

The Six-Minute Entrepreneur

52 Short Lessons for Long-Term Business Success

Sara Davies

The star of *Dragons' Den* teaches you everything you need to know to start, run and grow a business in just six minutes each week. . . giving you plenty of time to put it into action.

Have you ever wanted to start or grow your own business, but found that life keeps getting in the way?

Sara Davies, star of *Dragons' Den*, is known for her no-nonsense, down-to-earth entrepreneurship, and this book reveals her secrets to success in just six minutes a week.

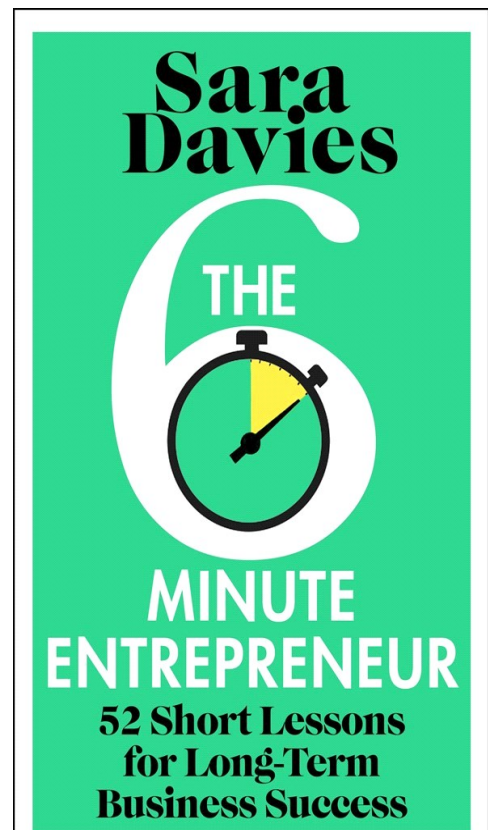
Filled with stories from Sara's own career, her 52 invaluable lessons span the year, teaching you everything you need to know to launch, run and grow your business.

From developing ideas and finding mentors, to overcoming hurdles and mastering time management, her quick tips and hacks are balanced with deeper actions to practise over the coming week.

No matter where you are on your entrepreneurial journey, you can turn your dream into reality, at a pace that works for you.

Sara Davies MBE is the youngest ever female investor to appear on BBC 1's *Dragons' Den* and is well-known as the founder and creative director of the global craft business, Crafter's Companion. Launched while she was still at university, Crafter's Companion is now a global business selling papercraft, art, needlecraft and stationary items across 40 countries.

Sara lives with her husband and sons in Teeside.



January 2025
9781911709633
Demy Octavo
£20.00 : Hardback
304 pages

Reset

How to change what's not working

Dan Heath

Want to know how to make quick progress - without waiting for a crisis to hit? International bestseller Dan Heath reveals all.

Reset will help you get unstuck, shake off old habits, and overcome the inertia of the way things always work. Heath shares a framework, based on research in psychology and hundreds of interviews, to help you vault toward what really matters.

Crucially, you can make positive changes without the need for additional time or money (which, for most of us, is not forthcoming). The secret is to find leverage points: places where a little bit of effort can yield a disproportionate return.

Our aspirations may differ, but our resolve is the same: to escape the stifling gravity of entrenched systems. To unlock forward momentum – making steady progress toward our highest goals – without the need for more resources. The same people, the same assets, but dramatically better results.

Yesterday, we were stuck. Today, we reset.

Dan Heath is the #1 *New York Times* bestselling co-author/author of six books, including *Made to Stick*, *Switch*, and *The Power of Moments*. His books have sold over four million copies worldwide and been translated into thirty-five languages. Dan also hosts the award-winning podcast *What It's Like To Be...*, which explores what it's like to walk in the shoes of people from different professions (a mystery novelist, a cattle rancher, a forensic accountant, and more). He lives in Durham, North Carolina.



January 2025
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Royal Octavo
£16.99 : Trade Paperback
288 pages

Life in Three Dimensions

How Curiosity, Exploration and Experience Make a Fuller, Better Life

Shigehiro Oishi

A deeply personal yet scientifically rigorous and objective exploration of a new way of living 'the good life' from 'one of psychology's brightest stars'.

Embrace the transformative power of variety and experience for a life of fulfilment.

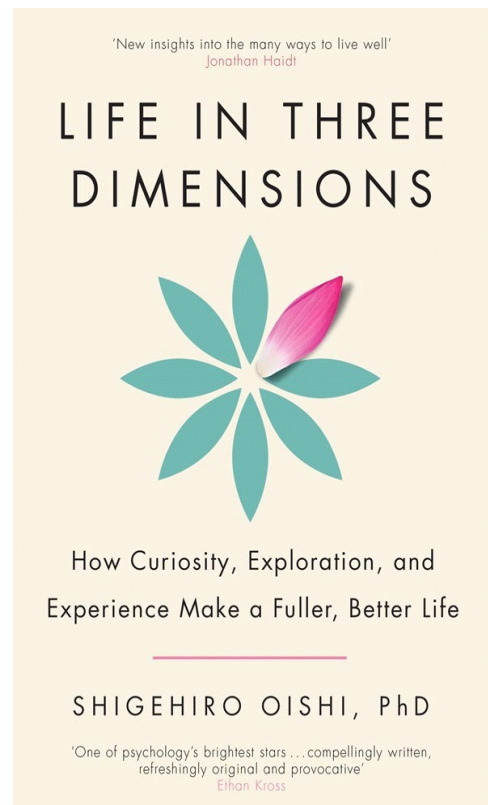
We've been told that a good life is a stable life, a comfortable or purposeful life that follows a well-trodden path. But is a happy life, with the complacency it fosters, or even a meaningful life, which comes with narrowness and misplaced loyalty, the only path to a good life?

In *Life in Three Dimensions*, one of our foremost psychologists Shige Oishi proposes a third dimension to a good life: *psychological richness*, a concept that prioritizes curiosity, exploration and a variety of experiences that help us grow as people. Weaving his own story with original research from fields ranging from moral philosophy, literature, culture, neuroscience, personality and psychology, Oishi proves that psychological richness has benefits beyond happiness or meaning.

Ultimately, we see how anyone can use the three dimensions - happiness, meaning and psychological richness - to build a fuller, more satisfying life with fewer regrets.

One of the foremost authorities on happiness, meaning and culture, Shige Oishi is the Marshall Field IV professor of psychology at the University of Chicago.

Oishi has published over 200 journal articles and book chapters across his career and has been one of the most cited personality and social psychologists. In 2021, he received the Outstanding Achievement Award for Advancing Cultural Psychology. The *Psychological Review* paper on a psychologically rich life he co-authored with Erin Westgate received the 2022 Wegner Theoretical Innovation Prize.



February 2025
9781911709527
Royal Octavo
£16.99 : Trade Paperback
256 pages

A Training School for Elephants

Sophy Roberts

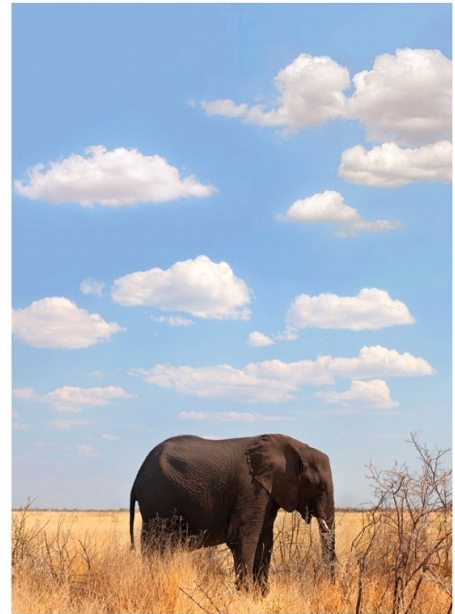
From the acclaimed author of *The Lost Pianos of Siberia*, comes a new journey tracing a colonial-era African expedition.

In 1879, King Leopold II of Belgium launched an ambitious plan to plunder Africa's resources. The key to cracking open the continent, or so he thought, was its elephants — if only he could train them. And so he commissioned the charismatic Irish adventurer Frederick Carter to ship four tamed Asian elephants from India to the East African coast, where they were marched inland towards Congo. The ultimate aim was to establish a training school for African elephants.

Following in the footsteps of the four elephants, Roberts pieces together the story of this long-forgotten expedition, in travels that take her to Belgium, Iraq, India, Tanzania and Congo. The storytelling brings to life a compelling cast of historic characters and modern voices, from ivory dealers to Catholic nuns, set against rich descriptions of the landscapes travelled. She digs deep into historic records to reckon with our broken relationship with animals, revealing an extraordinary — and enduring — story of colonial greed, ineptitude, hypocrisy and folly.

Sophy Roberts is an award-winning British journalist, and a regular contributor to *FT Weekend*. Her critically acclaimed first book, *The Lost Pianos of Siberia*, was a *Sunday Times* Book of the Year in 2020, and went on to be published in eight more languages. Her second book, *A Training School for Elephants*, is another unusual quest, threading lost history with modern reportage in India, Iraq, DRC, Tanzania and Belgium. Following an 1879 journey that four elephants from Pune made to Africa's Great Lakes, it is a reckoning with colonial ambitions gone berserk.

A Training School for Elephants



Sophy Roberts

February 2025
9780857528377
Demy Octavo
£22.00 : Hardback
432 pages

Bad Education

Why Our Universities Are Broken and How We Can Fix Them

Matt Goodwin

Depressed tutors and disillusioned students. Funding crises and falling standards. Culture wars and campus protests. This explosive account from *Sunday Times* bestselling author Matt Goodwin will show you why our universities are broken, and what we must do to fix them.

THE EXPLOSIVE NEW BOOK FROM THE *SUNDAY TIMES* BESTSELLING AUTHOR OF *NATIONAL POPULISM AND VALUES, VOICE AND VIRTUE*.

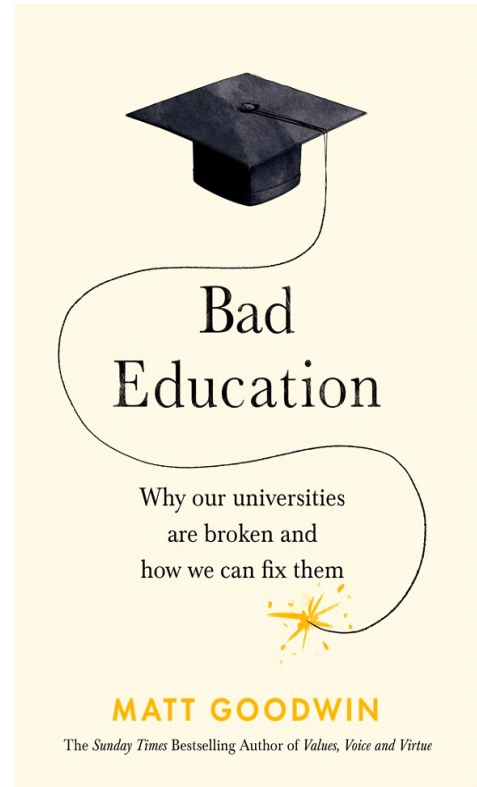
Our universities are broken. Established as sanctuaries of truth and higher learning, they are now decaying institutions that are failing a generation of young people. Consumed by funding and admissions crises, mired in political scandal and governed by self-interest, their founding principles have been corrupted. This explosive book shows us why, and what we must do to fix them.

Matt Goodwin spent decades working as an academic in some of the world's leading universities, delivering underfunded courses to increasingly disengaged lecture theatres, sitting on rudderless committees, counselling depressed colleagues and concerned students, watching standards slip and academic integrity decline.

At the heart of this crisis is an increasingly politicised campus. Once bastions of free speech, forums for open debate and incubators of bold new ideas, our universities are increasingly becoming monocultures, ruled by an ideology that is silencing respected voices, stifling discussion and violently shutting down diverse opinion, betraying intellectual freedom and failing to deliver the very basics of an education.

Unflinching, shocking and urgent, this first-hand account provides an insider's view of how the founding principles of academia are in decline and why we should all consider what this means for the students of today, tomorrow and the world they will shape.

Matt Goodwin is an academic, writer, pollster, and campaigner. He has held academic posts at the universities of Manchester, Nottingham, and Kent, was seconded to a government department, and has worked with countless think-tanks, including the Royal Institute for International Affairs. From 2015-2024 he was professor of politics at the School of Politics and International Relations at the University of Kent. He is the *Sunday Times* bestselling author of *National Populism: The Revolt Against Liberal Democracy* and *Values, Voice and Virtue: The New British Politics*.



February 2025
9781787635241
£20.00
Demy Octavo :
Hardback 288 pages

Picnic on Craggy Island

The Surreal Joys of Producing *Father Ted*

Lissa Evans

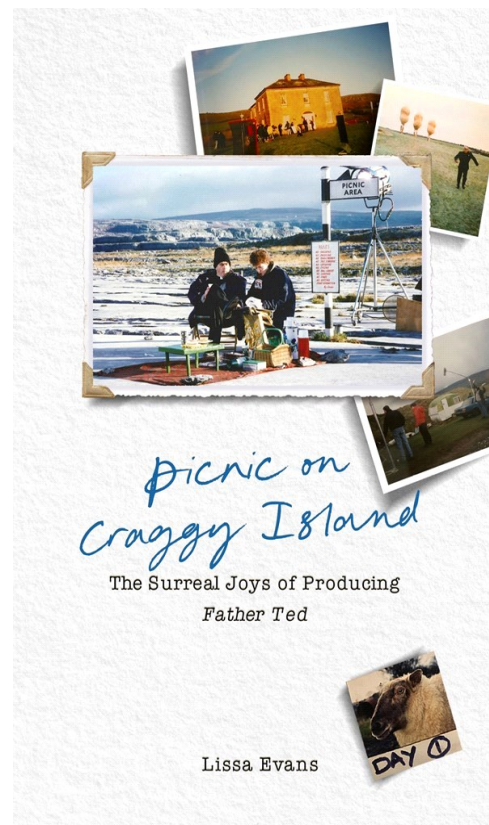
A nostalgic, light-hearted memoir from Lissa Evans, depicting her time as a producer on the legendary cult TV show *Father Ted*.

Three decades after it first appeared on screen, *Father Ted* is still cherished, quoted and endlessly re-watched. Its beloved main characters, unforgettable lines and extraordinary visual jokes have given birth to a thousand gifs and t-shirts and a million catchphrases.

Unforgettable to watch, it was also unforgettable to work on. Lissa Evans, as producer of the second and third series, spent three years hovering anxiously over every moment, from the first glimpse of script to the last revolution of a runaway milk-float round a specially-built plywood roundabout. There was no 'average *Father Ted* episode' – each of them was stuffed with challenges; endless rain, lustful rabbits, clerics crashing through windows, sheep doubles, collapsing crosses and a never-ending stream of eccentric priests – and the work that went into its creation was often nearly as bizarre as what was happening on screen.

Picnic on Craggy Island is a hugely affectionate and anecdotal account of what lay behind some of those moments of comic genius – so pull on your kagoule, spread out your blanket, unwrap the sandwiches (they're all egg) and enjoy the picnic...

Lissa Evans has written books for both adults and children, including the bestselling *Old Baggage*, *Their Finest Hour and a Half* (filmed as *Their Finest*), *Small Change for Stuart* and *Wed Wabbit*, both shortlisted for the Carnegie Medal, and *Small Bomb at Dimperley*.



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9781529943795
B Format (TW)
£14.99 : Hardback
160 pages

Managing Up

Melody Wilding

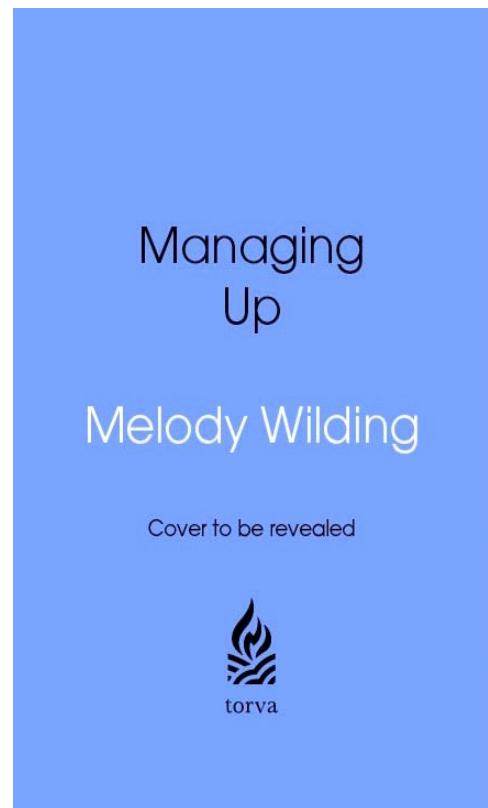
An indispensable guide to navigating power dynamics, building effective relationships with higher-ups, and earning more authority, freedom and confidence at work, from one of *Insider Magazine's* "most innovative career coaches"

Do you feel vulnerable to the whims of your boss, peers or internal politics, pushing through each day with an undercurrent of anxiety? Maybe you're micromanaged, interrupted in meetings, saddled with busy work or overlooked for career opportunities. But what if you could subtly teach those above you to value your ideas and treat you with respect - without ever changing your job title?

Human behavior professor and award-winning executive career coach Melody Wilding has helped thousands of clients advocate for their needs at work while navigating the minefield of office politics. In this clear, tactical guide, she shares time-tested strategies, detailed scripts, and transformative insights to help you operate from a position of power, even if you lack formal authority.

No matter your level, reclaim control of your career by building the emotional intelligence, relational capital and negotiation savvy to succeed in a world of competing stakeholders.

Melody Wilding is a professor of human behavior at Hunter College and was recently named one of *Insider's* "most innovative career coaches." Her background as a therapist and emotions researcher informs her unique approach, weaving evidence-based neuroscience and psychology with professional development. She is the author of *Trust Yourself*.



March 2025
9781911709954
Royal Octavo
£16.99 : Trade Paperback
320 pages

The Curious Life of the Cuckoo

John Lewis-Stempel

Our greatest nature writer explores the myths, legends, history and hidden world of one of our most secretive and masterfully duplicitous animals.

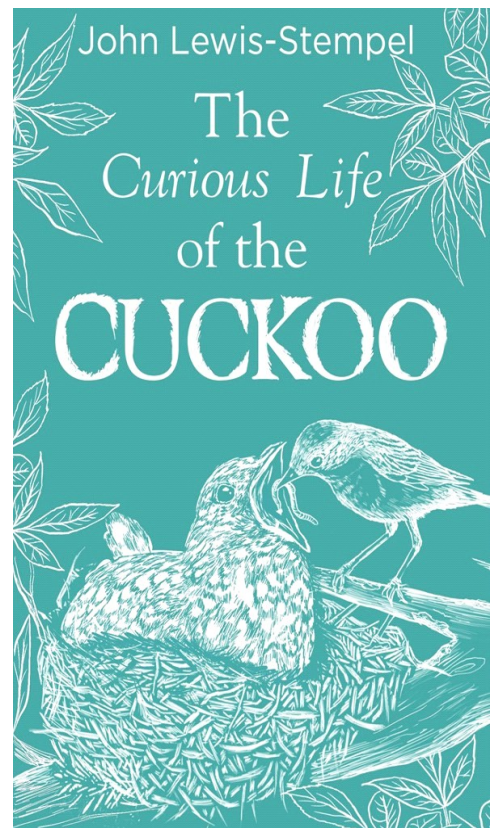
Is there any bird more mysterious than the cuckoo?

It is invariably heard, and not seen. And *if* seen, it is mistaken for a sharp-winged hawk. The female cuckoo - by a trick that borders on alchemy - is able to disguise its egg as another's. In Greek myth the god Zeus assumed the form of a cuckoo to seduce Hera.

But we forgive the cuckoo its con-artistry, because it is the true herald of spring. It is the bird that uplifts our wintered hearts, with that first two-note 'cuk-koo' unmistakable as it sounds across the country.

In *The Curious Life of the Cuckoo*, John Lewis-Stempel explains one of nature's greatest enigmas in vivid, lyrical prose, and celebrates this iconic bird.

John Lewis-Stempel is a farmer and 'Britain's finest living nature writer' (*The Times*). His books include the *Sunday Times* bestsellers *Woodston*, *The Running Hare* and *The Wood*. He is the only person to have won the Wainwright Prize for Nature Writing twice, with *Meadowland* and *Where Poppies Blow*. In 2016 he was named Magazine Columnist of the Year for his column in *Country Life*. He farms cattle, sheep, pigs and poultry. Traditionally.



March 2025
9780857526410
B Format (TW)
£9.99 : Hardback
112 pages

Story of a Murder

The Wives, the Mistress and Dr Crippen
Hallie Rubenhold

BY THE AUTHOR OF MULTI-AWARD-WINNING #1 SUNDAY TIMES BESTSELLER: *THE FIVE, THE WOMEN KILLED BY JACK THE RIPPER*

An epic re-examination of the historical true-crime story of infamous wife-murderer Dr Crippen in Edwardian England, brought to justice by an extraordinary group of strong women

'A unique combination of sleuthing, storytelling and compassion' Lucy Worsley

'Takes us beyond the world of Dr Crippen into the lives impacted by him and the society in which he moved. Terrific' Ian Rankin

'Compelling to the very last page' Denise Mina

No murderer should ever be the keeper of their victim's story ...

On 1 February, 1910, vivacious musichall performer, Belle Elmore, suddenly vanished from her north London home, causing alarm among her circle of female friends, the entertainers of the Music Hall Ladies' Guild who demanded an immediate investigation.

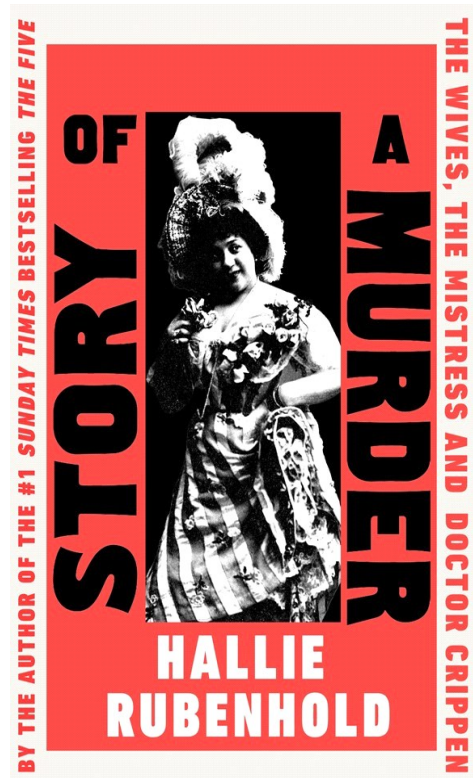
They could not have known what they would provoke: the unearthing of a gruesome secret, followed by a fevered manhunt for the prime suspect: Belle's husband, medical fraudster, Dr Hawley Harvey Crippen.

Hiding in the shadows of this evergreen tale is Crippen's typist and lover, Ethel Le Neve - was she really just 'an innocent young girl' in thrall to a powerful older man as so many people have since reported?

In this epic examination of one of the most infamous murders of the twentieth century, prizewinning social historian Hallie Rubenhold gives voice to those who have never properly been heard - the women.

Featuring a carnival cast of eccentric entertainers, glamorous lawyers, zealous detectives, medics and liars, STORY OF A MURDER is meticulously researched and multi-layered, offering the reader an electrifying snapshot of Britain and America at the dawn of the modern era.

Hallie Rubenhold is the #1 *Sunday Times* bestselling and Baillie Gifford prize-winning author of *The Five, the Untold Lives of the Women Killed by Jack the Ripper*. A renowned social historian whose expertise lies in revealing stories of previously unknown women and episodes in history, she is the author of *The Covent Garden Ladies* which was the inspiration behind BBC TV's 'Harlots'. Her biographical work, *Lady Worsley's Whim*, was dramatized by the BBC as 'The Scandalous Lady W'. Her most recent work of non-fiction, *Story of a Murder, the wives, the mistress and Dr Crippen*, will be published in March 2025. She has also written two acclaimed novels *Mistress of My Fate* and *The French Lesson* which give voice to the women written out by eighteenth-century literature. She lives in London with her husband. Meet her @HallieRubenhold



March 2025

9780857527318

£25.00

Royal Octavo : Hardback

512 pages

Click

How to Make What People Want

Jake Knapp and John Zeratsky

The follow-up to global smash hit *Sprint*, presenting a proven system for starting ambitious projects and finding the 'click' of product-market fit.

Ever had a good idea but didn't know how to begin? The *New York Times* bestselling authors of *Sprint* reveal the smart way to start ambitious projects.

Every big project – whether it's technology, sneakers or a neighbourhood café – requires a big investment to get going. Unfortunately, most of them flop. Too many teams waste time, money and opportunity because they follow the wrong strategy and lose sight of what really matters: Do people want what you're making?

As designers and investors, Jake Knapp and John Zeratsky have helped hundreds of teams bring new products and services into the world. *Click* is their proven system for starting projects the right way, to make better decisions and move swiftly towards a solution that clicks with customers.

Building on their bestselling book *Sprint*, this step-by-step playbook is filled with stories from Nike, Microsoft, Google, Slack and the frontiers of AI research, and reveals essential lessons for:

- defining the basics of a project
- differentiating it from the competition
- choosing the best approach
- and proving your strategy

Compressing six months of strategy development into just two days, *Click* will help any team start successful new projects, quickly.

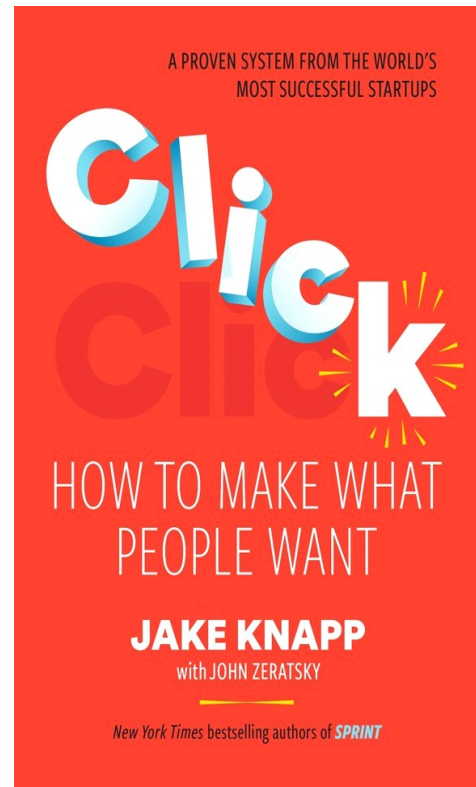
Jake Knapp (Author)

Jake Knapp is cofounder and general partner at Character Capital and a *New York Times* bestselling author. Previously, he helped build Gmail and Microsoft Encarta, cofounded Google Meet, and was a partner at Google Ventures. He lives on Orcas Island in Washington state.

John Zeratsky (Author)

John Zeratsky is cofounder and general partner at Character Capital and a *New York Times* bestselling author. Previously, JZ was a design leader for YouTube, Google Ads, and FeedBurner, a startup which was acquired by Google in 2007, and was a partner at Google Ventures. He lives in Milwaukee, Wisconsin.

Together, Jake and JZ are the authors of *Sprint* and *Make Time* and the creators of the Foundation Sprint and the Design Sprint. They have helped more than 300 teams design new products and bring them to market, including those at Google, Microsoft, YouTube, Slack, Uber, and One Medical Group. Their methods for innovation and rapid collaboration have been adopted by Airbnb, Amazon, LEGO, MIT, Mercedes-Benz, Harvard Business School, the University of Oxford, and many other organizations.



April 2025

9781911709879

£18.99

Other : Trade Paperback

224 pages

Mythica

A New History of Homer's World, Through the Women Written Out of It

Emily Hauser

Did you love Madeline Miller's *Circe*? Pat Barker's *The Silence of the Girls*? Jennifer Saint's *Elektra*? Natalie Haynes' *A Thousand Ships*?

But did you ever wonder who the *real* women behind the myths of the Trojan War were?

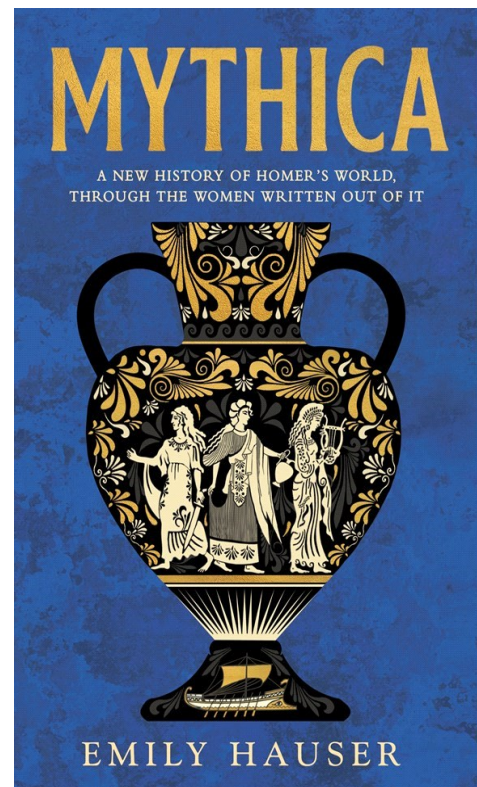
Now award-winning classicist and historian Emily Hauser takes readers on an epic journey to uncover the astonishing true story of the real women behind ancient Greece's greatest legends – and the real heroes of those ancient epics, Homer's *Iliad* and *Odyssey*.

Because, contrary to perceptions built up over three millennia, ancient history is not all about men – and it's not only men's stories that deserve to be told . . .

In *Mythica* Emily Hauser tells, for the first time, the extraordinary stories of the real women behind some of the western world's greatest legends. Following in their footsteps, digging into the history behind Homer's epic poems, piecing together evidence from the original texts, recent astonishing archaeological finds and the latest DNA studies, she reveals who these women – queens, mothers, warriors, slaves – were, how they lived, and how history has (or has not – until now) remembered them.

A riveting new history of the Bronze Age Aegean and a journey through Homer's epics charted entirely by women – from Helen of Troy, Briseis, Cassandra and Aphrodite to Circe, Athena, Hera, Calypso and Penelope – *Mythica* is a ground-breaking reassessment of the reality behind the often-mythologized women of Greece's greatest epics, and of the ancient world itself as we learn ever more about it.

Dr Emily Hauser is an award-winning classicist and historian and the author of an acclaimed trilogy of novels retelling the stories of women of Greek myth, *For the Most Beautiful*, *For the Winner* and *For the Immortal*. She read Classics at Cambridge, where she received a double first with distinction and won the Chancellor's Medal for Classical Proficiency. She has a PhD in Classics from Yale, and was a Junior Fellow at the Harvard Society of Fellows. She is now a Lecturer in Classics and Ancient History at the University of Exeter, and teaches and researches on women's writing, ancient and modern. Her recent publications include *How Women Became Poets: A Gender History of Greek Literature* and a book for younger readers - *Ancient Love Stories*, illustrated by Sander Berg. Emily Hauser lives in Exeter.



April 2025

9781529932485

£25.00

Royal Octavo : Hardback

320 pages

I Don't Believe in Astrology

A Guide to the Life-Changing Wisdom of the Stars

Debra Silverman

Accessible guide combining the spirituality of astrology and wisdom of psychology to create life-lasting change from Jennifer Aniston's astrologer.

Do you ever question if you're fulfilling your purpose in life?

Are you happy with the path you're on?

Are you being true to yourself?

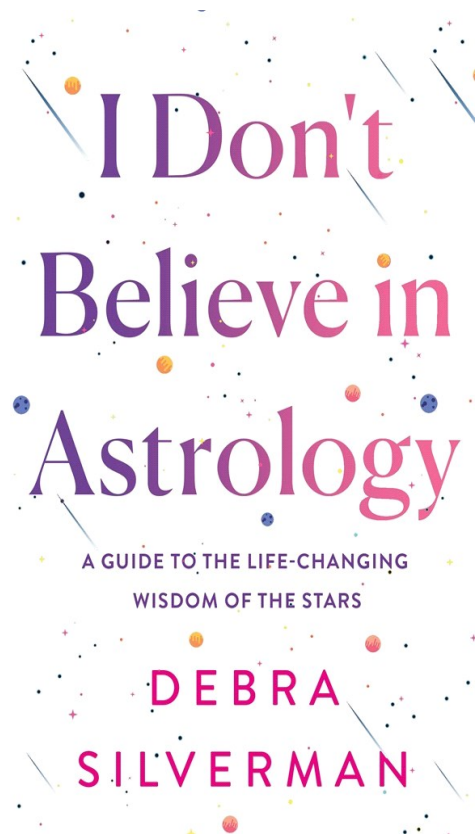
Perhaps you, like many, are sceptical of astrology. Yet, you can't help but wonder if there is wisdom hidden amongst the stars. *I Don't Believe in Astrology* will not only silence every doubt, but empower you to use astrology as a tool for better understanding yourself and the world around you.

Astrology is the medicine for accepting our human nature, its idiosyncrasies and dilemmas. Through an application of both therapy and astrology, this breakthrough guide equips readers with tools that release self-judgement, inner criticism, negativity, and misunderstanding. Learning to accept who you are and to love yourself unconditionally.

Debra Silverman teaches you how to step away from the struggle of your ego and see yourself with the calm objectivity of your soul. You will learn how to love what you see — not just your best qualities but everything about you. Most of all, you will cultivate compassion for others. Learn the meaning of the sun, moon, rising, and planetary signs. Using Debra's method, combining the wisdom of astrology and psychology, you will remember the truth of your soul's expression, seen through the eyes of self-love.

Astrologer, psychotherapist, and spiritual guide Debra Silverman is here to bring hope to those experiencing collective pain. With a climate crisis standing in the foreground, she brings her wisdom of the elements and astrology to the table to uncover solutions for our times. She is the author of *The Missing Element: Inspiring Compassion for the Human Condition*, and is founder of a school that has trained more than 4,000 people in Astrology.

Debra is also host of the I Don't Believe in Astrology Podcast. Debra Silverman is madly in love with Astrology. Where once she was a sceptic, she now believes the wisdom of Astrology is an undeniable, dependable, and healing balm for society as we face post pandemic life and a climate crisis. For Silverman, Astrology is medicine. While there is no 'one size fits all' approach, Debra Silverman has developed a unique psychological-spiritual model. She connects with each person she practices with on a deeper level in order to empower them to their full potential.



April 2025

9780857505743

£16.99

Demy Octavo : Hardback

304 pages

Victory '45

How the War Was Won In Six Surrenders

James Holland and Al Murray

From the Italian Alps to northern Germany, to London, New York, Washington and Tokyo, *Victory '45* tells the story of the extraordinary summer when the greatest conflagration the world had ever known finally came to an end after six surrenders that heralded the Allied victory.

Comprised of eight chapters based around each of those surrenders and the victory celebrations which followed, it will be rich in character and human drama with revealing stories and perspectives behind the end of the war not yet told before. Each chapter will follow the viewpoints of a number of key characters as they traverse these world-changing events – from ordinary servicemen and women and civilians to generals and political leaders.

What took place during the negotiations of those surrenders and the terms that were agreed there would determine the directions the participating countries would take in the years that followed and ultimately the shape of our current world.

James Holland (Author)

James Holland is an internationally acclaimed and award-winning historian, writer, and broadcaster. The author of a number of best-selling histories including most recently *Brothers In Arms* and *Normandy '44*, he is also the author of ten works of fiction and a dozen Ladybird Experts.

He is the co-founder of the annual Chalke Valley History Festival which is now in its twelfth year, and he has presented - and written - many television programmes and series for the BBC, Channel 4, National Geographic and the History and Discovery channels.

With Al Murray, he has a successful Second World War podcast, *We Have Ways of Making You Talk*, which also has its own festival, and is a research fellow at St Andrew's University and a Fellow of the Royal Historical Society. He can be found on Twitter as @James1940 and on Instagram as @jamesholland1940.

Al Murray (Author)

Al Murray's alter ego, The Pub Landlord, is one of the most recognizable and successful comic creations of the past twenty years, and Murray, who has won numerous awards and accolades, continues to fill arenas and theatres around the world.

He is also the author of many successful books including *Watching War Films with My Dad* and *Command*, a sharply entertaining analysis of the key allied military leaders in the Second World War. He is well known for co-hosting the hugely popular Second World War history podcast, *We Have Ways of Making You Talk* with fellow bestselling military author James Holland.

Arnhem: Black Tuesday is his first history book about a single campaign.

Victory '45

James Holland &
Al Murray

Cover to be revealed



bantam

April 2025

9780857507952

£16.99

Demy Octavo : Hardback

256 pages

The Lost Boy

The Moors Murders and why justice has failed Hindley and Brady's victims

Duncan Staff

The definitive book on the subject, now introducing new evidence from lost files. Published alongside a major 2-part BBC documentary for Spring 25.

When Myra Hindley and Ian Brady were convicted for the Moors Murders in 1966 the case shook the nation. The case has held us both horrified and fascinated for fifty years. And now, with new access to papers and files that have been missing for decades, Duncan Staff is able to shed new light on the story.

The Moors Murderers were convicted for the murder of three children, but it can now be proved the police always knew there were five victims. In this updated edition of his seminal bestseller Duncan Staff reveals the injustice caused by a police failure to act on this knowledge – failure that has left families without children to bury, the Moors murderers in control of the narrative, and hideous killings unresolved. He also shows how Brady and Hindley had a system – one decoded by officers at the time - by which they recorded where all their victims were buried.

Published alongside a BBC documentary series featuring Staff's work, *The Lost Boy* is a call to action on behalf of the families of the victims, the people of Manchester and every person who has lived with this case. It demonstrates exactly why the police should act on all the evidence when presented with serial crimes.

Duncan Staff is an award-winning documentary maker and journalist who has filmed, produced and presented many critically acclaimed, commercially successful programmes. His work has been shown on BBC1, BBC2, Sky, Channel 4 and ITV. He has produced both *Panorama* and *World in Action*. He also writes and photographs for the national press.



April 2025
9781804996263
B Format (TW)
£10.99 : Paperback
432 pages

America, América

A New History of the New World

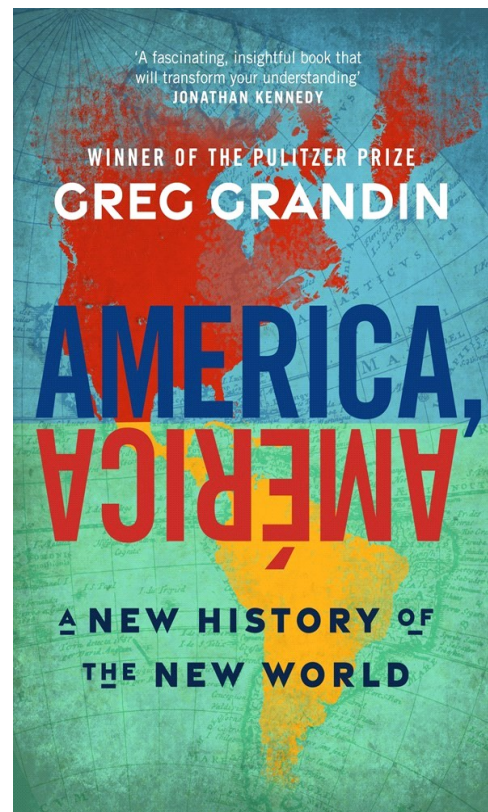
Greg Grandin

From a Pulitzer Prize-winning historian comes the first definitive history of the Western hemisphere, a sweeping five-century narrative of North and South America that redefines our understanding of both continents.

The story of the United States' unique sense of itself was forged facing south – no less than Latin America's was indelibly stamped by the looming colossus to the north. In this stunningly original reinterpretation of the New World, Professor Greg Grandin reveals how the Americas emerged from constant, turbulent engagement with each other, shedding new light on well-known historical figures like Bartolomé de las Casas, Simón Bolívar and Woodrow Wilson, as well as lesser-known actors such as the Venezuelan Francisco de Miranda, who almost lost his head in the French Revolution and conspired with Alexander Hamilton to free America from Spain.

America, América traverses half a millennium, from the Spanish Conquest – the greatest mortality event in human history – through the eighteenth-century wars for independence and the Monroe Doctrine, to the coups and revolutions of the twentieth century. This monumental work of scholarship fundamentally changes our understanding of slavery and racism, the rise of universal humanism, and the role of social democracy in staving off extremism. At once comprehensive and accessible, *America, América* shows how the United States and Latin America together shaped the laws, institutions, and ideals that govern the modern world. Drawing on a vast array of sources, and told with authority and flair, this is a genuinely new history of the New World.

Greg Grandin is the author of *The End of the Myth*, which won the Pulitzer Prize; *The Empire of Necessity*, which won both the Bancroft and Beveridge Prizes in American history; and *Fordlandia*, which was a finalist for the Pulitzer, the National Book Award, and the National Book Critics Circle Award; and a number of other widely acclaimed books. He is C. Van Woodward Professor of History at Yale University.



April 2025
9781911709909
Royal Octavo
£30.00 : Hardback
640 pages

50 Sentences That Make Life Easier

A Guide for More Self-Confidence

Karin Kuschik

Fifty short, simple but powerful sentences (and how to use them) that will transform your life. An international bestseller.

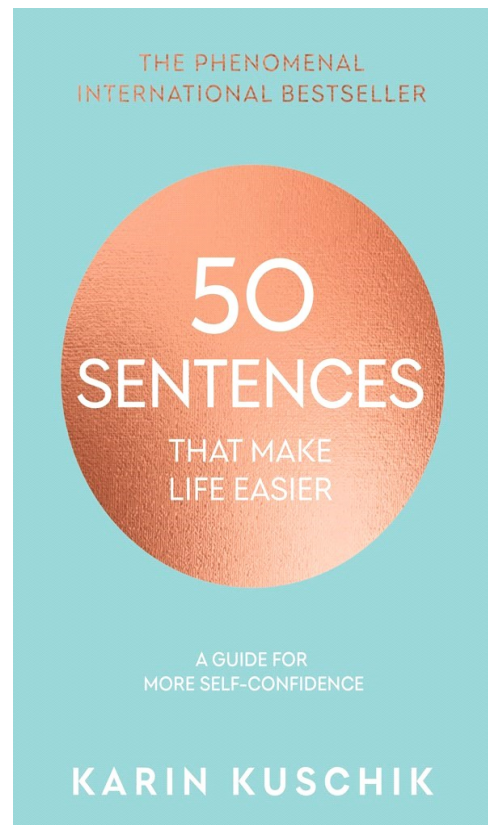
- I decide who pushes my buttons.
- I'd rather not promise you that.
- I understand you completely, and I would like something else.
- I think this issue is yours
- You're right

So often just one line can turn a difficult situation around or stop trouble in its tracks. A simple sentence deployed at the right moment can be the most powerful tool at your disposal.

In her 450,000-copy international bestseller, Karin Kuschik draws on more than two decades' experience as a leadership and life coach. We create drama for ourselves everyday - whether it's allowing others to push our buttons or not saying what we mean. She demonstrates how a well-chosen sentence can provide much-needed clarity, offering up an effective solution even in the heat of the moment.

Whether you're searching for the right words to resolve a situation at work or at home, these sentences are small but mighty. Combining entertaining storytelling with practical tips and examples, Karin shows how purposeful words can have a freeing effect, how they make us strong, calm and confident, ready to win respect, meet challenges and take control.

Karin Kuschik began her career as a songwriter and radio presenter before becoming a performance coach for business decision-makers and media celebrities, and a keynote speaker. She is committed to supporting people to be the best versions of themselves, and in *50 Sentences to Make Life Easier* - a number one bestseller in Germany - she makes her expertise accessible to everyone for the first time. She lives in Berlin.



May 2025
9780857507037
B Format (TW)
£14.99 : Hardback
304 pages

Chutzpah

A memoir of faith, sexuality and daring to stay

Yehudis Fletcher

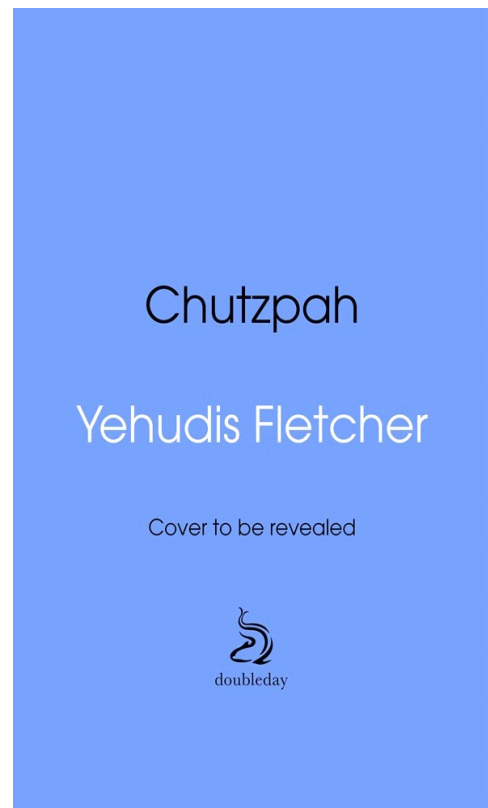
A fearless navigation of faith and sexuality, *Chutzpah* explores what is possible when one person simply refuses to choose between abandoning their roots and abandoning themselves.

One day at the age of six, Yehudis Fletcher decided to question God. When the Sabbath came, she dared not to wash her hands before breaking bread. She braced herself for a bolt of lightning, or for the ground to open up and swallow her, but nothing came. It was at this moment that she began to feel invincible. All of the restrictions that shaped her childhood, the threats of God's vengeance, fell away. From then on she became a rebel; outspoken and curious.

The daughter of a rabbi, Yehudis Fletcher struggled against the boundaries of her ultra-Orthodox faith. She suffered abuse that was covered up by the community, was married twice by 20, had three children and eventually came out as a lesbian, to the dismay of her family. Despite all of this, she couldn't bring herself to let go of the culture she so loved and instead began to create a space for herself and other like-minded people within the very community that condemned her.

A writer, an activist, a scholar and a change-maker, Yehudis Fletcher holds a social policy degree and is the founder of the think tank, Nahamu which campaigns for the right to assert civil liberties within orthodox Jewish communities and works to outlaw practices, such as forced marriage and the cover up of sexual abuse.

Yehudis' activism has earned her audiences both within and outside Jewish communities, extending to allies in wider circles of activism in the South Asian, Black and LGBTQ+ communities, as well as education, legal and media spaces, among others.



May 2025
9780857529954
Demy Octavo
£20.00 : Hardback
320 pages

10 Mistakes That Changed History

The Reckless Rulers, Monumental Mishaps and Disastrous Decisions That Have Shaped Our World.

Paul Coulter

A comic tour of history's greatest mistakes and how they have shaped our world, packed with reckless rulers, hare-brained plans, monumental mistakes and disastrous accidents.

From breakups that ended empires to naps that sank ships, 10 Mistakes That Changed History reveals how overlooked historical errors are responsible for some of the most era-defining events of the past.

Featuring many of the most recognisable characters and episodes in history, from Cleopatra to the sinking of the Titanic, comedian and historian Paul Coulter reframes our understanding of these pivotal moments, revealing how human errors and their unintended outcomes have governed our world – and will likely determine our future.

Packed full of surprising facts and funny stories, *10 Mistakes That Changed History* is a greatest hits of bad leadership decisions, misguided acts of heroism and mankind's most catastrophic lapses of judgement. These are the very human stories that have shaped our world, all with monumental consequences.

Praise for the hit live show:

Top pick of the Edinburgh Fringe 2024, credited as one of the best shows by Scottish Herald, Mervyn Stutter and the Edinburgh Reporter.

'So engaging and entertaining that forgot I was there to review it.' **Theatre Weekly**

'Entertaining and informative.' **Edinburgh Reporter**

'The perfect balance between entertaining and educating.' **Corr Blimey**

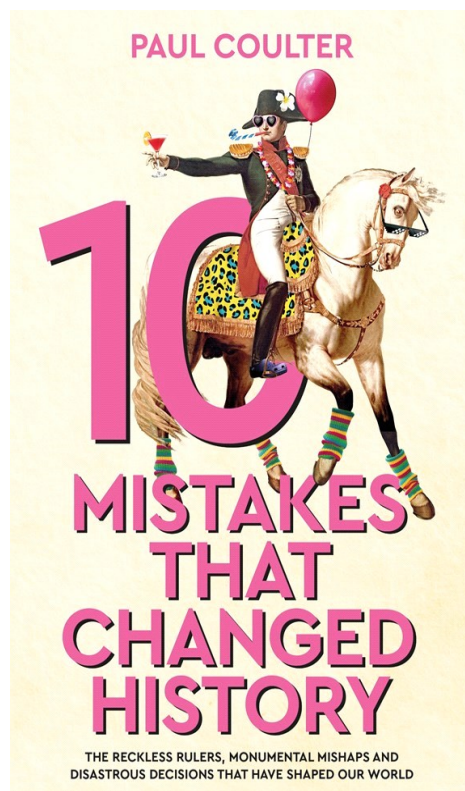
'Coulter cleverly weaves the well-researched facts with modern day parallels; turning historical figures into relatable misfits.' **Glam Adelaide**

'Coulter's storytelling unmatched, and his references to current pop culture relevant and hilarious.' **Edinburgh Fringe Review**

'Infectiously charming.' **LondonTheatre1**

'A hilarious blend of storytelling, facts and comedy.' **On the Record**

Paul Coulter is a British comedian and historian based in Sydney, Australia. Paul is the writer and performer behind the Edinburgh Festival Fringe smash-hit, sell-out historical storytelling comedy show *5 Mistakes That Changed History*. The show was a huge hit on the comedy festival circuit, selling out two years in a row at both the Edinburgh Festival Fringe and Adelaide Fringe Festival in 2023 and 2024. Popular with both history-loving audiences and critics alike, *5 Mistakes That Changed History* received fantastic reviews and was named one of the 'Picks of the Fringe'.



June 2025

9780857507235

£20.00

Royal Octavo : Hardback
304 pages

The Brain at Rest

Why doing nothing can change your life

Joseph Jebelli

Want to know how to solve tough problems, be more creative and protect your health, all with zero effort? This is the surprising science of the brain at rest, a 'stealth help' book for readers of *Why We Sleep*.

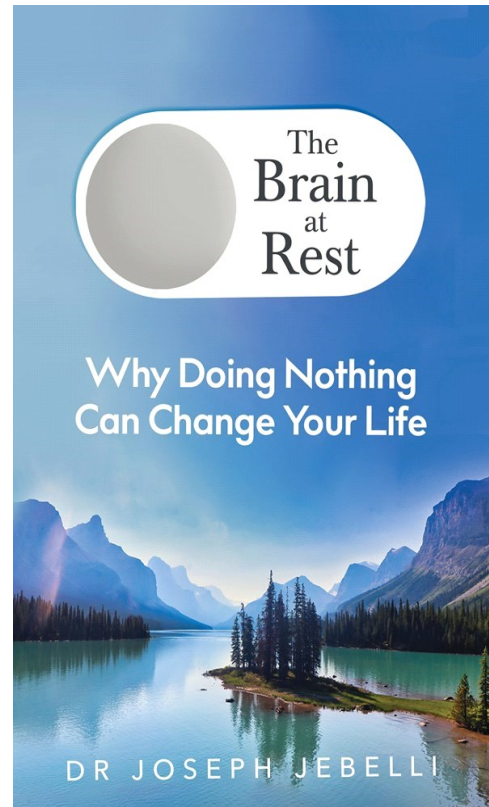
When was the last time you let yourself do nothing - not scrolling while eating a sandwich, but *nothing at all*?

We are constantly told to make the most of our time. Stop procrastinating. Don't sleep more than 7.5 hours a night. Optimise. To be happy, healthy, creative and successful requires discipline and focus. The most important thing is to be efficient with every precious hour.

But when we let our minds wander, something magical happens: blood flow to the brain increases by 90 per cent, and suddenly we are able to think in completely new ways.

Dr Joseph Jebelli reveals how neuroscience is solving the mystery of the brain at rest, with profound implications for intelligence, creativity and even life expectancy. If we dare to break the taboo surrounding rest, we will find that long baths, walks in nature, meditation and simple daydreaming are the key to a happier, healthier - and ironically, more productive - life.

Dr Joseph Jebelli received a PhD in neuroscience from University College London, then worked as a postdoctoral research fellow at the University of Washington, Seattle. He has written two books, *How the Mind Changed* and *In Pursuit of Memory*, which was shortlisted for the Royal Society Science Book Prize and longlisted for the Wellcome Book Prize. He lives in London.



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