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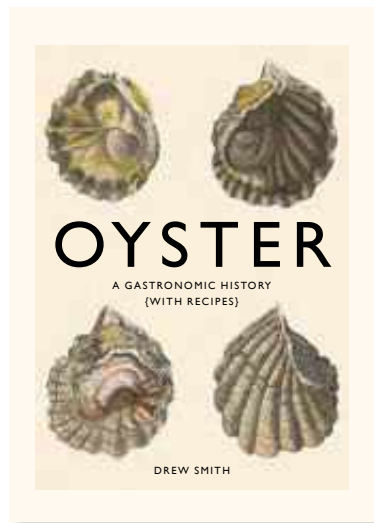
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**CULTURAL
HISTORY**



OYSTER

A Gastronomic History

By DREW SMITH

SPECIFICATIONS

Trim page: 222 x 165mm/6½ x 8¾in
Format/Binding style: PLC
Extent: 256 pages
Word count: 60,000
Illustrations: 4-colour photography and illustrations

DESCRIPTION

“A brilliant crusade for the oyster that shows how food has shaped our history, art, literature, law-making, culture, and of course love- making and cuisine.” – Raymond Blanc

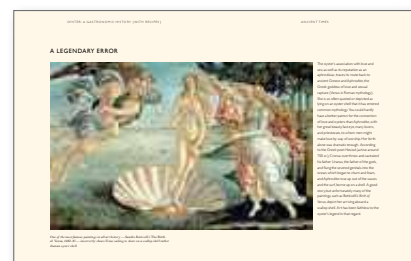
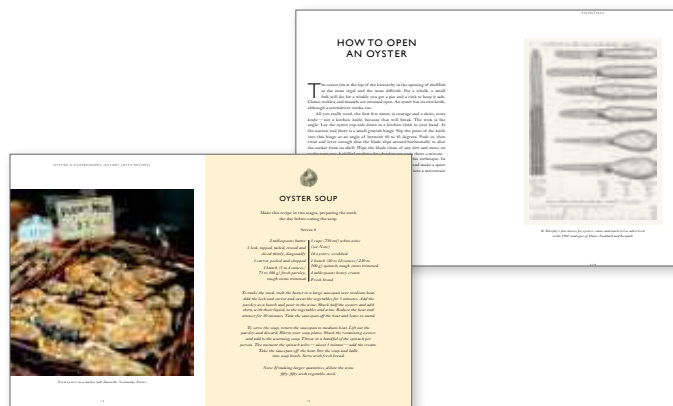
In *Oyster: A Gastronomic History*, Drew Smith takes us on a fascinating journey from the dawn of time right up to the present day, tracking the oyster’s march through the history of gastronomy, art, literature and politics. Each chapter features both traditional and original oyster recipes that draw inspiration from the different time periods and locations throughout history. *Oyster* is a visual feast that chronicles this humble mollusc’s immense impact on the world and the stories that came with it.

ABOUT THE AUTHOR

Drew Smith is the author of *A Gastronomic History with Recipes* (Abrams, 2015) and translator of *La Mère Brazier* (Rizzoli, 2014). He is a former editor of the *UK Good Food Guide*, a *Guardian* columnist, and has won the Glenfiddich prize three times.

SALES POINTS

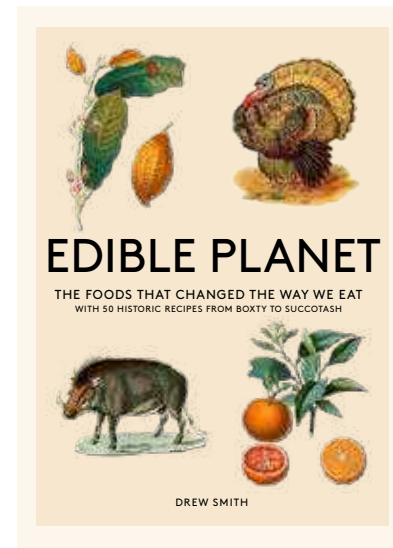
- A unique and brilliantly told global history of the role oysters have played in gastronomy and culture, from the earliest inhabitants to modern day connoisseurs
- Categorised by period and geographical location, each chapter explores the oyster’s influence through a selection of fascinating anecdotes, facts and legends
- Contains 50 oyster recipes, calling on traditional archive dishes as well as original, fresh takes from the best contemporary world restaurants
- Beautifully designed with stunning full-colour visuals – from historic artworks to early photography and modern illustration



EDIBLE PLANET

The Foods that Changed the Way We Eat
 With 50 Original Recipes from Boxty to Succotash

By DREW SMITH



SPECIFICATIONS

Trim page: 234x171mm/6.5x9.25in
Format/Binding style: Hardback
Extent: 256 pages
Word count: 45,000
Illustrations: 4-colour photography/illustrations

DESCRIPTION

Journey through a food history of the world, with the Gastronomists who shaped our daily diets, our cultural identities, and our landscapes. Shopping in our modern globalised supermarkets, it’s easy to forget the complex networks of exchange, experimentation, and violence that brought these foods to our tables. Award winning food writer Drew Smith guides us through these food routes and stories of human cultivation; from the Spanish monks who gave away the secret of chocolate as dowry for a bride, to the first neolithic farms, and how Walter Raleigh supposedly poisoned the Elizabethan court with potatoes.

Across three parts, starting with the earliest produce traders and ending with mass-produced food products, Drew Smith spotlights the original historical recipes for now-iconic foods from ketchup to the earliest known chocolate cake. Beautifully illustrated with archival material and photography, *Edible Planet* is the essential guide for the foodie and history lover alike.

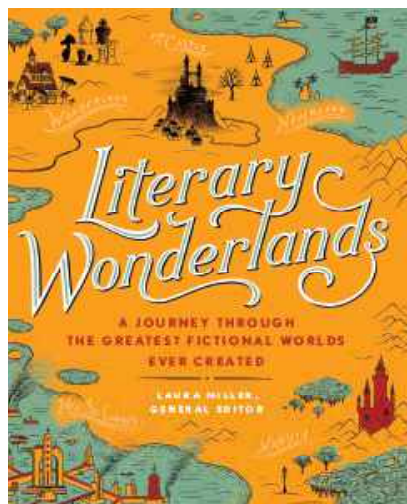
ABOUT THE AUTHOR

Drew Smith is a food historian, author and a restaurant writer for the *Guardian* newspaper. He has won the Glenfiddich award, which recognises outstanding food and drink writing, three times and is the author of the much admired *Oyster, a Gastronomic History*. He lives in London.

SALES POINTS

- The lively and informative narrative explains how exploration and trade changed the world’s cuisine
- Includes a host of archival material, documents and images, as well as 50 historic a recipes to support and enhance the narrative
- Detailed feature spreads in every chapter examine techniques and particular products and the stories behind them like the nixtamalization of corn and the processing of sugar beet





LITERARY WONDERLANDS

A Journey through the Greatest Fictional Worlds Ever Created

General Editor LAURA MILLER

SPECIFICATIONS

Trim page: 234 x 171 mm / 6¾ x 9¼ in
Format/Binding style: Hardcover with jacket
Extent: 320 pages
Word count: 95,000
Illustrations: 4-colour illustrations

DESCRIPTION

'A beautiful, enchanting book' – New York Times

Imaginary worlds have captivated readers since the first works of literature. Lovingly researched and beautifully produced, *Literary Wonderlands* explores the timeless, captivating features of literature's greatest fictional worlds and the minds that created them. Roaming from classic tales including C.S. Lewis' *The Chronicles of Narnia* to Philip Pullman's *His Dark Materials*, this truly global collection chronicles over two thousand years of literary creation. Accompanied by stunning visuals, *Literary Wonderlands* is an enchanting read for anyone who has ever been transported to another place through the power of the written word.

CONTRIBUTORS

General Editor **Laura Miller**, a New York-based journalist, critic and author, is joined by a team of contributors including journalist, author and UCL professor **John Sutherland**.



SALES POINTS

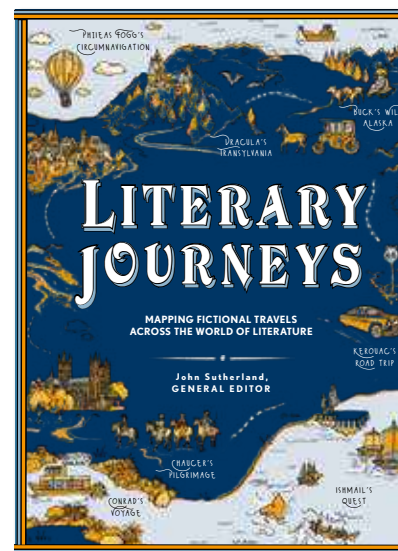
- A guide to almost 100 imaginary realms from the world's finest literary works – the ultimate experience for any book lover enthralled by the transportive powers of fiction
- Beautifully illustrated throughout with the chosen texts' original artworks, film and television interpretations, archive material, and sketches and manuscripts by the authors themselves
- Companion title to *Literary Landscapes* (2018), praised in *the Guardian* by Simon Callow for its 'beauty and frequent shafts of insight'
- over 10 000 books sold throughout the world (from Germany to Italy and Australia)



LITERARY JOURNEYS

Mapping Fictional Travels Across the World of Literature

Introduction by JOHN MCMURTRIE



SPECIFICATIONS

Trim page: 234 x 171 mm / 6¾ x 9¼ in
Format/Binding style: Hardcover with jacket
Extent: 256 pages
Word count: c. 75,000
Illustrations: 4-colour photography/illustrations

DESCRIPTION

From Chaucer's *The Canterbury Tales* to Kerouac's *On the Road*, Cervante's *Don Quixote* to Whitehead's *The Underground Railroad*, the journey has long been an archetypal story. The genre's inherent escapism is the perfect vehicle for fuelling dreams of being outlaws and romantics, for taking us outside of our own lives and across the world. From the comforts and confines of our homes, this book brings to life some of the most significant, exciting, dangerous, tragic and uplifting journeys ever written about.

Tracing the chronological growth of the journey as a literary device, this volume showcases the breadth of different authors' grapples with this narrative structure. *Literary Journeys* will take you on the most important journeys in literature, over eight centuries and across over 30 countries.

ABOUT THE CONTRIBUTORS

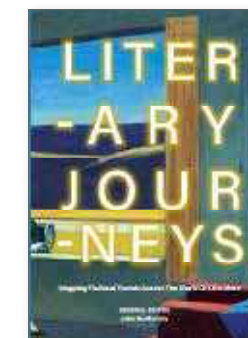
John McMurtrie is an editor for McSweeney's Publishing. He was the books editor of the *San Francisco Chronicle* from 2008 to 2019. His writing has appeared in *The New York Times*, *The Los Angeles Times*, and *Literary Hub*. He lives in the San Francisco Bay Area.

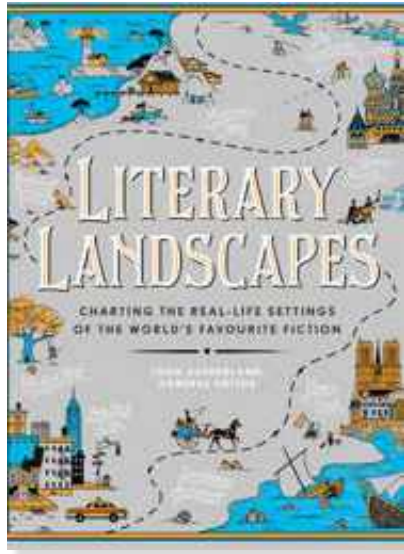
An team of fifty-five expert contributors includes literary critics, academics and authors such as John Sutherland, Maya Jaggi, Robert McCrum, Kimberly Fain, Alan Taylor, Susan Shillinglaw, Robert Holden, Suzanne Conklin Akbari, Michael Bourne, Lisa Tuttle, Sarah Mesle, Elinam Agbo, Lesley Downer, Kimberly Fain, Joseph Farrell, Alison Finch, Alison Flood, Wayne Gooderham, Rosemary Goring, Robert Hanks, Jon Hughes, Saudamini Jain, Ellen Jones, Sam Jordison, Natty Kasambala, Reyes Lazaro, Emily Lethbridge, Katie da Cunha Lewin, Nick Lezard, Iain Maloney, Jarred McGinnis, Roger McKnight, John McMurtrie, Nathan McNamara, Kate McNaughton, Charles Montgomery, Mahvesh Murad, Katherine Murphy, Margaret Oakes, Jess Payn, Xenobe Purvis, Georgina Quach, Adam Roberts, Charlotte Rogers, Mauricio Sellman Oliveria, Elena Sheppard, Jared Shurin, Drew Smith, Phoebe Taplin, Alyson Tapp, Catherine Taylor, Ian Thomson, James Thurgill, Anja Troger, and Victoria Young.

SALES POINTS

- A captivating collection of essays on more than 75 works of fiction from across the globe, considering how these works have explored and developed the idea of journeying
- Beautifully illustrated throughout with the chosen texts' original artwork, inspired film and television interpretations, archival material and sketches and manuscripts by the authors themselves

*alternative cover:





LITERARY LANDSCAPES

Charting the Real-Life Settings of the World's Favourite Fiction

General Editor JOHN SUTHERLAND

SPECIFICATIONS

- Trim page:** 234 x 171 mm / 6 3/4 x 9 1/4 in
- Format/Binding style:** Hardcover with jacket
- Extent:** 256 pages
- Word count:** 80,000
- Illustrations:** 4-colour

DESCRIPTION

"It is hard to think of any lover of fiction who would not be beguiled by its beauty and frequent shafts of insight" - the Guardian

Some stories couldn't happen just anywhere or any time – often the scenery, landscape or era is as central to the tale as any character – and just as easily recognised. *Literary Landscapes* brings together an eclectic collage of over 70 familiar literary worlds paired with original maps and archive material, as well as illustrations and photography. In this collection of essays the reader will follow Leopold Bloom's footsteps around Dublin, become immersed in Les *Misérables*' revolutionary Paris, feel the chill wind of Emily Brontë's *Wuthering Heights*, and hear the churning paddles of Mississippi steamboats in Mark Twain's *Huckleberry Finn*.

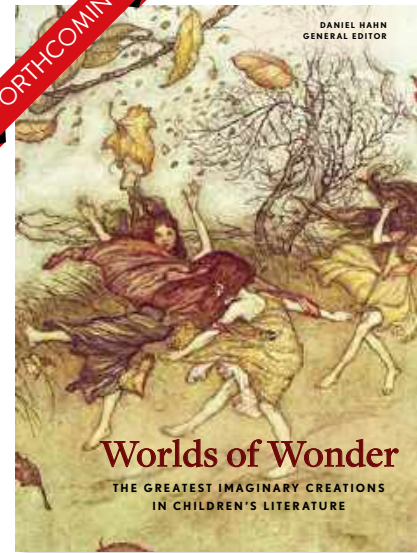
CONTRIBUTORS

A team of literary critics led by general editor, **John Sutherland**, an English academic and Emeritus Professor of Modern English Literature at University College London. He is an author and columnist for *The Guardian*.



SALES POINTS

- Comprised of over 70 international literary novels that feature memorable landscapes, examining how their description is intrinsic to the story
- Draws on realist landscapes from classic and contemporary fiction
- Illustrated with maps and archive material, as well as photography, extracts and scene-setting illustrations
- Companion title to *Literary Wonderlands*, praised in the New York Times as 'a beautiful enchanting book'



WORLDS OF WONDER

Celebrating the Great Classics of Children's Literature

General Editor DANIEL HAHN

SPECIFICATIONS

- Trim page:** 234 x 171 mm / 6 3/4 x 9 1/4 in
- Format/Binding style:** Hardcover with jacket
- Extent:** 256 pages
- Word count:** 80,000
- Illustrations:** 4-colour photography/illustrations

DESCRIPTION

Leave the real world behind and join some of the greatest children's writers on a journey through the depths of human imagination in this compendium of the fantastic places from the world's best children's books.

Whether you want to rediscover the classics of your childhood, or find new stories to delight your own children, all the inspiration you need is right here. From Narnia to Neverland, Discworld to Hogwarts, you'll find an abundance of riches in this treasure trove of literary magic. Focused on books for children from ages zero to twelve, catch up with old friends or make plenty of new ones...

ABOUT THE GENERAL EDITOR

A team of literary critics is led by general editor, **Daniel Hahn**. Hahn is a writer, editor and translator with over fifty books to his name. He is one of the editors of *The Ultimate Book Guide*, which won the Blue Peter Award. His work has also won the International Dublin Literary Award and the Independent Foreign Fiction Prize, and been shortlisted for the Man Booker International Prize, among others. A former chair of the Translators Association and national programme director of the British Centre for Literary Translation, he currently serves as a trustee for the Society of Authors. His recent books include the *Oxford Companion to Children's Literature*.

SALES POINTS

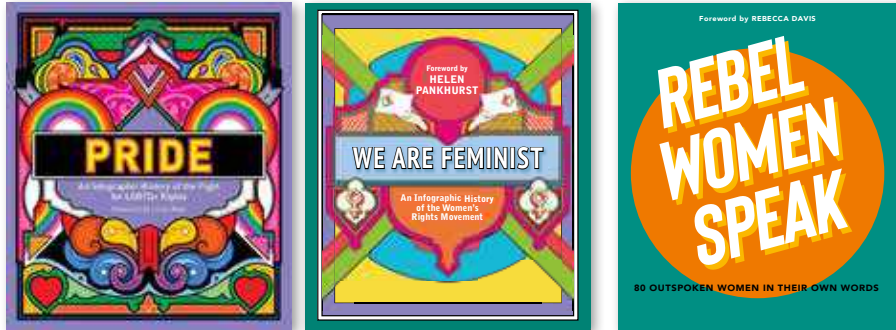
- A beautiful collection of imaginary places in children's literature, from authors old and new across the globe
- Beautifully illustrated throughout with original artwork, film and television stills, archive material and sketches and manuscripts



THE POP HISTORY SERIES

ABOUT THE SERIES

The Pop History series is an infographic journey through the histories of social justice movements around the world. Featuring charts, timelines, maps, and more, each book examines various key moments in history and the lasting impacts these movements made across the globe.



PRIDE

An infographic history of the LGBTQ+ movement from the 1930s until the present day, featuring timelines, facts and biographies of key pioneers in the fight for LGBTQ+ rights. Divided into three chronological parts, the book takes us from the 'pansy craze' of the early 1930s right up until the present-day fight for trans rights. Pride illustrates the incredible strength behind this many-faceted movement so far, and is sure to provide a jolt of empowerment to the next generation.

*Pride alternative cover:



WE ARE FEMINIST

A joyful visual timeline celebrating 150 years of achievements of feminism, this book looks at how far women have come, celebrating both collective and individual achievements. Organised chronologically into feminist waves, the book tells a visual story through graphically represented statistics, key dates, quotes, events and facts about rights campaigns and the women who inspired them.

REBEL WOMEN SPEAK

Rebel Women Speak brings together over 80 great female speakers from the last 120 years. From Clara Campoamor's address that secured Spanish women the vote to Dolores Huerta's rallying call that changed American labour laws; Julia Gillard's searing critique that updated the definition of misogyny to Kamala Harris's victory speech, these are the words of radical women who have changed history.

SPECIFICATIONS

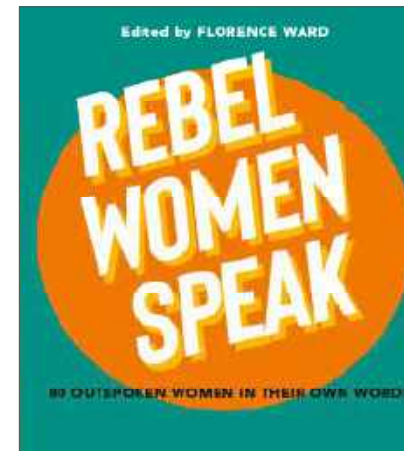
Trim page: 184 x 159mm / 6.25 x 7.25in
Format/Binding style: Hardback
Extent: 128 pages
Word count: 45,000 running text / 12,000 infographics
Illustrations: 4-colour

ABOUT THE CONTRIBUTORS

Linda Riley (Foreword, Pride) is the founder of DIVA, Europe's leading magazine for LGBTQ+ women, as well as the founder of the Rainbow Honours and the European and British Diversity awards. She is a former director of US LGBTQ+ campaign group GLAAD.

Helen Pankhurst (Foreword, We Are Feminist) is an author and a women's rights activist. She is the great-granddaughter of Emmeline Pankhurst and granddaughter of Sylvia Pankhurst, and author of *Deeds Not Words: the Story of Women's Rights, Then and Now*.

Rebecca Davis (Foreword, Rebel Women Speak) Rebecca Davis is a Webby award-winning writer, long-time activist and founder of Rally + Rise, the US-based charity making activism accessible to all.



REBEL WOMEN SPEAK

80 Outspoken Women in Their Own Words

Foreword by REBECCA DAVIS

SPECIFICATIONS

Trim page: 197 x 171mm / 6.3/4 x 7.3/4in
Format/Binding style: Hardback
Extent: 128 pages
Word count: c. 28,000
Illustrations: 4-colour photography

DESCRIPTION

Rebel Women Speak brings together over 80 great female speakers from the last 120 years. From Clara Campoamor's address that secured Spanish women the vote to Dolores Huerta's rallying call that changed American labour laws; Julia Gillard's searing critique that updated the definition of misogyny to Kamala Harris's victory speech, these are the words of radical women who have changed history.

Set alongside context that explains the significance and influence of each speaker, each speech is designed to inspire readers to take action and speak up for what they believe in. The final chapter of the book, compiled by writer and activist Rebecca Davis, offers practical, accessible advice for being an activist, whether that means speaking out at school or the workplace, writing to your local representatives or joining a campaign group. *Rebel Women Speak* is the ultimate inspirational resource for anyone who cares about making the world a better place.

ABOUT THE FOREWORD WRITER

Rebecca Davis is a Webby award-winning writer, long-time activist and founder of Rally + Rise, the US-based charity making activism accessible to all. Rally + Rise has collaborated with politicians including Alexandria Ocasio-Cortez and successfully lobbied to pass progressive legislation across the United States. Their Instagram has a global audience of nearly 30k followers.

SALES POINTS

- An inspiring collection of speeches given by radical women trailblazers, covering topics from equal pay and abortion rights to confidence and creativity
- Includes speeches that have never been anthologised for a popular audience
- Each orator is accompanied by a biography that gives a short but comprehensive insight into their life, work and lasting impact
- International in breadth and scope, including women from Europe, North America, Central & South America, Africa, Asia and Australasia

German edition cover:





PHOTOGRAPHY

The 50 Most Influential Photographers in The World

By CHRIS DICKIE

SPECIFICATIONS

Trim page: 210x 152 mm / 6x 8½in
Format/Binding style: Hardcover with jacket
Extent: 128 pages
Word count: 30,000
Illustrations: 4-colour photography

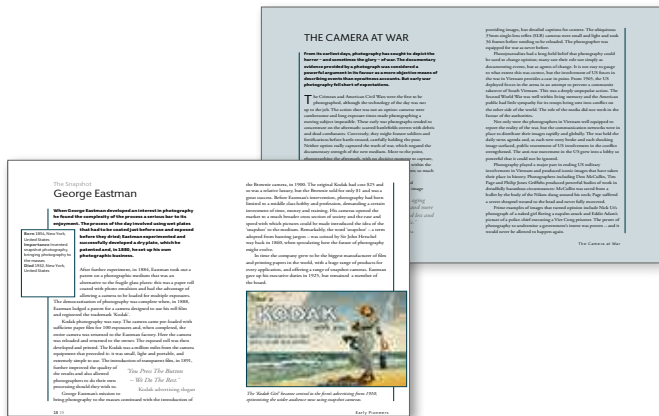
DESCRIPTION

Pioneers: Photography presents the spellbinding ideas and images of 50 of the most influential photographers since the beginning of the twentieth century, together with an exploration of 10 of the most significant trends and developments in the field.

Following the personal histories and photography of luminaries such as Man Ray, Annie Leibovitz and Cecil Beaton, this intriguing book includes over 100 full-colour images and sheds light on the inspirational forces that have shaped the way in which the world views itself.

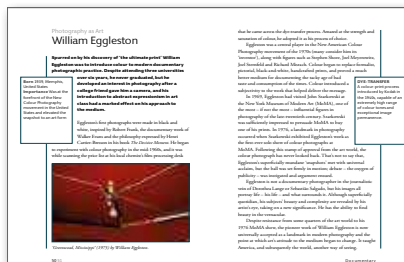
ABOUT THE AUTHOR

Chris Dickie has been Editor and Publisher of the *British Journal of Photography* (the oldest photo journal in the world) from 1987-2003. With over 1500 magazines and books published on photography, including *Photo Projects: How to Plan and Publish Your Photography*. Chris is also an Honorary Fellow of the British Institute.



SALES POINTS

- Features ten major movements of the discipline, from portraiture to fashion, from photojournalism to gallery art
- Profiles 50 of the most inspiring and influential photographers since the origin of the discipline
- International and contemporary in scope
- Beautiful photography accompanies each entry



PIONEERS SERIES

The *Pioneers* series covers the 50 most influential players in the areas of design, fashion, photography, architecture, graphic design and film. Each title guides you through the achievements of the greatets names in filed, presented alongside ten additional features showcasing key innovations in the history of the industry.

SPECIFICATIONS

Trim page: 210x 152 mm / 6x 8½in
Format/Binding style: Hardcover with jacket
Extent: 128 pages
Word count: 30,000
Illustrations: 4-colour photography



DESIGN

From tables to cars, vacuum cleaners to watches, lamps to lighters, *Design* is a comprehensive introduction to the world's most important product designers from the twentieth century, including Phillippe Starck, Henry Ford, Marcello Nizzoli, Charles and Ray Eames and James Dyson, with ten additional features showcasing the major trends and innovations in the industry, from plastics to mass production.



ARCHITECTURE

Divulging the innovative and inspirational aspects of building design, *Architecture* is a comprehensive introduction to the most influential architects of the twentieth century, including Le Corbusier, Ludwig Mies van der Rohe, Frank Lloyd Wright Oscar Niemeyer and Kisho Kurokawa, as well as examining ten significant trends, from skyscrapers to sustainable architecture.



FASHION

From haute couture to prêt-à-porter *Fashion* presents the most influential fashion trendsetters and style shapers of the twentieth century, including Jean Paul Gaultier, Tom Ford, Rei Kawakubo and Vivienne Westwood. Profiles of the key designers and their creations are accompanied by ten features from fashion photography to the rise of the supermodels.



GRAPHIC DESIGN

Graphic Design surveys the work of the world's most important designers of the twentieth century, including Laszlo Moholy-Nagy, Paul Rand and Wolf Weingart, with ten additional features examining important trends and movements within the discipline, from the role of politics and propaganda to constructivism.



PHOTOGRAPHY

Photography takes you through the achievements of the greatest names associated with the art, including Annie Liebovitz, Henri Cartier-Bresson, Cecil Beaton, Edward Weston and Man Ray, and features ten major movements within the discipline from war photography to the advent of digital photography.



FILM

Film examines the achievements of the leading directors from the pioneers of silent cinema to modern-day masters, including Fritz Lang, Alfred Hitchcock, Stanley Kubrick, Jean-Luc Godard and Quentin Tarantino. The book also features ten major influences and movements within the industry, from animation to Bollywood.

ABOUT THE AUTHORS

Dr Paul Rodgers is Reader in Design at the School of Creative Industries, Napier University and holds a PhD from the University of Westminster.

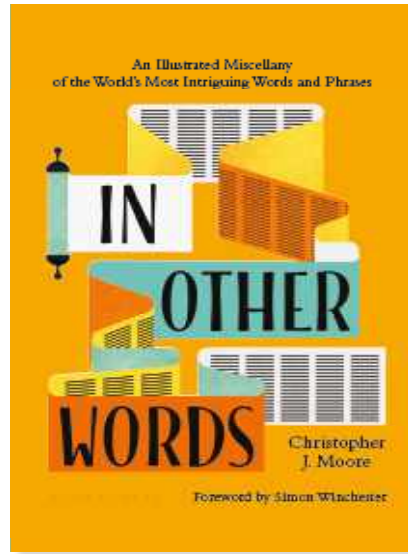
Bonnie English is an art and design historian and lecturer. She has taught at the QCA since 1975.

Chris Dickie has been writing about and publishing photography for 25 years, and has now published almost 1500 magazines and books.

John Stones has written about design and architecture for *Design Week*, *Icon* and *Marketing Week*. He is the author of *Display* and *Very Small Shops*.

Anna Gerber is a London-based American writer and lecturer in graphic design. She is the author and designer of *All Messed Up: Unpredictable Graphics*.

Tom Charity was Film Editor for Time Out London for five years and has reviewed films for a range of publications including *Empire* and the *Sunday Times*.



IN OTHER WORDS

An Illustrated Miscellany of the World's Most Intriguing Words and Phrases

By CHRISTOPHER J. MOORE
Foreword by SIMON WINCHESTER
illustrations by LAN TRUONG

SPECIFICATIONS

Trim page: 190 x 140mm/7½ x 5½in
Format/Binding style: Hardback with jacket
Extent: 128 pages
Word count: 10,000
Illustrations: 4-colour illustrations throughout

DESCRIPTION

Ever racked your brain for a word you're convinced should exist, yet is inexplicably absent from the dictionary? All languages have their limitations – should English fall short, the expression may lie elsewhere. That's where this book comes in: a quirky, international lexicon of linguistic gems that capture certain moments or things with satisfying precision. The mots justes are grouped according to language and prefaced with insightful overviews of the relevant cultures.

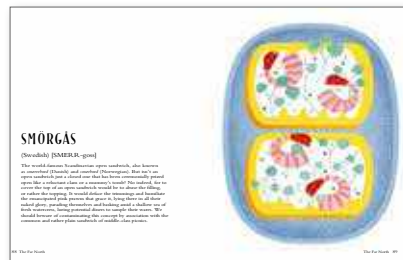
Embellished with entertaining and characterful colour illustrations, *In Other Words* is the perfect gift book to entertain even the most well-versed polyglot.

ABOUT THE AUTHORS

Christopher J. Moore is an author, translator and editor of both adult and children's books, and is the author of the award-winning *Ishtar* and *Tammuz* and *How to Speak Brit*.

Lan Truong is an illustrator based in Portland, Oregon. Her work is influenced by vintage matchbox labels and posters, and art from around the world.

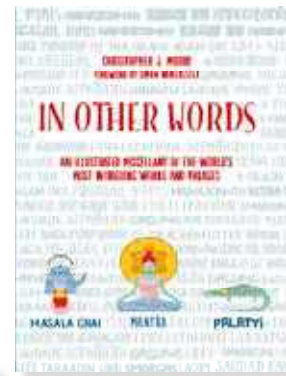
Simon Winchester, OBE, is a British journalist and bestselling author of numerous works of non-fiction, notably *The Surgeon of Crowthorne* (1998) and *The Men who United the States* (2014).



SALES POINTS

- Over 80 intriguing and amusing words and phrases from different cultures around the globe
- Promotes greater understanding and appreciation of other cultures
- Witty illustrations by Lan Truong illuminate each explanation
- over 30 000 copies sold throughout the world

*Alternative cover:

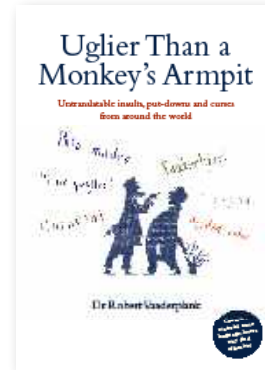


LANGUAGE LOVERS SERIES

Word nerds, rejoice! The Language Lovers series will tickle the brain of any aficionado of language, linguistics, or culture. With insightful and humorous analysis of words, phrases, traditions and customs, these books are authored and edited by experts in their field. Each book provides a unique perspective on a peculiarly fascinating linguistic niche.

SPECIFICATIONS

Trim size: 190 x 127 mm/ 5 x 7.5 in
Format: Hardback with jacket
Extent: 128 pages
Word count: 20,000
Illustrations: 2-colour throughout



UGLIERTHAN A MONKEY'S ARMPIT

Profanities, curses and insults make up some of the most colourful and profound phrases in a language. These are the words you won't learn in a language class, and the unexpected delight they bring is matched only by the hilarious mental pictures they conjure.

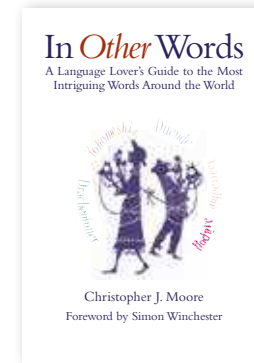
Stephen Dodson is a Massachusetts-based editor and **Robert Vanderplank** is the director of the Oxford University Language Centre.



THAT'S AMORE!

Love is powerful, enduring, and magical in any language. Word maven Erin McKeon has scoured the world looking for the most colourful and seductive expressions to honour your loved one, and among the more than forty-six languages featured in this book, you're sure to find the right thing to say!

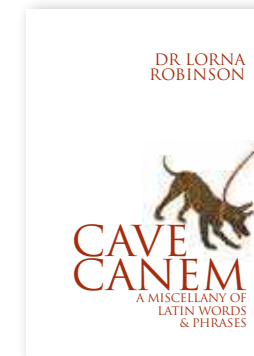
Erin McKeon is the Editor-in-chief of American Dictionaries for Oxford University Press, and the editor of *VERBATIM: The Language Quarterly*. She lives in Chicago.



IN OTHER WORDS

From the finely tuned intricacies of the Japanese tea ceremony to the peaceful salaam 'aleikum greeting in the Middle East, the very essence of another country is conveyed through its unique manners and customs. Discover the peculiarities of language and culture sometimes known as "untranslatables".

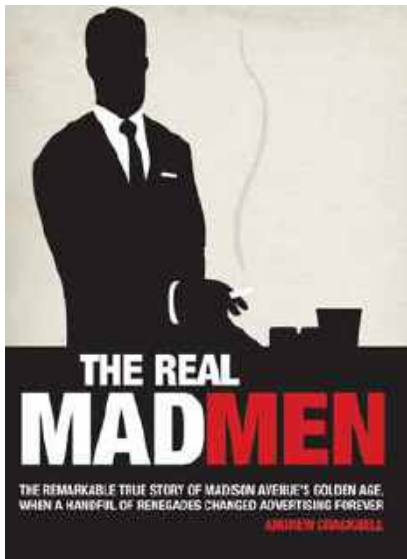
Christopher J. Moore is an author, translator and editor of both adult and children's books. He has degrees from Oxford and Edinburgh in Languages and Applied Linguistics.



CAVE CANEM

Latin may be a "dead" language. But it is currently undergoing a revival. *Cave Canem* celebrates the Latin language and explores all aspects of Roman culture, from its lofty Classical heights to its lower, more "vulgar" roots.

Dr Lorna Robinson runs Latin and Greek courses in inner city comprehensive primary schools, and produces *Iris*, a Classical magazine.



THE REAL MAD MEN

The Remarkable True Story of Madison Avenue's Golden Age When a Handful of Renegades Changed Advertising Forever

By ANDREW CRACKNELL

SPECIFICATIONS

- Trim page:** 6.75x9.5in/243 x 171mm
- Format/Binding style:** Hardcover with jacket
- Extent:** 224 pages
- Word count:** 60,000
- Illustrations:** 4-colour photography and illustrations

DESCRIPTION

Advertising is where commerce meets showbiz and where hard money meets artistic whimsy. And in New York City in the late 1950s and through the 1960s - the era and location of TV's Mad Men - advertising reached its peak. In a booming market, a punchy and proud new workforce of younger, multi-ethnic writers and art directors gorged themselves on a vibrant artistic and social scene.

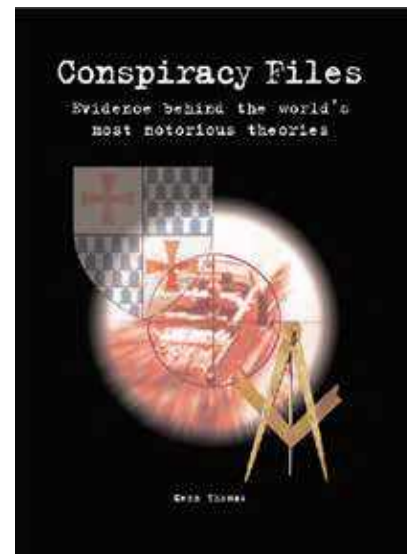
The story of modern advertising starts here; with these real Mad Men - and women - of Madison Avenue who created the most radical and influential advertising ever, sparking a revolution in the methods, practice and execution of the business. The Real Mad Men is about those people, that work and that era, showing the reality behind the glamour.

ABOUT THE AUTHOR

Andrew Cracknell started his career in the 1960s as a copywriter for Collett Dickenson Pearce. Since then he has gone on to co-own his own agency FCO and work with clients across both sides of the Atlantic. He writes regularly for both Campaign magazine and The Financial Times.

SALES POINTS

- Shows you the reality behind one of TV's biggest shows, providing insight to the culture and people who inspired Mad Men's characters
- Captures the passion, madness and mayhem that is all part of a creative revolution, as well as the courage and determination it takes to succeed
- Suitable for history buffs and fans of the TV alike



THE CONSPIRACY FILES

Evidence Behind the World's Most Notorious Theories

By KENN THOMAS

SPECIFICATIONS

- Trim page:** 203 x 140mm/5½ x 7¾in
- Format/Binding style:** Hardback or Paperback with jacket
- Extent:** 192 pages
- Word count:** 50,000
- Illustrations:** 4-colour photography throughout

DESCRIPTION

Atlantis, the Freemasons, the invasion of Iraq, JFK's assassination, cattle mutilations, mind control, the Pyramids, Roswell, the Holy Grail, 9/11 and flight MH370. These are but a few of the greatest and most widely discussed and dissected conspiracy theories of all time. The Conspiracy Web reviews the essentials of the great mysteries, historical secrets and current conspiracies. With reviews of the important and sometimes overlooked facts and figures, expert Kenn Thomas assesses the facts that underlie the hype and talks in person to many who believe that all is not as it seems and that the truth is out there.

ABOUT THE AUTHOR

Kenn Thomas has been a notable presence in the conspiracy underground for almost two decades. He has a graduate degree in English from the University of Missouri at St. Louis. Thomas has written over a dozen books.

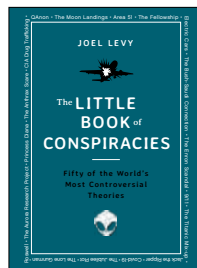
SALES POINTS

- Sections cover ancient to contemporary theories: Historical, Political, Scientific and Undiscovered
- Profiles illuminate the conspiracists behind each theory, while case studies and fact boxes suggest links between seemingly disparate occurrences
- Full-colour photography provides visuals of the people, places and evidence surrounding each conspiracy
- Authored by a seasoned expert in conspiracy theories and author of many conspiracy titles



SECRET HISTORIES SERIES

The Secret Histories Series satisfies your morbid curiosity by delving into the darker side of our world and examining the murkiest topics. Each book explores 50 cases with insightful narrative, covering the context and assessing the evidence alongside the compelling theories surrounding each case.

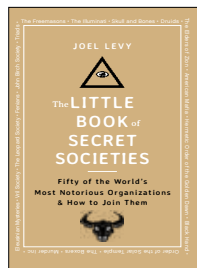


*Updated

CONSPIRACIES

From Russian election interference to distrust of modern medicine, Joel Levy weighs the evidence of conspiracy theorists against the official line in 50 of history's most controversial and compelling conspiracy theories.

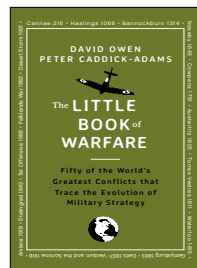
Joel Levy is a journalist and writer on history, the paranormal, and science. He is the author of over a dozen books, including *Conspiracies*, *Universe in Your Pocket*, and *Freaky Phenomena*.



SECRET SOCIETIES

Joel Levy examines 50 of history's most infamous secret societies. Balancing the historical claims with more skeptical views, *Secret Societies* contains all the evidence you need to decide exactly how suspicious you should be.

Joel Levy is a journalist and writer on history, the paranormal, and science. He is the author of over a dozen books, including *Universe in Your Pocket*, and *Freaky Phenomena*.

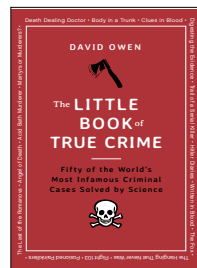


*Updated

WARFARE

Through armed struggle, empires have been forged, dictators toppled, and freedoms defended. *The Little Book of Warfare* is a compelling study by David Owen and Peter Caddick-Adam of fifty key developments from the history of military engagements.

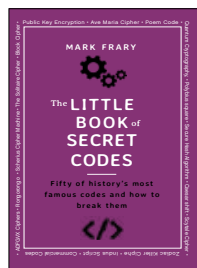
Peter Caddick-Adams is a professional defence analyst and military historian. He has worked for the British army and was the official NATO Historian in Bosnia.



TRUE CRIME

From technological advances and the wonders of DNA to bite marks and fingerprinting, this book reveals how forensic methods have been used to solve 50 notorious criminal cases and bring many of the world's most dangerous criminals to justice.

David Owen has worked as a science writer for the *Observer*, *Sunday Times* and *Daily Telegraph* and is the author of numerous books, including *Warfare*.

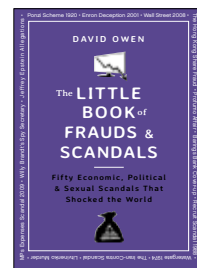


*New

SECRET CODES

Through 50 of the world's most influential codes and ciphers, Mark Frary presents a compelling insight into the art of cryptography and its solutions, including the Easter Island's bewildering Rongorongo, and the famous Enigma code.

Mark Frary is an award-winning UK-based technology and science writer, and is the author of numerous books including *The Story of Codes*.

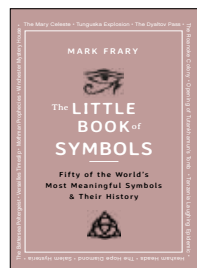


*Updated

FRAUDS

From Enron to Madoff, Frauds explores 50 political, economic and sexual scandals that shocked the world. Giving the history, facts and impact of each scandal, Frauds is the perfect guide to the biggest political upsets of our time.

David Owen has worked as a science writer for the *Observer*, *Sunday Times* and *Daily Telegraph*, and is the author of numerous

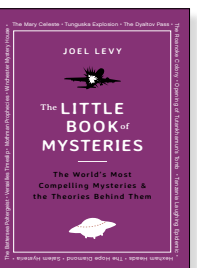


*New

SYMBOLS

From religious iconography to political emblems, Symbols brings together 50 of the world's most significant symbols, tracing their origin, history and impact. Including both secret and well-known examples

Mark Frary is an award-winning UK-based technology and science writer, and is the author of numerous books including *The Story of Codes*.



*New

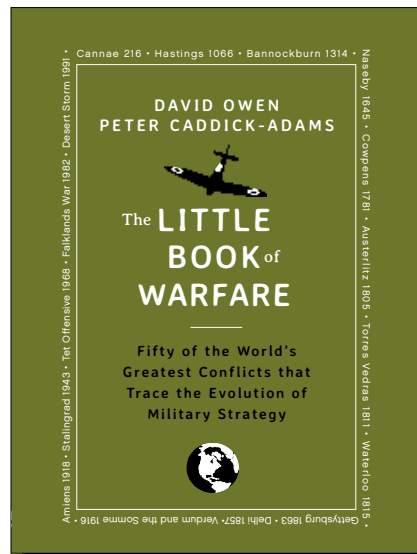
UNSOLVED MYSTERIES

From the vanishing Mary Celeste to the deaths of the Dyalot Pass, Unsolved Mysteries explores 50 of the world's most compelling unexplained events and objects and the theories behind them.

Joel Levy is a journalist and writer on history, the paranormal, and science. He is the author of over a dozen books, including *Conspiracies*, *Universe in Your Pocket*, and *Freaky Phenomena*.

SPECIFICATIONS

- Trim page:** 190x133mm
- Format/Binding style:** Paper back/ Hardback
- Extent:** 144 pages
- Word count:** 30,000
- Illustrations:** 2 colour photography and illustrations



THE LITTLE BOOK OF WARFARE

Fifty of the World's Greatest Conflicts That Trace the Evolution of Military Strategy

By David Owen and Peter Caddick-Adams

SPECIFICATIONS

- Trim page:** 190x133mm/5 1/4 x 7 1/2 in
- Format/Binding style:** Hardback/Paperback
- Extent:** 144 pages
- Word count:** 30,000
- Illustrations:** 2-colour photography/illustrations

DESCRIPTION

This new edition of *The Little Book of Warfare* concisely features contemporary entries, which explore the 2000s policy of "liberal interventionism" and current drone warfare.

Through armed struggle, empires have been forged, dictators toppled, and freedoms defended. *The Little Book of Warfare* is a compelling study of fifty key developments from the history of military engagements, each one offering fascinating insights into the battle-winning weapons and ingenious tactics that have changed the face of warfare.

ABOUT THE AUTHORS

David Owen has written more than 20 books ranging from military history to forensic science, and from espionage to criminal profiling. He has worked as a science writer for the *Observer*, *Sunday Times* and *Daily Telegraph*, and is the author of *The Little Book of True Crime* and *The Little Book of Frauds and Scandals*.

Peter Caddick-Adams is a professional defence analyst and military historian. He has worked for the British army and was the official NATO Historian in Bosnia, as well as the UK Historian during the Iraq War.

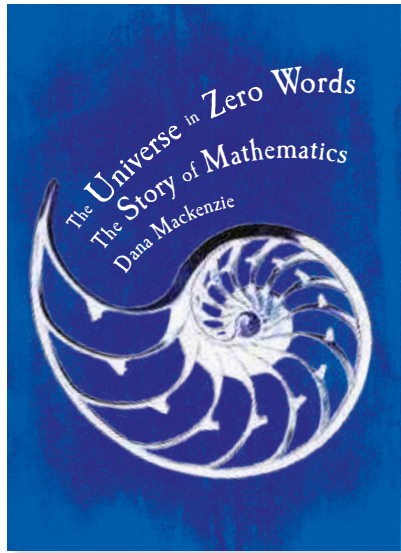
SALES POINTS

- Detailed overview of the world's most important military battles across land, sea and air
- Special features on military tactics deployed throughout history
- Includes discussion of key techniques and military figures, from Alexander the Great's campaign of conquest in Ancient Iraq to the use of drone technology during the current war in Ukraine





SCIENCE
REFERENCE



THE UNIVERSE IN ZERO WORDS

The Story of Mathematics as Told Through Equations

By DANAMACKENZIE

SPECIFICATIONS

Trim page: 234 x 171 mm / 6¾ x 9¼ in
Format/Binding style: Hardcover with jacket/
 paperback with flaps
Extent: 224 pages
Word count: 70,000
Illustrations: 4-colour photography/illustrations

DESCRIPTION

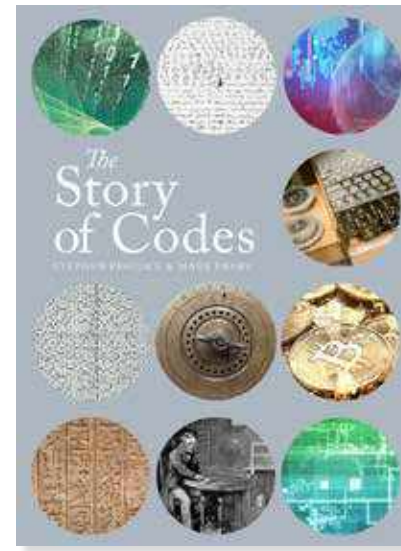
You can't present the history of art without pictures; equally equations are central to any history of mathematics. Spanning 4,000 years of civilisation, *The Universe in Zero Words* describes twenty-four great equations that have shaped science and society – from the elementary ($1+1=2$) to the sophisticated (the Black-Scholes formula) and from the famous ($E=mc^2$) to the arcane (Hamilton's quaternion equations). This is a tale of genius, drama and beauty brought vividly to life in a compelling narrative by Dana Mackenzie and at the same time he tells us why these equations have something timeless to say about the universe.

ABOUT THE AUTHOR

Dana Mackenzie earned his doctorate in mathematics from Princeton and taught for six years at Duke University and seven years at Kenyon College in Ohio. He is the co-author with Judea Pearl of *The Book of Why: The New Science of Cause and Effect* (2018) and has also written for magazines including *American Scientist*, *Smithsonian*, and *New Scientist*.

SALES POINTS

- Combines biography, history and mathematics to explore the genius and drama behind 24 of the world's most important equations
- Aimed at a broad audience, the narrative includes detailed explanations of how each equation works as well as their significance and practical application
- Beautifully illustrated throughout



THE STORY OF CODES

The History of Secret Communication

By STEPHEN PINCOCK
 & MARK FRARY

SPECIFICATIONS

Trim page: 243 x 171 mm / 6¾ x 9¼ in
Format/Binding style: Hardcover with jacket
Extent: 192 pages
Word count: 48,000
Illustrations: 4-colour photography/illustrations

DESCRIPTION

From hieroglyphs carved into ancient Egyptian monuments to mysterious clues in Renaissance paintings, we are surrounded by hidden messages from the past. Taking in the full history of code making, from the scribes of ancient Egypt to modern-day computer programmers, *The Story of Codes* provides a fascinating insight into this most secretive craft. Chronologically arranged into seven chapters to form a narrative as full of mystery and intrigue as any spy novel.

ABOUT THE AUTHORS

Stephen Pincock is an award-winning science journalist, and the editorial director of Springer Nature. He has written widely about the history and development of cryptology and is based in Sydney, Australia.

Mark Frary is an award-winning technology and science writer whose work appears regularly in *The Times* and *The Telegraph*. He is the author of *De/Cipher*.

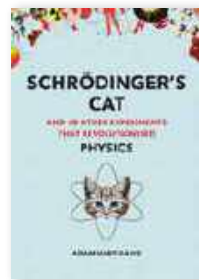
SALES POINTS

- Beautifully illustrated throughout with four-colour photographs and archival material
- Gripping narrative illustrates the historical importance of each code and cipher, giving a clear sense of how they have become more sophisticated and harder to crack
- Showcases famous historical codes including unbroken codes like the Dorabella and the Beale Ciphers



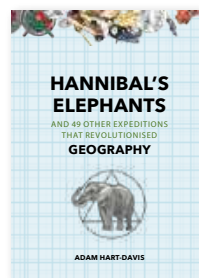
GREAT EXPERIMENTS SERIES

The *Great Experiments* series covers the main areas of mathematical and scientific study through examinations of 50 landmark discoveries. Fully illustrated, featuring clear explanations of the context, procedures, results and implications of each discovery, the series is an ideal introduction to the issues that have inspired the world's great scientists and thinkers.



SCHRODINGER'S CAT

From Galileo's stargazing to quantum teleportation, Newton's work with optics to the splitting of the atom, *Schrödinger's Cat* tells the story of physics through fifty of its greatest experiments. Featuring engaging writing and clear explanations, Schrödinger's Cat introduces the reader to the scientific experiments that have shaped the modern world.



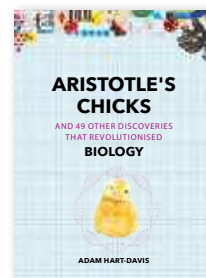
HANNIBAL'S ELEPHANTS

As human curiosity changed from sailing the seas to diving below them, from mapping the world to mapping our evolutionary progress on it, Hannibal's Elephants charts a lively, accessible course through the great expeditions and visionary minds that helped us know our world.



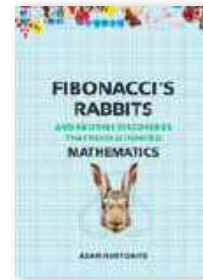
PAVLOV'S DOG

Experimental psychology radically transformed the way we understand human thought and behaviour. Through insightful explanations and first-rate scholarship, *Pavlov's Dog* introduces the reader to iconic experiments, including Pavlov's salivating dogs, Bandura's Bobo doll experiments, Milgram's obedience studies and Zimbardo's classic Stanford prison experiment.



ARISTOTLE'S CHICKS

Life, and the study of it, is one of the greatest fields of exploration across the sciences. From Robert Hooke's early work with microscopes to Crick and Watson's monumental work on DNA, *Aristotle's Chicks* explores some of the greatest discoveries that have been made in the study of life on earth.



FIBONACCI'S RABBITS

Mathematics is at the heart of almost all processes and patterns that occur in the modern world, yet many still find the discipline hard to fathom. *Fibonacci's Rabbits* solves this problem in bite-sized 'hops' describing the 50 most critical discoveries and revolutionary moments in the history of mathematics from Ancient Greece to the present day.



NASA'S BEES

The unveiling of increasingly intelligent robots is a near daily occurrence. *NASA's Bees* covers 50 discoveries across the surprisingly long history of robotics. From the mechanical men of ancient legend to the commercially available Roomba, it charts the fascinating evolution of the idea of using man-made or synthetic objects to fulfil our needs.

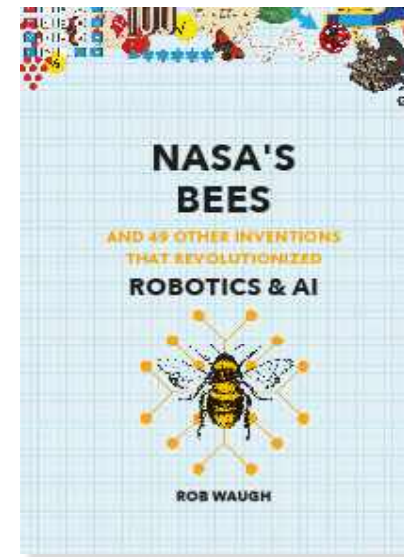
SPECIFICATIONS

Trim page: 210 x 152mm / 6x8.25in
Format/Binding style: Paperback with flaps
Extent: 176 pages
Word count: 45,000
Illustrations: 4-colour photography/illustrations

ABOUT THE AUTHORS

Dr Adam Hart-Davis originally trained as a chemist at the universities of Oxford, York, and Alberta. He is a freelance writer and broadcaster, and the former television presenter of *Local Heroes*, *Tomorrow's World*, *What the Romans (and others) Did for Us*, *How London was Built*, *The Cosmos—A Beginner's Guide*, and many others. He writes a regular column for *Radio Times* and is the author of over 30 titles including *Stringlopedia*, *Science – The Definitive Visual Guide*, *The Book of Time*, *Engineers* and *The Science Book*.

Rob Waugh is one of Britain's leading science and technology journalists, with over 20 years' experience documenting developments in the field, from reviewing gadgets to giving expert opinions on business technology. Rob's writing has appeared in the *Telegraph*, the *Daily Mail*, the *Guardian*, and the *Metro* – to name just a few from the long list of newspapers, magazines, and websites that he contributes to.



NASA'S BEES

And 49 Other Discoveries that Revolutionized Robotics & AI

By ROB WAUGH

SPECIFICATIONS

Trim page: 210 x 152mm / 6x8½ins
Format/Binding style: Paperback with flaps
Extent: 176 pages
Word count: 45,000
Illustrations: 4-colour photographs and illustrations

DESCRIPTION

The unveiling of increasingly intelligent robots had become a near daily occurrence when NASA revealed the robotic 'bee' helpers it was sending to the International Space Station in 2019. *NASA's Bees* explores this and 49 more of the most groundbreaking discoveries and advances across the surprisingly long history of robotics and the closely related field of artificial intelligence.

From the mechanical men of ancient legend to Tesla's self-driving cars, *NASA's Bees* charts the fascinating evolution of the idea of using intelligent man-made or synthetic objects to fulfil our needs. It is a thorough and accessible guide to the history of some of the fastest growing areas of scientific research.

ABOUT THE AUTHOR

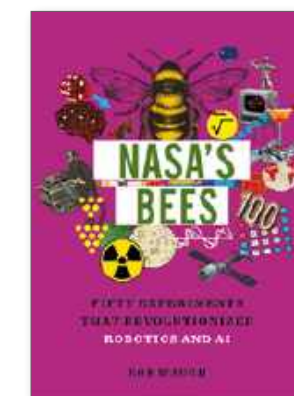
Rob Waugh is one of Britain's leading science and technology journalists, having written about gadgets, apps and business technology for dozens of newspapers, magazines and websites over the last 20 years. His bylines include the *Telegraph*, the *Daily Mail*, the *Guardian*, the *Metro* and many more.

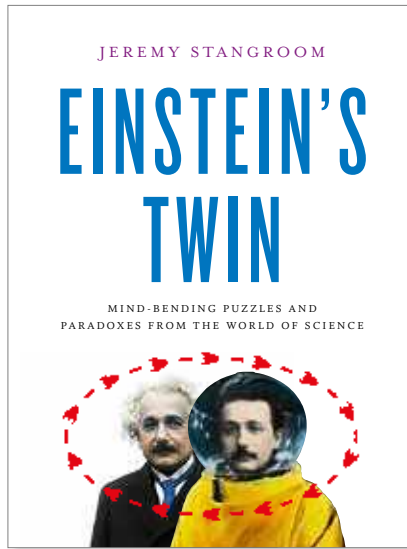


SALES POINTS

- Lucid exploration of the story of robotics through an examination of 50 of its greatest discoveries and advances
- Fully illustrated throughout, with lively illustrations that illuminate the discoveries
- The discoveries cover a broad range of topical concerns, exploring the benefits of each advance and its potential impact on our daily lives as well as the future of the field

*alternative cover available:





EINSTEIN'S TWIN

Mind-Bending Puzzles and Paradoxes From the World of Science

By JEREMY STANGROOM

SPECIFICATIONS

Trim page: 197 x 140mm/5½ x 7¾in
Format/Binding style: Hardcover with jacket
Extent: 144 pages
Word count: c. 25,000
Illustrations: 4-colour photography

DESCRIPTION

How can a cat be both dead and alive? What's the point of voting? How can a particle also be a wave? Are we living in a simulation? From the bestselling author of *Einstein's Riddle* comes this collection of classic science paradoxes, philosophical puzzles and unsolved conundrums.

Einstein's Twin explores some of the most pressing questions and intractable mysteries in both philosophy and science, all of which have challenged the world's greatest minds. It will engage your critical thinking faculties and challenge your sense of reality.

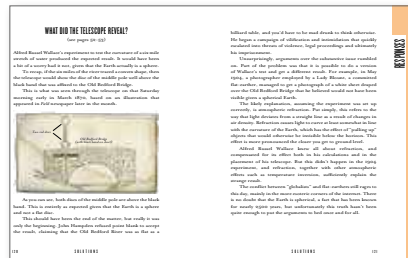
ABOUT THE AUTHOR

Jeremy Stangroom is a social scientist, with a PhD from the London School of Economics. Jeremy is the author of the bestselling *Einstein's Riddle* and *Would You Eat your Cat?* He has featured on *BBC Television*, *BBC National Radio*, *BBC World Service*, *Columbia Broadcasting System*, *The Guardian*, and *The Daily Telegraph*.



SALES POINTS

- Companion to the best-selling *Einstein's Riddle* and *Would you Eat Your Cat?*
- Puzzles and paradoxes presented in an engaging and accessible manner
- Encourages the development of critical thinking skills in the context of cutting-edge scientific ideas



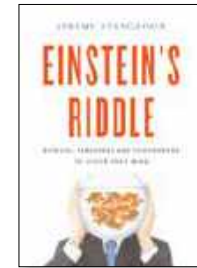
EINSTEIN'S RIDDLE SERIES

ABOUT THE SERIES

Riddles, paradoxes and conundrums exercise your mind and strengthen your mental muscles. *Einstein's Riddle* features classic logic exercises, followed by striking ethical conundrums in *Would You Eat Your Cat?*, logical teasers and lateral-thinking tests in *Is Your Neighbour a Zombie?* and the greatest questions in contemporary science and philosophy in *Einstein's Twin*.

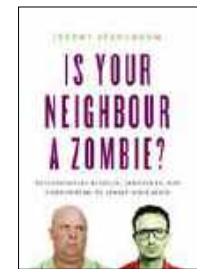
ABOUT THE AUTHOR

Jeremy Stangroom is a social scientist with a PhD from the London School of Economics. He is currently the New Media editor of *The Philosophers' Magazine*, which he co-founded in 1997. He is the author and editor of numerous books, including *Philosophy: 50 Ideas in 500 Words*. He has featured on BBC National Radio, BBC World Service and ABC (Australia). His work has also appeared in *The Independent*, *The Guardian* and the *New Humanist*. He resides in Toronto, Canada.



EINSTEIN'S RIDDLE

The international bestseller, *Einstein's Riddle*, features 50 classic riddles, paradoxes and conundrums. Each one is clearly and wittily presented, possible solutions are discussed, and their implications are considered. By turns entertaining and infuriating, the puzzles challenge your preconceptions, tell you about how we reason, and provide a challenging mental workout. Not all have solutions, but each one tests your ability to think logically, laterally and clearly.

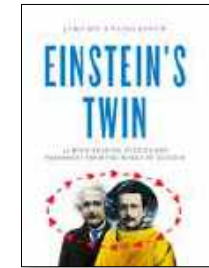


IS YOUR NEIGHBOUR A ZOMBIE?

Philosophers have been devising conundrums and thought experiments to stretch the mind for more than two millennia. The way we try to solve these problems and puzzles can tell us much about ourselves and the way we see the world. *Is Your Neighbour a Zombie?* presents dilemmas, conundrums and logic puzzles designed to exercise your mind, challenge your preconceptions, and expand your way of thinking, while also giving an insight into key concepts in philosophical and psychological ideas.

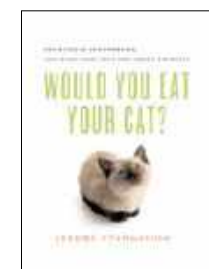
SPECIFICATIONS

Trim page 197 x 140mm/5½x 7¾in
Format/Binding style: Hardcover with jacket
Extent: 144 pages
Word count: 25,000
Illustrations: 4-colour photography



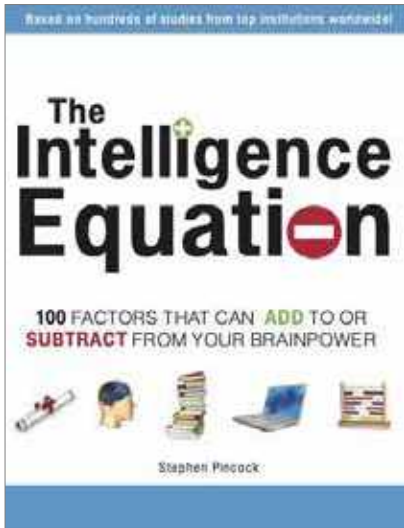
EINSTEIN'S TWIN

How can a cat be both dead and alive? What's the point of voting? How can a particle also be a wave? Are we living in a simulation? From the bestselling author of *Einstein's Riddle* comes this collection of classic paradoxes, puzzles and unsolved conundrums from across science and philosophy, all of which have challenged the world's greatest minds. It will engage your critical thinking faculties and challenge your sense of reality.



WOULD YOU EAT YOUR CAT?

Should we discriminate in favour of the ugly? Are you an authoritarian or a libertarian? And just what is wrong with eating your cat? *Would You Eat Your Cat?* challenges you to examine these and many other questions. Jeremy Stangroom creates contemporary versions of famous dilemmas such as the morality of suicide and the ethics of redistribution. He then explores the background of each conundrum in detail and helps you to discover what your responses reveal about yourself with a unique morality barometer.



THE INTELLIGENCE EQUATION

100 Factors That Can Add to or Subtract From Your Brainpower

By **STEPHEN PINCOCK**

SPECIFICATIONS

- Trim page:** 152x 191mm/6 x 7.5in
- Format/Binding style:** Paperback Flexi
- Extent:** 224 pages
- Word count:**
- Illustrations:** 4-colour throughout

DESCRIPTION

How intelligent are you? In recent years more and more people have become aware of the necessity to exercise and stimulate their brains in order to stave off mental health problems and premature aging. This thoroughly researched book takes you through the many ways to boost your brainpower and maximise your intelligence.

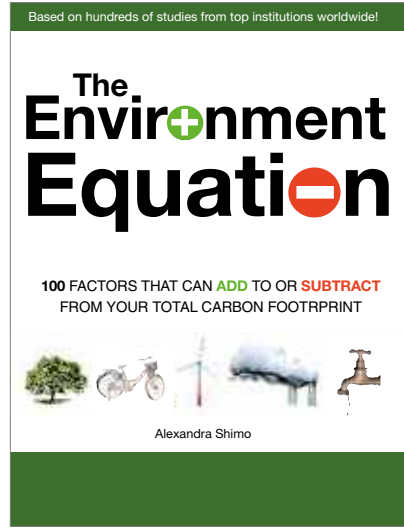
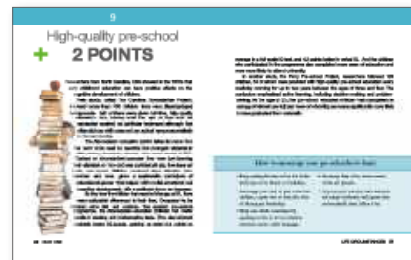
Part self-help book, part psychology primer, it is broken down into chapters on; environment, lifestyle, activities and your brain and the future. Covering everything from playing an instrument to genetic engineering, The Intelligence Equation contains all the facts, advice and tools anyone needs to reach their full intellectual potential

ABOUT THE AUTHOR

Stephen Pincock is a news editor for The Scientist magazine, a science columnist for the Financial Times magazine and the author of Codebreaker. A trained biochemist and science journalist, his works have featured in a wide range of publications in the UK, the US and Australia.

SALES POINTS

- An interactive book with an opening calculator that allows readers to determine how their intelligence
- 100 useful and practical pieces of advice, backed up by extensive research
- Colourful spreads with engaging diagrams and quick tips and facts throughout, easy to dip in and out of



THE ENVIRONMENT EQUATION

100 Factors That Can Add to or Subtract From Your Total Carbon Footprint

By **ALEXANDRA SHIMO**

SPECIFICATIONS

- Trim page:** 152x 191mm/6 x 7.5in
- Format/Binding style:** Paperback Flexi
- Extent:** 224 pages
- Word count:**
- Illustrations:** 4-colour

DESCRIPTION

Collecting scientific facts and 100 useful and practical pieces of advice backed up by research, here are expert answers to show how you can live a greener life. The Environment Equation provides a step by step guide on how to reduce your carbon output, and what the effect of this change will be. It opens with a brief questionnaire so readers can calculate the size of their own carbon footprint.

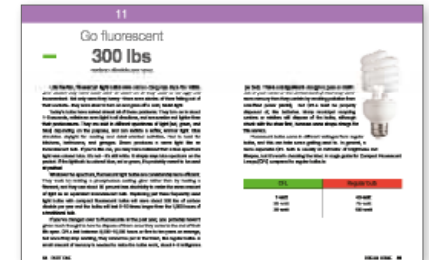
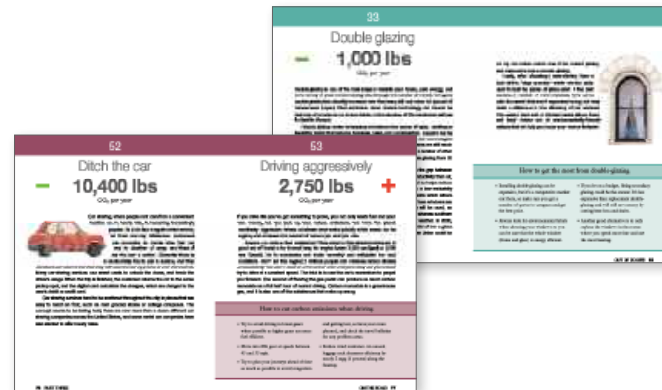
Backed up by extensive research, The Environment Equation lays out lifestyle changes anyone can carry out to reduce their carbon output, whether at home, on the road, or even at work.

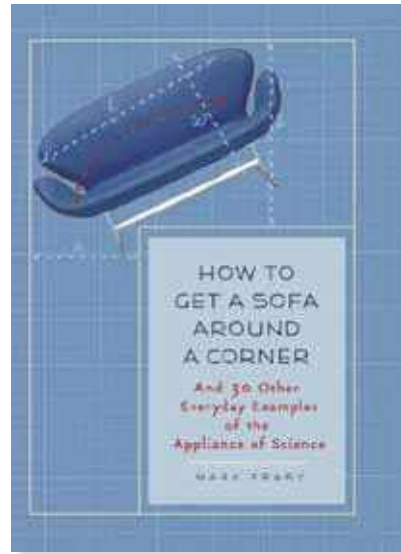
ABOUT THE AUTHOR

Alexandra Shimo is a freelance journalist who has contributed to The Guardian, the Toronto Star, the Canadian Broadcasting Corporation, Maclean's, the National Post, The Globe and Mail and Toronto Life. She also serves on the advisory board of charitable organization Up With Women. She currently teaches creative nonfiction part-time at University of Toronto Continuing Studies.

SALES POINTS

- An interactive book with an opening questionnaire that allows readers to determine how green their lifestyle really is
- 100 useful and practical pieces of advice, backed up by extensive research
- Colourful spreads with engaging diagrams and quick tips and facts throughout, easy to dip in and out of





HOW TO GET A SOFA AROUND A CORNER

And 30 Other Everyday Examples of the Appliance of Science

By MARK FRARY

SPECIFICATIONS

Trim page: 197 x 140 mm / 5½ x 7¾ in

Format/Binding style: Hardback

Extent: 144 pages

Word count: 33,000

Illustrations: 4-colour

DESCRIPTION

Having trouble getting a piece of furniture around the corner in your flat? You just need a bit of simple geometry. If credit card debts are getting you down, then maths – not another loan – is the answer. Chemistry can remove a stain from a carpet quicker than any off-the-shelf concoction, and there's a meteorological solution for building the biggest and best snowman. In *The Algorithms of Everyday Life* we ditch the white coats and skip the experiments to lay bare the fundamentals and teach you how to apply science to your home life to do things better, faster and cheaper.

ABOUT THE AUTHOR

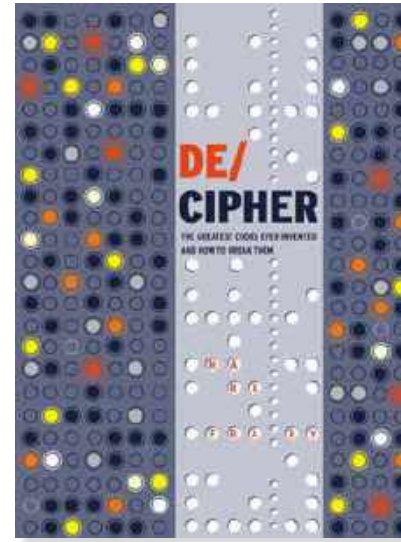
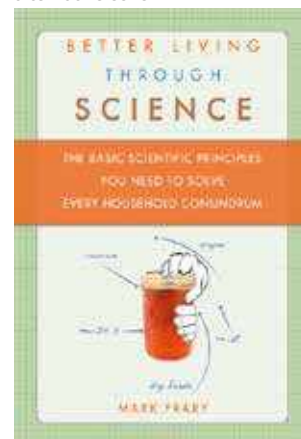
Mark Frary graduated from University College London with a first class degree in astronomy and physics. He has carried out research into spacecraft at the Mullard Space Science Laboratory in Surrey and nuclear physics at CERN in Geneva, Switzerland. His work appears regularly in the Times and other newspapers and magazines. He is the co-author of *The Story of Codes*, *Freaky Science* and *De/Cipher*.



SALES POINTS

- User-friendly guide to streamlining your life using basic mathematical and scientific principles
- More than 30 practical techniques for improving your life, such as de-icing the car, wrapping the perfect present and organising your stuff
- Full colour throughout, packed with fun diagrams and easy-to-follow explanations
- over 30 000 copies sold worldwide

*alternative cover:



DE/CIPHER

The Greatest Codes Ever Invented and How to Break Them

By MARK FRARY

Foreword by Dr Stephen Bax

SPECIFICATIONS

Trim page: 197 x 140 mm / 5½ x 7¾ in

Format/Binding style: Hardcover with jacket

Extent: 176 pages

Word count: 40,000

Illustrations: 1-colour pantone photographs, tables and diagrams

DESCRIPTION

Codes win wars, conceal state secrets, protect privacy, secure banks and transmit messages. Through forty-five of the world's most influential codes and ciphers, *De/Cipher* presents a compelling insight into the art and science of cryptography. Structured chronologically, Frary uses scientific examples and provides practical tools for understanding and using these fascinating codes and ciphers. Featuring a diverse range of codes including the Caesar shift cipher, Easter Island's bewildering Rongorongo, and the famous Enigma code, *De/Cipher* also includes features on codebreakers of history such as Alan Turing and Auguste Kerckhoffs, providing a comprehensive overview to this beguiling, secretive world.

ABOUT THE AUTHOR AND FOREWORD WRITER

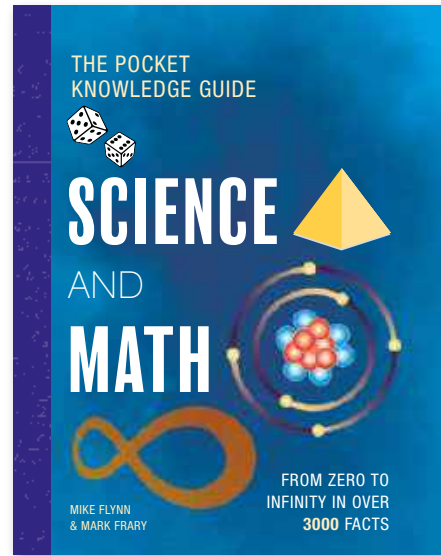
Mark Frary is an award-winning UK-based technology and science writer, and the author of numerous books, including *The Story of Codes*. He also runs the Cryptophiles channel on YouTube.

Dr Stephen Bax is Professor of Modern Languages and Linguistics at the Open University, UK, and the author of numerous books, including *Discourse and Genre*. Stephen has conducted extensive research into the Voynich manuscript.

SALES POINTS

- Detailed overview of the world's most important codes and ciphers, from the Great Cipher to the secure hash algorithm
- Special features on codebreakers from history, including Étienne Bazeries and Alan Turing
- Includes discussion of key techniques, from ancient transposition ciphers and methods of steganography through later advances such as polyalphabetic systems and on to modern computerised methods, covering the full historical and scientific development of encryption





THE POCKET KNOWLEDGE GUIDE: SCIENCE AND MATH

From Zero to Infinity in Over 3000 Facts

By Mike Flynn and Mark Frary

SPECIFICATIONS

- Trim size:** 197 x 140mm / 5.5 x 7.75 inches portrait
- Format:** Hardcover plc
- Extent:** 224 pp
- Word count:** c. 50,000
- Illustration:** 4 colour illustrations throughout

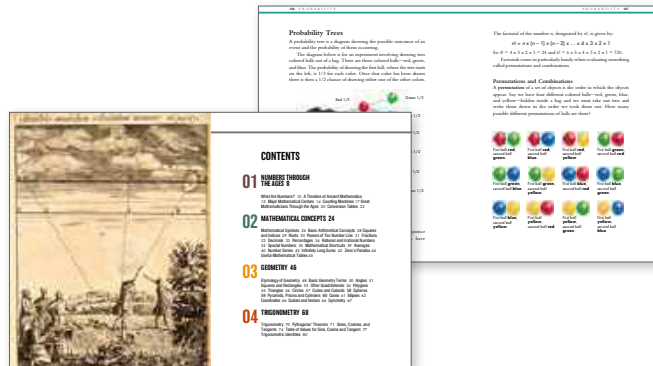
DESCRIPTION

From counting systems to chaos theory and from digital coding to the periodic table, this Pocket Knowledge guide puts the infinite world of math and science at your fingertips. It brings together key topics across the fields of math, physics, chemistry, computing, and cosmology into one accessible and comprehensive guide. Informative, intricate, and illuminating.

ABOUT THE AUTHORS

Mike Flynn is a science and mathematics expert who has worked as a freelance writer for the British Science Museum. He has published widely in the fields of science, technology, and mathematics and was also a consultant on the Illustrated Oxford English Dictionary.

Mark Frary studied astronomy and physics at University College London before studying nuclear physics at the CERN laboratory in Geneva, Switzerland. He writes about advances in technology, space exploration, and codebreaking. His work has been published by The Times, Reuters and Random House.



SALES POINTS

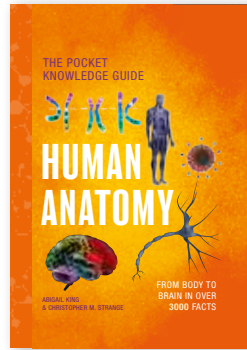
- An engaging popular science title on key subjects
- Makes complex ideas accessible and entertaining for the general reader
- Activates your grey matter with over 3,000 interesting facts, theorems and formulae.



THE POCKET KNOWLEDGE SERIES

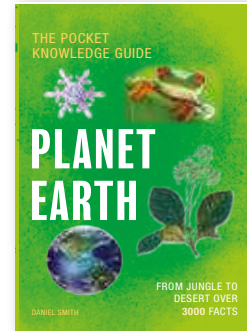
ABOUT THE SERIES

The Pocket Knowledge Series simplifies complex ideas and topics in engaging and easy to read guides. Each book contains over 3,000 facts, putting huge amounts of knowledge on a wide variety of subjects right at your fingertips. Covering the natural world, the sciences and maths, there is something here to interest everyone.



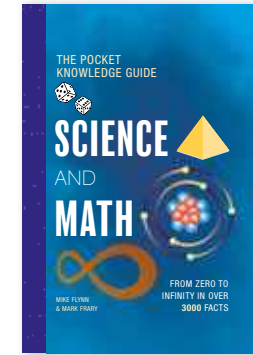
HUMAN ANATOMY

From early investigations into the human anatomy to the latest developments in modern medicine, this guide contains a wealth of information on both the human body and brain.



PLANET EARTH

From river to sea, frog to forget-me-not, this pocket guide reveals the most fascinating facts about life on earth. Whether you are a fossil hunter or a birdwatcher, this book will amaze and delight you.



SCIENCE AND MATH

From counting systems to chaos theory and from digital coding to the periodic table, this Pocket Knowledge guide puts the infinite world of math and science at your fingertips. It brings together key topics across the fields of math, physics, chemistry, computing, and cosmology.



ANCIENT WORLD

Organized around 12 great ancient civilizations, from the Great Wall of China to Euclidean geometry, each chapter focuses on key social and technological developments. Charting a diverse course of the globe's many ancient civilisations this pocket reference guide makes the lesser known foundations of historical communities more accessible.

SPECIFICATIONS

- Trim page:** 197 x 140mm / 5.5 x 7.75in
- Format/Binding style:** Hardcover plc
- Extent:** 224 pages
- Word count:** 50,000
- Illustrations:** 4-colour illustrations throughout

ABOUT THE AUTHORS

Abigail King read Natural Sciences at the University of Cambridge before studying medicine at University of London. She now works as a freelance writer.

Christopher Strange is a science writer who holds a PhD from London University. He has also appeared on BBC Radio and ABC.

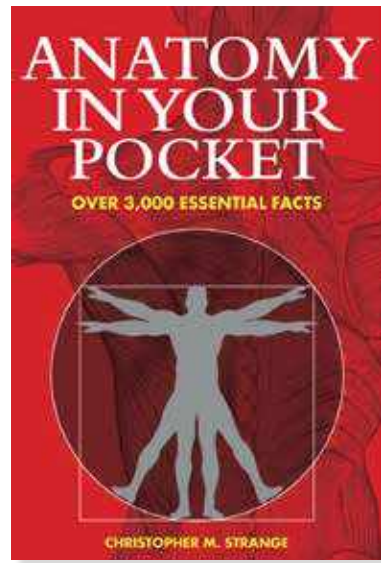
Mike Flynn is a science and math expert and former curator of the Science Museum in London.

Mike Frary is an award-winning technology and science writer and author of *The Story of Codes*.

Michael Bright has worked for over 40 years with the BBC's Natural History Unit and has published over 100 books on the natural world.

Daniel Smith is a writer and researcher who specialises in environmental science reporting.

Paul Bahn is a writer and academic who studied archaeology at the University of Cambridge and is now a prolific author.



ANATOMY IN YOUR POCKET

Over 3,000 Essential Facts

By ABIGAIL KING

SPECIFICATIONS

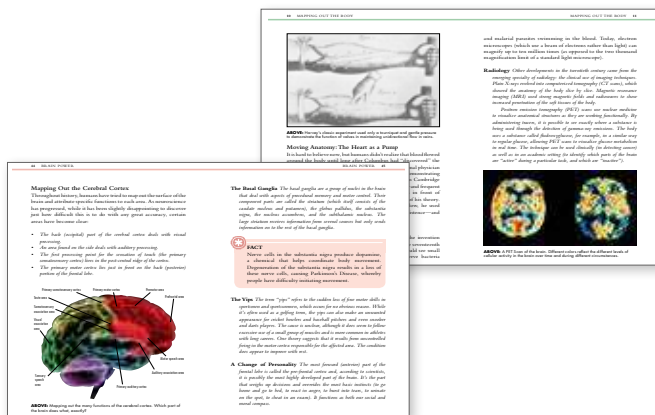
- Trim page:** 190 x 133 mm / 5¼ x 7½ in
- Format/Binding style:** Hardback
- Extent:** 128 pages
- Word count:** 24,000
- Illustrations:** 4-colour illustrations

DESCRIPTION

From Ancient Egyptian embalmers to the first open heart transplant, humanity has quite literally looked inside itself in an attempt to uncover and control the secrets of existence. *Anatomy in Your Pocket* takes us on a fascinating journey through the human body. Discover how many genes we share with chimpanzees, find out just how strong the acid in your stomach is, and the raw computing power of the human brain. Colourful photos, illustrations and pullout fact boxes make the information provided entertaining as well as easy to digest.

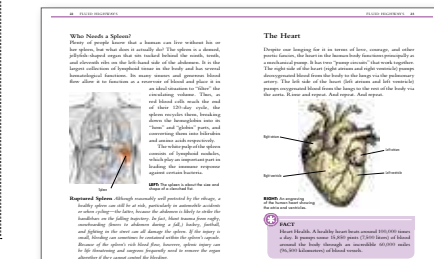
ABOUT THE AUTHORS

Abigail King is a writer and physician who read Natural Sciences at the University of Cambridge before studying Medicine at the University of London. She is a member of the College of Emergency Medicine and has taught Anatomy at the University of Bristol. She now is a writer, whose work has appeared in *National Geographic Traveller*, *Lonely Planet*, the *BBC*, *CNN* and more.



SALES POINTS

- Ideal gift book or self-purchase for those who like to be well informed
- Structure enables you to easily pinpoint the facts you need to know, while its cherry-picking style keeps it entertaining
- Handy pocket format brimming with over 50 information-rich full-colour photographs and illustrations

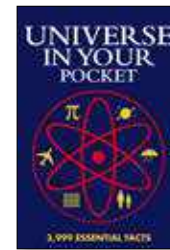


IN YOUR POCKET SERIES

The In Your Pocket Series simplifies complex ideas and topics in engaging and easy to read guides. Each book contains over 3,000 facts, putting huge amounts of knowledge on a wide variety of subjects right at your fingertips. Covering history, science and maths, there is something here to interest everyone.

SPECIFICATIONS

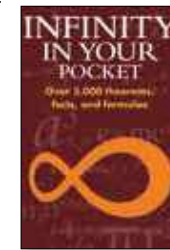
- Trim page:** 178 x 114 mm / 4.5 x 7 in
- Format/Binding style:**
- Extent:** 128 pages
- Word count:** 24,000
- Illustrations:** 4 colour throughout



UNIVERSE IN YOUR POCKET

An intricate, illuminating, informative book, *Universe In Your Pocket* contains nuggets and novelties for even the most committed know-it-all. A mountain of information contained in a pocket-size package.

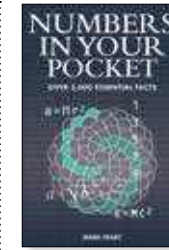
Joel Levy is a writer specialising in psychology, health and science, history and the paranormal.



INFINITY IN YOUR POCKET

From counting systems to the application of maths in multi-dimensional theories of cosmology, including core physics and chemistry facts and formulae, *Infinity In Your Pocket* puts the infinite world of maths and science at your fingertips.

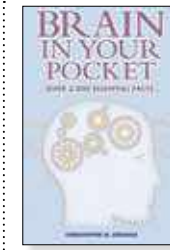
Mike Flynn is a science and mathematics expert who works as a freelance writer for the British Science Museum.



NUMBERS IN YOUR POCKET

Numbers In Your Pocket aims to help you get a grip on equations. It looks at the worlds of maths, physics, astronomy and chemistry and shows you ways to play with them to solve tough problems easily.

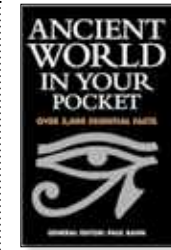
Mark Frary is a writer on science and tech. He has carried out research into nuclear physics on the electron-positron collider at CERN.



BRAIN IN YOUR POCKET

The human brain is the most complex structure in the known universe. It contains more nerve connections than there are stars in the galaxy. *Brain In Your Pocket* is a mind-bending journey through all this complexity.

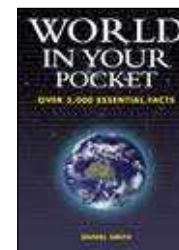
Christopher M. Strange is a science writer living in Toronto. He has a PhD from London University and has taught psychology at college level.



ANCIENT WORLD IN YOUR POCKET

The ancient civilizations of the world have left their marks, from the Great Wall of China to Euclidean geometry. Organized around 12 great ancient civilizations, each chapter focuses on key social and technological developments.

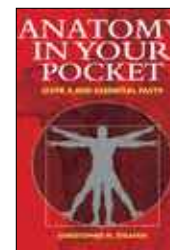
Paul Bahn is a renowned expert and author on all aspects of archaeology.



WORLD IN YOUR POCKET

Featuring geography, people, politics, economy, customs, cultures, and communication, *World In Your Pocket* is a must-have pocket reference for geographers, pedants, trivia buffs and anyone curious about the world around them.

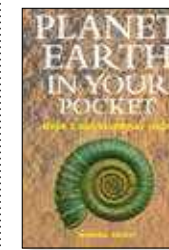
Daniel Smith is a respected travel writer and researcher, and a long-term contributor to the *Statesman's Yearbook*.



ANATOMY IN YOUR POCKET

From Ancient Egyptian embalmers to the first open heart transplant, humanity has quite literally looked inside itself in an attempt to uncover the secrets of existence. *Anatomy In Your Pocket* is a fascinating journey through the human body.

Abigail King is a freelance writer, and has written for *National Geographic Traveller*, *Lonely Planet*, the *BBC*, *CNN* and more.



PLANET EARTH IN YOUR POCKET

From river to sea, mountain to valley, frog to forget-me-not, this pocket reference reveals the most fascinating facts about life on earth. Whether you are a fossil hunter, an animal lover or a birdwatcher, this book will amaze and delight.

Michael Bright has worked on a wide range of science and natural history programs, both in radio and television.



OUTER SPACE IN YOUR POCKET

Outer Space In Your Pocket has always held for humanity. *Outer Space In Your Pocket* reveals everything from the origins of our Universe to the power behind star birth and the ingenuity of the space shuttle.

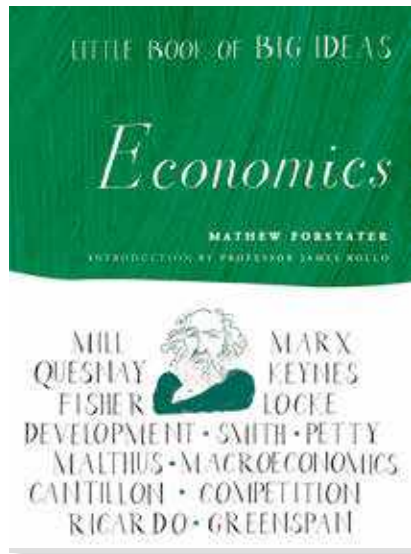
Mike Flynn is a science and mathematics expert who works as a freelance writer for the British Science Museum.



WEATHER IN YOUR POCKET

The weather is an amazing, powerful, uncontrollable, fascinating force of nature and this little book sets out to explain its wonders in over 3,000 essential facts. *Weather In Your Pocket* is a must-have guide to the rain, the snow, the sunshine and everything in between.

Michael Bright has worked on a wide range of science and natural history programs, both in radio and television.



ECONOMICS

Little Book of Big Ideas

By MATHEW FORSTATER

SPECIFICATIONS

Trim page: 190 x 133mm/5 3/4 x 7 1/2in
Format/Binding style: Hardback with jacket
Extent: 128 pages
Word count: 33,000
Illustrations: 2-colour throughout

DESCRIPTION

Little Book of Big Ideas: Economics gathers a wealth of insight and information on economic history, from pre-Classical to modern economics. From Marxism to Keynesianism, Microeconomics to Macroeconomics, the 10 major historical economics movements are covered.

This comprehensive book covers the world's most influential thinkers, such as Mill, Marx, Smith or Ricardo, giving an accessible overview into their research and its significance.

ABOUT THE AUTHOR

Mathew Forstater is a British writer and Associate Professor of Economics, at the University of Missouri-Kansas City.

SALES POINTS

- Everything you need to know about the fascinating, complex world of economics, expertly packed into a pocket-full of knowledge
- Complex concepts and terminology are explained in an accessible way, giving a comprehensive insight of different ideas
- Part of the *Little Book of Big Ideas* series

*Also available in paperback format as *50 Ideas in 500 Words: Economics*.



THE LITTLE BOOKS OF BIG IDEAS

*This series is also available in paperback format as *50 Ideas in 500 Words*.

The *Little Book of Big Ideas* series presents some of the key ideas from the most challenging academic fields. Each book is written by an expert in the field whose authority allows them to present seemingly impenetrable topics with seamless lucidity. They are essential introductions to their respective fields.

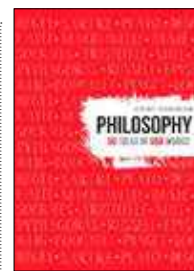
Upcoming titles include: *Feminism, Environment, Mathematics, and Law.*



SCIENCE

Science covers the groundbreaking ideas of 50 of the scientists who have shaped the world as we know it. Key theories and discoveries presented in a concise and compelling way alongside stories behind each figure's brilliance.

Peter Moore is Chairman of the Medical Journalists' Association and winner of numerous awards for



PHILOSOPHY

Philosophy explains the greatest ideas of fifty of the world's greatest philosophers. From metaphysics to postmodernist theory, this book examines the greatest ideas from the greatest thinkers humankind has ever known.

Jeremy Stangroom is a British writer and academic with a Ph.D in Sociology from LSE.



PSYCHOLOGY

Beginning with psychology's iconic founders, Wundt and James, and concluding with features on contemporary psychiatrists, Aaron Beck and Robin Murray, *Psychology* gives readers a coherent overview of the field and a distinct sense of its development.

Jeremy Stangroom is a British writer and academic with a Ph.D in



ANATOMY

From human dissection to the circulatory system, pioneering blood transfusion techniques to cellular pathology, *Anatomy* examines fifty of the greatest ideas in anatomy and the influential figures behind them, in 50 easily accessible essays.

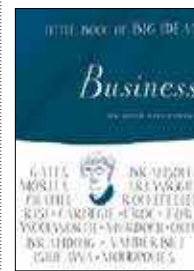
Dr Susan Aldridge is an experienced medical and science journalist and author.



POLITICS

Providing an in-depth insight into 10 major movements of political thinking, *Little Book of Big Ideas: Politics* reveals the thoughts, beliefs and actions of 50 of the world's most influential political leaders and thinkers, from Plato to Martin Luther King Jr.

Anne Perkins is a political writer and broadcaster, having worked for the BBC and ITN.



BUSINESS

Little Book of Big Ideas: Business acts as a guide to the 10 major movements in business development and investigates the ideas of 50 of history's most influential business leaders, from the pioneering merchants to modern theorists.

John Lipczynski is currently Academic Leader at London Metropolitan University.



RELIGION

Little Book of Big Ideas: Religion sheds light on crucial theological concepts by discussing 50 remarkable individuals whose ideas about the nature and power of faith have reshaped human history.

Jeremy Stangroom is a British writer and academic with a Ph.D in Sociology from LSE.



ECONOMICS

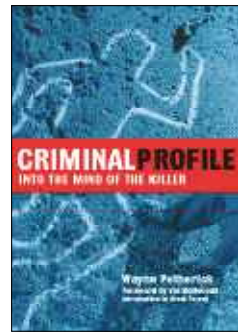
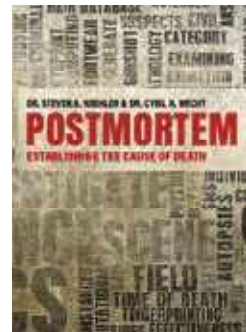
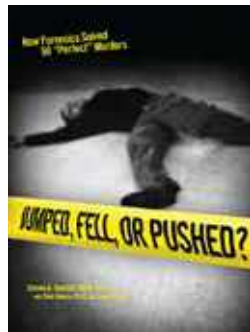
Economics provides a beautifully concise overview of complex issues and the great personalities that have shaped the path of economic history, giving readers a distinct sense of the historical development of the field.

Mathew Forstater is Associate Professor of Economics at the University Missouri-Kansas City.

TRUE CRIME SERIES

ABOUT THE SERIES

From establishing the cause of death, to identifying the killer, to attempting to understand the motives behind criminal acts. Written and researched by a team of experts, the Crime series delves deep into all aspects of forensic analysis, police investigation and criminal psychology.



JUMPED, FELL, OR PUSHED?

A fascinating walk through the forensics lab, *Jumped, Fell, or Pushed?* takes a look at the major disciplines within the science and introduces the scientists and techniques used to analyze crime scene evidence. Packed with 50 case studies as well as day in the life features on forensic professionals, and with full-colour photography throughout, this is your comprehensive handbook to the incredible world of forensic science.

CRIME SCENE INVESTIGATION

From the factors used in identifying the time of death, to the motives that drive people to kill, *Crime Scene Investigation* shows exactly how the experts sort through the minutiae of murder to build an airtight case against a killer. Following investigators through every stage of the process, chapters cover topics such as murder weapons, the psychology of crime and the trial procedure.

POSTMORTEM

From establishing identity to the close detective work of the internal examination, *Postmortem* details the procedures that are initiated the moment the victim of an unnatural or medically unattended death is found. Including a step-by-step description of the procedures followed by a forensic pathologist as they examine the body in search of clues about the cause of death, this gruesome book is the perfect read for anyone interested in forensic science.

CRIMINAL PROFILE

Criminal Profile strips away the myths to reveal the techniques of one of the most fascinating forensic disciplines. From the development of criminal profiling during the 20th century to geographic profiling today, from understanding a killer's modus operandi to incidents when police forces become blocked and miss essential evidence, *The Criminal Mind* is essential reading for anyone interested in criminology.

SPECIFICATIONS

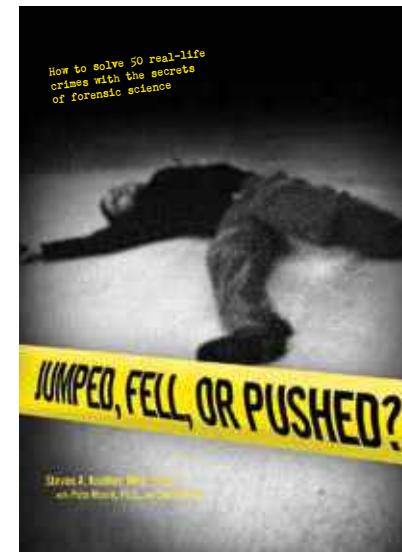
Trim page: 229 x 181 mm / 7 x 9 ins
Format/Binding style: Hardback
Extent: 176 pages
Word count: 45,000
Illustrations: 4-colour illustrations/photography

ABOUT THE AUTHORS

Steven A. Koehler, MPH, PhD, head of the Forensic Epidemiological Department at the Allegheny County Coroner's Office in Pennsylvania, teaches epidemiology at the University of Pittsburgh.

Cyril H. Wecht is one of the United States' leading pathologists and author of several books on forensic science, including *Cause of Death* and *Mortal Evidence*.

Wayne Petherick is a criminologist at Bond University, Australia. Wayne has taught criminal profiling to various law enforcement agencies in Australia and the United States.



JUMPED, FELL, OR PUSHED?

How to Solve 50 Real-Life Crimes With the Secrets of Forensic Science

By **DR STEVEN A. KOEHLER**
 With Pete Moore

SPECIFICATIONS

Trim page: 243 x 171 mm / 6 3/4 x 9 1/2 in
Format/Binding style: Hardcover with jacket
Extent: 192 pages
Word count: 50,000
Illustrations: 4-colour illustrations throughout

DESCRIPTION

From simple gunshot wounds to acts of terrorism, discover why forensic scientists are the last line of defense against those who seek to get away with murder.

How did a single piece of twisted metal from the rubble of the 1995 Oklahoma City bombing lead investigators to capture and convict Timothy McVeigh? What crucial bit of evidence allowed detectives to uncover the horrific deaths of more than 30 women at the hands of one man? *Jumped, Fell, or Pushed?* gives the answers to these questions, and the techniques behind the solutions, through 50 real-life murder casefiles.

ABOUT THE AUTHOR

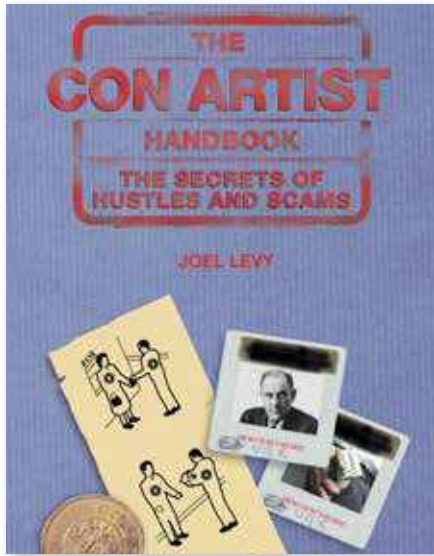
Dr Steven A. Koehler MPH, PhD, is head of the Forensic Epidemiological Department at the Allegheny County Coroner's Office in Pennsylvania and teaches epidemiology at the University of Pittsburgh.

Pete Moore is a medical journalist and Honorary fellow of Trinity College, Bristol. He is the author of *The Forensics Handbook* and also of *E=MC2*.

SALES POINTS

- 50 of the world's greatest murder cases outlined plus day in the life features on forensic professionals
- Detailed introduction to the science of forensics and its different specialisms
- Diagrams illustrate different forensic techniques
- Comprehensive forensic glossary





THE CON ARTIST HANDBOOK

The secrets of hustles and scams

By Joel Levy

SPECIFICATIONS

- Trim size: 190 x 140mm / 7.4 x 5.5 inches
- Format: Flexi Binding / soft cover
- Extent: 160 pp
- Words Count: 34,000 words
- Illustration: 4 colour photography

DESCRIPTION

Chances are that at some point in your life you've been taken for a ride - hustled, grifted, bilked, conned or scammed. You may not be sure how it happen again. There is no surer way to protect yourself against the wiles and ways of the confidence artist than to learn about them from the inside, and that's what this book can help you achieve.

You'll learn all the secrets of a successfull con artist and successfull conning, from the psychological attributes that make the con artist tick, to the ins and outs of scams ancient and modern.

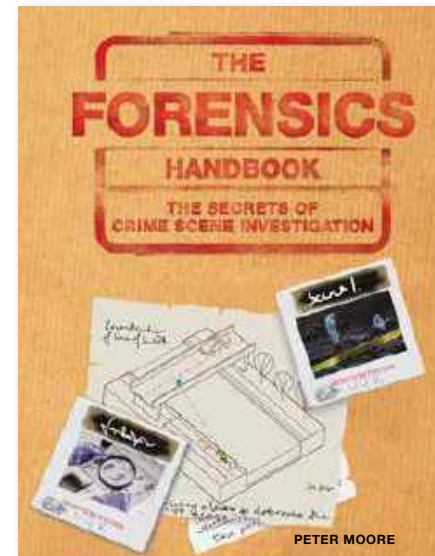
ABOUT THE AUTHORS

Joel Levy is a writer on history, the paranormal, and science, and is the author of The World's 50 Greatest Conspiracies, Universe in Your Pocket, and Freaky Phenomena.



SALES POINTS

- An 'How To' guide for immoral and criminal activities because knowing your enemy is the best way to avoid his traps!
- Contains a comprehensive glossary that will help you unravel the language of the con artist and his world.
- Includes con artists' Hall of Fame - a cavalcade of extraordinary characters who have garnered infamy,fortune, and (usually) a sticky end.



THE FORENSICS HANDBOOK

The secrets of crime scene investigation

By Peter Moore

SPECIFICATIONS

- Trim size: 190 x 140mm / 7.4 x 5.5 inches
- Format: Flexi Binding / Paperback
- Extent: 144 pp
- Words Count: 32,000 words
- Illustration: 4 colour photography

DESCRIPTION

Put on your lab coat and step inside the laboratories of the world's leading forensic scientists. **The Forensics Handbook** is your first-day primer, the most up-to-date log of investigative techniques available. Discover how the crime scene is examines and waht constitutes evidence for a forensic team. Learn how to lift, compare, identify and preserve latent prints. Calculate how to examine blood splatter patterns to determine the position of a victim and an assailant, as well as many other fascinating tenchiques.

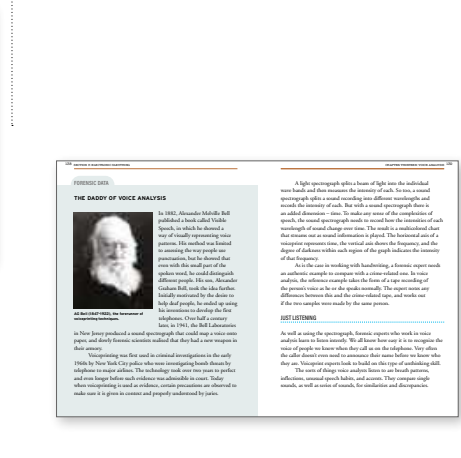
ABOUT THE AUTHOR

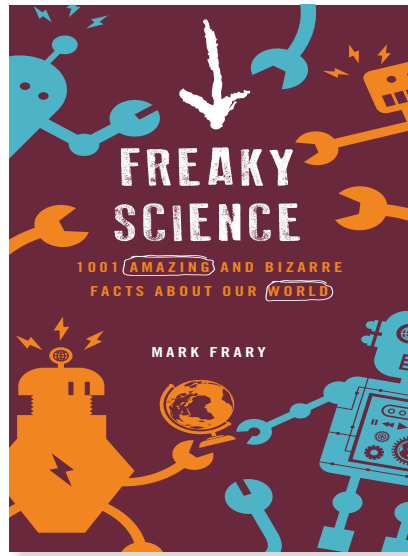
Peter Moore, Ph.D, is a medical journalist and honorary fellow of UK's Trinity College. He has won numerous awards for his journalism, including the MJA-UK Tony Thistlethwaite Award for his book Blood and Justice.



SALES POINTS

- Forensic science has inspired thousands of detective novels and is a common thread in hundreds of cop shows on TV.
- Contains a comprehensive glossary that will help you unravel the language of forensic science.
- Includes 19 cases studies such as The Columbine High School shooting, OJ Simpson Trial and Ian Huntley Trial





FREAKY SCIENCE

1001 Amazing and Bizarre Facts About Our World

By MARK FRAY

SPECIFICATIONS

Trim page: 190 x 122mm/4¾ x 7½in

Format/Binding style: Paperback

Extent: 128 pages

Word count: 30,000

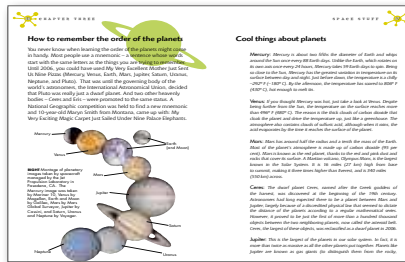
Illustrations: 4-colour illustrations throughout

DESCRIPTION

Freaky Science is the ultimate compendium of fantastic facts from the world of science. More than just a collection of facts, figures and lists, the book contains weird and wonderful information about the nature of time, the vastness of space, extraordinary experiments, the strangeness of the quantum world and the genius of relativity theory, plus much more. All 1001 facts are surprising, informative, strange and sometimes rather disturbing.

ABOUT THE AUTHOR

Mark Fray is an award-winning UK-based technology and science writer. His titles include *Codebreaker: The History of Secret Communication*, *Freaky Science*, *Numbers in Your Pocket* and *Better Living Through Science*.



SALES POINTS

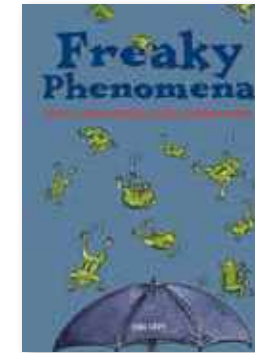
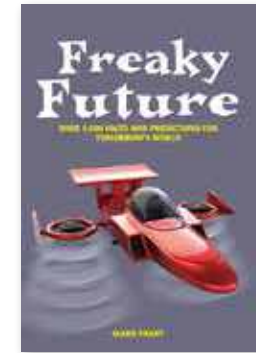
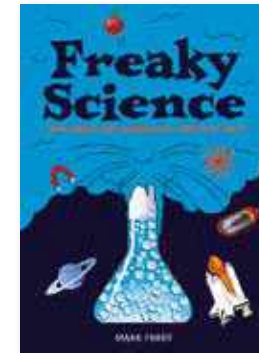
- Tackles the craziest questions in science, from 'will robots one day take over the world?' to 'is time travel really possible?'
- Information is presented in a comprehensive but accessible way, making this the perfect guide for any budding scientist
- Companion title to *Freaky Phenomena*



THE FREAKY SERIES

ABOUT THE SERIES

From crazy science to wacky planets, uncanny phenomena to unsolved mysteries, the Freaky Series brings together the most curious, fascinating and downright bizarre facts and figures. The ultimate compendium of fantastic facts for curious minds of ages 10 and up.



FREAKY SCIENCE

More than just a book of figures and lists, *Freaky Science* contains weird and wonderful information about the nature of time, the dark vastness of space, extraordinary experiments, the strangeness of the quantum world and the genius of relativity theory plus much, much more from the strange world of science. How is one cat both alive and dead at the same time? Can lasers be used to shoot down asteroids heading straight for Earth? Is time travel really possible?

FREAKY FUTURE

Freaky Future is your very own pocket time machine, springing you headfirst into the not-so-distant future. This complete compendium of futuristic forethought boldly strides into the realms of tomorrow, unleashing the facts about fighting robots, digging up the dirt on terra-forming other worlds, and marveling at the magnificence of the gadgets to come. What will it be like living on the moon? When will we speak to aliens?

FREAKY PHENOMENA

The Universe is full of phenomena that defy logical explanation, from distant stars and UFOs to the mechanisms of our own bodies; back to lost civilizations and forward again to contemporary theories of magic and psychic powers. *Freaky Phenomena* is the ultimate compendium of the peculiar, the inexplicable and the bizarre from this world, the next world and any other worlds. Is it really possible to levitate furniture? Does lightning ever strike more than once? Do yetis really exist?

ABOUT THE AUTHORS

Mark Fray is the author of *Better Living Through Science*, *The Little Book of Codes* and *Ciphers* and co-author of *Codebreaker: the Secret History of Communication*. He is an astronomer and physicist whose work appears regularly in *The Times*, amongst other publications.

Joel Levy is a writer specializing in history, science and the paranormal. He is the author of more than a dozen books, including *Universe In Your Pocket*, *The Little Book of Secret Societies* and *The Little Book of Conspiracies*.

SPECIFICATIONS

Trim page: 190 x 122 mm (4.75 x 7.5 in)

Format/Binding style: Hardback with jacket

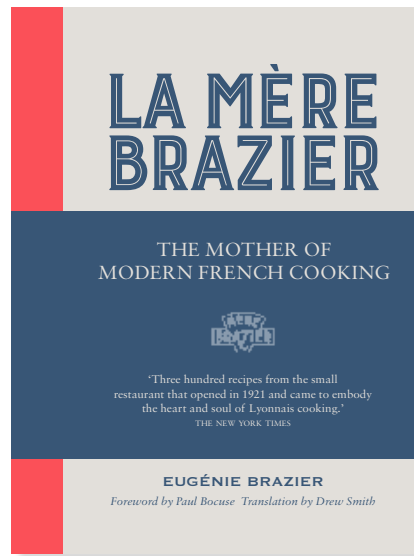
Extent: 128 pages

Word count: 20,000 words

Illustrations: 4-colour



**FOOD
DRINK
DIET**



LA MERE BRAZIER

The Mother of Modern French Cooking

By EUGENIE BRAZIER
Foreword by Paul Bocuse
Translated by Drew Smith

SPECIFICATIONS

Trim page: 222 x 165mm/6½ x 8½in
Format/Binding style: Hardcover with jacket
Extent: 272 pages
Word count: 55,000
Illustrations: 2 colour, photography throughout

DESCRIPTION

During its heyday, La Mere Brazier was the most famous restaurant in France. Its proprietor and chef, Eugenie Brazier, was the first French chef awarded six Michelin Stars.

A masterclass on how to cook, this book reveals over 300 of Brazier's recipes that stunned all of France – from her Bresse chicken in mourning (with truffles) to her lobster Aurora – as well as simple traditional recipes that anyone can easily follow at home.

ABOUT THE AUTHOR AND THE TRANSLATOR

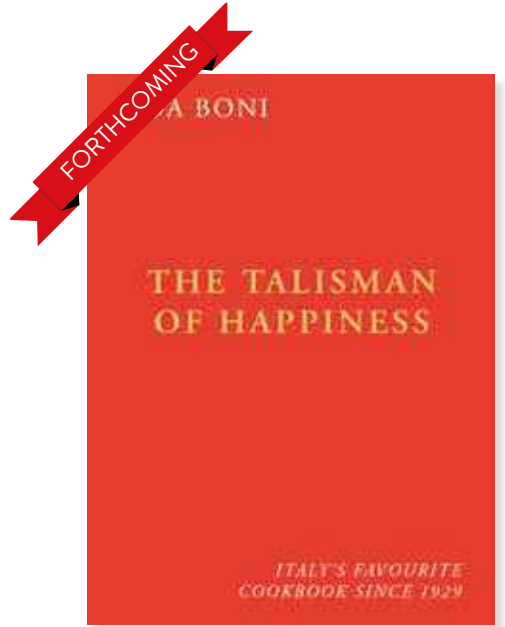
Eugenie Brazier (1895-1977) was the mother of modern French Cooking. She opened her restaurant in 1921 and went on to earn six Michelin stars.

Drew Smith is the author of *Oyster: A Gastronomic History with Recipes*. He is a former editor of the *UK Good Food Guide*, a *Guardian* columnist, and has three times won the Glenfiddich prize for his food writing.



SALES POINTS

- A classic culinary masterpiece containing over 300 recipes from 'the mother of French gastronomy'
- Features a foreword and preface by celebrated chefs Paul Bocuse and Bernard Pacaud
- Beautifully designed with historic photographs and illustrations



THE TALISMAN OF HAPPINESS

By ADA BONI

SPECIFICATIONS

Trim page: 250x174mm/6.85 x 9.85in
Format/Binding style: Hardback
Extent: 896-928 pages
Word count: c. 350,000
Illustrations: Two-colour with illustrations throughout

DESCRIPTION

"Perhaps the most influential Italian cookbook of its time"
– Gillian Riley, *The Oxford Companion to Italian Food*

"I was awakened by the sensations from another time and other places. I saw, I smelled, I tasted dishes that, until recently, had been commonplace in my life"

– Marcella Hazan on first reading *The Talisman*, as described in her memoir, *Amarcord*

"What *The Joy of Cooking* is to Americans, *The Talisman of Happiness* is to Italians"

– Emiko Davies, author of *Acquacotta*

The Talisman of Happiness is not a book, but a legend. It is the definitive Italian cookery bible, first published in Italy in 1929 and never before published in its entirety outside of its country of origin.

The result is *Il Talismano della felicità* (*The Talisman of Happiness*), the first compendium of Italian home cookery. Traditionally given as a wedding present, it is considered an essential addition to the kitchen of every newlywed, as a talisman for a long-lasting marriage.

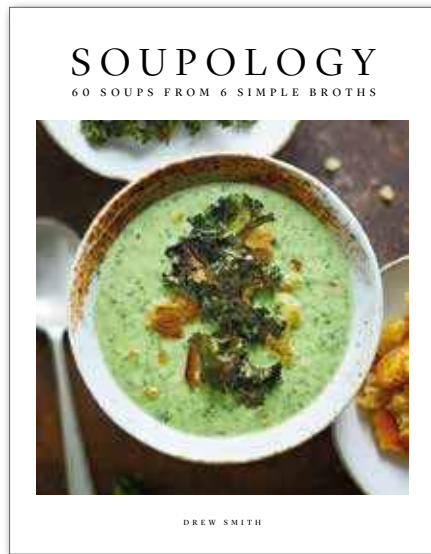
First published as a special edition for the readers of *Preziosa* magazine, it was made into a book in 1929 and has never been out of print in Italy since, selling more than 1,000,000 copies. The recipes cover every style of Italian cuisine, from much-loved favourites to lesser-known specialties. Every region of Italy is covered, every classic dish from the definitive spaghetti Bolognese to osso buco. It includes no less than 17 variations on minestrone. And many lesser known delights like artichoke soufflé or a simple spaghetti with herbs.

SALES POINTS

- Italy's original cookery bible, which has sold over 1 million copies.
- Charming line drawings throughout from an Italian Illustrator to be announced
- Nearly 1,800 original recipes covering every region of Italy from *alici* to *zabaglione*
- Recipes are ordered in the style of an Italian family meal, starting with antipasti, through pasta, rice and gnocchi, meat and fish main courses, and desserts

Recipe sections include:

- *Antipasti and Intermezzi* (80 recipes)
- *Condiments and Sauces* (92 recipes)
- *First Courses: Soups* (80 soups)
- *First Courses: Pasta, Rice, Polenta and Gnocchi* (259 recipes)
- *Calzone, Pizzas, and Savoury Pies* (29 recipes)
- *Fried Dishes* (44 recipes)
- *Eggs* (56 recipes)
- *Seafood* (177 recipes)
- *Meat* (391 recipes)
- *Salads, Fruit and Vegetables* (331 recipes)
- *Desserts* (248 recipes)



SOUPOLOGY

70 Soups from 6 Simple Broths

By DREW SMITH

SPECIFICATIONS

Trim size: 254 x 203 mm / 8 x 10 in

Format: Hardback/Paperback with flaps

Extent: 160 pp

Words count: 25,000 words

Illustration: 4-colour photography

DESCRIPTION

From buying basic ingredients and making simple broths to crafting superlative, show-stopping soups, *Soupology* demonstrates how soups can transform your cooking and your health. Former editor of *The Good Food Guide*, Drew Smith, will show you how to build different variations of soups from six basic broths, ensuring you make the most of your leftovers and expand your kitchen repertoire. From the value of bone broth in your cooking to getting five to seven vegetables a day, this is a strategy that is both delicious and nutritionally optimal. Easy to follow, with beautiful colour photographs, *Soupology* is a masterclass in how to prepare soups that are tasty, nutritious and waste-free.

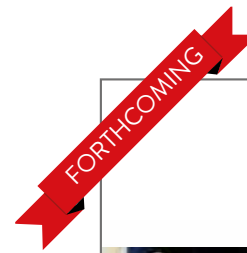
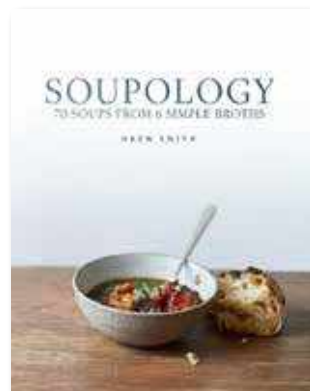
ABOUT THE AUTHOR

Drew Smith is the author of *Oyster: A Gastronomic History with Recipes* (Abrams, 2015) and translator of *La Mère Brazier* (Rizzoli, 2014). He is a former editor of the *UK Good Food Guide*, a *Guardian* columnist, and has won the Glenfiddich prize three times. He lives in London.

SALES POINTS

- Uncover the secrets of the world's favourite soups from delicious, inexpensive everyday suppers to stand-out restaurant signatures
- Over 70 recipes show how to make nutritious broths from scratch and evolve them into healthy, inexpensive and waste-free soups
- From ramen to bouillabaise, this book covers a world of flavours that will transform how you cook

*Alternative cover design available:



MISO, RICE & PICKLES

A year of vegetarian recipes from a mindful Japanese kitchen

By LESLEY CHAN DOWNER

SPECIFICATIONS

Trim page: 254x203mm/8x10in

Format/Binding style: Hardback

Extent: 256 pages

Word count: 53,000

Illustrations: 4-colour photography/calligraphy

DESCRIPTION

Forty years ago, Lesley Chan Downer walked the same legendary road as 17th-century Japanese haiku master Basho, picking up recipes from the country villages and Buddhist monasteries where she stayed, and formulating an approach to life and food that marries harmony and economy with ancient traditions.

Japanese Vegetarian contains over 150 healthy, delicious and beautifully simple recipes that typify the Japanese philosophy of wasting less, respecting the earth and being mindful in both our cooking and eating. Incorporating the mix of Asian influences in Lesley's own life, this is a visually stunning and thoughtful collection of exquisite vegetarian dishes presented through the seasons. The culmination of the author's many years of experience of Japanese food and its place in the culture, this book brings the art of respecting the freshest ingredients with simple, careful preparation to a new audience.

ABOUT THE AUTHOR

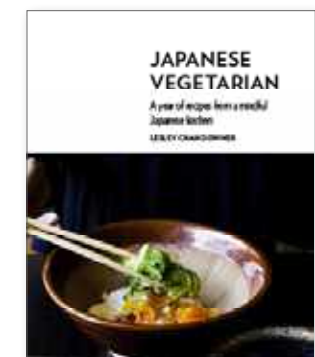
Lesley Chan Downer is an author, journalist, historian, and well-known expert on Japan. She has given lectures at Japan Societies across the US and UK, the British Museum, Asia House, and many more. Lesley has written a number of books on Japanese culture, including *Geisha: The Secret History of a Vanishing World*, as well as the bestselling historical novel series, *The Shogun Quartet*. Her cookery titles include *A Taste of Japan*, which accompanied a BBC 2 series that she presented and wrote.

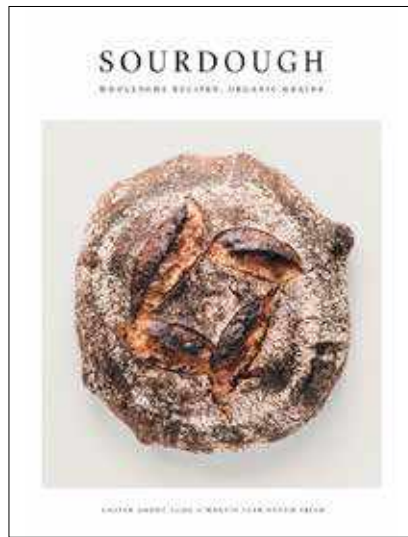


SALES POINTS

- An introduction to and exploration of the holistic kitchen philosophy of mindfulness in cooking
- Written by Lesley Chan Downer, a world-renowned expert on Japanese culture and its relationship to food, whose Asian heritage and many years living in Japan have informed a deep appreciation of the artistry of Japanese cooking and the cultural rituals that surround it
- Includes over 150 Japanese-inspired vegetarian recipes with an emphasis on respecting nature and tradition, reducing waste and using leftovers.
- Recipes arranged by season to allow the cook to pick the freshest ingredients, with special sections on topics from mastering simple cutting techniques to making your own dashi and the perfect bowl of rice

*Alternative title:





SOURDOUGH

By CASPER ANDRE LUGG &
MARTIN IVAR HVEEM FJELD

SPECIFICATIONS

Trim page: 254 x 203mm/8 x 10in

Format/Binding style: PLC

Extent: 160 pages

Word count: 16,000

Illustrations: 4 colour photography throughout

DESCRIPTION

Sourdough is a traditional style of bread that is both healthy and delicious, making it a favourite of artisan bakers. Sourdough takes patience, forethought and love to produce, and its rise in popularity is indicative of a greater shift towards a more mindful, considered way of living.

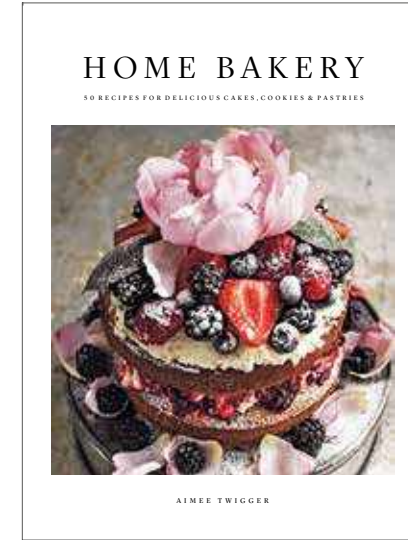
Suitable for those with no prior experience of sourdough as well as those keen to expand their baking repertoire, this elegant book also contains 15 recipes with clear step-by-step instructions and beautiful 4-colour photography throughout

ABOUT THE AUTHORS

Casper Andre Lugg and Martin Ivar Hveem Fjeld are two young home bakers, from Fredrikstad, Norway, committed to using time-honoured techniques coupled with ancient grains and flour. Casper works as a full time writer and Martin runs a small sourdough bakery in Oslo, Norway. They can be followed at @illebrod

SALES POINTS

- Sourdough, a great tasting and healthy bread, is the star of a recent revival in traditional baking techniques
- Contains 15 recipes with clear step-by-step instructions and beautiful 4-colour photography throughout
- Includes 'cook's notes' and a trouble-shooting section to help you avoid 'soggy bottoms', over-baking and other common problems
- Praised by Adrian Chiles in the Guardian: "I have finally mastered the dark art of sourdough baking. Here's how. *Sourdough*...nails the process, good and proper."



HOME BAKERY

50 Recipes for Delicious Cakes, Cookies and Pastries

By AIMEE TWIGGER

SPECIFICATIONS

Trim size: 254 x 203 mm/8 x 10 in

Format: Paperback

Extent: 160 pp

Words count: 25,000 words

Illustration: 4-colour photography

DESCRIPTION

Written and photographed by an enthusiastic and expert baker, *Home Bakery* is the perfect guide to creating and presenting elegant bakes and treats. Each recipe also includes the author's own stunning photographs and has been tested for perfect results every time.

Home Bakery is packed with innovative and exciting recipes such as Pear and Salted Caramel Challah, Persimmon Cinnamon Cake and Candy-striped Meringues, offering interesting and unusual ingredient combinations as well as presentation ideas.

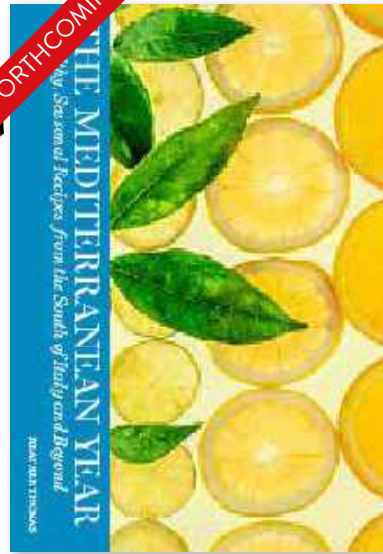
ABOUT THE AUTHOR

Aimee Twigger, @twiggstudios on Instagram, is a baker, photographer, stylist, crafter and blogging sensation with 175k followers. Aimee started her popular food blog, Twigg Studios, in 2011 and won the prestigious Pink Lady food photography award in 2019.

SALES POINTS

- Over 50 recipes from popular baking blogger, author and photographer Aimee Twigger
- Aimee has over 175,000 followers, 25% of whom hail from North America.
- Delicious, easy to make and beautiful, Aimee's sweet treats have all been thoroughly tried and tested for success every time
- Every recipe is beautifully photographed by the author with expert presentation inspiration
- Step-by-step photography for a selection of the more challenging techniques to ensure perfect results





THE MEDITERRANEAN YEAR

Healthy, Seasonal Recipes from the South of Italy and Beyond

by HEATHER THOMAS

SPECIFICATIONS

Trim size: 254 x 203mm / 8 x 10 inches

Format: Hardcover

Extent: 256 pages

Words count: 50,000 words

Illustration: 4-colour photography throughout

DESCRIPTION

'I'm absolutely persuaded that if there's one thing in addition to physical exercise that will prolong physical and cognitive vigor in older adults, it's the Mediterranean Diet.'

Dr. Richard Besdine, American Federation for Aging Research

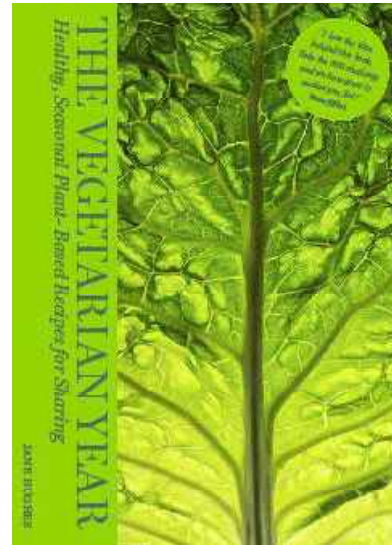
In 2023, the Mediterranean Diet was voted the healthiest diet in the world by US News & World Reports. In *The Mediterranean Year*, we journey through the European Mediterranean, from Italy and Spain through to Greece and beyond, showing how harnessing the freshest, best-value ingredients each season and preparing them with love has created a diet that is as healthy as it is delicious. The book has 200 recipes, including featured guest recipes from some of the region's best home cooks and chefs. Along with this is information on how to shop, cook and eat the authentic Mediterranean way, with gorgeous photography highlighting the joy of a Mediterranean lifestyle.

ABOUT THE AUTHOR

Heather Thomas is a food writer and editor and the author of many bestselling health and cookery books, including several focusing on Mediterranean food, such as *The Greek Vegetarian Cookbook* (Phaidon), *Essential French Cookery* (Hamlyn) and *Essential Italian Cookery* (Hamlyn). She loves to share accessible and nutritious recipes drawing on her own experience living and cooking in Greece and the Mediterranean.

SALES POINTS

- Two new major scientific studies published in 2023 have linked the Mediterranean diet with improved health outcomes.
- Over 200 healthy, simple and stylish recipes, organised by the seasons so you can make use of the freshest, best-value produce available
- Hero ingredients for each season with accompanying recipes and lots of quick ideas to put together delicious plates of antipasti, fruit and simple herb oils and chilli sauces
- Beautiful photography and recipes hand-picked from the region's best home cooks
- Sample menus to help you plan dinners, from a family celebration to a quick midweek veggie meal for two or a summer night antipasti buffet



THE VEGETARIAN YEAR

Healthy, Seasonal Plant-based Recipes for Sharing

By JANE HUGHES

SPECIFICATIONS

Trim page: 254 x 203mm / 8 x 10 inches

Format/Binding style: Hardback

Extent: 256 pages

Word count: 50,000

Illustrations: 4-colour photography throughout

DESCRIPTION

'I sincerely believe The Vegetarian Year will become the must-have go-to book for enlightened foodies.'

Len Torine, Executive Director, American Vegetarian Society

Vegetarian diets have seen a sharp rise in recent years, however, being vegetarian does not necessarily mean wise choices or healthy, inexpensive meals. In *The Vegetarian Year*, author and vegetarian food expert Jane Hughes explores the best of plant-based foods through over 200 nutritionally balanced, great-tasting and budget-conscious dishes.

This journey through the year shows how harnessing the freshest, best-value veggies and fruit each season can create a diet that is as healthy as it is delicious. The book also includes many Vegan recipes, clearly signposted, plus gluten-free options and recipes to tempt even die-hard meat-eaters, allowing you to create memorable meals to share with all your family and friends.

ABOUT THE AUTHOR

Jane Hughes is the editor of *Vegan Life* magazine, former editor of the *Vegetarian Society's magazine, The Vegetarian*, and the author of many vegetarian cookery books. Jane is also a tutor for the Vegetarian Society's Cordon Vert cookery school and a member of The Guild of Food Writers.

SALES POINTS

- Vegetarians don't necessarily eat healthily or know how to make use of the best plant-based foods available. Focuses on seasonally fresh food for vegetarians and vegans
- Over 200 healthy, simple and stylish recipes, organised by the seasons so you can make use of the freshest, best-value produce available
- Fun menus to help you plan dinners, from a family celebration to a quick midweek meal for two or a dinner to delight meat-eating friends!
- 4 colour photography throughout





VEGAN BENTO

Quick and Easy Recipes for a Delicious Plant-based Lunch Box

By SANAË LEMOINE

SPECIFICATIONS

Trim page: 228 x 184mm, 7.25 x 9ins

Format/Binding style: Hardback

Extent: 176 pages

Word count: c. 16,000

Illustrations: 4-colour photographs/illustrations

DESCRIPTION

The tradition of the bento box opens a whole new world for the vegan lunchbox. Inspired by delicious East Asian culinary traditions and based on modern nutrition-based cooking, *Vegan Bento* is a guide to building a healthy, balanced, plant-based meal that is fun to put together and looks and tastes fantastic.

From your base rice, to fermented kimchi garnishes, and street-food inspired gyozas, vegan lunchboxes have never been more exciting! Learn about the fundamental principles of batch cooking and the re-vamping your leftovers, as you create your very own personalised *Vegan Bento* boxes. Mix and match sides, street food bites, mains and bases for an inexhaustible world of flavour in your lunchbox. Whether you're seeking to begin a meat-free diet or simply want to inject a little life into your lunch, *Vegan Bento* will guarantee you a delicious meal that nourishes your body and soul.

ABOUT THE AUTHOR

Sanaë Lemoine is a food editor at Martha Stewart Books. She has worked as a recipe tester, developer, and writer, and her work has been published in *The Guardian* and *Diner Journal*. She was raised in a Japanese-French household, and is based in New York.

SALES POINTS

- Healthy and delicious bento-inspired, plant-based lunches
- Essential tips for plant-based eating, including how to stock a vegan bento pantry for daily use
- Recipes can be endlessly mixed and match to ensure inexhaustible variety in lunches
- Healthy and nutritionally sound recipes created by recipe developer Sanaë Lemoine



JAPAN BENTO

Authentic & Easy Japanese Street Food to Make at Home

By Yuki Gomi & Shu Inagaki

SPECIFICATIONS

Trim page: 228 x 184mm, 7.25 x 9ins

Format/Binding style: Hardback

Extent: 176 pages

Word count: c. 15,000

Illustrations: 4-colour photographs/illustrations

DESCRIPTION

Inspired by the Japanese tradition of the Bento box, *Japan Bento* teaches you everything you need to make delicious and aesthetically pleasing lunch boxes that fuel your body and feed your eyes. Fusing street-food simplicity with an appreciation for the nourishment of a single bite, these recipes provide endless variation as you mix and match rice, salads, tempura and gyoza.

ABOUT THE AUTHORS

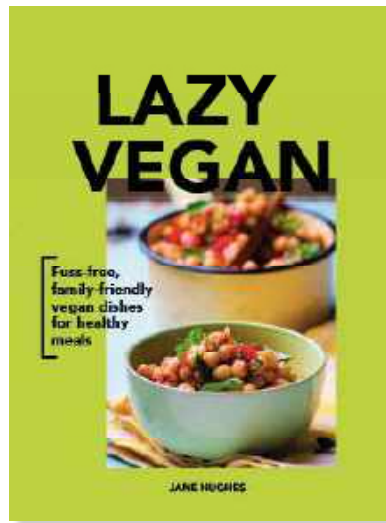
Yuki Gomi is a Japanese chef, food writer and cookery teacher who grew up in the mountains close to Mount Fuji. The Le Cordon Bleu-trained chef cut her culinary teeth in downtown Chicago before returning to Japan where she was mentored by a soba-noodle master and created menus for some of Tokyo's best restaurants. Gomi moved to London in 2005 where she teaches at the prestigious Leiths School of Food & Wine.

Shu Inagaki trained in the traditional kappo-style restaurants of Kyoto and then in modern Japanese kitchens. He moved to London in 2008 to spearhead the opening of a new authentic Japanese restaurant, Shimogamo, and he was head chef at a number of top London Japanese restaurants before moving back to Japan in 2017.

SALES POINTS

- Quick-and-easy recipes from simple rice to Japanese fried chicken, ginger pork, spicy salads and quick pickles.
- Features on how to build the perfect bento, with suggested combinations of recipes throughout the book.
- Mix and match rice with street-food inspired yakitori and tempura, a healthy side, and a soup or pickles to give endless combinations for tasty and economical lunches.





LAZY VEGAN

Fuss-free Plant-based Dishes to Share with Family and Friends

By JANE HUGHES

SPECIFICATIONS

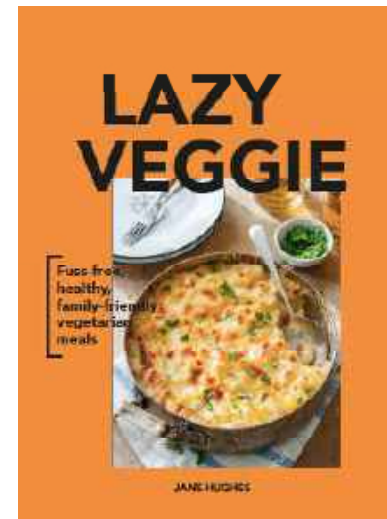
Trim page: 240 x 171 mm/6 3/4 x 9 1/2 in

Binding style: Hardback/Flexibind

Extent: 160 pages

Word count: 12,500

Illustrations: 4-colour photography



LAZY VEGGIE

Fuss-free Vegetarian Dishes to Share with Family and Friends

By JANE HUGHES

SPECIFICATIONS

Trim page: 240 x 171 mm/6 3/4 x 9 1/2 in

Binding style: Hardback/Flexibind

Extent: 160 pages

Word count: 12,500

Illustrations: 4-colour photography

DESCRIPTION

Whether you are a full-time vegan who can't face another tofu scramble, or a flexitarian just looking to get more healthy meals incorporated into your weekly routine – this is the bible of quick and easy cooking without animal products.

Divided into simple chapters covering Soups & Salads, Snacks & Dips, Easy Dinners, Sides & Small Plates, and Sweet Treats, discover 67 delicious plant-based meals from all over the world. Perfect for an easy midweek meal or for entertaining friends on the weekend, *Lazy Vegan* is your answer to comfort-cooking with a conscience.

ABOUT THE AUTHOR

Jane Hughes is the editor of *Vegan Life* magazine and *The Vegetarian* magazine. She is the author of *The Vegetarian Year*, *100 Vegan*, *The Vegetarian Handbook*, *The Vegetarian Travel Guide* and the *Collins Gem Guide to Vegetarian Food*.

SALES POINTS

- Veganism has become mainstream, and most chefs and top restaurants are creating vegan recipes to meet demand
- Aimed at flexitarians as well as committed vegans, making this an accessible guide for anyone interested in incorporating more plant-based options into their diet
- People want to eat vegan but still crave uncomplicated, easy classics – like *Lazy Vegan's* Easy Fudge or Classic Butternut Squash Soup
- Promotes a mindful diet that is better for your body and the planet
- Written by a long-time expert on vegan and vegetarian food

DESCRIPTION

Vegetarian diets have seen a sharp rise in recent years, however, becoming vegetarian does not necessarily mean wise choices or healthy meals. Encourage your family and friends to embrace a vegetarian diet and up their intake of greens with these quick and easy vegetable-based recipes. Vegetarians and meat-eaters alike will find dishes to inspire and comfort, to share with friends or rustle up for a quick midweek meal. With their economical, sustainable and seasonal focus, these recipes form the basis of a healthy diet that is easy to stick to.

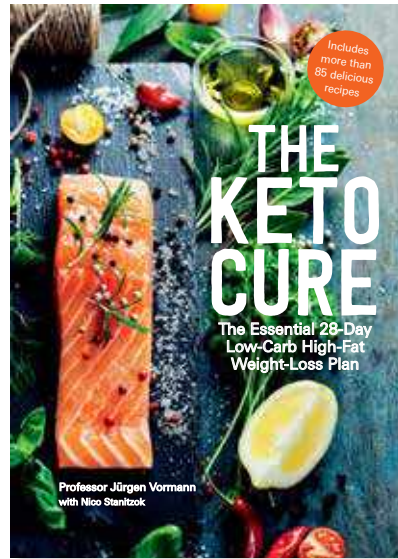
ABOUT THE AUTHOR

Jane Hughes, former editor of the UK Vegetarian Society's magazine, is now the editor of *Vegan Life* magazine. She is the author of *The Vegetarian Year*, *100 Vegan*, *The Vegetarian Handbook*, *The Vegetarian Travel Guide* and the *Collins Gem Guide to Vegetarian Food*.

SALES POINTS

- Introduction by Len Torine, Founder of the American Vegetarian Association (AVA)
- Endorsed by Rose Elliot MBE, Britain's foremost vegetarian cookery writer
- Aimed at flexitarians as well as committed vegetarians, making this an accessible guide for anyone interested in incorporating more plantbased options into their diet.
- Includes quick, easy and accessible vegetable-based dishes.





THE KETO CURE

The Essential 28-Day Low-Carb High-Fat Weight-Loss Plan

By PROFESSOR JÜRGEN VORMANN
Recipes by Nico Stanitzok

SPECIFICATIONS

Trim page: 240x171mm/6¾x9½in
Format/Binding style: Hard back/flexibind
Extent: 176 pages
Word count: 30,000
Illustrations: 4-colour photography

DESCRIPTION

The Keto Cure presents the successful 28-day low-carb, high-fat, weight-loss plan that trains your body to burn fat not glucose, reducing inflammation and encouraging sustained weight loss. It includes a comprehensive introduction to the science behind the keto diet with clear guidance on the vital fat, carb and protein ratio. With more than 85 simple and delicious recipes by chef Nico Stanitzok covering everything from breakfast and dinner, to snacks and sweet treats.

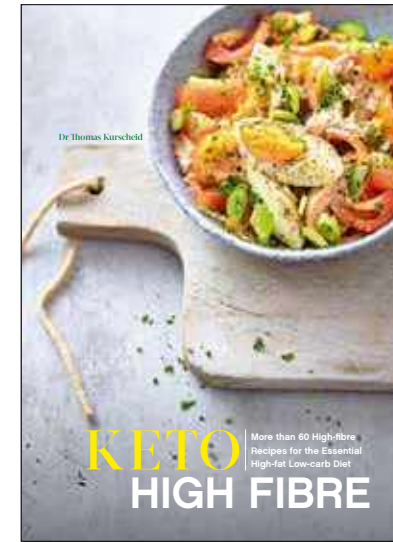
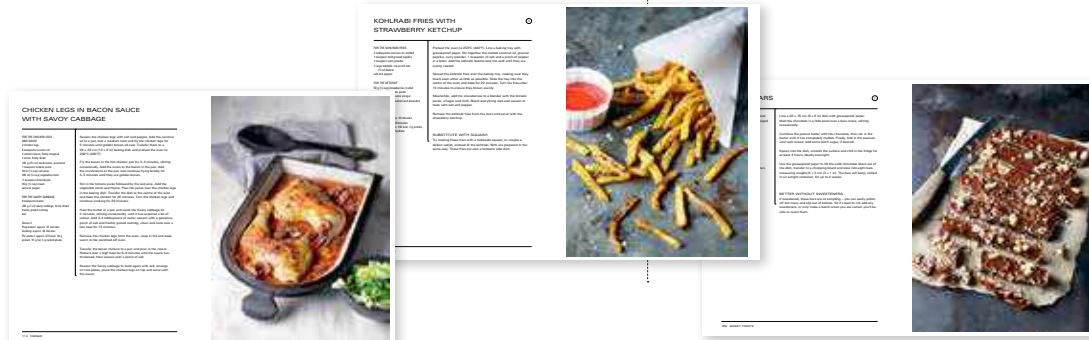
ABOUT THE AUTHORS

Professor Jürgen Vormann is a nutritional scientist with a doctorate in Pharmacology and Toxicology of Nutrition. The founding Director of the Institute for Prevention of Disease and Nutrition (IPEV) in Munich. He has authored several nutritional books, is a member of the American Society for Nutrition and sits on the advisory board of various nutrition organisations.

Nico Stanitzok is a chef with a dietary background, a well-known food blogger and successful author of several cookbooks.

SALES POINTS

- The new breakthrough diet to turn your life around
- Includes informative text explaining how the diet works and how to get the most out of the keto diet
- More than 85 delicious, healthy recipes in a comprehensive 28-day plan
- Fully illustrated with recipe photography throughout



KETO HIGH-FIBRE

More Than 60 High-Fibre Recipes for the Essential High-Fat, Low-Carb Diet

By DR THOMAS KURSCHEID

SPECIFICATIONS

Trim page: 240x171mm/6¾x9½in
Binding style: Hardback
Extent: 160 pages
Word count: 50,000
Illustrations: 4-colour photography

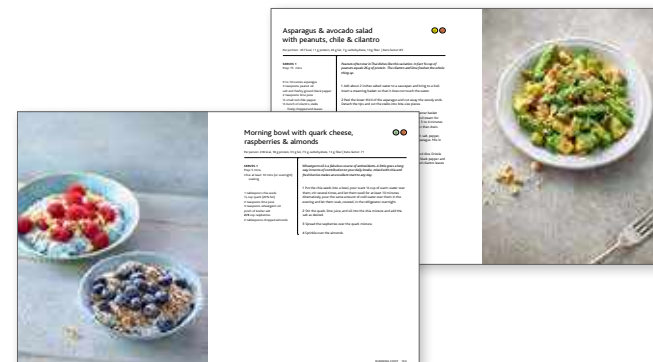
DESCRIPTION

Following a healthy ketogenic diet can help with weight loss, energy levels and mental vitality, but cutting out carbs can cause a lack of fibre and have negative effects on your digestive health. Here, Dr Thomas Kurscheid demonstrates how simple it can be to make delicious keto-friendly, high-fibre meals.

Keto High-Fibre is split into a first stricter low-carb phase kick, kick starting the ketosis, then a gentler phase two that stabilizes it. Both phases offer a large selection of recipes including drinks, salads, soups and mains. From a delicious breakfast bowl to a creamy chicken curry, Dr Kurscheid's keto diet could not get any healthier or easier.

ABOUT THE AUTHOR

Dr Thomas Kurscheid is a specialist in nutritional medicine, focusing on the prevention of obesity and cardiovascular disease through diet, exercise and lifestyle. He studied medicine in London and Cologne, where he set up his own research institute in 2012. He believes the High-Fibre evolution of the keto diet is the healthiest option for optimal weight loss.

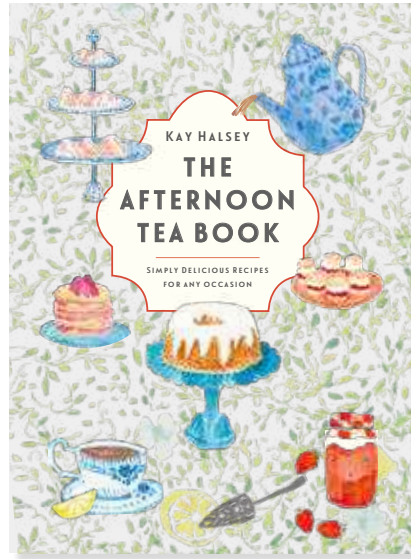


SALES POINTS

- The breakthrough keto diet, adapted for a high-fibre approach to make you feel energetic and awake
- More than 60 delicious low-carb keto recipes, all with a 'keto factor' that allows you to swap recipes around making sure you stay in ketosis
- Each recipe contains a full nutritional breakdown and macro details per serving
- Lots of vegetarian and vegan options
- Beautiful recipe photography throughout

*Companion title to THE KETO CURE





THE AFTERNOON TEA BOOK

Simply Delicious Recipes for Any Occasion

By KAY HALSEY

Illustrated by ARIELLE GAMBLE

SPECIFICATIONS

Trim page: 197 x 140mm/5.5 x 7.75in

Format/Binding style: Hardback

Extent: 80 pages

Word count: 10,000

Illustrations: 4-colour illustrations throughout

DESCRIPTION

Rediscover the lost art of the English tea. From baking perfect scones, to making your own traditional strawberry jam and citrus marmalade, *A Very British Tea* is full of creative and satisfying ideas to impress your guests. Designed for all levels of experience, it features simple projects and more advanced recipes to share and enjoy

ABOUT THE AUTHORS

Kay Halsey is an established food writer and editor. She is the author of *Food the Definitive Guide*, *KitchenAid's The Ultimate Mixer Cookbook*; and contributed to *The Food of Italy* and *The Food of France*, which was awarded the 'best foreign cookbook' at the World Cookbook Awards in France.

Arielle Gamble is a graphic designer, art director and illustrator based in Sydney, Australia.

SALES POINTS

- Contains 50 easy-to-follow recipes to discover the fun to be had making irresistible teatime treats, from perfect pancakes to the ultimate brownie
- Evokes traditional era in a beautifully illustrated contemporary package
- Perfect for those inspired by the current enthusiasm for home baking

*alternative cover and title available:



THE VIRGIN COCKTAIL GARDEN

Refreshing Mocktails and Botanical Cocktails Made From the Finest Fruits and Infusions.

By DAVID HURST

SPECIFICATIONS

Trim page: 210x152mm/6x8¼in

Format/Binding style: Hardback

Extent: 176 pages

Word count: 20,000

Illustrations: 4-colour photography

DESCRIPTION

The Virgin Cocktail Garden brings together fresh florals, garden herbs and exotic spices, as well as zesty and fruity flavours. Organized by main ingredient, the recipes are perfect for hazy summer days, winter warmers or any juiced-up occasion. The recipes include superfood ingredients, from açai berry and blueberries to matcha and turmeric.

Each creation in *The Virgin Cocktail Garden* is expertly crafted and inspired by some of the most exciting trends in bartending and mixology. The book also explains how to make professional-quality mixed drinks in your home, listing essential bar kit, fancy glassware, and fantastic finishing touches.

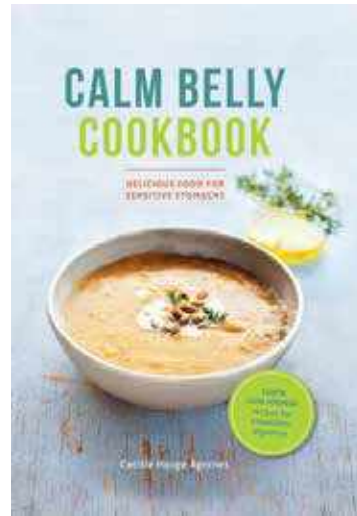
ABOUT THE AUTHOR

Drinks professional **David Hurst** has spent more than 20 years in the drinks and entertainment industry and is founder of Cocktailmaker Ltd. He has created hundreds of cocktails, including creating 200 drinks to

SALES POINTS

- Raise your spirits and let the libations flow with 80 delicious recipes based on garden-fresh ingredients, including herbs, florals, berries, fruits and spices
- Drinks suitable for all occasions – from simple summer barbecues to quiet evenings in
- Includes mixology know-how, essential cocktail-making equipment and tips on garnishing and presentation to wow your guests





CALM BELLY COOKBOOK

Delicious Food for Sensitive Stomachs

By CECILIE HAUGE ÅGOTNES

SPECIFICATIONS

Trim page: 240 x 171 mm / 6.75 x 9.5 in

Format/Binding style: PLC or pb / flaps

Extent: 176 pages

Word count: 30,000

Illustrations: 4 colour, photos/illustrations throughout

DESCRIPTION

The Calm Belly Cookbook shows that food suitable for sensitive stomachs can be varied, comforting and delicious.

Doctors, dieticians and nutritionists now agree the central role our gut plays in our wellbeing; at the same time, various digestive disorders such as IBS and Crohn's disease are rapidly increasing with as many as 15-20% of the population now likely sufferers, many of them undiagnosed.

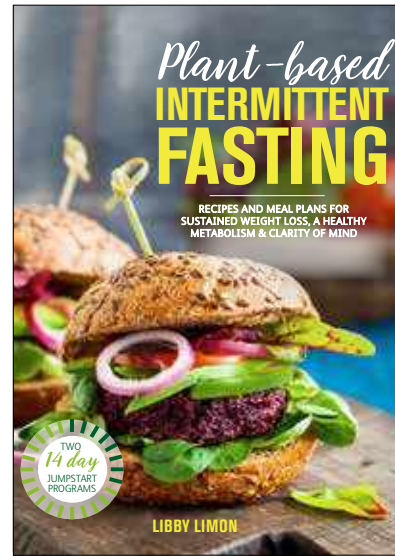
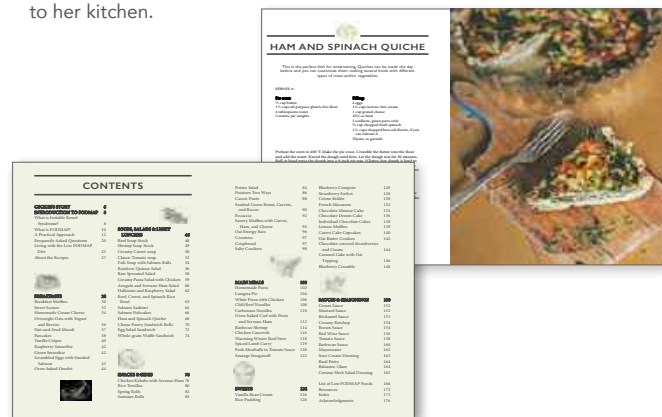
A diet based on low FodMap principles (which aims to eliminate the common carbohydrates that trigger a reaction) is a scientifically proven method to self diagnosis and to identify those foods that can cause inflammation and gut problems.

ABOUT THE AUTHOR

Cecilie Hauge Ågotnes had a successful career as a celebrity nail artist in Los Angeles and worked for international fashion shows but had to give it up as her IBS deteriorated and became too difficult to manage. After extensive research, she discovered the Low FODMAP programme. For the last 10 years, she has documented her developing understanding of her condition and the medical theory of the Low FODMAP and how it relates to her kitchen.

SALES POINTS

- Contains over 80 delicious recipes designed to calm the stomach, but not the taste buds – including breakfasts, snacks, simple sauces, comforting mains and sweet treats
- Based on low FODMAP principles but suitable for anyone who suffers from symptoms such as bloating, indigestion, cramps and irregular digestion
- Recipes are easy to follow and approved by a consultant dietician with specially shot, four-colour photography throughout



VEGAN INTERMITTENT FASTING

Plant-Based Recipes and Meal Plans for Sustained Weight Loss, a Healthy Metabolism and Clarity of Mind

By LIBBY LIMON

SPECIFICATIONS

Trim page: 240 x 171 mm / 6¾ x 9½ in

Format/Binding style: Paperback

Extent: 144 pages

Word count: 30,000

Illustrations: 4-colour photography

DESCRIPTION

Plant-Based Intermittent Fasting is the perfect guide to making this metabolism-boosting diet both delicious and achievable, combining the proven health benefits of both intermittent fasting and a plant-based diet.

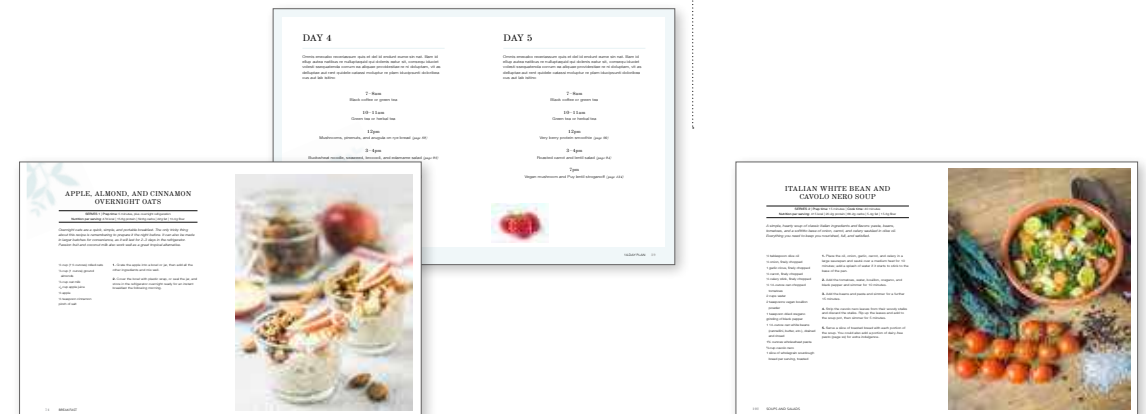
Helping to overcome the challenges of balancing intermittent fasting with a plant-based diet, *Plant-Based Intermittent Fasting Diet Plan* offers two meal plans, tailored to the specific goals of achieving optimal health or weight loss, and over 40 recipes covering everything from breakfast, soups and salads, mini meals, and main dishes.

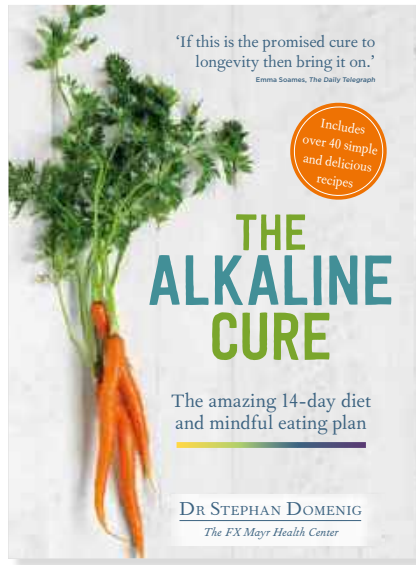
ABOUT THE AUTHOR

Libby Limon is a successful nutritional therapist who shares her passion for creating optimal health with 25,000 followers on her social media. Her work has been featured in *Glamour*, *The Telegraph*, *Women's Health*, *Huffpost Lifestyle* and the *Sunday Times*. She is based in London.

SALES POINTS

- An accessible, illustrated introduction to two 14-day interval fasting and plant-based diet programmes with exercises and over 40 delicious, health-giving recipes
- Includes specially designed meal plans to boost weight loss and optimise health
- Libby Limon is a nutritional therapist with more than 25k followers across all social media platforms





THE ALKALINE CURE

The amazing 14-day diet and mindful eating plan

By STEPHAN DOMENIG

SPECIFICATIONS

Trim page: 240 x 171 mm / 6¾ x 9½ in

Format/Binding style: Paperback

Extent: 176 pages

Word count: 37,000

Illustrations: 4-colour photography throughout

DESCRIPTION

'Packed with approachable, helpful information and daily meal plans to keep you on track.' -Vogue online

'I noticed changes in just two weeks: I had more vitality, my skin wasn't dry, I stopped craving sugar, my mood stabilised, everything became more balanced. A welcome byproduct was losing weight.' -Elle Macpherson

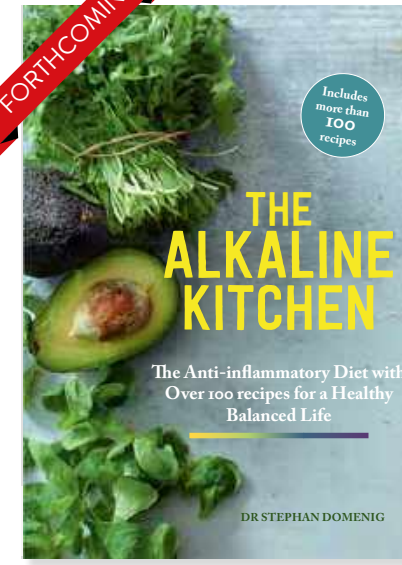
More than just a diet, the Alkaline Cure is about enhancing all aspects of your mental and physical health, through improved digestion, an overall feeling of wellbeing, slowing down the signs of ageing and preventing chronic illnesses associated with age. Benefits include: clearer skin, increased energy, stronger immune system and an improved metabolism. With over 100 years of medical practice, the F.X. Mayr Health Center in Austria has treated over 40,000 clients.

ABOUT THE AUTHOR

Dr Stephan Domenig is the Medical Director at the original F.X. Mayr Health Center in Maria Wörth, Austria. He is fully trained in Mayr theory with certifications in general and orthomolecular medicine, applied kinesiology, chronobiology and chiropractics.

SALES POINTS

- A new paperback edition of the bestselling *The Alkaline Cure*, which has sold over 100,000 copies worldwide
- The only alkaline diet based on medical practice, written by a medical doctor and developed with the renowned F.X. Mayr Health Center
- Includes pH strips to test your own alkaline levels, as well as clear instructions on how to use them
- Includes 40 simple recipes and 14 day diet plan



THE ALKALINE KITCHEN

The Anti-inflammatory Diet with Over 100 recipes for a Healthy, Balanced Life

By DR STEPHAN DOMENIG

SPECIFICATIONS

Trim page: 240 x 171 mm / 6¾ x 9½ in

Format/Binding style: Flexibind or paperback

Extent: 224 pages

Word count: c. 55,000

Illustrations: 4-colour photography

DESCRIPTION

The Alkaline Kitchen reveals how to kickstart an alkaline lifestyle with a simple 7 day alkaline intermittent fasting plan that introduces alkaline foods and establishes a routine of intermittent fasting to reboot your metabolism.

More than just a diet, the alkaline lifestyle is about enhancing all aspects of your mental and physical health, through improved digestion and reduced inflammation, an overall feeling of wellbeing, slowing down the signs of ageing and preventing chronic illnesses. This diet rebalances your pH levels to promote clearer skin, increased energy, a healthier gut, a stronger immune system, and improved metabolism.

An informative introduction to the alkaline lifestyle is followed by more than 100 delicious, energising recipes. There are also tips on creating an alkaline kitchen, essential shopping lists and advice on how to plan ahead. With an easy-to-understand explanation of essential alkaline principles and plenty of recipes to support an alkaline lifestyle, this book is your handbook for a healthier, balanced way of life.

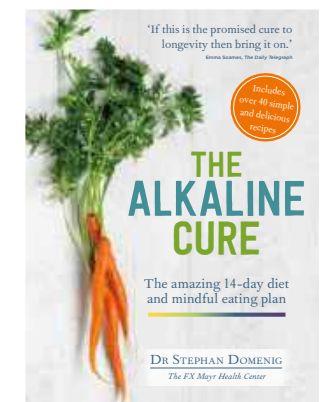
ABOUT THE AUTHOR

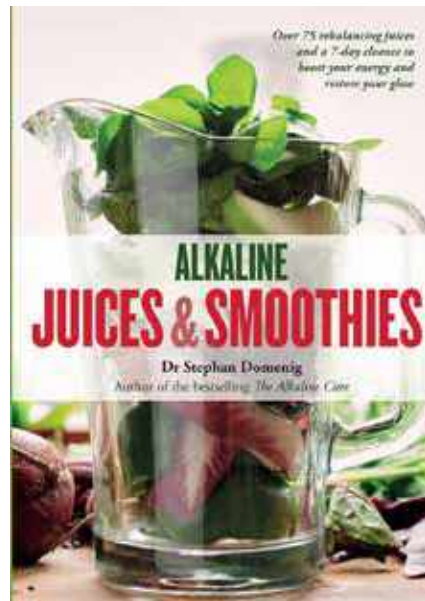
Dr Stephan Domenig was Medical Director at the FX Mayr Health Center, Austria, for over 6 years and now runs his own practise at the Centre for Detoxing. He is the author of several internationally best-selling books on the alkaline diet, including *The Alkaline Cure*. His books have been translated into over 10 languages and have sold over 170,000 copies. He is fully trained in Mayr Cure Fasting theory, with certifications in general and emergency medicine, orthomolecular medicine, applied kinesiology, chronobiology and chiropractics.

SALES POINTS

- The ultimate guide for following an alkaline lifestyle, from the author of the best-selling *The Alkaline Cure*.
- Written by a medical doctor, with a 7 day alkaline intermittent fasting plan to introduce you to the basic principles of intermittent fasting and kickstart your alkaline life.
- Follow on from the 7 day alkaline intermittent fasting plan with more than 100 easy-to-make recipes, bursting with alkaline energy.
- Fully illustrated throughout.

Companion to Bestseller *The Alkaline Cure*





ALKALINE JUICES AND SMOOTHIES

Over 75 rebalancing juices and a 7-day cleanse to boost your energy and restore your glow

By DR STEPHAN DOMENIG

SPECIFICATIONS

Trim page: 240 x 171 mm / 6¾ x 9½ in

Format/Binding style: Paperback with flaps

Extent: 144 pages

Word count: 30,000

Illustrations: 4-colour photography

DESCRIPTION

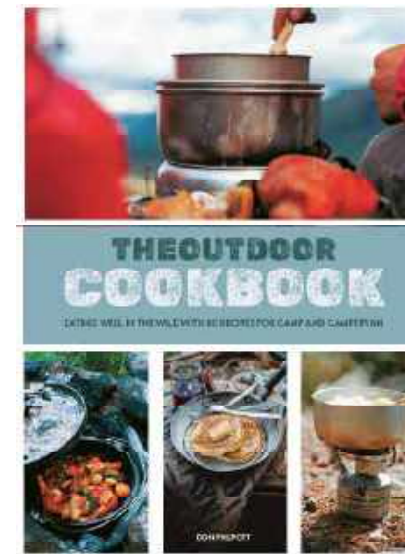
Kick-start your health makeover with Alkaline Juices & Smoothies, a fast track to weight loss, increased energy and a balanced body and mind. This clean, lean and delicious menu of green smoothies, fresh juices and satisfying drinks also includes a 7-day detox plan. Alkaline Juices & Smoothies is the first step in a lifetime change to a healthier diet.

ABOUT THE AUTHOR

Dr Stephan Domenig is the Medical Director at the original F.X. Mayr Health Center in Maria Wörth, Austria. He is fully trained in Mayr theory with certifications in general and orthomolecular medicine, applied kinesiology, chronobiology and chiropractics.

SALES POINTS

- Includes over 75 innovative and delicious recipes for smoothies, juices and teas that can be followed as part of a 7-day alkaline detox
- Useful shopping lists, tips on what juice to use, illustrations and beautiful photography help readers to put the plan into action
- Dr Domenig's first book, the best-selling *The Alkaline Cure*, sold out its first printing in the UK within three months of publication and has sold 100,000 copies to date in 12 countries worldwide



THE OUTDOOR COOKBOOK

Eating Well in the Wild with 80 recipes for Camp and Campervan

By DON AND PAM PHILPOTT

SPECIFICATIONS

Trim page: 210 x 159 mm / 6.2 x 8.25 in

Format/Binding style: Hardback PLC or Paperback

Extent: 144 pages

Word count: 20,000

Illustrations: 4-colour photography and illustrations throughout

DESCRIPTION

The Outdoor Cookbook is an essential guide for cooking and eating outside, whether you're a weekend camper or a hardcore hiker. With recipes focused on maximizing taste and minimizing what you'll have to carry, this is the perfect outdoor adventure companion. From warming one-pot meals cooked on a camping stove to grills for the open fire, each recipe contains detailed instructions for what to prep at home and what can be done at camp.

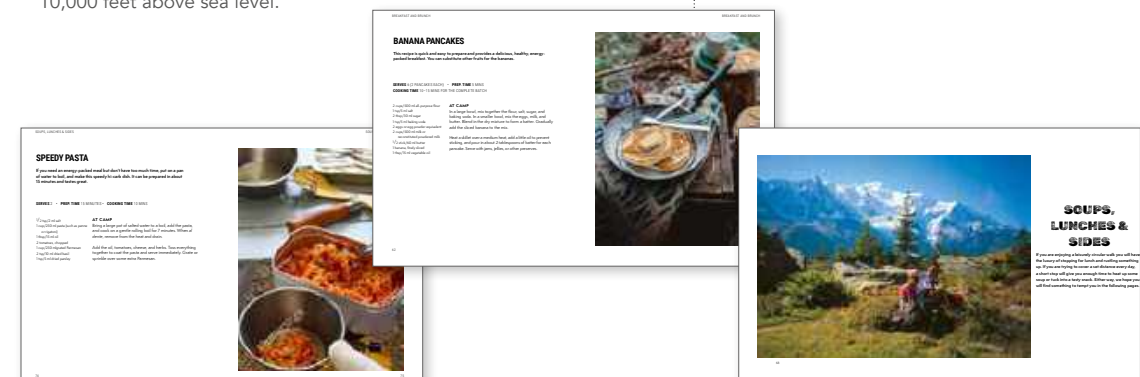
With over 80 specially created recipes including vegetarian options, baking recipes and desserts, it's designed to beat boring standard camp grub and give readers all the tools they need to enjoy outdoor living.

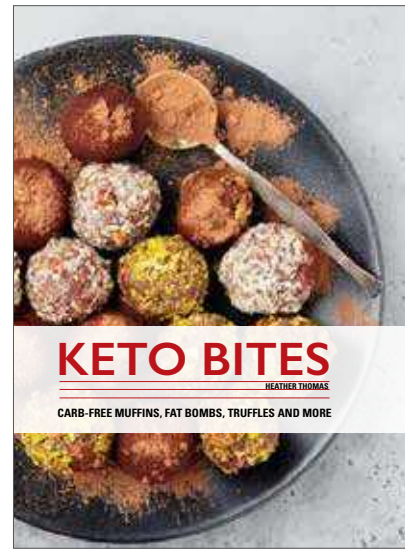
ABOUT THE AUTHORS

Don and Pam Philpott have hiked, canoed, ridden and skied all over the world and now live in Florida, USA. Don co-founded *Footloose*, an outdoor activities magazine in the UK. Pam was born in New Jersey and is legendary for being able to produce fantastic meals even at -5°C and 10,000 feet above sea level.

SALES POINTS

- Contains over 80 specially created, simple and flavourful recipes designed for a camp fire or cooking stove
- Suitable for families, campers, hikers, and anyone interested in experimenting with campfire cooking techniques
- Ideal to take on outdoor adventures all year round, it also includes advice and tips for preparing your trip and setting up your camp kitchen.





KETO BITES

Carb-Free Muffins, Fat Bombs, Truffles and More

By HEATHER THOMAS

SPECIFICATIONS

Trim page: 210 x 152 mm / 6 x 8 3/4 in
Format/Binding style: Hardback
Extent: 80 pages
Word count: 15,000
Illustrations: 4-colour photography
RRP: £9.99

ISBN: TBC

Publication date: UK, AUS and NZ distribution
 Thames & Hudson Ltd
 +44 (0) 20 7845 5000
 sales@thameshudson.co.uk

DESCRIPTION

Snacking on a 'fat bomb' is an essential part of the ketogenic lifestyle. Working professionals or busy individuals may get bored or frustrated at the limited options available when needing fuel. These bite-size, high-fat, low-carb treats are ideal to keep energy levels up between meals.

Keto Bites will equip the reader with the knowledge to batch-make a variety of sweet and savoury bites to keep handy in their fridge or freezer. By creating their own wide variety of high-fat snacks, they will have full control of their macros and nutrition.

ABOUT THE AUTHOR

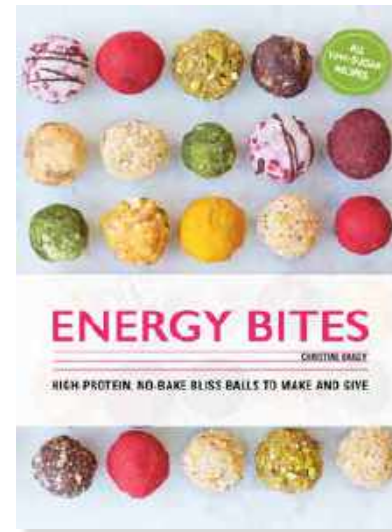
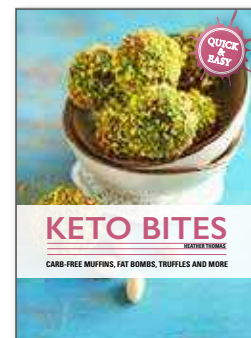
Heather Thomas is a food writer and editor and the author of several bestselling health and cookery books, including *The Avocado Cookbook* and *The Greek Vegetarian Cookbook*. She has worked with all the major slimming organizations in the UK and with top chefs worldwide, contributing to health and food magazines both in the UK and the United States.



SALES POINTS

- 30 healthy and delicious high-fat, low-carb recipes
- Each recipe contains a full nutritional breakdown and macro details per serving
- Fully illustrated with beautiful recipe photography throughout

*alternative cover:



ENERGY BITES

High-Protein No-Bake Bliss Balls to Make and Give

By CHRISTINE BAILEY

SPECIFICATIONS

Trim page: 210 x 150 mm / 6 x 8 1/4 in
Format/Binding style: Hardback
Extent: 80 pages
Word count: 10,500
Illustrations: 4-colour photography

DESCRIPTION

Energy bites are the perfect, simple treat for on the go: energy-boosting and low-fuss, with minimal prep and no baking required. Packed with superfood ingredients like acai berries, matcha, turmeric and kale, snack healthy and save time with *Energy Bites'* tempting collection of recipes.

Written by a qualified nutritionist and fully illustrated throughout, *Energy Bites* is your guide to the new super snack, including a handy recipe finder and a guide to useful ingredient suppliers. Each recipe also includes a detailed breakdown of the nutritional content.

ABOUT THE AUTHOR

Christine Bailey is a chef, author and nutritionist. The author of more than 13 books, she also writes regularly for national magazines and newspapers, sharing her expertise on nutritional, nourishing food. She makes regular appearances in the media, including the BBC's *The Truth About Sugar*.

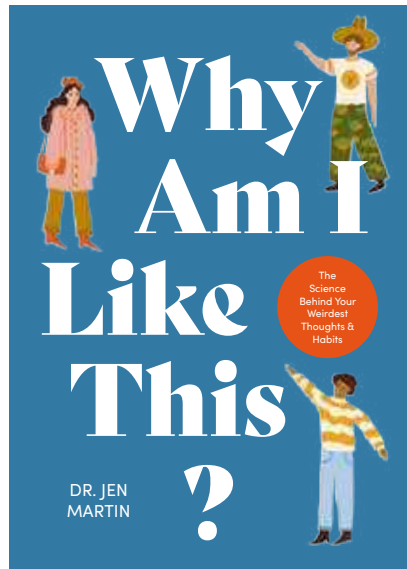
SALES POINTS

- 30 healthy and delicious recipes from a nutritional expert, including paleo, gluten-free and vegan options
- Nutritious, easy to make, and with no cooking required, energy bites are the perfect snack for a busy lifestyle
- Quick, simple and inexpensive recipes to create tasty energy bites at home
- Beautiful photography throughout provides preparation and presentation inspiration





**HEALTH
SELF-HELP**



WHY AM I LIKE THIS?

The Science Behind Your Weirdest Thoughts & Habits

By DR JEN MARTIN
Illustrations by HOLLY JOLLEY

SPECIFICATIONS

Trim page: 197 x 140mm / 5.5 x 7.75in
Format/Binding style: Hardback
Extent: 128 pages
Word count: c. 25,000
Illustrations: 4-colour illustrations

DESCRIPTION

Why can't I stop taking photos? Why do I always feel like I'm missing out? Why can't I remember why I walked into this room?

In *Why Am I Like This?*, Dr. Jen Martin delves into the science behind our strangest thoughts and habits, from why smells make us homesick to why we stick our tongues out when we're concentrating. Explaining the quirks and oddities of our daily lives in a comprehensive yet accessible way, this book is the perfect gift for anyone who has ever stopped to wonder 'why?'.

ABOUT THE AUTHOR

Dr Jen Martin is an award-winning educator with a PhD from the University of Melbourne. She founded and teaches the University's science communication program, runs the blog espressoscience.com, has a popular weekly radio segment, 'Weird Science', on Australia's largest independent radio station Triple R and has been a co-host of Triple R's popular Sunday science show, 'Einstein-a-go-go', for more than a decade.



SALES POINTS

- Debut book from an extremely well-respected professor with a popular blog and an existing following, who teaches the highly-acclaimed science communication program at Melbourne University
- Meticulously researched with a huge range of fascinating facts about the science of our everyday behaviours, complete with a section for further reading
- Beautiful 4-colour illustrations throughout from Chilean illustrator Holly Jolley, who has over 36,000 followers on Instagram
- Taps into the global millennial aesthetic, covering popular themes such as FOMO, anxiety, coffee and cute animals.

THE SIMPLE LIFE SERIES

ABOUT THE SERIES

Each title in the *Simple Life Series* offers 100 practical, scientifically verified, pieces of advice from experts in their field designed to help readers make positive changes in their lives. Lifestyle changes can feel intimidating, but all the advice features in these books is simple, easy to follow and accessible, covering everything from physical, mental, and environmental health.



LIVE SIMPLE

In a world that prizes pace and productivity, most of us seem to spend our days in a frantic blur – unable to slow down and completely disconnected from the earth we inhabit. *Live Simple* offers 100 pieces of easy-to-follow advice helping you to slow down and reclaim your day-to-day, helping to protect your health and the planet. This is a practical guide to small changes that will simplify your routines, reconnect you to what's important and bring you back to the present moment.

Alex Shimo-Barry is a freelance journalist for *The Independent* and *The Globe*, specialising in the environment and cultural trends. A Canadian raised in London, England, she currently lives in Toronto.

LIVE LONG

Part health advice, part self-help, part survival guide, *Live Long* targets emotional, physical, and environmental wellbeing, including how to cope with diseases and risk factors that affect the choices we make. You will find helpful tips and tricks for healthy relationships, vaccinations, and self-assessments, as well as clear mantras to guide you in your new healthy lifestyle.

Dr Trisha Macnair qualified as a doctor at the University of Bristol Medical School. She divides her time between working as a physician specialising in Medicine for the Elderly and working as a medical journalist. She writes extensively for the *British Medical Journal* and the *BBC Health* website.

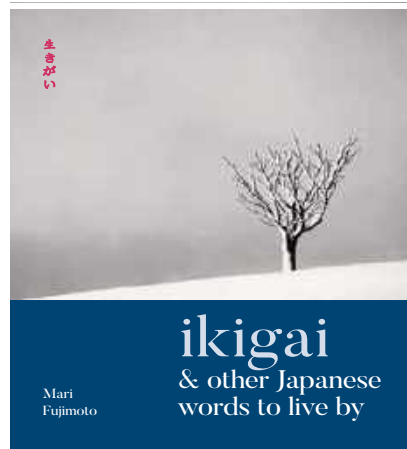
LIVE HAPPY

A distillation of the latest research into happiness, this is a guide to the tools and strategies most likely to make you happy. Informative, factual, accessible, and scientifically rigorous, *Live Happy* gives the best available advice across a range of situations and activities that are relevant to our happiness.

Bridget Grenville-Cleave is a founding member of the International Positive Psychology Association and lectures at Anglia Ruskin University, specialising in Positive Psychology for Practitioners. **Ilona Boniwell** heads the International MSc in Applied Positive Psychology at Anglia Ruskin University and founded the European Network of Positive Psychology.

SPECIFICATIONS

Trim page: 195 x 150mm / 6 x 7 3/4
Format/Binding style: Paperback with flaps
Extent: 128 pages
Word count: 5,000
Illustrations: 4-colour illustrations



IKIGAI

& Other Japanese Words to Live By

By **MARI FUJIMOTO**
& Michael Kenna

SPECIFICATIONS

Trim page: 184 x 159 mm/6¼ x 7¼ in
Format/Binding style: Hardback PLC
Extent: 112 pages
Word count: 10,000
Illustrations: 4-colour throughout

DESCRIPTION

Introducing and explaining some of the most poignant Japanese words, *ikigai* explains a philosophical approach to life. From the wistful poetry of mono-no-aware, a word that asks us to recognise the bittersweet transience of all things, to the quiet harmony of wa, which knits together society's structures, this book is an introduction to the intricacies and value of Japanese phrases and concepts. It hopes to inspire you to incorporate these words into your own lifestyle and adopt a more mindful attitude to life's stresses, seeking meaning beyond materialism.

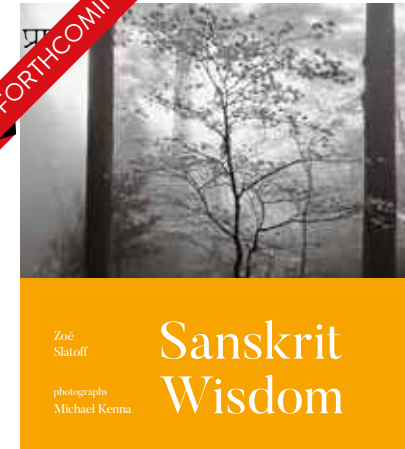
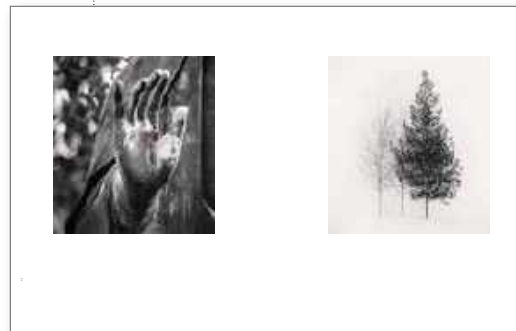
ABOUT THE AUTHOR

Mari Fujimoto is the Director of Japanese Studies at Queens College, New York and teaches all levels of Japanese language and linguistics.

Michael Kenna is one of the world's leading landscape photographers. His work has been exhibited in galleries and museums internationally, and is included in many permanent collections such as The Bibliotheque Nationale, Paris; The Metropolitan Museum of Photography, Tokyo; The National Gallery, Washington, D.C.; and the Victoria and Albert Museum, London.

SALES POINTS

- How Japanese philosophical concepts can contribute to improving a western lifestyle, via the simple wisdom of words
- Illustrated by the meditative images of internationally acclaimed photographer Michael Kenna
- A beautiful package that reflects the stillness and meditative nature of Japanese culture something to pick up, muse upon and cherish



SANSKRIT WISDOM

By **ZOË SLATOFF**
Photographs by **MICHAEL KENNA**

SPECIFICATIONS

Trim page: 184 x 159 mm/6¼ x 7¼ in
Format/Binding style: Hardback PLC / paperback
Extent: 112 pages
Word count: 10,000
Illustrations: 4-colour photography throughout

DESCRIPTION

By Zoë Slatoff, a dedicated promoter of mindfulness through her yoga teaching and Sanskrit studies, *Sanskrit Wisdom* is a beautiful, thought-provoking curation of Sanskrit concepts, each of which gives an insight into the ancient wisdom of India. From Shakti, the ultimate feminine power of the universe, to Ananda, the condition of utter bliss, this book will be an introduction to the depth and complexity behind ancient practices such as yoga.

This book will help you centre yourself in the middle of life's chaos, teaching you how to find direction and tranquillity one word at a time. Incorporating these ideas into your daily life can help cultivate a more mindful approach to the world.

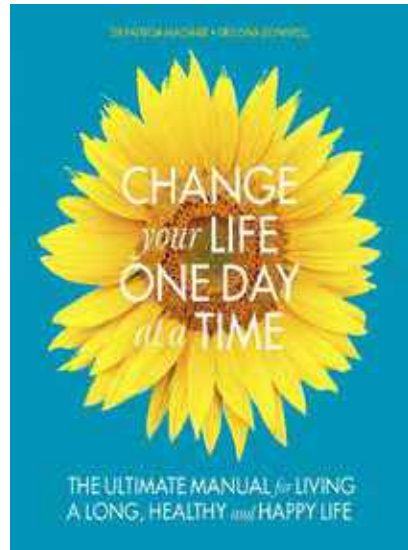
ABOUT THE AUTHOR

Zoë Slatoff earned her Ph.D. in Religion and Philosophy at Lancaster University, in the U.K., and an M.A. in Asian Languages and Cultures from Columbia University, translating Sanskrit texts on Yoga Philosophy. She is now the Clinical Professor of Sanskrit in the Yoga Studies M.A. Program at Loyola Marymount University in Los Angeles. Zoë has been practicing yoga for over twenty-five years and is also the author of *Yogāvātāranam: The Translation of Yoga*, a Sanskrit textbook from which she teaches, that builds a bridge between the two worlds of practice and scholarship.

SALES POINTS

- A poetic yet comprehensive guide to popular Sanskrit words that will enable readers to apply this mindful philosophy to their daily lives
- Through over 50 concepts based in Sanskrit, *Sanskrit Wisdom* forms an entry point into this ancient wisdom via different channels: acceptance of the present, moving beyond the material world, self-discovery and connecting with the divine
- Illustrated by the beautiful images of internationally acclaimed photographer **Michael Kenna**, whose work is included in many permanent collections such as The Bibliotheque Nationale, Paris; The Metropolitan Museum of Photography, Tokyo; The National Gallery, Washington, D.C.; and the Victoria and Albert Museum, London.





CHANGE YOUR LIFE ONE DAY AT A TIME

The Ultimate Manual for Living a Long, Healthy and Happy Life

By DR PATRICIA MACNAIR and DR ILONA BONIWELL

SPECIFICATIONS

Trim page: 203 x 165mm/8 x 6½in

Format/Binding style: Paperback with flaps

Extent: 304 pages

Word count: 50,000

Illustrations: 4-colour photography

DESCRIPTION

Change Your Life One Day at a Time includes 365 practical and accessible pieces of advice that can be easily incorporated into everyday life. The book proposes that the cumulative effect of simple changes and moments of awareness will enable noticeable, holistic improvement. Across four seasonal chapters, the entries range from nutrition to relationships, to help you realise how many positive lifestyle choices are within your grasp.

ABOUT THE AUTHOR

Dr Patricia Macnair has been a medical doctor for over thirty years, specialising in active ageing. She is also a medical journalist and regular contributor to publications and broadcasts including BBC Radio, TV and Online, the Spectator, Guardian, ELLE, GP and Geriatric Medicine.

Dr Ilona Boniwell heads the MSc in Applied Positive Psychology at Anglia Ruskin University and is Director of Positron, a consultancy dedicated to transformation through positive psychology. Author or editor of seven books, including *100 Ways to Happiness*, she also founded the European Network of Positive Psychology.

SALES POINTS

- Practical and inspirational advice for every day of the year designed to enhance wellbeing through simple activities that nourish body, mind and spirit
- Features regular relaxation, stretching and brain training exercises, as well as delicious and nutritional recipes for health and juice days
- Consists of clear, bite-sized information perfect for implementing into daily routine, with a focus on mindfulness
- Backed by the latest medical research and written by two esteemed experts in the fields of health and positive psychology



THE WELLBEING ALMANAC

A Year-round Guide to Health and Wellbeing

By DR TRISHA MACNAIR & DR ILONA BONIWELL

SPECIFICATIONS

Trim page: 210 x 155mm/6 x 8.25in

Format/Binding style: Flexibind/paperback

Extent: 288 pages

Word count: c. 50,000

Illustrations: 4-colour photography/illustrations

DESCRIPTION

The Wellbeing Almanac includes a year's worth of practical and accessible activities to incorporate into everyday life, working on the principle that the cumulative effect of simple changes enables noticeable, holistic improvement. Four seasonal chapters cover nutrition, mind, physical environment, fitness, and natural beauty. This ultimate lifestyle guide promotes mindfulness, a focus on attention that is the cornerstone of psychological acceptance, control, and contentment; all in step with the natural cycle of the year.

ABOUT THE AUTHORS

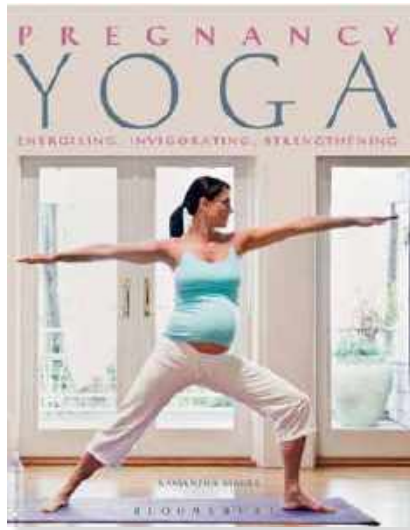
Dr Patricia MacNair is a medical doctor with over thirty years experience. She specialises in active ageing and contributes regularly to the BBC's Health website as well as the *British Medical Journal*.

Dr Ilona Boniwell is a Senior Lecturer in Positive Psychology. She founded the European Network of Positive Psychology and acted as the main

SALES POINTS

- Practical and inspirational advice for every day of the year, designed to enhance wellbeing through simple activities that nourish body, mind and spirit
- Features regular relaxation, stretching and brain training exercises, as well as immunity-boosting recipes for health and juice days
- The book acts as a journal that can be worked in directly, creating a wonderful record to reference and develop
- Consists of clear, bite-sized information perfect for implementing into your daily routine, with a focus on mindfulness
- Backed by the latest medical research and written by two experts in positive psychology





PREGNANCY YOGA

Exercising, Invigorating, Strengthening

By SAMANTHA MAGEE

SPECIFICATIONS

- Trim page:** 228x184mm
- Format/Binding style:** Paper back with flaps
- Extent:** 144 pages
- Word count:** c. 25,000
- Illustrations:** 4-colour photography

DESCRIPTION

With advice on breathing and meditation, as well as helpful information on nutrition and a healthy and open attitude towards a natural approach to pregnancy, instructor Samantha Magee draws on her own personal experience of yoga during pregnancy and shows readers how to adapt their practice to suit their changing bodies.

This book offers a nurturing, life-enhancing form of exercise, focusing on the best postures from the early stages of pregnancy through to the birth and into the first months of motherhood, with easy-to-follow instructions guiding you through every posture and sequence.

ABOUT THE AUTHOR

Samantha Magee is an experienced yoga teacher. During her own pregnancy, she was disappointed in the lack of resources on practising yoga during pregnancy; here she shares her advice and experience to help pregnant women cope with the mental and physical changes to come.

SALES POINTS

- More than 40 guided postures for each trimester, including relaxation and postnatal postures
- Includes guidance on breathing and nine pregnancy-focused meditations
- From an experienced yoga teacher who has been practising yoga for more than 20 years, including through her own pregnancy
- Four colour photography throughout



HOT YOGA

The Complete Illustrated Guide to All 26 Asanas

By MARILYN BARNETT

SPECIFICATIONS

- Trim page:** 203 x 178mm/7 x 8in
- Format/Binding style:** Paperback
- Extent:** 160 pages
- Word count:** c. 25,000
- Illustrations:** 4-colour photographs

DESCRIPTION

Practising hot yoga regularly is believed to be an effective treatment for a wide variety of complaints, including backpain, sports injuries, insomnia, and stress.

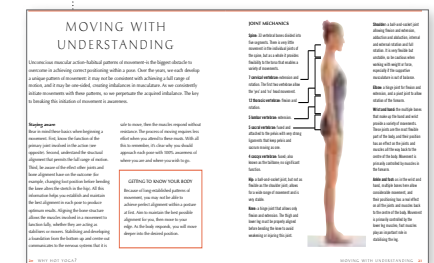
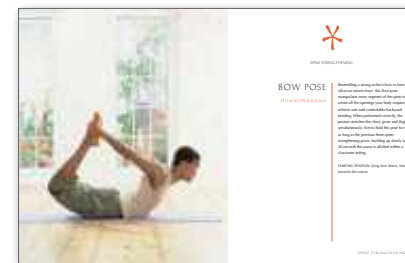
At once meditative and physically challenging, Hot Yoga uses a seamless flow of poses in conjunction with dynamic breathing to create a deep heat in the body that builds strength, flexibility, stamina, concentration and alertness. The book sets out all the preparatory information you need to understand the principles of Hot Yoga, from breathing techniques to the movement sequences, when, where and how often to practise, and what equipment is needed.

ABOUT THE AUTHOR

Marilyn Barnett is a certified Bikram method yoga instructor. A qualified nurse and mother of two, she combines a passion for yoga and wellness with a meticulous and nurturing style of teaching yoga.

SALES POINTS

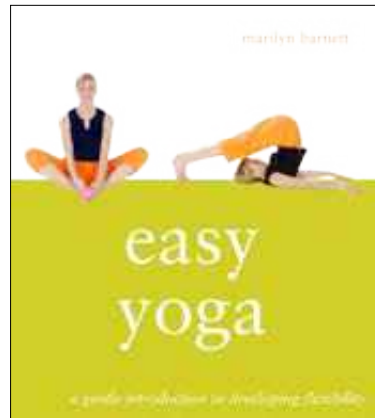
- This lively and informative narrative explains how exploration and trade changed the world's cuisine
- Includes a host of archival material, documents and images, as well as historic and little-known recipes in every chapter to support and enhance the narrative
- Tells the fascinating story behind the key foods of the Old–New World exchange including sugar, corn, pork, chocolate, potatoes, rice, beans, turkey, wheat, chilli, citrus fruits and beef



EASY SERIES

ABOUT THE SERIES

The Easy Series is designed to give beginner's access to the wonderful health benefits of ancient practices such as Yoga and Pilates. Key exercises are presented in simple, easy-to-follow, 4-colour illustrations with useful summaries providing background information.

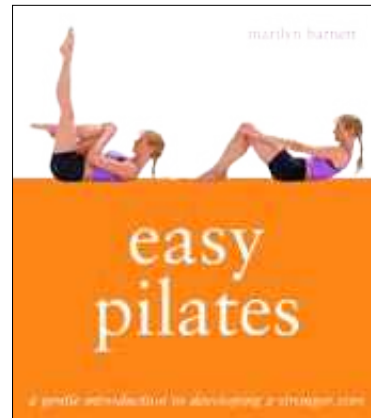


EASY YOGA

Easy Yoga will introduce you to all of the benefits and styles of yoga to help you decide which is best for you. You'll have a quick summary of all the options to sort out your anusara from your pranayama, and navigate your way through your options, from the different styles and techniques, levels of difficulty, and yoga for specific conditions.

These are specially chosen postures for beginners, with information on the benefits, together with pointers showing you through the moves in relation to your body. Aided by clear illustrations and photographs, Easy Yoga acts as a guide to simple, easy-to-follow yoga positions and is ideal for beginners to the practice.

Marilyn Barnett is the author of *Hot Yoga*. She is a certified yoga instructor with a background in nursing and a personal dedication to wellbeing.



EASY PILATES

Whether you want exercise or rehabilitation, Easy Pilates gives you the background and the basic principles, and introduces you to the essential exercises with illustrations and photographs that will help you in your search for the ultimate body.

Work out whether you want exercise or rehabilitation, find out the difference between the 'seal' and the 'jack knife' and discover how the 'rack' has become more than just an instrument of torture. Easy Pilates is your simple guide to this popular practice, offering balanced, integrated exercise and the perfect body.

Marilyn Barnett is the author of *Hot Yoga*. She is a certified yoga instructor with a background in nursing and a personal dedication to wellbeing.

SPECIFICATIONS

Trim page: 178x152mm/6x7in

Format/Binding style:

Paperback

Extent: 64 pages

Word count: 5,000

Illustrations: 4-colour throughout



TOTAL DETOX PLAN

Cleanse and revitalize your system and see the difference in seven days

By CHARMAINE YABSLEY

SPECIFICATIONS

Trim page: 222 x 184mm/7¼ x 8¾in

Format/Binding style: Paperback

Extent: 160 pages

Word count: 35,000

Illustrations: 4-colour photographs

DESCRIPTION

Total Detox Plan presents a whole-body detox, concentrating on achieving beauty from the inside out, and the outside in, with both diet and beauty treatment plans. Detoxing enables your body to take a break from processing excess amounts of sugars, fats, alcohol and processed foods, which puts a strain on organs and leads to weight gain and sluggishness. By eliminating these poor lifestyle habits for just a short time, your body will respond with smoother skin, calmer moods and a flatter tummy.

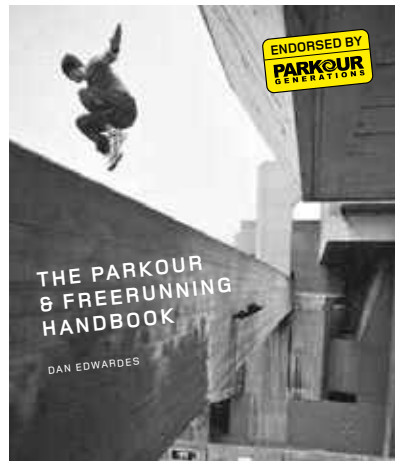
ABOUT THE AUTHOR

Charmaine Yabsley is an author and journalist specializing in health, nutrition, fitness and beauty. She is the author of several health books and is a regular contributor to leading women's glossies and health magazines.

SALES POINTS

- Head-to-toe, inside-and-out detox, from a quick oneday fix to a seven-day total detox regime
- Offers a complete holistic beauty detox to help kickstart your way to clearer, brighter skin, a stronger, well rested body and a more balanced spirit
- Includes beauty-boosting body treatments as well as purifying mind and spirit therapies
- Offers straightforward, sensible advice and easy-to follow detox plans to allow you to revitalize your whole system





THE PARKOUR AND FREE RUNNING HANDBOOK

By DAN EDWARDES

SPECIFICATIONS

Trim page: 7x8in / 203x178mm
Format/Binding style: Paperback
Extent: 144 pages
Word count: 25,000
Illustrations: 4-colour

DESCRIPTION

Combining the grace of a gymnast, the virtuosity of a skateboarder and the discipline of a martial artist, Parkour is one of the most exciting, new, non-competitive sports in the world. The Parkour & Freerunning Handbook offers a jump-by-jump guide to Parkour, aimed at building the confidence to become an adept and inventive traceur. Each skill is presented in step-by-step diagrams, with special hints on timing, positioning and landing.

With standout feature sections on using the urban environment, avoiding injury and fitness and training, this is the essential handbook by one of the leading authorities on Parkour.

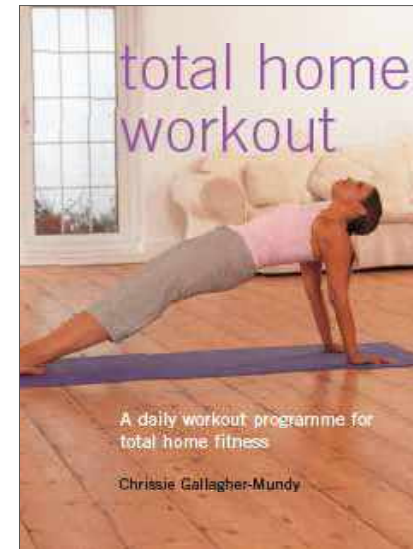
ABOUT THE AUTHOR

Dan Edwardes is a co-founder and managing director of Parkour Generations, the leading authority on Parkour education. Working with the UK government, he helped create Parkour UK, the world's first and only recognised National Governing Body for the discipline.

He travels extensively, helping others find their way in movement, coaching and life, and regularly give keynotes, presentations and workshops around the world with a particular interest in encouraging a holistic approach to movement and personal development and harnessing the positive benefits of managing risk and fear.

SALES POINTS

- Fully illustrated with clear, easy to follow diagrams to execute techniques and full colour, stylish action shots
- Offers in-depth feature spreads on training regimes, how to use the urban environment, avoiding and managing injuries
- An insight into a truly unique sport and workout routine



TOTAL HOME WORKOUT

A Daily Workout Programme for Total Home Fitness

By CHRISSIE GALLAGHER-MUNDY

SPECIFICATIONS

Trim page: 230x 185mm/7.25x9 in
Format/Binding style: Paperback or Flexi-Bind
Extent: 144 pages
Word count: 28,000
Illustrations: 4-colour photography throughout

DESCRIPTION

With the current boom in home workouts, more and more people are realising you can stay in shape without even having to leave the comfort of your house. If you want firm arms, but don't want to deal with the weight machines in fitness studios, *Total Home Workout* explains how to build a workout to suit. If you want to firm your abs but find gym classes intimidating, learn everything you need for a complete abdominal workout that is manageable and effective as part of your daily boot camp.

Drawing on the best exercises from popular regimens such as yoga, Pilates, aerobics, weight training, kick-boxing and circuit training, there's no need to get bored with your boot-camp workouts. Whether you're 16 or 60, *Total Home Workout* is your beginner's guide to peak fitness.

ABOUT THE AUTHOR

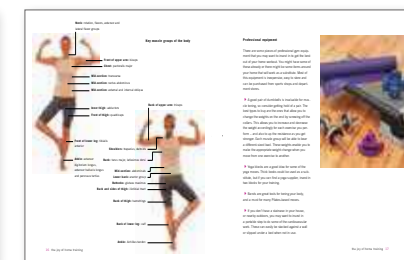
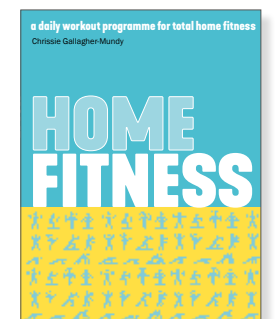
Chrissie Gallagher-Mundy trained as a dancer, acrobat and trapeze artist before becoming a fitness instructor and establishing the London Academy of Personal Fitness. She is the author of several books on health and fitness, including *Body Sculpting* and *10-Minute Workouts*

Introduction by **Jeremy Barnett** who owned and operated Body Image Fitness, in Phoenix, Arizona, before creating and directing specialty fitness projects such as his 5-6 week fitness boot camps.

SALES POINTS

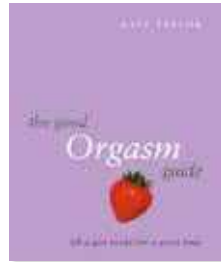
- Gives readers all the information and advice they need to develop their own fitness regime
- Draws on popular regimens such as yoga, Pilates, aerobics, weight training, kick-boxing and circuit training
- Easy-to-follow with instructive, step-by-step photography
- Includes workout templates to track your progress and set your own goals

*Alternative cover:



GOOD SEX SERIES

Any couple can enjoy a fantastically fun and fulfilling relationship with these accessible, illustrated titles, as they steer you and your partner through the intricacies of sexual intimacy, fantasy and passion.



THE GOOD ORGASM GUIDE

A sassy, sexy and informative guide to reaching your orgasmic potential. For the dedicated beginner as well as the experienced orgasmee, *The Good Orgasm Guide* is packed with practical information and hot tips and quotes from real women. There's even a chapter for guys on the best bedroom technique.



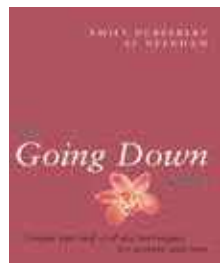
THE GOOD SEXUAL FANTASY GUIDE

Chance encounters, fetishes, forbidden partners, submission and domination. Fantasy is good for body, mind and soul, and exploring your sexual fantasies can be a powerful erotic tool in your relationship. This upbeat, fun and frank guide helps you understand why you fantasise and why it's good for you. It helps you unlock and explore your sexual fantasies responsibly, and sample fantasies are sure to whet your appetite.



THE GOOD SEX GUIDE

A good sex life takes time, energy and commitment – to be loving, open and to be willing to experiment. Couples often find that sexual intimacy is the first area of their lives to become a casualty of the pressures and demands of modern living. *The Good Sex Guide* offers a vast array of direction, advice and expertise to help you and your partner revive the most passionate, intimate and vital elements of your lives.



THE GOING DOWN GUIDE

Take a quick refresher on the top ten hot spots for women and men. Develop your skills in the art of the tongue and test out totally explicit techniques for leading your partner to rapture. Share your new-found wisdom and make it a double act that takes you and your partner to heaven and back. From the dedicated beginner to the experienced oral pleasurer, *The Going Down Guide* is your handbook to going down in style.

SPECIFICATIONS

Trim page: 6x8.25in / 210 x 151mm
Format/Binding style: Hardback with jacket
Extent: 128 pages
Word count: 24,000
Illustrations: 4-colour

ABOUT THE AUTHORS

Kate Taylor is a regular sex columnist for *GQ Magazine* and the resident expert on the Channel 4 series *Sex Tips for Girls* and *More Sex Tips for Girls*.

Emily Dubberley is the founding editor of *Scarlet*, a leading British erotic magazine and the author of *The Going Down Guide*.

Paula Hall is a Relate counsellor and is the BBC's online relationship expert.

Julian Slowinski is a Clinical Psychologist at the University of Pennsylvania.

Al Needham has written about sex and relationships for *Scarlet*, *Cosmopolitan*, *New Woman*, *The Daily Mirror*, *Maxim* and *Penthouse*.



GOOD ORGASM GUIDE

All A Girl Needs For a Great Time

By KATE TAYLOR
 Illustrated by ELEANOR HARDIMAN

SPECIFICATIONS

Trim page: 190 x 140mm / 5.5 x 7.5in
Format/Binding style: Hardback with jacket
Extent: 144 pages
Word count: 24,000
Illustrations: 4-colour illustrations

DESCRIPTION

A sassy, sexy and informative guide to reaching your orgasmic potential. For the dedicated beginner as well as the experienced orgasmee, *The Good Orgasm Guide* is packed with practical information and hot tips and quotes from real women.

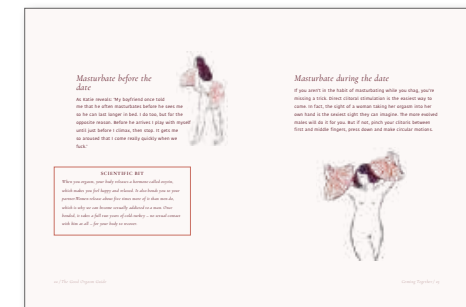
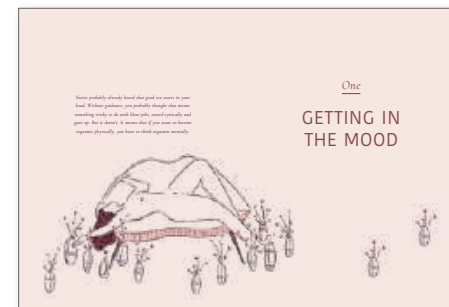
Each chapter is built around providing women with all they need to know to achieve a great orgasm, whether alone or with their partner. It covers everything from waking up your sexual confidence, to sex toy reviews to exploring fantasies. Alongside this are quick tips and techniques, sexy images and a section answering frequent orgasm anxieties and questions.

ABOUT THE AUTHOR

Kate Taylor is a British sex columnist who has written for British media including *The Times*, *the Evening Standard*, *The Observer*, *The Guardian*, *The Sun*, *the Daily Mirror* and *the Daily Express*. She ran a regular sex column for *GQ* magazine and was the resident expert on the Channel 4 series *Sex Tips for Girls* and *More Sex Tips for Girls*. She has published 5 books, aimed to guide women through sex and relationships.

SALES POINTS

- Accessible, illustrated guide to steer readers through the intricacies of sexual intimacy, fantasy and passion
- Fun, sassy and informative, packed with facts to help readers understand the science of orgasms
- Part of the *Good Sex Series*.



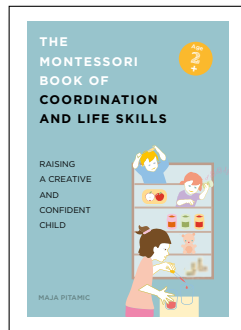


**PARENTING
PRACTICAL
LIFE**

THE MONTESSORI SERIES

ABOUT THE SERIES

This series is based on sound Montessori theory and written by a trained Montessori educator. It offers practical instruction and activities for parents and children to complete together. Activities are simple and require no specialist knowledge or equipment. The colourful and fun illustrations help children and parents engage with and understand the activities.



*Forthcoming



*Forthcoming

COORDINATION AND LIFE SKILLS (2+)

A fun-filled practical activity book full of inspiration to help parents guide their children as they develop a greater understanding of the world around them. Activities in this book equip young children with essential hands-on skills, with the help and support of their loved ones.

For children aged two and up.

- Activities cover basic coordination, development of the senses, and everyday skills such as brushing teeth and putting on clothes, all with plenty of adventure.

WORDS AND NUMBERS (3+)

Montessori Words and Numbers helps parents introduce their children to essential language and numeracy skills through fun and practical activities. These equip young children with the tools to begin their journey to reading, writing and maths, instilling a love of words and numbers. For children aged three and up.

- Exercises are based on key early-learning principles and cover language development, reading, counting, and basic addition and subtraction.

SCIENCE AND NATURE (2+)

A fun-filled practical activity book that equips young children with the tools to develop a greater understanding of the environment they live in.

- Activities are based on sound early-learning principles and cover basic science, exploring the weather and discovering how plants grow, and understanding concepts such as temperature and volume.

MUSIC AND MOVEMENT (3+)

With more than 60 skill-building activities, *Music and Movement* presents engaging exercises to improve children cognitive and social-emotional development through music. The book will help you to raise a calm and confident child who is enriched with the ability to use sound, rhythm and musical expression. For children aged three and up.

- Activities cover making music at home, outdoor music, nap-time stories and sounds, animal sounds and word chants.

ABOUT THE AUTHOR

Maja Pitamic has over 25 years' experience teaching children of varying ages and backgrounds. She is the author of *Teach Me To Do It Myself (I Can Do It)*, which has sold over 100,000 copies in over 8 countries worldwide, as well as the co-author of *I Can Make Music*, *Modern Art Adventures*, and *Fine Art Adventures*. She is a Montessori Teacher with a specialization in early years.

SPECIFICATIONS

Trim page: 210x152mm / 6x8¾ins

Format/Binding style: Flexibind

Extent: 176 pages

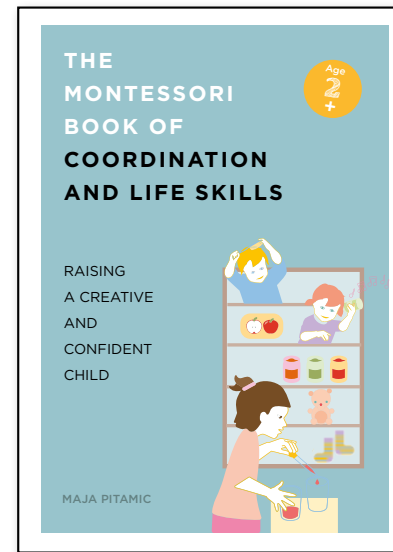
Word count: 25,000

Illustrations: 4-colour

THE MONTESSORI BOOK OF COORDINATION AND LIFE SKILLS

Raising a creative and confident child

By MAJA PITAMIC



SPECIFICATIONS

Trim page: 210x152mm / 6x8¾ins

Format/Binding style: Paper back or flexibind

Extent: 176 pages

Word count: 25,000

Illustrations: 4-colour

DESCRIPTION

The Montessori Book of Coordination and Life Skills is a fun-filled practical activity book full of inspiration to help parents guide their children as they develop a greater understanding of the world around them. The activities in this book equip young children with essential life skills, with the help and support of their loved ones.

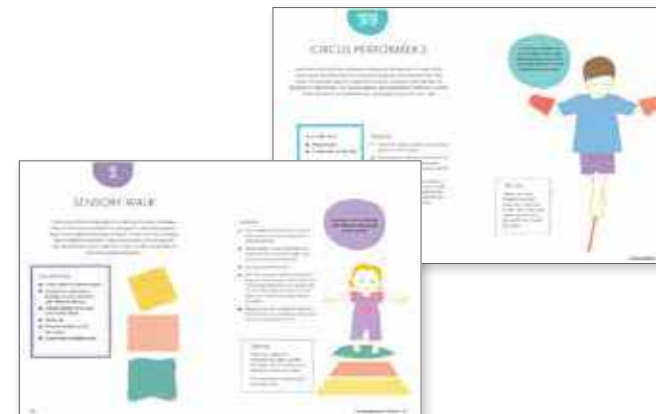
Exercises are based on sound early-learning principles and are focused for children aged two and up. Activities cover life skills from basic coordination, dressing and brushing teeth, to development of the senses through exploring texture, temperature and sound, all with plenty of fun.

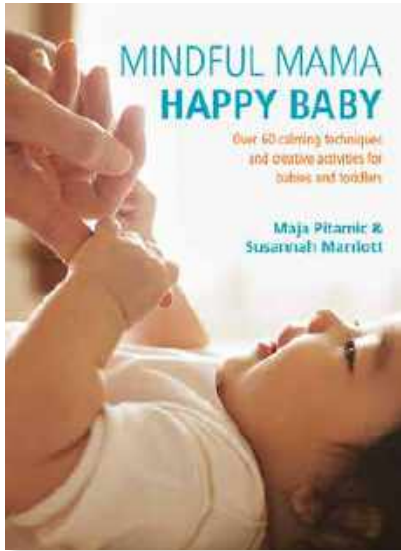
ABOUT THE AUTHOR

Maja Pitamic is the author of *Mindful Mama*, *Happy Baby* and *I Can Do It*, which has sold over 100,000 copies in over 8 countries worldwide. She has over twenty years' experience of teaching young children and holds a degree in Montessori Teacher Training. She lives in London, UK.

SALES POINTS

- Based on the world-famous Montessori teaching philosophy
- Includes activities for all the developmental stages of your child, from age 2 upwards
- From a well-known Montessori teacher with over 20 years' experience teaching children of all ages
- 4-colour illustrations and photographs throughout
- Companion title to *The Montessori Book of Words and Numbers*





MINDFUL MAMA HAPPY BABY

Over 60 Calming Techniques and
Creative Activities for Babies and Toddlers

By MAJA PITAMIC AND SUSANNAH MARRIOTT

SPECIFICATIONS

Trim page: 222x 184mm/7¼ x 7½in

Format/Binding style: Paperback with flaps

Extent: 160 pages

Word count: 35,000

Illustrations: 4-colour photography

DESCRIPTION

Mindful Mama: Happy Baby introduces mindfulness concepts to help busy parents find a little peace amid the new challenges of parenthood. This book features age-banded activities, with timelines to highlight an infant's developmental stages, as well as mindful approaches to sleeping, feeding, playing together and getting out and about with a young baby. These simple activities will bring calm and confidence to early parenting years.

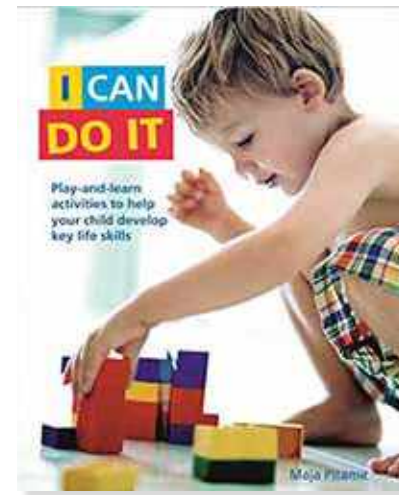
ABOUT THE AUTHORS

Maja Pitamic has over fifteen years' experience of teaching young children. She is the author of *I Can Do It*, the successful Montessori activity book for ages three to five and co-author of two other children's titles. She holds degrees in Art History and Montessori Teacher Training.

Susannah Marriott is an author, editor and mother of three. Her books include *Green Babycare*, *Natural Pregnancy*, and *The Pregnancy and Baby Book*. Her writing has appeared in publications including The Guardian, The Times, Marie Claire and The Telegraph.

SALES POINTS

- Offers more than 60 mindful play activities for parents and young children to share, picking up on the trend of mindfulness and wellbeing
- Features guided meditations, practical mindfulness techniques and restorative tips to calm or energise the parent and child
- Timelines highlight a child's emotional and physical developments at each age stage, from the newborn weeks to three years of age
- From two expert and experienced parenting authors, based in the UK



I CAN DO IT

Play and learn activities to help your child discover the world

By MAJA PITAMIC

SPECIFICATIONS

Trim page: 222 x 184 mm/7.25 x 8.75 in

Format/Binding style:

Extent: 176 pages

Word count: 30,000

Illustrations: 4-colour photography throughout

DESCRIPTION

I Can Do It is a playbook with a difference. Designed to help busy parents enjoy quality time with their children, the activities contained in this book equip young children with the life skills to investigate the world for themselves. Exercises are based on sound early-learning principles and are focused for children aged three to five.

Activities cover life skills, development of the senses, language skills, number sense and science interests, each with a healthy dose of fun and adventure. Through play activities, children will learn to: put on a coat and tie laces, identify tastes and textures, participate in storytelling and word play, sort colours and numbers and appreciate and discover the natural world.

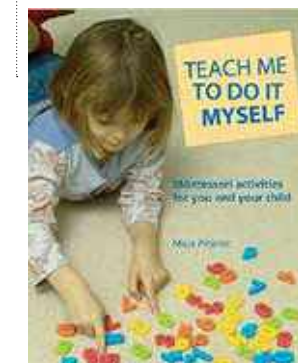
ABOUT THE AUTHORS

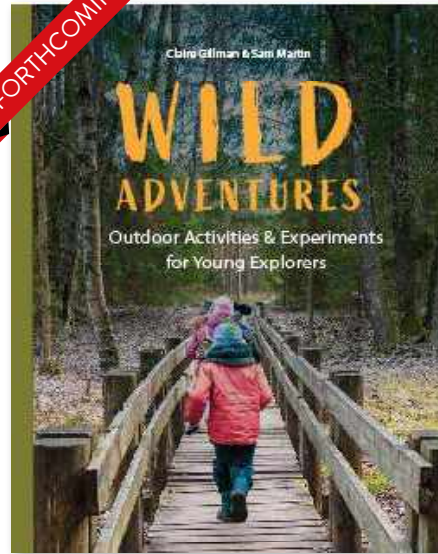
Maja Pitamic is the author of several successful activity books for children. She has over 25 years' experience of teaching young children and holds degrees in Art History and Montessori Teacher Training.

SALES POINTS

- Based on the world famous Montessori teaching philosophy, written by a well-known Montessori teacher with over 20 years' experience teaching children of all ages
- Includes activities to equip young children with the life skills to investigate the world for themselves
- Multiple play exercises and activities for children aged three to five

*alternative cover:





WILD ADVENTURES

Outdoor Activities & Experiments for Young Explorers

By Claire Gillman and Sam Martin

SPECIFICATIONS

Trim size: 246 x 189 mm / 7.5 x 9.75 inch

Format: Hardcover or Paperback

Extent: 176 p.

Illustration: 4 colour photographs and illustrations throughout

DESCRIPTION

Based on the principles of the growing Forest School movement, *Wild Adventures* will inspire parents, children and friends to reconnect with the outdoors, as well as sparking curiosity and creativity. From spotting wildlife and stargazing to measuring air pressure and conducting home science experiments, this book is packed full of adventures and excitement to enjoy, whatever the weather.

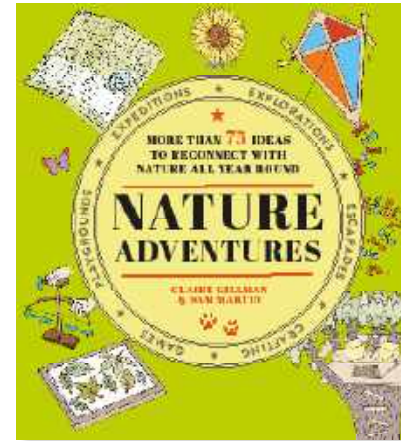
ABOUT THE AUTHORS

Claire Gillman is an experienced author and editor. She has written over 30 books, focusing on parenting and alternative health, as well as children's fiction. Claire was formerly the editor of *Kindred Spirit* magazine for over 10 years. She is based in the UK.

Sam Martin is an award winning and best-selling author. Formerly the senior editor at *This Old House* and *Mother Earth News*, with writing contributions to *Dwell*, *Natural Home*, and more, Sam is an expert on green building, parenting, spiritual pursuits and more. He resides in Austin, Texas, with his wife and two sons.

SALES POINTS

- Gadget-free activities to keep the whole family entertained all year round. Ideal for ages 5-95.
- Packed full of ideas for crafts, outdoor skills and science experiments, with detailed step-by-step instructions and photographs and illustrations throughout
- Thrilling and educational experiments designed to get kids of all ages interested in science, so families can learn together
- 4-colour illustrations and photos throughout



NATURE ADVENTURES

More than 75 Ideas to Explore the Outdoors All Year Round

By CLAIRE GILLMAN & SAM MARTIN

SPECIFICATIONS

Trim page: 222 x 203 mm / 8 x 8 3/4 ins

Format/Binding style: Paperback or Flexibind

Extent: 128 pages

Word count: 30,000

Illustrations: 4-colour

DESCRIPTION

Nature Adventures brings excitement into each child's life, packed full of ideas for outdoor antics, crafting projects and fascinating science experiments to keep all the family entertained. From spotting wildlife and building tree houses to modelling the solar system and making your own plant pot this book is packed full of adventures and excitement to enjoy, whatever the weather.

ABOUT THE AUTHORS

Claire Gillman is the author of nine children's fiction books. She is an experienced editor and journalist, who contributes to many women's magazines and national newspapers.

Sam Martin is the editor at *This Old House* magazine and bestselling author of several books, including *How to Survive in the Wild*. In his youth, he lived in a tent in the forests of British Columbia for eight months. He lives in Austin, Texas.

SALES POINTS

- Complements the increasingly popular Forest School philosophy, which is focussed on high quality and varied educational experiences in the natural world
- Gadget-free woodland activities and crafting projects designed for children of any age to work through on their own or get the whole family involved in
- Thrilling and educational experiments designed to get kids of all ages interested in science, so families can learn together

TARGET MARKET

Parents and children of all ages looking to reconnect with nature





TOOLS

The Right Tool for Every Job

By STEVE DODDS

SPECIFICATIONS

Trim page: 152x191mm/6 x 7.5in
Format/Binding style: Paperback Flexi
Extent: 224 pages
Word count:
Illustrations: 4-colour

DESCRIPTION

A get-equipped guide to coping with life's little catastrophes. Includes an illustrated visual directory of 150 tools – with tips on where to buy them, easy-to-follow directions on how to use them, and indications on how much you actually need them. It also details nine essential tool kits for readers to put together.

It's a friendly, uncomplicated guide to getting equipped for when life's little catastrophes strike – or to making a few improvements around the home. The guide is broken down into three chapters; practical matters, tool kits and tool guides.

ABOUT THE AUTHOR

Steve Dodds is an architect, woodworker, and regular contributor to ReadyMade magazine, as well as the author of *Tools: A Tool-by-Tool Guide to Choosing and Using 150 Home Essentials*. He also enjoys practising photography in his spare time.

SALES POINTS

- Fun and friendly approach: Perfect for the really busy or the intimidated who just don't know where to start.
- Innovative organization: The second section (Tool Kits) gives novices a quick way to get started and feel covered with the basics in case of an emergency – with the option to come back at any time and learn about each item in more detail via section three.
- Written by a woodworking and DIY expert



HOW TO FIX STUFF

Practical Hacks for Your Home and Garden

By SAM MARTIN, TOM SCALISI & TANYA WATSON

SPECIFICATIONS

Trim page: 7½ x 9in / 228 x 190mm
Format/Binding style: Hardback or flexi
Extent: 192 pages
Word count: 25,000
Illustrations: 4-colour photography and illustrations

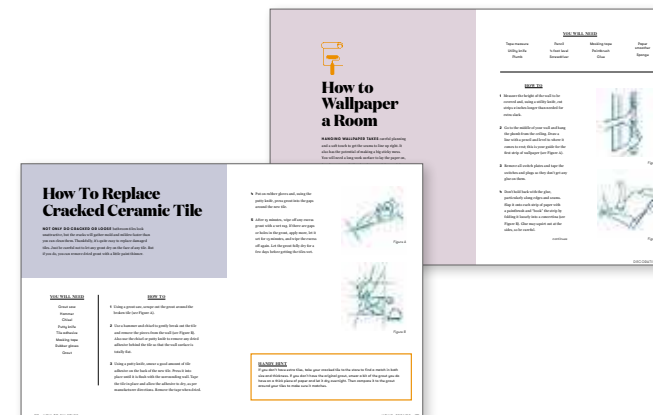
DESCRIPTION

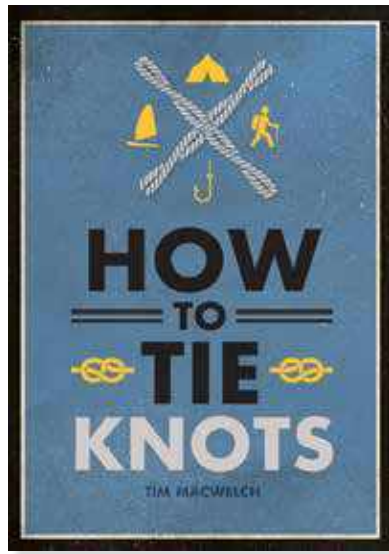
From fixing a dripping tap to building a bookcase, putting in skirting board to removing stains, more and more of us turn to professional help when we want to repair or improve our homes. But the labour we outsource is often easier than we think: through accessible instructions, *How to Fix Stuff* equips readers with indispensable know-how and a do-it-yourself attitude that will enable anyone to create their ideal space.

Spruce up your back garden with some outdoor lighting, transform a room with some new wallpaper and fix the holes in your soft furnishings. Organised into chapters covering Home Repairs, Decorating, Domestic Hacks, Exterior Fixes and Garden & Garage Hacks, *How to Fix Stuff* is an essential handbook for tackling common problems and maintaining the perfect home.

SALES POINTS

- Includes a broad range of home and garden tips, from building and restoring to repairing and upcycling
- Perfect for those who want to pursue a more sustainable route by carrying out their own repairs
- Simple step-by-step instructions and diagrams that require no previous DIY experience to follow
- Suitable for anyone who cares about the space they live in, whether it's a first flat or a family home





HOW TO TIE KNOTS

Practical Advice for Tying More Than 50 Essential Knots

By TIM MACWELCH

SPECIFICATIONS

Trim page: 197 x 140mm / 5½ x 7¾in
Format/Binding style: Paper back with graining
Extent: 144 pages
Word count: 20,000
Illustrations: 3-colour illustrations

DESCRIPTION

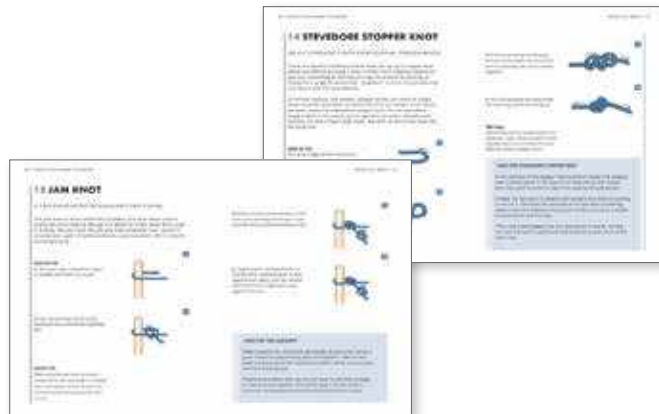
Tying knots is one of life's essential skills and this illustrated back-to-basics guide introduces readers to 50 essential knots to help you sort your Albright knot from your square lashing, and your anchor hitch from your barrel knot. With chapters on the different knots ordered by their uses, including climbing, camping, hiking, nautical and fishing, plus a handy glossary of terms and techniques, this book is an essential guide for everyone who likes to spend time outdoors.

ABOUT THE AUTHOR

Tim MacWelch is the author of seven outdoor survival books, three of which have been *New York Times* bestsellers. He also writes for *Survival Dispatch* and *Outdoor Life* magazine's survival website, *OL Survival*, and runs wilderness classes in Northern Virginia. Tim has appeared on several US TV shows including *National Geographic Today*, *Wild Chronicles* and *Good Morning America* talking about survival techniques.

SALES POINTS

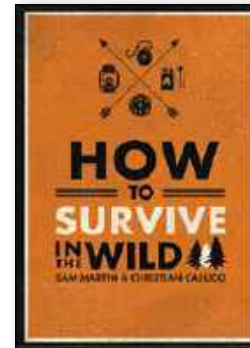
- A useful starter's guide covering 50 key knots with a range of uses, presented in a handy, portable format.
- Each knot is accompanied by step-by-step illustrations showing you how to tie knots, along with a brief history, quick tips and uses for the knot in the wild.
- Written by New York Times bestselling author and outdoor survival skills expert, Tim MacWelch.
- The companion title to *How to Survive in the Wild*.



OUTDOOR SURVIVAL SERIES

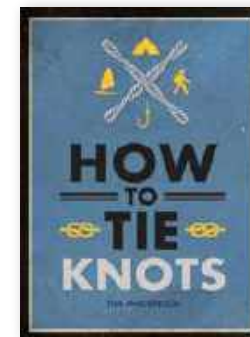
ABOUT THE SERIES

Whether your heart longs for a weekend of escape in the wilds, a life-changing relocation back to nature or to learn to strike a balance between domestic life and the outside world, the *Outdoor Survival* series provides all the practical information you'll need to enjoy the excitement and simplicity of outside and everything it has to offer.



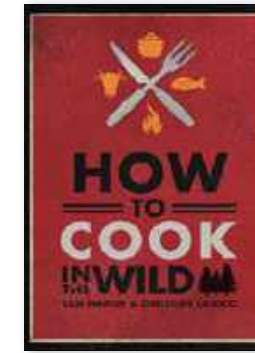
HOW TO SURVIVE IN THE WILD

Whether it's building a campfire, making shelter in a forest clearing, or navigating using the stars, this book will tempt and help you to experience the excitement and simplicity of wilderness life.



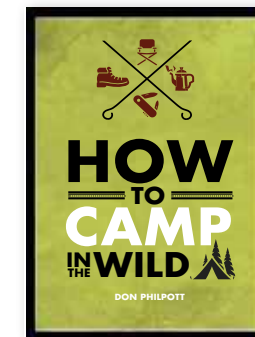
HOW TO TIE KNOTS

This back-to-basics guide introduces the reader to 50 essential knots, for everything from climbing to fishing. Each knot is accompanied by easy-to-follow illustrations along with information on its uses.



HOW TO COOK IN THE WILD

Including everything you need to know to prepare delicious and nutritious meals in the wilderness, this collection of 40 simple, wild cooking recipes is the essential guide to packing light and eating well.



HOW TO CAMP IN THE WILD

This handy guide contains all you need to prepare for camping in the wild and minimise your impact on the environment without detracting from your enjoyment – with the approval of the Leave No Trace Centre.

SPECIFICATIONS

Trim page: 210 x 165mm / 8¼ x 6.5½in
Format/Binding style: Paperback with graining
Extent: 144 pages
Word count: 20,000
Illustrations: 3-colour illustrations

ABOUT THE AUTHORS

Sam Martin is a writer based in Austin, who spent months in the wilderness, this collection of 40 simple, wild cooking recipes is the essential guide to packing light and eating well.

Christian Casucci spent his post-college years working in the Alaskan Salmon Fishing Industry and now writes for television.

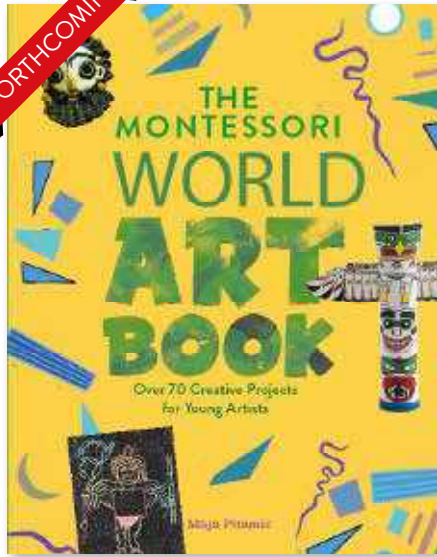
Tim MacWelch runs wilderness classes in Northern Virginia and is the author of seven outdoor survival books, three of which have been *New York Times* bestsellers.

Dick Onians studied carving at the City and Guilds of London Art School under William Wheeler.

Don Philpott is a prolific travel writer and keen walker, camper and skier.



**CRAFT
CREATIVITY
COLOURING**



THE MONTESSORI WORLD ART BOOK

Over 70 Creative Projects for Young Artists

By Maja Pitamic

SPECIFICATIONS

Trim page: 226 x 174mm / 6.85 x 8.90in

Format/Binding style: Paperback/flexibind

Extent: 176 pages

Word count: 25,000

Illustrations: 4-colour photography/illustrations

DESCRIPTION

Introduce children to 70 iconic art objects from around the world that will inspire children to create their own exciting projects. The book covers a diverse range of media – from papier mâché animals to stained-glass window pictures – that will encourage and develop your child's imagination.

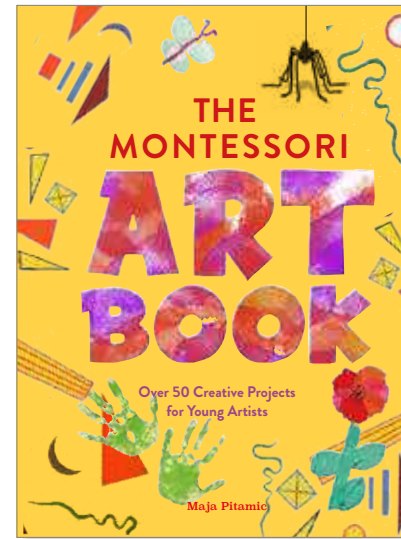
Information about each art object is presented in a story format, accompanied by suggested questions and answers to encourage discussions, followed by two different projects clearly explained with step-by-step photos. Each of the four chapters covers a geographical area – The Americas, Europe, Africa and Asia.

ABOUT THE AUTHORS

Maja Pitamic is the author of *I Can Do It*, the successful activity book for ages 3 to 5, which has sold over 150,000 copies. She has over 20 years' teaching experience and holds a degree in Art History and Montessori Teaching Training.

SALES POINTS

- Introduces children to the world of art with fun, creative art activities, inspired by the best world art from ranging from mosaics to the Bronze Age and from stained glass to totem poles
- Gives children aged 6 and up an experience of working in all types of art media
- Shared enjoyment of art for both parent and child
- Fully illustrated throughout including famous artworks
- Companion title to the *The Montessori Art Book*



THE MONTESSORI ART BOOK

Over 50 Creative Projects for Young Artists

By MAJA PITAMIC

SPECIFICATIONS

Trim page: 226 x 174mm / 6.85 x 8.90in

Format/Binding style: Paperback/flexibind

Extent: 176 pages

Word count: 25,000

Illustrations: 4-colour photography/illustrations

DESCRIPTION

The Montessori Art Book includes over 50 fun-filled practical activities full of inspiration to help parents guide their children through a range of hands-on activities. Covering a diverse range of media – from cardboard collages to experimental painting techniques – the activities engage the mind with colour, texture and shape in 2D & 3D forms. The projects in this book improve dexterity and coordination, encourage creative thinking, and help children develop a greater understanding of the world around them.

Exercises are based on sound early-learning principles and are focused for children aged six and up. Activities cover painting, making prints, playing with dough, and exploring colour, all with a healthy dose of adventure and fun.

ABOUT THE AUTHOR

Maja Pitamic is the author of the best-selling Montessori book *Teach Me to Do It Myself (I Can Do It)*, which has sold over 200,000 copies in over 12 countries worldwide, as well as the co-author of *I Can Make Music*. She has over twenty-five years experience of teaching young children and holds degrees in Art History and Montessori Teacher Training.

SALES POINTS

- Based on the world-famous Montessori teaching philosophy
- Includes activities for all the developmental stages of your child, from age 6 upwards
- From a well-known Montessori teacher with over 20 years' experience teaching children of all ages
- 4-colour illustrations and photographs throughout
- Companion title to *The Montessori World Art Book*





START HERE: DRAW

How To Be An Artist Without Trying

By MOIRA CLINCH

SPECIFICATIONS

Trim page: 228 x 190 mm / 7½ x 9 in

Format/Binding style: Flexibind/paperback

Extent: 192 pages

Word count: 23,500

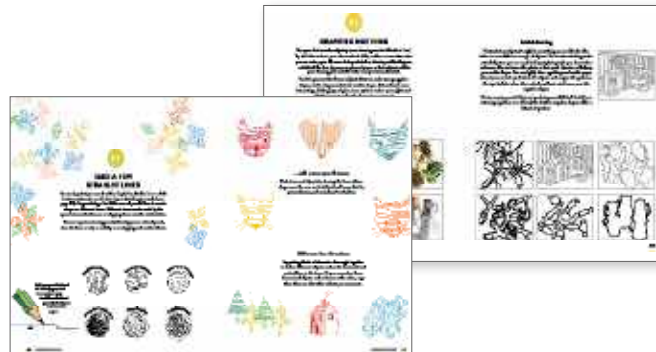
Illustrations: 4-colour illustrations

DESCRIPTION

For anyone who has ever wished they could draw but never knew where to start, this book's progressive themed art activities will help develop technique and confidence. *Start Here: Draw* offers exciting prompts for kick-starting an artistic practice centred on drawing, moving from simple ideas to more skilful ones. Through exploring how motifs such as lines or circles can be repeated to draw more intricate images and patterns, *Start Here: Draw* will build up readers' understanding of shape, colour and technique without the usual intimidating jargon or theory. Create art to be proud of in a fun, accessible way.

After the basic skills of the first three chapters, *Start Here: Draw* is a rich collection of inspiring ideas that readers can dip in and out of, from designing a recipe card to drawing buildings and sketching friends and family. With this bright and beautiful companion, learn how to draw and never want to stop.

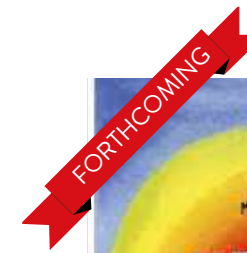
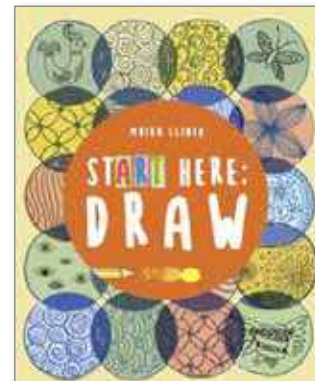
Start Here: Draw is a companion title to *Start Here: Paint*, which guides readers through the basics of painting, including colour mixing, shadow and tone, and using ink, watercolour, and acrylic.



SALES POINTS

- Engaging in creative activities has been shown to lower stress, increase your attention span and lift your mood, as well as helping to turn off an 'overthinking' brain
- Inspiring activities that will help you to unlock your creativity and incorporate some artistic spark into your day-to-day
- Includes 'takeaways' that suggest innovative ways that art can be displayed or made into gifts
- Create a "Pin It" library of references to decorate your workspace
-

*alternative cover available:



START HERE: PAINT

How To Be An Artist Without Trying

By MOIRA CLINCH

SPECIFICATIONS

Trim page: 228 x 190 mm / 7½ x 9 in

Format/Binding style: Flexibind/paperback

Extent: 192 pages

Word count: 25,000

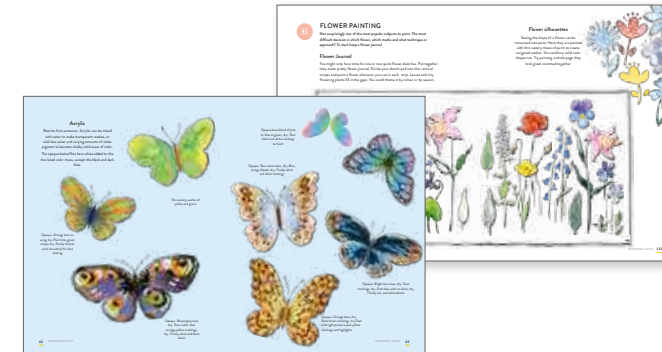
Illustrations: 4-colour illustrations

DESCRIPTION

For anyone who has ever wished they could paint but never knew where to start, this book's progressive themed art activities will help develop technique and confidence. *Start Here: Paint* offers 52 exciting prompts for kick-starting an artistic practice centred on painting, moving from simple ideas to more skilful ones. Through exploring how motifs such as brushstrokes or splashes can be repeated to draw more intricate images and patterns, *Start Here: Paint* will build up readers' understanding of shape, colour and technique without the usual intimidating jargon or theory. Create paintings to be proud of in a fun, accessible way.

After the basic skills of the first three chapters, *Start Here: Paint* is a rich collection of inspiring ideas that readers can dip in and out of, from painting delicate chinaware to pen and ink flowers and using acrylics. With this bright and beautiful companion, learn how to paint and never want to stop.

Start Here: Paint is a companion title to *Start Here: Draw*, which guides readers through the basics of drawing and sketching through a series of fun, inspiring prompts.



SALES POINTS

- Engaging in creative activities has been shown to lower stress, increase your attention span and lift your mood, as well as helping to turn off an 'overthinking' brain
- Inspiring activities that will help you to unlock your creativity and incorporate some artistic spark into your day-to-day
- Includes 'takeaways' that suggest innovative ways that art can be displayed or made into gifts
- Create a "Pin It" library of references to decorate your workspace





CALLIGRAPHY STYLE

65 Beautiful Writing Projects for Every Occasion

By VERONICA HALIM

SPECIFICATIONS

Trim page: 260x184mm/7¼x10¼in
 Format/Binding style: Paperback with flaps
 Extent: 160 pages
 Word count: 17,500
 Illustrations: 4-colour photography throughout

DESCRIPTION

Calligraphy literally translates as 'beautiful writing'; it is a traditional skill in many countries around the world, and it has had a contemporary resurgence as a stylish medium for creating artwork. The book starts with the basic techniques and helps the reader progress through to 65 projects, including 18 practical step-by-steps and tips on the best materials to use and the stroke sequences for different scripts. *Calligraphy Style* guides the reader from the essential beginner's techniques through to applying handwriting skills to make personalised labels, invitations, menus, greeting cards and much more. Not only practical, Calligraphy Style is aspirational, inspirational and a true work of art.

ABOUT THE AUTHOR

Veronica Halim is an international calligrapher who is known for the expressive, delicate yet graphic quality of her penmanship. Her creations are deeply influenced by the shapes and patterns found in nature.

Formally trained in graphic design with a successful career as a brand creative director for leading corporate and lifestyle clients, Veronica's work has been internationally recognized with frequent commissions from luxury brands including Chanel, BMW, Gucci, Penhaligon's and TWG. Follow her and her work on Instagram: @truffypi.



SALES POINTS

- A stunning practical book for creatives and anyone looking for new ways to express their creativity, decorating their home and making beautiful presents for their loved ones.
- From an internationally renowned and respected calligrapher with 25,000 Instagram followers.
- Introduces many ways to make daily life more stylish and beautiful through calligraphy, from stationery to soft furnishings
- Beautiful photography throughout



JAPANESE PAPER CRAFT

30 Beautiful Handcrafted Projects for Notebooks, Journals and Organisers

By AYA NAGAOKA

SPECIFICATIONS

Trim page: 260x184mm/7¼x10¼in
 Format/Binding style: Paperback w/ flaps
 Extent: 128 pages
 Word count: 15,000
 Illustrations: 4-colour photographs

DESCRIPTION

Crafting and making beautiful objects from scratch has been rediscovered by a new generation. *Japanese Paper Style* will teach readers all the skills needed to craft it at home, creating personal pieces with meaning that are practical as well as decorative.

The book starts with an overview of the tools and materials needed to make the projects, along with simple basic techniques such as glueing corners and spines and sewing bindings. It then progresses through 30 projects, including practical step-by-step photos and detailed diagrams, with tips on the best tools, techniques and materials to use.

ABOUT THE AUTHOR

Aya Nagaoka is an editor, stationery planner and bookbinder. She holds regular workshops in Tokyo and is a member of the Japanese Bookmaking Association. She inspires many through her popular workshops and her instagram posts @weekend.bookbinder



SALES POINTS

- A stunning practical book for creatives and writing lovers looking to express their creativity in making beautiful items for themselves and their loved ones
- Simple techniques with step-by-step photography and detailed diagrams
- With the popularity of bookbinding classes on the rise, this is a timely addition for the new crafting generation
- Inspirational photography throughout





JEWELLERY STYLE

25 Projects and Techniques for Beautiful Handcrafted Jewellery

By SHANNON LEVART

SPECIFICATIONS

Trim page: 260x184mm/7¼x10¼in

Format/Binding style: Hardback/Paperback w/ flaps

Extent: 128 pages

Word count: 19,000

Illustrations: 4-colour photographs

DESCRIPTION

Haute couture meets street culture in Jewellery Style, which includes 25 beautiful handcrafted jewellery projects. With basic skills that are easy to pick up and directions that echo the camaraderie of a craft group, each project has step-by-step instructions, how-to illustrations, and helpful hints and tricks. Readers can learn to make everything from a Tiered Festival Necklace to beaded Waterfall Earrings. Whether for a beginner or a seasoned pro, Jewellery Style has something for everyone.

ABOUT THE AUTHOR

Shannon Levart has been designing jewellery for the last 18 years. In addition to being the founder and owner of a successful mixed-media jewellery business, she is also an experienced arts and crafts instructor in venues ranging from craft stores to trade shows. Having taught numerous classes and workshops, from basic bead-stringing to metalsmithing, she has developed a jewellery design philosophy of using anything and everything to create unique, expressive, wearable art. Shannon lives in Missouri with her husband and two children.

SALES POINTS

- Explains the art of jewellery making in a clear, accessible way through simple step-by-step instructions and beautiful photography
- Suitable for beginners and more advanced crafters, each project is adaptable to different skill levels
- Perfect for anyone interested in the current crafting and handmade fashion trends



RETRO KNITS

25 Fun Projects for all Seasons

By LAURA LONG & MELISSA HALVORSON

SPECIFICATIONS

Trim page: 228 x 190 mm/7½ x 9 in

Format/Binding style: Paperback with flaps

Extent: 144 pages

Word count: 20,000

Illustrations: 4-colour photographs throughout

DESCRIPTION

With 25 projects suitable for the complete novice and crafters with a little more experience, *Retro Knits* includes 25 knitting crafts with an edge so you can recreate the runway right in your own neighbourhood. *Retro Knits* has got you covered whatever the occasion: try your hand at a pair of long elbow-length gloves, warp up warm with a colourful striped scarf, or get cozy indoors bedroom with a pair of simple slippers.

With basic stitches that are easy to pick up and directions that echo the camaraderie of a craft group, the spirit of Handmade Knitwear is fun, loose, experimental and creative.

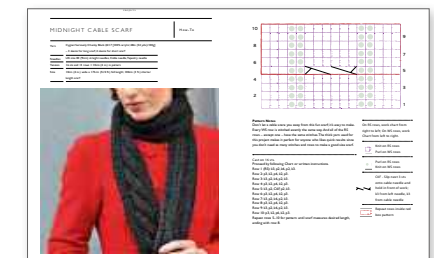
ABOUT THE AUTHOR

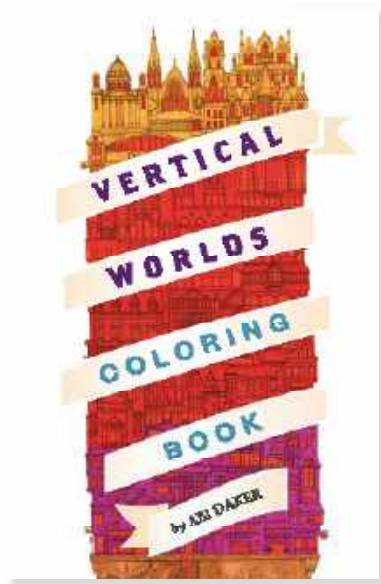
Laura Long is a textile designer based in London. Since graduating from Central St Martins, Laura has created and sold her designs to boutiques, galleries and individuals all over the world and exhibited at London and Paris Fashion Weeks.

Melissa Halvorson is a knitwear designer based in New York. She runs an ethical knitwear design business, Year of the Goat, and teaches Knitwear Design, Textiles and Writing at Marist College in Poughkeepsie, NY.

SALES POINTS

- 25 fun, hip and innovative projects to knit
- Projects have broad contemporary appeal and are varied in style and difficulty from 3-stitch beginners to intermediate-level crafters
- Friendly, helpful advice for getting started with 4-colour illustrations throughout
- Templates, helpful hints, color charts, project variations with background anecdotes and customizing ideas





VERTICAL WORLDS: A COLOURING BOOK

27 Vertiginous Realms captured in Astounding Detail

By ABI DAKER

SPECIFICATIONS

Trim page: 328 x 216 mm / 8 1/2 x 12 3/4 in
Format/Binding style: Paperback
Extent: 64 pages
Word count: 2,750
Illustrations: B&W illustrations

DESCRIPTION

This stunning colouring book presents an array of remarkable worlds in a way never seen before. Utterly engrossing and wondrously detailed, Abi Daker's illustrations are completely compelling. In colouring her vivid streets and towering terraces one can become completely absorbed in her vertical universe and allow the stresses of the real world to drift away. Her vision refreshes the colouring genre and creates a host of vibrant new arenas in which readers can allow their imaginations to run riot.

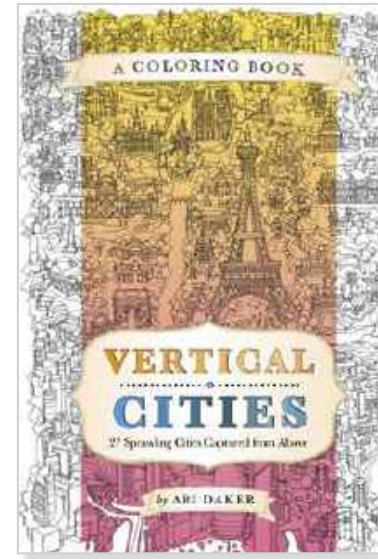
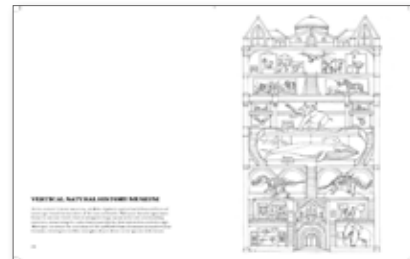
ABOUT THE AUTHOR

Abi Daker is a British illustrator who studied art at the University of Reading and worked as an archaeological illustrator before getting a commission to illustrate a children's book in 2007. She has worked on a range of illustration projects, now focusing on illustrated maps and architectural subjects. Abi's work reflects her interest in the graphic and linear qualities of the world and aims to reflect these in an imaginative and engaging way.



SALES POINTS

- An unique colouring book by illustrator Abi Daker, containing 27 of the most remarkable worlds all presented in a tower of stunning detail and intricacy
- Keen colourers can lose themselves in her 'Vertical City' where shops perch above parking lots that sit upon skyscrapers. Or roll up, roll up to the 'Vertical Carnival' where helter-skelters loop around Ferris wheels and the Tunnel of Love
- Other featured realms include a vertical take on the tree house and the glasshouse, the circus and the English country house among many others. Each world is depicted in a unique and imaginative way, with endless new details to be discovered in each
- The stunning and engrossing original illustrations are presented alongside a short text by the author guiding readers into her vertical universe



VERTICAL CITIES: A COLOURING BOOK

27 Detailed Cityscapes to Explore

By ABI DAKER

SPECIFICATIONS

Trim page: 306 x 205 mm / 8 x 12 in
Format/Binding style: Paperback
Extent: 64 pages
Word count: 2,750
Illustrations: B&W illustrations

DESCRIPTION

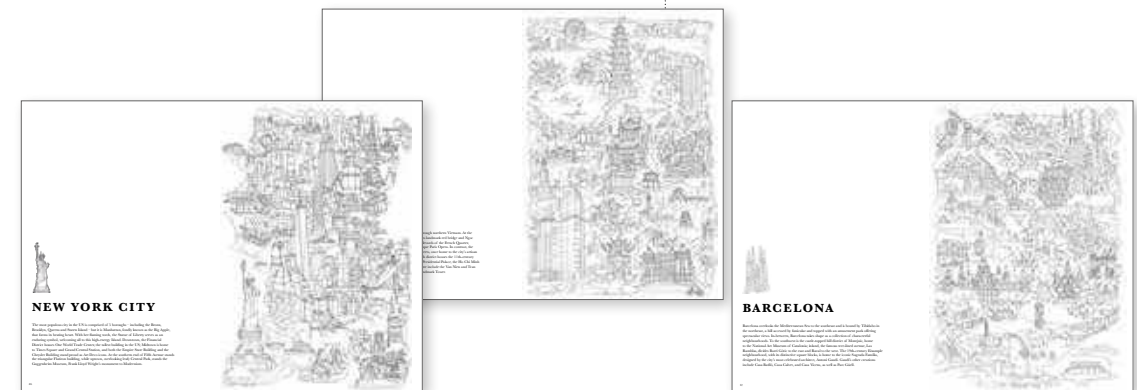
This beautiful coloring book brings together an array of global cityscapes illustrated in intricate detail. From London to Cairo and from Sydney to San Francisco, each image contains iconic landmarks and hidden architectural gems, so that readers can tour mankind's great metropolises as they color. Whether they give the Empire State Building a makeover or redecorate Beijing's Summer Palace: it's a chance for aspiring artists to leave their mark on the cities of the world.

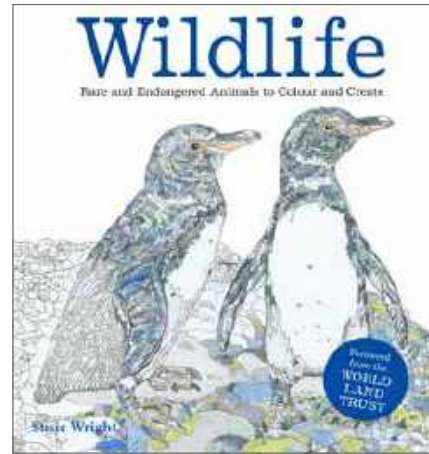
ABOUT THE AUTHOR

Abi Daker is a British illustrator who studied art at the University of Reading and worked as an archaeological illustrator. She has worked on a range of illustration projects, including *Landmarks of the World* and *Vertical Worlds*. Abi's work reflects her interest in the graphic and linear qualities of the world and aims to reflect these in an imaginative and engaging way. She lives and works in Cyprus. Her work can be found at abidaker.com

SALES POINTS

- 27 original illustrations depicting global cities in stunning intricacy
- An innovative vertical format that sets it apart from other colouring books
- Each illustration comes with a short text by the author, giving readers a flavour of the city's rich culture and history
- The ideal gift for anyone looking to enhance their creativity through colouring





WILDLIFE: AN ECO COLOURING BOOK

Rare and Endangered Animals to Colour and Create

Illustrated by SUSIE WRIGHT

SPECIFICATIONS

Trim: 285 x 260 mm / 11¼ x 10¼ in

Format/Binding style: Paper back

Extent: 80 pages

Word count: c. 3,500

Illustrations: 36 B&W illustrations throughout

DESCRIPTION

Combining the relaxing and meditative process of colouring with the need to raise environmental awareness, *Wildlife* is designed to inspire care and curiosity about the natural world. Intricate drawings from Scottish artist Susie Wright depict rare animals threatened with extinction from the Bengal Tiger to the Asiatic Black Bear. Alongside each animal are facts about their behaviour, diet, and conservation status.

ABOUT THE AUTHOR

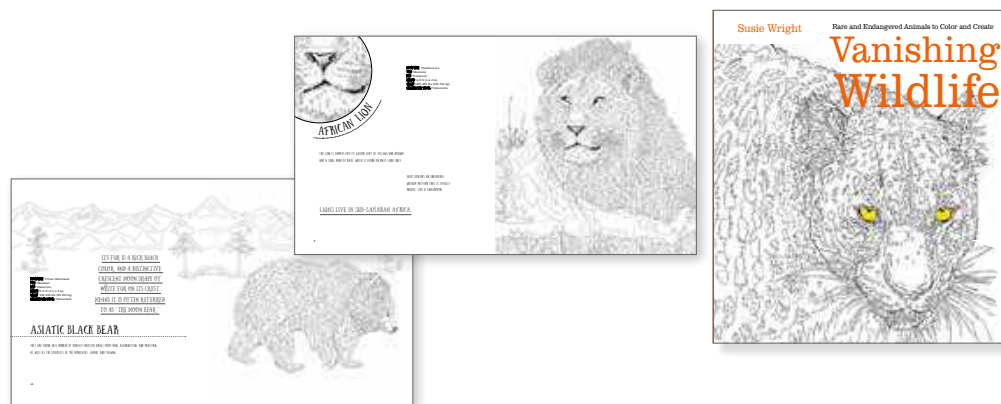
Susie Wright is an illustrator and printmaker from Edinburgh, Scotland. Her work explores the landscape, architecture, wildlife and flora that she finds in her surroundings. Susie studied illustration at Edinburgh College of Art and Central Saint Martins, London. Her illustrations can be found at: <https://susiewright.co.uk>

The World Land Trust was established in 1989 to fund the purchase and long term protection of critically threatened tropical forests and other endangered habitats. With the support of donors and patrons, which include Sir David Attenborough, they have supported overseas conservation partners in protecting over half a million acres, which have been turned into protected nature reserves.

SALES POINTS

- 36 rare and endangered animals are presented in this unique colouring title from artist Susie Wright.
- With a foreword from the World Land Trust, a non-profit environmental organisation whose patrons include Sir David Attenborough and Chris Packham
- Specially commissioned illustrations stand head-and-shoulders above competition in the market.

*alternative cover:



THE MINDFUL COLOURING BOOKS

ABOUT THE SERIES

A new series of mindful colouring books featuring the gorgeous creations of UK illustrator, Georgie Woolridge. All include 37 beautiful line drawings accompanied by a brief informative text about the creatures depicted. This series of mindful colouring books provides an easy, accessible and enjoyable way to successfully decrease stress and anxiety through meditative and methodical colouring



STANDARD SPECIFICATIONS

Trim: 250 x 227 mm / 9 x 9.85 in

Format/Binding style: Paperback with flaps

Extent: 80 pages

Word count: 4,000

Illustrations: B&W illustrations throughout

Illustrations: B&W illustrations throughout

LARGE SPECIFICATIONS

Available in enlarged trim:

285 x 260 mm / 11¼ x 10¼ in

Format/Binding style: Paperback with flaps

Extent: 80 pages

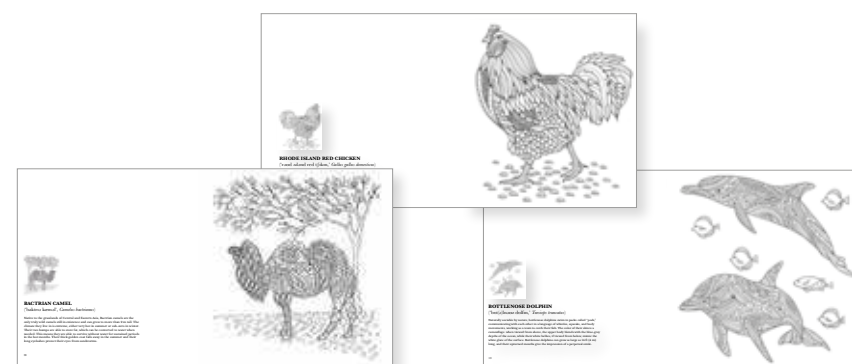
Word count: 4,000

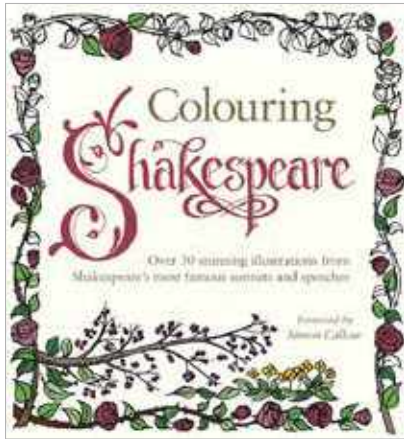
Illustrations: B&W illustrations throughout

Illustrations: B&W illustrations throughout

ABOUT THE ILLUSTRATOR

Georgie Woolridge is a young artist based in Cheltenham, UK. She has always had a love for colour and pattern and creates her pieces in fine black ink. Her interest in the natural world radiates through her unique style, and she strives to capture and recreate the beauty of nature. Much of her inspiration stems from India, where she worked and studied in 2011.





COLOURING SHAKESPEARE

Over 30 stunning illustrations from Shakespeare's most famous sonnets and speeches

Illustrations by **JUDY STEVENS**
With a foreword by Simon Callow

SPECIFICATIONS

Trim page: 285 x 260mm/10¼ x 11¼ in

Format/Binding style: Paperback

Extent: 64 pages

Word count: 3,5000

Illustrations: B&W illustrations/5th-colour metallic

DESCRIPTION

Shakespeare is unsurpassed in his ability to capture the subtleties of human emotion and the intricacies of love. In *Colouring Shakespeare*, you will find 31 beautiful and well-known quotations and accompanying illustrations to colour in, including *Romeo and Juliet*, *Twelfth Night* and *A Midsummer's Night's Dream*, as well as *Sonnets 18* ('Shall I Compare Thee to a Summer's Day') and *116* ('Let me not to the marriage of true minds').

ABOUT THE AUTHORS

Judy Stevens trained in painting and printmaking at Middlesex University. She specialises in the traditional methods of English printmakers and printing presses, wood-engraving, and lino cuts. Alongside illustrations, Judy is a regular contributor to *The Guardian* and *The Observer*.

Simon Callow is a famous actor, director and writer, and has appeared in *Four Weddings and a Funeral* and *Shakespeare in Love*. Simon's books include *Being an Actor* and *Love is Where it Falls*. He has performed in many Shakespeare productions and has worked extensively with the Royal Shakespeare Company.

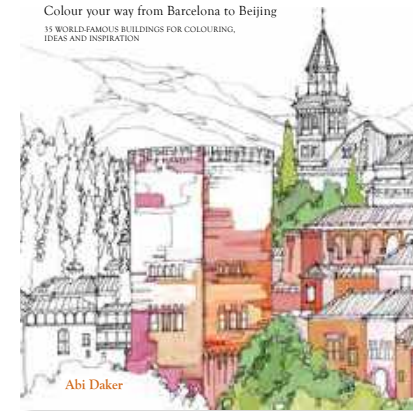
SALES POINTS

- A unique colouring book by talented artist Judy Stevens, featuring more than 30 illustrations inspired by and accompanied by William Shakespeare's most famous poems and quotations
- Combines original artwork with the immortal words of the bard, in honour of the 400th anniversary of Shakespeare's death
- Features a foreword by celebrated actor, director and writer, Simon Callow
- Express your creativity through selecting colours, shading and tone, or by adding pattern and texture. While concentrating on this process you'll find your mind is free to wander, relax and revitalize



Landmarks of the World

Colour your way from Barcelona to Beijing
35 WORLD-FAMOUS BUILDINGS FOR COLOURING,
IDEAS AND INSPIRATION



LANDMARKS OF THE WORLD

Colour Your Way From Barcelona to Beijing

By **ABI DAKER**

SPECIFICATIONS

Trim: 250 x 227 mm/9 x 9.85 in

***Also available in englarged trim:** 285 x 260mm/11¼ x 10¼ in

Format/Binding style: Paperback with flaps

Extent: 80 pages

Word count: 10,000

Illustrations: B&W illustrations

DESCRIPTION

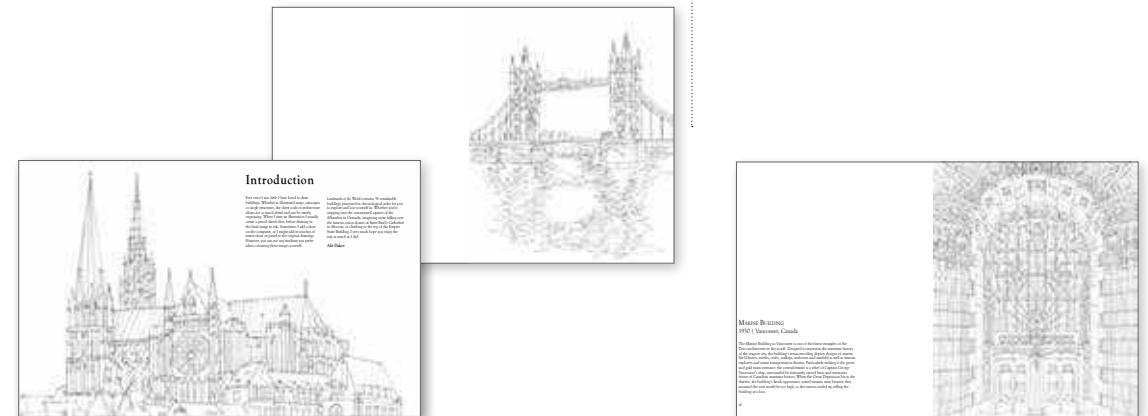
Landmarks of the World looks to some of the most renowned and beautiful architectural masterpieces as a source of inspiration and contemplation. Buildings are arranged chronologically, from ancient forts to towering skyscrapers, with information provided about each one. There are 35 intricate and detailed illustrations for you to colour, including buildings by legendary architects such as Antoni Gaudi and Frank Lloyd Wright.

ABOUT THE AUTHOR

Abi Daker is a British illustrator who studied art at the University of Reading and interned as an archaeological illustrator. She worked on a range of illustration projects for several years before eventually focusing her attention on illustrated maps and architectural subjects. Her work can be found at: abidaker.com.

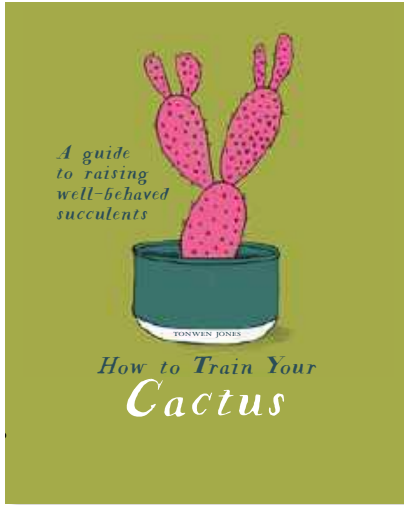
SALES POINTS

- A unique colouring book that will transport readers around the world, capturing famous locations with breathtaking detail and intricacy
- Each beautiful illustration is accompanied by information about the building or landmark, its architect and its history
- Featured landmarks include Moscow's Saint Basil's Cathedral, Sydney's Opera House and King's College, Cambridge, among many more





**GIFT
HUMOUR**



CACTUS

A Guide to Raising Well-Behaved Succulents

By TONWEN JONES

SPECIFICATIONS

Trim page: 178 x 127mm/5 x 7in

Format/Binding style: PLC

Extent: 128 pages

Word count: 12,000

Illustrations: 4-colour illustrations throughout

DESCRIPTION

Looking to start a plant family? Prickly cacti and soothing succulents are great companions, adding a charming touch- and a lot of personality- to windowsills and indoor spaces.

With 50 plant profiles to help you get to know your pets, including information on their quirky qualities and handy tips on everything from growing to styling and taming to potting, you'll be a proud plant parent in no time!

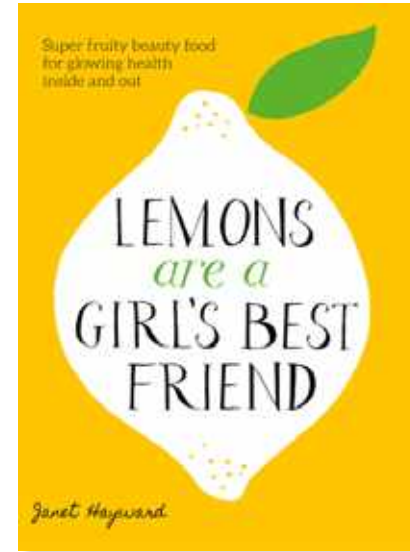
ABOUT THE AUTHOR AND ILLUSTRATOR

Tonwen Jones and her love of cacti began ten years ago when she encountered large cactus in Yves Saint Laurent's garden, 'Jardin Majorelle', in Marrakech. Tonwen is an illustrator with an MA in design and illustration from Brighton University and works surrounded by the many cacti in her home.



SALES POINTS

- A cute and quirky gift book filled with vibrant illustrations and helpful information for creating an urban cacti jungle.
- Showcasing the best 50 cacti and succulents to grow inside including tips on training, styling and keeping them alive.
- Written and illustrated by Tonwen Jones.



LEMONS ARE A GIRL'S BEST FRIEND

Super fruity beauty food for glowing health inside and out

By Janet Hayward

SPECIFICATIONS

Trim page: 178 x 127mm/5 x 7in

Format/Binding style: Hardback PLC

Extent: 128 pages

Word count: 12,000

Illustrations: 4-colour illustrations

DESCRIPTION

When it comes to looking great, many of the best treatments are found in the fridge or fruit bowl, rather than the beauty counter. Nature provides an abundance of different herbs, vegetables and fruits with important nutrients to keep our bodies feeling beautiful and healthy all year round.

This compact, illustrated guide details the 30 most nourishing superfoods and explains why they will boost your beauty and cooking routines. From cherries to olives, or avocados to pomegranates, discover how each natural wonder-product nurtures healthier skin, hair, body and nails.

ABOUT THE AUTHOR

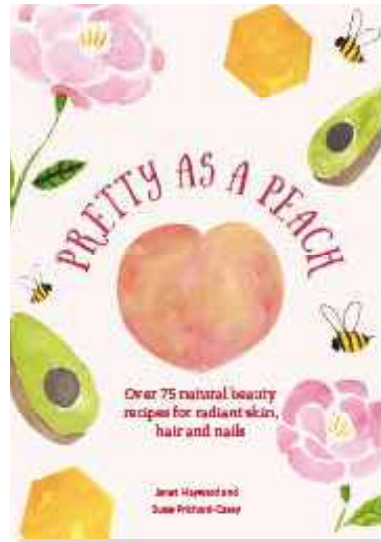
Janet Hayward has over 20 years' experience in the beauty and cosmetics industry and is the co-founder of the website beautydirectory.au, which is followed by beauty experts worldwide. This PR company quickly became the pre-eminent resource for the beauty industry and was recently sold to Bauer Media. Janet is British but resides in Sydney, Australia with her family.



SALES POINTS

- A handy, pocket-sized guide to the 30 healthiest, nutrient-rich ingredients and how they can make you feel beautiful, sparkling and refreshed
- Contains 60 simple, all natural, make-at-home recipes: 30 beauty treatments and 30 healthy treats to nourish your skin from the inside out
- Treatments tackle your skin, body, hair and nails and appeal to the trend for DIY beauty and natural, organic foods
- Young, modern, fun gift book with fun and fresh illustrations for pick-up appeal
- Written by an author with extensive experience in the field of beauty who is passionate about natural health





PRETTY AS A PEACH

Over 75 Natural Beauty Recipes for Radiant Skin, Hair and Nails

By JANET HAYWARD & SUSIE PRICHARD-CASEY

SPECIFICATIONS

Trim page: 178 x 127mm/5 x 7in

Format/Binding style: PLC

Extent: 128 pages

Word count: 12,000

Illustrations: 4-colour illustrations

DESCRIPTION

Packed with homemade and eco-friendly recipes and tips, enjoy exploring the ingredients that previous generations used to pamper and perfect. Create delicious and effective treatments and products while knowing exactly what you are putting onto your body. Simple, natural beauty is easy when you know how!

ABOUT THE AUTHORS

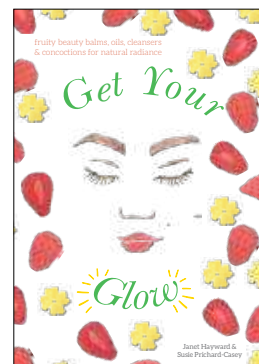
Janet Hayward is the co-founder of the beauty and health website beautydirectory.com.au, which is followed by beauty experts worldwide. She is also the author of *Lemons are a Girl's Best Friend*. British-born Janet currently resides in Sydney, Australia with her family.

Susie Prichard-Casey is a natural beauty guru who holds advanced diplomas in Remedial Massage, Reflexology and LaStone Therapy. Susie has worked for Neal's Yard and has taught at The London College of Massage for 17 years.

SALES POINTS

- Simple projects to pamper yourself at home using natural ingredients like rosewater, cucumber, and coconut oil, with chapters structured by ingredient type
- Includes beauty recipes for face masks, body scrubs, facial cleansers and a natural lip tint to either enjoy yourself or give as gifts
- Discover pampering secrets in a beautifully illustrated and contemporary package
- From the author of *Lemons are a Girl's Best Friend*

Alternative Cover and Title:



HOME SWEET HOME

Rediscovering the joys of domesticity with classic household projects and recipes

By Sarah Tomczak

SPECIFICATIONS

Trim size: 216 x 152mm/6 x 8.5 in

Format: Hardcover plc with ribbon marker

Extent: 112 pp, 20,000 words

Illustration: 4 colour illustrations throughout

DESCRIPTION

In our modern age of rampant consumerism, we are losing touch with the traditional domestic activities that previous generations took for granted. We buy everything we need – and much that we don't – rather than making new or making do. But however convenient they might be, commercially-made products can never compare to the flavours and scents that you can create at home, or to the sense of accomplishment of rolling up your sleeves and making something from scratch.

Home Sweet Home brings you 100 simple, traditional projects and pieces of advice that will help you to rediscover the fun to be had in your own home.

ABOUT THE AUTHORS

Sarah Tomczak has been a journalist for over fifteen years. Her career includes stints in New York and London and she has written for *US Weekly*, *Cosmopolitan*, *Sugar*, *The Mail on Sunday*. She is currently the Entertainment Editor at *Glamour* and writes a daily lifestyle blog.

SALES POINTS

- Taps into the current trend for domestic nostalgia
- Perfect as a house-warming, wedding or birthday gift
- Includes beautiful 4-colour illustrations throughout





BOYS WITH PLANTS

50 Boys and the Plants they Love

Curated By SCOTT CAIN

SPECIFICATIONS

Trim page : 184x159mm/6¼x7¼in

Format/Binding style: Hardback

Extent: 112 pages

Word count: 6,000

Illustrations: 4-colour photography throughout

DESCRIPTION

Based on the phenomenally successful Instagram account of the same name, Boys with Plants showcases 50 plants and the boys who love them.

The book begins with a section on selecting, growing and styling plants before introducing the boys. Each entry includes a top plant tip, stunning photography and a profile of the green-fingered boy who made it happen. The boys featured range from knowledgeable plant enthusiasts to professional plant stylists, gardeners, florists and horticulturalists.

ABOUT THE AUTHOR

Scott Cain is a graphic designer and bona fide plant geek based in Perth, Western Australia. The creator and curator of the Instagram account @boyswithplants, Scott is a certified gardening guru and has appeared on Gardening Australia. He also manages the Instagram account @tropicaloco that has over 38,000 followers and features botanicals from his home, balcony, garden and beyond.

SALES POINTS

- Curated by the creator of the Instagram account of the same name, this is a stylishly designed, fun gift book profiling lush plants and the men who love them
- 50 eye-popping photos make this the perfect gift for plants lovers and anyone with a green finger
- Top plant tips for the city dweller looking to brighten their home with greenery



YOGA WHILE YOU WAIT

Finding Purpose in Each Pointless Pause

By JUDITH STOLETZKY
With photography from Markus Abele

SPECIFICATIONS

Trim page : 210x150mm/6 x 8.25ins

Format/Binding style: Hardback

Extent: 96 pages

Word count: 10,000

Illustrations: 4-colour photographs

DESCRIPTION

Pairing Markus Abele's photography with yoga poses that perfectly compliment a life all-too-often spent waiting around, Yoga While You Wait has the ideal pose for every pointless pause. From the half moon (ardha chandrasana) at the traffic lights to the lion (simhasana) in a traffic jam, Stoletzky introduces the reader to yoga fit for real life, with helpful posture tips and humour in equal measure.

Yoga While You Wait does not require a studio or a yoga mat to practice yoga, nor fancy yoga pants. All that is needed is normal, everyday life and a little bad timing.

ABOUT THE AUTHOR

Judith Stoletzky is a designer, copywriter, journalist and author. She develops concepts for advertising, magazines and books. She attended her first yoga class at the age of 12 and completed an Ashtanga Vinyasa teacher training in India in 2016. She lives in Ottawa, Canada.

SALES POINTS

- Contains more than 30 yoga poses reinvented for modern life
- Each position is complimented by quirky photography from Markus Abele
- A refreshingly down-to-earth take on current mindfulness trends



OBSESSIONS: LIFESTYLE

ABOUT THE SERIES

For those who appreciate the finer things in life, the *How to* guides are vital handbooks on the work of skilled artisans, culinary connoisseurs and inspired designers from around the world. Impeccably stylish and beautifully understated, each title is written by a subject specialist and includes facts, hints and tips alongside essential information.



HOW TO RIDE A BIKE

A comprehensive and assured guide written by an experienced cyclist. Stylishly presented, showcasing the beauty of bicycles. Features fascinating insights into the artisan skills essential for creating bicycles and where to find the best examples.

David Perry was an aspiring amateur champion from Northern California, racing on U.S. National Team, who moved to New York, becoming a bike advocate with Transportation Alternatives, as co-editor of City Cyclist and the Bicycle Blueprint.

HOW TO WEAR A SUIT

The perfect fit for any admirer of style. Impeccable advice on how to select, wear and maintain fine garments, from bespoke suits to handmade shirts. Guides the reader elegantly through all levels of expertise, from commissioning a custom suit to simply having a favourite pair of jeans altered.

Simon Crompton is the founder and writer of Permanent Style, the most popular blog on men's classic style in the UK, with over 600,000 page visitors a month. He is also Editor-in-Chief of Gentleman's Corner, and writes for the Financial Times.

HOW TO SMOKE CIGARS

A thoroughly researched survey to enjoying a little old-time luxury in a modern world. Evocative and richly appointed with little-known facts, this book is about savouring the world's most sophisticated tobacco products to the full.

Collin Ganley is the co-chief editor of the European Cigar Journal, the largest cigar magazine in Europe. He writes for cigar publications around the world, including Cigar Snob magazine and has developed a system for rating and reviewing cigars called the *Independent Cigar Rating System* (ICRS), which has been adopted by several independent reviewers and websites.

SPECIFICATIONS

Trim page: 178 x 127 mm / 5 x 7 in

Format/Binding style: Hardback with jacket

Extent: 128 pages

Word count: 25,000

Illustrations: 4-colour photography/illustrations

OTHER TITLES INCLUDE:

How to Craft Beer

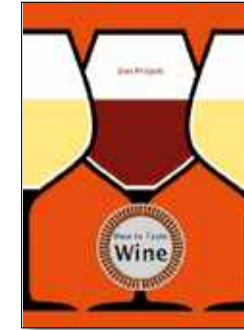
How to Wear Perfume

How to Taste Wine

OBSESSIONS: FOOD AND DRINK

ABOUT THE SERIES

For those who appreciate the finer things in life, the *How to* guides are vital handbooks on the work of skilled artisans, culinary connoisseurs and inspired designers from around the world. Impeccably stylish and beautifully understated, each title is written by a subject specialist and includes facts, hints and tips alongside essential information.



HOW TO CRAFT BEER

The perfect book on the global craft beer explosion, with as much to offer experts as newcomers. Clearly and practically organized by beer types to guide the reader through the multitude of brands and brews on the market.

Ian Coultts is the author of *The Perfect Keg* and *Brew North*. He is a frequent contributor to *Taps: The Beer Magazine* and his writing has appeared in *Toronto Life*, the *Globe and Mail* and *Canada's History*.

HOW TO DRINK WHISKY

A lifetime's knowledge distilled into one book on this alluring spirit. Explores the finest offerings on a worldwide whisky trail, from single malt to bourbon and elegant blends. Leads readers through the stages of whisky-making, from the initial distillation process to various ageing techniques.

John Lamond is the author of *The Malt Whisky File*, *The Whisky Connoisseur's Book of Days* and *The Whisky Connoisseur's Companion*. He contributes to international consumer magazines and European industry drinks journals.

HOW TO BREW COFFEE

Ideal for both the seasoned coffee snob and the new enthusiast, this guide covers the multitude of beans available, with notes on how coffee is cultivated and roasted. An essential guide to flavours, styles, terminology and tastes.

Antony Wild is an undisputed authority on tea and coffee, and is widely credited with having introduced speciality coffees into the UK. For two years he was the coffee columnist for *Taste Magazine*.

HOW TO TASTE WINE

For too long wine has been seen as the preserve of all but a select elite, shrouded in arcane language that's obscure to all but a few. This book will change that. This unpretentious, straightforward guide will transform the way you see, smell and taste wine. Refreshingly accessible, it 'empowers' you to pinpoint what you like and help you enjoy the best out of every bottle.

Don Philpott has been writing about wine and food for almost 50 years and is the author of more than 140 books. He was a founding member of the British Academy of Gastronomes and is a member of the International Food, Wine and Travel Writers Association.

SPECIFICATIONS

Trim page: 178 x 127 mm / 5 x 7 in

Format/Binding style: Hardback with jacket

Extent: 128 pages

Word count: 25,000

Illustrations: 4-colour photography/illustrations

OTHER TITLES INCLUDE:

How to Wear Perfume

How to Smoke Cigars

LE SNOB SERIES

ABOUT THE SERIES

For those who appreciate the finer things in life, *Le Snobs* are your precious guides to the work of skilled artisans, culinary connoisseurs and inspired designers from around the world. Impeccably stylish and beautifully understated, these handbooks will appeal to anyone seeking perfection.



LINGERIE

A connoisseur's guidebook for women who care about the detail that set the finest lingerie makers apart from their peers. *Lingerie* offers impeccable advice on all aspects from fit and style to fabrics, and features an authoritative directory of the finest designers and creators of lingerie in the world.



SHOES

Discover the world's most beautifully-made footwear. This unique guide features an authoritative directory of the most celebrated shoe designers and brands in the world, from Manolo Blahnik to Christian Louboutin, and their most outstanding creations.



CHAMPAGNE

Champagne celebrates the world's most luxurious drink, providing all the information you need about the finest champagnes available. Expert Giles Fallowfield explores the finest champagnes, evaluating why champagne is so rich and complicated in its tastes, and so treasured by drinkers and collectors alike.



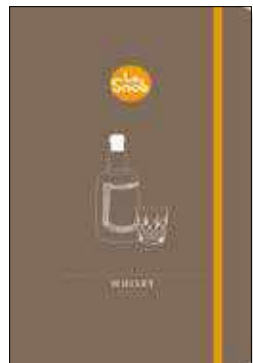
PERFUME

Discover the heady world of luxury perfume with all the information you need to discern the finest perfumes available across the world, from select haute couture and niche producers, to natural perfumery and the very best samples from the mass market.



TAILORING

Tailoring provides impeccable advice on how to select, wear and maintain fine garments, from bespoke suits to handmade shirts. Includes a directory of the most prestigious mens' outfitters.



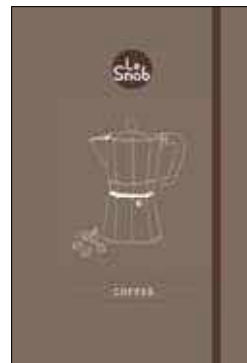
WHISKEY

Whiskey provides impeccable advice on how to taste and enjoy this alluring spirit. Includes a comprehensive guide to several famous varieties, including how to distinguish them.



CIGARS

Cigars is your expert guide to the world's most sophisticated tobacco product. Packed with little-known facts, this book will help you savour cigars in all their forms.



COFFEE

Coffee is your expert guide to savouring the coffee bean in its infinite varieties and manifestations. Learn how to distinguish and appreciate subtle differences between rare, high quality beans.

SPECIFICATIONS

- Trim page: 170 x 104 mm / 4 x 6 1/4 in
- Format/Binding style: Hardback
- Extent: 144 pages
- Word count: 25,000
- Illustrations: 4-colour illustrations

LE SNOB: PERFUME

By DARIUSH ALAVI



SPECIFICATIONS

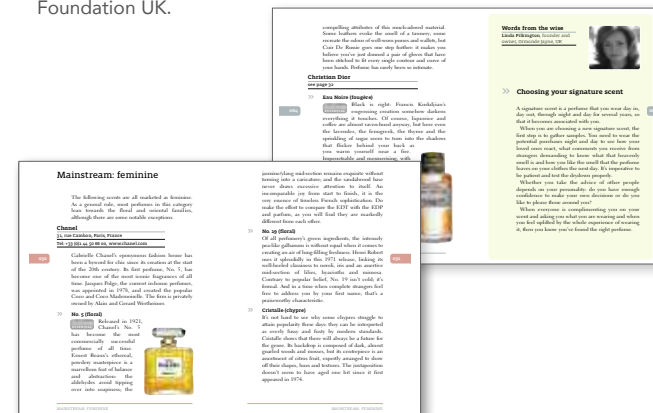
- Trim page: 170 x 104 mm / 4 x 6 1/4 in
- Format/Binding style: Hardback
- Extent: 144 pages
- Word count: 25,000
- Illustrations: 4-colour illustrations

DESCRIPTION

Discover the heady world of luxury perfume with *Le Snob: Perfume*, providing you with all the information you need to discern the finest perfumes available across the world, from select haute couture and niche producers, to natural perfumery and the very best samples from the mass market. With insights on developing your olfactory senses, finding rare perfumes, and discovering which scents are best suited to you, *Le Snob: Perfume* is the perfect way to expand your expertise.

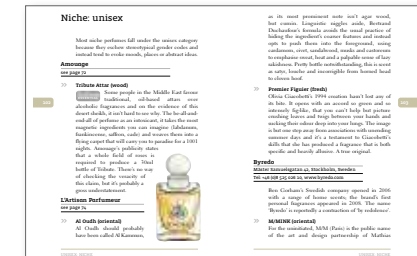
ABOUT THE AUTHOR

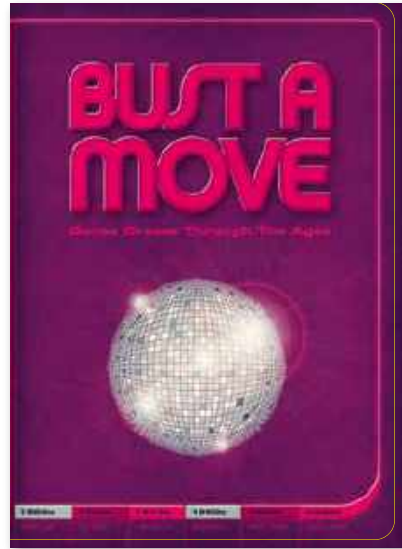
Darius Alavi has been running his perfume blog (www.persolaise.com) since 2010, offering high-quality, independent critiques of fragrances created by others. Darius is also a regular contributor to various other websites on the subject of perfume, including *Basenotes*, and he writes a regular column for *Esprit*, the UK's top trade publication for the beauty and cosmetics industry. He has also delivered talks on the subject of perfume in collaboration with various organisations, including Fragrance Foundation UK.



SALES POINTS

- Introduces the fundamentals of perfume genera and production, before guiding the reader through selecting the perfect scent, along with resources including exhibitions, societies and contacts.
- Nine chapters cover a variety of men's, women's and unisex scents, including both mainstream and niche examples of each fragrance type.
- Written by an award-winning perfume writer and expert in the field.





BUST A MOVE

Dance Crazes Through the Ages

By Crispin Dior

SPECIFICATIONS

- Trim size:** 205 x 154mm/ x x x inches portrait
- Format:** Softcover
- Extent:** 128 pp
- Words count:** --- words
- Illustration:** 4 colour illustrations throughout

DESCRIPTION

From the jiving 1950s to the hip hopping 90s, the disco funky 70s to the booty shaking naughties, Bust A Move is your essential guide to dance crazes through the ages.

Filled with easy-to-master dance steps, essential info on the music trends for which each decade and the lowdown on what to wear when you're strutting your funky stuff, this is all you need to get down and dirty on the dancefloor.

Six decades of dance are packed into this indispensable little volume, funkily illustrated with step-by-step diagrams to help you master these classic moves. Whether you need a crash course in how to disco, a macarena masterclass or simply want to nail the moonwalk, it's all here.

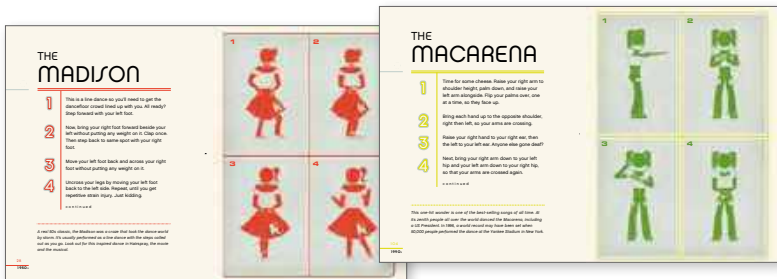
Get the moves; Get the look; Get the tunes. This is your superfreaky guide to becoming king of the dancefloor!

ABOUT THE AUTHOR

Crispin Dior is a retired DJ who performed legendary club sets around SoHo throughout the 1990s. He also worked as an amateur photographer, and his club photos taken from the DJ booth were featured in multiple lifestyle magazines. He now works in music journalism, and teaches disco and line dancing in his spare time.

SALES POINTS

- Contains fun illustrations showcasing the fads and fashions of the eras
- A practical guide to learning the world's most famous dances crazes throughout history
- Perfect nostalgia book for every generation



SEX FOR BUSY PEOPLE

The Art of the Quickie for Lovers on the Go

By Emily Dubberley

SPECIFICATIONS

- Trim size:** 184 x 127mm/ 5 x 7.25 inches portrait
- Format:** Hardcover
- Extent:** 80pp
- Words count:** 15,000 words
- Illustration:** 4 colour illustrations throughout

DESCRIPTION

Forget tantric sex, welcome to frantic sex!

Good quickies are about delirious, delicious sex that's just as good (and sometimes better!) as the kind you have in your comfortable bed with time for fabulous foreplay. *Sex for Busy People* strips sex down to the bare essentials, detailing the naughtiest locations, best positions, and the pleasure points that will turn you from off to on in seconds. If you've ever wanted to learn how to deliver the perfect blow job in under 10 minutes, give yourself an orgasm in less than five, you've come to the right place.

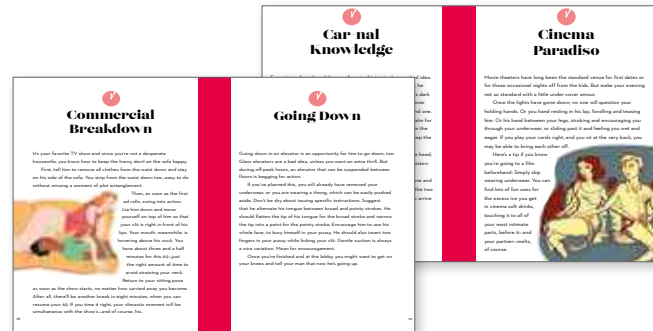
With quirky illustrations throughout by cartoonist and illustrator Leela Corman, *Sex for Busy People* provides truly exciting tips and scenarios, delivered with a wry smile and a cheeky wink.

ABOUT THE AUTHOR

Emily Dubberley is a British author and journalist specialising in sex, love and relationships with 25 published books under her belt. She founded women's sex website *Cliterati*, the UK's original erotica website, in 2001 and went on to found *Scarlet* magazine in September 2004, editing the first ten issues before becoming editor-at-large. She has also written for numerous publications including *Cosmopolitan*, *Elle*, *Men's Health* and the *Guardian*.

SALES POINTS

- Contains over 50 suggestions for positions, locations and scenarios to revive your sex life
- Sections divided by length of time taken, from 5 minutes to half an hour
- Amusing 4-colour illustrations throughout by Leela Corman





MAGIC DAD

Pranks, Gags and Tricks

By IAN COUTTS

SPECIFICATIONS

Trim page: 197 x 146 mm / 5.75 x 7.5 in
Format/Binding style: Hardcover or Paperback
Extent: 112 pages
Word count: 18,000
Illustrations: Three-colour throughout

DESCRIPTION

Magic Dad celebrates the role of dads as entertainers, collecting pranks and games together for the ultimate guide on how to impress and amaze children. With top tips, a list of equipment needed and difficulty levels for every trick and skill, it's colourful, full of fun and perfect for Dads everywhere.

Divided into four chapters; pranks and gags, magic, skills and ingenuity, and games and activities. Every trick within *Magic Dad* is a universal classic, passed down through the generations. It includes old favourites like the Kazoo Comb and Ear Scratch, as well as modern miracles such as the Homemade Volcano and the Soda Geyser. All tricks are detailed in foolproof illustrated steps, so that any Dad can become a master of magic, a king of comedy, the very fount of family fun.

ABOUT THE AUTHOR

Ian Couatts is a writer, father and step-father who has been a comedian and trickster for many years. He is the author of *The Ultimate Guys' Q&A: Answers to the Questions You Should Not Ask* (2005) and has written a wide range of articles for magazines such as *Canadian Business*, *Toronto Life* and *Canadian Geographic*, as well as a comic strip that appeared in *The Globe and Mail*.

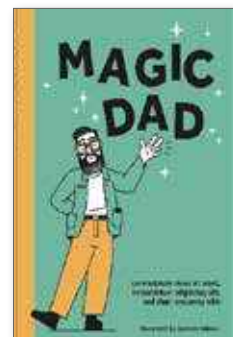
With illustrations by Spencer Wilson.



SALES POINTS

- Humorous and unique guide to the real role of fatherhood, with classic information that has been passed down through the ages and applies to fathers everywhere
- A collection of pranks, magic tricks, skills and ingenuity, games and activities, with illustrated, foolproof steps
- Three-colour illustrations throughout

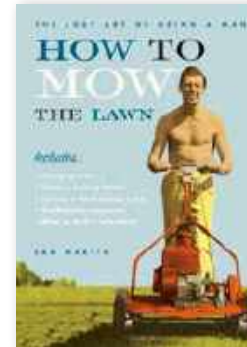
* alternative cover



THE LOST ART OF BEING A MAN SERIES

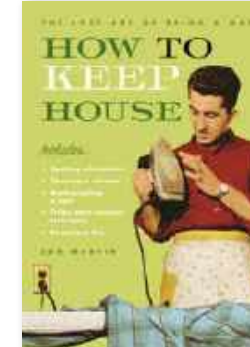
ABOUT THE SERIES

Confidence is something our grandparents' generation had in spades but the modern man often feels at a loss when trying to "do it all". This engaging series of retro-styled books revisits the old-fashioned life skills everyone needs, from fatherhood to keeping house and everything in between. Sassy, dependable and endlessly readable, the *Lost Art of Being a Man* series is there to help out in life's challenging moments.



HOW TO MOW THE LAWN

The New Age man is old news; it's time to rediscover the lost art of masculine dependability. From DIY to changing a tyre, this simple, practical guide offers no-nonsense advice on becoming an expert in all things manly.



HOW TO KEEP HOUSE

From organizing your tools to defrosting the freezer, and exterior maintenance, *How to Keep House* is the essential home handbook for boys, bachelors and real men everywhere.

SPECIFICATIONS

Trim page: 178x127 mm / 5x 7ins
Format/Binding style: PLC
Extent: 144 pages
Word count: 25,000
Illustrations: 4-colour throughout

ABOUT THE AUTHOR

Sam Martin, author of *How to Mow the Lawn* and *How to Keep House* has worked as a tree planter in Ontario and British Columbia, as editor at *Mother Earth News*, and Senior Editor at *This Old House* magazine. He lives in Texas with his wife, Denise, and son, Ford, and enjoys travelling widely.



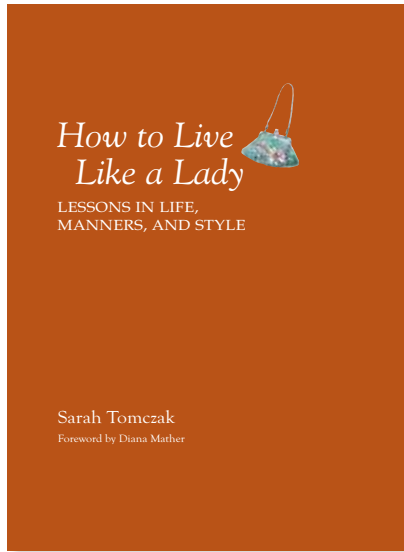
BRINGING UP BABY

It's time to put down your beer and pick up the nappy bag! Packed with sound advice and dad-tested survival tips, *Bringing up Baby* is the must-have guide for every new father. No mini-van required.



HOW TO BE A HERO

Every man wants to be a hero, whether it's by saving someone from drowning, putting out a fire or scaling a mountain. *How to be a Hero* will teach you all you need to know about bravery and chivalry.



HOW TO LIVE LIKE A LADY

Lessons in Life, Manners and Style

By SARAH TOMCZAK
Foreword by DIANA MATHER

SPECIFICATIONS

- Trim page: 178 x 127 mm / 5 x 7 in
- Format/Binding style: PLC
- Extent: 128 pages
- Word count: 25,000
- Illustrations: 4-colour illustrations throughout

DESCRIPTION

How to Live Like a Lady is an essential guide to modern manners. Packed with indispensable information on how to be the perfect lady, such as how to groom and dress, how to host parties and how to conduct yourself in the workplace, this handbook can help any woman make the transition to leading lady.

ABOUT THE AUTHOR

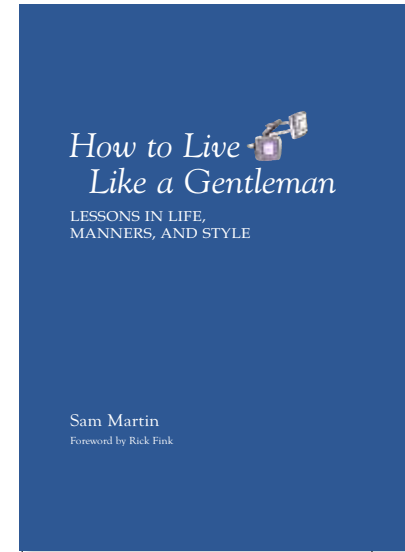
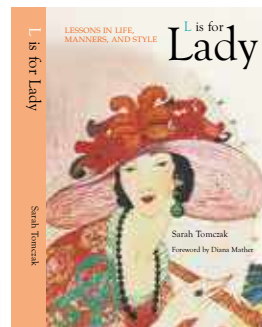
Sarah Tomczak is the Executive Editor of *Red* magazine and has also written for many other women's publications. She is the author of numerous books, including *The Good Date Guide*, *Home Sweet Home* and *How to be a Sex Goddess*.

Diana Mather began her career as a BBC newsreader before starting her own manners programme, *The Etiquette Show*. She is the author of nine books, most recently *Secrets of Confident Communicators*.

SALES POINTS

- A humorous guide to conducting yourself as a lady including tips on grooming and style, hosting and workplace etiquette
- Each entry is accompanied with quirky four-colour illustrations that bring the text to life
- A companion title to *How to Live Like a Gentleman*.

* Hardcover Version Available



HOW TO LIVE LIKE A GENTLEMAN

Lessons in Life, Manners and Style

By SAM MARTIN
Foreword by RICK FINK

SPECIFICATIONS

- Trim page: 178 x 127 mm / 5 x 7 in
- Format/Binding style: PLC
- Extent: 128 pages
- Word count: 25,000
- Illustrations: 4-colour illustrations throughout

DESCRIPTION

How to Live Like a Gentleman is a handbook of modern manners and style. It is full of essential information that covers everything from the ideal wardrobe, to socialising, dating and workplace etiquette. Beautifully illustrated, this little book offers priceless advice and tips as well as being the perfect gift that no man can do without.

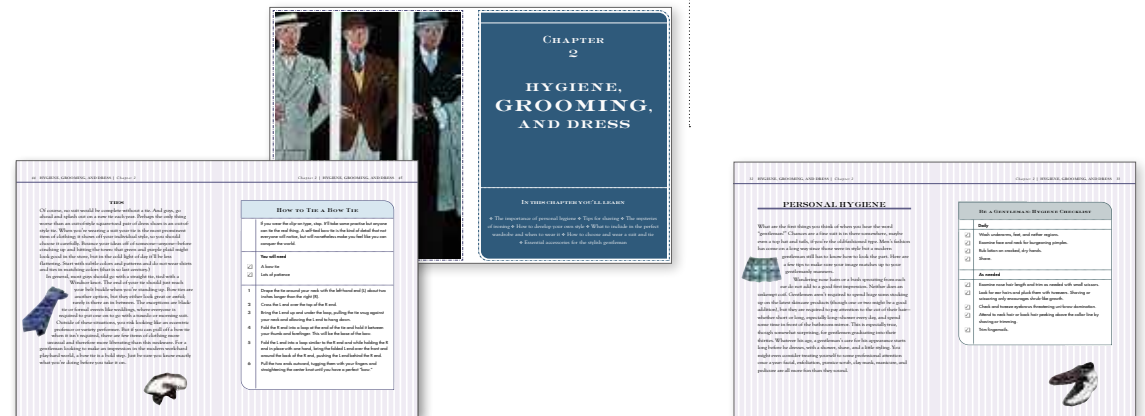
ABOUT THE AUTHOR

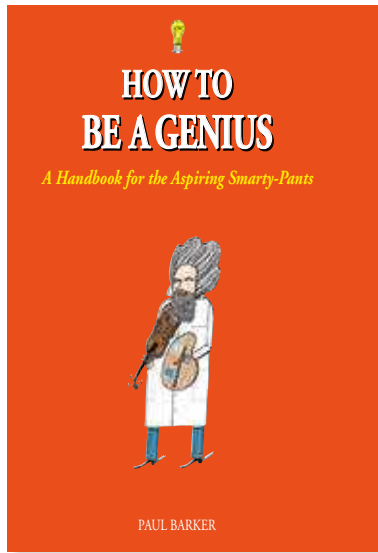
Sam Martin is the bestselling author of *How to Mow the Lawn* and *How to Keep House*. He works full-time as a freelance writer and modern gentleman. He lives in Austin, Texas.

Rick Fink is the director of the Butler Valet school. As a freelance butler he has served Queen Elizabeth II, Princess Diana, Princess Margaret and Prince Charles, as well as other members of the British and foreign royal families.

SALES POINTS

- A humorous guide to conducting yourself as a gentleman including tips on grooming and style, hosting and workplace etiquette
- Each entry is accompanied with quirky four-colour illustrations that bring the text to life
- A companion title to *How to Live Like a Lady*.





HOW TO BE A GENIUS

The Essential Handbook For Aspiring Intellectuals

By PAUL BARKER

SPECIFICATIONS

Trim page: 187 x 127 mm/5 x 7.25 in

Format/Binding style: Hardback/Paperback

Extent: 144 pages

Word count: c. 20,000

Illustrations: 4-colour illustrations throughout

DESCRIPTION

Do you think you could be a genius only you're not sure how to go about it? Then you need to plan your ascent, organise your intellectual assets and embrace the personal and the professional risks.

Being a genius is not as difficult as you imagine. True, you may have to be ruthless, selfish and unfeeling at times, but that's not hard. And the rewards can be spectacular: think of the power, the money, the sex. Plus, you get to change the way the world thinks – because you were right all along.

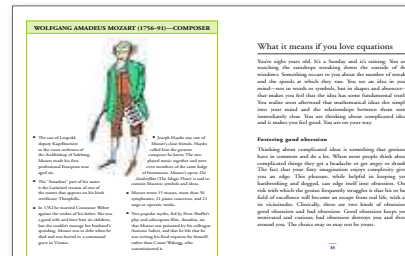
ABOUT THE AUTHOR

Paul Barker teaches high school maths and has contributed to *The Enthusiast Almanack*. Test results suggest that Paul Barker could be a bona fide genius, though he does appear to have been 'on the cusp' for a while. He was 'specifically' chosen to write this book because of his polymathic knowledge and his commitment to the genius self-help movement. This is his first book.



SALES POINTS

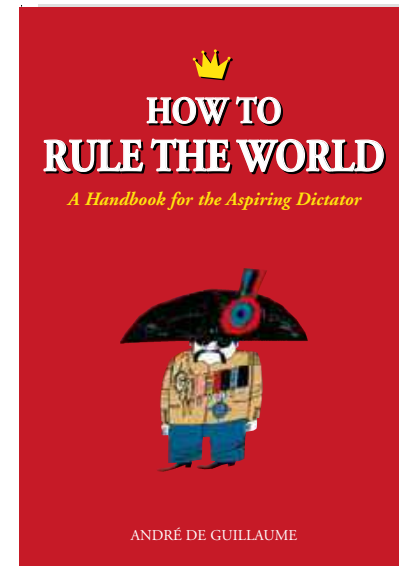
- Essential reading for any aspiring intellectual, this book is an informative and laconic look at the people we call geniuses.
- A humorous self-help guide to those who feel they potentially are a genius but just need that extra push.
- As well as stylish illustrations, the book contains personality tests, expert tips and role-play scenarios



HOW TO RULE THE WORLD

A Handbook for the Aspiring Dictator

By ANDRÉ DE GUILLAUME



SPECIFICATIONS

Trim page: 127 x 178 mm/5 x 7 in

Format/Binding style: Hardback

Extent: 114 pages

Illustrations: 4-colour illustrations throughout

DESCRIPTION

Have you ever envied our great world leaders their charming manner and winning speech? Have you looked at admiringly at Donald Trump and wished you too could have a chance at the top spot?

Now there's a book that reveals how anyone—even YOU—can win friends and influence people like the greats. This extraordinary book will show you how to strip away the day-to-day distractions that prevent you from reaching your destiny. Benefit from centuries of wisdom and tales of global power-mongering from every age. Learn how you too can hold sway over history, own the hearts and mind of your fellow human beings and get things done.

So, have you got what it takes to reach the top? Learn from practical advice and techniques inspired by the likes of Genghis Khan and Donald Trump how to make friends quickly and easily, win people over to your way of thinking, improve your conversation skills and become more entertaining.

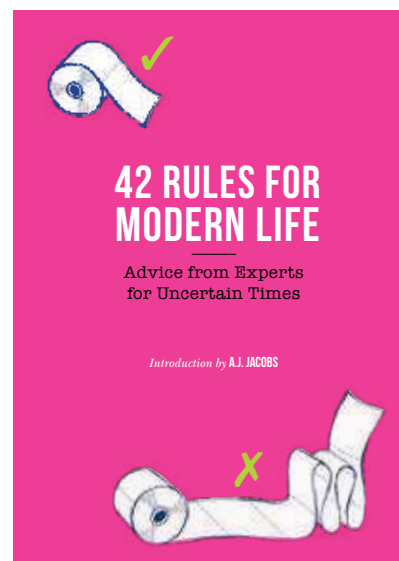
Prepared by one of the world's leading authorities on getting ahead this illustrated guide provides all the answers and inspiration you'll ever need. Simple, direct and delightfully unprincipled, *How To Rule the World* is an essential book for the briefcase, handbag or knapsack of any aspiring world leader.

ABOUT THE AUTHOR

Taking inspiration from many of the great leaders in history, **André de Guillaume** encourages readers to believe in their own dreams for reaching the top and offers invaluable advice on how to get there.

SALES POINTS

- A book that reveals how anyone can rule the world.
- Test yourself against the great leaders, from Attila the Hun to Donald Trump.
- Simple, direct, and delightfully unprincipled.



42 RULES FOR MODERN LIFE

Advice from Experts for Uncertain Times

Introduction by A.J. JACOBS

Individual entries by experts in their fields

SPECIFICATIONS

Trim page: 184x127mm/5x7 1/4 in

Format/Binding style: Hardback

Extent: 112 pages

Word count: 20,000

Illustrations: 2-colour illustrations

DESCRIPTION

From how to wash your hands to how to carve a turkey, *42 Rules for Modern Life* is an indispensable guide. With these rules you never knew existed, now you can navigate the minefield of modern living with this trusty manual of expert advice. Whether you are making the bed or a cup of tea, you can rely on the Head Housekeeper at the Ritz or the Chairman of the United Kingdom Tea Council. Let Chef Kylie Kwong help you hold your chopsticks correctly; be guided in your shirt-folding by the menswear Manager at Harrods. When everything else seems uncertain, *42 Rules for Modern Life* offers the reader a sense of achievement as they successfully sail through daily challenges.

INTRODUCTION BY

A.J. Jacobs is editor-at-large at *Esquire* magazine and author of the New York Times bestseller *The Know-it-all*, amongst others. He is also a

SALES POINTS

- Contains 42 pieces of expert advice for both social and domestic situations
- Perfect gift for everyone who cares about what they eat, food and history enthusiasts and lovers of beautiful books.
- Informative diagrams accompany each entry
- Each entry is authenticated by an international expert including:

Nancy Pearl, author of *Book Lust* and the inspiration and model for the Librarian Action Figure

Tamala Edwards, anchor for ABC's *Action News*, Philadelphia

Philippe Boucheron, wine journalist and author

Kylie Kwong, Australian-Chinese restaurateur and television chef



HOW TO LEAVE A PARTY

And other social exits

By DAVID JACOBSON

SPECIFICATIONS

Trim page: 191 x 134mm/5 1/4 x 7 1/2 in

Format/Binding style: Hardback

Extent: 80 pages

Word count: 20,000

Illustrations: 4 colour illustrations throughout

DESCRIPTION

Having to make small-talk with strangers, awkward blind dates, excruciating business meetings, helping someone move house, having to travel hundreds of miles to a boring family gathering... Sometimes there are things you would just rather not do. But don't worry, help is at hand. Escape from all sorts of sticky situations with exit strategies organized by various socially agonizing circumstances. Start by avoiding awkward public encounters, work your way through romantic escapades, then make your great escape from those excruciating social, work and family occasions.

Whether you are looking for an excuse or an escape, *Exit Strategies* provides the answers to all manner of social nightmares without the embarrassment or the awkwardness that so often makes us want to head for the hills. This is the ultimate social insurance policy and the one thing you cannot afford to avoid

ABOUT THE AUTHOR

David Jacobson is a San Francisco-based humorist and journalist. He has co-written *Esquire's* "Dubious Achievement Awards". He has been a consulting editor to *Maxim* magazine, a contributing editor to *Details*. He has also written for *Life*, *Salon*, *Health*, *WebMD*, *Cosmopolitan*, *Men's Health*, *Money* and others.

SALES POINTS

- Funny but fantastically useful advice on avoiding awkward situations and escaping if you fall into them
- Expert advice and killer lines offer entertaining but essential guidelines to get you through life's most difficult situations
- Sorted into 'Plan A' for saying "no" as early as possible, and "Plan B" for when you have to escape a circumstance you are already in
- Illustrations by Ilya Milstein

*alternative cover and title (2C edition)



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