, to get herself arrested? Where was Adam Macy conceived? And just why are the Grundys obsessed with ferrets?

This knowing excavation of Ambridge delights in the follies and everyday mischief of the inhabitants of England's most famous village. House by house, via the Bull and the occasional barn, the narrator takes us behind closed doors and picks up on all sorts of whispers around money, births, deaths and marriages, and romance and sex (often in inappropriate places ...)

In this canny, in-world exploration of Britain's best-loved soap, we see how every relationship, each personal triumph and disaster, and all the hopes and dreams of a community over the years are folded into the personal stories of the characters we know so well today.

Julie Beckett has listened to *The Archers* since birth. She has been working in Ambridge since 1998, and has produced, devised, written, edited and directed countless stories in that time. She previously worked for BBC School Radio. This is her first book.



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October 2024
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Demy Octavo
£16.99 : Hardback
256 pages

A Boy from the Valleys

Luke Evans

From his humble beginnings in a quaint Welsh mining village to the dazzling lights of Hollywood, much-loved star, Luke Evans takes us on a poignant and inspiring journey that spans from the heart of Wales to behind the scenes of the global stage

Growing up in a small village in the Rhymney Valley, Luke's life was shaped by his Jehovah's Witness upbringing, a path he'd eventually navigate to come out to his parents, knowing he risked losing them. In his raw and honest account, he shares his struggles of always feeling different and being bullied as a child, and his brave decision to leave home at just seventeen, searching for a new life and a place where he truly belonged.

Starring first on the West End stages in iconic productions like *Miss Saigon*, *Avenue Q*, and *Rent*, he quickly captivated the hearts of audiences and caught the eye of Hollywood's elite, going on to secure roles in blockbuster films like *The Hobbit*, *Beauty and the Beast*, the *Fast and Furious* franchise, and *Nine Perfect Strangers* TV series.

In this intimate memoir, Luke takes us behind the scenes of his career on the stage and screen. He writes beautifully of the relationship he now has with his family and the respect they all have for one another on their different paths. Luke's story is a powerful tale of resilience, courage, and the pursuit of finding a sense of belonging and identity.



Image
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soon

October 2024
9781529917857
Royal Octavo
£22.00 : Hardback
304 pages

Last Boy of '66

My story of England's World Cup winning team

Geoff Hurst

The legendary 1966 World Cup hat-trick hero and last living player paints an enthralling picture of the England team who ruled football.

And here comes Hurst. He's got... Some people are on the pitch. They think it's all over. It is now. It's four!

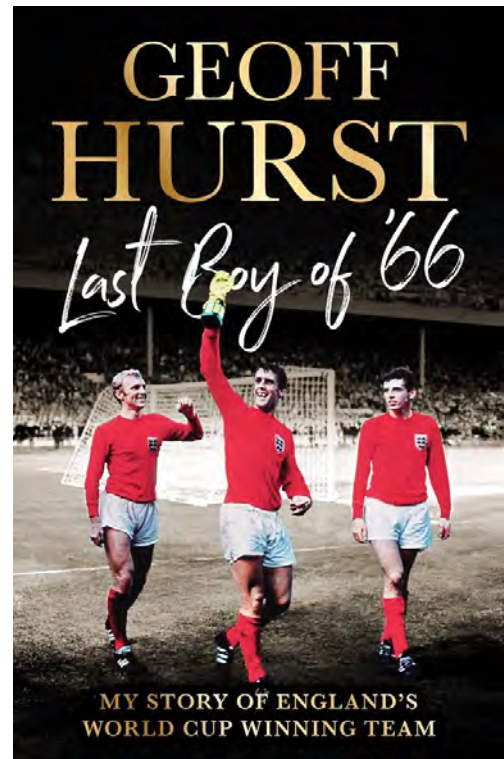
Geoff Hurst's extraordinary hat trick turned him into a global superstar overnight. There is no player in the history of the game so universally identified with a single match.

But the full story of the nation's biggest ever sporting victory is about much more than those final moments. Here Geoff remembers his teammates, the times they spent on and off the pitch, the extraordinary journey they went on together, what football meant to each of them, their work ethic, their culture of team loyalty, their continued bond over the decades.

The enormous salaries paid to today's Premier League stars means that when they finish playing, few will ever have to work again. The 1966 team never had that option. They were paid £60 per match, and received a £1,000 bonus for winning. Most tried, and failed, to become successful managers, with Jack Charlton being a notable exception. Twenty years after they scored the England goals in the final, Geoff and Martin Peters were selling motor insurance. Ray Wilson was an undertaker.

Yet all remained aware they achieved something on 30th July 1966 which may never be repeated, and did so staying close to their roots. The day after the final Alan Ball stopped at a motorway cafe on the M6. One or two people asked to see his winner's medal, then left him to his egg and chips. Geoff mowed the lawn. 'That's what you did on a Sunday'.

In *Last Boy of 66* our 1966 hat-trick hero takes us back to those very different days. A definitive and important eye-witness account, to be treasured by fans and historians for generations to come.



October 2024
9781529938487
Royal Octavo
£22.00 : Hardback
320 pages

Magical Worlds

An Enchanted Colouring Adventure

Johanna Basford

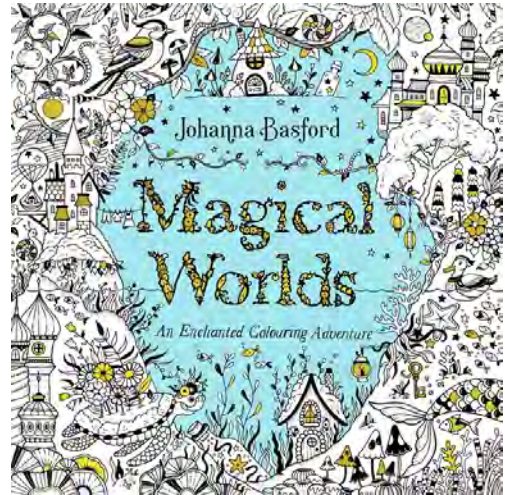
The next big colouring book from the Colouring Queen - Johanna's books have now sold over 25 million copies worldwide.

From the bestselling "Queen of Colouring," a gorgeous new colouring book that explores fairy-tale worlds and intricate magical vistas

Magical Worlds is a colouring book of faraway lands, enchanted castles, and inky realms, all featuring Johanna Basford's trademark illustrations. Let your creativity take you on an incredible journey as you add colour to underwater cities, tiny, cosy cottages, and marvellous tree houses.

Johanna Basford is an illustrator and ink evangelist who prefers pens and pencils to pixels. Her intricate, hand-drawn illustrations are loved the world over by those who have coloured in (sometimes more than once) her bestselling books *Small Victories*, *Rooms of Wonder*, *30 Days of Creativity*, *Worlds of Wonder*, *How to Draw Inky Wonderlands*, *World of Flowers*, *Ivy and the Inky Butterfly*, *Johanna's Christmas*, *Magical Jungle*, *Lost Ocean*, *Enchanted Forest*, and *Secret Garden*. Johanna is a graduate of Duncan of Jordanstone College of Art & Design in Dundee, Scotland. She likes sugar mice, floral teacups, peonies, and bumblebees.

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



October 2024
9781529928105
250x250
£16.99 : Trade Paperback
80 pages

The Shipping Forecast

Meg Clothier

An official celebration of the 100th anniversary of *The Shipping Forecast*

There's a sea lover in every Brit.

The Shipping Forecast has been keeping people up to date with the latest changes to British weather for a century, and capturing our hearts and imaginations along the way.

Celebrating a hundred years since the first broadcast, this book takes you to the heart of what the Shipping Forecast means to us as a nation. Each of the ten chapters brings you on a fascinating exploration of a different area of our British maritime history, from stormy weather up above to the seabed far below, and from fishing boats to the art, songs and poems inspired by the forecast. With illustrations and fascinating fact files about each sea area, this joyous book invites you to sail away into the enchanting world of the forecast, and is the perfect companion for anyone curious about our great British skies and seas.



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October 2024
9781785949265
Demy Octavo
£16.99 : Hardback
232 pages

Anchored

Deb Dana

Discover your body's neural pathways to calmness, safety, and connection

'Deb Dana guides us to understand and befriend our autonomic nervous system, engaging its healing capacities to connect with ourselves and with our social world.' –

Gabor Maté

'Once we know how our nervous system works, we can work with it,' teaches Deb Dana. 'We can learn to access an embodied, biological resource that is always present, available, and there to guide us toward well-being.'

An aggressive email from your boss, or a fight with your partner - these situations aren't life-or-death, yet our bodies may react as if they are. But we can train our nervous system to stop overreacting, and start responding to the world with greater safety and ease, if we know how. In *Anchored*, expert teacher Deb Dana shares a down-to-earth presentation of Polyvagal Theory, then brings the science to life with practical, everyday tools.

Using field-tested techniques, Dana helps you master the skills to become more aware of your nervous system moment to moment, and change the way you respond to the great and small challenges of life. Here, you'll explore:

- Polyvagal Theory - get to know the biology and function of your vagus nerve, the highway of the nervous system.
- Befriending Your Nervous System - attune to what's going on in your body by developing your 'neuroception'
- Using Your Vagal Brake - discover key techniques to consciously regulate the intensity of your emotions.
- Connection and Protection - learn to recognize and influence your internal cues for safety and danger.
- Your Social Engagement System - find ways to create nourishing relationships with others and the world around you.

Through guided imagery, meditation, self-inquiry, and more, *Anchored* offers a practical user's manual for moving from a place of fear and panic into a grounded space of balance and confidence.



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soon

October 2024
9781785045325
Demy Octavo
£16.99 : Trade Paperback
224 pages

OPSO

A Modern Greek Cookbook

Nikos Roussos and Andreas Labridis

The modern cookbook for all lovers of Greek and Mediterranean food.

Inspired by Nikos and Andreas' Greek culinary heritage and their love of fresh ingredients, OPSO restaurant opened in the heart of Marylebone in 2014 with a mission to elevate modern Greek food and introduce Londoners to fine Greek dining.

With over 80 recipes, including all of OPSO's signature Greek dishes, seasonal specials and Greek kitchen favourites from their OPSO at Home menu, there are delicious Modern Greek recipes for every meal and occasion.

Opening with the **Greek Larder**, celebrating small plates and Greece's famous sharing food culture and generous hospitality, there are chapters on **Salads, Vegetable** dishes, **Meat Feasts, Seafood** (raw, cured and to share), **Barbecues** including **Souvlakia, Brunches, Breads, Pastries, Deserts** and **Sweet Treats**. Including simple but delicious recipes for Spanakopita with lemon yoghurt dip, to Baby beetroot salad with Skordalia and blackberries to elevated restaurant favourites Lamb shank with mushrooms trahanas, their signature marinated and slow roasted Octopus stifado and a unique and delicious Greek take on Coffee tiramisu profiteroles!

With stunning photography from the restaurant, showcasing the finest fresh ingredients and beautifully modern food styling, this will be a well used and loved addition to all cooks' bookshelves.

Nikos Roussos (Author)

Nikos Roussos moved to London from his hometown of Athens in 2014 after earning two Michelin stars for his first restaurant, Funky Gourmet. He is the co-founder behind OPSO and Kima in Marylebone, INO in Soho and PittaBun in Camden.

Andreas Labridis (Author)

Andreas Labridis is a former investment banker turned CEO of the Modern Greek Food Group. He is the co-founder behind OPSO and Kima in Marylebone, INO in Soho and PittaBun in



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November 2024
9781529944136
Crown Quarto
£35.00 : Hardback
256 pages

Mob One

Actually delicious meals in one pot, pan or tray

Ben Lebus & Mouth Group

A new book from Mob - the massive online platform with multiple bestselling cookbooks - featuring simple, tasty recipes that can all be made in one pan, pot or bowl.

One pan? No problem.

This is a game-changing cookbook that'll save you on more than just washing up. Rammed with one-pan, one-pot and one-bowl recipes, these dishes are easy, affordable and – above all else – undeniably delicious to eat.

We've created over a hundred recipes for you to check out, enjoy and make for your loved ones, including an easy-as-it-gets Sweet Potato Laksa Soup with fresh toppings, a triple 'ch' traybake with chicken, chickpeas and chorizo, a vegetarian spaghetti that manages to taste exactly like buffalo wings and a Coffee-roasted Pork Belly to whip out on special occasions.

Includes chapters on Easy Ones; Speedy Ones; Fancy Ones and Slow Ones, so you can quickly find exactly the recipe you need, any night of the week.

Ben Lebus (Author)

MOB is the dynamic collective of chefs and creators that boasts almost 2 million online followers. Headed up by Ben Lebus, MOB is known for championing tasty, easy, affordable food and diverse culinary talent.

No Image
Available

October 2024
9781529902297
246x189
£22.00 : Hardback
256 pages

Top Gear Hypercars

The Greatest Automotive Gamechangers

Jason Barlow

The *Top Gear* team test-drive the newest and most notorious hypercars in existence.

Newer, faster and more spectacular than ever, join the *Top Gear* team and expert Jason Barlow as they go around the track and under the hood on the best supercars to date, uncovering 20 of the world's greatest automotive gamechangers.

Get your heart racing with this celebration of the most powerful, expensive and innovative new hypercars of recent years. The *Top Gear* experts give you the lowdown - from vital stats and feats of engineering to driving experience, speed and handling.

Featuring a rundown of the latest innovations, detailed cross sections and including electric and hybrid models, the team will uncover what exactly makes a hypercar 'hyper'!

Buckle up for this tour of the most spectacular motors around, guaranteed to rev the engines of petrolheads everywhere.

Jason Barlow is a journalist and broadcaster who has driven every significant new car - and lots of old ones - in his 25-year career. Currently editor-at-large for BBC *TopGear*, and a long-standing contributing editor to British *GQ*, Barlow has also written for *The Times*, the *Guardian*, and the *Daily Telegraph*. He has presented numerous television shows on cars and popular culture for the BBC, ITV, Sky, and the Discovery Channel. He lives in rural Essex, where the roads are very good indeed.

November 2024
9781785948022
262 x 250 mm
£28.00 : Hardback
264 pages

No Image
Available

How to Read F1

The A-Z Guide to Racing in the Fast Lane

Jennie Gow

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

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.



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November 2024
9781785949241
198 x 130
£16.99 : Hardback
224 pages

All About Darts

The ultimate guide to the best sport in the world

Russ Bray

Legendary darts referee and fan favourite Russ 'The Voice' Bray takes you off stage and round the world with the best throwers and the loudest crowds for the biggest bust-ups, the nerviest legs and the greatest ever finishes in his essential watch-along companion.

Stand up if you love the darts!

Russ 'The Voice' Bray has been beside the oche announcing the scores and controlling the game in his unmistakable raspy tones at every major darts tournaments since 1996. He has now hung up his mic, but fans can stand up and rejoice as he'll be making himself heard once again in this essential, all-seeing companion to the best sport in the world.

Throughout his career as a referee Russ scrupulously maintained professional neutrality, but now, for the first time, he can reveal his own assessment of the current contenders. Who's spraying and praying and who's hitting the target? And his guide to the calendar and tour of the venues will set you up for your live tournament experience. Will you go for tables or seats?

Every throw counts, and Russ calls out the best nine-darters he's ever seen, the biggest comebacks and the greatest epics. And he takes us off stage, into the practice rooms, to observe masterful mind games playing out behind the scenes.

Going back a few years, it wouldn't be darts without argie bargie on the oche and Russ recalls some lively altercations for you to enjoy at a safe distance. His own encounters with the legends of the day include being verbally abused by Jocky Wilson, witnessing Eric Bristow getting into pub fights and carting Big Cliff Lazaranko to hospital after twelve pints and bang on the head.

Game on!



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November 2024
9781529942903
Demy Octavo
£16.99 : Hardback
224 pages

Spanish Gardens

Monty Don and Derry Moore

Based on his new BBC travel series, best-selling author Monty Don takes us on a personal journey through the gardens and green spaces of Spain.

For over a decade, Monty Don has travelled the world, using gardens and green spaces to get under the skin of our most beloved cities and countries. Many of his destinations were well-known to him. For his latest journey, though, he explored Spain as a relative newcomer - and he kept a detailed diary of his travels.

Starting in Madrid and working his way north through the verdant gardens of Galicia, the Basque country and Barcelona, Monty then heads south to the rugged tropical climes of Mallorca, Alicante, Andalucia, Malaga, and Seville. It's a chance for him to explore how Spain has evolved from the darker days after the civil war to its successful transition to democracy over fifty years ago, tracing those changes through its gardens - from the more conventional gardens created after the war to the rich and inventive approaches of contemporary designers.

Accompanied by Derry Moore's stunning photography, *Spanish Garden Diaries* is a remarkable and personal journey through one of the most popular country destinations on earth.

Monty Don (Author)

Monty Don O.B.E. is the UK's leading garden writer and broadcaster. He has been lead presenter of *Gardeners' World* since 2003 and since 2011 the programme has come from his own garden, Longmeadow, in Herefordshire. He has written a weekly gardening column for the Daily Mail since 2004, and published over 20 books, including the bestsellers *Down to Earth*, *Nigel: My Family and Other Dogs*, and *My Garden World*. *Japanese Gardens*, his book with Derry Moore, was shortlisted for the Edward Stanford Travel Writing Award



November 2024
9781785948725
262 x 250 mm
£35.00 : Hardback
288 pages

If Nick Drake Came to My House **Mackenzie Crook**

The first book for adults by award-winning actor and writer Mackenzie Crook – a moving, beautifully illustrated imagined visit from iconic singer-songwriter Nick Drake, and a quietly powerful expression of love, gratitude and appreciation.

What if you had the chance to tell your hero just how much they meant to you?

*If Nick Drake came to my house
and knocked upon my door
I'm sure I'd be more happy
than I've ever been before...*

In *If Nick Drake Came to My House*, Mackenzie Crook – the creative genius behind *Detectorists* and *Worzel Gummidge* – explores the power of art to impact our lives, expressed through an imaginary visit from the late, great singer-songwriter. A tender homage to a classic book by Joan Gale Thomas, Crook's first book for adults is infused with his characteristic warm humour, both in the story and his beautiful illustrations. It's a book for anyone who has ever wished they had the chance to tell their hero how much they meant to them.

Mackenzie Crook is a BAFTA award-winning writer, comedian, actor, and director known for his work across TV, film and theatre. He is known for playing Gareth Keenan in *The Office*, as well as Hollywood roles such as Ragetti in the *Pirates of the Caribbean* franchise and Orell in the HBO series *Game of Thrones*. He created and starred in the BAFTA-winning sitcom *Detectorists*, and he wrote, directed and starred in the recent TV adaptation of *Worzel Gummidge*. He is the author of two books for children, *The Windvale Sprites* and *The Lost Journals of Benjamin Tooth*. He lives in London.

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November 2024
9781529943979
212 x 189 mm
£16.99 : Hardback
32 pages

Blue Sky Through the Window of a Moving Car

Comics for beautiful, awful and ordinary days

Jordan Bolton

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

There is poetry in every day

Most of life is made up of mundane moments on ordinary days. But every moment, every good day, bad day, and average day, had to happen exactly the way that it did for you to exist. Everything that made you, connects us all in small, invisible, and beautiful ways.

This first comic collection from artist Jordan Bolton explores the fleeting details that unite us. Jordan brings together the visual language of comics with the heartfelt language of poetry, to express moments of love and heartbreak, embarrassment and shame, hope and disappointment, grief and happiness. Split into sections that reflect where we spend the majority of our time - In Public, In Transit, and At Home - Bolton shines spotlights on the lives and stories unfolding around us every day that we might otherwise ignore.

With the addition of new and unseen comics, *Blue Sky Through the Window of a Moving Car* is a gentle reminder that everything is ordinary, everything is extraordinary, and everything is connected.

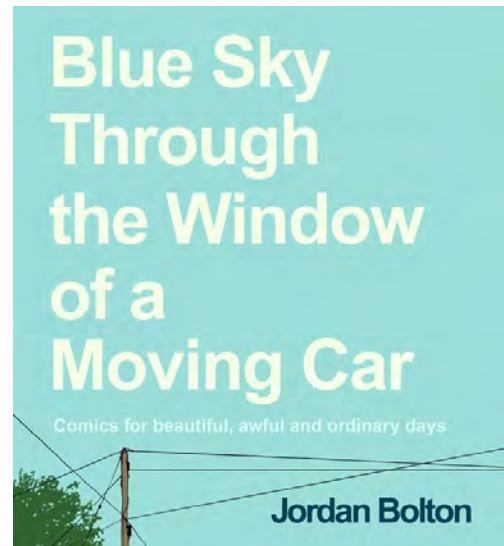
Most-loved stories include:

- **Blue Sky Through the Window of a Moving Car**
- **Range Life**
- **Day Off**

With new exclusive ones including:

- **Public Park**
- **The Driver**
- **Ghosts**

Jordan Bolton is an artist from Manchester, UK. He started out creating posters for local poetry and music events before



November 2024
9781529905410
190 x 170 mm
£14.99 : Hardback
128 pages

Unfollowing Mum

Break unhealthy patterns and be the parent you wish you'd had

Harriet Shearsmith

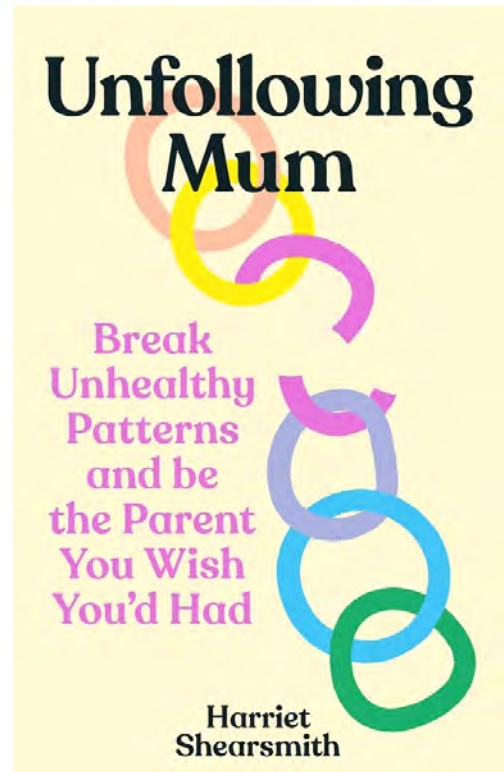
Empowerment coach Harriet Shearsmith's life-affirming manual on how to approach parenting when you weren't parented healthily yourself.

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. She has an engaged community of 118k followers on instagram @tobyandroo. Based in Yorkshire in the UK, Harriet runs her award-winning Toby & Roo blog from home. She is a breath of fresh air in the parenting world, showing how you can thrive in motherhood beyond your own parental estrangement.



November 2024
9781785045172
Demy Octavo
£16.99 : Trade Paperback
224 pages

How to Let Things Go

Relinquish Control and Free Yourself Up for What Matters Most

Shunmyo Masuno

From the Zen Buddhist author of international bestsellers *The Art of Simple Living* and *Don't Worry*, this beautiful and calming book teaches us the most important lesson of all, how to let go.

Step away from life's mounting pressures and free yourself up for what matters most with this beautiful, easy-to-digest gifting book from bestselling Zen Buddhist author.

Amid the relentless cycle of news, social media, emails, and texts, it can be hard to know when, if ever, we can step away. Renowned monk Shunmyo Masuno offers us a radical message: we can leave it all be. *HOW TO LET THINGS GO* teaches us how to:

- **Lesson #15:** remember that social media is a tool and nothing more
- **Lesson #40:** think of letting things go not as throwing them away, but setting them free
- **Lesson #90:** take more breaks the busier you become

With these and 96 other practical tips, we can abandon the futile pursuit of controlling everything in our lives and unlock the key to a calmer and more fulfilling life.

Shunmyo Masuno, the head priest of a 450 year old Zen Buddhist temple in Japan, is the author of the international bestsellers, *Don't Worry* and *The Art of Simple Living*, as well as being an award-winning Zen garden designer for clients around the world. He is a Professor of Environmental Design at one of Japan's leading art schools and has lectured widely, including at the Harvard Graduate School of Design, Cornell University, and Brown University.



November 2024
9781846048388
127x180
£14.99 : Hardback
224 pages

Top Gear Nought to Sixty

60 Epic, Mad, Motoring Moments

Sam Philip

A collection of the 60 best moments from every era of the BBC's beloved *Top Gear*. An adrenalin-filled, hilarious, loving, celebration of *probably* the greatest motoring programme of all time.

Unleash the adrenaline-fueled chaos of *Top Gear* with *Top Gear: Nought to Sixty* – a collection of the 60 maddest motoring moments from every era of *probably* the greatest motoring programme of all time.

From epic challenges like homemade stretch limos, bungee jumping a Rover 114 and destroying a Toyota Hilux to all of the legendary road trips, buckle up for a journey through every era of *Top Gear*, where speed, wit, and sheer audacity collide in a spectacular showcase of motoring madness.

Featuring all your favourite presenters, road trips, challenges and choice insults from every series as well as features on everything from racing legends to sleek supercars and old bangers, this epic adventure is a must-have for any discerning petrolhead.

Sam Philip is the script editor for BBC *Top Gear* TV.

November 2024
9781785948039
246x189
£22.00 : Hardback
192 pages

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131 Words for Rain

A delightfully damp tour of the British Isles, led by natural forces (an official BBC Weather book)

Alan Connor

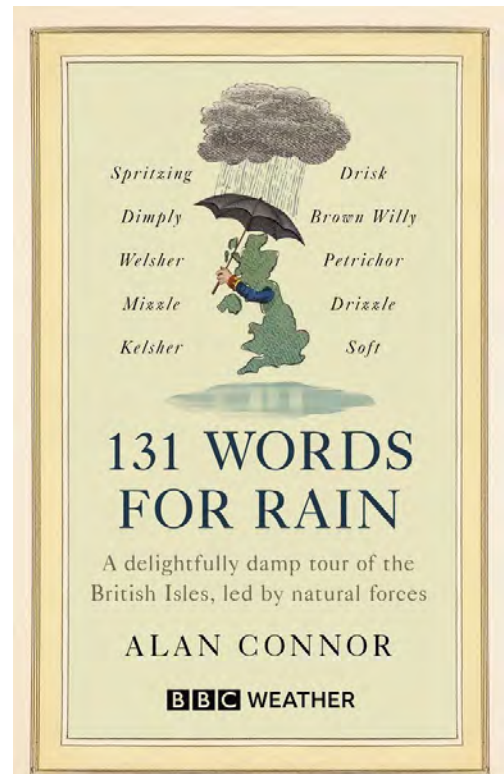
An official BBC Weather book and a charming tour around the UK, celebrating our very British obsession with rain.

Mizzle. Dreich. Raining knives and forks. A real mugga-fisty. A spot of plother...

We Brits love talking about the weather. So much so that our islands have hundreds of words and phrases for rain, some self-explanatory and others that really leave us scratching our heads. From a light smirr in Aberdeen to a "it's raining knives and forks!" in the Brecon Beacons, each type of rain tells a story about the people and places it falls on.

In this delightfully damp tour of the British Isles, writer and puddle-splasher Alan Connor digs deep into the meaning and quirky histories of over one hundred words for precipitation. He gets caught in a plash in Northumberland, crashes a fox's wedding in Devon and ponders the phenomenon of Brits-who-picnic-in-the-car, in this charming and witty celebration of our very British obsession.

Alan Connor has had a column about words in the Guardian since 2011. His comedy writing includes Charlie Brooker's Wipe programmes and Have I Got News For You. His previous books have dealt with why we enjoy quiz questions and what life is like in different areas of the Shipping Forecast. His favourite kind of rain is a fine, misty Scottish smirr.



November 2024
9781785948541
Demy Octavo
£16.99 : Hardback
320 pages

How to Make Anything in a Slow Cooker

100 fuss-free, filling and tasty recipes

Hayley Dean

Big flavour with low effort in these 100 slow cooker recipes from bestselling author, Hayley Dean

THE BRAND NEW COOKBOOK FROM *SUNDAY TIMES* BESTSELLER HAYLEY DEAN

Discover 100 flavour-packed recipes that will save you time, money and effort in this ultimate cookbook of recipes - all to be made in your slow cooker.

With every recipe using easy-to-find ingredients and simple instructions, this is an exciting and inspiring collection of meals that anyone can cook, helping you make the most out of your slow cooker. From **comforting classics** to **low and slow fakeaways**, and **simple yet satisfying dishes** to **warming puddings and drinks** - these are meals to be cooked any day of the week.

Family friendly and suitable for batch cooking too, *How to Make Anything in a Slow Cooker* is a brilliant cookbook for discovering what delicious meal you can make next with your slow cooker.

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



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soon

November 2024
9781529937992
Crown Quarto
£22.00 : Hardback
224 pages

I Decided to Live as Me

An Illustrated Checklist for How to Stop Comparing Yourself to Others So You Can Learn to Love Yourself

Kim Suhyun

The million-copy Korean phenomenon on how to find the strength to be yourself

The million-copy Korean bestseller read by BTS's Jungkook on *Bon Voyage*, the hit reality TV show following K-pop sensation BTS!

*Don't be kind to those who aren't kind to you.
Remember that no one lives a perfect life.
Don't be swayed by what others say.
Don't try too hard to get along with everyone.*

As soon as Kim Suhyun graduated into the adult world, she faced a harsh reality. Everywhere she looked people stepped on each other to get ahead, obsessed over money, and judged others based on the unrealistic standards they saw on social media. It seemed impossible not to compare herself to others and feel that she was ever good enough.

With words of comfort and charming illustrations throughout, Kim Suhyun will inspire you on your own journey of self-love, self-acceptance and self-compassion. Blending self-help and memoir, *I Decided to Live as Me* will help you free yourself from the pressures of living up to other people's expectations and focus on what truly matters: living not for anyone else, but for yourself.

Kim Soo-Hyun (Author)

Kim Soo-Hyun is a writer and illustrator based in Seoul.

Anton Hur (Translator)

Anton Hur was born in Stockholm, Sweden. He won a PEN Translates award for Kang Kyeong-ae's *The Underground Village*, and his translation of Bora Chung's *Cursed Bunny* was shortlisted for the International Booker Prize. He lives in Seoul.



Image
coming
soon

November 2024
9781846048364
Demy Octavo
£16.99 : Hardback
288 pages

The Non-Monogamy Playbook

Exploring Polyamory and Open Relationships with Confidence

Ruby Rare

A guide to love, sex, and intimacy beyond the limits of conventional monogamy, from a relationship and sex educator and influencer with a growing platform.

The Non-Monogamy Playbook is the handbook for anyone curious about consensual non-monogamy: polyamory and open relationships.

This is a practical, joyful guide to the rules of non-traditional relationships. It uncovers the long history of non-monogamy, and explores why society today still favours monogamous, heteronormative relationships as gold standard.

Ruby's weaves in her own relationship learnings with humour and empathy, and offers empowering tools for dealing with the complexities - and joys - of polyamory. She provides expert but sisterly advice on setting boundaries and cultivating self-compassion, as well as ways to navigate the myriad practical considerations of sustaining multiple relationships.

The Non-Monogamy Playbook shows us that there's joy in having multiple people in your life (platonic, sexy, romantic), but with each connection there is added vulnerability. This is the ultimate modern guide to non-monogamy, helping you create confident, healthy relationships.

Ruby Rare is a pink-haired sex educator on a mission to get people talking more confidently and inclusively about sex. Her work is influenced by her experiences as a queer, non-monogamous, dual-heritage person. Ruby is a qualified relationship and sex educator. She is an ambassador for Brook, the UK's leading sexual health charity for young people, where she worked for five years going into schools, teaching Relationship and Sex Education, and training other sex educators and teachers about pregnancy decision-making, porn and inclusive queerness.



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November 2024
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Demy Octavo
£16.99 : Trade Paperback
224 pages

Lessons for Living

What Only Adversity Can Teach You

Phil Stutz

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

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

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

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

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

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



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October 2025
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B (Ebury)
£10.99 : Paperback
208 pages

Exposure

How an Outlier's Journey Brings Us to Extremes of Power, Vitality, and Possibility

Wim Hof

The visual memoir of Wim Hof aka 'The Iceman', told through over 35 years of exclusive images never seen before.

FROM THE STAR OF BBC ONE'S FREEZE THE FEAR.

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

Many know Wim Hof for his 21 world-record-breaking achievements: swimming underneath ice and running half a marathon above the arctic barefoot etc. His iconic mindset in cold exposure and breathing methods have inspired millions to change their lives. Yet few have seen the depths of his story. In this candid, powerful and visually striking memoir, Wim Hof bares it all. With, original poetry, reflections, and exclusive images taken by his long-time friend and photographer Henny Boogert - his companion for over three decades - this is the captivating and superbly illustrated portrait of a life lived on ice.

FANS LOVE WIM HOF

***** 'Thank you, Wim, for daring to be different..'
***** 'Wim Hof is a special person... you will not regret it'
**** 'One of the most important men of our century'

Wim Hof, also known as 'The Iceman', holds multiple world records for his feats of endurance and exposure to cold, from climbing Mount Kilimanjaro wearing only shorts and shoes, running a barefoot half-marathon in the Arctic Circle to standing in an ice-filled container for more than 112 minutes. Having been taught by the majestic natural power of the cold, Wim is on a mission to share his philosophy with the world. He has featured on the BBC, VICE Media, the Discovery Channel, among others, and is the author of the *Sunday Times* bestseller *The Wim Hof Method*.

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November 2024
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230x190
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256 pages

Dear Moon

Zayneb Haleem

A beautifully illustrated inspirational collection of quotes for Muslim readers

Reflect and be inspired by this beautiful collection of illustrations, accompanied by prompts and quotes from the Qur'an

Life is full of highs and lows, but every journey begins with a single step.

In this stunning illustrated book from artist Zayneb Haleem comes a visually moving companion for Muslim readers. Combining scenes and words, this thoughtful book encourages you to celebrate how far you have come, appreciate where you are right now, and look forward to the path that lies ahead of you.

With quotes from the Qur'an woven throughout and prompts included to help set you in the right direction, this is a celebration of our own wonderfully individual journeys.

Bringing Zayneb's unique, soft and atmospheric style to the page, *Dear Moon* is a gift for a lifetime that can be cherished by those of all ages.

Zayneb Haleem is a hugely popular illustrator who shares her work on Instagram at @idotdoodle. She is beloved for her soft artistic style that she pairs with powerful messages, which leave people feeling inspired, thoughtful and hopeful. Often drawing from her Muslim heritage, her artwork is also a celebration of Islam and the Muslim community around the world.



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212 x 189 mm
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128 pages

The Cortisol Reset Plan

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

Marina Wright

Simple solutions to overcome the impact of chronic stress on your body and mind

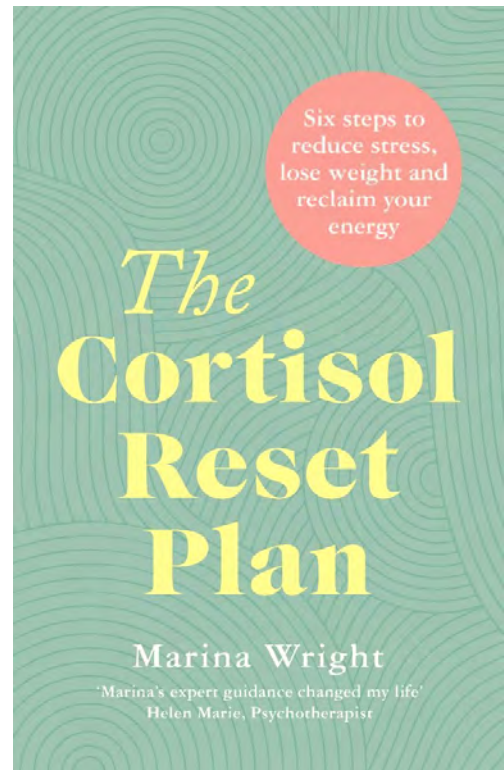
As a nutritionist specialising in hormonal health, Marina Wright has worked with hundreds of women experiencing the same cluster of symptoms: weight gain, brain fog, anxiety, insomnia, fatigue, aches and pains. The underlying culprit: chronic stress. Your body's natural stress response triggers the hormone cortisol, to enable you to respond quickly to challenges. But in modern life, our stress response can be firing too often, or simply not know how to switch off. Here's where *The Cortisol Reset Plan* can help.

This practical, accessible book will help you tackle this problem at the source. The 6-step nutrition and lifestyle programme provides you with:

- Key information to help you identify your adrenal triggers and how stress shows up in your body
- Stress-reducing recipes and comprehensive nutritional guidance
- A selection of easy-to-implement daily habits to calm, nourish and balance your body.

Marina will be your guide, helping you build up your intuitive self-awareness, and showing you the long-term path to holistic health. With *The Cortisol Reset Plan* you will create new habits and prevent chronic stress taking hold again. Having laid the strongest foundations, you will be able to return to *and remain* in good health and vitality, whatever turbulence life throws at you.

Marina Wright is a Functional Diagnostic Nutritionist and health coach based in Australia. She blends cutting-edge diagnostics with time-honoured holistic approaches. Marina empowers women with the knowledge and tools for intuitive self-care, through her one-to-one practice and her instagram platform @marinawrightwellness. Marina's expertise is enhanced by specialised training in Somatic Stress Release and Gut-Brain Connection, to provide an integrative healing approach that emphasises nervous system work, blood sugar regulation and nutrient-dense foods.



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Main Street Millionaire

Buy Small Businesses, Get Rich and Live the Life you
Want

Codie Sanchez



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Quantum Body

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

Deepak Chopra

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

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

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

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

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

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304 pages

Hidden Potential

The Science of Achieving Greater Things

Adam Grant

Adam Grant is an organizational psychologist at Wharton, where he has been the top-rated professor for seven straight years. His books have sold millions of copies, his TED talks have been viewed more than 30 million times, and he hosts the hit podcast *Re:Thinking*. His pioneering research on motivation and meaning has enabled people to reach their aspirations and exceed others' expectations. His viral piece on languishing was the most-read *New York Times* article of 2021 and the most-saved article across platforms. He has been recognized as one of the world's ten most influential management thinkers and *Fortune's* 40 Under 40, and has received distinguished scientific achievement awards from the American Psychological Association and the National Science Foundation. Grant received his B.A. from Harvard University and his Ph.D. from the University of Michigan, and he is a former Junior Olympic springboard diver. He lives in Philadelphia with his wife and their three children.



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