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OCTOPUS  
BOOKS USA

**WINTER 2024**



## Flavor

**Bestselling author of *Persiana* and *Persiana Everyday***

Sabrina Ghayour

### Key Selling Points

- Unfussily do-able, exuberantly flavoured, and blessedly reliable - Nigella Lawson
- Chef Sabrina Ghayour's new recipes deliver maximum flavor with the greatest of ease - perfect for busy lives - Sainsbury's Magazine
- Middle Eastern made (very) easy - The Times
- Think maximum flavor, minimum fuss: chef Sabrina Ghayour's Middle-Eastern inspired recipes will add zing to your everyday - Mail on Sunday YOU Magazine

### Summary

**All-new recipes from the *Sunday Times* bestselling author of *Persiana* and *Persiana Everyday***

The new collection of simple, delicious, crowd-pleasing recipes from the bestselling Middle-Eastern chef.

Over 100 fabulously flavorful recipes with a Middle-Eastern twist.

#### **Praise for Sabrina Ghayour:**

"Sabrina Ghayour's Middle-Eastern plus food is all flavour, no fuss - and makes me very, very happy" - Nigella Lawson

"I don't think she could write a dull recipe if she tried. Every one an elegantly spiced delight." - Tom Parker Bowles

"The golden girl of Persian cookery" - *Observer*

#### **Recipes include:**

Zaatar onion, tomato & Eggplant tartines with labneh

Chicken shawarma salad

Herb koftas with warm yoghurt, mint & pul biber

Ras el Hanout and orange lamb cutlet platter

Mama ghanoush

Pan-fried salmon with barbary butter

Nut butter noodles

Lime, coconut & cardamom loaf cake

Tea, cranberry, orange & macadamia shortbreads

### Contributor Bio

Sabrina Ghayour is an Iranian-born, self-taught home cook turned chef, cookery teacher and food writer. She made her name hosting the hugely popular 'Sabrina's Kitchen' supper club in London, specializing in Persian and Middle Eastern flavors, and went on to be named the *Observer's* Rising Star in Food. Her award-winning debut, *Persiana*, is a worldwide bestseller, and her follow-ups *Sirocco*, *Feasts*, *Bazaar*, *Simply* and *Persiana Everyday* were *Sunday Times* bestsellers.

SabrinaGhayour.com

Instagram.com/SabrinaGhayour

Twitter.com/SabrinaGhayour

### Illustrations

Aster

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1783255951

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Hardcover

240 Pages

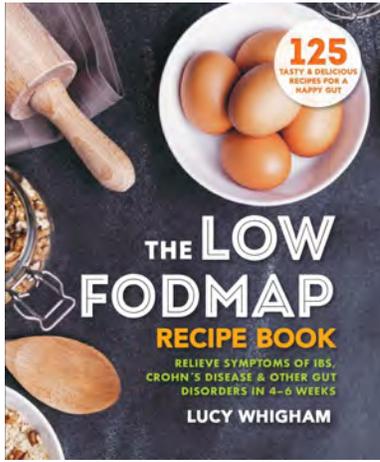
Carton Qty: 5

Print Run: 10K

Cooking / Regional & Ethnic

CKB093000

10 in H | 7.8 in W | 2.6 lb Wt



## The Low-FODMAP Recipe Book

Relieve Symptoms of IBS, Crohn's Disease & Other Gut Disorders in 4-6 Weeks

Lucy Whigham

### Key Selling Points

- The 'gut'-related wellness market is burgeoning and the low-FODMAP diet is on trend.
- One in five people are thought to suffer from Irritable Bowel Syndrome.
- This diet plan is based on solid science, devised at Monash University in Melbourne, Australia, and supported by King's College Hospital, London, UK and the University of Michigan, US.
- UK researchers say the diet is effective for three out of four IBS sufferers.
- The first study of the diet in the US, at the University of Michigan, has shown it to significantly help relieve symptoms of IBS.

### Summary

**Relieve symptoms of IBS, Crohn's disease and other digestive disorders in 8 weeks.**

In a landmark study published two years ago, the Australian researchers asked patients with IBS to remove FODMAPs from their diet. They found 74 per cent reported that their symptoms, such as bloating, abdominal pain, gas, excessive burping, diarrhoea and constipation, had improved dramatically. The findings so impressed gastroenterologists at King's College London that they adapted the diet for the UK and many British patients are on the Low FODMAP diet.

At first glance, the Low FODMAP diet may appear daunting, as it involves cutting out all five families of fermentable carbohydrates: Fructans (wheat, rye, onions, garlic and various other grains and vegetables), Galacto oligosaccharides (beans and pulses), Polyols (certain fruit, sugar-free gum and mints), Fructose (various fruits, honey and agave nectar) and Lactose (animal milks, yogurts and some cheeses). However, this book gives practical guidance on how to follow the regime while ensuring a balanced, nutrient rich diet, transforming the Low FODMAP diet from a seeming mountain of restrictions to something you can follow easily and with pleasure while your digestive symptoms diminish (or even completely resolve).

Whether you need quick and easy meals to prepare or you enjoy the art of cooking a dinner-party-worthy dish, this book will guide you step by step... meaning you can have your cake and eat it (literally!).

### Contributor Bio

Lucy Whigham trained at the University of Nottingham, UK, where she achieved a Masters in Nutrition and Dietetics. She started her career carrying out research into coeliac disease and bone health. She then worked in dietetics at Kingston NHS Trust before joining the team at Imperial College NHS Trust in 2006 where she has worked since. In 2008 she became the Lead Dietitian for Gastroenterology. Alongside this role, Lucy has worked in Private Practice at the prestigious London Clinic in Harley Street since 2010, seeing patients for a variety of conditions but specializing in disorders of the gut.

Lucy specializes in nutritional gastroenterology and has a particular interest in inflammatory bowel disease, functional gut disorders (including using a Low FODMAP diet for IBS symptoms), probiotics and their therapeutic usage and nutritional support. She has developed group sessions for sufferers of IBS on how to manage their diet with the Low FODMAP diet plan.

### Illustrations

Aster

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\$18.99/\$20.99 Can.

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224 Pages

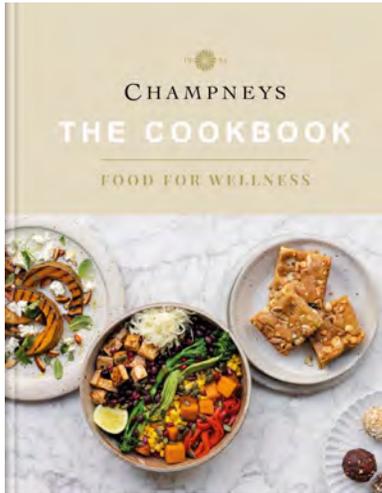
Carton Qty: 9

Print Run: 5K

Health & Fitness / Diet & Nutrition

HEA017000

9.3 in H | 7.6 in W | 1.6 lb Wt



## Champneys: The Cookbook

### Food for Wellness

Champneys

### Key Selling Points

- With state-of-the-art facilities, specialist fitness classes and award-winning instructors, Champneys is one of the world's leading wellness destination spas
- Champneys patrons have included Dames Helen Mirren and Judi Dench, Daniel Craig, Brad Pitt and the late Diana Princess of Wales
- Health and wellbeing cookery is a leading market category
- Nutritionist-led and detox-focused cookbooks are highly commercially successful: Amelia Freer's book *Cook.Nourish.Glow* has sold over 37k copies via Bookscan
- *Champneys: The Cookbook* fills a unique gap in the market for a spa-led, branded cookbook focusing on health and wellness

### Summary

#### Over 100 recipes for wellness - from the award-winning luxury spas

Celebrating the 100th anniversary of Champneys, this cookbook showcases healthy, hand-crafted recipes for wellbeing from the UK's leading spa retreats.

Written with the guidance of Champneys' in-house nutritionist, *Champneys: The Cookbook* is full of balanced and nourishing recipes to support your personal health goals. With more than 100 recipes to choose from, including delicious breakfasts, lunches and dinner dishes, plus juice shots and blended drinks, dips and salads, desserts and sweet treats, everything you need to create the Champneys menu experience at home is here.

#### Contents include:

##### Breakfast

Kafir granola berry parfait; Banana walnut pancakes; Cloud 9 eggs

##### Juice shots & blended drinks

Kiwi lime shots; Coconut coffee smoothie; Chamomile cooler

##### Dips & salads

Signature sweet & spicy bean dip; Sourdough panzanella; Puy tabbouleh salad

##### Lunch

Avocado & kale with pumpkin-seed crunch; Plant protein pepper & paprika hash; Maple-glazed salmon

##### Supper

Champneys prawn cocktail; Green lentil & sweet potato cottage pie; Sticky beef teriyaki

##### Desserts & sweet treats

Black forest bliss balls; Butternut apple crumble & custard; Zucchini, lemon & poppy seed cake

### Contributor Bio

At Champneys, wellness is our specialty. A spa pioneer since 1925, our four elegant countryside health spa resorts have helped guests rest and reenergize for generations. Known for creating robed and relaxed moments of Champneys calm, we combine ancient practices with ultra-modern methods. From our city spa sanctuaries, through our iconic resorts to our luxury hotels, every Champneys is home to innovative world-class treatments in sleek treatment rooms and elegant mani-pedi lounges. Best experienced on a spa day, spa break or wellbeing retreat, you'll also love our cozy relaxation areas, showstopping swimming pools, state-of-the-art fitness studios and high-tech thermal experiences, while dining healthily on nutritionist-approved menus.

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

<https://www.instagram.com/champneyspas/>

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\$32.99/\$34.99 Can.

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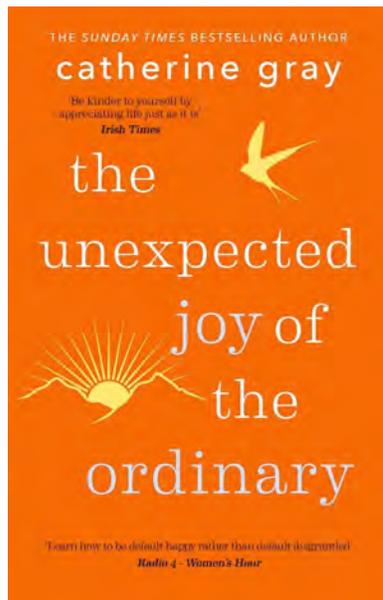
Carton Qty: 12

Print Run: 5K

Cooking / Health & Healing

KCB039000

9.9 in H | 7.6 in W



## The Unexpected Joy of the Ordinary

Catherine Gray

### Key Selling Points

- Part of the current wellness trend celebrating 'the everyday' and learning to embrace life's small pleasures
- *The Unexpected Joy of Being Sober* has sold over 47K copies in North America, published December 2018
- Learning how to embrace everyday pleasures ties into both mindfulness and self-care practices

### Summary

**Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that.**

From the London Sunday Times Bestselling Author

We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach.

When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event.

So, what's the answer? The Unexpected Joy of the Ordinary theorizes that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause.

Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything.

Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression and high-rollers are less happy.

### Contributor Bio

Catherine Gray is an award-winning writer and editor who has been published in the Guardian, Stylist, the Telegraph, Grazia, The Lancet Psychiatrist, Mr & Mrs Smith, BBC Earth, Women's Health and Stella.

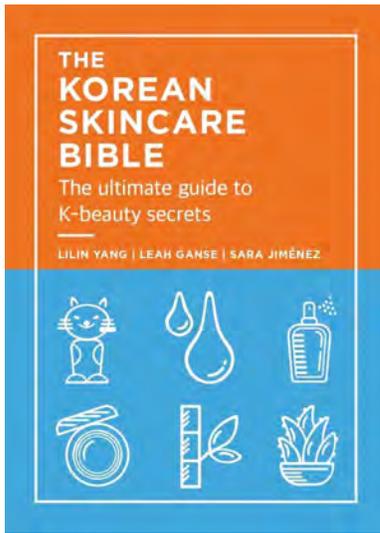
Catherine's hit debut book, *The Unexpected Joy of Being Sober*, became a Sunday Times top 10 bestseller within a fortnight of publication, and attracted positive coverage from the likes of T2, Private Eye, Woman's Hour, Stylist, BBC Breakfast, the Telegraph, Grazia and the Guardian.

When she's not writing, Catherine can generally be found taking twenty (identical) pictures of the sunset, wondering why she's always the sweatiest person in yoga, fighting her 'spend it all!' financial urges, or scanning the body language of strangers to see if it's OK to pet their dog.

Find out more about Catherine Gray on Twitter and Instagram @unexpectedjoyof

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288 Pages  
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Print Run: 5K  
Biography & Autobiography  
BIO000000  
Series: The Unexpected Joy Of  
7.8 in H | 5 in W



## The Korean Skincare Bible

**The Ultimate Guide to K-beauty secrets**

Lilan Yang, Leah Ganse, Sara Jimenez

### Key Selling Points

- miin cosmetics are the experts in Korean cosmetics
- The Korean beauty and personal care industry is valued at \$2.3 billion (2017)
- Skin care products make up half of the Korean beauty market share worldwide (CNN)
- miin cosmetics are now stocked in Selfridges

### Summary

#### The Ultimate Guide to K-Beauty Secrets

*The Korean Skincare Bible* is much more than a beauty product guide it is a lifestyle, a ritual and a philosophy. This K-bible is the ultimate no-nonsense guide to daily Korean beauty care, in it you will find advice, step-by-step guides and tricks to take care of your skin and make it look great even if you don't know anything about the art of cosmetics or have troublesome skin. It will teach you how to make your own beauty products and give you advice on tried and tested routines. This book will bring you closer to achieving flawless skin and will reveal all the secrets you need to be able to achieve radiant skin, every day.

*The Korean Skincare Bible* will become *your* expert guide to great skin - pure and simple.

#### Chapters:

1. The history of Korean Beauty
2. The importance of taking care of your skin
3. Korean beauty products
4. The Korean Beauty routine
5. The natural ingredients used in Korean Beauty
6. Natural Beauty
7. K-Beauty don'ts
8. Korean Beauty trends
9. Korean Skincare answers
10. Korean Skincare tips for men
11. Travelling Korean Beauty tips

### Contributor Bio

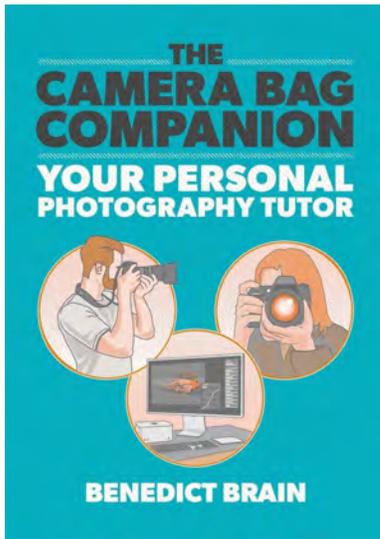
Lilin Yang, Leah Ganse and Sara Jiménez AKA **MiiN cosmetics** are the experts in Korean cosmetics. They opened their first store in Barcelona and launched their online store in 2014.

### Illustrations



Brazen  
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191424091X  
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Health & Fitness / Beauty &  
Grooming  
HEA003000  
6.9 in H | 5.2 in W



## The Camera Bag Companion

### A Graphic Guide to Photography

Benedict Brain

#### Key Selling Points

- The author is an award-winning photographer, and writes a regular column in *Digital Camera* magazine.
- A similar title, *Read This if You Want to Take Great Photographs* (978-1780673356) by Henry Carroll, has sold over 97,500 copies.
- The rise in smartphones (and Instagram) means amateur photography has never been more accessible and popular.
- This book is filled with invaluable advice, and uses easy-to-understand language that will appeal to amateur audiences.
- Beautiful two-color illustrations accompany the text and deliver clear and concise information.

#### Summary

**An illustrated how-to guide that cuts through the jargon to deliver photography advice in a clear and friendly way.**

#### Are you ready for a completely new type of photography book?

Imagine having your personal, professional photographer with you whenever you go out to shoot. There to guide you, share their knowledge, and inspire you to take better photographs.

In his latest book, Benedict Brain puts himself in your kitbag, with a beautifully illustrated how-to guide that's as essential as any lens or tripod, and cuts through the jargon to deliver clear advice in a friendly, conversational style.

#### Contributor Bio

**Benedict Brain** is a UK based photographer and journalist. He graduated from the Derby School of Art in 1991. He is an Associate of the *Royal Photographic Society* and sits on the society's Distinctions Advisory Panel.

Benedict was the editor of Britain's best-selling consumer photography magazine, *Digital Camera Magazine* until 2018. He currently writes a regular column, 'The Art of Seeing', for *Digital Camera* magazine.

Benedict is also a tour and workshop leader and is regularly asked to judge prestigious photo competitions such as the *International Garden Photographer of the Year* and the *British Photography Awards* and is a regular speaker at shows including *The Adventure Travel Show* and *The Photography Show*.

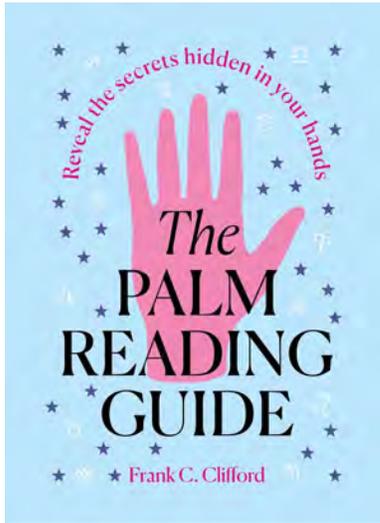
#### Illustrations



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Paperback

192 Pages  
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Photography / Techniques  
PHO007000

8.3 in H | 5.9 in W



## The Palm Reading Guide

Reveal the secrets of the tell tale hand

Frank C. Clifford

### Key Selling Points

- Modern mystics are turning to the ancient art of palmistry as a tool both for present reflection as well as foretelling.
- Uncover the meaning of the major lines and match your hands to the profiles within on this journey to self-discovery.
- Through reading each line and formation, you can unlock the secrets of who you are now and who you will be.

### Summary

**Master the ancient art of palm reading with this modern guide**

Your hands are your autobiography, but not all of the chapters have been written yet...

Palmistry is a powerful craft and a way of gaining self-awareness. It will help you to better understand and develop your character, love life and career in order to become the person you want to be and live the life you truly desire. Not all of the lines have been written yet and by studying your palms you can learn how to alter a negotiable future. Your destiny is in your hands.

- Learn to use the techniques of modern mystics to open up a whole world of insight, for present reflection as well as foretelling
- For thousands of years, learned figures such as Aristotle, Plato and Caesar turned to the ancient art of palmistry
- Uncover the meaning of the major lines and unlock the secrets of who you are in the present and who you will turn out to be

### Contributor Bio

Frank C Clifford has been a student of the mysteries for over thirty years. He hopes his guide will help you to discover your true path.

### Illustrations



Ilex Press  
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Body, Mind & Spirit / Divination  
OCC017000  
8.3 in H | 6 in W



## The Leathercraft Handbook

### A step-by-step guide to techniques and projects

Candice Lau

#### Key Selling Points

- Covers all the fundamentals of leather craft - techniques, tools and step-by-step tutorials - without the need for expensive equipment or endless yards of leather, perfect for those previously too scared to try it.
- Features 20 step-by-step projects with templates that can be scaled up or down.
- Ancient craft with a contemporary twist. This stylish and colorful introduction to leatherworking shows how a traditional craft can be used to create desirable modern pieces.

#### Summary

**Stylish, accessible and aspirational. Learn the traditional craft of leatherworking through 20 contemporary projects, from stylish accessories to essential homewares.**

Destined to be a classic, this modern introduction offers a contemporary twist on the age-old craft of leatherworking.

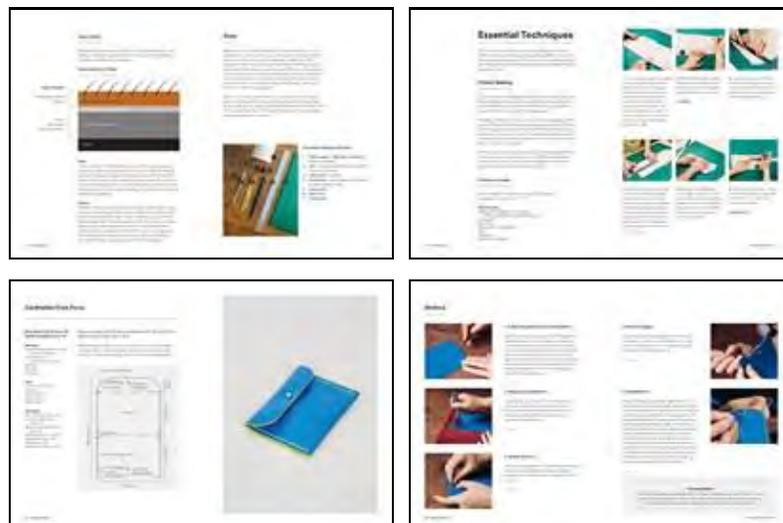
Welcome to Candice Lau's award-winning workshop, where she walks you through all the fundamental skills, techniques and tools needed to make beautiful and durable pieces. Try your hand at 20 step-by-step projects, complete with scaleable templates, from keyrings and clutch bags to travel cases and knapsacks. Each piece focuses on a different technique and is accompanied by guidance on how to make the design your own.

Arm yourself with everything you need to know to design and create unique leather pieces from scratch with *The Leathercraft Handbook*.

#### Contributor Bio

Candice Lau is an award-winning leatherworker based in London. She designs leather bags and accessories inspired by modernity, minimalism and functional living. Despite her contemporary aesthetic, she is passionate about using with traditional leatherworking methods and handcrafts most of her collections. Candice's clients include Bang + Olufsen, Facebook, Lacoste, Vitra and Heals.

#### Illustrations

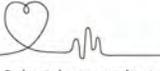


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Crafts & Hobbies / Leatherwork  
CRA050000  
9.8 in H | 7.5 in W

**Sat  
Bains**  
eat  
to your  
heart's  
content

With an introduction by Dr Neil Williams

  
Recipes to improve your heart  
health from an award-winning  
chef & heart attack survivor



## Eat to Your Heart's Content

Recipes to improve your heart health from an award-winning chef & heart attack survivor

Sat Bains

### Key Selling Points

According to the CDC:

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- One person dies every 34 seconds in the United States from cardiovascular disease.
- About 697,000 people in the United States died from heart disease in 2020—that's 1 in every 5 deaths.
- Heart disease cost the United States about \$229 billion each year from 2017 to 2018.3 This includes the cost of health care services, medicines, and lost productivity due to death.
- About 20.1 million adults age 20 and older have CAD (about 7.2%)

### Summary

**Easy heart-healthy recipes by 2-star Michelin chef Sat Bains, written with nutritionist Dr Neil Williams.**

Sat's obsession for more than three decades of being a chef has been big, bold flavor, and that's not something he's prepared to sacrifice to ensure his food is also heart healthy. He still enjoys the odd steak and glass of red wine - since we all, occasionally, need to treat ourselves - but it's always in moderation.

His diet focuses on lean protein and a mix of legumes, good fats - such as avocado, nuts and olive oil - vegetables and fruits, as well as seasonings that will help elevate any dish.

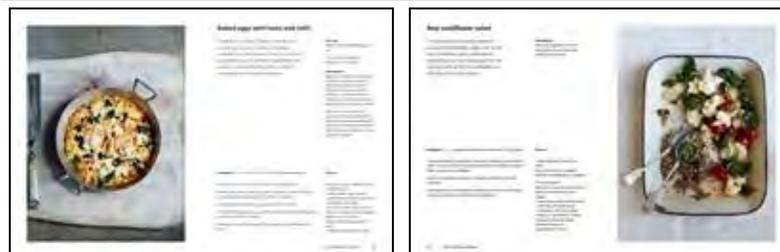
The recipes are designed for every day, use ingredients that can be bought from any supermarket and are accompanied by advice written by nutritionist Dr Neil Williams highlighting the ingredients that are rich in the vitamins and minerals that aid heart health.

### Contributor Bio

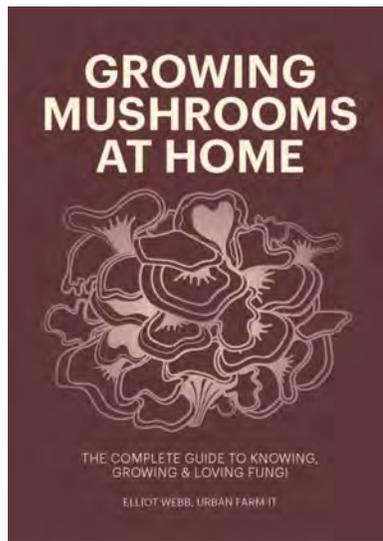
Satwant Singh 'Sat' Bains is an English chef best known for being chef proprietor of the 2-Michelin star Restaurant Sat Bains with Rooms in Nottingham. He won the Roux Scholarship in 1999, and worked in France, before returning to the UK and opening his own restaurant.

<https://www.restaurantsatbains.com/>  
Instagram - 131k followers @satbains1

### Illustrations



Kyle Books  
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Cooking / Health & Healing  
CKB026000  
9.9 in H | 7.6 in W



Kyle Books  
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Hardcover

192 Pages  
Carton Qty: 10  
Print Run: 6K  
Nature / Plants  
NAT022000  
8.3 in H | 6 in W

## Growing Mushrooms at Home

### The Complete Guide

Elliot Webb

#### Key Selling Points

- Growing your own mushrooms gives access to more flavorful and interesting varieties, such as Lions Mane, Shiitake and Oyster.
- Mushroom growing has exploded in popularity: for the Maine-based company North Spore, demand for introductory mushroom growing supplies grew 400% during the pandemic.
- Urban Farm-It sold over 30k mushroom kits in 2022.
- Edible mushrooms are already a billion-dollar industry in the United States, and according to market research firm The Insight Partners, that's projected to grow to almost \$20 billion in the next five years.
- North Spore, a Portland, Maine-based operation that sells kits, spawn and accessories. Since the kits became the business's focus in 2020, McInnis said, sales have nearly doubled each year.

#### Summary

**A comprehensive and beginner-friendly guide to growing mushrooms in the home and garden, from the UK's leading seller of mushroom growing kits.**

Mushrooms are easy and fast to grow, highly productive, utilize waste products, have numerous health benefits and take up little space. Plus by growing your own you can have many more varieties than supermarkets can offer.

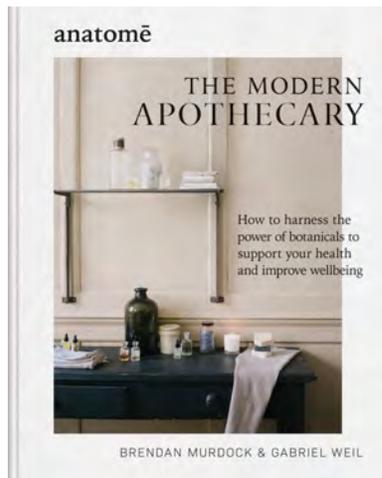
This book is packed with everything you need to know in an easily digestible format. The book begins with an introduction - what is a mushroom, what is their history, how can they help us - before detailing how to grow them at home, including guides for all varieties and growing methods, plus troubleshooting problems and how to harvest. The book then covers what to do with your harvest - storage, turning them into health supplements, and which variety works best for each use. A final section looks at the future of fungi, and the ground-breaking research into using mushrooms for health, construction, protecting the environment and psychedelics.

#### Contributor Bio

Elliot Webb grew up on a farm in South Wales and spent most of his childhood outdoors, exploring the woodland and fields and becoming passionate about foraging and fungi. He earned a BSc in fishery management and aquaculture from Portsmouth University in 2012. From there, he went on to manage one of the most reputable fish farms in Scotland.

Urban Farm-It was born in 2020. Originally intended to be a consultancy business, coronavirus drove a change of strategy to a digital and product-led business. It exploded. By capitalizing on the wave of interest in home grown food, particularly the benefits of mushrooms, they were able to grow rapidly and are now the UK's leading supplier of mushroom growing kits and cultivation materials to both industry and hobbyists.

#### Illustrations



## The Modern Apothecary

**How to harness the power of botanicals to support your health and improve wellbeing**

Brendan Murdock

### Key Selling Points

- anatomē is a rapidly expanding globally recognised brand, with stockists in places such as the US, Ireland, Spain and Hong Kong
- Wellness is now worth up to £2.8 trillion worldwide, according to the Global Wellness Institute. The sector is growing rapidly. By 2022, British consumers are forecast to spend £487 per head annually on “wellness”, according to analytics firm GlobalData
- The brand has been featured in publications such as *Stylist*, *Forbes*, *GQ*, *Elle*, *Marie Claire*, *Mr Porter*, *Suitcase* and *Wallpaper*.

### Summary

**An inspiring and informative guide to natural healing, through exploring the evolution of the apothecary trade, by luxury wellness brand anatomē**

Traditionally spaces for healing within the community, apothecaries took a holistic look at health, giving their patients personalized prescriptions and practices to heal both body and mind. But today’s consumers who want to enhance their wellbeing and prevent the adverse effects associated with fast-paced, busy lifestyles – including stress, insomnia and digestive problems – are missing this vital middle ground between perfect health/wellness and going to a doctor.

This book combines nature and science to restore calm to modern-day lives and includes quick and easy practical recipes/rituals and practices to support wellbeing. This beautifully packaged book inspires and informs the reader by reviving the science-backed potions and rituals of the past and exploring the essential role these practices have in alleviating common complaints and ailments of today, while also revealing how readers can seamlessly weave these principles and routines into their lifestyles to support their wellbeing, in particular the 5 key pillars of health: sleep, nutrition, movement, mental and emotional health.

### Contributor Bio

Through a period of immense stress founder Brendan Murdock began using essential oils to support his own health and wellbeing. This, coupled with his passion for the apothecaries of old inspired him to update and reinvent the apothecary for a new generation. The result is anatomē, a place you can visit not only to shop for botanical extractions, but also to speak to health practitioners for advice about strategies to support wellbeing. By taking the best from botanicals and extracting the goodness from plants, anatomē rediscovers remedies and practices of old and draws parallels with what present-day consumers want and need, through formulations that update and blend these practices.

anatomē features in iconic London hotels, including Claridge’s and The Berkeley, and has a wide range of stockists, including Liberty, Cult Beauty, John Lewis and Selfridges in the UK and Neiman Marcus and Bergdorf Goodman in the US.

www.anatome.com @anatomelondon, 15.5k followers

### Illustrations

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Medications  
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9.8 in H | 7.5 in W

## Quick & Easy Dinners in 30 Minutes or Less

### Quick & Easy Dinners in 30 Minutes or Less

Nicky Corbishley

#### Key Selling Points

- Kitchen Sanctuary has a strong YouTube presence, with 361k subscribers - up from 6k in January 2020 and 160k in May 2021 - and over 43 million views.
- The channel's YouTube views are over 43 million - up from 15 million in May 2021, with 28% of views from the UK and 23% from the US
- @kitchensanctuary Instagram has 113k followers, up from 47k in May 2021, an engagement rate of 4.5% and is in the top 5% for comments when compared to similar influencers.
- Kitchen Sanctuary's previous book *Kitchen Sanctuary: It's All About Dinner* is a *Sunday Times* best selling title.
- Each recipe is accompanied by a photograph and a QR code linking to a video showing how it's made every step of the way.

#### Summary

**100 quick and easy, home-cooked family recipes, ready in 30 minutes or less, from the hugely popular blog and YouTube channel Kitchen Sanctuary.**

Making dinner from scratch can feel like a chore - often half the battle is trying to find something that's, quick, healthy and, most importantly, delicious. But delicious doesn't have to mean demanding. After their debut book, *Sunday Times* bestseller *It's All About Dinner*, Kitchen Sanctuary is back - this time focusing on quick and easy meals that are also budget friendly.

Chapters include:

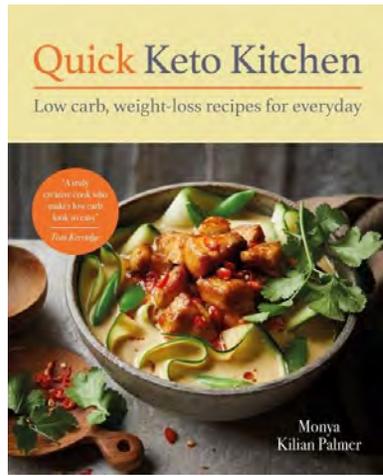
- **CHAMPION CHICKEN** - chicken is so versatile and so quick to cook, it merits a chapter of its own
- **MOREISH MEAT** - covering pork, lamb and beef
- **FANTASTIC FISH** - a quick and often healthy option, good for pescatarians
- **VITALLY VEGGIE** - dedicated to veggie dinners, both for ease of use and to appeal to broad family tastes
- **PERFECT PASTA** - super quick and easy
- **RICE, NOODLES, GRAINS AND BREAD** - just what it says!
- **SNACK SUPPERS** - for those occasions when you want something good to eat but not a full dinner - eg Chicken Quesadillas, Crispy Lamb Salad, Spicy Turkey Rice Wraps
- **SUPER SAUCES** - game-changers that can be made ahead and frozen, and can be turned into a meal with the addition of some meat/pasta/veg
- **SMART SHORTCUTS** - hints and tips for speeding up dinner, covering both ingredients and practical advice

Around 80% of the recipes are new and haven't previously appeared on the brand's website or YouTube channel and as well as offering quick and easy dinner solutions, the book is budget-friendly, with most recipes low or medium cost, and around a quarter being fully vegetarian. The book includes QR codes linked to video content.

#### Contributor Bio

Nicky has written and/or created content for many brands, websites and magazines, including Neff (she won a Neff Cookaholic competition), Brit + Co, the *Telegraph*, *Superfood Magazine*, the Vegetarian Society, *Beautiful Home* and *Life Magazine*.

An award-winning food blogger, wife and busy mum of two who loves food, Nicky Corbishley spent 14 years working in corporate IT before turning to something more creative that would allow her to spend more time with the children. Nicky loves being in the kitchen and started cooking from a young age - inspired by her dad, who spent



## Quick Keto Kitchen

Low-carb, weight-loss recipes for every day

Monya Kilian Palmer

### Key Selling Points

- The ketogenic way of eating (high-fat, moderate protein, low-carb) has exploded in popularity around the globe, with celebrities including Kim and Kourtney Kardashian, Halle Berry, Gwyneth Paltrow and LeBron James all swearing by the keto diet, leading to wide coverage in the press.
- The keto diet can help followers to lose weight, increase their energy and achieve mental clarity, as well as aid the reversal of Type 2 diabetes.
- The keto diet was the top diet trend in 2019 and has maintained its popularity.
- Over 25 million posts on Instagram carry the 'keto' hashtag.
- Google Trends shows a sharp increase in searches for 'keto' in the last two years.

### Summary

**Quick and delicious recipes from the bestselling author of Keto Kitchen, Lazy Keto Kitchen and Budget Keto Kitchen.**

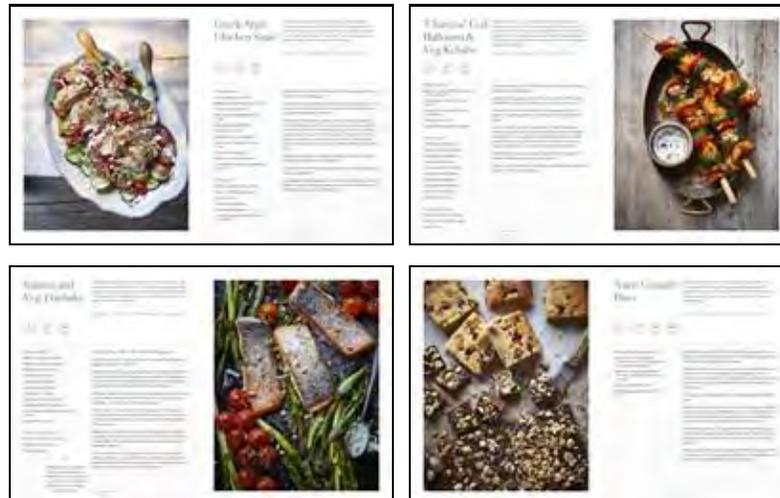
You might think that cooking keto is complicated, but it doesn't have to be. Here, bestselling Keto cookbook author Monya Kilian Palmer shares a stunning collection of recipes that are low in carbs, full of flavor but also quick and easy to make. As well as fresh, light delights such as Chicken & Halloumi Salad with Spicy Cilantro Dressing, there's a whole chapter of glorious keto comfort food, including Pork Belly Laksa and even a low-carb 'Carbonara', while those with a sweet tooth will be thrilled with Monya's *Banano* Bread Muffins and Instant Choco-Mint Cheesecakes. With clear instructions and fantastic flavor combinations, Monya has devised every single recipe to make it as fuss-free and delicious as possible.

### Contributor Bio

Monya is a chef and culinary consultant originally from Cape Town, South Africa. Since moving to the UK in 2012, she has worked for both Heston Blumenthal's Fat Duck Group and Le Cordon Bleu. Monya private chefs for an international athlete every summer and is kept very busy developing recipes and creating culinary content for clients all over the world. She has been following the ketogenic lifestyle since mid-2018 and her blog, *Fats of Life*, is dedicated to keto recipes. Her first book, *Keto Kitchen*, was published in June 2020.

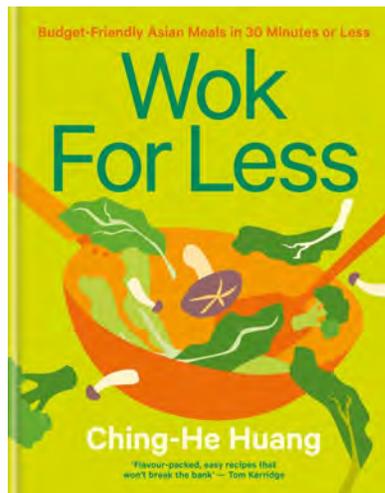
**Instagram/Twitter: @mkilianpalmer [www.fatsoflife.co.uk](http://www.fatsoflife.co.uk)**

### Illustrations



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Hardcover

208 Pages  
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Print Run: 6K  
Cooking / Methods  
CKB089000  
9.9 in H | 7.6 in W

## Wok for Less

### Budget-Friendly Asian Meals in 30 Minutes or Less

Ching-He Huang

#### Key Selling Points

- Chinese cuisine is the most popular food in the US.
- "One of the great ambassadors of Chinese cooking, Ching writes recipes that everyone can have a go at and enjoy." Tom Kerridge
- Ching appears regularly on *Saturday Kitchen* and *Lorraine*, and on NBC's *The Today Show* in the US
- Ching has fronted 11 international TV shows, she received an Emmy nomination for the 40th Annual Emmy Awards for Outstanding Culinary Host. Appearances/hosting include;
  - The Today Show USA - NBC 2020, 2022, 2023 (2.5 million viewers)
  - Iron Chef America Judge (2018 - 2020) FOOD NETWORK USA PRIMETIME
  - Ching's Amazing Asia (2016) FOOD NETWORK UK, US ASIAN FOOD CHANNEL PRIMETIME\* - Lorraine ITV (2015) ITV1 DAYTIME
  - Eat The Nation (2015) COOKING CHANNEL US PRIMETIME\*
  - Restaurant Redemption (2014) COOKING CHANNEL US PRIMETIME\*
  - Iron Chef America (2013) FOOD NETWORK US PRIMETIME
  - Restaurant Redemption (2013) COOKING CHANNEL US PRIMETIME\*
  - Emmy Nomination "Easy Chinese" (2013)
  - Easy Chinese 2: New York & L.A. - (2012) COOKING CHANNEL US PRIMETIME\*
  - Easy Chinese 1: San Francisco - (2011) COOKING CHANNEL US PRIMETIME\*

#### Summary

##### Quick, simple, wallet-friendly Chinese recipes to cook at home

The wok is an incredibly quick, heat-efficient cooking method - and a lot less expensive (and bulky) than an air fryer. Chinese and Asian cuisines have also always featured recipes that use cheaper ingredients. In *Wok for Less*, *Sunday Times* bestselling author Ching-He Huang focuses on these traditional, clever ways to reduce costs - all without scrimping on taste.

From creative ways to make fish, seafood and meat go further, to inventive veg-packed dishes that will satisfy the most committed carnivore, and ideas for using storecupboard ingredients to make multiple meals, the recipes are not only delicious but will save you both time and money.

##### Praise for Asian Green

"There's a lot more than wok-based cooking in this beautifully photographed book." **The Times**

"The Greens Goddess" **Daily Mail**

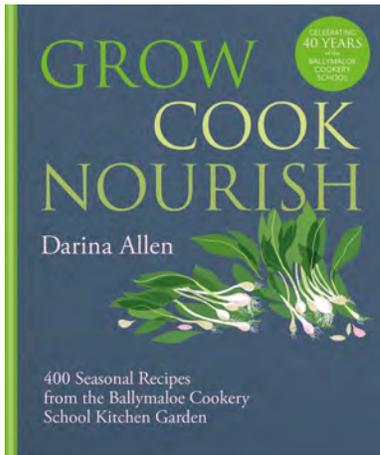
**The Times Best Food Books of the Year 2021**

**Evening Standard Best Vegetarian Cookbooks 2022**

#### Contributor Bio

Ching-He Huang MBE was born in Taipei, Taiwan. An Emmy-nominated TV chef, her culinary ethos is to use fresh, organic, ethically sourced ingredients to create modern dishes that fuse Chinese tradition with innovation. Her TV series include *Chinese Food Made Easy*, *Chinese Food in Minutes*, *Exploring China* and *Ching's Amazing Asia*. She is the author of ten cookbooks including *Stir Crazy*, *Eat Clean: Wok Yourself to Health*, *Exploring China*, *Ching's Fast Food*, *Everyday Easy Chinese*, *Everyday Easy Asian*, *Ching's Chinese Food in Minutes*, *Chinese Food Made Easy* and *China Modern*.

She appears regularly on TV in both the UK and US, including on BBC *Saturday Kitchen* and ITV's *Lorraine*.



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9.9 in H | 8.7 in W | 2.2 in T | 5 lb  
Wt

## Grow, Cook, Nourish

400 Seasonal Recipes from the Ballymaloe Cookery School Kitchen Garden

Darina Allen

### Key Selling Points

- Darina has won many accolades including the IACP's Cooking Teacher of the Year 2005, the Green Awards' José Navarro Foundation Award 2011 and Good Food Ireland's Cookery School of the Year 2012/13.
- The Ballymaloe Cookery School attracts students from across the globe and their instagram @ballymaloecookeryschool has 63k followers.
- Self-sufficiency is increasing in popularity and here Darina combines everything you need to know to grow successfully; from information on different varieties of plants to instructions for cultivating them, along with practical post-harvest recipes.
- 35% of U.S. households grow **vegetables, fruits**, and other food.

### Summary

**Growing your own food is exciting but, when it comes to knowing how to make the most of your produce, it can be daunting. In *Grow, Cook, Nourish*, bestselling author Darina Allen draws on more than 30 years of experience gardening at Ballymaloe to take you through an extensive list of vegetables, herbs and fruits.**

**Winner - Gourmand World Cookbook Awards: Best World Gourmand Cookbook 2017**

Growing your own food is exciting but, when it comes to knowing how to make the most of your produce, it can be daunting. In *Grow, Cook, Nourish*, bestselling author Darina Allen draws on more than 30 years of experience gardening at Ballymaloe to take you through an extensive list of vegetables, herbs and fruits. Each entry includes explanations of different varieties, practical information on cultivation, growing and maintenance, plus instructions for the best ways to cook produce as well as preserve and utilize a glut.

With more than 500 recipes, including dishes for every ingredient, Darina shows how to use your harvest to its full potential. Vegetables range from annual crops such as chicory, radishes and kohlrabi to perennials like asparagus and spinach. Fruits cover apples, currants and peaches as well as the more unusual and interesting myrtle berries, loquats and medlars. Plus a comprehensive list of herbs, edible flowers and foraged foods such as samphire, wild garlic and blackberries.

**"There's not much this gourmet grande dame doesn't know."** Nigel Slater, *Observer Food Monthly*

**"No matter how many new or recherché ingredients Allen uses, her recipes are grounded and she writes with good sense."** Diana Henry, *Guardian*

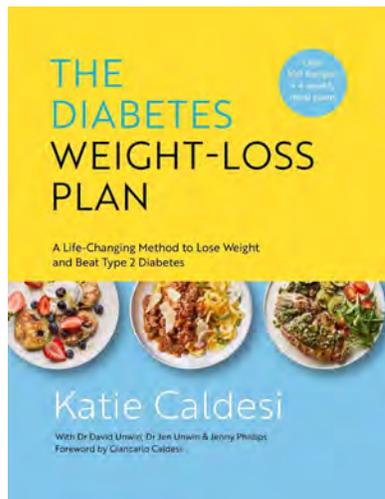
### Contributor Bio

Darina Allen is Ireland's best-known food ambassador and the bestselling author of *Ballymaloe Cookery Course* and *Forgotten Skills of Cooking*, which won the prestigious André Simon award in 2009. She campaigns for local produce, is a member of Slow Food Ireland and set up Ireland's first farmers' market. She has won many awards including the Guild of Food Writers' Lifetime Achievement award in 2013.

**Instagram: @darina\_allen @ballymaloecookeryschool**

**Website: [www.cookingisfun.ie](http://www.cookingisfun.ie)**

### Illustrations



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 9.5 in H | 7.6 in W

## The Diabetes Weight-Loss Plan

### A Life-Changing Method to Lose Weight and Beat Type 2 Diabetes

Katie Caldesi

#### Key Selling Points

- Over 40% of adults in the US are classed as obese (CDC), and over half of Europeans are classified as overweight or obese (WHO).
- A study published in Diabetes Care showed those following the Mediterranean diet had a 52% lower risk for type 2 diabetes.
- The Caldesi's bespoke *CarbScale* makes the plan accessible to all - whether following strict keto or looking to cut some carbs to feel better.
- Contains weekly meal plans and shopping lists that are carb and budget conscious.
- Key scientific principles introduced in an easily digestible manner by expert nutritionists and dietitians.

#### Summary

**An easy-to-follow plan, packed with delicious recipes and expert advice, that makes losing weight and combating metabolic disease simple, tasty and sustainable**

Good intentions and a shelf full of cookbooks aren't enough to sustain a healthy eating lifestyle. What you need is a plan. A plan underpinned by simple-to-follow low carb and sugar kitchen principles that will help the accomplished, or the less-than accomplished, cook lose weight, combat metabolic diseases and sustain a new way of eating.

With its simple approach, *The Diabetes Weight-Loss Meal Planner* will get you started on a healthier lifestyle that's easy to maintain, with weekly meal plans - including meat and completely vegetarian variants - and over 80 delicious low carb recipes.

Katie's unique table of Carb Swaps, bespoke CarbScale and calorie and carb counts for every recipe make the diet accessible to all, whether you're looking for dramatic weight loss or a sustainable eating plan. Dr David Unwin and Dr Jen Unwin, clinical experts in diabetes and lifestyle changes, introduce the key principles that underlie the plan, and explore the psychology behind lasting eating habits. Health tips from nutritionist Jenny Phillips accompany every recipe, which range from quick meals made in under 30 minutes to celebration showstoppers and batch-cooked dinners.

#### Contributor Bio

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

[www.caldesi.com](http://www.caldesi.com) @KatieCaldesi @MrCaldesi

#### Illustrations





## The Repair Shop: Crafts in the Barn

Skills, stories and heartwarming restorations

Jayne Dowle, Elizabeth Wilhide, Jay Blades

### Key Selling Points

- The show ranked as the #1 unscripted series on BBC1 in 2020, outperforming the channel time-slot average by +77% among total viewers
- Worldwide appeal, aired in countries including the US, NZ, South Africa, Canada, France, Germany. Countries such as France, Canada, the Netherlands, Finland, Sweden, Denmark have made their own versions
- The Repair Shop, @therepairshoptv, has 119k Instagram followers
- The most recent book, *The Repair Shop: Life in the Barn* was a Xmas Bestseller

### Summary

**The second specially photographed book from the BBC's Top Ratings Hit The Repair Shop, in which the experts explain the importance of heirloom restoration crafts.**

The Repair Shop - with regular viewing figures of 7 million in the UK alone - has cemented itself as a BBC classic series in the vein of Antiques Roadshow.

This new book focuses on the crafts which the experts specialize in, from woodwork and ceramics to leather restoration and metalwork. Learn about heirloom crafts and the importance of restoration in an increasingly fast-paced, throwaway culture. Featuring brand new stories about never-seen-before objects, learn about the skills and techniques at the center of the workshop of dreams and hear about the many lives these experts touch.

The second Repair Shop book to feature special photography in the barn itself, after the best-selling *The Repair Shop: Life in the Barn*.

### Contributor Bio

#### Elizabeth Wilhide (Author)

Elizabeth Wilhide is a leading expert on design and interiors. She has written numerous books on the subject, including *William Morris: Décor and Design*, *Pattern Design* and *The Great Pottery Throw Down*.

Enter a workshop filled with expert craftspeople as they bring loved pieces of family history and the memories they hold, back to life.

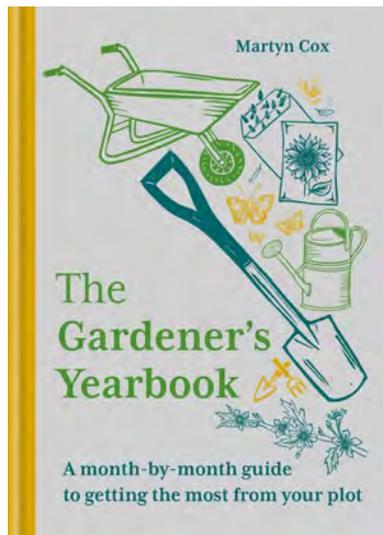
In his Foreword, Jay Blades explains the unique magic of the *Repair Shop* barn, then each of the expert craftspeople reveal the inside stories of their craft and the repairs of treasured possessions that keep family history live using their heritage craft skills.

As a heartwarming and uplifting antidote to throwaway culture, *The Repair Shop* has become essential TV viewing across the generations and has established itself as a firm favourite, in the vein of *Antiques Roadshow*.

Instagram: @therepairshop.tv

### Illustrations

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10 in H | 7.8 in W | 1.9 lb Wt



## The Gardener's Yearbook

**A month-by-month guide to getting the most out of your plot**

Martyn Cox

### Key Selling Points

- According to the RHS, 3.5 million people discovered gardening for the first time in 2020, a group who would benefit from easy, precise month-by-month instruction
- The Covid pandemic created 18.3 million **new gardeners in the US**, most of whom are millennials
- Global **online sales** of gardening goods doubled during the Covid pandemic
- **55% of American** households engage in gardening activities
- Millennials make up 29% of **gardener demographics**
- American adults **spend \$48 billion** on lawn and gardening equipment each year
- 35% of U.S. households grow **vegetables, fruits**, and other food

### Summary

**Garden successfully through the year with expert advice from *The Mail on Sunday* gardening columnist and bestselling author Martyn Cox.**

**"An experienced horticulturist's monthly guide to gardening, with wise, clear and helpful advice on tackling the essential tasks and dealing with problems." *Gardens Illustrated***

**One of the keys to happy gardening is knowing what to do and when for the best results.** In this handy guide, experienced horticulturist Martyn Cox takes you through the gardening year, month by month, offering wise, clear and helpful advice on the essential tasks and how to avoid problems along the way.

No matter the size of the plot, nor the expertise of the gardener, *The Gardener's Yearbook* is the perfect handbook to return to throughout the seasons, with tips including:

- How to get your lawn into shape for the summer
- When you should plant lilies, roses and sweet peas
- How and when to harvest and store your fruit and vegetables
- When to prepare containers for winter
- How to fit a water butt and start a compost bin
- An easy-to-follow crop planner

Featuring specially commissioned linocuts by artist Heather Tempest-Elliott.

### Contributor Bio

**Martyn Cox** is gardening columnist with the *Mail on Sunday*, the UK's most read Sunday, a post he has held for more than 15 years.

He writes regularly for many other titles, both print and online. He is a guest presenter on gardening shows at shopping TV channel TJC and is the author of ten books including the bestselling *The Veg Grower's Almanac* (BBC Books).

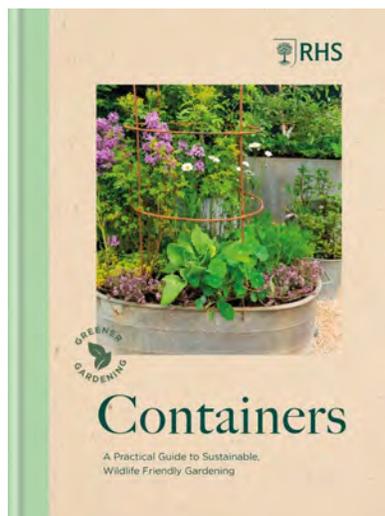
Martyn is a qualified horticulturist and has many years practical gardening experience. Prior to becoming a freelance writer, he was on the staff at *Gardenlife*, *BBC Gardeners' World* magazine, *Amateur Gardening* and *Horticulture Week*. Martyn shares a small garden on the South Coast with his family and two dogs.

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## RHS Greener Gardening: Containers

### A Practical Guide to Sustainable, Wildlife Friendly Gardening

Ann Treneman, Royal Horticultural Society

#### Key Selling Points

- The RHS now numbers 500,000 members and sustainability features as a key part of their long-term plans, reflecting a growing public interest.
- Container gardening is an area with very strong selling history. Comp title include *Grow All You Can Eat in Three Square Feet*, DK, has sold 46k
- Contains a wide-ranging plant directory, with sowing and growing methods and advice on troubleshooting and maintenance.

#### Summary

##### The complete primer on how to make an eco-friendly container garden.

This complete primer on how to make an eco-friendly container garden is dedicated to showing that everyone can have a garden, no matter the size, that can benefit the planet.

*RHS Greener Gardening: Containers* guides you through greener choices when it comes to creating a container garden including materials, design, plant choice and maintenance. A few pots on the patio or a window box can become a dynamic mini eco system. A balcony garden can attract wildlife. With the right plants to choose from, a patio can hold an orchard. It's all a matter of 'thinking green', using recycled materials when possible, being wildlife-friendly, choosing plants that will avoid waste, and gardening sustainably.

Featuring an easy-to-follow guide to green techniques as well as a helpful series of plant profiles, this is the perfect handbook for a sustainable container garden.

#### Sections include

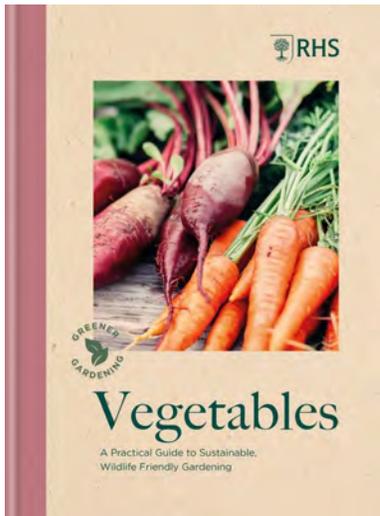
- Setting up your container garden
- Container gardening techniques: sourcing plants, containers & contents, watering, feeding & troubleshooting
- Creating containers: growing in groups, choosing a theme, how to create a map or a plan

#### Contributor Bio

Ann Treneman is garden designer who won the RHS People's Choice award for her RHS silver-gilt-medal Wild Kitchen Garden at Chelsea Flower show 2022 (Container Category). She has a masters degree in Landscape Architecture and projects include a sensory and dementia friendly garden in London. She was previously an award-winning journalist, writing on a variety of subjects including politics and theatre for *The Times* newspaper. She lives and gardens in Bakewell.

#### Illustrations





## RHS Greener Gardening: Vegetables

A Practical Guide to Sustainable, Wildlife Friendly Gardening

Sally Nex, Royal Horticultural Society

### Key Selling Points

- The RHS now numbers 500,000 members and sustainability features as a key part of their long-term plans, reflecting a growing public interest.
- This is an area with a very strong selling history. Comp titles include *Veg in One Bed*, 8k, DK and *Grow Food For Free*, 16k, DK.

### Summary

**A primer for gardeners promoting greener, eco-friendly growing methods and sustainable gardening practices on every page.**

**Build your vegetable garden on sustainable, eco-friendly foundations from the start with this new guide to growing your own fresh, organic food.**

*Greener Gardening: Vegetables* is the perfect handbook for all seasons, helping budding and experienced gardeners alike in their journey towards a greener way of gardening. The book covers:

- Setting up a new vegetable garden so it works hard for you and the environment
- A wide ranging directory of vegetables organized by harvesting season
- Methods for sowing and growing, plus advice on troubleshooting and saving seed
- 'Tasks to do' reminders for keeping on top of garden maintenance each season
- 'Do It Greener' reminders of quick and easy way to get greener results

Divided into setting up a new veg garden, veg garden techniques and a guide to what veg to grow (separated by season). You will find new ideas on every page to keep your garden productive and sustainable for years to come.

### Contributor Bio

Sally Nex is a gardener and writer whose work promoting sustainable techniques has appeared in leading national publications including *Gardener's World*, the *Guardian*, *Grow Your Own* and the RHS's *The Garden*. She travels the country presenting talks on a range of subjects and is a prominent voice in the movement for Gardening Without Plastic. Her passionate for sustainable gardening has earned her the Garden Media Guild Beth Chatto Environmental Award in 2019. Her most recent books include *RHS How to Garden the Low-Carbon Way*, and *RHS Can I Grow Potatoes In Pots?*

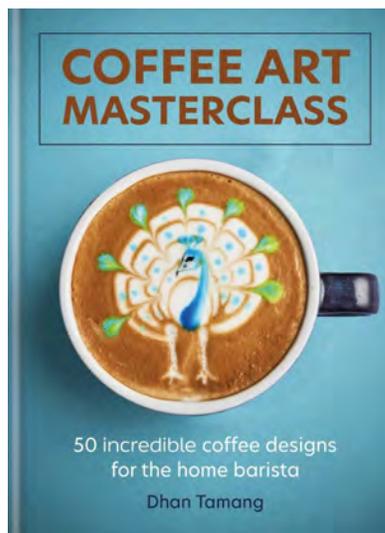
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## Coffee Art Masterclass

50 incredible coffee designs for the home barista

Dhan Tamang

### Key Selling Points

- *Coffee Art: Creative Coffee Designs for the Home Barista* (978-1844039487) has sold over 12,000 copies.
- *Coffee Art: Creative Coffee Designs for the Home Barista* (978-1844039487) is the best-selling coffee art book on the market.
- *How to make the best coffee at home* (978-1784727246) has sold over 18,000 copies.
- Includes 50 designs in (plus a number of variations and core skills).

### Summary

**A beginners guide to taking your coffee designs to the next level.**

Take your designer coffee to the next level with Dhan's simple to follow and incredible designs. Impress your partner, friends and family by making them a cup with a design for every pastime and hobby. Recreate famous paintings, paint mythical creatures and sculpt stunning artworks all on the surface of your morning coffee.

There's no special equipment needed, and Dhan explains the basics, so that you can craft incredible designs from the outset. There are even templates for quick results and tips for ensuring your art stays in place for as long as possible.

Coffee Art Masterclass includes next-level latte designs that everyone can achieve.

### Contributor Bio

Dhan Tamang is UK Latte Art Champion 2013, 2014, 2015, 2016 and 2017, as well as a finalist at the 2016 World Latte Art Championship. He is renowned in the coffee art world for his use of color and the precision of his designs. Originally from Nepal, Dhan has been demonstrating his techniques the world over and training would-be baristas from his coffee lab in the UK.

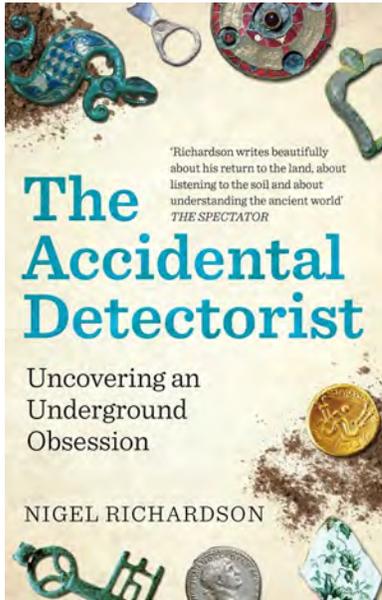
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Hardcover

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8.5 in H | 6 in W



## The Accidental Detectorist

### Uncovering an Underground Obsession

Nigel Richardson

#### Key Selling Points

- Niche hobby books can sell, even outside the hobby community. Mudlarking has sold over 9,000 copies in the US.
- Detectorist YouTubers and television shows in recent years have helped draw a new audience
- As featured in the NY Times "The New Detectorists: As an old outdoor hobby draws new followers, metal detectors are sweeping the country."
- The metal detector market is expected to grow by USD 160.56 million during 2020-2024 according to Technavio

#### Summary

**One man's accidental journey into uncovering Britain's underground obsession. A fascinating and engaging tale of metal detecting history and Britain for fans of *The Detectorists*.**

"Richardson writes beautifully about his return to the land, about listening to the soil and about understanding the ancient world." - *The Spectator*

There are things below the surface that pull people together in a shared love of history, landscape and the hope that, this time, something incredible will be unearthed.

When a travel writer is stuck on home soil in the middle of a pandemic he tries his hand at metal detecting - and is instantly addicted. This all-consuming hobby takes him around the country, back through history and deep into the psyches (his own included) of those hooked on 'happy bleeps'.

*The Accidental Detectorist* is a big-hearted dig into a pastime sometimes mocked but always enticing.

When locked-down travel writer Nigel Richardson is looking for a travel story close to his country cottage he turns to a leading metal detectorist with an infectious passion for the hobby. Before he knows it the mysteries of the fields are leading him on, into a world that casts the history of these isles and its people in an intriguing new light.

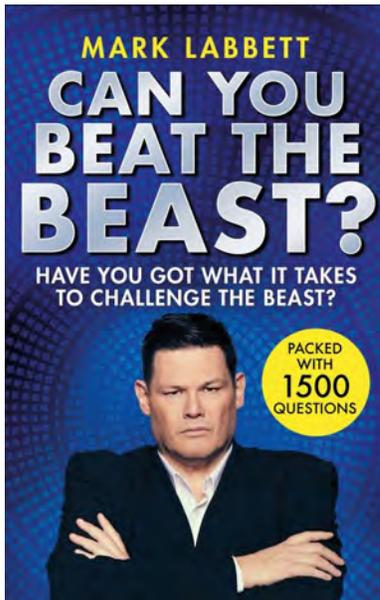
Sifting Britain's soil from Portsmouth to Edinburgh, Nigel yearns to lose his detectorist's virginity by finding a 'hammered' coin - while learning that the search for treasure comes with a serious responsibility to our common heritage. As he immerses himself further in the world of metal detecting, exposing the shady activities of 'nighthawks', attending rallies and making lifelong friends, a change comes over him. This country beneath his feet, these people who scour it for clues and tokens - they are the home he's been looking for.

#### Contributor Bio

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

Cassell  
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Biography & Autobiography  
/ Personal Memoirs  
BIO026000  
7.8 in H | 5 in W



Cassell  
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Paperback

352 Pages  
Carton Qty: 48  
Print Run: 3K  
Games & Activities / Quizzes  
GAM008000  
7.9 in H | 5.4 in W | 0.7 lb Wt

## Can You Beat the Beast?

**Have You Got What it Takes to Challenge the Beast?**

Mark Labbett

### Key Selling Points

- The second season of The Chase US 2021 premiered on ABC to 4.07m viewers, where Mark Labbett also appeared.
- The second half of the third season just premiered in the US on January 5th 2023
- The second season of the 2021 version premiered to 4.23 million viewers
- The third season of the 2021 version premiered to 2.29 million viewers
- The fourth season premiered on ABC in Canada on 29th June 2023 and was also picked up by Apple TV (CA)
- Mark Labbett is one of the most popular figures on both The Chase and Master Minds.

### Summary

**Take on the infamous Beast in 50 quizzes for all the family, ranging from general knowledge to subject specifics.**

Have you got what it takes to challenge TV's most notorious quizzier?

Take on the infamous Beast in 50 quizzes designed for all the family. Can you rival Mark's knowledge over 20 different subjects... beware even those that you might think aren't his strong suit - such as sport or music - will prove a real challenge. Compare your answers at the back to see if you've tamed the Beast, and which you might have got right that he got wrong. There are extra facts as Mark gives you fascinating bits of trivia associated with many of the answers, and lets you know if you've got a really tricky one correct!

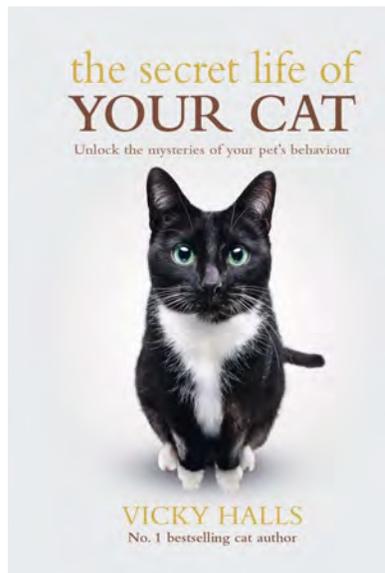
Mark also tells stories of his own quizzing adventures and gives you tips and advice for improving your quizzing skills, such as common quiz questions and things you should commit to memory.

It all adds up to a fun, interactive, challenging experience for fans of ITV's *The Chase*, as well as Game Show Network's *Master Minds* and its most infamous protagonist.

### Contributor Bio

**Mark Labbett** is the Beast, TV's quizzing leviathan. He's one of the most feared quizzing challengers on TV across the globe as he pits his wits against members of the public... and invariably wins. He's most famous as a regular in ITV's *The Chase*, as well as Game Show Network's *Master Minds*. He first appeared on the show in 2009 and has since appeared on the American version as the sole Chaser in 2013 (returning in 2021) as well as one of the five Chasers on the Australian version since 2016.

A regular in quizzing competitions and television quiz shows, Mark has participated in the game shows *BrainTeaser*, *Countdown*, *SUDO-Q*, *Who Wants to Be a Millionaire*, *Only Connect*, *Are You an Egghead* and *University Challenge*.



## The Secret Life Of Your Cat

Unlock the mysterious of your pet's behaviour

Vicky Halls

### Key Selling Points

- 46.5 million household in America are home to a cat, making them one of the country's most popular pet
- Hamlyn's What is my Cat Thinking?, written in the same vein as The Secret Life of your Cat, has sold over 200,000 copies in 16 languages

### Summary

**Who knows what's going through your cat's mind when they do the things they do?**

Why does he dart from room to room for no real reason? Why does she hiss at empty spaces? And where do they go when they disappear for days on end?

Cats are curious creatures, but with *The Secret Life of your Cat* you'll soon be able to decipher their actions and gain a greater understanding of their world.

Written by the most popular cat author in the UK, Vicky Halls' affable and insightful prose analyses every situation and reveals your cat's inner-most thoughts, unveiling the mysteries of their behavior and helping to build a better bond between you and your pet.

Fully-illustrated throughout, with in-depth explanations for all feline habits and a quick-reference section allowing you to quickly locate any issues, *The Secret Life of your Cat* ensures that you'll no longer be bemused by their peculiar antics.

### Contributor Bio

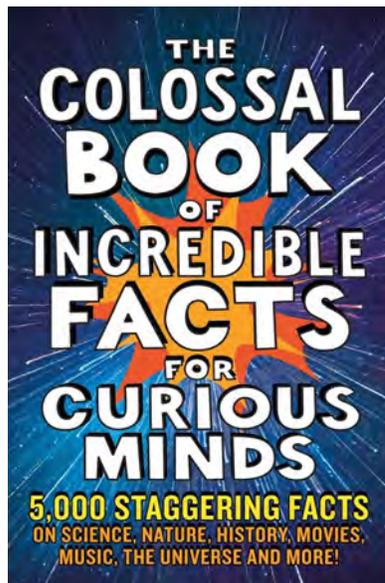
Vicky Halls is an acclaimed Pet Behavior Counsellor with many years' experience of treating behavioral problems in cats both in the UK and abroad. She is also an international bestselling author of several cat behavior books. In 2008 Vicky was voted as the 'Nation's Favourite Cat Author' by the readers of 'Your Cat' Magazine.

### Illustrations



Cassell  
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Psychology / Animal &  
Comparative Psychology  
PSY054000  
10 in H | 6.5 in W



Cassell  
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\$19.99/\$21.99 Can.  
Paperback

464 Pages  
Carton Qty: 36  
Print Run: 12K  
Reference / Trivia  
REF023000

9.3 in H | 6 in W

## The Colossal Book of Incredible Facts for Curious Minds

**5,000 staggering facts on science, nature, history, movies, music, the universe and more!**

Chas Newkey-Burden, Ken Okona-Mensah, Nigel Henbest, Sarah Tomley, Simon Brew, Tom Parfitt, Trevor Davies

### Key Selling Points

- *Interesting Facts For Curious Minds* by Jordan Moore (published July 2022) has since sold over 96,000 copies.
- *Interesting Stories For Curious People* by Bill O'Neill (published March 2020) has sold over 49,000 copies.
- This book contains 5,000 facts - more than any other book on the market!

### Summary

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

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

Penguins can't taste fish.

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

Houseflies buzz in the key of F.

'hippopotomonstrosesquippedaliophobia' is the fear of long words.

These are just 0.02% of all the facts in this incredible tome! Written by seven authors and covering subjects as diverse as The Universe, Art and Literature, The Natural World and Movies, *The Colossal Book of Incredible Facts for Curious Minds* is the ultimate trivia book!

Why not amaze family and friends with the reasons pandas do handstands, the sinister source of the term 'rule of thumb', or that the patent for the fire hydrant was destroyed... in a fire. Every entry is weird, wonderful, inspiring and quite brilliantly, true!

### Contributor Bio

#### Chas Newkey-Burde (author)

Chas Newkey-Burden is a journalist and author of several books including *The Reduced History of Britain*, *64 Geeks: The Brains Who Shaped Our World* and *Get Lucky: Rituals, Habits and Superstitions of the Rich and Famous*.

#### Ken Okona-Mensah (Author)

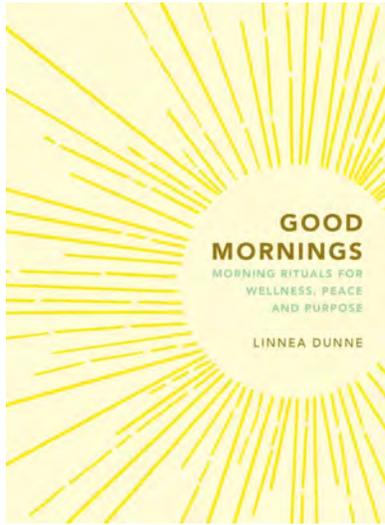
Ken Okona-Mensah is a freelance science writer and the author of *Cracking Anatomy*, who has over 16 years of experience working in academia and writing about health-based topics. He previously worked as a scientific writer for Imperial College London.

#### Nigel Henbest (Author)

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

#### Sarah Tomley (Author)

Sarah Tomley is the co-author of *The Sociology Book* (2015) and the *Children's Book of Philosophy* (2015). Her 2017 book, *What Would Freud Do?* was translated into 15 languages.



## Good Mornings

### Morning Rituals for Wellness, Peace and Purpose

Linnea Dunne

#### Key Selling Points

- Building a life-affirming ritual into your morning routine is an act of self-care that can benefit both your physical and mental health, enhance your productivity and positively influence your day.
- In business circles the morning ritual is becoming a must. Successful business people such as Robert Iger, CEO of Disney, and Tim Cook, CEO of Apple, tend to rise at 4.30am and 5am respectively.
- This book taps into current productivity, journaling, self-care and 'morning routines of successful' people trends.

#### Summary

##### Early-morning rituals for contentment, clarity and purpose.

In this inspirational guide, Linnea Dunne, bestselling author of *Lagom: The Swedish Art of Balanced Living*, shows how building a life-affirming ritual into your morning routine is an act of self-care that can benefit both your physical and mental health, enhance your productivity and positively influence your day.

Whether it's a dedicated yoga practice at sunrise, mindfulness meditation just after waking, journalling while you sip your morning coffee, or listening to birdsong in the back garden before you tackle your daily commute, a morning ritual can enhance your health and wellbeing, and bring increased contentment, clarity and purpose to your day.

With countless ideas for nourishing morning practices and invaluable advice on how to create a morning ritual that is unique to you and takes your individual needs, circumstances and time constraints into account, this book will help you to make the most of the peace and promise of the first moments of every day.

#### Contributor Bio

Linnea Dunne was born and raised in Sweden, where she started her writing career as a columnist at the local newspaper aged 15. She left for Ireland a few years later and eventually moved to London, where she studied Creative Writing and Political Communications.

Linnea's work on subjects ranging from motherhood to women's rights and media narratives has been published by (among others) the *Irish Times*, the *Guardian* and the *Irish Independent*. She also works as Editor of *Scan Magazine*, spreading the word about all things Scandinavian, and is the author of *Lagom: The Swedish Art of Balanced Living* (2017).

Linnea now lives in Dublin with her husband and two kids. Juggling life as a work-from-home freelance professional with motherhood and countless creative projects, and inspired by her husband who gets up early to meditate every morning, she recently took up daily yoga and set out to find out how a good morning ritual can contribute to a sense of peace and purpose.

#### Illustrations

Gaia  
9781856755306  
1856755304  
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Hardcover

192 Pages  
Carton Qty: 9  
Print Run: 6K  
Body, Mind & Spirit / Mindfulness  
& Meditation  
OCC010000

8.5 in H | 6.3 in W | 1.1 lb Wt



## How to Read Your Fortune in a Teacup

The ancient art of tea-leaf reading

Jane Struthers

### Key Selling Points

- Tea leaf reading is a very tangible, easy-to-access form of divination and will appeal to readers who are fans of the spirituality genre as well as those who are not.
- Fortunes in a Teacup is a bright, modern title with a fresh and pretty feel to it. It is the perfect gift for fans of the genre as well as a great self-purchase or impulse buy.
- Tea leaf reading is a less-explored form of divination and spirituality and is therefore an interesting topic for those who are already familiar with the genre.

### Summary

**Harness the ancient power of tea leaf reading and discover what the future holds in store.**

Discover the magic that lies at the bottom of your teacup.

In this fascinating little book, you'll find step-by-step instructions for interpreting the magic of tea leaves, tips for getting started, and useful hints to remember during readings. An illustrated directory to the meaning of 300 shapes and symbols, divided into six useful categories, will provide you with instant answers for questions about romance, travel, work, money, health, family and friends. Perfect for both beginners and experienced tea leaf readers, *Fortunes in a Teacup* is the essential guide to everything you need to know about the ancient power of tea leaf reading.

### Contributor Bio

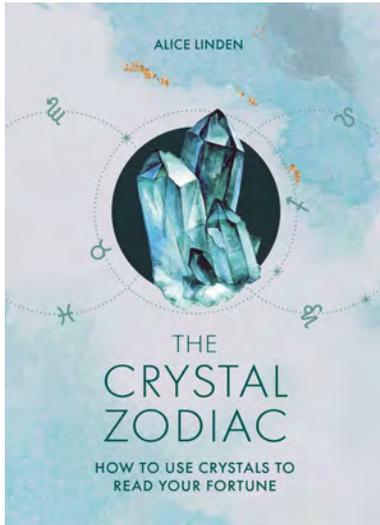
Jane Struthers is an astrologer, tarot reader, healer and writer. She has contributed to *Bella*, one of Britain's bestselling women's magazines, and has appeared on many television and radio programs. Jane is also the author of a number of books, including *The Palmistry Bible*, *The Art of Tea Leaf Reading* and *8 Ways to Tell Your Fortune*.

### Illustrations



Godsfield  
9780753735497  
0753735490  
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Hardcover

144 Pages  
Carton Qty: 10  
Print Run: 5K  
Body, Mind & Spirit / Divination  
OCC008000  
7.1 in H | 5.3 in W



## The Crystal Zodiac

**How to use Crystals to Read your Fortune**

Alice Linden

### Key Selling Points

- The spiritual aesthetic in general is remaining popular across retailers with series such as the Welbeck *The Little Book Of*, the Hardie Grant *Seeing Stars* Zodiac books and Quercus/Greenfinch *Oracle* titles.
- The Crystal Zodiac crosses the trends of crystals with astrology and the zodiac, making for a unique title to appeals to the general spirituality market.
- An ideal gift for crystal novices or general MBS readers

### Summary

**Harness the ancient power of crystal energy and the zodiac, and discover what your sign's corresponding crystals can reveal about your future.**

Find your own personal star sign crystal and harness the connection between crystal healing and the power of astrology to empower your best self and reveal the future.

All crystals vibrate with energy that can have a balancing effect on the body and can be used to promote physical, mental and emotional healing. When crystals are selected to work in conjunction with the astrological influences on our lives, the power of the stars heightens the crystal's power to improve your life.

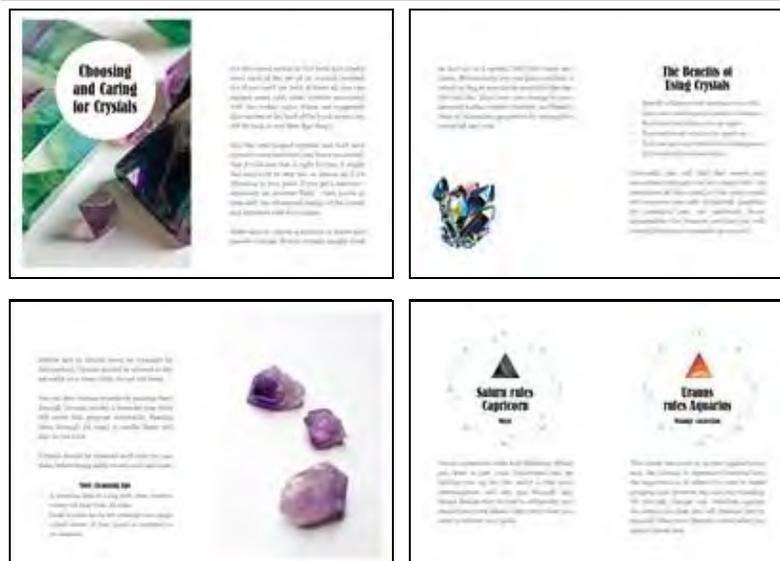
*The Crystal Zodiac* will show you how each of the 12 zodiac signs correspond to a crystal and how each crystal aligns with the energies associated with its zodiac sign. Whether you're a Gemini, Leo, Libra or Taurus, there are crystals that speak to your specific energy and can give you a boost when you need that extra spark.

You can also use crystals attuned with astrological forces in fortune-telling. With *The Crystal Zodiac's* fortune-telling techniques, you can use your crystals to open a gateway to deeper knowledge and inner wisdom by channeling the prophetic power of the stars to answer all your deepest questions. Draw on crystals for your own personal daily horoscope, whatever your star sign is, or consult the crystal oracles by casting the crystals onto a zodiac circle for a full answer to what the future holds in store.

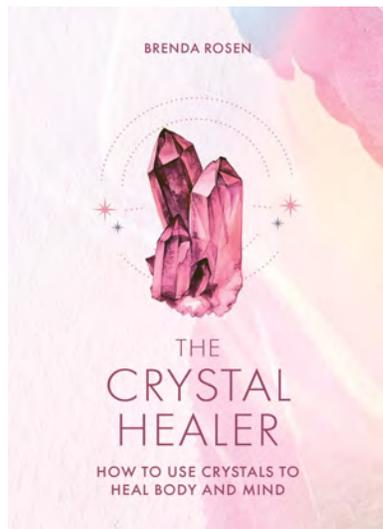
### Contributor Bio

Alice Linden is an experienced astrologer and practices tarot, natural magic, astrology and other esoteric arts.

### Illustrations



Godsfield  
 9780753735503  
 0753735504  
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 Hardcover  
 96 Pages  
 Carton Qty: 10  
 Print Run: 6K  
 Body, Mind & Spirit / Crystals  
 OCC004000  
 6 in H | 4.3 in W



## The Crystal Healer

### How to Use Crystals to Heal Body and Mind

Brenda Rosen

#### Key Selling Points

- Books on crystals and crystal healing continues to be popular, as spirituality and spiritual development has been embraced by mainstream audience.
- Beautifully designed, *The Crystal Healer* provides invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life using crystals.
- Perfect gift for crystal novices or general MBS readers.

#### Summary

**Discover how to harness the power of crystals with this practical step-by-step guide and live the life you want.**

Harness the power of crystals to heal promote physical wellbeing, balance your emotions and achieve spiritual harmony.

Beautiful and mysterious, crystals have been used for thousands of years for decoration, adornment, protection and healing, but they are so much more than beautiful objects. When crystals are formed, tremendous heat and pressure arranges their molecules into a regular pattern and this sacred geometry is what gives crystals their unique ability to absorb, store, generate and transmit energy. Working with crystals can therefore help us amplify, direct and balance the flow of our life-force in our bodies and surroundings.

*The Crystal Healer* is your introduction to everything you need to know to get started with crystals so that you can benefit from the gentle natural healing properties of crystals.

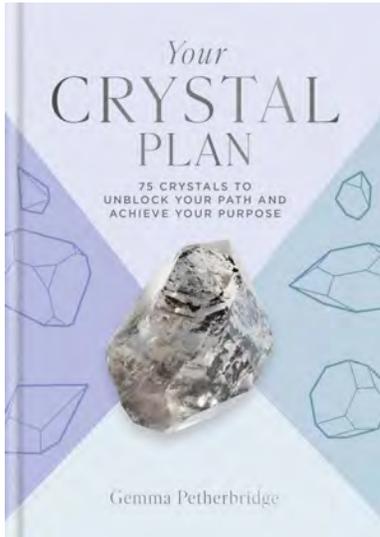
#### Contributor Bio

A full-time author and editor, Brenda Rosen is a student of esoteric and mythic traditions. She has written several books, including *A Gaia Busy Person's Guide: Chakras, Mermaid Wisdom, and The Atlas of Lost Cities*.

#### Illustrations



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6 in H | 4.3 in W



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\$19.99/\$24.99 Can.  
Hardcover

208 Pages  
Carton Qty: 10  
Print Run: 7K  
Body, Mind & Spirit / Crystals  
OCC004000  
8.5 in H | 6 in W

## Your Crystal Plan

**75 crystals to unblock your path and achieve your purpose**

Gemma Petherbridge

### Key Selling Points

- A natural follow-up from Gemma's first book, *The Crystal Apothecary*, which has sold over 6k copies
- Gemma is a widely respected crystal coach with a growing social media presence - she has over 21k followers on Instagram. She hosts the Higher Self School podcast, runs her own crystal school, Conscience Crystals and is regularly asked to lead workshops and speak at holistic events
- This edition contains beautiful color photography, showcasing the unique properties of 75 crystals in color order
- The popularity of crystals has skyrocketed over the past few years, fueled by social media. #Crystals has over 6.6 billion views on TikTok, and over 26 million followers on Instagram. The crystal industry is reported to be worth over 30 billion dollars globally and continues to grow

### Summary

**Use crystals to overcome obstacles, realize your goals and connect to your higher self**

Crystals are powerful tools, prized for their physical and spiritual healing properties. But crystals do more than just heal and negate the negative events in your life - they can also be used for empowerment, purpose and transformation, to help you achieve your goals, overcome limiting beliefs and unlock the power you hold within.

This beautiful guide will show you how. *Your Crystal Plan* walks you through a process to first identify your spiritual, emotional and physical goals, and then, using the power of chakras, find the crystals that will best support you in achieving them.

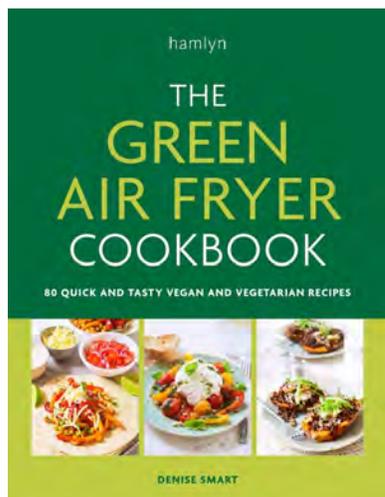
Whether that's finding love, getting healthier, or connecting to your higher self, this book gives you a unique, personalized crystal plan to help you realize your dreams and become the best version of yourself.

### Contributor Bio

Gemma Petherbridge set out on her spiritual path as a small child, prophesizing in her dreams. Seeing spirits, naturally intuiting situations and gaining insight into the destinies of others came as second nature, and after losing her parents at a young age she turned to spirituality for answers. Her journey into the world of wellness and holistic therapies began in earnest when, aged twenty-three, she studied hypnotherapy. Fifteen years on, Gemma is a Certified Crystal Healer, Intuition Teacher and Soul Purpose Coach. Having transitioned from healer to teacher, she has now taught and inspired thousands of people worldwide. In 2017 she founded Conscience Crystals, which offers workshops, courses and an online shop. With her growing following, Gemma is now regularly asked to lead workshops and speak at holistic events and festivals, and major international businesses seek her guidance in incorporating crystals into office environments and products. She also presents the spiritual and holistic wellbeing podcast *Soul Students*.

Consciencecrystals.com  
Instagram.com/consciencecrystals

### Illustrations



Hamlyn  
9780600638278  
0600638278  
Pub Date: 1/9/2024  
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Paperback

192 Pages  
Carton Qty: 2  
Print Run: 6K  
Cooking / Methods  
CKB081000  
9.7 in H | 7.5 in W | 1.4 lb Wt

## The Green Air Fryer Cookbook

### 80 quick and tasty vegan and vegetarian recipes

Denise Smart

#### Key Selling Points

- This book satisfies the market's growing appetite for air fryer cookbooks: Amazon's Top 50 Bestselling appliance cookbooks list is dominated by air fryer books
- In 2022, U.S. consumers spent nearly \$1 billion buying air fryers, up 51% from 2019, according to market research firm The NPD Group
- Air fryers are convenient, cost-effective, energy-efficient and increasingly popular in the cost of living and energy crises
- This book fulfils the need for speedy, easy and budget-friendly cooking. With minimal clean-up and less oil, air fryer recipes appeal to readers of all ages and dietary preferences

#### Summary

##### Speedy and delicious vegetarian and vegan air fryer recipes

##### EXCITING VEGETARIAN AND VEGAN RECIPES FOR YOUR AIR FRYER

Affordable, efficient and easy, air fryers are a must-have gadget for your home. These handy appliances use less energy, less oil and take less time than conventional ovens, helping you prepare fuss-free versions of all your favorite dishes.

Perfect for vegetarians and vegans, this cookbook contains 80 creative meatless and plant-based recipes for your air fryer. Featuring chapters on tasty breakfasts, light bites and sides, flavorful mains and irresistible sweet treats, each section has an even split of vegetarian and vegan recipes. Start your day with Brioche cinnamon French toast, then feast on Zucchini & sweetcorn fritters and Crispy gnocchi with butternut squash & spinach. End on a sweet note with Crunchy ice cream balls topped with chocolate fudge sauce or Classic chocolate chip cookies.

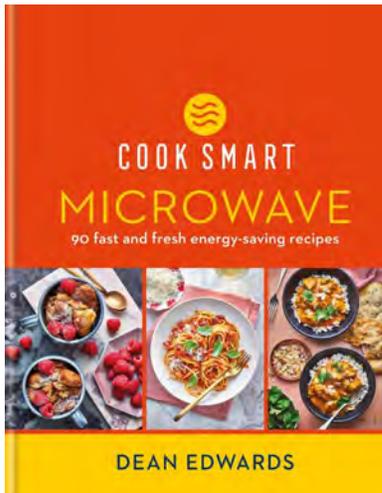
Delicious, effortless and healthy, these recipes will help you get the most from your air fryer.

#### Contributor Bio

Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise has written over a dozen cookbooks and all her recipes are double-tested to ensure they work perfectly first time.

#### Illustrations





## Cook Smart: Microwave

90 fast and fresh energy-saving recipes

Dean Edwards

### Key Selling Points

- Over 30 million microwaves are sold worldwide (Microwave Association, 2022)
- More than 90% of American households own a microwave
- Dean's likeable persona and family-friendly cooking style has made him a firm favorite on MasterChef since 2006
- The Cook Slow series has sold over 25000 copies via TCM since publication (Jan. 2023)

### Summary

#### Cost-saving, low-effort recipes with your microwave

Microwave cooking is much more than fast food or ready meals. With a microwave, cooking a delicious dinner is as simple as pressing a button. Microwaves are easy to use and energy efficient - making them perfect companion to small and large kitchens alike, as well as the perfect tool for both solo cooking and entertaining friends.

Whether you are a student looking to keep costs down while still enjoying flavorsome food, or you are hoping to save time during your busy day without having to say goodbye to your favorite food, this book will provide you with plenty of recipes that will show you the true power of your microwave.

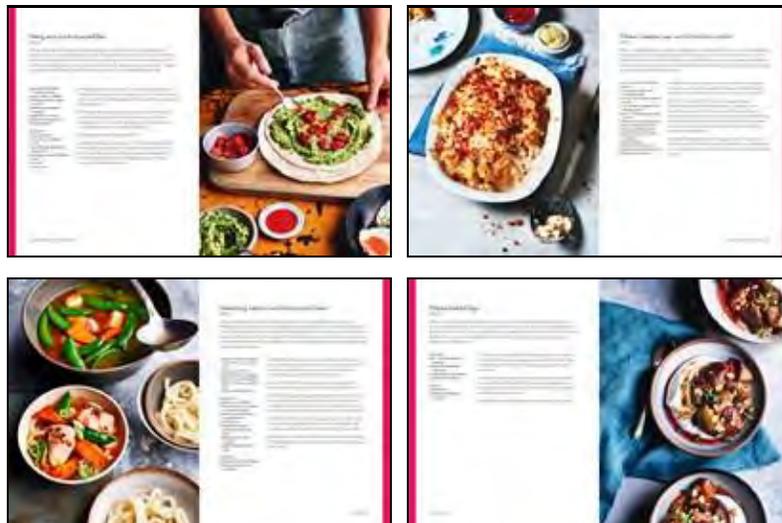
Filled with healthy and wholesome recipes, this book helps you make the most of your microwave.

### Contributor Bio

After coming second in BBC's *MasterChef Goes Large* in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food.

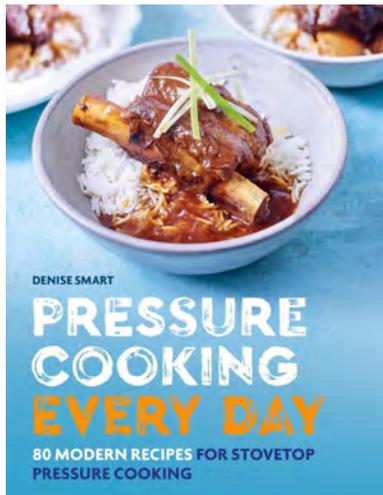
Dean's likeable persona and family-friendly cooking style has made him a firm favorite on ITV's *Lorraine* since 2010, but he originally made his ITV debut on *This Morning* in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.

### Illustrations



Hamlyn  
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0600638006  
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Hardcover

192 Pages  
Carton Qty: 3  
Print Run: 6K  
Cooking / Methods  
CKB057000  
9.9 in H | 7.6 in W



## Pressure Cooking Every Day

80 modern recipes for stovetop pressure cooking

Denise Smart

### Key Selling Points

- Stovetop pressure cookers are durable and economical - they last a lifetime and are great at cooking cheaper cuts of meat.
- Few people have enough time to prepare home cooked meals anymore. According to the Bureau of Labor Statistics 2016 Time Use Surveys, Americans spend an average of 35.4 minutes per day on food preparation and cleanup. Pressure cookers can help solve this dilemma.
- This is a straight reissue, previously published June 2019

### Summary

**Revolutionize your mealtimes with 80 delicious recipes for stovetop pressure cooking.**

Featuring 80 fresh, easy-to-make modern recipes, such as Huevos rancheros, Lentil and cauliflower curry and Baked salted caramel cheese cake, *Pressure Cooker Everyday* gives this traditional way of cooking a new lease of life. Save time in the kitchen, cut costs and infuse your food with more intense flavors. Discover the potential of pressure cooking with this must-have cookbook.

Six reasons to use a stovetop pressure cooker:

- 1. Super quick** - cooks three times faster than conventional cooking.
- 2. Convenience** - delicious meals, using just one pot.
- 3. Economical** - ideal for cooking cheap ingredients from scratch.
- 4. Durability** - electric pressure cookers last years, but stovetop cookers last a lifetime.
- 5. Versatility** - they allow you to tweak recipes as you go along. You can also sear or sauté food before pressure cooking it, adding flavor, which electric cookers fail to achieve.
- 6. More power** - stovetop pressure cookers reach higher heat and pressure than electrical ones.

### Contributor Bio

Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise has written over a dozen cookbooks and all her recipes are double-tested to ensure they work perfectly first time.

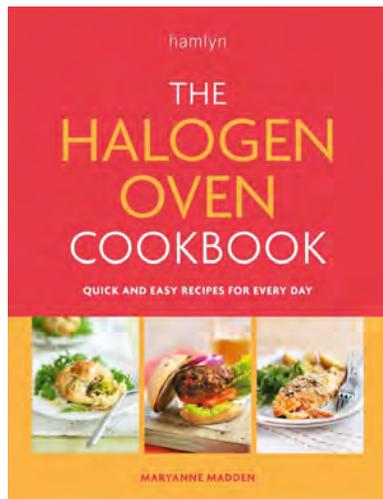
### Illustrations



Hamlyn  
9780600638179  
0600638170  
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\$16.99/\$18.99 Can.  
Paperback

128 Pages  
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Cooking / Methods  
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9.6 in H | 7.4 in W | 0.5 in T | 0.9  
lb Wt



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Paperback

192 Pages  
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Cooking / Methods  
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9.7 in H | 7.4 in W

## The Halogen Oven Cookbook

Quick and easy recipes for every day

Maryanne Madden

### Key Selling Points

- Halogen ovens cook food twice as fast as a conventional oven, helping you save time in the kitchen
- Halogen ovens are highly energy-efficient and use less power than conventional ovens, making them especially valuable and sought-after during the energy crisis
- Convenient and easy to use, halogen ovens are the ideal kitchen companion; everything can be prepared in one pot, and they even have a self-cleaning function

### Summary

**200 easy and energy-efficient recipes for your halogen oven**

#### SAVE ON COSTS WITH 200 HALOGEN OVEN RECIPES

Combining the convenience of a microwave with the delicious, crispy results of a traditional oven, the halogen oven is the perfect kitchen companion for households of all sizes.

This cookbook provides 200 simple and fool-proof recipes to help you get the most out of your halogen oven. Full of delicious options for meat, seafood and vegetarian meals as well as tasty sides and baked goods, with *The Halogen Oven Cookbook*, you will never run out of dinner and dessert ideas. With easy-to-follow instructions and quick cooking times, your halogen oven will help you whip up tasty and speedy meals - all without any hassle.

#### CONTENTS:

##### Meat

*Including* Sticky glazed chicken drumsticks; Chili pepper burgers; Apple & cider pot-roasted pork

##### Seafood

*Including* Malaysian prawn curry; Fish kebabs with garlic butter; Honey & sesame salmon

##### Vegetarian

*Including* Camembert stuffed mushrooms; Cherry tomato & pepper tart; Cauliflower cheese

##### Pizza & Pasta

*Including* Chorizo & olive linguine; Goats' cheese & mushroom pizza; Spaghetti carbonara

##### On the Side

*Including* Eggplant with harissa dressing; Caramel roasted vegetables; Garlicky potato bake

##### Breads & Baking

*Including* Sun-dried tomato bread; Summer fruits shortcake, Iced cherry cupcakes

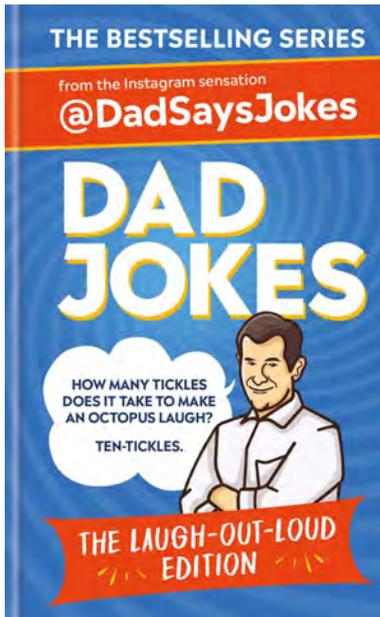
##### Desserts & Puddings

*Including* Chocolate & cranberry cookies; Cinnamon apple crunch; Pistachio & chocolate torte

### Contributor Bio

Maryanne Madden is a home economist and author of several halogen oven cookbooks.

### Illustrations



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## Dad Jokes: The Laugh-out-loud edition

The new collection from The Sunday Times bestsellers

@dadsaysjokes

### Key Selling Points

- The perfect gift for humor lovers, be it for Christmas, birthdays or Father's Day
- @dadsaysjokes have over 6 million followers across Instagram, Twitter and Facebook
- The *Dad Jokes* series has sold more than 45,000 copies via Circana bookscan
- *All New Dad Jokes* has been a repeated *Sunday Times* bestseller

### Summary

The new hilarious and chucklesome jokes from the Sunday Times bestseller and Instagram sensation @DadSaysJokes

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

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

### Contributor Bio

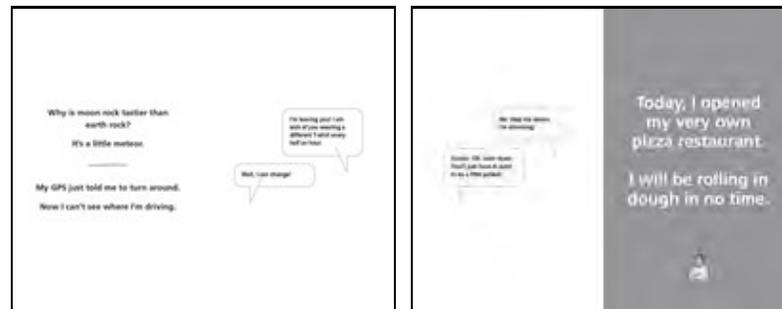
Dad Says Jokes is a community-run social brand with over 6 million followers, inspired by the daily jokes of author Kit Chilvers' dad, Andrew Chilvers. Kit started his career at social media publisher LADbible and has since gone on to launch his own media company, Pubity Group Ltd.

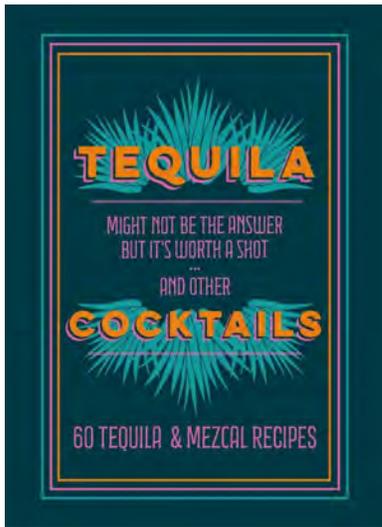
[Instagram.com/DadSaysJokes](https://www.instagram.com/DadSaysJokes)

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

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

### Illustrations





## Tequila Cocktails

### 60 Tequila & Mezcal Recipes

#### Key Selling Points

- Volume of tequila sales in the US has risen over 120% since 2012, and 70% in the UK. Towards the end of 2022 data suggests that the agave spirit has surpassed American whiskey by value to become the second most valuable spirits subcategory in the US.
- In the global market, tequila is the fastest growing spirit after pre-mixed cocktails, the Margarita is the most popular cocktail in the world and everything looks set for tequila to transition from party drink to premium sipper.
- Brightly designed, full of fun quotes and presented in an attractive package that could be a self-purchase, but also a gift for any cocktail lover.
- This book is a fun, comprehensive and straightforward guide to mixing tequila and mezcal based cocktails for the at-home-bartender.

#### Summary

##### Embrace the magic of agave and indulge your thirst for new ways to drink spicy tequila and smoky mezcal

If you think that the ubiquitous tequila can only be consumed as a slammer with requisite salt and lime chaser, think again. It is so much more than just a shot glass favorite, but if the only tequila you've tried starred lime juice and a salt rim, it's high time you expanded your repertoire.

The tequila revolution is here. With its unique aroma and heady buzz, tequila has won its way into drinkers' hearts worldwide. Every day new craft, artisan and small-batch tequila brands are opening its doors to a loyal and thirsty following of blue agave lovers desperate to get their hands on this nectar of the Aztec gods. And the good stuff deserves a great cocktail.

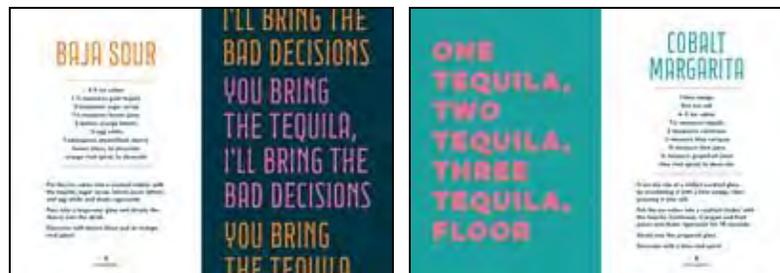
*Tequila Cocktails* is a cheeky and uncomplicated guide to mixing cocktails using agave spirits that best showcase the true potential of spicy tequila and smoky mezcal. You'll find over 50 recipes for boozy stirred numbers and refreshing frozen drinks, easy highballs, and yes more than one spin on the classic margarita, that are fun to create - and even more fun to drink!

So, get your cocktail shaker ready.

#### Contributor Bio

**Pyramid** publishes books on a wide range of popular subjects including cookery, reference, mind body spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

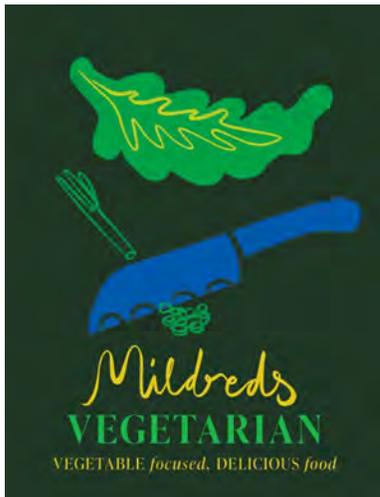
#### Illustrations



Hamlyn  
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Hardcover

96 Pages  
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Print Run: 8K  
Cooking / Beverages  
CKB130000

6 in H | 4.3 in W



## Mildreds Vegetarian

**Vegetable focused, delicious food**

Mildreds

### Key Selling Points

- More and more people are becoming vegetarians, or reducing their meat intake, in a bid for a healthier, more sustainable and more compassionate lifestyle
- Mildreds is one of the longest-standing and most popular vegetarian restaurants ever
- This is an accessible cookbook with easy ingredients and smart, time-saving, flexible ideas

### Summary

#### Over 100 vegetarian recipes from Mildreds

"If you think vegetarian food is limiting, this is the book to change your mind." - *Health & Fitness*

"There's inspiration here to help you elevate humble vegetables into something special." - *The Caterer*

"Be warned, you'll want seconds of everything..." - *Veggie Magazine*

"This is good food at its best, made with delicious, fresh ingredients, which are easy to source and easy to cook with." - *The Vegetarian Experience*

The original cookery book from the popular vegetarian restaurant, *Mildreds: The Cookbook* has something for everyone.

Whether you are a vegetarian or are trying to cut down on your meat intake, the international influences in these recipes promise variety and flavor. There are also plenty of ideas for how to adapt the dishes quickly by adding meat, to cater for keen omnivores.

With easy ingredients and smart, time-saving ideas, each recipe is easy to cook from the comfort of your own home. The dishes are flexible and include ingredients that can be easily sourced, allowing you to make hassle-free and delicious meals.

### Contributor Bio

Lively and effortlessly cool, Mildreds is a mecca for all food lovers that has been offering exciting, affordable vegetarian and vegan food from its original restaurant, in London's Soho, since 1988. It now has four more branches in King's Cross, Covent Garden, Dalston and Camden, and is hugely popular, both for its food and its vibe, with musicians, comedians and other celebrities.

The Mildreds manifesto:

To reach as many people as possible and give them the ideas and confidence to enjoy vegetarian and vegan food at home.

<https://www.mildreds.co.uk/>

<https://www.instagram.com/mildredsrestaurants/>

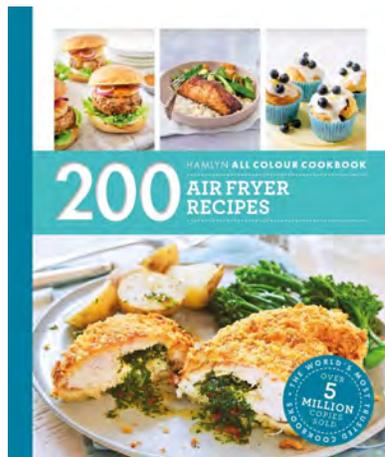
<https://twitter.com/mildredslondon>

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

### Illustrations

Hamlyn  
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Print Run: 5K  
Cooking / Methods  
CKB081000  
6.6 in H | 5.5 in W

## 200 Air Fryer Recipes

200 Air Fryer Recipes

Denise Smart

### Key Selling Points

- The 200s backlist sell well year after year, and have a particularly strong presence in appliance cooking. *200 Slow Cooker Recipes* has sold over 1 million copies worldwide, and is one of Octopus' bestselling titles
- This book satisfies the market's growing appetite for air fryer cookbooks: Amazon's Top 50 Bestselling appliance cookbooks list is dominated by air fryer books. Jenson William's *Air Fryer Cookbook* has sold over 490k copies; Gina Homolka's *The Skinnytaste Air Fryer Cookbook* has sold over 358k copies and Coco Morante's *Ultimate Air Fryer Cookbook* has sold over 28k copies
- Air fryers are convenient, cost-effective, energy-efficient and increasingly popular in the cost of living and energy crises. In 2022, U.S. consumers spent nearly \$1 billion buying air fryers, up 51% from 2019, according to market research firm The NPD Group. Sales of the cooking appliance have been soaring since 2017
- This book fulfils the need for speedy, easy and budget-friendly cooking. With minimal clean-up and less oil, air fryer recipes appeal to readers of all ages and dietary preferences

### Summary

**200 energy-saving and budget-friendly recipes for your air fryer**

#### MAKE DELICIOUS, COST-SAVING MEALS WITH YOUR AIR FRYER

From the trusted *Hamlyn All Color Cookery* series, this cookbook provides 200 easy recipes for you to enjoy with your air fryer, with delicious ideas for breakfast, light bites and sides, meat and fish mains, vegetarian and vegan meals and sweet treats. Whether you want a healthier alternative to traditional frying, or a faster and cheaper way of cooking than the oven, your air fryer will help you save time, money and calories - all with minimal clean-up.

#### CONTENTS:

##### Breakfast

*Including* Tropical fruit muesli; Iced cinnamon rolls; Apricot & almond pastries

##### Quick Snacks

*Including* Sesame prawn toasts; Parmesan kale crisps, Vegetable samosas

##### Light Bites

*Including* Halloumi sticks with spicy dip; Air fryer tortilla pizzas; Cheeseburger wraps

##### Vegetable Mains

*Including* Vegetable fajitas with beans; Baked feta with tomatoes & chili pasta; Miso Eggplant

##### Meat & Fish Mains

*Including* Chicken gyros with flatbread; Crispy fish tacos; Roast beef with horseradish crumb

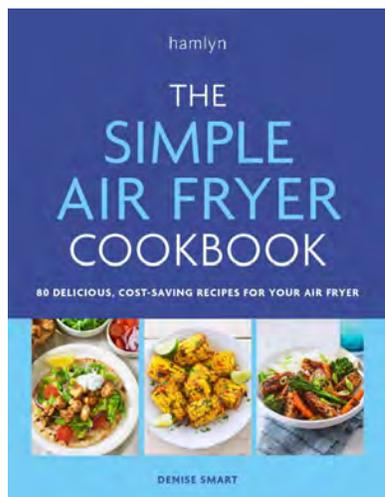
##### Tasty Sides

*Including* Crispy noodles; Vegetable fried rice; Polenta & parmesan fries

### Contributor Bio

Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise has written over a dozen cookbooks and all her recipes are double-tested to ensure they work perfectly first time.

### Illustrations



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9780600638094  
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192 Pages  
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Print Run: 6K  
Cooking / Methods  
CKB081000  
9.7 in H | 7.4 in W

## The Simple Air Fryer Cookbook

**80 delicious, cost-saving recipes for your air fryer**

Denise Smart

### Key Selling Points

- This book satisfies the market's growing appetite for air fryer cookbooks: Amazon's Top 50 Bestselling appliance cookbooks list is dominated by air fryer books
- In 2022, U.S. consumers spent nearly \$1 billion buying air fryers, up 51% from 2019, according to market research firm The NPD Group
- Air fryers are convenient, cost-effective, energy-efficient and increasingly popular in the cost of living and energy crises
- This book fulfils the need for speedy, easy and budget-friendly cooking. With minimal clean-up and less oil, air fryer recipes appeal to readers of all ages and dietary preferences

### Summary

**Make the most of your air fryer with 80 easy and budget-friendly recipes**

#### **AIR FRY ANYTHING WITH THESE DELICIOUS, LOW-EFFORT RECIPES**

Air fryers have become a global phenomenon. They are simple, fuss-free and use less oil, making them the perfect healthy alternative to typical frying methods. Air fryers are also one of the most cost-saving and energy-efficient appliances available, cheaper and faster than traditional ovens.

In this cookbook you will discover how to get the most out of your air fryer. Whether it's breakfast, a quick snack, dinner or dessert, this cookbook gives you flavorful dishes for any time of day. With 80 simple recipes - some you never even thought possible to make in an air fryer - you can cook everything from Harissa chicken thighs to BBQ mushroom burgers to an Apple & blackberry ginger crumble.

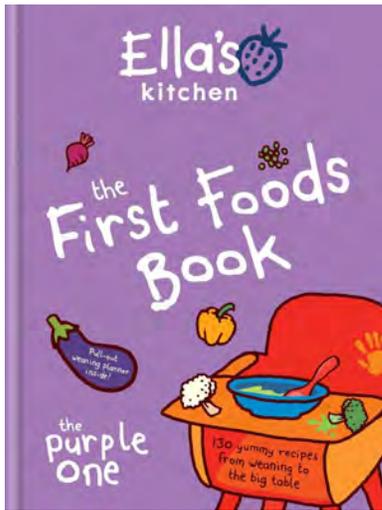
With shorter cook times and minimal clean-up, air fryers are a must-have gadget for your kitchen, and *The Air Fryer Cookbook* is the perfect book to go with it.

### Contributor Bio

Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise has written over a dozen cookbooks and all her recipes are double-tested to ensure they work perfectly first time.

### Illustrations





## Ella's Kitchen: The First Foods Book

### The Purple One

Ella's Kitchen

#### Key Selling Points

- 84% of users would recommend Ella's Kitchen - the highest level of recommendation of all baby food brands
- 33% of mums with babies under three years old use Ella's Kitchen products
- Includes a unique pull-out weaning planner for sticking on the fridge or wall

#### Summary

**From the fastest growing baby food brand, the essential guide to weaning your baby - the fun, stress-free, Ella's Kitchen way**

**Fully revised and updated, with new recipes and photographs.**

Covering every step of the weaning journey, from six months to a year, *The First Foods Book* includes more than 130 recipes - from single-veg purees to exciting combinations and full meals. Every one has been rigorously tested to ensure it meets with Ella's Kitchen nutritional standards.

There is also lots of practical advice to give every parent confidence at this key stage of their baby's development. Top tips and insider advice from nutritionists, baby experts and real moms, dads and carers make weaning easy and stress-free - introducing solids becomes as much of an adventure for parents as it is for the little one whose taste exploration has only just begun. Weekly meal planners show you just what to expect, and there is a pull-out chart included in the book that you can stick on your fridge or wall.

The third in the hugely successful Ella's Kitchen series, *The First Foods Book* brims with recipes guaranteed to set tiny taste buds alight. With every recipe specifically developed for its nutritional content, as well as for its yummy flavor, and with the Ella's Kitchen stamp of approval on every page, this is set to become every parent's must-have guide to weaning.

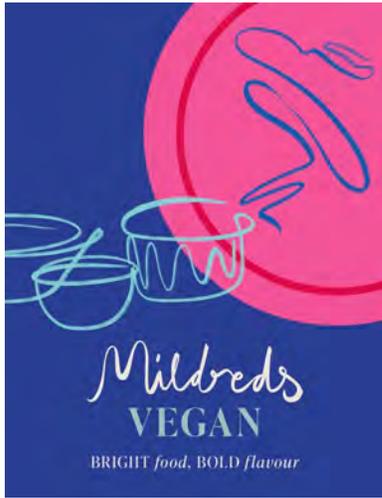
#### Contributor Bio

Ella's Kitchen is a baby and children's food company founded by Paul Lindley when he was deputy managing director of Nickelodeon and trying to wean his reluctant daughter Ella. The range is based on simple, natural ingredients that ooze goodness and really appeal to children. The company has won many awards and is part of Haines Celestial in the US.

#### Illustrations



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Health  
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9.9 in H | 7.6 in W



## Mildreds Vegan

**Bright food, bold flavour**

Dan Acevedo, Sarah Wasserman, Mildreds

### Key Selling Points

- Voted one of the best 18 vegan restaurants in the world by the *Evening Standard*
- The vegan movement is expanding, as more and more people embrace a vegetarian and vegan diet, in a bid for a healthier, more sustainable and more compassionate lifestyle
- Mildreds is one of the longest-standing and most popular vegetarian restaurants in the UK
- An accessible cookbook, with easy ingredients, lots of smart ideas and delicious recipes that just happen to be vegan

### Summary

**Bright food, bold flavor.**

"Only Lady Luck can get a table at Mildreds. It's one of London's coolest vegetarian restaurants." - Time Out

"Who needs meat when you get this much flavor?" - Hardens

Bursting with clever ideas for feasts with family and friends, as well as for delicious, simple everyday meals, Mildreds Vegan Cookbook brings you punchy flavors, satisfying dishes, a dash of urban cool and a refreshing take on the conventional stereotype of vegan food.

There are plenty of dishes to wow a crowd, whether it's Walnut, Date & Cinnamon Rolls and Smoky Baked Beans on Grilled Sourdough for a brunch with friends; Memphis Bourbon Barbecue Skewers and Rainbow Root Slaw with Orange, Maple & Thyme Dressing for a summer barbecue; Chocolate Banana Cupcakes with Chocolate Fudge Icing for a children's party; or Butternut Squash & Tofu Terrine with Redcurrant Stuffing and an I-can't-believe-it's-vegan Espresso Crème Caramel for a celebration dinner. A vegan diet the Mildreds way will bring joy and surprise to your life and ensure your taste buds are well, alive and kicking. Sit back and enjoy fantastic-tasting food for everyone and every occasion.

### Contributor Bio

#### Mildreds

Lively and effortlessly cool, Mildreds is a mecca for all food lovers that has been offering exciting, affordable vegetarian and vegan food from its original restaurant, in London's Soho, since 1988. It now has two more branches in King's Cross and Camden, and is hugely popular, both for its food and its vibe, with musicians, comedians and other celebrities.

The Mildreds manifesto:

To reach as many people as possible and give them the ideas and confidence to enjoy vegetarian and vegan food at home.

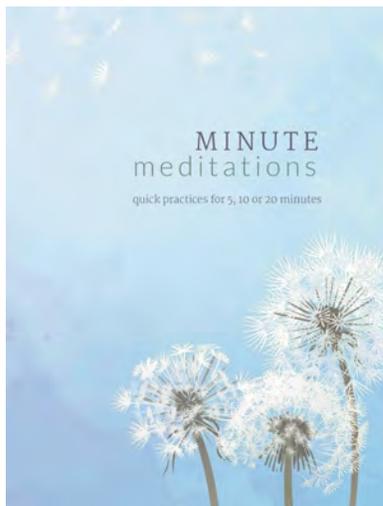
### Illustrations



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256 Pages  
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Print Run: 2K  
Cooking / Vegan  
CKB125000

9.8 in H | 7.7 in W | 0.9 in T | 2.2 lb Wt



Pyramid  
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Hardcover

128 Pages  
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Print Run: 5K  
Self-Help / Meditations  
SEL019000  
7.1 in H | 5.4 in W | 0.6 lb Wt

## Minute Meditations

### Quick Practices for 5, 10 or 20 Minutes

Madonna Gauding

#### Key Selling Points

- The benefits of daily meditation are well-known, but many people aren't able to set aside the time to be alone with their thoughts. This book offers short and easy meditations, ranging from five to twenty minutes, making it easier for people to incorporate meditation into their busy lives.
- This title features meditations written by Madonna Gauding, a renowned expert on meditation, and also features a brand new introduction by the author.
- This title is beautifully illustrated and is the perfect gift or impulse-buy for those looking to improve their overall wellbeing amid the busyness of everyday life

#### Summary

### 5, 10 and 20 minute meditations to help restore calm and balance to busy lives.

From the author of the bestselling classic *The Meditation Bible*.

Meditation has the potential to help you create a better state of mind. But with the time constraints of everyday modern life, it isn't always easy to find an opportunity to be alone with your thoughts.

With *Minute Meditations* it can be.

**Divided into three handy sections - 5, 10 and 20 minute practices - this book is perfect for busy lives.** No matter how much time you have in your day, it will allow you to reap the benefits of daily meditation, creating calm and balance in the busyness of everyday life. Incorporating short practices into your daily life also benefits those who engage in longer practices by training the mind to enter a meditative space more easily.

You'll find 5, 10 and 20 minute meditations specially designed to help in every aspect of your life, including meditations for:

- Calming and Centering Yourself
- Healing your Body, Mind and Spirit
- Promoting Love and Compassion for Yourself and Others
- Living More Mindfully
- Problem Solving
- Manifesting your Dreams and Connecting to the Divine

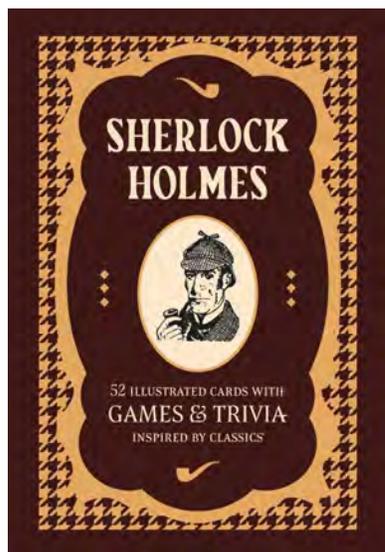
Take some 'you' time wherever you are to recharge, de-stress and connect with your spiritual self. Discover what even 5 minutes can do for your inner peace.

#### Contributor Bio

Madonna Gauding has been a student of Buddhism for over 12 years and is a practitioner of martial arts. She is the author of *The Meditation Bible*, *World Mandalas*, *Six Keys to Buddhist Living* and *Working with Meditation*.

#### Illustrations





## Sherlock Holmes

52 illustrated cards with games and trivia inspired by classics

Pyramid

### Key Selling Points

- Illustrated with exquisite images of beloved scenes, the cards double as a memory game or game of Snap, making this fun for all the family.
- Includes a 16pp booklet within the deck
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- Perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

### Summary

**Immerse yourself in some of the most fascinating worlds of classic literature with this themed trivia and game card deck**

Strap on your deerstalker and put your knowledge to the test with 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places of Arthur Conan Doyle's beloved classics.

Packed with trivia questions, party games, charades and challenges, and illustrated with vintage illustrations that make for a delightful game of Snap or Memory, there is something for everyone in this new series of quiz and game decks.

This is the perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

### Contributor Bio

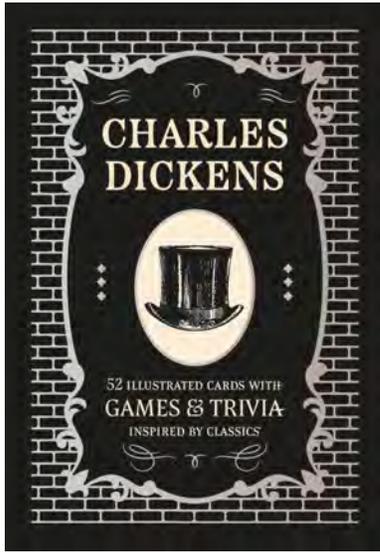
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### Illustrations



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Cards

52 Pages  
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Print Run: 6K  
Games & Activities / Card Games  
GAM002000  
3.5 in H | 2.5 in W



## Charles Dickens

**52 illustrated cards with games and trivia inspired by classics**

Pyramid

### Key Selling Points

- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- Includes a 16pp booklet within the deck
- Perfect gift for the bookworm in your life, detailed, entertaining and wonderfully informative. A must have for bibliophiles.

### Summary

**Immerse yourself in some of the most fascinating worlds of classic literature with this themed trivia and game card deck.**

Put your Charles Dickens knowledge to the test with 52 trivia and game cards, each one featuring a multiple-choice trivia question, charade, game or challenge about the people, places and relationships of Charles Dickens's works.

Packed with trivia questions, party games, charades and challenges – and Illustrated with exquisite images of beloved scenes, the cards double as a memory game or game of Snap, making this fun for all the family.

### Contributor Bio

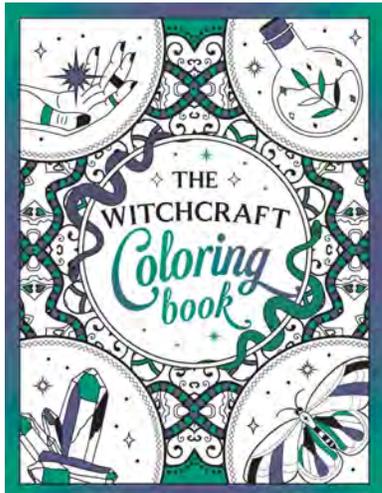
Pyramid publishes books on a wide range of popular subjects including cookery, reference, mind body spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

### Illustrations



Pyramid  
9780753735527  
0753735520  
Pub Date: 4/2/2024  
\$9.99/\$10.99 Can.  
Cards

52 Pages  
Carton Qty: 10  
Print Run: 6K  
Games & Activities / Card Games  
GAM002000  
3.5 in H | 2.5 in W



## The Witchcraft Coloring Book

### A Magickal Journey of Color and Creativity

Summersdale Publishers

#### Key Selling Points

- Similar Summersdale titles, *The Little Book of Witchcraft* (ISBN: 9781800074071) and *The Little Book of Spells* (ISBN: 9781786857996), have sold over 60,000 copies combined.
- Both witchcraft and coloring books have seen recent surges in popularity, led by TikTok trends and demand for mindfulness practices.
- Will appeal to those who enjoyed the similar Summersdale modern-witchcraft-themed title, *The Baby Witch's Journal* (ISBN: 9781800077140).

#### Summary

##### Illustrations, quotes and content to color on everything witch

Conjure creativity and magick with the colorful world of witchcraft

Walk the way of the witch with this crafty coloring book. Manifest your magick and conjure creativity with enchanting illustrations and mystical revelations, devised for those seeking to delve into the occult. Read about rituals, spells and practices while you fill in the charming patterns and designs. Turn the pages to embark on your witchcraft journey, embracing the magick your coloring casts...

Discover the different types of witches, the tools you'll need and the power you already possess in this bewitching book. Through covens and cauldrons, and now color, witches can channel their power and hone their practice. This coloring book features intricate illustrations alongside mystical quotes and "toil-and-trouble" text to inform and inspire aspiring or more seasoned witches.

Inside, you'll color:

- Green, Sea and Cosmic Witches (just to name a few!)
- A witch's toolkit
- A collection of crystals
- Spell swoops

And lots more!

#### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

#### Illustrations



Summersdale  
9781837992294  
1837992290  
Pub Date: 4/2/2024  
\$11.99/\$12.99 Can.  
Paperback

96 Pages  
Carton Qty: 10  
Print Run: 20K  
Body, Mind & Spirit / Witchcraft  
OCC026000

11 in H | 8.5 in W



Summersdale  
9781837990306  
1837990301  
Pub Date: 1/9/2024  
\$9.99/\$10.99 Can.  
Hardcover

160 Pages  
Carton Qty: 20  
Print Run: 15K  
Family & Relationships / Parenting  
FAM032000  
5.4 in H | 4 in W | 0.4 lb Wt

## I Love Mom

### The Perfect Gift to Give to Your Mom

Summersdale Publishers

#### Key Selling Points

- Whether it's for Christmas, for Mother's Day, for her birthday or just because, this little book is the perfect small gift for your mom to show her how much she's appreciated.
- A similar Summersdale title, *Mom in a Million* (ISBN: 9781786857552), has sold over 15,000 copies.
- Other Summersdale titles include:
  - *For the World's Greatest Mom* (ISBN: 9781800074422)
  - *Best Mom Ever* (ISBN: 9781800070226)
  - *For the World's Best Mom* (ISBN: 9781787836396)
  - *For the Best Mom Ever* (ISBN: 9781800076303)

#### Summary

**This delightful little book of hand-picked quotes and statements is the ideal gift for any mom or mom-figure, whether it's for Christmas or Mother's Day, or just to remind them how much they are loved**

Show your amazing mom just how much she means to you with this delightful collection of heartfelt quotes and timeless wisdom

Is your mom one in a million? Whether she's the best hug-giver, the ultimate counsellor or simply your biggest fan, say a massive thank you with the help of this little book.

These pages offer a curated collection of wise and witty words from actors, leaders, writers and musicians about the joys and quirks of motherhood. Whatever you want your message to be – kind, moving or just plain funny – pay tribute to your mom with this perfect keepsake.

This is for the moms who:

- can mend anything, even broken hearts
- always know exactly what to say
- will always love you, no matter what

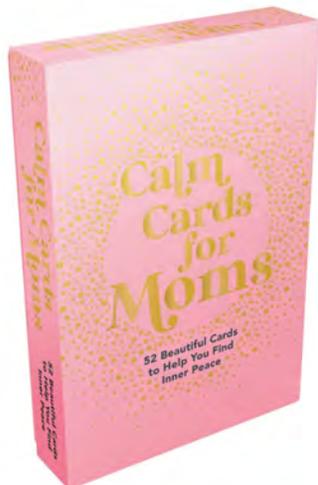
There is nobody quite like your mom. Let her know how much you care with a meaningful gift celebrating everything that makes her the best ever.

#### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

#### Illustrations





## Calm Cards for Moms

52 Beautiful Cards to Help You Find Inner Peace

Summersdale Publishers

### Key Selling Points

- This box of cards provides little reminders and bite-sized advice for moms of children of any age who lead busy lives and need to instill moments of calm into their routines.
- It includes a deck of 52 cards (with a wooden stand to display any one card at a time) and a 16-page mini booklet which serves as a brief user's guide, with advice on how to best use the box and tips on incorporating calm into one's life.
- It is the perfect gift for Mother's Day, as it's both useful and beautiful.

### Summary

**These beautiful cards and booklet are perfect to help any mother find inner peace and find time for much-needed self-care.**

A mom deserves to find calm every day and this gorgeous box of illustrated cards is the perfect way to help her unwind

Throughout motherhood, finding time for self-care is a challenge and all too often sacrificed for the day's to-do list and the needs of others. But all it takes is as little as five minutes – and the gentle advice on these cards – to instill peace. From learning the basics of deep breathing to small reminders that you are enough, these calm cards are the perfect antidote to times of strife, stress and everything in between.

Within the box is a selection of inspirational cards, each with an affirmation on one side and a self-care tip on the other. The cards come with a handy wooden stand so they can be placed anywhere, helping to brighten the room and quieten any mind.

Mothers are an ever-flowing source of inspiration, love and kindness, but they deserve to be cared for too, and there's no better way to show your appreciation for your mom than with this beautiful deck of cards.

### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

### Illustrations



Summersdale  
9781837990269  
1837990263  
Pub Date: 1/9/2024  
\$16.99/\$8.99 Can.  
Cards

16 Pages  
Carton Qty: 4  
Print Run: 6K  
Family & Relationships / Parenting  
FAM032000  
6.6 in H | 5.6 in W | 0.9 lb Wt

# Wedding Tips for Brides

## Helpful Tips, Smart Ideas and Disaster Dodgers for a Stress-Free Wedding Day

Verity Davidson

### Key Selling Points

- Contains handy tips and advice for the night before, the day of the wedding, and the days afterwards, including lists of things to remember and disaster dodgers.
- Will appeal to those who enjoyed the similar Summersdale title:
- *Top Tips for Weddings* (ISBN: 9781786854926)

### Summary

**Take all the stress out of your wedding day with this little book, which is brimming with tips for the big day and the night before.**

With clever tips and friendly advice, this little book will ensure that your wedding day runs smoothly, remains catastrophe-free and is full of all the highs you could hope for

The question has been popped, the ring has been presented and the countdown has begun! What's next? Just the wedding.

This book is here to ensure that your big day is the magical, memorable event that you've always dreamed of. Taking you through every stage of your wedding – from the night before right up to the honeymoon – it's full of smart ideas to take the stress out of your day, including:

- Detailed advice for each part of the day, from the ceremony, to the photos, to the cake.
- Disaster dodgers to help you avoid setbacks.
- Handy spaces for you to include your own notes.

*Wedding Tips for Brides* presents ingenious ideas for any bride-to-be, and will help you and your partner to get the very most out of your special day

### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

### Illustrations



Summersdale  
 9781800076969  
 1800076967  
 Pub Date: 2/6/2024  
 \$10.99/\$11.99 Can.  
 Hardcover

160 Pages  
 Carton Qty: 10  
 Print Run: 6K  
 Family & Relationships / Love & Romance  
 FAM029000  
 5.5 in H | 4 in W

# Wedding Tips for Grooms

## Helpful Tips, Smart Ideas and Disaster Dodgers for a Stress-Free Wedding Day

James Harrison

### Key Selling Points

- Contains handy tips and advice for the night before, the day of the wedding, and the days afterwards, including lists of things to remember and disaster dodgers.
- Will appeal to those who enjoyed the similar Summersdale title, *Top Tips for Weddings* (ISBN: 9781786854926).

### Summary

**Take all the stress out of the wedding day with this little book, which is brimming with tips for the big day and the night before.**

With clever tips and friendly advice, this little book will ensure that your wedding day runs smoothly, remains catastrophe-free and is full of all the highs you could hope for

The question has been popped, the ring has been presented and the countdown has begun! What's next? Just the wedding.

This book is here to ensure that your big day is the amazing, unforgettable event that you want it to be. Taking you through every stage of your wedding – from the night before right up to the honeymoon – it's full of smart ideas to take the stress away, including:

- Detailed advice for each part of the day, from the ceremony, to the photos, to the speeches.
- Disaster dodgers to help you avoid setbacks.
- Handy spaces for you to include your own notes.

*Wedding Tips for Grooms* presents ingenious ideas for any groom-to-be, and will help you and your partner enjoy your big day to the fullest.

### Contributor Bio

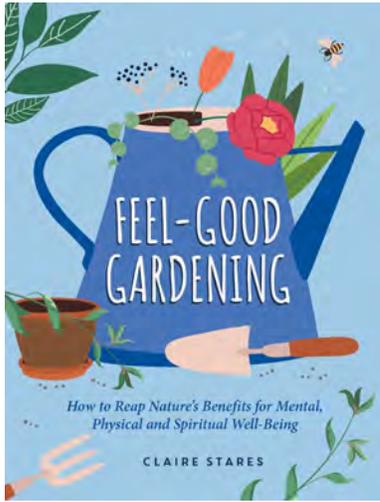
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

### Illustrations



Summersdale  
 9781800076976  
 1800076975  
 Pub Date: 2/6/2024  
 \$10.99/\$11.99 Can.  
 Hardcover

160 Pages  
 Carton Qty: 10  
 Print Run: 6K  
 Family & Relationships / Love & Romance  
 FAM029000  
 5.5 in H | 4 in W



## Feel-Good Gardening

How to Reap Nature's Benefits for Mental, Physical and Spiritual Well-Being

Claire Stares

### Key Selling Points

- Featuring an array of helpful tips and actionable advice, this book explores the many ways in which the act of gardening can soothe mind, body and soul.
- With beautiful photographs and illustrations, this book makes an ideal gift for any garden lover.
- Other similar Summersdale titles include:
  - *Gardening for Mind, Body and Soul* (ISBN: 9781800071629)
  - *The Little Book for Plant Parents* (ISBN: 9781787836877)

### Summary

**This beautifully illustrated book offers practical tips and advice with a focus on the all-round health benefits of gardening. Packed with feel-good facts, creative activities, gardening goals and key information on the holistic benefits, this is the perfect gift for any garden lover.**

Featuring simple tips, practical advice and inspiring ideas, this book will help you discover how to reap the mental, physical and spiritual benefits found in nature

We all know that our environment is critical to our well-being, so when seeking a boost to our happiness, where better to look than the garden? Whether you're hoping to cultivate a calmer mindset, nurture your physical strength or connect with your community, the restorative powers of gardening can help you flourish.

With valuable information, actionable tips, creative project ideas and feel-good gardening facts, this book will help you discover the all-round health benefits that can come while honing your green fingers.

Inside you will discover:

- How the aromas, colors and sounds of plants and nature can both relax and invigorate you
- Why gardening and its therapeutic actions are beneficial for your mental health
- How to energize your body, tone muscles and improve flexibility for overall fitness
- The plentiful spiritual aspects to be found through breathwork and grounding exercises
- How and why gardening can plant you within your community and encourage teamwork and cooperation

### Contributor Bio

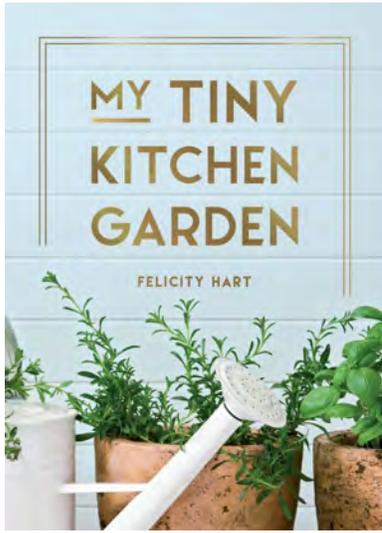
**Claire Stares** is a writer and Guardian country diarist. After completing a master's in creative writing, she began working with animals and is now studying for a master's in clinical animal behaviour. Her free time is spent reading, growing heirloom fruit and vegetables, and wild swimming. She lives by the sea and shares her home with six cats.

### Illustrations



Summersdale  
9781800079915  
1800079915  
Pub Date: 2/6/2024  
\$16.99/\$18.99 Can.  
Hardcover

160 Pages  
Carton Qty: 10  
Print Run: 6K  
Gardening / Techniques  
GAR022000  
7.7 in H | 5.9 in W



## My Tiny Window Garden

Simple Tips to Help You Grow Your Own Indoor or Outdoor Micro-Garden

Felicity Hart

### Key Selling Points

- This beautiful book is packed with full-color photos and illustrations.
- It features simple plant-care tips, handy troubleshooting advice and plant profiles to help the reader choose the plant that's right for them, as well as inspiring quotes and statements.
- This book will appeal to anybody who has limited indoor or outdoor space, and makes growing your own garden an accessible experience for all.
- Other titles in this series include *The Little Book for Plant Parents* (ISBN: 9781787836877) and *My Tiny Kitchen Garden* (ISBN: 9781800073470)

### Summary

**This on-trend book includes simple tips on growing plants on a windowsill. Brought together with appealing photographs and illustrations, the plant profiles, recipe ideas and troubleshooting advice in this book will inspire any budding gardener.**

You don't need a huge space to have a beautiful garden!

This book is the perfect beginner's guide to micro-gardening, featuring tips on how to start, what to choose and how to grow over 20 types of indoor and outdoor plants.

Have you ever been curious about gardening, but lacked an outdoor space? Or are you a pro gardener looking for your next creative horticultural challenge? Then this book is for you!

Whether you want to attract local pollinators, grow a handy collection of herbs for your kitchen, create a relaxing indoor oasis, or enjoy the simple pleasure of watching something grow, *My Tiny Window Garden* is bursting with tips and ideas to help you get started. You will find:

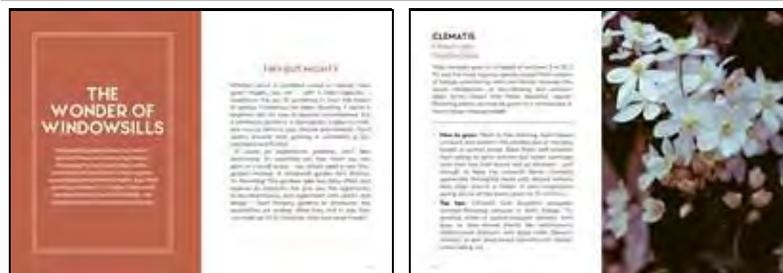
- The basics of micro-gardening
- Troubleshooting tips
- Plant profiles to help you choose what to grow
- Craft ideas to help you style your plants

Perfect for both budding gardeners and seasoned experts looking for seeds of inspiration, this book will hone your green fingers and help you cultivate your very own tiny window garden.

### Contributor Bio

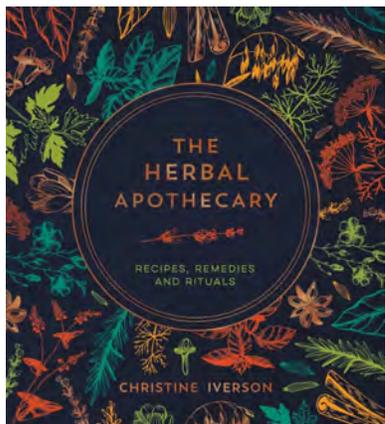
Felicity Hart is an experienced writer and editor. When she's not in her study, she enjoys walking through the countryside or spending time with the flowers in her garden.

### Illustrations



Summersdale  
9781800077003  
1800077009  
Pub Date: 3/5/2024  
\$11.99/\$12.99 Can.  
Hardcover

128 Pages  
Carton Qty: 10  
Print Run: 6K  
Reference / Personal & Practical  
Guides  
REF015000  
6 in H | 4.5 in W



Summersdale  
9781800079854  
1800079850  
Pub Date: 2/6/2024  
\$17.99/\$19.99 Can.  
Hardcover

208 Pages  
Carton Qty: 10  
Print Run: 5K  
Gardening / Regional  
GAR019000  
7.7 in H | 6.9 in W

## The Herbal Apothecary

### Recipes, Remedies and Rituals

Christine Iverson

#### Key Selling Points

- Includes clear photographs to aid identification of edible plants.
- This useful book will give you tips and advice on making the most of your garden and kitchen staples to soothe your ills and make tasty recipes.

#### Summary

**A beautiful photographic guide to help you harness the healing and therapeutic properties of a variety of herbs and spices, just like the apothecaries of the past**

Learn the sustainable and ethical art of the apothecarist with this beautiful photographic guide to working with herbs and spices to make healing remedies and delicious recipes.

Discover the fascinating properties and therapeutic benefits of everyday ingredients found in herb gardens and kitchen cupboards.

For centuries, herbalists and healers have looked to nature for remedies and have made salves, toddies, teas, balms and preserves as cures for common ailments and to add piquant aromas and flavors to dishes – and now you can too.

Inside you will find:

- Photographs to help you safely identify edible plants
- Advice on what is available in each season
- Guidance on how best to grow, prepare and preserve your herbs and spices
- Useful herbal remedies and delicious recipes to try

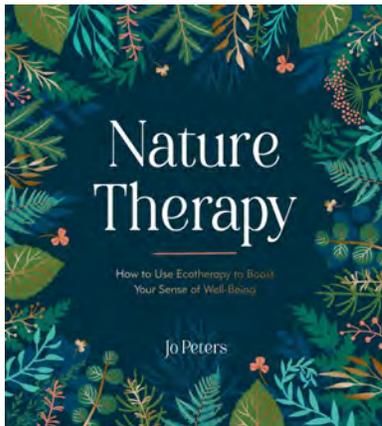
The fascinating folklore and history of these majestic aromatic plants

#### Contributor Bio

Christine Iverson discovered a love of all things hedgerow after moving to a Sussex Downland village in 2001. This fascination led to volunteering as an apothecary at the Weald and Downland Living Museum where she taught school children about medieval and Tudor medicine. Keen to learn more, she became a regular contributor to her local parish magazine sharing the folklore and superstitions of hedgerow plants with her local community. She runs regular folklore and foraging workshops at Tuppenny Barn Organics and gives talks to local women's institutes and horticultural societies.

#### Illustrations





Summersdale  
9781837991488  
1837991480  
Pub Date: 4/2/2024  
\$17.99/\$19.99 Can.  
Hardcover

192 Pages  
Carton Qty: 10  
Print Run: 6K  
Body, Mind & Spirit  
OCC000000  
7.7 in H | 6.9 in W

## Nature Therapy

### How to Use Ecotherapy to Boost Your Sense of Well-Being

Rémy Dambron

#### Key Selling Points

- Since the pandemic, people are increasingly spending time in the great outdoors. Many mental health charities are now encouraging “ecotherapy” – also known as nature therapy – as a therapeutic treatment which involves doing activities in nature to improve mental and physical well-being.
- Covers a wide range of nature therapy activities, from gardening and crafting to walking and wild swimming.
- This beautiful book includes photos and illustrations, making it a beautiful gift for yourself or others.
- Similar Summersdale titles include *Gardening for Mind Body and Soul* (ISBN: 9781800071629) and *The Little Book for Plant Parents* (ISBN: 9781787836877).

#### Summary

##### A guide to nurturing well-being, rooted in the natural world

Discover the healing power of nature with this beautiful book, which will help you reconnect with the natural world to nurture your well-being

Nature therapy is the practice of reconnecting with the natural world. Whether you find your sense of connection in the adventure of windswept cliffs, the solace of a forest, the comfort of your own garden or in the joy of tending a plant in your home, nature has the power to refresh your well-being and help you find your sense of self again.

Dive into this beautiful book to explore the benefits of the outdoors for yourself. Inside these pages you will find:

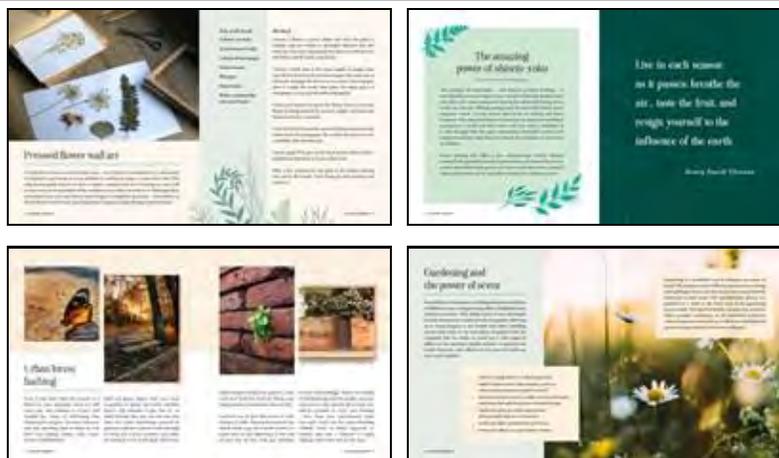
- Tips to help you discover your personal connection with nature
- Activity inspiration, from gardening and crafts to walking and wild swimming
- Advice on how to incorporate the outdoors into your daily life
- A holistic approach to wellness that’s rooted in our innate relationship with the natural world

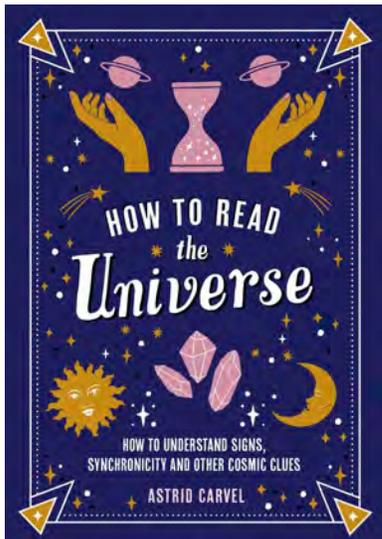
Whether you’re looking to reduce stress, improve your physical health or simply spark more joy and meaning in life, this book is the ultimate guide to unlocking the transformative power of nature.

#### Contributor Bio

**Jo Peters** is a true advocate of the simple life. Once a city lawyer, she left it all behind and now lives on a small-holding in Scotland. She regularly talks in schools, educating the future generation about sustainability and caring for the environment.

#### Illustrations





## How to Read the Universe

### How to Understand Signs, Synchronicity and Other Cosmic Clues

Astrid Carvel

#### Key Selling Points

- Packed with advice and inspiration, as well as fill-in pages to record your experiences, this book is a beginner's guide to recognizing and interpreting signs and messages from the universe.
- Manifestation has become a massive trend on social media platforms such as TikTok and Instagram. The concept of "asking the universe" for a sign as a way to monitor the progress of your manifestation and to determine whether you are on the right path is integral to this practice.

#### Summary

**A beautiful space for you to chronicle signs and messages from the universe, understand how to recognize them and work out what they might be trying to tell you**

Discover the ancient language of the universe, decipher its messages and unravel its mysteries – all you need is this book and your own intuitive powers

Has a song ever popped into your head only for you to hear it on the radio a minute later? Does the same sequence of numbers follow you wherever you go? This could be more than a coincidence. The universe is always pointing you in the right direction – all you have to do is heed its whispers.

Filled with advice and inspiration, this book will be your essential guide to reading the universe. Complete with fill-in sections to chronicle your experiences, learn how to:

- Ask for and manifest guidance from the universe
- Interpret common signs and synchronicities and their meanings
- Unlock your unconscious and reconnect with your inner voice

It's time to discover your true path and find magic and meaning in the everyday. The cosmos is ready and waiting to guide you in your endeavours.

#### Contributor Bio

**Astrid Carvel** is a white witch based in Sussex, who enjoys reading literature on Wicca in her spare time. She is also the author of the best-selling *The Little Book of Crystals* and *The Little Book of Spells*.

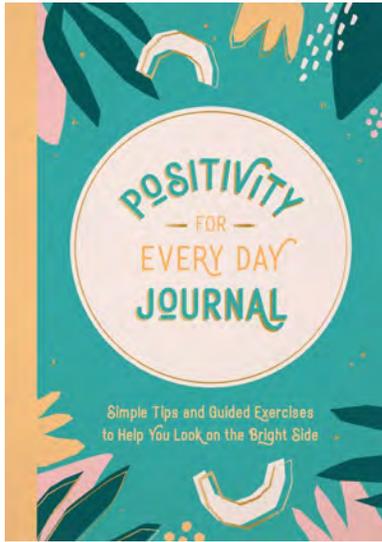
#### Illustrations



Summersdale  
9781837991914  
183799191X  
Pub Date: 3/5/2024  
\$14.99/\$16.99 Can.  
Paperback

160 Pages  
Carton Qty: 10  
Print Run: 8K  
Body, Mind & Spirit / Inspiration &  
Personal Growth  
OCC019000

8.3 in H | 5.8 in W



## Positivity for Every Day Journal

Simple Tips and Guided Exercises to Help You Look on the Bright Side

Summersdale Publishers

### Key Selling Points

- Bursting with accessible tips and guided exercises, this book is a perfect practical guide to boosting your mood and living with a positive mental attitude.
- Positive thinking is vital to our mental and physical well-being, making this book a relevant and appealing gift.
- Another title in the series includes:  
*Resilience for Every Day Journal* (ISBN: 9781800078345)

### Summary

**A beautifully designed journal packed with thoughtful prompts to help you look on the bright side and let your inner optimist thrive**

Infuse your day-to-day life with positivity and gratitude with this guided journal, filled with activities and inspiration to help you find joy in the simplest of things

You may not feel it, but inside you is a hidden optimist ready to break free and feel joy! It's time to step out from under that dark cloud of self-doubt, rid yourself of toxic energy and draw out all the positives that life has to offer.

This journal will help you find joy and contentment through self-care and self-belief, while encouraging you to seek out and discover more of what makes you happy. Full of inspirational prompts and activities to help you reveal your inner positivity and confidence, this journal will optimize your potential.

Inside you will find:

- Top tips on how to stay positive
- Space to write your thoughts and help you find the silver lining
- Ideas and inspiration for self-care activities
- Positive quotes and affirmations for day-to-day life

Your positivity journey starts here.

### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

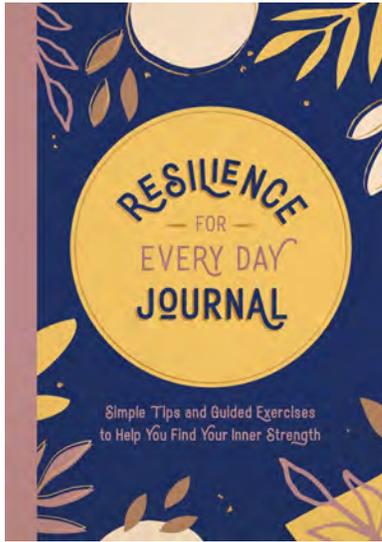
### Illustrations



Summersdale  
9781800078338  
1800078331  
Pub Date: 1/9/2024  
\$16.99/\$18.99 Can.  
Paperback

160 Pages  
Carton Qty: 38  
Print Run: 6K  
Self-Help / Motivational &  
Inspirational  
SEL021000

8.3 in H | 5.8 in W | 0.7 lb Wt



## Resilience for Every Day Journal

Simple Tips and Guided Exercises to Help You Find Your Inner Strength

Summersdale Publishers

### Key Selling Points

- Bursting with accessible tips and guided exercises, this book is a perfect practical guide to bouncing back from adversity and finding your mental strength.
- A lovely gift for a friend or for anyone looking to adopt a more positive outlook on life.
- Another title in the series includes:
- *Positivity for Every Day Journal* (ISBN: 9781800078338)

### Summary

**A beautifully designed journal packed with thoughtful prompts, tips, and exercises to build your mental resilience and help you find your inner strength**

Discover all of life's silver linings with this guided journal, filled with activities and inspiration to help you find your inner strength and resilience.

Life doesn't always turn out as we expected, and it can sometimes feel like a series of setbacks that are hard to bounce back from. Facing these obstacles takes time and perseverance, but with the help of this book you can discover healthy coping strategies to help you grow and learn from your experiences.

Bursting with questions and activities to encourage a resilient mindset, this book aims to help you let go of what is holding you back by getting to know yourself on a deeper level, and nurturing a greater awareness of what you want and need out of life. The time for letting adversity hold us back is over. It's time to start building our mental toughness and enjoying all the pleasures that life has to offer.

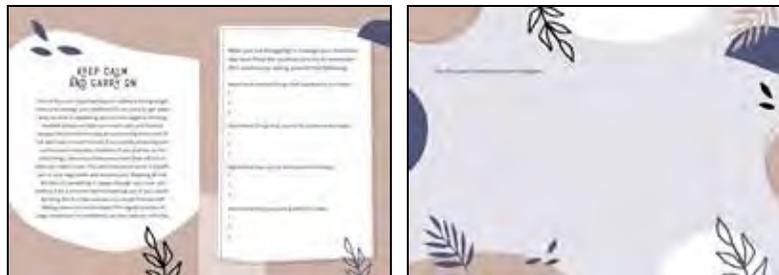
Inside you'll find:

- Positive affirmations for daily motivation
- Uplifting quotes to help you on your way
- Tools and advice to help find your inner strength
- Space for you to document your journey

### Contributor Bio

Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

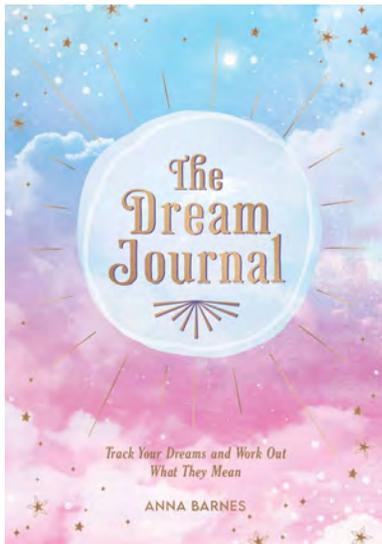
### Illustrations



Summersdale  
9781800078345  
180007834X  
Pub Date: 1/9/2024  
\$16.99/\$18.99 Can.  
Paperback

160 Pages  
Carton Qty: 38  
Print Run: 6K  
Self-Help / Motivational &  
Inspirational  
SEL021000

8.3 in H | 5.8 in W | 0.7 lb Wt



## The Dream Journal

Track Your Dreams and Work Out What They Mean

Anna Barnes

### Key Selling Points

- Packed with helpful tips and advice, and spaces to jot down your dreams, this journal is perfect for any beginner to the interpretation of dreams.
- Similar Summersdale titles include: *The Little Book of the Zodiac* (ISBN: 9781786855466)
- *The Little Book of Spells* (ISBN: 9781786857996)

### Summary

**A beautiful space for you to record your dreams, understand what they mean and work out what they might be trying to tell you**

Unlock your unconscious, record your dreams and reveal their hidden meanings. All you need is this journal, a pen and a good night's sleep.

As Freud famously said, dreams are the royal road to the unconscious. But before we set foot on that path, we need to know why we dream and how we can read them.

Packed with suggestions, facts and advice on all things dream-related, this book will be your essential guide to help you:

- Improve your dream recall
- Learn the basics of dream interpretation
- Identify common dream symbols and concepts
- Understand your dreams and their meanings
- Explore themes and imagery in your dreams

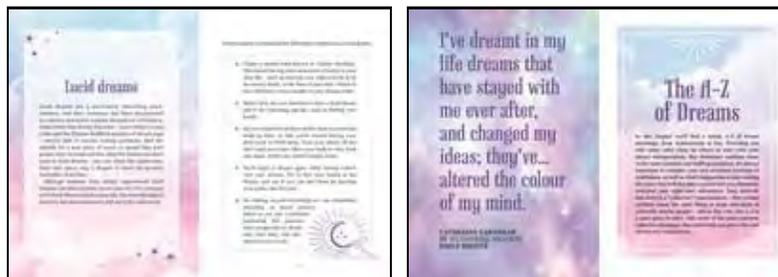
It also provides plenty of space to chronicle your visions and includes a range of quotes from some of the biggest dream experts and philosophers to help you reflect on your visions and interpret them with greater confidence.

It's time to puff up the pillows, slip into a deep slumber and have sweet dreams!

### Contributor Bio

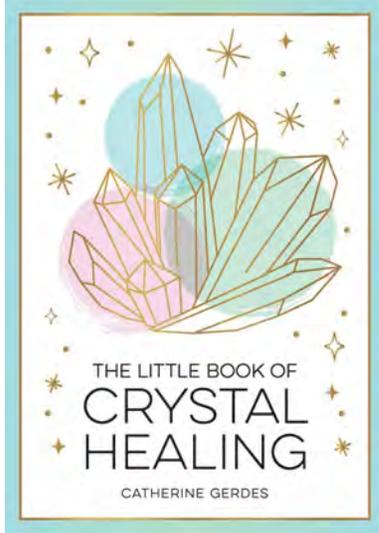
Anna Barnes has a longstanding interest in mindfulness and emotional wellbeing. She enjoys coastal walks and t'ai chi.

### Illustrations



Summersdale  
9781800074392  
1800074395  
Pub Date: 3/5/2024  
\$14.99/\$16.99 Can.  
Paperback

160 Pages  
Carton Qty: 10  
Print Run: 6K  
Body, Mind & Spirit / Dreams  
OCC006000  
8 in H | 6 in W



## The Little Book of Crystal Healing

### A Beginner's Guide to Harnessing the Healing Power of Crystals

Catherine Gerdes

#### Key Selling Points

- A beautiful guide to crystal healing, a subject that is growing in popularity, visibility and influence. Perfect for beginners and more seasoned crystal lovers alike.
- Contains fascinating history, simple care tips and profiles of the most essential crystals to help the reader make the most of their healing journey.

#### Summary

**Invite balance, calm and positivity into your life with this pocket-sized guide to embracing the healing power of crystals**

Invite balance, calm and positivity into your life by embracing the healing power of crystals

For thousands of years, human beings have been drawn to the beauty of crystals. With their long history, glorious colors and unique healing properties, it's little wonder our fascination with these mystical stones remains as powerful as ever.

Discover how crystals can bring harmony to your life with this pocket-sized guide, perfect for beginner and established crystal lovers alike. Whether you're looking to harness the nurturing qualities of jasper or the creative influence of citrine, there's really no end to what these natural treasures can do for you.

Inside this book you will find:

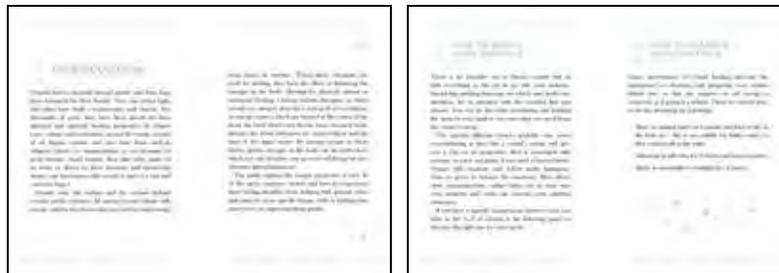
- A brief history of crystals
- Information on how to choose, cleanse, charge and look after them
- Tips and advice on how to use them in daily life
- A breakdown of the most essential crystals

Take the first step on your healing journey with the energies of amethyst, agate, jade, moonstone and many more. May these beautiful gems guide you to a more joyful, harmonious future.

#### Contributor Bio

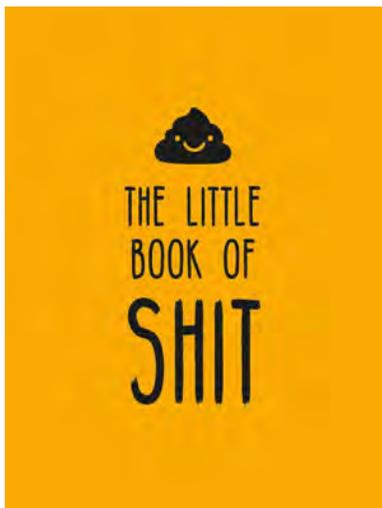
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being, and gift and humor.

#### Illustrations



Summersdale  
9781837991327  
1837991324  
Pub Date: 3/5/2024  
\$9.99/\$10.99 Can.  
Paperback

128 Pages  
Carton Qty: 10  
Print Run: 6K  
Body, Mind & Spirit / Mindfulness  
& Meditation  
OCC010000  
5.8 in H | 4.1 in W



## The Little Book of Shit

A Celebration of Everybody's Favorite Expletive

Summersdale Publishers

### Key Selling Points

- Will appeal to fans of Summersdale's previous book also titled *The Little Book of Shit* (ISBN: 9781786855657), which has sold over 6,000 copies.
- Other similar titles include *The Little Book of Foreign Swear Words* (ISBN: 9781787837690) and *52 Things to Do While You Poo: The Fart Edition* (ISBN: 9781786859969).

### Summary

**Full of shit: quotes and phrases featuring our favorite four-letter word**

Is "shit" the most versatile word in the English language? Quite possibly!

From Philosophical Shit to Animal Shit, and Cultural Shit to Political Shit, this little book is the perfect gift for potty-humored people.

We've been saying "shit" (meaning "trash") since the sixteenth century – "The government is a load of shit!" – but the word itself has been around for thousands of years. Now it's a fan favorite four-letter word, used when you stub your toe, eat something good, spot something gross on the carpet, and all that other shit.

With pages dedicated to some of the best uses of our favorite expletive, this book will make you laugh out loud, think about scientific shit, work, religion, and so on, and reflect on just how versatile a word "shit" really is.

Some of the shits this book gives:

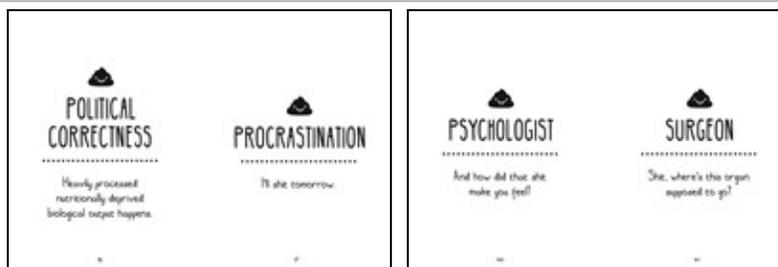
- Doctors: Take two shits and call me in the morning
- Waiters: You want fries with that shit?
- Darwinism: Survival of the shittest
- Jediism: May the shit be with you

There's enough shit for everyone!

### Contributor Bio

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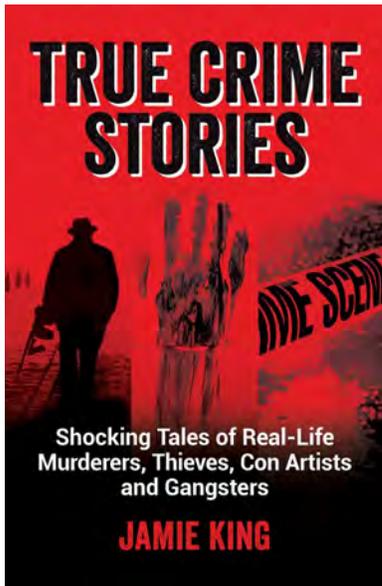
### Illustrations



Summersdale  
9781837992317  
1837992312  
Pub Date: 1/9/2024  
\$9.99/\$10.99 Can.  
Hardcover

160 Pages  
Carton Qty: 20  
Print Run: 7K  
Humor / Form  
HUM016000

5.5 in H | 4 in W | 0.3 lb Wt



## True Crime Stories

**Shocking Tales of Real-Life Murderers, Thieves, Con Artists and Gangsters**

Jamie King

### Key Selling Points

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- The appetite for true crime has increased exponentially over the last few years, with numerous podcasts, TV channels and series with record-breaking viewing figures now dedicated to the genre.
- Filled with serial killers, white collar criminals, thieves and cult leaders, this book aims to send chills down the reader's spine.

### Summary

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**A chilling compilation of crimes that really happened, covering incredible incidents from long ago to the present day.**

Filled with terrifying tales of gruesome murders, grand theft and kidnappings, this compendium of the worst side of humanity is guaranteed to chill the blood

Did you hear about the doctor who murdered his patients? What about the Port Arthur massacre conspiracy? Do you know the story of the Axeman of New Orleans? Prepare yourself for the urge to sleep with the light on and to double-check you've locked the door, because this collection of true crime stories is not for the faint-hearted.

Spanning criminal activity from across the world, this book will take you on a journey to the darkest reaches of human nature. Ranging from white-collar criminals and con artists to kidnappers and killers, there's plenty to shred your nerves.

Whether you're a true crime junkie or just morbidly curious, let these stories of charismatic criminals and their sinister deeds ensnare your interest and send a shiver down your spine.

### Contributor Bio

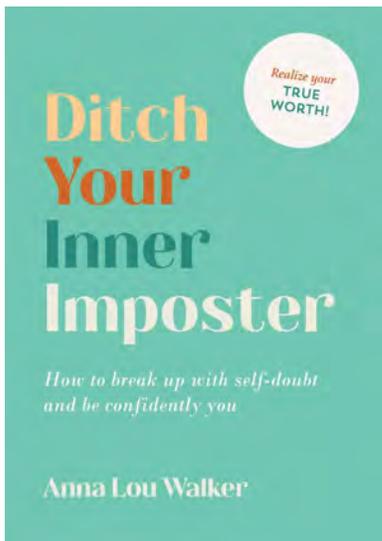
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Jamie King has been fascinated by famous mysteries ever since discovering the Abbey Road album cover as a child. He works as a freelance writer and editor, and lives in Wimbledon.

Summersdale  
9781837990078  
1837990077  
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Paperback

304 Pages  
Carton Qty: 10  
Print Run: 6K  
Social Science / Popular Culture  
SOC022000

7.8 in H | 5.1 in W



## Ditch Your Inner Imposter

How to break up with self-doubt and be confidently you

Anna Lou Walker

### Key Selling Points

- A 2019 review of 62 studies on imposter syndrome suggested anywhere from 9 to 82 percent of people report feeling like an imposter, and that it can affect anyone, from new graduates to professionals at the top of their field.
- As well as bite-sized tips and advice, the book contains quotes and affirmations to inspire and uplift the reader.
- Similar Summersdale titles include:
- *Find Your Why* (ISBN: 9781787839984)
- *The Little Box of Confidence* (ISBN: 9781800071537)

### Summary

**A no-nonsense guide to identifying and overcoming imposter syndrome for good, with all the information and friendly advice you need to make you realize your true worth and put an end to self-doubt**

Tackle imposter syndrome with this practical and supportive guide: it's time to ditch self-doubt and realize your true worth!

Do you constantly doubt your abilities?

Do you often feel like you don't belong?

Are you convinced you're a fraud and will eventually be found out?

If the answer to these questions is yes, yes, and most definitely yes, you're not alone – a recent study revealed that 70 per cent of people will experience imposter syndrome at some point in their life. Constantly doubting yourself and feeling like you don't deserve success, whether it's in your professional or personal life, can take its toll on your well-being, so it's important to confront your feelings and take steps to rid yourself of your doubts and fears.

Find out exactly what imposter syndrome is, how to identify it, and – most important of all – how to overcome it, with this helpful and supportive guide. Inside you'll find:

- Practical tips on how to cope when your inner imposter takes over
- Fascinating information on the five types of imposters; from the perfectionist to the superhero, imposter syndrome manifests in different ways
- Inspiring quotes to build self-belief
- Simple tricks to boost your confidence

Empowering affirmations to keep negative thinking at bay

### Contributor Bio

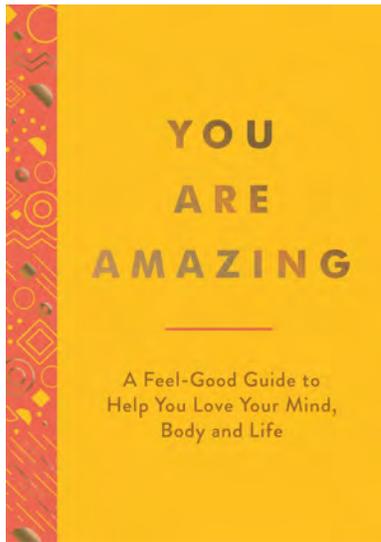
Anna Lou Walker is the editor of *Reader's Digest* magazine. Her free time is spent poring over the work of women artists and hoarding house plants

### Illustrations



Summersdale  
9781800076440  
1800076444  
Pub Date: 4/2/2024  
\$14.99/\$16.99 Can.  
Paperback

160 Pages  
Carton Qty: 10  
Print Run: 6K  
Self-Help / Motivational &  
Inspirational  
SEL021000  
8 in H | 6 in W



## You Are Amazing

A Feel-Good Guide to Help You Love Your Mind, Body and Life

Summersdale Publishers

### Key Selling Points

- Summersdale's pocket edition of *You Are Amazing* (ISBN: 9781786859808) has sold over 7,900 copies.
- Improving self-esteem is proven to have a positive effect on social relationships, lead to greater school and work success, and correlates to better physical health.
- Self-love, confidence and valuing one's worth continue to be current themes discussed across social media and print content.

### Summary

**A bold and bright book to boost self-love and encourage life, mind and body positivity**

This bright and bold book is all about celebrating *you* – your mind, your body, your *amazing* life

Feeling good starts from within, from recognizing your value, identifying your strengths and honoring your aspirations. A sense of self-worth helps you to navigate through life and achieve the very best for yourself – because that's what you deserve!

It's true you might not always feel that you, or your life, are *amazing*, but practicing gratitude and investing time in your happiness can help you build a more positive, productive mindset.

Filled with simple tips, empowering statements, activities and advice, *You Are Amazing* is the perfect companion to kick-start your self-love journey.

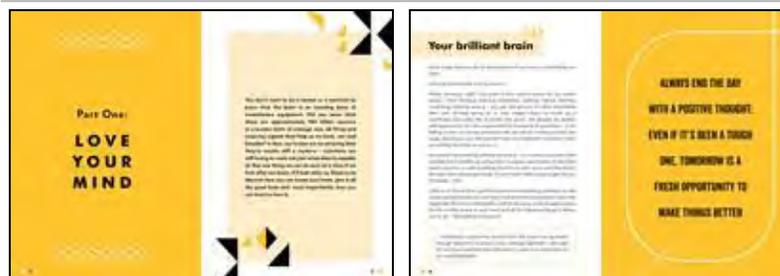
Unlock your self-confidence and boost your mood by discovering...

- Three chapters that guide you through different *amazing* aspects of yourself
- Techniques and tips to boost self-esteem and confidence
- Activities that support self-reflection and realization
- All the reasons why you are totally AMAZING!

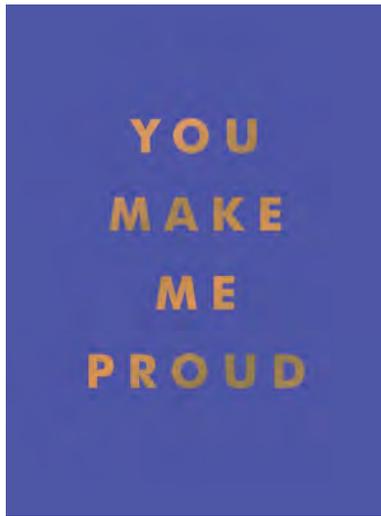
### Contributor Bio

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### Illustrations



Summersdale  
9781837991686  
1837991685  
Pub Date: 3/5/2024  
\$16.99/\$18.99 Can.  
Paperback  
192 Pages  
Carton Qty: 10  
Print Run: 6K  
Self-Help / Motivational &  
Inspirational  
SEL021000  
8.3 in H | 5.8 in W



## You Make Me Proud

### Inspirational Quotes and Motivational Sayings to Celebrate Success and Perseverance

Summersdale Publishers

#### Key Selling Points

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- The latest addition to a stylish series of colorful pick-me-up gift books, including *You Are Amazing* (ISBN: 9781786859808), which has sold more than 7,900 copies.
- This book is the perfect gift for someone who has achieved a personal goal, such as passing an exam or succeeding in a job interview. It's also a great gift to give someone before a challenging event as a supportive gesture. Similar Summersdale titles include:
  - *Never Give Up* (ISBN: 9781786859785)
  - *Dare to Dream* (ISBN: 9781786859815)
  - *Yes You Can* (ISBN: 9781786859792)

#### Summary

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##### **A little book packed with empowering quotes and affirming statements, perfect for telling someone you care about that you recognize their achievements**

Show someone how truly amazing they are with the gift of the sparkling quotations and empowering affirmations in this pocket-sized collection of positivity.

It's always worth celebrating someone who never gives up, who tries their best and looks ahead to even greater goals and better days. This little book, bursting with thoughtful quotes and uplifting mantras, is the perfect way to say to that special someone, "You make me proud."

From the timeless ideas of ancient sages to brilliant insights from modern superstars, these are words of appreciation, encouragement and congratulation for any occasion.

As well as the hard-won wisdom of successful writers, artists and thinkers, this book includes a host of motivational affirmations and daily reminders such as:

- There's nothing you can't do
- You are the creator of your future
- Be proud of who you are and everything you've overcome
- It takes courage to be yourself

What you do makes a difference

#### Contributor Bio

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#### Illustrations

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Summersdale  
9781800071858  
180007185X  
Pub Date: 3/5/2024  
\$9.99/\$10.99 Can.  
Hardcover

160 Pages  
Carton Qty: 10  
Print Run: 6K  
Reference / Quotations  
REF019000  
5.5 in H | 4 in W



## You're Doing Great

Uplifting Quotes to Empower and Inspire

Summersdale Publishers

### Key Selling Points

- This lovely little book is the perfect boost that'll make you want to go out and grab life with both hands. A positive and uplifting gift for anyone looking to boost their inner self-confidence.
- Will appeal to those who enjoyed *You Are So Awesome* (ISBN: 9781849539586), which has sold over 5,100 copies alone.
- Similar Summersdale titles include:  
*She Believed She Could So She Did* (ISBN: 9781787835610)  
*You Can Do It* (ISBN: 9781786859440)  
*Never Give Up* (ISBN: 9781786859785)

Summersdale  
9781800071575  
1800071574  
Pub Date: 1/9/2024  
\$10.99/\$11.99 Can.  
Hardcover

160 Pages  
Carton Qty: 20  
Print Run: 6K  
Reference / Quotations  
REF019000  
5.4 in H | 4 in W | 0.4 lb Wt

### Summary

**Filled with uplifting quotes and inspiring affirmations, this pocket-sized book is the perfect gift for anyone in need of a morale boost**

You've already survived 100 per cent of your worst days

Life sends challenges to us all, but this little book is here to provide you with a boost of self-confidence when you need it most, acting as your personal cheerleader and lifting you up when you're feeling down. Brimming with empowering affirmations and uplifting quotes from some of the world's most inspirational figures, *You're Doing Great* will kick-start the feel-good vibes and remind you just how amazingly awesome you are.

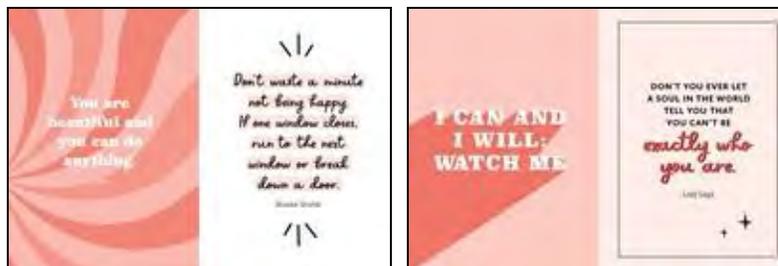
- Featuring a sunny design and cheerful affirmations to deliver a dose of positivity every day.
- Find your inner pizzazz with kick-ass quotes from a range of inspirational people, from Lizzo to Lady Gaga
- Dip into it whenever you need a boost and let the encouraging words spur you into action

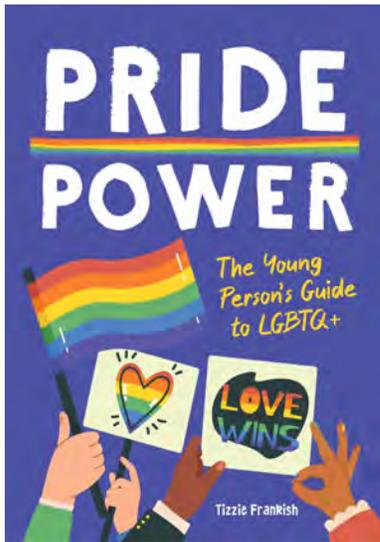
Even the smallest moment of positivity can transform your outlook, and this pocket-sized book is the perfect reminder to keep doing what you're doing, because you're doing great!

### Contributor Bio

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### Illustrations





## Pride Power

### The Young Person's Guide to LGBTQIA+

Tizzie Frankish

#### Key Selling Points

- A cleverly designed gift book celebrating all aspects of LGBTQIA+ culture, in small, easy-to-digest sections and accessible language.
- This book promotes acceptance and equality – both of which are enjoying a surge in interest with the #MeToo and #TimesUp movements on social media.
- Another Summersdale title celebrating LGBTQIA+ culture is *The Little Book of Queer Icons* (ISBN: 9781786857774).

#### Summary

**This guide is for young people aged 11+ to introduce them to the power of Pride and the LGBTQIA+ community**

Pride has different meanings for different people. It can be about protesting for equal rights for everyone, a celebration of our differences and identities, and a way of finding your tribe and a supportive community that values you and accepts you wholeheartedly.

Pride Power! is a celebration of the LGBTQIA+ community and will help you to navigate pronouns and key terms, learn about the fascinating history of Pride and modern queer culture, highlighting game-changers and unsung heroes alike, from Marsha P. Johnson to Nick and Charlie in Heartstopper.

Inside you will:

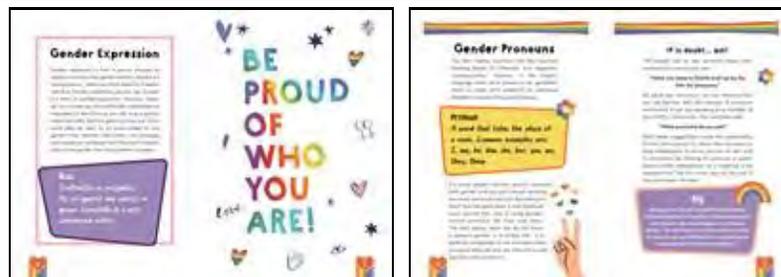
- See what Pride is and why people celebrate it
- Learn about the game-changers in the LGBTQIA+ community
- Follow the essential timeline of queer world history
- Discover classic works of queer art, literature, music, TV and film
- See how you can be an advocate for Pride and everything it stands for

The future isn't binary but it's definitely exciting!

#### Contributor Bio

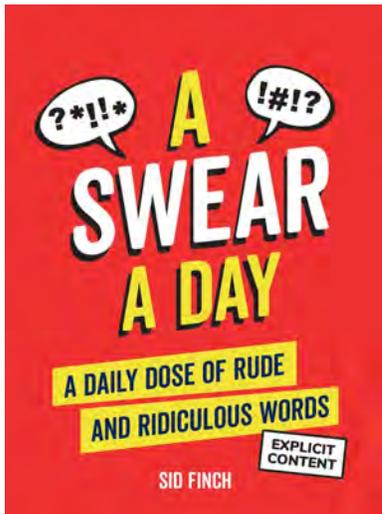
**Tizzie Frankish** is a specialist tutor supporting neurodiverse students and has written a number of educational titles for OUP. She lives in Coventry, UK with her family.

#### Illustrations



Summersdale  
9781837990115  
1837990115  
Pub Date: 4/2/2024  
\$14.99/\$16.99 Can.  
Paperback

144 Pages  
Carton Qty: 10  
Print Run: 6K  
Ages 11 And Up, Grades 6 to 17  
Juvenile Nonfiction / LGBTQ+  
JNF053080  
8 in H | 6 in W



## A Swear A Day

### A Daily Dose of Rude and Ridiculous Words

Sid Finch

#### Key Selling Points

- This hilarious little book is the perfect gift for any foul-mouthed friend.
- Other similar Summersdale titles include:
- *The Little Book of Shit* (ISBN: 9781786855657)
- *Dad Jokes* (ISBN: 9781786852281)

#### Summary

**Learn a new profanity every day and never be lost for words again with this side-splitting book of 365 insults and obscenities**

Never be lost for dirty words again with an insult and obscenity for every day of the year

Summersdale  
9781837990122  
1837990123  
Pub Date: 3/5/2024  
\$9.99/\$10.99 Can.  
Hardcover

If you've ever been angry at your commute, stubbed your toe or broken a glass, swearing can help you vent and make you feel just a little bit better. Now you can get creative with your expletives with this witty collection of vulgar and versatile words.

160 Pages  
Carton Qty: 10  
Print Run: 6K  
Humor / Form  
HUM015000  
5.5 in H | 4 in W

In this side-splitting little book, you will be armed with a swear word for every occasion, and ready to curse whatever life throws at you. Learn a new profanity each day, broaden your rude vocabulary and express yourself in new and entertaining ways.

With well-known swear words, obscene phrases from the past, plus insults in foreign languages, this book is complete with all the things you've ever wanted to say but didn't have the words for. The perfect book for a foul-mouthed friend, *A Swear A Day* is the hilarious way to say what you're really thinking.

#### Contributor Bio

Sid Finch lives in London and enjoys a bit of cheeky banter and a pint of good beer (or any beer).

#### Illustrations

