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ASTER^{*}

SOLO

A True Story of Spirit, Adventure and the Life-changing Power of Running Alone

by Jenny Tough

'Jenny Tough writes with the same talent, imagination, and sheer courage that she displays in her athletic endeavours. This book will broaden the horizons of all who venture between its covers.'

- Emily Chappell, author of *Where There's a Will*

'I love that SOLO is part-self help and part adventure story. Jenny shows us all that the journey to self-belief comes with just as many ups and downs as the mountains she traverses and that, with a little trust in ourselves (and a few good cups of coffee) the next seemingly insurmountable pass is never beyond our reach.' - Anna McNuff, author of *Bedtime Adventure Stories for Grown Ups*

Jenny Tough is an endurance athlete who's best known for running and cycling in some of world's most challenging events - achieving accolades that are an inspiration to outdoor adventurers everywhere. But *SOLO* tells the story of a much more personal project: Jenny's quest to come to terms with feelings and emotions that were holding her back. Like runners at any level, she knew already that running made her feel better, and like so many of us, she knew that completing goals independently was empowering, too. So she set herself an audacious objective: to run - solo, unsupported, on her own - across mountain ranges on six continents, starting with one of the most remote locations on Earth in Kyrgyzstan.

SOLO chronicles Jenny's journey every step of the way across the Tien Shan (Asia), the High Atlas (Africa), the Bolivian Andes (South America), the Southern Alps (Oceania), the Canadian Rockies (North America) and the Transylvanian Alps (Europe), as she learns lessons in self-esteem, resilience, bravery and so much more. What Jenny's story tells us most of all is that setting out to do things solo - whether the ambitious or the everyday - can be invigorating, encouraging and joyful. And her call to action to find strength, confidence and self-belief in everything we do will inspire and motivate.

About the Author:

Jenny Tough is an adventure traveller originally from Canada. She enjoys writing about her solo mountain expeditions and tales of world travel as a solo female. Jenny has been featured by *National Geographic*, *BBC Scotland*, *Women's Running*, *The Great Outdoors* and more. In 2020 she edited *Tough Women Adventure Stories*, published by Summersdale. When she is not exploring the mountains of the world, she lives in Scotland, and occasionally wherever she parks her adventure van.

[Instagram.com/jennytough](https://www.instagram.com/jennytough) // [Twitter.com/jennytough](https://twitter.com/jennytough) // [Facebook.com/jenniferjtough](https://www.facebook.com/jenniferjtough)

[Youtube: Jenny Tough](https://www.youtube.com/channel/UCjennytough)

Octopus publication: January 2023, B Format, Paperback, 384 pages, 110,416 words, £9.99

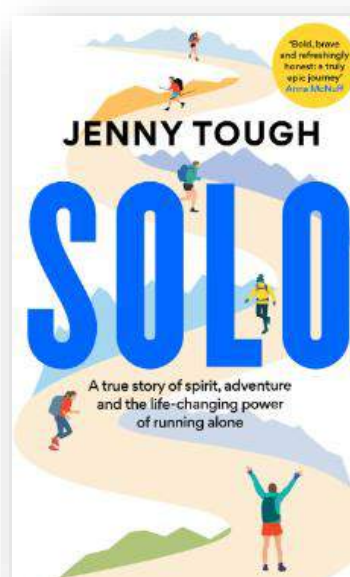
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Rights: World, All languages

Finished copies available.



How to Overcome Trauma and Find Yourself Again

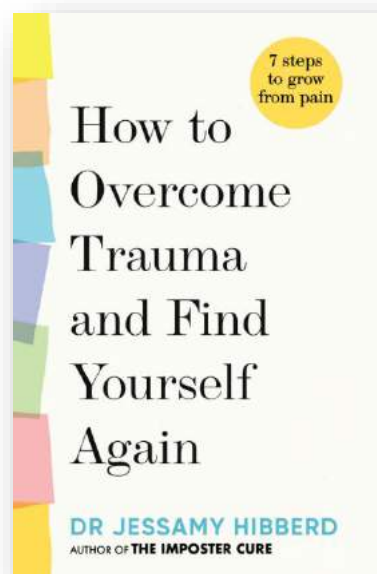
7 Steps to Grow from Pain

By Dr Jessamy Hibberd

Free yourself from pain, understand your trauma and find inner peace in this life-changing guide, from the author of *The Imposter Cure*

So many of us experience trauma throughout our lives. Left unaddressed, it can have a long-term impact on our physical, mental and emotional health, restricting our personal growth and leaving us feeling empty and unwell.

In this book, Dr Jessamy Hibberd unriddles the effects of trauma. Using a combination of psychology, neuroscience and her own experiences as a chartered psychologist treating people with trauma, Dr Hibberd unpacks a tough subject and opens up the space for self-healing. This book centres on the concept of 'post-traumatic growth', a term used to describe the remarkable way that painful experiences can lead to a valuable reassessment of life and a renewed discovery of meaning.



Through her revolutionary, seven-step programme, readers will learn how to process past events and move forward with a deeper level of self-awareness, a greater sense of purpose, and a renewed self-acceptance. Grounded in research and brought to life with real stories, *How to Overcome Trauma and Find Yourself Again* will give you the tools to move beyond the hurt and lead a more fulfilling, joyful life.

About the Author:

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip, PgCert) is a highly respected chartered clinical psychologist, author and commentator. She gained her Doctorate in Clinical Psychology at Royal Holloway, University of London, and completed her accreditation in CBT at the world-renowned Institute of Psychology, Kings College. Jessamy is also accredited in schema therapy and most recently completed a post-graduate certificate at The Tavistock and Portman in Child, adolescent and family mental wellbeing. She is registered with the Health Professions Council and is a member of the British Psychological Society (BPS); the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Dr Jessamy has over 15 years experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring. Her TedX talk 'Adventure of a Lifetime', where Dr Jessamy highlights three simple changes anyone can make to feel happier and live a more fulfilling daily life, has been watched by thousands.

Drjessamy.com

[Instagram.com/drjessamy](https://www.instagram.com/drjessamy)

Octopus publication: May 2023, Trade Paperback, Demy format, 204 pages, 93,926 words, £16.99

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Rights: World, All languages

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The Imposter Cure

Beat Insecurities and Gain Self-Belief

By Dr Jessamy Hibberd

A NEWLY UPDATED EDITION FOR 2024

You've definitely heard of it, you've almost certainly felt it and it's actively stopping you from being your best self. In a new book on imposter syndrome Dr Jessamy Hibberd provides a definitive guide to understanding and tackling the psychological mind trap. - *The Sunday Times*

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do.

Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.

Praise for *The Imposter Cure*:

'If you suffer from imposter syndrome, this is definitely a must-read!' - Goodreads reviewer
'I have suffered with imposter syndrome my entire life [...] In the few days I have been reading this book I have done an almost complete 180.' - Goodreads reviewer

'Dr Jessamy writes in a clear and accessible way and includes lots of practical solutions for overcoming the imposter thoughts.' - Goodreads reviewer

About the Author:

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip, PgCert) is a highly respected chartered clinical psychologist, author and commentator. She gained her Doctorate in Clinical Psychology at Royal Holloway, University of London, and completed her accreditation in CBT at the world-renowned Institute of Psychology, Kings College. Jessamy is also accredited in schema therapy and most recently completed a post-graduate certificate at The Tavistock and Portman in Child, adolescent and family mental wellbeing. She is registered with the Health Professions Council and is a member of the British Psychological Society (BPS); the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Dr Jessamy has over 15 years experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring. Her TedX talk 'Adventure of a Lifetime', where Dr Jessamy highlights three simple changes anyone can make to feel happier and live a more fulfilling daily life, has been watched by thousands.

Drjessamy.com

[Instagram.com/drjessamy](https://www.instagram.com/drjessamy)

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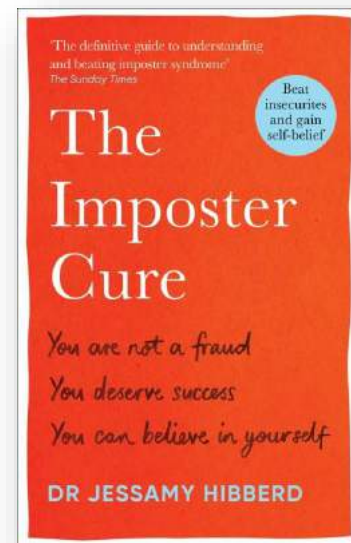
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Rights bought from: Jane Graham-Maw at Graham Maw Christie Literary Agency

Rights: World, All languages

Finished hardback copies available; paperback copies available from January 2024.



Fear Less Live More

How to Overcome Fear, Build Resilience and Achieve Anything

By Aimee Fuller

'Full of wisdom' - Dr Xand van Tulleken

'Real, raw, relatable' - Wayne Bridge

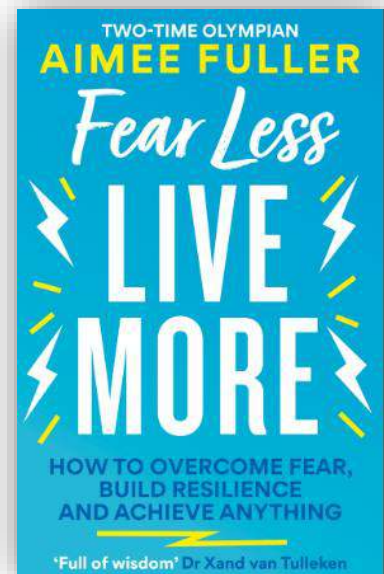
'A must-read' - Jade Jones OBE

Harness your fears and supercharge your life with this inspirational guide from two-time snowboarding Olympian, Aimee Fuller.

For many of us, fear is something best avoided. But as professional snowboarder Aimee Fuller knows well, fear can also be a catalyst for growth - and the true magic happens when you take your fear and turn it into fire.

In this bright and insightful book, Aimee draws from her personal experience to show you how to get to know fear without letting it hold you back, how to learn from failure, and help you reframe fear as your most powerful ally.

Brave, honest and inspiring, *Fear Less Live More* will help you overcome fear and find what drives you - so you can start living life with purpose, maintain that focus, and enjoy the ride.



About the Author

Aimee Fuller is a two-time Olympian, broadcaster, and sport and media personality. She is a qualified yoga instructor and loves to share her passion for movement. As a professional snowboarder, Aimee made history as the first woman to land a double backflip in competition at the X Games. She took part in two Winter Olympics for Team GB and, in 2017, ranked third in the world in the Big Air World Cup rankings. She is now a member of the British Olympic Association (BOA) Athletes' Commission. Aimee hosts regular features on BBC One's *Ski Sunday* and presents live TV events across sport for Red Bull TV and the Olympic Channel. In her weekly podcast, *Monday Mile with Aimee Fuller*, she invites celebrity guests excelling in their field to share their secrets to Monday motivation. In collaboration with BBC Sounds, Aimee presented *The Olympic Mile*, a podcast series featuring some of Team GB's finest athletes as they discuss their training plans, mindset, Olympic goals and much more. Her first book, *Fear Less, Live More*, published in February 2022.

Aimeefuller.co.uk

[Instagram.com/Aimee_Fuller](https://www.instagram.com/Aimee_Fuller)

[Twitter.com/Aimee_Fuller](https://twitter.com/Aimee_Fuller)

[Facebook.com/AimeeFullerSnow](https://www.facebook.com/AimeeFullerSnow)

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Rights: World, All languages

Finished copies available.

C CASSELL

Narcoball

Love, Death and Football in Escobar's Colombia

By David Arrowsmith

A detailed and eyewitness account into the chaotic period of Colombian football where cartels dictated results and players and referees died for drug lords' sporting obsessions.

Pablo Escobar had one obsession. Not drugs, not money, not power... football.

Narcoball uncovers the incredible story of Colombian football during the early 1990s - shaped by drug lords, rivalries, and ambition. With untold insights from the players and politicians, it uncovers a football empire backed by cartels - where victory was a currency of its own, and defeat, a matter of life and death.

This is a different story of Pablo Escobar and his rivale. A tale of clandestine deals that reshaped Medellin's football clubs, where fortunes were won and lost. It unveils the extraordinary bonds that Escobar forged with football's luminaries and why his influence reached unprecedented heights, leading to the astonishing 5-0 victory over Argentina in Buenos Aires, the assassination of referees, and the ruthless coercion of officials culminating in the murder of Andres Escobar, the Colombian defender who paid the ultimate price for an own goal in the 1994 World Cup. It is also an examination of a people's relationship with both the sport and the nefarious leaders that brought both pride and terror to their communities.

Set against the War on Drugs, international threats, and government clampdowns, this is a gripping exploration of Colombian club football under Escobar's rise and fall.

Author biography

David Arrowsmith was the Director of Development at leading UK factual TV producer Zig Zag Productions. He has worked in television for over 20 years - developing unscripted ideas and acting as Executive Producer on key projects for companies such as October Films, DSP, Channel 5, Granada Television, and the BBC. He is passionate about history, and just some of his key commissions include '1966: Who Stole the World Cup?', 'Britain's Bloodiest Dynasty', '8 Days That Made Rome', and 'Adolf & Eva: Love & War'. He was also involved in the development of the award-winning, Nobel Peace Prize-nominated documentary 'Sri Lanka's Killing Fields'.

David was born and raised in London but is proudly half-Colombian. In fact, he is the great-grandson of a former president and directly descended from four more. He has played football for over 35 years and has no plans to stop just yet.

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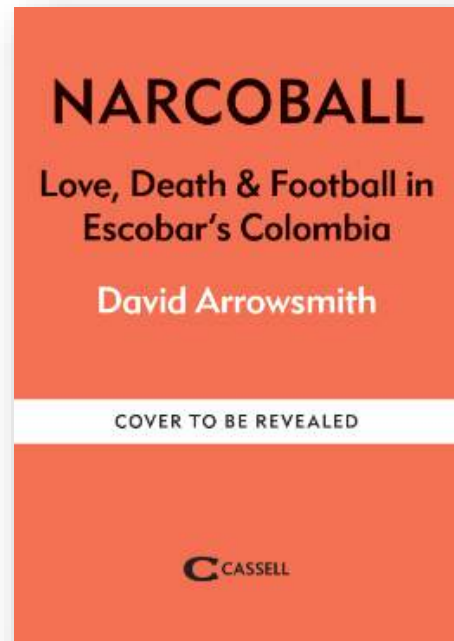
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Commissioning editor: Trevor Davies

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Rights: World, All Languages

Manuscript available in April



Could You Survive Midsomer?

An official *Midsomer Murders* interactive novel.

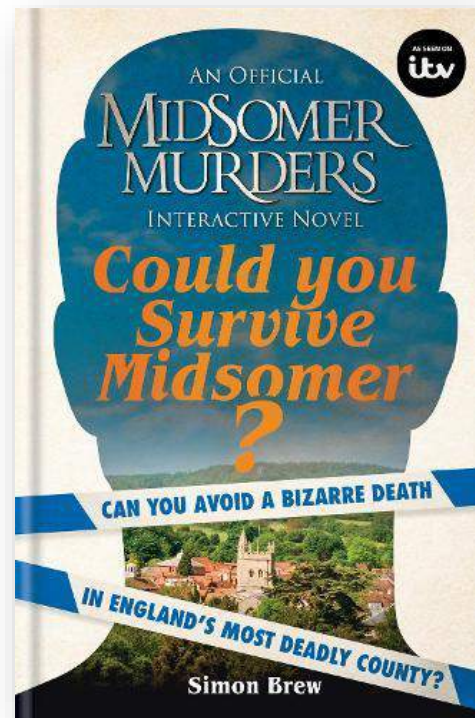
By Simon Brew

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit, choose your own path and decide which way the story goes.

Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer? Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

An official Midsomer Murders Interactive novel **set in ITV's most celebrated and murderous county.**



About the author:

Simon Brew is the former editor and founder of Den of Geek - the popular culture news and reviews website. He is the author of three books including Movie Geek, TV Geek and The Secret Life of the Movies. Simon is also the founder of the magazine and podcast Film Stories.

Octopus publication: May 2024, B format, Paperback, 304 pages, 80,000 words, £10.99

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Commissioning editor: Trevor Davies

Rights bought from: All3Media International

Rights: World, All Languages

Manuscript available in January.

Arsène Who?

The Story of Wenger's 1998 Double

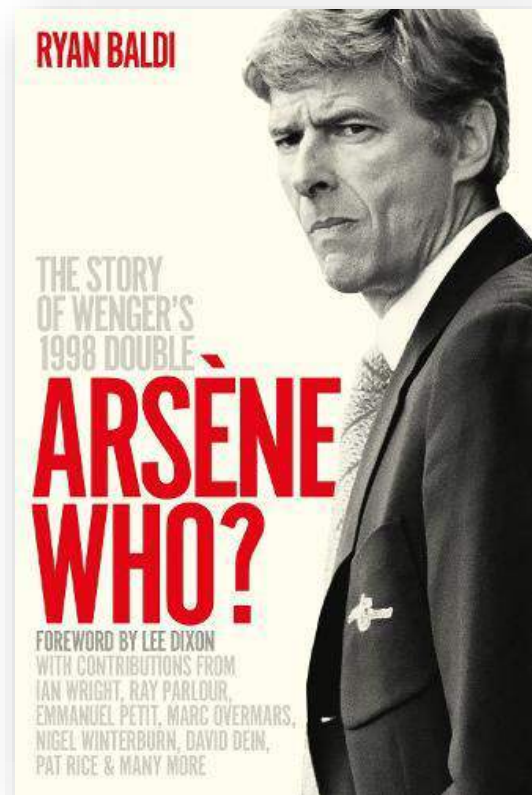
By Ryan Baldi

An exhaustive look at Arsène Wenger's revolutionary management of Arsenal F.C., which changed the face of English football, told through the anecdotes of those who played for him, worked with him, or competed against his teams.

Nobody had heard of Arsène Wenger when he took charge of Arsenal in October 1996. 'Arsène Who?' was the headline. Yet within less than two full seasons, he transformed an underperforming side into league and FA Cup winners, in the process playing with breath-taking style, sparking an epoch-defining rivalry with Alex Ferguson and Manchester United and modernising football in England with his ground-breaking methods.

Built around over 150 exclusive interviews with key players, coaches, staff and opponents, and rich in behind-the-scenes stories, personal accounts of triumph, tragedy, hilarity and heartbreak, *Arsène Who?* relives Arsenal's rocky road to the 1998 Double and the inception of the Wenger revolution.

It is a portrait of a collection of troubled and ageing stars who bonded with foreign newcomers to achieve immortality. It is a snapshot of a shifting cultural and sporting landscape epitomised by the Gunners' rise. And it is the tale of an unheralded mastermind who guided his team to new heights.



***Arsène Who?* is the inside story of how Wenger took Arsenal to the top of English football and changed the game forever.**

Octopus publication: October 2023, Royal format, Hardback, 304 pages, 89,540 words, £22.00

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Commissioning editor: Trevor Davies

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Rights: World, All Languages

Finished copies available.

Fix Your Dog in Three Easy Steps

Be Your Own Dog Behaviourist

By Leon Towers

Celebrity dog behaviourist Leon Towers gives owners a plan for training out any canine challenging behaviour in three easy steps.

Fix any problem and become your own dog behaviourist in three easy steps.

Does your dog have a rogue recall? Is your garden a canine race track? Are you fed up with your pup barking every time you open the door?

By looking at three things: environment, family group, and enforced habits, qualified dog behaviourist and nutritionist, Leon Towers, promises to transform any challenging canine behaviour - from biting to barking, and aggression to separation anxiety.

Drawing on science-backed strategies and decades of experience, Leon's approach has improved the lives of over 10,000 dogs so far. In this stress-free guide, he puts himself in your living room, and offers readers a personalised, easy-to-follow training plan, covering diet, exercise, mental stimulation, and more.

Including real-life case studies, a breakdown of all the theory, and a treasure trove of handy dos and don'ts, you'll not only shape up your four-legged friend, but also, sustain lasting, life-long results. Grab some treats, a squeaker, and a long (ish) lead, and let Leon turn you into the ultimate dog behaviourist, right from the comfort of your own den!

About the author

Leon Towers is a qualified dog behaviourist, nutritionist, and hydrotherapist who has spent the last 12 years improving the lives of over 13,500 dogs. He reported on Crufts in 2019 and is the host for Channel 4's hit shows 'Embarrassing Pets' and 'My Gay Dog'. 'Meet the PAW-rents: Celebrities and Their Dogs' is his latest project with Channel 5.

Octopus publication: July 2024, Royal format, Hardback, 256 pages, 65,000 words, £14.99

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Rights: World, All Languages

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Night Sky

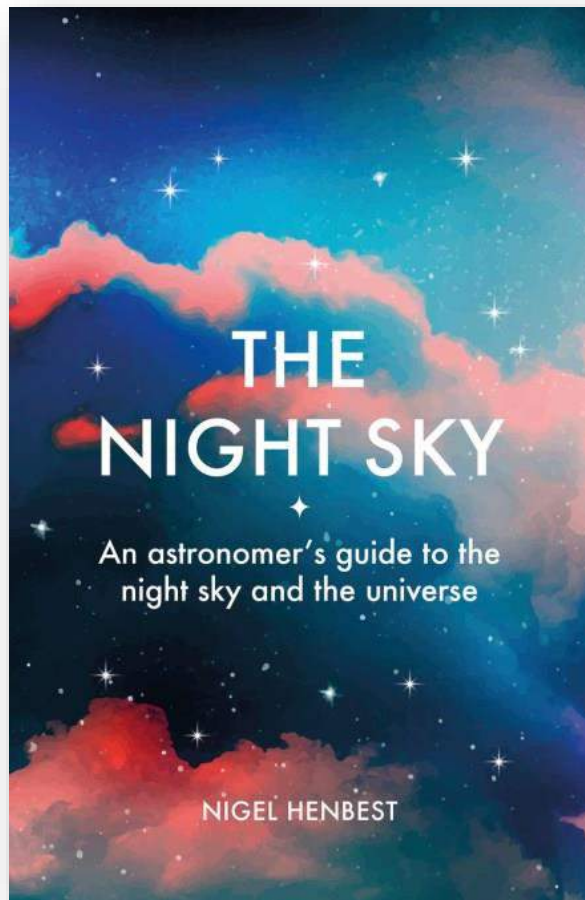
An Astronomer's Guide to the Night Sky and the Universe

By Heather Couper and Nigel Henbest

A comprehensive and definitive guide to the wonders of the night sky and the universe.

Discover the wonders of the Universe with this indispensable guide. *The Night Sky* is chock full of information explaining what, when and how to observe space and understanding the night sky.

Not only accessible, but also invaluable, this is the perfect practical guide for both budding and seasoned astronomers, an easy introduction to astronomy and a useful resource for more experienced stargazers.



About the Authors:

Nigel Henbest

Nigel Henbest is a future astronaut with Virgin Galactic and has written over fifty books on astronomy and space, including the bestselling *Stargazing* series.

Octopus publication: September 2023, B format, Hardback, 224 pages, 57,971 words, £12.99

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Commissioning editor: Lucy Pessell

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Rights: World, All Languages

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The Accidental Detectorist

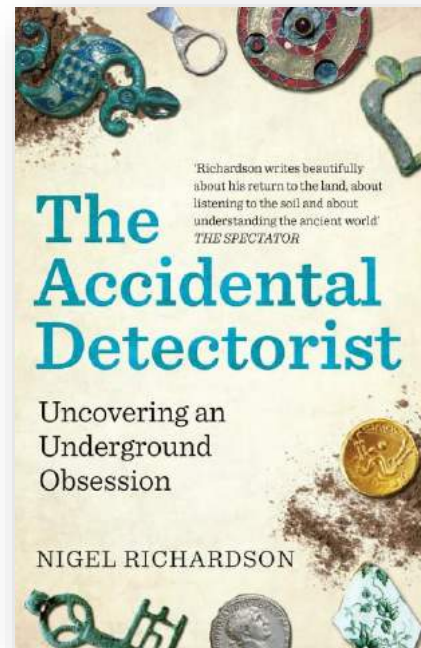
The Adventures of a Reluctant Metal Detectorist

By Nigel Richardson

Each new field is hope, each old one reality.

When a travel writer is stuck on home soil in the middle of a pandemic, he meets Kris Rodgers, one of Britain's eminent metal detectorists. Dipping a toe in the hobby, Nigel quickly finds himself swept up in the world beneath the surface. Above the ground are a cast of fascinating and passionate people who open Nigel's eyes to a subterranean world of treasure and stories that bring the history of the island to life.

Scouring the country from Cornwall to Scotland in search of treasure and the best detectorists, Nigel finds himself more immersed in the culture than he bargained for and makes his own personal journey from cynicism to obsession in his trail through the heartlands of metal detecting. From women's groups who react against the hobby's male bias, to the 'Nighthawks' who risk jail-time in their pursuits, he finds his preconceptions disabused and gets to the heart of what makes this quiet community so obsessed with happy beeps.



About the Author:

Nigel Richardson is a British journalist and author of five previous books who has worked at the top level for more than 25 years (13 of them on the staff of the *Daily Telegraph* in London). He writes about history, archaeology, landscapes, culture, and wildlife conservation and has won numerous awards and commendations (UK Travel Journalist of the Year, *Sunday Times* Children's Book of the Week, BBC Radio 4 Pick of the Week etc). Previous books include the travelogues *Breakfast in Brighton: Adventures on the Edge of Britain* and (with the actor Richard Wilson) *Britain's Best Drives: Journeys Back to the Golden Age of Motoring*.

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Being Your Cat

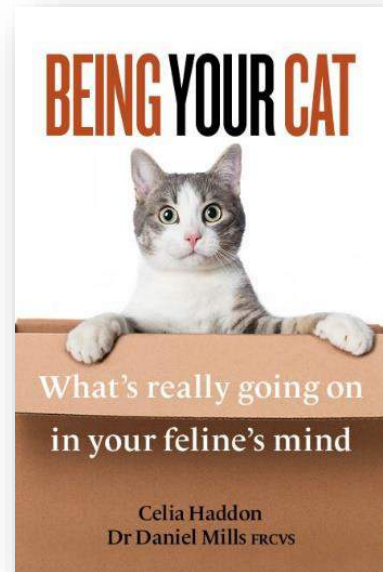
Inside Your Feline's Mind

By Celia Haddon with Dr Daniel Mills FRCVS

Ever wondered why your cat won't sit on your lap? Why she would suddenly watch the football on television, how she sees the world and what she thinks of you and your family? Prepare to enter the mind of your cat and revolutionise the way you see the world and your enigmatic pet.

Bestselling cat author Celia Haddon and veterinary expert Dr Daniel Mills take you into the mind of your feline and, drawing on the latest scientific research, describe how your cat experiences the world. This is a unique book drawing on a wealth of veterinary science and studies, which relays those findings in a way that will amuse and delight owners. By placing you in the mind of your cat you will know what it's like physically, empirically, psychologically and emotionally to be your cat.

Being Your Cat will fascinate and surprise those who wish to know the secret world of cats and reveals how their experiences don't always stray far from our own.



About the Authors:

Celia Haddon was the Daily Telegraph pet agony aunt whose knowledgeable, yet sentimental column delighted cat lovers. She has sold somewhere between one to two million books. A cat behaviour practitioner with the Centre of Applied Pet Ethology, she has a B.Sc. in applied animal behaviour.

Professor Daniel Mills is a practising veterinary surgeon and academic at the University of Lincoln who specialises in the management of problem behaviour and the human-animal bond. He runs the podcast *What Makes You Click?*, which features chats with inspirational friends in the field of animal behaviour he has had the benefit of getting to know over the course of his career. He shares his home with his human family and a rescue cat called Mika amongst other animals.

Octopus publication: March 2023, Trade Paperback, Royal format, 256 pages, 77,081 words, £14.99

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Commissioning editor: Trevor Davies

Rights: World, All languages

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Pigcasso

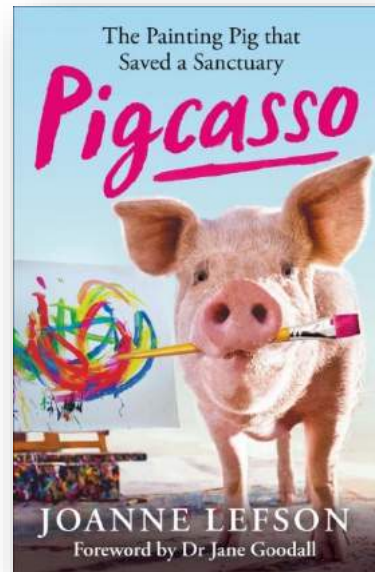
The Million-dollar Pig

By Joanne Lefson

Heart-warming pet narrative that parodies the artworld and makes you smile.

When Joanne Lefson took on a piglet at her animal shelter, the young sow proceeded to eat everything in her stable but a paint brush. In a flash of inspiration, Joanne attempted to introduce the pig to the art of painting - and thus Pigcasso was born.

Starting out with a humble canvas on the sanctuary wall, Pigcasso's paintings are now owned by the likes of George Clooney, she has a Swatch watch design partnership, a wine label, and has eclipsed the previous world record holder for animal art. She's been commissioned by Nissan and has had exhibitions in Cape Town, Munich and Amsterdam. More than that, Pigcasso's art funds the food and veterinary services for all the animals at the sanctuary.



Pigcasso is the story of this unique pig and of the circumstances that brought her and Joanne together to take the art world by storm and form a unique and unbreakable bond.

About the Author:

Joanne Lefson is an animal rights activist and the founder of Oscar's Arc, a dog adoption agency, and Farm Sanctuary SA, a sanctuary for rescued farmed animals - with a painting pig hogging the limelight. Oscar's Arc has saved the lives of thousands of shelter dogs since its inception in 2017 and Pigcasso's Abstract Expressionist masterpieces are sold all over the world and have raised over 3 million rand for the sanctuary.

Lefson's unique collaborations have been featured on ABC, NBC, CBS News, SABC, SKY News, ZDF, CNN and National Geographic as well as *The London Times*, *Sunday Times*, *USA Today* and *Spiegel*. Lefson's goal is to find a unique voice for vulnerable animals within a lost, loud world defined by human disconnect.

WEBSITE: Pigcasso

Octopus publication: August 2023, Hardback, Royal format, 336 pages, 60,583 words, £20.00

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Commissioning editor: Trevor Davies

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Rights bought from: directly from the author

Paperback Publication: August 2024

Finished copies available.

The Colossal Book of Amazing Facts for Curious Minds

5,000 facts - more than any other book on the market - that will astound, amuse, and fascinate you!

A polish bear in World War II rose to the rank of colonel.

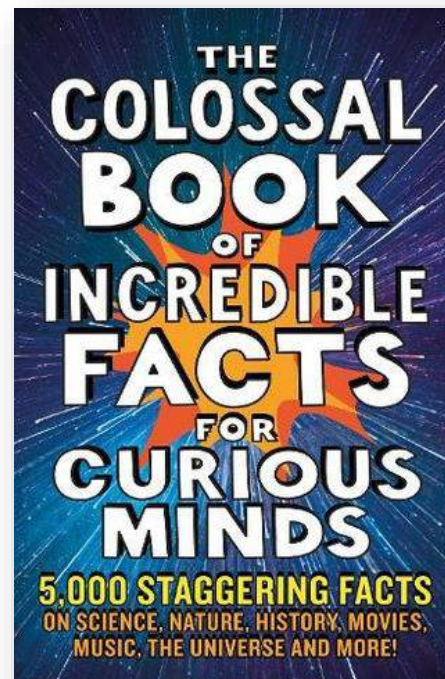
Penguins can't taste fish.

The ashes of the man who invented the pringles container are buried in one.

Houseflies buzz in the key of F.

'hippopotomonstrosesquippedaliophobia' is the fear of long words.

These are just 0.02% of all the facts in this incredible tome! Written by seven authors and covering subjects as diverse as The Universe, Art and Literature, The Natural World and Movies, *The Colossal Book of Incredible Facts for Curious Minds* is the ultimate trivia book! Why not amaze family and friends with the reasons pandas do handstands, the sinister source of the term 'rule of thumb', or that the patent for the fire hydrant was destroyed... in a fire. Every entry is weird, wonderful, inspiring, and quite brilliantly, true!



Octopus publication: September 2023, Paperback, Royal format, 512 pages, 186,542 words, £16.99

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights: World, All languages

Rights bought from: n/a

Paperback Publication: September 2023

Finished copies available.

Opening the Gates of Hell

The Untold Story of Herbert Kenny, the Man who Discovered Bergen-Belsen

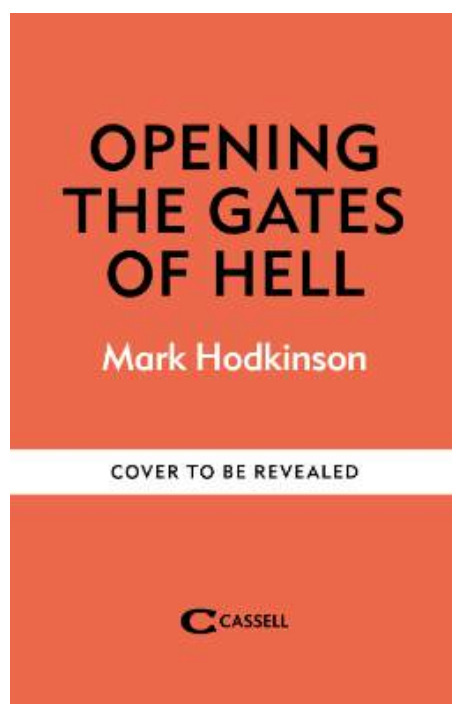
By Mark Hodkinson

Herbert Kenny, an army dispatch rider, was the first ally to push open the gates at Belsen Concentration Camp, in April 1945.

He kept his story from the world until a chance correspondence with a trainee journalist brought it to light. Now, forty years on, that reporter is ready to share Herbert's incredible tale with the world.

With unprecedented access to Herbert's diaries, letters and interviews, Mark Hodkinson brings to life the harrowing conditions of Bergen-Belsen and its eventual liberation. From the events leading up to its gruesome discovery, to the trauma Herbert faced and his abandonment in the aftermath, this is a testament to the power of one person in the face of unimaginable darkness.

This is the tale of an ordinary man thrown into an extraordinary, life-changing situation. How can a person cope when they come face-to-face with history's darkest moment? Herbert Kenny was that man. This is his story.



Octopus publication: August 2024, Hardback, Royal format, 320 pages, 80,000 words, £20.00

Imprint: Cassell

Commissioning editor: Trevor Davies

Rights: World, All languages

Rights bought from: Kevin Pocklington at The North Agency

Manuscript available in February 2024.



Flock Together: Outsiders

Reclaim your Place in Nature

by Ollie Olanipekun & Nadeem Perera

AS SEEN ON BBC ONE'S *THE ONE SHOW*

Brought together by a shared love of birding, Ollie Olanipekun and Nadeem Perera set up Flock Together to challenge the underrepresentation of people of colour in nature. What started as a walk in their local park instantly sparked a global outdoors movement centred on community and activism through nature.

With a vision to change the world from the outside in, *Outsiders* is a memoir and manifesto about the power of nature to heal, inspire and unite us in the face of prejudice and inequity.

Praise for Flock Together

'A powerful meditation on the relationship between race and the natural world in modern Britain'

- **iNews**

'[*Outsiders*] is a bold step in confronting the under-representation of people of colour in the natural world, and helping those marginalised communities to step forward to enjoy and protect it.'

- **BBC Wildlife**

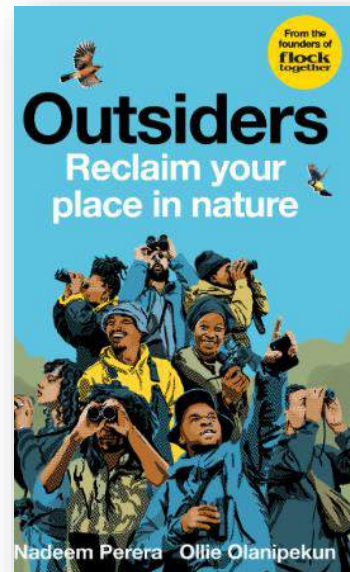
About the Authors:

Nadeem Perera is a sports coach and activist. Also, a self-taught birdwatcher of 13 years, he has acquired expert knowledge of birds, other wildlife and the great outdoors in rural England. He has found ways to connect this experience with communities of all ages through his work in youth football and other sports.

Ollie Olanipekun is a Creative Director based in north-east London. He is the founder of award-winning creative agency Superimpose / Futurimpose and has social responsibility at the core of his work. Empowering individuals and communities throughout his career, Ollie is committed to supporting this audience as well as building smoother pathways into the creative industries for the next generation of 'non-traditional' creatives.

Praise for Flock Together

- 'A birdwatching collective is not only encouraging people of colour to explore green spaces, but also reconcile it with their sense of identity' – **Telegraph**
- '...inspiring young people to discover the wildlife on their doorsteps' - **The Times**
- 'During challenging times, what could be more rewarding?' – **Vogue**



Octopus publication: May 2023, B Format, Trade Paperback, 224 pages, 49,178 words, £10.99

Imprint: Gaia

Commissioning editor: Natalie Bradley

Rights bought from: Rory Clarke at Andrew Nurnberg Associates

Rights: World, All languages

Finished copies available.

I Can Hear the Cuckoo

Life in the Wilds of Wales

By Kiran Sidhu

'A beautiful and poetic meditation on loss, nature, and what matters in life.' - Nigel Warburton

From the award-winning writer of *The New Yorker* short film, *Heart Valley*

Kiran Sidhu never thought she could leave London, but when her mother passes away, she knows she has to walk out of her old life and leave her toxic family behind. She chooses fresh air, an auditorium of silence and the purity of the natural world - and soon arrives in Cellan, a small, remote village nestled in the Welsh valleys.

At first, the barrenness and isolation is strange. But as the months wear on, Kiran starts to connect with the close-knit community she finds there; her neighbour Sarah, who shows her how to sledge when the winter snow arrives; Jane, a 70-year-old woman who lives at the top of a mountain with three dogs and four alpacas; and Wilf, the farmer who eats the same supper every day, and teaches Kiran that the cuckoo arrives in April and leaves in July.

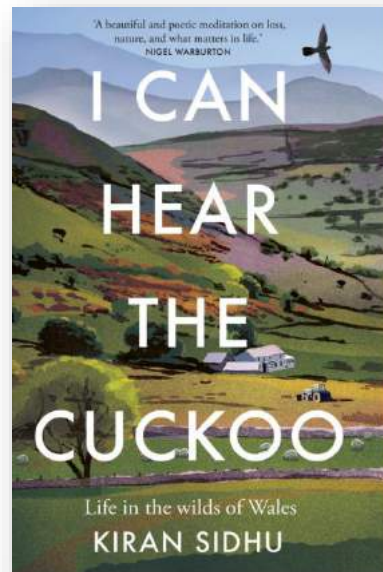
Tender, philosophical and moving, *I Can Hear the Cuckoo* is a story about redefining family, about rebirth and renewal, and respecting the rhythm and timing of the earth. It's a book about moving through grief and the people we find in the midst of our sadness - and what this small community in the Welsh countryside can teach us about life.

About the Author:

Kiran Sidhu is a freelance journalist and has written features, lifestyle and opinion pieces for *The Guardian*, *Observer*, *Telegraph*, *The i Paper*, *The Independent*, *Metro*, *Woman* magazine, *Woman's Own* and *Breathe* magazine. Her article about her farmer friend Wilf was the 13th most read article in *The Guardian* in 2021, and was made into a short film *Heart Valley*, directed by Christian Cargill and produced by Pulse Films. She lives in the Welsh Valley with her husband.

Kiransidhu.co.uk/

[Twitter.com/KiranSidhu41](https://twitter.com/KiranSidhu41)



Octopus publication: May 2023, Hardback, Demy format, 320 pages, 73,048 words, £16.99

Imprint: Gaia

Commissioning editor: Jessica Lacey

Rights bought from: David Godwin at David Godwin Associates

Rights: World, All languages

Paperback Publication: April 2024

Finished copies available.

Be a Birder

The Joy of Birdwatching and How to Get Started

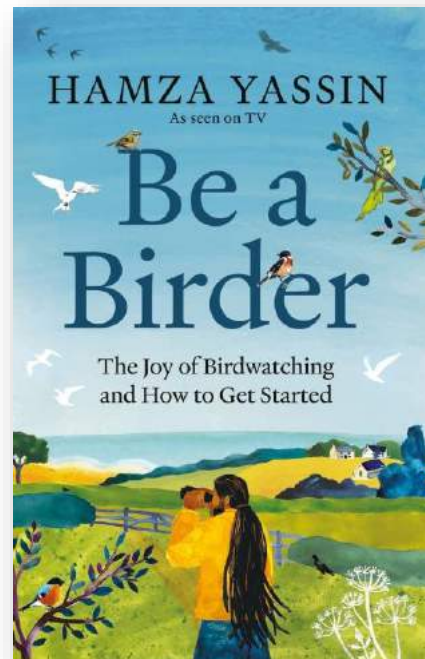
By Hamza Yassin

Discover the wonderful world of birdwatching with wildlife presenter Hamza Yassin - as seen on BBC One's *Strictly Come Dancing*.

Journey along with Hamza as he recounts stories of his birdwatching adventures and shares tips and tricks in this beautifully illustrated guide for beginning birders. With practical advice and personal anecdotes, you will learn how to get started in birdwatching and hone your identification skills to become an experienced twitcher.

Whether you need a companion on your next expedition or simply wish to dip in and out as you learn more, *Be a Birder* is fit for every purpose, and encourages us all to discover the joy of birdwatching. Inside you will learn how to quickly identify birds, what different bird behaviour means, the most useful birding equipment to take and the best places to see the most exciting birds, wherever you are.

Whether you're spotting common garden birds or hoping to catch sight of the more obscure, *Be a Birder* invites us all to stop, step outside and listen, and open our eyes to the beauty of these incredible creatures. With Hamza as your guide, you will be able to build your birdwatching confidence and push yourself further afield to find new feathered wonders.



About The Author:

Hamza is a Scottish wildlife cameraman and presenter, a skilled ornithologist and the winner of the 2022 season of *Strictly Come Dancing*. Born in Sudan, Hamza Yassin moved to Scotland when he was young. He has a degree in Zoology with Conservation after studying at Bangor University and a Masters in Biological Photography and Imaging from the University of Nottingham. He made his first television appearance on the CBeebies show *Let's Go for a Walk*, in the role of Ranger Hamza, and featured in a book based on the series, which won the Sainsbury's Children's Book Prize for Best Activity Book 2021. Since then, Hamza has appeared on *The One Show*, *Countryfile* and is a presenter on the long running BBC series *Animal Park*. Hamza has also presented his own Channel 4 documentaries, *Scotland: My Life in the Wild* and *Scotland: Escape to the Wilderness*, and was the podcast host of the second series of *Get Birding*.

[Instagram.com/hamzayassin](https://www.instagram.com/hamzayassin)

[Twitter.com/HamzaYassin](https://twitter.com/HamzaYassin)

Octopus publication: September 2023, Hardback, Demy, 256 pages, 57,697 words, £16.99

Imprint: Gaia

Commissioning editor: Jessica Lacey

Rights bought from: Louise Leftwich at DML Talent

Rights: World, All languages

Finished copies available.

The Wit and Wisdom of David Attenborough

A celebration of a national treasure

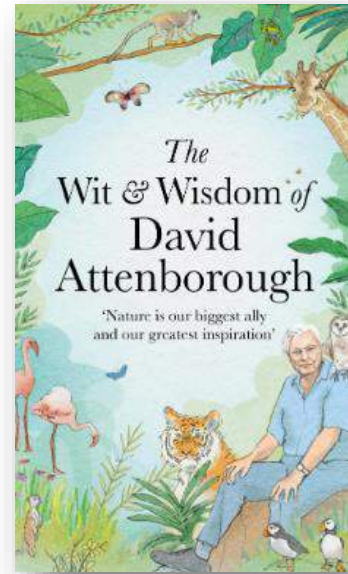
By Chas Newkey-Burden

Hundreds of quotes, stories and facts celebrating our greatest living natural history broadcaster, David Attenborough

A celebratory and often humorous dip-in-and-out collection of quotes, stories and interesting facts about David Attenborough. Such revelations include:

- There are 18 plants and animals named after him
- David Attenborough gifted the world televised snooker
- He's the only winner of a BAFTA in B&W, colour, HD and 3D television
- If he could be any animal, he'd be a sloth

Enormously positive, this brilliant, giftable book will provide a fascinating insight into the life of a national treasure, telling some of his history and ways of acting and thinking through the years, and showcasing his brilliant sense of humour.



About the author

Writer Chas Newkey-Burden is the author of over 30 books including *Great Email Disasters* and a best-selling biography of Amy Winehouse. His magazine work has included interviewing celebrities like David Beckham and Ricky Gervais.

Octopus publication: October 2023, Hardback, A Format, 208 pages, 39,717 words, £12.99

Imprint: Gaia

Commissioning editor: Louisa Johnson

Rights bought from: directly from the author

Rights: World, All languages

Finished copies available from October 2023.

The Hidden Life of Garden Birds

The Unseen Drama Behind Everyday Survival

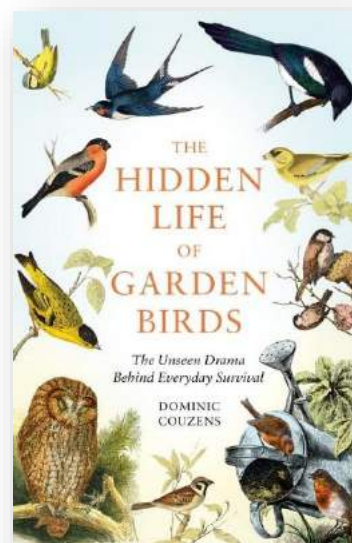
By Dominic Couzens

A glimpse into the secret lives of over 50 garden birds, with beautiful illustrations and intriguing facts.

Did you know that woodpeckers are capable of learning simple codes? Hooded crows can form connections with humans? A jay's call affects the behaviour of surrounding squirrels?

All these fascinating bird activities and more are revealed in *The Hidden Life of Garden Birds*. Unusual feeding behaviour is just the tip of the iceberg. From territorial conflict and strange relationships with man, to breeding and nesting oddities, this book exposes all the drama behind garden birds' everyday survival - making it the perfect gift for birdwatchers.

The Hidden Life of Garden Birds will enlighten you to the secret going-ons of the common creatures you can spot from the comfort of your back doorstep.



About the author

Dominic Couzens is a leading nature writer and lecturer in the UK. He has been writing about wildlife for over 20 years and is the author of several successful books including *The Pocket Guide to Garden Birds*. Dominic has appeared on BBC television and regularly contributes to leading magazines including *BBC Wildlife Magazine* and *Birdwatching* and *Birds*.

birdwords.co.uk

[Twitter.com/dominiccouzens](https://twitter.com/dominiccouzens)

Octopus publication: February 2024, Hardback, B format, 208 pages, 63,451 words, £14.99

Imprint: Gaia

Commissioning editor: Jessica Lacey

Rights bought from: directly from the author

Rights: World, All languages

Manuscript available.

Wild Treasures

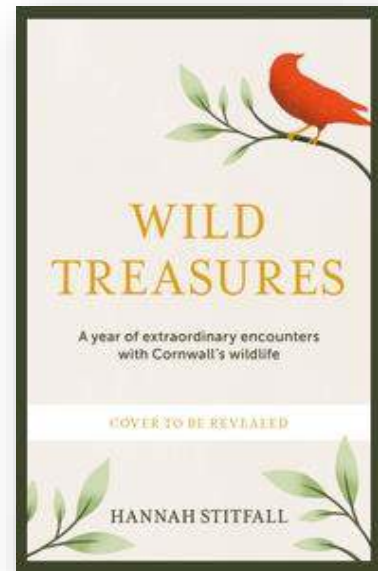
A Year of Extraordinary Encounters with Cornwall's Wildlife

By Hannah Stitfall

Get up close to Cornwall's wildlife with this magical guide to the year

Hannah Stitfall is a wildlife photographer and zoologist, who regularly gets up in the early hours of the morning to try and catch sight of some of Cornwall's best hidden wildlife. She will spend hours on end waiting for a creature to appear among a hedgerow, scurrying across Cornwall's open fields, or taking flight across its towering cliffs and sandy beaches. In these brief, magical moments, Hannah is able to see and capture animal behaviour that the general public rarely get to witness.

In this book, Hannah shares her incredible stories, beautiful photographs, and often funny meetings with Cornwall's wildlife through the course of a year. From brown hares boxing in the grass in the spring, watching an otter cub hunt in the wetlands in winter, to witnessing the unique bioluminescence of a glow-worm in the summer, *Wild Treasures* is a remarkable diary, informative guide and joyous celebration of our nation's wonderful creatures.



About the author

Hannah Stitfall is a zoologist and wildlife producer, presenter and photographer. She's presented on *The One Show*, BBC Earth and Radio 4, and she's a regular digital presenter on the *Winterwatch* and *Springwatch* social channels. Hannah also leads her own seasonal wildlife watching safaris in Cornwall which routinely sell out.

<https://www.hannahstitfall.com/>

[instagram.com/hannahstitfall](https://www.instagram.com/hannahstitfall)

<https://twitter.com/hannahstitfall>

<https://www.facebook.com/hannahstitfallwildlife/>

<https://www.tiktok.com/@hannahstitfall>

Octopus publication: April 2024, Hardback, Demy, 256 pages, 55,000 words, £18.99

Imprint: Gaia

Commissioning editor: Jessica Lacey

Rights bought from: Grainne Montgomery, Siren Talent Management

Rights: World, All languages

Manuscript available.

Bob the Robin

A love letter to Britain's favourite bird

By Tony Putman

The story of an incredible friendship between one man and a wild robin, and a beautiful celebration of the nation's favourite bird

'When a robin appears, a loved one is near'

In 2019, Tony Putman was working as a gardener in Edenbridge, Kent, when he noticed a bold robin sitting on a branch of an old plum tree. The robin glanced in his direction as he approached, but he didn't move, so Tony grabbed his camera and took a photo. This would be the first of hundreds of photos that Tony would take of Bob the robin - and the start of an extraordinary friendship that would last for years.

As Tony shared his pictures on his social media account, Putman and Robin, he witnessed an outpouring of love - not just for Bob, but for robins in Britain everywhere, who populate our gardens with song and movement even on the direst winter days.

In this book, Tony shares his touching journey with Bob, and tells the story of our nation's unwavering affection for these magnificent creatures. This is an informative book about the life of a robin, as well as a beautiful love letter to these spirited and lively birds - who offer us a connection with nature, a moment of contact, and a great source of comfort and joy.

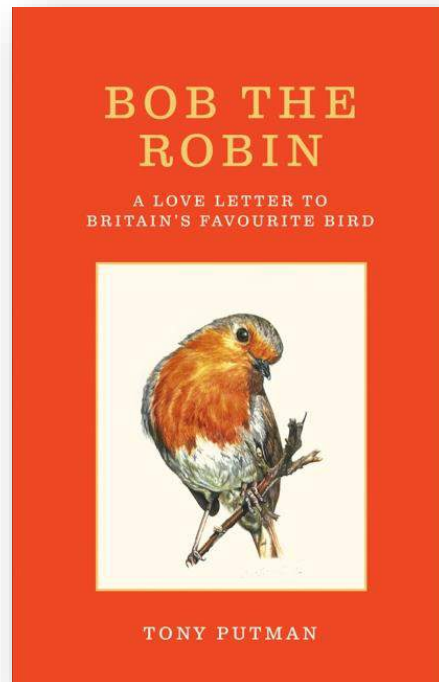
About the author

Tony Putman is a gardener and passionate wildlife photographer who has captivated the world with his enchanting relationship with a Robin and a Fox. Developing a friendship with both that demonstrates beautifully the extraordinary capacity for a connection between wildlife and man, he is captured on film by the BBC in compelling footage, that has drawn comments from admirers all over the world. His story and his work has catapulted Tony to the attention of *BBC Springwatch*, *Fox News USA*, Belgian, Dutch and German television channels.

<https://www.putmanandrobinshop.com/>

https://www.instagram.com/putman_and_robin/

<https://www.facebook.com/putmanandrobin>



Octopus publication: October 2024, Hardback, Demy, 256 pages, 40,000 words, £16.99

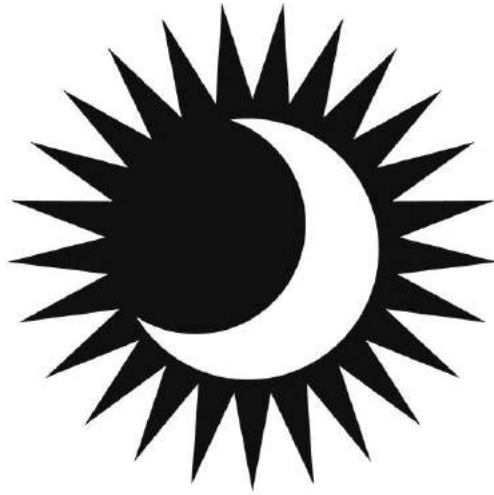
Imprint: Gaia

Commissioning editor: Jessica Lacey

Rights bought from: directly from the author

Rights: World, All languages

Manuscript available from October 2023.



G O D S F I E L D

Manifesting Love & Prosperity

How to Attract the Happiness you Deserve

By Carolyn Boyes

Discover how to use the Law of Attraction - the principle that like attracts like - to shift your thinking and change your reality.

Have you ever wondered what it will take to find someone who really loves you? Or how to remove financial blocks and achieve future success? To manifest, is to create your life as you want it to be, putting your intentions out to the universe and attracting the things you want. *Manifesting Love and Prosperity* explores how to manifest successful relationships and a prosperous life. It will show you effective and easily accomplished rituals - both ancient and contemporary - from money charms and angelic help to setting the right goals and intentions, that will teach you how to identify issues from the past, to heal yourself and move forward.

Featuring case studies that demonstrate how others have manifested love and prosperity in their lives, you'll learn how to use the Law of Attraction to attract the success you deserve for your future self.

Author biography

Carolyn Boyes is an author, coach and speaker with more than 20 years' experience of helping individuals to change their lives. Her expertise is in using simple, practical self-help tools from psychology, business and spiritual traditions as a path to self-development, career success and personal fulfilment. Carolyn has worked with organisations in the UK, Asia, Africa and the Middle East and has written 15 books on subjects including NLP, CBT, communication, finding the perfect career and cosmic ordering.

Octopus publication: January 2023, Paperback, B Format, 224 pages, 76,075 words, £9.99

Imprint: Godsfield

Commissioning editor: Lucy Pessell

Rights bought from: directly from the author

Rights: World, All languages

Finished copies available.



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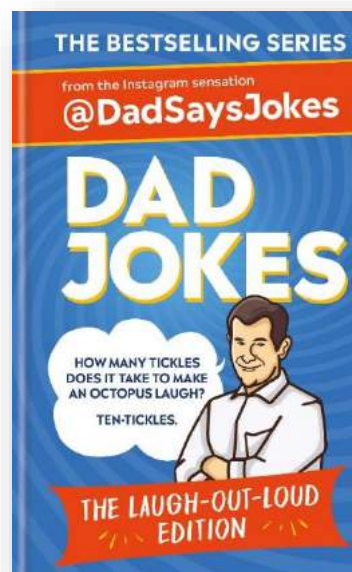
Dad Jokes: The Laugh-out-loud Edition

By @dadsaysjokes

HILARIOUS AND CHUCKLESOME JOKES FROM *THE SUNDAY TIMES* BESTSELLERS @DADSAYSJOKES

The iconic Instagram page @DadSaysJokes returns with a fresh batch of dad jokes to share with your nearest and dearest. With cringeworthy gags for every occasion, *Dad Jokes: The Laugh-out-loud Edition* is the perfect gift for Father's Day, birthdays, Christmastime and beyond.

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with over 6 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Every day, followers submit their jokes and the team picks their favourites - or Dad just drops in his own zinger! Kit, a young social networking influencer, started his career at the tender age of 14 when he created his original platform, Football.Newz. He has since added another fourteen platforms, including @PubityPets and monster meme Instagram page @Pubity with its 31 million followers. This is his sixth book.



Author Biography

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with over 6 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd. [Instagram.com/DadSaysJokes](https://www.instagram.com/DadSaysJokes) // [Twitter.com/DadSaysJokes](https://twitter.com/DadSaysJokes) // [Facebook.com/DadSaysJokes](https://www.facebook.com/DadSaysJokes)

Octopus publication: August 2023, A format, Hardback, 272 pages, 8,226 words, £10.99

Imprint: Cassell

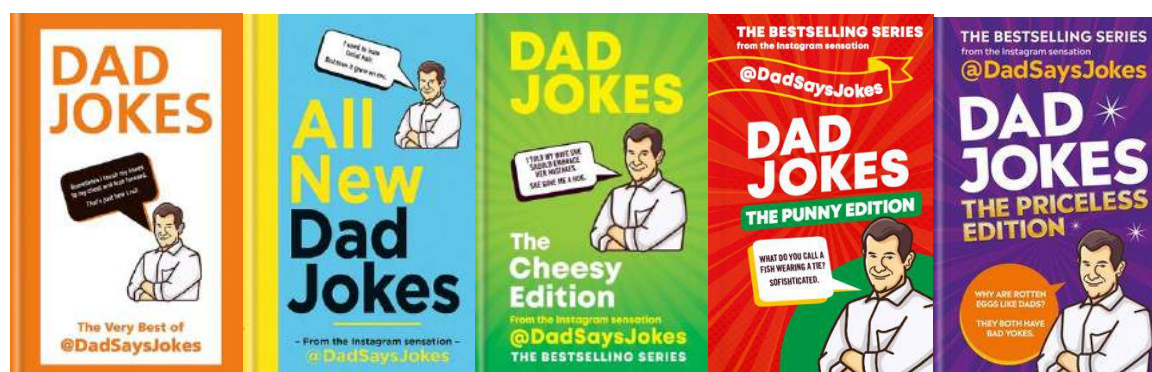
Commissioning editor: Stephanie Jackson

Rights bought from: directly from the author

Rights: World, All Languages

Finished copies available.

Finished copies available of the following editions:



The Money Journal

Plan your Budget and Take Back Control

By Gemma Bird

If you are worried about ever-rising costs and expenses, then this is the journal for you!

Imagine knowing you have all your money problems sorted: budget, bills, Christmas, holidays, the baby fund - you have enough put aside to cover it all. *The Money Journal* goes beyond your typical budget planner. Instead, this journal dives deeper, helping you work out your money mindset and tackle your financial anxiety at its core. Discover bank-boosting tips and learn how to tailor your savings goals to your own lifestyle by formulating a personalised budget plan. With this practical handbook, you can also keep on top of your monthly spending, so you always stay on track. All it takes is a little bit of time every day to build your funds.

Let *The Money Journal* empower you to take back control of your bank balance and achieve your money goals.

Inside this journal you'll find:

- A spender quiz to help you discover your money mindset;
- A guide to setting your savings goals;
- A checklist for getting out of debt;
- A monthly to-do list to help you reach your targets;
- Space for taking notes and reflecting on your progress.

About the Author:

Gemma Bird AKA Money Mum is a hard-working mother of two from Essex. After years of working multiple jobs at once, from picking mushrooms to working as an estate agent, Gemma never earned more than £25k a year and yet managed to pay off her £225k mortgage. To achieve this, Gemma had to come up with some careful and creative methods of saving every penny and consequently the thought occurred to her that others may be interested in this too. Gemma then launched @moneymumofficial on Instagram to help others save cash. She now regularly shares money-saving tips and promotes her 'No Spend Day' and 'Make Money Day' to her loyal followers. As her platform has continued to grow, she has partnered with numerous notable brands like Amazon, Pampers, Tesco and McDonalds. Gemma's first book *Money Mum Official: Save Yourself Happy* published in January 2022 and became a bestseller.

[Instagram.com/moneymumofficial](https://www.instagram.com/moneymumofficial)



Octopus publication: February 2023, Z format, Paperback, 176 pages, 14,077 words, £12.99

Imprint: Hamlyn

Commissioning editor: Natalie Bradley

Rights bought from: Bell Lomax Moreton Ltd

Rights: World, All languages

Finished copies available.

Money Mum Official: Save Yourself Happy

Easy money-saving tips for families on a budget

By Gemma Bird

THE SUNDAY TIMES BESTSELLER

If you're worried about the rising cost of living then INSTAGRAM SENSATION MONEY MUM is here to help you SAVE THOUSANDS WITHOUT EVEN NOTICING.

"Money Mum, here, coming to you, as always, with another money tip! You don't have to be wealthy or earn a huge salary to achieve all the things you want in life - and I'm here to show you how. Just by spending a little less on everyday small costs or being savvy with your choices, you will naturally have a little more for the finer things in life. My exciting new book will show you everything you need to know to save money and be truly happy forever."

From starting small and making little changes to your everyday habits, through building a second income into your lifestyle, to going for the big goals in your life that you might think are out of your reach - this book will help you reboot your finances one money tip at a time.

Inside you'll find:

- Money Mum's ultimate deals and tips, covering everything from shopping and bills to selling unwanted items
- How to follow a weekly 'No Spend Day' and 'Make Money Day'
- What your money mindset does to your anxiety levels and the impact social media has on your spending
- Tips for getting the whole family talking about money from an early age
- Spending tracker templates, charts and plenty of space for your own notes!

Author Biography

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with over 6 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd. [Instagram.com/DadSaysJokes](https://www.instagram.com/DadSaysJokes) // [Twitter.com/DadSaysJokes](https://twitter.com/DadSaysJokes) // [Facebook.com/DadSaysJokes](https://www.facebook.com/DadSaysJokes)

Octopus publication: December 2023, Paperback, B format, 288 pages, 44,604 words, £10.99

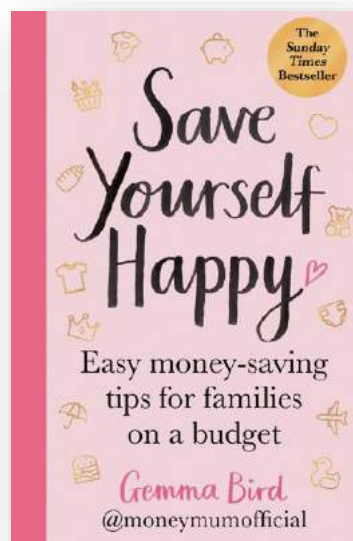
Imprint: Hamlyn

Commissioning editor: Natalie Bradley

Rights bought from: Bell Lomax Moreton Ltd

Rights: World, All Languages

Hardback copies available.



Blind Not Broken

The Debut Book from Disability Activist and TikTok Sensation Lucy Edwards

By Lucy Edwards

Lucy Edwards is a UK-based blind broadcaster, content creator, Pantene Ambassador, and disability activist. At only 17 her world went to black. In an instant Lucy lost her eyesight due to a rare condition called Incontinentia Pigmenti. She had to learn how to navigate her life all over again, the beginning of an extraordinary journey to find self-acceptance and happiness.

Lucy took to the internet and started to upload her experiences. Through sharing her day-to-day routine in her viral 'How does a blind girl?' video series, Lucy's story gripped the nation. She has since become an online phenomenon, accumulating over 1.7 million TikTok followers and 600k YouTube subscribers.

Part memoir and part self-help guide, this book follows Lucy's journey from tragic sight loss to becoming a thriving career woman. Each chapter contains inspirational tips, practical motivation and coping mechanisms which can be applied to people of every ability who are grieving a loss and/or experiencing a sudden change. This book offers a unique take on empowerment, happiness, strength, triumph over adversity and how we view beauty in the world.

Lucy's motto in life is that she is 'blind, not broken'. In these pages, she will help you adopt this same motto by demonstrating how the challenges we face in life need not break us but can instead inspire us to lead full, rich lives.

About the Author:

Lucy Edwards is a UK-based blind broadcaster, content creator and disability activist who is usually accompanied by her cute guide dog Molly. At only 17, Lucy lost her eyesight due to a rare condition called Incontinentia Pigmenti, but her motto in life is that she is 'blind, not broken'. She took to YouTube and TikTok and started to upload her experiences, becoming the first British blind person to pave the way for change across the platforms. Several years later, Lucy is now the first-ever blind content creator to become an Ambassador for Pantene featuring in their TV adverts. Lucy also worked with Pantene closely to ensure all packaging was accessible to the vision-impaired community. Lucy continues to campaign for inclusivity, within the beauty industry and beyond.

[Instagram.com/lucyedwardsofficial](https://www.instagram.com/lucyedwardsofficial)

[Tiktok.com/lucyedwards](https://www.tiktok.com/lucyedwards)

Octopus publication: March 2024, Hardback, Demy format, 288 pages, 53,372 words, £16.99

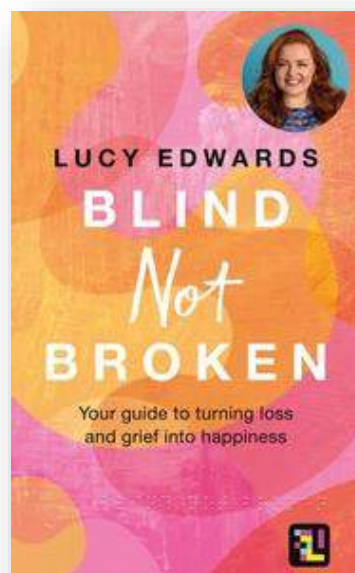
Imprint: Hamlyn

Commissioning editor: Natalie Bradley

Rights: World, All languages

Paperback Publication: March 2025

Proof copies available.



A Recipe for Every Day of the Year

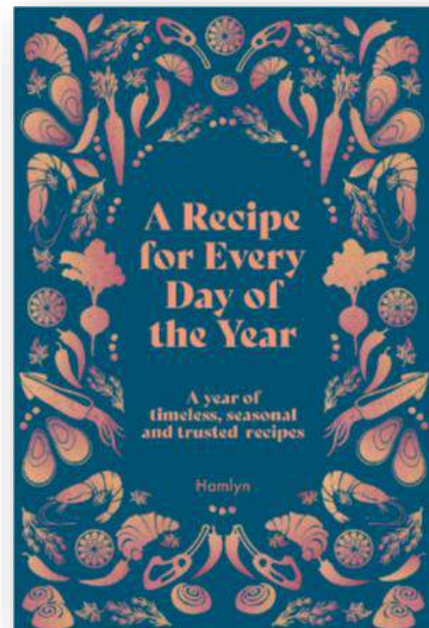
A Year of Timeless, Seasonal and Trusted Recipes

A Recipe for Every Day of the Year is a magnificent collection of recipes compiled to keep the yearlong menu interesting and varied. Reflecting the changing seasons and linking to events on key dates - pumpkin-spiced for Halloween, festive goose for Christmas - these mouth-watering dishes are perfect to share with the ones we love.

This book is a joyful celebration of all our tried-and-true favourite dishes, whether you're craving a hearty breakfast, or you want to tantalize your taste buds with an indulgent dinner.

Dive straight in to discover 365 recipes, with easy-to-follow instructions, covering many sweet and savoury dishes: including stews, casseroles, puddings, cakes, pot roasts, risottos, and puddings.

This warm and soulful book is the perfect gift that will last the whole year, with a little bit of magic to read every day.



Octopus publication: August 2024, Hardback, Royal format, 384 pages, 50,000 words, £20.00

Imprint: Hamlyn

Commissioning editor: Lucy Pessell

Rights bought from: n/a

Rights: World, all languages.

Manuscript available early next year.

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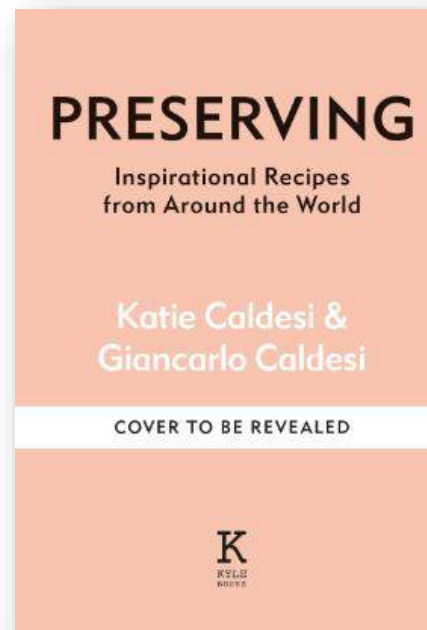
KYLE
BOOKS

The Gentle Art of Preserving

By Katie Caldesi & Giancarlo Caldesi

Covering Italian cured charcuterie inspired by Giancarlo's family recipes, jams and chutneys evoking Katie's memories of cooking with her mother to pickling, fermenting, freezing and pressure canning Katie and Giancarlo combine traditional tried-and-tested methods with a thoroughly modern perspective.

Katie and Giancarlo embarked on a two year-long journey to discover the different methods of conserving food, from smoking fish in Scotland to drying chillies in Sri Lanka, and this book collects their favourite recipes and invaluable advice on equipment, timings and ingredients. Covering Italian cured charcuterie inspired by Giancarlo's family recipes, jams and chutneys evoking Katie's memories of cooking with her mother to pickling, fermenting, freezing and pressure canning they combine traditional tried-and-tested methods with a thoroughly modern perspective.



About the authors:

Katie Caldesi

Katie and Giancarlo Caldesi own London's Caffé Caldesi as well as Caldesi in Campagna in Bray. They co-authored The Gentle Art of Preserving and Around The World in Salads which was nominated for the André Simon Food Book Award and the Guild of Food Writers' Cookbook of the Year award. They have both appeared on Saturday Kitchen. Katie is also the author of The Italian Cookery Course. Giancarlo was diagnosed with type 2 diabetes in 2012. Since then he has lost nearly 4 stone and his diabetes is in remission after adopting a low-carb diet.

Katie Caldesi & Giancarlo Caldesi

Katie and Giancarlo Caldesi own London's Caldesi in Marylebone as well as Caldesi in Campagna in Bray. They have co-authored the bestselling The Diabetes Weight-Loss Cookbook, The Reverse Your Diabetes Cookbook, Around The World in Salads and The Gentle Art of Preserving and have both appeared on Saturday Kitchen. Giancarlo was diagnosed with type 2 diabetes in 2012. Since then he has lost nearly four stone and kept his diabetes in remission by following a low-carb diet, while Katie has lost more than a stone in weight, too.
www.caldesi.com | [@KatieCaldesi](https://www.instagram.com/KatieCaldesi) | [@MrCaldesi](https://www.instagram.com/MrCaldesi)

Octopus Publication: November 2024, Hardback, Royal, 304 pages, 132,000 words, £20.00

Imprint: Kyle Books

Commissioning Editor: Lucy Pessell

Rights bought from: n/a

Rights: World, All languages

Manuscript available.

Dancing on Eggshells

By John Whaite

A fascinating memoir from the *Bake-Off* Winner, *Strictly* Runner Up and popular TV Baker

Well-known as the third-series winner of The Great British Bake Off and runner up of Strictly in 2021 with his same-sex dancing partner Johannes Radebe, John Whaite's personal story is a complicated narrative that embraces coming out on Bake Off, his ongoing body dysmorphia and bulimia as well as mental health challenges and a changing relationship with his mother, particularly after the break-up of his parents' marriage.

Each chapter takes an element of food or culture and loops it back to John's northern upbringing above a fish and chip shop which instilled a strong work ethic, as well as using baking as a form of meditation. He also talks about how gay people in the 1990s had to choreograph their every move depending on the people they were surrounded by to ensure they were protected - the dance on eggshells - and how Strictly changed his life and relationship with his long-term partner, Paul, for the good.

@John_whaite



Octopus Publication: August 2023, Hardback, Royal, 256 pages, 73,260 words, £22.00

Imprint: Kyle Books

Commissioning Editor: Joanna Copestick

Rights bought from: Agency Crown Talent and Media Group

Rights: World, All languages

Finished copies available.

Health Fix

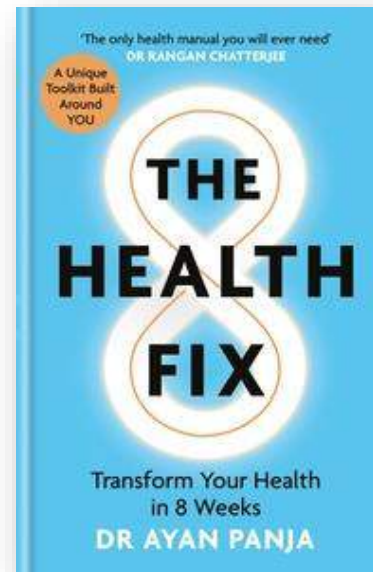
by Dr Ayan Panja

'The only health manual you will ever need' - Dr Rangan Chatterjee

Starting with the experience of his own illness, Dr Ayan Panja, NHS GP and lifestyle medicine expert, brings a unique personalised framework to tailor targeted lifestyle-based interventions to you, with his ground-breaking new book THE HEALTH FIX.

Unlike many approaches to health and wellbeing, THE HEALTH FIX focuses on the 'why' rather than just the 'what' with a toolkit:

- Learn how to elegantly tighten up on the 8 factors which affect your health the most day to day
- Improve your ability to control your habits
- Understand the interplay between your symptoms and your biology
- Experience the subtle power of "how, what and when"
- Generate your own targeted lifestyle prescription
- Apply the 'fixes' that are relevant only to you
- Feel the difference within 8 weeks



With the rising tide of non-communicable disease such as long Covid, type 2 diabetes, cardiovascular disease, gastrointestinal conditions and increasing mental health need, Dr Ayan blends in the science and evidence into eye-opening case studies which demonstrate how the patient story lays everything out. The unique HEALTH FIX toolkit will help you change your health for good by understanding the story of you.

About the Author:

Dr Ayan Panja is a UK-based NHS GP partner with 23 years of clinical experience. As an editorial adviser to NHS Digital and presenter on BBC World News he has been communicating health to the masses for many years. His interest in prevention and wellbeing led him to co-create and run Prescribing Lifestyle Medicine, A Royal College of Practitioners accredited course for health care practitioners. Ayan featured in Pulse magazine's Power 50 in 2020 which lists the UK's most influential GPs. Ayan also hosts a bite-sized podcast called Saving Lives in Slow Motion available free on @audible where you can hear more from him. @Dr_Ayan.

Octopus Publication: January 2023, Hardback, Demy format, 256 pages, 54,405 words, £14.99

Imprint: Kyle Books

Commissioning Editor: Joanna Copestick

Rights bought from: Jon Fowler Media

Rights: World, All languages

Finished copies available.

Sudden Loss Slow Grieving

By Vanessa Moore

'A book that appeals to different audiences. It will reach out to those who have lost loved ones and need the comfort and solace of knowing that they are not alone in their suffering.'

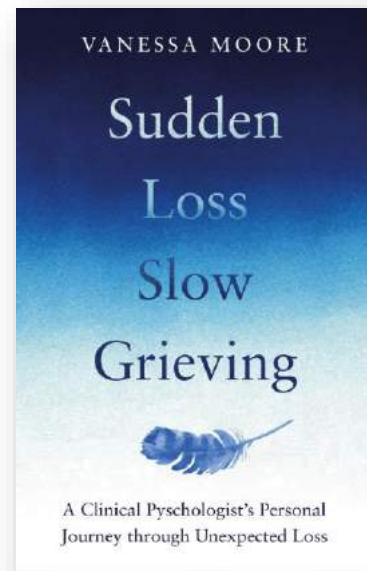
— Luisa Stopa, Professor of Clinical Psychology, University of Southampton

'Dr Moore's 1000-day-plus journey evocatively and beautifully describes the mental devastation that personal loss can leave in its wake and offers us the remarkable combination of expert commentary and an intensely personal captivating narrative.'

- Peter Fonagy OBE, Professor of Contemporary Psychoanalysis and Head of Division of Psychology and Language Sciences, UCL

Vanessa's husband Paul dies suddenly and tragically on their regular Sunday morning swim.

How will she cope with her dilapidated house, her teenage children, the patients who depend on her? Will therapy help? Why do mysterious white feathers start appearing in unexpected places?



As a clinical psychologist, Vanessa Moore is used to providing therapy and guidance for her patients. But as she tries to work out how to survive the trauma that has derailed her life, she begins to understand her profession from the other side. Like her, many of her patients were faced with life events they hadn't been expecting - a child born with a disability or life-limiting illness, a sudden bereavement, divorce, failure - and it is their struggles and stories of resilience and bravery that begin to help her process her own personal loss. Taking us through her journey towards recovery as she navigates the world of dating and tries to seek the right therapy, Vanessa uses her professional skills to explore the many questions posed by unanticipated death and find a way forwards. Beautifully written and honestly relayed, *One Thousand Days and One Cup of Tea* is a heart-breaking grief memoir of the process of healing experienced as both a bereaved wife and clinical psychologist.

"This book is about a period of great loss in my life, a time when the tables were completely turned on me. I was a qualified therapist who suddenly found myself needing psychological therapy. I was a trained researcher who became my own research subject, as I tried to make sense of what was happening to me. I was an experienced manager who now struggled to manage the events taking place in my own life. Yet, throughout all this turmoil, my patients were always there, in the background, reminding me that there are many different ways to deal with loss and trauma and search for a way forwards." - Vanessa Moore

About the Author:

Vanessa Moore is a clinical psychologist. She studied Psychology at the University of Bristol, gained her PhD in Experimental Psychology from University College London and trained as a clinical psychologist at the Institute of Psychiatry. She has had a long career in the NHS working in clinical, teaching, research and senior management roles. She specialised in working with children and families early in her career and she has published extensively in academic journals, mainly in the field of child psychology. She is a specialist magistrate in the family courts and she lives in Hampshire.

Paperback edition of *One Thousand Days and One Cup of Tea*.

Octopus publication: August 2023, Paperback, Format B, 304 pages, 85,600 words, £9.99

Imprint: Kyle Books

Commissioning editor: Joanna Copestick

Rights: World, All languages

Finished copies available.

MITCHELL
BEAZLEY

Destination Fabulous

Finding your way to the best you yet

By Anna Murphy

Fashion Director, The Times

***How to Be A Woman* for grown-up women – offering practical tips and inspirational insights on how to grow old in a positive spirit.**

We live in a society that seems to want us to be afraid of growing older. But imagine if getting older could be the greatest thing that ever happened to you.

At 50, Anna Murphy, Fashion Director at *The Times*, feels more visible than at any point in her life to date. Her new book, *Destination Fabulous*, is the toolkit you need to embrace your age and celebrate the wisdom and inner beauty that comes with it.

How do you lift and smooth your face naturally? Should you go grey, and, if so, how? How do you deal with the menopause? Anna combines her knowledge of conventional approaches with her openness to the alternative ways of thinking found in disciplines like yoga and Chinese medicine. For her natural is always best.

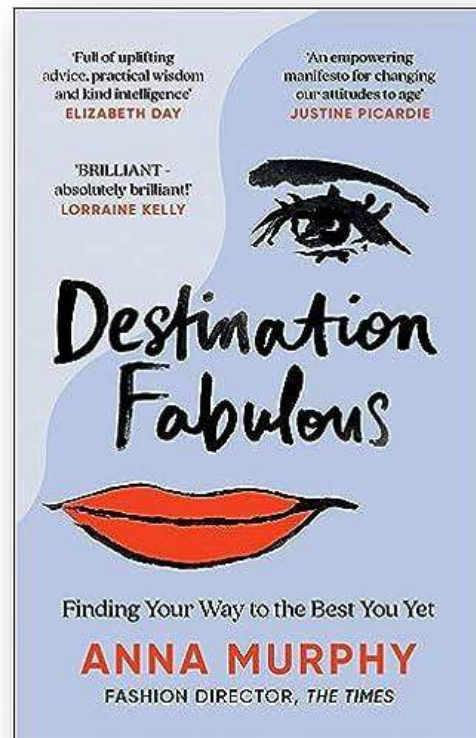
As for fashion, Anna knows better than anyone that this can be the ultimate route into surfacing the true you. She shares all her tricks for finding your way to a wardrobe that will transform not just the way you look but the way you feel. And she shares the highlights of her conversations over the years with super-stylish agers such as Iris Apfel and Miuccia Prada. How have they got it right?

Drawing on the wisdom of writers as diverse as Pema Chodron and Eckhart Tolle, Dorothy Rowe and Osho, Nora Ephron and Mary Oliver, she writes about saying goodbye to what doesn't serve you and welcoming what does; about forging relationships that work for you as well as others; and about finding your purpose, whether in your personal or professional life. Discover how the bumps on her road have helped her find her way to her true path. Her hope is that this book will help you to find yours, too.

About the Author:

Anna Murphy is the Fashion Director of the *Times*, and the author of *How Not To Wear Black* (DK). She was also the founder editor of *Stella* magazine. She has an Instagram following of 31,000. What has always motivated her in her work is to help women, and to bring them joy.

[Times article about Anna Murphy](#)



Publication: March 2024, Paperback, B format, 352 pages, 59,886 words, £10.99

Imprint: Mitchell Beazley

Commissioning Editor: Alison Starling

Rights: World, All languages

Hardback copies available.