



Ebury
Spring 2026

Be Yourself and Happier

The A-Z of Wellbeing

Will Young

Mental health advocate Will Young pours positivity into your life with lessons he's learnt at the coalface of depression and anxiety, to help you be your best self, and let go of what's holding you back.

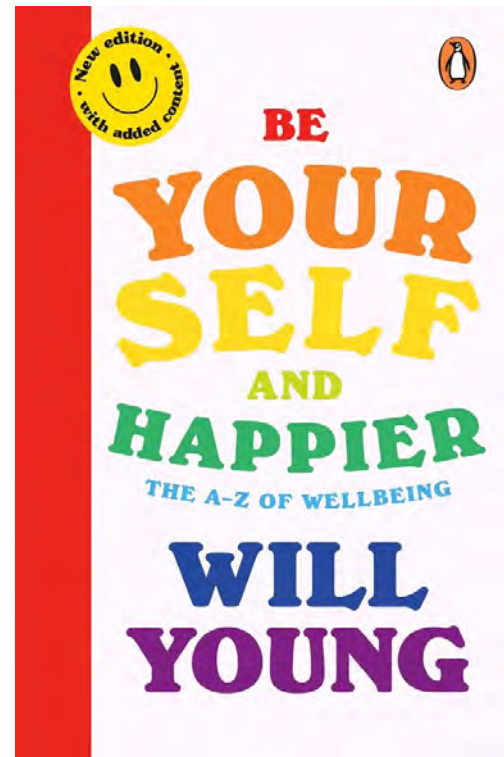
The *Sunday Times* Bestseller

Navigating day-to-day life can be a tricky business. By the time we are adults, our experiences have formed our way of thinking and we have learned patterns of behaviour that are not always helpful. We must unravel these to understand, accept, nurture and allow ourselves to rise with our vulnerabilities, not in spite of them.

After having a breakdown in 2011, Will Young went about the process of interrogating everything he thought he knew: how he formed his identity, what he relied on for self-esteem and how he behaved and communicated. Everything he has learned over the past ten years, he has now condensed into this easy to access A-Z guide. He digs into how everyday life can affect our wellbeing, how we can navigate our emotions, where they come from and how to create a balanced mindset, offering practical techniques we can all use to ground ourselves and set boundaries.

With wit and wisdom and revealing his own vulnerabilities along the way, Will shows us how to identify destructive patterns, develop good mindful habits, be true to who we are and grow into better versions of ourselves.

Will Young is a leading voice in mental-health awareness, particularly within the LGBTQ+ community. His highly acclaimed book *To be a Gay Man* explored these issues with a focus on gay shame. Will also founded the podcast 'The Wellbeing Lab', where he interviews experts on different mental health topics each week. He lives in London with his two dogs, Esme and Domino.



January 2026
9781529970975
B Format
£10.99 : Paperback
224 pages

Legacy of Menace

Life in the Shadow of the Krays

David, Bobby and Alfie Teale

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

'Who had smashed up our young lives? Was it the murderous Kray twins? Or was it the police, cynically using the criminal justice system to hide their own failure?'

Bobby David and Alfie Teale were deeply trusted confidants of the notorious Kray twins, but when the Krays grew more extreme in their violence, Bobby secretly became a police informer to stop them. Then, supposedly for their own protection, Bobby, David and Alfie were all arrested on a fitted-up charge of demanding money with menaces, and sentenced to three years in prison.

When the Krays were eventually arrested, each of the brothers gave evidence at the trial. The Krays went down. The police were suddenly heroes - while Bobby vanished, in fear of his life, and David and Alfie were left to pick up the pieces of theirs.

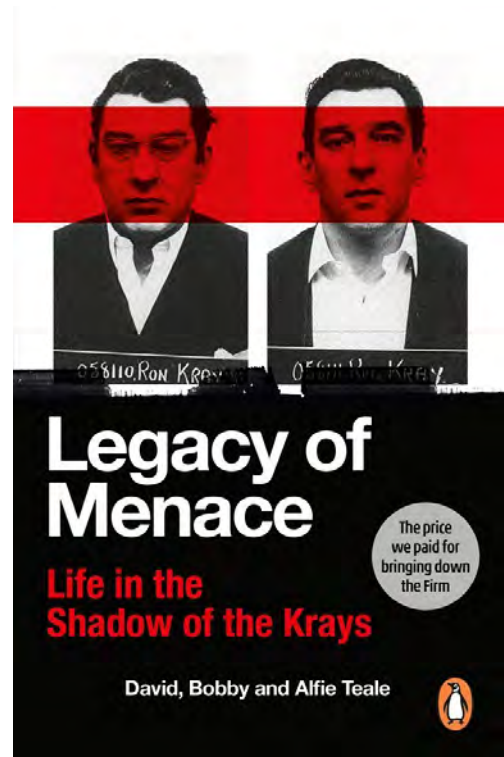
In this extraordinary three-way memoir, you will see who the real heroes are, and it's the Teales's story which will endure as the real version of history.

David Teale (Author)

David Teale was born into a family of seven in wartime London's Holborn. One of three brothers whose lives were forever changed by the Kray Firm, David was a teenager when he first met Ronnie Kray and experienced his unspeakable cruelty first-hand. His older brother Bobby secretly turned informer on the Firm, and David was imprisoned by the State 'for his own protection'. This is his second book.

Bobby Teale (Author)

Bobby Teale was born in central London in the middle of the Second World War, the third eldest of seven children. He met the Krays as a teenager and, after giving evidence at their trial, he left Britain in 1969 for a new life in America. Today he lives in Cedar Hills, Utah with his third wife Dawne.



January 2026
9781529917307
B Format
£10.99 : Paperback
288 pages

Bored of Lunch: 12 Week Meal Planner

Nathan Anthony

Plan meals, track calories and stay on budget with the first full-colour meal planner from million-copy bestseller Bored of Lunch.

Keep track of your budget, calories and weekly shopping list with this 12-week meal planner from million copy bestselling phenomenon, Bored of Lunch.

Set goals and stay on track, with this beautifully designed planner with everything you need to get organised and take the stress out of your week. Whether you're trying to keep track of your weekly food budget, stay on target for daily calories, or simply trying to reduce your household food waste, this planner has everything you need to achieve your goals.

Complete with 26 brand new recipes geared towards batch cooking and meal prep (all accompanied by a full-colour photo), there's plenty of inspiration to get you started. There are also plenty of other low-calorie, budget- and family-friendly recipe suggestions. Whatever your target, we've got you covered.

Set yourself up for success with the Bored of Lunch meal planner.

Nathan Anthony is the Number 1 bestselling author and creator of hit food platform *Bored of Lunch*. Nathan is a Northern Irish cook who set up his account during lockdown - sharing quick, easy and healthy air fryer and slow cooker recipes that soon went viral. Since 2023, Bored of Lunch has dominated the book charts with five instant no.1 bestselling cookbooks. *Bored of Lunch* has now amassed over 5 million followers across all platforms.



Image
coming
soon

January 2026
9781529987669
230 x 189mm
£18.99 : Paperback
224 pages

Stews

One-Pot Comfort Food From Around The World

Xavier Bramble

 Product Image

The most accessible home-cooked comfort food book celebrating the OG cookery process: one-pot cooking over heat from @xavskitchen (1.3m followers)

Stews are colourful, flavourful, they can transport you anywhere – from France to India, Brazil to Japan, or to the nostalgic smells of the kitchen you grew up in. But stews don't get celebrated enough. In over 100 recipes from around the world, discover how the oldest style of cooking (in one big pot over a heat source) can be the most joyous way to feed family and friends. From classic French beef bourguignon to Portuguese feijoada, Caribbean Sancocho to Swedish Fiskgryta, this is a truly global exploration of one-pot cooking that offers home cooks the opportunity to travel from their very own kitchen table.

Organised by main ingredient (from Beans to Veg and Beef to Seafood), you'll find everyday dishes where familiar and affordable ingredients are transformed on the stovetop, weekend winners containing recipes that use a few more ingredients and call for a little more mindful preparation, and a stew extravaganza with more celebratory dishes for when you want to seek out exciting new ingredients or perhaps more expensive cuts of meat.

Xav's expert guidance will help you to understand how each dish can feed you well and feed your soul. There's a stew for every mood and every day of the week. All of them are easy to do with no special techniques required.

January 2026
9781529953022
246x189
£26.00 : Hardback
224 pages

Xavier Bramble is a self-taught home cook. His journey started in 2020 where he taught himself how to cook in his halls of residence at university. Within 6 months of cooking, Xav launched his own student run takeaway service in Nottingham. In March 2022 Xav's TikTok account exploded and has now reached over 600K followers on TikTok and over 830K followers on Instagram. A contestant on the BBC's Young Masterchef in 2023, his brand partnerships to date include Coca Cola, Sainsbury's, Buzzfeed, Itsu, JustEat and BBCFood. Instagram/TikTok/Youtube: @xavskitchen.

Filling Meals

100 simple hunger-busting recipes for sustainable weight loss

Lindsay Wilson

A revolutionary diet cookbook and weight-loss plan -by eating filling meals you take back control of your hunger and your weight

The diets you've been promised will help don't work. Restriction only leads to short-term results. If you want to lose weight for life, this is the secret: **fill up to slim down.**

In this revolutionary cookbook, Lindsay Wilson - weight loss coach and creator of online community Filling Meals - shares 100 fuss-free recipes that aren't focused on counting calories but instead focused on keeping you full.

With these recipes, you can lose up to 10kg in 12 weeks...and keep it off for life.

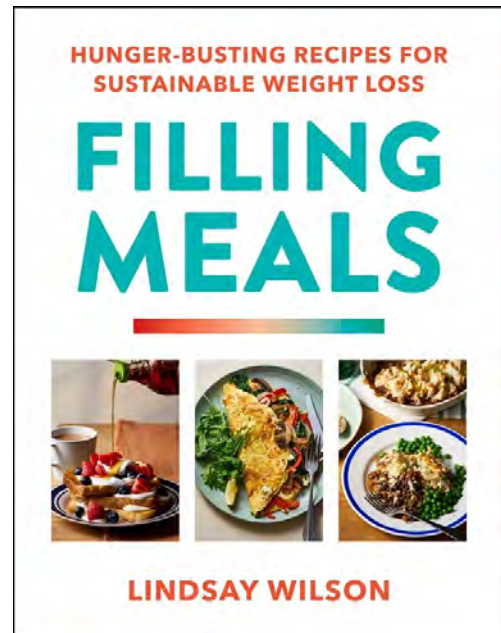
By making sure your first two meals of the day are filling, you can eat whatever you'd normally have for dinner, and the weight still falls off (even if you're not exercising). When you're no longer hungry, you eat healthier portion sizes, and you stop snacking. It really is that simple.

Based on nutritional science, these amazingly easy recipes have been tried and tested by Lindsay clients to both deliver results and be delicious to eat - helping you achieve your dream weight without damaging your relationship with food.

If you're tired of tracking meals, counting calories, restricting what you eat, and constantly being hungry, this revolutionary approach is for you. Start slimming down today with recipes including:

- **Choc-Cherry Overnight Oats**
- **Spectacular Shakshuka**
- **Stacked Mexican Chicken Salad**
- **Speedy Chorizo Gratin**
- **Baked Chicken Pesto Pasta**

Lindsay Wilson is a weight loss coach and the founder of Filling Meals. After losing over 27kg himself, he is now



January 2026
9781529982282
246x189
£22.00 : Hardback
224 pages

Not Your Grandma's Crochet

Easy Crochet Clothes You Actually Want to Wear

Beth Povey

The first book from realm.designs, a fast growing crochet influencer, aimed at new-age creatives wanting to dress sustainably, slow down and unplug. Structured around mood and occasion, these are crochet clothes you *actually* want to wear.

This is *not* your grandma's crochet.

From scrunchies and vests, cosy jumpers and bags to colourful granny-square summer dresses, *Not Your Grandma's Crochet* is a fun, easy and accessible guide to creating your own colourful crochet wardrobe with a retro twist.

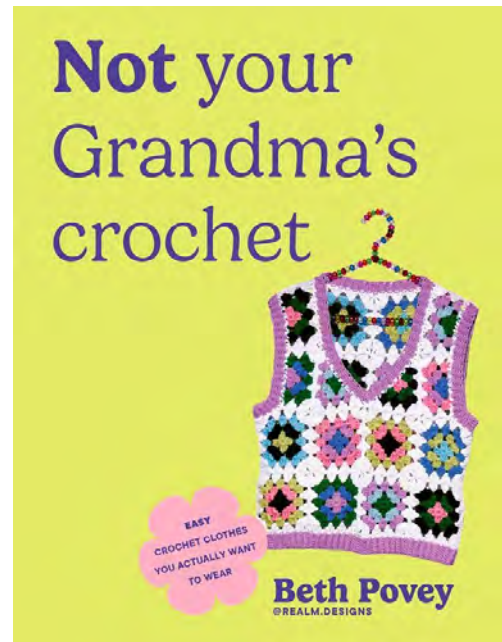
Unwind and chill out whilst building your crochet skills and making clothes for every mood and occasion. From cosy winter knits and comfy clothes to all out summer holiday vibes and everything you need to get festival ready, these are crochet clothes you *actually* want to wear.

If you're a beginner and looking to build confidence, we've got you covered with crochet skill builders and 20 crochet patterns in a range of difficulty levels, all created by Realm Designs, a one-woman, sustainable crochet design studio.

In this book, you'll find:

- **Fun, versatile and on-trend designs:** from scrunchies and cosy knits to cute bags and granny-square vests and dresses.
- **Designs for all occasions:** organised by mood, event and season from cosy Winter knits to summer holiday and festival-friendly fashion.
- **Beginner friendly:** Includes 20 crochet patterns with varying difficulty levels, ideal for beginners looking to build confidence.
- **Helps you learn to crochet:** each chapter includes skill builders, helping you build confidence in crochet!

Based at her home studio in Leek, Staffordshire, UK, Beth



January 2026
9781529956375
246x189
£20.00 : Trade Paperback
192 pages

I Still Believe in Miracles

Poems to Find Meaning in Difficult Times

Lucas Jones

A collection of poetry exploring themes of masculinity, love, grief and connection, this is the trade debut from Instagram phenomenon Lucas Jones. For fans of yung pueblo, Hussain Manawer and Whitney Hanson.

A collection of powerful contemporary poetry exploring themes of masculinity, love, grief and connection, from British poet and viral phenomenon Lucas Jones.

*'You're here to make
All the wonder make sense
You're not the life -
You're the living itself'*

How do you respond to fear, grief, heartbreak, war, loss, injustice and a world that seems more divided and lost than ever? Poet Lucas Jones explores how we search for meaning in difficult times in this remarkable homage to the beautiful humanity of *choosing to love despite it all*.

Powerful, uplifting and authentic, these are poems to remind you that there is profound and unwavering hope.

Lucas Jones is a London-based actor and poet whose work captures the cultural moment with precision and relevance. Writing in real time through social media, Lucas explores themes of masculinity, love, grief and connection, offering a perspective that feels both thoughtful and immediate. In addition to his poetry, Lucas has earned recognition as an actor across many film and TV projects and for his work as a director and screenplay writer.

Lucas
Jones



I Still Believe in Miracles (Poems to Find Meaning in Difficult Times)

January 2026
9781529971491
Demy Octavo
£16.99 : Hardback
144 pages

I don't Think I'm Straight

Queer poems to celebrate you

Isabella Dorta

A collection of poems on sexuality, love, heartbreak and healing from viral poet and TikTok sensation @isabelladortapoetry444. For fans of Nikita Gill, Rupri Kaur and Whitney Hanson.

'breathtaking poetry' - Donna Ashworth

'this book made me gayer' - Michaela Angemeer

'a powerful reminder that we're not alone' - Courtney Peppernell

***a coming of age,
coming out story.
told through poetry.***

*because it's funny how the not-quite-out yet's
all tend to group together over lunch,
how every month since leaving school,
someone else seems to come out.*

In her moving new collection Isabella Dorta guides you on a journey of exploring sexuality, love, loss and healing.

Isabella Dorta is a TikTok spoken word poet and bestselling author.

Covering everything from heartbreak and body image, to mental health and self discovery, Isabella's work seeks to break the stigma associated with expressing our emotions and bring comfort and solidarity to her readers.

Find her on TikTok: @Isabelladortapoetry444



January 2026
9781529958867
Demy Octavo
£14.99 : Trade Paperback
208 pages

Big Trust

Rewire Self-Doubt, Find Your Confidence and Fuel Success

Dr Shadé Zahrai and Faysal Sekkouah

Peak performance expert Shadé Zahrai's transformative four-pillar guide to unlocking professional and personal potential.

'Dr Shadé Zahrai distills rigorous research into practical tools that help you replace doubt with clarity and courage. **This book will change the way you lead yourself and others**' Sahil Bloom, *New York Times* bestselling author of *The 5 Types of Wealth: A Transformative Guide to Design Your Dream Life*

'**Science-backed and easy to put into practice**, this book hands you **a game-plan that actually works**. If you're ready to stop second-guessing yourself and step into your potential, this book will show you how.' Jefferson Fisher, trial lawyer and *New York Times* bestselling author of *The Next Conversation: Argue Less, Talk More*

How do I gain self-confidence? How do I live a better life? How do I stop overthinking and push myself to achieve my goals? In this practical guide, Shadé Zahrai has the answers to important life questions.

We all live with doubt. It holds us back from our best lives and causes unnecessary suffering. Shadé Zahrai has educated more than six million students as an award-winning Peak performance educator to Fortune 500s. Now, she offers you the diagnostic methods and tools that have changed lives and careers.

Big Trust focuses on four key questions:

- Do I matter?
- Do I have what it takes?
- Do I have power?
- Can I manage my emotions?

From her experience and research, she's learned that your



January 2026
9781785044908
Royal Octavo
£22.00 : Hardback
224 pages

Awakening

The Path to Freedom and Enlightenment

Deepak Chopra

Unlock the power of your consciousness and discover your limitless potential with *New York Times* bestselling author and master of modern meditation, Deepak Chopra

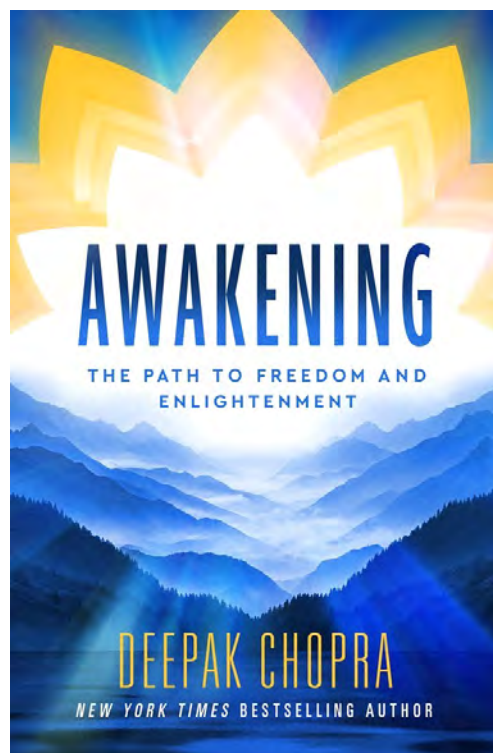
Are you sleepwalking through life, overwhelmed by an unending stream of desires, duties and demands?

Imagine a life where you are fully awake and deeply connected to your true self. This awakened life begins with a single decision: to know the truth about yourself.

In this groundbreaking guide, Deepak Chopra reveals how you can connect with your true self and break free from the limitations of the ego. Building on decades of spiritual teachings, Chopra takes you through 40 sutras – statements that capture the essence of a profound truth – and shows you how to move from a state of simply surviving to one where you can access deeper intuition and insights.

Featuring practical exercises, meditations and personal stories from Chopra's own spiritual journey, *Awakening* will shake you from the nightmare of a limited self and invite you to embrace a new way of being – one marked by inner peace, purpose and boundless possibility, where miracles become everyday occurrences.

Deepak Chopra, MD, founder of the Chopra Foundation and Chopra Global, is a world-renowned pioneer in integrative medicine and personal transformation. He is also the founder behind DigitalDeepak.ai, a groundbreaking initiative utilising advanced AI technology to communicate his timeless wisdom worldwide, helping and guiding individuals on their path to well-being and personal growth. Chopra is the author of more than ninety books, including numerous *New York Times* bestsellers. *Time* magazine has described Dr Chopra as 'one of the top 100 heroes and icons of the century.'



January 2026
9781846047329
Royal Octavo
£22.00 : Hardback
256 pages

Undimmed

The Eight Awarenesses for Freedom from Unwanted Habits

Cecily Mak

A revolutionary 8-step approach to transforming your relationship with any negative habit or unhealthy pattern

'This book offers a promising pathway of self-liberation for many people trapped in the distressing and hazardous liminal space between occasional alcohol use and full-blown addiction, developed by one who has pioneered this road for herself.' – GABOR MATÉ, *New York Times* bestselling author

'A practical guide for deepening self-awareness, agency, and freedom.' –YUNG PUEBLO, #1 *New York Times* bestselling author of *Lighter*

We hold the power – now – to live this one precious life undimmed.

The current thinking about any escapist behaviour is binary: either you have a 'problem' or you don't. But any 'dimmer' habit – whether it's alcohol, social media or any other behaviour or substance we use to self-soothe or avoid difficult emotions – exists on a spectrum.

In *Undimmed*, Cecily Mak presents a revolutionary approach to transforming our relationship with anything that dims our light. Rather than waiting until addiction appears, she offers a different approach that gives you the power, agency and choice to start making positive changes in your life. You'll learn how to address the root causes of escapist tendencies, cultivate self-trust and heal so you can eliminate the need to 'dim' at all.

Undimmed will forever alter how you perceive so-called addiction, and empower you to break free from unhealthy habits, so you can live a life filled with clarity, connection and well-being.

Cecily Mak is the founder and visionary of the ClearLife Movement – which inspires others to embrace authenticity and heart-centred living – and she is also an emerging leader in the alcohol-free movement. Cecily is also a co-founder of Wisdom Ventures, a venture fund devoted to building a future

The Eight Awarenesses
for Freedom from
Unwanted Habits



Undimmed

Cecily Mak

Foreword by Yung Pueblo

January 2026
9781785045608
Demy Octavo
£17.99 : Trade Paperback
256 pages

Plant Powered Plus

Activate the Power of Your Gut to Tame Inflammation and Reclaim Your Health

Dr Will Bulsiewicz

The plant-based plan to heal your gut and restore good health, from The *New York Times* bestselling author and gastroenterologist Dr Will Bulsiewicz.

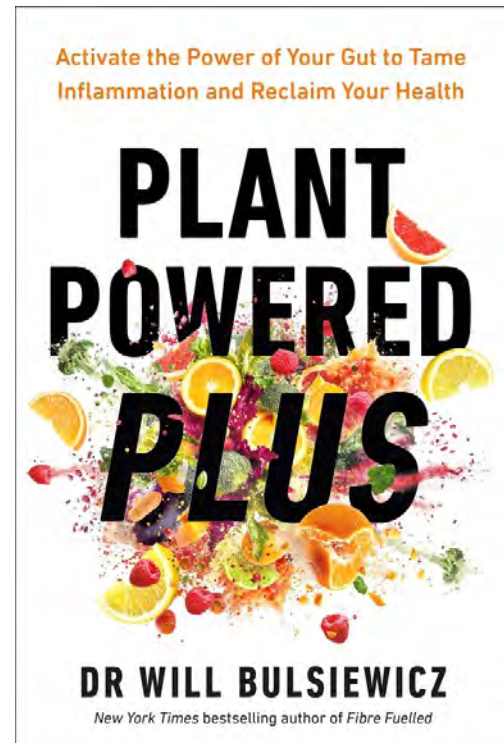
The *New York Times* bestselling author of *Fibre Fuelled* offers a powerful programme to fight inflammation and boost your immune system by healing your gut

Dr. Will Bulsiewicz's patients seek him out first and foremost because he's a gastroenterologist. But more and more, he hears that in addition to their constipation or IBS, patients are also suffering from allergies, depression, thyroid problems, and more. What many don't realize is that the gut is the gateway for both health and illness. So, if you have issues with your gut, chances are you may have issues with chronic illness.

In *Plant Powered Plus* Dr Bulsiewicz offers a powerful programme for addressing inflammation due to an imbalance in the gut with a combination of plant-forward diets. This book is a solutions-based approach to reclaiming a healthful, protective immune system that defends us rather than attacks us. Dr. Bulsiewicz draws the connections between gut issues and a variety of additional diagnoses and symptoms, including autoimmune disease, cardio-metabolic disease, hormonal conditions and more.

His nutrition plan will resolve inflammation and reorient your immune system by healing your gut microbiome and gut barrier. Including guidance on creating your ideal immune-balancing diet, *Plant Powered Plus* will help you harness the power of the gut-immune connection and live a life of boundless health.

Dr Will Bulsiewicz is an award-winning gastroenterologist and gut health expert. He's a graduate of Georgetown University School of Medicine and was chief medical resident at Northwestern Memorial Hospital and chief gastroenterology fellow at the University of North Carolina Hospitals. He's authored more than twenty articles in the top American



January 2026
9781785044168
Royal Octavo
£18.99 : Trade Paperback
416 pages

10 Things to Know About Your Child's Mental Health

Dr Billy Garvey

An international bestselling parenting guide from an expert on children's development that gives hope to parents facing an epidemic of childhood mental health issues

'The one universal truth of childhood is that there is always hope.'

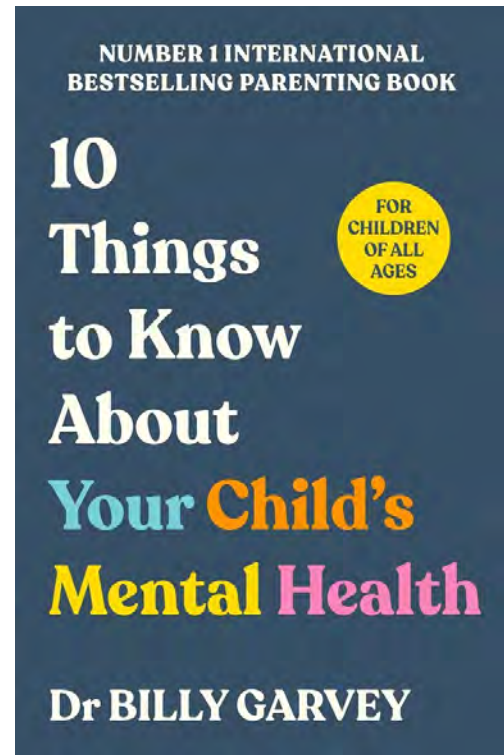
Anxiety, low self-esteem, behaviour issues – children and teens today are facing a mental health crisis. It can take years to get professional support, so how can we help our children overcome challenges and grow into happy, healthy adults?

Dr Billy Garvey – a senior specialist at one of the world's most prestigious paediatric hospitals – has supported families through developmental, emotional and behavioural difficulties for over twenty years. In *10 Things to Know About Your Child's Mental Health*, he reassures parents that every child has the potential to thrive and shares ten core principles for guiding growing minds. You will learn how to:

- identify the root cause behind behavioural difficulties
- respond to your child's emotions, to prevent them deteriorating
- spot if your child is struggling and understand what to do
- nurture essential developmental skills for good mental health

With practical strategies you can apply today for children of any age, and inspirational stories that illustrate what a difference you can make, *10 Things to Know About Your Child's Mental Health* will give you the tools to help your child flourish.

Dr Billy Garvey is a developmental paediatrician with over 20 years' experience working with children in a number of settings. He is a senior specialist at one of the largest tertiary paediatric hospitals in the world where he sees families, trains clinicians and other professionals working with children, as well as conducting research on child development and mental health. He is also the founder of Guiding Growing Minds, a social enterprise that aims to give all children the opportunity to reach their potential and live rich and meaningful lives. His podcast, Pop Culture Parenting, is part of this vision.



January 2026
9781785046636
Royal Octavo
£16.99 : Trade Paperback
224 pages

Come Together

The Science (and Art) of Creating Lasting Sexual Connections

Emily Nagoski

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

NEW YORK TIMES BESTSELLER

'Reassuring, wise, compassionate and funny' - THE TIMES

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

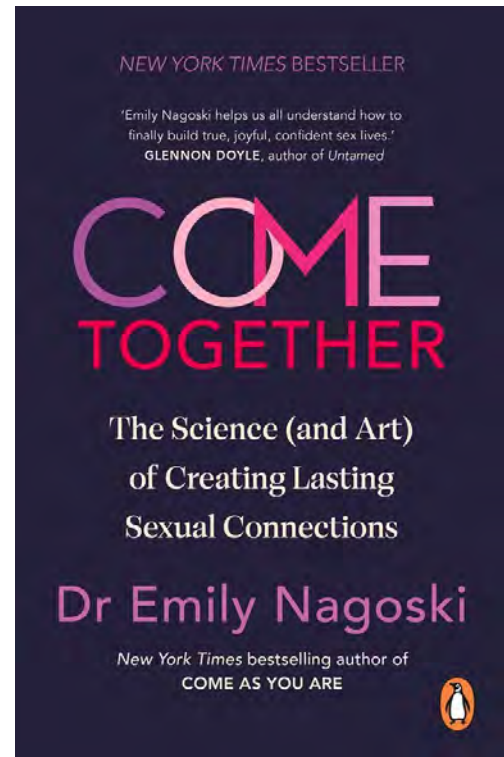
Most couples struggle at some point to maintain their sexual connection. But a lot of the advice we are given on sex is either not very good or steeped in cultural assumptions and expectations that can end up hurting us.

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

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

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

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



January 2026
9781785045011
B Format
£12.99 : Paperback
368 pages

PCOS is my Power

Understand PCOS, Fix Your Hormones, Reset Your Health

Cory Ruth

An expert guide to understanding and managing Polycystic Ovary Syndrome through diet, by Registered Dietitian Cory Ruth

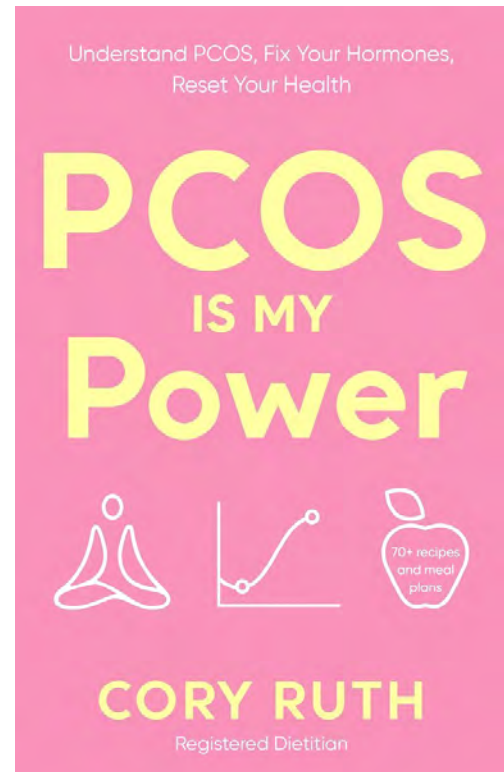
Polycystic Ovary Syndrome, PCOS, is one of the world's most common female hormonal disorders, with 1 in 10 women suffering. It's the leading cause of infertility, weight gain, irregular periods – and frankly makes life difficult for huge amounts of women globally. This is your science-backed, evidence based guide to getting your life back.

PCOS Is My Power will explore stories of real-life patients Cory Ruth has helped in her practice as a registered dietitian, diving into where they were in their PCOS diagnosis journey, outlining how their symptoms improved, and how yours could do – and what myths had to be busted to get them to their healthiest selves. In this empowering book, Cory Ruth aims to show how you can walk through the darkest parts of your PCOS diagnosis, and become who you want to be.

There is no way to cure PCOS completely – it is a chronic, lifetime condition – but there are a multitude of ways (and nutrients!) to balance your hormones, reduce symptoms and get back into the driver's seat of your life.

With a foreword by Dr Jolene Brighten, author of *Beyond the Pill*

Cory Ruth is a US-based Registered Dietitian Nutritionist and women's health expert. She specialises in PCOS and nutrition therapy for infertility and assisted reproductive technology. She is the host of The Imperfect PCOS Podcast, and has been featured in *Forbes*, *Women's Health*, *Mind Body Green* and *Well + Good*, and has built a loyal community of followers on Instagram.



January 2026
9781785046148
Demy Octavo
£16.99 : Trade Paperback
320 pages

Parenting Anxiety

Breaking the Cycle of Anxiety and Raising Resilient Kids

Meredith Elkins

The empowering, evidence-based guide to controlling anxiety for both parents and children from a Harvard Medical School anxiety specialist

The first evidence-based guide to empowering both children and parents to battle their anxiety

Even before the pandemic, anxiety disorders were increasing in children and young people. As many parents know only too well, they have since increased exponentially, wreaking havoc on the emotional wellbeing of a whole generation. But is there anything parents can do to help their children, especially when they're struggling to manage anxiety themselves? Absolutely – and this book will show you how.

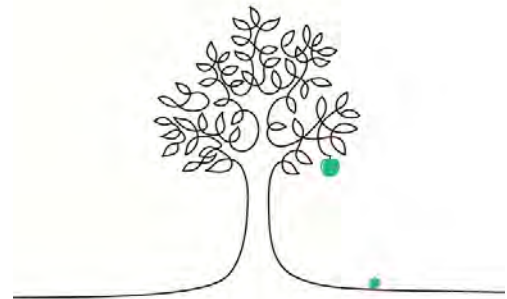
Offering parents a clear, accessible roadmap from constantly fearing the next meltdown to a enjoying calmer, happier life for your entire family, *Parenting Anxiety* is full of expert, evidence-backed advice – not only to help children soothe their anxieties, but helping parents manage their own, too.

Written by Dr Meredith Elkins – a Harvard Medical School-trained paediatrician and anxiety specialist – the techniques in this book are grounded in cognitive behaviour therapy and backed up by scientific evidence, offering you reliable methods to strengthen your family's anxiety-fighting abilities. Tackling one of the hardest issues facing families today with wisdom, warmth and humour, this is an essential handbook with advice that will help every modern parent.

Meredith Elkins is a licensed clinical psychologist specializing in the treatment of anxiety, mood and obsessive-compulsive disorders in children, adolescents, and young adults, and is deeply committed to working with families. She is also an Instructor of Psychology in the Department of Psychiatry at Harvard Medical School and the Co-Program Director of the McLean Anxiety Mastery Program (MAMP), an intensive outpatient program for youth with anxiety disorders at McLean Hospital.

PARENTING ANXIETY

BREAKING THE CYCLE OF WORRY
& RAISING RESILIENT KIDS



DR MEREDITH ELKINS

January 2026
9781785045349
Demy Octavo
£16.99 : Trade Paperback
352 pages

The Heart Code

The Breakthrough Method to Open Your Heart and Transform Your Life

Dr Bradley Nelson

Internationally acclaimed bioenergetics expert and bestselling author of *The Emotion Code* shares his holistic healing method to break down your heart wall and heal your life

Praise for *The Emotion Code*:

'*The Emotion Code* has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.'—Tony Robbins

Praise for *The Body Code*:

'A brilliant, comprehensive, easily understandable system for achieving profound healing results, quickly, effectively, and most importantly, safely.' —Kris Ferraro, *author of Energy Healing and Manifesting*

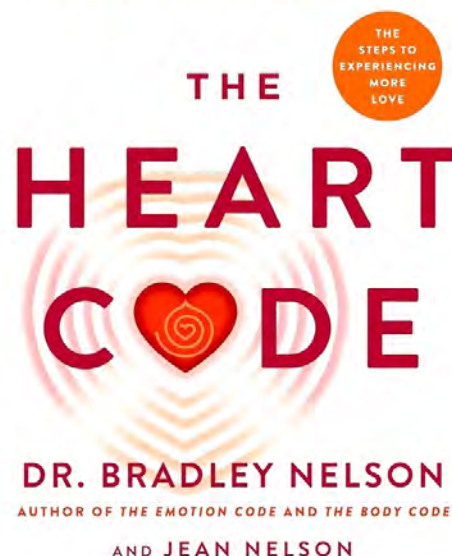
In ***The Heart Code: How to Release Your Emotional Barriers for Authentic Living and Loving*** Dr Bradley Nelson hones in on breaking down our Heart-Walls, to unlock happiness and emotional freedom. All of us have walls around our hearts — emotional barriers that prevent us from fulfilling our potential and finding our true purpose.

The Heart Code offers an in-depth exploration into the mechanisms of Heart-Walls and practical guidance toward breaking down these barriers around our hearts. You will gain the tools necessary to identify and release emotional walls that prevent us from experiencing true fulfilment in every aspect of our lives: physical, emotional, spiritual, financial and romantic.

With a compassionate, empowering and prescriptive approach, *The Heart Code* takes us on a journey of self-discovery and healing, helping unlock the full potential of your heart and live life with greater authenticity, joy and abundance.

Dr Bradley Nelson is the author of *The Emotion Code*, an incredible breakthrough method that makes it possible for anyone to release their emotional baggage for a happier and healthier life. He is recognised world-wide as one of the foremost experts in the fields of bioenergetic medicine and

THE BREAKTHROUGH METHOD
TO OPEN YOUR HEART
AND TRANSFORM YOUR LIFE



January 2026
9781785046186
Royal Octavo
£18.99 : Trade Paperback
320 pages

Weightless

A Doctor's Guide to Weight-Loss Medications,
Sustainable Results and the Health You Deserve

Dr Rocio Salas-Whalen

**An expert, fully informed approach to living on GLP-1s, from
NY-based endocrinologist Dr Rocio Salas-Whalen**

***'This book is a game-changer. It says what too many people need to hear but rarely do: Struggling with your weight is not a personal failure... If you've ever felt isolated in this fight, you need to read this book. You are not alone any more.'* – MEL ROBBINS, bestselling author of THE LET THEM THEORY**

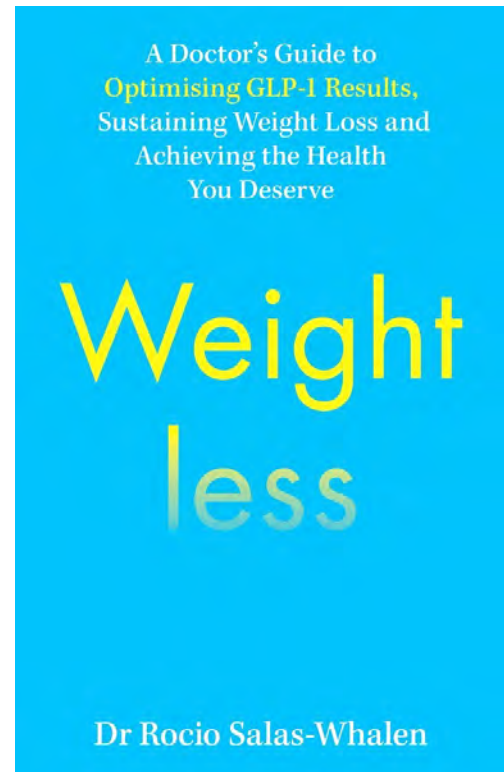
Your playbook for optimising results on GLP-1s, to reverse obesity and take charge of your health – including guidance on how to sustain weight loss once you come off the medication.

*With a foreword from *New York Times* bestselling author of THE NEW MENOPAUSE, Dr Mary Claire Haver*

GLP-1 medications have revolutionised how doctors treat obesity and changed the lives of the people who take them. With demand for these transformative drugs skyrocketing, people interested in trying GLP-1 therapy for weight loss are navigating uncharted landscape, and many patients walk out their doctor's clinic with a prescription but not the essential guidance they need to get the best results – or sustain them.

In *Weightless*, Dr. Rocio Salas-Whalen, an obesity medicine specialist, covers this crucial information and the tried-and-true strategies that have helped her patients achieve their health goals. She helps you understand that taking your medication is only one step of the journey. In fact, these drugs work best when you pair them with proper monitoring and lifestyle changes. Drawing from her clinical experience and stories from her patients, she explains how to:

- Ask the right questions at your first appointment and select the best GLP-1 medication for you
- Understand how it will change your experience with food and hunger
- Adopt the two other key 'prescriptions' – eating more protein and strength-training – to get the most from your treatment and prevent muscle loss



January 2026
9781785046339
Demy Octavo
£18.99 : Hardback
288 pages

Strangers

The story of a marriage

Belle Burden

The must-read memoir of the end of a marriage and the start of a personal revolution, based on the iconic 'Modern Love' essay in the *New York Times* and perfect for fans of Glennon Doyle.

'A beautifully written eulogy for the loss of a relationship'
Joyce Carol Oates

How do we go on when a loved one betrays us?

On a chilly day in March of 2020, in the early days of the pandemic, Belle Burden's husband of twenty years announced, with no prior warning, that he was leaving her. His decision shocked Belle to her core: she believed he was a happy man, a committed partner, and a devoted father to their three children. She thought he was a man who had settled into the life he had always wanted: a successful career, summers spent at their beloved home on Martha's Vineyard, lots of tennis. Overnight, he transformed from her steady companion into a stranger.

As she pieces her life together in the wake of a loss she had never imagined coming, she finds she is much stronger than she ever expected. Exploring the transformation of a shy, quiet girl, nicknamed 'Belle the Good' to a powerful, brave, determined woman who has learned to use her voice to expose the patriarchal structures that have forced women to be discreet and compliant for far too long, *Strangers* is a must-read memoir of self-discovery.

Belle Burden was born in New York City. She holds a BA from Harvard College and a law degree from NYU. Currently, she is a pro bono immigration lawyer specializing in juvenile cases.



January 2026
9781529936117
Demy Octavo
£18.99 : Hardback
320 pages

Neptune's Fortune

The Billion-Dollar Shipwreck and the Ghosts of the Spanish Empire

Julian Sancton

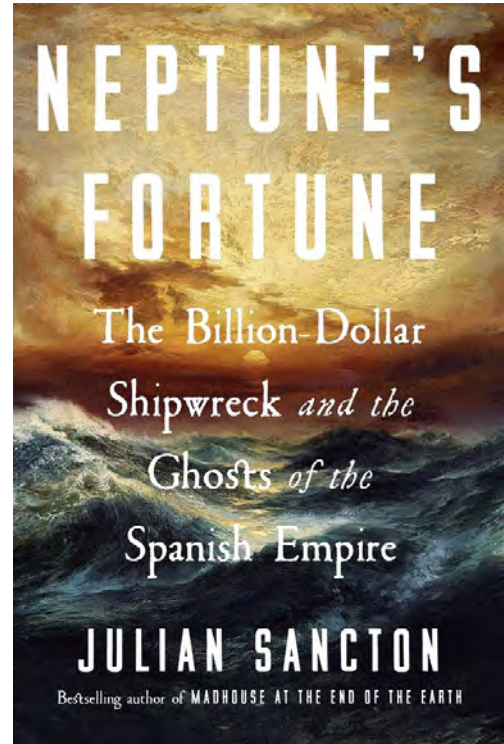
The riveting true story of a legendary Spanish galleon that sunk with over \$1 billion in gold and silver—and one man's obsessive quest to find it—from the *Sunday Times* bestselling author of *Madhouse at the End of the Earth*

Roger Dooley wasn't looking for the *San Jose*. But an accidental discovery in the dusty stacks of a Spanish archive in the 1980s led him to the story of a lifetime—the journey of a ship that had gathered a mountain of riches from the New World for a long-awaited delivery to the King of Spain nearly three centuries earlier. But that ship, the galleon *San Jose*, never reached its destination. Instead, the Spanish treasure fleet was drawn into a pitched battle with British ships of war off the coast of Cartagena. When the smoke cleared, the *San Jose* had disappeared into the ocean.

Though a diver at heart, Dooley was an unlikely candidate to find the *San Jose*. Half Cuban by birth, he lived a life that stretched from the ballfields of Brooklyn to the shores of Castro's Havana at the dawn of revolution, where he would help birth a fledgling nation's diving program and make films with Jacques Cousteau, before finding himself placed on an international watch list and barred from the United States. Dooley had little in the way of serious credentials, yet his tenacity and single-minded devotion to finding the *San Jose* led him to breakthroughs once thought impossible. As he jousts with famous treasure hunters and well-funded competitors, Dooley ultimately homed in on a patch of sea that might contain a three-hundred-year-old shipwreck—or nothing at all.

Neptune's Fortune plunges into a rarified world through the eyes of an idiosyncratic protagonist, one whose work would spark the hopes of presidents and make real the dreams of a nation. This tale of temerity and treasure is a one-of-a-kind story of a lost fortune and the decades-long quest to shine a light on the bounty at the bottom of the sea.

Julian Sancton read History at Harvard, and is a senior features editor at *Departures* magazine, where he writes about culture and travel. His work has appeared in *Vanity Fair*, *Esquire*, *The New Yorker*, *Wired*, and *Playboy*, among other publications. *Madhouse at the End of the Earth* was both a *New York Times*



January 2026
9780753560686
Royal Octavo
£25.00 : Hardback
368 pages

It's On You

How they rig the rules and we get the blame for society's problems

Nick Chater & George Loewenstein

Two leading academics explain where behavioural science went wrong and argue we should stop blaming personal failure for society's ills

'A stirring call to action' – **TIM HARFORD**

'A masterclass' – **DARON ACEMOGLU**

'An excellent book' – **NASSIM NICHOLAS TALEB**

Two decades ago, behavioral economics burst from academia to the halls of power, on both sides of the Atlantic, with the promise that correcting individual biases could help transform society. The hope was that governments could deploy a new approach to addressing society's deepest challenges, from inadequate retirement planning to climate change—gently, but cleverly, nudging people to make choices for their own good and the good of the planet.

It was all very convenient, and false. As behavioral scientists Nick Chater and George Loewenstein show in *It's On You*, nudges rarely work, and divert us from policies that do. For example, being nudged to switch to green energy doesn't cut carbon, and it distracts from the real challenge of building a low-carbon economy.

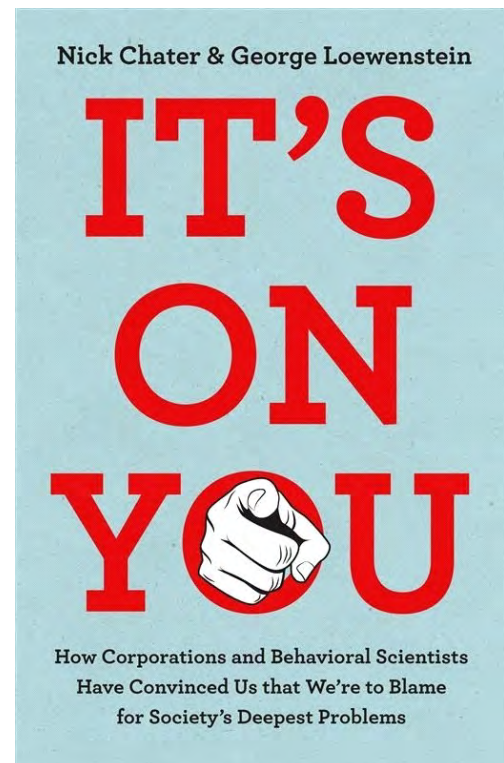
It's on You shows how the rich and powerful have repeatedly used a clever sleight of hand: blaming individuals for social problems, with behavioral economics an unwitting accomplice, while lobbying against the systemic changes that could actually help. As two original proponents of the nudge principle, Nick and George now argue that rather than trying to "fix" the victims of bad policies, real progress requires rewriting the social and economic rulebook for the common good.

Nick Chater (Author)

Nick Chater is a professor of behavioural science at the Warwick Business School. He was awarded the Rumelhart Prize for lifetime achievement in cognitive science in 2023. Nick has advised the UK Government and co-founded Decision Technology, a research consultancy.

George Loewenstein (Author)

George Loewenstein is one of the founders of behavioural



January 2026
9780753562154
Royal Octavo
£22.00 : Hardback
336 pages

Frequently Happy

52 Mindful Moments to Bring Hope and Joy

David Larbi

The first book by content creator, poet and musician David Larbi, who has a combined following of 1.7M across Instagram and TikTok.

From the TikTok poetry sensation David Larbi, a selection of poems, meditations and journal prompts to help you find the joy - no matter how big or small - in every moment

*I always pay attention
When a small joy grabs me
Some say easily pleased
I say, frequently happy!*

In the middle of stress and turmoil, it can be easy to miss the daily opportunities we have for delight. But every day holds the potential for more meaning, connection and lasting fulfilment. Cheerful poet David Larbi reminds us that in every season of life, it is possible to find happiness.

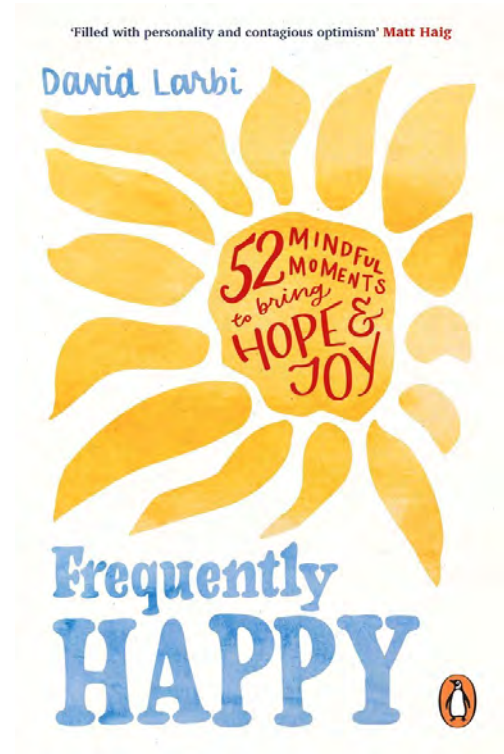
Through bright poems, moving meditations and inspiring journal prompts, this book offers you a chance to reflect on the joyful moments all around you and build a deeper habit of noticing and appreciating life's simple and profound pleasures.

'Filled with such personality and contagious optimism . . . I love this book' Matt Haig

'A vital handbook for navigating the seasons of life' Candice Carty-Williams

'This book is a ray of sunshine' Fearne Cotton

David Larbi is a writer, creator and musician from London. Through his experimentation with diverse platforms and forms of expression, he has built an online community based on introspection and emotional connection. He has a deep love for words, and wants anyone who comes across his work to leave feeling better for it. *Frequently Happy* is his first book.



January 2026
9781846049064
B Format
£12.99 : Paperback
240 pages

AQ

A New Kind of Intelligence for a World that's Always Changing

Liz Tran

The crucial new type of intelligence to survive constant instability.

You've heard of IQ and EQ. But in today's world, they're no longer enough. We need AQ.

In a time defined by nonstop disruptions, when jobs vanish overnight, industries evolve in months, and yesterday's rules no longer apply, AQ—the Agility Quotient—is the intelligence you need to handle change, uncertainty, and the unknown. The good news is that, with the right toolkit, you can grow your agility and learn to navigate a world of increasing instability.

Drawing on leadership coach and former venture capitalist Liz Tran's work with over 200 successful founders, executives, and dozens of companies and organizations, *AQ* reveals a model for how high-performing teams and managers adapt to uncertainty. Tran will show you how to cultivate "durable skills," essential human abilities that remain valuable no matter what the future holds. With the book's Agility Archetype assessment, the book personalizes the AQ journey to every kind of individual. No matter their experience level or ambitions.

Written with conversational flair and practical advice, *AQ* offers readers a wealth of resources, including:

- Tools to rebuild confidence for when you're bombarded by life's curveballs or feeling burned out
- Actionable steps for making a big shift, even when you feel stuck.
- Advice on finding clarity in moments of professional turbulence.

AQ also takes readers behind the scenes at companies, from NVIDIA and Microsoft to rising startups like Lex, to see AQ in action. You'll also meet trailblazers like Maggie Lena Walker, the first female bank president in American history, and Emile-Maurice Hermès, who transformed Hermès into a global luxury powerhouse.



February 2026
9781529147469
Royal Octavo
£17.99 : Trade Paperback
256 pages

Jess and Norma

A lifetime of laughter and our unbreakable bond

Jessica Asquith and Norma Burton

Step into the world of Jess and her 90 year old grandmother Norma who, with over 4.5 million devoted followers, have taken social media by storm with their infectious sense of humour and heart-warming bond.

Hi! I'm Jess, and if you follow us on social media, you'll already know my Nan, Norma. We've had so much fun writing this book together.

As well as plenty of personal stories we've never shared before – about our childhoods, our relationships and the moments that have shaped our lives together – this book is filled with Norma's brilliant one-liners and hilarious views on the world. You'll hear her thoughts on a huge range of topics, including me ('a tiresome little monkey'), my partner Jake ('Somebody must be paying him'), sex and dating ('Can't we get through a blurb without you bringing the tone down?'), self care ('Astral cream, you can't beat it') and more.

This book is for everyone who has laughed, cried and found comfort in our videos. It's been a joy to write it together. With it, we promise to bring a smile to your face and warmth to your heart.

With love,

Jess and Norma xx

Jessica Asquith (Author)

Jessica Asquith graduated with a first from Sheffield Hallam University in 2020. She supported adults in the local community as a social worker until she became her grandmother Norma's full-time carer in 2023. In 2022, Jess started documenting her life with Norma on social media; the heartwarming content they share has inspired millions around the world.

Norma Burton (Author)

Norma Burton was born in Nottinghamshire in 1934 and grew up in war time Britain. She trained as a telephonist and worked at the General Post Office exchange in Retford until she was married in 1962. From the early 1970s, Norma worked as dinner lady where she remained for 20 years. She planned to have a long retirement, day-tripping with her husband Michael,

No Image
Available

February 2026
9781529957273
B Format
£10.99 : Paperback
304 pages

Doctor Who: Stormcage

A River Song Adventure

Alex Kingston

Alex Kingston has always played River Song. Now, in this immersive, multi-strand adventure she invites YOU to become the beloved character yourself!

Alex Kingston has always played River Song. Now, in this immersive, multi-strand adventure she invites YOU to become the beloved character yourself!

Professor River Song, imprisoned in the Stormcage Containment Facility, welcomes the excitement of aliens storming her prison. They're here to spring a creature wanted for terrible crimes. Their assault rips through reality to create the ultimate escape route: a Fate Nexus. A gateway to multiple exit points in time, space and beyond.

In this book YOU are River, tasked with stopping the criminals and saving reality. Only YOU can choose the path through these pages. You'll steer River through past, present and future on all kinds of audacious adventures. You'll meet old enemies, familiar friends and, of course, the Doctor. Will you hunt down a happy ending or find disaster and death? The chances are yours to take!

Image
coming
soon

February 2026
9781785949753
Royal Octavo
£25.00 : Hardback
304 pages

William & Catherine

The Intimate Inside Story

Russell Myers

The first joint biography of William and Catherine to be written in over a decade, by acclaimed royal journalist and broadcaster Russell Myers.

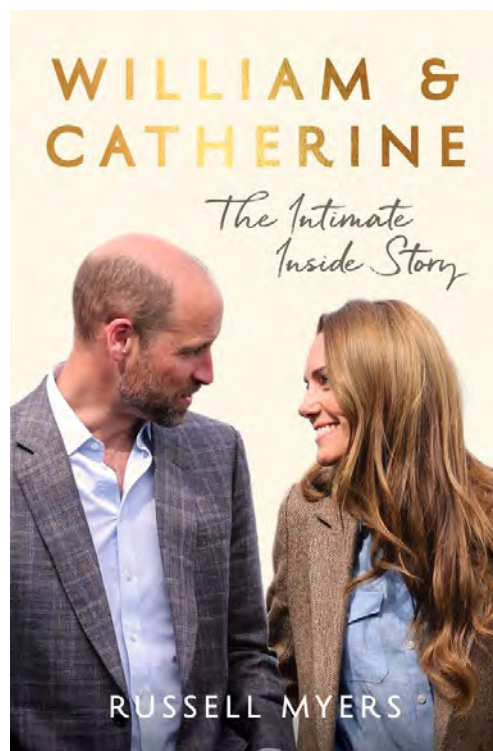
From the relentless media scrutiny and controversies of their 2022 Caribbean Tour to the shock cancer diagnoses of both the Princess of Wales and the King, this captivating biography by acclaimed royal journalist Russell Myers intimately traces the story of William and Catherine's relationship from their earliest meeting at St Andrews University to the present day.

Drawing on exclusive access to numerous palace insiders, it offers never-before-told context about the biggest stories to have followed the Prince and Princess of Wales in recent years – including the Sussex departure, the forming of the 'Cambridge way,' and the death of Queen Elizabeth II – and provides an unprecedented glimpse into their private lives.

Highlighting the couple's resilience and dedication in the face of adversity, *William and Catherine* presents a deeply personal perspective on how the events the Prince and Princess have weathered together will shape their vision for a modern monarchy – as they set out to secure its safe continuation at a time of extreme change and turmoil.

Russell Myers has been the Royal Editor of the *Daily Mirror* and the ITV *Lorraine* show for the past seven years. He has appeared in more than a dozen royal documentaries for ITN productions on Channel 5 and frequently appears on TV and radio across the world, including NBC Today Show, Australia Channels 7 and 9, Germany ARD and ZDF networks.

Russell's podcast, *Pod Save the King*, has garnered more than 15 million downloads around the world. His weekly newsletter 'The Royal Round Up' is one of the most successful newsletters across Reach plc, with around 200,000 registrations to date.



February 2026
9781529985016
Royal Octavo
£22.00 : Hardback
304 pages

The Tiger Slam

The inside story of the greatest golf ever played
Kevin Cook

The thrilling new narrative account of the greatest season in golf history. In 2000, Tiger Woods won the US Open, the Open Championship, and the PGA Championship, then won the 2001 Masters, making him the first and only person to ever hold all four professional major titles at the same time.

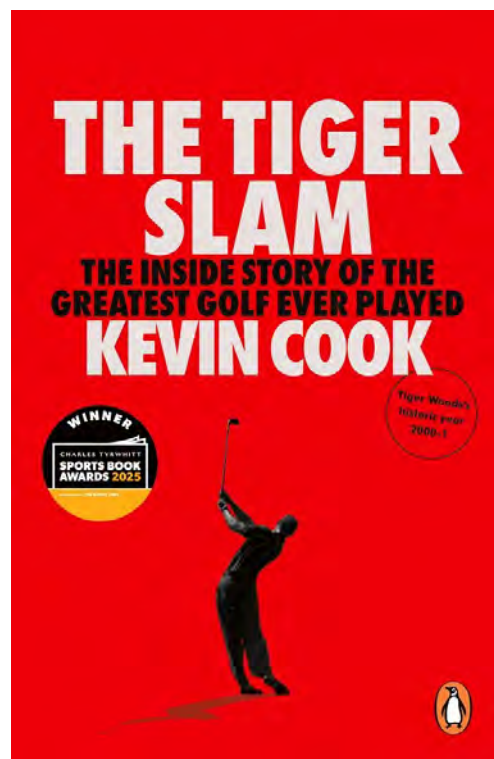
Twenty-five years ago, Tiger Woods achieved the greatest feat in golf history: the 'Tiger Slam'. Now, for the first time, the award-winning author of *Tommy's Honor* delivers a riveting account of Tiger at his most brilliant - dominating the game in a way we will never see again.

In 1997 Tiger Woods wins the Masters by the largest margin in history, becoming the first Black player to win a major championship. Four years later, the world watches with breathless anticipation as he returns to Augusta National, aiming for a milestone no other golfer has ever achieved: four professional Grand Slam triumphs in a row.

In *The Tiger Slam*, Kevin Cook delivers a gripping, inside-the-ropes account of an astonishing streak of victories. Readers will hear from many of golf's biggest names—Tiger's caddie, his coach, his opponents, his idols and others, all offering fresh insight into the electrifying highs of his triumphs and the obstacles on and off the course that threatened his relentless pursuit of perfection.

The Tiger Slam is the epitome of greatness in sport, a feat as exhilarating today as it was twenty-five years ago. Kevin Cook invites us to close our eyes and see a young champion at the peak of his powers: unmatched raw strength, single-minded focus, strategic genius, and utter fearlessness. *The Tiger Slam* takes readers behind the scenes in the thrilling months when Tiger Woods took an ancient game to new heights.

A former *Sports Illustrated* senior editor and editor in chief of *Golf Magazine*, **Kevin Cook** has written about golf for *Sports Illustrated*, *The Wall Street Journal* and many other publications, and talked about the game on ESPN, CNN, and Fox News. His first book, *Tommy's Honor*, won the US Golf Association's Herbert Warren Wind Award. A film based on *Tommy's Honor* won Scotland's BAFTA as Best Feature Film of 2016 and often appears on the Golf Channel.



February 2026
9781529955491
B Format
£11.99 : Paperback
320 pages

Taylor: A Love Story

How Taylor Swift got her fairytale ending

Anna Pointer

The full love story of the world's biggest star, Taylor Swift, and NFL legend, Travis Kelce

From country roots in Pennsylvania to global pop superstardom, Taylor Swift has redefined what it means to be a 21st-century icon. A record-breaking artist, businesswoman, and storyteller, Taylor has turned personal moments into generational anthems, earning legions of devoted fans and reshaping the music industry. In the midst of sold-out stadiums and Grammy wins came a love story no one saw coming.

When Taylor met Kansas City Chiefs' Travis Kelce, sparks flew. What started as playful banter and tabloid speculation blossomed into a powerful relationship and the couple quickly became America's favourite love story. Together, they embody the fairytale arc: the unlucky-in-love global superstar finding her match in a charismatic, yet emotionally grounded NFL icon. From Travis's now-legendary friendship bracelet move to an engagement between 'our English teacher and Gym teacher' that broke the internet, their romance has captured hearts across the globe.

Taylor's words have painted portraits of heartbreak and healing, always inviting listeners into her ever-evolving world. At the heart of her story are the relationships that shaped her – including high-profile romances with celebrities like Joe Jonas, Harry Styles, and Calvin Harris. This book brings it all together for the first time: looking back at Taylor's journey to find Travis, their whirlwind connection and the seismic cultural impact of their union.

Anna Pointer is an author and journalist with more than 25 years' experience writing for the national press and media. She has ghostwritten celebrity memoirs and is the author of *Beyoncé: Running the World: The Biography*, translated into multiple languages globally, as well as *The Essential Beyoncé*. As the former Editor of one of Britain's most popular women's showbiz weeklies, Anna produces celebrity interviews and lifestyle features for a wide range of newspapers and magazines, with bylines appearing in the *Daily Mail*, *Independent*, the *Guardian*, the *Telegraph*, the *Mirror*, *Red*, *Marie Claire*, *Hello!*, *OK!*, *Fabulous* and *Grazia*. She has also authored glossy one-off collectors' magazines focusing on celebrities and

Image
coming
soon

February 2026
9781529986709
Royal Octavo
£22.00 : Hardback
304 pages

Batch From Scratch

Save money and time with this as seen on screen 28-day meal plan

Suzanne Mulholland

Embrace the benefits of batch cooking with *Batch from Scratch*, the essential companion to the hit Channel 4 series.

This cookbook offers a comprehensive 28-day meal plan, featuring a variety of breakfast, lunch, and dinner recipes drawn from or inspired by Series 1 and 2 of the show, allowing readers to follow a structured batching routine with ease.

It includes a customisable blank meal planner, encouraging readers to adapt their batching to fit their family's needs. With the ability to write directly into the book and personalise it, readers will feel as though The Batch Lady herself has stepped into their kitchen to lend a hand.

With a 15-page introduction covering the fundamentals of batch cooking, you'll learn everything from shopping and prepping to freezing and storage techniques, whether you're a beginner or a seasoned cook. Ideal for busy families, solo diners, or anyone looking to bring more structure and ease to mealtimes.

This is the ultimate method for cooking when you don't like cooking.

Suzanne Mulholland, aka The Batch Lady, is a time-saving guru and family cooking expert, passionate about taking the stress out of mealtimes. Formerly a time-management expert, Suzanne took the tools from her working life and applied them to cooking when she had children. She showed a few friends how to stay organised by making meals in advance, and they encouraged her to share her recipes online. The Batch Lady was born.

Suzanne now has half a million followers across her platforms. A regular on daytime TV, she spends her time developing recipes, writing books and working with brands. She is often on the public speaking circuit giving inspirational talks on saving time and starting a business. She has five *Sunday Times* bestselling books and an engaged global audience. She lives with her husband and two teenagers on a working hill farm in the Scottish Borders.

Image
coming
soon

February 2026
9781529986655
230 x 189mm
£18.99 : Paperback
128 pages

15-Minute One Pot

Quick & easy all-in-one recipes

Hollie Wood

Get dinner on the table in just 15 minutes!

Making delicious homemade dinners from scratch has never been easier – or quicker!

In this time-saving cookbook, beloved online recipe writer Hollie Wood (@dinner_at_hols) shares her 100 most delicious recipes that are all made in one pot, pan or tray and only require 15 minutes' cooking time.

With over 1 million followers online, Hollie knows that we often want to spend less time in the kitchen so that we can do more of what we love. So Hollie's created these exciting new recipes to help you get out of the kitchen, while still getting to eat tasty home-cooked meals.

All made with supermarket-friendly ingredients and perfect for multiple servings for either leftovers, batch cooking or feeding the family, the fast and easy dinners in this game-changing cookbook are for anyone who finds themselves too busy to cook.

Find your go-to new speedy favourite:

- **Sweet and Sour-Style Chicken Rice**
- **Creamy Harissa and Halloumi Orzo**
- **Smoked Sausage and Sweet Potato Hash**
- **Cheat's Sticky Toffee Pudding**

Hollie Wood(@dinner_at_hols), is a home cook and mum of two from Rugby with a passion for making dinnertime easier for busy families. With over 15 years of experience creating simple, comforting meals, Hollie has built a loyal following by sharing quick, no-fuss recipes that are full of flavour and ready in no time.



February 2026
9781529975734
245x167mm
£22.00 : Hardback
224 pages

You're Overwatering It!

A Plant Guru's Guide to Houseplants

Jonny Balchandani

A characterful maximalist guide to growing, caring and maintaining thriving house plants . From a cross-platform talent of over 1million. For fans of *How Not To Kill Your House Plant*, *What Plant Where* and *Prick*

You don't need a green thumb, you just need the right guide.

Jonny Balchandani (a.k.a thebeardedplantaholic) is *the* plant whisperer, showing thousands how to know, grow and style their space from the backdrop of his own indoor jungle.

This is the ultimate guide to levelling-up your house plant care, full of wild wisdom a few hard truths and lots of leafy love:

Watering hacks
Light mastery
Pest control
Soil sorcery
Repotting rules and more

Discover the simple secrets to help your house plants thrive and become a jungle boss at home.

Jonny a.k.a @thebeardedplantaholic is a plant enthusiast and peer expert based in Malvern, where he has cultivated a leafy paradise in the form of his indoor jungle.

As well as a thriving online community, Jonny hosts PLANT STOCK a regular festival event, releases sell-out plant drops online and has been featured on Gardener's World, Channel 4, The Sun, The Daily Mirror, Metro and more.



February 2026
9781529956467
246x189
£25.00 : Hardback
224 pages

Why I am Not an Atheist

The Confessions of a Sceptical Believer

Christopher Beha

Celebrated author Christopher Beha recounts his struggle with the most urgent questions and makes an earnest appeal for readers to seek out answers of their own

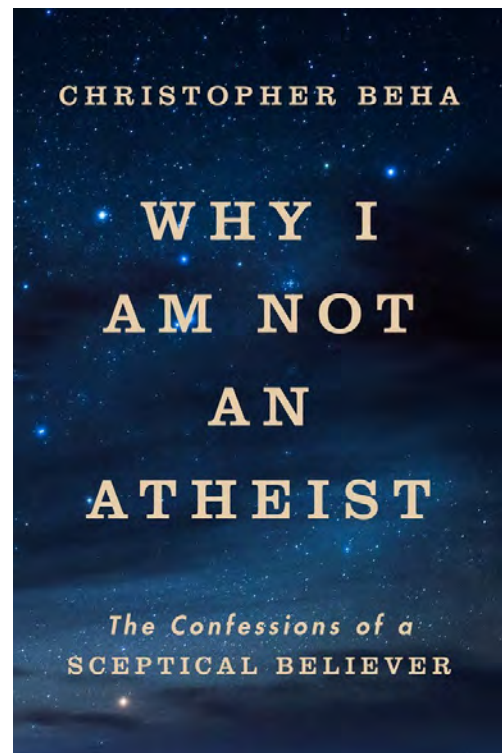
What can I know? What must I do? What may I hope?

Twenty-five years ago, celebrated author Christopher Beha gave up on God. After reading Bertrand Russell's classic text *Why I Am Not a Christian*, he became a committed atheist, certain that his days of belief were behind him. A youthful brush with mortality soon set Beha on a decades-long quest for meaning in a godless world.

Why I Am Not an Atheist tells the story of this search for secular answers and along the way, Beha traces the development of what he understands to be the two major atheist worldviews: *scientific materialism* and *romantic idealism*. Beha's passage leads him to the surprising conclusion that faith preserves the best of both traditions while offering a complete and coherent picture of reality.

This deeply personal yet universal investigation delves into suffering, mortality and ultimate meaning, calling readers to take up these questions for themselves.

Christopher Beha is the former editor of *Harper's Magazine* and the author of four previous books, including *The Index of Self-Destructive Acts*, which was nominated for the 2020 National Book Award.



February 2026
9781911764007
Royal Octavo
£25.00 : Hardback
224 pages

The Fibre Effect

The surprising (and easy) way to transform your health
Emma Bardwell

The feel-good, science-backed guide to the next big trend in wellness – from the nutritionist and bestselling author of *The 30g Plan*

Forget the fads and transform your health with the unsung hero of the nutrition world – FIBRE.

Fibre is known for its unsexy reputation of keeping people 'regular' – but the truth is, it benefits us in so many more ways. Fibre can reduce the risk of heart disease, stroke, type 2 diabetes and colon cancer while also lowering inflammation, boosting the health of our gut microbiome and brain and making us less susceptible to depression. Yet here in the UK, we're only eating 16g a day, when the science says we should be getting 30g.

In *The Fibre Effect*, readers will not only discover how easy it is – once you know how – to hit that 30g a day, but that fibre is far from brown, boring bland bran we thought it was. It's Rainbow Jelly Compote, Garlic Roasted Butter Beans and Pomegranate Puy Lentil Salad.

Unlike restrictive diets or calorie counting, Emma Bardwell's science-backed approach guides you effortlessly towards better digestion, immunity, hormone regulation, metabolic health, blood sugar balance and weight loss – all by helping you focus on what to add to your diet, not what to take away.

Through practical, feel-good advice and over 40 delicious recipes to help you eat all the fibre your body deserves, *The Fibre Effect* will show you how to reap the benefits of this unsung hero, helping you feel your very best.

Emma Bardwell is a registered nutritionist and health writer. Her evidence-based, no-nonsense approach has made her one of the go-to names in women's health and nutrition. She combines the most up-to-date research with a 360-degree lifestyle audit to help women optimise their well-being. Emma is deeply anti-fad and doesn't care for restriction, believing in positive rather than perfect nutrition.



The surprising (and easy)
way to **transform**
your health

EMMA BARDWELL

THE SUNDAY TIMES BESTSELLING AUTHOR

February 2026
9781785046278
Demy Octavo
£18.99 : Trade Paperback
256 pages

Why We Suffer and How We Heal

The Three Keys to Flourishing Through Life's Challenges
Dr Suzan Song

A groundbreaking guide to facing adversity by a world-leading psychiatrist and trauma expert.

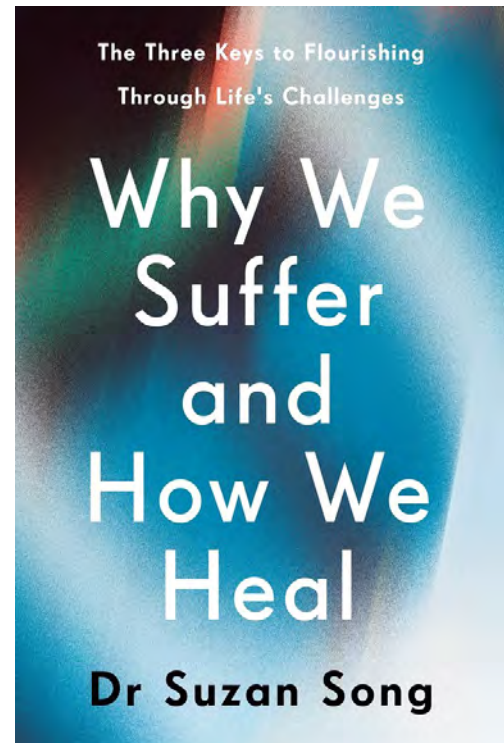
When we're enjoying spring and summer, we don't imagine that they'll last forever. The same should be true for our own lives.

A psychiatrist who has dedicated her life to treating global survivors of unspeakable horrors shares the three keys to resilience for weathering stress, loss and trauma in our own lives.

Some survivors are unflappable, yet it's not their optimism or grit that carries them forward, but their acceptance of life's inherent instability. In her debut book, Harvard- and Stanford-trained child and adult psychiatrist Dr Suzan Song draws from her clinical practice, patient stories and research to help readers release their unrealistic longing for stability, using the three tools that allow us to weather life's stormiest seasons: narrative, ritual and purpose.

Dr Song draws on the visual motifs of the 'three friends of winter' in Korean art – pine, bamboo and plum blossoms – plants that thrive even in the harshest of winters. For all humankind the universal 'three friends of winter,' are narrative, rituals and purpose. *Why We Suffer and How We Heal* will open us up to a new, healthier mindset and teach us to transform life's challenges into opportunities for growth and resilience.

Dr Suzan Song is a Harvard- and Stanford-trained psychiatrist, humanitarian researcher and adviser. For more than two decades, she has dedicated her work on building resilience in individuals and communities affected by adversity – from everyday struggles to the world's most challenging environments of war and human trafficking. Dr Song has advised the United Nations, multiple U.S. federal agencies and Ministries of Health, shaping systems of care for children and families in crisis to bridge clinical innovation with systems reform. She has a private practice in Washington D.C., is a professor of psychiatry at George Washington University and a sought-after speaker on leadership resilience, systems change and the science of healing. Her mission is to bridge clinical reality and systemic change, bringing the lessons of human



February 2026
9781846047602
Demy Octavo
£18.99 : Hardback
224 pages

Shift

How to Manage Your Emotions so They Don't Manage You

Ethan Kross

A myth-busting, science-based guide that addresses the timeless question of how to manage your emotional life using tools you already possess - from the bestselling author of *Chatter*.

'For anyone who has wondered whether they'll ever be in charge of their emotions, this book has the answer: yes' - Angela Duckworth, author of *Grit*

'This book does much more than make sense of emotions - it breaks new ground on how to manage them' - Adam Grant, author of *Think Again*

Whether it's anxiety about the dentist, boiling rage when we're stuck in traffic or devastation after a painful break-up, our lives are filled with situations that send us spiralling. But as difficult as our emotions can be, they are also a superpower. When they're activated in the right ways and at the right time, they function like an immune system, alerting us to our surroundings, telling us how to react to a situation and helping us make the right choices.

But how do we make our emotions work for us rather than against us? Acclaimed psychologist Dr Ethan Kross has devoted his scientific career to answering this question. In *Shift*, he dispels common myths - for instance, that avoidance is toxic or that we should always strive to live in the moment - and provides a new framework for shifting our emotions so they don't take over our lives.

Shift weaves groundbreaking research with riveting stories of people struggling and succeeding to manage their emotions - from a mother whose fear prompted her to make a spur-of-the-moment decision that would save her daughter's life mid-flight to a nuclear code-carrying Navy SEAL who learned how to embrace both joy and pain during a hellish training activity. Dr Kross shows us that we already have access to a wide array of tools and demonstrates how to harness them to be healthier and more successful.

Filled with actionable advice, cutting-edge research and inspiring stories, *Shift* puts the power back into our hands, so

Image
coming
soon

February 2026
9781785044618
B Format
£11.99 : Paperback
288 pages

Liturgies of the Wild

Myths that Make Us

Martin Shaw

From “one of the greatest storytellers we have” (Robert Bly), an urgent invitation to allow the oldest stories—and the Greatest Story—to reshape our own.

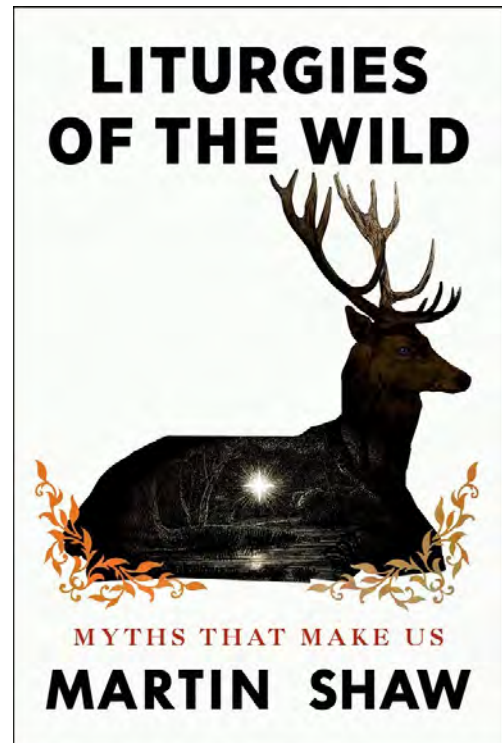
From “one of the greatest storytellers we have” (Robert Bly), an urgent invitation to allow the oldest stories — and the Greatest Story — to reshape our own.

There’s an old Irish belief that if you aren’t wrapped in a cloak of story you will be unprepared for what the world will hurl at you. You remain adolescent at just the moment a culture worth its salt requires you to become a real, grown, human being.

In *Liturgies of the Wild*, acclaimed mythographer, storyteller and Christian thinker Martin Shaw argues that we live in a myth-impoverished age and that such poverty has left us vulnerable to stories that may not wish us well. Drawing on the “ancient technologies” of myths and initiatory rites, Shaw provides a road to wholeness, maturity and connection. He teaches us to read a myth the way it wants to be read; provides vivid retellings of tales powerful enough to carry you through life’s travails; and shows you how to gather and reshape your own thrown-away stories. Most vividly, he shares how these ancient technologies led him—unexpectedly—to Christ, “the True Myth,” by way of a thirty-year journey and a 101-night vigil in a Dartmoor forest.

Combining scholarly erudition with nimble storytelling in the tradition of C.S. Lewis and J.R.R. Tolkien, *Liturgies of the Wild* is a thrilling counsel of resistance and delight in the face of many modern monsters.

Dr Martin Shaw is a writer, mythographer and Christian thinker who has authored seventeen books. He founded the Oral Tradition and Mythic Life courses at Stanford University and is director of the Westcountry School of Myth in the UK. For twenty years Shaw has been a wilderness rites of passage guide, working with at-risk youth, those who are unwell, returning veterans, as well as women and men seeking a deeper life.



February 2026
9781846048913
Royal Octavo
£22.00 : Hardback
256 pages

Uncluttered Faith

Own Less, Love More and Go Change the World

Joshua Becker

A transformative guide to experiencing the fullness of God's promises through the power of minimalism, from the bestselling author of *The More of Less* and *The Minimalist Home*

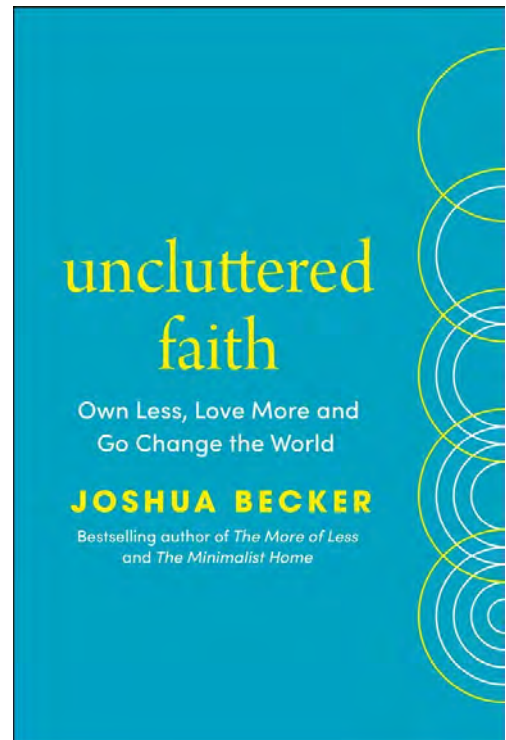
Experience the fullness of God's promises through the power of minimalism

Rooted in the teachings of Jesus, *Uncluttered Faith* argues that true spiritual fulfilment and abundant life are found not in accumulation but in simplicity and generosity.

Weaving together personal stories, biblical teachings and practical advice, Becker shows how worldly treasures can hinder your relationship with God and your potential in His Kingdom. He shares his journey towards minimalism, a path he began nearly two decades ago that has since revealed numerous spiritual promises, emphasising that Jesus's teaching to give away possessions is not about deprivation, but rather the formula to experience purpose, passion, fulfilment and meaning, in this life.

Uncluttered Faith is more than a guide for your personal growth; it casts a bold vision for the Church to collectively embrace minimalism and reach its full potential, ultimately leading to a life that is not only personally fulfilling but also impactful for eternity.

Joshua Becker, the bestselling author of *The More of Less* and *The Minimalist Home*, is the founder of Becoming Minimalist, a website dedicated to inspiring others to find more life by owning less. His websites welcome over 1 million readers each month and have inspired millions around the world to consider the practical benefits of owning fewer possessions. He is a contributing writer to *Forbes* and has appeared in *The Wall Street Journal*, *The New York Times*, *The Washington Post* and numerous other outlets. Joshua and his family live in Peoria, Arizona.



February 2026
9781846049057
Demy Octavo
£17.99 : Trade Paperback
256 pages

Chatter: The Workbook

How to Stop Overthinking and Calm the Voice in Your Head

Ethan Kross

This interactive workbook based on international bestseller *Chatter* offers tools for breaking free from endless cycles of negative self-talk, rumination and worry.

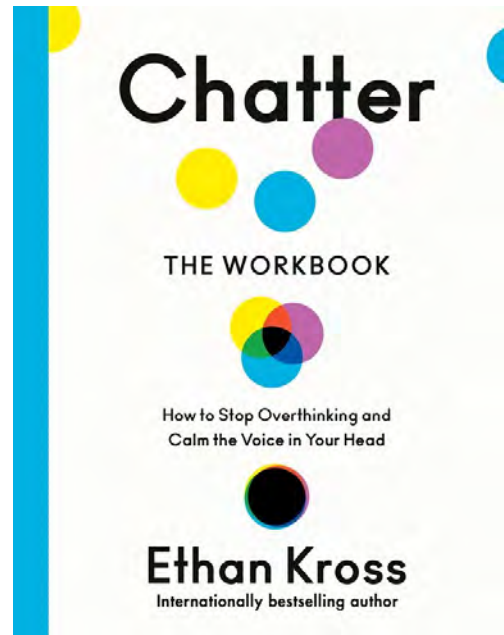
Rumination. Worry. Self-critique. We've all gotten stuck in loops of negative self-talk, or as acclaimed psychologist Dr Ethan Kross calls it, chatter. Whether it manifests as anxiety, imposter syndrome or other detriments to our mental health, chatter has the power to derail both our professional and personal lives. However, it is possible to change how our inner voice talks to us, making it work *for* us rather than against us.

In his internationally bestselling book, *Chatter*, Dr Kross describes how to utilise the hidden power of our inner voice. This workbook delves deeper, featuring writing prompts, checklists, visual guides, thought exercises and more, teaching you how to harness your chatter. You'll discover:

- **Internally focused tools:** Activities to help you normalize, reframe, and redirect your thoughts.
- **People tools:** Techniques for seeking support and advice from other people.
- **Environmental tools:** Ideas for creating order in your environment and benefitting from awe-inspiring experiences.

Perfect for anyone who wants to break free from endless cycles of negative self-talk, this workbook will help you harness your inner voice and transcend the worst effects of chatter.

Ethan Kross is one of the world's leading experts on emotion regulation. An award-winning professor in the University of Michigan's top-ranked Department of Psychology and its Ross School of Business, he is the director of the Emotion & Self Control Laboratory. Ethan has participated in policy discussion at the White House, spoken at TED and SXSW, and consulted with some of the world's top executives and organisations.



February 2026
9781785046711
Royal Octavo
£16.99 : Trade Paperback
176 pages

Calm Your ADHD Brain

Your toolkit to manage spiralling thoughts

Emma Llewellyn

A powerful toolkit to help challenge your spiralling thoughts, stop ruminating and learn to work *with* your neurodivergent brain

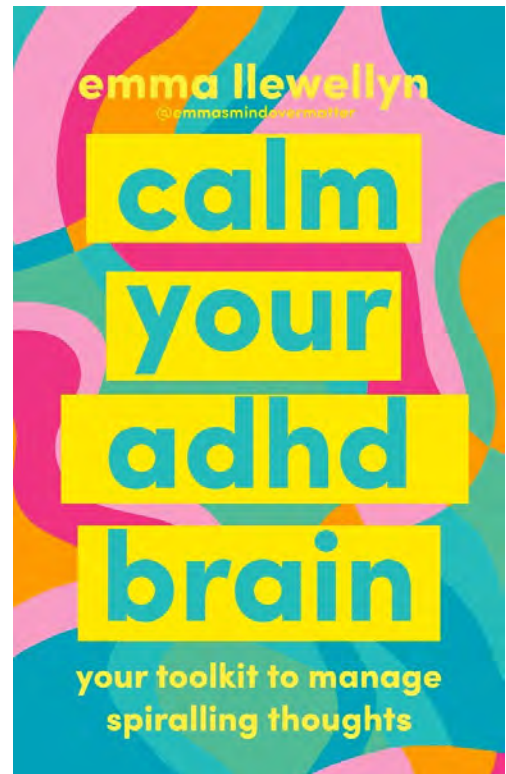
'If your ADHD brain has made you believe you're the problem, let this be your reminder: you're not. You just need the right support, the right language and a whole lot of self-compassion.'

In this compassionate and empowering toolkit, Emma Llewellyn will guide you through rumination and spiralling thoughts, explaining why they happen and how you can learn to manage your mind every day. Instead of trying to 'fix' your neurodivergent brain or 'recover' from your diagnosis, *Calm Your ADHD Brain* will validate your experience and equip you with simple, practical tools to help your brain feel less overwhelmed.

With easy-to-follow tips, bite-sized information and personal experiences of living with ADHD, this book will help you challenge your overthinking mind, transform your uncontrollable thoughts and turn frustration into self-compassion. Your brain is not broken. It doesn't need fixing. And you can work *with* it, not against it.

Emma Llewellyn is a British content creator, known for sharing validating and informative tips on living with ADHD and Autism. For most of her life, Emma felt she was failing. Then, at the age of 30, she was diagnosed with ADHD and her diagnosis completely transformed her life. Now, Emma is on a mission to share honest, relatable and supportive advice for how to manage and live with your neurodivergent brain.

Follow Emma at @mindovermatterwithemma



February 2026
9781785045622
Demy Octavo
£17.99 : Trade Paperback
288 pages

How to Make Your First Million

Build wealth with style and audacity

Maria Hatzistefanis

The practical playbook to build a Millionaire Mindset

'Maria built an amazing brand from the ground up and I can absolutely relate to her strategy' – BOBBI BROWN

'I know how hard-won every success story is – this book celebrates that fight, that focus and that belief in yourself' – INDIA HICKS

'Every page of Maria's book reminds you that the first million isn't luck, it's about authenticity, tenacity, courage, persistence and simply hard work. And most of all, passion to succeed' – KELLY HOPPEN CBE

'How to Make Your First Million is the ultimate playbook for anyone ready to stop dreaming and start earning' – REBECCA MINKOFF

'I love Maria's writing style, motivational and funny at the same time' – ERIN O'CONNOR MBE

Start building your first million with hard-won, practical business advice from bestselling author, *Dragon's Den* Greece investor, beauty entrepreneur and founder of Rodial skincare, Maria Hatzistefanis.

Every fortune begins with an irrational yes. Maria Hatzistefanis started her journey when she took a risk and founded a beauty business after getting fired from her job in an investment bank. Now, after years of persistence in the face of failures, rejections and near-bankruptcy, Maria stands at the helm of best-selling global brands Rodial and NIP+FAB, sits on the British Fashion Council and is an investor on *Dragon's Den* Greece.

Drawing on more than 25 years of wins, viral moments, embarrassments and mistakes in business, Maria reveals the tips and tricks that helped her to develop a Millionaire Mindset and grow her brand with style and audacity.

In her ultimate playbook for building wealth, Maria reveals:

- How to own any room and captivate future contacts

Image
coming
soon

February 2026
9781529147551
Royal Octavo
£18.99 : Hardback
192 pages

Our Oaken Bones

Reviving a Family, a Farm and Britain's Ancient Rainforests

Merlin Hanbury-Tenison

Shortlisted for the Wainwright Prize, this indie bestseller now in paperback speaks to mental health, the healing power of nature, and how we need to heal it in return – with a blueprint for restoring Britain's rainforests.

SHORTLISTED FOR THE WAINWRIGHT PRIZE FOR NATURE WRITING

Scholarly, wise, funny, charming, terrifying and thrilling... I adored it all, every page. - **JOANNA LUMLEY**

An extraordinarily courageous, urgent and powerful book. - **ISABELLA TREE**

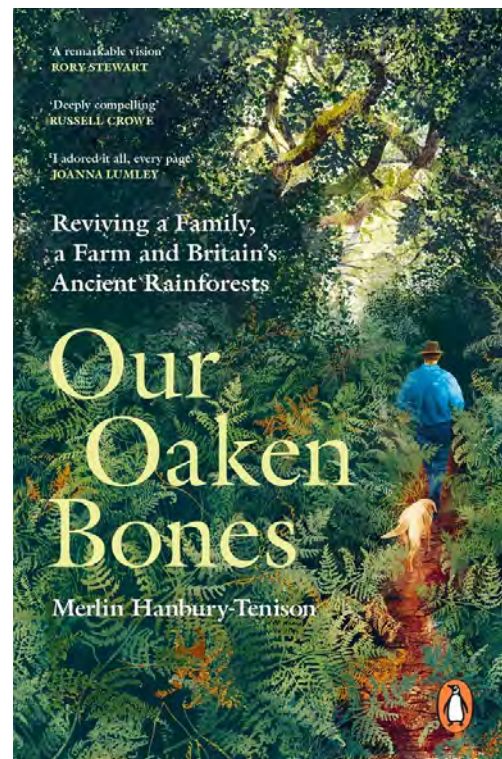
Deeply compelling... emotional, informative, pleasurable. I believe that this is an important work with planet-sized dreams and ambitions. Perhaps the greatest philosophy or teachable lesson that came to me off the page is that dominion comes with responsibility. - **RUSSELL CROWE**

A beautifully written, people-focused tale with many stories of the healing of troubled human souls brought about by the rainforest's health-giving powers. I absolutely loved it. - **CHARLES CLOVER**

Aching and hopeful in equal measure: from the horrors and trauma of war, to the quiet intimate grieving of a hidden family loss, there are perhaps no greater tests of the healing power of Britain's lost rainforest habitats. - **GILLIAN BURKE**

A terrific debut. - **JUSTIN MAROZZI**

Suffering after several military tours in Afghanistan and the pain of deeply personal losses, Merlin Hanbury-Tenison and his wife Lizzie decide to leave the bustle of London and return to Merlin's childhood home, a Cornish hill farm in the heart of Bodmin Moor. As they fall more in love with the rainforest that Merlin had played in as a child, so begins a fight to save not only themselves and their farm, but also one of the world's most endangered habitats.



February 2026
9781529144239
B Format
£11.99 : Paperback
304 pages

Starchild

My Life Under the Night Sky

Maggie Aderin-Pocock

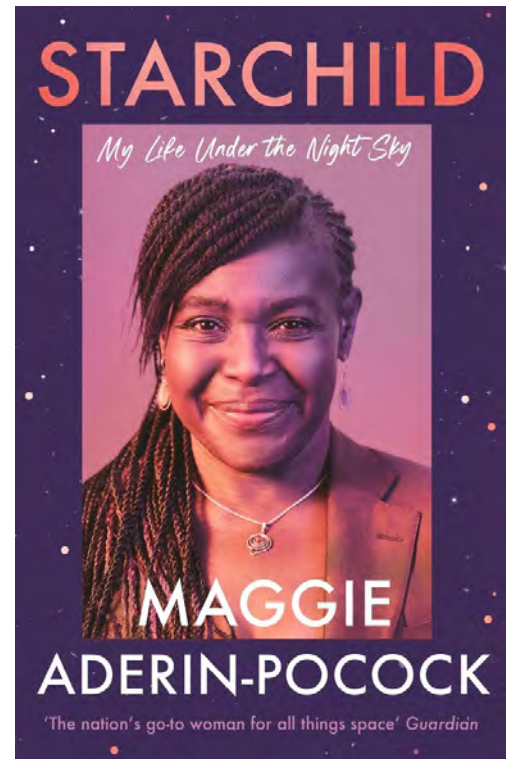
From a childhood in Camden to the frontiers of space, an inspirational memoir from space scientist, presenter of *The Sky at Night*, and bestselling author Maggie Aderin-Pocock.

'I'd toast the moon and look at the sky... I think it draws us to it; we wonder what lies beyond.'

Maggie Aderin-Pocock's destiny was always written in the stars. From the age of three, inspired by *The Clangers*, her dream was to go into space. Throughout a chaotic childhood, ricocheting between divorced parents and acrimonious custody battles, she attended thirteen schools in fourteen years – but while her environment regularly changed, her fascination with the Universe did not. It became enmeshed in her desire to succeed as a scientist even when her school careers advice was to become a nurse.

Starchild is Maggie's emotionally honest and revealing memoir, telling a story of education and prejudice, adversity and ambition, motherhood and the moon – all recounted in her characteristically warm and relatable style. From being the only Black woman on her physics course at Imperial College London, to her groundbreaking work on the James Webb and Gemini telescopes, to starting her own public speaking company and sharing the wonders of science with thousands of children every year, Maggie's story will inspire you to never give up on your dreams.

Dr Maggie Aderin-Pocock has had a passion for space and astronomy since she was a small child. Now a bestselling author, most recently of *The Art of Stargazing* and *The Book of the Moon*, and a pioneering figure in promoting science to the public, Maggie runs her own company and has toured the UK speaking to inner-city schools inspiring the next generation of physicists. 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. 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



February 2026
9781785949449
Royal Octavo
£22.00 : Hardback
320 pages

Making the Cut

An Unorthodox Love Story

Max Olesker

A touching and hilarious memoir of an unconventional Jewish love story, from 'Britain's answer to David Sedaris' (Andrew O'Hagan)

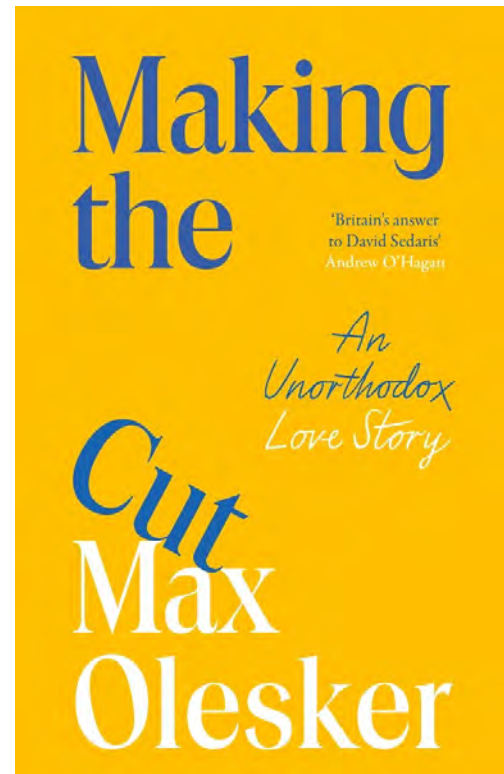
***"I liked the Jewish jokes," she says.
"Oh, it's OK", I say. "I'm allowed to make them."
Her eyes light up.
And so it all begins.'***

When Max meets Eliana, a dazzling modern Orthodox Jewish girl, in a bar in Edinburgh one night, he never expected it kickstart an agonising identity crisis. While their connection is instant and deep, Max discovers a devastating truth: that to millions around the world, including the girl he's fallen for, he is deemed non-Jewish.

Determined to build a future with her, comedian and writer (*and uncircumcised liberal Jew*) Max Olesker embarks on the world's most demanding religious conversion process. He attempts to navigate the dizzying complexities of Jewish law, the challenges of maintaining a relationship without physical contact, and the looming prospect of a date with a scalpel. From moving into the home of an Orthodox family for eight months to enduring gruelling interrogations by a high court of Rabbis, Max's journey is a rollercoaster of humour, heartbreak, and self-discovery.

A hilarious and moving true account of one man's quest to marry the love of his life, *Making the Cut* will make you laugh, cry, and believe in the transformative power of love.

Max Olesker is a multi-award-winning comedian, a Contributing Editor at *Esquire*, and was once Britain's youngest professional wrestler. He is one half of globally acclaimed comedy double-act Max & Ivan, who have created sitcoms for TV and radio and have performed their intricate multi-character live shows at SXSW Festival, the Edinburgh Fringe, and the Melbourne International Comedy Festival, as well as on tour throughout the UK. *Making the Cut* is his first book.



February 2026
9781529951721
Demy Octavo
£18.99 : Hardback
320 pages

The Prosecutor

One Man's Battle to Bring Nazis to Justice

Jack Fairweather

A gripping, definitive account of one man's battle to reckon with the horror of the Holocaust, by Jack Fairweather, the bestselling, Costa prize-winning author of *The Volunteer* (over 100k TCM)

'FIVE STARS ... Magnificent' *Telegraph*

'Compulsively readable' *Financial Times*

'Gripping and timely' *The Times*

'Crackingly told' Philippe Sands

'A kind of masterclass' Sebastian Junger

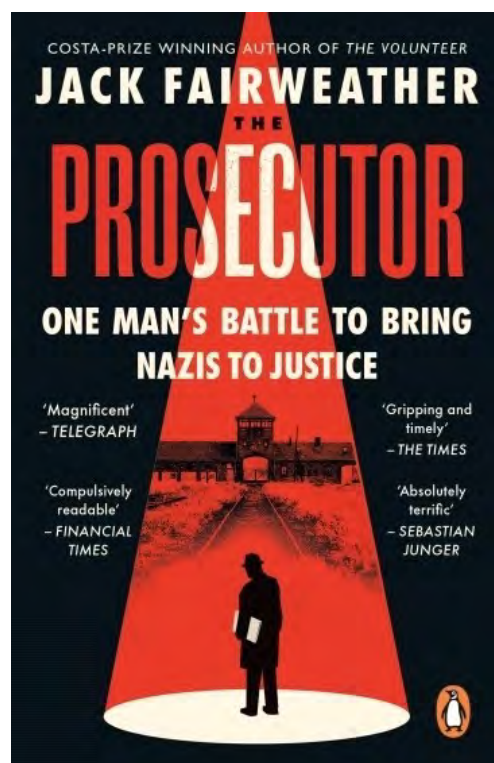
THE NEW BOOK FROM THE BESTSELLING, COSTA PRIZE-WINNING AUTHOR OF *THE VOLUNTEER*

The true story of a Jewish lawyer who returned to Germany after WWII to prosecute war crimes, only to find himself pitted against a nation determined to bury the past.

At the end of the Nuremberg trial in 1946, some of the greatest war criminals in history were sentenced to death, but hundreds of thousands of Nazi murderers and collaborators remained at large. The Allies were ready to overlook their pasts as the Cold War began, and the horrors of the Holocaust were in danger of being forgotten.

In *The Prosecutor*, Jack Fairweather brings to life the remarkable story of Fritz Bauer, a gay German Jew who survived the Nazis and made it his mission to force his countrymen to confront their complicity in the genocide. In this deeply researched book, Fairweather draws on unpublished family papers, newly declassified German records, and exclusive interviews to immerse readers in the dark, unfamiliar world of postwar West Germany where those who implemented genocide run the country, the CIA is funding Hitler's former spy-ring in the east, and Nazi-era anti-gay laws are strictly enforced. But once Bauer lands on the trail of Adolf Eichmann, he won't be intimidated. His journey takes him deep into the rotten heart of West Germany, where his fight for justice will set him against his own government and a network of former Nazis and spies determined to silence him.

In a time when the history of the Holocaust is taken for



February 2026
9780753558126
B Format
£10.99 : Paperback
400 pages

The Leopard in my House

One man's adventures in cancerland

Mark Steel

A wise and witty memoir of acclaimed comedian Mark Steel's cancer year, perfect for fans of Adam Kay.

'I feel like there's a leopard in my house, locked in a room. I've contacted the leopard authorities and they assure me they are used to dealing with leopards like this, and they have a plan for removing the leopard. It will take a while, though, and once in a while I can hear it growl.

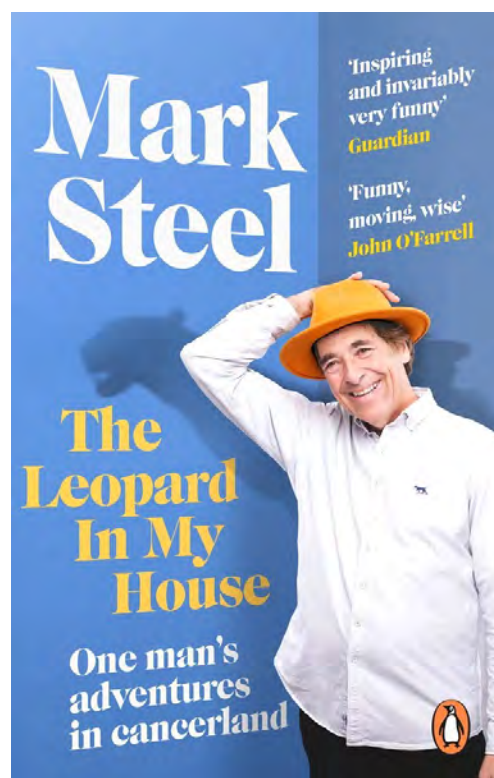
And that's all very reassuring. Even so, several times a day I think to myself: "Hang on, there's a leopard in my house."

One morning, while shaving, the comedian Mark Steel noticed that one side of his neck seemed larger than the other. After a whistlestop tour of assorted medical professionals, a consultant delivered the ominous words that would define the next months of his life: 'I'm afraid it's not good news, Mr Steel'.

And so began a journey into the heart of the NHS, as he embarked on the long and uncertain road to cancer recovery via a range of mildly torturous and entirely miraculous treatments. What, if anything, might he learn about himself – and our capacity for coping with life when times get tough – as he becomes part of a club that one in two British people will ultimately join?

A frank and funny diary of one man's rather trying year, this is an unforgettable and uplifting story of getting ill, getting on with it, and getting better.

Sony and Writers' Guild Award-winning writer and comedian Mark Steel is best known for his critically acclaimed BBC Radio 4 show *Mark Steel's in Town*. Mark has presented the BAFTA-nominated Mark Steel Lectures for BBC Two, and is a regular on BBC One's *Have I Got News for You* and BBC Radio 4's *The News Quiz*. He has also written several acclaimed books, including *Reasons to be Cheerful* and *What's Going On?* He has also written an adaptation of his critically acclaimed stand-up show *Who Do I Think I Am?* for Audible, which was released in 2021.



February 2026
9781529941036
B Format
£12.99 : Paperback
320 pages

Paradise Now

The Extraordinary Life of Karl Lagerfeld

William Middleton

The fascinating life of Chanel's legendary Creative Director, written by a fashion expert who knew him

Karl Lagerfeld reinvented Chanel, revitalising and restoring it to its rightful place as one of the top fashion houses in the world, leading the brand for 35 years.

He also served as the creative director for Fendi and launched his own brand, using his larger than life personality, unique vision and constant focus on the now to change fashion forever.

But who was the man behind the myth?

In this deliciously entertaining book, Middleton draws on his personal relationship with Lagerfeld to take us inside the most exclusive rooms in the fashion industry, behind the catwalk, and into a world of brilliantly talented artists, stylish socialites, and famous stars-some of the most elusive and unforgettable figures of fashion's inner circle for the past four decades.

William Middleton is a journalist and editor who has worked in New York and Paris. He has been the Fashion Features Director for *Harper's Bazaar* and the Paris Bureau Chief for Fairchild Publications, overseeing *W Magazine* and *Women's Wear Daily*. He has written for *The New York Times*, *The New York Times Magazine*, *Vogue*, *House & Garden*, *Esquire*, *Texas Monthly*, *Travel & Leisure*, *Departures*, and the *International Herald Tribune*.

PARADISE NOW

THE EXTRAORDINARY LIFE OF
KARL LAGERFELD



WILLIAM MIDDLETON

February 2026
9781529910940
B Format
£12.99 : Paperback
464 pages
16 pages of photographs

Dear Minnie

Conversations with Remarkable Mothers

Stacey Dooley

From filmmaker and Sunday Times bestselling author Stacey Dooley comes a frank, insightful and heartwarming exploration of the myriad issues surrounding contemporary motherhood.

"It was the first time I'd ever signed 'Mummy', and it was a goodbye letter."

"I feel so honoured to have carried you both for nine months and delivered you safely into the arms of your parents."

"I knew I had to be in that little girl's life. The next time I got out, I never used drugs again."

"As a refugee, I say to my daughter, 'You have been born in a safe place. Never take that for granted.'"

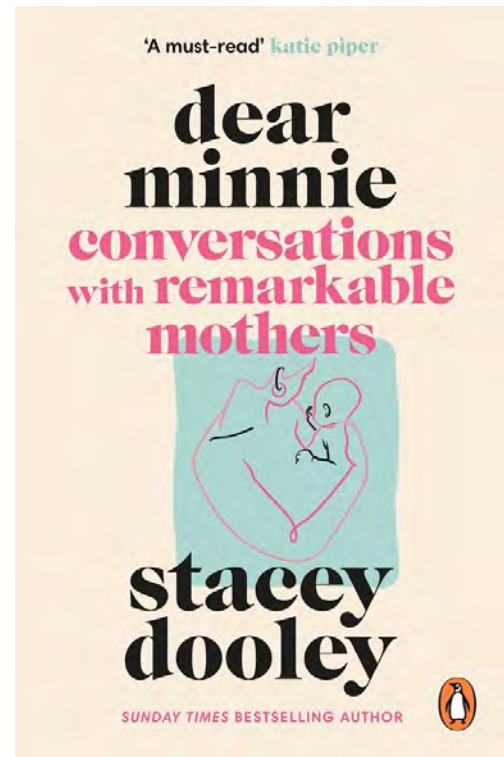
After having her first child, Stacey Dooley had a new understanding of what family means – but not everyone's experience of motherhood is the same. In *Dear Minnie*, Stacey brings her trademark empathy and investigative skill to an entirely new 'frontline', exploring the varied perspectives of mothers of all experiences. Using letters that each mother has written to their child as her starting point, Stacey's frank, honest, and moving inquiry takes in experiences from pregnancy to birth and beyond, uncovering the messy truths and different emotional journeys women take, as well as the common bonds they all share.

Dear Minnie shines a light on the quiet selflessness, resilience, pain, trauma, grief, and joy of every kind of mother, to tell a story that transcends culture and geography, and speaks to us all.

Stacey Dooley is one of the UK's most loved documentary presenters. Across her series, *Stacey Dooley Investigates*, she has examined a variety of topics from sex trafficking and under age sex slavery, to domestic violence.

In 2018, Stacey was awarded an MBE for her outstanding contribution to broadcasting.

Her debut book, *On The Frontline With The Women Who Fight Back* was a double *Sunday Times* Bestseller in both hardback and paperback.



February 2026
9781785948947
B Format
£12.99 : Paperback
224 pages

Jolted

Why We Quit, When to Stay, and Why It Matters

Anthony Klotz

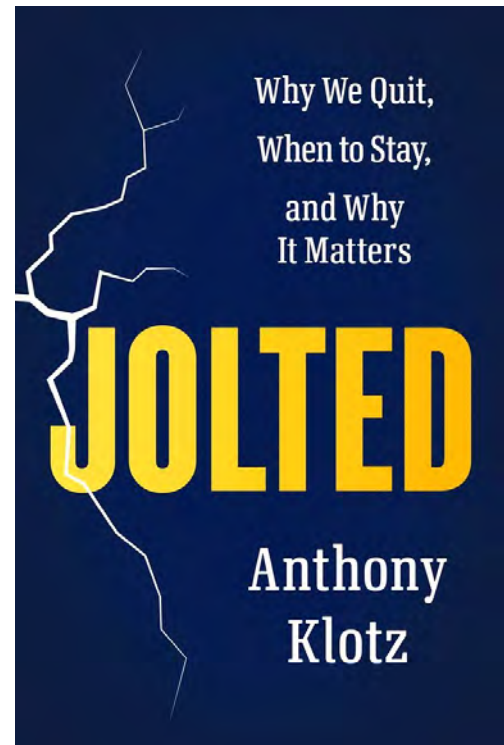
The new science of why we quit, whether we should, and how to make the right choices for our work and lives, by a leading organizational psychologist.

The new science of why we quit, whether we should, and how to make the right choices for our work and lives, by the organizational psychologist who predicted the Great Resignation

Most of us are just one event away from leaving our job. Conventional wisdom and lists of the “top reasons people quit their jobs” would have us believe that people quit when the toxic elements of their jobs grow too big or when they spot a better professional opportunity. But that’s only half the story. In reality, quitting is often triggered by a single event, inside or outside our jobs, that stops us in our tracks and causes us to rethink our relationship with work.

These events are what organizational psychologist Anthony Klotz calls “jolts,” and they are the most underacknowledged realities in our work lives today. Jolts represent pivotal moments in our careers, and yet all too often, we respond to them in ways that harm our well-being and success. In *Jolted*, Klotz breaks down the different types of jolts we encounter and provides a road map to help us navigate them in ways that improve, rather than derail, our pursuit of the good life through our work.

Anthony Klotz is a professor of organizational behaviour at University College London School of Management. He has written for the Harvard Business Review, MIT Sloan Management Review, The Wall Street Journal, and NBC News, and he has been featured on Bloomberg Businessweek, CNN, CNBC, the Today show, in *The New York Times*, the *Financial Times*, the BBC, and NPR. A leading researcher on the psychology of work, he has been published in the Academy of Management Review, Academy of Management Journal, the Journal of Applied Psychology, the Journal of Management, and Personnel Psychology.



March 2026
9781529146400
Royal Octavo
£16.99 : Trade Paperback
320 pages

Baddest Man

The making of Mike Tyson

Mark Kriegal

From the acclaimed *New York Times* bestselling author whose coverage of Mike Tyson and his inner circle dates back to the 1980s, a magnificent noir epic about fame, race, greed, criminality, trauma, and the creation of the most feared and mesmerizing fighter in boxing history.

On a defining evening of the 1980s, Donald Trump hosted celebrities and high rollers in a Jersey Shore town to witness 21-year-old Mike Tyson knock out Michael Spinks in just 91 seconds, earning more than the annual payrolls of the Los Angeles Lakers and Boston Celtics combined.

Only eight years earlier, Tyson, a troubled child from Brooklyn, was taken under the wing of boxing legend Cus D'Amato in upstate New York. Their story of mutual redemption captivated novelists, screenwriters, and the emerging cable TV industry. Tyson became HBO's leading man long before Tony Soprano.

Despite the immense success, Tyson's story was more complex and darker than it appeared. Over the decades, he has been villainized, lionized, and fetishized—but never fully humanized until now. Acclaimed biographer Mark Kriegel, who first encountered Tyson as a young reporter, explores Tyson's life through what he survived rather than whom he knocked out.

Tyson, often compared to Jack Dempsey, was more akin to Sonny Liston—Black, feared, and expected to die young. What made Liston a pariah made Tyson a touchstone for a generation influenced by hip hop and gunfire. Kriegel captures not just Tyson's rise but his profound impact on the American psyche.

Mark Kriegel, a former sports columnist for the New York Post and the Daily News, is a boxing analyst and essayist for ESPN. He is the author of *Namath: A Biography*, *Pistol: The Life of Pete Maravich* and *The Good Son: The Life of Ray "Boom Boom" Mancini*. He lives in Santa Monica, California, with his wife, the screenwriter Jenny Lumet.

Image
coming
soon

March 2026
9781529958966
B Format
£12.99 : Paperback
368 pages

The Farmer's Pantry

22 Staple Ingredients. 100 Recipes. Make Good Food, Bold

Nitai Shevach, Ali Recanati and Jonathan Recanati

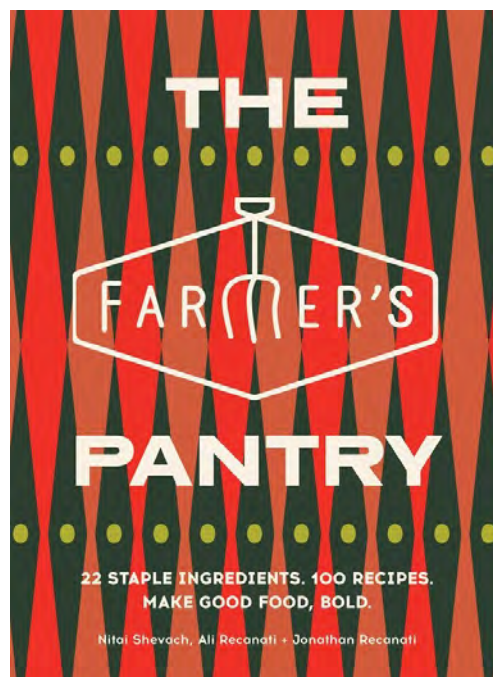
100 recipes designed to transform your everyday meals with bold flavours using pantry staples, from the restaurants that give a fork.

At Farmer J, food is never boring. Because life's too short for bland. It's about cooking like you give a fork.

Beloved restaurant brand Farmer J is known as the Home of the Fieldtray. The concept is a totally customisable meal that is bold and vibrant, yet comforting and humble. This book is for people who love flavourful food but can't be bothered with the faff.

The Farmer's Pantry features over 100 recipes. Every dish is based around one pantry staple - things like harissa, tahini, miso, dukkah and gochujang. These jars, pastes, spices and sauces are the cheat code that takes a Tuesday night chicken thigh and make it sing.

So if you like the sound of **chermoula fish skewers with blistered greens**, or **Baharat roasted lamb shank + mint schug**, or **tahini that gets dolloped, swirled, and spiced** within an inch of its life —welcome. This is your kind of cookbook.



March 2026
9781529955132
246x189
£28.00 : Hardback
256 pages

What to Cook When Everyone's Hungry

100 deliciously full-flavour weeknight fixes

Shelina Permalloo

Quick and easy, family-friendly recipes that bring the flavour every time

'A great and useful cookbook for every home' - SABRINA GHAYOUR

'This book is an absolute life-saver' - DONAL SKEHAN

'Instantly inspired – I want to make every dish' - NATHAN ANTHONY AKA BORED OF LUNCH

Quick and easy recipes that bring the *flavour* every time

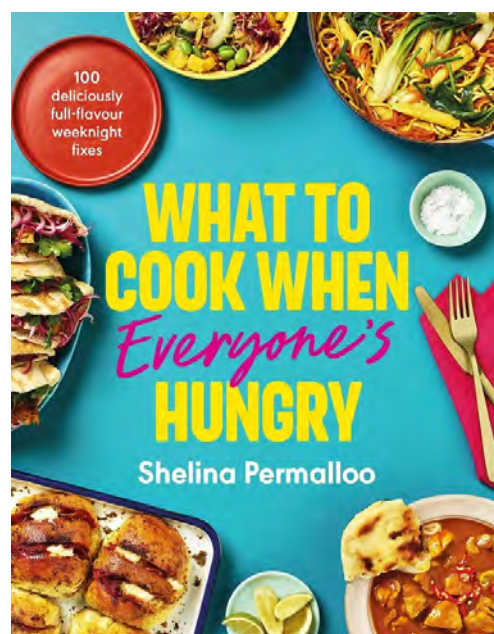
In this vibrant and colourful cookbook, much-loved TV and home cook Shelina Permalloo shares 100 crowd-pleasing recipes that will ensure you never eat a boring meal again!

Combining familiar weeknight favourites with her signature zest for flavour, these are brand-new and exciting dishes your whole house will enjoy.

With every dish designed to be super easy and use clever twists to cut down on time, this is a game-changing cookbook that's perfect for sharing with those you love. Fun and filling, these recipes are your answer for what to cook when you next hear 'I'm hungry!'

- **Pistachio Croissants**
- **Mauritian Noodles**
- **Chicken Peri Peri Traybake**
- **White Chocolate and Raspberry Tiramisu**

Shelina Permalloo grew up inspired to cook by her Mauritian family and heritage, and in 2012 she won *MasterChef UK* launching a career that has seen her write two cookbooks, appear regularly on TV, and run her own restaurant for eight years. As a single mum, she balances her busy life with creativity in the kitchen and shares her quick and delicious everyday recipes online at @shelinacooks.



March 2026
9781529966435
246x189
£25.00 : Hardback
224 pages

Super Healthy Extra Crispi

Prep ahead, eat well, spend less

Max McCann

From social media sensation Max McCann (2.7 million followers across TikTok and Instagram) comes the first commercially published guide to using the popular Ninja Crispi air fryer.

80 prep-friendly meals for your portable glass airfryer

Save time in the kitchen with these 80 delicious, low-calorie recipes from preppable breakfasts, reheatable dinners and quick snacks for when you need them, this is the ultimate guide to making the most of your Ninja Crispi.

Prep-and-go recipes include:

- Apple Pie Baked Oats
- BBQ Jackfruit Wrap with Slaw and Pickles
- Philly Cheesesteak Bake with Peppers and Sweet Potato Wedges

Max McCann is on a mission to make cooking simple, fun, and stress-free. With over 2.5 million followers and more than 30 million monthly viewers across social media, he's become one of the internet's go-to food creators for quick, flavour-packed recipes. Known online as @MealsWithMax, Max never uses fussy ingredients or complicated steps - just real food that tastes amazing. In his debut cookbook, he takes that same approach off-screen, bringing together brand-new recipes designed to make everyday cooking easier, tastier, and more enjoyable for everyone.

Image
coming
soon

March 2026
9781529981070
245x167mm
£22.00 : Hardback
192 pages

How to BBQ Everything

The only BBQ book you will ever need

Jim Moore

The ultimate guide to grilling from the UK's biggest BBQ platform and expert author. For fans of *Weber's Complete BBQ Book* (42k TCM), *Fire Food DJ BBQ* (32k TCM) and *Grillstock: The BBQ Book* (20k TCM)

Become a BBQ boss

From basic fire-building and simple techniques, to fool-proof marinades, zesty salads, flame-kissed sides and show-stopping feasts, two-time Irish BBQ champion and international judge Jim Moore has everything you need when BBQ season hits.

With mouth-watering recipes for every occasion, you can fire up quick and juicy **Smash Burgers**, please a crowd with zingy **Dynamite Popcorn Chicken**, surprise your guests with a smoky and spicy **Mac & Cheese** straight off the grill, and serve up slow-cooked show-stoppers like Jim's beef shin special **Thor's Hammer** with Creamy Mash and Hot Honey Veg.

Learn the simple secrets to setting up your grill, master your heat zones and become a BBQ champion at home.

Jim Moore is one of the most loved and respected faces on the UK's BBQ scene. A two-time Irish BBQ champion and international BBQ judge, Jim's love of open-fire cooking is informed by his travels through America and years spent partaking in competition BBQ.

Also known as @onlyslaggin online, Jim has amassed a BBQ community of over 1.7 million and long-lasting partnerships with top BBQ brands Twisted, Weber and Kamado Joe.

Image
coming
soon

March 2026
9781529975758
246x189
£25.00 : Hardback
256 pages

Cooking Made Simple

Alexandra Dudley

Work smarter not harder with these simple, delicious recipes for effortless weeknight cooking. For fans of Nigella Lawson and Melissa Hemsley.

Foolproof recipes for busy people

Flavourful, fresh food that looks and tastes great has never been so simple. Here are recipes that encourage you to cut corners, that come together in minutes, or that require you to do nothing more than throw it together and let the oven do the work.

Organised in chapters that cover familiar, straight-forward techniques, discover a smart way to cook without ever overloading any part of your kitchen. Choose something from 'Baked' and something from 'Tossed' and voila – dinner is sorted, with no complicated oven logistics or need for four pans on the hob.

Uncomplicated yet outstanding recipes include **Brothy Beans with Cavolo Nero, One-Tray Baked Chicken with Herby Rice** and **Pistachio Tiramisu**.

Alexandra Dudley is a food writer and cook living in London. She is the recipe columnist for Sheerluxe, writer of the bestselling Substack newsletter Come For Supper, and host of the Come For Supper podcast. She has been dubbed a serial dinner party host but believes that the best food is usually simple and cooked at home. She prefers home cooking to restaurant food and believes that the cook should always get the first glass of champagne or slice of pudding.

Image
coming
soon

March 2026
9781529981247
246x189
£28.00 : Hardback
224 pages

British Gardens

Monty Don and Derry Moore

Inspired by the popular BBC series, Monty Don provides a fascinating, lavishly illustrated, and totally unique portrait of Britain, then and now, through its gardens.

What do our gardens say about us?

Monty Don has spent many years travelling the world, from America to Japan, from Italy and the Adriatic to Spain and the Mediterranean, getting under the skin of a country through its gardens and gardening traditions. In *British Gardens*, he finally brings his focus to home, journeying from the northern tip of Scotland to the Cornish coast, seeking to understand what our gardens tell us about ourselves as a nation.

Encompassing historical gardens and public parks, mountains and seascapes, urban gardens and rural nurseries, glasshouses and community plots, each encounter is another link in a larger story of British identity: marks of ingenuity, eccentricity, and adaptation to changing environments. From Northumbria's Alnwick Gardens and Beatrix Potter's Lake District farmhouse to the rewilded walled garden on the Knepp Estate and the story of Britain's first garden gnome, Monty's account brings in an astonishing range of British experience.

Accompanied by a landmark five-part series on BBC2, and illustrated by stunning photography from Monty's long-time collaborator Derry Moore, *British Gardens* is a definitive, and uniquely British, account of a nation like no other.

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 *The Gardening Book*, *Gardening at Longmeadow*, and *Venetian Gardens*. *Japanese Gardens*, his book with Derry Moore, was shortlisted for the Edward Stanford Travel Writing Award.

Derry Moore (Photographs by)

DERRY MOORE is an acclaimed photographer known for his



March 2026
9781785948732
262 x 250 mm
£35.00 : Hardback
456 pages

Inklings

A Pocket-Sized Inky Colouring Book

Johanna Basford

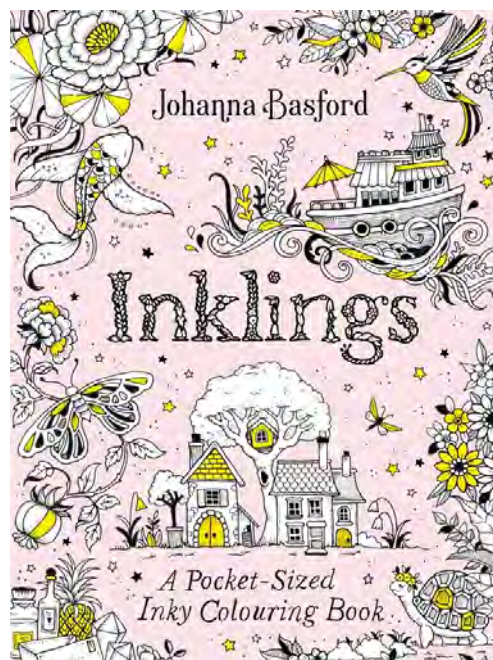
A new, portrait pocket format + simpler, quick-to-colour escapist art to complete in short creative windows.

From the bestselling 'Queen of Colouring,' a charming, pocket-sized inky colouring book that invites you to create satisfying and simple masterpieces

From floral motifs to fairy houses and delicious cakes to dainty butterflies, this little book is a celebration of everything we love about colouring! There are dozens of joyful small illustrations or single page designs for you to colour when you need a quick colouring fix – all designed to charm and delight!

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*. An incredible 25 million copies sold. 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.



March 2026
9781529961539
203x152
£14.99 : Trade Paperback
80 pages

Garden Yourself Happy

A Quirky, Practical Guide to Keeping You and Your Garden Thriving

Jonny Hincks

Your best-friend guide to gardening from @GardenwithJonny (3M+ community)

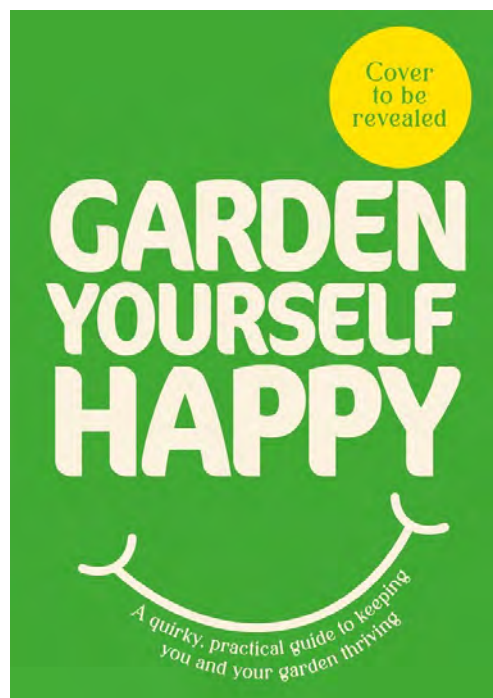
Stay green, stay gorgeous!

In his debut book, gardening enthusiast Jonny Hincks – known by over 2 million followers online as @gardenwithjonny – brings his signature humour, relatable advice and down-to-earth, no-fuss approach to gardening with one aim: for you to garden yourself happy.

Discover the joy of getting outdoors with his quick, actionable jobs that fit into everyday life. You'll learn how to keep your garden looking sharp in short, manageable bursts; as well as learn how to tackle longer-term jobs such as lawn care, composting, creating your garden vision and more.

With seasonal to-do lists and Jonny's personal journey to becoming a garden geek, this is a big-hearted and practical guide to finding the joy in your garden.

Jonny Hincks, best known online to his fans as 'GardenWithJonny' is a Warwickshire-based gardening content creator, sharing his love for all things nature to his loyal following. Jonny's online content ranges from his best gardening tips, to showcasing his warm and silly sense of humour through fun reels outdoors. When Jonny isn't knee deep in soil, he works for the fire service, as a firefighter.



March 2026
9781529976243
216x153
£16.99 : Hardback
256 pages

TAYLOR: Her Style Principles

Be inspired, embrace your fashion era

Hannah Rogers

Revolutionise your wardrobe with the simple style principles of a global fashion icon. For fans of the Wellbeck *Little Book of Fashion Series*, *How to be Parisian* and *Taylor Swift: Little People Big Dreams*.

'We never go out of style' - Taylor

From the dazzling sparkle of *Lover* and the ethereal lace of *Folklore* to the cosy plaids of *Evermore*, Taylor's eras-defining looks have influenced a generation.

In this beautifully illustrated guide, you will discover the simple ways to step into your fashion era and feel like a superstar every day. Reach for red, add pops of lavender haze or dazzle with the monochrome tones of a tortured poet.

Covering the ten key principles that have defined her looks, as well as photographs and practical graphics, this book has everything you need to know about the history and fashion legacy of the modern-day icon.

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



March 2026
9781529956429
190 x 140 mm
£14.99 : Hardback
192 pages

How to Dad

An illustrated guide

Stephen Wildish

A funny infographic guide, the perfect gift for Father's Day and new parents.

When in doubt, call Dad.

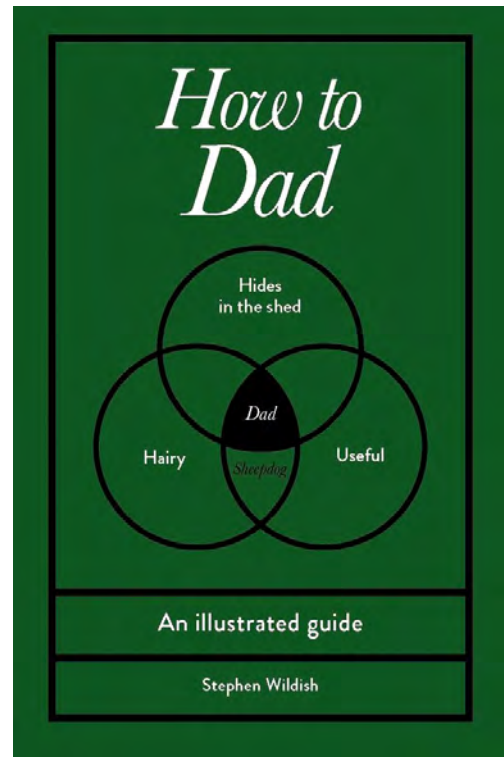
Featuring flowcharts, illustrations and graphics, this guide will help you master every aspect of being a Dad and make time for what really matters... after all that thermostat isn't going to obsess over itself.

With simple steps to help you construct the perfect dad joke, a scientific formula to determine which dance moves will embarrass your children the most and a chart to establish the perfect (read: useless) fact for any occasion, this is the ultimate guide to being a dad.

Learn how to:

- Figure out the perfect hobby for you: is it golf, fishing, or growing vegetables?
- Collect thousands of old cables and out-of-date DIY magazines.
- Spend more time in the shed than in your own house.
- Master the mindful art of packing luggage into any car boot.
- Perfectly pair your socks and sandals.
- And more!

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



March 2026
9781529954449
B Format
£14.99 : Hardback
192 pages

Calm in a Book

Soothing self-care rituals for every day

My Self-Love Supply

A pocket-sized self-care book with simple rituals, journal prompts, activities and affirmations from hit Instagram account @MySelfLoveSupply - Over 3 million fans

Find calm every day

From the Instagram page @MySelfLoveSupply comes *Calm in a Book*, a pocket-sized support that will transform your everyday life through tiny habit changes backed by simple science.

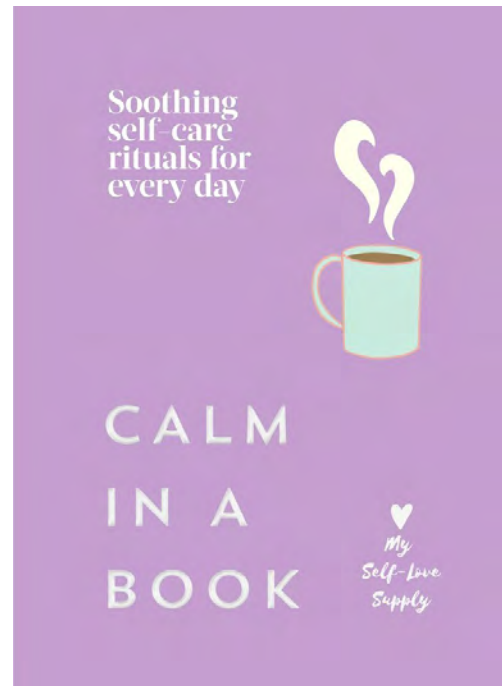
Filled with self-care routines and accessible practices tailored to your needs, it is a book full of kindness, reminders and routines for happier days.

FEATURING:

- * reflective journal pages
- * prompts and mood trackers
- * empowering words of affirmation
- * soothing activities and illustrations

Sofia Pellaschi holds an MSc in Psychological Studies with Mental Health from the University of Aberdeen and an MSc in Foundations of Clinical Psychology from the University of Southampton. She is currently pursuing a PhD in Cognitive Neuroscience at Oxford Brookes University, focusing on mental health. Sofia is the founder of My Self-Love Supply, an Instagram platform with over 3 million followers, dedicated to promoting accessible self-care practices.

Her first book, The Morning Journal, was a self-published success and a simple, gentle guide to daily self-care.



March 2026
9781529964813
155 x 110 mm
£12.99 : Hardback
160 pages

Likeable

How I Broke Free From The Need To Please

Fearne Cotton

An empowering and raw personal account by bestselling author, podcaster and mental health advocate Fearne Cotton

Do you worry about what other people think of you? Have you ever stopped to ask yourself why?

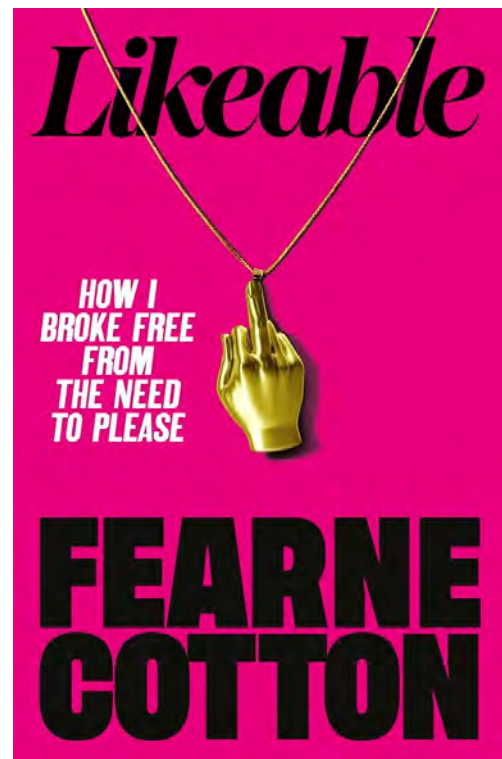
For too long, our value and self-worth has been tied to pleasing others. We've dimmed our true selves to fit in – no matter the cost. But there's always a cost. People-pleasing and staying likeable means suppressing our feelings, words, actions, and desires, and there's only so much we can conceal before it all unravels.

Throughout my life, I've morphed into who others needed me to be, taken on too much responsibility for other people's sh*t, put myself down, and stayed quiet – all in the hope of being liked. But no more. Now, I'm asking: What do I want? ... And do I even like myself?

This book holds a light up to all the times I wish I'd broken free of the worry cycle, said goodbye to the 'good girl' attitude, and put happiness first. I wrote it so you can do the same. You can't please everyone. So let's stop trying.

Fearne x

Fearne Cotton is a mental health advocate, broadcaster, bestselling author and founder of the Happy Place brand. Fearne has been building the Happy Place community since 2017, which now includes an award-winning podcast with 120m+ downloads, the annual Happy Place Festival and her publishing imprint, Happy Place Books. Fearne's books have sold more than 1.5 million copies, and her two most recent personal development books were *Sunday Times* bestsellers.



March 2026
9781785046292
Royal Octavo
£22.00 : Hardback
272 pages

Anchored, Aligned, Accountable

A Framework for Transcending Bullsh*t and
Transforming Our Lives and Work

Aiko Bethea

A bold new framework for successfully navigating complicated interactions by one of the first leadership coaches to infuse her work with a diversity, equity and inclusion lens.

A bold framework for successfully navigating complicated interactions at work, at home and in all of our relationships – by one of the first leadership coaches to infuse her work with an equity lens and create spaces for connection that require both accountability and generosity.

What if the very moments that feel like setbacks could become openings for transformation?

Aiko Bethea teaches that what holds us back is not the challenge itself, but how we meet it. The tension at work. The misunderstanding at home. The silence in the face of discomfort. She calls these experiences 'the bullsh*t' because they keep us out of alignment with who we aspire to be.

But the bullsh*t is not the end of the story. It is the beginning of choice. Each moment of misalignment can shrink us back into old habits, or it can call us forward into a different way of leading, loving and living. With a witty, engaging voice, Bethea invites us to choose connection over competition, empathy over pity and vulnerability over ego, guiding us toward evolving into the version of ourselves we most respect. As she reminds us, 'bullsh*t can't be fought off, but it can be transcended.'

Through her *Anchored, Aligned, Accountable* framework, Bethea draws on real-life experiences from her work as a facilitator and leadership coach, offering journaling prompts and practical exercises to support readers' growth. In doing so, she shows us how to step into that transcendence. Grounded in truth. Connected to values. Committed to action that changes not just what we do but who we become.

Image
coming
soon

March 2026
9781785045493
Demy Octavo
£17.99 : Trade Paperback
288 pages

Hotwired

How the Hidden Power of Heat Makes Us Stronger

Bill Gifford

A radical exploration of how our bodies can harness heat for optimum health by #1 *New York Times* bestselling co-author of *Outlive*

What if the key to thriving in a hotter world isn't avoiding the heat – but harnessing it?

In *Hotwired*, bestselling co-author of *Outlive* and science editor Bill Gifford explores how heat can improve our performance and our health.

Combining cutting-edge science, personal discovery and practical insights, Gifford reveals how humans evolved to excel in sweltering conditions – and how we've lost touch with this ancient advantage. He plunges into the steamy world of Finnish saunas, serves as a test subject in heat labs and tackles a 100-mile bike ride under the blazing Texas sun to show how temperature extremes can expand our physical and mental limits. He even explores how infrared sauna therapy could fight depression more effectively than medication and how social saunas are reviving communal wellness.

Whether you want to perform better, extend your lifespan or adapt to a warming planet, Gifford shows you the incredible benefits of reawakening your body's natural adaptability to heat and cold. *Hotwired* is a thrilling call to reimagine heat – not as a threat, but as a tool for strength, resilience and longevity.

Bill Gifford is a veteran magazine writer and editor who writes about extraordinary athletes and cutting-edge health science. He is co-author of the #1 *New York Times* bestseller, *Outlive*, which has sold more than two million copies worldwide, as well as the *New York Times* bestseller *Spring Chicken: Stay Young Forever (Or Die Trying)*. He is a longtime contributing editor at *Outside*, and his work has appeared in *Wired*, *Bloomberg Businessweek*, *Men's Health*, *Bicycling*, *Slate* and *Best American Sportswriting*.

Image
coming
soon

March 2026
9781785045035
Royal Octavo
£22.00 : Hardback
256 pages

The Stimulated Mind

A Breakthrough Plan to Future-Proof Your Brain from Dementia and Stay Sharp at Any Age

Dr Tommy Wood

A practical, empowering plan to boost your day-to-day brain function and prevent dementia – by a renowned neuroscientist and performance coach.

'As global health declines, Dr Wood's voice urgently needs amplifying' – DR RANGAN CHATTERJEE, bestselling author

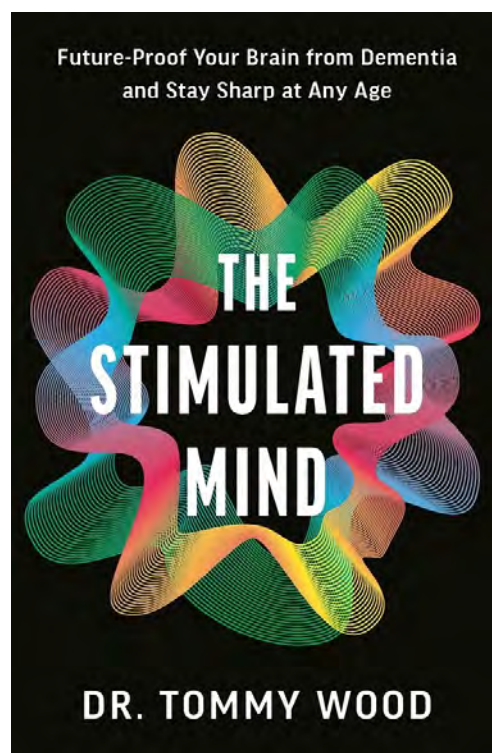
Take control of your brain health with science-backed strategies to help you prevent cognitive decline and Alzheimer's disease – whichever stage of life you're in.

The most important part of the body – especially as we age – is our brain. So why aren't we taking brain health as seriously as our hearts and achy joints, particularly when dementia and Alzheimer's are the UK's leading cause of death? In *The Stimulated Mind*, cutting-edge neuroscientist and performance coach Dr Tommy Wood dispels the myth that the brain is doomed to decline with age, showing us that with the right support structures, our brains can continue to adapt and improve.

We take care of our hearts and joints as we age – but what about our brains? With people struggling to focus, and dementia and Alzheimer's on the rise, Dr Wood offers a bold, empowering message: **our brains are not destined to decline**. In fact, with the right stimulus, they can adapt, strengthen and even improve over time.

In ***THE STIMULATED MIND***, Dr Wood introduces his science-backed '**3-S Model**' – Stimulation, Sleep and Nutrient Supply – as the foundation for lifelong brain health. Forget expensive supplements or rigid 'biohacks'. Instead, Dr Wood focuses on the everyday factors that truly matter: how we eat, move, sleep, connect with others, and handle stress.

Blending cutting-edge neuroscience with his work coaching elite athletes and professionals, Dr Wood offers a deeply practical, optimistic roadmap for **cognitive longevity** – helping us not just protect our brains from decline, but expand our mental capacity as we age.



March 2026
9781785045141
Royal Octavo
£22.00 : Hardback
464 pages

How to Retreat

Step away from your everyday to rest, reflect and renew
Caroline Sylge

**A guide to help you rest, renew and restore your energy –
however much time you have**

What comes into your mind when you hear the word 'retreat'? A 10-day meditation session, or a trip across the world to far-flung places? This book offers you the wisdom and practical steps to introduce the magic of retreating into your own life and home, whether it's for a week, a day – or even an hour.

Using the seasons as a guide, each chapter delves into a simple theme to give you focus in your exploration, guiding you through various soul-nurturing activities and leading you towards a more balanced, happier version of yourself. From resting deeply to becoming your own coach, and from decluttering your mind to working out your body, this book is a varied and beautiful collection of accessible retreats to help you restore, repair and rejuvenate yourself and your life.

Caroline Sylge is a journalist, Vedic meditator and Co-Director of The Global Retreat Company, which she founded as Queen of Retreats in 2011. She is also a published poet with an MA in English Language and Literature, as well as the author of two travel books. During her career as a journalist she has contributed to high-profile publications including *The Guardian*, *The Times*, *The Telegraph*, *Condé Nast Traveller* and *Psychologies*. She lives in Devon with her husband and daughter.



March 2026
9781846048722
Demy Octavo
£17.99 : Hardback
224 pages

Manifest Like a Mother – The Workbook

4-steps to take care of your future self

Francesca Amber

The law of attraction changed Francesca Amber's life... this workbook will show you how!

Manifesting transformed Francesca Amber's life. From being a single mother of three who lost her business during COVID, to a highly successful entrepreneur, host of a #1 podcast and the UK's largest self-development book club.

This workbook will bring you all of Francesca Amber's manifesting wisdom in her trademark entertaining and honest style. Offering practical manifesting tricks and practices you can implement and track daily. It will take you on an inspirational journey of how you can intentionally design a life you LOVE, just like Francesca did.

This is a workbook for all the time-poor, busy women. With journal prompts, daily to dos, witchy wisdom and manifesting hacks, this will offer ways of integrating all the basics of simple manifesting into your daily practice, with of course an added Francesca Amber twist, including – how to glow up your home environment, uplift your personal style, Feng Shui, energetic spending, Shinto, Paganism, cyclical living and divine feminine energy.

All these tools will help you turn your dreams into an abundant reality – with less than 5 minutes of manifesting a day.

After her world crumbled in 2020, Francesca Amber turned her life around using the power of manifesting. She is now a highly successful entrepreneur, host of the #1 hit podcast *The Law of Attraction Changed my Life* and host of the UK's largest self-development book club. She is also a self-confessed basic b*tch and a single mum to three beautiful girls.



Image
coming
soon

March 2026
9781846048678
Royal Octavo
£16.99 : Trade Paperback
224 pages

IBS

Finding and Healing the Root Cause

Izabella Wentz

From the #1 *New York Times* bestselling author of *Hashimoto's Protocol*, this next book brings Dr Wentz's trademark relatability with evidence-based medicine in a perennial area of health.

No one has to accept bloating, cramping, urgency or pain as 'normal'.

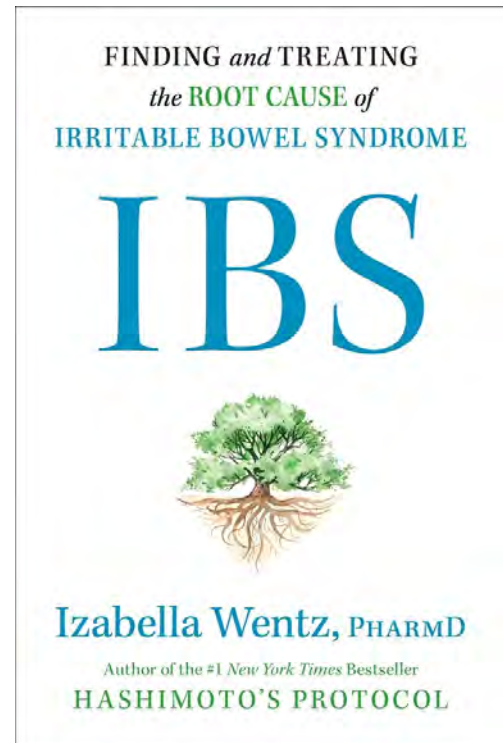
When clinical pharmacist Izabella Wentz was first diagnosed with irritable bowel syndrome, she was told her digestion was simply 'overly sensitive'. For years, she assumed everyone's stomach hurt after eating. Like many people, she tried to live with the discomfort, until she discovered there were real, reasons for her symptoms that could be treated.

In this ground-breaking guide, Dr Wentz shares her signature Root Cause approach to unravelling the mystery of IBS. While conventional medicine may label symptoms as 'IBS' and prescribe medication, Wentz reveals how this diagnosis is often a catch-all term that overlooks underlying imbalances that can be identified, addressed and resolved. For some, the root cause may be an enzyme deficiency. For others, it may be toxic exposures, bacterial overgrowth, food sensitivities, hidden infections and other rarely investigated causes. In this comprehensive and compassionate book, you'll learn how to uncover the true source of your symptoms and create a personalised healing plan to restore your gut and your life.

Inside, you'll discover how to:

- Understand what normal digestion really looks like
- Identify potential root causes behind IBS symptoms
- Explore testing options—from gluten intolerance and SIBO to enzyme function and triggering infections
- Remove reactive foods and triggers with targeted nutrition strategies
- Restore microbial balance
- Rebuild digestive function with tailored supplements and lifestyle shifts
- Manage symptoms gently while you work toward lasting healing

Whether you've been struggling with IBS for years or were just



March 2026
9781785046681
Royal Octavo
£20.00 : Trade Paperback
512 pages

Growing Up with Addiction

How Adult Children of Addicts Can Heal Family Trauma, C-PTSD and Codependency

Dr Tian Dayton

From the leading expert on adult children of addicts, an essential guide to healing the wounds of growing up with addiction and dysfunction

Growing up with a parent's addiction leaves ripple effects that can be felt well into adulthood. The trauma of familial dysfunction can weave into the fabric of your life, affecting relationships, parenting and work, and even leading to you questioning your own worth, mistrusting intimacy and feeling disconnected from yourself.

But it doesn't have to stay this way. In this nurturing book, clinical psychologist Dr Tian Dayton draws on expertise from decades working with adult children of alcoholics, as well as her own personal experience, to empower you to embrace recovery and break the chain of intergenerational dysfunction. She will guide you as you examine how addiction shaped your family, understand the imprint it left on your childhood and discover tools to heal and thrive. You will learn to process attachment wounds, reconnect with your body, regulate emotions and move towards post-traumatic growth.

Grounded in research, enriched by client narratives and filled with practical exercises based on Dr Dayton's own Relational Trauma Repair (RTR) model, this book will allow you to recover from buried hurt and give your inner child a voice, illuminating the path towards a better future for yourself and your loved ones.

Tian Dayton, PhD, is a clinical psychologist, senior fellow at addiction treatment centre The Meadows and author of fifteen books on trauma and addiction. An award-winning scholar, Dayton is an internationally renowned speaker, expert and consultant in trauma, addiction, psychodrama and Adult Children of Alcoholics and creator of the experiential model Relational Trauma Repair (RTR). For more, visit relationaltraumarepair.com and tiandayton.com.

Image
coming
soon

March 2026
9781785046490
Royal Octavo
£16.99 : Trade Paperback
288 pages

Beyond Belief

The Science-Backed Way to Stop Limiting Yourself and Achieve Extraordinary Results

Nir Eyal with Julie Li

What if the only thing standing between you and the seemingly impossible...was belief?

Most of your limits aren't physical. They're psychological. In *Beyond Belief*, bestselling author Nir Eyal (*Indistractable*, *Hooked*) reveals how the hidden assumptions you carry shape what you see, how you feel, and what you do—and how to replace them with beliefs that unlock your true potential.

Grounded in neuroscience, psychology, and unforgettable case studies, Eyal introduces the Three Powers of Belief: Attention, Anticipation, and Agency. Mastering these powers transforms how you see challenges, feel about the future, and act when it matters most.

You'll learn how to:

- Spot hidden opportunities and solutions others overlook.
- Reclaim your mood, energy, and confidence by reshaping your beliefs.
- Stay calm, decisive, and in control when life feels uncertain.
- Break free from beliefs that sabotage your health, relationships, and career.
- Push further, last longer, and achieve beyond your limits.

If you've ever quit too soon, stalled in your career, or sabotaged your own goals, this book gives you the science and the system to go further than you thought possible.

Surgeries without anesthesia. Placebos that heal. Resilience multiplied 240 times longer. *Beyond Belief* reveals the science behind these breakthroughs and shows why your limits aren't fixed—they're learned. And with the right beliefs, you can achieve breakthrough results.

Image
coming
soon

March 2026
9781529146783
Royal Octavo
£22.00 : Hardback
272 pages

The Algorithm

The Hypergrowth Formula that Transformed Tesla, Lululemon, General Motors and SpaceX

Jon McNeill

The Tesla 'secret sauce' from a company insider: For business leaders, entrepreneurs, and innovators who want to transform their management and optimization practices; for readers of Zero to One, The Hard Thing About Hard Things, and The Lean Startup; and for followers of Elon Musk and his companies

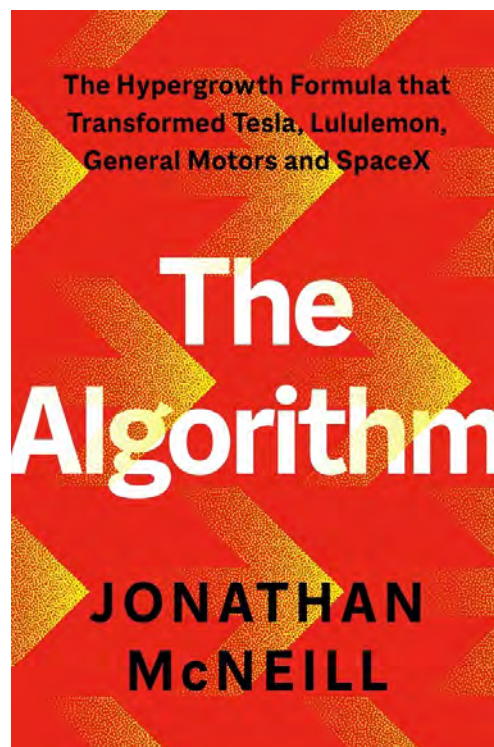
From a former President of Tesla comes The Algorithm—the first book written by any of Elon Musk's direct reports—a transformative guide for leaders, entrepreneurs, and innovators who want to emulate the paradigm-shattering approach Musk used to launch Tesla and SpaceX to meteoric success.

Jonathan McNeill had already founded and sold six startups when Sheryl Sandberg introduced him to Elon Musk, who was looking for help at Tesla. McNeill was steeped in the lean principles that had made Toyota a global powerhouse—principles focused on achieving efficiency and optimization by incrementally improving existing systems and processes. What he learned from Elon at Tesla was its antithesis, an approach that required radical rethinking to explode the status quo, attack complexity, and set seemingly unrealistic goals.

Elon called this five-step framework "The Algorithm."

1. Question every requirement.
2. Delete every possible step in the process.
3. Simplify and optimize.
4. Accelerate cycle time.
5. Automate.

In this book, McNeill details this tremendously powerful set of tools, which brought Tesla from a production crisis that threatened to derail it to a period of hypergrowth. During his tenure, revenue boomed from \$2B to \$20B in just 30 months. Since his departure from Tesla, McNeill has used The Algorithm in every enterprise he has worked with to supercharge speed, efficiency, innovation, and growth. Featuring case studies from Tesla and SpaceX, as well as from Lululemon, GM, and companies of various sizes across industries, he reveals how any business can do the same and achieve the unimaginable.



March 2026
9781529147193
Royal Octavo
£22.00 : Hardback
320 pages

Victoria's Secret

The Private Passion of a Queen

Fern Riddell

A stunning new story of Queen Victoria's secret love for her servant John Brown, by the acclaimed historian Fern Riddell.

'Weep with me for we all have lost the best, the truest heart that ever beat!'

From the moment John Brown arrived as a servant to Queen Victoria's household, he became known across the land as her loyal companion, her fierce protector, and her right-hand man, their friendship immortalised in print and on-screen. But what if there was more to their relationship than we know? And what has history been hiding from us?

In this passionate and provocative exploration of Victoria's private passions, the acclaimed historian Fern Riddell re-examines everything we thought we knew about one of Britain's most iconic women. A timeless romance and an extraordinary retelling of the emotional life of a queen, *Victoria's Secret* is an unmissable account of a woman in love.

Dr Fern Riddell is a cultural historian, and an expert in sex, suffrage and entertainment in the Victorian and Edwardian eras. Host of The History Channel's Podcast series #NotWhatYouThought and Presenter of BBC 4's 'A Victorian Scandal: The Rudest Book in Britain' she is the author of books including *Death In Ten Minutes* and *Sex: Lessons from History*.

Historical Consultant for the BAFTA award-winning BBC and Amazon drama *Ripper Street*, she has advised on dramas for both the BBC and ITV2. As an on screen expert, she has appeared on Specialist Factual productions for the BBC, ITV, Channel 4, Channel 5, Sky Arts, Smithsonian, BBC Radio 3 and 4, and has appeared as an expert historian for radio and television across the world, having worked with both Audible and Spotify.

She writes for *The Guardian*, *Huffington Post*, *Times Higher Education*, *The Telegraph*, *The New Statesman* and *BBC History Magazine*. Her work has also appeared in *THE DAILY MAIL*, *Penthouse* and *Time.COM*.

Image
coming
soon

March 2026
9781529199338
B Format
£10.99 : Paperback
320 pages

Deficit

How Feminist Economics Can Change Our World

Emma Holten

***Invisible Women* meets *Doughnut Economics*: An international bestseller from an exciting new voice in the feminist space**

'Brilliantly rewrites the history of economic thought to place 'her story' at its heart - while combining sharp analysis with piercing wit and deep care. A must-read' - Kate Raworth, author of DOUGHNUT ECONOMICS

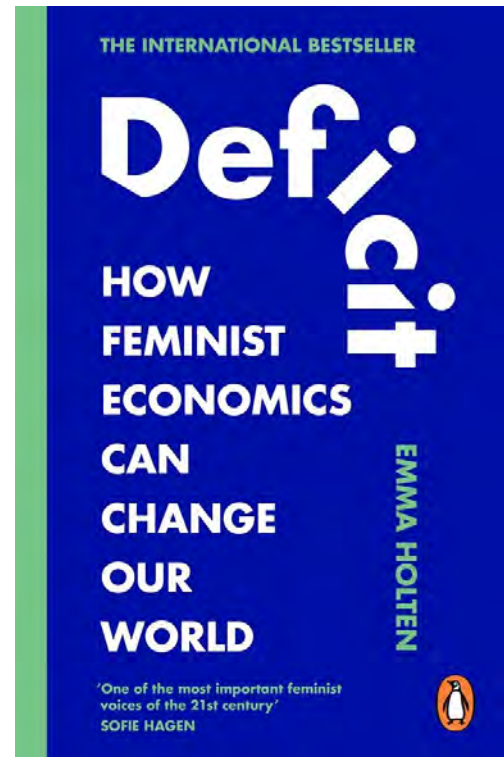
'One of the most important feminist voices of the 21st century . . . The book about capitalism we didn't know we needed' - Sofie Hagen

In 2020, the prominent Danish feminist Emma Holten read an article stating that women were a net 'deficit' to society. Women took more than they gave, 'draining' the public purse by giving birth and taking parental leave. They contributed less than their fair share in taxes, because they often worked part-time to look after other people at home, or held low-paid jobs in the public sector. Denmark would be richer if women's lives looked more like men's, the economic experts concluded. A similar story is told around the globe.

How did we get here? In *Deficit*, Emma Holten traces how economic thinkers – from the Enlightenment onwards – created a value framework that overlooked and neglected 'women's work' and acts of care. She reveals how the economic models that drive political decisions today are just as flawed, giving us unparalleled monetary wealth, but causing deep social harms that are hurting us all.

If we cannot properly value the things that matter, how can we build a better future?

Emma Holten is a feminist activist and gender policy consultant. In 2014 she created the project CONSENT, raising awareness of digital sexual violence. Since 2019, she has worked with feminist economics. She served on the European Institute of Gender Equality Experts Forum as an expert in feminist economics, and on Human Rights Watch's advisory committee on Women's Rights. In 2023 she was appointed as advisor to the Danish government's investigation of power in Denmark. She has delivered keynotes at the Conference on



March 2026
9780753561485
B Format
£11.99 : Paperback
336 pages

The Mental Strength Playbook

Amy Morin

50 science-backed tools for regaining mental clarity and keeping overwhelm at bay.

Improve your workplace performance with 50 practical, science-backed tools that build emotional resilience and neutralize negative thoughts—from the internationally bestselling author of the *13 Things Mentally Strong People Don't Do* series

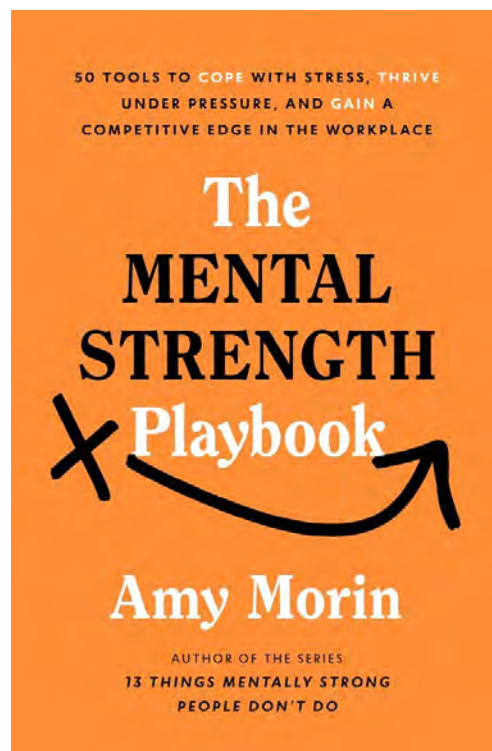
Whether you're dealing with constant demands, the pressure to perform, or the stress of adapting to rapid changes, the workplace is often where you're tested the most mentally and emotionally. As psychotherapist, speaker, and podcast host Amy Morin discovered, sharpening your mental strength is the key to not only tackling workplace challenges but taking your performance to the next level. *The Mental Strength Playbook* is specifically designed to help you thrive professionally, with 50 scientifically proven plays you can use right now.

Morin helps you navigate tough but common situations at work, like dealing with anxiety in the middle of a sales call or negotiation, staying on task when you're feeling overwhelmed, or dealing with difficult coworkers. Learning how to manage your thoughts, emotions, and behaviors will help you recover from setbacks faster and optimize your mental game to excel in high-stakes situations. Her workplace-specific strategies are organized to make solving your specific issue quick and easy and include:

- **Dread Diffusers (Play Behavior Bingo or Use the 10-Minute Rule)**
- **Insight Ignitors (Question Your Question or Brainstorm the Bad Ideas First)**
- **Anxiety Alleviators (Schedule Time to Worry or Change the Channel in Your Brain)**
- **Confidence Catalysts (Channel Your Alter Ego or Visit Your Victory Vault)**

Whether you're struggling with a tight deadline, delivering a high-pressure presentation, or newly leading a team, *The Mental Strength Playbook* will give you the skills you need to cope with discomfort, prevent burnout, and excel at work.

Amy Morin is a psychotherapist, mental strength trainer,



April 2026
9781529147452
Royal Octavo
£16.90 : Trade Paperback
288 pages

Eurovision

Seven Decades of Fun, Joy & Magical Musical Memories -
Douze Points

John Kennedy O'Connor

The official 70th anniversary celebration of the Eurovision Song Contest, with the history of the show told through legendary artists featured over the past 70 years. Beautifully packaged to make the ultimate gift for the die-hard Eurovision fan.

With a foreword from Graham Norton

Legends of Eurovision is the official 70th anniversary celebration and your ultimate backstage pass to the magic of Eurovision, the cultural phenomenon that has united millions of people across the globe. The history of the show is told through the legendary artists who have defined the contest over the past 70 years - seven decades of glitz, glamour, and unforgettable performances.

From ABBA's iconic win for Sweden in 1974 to Ukraine's Kalush Orchestra's memorable performance in 2022, *Legends of Eurovision* chronicles the moments that made you laugh, cry and cheer.

This is a must-have for die-hard Eurovision fans, complete with the photography and backstories behind the most memorable acts, the controversies that shook the stage, and the fashion statements through the decades.

John Kennedy O'Connor is a television and radio broadcaster, author and entertainment commentator, best known for his work on the Eurovision Song Contest.

Image
coming
soon

April 2026
9781785949937
Crown Quarto
£26.00 : Hardback
256 pages

Lion Heart

How a lifelong love of big cats led to an incredible lion rescue

Cam Whitnall

The bold and uplifting story of Cam Whitnall's life, from the unique bonds with big cats that shaped his childhood to the dramatic warzone rescue that brought five lions to safety and rehabilitation in Britain.

The bold and uplifting story of Cam Whitnall's life, from the unique bonds with big cats that shaped his childhood to the dramatic warzone rescue that brought five lions to safety and rehabilitation in Britain.

Growing up on a zoo in Hertfordshire, Cam and his two older brothers spent their early years learning to care for animals of all shapes and sizes. The boys slept in a room that overlooked the tiger enclosure, played hide and seek around the grounds once visitors had gone home and even hand-reared a lion cub called Zara in their parent's home.

The family's wild adventures began in the early eighties when Cam's grandparents visited the old Broxbourne Zoo. Seeing the awful conditions that Bobby the Lion was kept in there, they knew they had to act. With no experience of wild animals and having never seen a tiger before, the pair traded in their coach company and bought the place. With hard work, they transformed it and passed everything they learned about protecting wildlife onto their children and grandchildren.

Cam is now the director of the Big Cat Sanctuary, a globally recognised centre of conservation. He, Aaron and Tyler have encountered rare and wonderful animals across the globe through their popular CBBC show *One Zoo Three*. No connection, however, has been more life-changing than Cam's bond with Yuna. When he first heard of her and four other lions trapped in war-torn Ukraine – abandoned, shell-shocked and struggling to survive – he was desperate to help.

Spearheading a mammoth rescue effort, Cam raised half a million pounds and led a close-knit team to change the fate of the lions before it was too late. This was a journey that empowered Yuna to walk on grass for the very first time and just the latest chapter of one family's remarkable legacy in wildlife conservation.

Image
coming
soon

April 2026
9781529979503
Royal Octavo
£22.00 : Hardback
304 pages

Unbreakable

The trailblazing SAS soldier who never backed down
Melvyn Downes, Foreword by Billy Billingham

From the terrified kid who combated brutal racism to one of the first British-born Black men to serve in the SAS, this is the extraordinary true story of a courageous fighter who never backed down

Familiar to many from his season on the Directing Staff of Channel 4's *Who Dares Wins*, Melvyn Downes served in the SAS for 12 years. He has faced physical and psychological trauma. He's lost close friends and family members. He's experienced bullying and racial harassment.

But no matter how tough things get, he is always convinced he'll get out the other side.

He wasn't born fearless, or strong, or confident. Those things grew from graft, a willingness to learn from mistakes and a constant desire to push himself out of his comfort zone.

Structured chronologically around lessons learned the hard the way, that helped him be the best version of himself, on and off the battlefield, this is a true story of a life lived at the toughest extremes. It's also an inspiring insight into the can-do mindset of an SAS blade who lives by the ethos: 'Improve, adapt, overcome'.

Melvyn Downes (Author)

Melvyn Downes signed up to the British Army aged 16 and served with distinction for 24 years. He led his patrol into combat in the first Gulf War and completed three tours of duty in Ireland, in charge of a platoon of 30 men. He was selected for the SAS in 1994 on his first attempt and during his 12 years, led top-secret missions, served behind enemy lines and achieved the rank of Warrant Officer. He also appeared on series six of *SAS Who Dares Wins*. Throughout his time in the military and beyond, Melvyn has been involved in secret missions and training across more than 50 countries, including recently conducting humanitarian work in Ukraine. His aim is to inspire people to achieve their goals through hard work and resilience.

Billy Billingham (Foreword By)

Billy Billingham joined the Parachute Regiment in 1983 and the SAS in 1991. He spent nearly three decades in the British

Image
coming
soon

April 2026
9781529961102
B Format
£10.99 : Paperback
320 pages

Arne Slot

Maarten Meijer

A first to market biography of Arne Slot, the 'outstanding' new Liverpool FC head coach

Arne Slot has been tasked with a role at the helm of one of the most prestigious clubs in the game: Liverpool FC. Having showcased his ability to compete at the top tier of Dutch football, he brings his tactical acumen and characteristically aggressive, high pressing football from the Eredivisie to the Premier League.

Slot delivered remarkable performances at more than one club in the Netherlands and garnered a reputation for consistently exceeding expectations. Under his innovative leadership, AZ Alkmaar finished second in the league – and that only on goal difference – when the season was abandoned in 2020 due to Covid. In 2021, Slot took the reins at Feyenoord and led them to their first league title in six years. In four short years, he cemented his status as one of the most promising managerial talents in Europe.

Maarten Meijer's biography delves into Arne Slot's roots, from the tiny village of Bergentheim in the Netherlands, to the formidable task of following in the footsteps of Jurgen Klopp, his iconic predecessor at Liverpool FC. With confidence borne from a career of success and a complete faith in the football he wants to play, Slot is ready to make his mark at Anfield and continue the legacy of excellence.

Dutch football commentator Maarten Meijer has written books on Louis van Gaal, Guus Hiddink, Dick Advocaat and Erik ten Hag. His work has been praised as 'superb' by *The Times* and 'explosive' by the *Daily Mail*. Beyond sport, Maarten has degrees in science and philosophy, and a doctorate in Russian literature. Since 2000 he has been based in Korea with his wife and four children, where he teaches philosophy.

April 2026
9781529949513
B Format
£10.99 : Paperback
304 pages

No Image
Available

Forever Forward

The inside story of McLaren Formula 1

Ben Hunt, Foreword by Zak Brown

With a foreword by McLaren CEO Zak Brown and written with exclusive inside access, this is the real-time, unfolding story of one of F1's greatest ever teams, as they rise back up from oblivion

Few names in motorsports carry the same authority as McLaren and, although in recent years their performance hasn't been living up to the legend, they are now returning to form in a spectacular way under the leadership of Zak Brown.

Going into 2023, Brown's team were the ninth quickest on the grid only to end it as arguably the second fastest, after a dramatic mid-season turnaround. In 2024, lead driver Lando Norris achieved his first ever Grand Prix win in Miami, and McLaren are currently slogging out with Ferrari and Red Bull for podiums.

Zak Brown took over a failing team from Ron Dennis in 2018, and his dynamic leadership style is now seeing results. The world is watching. McLaren are on the rise again, looking to a future that will echo its haloed past, when James Hunt, Alain Prost, Niki Lauda, Ayrton Senna and Lewis Hamilton drove the team into the history books.

The McLaren motto is 'Forever Forward', and their story is all about the underdog taking on the big boys of F1. Here they go again. The author looks back at McLaren's origin story, as their heritage is such a big part of their identity, but his main mission is going behind the scenes to give us the inside track on the team's extraordinary resurgence under Brown, and their thrilling bid for the championship over 2024.

Ben Hunt (Author)

Ben Hunt has worked in motorsports for twelve years and co-hosts F1 podcast *Inside the Piranha Club*. He is the author of *Lando Norris: A Biography* (2023) and the *Sunday Times* bestseller *Growing Wings: The Inside Story of Red Bull Racing* (2024) and *Forever Forward: The Inside Story of McLaren Formula 1* (2025). In a twenty-year career in sports journalism, he has previously reported on Premier League football, Ashes tests, snooker championships and Ryder Cups. Ben lives in Chichester, West Sussex, with his wife and their two children.

Image
coming
soon

April 2026
9781529941005
B Format
£10.99 : Paperback
320 pages

The Golf 100

A spirited ranking of the greatest players of all time
Michael Arkush

A rollicking ranking of the greatest golfers of all time, past and present, brimming with the intimate stories and perspective only a longtime golf writer like Michael Arkush can muster.

So, who's the best of 'em all? Tiger Woods? Jack Nicklaus? Bobby Jones? Ben Hogan? Golf fans will disagree until the end of time, but one thing is certain: For well over 100 years, the sport has provided its share of spectacular careers and indelible moments. And what about fan favorites such as Phil Mickelson, Nancy Lopez, and Lee Trevino? Where do they rank on the list? Or modern players like Scottie Scheffler, Rory McIlroy, Xander Schauffele, Jordan Spieth, Nelly Korda, and Justin Thomas. Did they make the final cut—and if so, where?

In a joyride through golf history itself, New York Times bestselling author Michael Arkush establishes a ranking system that places a heavy emphasis on the game's major championships and profiles the most accomplished and impactful golfers ever—men and women, known and unknown. Arkush captures the flair, as well as the flaws, of athletes who are intensely competitive, funny, peculiar, or larger-than-life. Crafted from hundreds of interviews and longtime relationships developed over a quarter century, *The Golf 100* is an immensely entertaining read.

Michael Arkush has written or co-written sixteen books, including bestsellers with Scottie Pippen, Phil Jackson, and Sugar Ray Leonard. A former staff writer for the *Los Angeles Times*, he has also contributed to *The New York Times* and *The Washington Post*. He lives in California with his wife, Pauletta.

Image
coming
soon

April 2026
9781529966336
B Format
£12.99 : Paperback
368 pages

Parks and Rec

The Underdog TV Show that Lit'rally Inspired a Vision for a Better America

Jennifer Keishin Armstrong

From *New York Times* bestselling author Jennifer Keishin Armstrong, the definitive guide to beloved sitcom *Parks and Recreation*. Featuring exclusive cast and creator interviews and unparalleled insider knowledge.

The insider account into the sitcom that barely survived its first season - but went on to become a modern classic.

When Greg Daniels and Michael Schur, creators of *The Office*, came together to write a new comedy, they wanted to create something that would celebrate the power of community. Leslie Knope, Ron Swanson and the rest of the Pawnee gang became the escape we all needed, balancing sharp political commentary with heart, optimism and top-notch comedy. But the road wasn't smooth, despite one of TV's most lovable casts.

Featuring exclusive cast and creator interviews and unmatched insider knowledge from *New York Times* bestselling author Jennifer Keishin Armstrong, *Parks and Rec* gives the untold story of how the iconic show came to be. With a foreword from Offerman himself, Armstrong gains access to new and exclusive interviews with **Michael Schur, Greg Daniels, Amy Poehler** and **Nick Offerman**, as well as other cast and crew members.

Jennifer Keishin Armstrong's writing takes readers behind the scenes of major moments in pop culture history and examines the lasting impact that our favourite TV shows, music, and movies have on our society and psyches. She has written eight books, including the *New York Times* bestseller *Seinfeldia*, *When Women Invented Television*, *Sex and the City and Us*, and *So Fetch*. Armstrong spent ten years on staff at *Entertainment Weekly*, where she reported from the front lines of *Grey's Anatomy*, *30 Rock*, *Lost*, and *The Office*. Her writing has since appeared in *BBC Culture*, *New York* magazine, *Billboard*, and many other places. She curates and writes the *Peabody Finds* newsletter, featuring recommendations and media history, from the prestigious Peabody Awards in broadcasting. Her own newsletter, *Culture Trip*, explores the intersections between pop culture, spirituality, and politics. She lives with her partner in New York's Hudson Valley.

Image
coming
soon

April 2026
9781529977936
Royal Octavo
£26.00 : Hardback
320 pages

Best Foot Forward

Life lessons from the world of dance

Shirley Ballas

From bestselling author and Strictly Come Dancing's Head Judge, Shirley Ballas, a sparkling toolkit for living your best life, inspired by her remarkable life in dance.

Leave it all out on the floor...

After twenty years of shiny floors, sambas, and sequins, we're more captivated than ever by the 'Strictly Journey' – a contestant's inspirational roller-coaster ride of personal growth as they learn each new routine. It's a process that requires stamina, resilience, and an openness to total self-expression – and it teaches you as much about yourself as it does the dance.

No one knows this journey more deeply than Strictly's Head Judge, Shirley Ballas. In *Dance Lessons*, she takes you on her own personal journey, sharing the tools she's developed to live life to the fullest.

Grounded in the world of dance, Shirley's life lessons offer a unique toolkit for navigating everyday challenges. Each chapter is anchored by a key principle that Shirley has learned from both personal and professional experiences, collecting fascinating stories on and off the dance floor of open-mindedness ('Listen to the Music'), self-confidence ('Dress the Part'), managing change ('Learn to Pivot'), working with others ('Trust Your Partner') and more.

Written with her trademark unguarded and nurturing style, *Dance Lessons* takes you on an inspirational tour through Shirley's toolkit for living a vibrant and fulfilling life.

Shirley Ballas is one of the most renowned dancers in the world. A former British Open to the World Champion, and European, German, UK, USA and International Latin American Champion, her list of accolades is vast and extraordinary.

Born and raised in Wallasey, by the age of 21 Shirley had won nearly every major title she competed in. She is still the youngest ever female to reach the British Open to the World Dance Championship finals and the only woman to win it with two male partners. Shirley continued to compete at the highest level after giving birth to her only son – musician, Broadway

No Image
Available

April 2026
9781785949791
B Format
£10.99 : Paperback
320 pages

The Dream

Breaking Champions League Records

Carlo Ancelotti

One of the greatest club managers tells the story of his life through his record-breaking seven Champions League wins

One of the greatest club managers tells the story of his life through his record-breaking seven Champions League wins

Carlo Ancelotti has won domestic titles in all of Europe's top five leagues, with teams including AC Milan, Juventus, Paris St Germain, Bayern Munich, Chelsea and currently Real Madrid. Yet the accolade that truly sets him apart from his contemporaries is his track record in the Champions League. As a player, Ancelotti lifted the trophy twice; as a manager he has brought Champions League glory to his teams five times (and counting).

A League of My Own is the story of Carlo's love affair with the world's most sought-after title. Weaving stories from his life into an in-depth narrative of each Champions League campaign, Carlo creates a rich football memoir that takes you inside the mind of a winner. From dreaming of the trophy as a child, to the key games, players and moments of each campaign, we build a unique sense of a great tactician at work, as well as an intimate portrait of club football's greatest competition.

Carlo Ancelotti has won football's ultimate prize, the Champions League, a record seven times - twice as a player and five times as a manager. Born in Reggiolo, Italy, he was a midfielder for AS Roma and AC Milan, and played for Italy at the 1990 World Cup.

He has coached clubs including Parma, Juventus, AC Milan, Paris Saint-Germain, Real Madrid and Chelsea, winning titles in every country in which he has managed. His players have included Andrea Pirlo, Rui Costa, Filippo Inzaghi, Andrey Shevchenko, John Terry, Frank Lampard, David Beckham, Zinedine Zidane, Gareth Bale and Cristiano Ronaldo. Ancelotti is the new manager of the Brazilian national side.

Image
coming
soon

April 2026
9781529955590
B Format
£10.99 : Paperback
304 pages

Find Your Healthy

100 delicious recipes with a side of science

Sophie Gastman

Forget the fads and food rules - these are healthy recipes grounded in real science, real flavour and zero restriction from Sophie Gastman aka @Sophiethenutritionist.

Sophie Gastman RNutr (@sophiethenutritionist) is here to make healthy eating less confusing – and a lot more enjoyable.

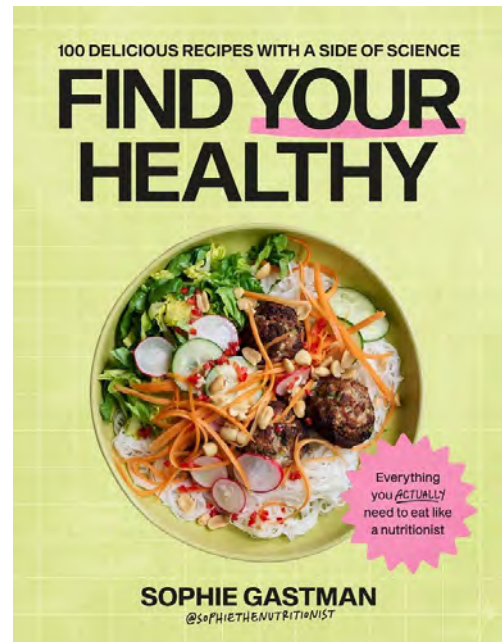
Forget the fads and food rules – these are healthy recipes grounded in real science, real flavour and zero restriction. With 100 delicious, nutritionist-designed recipes and simple, myth-busting breakdowns of the common misconceptions that shape how we think about food – this is your all-in-one handbook for eating well without overthinking it.

Split into four chapters – Carbs, Protein, Fats and Sugar – each one tackles the biggest myths around that food group (Can we eat carbs before bed? Is sugar addictive?) before serving up simple recipes that show you how to enjoy it without guilt. Her flavour-packed recipes for breakfast, dinner and dessert will leave you full, satisfied, and actually excited to cook.

Proof that healthy eating doesn't have to be boring – with recipes like:

- **Almond Croissant Baked Oats**
- **Chicken Panzanella with Crumpet Croutons**
- **Salmon Hot Dogs with Pickled Cucumber**
- **Salted Date and Pecan Blondies**

Sophie Gastman RNutr is a Registered Nutritionist and content creator (@sophiethenutritionist) dedicated to cutting through the misinformation in the nutrition world. She has a background in public health, where she worked to support families and schools to create genuinely good food for kids. Sophie loves helping people find the joy in eating, without overcomplicating nutrition. *Find Your Healthy* is her much-anticipated debut cookbook.



April 2026
9781529966923
246x189
£25.00 : Hardback
224 pages

La Trattoria

Dara Klein

A celebration of simple Italian cookery and the atmosphere of family-run restaurants, this is the first book from Dara Klein, the chef behind Tiella at the Compton Arms

Rustic southern Italian cooking inspired by *la cucina povera* of Puglia.

Raised in the hustle and bustle of her parent's Italian restaurant, Dara Klein has been helping to build lasagne and stealing spoonfuls of tiramisu since early childhood. After her two-year stint as resident chef at London's famous Compton Arms pub, Dara returned to her home kitchen ready to distil a life of culinary experience into unfussy, honest recipes like **Sugo di pomodoro** (slow cooked tomatoes), **Braised Ox Cheek** and the perfect seasonal side salad. A natural teacher, Dara presents her kitchen know-how in the same way she trained her team of chefs to really interrogate how to build flavour into your cooking. You'll enjoy the process and learn how to cook instinctively, just like an Italian mamma.

Featuring insights into life behind the scenes at London's buzziest eateries and the tips and tricks you can use to get exceptional quality food at home, *La Trattoria* is an indispensable guide to Italian cookery and an ode to family restaurants around the world.

Dara Klein is a London-based chef specialising in rustic Italian cuisine. Half Pugliese and half American, her family moved to New Zealand when Dara was six. She was raised in her parent's trattoria, Maria Pia's in Wellington, and has been in hospitality for most of her life. After training in some of the UK's hottest restaurants including Rovi, Rubedo, Brawn, Trullo and Sager & Wilde, Dara opened Tiella at the Compton Arms.

This residency received rave reviews in *The Independent* and *Evening Standard* and cemented Dara's status as a chef to watch in the London food scene.

Image
coming
soon

April 2026
9781529960242
246x189
£30.00 : Hardback
256 pages

Homes for Living

Piglet in Bed

Transform your home for everyday cosy living through Piglet in Bed's five simple principles that celebrate your unique style, embrace natural materials and find joy in every corner of your space.

Home should be a place where we can truly be ourselves, a place of safety and refuge from external pressures. It reflects our individuality and authenticity in every corner, and shows the effects of a life well-lived: door knobs shiny with use; tabletops bearing the faint scars of watermarks; a sofa slightly sagging in the middle from evenings spent lounging.

Through Piglet in Bed's five guiding principles, you can build a home for everyday cosy living: a space to rest, wallow and retreat. Sections include odes, essays, recipes and practical guides such as:

- Tips for the messy host
- How to tablescapes
- Life is too short to iron your sheets
- How to be completely useless to everybody: take a bath
- The lost art of picnicking

With a chapter dedicated to each room in the house, *Homes for Living* will equip you with simple tips and tricks to create a home that celebrates the imperfections of our lives and enables you to express yourself in a low maintenance, sustainable way.

Piglet in Bed are a British brand specialising in high-quality, low-maintenance bedding, sleepwear and homeware. They prioritise sustainable, natural and timeless materials, designed to become softer with use.



Image
coming
soon

April 2026
9781529964011
246x189
£30.00 : Hardback
192 pages

Classic Football Shirts

The Ultimate Football Shirts Book

Classic Football Shirts

The definitive collection of every single significant football shirt, from the most prominent football shirt archive and retailer in the world, Classic Football Shirts. A highly illustrated history of football shirt design and fan culture, featuring thousands of shirts, for the cult core audience of Classic Football Shirts.

This is a love letter to football shirts and fan culture, told through the world's most sought-after kits. From greatest hits to modern classics, this book includes all of the most iconic shirts from the archive of Classic Football Shirts.

Featuring hundreds of match-worn shirts from clubs around the world, from the early career of Ronaldo to the heights of Beckham at Manchester United, alongside shirts from iconic football moments, including Maradona's infamous hand-of-God match, Pelé and Zidane's world cup victories, the style and flair of Italia '90 and Messi's record-breaking season at Barcelona.

In essays by journalist Rory Smith, *Classic Football Shirts* delves into the identity, history and fashion of football shirts, illustrated with hundreds of shirts from national teams, beloved clubs, World Cups, Champions League finals and footballing legends.

Painstakingly researched and collected by the team at Classic Football Shirts over twenty years, in this book they have unlocked their vault, telling the story of football through its most iconic kits.

Classic Football Shirts was founded in Manchester in 2006, by two friends looking for a vintage 1990 West Germany football shirt the summer before their final exams. They created a dedicated platform for fans to purchase rare and unique football kits, launching their website from their student house, quickly filling it with inventory.

Today Classic Football Shirts is the leading global football shirt retailer, showcasing an extensive collection of match-worn, contemporary and classic shirts. With two stores in the UK and two in the US, Classic Football Shirts is a global destination for football fans, celebrating the rich history of football culture and helping people all over the world find the perfect shirt to wear to five-a-side.

CLASSIC FOOTBALL SHIRTS



April 2026
9781529957457
246x189
£30.00 : Hardback
320 pages

I Never Knew That About Devon and Cornwall

Christopher Winn

Discover the incredible trivia and hidden stories of one of Britain's best loved destinations, Devon and Cornwall

Discover the incredible trivia and hidden stories of one of Britain's best loved destinations, Devon and Cornwall

Did you know...

... *The world's first lift was installed at the Tresavean Mine in Cornwall in 1842*

... *The world's first transatlantic radio signals were sent from Cornwall*

... *The oldest working lighthouse in England can be found in Devon*

With more than 700 miles of coastline, two national parks and a never-ending debate over the correct way to prepare a cream tea, Devon and Cornwall are two of the best loved counties in Britain.

Now in *I Never Knew That About Devon & Cornwall*, the latest in the popular trivia series, Christopher Winn goes beyond the famous landmarks to root out the hidden places, legends and the human stories of Devon and Cornwall.

Featuring amazing facts as well as black and white line drawings by artist Mai Osawa, this entertaining guide is the perfect holiday accompaniment to Britain's favourite destination.

Christopher Winn's first book was the bestselling *I Never Knew That About England*. Volumes on Ireland, Scotland, Wales and London followed as well as books on the English, Scottish and Irish, alongside an illustrated edition of *I Never Knew That About England* and *London*. A freelance writer and collector of trivia for over 20 years, he has worked with Terry Wogan and Jonathan Ross and sets quiz questions for television as well as for the *Daily Mail* and the *Daily Telegraph*. He was also the Associate Producer for a TV series by ITV on Great Britain. He is married to artist Mai Osawa, who illustrates all the books in the series. His website is <http://www.i-never-knew-that.com>.

Image
coming
soon

April 2026
9781529980660
B Format
£16.99 : Hardback
208 pages

How to Be Okay When Nothing is Okay

The Tools and Tricks That Kept Me Alive, Happy, and Creative in Spite of Myself

Jenny Lawson

Warm, insightful, and witty, the first book of advice from New York Times–bestselling author Jenny Lawson—aka the Bloggess

Jenny Lawson is full of contradictions. She's a celebrated author but battles self-doubt, paralysis, and anxiety. She's an award-winning humorist but struggles with treatment-resistant depression. The question she's most often asked by people is 'How do you do it? How do you keep going even when it feels impossible? How do you keep creating?' This book is her answer.

In *How to Be Okay When Nothing Is Okay*, Jenny shares one hundred humorous, heartfelt, and genuine tools and tricks that she relies on to keep her going even when her brain isn't working properly due to depression, anxiety, and ADHD. She also offers tips to stay passionate and focused on creative endeavors, especially when everything around you is saying to give up.

Jenny Lawson (aka "the Bloggess") is a #1 New York Times–bestselling author, an activist, and an award-winning humor writer best known for her inspiring candor in sharing her struggle with depression, anxiety, and chronic pain. She is the owner and proprietress of Nowhere Bookshop, a beloved independent bookstore and bar in San Antonio, Texas. She's been writing her popular, award-winning blog (thebloggess.com) for over fifteen years. She continues to write and speak openly about her struggles while celebrating her often hilarious victories. She currently lives in Texas with her husband, child, dog, and cats.

Image
coming
soon

April 2026
9781529939736
Demy Octavo
£16.99 : Hardback
256 pages

The New Perimenopause

An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again

Mary Claire Haver

The ultimate perimenopause bible, from #1 *New York Times* bestselling author, global pioneering doctor and Ob-Gyn, and leader of the 'Menopossee'

The ultimate perimenopause bible, from pioneering women's health advocate and #1 *New York Times* bestselling author, Dr Mary Claire Haver

Perimenopause is inevitable. Suffering through it is not.

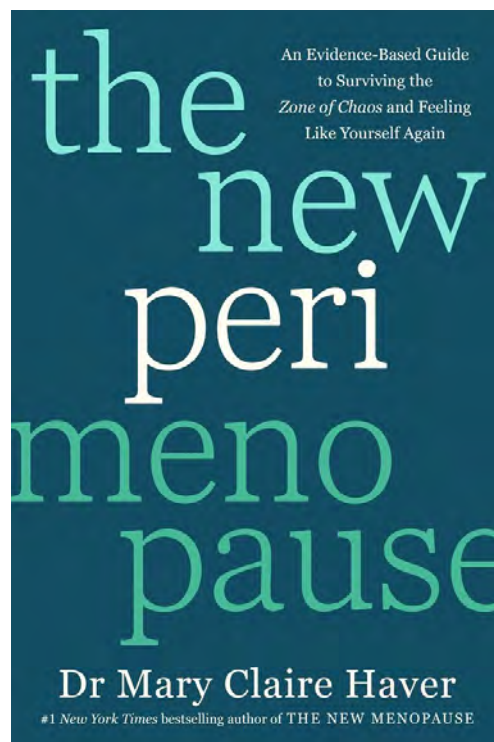
This is the empowering approach that pioneering women's health advocate Dr Mary Claire Haver takes for women in the midst of hormonal change. A comprehensive, authoritative book of science-backed information and lived experience, it includes:

- Clear explanations of what's going on in your body, from changes in your menstrual cycle, energy levels, mood and sexual issues.
- How and why dealing with these changes now is preventative medicine for your later years.
- How to advocate for yourself and prepare for doctor visits, including questions to ask and how to insist on whole-life care.
- The latest research on the benefits and side effects of hormone replacement therapy.

Arming women with the power to secure vibrant health and well-being for the rest of their lives, *The New Perimenopause* is sure to become the bible of midlife wellness for present and future generations.

'An informative and important book exploring the still relatively uncharted waters of hormonal transition.' - Mariella Frostrup, author of *Cracking the Menopause*

Dr Mary Claire Haver is a board-certified OB/GYN, a Certified Culinary Medicine Specialist, a Certified Menopause Provider and the founder of Mary Claire Wellness, a private medical practice that focuses on women in midlife. She is the #1 *New*



April 2026
9781785046308
Royal Octavo
£22.00 : Hardback
356 pages

The Fertility Formula

Take Control of Your Reproductive Future

Dr Natalie Crawford

An empowering health guide for women at any stage of their reproductive lives, from fertility expert Dr Natalie Crawford

An indispensable guide to fertility, covering everything you need to know to optimise your hormones, get pregnant and take charge of your reproductive health.

Most of us are taught there's nothing we can do to improve our fertility – that it's simply a matter of luck – but this couldn't be more wrong. In *The Fertility Formula*, fertility expert Dr Natalie Crawford breaks down the science behind fertility and guides you through what you can do, starting *now*, to improve your fertility and your chances of getting pregnant.

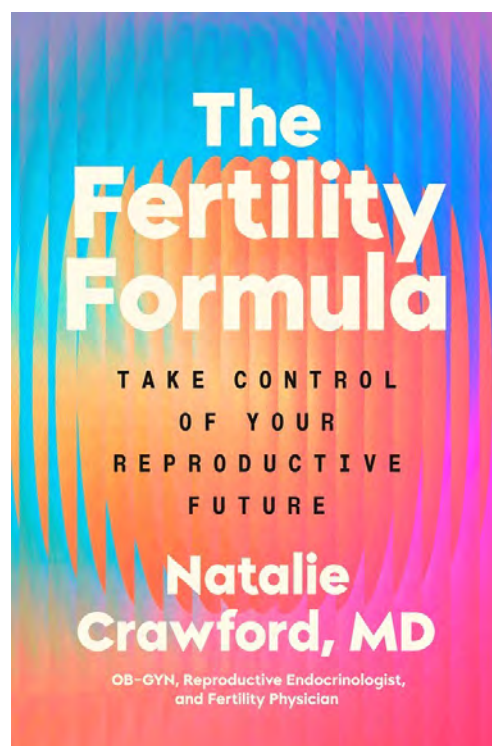
Weaving together cutting-edge science, clinical insight and patient stories, Dr Crawford gives you the tools to take control of your reproductive health, including:

- The most common but overlooked causes of infertility – and what you can actually do about them
- The truth about the 'biological clock', and why egg quality is about more than just age
- How to accurately track your menstrual cycle for conception, pregnancy prevention, and hormone health – and uncover the root cause of abnormal cycles
- A step-by-step guide to getting pregnant, from timing intercourse with ovulation to navigating infertility treatments if needed
- A lifestyle plan to improve your hormone health, reduce inflammation and boost fertility through better sleep, stress-reduction, nutrition and movement
- 20+ recipes for quick, easy, and delicious meals that support hormones and fertility

It's time to put fertility back in your hands – and *The Fertility Formula* will give you the knowledge, tools, and confidence to look after your reproductive future.

Published by FlightStory Books.

Dr Natalie Crawford is a Reproductive Endocrinologist board



April 2026
9781785045592
Royal Octavo
£16.99 : Trade Paperback
224 pages

How to Face Big Change

and Come Back Stronger

Helen Thorn

From much-loved comedian with a loyal fanbase and impressive network, this inspiring book will appeal to anyone facing big life changes

How do you rebuild your life, when suddenly everything changes? How do you start to make sense of this new world you inhabit, this new path you didn't know you had to walk down. Who are you now? Who do you trust? How do you recover? Will the pain ever go away?

When you are sideswiped by a catastrophic head fuck out of your control, the prospect of putting the pieces back together without instruction can feel utterly impossible and hopeless.

Led by the author's own epic journey to rediscovering love and laughter again, *How to Face Big Change* will give you the building blocks for recovery. This is not an instruction manual, and there are no rules, but it will guide you through this new phase of your life and empower you to become a stronger, more badass you!

You will be inspired by women who have all had their lives thrown up in the air, and you'll see that they not only survived, but thrived, and discovered strength, courage and happiness they didn't know existed. Their heart-warming stories, practical wisdom, hard-won advice, and honest and hilarious confessions, will leave you feeling inspired and ready to get back up and rebuild your life.

Helen Thorn is an award-winning comedian, podcaster and author. She is widely known for her honest and hilarious take on parenthood, being single in her 40s and body positivity. She is a regular on BBC Radio 5 Live and has featured several times on Woman's Hour. Together with Ellie Gibson she is the co-host of one of the most popular parenting podcasts in the UK - Scummy Mummies - and has performed to packed out theatres around the UK.



April 2026
9781785045189
Demy Octavo
£16.99 : Hardback
256 pages

How to Raise an Emotionally Mature Child

Your Blueprint to a Lifetime of Happiness and Success for Your Child

Lindsay Gibson

A groundbreaking approach to parenting that presents emotional maturity as the foundation for happy and resilient children – from the clinical psychologist of *NYT* bestseller *Adult Children of Emotionally Immature Parents*

Emotional maturity is the single most important quality a parent can help develop in their child – it enables a person to function autonomously, handle stress, flourish in diverse environments, form lasting relationships and achieve personal and professional success.

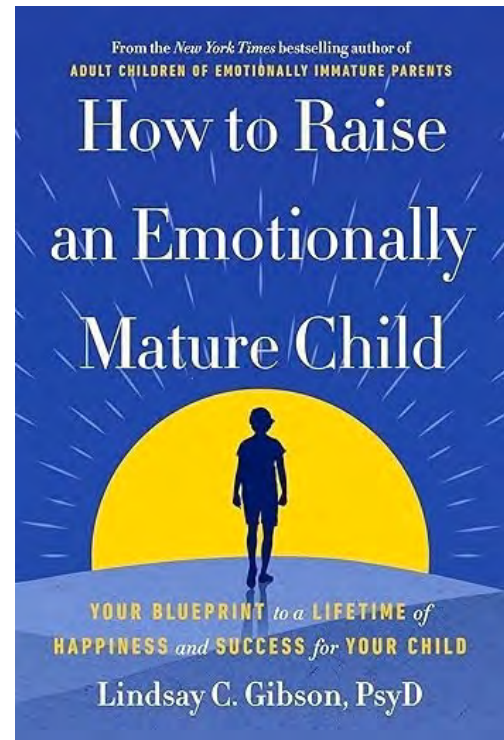
In *How to Raise an Emotionally Mature Child*, Lindsay Gibson explains the cognitive, psychological and social challenges children face, and how, as parents, we can support their emotional development so they become confident, happy and resilient adults.

Using the lens of the Seven Parental Mindsets for Maturity, you'll find out how to:

- Identify common parenting traps and behaviours to avoid
- What children *really* need to mature emotionally at every stage
- Why you should let go of trying to be a 'perfect parent'

Drawing on decades of work with families, this long-awaited book is essential reading for every parent – and your children will thank you for it!

Dr Lindsay C. Gibson is a *New York Times* bestselling author and licensed clinical psychologist with over thirty years of experience. Her bestselling book *Adult Children of Emotionally Immature Parents* has been featured in *The New York Times* and *The Washington Post* and appeared on major podcasts like *Mel Robbins* and *Ten Percent Happier*.



April 2026
9781785045233
Royal Octavo
£18.99 : Trade Paperback
256 pages

Your Mind, Your Rules

Take control of your thinking to transform your life

Marisa Peer

A powerful guide to reframing negativity through simple mantras, by an internationally renowned therapist with over 2.5m followers

Make your mind work for you, not against you

Every human being on the planet is walking around operating an extraordinary piece of equipment: their own mind. The trouble is, no one is given a manual for how to run it properly, so it often ends up running their life in all kinds of unhelpful ways.

The good news is that the mind is not nearly as complicated as we are led to believe. In this empowering guide, internationally renowned therapist Marisa Peer reveals the simple mantras that have the power to give us control, which have informed her unique therapy practice for more than 30 years. With a reputation for helping clients uncover the root of their issues in just a single session, Marisa has a deep understanding of how people's minds keep them stuck in old patterns and outdated belief systems, and, most importantly, how to change that.

With real world examples from her practice, direct no-nonsense advice and daily habits that can be easily incorporated into your routine, Marisa Peer shares how you can harness the incredible power of your mind to feel happier, calmer and able to create the life you've always wanted – all without spending years in a therapy chair.

Published by FlightStory Books.

Marisa Peer is a globally renowned therapist, speaker and bestselling author who has worked with Olympic athletes, CEOs and Hollywood stars for over 30 years. She is the creator of Rapid Transformational Therapy® (RTT®), a pioneering therapeutic method that combines the best of hypnotherapy, cognitive behavioural therapy and neuroscience. Voted Best British Therapist by *Men's Health* magazine, she has spoken at TEDx, the Royal Society of Medicine and global institutions including Google and Mindvalley. With a background in

Image
coming
soon

April 2026
9781846048739
Demy Octavo
£20.00 : Hardback
272 pages

Good Girl Syndrome

Marta Martínez Novoa

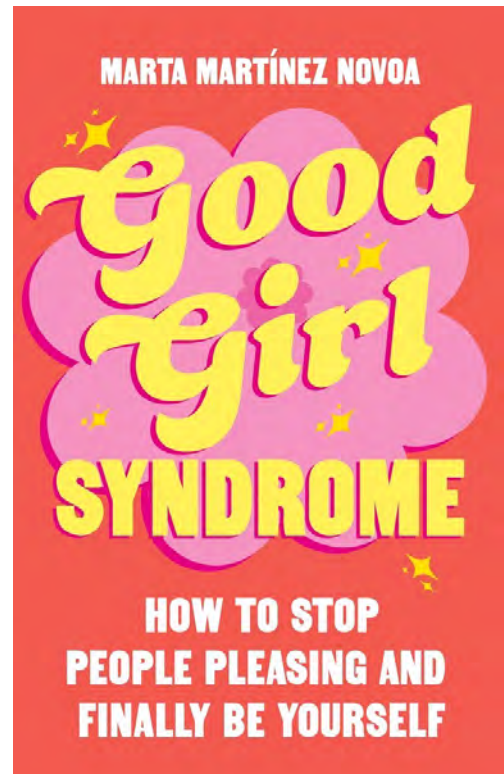
The transformative guide to breaking free from people pleasing and learning to live for *you*

I've always been told that if I was good, I'd attract good things. So then, why am I unhappy?

From a young age, women are taught to put the needs of others first. In *Good Girl Syndrome*, psychologist Marta Martínez Novoa reveals the damaging effects of 'good' behaviour, and shows you how to start prioritising yourself once and for all.

In this empowering and practical book, Marta will show you that people pleasing is not a personality failing, it's a common trauma response – an instinct to become more appealing to a perceived threat, and a way to feel safe. Taking you on a journey into your past, this book will help you understand why you feel the way you do in the present, and gives you practical tools to build a future where you feel bolder, safer and more confident in everything you do. If you're done being a people pleaser and ready to start living for *you*, this is your toolkit to wake up and finally take charge.

Marta Martínez Novoa is a respected psychologist and psychotherapist based in Pontevedra, Spain. Marta is truly passionate about helping people with her therapy, and specialises in treating anxiety, depression and gender violence with a warm and down-to-earth approach. She is the author of two books, *Que sea amor del buen* (*Let it be Good Love*) and *El Síndrome de la Chica Buena* (*Good Girl Syndrome*). The latter has seen international success, having been translated into six different languages.



April 2026
9781785046155
Demy Octavo
£16.99 : Trade Paperback
256 pages

Dream Crazy Big

The Unlikely Story of Canva

Rebekah Campbell

The authorized biography of one of the world's most successful and youngest self-made female CEO's, the founder of Canva, Melanie Perkins.

Ask Google for the 'best business biographies' and it'll return a list of similar subjects: Elon Musk, Steve Jobs, Jeff Bezos, Rupert Murdoch, Phil Knight, Warren Buffet and John Rockefeller.

There is a huge and underserved market of readers who don't see themselves in these characters. And they are starving for a new story.

Melanie Perkins is the founder and CEO of the graphic design platform Canva. At just 36 years-old, she has built one of the fastest growing companies in history from her home in Sydney, Australia. She has upended the leadership model of her Silicon Valley peers and is creating a blueprint for a generation of entrepreneurs to change the world. Canva is currently valued at US \$29 billion making Melanie one of the most successful self-made women ever. Alongside this, Melanie and her co-founder have also pledged to donate 30% of the company, almost all of their personal wealth, to philanthropy.

Dream Crazy Big blends vivid storytelling with intimate reflections from all the significant characters of the Canva success story. It shows how Melanie has spearheaded a corporate culture that has made her company one of the world's most-used brands and a TIME100 most influential company to work for. A powerful advocate for business for good, Melanie and her leadership team lead from example and illustrate how to make impactful societal changes at scale via Canva's resources and userbase. Driven by Canva's 12 success principles for business and featuring exclusive interviews with Canva supporters and allies including Guy Kawasaki and Bob Iger, this exploration of the Canva story will inspire wannapreneurs and aspiring business leaders the world over to do things differently.

Rebekah Campbell is a close friend of Melanie Perkins and a successful serial entrepreneur and writer. Her last business 'Hey You' is used by more than 1 million Australian users to order and pay at cafes and hospitality businesses. An expert in disruptive strategies, she has written for the *New York Times*,

Image
coming
soon

April 2026
9781529147186
Royal Octavo
£16.99 : Trade Paperback
272 pages

How to Talk to AI

The most important conversations of your life

Jamie Bartlett

Tech commentator Jamie Bartlett digs into the minds of today's AI machines, uncovers how they think and reason, how they are changing us, and how we can make the most of their super-human abilities.

Knowing how to speak to AI – and how not to – is a skill that everyone now needs. This book will help the reader understand how to make the most of these incredible new technologies, without succumbing to new powers of manipulation and control.

Hundreds of millions of people now talk to AI like ChatGPT every day. They organise their finances and holidays, ask advice, seek therapy and find love – via machines. Almost overnight, chatbots are transforming society, politics and business.

This is one of the biggest and fastest technological changes in history – but most people still don't really understand how AI works, how to make the most of it – or what the dangers are. As some people use it to turbo-charge their productivity at work, others are falling into dangerous conspiracies, delusions and psychosis.

In *How to Talk to AI*, tech commentator Jamie Bartlett takes the reader inside the machine: showing how we can stay in control of our powerful new companions, even as they are changing the way we live, feel, and think.

Jamie Bartlett is one of the UK's leading technology writers and thinkers. His previous books include *The Dark Net* and *The People vs Tech*, which was longlisted for the 2019 Orwell Prize for Political Writing. His Ted Talk about buying drugs on dark net markets has been watched nearly six million times. He has written and presented several hit BBC podcast series, including the smash hit *The Missing Cryptoqueen*, which reached number 1 in the podcast charts all round the world. In 2010, Jamie founded a research centre specialising in designing and applying artificial intelligence software to understand social trends.

Image
coming
soon

April 2026
9780753561980
B Format
£11.99 : Paperback
272 pages

Churchill's Killing House

The Origins of World War II's Legendary Commando Fighting Force

Monty Halls

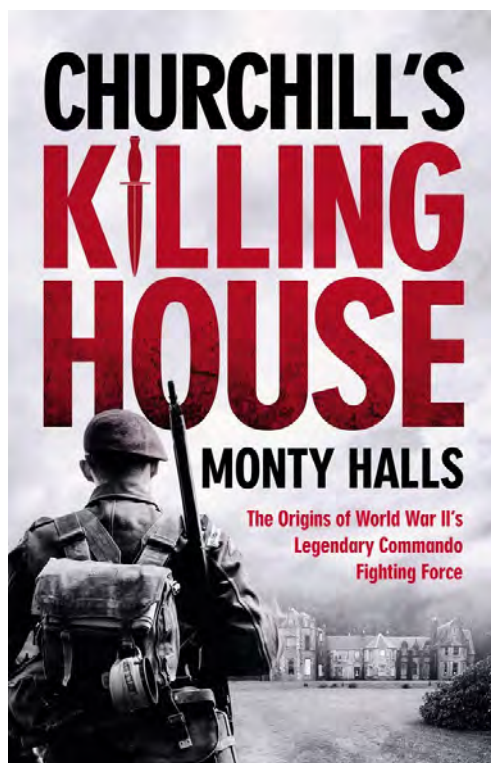
From celebrated writer and former Royal Marine Monty Halls, the untold story of Inverlort, Churchill's elite military 'death academy' that provided the model for Special Forces training used by the SAS and other organisations around the world.

In the summer of 1940, Britain was under siege. Poland, Belgium, Holland, Norway and France had already fallen, and the British army had been routed on the continent, leading to the chaotic evacuation at Dunkirk.

In the rubble of the Allie's crumbled defence, Inverlort House was established as a new symbol of defiance. Signed off by Churchill himself, this austere building became an academy for the brightest and best of all Allied volunteers, where they were transformed from ordinary foot soldiers into a new breed of warrior – the commando. The list of instructors, advisors, and trainees that passed through the house included some of the greatest fighting men of World War II: Lord Lovat, "Mad Mike" Calvert, Freddy Spencer Chapman, Tommy Macpherson, Fairbairn and Sykes, and both David and Bill Stirling, who would go on to form the SAS.

Churchill's Killing House tells, for the first time, the remarkable human story of those who created a new type of soldier, forged new techniques in battle, and ultimately led the way to Allied victory over fascism.

Monty Halls is a former Royal Marines Officer who served for over a decade. His subsequent career as an expedition leader, writer, and broadcaster saw his travels continue around the world. He is based in South Devon, where he runs Seadog, an adventure and wildlife production company. His ties to the Royal Marines remain as strong as ever. He is an ambassador to the RM Charity, supporting their efforts to raise funds for the veteran community. He is married to Tam and has two daughters, Isla and Molly. Through them he maintains his amphibious heritage, exploring the south coast of Britain in an old ketch on many a family expedition.



April 2026
9780753561218
Royal Octavo
£25.00 : Hardback
384 pages

On Natural Capital

The Value of the World Around Us

Partha Dasgupta

Globally renowned professor of Economics at Cambridge University, and 'the most important person you've never heard of' (*New York Times*), Sir Partha Dasgupta presents a new model that can – and must – transform global economics

What if we were to put a value on nature just as we value everything else?

For as long as they have existed, our economic models have served us an incomplete picture. The models and metrics tell us that our economies are healthy because they are growing. However, this doesn't account for the fact that our growth is driven by a resource that we take for free and treat as infinite: nature. We know now, more than ever, that our demand on the natural world is unsustainable. It's no longer sufficient to only see part of the picture; it's time that our economic models show us the whole thing.

An urgent call from renowned Cambridge economist Sir Partha Dasgupta to transform the focus and structures of global economics, *On Natural Capital* is a bold and groundbreaking book that could, truly, change everything.

'the most important person you've never heard of' - *The New York Times*

'Partha Dasgupta provides the compass we urgently need... by bringing economics and ecology together, we can help save the natural world at what may be the last minute – and in doing so, save ourselves.' - David Attenborough



April 2026
9781529144215
B Format
£12.99 : Paperback
288 pages

Partha Dasgupta is the Frank Ramsey Professor Emeritus of Economics at the University of Cambridge and a Fellow of St John's College, Cambridge. He is a Fellow of the Royal Society and a Foreign Member of the US National Academy of Sciences and the American Philosophical Society. He was awarded the 2021 Kew International Medal of the Royal Botanic Gardens Kew and in 2022 was appointed Knight Grand Cross of the British Empire by King Charles III for 'services to economics and the natural environment'.

Become Unstoppable

The Blueprint from the World's Most Successful Sports Team

Gilbert Enoka

The fighting spirit of the All Blacks, distilled by their legendary mental skills coach, Gilbert Enoka.

In a career spanning almost three decades, visionary psychological coach, Gilbert Enoka, has left his fingerprint on all aspects of the All Blacks winning machine. With a 77% winning record in test match rugby, the highest of any professional sports team, they are the only international team to have a winning record against every opponent. That performance is only possible because they leave no part of their preparation to chance. Their winning mindset and resilience are as important as the physical training and Gilbert Enoka was their secret weapon.

For the first time, Gilbert distils his essential lessons to building unshakeable staying power – particularly at times of high pressure where others would crumble – creating a winning team mentality – where the no assholes rule is king – and leaving things better than how you found them so that we can all learn the All Blacks way. Discover how to build a winning culture, hone your leadership to inspire your team in times of need and establish iconic rules for performance that will become your competitive advantage for years to come.

Gilbert Enoka is a legendary mental performance coach who has worked with New Zealand's corporate and sporting elite. He is internationally-renowned for his two-decade history with the All Blacks. He has been with the All Blacks for over 250 tests and during that time the team has won back-to-back Rugby World Cups, one Laureus Award (for the best team in the world), 17 Bledisloe Cups, three Grand Slams, seven Tri Nations and five Rugby Championships. Gilbert's reputation has also seen him work with the Black Caps, Silver Ferns, Crusaders and many other high-performing international athletes. A sought-after speaker, Gilbert talks about the psychology behind individual and team success in world-level sport and how this can be applied to any walk of life.

Image
coming
soon

April 2026
9781529146950
B Format
£10.99 : Paperback
272 pages

Unreasonable Hospitality: The Field Guide

Will Guidara

The companion workbook for the million-copy international bestseller.

From the New York Times bestselling author, former co-owner of the #1 restaurant in the world, and co-producer of the Emmy Award-winning series 'The Bear' comes the much-awaited interactive guide to putting the principles of *Unreasonable Hospitality* into action in your organization.

With his book *Unreasonable Hospitality*, Will Guidara issued a compelling invitation: "No matter what business you're in, you can make the choice to be in the hospitality industry." His lessons about service and leadership celebrated the one principle that never goes out of season: the human desire to be taken care of.

If *Unreasonable Hospitality* is the why, then *The Field Guide* is the how--a step-by-step roadmap to applying those lessons, including:

- Building and leading your team with consistency, integrity--and yes, hospitality
- Developing a culture of hospitality with five essential components--excellence, communication, collaboration, feedback, and repair--and the systems that will keep those values front and center
- Creating bespoke gestures with the power to transform ordinary transactions into extraordinary experiences--as well as how to create a ready-made toolkit of easily implemented ones that feel bespoke.

Featuring deeply personal stories, his own as well as those of readers he's encountered, the book is packed with practical exercises that are as relevant to the CEO of a Fortune 500 as they are to the ambitious intern at the front desk. Each can be done on your own, with your team, or company-wide at the



April 2026
9781529147384
Royal Octavo
£16.99 : Trade Paperback
192 pages

All the Medals Have Been Handed Out

Guy Martin

The million-selling truck mechanic returns with stories of Colombian kartels, an Arctic mission with the marines, endurance motorbike challenges, plus a few smashes, breaks and sprains along the way.

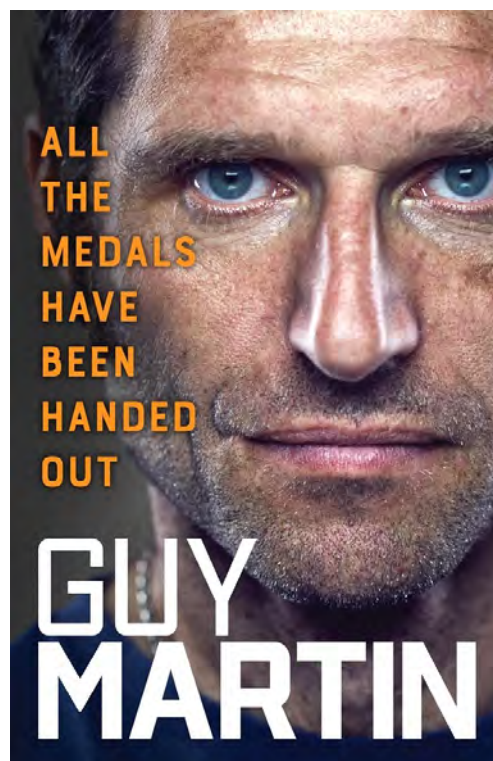
Guy's been pushing himself to the outer limits, as usual. There's no medals, no big ceremony at the end of it all. He's just driven by putting himself through the misery. And coming out smiling.

The TV job took him to Columbia, where he was waterboarded, shot and shown round a cocaine factory in a jungle clearing. He's also been to the Arctic to join the Royal Marines at their winter training centre, where he plunged into icy waters, marched up mountains and camped out in the freezing wilderness. We can exclusively reveal here that he had a fractured shoulder at the time.

Off the telly, he's gone on two epic bike rides, the first to Istanbul, then Istanbul to Baku, led by his sat nav along multi-lane motorways and up remote goat tracks, sleeping on the roadside. He's been racing (and crashing) on Mablethorpe Beach, he's entered the Scott Trial twice, one of the toughest motorcycle endurance events in the world, and he's been working on the '300mph job' – that's the world record he's going for on two wheels and he's building a bike to get him there. So far he's reached 276 mph, and he's the only person who can tell you what that feels like.

Welcome to the world of Guy Martin.

Except for one summer spent sleeping inside a truck in a concrete yard in Northern Ireland, Guy Martin has always lived within 20 miles of the Grimsby hospital he was born in, on 4th November 1981. The truck mechanic turned taytie farmer has won multiple international road races, plus scored fifteen Isle of Man TT podiums. He has been also a regular face on prime-time TV for over a decade, presenting travelogues, critically acclaimed documentaries and taking on world records. Guy has written four *Sunday Times* No 1 bestsellers, and this is his sixth book.



May 2026
9781529968026
Royal Octavo
£22.00 : Hardback
320 pages

Pressure

How the people who power Formula One thrive at the limits

Simon Lazenby

Sky F1's lead presenter us takes inside the fastest sport on the planet to reveal what and who really makes it go.

As lead presenter for Sky Sports Formula One live coverage, Simon Lazenby is at the centre of all the Grand Prix race-weekend action. In this book, he takes us off camera, to give us exclusive, high-level behind-the-scenes access to this multi-billion pound sports spectacle.

Drawing on over a decade's accumulated first-hand knowledge and connections across the paddock, Simon selects twenty-five key individuals within the teams and the overall organisation, from strategists and comms directors to riggers and truckies, through drivers and mechanics, and talks to each in depth about their role, how it fits into the bigger picture, and about what it takes to win.

We'll see split-second mid-race decision-making at the pitwall, lightning physical and technical efficiency in the pitlane, cliff-edge brinkmanship in eye-watering board room deals, emergency medical interventions, genius design innovation and much more inside track action. This will be a unique insight into human performance, ingenuity and specialist skill at the highest level, bringing man and machine together to compete at speeds of 230 miles per hour.

Simon Lazenby (Author)

Simon Lazenby has been the lead presenter of Sky Sports F1 since its inception in 2012. He joined Sky Sports in 1998, starting off 'making teas and coffees'. After a screen test, he was sent out to report on a variety of sports as well as presenting Sky Sports News, test cricket and golf, before becoming lead rugby presenter from 2002 to 2011. Simon lives in South West London with his wife and two children. This is his first book.

No Image
Available

May 2026
9781529939309
B Format
£10.99 : Paperback
320 pages

Sun, Soul, Feta

The Greek Cookbook

Ergon Foods

A celebration of Greek food for readers of *Taverna* (22k TCM) and *Nitisima* (22k TCM)

Celebrate the best of Greek cooking with modern twists on timeless recipes from Mediterranean deli and restaurant group ERGON.

In Greece, food is never just food. It's the language of connection, friendship and celebration. It's loud tables, long lunches and lazy Sunday dinners that extend into the night. It's knowing where your food comes from and who it comes from.

This is the philosophy of ERGON, producers of artisanal Mediterranean food. Founded in 2008 by two brothers from Thessaloniki, ERGON has grown to become a global lifestyle brand associated with the finest Greek food and modern Mediterranean cuisine. Now they have collected their favourite recipes that capture the essence of Greek cooking in *Sun, Soul, Feta*.

With 70 timeless recipes from kitchen staples and comforting breakfasts to meze, seafood and vegetable dishes, as well as suggestions for how to create sharing feasts for any occasion, *Sun, Soul, Feta* is filled with comforting, fresh and nourishing meals rooted in the Mediterranean soul.

So come with us to the beaches of Crete and the rooftops of Athens. To family kitchens, busy bakeries and sandy beaches in celebration of Greek dishes that conjure up a sense of home.

Founded in Thessaloniki in 2008 by brothers Thomas and George Douzis, ERGON specialises in artisanal Mediterranean products and cuisines. It sells more than 600 branded products and runs more than 20 restaurants, delis, markets and hotels in Greece, the UK, the Middle East and Cyprus.

Image
coming
soon

May 2026
9781529977578
246x189
£35.00 : Hardback
256 pages

The 30g Plan Cookbook

Easy, delicious recipes that hit your protein, fibre and plant goals to lose weight and feel great

Emma Bardwell

Full-colour follow-on from the *Sunday Times* bestseller, *The 30g Plan*.

The groundbreaking new cookbook from the *Sunday Times* bestselling author of *The 30g Plan*

Tired of weird food rules and fad diets? Leading nutritionist Emma Bardwell has got you covered.

Centred around three clear guidelines – eat 30g protein per meal, 30g fibre per day and 30 different plants per week – Emma's cookbook is a practical guide to the no-nonsense, science-backed diet that actually works.

With over 80 recipes, *The 30g Plan Cookbook* offers you:

- **No restrictions, no fads** and no weird food rules – just nutritious, filling meals that not only help you lose weight, but dramatically improve your health too
- **Achievable recipes** you actually *want* to eat, such as Chocolate Pistachio Probiotics Pots, Lemon and Poppy Seed Pancakes with Blueberry Jam, Chunky Green Herb Fritters and Creamy Parmesan and Sun Dried Tomato Butterbeans
- Easy ways to **adapt recipes for flexitarian, vegetarian and vegan diets**
- Advice about how to make The 30g Plan **work for your whole family**
- **An introduction** to the concept of **protein and fibre stacking**
- **Meal planners, shopping lists, actionable tips and tricks** to help you stay on track

Following on from the *Sunday Times* bestseller, *The 30g Plan*, this beautiful, easy-to-follow cookbook is the ultimate companion to a whole new way of eating that not only helps you to lose weight but dramatically improves your overall health too.

**** Praise for *The 30g Plan* ****

From the *Sunday Times* Bestselling Author

The 30g Plan Cookbook EMMA BARDWELL



Final Cover To Be Revealed

May 2026
9781785046469
230 x 189mm
£20.00 : Trade Paperback
224 pages

You Don't Have To Have A Dream

Advice for the Incrementally Ambitious

Tim Minchin

Charlie Mackesy meets Kurt Vonnegut, in the first non-fiction book from Tim Minchin: a beautifully idiosyncratic celebration of life, art, success, kindness, love and thriving in a meaningless universe, drawn from three iconic graduation speeches.

*'Life will sometimes seem long and tough. And you will sometimes be happy and sometimes sad. And then you'll be old. And then you'll be dead. There is only one sensible thing to do with this empty existence, and that is: **fill it.**'*

A book for the romantic-realist in all of us, *You Don't Have to Have a Dream* offers Tim Minchin's inimitable thoughts and advice on life, art, success, kindness, love, and thriving in a meaningless universe. Drawn from three of his iconic commencement addresses, and beautifully designed with specially commissioned illustrations throughout, it's a rallying cry for creativity, critical thinking, and compassion in our daily lives.

It's never too late to put something beautiful out into the world.

Tim Minchin is an internationally-acclaimed songwriter, singer, pianist, comedian, actor and writer. In addition to his sell-out music and comedy tours, he is the composer of music and lyrics to *Matilda the Musical* and *Groundhog Day*, both of which won the Olivier Award for Best New Musical, and the co-creator of the award-winning TV comedy *Upright*. He is the author of three previous books: *Storm*, *When I Grow Up*, and *Sometimes You Have to Be a Little Naughty*. Tim lives with his family in Sydney, Australia.

Image
coming
soon

May 2026
9781529931839
B (Ebury)
£10.99 : Paperback
128 pages

Shaolin Life

The Five Virtues of Kung Fu

Sacha Wenk

Simple rules for a strong life – from a rising global martial arts star

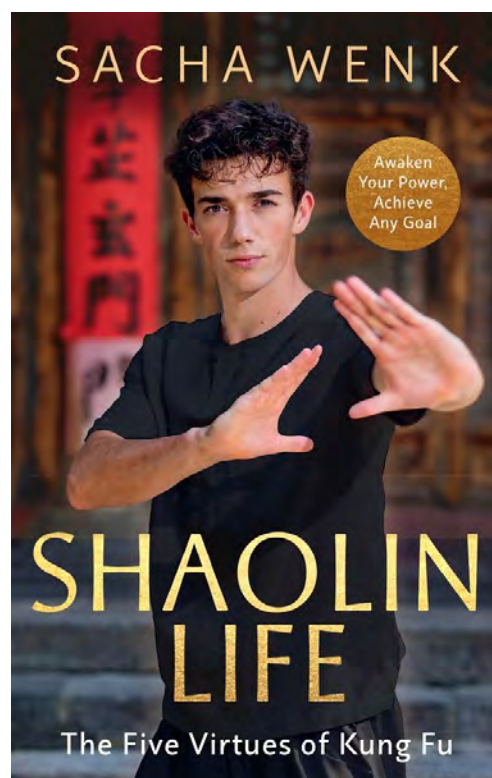
Awaken your power – achieve any goal

It's tempting in life to take the quick, easy route. But choosing this path will never reveal your full potential. To know what you are capable of, you must first learn where your limits lie, for only then will you be able to overcome them.

As 'The Shaolin Kid', Sacha Wenk inspires millions of people worldwide sharing the time-tested teachings of Shaolin Kung Fu. In this revelatory book, Sacha reveals how his dedication to the millennia-old traditions and wisdom transformed his own life, and shares the tools you need to conquer any challenge by first finding the strength within.

Structured around the five virtues of Kung Fu: *focus, courage, discipline, patience, humility*, this practical guide marries martial arts discipline with a revolutionary method for personal growth.

Sacha Wenk spent his childhood in Shanghai and Beijing, where he developed an early passion for Kung Fu. At the age of 17 he entered the famous Shaolin Temple, began training with his Shifu Shi Miao Hai, and committed himself to the teachings of Kung Fu. Today, he shares these teachings with over 5.4 million followers worldwide through his social media channels as The Shaolin Kid @sachka.w, and is recognised internationally as one of the key ambassadors of Shaolin Kung Fu.



May 2026
9781846049088
Royal Octavo
£20.00 : Hardback
240 pages

Pope Leo XIV

The Definitive Biography

Elise Ann Allen

A revealing biography of the new Pope Leo XIV, written by one of the world's most respected Vatican correspondents

Who is Robert Prevost, the man who is now Leo XIV?

What personal traits led him to be chosen as pontiff at a time when the Catholic Church was debating whether to continue the legacy of Francis I or roll back the reforms advanced by him? How did he rise as pope in an overwhelmingly majority vote and what could it mean?

Elise Ann Allen, correspondent in Rome for Crux, the prestigious website specialising in Vatican news, outlines a detailed and intimate profile of the new pope. From his childhood in Chicago and his early vocation as an Augustinian to his years as a missionary in Peru and his key role in the Vatican as head of the bishops, Allen reveals the experiences that forged his character and established him as a spiritual leader and citizen of the world.

Including the first interview that Leo XIV officially granted as pope, this biography is essential reading for anyone seeking to understand the new pope, his priorities, convictions and vision for the future of the Church.

Elise Ann Allen is a correspondent in Rome for the specialised media outlet Crux. Before joining Crux, Elise worked with Catholic News Agency, first as a multi-media and content management assistant in Denver. She holds a degree in Philosophy and Communications from the University of Northern Colorado.

Image
coming
soon

May 2026
9781911764021
Royal Octavo
£16.99 : Hardback
288 pages

Carthage

A new history of an ancient empire

Eve MacDonald

A landmark new history of the ancient kingdom of Carthage, told through its iconic figures from Dido to Hannibal, drawing on brand new archaeological evidence to provide the definitive story of a legendary empire by a rising star in the field

The empire behind the legend

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

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

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

Image
coming
soon

May 2026
9781529911695
B Format
£12.99 : Paperback
416 pages

What's Going Right

A Powerful New Method for Optimizing Your Mental Health

Paul Conti

The revolutionary, joyful new approach to mental health – written by a world-renowned psychiatrist

In a world where it's easy to feel like everything is going wrong, world-renowned psychiatrist Paul Conti asks – what's going *right*?

Despite the increasing availability of mental health resources and freedom of people talking about it, the data around mental health shows a steady decline in happiness. Why are all the metrics heading the wrong way? With his characteristic warmth, optimism and expertise however, Dr Paul Conti wants you to flip the narrative and ask yourself the empowering question: how can we go *right*?

Based on his Generative Drive framework, and as seen on the wildly popular podcast series on Andrew Huberman's *Huberman Lab*, *What's Going Right* will guide readers to understanding and assessing their mental health. Also informed by Paul's own journey and his decades of experience helping patients, this book will provide you with a simple, science-based framework for improving mental health, fortified with practical tools that you can tailor to yourself in the real world.

With all Dr. Conti's straightforwardness and sincerity, *What's Going Right* is an accessible and inspiring mental health protocol that will empower you to reach your fullest potential – starting with what's going right.

Dr Paul Conti is a graduate of Stanford University School of Medicine. He completed his psychiatry training at Stanford and at Harvard, where he was appointed Chief Resident. He served on the medical faculty at Harvard before moving to Portland, Oregon to found his own comprehensive mental health clinic, Pacific Premier Group PC. Dr Conti's life-changing trauma work has earned him several high-profile fans including Lady Gaga, Peter Attia, Tim Ferriss and Mel Robbins. He has also appeared on the chart-topping business podcast The Tim Ferriss Show.

Image
coming
soon

May 2026
9781785045806
Demy Octavo
£22.00 : Hardback
224 pages

The Norwegian Method

The Secrets of Peak Performance

Kristian Blummenfelt

Olympic triathlete and officially the fittest man in the world Kristian Blummenfelt shares the secrets that have led him to become one of the most successful endurance athletes in history.

What does £1,000 water taste like? Why would anyone collect and burn their own poo? Why would an athlete confess they identify with a (fictional) serial killer? There is one person who can answer these questions: Kristian Blummenfelt.

Kristian is the spearhead of the famed "Norwegian Method", involving a new generation of athletes using data-driven methods to redefine the limits of human performance, which has left other sports like Formula One and sailing desperate to learn their secrets.

In *The Norwegian Method*, Kristian shares his story, and by doing so, reveals the methods and principles that have led him to become the world's most famous and successful endurance athlete.

Kristian Blummenfelt is an Olympic triathlon gold medallist and Ironman world champion. He has the highest VO2 master in history, meaning he's officially the fittest man in the world. Kristian is a spearhead of the famed "Norwegian Method" and has also been the subject of a study published in 2024 about "approaching the upper limits of human capabilities". He has won the Olympics, the World Championship Series, the Grand Final, the PTO series, Sub7, and he still holds the fastest time for a 70.3 and for a full Ironman.

Image
coming
soon

May 2026
9781529147063
Royal Octavo
£22.00 : Hardback
336 pages

The Response

A Story of Fire, Flood and Britain's New World of Extremes

David Shukman

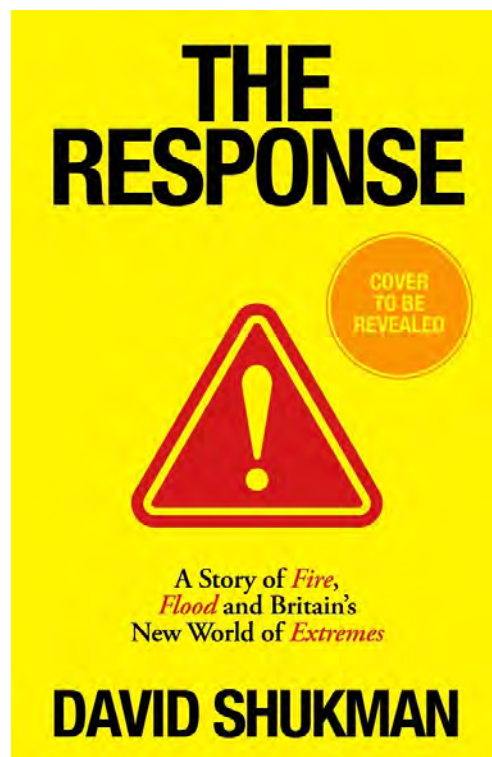
A real-life eco-thriller in the vein of Naomi Klein and David Wallace-Wells: a dramatic and blistering account of how Britain has joined the front line of the world's climate emergency, from the BBC's former science and environment correspondent David Shukman.

How ready are we for the worsening climate conditions that we're experiencing now and those to come in the next few years? In July 2021, heavy rains caused flash flooding in London that affected over 1,000 homes and businesses and completely overwhelmed the local sewer system; a year later, rampaging wildfires in London – the first time wildfires crossed the urban threshold in Britain – caused one of the largest fire brigades in London to literally run out of fire engines. Unpicking the threads of the increasing number of climate-related tragedies like these reveals the most terrible thing of all:

We could have been prepared, but we weren't.
We could've responded to the early warning signs, but we didn't.

The Response is David Shukman's gripping account of the new extremes that our bodies, buildings and landscapes now face in Britain and around the world, and the challenges for those tasked with protecting us from them. It's a book about how easily we're letting ourselves slide into an age where the inconceivable becomes conceivable – and what we can do to change it.

The former Science Editor for the BBC, David Shukman led its coverage of the environment for nearly twenty years. With pioneering live reports from the Amazon to Antarctica, he's described by Sir David Attenborough as "a leader in raising awareness about the climate emergency". The author of three books, he's a regular speaker and contributor to news programmes and podcasts, and a Visiting Professor in Practice at the LSE's Grantham Research Institute.



May 2026
9781529144284
Royal Octavo
£25.00 : Hardback
320 pages

The Power of Beliefs

How Strengthening Seven Core Beliefs Predicts Greater Success and a Better Life

Shawn Achor

The internationally bestselling author of *The Happiness Advantage* and *Big Potential* illuminates how harnessing our beliefs can influence our success in the real world.

MASTER THE BELIEFS THAT DRIVE SUCCESS.

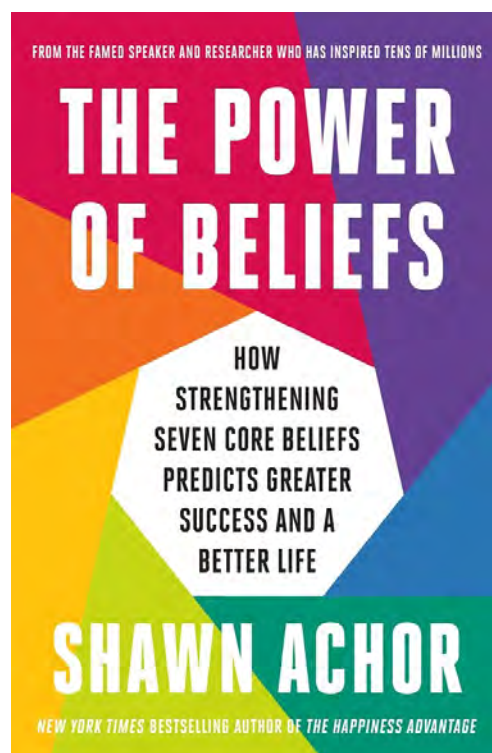
Each of us has a lens through which we see the world, one that has been crafted by every experience we've ever had and is made up of our conscious and unconscious beliefs. But even though this lens has remarkable predictive power on our outcomes in work and life, we are often unaware of how much it shapes our choices—and how much power we have to change it, and our lives, for the better.

In *The Power of Beliefs* Shawn Achor draws from his groundbreaking work in fifty countries over twenty years to introduce a critical set of tools, the seven Core Power Beliefs:

1. My Behavior Matters
2. I Matter
3. I Am Not Alone
4. This Work is Meaningful
5. I Have Things To Be Grateful for in the Present
6. I Have Something to Give
7. There Is Something Greater Than Me

The extent to which we embrace these beliefs is the strongest indicator of positive outcomes across all aspects of our lives. Using fascinating examples from his own research and the cutting-edge work of others, Achor shows just how powerful our beliefs can be. He shows us how to undertake the often challenging work of changing our beliefs to transform our lens, opening up a world of possibilities previously unseen. And the benefits don't stop there: Once we know that change is possible, the next step is helping to strengthen the beliefs and trajectories of our family, friends, coworkers, and the world around us.

Shawn Achor is one of the world's leading experts on the connection between happiness, success and potential. His research on mindset made the cover of *Harvard Business Review*, and his TED talk is one of the most popular of all time



May 2026
9780753561942
Royal Octavo
£22.00 : Hardback
320 pages

Algospeak

How Social Media is Transforming the Future of Language

Adam Aleksic

The Etymologicon for the social media generation: from the @etymologynerd of Instagram and TikTok (aka Adam Aleksic), comes a deep dive into how algorithms, social media and the internet are changing the way we communicate and think.

From the rise of leetspeak and words such as “unalive” to the trend of adding “-core” to different influencer aesthetics, the internet has ushered in an unprecedented linguistic upheaval. We’re entering an entirely new era of etymology, heralded by the invisible forces driving social media algorithms. And with over 7 billion internet users uploading over 2.5 quintillion bytes of media every day, the sheer volume of potential new words is astounding.

In *Algospeak*, online etymologist Adam Aleksic shines a light on the roots of words that we don’t realise have come from unexpected places – from incel culture, from the innovation of users trying to get around content moderation algorithms, from the marketing speak that has invaded our personal lives. New slang emerges and goes viral overnight. Accents are shaped or erased on YouTube. Grammatical rules, loopholes, and patterns surface and transform our interactions, social norms and habits.

Algospeak tells, through words, the bigger social story of how language shapes us, just as much as we shape it.

Adam Aleksic, known as @etymologynerd online, is a Harvard linguist and online etymologist, specialising in the intersection between language and social media. With almost 2 million followers across Instagram, TikTok, YouTube and now Substack, Adam creates content and does his own original research into language and how it’s changing. He’s lectured at Georgetown, Stanford and UPenn and is a regular contributor to the *Washington Post*. He currently lives in Mexico City.

Image
coming
soon

May 2026
9781529949162
B Format
£12.99 : Paperback
320 pages

Doctor Who: Jubilee

Robert Shearman

One of Big Finish's most acclaimed and atmospheric Doctor Who audio dramas now reimagined in prose by its original author - Robert Shearman.

"The Doctor and the Daleks. Have you never thought they are really both the exact same thing?"

It is time to celebrate! Let all the citizens of the glorious English Empire come together and give thanks to that mysterious soldier in time and space known only as the Doctor. For 100 years ago he destroyed a Dalek invasion force without mercy, and became the saviour of us all.

We have just one real Dalek left. Kept alive in the Tower of London, all these years our prisoner. And tomorrow we are going to blow it up, just for you! So put up your Dalek bunting and raise a glass of Dalek Juice. Who knows, there may be a special guest in attendance – the Doctor himself! Oh, you lucky people!

Time to get this party started...

Award-winning author Robert Shearman has penned a brand new, radical reinterpretation of his classic Jubilee – the best-selling Big Finish audio play that became the basis of his Doctor Who TV episode, *Dalek*.

Robert Shearman (Author)

Robert Shearman is an award-winning writer for television, radio and the stage, as well as several acclaimed short story collections, the first of which won him a World Fantasy Award, and *Doctor Who* audio scripts for Big Finish Productions.

May 2026
9781785949586
B Format
£10.99 : Paperback
304 pages

No Image
Available

Doctor Who: The Chimes of Midnight

Robert Shearman

One of Big Finish's most acclaimed and atmospheric Doctor Who audio dramas now reimagined in prose by its original author – Robert Shearman.

'Twas the night before Christmas, and all through the house not a creature was stirring...

But something must be stirring. Something hidden in the shadows. Something which kills the servants of an old Edwardian mansion in the most brutal and macabre manner possible. Exactly on the chiming of the hour, every hour, as the grandfather clock ticks on towards midnight.

Trapped and afraid, the Doctor and his companion, Charley, are forced to play detective to murders with no motive, where even the victims don't stay dead. Time is running out.

And time itself might well be the killer...

Featuring the Eight Doctor as played on TV by Paul McGann and Charley Pollard as played on audio by India Fisher, The Chimes of Midnight is the second novelisation of a Big Finish audio drama after *Jubilee* – also by prize-winning playwright and short story writer Robert Shearman.

Robert Shearman (Author)

Robert Shearman is an award-winning writer for television, radio and the stage, as well as several acclaimed short story collections, the first of which won him a World Fantasy Award, and *Doctor Who* audio scripts for Big Finish Productions.

No Image
Available

May 2026
9781785949609
B Format
£10.99 : Paperback
240 pages

Menopause and ADHD

How to navigate hormone flux and neurodivergence

Dr Helen Wall

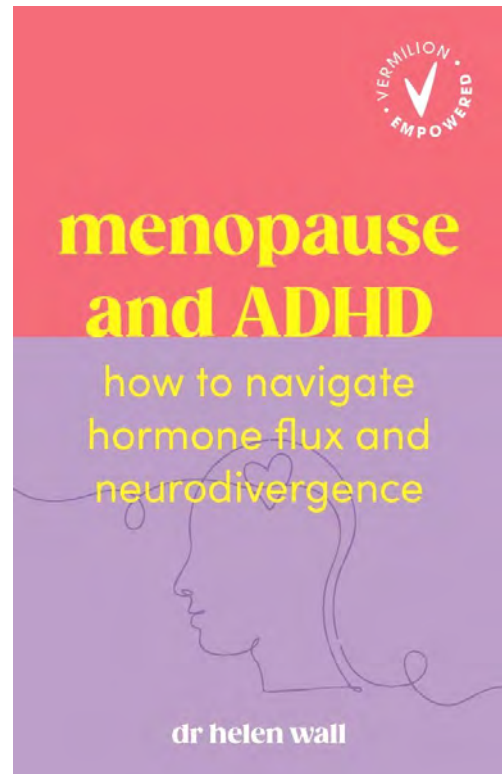
How to cope when menopause and ADHD collide, from a menopause specialist and *BBC Breakfast* GP, Dr Helen Wall

Menopause and ADHD is your ultimate guide to understanding how your hormones may influence your ADHD – and it's a two-way street: how your ADHD impacts how your perimenopause lands for you. This book will arm you with the facts, and help you to confidently advocate for your own health and wellbeing.

Navigating menopause can be challenging for any woman, but for those with ADHD, the experience can feel like a bomb has gone off in your life. Health issues in all women are too often dismissed, misunderstood, or minimised by clinicians who label symptoms as anxiety or 'just part of being a woman'. We are just starting to empower women to access the menopause support they deserve, but women with ADHD or other intersecting neurodivergence (often undiagnosed) are still woefully left behind in this arena.

Helen Wall is a GP with years of experience advocating for women. *MENOPAUSE AND ADHD* will debunk myths, tackle systemic biases, and empower you to take charge of your wellbeing through this period of hormonal challenge. It's time to be heard, be informed, and be your own best health advocate.

Dr Helen Wall is a GP and public health leader, with over 25 years of experience in medicine. She has dedicated her career to improving the unique challenges faced by women in the healthcare system, and has undertaken advanced training in menopause and neurodivergence. Dr Wall is also well-known as the resident GP on *BBC Breakfast* and as a weekly columnist for *Woman* magazine.



May 2026
9781785046421
Demy Octavo
£14.99 : Trade Paperback
192 pages

Bless Me Father

A life story

Kevin Rowland

Bracingly honest memoir from Dexys' iconic frontman, one of the great mavericks and creative geniuses of British music

A searingly honest memoir from Dexys' iconic frontman, one of the great mavericks and creative geniuses of British music.

At home, the prayerful eight-year-old altar boy was planning to attend college to train to be a priest. Elsewhere, he was thieving, lying, swearing, fighting and rarely out of trouble.

In this astonishing memoir, Kevin takes us from the juvenile courts of his troubled teenage years to the early days of the New Romantic scene in the late '70s. An unwavering passion for music and highly tuned sense of fashion and style ignited an unstoppable drive within him, compelling him down a path that led to his huge chart successes with Dexys Midnight Runners in the early 1980s. However, despite being celebrated as a creative genius, inner turmoil was never far away, and a terrifying series of self-sabotaging events were to follow – including a serious cocaine addiction – leaving him in the wilderness in the 1990s, bankrupt, living in a bedsit, on the dole.

Always resilient in the face of adversity, after a massive upheaval Kevin found his way back. He charts his return journey, from shocking audiences with his pioneering embrace of gender fluidity with *My Beauty*, right through to Dexys' triumphant appearance at Glastonbury in 2024.

Vividly detailed, and with a truly rare degree of self-insight, this is Kevin's own, deeply personal account of an extraordinary life, raw and unvarnished. A remarkable memoir, as compelling and original as you would expect from one of the pioneering icons of music history.

Kevin Rowland is a British singer-songwriter, best known as the frontman of the influential band Dexys (formerly Dexys Midnight Runners), who rose to prominence in the eighties with their first number one 'Geno' and later with their iconic hit 'Come On Eileen', Britain's bestselling single in 1982. Kevin's career has spanned five decades and eight albums, marked by

No Image
Available

May 2026
9781529958737
B Format
£10.99 : Paperback
352 pages

Further

10 lessons the SAS taught me about life

Billy Billingham

A motivational guide that distils hard-won lessons into practical, life-changing advice from the most experienced, highest ranking and most decorated SAS leader and SAS instructor and star of *SAS Who Dares Wins*.

Always a Little Further is a motivational guide that distils hard-won lessons into practical, life-changing advice, inspired by the many interactions Billy has with people who ask what it means to lead, and what it takes.

Always a Little Further harnesses clear life lessons from Billy's career – on the front line, and in front of, as well as behind, the camera, not to mention developing street smarts in his early years – showing how small, intentional actions can lay the groundwork for life-changing breakthroughs. Told in Billy's unique style, blending toughness with compassion, it will present a powerful message of self-acceptance, self-discipline, and sustainable ambition.

A call to action for anyone ready to reclaim their potential – as Billy says, motivation needs to be grown like a muscle! *Always a Little Further* will teach readers to see success at life like an SAS mission – teaching adaption, flexibility and confidence in decision making.

Billy Billingham joined the Parachute Regiment in 1983 and the SAS in 1991. He spent nearly three decades in the British Military, twenty years of which were spent in the SAS; the pride of the UK's elite special forces. He held an array of positions, culminating as Staff Sergeant Major, leading countless operational tours all over the world. Later, he served as a training instructor for the Regiment in counter terrorism, sniper, tracking, jungle warfare, navigation, demolition and sabotage, mountaineering, combat survival, and battlefield medical life. Billy led countless hostage rescues. Throughout his military career, he received numerous awards, including the Queen's Commendation for Bravery and an MBE presented by Her Majesty Queen Elizabeth II. After his military career ended, I became a bodyguard and looked after A-list celebrities before becoming Head of Security for Brad Pitt and Angelina Jolie for many years. Now he works as Chief Instructor on Channel 4's hit TV show *SAS: Who Dares Wins*, and as one of the Directing Staff on Fox's version of the show, *Special Forces: World's*

Image
coming
soon

May 2026
9781529966220
B Format
£10.99 : Paperback
288 pages

Lewis in Red

The inside story of Hamilton's Ferrari era

Ben Hunt

***Sunday Times* bestselling author with insider F1 paddock access reveals the behind-the-scenes story of Sir Lewis Hamilton's sensational move to Ferrari and his onward journey with the team**

Hamilton's move to Ferrari was the F1 story of the decade. And now his progress is coming under the intense scrutiny of his 40+ million social media followers, the passionate *tifosi* and the world's media, as he fulfils his boyhood dream of driving for the legendary Italian team that has been in the sport since its inception.

Drawing on his own first-hand observations and expertise, while also speaking to key in-world figures, including former teammates George Russell and Jenson Button, F1 author and journalist Ben Hunt will uncover the politics, the strategy, the ambition and raw emotion behind this historic coming together of two icons, and he'll take a riveting, race-by-race look at how it's all working out.

Hunt tells the inside story of what it is proving to be the British sporting superstar's final roll of the dice to win that record eighth world title, capturing in real time the thrills and challenges of Hamilton's campaign with the Scuderia team to rewrite the record books and make history.

Ben Hunt has worked in motorsports for twelve years and co-hosts F1 podcast *Inside the Piranha Club*. He is the author of *Lando Norris: A Biography* (2023) and the *Sunday Times* bestseller *Growing Wings: The Inside Story of Red Bull Racing* (2024) and *Forever Forward: The Inside Story of McLaren Formula 1* (2025). In a twenty-year career in sports journalism, he has previously reported on Premier League football, Ashes tests, snooker championships and Ryder Cups. Ben lives in Chichester, West Sussex, with his wife and their two children.

Image
coming
soon

May 2026
9781529983234
Royal Octavo
£22.00 : Hardback
320 pages

Scorpions

A Memoir

Tuppence Middleton

A revelatory and beautifully written memoir about what it's really like to live with the often-misunderstood disorder, OCD.

My mind is full of scorpions. A cerebral itch, impossible to scratch. I know these creatures well, but they know me better. They answer to another name, this nest of scorpions, the writhing black mass that lives inside my head...

For as long as Tuppence Middleton can remember, she has struggled with obsessive thoughts and compulsions. She visualises her OCD as scorpions inhabiting her mind, something to be hidden that impacts her life daily:

- *Have I killed my cat?*
- *When was the last time that person in front of me vomited?*
- *How many people have touched this door handle since it was cleaned?*
- *Should I tap the outside of the airplane to save my loved ones from harm?*

Often used as a shorthand for tidiness or as the punchline of a joke, OCD is one of society's most misunderstood disorders and it's rarely spoken about with such honesty and openness.

Beautifully written, moving and often darkly funny, Tuppence recounts what it feels like to share your mind with a nest of scorpions.

Tuppence Middleton is a British actor and writer working in film, television and theatre. She grew up in Somerset, South West England and has lived with OCD (obsessive compulsive disorder) since the age of 11. Tuppence now lives in London with her partner and daughter. *Scorpions* is her first book.

Image
coming
soon

May 2026
9781846048036
B Format
£11.99 : Paperback
208 pages

Mega Builds

Ten Colossal Construction Projects That Will Change Our World

Fred Mills

From YouTube sensation Fred Mills, a globetrotting look inside the planet's biggest engineering challenges, and what they tell us about our future

Audacious building projects have been moulding history for millennia. These awe-inspiring undertakings are testament to the dizzying scale of human ambition and imagination, every megastructure a marker in the long story of human progress.

Today's world is no different. **In *Mega Builds*, YouTube sensation Fred Mills charts the story of how ten colossal megaprojects are reshaping our modern world.** Nations and corporations are competing in an extraordinary bid to reset the boundaries of what might be possible for humanity.

This is science fiction made real. And Fred gives us **a front row seat to a fascinating, fact-packed guided tour around the world**, shining a spotlight on the incredible feats of engineering that serve as new chapters in the story of what's to come.

Fred Mills is a British filmmaker and founder of The B1M YouTube channel, the largest and most subscribed-to construction channel in the world with over 3.7 million subscribers.

From California to Japan, Fred has had unprecedented on-the-ground access inside some of our planet's biggest megaprojects – no one else has travelled to so many. From walking into a nuclear fusion reactor, to climbing a megatall skyscraper and becoming the industry's leading mental health advocate, Fred's experiences and insights have made him the top construction influencer worldwide.



May 2026
9780753561614
Royal Octavo
£22.00 : Hardback
304 pages

Attuned and Attached

Heal Your Relationship with Yourself and Others to
Create Lasting Connections

Yolanda Renteria

A somatic psychotherapist's guide to building authentic and loving connections

Are your closest relationships often a source of stress rather than security?

Do you ever feel disconnected and lonely, even in the company of family and friends?

In *Secure Attachment*, Yolanda Renteria invites you to take a deeper look at your emotional connections and discover what secure attachment and true intimacy actually *feels* like. With a practical programme of psychotherapy tools and accessible, safe ways of implementing somatic trauma healing, Yolanda will guide you to understand how your attachments have been formed, and how they are capable of being improved.

Begin a profound journey of self-discovery which has the potential to positively transform all of your relationships and interactions. You'll learn how to:

- Recognise signs of emotional disconnection in yourself and others
- Break patterns of intergenerational trauma
- Develop skills to practise non-aggressive communication
- Create a safe and supportive community

This book offers the ultimate roadmap to bringing more safety into all your relationships, so you can live a life filled with nourishing, peaceful and fulfilling connections.

Yolanda Renteria is a Mexican-American immigrant and Licensed Professional Counsellor and Somatic Therapist. She works in private practice and provides trauma services for underserved communities. Yolanda is also trained in EMDR, Somatic Experiencing, Brainspotting and Dialectical Behavioural Therapy. In addition to her impressive Instagram community, she runs 'Yolanda Renteria' where she provides Somatic Processing Sessions, psychoeducational workshops and speaking services. She lives in San Luis, Arizona.

Image
coming
soon

May 2026
9781785045448
Demy Octavo
£16.99 : Trade Paperback
224 pages

Harvest

Minette Batters

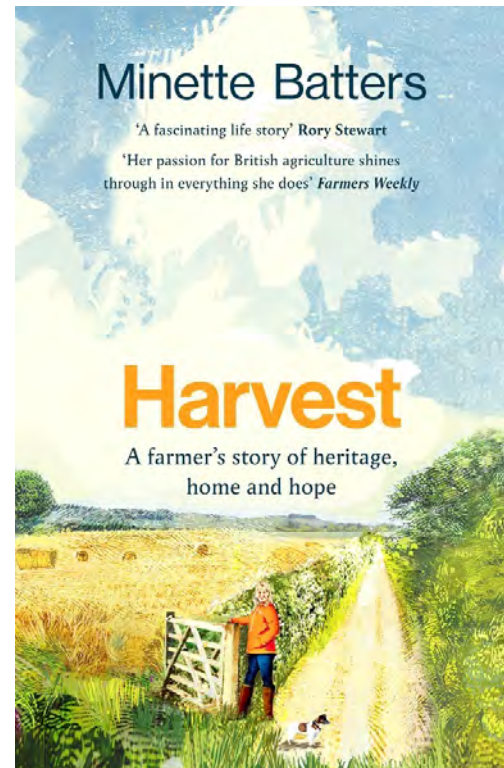
A lyrical and powerful memoir-meets-manifesto by Britain's leading voice in agriculture, life-long farmer Minette Batters

Minette Batters was the first female president of the National Farmers' Union in its 109-year history. During that time, she fought tooth and nail for the interests of farmers, never afraid to put her head above the parapet.

But Minette's expertise in British farming spanned many more years than her presidency. In fact, the union was the third act of a life lived at the heart of the farming community: first, she was born and raised on a farm and, even after her father warned her there was no future in farming, her heart brought her home to take over the family farm. In her third act, as advocate for the UK's farming industry, she became not only a life-long farmer but the most visible agriculture expert in the UK, at a time when Brexit, Covid and international conflict has pushed our farms, and our food production, to a state of crisis. So, who better to understand how British farming really works?

Blending memoir and manifesto, this book will be a powerful insight into the real life of farmers, a love letter to British rural life, and a rallying cry to save it – and how.

Minette Batters is an award-winning British farmer who was the president of the National Farmers' Union of England and Wales from 2018 to 2024. She has been a member of the House of Lords since 2024, and has run Barford Park Farm for decades. She is one of the most respected voices in British agriculture, advising both farmers and government, and is a columnist for *Country Life*.



May 2026
9781529953893
Royal Octavo
£22.00 : Hardback
336 pages

Spice Tonight

Easy meals with a South Asian twist

Kausar Raja

Quick and easy South-Asian twists for fuss-free flavour every day. This is *Greek-ish* by Georgina Hayden meets Sarah Rossi's *What's For Dinner?* with a Desi kick.

Spice up dinner tonight

Full of mouth-watering twists on family favourites, this book brings big South Asian flavours and warmth to the table every day.

Covering 100 quick and easy crowd-pleasers, light bites and one-pots, weeknight winners and cheeky fakeaways or simple sweets. Inspired by the home-cooked meals of her childhood, Kausar Raja will show you how to make unforgettable fusion food with magic in every bite.

With dishes for any day of the week, you'll love:

Keema Pasta

Air Fryer Tandoori Chicken

Desi Lasagna

Butter Chicken Mac & Cheese

Lamb Kofta Traybake

Aloo Samosa Pinwheels

Spicy Cucumber Salad

No-Bake Pistachio Kunafa Cheesecake

Chocolate Chai Cookies and more!

Kausar Raja is a home cook and recipe developer, known as @Kauscooks online. Inspired by the home-cooked meals lovingly prepared by her Pakistani mother, Kaus' recipes have a touch of South Asian mum magic in every bite. With a simple message, that great food doesn't have to be complicated, her recipes have been featured by Tesco, ASDA, and more.

Image
coming
soon

June 2026
9781529962413
246x189
£22.00 : Hardback
224 pages

Style DNA

Amanda Wakeley

An empowering, personal exploration into the importance of what women wear and how clothing makes us feel as we navigate the turbulence of life, into the midlife and beyond. A companion to Trinny Woodall *Fear Less*, Liz Earle *A Better Second Half* and Davinia Taylor *Menopauseing*.

Amanda Wakeley OBE, renowned fashion designer and creative force, offers a comprehensive approach to embracing change in mid-life and beyond.

This empowering guide is designed to help women navigate mid-life transitions by redefining their personal style, wellness, and aspirations. Through practical advice, personal insights and even an interactive quiz with personalised style categories, she guides readers through the process of discovering their unique 'Style DNA' while addressing personal growth, wellness, and career evolution in their 40s, 50s and beyond.

Amanda provides women with the tools to confidently navigate major life transitions in mid-life. It emphasises authenticity, self-expression, and continuous personal development, helping readers to unlock their full potential and radiate their inherent beauty at any age.

Amanda Wakeley OBE is a celebrated British fashion designer known for her 'Clean Glam' aesthetic. With over three decades of experience, she has dressed high-profile women such as Princess Diana, Kate Middleton, Beyoncé, and Angelina Jolie. She is also the host of the acclaimed podcast series, StyleDNA, where she explores fashion stories with celebrity guests.

Image
coming
soon

June 2026
9781529967371
Royal Octavo
£25.00 : Hardback
288 pages

How Not to Take Supplements

A Dietitian's Guide to Thriving on Real Food

Josie Porter

An evidence-based guide to one of the biggest cons in 'wellness' – the supplement – empowering you to eat well without relying on pills

Take control of your health, avoid wasting money and feel at your very best, for life.

The supplement industry is booming – fuelled by wellness trends, celebrity endorsements and TikTok hype. It's never been easier to be convinced that you *need* something – an influencer swears by NMN for longevity, or a podcaster insists on magnesium for sleep – and suddenly, you're adding more bottles to your daily routine than vegetables. But have you ever stopped to ask whether these supplements are actually doing anything?

In this evidence-based, no-nonsense guide to eating well, Senior Dietician Josie Porter helps you to understand exactly what your nutritional needs are and how to meet them with the best possible source of nutrients: food.

With delicious recipes, easy meal plans and chapters focussed on sports performance, brain health, hormones, immunity and more, Josie will empower you to ditch the pills and potions, and learn to eat in a way that means you will never reach for supplements again.

Josie Porter is a registered nutritionist with extensive experience in nutrition science. Her food-first approach to nutrition helps people take back control of their diets, offering them a practical, accessible way to cut through the noise and truly understand what you need to eat to feel your best.



Image
coming
soon

June 2026
9781785046285
Demy Octavo
£16.99 : Trade Paperback
256 pages

The Courageous Heart Workbook

Choosing to Love in Perilous Times

Tara Brach

An interactive and practical workbook to awaken courage and cultivate radical love for ourselves and our world, from world-renowned spiritual teacher, psychologist and bestselling author

Our world needs us. It is calling for a courageous love – one that can meet suffering with a fierce tenderness and helps us respond with wisdom, compassion and heart.

This transformative workbook shares Tara Brach's most potent teachings for these perilous times, helping us cultivate that radical love – for ourselves, for one another and for this moment. In it, Tara adapts some of her most beloved teachings, including Radical Acceptance and RAIN, into interactive practices, meditations and reflections.

Throughout the book, QR codes point to guided meditations led by Tara to help deepen our experience. As Tara explains, 'This journey will invite you to pause, to feel, to reflect and to wake up to the fullness of your own heart.'

Tara Brach is a clinical psychologist, an internationally known teacher of mindfulness meditation, and the founder of the Insight Meditation Community of Washington. She is the bestselling author of *Radical Acceptance*, *Radical Compassion* and *Trusting the Gold*, and her weekly podcasted talk and meditations are downloaded by over 3 million people each month. Tara is a frequent keynote speaker at conferences where she discusses the role of mindfulness in emotional healing and spiritual awakening. She leads accredited workshops for mental health professionals interested in integrating meditation into the practice of psychotherapy. She lives in Great Falls, Virginia with her husband and dog.



June 2026
9781846049156
Demy Octavo
£16.99 : Trade Paperback
240 pages

Intimacy

A field guide to finding connection and feeling your deep desires

Ita O'Brien

Lessons to transform intimacy in our own lives, learned from a journey of changing sex on screen, by Ita O'Brien - the pioneering intimacy coordinator behind *Sex Education*, *I May Destroy You*, and *Normal People*.

What is sex? What is love? What is lust? What is connection? What is intimacy?

Before Ita O'Brien, no-one was thinking about how we see sex and intimacy on screen. But, after a lifetime of working in film and TV and seeing its abuses first-hand, Ita decided to change its ways for good.

Now, as Intimacy Coordinator on productions including *Normal People*, *Sex Education* and *I May Destroy You*, Ita has transformed the way we see and talk about sex in pop-culture. Here, Ita shares her new rules on intimacy for the post-#MeToo, post-Covid era, to help us rethink how we navigate sex and intimacy in our own lives - at home, in our closest relationships - and in society as a whole.

Full of behind-the-scenes stories, *Intimacy* is a call for us to rethink how we navigate each other, not just through our words, but through our bodies and actions, too.

Ita O'Brien is one of the world's leading Intimacy Coordinators, and the creator of the Intimacy On Set guidelines, which are now used around the world. She has worked on a huge number of productions (23 in 2021 alone!), including *Normal People* (BBC/Hulu), *I May Destroy You* (BBC/HBO), *It's A Sin* (Channel 4/HBO) and *Sex Education* (Netflix), and upcoming releases include *Conversations With Friends* (BBC/Hulu), *Dangerous Liaisons* (Playground/Starz), *Lady Chatterley's Lover* (Netflix/Blueprint Pictures; dir: Laure de Clermont-Tonnerre) and *Empire of Light* (Neal Street Productions/Searchlight; dir: Sam Mendes). Ita has been interviewed or profiled by Vogue, Vanity Fair, Esquire, GQ, Guardian, The Times, Elle, Entertainment Weekly and many others, and appeared on numerous radio and television shows, and podcasts.

Image
coming
soon

June 2026
9781529954050
B Format
£10.99 : Paperback
288 pages

A History of the World in 50 Pieces

The Classical Music That Shapes Us

Tom Service

Explore how music has changed our world through 50 pieces across classical, folk and world traditions with BBC presenter Tom Service, in this official Radio 3 compendium.

Music transports us and defines us. As a form of expression, it has been passed down through oral tradition, musical notation and recordings in a chain of connection that spans the globe, across the millennia. *A History of the World in 50 Pieces* follows that chain, collating 50 examples of classical music that reflect our changing politics, social structures and technological development, and how composers, musicians and listeners have shaped those currents of history.

From folk songs to national anthems, Beethoven to Florence Price, fifteenth-century French opera to 1970s experimental piano works, Tom Service offers a fresh take on pieces everyone knows and many more they might not. With each short, sharp analysis, he expands the typical canon and tests the boundaries of what we understand to be 'classical music' – or even music at all, such as the sounds of the earth's rotation as recorded by sound artist Jez Riley French.

An official BBC Radio 3 publication, *A History of the World in 50 Pieces* is a book for anyone curious about the power of music and how it shapes us and connects us.

Tom Service presents the *Saturday Morning* programme and the *New Music Show* for BBC Radio 3, where he wrote and presented 250 editions of *The Listening Service*, and hosted *Music Matters* from 2003. His writing about music is at theguardian.com, he was Gresham Professor of Music from 2018-19, and Guest Artistic Director of the Huddersfield Contemporary Music Festival in 2005. He has made films for the BBC about composers from Mozart to Saariaho, and has been part of the radio and TV coverage of the BBC Proms for more than twenty years. His previous books include *Music as Alchemy: Journeys with Great Conductors and their Orchestras*, and *Full of Noises*, interviews with the composer Thomas Adès.

Image
coming
soon

June 2026
9781785949876
B (Ebury)
£12.99 : Paperback
336 pages

The Secret Lives of Sims

Plumbella

A funny and comprehensive guide to the world of The Sims, filled with quizzes, trivia and a deep dive into the lore, mysteries and lives of the characters. Written by the popular YouTuber, Plumbella (over 1m followers) and released in time with the upcoming film.

Sul sul!

Anybody who has ever played The Sims knows there is a wide and wacky world to be explored and endless possibilities where you can play out different lives and maybe even discover something about yourself. From becoming a superstar or an evil scientist, to classic moments such as removing the pool ladder or being abducted by aliens, these memories have shaped a generation over the quarter of a decade since it was first released. It also left us with mysteries, such as what happened to Bella Goth or why there are so many gravestones in Olive Spector's garden.

The Secret Lives of Sims is a celebration of the games and its characters, recapturing its iconic moments and unpacking its mysteries once and for all. It's crammed full of trivia and quizzes that will keep your fun bar high, as well as a deep dive into the lore. So how well do you know The Sims? Do you know your Lotharios from your Calientes? What the national animal is or the first object ever created? Whatever your knowledge skill level, there is something for every Sims fan to enjoy.

Plumbella is a UK-based YouTuber called Jesse McNamara who has been playing The Sims since it was first released in 2000. She started her YouTube channel based around The Sims in 2017, taking on fun challenges, analysing the games and features as they're released and interacting with the community. She has built up a loyal following of 1 million globally across her platforms, including 763k subscribers on YouTube with 5% engagement, as well as 173k on Twitch and 111k on Instagram. Jesse has a huge amount of knowledge and passion for this world and is a well-known voice in the community.

Image
coming
soon

June 2026
9781529965650
Demy Octavo
£16.99 : Hardback
288 pages

Dave and Me

Life with and without my Hairy Biker

Lili Myers, Foreword by Si King

A beautiful, uplifting celebration of the life of The Hairy Bikers' Dave Myers from his widow

A beautiful, uplifting celebration of the life of The Hairy Bikers' Dave Myers from his widow.

Dave Myers lived his life with joy. He always told his wife Liliana, that if you were going to do something, you should do it full-heartedly. With that in mind, Liliana gives her whole self to writing a celebration of his life and their love, full of the warmth and joy that Dave and the Hairy Bikers brought to their many fans throughout their career spanning two decades. Liliana invites readers into her world, sharing her personal story and professional insights as a grief counsellor, offering a unique perspective on the complexities of grief and the healing process.

Liliana takes us on an intimate journey through her life with her beloved husband, recounting their serendipitous meeting in 2005, the blossoming of their relationship as pen pals and the adventures that followed as they built a life together in the UK. Interspersed with vivid memories – like the plaid shirt that carries a special significance, the shoes that tell a story of their travels, and the lost wedding ring that symbolises their unbreakable bond – Liliana paints a rich tapestry of their life together. She describes the joy of their wedding day, the camaraderie of friendships, and the challenges they faced during Dave's cancer diagnosis, their journey through treatment and the final days they spent together.

As well as a reflection on Liliana's profound grief, this deeply moving memoir is a testament to the enduring power of love and, amidst the sorrow, Liliana finds ways to celebrate Dave's life, honour his legacy and the impact he had on a nation that adored him. Looking to the future, Liliana offers readers a beacon of hope, sharing her coping strategies and the ways she keeps Dave's memory alive. *Dave and Me* is a deeply heartfelt tribute to a remarkable man and story of love that transcends loss.

Lili Myers (Author)

Lili Myers is a coach and hypnotherapist specialising in grief and loss. Born and raised in Romania, she met Dave Myers

Image
coming
soon

June 2026
9781529966558
B Format
£10.99 : Paperback
304 pages

How to Gut Health

Jordan Haworth

From a no-nonsense gut health scientist with a fast-growing platform, this will be the first gut health book that truly speaks to the mass market.

Protect your gut, and your bank balance, by following these easy steps

With kefir and kombucha lining the supermarket shelves and an onslaught of ads for probiotics, it's impossible to avoid the new science of gut health. But what is it and why should you care? And do you really need all those supplements?

In *How to Gut Health*, leading gut physiologist Jordan Haworth answers these fundamental questions and more, and what he has to say may surprise you. For example, did you know that the number one cause of bloating is not dairy or gluten, but not breathing properly? Ultimately, we can all benefit from looking after our gut health and it needn't be complicated or expensive.

Walking you through the best diet for your gut – the Mediterranean diet – as well showing you easy ways to boost your gut microbiome (without expensive pills or drinks!), *How to Gut Health* is the myth-busting, evidence-based guide that *finally* makes gut health simple.

Jordan Haworth is a gastrointestinal physiologist based in Manchester who specialises in uncovering the root causes of digestive issues. Following his own struggles with an autoimmune disease and orthorexia, Jordan is passionate about educating others with science-backed, practical advice.

Image
coming
soon

June 2026
9781785046247
Demy Octavo
£16.99 : Trade Paperback
256 pages

Believe

Achieving the Impossible

Mark Cavendish

Sir Mark Cavendish is widely regarded as the greatest sprinter in the history of cycling and is the 'Tour de France's best sprinter of all time', according to *L'Équipe*.

Born and raised on the Isle of Man and having experienced early success on the track, Cav joined professional road cycling team T-Mobile in 2006 as a stagiaire. During the 2008 season, he made his first big impact at the grand tours, winning two stages at the Giro d'Italia followed by four victories at the Tour de France at the age of just 22.

Following his early career success, Cav went on to dominate the sport. On the track he became Madison World Champion in 2005, 2008 and 2016 and at the 2016 Olympic Games in Rio he represented Great Britain in the Omnium event, winning a silver medal.

On the road, Cav has achieved a phenomenal 52 Grand Tour stage wins, has won points jerseys at all three grand tours and in 2011 won the coveted green jersey at the Tour de France for the first time, as well as becoming UCI Road Race World Champion. His achievements led to him winning BBC Sports Personality of the Year, as well as receiving an MBE from Her Majesty the Queen.

In the summer of 2021, Cav created history - in what many have called the greatest sporting comeback of all time - by equalling Eddy Merckx's long standing record of 34 Tour de France stage wins and winning the green jersey for the second time in his career in the process. Three years on, he masterfully surpassed Merckx's record with an astonishing 35th stage win.

Image
coming
soon

June 2026
9781529149517
B Format
£10.99 : Paperback
320 pages

Is That You, Petula?

An Autobiography

Petula Clark

Chart sensation in US, UK and France, West End and Broadway legend, TV and film star, global entertainment icon Petula Clark tells her extraordinary personal story for the first time in this long-awaited autobiography.

Petula Clark's first appearance on the airwaves was in 1942, aged nine, singing on a BBC radio show that broadcast messages to the troops. It was to be the start of the longest career of any British entertainer, as she evolved from child star to music, film and theatre legend.

After a string of hit records in the UK in the 50s, Petula followed her heart and future husband to France where she became the nation's most popular female vocalist, before going truly global when she topped the charts in the US with *Downtown*. Hollywood beckoned, then Vegas, Broadway and the West End.

Petula is an artist who has always had an innate ability to create deep connections with audiences everywhere, remaining beloved and relevant across different eras. In her first and only autobiography, she brings that same personal passion and spirit to her writing, with a witty, sparkling and deeply intimate narrative.

She confides in us with glorious showbiz gems, such as the time she saw Frank Sinatra at both his most charming and his most intimidating, or there's the day she attended Liza Minelli and David Gest's wedding as one of thirteen maids of honour, all dressed in black.

While beneath the shiny surface, she also reflects on the people and moments that shaped her, on love and loss, on the family life she cherished away from the spotlight and, ultimately, on finding her own path to happiness and fulfilment.

Find out why John Lennon, at his bed-in for peace with Yoko, asked 'Is that You, Petula?' It was. And this is Petula, a true icon of popular music, telling you her story, in her own words.

Petula Clark is a singer, songwriter, actress and performer whose remarkable career spans more than eight decades – the longest of any British entertainer. She first stepped into

Image
coming
soon

June 2026
9781529955125
B Format
£10.99 : Paperback
320 pages

Will It Make the Boat Go Faster

Olympic-winning Strategies for Everyday Success

Ben Hunt-Davis and Harriet Beveridge

Olympic gold strategies for the everyday from the authors of a cult self-published phenomenon

Discover the simple principles that took a team from mediocrity to Olympic gold victory, and which you can use every day in work, life and play.

How do you go from ordinary to exceptional? This bestselling coaching classic will show you how.

Inspired by his own journey to Olympic gold as part of the British Men's Eight Rowing team, Ben-Hunt Davis reveals the principles that took them from losing race after race to history-making peak performance. He recounts the Eight's journey to gold, from the intense preparation for the Henley Royal Regatta, the disappointments in the journey, to the high-stakes races leading to the Olympic Final, and together with executive coach Harriet Beveridge, distills the lessons from each gripping story into easy-to-implement strategies to apply to your every day.

From learning how to set layered goals and master motivation, to building resilient teams and cultivating a winning mindset, this 15th anniversary edition of *Will It Make The Boat Go Faster?* includes new examples of people from all walks of life applying this Olympic strategy to their every day to make their own boat go faster.

Whether you're a business leader wanting better results, an individual with a dream, or a coach guiding your team to unlocking their potential, this book is jammed-pack with tried and tested methods to help you achieve your own gold medals.

Ben Hunt-Davis (Author)

Ben Hunt-Davis: Ever since winning Olympic Gold on the waters of Sydney in 2000 in the Team GB men's rowing eight and retiring from professional sport thereafter, Ben Hunt-Davis has realised the power of the lessons behind his story and began to share it first as a keynote speaker. Fast forward 20 years and his speech has been delivered to around 200,000 people across 50 countries. Ben is one of the leading keynote speakers in the world. In 2011 Ben co-founded Will It Make

Image
coming
soon

June 2026
9781529147346
Royal Octavo
£16.99 : Trade Paperback
320 pages