

A large, solid blue curved shape that starts from the top left and sweeps across the top and right side of the slide, creating a modern, abstract background.

Quarto

FBF 2025 - China
02_Health & Wellbeing, MBS &
Parenting & Kids Activity

CONTENTS

Mental Wellbeing

Anxiety Relief

Art Therapy

Health

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Home & Lifestyle & Interior Design

Wellbeing

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Beauty

Astrology

Kits & Decks

Magick and Witchcraft

Crystals

Esoteric



Q.

MENTAL WELLBEING

What Your Body Needs You to Know

Get in touch with your
inner wisdom

cover coming soon

NEW

WHAT YOUR BODY NEEDS YOU TO KNOW

- A practical and science-backed guide to understanding what your body is trying to tell you through pain, tension, and subtle signals
- Combines somatic psychology with accessible tools to help you release stored emotions and move through life with more ease and awareness
- Written by psychologist Dr Andrea Traldi, founder of the Institute of Applied Somatics and expert in mind-body healing

Wordcount: approx. 40,000 words

Extent: 208 pages

TPS (h x w): 201 mm x 151 mm

Translation files available: Jun-26

Link to material:

<https://quarto.box.com/s/tjqk1muu5w6s1ekv0zwdx488hu2rqrrr>





HEAL YOUR TRAUMA

- A compassionate, trauma-informed guide to healing childhood wounds and reclaiming a grounded, joyful life
- Combines internal family systems, mindful self-compassion, and practical tools to help soothe the nervous system and rebuild emotional resilience
- Written by psychotherapist Dan Roberts, a certified clinical trauma professional and former health journalist



Heal Your Trauma

How to overcome a painful childhood
to become happy and whole again

DAN ROBERTS



NEW

Wordcount: approx. 65,000 words

Extent: 224 pages

TPS (h x w): 201 mm x 151 mm

Translation files available: Dec-25



6 Embracing Every Part of You

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of someone with severe mental illness, like BPD or schizophrenia. And I knew something about that, long before I became a therapist, as my stepmother was diagnosed with paranoid schizophrenia, after the police kicked down her door and dragged her off to a psychiatric hospital. I'm sure this was horrendous for her, but it was scary and confusing for me too, because I, as a 20-year-old university student, had to collect her from hospital, as my dad was away.

This was all part of the slow-motion car crash of her illness, which at that time involved seeing secret messages in number plates and people's normal, mundane conversations, then self-medicating with alcohol from morning till night, punctuated with frequent explosions at my dad and me. And I'm sure in that hospital some probably well-meaning psychiatrist told her having parts was a sign of serious, unmanageable madness and sent her away with a script for mind-numbing psychiatric medication, which she never took. But, like so many non-trauma-informed psychological theories and treatment models, the advice my stepmother received was unscientific, old-fashioned and plain wrong.

To measure her, I explained to Amrita that we all have parts – it's just the way our brain creates the mind, whether we experience trauma or not. But for someone like her, who was traumatised by her rageaholic father, her mind had to create more parts than usual to help her cope with the daily terror of being in the blast radius of his angry outbursts. This helped her accept the idea and not feel she was weird, or crazy, but just a normal human being whose mind helped her cope with a horrible childhood, as best it could. Here is the parts map we drew together, to help make sense of Amrita's struggles with anxiety and depression, as well as her ways of coping with the pain, day-to-day.

I explained that Little Amrita would be called an exile in IFS, but we normally just refer to her as a young, wounded part. Her Critic is a manager, because it's trying to push her not to use too much, so this led to being shamed and attacked by her dad – remember managers proactively try and head off future pain, like being shamed for her weight by people in her life now, which painfully reminds her of her dad's shaming as a child. She has two firefighters: the Angry Protector, which fought back against dad when she was a teenager and expresses her anger now, with her husband and other drivers when the experiences road rage. And a Soother, which helps numb Little Amrita's painful feelings by over-eating sugary, high-carb comfort food. In other words these parts are all about reacting to painful feelings, which they do effectively – but also unwittingly create all sorts of problems for her, like brawling fights with her husband and type 2 diabetes, which she has developed because of her high sugar intake.

You will also spot another circle in this map, describing Amrita's Self, which is a deep, healing inner resource she (and you) possesses. In the IFS model, Self is sometimes called 'the you who is not a part', or 'who you are deep down'. Dr Schwartz believes we are born with this warm, compassionate, wise Self at our core. In his view we don't need to build it, or learn it, or become skilled in it. He argues that we just need to access it, because trauma blocks access to this inner treasure, so protective walls of parts develop around this core and obscure our vision, so many of us don't even know it's there.



Link to material:

<https://quarto.box.com/s/xl8rygb5fw8lmlpx25lo0um64mdf51pm>



BREAK UP WITH NARCISSISM

- The ultimate guide for readers to reclaim their lives after narcissistic abuse
- Awareness around narcissism is increasing, and more and more people are looking for answers
- Author Dr Alina Kastner is a psychotherapist who holds a PhD from the Freud Institute in Vienna and has published her doctoral dissertation on narcissism academically

"Aenean lacina bibendum nulla sed consectetur, praesent commodo cursus magna, scelerisque consectetur et, maecenas faucibus mollis."
—ENDORSEMENT HERE

The 4 Step
Plan for
Surviving
Narcissistic
Abuse

break up with narcissism

HOW TO BREAK FREE
AND STAY FREE

Dr. Alina Kastner

NEW

Wordcount: approx. 70,000 words

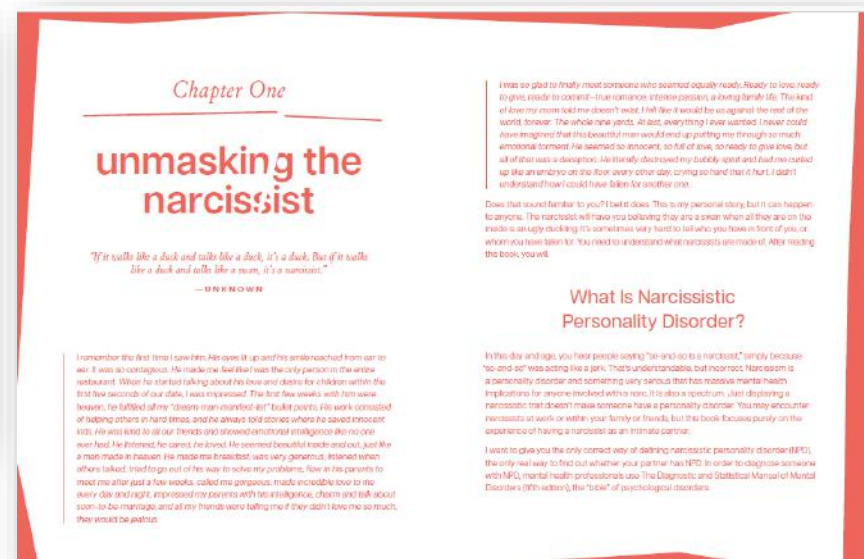
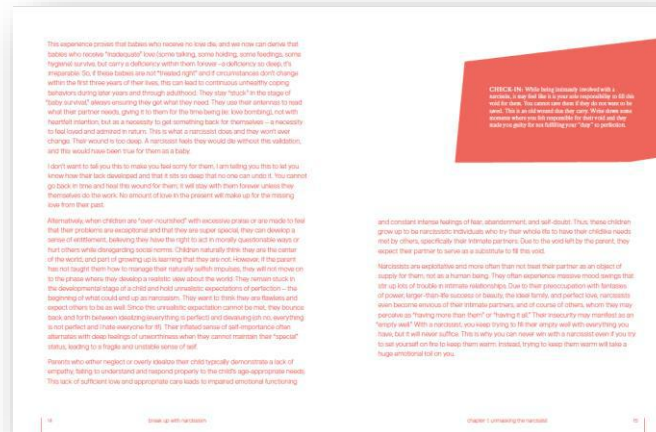
Extent: 256 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

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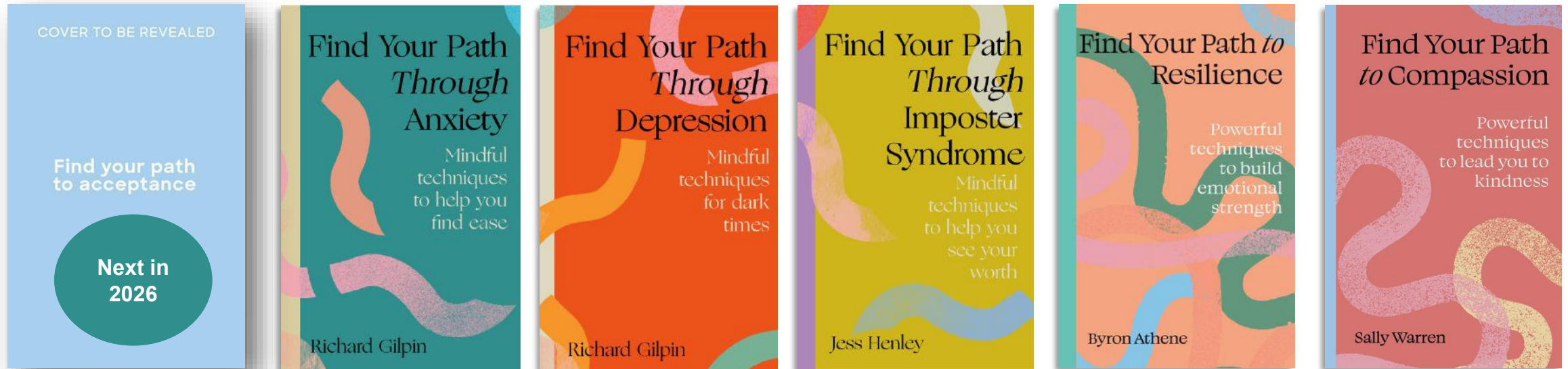
FIND YOUR PATH... series

Wordcount: 30,000–35,000 words

Extent: 144–160 pages

TPS (h x w): 198 mm x 129 mm

- Shed light on a range of common mental-health struggles, from anxiety to imposter syndrome, and offer mindful tips and techniques for navigating life's inevitable ups and downs



Click on the covers to look inside the books

THE MINDFUL THOUGHTS series

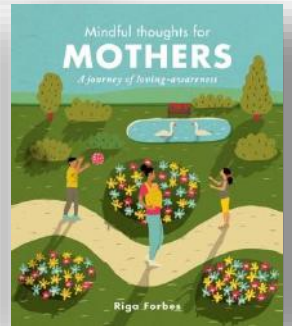
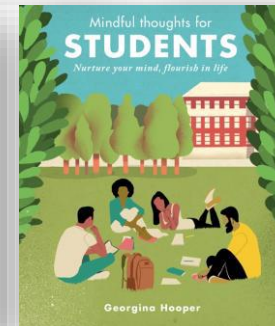
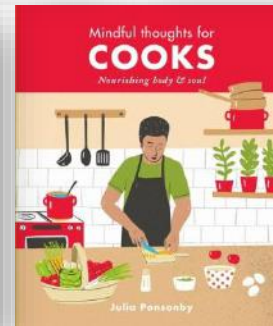
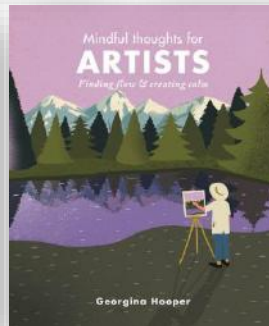
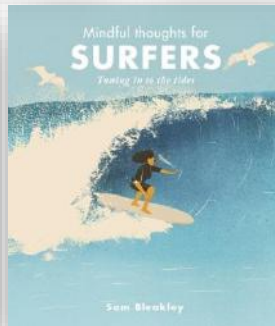
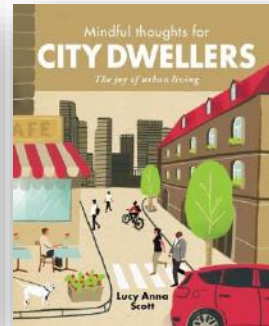
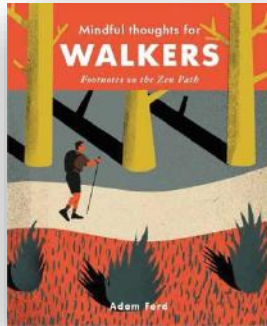
Wordcount: approx. 35,000 words

Extent: 176 pages

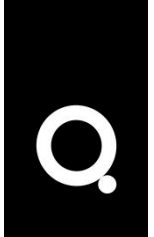
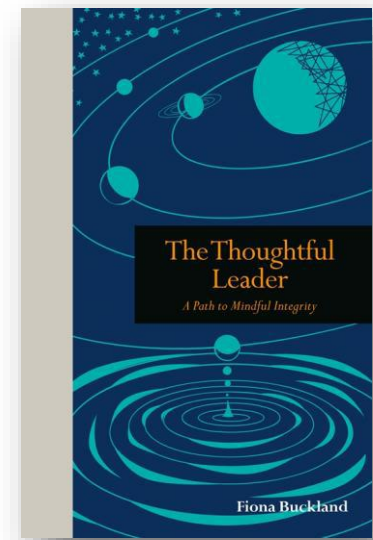
TPS (h x w): 210 mm x 160 mm



LEAPING
HARE



Click on the covers to look inside the books



LEAPING
HARE



MINDFULNESS series

Published Titles:

Meditation and the Art of Beekeeping – October 2010
The Art of Mindful Walking – April 2011
The Art of Mindful Gardening – April 2011
Mindfulness & the Art of Managing Anger – August 2011
The Heart of Mindful Relationships – August 2011
Happiness & How It Happens – September 2011
The Art of Mindful Silence – October 2011
Einstein & the Art of Mindful Cycling – December 2011
Mindfulness for Black Dogs and Blue Days - December 2011
Mindfulness & the Art of Urban Living – June 2012
Mindfulness at Work – June 2012
The Art of Mindful Baking – February 2013
Mindfulness & the Natural World – May 2013
Galileo & the Art of Ageing Mindfully – April 2014
Mindfulness & the Journey of Bereavement – July 2014
Mindfulness & Compassion – February 2015
Mindfulness & the Art of Drawing – February 2015
Zen & the Path of Mindful Parenting – February 2015
Mindfulness for Unravelling Anxiety – February 2015
The Mindfulness in Knitting – October 2016

The Art of Mindful Singing – October 2016
The Art of Mindful Birdwatching – June 2017
The Mindful Art of Wild Swimming – June 2017
Mindful Pregnancy and Birth – October 2017
The Joy of Mindful Writing – October 2017

Most recent and coming soon:

Mindfulness in Music – April 2018
The Mindful Man – August 2018
Mindful Yoga – December 2018
Mindful Crafting – December 2018
The Art of Mindful Reading – June 2019
Mindfulness for Students – July 2019
Mindful Travelling – September 2019
Mindfulness in Sound – May 2020
The Mindful Universe – September 2020

Look inside:

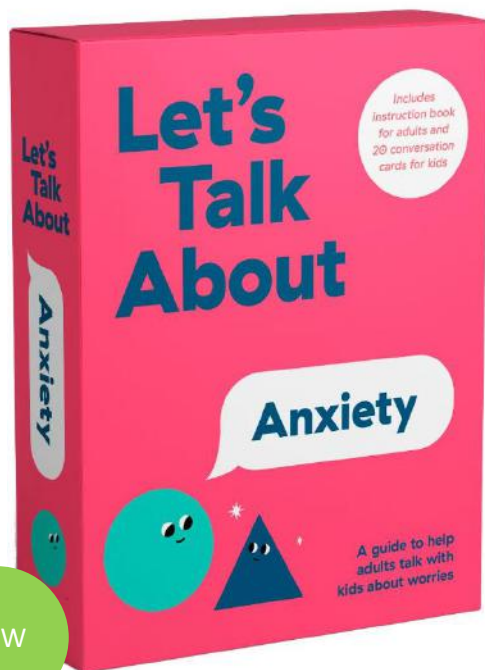
<https://quarto.box.com/s/cg4997qwx6zb8yb9z4tv10yjusvjdqdn>



Let's Talk About... Anxiety/ Friendship – children's title

Written by Sharon Selby; Casey O'Brien Martin & Kim Davies

- A guidebook and conversation cards packaged in a lovely sleeve box to help kids and adults address and discuss difficult topics.
- Practical exercises work in conjunction with the cards to create ice-breaking 'conversation starters' and provide helpful guidelines and tips for discussion.
- On the back of the proven success of 'Cards Against Anxiety' (Adults list), mental health and wellbeing are growing areas of concerns for adults and young children, and an increasing point of emphasis for parents and teachers.



Extent: 64 pages + 20 cards (140 mm x 100 mm)

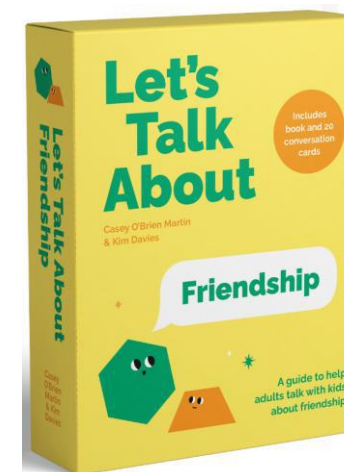
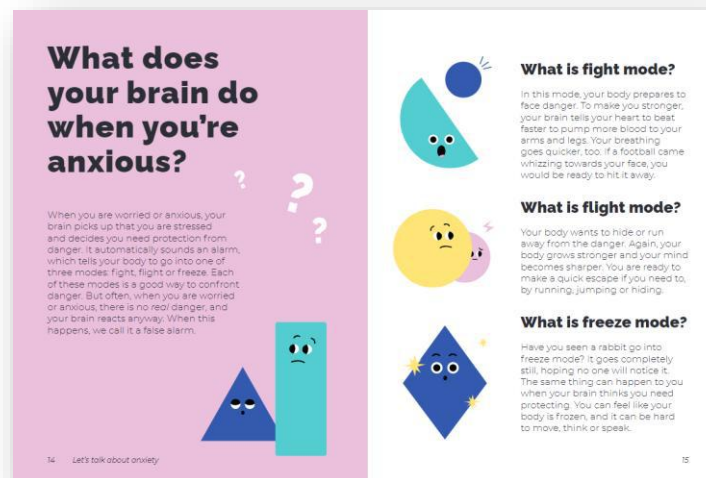
TPS (h x w): 160mm x 120mm

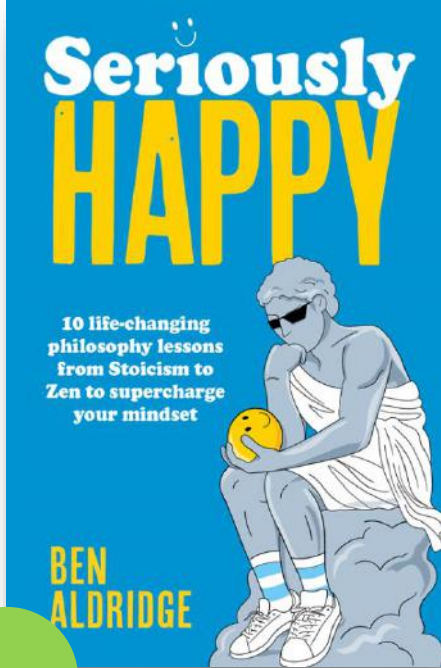
Translation files available

Link to presentation/full pages:

[Let's Talk About Anxiety](#)

[Let's Talk About Friendship](#)





NEW

Seriously HAPPY - children's title

written by Ben Aldridge

- Seriously Happy is a unique concept in the teen self-help space & taps into the current trend for young people to seek out non-traditional solutions to tackling the mental health challenges of self esteem, stress and anxiety they face today.
- Philosophy is a standout trend in 2024, posting gains in adult non-fiction, so there is strong potential for 'kidult' and crossover sales. Philosophy and self-help genres backlist well so great potential for long tail sales.
- Philosophy and critical thinking is returning to school curricula, and a growing number of schools now offer courses, electives, clubs and debate societies. Perfect choice for schools and libraries as well as the growing homeschool market.
- Authentic voice and content for YA audience. Ben Aldridge is a teacher, author, podcaster, and as a practitioner of Stoicism he is and passionate about the self-help powers of philosophy. He studied Stoicism in his teens as a way of dealing with debilitating anxiety and his powerful, resonating story is threaded throughout the book.

Extent: 176

TPS (h x w): 198 x 129 mm

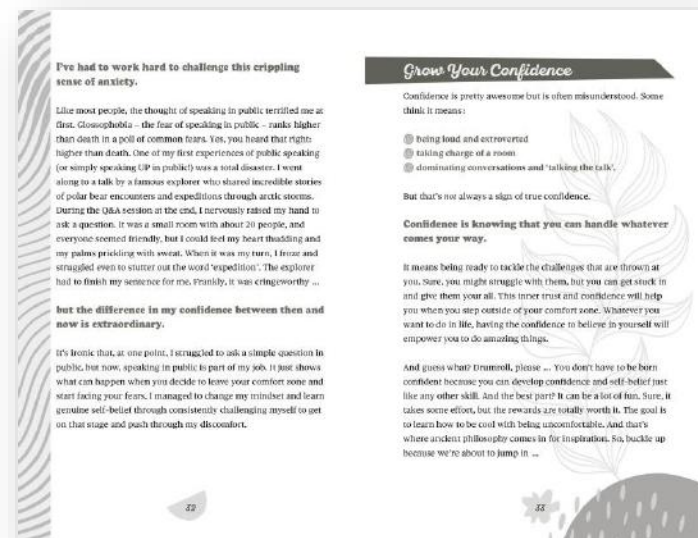
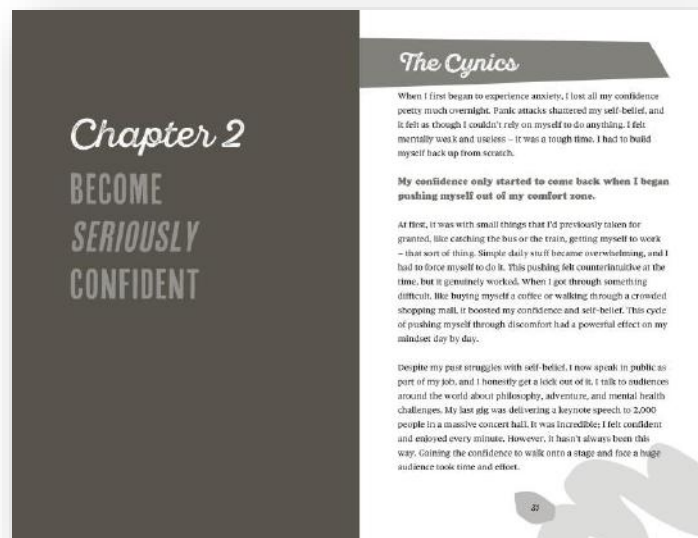
Wordcount: 35,000

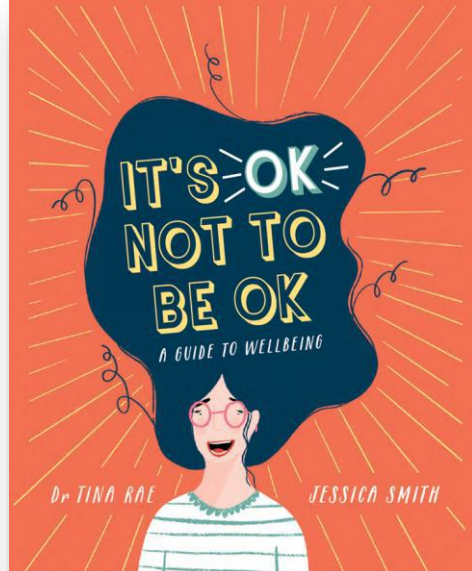
UK/US RRP: £9.99 GBP/\$12.99 USD

Translation files: available

Link to full pages:

[Seriously HAPPY](#)





It's OK Not To Be OK - children's title

- It's OK not to be OK acknowledges and explores common mental health disorders such as depression, eating disorders and anxiety. Get the low down on these issues, why they happen and discover ways of looking after mental health in our fast-moving world.
- This book will help children and young people develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

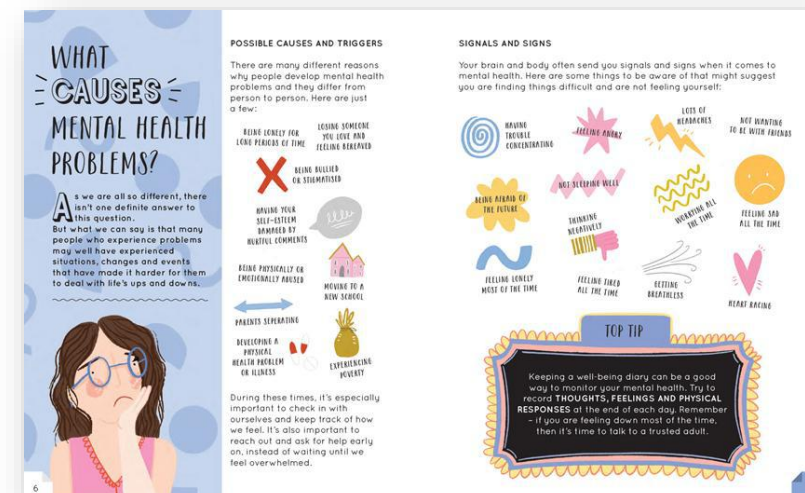
Extent: 64 pages

TPS (h x w): 240mm x 195mm

Translation files available: available

Link to presentation/ full pages:

[It's Ok Not To Be Ok](#)





The Book of No Worries - children's title

- This essential guide covers a multitude of worries and anxieties that a young person may face while growing up—from peer pressure to puberty and all the worries in between. This friendly and funny book aims to reassure tweens that their worries and fears are normal and offers practical tips for managing anxiety and stress, such as practicing mindfulness and meditation.
- Focusing on the emotional well-being and mental health of tweens, this survival guide to help young people cope with the worries and anxieties of growing up is full of thoughtful and humorous illustrations and provides sensitive treatment of difficult issues.

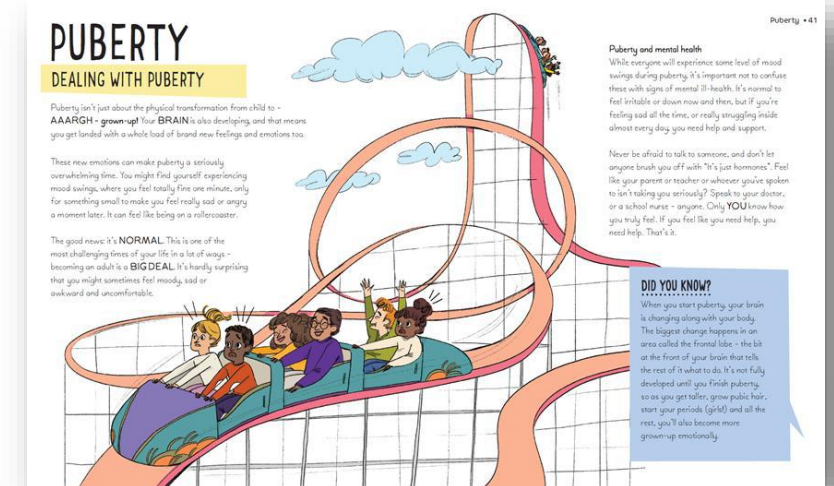
Extent: 64 pages

TPS (h x w): 240mm x 195mm

Translation files available

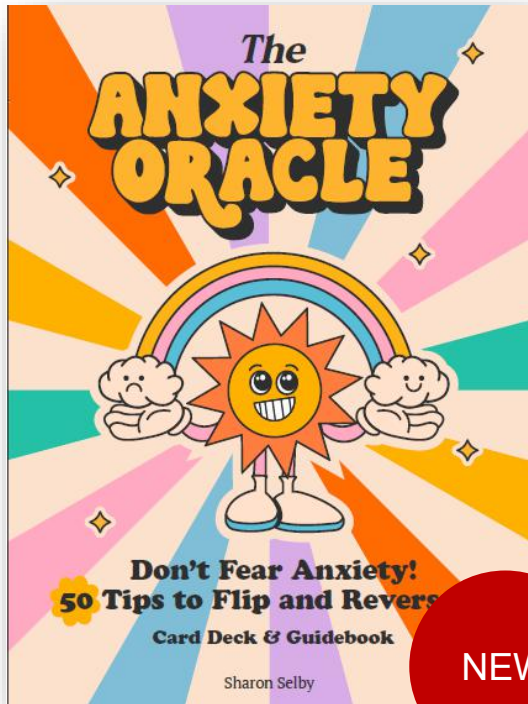
Link to presentation/ full pages:

[The Book of No Worries](#)



Q.

ANXIETY RELIEF



NEW

Wordcount: approx. 10,000 words

Extent: 64-pp book, 50 cards

TPS (h x w): 150 mm x 110 mm

Translation files available: Oct-25

Link to material:

<https://quarto.box.com/s/dbnwzjbx7tb55bs4g7vux0i4spbpnf8g>

THE ANXIETY ORACLE

- Upbeat card deck relieving the symptoms of anxiety through trendy oracle cards
- Learn how to reverse common negative thoughts or address anxiety symptoms by flipping it to reframe your thinking and to find tools to relieve the symptoms
- The other side of the cards includes a quick guide to what's happening in the moment, with tips on surviving anxiety and building resilience
- Written by an experienced counsellor Sharon Selby





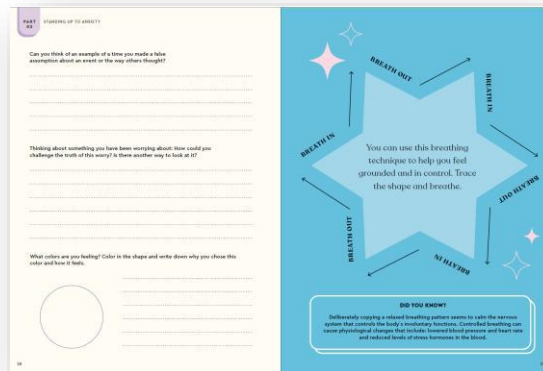
Wordcount: approx. 15,000 words
Extent: 208 pages
TPS (h x w): 230 mm x 170 mm
Translation files available: Oct-25

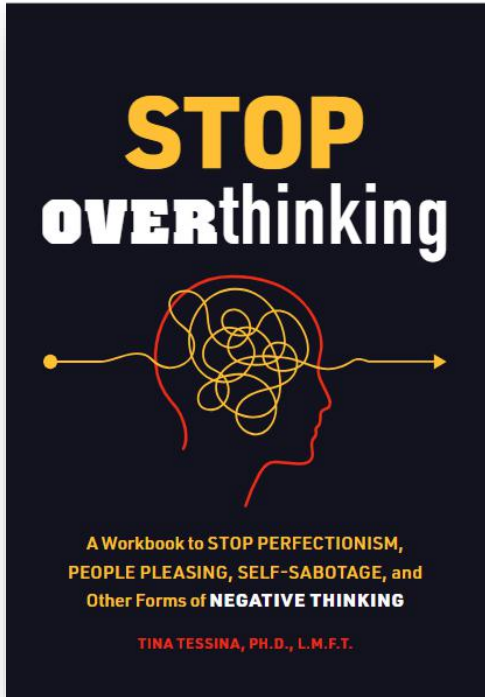
Link to material:

<https://quarto.box.com/s/yc7ncmg7bgx9cmnpui1xz6muunhs5b5p>

OWN YOUR CALM

- A prompt-packed workbook for anyone suffering from anxiety or going through a stressful time
- Includes mindfulness and CBT techniques, as well as useful tips to help readers notice and combat symptoms and triggers that cause stress and anxiety
- Organized into themed chapters including Getting to Know Anxiety, Standing Up To Anxiety, and Essential Self-Care
- Includes 12 easy-to-use interactive monthly trackers at the end of the book, each with a journaling page to fill out at the beginning of the month and prompts for reflection at the end of each month





STOP OVERTHINKING

- An easily accessible guided workbook based on clinically grounded strategies for overcoming the roots of overthinking.
- Control Worry and Anxiety, persevere and perfect, take charge of obsessive thinking and avoidance, stop self sabotage and people pleasing, resolve the origins of overthinking by unlearning behaviours
- 100 unique writing prompts and exercises alongside inspirational quotes

Wordcount: approx. 18K words

Extent: 192 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.ent.box.com/file/1552416565992?s=uzy8r7xpplkod1xxx3pzgcyw0zamqscp>

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CHAPTER 2 Stop Worry and Anxiety	20
CHAPTER 3 Stop Perseveration	44
CHAPTER 4 Stop Perfectionism	60
CHAPTER 5 Stop Obsessive Thinking	74
CHAPTER 6 Stop Avoidance	88
CHAPTER 7 Stop People Pleasing	104
CHAPTER 8 Stop Self-Sabotage	118
CHAPTER 9 Resolve the Origins of Overthinking	132
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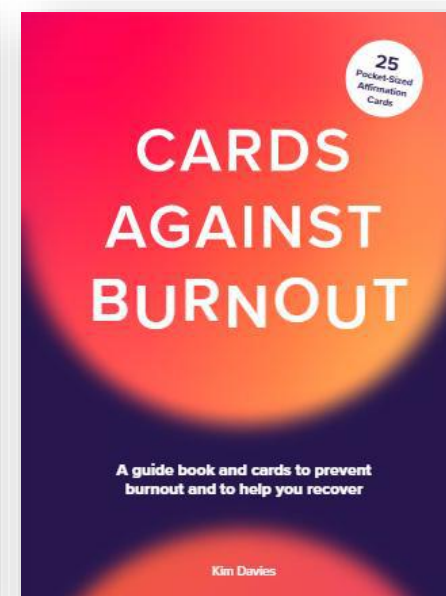


CARDS AGAINST... series

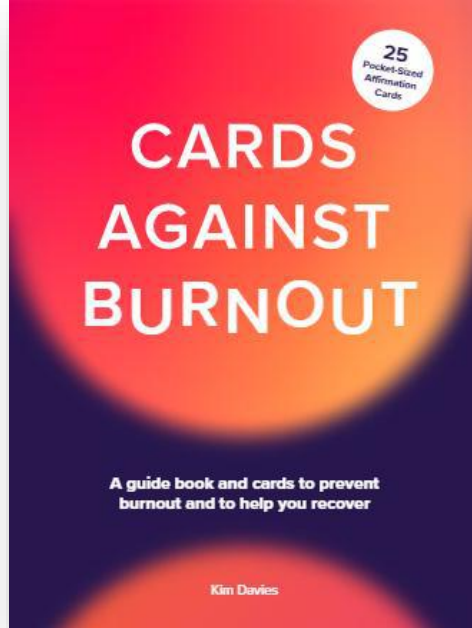
Wordcount: 13-26,000 words
Extent: 128 pages + 25 cards
TPS (h x w): 195 mm x 145 mm

- Written by **CBT** (Cognitive Behavioural Therapy) experts Dr Pooky Knightsmith and Kim Davies with years of experience working with patients, young adults included
- An **innovative format**: with 25 **practical** and **interactive** cards – that can be carried very easily due to their **convenient size** – the book introduces key notions on mental health, psychology, and more specifically stress and anxiety.
- **A do-it-yourself approach** – although the cards can also be used in therapy with a psychologist or psychotherapist!
- **Stellar reviews** endorse the efficacy of the method both for personal and educational use

**200,000
copies
sold!**



Click on each cover to access the material!



CARDS AGAINST BURNOUT

- A mental health kit like no other, providing help both at home and on the go
- A tried and tested format includes a guidebook with in-depth advice and practical guidance as well as 25 pocket size affirmation cards with practical activities and tips for managing feelings associated with burnout
- Kim Davies is an established author in the field of positive mental health and well-being
- A useful tool for those who have had a diagnosis of burnout, or anyone feeling stressed, overwhelmed or suffering from a general feeling of being burnt out

Wordcount: 14,605 words (Booklet + Cards)

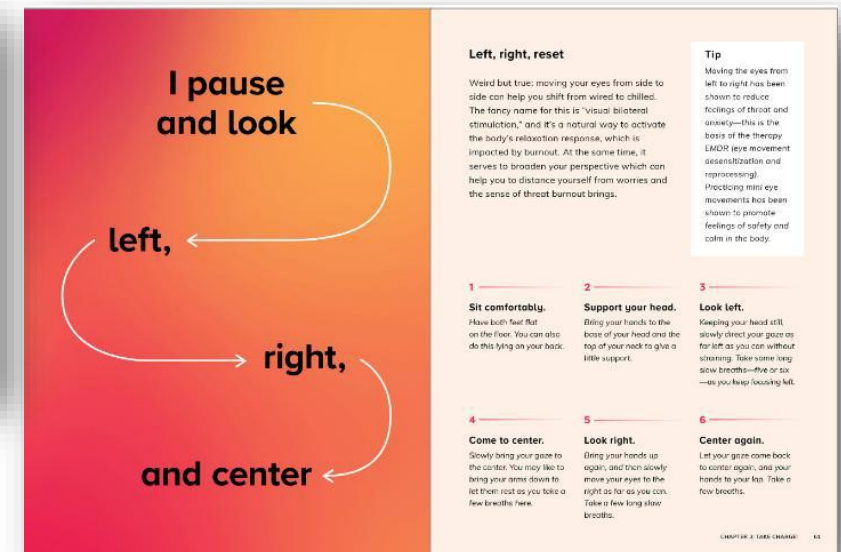
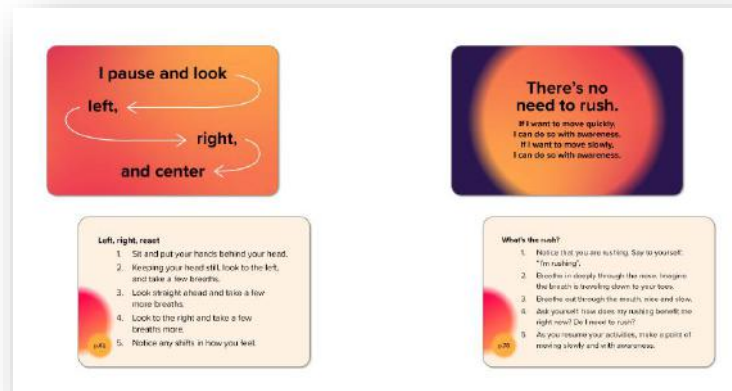
Extent: 128 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/hw1m4nrkxnsutstfp2v9r481oca0owma>





CARDS AGAINST NEGATIVITY

- Gorgeous gift package with holographic foil, comprising book in a slip case with a pack of 25 inspiring, wallet-size cards, from an expert author
- Affirmations cards are sayings or practical instructions you can carry around with you, which help refocus daily actions and thought processes toward positive outcomes
- Book includes general CBT-based and mindfulness advice as well as practical techniques for how to get out of a cycle of negative thinking, avoid “awfulizing” potential outcomes, and reminds you to think well of yourself, and begin to fulfil your potential

140,000
copies
sold!

Wordcount: 13,578 words (Booklet + Cards)

Extent: 128 pages

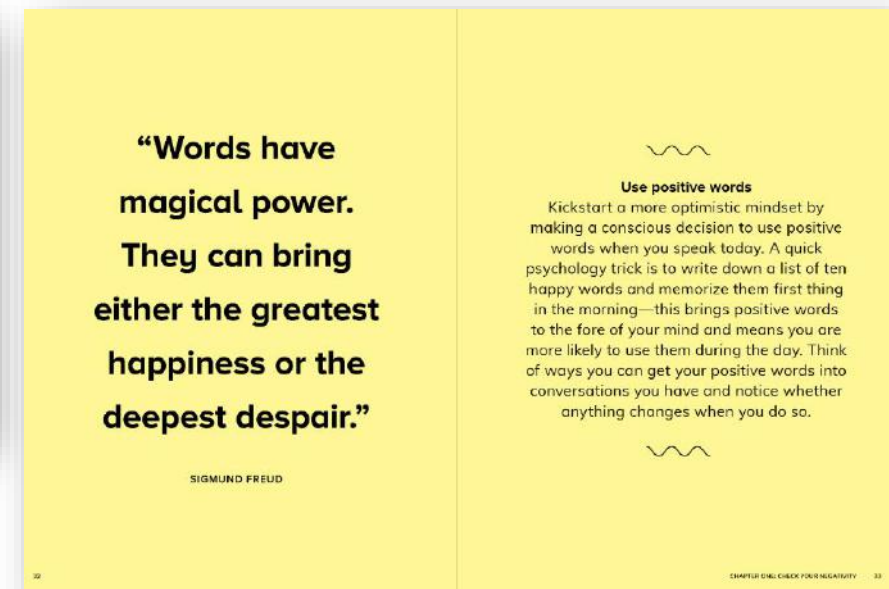
TPS (h x w): 195 mm x 145 mm

Translation files available

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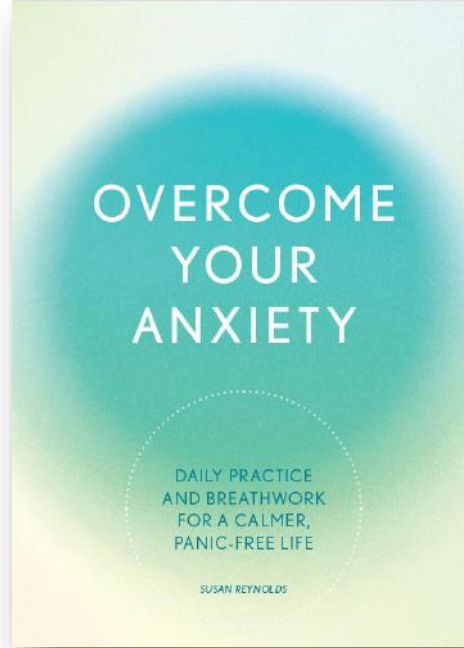
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OVERCOME YOUR ANXIETY

- Professional advice from author and researcher specializing in neuropsychology
- Includes more than 100 unique writing prompts and exercises that offer concrete action for overcoming anxiety
- A practical design with a layflat binding for easier self-reflection and easy writing



Wordcount:

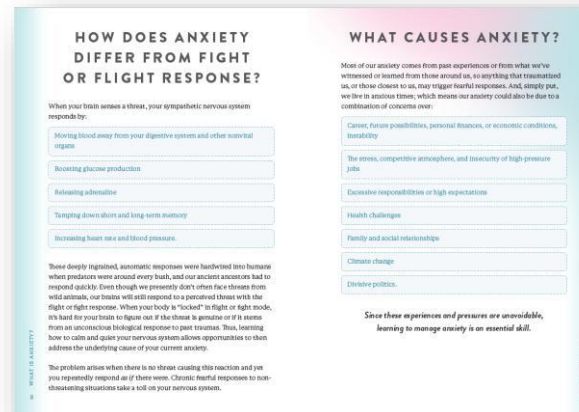
Extent: 192 pages

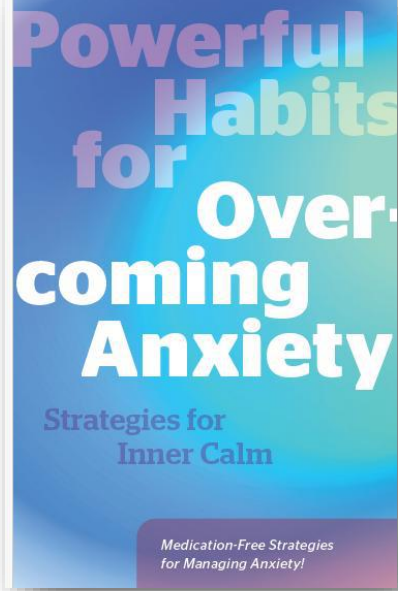
TPS (h x w): 214 mm x 152 mm

Translation files available

Link to material:

<https://quarto.box.com/s/vk4cl2has02dwh847e47yfw67viusf3>





POWERFUL HABITS FOR OVERCOMING ANXIETY

- A guide to practical and accessible tools for soothing anxiety
- Provides a deep, personal understanding of anxiety and triggers
- Readers will explore the underlining causes of their anxiety, identify what triggers these causes, and learn how to effectively cope with their emotions through engaging exercises
- Includes worksheets, meditations, and journal prompts
- A dip-in, dip-out format that allows readers to select the habits that fit into their lives

Wordcount: approx. 50,000

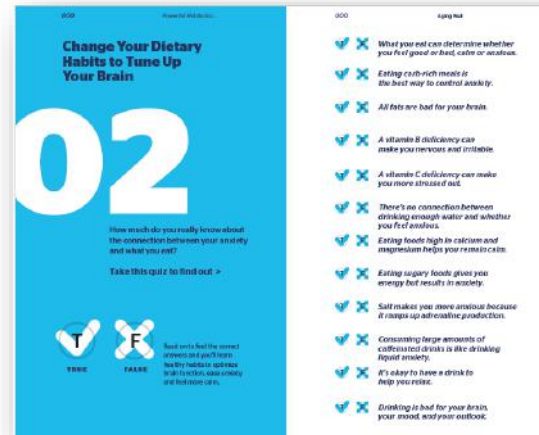
Extent: 160 pages

TPS (h x w): 203 mm x 127 mm

Translation files available: Mar-25

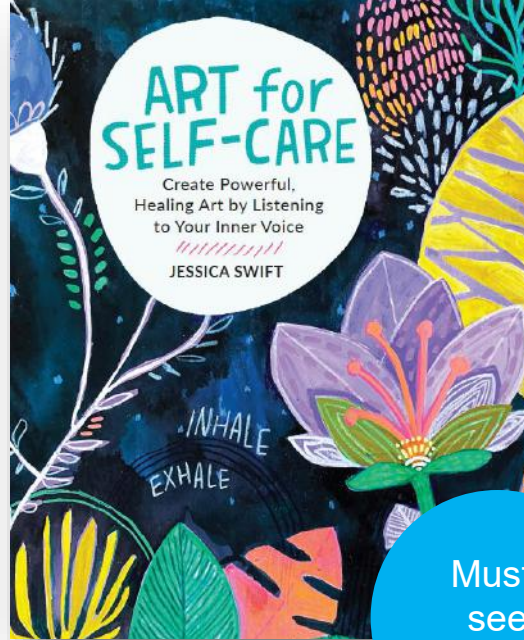
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Q.

ART THERAPY



Must-see
Backlist

ART FOR SELF-CARE

- Healing through art: connect with and express your intuitive inner voice through the healing process of making message-based art
- Including materials, techniques, and prompts with various examples of what can be achieved
- An increasingly in-demand subject that speaks to a wide audience
- Author is a Skillshare instructor and successful commercial artist, who developed her message-based art following a personal tragedy, in an attempt to overcome her grief

Wordcount: 26,606 words

Extent: 144 pages

TPS (h x w): 235 mm x 190 mm

Translation files available

Link to material:

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Wordcount: 15,000–20,000 words

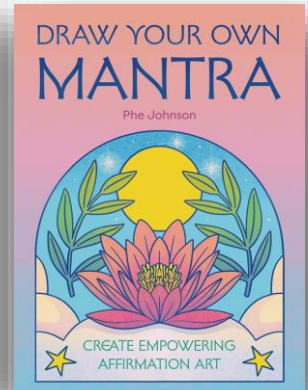
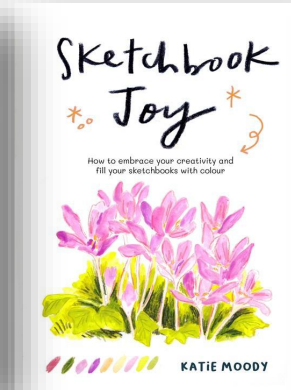
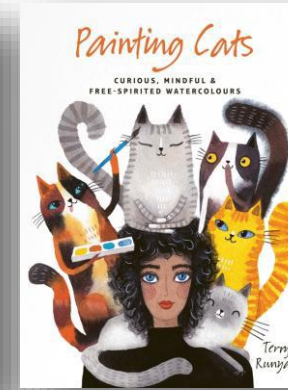
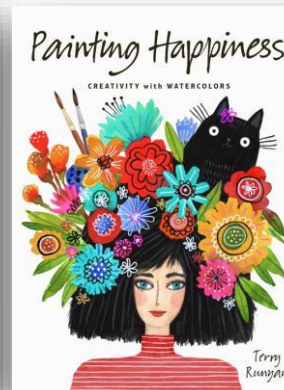
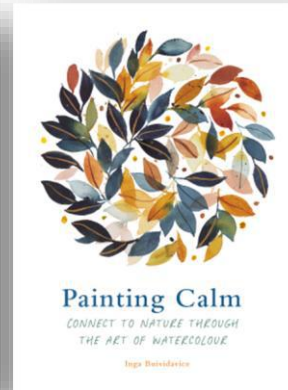
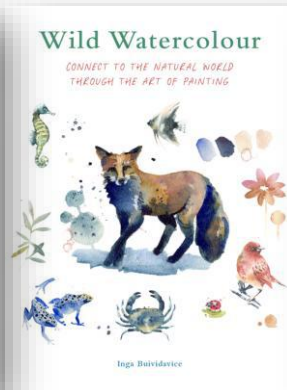
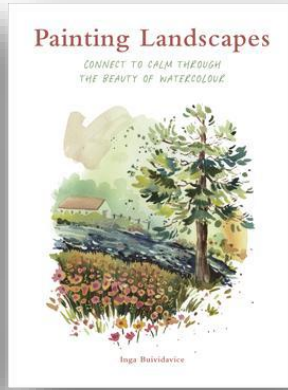
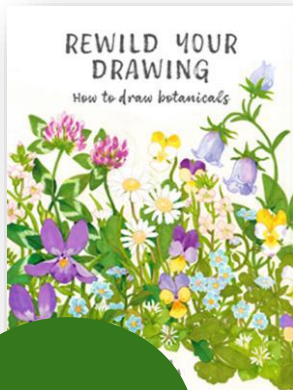
Extent: 144–160 pages

TPS (h x w): 230 mm x 170 mm

MINDFUL DRAWING SERIES

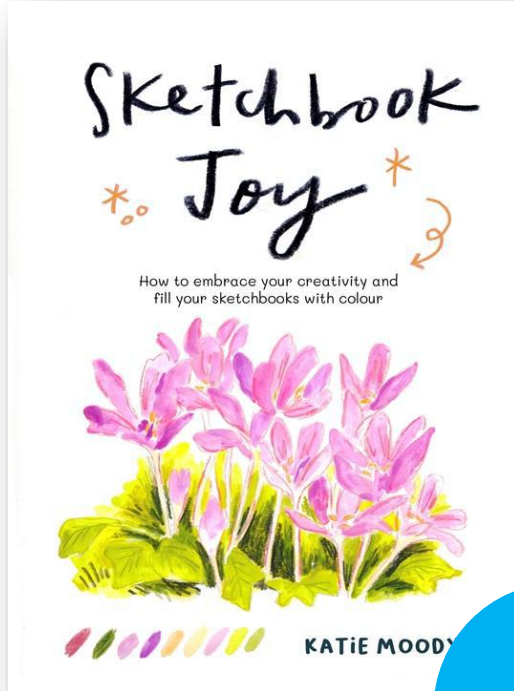
- Part how-to and part wellbeing
- Painting brings positive mental health benefits, as it helps us centre ourselves and focus our intentions

65,000
copies
sold in 9
languages



Coming
in 2026

Click on the covers to look inside the books



SKETCHBOOK JOY

- Embrace your creativity and fill your sketchbook!
- Part how-to and part wellbeing through creative play, nature therapy, and practical mindfulness
- Katie Moody is a mixed media artist living in England, she teaches and shares her art on Patreon, YouTube and Instagram (60k followers)

Must-
see
Backlist

Top pre-
orders on
Amazon

Wordcount: approx. 15,000 words

Extent: 160 pages

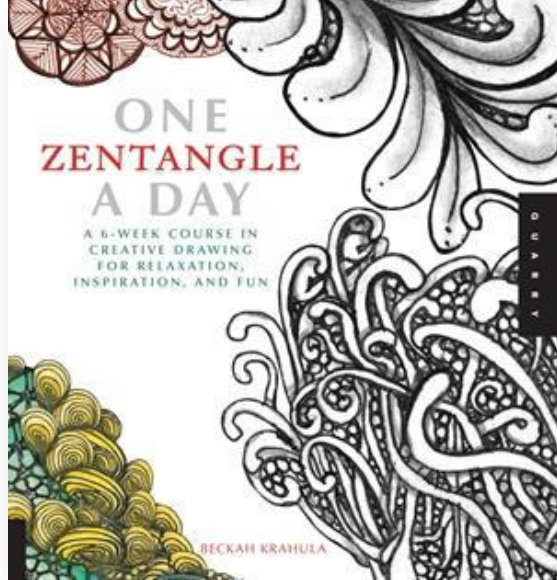
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zadk6hhmp6reu0nirqvn37k9iuhshkwp>





ONE ZENTANGLE A DAY

- Step-by-steps divided into six chapters, each with seven daily exercises
- There is renewed interest for this perennial title – the perfect activity to do at home for relaxation, inspiration and fun

Over
185,000
copies
sold

Wordcount: 18,000 words

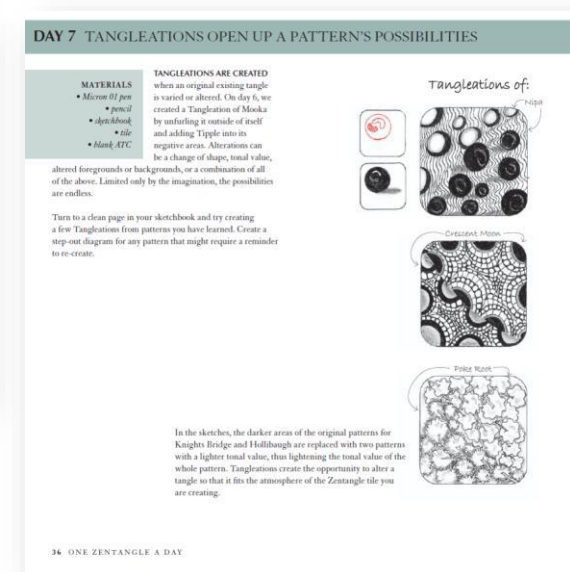
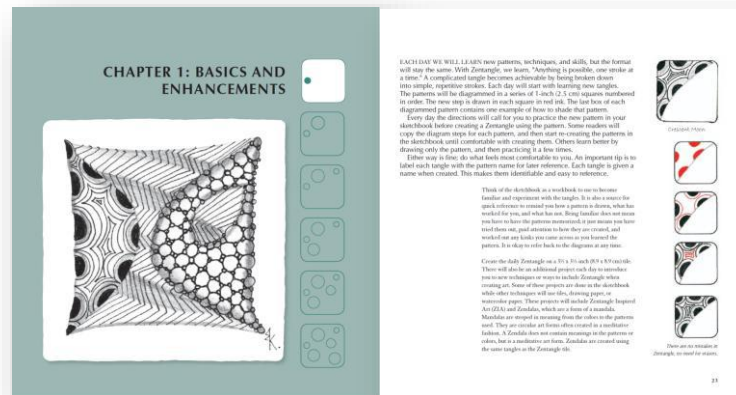
Extent: 128 pages

TPS (h x w): 229 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/phoejpt1jmf9vpb447hko70xiicck6mw>





DRAW YOURSELF CALM

- Best-selling art therapy title – with reprints in 4-month intervals!
- Slow drawing is a creative, meditative haven – there is no right or wrong way which removes the pressure and enables only creativity and pleasure to follow
- Each drawing is small, allowing readers to practice slow drawing in even short spurts of time
- For complete newbies as well as seasoned artists – it's all about creativity and wellness
- By trained art therapist author



Wordcount: 23,770 words

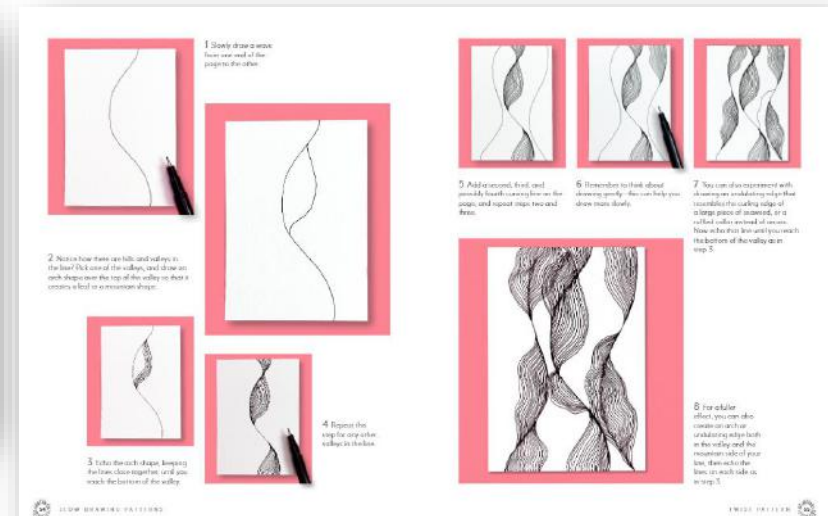
Extent: 144pp

TPS (h x w): 230 x 180 mm

Translation files available

Link to material:

<https://quarto.box.com/s/bh9t12gwd3tytyzektiubgfuv4rxhu6p>

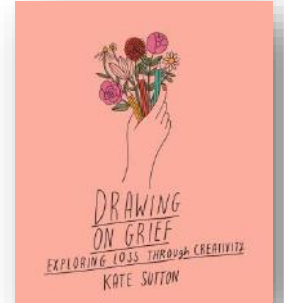




DRAWING ON ANXIETY

- A beautifully illustrated journal tapping into self-help, self-care, mental health, and creative mindfulness from illustrator & author Kate Sutton. Full of guided prompts and grounding affirmations this journal is a mindful, positive tool to exploring your natural anxiety
- A timely and friendly art therapy journal to draw out, draw on, and draw through in anxious times
- Offers a contemporary creative twist to a timeless MBS topic and mental state everyone experiences at times.

Pairs perfectly with:



Must-see
Backlist

Wordcount: 10,000 words

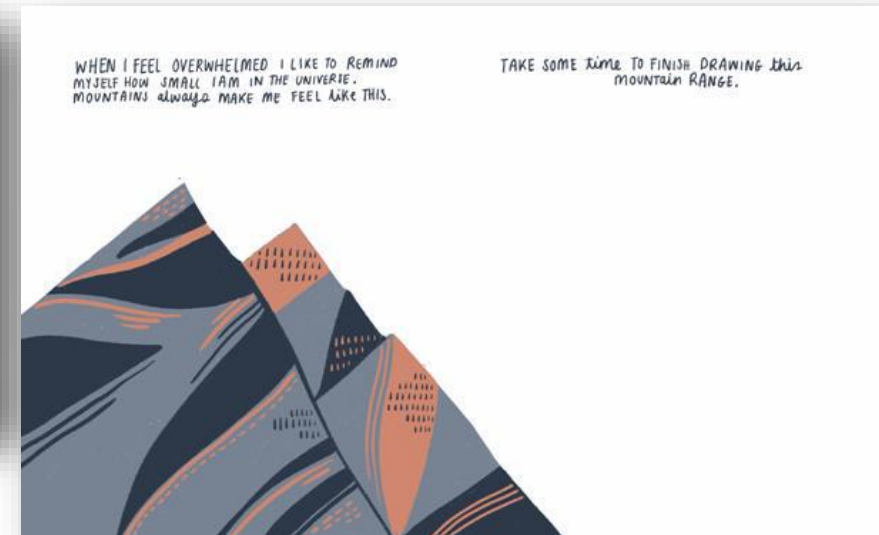
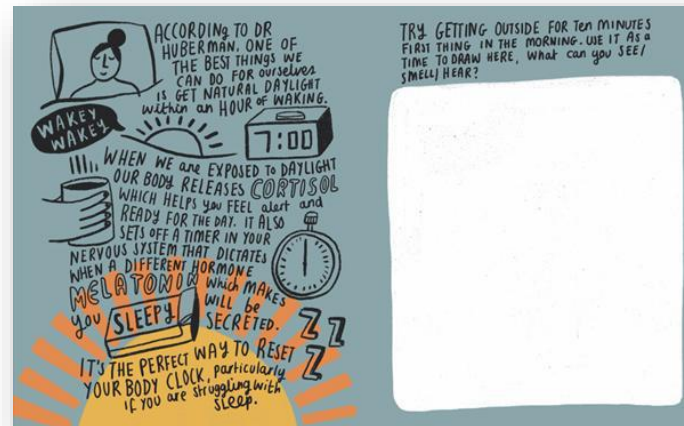
Extent: 160 pages

TPS (h x w): 165 mm x 135 mm

Translation files available

Link to material:

<https://quarto.box.com/s/65aytoqo8hzawldon1zc0zpzu0xqf1mu>





Pairs perfectly with:



DRAWING ON GRIEF

- Part memoir, part self-help, and part journal of guided pages for the reader to visually document and personalize their grief (including guided prompts of writing to the person you have lost to finishing off creative drawings to help explore your grief).
- Mindful keepsake which draws on the therapeutic power of drawing to soothe and support loss.
- Timeless and timely topic in self-help, MBS, and life, with a contemporary twist.

Must-
see
Backlist

Wordcount: 4,000 words

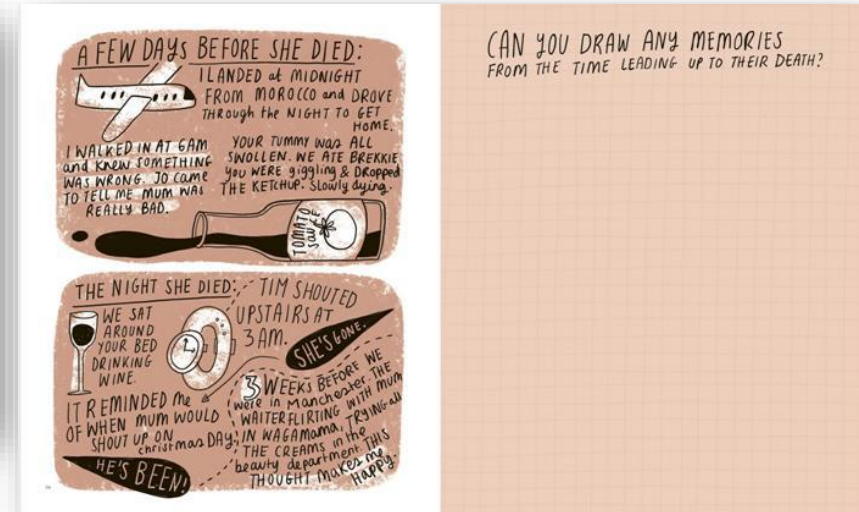
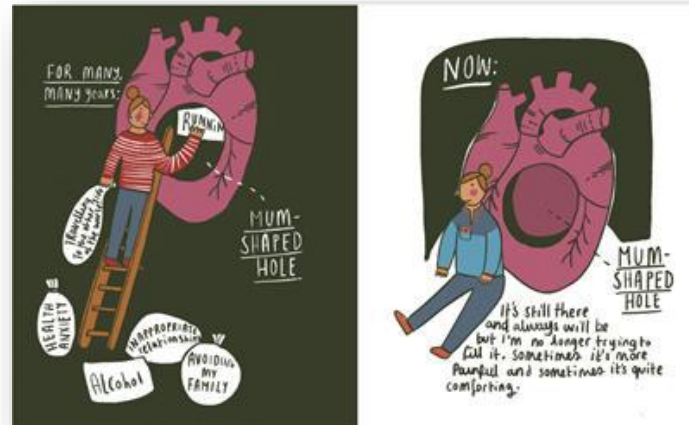
Extent: 160 pages

TPS (h x w): 165 mm x 135 mm

Translation files available

Link to material:

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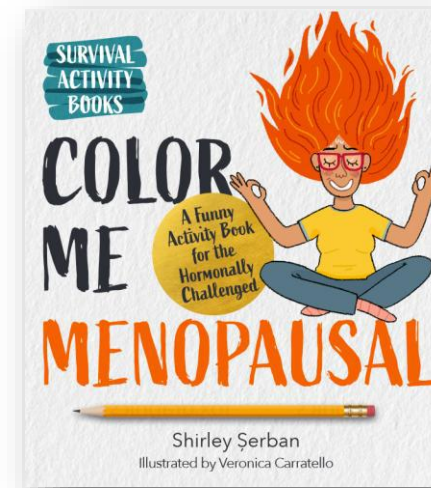
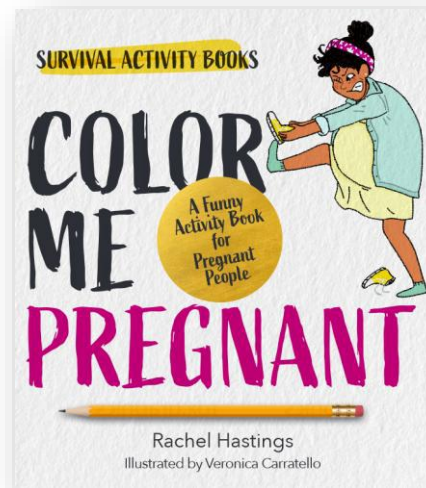
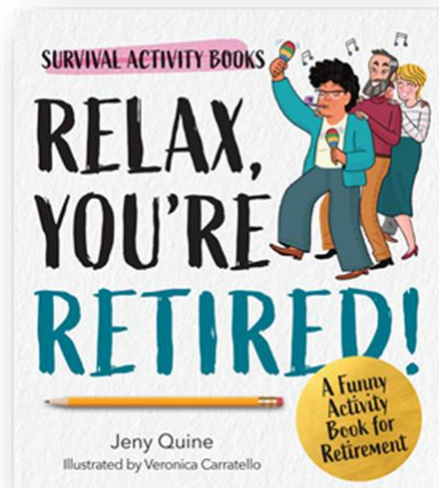
SURVIVAL ACTIVITY BOOK SERIES

- Laugh your way through some of the big life shifts with these fun activity books!
- More than just colouring books, these titles include mazes, word searches, multiple choice quizzes, tips, and more

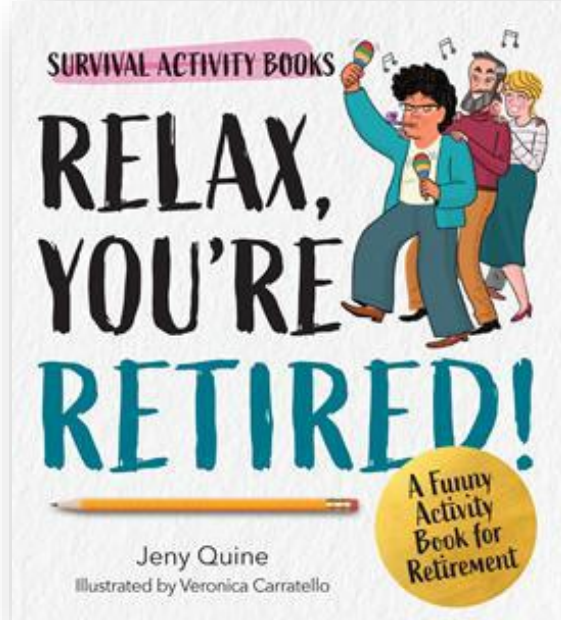
Wordcount: approx. 5,000–14,000 words

Extent: 96 pages

TPS (h x w): 241 mm x 216 mm



Click on the covers for links to each title!



RELAX, YOU'RE RETIRED

- This colouring book approaches the unique opportunities and challenges of retirement with humor and charm
- Colouring scenes, witty advice, puzzles, mazes, quizzes and much more
- Large audience: in many countries a record number of people are about to retire
- The perfect retirement gift

Wordcount: approx. 5,000 words

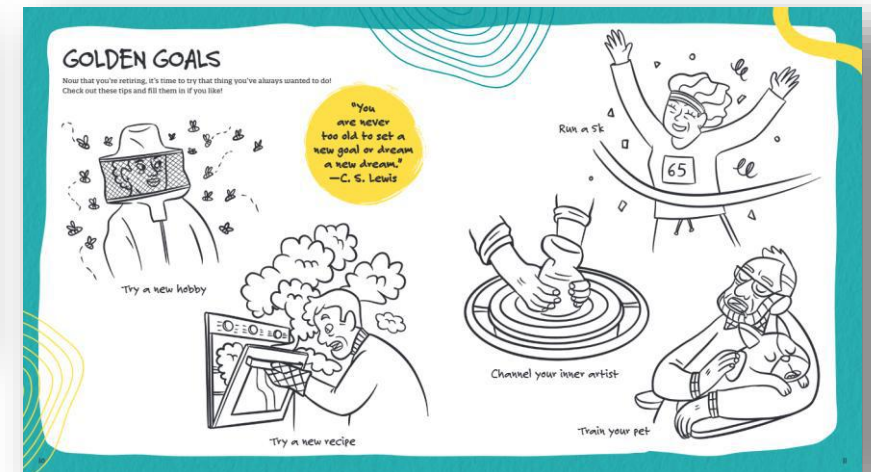
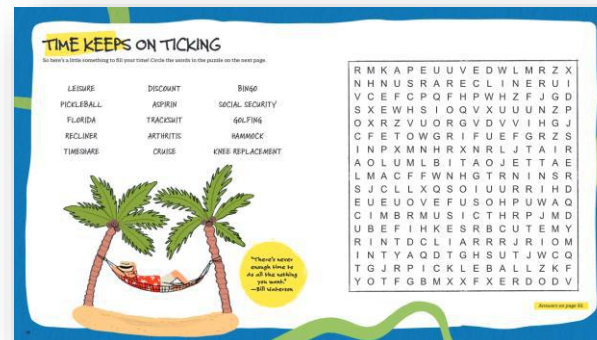
Extent: 96 pages

TPS (h x w): 241 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/uioay87olguiah1bwppglhsklgsf5xoi>





SURVIVAL ACTIVITY BOOKS: COLOR ME PREGNANT COLOR ME MENOPAUSAL

- Laugh your way through pregnancy and menopause with these fun activity books
- More than just colouring books, these titles include mazes, word searches, multiple choice quizzes, tips, and more
- Written by comedy writers, these books make great gifts



Wordcount: 7,019 words / 14,232 words

Extent: 96 pages

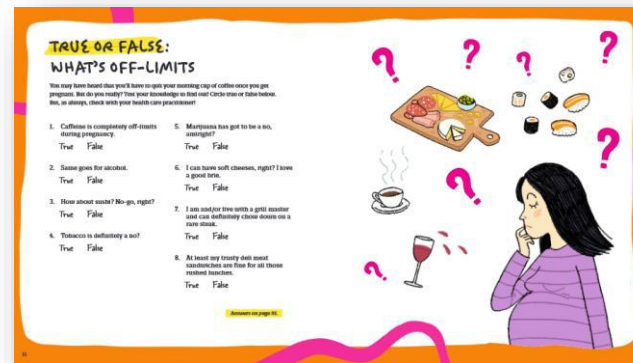
TPS (h x w): 241 mm x 216 mm

Translation files available

Link to material:

Pregnant: <https://quarto.box.com/s/vs2typlushoji0uaxnim5sqaowv0fl9v>

Menopausal: <https://quarto.box.com/s/l7ld5wi7zocvfwcskewk9ryfityaiws3>



Q.

HEALTH



COLD THERAPY MADE SIMPLE

- A practical, science-backed guide with a 5-step plan for safely integrating cold therapy into daily routines
- Cold therapy can be for example cold showers, ice baths, or outdoor immersion – no extreme methods or expensive gear needed
- Reduces inflammation, makes for faster recovery, improves focus, and slows aging
- For athletes, professionals, and wellness seekers alike



NEW

Wordcount: approx. 30,000 words

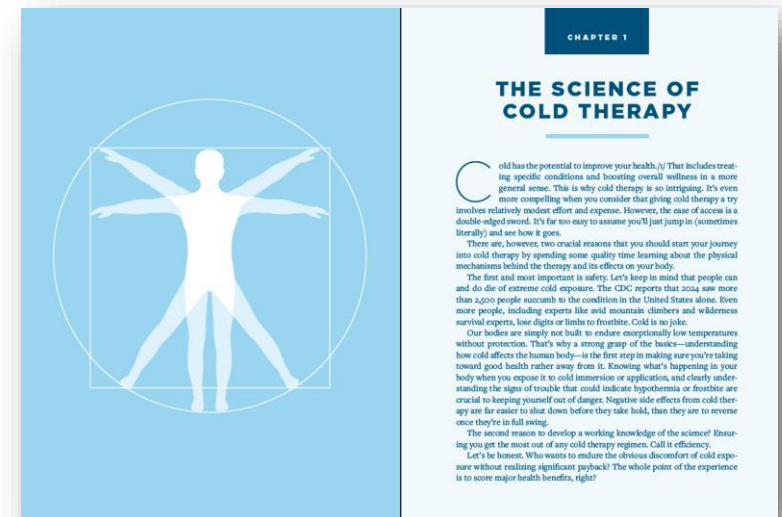
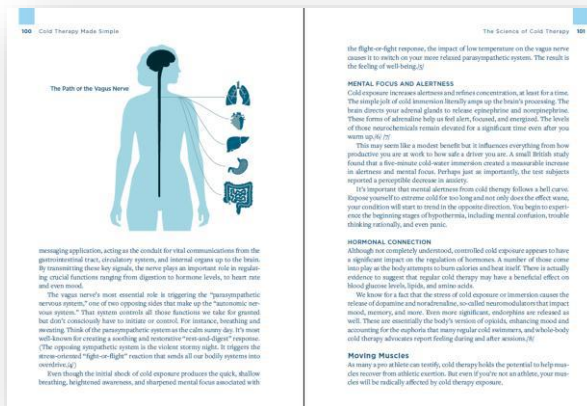
Extent: 160 pages

TPS (h x w): 235 mm x 190 mm

Translation files available: Oct-25

Link to material:

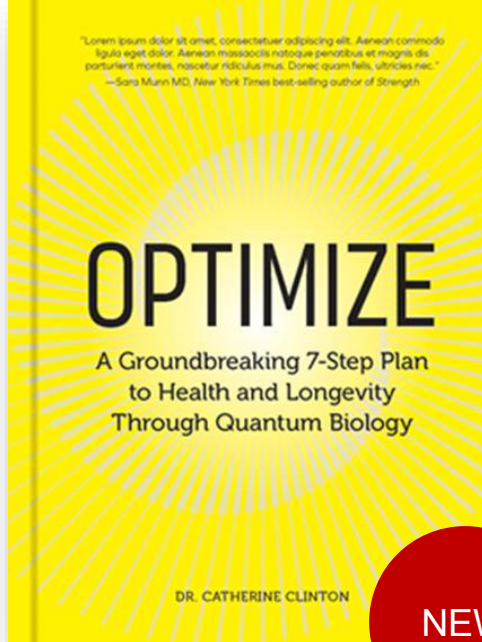
<https://quarto.box.com/s/4cb4meceu63anfig1xfdp0sxkdau93f1>





OPTIMIZE

- New approach to health based on quantum biology
- Shows how light, sound, water, and energy influence the body at a cellular level to support healing, vitality, and longevity
- Explores how modern life disrupts our natural connection to the environment and offers practical ways to restore it, like using sunlight for hormone balance, sound for cellular repair, and grounding to reduce inflammation
- Author Dr Catherine Clinton is a licensed naturopathic physician with over 17 years of clinical experience



NEW

Wordcount: 96,910 words

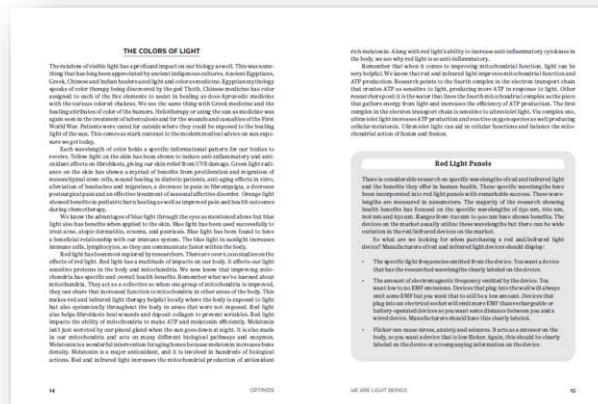
Extent: 272 pages

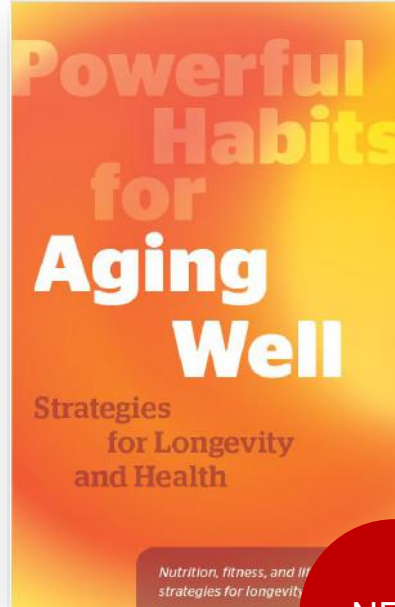
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/xr0wgrm2i4wn1eiikf6lI3u1vd64rw3h>





NEW

POWERFUL HABITS FOR AGING WELL

- A book of practical daily habits for aging well
- Readers will dive into simple, effective practices covering nutrition, exercise, and lifestyle changes that address every aspect of aging, from reducing wrinkles and boosting metabolism to maintaining a healthy brain, bones, and heart
- A dip-in, dip-out format that allows readers to select the habits that fit into their lives, with 5-minutes-or-less prompts

Wordcount: approx. 40,000

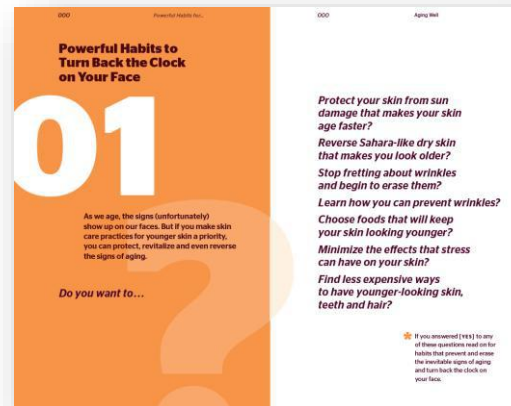
Extent: 160 pages

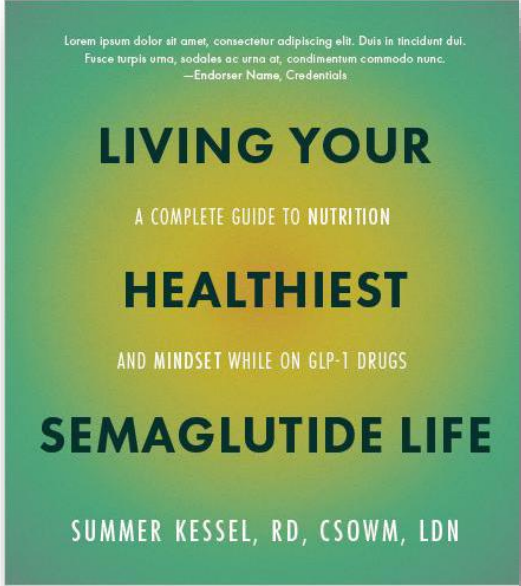
TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/pmfy6zbc7dgux3mzlnw475p7ec74rciw>





LIVING YOUR HEALTHIEST SEMAGLUTIDE LIFE

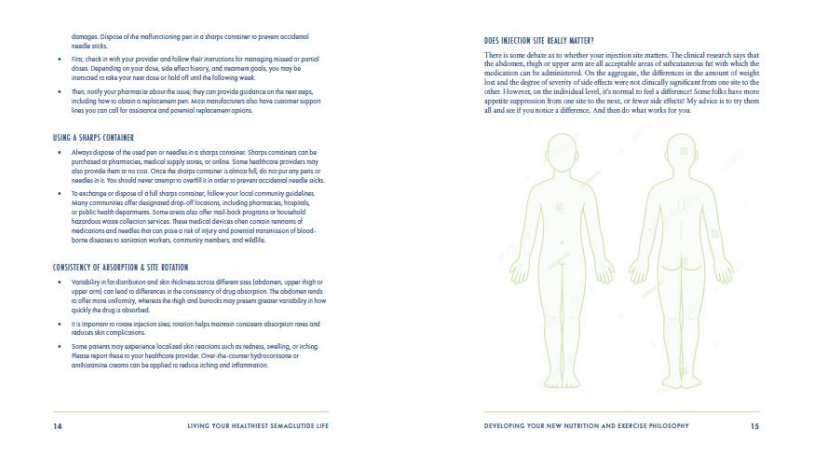
- Comprehensive guide to effectively using GLP-1 medications like Ozempic and Wegovy, helping navigate weight management
- Addresses the urgent need for informed nutritional support that has been overlooked by traditional healthcare providers
- Semaglutide is a very popular anti-diabetic medication used for the treatment of type 2 diabetes and an anti-obesity medication used for long-term weight management
- By registered dietitian Summer Kessel, who has successfully lost weight on these medications herself, provides practical, real-world advice tailored to the reader's journey

Wordcount: approx. 35,000 words

Extent: 226 pages

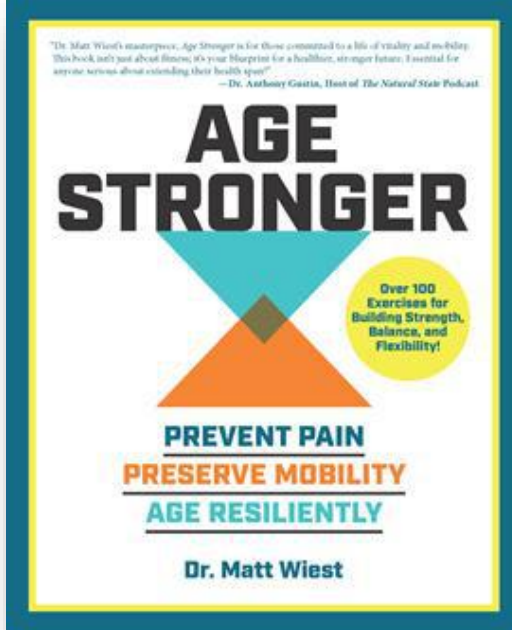
TPS (h x w): 229 mm x 203 mm

Translation files available



Link to material:

<https://quarto.box.com/s/ic9bem6pe9u8ob7jdhts5bte5np16md>



AGE STRONGER

- Offers a realistic and sustainable 3-tier functional fitness approach that builds strength and mobility for the later years
- Each exercise is broken down with step-by-step instructions and photographs, so readers understand how to do each move safely and effectively
- These exercises are recommended for anyone over the age of 40
- Author Dr Matt Wiest has trained neurosurgeons, orthopaedic surgeons, physical therapists, chiropractors, and personal trainers from around the world on ways to help their patients and clients navigate pain and improve their quality of life; over 1.5 million followers across Instagram, TikTok, and Facebook

Wordcount: approx. 30,000 words

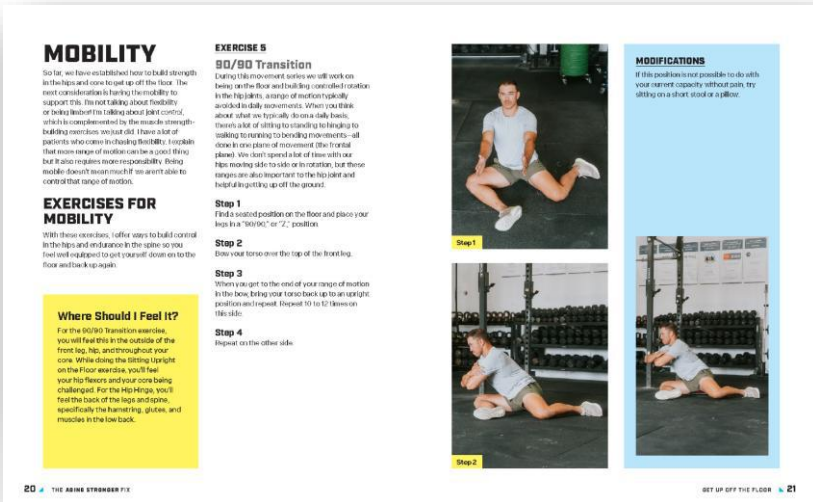
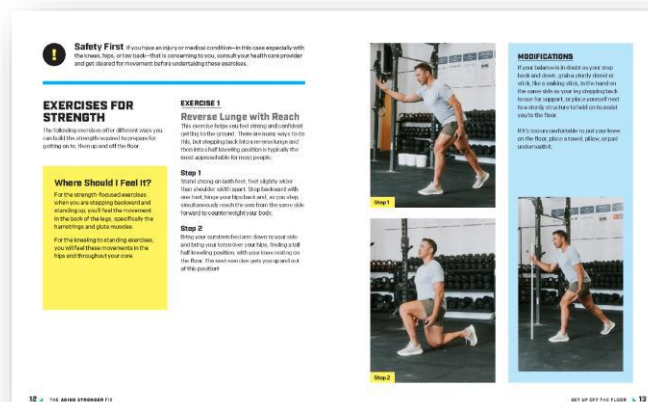
Extent: 176 pages

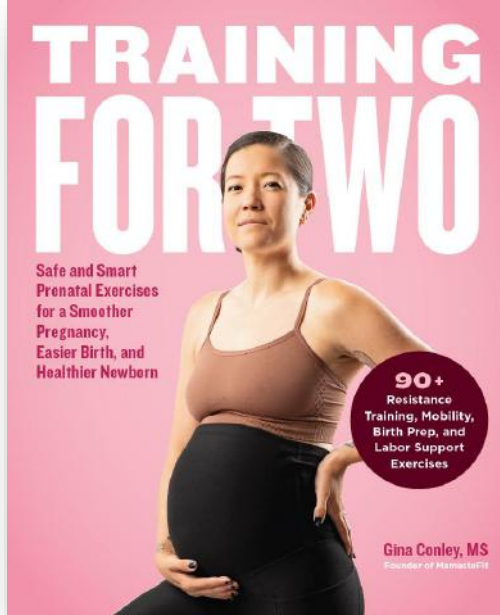
TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/u4tg7un70q1uygifxmdokslh6byrexzf>





TRAINING FOR TWO

- The only prenatal book to help women strengthen and prepare for childbirth, trimester by trimester
- Includes 90+ exercises, with photos and detailed anatomical illustrations
- Research proves that strength-focus exercise during pregnancy can improve health income for both the mother and the baby
- The author has a growing community on social media with 254k followers on IG and 30k followers on TikTok

Wordcount: approx. 45,000 words

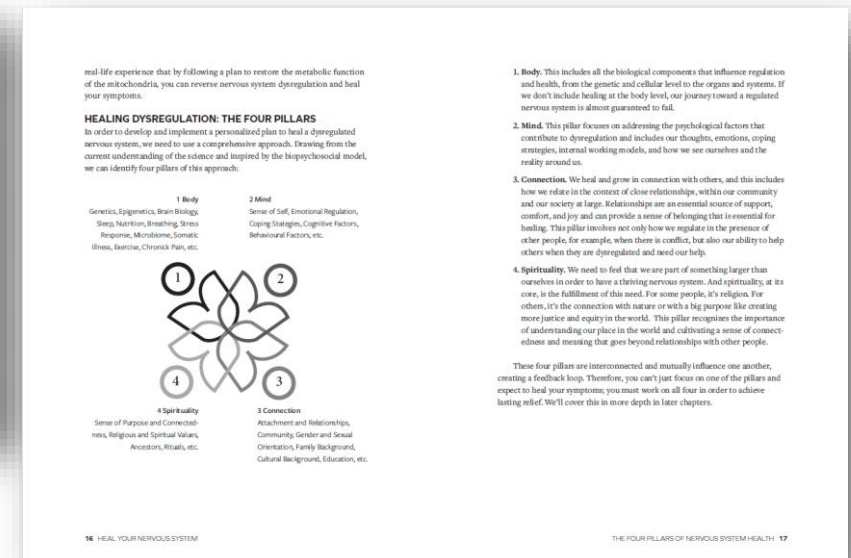
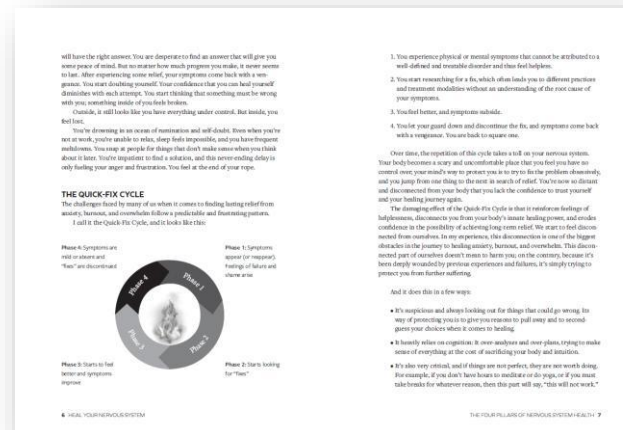
Extent: 176 pages

TPS (h x w): 235 mm x 191 mm

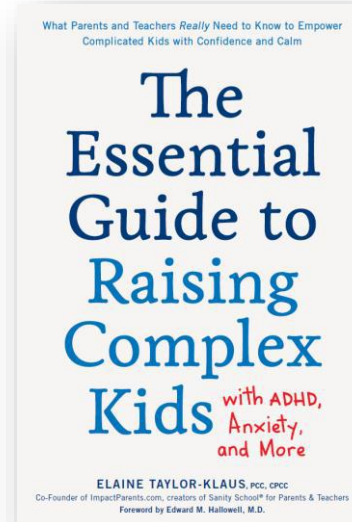
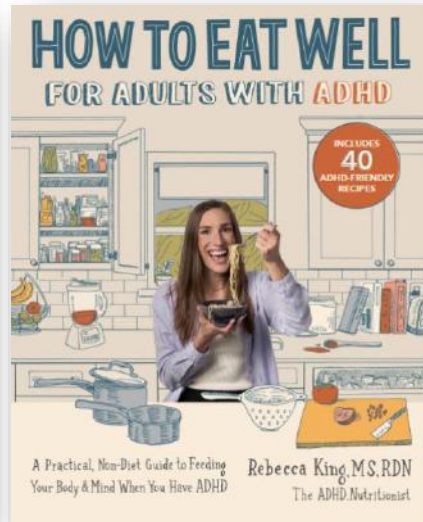
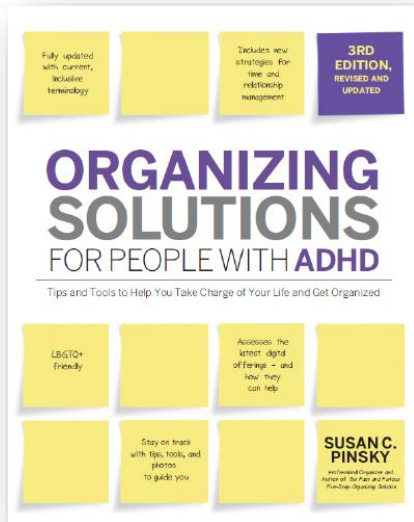
Translation files available

Link to material:

<https://quarto.box.com/s/v4792wvkkv1dd0r5xhyqtf6xfeq3o77m>



ADHD – A Selection Of Titles



Click on the covers for the links to each title!

THE ADHD RESET



CLAIRE MICHALSKI
Creator of @ModernHippieMindset

THE ADHD RESET

- Transform ADHD from a problem to be solved to a source of power – a positive guide to empowerment for people with ADHD
- Offers a way of thinking helping people with ADHD consider their symptoms as superpowers instead of something to be managed, to make them thrive and succeed in the daily life
- Author is life coach specialized in ADHD management (@ModernHippieMindset, with over 100,000 followers on IG and over 100,000 followers on TikTok)

Wordcount: approx. 68,000 words

Extent: 208 pages

TPS (h x w): 230 mm x 170 mm

Translation files available: Mar-25

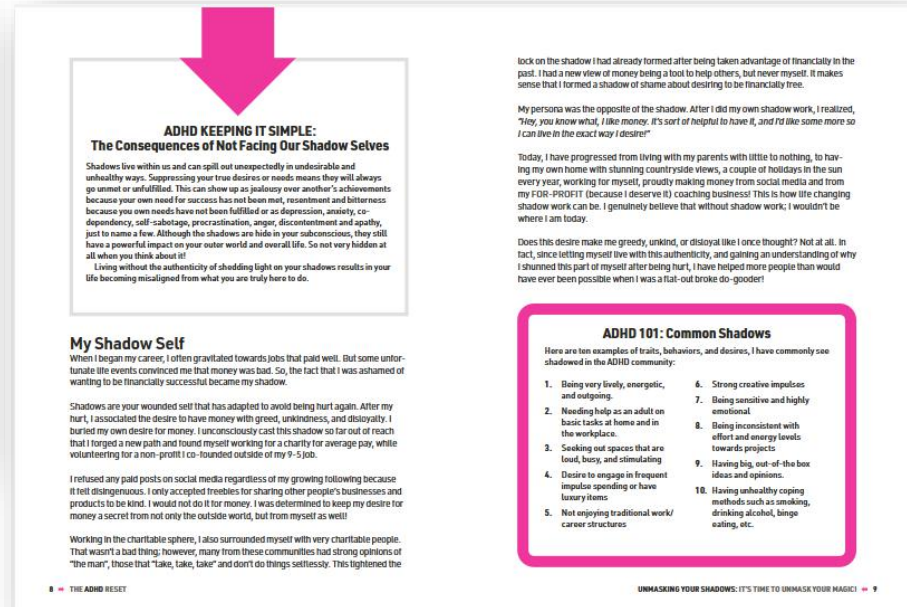
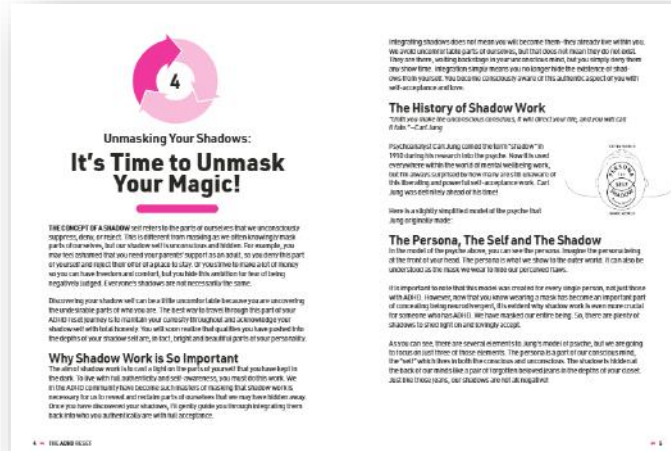
Next co-edition schedule

Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

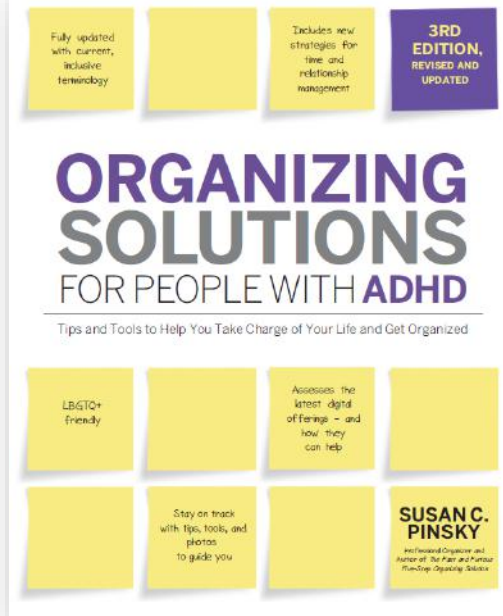
<https://quarto.box.com/s/w364izrgma97z2zb56nabv7ccg8tg6zy>





ORGANIZING SOLUTIONS FOR PEOPLE WITH ADHD, 3rd Ed.

- 3rd edition to long-time best-seller (54k+ copies sold across all editions): more important than ever as the number of ADHD diagnoses keeps increasing
- Practical streamlining solutions for organizing busy lives
- Offers strategies based on the latest research on the ADHD brain, and assessments of the best (and worst) digital tools for keeping lives in order
- Author Susan Pinsky is a highly respected name and speaker on both ADHD and professional organizing



Wordcount: 63,246 words

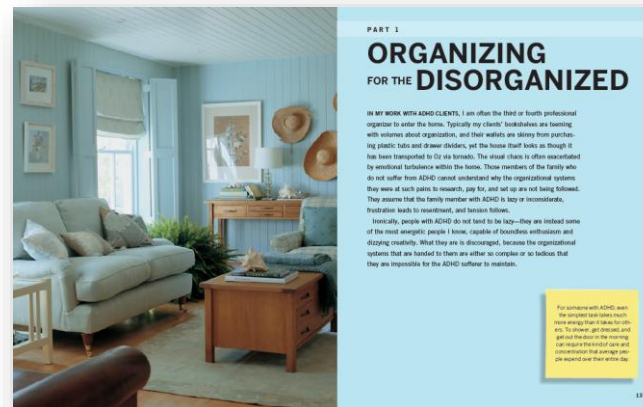
Extent: 208 pages

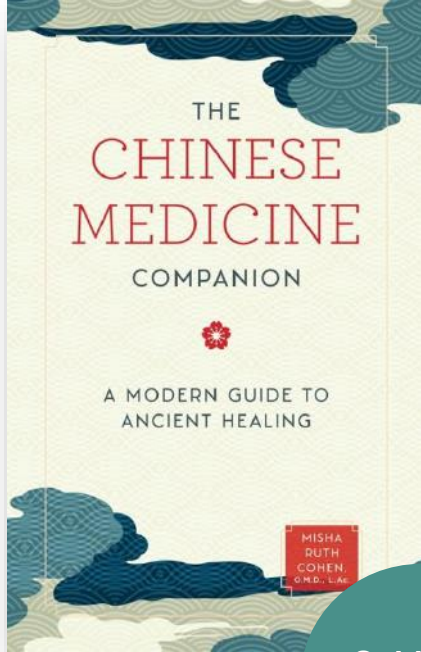
TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

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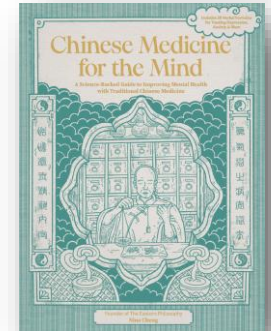


Sold to 7
languages

THE CHINESE MEDICINE COMPANION

- Your practical guide to traditional Chinese medicine (TCM) for total health in body, mind, and spirit
- TCM is gaining mainstream acceptance and is being used by major hospitals and the US military as complementary medicine
- Includes most common treatments such as acupuncture, qi gong, herbal therapy, dietary practices, and nutrition
- A condensed edition of *The New Chinese Medicine Handbook*

Pairs perfectly with:



Wordcount: 30,000 words

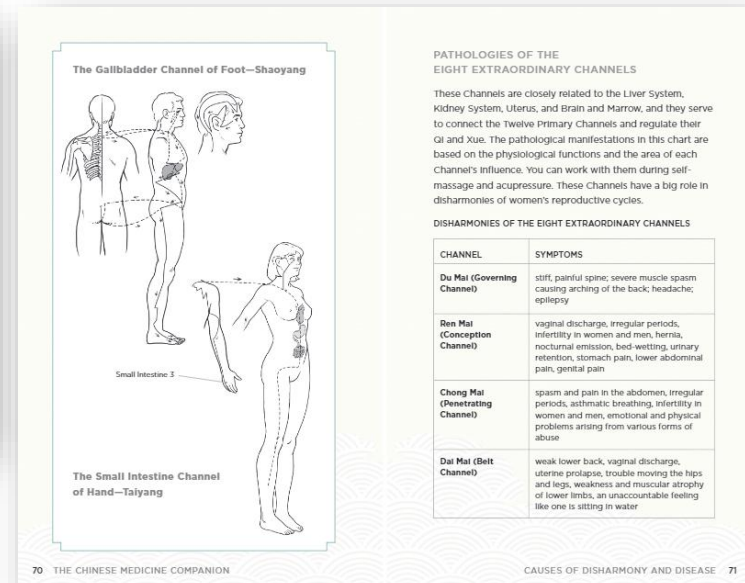
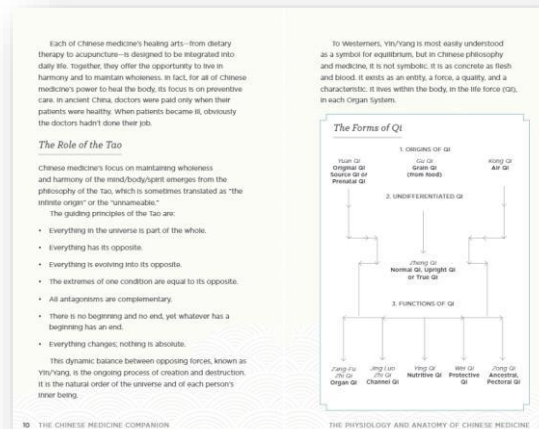
Extent: 176 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

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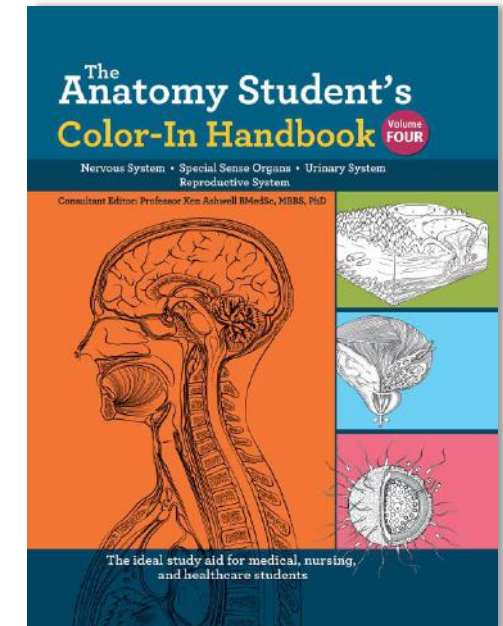
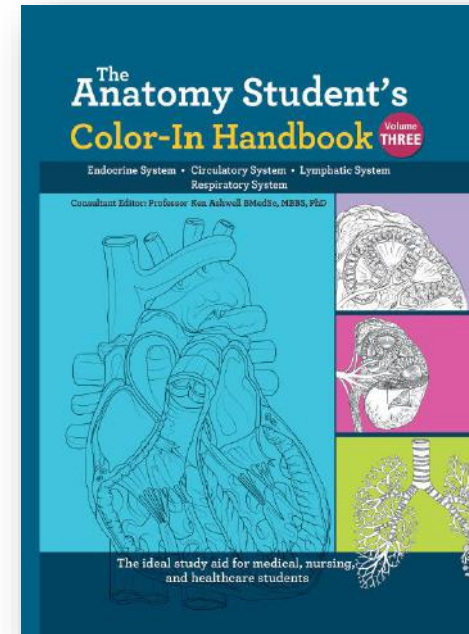
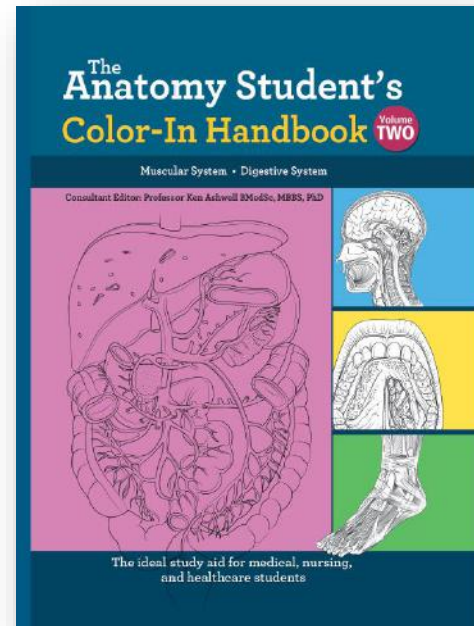
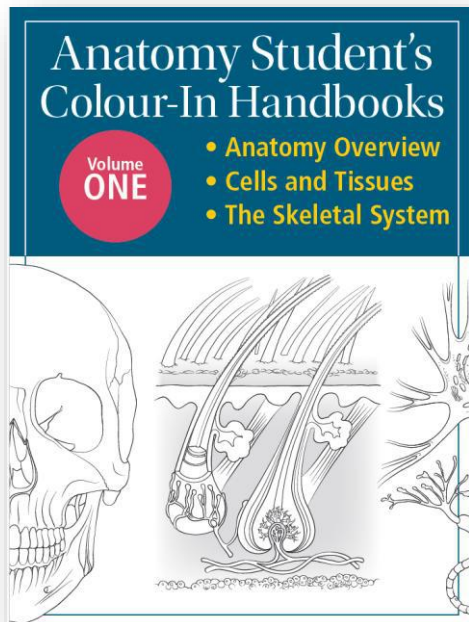
ANATOMY STUDENT'S COLOUR-IN... SERIES

Extent: 144 pages

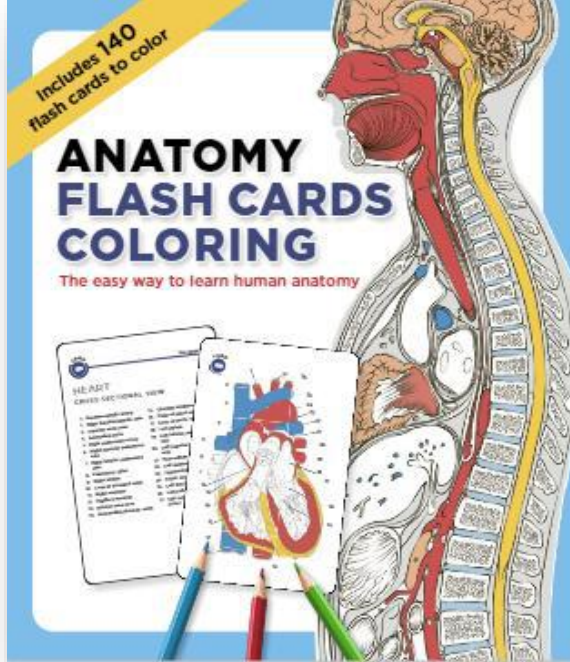
TPS (h x w): 145 mm x 195 mm



BRIGHT PRESS



Click on each cover to access the material!



ANATOMY COLOURING CARDS

- Learn and test your knowledge by colouring in and annotating dedicated cards
- 140 detachable cards with an uncoated side to colour in
- Thorough and detailed drawings – perfect for medical students!
- Available in either wire-o format or a wallet format

Wordcount: 30,111 words

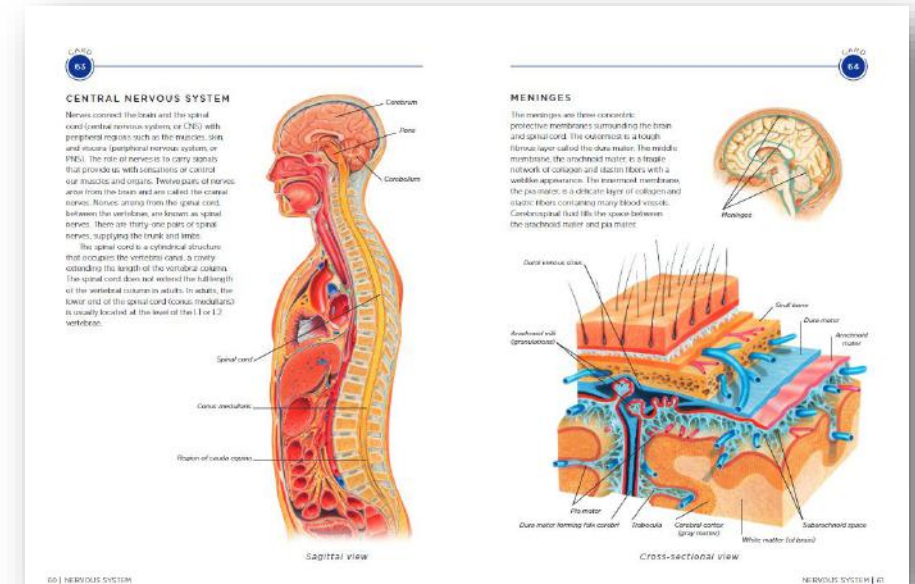
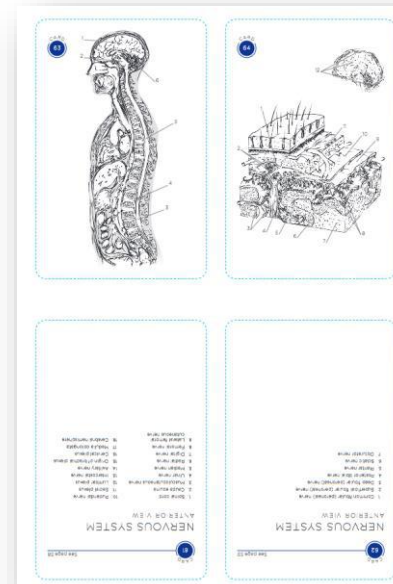
Extent: 128 pages + 140 cards

TPS (h x w): 230 mm x 170 mm + gusset pocket

Translation files available

Link to material:

<https://quarto.box.com/s/scpujyicmvsluoy8jj53r798xewkkv5f>



COMPLETE COLOUR-IN WORKBOOKS

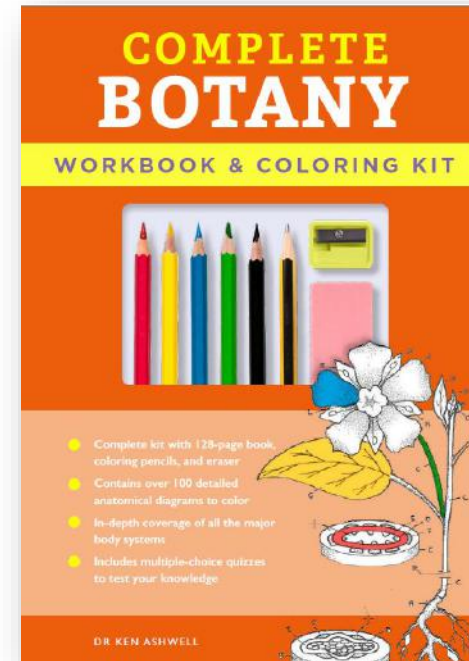
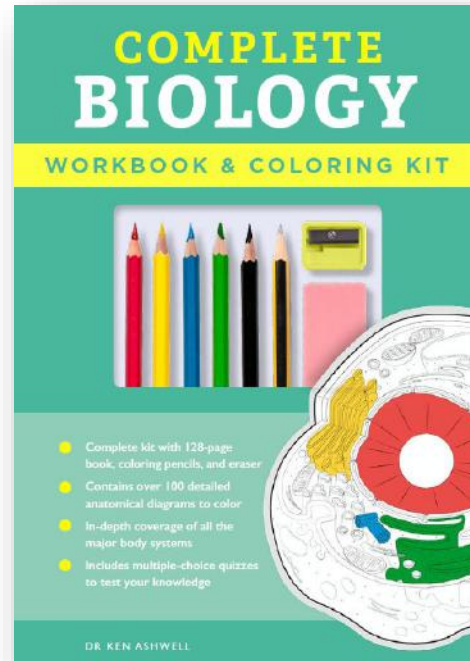
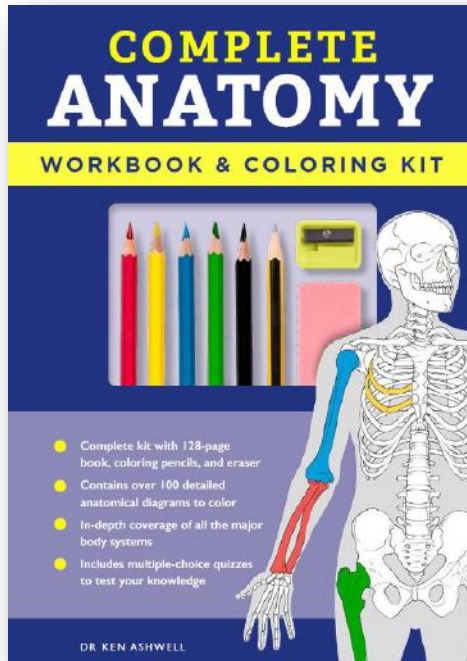
- Complete study guide combines workbook with multiple-choice quizzes to test your knowledge and colouring kit (5 pencils + eraser)
- Over 100 detailed anatomical diagrams to colour and label , covering all major body systems

Wordcount: 7,692 words (Biology)
7,031 words (Botany)
10,692 words (Anatomy)

Extent: 128 pages

TPS (h x w): 246 mm x 175 mm x 35 mm + gusset pocket

Translation files available



Link to material:

<https://quarto.box.com/s/1d62sb926fjagkzk7vj21qtjmj26h3j6>

Next co-edition schedule

Delivery FOB: 15th July 2026

Files to printer: 15th April 2026

Q.

SELF-HELP



THE F.I.R.E. PLANNER

- Financial planning is taking the world by storm, and who better to learn from than a finance coach who actually achieved his goal of retiring by 35?
- The first illustrated planner on the subject, this amazing book includes 50+ hands-on steps from identifying mental blocks to everyday finance planning strategies
- Even if your goal is not early retirement, you can learn a lot from this title
- Even for those past 35 – it's never too late to become financially savvy

Wordcount: 50,258 words

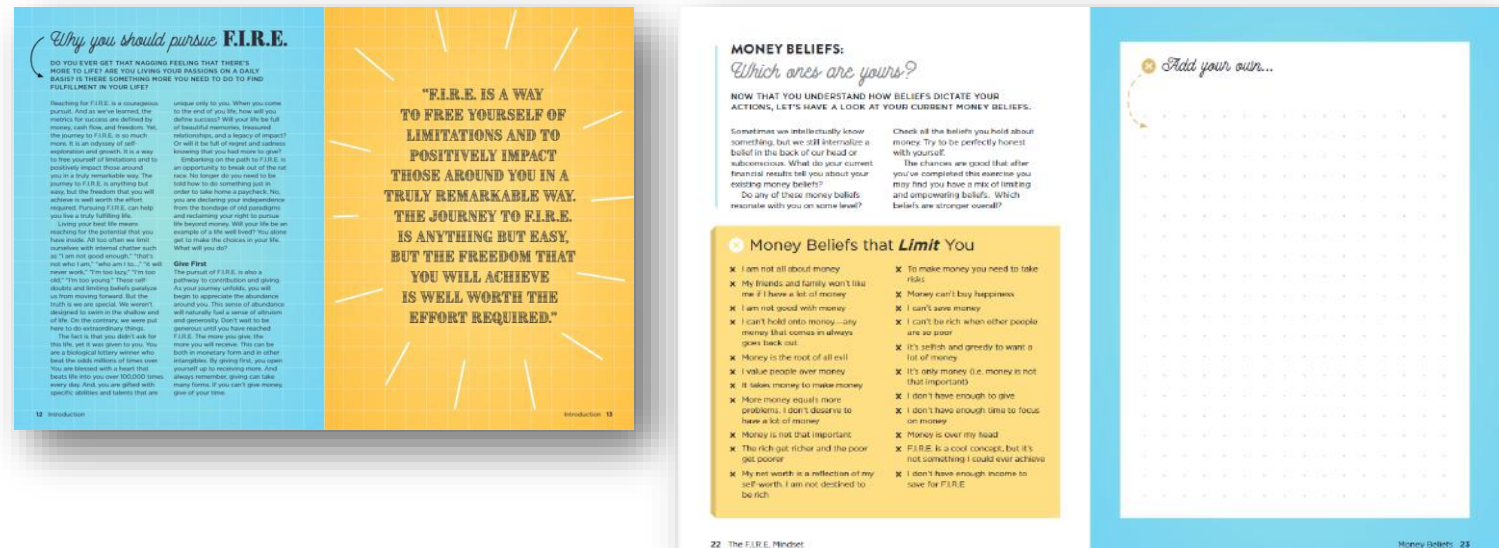
Extent: 192 pages

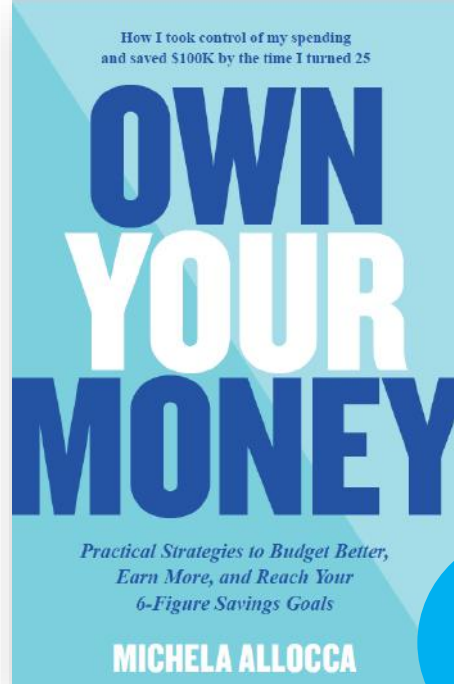
TPS (h x w): 224 mm x 164 mm

Translation files available

Link to material:

<https://quarto.box.com/s/1xz4e1d4oynwcc9trjtowlxjydrhpeyb>





Must-see
backlist

OWN YOUR MONEY

- Learn how to become financially savvy and reach financial goals
- A global, international take on how to manage your money, save, boost earning potential, invest, spend smartly as well as set a healthy financial routine... and stick to it!
- Comprehensive approach with real-life examples for 20- and 30-years-old to understand how to be in control of your money

Author Michela Allocca is one of the U.S. biggest personal finance influencers (with a community of 824k on TikTok, 264k on IG @breakyourbudget)

Wordcount: 46,387 words

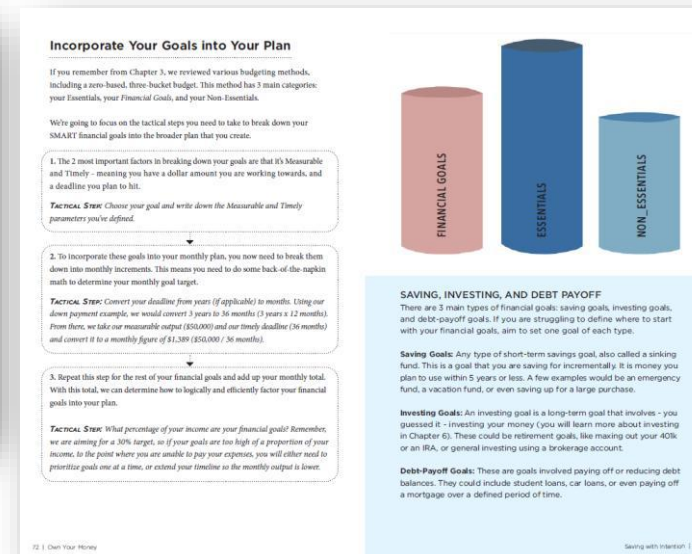
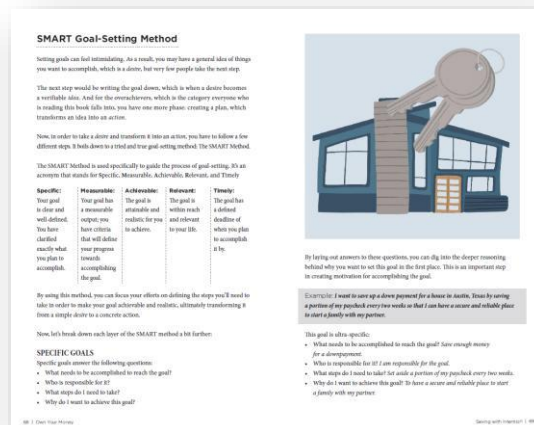
Extent: 176 pages

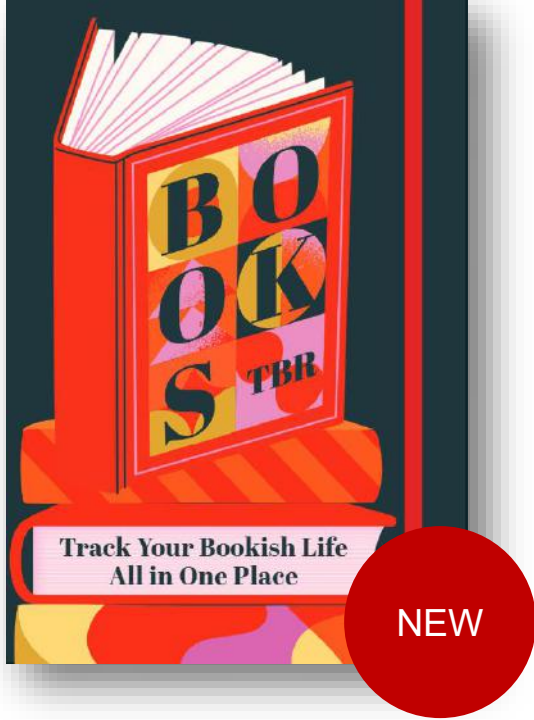
TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zng5kkatjrjwvyolx7ye6ffipuzy3uy69>





BOOKS TO BE READ

- A beautiful and poppy guide for three years of book-reading planning and recording
- Includes monthly and yearly reading trackers as well as space for book reviews
- An all-encompassing guide to your literary life

Wordcount: 7,767 words

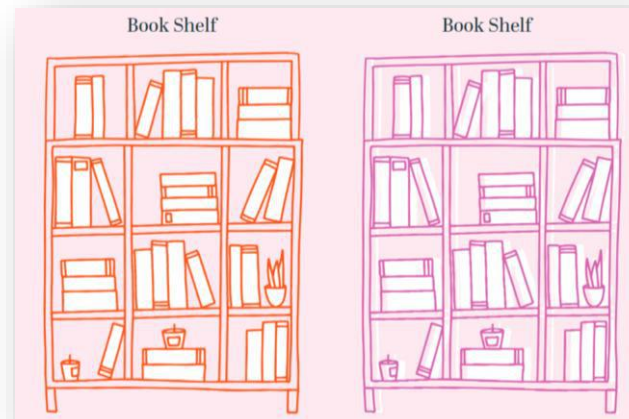
Extent: 280 pages

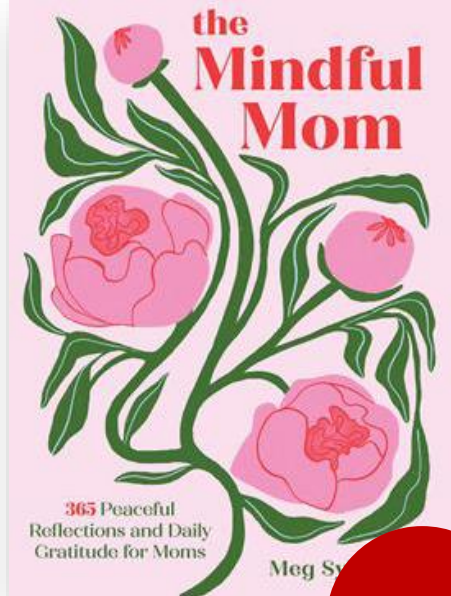
TPS (h x w): 210 mm x 146 mm

Translation files available

Link to material:

<https://quarto.ent.box.com/s/0y5hl4x0spyl3zs70oc4saj4elhq5hq1>



NEW

THE MINDFUL MOM

- Rediscover your joy and gratitude with meditations and mantras for every day of the year
- Includes affirmations, reflections and transformative mindset shifting strategies to live a more empowered and fulfilled life
- Beautiful and calming illustrations accompany the meaningful text

Wordcount: approx. 50,000 words

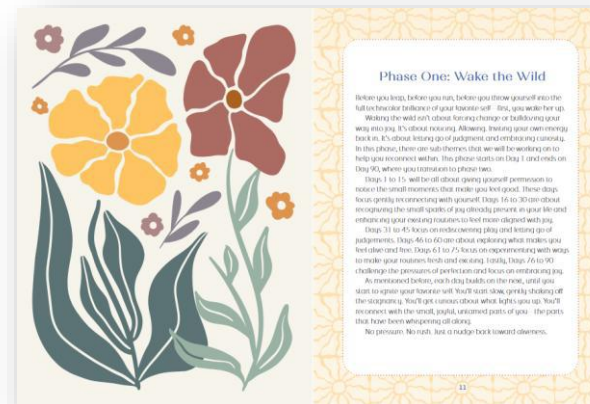
Extent: 256 pages

TPS (h x w): 195 mm x 145 mm

Translation files available: Dec-25

Link to material:

<https://quarto.ent.box.com/s/yz8e142y7mdrei1hcpqi685uzn9myokw>





OUR BRAVE HEARTS

- Insight and compassionate guidance on how to navigate the struggles and contradictions of modern motherhood
- Self-purchase for those who are finding navigating new motherhood tough and perfect gift for those wanting to express kindness and care to a new mum
- Jacqueline Kelly is a certified life coach and trainee psychotherapist for mums who feel like they've lost sight of themselves in motherhood

Wordcount: 23,500 words

Extent: 144 pages

TPS (h x w): 170 mm x 110 mm

Translation files available



Can you bend without breaking?

Our days are filled with obbing and flowing, giving and taking, resisting and surrendering. We are caught in what feels like an eternal routine of learning how to bend without breaking.

How's that going for you?

I've realized that I can bend further than I ever imagined. Sometimes (most of the time) there's a lot of resistance. I often get stuck in the painful moment where I believe that somehow my children should just accept what I am telling them to do.

I believe that I'm right and I no longer see the woods for the trees. These moments are often defined by me telling rather than asking. Demanding rather than suggesting. Overbearing rather than yielding. Hard rather than soft.

I'm not bringing my children up to choke on their own opinions. It was never our intention that they would feel railroaded into doing something 'just because'. This all sounds good in theory but when you are in the thick of it and you lose sight (so quickly) of the way you intended to be, you slide straight into 'I'm the adult, you're the child. I'm right, you're wrong'.

When the heat of the moment has passed and your ego has settled down, so starts the inevitable descent into disappointment and hurt and feelings of having let yourself down. If this sounds familiar, please know you are not alone.

This is one of the murky areas of motherhood that is not

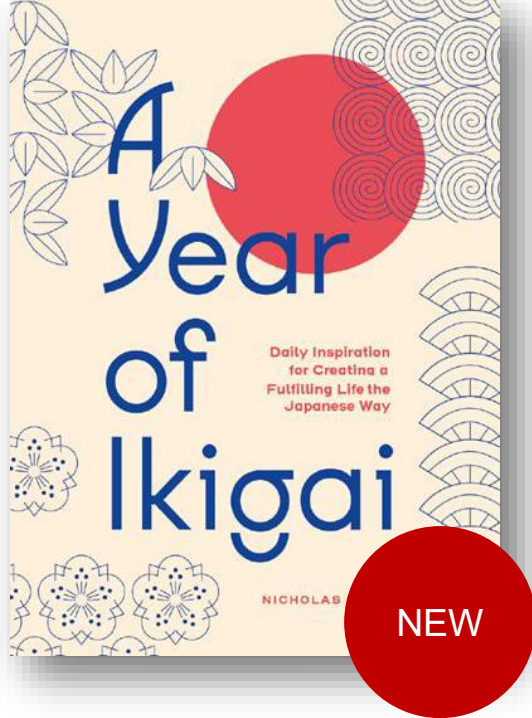
spoken about a lot because it's not all shiny with bells and whistles attached to it. It's not able to be captured in a photo and posted for all to see.

Acknowledging that you're human and get pissed off EVEN at the little loves of your life doesn't make you a bad mum. Having to walk away in order to calm down and catch your breath doesn't make you a bad mum. The next time you are knee-deep in regret or shame over the way you responded to your kids, rather than beat yourself up, try speaking to yourself as kindly. With love – total and unconditional love.



Link to material:

<https://quarto.box.com/s/c2proizyxx0jhil2f4cfhzqscunpt0t>



A YEAR OF IKIGAI

- Explore 365 days of bite-sized inspiration and reflection to help you find purpose and meaning
- Breaks down the concept of ikigai into 5-minute daily reflections for easy understanding and integration
- Expert insights from an ikigai expert Nicholas Kemp who coaches using evidence-based methods rooted in Japanese research

Wordcount: approx. 30,000 words

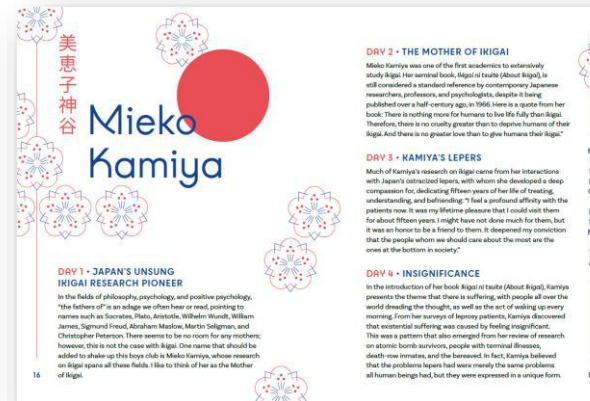
Extent: 224 pages

TPS (h x w): 195 mm x 145 mm

Translation files available: Dec-25

Link to material:

<https://quarto.box.com/s/37jf4kb7c44g5gwb3ckomo7g4baz5fh3>





MICROSEASONS

- A beautifully illustrated introduction to the traditional 72 Japanese microseasons or *kō* and how they can encourage us to notice, appreciate, enjoy, and live more in tune with the world around us
- Compact format, visually stimulating and includes simple, real-world tips and ideas on how to live more intentionally
- The popularity of slow, intentional, seasonal living is continuing to grow at pace as the antidote to hustle culture and burnout, and as people try to live more conscious, environmentally positive lives
- By a Japanese author

Wordcount: approx. 22,000 words

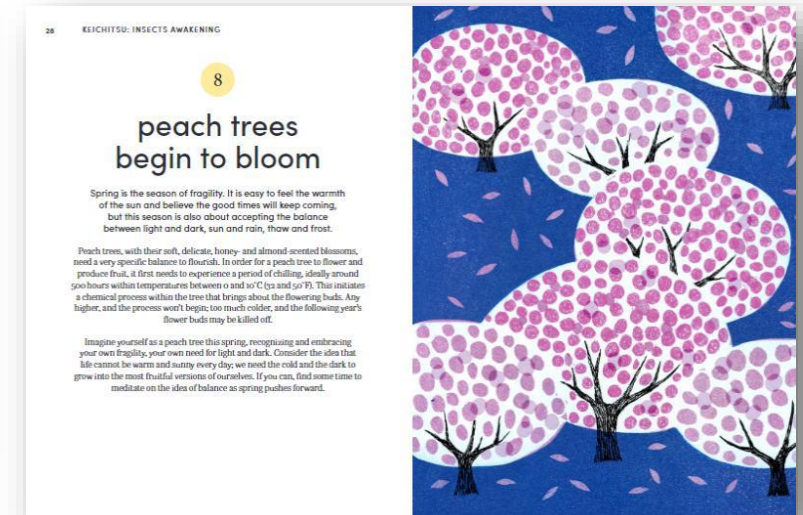
Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/wmwpbnshsz5i9zbq0zde4acjc5b53fn>





COVER TO
COME

NEW

SMALL WONDERS

- A guide to discovering the joy in the everyday activities and occurrences of modern life
- A cost-free tool for self-care that focuses on the quiet joys of day-to-day life
- Author Jennifer Shoop is the creator of a literary lifestyle publication *Magpie*, and boasts more than 25,000 Instagram followers

Wordcount: approx. 26,000 words

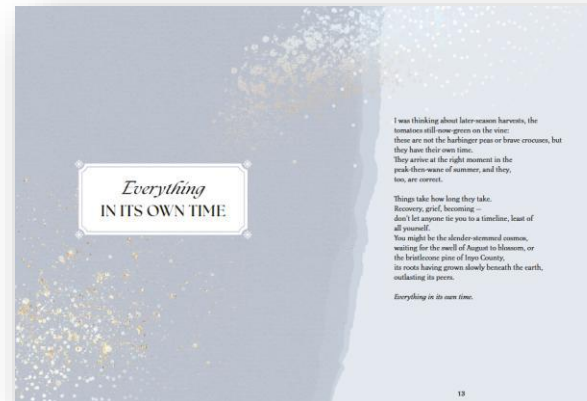
Extent: 224 pages

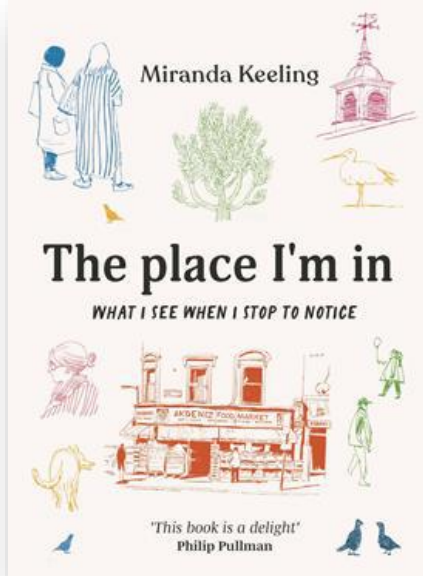
TPS (h x w): 195 mm x 145 mm

Translation files available: Jan-26

Link to material:

<https://quarto.ent.box.com/s/zkdz85xrdzcu7drdnq9ckjtb99tr1v9v>





THE PLACE I'M IN

- We're caught up in our phones, in our heads, in a conversation from three weeks ago but if we slow down, open our eyes and look around, it's possible to observe the tiny miracles that are occurring all around us
- Sometimes funny, sometimes poignant, sometimes weird but always strangely appealing, these observations invite you to look at the world anew, slow down, and take the time to notice
- Miranda Keeling, author of *The Year I Stopped to Notice* and writer and presenter of multi-award-winning podcast *Stopping to Notice*

Wordcount: approx. 30,000

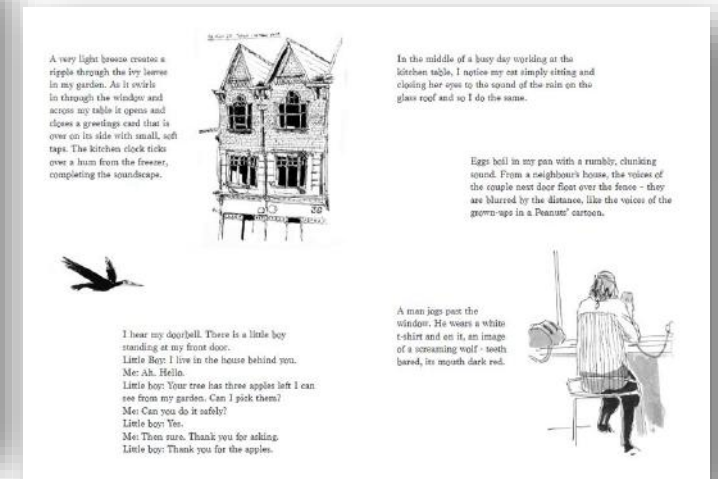
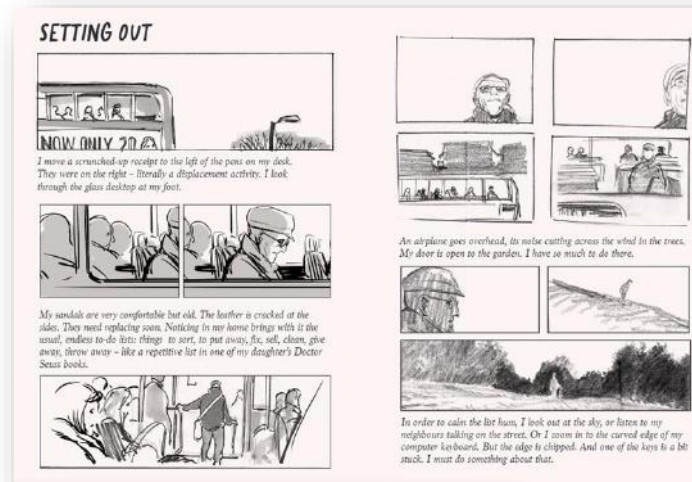
Extent: 192 pages

TPS (h x w): 185 mm x 134 mm

Translation files available

Link to material:

<https://quarto.box.com/s/n6posiwb9f7ajg6n8qn1xyb2b5qdkxo4>





LOVE LESSONS

- A funny and reframing exploration of the well-known 90's concept of love languages in a much-needed modern way with 4 new, resonating love languages: respecting boundaries, emotional security, shared goals and experiences, and healthy debate
- Takes an inclusive approach that recognizes modern-day understandings of gender, sexuality and neurodiversity
- Explores romantic relationships as well as the ways we express and receive love with family, friends and co-workers
- Includes quizzes and prompts

Wordcount: 47,157 words

Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/v8dyz0onk3vvrxflln3m72izinfymcbr>



LOVE LESSONS

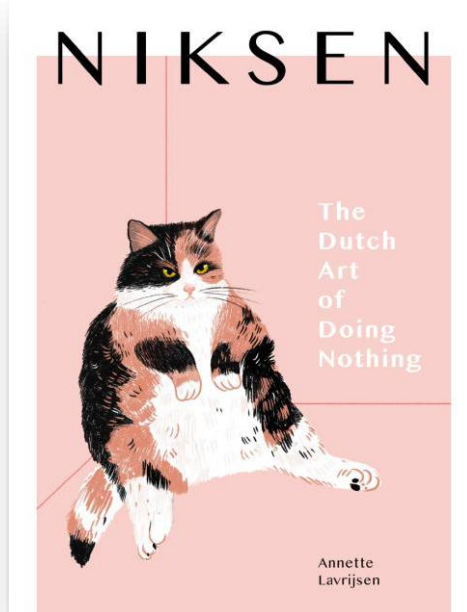
A modern guide to showing, giving, and receiving love



ALISE MORALES

Illustrated by Ana Jaren





NIKSEN

- First there was *hygge*, now there's *niksen* – a simple Dutch philosophy for anyone looking to slow down, relax and daydream
- Several world research reports conclude that the Dutch have the best work-life balance and are among the happiest, most relaxed people in the world
- Dutch mindfulness expert Annette Lavrijsen shows how, through daily practice, and by following the exercises within, you will grow comfortable with yourself, with silence and will reap nixsen's countless rewards

Wordcount: 16,500 words

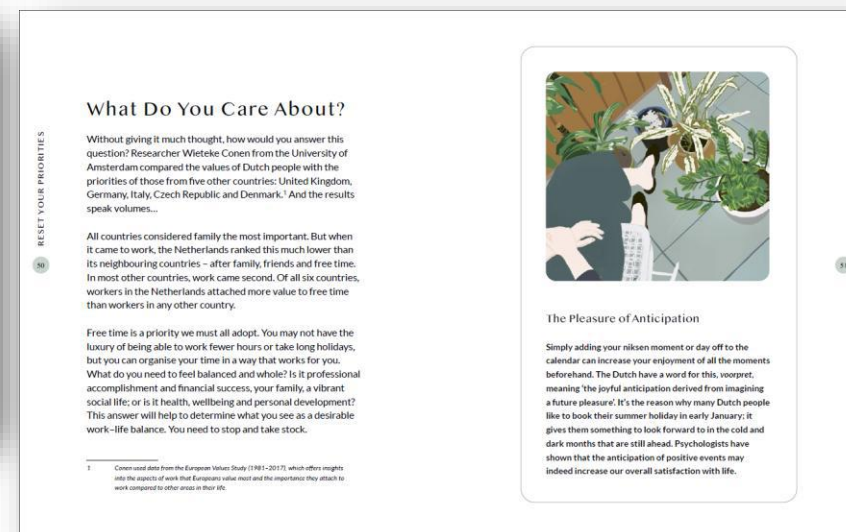
Extent: 144 pages

TPS (h x w): 189 mm x 151 mm

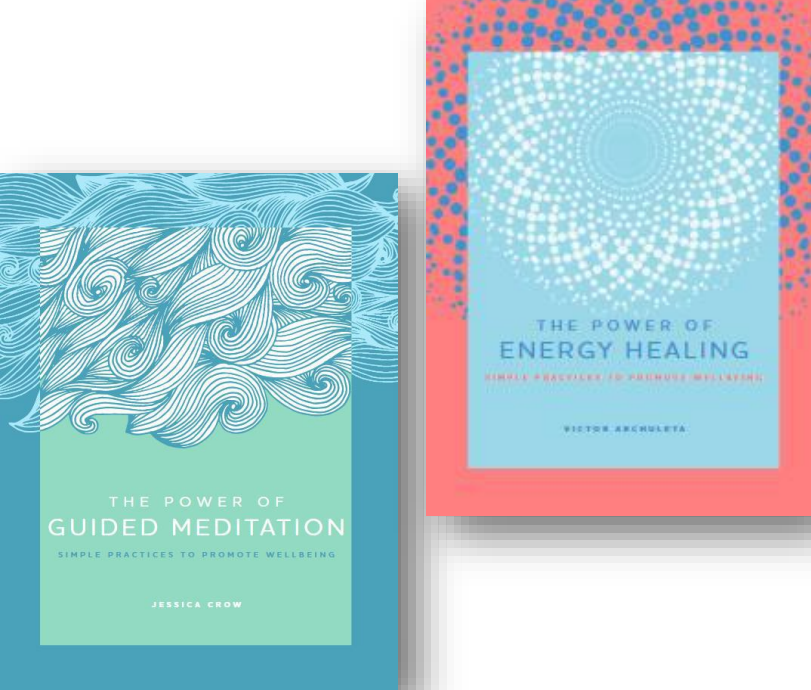
Translation files available

Link to material:

<https://quarto.box.com/s/qcq90z0npizjewdfbzyj7uor4qxxwsy5>



WHITE
LION



POWER OF GUIDED MEDITATION POWER OF ENERGY HEALING

- A series of practical wellbeing guides with techniques to improve specific complaints from body aches to mental stress
- In-depths explanations and step by step solutions, promoting the balance of body and mind
- Illustrated with contemporary, calming line drawings

Wordcount: 23,260 (EH) / 35,347 (GM) words

Extent: 128 pages

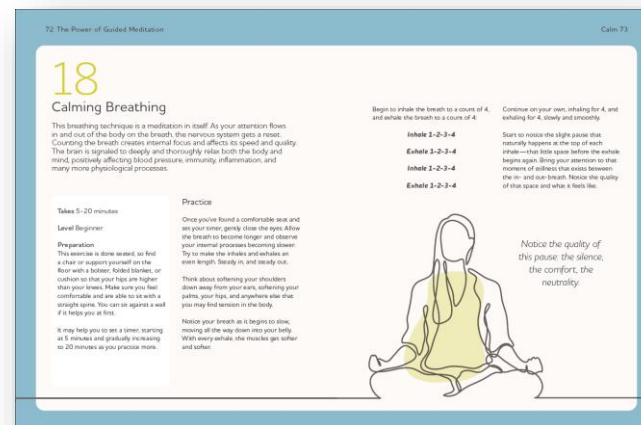
TPS (h x w): 210 mm x 160 mm

Translation files available

Links to material:

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QUARTO

POWER OF... series

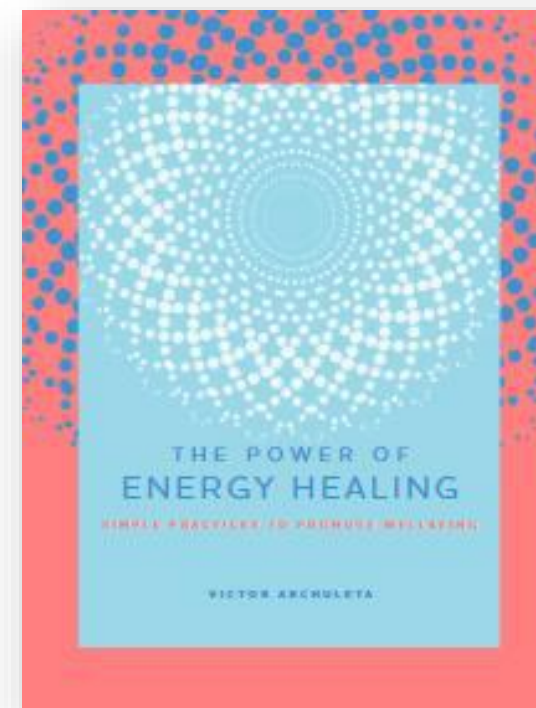
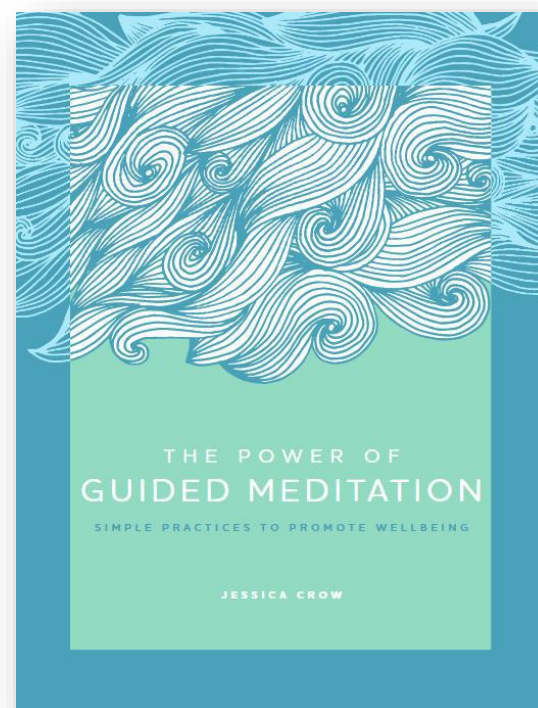
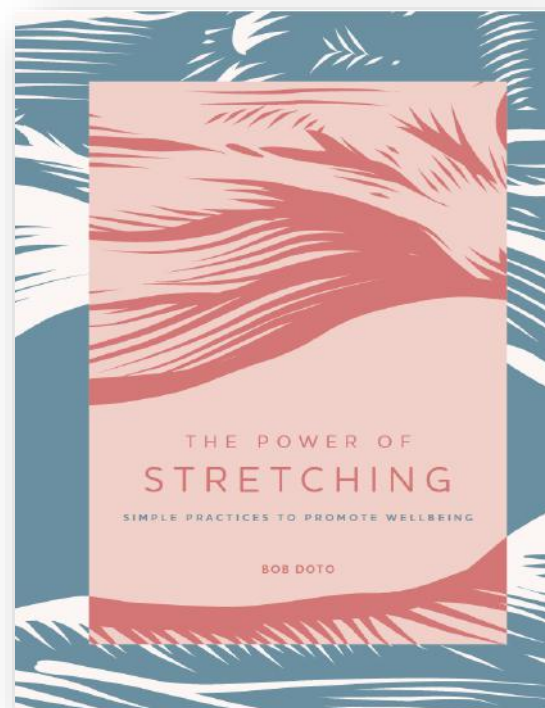
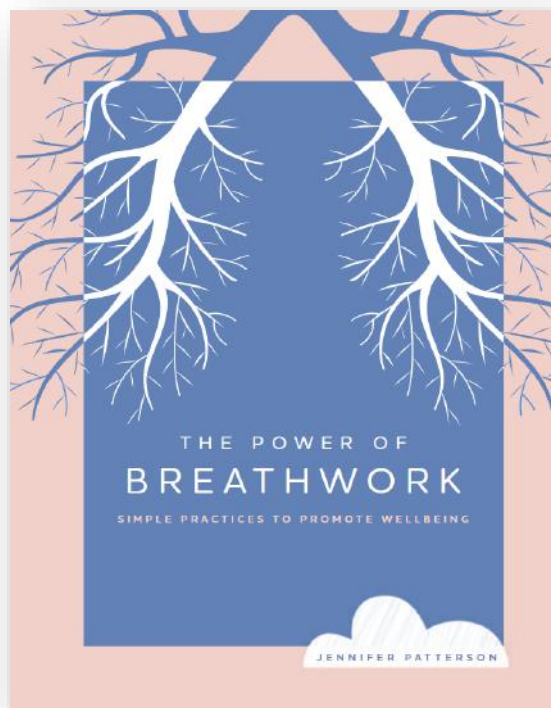
Wordcount: approx. 20,000 words

Extent: 128 pages

TPS (h x w): 210 mm x 160 mm



QUARTO



Click on the covers to see the material!

MINDFULNESS... series

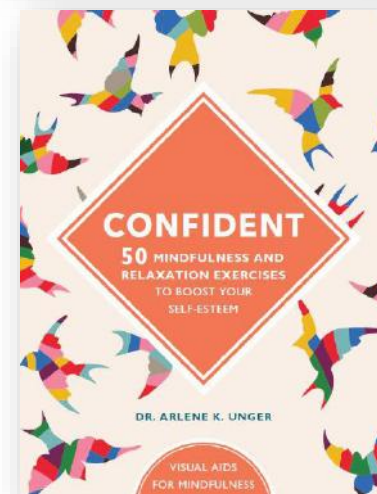
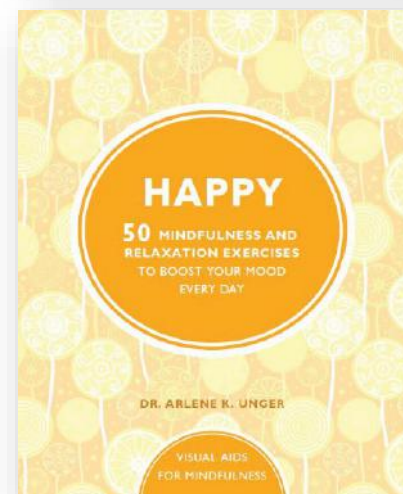
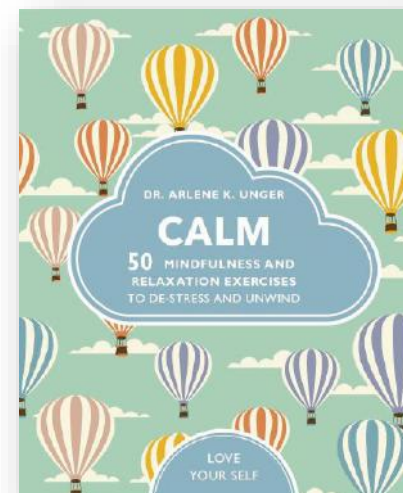
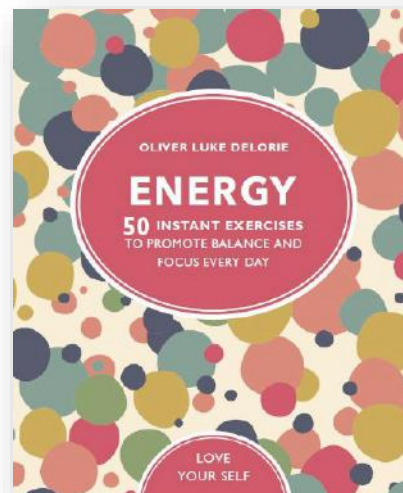
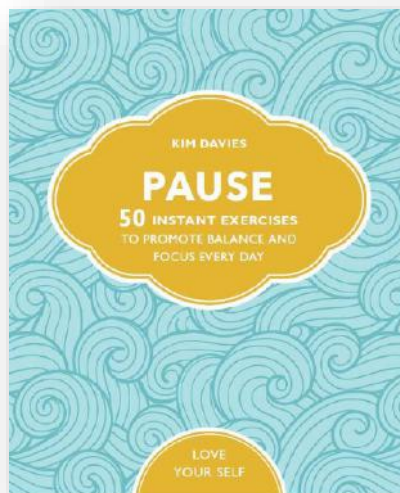
Wordcount: approx. 15-18,000 words

Extent: 160 pages

TPS (h x w): 165 mm x 135 mm



QUARTO

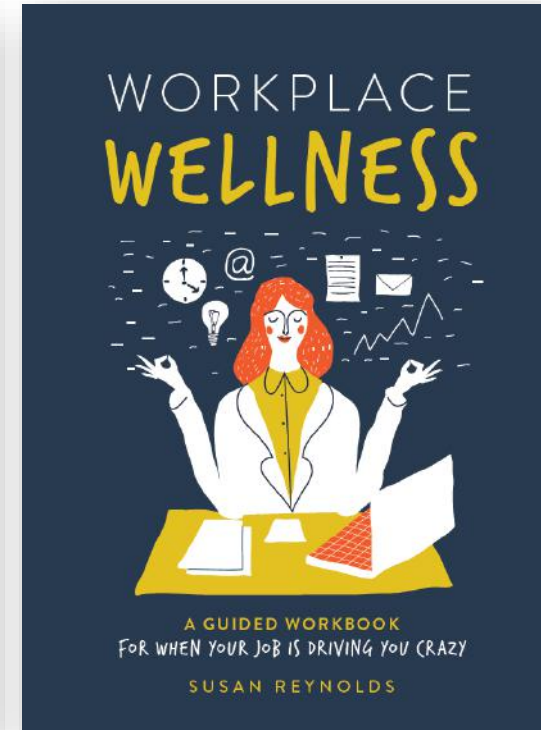
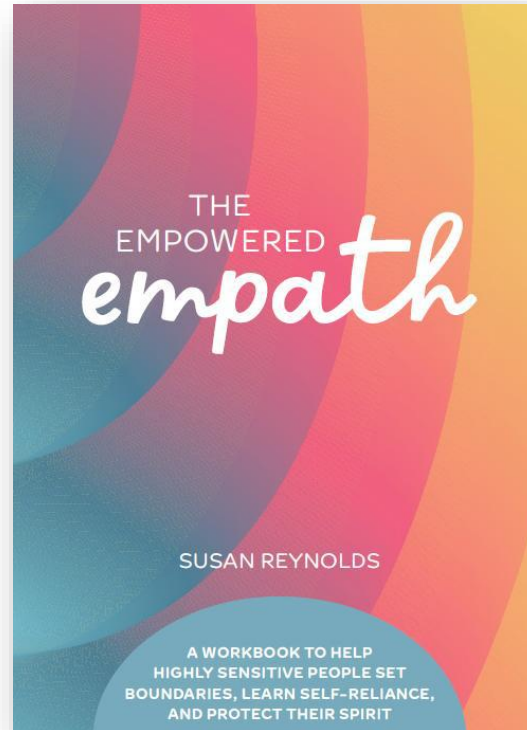
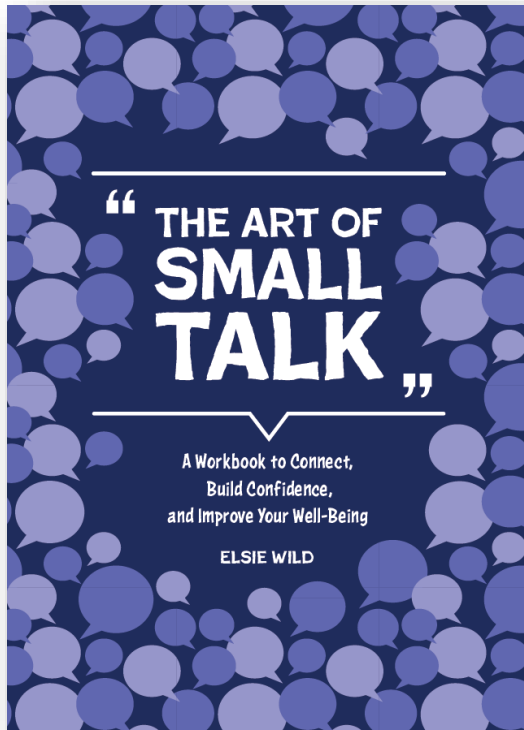


Click on the covers to see the material!



GUIDED WORKBOOKS

- Features over 100 engaging exercises and prompts to help you build confidence
- Beautifully designed journals with layflat binding and portable size, perfect for on-the-go reflection and skill-building

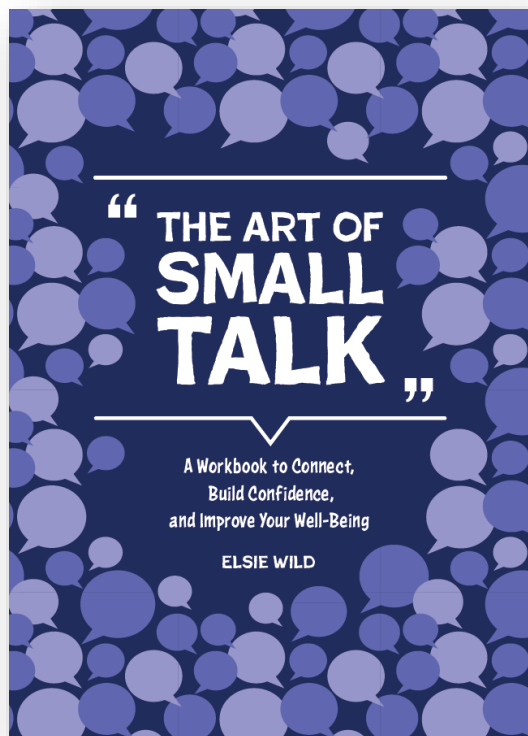


Click on the covers for links to each title



THE EMPOWERED EMPATH

- More than 100 unique, focused writing prompts to help readers on their journey
- Inspiring and uplifting quotes throughout
- Beautifully designed and illustrated to make the experience more engaging, with a layflat binding for easy writing



Wordcount: TBC words

Extent: 192 pages

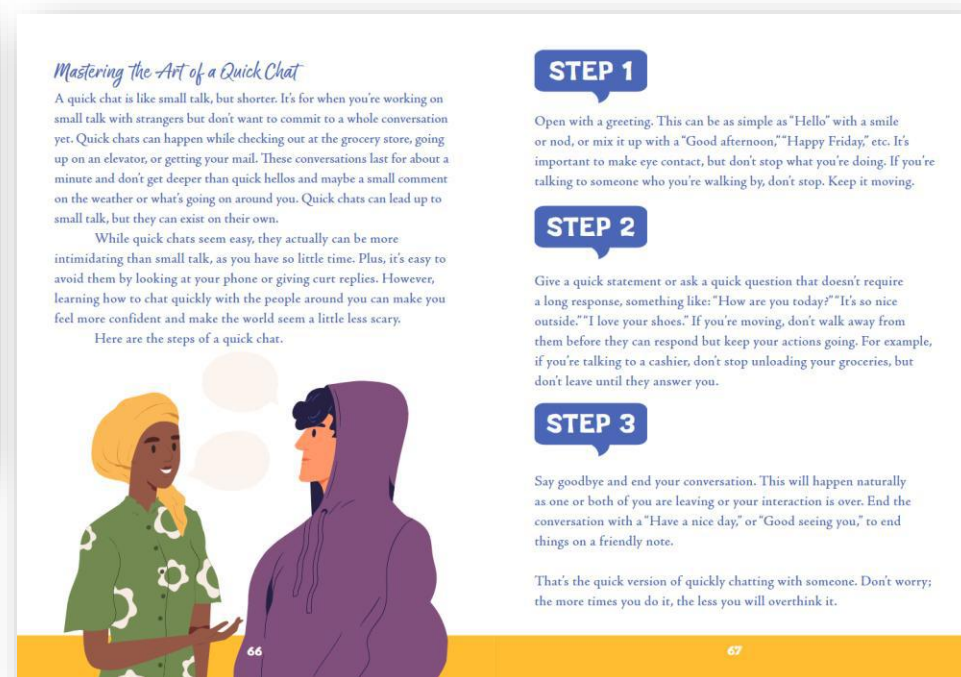
TPS (h x w): 214 mm x 152 mm

Translation files available



Link to material:

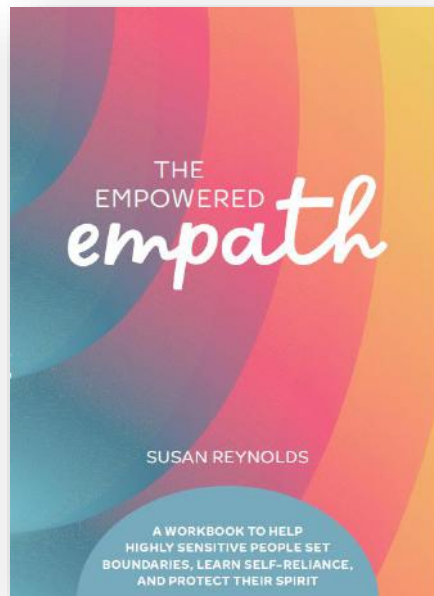
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THE EMPOWERED EMPATH

- More than 100 unique, focused writing prompts to help readers on their journey
- Inspiring and uplifting quotes throughout
- Beautifully designed and illustrated to make the experience more engaging, with a layflat binding for easy writing



Wordcount: 18,233 words

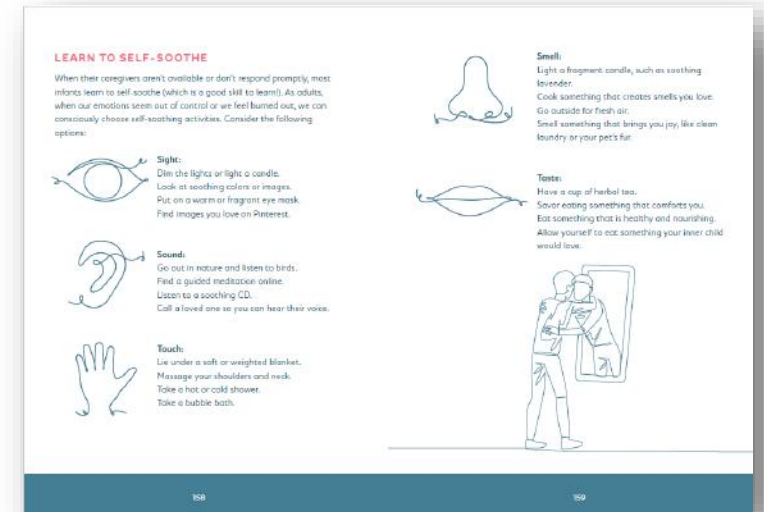
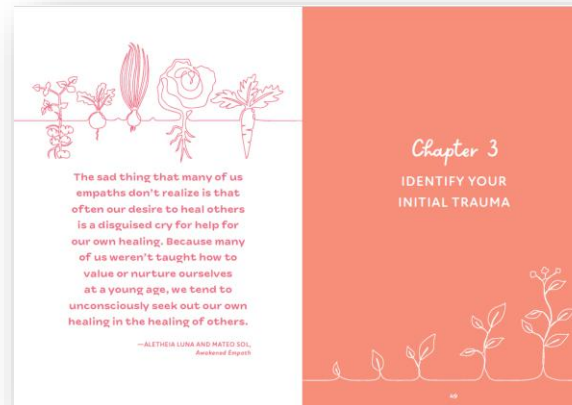
Extent: 192 pages

TPS (h x w): 214 mm x 152 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zyqcviw6k9100xlko5sdo6u12o8m35cb>





THE HEALED EMPATH

- A fantastic title to help empaths move from overwhelm to empowerment, to harness their sensitivity as a superpower, and to navigate the world with better boundaries
- Taps into the growing awareness around introverts, empaths and highly sensitive people
- A must-have for all self-help lists
- RealizedEmpath.com creator, Kristen Schwartz, uses a blend of psychology, science, and a sprinkling of mind-body-spirit

Wordcount: 43,078 words

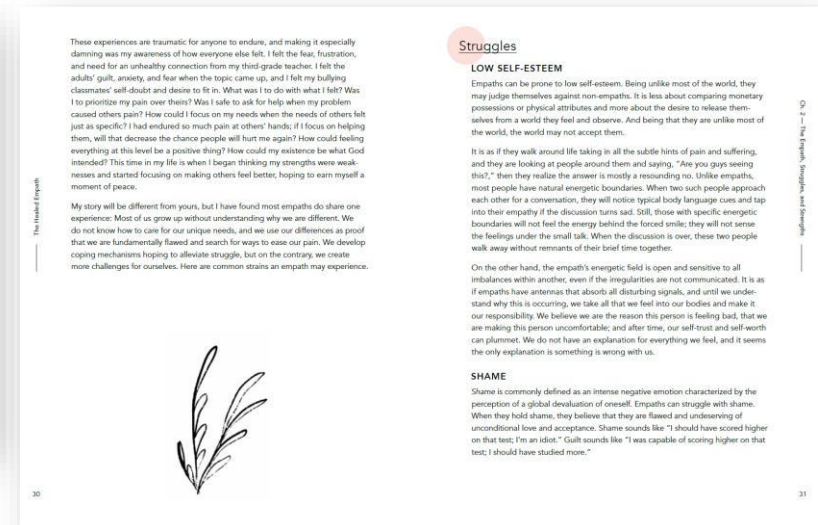
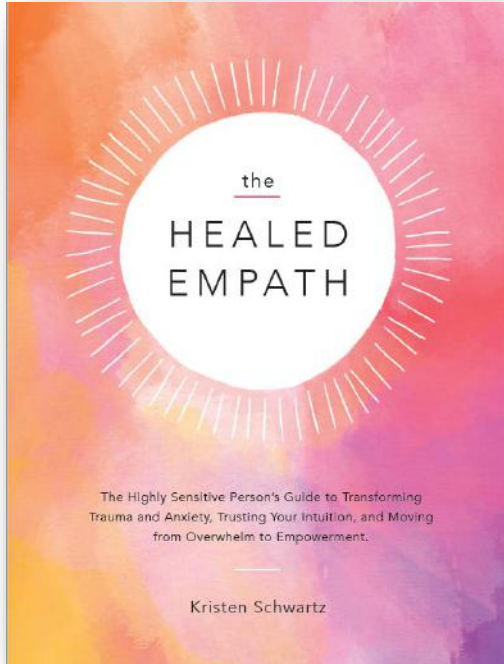
Extent: 192 pages

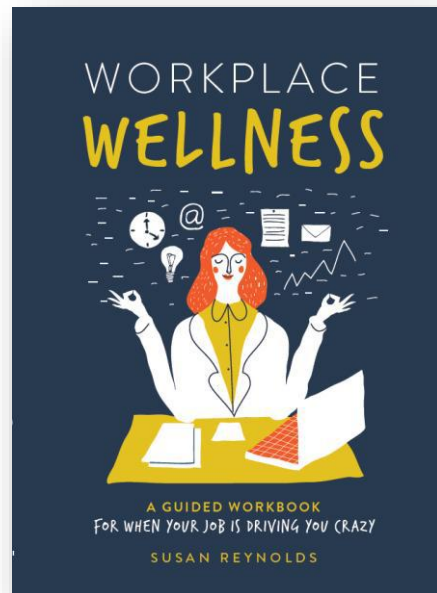
TPS (h x w): 225 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/cdm5hxbu9c1vk136uxskxccppkw96nsa>





WORKPLACE WELLNESS

- Includes more than 100 unique, focused writing prompts to help readers find their path to wellness at work, plus inspiring quotes throughout to offer reassurance and encouragement
- Layflat binding for easy writing, plus a beautiful design to make the experience more tranquil
- Most books on this topic are written for management or Human Resources; this is for employees to navigate the stresses of work

Wordcount: 22,951 words

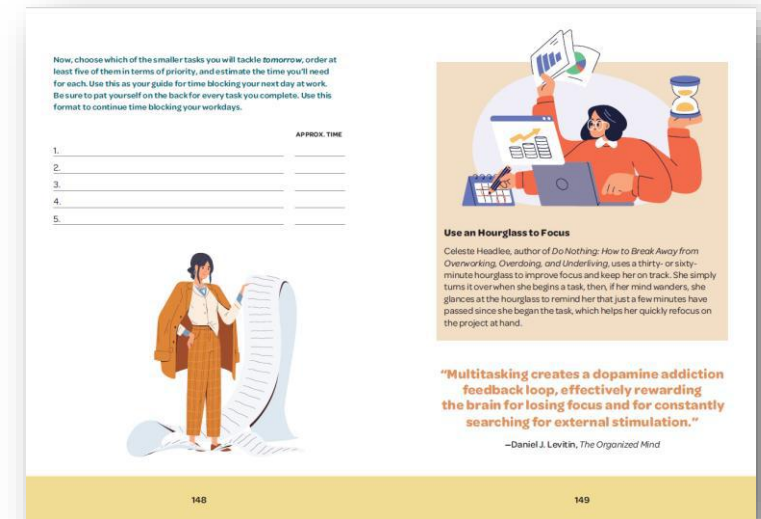
Extent: 192 pages

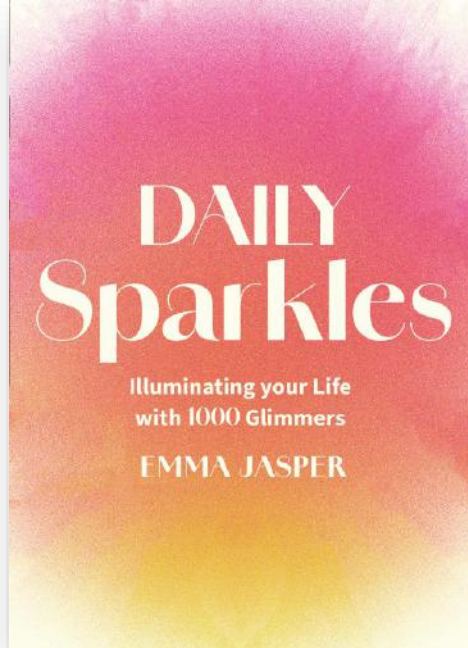
TPS (h x w): 214 mm x 152 mm

Translation files available

Link to material:

<https://quarto.ent.box.com/s/jr3rr4tcytx6xaqcndrlsim5gcslgyl3>





DAILY SPARKLES

- Introduces psychotherapist Deb Dana's innovative concept of 'glimmers' to boost mental wellbeing through small, joyful moments
- Helps readers finding happiness in every season with 1,000 moments of joy organized by season and time of day
- Learn to appreciate beautiful micro-moments that instantly brighten your day and change your mindset

Wordcount: approx. 12,000 words

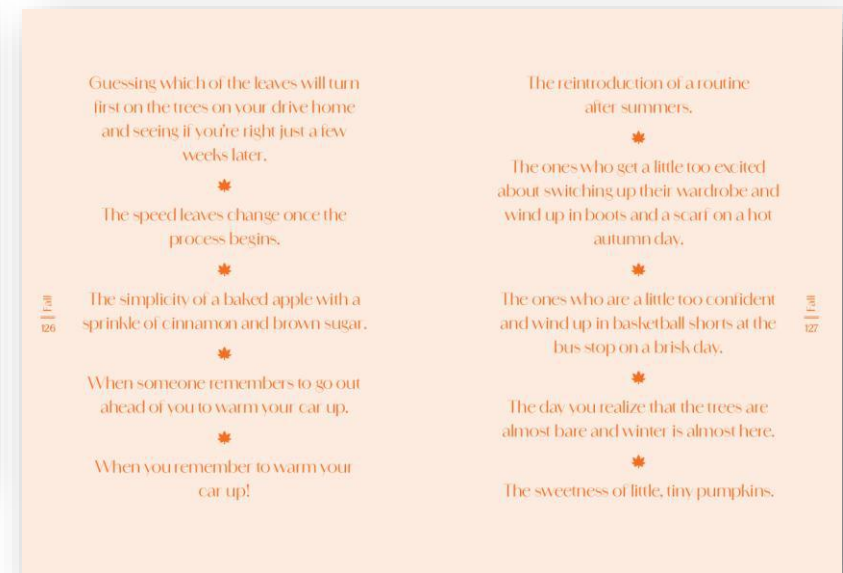
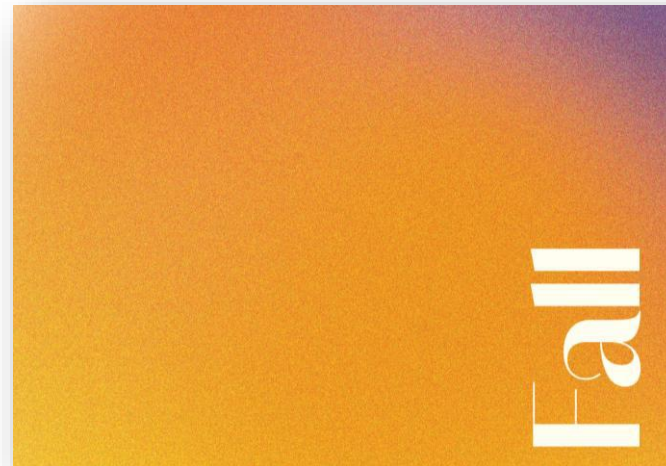
Extent: 224 pages

TPS (h x w): 178 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/crnrvbxdpzh2va8a6dsz6336s4pxgywz>





WELLNESS WORKBOOKS series

- Psychology workbooks for highly sensitive people/to combat anxiety/to get rid of harmful habits and patterns/to live a fuller life, packed with practical advice, exercises, journal prompts and tools
- 60 varied exercises in 4 different areas of life – self-care, relationships, work, and life goals – to help live a balanced emotional life
- Professional psychotherapist/psychologist/coach authors
- Current and important topics: the linked groups of introverts, empaths, and highly sensitive people are a very current subject and a large audience to cater to; anxiety is an extremely wide-spread issue; etc.

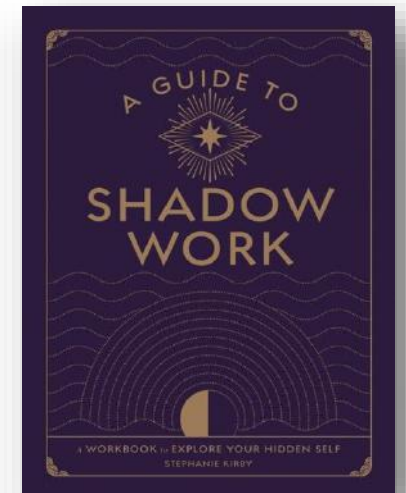
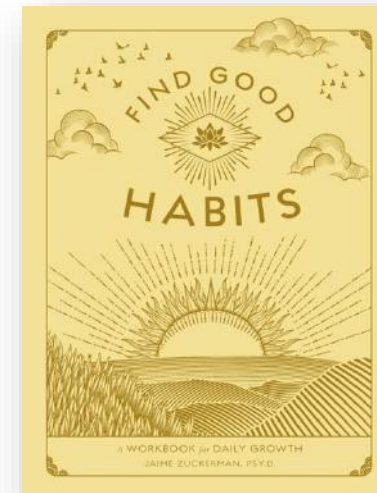
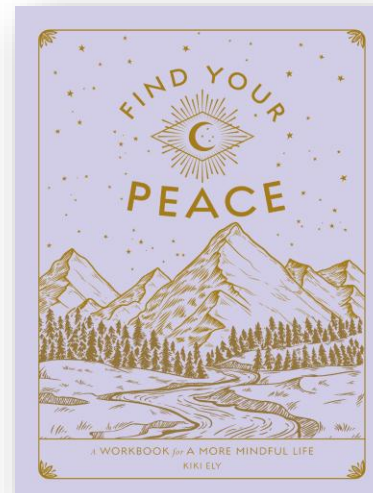
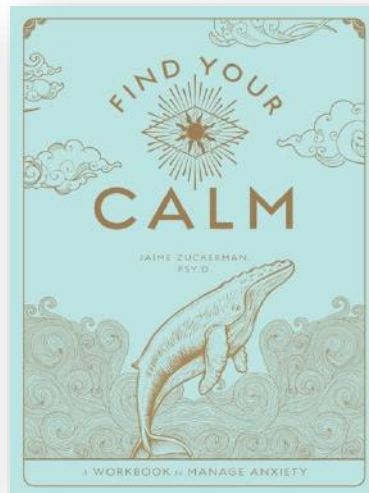
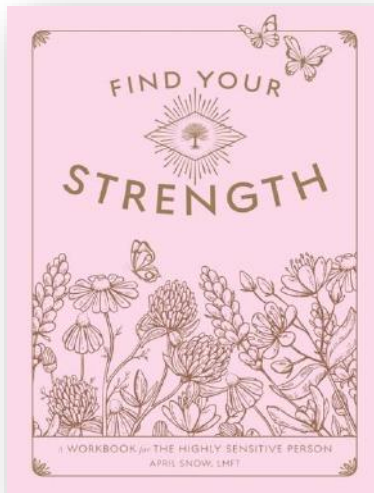
Wordcount: approx. 25,000 words

Extent: 192 pages

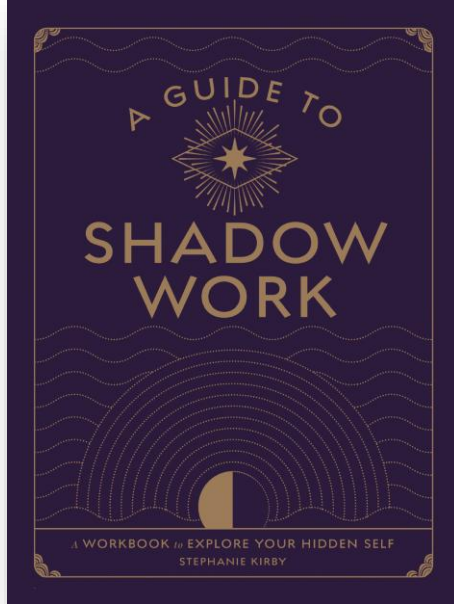
TPS (h x w): 230 mm x 170 mm

Over
40,000
copies
sold

NEW TITLES for
2026:
Find Your Power
Find Your Healing



Click on the covers for links to each title!



WELLNESS WORKBOOK: A GUIDE TO SHADOW WORK

- Latest title in the successful *Wellness Workbook* series
- Shadow work is an emerging trend that's all over TikTok (#shadowwork has 197.8 million views so far) but the practice has a long history and a real grounding in psychoanalytic theory, more specifically in the work of Carl Jung
- 60 varied exercises in 4 different areas of life – self-care, relationships, work, and life goals – to help live a balanced emotional life

Wordcount: 27,126 words

Extent: 192 pages

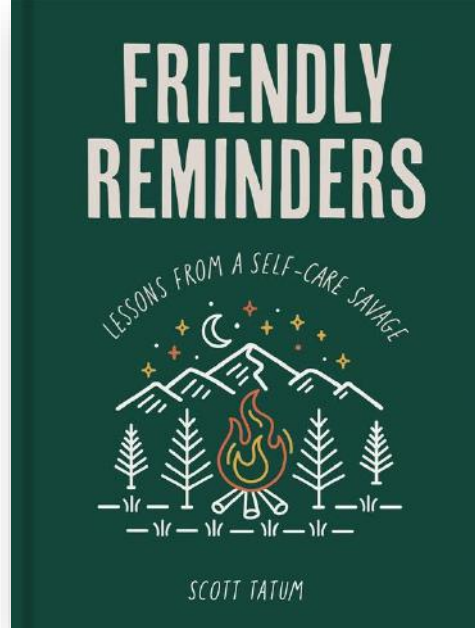
TPS (h x w): 230 mm x 170 mm

Translation files available



Link to material:

<https://quarto.box.com/s/yprm5fdynv7oyu3kpg94aermtqac386vk>



FRIENDLY REMINDERS

- Become a self-care savage in this book urging the reader to practice radical self-care and kindness
- Author Scott Tatum has a hugely popular social media presence, 840,000+ followers on Instagram keen to hear his tips and tricks for approaching life with a positive and holistic perspective
- 140+ tips and reminders to engage in forgiveness, self-care, gratitude, healing, leadership and failure
- One of our highest pre-ordered titles of the year!

Wordcount: 27,559 words

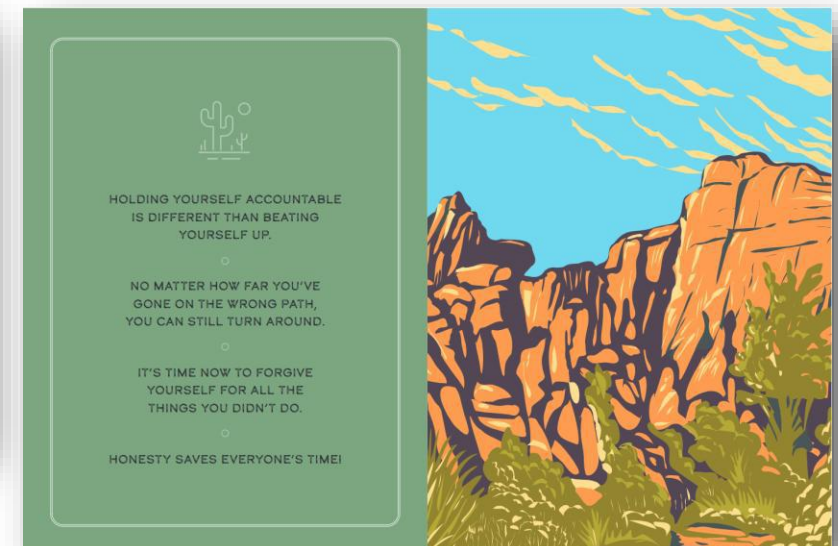
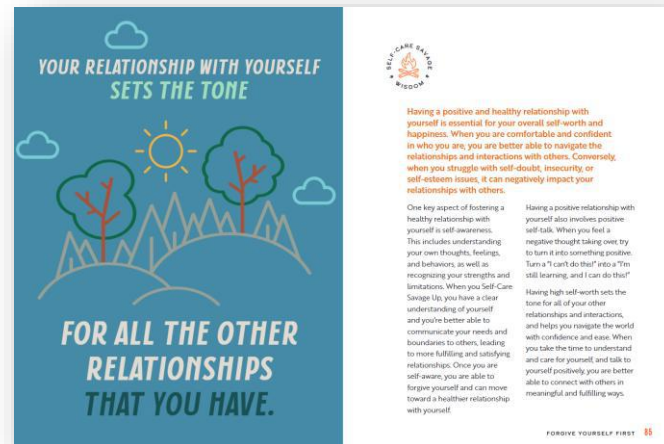
Extent: 144 pages

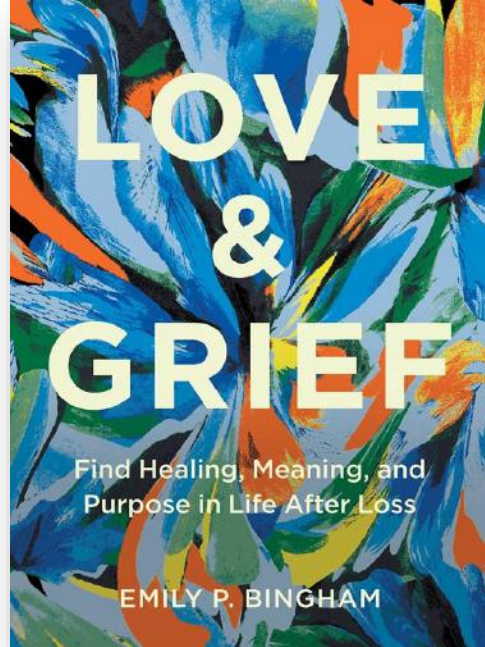
TPS (h x w): 200 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zju4ro3npw0isv3rtbgrtd0eo9bcfr8>





LOVE & GRIEF

- Every grief journey is different – learn to embrace it and manage it, and identify coping strategies with this practical, comforting and inspirational guide
- Guidance and expertise from a grief counsellor and widow, Emily P. Bingham – 300,000 combined followers on TikTok and Instagram
- Offers tools to manage grief and thrive after loss

Wordcount: 40,129 words

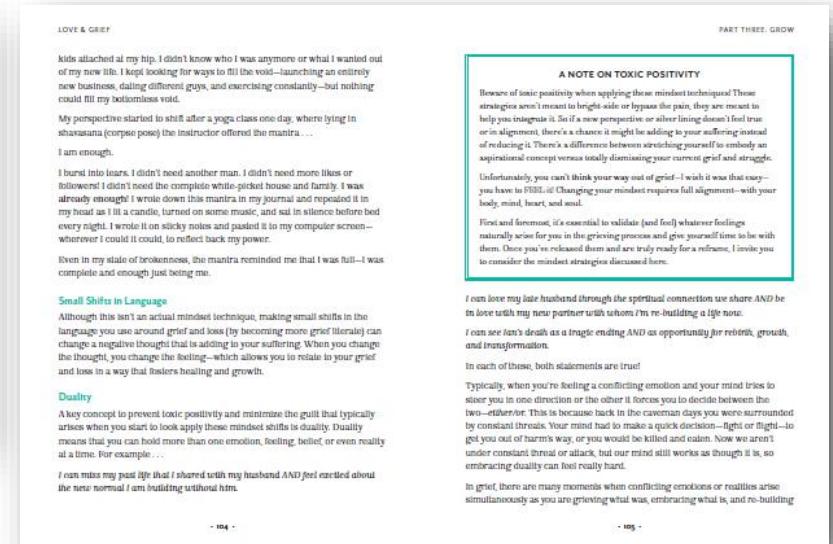
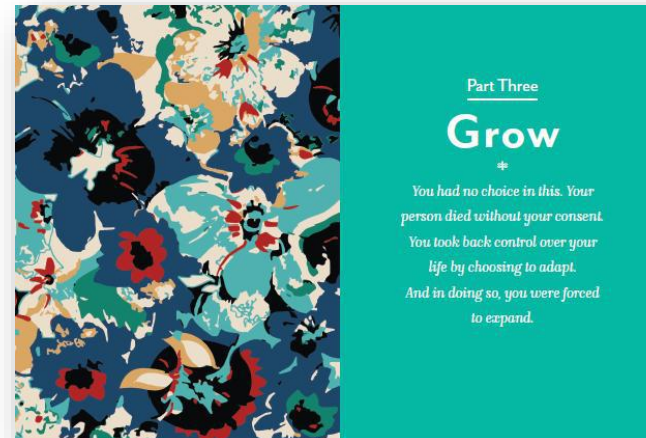
Extent: 144 pages

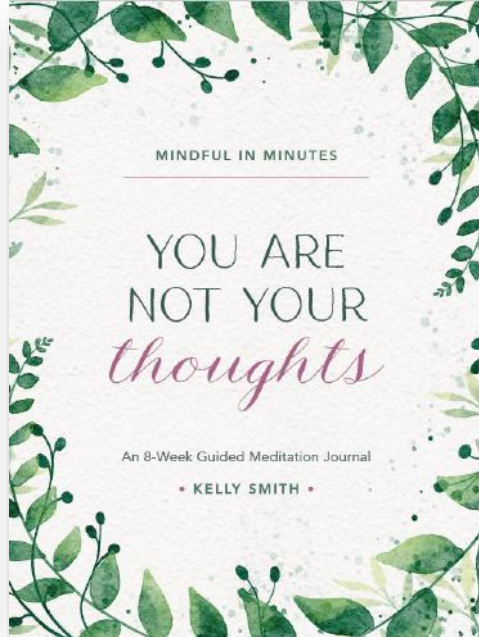
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

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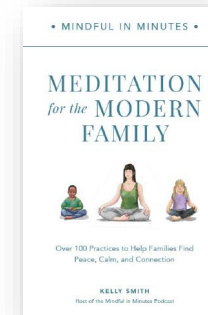
MINDFUL IN MINUTES: YOU ARE NOT YOUR THOUGHTS

- An 8-week guided meditation journal to help heal anxiety in just 20 minutes a day
- A complete healing program to reconnect with oneself through 56 prompts with QR codes linking to recordings of the meditations read in real time
- Written by certified yoga and meditation teacher Kelly Smith, host of the chart-topping podcast Mindful in Minutes (300+ episodes available, streamed in 180+ countries, 100,000 downloads/week) and author of *Mindful in Minutes: Meditations for the Modern Family*



FAIR
MINDS

Pairs perfectly with:



Wordcount: approx. 15,000 words

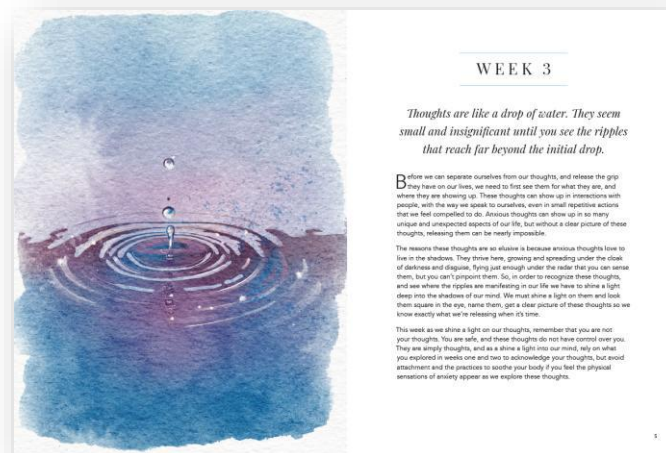
Extent: 160 pages

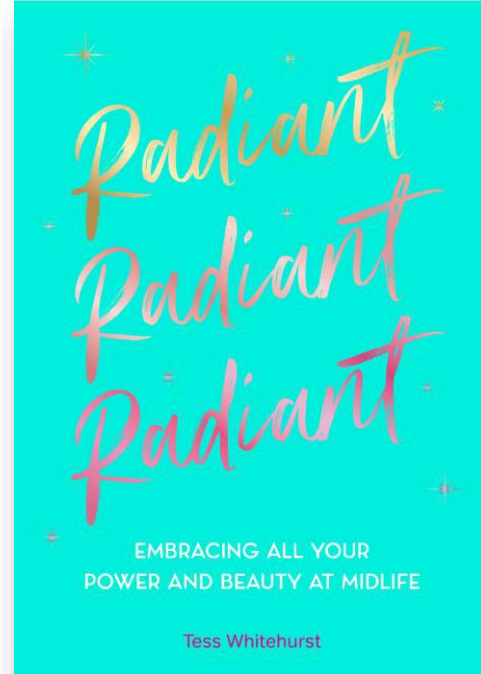
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Translation files available

Link to material:

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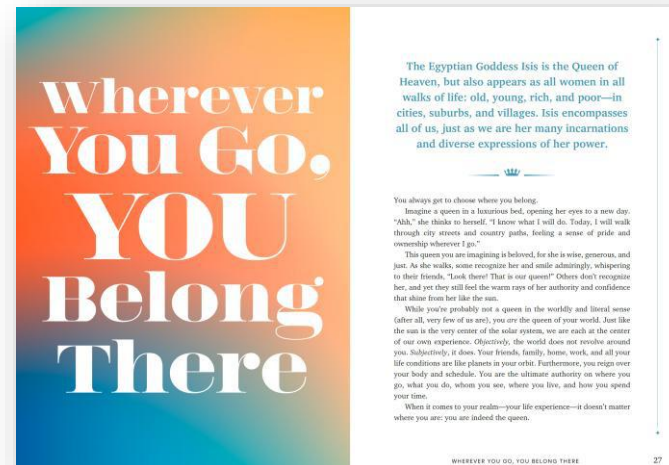
RADIANT

- Learn to love yourself for exactly who you are and embody radiance as you transition into midlife
- Covers fashion, health, beauty and most importantly mindset
- Includes journal prompts, practical advice and self-care exercises to motivate and inspire

Wordcount: 42,355 words
Extent: 176 pages
TPS (h x w): 216 mm x 152 mm
Translation files available

Link to material:

<https://quarto.box.com/s/7rna41papvpncw302ht2b42akxccawy4>





HELLO RAINBOW

- Uplift yourself through colour therapy! The benefits of inviting more colour into your everyday life.
- Learn about the history and energies of each colour, and prepare to be delighted as Momtaz illustrates how you can get hands on in welcoming more colour into your living space
- With sensory prompts to help you notice and develop your own connection with colour, mindful mantras, and colourful ideas for sustainable crafts you can make to enrich your life (such as a bright sleeping mask to help you dream in full colour), it's a colour party!

Wordcount: 30,000 words

Extent: 144 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/7jjv16jx58si3hrvj10ib5qemnog34a5>

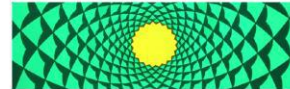


CHROMOTHERAPY THE HEALING PROPERTIES OF COLOUR

The sun has many gifts. Vitamin D is one of them. Our bodies create vitamin D when the sunlight touches our skin. Many wisdoms and traditions revere the sun for its health-giving properties, worshipping it as the giver of light and colour.

Around 3100 BC the Ancient Egyptians used colour therapy to heal the body, using natural dyes, minerals, crystals, stones and earth. Over two thousand years later, the ancient Greeks and Romans continued to practice colour therapy. Colour medicine is a regular part of Traditional Chinese Medicine (TCM), and in India it is incorporated into Ayurvedic traditions.

COLOUR THERAPY: SEVEN IS THE LUCKY NUMBER
Colour therapy (or chromotherapy) is a form of holistic healing that uses alternative therapies such as aromatherapy, acupuncture and reflexology. It's non-invasive and harnesses the human and universal energies of colour to treat the body. It works by using light rays, in the form of colours, to treat the body. In the form of therapy, seven colours are used, and these match up with the seven chakras of the body. Chakras are energy points and when they get blocked, disturbed or become unbalanced, we can experience health problems.



RAINBOW COLOURS AND CHAKRA POINTS

In chromotherapy, corresponding or complementary colours are applied to the body to restore the balance of chakra points leading to harmony, clearing good health and a positive mindset.

RED – ROOT: This area is found at the base of your spine. It affects your feet, legs, bones and nervous system. An imbalance can lead to stiffness, lower back pain and a lack of motivation.

ORANGE – SACRAL: You'll find this chakra point just below your belly button. It's where the uterus and large bowel are located. When it's blocked you may experience menstrual problems, allergies or kidney stone-related issues.

YELLOW – SOLAR PLEXUS: This chakra relates to your digestive system, liver and pancreas and is found above your belly button. Common signs that this chakra is blocked are having an upset tummy, feeling depressed and having mood swings.

GREEN – HEART: This is located at the centre of your chest where your heart is. It's connected with relationships – when it's blocked you'll find chest pain, emotional pain and reminders of the past that can stop you from moving forward.

BLUE – THROAT: This is the throat and lungs, located between your collar bones. When it's blocked, so too is your creativity and your ability to communicate. It can be felt by having a sore throat, shoulder ache and problems with hearing.

INDIGO – THIRD EYE OR BROW: You'll find this chakra point in the centre between your eyebrows. It relates to your eyes, lower head and sinuses, and is considered to be the gate that leads you to higher consciousness. Signs it may be blocked are feeling like your thoughts are clouded and you can't make a decision. It can result in insomnia and anxiety.

VIOLET – CROWN: This chakra point is located at the top centre of your head and holds your spiritual vision. If it becomes blocked you may feel isolated, lose your focus and generally feel disconnected from life. It can manifest in headaches and depression.

Do any of these unbalanced feelings resonate with you? Start to introduce the corresponding chakra colour into different areas of your life to restore the balance. You could invest in a set of chakra-balancing crystals, use coloured essential oils or eat coloured foods to resolve these feelings.

FLORIGRAPHY – THE LANGUAGE OF FLOWERS
Gifting flowers is symbolic. We send them to friends, colleagues and loved ones for infinite reasons to show sympathy to congratulate and to celebrate. When we're conscious of the colours we send and what they mean, the impact is greater. So take a moment to ponder the colours of the blooms you want to give, what do you want them to communicate? You can ask a florist to make you a bespoke bouquet where the colours reflect your sentiments, or, hand-in your own, keeping in mind the meanings of the flowers you choose.

PEACH
Gift peach petals to show your appreciation to friends or colleagues when they've helped you out or lifted your spirits.
Flowers: Persian lily, delphinium, snapdragon, amaryllis.

BLUE
Blue flowers possess a natural serenity, easing away tension and helping the recipient through difficult times.
Flowers: hollyhock, forget-me-not, hyacinth.

PINK
Pink flowers harness mood-boosting properties. Gift them for a guaranteed smile when you want to send instant joy, whether there's a special occasion or not.
Flowers: dahlia, gerbera, carnation, ranunculus.

WHITE
Sympathy flowers traditionally feature white lilies as they bring peace and reassurance. White blooms show someone you're thinking about them.
Flowers: lily, carnation, sweet pea, freesia.

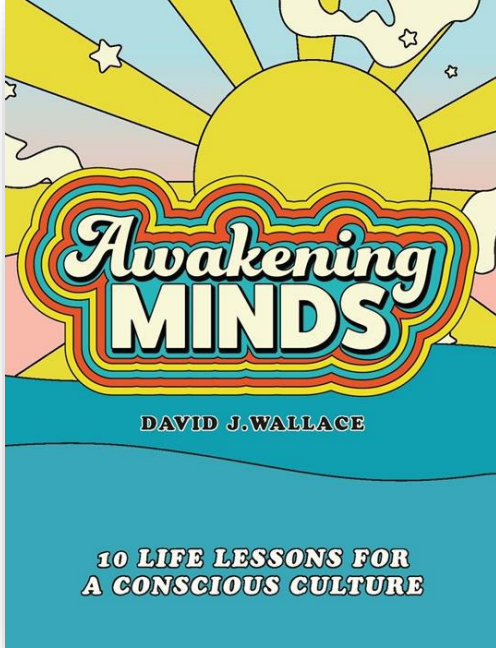
YELLOW
Yellow flowers are optimistic and uplifting. If you sense a friend or family member is feeling down, yellow will break up the clouds in their atmosphere, encouraging joy and happiness to flow in.
Flowers: ranunculus, daffodil, marigold, cosmos.

ORANGE
If you want to be immersed in positive energy, orange flowers radiate optimism and encouragement. They are one of the most thoughtful colours you can send to a friend, or to yourself.
Flowers: bird of paradise, tiger lily, tulip, crocus.

GREEN
A colour that connects with growth, gifting green blooms is ideal for someone soon to embark on a new journey, like a new job, or other fresh start.
Flowers: chrysanthemum pompano, dianthus, sunflower.

DIY DRIED FLOWERS
You can prolong the life of flowers by drying them out and keeping them in bouquets. I dry out flowers by putting them on a sunny windowsill and allowing the water to evaporate naturally, then I cut the stems down to prevent mould. You can also remove your flowers from water, hang them upside down and allow them to dry naturally. Dried flowers can also be spray painted to make them more colourful like the ones opposite. Display them or use them in craft projects.





AWAKENING MINDS

- 10 empowering life lessons to spark personal transformation
- Responds to the growing appetite for re-education, self-to-social awareness, and creating positive change
- Includes meditative practices and soul-searching questions to journal on
- David Wallace is an educator whose mission is to provide transformative professional development for organizations to grow and thrive (www.awakeningminds.org)

Wordcount: 16,500 words

Extent: 128 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/bg4qtoqyh3sxp3uhseoyl5x05qqkmmwi5>





PROGRESS OVER PERFECTION (+ WORKBOOK)

- Learn to practise daily habits that will help you incorporate productivity into your routine, in order to live a less stressed, happier, and more purposeful life
- An ideal guide on pursuing progress for a more value-based life
- Find the courage and resolve to do what you want to do



Matching workbook
also available:



Wordcount: 24,885 words

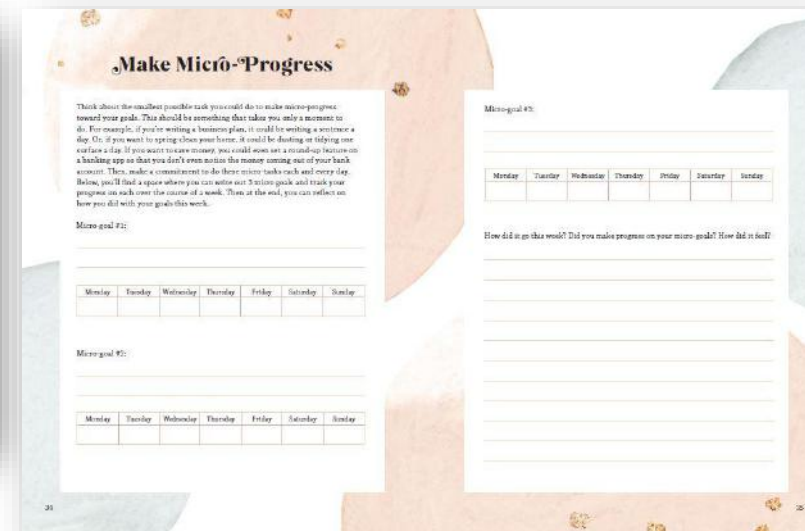
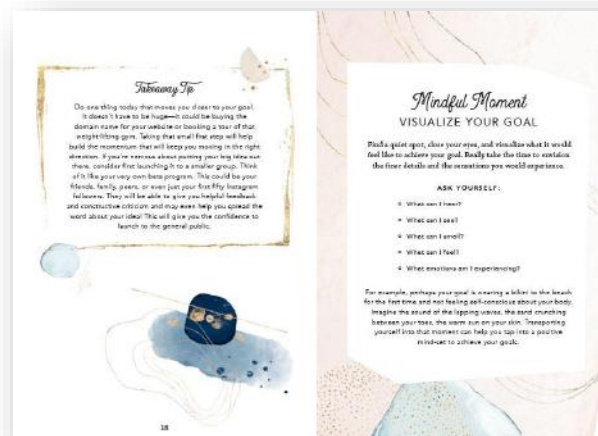
Extent: 144 pages

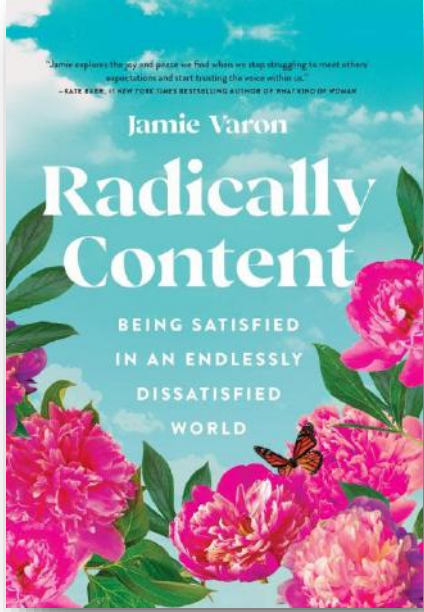
TPS (h x w): 200 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/7k8b5ogok74x0ugrv8r0llg2zmfmjq8nz>





RADICALLY CONTENT

- Instagram star Jamie Varon's first book, recommended by everyone from Hollywood stars to Forbes – 11,000 copies sold in its first two months! 300 excellent Amazon reviews!
- Jamie has shot to popularity thanks to her fresh take on being happy in a world that is constantly telling us to do more, be more, and keep striving, pushing, and hustling, and shows us how to radically opt out of societal conditioning.
- The voice of a generation, Jamie explores themes like guilt, I'll be happy when..., anxiety, settling, control, healing, shame, self-trust, and being our own worst enemies, and offers practical strategies and solutions in an easy-to-read style.

Wordcount: 52,381 words

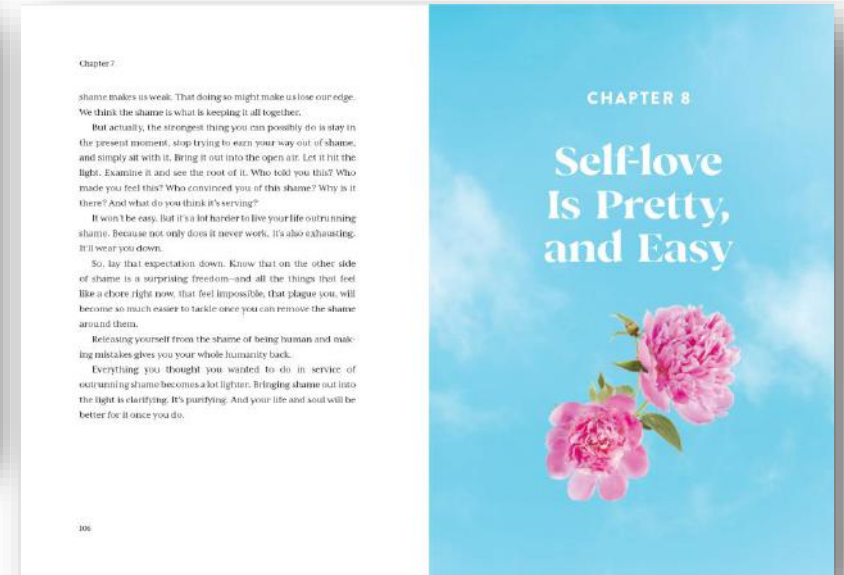
Extent: 208 pages

TPS (h x w): 216 mm x 152 mm

Translation files available

Link to material:

<https://quarto.box.com/s/2fwis464ci6p7i4ox4qws5078bc370jq>



ROCK POINT

Matching
journal
available



CONSCIOUS DREAMER

- Learn in 30 days how you can use your dreams to create, heal and learn
- The first illustrated dream activity workbook on the market
- Over 120 activities to help readers reconnect with their dreams and selves, including writing, sketching, meditation, rituals, making, and collecting
- Readers finish the book with a complete body of work

Wordcount: 20,000 words

Extent: 176 pages

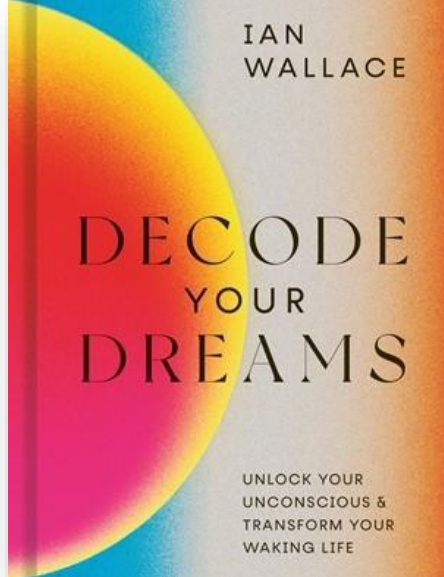
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

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DECODE YOUR DREAMS

- An easy-to-use guide to become your own dream analyst and begin a powerful journey of self discovery
- Organized by key life themes, each chapter opens with common dream themes summarized one-by-one and Guidelines to Interpretation, followed by Dream Interpretation Tips and Personal Insight Questions
- Millennials are turning to mysticism as a means of self-help - this practical book offers dream interpretation as an essential step to self-discovery and personal development

Wordcount: 28,500 words

Extent: 192 pages

TPS (h x w): 201 mm x 151 mm

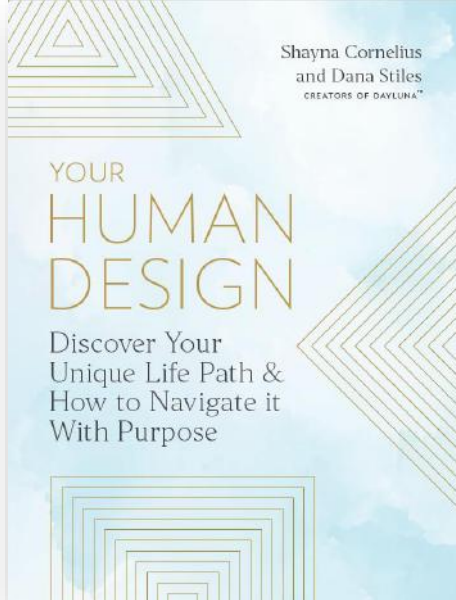
Translation files available

Link to material:

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WHITE
LION



YOUR HUMAN DESIGN

- Human Design, dubbed the 'Myers-Briggs personality type indicator for the MBS crowd', is the new self-discovery trend!
- A revolutionary system of self-understanding: the reader will discover their natural strengths depending on their unique Human Design type and learn how to leverage their design to live their true purpose.
- Offers practical content on how to put Human Design into action in all aspects of life: work, relationships, health, etc.
- The authors, creators of *Dayluna* (@d.a.y.l.u.n.a, 43k followers on IG), are successful Millennials with a growing brand and influence in the Human Design sphere
- 5,000 copies sold in a year!

Wordcount: 44,050 words

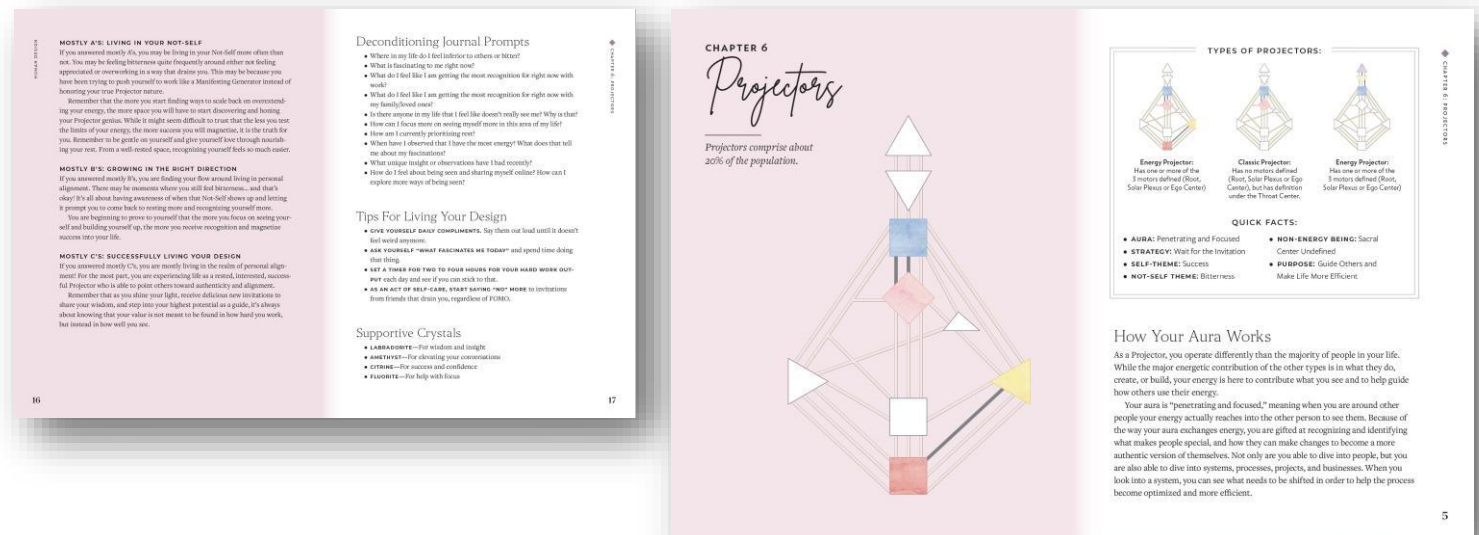
Extent: 176 pages

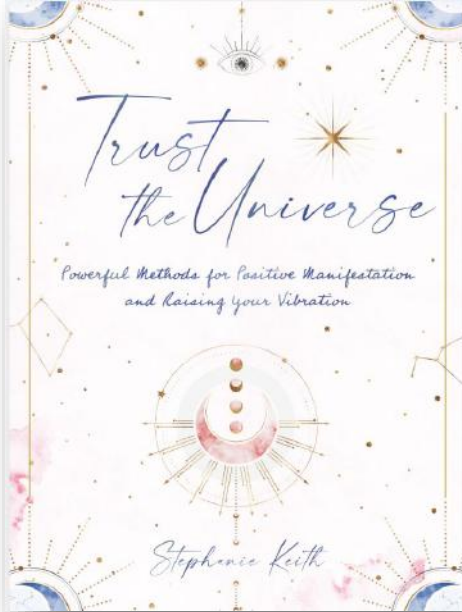
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Translation files available

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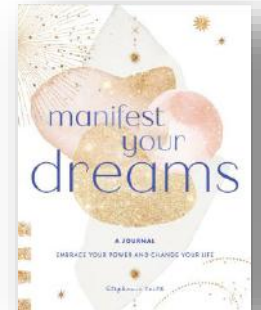
TRUST THE UNIVERSE

- Manifestation is a key buzzword of our times and this book (and matching journal) provides ample guidance on how to use it to improve your life!
- 17 chapters focus on different areas of life
- Contains meditations and practical strategies to heal and attract what you want into your life
- By beloved IG personality and podcaster Stephanie Keith @lawofattractiontribe



ROCK POINT

Matching journal
also available:



Wordcount: 33,745 words

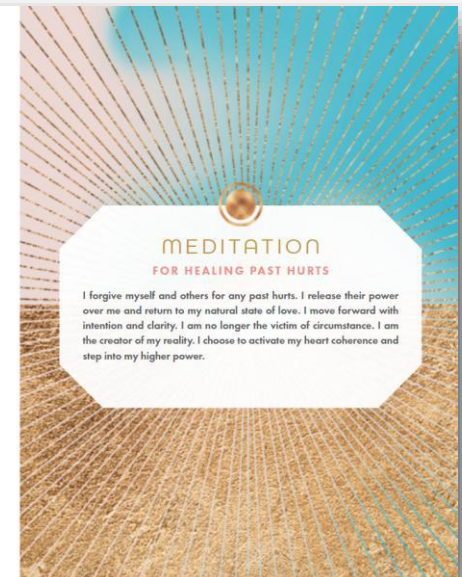
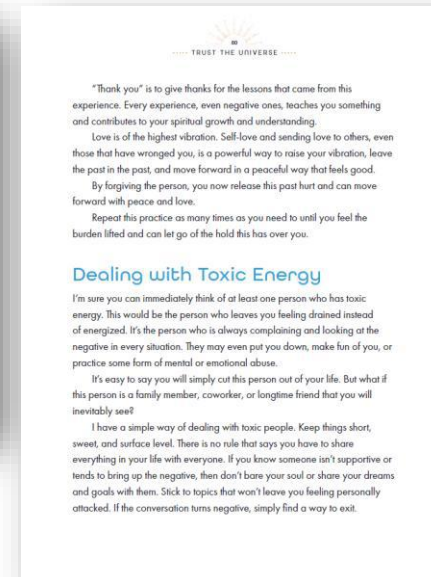
Extent: 208 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

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ENNEAGRAM INTERACTIVE GUIDEBOOKS

Wordcount: 8,000-9,000 words

Extent: 96 pages

TPS (h x w): 190 mm x 140 mm



FAIR
MINDS

- Interactive follow-up to Liz Carver and Josh Green's successful *What's Your Enneatype?*
- Giftable guidebooks filled with in-depth descriptions, writing prompts, guided journal entries, and beautiful illustrations.
- The approach is extremely popular and interest in the search term "enneagram" is still increasing



Click on the covers for the links to each title!



WELLNESS WORKBOOKS series

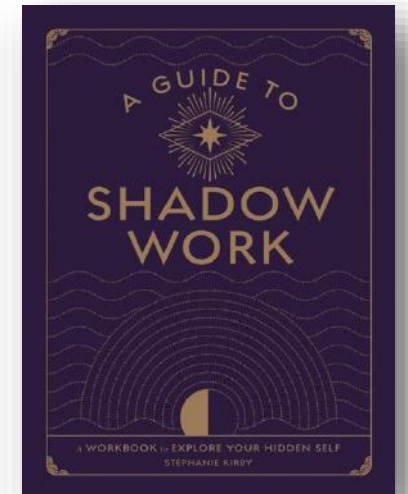
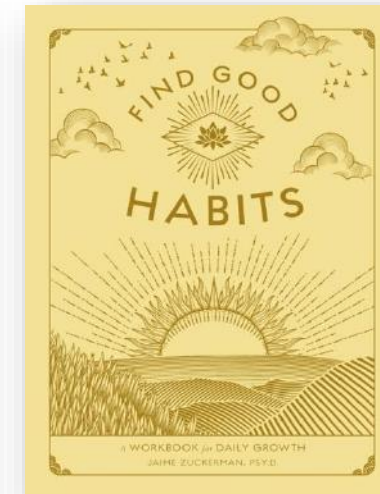
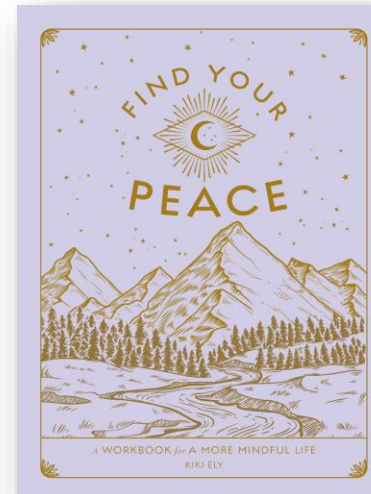
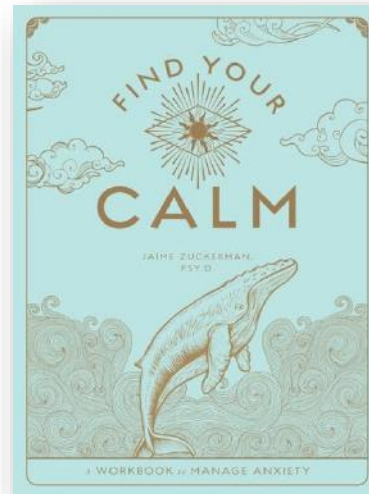
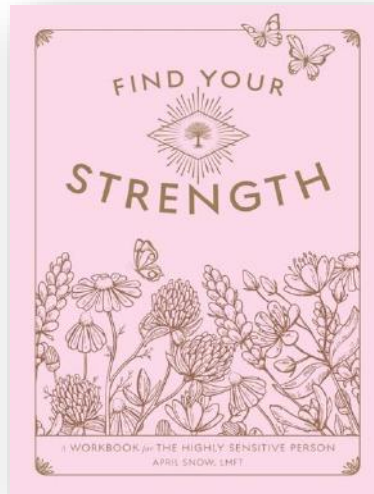
- Psychology workbooks for highly sensitive people/to combat anxiety/to get rid of harmful habits and patterns/to live a fuller life, packed with practical advice, exercises, journal prompts and tools
- 60 varied exercises in 4 different areas of life – self-care, relationships, work, and life goals – to help live a balanced emotional life
- Professional psychotherapist/psychologist/coach authors
- Current and important topics: the linked groups of introverts, empaths, and highly sensitive people are a very current subject and a large audience to cater to; anxiety is an extremely wide-spread issue; etc.

Wordcount: approx. 25,000 words

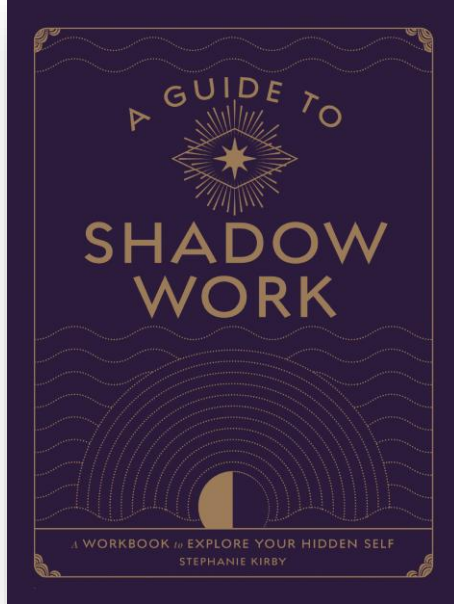
Extent: 192 pages

TPS (h x w): 230 mm x 170 mm

Over
40,000
copies
sold



Click on the covers for links to each title!



WELLNESS WORKBOOK: A GUIDE TO SHADOW WORK

- Latest title in the successful *Wellness Workbook* series
- Shadow work is an emerging trend that's all over TikTok (#shadowwork has 197.8 million views so far) but the practice has a long history and a real grounding in psychoanalytic theory, more specifically in the work of Carl Jung
- 60 varied exercises in 4 different areas of life – self-care, relationships, work, and life goals – to help live a balanced emotional life

Wordcount: 27,126 words

Extent: 192 pages

TPS (h x w): 230 mm x 170 mm

Translation files available



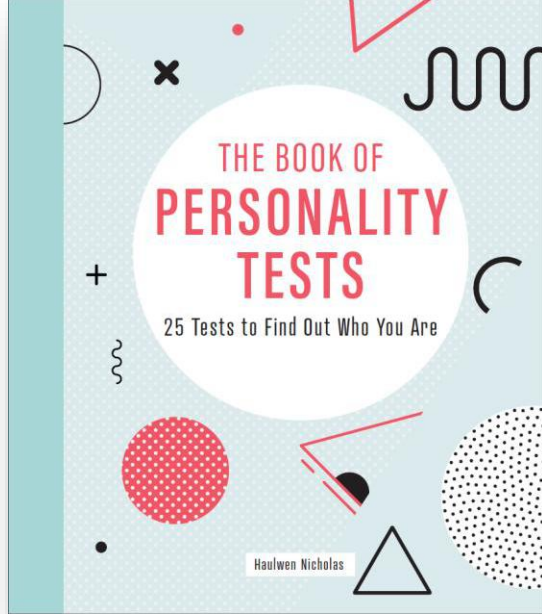
Link to material:

<https://quarto.box.com/s/ypm5fdynv7oyu3kpg94aermtqac386vk>



THE BOOK OF PERSONALITY TESTS

- A comprehensive collection of 25 personality tests, both traditional and fun, for self-discovery
- Includes a brief introduction to the origin of each test (crediting Myers-Briggs, Enneagram, NASA, etc where applicable) as well as detailed analyses and interpretations of the results
- A must have for every new generation, this is a book that will stay in print for years to come. Suits a wide range of sales and marketing channels too



Wordcount: 44,021 words

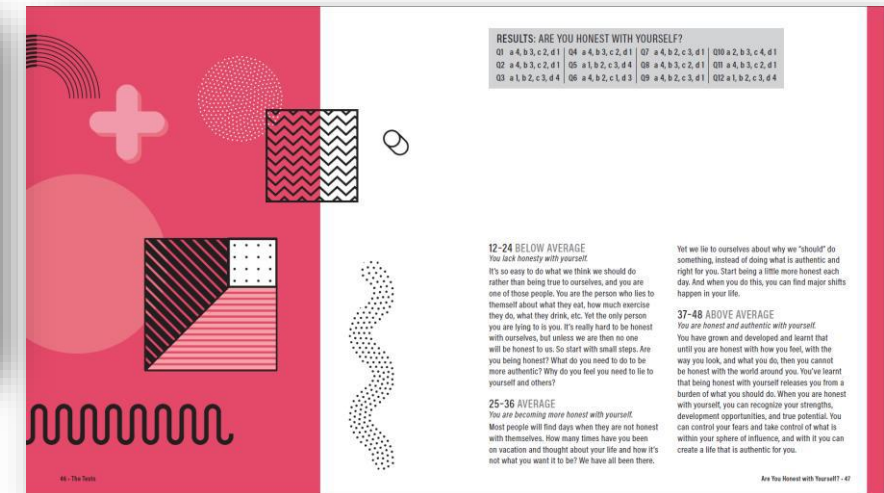
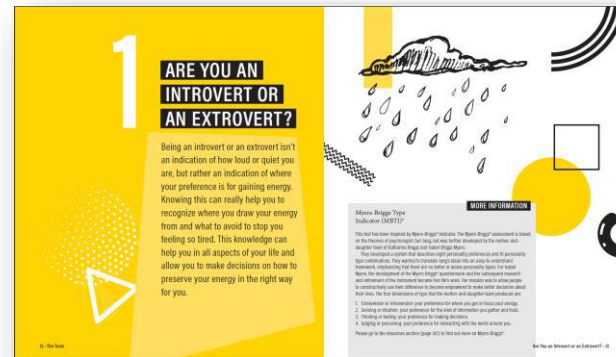
Extent: 144 pages

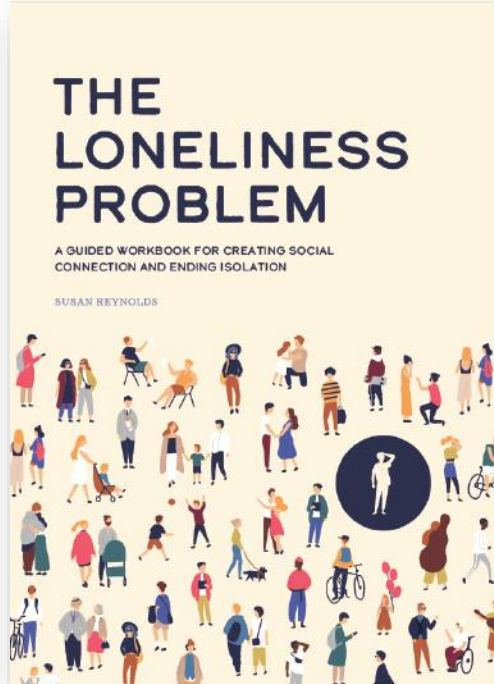
TPS (h x w): 216 mm x 189 mm

Translation files available

Link to material:

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THE LONELINESS PROBLEM. A GUIDED WORKBOOK

- Includes more than 100 insightful writing prompts and psychology-based techniques
- Targets a wide audience of people struggling with mental health, loneliness, and social disconnection
- Psychology-based techniques and exercises with over 100 thought-provoking writing prompts, also a loneliness assessment quiz
- Learn how to expand your social network, deepen your relationships, and live a more fulfilling life

Wordcount:

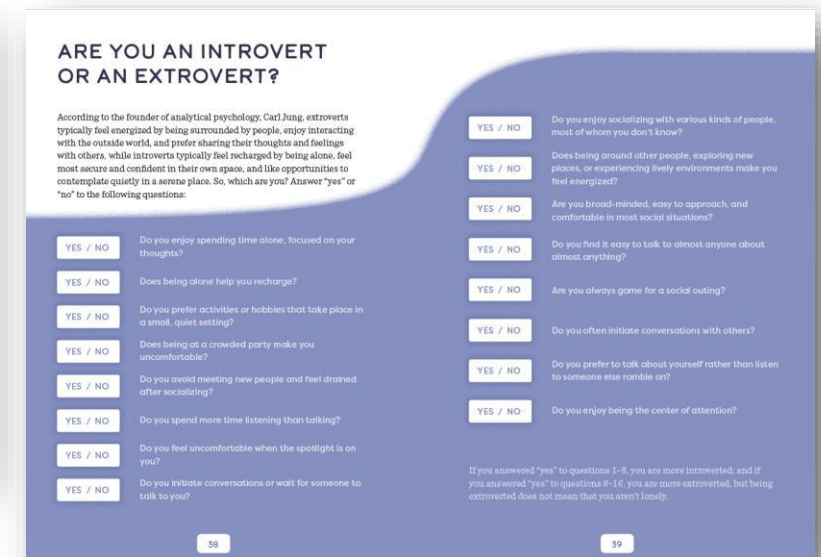
Extent: 192 pages

TPS (h x w): 214 mm x 152 mm

Translation files available

Link to material

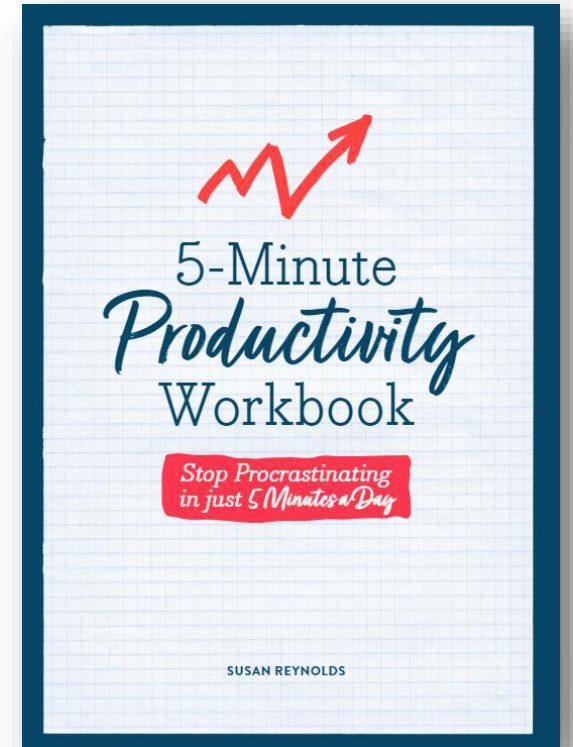
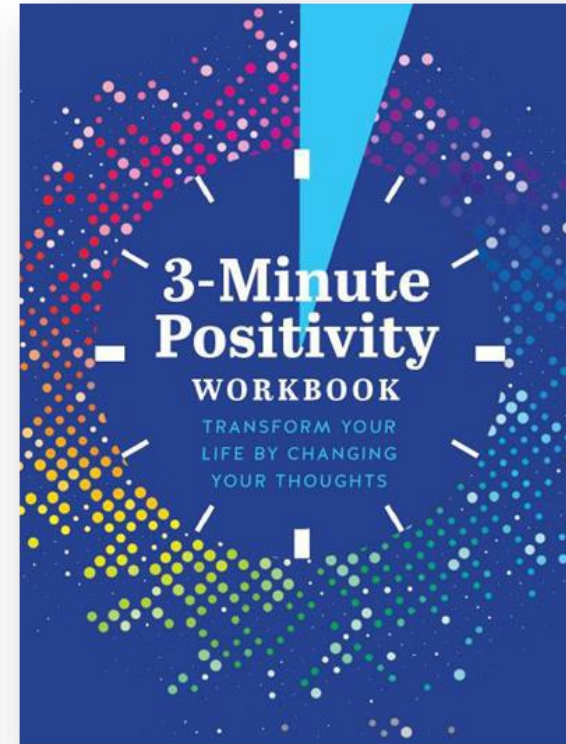
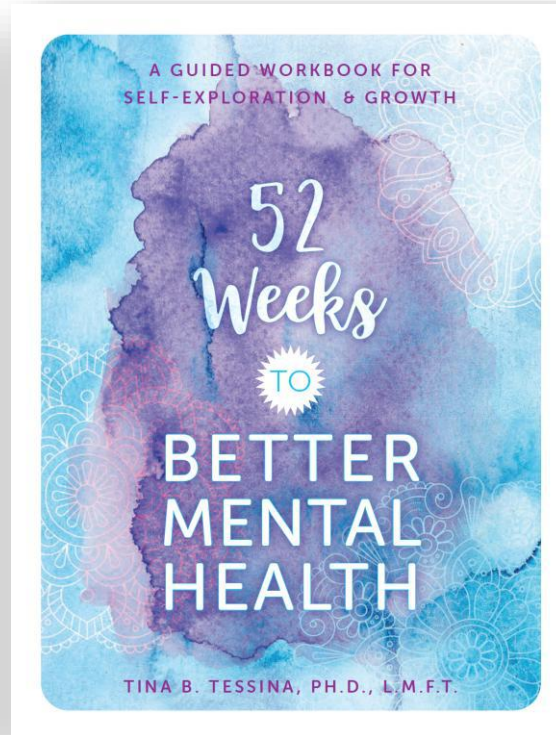
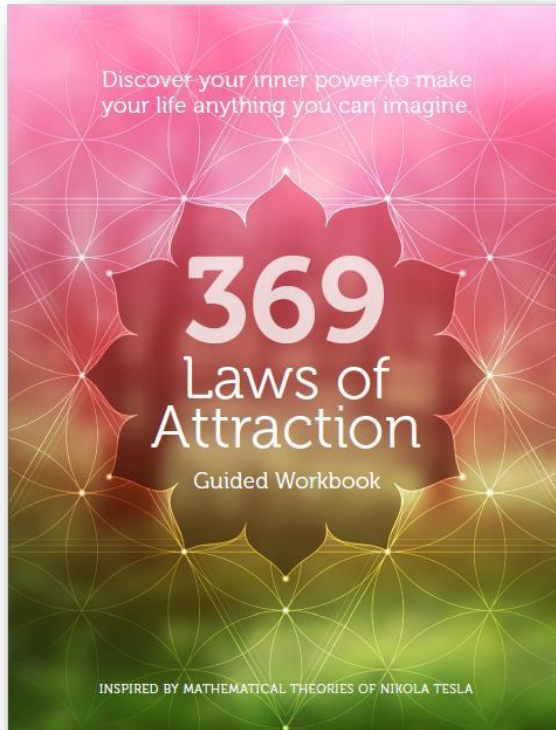
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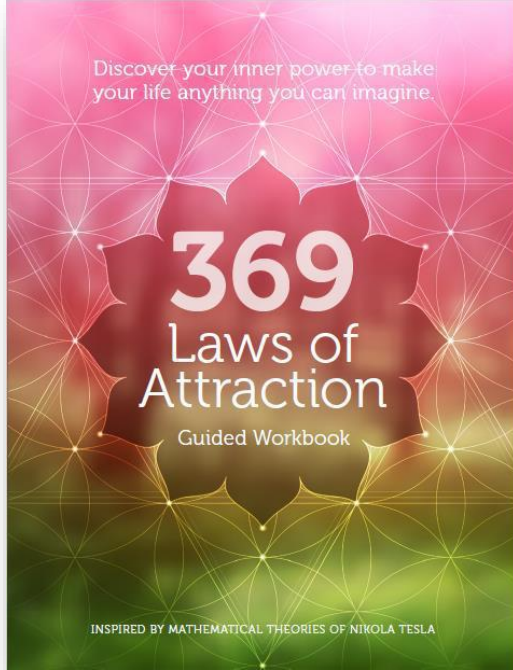




GUIDED WORKBOOKS

Click on the covers for links to each title:





369 LAWS OF ATTRACTION GUIDED WORKBOOK

- Manifest the life of your dreams through 369 laws of attraction method worksheets.
- The law of attraction is the belief that your thoughts become your actions and your actions become your destiny!. Think positive thoughts and you'll attract positive results!
- Using the 369 method, a proven manifestation technique based of mathematical theories of Nicola Tesla, very popular on TikTok, and with Gen Z and Millenials.

Wordcount: approx. 14,000 words

Extent: 192 pages

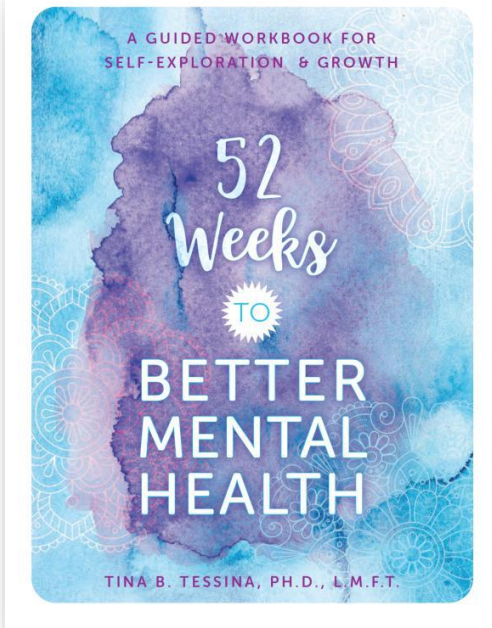
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/bxdigfmrw09a5cml0ey0rm91o82j2y8p>





52 WEEKS TO BETTER MENTAL HEALTH

- Nurture yourself and your wellbeing through one year of self-reflective writing prompts.
- MOTIVATE yourself, MAINTAIN happier relationships, FEEL more in charge, MANAGE difficult feelings, CREATE a better work play balance, DEAL with problematic people.
- Psychotherapist Dr. Tina B. Tessina draws from her 40 years' counselling experience to offer focused self-exploration exercises for every week of the year.

Wordcount: 11,391 words

Extent: 192 pages

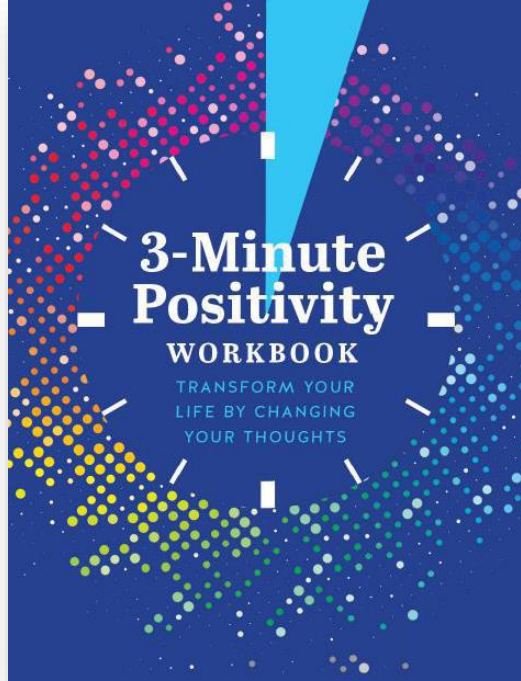
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/0w6aqf9nqy6t0d7qdt3ke1d7usgry3o3>





3-MINUTE POSITIVITY WORKBOOK

- Transform your life in just 3 minutes a day... with 150 prompts, helpful tips and inspirational quotes to focus on all that is positive in your life
- A workbook to help you re-train your brain and frame your emotional, physical and mental well-being
- Susan Reynolds is an experienced author in self-help, psychology, meditation and neuroscience

Wordcount: 17,505 words

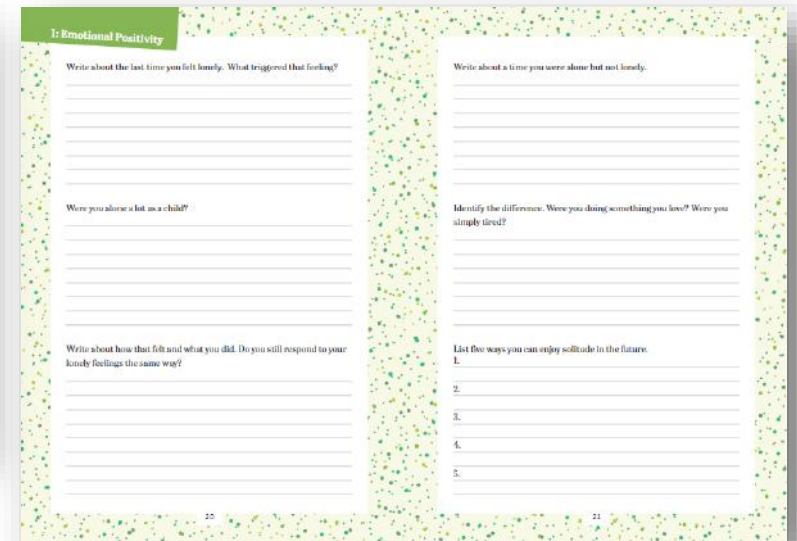
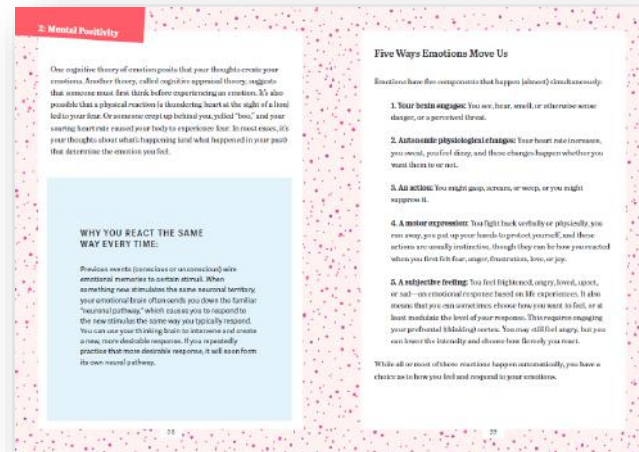
Extent: 192 pages

TPS (h x w): 210 mm x 160 mm

Translation files available: available

Link to material:

<https://quarto.box.com/s/c8zhdy2gixj9dvkjjqzw73qya0bkl5p8>





5-MINUTE PRODUCTIVITY WORKBOOK

- Take charge of your life, with a guided workbook to stop procrastinating and start accomplishing with a 130+ prompts, quotes and exercises to be done in 5-minute increments to be more productive at work and at home
- Set your goals, identify where it is you need to improve, develop productive habits, learn to love a deadline, set your boundaries, maximise your time and ramp up your physical and mental energy!
- Susan Reynolds is an experienced author in self-help, psychology, meditation and neuroscience

Wordcount: 17,040 words

Extent: 192 pages

TPS (h x w): 210 mm x 160 mm

Translation files available: available

Link to material:

<https://quarto.box.com/s/3kx8mhs7d01i3joywrn7vxtpjbae7bu>





MY BRAIN HAS TOO MANY TABS OPEN

How to Untangle Our
Relationship with Tech
Tanya Goodin

MY BRAIN HAS TOO MANY TABS OPEN

- We all have a problem. Our most devout relationship is with our cell phone. It is the first thing we reach for when we wake up and the last thing we put down at night. We take it everywhere, even to the bathroom. Every waking moment is shared with this addictive, multi-functional, pocket-sized pal. And it comes at a cost
- Digital detox expert and tech therapist Tanya Goodin is on a mission to help us have a healthier relationship with our electronics. Here, she collects hours of conversations to form a fascinating compendium of everyday problems we all struggle with, plus solutions to stop them taking over lives

Wordcount: 45,000 words

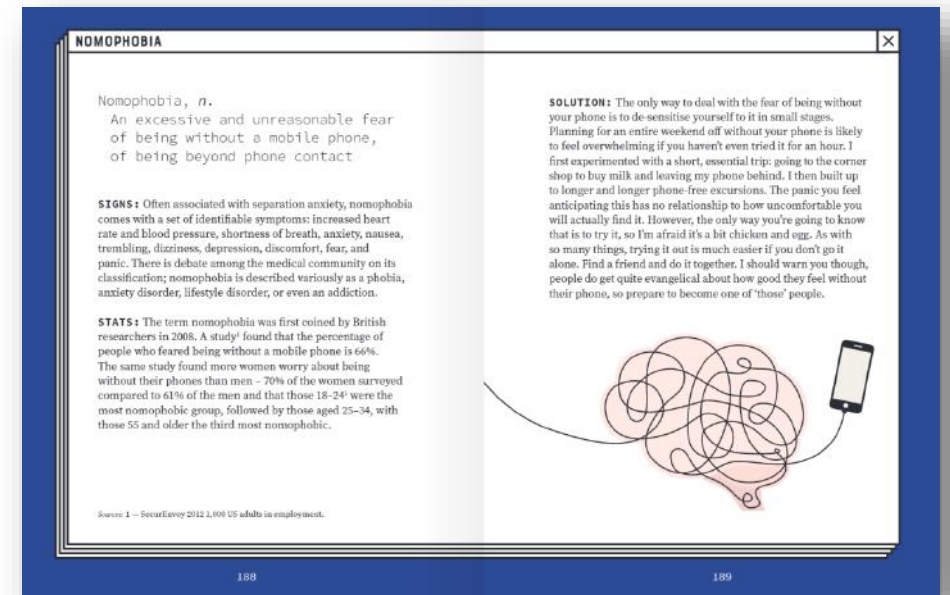
Extent: 224 pages

TPS (h x w): 201 mm x 151mm

Translation files available

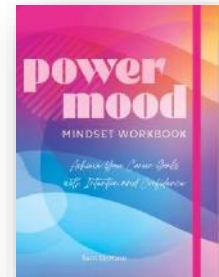
Link to material:

<https://quarto.box.com/s/29jzmn5euuoujndb2fmw1phs5kishyer>





Matching workbook
also available:



POWER MOOD

- Career path building book packed with advice and tools written with a distinct feminist and inclusive voice
- Discover your worth and learn to appreciate yourself with a courageous and optimistic mindset
- Imposter syndrome has been a growing buzzword in the past few years – establish tools to combat it with this self-help, business-minded book

Wordcount: 52,282 words

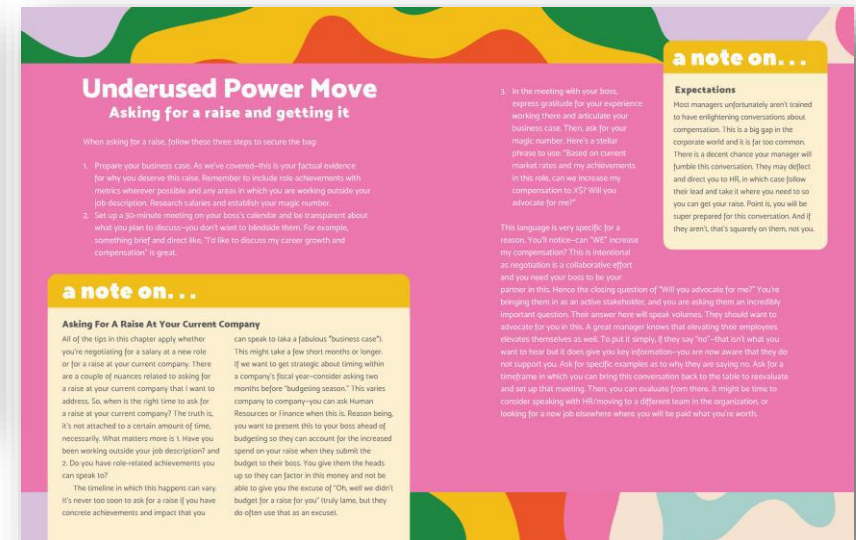
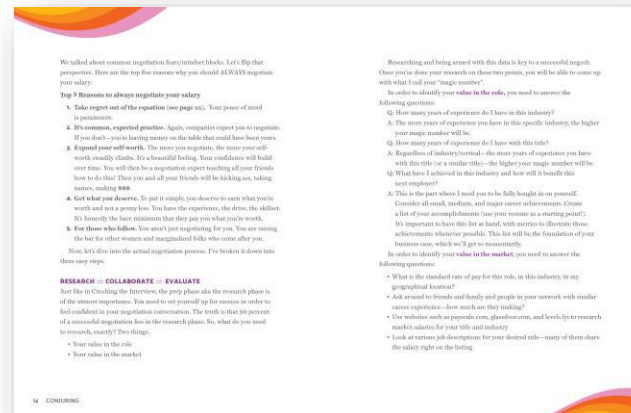
Extent: 208 pages

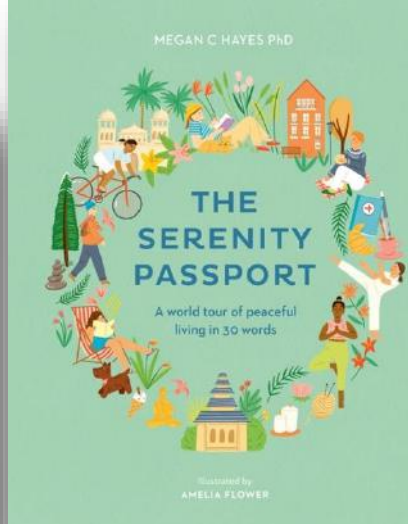
TPS (h x w): 246 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/0w2xbxrp6aj3jea8kn3frm38zckygx7t>





HAPPINESS/ SERENITY PASSPORT

- Discover new ways to express (and enjoy) happiness & serenity!
- These books explore 30 to 50 'recipes' on how to achieve these from different cultures around the world. Often hard to translate – yet great sources of inspiration
- Written by positive psychologist Megan Hayes, with specially commissioned illustrations by Yelena Bryksenova and Amelia Flower
- Published to great success in 13 languages world-wide

Wordcount: approx. 25,000 words

Extent: 144 pages

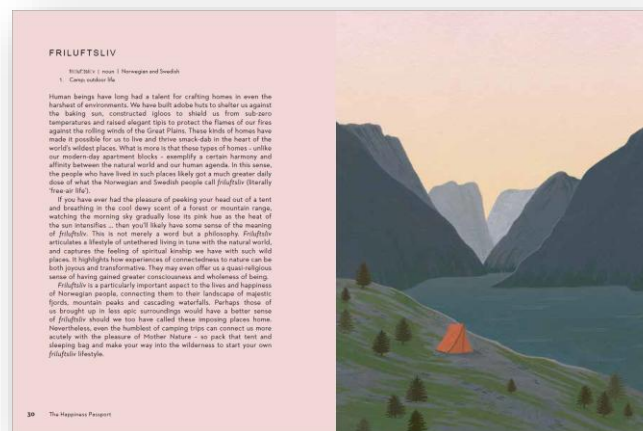
TPS (h x w): 210 mm x 160 mm

Translation files available

Links to material:

Happiness: <https://quarto.box.com/s/7je190qx17bg7kmw15s88qkz7aepiwj7>

Serenity: <https://quarto.box.com/s/aa1a1xucd4z30wdrcnxub678ljhf9f0e>



WHITE
LION

Q.

**HOME & LIFESTYLE &
INTERIOR DESIGN**



KARISSA BARKER home reset

Mastering Systems and Cultivating
Habits for a Better House,
Condo, or Apartment

@karissabarker

HOME RESET

- A new take on non-intimidating organization and household management based on habits
- Strategies detailed into 4 steps (resets, habits, systems and tutorials) for every room of the house
- Offers achievable resets, habits, and techniques for a cleaner and more organized space
- Author Karissa Barker has a great social media following, with 710k followers on TikTok and 100k followers on IG

Wordcount: approx. 35,000 words

Extent: 176 pages

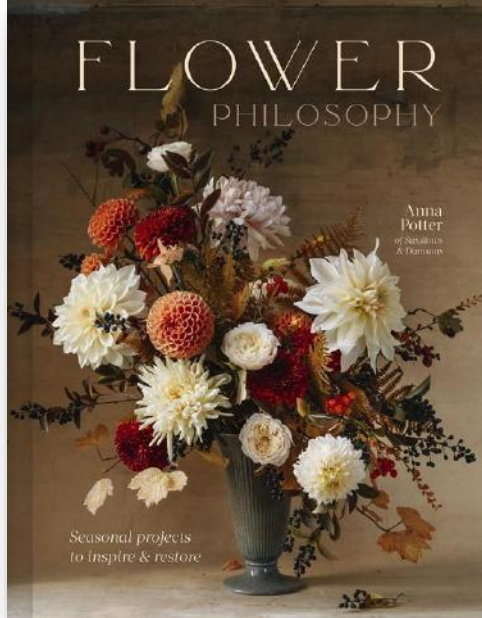
TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/w69c1buio8rq7s7teerl4b5iehym6h1j>





FLOWER PHILOSOPHY

- Beautiful floral arrangements designed to free readers from the pressures of perfection and instead encourage creative freedom, intuition and original results
- Arranged by season, create your own wreathes, bouquets and installations, all using flowers that can be bought, found and foraged from your neighbourhood
- Anna Potter, author of the best-selling *Flower Fix*, teaches us how to create something truly original with 25 combinations of stems and foliage

7k copies
sold in
English
language

Wordcount: 27,500 words

Extent: 208 pages

TPS (h x w): 246 mm x 190 mm

Translation files available

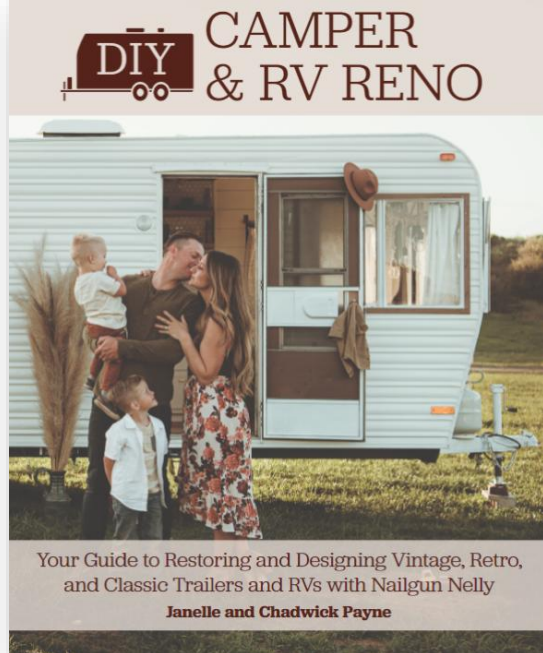
Link to material:

<https://quarto.box.com/s/y01hahlkp9l44761p6s17oh8zd37fm>



WHITE
LION





DIY CAMPER AND RV RENO

- The guidebook to help renovate RV and campers!
- RV and camper travel has become trendy post pandemic for younger generations (millennials and gen Z)
- Budget-friendly DIY techniques and how-to projects for RV and camper renovation
- By RV/ camper and home improvement superstar Janelle Payne (570+ followers on IG, 860+ on FB, 160k on TikTok), who has a female core audience on social media

Wordcount: approx. 35,000 words

Extent: 192 pages

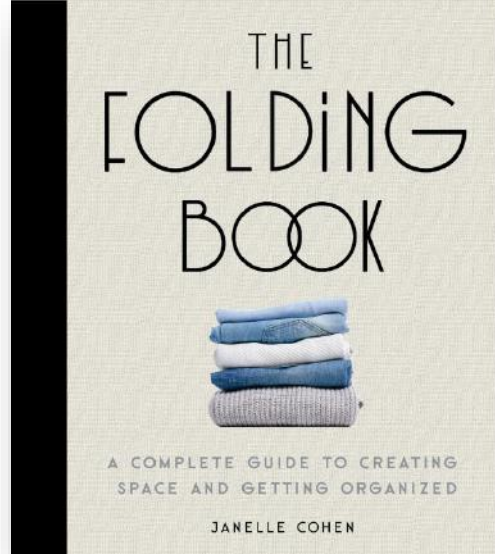
TPS (h x w): 254 mm x 203 mm

Translation files available

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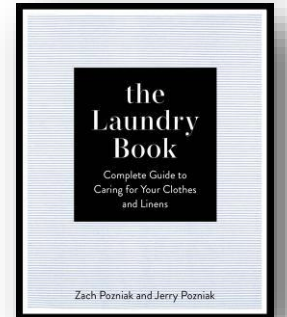


THE FOLDING BOOK [HOW TO FOLD EVERYTHING]

- How to fold anything and everything, for clothing, home, travel...
- Very practical approach, with photographic step-by-steps
- Includes extra information on how to declutter whilst folding etc.
- Save on space and create attractive drawers, shelves, and storage spaces



Also available:

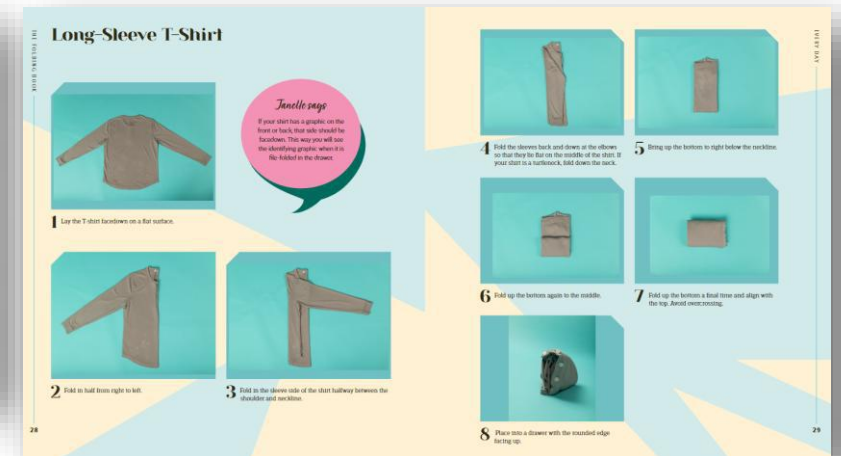


Wordcount: 22,515 words

Extent: 240 pages

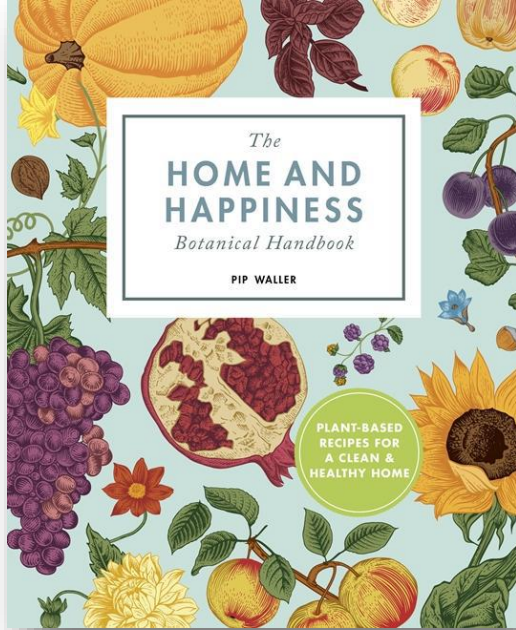
TPS (h x w): 216 mm x 191 mm

Translation files available



Link to material:

<https://quarto.box.com/s/ef7vz94jtoermsdtwk1wez0t2yriy8xk>



THE HOME AND HAPPINESS BOTANICAL HANDBOOK

- Presents 180 plant-powered recipes and methods for cleaning & revitalizing your home
- Reflects the growing trends for cruelty-free and green, vegan living – it is the perfect companion for any eco-conscious home-lover
- Author Pip Waller is an experienced herbalist, a plant medicine spirit healer, and an all-round wellness expert

Wordcount: 39,000 words

Extent: 144 pages

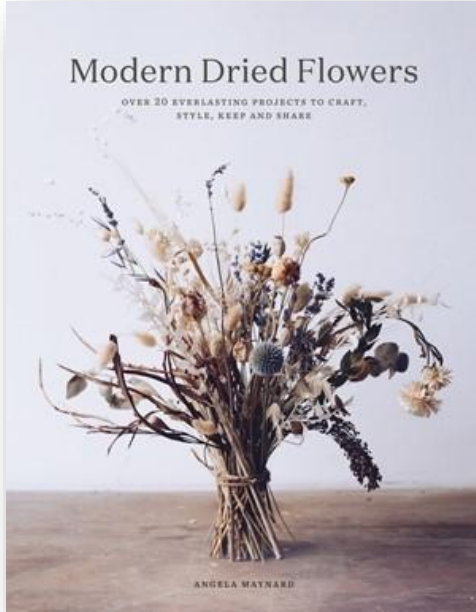
TPS (h x w): 220 mm x 180 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ubawn1kikiqauzmq2auwjm06pco59euy>





MODERN DRIED FLOWERS

- A unique, contemporary guide to the craft of drying, preserving, and arranging flowers for the home and for special occasions.
- 20 step-by-step projects, each ranging in scale and purpose, that can be enjoyed year round.
- Offers a sustainable approach and directs readers in where to go next for inspiration, how to source stems, and how to make creations that last.
- Tap into the dry flower trend!

Wordcount: 20,000 words

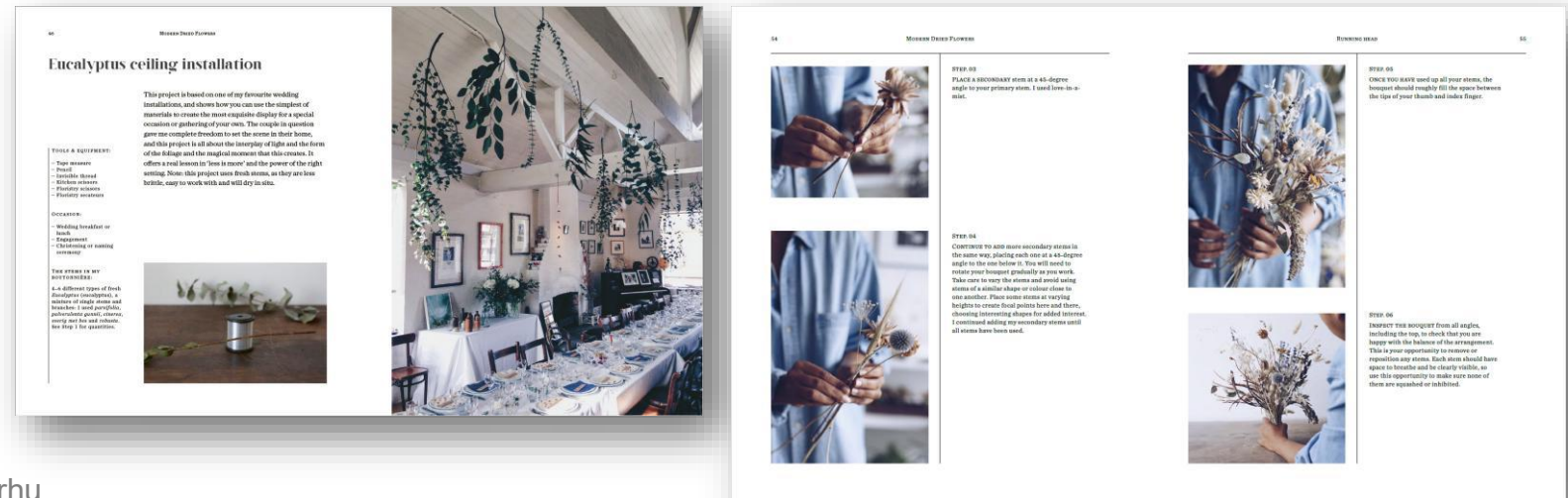
Extent: 160 pages

TPS (h x w): 250 mm x 210 mm

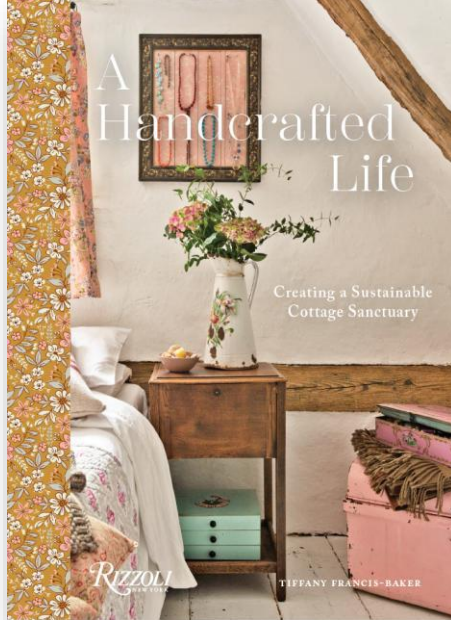
Translation files available

Link to material:

<https://quarto.box.com/s/o4jcpfishwvsooj5wg0sm4jj9ee1arhu>



WHITE
LION



A HANDCRAFTED LIFE [THE COTTAGE BOOK]

- Inspired by the cottage-core aesthetic, this book shows how to live slowly and sustainably, embrace nature, detox from digital, while also learning about the country life ethos
- Mixing atmospheric photographs, watercolour illustrations and inspirational and practical suggestions, this is a perfect gift to people who dream about escaping urban life
- The cottage-core trend has grown significantly in the last few years— #cottagecore has over 7.7 billion views on TikTok and 2.5 million hits on Instagram, as people seek ways to escape the chaos of modern life

Wordcount: 30,182 words

Extent: 192 pages

TPS (h x w): 236 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/h5upopooo86gtcjz9lrf5tlyjp144f3>



Q

QUINTESSENCE



Award
winner

HOUSE LONDON

- See behind the doors of some of the most stylish houses in London
- A fascinating selection of 50 contemporary houses, with inspiration and influence from all around the world
- Includes profiles of the interior designers and owners, grouped thematically
- Winner of Architecture Book of the Year 2023

HOUSE LONDON

ELLIE STATHAKI
& ANNA STATHAKI

Wordcount: 26,700 words

Extent: 256 pages

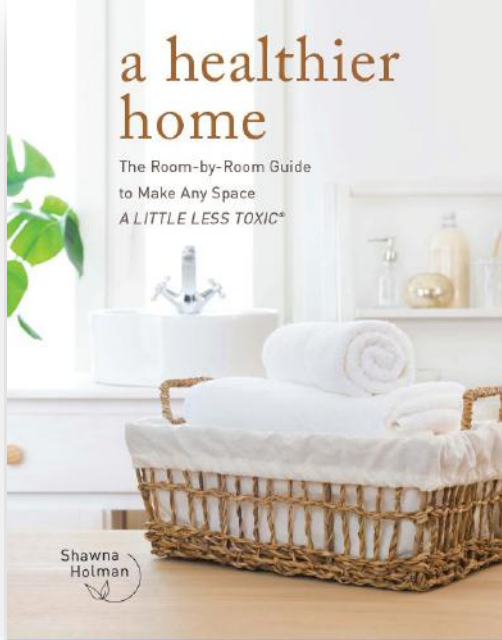
TPS (h x w): 290 mm x 235 mm

Translation files available

Link to material:

<https://quarto.box.com/s/4ngvyp5r7ukcrr1a89pgrsbhtftkqaju>





A HEALTHIER HOME

- The room-by-room guide to detoxing the environment inside your home and create a healthy and sustainable sanctuary to live in
- Offers practical and easy to follow tips, DIY projects and recipes to keep your home clean and tidy and remove the household products and habits that could be harmful for your health – all explained in a reassuring, stress-free tone
- The author's brand Little Less Toxic has over 230k followers on Instagram
- Outstanding results with 17k copies sold in English in the first month of publication – the title was ranked #11 of non-fiction books by Publisher's Weekly!

Wordcount: 44,408 words

Extent: 176 pages

TPS (h x w): 229 mm x 178 mm

Translation files available

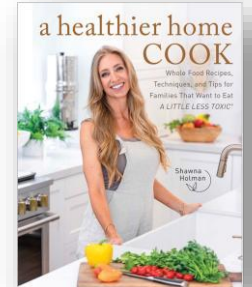
Over
25,000
copies
sold

Link to material:

<https://quarto.box.com/s/sfe1sxejprc8wbyjyuf42m5paksdnhmok>



Pairs perfectly with:



the
BEDROOM

5

You might think of the bedroom as a room where you don't spend much time. In reality, it just might be the most important area of the home to focus on. If you include the time spent sleeping, about 1/3 of your day will be spent in this room. You're not awake, but time is time. In fact, if you work outside of the home, you likely spend more time in the bedroom than in any other part of your home.

Just like the living area and other sections of the home, the materials used here will impact the indoor air quality. Sure, you can make mindful choices about anything that comes into this room from the point to the knickknacks. But the bedroom is also unique, both in some of the materials you encounter and psychologically. After all, the bedroom is where we shut off and our bodies get to work restoring, repairing, and rebalancing. Having less that impedes that restoration is a good idea. There is so much we can do to help support our health while we dream the night away.

My top tips are free and fairly easy:

1. No shoes inside
2. Open up the windows every day, if possible, even just for 5-10 minutes
3. Vacuum and dust regularly, at least once a week
4. Wash the bed linens regularly, aiming for once a week
5. Limit electronic devices and screens
6. Try using mouth tape (see page XXX)

Of course, it is also wise to consider what we have, use, and do in our bedrooms too. In this chapter we will take a closer look at the physical environment of the bedroom and how it can impact our sleep and health.

5

FAIR
MINDS

SUSTAINABLE... series

40k
foreign
copies
sold

The comprehensive, practical guides to sustainable living, containing everything you need to ensure your life has a positive impact.

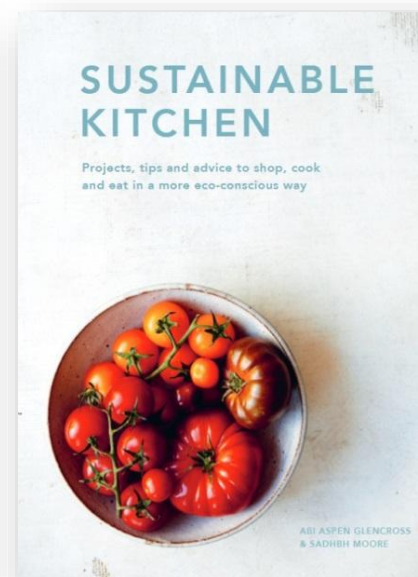
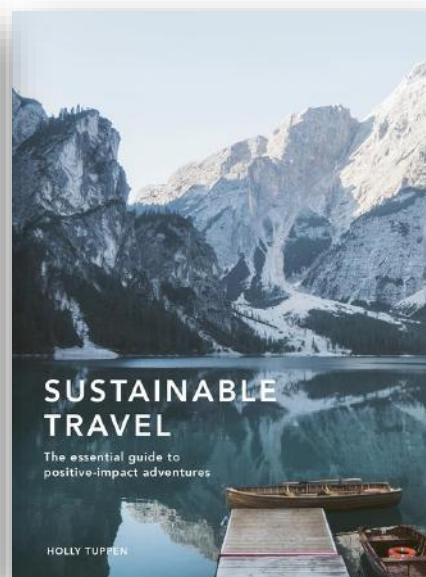
Wordcount: 30,000-42,000 words

Extent: 160–176 pages

TPS (h x w): 230 mm x 170 mm



WHITE
LION



Click on the covers to look inside the books



SUSTAINABLE WARDROBE

- An inspirational and practical guide to living a more eco-friendly lifestyle and maintaining a low-waste wardrobe
- Great as both a gift and self-purchase, perfect for people of all ages, particularly women aged 23–45, actively looking for ways to shop more consciously and consume less frivolously
- Key angles are broken down into easy-to-digest sections – including key facts behind the clothes industry, making the most of one's existing wardrobe, sustainable shopping, clothes maintenance and repair - and twenty practical projects from dyeing your own clothes through living with a capsule wardrobe to efficient clothes swapping and garment repair hacks

Wordcount: 36,000 words

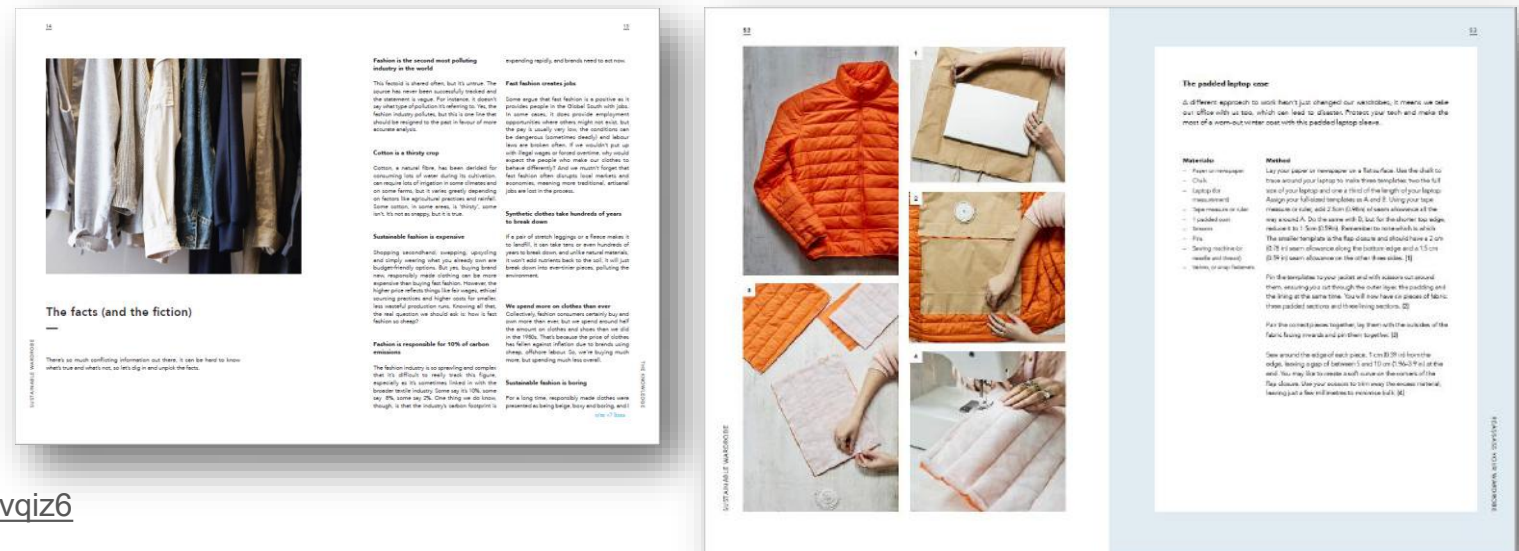
Extent: 144 pages

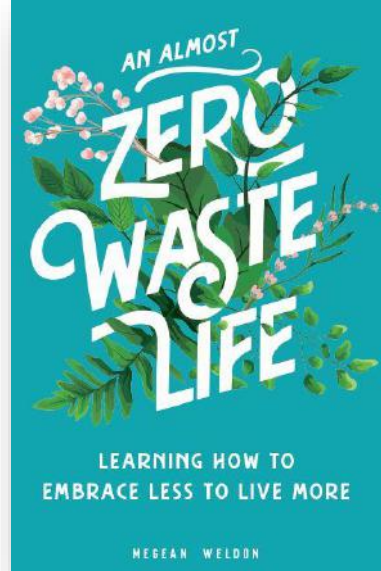
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/hn0lge60sm4sb0nmmv3w8v5kn7evqiz6>





AN ALMOST ZERO WASTE LIFE

- An approachable and friendly beginner's guide to zero waste that focuses on small incremental changes
- Includes a Thirty Step Zero Waste Challenge to jump start your sustainable lifestyle!
- Aspirational photos paired with modern design make this book stand out among other sustainability books

Wordcount: 39,496 words

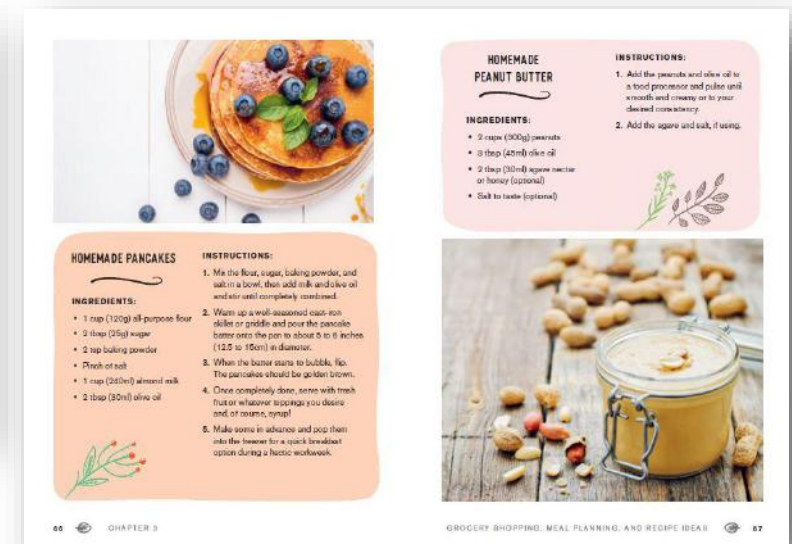
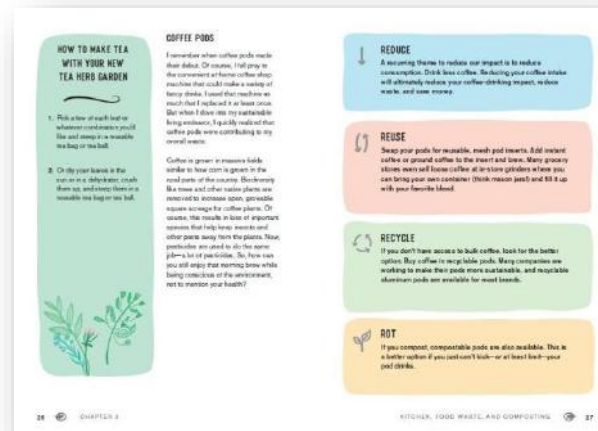
Extent: 176 pages

TPS (h x w): 200 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/4kabv12q3ujl3pmmxre9v8035ugpmmc7>





GREEN LIVING

A Comprehensive Guide to a Happy and Sustainable Life

GREENMATTERS

GREEN LIVING

- Easy to implement strategies to lead a more sustainable life by cutting-edge sustainability forum *GreenMatters*
- A very broad approach, covering energy, recycling, waste management etc. - not only composting and home-made cleaning products
- Lots of details and technical background information on the practices and costs involved etc.

Wordcount: 67,940 words

Extent: 160 pages

TPS (h x w): 221 mm x 171 mm

Translation files available

Link to material:

<https://quarto.box.com/s/41g76psgu0n2r0boe5ldmjci3gvcjgg0>





HOME SWEET ORGANIZED HOME

- A hard-working home organizing book for busy families, packed with information, with practical tips throughout, and worksheets and checklists at the back
- Also includes related tips on how to better organize family time, efficient parenting etc.
- Bright + family friendly + useful for small spaces: a book for real-life people
- Author runs the very popular *Organized Mama* blog

Wordcount: 58,282 words

Extent: 160 pages

TPS (h x w): 246 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/jdjavy0n0onfamt9yg7b487llqxcxi4>





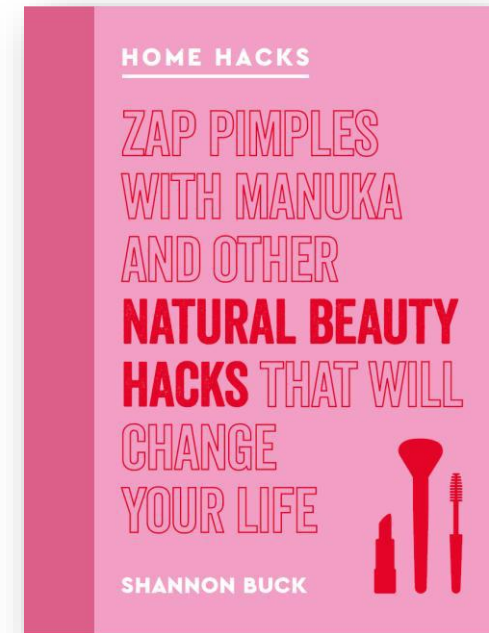
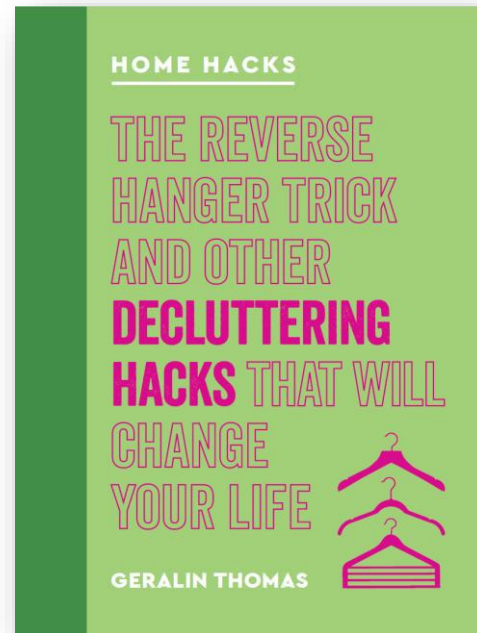
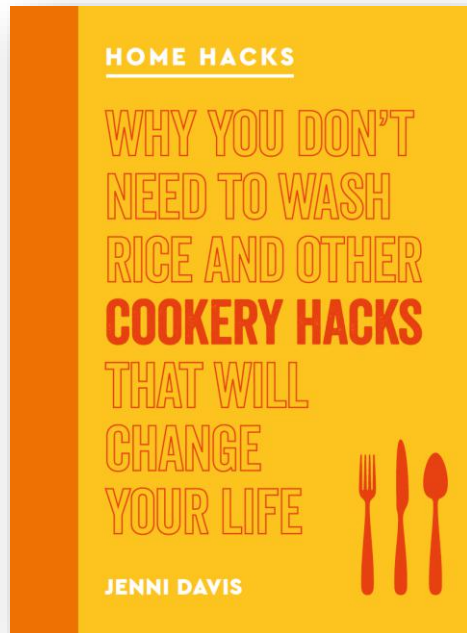
HOME HACKS series

A modern revisitation of Quarto best-selling series *200 Tips!*, these books contain all the information and inspiration you need through helpful tips, clear instructions and step-by-step photographs. The original editions sold over 200,000 copies!

Wordcount: approx. 60,000 words

Extent: 160 pages

TPS (h x w): 222 mm x 165 mm



Click on the covers to see the material!



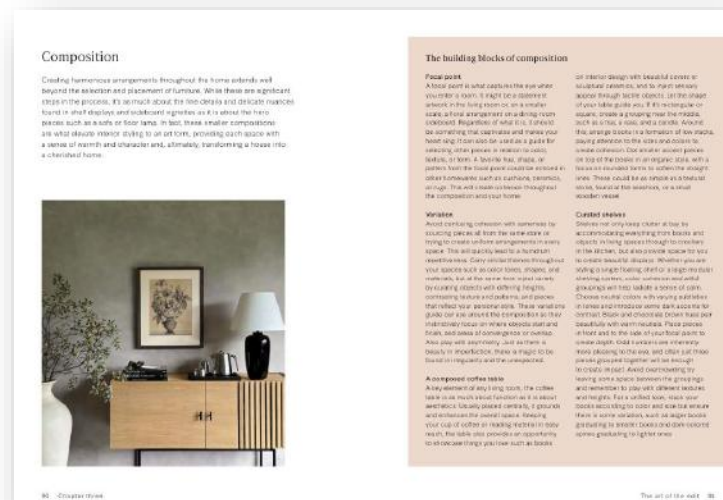
Michelle H

NEW

- A beautiful, authoritative guide to the concept of house hushing: dialling down the visual noise in your home, and creating serene interiors that promote calm and wellbeing
- Includes three key and hugely influential lifestyle trends: decluttering; the home edit, curating the objects with which we fill our homes; and slow/intentional living
- Shares ideas for steering away from consumerism and throwaway culture with intentional design choices and strong sustainability

Translation files available

<https://quarto.box.com/s/jb6rlkzam7rrnx969dh95loxb6v3fpoy>





THE JAPANDI HOME

- A timely deep-dive into both the design concepts and the cultural philosophies behind Japandi
- Takes Japanese and Scandinavian traditions and provides the Japandi twist on them, highlighting and celebrating the fusion between the two cultures which is at the core of the concept
- Focuses on curating sustainable and meaningful spaces that aid our sense of wellbeing and connection
- Provides a unique insight into the design process, inspiration, and home style of several key Japanese and Scandinavian designers through contributing pieces

Wordcount: approx. 30,000 words

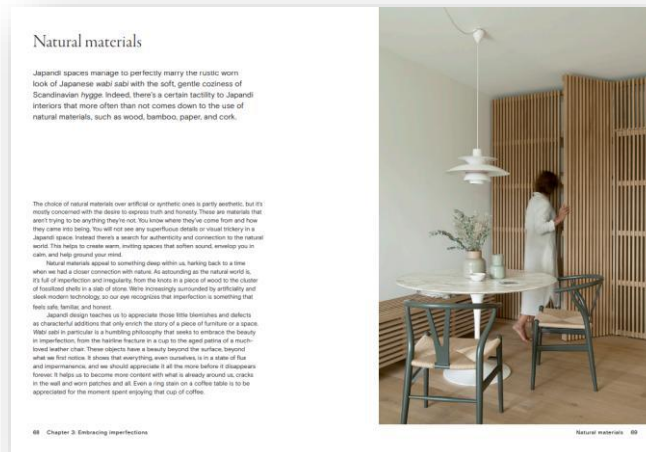
Extent: 192 pages

TPS (h x w): 236 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/d1euq7nejgl3nv6k93m5sd0ou5m5s7dv>



THE KEY PRINCIPLES OF IKEBANA

Seasonality

Flowers are typically arranged in different formations depending on the time of year. In the summer, for example, you might use chrysanthemums with more water to give a feeling of freshness. What's really important is choosing items and floral varieties that are in season.

Minimalism

Less is more when it comes to Ikebana. You only want a few choice items and branches. Consider the negative space between items as much as the pieces themselves. Don't overcrowd the arrangement but let each item sing.

Colors

As well as creating a balanced composition of different-sized stems, you also want to have a harmonious color palette. The colors of some flowers are considered auspicious in Japan, while others are more auspicious. Red tends to be associated with love, for example, and red flowers are typically used at weddings. If you were to offer a housewarming gift in Japan, you might use white flowers as they symbolize purity that could put out a fire, a happy-planning concept.

As Japanese houses were traditionally made of wood, bright colors felt conspicuous off-balance when it comes to Ikebana, but it's a subtle way for modern with just one or two touches. The color of the vase tends to be neutral so as not to deflect too much from the flowers. Typically the Japanese use the color brown to reflect the earth.

Asymmetry

On the whole, the Japanese believe that odd numbers are better than even numbers, giving asymmetry your symmetry. This is likely because you never see perfect, equal forms in nature. Groups of three or five naturally look more pleasing to the eye than something more even. More traditional arrangements are based on a triangle with three main points set at different heights, representing heaven, earth, and human.

Balance

Ikebana often balances the cosmic opposites of yin and yang so there is an overall harmony.

Flow

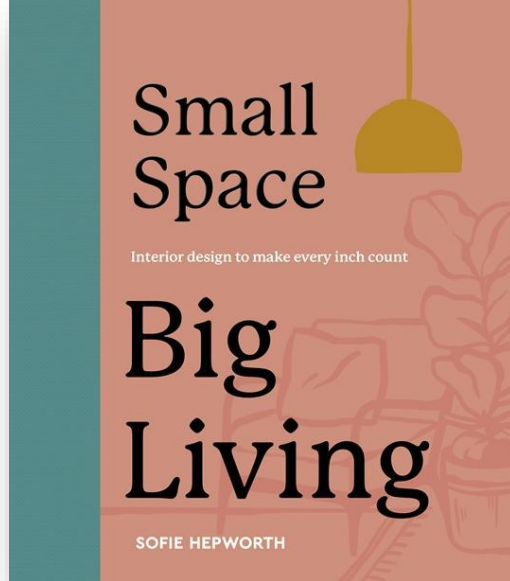
Ikebana was based on the Buddhist mentality of presenting life, distilling everything from the shape of the vase to the ways in which the flowers could feel frozen. Traditionally you should always be able to see the water in the vessel, so you might imagine the stems coming out of the ground. You also want to choose closed buds so that you can watch them open and enjoy them for as long as possible.

Function and use

Particularly in the Japanese language of flowers, that is used to convey emotion without the need for words. In Ikebana, plants have coded meanings and readers use symbolism to create evocative arrangements.

Spontaneity

Ikebana requires you to slow down and appreciate nature. The Japanese believe in taking greater patience, tolerance, and harmony between the body and the mind.



SMALL SPACE, BIG LIVING

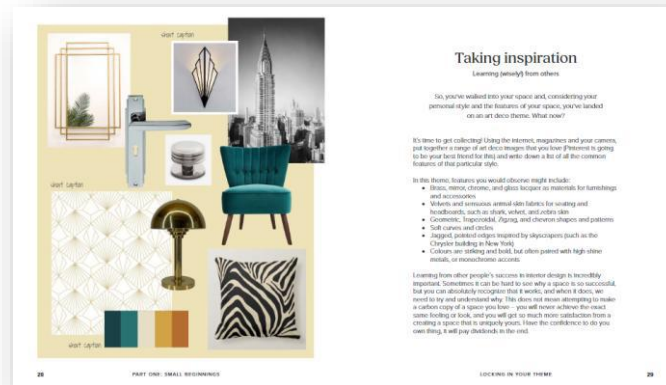
- Do you think your home is too small to live big? Think again! Learn the 10 rules you have to know to turn your small space into everything you'd dreamed of
- Design small spaces that take functionality into account, without renouncing any personality, colour, and aesthetic appeal
- Sofie Hepworth is an award-winning interior stylist and content creator (Instagram @threeboysandapinkbath, 107k followers) – the design she made for a tiny home for her own family of 4 has gone viral and been featured in *Sunday Times Home*

Wordcount: approx. 30,000 words

Extent: 160 pages

TPS (h x w): 230 mm x 170 mm

Translation files available



Link to material:

<https://quarto.box.com/s/1fdj0lqdm0kdfmjzg4qwpzu150om0b61>





LAURA PERRYMAN

THE RAINBOW HOME

- Inspiring and creative collection of vibrant and colourful interior design ideas from real homes from extravagant spaces to clever little apartments
- Contains feature homes from around the world by top #rainbowhome Instagram influencers, with tips on how colour is used and a palette to match
- Adding colour at home is the biggest interior trend of the 2020s, following the overall rainbows trend and a thirst for using colour for mood-boosting feelings of optimism and positivity at home

Wordcount: approx. 35,000 words

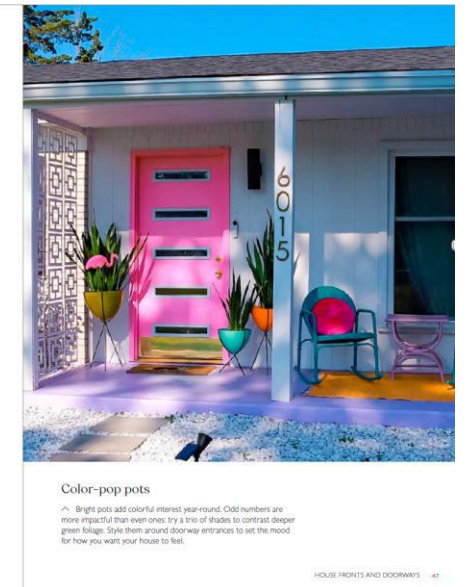
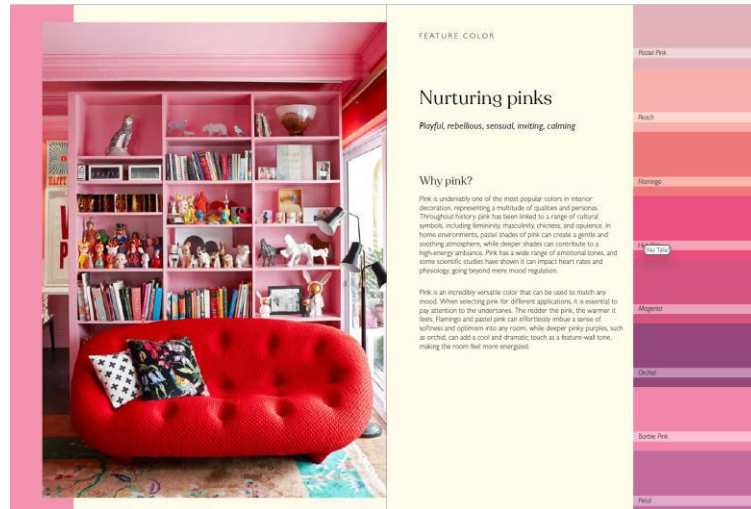
Extent: 368 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ugncb4djn76s4otb062x80c53pdowu5p>





GRAND DESIGNS AT 25

- As the programme celebrates its 25th anniversary, presenter Kevin McCloud chooses and analyses a collection of the most iconic, stand-out builds from this popular, long-running TV series
- Grand Designs is famous for showcasing spectacular self-build projects and in the process has itself had a major impact on domestic architecture and design
- From houses crafted from shipping containers to eco-builds and luxe constructions, it demonstrates the extraordinary power of design and of the imagination to create stunning living spaces

Wordcount: 41,000 words

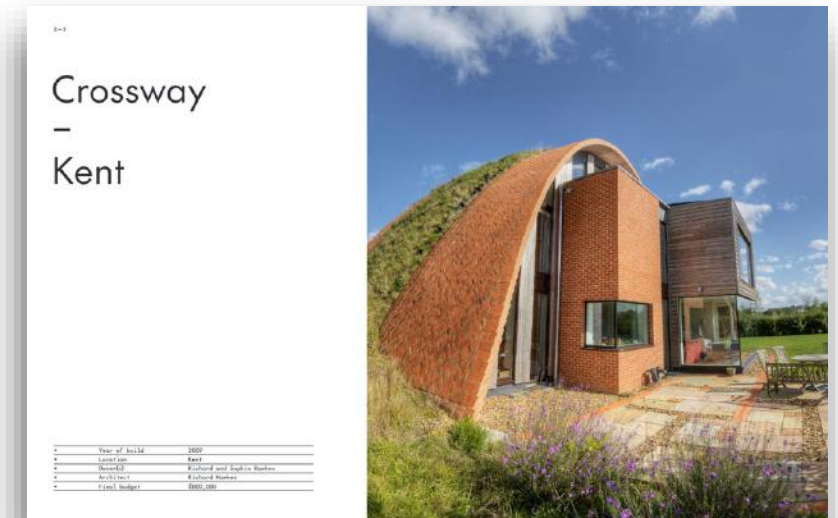
Extent: 272 pages

TPS (h x w): 246mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/u8173wgcf6e1a3usvgb713mxrwb5esx>



WHITE
LION

The Interior Design Course

Principles, practices and techniques for the aspiring designer



Thames & Hudson

Tomris Tangaz

INTERIOR DESIGN COURSE

- Ultimate step-by-step guide for aspiring interior designers and an invaluable inspirational reference
- Develop your own personal style for interior design, whether for personal projects or professional aspirations
- Organized into units to reflect the courses of top design colleges, there is practical advice on all aspects of interior design, from the initial idea to adding the finishing touches

Over
135,000
copies
sold !

Wordcount: 42,633 words

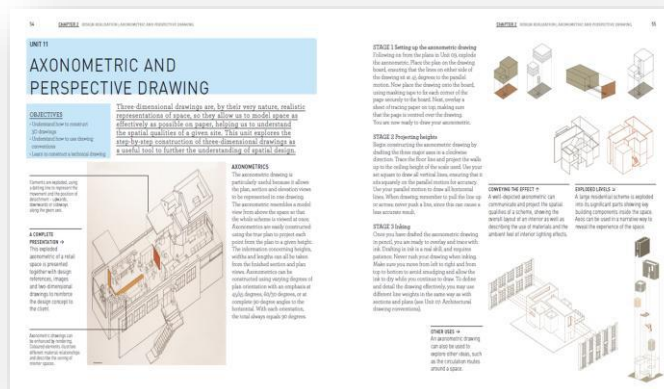
Extent: 144 pages

TPS (h x w): 222 mm x 222 mm

Translation files available

Link to material:

<https://quarto.box.com/s/c2uwp1y6km3xszvkn5xn9plwojwne0fl>



QUARTO



NEW ENGLISH INTERIORS

- A celebration and exploration of the 'New English' interior design style
- Some of the brightest and most exciting names in contemporary British interior design welcome us into their homes in this stunning coffee table book!
- Designers will include rising stars and popular names in interior design such as Luke Edward Hall (240k followers on Instagram), Lucy Williams (554k followers), Paula Sutton (565k followers), Pandora Sykes (328k followers), Carlos Sánchez-García (132k followers), and more!



FRANCES LINCOLN

Strong
English
sales

Wordcount: approx. 35,000 words

Extent: 254 pages

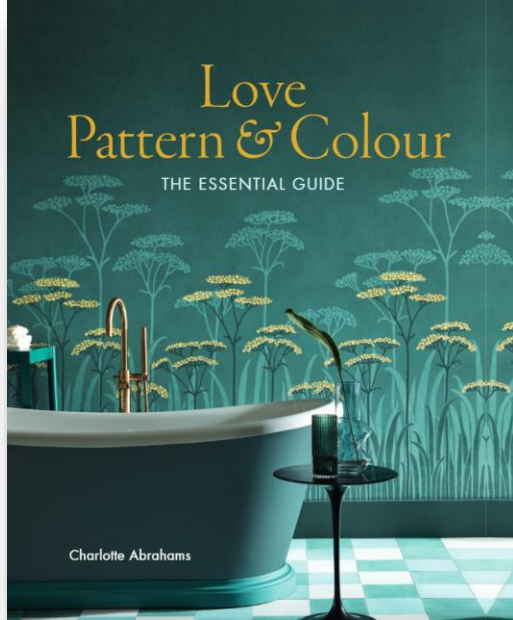
TPS (h x w): 260 mm x 213 mm

Translation files available

Link to material:

<https://quarto.box.com/s/02hhols85pdy1bg657uzp1r3fcp41r05>





LOVE PATTERN AND COLOUR

- The essential guide to choosing patterns for the home, packed full of colourful, inspiring ideas for using pattern with confidence.
- Demonstrates how to use patterns in everyday life, revealing tips and offering suggestions on applications, combinations, and more.
- The easy to reference format groups patterns by motif, providing plenty of stunning examples through a mix of illustrations, photography of prints in use, and supporting colour palettes.

Wordcount: 29,400 words

Extent: 256 pages

TPS (h x w): 229 mm x 197 mm

Translation files available

Link to material:

<https://quarto.box.com/s/tds72kgwl0mvsty1n61ta7d4p8m7zmlk>





A BLISSFUL NEST

- A stylish and practical handbook that breaks down redecorating your home into simple steps
- Interior designer author, with a breezy, minimalist 'coastal' style – but with tips that can be used for any style
- Following all that extra time spent at home over the past few years, interior design is back!

Wordcount: 28,202 words

Extent: 160 pages

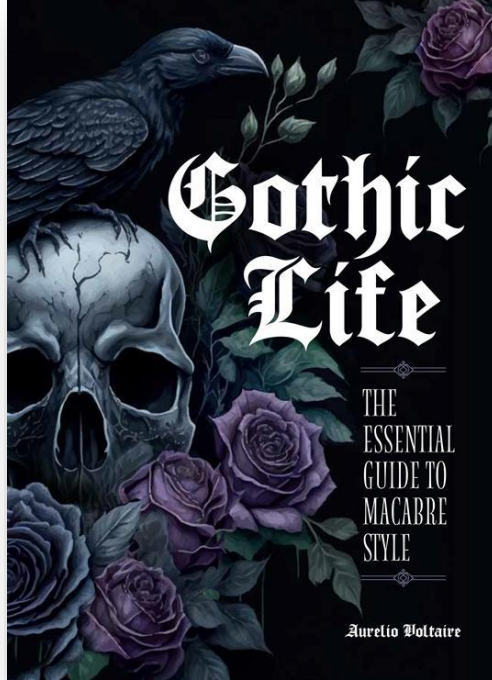
TPS (h x w): 246 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/u5m2wv4se4lqnxtlt73r92kp145t2mwv>





GOTHIC LIFE

- A lifestyle guide to all things gothic
- From *New York Times*-dubbed 'Martha Stewart of Macabre Homemakers', Aurelio Voltaire (83k Instagram followers) who hosts the show *Gothic Homemaking* (238k subscribers) and plays in a goth band
- Explores the history and mindset of goths, enchanting home décor and spooky color palettes, gothic dinner party menus and much more!

Wordcount: approx. 48,000 words

Extent: 192 pages

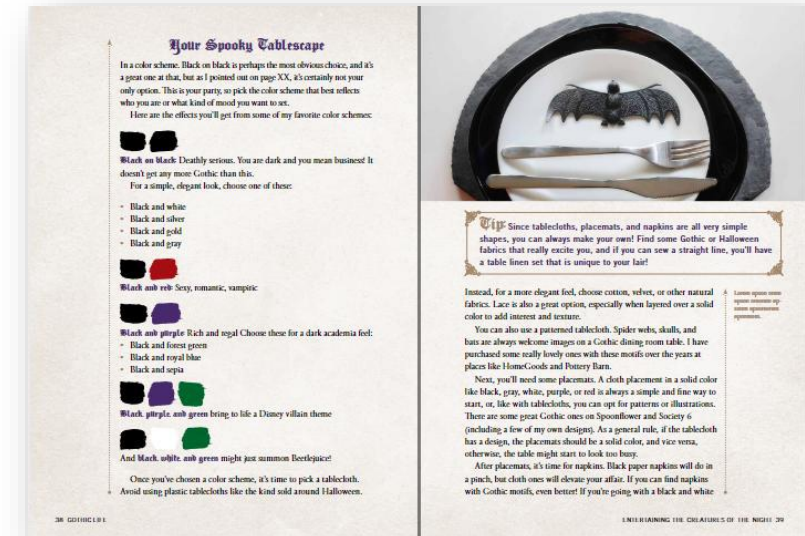
TPS (h x w): 229 mm x 165 mm

Translation files available



Link to material:

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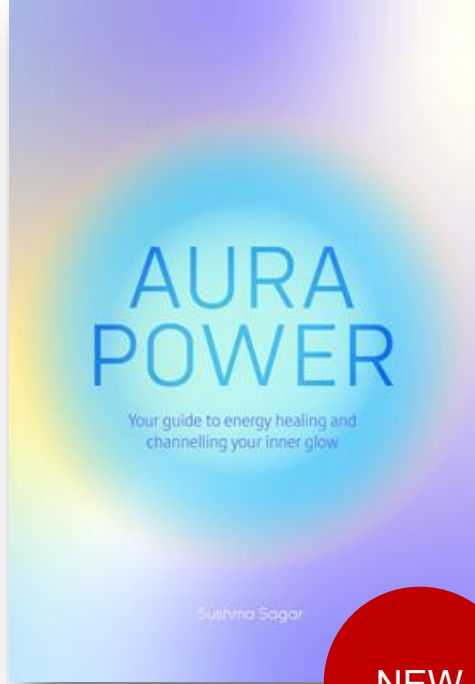
Q.

WELLBEING



AURA POWER

- A vibrant introduction to energy healing, guiding you to work with your aura and activate your inner glow
- Includes fun, accessible rituals and insights into the true roots of aura work, helping you cleanse, balance, and thrive
- Written by reiki master and healer Sushma Sagar, founder of The Calmery



NEW

Wordcount: approx. 25,000 words

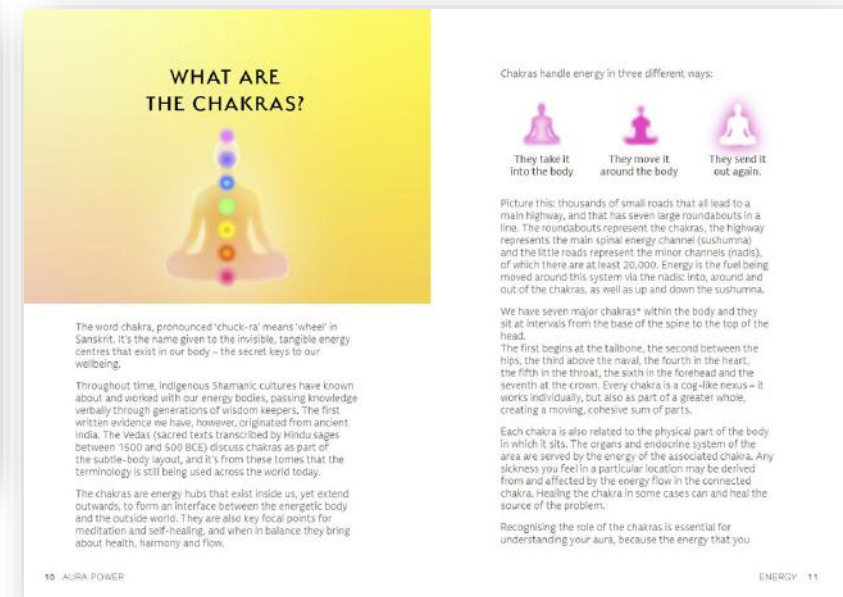
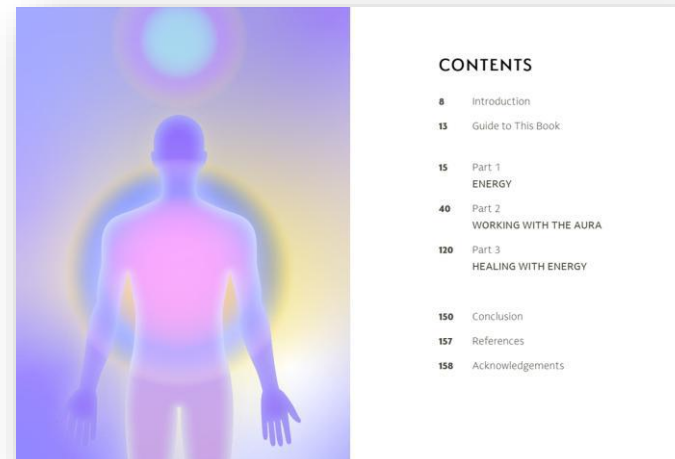
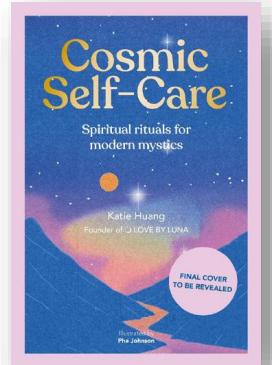
Extent: 160 pages

TPS (h x w): 190 mm x 130 mm

Translation files available: Jan-26

Link to material:

<https://quarto.box.com/s/d83mjazk6jb15fzmfs5bia745iwf45u3>





MANIFESTING

- Discover how to achieve your dreams and meet your life goals with this ultimate beginner's guide to manifestation
- Embark on a journey of self-discovery, empowerment, and transformation, and discover the everyday secrets to unlocking your full power and potential
- Guided by law of attraction expert, Nicole Weiss, learn simple, mindful manifestation techniques that could change your life

Wordcount: 33,000 words

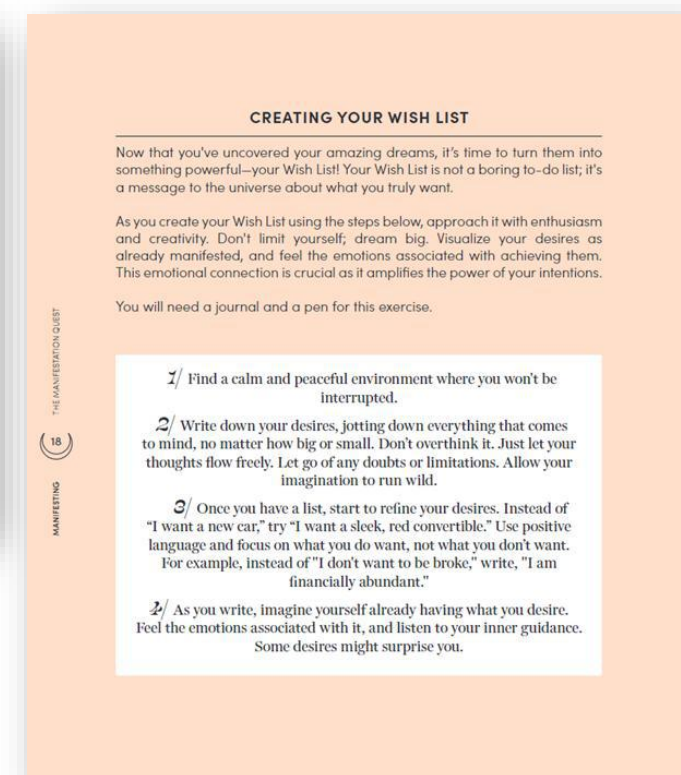
Extent: 224 pages

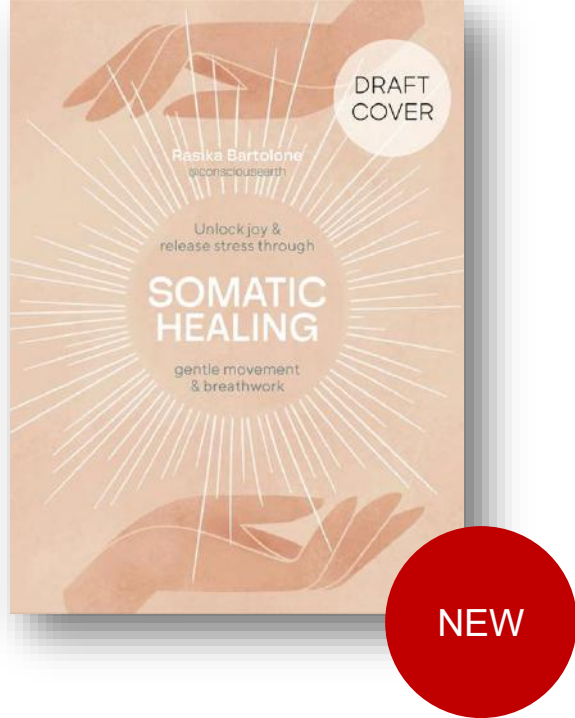
TPS (h x w): 210 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/kwyjt9ewdo3jg7t6j2andoagptgwka9j>





SOMATIC HEALING

- Connect mind and body through healing movement with this step-by-step guide to feeling good in your body
- Includes 25 routines (from 5-minute routine to boost energy to 10-minute routine to release grief) and 5 somatic breathwork exercises
- Somatic healing can improve your physical, mental, and emotional wellbeing and its benefits include decrease in physical pain, released stress, tension and trauma, increased energy, strength, flexibility, and mobility
- Written by expert mind & movement coach Brittany Rega

Wordcount: approx. 27,000 words

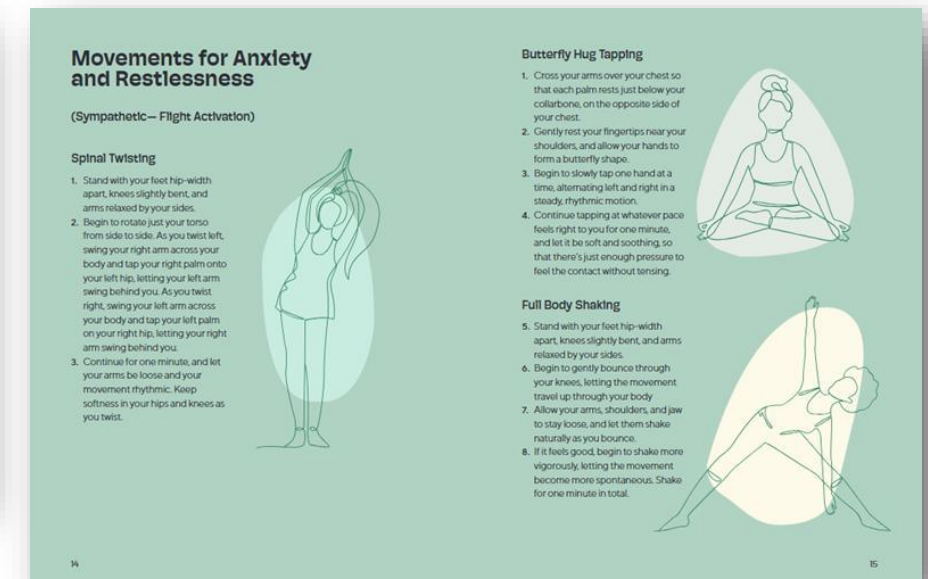
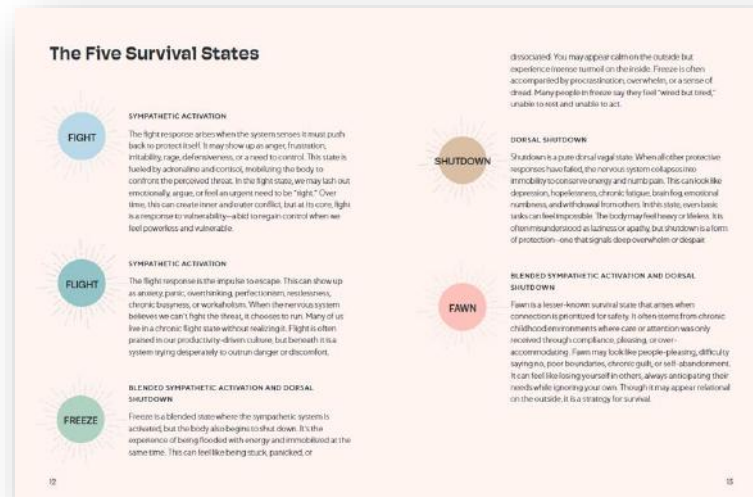
Extent: 160 pages

TPS (h x w): 208 mm x 160 mm

Translation files available: Nov-26

Link to material:

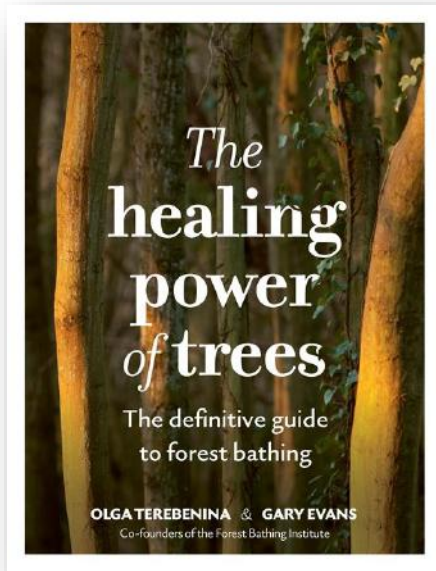
<https://quarto.box.com/s/frkpb7oldebfxv67ntdgp3qiiy0m4c69>





HEALING POWER OF TREES

- Forest Bathing is more than just a walk in the woods: it is the practice of mindfully reconnecting with nature using the five senses
- A lush introduction to the increasingly popular practice of forest-bathing including meditation prompts and activities as well as a discussion of the scientific research that underpins it
- For six years, the Forest Bathing Institute have been at the forefront of popularising the practice in the UK and worldwide and now, for the first time, they present their method for the home reader



Wordcount: approx. 50,000 words

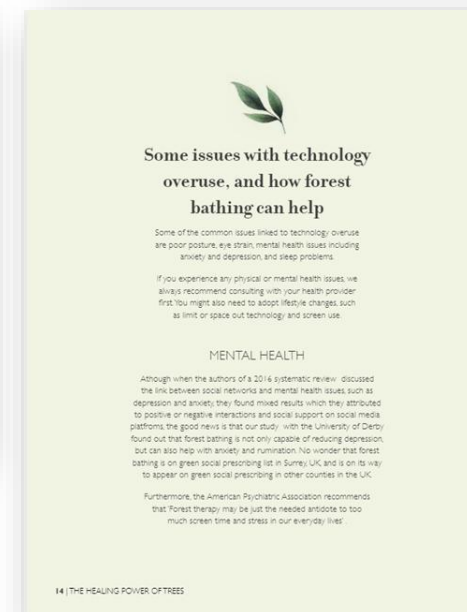
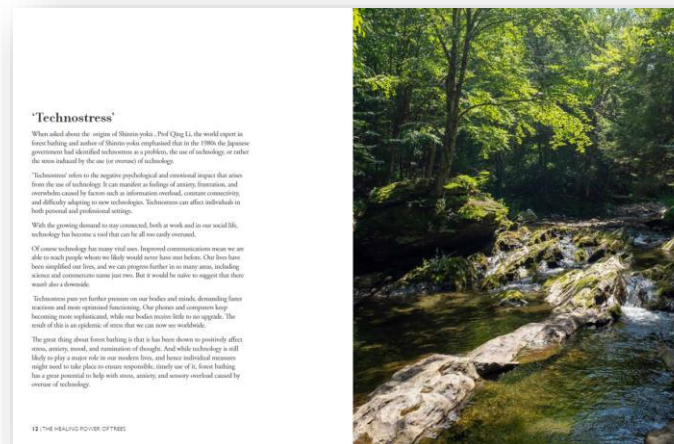
Extent: 224 pages

TPS (h x w): 246 mm x 189 mm

Translation files available

Link to material:

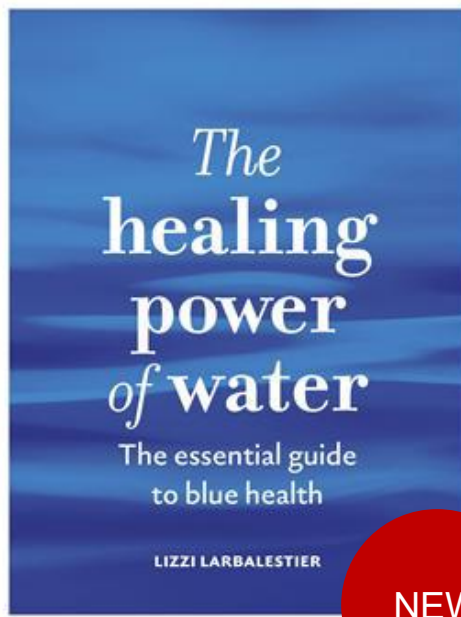
<https://quarto.box.com/s/1vbcwsem9l72n6xd23kmc4xqhgvg68vx>





HEALING POWER OF WATER

- A visually immersive guide to blue health, exploring how water enhances our wellbeing through science-backed practices
- Includes meditations, breathing exercises and thought experiments to deepen your connection with water
- Written by coach and ocean activist Lizzi Larbalestier, a Blue Mind spokesperson dedicated to marine conservation and holistic healing



NEW

Wordcount: approx. 45,000 words

Extent: 224 pages

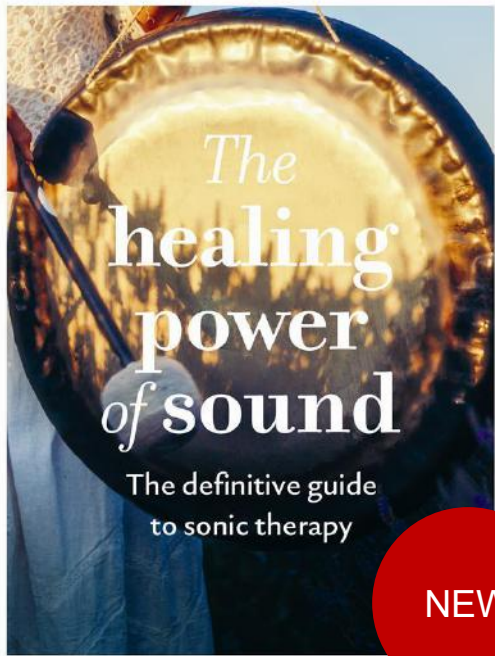
TPS (h x w): 221 mm x 170 mm

Translation files available: Dec-25

Link to material:

<https://quarto.box.com/s/0nvymaqedleuc6hz3my72fv8iijc09qe>





HEALING POWER OF SOUND

- A beautifully illustrated guide to the different modalities of sonic healing and how to incorporate them into your wellness practices
- Sound can alleviate physical and mental pain, and this book looks at the neurological and medical studies that are uncovering exactly how these ancient practices work on the human body
- Lyz Cooper is the founder of the British Academy of Sound Therapy

Wordcount: approx. 40,000 words

Extent: 224 pages

TPS (h x w): 221 mm x 170 mm

Translation files available: Apr-26

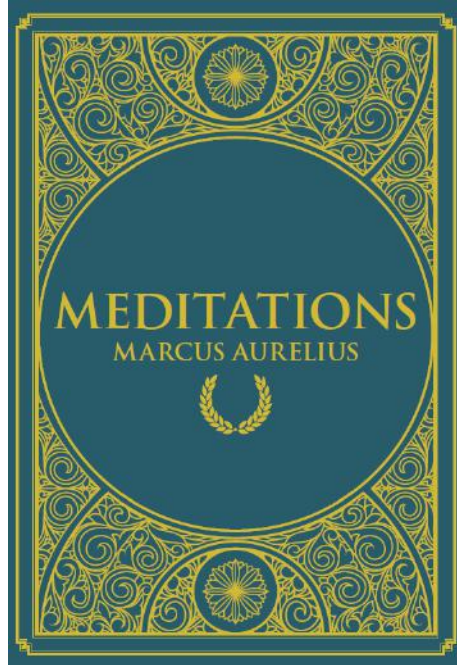
Next co-edition schedule

Delivery FOB: 13th July 2026

Files to printer: 7th April 2026

Link to material:

<https://quarto.box.com/s/cf6z01wef1j2wve95a65ln3z5l624n8g>



MEDITATIONS – TIMELESS CLASSICS

- Containing the complete and unabridged text of *Meditations*, this edition offers profound insights into Stoicism and its relevance to contemporary life
- Beautifully designed hardcover edition of Marcus Aurelius' *Meditations*, featuring stunning foil cover details, decorative endpapers, and a ribbon marker
- Includes an introduction by Pierre Baumann, providing valuable context of Marcus Aurelius' philosophical reflections and their enduring significance

Wordcount: 69,602 words

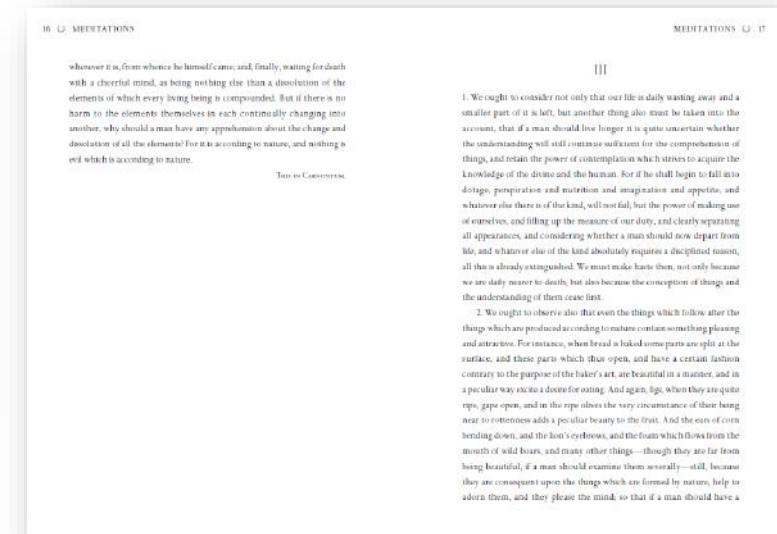
Extent: 208 pages

TPS (h x w): 235 mm x 165 mm

Translation files available

Link to material:

<https://quarto.box.com/s/8lqju2973ygm8lhl6xgudwkk2jty2aq7>





Over 30,000
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THE ART & PRACTICE OF SPIRITUAL HERBALISM

- Transform and heal with the power of plants and ancestral medicine
- A practical tool for working through the bodily symptoms and the underlying emotional and spiritual issues by using plants, remedies, and rituals to bring the reader back to healing and balance
- Organized by major body systems (circulatory, digestive, and reproductive)
- The popularity of spiritual herbalism is on the rise!

Gold Winner for
Body, Mind &
Spirit in the 2022
Foreword Indie
Book Awards

Wordcount: 56,472 words

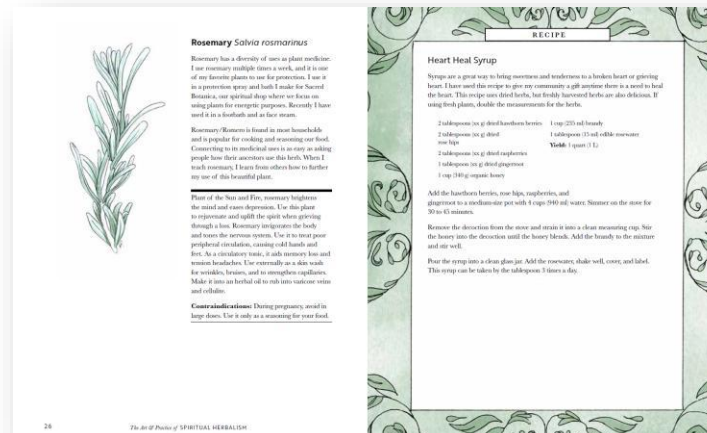
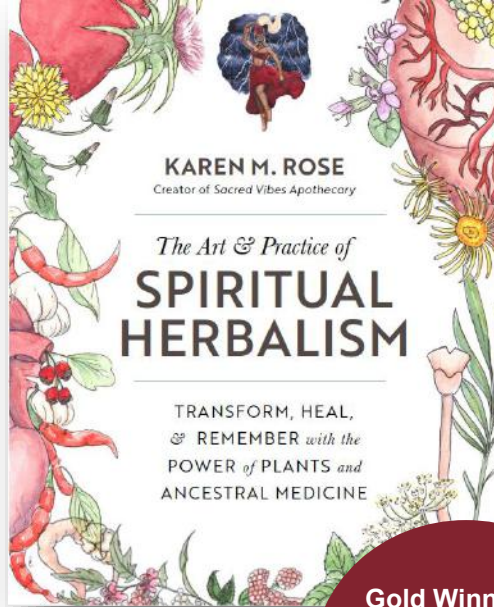
Extent: 208 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/kl8ub7ssuhv5cvzawjsvmzv4mji63voc>





HOME HERBALIST

- 501 Plant-Based Recipes: Covers herbal remedies, natural beauty products, green cleaning solutions, and nourishing foods
- User-Friendly Format For All Skill Levels: Features clear instructions, two-color printing, and 300+ detailed illustrations
- Wellness-Focused Living: Ideal for those with allergies, sensitivities, or an interest in nontoxic living

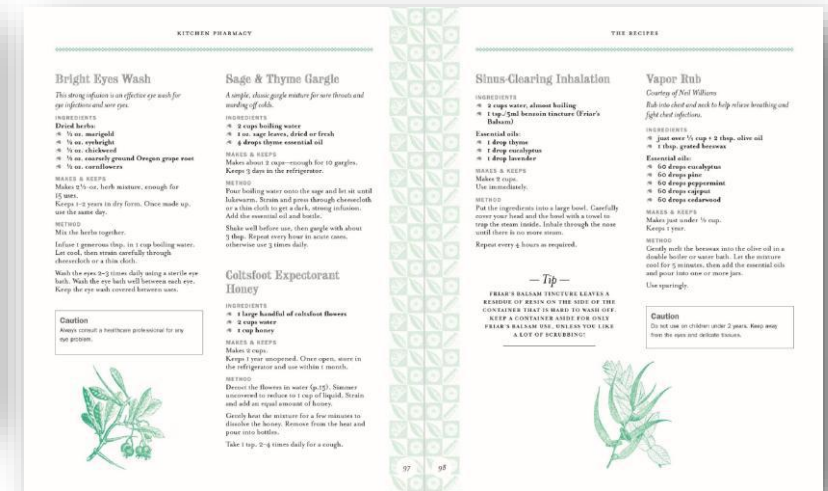
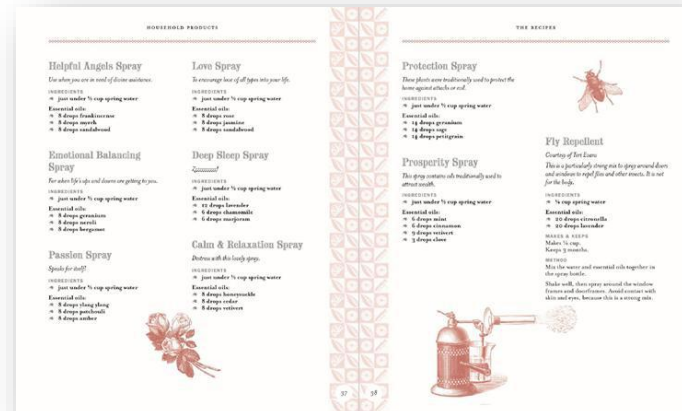


Wordcount: TBC words

Extent: 256 pages

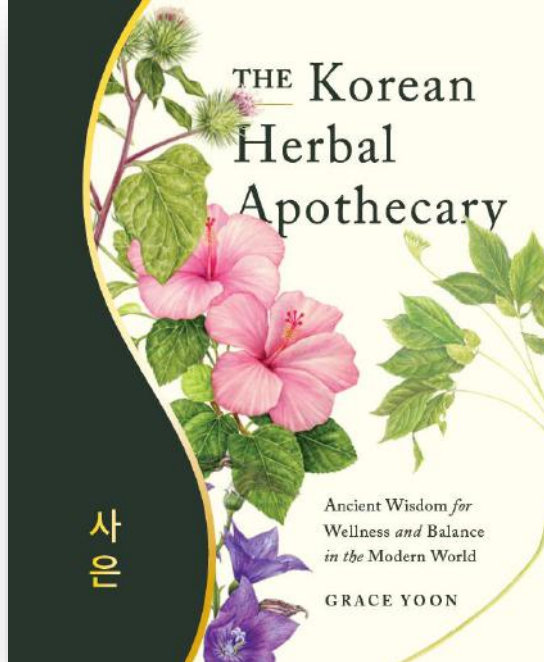
TPS (h x w): 241 mm x 200 mm

Translation files available: Nov-25



Link to material:

<https://quarto.box.com/s/ifh6hljmykp9pfqm07jl5zvd8ea8ocmk>



THE KOREAN HERBAL APOTHECARY

- Trend alert! Discover the ancient wisdom and secrets behind Korea's long-envied traditions for beauty, wellness and longevity
- A holistic take on medicine and wellness, based on ancestral, indigenous and Eastern practices, combined with a practical approach: lots of recipes and tips to create a Korean herbal apothecary at home
- With photography especially commissioned for this book and shot in an authentic setting in South Korea
- Author Grace Yoon splits her time between NY and South Korea and is skilled at translating Eastern concepts for Western audiences

Wordcount: 49,362 words

Extent: 208 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/d7lxo3f6ua0m3r5cvcvk7xepuow06y7f>





Over 30,000
copies sold

THE ART & PRACTICE OF SPIRITUAL HERBALISM

- Transform and heal with the power of plants and ancestral medicine
- A practical tool for working through the bodily symptoms and the underlying emotional and spiritual issues by using plants, remedies, and rituals to bring the reader back to healing and balance
- Organized by major body systems (circulatory, digestive, and reproductive)
- The popularity of spiritual herbalism is on the rise!

Gold Winner for
Body, Mind &
Spirit in the 2022
Foreword Indie
Book Awards

Wordcount: 56,472 words

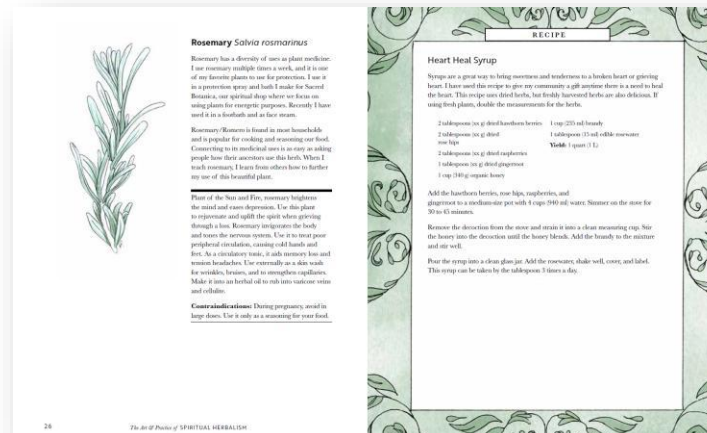
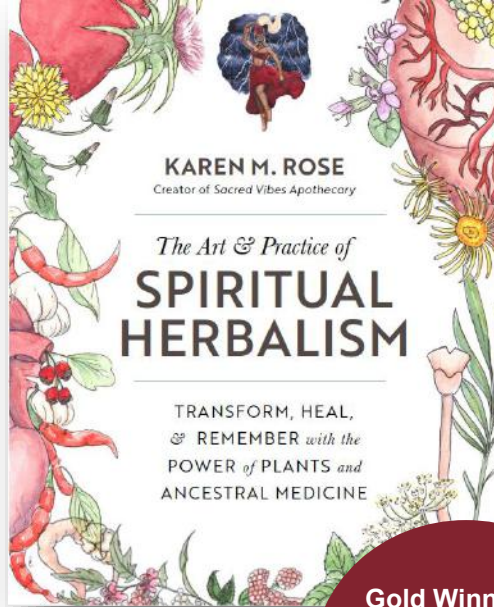
Extent: 208 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/kl8ub7ssuhv5cvzawjsvmzv4mji63voc>





PLANT PHARMACY

- Perfect introduction to using herbs for health and wellbeing with tips throughout, plus useful recipes for common problems
- Includes a directory of 45 herbs, and an almanac-style herbal year
- Themed chapters include a general history of herbal medicine, common ailments, and what to grow, harvest, and forage in each season
- Adrienne Hunt is a trained herbalist and farmer



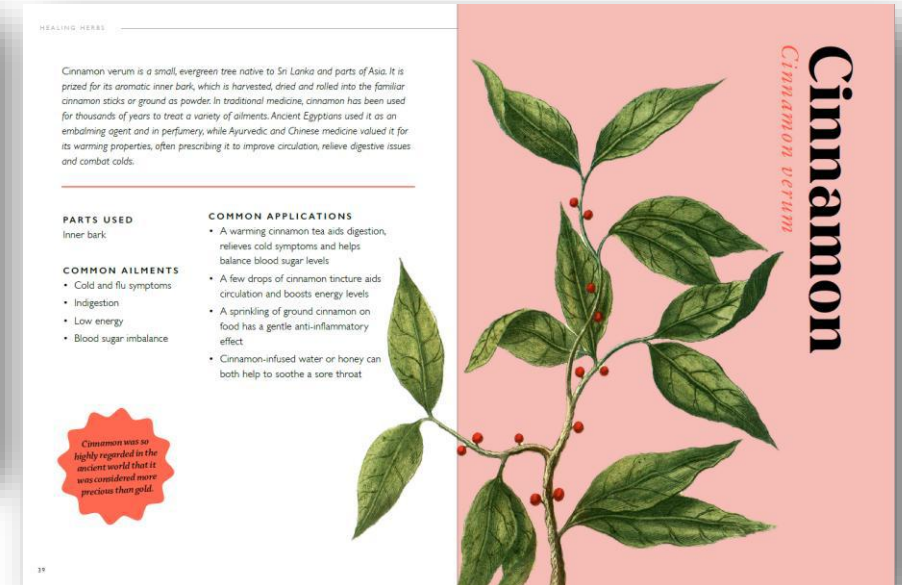
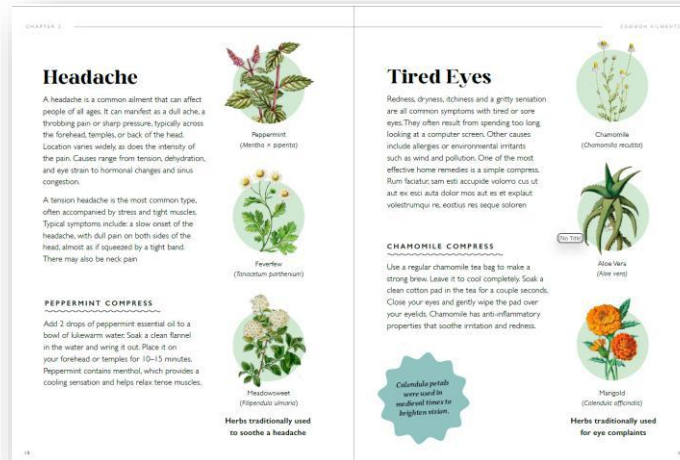
NEW

Wordcount: approx. 20,000 words

Extent: 160 pages

TPS (h x w): 208 mm x 155 mm

Translation files available: Apr-26



Link to material:

<https://quarto.box.com/s/urk5gs6ldebozjxab7fkgoyth6d95pcl>



HEALED BY THE EARTH

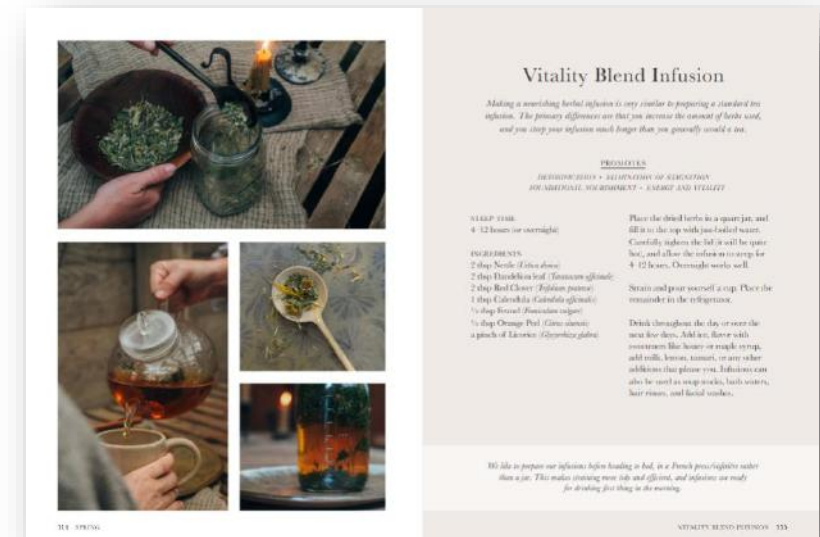
- A guide for the home herbalist to connecting with the Earth and the body through the seasons of the year – leaves for spring, flowers for summer, roots for autumn, mushrooms for winter
- An ecological approach to healing, carried through the cycles of life – featuring plant medicine, self-care rituals, and herbal recipes
- Includes herbal remedies for improved immunity, glowing skin, aids to digestion, relief from stress, spiritual nourishment and soothing practices
- Authors are herbalists and offer healing sessions, courses and plant medicines through their business, Moon Canyon Healing

Wordcount: approx. 30,000 words

Extent: 176 pages

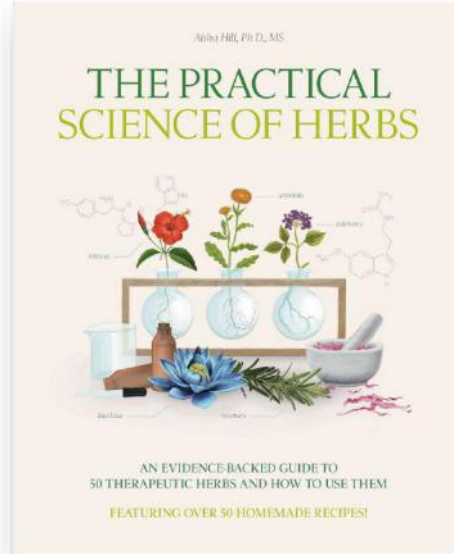
TPS: 224 mm x 164 mm

Translation files available: May-26



Link to material:

<https://quarto.box.com/s/6pxa1otsdnlu9w94neqnsih6mytpxfri>



PRACTICAL SCIENCE OF HERBS

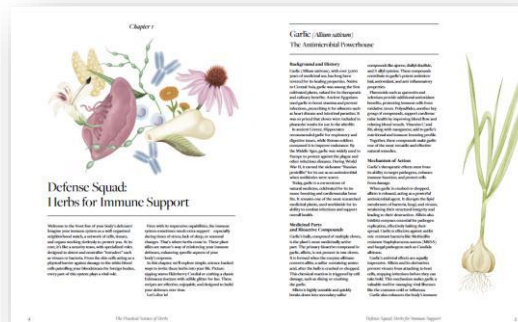
- A scientific guide to therapeutic herbs
- Presents detailed profiles to 50 common herbs as well as 1 to 2 easy DIY recipes for teas, tinctures, oils, and more
- Features support from over 100 clinical studies, thereby offering a science-forward take in the bestselling category of herbalism

Wordcount: approx. 55,000 words

Extent: 208 pages

TPS (h x w): 235 mm x 191 mm

Translation files available: Jul-25



Link to material:

<https://quarto.box.com/s/guzklccb47gq3apwtw45203cbb92c0t8>

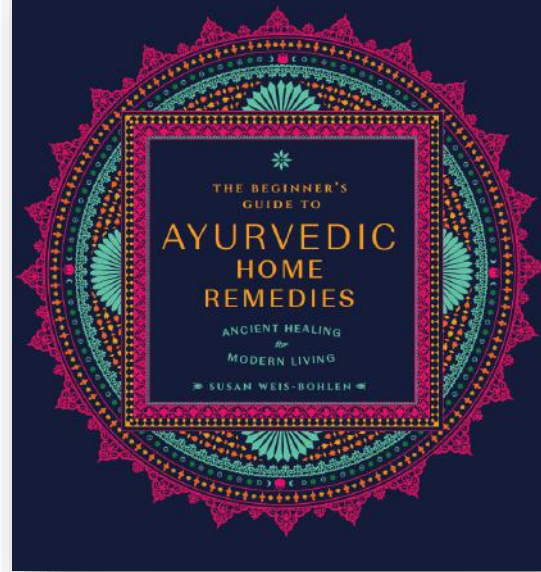


FAIR
MINDS



THE BEGINNER'S GUIDE TO AYURVEDIC HOME REMEDIES

- A simple-to-follow guide to Ayurveda – one of the oldest healthcare traditions in the world, continuously attracting a modern audience
- Helps the reader to determine their dosha (Vata, Pitta, Kapha) and accordingly, their best practical remedies for the most common modern ailments and health concerns – including immunity, quality sleep, and hormone balance
- Each remedy gives readers a three-part action plan: food + lifestyle + herbal remedies or supplements to restore balance
- With lovely modern illustrations

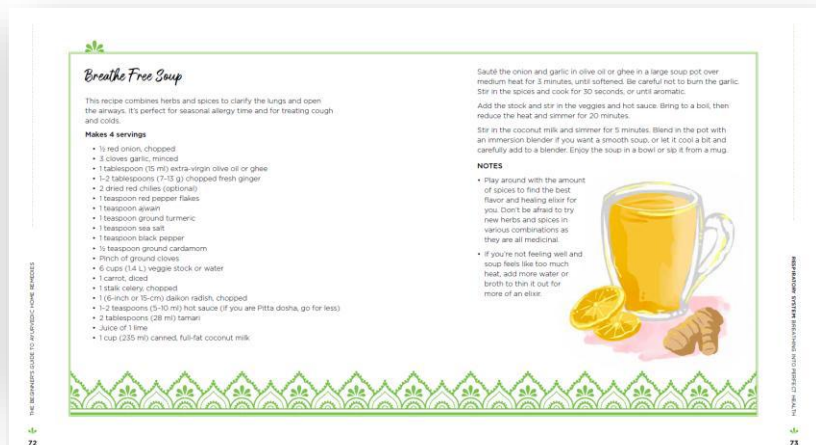
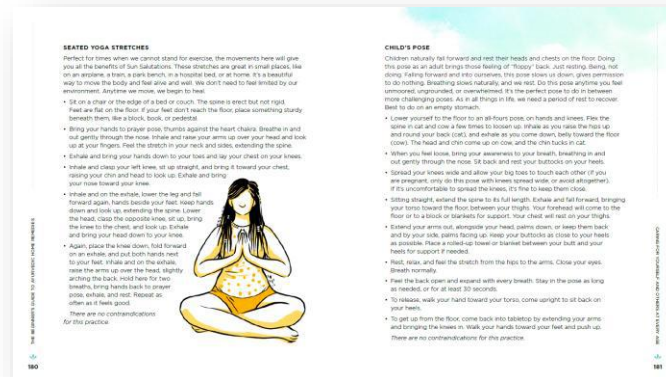


Wordcount: 52,947 words

Extent: 192 pages

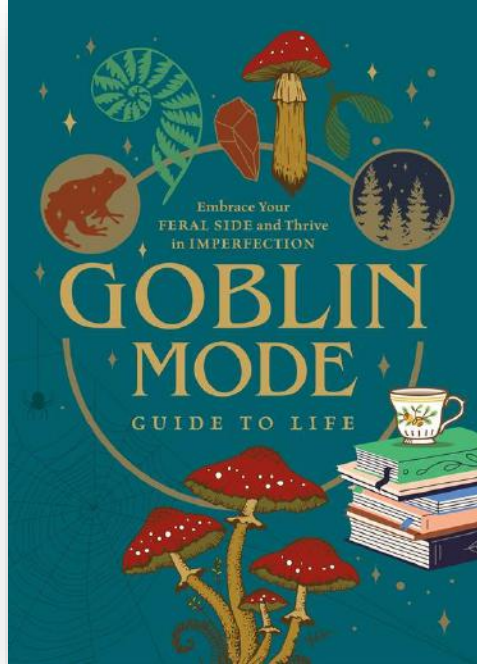
TPS (h x w): 229 mm x 203 mm

Translation files available



Link to material:

<https://quarto.box.com/s/dg4bgez121ydfgp0zcrl73egx50qn8jy>



GOBLIN MODE: GUIDE TO LIFE

- An accessible workbook full of prompts, quizzes, quotes, and tips to inspire your inner goblin
- The goblin mode (a messy, laid-back attitude to life) is more than just a trend: it's a way of life!
- This fun, yet thought-provoking guide is an invitation to quit the busy work and performative behaviour and get real: you can embrace your feral side and thrive in imperfection
- Self-help meets #goblincore in this practical gift format

Wordcount: 11,855 words

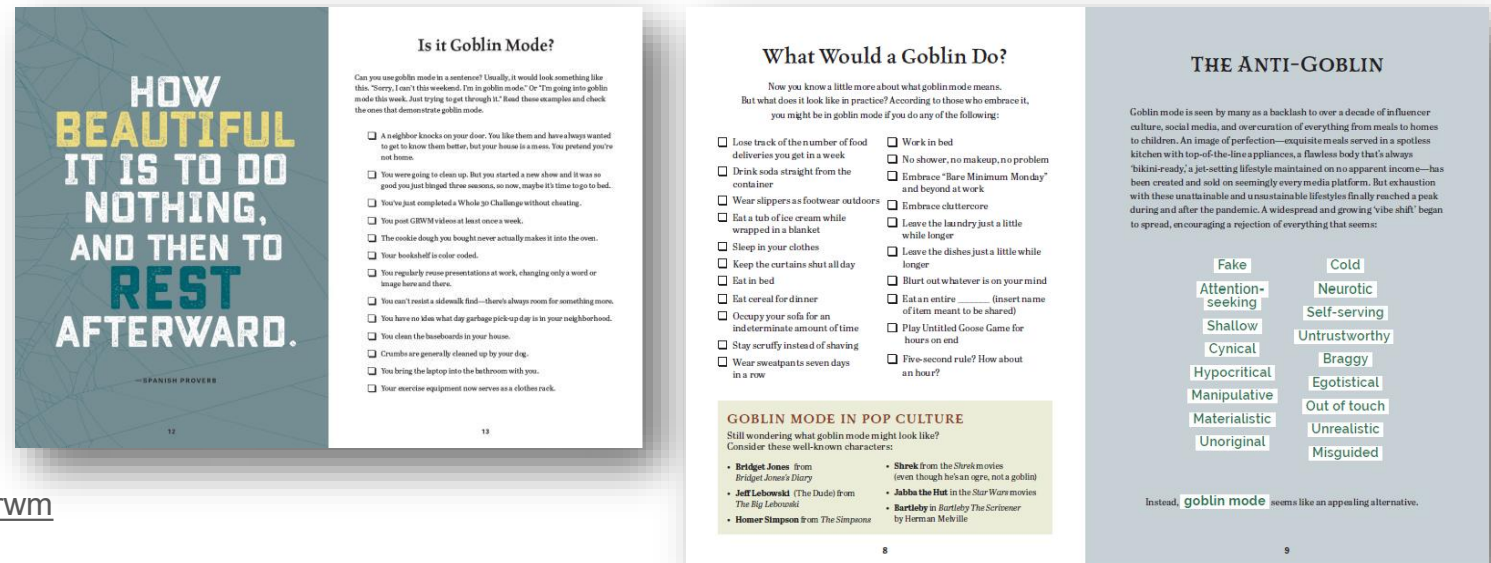
Extent: 192 pages

TPS (h x w): 214 mm x 153 mm

Translation files available

Link to material:

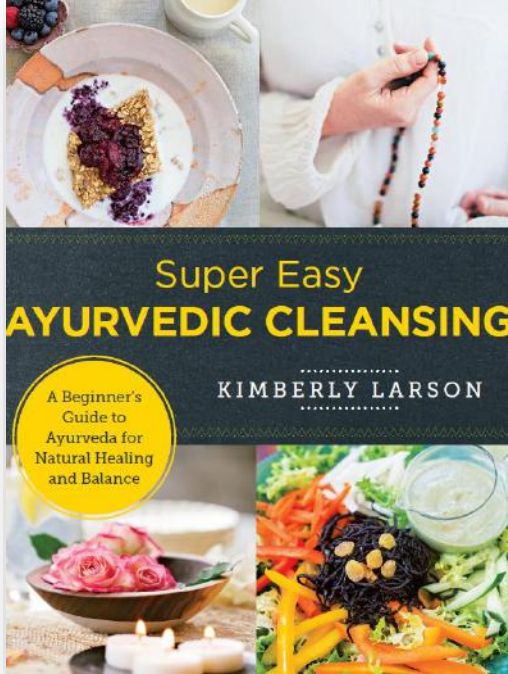
<https://quarto.box.com/s/1gc4n46nq4alw3w4tknfhg9q0a1s8rwm>





SUPER EASY AYURVEDIC CLEANSING

- The essential guide to restore balance in your mind and body through ayurvedic practice and diet
- Offers a traditional and accessible 4-week cleanse derived from Ayurveda without diet restrictions, with 50 basic cleansing recipes with simple ingredients and meal-planning tips to build healthy habits depending on your ayurvedic type (dosha)
- Includes other elements of the holistic practice of ayurveda, such as yoga, meditation or self-massage



Wordcount: 44,448 words

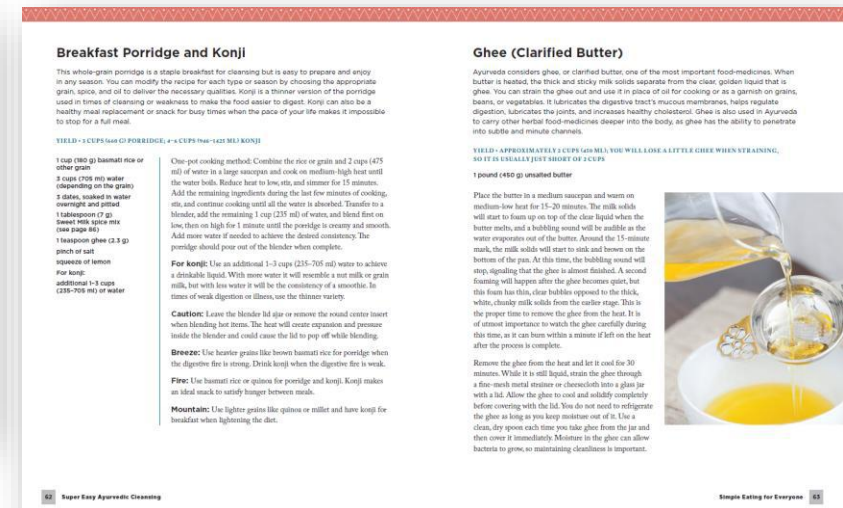
Extent: 144 pages

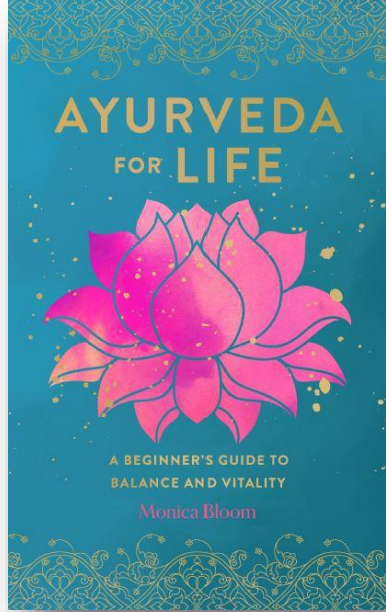
TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/261fud9jjjxms3isk4niwcvyvgsqi4qm>





AYURVEDA FOR LIFE

- Ayurveda is the original mind-body-spirit practice, which more and more people are incorporating into their lives
- This practical title breaks down the Ayurvedic system into simple, easy, and practical steps and includes tips for daily use for busy people, to use at home, in the office, or on the go
- The author specializes in sharing her Ayurvedic knowledge with busy go-getters through wellness talks at companies in Silicon Valley and Los Angeles

Wordcount: 27,559 words

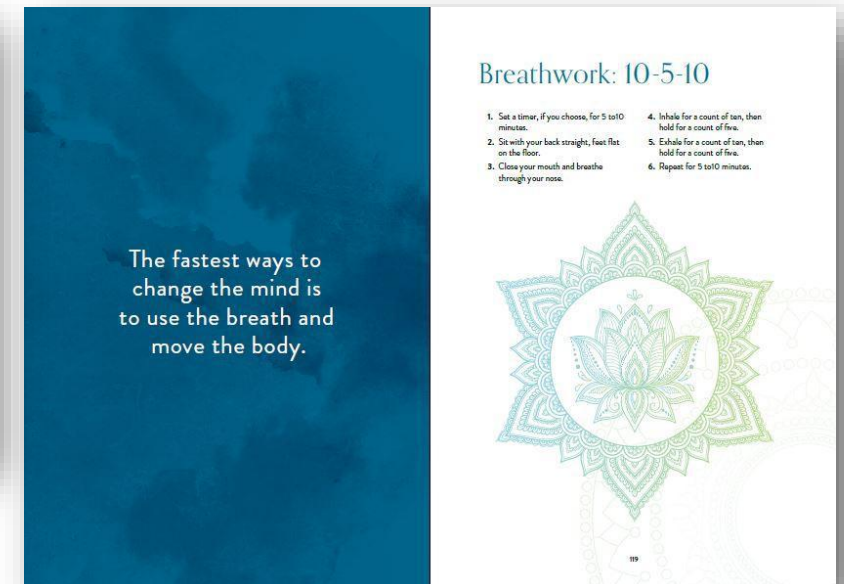
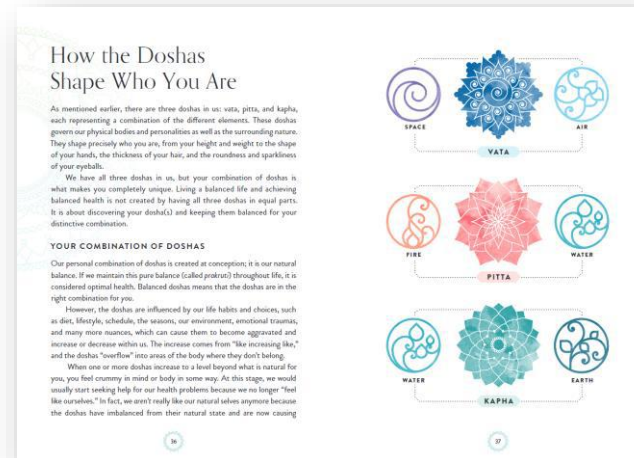
Extent: 144 pages

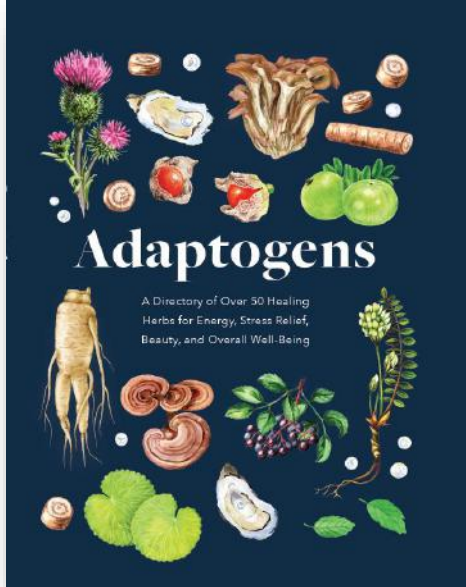
TPS (h x w): 200 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/g7v1sh6lmcsgw75bdl036qzr1qu8v3xc>





ADAPTOGENS

- Over 50 Healing Herbs for Energy, Stress Relief, Beauty and Well-Being.
- A directory of superpowders and recipes for drinks, soups, sauces and desserts.
- Easy to understand format with icons highlighting the main benefits, such as: Stress Reduction, Skin, Digestion, Mental Clarity, Immunity Boosts and Energy Levels

Wordcount: 30,000 words

Extent: 160 pages

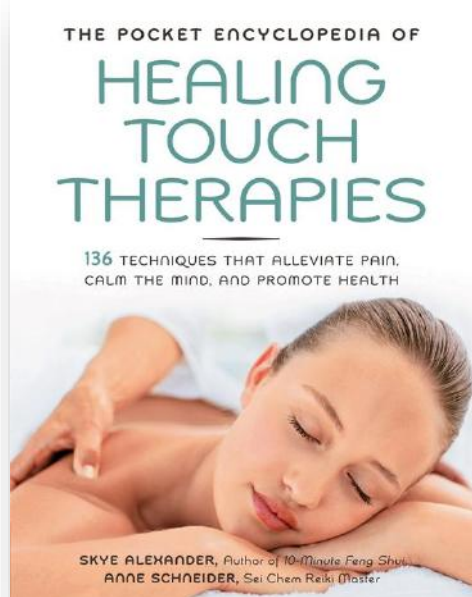
TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/11y821go4qygmjgplgbykop5pzfhg9ww>





THE POCKET ENCYCLOPEDIA OF HEALING TOUCH THERAPIES

- One single volume that offers acupressure + reflexology + reiki based solutions for both mental and physical pain and complaints
- Tremendously useful and super practical, with straightforward answers and techniques, all clearly explained and demonstrated, with extra tips on the most beneficial essential oils
- Search by organ or problem; tips for both self-treatment and treating others
- Excellent authors with 20+ years of experience
- Small but chunky format = great value for money

Wordcount: 35,000 words

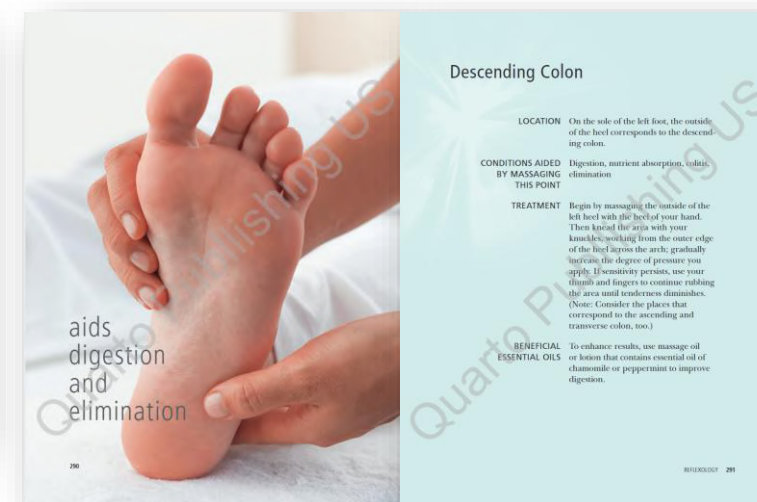
Extent: 304 pages

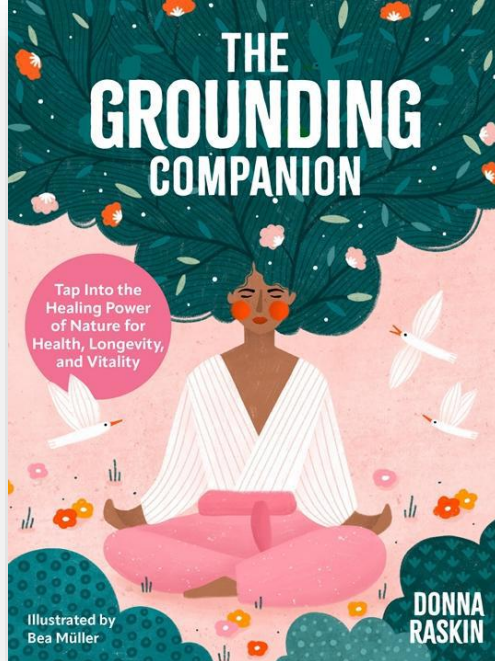
TPS (h x w): 165 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/8jool2oru1ctg0z625p00yg8y6q3tt9c>





THE GROUNDING COMPANION

- Discover the healing power of earth's energies with this fun, accessible and practical guide to the scientifically supported practice of grounding
- Grounding is quickly gaining traction (#grounding has over 529 million views on social media) as a wellness practice and as a powerful way to unplug from the constant technology and stress of our everyday lives
- Contains tips and advice on electromagnetism, the top grounding locations around the world, and grounding foods and practices, as well as methods and techniques for grounding such as forest bathing and meditation.

Wordcount: 21,990 words

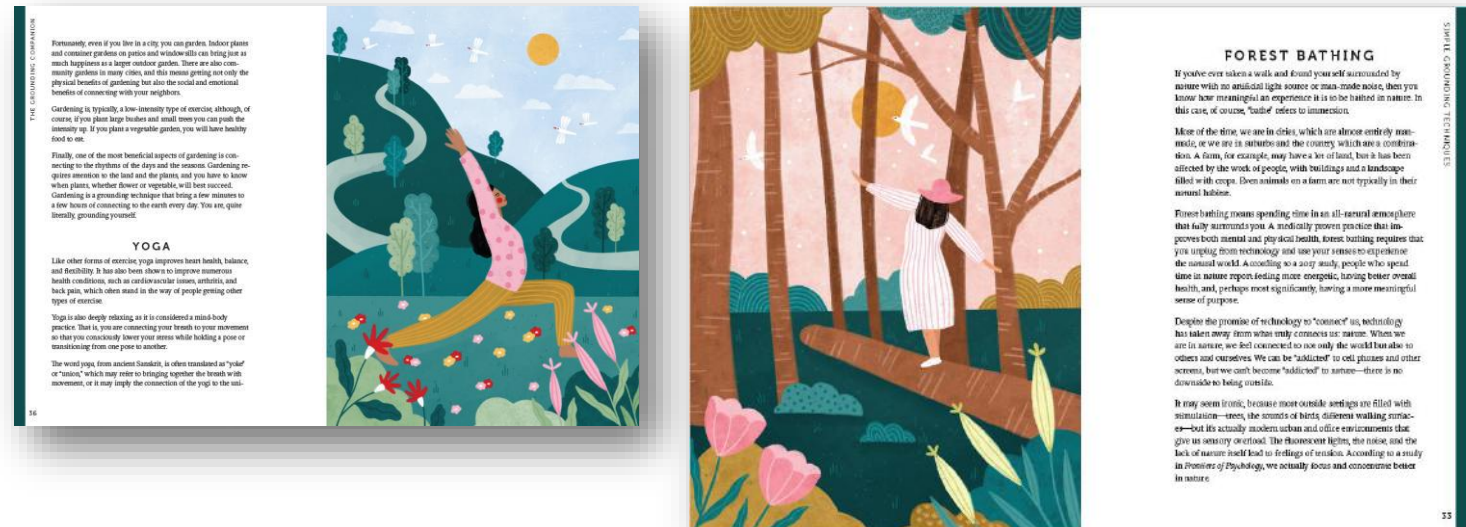
Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/1xzcfv05wihxbcyj85wengpb1u8pysh5>





Over
20,000
copies
sold

YOUR HUMAN DESIGN

- Human Design, dubbed the 'Myers-Briggs personality type indicator for the MBS crowd', is the new self-discovery trend!
- A revolutionary system of self-understanding: the reader will discover their natural strengths depending on their unique Human Design type and learn how to leverage their design to live their true purpose
- Offers practical content on how to put Human Design into action in all aspects of life: work, relationships, health, etc
- The authors, creators of *Dayluna* (@d.a.y.l.u.n.a, 43k followers on IG), are successful Millennials with a growing brand and influence in the Human Design sphere

Wordcount: 44,050 words

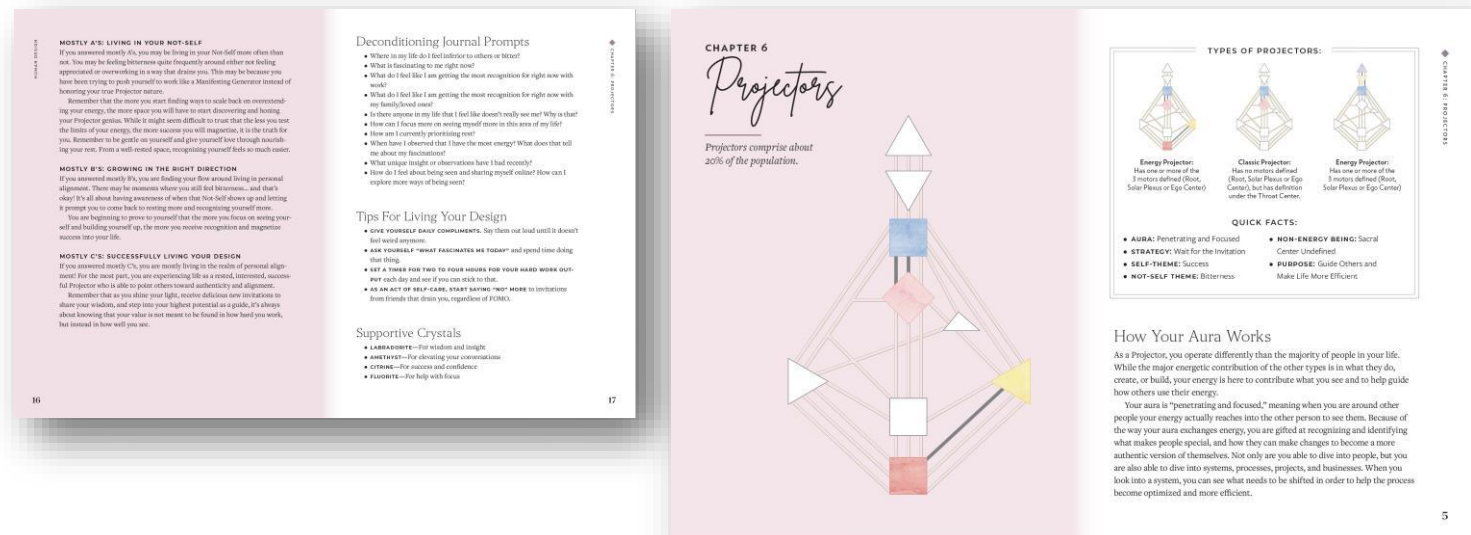
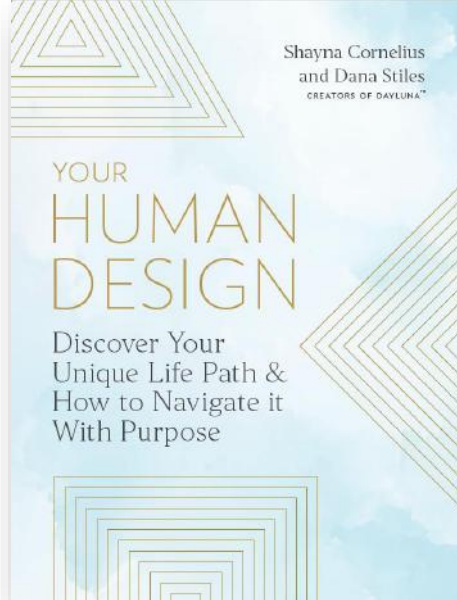
Extent: 176 pages

TPS (h x w): 225 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/inlbzjvqv5xpff3qsb0nglyqmp42ukf>



THE CREATIVE FLOW series

- Beautifully illustrated workbooks that invite readers on a mindful journey throughout the year, one day at a time!

Wordcount: approx. 20,000 words

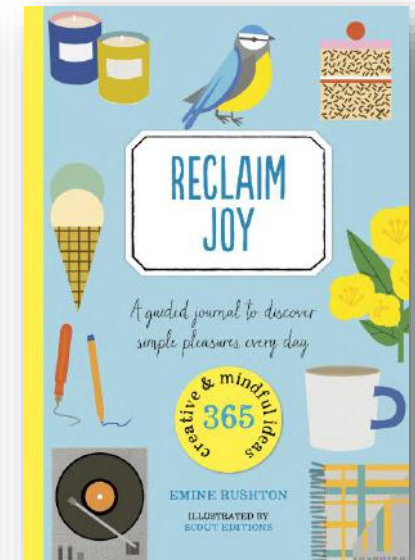
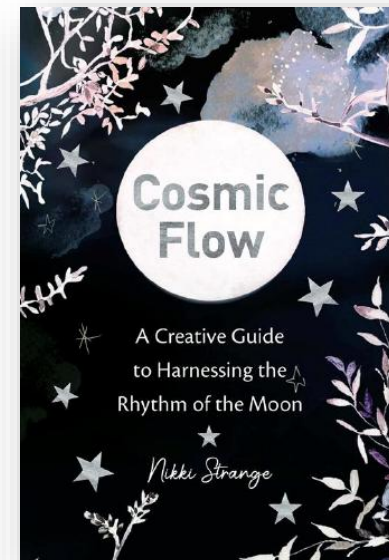
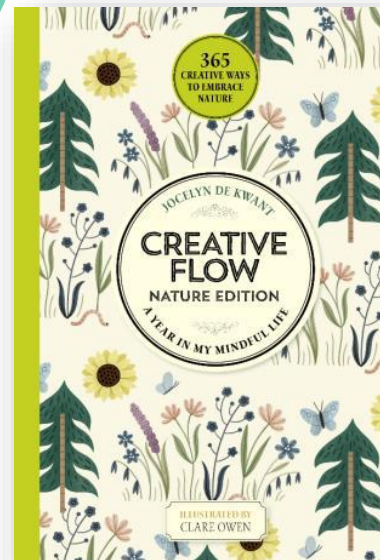
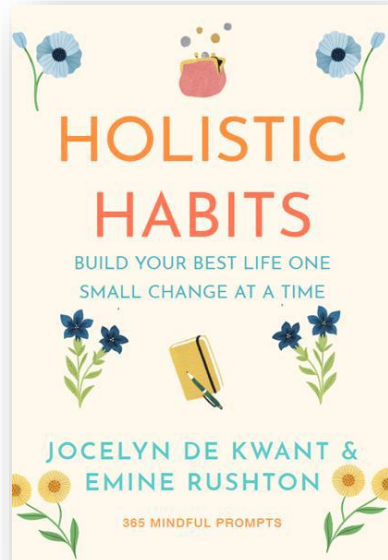
Extent: 240 pages

TPS (h x w): 210 mm x 140 mm

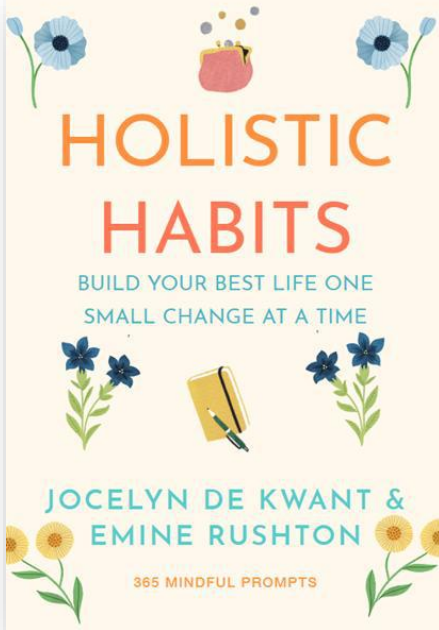


LEAPING
HARE

Sold into
13
languages



Click on the covers to see the material!



HOLISTIC HABITS

- Work your way towards more maintainable, holistic habits with this guided journal, and establish better routines at any time of the year, not just at the New Year!
- Research shows the best way to bring real, sustainable change into your life is to introduce healthier habits and routines slowly, and one at a time
- Focuses on building one new gentle habit per month
- Filled with simple daily exercises, from building a better bedtime routine, to getting outside into nature more and reconnecting with those around you, learn through 365 simple and practical prompts, how to change your life one day at a time

Wordcount: approx. 25,000 words

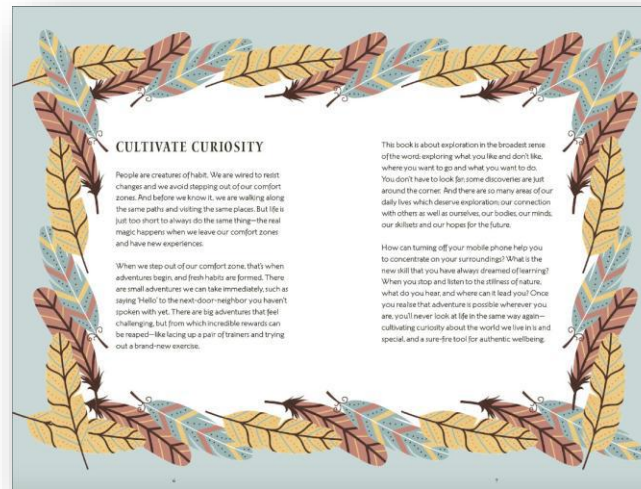
Extent: 224 pages

TPS (h x w): 235 mm x 170 mm

Translation files available

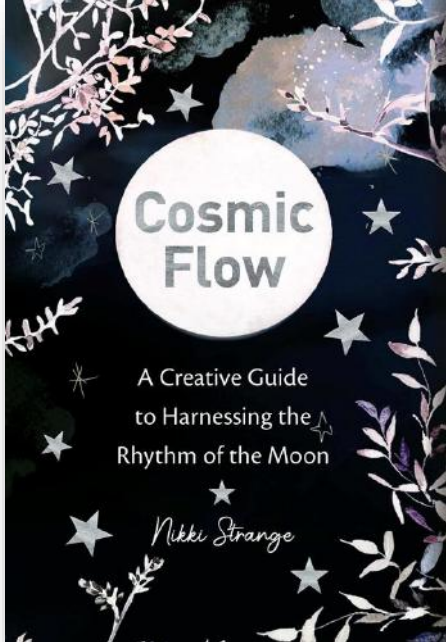
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- <https://quarto.box.com/s/0lzz5kqfqt4amo302uo310pz5dz3c6yb>



COSMIC FLOW

- An entrancing workbook, with activities, writing exercises and rituals that help connect with the natural cycles and energies of the moon
- Author Nikki Strange's designs are award-winning and have been sold by ASOS, Anthropologie, Urban Outfitters and Topshop
- Reflects the conscious awakening transcending into the mainstream, such as manifestation and witchcraft

Wordcount: 13,500 words

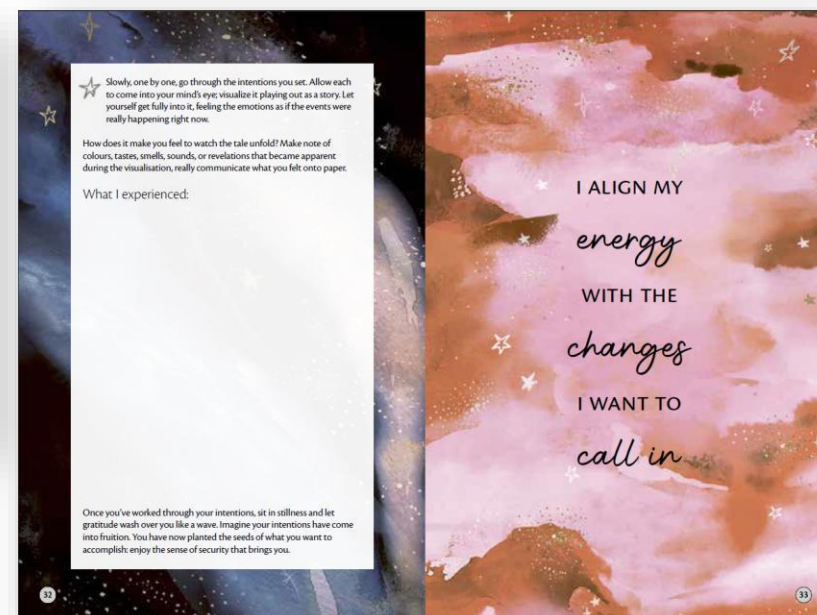
Extent: 176 pages

TPS (h x w): 210 mm x 140 mm

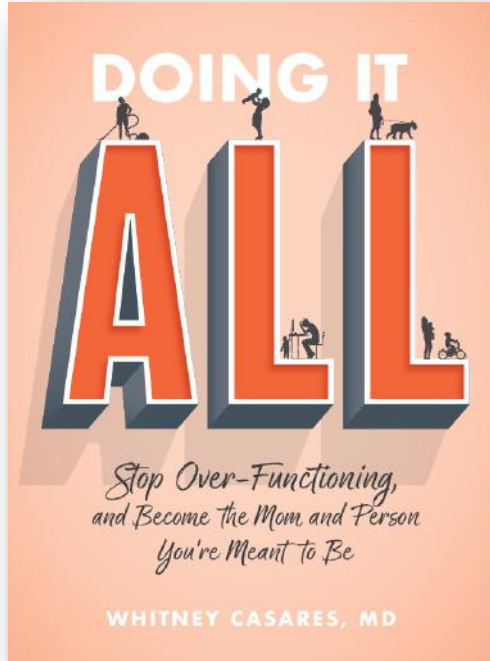
Translation files available

Link to material:

<https://quarto.box.com/s/5b3o98n2atneywugpuz9ab9mfd1mocf9>



LEAPING
HARE



DOING IT ALL

- A solution-oriented plan to help stressed working mothers find balance between their family, work and personal life
- Offers practical strategies for dealing with the common challenges working moms face in their everyday lives
- With over 40 accessible guided exercises, prompts and activities to help readers take actual steps toward changing their lives
- Superstar author pediatrician, personal coach and podcaster Whitney Casares

Wordcount: 61,382 words

Extent: 224 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/rmuei7c8cgqsqo7g27gwjs86grotuxh>

ASSESSING THE ATTENTION ECONOMY IN YOUR LIFE

How distracted are you in the course of a day?

Not at All	1	2	3	4	5	Completely
Which of these distractions impact you?						
<div> <div>Breaking News</div> <div>Phone Notifications</div> <div>Reminders</div> <div>Work Colleagues</div> </div>						

Structural Issues

With several oppositional forces at play—systemic racism, workplace sexism, unequal partnerships, unrealistic expectations to be a superhero, and the recent Supreme Court decision denying bodily autonomy and basic healthcare to millions of women—work-life integration doesn't just seem challenging, it feels impossible. Moms have long felt stuck because the motherhood penalty has meant fewer opportunities for career advancement or equitable pay; flexible working arrangements were virtually nonexistent prior to 2020; business culture focused more on team happy hour events and on-site dry-cleaning benefits than child-care solutions; and federal support for paid parental leave or paid sick leave was insignificant. BIPOC, Black, Indigenous, and people of color women are even more profoundly disadvantaged as they strain to work within a system that functions diversity in opposition to them.

Of course, once the pandemic hit, the lines between work, home, and school blurred, crushing working moms further. Yet, instead of implementing long-needed structural or policy changes to relieve the heavy burden working mothers carry, Americans rely more and more on the coping efforts of working mothers (the default parent) to carry families through. The result? The Great Resignation. Or more accurately, the Great Push Out of Working Moms.

53 | DOING IT ALL

ASSESSING STRUCTURAL ISSUES IN YOUR LIFE

How impacted are you in your professional and personal life by structural issues?

Not at All	1	2	3	4	5	Completely
Which of these structural issues impact you?						
<div> <div>Economic/Financial Stress</div> <div>Unequal Division of Labor</div> <div>Lack of Childcare</div> <div>Unseen Mental Load</div> <div>No Paid Parental Leave</div> <div>Wage Pay Gap</div> <div>Racism</div> <div>Sexism</div> <div>Other</div> </div>						

Mental Health Challenges

Months after month, I meet with hundreds of working moms in my clinic—women facing guilt, shame, and anxiety as they sink deeper and deeper under the weight of their unmanageable and often conflicting duties. I watch the color of energy and time mothers spend on shadow tasks—those duties that keep families running, like folding endless piles of laundry, household cleaning, sending birthday cards and thank you notes—increase exponentially as the years wear on. And all this is on top of their work responsibilities. So many of my patients also face food insecurity, economic hardships, and racial discrimination, which further compound feelings of panic.

There's also growing evidence that children are becoming more and more miserable. Eating disorders, suicidal ideation, and anxiety in children are through the roof. And where does that leave moms? How can you go to work when you're worried that your teenage son might have homophobia? Or when your autistic toddler is having panic attacks with an ill-equipped childcare provider? Suddenly, the dream that you're only as happy as your youngest child—and the reverse, your child is only as happy as the unhelpful parent—is more poignant and complicated than ever.

If your life is misaligned, this is your official wake-up call to stop blaming yourself. No matter how deeply you feel it or how badly that voice in your head screams

IT'S NOT ALL YOUR FAULT | 55

3

Putting Laundry in Its Place

THE NON-NEGOTIABLES

I'M STUCK IN THE MIDDLE SEAT of a crowded Alaska Airlines flight, headphones on, Beyoncé's *Lemonade* blaring in both Airbuds, a lukewarm coffee on the tray table. I'm completely in the zone—focused, caffeinated, and ready to do my best,

most productive work. There's something about purposefully confining myself to a familiar space in familiar clothes with a familiar soundtrack in my ears that tells my brain it's got shit done time.

It's not just the lack of distractions that sets me free to do deep work. The airline industry has ensured over the past ten years that even the most dedicated solo-traveling entrepreneur could stay connected with cheap wireless Internet and messaging access in flight. If I wanted to spend the entire trip sending litmus tests to my kids and pinging my Modern Mommy Doc team, I could. But I don't. Because it's here, in this space—confined, right foot falling asleep, planning my one trip to the bathroom based on my scannable nap schedule—that my brain always knows what to do.

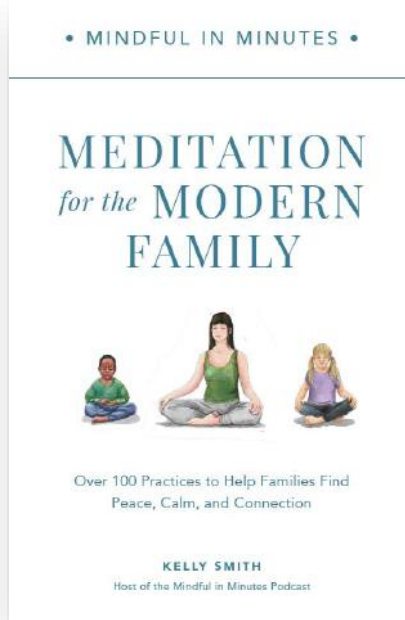
Working on a plane is a habit for me. This is a place where I've practiced working, like the bustling coffee shops where I spent hours and hours studying to pass my medical school and pediatrics board certification exams. On an airplane, my mind is conditioned to settle in and pay attention as soon as I stow my jacket and buckle my seatbelt, "Freedom" and "Don't Hurt Yourself" drowning out the rest of the world for the next five hours. When I need to get to all the tasks I can't escape as the CEO of my small company, like writing thought pieces or budgeting for the year, up above the clouds in a 747 is my favorite place to be.

We all have tasks on our to-do list that we have to do—some that we don't mind doing and some that we can't stand (budgeting, I'm looking at you). In an ideal world, we would delegate or stop doing these tasks. Unfortunately, we can't because (a) there's really no one else to do them, (b) it would cost too much money, or (c) the oversight doesn't feel worth the time investment. These are the **Non-Negotiables**: the tasks in your life that are yours and yours alone, for whatever reason. For a manager in a corporate setting, they might include writing emails or completing performance reviews. For a sales associate at a retail store, they might be performing inventory at closing time or organizing merchandise. At home, the Non-Negotiables are tasks like laundry, dishes, making lunches, or prepping dinner, depending on how you divide chores with others in your family or parenting village. Don't worry—not everything will be yours to do in this model. In the next chapter, we'll explore the **Swagables**: tasks you need to automate or delegate to others so you have less on your plate in general.

To deal with the Non-Negotiables, you have to create systems and rely on smart organizational tools that make it easier for you to accomplish the tasks. The Non-Negotiables are all about efficiency and productivity. "Harder, better, faster, stronger"—that's the way to attack this corner of the Centered Life Blueprint.

52 | DOING IT ALL

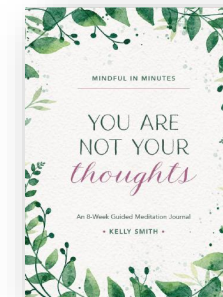




MINDFUL IN MINUTES: MEDITATIONS FOR THE MODERN FAMILY

- Discover the life-changing benefits of meditation to help you and your family feel happier and more connected
- 100 guided meditations on daily challenges experienced by adults and children of all ages within a family: anxiety, insomnia, frustration, forgiveness, patience, nightmares, self-love...
- Written by certified yoga and meditation teacher Kelly Smith, host of the chart-topping podcast Mindful in Minutes (300+ episodes available, streamed in 180+ countries, 100,000 downloads/week).

Pairs perfectly with:



Wordcount: approx. 40,200 words

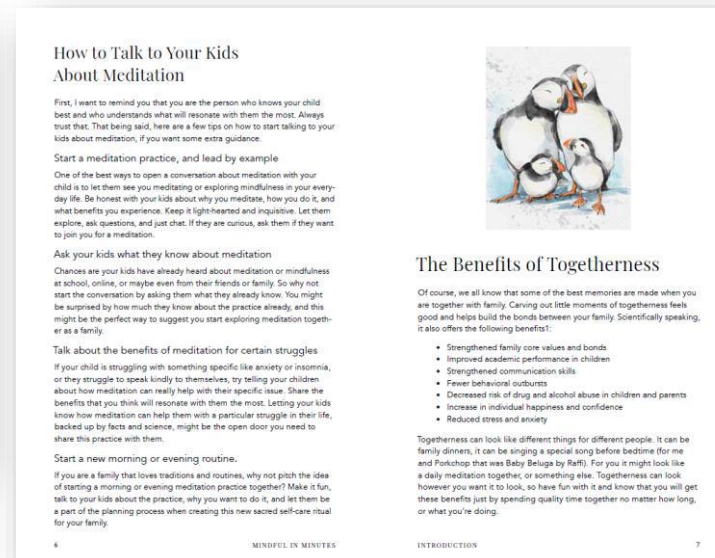
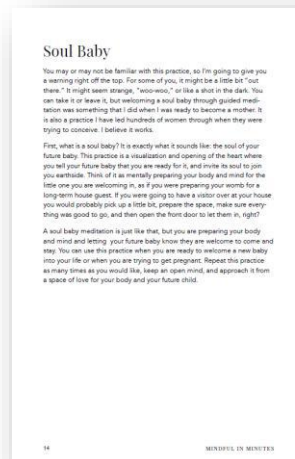
Extent: 176 pages

TPS (h x w): 225 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/5rvjrqbvwofs3r4nw5s0nf76sgzsjar>





THE NATURAL SLEEPER

- A comprehensive guide offering a huge variety of natural solutions for better sleep – one of the most widespread complaints of our times
- Explores the use of herbal remedies, acupressure, sound therapy, essential oils, breathwork, moon milk, and much more – so many options to save you from taking pills
- Beautifully illustrated with a soothing vibe

Wordcount: 57,697 words

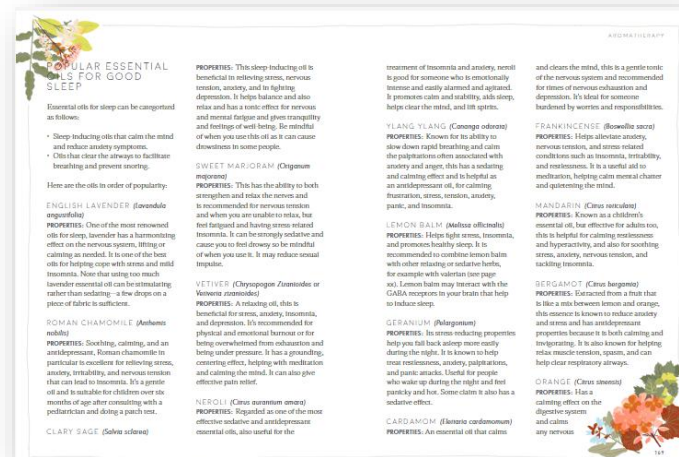
Extent: 192 pages

TPS (h x w): 222 mm x 165 mm

Translation files available

Link to material:

<https://quarto.box.com/s/tgpxc3l64h75d7edw3soez2swyccz2fg>





MOON MILK

- 55 natural, calming plant milk-based recipes for a good night's sleep by expert blogger Gina Fontana
- Sleep is a big topic these days, and the book also promotes mindfulness, taking time for oneself, and appreciating the little luxuries in life
- Small format, with gorgeous photography, this is a perfect impulse buy or gift

Wordcount: 13,838 words

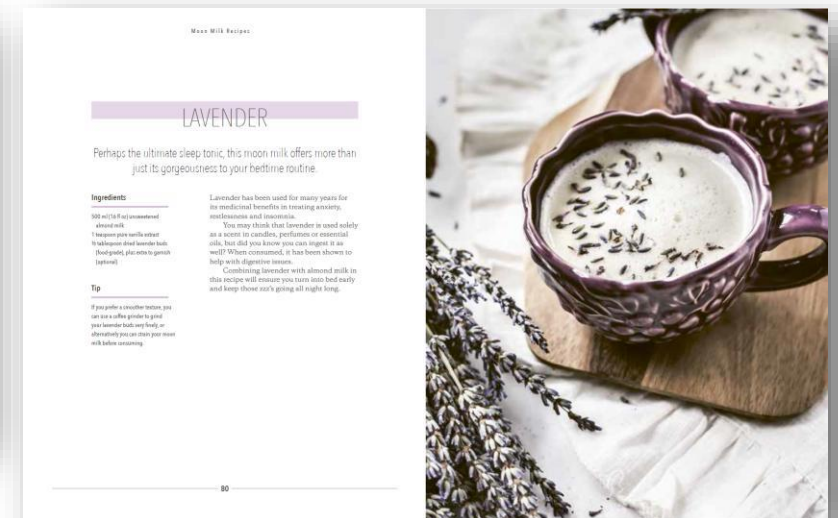
Extent: 128 pages

TPS (h x w): 230 mm x 180 mm

Translation files available

Link to material:

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QUARTO



THE COMPLETE GUIDE TO SLEEP-CARE

- 75 practical mindfulness routines to enhance understanding and practice of sleep.
- Covers a variety of sleep-related topics—biology, chemistry, fitness, mindfulness, nutrition, psychology, technology—that use self-care tools such as practical exercises, journal entries, sample meditations, and more to help you achieve the best version of yourself.
- For readers of all ages and covers both physical and mental health when teaching readers how to care for themselves.

Wordcount: 37,122 words

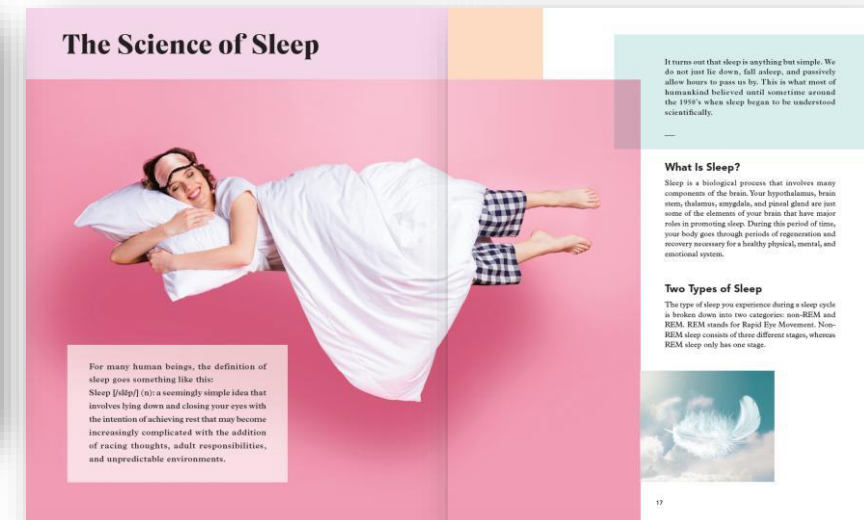
Extent: 168 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/az6fnspliw6vrk7cm9sx0g4a44ppea8l>





Matching journal
also available:



THE COMPLETE GUIDE TO SELF-CARE

- Containing tips for a happier and healthier life, this lovely title has a bright, fresh and young design with a magazine feel to it
- Covers a broad range of topics: from eating well and clean skin to creativity and music, which are covered in creative ways with recipes, journal exercises, meditations, etc.
- 60,000 copies sold in English in less than one year!



60,000
copies
sold

Wordcount: 31,312 words

Extent: 168 pages

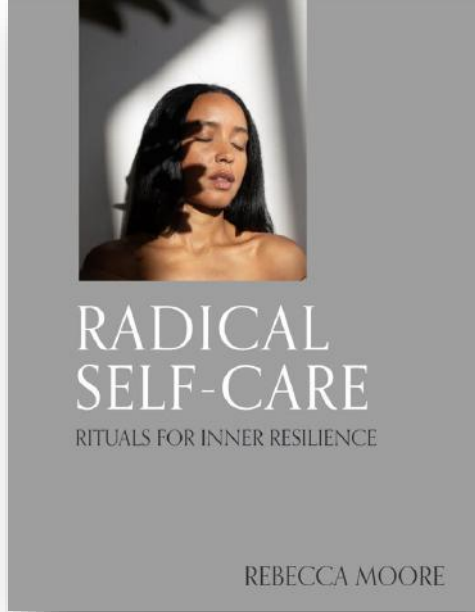
TPS (h x w): 235 mm x 184 mm

Translation files available

Link to material:

<https://quarto.box.com/s/4j56khde8k7bo3eqrkbino8o1n515u9e>





RADICAL SELF-CARE

- Find new ways to take care of yourself with this collection of **60 rituals, affirmations and practices**
- Fresh take on self-care abandons the typical candles/ face mask/ bubble bath ideas and **focuses on building resilience**, which is necessary in our post-pandemic world where we're facing more social and emotional pressures than ever. When the world gets tough – a radical approach is needed!
- Focuses on prioritising your wellness, being aware of your needs, taking steps to protect yourself every day, taking care of yourself first before attempting to take care of others, taking time away from what you 'should' be doing, devotion to the rituals that keep you grounded and centred, building inner resilience and increasing our capacity to deal with the infinite challenges of life

Wordcount: approx. 30,000 words

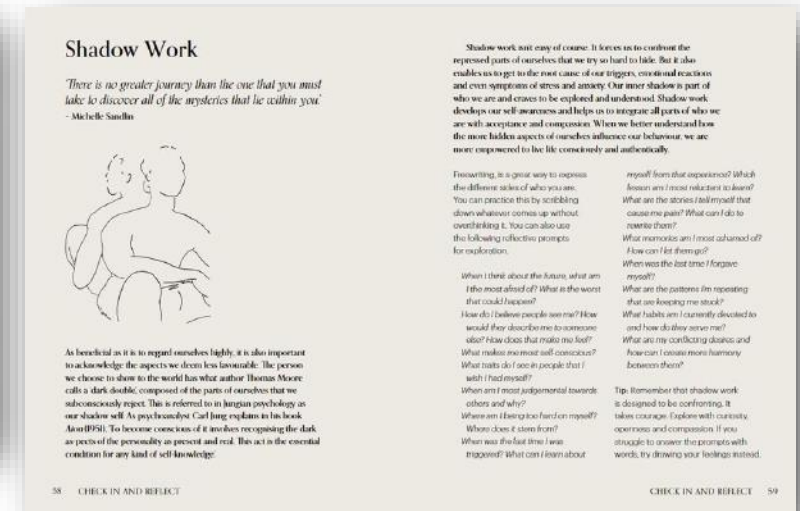
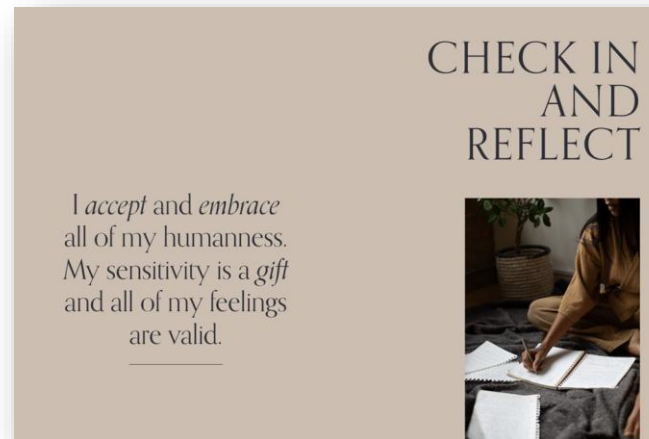
Extent: 144 pages

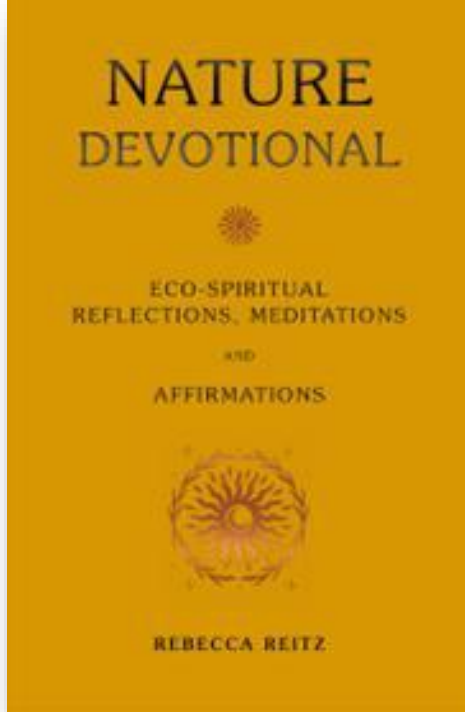
TPS (h x w): 201 mm x 151 mm

Translation files available

Link to material:

<https://quarto.box.com/s/h92cl0okdqq9qj5wxma09arbs23irbm5>





NATURE DEVOTIONAL

- A gorgeous spiritual devotional packed with visually-led mantras, meditations and reflections that celebrate and revere nature's wisdom and teachings.
- Perfect gift for green spirituality devotees, nature advocates, and eco-conscious communities.
- By Rebecca Reitz, illustrator of popular US health & wellness website Spirit Daughter (@spiritdaughter, 2.1M IG followers).
- Divided in 6 seasonal chapters: Early Spring | Quiet Growth, Late Spring | Blossoming, Summer | Emergence, Early Fall | Reconnection, Late Fall | Preparation, Winter | Stillness.

Wordcount: 10,000 words

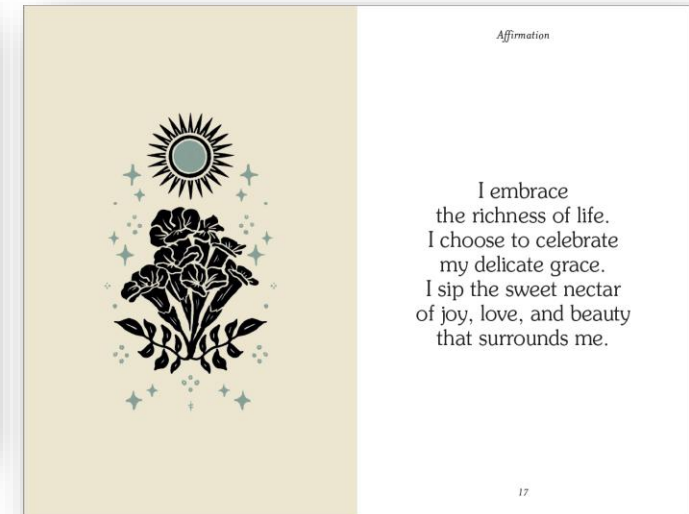
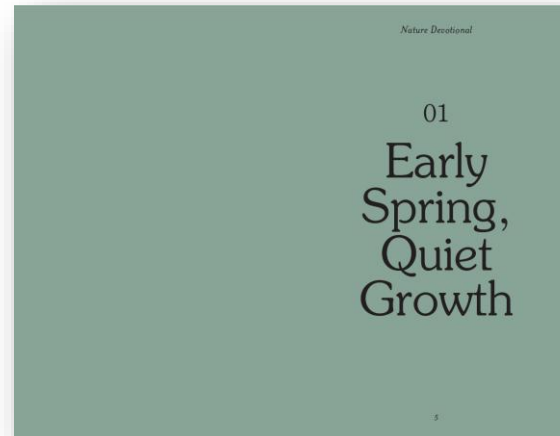
Extent: 192 pages

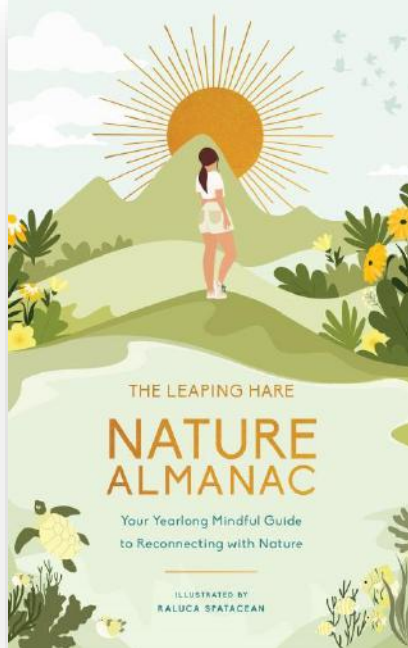
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Translation files available

Link to material:

<https://quarto.box.com/s/duvcatmdc01dmjz2y4l17gud5qtb71w8>





THE NATURE ALMANAC

- Month-by-month guide to help readers reconnect with nature
- Each month offers a range of very accessible activities to guide you through the year: meditations, reflective mindful thoughts to focus on, craft projects to help you channel your creativity, yoga, plant care, journaling, recipes...
- Beautifully illustrated by Romanian illustrator Raluca Spatacea



LEAPING
HARE

Pairs perfectly with:



Wordcount: 35,500

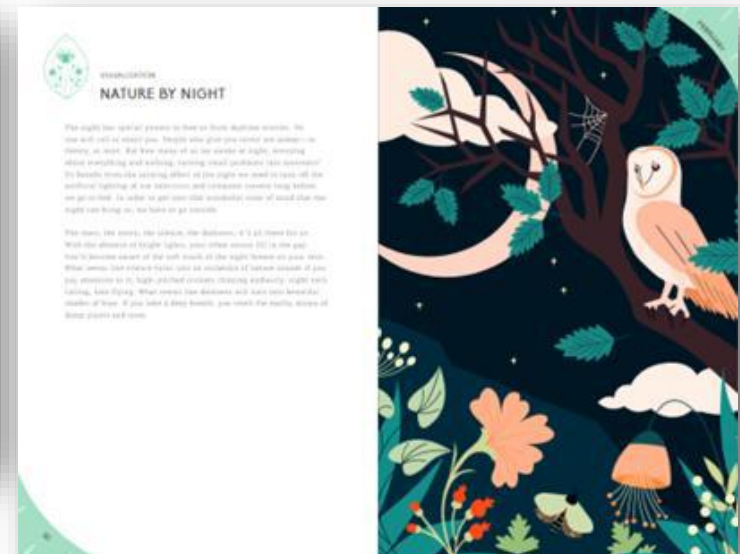
Extent: 288 pages

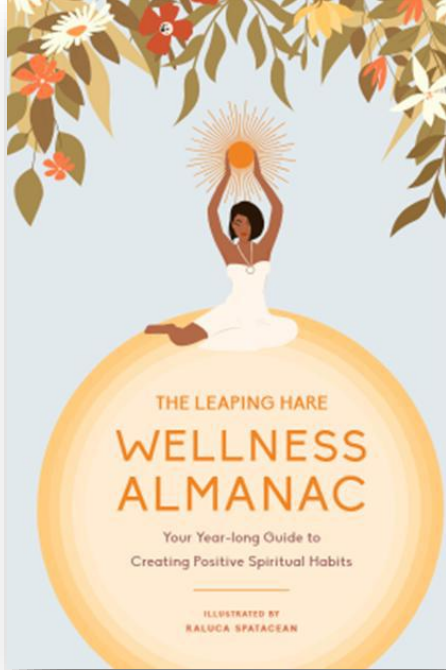
TPS (h x w): 235 mm x 153 mm

Translation files available

Link to material:

<https://quarto.box.com/s/3het4202fu8bu3dpj50p7aep5yipbgwt>





THE WELLNESS ALMANAC

- Month-by-month guide to help readers build wellness/spiritual/mental health habits for a new year and a new you.
- Beautifully illustrated by Romanian illustrator Raluca Spatacea
- Each month offers a range of very accessible activities to guide you through the year: meditations, reflective mindful thoughts to focus on, craft projects to help you channel your creativity, yoga, plant care, journaling, recipes, star gazing...
- The global pandemic and its fallout for mental health, including a rise in uncertainty and a boom in working from home, mean wellness and mental health are more in the spotlight than ever

Pairs perfectly with:



Wordcount: 46,000 words

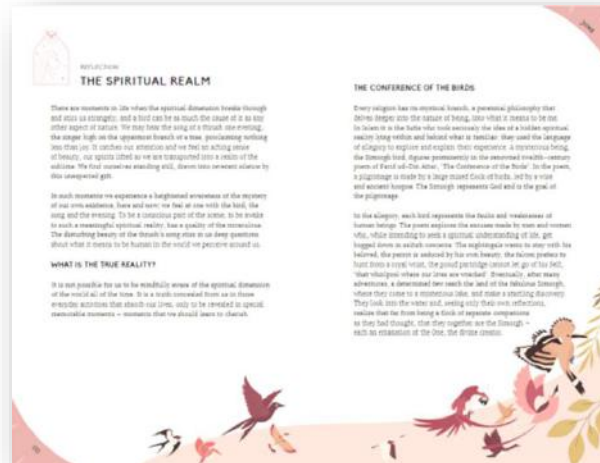
Extent: 352 pages

TPS (h x w): 235 mm x 153 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ipx6xozojpl6cg4i5ojop61nu4i7snwu>



PRESS HERE series

- Modern visual guides to wellness
- A world-wide best-seller and reprinter

Over
400,000
copies
sold!

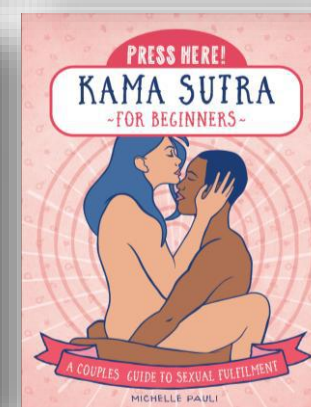
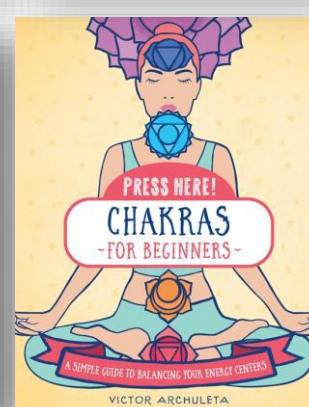
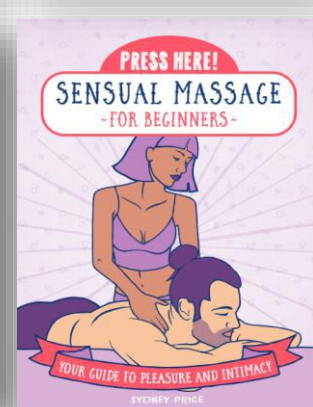
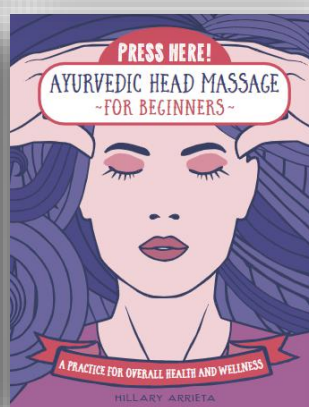
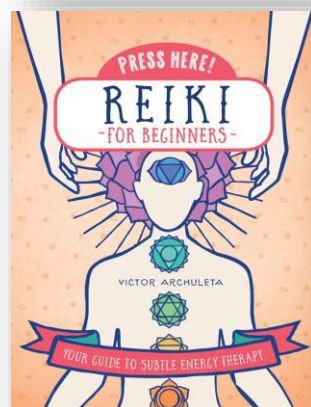
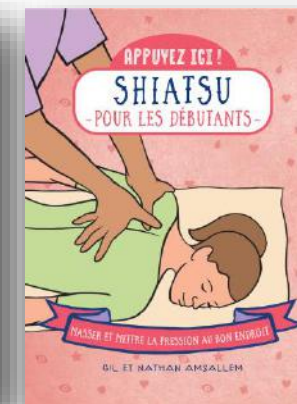
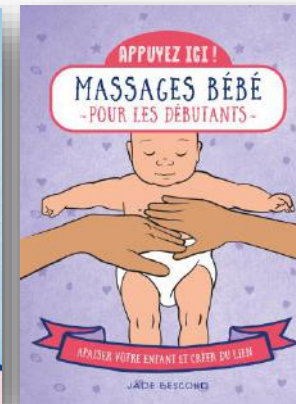
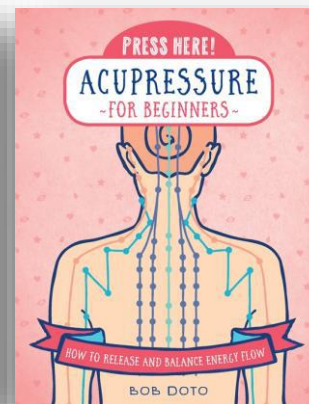
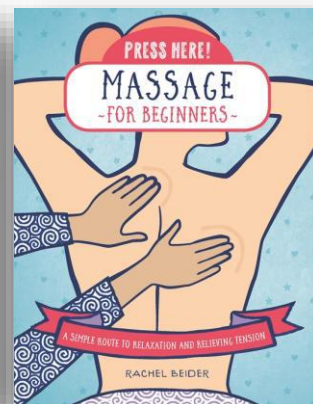
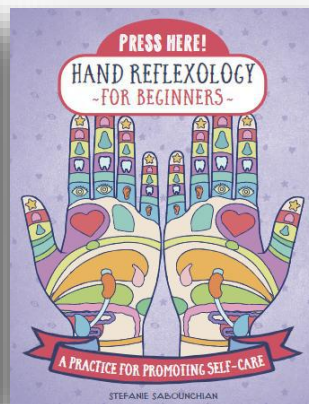
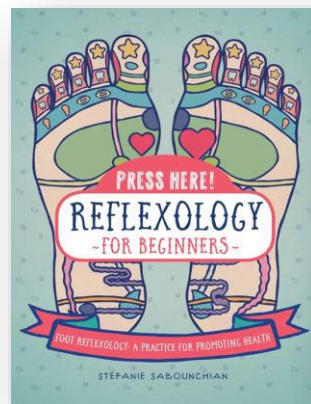
Wordcount: 12,000-18,000 words

Extent: 128 pages

TPS (h x w): 210 mm x 160 mm



QUARTO



NEW

NEW

Click on the covers to see the material!



PRESS HERE: THE BIND-UP

- A bible of everything you need to know about massages, combining 4 of our most successful Press Here titles: *Reflexology*, *Massage*, *Acupressure* and *Face Yoga*
- Beautifully illustrated step-by-step instructions and tips to self-practice or use on someone else
- Over 250,000 copies sold across these 4 individuals titles: a guaranteed success!



Wordcount: 57,605 words

Extent: 480 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

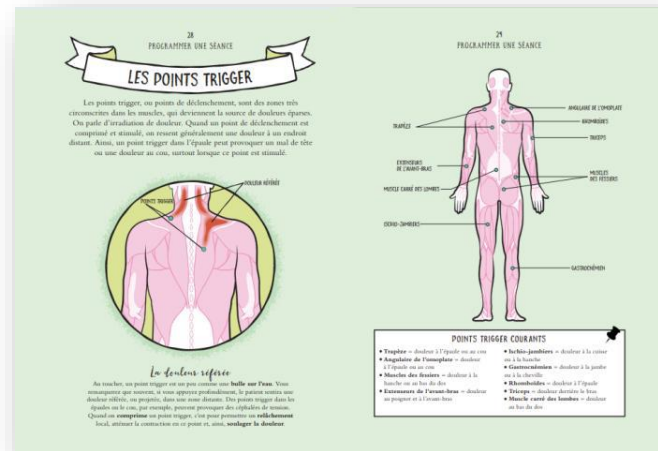
Next co-edition schedule

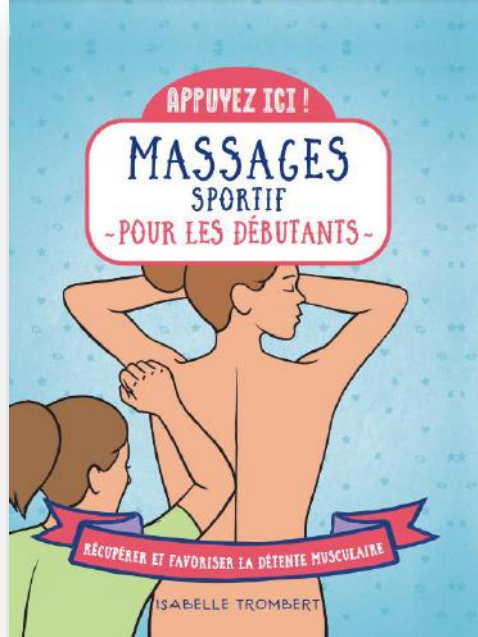
Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

<https://quarto.box.com/s/iijyhd4fysq5gj8a5bs9l73yso85zkj0>





PRESS HERE: MASSAGE FOR ATHLETES

- A new title in our best-selling Press Here series: a must-have for athletes of all levels to prepare the body for training, enhance muscle effort and avoid injuries
- Includes clear instructions and step by step massages to avoid cramps and soreness, optimize rest, and much more
- Learn about the body from head to toe, with trigger points and basic anatomy to take your massage techniques to the next level

Wordcount: 16,483 words

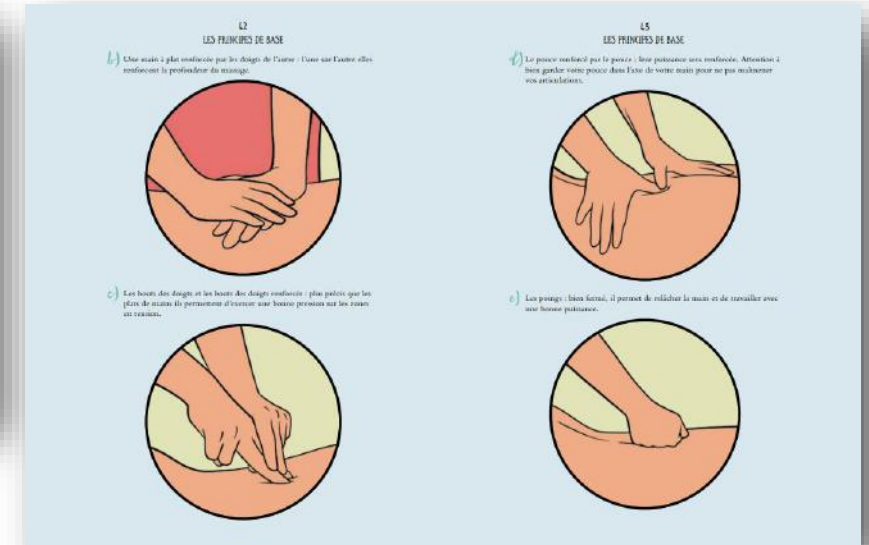
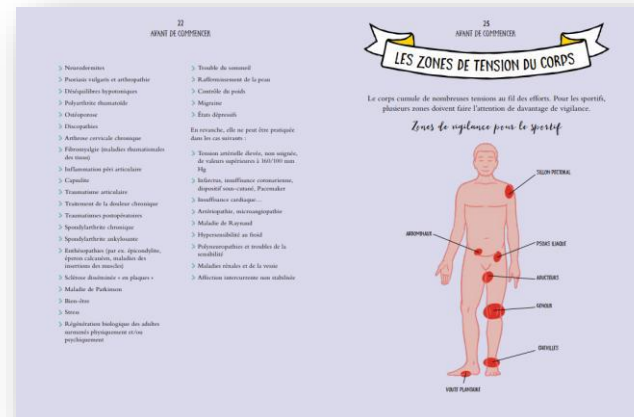
Extent: 128 pages

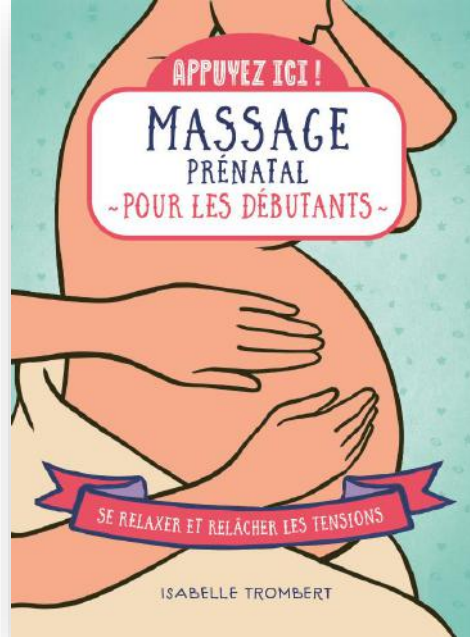
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/hqibx5ryy8j0dkf4cz1rbzjrauv9l93>





PRESS HERE: PREGNANCY MASSAGE

- A new title in our best-selling Press Here series: a comprehensive guide to pregnancy massage aiming to help with fatigue, body aches and reduce stress
- Featuring detailed and illustrated step-by-step massages that you can do on yourself or other people, tailored for each step of pregnancy
- A beautiful way to relax during this special but challenging time and create a unique bond with baby

Wordcount: approx. 15,000 words

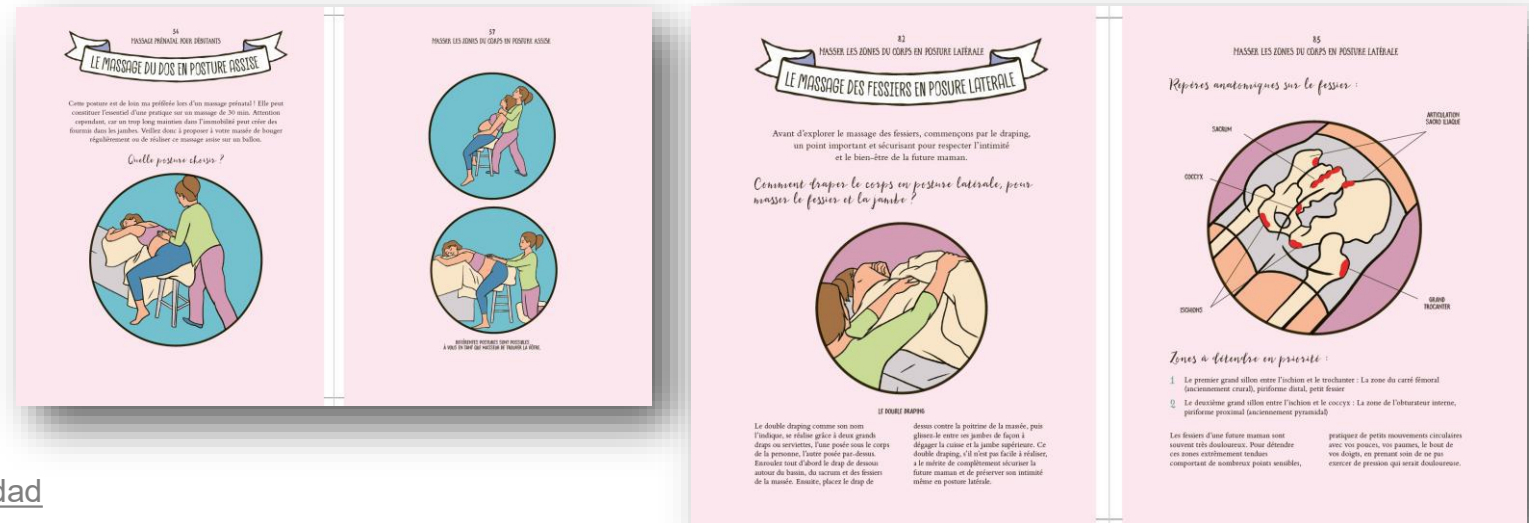
Extent: 128 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/gfft2qawao3eua9ps5y5hvmigbbk6dad>





PRESS HERE: BABY MASSAGE

- A new title in our best-selling Press Here series: an excellent tool for first-time and experienced parents alike to calm and soothe a baby
- Massage is a wonderful way to bond with a baby and help with digestion, sleep, teething...
- Simple, detailed and gentle steps to massage from head to toe, spanning from birth to infancy



Wordcount: 13,693 words

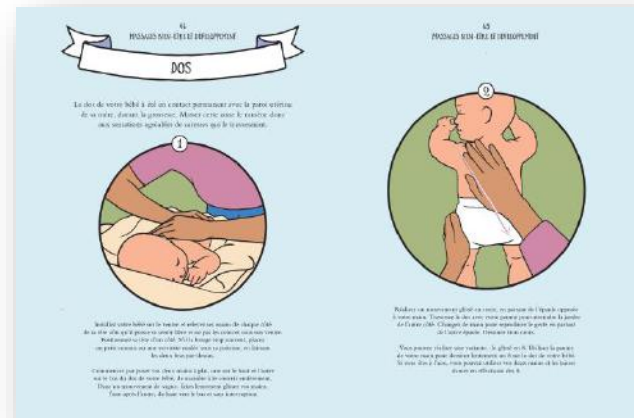
Extent: 128 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/g4tp88ewrvx7uuiarhc63owh8y4ldvs8>





PRESS HERE: SHIATSU

- A new title in our best-selling Press Here series: a comprehensive guide to an alternative practice to soothe tension and pain and boost the immune system
- Shiatsu is meant to stimulate the circulation and balance of energy flows in the body with wonderful results on both health and mood
- Includes the main pressure points as well as many step-by-step instructions to use on back, hands or feet

Wordcount: 18,659 words

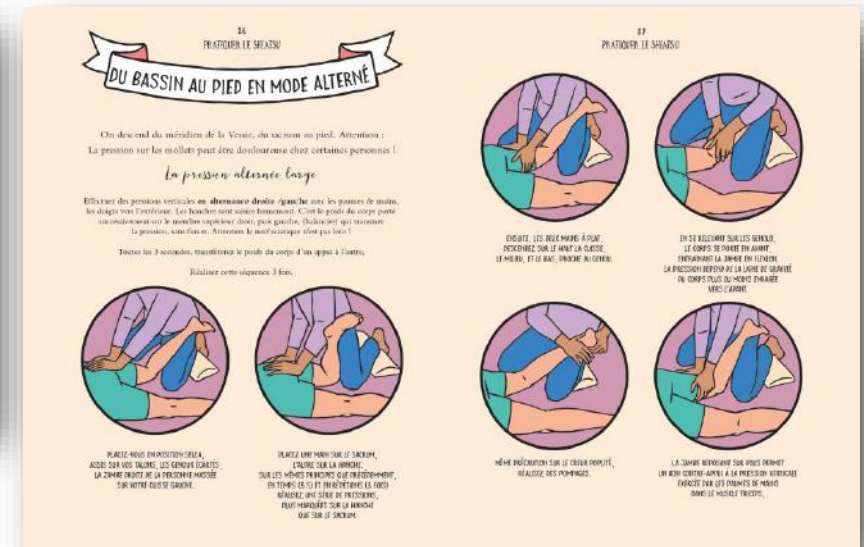
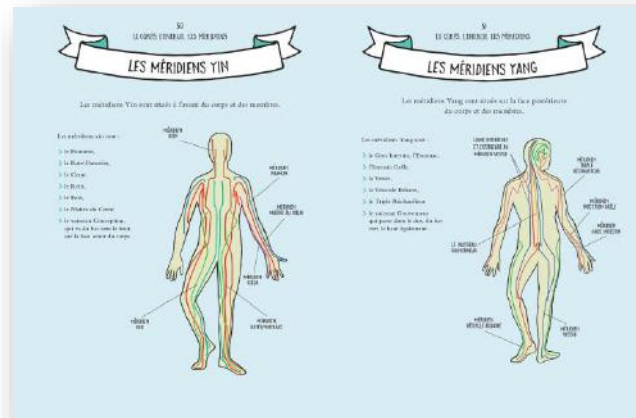
Extent: 128 pages

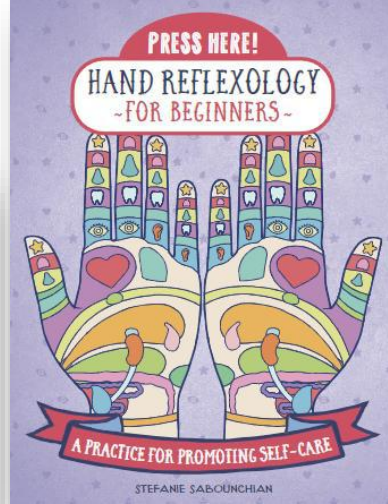
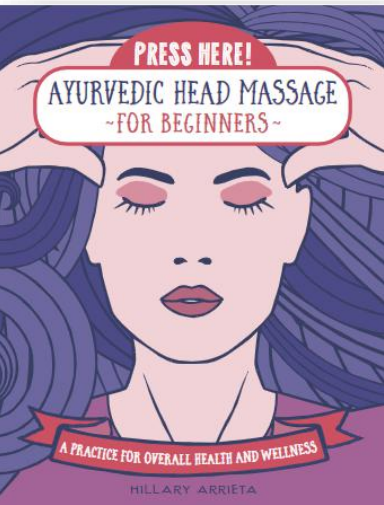
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/g18nrdmp3rp5pgfzh4ug5dkkpfmg0dnn>





PRESS HERE: INDIAN HEAD MASSAGE PRESS HERE: HAND REFLEXOLOGY

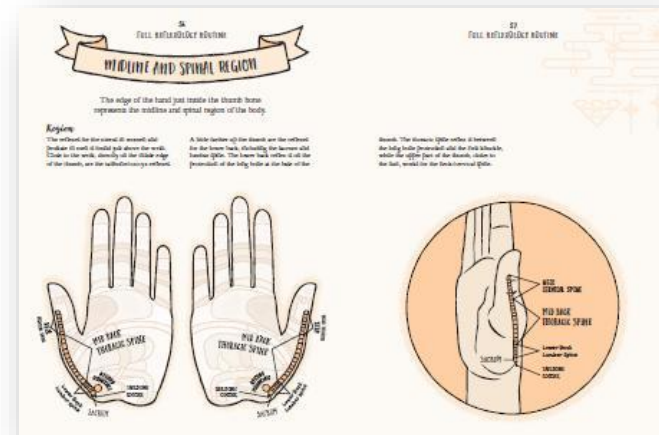
- Part of our best-selling Press Here series, these titles help the reader discover the power of pressure points on our heads and hands
- Both subjects lend themselves perfectly for self-practice
- Contemporary design and collectability contribute to the success of the series

Wordcount: 12,000–18,000 words

Extent: 128 pages

TPS (h x w): 210 mm x 160 mm

Translation files available



Links to material:

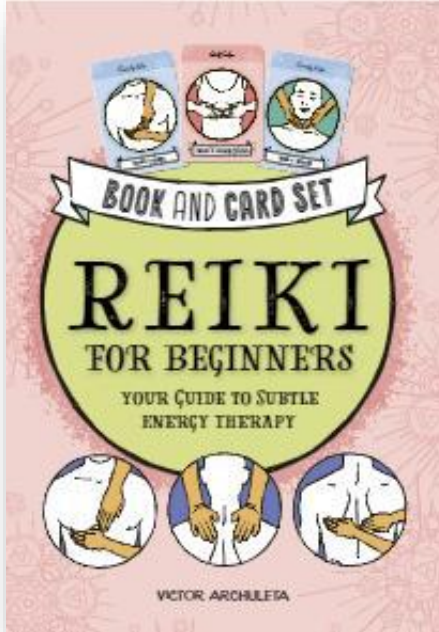
<https://quarto.box.com/s/i2grbdn8tq0bmmmfh496pp4ipkervxg>

<https://quarto.box.com/s/2kravi1qdv3knsg920uutz0msm0zlof>



PRESS HERE: REIKI CARD DECK KIT

- Our best-selling *Press Here: Reiki* title, now with added cards
- Available as a kit or with cards added to the back of the book



Wordcount: 12,665 words

Extent: 128 pages

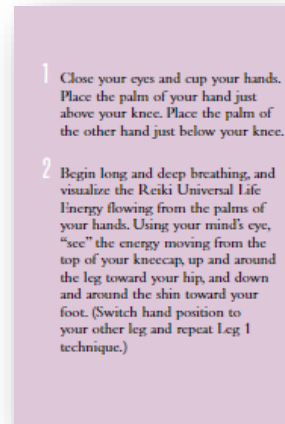
TPS (h x w): 210 mm x 160 mm

Translation files available

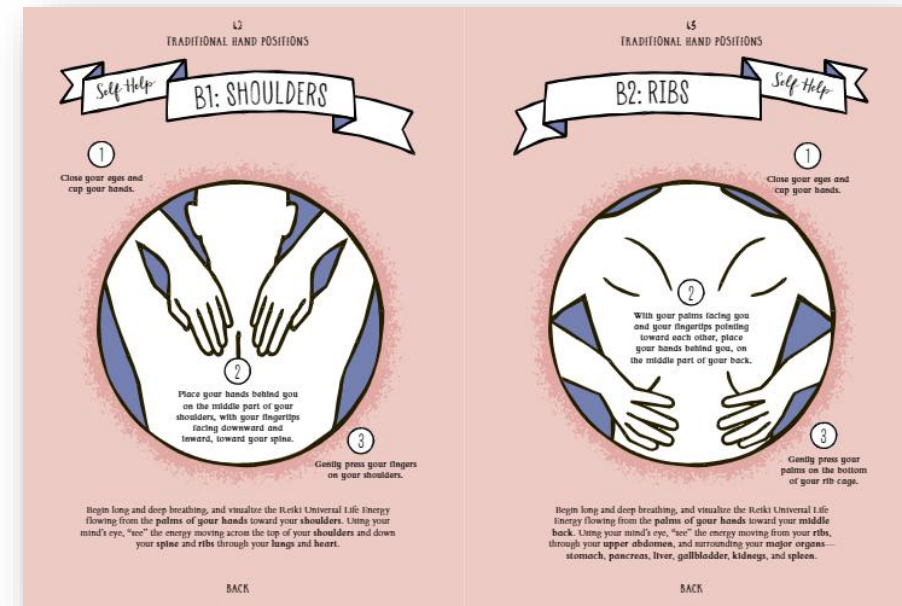
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Cards:

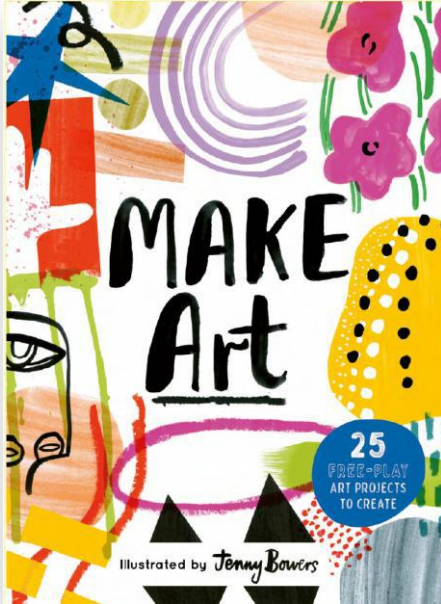


Book:



Q.

**PARENTING AND KIDS
ACTIVITIES**



Make Art – Book – children's title

Written by Susie Hodge and illustrated by Jenny Bowers

- Create more than 21 unique and creative art projects
- Focusing on imaginative freedom and mindful creativity
- Learn about different types of art from around the world and how to create your own!
- Includes step-by-step projects inspired by the art movements featured in the book
- Book includes pull-out sheets of stickers and templates to trace, photocopy or cut out.

Extent: 64pp book

TPS (h x w): 297 x 210mm

Translation files available

RRP: £12.99

Link to presentation/full pages:

[Make Art Book – PDF](#)

[Make Art Book - AI](#)





The Arty Box: Animals – children's title

Written by Eleanor Mann and illustrated by Libby Burns

- Gorgeous box sets packed full of art materials, plus a book filled with facts and step-by-step guides
- Packed with 40 sheets of crafting projects, plus simple step-by-step guides for how to use them
- Create amazing animal pictures, models and more • Hours of learning fun for kids aged 3–5, who love creating and crafting
- Fascinating facts add a learning element
- **Featuring:** 4 sticker sheets • 9 card press-out sheets • 3 card stencils • 14 sheets patterned paper • 3 sheets tissue paper • 7 press-out model sheets

NEW

Extent: Kit + 32pp book

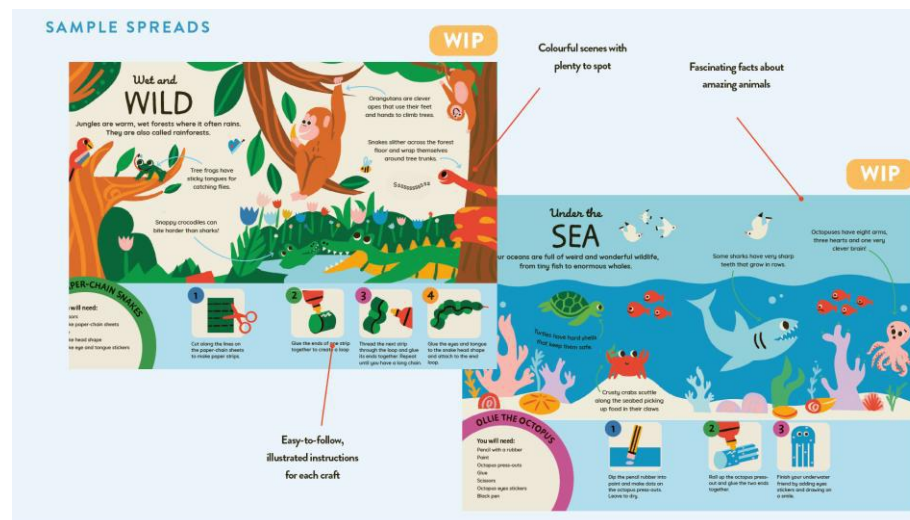
TPS (h x w): 230 x 165mm

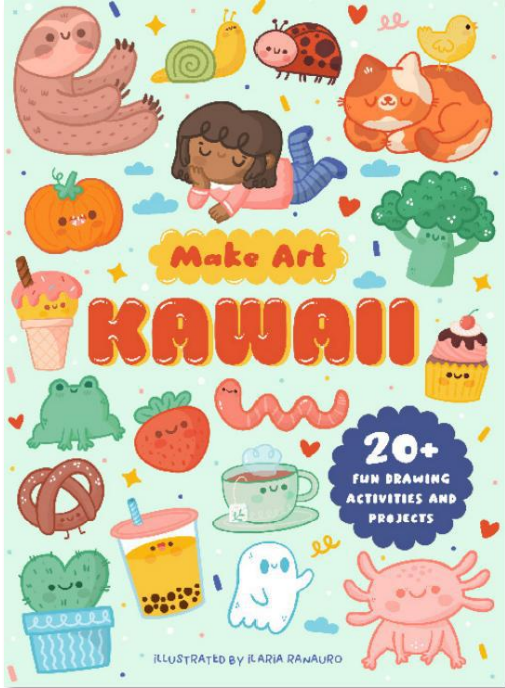
Translation files available

RRP: £15.99

Link to presentation/full pages:

[The Arty Box – Animals](#)





Make Art: Kawaii – children's title

Written by Ilaria Ranauro and illustrated by Ellen Philpot

- A Kawaii craft book with a difference - includes sections on the history of Kawaii art and Kawaii fashion and style.
- Includes step-by-step guides from a leading Kawaii artist
- Create over 20 unique Kawaii-themed drawings, free-play toys, stationery and decorations
- Promotes artistic freedom to aid the development of creative young minds

Extent: Kit + 48pp book

TPS (h x w): 230 x 165mm

Translation files available

RRP: £15.99

Link to presentation/full pages:

[Make Art Kawaii](#)

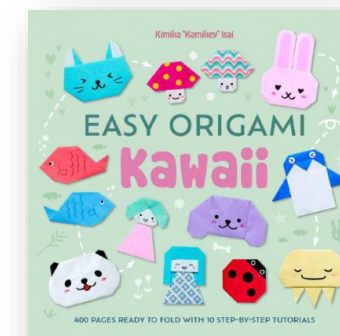
[Make Art Kawaii - bookplan](#)





EASY ORIGAMI GREETINGS

- 10 original and fun greeting projects using origami, with detailed instructions on how to fold animals, flowers, hearts, and more!
- Includes 200 sheets of beautiful, high-quality origami paper
- These comprehensive tutorials can be used for a variety of celebrations with minor adaptations, with ideas on how to combine your origamis to create personalized greetings
- Suitable for absolute beginners, by a hugely popular Japanese author and origami artist Kamikey

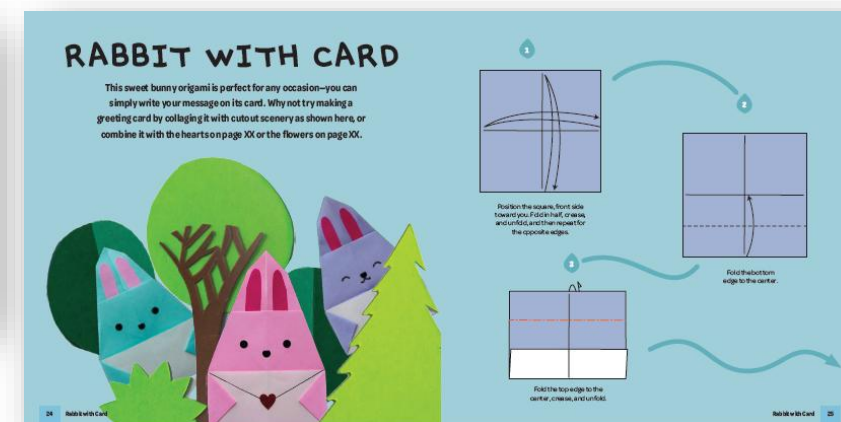
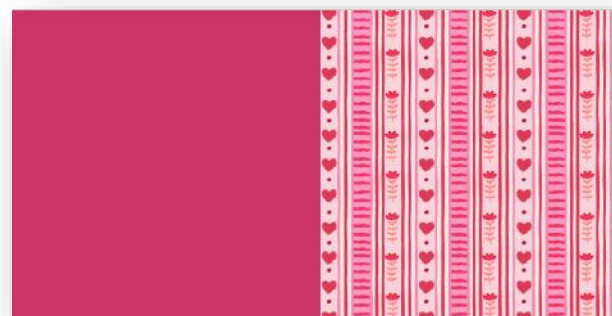


Wordcount: approx. 2,000 words

Extent: 448 pages (48 pages, 200 origami sheets)

TPS (h x w): 190 mm x 190 mm

Translation files available: Oct-26



Link to material:

<https://quarto.box.com/s/76yxg8do5vkxim94275m6go2mmwdj69p>



EASY KAWAII ORIGAMI

- 10 easy step-by-step projects plus 200 sheets of beautiful, high-quality origami paper
- Featuring fully illustrated, step-by-step tutorials and easy-to-follow instructions, choose from ten adorable projects, such as a cat, mushroom, penguin, jellyfish, and more
- Then learn how to make characters unique with different, kawaii inspired facial expressions, plus fun gift ideas for completed creations
- Suitable for absolute beginners and kawaii lovers, by a Japanese author and origami artist Kamikey

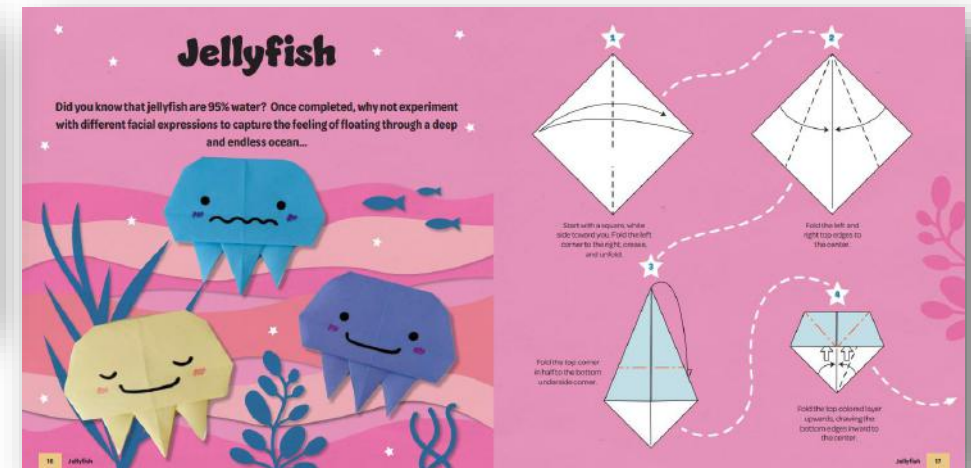
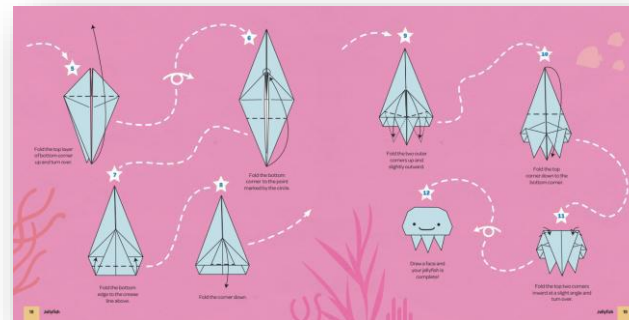


Wordcount: 1,363 words

Extent: 448 pages (48 pages, 200 origami sheets)

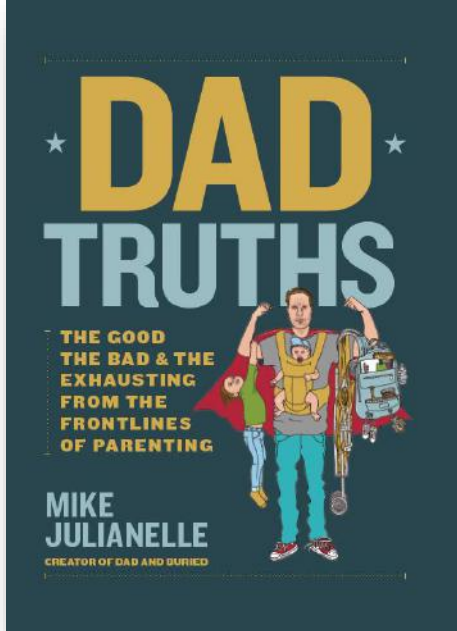
TPS (h x w): 190 mm x 190 mm

Translation files available



Link to material:

<https://quarto.box.com/s/pid4fmqqo31c8i260osbzzdqx8inw2av>



DAD TRUTHS

- Delivers real talk every exhausted parent needs, with laugh-out-loud stories and honest humour
- A comic survival guide for the unpredictable adventure of raising kids, making it a great gift for modern parents
- From the creator of the wildly popular *Dad and Buried* blog, this book offers a refreshing and hilarious look at the chaos of fatherhood

Wordcount: 20,926 words

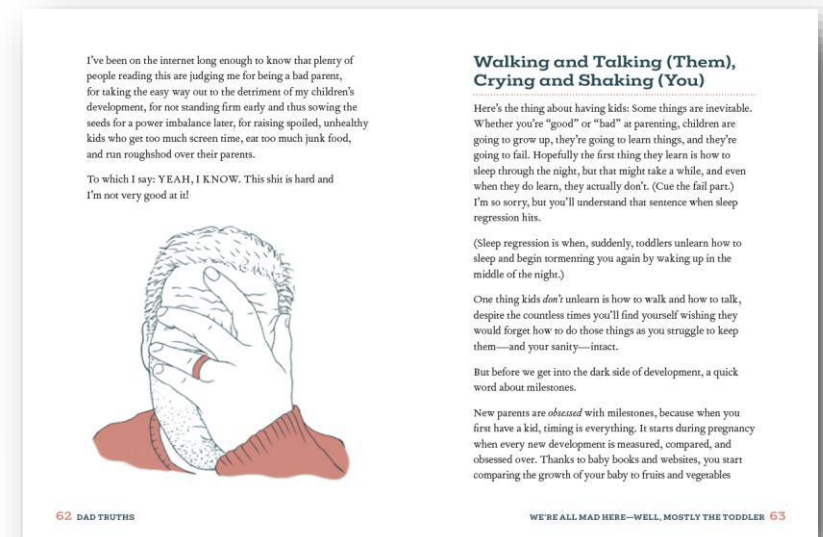
Extent: 160 pages

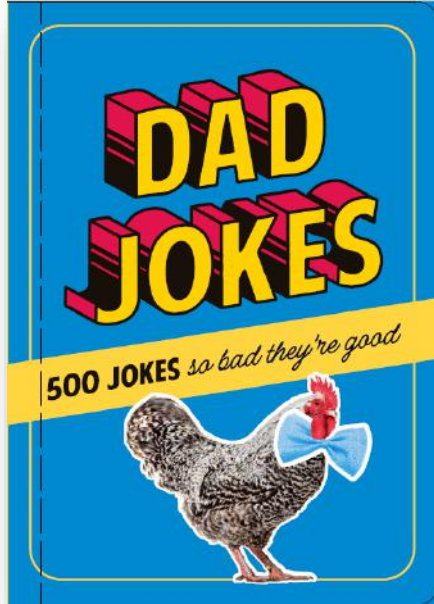
TPS (h x w): 195 x 145mm

Translation files available

Link to material:

<https://quarto.box.com/s/e6iv6cxpjwngumy5t4fk9x8a3rcgzphe>





DAD JOKES

- A great gift for the man who has everything, especially on Father's Day, birthdays, or holidays
- Not just for dads, but for anyone who likes easy going jokes
- A fun book for small talk, speeches, warm-ups, and ice breakers or a variety of social occasions

Wordcount:

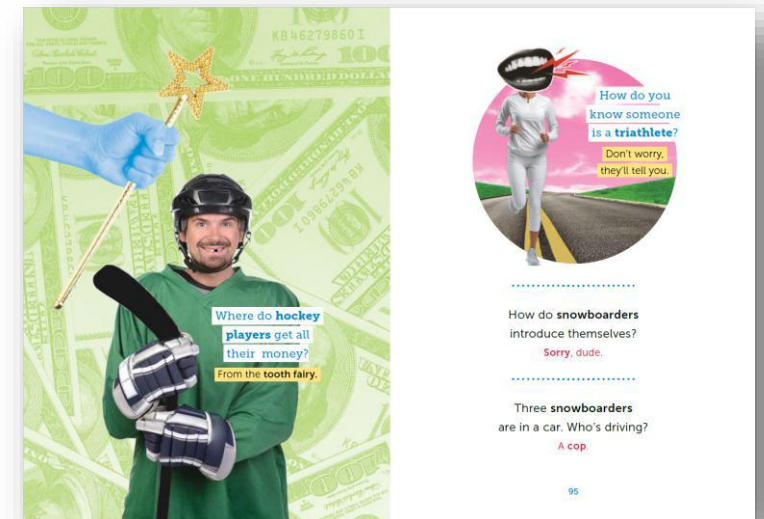
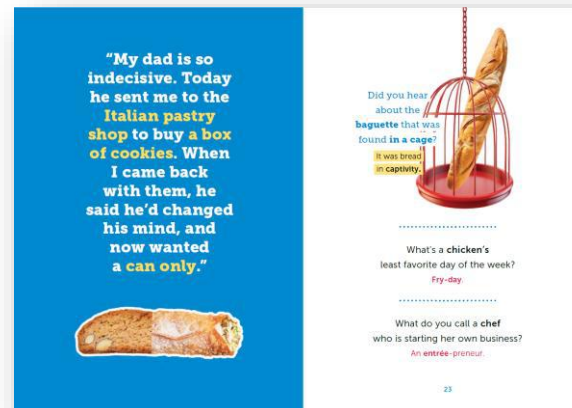
Extent: 192 pages

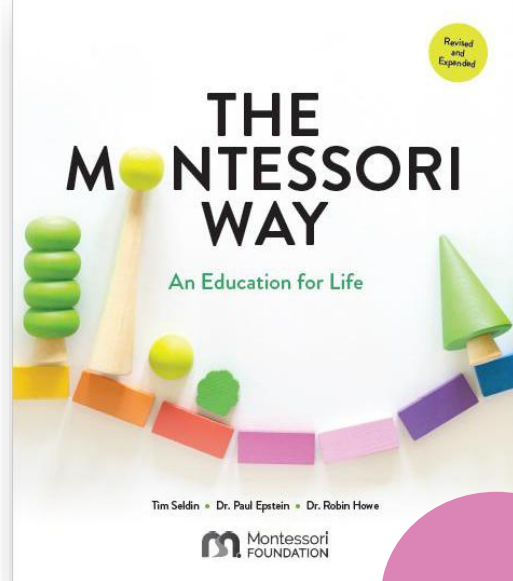
TPS (h x w): 214 mm x 152 mm

Translation files available

Link to material:

<https://quarto.box.com/s/n9e5z4z6djm3j8hsb6iexgfnlp1coit9>





OFFICIAL

THE MONTESSORI WAY, REVISED AND EXPANDED

- An official and indispensable resource for anyone interested in Montessori education – from the basics of Montessori to advanced applications
- Includes the latest research and practical applications in Montessori education, making it an essential resource for both new and experienced educators
- Features improved visuals, including new illustrations and diagrams, as well as additional online resources to support hands-on learning

Wordcount: approx. 50,000 words

Extent: 224 pages

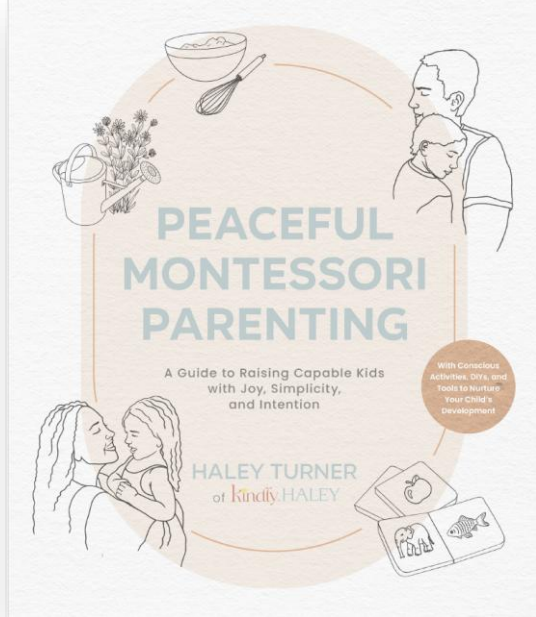
TPS (h x w): 254 mm x 216 mm

Translation files available

Link to full pages:

<https://quarto.box.com/s/59v1fyy18mqve9w26tbbe5l6wwaynpuo>





PEACEFUL MONTESSORI PARENTING

- An accessible and practical introductory guide to Montessori play-based learning at home to raise children from 1 to 6 years old through conscious parenting
- Offers modern, dynamic, down-to-earth and budget-friendly educational activities
- This is the first book to look at Dr Maria Montessori's principles through the lens of conscious parenting, the philosophy that encourages parents to make mindful, emotionally intelligent decisions in raising their children
- Celebrities such as Julia Child, Beyoncé, Taylor Swift attended Montessori Schools
- Author Haley Turner is a Montessori parenting expert and coach that delivers workshops to Montessori educators

Wordcount: 59,529 words

Extent: 224 pages

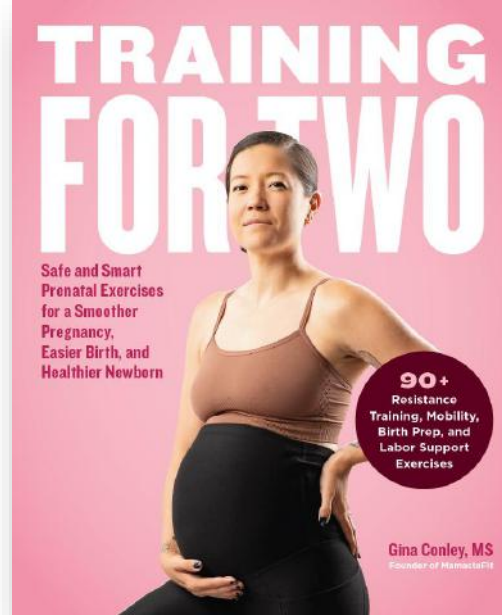
TPS (h x w): 254 mm x 216 mm

Translation files available

Link to full pages:

<https://quarto.box.com/s/7292zbefxulbvb93ss28jrnt39zpkxmx>





TRAINING FOR TWO

- The only prenatal book to help women strengthen and prepare for childbirth, trimester by trimester
- Includes 90+ exercises, with photos and detailed anatomical illustrations
- Research proves that strength-focus exercise during pregnancy can improve health income for both the mother and the baby
- The author has a growing community on social media with 254k followers on IG and 30k followers on TikTok

Wordcount: approx. 45,000 words

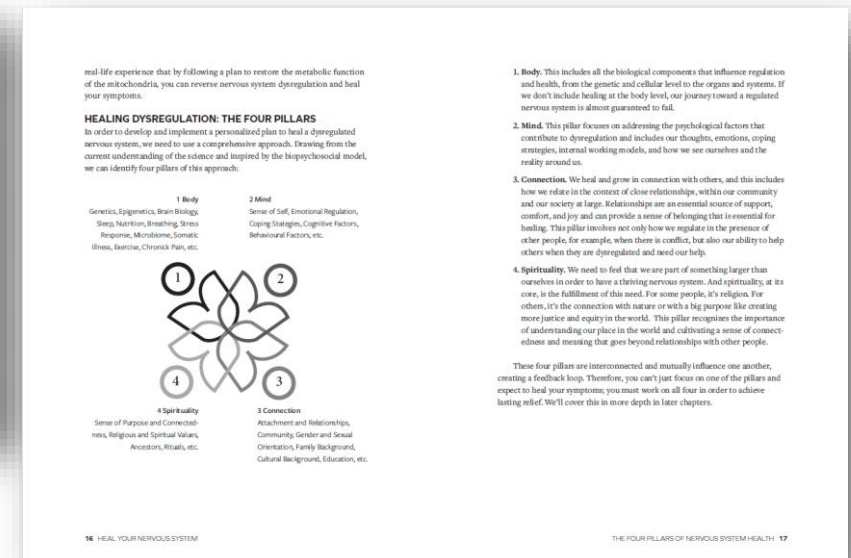
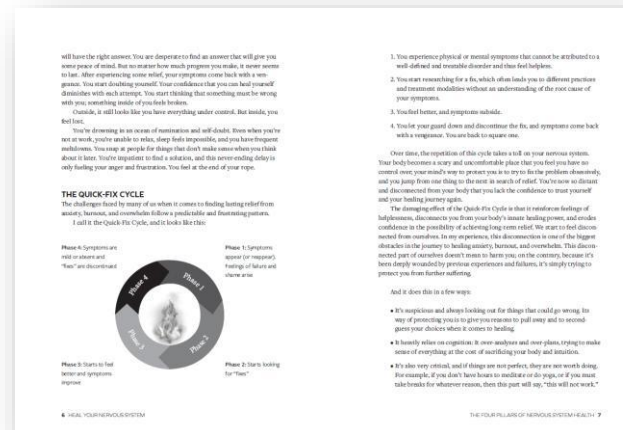
Extent: 176 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

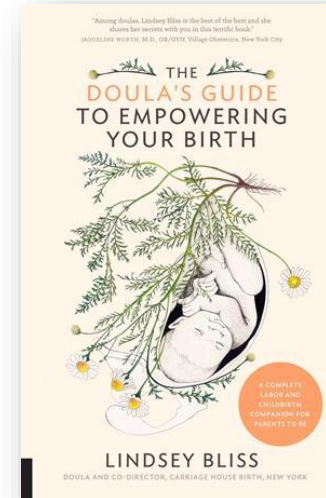
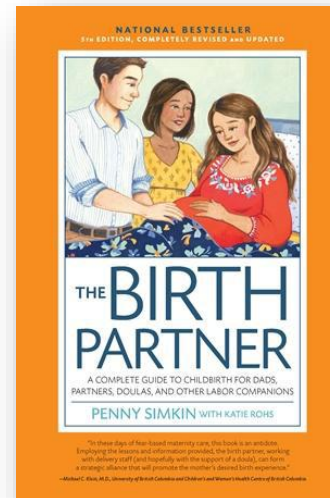
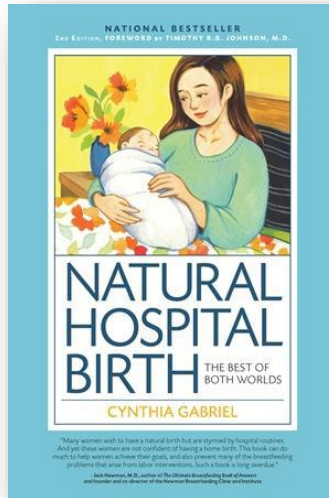
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HCP Parenting titles

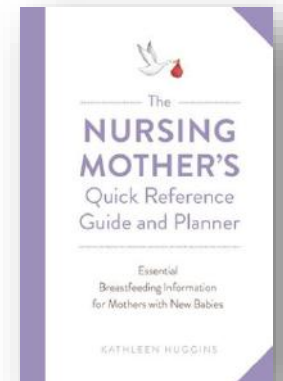
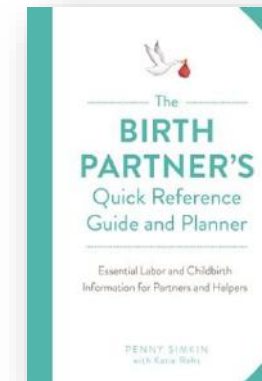
- Bestselling series to accompany mothers and their partners throughout pregnancy
- Gives you all the information needed to choose the best birth and start of pregnancy for anyone's needs, whether one chooses the hospital or more natural options.



Wordcount: 60-100,000 words

Translation files available

Click on the covers for the links to each title!





BIRTH PARTNER, 6TH REVISED EDITION

- Best-selling guide for partners and others who accompany an expectant mother through labour and birth, as well as the definitive resource for the allied birth professions such as doulas, midwives, and childbirth educators
- Covers all kinds of birth, from low-intervention, relatively natural hospital births to births with maximum medical intervention at the hospital, “birthing centre” births and home births
- Over 130,000 copies sold through its first 5 editions!
- Respected and recommended by professionals, and is well loved by parents for its encouraging and accessible style

UPDATE

Wordcount: approx. 140,000 words

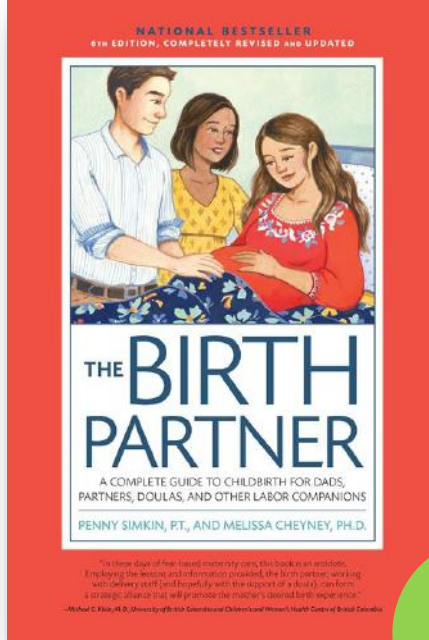
Extent: 432 pages

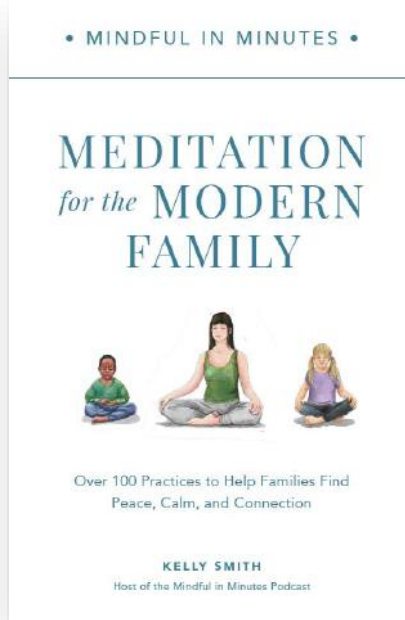
TPS (h x w): 229 mm x 152 mm

Translation files available

Link to material:

<https://quarto.box.com/s/5nmswqvxiqabgflyk8mz8rqgx7srel1i>

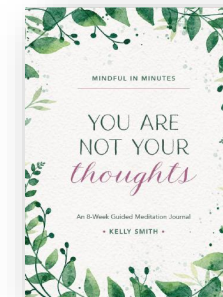




MINDFUL IN MINUTES: MEDITATIONS FOR THE MODERN FAMILY

- Discover the life-changing benefits of meditation to help you and your family feel happier and more connected
- 100 guided meditations on daily challenges experienced by adults and children of all ages within a family: anxiety, insomnia, frustration, forgiveness, patience, nightmares, self-love...
- Written by certified yoga and meditation teacher Kelly Smith, host of the chart-topping podcast Mindful in Minutes (300+ episodes available, streamed in 180+ countries, 100,000 downloads/week).

Pairs perfectly with:



Wordcount: approx. 40,200 words

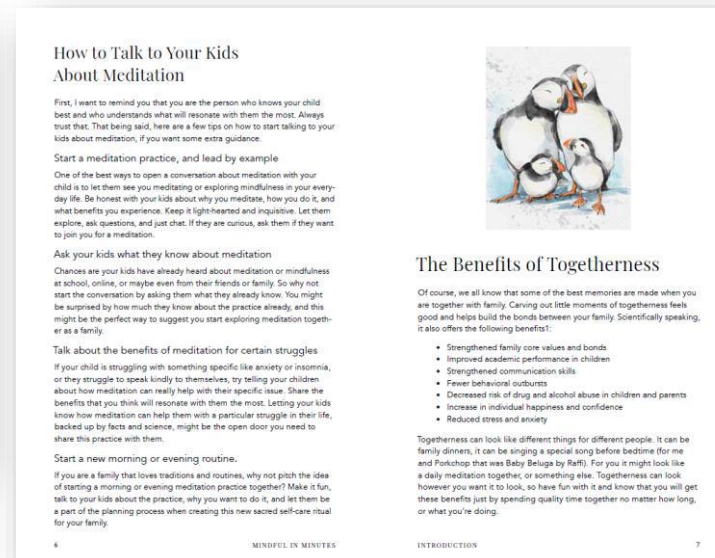
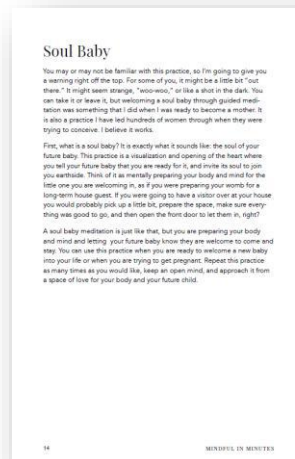
Extent: 176 pages

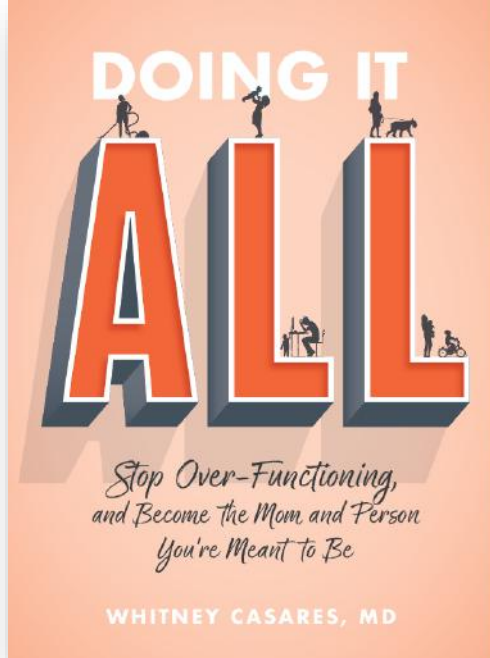
TPS (h x w): 225 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/5rvjrqbvwofs3r4nw5s0nf76sgzsjar>





DOING IT ALL

- A solution-oriented plan to help stressed working mothers find balance between their family, work and personal life
- Offers practical strategies for dealing with the common challenges working moms face in their everyday lives
- With over 40 accessible guided exercises, prompts and activities to help readers take actual steps toward changing their lives
- Superstar author pediatrician, personal coach and podcaster Whitney Casares

Wordcount: 61,382 words

Extent: 224 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/rmuei7c8cgqsqo7g27gwjs86grotuxh>

ASSESSING THE ATTENTION ECONOMY IN YOUR LIFE

How distracted are you in the course of a day?

Not at All	1	2	3	4	5	Completely
Which of these distractions impact you?						
<div> <div>Breaking News</div> <div>Phone Notifications</div> <div>Reminders</div> <div>Work Colleagues</div> </div>						

ASSESSING STRUCTURAL ISSUES IN YOUR LIFE

How impacted are you in your professional and personal life by structural issues?

Not at All	1	2	3	4	5	Completely
Which of these structural issues impact you?						
<div> <div>Economic/Financial Stress</div> <div>Unequal Division of Labor</div> <div>Lack of Childcare</div> <div>Unseen Mental Load</div> <div>No Paid Parental Leave</div> <div>Wage Pay Gap</div> <div>Racism</div> <div>Sexism</div> <div>Other</div> </div>						

Structural Issues

With several oppositional forces at play—systemic racism, workplace sexism, unequal partnerships, insurmountable expectations to be a superhero, and the recent Supreme Court decision denying bodily autonomy and basic healthcare to millions of women—work-life integration doesn't just seem challenging, it feels impossible. Moms have long felt stuck because the motherhood penalty has meant fewer opportunities for career advancement or equitable pay; flexible working arrangements were virtually nonexistent prior to 2020; business culture focused more on team happy hour events and on-site dry-cleaning benefits than child-care solutions; and federal support for paid parental leave or paid sick leave was insignificant. BIPOC, Black, Indigenous, and people of color women are even more profoundly disadvantaged as they strain to work within a system that functions diversity in opposition to them.

Of course, once the pandemic hit, the lines between work, home, and school blurred, crushing working moms further. Yet, instead of implementing long-needed structural or policy changes to relieve the heavy burden working mothers carry, Americans rely more and more on the coping efforts of working mothers (the default parent) to carry families through. The result? The Great Resignation. Or more accurately, the Great Push Out of Working Moms.

Mental Health Challenges

Months after month, I meet with hundreds of working moms in my clinic—women facing guilt, shame, and anxiety as they sink deeper and deeper under the weight of their unmanageable and often conflicting duties. I watch the color of energy and time mothers spend on shadow tasks—those duties that keep families running, like folding endless piles of laundry, household cleaning, sending birthday cards and thank you notes—increase exponentially as the years wear on. And all this is on top of their work responsibilities. So many of my patients also face food insecurity, economic hardships, and racial discrimination, which further compound feelings of panic.

There's also growing evidence that children are becoming more and more miserable. Eating disorders, suicidal ideation, and anxiety in children are through the roof. And where does that leave moms? How can you go to work when you're worried that your teenage son might have a heart attack? Or when your toddler is having panic attacks with an ill-equipped childcare provider? Suddenly, the dream that you're only as happy as your youngest child—and the reverse, your child is only as happy as the unhelpful parent—is more poignant and complicated than ever.

If your life is misaligned, this is your official wake-up call to stop blaming yourself. No matter how deeply you feel it or how badly that voice in your head screams

Putting Laundry in Its Place

THE NON-NEGOTIABLES

I'M STUCK IN THE MIDDLE SEAT of a crowded Alaska Airlines flight, headphones on, Beyoncé's *Lemonade* blaring in both AirPods, a lukewarm coffee on the tray table. I'm completely in the zone—focused, caffeinated, and ready to do my best,

most productive work. There's something about purposefully confining myself to a familiar space in familiar clothes with a familiar soundtrack in my ears that tells my brain it's get-shit-done time.

It's not just the lack of distractions that sets me free to do deep work. The airline industry has ensured over the past ten years that even the most dedicated solade-seeking entrepreneur could stay connected with cheap wireless Internet and messaging access in flight. If I wanted to spend the entire trip sending litmus tests to my kids and pinging my Modern Mommy Doc team, I could. But I don't. Because it's here, in this space—confined, right foot falling asleep, planning my one trip to the bathroom based on my scannable nap schedule—that my brain always knows what to do.

Working on a plane is a habit for me. This is a place where I've practiced working, like the bustling coffee shops where I spent hours and hours studying to pass my medical school and pediatrics board certification exams. On an airplane, my mind is conditioned to settle in and pay attention as soon as I stow my jacket and buckle my seatbelt, "Freedom" and "Don't Hurt Yourself" drowning out the rest of the world for the next five hours. When I need to get to all the tasks I can't escape as the CEO of my small company, like writing thought pieces or budgeting for the year, up above the clouds in a 747 is my favorite place to be.

We all have tasks on our to-do list that we have to do—some that we don't mind doing and some that we can't stand (budgeting, I'm looking at you). In an ideal world, we would delegate or stop doing these tasks. Unfortunately, we can't because (a) there's really no one else to do them, (b) it would cost too much money, or (c) the oversight doesn't feel worth the time investment. These are the **Non-Negotiables**: the tasks in your life that are yours and yours alone, for whatever reason. For a manager in a corporate setting, they might include writing emails or completing performance reviews. For a sales associate at a retail store, they might be performing inventory at closing time or organizing merchandise. At home, the Non-Negotiables are tasks like laundry, dishes, making lunches, or prepping dinner, depending on how you divide chores with others in your family or parenting village. Don't worry—not everything will be yours to do in this model. In the next chapter, we'll explore the Swapables: tasks you need to automate or delegate to others so you have less on your plate in general.

To deal with the Non-Negotiables, you have to create systems and rely on smart organizational tools that make it easier for you to accomplish the tasks. The Non-Negotiables are all about efficiency and productivity. "Harder, better, faster, stronger"—that's the way to attack this corner of the Centered Life Blueprint.





SHADOW MAGIC

- Learn how to make a whole zoo's worth of animals, from a tiger to an ostrich, a possum to a camel
- Includes plenty of animals easy enough for the smallest child to tackle — plus a few that are challenging enough for adults to show off!
- 135,000 copies sold worldwide, keeps on reprinting

Wordcount: 8,000 words

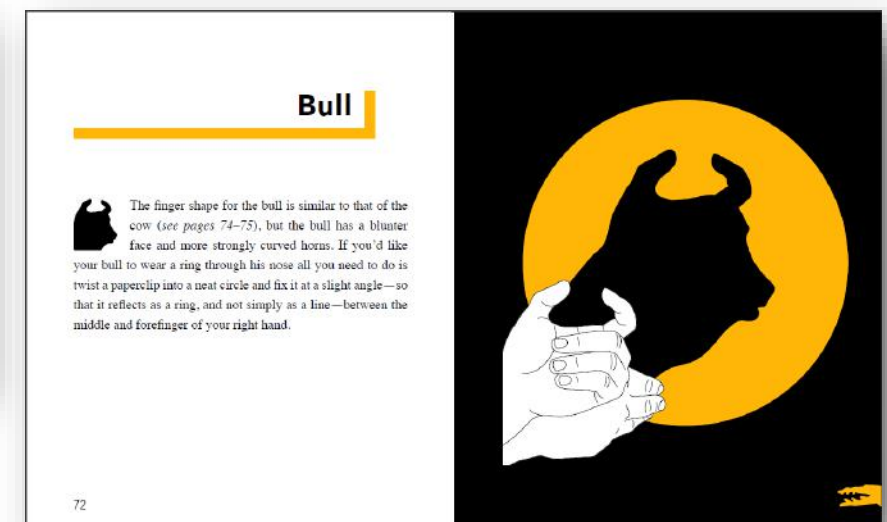
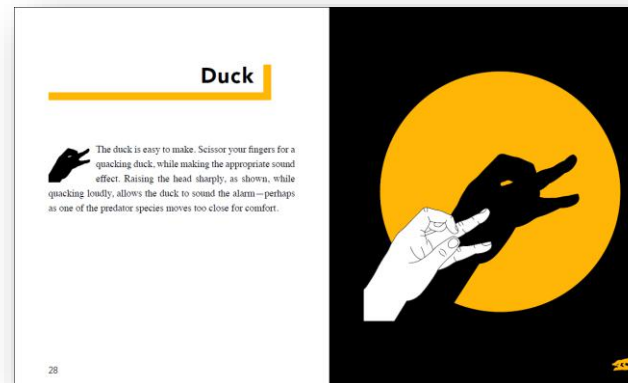
Extent: 176 pages

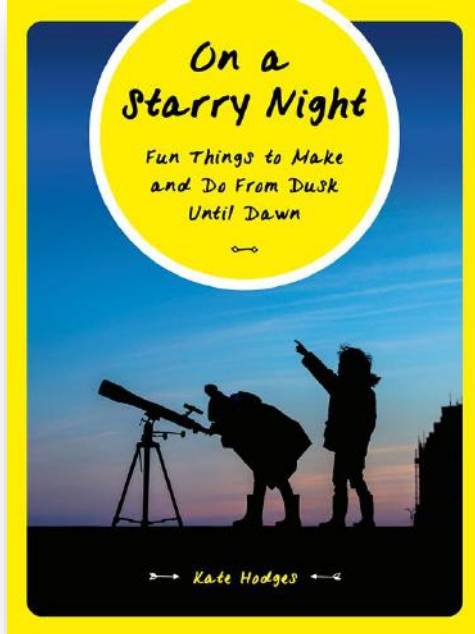
TPS (h x w): 165 mm x 137 mm

Translation files available

Link to material:

<https://quarto.box.com/s/5lx7ti492d3pc0c3h0wdswdyrgmudhz9>





ON A STARRY NIGHT

- Jump on the “digital detox” trend and engage your children in the outdoors, with 52 creative activities for children after dark.
- Includes safety tips, all carefully checked, with simple projects that will create fun and keep mess to a minimum.
- Perfect for families looking to reduce screen time and instead enjoy creative, active and engaging activities for every week of the year.

Wordcount: 26,480 words

Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

Translation files available

Next co-edition schedule

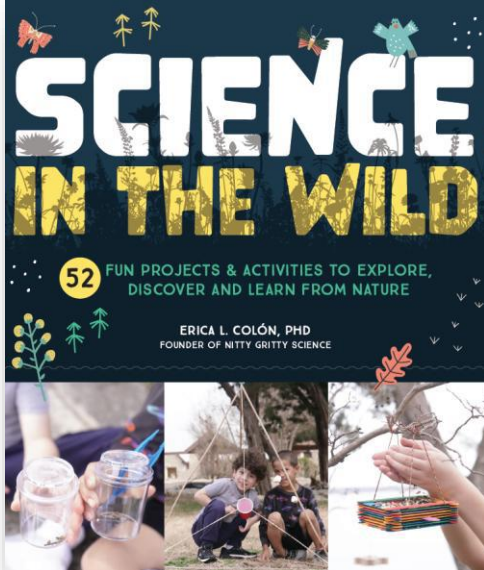
Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

<https://quarto.box.com/s/cmh1p4a6hdqaentvy362uue92l10wc5a>





SCIENCE IN THE WILD

- 52 projects to explore the outdoors and learn about science through play and experience
- Experiences with nature are proved to boost academic learning, personal development, environmental awareness, and problem solving
- Screen-free activities for children are in high demand
- The author is a US National Board-Certified teacher, with 24,000 subscribers to her newsletter and experience both in the classroom and with at-home learning

Wordcount: 28,523 words

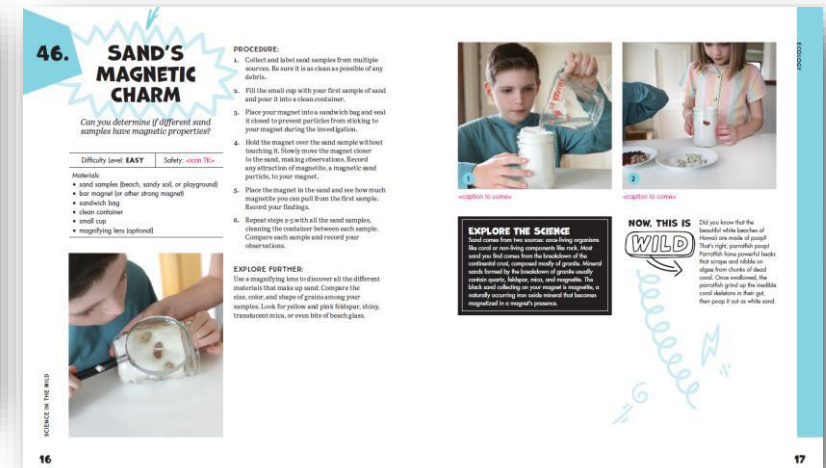
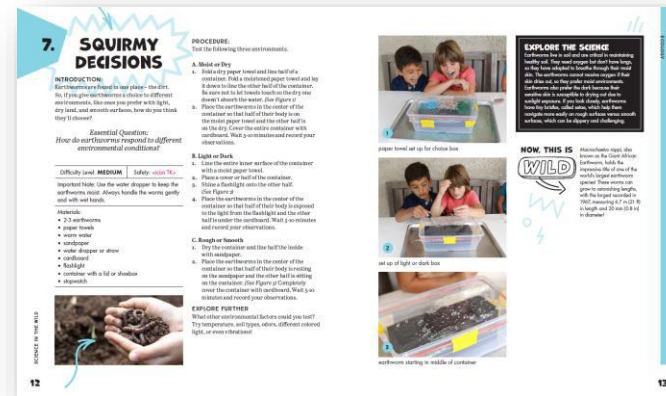
Extent: 160 pages

TPS (h x w): 254 mm x 216 mm

Translation files available

Link to full pages:

<https://quarto.box.com/s/ilzaIncqC6uoftwffws9tdr4t3s1n2x4>



NATURE SCHOOL series

- Lessons and activities focusing on nature to inspire children
- For 6–11-year-olds who love everything wild!

Wordcount: around 35,000 words

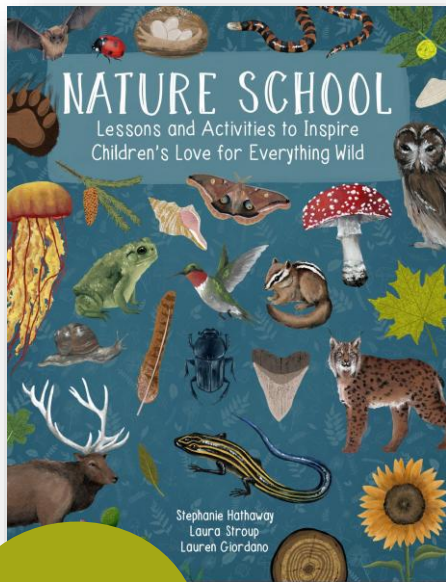
Extent: 128–144 pages

TPS (h x w): 279 mm x 216 mm

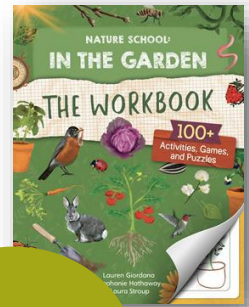
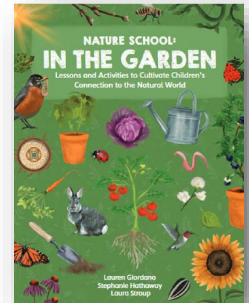
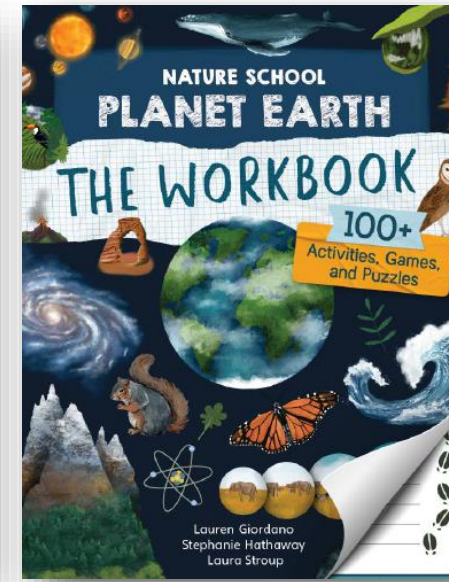
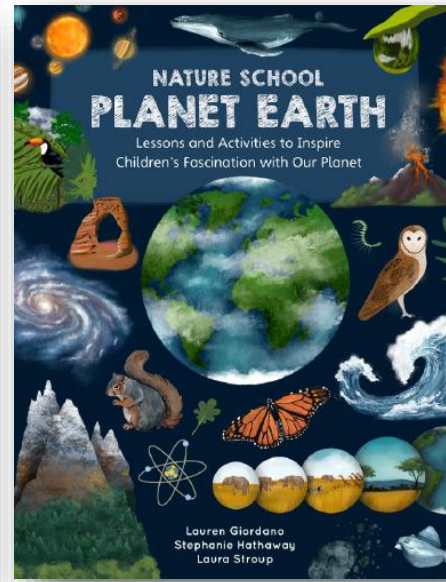
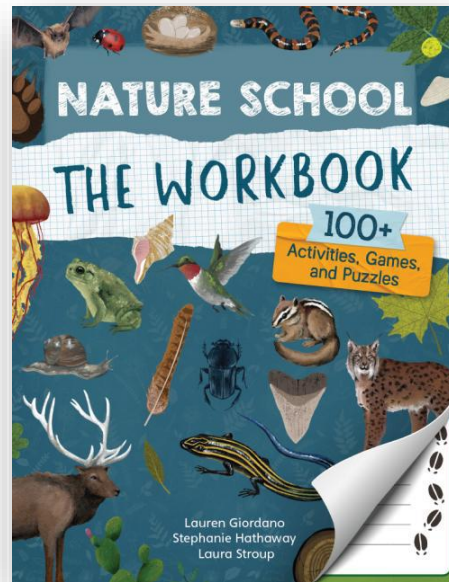


QUARRY

Coming next:

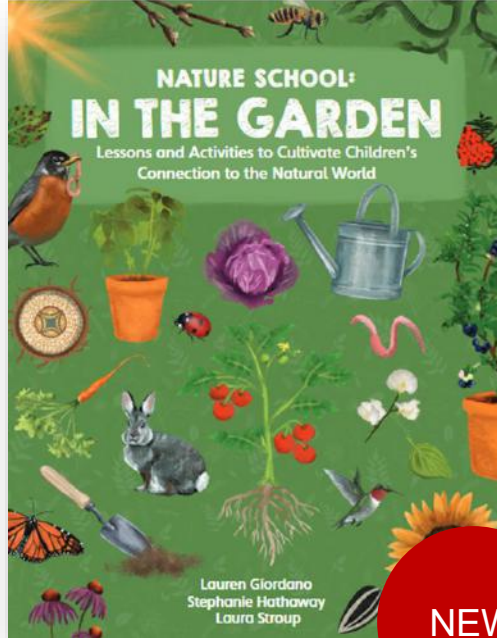


6
languages
sold



NEW
FOR 2026

Click on the covers for the link to each title!



NEW

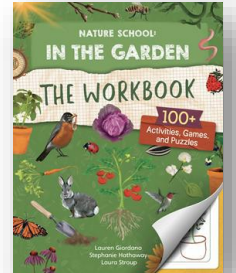
NATURE SCHOOL IN THE GARDEN

- An engaging, easy-to-follow guide to encourage children's curiosity and help them connect with nature whilst developing a deeper appreciation for the environment
- Perfect for young explorers, homeschoolers, parents, and educators
- The essential companion to inspire environmental awareness in the future generation!



QUARRY

Pairs well with:



Wordcount: approx. 30,000

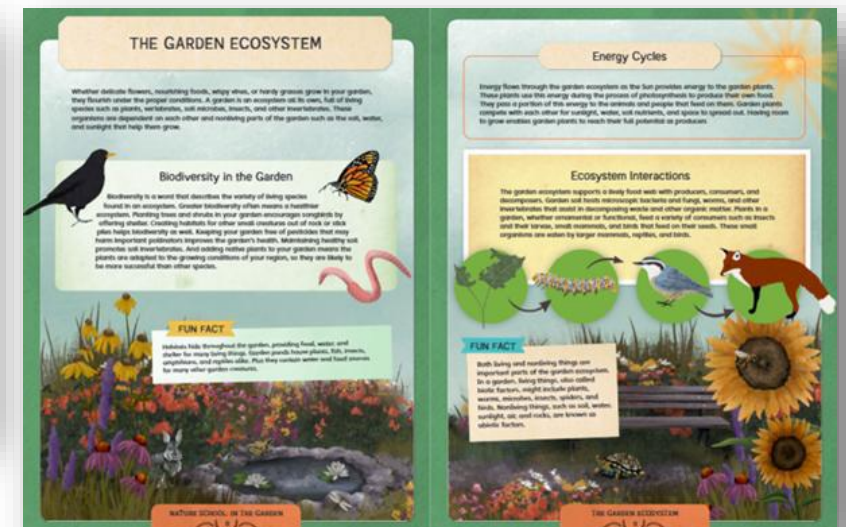
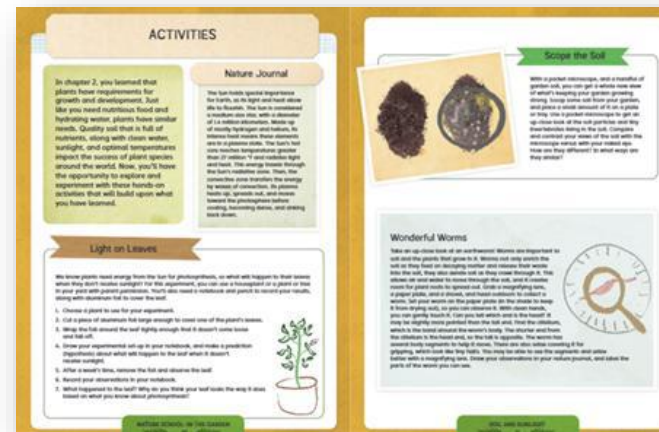
Extent: 144 pages

TPS (h x w): 279 mm x 216 mm

Translation files available: Oct-25

Link to material:

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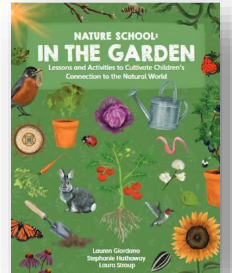




NATURE SCHOOL IN THE GARDEN: THE WORKBOOK

- The fun, write-in workbook companion to *Nature School: In the Garden*
- Packed with activities, experiments, and prompts to help kids explore plants, insects, and garden ecosystems through hands-on learning
- Expert authors Lauren Giordano, Laura Stroup, and Stephanie Hathaway are all advocates for engaging and accessible environment-centred learning and natural resource education

Pairs well with:



Wordcount: approx. 15,000

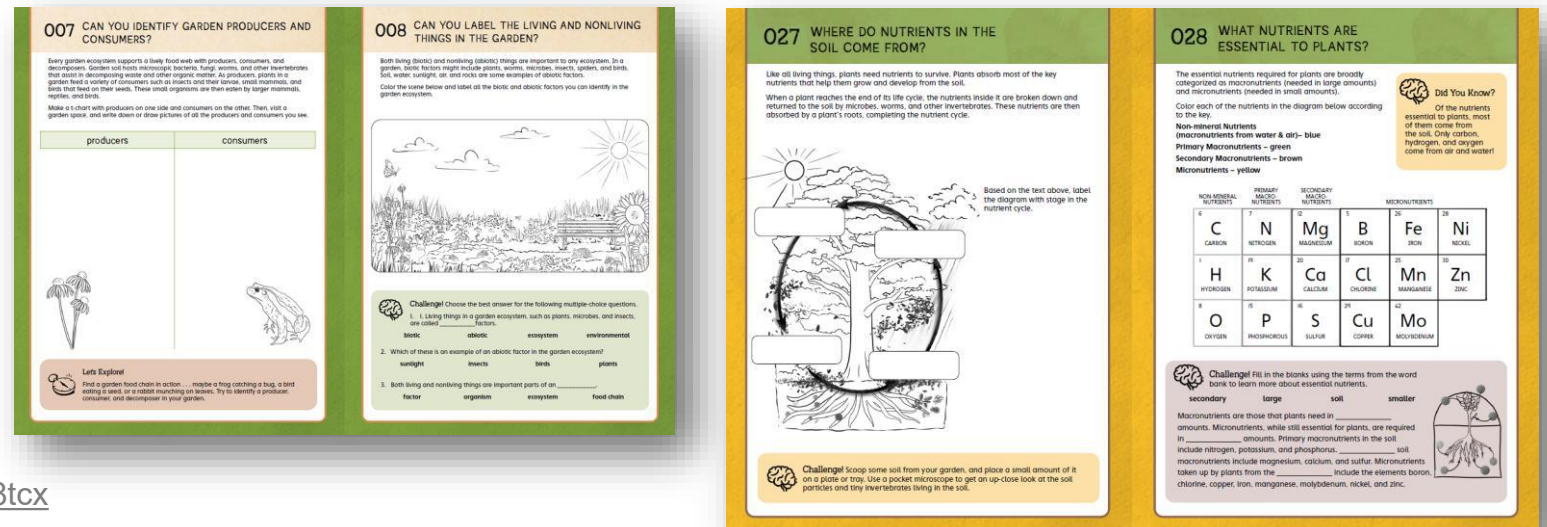
Extent: 128 pages

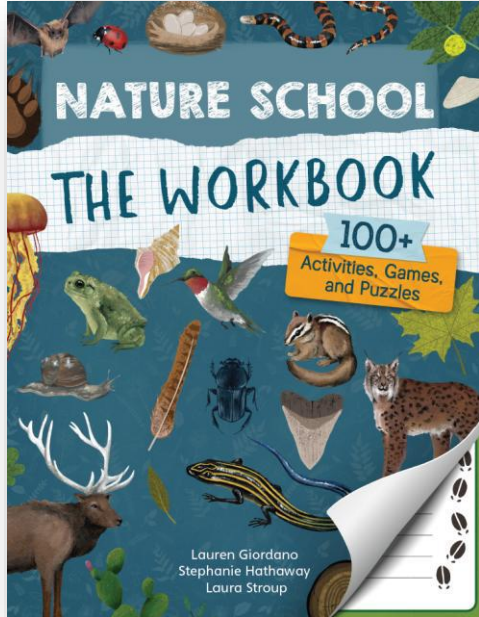
TPS (h x w): 279 mm x 216 mm

Translation files available: Oct-25

Link to material:

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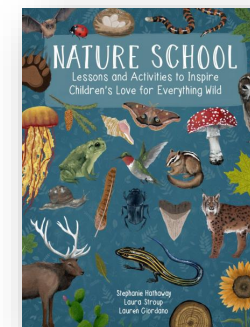




NATURE SCHOOL: THE WORKBOOK

- The fun, write-in workbook companion to the award-winning *Nature School!*
- Includes 100 activities, games and puzzles
- Nature-specific outdoor learning has measurable socio-emotional, academic, and wellbeing benefits

Pairs well with:



Wordcount: tbc

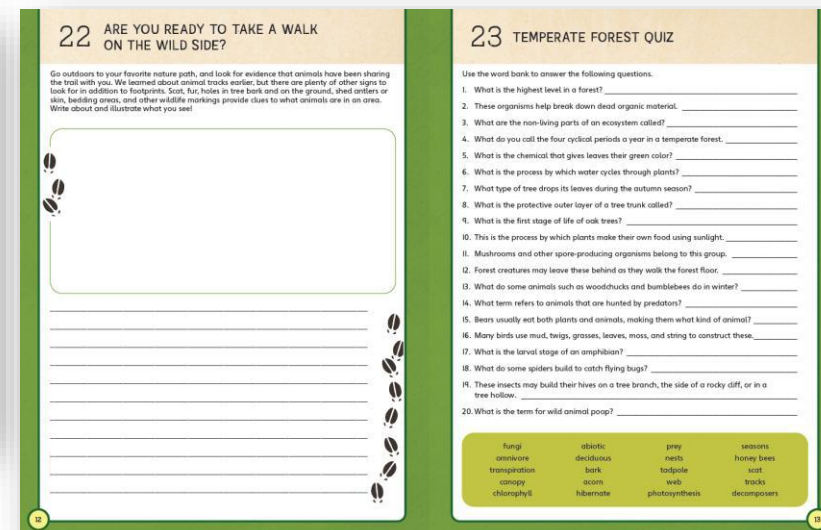
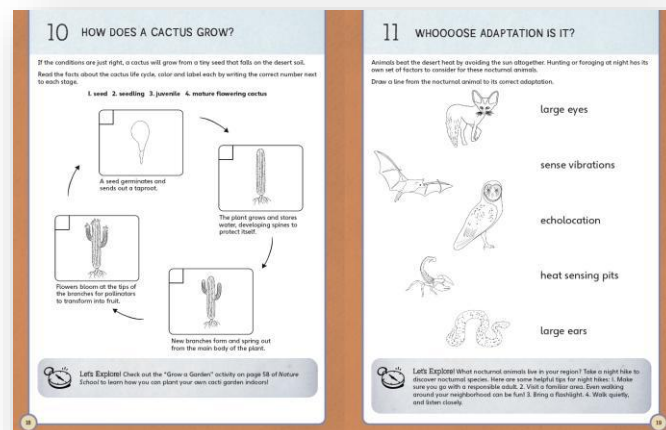
Extent: 128 pages

TPS (h x w): 279 mm x 216 mm

Translation files available

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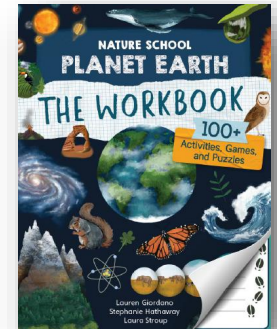




NATURE SCHOOL PLANET EARTH

- The follow-up to bestseller *Nature School*, focusing on Geology, Geography, Atmosphere and Weather
- Lessons and activities focusing on nature, to inspire children from 6 to 11 years old to love everything about the planet
- Explores planet Earth from its structure to all the features that make it support life
- 3 different authors working collaboratively, each bringing their expertise to the book

Pairs well with:



Wordcount: approx. 30,000 words

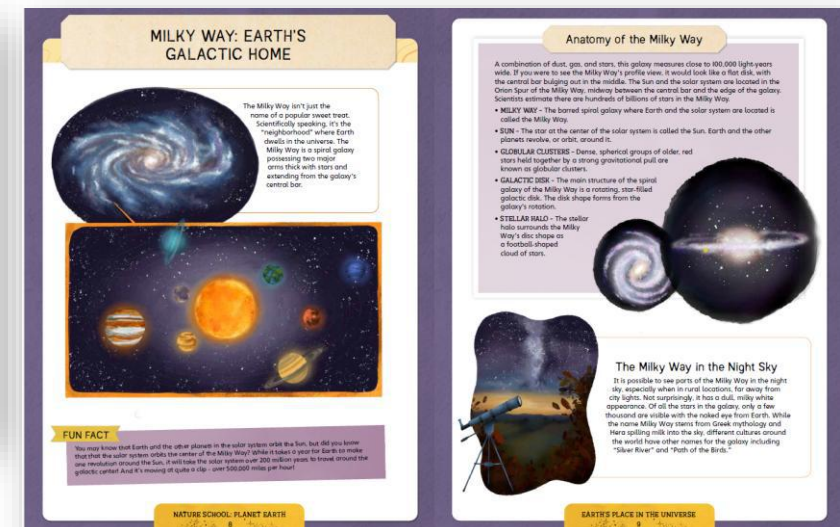
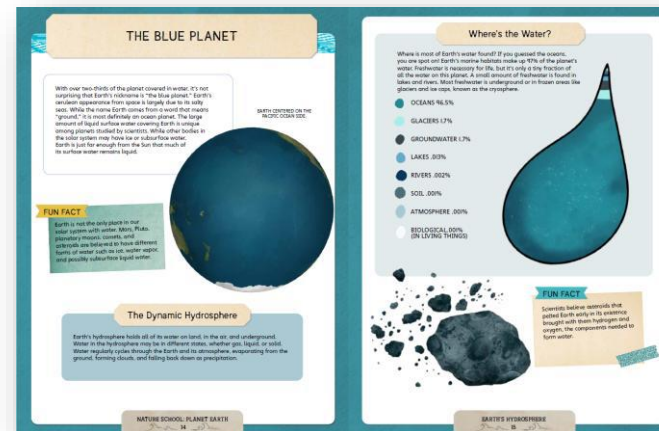
Extent: 144 pages

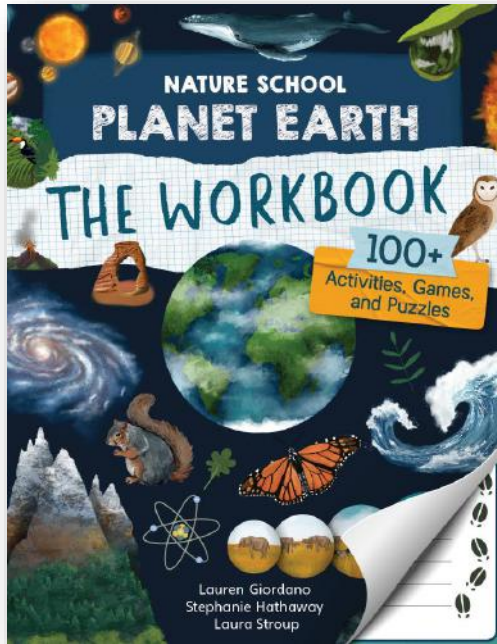
TPS (h x w): 279 mm x 216 mm

Translation files available

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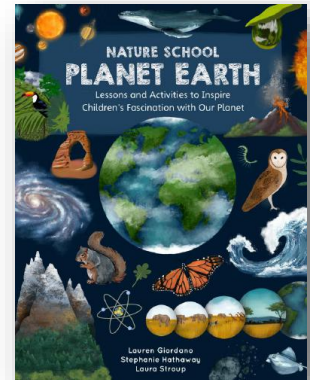


NATURE SCHOOL PLANET EARTH: THE WORKBOOK

- The fun, write-in workbook companion to *Nature School: Planet Earth*
- Includes 100 activities, games and puzzles
- Nature-specific outdoor learning has measurable socio-emotional, academic, and wellbeing benefits



Pairs well with:



Wordcount: 22,162 words

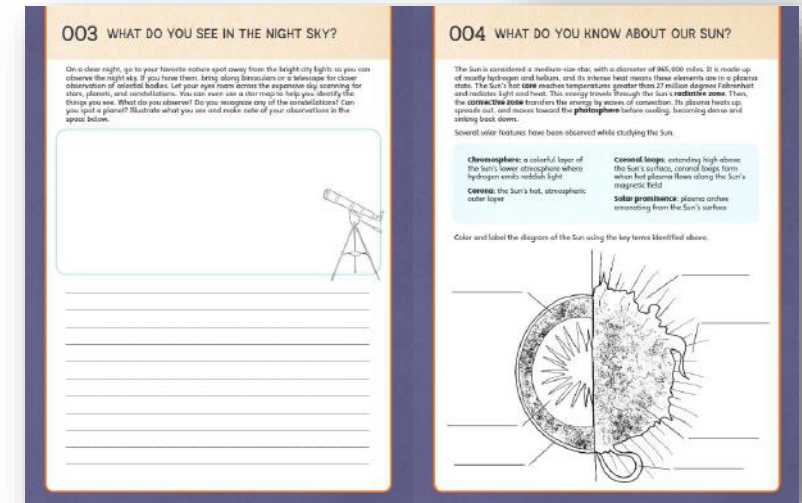
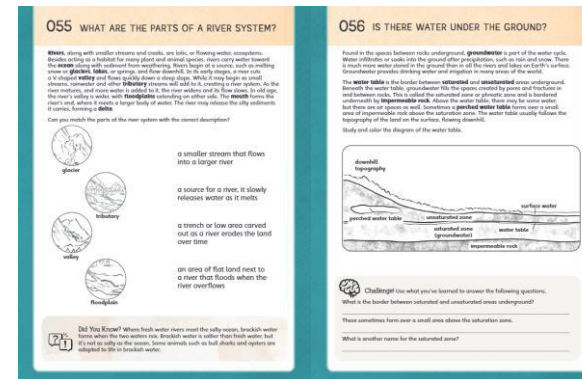
Extent: 128 pages

TPS (h x w): 279 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/gknl5r7xy8tvfu4torzhcs3mghobnvm6>



KITCHEN PANTRY SCIENTIST series

- Features biographies of 20 leading scientists, past and present, accompanied by accessible, hands-on experiments and activities to bring the history and principles of science alive
- Combines beautiful illustrated portraits with clear, photographed step-by-step instructions
- The series has won several awards! *Chemistry*, *Biology* and *Math* in particular

Wordcount: around 35,000 words

Extent: 128 pages

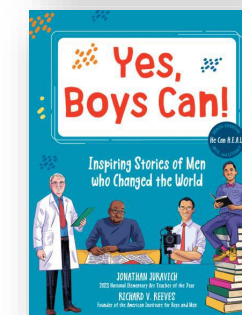
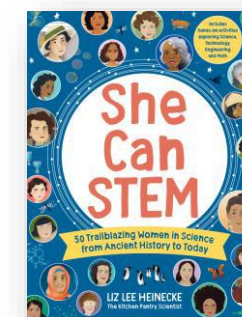
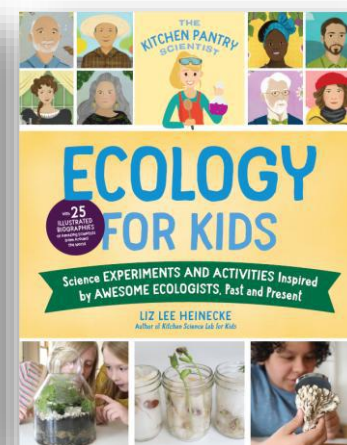
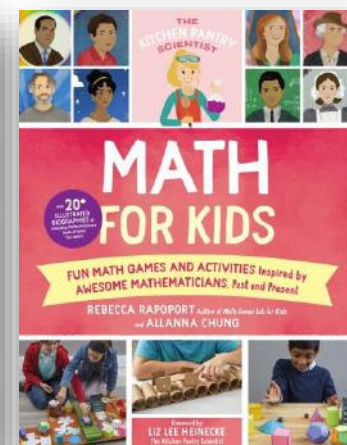
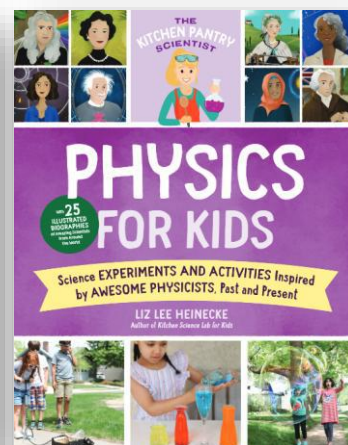
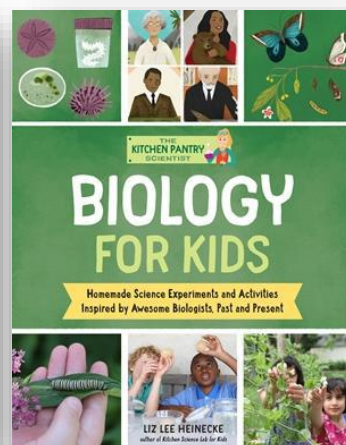
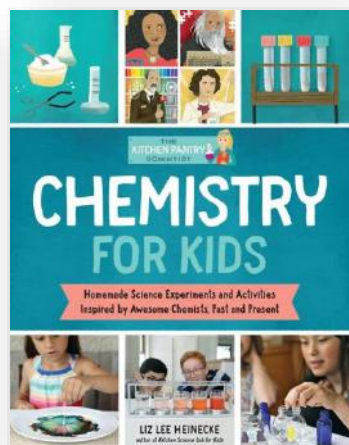
TPS (h x w): 279 mm x 216 mm



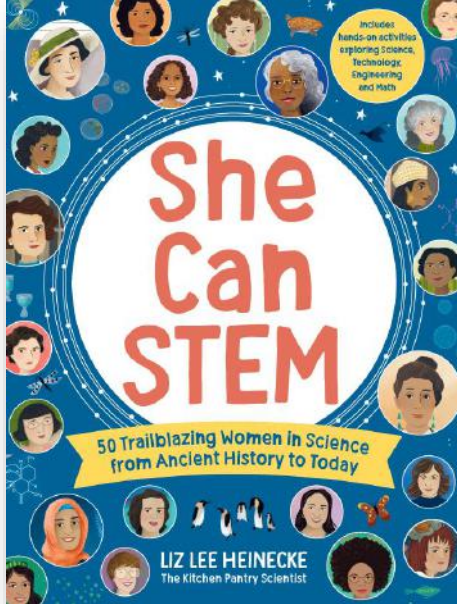
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Click on the covers for the link to each title!



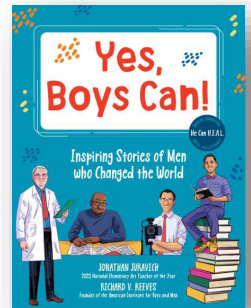
KITCHEN PANTRY SCIENTIST: SHE CAN STEM

- Features about 50 incredible women in science from ancient history to today, to inspire girls aged 8 to 12 to dream big
- STEM is an area of growth for young people from very diverse backgrounds, especially underprivileged ones – this book is a fantastic tool to teach and inspire those children
- Each biography comes with a prompt featuring an activity to try at home
- Best-selling author Liz Heinecke is the author of activity books for kids with sales over 250,000 units



QUARRY

Pairs well with:



Wordcount: 28,588 words

Extent: 112 pages

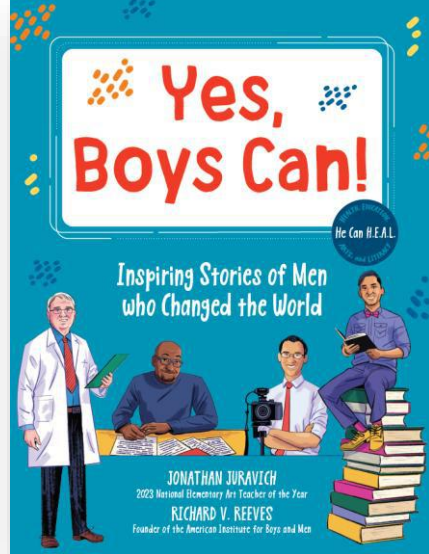
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Translation files available

Link to material:

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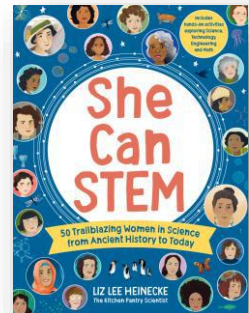




YES BOYS CAN!

- Features 50 diverse male role models throughout history in Health, Education, Arts and Literacy
- Life stories to inspire boys aged 8 to 12 to fearlessly imagine lives for themselves in HEAL fields
- Each biography comes with a prompt featuring an activity to try at home.
- Authors Richard Reeves and Jonathan Juravich are celebrated writers, educators, workshop leaders and thinkers on questions around boys and men

Pairs well with:



Wordcount: 28,739 words

Extent: 128 pages

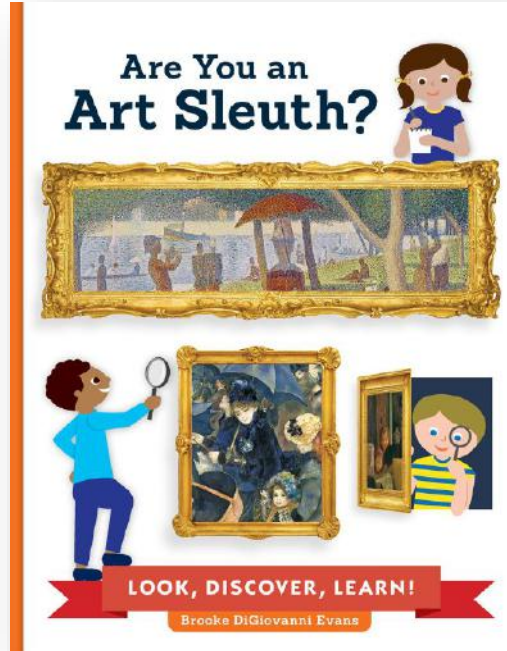
TPS (h x w): 225 mm x 170 mm

Translation files available



Link to material:

<https://quarto.box.com/s/hp1vccr0nub4cquvxijd28nw6dtlrgdt>



ARE YOU AN ART SLEUTH?

- A first book about art for kids, encouraging curiosity and teaching children how to look at art closely in a fun and lively way, through 21 paintings from art history
- For each painting, children first become detectives and play a game of find-it, then learn interesting facts and engage in stories about the artwork
- Includes a handy summary of lessons learnt and cheat-sheet for each painting
- Facts and historical curiosities written by a member of the education staff of the Museum of Fine Arts in Boston

Wordcount: 15,739 words

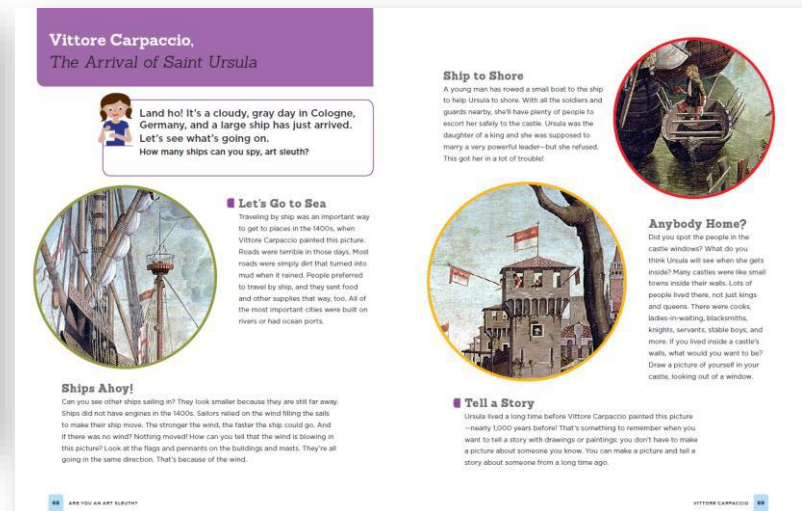
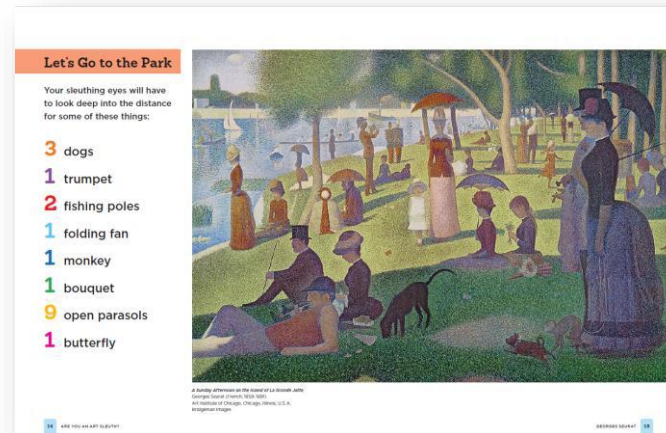
Extent: 104 pages

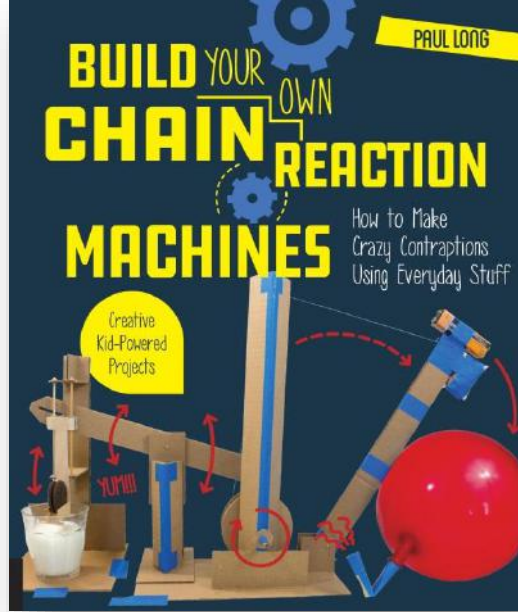
TPS (h x w): 279 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/seyybl32hpqcbvlvg68ssc08r135cz4vb>





BUILD YOUR OWN CHAIN REACTION MACHINES

- A book full of fun and science to inspire a new generation of inventors, makers and science geeks
- 13 zany, mechanical contraptions to create using everyday objects from the house
- Learn how to build the various elements of low-tech devices and understand their mechanisms
- Every project is developed in easy step-by-step instructions, with information about science behind the gadget

Wordcount: 33,365 words

Extent: 160 pages

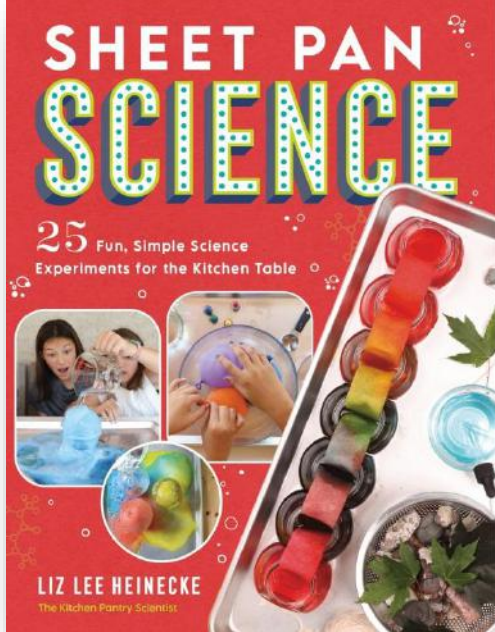
TPS (h x w): 254 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/8ev6iphdca4djr0kbhtq0xve4kuu4wna>





SHEET PAN SCIENCE

- The “messy” science book! An exciting and totally new project from Liz Heinecke, the best-selling Kitchen Pantry Scientist.
- *Sheet Pan Science* intersects with broader trends of sheet pan suppers and sensory bins, where potentially complex and/or messy projects are contained, simplified, and enriched.
- Liz Heinecke is a passionate and enthusiastic advocate for science education at home (as well as her books).

Wordcount: 20,554 words

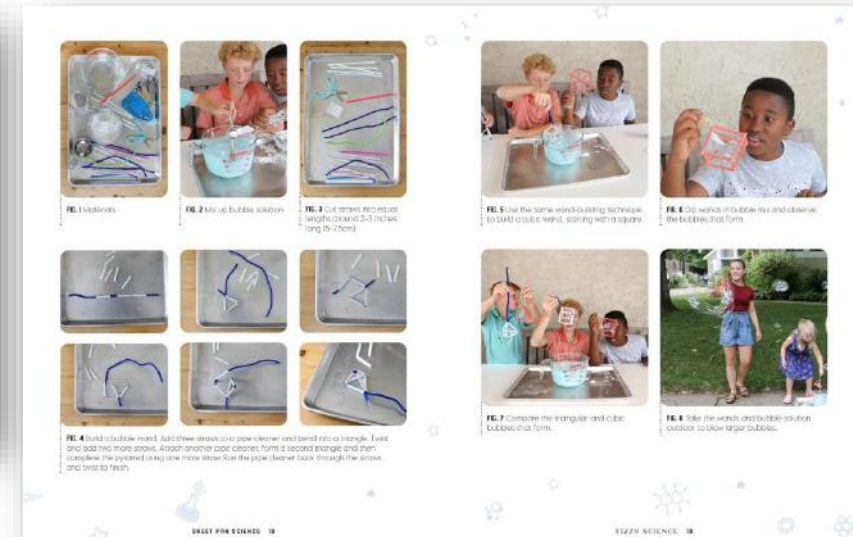
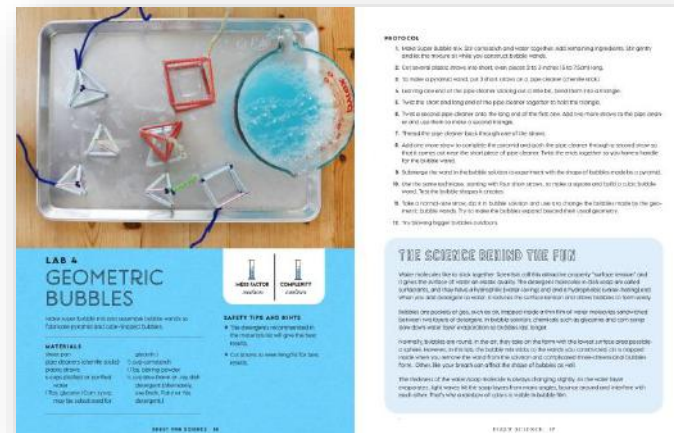
Extent: 128 pages

TPS (h x w): 280 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/16nl8gkb6y0i6a9wluct0yfhprmt7511>



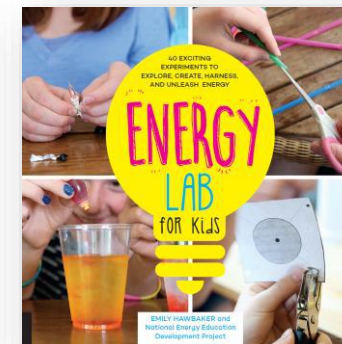
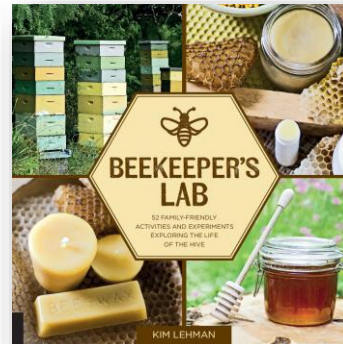
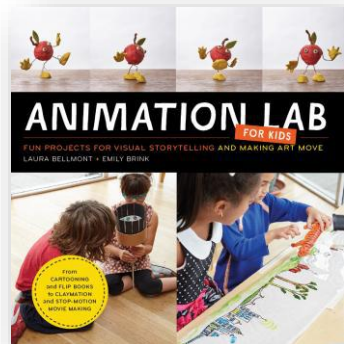
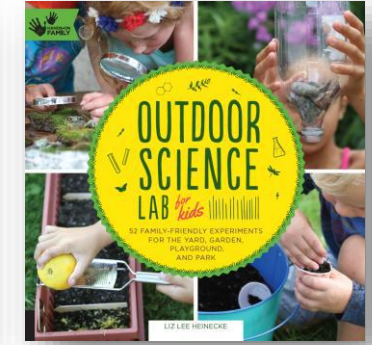
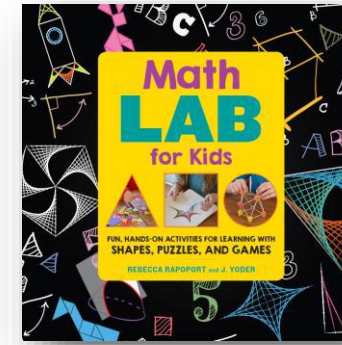
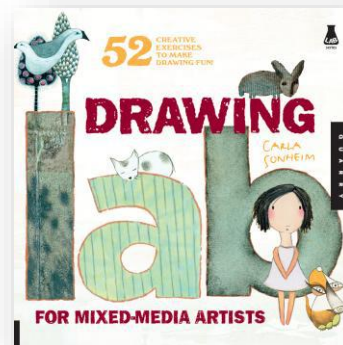
LAB FOR KIDS series

- Discover our best-selling *Lab Series*, with fun and informative activities every week for kids and adults!
- Learn anything from drawing and maths, to keeping bees and understanding our climate to loving the creepy crawlies in our gardens – to mention but a few!
- Below are a few of our bestselling subjects!

Wordcount: 20,000–35,000 words

Extent: 144 pages

TPS (h x w): 216 mm x 216 mm



Click on the covers for the link to each title!



WEATHER AND CLIMATE SCIENCE LAB FOR KIDS

- Introduce your children to the wonders of weather in a fun hand on way with these 52 activities.
- Author Jim Noonan, aka Professor Figgy, has been developing, producing, and selling science kits for kids, families, and teachers since his time as a crafter on *The Martha Stewart Show*.



Wordcount: 34,849 words

Extent: 144 pages

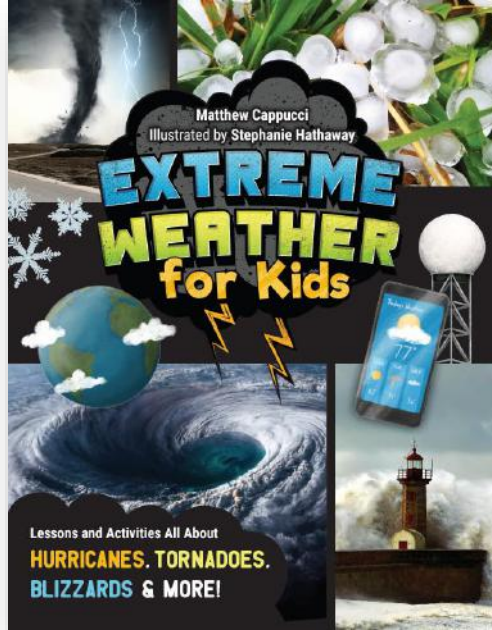
TPS (h x w): 216 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/g25n99larxw8r9zub52ag6jxirk9f1ys>





EXTREME WEATHER FOR KIDS

- An action-packed introduction to meteorology for kids!
- Provides a clear understanding of extreme weather-related effects on our world for a better climate change and environmental awareness
- Hands-on learning with instructional information paired with fun step-by-step projects and activities
- Author Matthew Cappucci is a Harvard graduate and renowned meteorologist who's worked with *The Washington Post*, BBC News and many more

Wordcount: approx. 35,000 words

Extent: 144 pages

TPS (h x w): 279 mm x 216 mm

Translation files available

Link to material:

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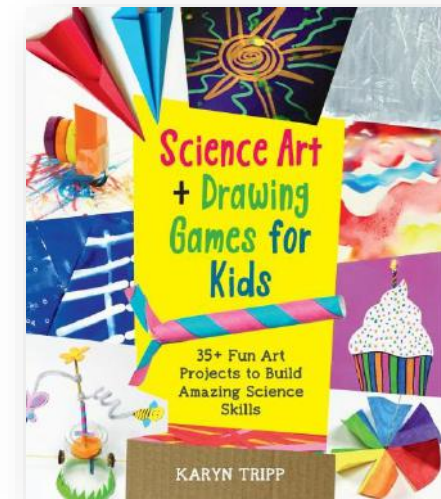
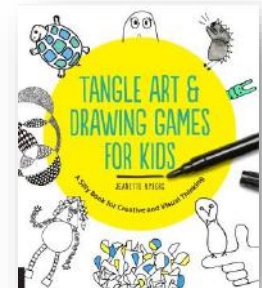




SCIENCE ART AND DRAWING GAMES

- More than 35 hands-on STEAM art activities that make learning about math and science fun!
- Author Karyn Tripp is a teacher turned home school mum of four kids, sharing her best tips.
- Highly recommended, with excellent sales results world-wide.

Also available:



Wordcount: 12,701 – 18,000 words

Extent: 112 pages

TPS (h x w): 254 mm x 216 mm

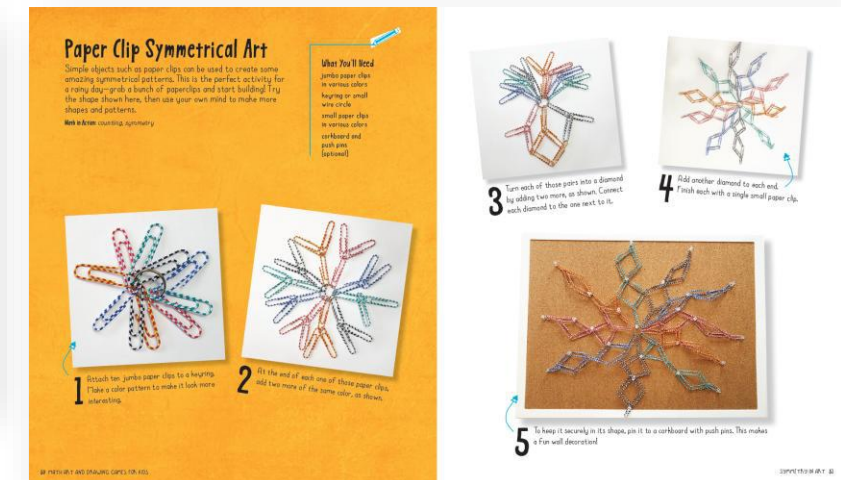
Translation files available

Links to material:

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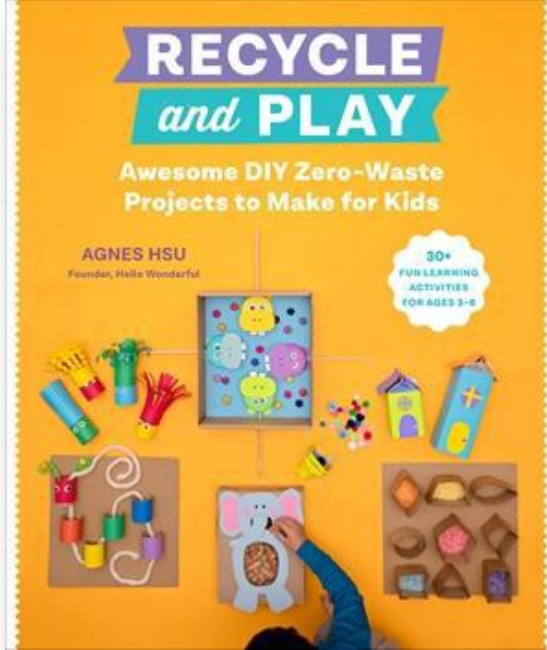
<https://quarto.box.com/s/hacddrvc4m2p7d7zyfxu9uqg10pkdgr>





RECYCLE AND PLAY

- Awesome DIY zero-waste activities for kids – 50 fun learning activities for ages 3-6.
- Inexpensive and sustainable, this title helps you turn items you already have around the house into fun, engaging, and enriching board games and similar activities for young learners.
- Children will practice their fine motor skills, color recognition, sensory exploration, pretend play.



Wordcount: 17,626 words

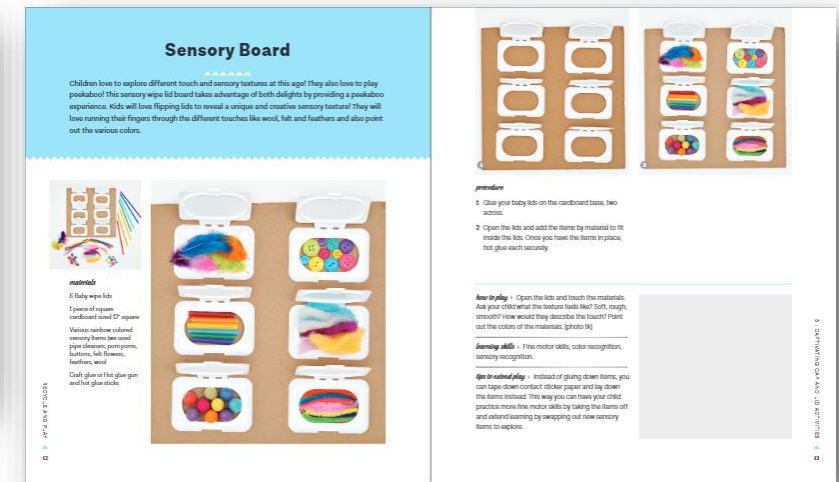
Extent: 136 pages

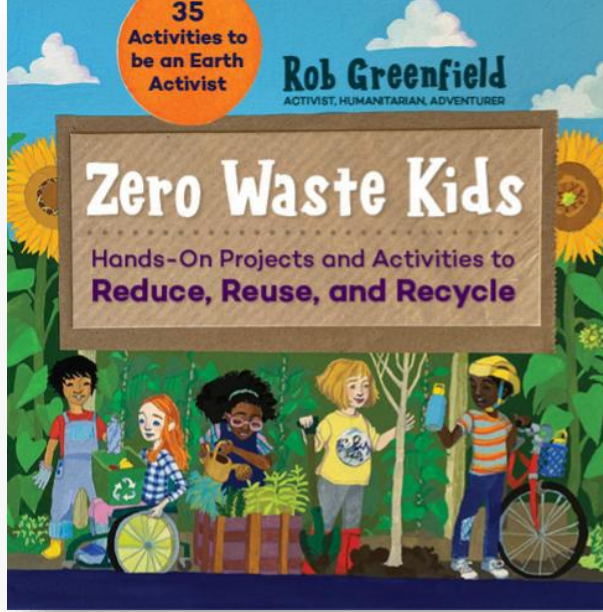
TPS (h x w): 254 mm x 215 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zbc8ru5lld4n2675dfsq8dt4agd3nnvb>





ZERO WASTE KIDS

- Teach your kids to think about the environment and learn to reduce, reuse and recycle with these fun exercises.
- Including 35 activities to be an earth activist. Colourful illustrations to step-by-step projects.
- Written by internationally acclaimed artist and activist Rob Greenfield, designed to get kids reducing waste, reusing materials, and recycling to benefit the environment and lead more sustainable lives.

Wordcount: 19,079 words

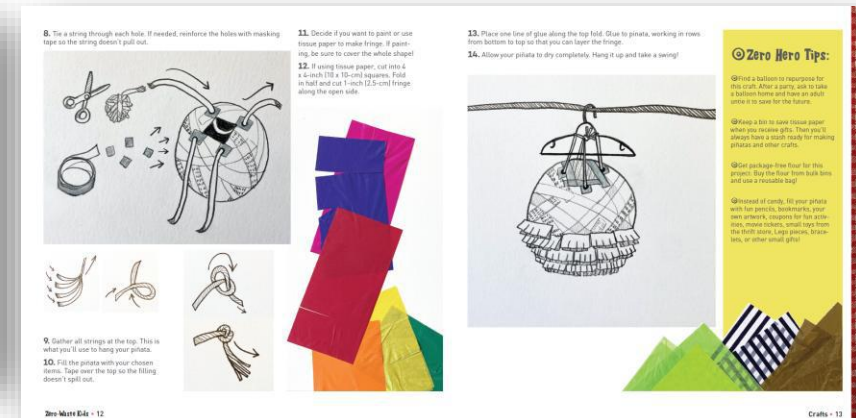
Extent: 128 pages

TPS (h x w): 216 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ts2qr5pdi3actnv3t2pyiuzs7og9n0r5>





DRAWING WORKSHOP FOR KIDS

- A child-led, adult-supported approach to exploring drawing materials and process to foster self-directed imaginative play, experimentation, and discovery, with over 25 projects.
- Author Samara Caughey has a solid reputation among key influencers in the Emilia-Reggio and other child-led educational communities.
- Resources for art educators, parents, teachers, and caregivers looking for an alternative to the rigid, conservative idea of "realistic" drawing projects for kids



Wordcount: 14,951 words

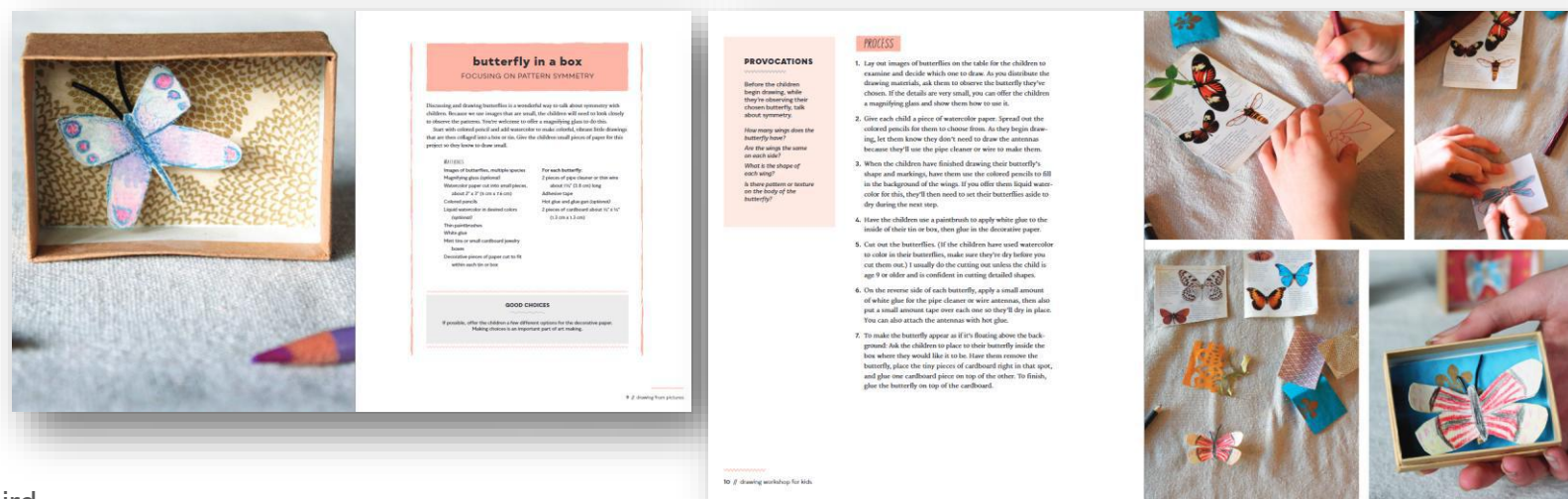
Extent: 144 pages

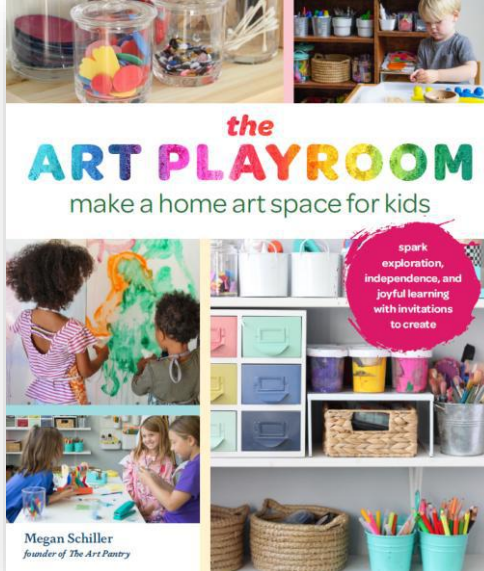
TPS (h x w): 254 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/0sagutgm2p4hy7teit4ltjn15m9ymird>





THE ART PLAYROOM

- An open set up of art supplies encourages creativity in children. Why not have one at home? Build a functional, easy to clean and minimal art space for children of a variety of ages
- This creative workshop offers 60 home-based activities including artistic works, making toys, self-sufficiency and science projects, and collaborative activities with siblings or friends
- Inspired by Reggio and Montessori methods, based on skills and ages for children from 2 to 10 years-old

Wordcount: 21,672 words

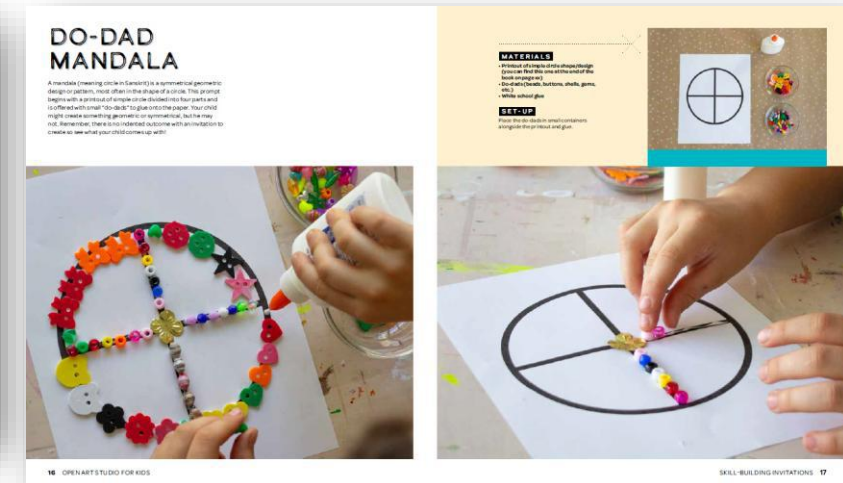
Extent: 144 pages

TPS (h x w): 254 mm x 216 mm

Translation files available

Link to material:

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QUARRY



PRETEND PLAY WORKSHOP FOR KIDS

- Enrich children's lives with fun, home-made 'pretend play'
- 12 rich play set ups for classic play experiences such as doctor, hair salon, detective, space station or art museum games, for 3- to 7-year-old children
- Build and play: includes a host of fun ideas as well as easy-to-make craft projects to create imaginative scenarios together with the children
- Ties in with modern educational principles, offering a perfect alternative to screentime that boosts emotional learning, STEM as well as fine motor skills
- Authors have 123k followers on Instagram

Wordcount: 35,029 words

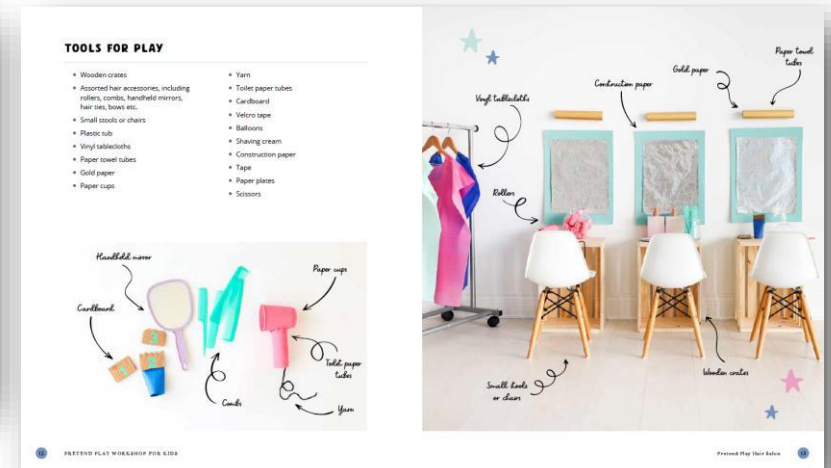
Extent: 144 pages

TPS (h x w): 254 mm x 216 mm

Translation files available

Link to material:

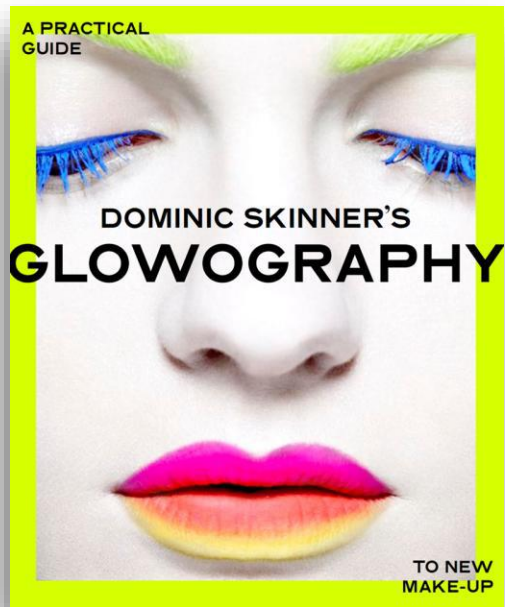
<https://quarto.box.com/s/f3y480dinwupprugwnrl79bkhpbkj7b>



QUARRY

Q.

BEAUTY



Glowography

- Written by one of the world's leading make-up artists and BBC Three *Glow Up* judge Dominic Skinner
- In his book, Dominic introduces his philosophy: break the rules, go wild, and stick a finger up at convention
- Masterclass in creativity and flair, starting by letting the reader experiment, then teaching makeup theory and finally, showing them how to develop their techniques

Wordcount: approx. 40,000 words

Extent: 240 pages

TPS (h x w): 235 mm x 193 mm

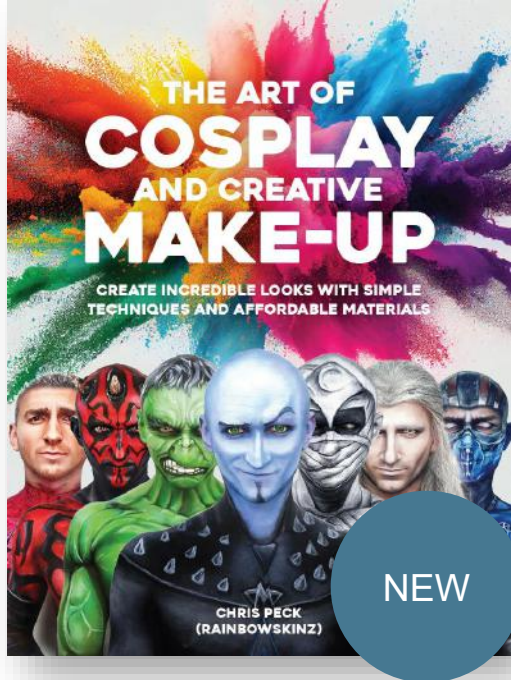
Translation files available

Link to material:

<https://quarto.box.com/s/b1vu82sfjb23hg7qx7d0qgh3yvtevy13>



WHITE
LION



THE ART OF COSPLAY AND CREATIVE MAKEUP

- Teaches the essential techniques readers will need to create an infinite number of extraordinary looks, for attendees of comic, anime, sci-fi and other cons and Halloween party goers
- A unique take on the trending phenomenon of cosplay that focuses on makeup instead of just looking at costumes
- Includes QR codes that link video tutorials that further clarify the techniques being used as well as an entire section dedicated to coach readers on how to become a social media content creator
- The author is a very popular social media cosplay makeup star, currently 2.9 million followers on TikTok and 731K subscribers on YouTube (@RainbowSkinz)

Wordcount: approx. 25,000 words

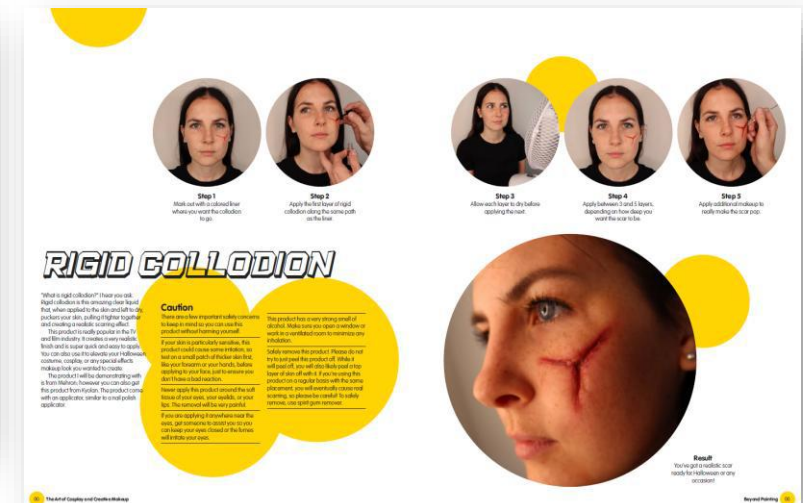
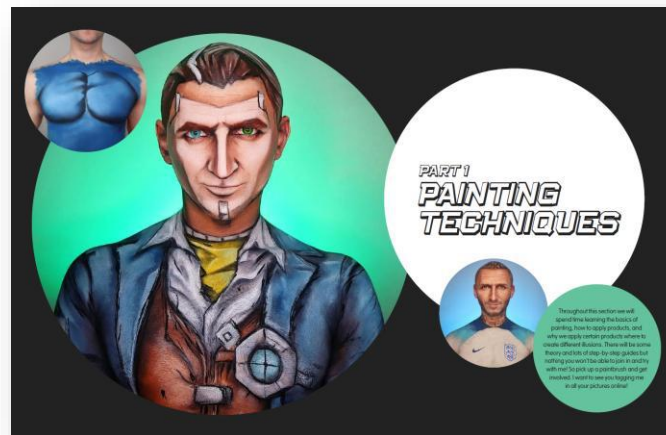
Extent: 144 pages

TPS (h x w): 279 mm x 216 mm

Translation files available

Link to material:

<https://quarto.box.com/s/7w1arowti3c9tn3crccy2hyt68bgqlea>





DREAMY ANIME HAIR

- Channel your favourite anime characters via 35 anime-inspired hairstyles with easy step-by-step tutorials
- Includes tools and techniques to embody iconic anime hairstyles, as well as information about the characters and movies
- Each tutorial has step-by-step illustrations and a photograph of the final style
- Features Nurse Joy (*Pokemon*), Sophie (*Howl's Moving Castle*), Himiko Toga (*My Hero Academia*) and Cerecere (*Sailor Moon*) amongst others

Wordcount: 12,073 words

Extent: 160 pages

TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

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THE HAIRSTYLE DIRECTORY series

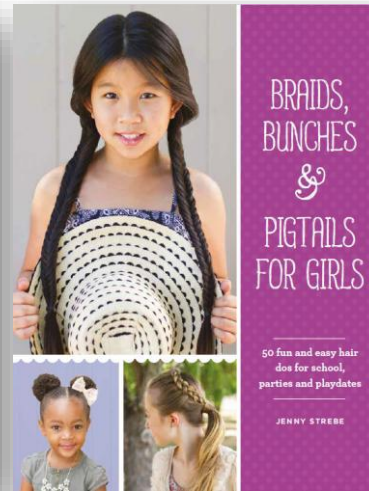
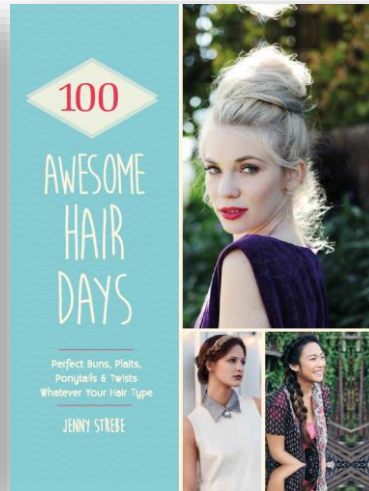
Wordcount: 15,000 – 35,000 words

Extent: approx. 128 – 192 pages

TPS (h x w): 228mm x 179mm

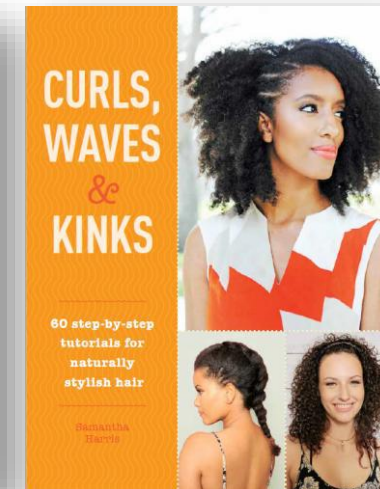
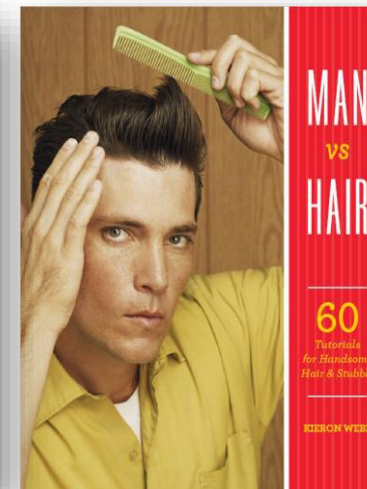


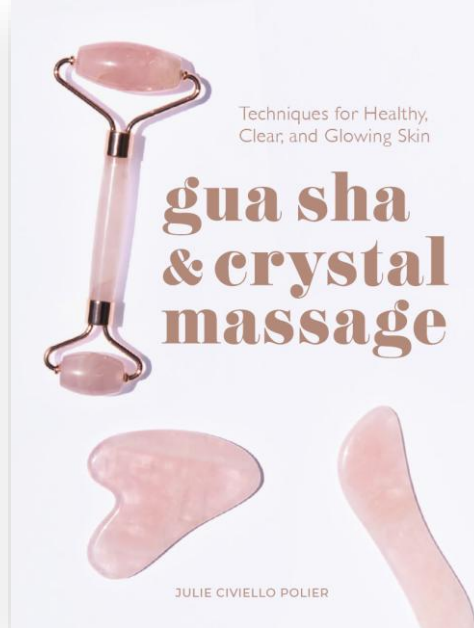
BRIGHT PRESS



Over
700,000
copies
sold!

Click on each cover to access the material!





GUA SHA & CRYSTAL MASSAGE [CRYSTAL GLOW]

- An empowering facial massage guidebook to discover Gua Sha and crystal massage techniques for healthier and younger skin
- Gua Sha is becoming a trend in the beauty industry - hashtag #guasha currently has more than 500 million views on TikTok
- Not only an introduction to the tools, the how, when and where to use them, but also an entirely illustrated guide going into the details of the different techniques and the proper routine for each individual
- Crystals and facial massage and yoga both remain growing trends

Wordcount: 21,827 words

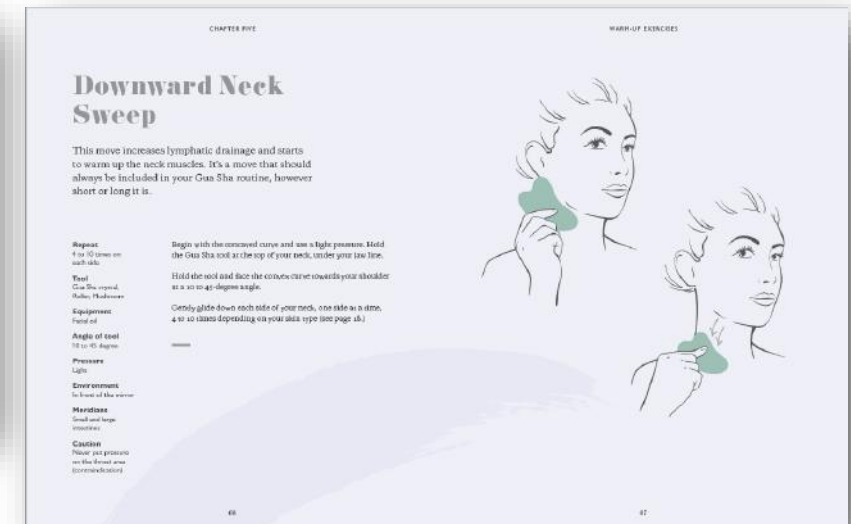
Extent: 144 pages

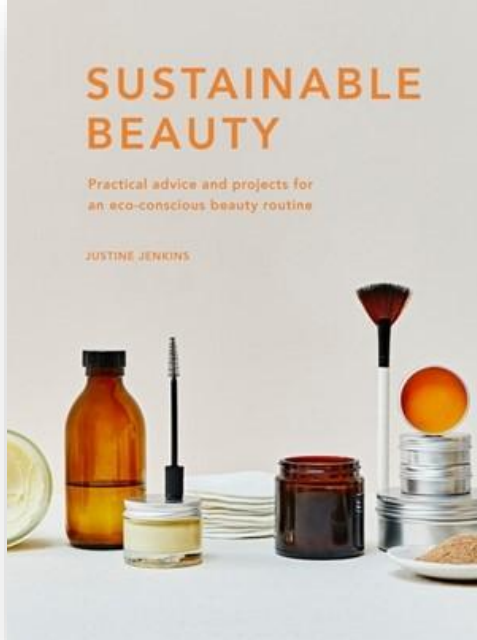
TPS (h x w): 224 mm x 164 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zp9hbc4eyqvksko9i92rj954dmkqb7q8>





SUSTAINABLE BEAUTY

- The guide to making your own cosmetics and skin care products, reading labels properly, and more...
- Includes 20 practical projects
- There are thousands of products claiming to be better for the environment and your skin, but they also come with a hefty price tag. This book provides the small steps everyone can take to make a big difference at home

Wordcount: 39,500 words

Extent: 160 pages

TPS (h x w): 230 mm x 170mm

Translation files available

Link to material:

<https://quarto.box.com/s/n95cpica6wzhqj5ip80z2eo3m0rkzvpn>





ALL-NATURAL PERFUME MAKING

- Master your own custom perfume blends with ingredients to benefit your mind, body, and emotions!
- Perfect for the beginner who wants to create their own signature scent without the use of harsh chemicals
- Create your own unique signature scent by experimenting with top, middle, and base notes
- Provides a solid understanding of the techniques involved in blending natural scents

Wordcount: 16,108 words

Extent: 128 pages

TPS (h x w): 229 mm x 178 mm

Translation files available

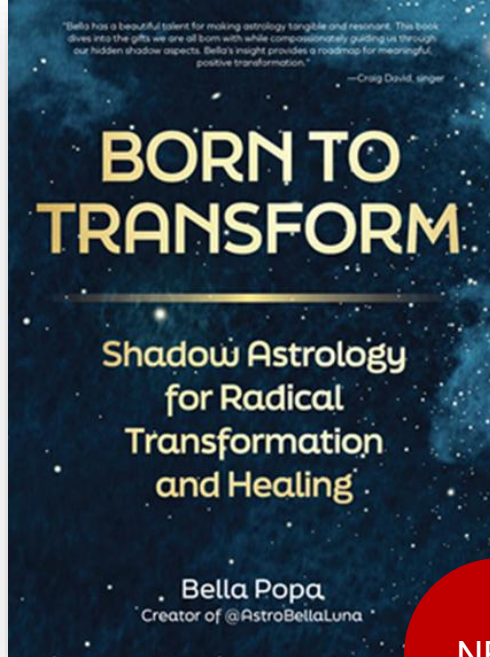
Link to material:

<https://quarto.box.com/s/cc91cu1o10akzop2yqlh9r6yy1t2l1pa>



Q.

ASTROLOGY



NEW

BORN TO TRANSFORM

- Helps readers transform their greatest challenges into their greatest gifts by unlocking the hidden power of Shadow traits within their birth chart
- Taps into current views on Astrology by framing it not as various signs with a collection of personality traits, but rather a tool for personal self-actualisation
- Brings together trendy Astrology and bestselling Shadow Work
- By popular astrologer Bella Popa of *Astro Bella Luna*

Wordcount: 79,204 words

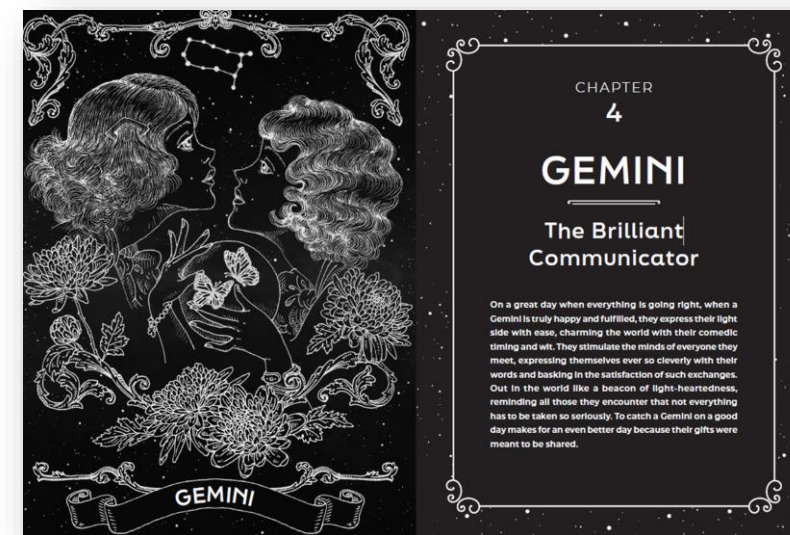
Extent: 224 pages

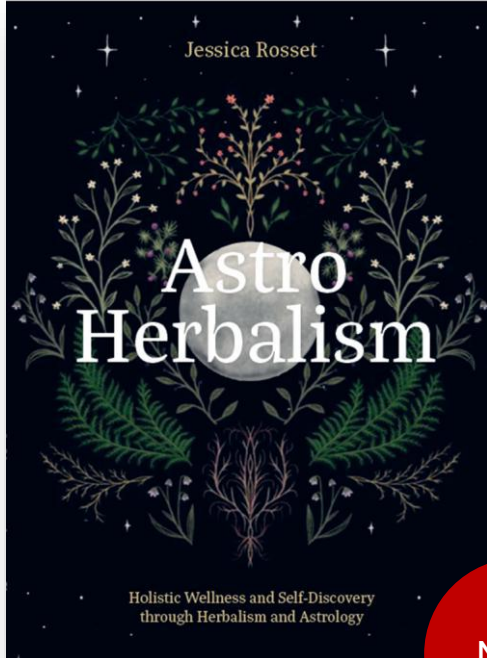
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/97qnu1uuia2tj82ajobib8jn914eis7>





NEW

ASTRO HERBALISM

- A complete guide to understand and utilize the intricate connections between planetary energies, astrological signs, and herbal remedies, bringing together the mind and the body
- Offers a practical tool for self-care and ritual in the modern age by blending ancient wisdom with contemporary practices
- An intuitive structure with each chapter dedicated to a specific celestial body and its herbal connections – the Moon, the Sun and planets, including Pluto

Wordcount: approx. 25,000 words

Extent: 128 pages

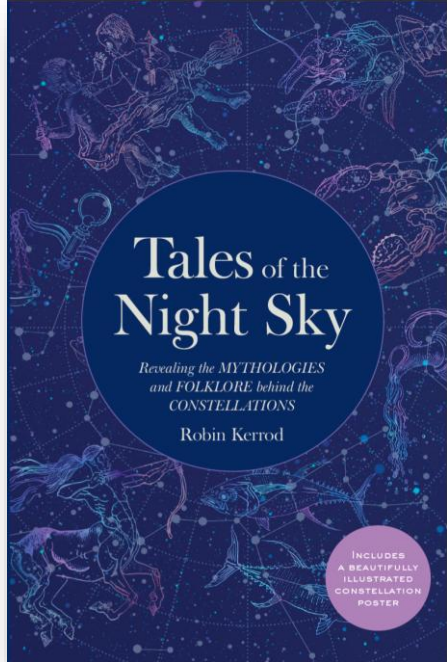
TPS (h x w): 224 mm x 164 mm

Translation files available

Link to material:

<https://quarto.box.com/s/kjnhov5zijosifucza9bbdhyrhqwq88jz>





TALES OF THE NIGHT SKY

- A book of classical knowledge, shining light on the mythological meaning, cultural significance, wisdom, and philosophy of 20 stellar patterns
- Combining art, mythology, and science, this book tells a unique and fascinating story of gods and goddesses, mythical creatures, ancient cultures, and groundbreaking scientific discoveries.
- Includes an optional landscape poster charting some of the best-known constellations of the night sky into a handy reference map

Wordcount: 24,519 words

Extent: 128 pages

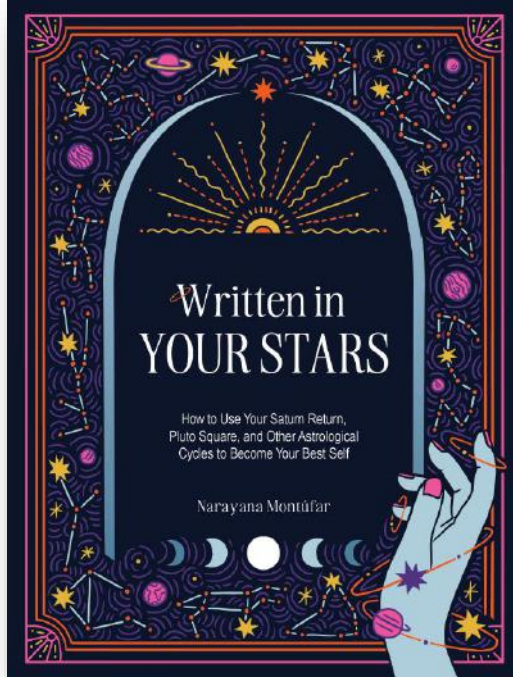
TPS (h x w): 235 mm x 156 mm

Translation files available

Link to material:

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WRITTEN IN YOUR STARS

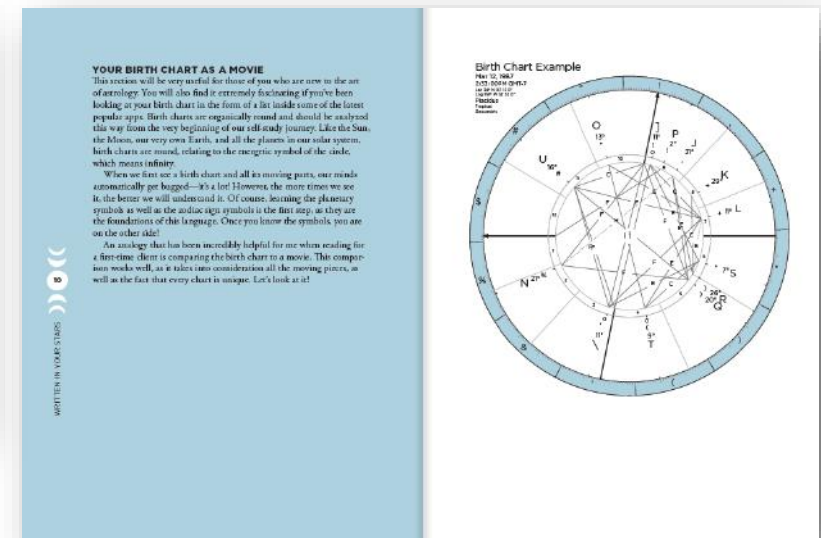
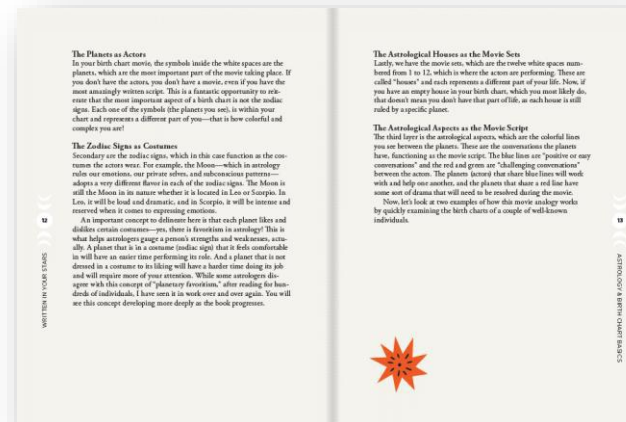
- The ultimate accessible guidebook for navigating planetary cycles, and their corresponding life events and transitions
- Using their age as reference, readers will learn and grow from the lessons and opportunities of their past, current, and upcoming planetary cycles
- Interest in planetary cycles is going mainstream thanks to astrology influencers on Instagram and TikTok

Wordcount: approx. 50,000 words

Extent: 192 pages

TPS (h x w): 195 mm x 145 mm

Translation files available



Link to material:

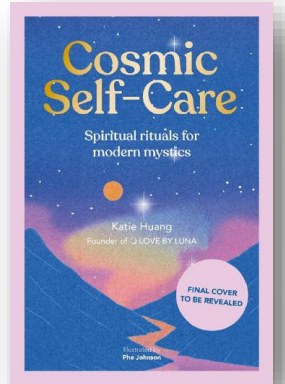
<https://quarto.box.com/s/zh2xzn24dg5ur3fjxzekw9ip2nofqc56>



PRACTICAL MOON MAGIC

- The ultimate beginner's guidebook to understanding the magic of the moon, lunar cycles, and the practical ways to harness their energy in your everyday life
- Aimed at moon newbies, discover the deeper meaning behind each lunar phase, her influence on your emotions, and how to tune into the moon's cycle to manifest and set your own intentions!
- By Katie Huang of Love By Luna (238,000 Instagram followers), this is a must-have package for the Gen Z and Millennial audience of 18–35-year-olds driving a booming mystical-driven pop culture

By the same author:

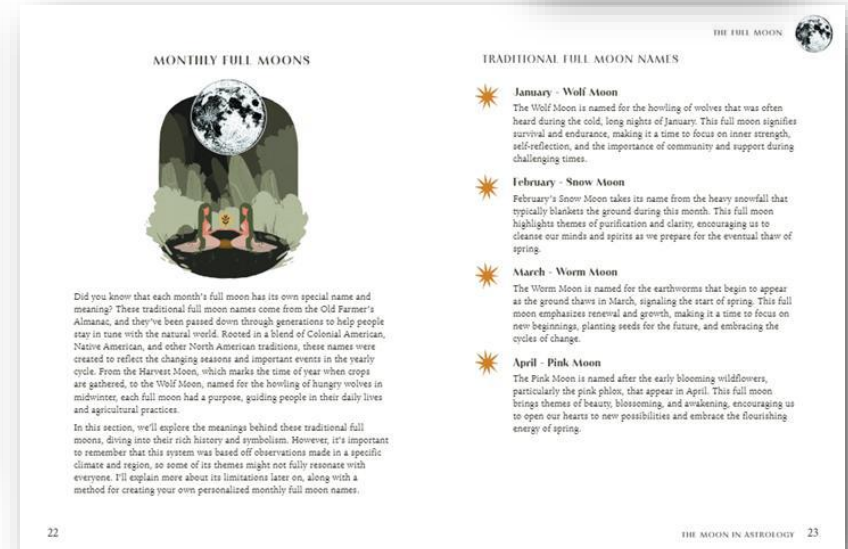


Wordcount: 26,000 words

Extent: 160 pages

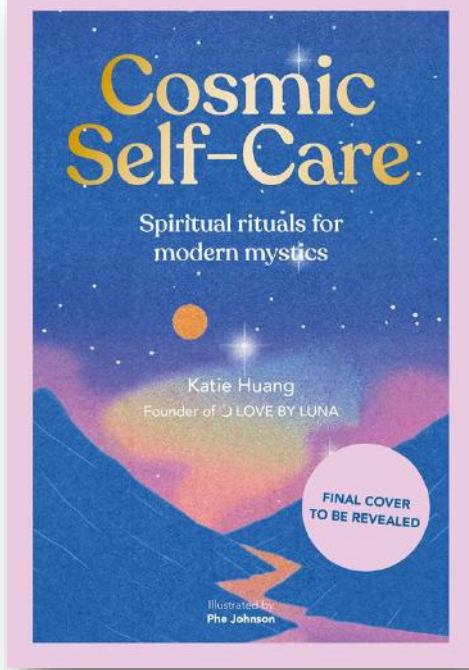
TPS (h x w): 201 mm x 151 mm

Translation files available



Link to material:

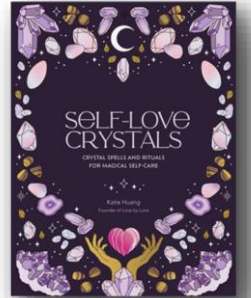
<https://quarto.box.com/s/8b94n168zj9p12jew8ef53r3hlf5c28w>



COSMIC SELF-CARE

- The ultimate feel-good guide for modern mystics, offering over 60 simple rituals drawn from astrology, tarot, moon phases, crystals and many other practices
- Discover tarot and oracle card spreads, manifestation mantras, crystal spells, affirmations, herbal bath rituals, chakra healing, mindful movement, advice from the spirit world, and much more in this go-to cosmic guide to self-care
- **Katie Huang** is the founder of **Love By Luna** (258k Instagram followers), a leading astrological lifestyle brand

Pairs well with:



Wordcount: approx. 30,000

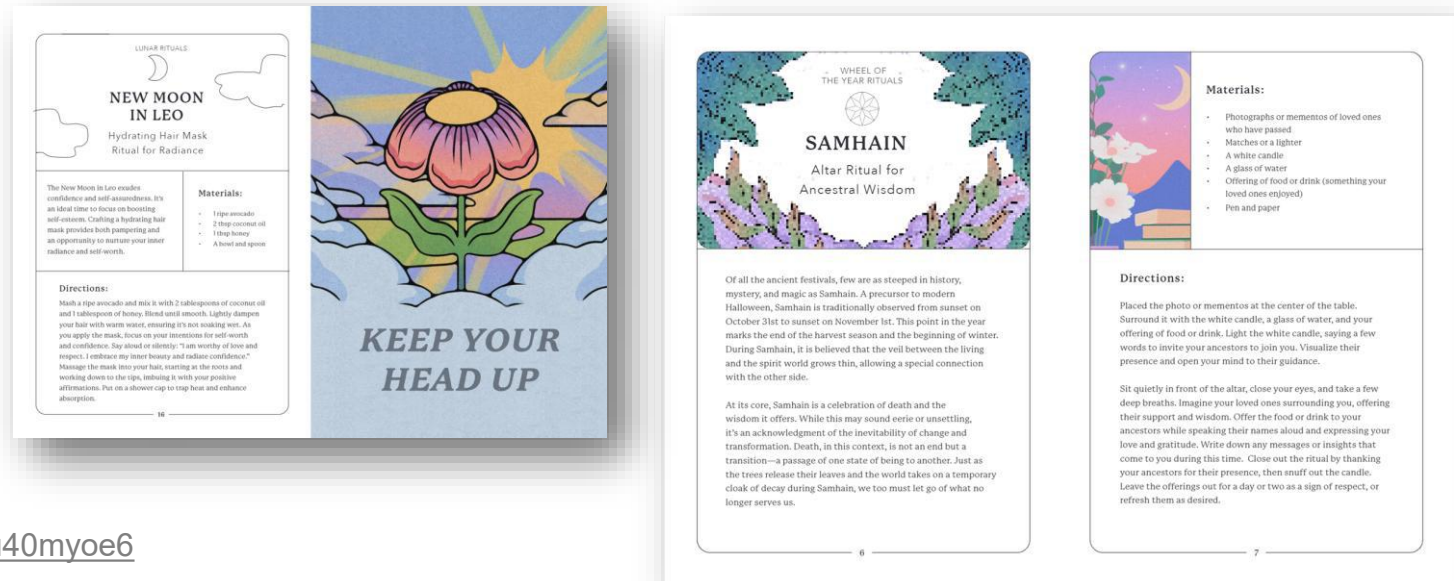
Extent: 196 pages

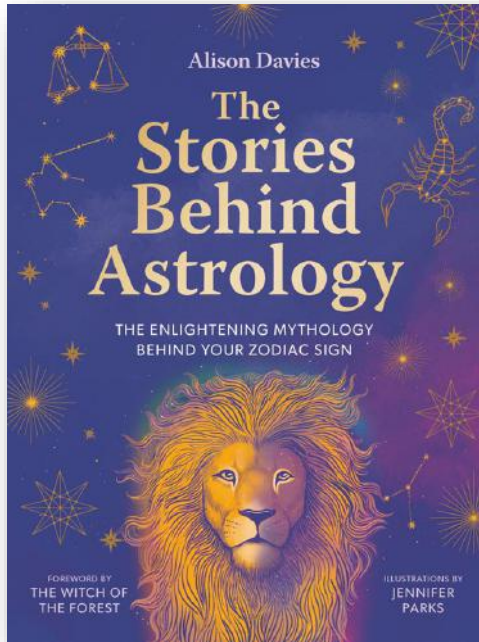
TPS (h x w): 190 mm x 130 mm

Translation files available

Link to material:

<https://quarto.box.com/s/yjsalhwgr4a5mcupo74qwyqmu40myoe6>





STORIES BEHIND ASTROLOGY

- A fun book for astrology lovers that explores the often forgotten, but always fascinating mythology behind the star signs – crucial for the in-depth understanding of astrological archetypes and symbolism
- A pop culture take on astrology that will stand out in a crowded market, as astrology spreads like wildfire on Instagram and TikTok
- With rituals and affirmations included alongside each entry, discover the story behind your zodiac sign and channel the energy of every sign to live your best life
- Written by Alison Davies, a professional storyteller and astrologer, with a foreword by bestselling author The Witch of the Forest

Wordcount: approx. 50,000 words

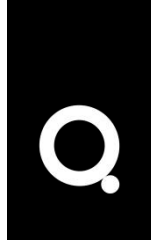
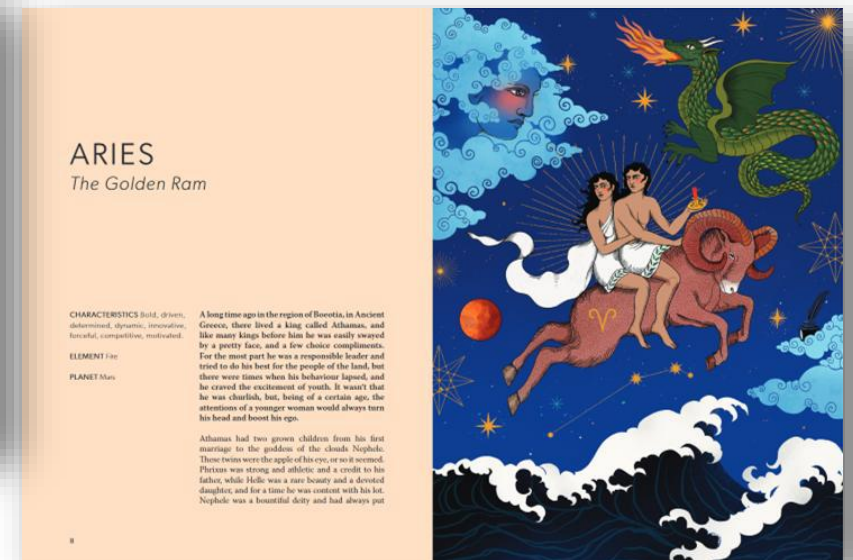
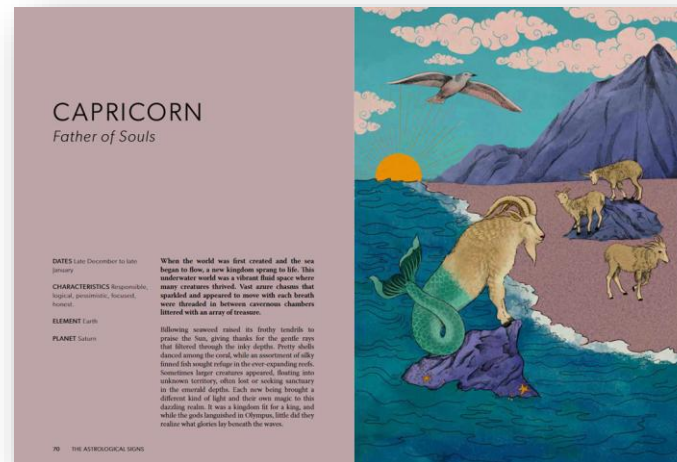
Extent: 176 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/e2t3um6yboupw7vmri5rbu5gb7spdwwd>



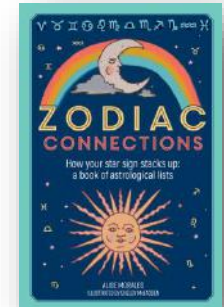
LEAPING
HARE



STUFF YOUR ASTROLOGER SHOULD HAVE TOLD YOU

- The astrological guide that explores the dark side of each sign, diving into pet peeves, negative traits, and the types of people you should avoid (and be avoided by) at all costs
- An honest, sharp and funny exploration of the signs in six ways: Personality, In Love, At Work, At Home, Dark Feminine, and Dark Masculine
- The highly Instagrammable pages and beautiful artwork make it the perfect gift for the new generation of astrology enthusiasts!

From the same author:



Wordcount: approx. 40,000 words

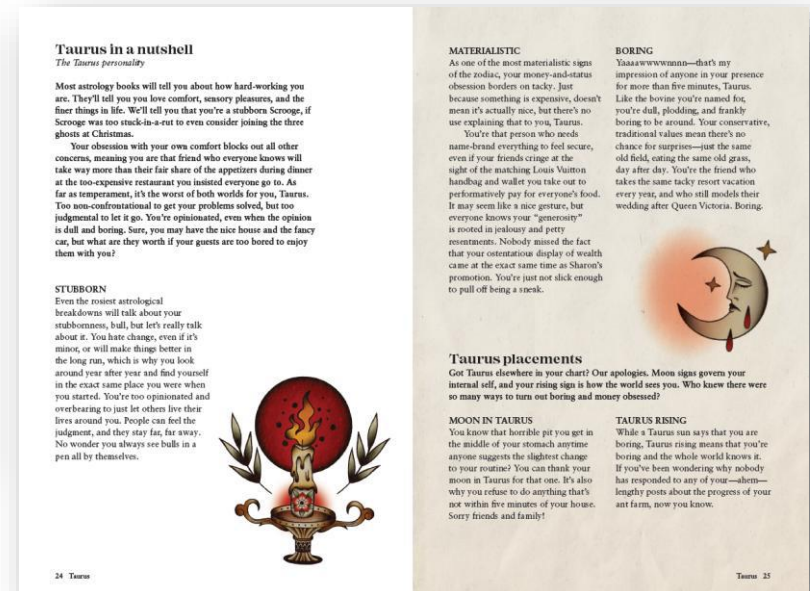
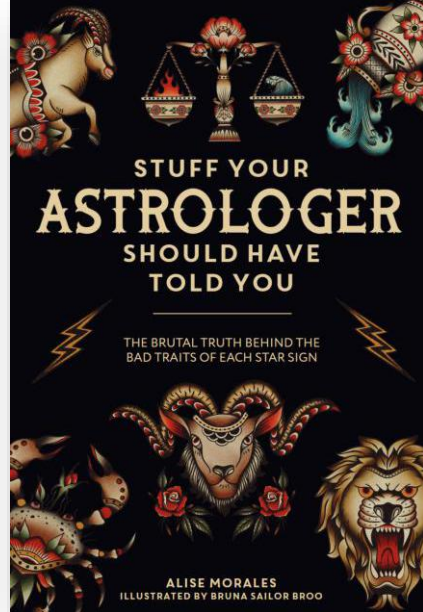
Extent: 160 pages

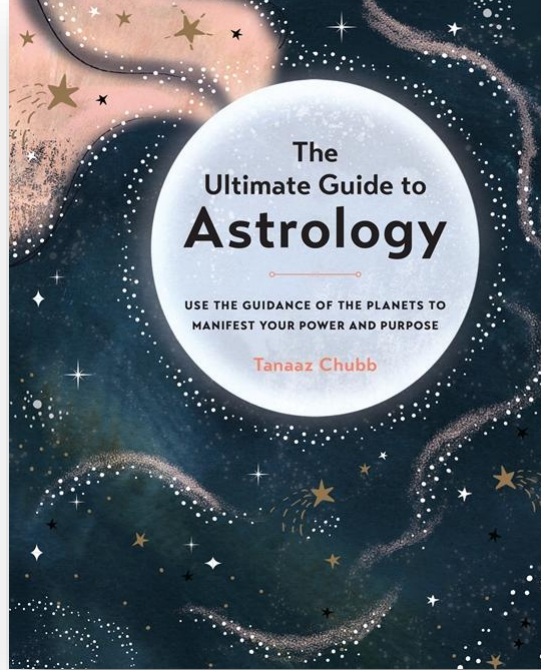
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zdsi6yn7vfq5thb99ywg04sqbp2g1y5g>





THE ULTIMATE GUIDE TO ASTROLOGY

- Leading astrologer and Instagram star Tanaaz Chubb (@foreverconscious) presents a modern and accessible approach to astrology with emphasis on the signs and the planets.
- The author has become a go-to authority for astrological information. She has 340k+ Instagram followers and her posts get extremely high engagement. She has been quoted in *Elle* and *Forbes* and she receives 500k readers to her website each month.

Wordcount: 53,711 words

Extent: 176 pages

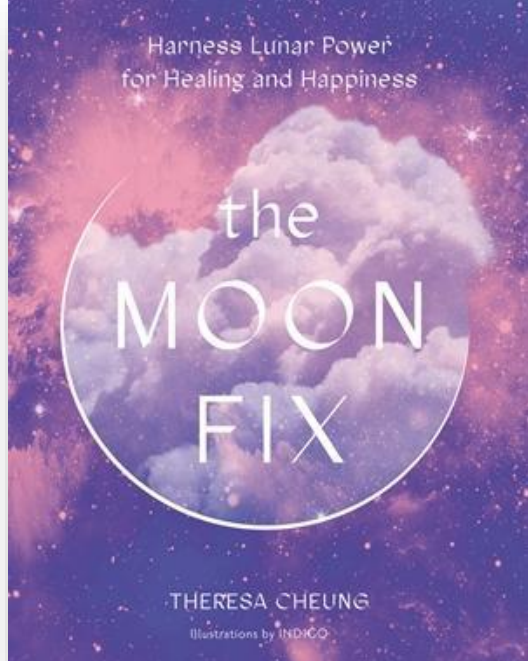
TPS (h x w): 203 mm x 254 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ylgf1mhkw357u053kltyapo4oligr4m1>





THE MOON FIX

- Best-selling moon and astrology author Theresa Cheung (160k Facebook followers) presents a contemporary moon guide for the modern mystic
- Astrology and moon power is one of the fastest growing trends amongst millennials looking for answers in a new era of uncertainty
- This essential self care bible is filled with evocative illustrations and offers over 48 practical moon fixes following the different moon phases. Align yourself with the universe and connect with the changing cycles to live a more fulfilling life

Wordcount: 26,000 words

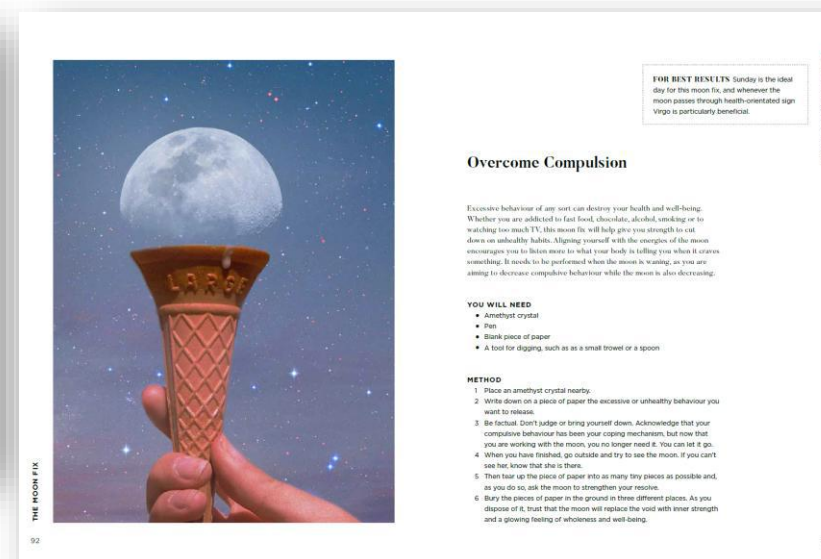
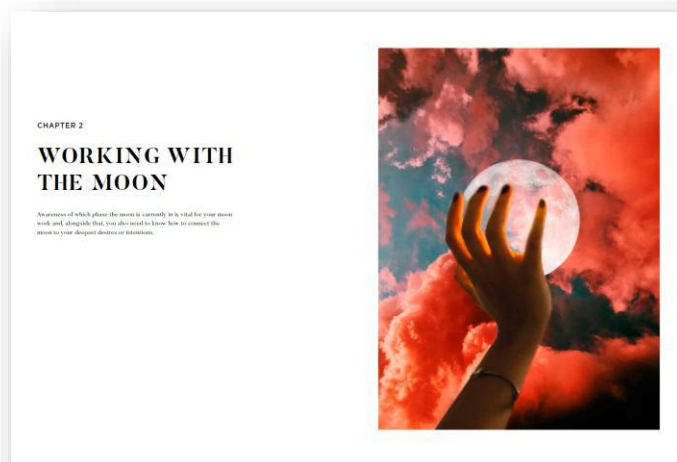
Extent: 176 pages

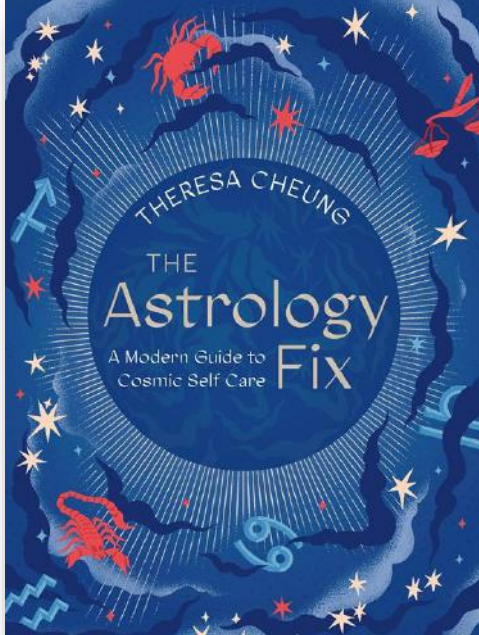
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/gmh0qfxlfno1y9ainzugtuhmq7in88im>





THE ASTROLOGY FIX

- Best-selling dreams and astrology author Theresa Cheung (160k Facebook followers) presents a contemporary astrology guide for the modern mystic
- Astrology is one of the fastest growing trends amongst millennials looking for answers in a new era of uncertainty
- This essential self care bible is filled with dreamy illustrations and offers over 50 practical astrological fixes to transform your emotional, physical and spiritual life

Wordcount: 22,000 words

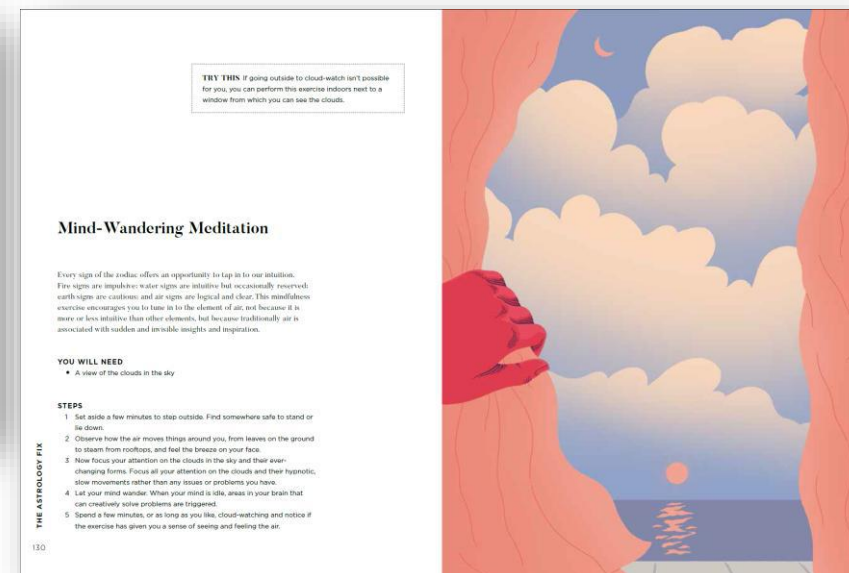
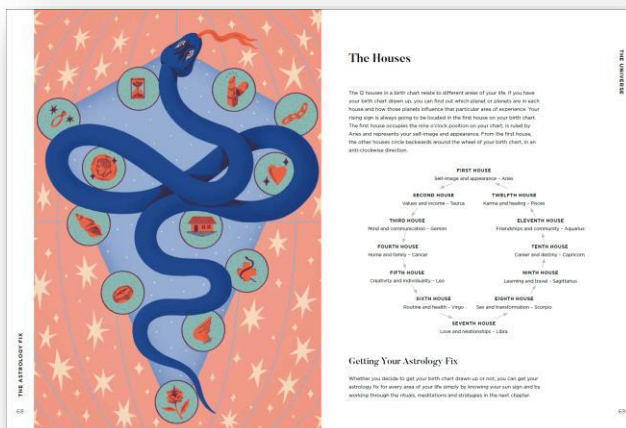
Extent: 176 pages

TPS (h x w): 230 mm x 170 mm

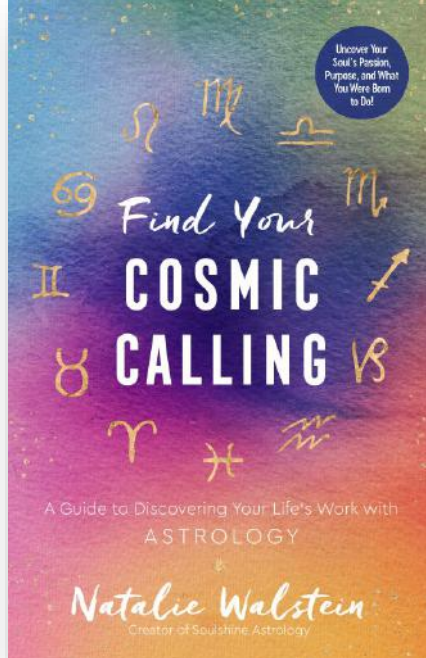
Translation files available

Link to material:

<https://quarto.box.com/s/b7nd9f5epn45ai4ktw2s6ob96atkfsnc>



WHITE
LION



FIND YOUR COSMIC CALLING

- The perfect astrological guide to harnessing your potential and finding your purpose in the world
- Astro-coaching is a huge & growing trend, helping people gain a deeper understanding of their best skills and ideal life and career path by decoding planetary relationships in their birth chart and uncovering their soul-level motivations
- Author Natalie Waldman (@Soulshine Astrology) runs her own career astrology business and has helped hundreds of people around the world to uncover what they were truly born to do
- Excellent Amazon reviews

Wordcount: 39,172 words

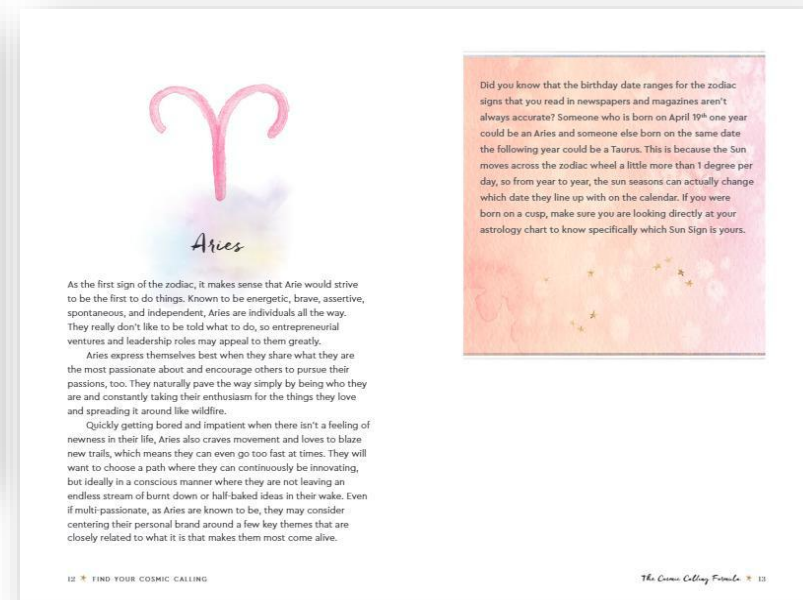
Extent: 192 pages

TPS (h x w): 210 mm x 133 mm

Translation files available

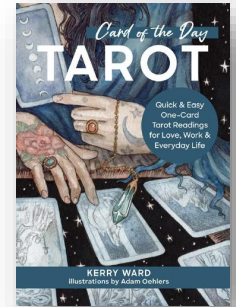
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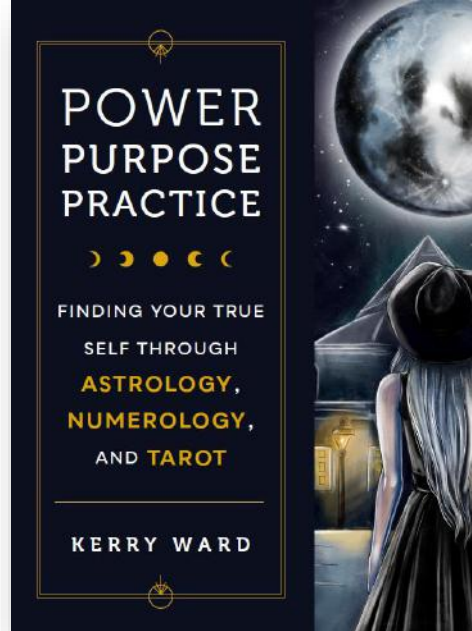


Pairs perfectly with:



POWER, PURPOSE, PRACTICE

- Combines astrology, tarot and numerology to help the reader discover their unique life path
- An in-demand, young and gifty approach to self-discovery and self-care
- By well respected tarot expert Kerry Ward, author of other bestsellers and columnist for *Cosmopolitan* and other magazines
- Illustrations by Ukrainian (and still Kyiv-based!) artist Nata Vedana, who also contributed to the *Complete Grimoire* and *Path of the Witch*



Wordcount: 33,231 words

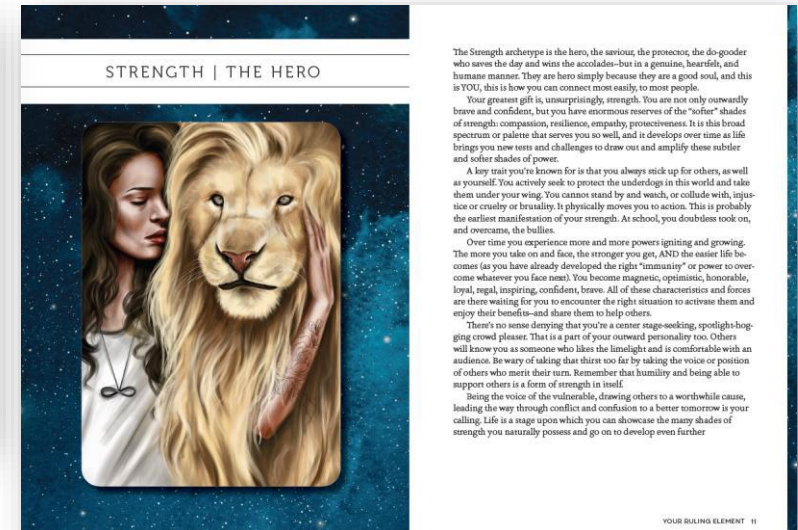
Extent: 160 pages

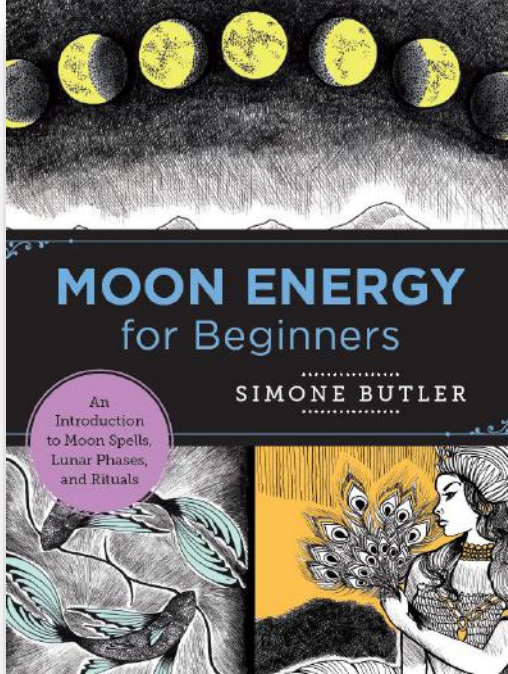
TPS (h x w): 190 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/0iursxef7amfnu7d4llm4uitc5yv9o3g>





MOON ENERGY FOR BEGINNERS

- An empowering book on connecting with the Moon – learn about lunar phases and how to use the Moon's power in each zodiacal sign via spells and rituals
- Offers accessible guidance on how to read and act on the 12 lunar astrological signs and cycles
- Explores the feminine powers and lunar energy of each moon sign through intuition, emotion, sexuality, karmic path, links with ancient goddesses and sacred animals, as well as activities and rituals

Wordcount: 48,810 words

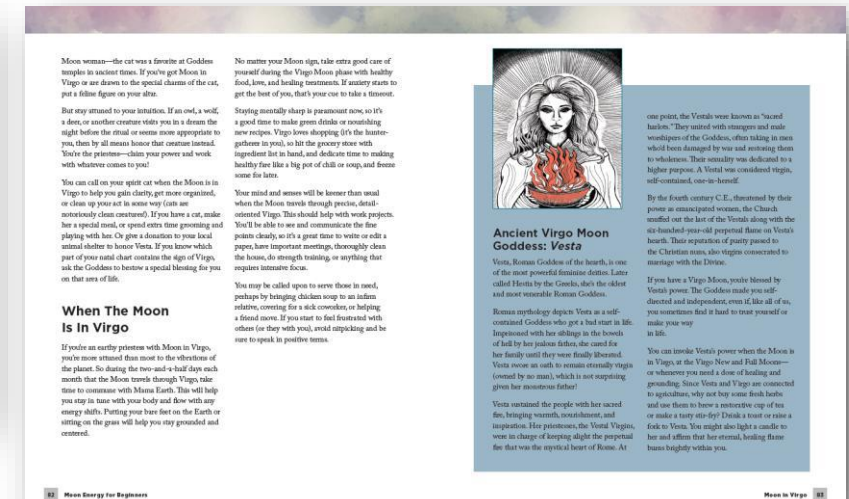
Extent: 160 pages

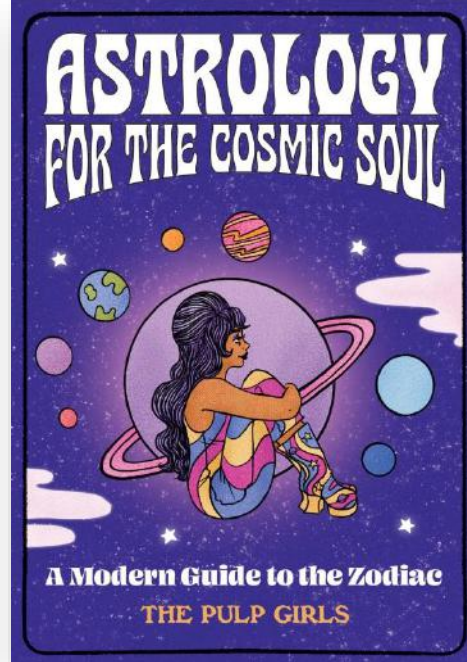
TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/5fzxhtdc5u9zzpvbnixlal1gta3l3yx0>





ASTROLOGY FOR THE COSMIC SOUL

- A beginner's astrology book in a sassy, contemporary style - matches a current subject to its main audience
- Covers all the basics of the 12 zodiac signs
- Illustrated by the *Pulp Girls* (who have 1.2 million Instagram followers and counting) for a 20-something audience to identify and fall in love with
- Small, giftable format and low wordcount

Wordcount: 30,312 words

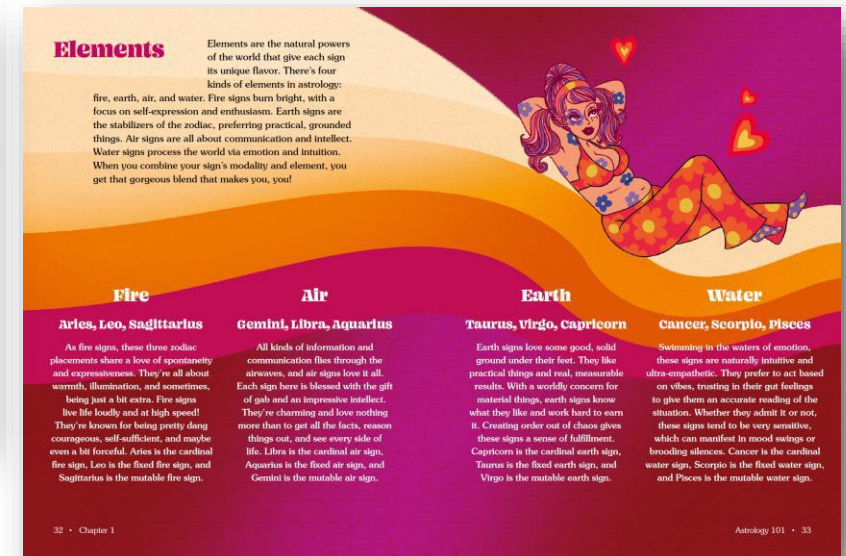
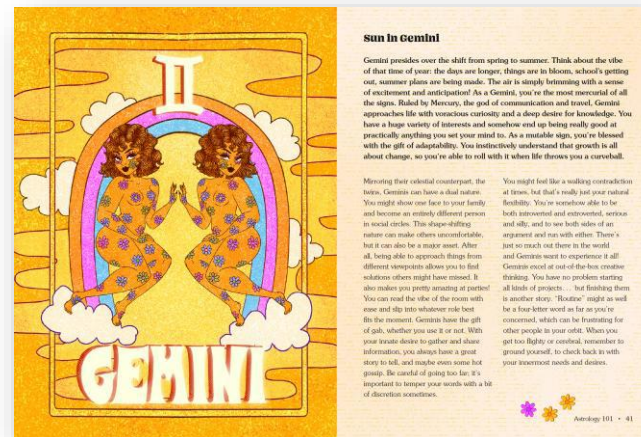
Extent: 192 pages

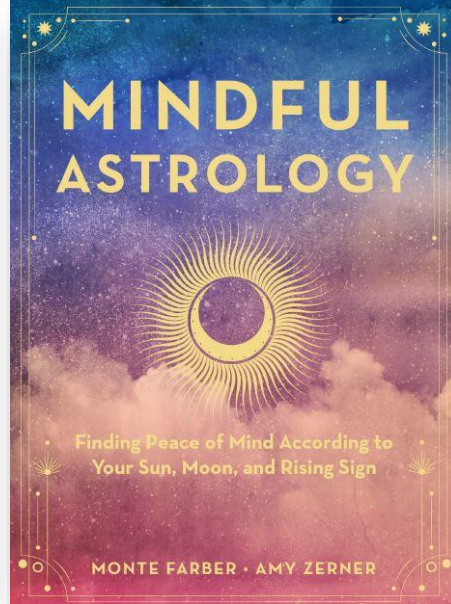
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/d9fqzlmstl5mcyvdbh6gvlr9i50j65qa>





MINDFUL ASTROLOGY

- A beautiful book that shows readers how to interpret their birth astrology charts and how to incorporate mindful practices – like meditation and mantras – in accordance with their sign
- Uniquely, it focuses on the 3 key elements of the natal chart (sun, moon and rising sign) to offer appropriate meditation techniques
- Star authors, with over 2 million books in print in 14 languages in total

Wordcount: 60,127 words

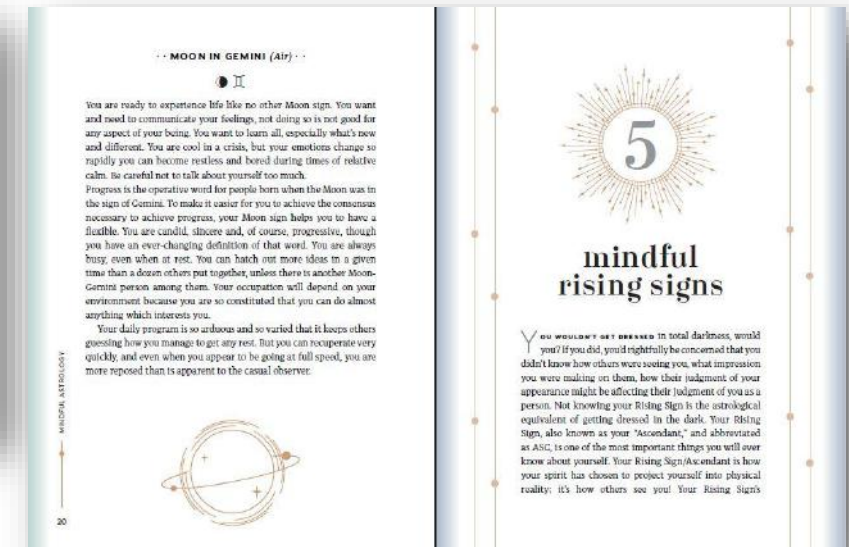
Extent: 208 pages

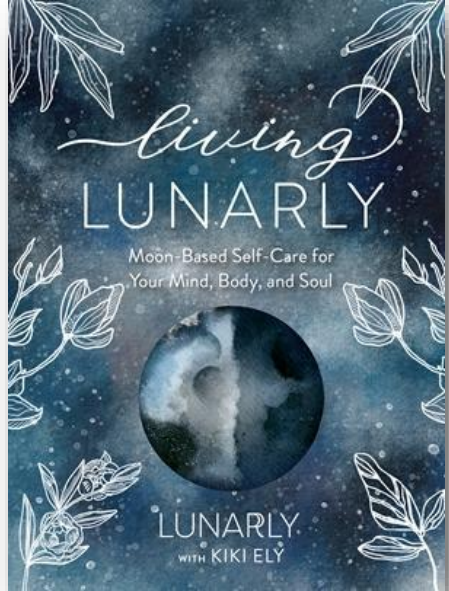
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/fxny7ozcu8xs2w33372iyhdxm0uvk27b>





LIVING LUNARLY

- Nature-inspired self-care practices rooted in the lunar cycle
- Find everything you need to craft unique, meaningful self-care rituals that bring you into closer harmony with nature
- The moon and astrology are of great interest to modern readers, and this book dives deep into the characteristics of each moon of the year, and each phase of the moon
- 140 excellent Amazon reviews!

Wordcount: 39,434 words

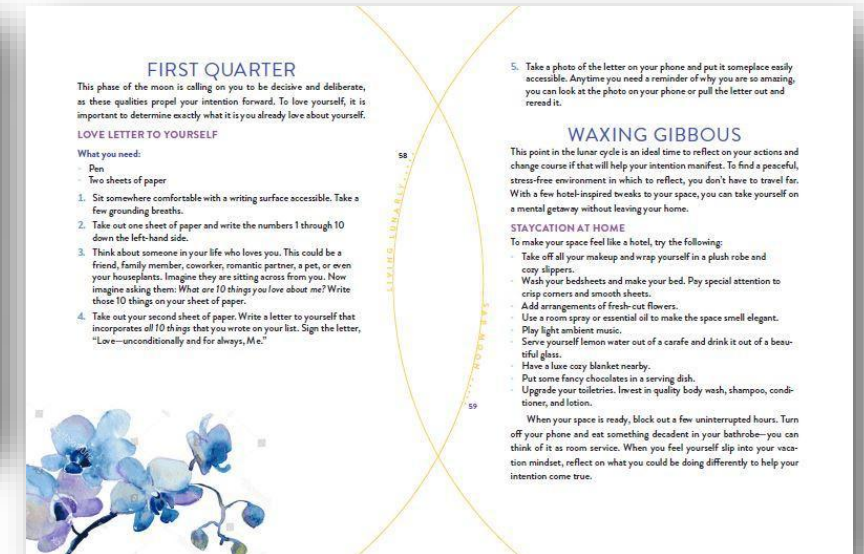
Extent: 208 pages

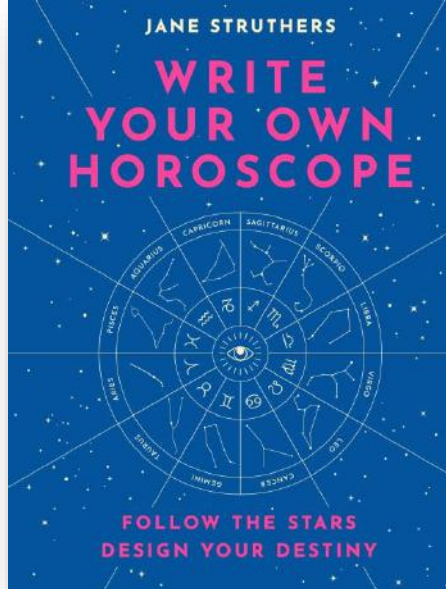
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/wbpa2a25bbwhwsb1pm6yx6ad3hwkr3f2>





WRITE YOUR OWN HOROSCOPE

- A detailed, hard-working, empowering guide to make and read your own birth chart. Get more accurate and nuanced answers than a stranger or an app could offer!
- Astrology and horoscopes are now a feature of every magazine and website, the foundation to a new boom in meme culture (VICE) and increasingly popular online: #horoscope(s) has almost 4M tags on Instagram alone
- Bestselling author Jane Struthers is resident astrologer for *Bella* magazine

Wordcount: 40,000 words

Extent: 192 pages

TPS (h x w): 189 mm x 139 mm

Translation files available

Link to material:

<https://quarto.box.com/s/7owjjgp9f8b8w5z7pj2241c12e6jz3vz>



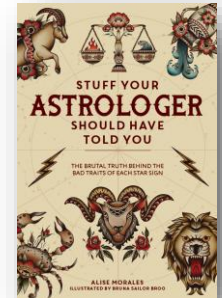
WRITE YOUR OWN HOROSCOPE				CHAPTER NAME			
VENUS IN	YOU NEED	IDEAL PARTNER	CONTROL YOUR	VENUS IN	YOU NEED	IDEAL PARTNER	CONTROL YOUR
ARIES	Passion, excitement, the thrill of the chase, a new conquest if things get boring	Spontaneous, sexy, loving, knows how to keep you entertained and balanced	Tendency to get yourself lost emotionally	LIBRA	To know yourself in close relationships, to be one half of a couple, to seek up compliments	Loving, serene, sensitive, attentive, well-grounded, considerate	Need to be in love with love, breaking up and partners on fully pedantic, reluctance to end a relationship because you don't want to be alone
Taurus	Emotional security, a safe haven, meaningful long-term commitment	Dependable, steady, loyal, sensual and affectionate	Tendency to growlistless and stubbornness	SCORPIO	Emotional intensity, to feel needed and wanted, passion and sexual fire to be transformed by love and sex	Someone who can't be bored by your intensity and powerful emotions	Anxiety and suspicion, need to control the relationship
GEMINI	Light-hearted love, excitement and a challenge, the freedom to do your own thing when you wish	Quick-witted, lively, your statistics match, easy-going	Flirts with others, if it opens your partner's emotional window	SAGITTARIUS	Emotional independence, you can't have to feel your wings are being clipped, love and support	Funny, generous, optimistic, interested in everything that life has to offer, clever and bold	Need to disengage when the love starts to feel like a cage
CANCER	To feel loved and needed, stable, emotional stability, someone to love and nurture	Nurturing, kind, understanding when you get moody, lovely	Tendency to talk or get moody when you feel rejected, tendency to soothe love	CAPRICORN	Respect from your partner, especially if you've made mistakes or have failed, to provide for your partner if necessary	Understands your need to withdraw emotionally, encourages you to be more demonstrative and openly affectionate	Chilly attitude to love whenever you feel rejected or suspect of rejection
LEO	To be appreciated and admired, to let your love flow freely to show your support and loyalty	Someone you can be proud of, loving, generous, encouraging, a good audience	Blissful, need for drama and to be centre stage	AQUARIUS	Emotional freedom, without being too down or expected to be there in ways that don't come naturally to you	Intellectual, able to hold their own in discussion, appreciate your love of friends and isn't threatened by them	Emotional detachment if it seems a wedge between you and your partner, oblivious
VIRGO	Kindness and consideration, someone who'll listen to your worries, mental freedom	Relaxed, reassuring and stable, kind and tidy	Tendency to not pick and feel bad with your partner over the smallest things	PISCES	Compassion, gentle treatment, being understood, love, want love, someone who can advise and who advises you in return	Empathetic with you but encourages you to be strong when necessary, grounds you and makes you laugh	Emotions whenever they threaten to swamp you, longing for happy-ever-after romance



THE ZODIAC ALMANAC [ZODIAC CONNECTIONS]

- An astrology guide which gives insight into the characteristics of each sign: the fastest way to make an Aries mad at you, Leo's most endearing qualities, what makes your Pisces boss tick...
- Super trendy subject, great all-encompassing approach, impossible to miss design!
- Delightful bite-sized accessible text with a lively and fun approach
- Astrology is a hugely growing subject amongst the new generation

Next from this author:



Wordcount: 26,683 words

Extent: 160 pages

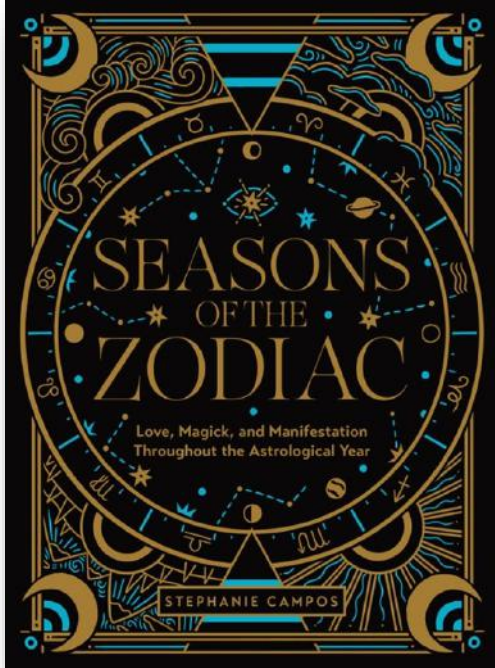
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/yp3pxjcpk6vcfnwia11pnqqb7z051x7s>





SEASONS OF THE ZODIAC

- An astrological guide to self-care, exploring the qualities, energies and magic of each zodiacal 'season' of the year
- Looks at zodiac signs throughout the year to understand how each season affects everyone universally, year by year – then offers rituals and self-care practices to best harness the energies
- Practical approach, aimed at a young audience
- Author Stephanie Campos is an astrologer, healer and witch who writes for *Cosmopolitan* and is often seen on TV

Wordcount: 38,365 words

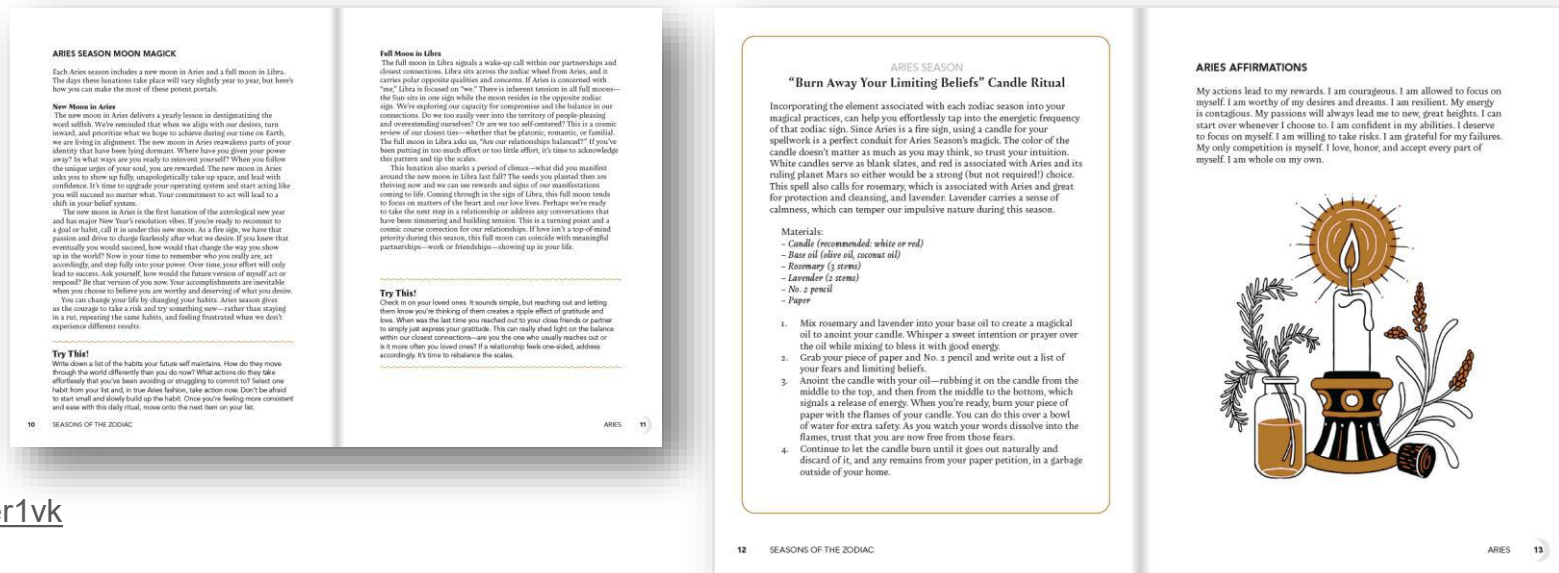
Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

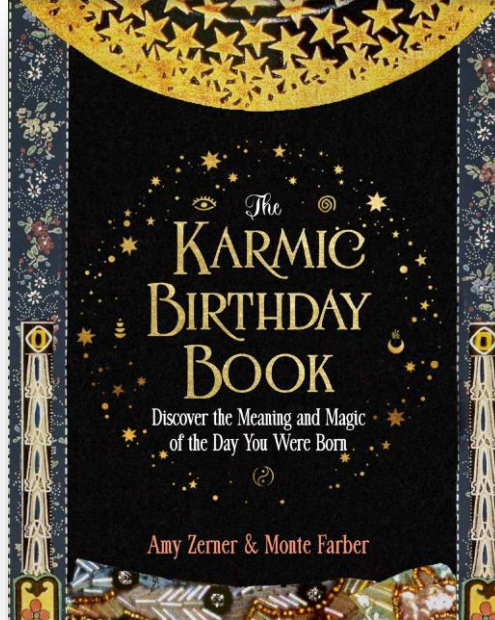
<https://quarto.box.com/s/xv7xa3ty1iwom2pz2mwbe8q4yb9er1vk>





THE KARMIC BIRTHDAY BOOK

- Unlocks the secret of the birth date to guide the reader along their true life-path, teaching a karmic lesson and opening the door to destiny.
- Deeply personal insights for all 366 possible birthdays.
- Interactive, with space to note friends, family and colleagues, and gain insight into their destiny.
- Famous (and infamous) people throughout history who share each birthday.



Wordcount: 168,437 words

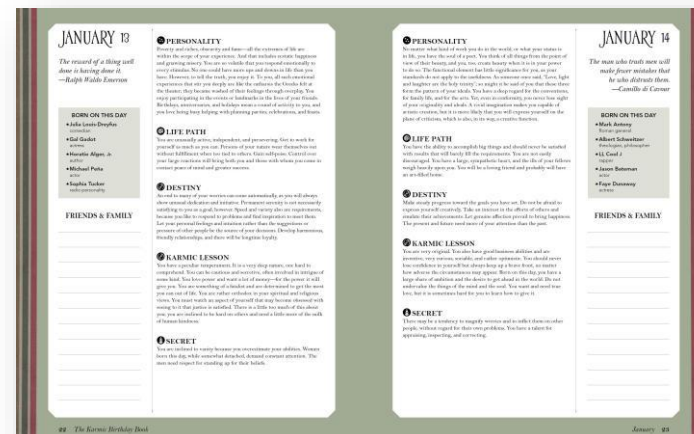
Extent: 392 pages

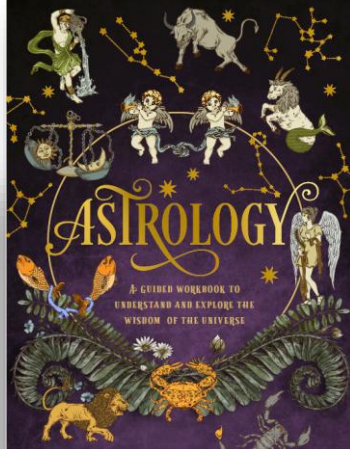
TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/och49fb4ydzr48pv6cx4wkjn4qblfge>





TAROT/ ASTROLOGY GUIDED WORKBOOK

- Tarot and astrology have now entered the mainstream, they are a must-know life skill and a wide trend
- Gain a thorough understanding of the basics, immerse yourself in their spiritual language, and apply the theories immediately with these practical, interactive workbooks
- A refreshing complement to the many esoteric reference books and tarot decks available
- The perfect design for the new generation of esoteric fans

Wordcount: approx. 16-23,000 words

Extent: 192 pages

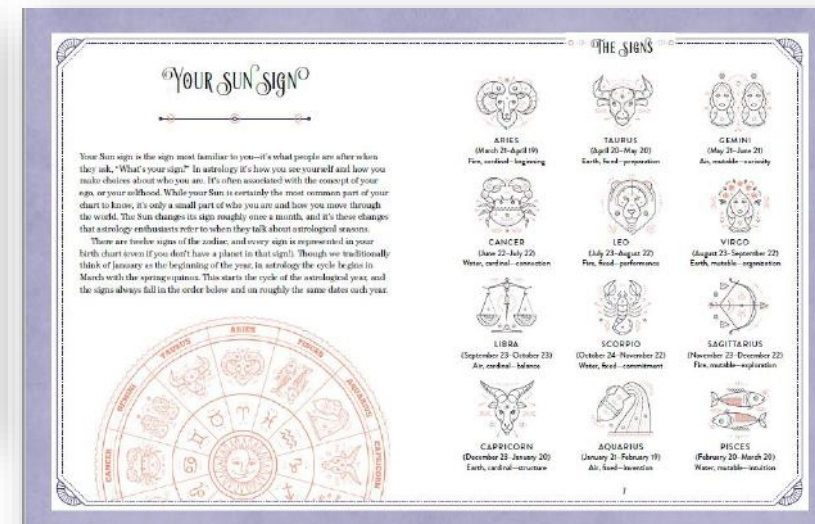
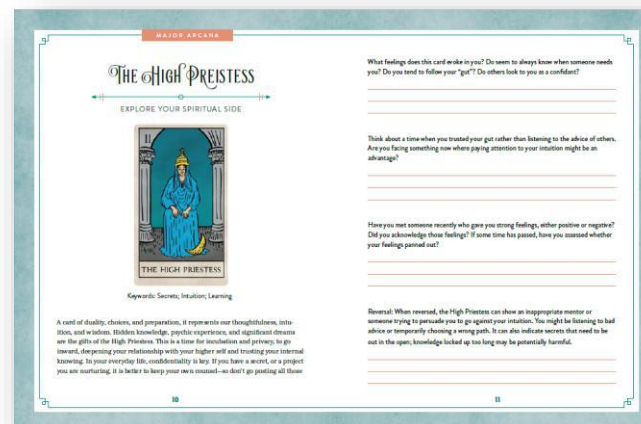
TPS (h x w): 210 mm x 160 mm

Translation files available

Links to material:

Tarot: <https://quarto.box.com/s/ytii77wcrgezgn9acexgcn1nginvya982>

Astrology: <https://quarto.box.com/s/fhti7b8qjrgp56vtjcbuljl2mwf02uqb>



Q.

KITS & DECKS



NEW

Wordcount: approx. 25,000 words

Extent: 128 pages

TPS (h x w): 137 mm x 86 mm

Translation files available: Feb-26

Links to material:

<https://quarto.box.com/s/90k2zrxhneupj9t5703w54i52a3733vv>

BAD WITCH TAROT DECK AND GUIDEBOOK

- A tarot deck that's fun, fierce, and fashioned for witches who make their own rules
- Includes a full 78-card tarot deck with glamorous, inclusive artwork, and a 128-page guidebook with upright and reversed meanings
- The cards feature body-diverse, queer-inclusive, and racially representative illustrations that speak to today's tarot readers.



FAIR
MINDS



CHARM CASTING STARTER SET

- This beginner's charm casting kit by Witch of the Forest Lindsay Squire is the perfect introduction to the art of divination
- Get clear answers to your questions. No more trying to remember complex tarot meanings or decipher obscure astrological charts! Charms draw on folklore and natural magick for clear, instinctive reading and straight answers to life's questions
- Includes a charm casting board, 25 thick card charms with foil details, a velvet bag to draw charms from and a guidebook that teaches the basics of charm casting as well as detailing the stories behind all the charms

Witch of the Forest
books sold
over 350,000
copies

Wordcount: approx. 5,000 words

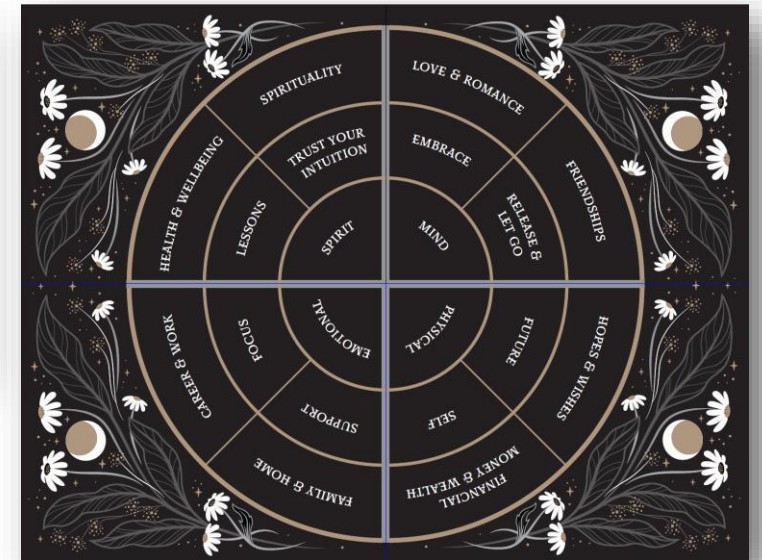
Extent: 25 cards + 32pp booklet

TPS (h x w) [bold]: 180 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/mau8pj36g4hduf47lh8e0chy4fh729bs>





BOTANICALS TAROT KIT [FLORAL TAROT]

- A beautifully designed tarot deck with a floral theme explaining the meanings of the flowers correspond with the card – i.e.: the lily for death – to access deeper wisdom
- The accompanying book explains the basics of floriography – the meanings of the flowers – and how to interpret them in your tarot reading
- Two strong trends, botany and tarot, finally merging to offer a product that is guarantying success!
- Author Diana McMahon Collis is president of *The British Tarot Readers* and Nina Pace is a NY-based artist

8 foreign editions!

Wordcount: 12,000 words

Extent: 78 cards + 80-pp book

TPS (h x w): 210 mm x 158 mm x 45 mm

Translation files available

Link to material:

<https://quarto.box.com/s/2e2gtzbs3sdopdfm2aiwpjzifpj4q4oc>



ESOTERICA DECKS

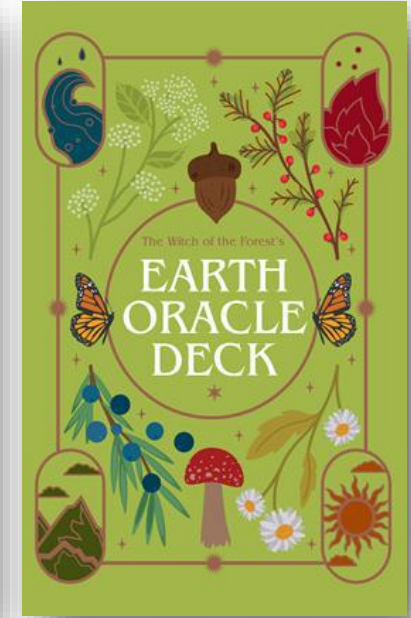
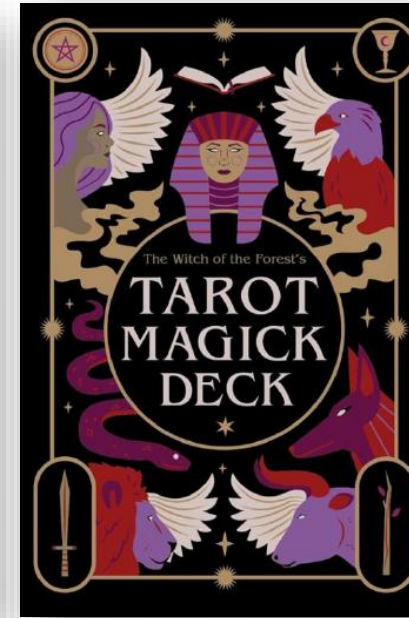
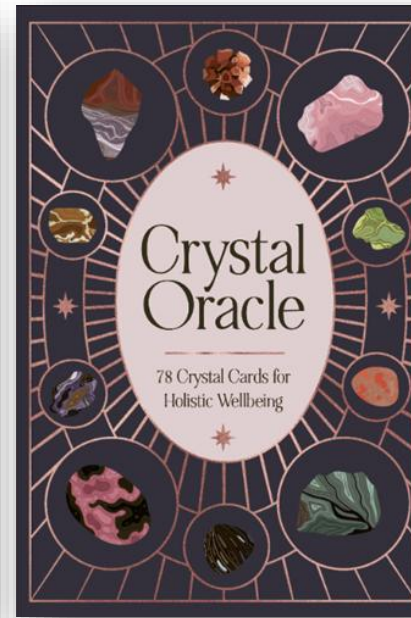
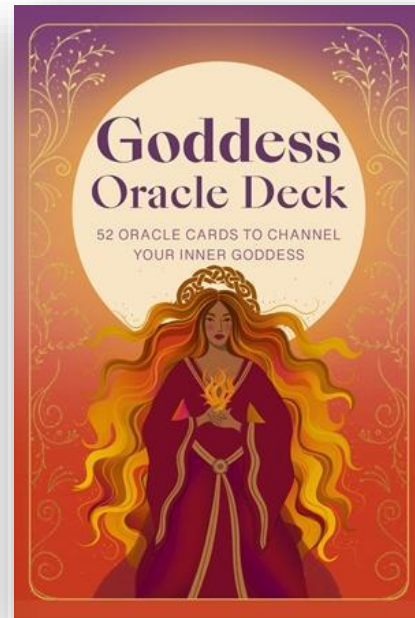
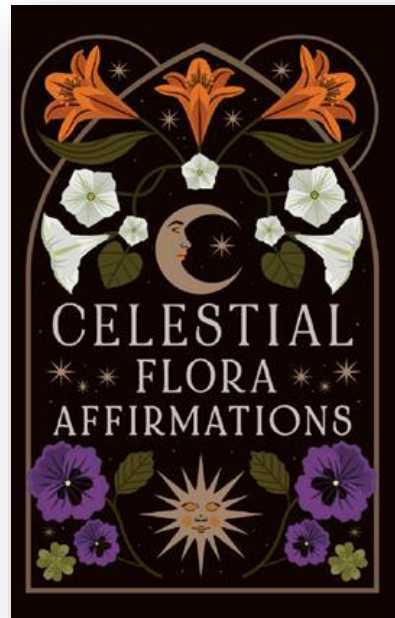
Wordcount: 8,000–15,000 words

Extent:

Flora & Goddess: 52 cards + 96-page book

Crystal, Tarot, Earth: 78 cards + 64-page booklet

TPS (h x w): 120 mm x 75 mm

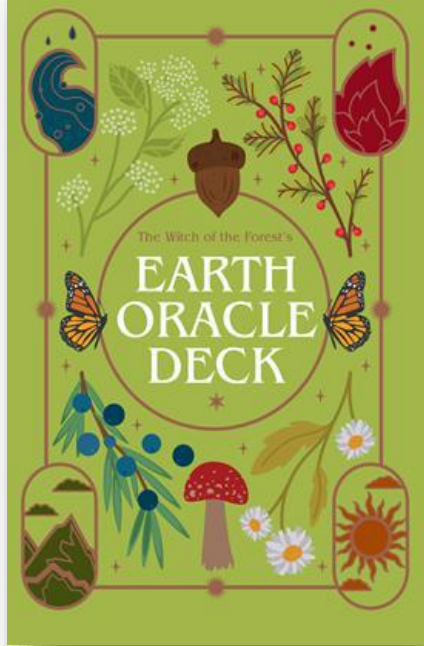


Click on the covers to look inside the books



EARTH ORACLE DECK

- Connect to the power of the Earth and use the wisdom of green magick to grow a blossoming witchcraft practice
- Perfect for beginners new to the world of witchcraft for wellbeing, simply shuffle the deck and pick a card to add a quick burst of witchcraft into your everyday life
- Take a moment to connect with your card, search in the booklet to find out more about the meaning behind it and discover a practical witchcraft activity to help you embody its wisdom as you go about your day
- You can also consult the deck for guidance when you have a question or hard decision to make for more magickal insight



Wordcount: approx. 10,000 words

Extent: 64 pages + 78 cards

TPS Box (h x w): 136 mm x 91 mm

TPS book + cards (h x w): 120 mm x 75 mm

Translation files available

Link to material:

<https://quarto.box.com/s/p5xdctw3wlsboykhetv8pg6az6ohj2us>



THREE-CARD ORACLE SPREADS

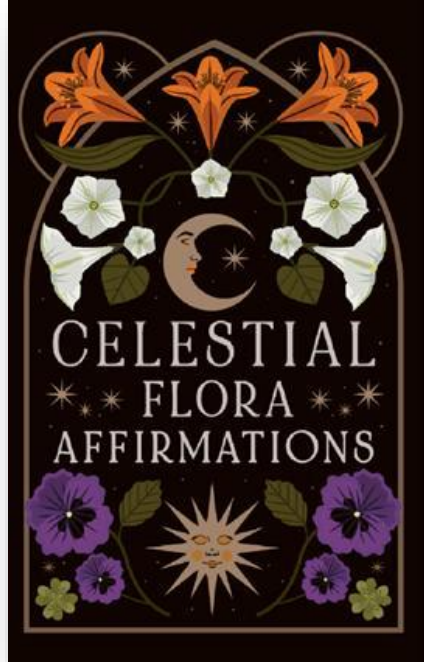
Each of these spreads follows the same three-card layout. Lay your cards out in the order indicated below, and think of a specific question or scenario you'd like to consult your oracle cards about.



- 1. Past 2. Present 3. Future
- 1. Strength 2. Weakness 3. Advice
- 1. Problem 2. Cause 3. Solution
- 1. Now 2. Later 3. Distant Future
- 1. Yes 2. No 3. Maybe
- 1. Head 2. Heart 3. How to balance them
- 1. Pros 2. Cons 3. Advice
- 1. Emotions to listen to 2. Emotions to disregard 3. Practical action to take

59





CELESTIAL FLORAL AFFIRMATION DECK

- **52 empowering affirmation cards** to connect to nature's magical wisdom
- Each card is infused with the mystical wisdom of the flowers and stars, and includes an evocative illustration from floriography expert, **Viki Lester (@forensicsandflowers)**, alongside an affirmation that will enhance your life with the powerful energy of Mother Nature
- Includes a **fully illustrated guidebook** that explains the meaning and intention of floriography and astrology and features rituals to help you channel the energy of these magnificent forces

Wordcount: approx. 7,000 words

Extent: 52 cards + 96-page book

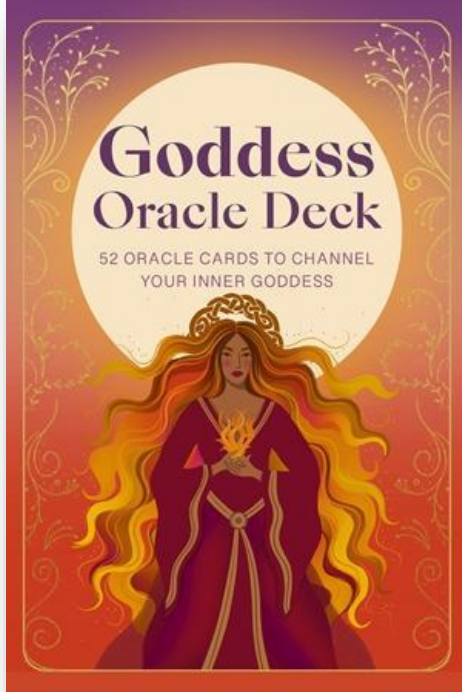
TPS (h x w): 120 mm x 75 mm

Translation files available

Link to material:

<https://quarto.box.com/s/3a05i32s5nifc1ov24v8pfqfg1lu9723>





GODDESS ORACLE DECK

- A stylishly deck of **52 goddess affirmation cards** for spiritual wellbeing.
- Each card is infused with the wisdom of a goddess and includes an evocative illustration alongside an affirmation that will enhance your life with sacred energy.
- Embrace the strength and grace of goddesses from every corner of the world.
- Illustrated by award-winning artist Katja Perez,

Wordcount: approx. 15,000 words

Extent: 52 cards + 96-page book

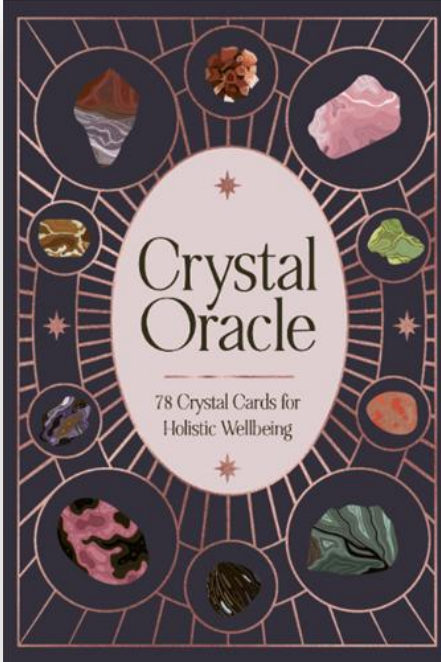
TPS (h x w): 120 mm x 75 mm

Translation files available

Link to material:

<https://quarto.box.com/s/54io0yqwiahbxjy959s99xhnymk0q0y2>





CRYSTAL ORACLE DECK

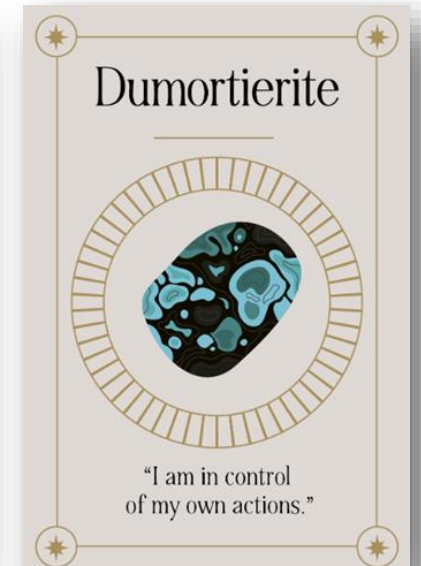
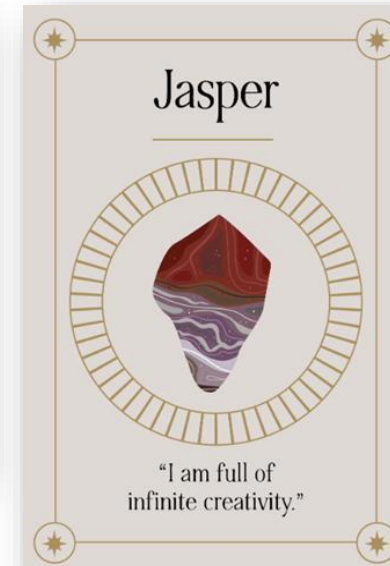
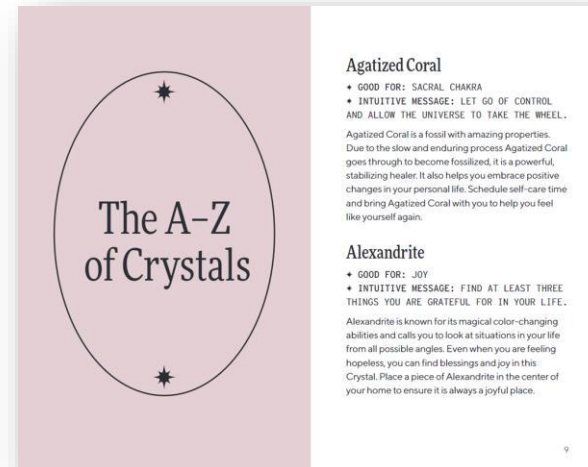
- Tap into the power of crystals and enhance your life with this glowing deck of crystal oracle cards. Includes a 64-page booklet.
- Use this **78-card deck** to learn more about the powerful healing and nurturing properties of different crystals and incorporate their energies into your wellness practice without having to buy a single stone!
- Shuffle the deck and pull a card at random to see what crystal your intuition is guiding you towards each day, or use the booklet to learn more about the healing properties of each crystal, and select a card to suit your needs

Wordcount: 8,500 words

Extent: 78 cards + 64-page booklet

TPS (h x w): 120 mm x 75 mm

Translation files available



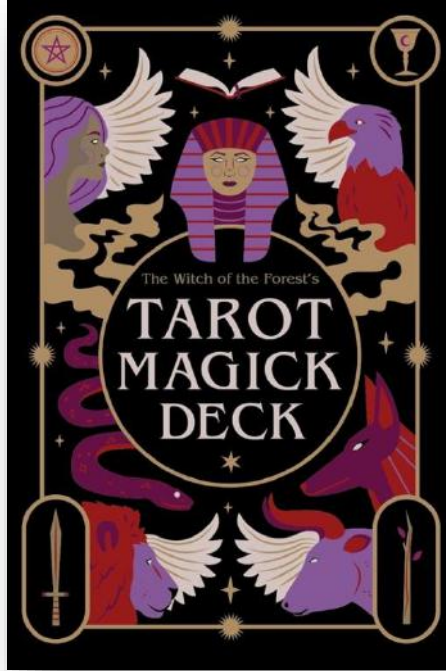
Link to material:

<https://quarto.box.com/s/d43l2855tnrcpd8qmg9os8jcs3x5svc2>



THE WITCH OF THE FOREST'S TAROT MAGICK DECK

- High quality package by The Witch of the Forest (500k followers Instagram) to accompany the more in-depth Tarot Magick book, with stunning contemporary illustration from Viki Lester of Forensics & Flowers (100k IG followers) who uses the imagery and themes from the classic Rider-Waite-Smith deck.
- A 78-card tarot deck with a 64-page booklet included to help you decode the major and minor arcana, and practice a few basic tarot spreads and readings.
- Expertly made, easy to decode, and strikingly designed, this is the perfect first deck for modern witches and beginner tarot readers.



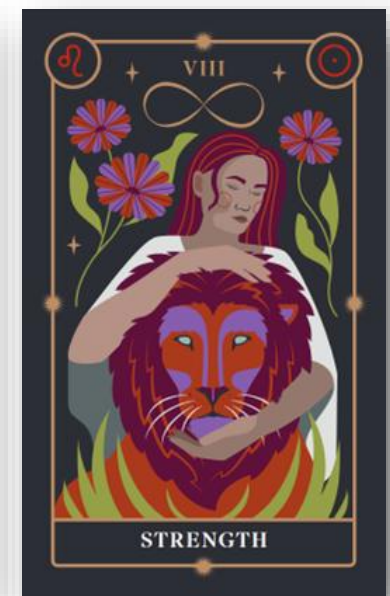
Wordcount: approx. 1,000 words

Extent: 64 pages

TPS Box (h x w): 136 mm x 91 mm

TPS book + cards (h x w): 120 mm x 75 mm

Translation files available



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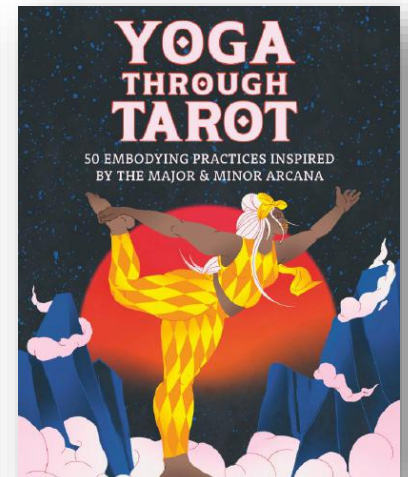
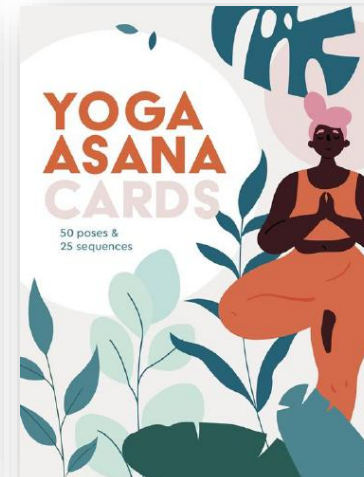
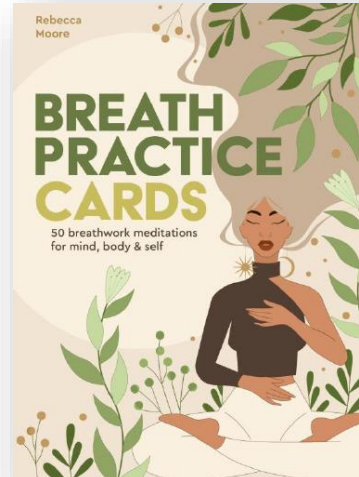
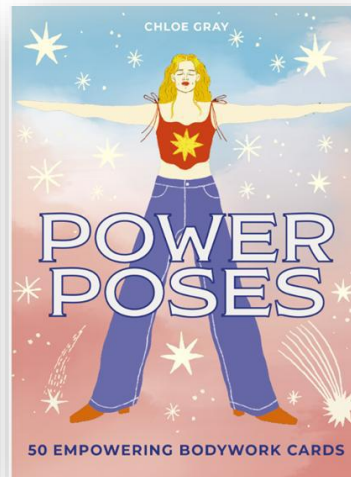
WELLBEING KITS

Wordcount: 16,000 words
KIT: 64 pages + 50 cards
TPS (h x w): 159 mm x 119 mm

- Practical and gifty boxes (booklet & cards) for mindful living



NEW

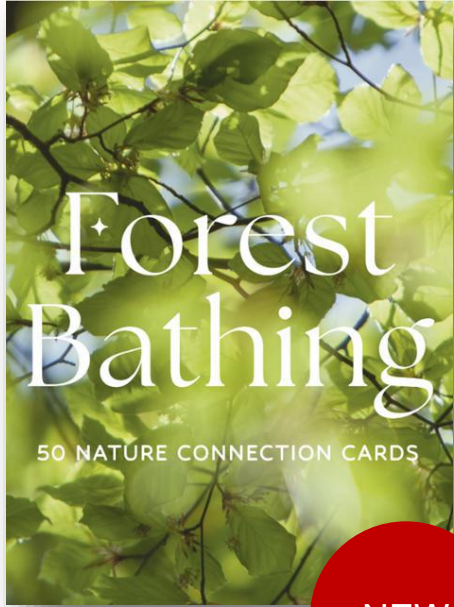


Click on the covers to look inside the books



FOREST BATHING CARD DECK

- Deepen your connection with nature with this pocket-sized, endlessly adaptable guide to the profoundly restorative practice of forest bathing
- Featuring practices from the Forest Bathing Institute's world-renowned Forest Bathing+ method, these cards will encourage you to isolate each of your 5 senses and experience nature on a whole new level, offering suggestions to target issues such as stress, grief, depression and low energy, among others
- Each card features beautiful photography as well as prompts designed to unlock your senses and calm your nervous system through treelaxation



NEW

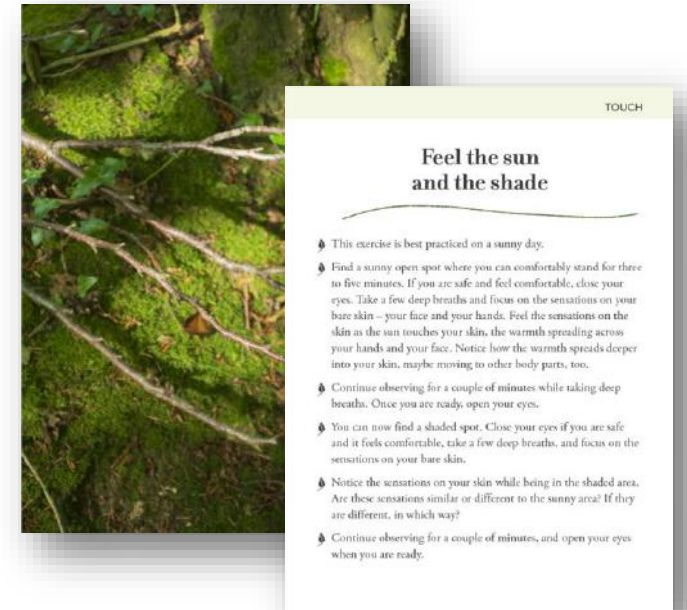
Wordcount: 13,500 words

Extent: 64 pages + 50 cards

TPS Box (h x w): 159 mm x 119 mm

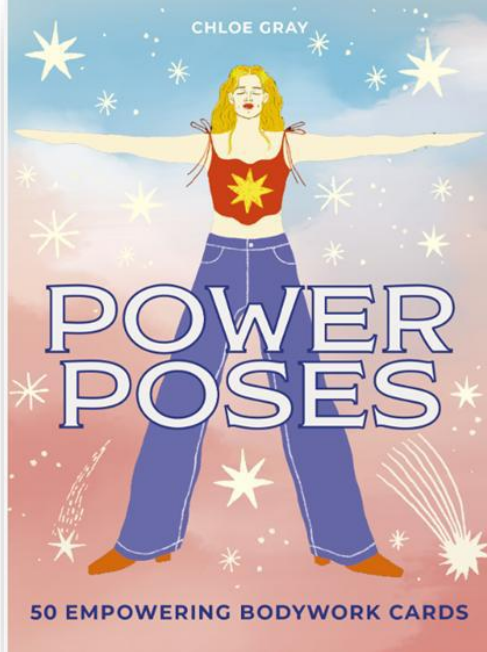
TPS book + cards (h x w): 150 mm x 110 mm

Translation files available



Link to material:

<https://quarto.box.com/s/n68df7bfm2vmwked0i769hhu7t7i3at>



POWER POSES CARDS

- Discover 50 dynamic power poses to boost self-confidence, self-love, and overall wellbeing
- Step into your power anytime, anywhere using simple movements and routines that connect your mind, body and confidence
- Written by journalist and fitness instructor Chloe Gray, this is an excellent gift suitable for daily use and all fitness levels

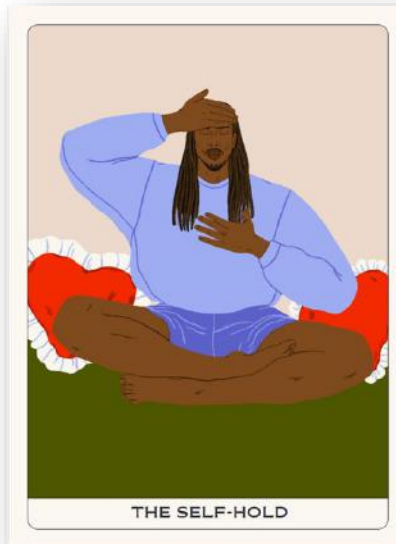
Wordcount: approx. 15,000 words

KIT: 64 pages + 50 cards

TPS Box (h x w): 159 mm x 119 mm

TPS book + cards (h x w): 150 mm x 110 mm

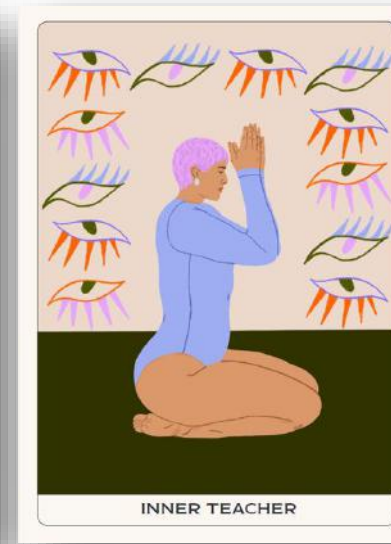
Translation files available



THE SELF-HOLD



MA BU



INNER TEACHER



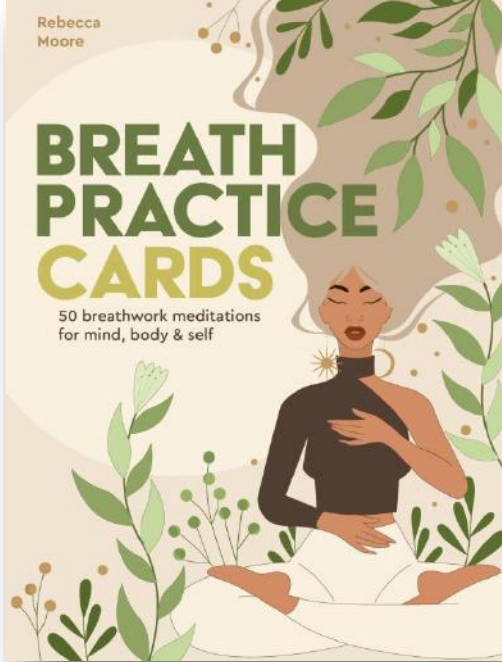
CEO POSE

Link to material:

<https://quarto.box.com/s/qzb36k4tumbht6dln3fij4auxob29nqt>



LEAPING
HARE



Wordcount: 15,000 words

KIT: 50 cards + 64-page book

TPS Box (h x w): 159 mm x 119 mm

TPS book + cards (h x w): 150 mm x 110 mm

Translation files available

Link to material:

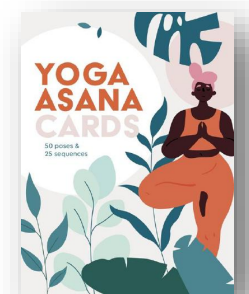
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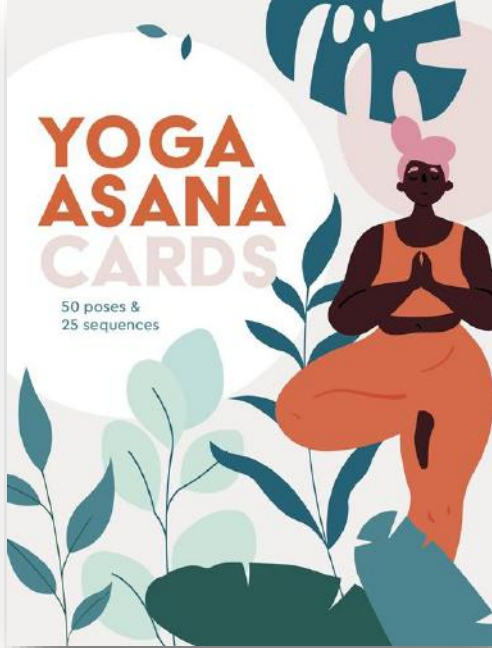
BREATH PRACTICE CARDS

- Breathwork relaxes us and is encouraged in anxiety-management and stress relief, it is also at the heart of yogic practice
- This kit consists of 50 beautifully designed cards that offer different breathing techniques (exercises + meditations) structured by mood and an informative booklet that sets out the science, meditative origins and benefits of the breath
- Practical and gifty toolkit for discovering conscious, mindful breathing and an ancient practice



Pairs well with:

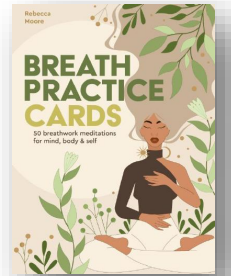




YOGA ASANA CARDS

- 50 strikingly designed yoga asana cards and 25 themed workouts
- Choose your workout to suit your mood and lay the cards out in front of your mat before following along with the poses
- Each card includes directions on the back to help you practice each pose safely, and ways you can modify each to better suit your body's needs
- A screen-free alternative to following an online yoga class, go at your own pace without straining to see your screen during downward facing dog

Pairs well with:



Wordcount: 16,000 words

KIT: 50 cards + 64-page book

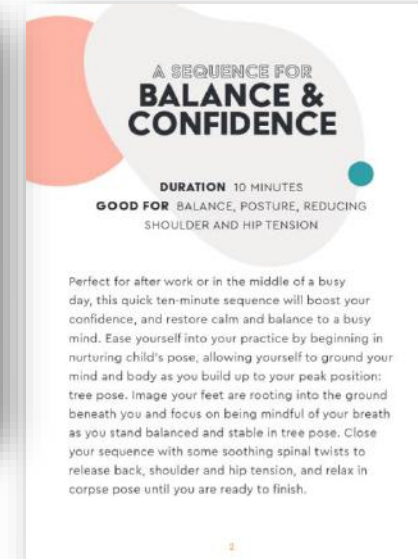
TPS Box (h x w): 159 mm x 119 mm

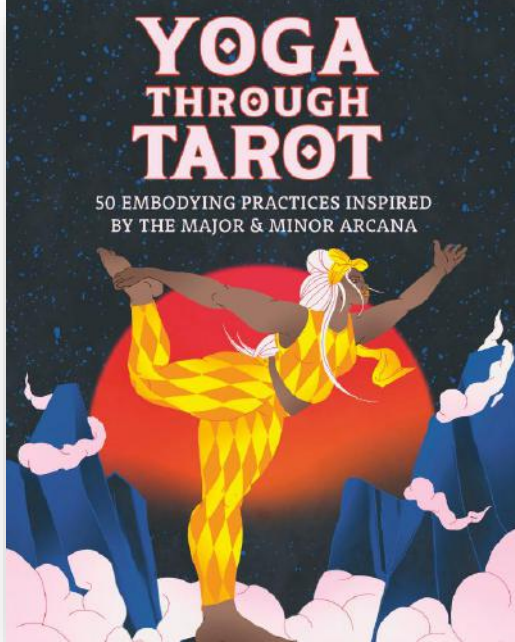
TPS book + cards (h x w): 150 mm x 110 mm

Translation files available

Link to material:

<https://quarto.box.com/s/1tml5ob674w2wfvx0o7lgs0v5s1zgix4>





YOGA THROUGH TAROT

- 50 yoga practices inspired by the major & minor arcana
- Learn the basics of the poses and the meanings behind the cards, then put them into practice through movement
- Flow with your emotions like the Queen of Cups, find meditative power through the guidance of The Hermit, and practise sun and moon salutations with The Sun and The Moon
- By a professional yoga instructor, this deck includes instructions to help you progress as well as modifications so that you can adapt each movement to fit your body's needs

Wordcount: 16,000 words

KIT: 50 cards + 64-page book

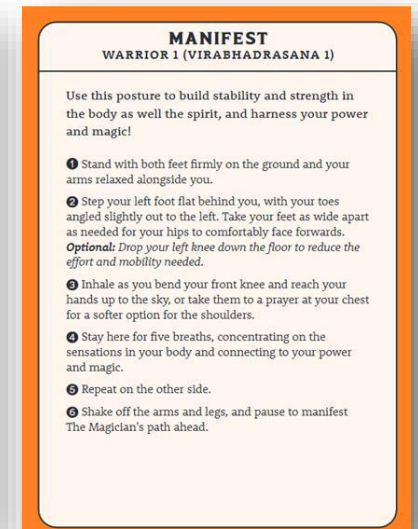
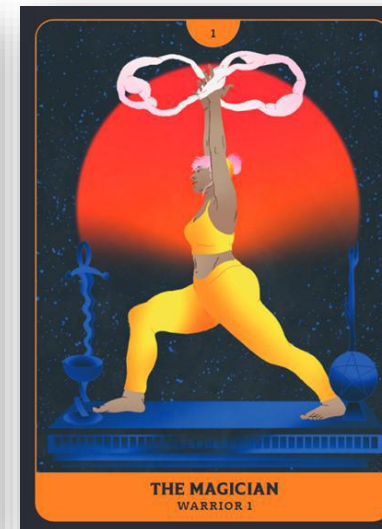
TPS Box (h x w): 159 mm x 119 mm

TPS book + cards (h x w): 150 mm x 110 mm

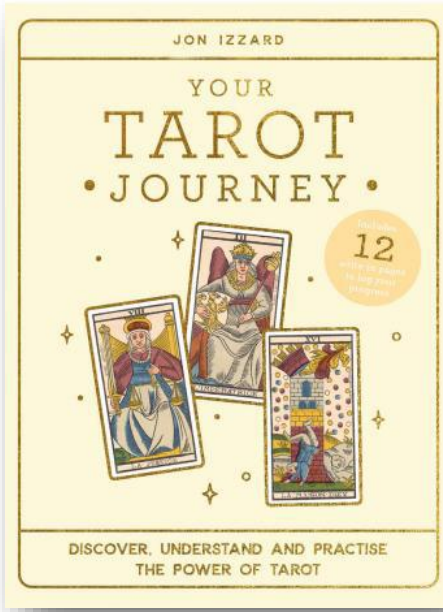
Translation files available

Link to material:

<https://quarto.box.com/s/2ofdvesy6lmho4u991o1wv7pk13esr1r>



LEAPING
HARE



YOUR TAROT JOURNEY

- A great beginners' guide, very well structured that accompanies the reader from the initiation to the practise of that timeless and universal MBS art.
- Discover the Tarot Deck, its characters and the meaning attached to each card
- Understand the wisdom behind a Tarot reading with more in-depth uses of each card, including meditation and spells.
- Practise your skills by following a 12-month program to deepen your tarot journey month by month – track your observations, changes and discoveries through the year.

Wordcount: 37,751 words

Extent: 160 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Links to material:

<https://quarto.box.com/s/8xs5llljl5gk229ac7nn0q8z5mgxvva>

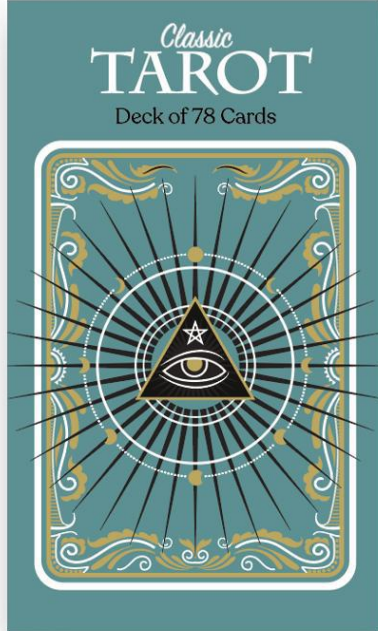




DECK
available
on its own!

CLASSIC TAROT KIT

- A classic tarot card kit for beginners or collectors alike
- 32-pp tarot guidebook + 78 card tarot deck
- Tarot sales have been growing exponentially since the pandemic, and its audience is expanding to new, young age groups



Wordcount: 7,136 words

Extent: 32 pages + 78 cards

TPS (h x w): 248 mm x 184 mm

Translation files available



Link to material:

<https://quarto.box.com/s/et1r077mn0jarc02bkd1txcjwts8mwgp>

A First Reading: Essential Techniques

For this reading, we ask "What do I need to see?" The cards will reveal the key influences around you now. Reading a small number of cards without laying them in a defined spread offers a way for you to interpret them freely. You'll get to see relationships between the majors and minors, and you'll notice patterns, such as cards with the same number or suit. These are the essential techniques of the professional reader. As you practice, you will find that your intuitive response to the cards steps in, and you do not need to consciously think about technique. These examples, therefore, are starting points, a way to activate your creativity and intuition in ways that will make your readings unique to you.

Choose four cards from the deck and shuffle them, making your request to see whatever is important now, then choose your cards: Cut the deck, lay the cards out in a fan shape, or choose any card from the deck at random. Place your four chosen cards facedown in a row. When you are ready to begin, turn over all the cards.

For example:



- 1 Look at the major arcana cards. We have one here, The World, so the focus is completion. This major card acts as a theme for the reading – a project or goal is about to be achieved. Success and reward are coming.
- 2 Look at the minor arcana cards. Three suits are shown: Swords, Cups, and Pentacles – so it's likely that the completion The World brings will benefit other areas of your life. Pentacles show money, so you may be paid when you complete the work; Cups reveal emotions, so this project may be close to your heart and bring personal fulfillment; while Swords represent thoughts and the intellect, showing that finishing the work or achieving the goal is an expression of your ideas, and now that the work is almost done, you will free up some much-needed mental space.

- 3 Look at duplicates. There are two Queens. These can represent two aspects of yourself – the Cups, your feelings, and the Coins, the material, worldly aspect. You're in a powerful position financially and in a positive emotional space.
- 4 Look at the numbers on all four cards. In this example, note how The World's number, XXI, symbolizes the other cards. It has two tens, a repeat number, suggesting the repeat of the two Queens in the reading. The 1 of XXI gives us the Ace of Swords, beginnings. The World, the card of completion, also signifies new beginnings, so you can interpret the Ace as a new start or project that is coming. You might also see the Ace as guidance. To get to your goal, be decisive, put your feelings to one side, and find the most efficient way to tie up loose ends.

Past, Present, Future

This spread is a tarot classic, and it's one of the most direct methods for getting right to the heart of a question and seeing the potential outcome. You can use this spread to inquire about a specific situation – say, a project, relationship, or finances – or for general insight into the influences most affecting you now.

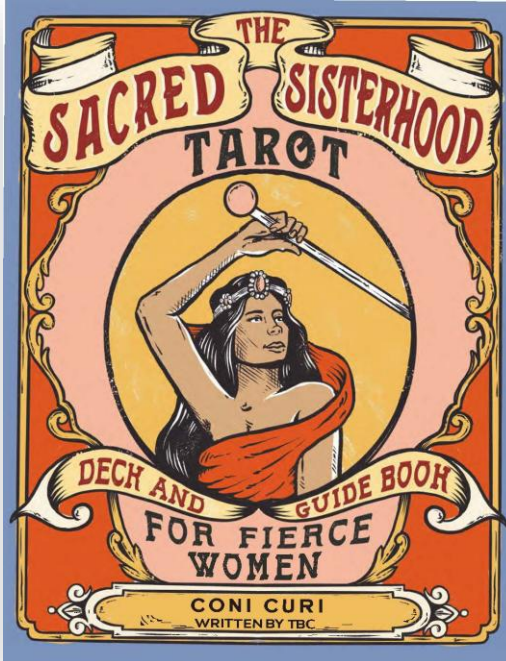
Shuffle your question or request into the cards, then choose three (from a fan, by cutting the deck, or choosing at random). Lay them out, facedown, in the following order. Turn them faceup one at a time, or turn them all faceup together – whatever feels right – and begin your interpretation (see the card meanings on pages 10-32).



1 PAST

2 PRESENT

3 FUTURE



THE SACRED SISTERHOOD TAROT

- A unique and absolutely stunning tarot kit for the modern mystic, creatively re-imagined with inclusive, female symbology and a vintage-poster aesthetic
- An entire new group of young tarot enthusiasts are reclaiming tarot decks as tools of self-care, spiritual growth, and identity affirmation
- Centered around multiple female identities, this unique deck and guidebook draw on symbolism from within the divine feminine as a way to empower the reader

Wordcount: 17,613 words

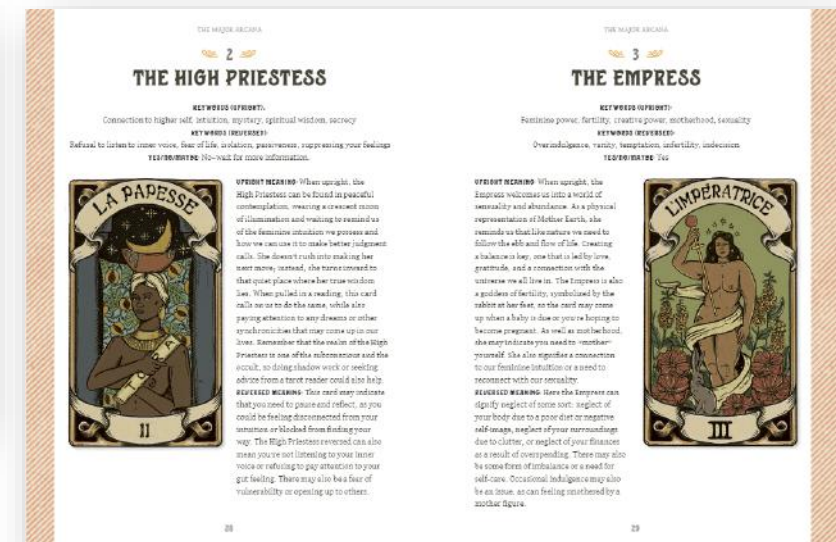
Extent: 80 pages + 78 cards

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/jaecumchqmem9qybkcfp6pvl9o8csu7j>





THE ANTIQUE ANATOMY TAROT

- Unique and stunning tarot book + card set for collectors and beginners alike
- Designed specifically for us by the award-winning Claire Goodchild
- Tarot trend just keeps going! As a tool for self-care and spiritual growth, its popularity is still growing
- Over 1,600 Amazon reviews and amazing sales results: 7 reprints in the US in just over a year, immediate reprints in other markets as well, over 200,000 copies sold and translated into 16 languages!

Alternative cover available:



Wordcount: 15,396 words

Extent: 80 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

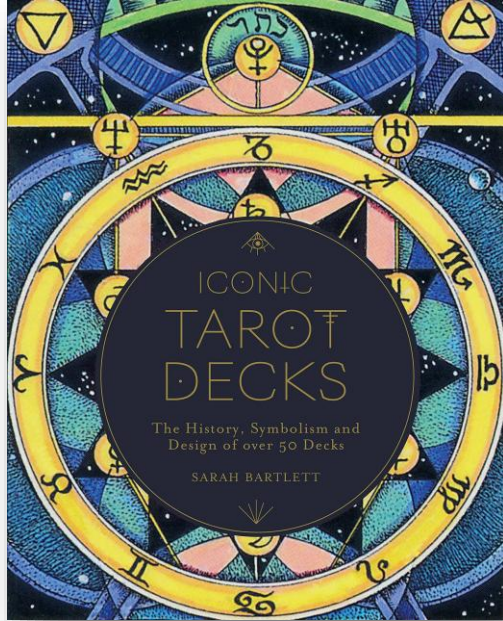
<https://quarto.box.com/s/ql0es9538vwwlknnyt8v71lmkwm84ylz>





ICONIC TAROT DECKS

- An amazing history of tarot art, to complement the growing tarot trend!
- Tells the enigmatic stories behind the creation and design of the most iconic tarot decks ever made – all available to buy. It provides authoritative profiles on collectable decks, as well as suggested interpretations for reading specific cards.
- Packed full of visually stunning decks, from ancient to contemporary, this is a perfect introduction to tarot culture for art and design lovers.
- Artists (Niki de Saint Phalle, Andy Warhol, Salvador Dalí), fashion designers (from Dior and Givenchy to Urban Outfitters), writers (Patti Smith, Italo Calvino) and tattoo artists have been and continue to be inspired by the tarot.



Wordcount: 39,287 words

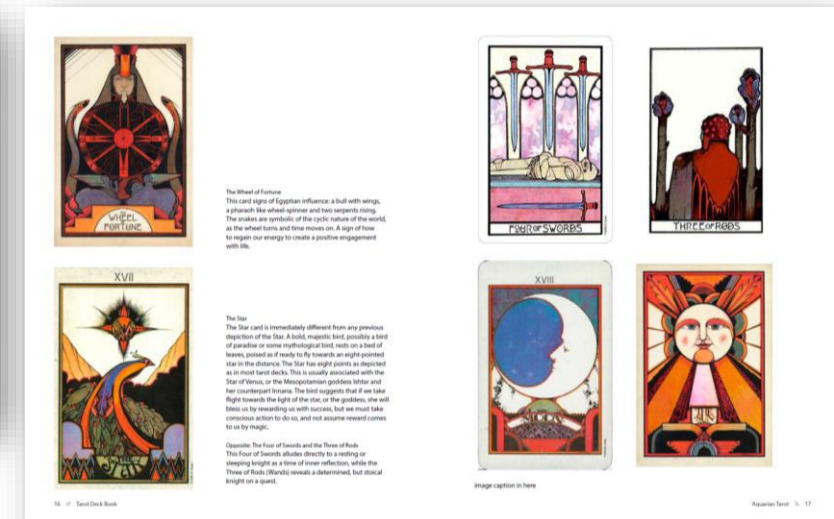
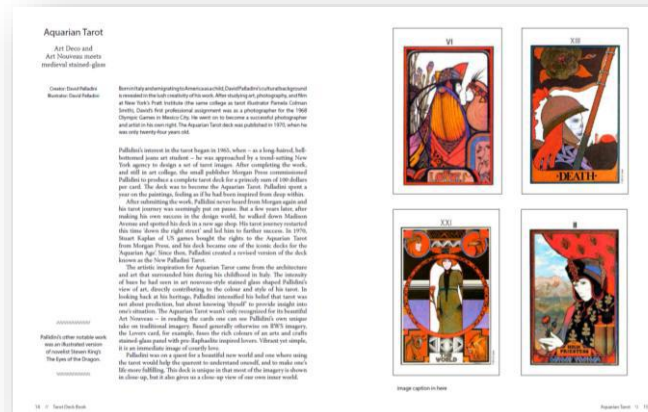
Extent: 224 pages

TPS (h x w): 240 mm x 192 mm

Translation files available

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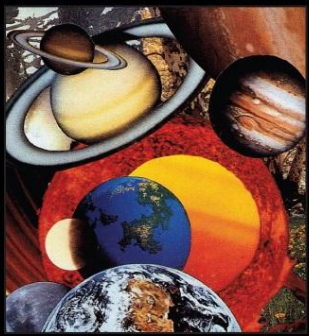
<https://quarto.box.com/s/l8nt4g74p73dcwl4ev4v43qpk8t7b4sb>





VOYAGER TAROT

Guidebook for the Journey



JAMES WANLESS, PH.D.

VOYAGER TAROT KIT

- Not your traditional tarot deck! A tarot deck including 78 intuition cards and a guidebook to experience the power of symbols on your life.
- Easy-to-use kit to help you achieve your visions and dreams while sparking your imagination and intuition.
- Beautiful and evocative imagery using the timeless symbology of Voyager tarot, a tarot fitting 21st century consciousness.

Wordcount: TBC

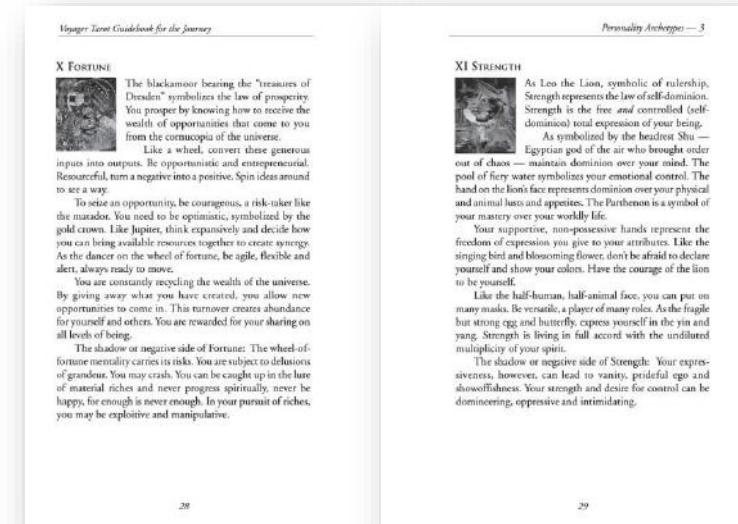
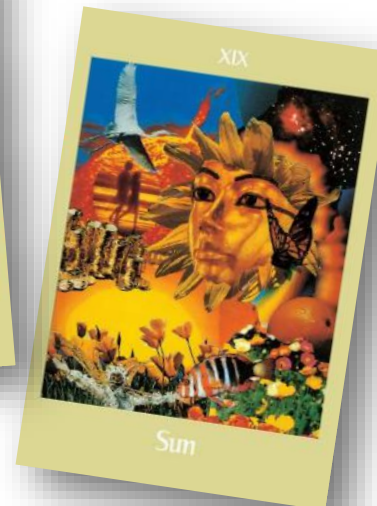
Extent: 120 pages

TPS (h x w): 159 mm x 120 mm

Translation files available

Link to material:

<https://quarto.box.com/s/tl75nuy5jzw8w1xm2yctqh2cnvd9a973>





THE GOLDEN TAROT KIT

- Tarot is the biggest trend of recent years – get your slice of the success with this sumptuous, luxury tarot book and card set for collectors
- More than 15,000 copies sold in English
- Stunning reproduction of the classic Visconti-Sforza tarot deck, one of the oldest and most highly sought after tarot decks in existence
- Amazing track record: 440 fantastic Amazon reviews and excellent sales world-wide - 13 languages sold and regular reprints everywhere!

Wordcount: 17,100 words

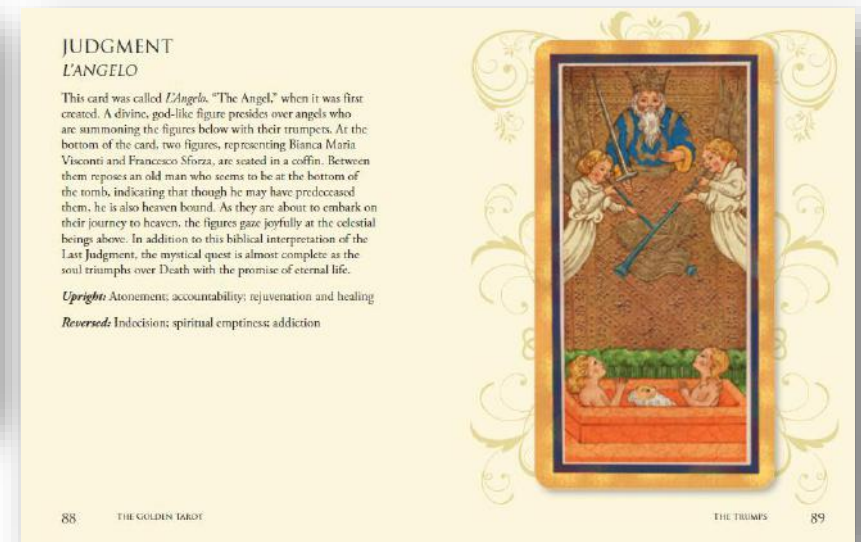
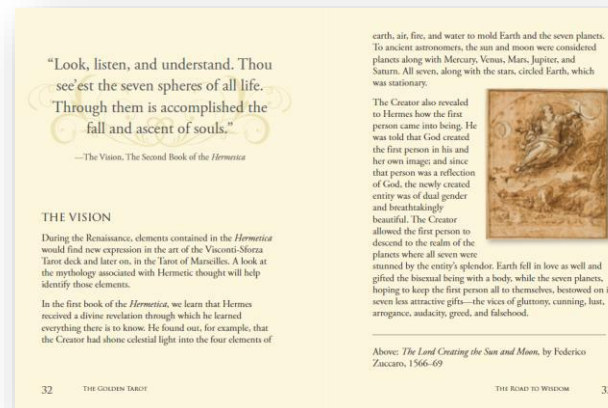
Extent: 144 pages

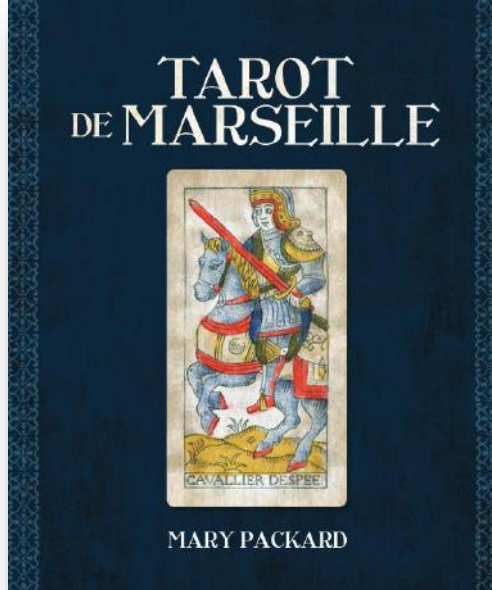
TPS (h x w): 229 mm x 191 mm

Translation files available

Link to full material:

<https://quarto.box.com/s/dxlr39v8sb1ai0onkfr5in4ijodypd0s>





TAROT DE MARSEILLE KIT

- A unique tarot book and card set for collectors
- An accurate reproduction of Pierre Madenie's classic Tarot de Marseille deck, dating back to 1709
- Excellent sales and reprint track records



Wordcount: 16,979 words

Extent: 144 pages

TPS (h x w): 229 mm x 191 mm

Translation files available

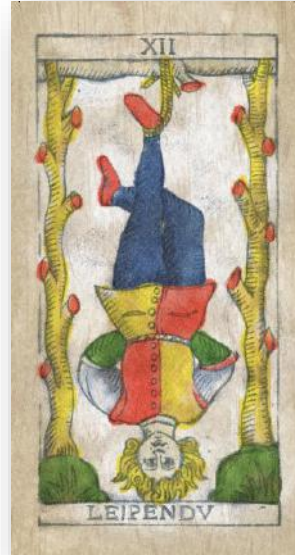
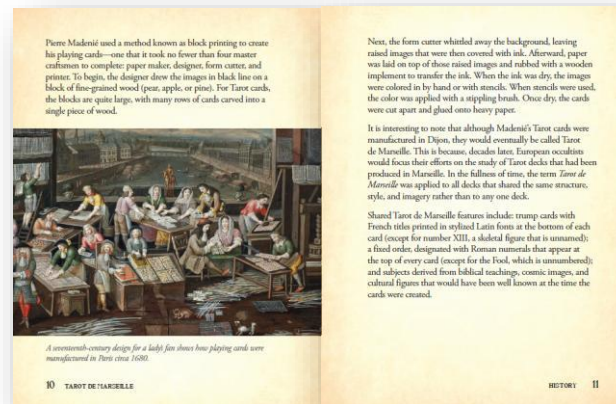
Next co-edition schedule

Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

<https://quarto.box.com/s/xmrieus8d1vwj6vcjrxl0m6e2kl6vzj6>





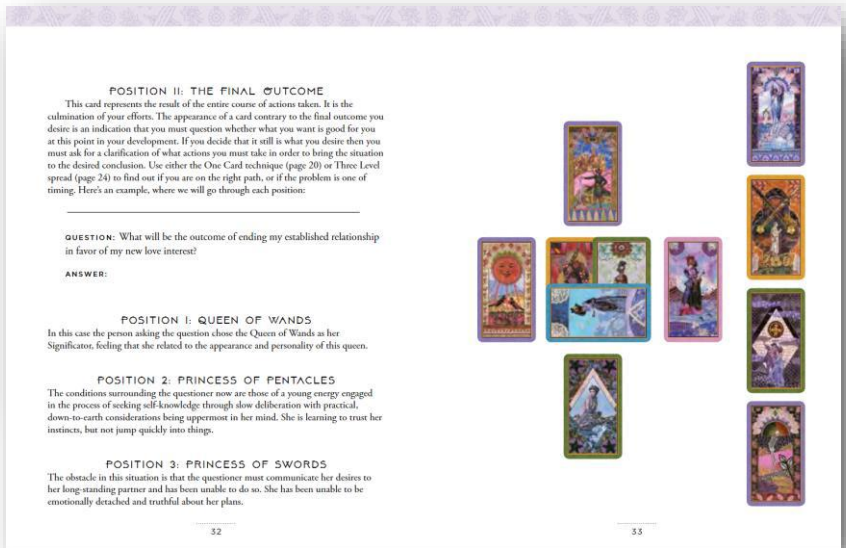
ENCHANTED TAROT KIT – 30th anniversary edition

- A unique tarot book and card set for collectors
- The tarot deck - with extraordinary collage images often likened to fabric tapestries - was first designed in 1992 and has since become a highly prized collectible with tarot readers around the world
- The book included is well reviewed for its valuable contents and information – much more than brief, run-of-the-mill introductions to tarot!
- 770+ excellent Amazon reviews



Wordcount: 67,544 words
Extent: 208 pages
TPS (h x w): 190 mm x 120 mm
Translation files available

Link to material:
<https://quarto.box.com/s/5wd4ld552olh6nhty2t4ee4ooesuh53u>





THE GODFATHER TAROT DECK

- In celebration of the 50th anniversary of *The Godfather*
- A beautifully illustrated tarot deck inspired by *The Godfather* trilogy and full-color companion book that explores the characters, events, and cards.
- Deluxe giftset that updates the classic Rider Waite deck to capture the world of *The Godfather*.
- Comes with a full-color companion book profiling the Corleone Family, the events that shaped them, and how the cards reflect their journey

Wordcount: book: 12,000 words, cards: 500 words

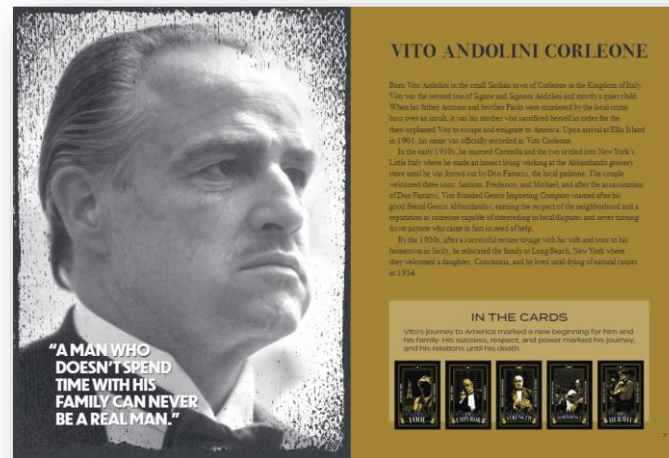
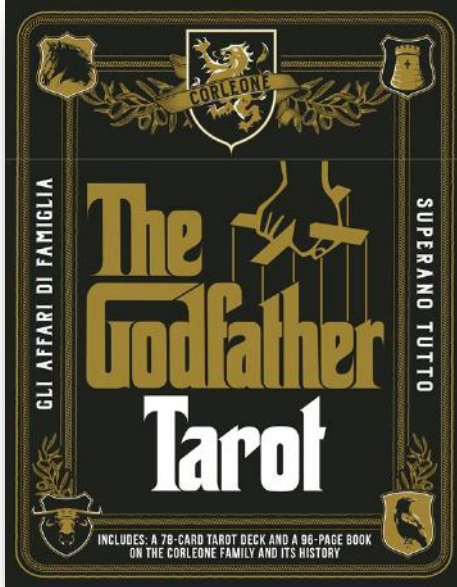
Extent: 96 pages + 78 card deck

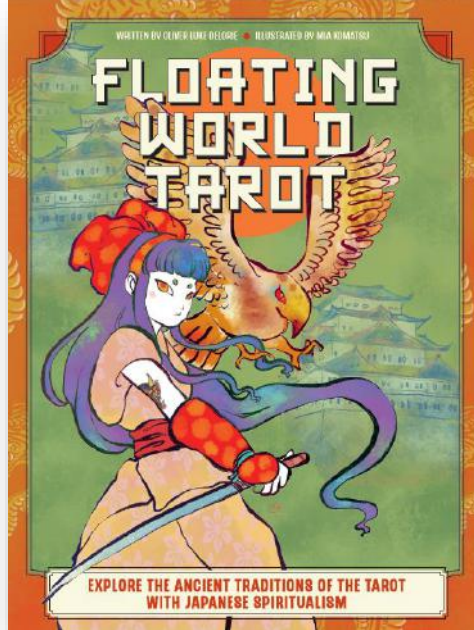
TPS (h x w): 178 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/c082176shgp1qxhta2ofoxgsafblyvnc>





FLOATING WORLD TAROT

- Tarot re-imagined through ukiyo-e illustrations by Japanese artist Mia Komatsy
- Contains a practical and clear guidebook, as well as a beautifully illustrated tarot deck
- Tarot keeps increasing in popularity, with a new generation of tarot enthusiasts reclaiming tarot cards as tools of self-care and spiritual growth

Wordcount: 16,153 words

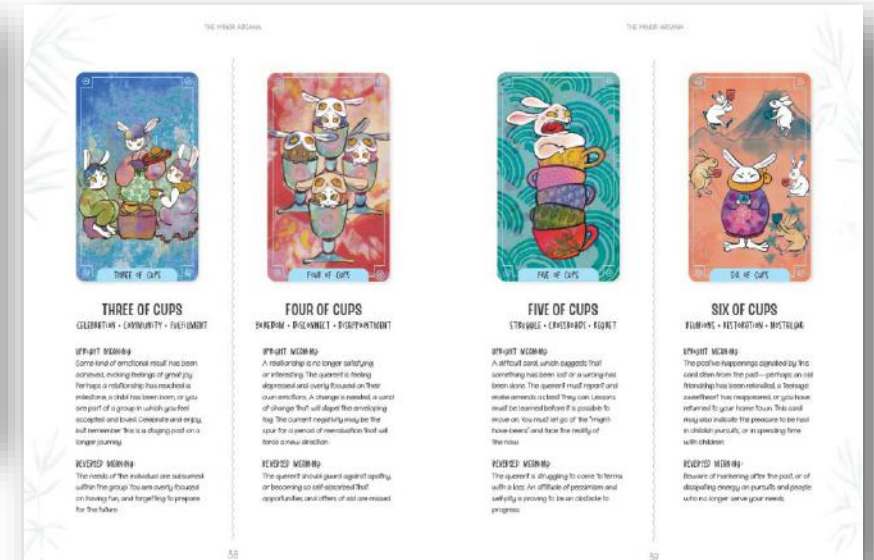
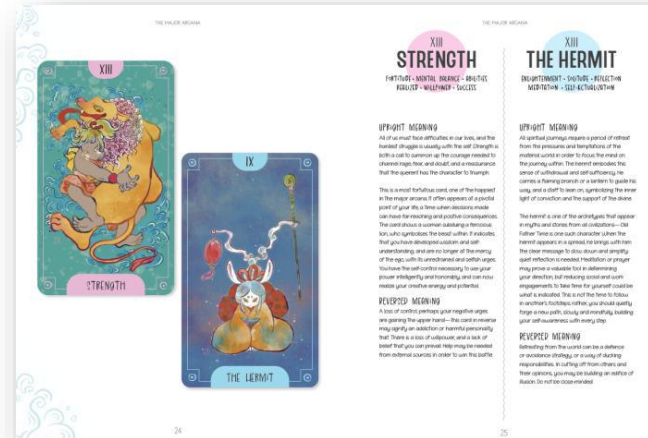
Extent: 80 pages + 78 cards

TPS (h x w): 210 mm x 160 mm

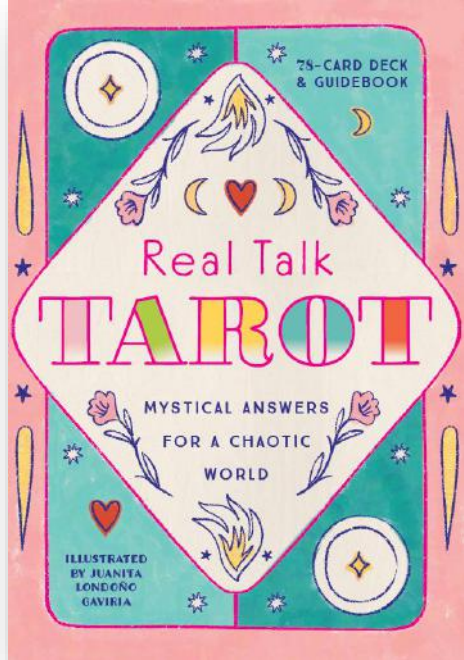
Translation files available

Link to material:

<https://quarto.box.com/s/cw7ijil8gxibuzy3l3faeam9gkwd8rz8>



QUARTO



REAL TALK TAROT KIT

- This beautifully illustrated, highly giftable deck comes with an interpretation guidebook so beginners and experts alike can read the cards
- Each of the 78 cards is connected to today's world by characters and situations you might encounter every day. Speaks to our present-day icons and struggles with updated illustrations featuring relatable archetypes and scenes.
- Playable exactly the same as the popular Rider Waite deck
- New, smaller format also available

Wordcount: 6,692 words

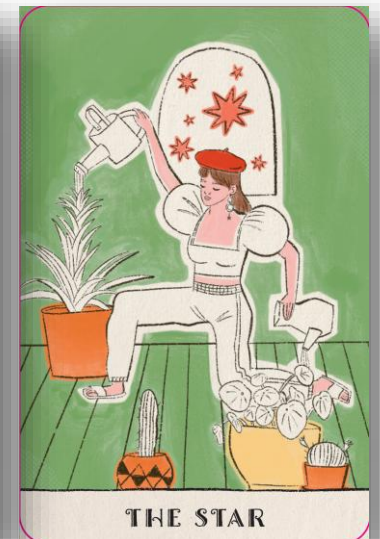
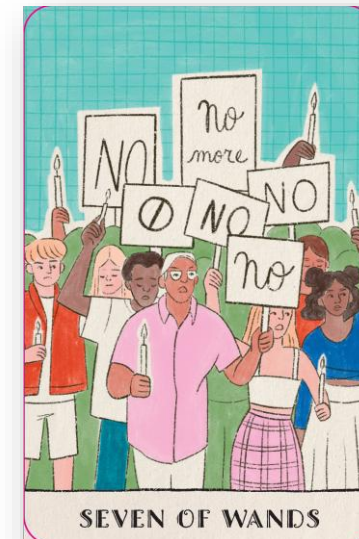
Extent: 48 pages + 78 cards

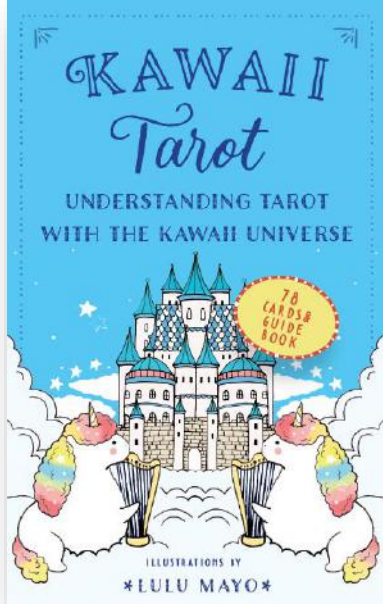
TPS (h x w): 137 mm x 95 mm

Translation files available

Link to material:

<https://quarto.box.com/s/16zedqk2mhror92rn1q34wg4vtomiz7v>





KAWAII TAROT KIT

- A delightfully current tarot deck and book set for both a young audience and collectors alike
- Drawn in a colorful kawaii style by the artist behind the super successful coloring book series published by Michael O'Mara
- Small, 'pocket' format for impulse buy appeal
- Mixes two big trends: tarot and kawaii
- 230+ excellent Amazon reviews



Wordcount: 5,028 words

Extent: 64 pages

TPS (h x w): 146 mm x 95 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ndeelkr122ksnhe5456gn2eh19tgllkpg>





CUTE CHIBI TAROT KIT

- Combines the increasingly popular chibi style of illustration with the biggest topic of 2022 – tarot!
- From the same illustrator as the hugely popular *Anime Art Class* and *Chibi Art Class*, Yoai who has 800,000 followers on Instagram
- Create a reading that is as cute, playful and fun as it is divine

Wordcount: 5,100 words

Extent: 64 pages + 78 cards

TPS (h x w): 137 mm x 86 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ndeelkr122ksnhe5456gn2eh19tglkpg>





THE PULP GIRLS TAROT DECK

- A trendy, sassy collectible tarot deck by the *Pulp Girls* (who have 1.2 million international Instagram followers and counting)
- Small, giftable format and low wordcount
- A great contemporary deck for a 20-something audience to easily identify and fall in love with
- Illustration-led tarot decks have a clear audience and a proven sales record
- 14,700 copies sold in first year of publication!

Wordcount: 7,357 words

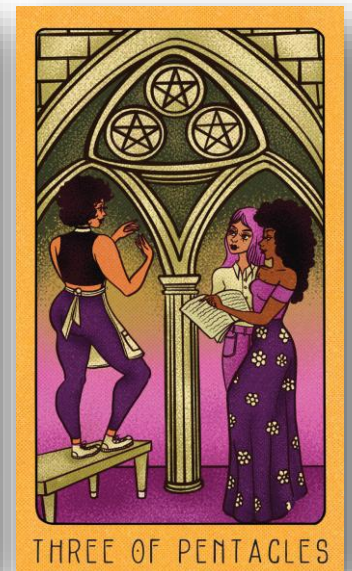
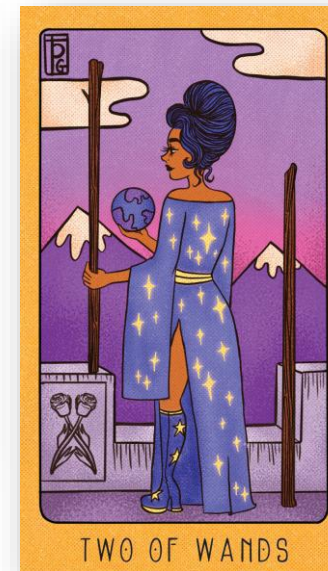
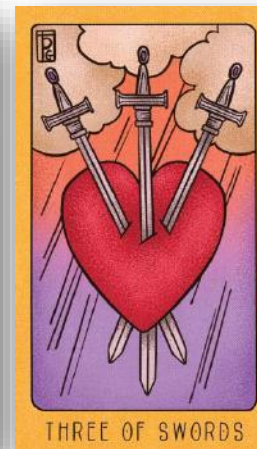
Extent: 96 pages

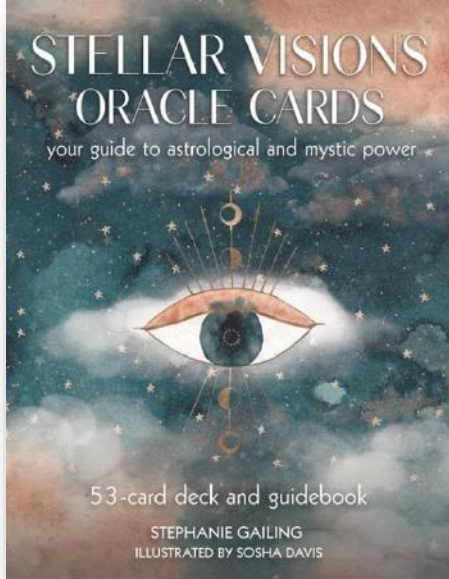
TPS (h x w): 146 mm x 95 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ara8onk3hre65avt91a6upghgh5xy296>





THE STELLAR VISIONS ORACLE DECK

- A unique, meditative oracle card deck with an astrological theme
- Meditate on each card, deepening your self-awareness as well as your understanding of astrology
- This deck leaves the reading open to interpretation and can be used for fortune-telling or intention-setting

Wordcount: 15,097 words

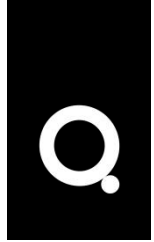
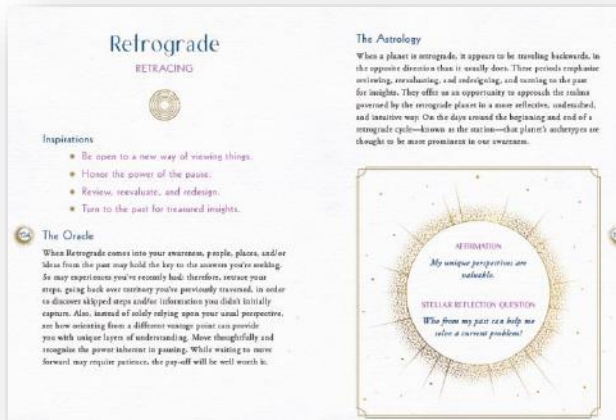
Extent: 128 pages + 53 cards

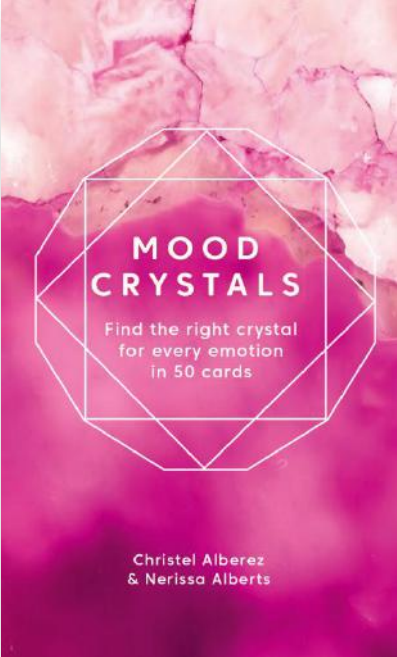
TPS (h x w): 152 mm x 114 mm

Translation files available

Link to material:

<https://quarto.box.com/s/9zkdw72bvbzvaav84bqldtkbcde3nit>





MOOD CRYSTALS CARD DECK

- A unique card deck that helps you identify your emotions and guides you toward crystal choices to enhance your mental wellbeing
- Includes 50 crystals cards: the front of each will feature an emotion and the main crystal connected to it; the reverse will list all the crystals to use for the specific emotion
- Features different techniques that can help you unlock the stones' power and practical exercises for engaging with the right stones at the right time and in the most effective way

Wordcount: approx. 14,400 words

Extent: 16 pages + 50 cards

TPS (h x w): 150 mm x 95 mm x 38 mm

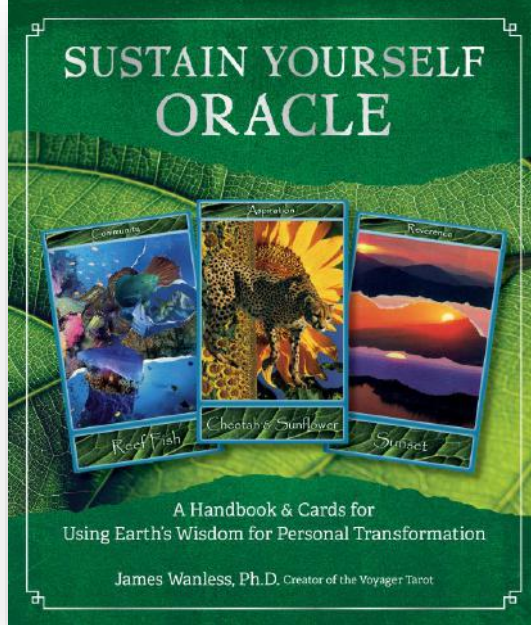
Translation files available

Link to material:

<https://quarto.box.com/s/16z3g1lz3bhv3srs4bndqavzhj4ez38>



QUARTO



SUSTAIN YOURSELF ORACLE

- Follow Mother Earth's wisdom and guidance and live a more empowered and balance life
- This nature-focused and environmentally aware oracle deck and handbook set will help you tap into your spirituality and appease any climate change induced anxieties
- By the amazing James Wanless, creator of the bestselling *Voyager Tarot*

Wordcount: 15,147 words

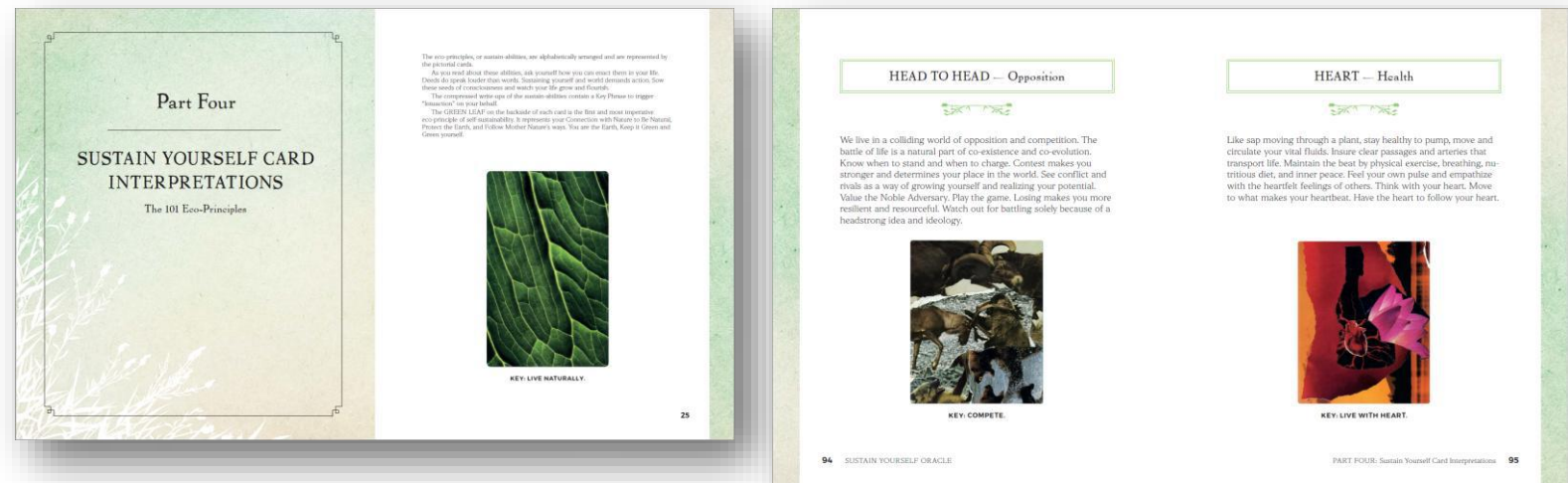
Extent: 160 pages

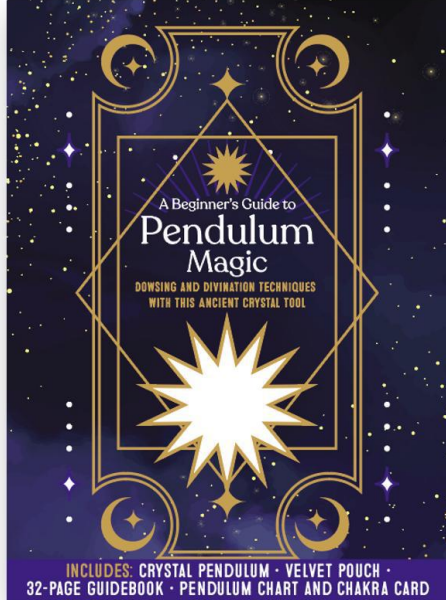
TPS (h x w): 235 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/e5ntzzsey3pmobk5jk0d5q91hvcxw7yw>





PENDULUM MAGIC KIT

- A unique set containing a 32-pp book + amethyst pendulum in velvet pouch + pendulum chart + chakra card
- Pendulums are a back-in-demand tool used for divination, with links to crystals and chakras
- Stylish design and excellent value for money

Wordcount: 4,910 words

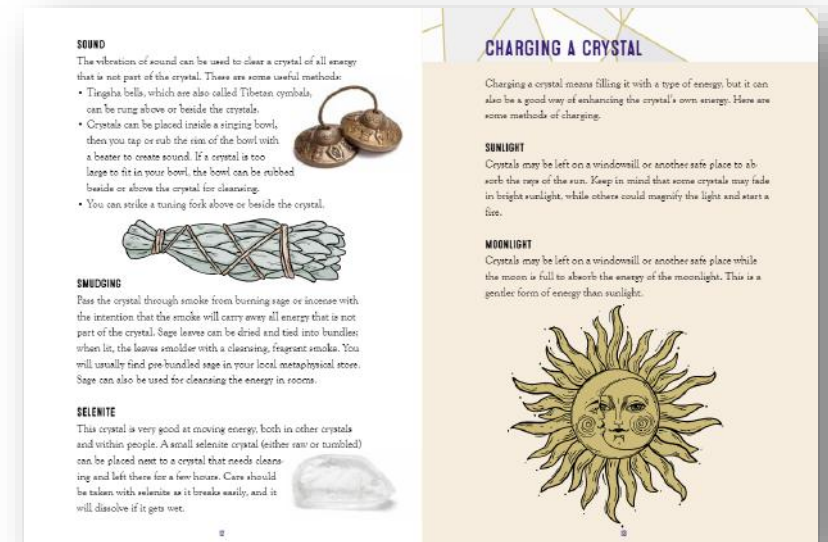
Extent: 32 pages

TPS (h x w): 197 mm x 146 mm

Translation files available

Link to material:

<https://quarto.box.com/s/bc8uyopchehkbczgjuk66sbn8hznqtrb>





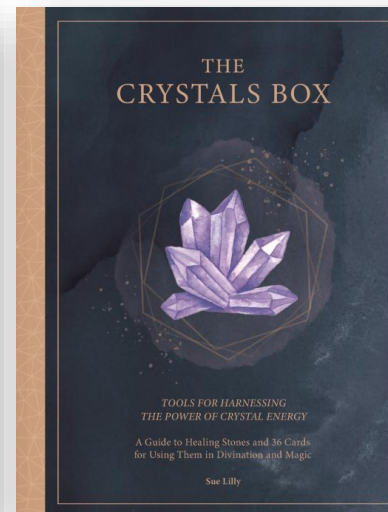
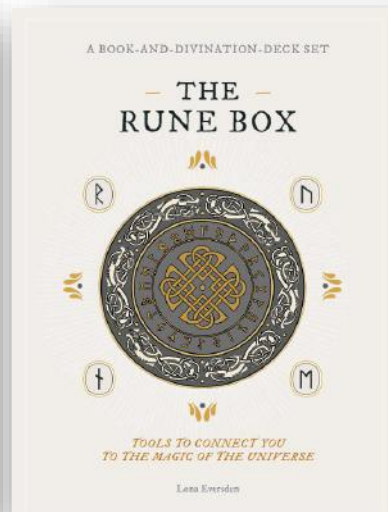
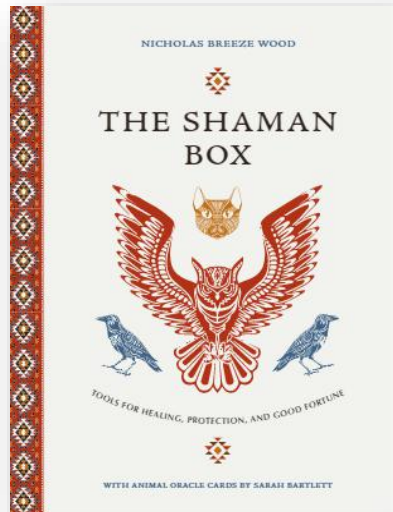
THE NEW AGE BOX series

- Elegantly designed book-and-card sets to bring the power of ancient wisdoms into your life
- New age is always trendier in times of uncertainty; and its popularity is rising among the younger generations
- Available as a kit or as a book with cards at the back

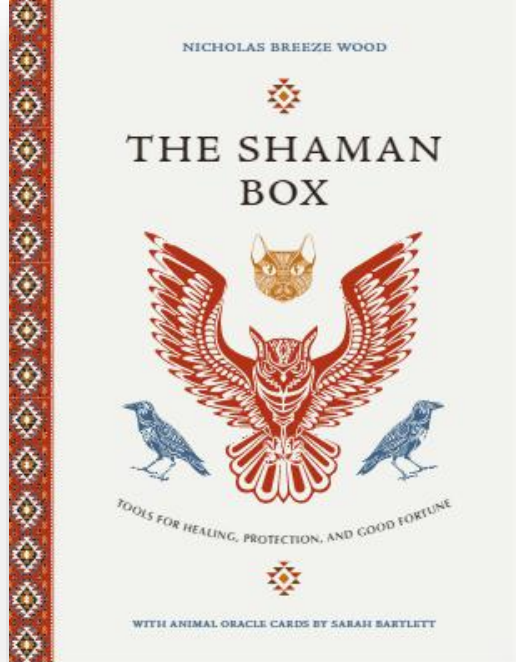
Wordcount: approx. 18,000 words

Extent: 96 pages + 36 cards

TPS (h x w): 195 mm x 145 mm



Click on the covers to see the material!



THE SHAMANIC HEALING KIT

- An introduction into shamanic healing, with beautifully illustrated animal oracle cards
- With a growing focus on nature and traditions, the interest in shamanism is on the rise
- Available as a kit or as a book with cards at the back

Wordcount: 16,801 words

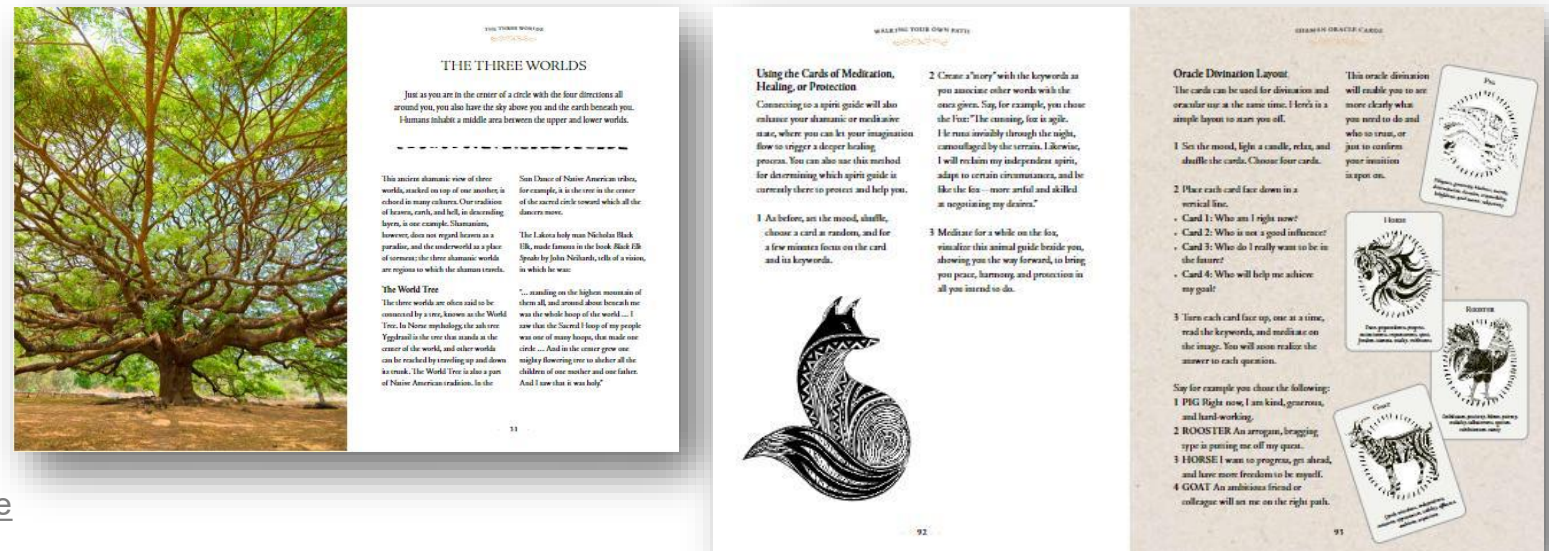
Extent: 96 pages

TPS (h x w): 195 mm x 145 mm

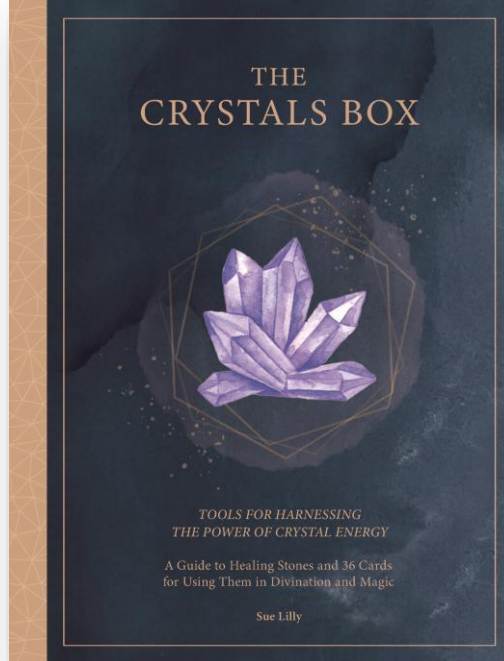
Translation files available

Link to material:

<https://quarto.box.com/s/ychyidpng9yjhiikokuaigvz0u7mcxle>



QUARTO



THE CRYSTALS BOX

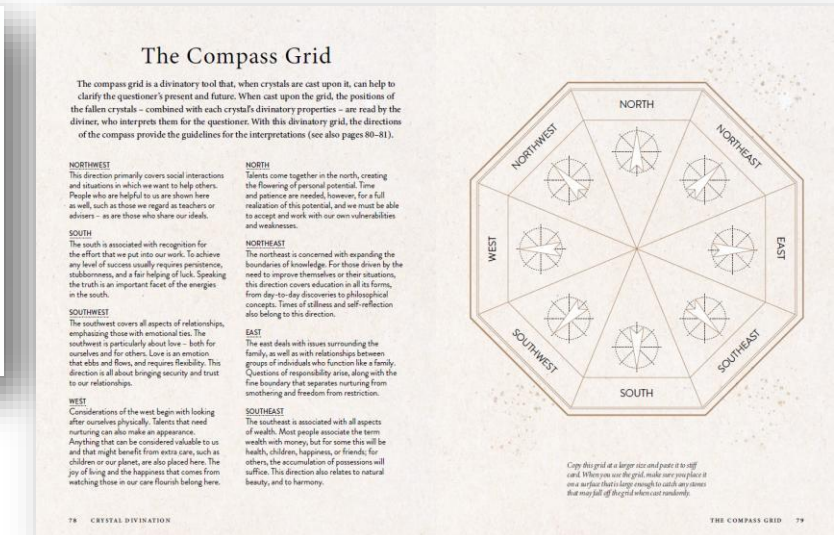
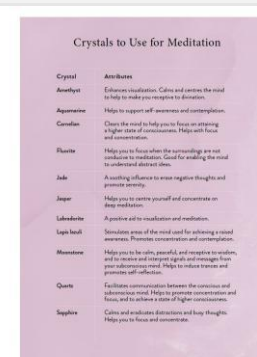
- Discover how to use the incredible power of crystals in the art of divination with this best-selling book-and-cards kit – 35,000 copies sold in English language!
- Learn about the impact of crystals on chakras, discover their associations with the planets and learn how to use them together with divination grids
- Features a directory of over 30 crystals and the different divination techniques using crystals
- Includes 36 cards you can use during your divination; the front of each card shows the characteristic of the gem and helps you visualize the crystal, while the reverse suggests possible interpretations depending on where the crystals fall on the grid

Wordcount: 31,472 words

Extent: 96 pages, 36 cards

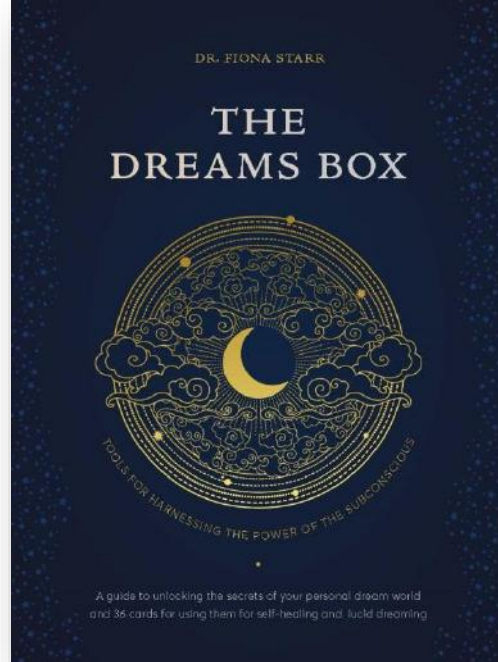
TPS (h x w): 195 mm x 145 mm

Translation files available



Link to material:

<https://quarto.box.com/s/6g6c9nw1r2b441jpyqh0206yospzww3z>



THE DREAMS BOX

- Unlock the magic of your personal dream world, and let its symbols take you on a voyage of self-discovery
- Learn to sleep deeply and influence your dreams, blocking the bad and encouraging the good
- This book-and-cards pack tells you all you need to know about dream interpretation, why dreams are essential to well-being and clearly outlines the meanings behind more than 100 dream symbols

Wordcount: 29,846 words

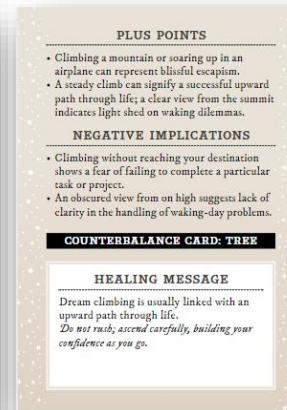
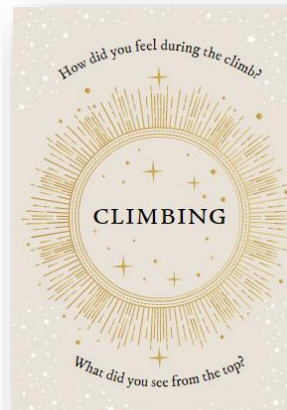
Extent: 96 pages, 36 cards

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/0gu37p437sbwz7ampyk7ugig6nbx14hy>





THE TAROT SPELLBOOK KIT

- Including a full 78 card set and a book with a unique spell for each of the cards
- Solves the accessibility problem for tarot enthusiasts. By incorporating theme-based spells for each card, readers can easily connect with the tarot in a way that is meaningful, fun, and practical!
- The appetite for tarot and witchcraft is undeniable—both experienced and "baby" witches are seeking ways to further their magickal knowledge.



Wordcount: 49,219 words

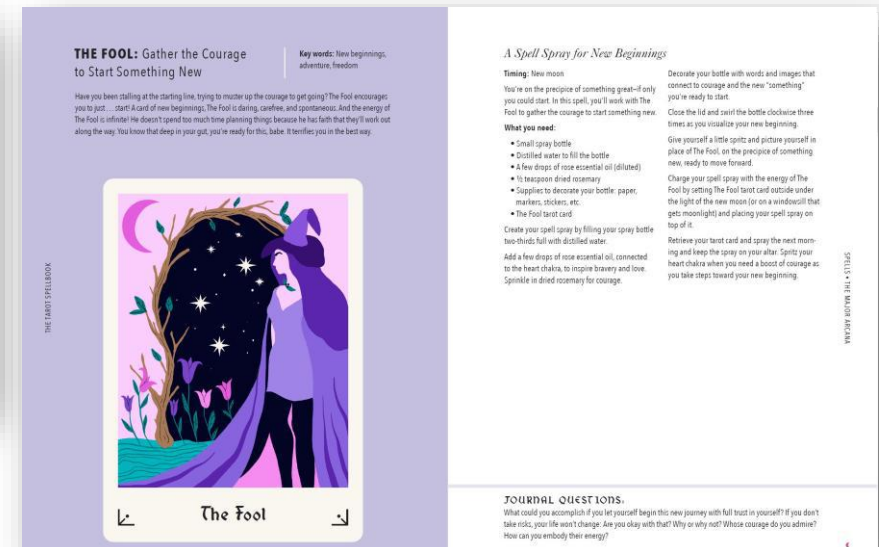
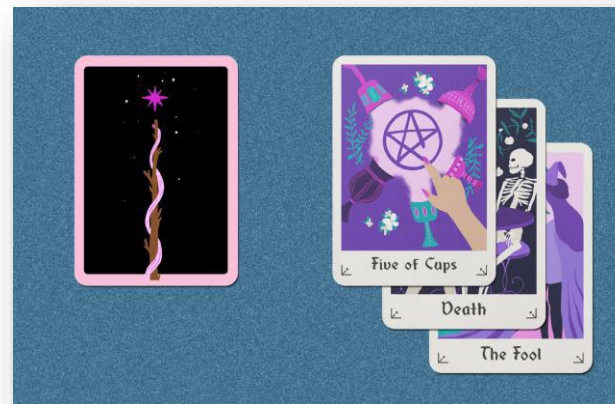
Extent: 192 pages + 78 cards

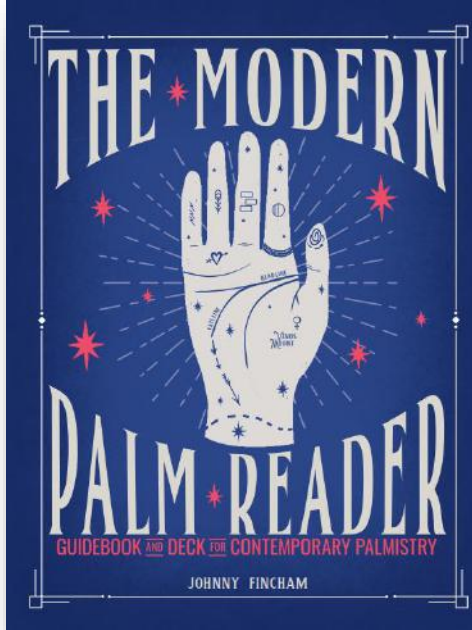
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/a0w6oq02op4b0g57cvqmwcf2c348fs7q>





MODERN PALM READER

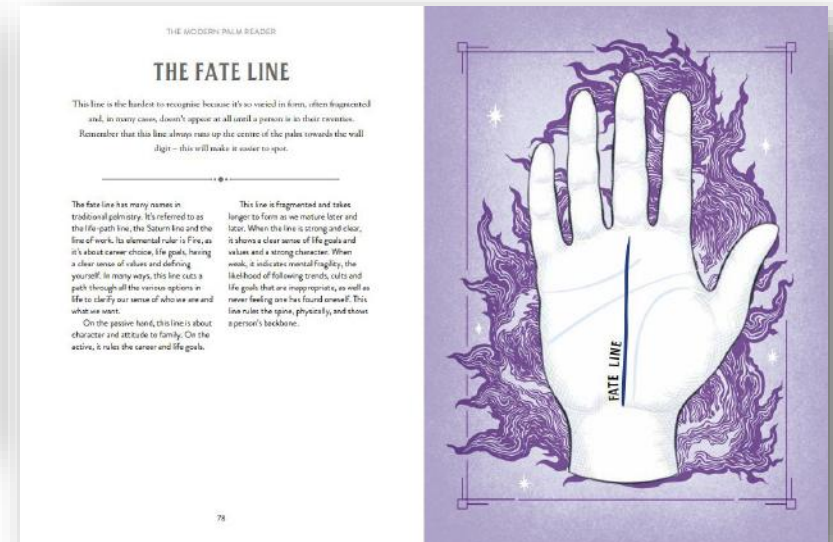
- Superb kit with 25 cards on the art of palmistry
- Describes the many ways to interpret hand shapes, finger length, skin texture, in addition to the hand lines
- Cards are palm-sized and a very useful cheat sheet and memory help, and allows for group readings with friends and family
- 100+ excellent Amazon reviews and several reprints!

Wordcount: 18,247 words

Extent: 128 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

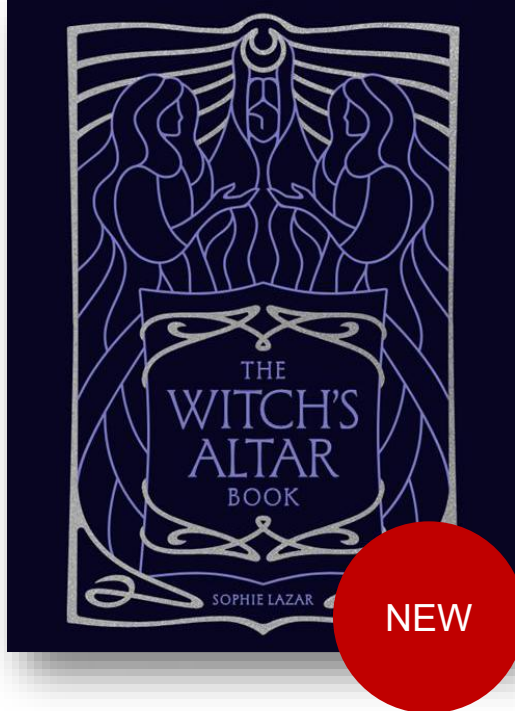


Link to material:

<https://quarto.box.com/s/7fcl2jwwq2nvebwabrs6gb8qb6mh1q4f>

Q.

**MAGICK AND
WITCHCRAFT**



THE WITCH'S ALTAR BOOK

- Whether you are an eclectic witch, a sea witch or a kitchen witch, you will need an altar to perform your spells and rituals, and this is a book designed for that sacred space
- Three witches – gens X, Y and Z, or the maiden, the mother, the crone – work together to produce the definitive guide to modern witchcraft
- Written by Lindsay Squire, aka The Witch of the Forest, Nicole Weiss, a modern-day magic maker and a leading voice in manifesting and modern witchcraft, and Rachel Patterson, a high priestess of the Kitchen Witch Coven

Wordcount: approx. 50,000 words

Extent: 256 pages

TPS (h x w): 246 mm x 189 mm

Translation files available: May-25



PROTECTION

Protection comes in many forms and there are different ways to work magically to bring it in. You might need some psychic protection to prevent your energy being drained when you are out with other people. Perhaps you feel your home needs some protection to keep unwanted energy out. Protection can be brought into your workplace so that you feel comfortable and secure. If you drive a car you can add a protection pouch inside to protect against theft or accidents. Personal protection is easy to put in place and will keep you safe and confident when you are speaking to others or out and about. Many, many forms of protection for you, your friends and family and all of them easy to put into practice using simple methods and items.

There are many items that carry a protective energy such as herbs and crystals, these can be used in spell working to create protection in the form of candle magic, spell pouches or witch bottles. These can be set up on your altar, placed around your home or work place or carried with you. Remember to always charge each item with protective energy, all parts need to be instructed for purpose.

CHANNELLING ENERGY

To charge your magical ingredients you will need to channel energy. Never draw the energy from within yourself as that can be very draining. Mother Nature is very happy to provide you with the energy you need.

How your energy skills

- With both feet placed on the floor, begin by visualising energy flowing from the earth. See it being drawn up from earth's core, through the soil, and into your feet.
- Allow that energy to flow up through your legs, through your torso, and down your arms. Then allow that energy to flow through your hands and direct the energy out through your palms or fingertips. I then

This exercise can also be done by visualising a bright light. It can be any colour you'd like. I usually work with white, but I tailor the colour to suit the spell's intent. For instance, I work with blue light for healing. Allow this light to flow from the sun, moon, or sky and into the top of your head. Let the energy flow down through your neck, your torso, and your arms, finally leaving your body through your hands. You could try drawing energy from the air around you. Visualise the air being sucked into your body directly, allowing it to flow through your arms and into your hands. Then, direct the energy where you need it to go by releasing it through your palms or fingertips.

VISUALISATION

Being able to visualise is a really useful skill for working magic and in ritual. Visualisation is a bit like using your imagination or day dreaming, you need to picture your intent in your mind's eye. Not in full high definition, it won't play out like a movie screen, but getting the basic image or even feeling of the image really helps to focus your intent and power the spell.

Visualisation is a great way of bringing in protection without using any physical items. The following is a little visualisation exercise that can help hone your skills:



[Box]For this exercise, you will need a candle (it doesn't matter what size, shape, or colour) in a safe holder and a lighter or matches.

- Sit quietly and set the candle in front of you. Light the wick.
- Take a few deep breaths in and out. Focus on your breathing until you feel calm and centred.
- Now look at the flame. Watch it move and notice all its colours. Next, take in the candle itself: the shape, the size, the colour.
- Once you believe you have all the details locked in, close your eyes.
- Try to recreate a detailed image of the candle in your mind's eye. You allow the size, the shape, the colour, and the flame. Can you see the flame moving?
- When you have had enough, slowly open your eyes and snuff out the candle.

You can recreate this exercise with any item, such as a piece of fruit or a flower. It is the recreation of all the details that hones your visualisation skills.

Link to material:

<https://quarto.box.com/s/mmw26v5wmbowc2d7ot843vqfengae1an>

FOLKLORE LEGENDS

- In-depth examination of the cultural history and significance of witchcraft and vampires throughout history

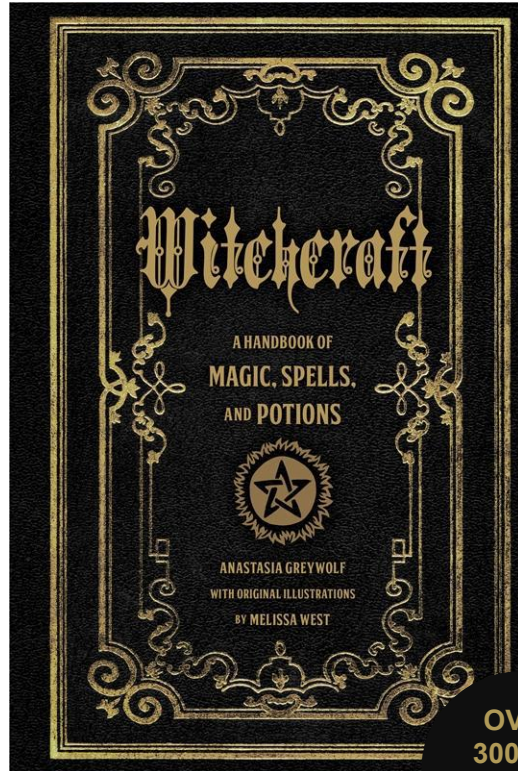
Wordcount: approx. 35,000 words

Extent: 176–256 pages

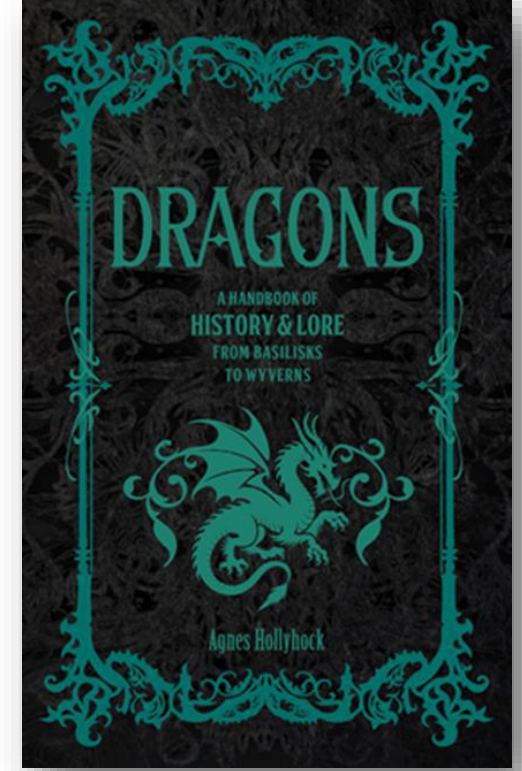
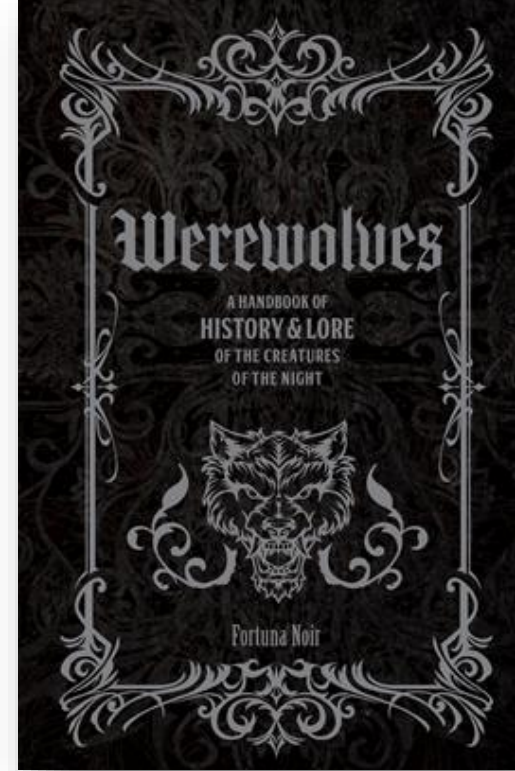
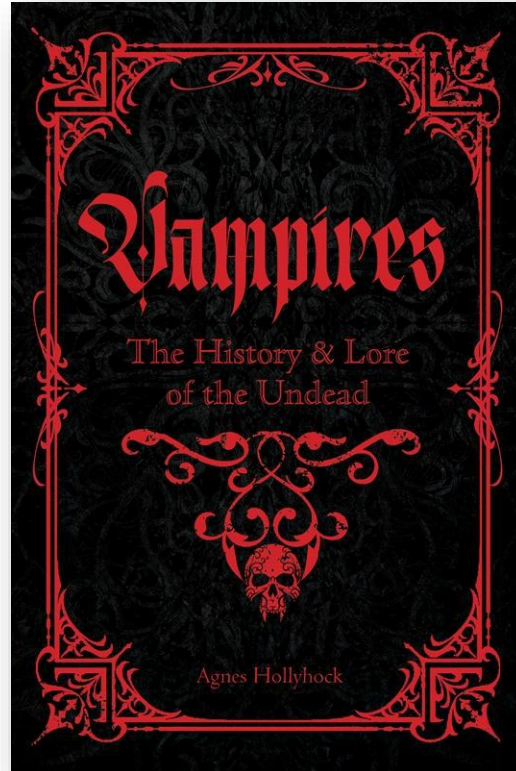
TPS (h x w): 210 mm x 140 mm



WELLFLEET
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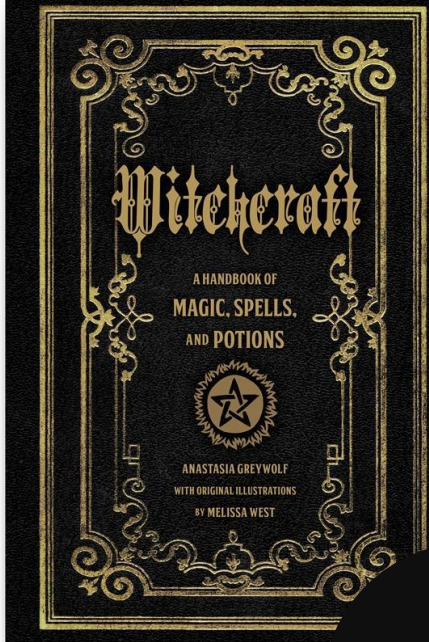
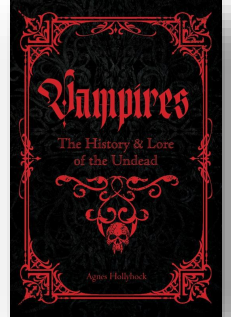
Click on the covers for links to each title!



WITCHCRAFT

- The ultimate grimoire for the practising witch
- Includes spells and potions to banish headaches, communicate with animals, know your future and many more
- Beautiful gift package

Also available:



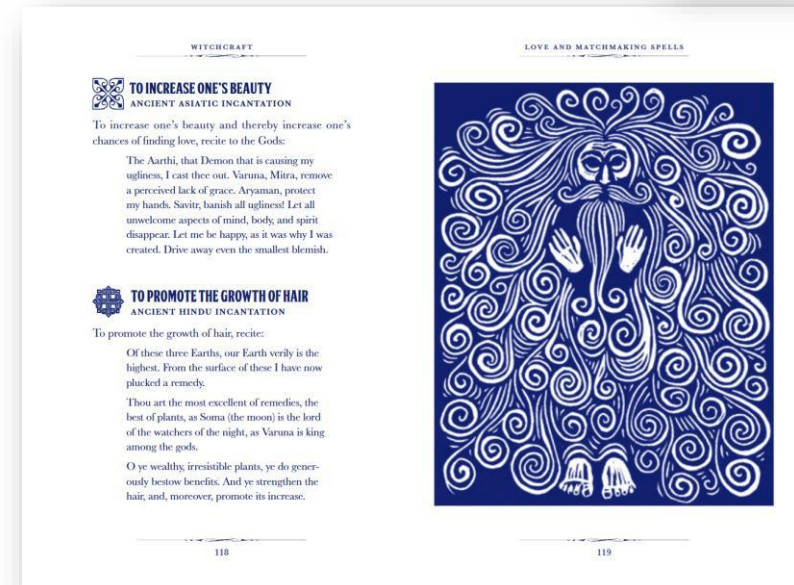
OVER
300,000
COPIES
SOLD

Wordcount: 33,797 words

Extent: 256 pages

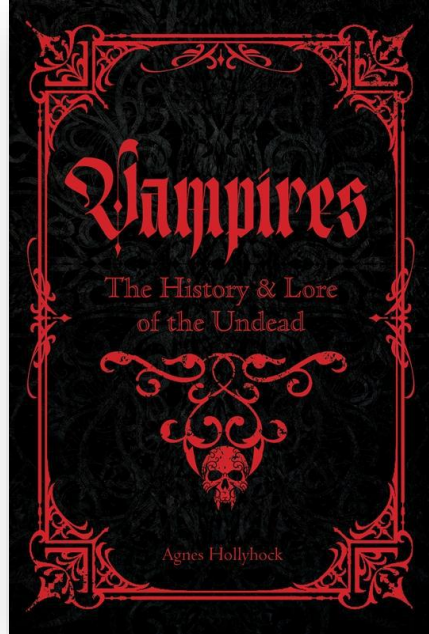
TPS (h x w): 210 mm x 140 mm

Translation files available



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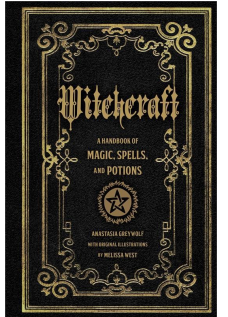
<https://quarto.box.com/s/rpsxbkdxhapylyudrqlls7afot0b832w>



VAMPIRES

- Explore the cultural heritage of the modern day understanding of vampires in this hauntingly illustrated volume
- Learn the history of various forms of bloodsuckers: Shroud Eaters, Appesarts, Nightmares, the Stafia plus more
- Intricate and ghoulish illustrations

Also available:



Wordcount: 35,328 words

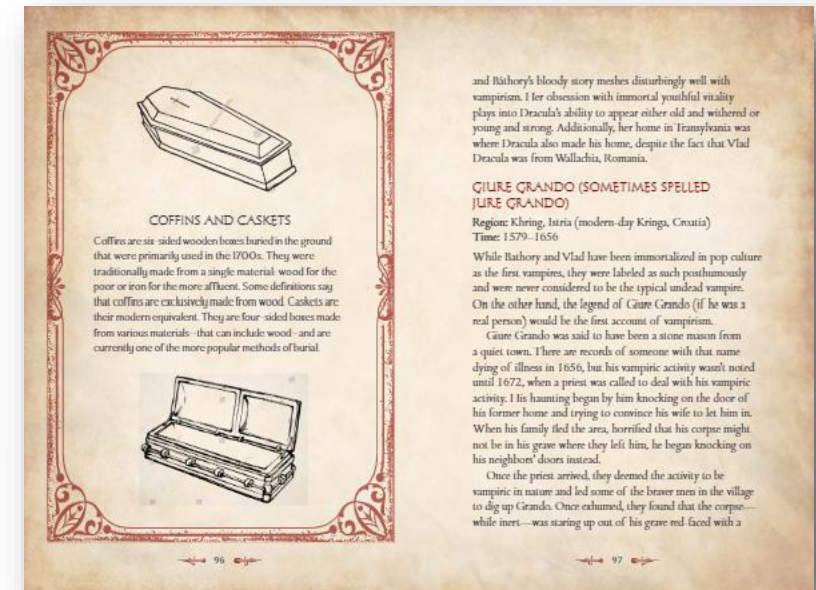
Extent: 176 pages

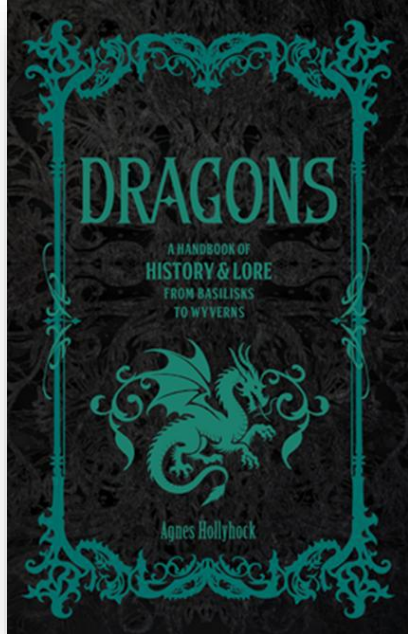
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

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DRAGONS

- Explores dragon myths and lore from across a variety of cultures
- Beautifully illustrated handbook with rich details, perfect for those captivated by dragon myths and legends
- Fantasy remains a hugely popular genre, with renewed interest in dragons and fantasy culture fuelled by the success of games like *Dungeons and Dragons*, and the hit series *House of the Dragon*

Wordcount: 32,646 words

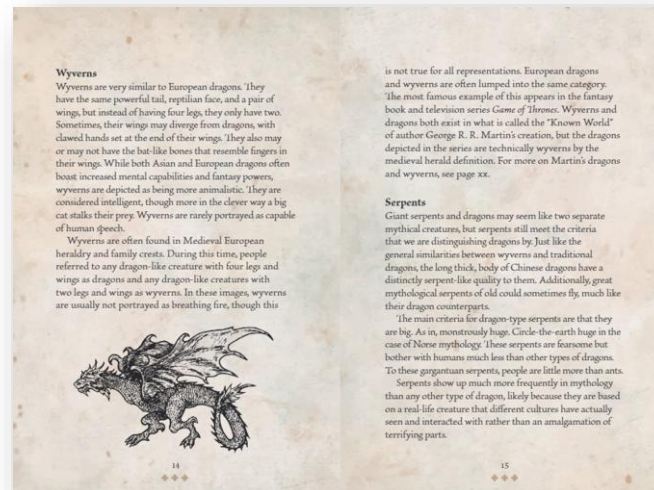
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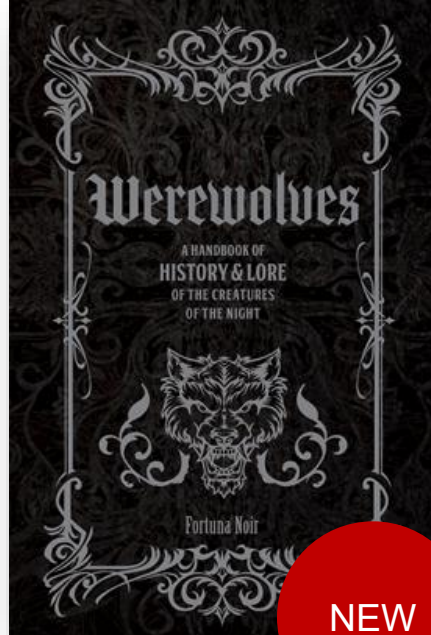
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

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NEW

WEREWOLVES

- A gorgeously illustrated guide to werewolves across myths and folklore
- This book delves deep into the history, myths, and cultural impact of werewolves across the world, covering everything from ancient folklore to modern pop culture.
- Featuring stunning wood-cut style illustrations and tea-stained pages, this book is the ultimate guide to lycanthropy.

Wordcount: approx. 35,000 words

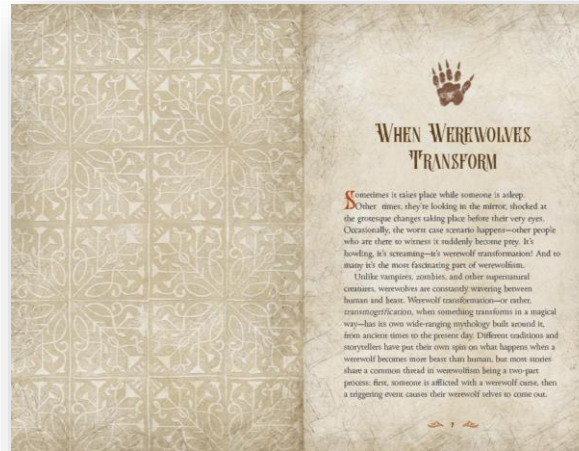
Extent: 160 pages

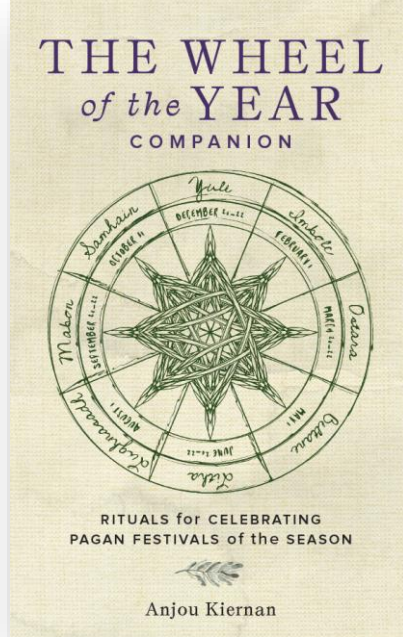
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Translation files available: Mar-26

Link to material:

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THE WHEEL OF THE YEAR COMPANION

- A guide to the sacred holidays and celebrations of the Wiccan calendar with guidance, rituals, spellwork, and practices for each.
- Learn the history of the holidays, their pagan roots, and how to merge these sacred cycles and celebrations with modern traditions and holidays.
- Witchcraft is fast becoming a mainstream practice among millennials.

Wordcount: approx. 21,000 words

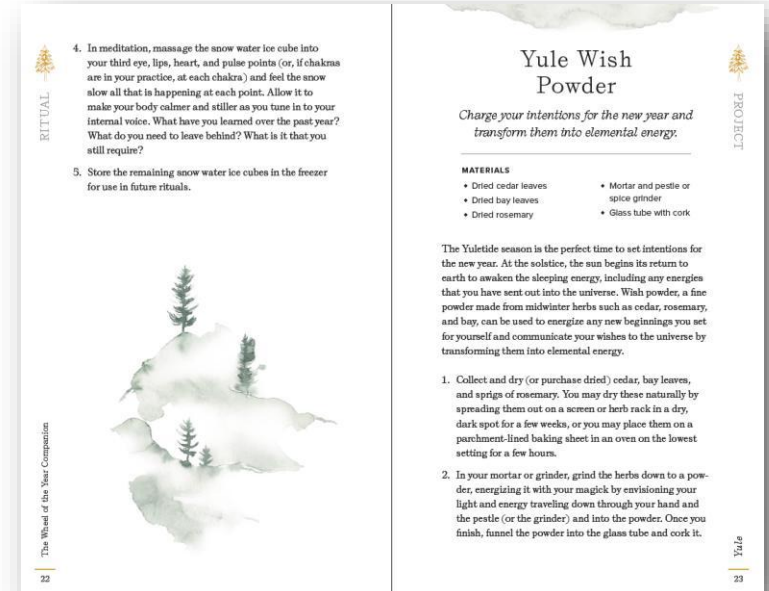
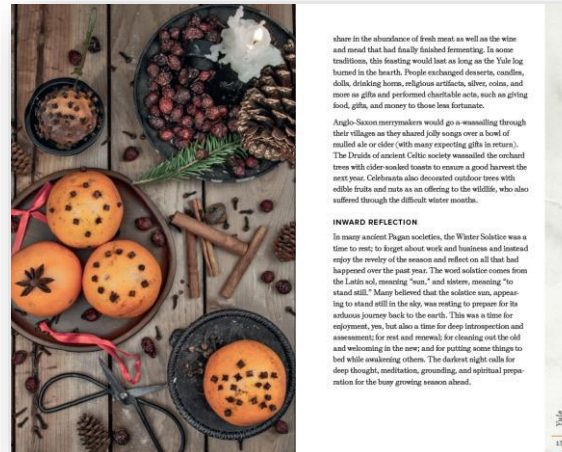
Extent: 176 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/25t07kg6h5mplz6m9gzpjsl9omeilh7>



THE WITCH OF THE FOREST'S GUIDES

- Best-selling beginner's guides to various aspects of witchcraft by Lindsay Squire of the popular Instagram account *The Witch of the Forest* (534,000 followers)

Wordcount: approx. 35,000 words

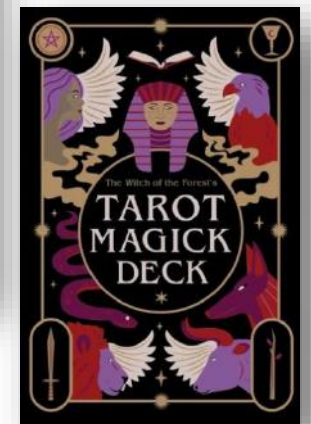
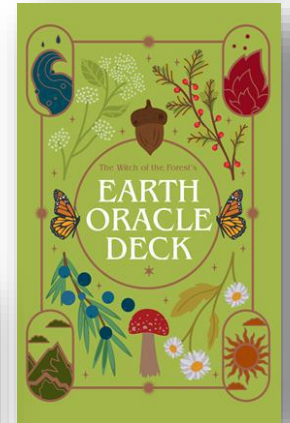
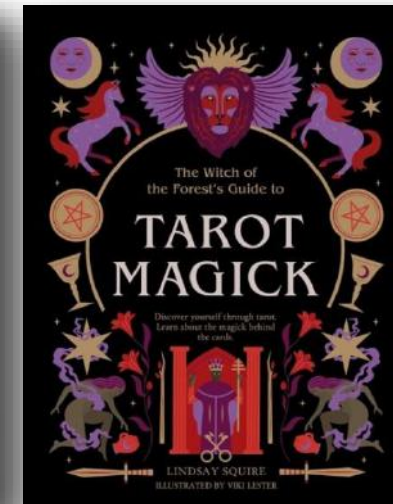
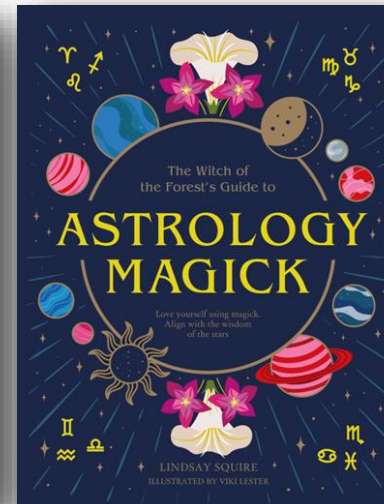
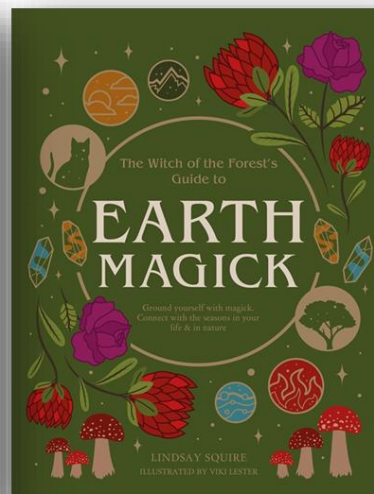
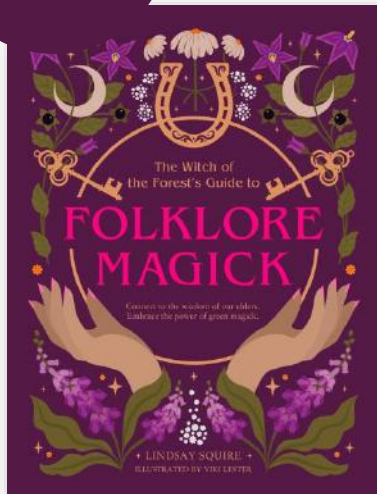
Extent: 176 pages

TPS (h x w): 210 mm x 160 mm



LEAPING
HARE

Latest
in the
series



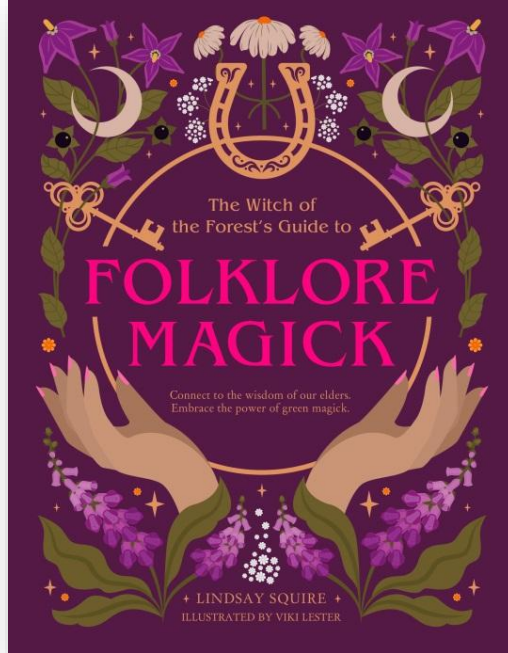
Series has
sold over
400,000
copies
worldwide

Click on the covers to see the material!



THE WITCH OF THE FOREST'S GUIDE TO FOLKLORE MAGIC

- Beginner's guide to witchcraft folklore for witchy wisdom and how to incorporate it into your everyday magickal practice as interest in "occulture" soars in a new generation of spirituality seekers
- Understanding folklore – an age-old form of teaching – will draw us closer to and give us a deeper understanding of the natural world
- With lunar planting calendar jacket
- Written by Lindsay Squire, the witch behind the popular Instagram account The Witch of the Forest (500,000 followers on Instagram)



Wordcount: 37,000 words

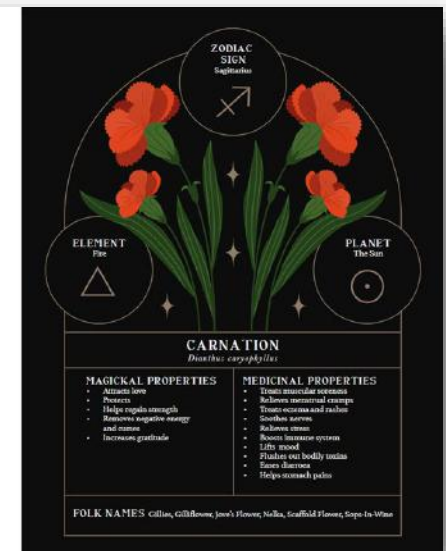
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Translation files available

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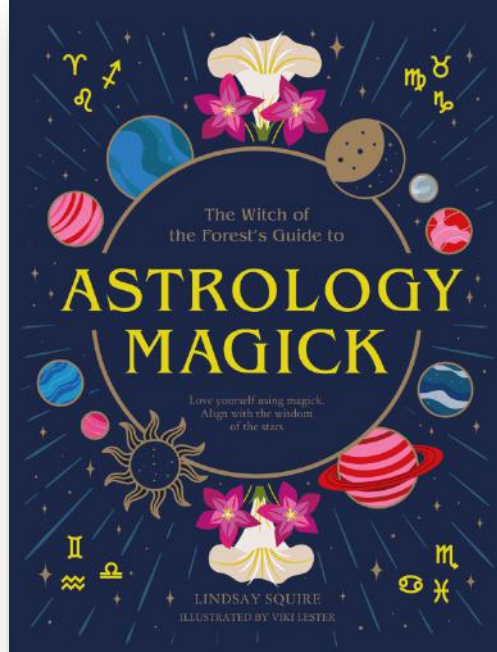
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THE WITCH OF THE FOREST'S GUIDE TO ASTROLOGY MAGICK

- Exploring new topics not covered in Natural Magick or Earth Magick, this 3rd title by The Witch of the Forest (500k followers on Instagram) is a beginner's guide to astrology and how to incorporate it into your magical practice
- Astrology is a powerful tool for tuning into and better understanding yourself and others around you. Learn how connecting with astrology can help soothe anxiety, and how you can use it as a tool to take control of your mind, mood, relationships, and actions.
- Includes a zodiac board on the back of the jacket



Wordcount: 39,000 words

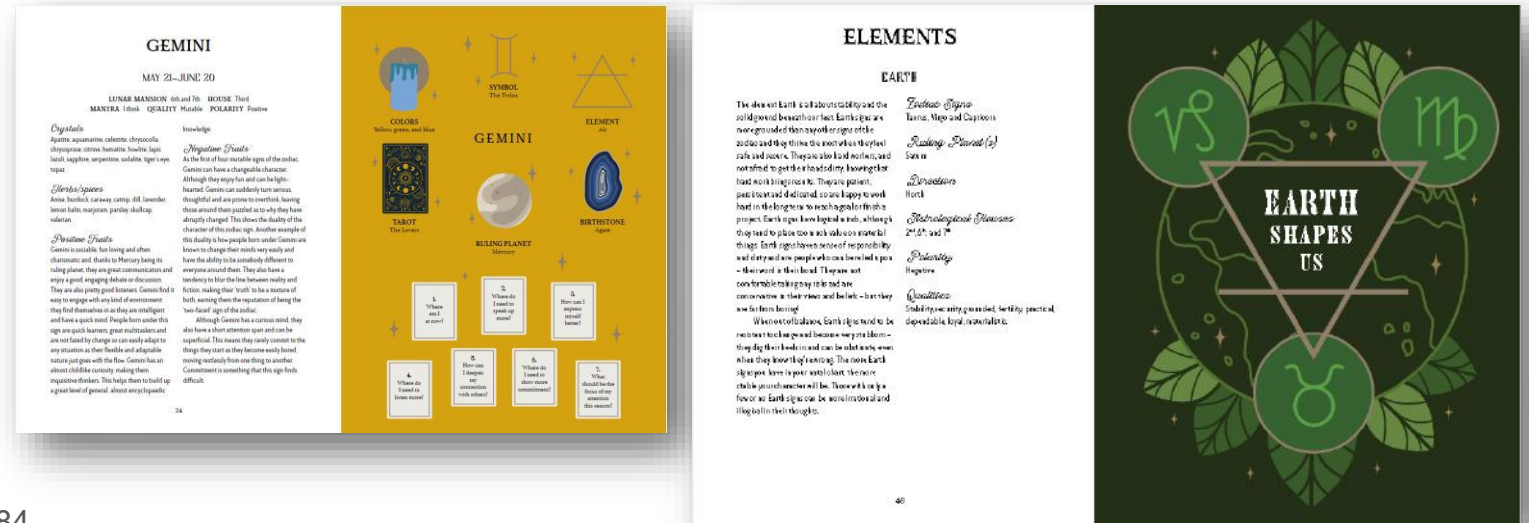
Extent: 176 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

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THE WITCH OF THE FOREST'S GUIDE TO EARTH MAGICK

- An inclusive beginner's guide to witchcraft for wellbeing and connection with the natural world by Lindsay Squire, the witch behind the popular Instagram account, The Witch of the Forest (500k Instagram followers).
- This follow-up title to the super-selling Natural Magick explores all new areas not previously covered
- Includes a runes board on the back of the jacket
- The Earth is bursting with magical energies and lessons to be learnt. Connecting with these can help your relationship with yourself, the people around you, and the natural world, blossom. Learn from the Earth how to bloom and thrive at your own pace!

Wordcount: 35,000 words

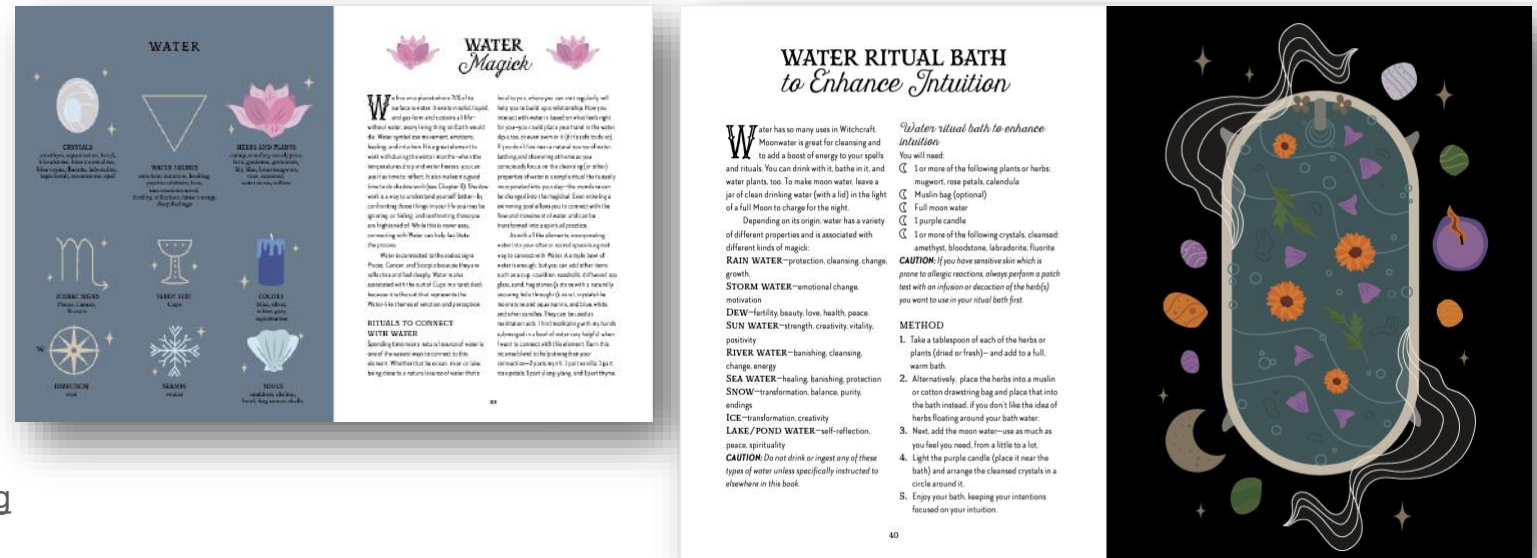
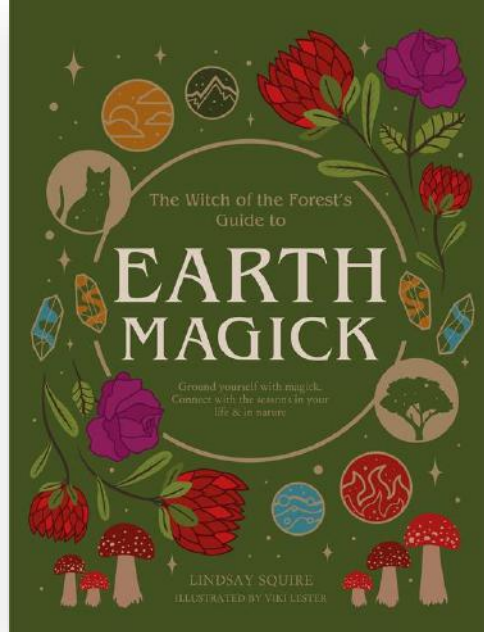
Extent: 176 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

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THE WITCH OF THE FOREST'S GUIDE TO NATURAL MAGICK

- An inclusive beginner's guide to witchcraft for wellbeing and connection with the natural world by Lindsay Squire, the witch behind the popular Instagram account The Witch of the Forest (500k Instagram followers)
- 850+ rave amazon reviews and incredible sales results!
- Wake the witch within and kindle your own personal source of power with this practical guide to natural magick which includes a built-in pendulum board
- Looks at how we can be mindful to avoid cultural appropriation when using certain herbs and practices, how we can more eco-conscious in our spell casting and includes a chapter on how you can practice “low-key” witchcraft

Wordcount: 34,000 words

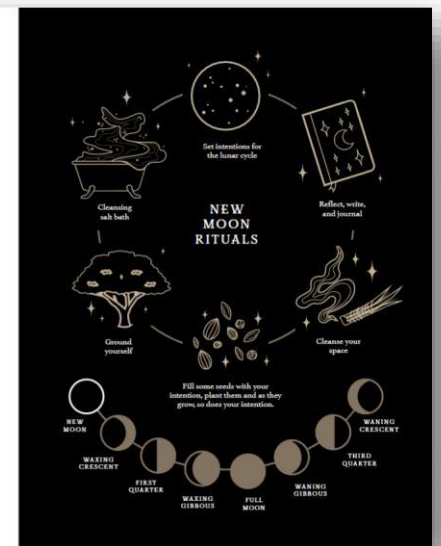
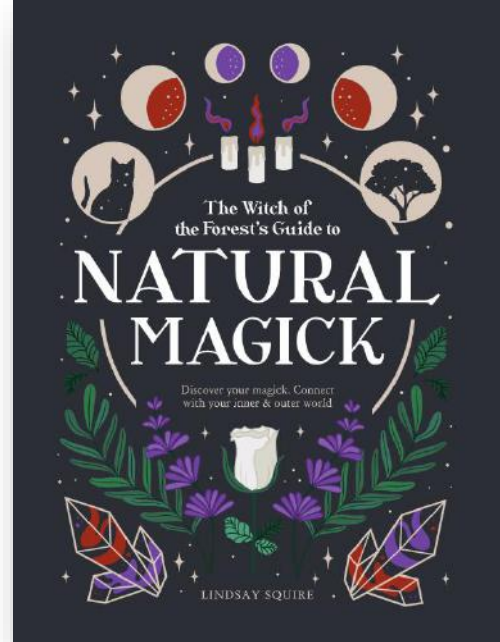
Extent: 176 pages

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Translation files available

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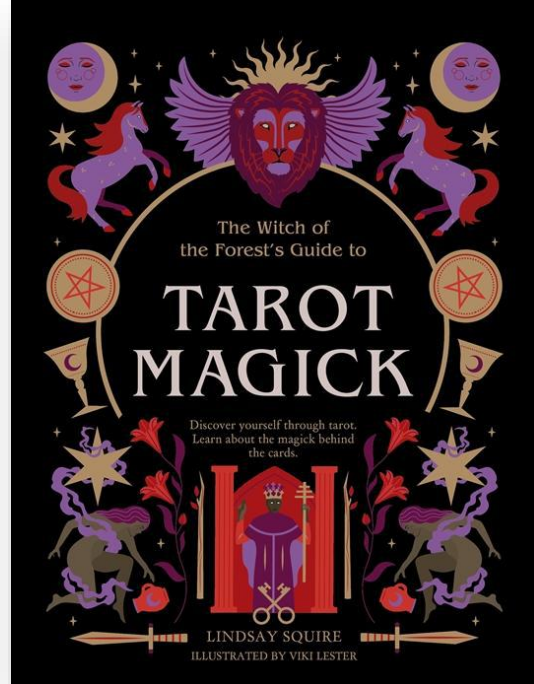
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THE WITCH OF THE FOREST'S GUIDE TO TAROT MAGICK

- This fourth book by The Witch of the Forest (500k followers on Instagram) is a beginner's guide to tarot and how to incorporate it into your magickal practice.
- This book will delve into the meaning behind the major and minor arcana, and explore how tarot can be used as part of a magickal practice, as well as a way to support your wellbeing.
- Includes a tarot board on the back of the jacket.



Wordcount: approx. 35,000 words

Extent: 176 pages

TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/poie5mnaagca2h3k6gzi7o7n16ywdq9e>





THE TAROT SPELLBOOK

- A magical way to explore the tarot, with a unique spell for each of the 78 cards.
- This book solves the accessibility problem for tarot enthusiasts. By incorporating theme-based spells for each card, readers can easily connect with the tarot in a way that is meaningful, fun, and practical!
- The appetite for tarot and witchcraft is undeniable—both experienced and "baby" witches are seeking ways to further their magickal knowledge.
- Sold 7,000 copies in the first 6 months!



Wordcount: 49,219 words

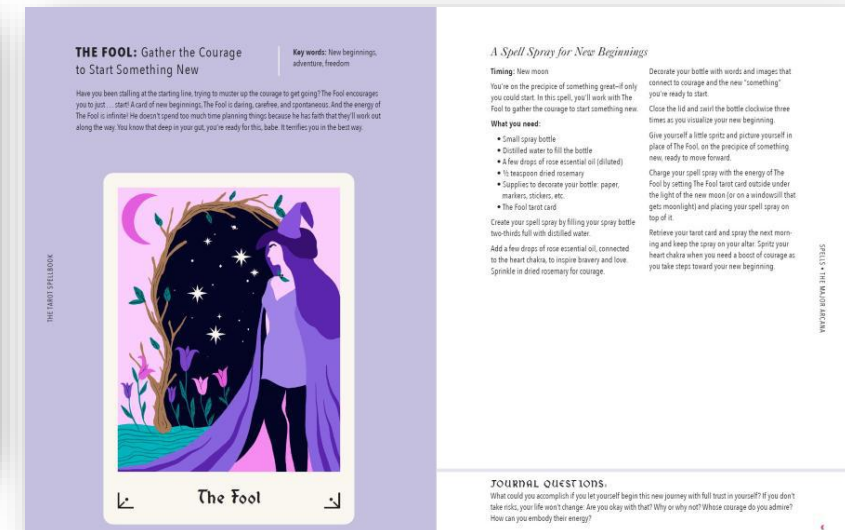
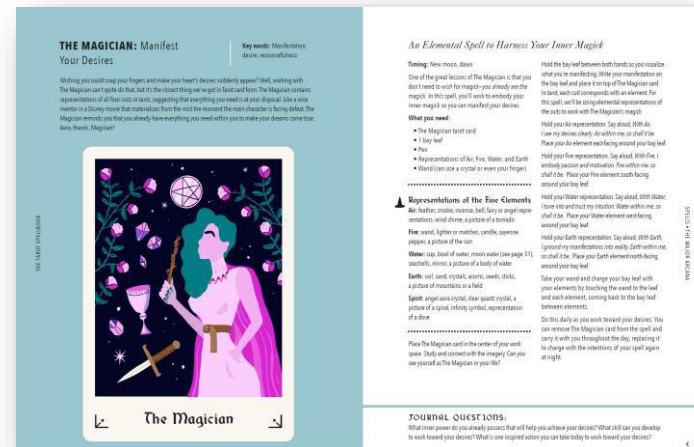
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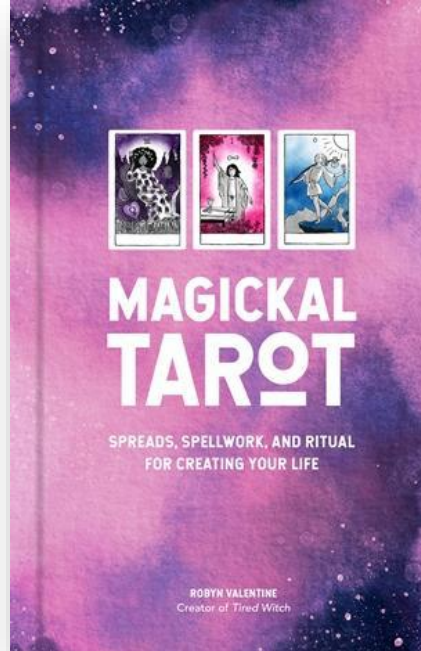
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Translation files available

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MAGICKAL TAROT

- Combining two popular esoteric topics: witchcraft and tarot.
- Tarot is experiencing a new surge of popularity thanks to a new audience who is using tarot as a tool for mindfulness and self-empowerment.
- A unique approach to tarot that teaches you how to tap into the energy and archetypes of the Major Arcana for manifesting and amplifying desired outcomes.

Wordcount: 30,086 words

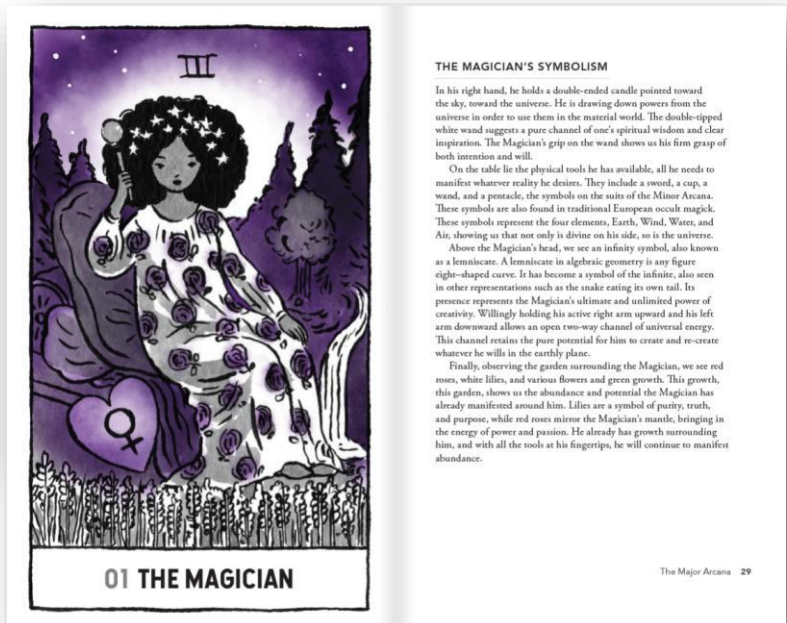
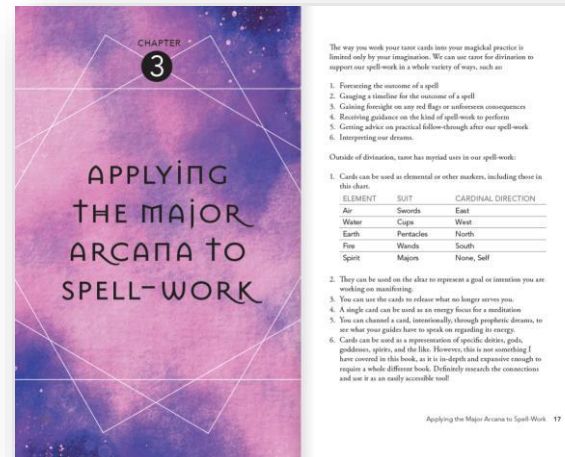
Extent: 160 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

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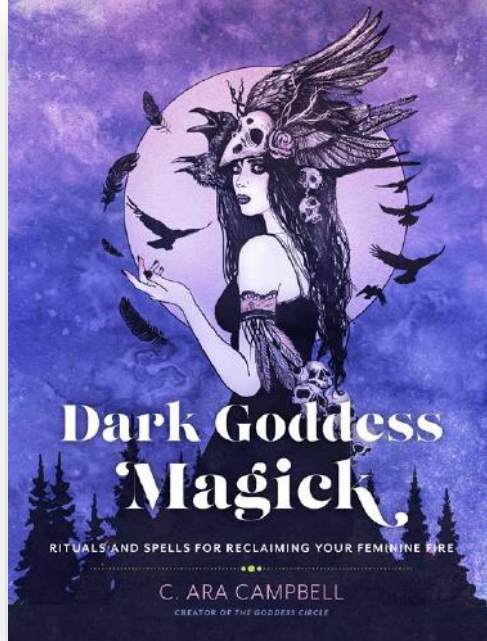
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DARK GODDESS MAGICK

- Introduces 20 of the most powerful shadow goddesses and guidance on how to connect with them
- Interest in “Shadow” work and Dark Goddesses has always been a strong subset of the witchcraft community. This dark magick aspect is now entering the mainstream particularly on social media
- The author is the creator of the popular *Goddess Circle* community. She has a huge and highly engaged social media following of 98K Instagram and 361K Facebook



Wordcount: 45,352 words

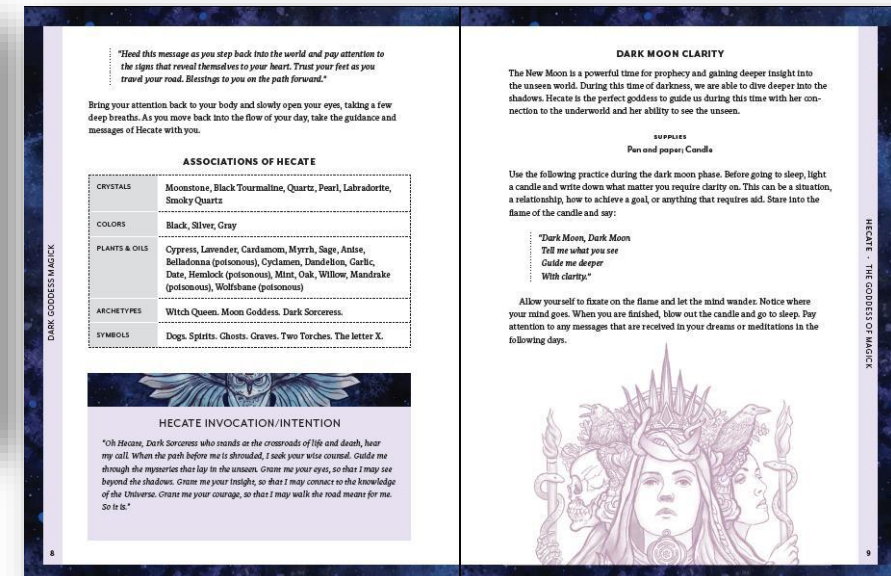
Extent: 192 pages

TPS (h x w): 225 mm x 170 mm

Translation files available

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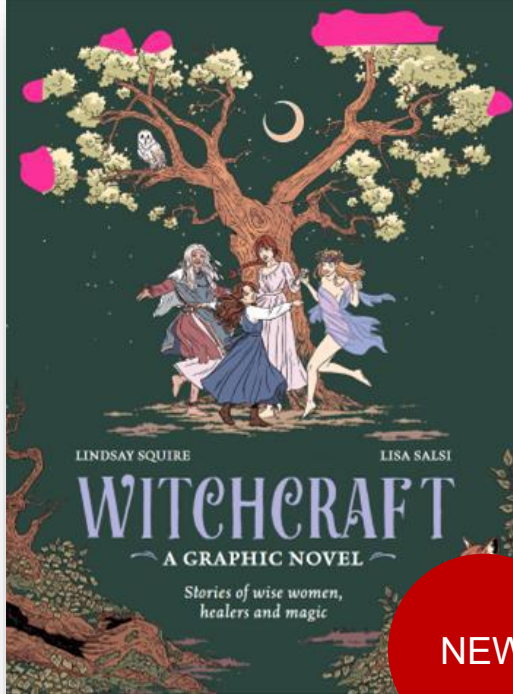
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WITCHCRAFT, A GRAPHIC NOVEL

- A graphic novel exploration of the history and art of witchcraft
- The narrator is Biddy Early, the first known witch identified and recorded as such; she guides us to a magickal journey through enlightening themes of self-empowerment / power structures & stigma / feminism / plant magic / witchlore & traditions / eco-spirituality & green wisdom and more!
- A unique approach, bringing together a popular topic with a growing visual style = perfect for younger generations



NEW

Wordcount: approx. 15,000 words

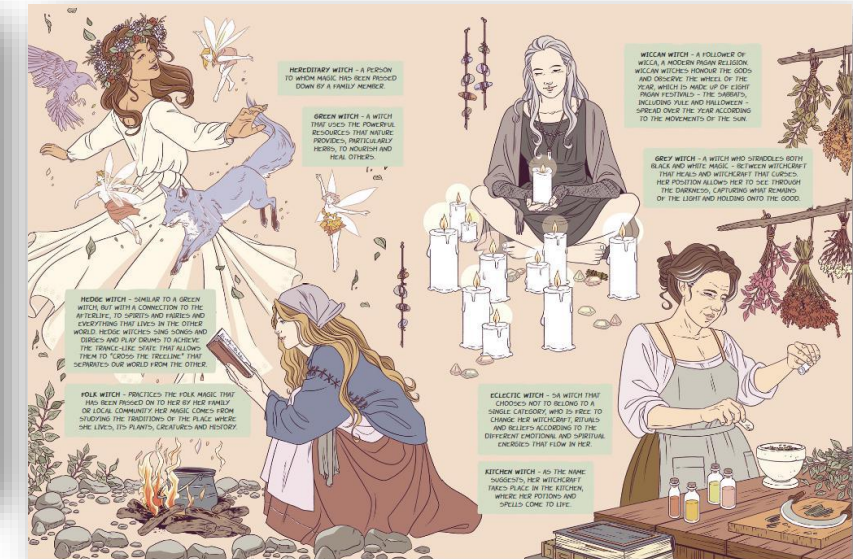
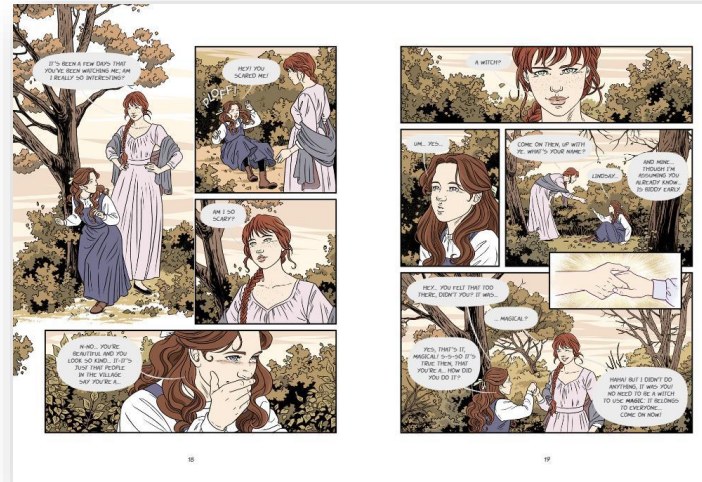
Extent: 128 pages

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Translation files available

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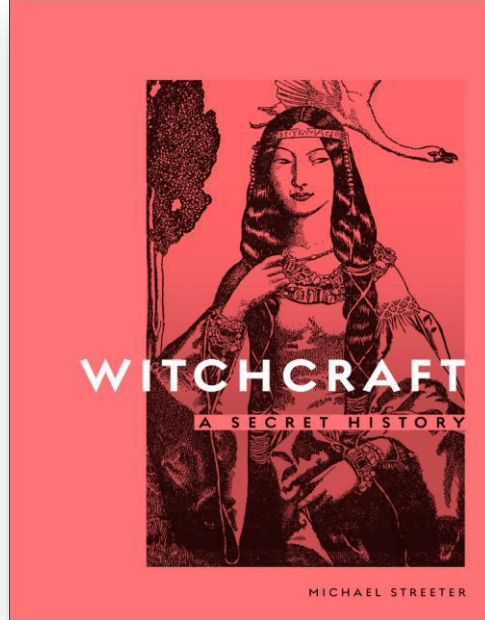
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WITCHCRAFT, A SECRET HISTORY

- Centuries of secrets revealed, and myths debunked!
- Clear evidence of growing popularity of witches, from popular culture to social media
- Small, elegant, fresh looking reference book that stands out from the competition and appeals to the new modern mystic as well as the millennial feminist audience



Wordcount: 38,108 words

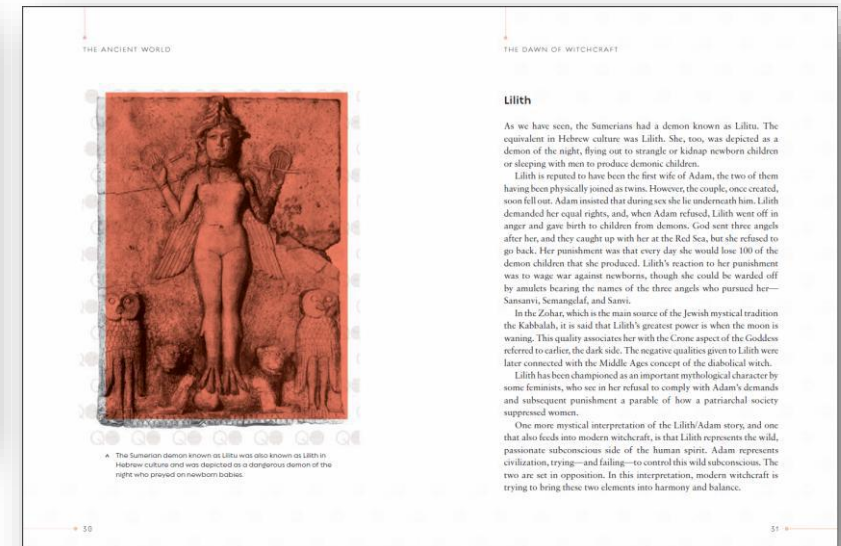
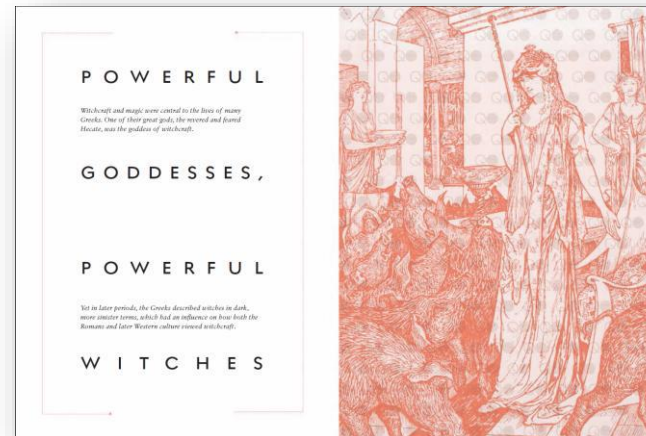
Extent: 256 pages

TPS (h x w): 201 mm x 150 mm

Translation files available

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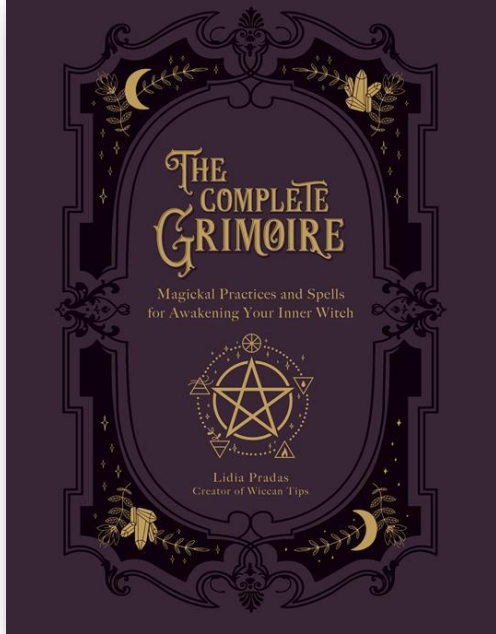
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THE COMPLETE GRIMOIRE

- A practical and authentic guide for the beginning witchcraft practitioner by the creator of the hugely popular Instagram handle Wiccan Tips.
- Forbes.com recently declared “magic is the new meditation.” People are going to meditation circles and rituals not to sit quietly and say “om” but to cast spells, commune with their spirit animals, and clear their chakras.
- Bestseller with over 49,000 copies sold in English alone, immediate reprints in several foreign languages and more than 3,100 excellent Amazon reviews – [click here](#)



Wordcount: 42,172 words

Extent: 176 pages

TPS (h x w): 225 mm x 170 mm

Translation files available

Link to material:

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CHAPTER 4 HERBS

Herbal medicine has always been closely linked to witchcraft, and the type of witchcraft that focuses on Mother Earth and especially plants is called Green Witchcraft. Many other branches incorporate them in their craft. I love using herbs in my spells because they allow me to combine witchcraft with traditional medicine.

Mother Earth often is considered to be the most sacred and spirit. The working connection with her and working with nature, the natural world, is the heart of witchcraft. Herbs are a gift that, when incorporated into our craft, helps us to understand our spiritual and natural world. Herbs are our guides, teachers, and our allies. When using herbs, Mother Earth often is considered the greatest and most sacred of all beings, a continuously living, breathing, and feeling being.

In this chapter you will find the magical properties of 30 popular herbs as well as their uses in traditional medicine and some advice on how to grow them. You will also learn about different ways to use herbs in your spells, with examples of each sort of them.

PENDULUM

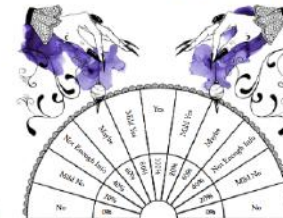
Pendulums are great tools for self-discovery, energy detection, divination, and even contacting spirits. They usually consist of a pointy crystal attached to a rope or a chain. You can also find small silver charms where you can burn herbs or incense. If you are on a budget, a necklace with a pointy crystal will work.

Start by cleansing the pendulum and the room. Hold the end of the chain with the thumb and middle finger of your projecting hand. Close your eyes and collect your pendulum. This is done by asking it to signal you and then to separate.

The pendulum should react to your direction to signal you and in this opposite to signal no. It can also react by drawing vertical and horizontal lines. Once it is calibrated, start the session by asking it your questions.

To get more complex answers from a pendulum, use a pendulum chart. These diagrams locate their meaning, focus, or intention within the chart. Start in the center or a neutral position and let the pendulum choose its answer.

There are many other uses for pendulums. If you're looking for a lost object or a particular place, use a magnet to find it through its vibrations. If you carry a pendulum with you, you may be able to find places of high energy by paying attention to its reactions.



RUNES

The runic alphabet is a writing system used by ancient Germanic and Proto-Norse languages. It was used as a writing method, but it is also a divination technique. Each symbol has an assigned meaning that transcends its letter nature.

The one that is most popular nowadays is the Elder Futhark. It is said that the runes were revealed to the Norse god Odhin, who is known for seeking out knowledge at the price of obsession.

To gain the wisdom needed to use the runes, Odhin sacrificed himself by hanging himself from a yew tree and piercing himself with a spear. He spent nine days like this without food or water.

The runes accepted his offering and revealed themselves and their magical uses to him. Odhin became one of the most powerful gods in part due to the spells that he learned to cast with the runes.

The Elder Futhark consists of twenty-four runes, equally divided into three families or groups of eight runes. Each rune is dedicated to a deity: the first is the god of the golden Thor, the second is the god of the god of the sun, and the third is the god of the god of the sun.

In addition to using runes to answer questions or mysteries, we can use them in combination (bind runes) to represent more complex concepts. We also use bind runes as part of a ritual or to cast a spell. There are many common patterns and formulas for bind runes that have been used successfully since ancient times.

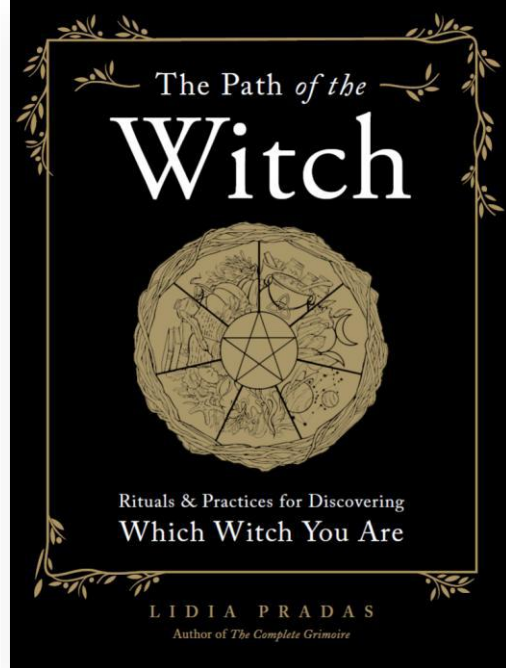
To use runes for divination, you can ask a simple question and take a run from an opaque pouch. You can also use them in a similar way to create cards: choose a layout and pick a rune for each position. Lastly, you can throw them randomly and interpret their meaning, position, and relationship with the surrounding runes. It is important to use a new cloth, a piece of fabric that will prevent the runes from getting charged. When the cloth is dry, hang it on a line that will help you interpret the place where the runes have landed.

Runes are a very versatile tool in witchcraft. As with most tools, you can use them in spells to enhance the intention. You can carry one with you to maintain an aspect of that rune in your life, or you can meditate with one to try to achieve a connection with that type.



THE PATH OF THE WITCH

- A practical and authentic guide to the different paths of witchcraft by Lidia Pradas, creator of the hugely popular Instagram handle Wiccan Tips.
- Many witchcraft books on the market are complicated - this stands out by offering help to simplify things for beginners by guiding them towards their particular path.
- Get a taste of it by taking our quick [quiz \(click here\)](#) to discover which type of witch - green? kitchen? cosmic? eclectic? ... - you may be ;)



Wordcount: 39,997 words

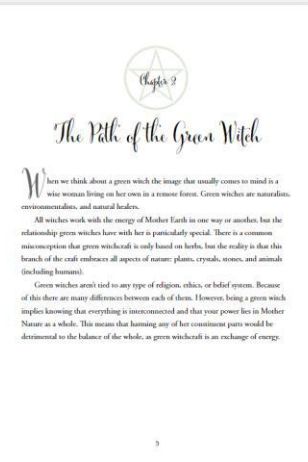
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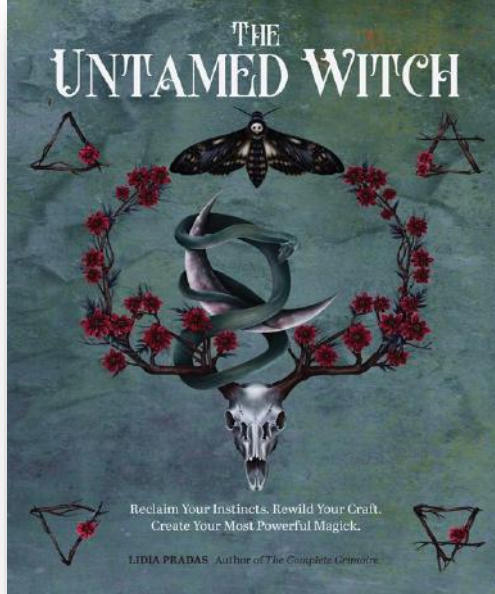
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Translation files available

Link to material:

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THE UNTAMED WITCH

- This empowering guide to defining your own witchcraft path and creating your own personal spells is the next step in your witching journey!
- Personalized spirituality is growing: witchcraft practitioners beyond the beginning stages don't want to blindly follow spells and rituals they read in someone else's book—they want to create their own.
- Empowers witches to use their own instincts, intuition, and environment as well as deep psychic work and techniques (ancestor work, shadow work, working between the realms) in their craft.
- 3rd title by best-selling magic spell author and IG star Lidia Pradas (417k followers).

Wordcount: 51,577 words

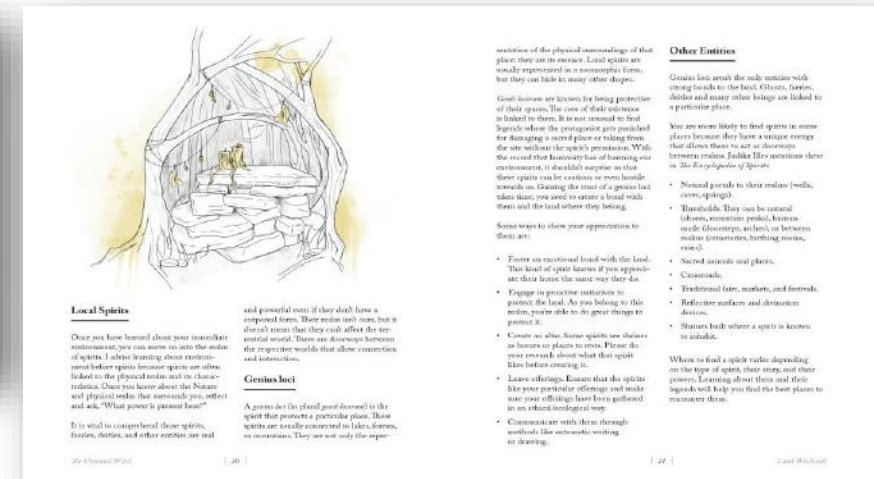
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Translation files available

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- Green witchcraft is becoming a popular subject as it advocates environmental responsibility and working with natural forces for healing and magic
- Increased attention due to the growing anxiety around climate change and interest in holistic healing modalities
- Align with the natural cycles of the earth as you explore the 13 essential plants every green witch must know and have in their garden and cupboard for healing, spellwork, and divination
- Discover the magical properties and uses of the plants through hands-on projects - spells as well as wellness such as beauty and cookery recipes

Extent: 192 pages

Translation files available



Link to material:

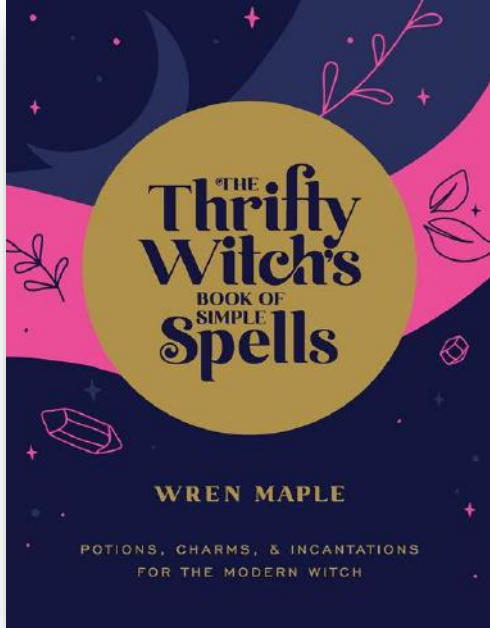
<https://quarto.box.com/s/3y671yxqhsaxxkpsblun1ucvacism8xi>





THE THRIFTY WITCH'S BOOK OF SIMPLE SPELLS

- Potions, charms, and incantations for the modern witch, with a fabulous contemporary look.
- The beauty of these spells is that they are both easy and affordable enough to practice daily.
- From Wren Maple, @thethriftywitch (140K followers Instagram), this introduction to witchcraft offers a variety of spells, tips, and tricks to get the most out of your practice.



Wordcount: 30,658 words

Extent: 160 pages

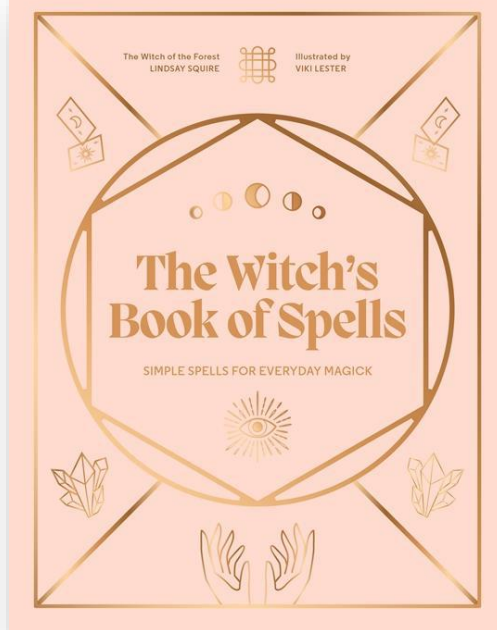
TPS (h x w): 246 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/sp8zmg7f8nmilfyyt226c003jp7gami6>





THE WITCH'S BOOK OF SPELLS

- Practical spell-book from best-selling author **Lindsay Squire**, aka Witch of the Forest, focusing on witchcraft for wellbeing
- Stylish compendium of over **200 spells and rituals** taken from her personal grimoire and developed to help modern witches live their best life
- Ranging in complexity and purpose, each spell and ritual is organised by theme, length, and level of complexity. With a combination of simple, five-minute spells, to longer, more in-depth spells and rituals, and including beginner, intermediate, and advanced spells, this book will travel with you as your practice progresses and grows.

Wordcount: approx. 55,000 words

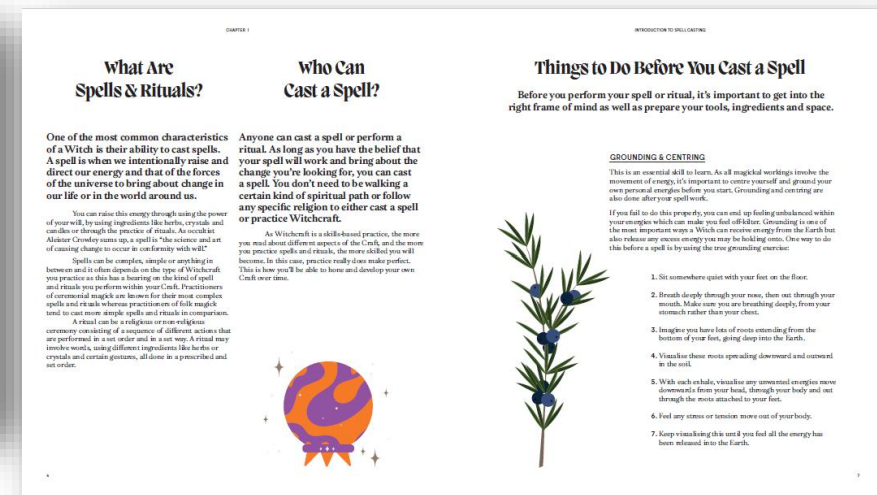
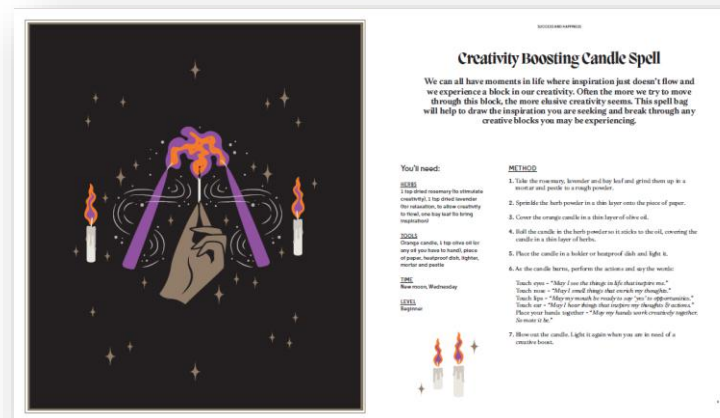
Extent: 192 pages

TPS (h x w): 210 mm x 190 mm

Translation files available

Link to material:

<https://quarto.box.com/s/xwylqmm14u17i24hk57r0ewf6j4fvki6>





THE OCCULT ALMANAC



*A Year of Esoteric Events,
Sacred Traditions, and Secret Lore*

LIZ WILLIAMS

NEW

THE OCCULT ALMANAC

- A richly illustrated reference guide that explores the esoteric traditions, celestial cycles, and hidden histories that shape the mystical year
- Organized by month, it provides insight into occult festivals, astrological movements, sacred rituals, and the secret knowledge passed down through the ages
- Ideal for gift buyers, collectors, practitioners of modern witchcraft, astrology and anyone interested in folklore and alternative histories

Wordcount: approx. 35,000 words

Extent: 192 pages

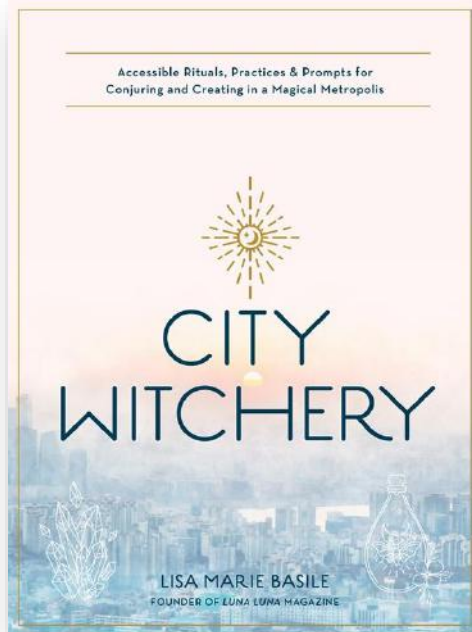
TPS (h x w): 210 x 140 mm

Translation files available: Jun-26

Link to material:

<https://quarto.box.com/s/6rvawsy8yw2wr455r8tobyx975tofdw7>





CITY WITCHERY

- A guide to adapting magical practices when space, time, and serenity are limited
- An accessible and intuitive guide to making and finding magic as a city dweller, traveller, or someone living in a small apartment
- Step into your own power through poetic writing prompts, reflections, and practical rituals—so that you can find the sacred in your city
- For both the newly initiated and experienced witch

Wordcount: 41,584 words

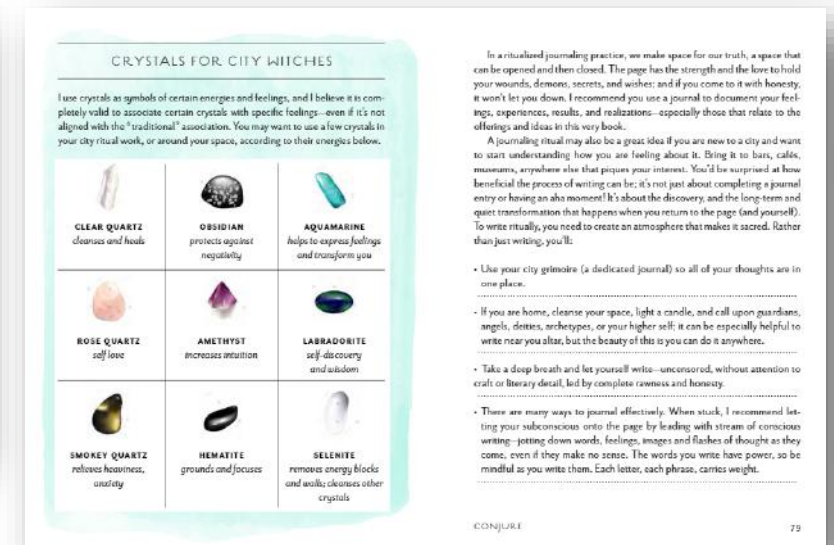
Extent: 144 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

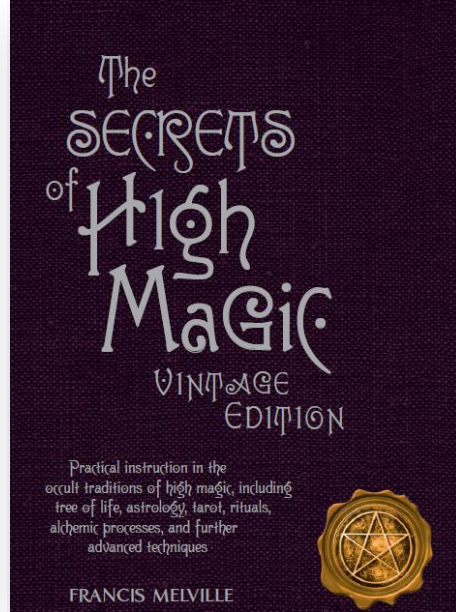
<https://quarto.box.com/s/57wklb625koaty46gxqsr4n4nkxxqb2>



In a ritualized journaling practice, we make space for our truth, a space that can be opened and then closed. The page has the strength and the love to hold your wounds, demons, secrets, and wishes: and if you come to it with honesty, it won't let you down. I recommend you use a journal to document your feelings, experiences, results, and realizations—especially those that relate to the offerings and ideas in this very book.

A journaling ritual may also be a great idea if you are new to a city and want to start understanding how you are feeling about it. Bring it to bars, cafes, museums, anywhere else that piques your interest. You'd be surprised at how beneficial the process of writing can be: it's not just about completing a journal entry or having an aha moment! It's about the discovery, and the long-term and quiet transformation that happens when you return to the page (and yourself). To write ritually, you need to create an atmosphere that makes it sacred. (Rather than just writing, you'll:

- Use your city grimoire (a dedicated journal) so all of your thoughts are in one place.
- If you are home, cleanse your space, light a candle, and call upon guardians, angels, deities, archetypes, or your higher self: it can be especially helpful to write near your altar, but the beauty of this is you can do it anywhere.
- Take a deep breath and let yourself write—uncensored, without attention to craft or literary detail, led by complete rawness and honesty.
- There are many ways to journal effectively. When stuck, I recommend letting your subconscious onto the page by leading with stream of conscious writing: jotting down words, feelings, images and flashes of thought as they come, even if they make no sense. The words you write have power, so be mindful as you write them. Each letter, each phrase, carries weight.



SECRETS OF HIGH MAGIC, VINTAGE EDITION

- An excellent guide for self-initiation into occult practices and traditions
- Encompasses a wide array of doctrines and techniques, including ritual divination, the making and consecrating of magical tools and talismans, and the exploration of astrology, the tree of life, tarot, alchemic processes, and further advanced techniques
- Practical instruction, a serious approach, and attractive layout make this book stand out from the crowd

Wordcount: 31,033 words

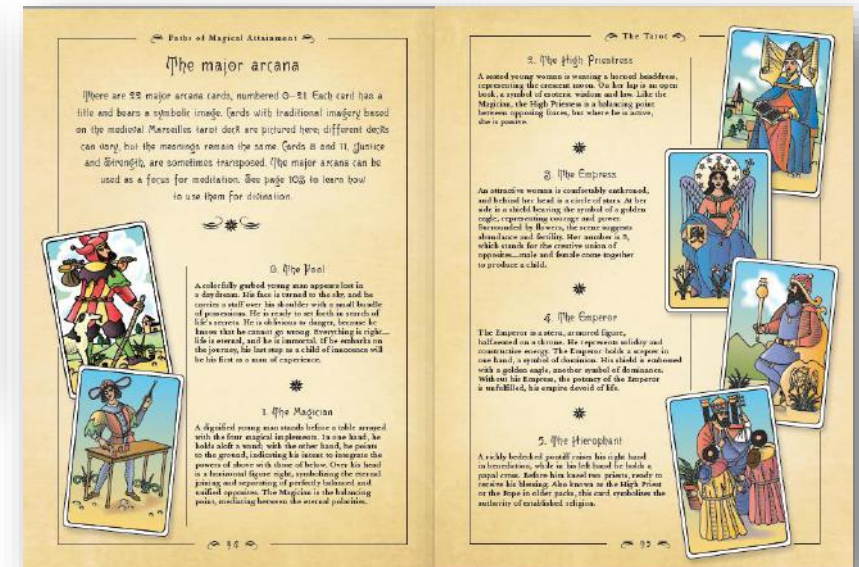
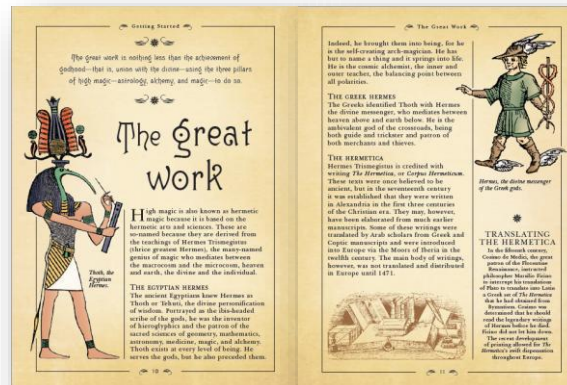
Extent: 144 pages

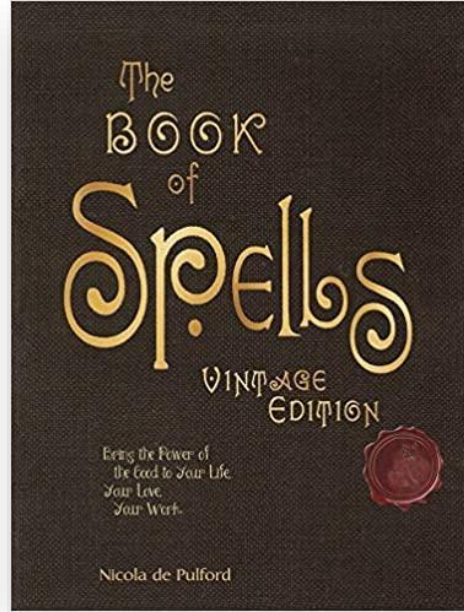
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zq1w564h41dmbq55y8zi5y6jflroqpzc>





BOOK OF SPELLS, VINTAGE EDITION

- An empowering book of spells, presenting 42 simple spells to help readers prosper at work, at play, or in love
- Including six sealed pages containing spells reputed to have extraordinary magic powers
- A variety of spells coming from different times and cultures, to discover about folklore and history while you learn new magic
- A bestseller, with 500,000 copies sold and 100+ amazing reviews on Amazon

Wordcount: 20,313 words

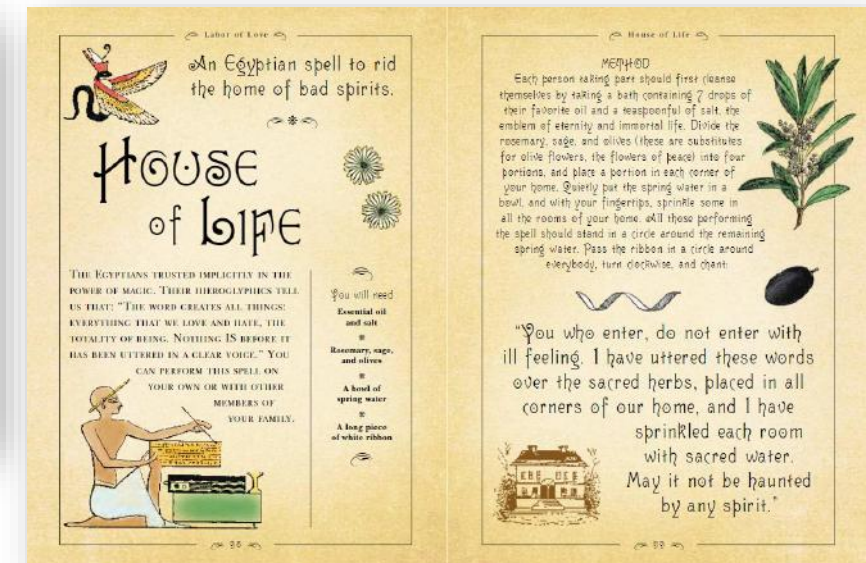
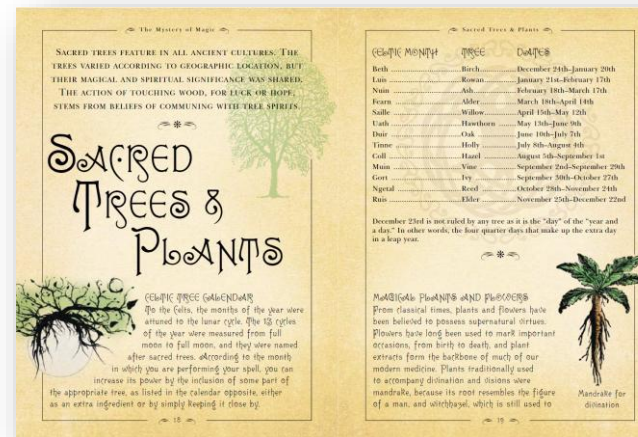
Extent: 144 pages

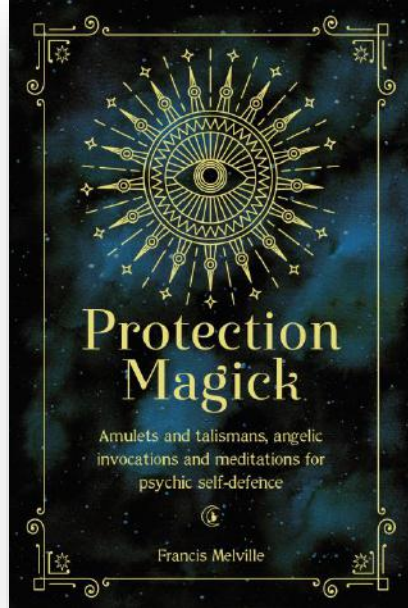
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/avuw58wsd6bc71gpa9ak4qokyga58chx>





PROTECTION MAGICK

- Your own manual of *Defence Against the Dark Arts*, providing advice on how to detect malevolent forces and allowing you to find an appropriate defence
- Explains the basic principles behind all forms of destructive magic and discusses ways in which readers can protect themselves against negative influences
- Featuring a wide range of rituals such as specific physical exercises, the making of amulets and talismans, angelic invocation, recital of mantras and meditations, and exorcism

Wordcount: 33,837 words

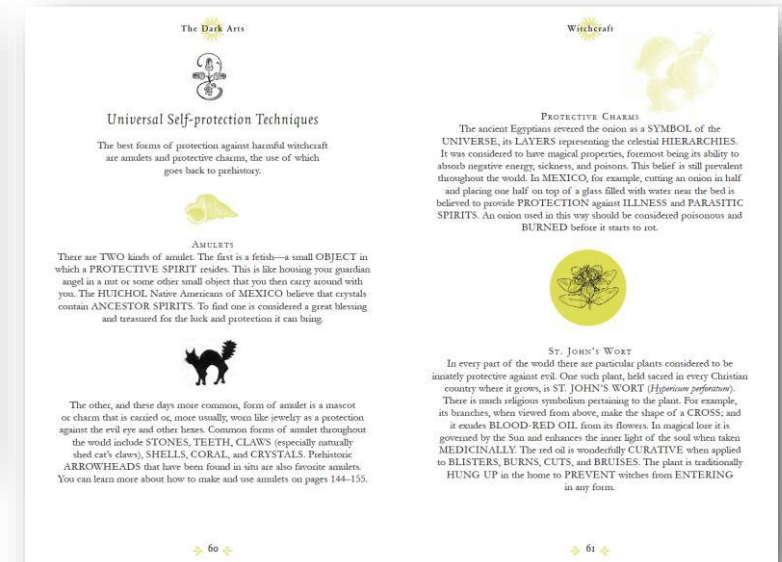
Extent: 192 pages

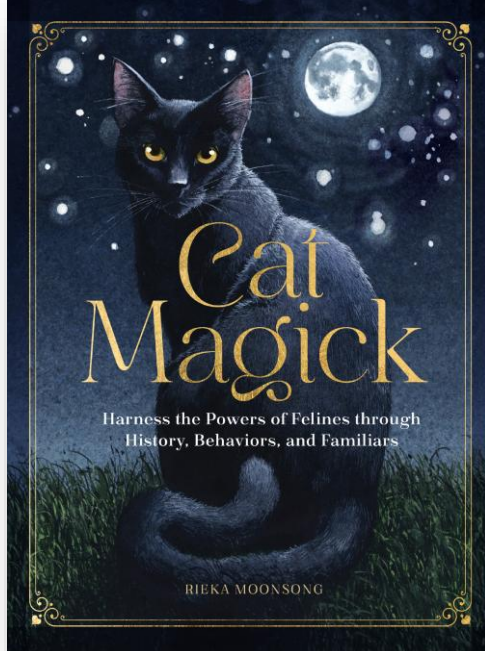
TPS (h x w): 200 mm x 139 mm

Translation files available

Link to material:

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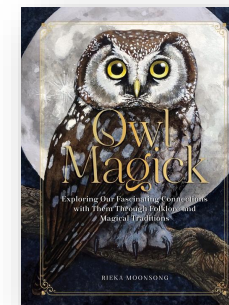




CAT MAGICK

- Cats and witchcraft have always gone hand in hand, and this enchantingly illustrated title brings them together
- Explores the cultural history of the world's favorite animal
- Beautiful original artwork commissioned for the book captures the mystique and character of the feline
- Looks at cats through the lens of culture, folklore, mythology and tradition, and includes spells and superstitions

Also available:



Wordcount: 33,716 words

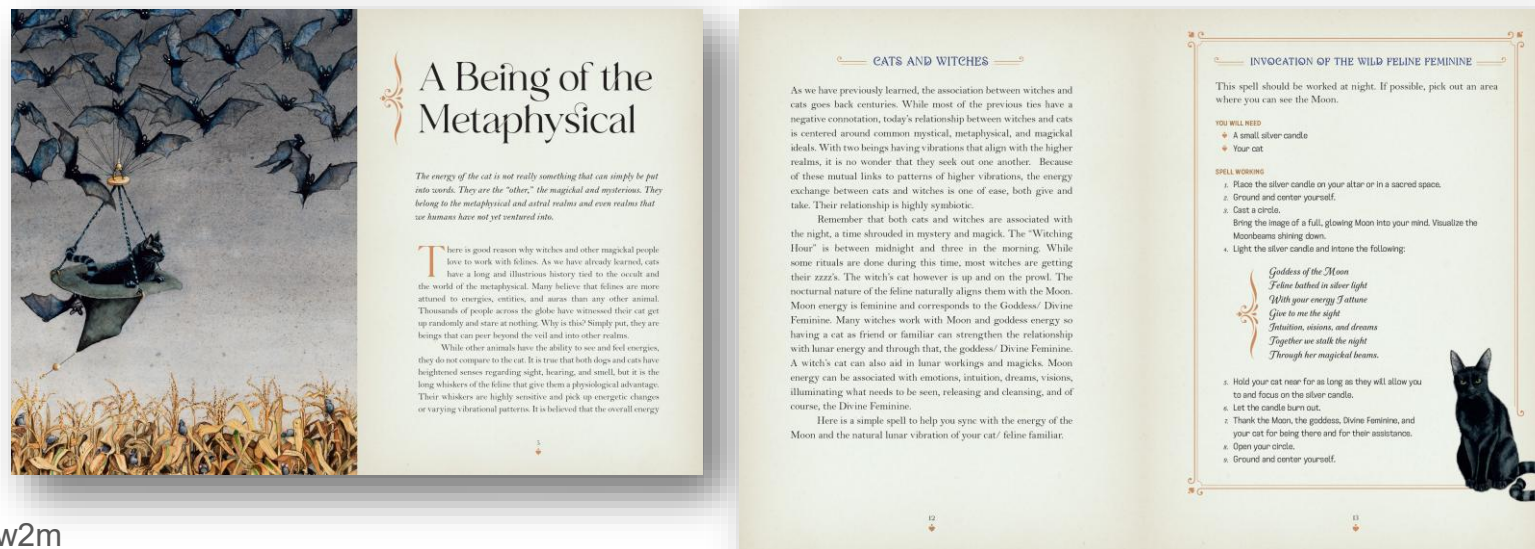
Extent: 160 pages

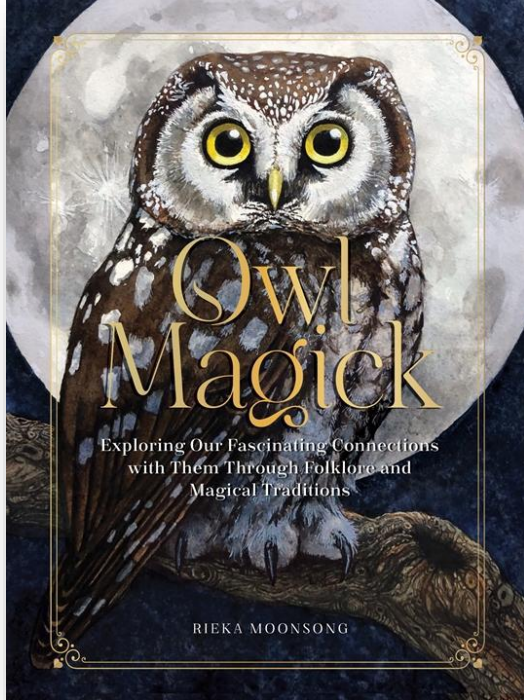
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

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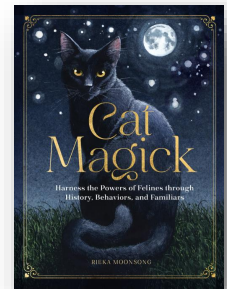




OWL MAGICK

- Follow-up to the popular title *Cat Magick*
- History, folklore and myths surrounding owls and their various connotations in many cultures including Native American, African and Japanese among many more
- How to identify and work with various species of owls, covering their physical and behavioural characteristics

Also available:



Wordcount: 35,316 words

Extent: 160 pages

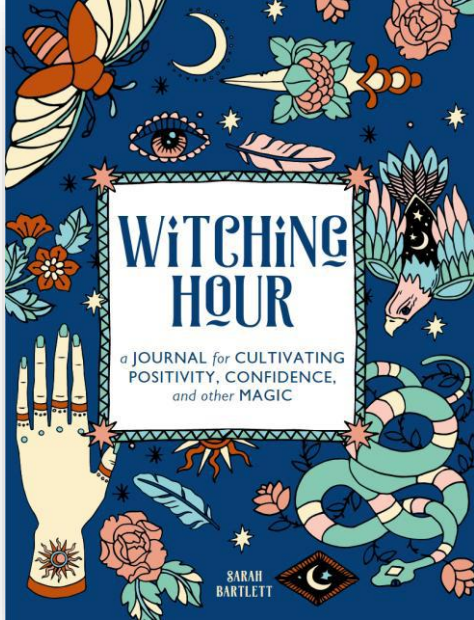
TPS (h x w): 195 mm x 145 mm

Translation files available: Jun-24

Link to material:

<https://quarto.box.com/s/dl3tuu7ttwh3c4i66yfkgy52dkem6g1>





WITCHING HOUR

- 'Witching' has fast become an essential self-care tool for the new generation, and this beautiful journal is perfect for waking up one's inner magical powers
- Contains confidence boosting spells, charismatic charms and guided journaling – modern witching is a mix of psychology and magic
- The perfect gift for young women

Wordcount: 15,822 words

Extent: 160 pages

TPS (h x w): 178 mm x 163 mm

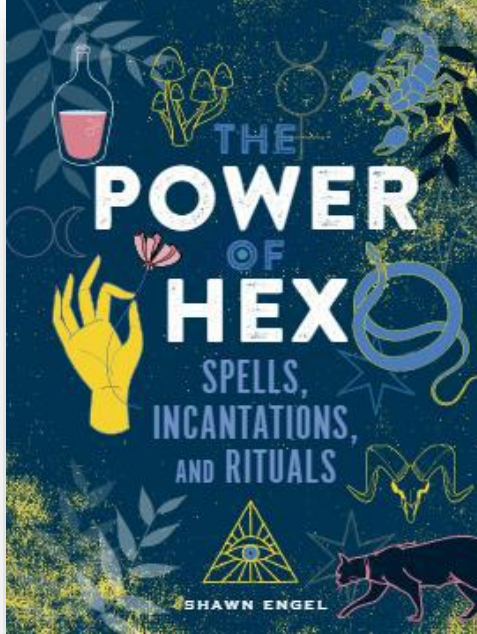
Translation files available

Link to material:

<https://quarto.box.com/s/sumwhndh9fs07kawe5l57tmts5vu1xlo>



QUARTO



THE POWER OF HEX

- A beginner witch's guide to the use of spells, potions and tools, and to creating their own spells ...
- ... because, due to uncertain times and recent socio-political developments, their numbers are growing!
- White magic only!
- Fresh, contemporary style, aimed at a younger audience

Wordcount: 24,786 words

Extent: 128 pages

TPS (h x w): 222 mm x 165 mm

Translation files available

Link to material:

<https://quarto.box.com/s/r63ll6r8d3do1u4mkhj318a9rc7ldst5>





MYSTICAL HANDBOOK series

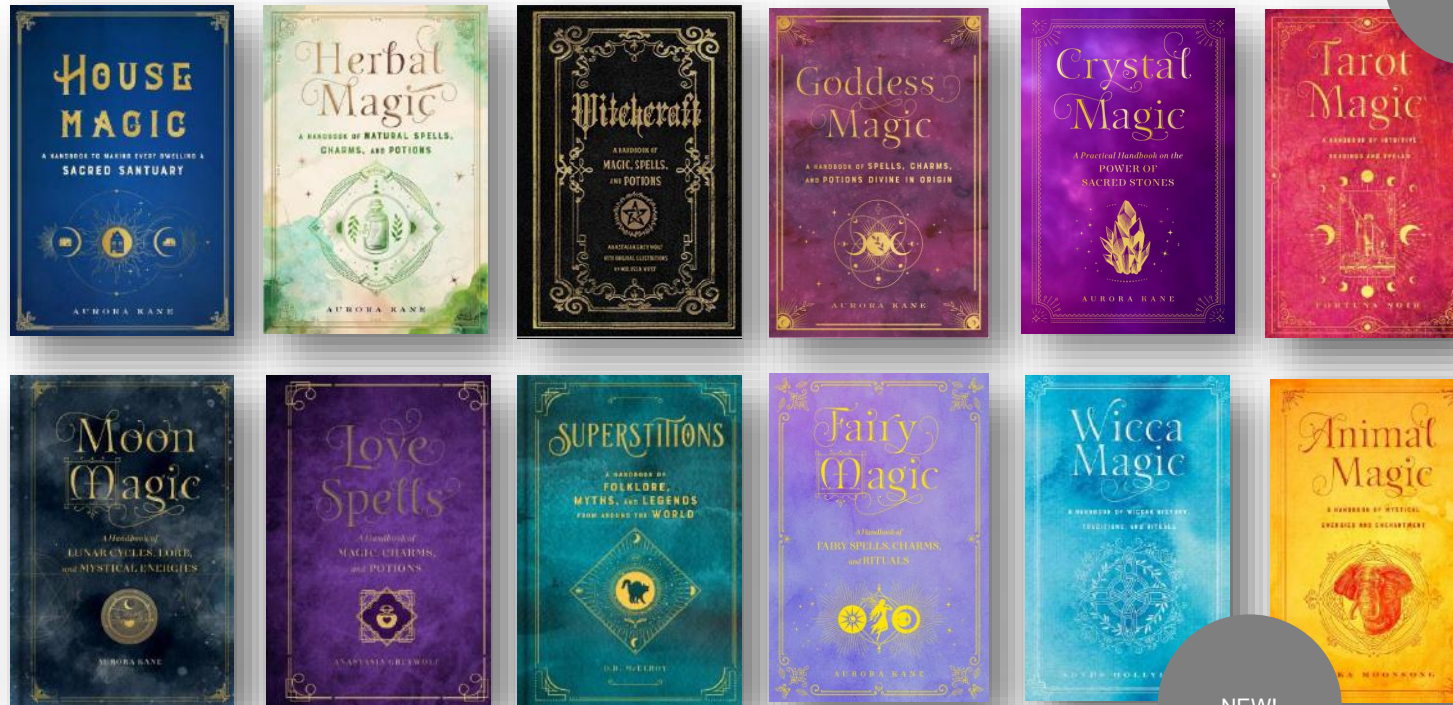
Portable introductions into the world of spells, rituals, blessings, and cleansings, in a wonderfully evocative style that screams 'ancient wisdom'

Over 550,000 copies sold in the English language across the series! Particularly popular amongst a younger audience turning towards the esoteric trend

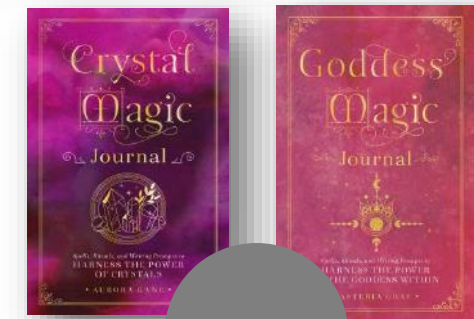
Wordcount: approx. 30,000 words

Extent: 176/192/208/246 pages

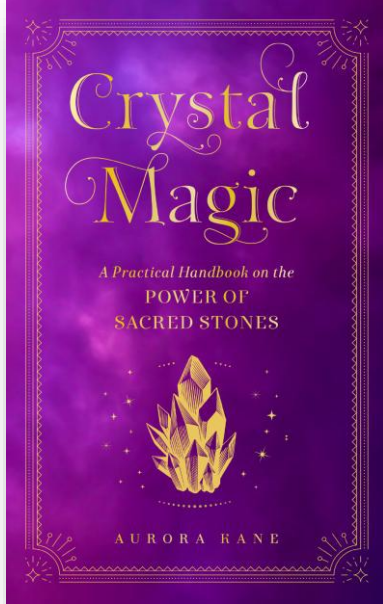
TPS (h x w): 210 mm x 140 mm



Matching journals also available:



Click on the covers for links to each title



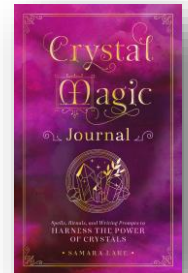
CRYSTAL MAGIC

- Both a practical crystal directory and a guide on how to use crystals to take your spellcraft to the next level
- Beautifully illustrated and in-depth
- Part of the bestselling *Mystical Handbook* series



WELLFLEET
PRESS

Matching journal
also available:



Wordcount: 31,977 words

Extent: 192 pages

TPS (h x w): 210 mm x 140 mm

Translation files available

Next co-edition schedule

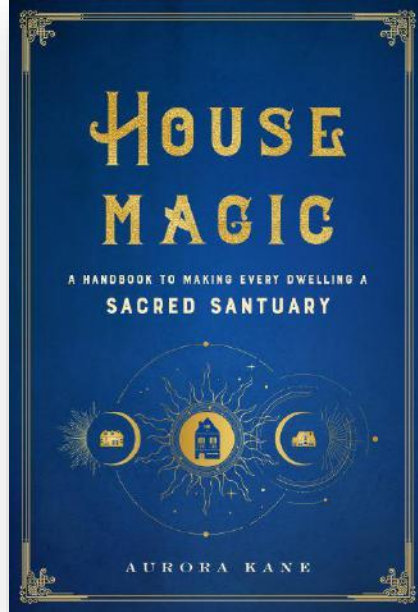
Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

<https://quarto.box.com/s/8kl61mxmsaxd14qao5sxgo6awmh3nz2j>





HOUSE MAGIC

- Ideal for anyone looking to decorate their home space with magical items full of beauty, protection, and positive energy
- Explains how to create your very own “sacred space”—perfect for practicing home-based magic that will include spells, rituals, and meditations using crystals, herbs, and flowers
- Part of the bestselling *Mystical Handbook* series

Wordcount: 29,104 words

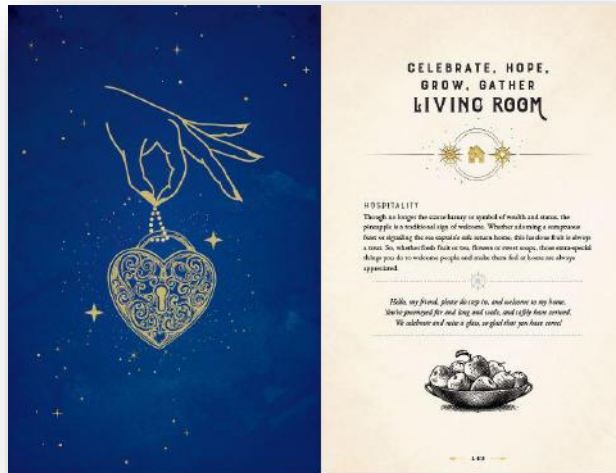
Extent: 176 pages

TPS (h x w): 210 mm x 140 mm

Translation files available

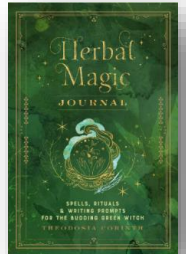
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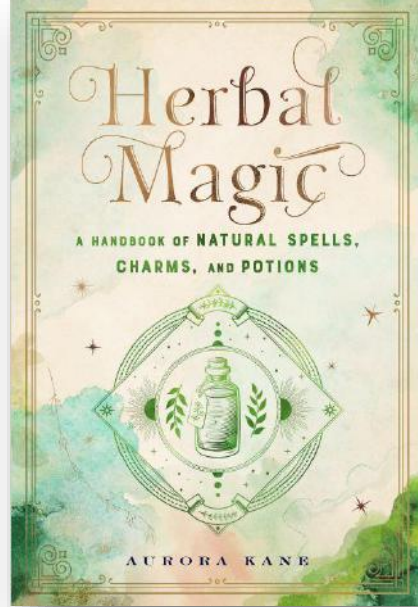


Matching journal
also available:



HERBAL MAGIC

- A complete tome that includes spells and a directory of the magical properties and powers of the most commonly used herbs and plants in green witchcraft
- Approximately 50 easy and fun spells that revolve around budding witches and all the tools for them to build their own spells in the future
- Part of the bestselling *Mystical Handbook* series



Wordcount: 42,514 words

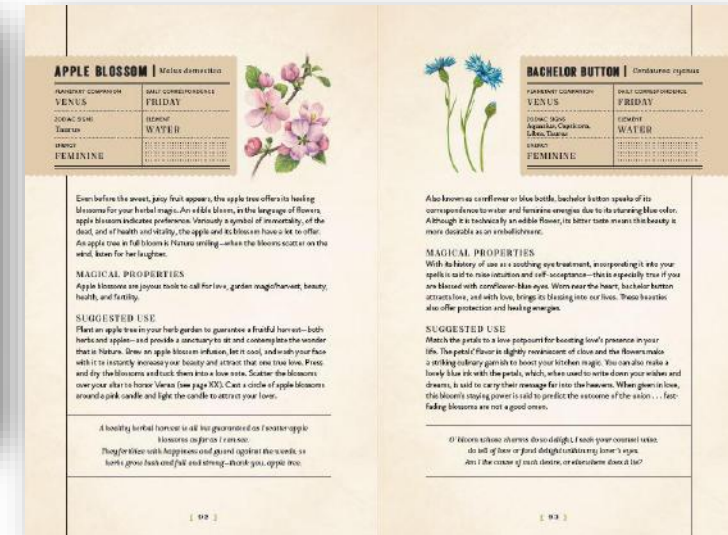
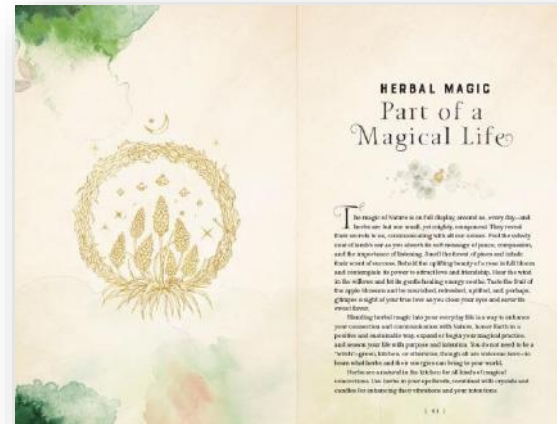
Extent: 208 pages

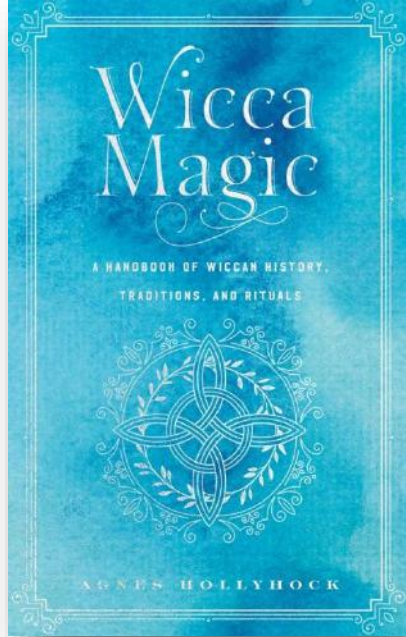
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/y12u4rs5erne3ga63683jit3eqi3o0td>





WICCA MAGIC

- A new title in the bestselling *Mystical Handbook* series
- A complete guide to wicca that includes a detailed history and description of symbols, witches, deities and practices
- Combines spells, meditations and potions
- Wicca having a resurgence in popularity – one of the biggest trends in MBS world

Wordcount: 30,667 words

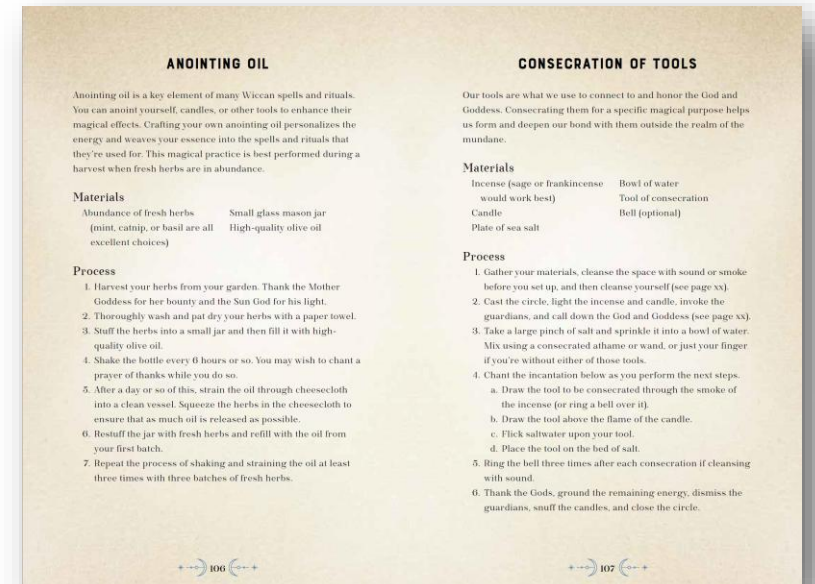
Extent: 160pp

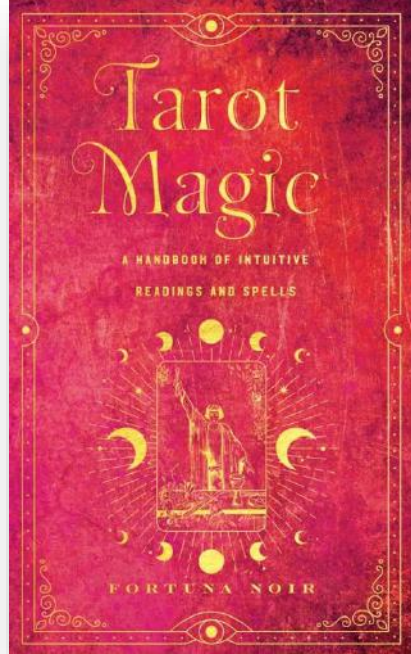
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

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TAROT MAGIC

- A new title in the bestselling *Mystical Handbook* series capitalising on the biggest trend of the past few years that continues to grow exponentially
- A complete illustrated guide to tarot in an aesthetic and authentic package
- Tarot continues to grow in popularity, particularly among Millennials and Gen Zers

Wordcount: 32,489 words

Extent: 160 pages

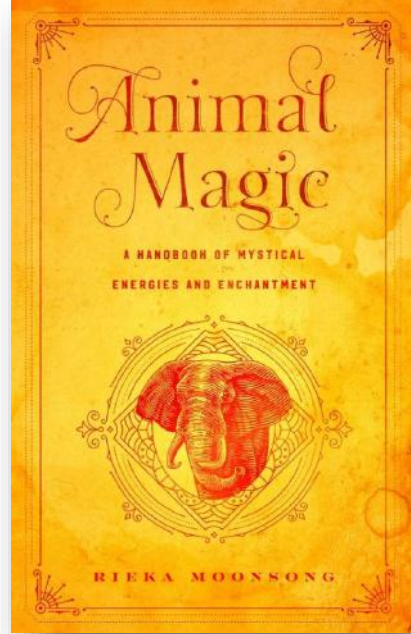
TPS (h x w): 210 mm x 140 mm

Translation files available



Link to material:

<https://quarto.box.com/s/g4kpwrznmkciz2xxvd66oayirts735z>



ANIMAL MAGIC

- An exciting new title in the brilliant *Mystical Handbook* series
- Looking at humanity's connection and relationship with the animal kingdom from a viewpoint of the mystical and spiritual
- Encourages the reader to connect with different animal energies and incorporate their magic into daily life
- Hugely successful author with an excellent sales track

Wordcount: 34,341 words

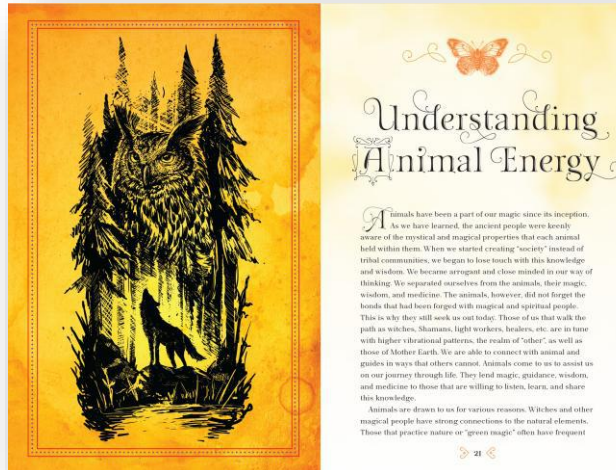
Extent: 160 pages

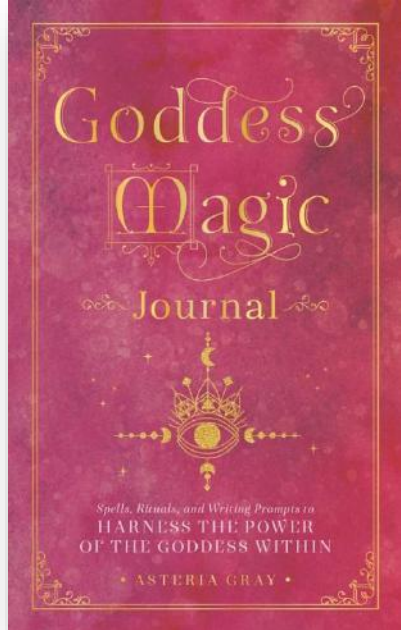
TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

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GODDESS MAGIC JOURNAL

- Explore your own connections and similarities with the most revered goddesses from many different cultures through these thoughtful journal prompts
- Create time for yourself and establish a relationship with your own inner goddess
- Mystical Handbook series and format has a demonstrable sales record

Wordcount: 8,928 words

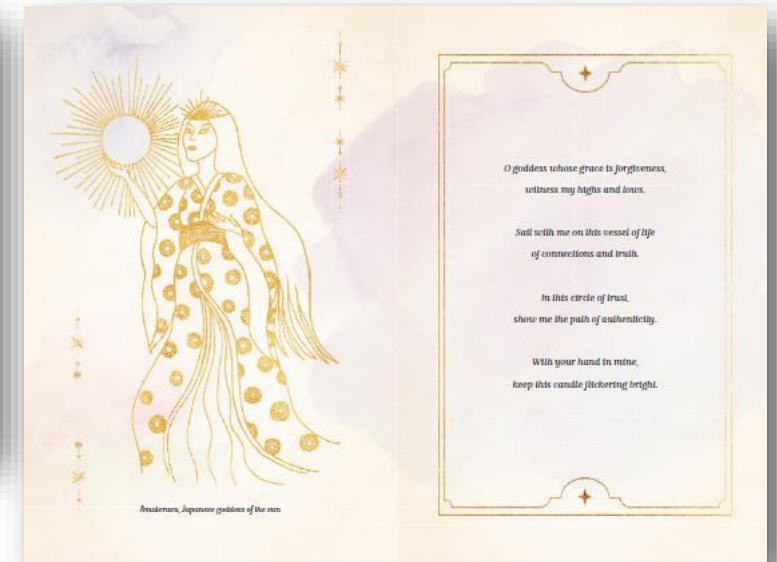
Extent: 160 pages

TPS (h x w): 210 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/6w9kj83169xxj7al7p6r0nx2s3v5k0o6>





POCKET SPELL BOOK SERIES: LOVE SPELLS / MOON SPELLS / PROTECTION SPELLS / CANDLE MAGIC / ANGEL NUMBERS / PENDULUM MAGIC

- A series of pocket spell books to cover the most widely requested subjects of magic
- Written by well-respected professionals in the field
- A great package with atmospheric illustrations and a small collectible format
- Also available in larger format!

Wordcount: approx. 19-21,000 words

Extent: 160 pages

TPS (h x w): 133 mm x 111 mm

Translation files available

Links to material:

Love: <https://quarto.box.com/s/5vn1htsxff8ob1kmybi59z0jhh5itr72>

Moon: <https://quarto.box.com/s/l3x21ljwunoei1vyqgkbwa1senqsrhcn>

Protection: <https://quarto.box.com/s/jzb7wpjoy7twa8f05d0u1t6rqpz4b4>

Candle: <https://quarto.box.com/s/n40igqqth0ctsc2rqw94cugtih2r38p7>

Pendulum: <https://quarto.box.com/s/p8m9y9jjyy322ffio8b4stk1xgiqizms>

Angel: <https://quarto.box.com/s/mwfln8elxs910mkophmyg8swxfavu1uh>



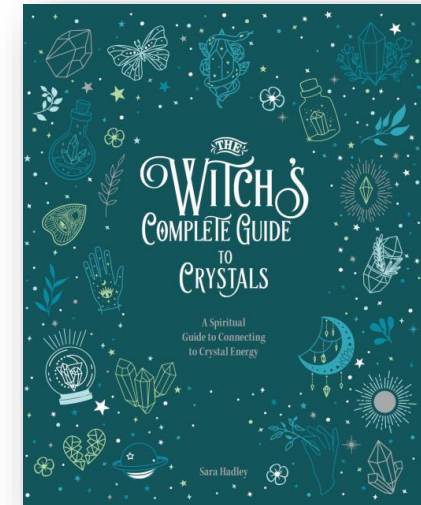
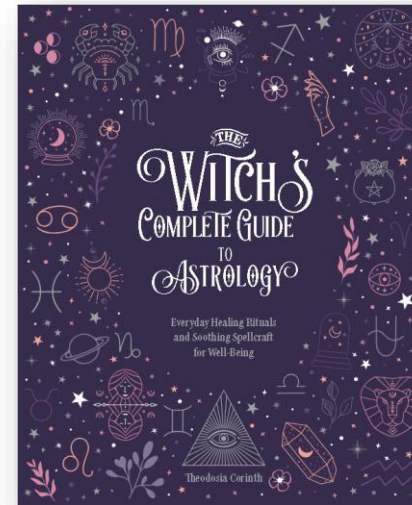
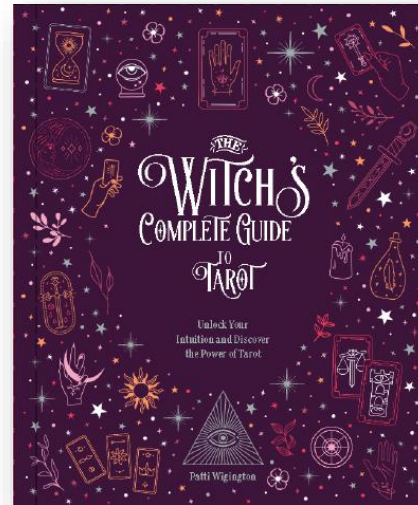
THE WITCH'S GUIDE series

Super-stylish, collectible, practical guidebooks to cover all angles of witchcraft

Wordcount: approx. 35,000 words

Extent: 168 pages

TPS (h x w): 235 mm x 191 mm

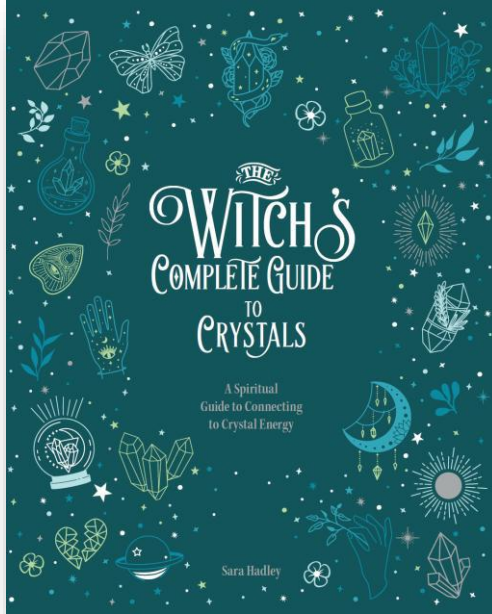


Click on the covers for links to each title!



THE WITCH'S GUIDE TO CRYSTALS

- Learn how to use crystals and crystal tools to amplify intentions and bring healing, energy, and positive changes to your life, through different spells and rituals
- Includes crystal descriptions and their purposes, how to use the energy of the moon phases and the Wheel of the Year to amplify your crystal spellwork, and how to build crystals altars and grids to manifest your intentions
- Perfect for beginners or for those with little more crystal knowledge



Wordcount: 15,330 words

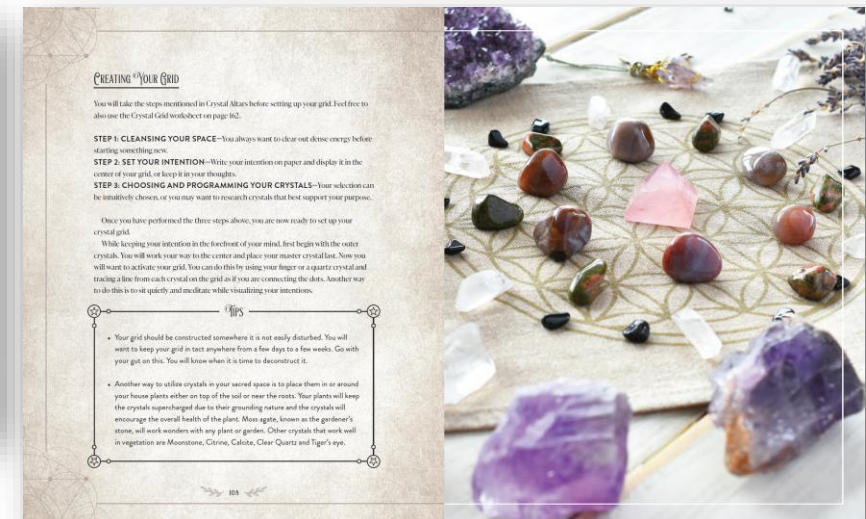
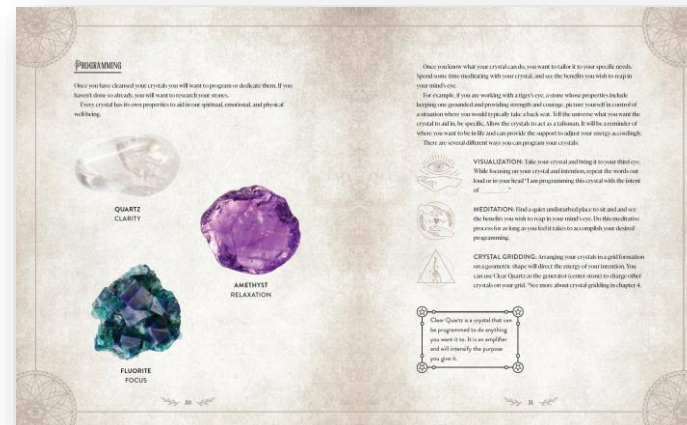
Extent: 168 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/qm2qv0hsgbvky0ma6i8h9xyx3rlbx5e8>



THE
WITCH'S
COMPLETE GUIDE
 TO
SELF-CARE

Everyday Healing Rituals
 and Soothing Spellcraft
 for Well-Being

Theodosia Corinith

- # WORKING WITH DAILY MEDITATION

One of the best ways to reconnect, deepen your intention, and quicken your awareness is to engage in the kind of meditation we call daily ritual—practices you do every day. A daily meditation practice can help you explore the power of your intuition, deepen your magical practice, and care your mind. There are many methods of building a meditation practice, but in general it requires a few specific things:

 - A quiet, quiet, working area in which to sit.
 - A timer or timer that can be heard by your hands.
 - A bell or candle to mark the beginning and end of your meditation.
 - A journal or talker to reflect your progress.

It is helpful to establish a regular routine for meditation. Make an appointment with yourself! Treat it as a date with your inner self. Whether it's the first thing in the morning, a lunchtime treat, or a nighttime escape, establish a ritual that helps you to both your spirit and your body to establish a set routine. It will also help you ensure your practice every day, just as you would commit to visiting your body on a daily basis. This is essential to self-care.

TIPS ON CULTIVATING A SUPPORTIVE ROUTINE

Your routine outside of your meditation practice are as essential to your self-care as what you do when you sit in meditation. Here's a suggestion: self-care should be routine when you find yourself struggling to maintain meditation practice, whether you're a beginner or a longtime meditator.

 - Are you getting enough sleep? Eight hours is ideal.
 - Are you spending more time on your computer, phone, or other screen-based device?
 - Have you been drinking more before bed after eating up and before meditation?
 - Have you been eating regular meals, including prior to meditating?
 - Have you paid time to find and loved ones recently?
 - Have you established time to a non-goal-based hobby like a creative activity?
 - Have you been able to spend time outdoors recently?
 - Do you have the spirit to practice before and after your work day?



THE WITCH'S GUIDE TO TAROT

- Incorporate tarot cards into your magic and witchcraft practice
- You will learn to use tarot as a tool for self-evaluation, introspection, and personal growth.
- Using any tarot deck, tarot can be adapted into spell work, ritual, and magic in a way that allows us to embrace our authentic selves, celebrate who we are and who we wish to become, and indulge in transformative self-empowerment
- Linking various esoteric practices is getting more and more widespread, and this title offers not only an understanding of tarot but also tarot-based spells for a more holistic approach to magic

Wordcount: 39,144 words

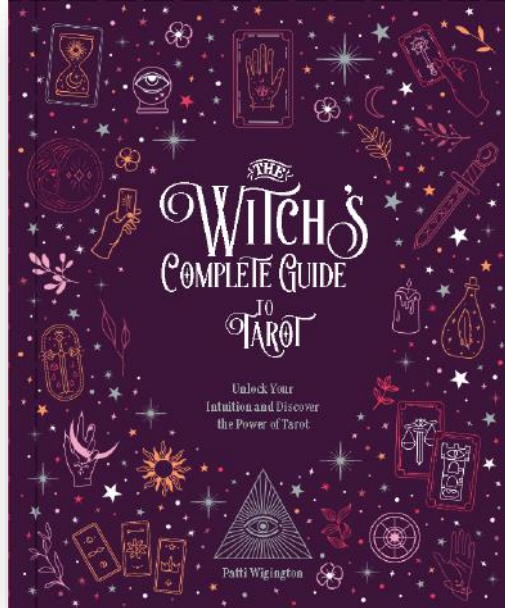
Extent: 168 pages

TPS (h x w): 235 mm x 191 mm

Translation files available

Link to material:

<https://quarto.box.com/s/f87t7ma2a2e6n64cweor8652ql7iyzbt>



Q.

CRYSTALS



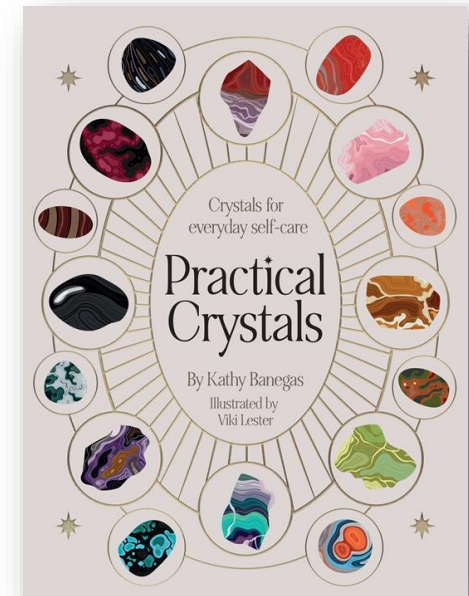
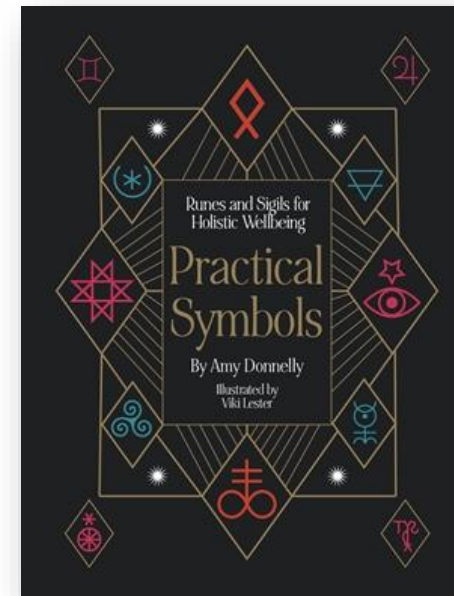
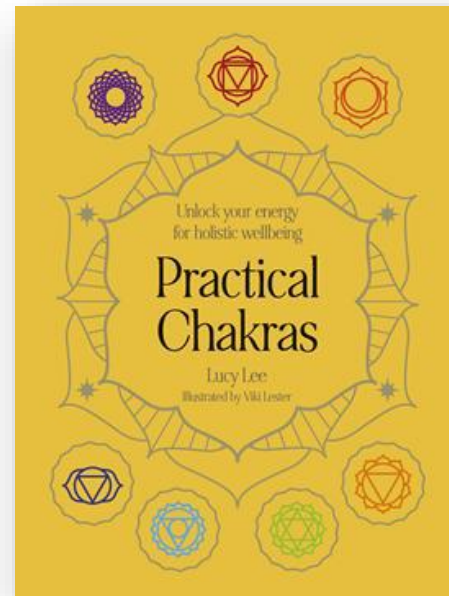
Wordcount: 25,000 words

Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

PRACTICAL... SERIES

- Applying MBS to daily **life scenarios and situations**



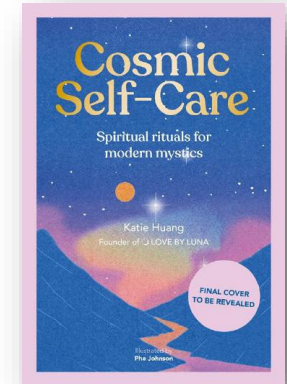
Click on the covers to look inside the books



PRACTICAL MOON MAGIC

- The ultimate beginner's guidebook to understanding the magic of the moon, lunar cycles, and the practical ways to harness their energy in your everyday life
- Aimed at moon newbies, discover the deeper meaning behind each lunar phase, her influence on your emotions, and how to tune into the moon's cycle to manifest and set your own intentions!
- By Katie Huang of Love By Luna (260,000 Instagram followers), this is a must-have package for the gen Z / millennial 18–35-year-olds driving a booming mystical-driven pop culture

By the same author:

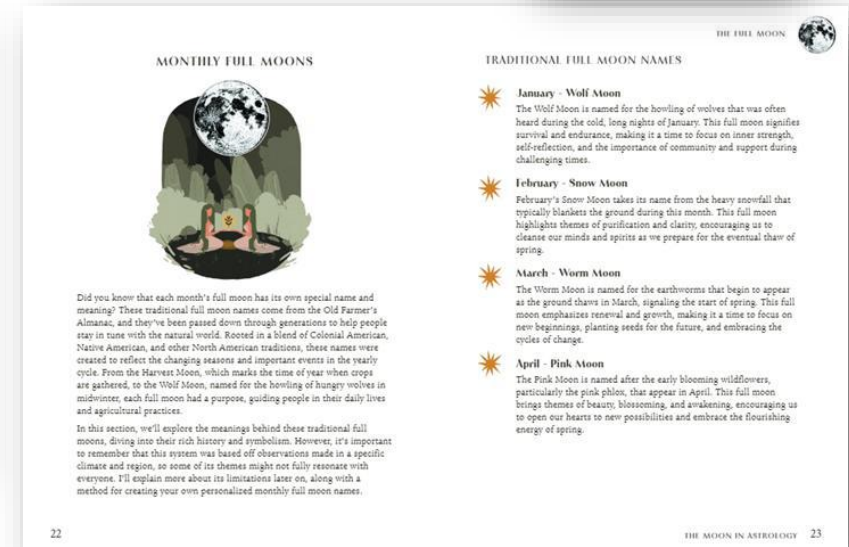


Wordcount: approx. 30,000 words

Extent: 160 pages

TPS (h x w): 201 mm x 151 mm

Translation files available



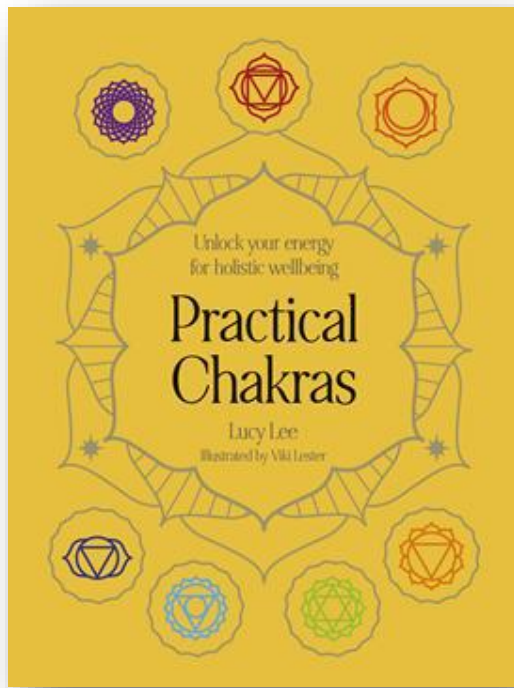
Link to material:

<https://quarto.box.com/s/8b94n168zj9p12jew8ef53r3hlf5c28w>



PRACTICAL CHAKRAS

- Unblock and unlock your energetic power with this practical guide to chakra healing for beginners
- With over 40 simple chakra balancing rituals, incorporating breathwork, yoga, crystal healing, herbalism, mudras, meditations, affirmations, and ayurveda, learn how to work with your natural energies to flow and thrive every day
- Includes healing and uplifting rituals for everyday occasions, each season, each day of the week, and special occasions that may require a little extra energetic power, discover rituals for every occasion



Wordcount: approx. 25,000 words

Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

Translation files available

Next co-edition schedule

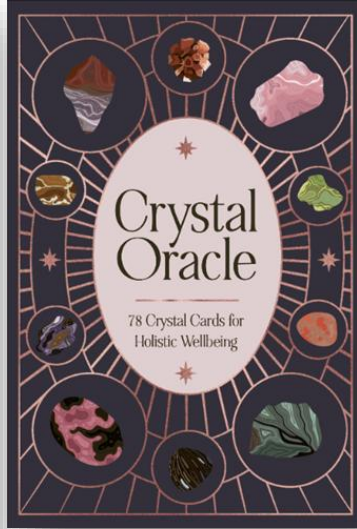
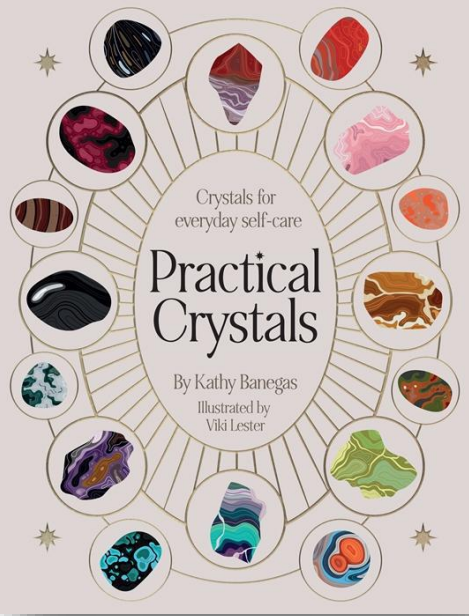
Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

Link to material:

<https://quarto.box.com/s/vm2cv8y39bwu8lh2ma1tu965nf9ihogf>





Wordcount: 15,000 words

Extent: 75 cards + 64-page book

TPS (h x w): 120 mm x 75 mm

Translation files available: Dec-23

PRACTICAL CRYSTALS + CRYSTAL ORACLE

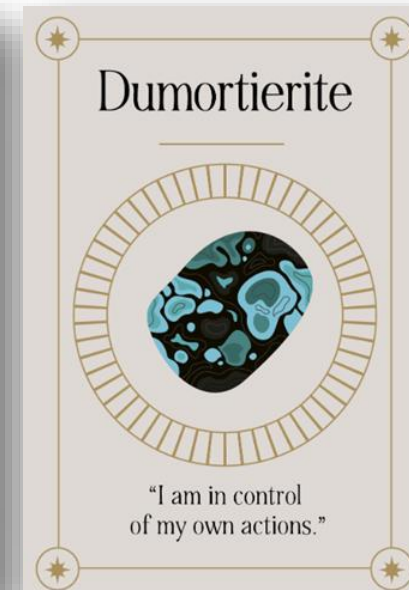
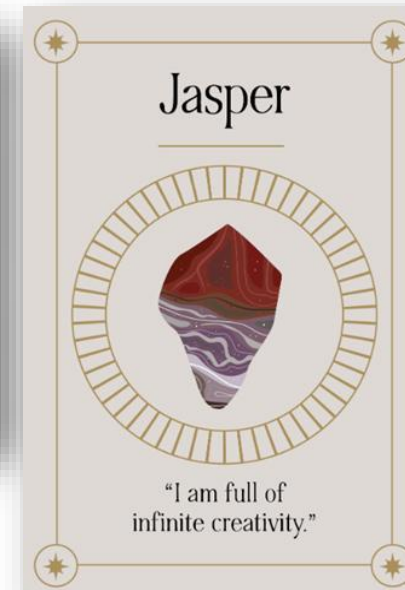
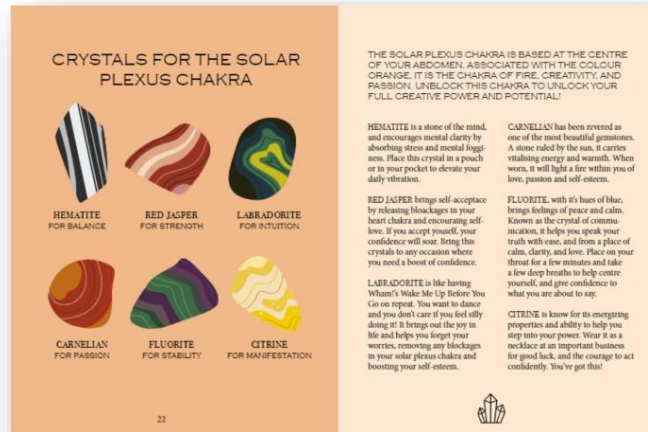
- Shuffle the **deck** and pull a card at random to see what crystal your intuition is guiding you towards each day or select a particular card to suit your needs
- Discover the healing and nurturing properties of 150 different crystals with 50 everyday scenarios where crystals can support you and enhance wellbeing in this **book** organised by themes.
- Written by Kathy Banegas, crystal expert of the popular Instagram account, @thehealinggem (139k followers) and stunningly illustrated by Viki Lester (100k followers)

Wordcount: 36,000 words

Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

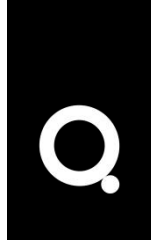
Translation files available



Link to material:

Book: <https://quarto.box.com/s/yjryk6a7scyn93m289uzcodivny8nxdm>

Deck: <https://quarto.box.com/s/d43l2855tnrcrpd8qmg9os8jcs3x5svc2>



LEAPING
HARE



PRACTICAL SYMBOLS

- An empowering guide that teaches you the surprising benefits of over 250 symbols, showing you how to invoke their properties whenever you need them
- Written in an accessible and friendly way, this book will help you channel the energies of ancient and powerful symbols, and also show you how to create your own bespoke sigils and bind runes
- A useful index of symbols at the back
- Amy Donnelly aka @folkwitch_ has a background as a researcher in anthropology and cultural heritage and specializes in the development and transmission of folklore and traditions and their impact on modern society

Wordcount: 29,000 words

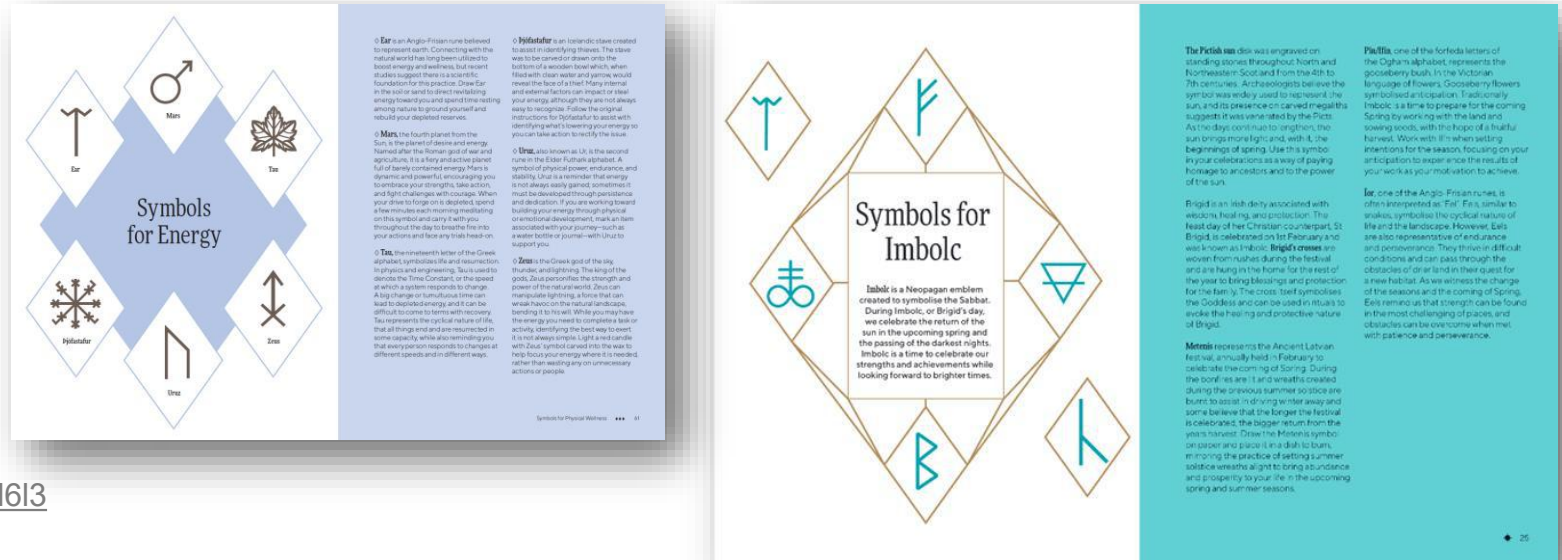
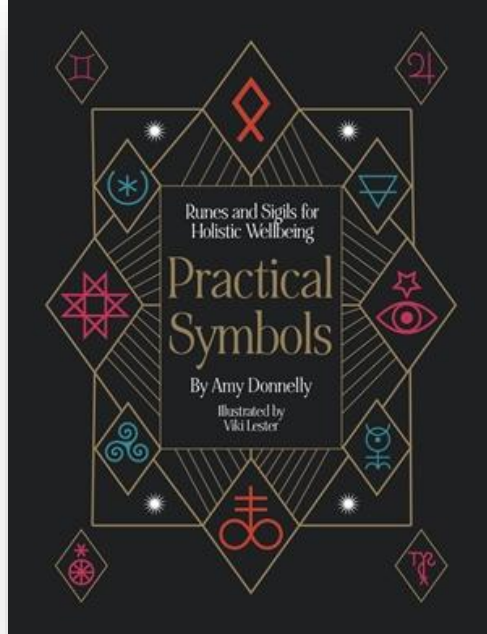
Extent: 144 pages

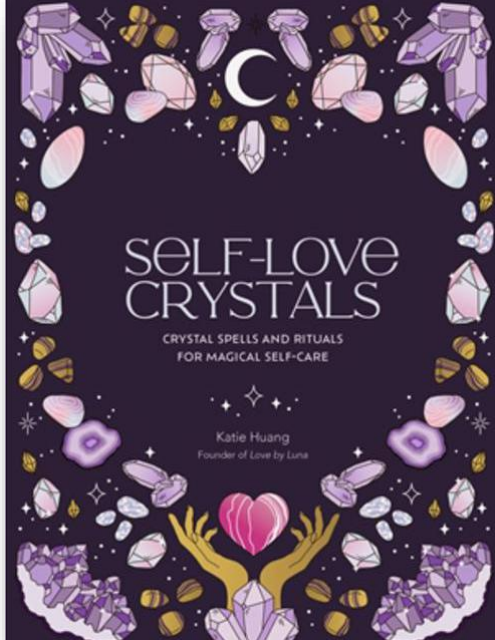
TPS (h x w): 201 mm x 151 mm

Translation files available

Link to material:

<https://quarto.box.com/s/q0pjkkqtilewgr17ckd5eybg70til6l3>





SELF-LOVE CRYSTALS

- A sparkling guide that combines self-care, witchcraft, and crystals in one smart and contemporary package.
- Filled with spells and recipes to help you boost your everyday wellbeing, learn how to harness the mystical powers of over 70 crystals and incorporate them into your daily self-care practice using simple rituals
- Written by crystal expert and creator of the Love By Luna Instagram account Katie Huang (258k Instagram followers), this is a must-have guide for every modern mystic

Wordcount: 33,000 words

Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

Translation files available

Next co-edition schedule

Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

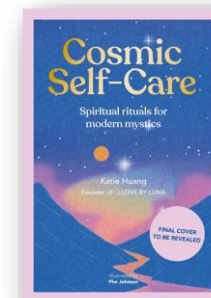
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LEAPING
HARE

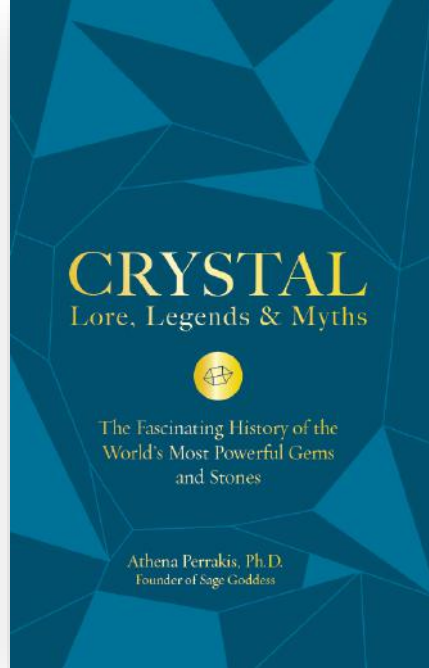
Pairs well with:





CRYSTAL LORE, LEGENDS AND MYTHS

- A unique guide to unlocking the energetic power of crystals via the cultural history, myths and legends linked to them and their uses in various cultures through history; an original approach through lavish tales of secret wisdom, dark magic, miraculous healing and more
- The perfect addition to traditional crystal identifiers to understand the ancient and modern significance of the stones as it also offers practical uses, including detailed information on birthstones
- Author Dr. Athena Perrakis is founder of Sage Goddess – the world's largest selection of healing crystals, chakra tools and other esoteric objects (360k followers on Instagram) – and a respected author in several esoteric subjects



Wordcount: 38,904 words

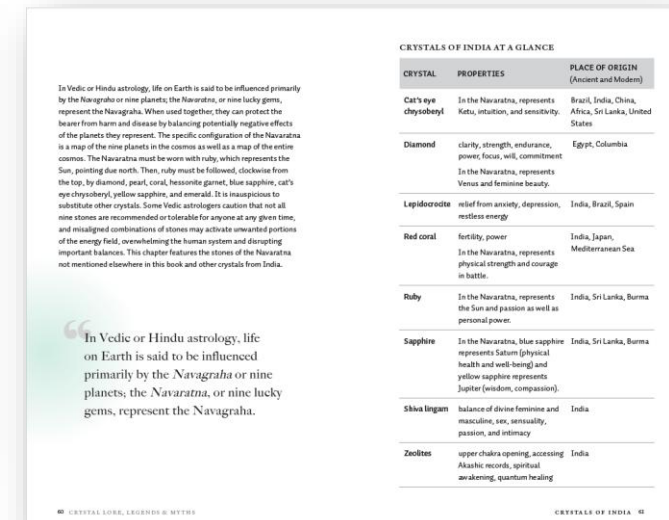
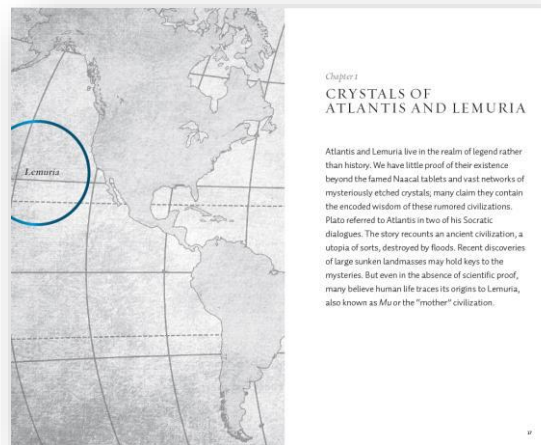
Extent: 192 pages

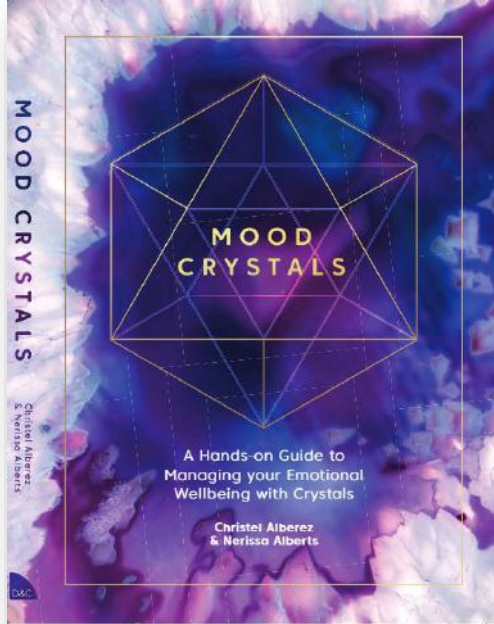
TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/6esej071v5dnb84h1bxv1yvmqvczf6mf>





MOOD CRYSTALS

- A unique handbook that helps you identify what you are feeling and guides you toward crystal choices to enhance your mental wellbeing
- Crystals are one of the top selling esoteric subjects. Organized by emotions, this book offers a thoroughly modern approach to them
- Beautiful photography, clear explanations, expert authors with decades of experience in crystal vibration therapy and healing

Wordcount: 23,860 words

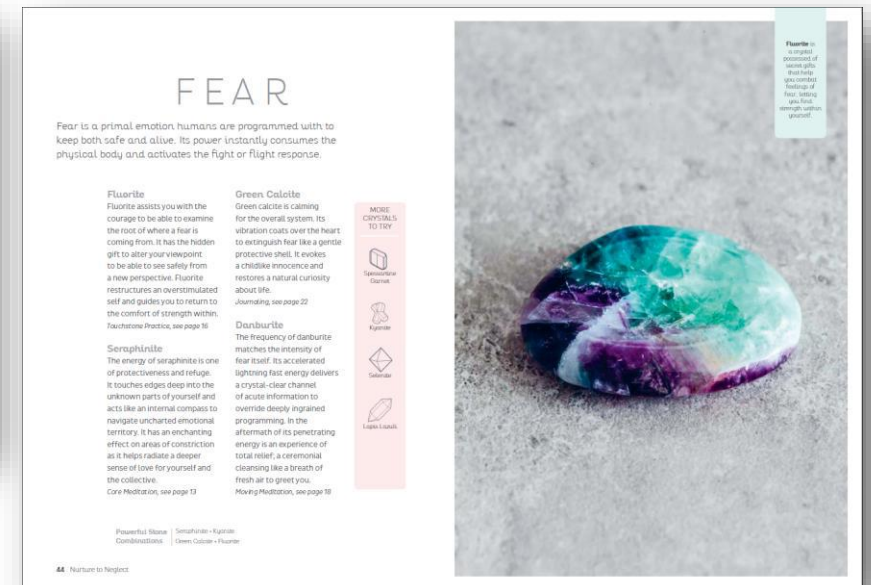
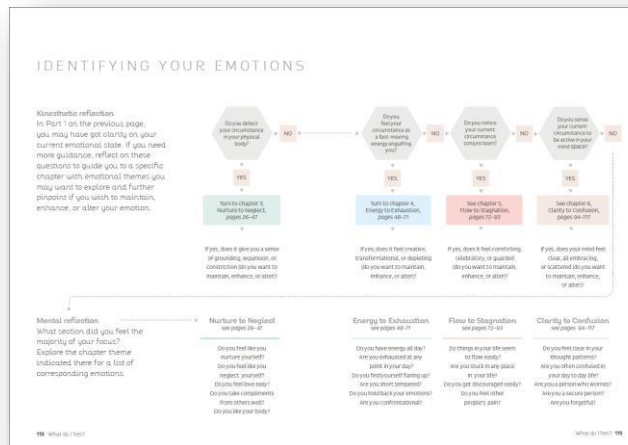
Extent: 128 pages

TPS (h x w): 201 mm x 150 mm

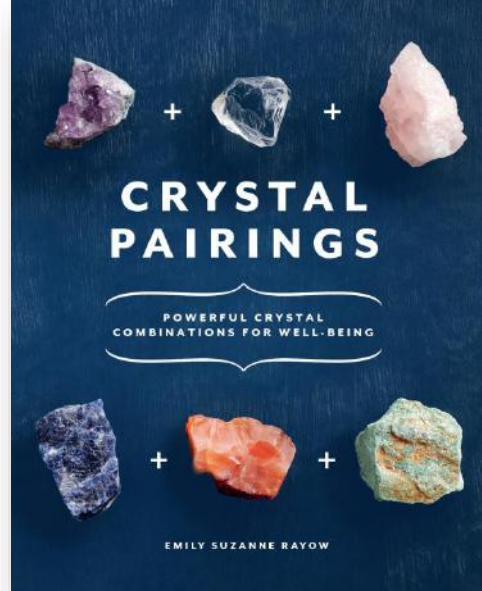
Translation files available

Link to material:

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QUARTO



CRYSTAL PAIRINGS [CRYSTAL BREWS]

- An exhaustive, clear and practical crystal title featuring an immense variety of uses and pairings for 50 key crystals, to help unlock their full power and potential
- Learn about each crystal's connection to reiki, astrology, chakras, angels and deities; their practical uses in daily rituals, for protection, and for physical/spiritual/emotional healing; and how to best combine them with other crystals or arrange them in grids
- Enhance well-being, combine energies and discover new benefits of this practice, already vouched for by many, with this incredibly rich, hard-working guide – perfect for beginners or more advanced readers alike

Wordcount: 44,858 words

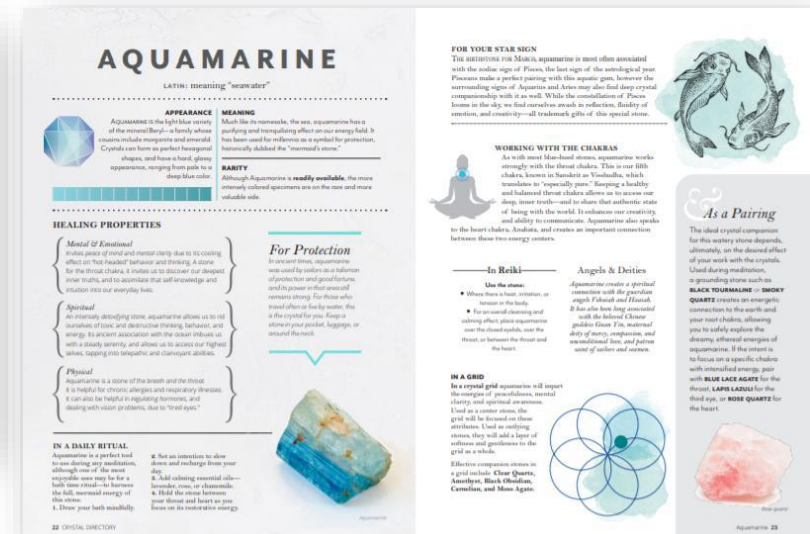
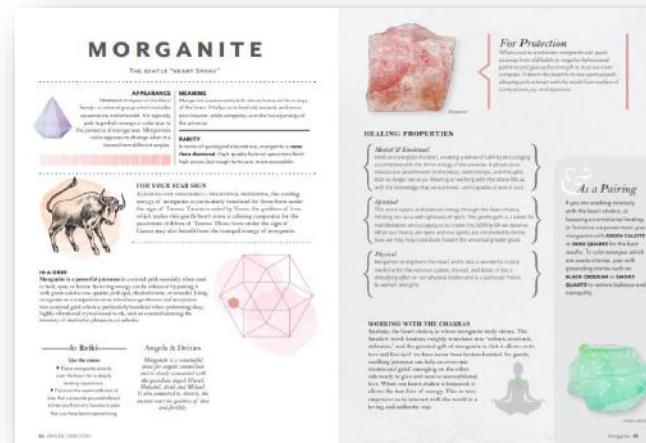
Extent: 128 pages

TPS (h x w): 230 mm x 180 mm

Translation files available

Link to material:

<https://quarto.box.com/s/tu9pra103ses076d1euumasjta7qmlqh>





THE CRYSTAL PACK

- A collector's box and handbook for keeping and using healing crystals
- Includes seven actual crystals: rock quartz, amethyst, sodalite, dark-green aventurine, yellow tiger's eye, carnelian & red jasper
- Based around the body's seven energy centers, or chakras – the first part of the book explores the value of each crystal
- This section is cross-referenced to the second part, where each chakra and its possible imbalances are described, and the appropriate crystals and crystal healing techniques are explained
- Fantastic sales results and reprint records

Over
50,000
foreign
copies
sold!

Wordcount: 13,000 words

Extent: 96 pp

TPS (h x w):

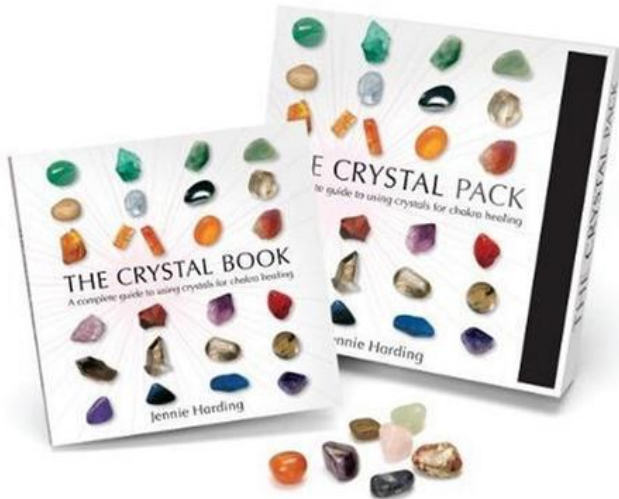
Pack: 182 mm x 182 mm x 40 mm

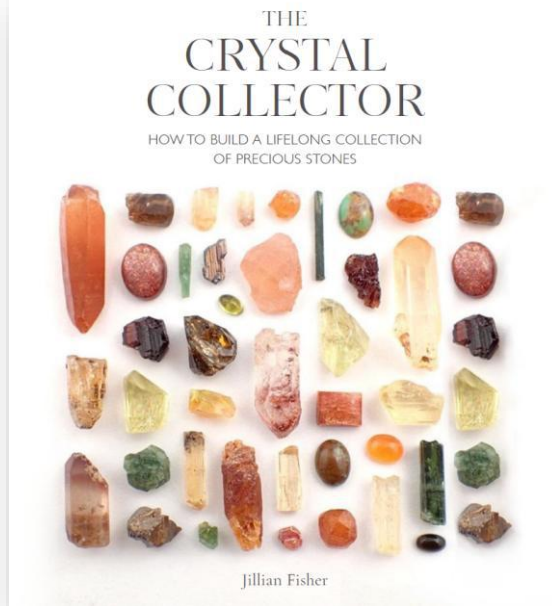
Book: 166 mm x 140 mm

Translation files available

Link to material:

<https://quarto.box.com/s/l180rbvsggvd0y7u8vxz6143a4ny3ctm>





THE CRYSTAL COLLECTOR

- The first book to combine a guide to the metaphysical properties of crystals with the practicality of building a collection
- Shows how to ethically build a high-quality collection for life - based on intention, by type, by chakras, or by special features - and how to care and organize the collection and build a relationship with it, as well as using your crystals
- Perfect for a broad audience: for the reader focused on the scientific attributes and the ones looking for the spiritual properties, for beginners and enthusiasts looking to deepen their knowledge

Wordcount: approx. 43,920 words

Extent: 144 pages

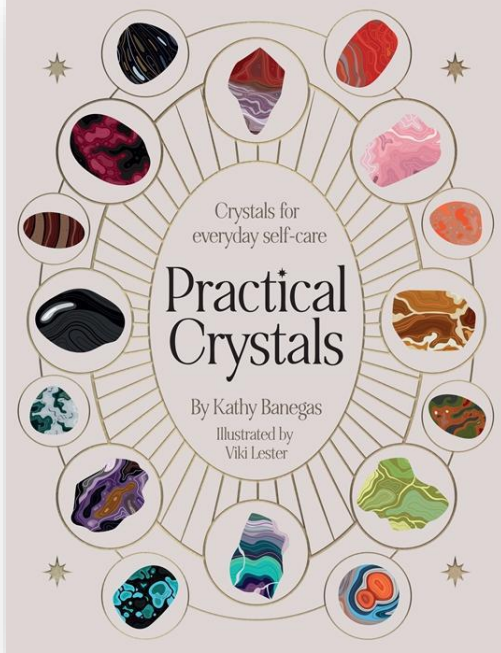
TPS (h x w): 229 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/y3bkdirctr4k6fxj6jt1f1062vp0mq2e>





PRACTICAL CRYSTALS

- Discover the healing and nurturing properties of 150 different crystals with 50 everyday scenarios where crystals can support you and enhance wellbeing
- Organised by theme, learn which crystals you can use for: spiritual wellbeing, physical wellbeing, unblocking your chakras, connecting with nature, adding magic to special occasions, enhancing or starting your career
- Written by Kathy Banegas, crystal expert of the popular Instagram account, @thehealinggem (139k followers) and stunningly illustrated by Viki Lester (100k followers)

Wordcount: 36,000 words

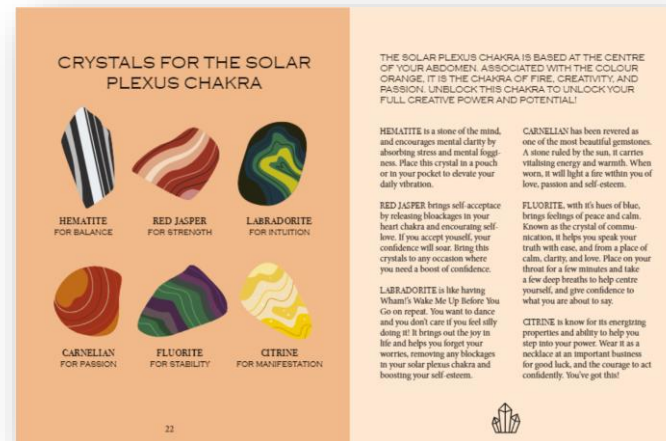
Extent: 144 pages

TPS (h x w): 201 mm x 151 mm

Translation files available

Link to material:

<https://quarto.box.com/s/yjryk6a7scyn93m289uzcodivny8nxdm>



THE CRYSTAL FIX

HEALING CRYSTALS FOR
THE MODERN HOME



JULIETTE THORNBURY
OF LUMINOSITY CRYSTALS

THE CRYSTAL FIX

- A contemporary, stylish and practical guide to using crystals in your home
- Explains how to use crystals to bring out the best from each room and space
- Features a directory of over 60 key crystals, as well as an index of stones by healing property
- Reader-friendly breakdowns, Try this suggestions, combination ideas and cross-references

Wordcount: 32,000 words

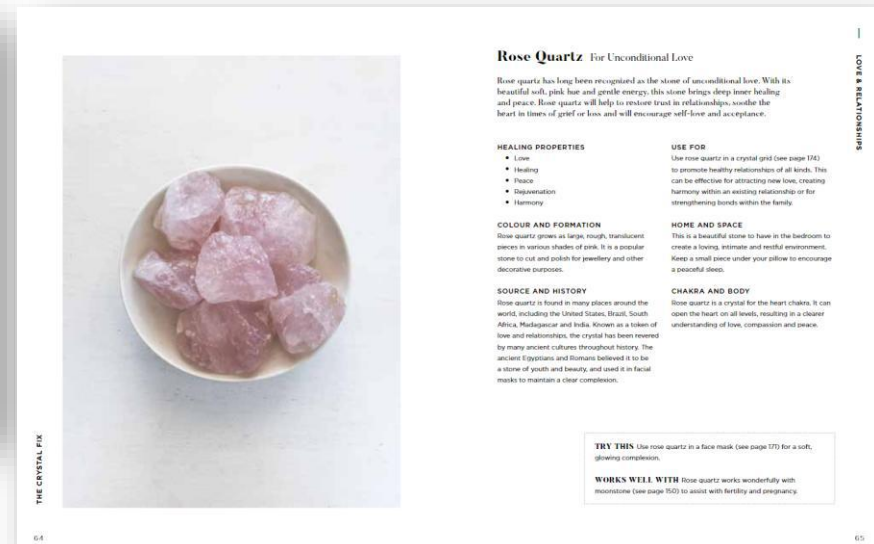
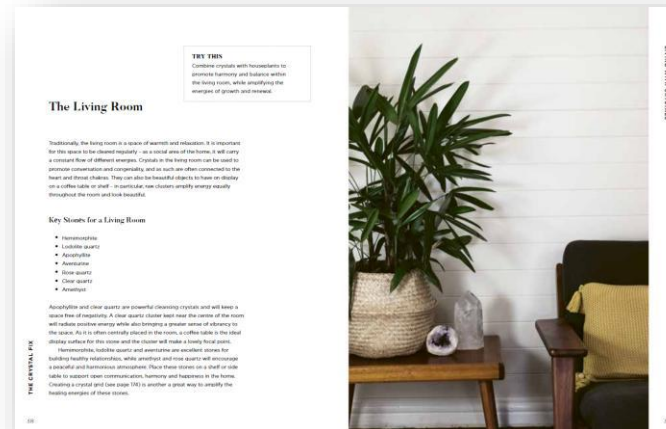
Extent: 192 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/b7nd9f5epn45ai4ktw2s6ob96atkfsnc>



Rose Quartz For Unconditional Love

Rose quartz has long been recognised as the stone of unconditional love. With its beautiful soft, pink hue and gentle energy, this stone brings deep inner healing and peace. Rose quartz will help to restore trust in relationships, soothe the heart in times of grief or loss and will encourage self-love and acceptance.

HEALING PROPERTIES

- Love
- Healing
- Peace
- Regeneration
- Harmony

COLOUR AND FORMATION

Rose quartz grows as large, rough, translucent pieces in various shades of pink. It is a popular stone to cut and polish for jewellery and other decorative purposes.

SOURCE AND HISTORY

Rose quartz is found in many places around the world, including the United States, Brazil, South Africa, Madagascar and India. Known as a token of love and relationships, the crystal has been revered by many ancient cultures throughout history. The ancient Egyptians and Romans believed it to be a stone of youth and beauty, and used it in facial masks to maintain a clear complexion.

USE FOR

Use rose quartz in a crystal grid (see page 178) to promote healthy relationships of all kinds. This can be effective for attracting new love, creating harmony within an existing relationship or for strengthening bonds within the family.

HOME AND SPACE

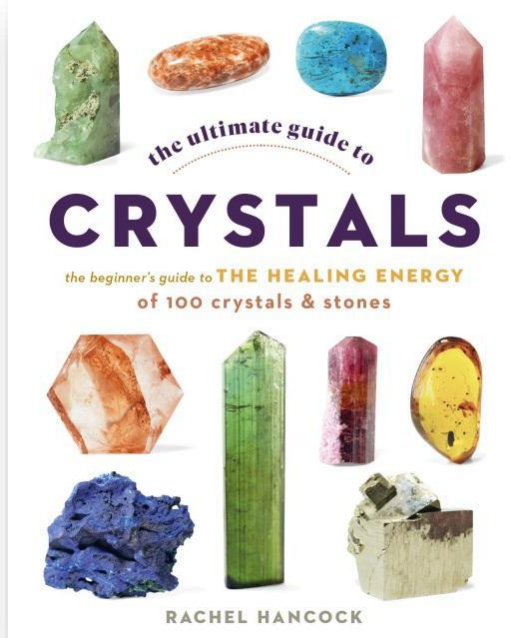
This is a beautiful stone to have in the bedroom to create a loving, intimate and restful environment. Keep a small piece under your pillow to encourage a peaceful sleep.

CHAKRA AND BODY

Rose quartz is a crystal for the heart chakra. It can open the heart on all levels, resulting in a clearer understanding of love, compassion and peace.

TRY THIS Use rose quartz in a face mask (see page 177) for a soft, glowing complexion.

WORKS WELL WITH Rose quartz works wonderfully with moonstone (see page 162) to assist with fertility and pregnancy.



THE ULTIMATE GUIDE TO CRYSTALS

- A comprehensive beginner's guide to the science and art of working with crystals, featuring profiles and meanings for 100 stones.
- Crystals are (still) incredibly popular: interest in crystals endures and, if anything, has gotten stronger during the pandemic, fostering calm during turbulent times.
- Profiles 100 of the most popular stones as well as how to use them in ritual and with other practices like tarot, reiki, distance healing, crystal grids, and yoga.

Wordcount: 65,964 words

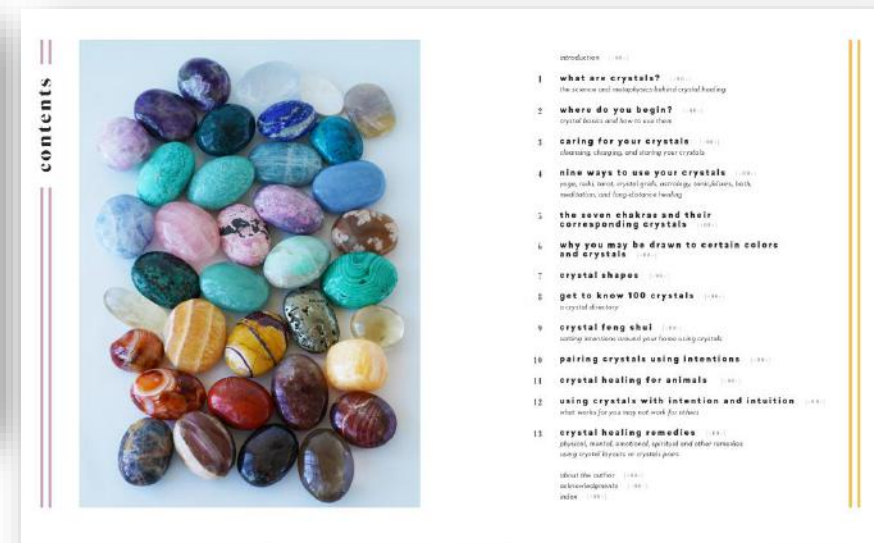
Extent: 224 pages

TPS (h x w): 203 mm x 254 mm

Translation files available

Link to material:

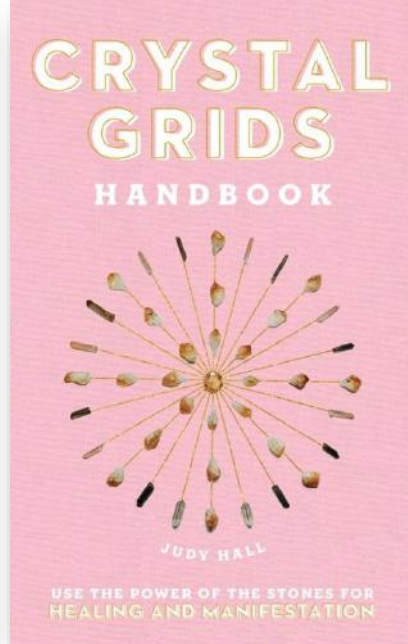
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CRYSTAL GRIDS HANDBOOK

- Your essential quick-reference guide to harnessing the magic of crystal grids, a condensed version of the best-selling *The Ultimate Guide to Crystal Grids* (over 50,000 copies sold worldwide!).
- Author Judy Hall is the leading crystal expert in the world and author of the million-copy bestseller *The Crystal Bible*.



Wordcount: approx. 30,000 words

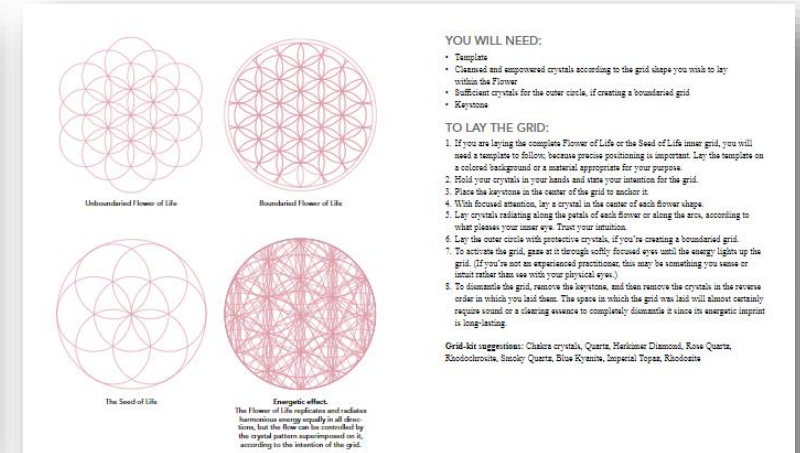
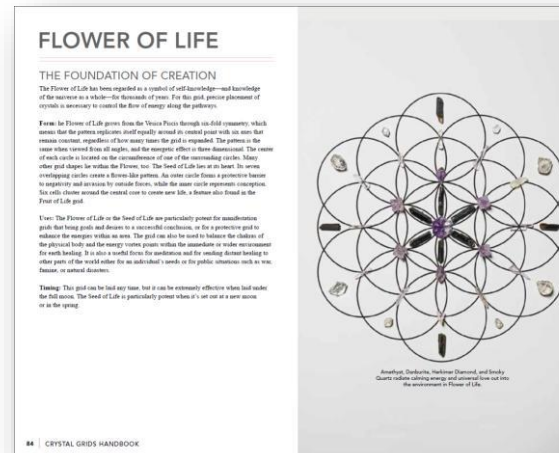
Extent: 176 pages

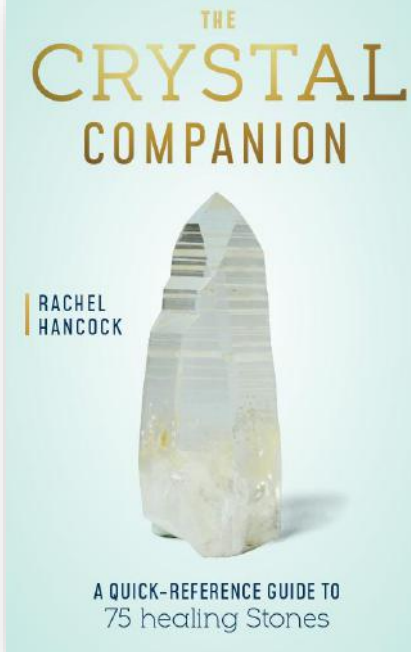
TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/yw9keaxwkbntnyqyqf98p3lyjfoibt6na>





THE CRYSTAL COMPANION

- A comprehensive beginner's guide to the science and art of working with crystals, featuring profiles and meanings for 75 stones.
- Crystals are (still) incredibly popular: interest in crystals endures and, if anything, has gotten stronger during the pandemic, fostering calm during turbulent times.
- Profiles 75 of the most popular stones for spiritual, physical and emotional healing.

Wordcount: approx. 21,000 words

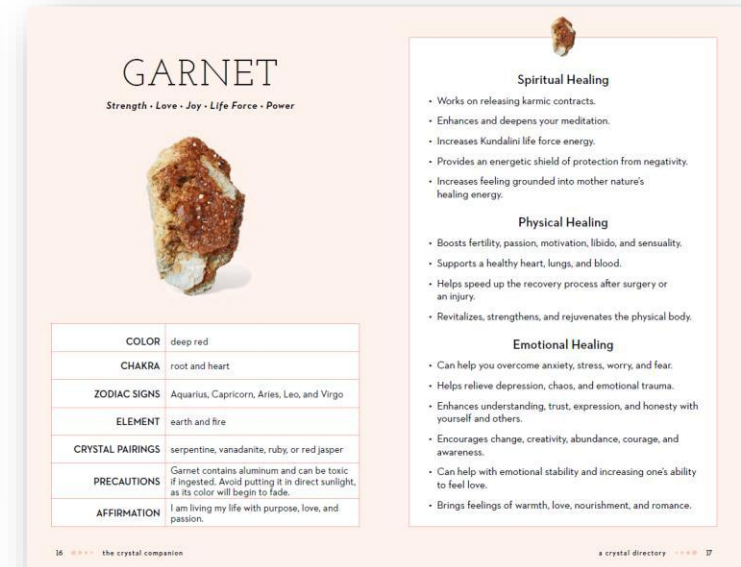
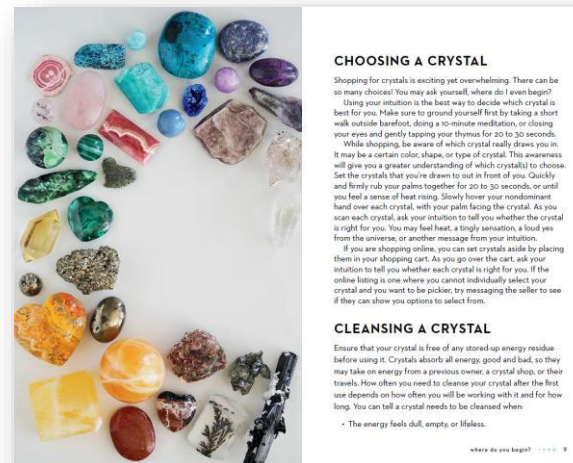
Extent: 176 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

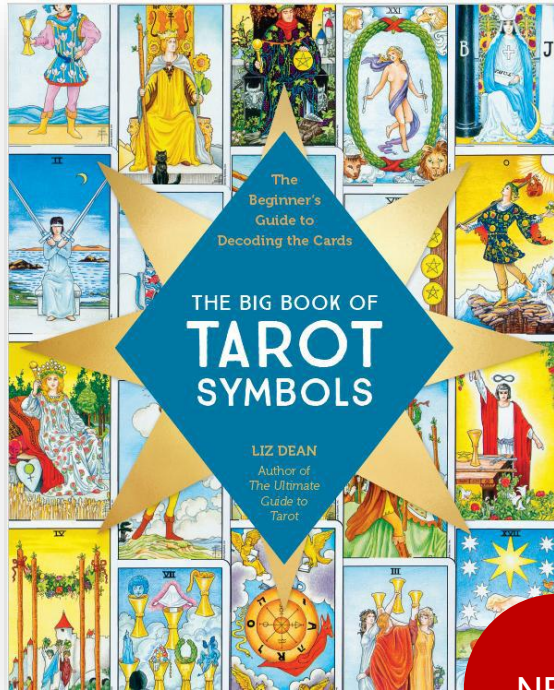
Link to material:

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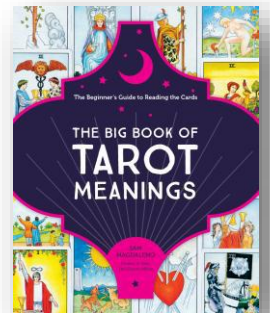
ESOTERIC



THE BIG BOOK OF TAROT SYMBOLS

- A comprehensive guide to interpreting tarot symbols
- By looking at tarot through its recurring symbols, this title is offering a rare perspective and new lens for readers to explore
- All the cards of the major and minor arcana are thoroughly analysed one by one according to the many symbols they present
- From bestselling tarot author Liz Dean

Also available:



Wordcount: approx. 50,000 words

Extent: 240 pages

TPS (h x w): 254 mm x 203 mm

Translation file available

Next co-edition schedule

Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

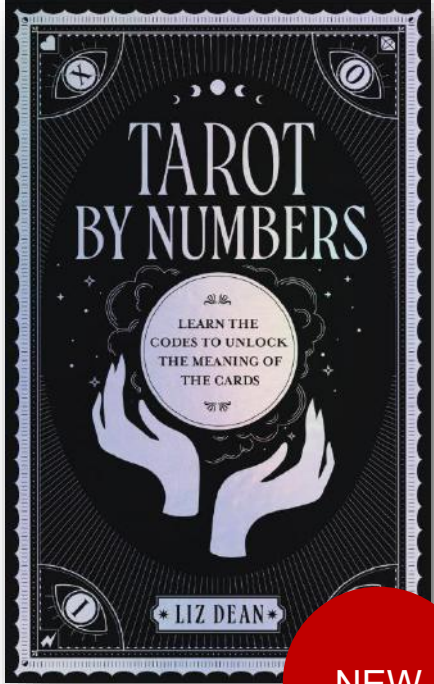
Link to material:

<https://quarto.box.com/s/o9ncz811owwfsosg38ckr0zf1mnumxu8>





Best-selling
author!



NEW

TAROT BY NUMBERS

- Simple shortcut method to read cards with confidence: looking at each card's number
- Tarot can be an overwhelming subject for beginners as the cards are rich in symbolism that devotees often spend years studying – this book offers immediate insights!
- Beginners will like the speed and simplicity; more advanced readers will enjoy deepening their knowledge with another skill
- By star tarot author Liz Dean

Wordcount: 27,233 words

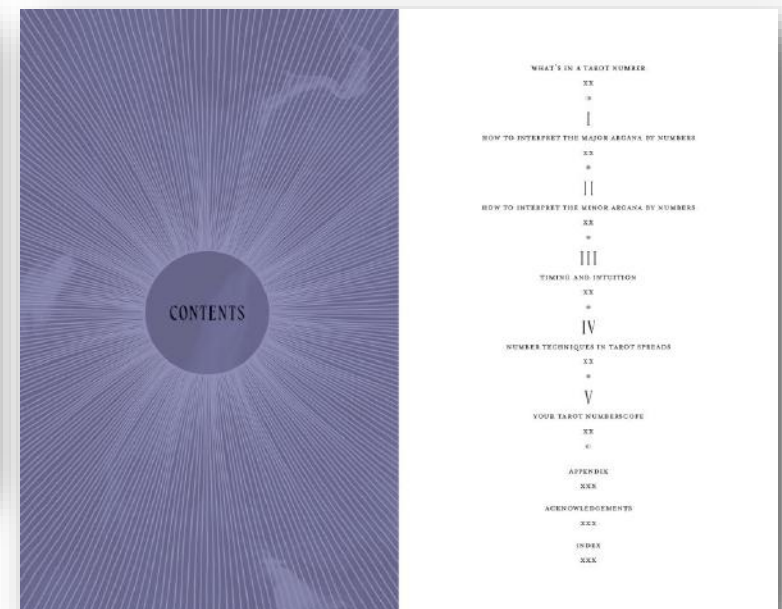
Extent: 176 pages

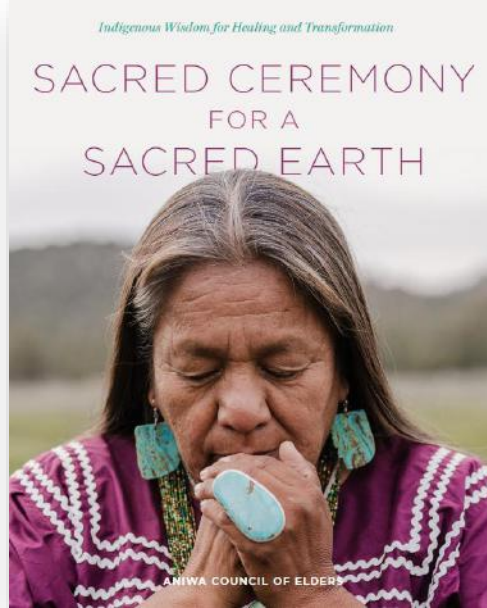
TPS (h x w): 203 mm x 127 mm

Translation file available

Link to material:

<https://quarto.box.com/s/qly5ukrkpv4y5nl76b0qsg8tz2xp5wov>





SACRED CEREMONY FOR A SACRED EARTH

- Offers tools for healing and growth through the timeless wisdom of Indigenous elders
- Brings together the profound teachings, stories, sacred ceremonies, and healing practices of Indigenous healers from diverse traditions
- The MBS community has a growing interest in ancestral and indigenous spiritual practices
- Aniwa (Authentic Voice in Indigenous Wisdom) is the world's leading community of indigenous healers and leaders; the Aniwa elders represent over 20 indigenous communities from all over the world, including the US, Brazil, Mexico, Australia and New Zealand

Wordcount: approx. 70,000 words

Extent: 224 pages

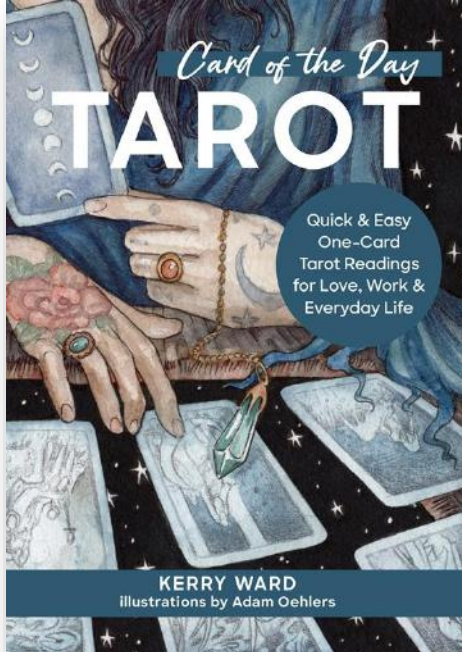
TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/zh2xzn24dg5ur3fjxzekw9ip2nofqc56>





CARD OF THE DAY TAROT

- Quick and easy one-card tarot readings for love, career, intuition and everyday life
- Accessible and simple method following the current TikTok trend of 'card of the day' readings, fitting every single deck
- Beginner-friendly approach to start doing readings and learning the meanings of the cards
- By well respected tarot expert Kerry Ward, author of *Power, Purpose, Practice* and columnist for *Cosmopolitan* and other magazines

Wordcount: 35,498 words

Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

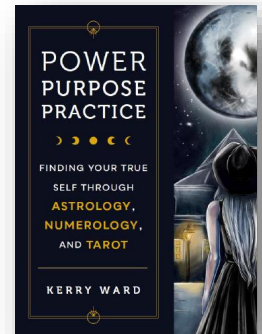
Translation files available

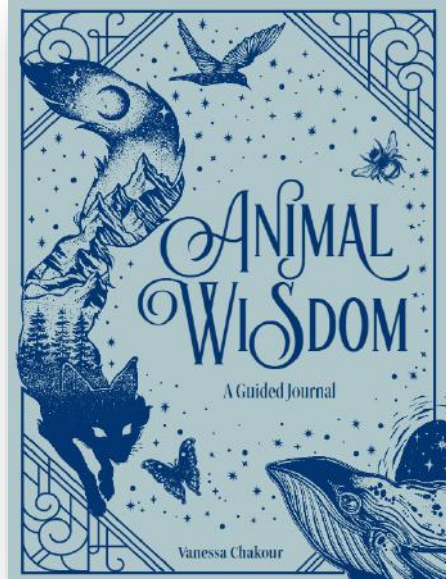
Link to material:

<https://quarto.box.com/s/al5ad0ugo9zh75ml472xxqbfo6gu4l3h>



Pairs perfectly with:





FIND YOUR SPIRIT ANIMAL [ANIMAL WISDOM]

- A unique journal-style book to strengthen one's connection to themselves through the natural world
- Spirit animals are a thing – just think Harry Potter or Philip Pullman - and there is a strong trend towards tapping into the power of the nature around us
- Enhanced with wonderful, atmospheric illustrations by Brazilian artist Thiago Bianchini

Wordcount: 22,679 words

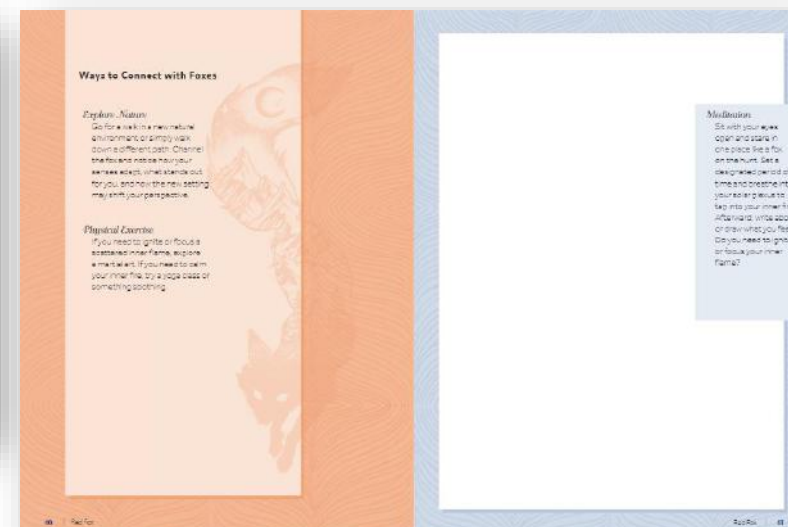
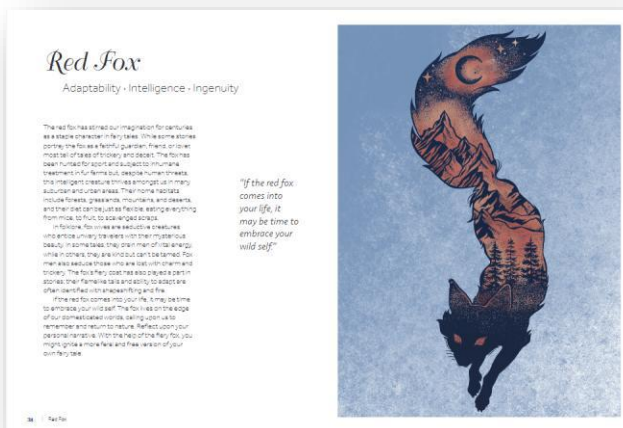
Extent: 192 pages

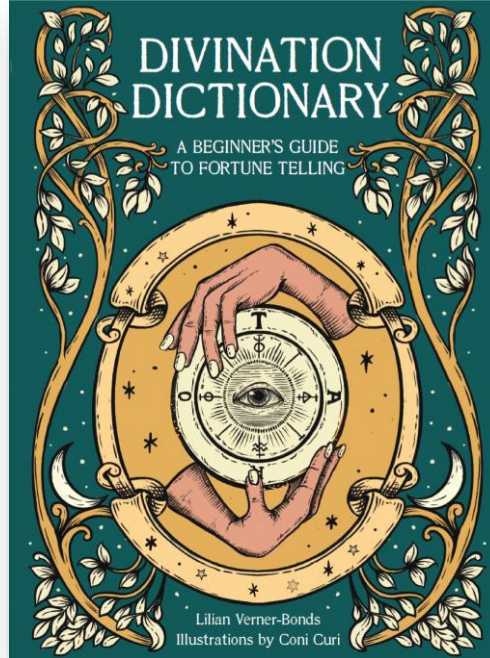
TPS (h x w): 210 mm x 160 mm

Translation files available

Link to material:

<https://quarto.box.com/s/sflnovy21by62t3lig4pcih48ryjob0w>





DIVINATION DICTIONARY

- A beginner's introduction to the world of fortune-telling
- Excellent sales track records - sales of divination titles always increase in uncertain times
- More than 40 divination methods, from the familiar to the unusual
- Beautifully illustrated by an exciting young Argentinian illustrator who casts new light and a modern eye on a traditional area

Wordcount: 28,222 words

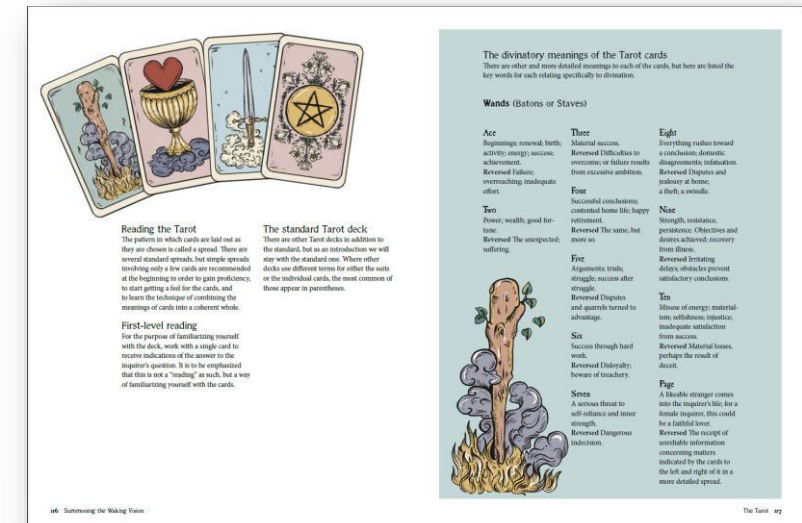
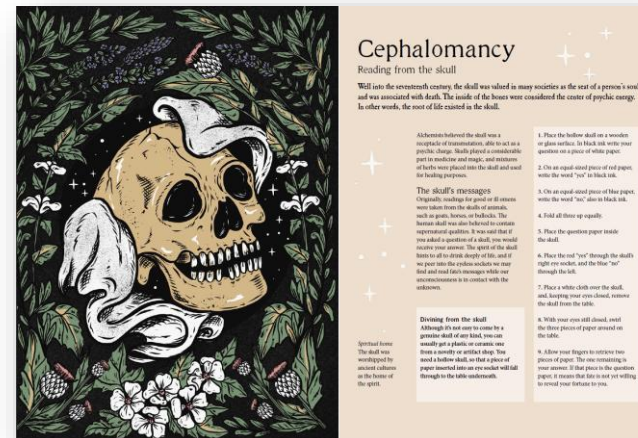
Extent: 128 pages

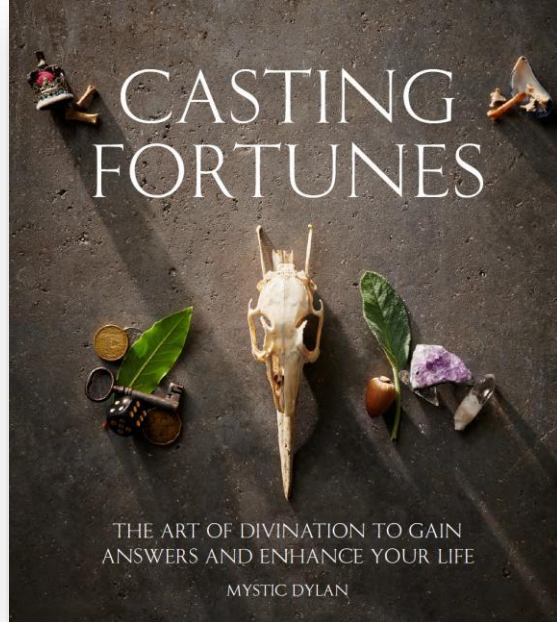
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/apk1yvl9m9n2omcj5a3gfbxbxnsckm8>





CASTING FORTUNES THROWING BONES, CRYSTALS, STONES, AND CURIOS

- A beautifully illustrated, practical how-to guide to the art of divination and casting to find answers to life's questions
- Includes full directions for casting, plus other methods of crystal divination such as crystal scrying and pendulum dowsing
- Interactive: a layflat binding enables the reader to cast directly onto the 20 unique casting boards
- Author Mystic Dylan is a practicing professional real-life witch

Wordcount: 25,453 words

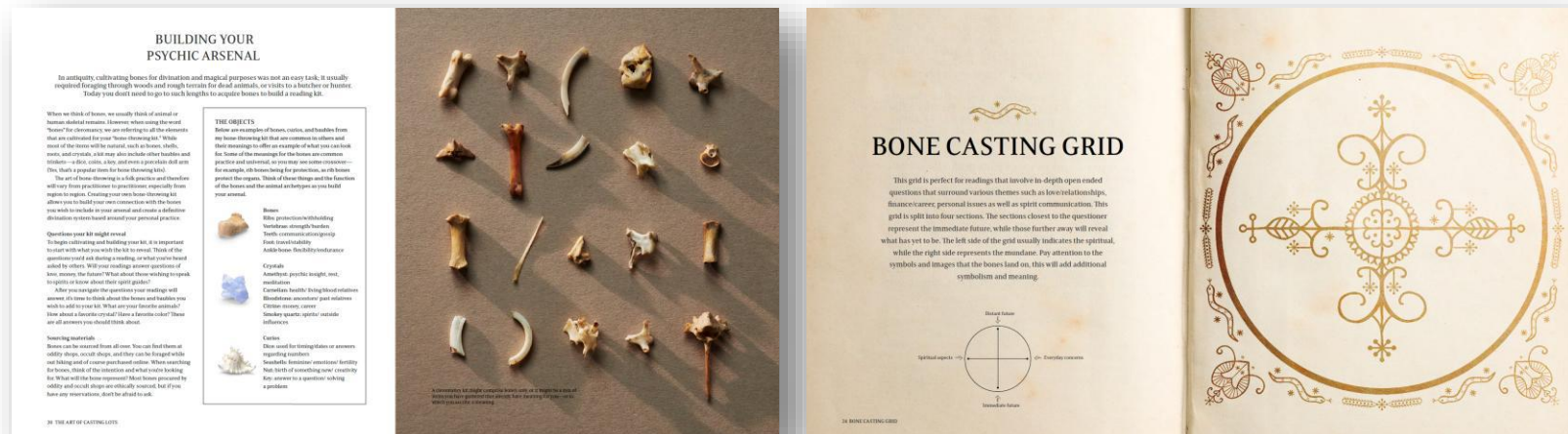
Extent: 128 pages

TPS (h x w): 229 mm x 203 mm

Translation files available

Link to material:

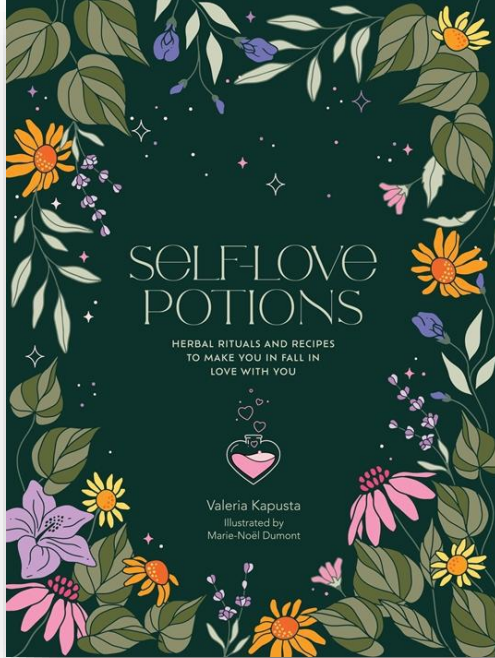
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SELF-LOVE POTIONS

- Perfect for witches and modern mystics, *Self-Love Potions* is a magical book of rituals and recipes to combine self-care with magic
- With herbal recipes and rituals ranging from teas, tinctures, oils and tonics, to bath mixes and fragrances, this is the perfect gift-to-self
- Author Valeria Kapusta aka @cosmicvaleria is a witch and herbalist with a large online following (156k Instagram followers)



Wordcount: 34,000 words

Extent: 144 pages

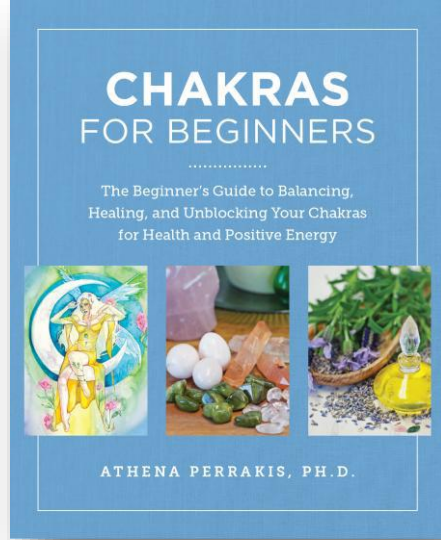
TPS (h x w): 201 mm x 151 mm

Translation files available

Link to material:

<https://quarto.box.com/s/e40ttc35w3626q02tb2uzjnr3ufhkc3r>





CHAKRAS FOR BEGINNERS

- Accessible beginner's guide to chakras and how they are linked to health and self-care
- Learn to balance and heal your chakras through tarot, energies, crystals, your inner goddess, etc.
- Reduced version of *The Ultimate Guide to Chakras*, which sold 45,000 copies in English alone!

Wordcount:

Extent: 144 pages

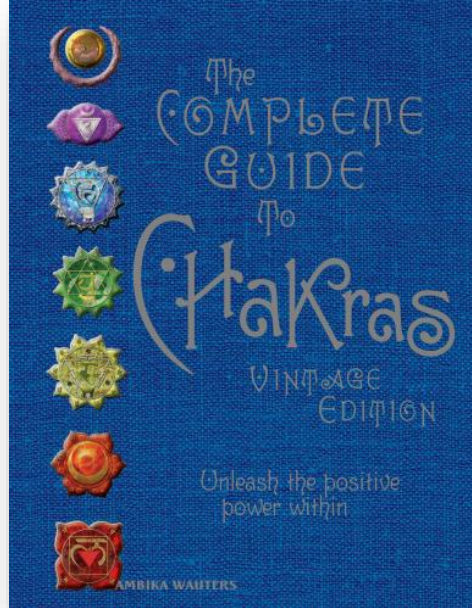
TPS (h x w): 235 mm x 191 mm

Translation files available: Tbc

Link to material:

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THE COMPLETE GUIDE TO CHAKRAS

- This very comprehensive guide to chakras uses special techniques and active exercises to master your flow of inner energy and take control of all aspects of your namarupa, or bodymind, from digestion and basic instinct to complex emotion and creativity
- A best-seller with 38 reprints (and counting) internationally!
- Author is a trained psychotherapist, registered homoeopath, and workshop facilitator who offers training in Chakra channelling and healing

Wordcount: 40,274 words

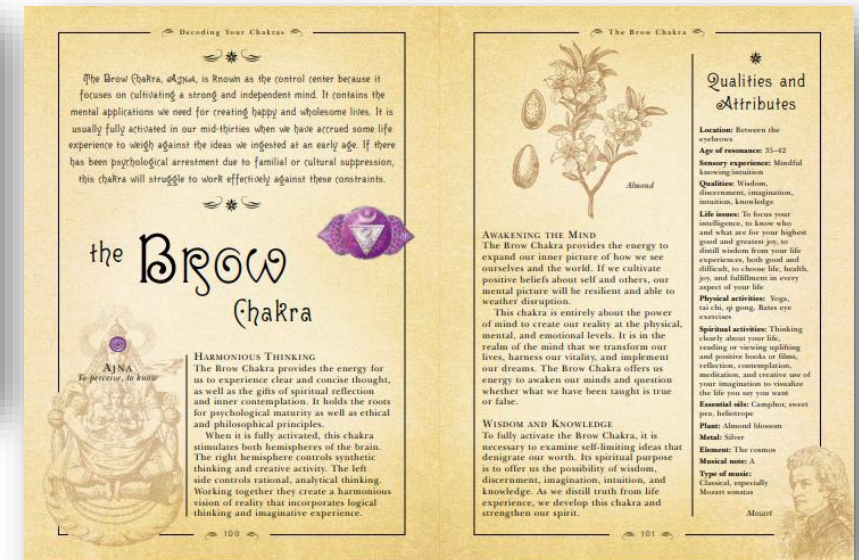
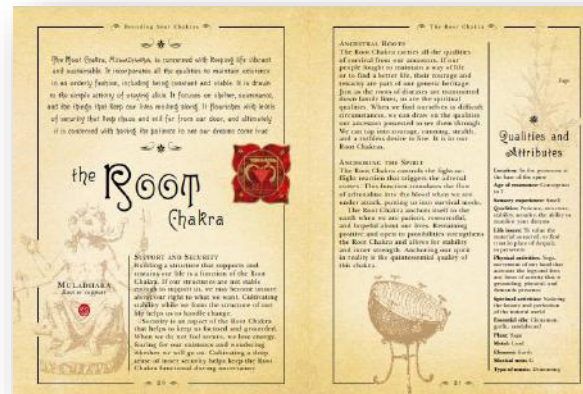
Extent: 144 pages

TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

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THE FIX series

Fresh and modern guides with a unique problem-solver approach:
over 45 fixes to answer contemporary life problems

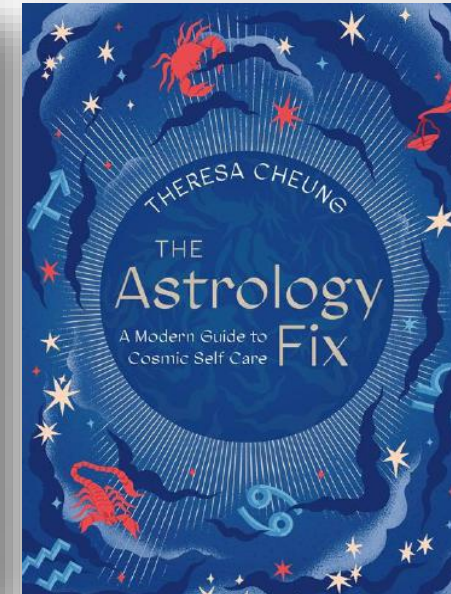
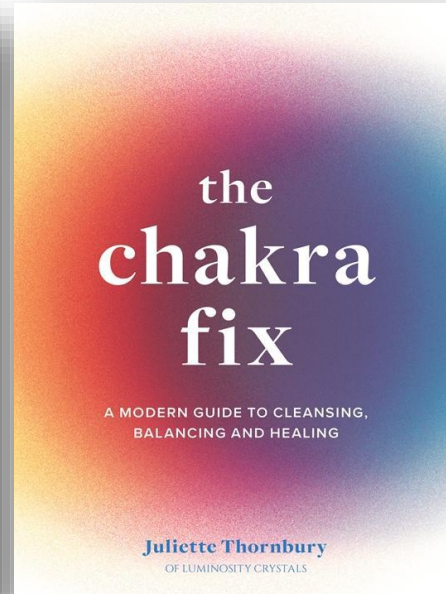
Wordcount: 20,000-35,000 words

Extent: 176-192 pages

TPS (h x w): 230 mm x 170 mm



WHITE
LION



Click on the covers to look inside the books



THE CHAKRA FIX

- Focusing on the seven major chakras, this book shows you how to locate, nurture and activate these untapped sources for optimal wellbeing in your daily life.
- Offers cleansing meditations, healing rituals and nourishing practices to aid each chakra and enhance your self-care.
- Designed to answer everyday anxieties and concerns. Start by tuning into the chakras to ascertain how you feel, then discover the cause and find your fix for any number of problems, from fatigue and physical pain to stress and loneliness

the chakra fix

A MODERN GUIDE TO CLEANSING,
BALANCING AND HEALING

Juliette Thornbury
OF LUMINOSITY CRYSTALS

Wordcount: 28,000 words

Extent: 176 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

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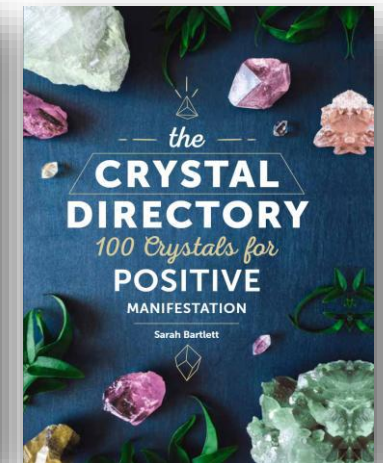
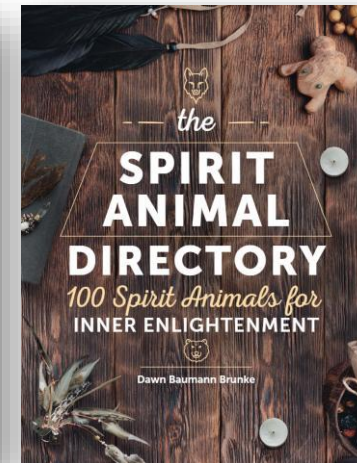
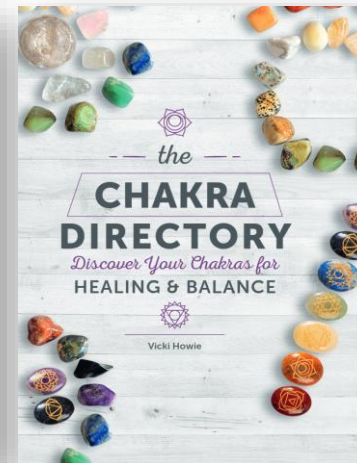
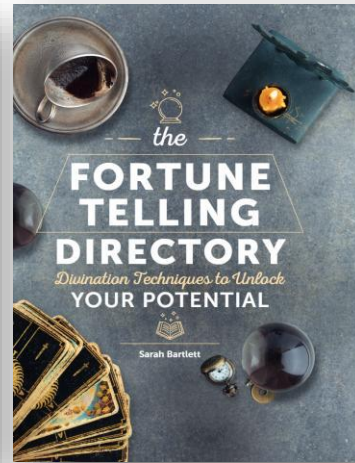
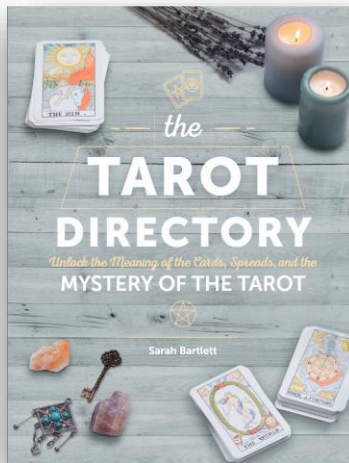
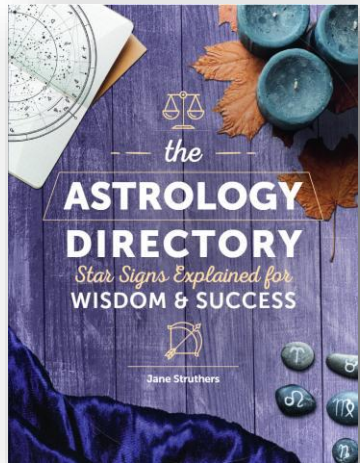
THE MBS DIRECTORY series

Complete, highly illustrated overviews by Quarto's queen of esoteric,
Sarah Bartlett

Wordcount: approx. 30,000 words

Extent: 192 pages

TPS (h x w): 235 mm x 177 mm



Click on each cover to access the material

130,000
copies
sold!

STORIES/TALES BEHIND... series

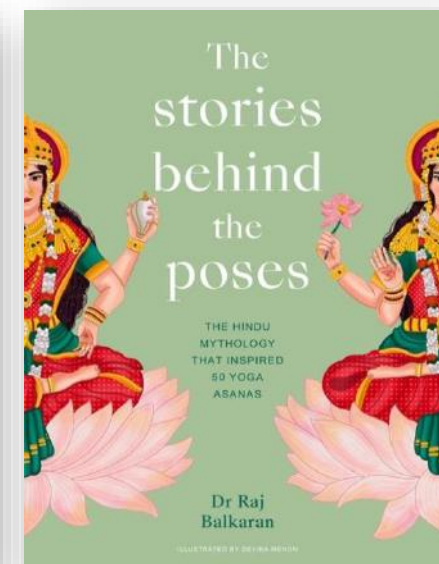
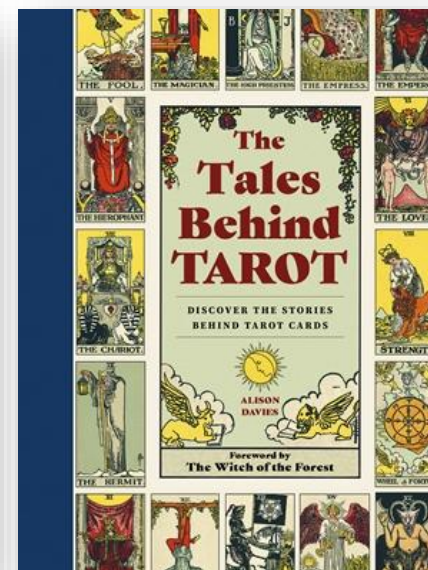
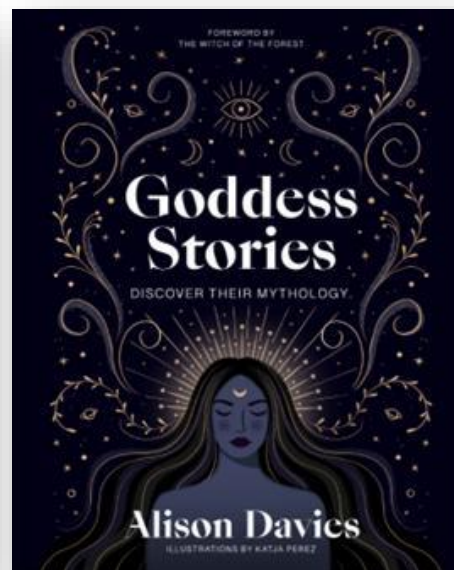
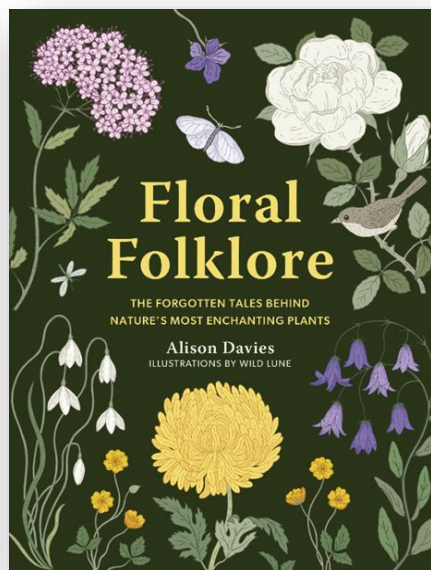
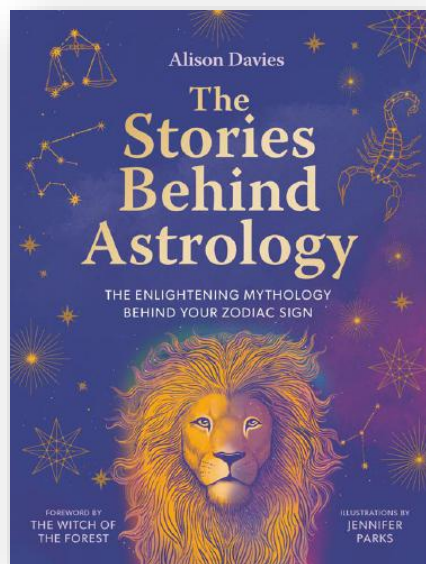
Wordcount: 55,000 words

Extent: 176 - 224 pages

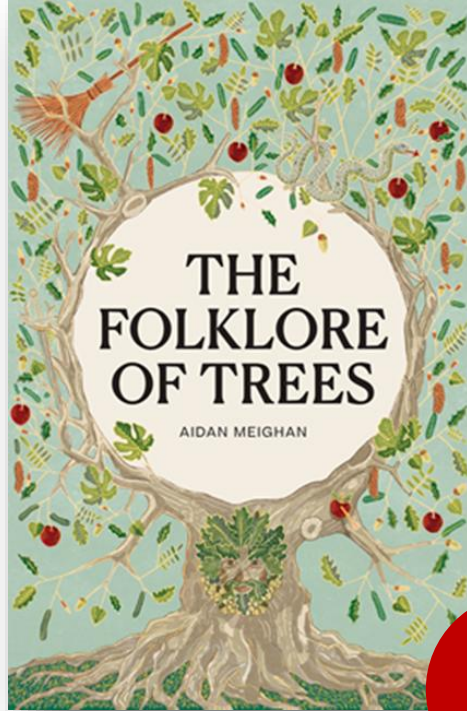
TPS (h x w): 230 mm x 170 mm



LEAPING
HARE

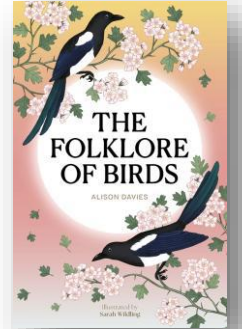


Click on the covers to look inside the books



NEW

- A beautifully illustrated journey into the myths, legends, and cultural significance of 35 iconic trees across the globe
- Explores the deep-rooted connection between trees and human imagination, blending natural history with timeless folklore
- By writer, illustrator and cartographer Aidan Meighan, whose distinctive style brings each tree's story vividly to life

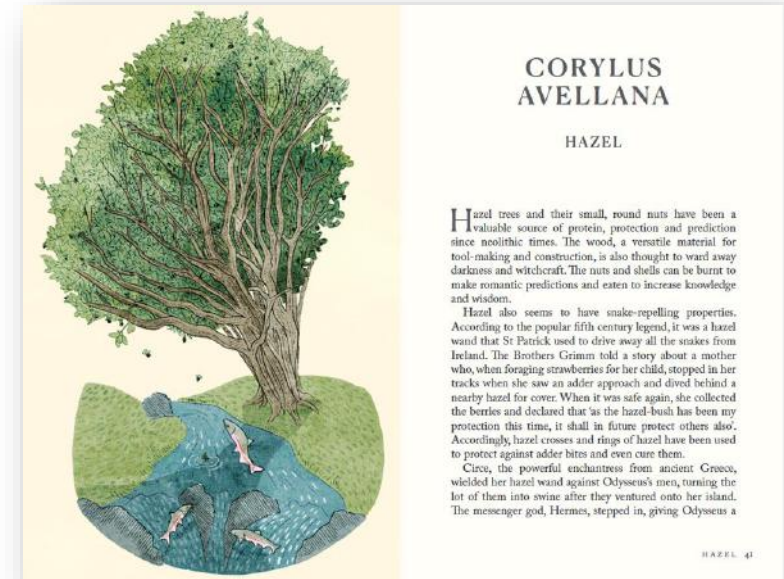
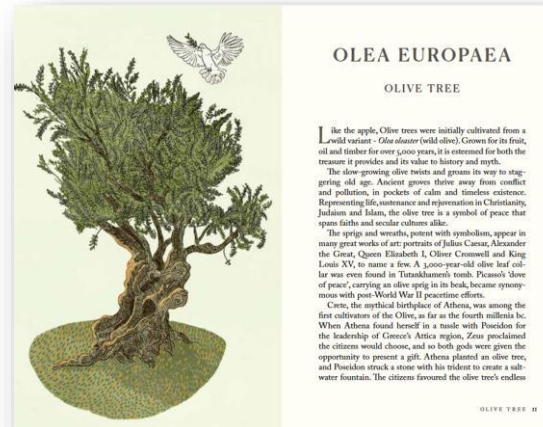


Wordcount: approx. 35,000 words

Extent: 144 pages

TPS (h x w): 198 mm x 129 mm

Translation files available: Oct-25



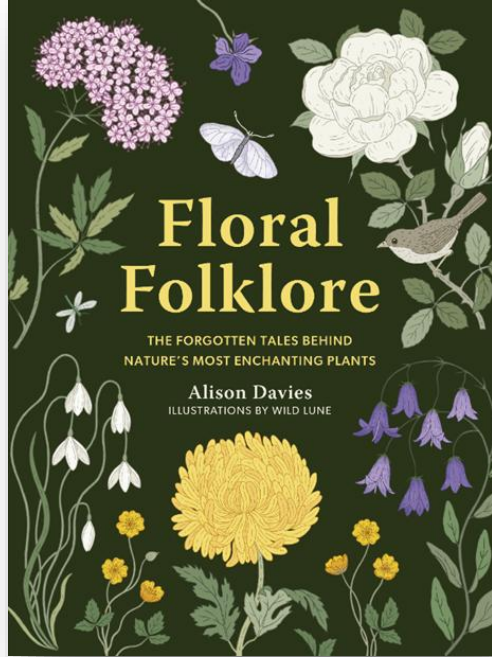
Link to material:

<https://quarto.box.com/s/1z79e6o568j35wc9xto9fgp51epk8khn>



FLORAL FOLKLORE

- Discover the forgotten tales behind 40 of nature's most enchanting plants with this holistic reference book and learn what they can teach us in modern day life
- With folklore from around the world and an international selection of flowers, plants and herbs, this is the perfect gift for a gardener in your life, or anyone looking to add depth to their plant knowledge through plantlore
- Written by expert in folklore and storytelling Alison Davies, with a foreword by bestselling author and florist Anna Potter
- Includes practical rituals alongside each entry to empower readers to take their knowledge with them beyond the page and into nature



Wordcount: 53,000 words

Extent: 192 pages

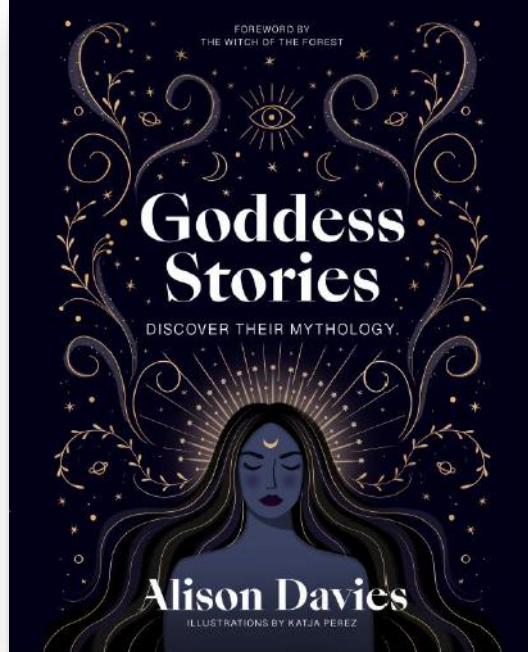
TPS (h x w): 230 mm x 170 mm

Translation files available

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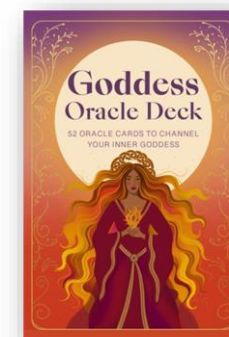




GODDESS STORIES

- Learn the powerful stories behind 50 different goddesses from different cultures around the world
- From ancient myth to modern day icons, there is a goddess to help with every situation
- With a simple ritual or activity alongside each story to help channel the iconic energy of each goddess - discover how to embody their power to improve wellbeing

Pairs well with:



Wordcount: 49,500 words

Extent: 192 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

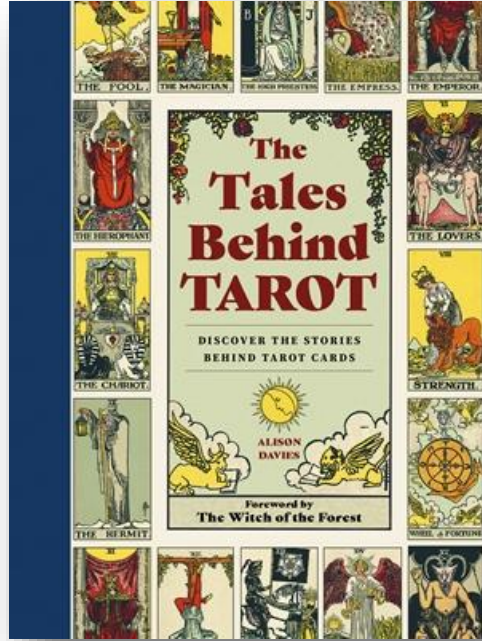
<https://quarto.box.com/s/weucz9mjgcj3qbrh9ow2ly5uc38u99ch>





THE TALES BEHIND TAROT

- Join tarot reader and teacher Alison Davies to learn the archetypes and meanings behind each tarot card through a story based on each card
- Uses the rich symbolic imagery of the classic Rider-Waite-Smith deck to take tarot readings to the next level
- Stories give context, context gives knowledge, and knowledge is empowerment. Understand, decode, and apply the wisdom and meaning of the tarot through the power of these stories.
- Foreword by Instagram sensation The Witch of the Forest



Wordcount: 56,000 words

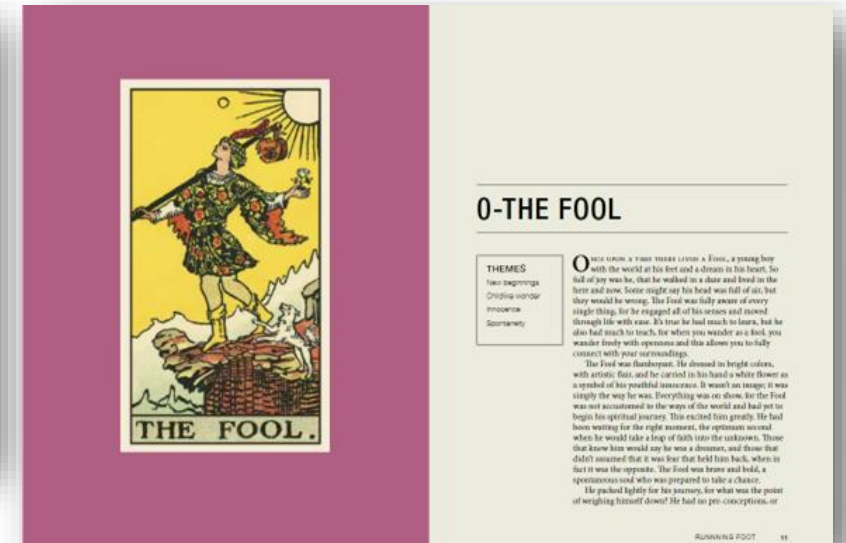
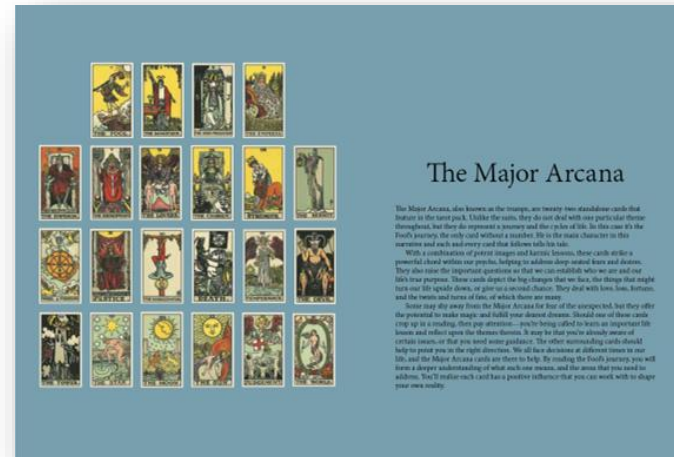
Extent: 224pp

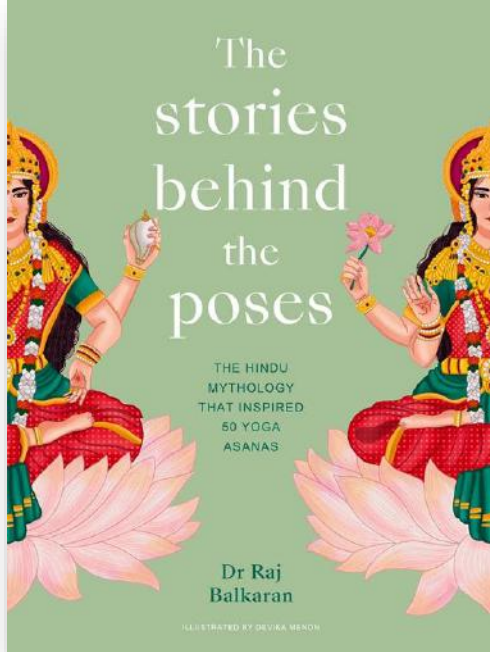
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

<https://quarto.box.com/s/bm3t57zbgvmdougvyznkhsI7cpl7c742>





THE STORIES BEHIND THE POSES

- Discover the ancient stories and wisdom – often forgotten in Western yoga – behind 50 key yoga poses in this stunningly illustrated book of Hindu mythology for yogis of all levels
- Accessibly written by Dr. Raj Balkaran, a leading teacher in Hindu mythology
- Perfect to complement practical yoga books, this title stands out from the crowd and is a perfect title for yogis wanting to deepen the spiritual side of their practice

Wordcount: 57,000 words

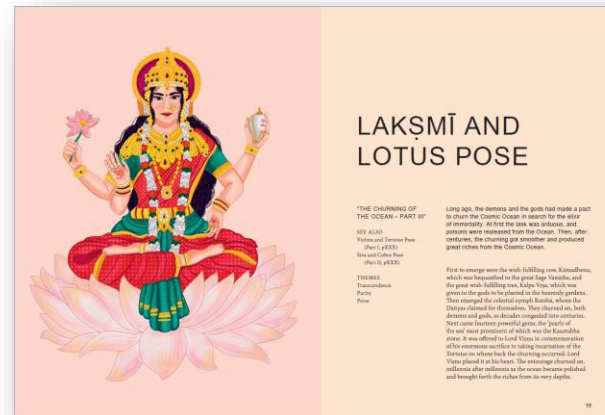
Extent: 224 pages

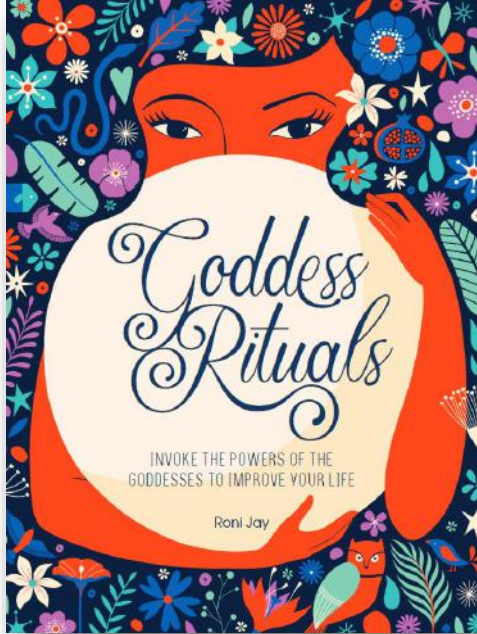
TPS (h x w): 230 mm x 170 mm

Translation files available

Link to material:

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GODDESS RITUALS

- A beautifully illustrated handbook to learn about goddesses from various cultures and invoke their powers
- Both culturally informative and practical
- Ties in with the trend for strong female role models and female powers

Wordcount: 19,193 words

Extent: 128 pages

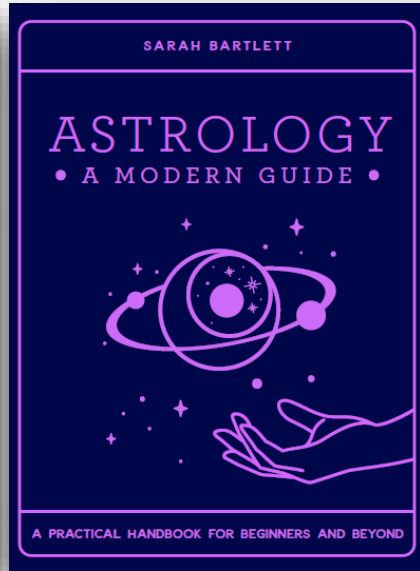
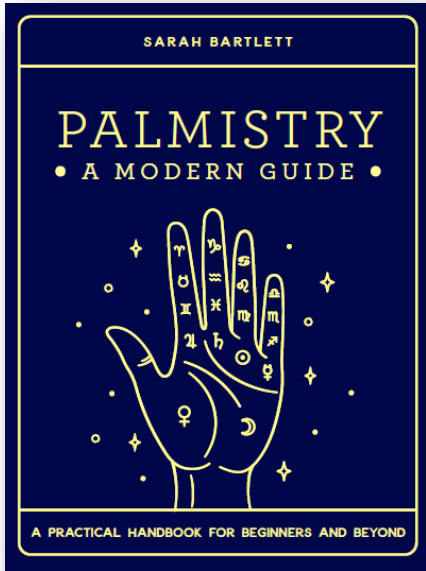
TPS (h x w): 195 mm x 145 mm

Translation files available

Link to material:

<https://quarto.box.com/s/1rjdnbky2axmtgrnbd78wbhx2d18pww>





A MODERN GUIDE TO... PALMISTRY/ ASTROLOGY

- The latest titles in a MBS series that stands out!
- Stylish and trendy design, aimed at the 18-35 age range
- Packed with content, each title combines detailed background information with simple yet strong prompts
- Includes a 12-month programme to incorporate spirituality into your year

Wordcount: aprox. 30,000 words

Extent: 160 pages

TPS (h x w): 230 mm x 170 mm

Translation files available: TBC

Links to material:





A MODERN GUIDE TO CRYSTALS/ TAROT/ WITCHCRAFT/ CHAKRAS

- An MBS series that stands out with its unique approach
- Packed with content, each title combines detailed background information with practical uses, simple yet strong prompts and a year-long activity programme to incorporate spirituality into your year
- Simple, striking design style

Wordcount: 33,418 – 37,751 words

Extent: 160 pages

TPS (h x w): 230 mm x 170 mm

Translation files available

Next co-edition schedule

Delivery FOB: 1st December 2025

Files to printer: 1st September 2025

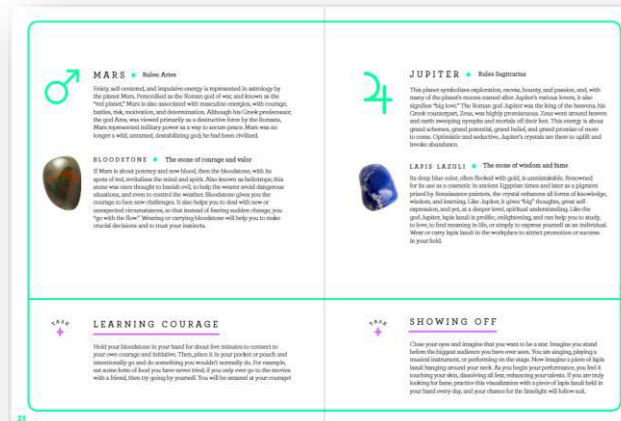
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Crystals: <https://quarto.box.com/s/itkiouqv5wc6qr3ata98g2ip1xjdqrqv>

Tarot: <https://quarto.box.com/s/8xs5lljlil5gk229ac7nn0q8z5mgxvva>

Witchcraft: <https://quarto.box.com/s/8g2cx8gt3756mh4yp09ju7tyb1kzrsoc>

Chakras: <https://quarto.box.com/s/oia8a6st51yt6o8sahim3wmxu7z10y83>





IN FOCUS series

- Modern beginner's guides with smartly designed visual material that clearly illustrates key topics within each subject
- Each book includes reference cards or a poster, giving you a quick go-to guide to the most important information

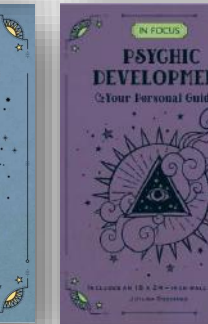
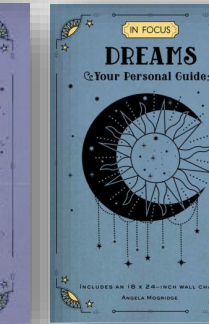
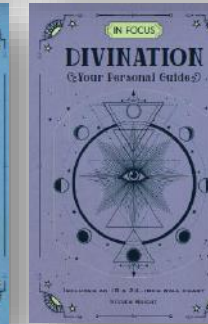
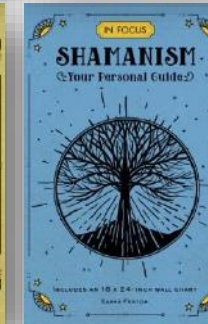
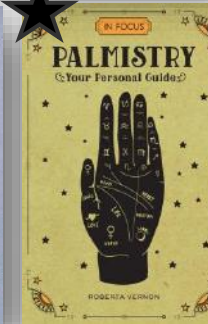
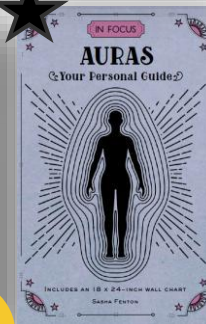
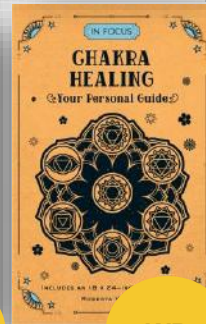
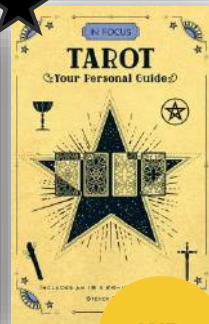
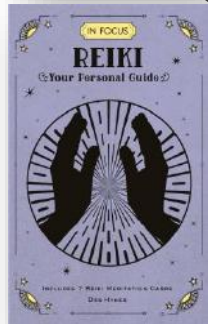
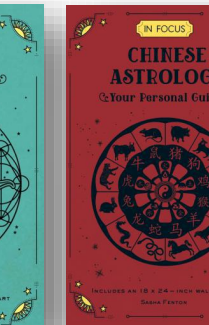
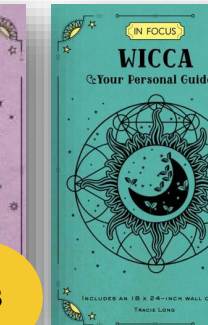
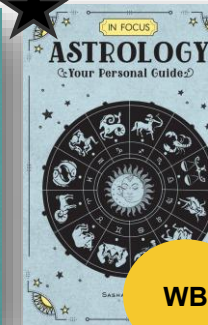
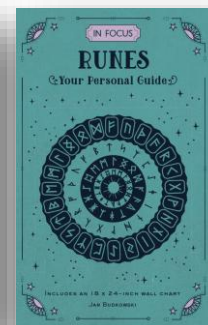
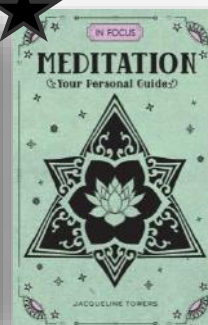
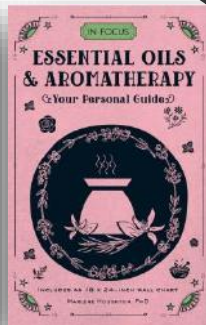
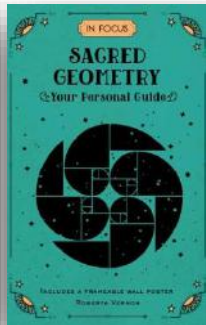
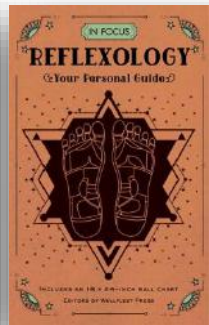
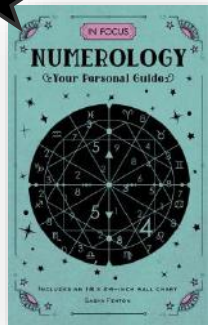
Wordcount: approx. 35,000 words

Extent: 144/160/192 pages

TPS (h x w): 229 mm x 150 mm

Series sold
over
600,000
copies

Matching
workbooks
also
available



NEW!

NEW!

NEW!

Click on the covers for links to each title!



Series sold
over
600,000
copies

IN FOCUS: TWIN FLAMES

- Explores the popular concept of twin flames or mirror souls with accessible meditations and practices for the reader to engage with
- Includes a pull-out poster illustrating the key concepts
- The latest addition in the bestselling *In Focus* series



NEW

Wordcount: 26,142 words

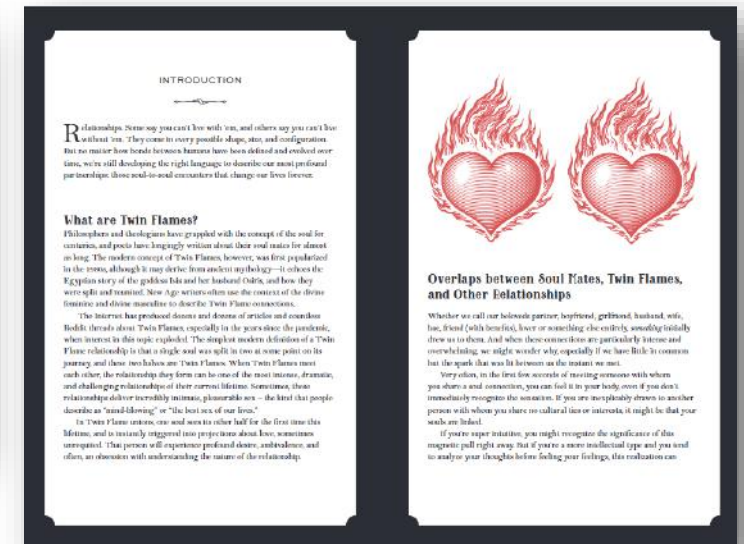
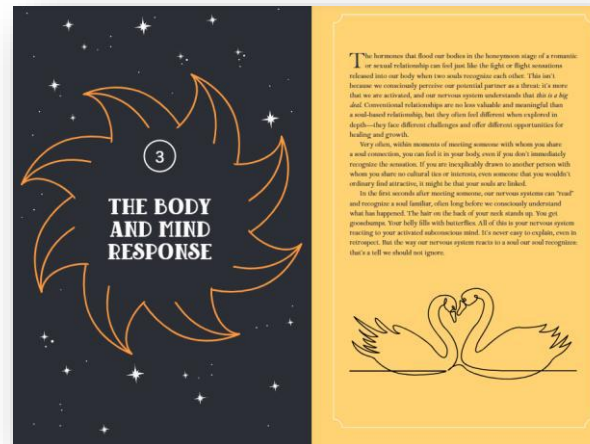
Extent: 128 pages

TPS (h x w): 229 mm x 150 mm

Translation files available: Dec-25

Link to material:

<https://quarto.box.com/s/psxivw5wc5auus1lrg08phlzpjs1m4vk>





IN FOCUS SERIES: SHADOW WORK / MANIFESTING

- Latest titles in bestselling series: over 600,000 copies sold in the US and a huge success in Europe too!
- Shadow work is a huge trend that's all over TikTok (#shadowwork has 1.6 billion views so far) but the practice has a long-established history in psychoanalytic theory, specifically in the work of Carl Jung
- Manifesting has been gaining mainstream popularity, practiced and endorsed by many public figures. Manifestation seminars and workshops are increasingly commonplace. #manifesting has 8.1 billion views on TikTok



Wordcount: approx. 35,000 words

Extent: 128 pages

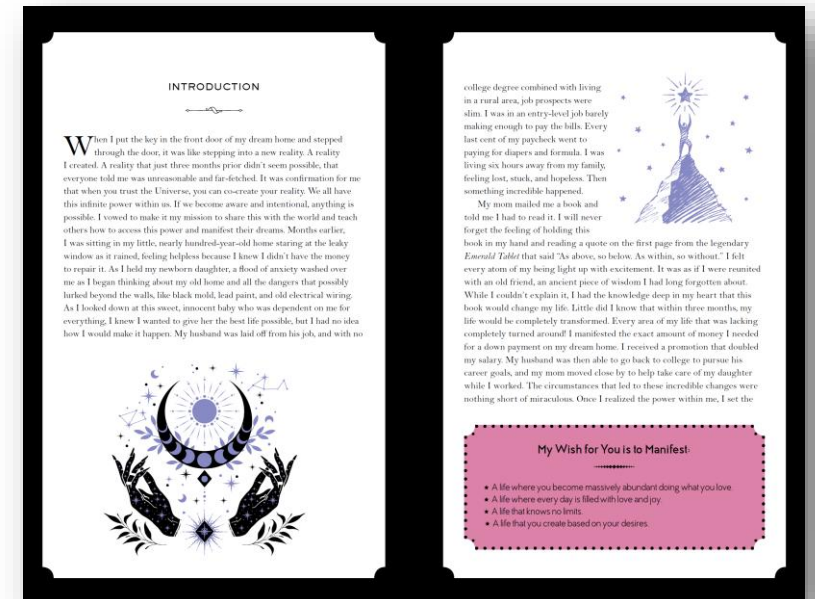
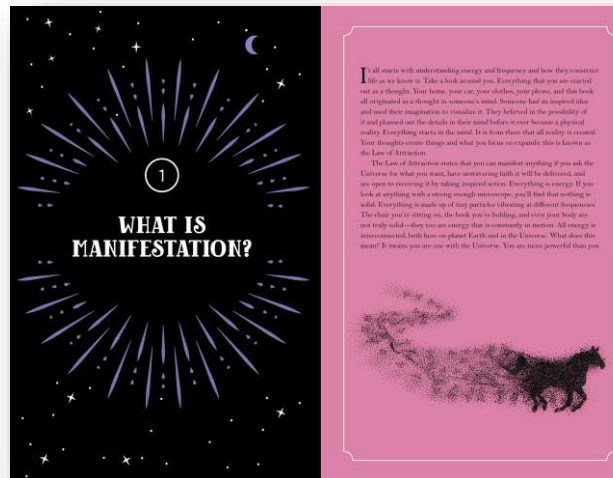
TPS (h x w): 229 mm x 150 mm

Translation files available: SW – Jul-24 / M – Apr-24

Link to material:

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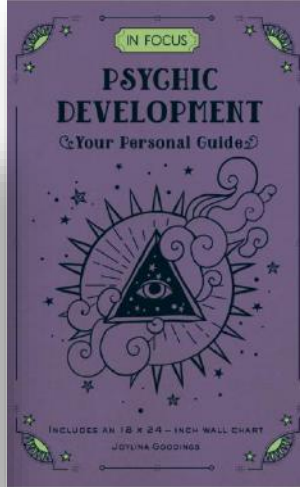
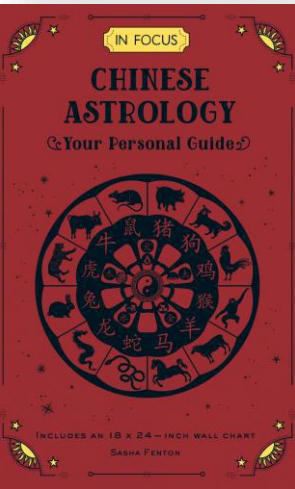
M: <https://quarto.box.com/s/lbgzrk1va7gl4hs6px72i84k4t2sqqmi>





IN FOCUS SERIES: PSYCHIC DEVELOPMENT / CHINESE ASTROLOGY

- Modern beginner's guides with smartly designed visual material that clearly illustrates key topics within each subject
- Complete with reference cards or a poster giving you a quick go-to guide to the most important information on the subject
- Latest titles in bestselling series: over 600,000 copies sold in the US and a huge success in Europe too!



Wordcount: approx. 35,000 words

Extent: 144 pages

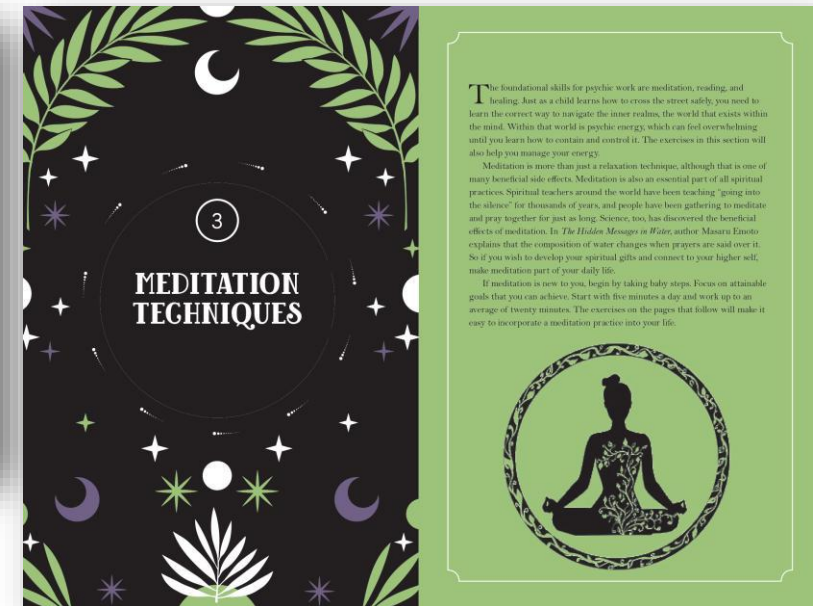
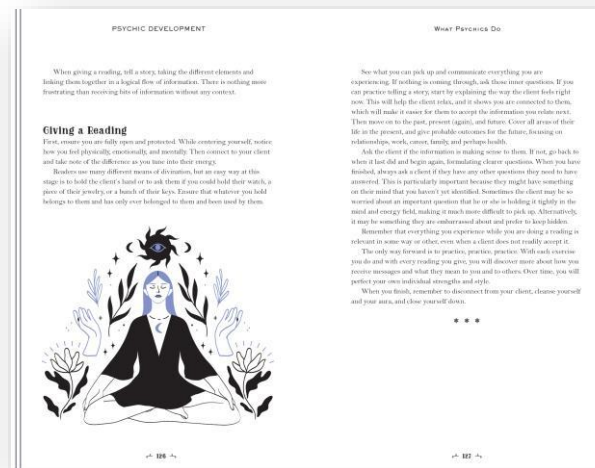
TPS (h x w): 229 mm x 150 mm

Translation files available

Link to material:

PD: <https://quarto.box.com/s/hegix5zroagf1i5tqht4exhblxj215ue>

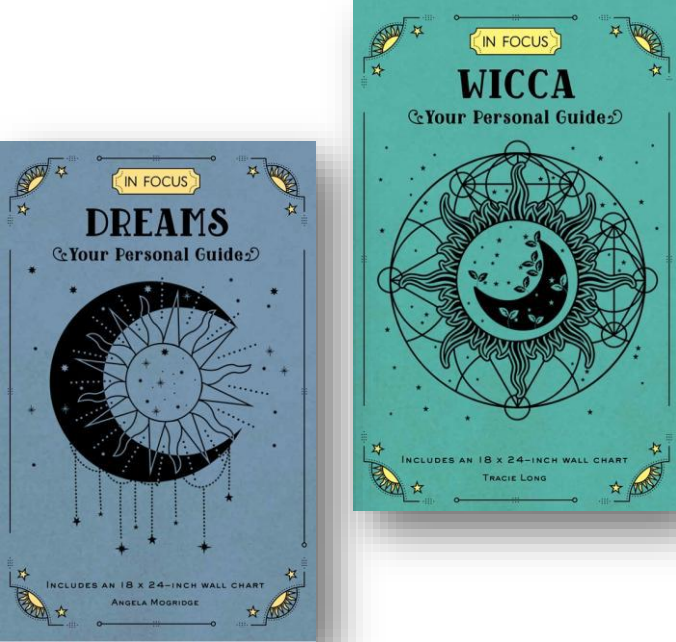
CA: <https://quarto.box.com/s/bhuq9gtqn9sy44lx29cg490kqkrwd7fg>





IN FOCUS SERIES: DREAMS / WICCA

- Modern beginner's guides with smartly designed visual material that clearly illustrates key topics within each subject
- Complete with reference cards or a poster giving you a quick go-to guide to the most important information on the subject
- Latest titles in best-selling series: over 600,000 copies sold in the US and a huge success in Europe too!

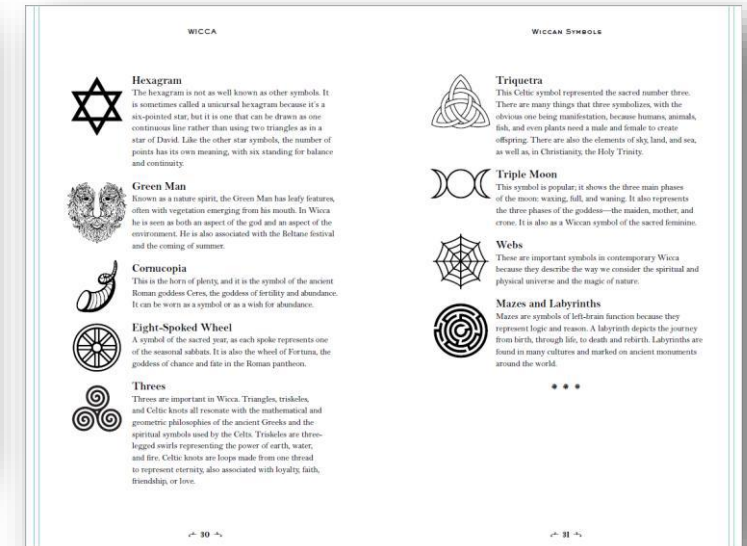


Wordcount: approx. 35,000 words

Extent: 144 pages (W) / 160 pages (D)

TPS (h x w): 229 mm x 150 mm

Translation files available



Links to material:

Dreams: <https://quarto.box.com/s/88kltqdeuey7y6zob5wp8x7lq8jzh30b>

Wicca: <https://quarto.box.com/s/p4yl2xcbr28wzc873bde7c9n1v62siiu>

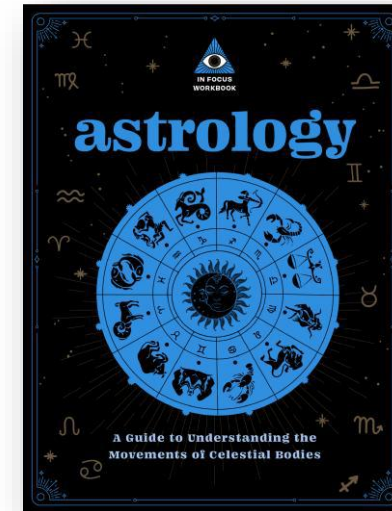
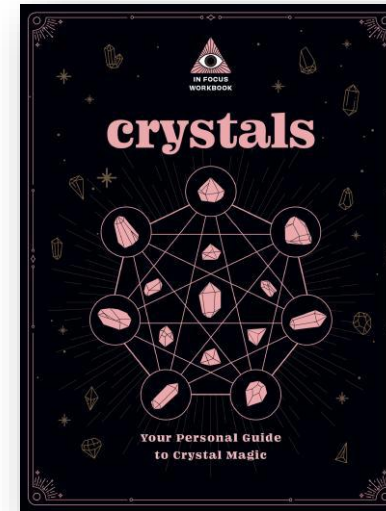
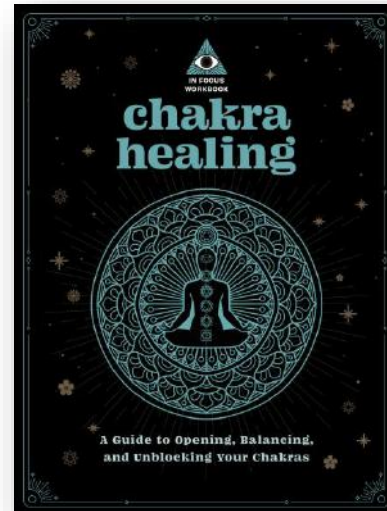
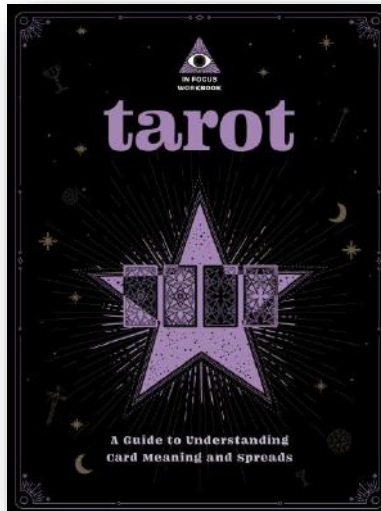
IN FOCUS WORKBOOKS

- Hands-on workbooks with hundreds of exercises for active learning
- Can be used either as standalone workbooks or as complements to the 'main' *In Focus* titles

Wordcount: approx. 22,000 words

Extent: 160 pages

TPS (h x w): 277 mm x 210 mm



Click on the covers for links to each title!



IN FOCUS WORKBOOKS: TAROT / CHAKRA HEALING / ASTROLOGY / CRYSTALS

- Interactive beginners' workbooks packed with practice exercises, prompts, and case studies for quick, in-depth learning
- Excellent companion titles to the best-selling In Focus series, but also work as standalone titles – a more hands-on alternative to reference titles on the same subjects
- Great for building confidence, skills and encourages engagement with the practices

Wordcount: approx. 22,000 words

Extent: 160 pages

TPS (h x w): 277 mm x 210 mm

Translation files available

Links to material:

Tarot: <https://quarto.box.com/s/iwmcevtvmpha1gzwgexdat6st60sc0n7>

Chakra: <https://quarto.box.com/s/bk1ov8v4nfazpy93jrjs8nmkafeu8qmo>

Crystals: <https://quarto.box.com/s/3lqbfuw0c9hg5f5pfbjif00k5z7grfdr>

Astrology: <https://quarto.box.com/s/73e5k2jgr4oujec19igserdvmyp7scxt>



WELLFLEET
PRESS



ZENNED OUT series

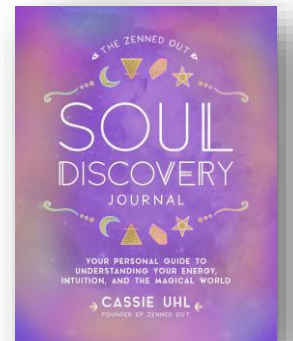
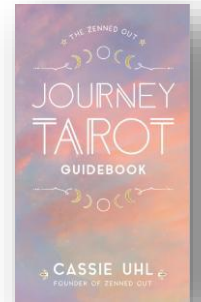
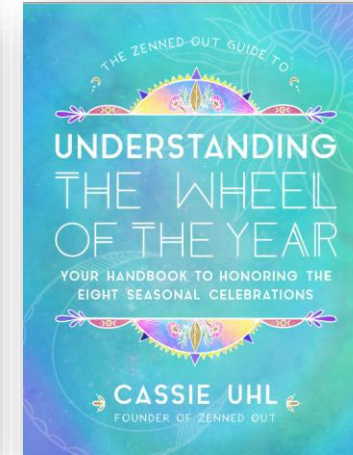
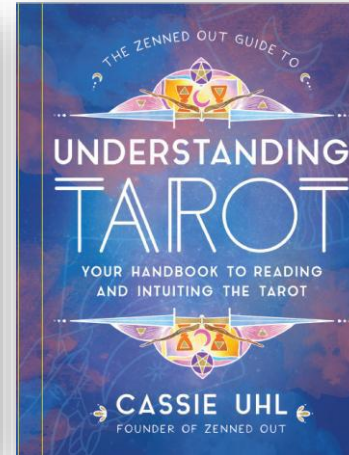
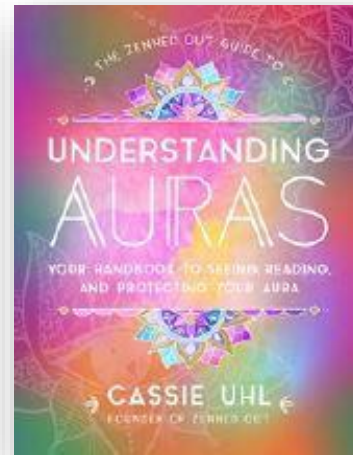
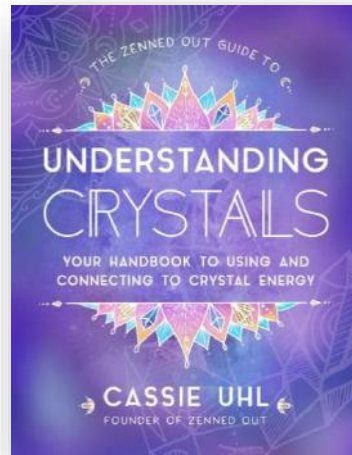
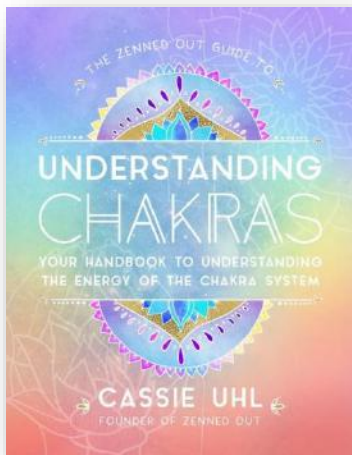
Wordcount: approx. 35,000 words

Extent: 160 pages

TPS (h x w): 195 mm x 145 mm

- Accessible for beginners and a must-have reference for those already interested in these topics
- Written and illustrated by Cassie Uhl, who ensures that the voice, layout, and eye-catchingly ethereal artwork across the series is seamless

**Kit and journal
also available:**



Click on the covers for links to each title!



THE COMPLETE GUIDE TO... series

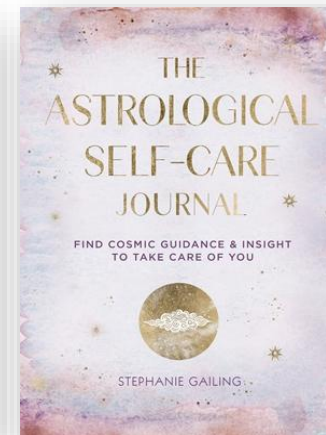
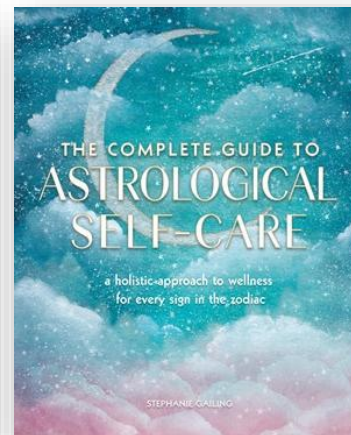
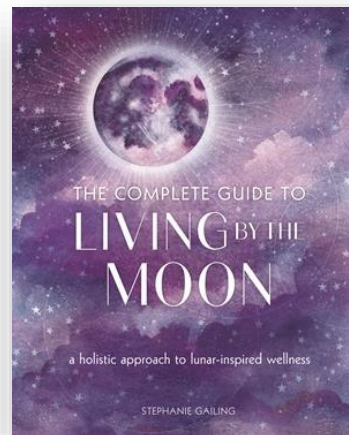
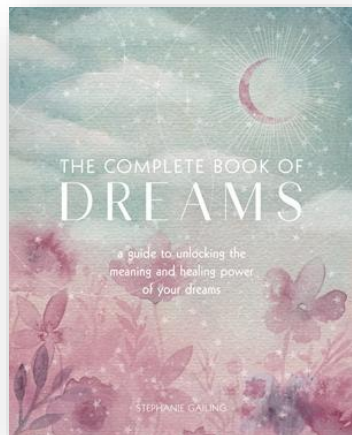
- Self-care as a subject is trending again, and these comprehensive books combine self-care and awareness tips with knowledge of these crucial spiritual topics
- In-depth and authoritative writing on how to harness the power of astrology, your dreams, and the moon's phases to understand yourself and the world around you

Wordcount: 60,000-70,000 words

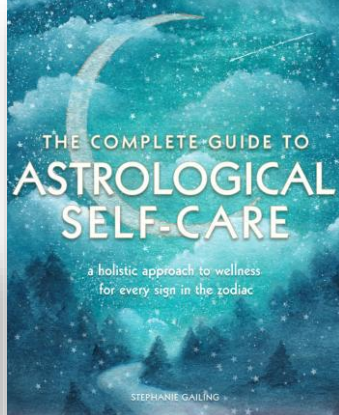
Extent: 228-256 pages

TPS (h x w): 254 mm x 203 mm

Matching journal:



Click on the covers for links to each title!



THE COMPLETE BOOK OF DREAMS/ THE COMPLETE GUIDE TO ASTROLOGICAL SELF-CARE

- Self-care as a subject is trending once again and these comprehensive books combine self-care and awareness tips with knowledge of these crucial spiritual topics
- Astrology: Excellent, in-depth content covering a wide variety of wellness practices for each sun sign, moon phase, and key periods such as retrogrades and planetary returns
- Dreams: Understand both sleep and dream theory and recall, document, decode, and influence your dreams

Wordcount: 75,000 words

Extent: 172-228 pages

TPS (h x w): 254 mm x 203 mm

Translation files available

Links to material:

Dreams: <https://quarto.box.com/s/q2v4wt2zh9mad4jtupmw30gfn5gny54>

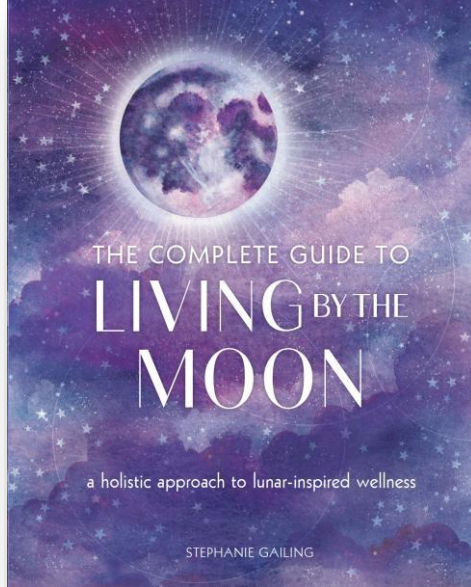
Astrology: <https://quarto.box.com/s/ipuoplpeqf1jom62buokdemmbf7sjv9d>



WELLFLEET
PRESS

Matching journals
also available:





THE COMPLETE GUIDE TO LIVING BY THE MOON

- The next title to follow in the footsteps of the successful *the Complete Book of Astrological Self-Care* and *The Complete Book of Dreams*
- An all-encompassing, in-depth guide with an evocative, modern illustration style by Stephanie Gailing
- More and more people turn to working with the moon's cycles for a variety of goals, both practical and spiritual

Wordcount: 62,931 words

Extent: 240 pages

TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/eaqarqfpstnh92js6hpxc5j47smfb5>





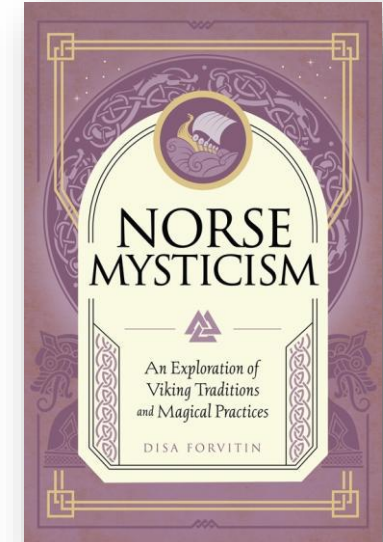
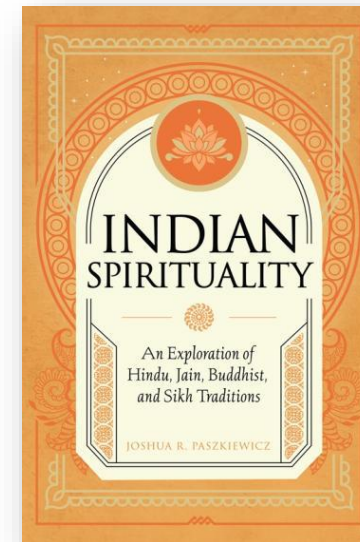
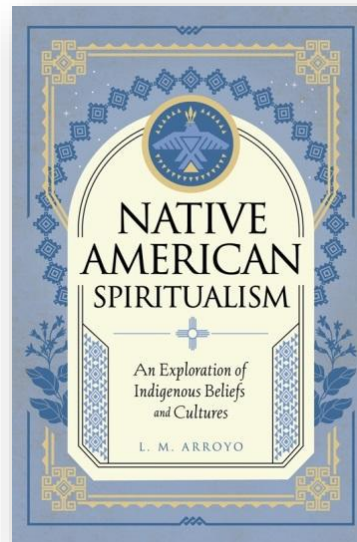
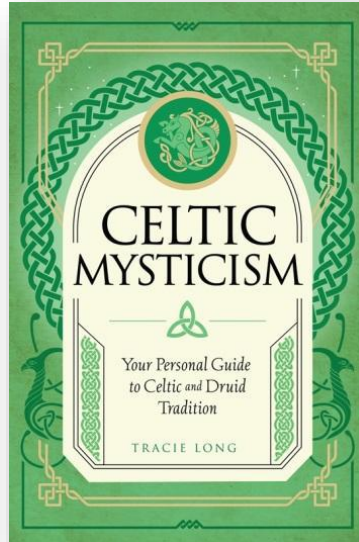
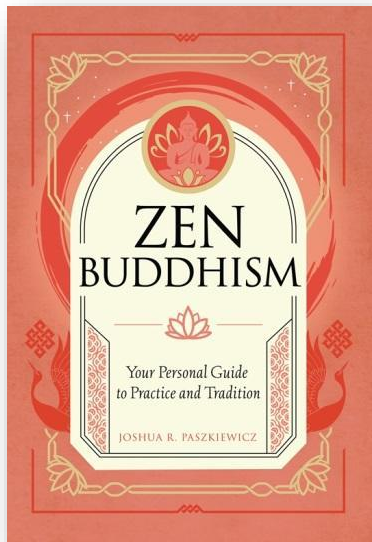
MYSTICAL TRADITIONS series

Wordcount: approx. 30-40,000 words

Extent: 168 pages

TPS (h x w): 214 mm x 140 mm

- Stylish introductory guides to different spiritual traditions from around the world
- Thoughtful, contemporary classics that sell fast and stay in print forever



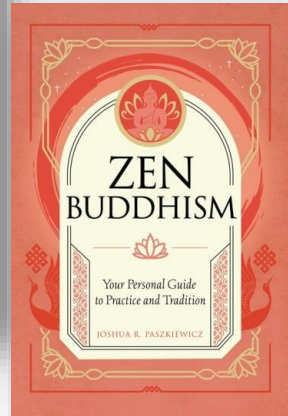
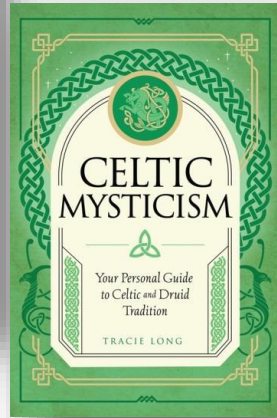
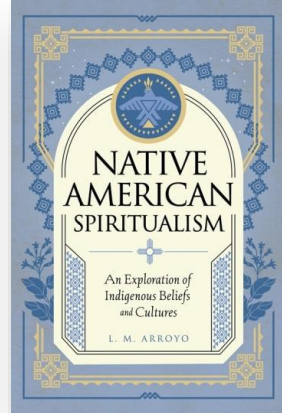
Click on the covers for links to each title!



Next:
Norse
Mysticism,
Indian
Spirituality

NATIVE AMERICAN SPIRITUALISM CELTIC MYSTICISM ZEN BUDDHISM

- The first titles in our new *Mystical Traditions* series
- A historical introduction to these spiritual cultures, explained with a wealth of detail with a modern perspective
- Thoughtful, respectful, and modern reference books on topics growing in popularity



Wordcount: approx. 40,000 words

Extent: 168 pages

TPS (h x w): 214 mm x 140 mm

Translation files available

Next co-edition schedule

Delivery FOB: 1st December 2025

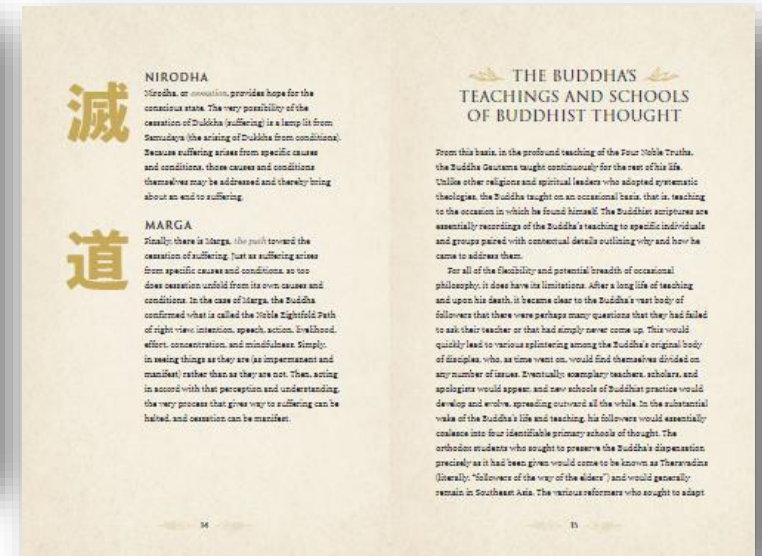
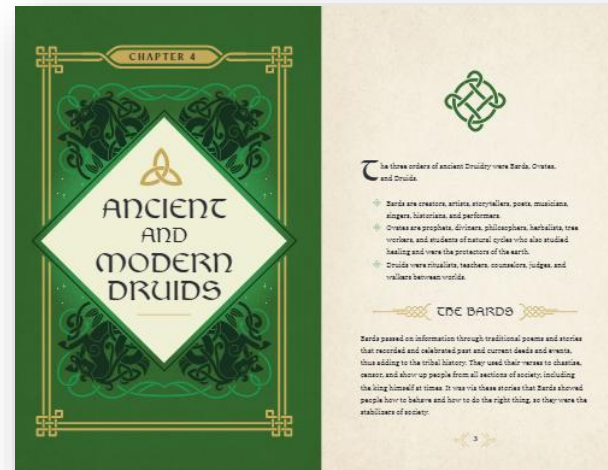
Files to printer: 1st September 2025

Links to material:

Native American Spiritualism: <https://quarto.box.com/s/i2msopi78il23yqao7rag4ghql8v8g38>

Celtic Mysticism: <https://quarto.box.com/s/j0dq81ognt0dzls0gd52a2jbcuc4v87d>

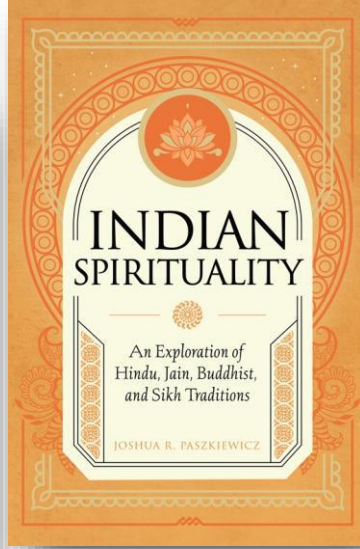
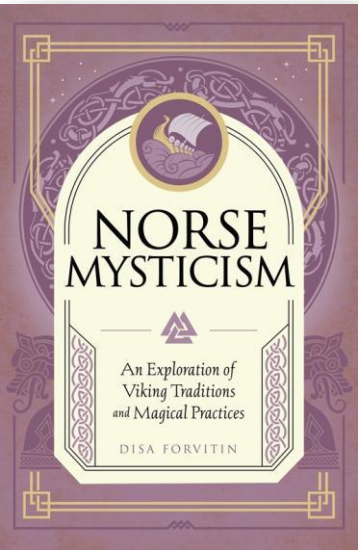
Zen Buddhism: <https://quarto.box.com/s/l2ra2u7qxy90ibskvvv5ls2p68vhr8v4>





NORSE MYSTICISM / INDIAN SPIRITUALITY

- The next titles in our new *Mystical Traditions* series
- With the global popularity of TV and films such as *Vikings*, *Ragnarok*, and *The Northman*, comes increased interest in Nordic folklore and culture. This thoughtful and insightful book offers an introduction to Norse traditions
- The social and cultural reach of the Indian subcontinent is rivalled by few. This is an approachable explanation of Dharmic traditions.



Wordcount: NM – approx. 25,000 words / IS – 35,753 words

Extent: 152 pages

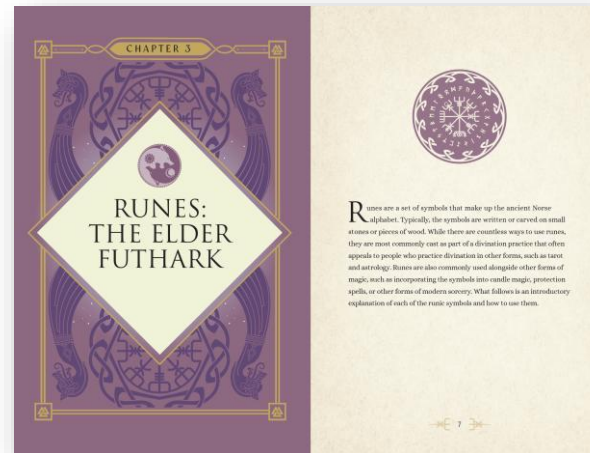
TPS (h x w): 214 mm x 140 mm

Translation files available

Links to material:

Norse Mysticism: <https://quarto.box.com/s/i4nz8kp4rlgkkucoagr5gpwgo45lbokw>

Indian Spirituality: <https://quarto.box.com/s/u69sbouretpmmggytqm8jrr0329x9364>



THE MBS DIRECTORY series

Complete, highly illustrated overviews by Quarto's queen of esoteric,
Sarah Bartlett

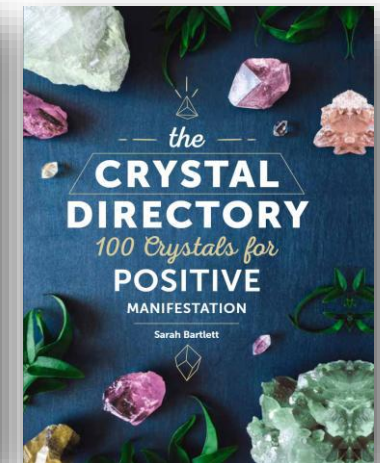
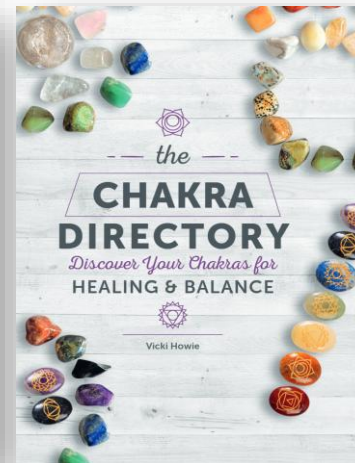
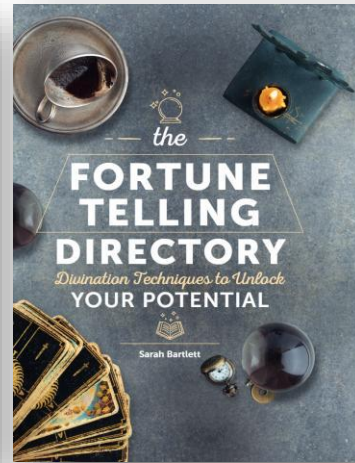
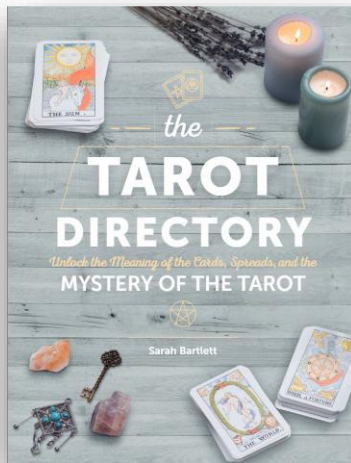
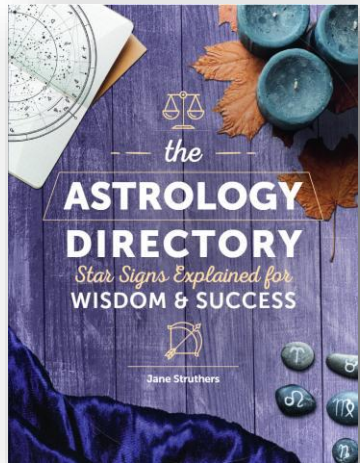
Wordcount: approx. 30,000 words

Extent: 192 pages

TPS (h x w): 235 mm x 177 mm



BRIGHT PRESS



Click on each cover to access the material

130,000
copies
sold!



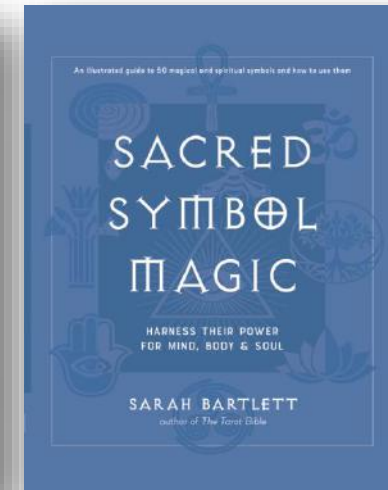
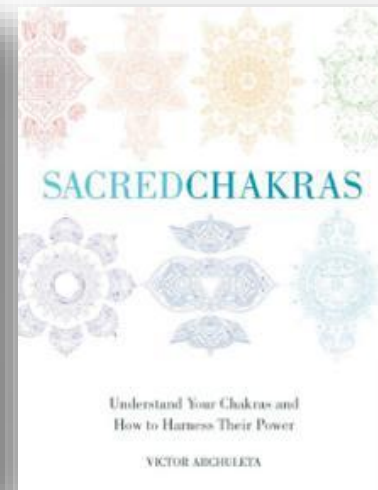
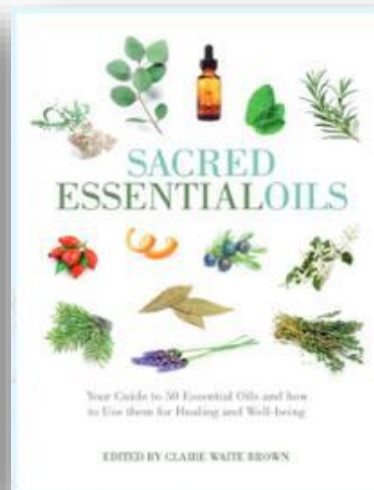
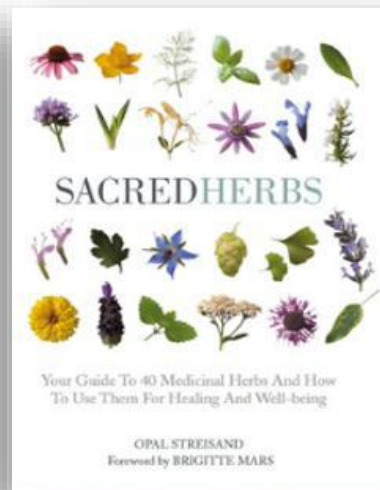
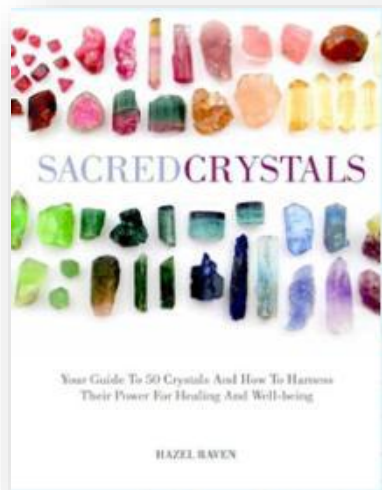
SACRED series

Wordcount: 11-17,000 words

Extent: 128 pages

TPS (h x w): 195 mm x 145 mm

- A beginners' series that explores various aspects of light magic
- Very successful, with over 300,000 copies sold and regular reprints
- Small format, low investment



Click on the covers to see the material!

SECRETS OF... series

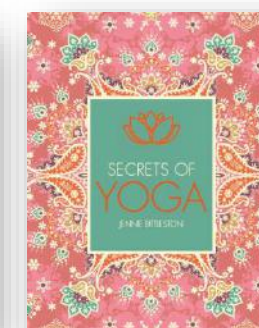
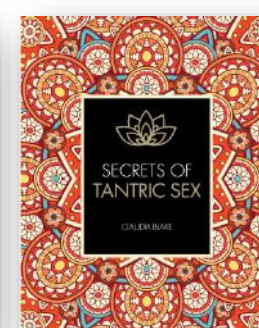
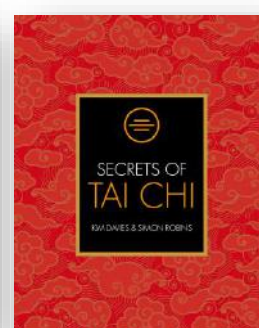
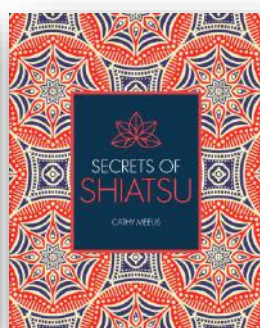
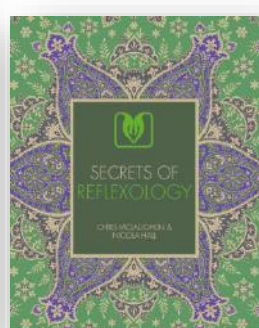
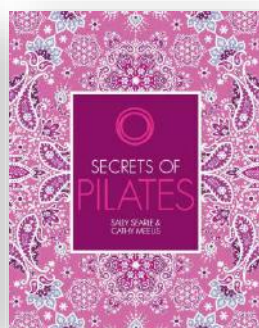
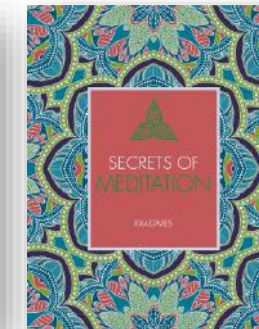
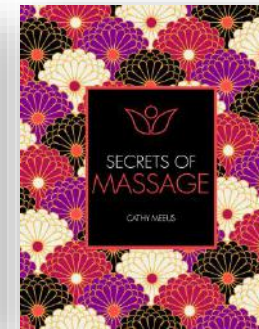
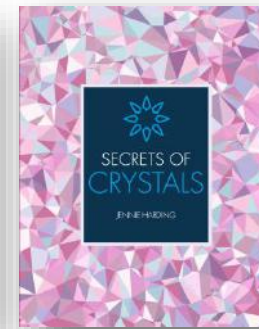
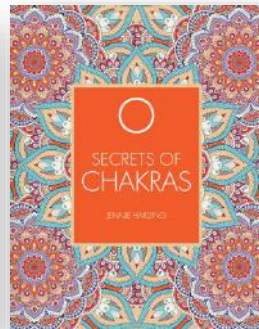
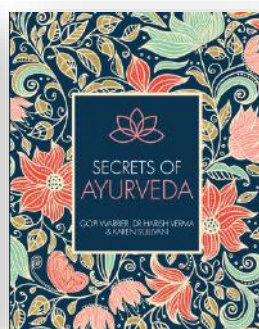
Wordcount: approx. 35-42,000 words

Extent: 224 pages

TPS (h x w): 205 mm x 161 mm



IVY PRESS



Click on the covers for links to each title!

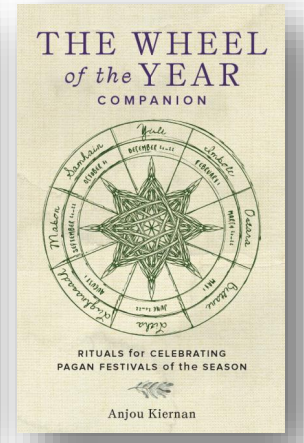
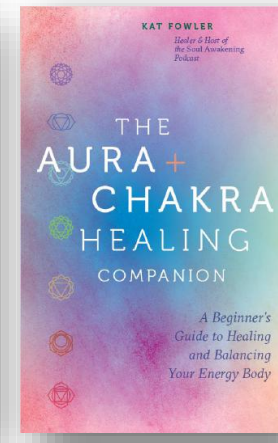
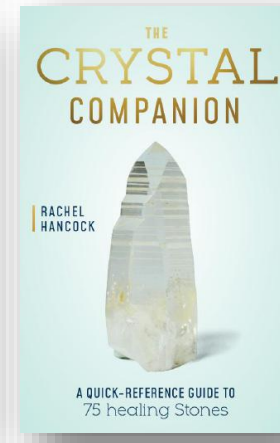
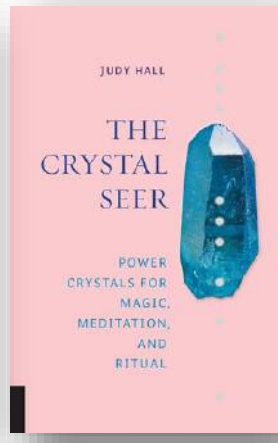
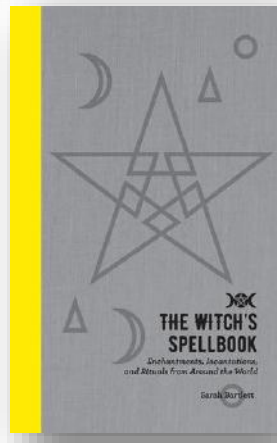
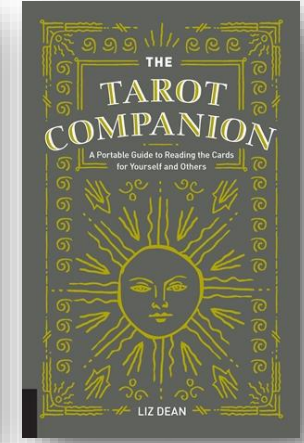
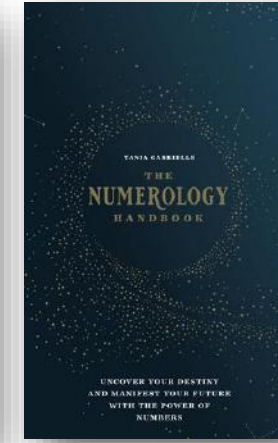
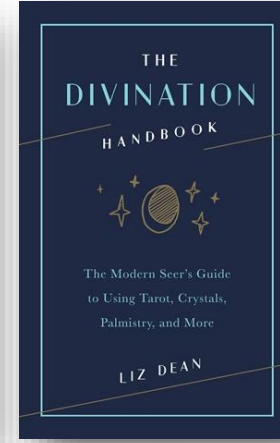
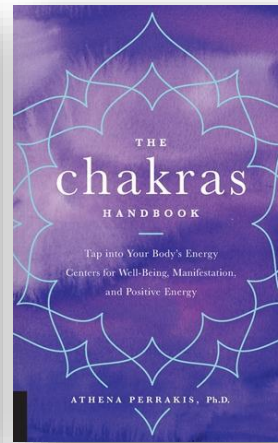
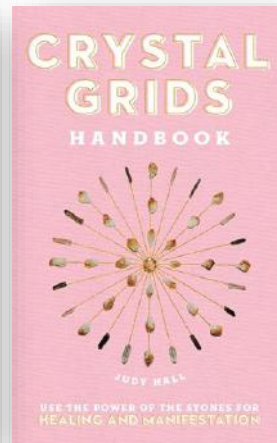
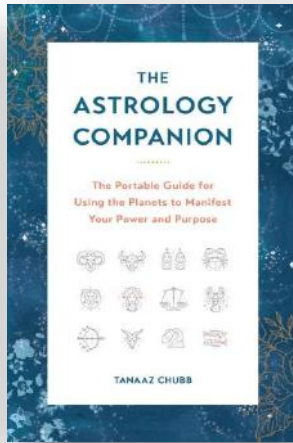
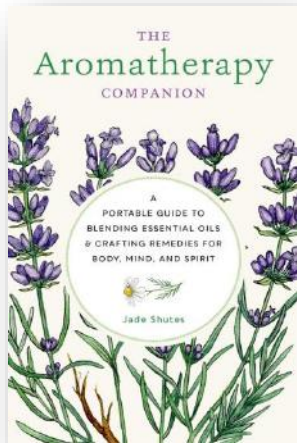
THE HANDBOOK/ COMPANION series

- The best-selling *Ultimate Guide* series in a handy, smaller format
- Reduced content for the gifty and more beginner's market

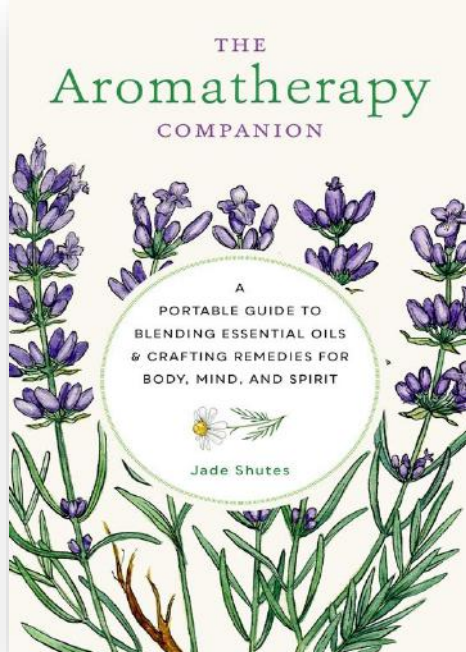
Wordcount: approx. 30,000 words

Extent: 176 pages

TPS (h x w): 203 mm x 127 mm



Click on the covers for the links to each title!



THE AROMATHERAPY COMPANION

- *The Aromatherapy Companion* is your concise guide to understanding and learning how to use aromatherapy for healing and wellness, focusing on 35 of the main essential oils.
- Essential oils are hugely commercial. Aromatherapy is a topic that is evergreen and enduring in popularity and a core MBS topic that people are highly curious about and perceive as non-intimidating.
- This is a short and essential introduction that appeals to the beginner who wants to know basic oils for body care and household applications, as well as the advanced practitioner who aspires to create their own formulations.

Wordcount: 26,602 words

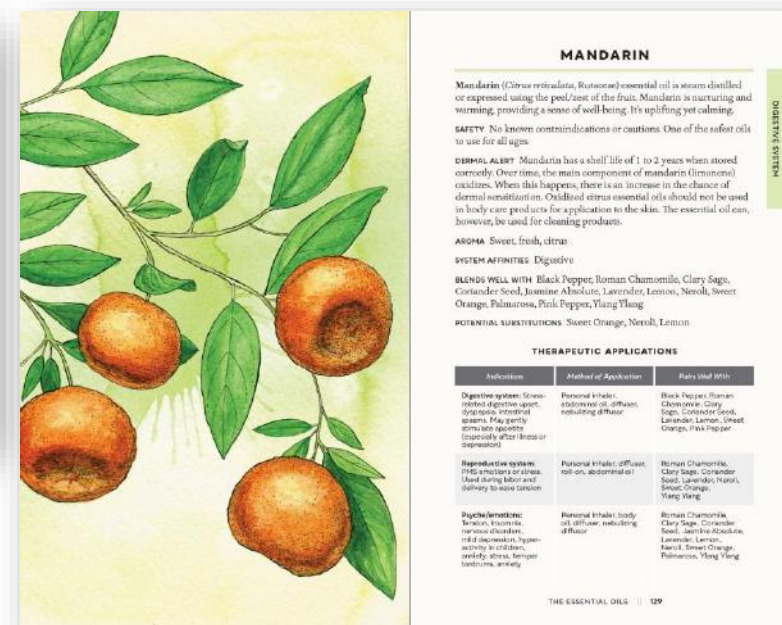
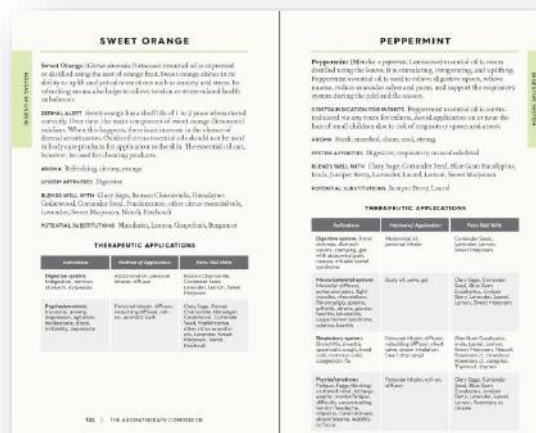
Extent: 160 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/v9vojapp5zcj2fj42sh4r61c9wbfki13>



MANDARIN

Mandarin (*Citrus reticulata*, Rutaceae) essential oil is steam distilled or expressed using the peel/seed of the fruit. Mandarin is stimulating and warming, providing a sense of well-being. It's uplifting yet calming.

SAFETY: No known contraindications or cautions. One of the safest oils to use for all ages.

ESSENTIAL ALERT: Mandarin has a shelf life of 1 to 2 years when stored correctly. Over time, the main component of mandarin (limonene) oxidizes. When this happens, there is an increase in the chance of dermal sensitization. Oxidized citrus essential oils should not be used in body care products for application to the skin. The essential oil can, however, be used for cleaning products.

AROMA: Sweet, fresh, citrus

SYSTEM AFFINITIES: Digestive

BLENDS WELL WITH: Black Pepper, Roman Chamomile, Clary Sage, Coriander Seed, Jasmine Absolute, Lavender, Lemon, Neroli, Sweet Orange, Palmarosa, Pink Pepper, Ylang Ylang

POTENTIAL SUBSTITUTIONS: Sweet Orange, Neroli, Lemon

THERAPEUTIC APPLICATIONS

Indications	Method of Application	Blends Well With
Digestive system: Stomach-related digestive upset, dyspepsia, intestinal spasms. May gently irritate the stomach (especially after illness or overeating)	Personal inhaler; steam; or, diffusor; rub-on, abdominal oil	Black Pepper, Roman Chamomile, Clary Sage, Coriander Seed, Lemongrass, Neroli, Sweet Orange, Ylang Ylang
Reproductive system: PMS, menstrual cramps, blood clots during labor and delivery to ease tension	Personal inhaler; body oil; diffusor; rub-on, abdominal oil	Roman Chamomile, Clary Sage, Coriander Seed, Jasmine Absolute, Lavender, Lemon, Neroli, Sweet Orange, Palmarosa, Ylang Ylang
Psychic/emotional: Nervous, insecure, nervous shyness, mild depression, hyperactivity in children, anxiety, stress, fatigue, burnout, anxiety	Personal inhaler; body oil; diffusor; rub-on, abdominal oil	Roman Chamomile, Clary Sage, Coriander Seed, Jasmine Absolute, Lavender, Lemon, Neroli, Sweet Orange, Palmarosa, Ylang Ylang



THE AURA AND CHAKRA HEALING COMPANION

- Fun and accessible beginner's guide to healing auras and chakras.
- Energy healing is the latest wellness trend, and many beginners are looking for an introduction to its practices.
- Auras can be a complicated subject; this guide provides fun and practical techniques that can be used straight away.
- Accompanies the reader through learning by providing more intermediate and advances techniques as their knowledge builds.

Wordcount: approx. 21,000 words

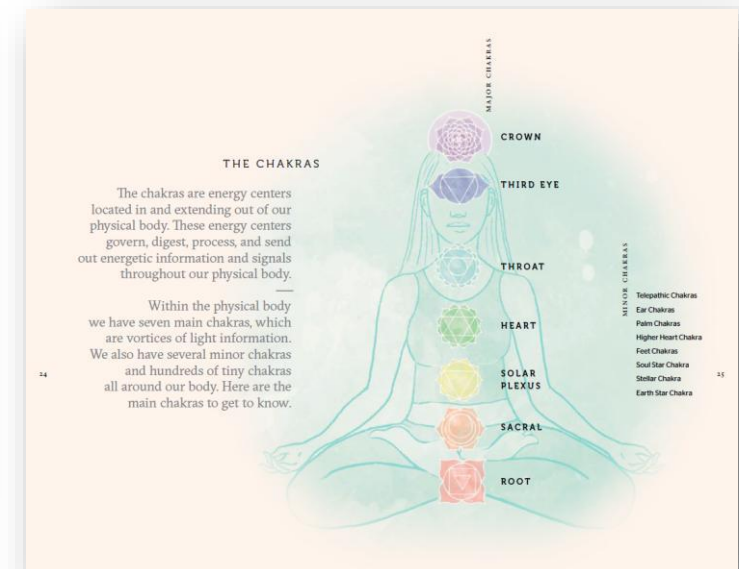
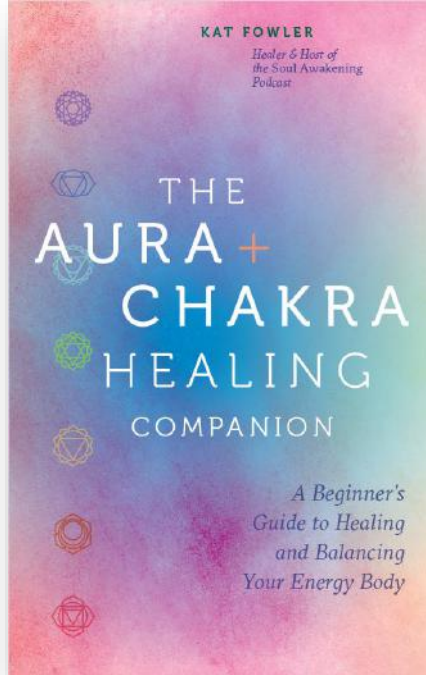
Extent: 176 pages

TPS (h x w): 203 mm x 127 mm

Translation files available

Link to material:

<https://quarto.box.com/s/sh5hbfmqio4onnr3vbm11ldrl1d1lb>



THE ULTIMATE GUIDE series

- Best-selling complete beginner's guides to techniques and skills with full colour illustrations
- Published in 15 languages with constant reprints

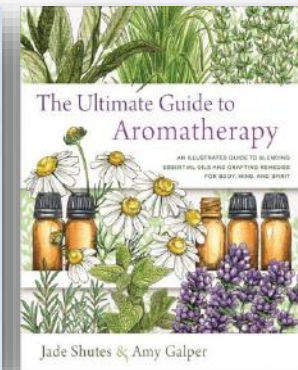
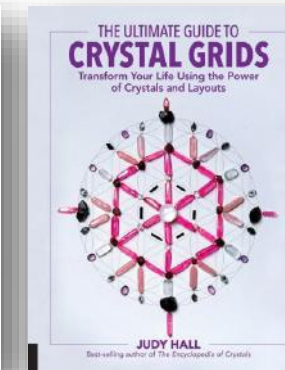
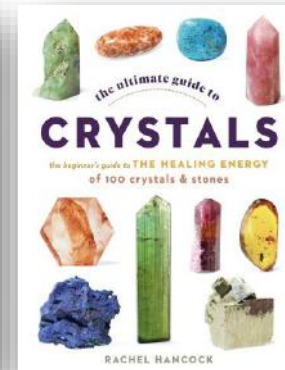
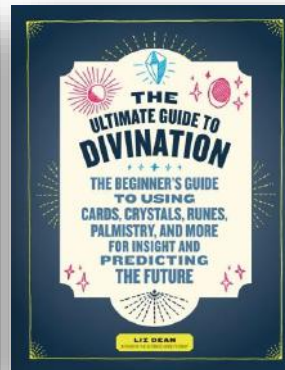
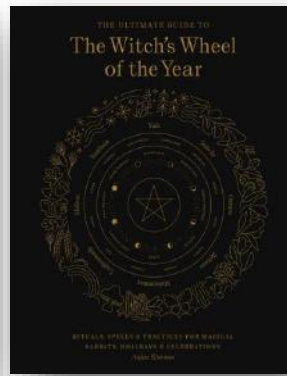
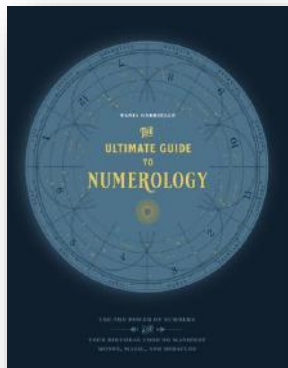
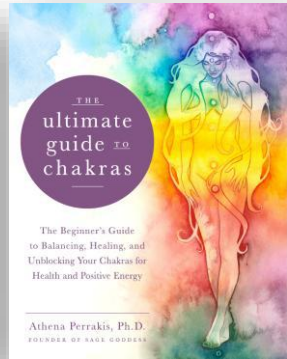
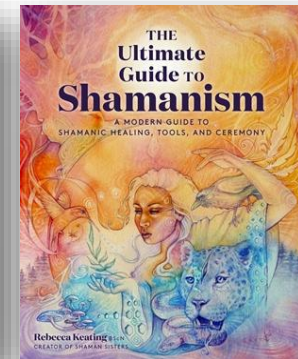
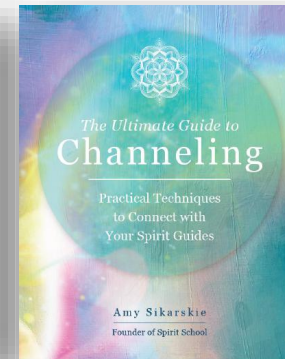
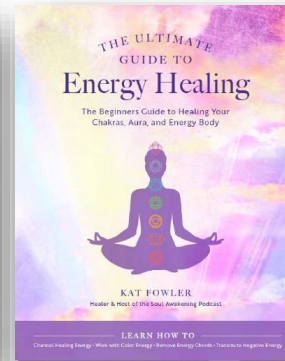
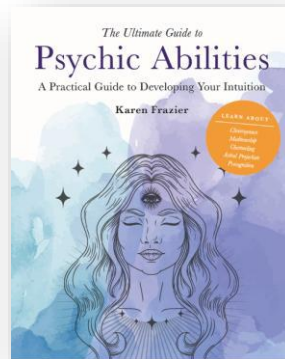
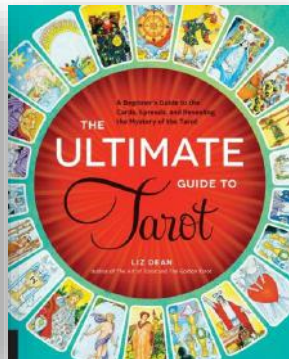
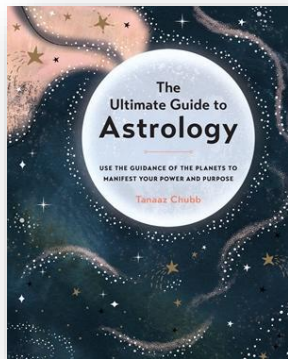
Wordcount: 40,000-80.000 words

Extent: 176-240 pages

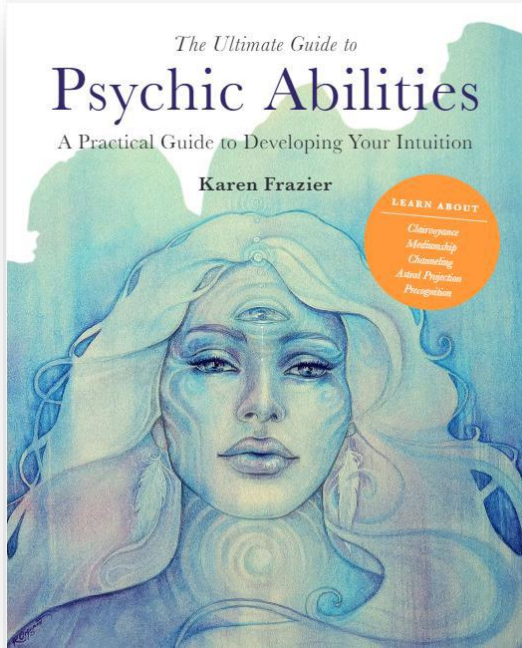
TPS (h x w): 254 mm x 203 mm



FAIR
WINDS



Click on the covers for the links to each title!



THE ULTIMATE GUIDE TO PSYCHIC ABILITIES

- Introduces readers to the different types of psychic ability and shows how they can be developed and used in one's life for personal development.
- Today's younger MBS audience wants to be empowered and intuition/psychic ability is considered a tool that can be used in all areas of life.
- Consistently popular topic with outdated product: most of the best-selling comps are 10–20 years old! This book brings an appealing look and fresh approach.

Wordcount: 47,612 words

Extent: 192 pages

TPS (h x w): 254 mm x 203 mm

Translation files available

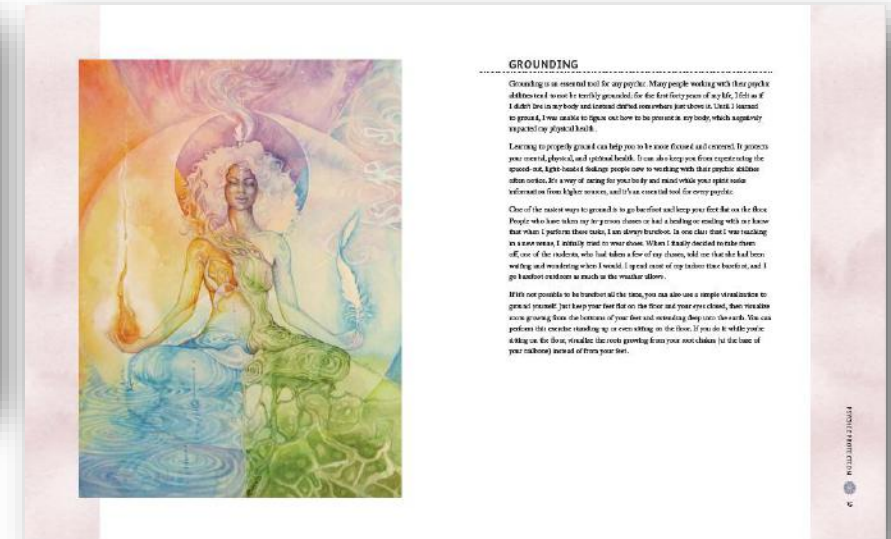
Next co-edition schedule

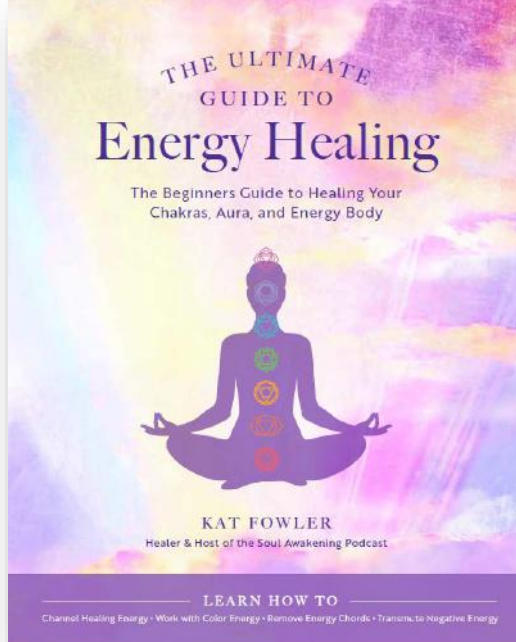
Delivery FOB: 30th December 2024

Files to printer: 15th September 2024

Link to material:

<https://quarto.box.com/s/eraz6fv6nlzg99ceiq9g5nm0h262xn3a>





THE ULTIMATE GUIDE TO ENERGY HEALING

- The beginners guide to healing your chakras, aura, and energy body.
- Demystifies energy healing styles and practices and offers accessible techniques that you can use immediately for healing and self-care.
- Explains how to get the best from each method of energy healing and incorporate the practice into everyday life and adjunctive practices such as meditation or yoga.

Wordcount: 50,396 words

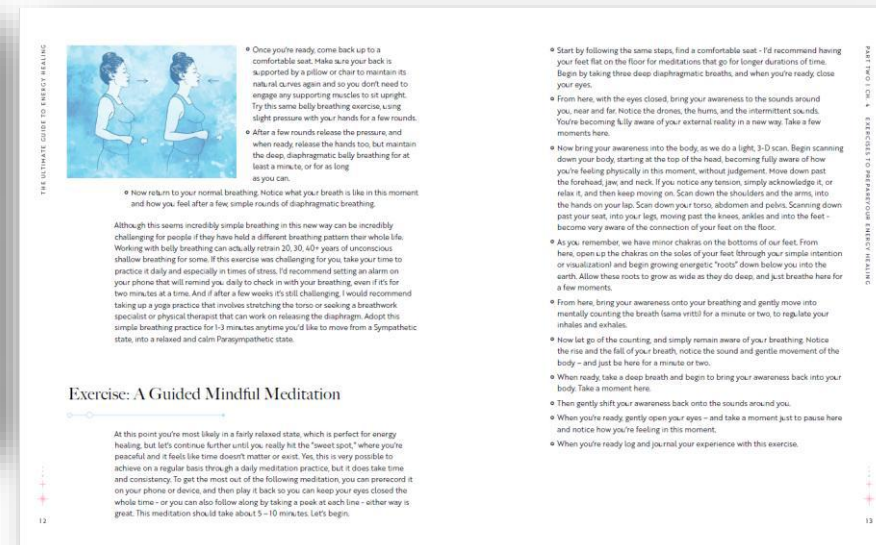
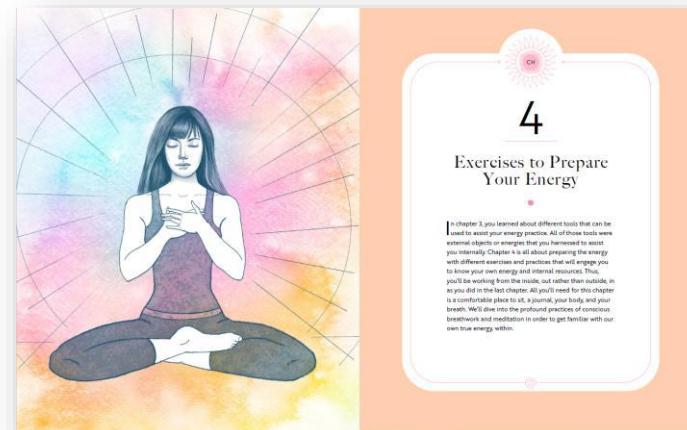
Extent: 184 pages

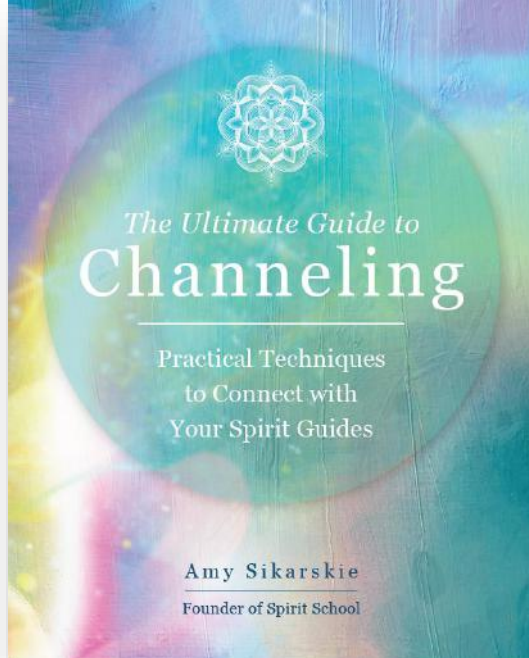
TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/ws3t1qowrzs2mz8dnwj17bc2cgio97o>





THE ULTIMATE GUIDE TO CHANNELING

- A practical guide to connecting with spirit guides.
- Channeling is the ability to communicate with angels, spirit guides, ascended masters and beings in spiritual realms. This title teaches you how to develop this advanced intuitive skill with precision and safety.
- You will learn tools and techniques for energetic hygiene so that channeling can be done safely and accurately. Learn how to discern rogue and imposter spirits and clear energy after a channeling session.

Wordcount: 50,169 words

Extent: 192 pages

TPS (h x w): 254 mm x 203 mm

Translation files available

Link to material:

<https://quarto.box.com/s/kzxx55ho06jwcnjhefx30q5p6pw3fgn3>

