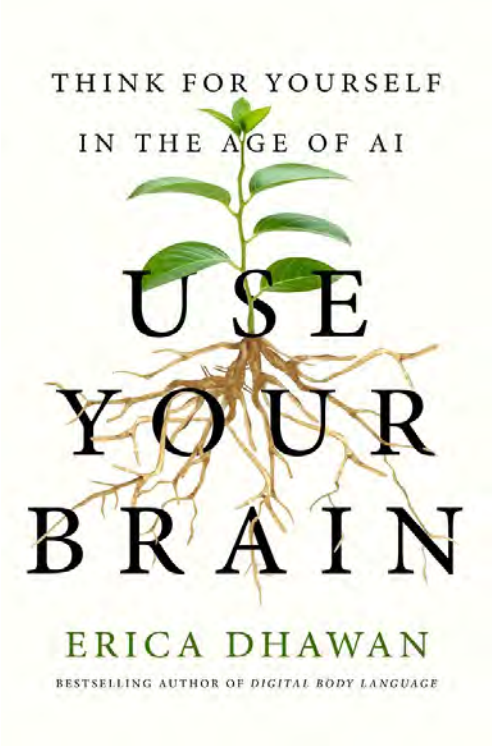
# Ebury
# Spring 2027

# Use Your Brain

Think for Yourself in the Age of AI

**Erica Dhawan**




**Generative AI is cognitive candy – all the dopamine hit but none of the nourishment**

**Protecting your strategic thinking skills against an overreliance on automated thinking and AI, from a Thinkers50 expert on leadership in the age of AI.**

**'Erica Dhawan might just save you from brain rot' —Adam Grant, #1 *New York Times* bestselling author of *Think Again* and *Hidden Potential***

**When was the last time you really thought something through, all the way to the end, by yourself?**

For decades, we've been quietly trading our judgment for convenience. Search engines for our curiosity. GPS for our roads. Streaming algorithms for our taste. Each step felt like progress. Until now.

With the rise of frictionless, hyper-speed AI, the stakes have changed entirely. We aren't just outsourcing ordinary tasks. We're outsourcing our minds to machines that don't feel, don't doubt, and don't care. But the future will not belong to those who blindly follow the algorithm. It will belong to those who know when not to.

In *Use Your Brain*, Thinkers50-recognised executive coach Erica Dhawan offers a timely, deeply human blueprint for creative thinking in a world designed to do your thinking for you. Drawing on a years-long study of peak performers across five continents, CEOs and scientists, artists and athletes, parents and students, Dhawan takes us inside the minds of the people getting this right. They aren't smarter than you. They aren't more technical than you. They have simply refused to outsource the one thing that makes them human: their own point of view.

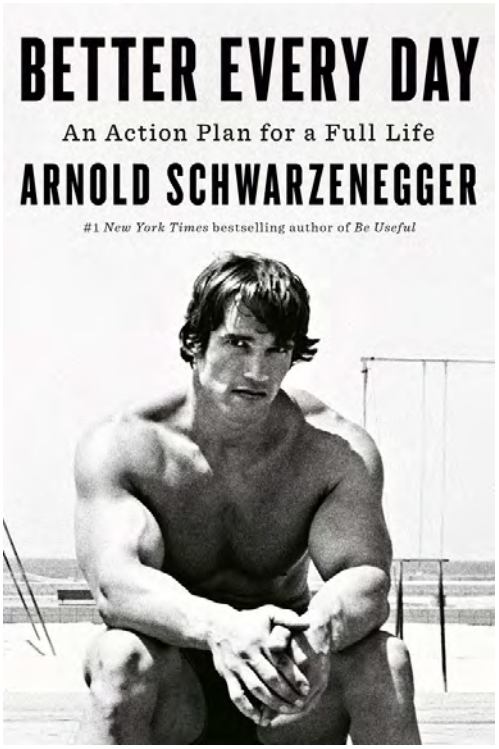
Through vivid stories, sharp insights, and practical tools, Dhawan introduces a new kind of intelligence for the modern era: the ability to think with technology without surrendering to it. She shows you how to escape cognitive autopilot, ask sharper questions, and make decisions that are not just faster,

January 2027
9781529147698
Royal Octavo
£17.99 : Trade Paperback
288 pages

# Better Every Day

An Action Plan for A Full Life

**Arnold Schwarzenegger**




**From Arnold Schwarzenegger, the number one bestselling author of *Be Useful*, comes a master class in living in a dynamic state of continual improvement, perfect for fans of *Diary of a CEO***

**From the global icon and number one *New York Times* bestselling author of *Be Useful*, a candid and practical set of lessons for building a flywheel for endless growth and deepening purpose.**

Success is not an outcome; it's a way of being. Arnold Schwarzenegger learned long ago that joy does not come from making it to the winner's circle, and that's not entirely in our control anyway. Happiness comes from the work it takes to get there. It comes from what we do when we're hungry, not when we're full. Happiness is about today.

In *Better Every Day*, Arnold shares what he's learned about the path of continual improvement. It starts with simply *beginning*—the small steps that lead to *momentum*, the foundation for everything that follows: habit formation, identity building, as well as deeper challenges to bolster willpower and resilience. As we build, we find community and strengthen connection, which refines meaning and purpose and forges an indestructible engine of success. *Better Every Day* breaks it down into twelve building blocks. They can be thought of as steps on a twelve-month journey, but the time span is flexible. These are universal rules for life.

Arnold Schwarzenegger surpassed every goal he set for himself in his epic journey through the highest realms of sports, entertainment, politics, and philanthropy. Now, the goal is to help people achieve a growth mindset, bring them back into balance, and help them flourish. There has never been a best that didn't start with better. Better starts today.

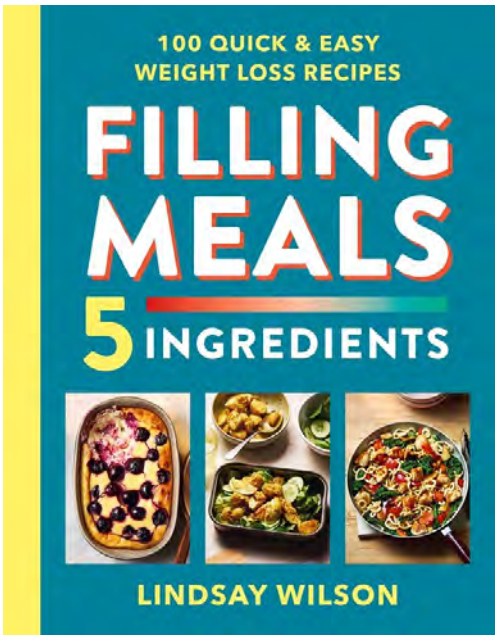
Arnold Schwarzenegger is a global icon: a titan of public life, sports, and entertainment. An immigrant with few resources,

January 2027
9781529147278
Demy Octavo
£22.00 : Hardback
288 pages

# Filling Meals 5 Ingredients

100 quick and easy weight loss recipes

**Lindsay Wilson**




**Losing weight has never been easier**

**With this cookbook you only need 5 ingredients to lose weight.**

Bestselling author and weight loss coach Lindsay Wilson is on a mission to reduce the mental load of weight loss. In this brand-new cookbook he brings you 100 nutritional science-led, hunger-busting recipes that can be made with just 5 ingredients from your local supermarket.

The promise is simple: follow these recipes > feel full > crush your cravings > lose weight

*****ALSO INCLUDES 3 WEEKLY MEAL PLANS TO HELP YOU LOSE UP TO 10KG IN YOUR FIRST 12 WEEKS*****

With every recipe 500 calories per serve, and chapters designed to fit around the challenges of real life, this is a slimming cookbook anyone can pick up and use today.

Join Lindsay's 1.9M-strong community and discover 100 amazingly simple recipes that lead to sustainable weight loss results:

- **Breakfast:** Carrot Cake Overnight Oats, Chocolate Chia Pudding, Strawberry Granola Bowl
- **Packed Lunches:** Ricotta Cheat's Quiche, Beef & Bean Burrito, Pea & Ham Soup
- **Simple Dinners:** Salmon with Salsa Verde, Honey Soy Pork Chops, Peanut Butter Chicken Curry
- **Sweet for Mains**: Baked Ricotta with Pears, Lemon Drizzle Pudding, Baked Cherry Cheesecake
- **Weekend Brunches:** One-Pan Fry Up, Blueberry Ricotta Pancakes, Chorizo Shakshuka

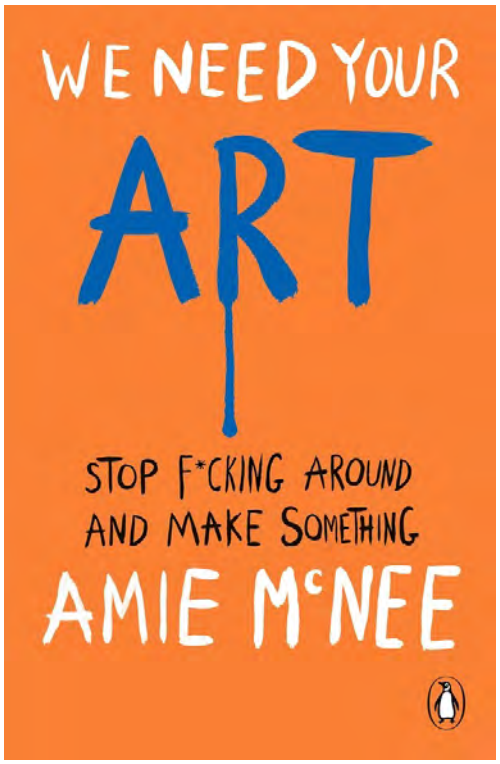
January 2027
9781807844035
246x189
£22.00 : Hardback
224 pages

**Lindsay Wilson** is a weight loss coach and the founder of Filling Meals. After losing over 27kg himself, he is now obsessed with the science behind easy weight loss and helping others reach their target weights without damaging their relationship with food. Guided by three principles: simple,

# We Need Your Art

Stop F*cking Around and Make Something

**Amie Mcnee**




***The Artist's Way* for the digital age. A liberating, creative manual and manifesto by a fierce advocate for artists.**

**WHAT YOU MAKE MATTERS.**

**From Amie McNee, the voice behind Inspired to Write, a manifesto on the vital, human importance of creating, with guidance for all artists in all endeavours, whether they're starting their journey or seeking a fresh perspective.**

In *We Need Your Art*, Amie McNee calls artists and aspiring artists of all kinds to do the work they're meant to do: create.

Using her own experiences as a novelist and the inspiration she's shared as a creative coach, Amie guides you on why we need your art and how you can make it happen - starting with a two-week reset plan to help you kick-start your creative habit. This isn't about writing your great novel in a month or painting a masterpiece in a flurry of inspiration. Rather, this process is about practicing small, sustainable creative steps every day over time - five hundred words of writing each day, a pencil sketch every evening - so that you avoid burnout, produce consistent, reliable content on your own terms, and begin to see yourself as an artist.

With frank and empowering conversations on the many issues creatives face, including impostor syndrome, perfectionism, procrastination, and the inner critic, as well as invitations to coronate yourself and celebrate your ambition, Amie provides the framework and encouragement you need to begin to take your art seriously. Each chapter also includes journal prompts that help you apply what you have learned to your new life.

*We Need Your Art* is a revolutionary reprogramming of everything we have been taught and told about being a creative, removing the shame and fear we may feel at dubbing ourselves artists and inviting us to create proudly, with celebration. This book is a warm hug, a pep talk, the wise teacher you always wanted, the loving parent you needed, and the fire in your belly that you need to get roaring.

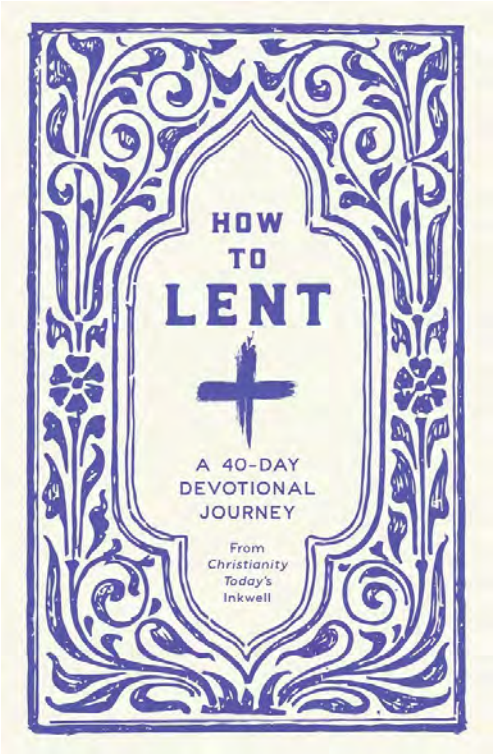
**Amie McNee** is an author, speaker, creative guide, and the founder of the popular Instagram account @InspiredtoWrite.

January 2027
9781807844752
B Format
£12.99 : Paperback
272 pages

# How To Lent

A 40-day Devotional Journey

**Inkwell and Carolyn Morris-Collier**




**Forty next generation writers from the global *Christianity Today* network offer an evocative path through the ancient wilderness season of Lent**

**A window into the heart of a new generation's spiritual longing**

*How to Lent* is a daily devotional that journeys through the ancient season of Lent, from Ash Wednesday to Easter Sunday, with reflections from a new generation of creative voices. Structured around the deep-rooted church calendar, each week unfolds a new movement in the season, while individual entries explore the ache for belonging, beauty found in brokenness and dust and mortality.

These pages are a new generation's rich tapestry of spiritual insights, poetic renderings and full-hearted perspectives in many different styles and voices, offering readers ways to draw deeper into this ancient season via the trellis of the Lenten themes that have nourished Christians throughout history.

Embark on this transformative journey through Lent and let yourself be guided towards a connection with God through the dark and wild seasons of life. *How to Lent* welcomes both curious seekers and Christians alike, offering a fresh layer of depth into this ancient and grounding season.

January 2027
9781911764090
Royal Octavo
£17.99 : Trade Paperback
224 pages

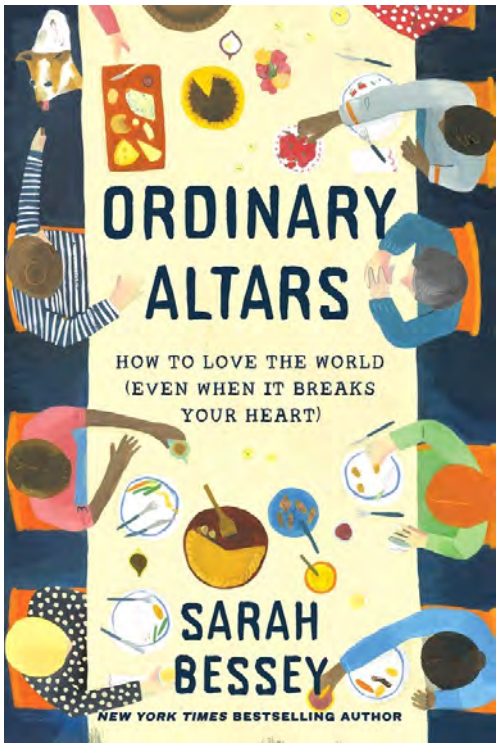
**Inkwell (Author)**
**Inkwell** is a storytelling community seeking transcendence. In partnership with global brand *Christianity Today*, we're building networks of art, poetry, literature and friendship—forming new atmospheres of spiritual testimony, social dynamism and economic possibility for artists and thinkers around the world.

**Carolyn Morris-Collier (External Editor)**
**Carolyn Morris-Collier** is an editor at Christianity Today's Inkwell. She completed her master's at the University of Oxford's international development department and writes a Substack called The Green Door, where she thinks about beauty, theology and culture.

# Ordinary Altars

How to Love the World (Even When It Breaks Your Heart)

**Sarah Bessey**




**An urgent invitation to love the world, even when it breaks your heart**

**What does it mean to actually live a faithful, meaningful life when the world is on fire and nothing turns out as advertised?**

Many of us were taught to look for God in the extraordinary: in big callings, dramatic transformations, affirmations of constant achievement or in lives that inspire millions. But what if that way of seeing has left us unable to recognise that God is also present in the everyday - especially now, when headlines are overwhelming, our systems feel broken and hope seems naïve?

Drawing from her own story of faith, disillusionment, motherhood and decades of work as a spiritual guide, Sarah Bessey believes there comes a time when you decide that being earnest and sincere is better than being defeated. She names what she calls 'ordinary altars': places and people where the holy and the commonplace meet, not as an escape from our daily lives but as full-bodied engagement with the questions of our time and an encounter with the God who is with us in it all. Blending rich storytelling and compassionate spiritual insight, *Ordinary Altars* is a declaration of choosing stubbornly, again and again, to keep loving your small patch of the world when it would be easier to shut down or walk away or even become what you despise.

If you are spiritually tired but still hopeful, deconstructed but longing to rebuild, grappling with despair but determined to make room in their spirituality for the ache in your chest, *Ordinary Altars* offers honest field notes for a sturdy faith that can bear the weight of the world - rooted in reality, loving defiantly and being stubbornly faithful enough to make the world feel like home again.

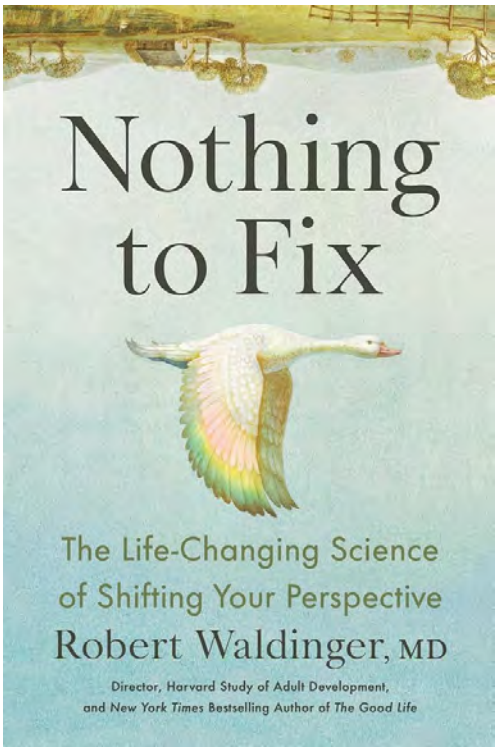
**Sarah Bessey** is the author or editor of six books, including the New York Times bestseller A Rhythm of Prayer. She cofounded Evolving Faith, a conference and online community for people who are reimagining their faith with hope and writes a bestselling weekly newsletter, Field Notes.

January 2027
9781911764175
Demy Octavo
£18.99 : Trade Paperback
256 pages

# Nothing to Fix

The Life-Changing Science of Shifting Your Perspective

**Robert Waldinger**




**How to stop fixating on fixing and start living fully by Director of the Harvard Study of Adult Development, Zen master and *New York Times* bestselling author of *The Good Life***

'**A masterclass in perspective, acceptance and finding happiness** where you least expect it' Mel Robbins

'A **must-read** for anyone who is seeking clarity, purpose and peace' Jay Shetty

'A **profound exploration of what it means to live fully** in an increasingly chaotic world' Steven Bartlett

***Have you ever felt that something about your life isn't quite right?***

Not dramatically wrong. Just slightly off. As if things would be better if you were a bit more focused, a bit calmer, a bit more on top of things.

Director of the Harvard Study of Happiness, Dr Robert Waldinger draws on decades of research and contemplative practice as a Zen priest to reflect on a gnawing question: is this all there is? He shows that the problem is often not what's happening to us, but how we relate to it. When we treat every feeling, thought or experience as something to improve, life begins to feel like a series of problems to solve. But there is another way.

This book offers a radically simple shift: learning to meet life as it is, rather than constantly trying to make it better. Through short reflections and practical exercises, Waldinger introduces a way of living that is calmer, more open and more connected – even in uncertainty.

Because the good life isn't something we arrive at once everything is fixed. It's something we learn to recognise, moment by moment.

**Dr Robert Waldinger** is a professor of psychiatry at Harvard Medical School, the director of the Harvard Study of Adult Development and a Zen master who teaches meditation

January 2027
9781846048951
Demy Octavo
£20.00 : Hardback
272 pages

# The Feeling of Meaninglessness

Finding Purpose in an Uncertain World

**Viktor E. Frankl**

**The deeper philosophical companion to *Man's Search for Meaning* from the 19 million-copy bestselling author Viktor Frankl**

**The deeper philosophical companion to *Man's Search for Meaning* from the 19 million-copy bestselling author Viktor Frankl**

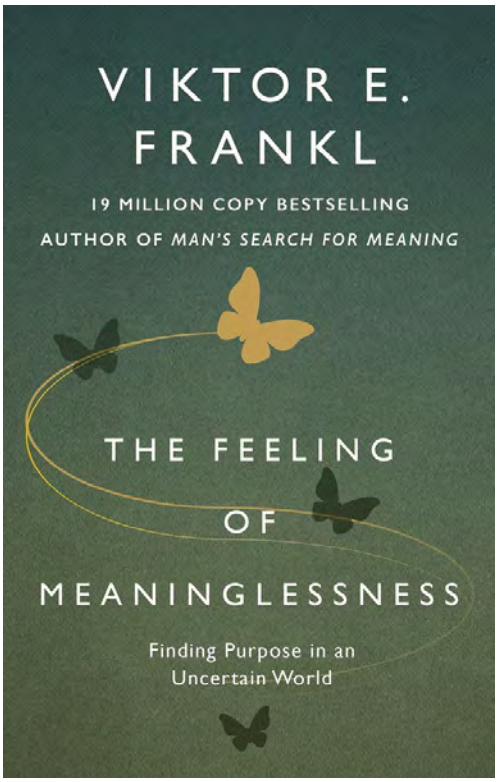
***'People may have enough to live by; but more often than not, they do not have anything to live for.'***

In this thought-provoking collection of essays, Viktor Frankl expands on the groundbreaking ideas that made *Man's Search for Meaning* one of the most influential books of the 20th century.

Drawing on decades of work as the founder of logotherapy, Frankl argues that our deepest human need is not pleasure or success, but meaning. When that need goes unmet, we experience what he calls the 'feeling of meaninglessness' – a condition that lies at the heart of many of today's emotional and existential struggles.

Edited and introduced by Alexander Batthyány, Director of the Viktor Frankl Institute, this book brings together Frankl's most important writings on logotherapy, philosophy and existential psychology. Together they offer a deeper understanding of his enduring ideas and a compelling guide to living with greater purpose, hope and responsibility.

Viktor E. Frankl (1905–1997) was a professor of neurology and psychiatry at the University of Vienna Medical School and the founder of logotherapy. During the Second World War, Frankl survived three years in Nazi concentration camps, including Auschwitz and Dachau, where his parents, first wife and other members of his family were killed. He is the author of the international bestseller *Man's Search for Meaning*, which has sold millions of copies and been translated into more than 50 languages worldwide.

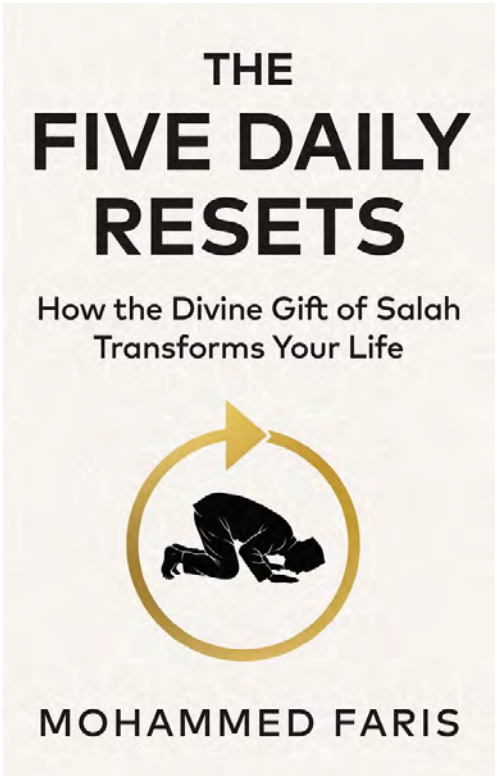



January 2027
9781846049576
Demy Octavo
£17.99 : Trade Paperback
288 pages

# The Five Daily Resets

How the divine gift of Salah transforms your life

**Mohammed Faris**




**How to optimise your daily prayers for health, wealth and happiness, from an executive coach and founder of The Productive Muslim, a multi-channel platform with a strong international following**

**Unlock the transformative power of Salah**

**The Qur'an says, 'Successful indeed are the believers; those who humble themselves in their prayers'.**

Five times a day, over a billion Muslims stand, bow and prostrate in prayer. Yet how many of us have stopped to ask what Salah is actually doing — to our hearts, our minds, our bodies, and the whole shape of our lives?

In *The Five Daily Resets*, executive coach and founder of The Productive Muslim Company, Mohammed Faris, unwraps Salah as what it was always meant to be: not a box to tick, but a divine gift offering five daily opportunities to reset and realign. Weaving together personal stories, the wisdom of Islamic tradition, and cutting-edge research in neuroscience, chronobiology and psychology, Faris reveals the astonishing design behind a ritual we thought we knew.

You'll discover:

- What brain-imaging studies reveal about the moment of prostration — and why Salah leaves a neurological signature unlike any meditation
- How the five prayers map onto your body's natural rhythms, from your first prayer at Fajr to your last at Isha
- How this single practice transforms every dimension of your life: your heart, mind, body, emotions, time, work, family and community

This book will change how you see the most familiar act in a Muslim's day.

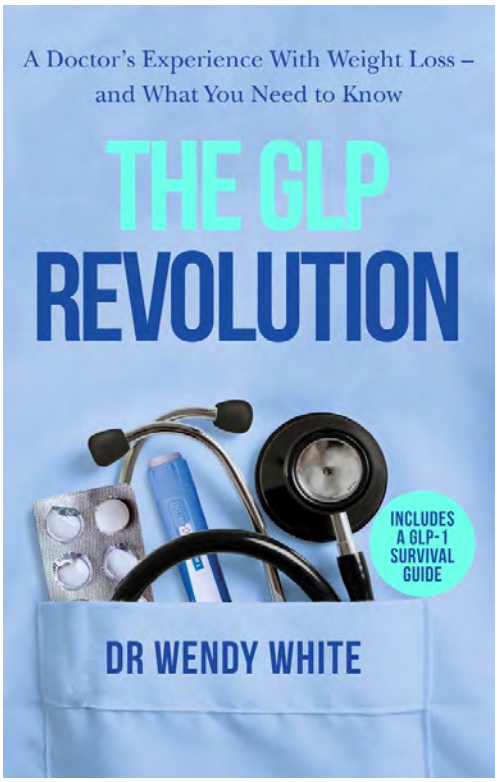
**Mohammed Faris** is the author of *The Productive Muslim* and *The Barakah Effect*. As the founder of The Productive Muslim Company (productivemuslim.com), he is dedicated to bridging Islamic spirituality with modern productivity science and has

January 2027
9781846049026
Demy Octavo
£17.99 : Trade Paperback
304 pages

# The GLP Revolution

A Doctor's Experience With Weight Loss – and What You Need to Know

**Dr Wendy White**




**From an NHS GP who has had her own struggle with obesity and now takes GLP-1s, this book combines personal experience with professional expertise to help people lose weight.**

**Discover the game-changing companion for anyone considering GLP-1s for weight loss – from an NHS GP who's been through her own struggle with obesity**

*'The shelves are full of books by highly qualified doctors and nutritionists providing advice on how to achieve lasting weight loss. But have they lived it? Have they spent evenings eating in secret? Have they queued outside their local slimming club only to leg it home just before the doors opened – too scared to 'weigh in'? I have.'*

In *The GLP Revolution*, NHS GP Dr Wendy White takes you on her very personal journey through her battle with obesity to where she is now – fitter, stronger and 50 kilograms lighter. Combining her story as a serial dieter with the science of weight loss, this book is an insider look at GLP-1s and the world of weight loss medications. You'll discover:

- The biology that explains why weight loss is so hard
- What to consider when deciding if weight loss medication could be right for you
- What life is really like on GLP-1s when food noise vanishes, and how to approach common problems
- A GLP-1 Survival Guide – a step-by-step resource to help you with decision making and deal with common problems

Whether you want to understand the science of fat loss or decide whether GLP-1s are for you, this book is your companion *and* expert guide from a doctor who has sat on both sides of the consulting room.

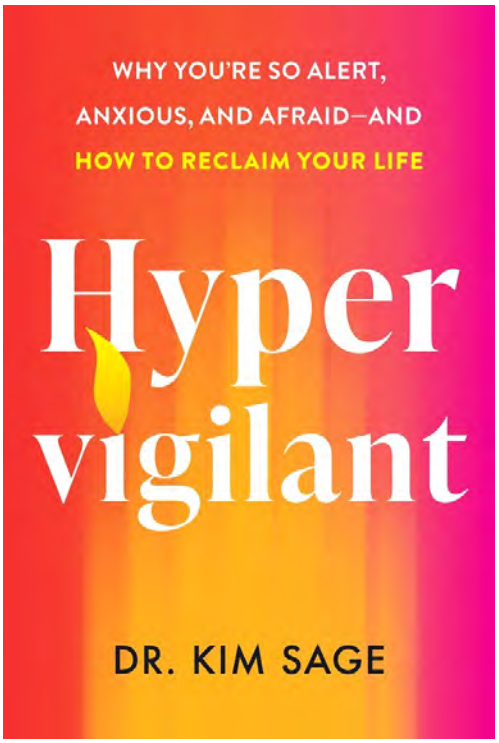
**Dr Wendy White** is an NHS GP with extensive clinical experience and a passion for translating complex medical science into clear, practical information that makes sense in everyday life. She is known for her evidence-based approach and dry sense of humour, and firmly believes that good

January 2027
9781785047275
Demy Octavo
£17.99 : Trade Paperback
224 pages

# Hypervigilant

Why You're So Alert, Anxious and Afraid and –How to Reclaim Your Life

**Dr Kim Sage**




**The groundbreaking first book dedicated to recognising and healing from the trauma-induced phenomenon of hypervigilance, from clinical psychologist Dr Kim Sage**

**Are you always on edge?**

Do you monitor other people's moods for signs they're angry or upset with you? Worry you're somehow 'in trouble' or have disappointed someone? Overthink interactions, people-please to keep the peace, or brace for something to go wrong?

You may be caught in a pattern of **chronic emotional tiptoeing** – adjusting what you say, do and feel to avoid conflict, criticism or rejection.

This is **hypervigilance**: a state of heightened alertness in which we scan for threats to our physical or emotional safety. We may believe this anxiety is simply 'who we are'. But being perpetually on guard isn't a personality trait. It can be a trauma response developed in unstable or unpredictable environments, where walking on eggshells became a way to feel safe.

In *Hypervigilant*, clinical psychologist Dr. Kim Sage – herself a highly vigilant person – draws on research, years of clinical experience and her own life on high alert to reveal why our brains become wired for danger – and how we can begin to feel safe again.

With practical tools to tackle overthinking, people-pleasing, perfectionism and fawning, *Hypervigilant* will help you recognise the patterns keeping you trapped, regulate your nervous system and break free from anxiety and fear.

Dr Kim Sage has a doctorate and a master's degree in clinical psychology and has helped thousands of children and adults heal and address psychological issues like anxiety, ADHD, complex trauma, depression and PTSD. Her specialty is helping individuals thrive after growing up in wounding, emotionally unsafe childhoods. Her overarching goal as a teacher and

January 2027
9781785045912
Demy Octavo
£17.99 : Trade Paperback
224 pages

# Big Trust

Back Yourself Every Time and Build Confidence That Lasts

**Dr Shadé Zahrai and Faysal Sekkouah**

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

This book will change the way you lead yourself and others' **Sahil Bloom**

'A game-plan the actually works. If you're ready to stop second-guessing yourself and step into your potential, this book will show you how' **Jefferson Fisher**

'*Big Trus*t is the playbook for learning how to make the most of your moment and overcome the doubt trying to take you down' **Lewis Howes**

**Build unshakeable self-trust with a groundbreaking, research-backed approach to confidence.**

**IT ALL STARTS WITH YOU.**

Blending cutting-edge psychology with practical tools, behaviourial scientist and leadership expert Dr Shadé Zahrai shares her powerful Four Attributes framework that will help you to:

- challenge the hidden beliefs keeping you small
- quiet your inner critic and stop second-guessing your decisions
- move from overthinking to decisive action
- expand your comfort zone and act before you feel fully ready

**Show up for your life with the confidence you deserve.**

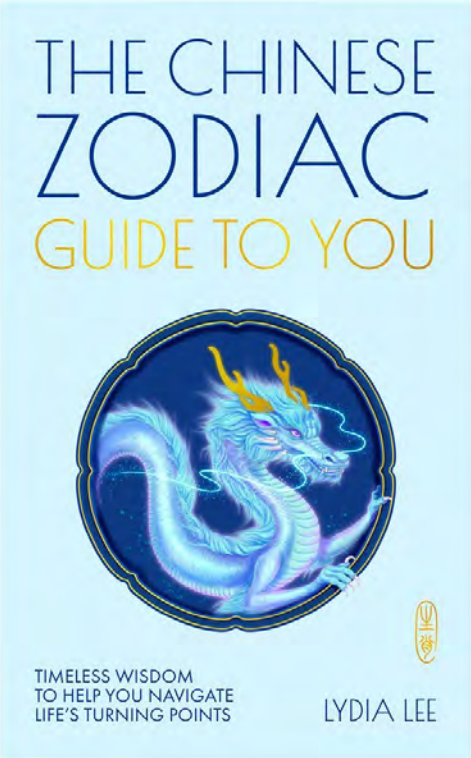
January 2027
9781785044922
B Format
£12.99 : Paperback
352 pages

**Shadé Zahrai (Author)**
**Dr Shadé Zahrai** is a behavioural researcher, award-winning peak performance educator and leading authority on confidence and self-doubt. A former corporate lawyer with an MBA and background in psychology, she has designed and delivered transformative programs for Fortune 500 giants

# The Chinese Zodiac Guide to You

Timeless wisdom to help you navigate life's turning points

**Lydia Lee**




**What if the year you were born help the key to understanding who you are – and where life is leading you? For centuries, the Chinese zodiac has helped people understand themselves, navigate life's turning points and embrace destiny – and now you can too with this simple guide.**

**What if the year you were born help the key to understanding who you are – and where life is leading you? For centuries, the Chinese zodiac has helped people with self-discovery, navigate life's turning points and embrace destiny – and now you can too with this simple guide.**

*The Chinese Zodiac Guide to You* is a modern guide to one of the world's most powerful systems of self-discovery. Just as astrology uses the stars to reveal your personality and future, the Zodiac offers a fascinating lens through which to understand yourself and the rhythms of your life.

Discover what your zodiac animal says about your strengths, challenges and hidden potential, and learn how the unique energies of each year can influence your career, love life, finances and personal growth.

This beautiful hardback gift book with illustrations offers timeless wisdom to help you process who you are and who you're becoming.

Lydia Lee is the founder of Yin Waters Astrology, where she integrates MBA-level strategic thinking with formal training in classical Bazì to deliver refined, practical guidance for modern life. She holds a Master of Business Administration, is certified in Inner Alchemy Astrology, and is a member of the International Institute for Complementary Therapists with professional recognition in Astrology.

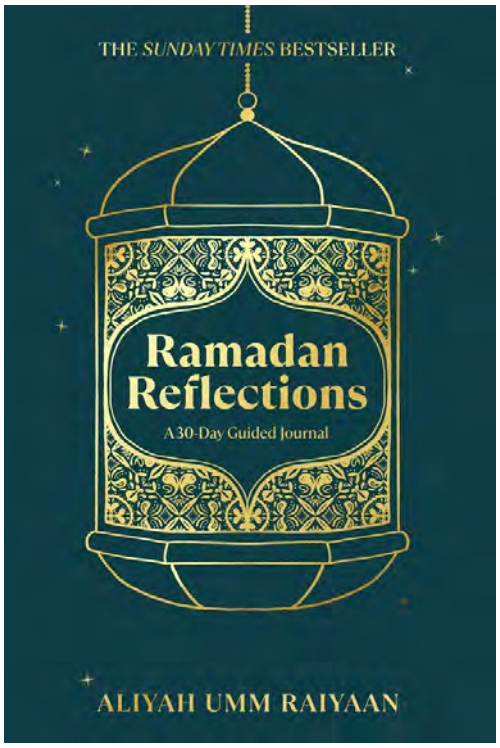
Lydia works privately with a high-profile international client base. Lydia is a lifelong student and practitioner of Bazì and Daoism, integrating both into her work and daily life. In 2026, Lydia has been featured in ***Vogue Australia, The Guardian***, and the ***Today Show Australia.***

January 2027
9781846049439
Demy Octavo
£16.99 : Hardback
288 pages
B&W illustrations

# Ramadan Reflections

30 days of healing from the past, journeying with presence and looking ahead to an akhirah-focused future

**Aliyah Umm Raiyaan**




**A beautiful daily guided journal for reflection, prayer and healing during Ramadan.**

**Discover the gorgeous, fully illustrated gift edition of the bestselling 30-day guided journal for reflection, prayer and healing during Ramadan, from the bestselling author of *The Power of Du'a.***

******* THE *SUNDAY TIMES* BESTSELLER *******

'A beautiful, unique day-by-day companion throughout the Holy Month' **DR OMAR SULEIMAN**

**----------**

Drawing on the Divine wisdom of the Qur'an and the Sunnah of Prophet Muhammad, *Ramadan Reflections* brings together inspiring reflections, practical exercises and guided journalling, offering an invitation to:

**- Let your heart ponder** through stillness and reflection on words that stir the soul.

- **Immerse yourself in du'a** and use this opportunity to speak to Allah in supplication.

**- Turn inwards and journal,** exploring spiritual themes and recording your own personal reflections

**A journey within a journey. A space for transformation. This journal is a path with and for The Most Merciful.**

**Aliyah Umm Raiyaan** reverted to Islam in 1999 as a young woman and has been involved in UK dawah for over 25 years. She is the founder and CEO of Solace UK, a charity supporting women who have reverted to Islam, and creator of Honest Tea Talk, a YouTube series exploring important and often unspoken issues within the Muslim community.

An international speaker, Aliyah is passionate about helping

January 2027
9781846049620
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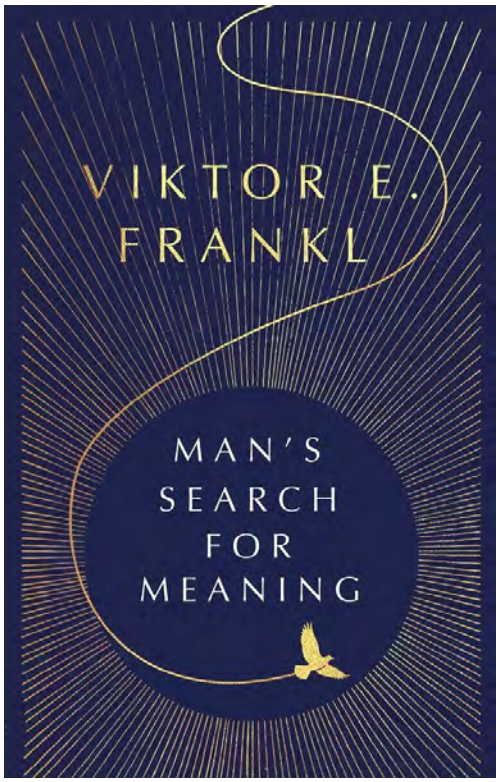
# Man's Search For Meaning

The classic tribute to hope from the Holocaust

**Viktor E Frankl**




**A new special edition of the lifechanging classic from multi-million-copy bestselling author**

**A new special edition of the multi-million-copy bestselling classic, now with reading group questions.**

OVER 19 MILLION COPIES SOLD

**'Every human being should read it'** Simon Sinek, bestselling author of *Start With Why*

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

*Man's Search for Meaning* has transformed the lives of millions of readers around the world. Drawing on Frankl's experiences as a prisoner in Nazi concentration camps during the Second World War, it asks one of life's most fundamental questions: how do we find meaning when faced with suffering we cannot change?

Frankl came to understand that even in the darkest circumstances, we retain the freedom to choose how we respond – and can find meaning in how we live.

More than 80 years later, his message of hope, purpose and resilience is as powerful as ever. **A book to return to throughout a lifetime, *Man's Search for Meaning* is essential reading for anyone navigating life's hardest moments.**

Praise *for Man's Search for Meaning*:

**'An enduring work of survival literature'** *New York Times*

'**Remarkable**...It changed my life and became a part of all that I live and all that I teach.' Susan Jeffers, bestselling author of *Feel The Fear And Do It Anyway*

'One of the moral heroes of the 20th century…His works are **essential reading** for those who seek to understand the human condition' Rabbi Lord Dr Jonathan Sacks

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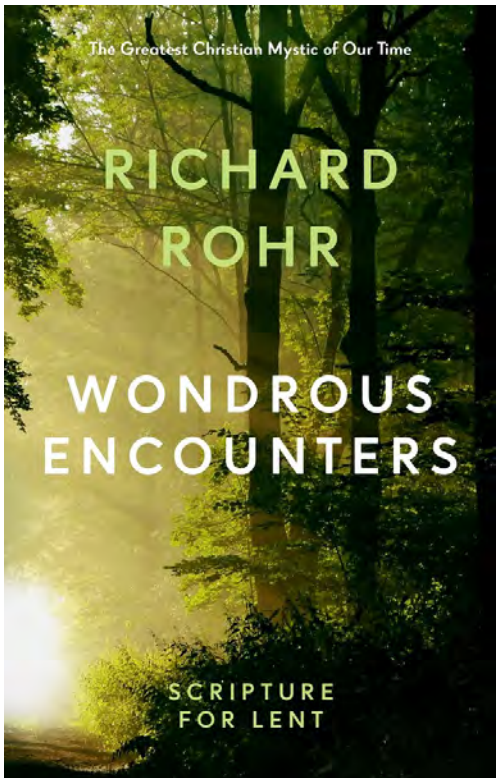
240 pages

# Wondrous Encounters

Scripture for Lent

**Richard Rohr**




**A powerful, timeless book of meditations for the Lenten season from one of the most beloved spiritual writers alive today**

In Rohr's characteristically pastoral voice, *Wondrous Encounters* offers contemplative companion for Lent - one that invites readers to be fully known and gradually transformed through the slow, faithful reading of God's Word, not as explanation, but as as a living dialogue.

Written during a season of silence and solitude, Richard Rohr invites readers into a forty-day journey through Scripture. Following the daily Lenten readings from Ash Wednesday through Holy Saturday, trace a downward path of surrender that quietly becomes a movement toward new life.

**Richard Rohr** is a globally recognised Franciscan friar and ecumenical teacher whose work bears witness to the deep wisdom of Christian mysticism. He is the founder of the Centre for Action and Contemplation in Albuquerque, New Mexico - an educational nonprofit dedicated to introducing seekers to the contemplative Christian path of transformation. Rohr is the author of numerous books, including the *New York Times* bestseller *The Universal Christ*. His work has been featured on *The Oprah Podcast* and *On Being* with Krista Tippett, and in *The New Yorker* and *Harper's Magazine.*

January 2027
9781911764236
Demy Octavo
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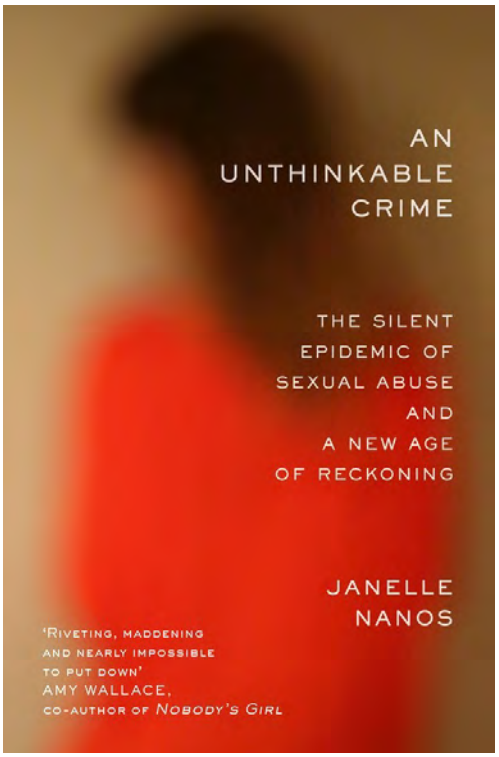
128 pages

# An Unthinkable Crime

The Silent Epidemic of Sexual Abuse and a New Age of Reckoning

**Janelle Nanos**




**A sweeping, ground-breaking account of how child sexual abuse has been systematically concealed and minimised for decades – and how a courageous group of survivors, psychologists and advocates are fighting to expose the truth.**

**A sweeping, ground-breaking account of how child sexual abuse has been systematically concealed and minimised for decades – and how a courageous group of survivors, psychologists and advocates are fighting to expose the truth.**

**One in three girls. One in nine boys.** That is the devasting estimate of how many children experience sexual abuse – 90 per cent of the time at the hands of someone they know. For decades, starting with Freud, child sexual abuse has been deemed 'unthinkable', too awful to be widespread. But in looking away, we've allowed it to fester and proliferate. It's time to face this hidden epidemic head on.

This engrossing, empathetic, deeply reported book is the first to bring together the stories of survivors with the inspiring work of psychologists, law enforcement officers, lawyers and advocates who have been fighting on behalf of children for decades. It also deals with the new challenges and powerful counter-tools available in the age of AI. Freud may have looked away, but Janelle Nanos and her sources have not – and neither should we.

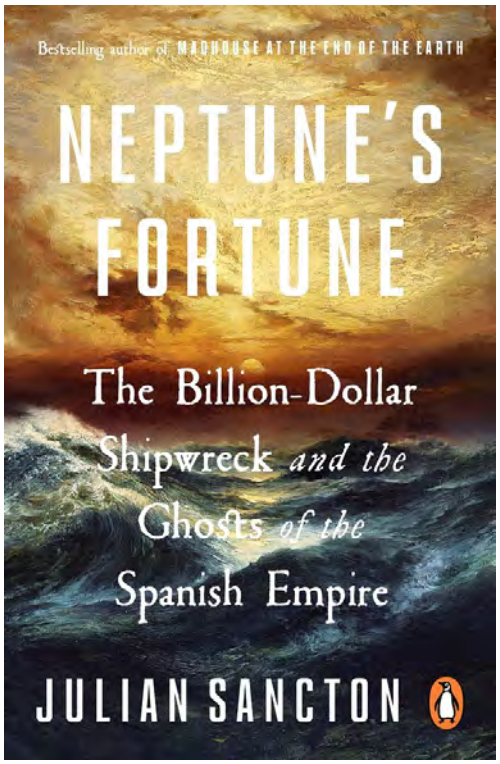
**Janelle Nanos** is a reporter at the *Boston Globe*, a MacDowell fellow, a Pulitzer-prize finalist and a visiting fellow in journalism at Boston College's Institute for the Liberal Arts. Her decade-long investigation into Kate Price's allegations of organized abuse was among the *Globe*'s most-read stories of the year. Her reporting has also appeared in the *New York Times*, *New York* magazine, and more. She lives in Boston with her husband and two children.

January 2027
9781807847845
Royal Octavo
£25.00 : Hardback
384 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***

**"Spanish galleons groaning with gold, piratical English sea captains, swashbuckling treasure hunters with Hemingway beards, war, greed and adventure … *Neptune’s Fortune* is exactly the sort of book I want to read"** - *The Times*

**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 jousted 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

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9780753560709
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368 pages

# Doctor Who: The Six Doctors

The Lost Classic

**Terrance Dicks and Simon Guerrier**

***The Six Doctors* is a 'lost classic' by Terrance Dicks, revealing the original conception of *The Five Doctors.***

**Based on newly discovered scripts and treatments by Terrance Dicks – perhaps the most beloved *Doctor Who* author of all – Simon Guerrier's novelisation of *The Six Doctors* reveals the original conception of *The Five Doctors*, a radically different take on one of the most celebrated *Who* adventures ever told.**

*'Play the game, Doctor. Destroy your other selves!'*

Fireballs tear through time and space. Each one hunts down a different incarnation of the Doctor… ready to erase them in an instant.

But one Doctor is offered a terrible alternative. He can not only survive but live forever – if he agrees to help destroy his other selves. One Doctor. One timeline. One victor.

The Fourth Doctor would usually refuse without hesitation. But after escaping E-Space he feels his life running out and knows he is nearing the end of his time. With nothing to lose, he accepts his role in the deadliest game of all…

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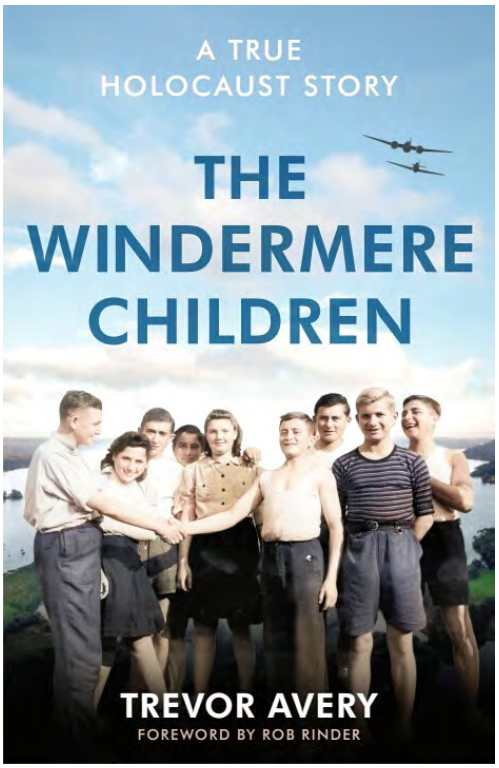
**Simon Guerrier (Author)**
**Simon Guerrier** is co-author of *Doctor Who: The Women Who Lived* and *Whographica* for BBC Books, and has written countless *Doctor Who* books, comics, audio plays and documentaries. He has been a guest on *Front Row* and *The Infinite Monkey Cage* on Radio 4 and, with his brother Thomas, makes films and documentaries – most recently *Victorian Queens of Ancient Egypt* for Radio 3.

**Terrance Dicks (Author)**
**Terrance Dicks** became Script Editor of *Doctor Who* in 1968, co-writing Patrick Troughton's classic final serial, *The War Games*, and editing the show throughout the entire Jon Pertwee era to

# The Windermere Children

A true Holocaust story

**Trevor Avery**




**The moving true story of the children who survived the Holocaust against the odds and found their way back to life in the Lake District, discovering compassion and community along the way.**

**The moving true story of the children who survived the Holocaust against the odds and found their way to life in the Lake District.**

In the summer of 1945, three hundred Jewish children, orphaned and scarred by the trauma of war and imprisonment, were transported from the liberated Theresienstadt camp to the shores of Windermere. Here, amidst the serene beauty of England's Lake District and under the compassionate guidance of dedicated psychologists, educators and charity officers, these survivors embarked on a transformative journey of healing and renewal. The youngsters were offered a sanctuary to reclaim their stolen childhoods, learn, explore and begin to heal from the horrors of their past.

Through extensive interviews and meticulous archival research, historian and curator Trevor Avery vividly portrays the challenges and triumphs of the children and their caregivers, demonstrating the resilience of the human spirit and the extraordinary power of community. *The Windermere Children* is a testament to an enduring truth: from darkness must come hope. Life must begin anew.

Trevor Avery is a historian and curator based in Cumbria. It was a chance encounter and a half-forgotten memory that led him to devote two decades to uncovering the past of the young concentration camp survivors who came to Windermere in 1945. He initiated the Lake District Holocaust Project in 2005 to preserve their experiences and now produces, manages and curates exhibitions at Windermere Library to share their story.

Trevor contributed to the BBC and Warner Bros film *The Windermere Children* as their primary research advisor and made a personal appearance in the accompanying BBC and ZDF documentary *The Windermere Children: In Their Own Words*. He has also worked as a producer on a number of short films about the Windermere survivors, including *From Carlisle to*

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9781529990959
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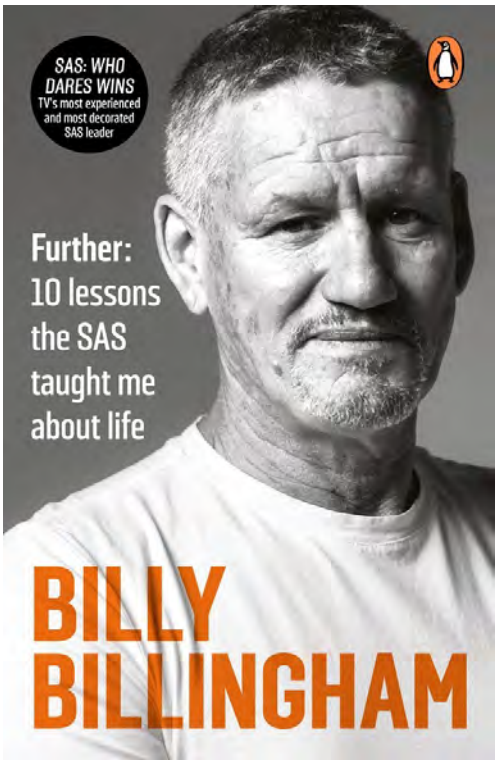
# Further

10 lessons the SAS taught me about life

**Billy Billingham and Conor Woodman**




**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 (Author)**
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

January 2027
9781529966220
B Format
£11.99 : Paperback
288 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.**

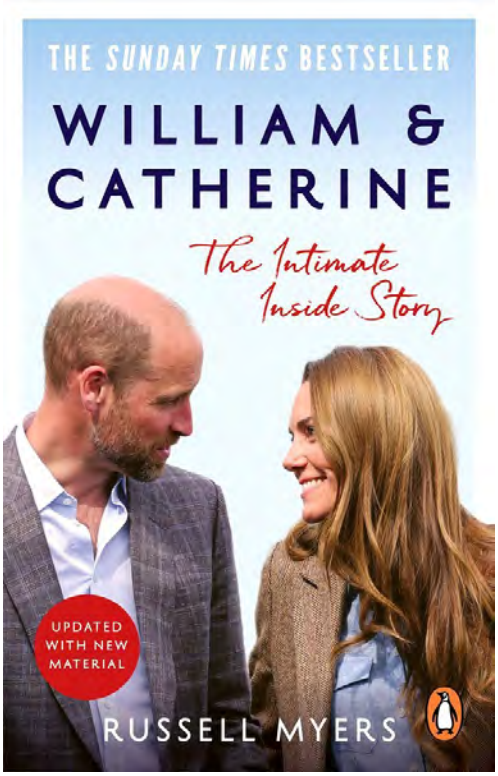
From the relentless media scrutiny and controversies of their 2022 Caribbean Tour to the shock cancer diagnoses of both the Princess of Wales and the King, this captivating biography by acclaimed royal journalist Russell Myers intimately traces the story of William and Catherine's relationship from their 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 almost a decade. 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.

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9781529985030
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£11.99 : Paperback
352 pages

# How to Talk About Money

Overcoming the Money Secrets that Keep Us and Our Relationships Stuck

**Claer Barrett**

**What financial skeletons do you have in your closet?**

**A money confessional from *The* FT's columnist, *Sunday Times* bestselling author and Lorraine's money expert, Claer Barrett, uncovering the financial skeletons we all hide in the closet that plague our relationships with others.**

**Should you share a bank account with the person you share a bed with? Why does your partner insist on splitting the bills 50:50 even though they earn twice as much as you do? Would you be mad if your parents left all of their money to your less successful sibling? And best of all, how do you even begin to talk about these things?**

A taboo-busting reveal of the financial dynamics that underpin our relationships with others - our friends, partners and families – ***How to Talk About Money*** reveals the hidden money dynamics that bubble unsaid and ruin our relationship and our chance of attaining financial independence. With unfiltered money confessionals, practical scripts and tools to counter the most common money pitfalls and Claer's trademark no-nonsense agony aunt advice, this book makes awkwardness about money a thing of the past allowing you to enjoy the good life with your loved ones.

**Claer Barrett** is multi-award-winning financial journalist, broadcaster and commentator. The consumer editor at the Financial Times, she presents the FT's weekly Money Clinic podcast, helping listeners resolve their real-life financial dilemmas. She also writes a high-profile column in the FT Weekend covering issues of financial interest to financial consumers everywhere.

Claer frequently appears on TV and radio - from weekly appearances on ITV's Lorraine to LBC with Eddie Mair - answering money questions from the public. She is renowned as a trusted voice guiding people through the cost-of-living crisis with her trademark practical advice that cuts through financial jargon.

Claer has won a prestigious WIncott Award for campaigning on consumer issues and is a powerful advocate for financial

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9781529147056
Royal Octavo
£18.99 : Trade Paperback
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# The Batch Lady Flexible Favourites

## Suzanne Mulholland

**Take the thinking out of mealtimes with 100 delicious, flexible recipes**

**Delicious home cooking for every type of household**

Take the thinking out of mealtimes with 100 tasty recipes that can be easily adapted to feed 1, 2, 3 or 4+ people.

Whether you're cooking for yourself, in a couple, have a family or are serving a crowd, these smart, flexible recipes are easily scalable to suit however many people you're feeding. Designed to make life easy, these are flavour-packed favourites you'll keep wanting to come back to.

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

**Suzanne presented Channel 4's *Batch from Scratch***

**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.

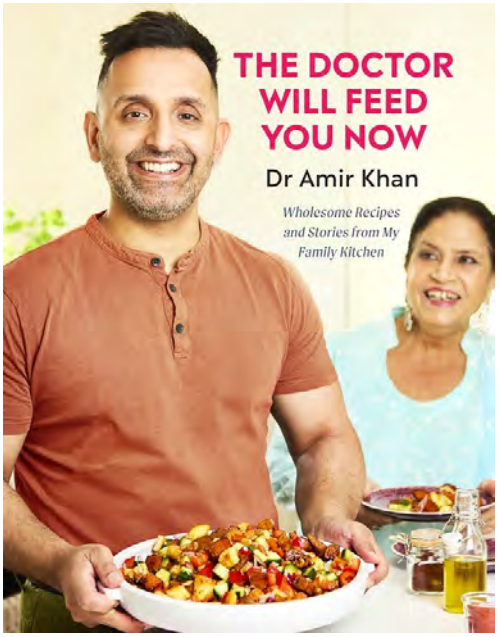
Find her online at **thebatchlady.com** and **@thebatchlady**

February 2027
9781529986679
246x189
£25.00 : Hardback
256 pages

# The Doctor Will Feed You Now

Wholesome Recipes and Stories from my Family Kitchen

**Dr Amir Khan**




**From Dr Amir Khan, bestselling author and resident doctor on *Lorraine*, a collection of simple, wholesome home recipes and warm family stories full of flavour, heart, and a few kitchen-based arguments with his beloved Mama Khan.**

**This book is a love letter – to food, to family and to the community that raised us.**

I grew up in a busy, working-class household where life was full of noise, laughter, plenty of drama and the rich aromas of Pakistani cooking wafting from the kitchen. My mum, Mama Khan, somehow managed to work full-time, raise seven children and still make a fresh homemade curry for us every night.

**As a GP, I see the impact of food on health every day.** It affects our hearts, our mood, our energy levels and even our sleep. But I also know that food isn't just about nutrients. It's about comfort, connection and culture. That is why this book is a fusion – between the rich traditional recipes handed down by Mama Khan, and my own healthy, evidence-based takes.

From **Gut Health Rotis** and **Golden Glow Antioxidant Soup** to **Fish Tikka Kebabs** and **Garlic and Chilli Okra with Chickpea Masala**, this is food to nourish body and soul.

**Dr Amir Khan** is a full-time GP living in the UK. He is a GP Trainer, an Honorary Senior Lecturer at both Bradford and Leeds University, as well as being on the advisory board for the School of Pharmacy and Practice Managers Association. The resident doctor on *Lorraine* and Good Morning Britain, he began his TV career on *GPs Behind Closed Doors* and has presented shows like *Why Can't I Sleep* and *You Are What You Eat*.

Amir is an ambassador for the National Wildlife Trust, combining his credentials as a GP with encouraging schools and councils to reserve land to learn from. His hobbies include cooking, keeping fit, running, conservation, gardening and keeping on the right side of his mother!

February 2027
9781529985320
246x189
£25.00 : Hardback
288 pages

# The Beginner's Guide to Bread

**Martha de Lacey**

**The pocket guide to making bread at home. For fans of *Bread: River Cottage Handbook* (90k TCM) and *How to Make Bread* (14k TCM).**

Say goodbye to additive-laden supermarket bread with this illustrated introduction to bread making. Covering everything from a simple sandwich loaf to sourdough, from pizza to focaccia, this beginner’s guide will have you making delicious homemade loaves in no time.

Bread guru Martha de Lacey has already taught thousands of people how to bake bread, transforming complete beginners into star bakers. Now, with this budget-, pocket- and user-friendly guide, she'll have even the most trepidatious bakers making bread with their eyes closed.

Martha de Lacey spent a decade working as a journalist and copywriter before deciding that the thing she was actually most interested in was eating. While freelancing as a feature writer, in 2016 she launched a supperclub. The thing most people wanted to know was how to make her sourdough, so she launched a sourdough school in her home, and before long was teaching weekly classes on how to make perfect sourdough bread.

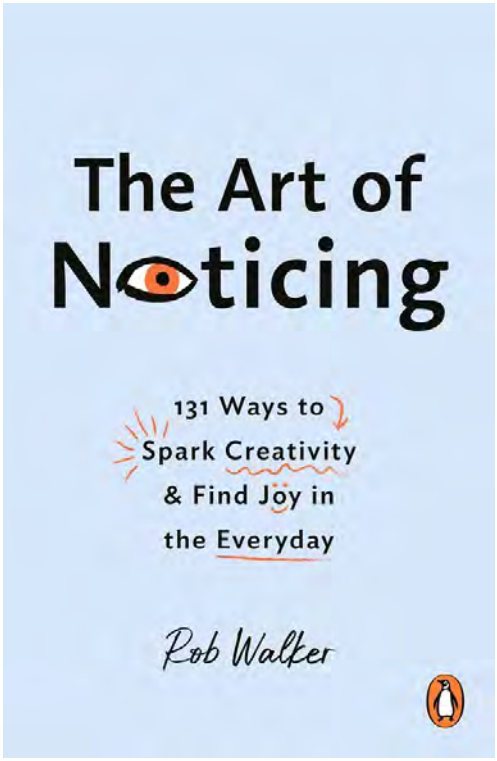
In April 2020 Martha put all her teachings online in the form of a subscription cooking school - a pandemic pivot which focused mainly on sourdough breads, fermented things and, of course, lots of stuff to put on toast.

February 2027
9781529992311
B Format
£18.99 : Hardback
224 pages

# The Art of Noticing

131 Ways to Spark Creativity and Find Joy in the Everyday

**Rob Walker**




**131 exercises and prompts to help you find calm, take a digital detox and be present in your surroundings.**

**Spark your curiosity, inspire your creativity and discover more joy in the everyday.**

Burned out? Overwhelmed and overstimulated? Experiencing digital fatigue? Learn how to find pockets of serenity and reset your nervous system by paying attention to and appreciating the world around you.

Accessible and inspiring, this book features 131 surprising and innovative exercises to help you quiet your anxious mind, by crafting creative rituals and carving out moments of calm in your everyday life.

Make small yet impactful changes to feel more grounded, live more intentionally and romanticise the everyday.

'If you want a more interesting and creative life, the first thing to do is to start paying better attention to it. In *The Art of Noticing*, Rob Walker provides an essential guide to becoming an explorer of your everyday world. I found a ton to steal here and so will you.'
- *Austin Kleon, New York Times bestselling author of* Steal Like An Artist

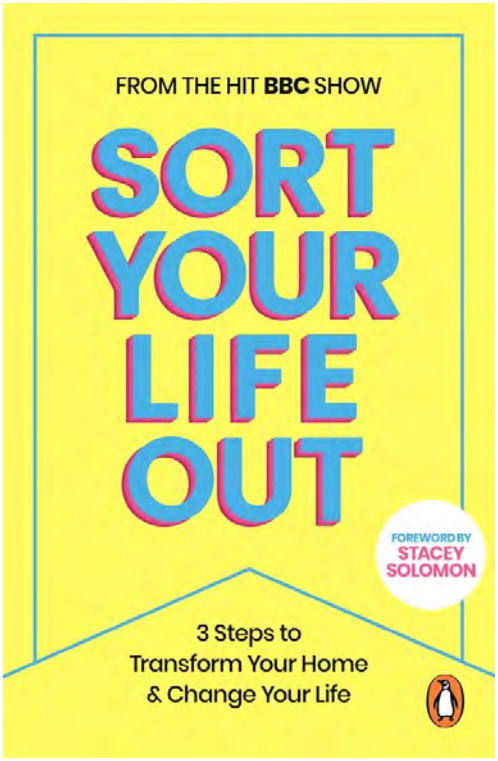
Rob Walker is a journalist who writes about design, technology, business and the arts, among other subjects. He writes The Workologist for the Sunday Business section of *The New York Times* and contributes to a wide range of publications, including *The Atlantic*, *NewYorker.com*, *The New York Times*, *The New York Times Magazine*, *The Boston Globe* and *Bloomberg Businessweek*. His previous books include *Significant Objects: 100 Extraordinary Stories About Ordinary Things* (co-authored with Joshua Glenn) and *Buying In*. He is on the faculty of the Products of Design MFA program at the School of Visual Arts. He lives in New Orleans, USA.

February 2027
9781807842420
B Format
£12.99 : Paperback
256 pages

# SORT YOUR LIFE OUT

3 Steps to Transform Your Home & Change Your Life

**The BBC Sort Your Life Out team**




**The life-changing tidying and cleaning book of the hit BBC One show from the *Sort Your Life Out* team - now in paperback**

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

**1. STRIP** - how to let go and clear out the clutter (when you don't have a warehouse to hand)!

**2. SORT** - time to sell, donate, recycle and upcycle.

**3. SYSTEMISE** - learn how to organise, fold and store in a way that is manageable and sustainable.

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

**Dilly Carter (Contributor)**
Dilly Carter is a straight-talking, honest, and practical professional organiser. She is the founder of Declutter Dollies, a complete organising and home styling service that promises to turn her clients' chaos into calm. A lifelong passion for fashion and an uncanny ability to bring order to a chaotic environment has seen her cleanse and curate the wardrobes of high profile celebrities, busy professionals and stressed-out mums alike. Known as @declutterdollies to her Instagram followers around the world, Dilly now extends her helping hand on social media. Sharing organising hacks and tips Dilly proves that you can not only make your home beautiful, but truly make it work as a place of sanctuary. Dilly learned the value of decluttering when she began helping her mother, who suffers from bipolar disorder, organise her 'living chaos' at home.

**Iwan Carrington (Contributor)**
Iwan Carrington is a content creator and television presenter dedicated to sharing lifestyle and home content on his popular YouTube channel 'Mr Carrington' and social media accounts.

Iwan's TV work includes consumer expert for Channel 4's

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9781911743446
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256 pages

# The Courage to Love

## Ichiro Kishimi

**The inspirational guide to authentic relationships – from the 10 million copy bestselling author of *The Courage to be Disliked***

**Why do so many of us struggle to love others – and to accept the love we deserve for ourselves?**

10 million-copy bestselling author Ichiro Kishimi brings you an inspiring guide to cultivating authentic relationships, framing love not as a passive experience but as a skill we have to learn – and that we can all get better at.

Written with the author's wisdom and compassion, Kishimi explains why love so often becomes entangled with control, approval, or self-sacrifice, and unpicks all the other lies we tell ourselves about love that stop us from embracing other people with a full heart – not only enabling you to understand your relationships, but to improve them.

Delving into what it actually means to really love another person, this book will help you break free of simply wanting to feel special or be liked, and embrace a way of loving that is free, reciprocal and equal – without surrendering who you really are. This is a book about giving yourself permission to love, and to be loved, on your own terms.

**Ichiro Kishimi (Author)**
**Ichiro Kishimi** was born in Kyoto in 1956. He graduated from Kyoto University Graduate School of Letters, at a Faculty of Letters. He has researched Adlerian psychology since 1989 and writes lectures on Adlerian psychology and classical philosophy. He is a certified counsellor and consultant for the Japanese Society of Adlerian Psychology. He is a well-known Japanese translator of selected writings by Alfred Adler.

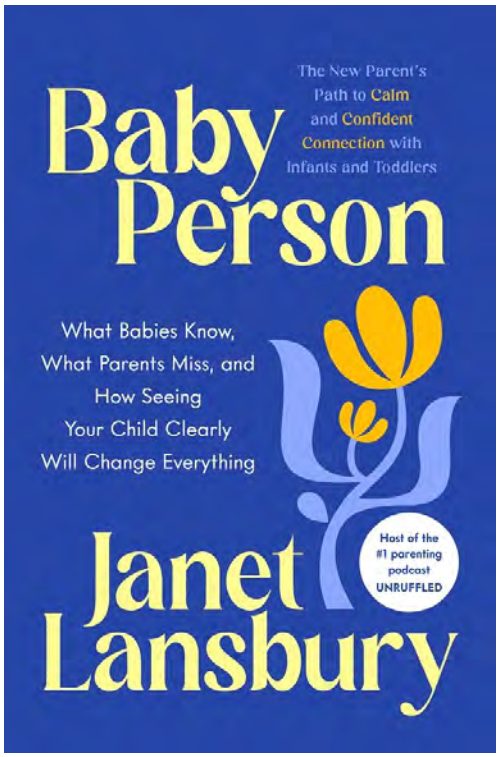
**Haydn Trowell (Translator)**
**Haydn Trowell** has translated works by major prize-winning authors such as Yasunari Kawabata, Maki Kashimada, and Rie Qudan, and has worked extensively with publishers in Australia, Japan, the UK, and the US. Haydn holds a PhD in translation studies from Monash University and has a background in both translation and creative writing.

February 2027
9781785047169
Demy Octavo
£16.99 : Hardback
256 pages

# Baby Person

What Babies Know, What Parents Miss and How Seeing Your Child Clearly Changes Everything

**Janet Lansbury**




**From internationally renowned parenting expert Janet Lansbury, an empowering method for raising confident, independent and resilient children – not by parents doing more, but less.**

**From trusted childcare expert Janet Lansbury comes an empowering method for raising confident, independent and resilient children – not by doing more, but less.**

Janet Lansbury's philosophy is simple: a baby is to be respected and trusted, not constantly managed, fussed over or taught. In Janet Lansbury's wise and eminently helpful hands, however, this is more than a philosophy – she makes it actionable.

At the heart of her method is her compelling 'baby whisperer' approach: truly understanding your baby and having the confidence to support their development, not control it. Drawing on Lansbury's more than twenty-five years working with families and being a parent herself, *Baby Person* will help parents deal confidently with the pressure points they face every day, including:

- Getting a child to sleep or eat
- Setting boundaries with gentleness and respect
- Reacting to and soothing toddler tantrums
- Potty training in a stress-free, child-centred way

A guide sure to be cherished by readers everywhere, this book will reframe the way a whole generation relates to the little people in their lives, helping them become the calm and emotionally present caregivers they want to be – now, and beyond the tender first few years.

Janet Lansbury is a parenting teacher and consultant whose blog is read by millions annually. Her podcast, *Janet Lansbury Unruffled*, is one of the all-time most downloaded parenting podcasts, and her supporters include big names such as James Clear, Tina Payne Bryson and Susan David. Trained by parenting pioneer Magda Gerber in her Resources for Infant Educarers (RIE) philosophy, Lansbury has more than twenty-

February 2027
9781785046001
Demy Octavo
£20.00 : Hardback
416 pages

# The Robot and The Gardener

Being Fully Human in an Artificial Age: A Parable

**Robin Sharma**

**From the #1 global bestselling author of *The 5AM Club* and *The Monk Who Sold His Ferrari* comes a powerful parable about reclaiming our humanity.**

**From the #1 bestselling author of *The 5AM Club* and *The Monk Who Sold His Ferrari* comes a profoundly moving story about becoming fully human in our technology-filled, distraction-driven world - and discovering what's most important to a life of happiness, wonder and purpose.**

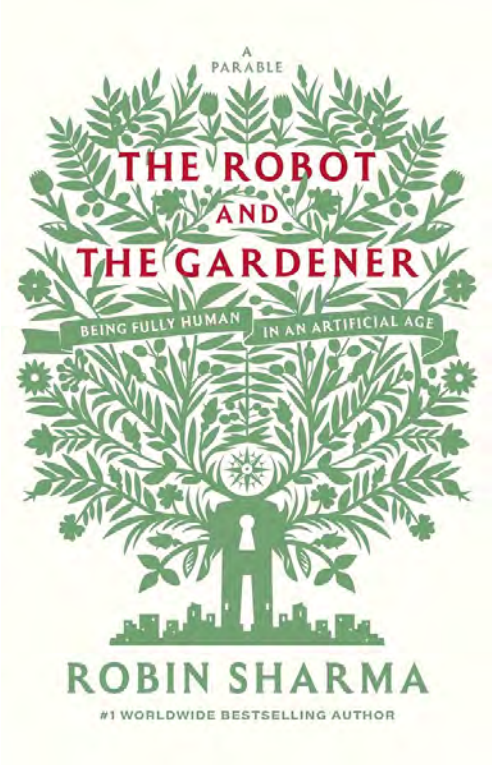
Meet Niko, a talented coder who seemingly has it all: social status, luxury goods and a sleek, high-rise apartment. His world is filled with technology designed to make him more productive, relevant and successful. But lately, Niko's days blur together. His life is a rush of busyness, leaving him flooded with pressure and empty of joy.

When Niko's estranged grandfather, a billionaire tech titan, suddenly dies, Niko must confront a painful past. At the funeral, Niko encounters the cemetery caretaker, who stuns Niko with a simple observation: 'A life can be impressive and still be unlived.'

The Gardener presents Niko with an unusual offer: meet at dawn and join him in his work at the graveyard. The invitation strikes Niko as odd, but, as he observes the Gardener and his plain clothes, with a peaceful face and hands worn from laboring in the sun, something deep and honest pulls at him.

In the weeks that follow, Niko begins to shed the restless craving and lack of fulfillment had marked his life. He learns the joys of slowing down, the wisdom of simplicity, and original lessons from human lives beautifully lived. He discovers nature and its teachings for the first time in years. And he stops seeking the approval of others and behaving artificially - recognising that being true to one's self is a great source of power and that the past is not a burden, but a valuable guide. But just as Niko embraces in his newfound path, the outside world threatens to bring it crashing down.

Returning to the parable form of his massive global bestsellers, Robin Sharma in *The Robot and the Gardener* shows us that our greatest worth comes not from optimizing ourselves into

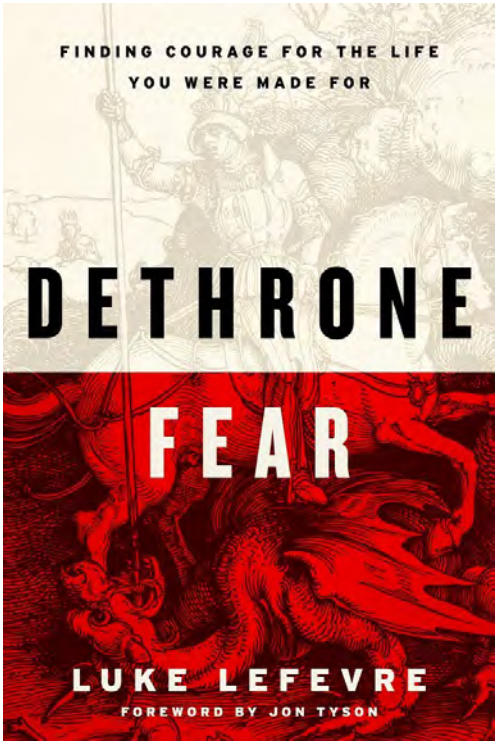



February 2027
9781846049422
Demy Octavo
£16.99 : Hardback
224 pages

# Dethrone Fear

Finding the Courage to Not Waste Your Life

**Luke LeFevre**




**One of today's most sought-after Christian speakers invites you to confront the spirit of fear and live boldly without wasting your God given calling**

Too many believers long to live boldly for Jesus yet find themselves held back by an unspoken fear of what obedience might cost. *Dethrone Fear* confronts that tension head-on.

Written by sought-after Christian speaker Luke LeFevre, who speaks to tens of thousands of people around the world each year, *Dethrone Fear* exposes fear as more than a passing emotion. It can become a powerful spiritual force that keeps believers small, silent and stuck.

With biblical insight, LeFevre uncovers the ways fear takes hold and challenges the lies that persuade us to settle for less than God is calling us to. Both a wake-up call and a commissioning, *Dethrone Fear* moves beyond inspiration to practical action, offering clear strategies for confronting fear, breaking patterns of hesitation and stepping forward in faith – even when courage comes at a cost.

Drawing on Scripture, personal stories and practical next steps, LeFevre challenges the quiet tragedy of a faith that never risks anything and asks what might happen if we stopped allowing fear to have the final word. *Dethrone Fear* is a bold invitation to stop being ruled by fear, embrace God's calling, use the gifts you have been given and make an eternal difference through the life you live.

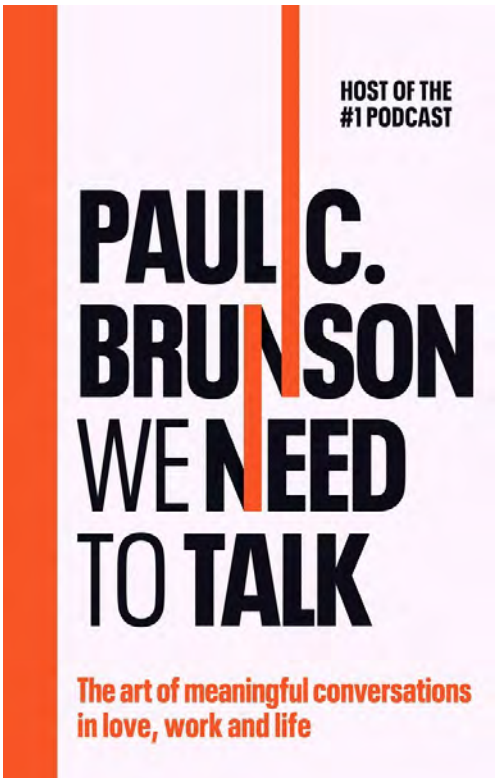
**Luke LeFevre** is one of today's most sought-after young Christian speakers, addressing tens of thousands of people each year around the world. Recognized by *Outreach Magazine* as a top 20 young Christian leader to learn from, he regularly speaks at influential churches and gatherings such as Gather25, IF: Gathering, Church of the City New York, Saddleback Church and The Village Church. Known for compelling storytelling and practical biblical insight, Luke inspires people to confront fear and live courageously for Christ with passion, authenticity, and humour. He lives in Nashville, Tennessee, with his wife, Rebecca, and their two children.

February 2027
9781911764199
Demy Octavo
£18.99 : Trade Paperback
176 pages

# We Need to Talk

The art of meaningful conversations in love, work and life

**Paul Brunson**




**Rooted in neuroscience and supported by the data behind Paul's #1 podcast *We Need to Talk,* this book is for anyone who wants to feel more seen – and to help others feel the same.**

**'Love doesn't fail because people stop caring. It fails because people stop feeling seen'**

WE NEED TO TALK offers up a new definition of intimacy: not just physical or emotional closeness, but the ongoing act of making space for someone else to exist fully.

Most of us don't know how to truly hold space for others, we were taught to react, solve and interrupt. Paul believes being present is a radical and learnable practice. And that it's the key to repairing fractured relationships, deepening connection and repairing the internal disconnection so many of us carry. The simple framework Paul offers helps us, in turn, to improve all relationships with friends, family and partners.

Rooted in neuroscience and supported by the data behind Paul's #1 podcast *We Need to Talk* and filled with real life stories, this book is for anyone who wants to feel more seen – and to help others feel the same.

**'Paul is a true relationship expert - he brilliantly demystifies the secrets to fostering long-lasting connections.' - DR TARA SWART**

Published by FlightStory Books.

February 2027
9781785044700
Demy Octavo
£18.99 : Hardback
224 pages
N/A

Paul Brunson is an internationally recognised relationship expert, entrepreneur, and television host. He's also the host of #1 podcast 'We Need to Talk'. He's American, based in London, and currently serves as co-host of *Celebs Go Dating* and *Married At First Sight UK,* relationship consult on *Lorraine*, a featured expert on Steven Bartlett's 'The Diary' project and co-founder of Endmost Therapy. He's also the Head of Global Insight at Tinder. Major media outlets such as *Good Morning America*, *The*

# How to Be a Stoic

Ancient Wisdom for Modern Living

**Massimo Pigliucci**

**An engaging guide to how the ancient philosophy of Stoicism can help us flourish today**

***THE BESTSELLING MODERN STOIC CLASSIC – NOW REVISED & UPDATED ***

**OVER 250,000 COPIES SOLD**

*Who am I? What am I doing? How should I live my life?*

For more than 2,000 years, Stoicism has offered answers to life's biggest questions, grounded in one powerful idea: we cannot always control what happens to us, but we can control how we respond.

In this newly expanded edition of *How to Be a Stoic*, philosopher Massimo Pigliucci draws on the teachings of Epictetus, Seneca and Marcus Aurelius to show how Stoic wisdom can help us navigate modern life – from managing difficult emotions and setbacks to focusing on what truly matters.

With practical exercises, reflections and a brand-new section on Stoicism today, this is an essential guide to living with greater clarity, resilience and purpose.

**Massimo Pigliucci** is the K. D. Irani Professor of Philosophy at the City College of New York. The author or editor of 21 books, he has been published in *The New York Times*, *The Wall Street Journal*, *The Washington Post* and *Salon*, among others. He lives in Brooklyn, New York.

February 2027
9781846049675
B Format
£12.99 : Paperback
368 pages

# What is Death?

**J. Krishnamurti**

**From world-renowned spiritual thinker J. Krishnamurti, a pocketbook guide on how understanding death can help us live more fulfilling lives**

‘One of the greatest thinkers of the age’ **– The Dalai Lama**

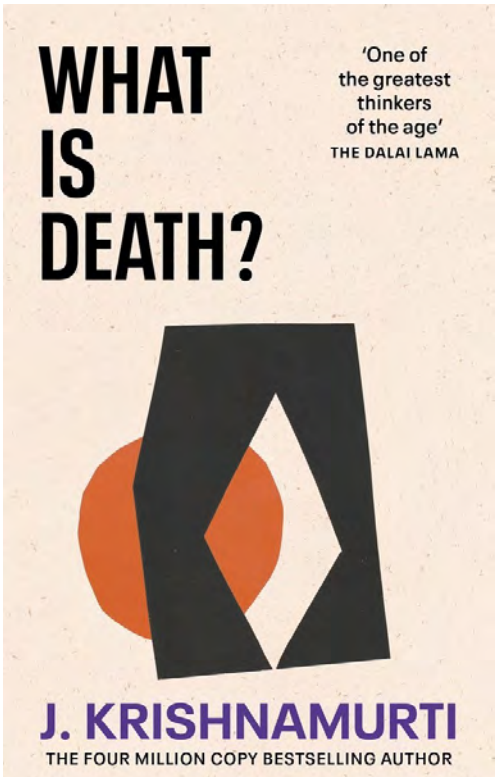
'One of the five saints of the 20th century' **– *TIME* magazine**

**From world-renowned spiritual thinker J. Krishnamurti, a pocketbook guide on how understanding death can help us live more fulfilling lives**

Death affects us all. It casts a shadow over our lives and is something we try to put far away from us, as we continue to grapple with the enduring questions: What is death? Why do we fear it? What happens after we die? Is there anything permanent?

With his signature insight and wisdom, Krishnamurti explores the nature of death, the fear of dying, ideas of immortality and permanence, and ultimately how living, love and death are one. By meeting and understanding death, we experience a total renewal. In this state, the divide between living and dying disappears, bringing love, the end of sorrow and the possibility of a new way of living.

J. Krishnamurti (1895-1986) is widely regarded as one of the greatest thinkers and religious teachers of all time. He spoke throughout the world to large audiences and to individuals, including writers, scientists, philosophers and educators, about the need for a radical change in mankind.

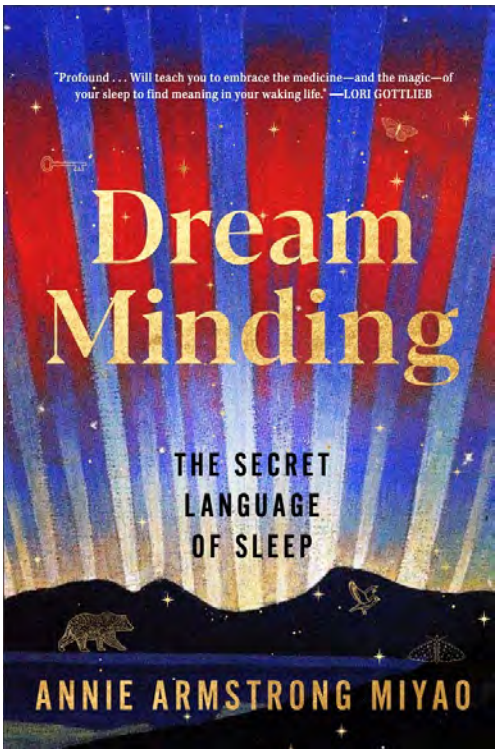



February 2027
9781846049255
A format 178x110mm
£11.99 : Paperback
144 pages

# Dream Minding

The Secret Language of Sleep

**Annie Armstrong Miyao**




**A radical new take on how to use dreams as a tool for self-discovery and emotional healing by renowned psychotherapist and *Vogue* and *Goop* contributor, Annie Armstrong Miyao.**

**A fascinating journey into the hidden world of our dreams, and what they can reveal about who we really are, from renowned psychotherapist and *Vogue* and *Goop* contributor Annie Armstrong Miyao.**

Every night, our minds create strange and vivid worlds. We find ourselves in unfamiliar places, encounter people from our past, live through impossible situations – and wake wondering what, if anything, it all means.

In *Dream Minding*, psychotherapist Annie Armstrong Miyao takes us inside the mysterious world of dreams, exploring what happens in our minds while we sleep and what our dreams can reveal about the emotions, relationships and experiences shaping our waking lives.

Drawing on psychological theory, neuroscience and fascinating real-life case studies from her work as a psychotherapist, Miyao explores the sometimes absurd scenes that play out in our sleeping minds and uncovers the thoughts, fears and desires that can lie beneath them.

Moving between science, psychology and the stories of real people, *Dream Minding* is an illuminating exploration of the unconscious mind – and of how paying attention to the lives we lead while we sleep can deepen our understanding of the lives we lead while awake.

**'Annie's profound exploration of the unconscious mind will have you thinking deeply about your inner life, your relationships, and how you take in the world while teaching you to embrace the medicine – and the magic – of your sleep to find meaning in your waking life.' – Lori Gottlieb, *New York Times* bestselling author of *Maybe You Should Talk to Someone***

February 2027
9781846048777
Demy Octavo
£17.99 : Hardback
224 pages

# How Psychedelics Work

## Robin Carhart-Harris

**World-leading, trailblazing researcher on the revelatory power of psychedelic drugs, for fans of Michael Pollan's bestselling *How to Change your Mind***

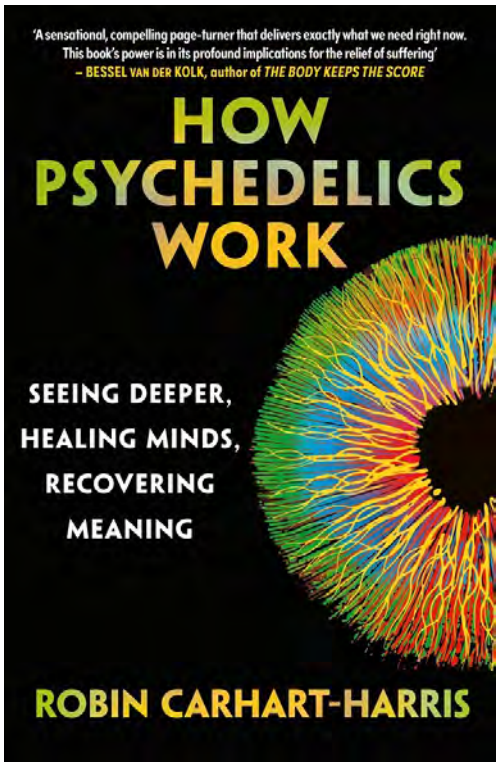
**From the trailblazing, world-leading expert on psychedelic research, a groundbreaking exploration of how psychedelics may unlock long-held mysteries of the mind, and how these revelations can be used to treat the most crippling of mental illnesses**

We are living through a psychedelic renaissance when scientists are uncovering the true transformative power of drugs that have long been marginalised and stigmatised. From depression and anxiety to chronic pain and eating disorders, psychedelics are providing people with relief from suffering in cases where all other treatments have fallen short. But what exactly are these substances doing to our brains? And what can they teach us about how the brain works and how mental illness takes hold?

Written by a scientist at the forefront of this research, *How Psychedelics Work* weaves together stories from the lab, cutting-edge neuroscience, and patient accounts to illuminate how these substances work and why they can be so life-changing. Drawing on decades of research, including his own landmark clinical trials, Robin Carhart-Harris explains how psychedelics liberate the brain from rigid and repetitive patterns of thought and perception that can trap us, and instead help us see new perspectives and insights.

Beyond their therapeutic potential, psychedelics may also hold the answer to some of the most deep, vexing questions we have about consciousness, the self, and subjective experience. Bold, practical and profound, *How Psychedelics Work* invites readers to reconsider how we construct suffering, healing and meaning in our lives.

**Robin Carhart-Harris** is a leading global expert on psychedelic neuroscience and medicine. He founded the Centre for Psychedelic Research at Imperial College London and is now the Ralph Metzner Distinguished Professor of Neurology, Psychiatry, and Behavioral Sciences at the University of California San Francisco. His research on psychedelic therapy has made headlines around the world, and he has been listed

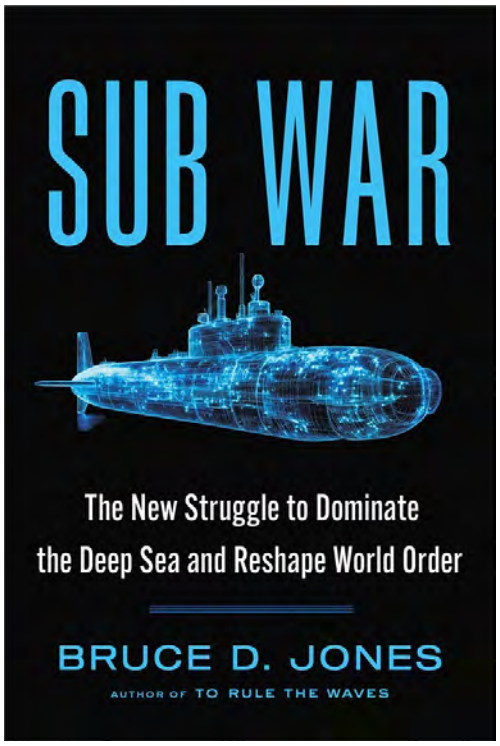



February 2027
9780753561034
Royal Octavo
£22.00 : Hardback
336 pages

# SUB WAR

The Global Race to Rule Beneath the Waves

**Bruce D. Jones**




**Control of the deep sea is becoming the defining geopolitical contest of the twenty-first century. For fans of *Chip War*, *Polar War* and *Prisoners of Geography*.**

**The next great power struggle won't be fought on land or in the skies - it will be fought beneath the waves.**

'An urgent and illuminating book.' — **Chris Miller, *New York Times* bestselling author of *Chip War: The Fight for the World's Most Critical Technology***

'*Sub War...* brings to life this near-impenetrable world in vivid detail. A must-read.' —**Admiral James Stavridis, 16th Supreme Allied Commander of NATO**

*

From nuclear submarines and underwater drones to internet cables, AI infrastructure and the race for critical minerals, the seabed has become the newest frontier in global power.

In **SUB WAR**, leading international security expert Bruce D. Jones takes readers inside this hidden struggle, revealing why the United States, China and Russia are investing billions to dominate the undersea world - and why the outcome will shape everything from global trade and military power to the internet, artificial intelligence and the balance of the world order.

Drawing on rare access to a US nuclear attack submarine and decades advising governments on international strategy, Jones combines first-hand reporting with authoritative insight to illuminate one of the most important stories of our age.

Gripping, accessible and deeply timely, **SUB WAR** uncovers the invisible battlefield beneath our feet - and explains why whoever controls the oceans will determine the future of the twenty-first century.

**Bruce D. Jones** is Director of the Foreign Policy programme at the Brookings Institution and one of the world's leading experts on international order, strategy and great power competition. He is also a Consulting Professor at Stanford

February 2027
9780753563304
Royal Octavo
£22.00 : Hardback
352 pages

# Starchild

My Life Under the Night Sky

**Maggie Aderin**

**An inspirational memoir from space scientist, presenter of *The Sky at Night*, and bestselling author Maggie Aderin-Pocock, now in paperback.**

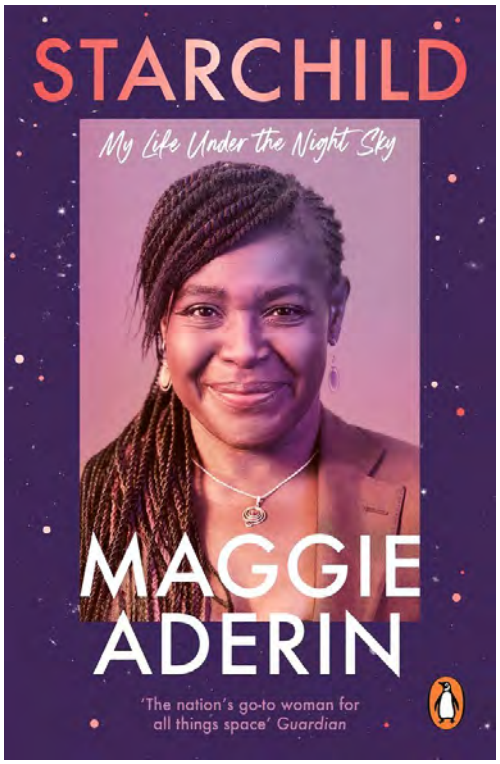
**An inspirational memoir from space scientist, presenter of *The Sky at Night*, and bestselling author Maggie Aderin-Pocock, now in paperback.**

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

Maggie Aderin's destiny was always written in the stars. From the age of three, inspired by *The Clangers*, her dream was to go into space. While her childhood was spent moving around the country, her fascination with the universe remained her constant and enmeshed in her a deep desire and determination to succeed as a scientist.

*Starchild* is Maggie's emotionally honest and intimate 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 work on the James Webb and Gemini telescopes, Maggie's story is a love letter to life and the universe that makes it possible.

**Dame Maggie Aderin** is a space scientist, author and broadcaster whose lifelong passion is making the wonders of the universe accessible to everyone. Over her career, she has created bespoke scientific instruments in both industrial and academic environments, including satellites that monitor climate change and contributing to the James Webb Space Telescope. In 2004, Maggie founded Science Innovation Ltd, a company dedicated to inspiring the next generation of scientists and engineers, particularly from underrepresented backgrounds. She is a BAFTA-nominated TV presenter, working on documentaries, children's factual television and comedy shows, and a bestselling author. She also co-hosts the world's longest-running science programme, *The Sky at Night*, and gave the 200th anniversary Christmas Lectures at the Royal Institution. Her contributions to the field have also earned her an Institute of Physics Gold Medal, a Barbie doll in her likeness

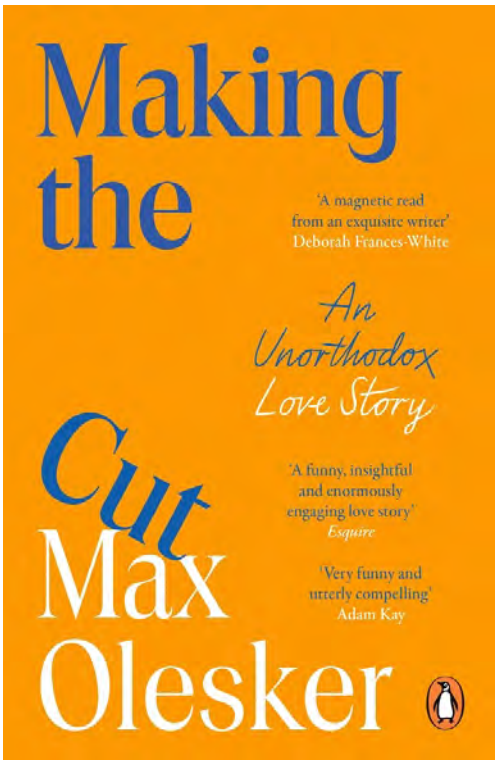



February 2027
9781785949456
B Format
£12.99 : Paperback
320 pages

# 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)**

**'A very funny and utterly compelling book' *Adam Kay***

**'Britain's answer to David Sedaris' *Andrew O'Hagan***

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 2027
9781529951738
B Format
£12.99 : Paperback
320 pages

# There's a Pig on the Sofa!

Adventures with our Furry and Feathered Friends

**The Braley Family**

**One of the UK's most loved families, the Braley family, share the wonderful, messy realities of their life with their three children and ever-growing menagerie of furry and feathered friends.**

***'Cal and I have always considered ourselves as "yes people" – what's the worst that can happen in letting a menagerie take up residence on our cream sofas?***

***But walking through our living room trying to navigate my way around sprawled paws, hooves and claws, I thought maybe, just maybe, we had got a little carried away.'***

These are the heart-warming and wonderful adventures of the Braley family and everything their furry and feathered friends have taught them.

Abbie and Cal Braley are raising their family on a smallholding in Gloucestershire and doing things a bit differently. With their goats, ducks, sheep, chickens, pigs, horses, dogs and turkeys allowed to roam free in and around the house, and their three lively kids – Buddy, Blossom and Buster – chasing after them, every day is an unpredictable adventure where chaos reigns supreme!

From cuddles on the sofa with Mollie the sheep (who thinks she's a dog) to managing the attitude of Percy the teenage pig, there's never a dull moment in the Braley home. For the first time, Abbie tells their story about how, after discovering the high needs of their eldest son Buddy, they needed to approach parenting differently. Their beloved animals became a therapy and a balm for the hardest moments and taught their family to embrace every opportunity for fun and play, even if it means a bit of mayhem.

This book will show you that a chaotic countryside life is within reach and is an uplifting tale of creating a family life brimming with joy, laughter, and, of course, plenty of noise.

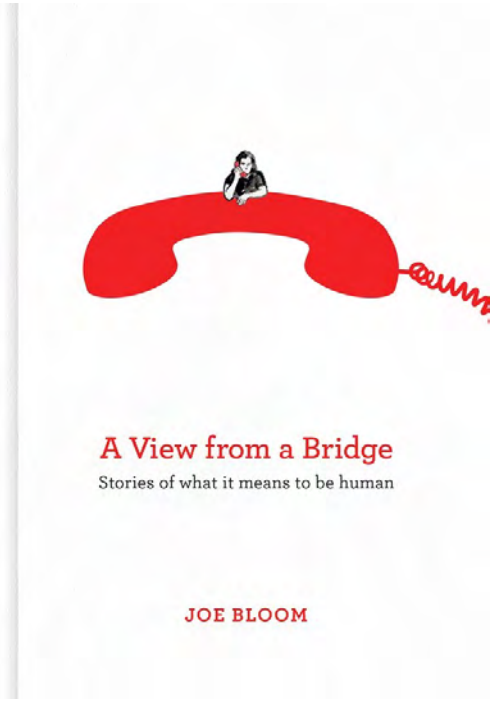
Put on your wellies and join them for the ride.

February 2027
9781807848620
Royal Octavo
£22.00 : Hardback
304 pages

# A View from a Bridge

**Joe Bloom**

**From the beloved Instagram phenomenon *A View from a Bridge*, this is a beautifully illustrated gift book celebrating our shared human experience through extraordinary stories of love, loss, hope and everything in between.**




**From beloved Instagram phenomenon A View from a Bridge comes a beautifully curated collection of stories celebrating what it means to be human.**

*A View from a Bridge* began with a simple invitation: to pause on a bridge, pick up an old telephone and share whatever was on your mind. In this space between one place and another, hundreds of strangers have found the freedom to reflect on life's biggest questions and smallest moments – and discovered that the stories we think are uniquely ours are often the ones that connect us most deeply to others.

This beautifully crafted collection brings together some of the most moving, surprising and unforgettable voices from the project, each offering a deeply personal perspective on the experiences that shape our lives.

Together, their stories explore grief, guilt, shame, love, loss, parenting, sexuality, disability, acceptance and belonging. They capture the extraordinarily ordinary moments that make up a life and remind us how much we can recognise ourselves in the experiences of people we have never met.

Beautifully illustrated with delicate line drawings, this is a book to return to again and again: to dip into for comfort, perspective and inspiration, or to give to someone you love.

Tender, uplifting and deeply moving, *A View from a Bridge* is a celebration of the stories we carry with us – and what can happen when we choose to share them.

Joe Bloom is an English artist who currently lives and works in London, England. He holds a BA in Painting and Printmaking from the Glasgow School of Art in Scotland. Joe Bloom works across various media, ranging from painting to film. At the

February 2027
9781529992250
216x153
£20.00 : Hardback
288 pages

# Think Like a Creator

Brand Building, Influence and Scaling Business Success in the Digital Age

**Jordan Schwarzenberger**

**Learn from the best with this insider's guide to building brand, influence and scaling online businesses like the world's biggest influencers and creators.**

**Think content creators are just 'people who make videos'?**

**Wrong.**

**They're billion-dollar businesses in the making.**

**From Mr Beast and Emma Chamberlain to the Sidemen and PewDiePie, the kids who started filming in their bedrooms are building companies that will one day outgrow Apple, Amazon, and probably the Illuminati.**

And what separates them? Not talent. Not luck.

It's a mindset and at its centre is the ability to:

- Start without waiting for permission (because let's be honest, no one's handing it out).
- Adapt to trends while staying authentic (aka not turning into a cringe corporate bot).
- Ignore outdated business rules and build straight to audience.
- Collaborate, innovate, and outwork everyone.

From one of the industry's most respected insider, the manager of The Sidemen Jordan Schwarzenberger, this book breaks all of it down. The stories, the strategies, the blueprint. *Think Like a Creators* shows you exactly how to apply that thinking to build something massive, whether you're a brand, a business, or just someone trying to stand out.

Because the reality is traditional business is dead. The future belongs to those who think like creators.

Published by FlightStory Books.

**Jordan Schwarzenberger** is the co-founder of Arcade, the entertainment company behind Europe's biggest creator media

March 2027
9781529147308
Royal Octavo
£17.99 : Trade Paperback
288 pages

# Chatsworth Kitchen Garden Cookbook

## Laura Burlington

**Laura Burlington has built a longstanding career in design, fashion and retail consultancy. She has been a board member of Acne Studios, an advisor to Selfridges, and a contributing editor to Vogue and The World of Interiors. With a longstanding interest in horticulture, she was a Trustee for the Garden Museum for many years. She is the author of House Style: Five Centuries of Fashion at Chatsworth and Lismore Castle: Food and Flowers from a Historic Irish Garden.**

Laura and her husband William recently made Chatsworth their home, taking responsibility for the house, garden, collections and wider estate, as well as the Chatsworth House Trust charity, from William's parents, the Duke and Duchess of Devonshire. Together, Laura and William are committed to conserving and energising the cultural and natural assets in their care for the benefit of their local communities, now and in the future.

Located within the Peak District National Park, Chatsworth comprises a Grade I listed house and stables, a 105-acre garden, a 1,822-acre park, a farmyard and adventure playground, and one of Europe's most significant private art collections.

Chatsworth is also a registered charity. Chatsworth House Trust is dedicated to looking after the house, collections, garden, and parkland, for everyone. Visitor income funds essential conservation and an ambitious programme of exhibitions, events, learning and community outreach. Every penny generated by ticket sales and membership is reinvested into the charity to make this possible.

Chatsworth plays an important role in the local community as a thriving cultural and educational destination, a nationally important historic landscape, and a working estate that operates with a mindful approach to the environment and sustainability.

March 2027
9781807848446
246x189
£35.00 : Hardback
288 pages

# Making Life Beautiful

Crafting joy into everyday

**Helen Heasman**

**Simple, whimsical crafts for everyday joy from a rapidly growing UK platform of over 1.4mil. *Tap To Tidy* meets Nancy Birtwhistle with a free-spirited edge.**

**'Make the most of life's good bits' - Helen**

Using simple affordable materials, found treasures from nature and everyday household items, Helen - AKA @crochetcrazyhelen - shares charming craft projects in 10, 20 and 30 minutes, alongside personal stories of how creating can help you find refuge, resilience and joy.

Part practical craft book, part gentle companion with uplifting mantras and beautiful illustrations, this is an empowering reminder that creativity can help us heal, connect and find joy in the smallest things.

Celebrate the beauty of ordinary things, the power of tiny rituals and the belief that you don't need a lot to live a happy life.

**Helen Heasman** has found refuge and joy in everyday crafts, and shares her simple, seasonal makes through her platform of over 1 million followers. Her gentle mission is to help as many people as possible realise ‘you don’t need a lot to lead a happy life’.

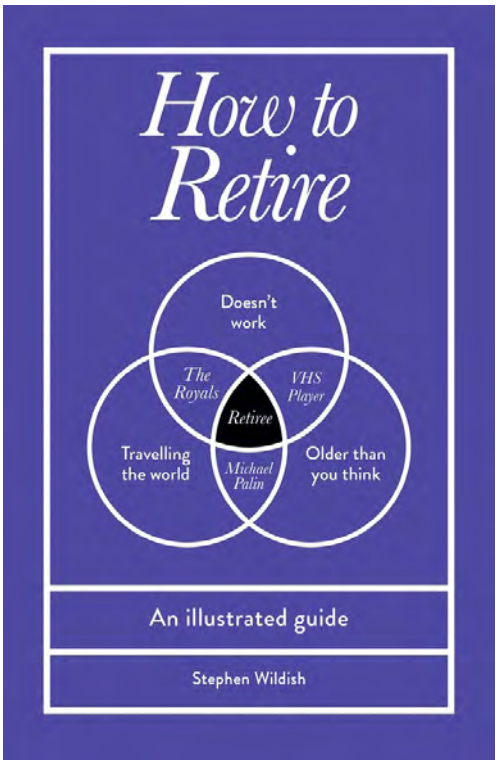
Find her online @crochetcrazyhelen

March 2027
9781807845582
216x153
£16.99 : Hardback
256 pages

# How to Retire

An illustrated guide

**Stephen Wildish**




**A funny, infographic guide to retirement, perfect for anyone looking to take things offline and pivot into their golden years.**

**OOO going forward.**

Congratulations! The 9–5 grind is behind you and you've finally found the perfect work-life balance … *now what?*

This ultimate infographic guide to transitioning into retirement will drill down into the specifics and guide you through your retirement with tips on:

- Stealing stationery from the office
- Picking the perfect hobby to occupy your time
- Keeping your grandkids happy for a few hours (and then handing them back)
- Deciding between a cruise or a caravan holiday

**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 2027
9781529995114
B Format
£14.99 : Hardback
192 pages

# 60-Second Therapy

Powerful Mental Resets for When Life Feels too Much

**Millie Hardie**

**Like *Why Has Nobody Told Me This Before?* made even more simple, this is a powerful antidote to the stress and overwhelm of modern life from viral mental health educator, The Pocket Psychologist.**

**'Your brain is fancy Play-Doh. It can always be reshaped.'**

Psychologist Millie Hardie hears the same thing every day: people are overwhelmed, stressed and exhausted. With so much for our brains to process, anxiety, self-doubt and burnout can start to feel normal. But when you understand how your brain works, everything begins to shift. Small, realistic changes in how you respond to thoughts and emotions can create real, lasting relief.

Drawing on Millie's wildly popular sixty-second psychology videos, this warm, compassionate and practical book is a first-aid kit for modern life. Using simple, memorable metaphors, Millie translates complex psychology into ideas you can grasp instantly – even on your hardest days – and shares powerful mindset-shifts that build into meaningful change over time.

Grounded in CBT, ACT, DBT and trauma-informed practice – and full of light-bulb moments that help everything make sense – this book will empower you to make your mind a kinder place to live.

Millie Hardie is a registered therapist and the founder of **The Pocket Psychologist**, a globally recognised mental health platform with a combined audience of more than 1m followers. She lives on a farm in New South Wales, Australia, where she balances her practice with lambing season, school lunchboxes and creating evidence-based content that translates therapy skills into practical, visual tools to help people better understand and care for their brains.

March 2027
9781785046971
Royal Octavo
£18.99 : Trade Paperback
224 pages

# Firm Parenting

Raising resilient children with fairness, intention, regulation and modelling

**Hayley Rice and Debbie Cullinane**

**A new parenting framework that balances connection with boundaries to raise emotionally secure, resilient children**

Parenting advice has never been louder or more confusing. After a decade dominated by the gentle parenting movement, many parents feel overwhelmed by conflicting advice, unclear boundaries and the pressure to stay calm at all times. It's time for a new model.

Psychotherapists Debbie and Hayley introduce F.I.R.M. Parenting (Fairness, Intention, Regulation and Modelling), a much-needed framework rooted in attachment theory, neuroscience and sensory awareness that balances emotional connection with firm boundaries – while putting parental wellbeing front and centre.

Blending clinical expertise with real-life stories and practical advice, this book shows parents how to:

- Set clear, kind boundaries that actually stick
- Stay steady when emotions are running high
- Use play as a tool for connection and safety
- Respond with confidence instead of reacting on autopilot

At a time when parents are craving clarity, *Firm Parenting* offers a fresh, research-backed path towards a calmer and connected family life.

March 2027
9781785047237
Demy Octavo
£17.99 : Trade Paperback
256 pages

**Hayley Rice (Author)**
**Hayley Rice** is a child and adolescent psychotherapist with over 10 years of clinical experience supporting children, teens, parents and schools. She specialises in emotional and behavioural needs, Filial Therapy, parent–child relationship therapy and sensory-informed approaches to regulation.

**Debbie Cullinane (Author)**

# Divine Standard Time

Small Sparks to Light Your Way

**Jennifer Rudolph Walsh**

**A luminous guide to discovering what becomes possible when we allow love to lead the way and life to unfold in its own divine time.**

**A luminous guide to discovering what becomes possible when we allow love to lead the way and life to unfold in its own divine time.**

Jennifer Rudolph Walsh was the consummate New Yorker, a powerhouse at the biggest talent agency, a champion of culture, a non-stop achiever, a mother, wife, sister, friend, who thrived off the go-go-go until that life no longer held the same allure, and she chose a radically different path.

After thirty years, Walsh traded the hustle of Manhattan for the peace of California’s redwoods, embarking on what she calls her 'sacred pause' exchanging the tyranny of the clock for Divine Standard Time—life lived not in scheduled increments but as a co-creation with the universe, time guided by a heart that knows when to make things happen and when to let them happen - a state of being that allows for life to unfold in a way that leaves room for mystery and magic, for serendipity and presence.

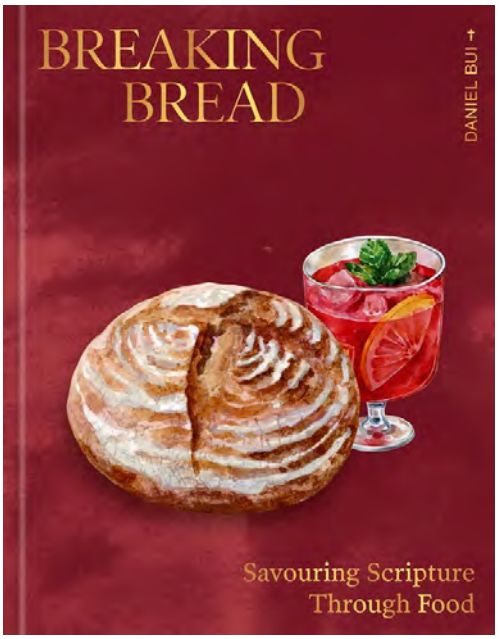
Walsh distills stories and insights from her life that crystallized in this reflective period, and through their wit and wisdom we see the path of our own lives illuminated. The result is a compact little wonder: a charming and profound book that teaches us how to loosen our grip, navigate the journey from the head to the heart, and find our people, our purpose, our joy, ourselves.

March 2027
9781846049637
Demy Octavo
£16.99 : Hardback
224 pages

# Breaking Bread

Savouring Scripture Through Food

**Daniel Bui**




**A first-of-its-kind devotional cookbook from growing online recipe creator Dan Bui aka @dumpedlingss**

**A cosy culinary journey through the Gospel of Mark**

In *Breaking Bread*, London food creator Daniel Bui – known to more than a million followers online as dumpedling – pairs biblical wisdom, meaningful reflections and beautiful globally inspired recipes to show how preparing and sharing a meal can become an opportunity to slow down, open God's Word and create space for meaningful conversation, creativity and connection.

Organised around the ancient Gospel of Mark, each recipe is inspired by a story in the Bible – from Roasted Tomato and Mango Bruschetta, inspired by John the Baptist's call to prepare the way, to Wild Mushroom Risotto, reflecting radical living in the wilderness – inviting readers to consider familiar stories through the creative process of cooking and eating together.

Filled with stunning photography and original artwork, this cookbook is an invitation to discover how ordinary meals can become meaningful moments every day.

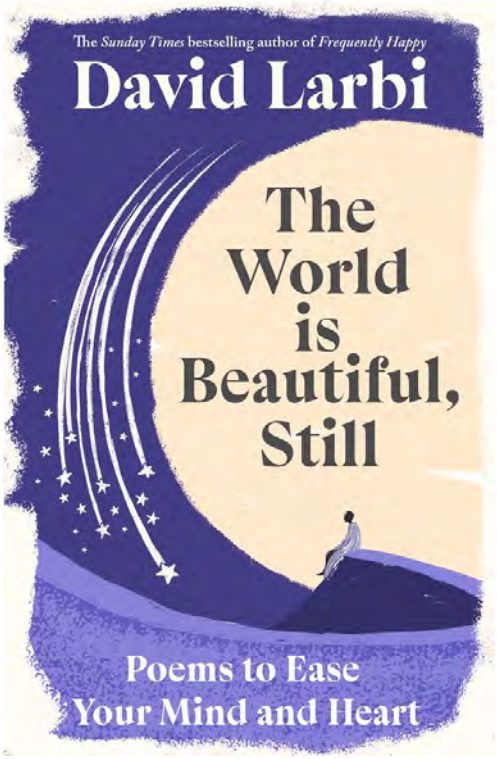
**Daniel Bui** is a food content creator, storyteller and devoted follower of Jesus, best known for his cooking videos as Dumpedling on TikTok and Instagram. He was raised in his family's Vietnamese restaurant and trained as a chef in professional kitchens in London, developing both technical skills and a strong visual sensibility. In his online videos, Dan brings together cooking, Scripture and reflection, using food as a way to teach, reflect, and worship with a growing "food + faith" community. He has been nominated for Fortnum & Mason's Food Content Creator of the Year.

March 2027
9781911764052
246x189
£30.00 : Hardback
320 pages

# The World is Beautiful, Still

Poems to Ease Your Mind and Heart

**David Larbi**




**One hundred new poems from *Sunday Times* bestselling poet and happiness sensation David Larbi.**

**Find the wonder in the life you're living.**

*'What I didn't know at first, when I was in the deepest darkness, was how many pinholes of light would come.'*

The world is imperfect. Loneliness, grief, pain, heartbreak: our troubles can threaten to overwhelm us in a world that seems more disconnected, disillusioned and noisier than ever.

*Sunday Times* bestselling poet David Larbi knows this firsthand. And yet, as he reminds us with his poetry, the world – and people – are beautiful, still. Humanity endures, radiant and full of vibrant hope. In 100 poems and reflections, this book will show you how to see it, in both the marvellous and the mundane, and find the wonder in the life you're living.

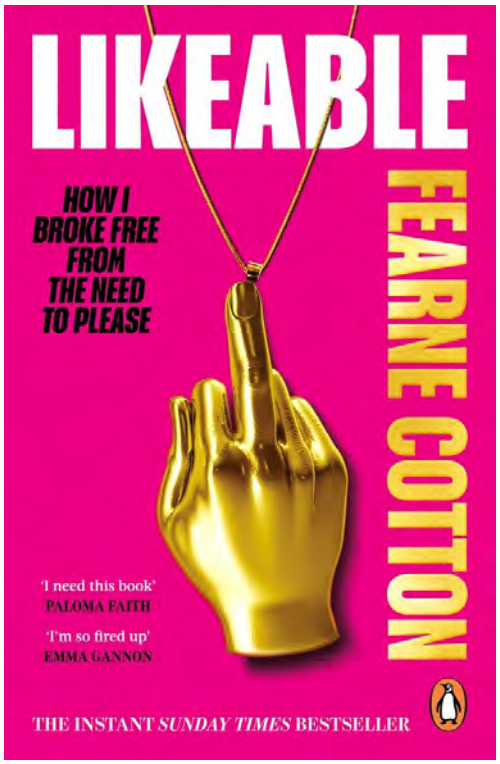
**David Larbi** is a writer, creator and poet from London. Through his experimentation with diverse platforms and forms of expression, he has built an online community based on introspection and emotional connection. He has a deep love for words, and wants anyone who comes across his work to leave feeling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

March 2027
9781846049446
Demy Octavo
£16.99 : Hardback
144 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**

****With a brand new exclusive chapter for this paperback edition!****

**'I need this book. It doesn't matter how much I lie to myself – I can't avoid the fact I desperately want to be liked' – Paloma Faith**

THE INSTANT *SUNDAY TIMES* BESTSELLER

**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 have 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*

#2 *Sunday Times* bestseller, March 2026

**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

March 2027
9781785047091
B Format
£11.99 : Paperback
288 pages

# Why Be Catholic

Understanding Our Experience and Tradition

**Richard Rohr**

**A bold and honest exploration of what it means to be Catholic in a changing world from one of the greatest Christian thinkers of our time**

In this candid and wide-ranging work, Richard Rohr and Joseph Martos confront the tensions many Catholics feel about their faith, identity and belonging, wrestling honestly with both the brilliance and the shadow of the Catholic tradition.

Moving through the strengths of Catholicism - its sacramental imagination, universal vision, communal depth and call to social transformation - while also acknowledging its institutional failures and blind spots, the authors refuse both nostalgia and easy dismissal. Instead, they argue that Catholicism is a living tradition to inhabit and reform from within.

At its heart, this book is an invitation to rediscover the wisdom of the tradition, to take personal responsibility for faith and to embrace the demanding, transformative call to holiness that has shaped Catholic saints across the centuries.

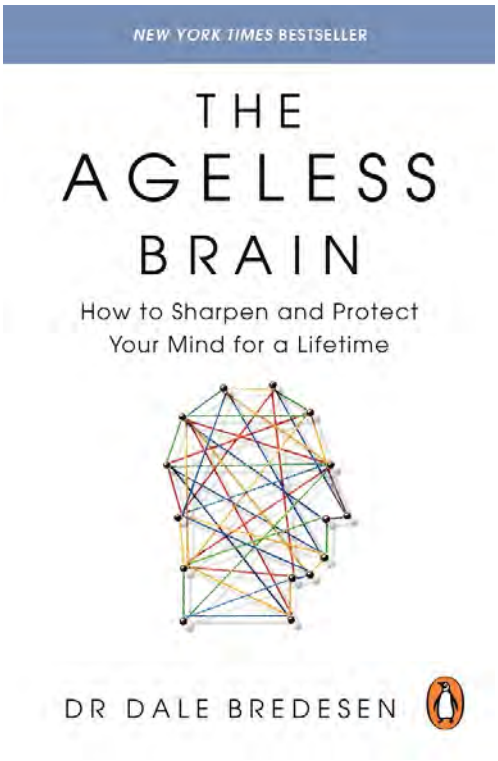
**Richard Rohr** is a globally recognised Franciscan friar and ecumenical teacher whose work bears witness to the deep wisdom of Christian mysticism. He is the founder of the Centre for Action and Contemplation in Albuquerque, New Mexico - an educational nonprofit dedicated to introducing seekers to the contemplative Christian path of transformation. Rohr is the author of numerous books, including the *New York Times* bestseller *The Universal Christ*. His work has been featured on *The Oprah Podcast* and *On Being* with Krista Tippett, and in *The New Yorker* and *Harper's Magazine.*

March 2027
9781911764274
Demy Octavo
£18.99 : Trade Paperback
160 pages

# The Ageless Brain

How to Sharpen and Protect Your Mind for a Lifetime

**Dale Bredesen**




**From the bestselling author of *The End of Alzheimer's*, this book is a revolutionary new approach to prevent the onset of neurodegenerative disease and sustain brain health for life.**

**From the bestselling author of *The End of Alzheimer's* comes a revolutionary new approach to preserve brain health, for life.**
Ask people what they fear most about ageing, and memory loss is likely to be top of their list. Whether we've watched loved ones suffer from diseases such as dementia, or we have begun to experience moments of forgetfulness ourselves, losing our cognitive abilities is a worrying prospect. Until now.

In this empowering and transformative book, Dr Dale Bredesen shows us how brain ageing and neurological diseases are completely avoidable, regardless of our genes.

Bringing together a lifetime of clinical work and research, you'll find out the very best brain health strategies that can be put into action straight away, along with a comprehensive background on what the new science says about how to reverse and prevent cognitive decline. Whether you're in your twenties or nineties, a healthy, highly functional brain is your greatest asset – this book will show you how.

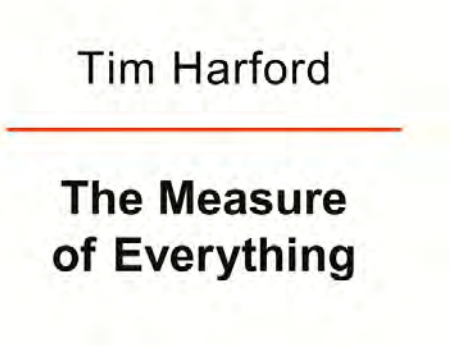
**Dr Dale Bredesen** is internationally recognised as an expert in the mechanisms of neurodegenerative diseases, such as Alzheimer's disease. He graduated from Caltech, then earned his MD from Duke University Medical Center in Durham, North Carolina. He served as chief resident in neurology at the University of California, San Francisco (UCSF) before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH postdoctoral fellow. He held faculty positions at UCSF, UCLA and the University of California, San Diego. Dr Bredesen directed the Program on Aging at the Burnham Institute before joining the Buck Institute in 1998 as its founding president and CEO. He is Professor of Neurology at the University of California, Los Angeles.

March 2027
9781785047077
B Format
£12.99 : Paperback
384 pages

# The Measure of Everything

**Tim Harford**

**Bestselling, prize-winning author, podcast host and FT columnist Tim Harford reveals the incredible story of how counting has shaped our past and future, for fans of Yuval Harari, Ed Conway, Adam Grant and Tim Marshall.**




*The Measure of Everything* is the epic story of how data created the modern world — and why our future depends on learning to use it wisely.

For thousands of years, humanity's greatest breakthroughs have begun with a deceptively simple act: counting. Counting harvests and armies. Births and deaths. Money and trade. From the first marks scratched into clay tablets to the algorithms driving artificial intelligence, data has quietly shaped empires, transformed medicine, fuelled financial booms, won wars and changed the fate of nations.

Now, in his most ambitious book yet, bestselling author Tim Harford uncovers the hidden history of the numbers that made civilisation. Sweeping across centuries and continents, *The Measure of Everything* brings to life an extraordinary cast of visionaries, obsessives and revolutionaries: the medieval merchants who invented modern capitalism, the scientists who learned to predict the spread of disease, the pioneers who taught machines to think, and the dangerous ideologues who twisted data into a tool of control.

At once a grand narrative history, a guide to understanding the modern world and a bold vision of what comes next, this is a story about power — who has it, who loses it, and how data became the defining force of our age.

Thrilling, surprising and profoundly relevant, *The Measure of Everything* shows that the fate of societies has always belonged to those who understand the numbers behind them.

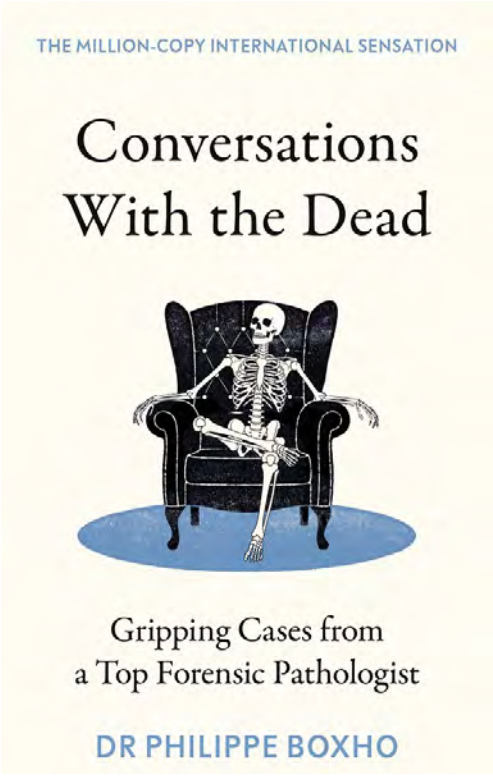
March 2027
9780753561720
Royal Octavo
£25.00 : Hardback
336 pages

Tim is an economist, journalist and broadcaster. He is author of "How To Make the World Add Up" / "The Data Detective", "Messy", and the million-selling "The Undercover Economist". Tim is a senior columnist at the Financial Times, and the presenter of Radio 4's "More or Less", the iTunes-topping series "Fifty Things That Made the Modern Economy", and the

# Conversations with the Dead

Gripping Cases From a Top Forensic Pathologist

**Dr Philippe Boxho**




**Poirot meets Dr House in this international bestselling word-of-mouth Belgian hit. The first book from million-copy bestselling author and forensic pathologist Dr Philippe Boxho, in which he shares gripping stories and secrets from his career examining the dead.**

**The first book from million-copy bestselling author and forensic pathologist Dr Philippe Boxho, in which he shares gripping stories and secrets from his career examining the dead.**

***'Hello, Doctor? We have a problem.'***

**The dead can speak - if you know how to listen.** And renowned Belgian forensic pathologist Dr Philippe Boxho certainly does. During his long career spanning more than thirty years, he has been called to examine over 4,000 bodies. Now he shares some of his most memorable, chilling, and often morbidly funny stories.

In *Conversations with the Dead*, he takes us to crime scenes where bodies disappear, murders are covered up, suicides reveal surprises, and the dead aren't always as dead as we think. Exploring a range of fatal causes - some brutal, some accidental, and others cruelly mundane - Dr Boxho shows us the science behind his quest to uncover the truth.

Gripping, surprising, at times humorous and deeply moving, *Conversations with the Dead* offers readers a glimpse into the darkest recesses of the human psyche, and reveals the universal threads of life that make us human.

**Philippe Boxho (Author)**
**Dr Philippe Boxho** is a renowned Belgian forensic pathologist, criminologist and bestselling author. Born in Liège in 1965, he has dedicated his life to uncovering the truth behind unexplained deaths, working at the intersection of science, justice and human stories.

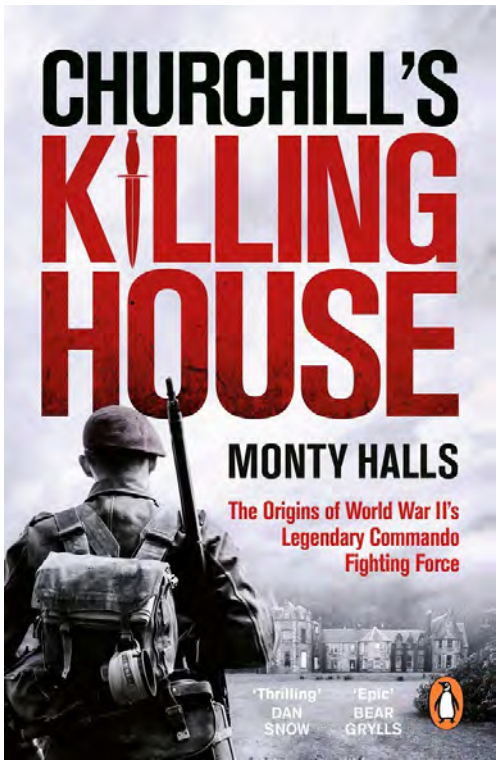
With more than 4,000 autopsies to his name, Boxho is one of Belgium's most respected medical examiners. He holds a doctorate in medicine and a PhD in criminology, and is currently a professor and director of the Institute of Forensic Medicine at

March 2027
9781529993417
Demy Octavo
£18.99 : Hardback
240 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 Invairlort, 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, Inverailort 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.

March 2027
9780753561225
B Format
£12.99 : Paperback
384 pages

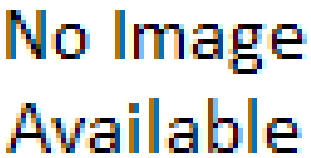
# The Science Of Discworld

The Roundworld Project

**Terry Pratchett, Ian Stewart & Jack Cohen**

**Discover real-world science through this *Sunday Times* bestselling *Discworld* adventure**

When a wizardly experiment goes adrift, the wizards of Unseen University find themselves with a pocket universe on their hands: our Earth, a.k.a Roundworld, a place where neither magic nor common sense seems to stand a chance against logic.




As the wizards watch their accidental creation grow, the Dean magically nudges Roundworld in an attempt to speed up evolution, knocking it off course and risking the birth of humanity. Realising they may have broken history, Ridcully, Ponder Stibbons, Rincewind and the Librarian embark on an expedition to our world to try to set everything back on track.

Through this original Terry Pratchett story (with intervening chapters from science writers Cohen and Stewart) we discover how scientific progress works and learn about how life evolved alongside the wizards. We observe how our our understanding deepens through new discoveries and how the richness of a universe based on rules has led to a complex world where at least one species has tried to get a grip of what was going on.

**Terry Pratchett (Author)**
**Terry Pratchett** was the acclaimed creator of the global bestselling Discworld series, the first of which, *The Colour of Magic,* was published in 1983. In all, he was the author of over fifty bestselling books which have sold over 100 million copies worldwide. His novels have been widely adapted for stage and screen, and he was the winner of multiple prizes, including the Carnegie Medal. He was awarded a knighthood for services to literature in 2009, although he always wryly maintained that his greatest service to literature was to avoid writing any.

www.terrypratchettbooks.com

**Ian Stewart (Author)**
Professor Ian Stewart is the author of many popular science books. He is the mathematics consultant for *New Scientist* and a Professor of Mathematics at the University of Warwick. He was awarded the Michael Faraday Prize for furthering the public understanding of science, and in 2001 became a Fellow

March 2027
9781529997651
Demy Octavo
£22.00 : Hardback
336 pages

# Doctor Who: The Vampire Mutation

The Lost Classic

**Terrance Dicks and Steve Cole**

***The Vampire Mutation* is a 'lost classic' by Terrance Dicks, newly novelised from the never-before-seen scripts of a cancelled Doctor Who episode from 1977.**

**Terrance Dicks's *The Vampire Mutation* was intended to open *Doctor Who*'s 15th season in 1977. Cancelled at the last moment, its secrets were believed lost forever. Now, working from never-before seen scripts and synopses, Steve Cole's novelisation brings this 'lost' adventure from a much-loved writer into the light.**

*'The conjunctions of the stars at last permit the awakening of the Dead One…'*

Summoned by the White Guardian to a domain outside time and space, the Doctor learns that the lynchpin of the cosmos – the Time Key – has been stolen. He *must* recover its six components before a great darkness smothers the universe.

The first fragment draws the TARDIS to a remote, mist-choked planet. Captured by terrified locals, Leela hears tell of night-creatures that drink the blood of their victims… while the Doctor falls prey to the sinister Council of Seven.

Who are the Witch Lords? What is the terrible significance of the Thousand Year Sabbath? With the world on the brink of catastrophe, will the vampire mutation thwart the Doctor's quest for the Time Key before it's even begun?

March 2027
9781911743187
Royal Octavo
£22.00 : Hardback
272 pages

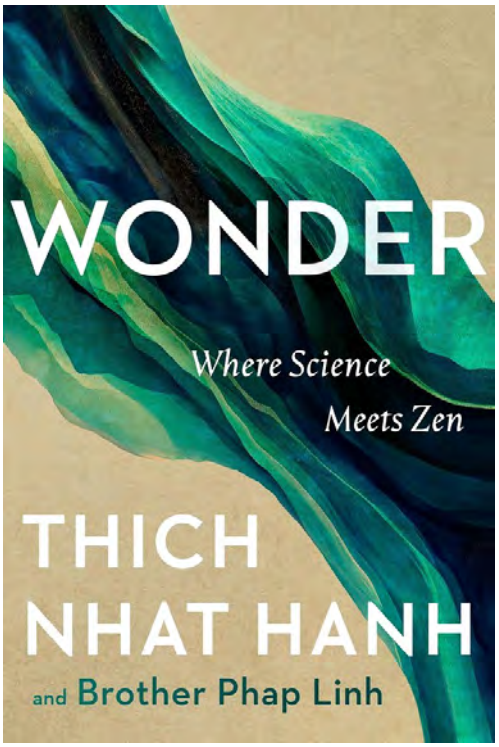
**Steve Cole (Author)**
**Steve Cole** is an editor and children's author whose sales exceed three million copies. His hugely successful *Astrosaurs* young fiction series has been a UK top-ten children's bestseller. His several original *Doctor Who* novels have also been bestsellers.

**Terrance Dicks (Author)**
**Terrance Dicks** became Script Editor of *Doctor Who* in 1968, co-writing Patrick Troughton's classic final serial, *The War Games*, and editing the show throughout the entire Jon Pertwee era to 1974. He wrote many iconic episodes and serials for the show after, including Tom Baker's first episode as the Fourth Doctor, *Robot*; *Horror at Fang Rock* in 1977; *State of Decay* in 1980; and

# Wonder

Where Science meets Zen

**Thich Nhat Hanh with Brother Phap Linh**




**A transformative Zen paradigm shift for breakthrough in scientific research and society, from the master of modern meditation**

In alternating chapters, Thich Nhat Hanh and his monastic student, Brother Spirit – a Cambridge University-trained mathematician and composer – share their insights on how Zen techniques can be used to enhance mental clarity, intuition and focus, essential qualities for achieving significant scientific and creative breakthroughs.

Thich Nhat Hanh addresses the roots of global crises and their solutions, predicting a new age of understanding and discovery if the next generation of scientists and innovators can transcend dualistic thinking. Meanwhile, Brother Spirit offers a raw and emotional account of his journey from excessive rationalism and scepticism to embodied spirituality.

Drawing on the insights of both science and Buddhism, *The Art of Unknowing* explores how Zen practices can help us face the challenges of a rapidly destabilising world, offering a radical path to becoming happier, kinder and more free.

**Thich Nhat Hanh (Author)**
Born in Hue, Vietnam, Thich Nhat Hanh was a Buddhist Zen Master, poet, scholar and human rights activist. In 1967, he was nominated for the Nobel Peace Prize by Martin Luther King. He founded the Van Hanh Buddhist University in Saigon, the School of Youth and Social Service and the Plum Village Buddhist community and meditation centre in France, where he lived for many years. He was the author of many acclaimed books including *The Miracle of Mindfulness*, *Old Path White Clouds* and *Fear*, which have sold millions of copies around the world. In 2018, he returned to Vietnam to live at the Tu Hieu Temple, where he was first ordained when he was sixteen years old. He died on 22 January 2022, at the age of 95.

**Brother Phap Linh (Author)**
**Brother Phap Linh (Brother Spirit)** is a Zen Buddhist monk and cellist, ordained by Thich Nhat Hanh in 2008. Before entering monastic life he studied mathematics at Cambridge and worked professionally as a composer. Soon after his ordination Thich Nhat Hanh entrusted to him the creation of a

March 2027
9781846048876
Demy Octavo
£18.99 : Trade Paperback
368 pages

# The Norwegian Method

The Secrets of Peak Performance from the Fittest Man on Earth

**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 philosophy, revealing the methods and principles that have led him to become the most successful endurance athlete in a generation.

**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.

April 2027
9781529147063
Royal Octavo
£22.00 : Hardback
336 pages

# The Writer's Mind

**Chris Banks**

**The definitive guide to unlocking your creative mindset and embarking on your creative journey, with practical strategies and underpinned by a decade of research into what makes writers tick.**

**The creator and CEO of ProWritingAid uses the latest science of peak performance and psychology to reveal how, in only four minutes a day, writers can become "creative athletes" and unlock their greatest asset: their mind.**

*The Writer's Mind* solves the biggest problem in writing: the unfinished manuscript.

Most writers don't struggle because they lack talent, discipline, or ideas. They struggle because of what happens in their minds when they sit down to write. Even motivated, skilled writers find themselves blocked by self-doubt, perfectionism, procrastination, and emotional exhaustion. The creative brain must constantly switch between imagination and focus—often over long periods—and this unique mental demand makes writing feel harder than it needs to be.

In *The Writer's Mind*, Chris Banks draws on neuroscience, positive psychology, cognitive behavioral science, and a decade of first-hand research with millions of writers to reveal a simple truth: mindset—not craft—is the primary factor that determines whether writers finish their work or quietly give up.

Introducing writers to how their brains actually work, including the concept of the mind as an 'energy landscape' shaped by habits, beliefs, and emotional patterns, readers learn how common 'writing blocks' form, why their biggest strengths often hide their biggest limitations, and how small, intentional mental practices can rewire creativity, focus, and resilience. These tools help writers quiet their inner critic, escape overthinking, build sustainable focus, and develop a healthier relationship with their creative work.

Blending science and storytelling, *The Writer's Mind* reframes writing from an uphill battle into a sustainable creative practice. It offers writers not inspiration alone, but a clear, compassionate operating manual for consolidation, consistency, and joy.

April 2027
9781529147520
Demy Octavo
£18.99 : Hardback
288 pages

# Live Well

Longevity in body, mind and spirit

**Carole Bamford**

**Live well, long term.**

Drawing on decades of lived experience, ancient wisdom, traditions, modern science and the philosophy that underpins the Bamford brand, *Live Well* reframes wellness not as something to achieve, but something to cultivate and look after.

The word 'wellness' has become mired in confusion. What once described a simple state of being or feeling well now encompasses an overwhelming tangle of techniques, treatments, supplements, diets, tinctures and trends, many of which promise optimisation, longevity or happiness, yet often leave people feeling anxious, inadequate or exhausted.

This book reclaims wellness – as something quieter, kinder and more human, through its recipes, rituals and advice in chapters:

- **Nourish**: food, gut health, botanicals
- **Connect**: nature, spirit, lunar cycle
- **Move**: gentle, intuitive movement
- **Sleep**: rest, repair and circadian rhythm regulation
- **Feel**: emotional health, breath, meditation and nervous system regulation

April 2027
9781807844363
246x189
£35.00 : Hardback
256 pages

**Carole Bamford** believes in sustainable and holistic living. Her passion for organic farming, natural clothing and well-considered beauty products has made her an influential champion of craftsmanship, traditional skills and natural living. Founder of Daylesford, she is recognised as a visionary in organic farming and healthy food retailing. Through the Bamford clothing and bath & body collections she is an energetic promoter of natural products and believes that artisan skills are to be cherished. Daylesford and Bamford have been recognised with numerous awards.

# Matcha Made Me Do It: Perfect Ted

Recipes, Rituals and Reflections for Every Mood

**Marisa Poster**

**Embrace the matcha lifestyle and unleash your inner 'Matcha B*tch' with recipes, micro-essays and life hacks from Perfect Ted co-founder Marisa Poster.**

A matcha girl might bring to mind the image of eternal calm, precise routine and aesthetically pleasing perfection but for the 'Matcha B*tch' it means spilling green all over those ideas. The 'Matcha B*tch' is chaotic, imperfect and still totally bossing it. They celebrate life's contradictions, set intentions (and then scroll past them). Marisa disrupted the matcha space and now, in her first book, she shows us how to embrace the matcha lifestyle: intentional choices, purposeful rituals and aesthetically pleasing living.

Matcha is the trend of today: and not just because it's beautiful. Matcha is also proven to have mind and body benefits. As someone with ADHD and anxiety, matcha helped Marisa access calm and energised focus. So, this book is organised by what mood you're in, featuring 8 key chapters: REST, GLOW, DELIGHT, PLAY, PRESENCE, FOCUS, CHAOS and CREATIVITY. Featuring home-styling and fashion tips as well as 24 recipes for matcha-themed drinks and food, you'll be ready for whatever life throws at you – matcha in hand.
This book is for those who live between perfection and imperfection, for the slightly chaotic yet whole-heartedly successful. Welcome to the world of Matcha, *B*tch.*

April 2027
9781807843762
215 x 165
£18.99 : Hardback
160 pages

# Friday Night Chicken

## Aaron Vallance

**Not since the writing of Claudia Roden has Jewish culture and its food been so beautifully brought to the page**

**SHORTLISTED FOR THE JANE GRIGSON AWARD 2025**

**'Aaron's heartfelt memoir will leave your heart and mind full … but your stomach craving latkes.' Tim Anderson, chef & award-winning writer**

**'Beautifully written. A book which reminds us that food is the language of love.' Asma Khan, chef & bestselling author**

In this captivating coming-of-age memoir, Aaron Vallance gives you a seat at the enchanting and delectable meals that shaped his understanding of the world growing up in an Ashkenazi Jewish family in 1980s Manchester.

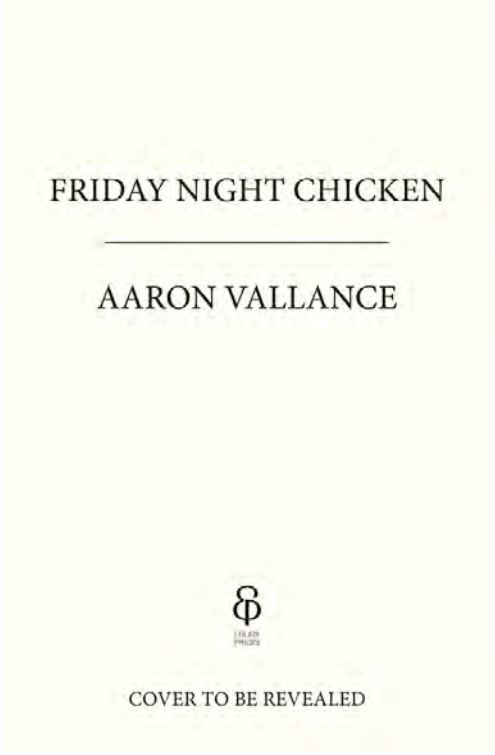
Through exceptional storytelling, Aaron re-creates the particularities of his childhood - one where he would have chicken on a Friday, eat Challah every Saturday, bagels every Sunday, and then a smattering of chopped herring, chremsls, chrain, and latkes in between. With a stomach full, he explores the traditions, rituals, festivals and meaning behind these foods we might all recognise, celebrating the nuances of a tight-knit, if often insular, Jewish community along the way.

Written with warmth and joy, *Friday Night Chicken* is a one-of-a-kind story for all lovers of food and personal stories to delight in.

**'Aaron is such a lyrical writer. I always learn something new.' Ruby Tandoh, bestselling author of *Eat Up!***

**'Full of heart and warmth. A joy to read!' Angela Hui, author of *Takeaway***

**Aaron Vallance is a writer, lover of food and part-time NHS doctor. His food writing blog *1 Dish 4 The Road*, has been shortlisted three times for a Guild Food Writers Award and he has also been published in Vittles, Lecker Magazine and Pit Magazine. He currently has a role at the Guild of Food Writers as a Special Officer for Diversity. *Friday Night Chicken* is Aaron's debut book and was shortlisted pre publication for the highly prestigious Jane Grigson Trust**




April 2027
9781529962437
Royal Octavo
£22.00 : Hardback
352 pages

# Hello Again

A Fresh Start for Parents and Adult Children

**Gabor Maté and Daniel Maté**

**Discover the true potential of one of the most important relationships in your life**

*For anyone who has ever thought, 'I love them – so why is this so hard?'*

**From the *New York Times* bestselling authors of *The Myth of Normal*, a path forward for both parents and adult children locked in a difficult relationship.**

What happens when the people who shaped you, or the ones you shaped, are the very ones you can't seem to reach – or can't bear to be close to anymore?

In *Hello Again,* clinician and trauma expert Dr Gabor Maté joins his son Daniel Maté to illuminate the uniquely charged bond between parents and their adult children – a relationship defined by love, history and an imbalance of power that never fully disappears.

Drawing on decades of clinical insight, hard-won personal experience and their widely attended workshops, the Matés show why this 'set menu, no substitutions' relationship so often becomes the site of recurring misunderstandings, resentment, withdrawal or explosive conflict – even when both sides genuinely want things to be better.

This book doesn't promise a tidy reconciliation or a 'happy ending.' Instead, it offers something more realistic and more hopeful: a fresh start – whether that means rebuilding closeness, establishing steadier boundaries or finding peace at a distance.

Inside you'll find:

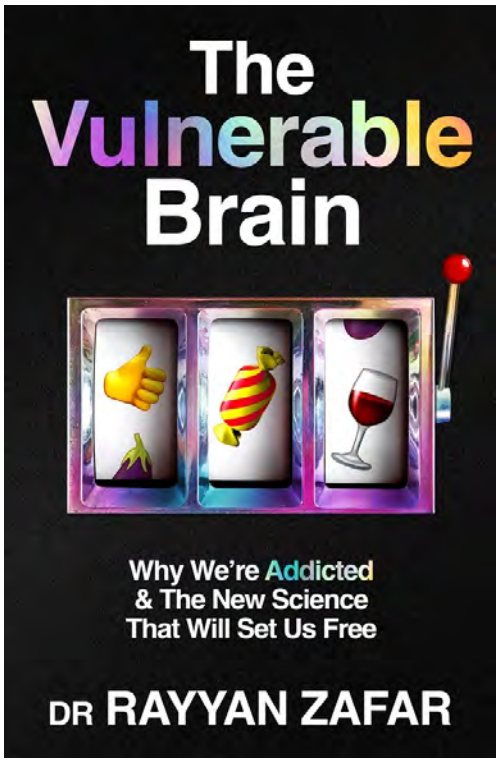
- A clear map of why the parent/adult-child bond is uniquely triggering – and why it's also uniquely repairable
- Parent and adult-child 'prototype' patterns that reveal what's really happening beneath the argument

April 2027
9781785042744
Royal Octavo
£25.00 : Hardback
256 pages

# The Vulnerable Brain

Why We're Addicted and the New Science That Will Set Us Free

**Dr Rayyan Zafar**




**A new understanding of addiction from expert neuropsychopharmacologist and rising star**

**An urgent and compassionate exploration of why we are all vulnerable to addiction and how emerging science can help us break free.**

We have built a world that exploits the most vulnerable parts of the human brain. Addiction is not an outlier, nor is it simply a failure of individual willpower. It reflects the interaction between our biology and the environments we have created. From our phones and feeds to substances, habits and behaviours we struggle to control, many of us live with the quiet sense that something has us hooked.

In *The Vulnerable Brain*, Dr Rayyan Zafar draws on neuroscience, his own personal story and his work at the frontline of psychedelic research to offer a radical new understanding of addiction as one of the defining public health challenges of our time. He tells the story of how our brains are shaped, how their ancient systems of desire can be hijacked and how, under the right conditions, they can be reshaped again.

Taking readers inside some of the most cutting-edge developments in medicine and neuroscience, Zafar brings us to the edge of a new and hopeful era and offers a vision of a future in which we can reclaim our attention, our agency and our capacity to want without being destroyed by what we desire.

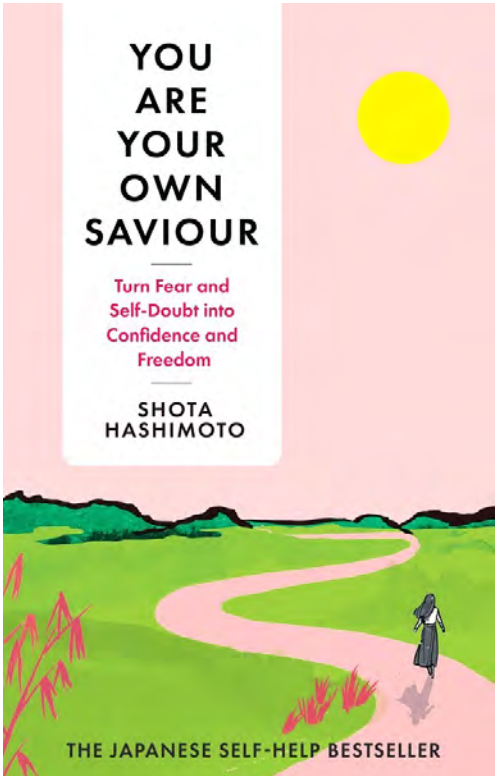
April 2027
9781785045929
Royal Octavo
£22.00 : Hardback
352 pages

**Dr Rayyan Zafar** is a neuropsychopharmacologist at Imperial College London's Centre for Psychedelic Research and Neuropsychopharmacology and a senior researcher at the independent charity Drug Science. His pioneering research explores the brain mechanisms underlying substance use and behavioural addictions, alongside the potential of psychedelic therapies and medical cannabis to transform treatment. A prominent public voice in his field, he has appeared as an

# You Are Your Own Saviour

How to turn fear and self-doubt into confidence and freedom

**Shota Hashimoto**




**Japanese bestseller by a clinical psychologist that provides a unique offering in the self-help space with its mix of beautiful anime and accessible, life-changing advice**

The power is within you to change your life for the better.

Why do I worry so much?
Why can't I break bad habits?
Why do I struggle with relationships?
I'm trying my best, so why doesn't it work out?

The answer to these questions may surprise you: the problems you have are there to keep you safe.

In this ground-breaking Japanese bestseller, clinical psychologist Shota Hashimoto reveals that within us all are over-protective 'knights' that trap us in unhelpful thought patterns. These knights are our unconscious speaking and they shield us from past hurt. But in order to move forward in our lives with confidence and purpose, we need to recognise, accept and work with these tricker parts of ourselves to make positive change.

Using an accessible four-part framework, you'll discover how to:

- Recognise the knights' true intentions
- Begin a dialogue with these inner protectors
- Collaborate with, rather than combat, your defences
- Transform your problems into allies

Whether you are looking to calm critical thoughts, face your fears, overcome unhelpful habits or build better relationships, this book will give you the tools to understand yourself better, navigate challenges and take your life in the direction **you** want to go.

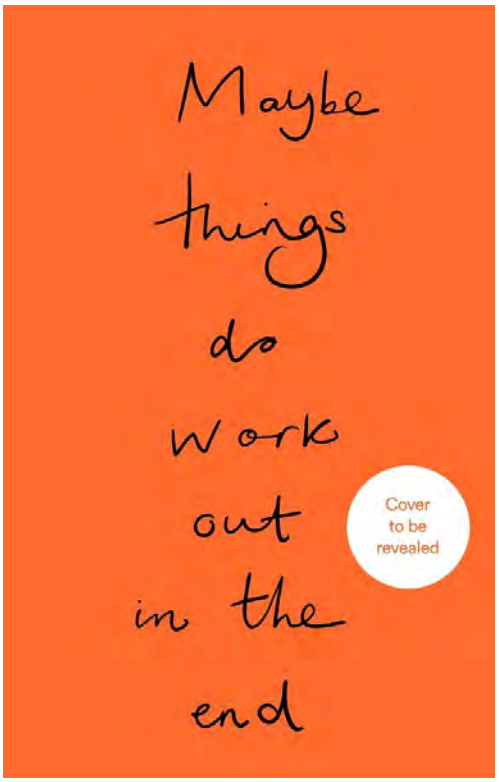
**Shota Hashimoto** is a Clinical Psychologist and former music teacher. His YouTube channel has 219k subscribers @shota_hashimoto.

April 2027
9781785046605
Demy Octavo
£16.99 : Hardback
224 pages

# Maybe Things Do Work Out in the End

Poems on the Weight and Wonder of Being Alive

**Daragh Fleming**




**A moving debut poetry collection from rising Irish poet Daragh Fleming, exploring anxiety, identity and loss while offering hope that better days still lie ahead.**

*'Maybe things do work out in the end.*
*Like what if you wake up one day*
*and the life you always wanted*
*is the life you have.'*

In *Maybe Things Do Work Out in the End*, poet Daragh Fleming writes from the messy centre of being alive. Moving through mental health struggles, loss, love, identity and the pressures of modern life, these poems reach for connection in the moments that keep us going. Often that connection is found in the ordinary; a comforting cup of tea, a dog waiting to play, a sibling's laughter, a grandfather's pencil marks or a helping hand reaching out to share the load.

For anyone who has ever had a difficult day, carried more than they thought possible or felt unsure of what might come next, this book offers recognition, comfort and the courage to believe that maybe things will work out in the end.

Daragh Fleming is a writer and poet from Cork, Ireland. He is the founder of the award-winning blog Thoughts Too Big, where he shares insights on mental health, masculinity, and personal growth. His social media has grown in recent years through viral spoken word poetry characterised by its candid exploration of contemporary existence, dissecting themes of identity and mental health with a sharp, unflinching eye. Daragh's work searches for connection and humanity in a world that feels more and more disconnected.

April 2027
9781846049408
Demy Octavo
£16.99 : Hardback
192 pages

# Visualise

Think, Feel, Perform Like the Top 1%

**Maya Raichoora**

**#1 visualisation expert Maya Raichoora teaches you the 5 life-changing techniques to rewire your brain.**

**'A timeless and essential read for anyone wanting to supercharge their mindset and performance**' Dr Tara Swart, neuroscientist and bestselling author of *The Source*

**'The best book you'll ever read on visualisation.'** Robin Sharma, #1 worldwide bestselling author of *The Wealth Money Can't Buy* and *The 5AM Club*

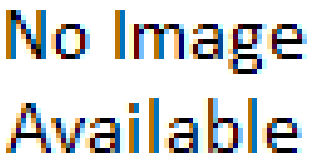
**FIVE VISUALISATION TECHNIQUES TO MASTER YOUR MIND, BUILD CONFIDENCE AND OPTIMISE PERFORMANCE**

For decades, top athletes and high performers have taken advantage of visualisation techniques to build their confidence, achieve their goals and develop emotional resilience. Now, for the first time, this powerful knowledge is accessible to everyone.

Through a blend of science, practical exercises and Maya's unique personal journey, this book teaches you the 5 key visualisation techniques for rewiring the brain and developing a champion's mindset: Outcome, Process, Creative, Negative and Explorative.

Whether you want to sharpen your focus, overcome imposter syndrome, be emotionally fearless or boost your productivity, *Visualise* will guide you to become the best version of yourself.

Maya Raichoora is one of the UK's leading mental fitness and visualisation experts. She is an award-winning entrepreneur, founder and CEO of Remap Mental Fitness. Day to day she works with global brands such as Nike, Gymshark, Asics, Amex and Lego. As a two times TEDx speaker and public figure, her story and expertise has the power to inspire, empower and educate the masses. She lives in London.

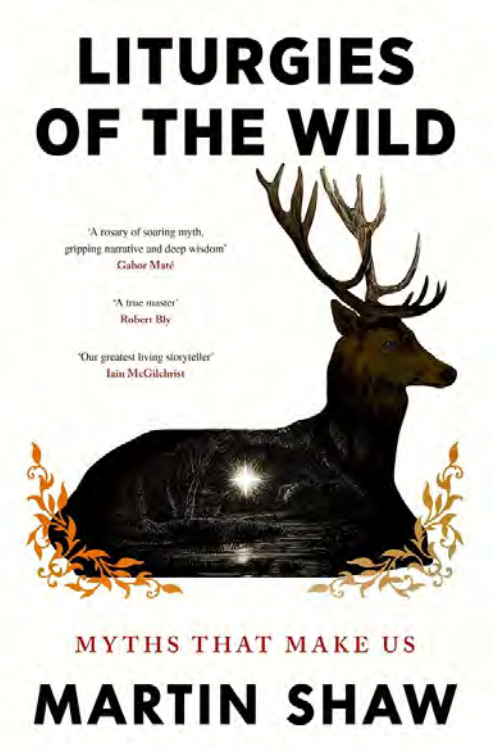



April 2027
9781846048531
B Format
£12.99 : Paperback
256 pages

# Liturgies of the Wild

Myths that Make Us

**Martin Shaw**




**'One of the master storytellers of our time' - Dr Gabor Maté, author of *The Myth of Normal***

***INSTANT NEW YORK TIMES BESTSELLER***

**'One of the master storytellers of our time' – Dr Gabor Maté, author of *The Myth of Normal***

**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, cut off from the deep wells of story and meaning that once prepared us for life's challenges.

Drawing on the 'ancient technologies' of myths and initiatory rites, Shaw invites readers to rediscover the ancient stories that shape the human soul — and to encounter Christ as the ultimate, transforming story providing a road to wholeness, maturity and connection. Within these pages, Shaw:

- 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;
- Shows you how to gather and reshape your own thrown-away stories.

Most vividly, Shaw shares his own spiritual journey and 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.

Blending nimble storytelling in the tradition of C.S. Lewis and

April 2027
9781911764304
B Format
£12.99 : Paperback
224 pages

# How to Wean Your Baby

The step-by-step plan to help your baby love their broccoli as much as their cake

**Charlotte Stirling-Reed**

**From an expert nutritionist with a big platform who helped Joe Wicks write *Wean In 15***

**THE *SUNDAY TIMES* BESTSELLER**

**'Charlotte gave me the confidence and knowledge to love every single step of the weaning journey'**
**Joe Wicks**

**'Charlotte really is a font of knowledge when it comes to weaning.'**
**Jools Oliver**

**'We've loved Charlotte's approach to weaning. Skye loves her food and we are so grateful for that!'**
**Ella Mills**

**The easy weaning plan to ensure your baby becomes a happy and adventurous little eater.**

In this beautiful, full-colour book, expert nutritionist Charlotte Stirling-Reed reveals her renowned method that has helped thousands of parents wean their babies confidently.

Based on a vegetable first approach, the perfect way to develop healthy eating habits and to tackle fussy eating before it begins, you'll be hand-held through the first 30 days of weaning as well as given lots of delicious recipes all the family can enjoy.

Packed with tried and tested tips, as well as the latest evidence-based guidance, *How to Wean Your Baby* will fully equip and empower you to take this exciting next step.

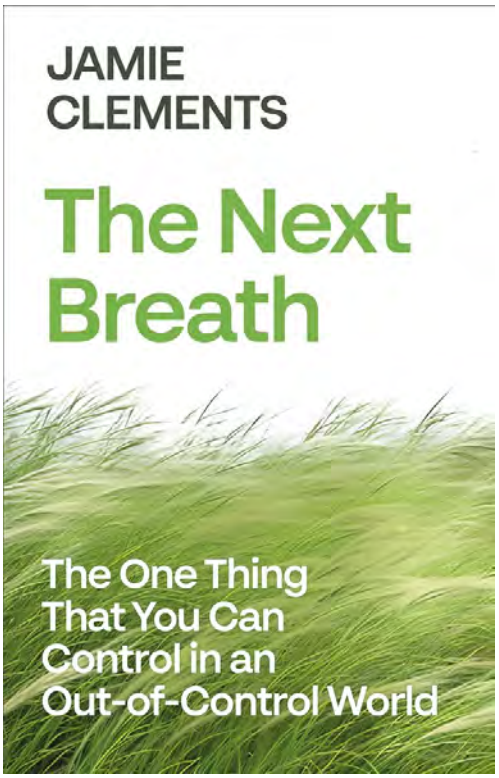
Charlotte Stirling-Reed is an award-winning Registered Nutritionist, multi-bestselling author, and leading expert in infant and toddler nutrition. Her first book, *How to Wean Your Baby*, is the UK's number one bestselling weaning book. Founder of SR Nutrition, Charlotte works with top UK brands, celebrities, and global organisations to champion better food for families. With more than 425k followers on social media and

April 2021
9781785043246
220 x 160 mm
£18.99 : Hardback
208 pages

# The Next Breath

The One Thing You Can Control in an Out-of-Control World

**Jamie Clements**




**A leading UK breathwork expert shares his unique approach, an invitation to journey into the body and foster a more honest relationship with being alive**

**When the world feels overwhelming, there is one thing you can always return to – your next breath.**

A truth we must all acknowledge is that we cannot always control the challenges life throws at us. In this powerful guide, leading breathwork expert Jamie Clements focuses on the one thing we can control – our breath – to offer a radically simple framework for navigating the complexity and demands of modern life.

Blending neuroscience, ancient wisdom, lived experience and practical tools, Clements reveals how conscious breathing can provide a gateway to clarity and calm in the moments you need them most. You'll discover how to use your very next breath to:

- Regulate your nervous system to tackle difficult conversations, stress and anxiety
- Reconnect to your body and anchor yourself in authentic experience
- Access states of consciousness that reveal deeper meaning and purpose
- Build your resilience and agency at work, in relationships and through life's transitions

Transform how you approach the simplest act of all, and discover the power in any moment to pause, to choose and to begin again.

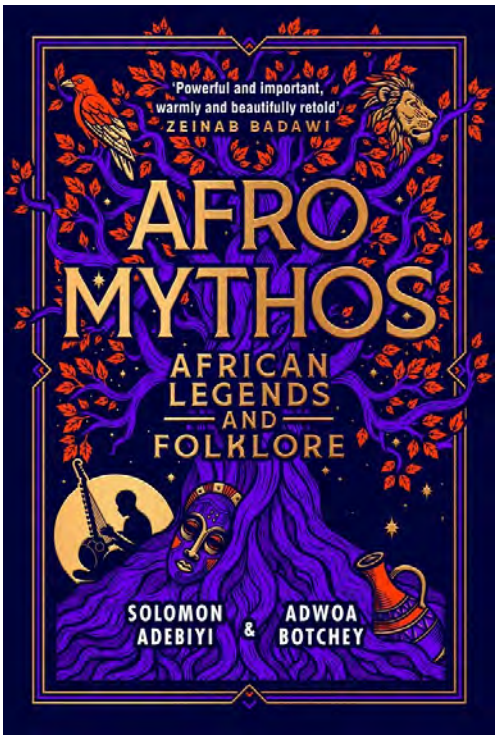
Jamie Clements is the founder of The Breath Space and host of *The Human Nature Podcast*. He is a breathwork facilitator, educator and thought leader whose work explores the intersection of breath, consciousness and human potential. He has worked with CEOs, politicians and elite athletes, and reached thousands more through workshops, retreats and *The Breath Space* app.

April 2027
9781785046834
Demy Octavo
£17.99 : Hardback
256 pages

# Afro Mythos

African Legends and Folklore

**Adwoa Botchey and Solomon Adebiyi**




***An African History of Africa* meets *Mythos*, in this groundbreaking collection of 75 African myths and legends, drawn from across the continent and diaspora. Beautifully illustrated, it does for Africa what Stephen Fry did for Greek myths.**

**A groundbreaking collection of 75 African myths and legends, beautifully retold and illustrated.**

***There's an African proverb that says, 'until the lion learns to write, every story will glorify the hunter.' So here we are, telling our stories.***

Myths and legends are powerful. They shape our earliest understandings of the world, and tell us about ourselves, our ancestors, and the fabric of our culture. You know about *The Odyssey*. You've read tales about Venus and Mars. You've heard the names of Thor, Odin and Loki. These European pantheons are rightly cherished, their stories endlessly retold and enjoyed. But for too long, the mythologies of Africa – the continent that everyone ultimately comes from – have been buried, distorted or forgotten.

In *Afro Mythos*, award-winning artists Adwoa Botchey and Solomon Adebiyi weave seven years of research into a spellbinding collection of stories that have long deserved the spotlight. Their bold illustrations accompany majestic retellings spanning the continent and diaspora, from the Maasai to Yoruba, Zulu to Hodou. Together, these beautiful tales capture a new way of seeing the world. Discover how wisdom spread across the earth, and how humans lost the ability to speak to animals. Learn about seven-headed serpents, gods who cry rivers, and tricksters who reshape fate.

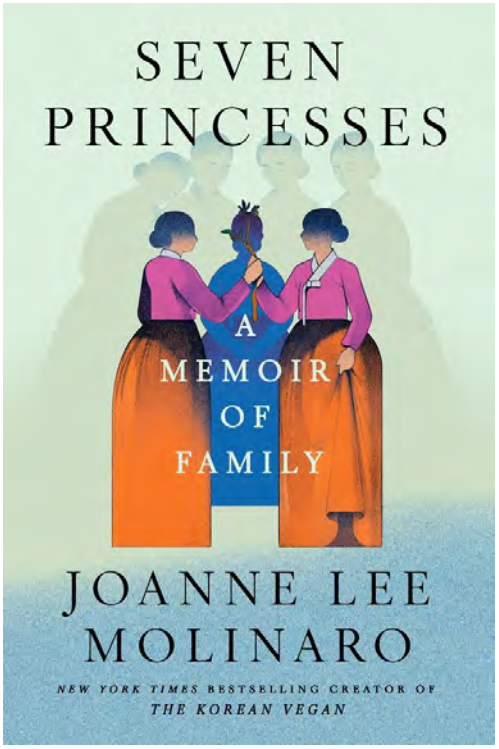
***So, are you ready? The stories are waiting. They were always meant to be shared.***

**Adwoa Botchey (Author)**
**Adwoa Botchey and Solomon Adebiyi** are award-winning storytellers, cultural educators and the creative couple behind Adeche Atelier, a research-driven platform dedicated tomaking African mythology, folklore and cultural history accessible. Through their art, talks, social media, workshops and

April 2027
9780753562192
Royal Octavo
£25.00 : Hardback
384 pages

# Seven Princesses

**Joanne Lee Molinaro**




**From Joanne Lee Molinaro, author of the *New York Times* bestselling and James Beard Award Winning *Korean Vegan Cookbook,* comes a searing memoir about womanhood, intergenerational healing, and resilience, A *Wild Swans* for the TikTok generation, perfect for fans of Jennette McCurdy.**

**From Joanne Lee Molinaro, author of the *New York Times* bestselling and James Beard Award–winning *The Korean Vegan Cookbook*, a searing memoir about womanhood, intergenerational healing, and resilience**

**'May this extraordinary woman inspire you to think more deeply about your own story—and the indelible power inherent in sharing it.' *Rich Roll***

Joanne Lee Molinaro's award-winning recipes have always told stories of food, family and home, all beginning with three women: Joanne, her mother, and her maternal grandmother. Part of a Korean family that came to the United States in the shadow of war, their three narratives speak of love, survival and transformation.

From suburban life in Chicago's Ktown during the 1980s to Ongjin, Korea during the Japanese occupation during the Korean War, Joanne brings to life her suburban upbringing, the church community, the sense of belonging it provided, and her journey to find the courage to leave an abusive marriage, interwoven with the extraordinary lives of her grandmother and mother, and the intergenerational strains of being caught between two cultures.

Through this beautifully entangled web of experiences, *Seven Princesses* celebrates women existing in the most precarious of circumstances, and tells a story that keeps repeating itself across the generations: one about a mother who gives up nearly everything for her daughter, and a daughter who spends the rest of her life trying to prove that she was worth it.

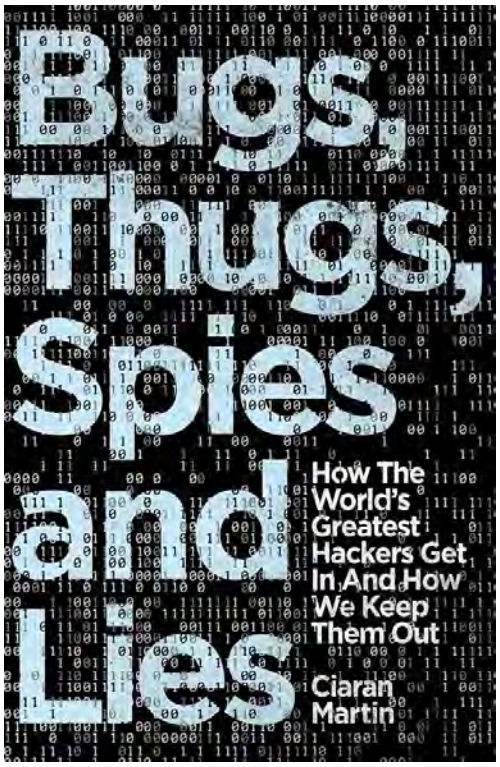
**Joanne Lee Molinaro** is the author of *The Korean Vegan Cookbook* and a Korean American social media star, born and raised in Chicago. Molinaro adopted a plant-based diet in

April 2027
9781807845292
Royal Octavo
£22.00 : Hardback
368 pages

# Bugs, Thugs, Spies and Lies

How the World's Greatest Hackers Get In and How We Keep Them Out

**Ciaran Martin**




**An urgent exploration of the "Achilles heel" of modern life by Britain's former cyber chief. For readers of *McMafia*, *Chip War* and *The Dark Net*.**

Our societies can't cope without computers. Every time they go down, so do we. We've become profoundly digitally dependent. But the foundations of our digital world are wildly insecure. They are built on sand.

These deep-rooted security weaknesses allow some of the worst people in our online world to take us for a dangerous ride. Every day, millions of people are scammed out of their money. Billions of pieces of sensitive data go missing. Worse, hospital appointments get cancelled because healthcare systems are overpowered by hackers. Other critical services fail. Few trust the information they're receiving online, and many more fall for information manipulation. And most worryingly of all, some of the most powerful and malevolent regimes on the planet are planting digital bombs all over our networks, so they can grind our lives to a halt in the event of a serious global crisis.

The Bugs in the book are the viruses sweeping through our digital bloodstream. The Thugs are the rapacious global criminals living the high life funded by ransom payments in cryptocurrency. The Spies are the hostile countries stealing our sensitive information and booby-trapping our critical services. The Lies are the consistent campaigns of online disinformation, increasingly powered by AI, designed to drain away the crucial trust that holds societies together.

This Achilles' heel of modern life demands a response before it's too late. Every individual and organisation needs to know what to do to survive the onslaught of cyber attacks. But we have to fix the fundamental problems of cyber security too. This book sets out how we can, and why we must.

**Ciaran Martin** set up GCHQ's National Cyber Security Centre, becoming its first chief executive in 2016. Between 2013-2020, he was a member of GCHQ's board. Since 2020, Ciaran has been a Professor at the University of Oxford, specialising in cyber security policy. In the UK, he's written on cyber security

April 2027
9780753561843
Royal Octavo
£22.00 : Hardback
320 pages

# Strangers

A Memoir of Marriage

**Belle Burden**

**The must-read, million-copy internationally bestselling 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.**

THE INSTANT #1 *NEW YORK TIMES* BESTSELLER

**The empowering, must-read memoir of the end of a marriage and the start of a personal revolution, perfect for readers of Glennon Doyle and Miranda July.**

AS SEEN ON THE OPRAH WINFREY PODCAST
A BEST BOOK FOR SUMMER FOR *THE GUARDIAN, SUNDAY TIMES, GOOD HOUSEKEEPING, BRITISH VOGUE, AND MORE!*
SET TO BE A MAJOR NETFLIX PRODUCTION STARRING GWYNETH PALTROW

**'A beautifully written eulogy for the loss of a relationship'**
Joyce Carol Oates, award-winning author of *Blonde*

'More than a memoir of divorce, it is **a powerful testament to reclaiming voice, power, and joy.**' Adrienne Brodeur, bestselling author of *Wild Game*

'So **engaging**, so **addictive'** *Vogue*

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**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.

April 2027
9781529936131
B Format
£11.99 : Paperback
320 pages

# The Official Eurovision Quiz Book

**Paul Lang**

**The Ultimate, official, Eurovision Watch-Along Companion featuring trivia, quiz questions, infographics, stats and the all-important scorecards.**

**The ultimate watch-along companion for Eurovision fans everywhere!**

Whether you're hosting a full-blown Eurovision party, watching from the sofa or need your fix of your favourite contest all year round, *The Official Eurovision Quiz Book* has all the activities you'll need. Packed with trivia, puzzles, stats and games, this book turns Eurovision night into the ultimate interactive experience.

Test your knowledge between performances and relive iconic songs and unforgettable Eurovision moments from across the contest's history.

**Perfect for friendly competition, heated debates and shouting answers at the TV, this is a must-have for fans, and the perfect way to celebrate Eurovision at home!**

Paul Lang is the former Art Editor at *Doctor Who Adventures* and author of the 2017, 2018 and 2019 *Doctor Who Annual.* Lang also designed and helped to devise the critically-acclaimed *Brilliant Books*, and also designed *The Tardis Handbook, The Dalek Handbook, The Time Traveller's Almanac, A History of the Universe in 100 Objects* and the celebratory 50th anniversary book, *The Doctor - His Life and Times*.

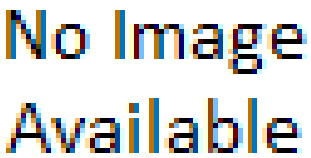
April 2027
9781785949944
Demy Octavo
£16.99 : Trade Paperback
256 pages

# The Wizard of Prog

The Truth And Something Like The Truth

**Rick Wakeman**

**With 50m album sales under his own name and countless millions more playing with Yes, David Bowie, Ozzy Osbourne and many others, Rick Wakeman is one of the greatest musicians of all time, and a bona fide rock star, who's seen it all, done it all, and now telling all in his era-defining autobiography**




From piano-playing childhood prodigy, through to classically trained keyboardist and onto his rise with Yes and as a solo artist, Rick Wakeman's story is one of very dramatic spirals, spectacular comebacks and legendary rock 'n' roll excess.

There was a time when an average day for Rick would include mocking a studio up like a farmyard, while knocking back double figures of pints, a couple of bottles of wine and at least a bottle of Scotch, and getting through 80 cigarettes. His health choices led to a series of heart attacks by the age of 25, after which he improved them.

Rick describes himself as his own worst enemy. He gets into extreme situations, including a period of sleeping on park benches, but he lives to tell the tale, which he famously does in a very entertaining manner.

Now aged 76, he wants to write it all down. The true stories behind the myths and legends. Looking at what really happened and why, what inspires him, and where the music comes from.

This will be the definitive, legacy memoir of one our greatest and most beloved homegrown rock 'n' roll icons and music visionaries.

Rick Wakeman is the most gifted keyboard player of his generation, and is as at home on stage at a rock concert as in the organ loft of a great cathedral.

Born and raised in West London, Rick intended to become a concert pianist but quit the Royal College of Music in 1969 and became a sought-after session musician, playing on 'Space Oddity' and 'Life On Mars?' for David Bowie, 'Morning Has Broken' for Cat Stevens and on tracks for Elton John, Marc Bolan and Lou Reed. After a brief stint in the folk rock group

April 2027
9781529983876
B Format
£12.99 : Paperback
320 pages

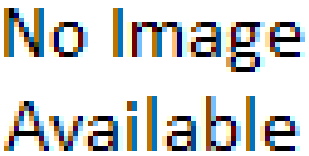
# Happy Ever After

My final journey with Gone Fishing

**Ted the Dog**

***Sunday Times* bestselling author Ted the Dog explores his options as his TV career on *Mortimer and Whitehouse: Gone Fishing* winds down, and looks forward to new rewards away from the cameras.**

**'My *Retirement Plan* is all about focusing on the positives of getting older and how to make the very best of it, recognising we are now in charge, we are the top dogs and we're not taking any nonsense.'**




Ted has loved his time on *Gone Fishing*, but realises it will be coming to an end soon and wants to be fully prepared for the gap it's going to leave in his life. It's not just about keeping his mind and body busy. He wants to be useful.

With fluctuating degrees of success, he investigates working for the military, delivering post for Royal Mail, helping out at a care home and volunteering at the animal shelter which rescued him when he was abandoned as a puppy.

Dogs and humans may age at a different pace, but the undeniable truth is that none of us are getting any younger and, following Ted's example, we can all learn how to embrace the future, accept new challenges and enjoy every second while doing so.

Ted the Dog (2012-2026) starred in BBC2's *Mortimer & Whitehouse: Gone Fishing* from Series 3, becoming a beloved fixture of the popular show, adding some much-needed animal magnetism over more than 40 episodes. His last appearance was in Series 9, before old age finally caught up with him and put the brakes on his riverside adventures. A highly acclaimed author, Ted's two previous books, *A Pawtobiography* and *Pup Fiction*, were *Sunday Times* bestsellers.

Ted's trusted co-author LISA CLARK has been producing award -winning entertainment and comedy shows for over 30 years and has been an integral part of *Mortimer and Whitehouse: Gone Fishing* since it began in 2018.

April 2027
9781529998757
B Format
£12.99 : Paperback
256 pages

# The Car Wash Way

## Bela Bajaria

**An inspirational memoir in lessons from Netflix's Global Chief Content Officer, Bela Bajaria, on belonging, representation and how success comes from embracing all that you are.**

**'The little girl raised above a corner shop by her Indian grandparents in 1970s north London who grows up to become one of the most powerful people in Hollywood, dictating what we stream, absorb and talk about.' *British Vogue***

**Squid Game. Bridgerton. Indian Matchmaking. Beef. All of these mega hits have one thing in common: Bela Bajaria. She is the Chief Content Officer at Netflix, at the pinnacle of a powerful and storied career in television, ushering in today's truly global era of entertainment.**

But it all started at her parent's car wash. Bela was just nine years old when she immigrated to California. Her parents had big dreams for their newly American family, but they were still distinctly Indian: part of a community and tradition that, at times, felt stifling to a young girl trying to assimilate. She was encouraged to dream big, but most women in her community stopped working after marriage. She was asked to be obedient and reserved in large group settings. She rebelled as a teenager, refusing to be the "good Indian daughter." Her parents had their community and their car wash. She was determined to succeed on her own terms.

And she did, working her way up from assistant, to executive, to running content for the biggest streamer in the business. She's one of few women of colour with greenlight authority in Hollywood. Her superpower is using her identity to help create global, unique and yet entirely relatable content. Often, she is asked- how did you do it? In answering, she's been surprised to realize that she owes much of it to the values she learned from the very Indian upbringing she rebelled against. Those values have served her in many pivotal moments of her career. She's worked hard to learn each part of a job, create her own community, lead with grace and determination. Any company she runs, no matter how big or prosperous, she treats as if it's her own family's car wash.

May 2027
9781529147155
Royal Octavo
£22.00 : Hardback
320 pages

# Sauce Shop: Recipes for full on Flavour

Recipes with full-on flavour

**Sauce Shop**

**Bring the flavour**

**Sauces aren't just for drizzling...**

Say goodbye to flavourless cooking for good with the exciting new cookbook from the award-winning Sauce Shop, featuring recipes to create and cook with sauces, condiments and ketchups.

With 50 quick, fun and simple recipes perfect for the whole family (plus recipes to recreate your favourite sauces at home), this is the ideal way to explore the whole spectrum of flavour – from spicy and smoky to acidic and sweet.

Recipes include: **The Only Hot Wings Recipe You'll Ever Need, Smoky Lamb Shoulder Ragu, Burnt Butter Buffalo Mac and Cheese, Korean-style Sticky Chicken, Hot Chocolate Cookies.**

Sauce recipes include: **Sauce Shop's Signature Chilli Mash, Louisiana-style Hot Sauce, Chilli Crisp, Smoky BBQ Rub, The Best Burger Sauce, Fermented Hot Honey.**

Featuring tips on how to transform any dish with just a dash of sauce and how to experiment with your own creations and sauce mash-ups, *Sauce Shop* is the perfect gift for anyone looking for full-on flavour with minimal effort.

Sauce Shop was founded in 2014 by flavour obsessives and food scientists Pam and James Digva. The brand was born out of the couple's frustrations with bland, mass-produced sauces.

Since then they've been crafting great tasting sauces made with natural ingredients and an uncompromising focus on flavour. Why? Because sauce can make or break a meal.

Whether you're cooking up a storm on a Sunday morning on hosting a BBQ, Sauce Shop brings the flavour.

May 2027
9781529997231
215 x 165
£20.00 : Hardback
192 pages

# Perfect Ten

ten essential recipes for a lifetime of brilliant baking

**Nicola Lamb**

**Master the elements of perfect baking, with the second book from the award-winning author of *SIFT* (25k TCM).**

Ten iconic recipes, tested to perfection, designed for you to memorise, master, and eventually make your own. These are the foundations for a lifetime of brilliant bakes.

Bestselling author Nicola Lamb is bringing you the only recipe you'll ever need to make the perfect:

- Choc Chip Cookie
- Shortbread
- Flaky Pastry
- Buttery Cake
- Fluffy Sponge
- Chocolate Mousse
- Caramel
- Meringue
- Custard
- Bread Dough

Each perfect base recipe comes with ten further variations, designed to show just how reliable and adaptable they are, and empower you to experiment, adapt and ultimately build creative confidence.

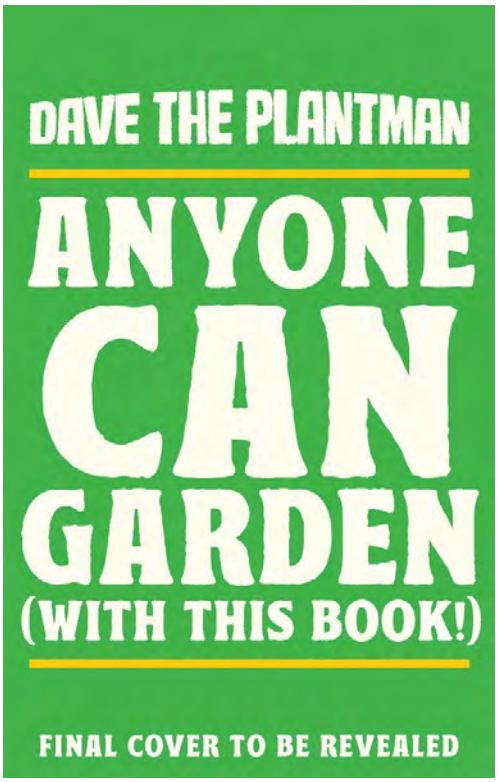
*Perfect Ten* will become the go-to-guide for new and established bakers alike.

**Nicola Lamb** is a recipe developer, consultant and pastry chef based in London. She trained in some of London and New York's top bakeries, including Dominique Ansel, Ottolenghi, Happy Endings, and Little Bread Pedlar. She is the author of 'Kitchen Projects', a top food and drink newsletter on Substack,

May 2027
9781529981957
246x189
£30.00 : Hardback
352 pages

# Anyone Can Garden (With This Book!)

## Dave the Plantman




**A friendly, approachable guide to a year of gardening from beloved online expert Dave the Plant Man.**

**When you don't feel confident on what to do in your garden – pick up this book.**

Dave the Plant Man has over 45 years' experience in horticulture, and in his debut guide he brings you all his knowledge in his characteristic no-nonsense, approachable way.

Taking you through a year in your plot, he covers all the gardening basics you need to know, answers the questions he is most commonly asked, and also includes inspirational planting guides, top 10 variety lists, and fascinating, easy-to-understand science that'll bring your gardening knowledge to life.

The opposite of pretentious, Dave's knows that *everyone* can garden – you just need the right book to show you how. In his own words 'you go and garden, and I'll hold your hand'.

Some of the things you will learn, how to:

- Plant up a window box
- Pot a Rose
- Take simple Plant Cuttings
- Prune an Olive Tree
- Scarify your Lawn
- Use Top Tips for Planting Bulbs

May 2027
9781807846893
Demy Octavo
£16.99 : Hardback
256 pages

Dave is an expert gardener with over 48 years' experience in commercial ornamental horticulture. Born in Lancashire and now based in Wigan, he started his journey into gardening at school where he worked at a local garden centre and after collage worked at a wholesale nursery that was part of the Barton Grange group. He stayed there for 27 years and worked his way up to joint manager of the company. After this role, he moved into the rose industry as account manager for large DIY companies buying their roses. He's exhibited at Chelsea Flower Show six times. Three years ago, he started

# Before You Fall Asleep, I Just Want You to Know

**Lucas Jones**

**The new collection from the instant Sunday Times bestseller and poetry phenomenon Lucas Jones. 'The monster breakout of 2026 ... a soulful antidote to the toxicity of the manosphere' - The Bookseller**

**The new poetry collection from bestselling author Lucas Jones, exploring powerful themes of hope, creativity and courage.**

How do you move through the world with an open heart? How do you keep the beauty and purpose alive? Poet Lucas Jones delves into the love, joy, dread and fear that we all hold deep within us, and illuminates how the impermanence of life is what makes it worth living.

Each one a reminder that every day deserves to be lived with wonder, courage, rage, pain and gratitude, these are poems for souls made tired by a world that does not honour the beauty within them.

**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.

May 2027
9781807841317
Demy Octavo
£16.99 : Hardback
144 pages

# Fire and Feast

Stories and recipes from a Gypsy Kitchen

**Caleb Botton**

**Discover the recipes and stories of Romani Gypsies in this breathtaking tribute to the food and lives of a community living off grid. For fans of Gill Meller, Julius Roberts and James Rebanks.**

**SHORTLISTED FOR THE JANE GRIGSON AWARD 2026**

***This is a food book like no other, a history of a secret people you have lived with side by side for generations, but never really known. It's the story of an esoteric culture, beliefs and customs, told through its food and family.***

Generations of Gypsies have cooked dishes shaped by land, movement, scarcity and season – yet these recipes were always passed down through oral traditions. There is no grand chorus of British Gypsy food writing or way of life. In this captivating memoir, Caleb Botton does what hasn't been done before: he tells the authentic story of Romany Gypsy life, through the food he grew up cooking and eating and the people he shared it with. The real life: uneven, smoky, shaped by memory, weather and working hands.

Whether it's a meat stew, Gypsy soda bread or bacon rasher pudding, each recipe is a small act of cultural recollection. Part history, part memoir and rooted in remembrance, this book will be a testimony of how an often misunderstood, vilified and romanticised people move, endure and survive.

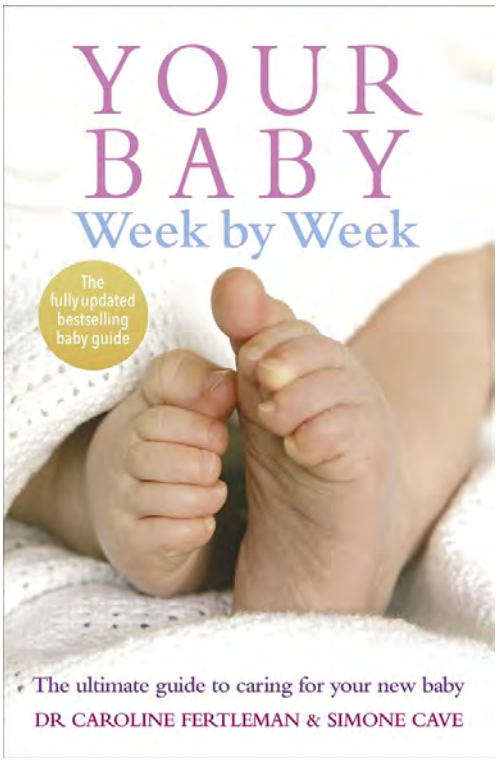
Caleb Botton is a writer, film maker, lecturer and Romani food historian. He has worked as a professor, government consultant, analyst and cultural commentator. He is a member of one of the most famous Gypsy families in Britain and counts amongst his cousins Tyson Fury. The wonderful stories and recipes in this book were passed down through grandparents, parents, aunts and uncles as well as through Caleb's experiences of growing up in this tight-knit community.

May 2027
9781529984491
Royal Octavo
£22.00 : Hardback
352 pages

# Your Baby Week By Week

The ultimate guide to caring for your new baby – FULLY UPDATED JUNE 2018

**Dr Caroline Fertleman and Simone Cave**




**The bestselling week-by-week guide from birth until six months.**

**The bestselling week-by-week baby guide from birth until six months, the ultimate baby development book for new parents.**

**'A lifesaver for every new mum'** *Grazia*

'The bite-sized approach to topics such as crying, feeding, sleeping and weaning is **perfect for helping mums through all the challenges of the early days and inspiring** them to feel confident.' *Prima Baby*

The first six months with a new baby is a special and exciting time full of milestones and new experiences. In *Your Baby Week by Week,* paediatrician Dr Caroline Fertleman and health writer Simone Cave offer a practical guide to provide reassuring advice so you can be confident about your baby's needs.

Now fully updated, each chapter covers a week of your baby's development, so you are empowered with the knowledge to care for your newborn, including:

- **How to tell if your baby is getting enough milk**
- Spotting **when you need to take your baby to the doctor**
- Identifying **why your baby is crying**
- How long your baby is likely to **sleep** and cry for
- **Tips on breastfeeding** and when to **wean** your baby

May 2007
9780091910556
Royal Octavo
£18.99 : Trade Paperback
304 pages

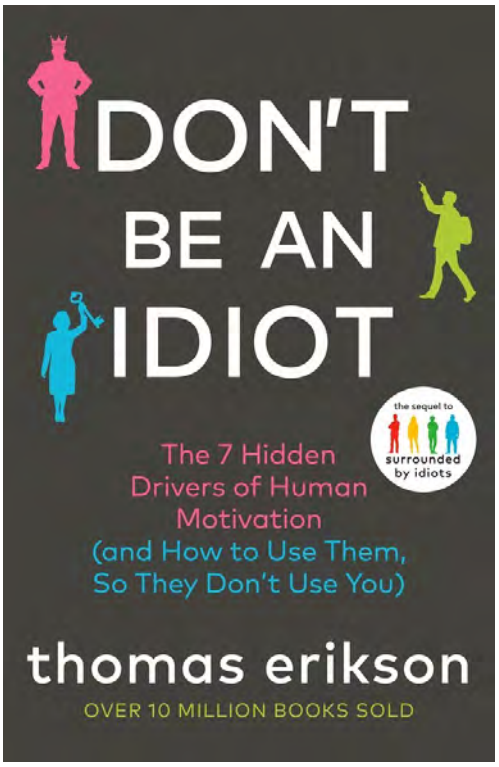
**Full of all the information and tips for every parent, *Your Baby Week by Week* is the only guide you'll need to starting life with your new baby.**

**Caroline Fertleman (Author)**
Dr Caroline Fertleman is Consultant Paediatrician at the Whittington Hospital, London, and is Honorary Senior Lecturer at the Royal Free Hospital and University College London Medical School. She lives in London with her husband and

# Don't Be An Idiot

The Seven Drivers of Human Behaviour (and How to Use Them, So They Don't Use You)

**Thomas Erikson**




**From the multi-million copy bestselling author of *Surrounded by Idiots*, a fresh and exciting guide to finding your true purpose**

**You've tamed the idiots around you – now it's time to master the idiots inside ...**

What motivates you? Are you a fixer, an investor, a helper, a keeper, a leader, a harmoniser or an explorer?

Thomas Erikson's million-copy selling classic *Surrounded By Idiots* taught the world HOW we act – this book will help you understand WHY we act. Understanding behaviour is transactional, but understanding your motivations can be truly transformational.

These drivers, each with their own agenda, can determine not only the roads we take in life but the way we navigate the terrain at any moment. Most of us are led by one or two of these drivers in a unique, dynamic combination. When we authentically align our actions with our true drivers, it can turbo-charge our lives; but if there is dissonance, we struggle.

Thankfully, lasting change can come when we tame our drivers to become guides rather than dictators. Starting with a test to discover what drives you, Thomas helps us to become more self-aware, restore balance and find fulfilment in ways that serve both ourselves and those around us.

It's not knowing how you act but why you act that sets you free ...

**Thomas Erikson** is a Swedish behaviourist, internationally sought-after keynote speaker, mentor and author. For over 25 years, he has travelled the world delivering seminars and lectures, mentoring executives at companies such as Coca-Cola, Microsoft, KIA Motors, Volvo and IKEA. His book *Surrounded by Idiots* is one of Sweden's best-selling non-fiction titles of all time, with more than seven million copies sold in 70 languages. The whole *Surrounded By* series has so far sold twelve million copies worldwide. He lives in the Swedish countryside with his wife Christina, who is also an author.

May 2027
9781785046353
Royal Octavo
£22.00 : Hardback
320 pages

# Your New Prime

Reclaim Vitality, Balance Hormones and Reverse Your Biological Age

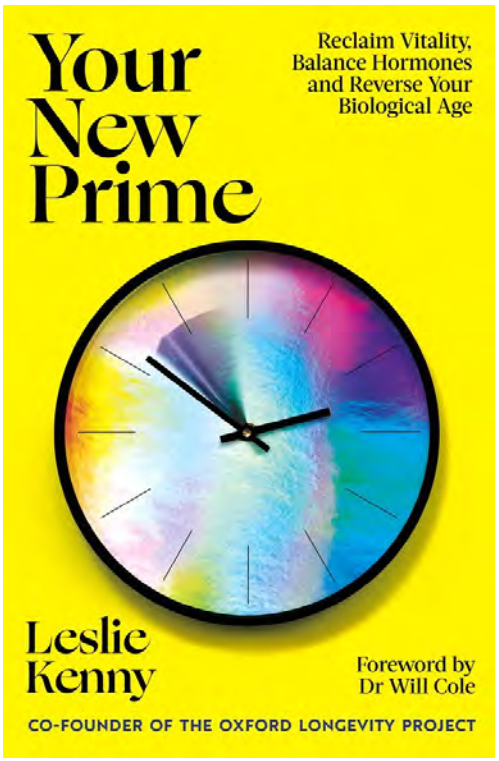
**Leslie Kenny**

**How to take control of your health and make *right now* the prime of your life – whatever your age**

By age 40, most people feel that their prime years of health are behind them. We're led to believe that our age dictates how much we can do, and how well we can expect to be. But what if it didn't have to be that way?

In *The Longevity Revolution*, health span expert Leslie Kenny offers you a comprehensive guide to making the most of whatever life stage you're in – not only taking control of your health, but empowering you to feel the best you've ever been. Demystifying the science of ageing, Kenny unpacks Nobel prize -winning research into accessible steps, translating it into a practical roadmap that anyone can follow to enhance their health span. Whether you're 25 or 85, this book is the key to making you feel unstoppable.

Leslie Kenny is a healthspan and patient advocate, as well as the founder of Oxford Healthspan and The Oxford Longevity Project. Diagnosed with 3 autoimmune diseases and given at best 5 years left to live, Leslie refused to believe there was nothing she could do about her diagnosis, and turned to lifestyle changes, alternative therapies and cutting-edge therapies to improve her conditions. Her subsequent journey from illness to wellness has inspired thousands of people., and she now speaks regularly at longevity events and summits around the world.




May 2027
9781785046032
Demy Octavo
£18.99 : Trade Paperback
224 pages

# Solar

A History of Humanity and the Sun

**Rory Cox**

**Award-winning historian charts our incredible, intricate human relationship with the sun through myths, empires, calendars, astronomy and climate change, for fans of global history /science books such as Ed Conway's *Material World* (over 60k TCM, 250k worldwide), Peter Frankopan's *The Earth Transformed* (over 45k TCM), Tim Marshall and Yuval Harari.**

The Sun is the most important entity in the history of humanity.

Since the beginning of human consciousness our Sun has been a constant force in the physical and cultural ascent of humankind. Accounting for 99.9% of the mass of the entire solar system, the Sun is responsible for creating Earth and all the myriad life forms that call it home. Ever-present in humanity's past but frequently overlooked by modern histories, every rung of human evolution – biological and social – has been climbed under the rays of our life-giving star, and the Sun's influence radiates from the pages of the human story.

In *Solar*, Dr Rory Cox, award-winning historian charts our incredible and intricate relationship with the Sun. It is a voyage of discovery through mythology and religion, the rise and fall of empires, the impact of ice ages and eclipse, the creation of time and calendars, the development of astronomy and technology, and the existential threats of global warming and solar storms.

Understanding humanity's relationship with the Sun has never been more critical. As the effects of global warming and climate change take hold, solar energy has the power to destroy or save civilization as we know it. Rising temperatures might render much of the world uninhabitable, while solar storms threaten to annihilate the technological systems upon which we rely, returning societies to the Steam Age. And yet the Sun also offers salvation and hope. Whether providing humanity with limitless clean energy, the unifying wonder of a total eclipse, or, for some, a vision of the divine, the Sun remains the guiding star of the human story.

Rory Cox is an award-winning Professor of History at the University of St Andrews. He completed his doctorate at Oxford and is a Fellow of the Royal Historical Society. He has appeared

May 2027
9780753561577
Royal Octavo
£25.00 : Hardback
368 pages

# Little Things That Run the World

## Zhengyang Wang

**A fascinating new story of the many incredible role insects play in our world, by prize-winning Harvard researcher, for fans of Merlin Sheldrake, Ed Yong and Dave Goulson.**

**A fascinating new story of the many incredible role insects play in our world, by prize-winning Harvard researcher, for fans of Merlin Sheldrake, Ed Yong and Dave Goulson.**

We swat them, spray them, and rarely give them a second thought. We assume humans run the world—but step back, and a different picture emerges: this is a planet ruled by insects. They make up roughly half of all known species, outweigh many of the animals on the planet, and outnumber us by billions to one. For every human, there are millions of ants; for every familiar creature, there are countless beetles, flies, and moths quietly keeping the planet alive.

In *Little Things That Run the World*, biologist Zhengyang Wang reveals this overlooked empire in all its strange, astonishing power. These are the creatures that pollinate our crops and coffee, recycle waste, sustain food chains, and underpin ecosystems worth billions to human life. Along the way, you'll encounter meat-eating bees, mind-controlling "zombie" fungi, and insects that farm, wage chemical war, and inspire cutting-edge technologies.

Eye-opening and urgent, this is a bold new way of seeing our world—one that makes clear that the smallest creatures are, in fact, the ones everything else depends on.

Zhengyang Wang is a writer and conservation biologist at Harvard. His writing has appeared in numerous magazines and he has been featured in major natural history documentaries with millions of views. In 2021 he received the Bowdoin Prize, the oldest and most prestigious writing award at Harvard University, and in 2023, the Wayfinder Award from the National Geographic Society, who also elected him a National Geographic Explorer.

May 2027
9780753561331
Royal Octavo
£25.00 : Hardback
336 pages

# Wolf Song

## Georgia Wingfield-Hayes

**The unforgettable story of a woman who runs with wolves, perfect for fans of *Raising Hare* and *Lone Wolf***

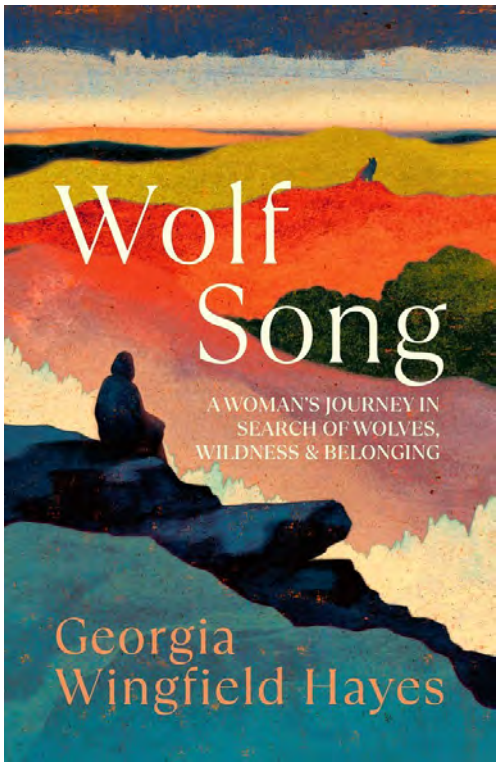
**The unforgettable story of a woman who runs with wolves, perfect for fans of *Raising Hare* and *Lone Wolf.***

The Wolf: an ancient creature of myth and legend, a dangerous predator, a beautiful beast and an enduring symbol of the wild in every culture. It's hard to catch a glimpse of these mysterious creatures, even harder to know them.

When Georgia Wingfield Hayes moves to rural Spain in search of the animal that has been her lifetime obsession, she doesn't know what to expect. In the months that follow, she learns their ways, tracks an elusive family in the wild population and, in doing so, discovers more about the relationship between human and animal, and herself, than she ever expects.

Mixing the myths and legends of the call of the wolf with the tale of her captivating quest, *Wolf Song* is an unforgettable nature memoir that explores what it truly means to live in harmony with the wild.

Georgia Wingfield Hayes is a biologist, writer and guide who lives in rural northern Spain. She is a director of Wilderculture, a small British non-profit involved in the conversion of upland farms to holistic, regenerative and rewilded systems of farming and land management. She also works as a hiking guide on the Camino de Santiago and an occasional wolf guide near her home in Spain.




May 2027
9781529956986
Royal Octavo
£22.00 : Hardback
304 pages

# Her Indoors

Dispatches from the Sofa

**Victoria Coren Mitchell**

**Join one of the nation’s most beloved writers and broadcasters, Victoria Coren Mitchell, on her sofa for thoughts on life, love and culture, in her first book for over fifteen years.**

**Join one of the nation’s most beloved writers and broadcasters, Victoria Coren Mitchell, on her sofa for thoughts on life, love and culture, in her first book for over fifteen years.**

For years, Victoria Coren Mitchell travelled the world, making her money playing card games in weird places. Then she got married, had a child, and found herself spending a lot more time at home, watching a lot of television.

But, rather than being a bore, Victoria found her life transformed by the joys and intimacies of this new life, and discovered that, in the magic of the everyday, including what she watched on TV, the whole world was reflected.

In this witty and warm collection of thoughts on family, parenting, love, culture and more, one of Britain's most beloved broadcasters shares everything she has learned about life from embracing home - and realising that some things really *are* worth staying in for.

Victoria Coren Mitchell is a writer, presenter and professional poker player. She has been the host of *Only Connect* since its inception in 2008.

May 2027
9781529992649
Royal Octavo
£25.00 : Hardback
320 pages

# Wunderland

## Harald Jähner

**A new history of post-WW2 Germany by the Bailie-Gifford award winning author of AFTERMATH**

The Weimar republic and the Third Reich loom large in German history, but what happened afterwards? How did a nation that had so recently been the centre of the biggest international war to date, led by the perpetrators of the greatest crimes history has ever scene, transform itself into the modern, progressive nation we know today?

*Wunderland* reveals the transformations that took place, economically and culturally, from 1955-1967 as the nation came to grips with the legacy of WW2 and found ways to redefine itself as a society where democracy, wellbeing and the freedom of expression could thrive again.

In a world rocked by the rise of authoritarian leaders around the world, *Wunderland* is a powerful reminder that when these regimes fall, they can leave in their wake something even better: an opportunity for rebirth, reconciliation and unprecedented growth.

May 2027
9780753562628
Royal Octavo
£25.00 : Hardback
480 pages

# Queen's Move

A Life in Twelve Moves

**Judit Polgár**

**The remarkable memoir of Judit Polgar, the greatest female chess player of all time – from her strict upbringing in communist-era Hungary to the heights of stardom in a male-dominated sport. Lea Ypi's *Free* meets Billie Jean King's *All In*.**

**The remarkable memoir of Judit Polgár, the greatest female chess player of all time – from her strict upbringing in communist-era Hungary to the heights of stardom in a male-dominated sport. Lea Ypi's *Free* meets Billie Jean King's *All In*.**

***This is the game I was born to win. Or lose.***

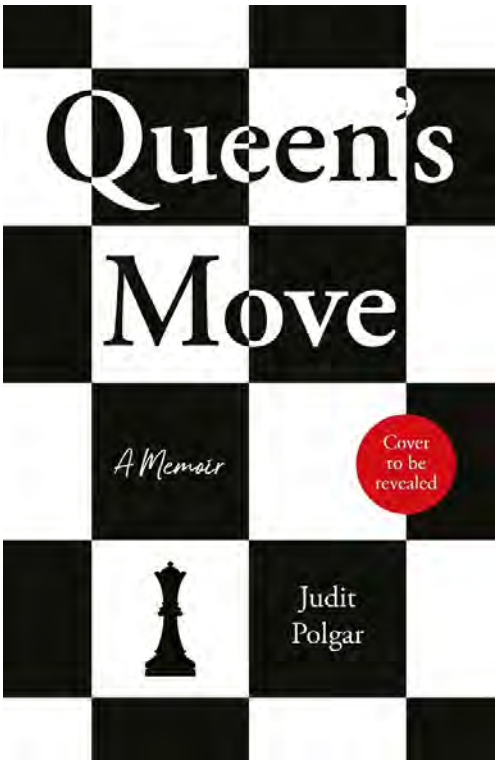
***As I lean over the board, the grid of black and white seems to flex and bend, and I feel myself being pulled into its vortex. It is as if everything I am and everything I will be is there, at the centre of the board, waiting for me to live it again, right from the beginning...***

Born in communist-era Hungary, Judit's father had unconventional beliefs about genius. Convinced genius was all nurture, no nature, and determined to prove his theory, he defied the state, the mainstream education system, and the world by moulding his three daughters into prodigies. Trained intensively by him, alongside her two older sisters in a small Budapest apartment, Judit made it her goal to fight her way to the top of the brutal, exclusively male world of elite chess. And what she achieved surprised her opponents, the chess community, and the world.

*Queen's Move* is a deeply inspiring and gripping account of a unique life, and the power of determination to reach the heights of greatness.

**PRAISE FOR JUDIT POLGÁR:**

"She has redrawn the map of our brains with her talent and bravery. Thank you in the name of the present and future




May 2027
9781529982923
Demy Octavo
£18.99 : Hardback
320 pages

# Idle In Provence

A Brief History of Thyme

**Eric Idle**

**A hilarious and heartwarming memoir of Monty Python legend Eric Idle's fifty-year quest to build the perfect home in Provence.**

In 1971, two years after the launch of *Monty Python's Flying Circus* made his comedy troupe global superstars - and made all their lives a little more complicated - Eric Idle decided to buy a ramshackle property in the south of France.

In search of a simpler, quieter life, what followed was a story akin to *A Year in Provence*, but with more disaster (if it's possible), more heartbreak, more laughs - and much more spam.

A tale spanning a fifty-year quest of home-building, friendship-making and bad-French-learning, *A Python in Provence* is a hilarious, tender and unforgettable memoir of Eric Idle's very own escape to the country.

Eric Idle is a comedian, actor, author and singer-songwriter who found immediate fame on television with the sketch-comedy show MONTY PYTHON'S FLYING CIRCUS. Following its success, the Pythons began making films that include MONTY PYTHON AND THE HOLY GRAIL(1975), MONTY PYTHON'S LIFE OF BRIAN (1979) and THE MEANING OF LIFE(1983). Eric also wrote the award-winning musical SPAMALOT. He splits his time between Los Angeles and Provence.

May 2027
9781529976830
B Format
£12.99 : Paperback
320 pages

# Despots

How Trump is Turning America into Putin’s Russia

**Martin Sixsmith with Daniel Sixsmith**

**A razor-sharp analysis of the increasing – and terrifying – parallels between Trump’s America and Putin’s Russia, from the former BBC Moscow Correspondent and Sunday Times bestselling author Martin Sixsmith.**

*Long Live the King.*

Since his re-election as US president, Donald Trump has made good on things he only dreamed of accomplishing in his first term. In six short months he has smashed constitutional constraints, trampled on free speech, suborned the judiciary, demonised the media and crushed protests on the streets. He has secured the backing of America’s oligarchs and inflated his personal wealth. US foreign policy is no longer based on values but on greed, while at home his administration has intervened in the almost every area of people’s daily lives, bringing the National Guard into America's cities, telling educators what schoolchildren should be taught and threatening universities when they beg to differ.

According to Martin Sixsmith, BBC’s Moscow Correspondent when Vladimir Putin came to power, it all looks eerily familiar to what Russia went through in the 1990s.

DESPOTS is Sixsmith's exploration of two aspiring dictators who came to power in nominally electoral democracies, then dismantled the pillars of democracy from within, one of them following confidently in the footsteps of the other. As in Putin’s Russia, so in Trump’s America: the US is fast-forwarding through what Russia endured in the first five years under Putin, and the parallels this time are much clearer, more overt, and increasingly terrifying.

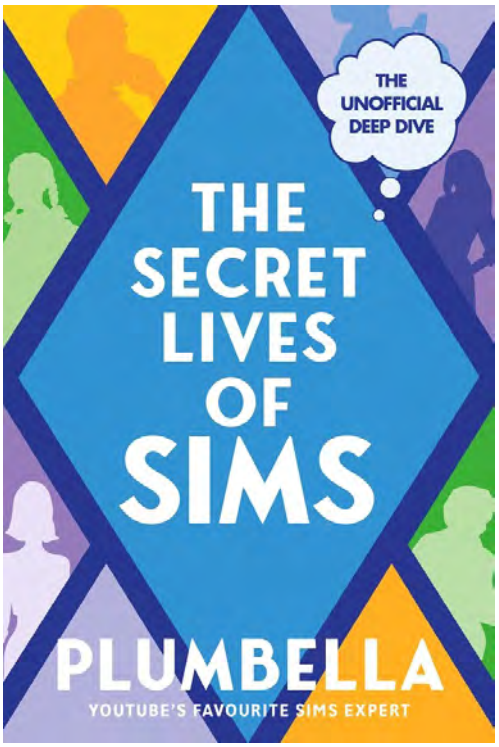
**Martin Sixsmith (Author)**
Martin Sixsmith studied Russian at Oxford, Leningrad and the Sorbonne. He was a Slavics Tutor at Harvard and wrote his postgraduate thesis about Russian poetry. From 1980 to 1997 he was the BBC's correspondent in Moscow, Washington, Brussels and Warsaw. From 1997 to 2002 he worked for the British government as Director of Communications and Press Secretary to several cabinet ministers. He is now a writer, presenter and journalist. He is the author of non-fiction titles including *Russia - the Wild East, Putin's Oil*, *The Litvinenko File*

May 2027
9780753562444
B Format
£11.99 : Paperback
288 pages

# The Secret Lives of Sims

The unofficial deep dive

**Plumbella**




**A hilarious and comprehensive guide to the world of The Sims - written by the hugely popular YouTuber Plumbella (1 million+ followers) - filled with quizzes, trivia and a deep dive into the lore, mysteries and lives of the characters.**

**Every family has secrets. The Sims just made them iconic.**

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 century 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.

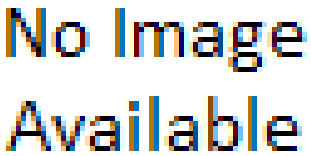
May 2027
9781529965650
Royal Octavo
£22.00 : Hardback
288 pages

# This is Anfield

The History, the People and the Magic of Liverpool FC

**Phil Thompson and Liverpool FC**

**Including exclusive interviews from LFC players, managers and football adversaries, and authored by club legend Phil Thompson, this official book from Liverpool FC brings to life the magic of Anfield for its millions of fans across the world.**




Anfield . . . apart from the family home, I've spent more time there than anywhere else in the world. It is the beating heart of Liverpool FC and I count my blessings that I've been able to view it from so many different perspectives. Supporter, apprentice, player, captain, coach, assistant and caretaker manager and pundit.

As a lifelong Red, it's where I've enjoyed some of my happiest memories and fulfilled my wildest dreams. I've endured the occasional disappointment along the way too, but I wouldn't swap the times I've had there for anything. It has always been and will always remain so dear to my heart.

Since the birth of the club in the working-class Merseyside neighbourhoods of 1892, the stadium has witnessed triumphs, tragedies and more miracles than anyone can count. Thousands of stories have been burnt into its fabric to create the legendary atmosphere within its walls that is revered around the world today. Anfield is a legendary destination with a rich and constantly evolving history of good times and bad, of games and goals, of trophies and tears. It's about people, supporters, players and managers. Moments and memories.

So, join me and a host of other club legends, members of staff and fellow supporters as we take you on journey that shows that the magic of Anfield isn't in the stadium, the managers or players - it's a set of values imbued within its walls by the people of Liverpool since the club's founding days. This is our love letter to Anfield, the home of Liverpool FC.

May 2027
9781529944501
Royal Octavo
£22.00 : Hardback
352 pages

**Phil Thompson (Author)**
Phil Thompson played as a defender for Liverpool Football Club in the 1970s and 1980s and served as its assistant manager from 1998-2004. He was also a pundit on Sky Sports' Soccer Saturday from 1998-2020.

# Revelations

A life story

**Jaz Coleman**

**The iconic frontman of post-punk legends Killing Joke tells all for the first time in his reliably fearless memoir**

From a childhood marked by racism and a sense of outsider identity to the explosive rise of Killing Joke, Jaz Coleman's journey is one of rebellion, creativity and survival.

A gifted classical music prodigy growing up in conservative 1960s Cheltenham, Jaz seemed destined for a very different life, until aged 18 he abandoned it overnight and decamped to London, fired up by the idea of forming an experimental band.

Killing Joke emerged from the post-punk underground to become one of the most influential bands of their generation. But as the group rose to international success, their frontman was living a life of chaos and contradiction. From encounters with organised crime, running a hashish empire in Iceland and robbing Rough Trade Records to finding himself living rent free in a house owned by Princess Diana's cousin, he tells a shocking often surreal story of different worlds colliding in a hidden corner of cultural history.

Yet throughout it all, Jaz never lost touch with his classical roots. Alongside Killing Joke, he built a remarkable parallel career as a celebrated composer and conductor, selling more than a million albums and taking him far beyond the boundaries of punk.

Drawing on decades of personal, contemporaneous diaries, this epic, provocative and revealing memoir offers an intimate portrait of one of British music's most uncompromising, original and unpredictable creative forces, whose impact on culture and counterculture has endured for almost half a century.

May 2027
9781529997576
Royal Octavo
£25.00 : Hardback
352 pages

**Jaz Coleman** is a British musician, composer and producer, best known as the visionary frontman and founder of the influential post-punk band Killing Joke**.** Formed in London in 1978, the band became one of the most important and innovative groups to emerge from the post-punk era, influencing artists ranging from Nirvana and Nine Inch Nails to Metallica.

# Woman, Please

## Harriet Kemsley

**Comedian Harriet Kemsley explores what happens when motherhood makes you stop people pleasing and conforming to everyone else's expectation of a woman's role in this raw, deeply personal and utterly hilarious memoir for readers of Fern Brady's *Strong Female Character* and Jennette McCurdy's *I'm Glad My Mom Died***

*'When my daughter had just turned one, I left my marriage. Because I accidentally birthed my own accountability coach.*

*Instead of a sign on the fridge saying 'don't you eat that pudding, pig' scrawled across an unflattering photo of me in a bikini I had two big beautiful blue eyes watching my every move.*
*I was the blueprint for what somebody I loved more than anything in the world was going to think was right.*

*And I had been holding that blueprint upside down.'*

When Harriet Kemsley was forced to take a good, hard look at her life, she found she didn't much like what she saw. But how did she end up there?

In WOMAN CHILD, Harriet considers the lies that women are told - by society, by the media, by each other and by ourselves. From slut shaming to body shaming to mum shaming, this brutally frank and hilariously honest book offers a relatable and raucous insight into Harriet's own life, covering in almost graphic detail the mistakes she's made and the lessons that she's tried to learn along the way.

More than that, this is the story of how becoming a mother made her question the person she wanted her child to be and therefore the person Harriet herself is, and what she is willing to accept from the world around her.

Harriet Kemsley is an award-winning comedian, writer and actress. She is a brilliant new voice in British entertainment, starring in the first series of *LOL: Last One Laughing UK,* in March 2025, as well as *Bobby and Harriet: Get Married* which she co-created and co-wrote with her husband Bobby Mair, to huge critical acclaim. She can also be seen on Dave's *Hypothetical*, ITV's *Hey Tracey*, Comedy Central's *Roast Battle*, and is a recurring guest on *8 out of 10 Cats Does Countdown* and 8 Out of 10 Cats. Her other credits include hosting the BBC Radio 4

May 2027
9781529989694
Royal Octavo
£22.00 : Hardback
304 pages

# Grand: The Autobiography of Gromit

as told to Nick Park

**Nick Park, Gromit**

**Gromit breaks his silence in this tell-all memoir, the first ever book by award-winning filmmaker Nick Park, creator of Wallace and Gromit.**

'I am famous for saying nothing. But this is the story of what goes on behind my eyes … and it's time I spoke.'

For the first time ever, **Gromit** – the steadfast, long-suffering and quietly heroic beagle of 62 West Wallaby Street – takes centre stage and tells *his* side of the story. In this warm and sharply observed memoir, Gromit recounts his extraordinary life, from his days in the window of Ophelia Phurgh's pet shop, to meeting a kind but absent-minded inventor named Wallace and learning to knit and garden.

Writing his life story for an editor at Penguin, Gromit reveals the truth behind his greatest adventures, giving his perspective on beloved stories such as *The Wrong Trousers*, *A Close Shave* and *Vengeance Most Fowl.* He also shares new insights into the Quartermaine family feud, and the surprising ulterior motives of his Penguin Books editor.

Told with Gromit's dry humour and illustrated with sketches from his private notebooks, *Grand* is a rare treat for his fans.

**Nick Park (Author)**
Nick Park is a four-time Academy Award winner, three for Best Animated Short Film (*Creature Comforts, Wallace and Gromit: The Wrong Trousers and A Close Shave*), and one for Best Animated Feature for *The Curse of the Were-Rabbit*. He has also received seven BAFTA Awards, including wins for *A Matter of Loaf and Death* and *Vengeance Most Fowl*. His film *Chicken Run* remains the highest-grossing stop-motion animated film of all time. Since first introducing Wallace & Gromit in 1989, Park has become one of Britain's most beloved storytellers.

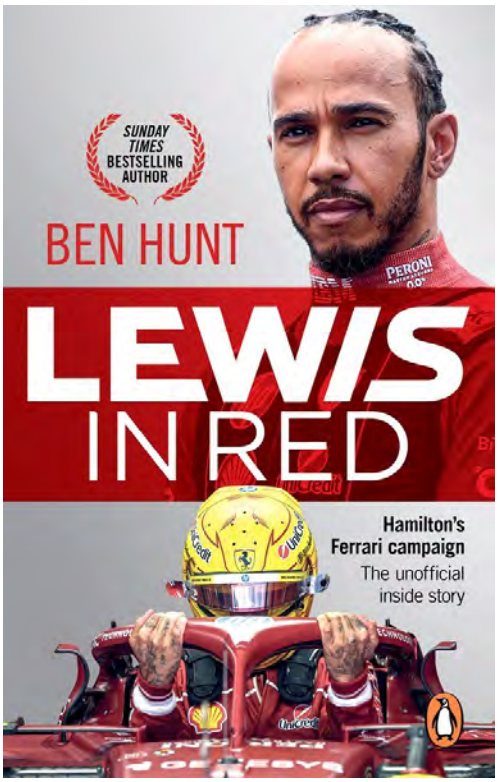
**Gromit (Author)**
**Gromit** is a talented knitter, baker, and gardener. He has twice received awards for his marrows in competition. Although he is widely read, this is his first book. He would like you to know that he is a good dog.

May 2027
9781529990881
B Format
£11.99 : Paperback
272 pages

# Lewis in Red

Hamilton's Ferrari campaign: The unofficial inside story

**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.

May 2027
9781529983241
B Format
£11.99 : Paperback
320 pages

# All the Medals Have Been Handed Out

## Guy Martin

**The million-selling truck mechanic returns with stories of Columbian 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.

The truck mechanic turned taytie farmer has won multiple international road races, plus scored fifteen Isle of Man TT podiums. He has also been a regular face on prime-time TV for over a decade, presenting travelogues, critically acclaimed documentaries and taking on world records. Guy is a million-selling author, and this is his sixth book.

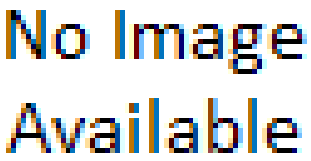
May 2027
9781529968019
B Format
£11.99 : Paperback
320 pages

# Buns from Home

## Buns from Home

**We started from home, we've made it here.**

From one of London's best-loved bakeries, introducing the Buns From Home cookbook. For the first time, learn how to make the coveted hand-rolled croissant pastry used across all the buns, as well as the flavour-pairings and creams that fill them.




In six intriguing chapters: **START HERE; CHOCOLATE, NUTS & ALL THE GOOD STUFF; FRUIT, SPICE & FLOWERS; HAVE YOUR CAKE, PASS THE SALT** and **SECOND CHANCES**, we begin with the foundations of the buns from home menu, working our way through the richly indulgent, light and aromatic, cakes, savoury and no-waste favourites you know so well.

Uncover the secrets of the **cinnamon** and **cardamom buns** where it all started; the savoury **jalapeno cheddar and cranberry, matcha strawberry;** and the **double baked banana bread** buns too.

From **chocolate hazelnut** and **cannolo** to **lavender salted maple** and **sausage roll** fillings, replicate the indulgence of Buns From Home in your own kitchen.

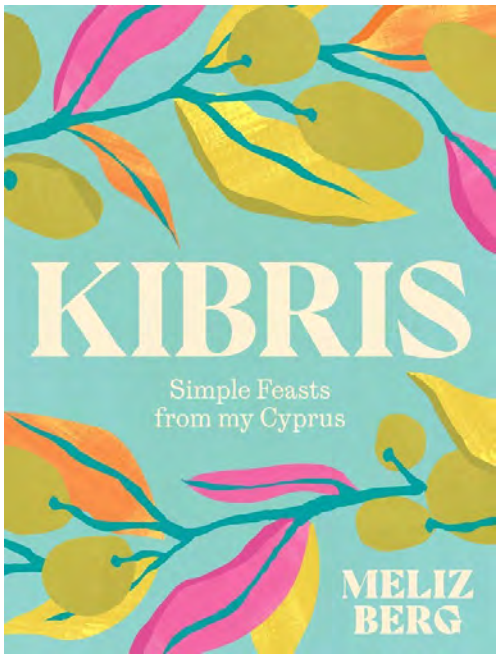
**buns from home** started during covid, when founder Barney began baking pastries from his mum’s kitchen in Notting Hill and delivering them to neighbours. Today, buns from home has grown to 24 bakeries across London and reaches around 2.0 million social views each month. Alongside the classics, the menu continues to evolve through seasonal sweet and savoury flavours, collaborations with other brands and plenty of experimenting. At its heart, buns from home is driven by exceptional craft, continual creativity and community, always thinking about what a bun can be and what we can make next.

June 2027
9781529939552
246x189
£20.00 : Hardback
192 pages

# Kibris

Simple feasts from my Cyprus

**Meliz Berg**




**A celebration of Cyprus with authentic and easy recipes. From two-time instant SUNDAY TIMES Bestseller with a platform of over 1.5million. *Persiana (225k TCM)* meets Turkish-Cypriot cuisine.**

**Celebrate the sun-kissed food of Cyprus – KIBRIS – with simple, authentic recipes bursting with flavour**

A homage to the delicious food of her Turkish Cypriot heritage, two-time instant Sunday Times Bestseller, Meliz Berg shares the best recipes to bring sunshine to your table.

With fresh *Grilled Peach & Hellim Salad*, fiery *Charred Corn & Pul Biber Butter,* comforting *Slow Cooked Lamb & Cyprus Potatoes*, a full and Crispy Fish & Seafood Platter, delightfully fluffy Homemade Bidda, and so much more.

Stories of travel, food traditions and family combine with stunning photography of the beautiful landscape and produce to transport you straight to the heart of Cyprus.

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

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

Find her @melizcooks

June 2027
9781529993707
246x189
£26.00 : Hardback
288 pages

# Louise's Kitchen Garden

**Louise Dickinson**

**Make delicious, from-scratch food with ease, with the first book from social media sensation Louise's Kitchen Garden. For fans of *The Farm Table* (55k TCM) and *Grow Your Groceries* (19k TCM).**

**Cooking homemade meals from scratch has never been simpler.**

In her highly anticipated cookbook, baker and gardener Louise Dickinson (@louise'skitchengarden) invites us into her kitchen, guiding us through easy methods for home cooked food and reconnecting with what we eat.

In this joyful collection of over 100 recipes, Louise shares a variety of her most-loved dishes. Whether it's her viral sourdough and scrumptious sandwich fillings, pantry essentials like her crispy chilli oil or staples like soups & stocks made from the leftover roast chicken (no waste here!); easy lunchtime meals or family favourites including her upside down cake with garden fruit, she's got all bases covered.

Each recipe encourages you to truly strip things back to basics: prioritising low-cost, seasonal and sustainable ingredients, over high-UPF, expensive ready-made shortcuts. Interspersed with gardening tips to inspire you to grow your own – whether that's a few pots of herbs, some tomato plants, or growing your home kitchen garden – in this book you'll find everything you need to make delicious, simple, real food that doesn't cost the earth, all year round.

Chapters to include:

- Pantry/Essential Skills
- Meat & Stock
- Salads
- Lunchbox Fillers
- Dinners
- Sweet Treats

Louise Dickinson (@louise'skitchengarden) is a mum, head

June 2027
9781529995671
246x189
£27.00 : Hardback
256 pages

# Tubedoku

The London Transport Puzzle Book

**Sam Dawes**

**A giftable book for anyone who loves puzzles, trains and London. For fans of *The Big British Railway Puzzle Book, Train Lovers Puzzle Book*, *Transport for London Puzzle Book***

Do you know your **Tottenham Court Road** from your **Tottenham Hale**?

Tubedoku is the online puzzle sensation that tests your knowledge of the London Tube. Each puzzle you need to interrogate the clues and reveal the 9 stations and only the biggest tube experts will be able to take on the ultimate challenge of uncovering the golden stations that satisfy all six criteria!

With fun facts about London's tube network and additional, extra-tricky tubedokus for expert puzzlers, this is the ultimate gift for anyone with an encyclopaedic knowledge of the TFL network.

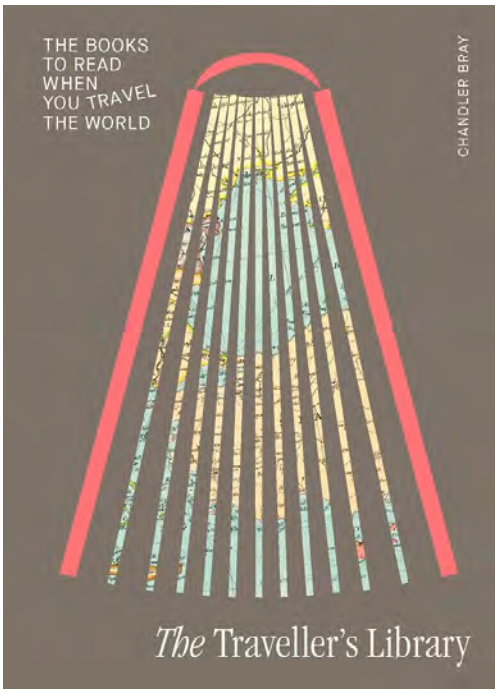
Sam Dawes is an AI Engineer living in London and creator of the popular daily puzzle Tubedoku. Sam is a keen puzzler and one day while looking at the Northern Line map on the tube, it struck him that the London Underground would make a perfect theme for a puzzle. Tubedoku has been featured in *Time Out*, *Secret London* and *Londonist*. Sam hopes to bring joy to commutes for years to come!

June 2027
9781807840884
Demy Octavo
£14.99 : Trade Paperback
224 pages

# The Traveller's Library

The books to read when you travel the world

**Chandler Bray**




**Take yourself on a literary journey and discover your next read with 200+ book suggestions by authors from around the globe.**

**Discover over 200 recommendations on what to read, wherever you're travelling, in this ultimate guide to authors and their novels from around the world.**

With chapters organised by continent and beautiful illustrations throughout, discover a diverse selection of book recommendations from around the world. From must-read classics, by the likes of Hemingway and Camus, to contemporary fiction, including Elif Shafak to Olga Togarczuk, as well as notable non-fiction, such as Zeinab Badawi's *An African History of Africa* and Naomi Klein's *Doppelganger* – this is a treasure trove for enthusiastic readers.

Whether you're a dedicated globetrotter looking for a book to take on your next trip, or you prefer to travel from the comfort of your armchair, this is the perfect book for your next adventure.

**Chandler Bray** is a bookseller, writer and university lecturer from South Yorkshire. He has worked in London as a bookseller since 2021, and teaches at Imperial College London.

June 2027
9781529990423
216x153
£16.99 : Hardback
256 pages

# The Courage to be Ordinary

**Ichiro Kishimi**

**The inspiring guide to letting go of competition and living authentically – from the internationally bestselling author**

**FROM THE 10 MILLION-COPY BESTSELLING AUTHOR OF *THE COURAGE TO BE DISLIKED***

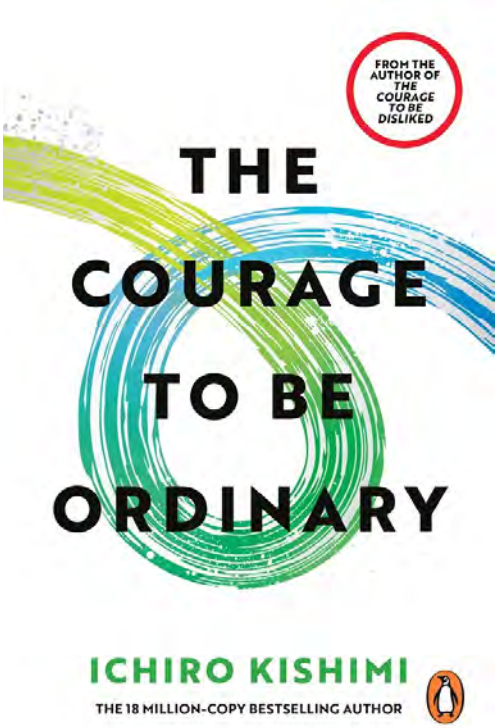
*If I'm just plain and ordinary, is that something I can live with?*

At one time or another, everyone has hoped that they are different to everyone else – that they are somehow special. Beneath that desire lies a constant, anxious comparison with others, which often prevents happiness without us even realising. How, then, can we free ourselves from this cycle of restless competition and find peace with who we are?

In this inspiring new book, Ichiro Kishimi explores a way of living that will free you from your unease, improve your confidence and help you live a happy life. Rather than striving to be 'better' than everyone else, Kishimi shows you how to focus solely on your own potential and accept who you are – without settling for a life of boredom.

Reading this book will not restore your confidence that you are special, yet by the end, you will have learned the secret to living free from the burden of judgement – both your own, and the opinions of others. Full of warmth and wisdom, this book is for anyone who has ever asked themselves whether they are enough.

**Ichiro Kishimi** was born in Kyoto in 1956. He graduated from Kyoto University Graduate School of Letters, at a Faculty of Letters. He has researched Adlerian psychology since 1989 and writes lectures on Adlerian psychology and classical philosophy. He is a certified counsellor and consultant for the Japanese Society of Adlerian Psychology. He is a well-known Japanese translator of selected writings by Alfred Adler.

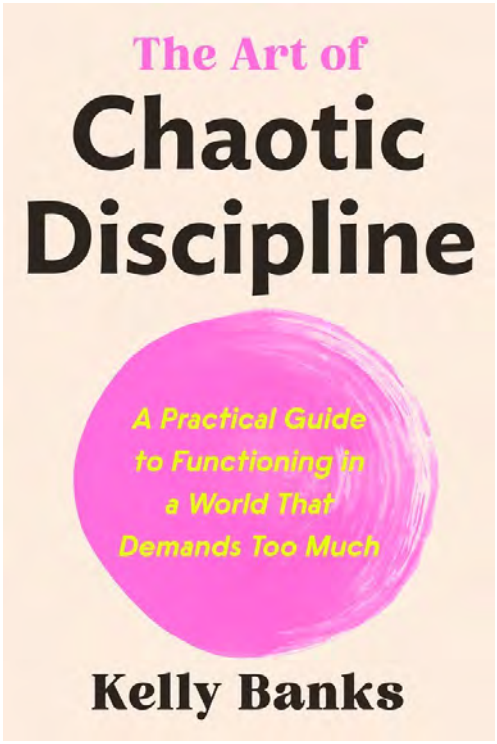



June 2027
9781785046780
B Format
£11.99 : Paperback
240 pages

# The Art of Chaotic Discipline

A Practical Guide to Functioning in a World That Demands Too Much

**Kelly Banks**




**A transformative guide from an ADHD coach that explains how to turn those 'off' days into fuel to drive your best days.**

**A shame-free approach to getting things done (even when you feel like a potato)**

In today's world, we're expected to excel in our careers, optimize our health, parent perfectly, show up for our communities, and manage the endless bureaucratic demands of existence, all while keeping our homes spotless. It's an impossible standard — especially for those of us with ADHD, depression, chronic illness, or anything else that makes it hard to show up as perfect robot people.

Self-help books and productivity podcasts tell us that if we just had more discipline, we could achieve that machinelike consistency, but that approach only makes us feel more defeated when we don't get there. Instead, we need a way of doing things with the expectation that our energy fluctuates, honours our limits, and still helps us make meaningful progress. We need chaotic discipline.

In *The Art of Chaotic Discipline*, Kelly Banks draws on her experience as a social worker and ADHD coach to offer a more humane approach to discipline — one built for the messy reality of being a person. As she's done for hundreds of clients, she'll help you replace 'try harder' with 'make it easier' so you can stay connected to what matters to you through the chaos of being alive.

Inside, you'll find:

- the difference between high-energy 'fire days' and regenerative 'potato days' — and how to make the most of each;
- why consistency isn't about perfect daily output, but about learning how to return to what's important when you inevitably get derailed;
- how to make tasks easier to approach instead of relying

June 2027
9781785046704
Demy Octavo
£17.99 : Trade Paperback
288 pages

# Sleep Like a Champion

Winning Solutions to Supercharge Your Life

**Cheri Mah**

**A transformative guide that demonstrates how optimising sleep can be the ultimate game-changer for performance, health and happiness.**

**SLEEP LIKE A CHAMPION** draws on Dr Cheri Mah's years of groundbreaking research with elite athletes, CEOs and global organisations, and provides actionable insights and strategies to help you unlock your potential through the power of sleep.

From the basketball court to the boardroom, Dr Mah has shown how small adjustments to sleep habits can result in dramatic improvements in performance, decision-making, emotional regulation and overall well-being.

**SLEEP LIKE A CHAMPION** translates these unique, science-backed methods into practical advice for real life, tools that are relevant for high-performing athletes and for those of us seeking to enhance how we feel day to day in our life.

Dr Cheri Mah is a leading authority on sleep optimisation and performance. With over a decade of experience at Stanford's Sleep Medicine Center, she has advised Fortune 500 companies, professional sports teams and individual athletes. Her expertise has been featured by major outlets like ESPN and *The New York Times*. Dr Mah's passion lies in empowering people to achieve their best through the transformative power of sleep.

June 2027
9781785046384
Royal Octavo
£17.99 : Trade Paperback
288 pages

# Believable Lies

The Misfits Who Fought Churchill's Secret Propaganda War

**Terry Stiastny**

**The true story of the clandestine British organisation briefed to wage psychological warfare to beat the Nazis, for fans of Ben Macintyre and Sinclair McKay**

**The true story of the clandestine British organisation briefed to wage psychological warfare to beat the Nazis**

At the beginning of the Second World War, a team of unlikely and ill-assorted characters assembled in their secret country headquarters. They had left their civilian roles as politicians, journalists, novelists and spies, advertisers, artists and even forgers, to work for a covert government organisation preparing to broadcast British propaganda into occupied territory. These men and women would become the Political Warfare Executive.

Many of them were misfits with a questionable relationship to the truth, who were prepared to consider unconventional methods to achieve their goals: weakening enemy morale and sowing confusion. In the 'hush-hush' village of Aspley Guise near Woburn Abbey (8 miles from the codebreakers at Bletchley Park), they set up a series of undercover radio stations which would broadcast fake shows to Europe.

This book will reveal how the once top secret wartime efforts of the PWE - from pornographic leaflet drops to rumour campaigns, underground publications and fake French and German radio shows - contributed to the frontline of psychological warfare to break Nazi morale.

**Terry Stiastny** is an author, journalist and broadcaster on national and international radio. She reports on British politics for Times Radio and is a frequent commentator on Monocle Radio.

Her debut non-fiction book, *Believable Lies*, combines her interests in politics, international history and journalism. She has previously published two political thrillers: *Acts of Omission* and *Conflicts of Interest* (John Murray). *Acts of Omission* won Political Fiction Book of the Year at the Political Book Awards in 2015.

June 2027
9780753559864
B Format
£12.99 : Paperback
352 pages

# Old Testament

The Great Themes Of Scripture

**Richard Rohr**

**A bold reading of the Old Testament as a living journey of faith, freedom and divine love from one of today's most beloved spiritual writers**

In *The Great Themes of Scripture: Old Testament*, Richard Rohr and Joseph Martos present an accessible interpretation of the Hebrew Scriptures, revealing the deep patterns that unify its stories, laws and prophetic voices. Drawn from Rohr's early teaching, the book approaches the Bible not as literal history but as a record of humanity's evolving experience of God - marked by struggle, growth and transformation.

Through central themes such as the journey of faith (Exodus), the tension between institution and spirit, the prophetic call to justice and the discovery of God's unconditional love - the authors trace a dynamic 'salvation history' that culminates in an ever-deepening understanding of grace. The text challenges rigid, rule-based religion and instead invites readers into a lived, relational spirituality.

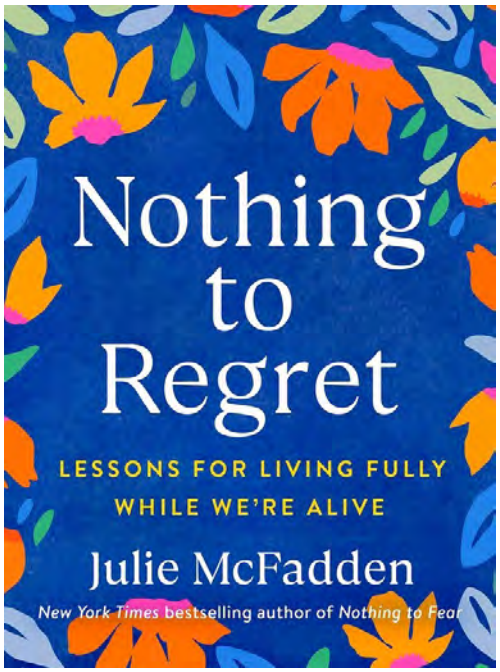
Insightful and accessible, this work offers a compelling framework for understanding the Old Testament as a story that continues to unfold in our own lives.

**Richard Rohr** is a globally recognised Franciscan friar and ecumenical teacher whose work bears witness to the deep wisdom of Christian mysticism. He is the founder of the Centre for Action and Contemplation in Albuquerque, New Mexico - an educational nonprofit dedicated to introducing seekers to the contemplative Christian path of transformation. Rohr is the author of numerous books, including the *New York Times* bestseller *The Universal Christ*. His work has been featured on *The Oprah Podcast* and *On Being* with Krista Tippett, and in *The New Yorker* and *Harper's Magazine.*

June 2027
9781911764250
Demy Octavo
£18.99 : Trade Paperback
224 pages

# Nothing to Regret

**Julie McFadden**




**From *New York Times* bestselling author and much-loved hospice nurse with a big platform (1.8 million on TikTok), this anticipated new book gives us all the tools to live well – with no regrets.**

**Honest and hopeful advice on living without regrets, from the New York Times bestselling author of *Nothing to Fear* and beloved creator @HospiceNurseJulie.**

In *Nothing to Fear*, much-loved hospice nurse Julie McFadden demystified what happens at the end of life, for both patients and their loved ones. In this highly anticipated follow-up, McFadden shares the most illuminating life lessons she has learnt from her patients and from her own journey to help all of us live well, with no regrets.

With compassion and deep insight, you'll learn...

•To Appreciate Your Health While You Have It
• How To Be Your Own Advocate
• That Life Is About More Than Work
• How To Say the Things You Need to Say
• Ways To Seek Human Connection
• To Speak and Sit with the Truth
• How To Have the Hard Conversations
• To Live the Life YOU Want
And much more!

Inspiring and wise, let this book be your guide and companion on the journey to living a full and happy life.

**Julie McFadden** is a hospice/palliative care nurse with more than fifteen years of experience. Passionate about normalising death and dying, she has over 1.8 million followers on TikTok as @hospicenursejulie. She has been featured in *Newsweek*, *USA Today*, *The Atlantic*, *Business Insider, the Patient Story* and many other media outlets worldwide. McFadden lives and works in California.

June 2027
9781785047015
Demy Octavo
£18.99 : Trade Paperback
256 pages

# The Back Sufferer's Bible

You Can Treat Your Own Back!

**Sarah Key**

**A practical guide to understanding, treating and preventing back pain from one of the world’s leading back pain experts.**

**A practical guide to understanding, treating and preventing back pain from one of the world’s leading back pain experts.**

Back pain will affect almost 80% of people in the UK at some point in their lives, yet many sufferers are told to simply live with it. According to renowned physiotherapist Sarah Key, most back pain is caused by stiffness in the spine – and, in many cases, it can be reversed.

In this fully revised and updated edition of *The Back Sufferer's Bible*, Sarah Key draws on decades of clinical experience to help you understand the root causes of back pain and take an active role in your own recovery.

You'll discover:

- the causes of common spinal problems
- how different types of back pain develop and progress
- when medication can help – and when it can't
- simple exercises and techniques to relieve pain and restore mobility

**Whether you're struggling with acute back pain or managing a long-term condition, this accessible guide will help you take control of your recovery and overcome your back pain.**

Sarah Key is a physiotherapist and one of the world's leading experts on back pain. With over four decades of clinical experience, she has helped patients overcome spinal problems and has written five bestselling books on back and joint health.

June 2027
9781785047039
Demy Octavo
£18.99 : Trade Paperback
288 pages
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# Plots, Petticoats and Power

A New History of the Georgians Through Nine Rebel Women

**Amy Boyington**

**From a popular historian with over 3 million followers across platforms, this is a new history of the Georgian era, told through the lives of 9 remarkable women. For fans of Lucy Worsley, Alice Loxton and Janina Ramirez.**

**Meet nine remarkable women who made history – but didn't make the history books.**

The Georgian era was a revolutionary age, a crucible of change that forged the modern British nation. Britain rose as a global empire through ruthless expansion and imperial wars, and went through a period of immense economic growth, driven by burgeoning trade and the dawn of the Industrial Revolution. It was also an era of profound intellectual and social upheaval. The Enlightenment challenged old hierarchies, while new ideas about art, science and individual liberties blossomed. This history, so often told through the exploits of kings, generals and statesmen, is only half the story.

*Plots, Petticoats and Power* unearths the other half, telling the tale of a nation and a world in flux through the lives of nine remarkable women. From the gilded cages of royalty to the brutal reality of slavery, from the scandalous drawing rooms of London to the battlefields of a nation divided and revolution in America, these women navigated, challenged and shaped their world. They offer a unique lens through which we can assess the past, revealing how major historical events were not abstract forces but deeply personal experiences.

**Dr Amy Boyington** is a historian, author and broadcaster with over 3 million followers on social media. Through her work, she is committed to bringing history to life in an engaging and exciting way. She was shortlisted for the 2025 TikTok High-Quality Creator of the Year Award. She regularly appears as an expert contributor on history documentaries including *Mayhem! Secret Lives of the Georgian Kings* (Sky History) and *Buckingham Palace with Alexander Armstrong* (Channel 5). She has worked with a range of organisations to bring history to mainstream audiences, including English Heritage, The National Gallery, The Royal Collection Trust, Three, BBC Arts, Sky History, and TikTok.

She attained a PhD in architectural history from the University

June 2027
9780753562383
Royal Octavo
£22.00 : Hardback
320 pages

# Mageia

The Secret History of Magic

**Francesco Dimitri**

**A gripping new history of magic and the occult, from pre-history to the present day. For fans of Amy Jeffs, Simon Sebag-Montefiore and Janina Ramirez.**

**Conjure the secret history of the world.**

For as long as we have been human, we have tried to shape the world, change our luck, hurt our enemies, influence others from a distance and make people fall in love with us. In other words, we have always tried to practice magic – and some of us still do. If religion is the opium of the masses, magic is the home brew: it is what we have always turned to in moments of crisis and desperation.

In *Mageia*, Francesco Dimitri reveals how magic is woven throughout the history of humanity, from the oracles of Classical Antiquity to the alchemists of the Middle Ages; from the witch hunts of the Reformation to the occultists working rituals against Hitler during the Second World War. Brimming with irresistible characters – dreamers and charlatans, shamans and scientists, philosophers, adventurers, sexual experimenters, revolutionaries and artists – this is a sweeping history of humanity told through the lens of our most private, taboo beliefs.

**Francesco Dimitri** is an author and script writer living in London and Puglia. He has written extensively about cults, new religions, and magical movements. He was even embedded in a UFO cult for one project. He has a background in cultural anthropology, and a vast network in the contemporary occult scene in Europe and the US. His first English novel, *The Book of Hidden Things*, a literary fantasy, was optioned for film and television. His novel *Pan* is considered a classic of Italian fantasy, and will be published in English by Tor in autumn 2026.

June 2027
9780753562079
Royal Octavo
£22.00 : Hardback
336 pages

# Man and Horse

The Long Ride Across America

**John Egenes**

**A memoir of one man’s 4,000-mile journey across America in 1974 with his horse named Gizmo, a story of adventure, endurance, self-discovery, and the healing power of companionship, recently rediscovered by Greta Gerwig's megahit *Barbie*.**

**A memoir of one man’s 4,000-mile journey across America in 1974 with his horse named Gizmo, a story of adventure, endurance, self-discovery, and the healing power of companionship, recently rediscovered by Greta Gerwig's megahit *Barbie*.**

“Man & Horse is one of those rare and splendid books that stay with you long after you finish the last page.” — **Bill Bryson, author of *A Walk in the Woods***

"This rough-hewn yet elegant, one-of-a-kind memoir will make you want to throw a few choice belongings in a bag and set out to explore... I would follow John and Gizmo anywhere." — **Isaac Fitzgerald, New York Times bestselling author of *American Rambler***

*I was always a curious man. Gizmo was always a curious horse. We were brothers.*

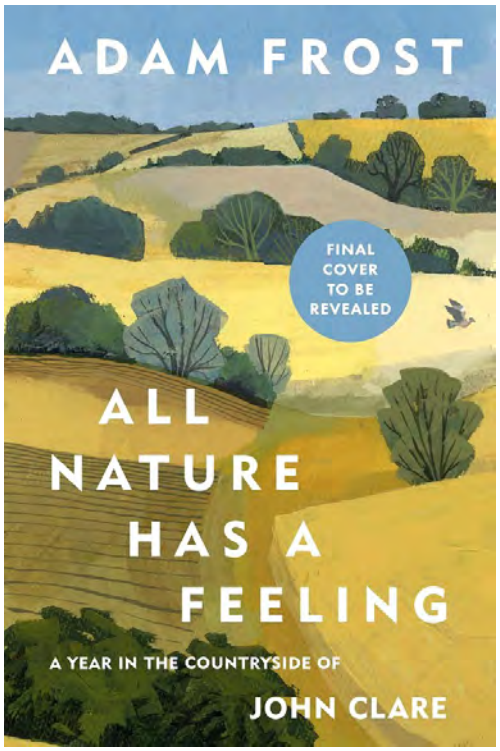
In the spring of 1974, twenty-four-year-old John Egenes set out from Ventura, California with a hundred dollars in his pocket, a beat-up cavalry saddle, and a dream of crossing the country that he’d been harbouring since his boyhood in a broken home. On Gizmo, a young horse that he’d raised himself, he headed east.

Over the next seven months, man and horse travelled through eleven states, trekking across America’s deserts, mountains, and prairies. They passed through cities and small towns, using worn US Geological Survey maps and dead reckoning to find their way. They slept in graveyards and abandoned shacks, drank water from cattle tanks, and shared what little food they had (including the occasional Snickers bar for Gizmo). They endured lightning storms in the Southwestern deserts

June 2027
9781807845902
B Format
£12.99 : Paperback
352 pages

# All Nature Has a Feeling

**Adam Frost**




**From Gardener's World presenter and bestselling gardening author Adam Frost, his first work of narrative non-fiction: a year-long exploration of local nature and how we connect with the world around us.**

***All Nature Has A Feeling* is a personal and lyrical exploration of how we can connect with the natural world around us, from beloved Gardener's World presenter, Adam Frost.**

*"All nature has a feeling: woods, fields, brooks*
*Are life eternal: and in silence they*
*Speak happiness beyond the reach of books;*
*There's nothing mortal in them; their decay*
*Is the green life of change; to pass away*
*And come again in blooms revived."*
John Clare

When Adam Frost first sees his future forever home, a picturesque cottage in Cambridgeshire, he discovers that it is a historic sight: the home of his favourite poet, John Clare and the surrounding countryside is the landscape that inspired his poems. Soon he moves in, and over the course of his first year living within the same walls that saw Clare pen some of his most beloved work, Adam begins to see the world around him through the eyes of the poet. He walks the same lanes, fields and woods that Clare did over a century ago and becomes sensitive to the birds, plants and insects that are always there, but often go unnoticed and unnamed.

As Adam journeys through the seasons with the poetry and landscapes of John Clare as his guide, he discovers a more profound connection to nature than he has ever experienced before – right on his doorstep.

A regular presenter on BBC TV's *Gardeners' World*, Adam has seven Chelsea Gold Medals to his name. He set up his own international garden design consultancy in 1996, followed by the Adam Frost Gardening School in 2017. In 2013 he helped set up the Homebase Garden Academy, which trains young employees for the RHS Level 1 award, and in 2014 he became an RHS Ambassador to focus on raising the profile of gardening among secondary-school students and community groups.

June 2027
9781529144376
Demy Octavo
£20.00 : Hardback
320 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 4 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.

June 2027
9780753561638
B Format
£11.99 : Paperback
304 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*.

June 2027
9781529953909
B (Ebury)
£12.99 : Paperback
320 pages

# Users

How Big Tech Took Control and How to Fight Back

**Beeban Kidron**

**Beeban Kidron goes behind the scenes to explain why our devices took control of our lives — and how we can get it back. For fans of Jonathan Haidt, Shoshana Zuboff, Sarah Wynn-Williams and Carole Cadwalladr.**

For decades, Silicon Valley has sold us a story: that tech is inevitable, unstoppable, and beyond accountability. But this is a myth. The rise of digital technology was not fate – it was a series of choices. Choices that prioritised greed over innovation, business over democracy, and a handful of men (all men) over the rest of society.

The central thesis is simple: the trouble with tech is what's called tech exceptionalism. It's the myth - which Big Tech has cultivated - that it is unlike any other industry and should be exempt from the rules that govern everything else. This book reveals how this ideology has enabled tech companies to exploit children, warp democracy, undermine truth, and even rewrite our intimate relationships.

But it doesn’t have to be this way. From regulation to resistance, from parents to parliaments, we still have choices. Beeban Kidron, as a global authority on digital regulation and children’s rights, is uniquely placed to tell the story of how over a decade spent in the rooms where tech power meets public interest - from Silicon Valley to the White House, from the UN to grieving parent's living rooms - we have been able to hold power to account.

Fast-paced, urgent, and irreverent, *Users*: *How Big Tech F*cked Us Up and What to Do About It*, blends eye-opening first-person stories of encounters with tech bros, prime ministers and presidents, and a pragmatic sense of optimism. It is a roadmap for reclaiming our future, even in the age of AI

**Baroness Beeban Kidron** is a global authority on digital regulation and accountability, and is a leading voice on children’s rights in the digital environment. She has played a determinative role in establishing standards for online safety and privacy across the world.

Baroness Kidron sits as a crossbench peer in the UK’s House of Lords, and is founder and former Chair of the 5Rights

June 2027
9780753562482
B Format
£11.99 : Paperback
320 pages

# Churchill’s Pirates

The Seafaring Heroes Who Helped Win WWII

**Will Iredale**

**Sunday Times Bestselling author Will Iredale tells the stirring heroic story of the ragtag fisherman fighting the Nazis to save Britain, for fans of James Holland, Max Hastings and Damien Lewis**

*Churchill’s Pirates* was the naval force whose “toils and tireless courage” - in the words of Churchill himself -helped the Allies defeat Hitler’s mighty war machine. At its heart was the Royal Naval Patrol Service (RNPS), a “navy within a navy” that was bought together to fight the Nazis and their fellow Axis nations across the world.

The 70,000 men and women are largely forgotten today, but they played a vital role in winning World War II. Manning 6,000 ships, at least 3,218 men officially lost their lives, and more of their vessels were attacked and sunk by the enemy than any other branch of the Royal Navy.

Told through fascinating first-hand accounts with surviving veterans, exclusive interviews, original papers and new archive material this will be the defining story of the overlooked unit who worked night and day to keep Britain safe in her darkest hour.

Will Iredale is a bestselling author, journalist and media consultant. After a decade working at the *Sunday Times,* first on the foreign news desk and subsequently the home news desk specialising in domestic news and investigations, he wrote the bestselling book *The Kamikaze Hunters*. He is currently a media consultant and lives in Kent with his family.

June 2027
9780753560990
B Format
£12.99 : Paperback
416 pages

# The Science Of Discworld II

The Globe

**Terry Pratchett, Ian Stewart & Jack Cohen**

**Learn real-world science through this bestselling *Discworld* fantasy series**

**Human creativity is in danger, and only the wizards of Discworld can save us.**

Having created our world by accident, the wizards of Unseen University feel vaguely responsible for its safety. They previously intervened to keep evolution on track and ensure humanity's existance, but just when they thought Roundworld was saved, it's all gone wrong again.

As the Wizards of Unseen University continue to study Roundworld, they discover that something has gone wrong: Human civilisation is not living up to its potential. They're foolish, irrational and dull. Rincewind is sent to Elizabethan England to try to set things right and keep history on track. After landing in Elizabethan England, he discovers that a cabal of evil elves have been manipulating humanity by preying on their worst impluses and becomes entangled in magical events surrounding William Shakespeare that just might turn the tide and save humanity.

Bouncing between madcap adventure and scientific explanations of how culture, cognition and knowledge has evolved, this is a book is a joyous romp that reveals how storytelling is humanity's superpower, enabling understanding, cooperation and innovation as long we hold on to our powers of critical thinking and resist the allure of dogma and superstition.

June 2027
9781529997668
Demy Octavo
£22.00 : Hardback
368 pages

**Ian Stewart (Author)**
Professor Ian Stewart is the author of many popular science books. He is the mathematics consultant for *New Scientist* and a Professor of Mathematics at the University of Warwick. He was awarded the Michael Faraday Prize for furthering the public understanding of science, and in 2001 became a Fellow of the Royal Society.

**Terry Pratchett (Author)**
**Terry Pratchett** was the acclaimed creator of the global bestselling Discworld series, the first of which, *The Colour of Magic,* was published in 1983. In all, he was the author of over

# Seasons

Riding the Torpedo

**Ian Botham**

**The national game's only true living legend paints an enthralling picture of what it took to become a sporting hero in the golden age of English cricket**

Ian Botham, an iconic figure in English sport, is in reflective mood as he reaches the milestone of 70.

As he looks back on his life from this new, wider perspective, a fascinating picture unfolds of his own personal journey, of the evolution of cricket, of the sporting landscape more generally through the decades.

A maverick genius on the pitch and true rebel spirit off it, he talks with insight about what drives him. He examines his zero to hero transformation from a troubled period as captain to the Miracle Ashes of 1981, and how his mindset shifted once the pressure was off. He remembers the players that inspired him, the friendships and bonds he formed, and reflects on the modern game, how it’s changed.

With tales from the dressing room and glory days on tour, to life after the final whistle, Beefy remains as forthright, honest and entertaining as ever, and also, in this compelling intimate memoir, we see more of the man behind the legend than we ever have before.

Widely regarded as one of cricket's greatest all-rounders, Lord Ian Botham OBE clocked up 5,200 Test runs, 383 Test wickets (a former world record), and 14 centuries over a 15-year England career. He was knighted in 2007 for services to charity and sport, and appointed a life peer in 2020. A multiple best-selling author, this is his first book in over 15 years. He lives in North Yorkshire with his wife, Kath.

June 2027
9781529984620
B Format
£11.99 : Paperback
320 pages

# The Diamond Nine Strategy

Secrets of Everyday Success from the Red Arrows

**Dan Lowes**

**An insider's guide to how the Red Arrows build world-class teams – revealing the systems and mindset that create extraordinary trust, resilience and performance under pressure, from former RAF pilot and Red Arrow, Dan Lowes.**

**An insider's guide to how the Red Arrows build world-class teams – revealing the systems and mindset that create extraordinary trust, resilience and performance under pressure, from former RAF pilot and Red Arrow, Dan Lowes.**

The Red Arrows are one of the most recognisable and respected teams in the world. Their incredible displays appear effortless: nine aircraft moving as one, performing with extraordinary precision at speeds of hundreds of miles an hour. But what does it really take to create a team capable of performing at that level?

Former Red Arrows pilot Dan Lowes takes you inside the cockpit to reveal the systems, principles and mindset that have enabled the team to perform at the highest level for more than sixty years. Because world-class performance isn't about never making mistakes. It's about building the trust, discipline and resilience to respond when things go wrong. Drawing on over two decades of experience, Dan distils lessons he has learned in some of the world's most dynamic and high-pressure environments: from how radical accountability creates trust to why character matters more than talent when building a team; from how the best teams prepare for when things go wrong to why failure should be harnessed rather than feared.

Whether you're building a team, a business leader after better results or an individual wanting to strive higher, this rare insider's guide offers a blueprint for what makes an elite team work – helping you unlock your own potential, bring out the best in others and perform when the pressure is on.

**Dan Lowes** has spent two decades making high-stakes, high-pressure decisions in the world's toughest environments as a former RAF Fighter Pilot and Top Gun Graduate. Selected for the Red Arrows in 2016, Dan went on to become the team's Executive Officer, honing his expertise in high-trust, high-functioning teamwork. He was later selected to assess flying tests for Red Arrows candidates, giving him unique insight into

July 2027
9781529147827
Demy Octavo
£18.99 : Trade Paperback
320 pages

# Southern Peach

## Riaz Phillips

**Discover the exciting commonality of America's soul food told through the lens of Afro-Caribbean influence on the region.**

"We are all the same, we were just dropped off on different boats" an elder tells historian and chef Riaz Phillips. Wearing his journalist hat on, Riaz has spent much of the last two years travelling the southern states of America by greyhound bus. *Southern Peach* explores the roots of the food of the American South and reflects on the ways in which the slave trade and migration reached the Americas and inexplicably shaped it's food landscape. Drawing parallels between the Congo and Guinea, Brazil, Jamaica and Guyana and tinged with the indelible fingerprint of European rule, what lives on today is a food culture that almost anyone can see something of themselves in. *Southern Peach* is a tender account that alongside the food recalls tales of community, legacy, impact, identity and grief.

Packed with familiar and exciting recipes for barbecue, rice and grains, greens, seafood and more, this stands to be one of the most exciting narrative cookery releases of 2027. Chapters include: **Waterways** (Louisiana, Mississippi, South Carolina); **Land** (Virginia, North Carolina, Florida, Georgia); **Grill** (Alabama, Tennessee, North Carolina); **Bake** (Virginia, Tennessee, Georgia).

July 2027
9781529960990
Royal Octavo
£22.00 : Hardback
352 pages

Riaz Phillips @riazphillips, is a documentary filmmaker and award-winning author of *East Winds, West Winds* and *Belly Full.* His first cookbook on Jamaican food, *West Winds* won the Fortnum and Mason Cookery BookAward 2023 and the Jane Grigson Award 2022, and was also listed as one of the best cookbooks of the year by *The Guardian and Independent.* Born and raised in London and now based in Berlin, when not moonlighting in kitchens or bars, his writing can be found in his monthly column for *Guardian Feast* amongst other publications including the *Evening Standard*, *Vice*, *Waitrose* magazine and more.

# Dump Dinners

5 minute meals to save the school night

**Emmie Sayers**

**Quick and easy one-pot meals from cross-platform mumfluencer @dinnerwithdafni. For fans of *Taming Twins*, *Cardiff Mum* and *The Grab Bag Slow Cooker Book*.**

***The ultimate time-saving cooking method for busy family life***

Emmie Sayers is taking the stress out of mealtimes for good with delicious hands-off meals that are perfect for hands-on homes.

With just five minutes of prep, you can create all of your favourite go-to meals - from crowd-pleasing *Marry Me Chicken* and *Cheeseburger Pasta Bake* to warming *Chilli Con Carne* or *Chicken Pesto Pie*, sticky *Hoisin Noodles*, and more.

Follow Emmie's brilliantly simple method: dump your ingredients into one tray and let the oven do the work.

With sections for COMFORT CLASSICS, FAMILY FAVOURITES, FAKEAWAYS, VEGGIE, and DESSERTS, this is your shortcut to delicious home cooking every day!

Busy mum of two, Em Sayers has built a thriving online community through sharing simple, accessible 5-minute meals perfect for the whole family.

Packed with kitchen hacks, stress-free food and plenty of solutions for busy weeknights, *Dump Dinners* is her first book.

Find Emmie online @dinnerwithdafni

July 2027
9781807848583
246x189
£22.00 : Hardback
224 pages

# Maybe I Am

**Christian Watson**

**The second book feauturing social media sensation Mr Skelly, with over 5 million global followers, a sequel to *How Lucky Am I,* this book teaches us all to look to the future, consider new possibilities and realise we're all stronger than we think.**

**Maybe I Am Stronger Than I Think ...**

Join Mr Skelly on another journey through life, learning to embrace the uncertain and recognise who you are in an ever-changing world.

Through beautiful scenery, with gentle words and hand painted imagery, this book teaches us all to look to the future, consider new possibilities and realise we're all stronger than we think.

From Myrtle Creek, Oregon, animator and designer Christian Watson has long lived by the creed that a person ought to remain a student of many things.
Actualising this, he founded the 1924us studio, a workshop devoted to thoughtful design and the preservation of simpler virtues, talents and fading skillsets. In 2023, while residing in Tasmania with his wife Elle-May and their two children, he sketched the first likeness of Mr Skelly, a small figure that, to his surprise, came to hold meaning for millions. Christian writes as he works: with plain earnestness, an eye for the unseen and a belief that even the quietest life is extraordinary.
His work, as well as his studio, can be found at www.1924.us

July 2027
9781529989656
215 x 165
£22.00 : Hardback
128 pages

# When Life Calls Out to Us

The Love and Lifework of Viktor and Elly Frankl

**Haddon Klingberg, Jr.**

**The only authorised biography of Viktor Frankl, revealing his untold life and extraordinary relationship with his second wife, Elly**

**The world knows Viktor Frankl as the Holocaust survivor whose groundbreaking classic *Man's Search for Meaning* has inspired millions. But few know the remarkable life – and extraordinary love story – behind his work.**

Based on more than 100 hours of personal interviews with Viktor and Elly Frankl, *When Life Calls Out to Us* is the only authorised biography of one of the 20th century's most influential psychologists.

Far more than the story of Frankl's survival, this intimate portrait reveals the man behind the philosophy: playful, witty, deeply devoted to his family and happiest when climbing mountains with the love of his life, Elly. Together, Viktor and Elly spent more than 50 years sharing Frankl's life-changing message that meaning, hope and responsibility can transform even the darkest moments.

Beautifully written by Haddon Klingberg Jr., this moving biography offers an unforgettable portrait of an extraordinary partnership – and a new understanding of the ideas that continue to change lives around the world.

**HADDON KLINGBERG, JR.** (1939-2023) was a clinical psychologist and a professor of psychology at North Park University in Chicago. In addition to a PhD from the Fuller Graduate School of Psychology, he earned a degree in biblical studies and studied with Viktor Frankl in Vienna in the early 1960s. For 20 years, he was president of Klingberg Family Centers in Connecticut.

July 2027
9781846049606
Demy Octavo
£17.99 : Trade Paperback
384 pages

# No Worries

30 days to a stress-free life

**Katsuhisa Kinoshita**

**The unique guide to never worrying again – from a bestselling Japanese author and entrepreneur**

THE JAPANESE BESTSELLER

**By the time you finish this book, you will have transformed into someone who never worries again – no matter what**

Have you ever looked back on something and thought, 'Why did I bother worrying about that?' If the answer is yes, this is the book for you.

Despite being a successful entrepreneur and bestselling author, Katsuhisa Kinoshita hasn't worried about anything in over twenty years. According to him, the act of not worrying isn't about mental strength or even having a positive mindset – there's a skill to it, and it's one anyone can learn.

Using a 30-day framework, Kinoshita takes readers through different types of day-to-day worries – whether they're general, career-related or about relationships – and teaches you how to rewire your very own Thought Algorithm. Each step holds a startling truth to help ensure that you never sweat the small stuff again.

**Katsuhisa Kinoshita** is a successful entrepreneur and bestselling Japanese author. His unique books on management accounting, marketing, work methods and organisational theory have all become bestsellers, with cumulative sales exceeding 400,000 copies.

July 2027
9781785047268
Demy Octavo
£16.99 : Hardback
256 pages

# The Gospels Collection

Journalling Bible

**Alabaster Creative Inc**

**Encounter the beauty of God's Word with this beautifully designed edition of the four Gospels, combining timeless Scripture with stunning photography.**

**Discover the Gospels as you've never experienced them before.**

The four Gospels of Matthew, Mark, Luke and John each offer a unique perspective on the extraordinary life and teachings of Jesus, revealing his message of love, compassion and hope.

In *The Gospels Collection*, the complete texts are brought to life with full-colour photography inspired by the natural world. Sweeping, full-bleed images, an earthy palette of water, forest, soil and stone, and wide margins that invite personal reflection create a rich and immersive reading experience.

Designed to help you slow down, reflect and savour God’s Word, this is a timeless celebration of faith and a meaningful gift to treasure for years to come.

**Alabaster** combines thoughtful design, artistic photography and biblical texts to create inspiring editions of Scripture for a new generation. Founded by Brian Chung and Bryan Ye-Chung, who met at the University of Southern California, the fast-growing brand aims to bring the beauty and richness of Scripture to life for modern readers.

July 2027
9781911764281
246x189
£30.00 : Hardback
384 pages

# New Testament

The Great Themes Of Scripture

**Richard Rohr**

**An accessible guide to the New Testament's core themes that reveals Scripture as a living journey of transformation from one of today's most beloved spiritual writers**

In *The Great Themes of Scripture: New Testament*, Richard Rohr and Joseph Martos offer a compelling reading of the Christian scriptures, uncovering the unifying threads that run from the Gospels through Paul to Revelation. Drawing from talks that shaped Rohr's early ministry, the authors present Scripture not as abstract doctrine, but as a living story of transformation that is centred on relationship, surrender and the movement of the Spirit.

Through themes like the reign of God, the paschal mystery, the gift of the Spirit and the emergence of community as the 'body of Christ,' this book shows how the New Testament invites readers into a new way of being. The text challenges literalism and instead emphasises meaning, experience and spiritual growth.

Accessible yet theologically rich, this work is ideal for readers seeking a holistic, experiential understanding of the New Testament.

**Richard Rohr** is a globally recognised Franciscan friar and ecumenical teacher whose work bears witness to the deep wisdom of Christian mysticism. He is the founder of the Centre for Action and Contemplation in Albuquerque, New Mexico - an educational nonprofit dedicated to introducing seekers to the contemplative Christian path of transformation. Rohr is the author of numerous books, including the *New York Times* bestseller *The Universal Christ*. His work has been featured on *The Oprah Podcast* and *On Being* with Krista Tippett, and in *The New Yorker* and *Harper's Magazine.*

July 2027
9781911764267
Demy Octavo
£18.99 : Trade Paperback
224 pages

# The Cat Detective Case Files

**Hiroshi Fujiwara**

**The first non-fiction book to lean into the well-established appetite for Japanese literature featuring cats, from the beloved Japanese pet detective Hiroshi Fujiwara. For readers of *The Travelling Cat Chronicles* and *We'll Prescribe You a Cat*.**

**Discover the heartwarming Japanese classic, from beloved Japanese pet detective Hiroshi Fujiwara. For fans of *The Travelling Cat Chronicles* and *We'll Prescribe You a Cat*.**

Hiroshi Fujiwara is Japan's famous cat detective. For the last 30 years, he has investigated hundreds of cases of missing pets, tracking down pawprints and reuniting owners with their beloved feline friends all over the country. In this heartwarming collection of his most memorable cases, we join Fujiwara on his detective adventures around Japan as he solves the mysteries of the missing cats.

*The Cat Detective Case Files* is a life-affirming memoir about one of the most fascinating jobs in the world, and above all is a story of love and hope that celebrates the bond between humans and their pets.

Hiroshi Fujiwara is Japan's Pet Detective. Born in Hyogo Prefecture in 1969, he has spent the last 30 years investigating missing pets all over the country. He founded Pet Rescue in 1997 and has since handled thousands of cases of missing pets.

July 2027
9781807845605
B Format
£16.99 : Hardback
192 pages

# How to Be Hopeful

My year of living joyfully

**Caitlin Moran**

**A joyful journey into how to live more hopefully in hard times, from million-copy *Sunday Times* bestseller Caitlin Moran - perfect for fans of *Wintering.***

Waking up from another anxious night of sleep, doomscrolling on your phone and feeling the familiar thud of dread in your chest as you watch the news: sound familiar? One morning, Caitlin Moran awakes and realises that she has reached Peak Despair. In a world of worsening news, increasing tribalism and digital addiction, is it any wonder that we all feel so terrible? So, Caitlin wonders: what might be done?

She starts with a Big Plan to escape to the country. But, after nearly bankrupting her family in an ill-advised bid to escape societal doom, Caitlin realises that true change starts not in escaping, but in a reckoning with ourselves. If we step back from the algorithm and take care of ourselves and each other, might amazing change be possible?

And so, ditching the news, eschewing social media and throwing herself into the analogue world just beyond our screens, Caitlin shows how recognizing the goodness in the everyday can be a radical act of rebellion against the fear and anxiety of modern life. From the magic of becoming a renegade litter-picker to the joy of finding exercise that your body loves, *How To Be Hopeful* is an essential, serotonin-boosting companion for anyone looking to reclaim their optimism amidst global chaos, reminding us that our own revolution of hope is never far away.

Caitlin Moran is the eldest of eight children, home-educated on a council estate in Wolverhampton, believing that if she were very good and worked very hard, she might one day evolve into Bill Murray.

She published a children's novel, *The Chronicles of Narmo*, at the age of 16, and became a columnist at *The Times* at 18. She has gone on to be named Columnist of the Year six times. At one point, she was also Interviewer and Critic of the Year - which is good going for someone who still regularly mistypes 'the' as 'hte'. Her multi-award-winning bestseller *How to Be a Woman* has been published in 28 countries, and won the British Book Awards' Book of the Year 2011. Her two volumes

July 2027
9781529974812
B Format
£11.99 : Paperback
320 pages

# Solo

## Marya Hornbacher

**A fresh, funny and unforgettable memoir of one woman's bold journey into the heart of America, perfect for fans of *Wild* and *Educated*.**

*'A few months before I packed up and hit the road, I posted a picture to my socials: I'm sitting on a curb in the late-day sun, wearing short shorts, a tie-back bra top from Target, polka-dot sunglasses, legs splayed, grinning, looking alive. The caption read, "I am nowhere happier than when I am on the road, nowhere freer than when I am in motion, nowhere richer than when I have nothing to lose."*

*That was a little more than two years ago, and that was the story I saw unspooling ahead: a travel book about a woman who walks away from the life she's built and hits the road to see what she can see. And in part, that's what this is. At least, that's where it begins...'*

In 1998, Maya Hornbacher's million-copy bestseller Wasted explored the impact of the patriarchy on women through the prism of eating disorders. Now in her fifties in Trump's America, with Roe vs Wade under threat, Maya decides to travel into the heart of the patriarchy's new threats, giving up her home to travel America in a sixteen-foot trailer.

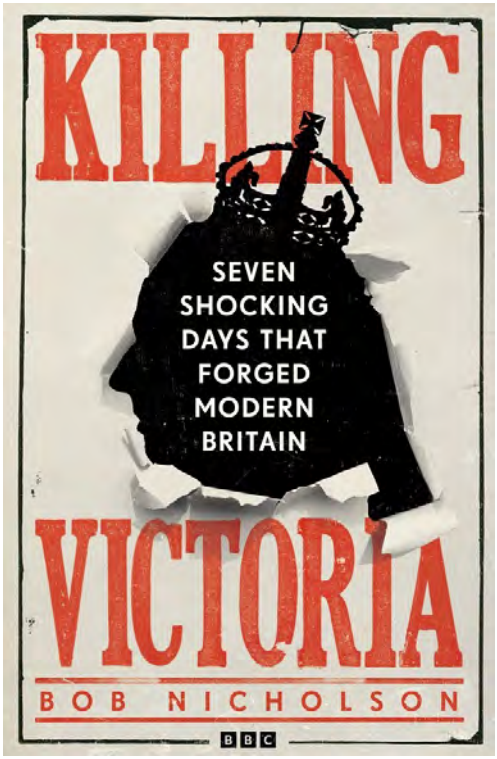
A frank, funny adventure in search of truth about both America and womanhood, *Solo* is an unmissable account of finding peace in the unexpected.

July 2027
9781529971866
Royal Octavo
£22.00 : Hardback
320 pages

# Killing Victoria

Seven Shocking Days that Forged Modern Britain

**Dr Bob Nicholson**




**A gripping historical true crime narrative of the seven assassination attempts on Queen Victoria and their aftermath, from history professor and 19th-century expert Dr Bob Nicholson.**

**A gripping historical true crime narrative of the seven assassination attempts on Queen Victoria and their aftermath, from history professor and 19th-century expert Dr Bob Nicholson.**

*The sound of the gunshot thundered out over Constitution Hill. Suddenly the air was filled with powder smoke and cries of confusion...*

History tends to look back on Queen Victoria's 63-year reign as the remarkably successful monarchy of a woman who defied the expectations and often the conventions of her age to become a respected sovereign. Yet it was not only her triumphs that shaped the society we live in today. Seven shocking days between 1840 and 1880 and their far-reaching consequences had an equally critical impact on the birth of modern Britain and our obsession with celebrity, as seven would-be assassins came within seconds of changing history.

Using newly unearthed sources and extensive archival research, historian Dr Bob Nicholson presents a fresh perspective on the Victorian era each of these crisis points, uncovering a largely forgotten but crucial component of Victoria's story. *Killing Victoria* takes a deep dive into cultural and political responses to the assassination attempts and how they resonated throughout the decades, offering us a new way to understand the reforms and reactionary change across policing, monarchy, celebrity, and mass media that characterised the Victorian era and created twentieth-century Britain.

Drawing on all-new sources, including crime scene sketches, private letters, and police notebooks, *Killing Victoria* transports you back in time, and will change how you see the Victorians forever.

Dr Bob Nicholson is an academic historian specialising in the social and cultural history of nineteenth-century Britain,

July 2027
9781785948770
Royal Octavo
£25.00 : Hardback
384 pages

# Eat Your Ice Cream

Six Simple Rules for a Long and Healthy Life

**Dr Ezekiel J. Emanuel**

**The *New York Times* bestseller that presents a bold new vision for living well and ageing with purpose from a world-renowned health expert**

**THE INSTANT NEW YORK TIMES BESTSELLER**

**From a leading doctor and world-renowned health expert, the simple, uplifting and practical guide to cutting through the wellness noise, living well and ageing with purpose.**

'**Simple, straightforward** and **deeply rooted in science**' *The New York Times*

**'Essential reading for anyone who wants to get to the heart of how to live a healthy and fulfilling life'** Dr Vivek Murthy, MBA, former surgeon general of the United States

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**Have you hit optimisation overload? This book is for you.**

Renowned physician Dr Ezekiel J. Emanuel cuts through the noise with wit, clarity and high-impact advice. Forget the hacks, the hype and the endless expert advice. Dr Emanuel distils the science into six simple, high-impact pillars: nutrition, exercise, sleep, alcohol, mental acuity and social connection. No fads. No extremes. Just evidence-based guidance on what actually works.

You'll gain something rarer than another health plan: clarity. A grounded understanding of what truly drives long-term wellbeing – connection, purpose and sustainable habits that fit into real life.

Because life is not a competition to live the longest. And wellness should not be a full-time job.

Praise for *Eat Your Ice Cream*:

**'A provocative, practical read on how to lead a healthy life** … debunks disinformation, punctures pseudoscience and reveals what really counts for longevity.' Adam Grant, bestselling author of?*Think Again*?and?*Hidden Potential*

July 2027
9781785046957
B Format
£12.99 : Paperback
256 pages

# Hiroshima, 8:15

The Lost Memoir

**Kiyoshi Tanimoto with Koko Tanimoto Kondo**

**The recently discovered and remarkable memoir of a Hiroshima survivor and hero, Kiyoshi Tanimoto, one of the 6 characters in John Hersey's seminal 1946 book *Hiroshima***

*The whole city was covered with dark clouds, and conflagrations were breaking out in various directions. Could all of this have happened at once? It was then that black drops of rain, as big as blackberries, began to fall – rain caused by the atomic bomb. I wondered what had happened to my home and church. With a pale face, I ran down the Koi highway…*

When the atomic bomb fell on Hiroshima at 8.15am on 6 August 1945, Methodist minister Kiyoshi Tanimoto was just beginning his day with the usual bowl of soybean and rice bran porridge. Unbeknownst to him at that moment, the aftermath that will unfold before him over days and weeks is full of horror, but through his courageous determination to save his family, church and city from total devastation, Tanimoto would become internationally recognised as a hero of Hiroshima. In 1946, he featured in American journalist John Hersey's seminal book *Hiroshima* which catapulted Tanimoto into global fame – but it is only now that we have discovered the manuscript that he wrote in his own words.

*What Divides Us* is his remarkable eyewitness account of this devastating moment of history. Although written only a couple of years after the bomb, the manuscript had been lost for many decades and was only recently discovered in a university archive.

Today, over eighty years later in a world fraught with conflict, Tanimoto's story is a moving and powerful reminder of how the strength, love and resilience of the human spirit will always triumph over the things that divide us.

**Kiyoshi Tanimoto (Author)**
Kiyoshi Tanimoto (1909-1986) was a Methodist minister from Hiroshima, who become known globally for his heroic actions in the aftermath of the atomic bomb of 1945. He was one of the six characters featured in John Hersey's *Hiroshima* (1946) and dedicated his life to helping those impacted by the bomb for decades after, the most notable example being his support of the Hiroshima Maidens. He was married to Chisa Tanimoto, and

July 2027
9781529992748
B Format
£12.99 : Paperback
256 pages

# Churchill’s Queen

The Remarkable Friendship That Shaped Our Age

**Nigel Fletcher**

**A fledging queen and a veteran prime minister – the friendship that shaped a royal legacy and changed the world**

A ground-breaking and revelatory exploration of the remarkable relationship between Queen Elizabeth II and Winston Churchill, two of Britain’s greatest leaders.

In February 1952, when the young Elizabeth returned to London after her sudden accession to the throne, it was Churchill who was first to greet her as she stepped off the aircraft. The image was a striking one – an elderly statesman in the twilight of his career paying homage to a young sovereign just embarking on what would become the longest reign in the history of the British monarchy. He already had a lifetime of experience to share, while she had a lifetime of service still to come.

Winston Churchill and Queen Elizabeth II were the two most famous Britons of the 20th century, and rank alongside the most iconic historical figures of all time. They defined the ages in which they lived, and exerted enormous influence on the lives of millions around the globe. But even more extraordinary than their individual achievements is the unique partnership that developed between them, with Churchill helping the Queen to shape the start of her reign, and Elizabeth in turn helping him to retire with dignity and grace, cementing his legacy at the end of his career.

Using previously unpublished material from government files and private archives, this book sheds new light on this historic relationship, revealing how their fruitful collaboration shaped the monarchy and the nation.

**Dr Nigel Fletcher** is a political historian, academic and broadcaster with expertise in contemporary British politics and the UK constitution, including the role and history of the monarchy. He is a Visiting Fellow at King’s College London and is the co-founder of the Centre for Opposition Studies.

He appears frequently as a commentator on UK politics and constitutional issues across a variety of broadcasters, including *BBC News*, *Times Radio* and *CBS* (America), for whom he has

July 2027
9781529977264
B Format
£12.99 : Paperback
336 pages

# Finding Home in a Herd

The Horses Who Taught Me How to Live

**Esme Higgs**

**The moving true story of how a life with horses became a lesson in courage, finding purpose and discovering where you belong.**

*This isn't a book about horses; it's about how different horses taught me to be human. This isn't a book about learning to ride; it's about learning to be.*

I grew up in a family who knew nothing about horses. I wasn't supposed to become a 'horse girl'. Yet, somehow, abandoned donkeys, patient riding-school ponies and 'difficult' (read: misunderstood) young rescue horses quietly shaped the person I became.

Every horse that has trotted into my life has arrived exactly when I needed them, sharing with me something I didn't know was missing. They have taught me courage without words, resilience without expectation and empathy without judgement.

Looking back, I don't think I fell in love with horses first, I fell in love with understanding animals. Before I learnt to ride, I learnt to watch. To understand personalities, to notice who led the herd, to realise animals have friendships, arguments and heartbreak just like we do. They have shown me so much: friendship, fear, grief, confidence, belonging, purpose and the extraordinary bond that can exist between humans and animals.

This is a story about finding home in a herd.

Esme Higgs is one of the biggest online influencers in the equestrian world with more than one million followers. She's a children's author, presenter, video producer and a horse-mad ordinary girl. Her online videos are a mix of tutorials, horse-care videos and vlogs about her horses (Mickey, Joey, Casper. Mimi and Duke) and her life. She is a proud ambassador for the charity Brooke and works closely with other charities such as World Horse Welfare and the Riding for the Disabled Association.

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The Horses Who Taught Me How to Live

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*This isn't a book about horses; it's about how different horses taught me to be human. This isn't a book about learning to ride; it's about learning to be.*

I grew up in a family who knew nothing about horses. I wasn't supposed to become a 'horse girl'. Yet, somehow, abandoned donkeys, patient riding-school ponies and 'difficult' (read: misunderstood) young rescue horses quietly shaped the person I became.

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9781809921147
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# Citizen Kim

The Woman Who Created the Future

**Jonathan Van Meter**

**The definitive, authorised portrait of the iconic Kim Kardashian**

*Kim met me for dinner at a Mexican restaurant in the San Fernando Valley. It was the only time she could find in her schedule to sit quietly, away from the chaos, and talk for a couple of hours. She arrived by herself, driving a Range Rover, no security, wearing head-to-toe black leather, looking like a punk rock lady boss.*

Discover one of the world's most recoginable women as you've never seen her before. Featuring a number of conversations between Kim, the people closest to her and the author, this authorised biography is both intimate and wide-ranging, celebratory and startlingly honest.

We see Kim at home with her children, at work on shoots and at the office, and studying for the bar. We also learn about her family, her childhood and the years before she was famous in fascinating detail.

*Citizen Kim* is the definitive portrait of a truly modern icon.

Jonathan Van Meter is one of America's foremost magazine writers. A contributing editor at both *Vogue* and *New York* magazine, Van Meter writes about Hollywood, media, fashion, society, and politics, and has profiled many of the most consequential figures in American public life. He is also creator and founding editor-in-chief of *Vibe* magazine, owned in partnership by Quincy Jones and Time Warner, from 1992-1994, executive producer of the documentary *Let's Get Frank*, and author of *The Last Good Time.*

July 2027
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# Devil on my Shoulder

## Alice Cooper

**The definitive autobiography from Alice Cooper, the Godfather of Shock Rock and one of the world's most iconic musicians with a career spanning six decades.**

In the Sixties and early Seventies, Alice Cooper was simply a rock group, but as their lead singer, Vincent Damon Furnier, developed his modern-day Grand Guignol character, Alice Cooper became his stage name. Then, on a wave of global success, he legally changed it to his own. As his story will tell, the two Alices became schizophrenically, almost fatally intertwined; after a harrowing journey to Hell and back, there are today two very different Alice Coopers: the deeply religious sober man behind the mask and the Godfather of Shock Rock who wears a snake around his neck.

With a career spanning six decades, Alice's story features witty, intimate anecdotes featuring Salvador Dalí, Bob Hope, John Lennon, Groucho Marx, Vincent Price, Frank Sinatra, Erroll Flynn, Bette Davis, Jim Hendrix, Gerald Ford, Andy Warhol, Tiger Woods, to name a few, but he's also an acute observer of dysfunction and despair, wildness and criminality, urges and addictions, transgressions and human goodness. And so he tells his story from both perspectives: angel on one shoulder, devil on the other.
Devil on My Shoulder is the definitive memoir from one of the most iconic music artists of our generation.

No stranger to doing things his own way, Alice Cooper has cast a long shadow over rock music with an unrivalled live show and timeless anthems like 'School's Out', 'I'm 18', 'No More Mr. Nice Guy', 'Elected' and 'Poison'. Selling over fifty million records worldwide, he earned a star on the Hollywood Walk of Fame in 2003, and Rock and Roll Hall of Fame induction in 2011. He continues to release new albums and has been touring worldwide for over six decades (and counting).

July 2027
9781529966664
B Format
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