Jane’s Patisserie Celebrate!
Bake every day special
Jane Dunn

100 easy recipes to make every day a celebration, from the cross-platform sensation. For fans of The Hummingbird Bakery: Cake Days (186k) and GBBO: How to Turn Everyday Bakes into Showstoppers (196k).

Good things come to those who bake!

From bestselling author Jane Dunn, the blogger and baker behind Jane's Patisserie, Celebrate! is packed with simple bakes, mouth-watering flavours and iconic treats that will make every day special.

Whether you’re looking for a fancy funfetti sponge cake for a Birthday, a chunky Mini Egg Cookie for Easter, or a gooey S'more Muffin to add a little sparkle to your Sunday, this book has everything you need to treat yourself and celebrate every day.

Includes 70 new and exclusive recipes requested by her followers, a photograph for every recipe, popular classics from her blog - Mini Egg NYC Cookies, Chocolate Orange Cupcakes, Kinder Bueno Cheesecake and more!

Jane started her blog, Jane's Patisserie, in 2014 after training at Ashburton Chefs Academy. Jane has baked on This Morning, James Martin's Saturday Kitchen, and her recipes have been featured in The Times, Fabulous, Cosmopolitan and Baking Heaven Magazine. Her first book, Jane's Patisserie, is the fastest selling baking book of all time and a No.1 Sunday Times bestseller.

Find her at Janespatisserie.com on Instagram, Facebook, Youtube, and Twitter @janespatisserie

August 2022
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246x189
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272 pages
The Pathfinders
The Elite RAF Force that Turned the Tide of WWII
Will Iredale

The untold story of the elite force that spearheaded almost every British bombing raid over Nazi Germany by the Sunday Times bestselling author of The Kamikaze Hunters. Perfect for fans of John Nichol’s Spitfire, Patrick Bishop’s Fighter Boys and Dambusters.

Military History Matters Book of the Year Bronze Award Winner
‘Compelling... sensitive, colourful and moving’ -- Saul David, Telegraph
‘Fascinating and utterly gripping’ -- James Holland
‘Absorbing’ -- Daily Mail Book of the Week

The incredible story of the crack team of men and women who transformed RAF Bomber Command and helped the Allies deliver decisive victory over Nazi Germany.

The Pathfinders were ordinary men and women from a range of nations who revolutionised the efficiency of the Allies’ air campaign over mainland Europe. They elevated Bomber Command - initially the only part of the Allied war effort capable of attacking the heart of Nazi Germany - from an impotent force on the cusp of disintegration in 1942 to one capable of razing whole German cities to the ground in a single night, striking with devastating accuracy, inspiring fear and loathing in Hitler’s senior command.

With exclusive interviews with remaining survivors, personal diaries, previously classified records and never-before seen photographs, The Pathfinders brings to life the characters of the airmen and women - many barely out of their teens - who took to the skies in legendary British aircraft such as the Lancaster and the Mosquito, facing almost unimaginable levels of violence from enemy fighter planes to strike at the heart of the Nazi war machine.

Will Iredale is a bestselling author, journalist and media consultant. After a decade working at the Sunday Times, first on the foreign news desk and subsequently the home news desk specialising in domestic news and investigations, he wrote the bestselling book The Kamikaze Hunters. He is currently a media consultant and lives in Kent with his family.
At Home In The World
Lessons from a remarkable life
Thich Nhat Hanh

The amazing life of the beloved Zen Master Thich Nhat Hanh

'Oone of the most influential spiritual leaders of our times'
Oprah

Essential life lessons from the world's most famous monk. Through a beautiful collection of autobiographical stories and teachings, At Home in the World tells the remarkable life of the beloved Zen Master, Thich Nhat Hanh. With his signature clarity and warmth, he shares tales from his childhood in rural Vietnam through to his travels teaching the world the art of mindfulness.

'Thich Nhat Hanh shows us the connection between personal inner peace and peace on earth' The Dalai Lama

'Thich Nhat Hanh does not merely teach peace; Thich Nhat Hanh is peace' Elizabeth Gilbert

Born in Hue, Vietnam, Thich Nhat Hanh was a Buddhist Zen Master, poet, scholar and human rights activist. In 1967, he was nominated for the Nobel Peace Prize by Martin Luther King. He founded the Van Hanh Buddhist University in Saigon, the School of Youth and Social Service and the Plum Village Buddhist community and meditation centre in France, where he lived for many years. He was the author of many acclaimed books including Peace is Every Step, Old Path White Clouds and Fear, which have sold millions of copies around the world. In 2018, he returned to Vietnam to live at the Tu Hieu Temple, where he was first ordained when he was sixteen years old. He died on 22nd January 2022, at the age of 95.
Is Your Cat A Psychopath?
Find out if your cat is Pussolini or Mother Purresa

Stephen Wildish

Find out if your cat dreams of world peace or world domination with this essential cat-lovers’ quiz book. For fans of How to Tell if Your Cat is Plotting to Kill You (165k TCM) and Test Your Cat: the IQ test (227k TCM)

Find out if your cat is Pussolini or Mother Purresa

In ancient Egypt cats were viewed as gods and in modern day they are no stranger to worship as the internet’s favourite animal, but have you ever stopped to consider the true nature of the smug little creatures we so willingly welcome into our homes?

Is your cat a dazzling Dolly Purrton in the making? Or a hateful Hannibal Lickter waiting to strike? Find out with this killer purrsonality quiz.

With 16 personality profiles and tips on how to live in harmony with your cat, whatever their result, find out if your furry housemate dreams of world peace or world domination.

Stephen Wildish is a graphic designer specialising in illustration and infographics. He is the author of How to Swear, How to Adult and How to Vegan, and lives in Marlborough.
A Hug in a Book
Everyday Self-Care and Comforting Rituals
My Self-Love Supply

A pocket-sized self-care book with 5, 15 and 30-minute rituals, activities and affirmations from hit Instagram account @MySelfLoveSupply - Over 3 million fans

What if all it took to improve each day was 5 minutes?

From the Instagram page @MySelfLoveSupply comes A Hug in Your Book, a pocket-sized comfort book that will transform your everyday life through tiny habit changes.

Filled with 5-minute, 15-minute and 30-minute self-care routines tailored to your needs, it is a book full of self-kindness tips, quotes, reminders and routines for happier days.

My Self-Love Supply is the hit Instagram account set up by MSc Psychological Studies with Mental Health student, Sofia Pellaschiar, which provides self-care and wellbeing inspiration to her 3.3 million followers. Her first book, The Morning Journal, was a self-published success and a simple, gentle guide to daily self-care.
Deep Cover
How I took down Britain’s most dangerous gangsters
Shay Doyle and Scott Hesketh

An explosive first-hand account of Level 1 undercover police work, from the cop who infiltrated and dismantled some of the UK’s toughest gangs and high-profile gangsters, including Salford’s ‘Mr Big’ and cop killer Dale Cregan. For fans of Running with the Firm, Good Cop Bad War and Soldier Spy

Street kid turned undercover cop.

‘This time he wasn’t getting up. Neither were the two young women he’d just murdered. The two unarmed young police officers he cut down in a hail of 32 bullets and the fragments of a grenade, ending their promising lives so savagely, so senselessly. I felt empty. Cold. How had it come to this?’

Shay grew up on a tough Manchester council estate where drugs and gangs were rife. A life of crime would have been an easy path to take. So it went against everything that was expected of him when he joined the police.

It wouldn’t be long before Shay’s prodigious talent caught the attention of the top. Then came the call that changed his life: an offer to join the secret Level 1 undercover unit known as Omega. And it was easy to see why they wanted him: he wouldn’t have to stray too far from what he already knew. He had all the attributes of a professional criminal: the athletic physique of a cage fighter, the talk, the walk. Streetwise and fearless, he’d be a match for the most hardened villain. He was given a new identity, his DNA and fingerprints were removed from the national database, and so began the life of Michael Lydiate.

In a distinguished covert career spanning 17 years, former soldier Shay infiltrated Moss Side gangs, was part of a hand-picked team hunting Dale Cregan and was brought in to break up a gang war wall of silence after the murder of Salford ‘Mr Big’ Paul Massey. But there would be a heavy price to pay for a life in the shadows, where any mistake could have lethal consequences...

Shay Doyle (Author)
Shay Doyle is a former soldier and police officer who was one of the UK’s chosen few Level 1 undercover operatives. Posing
When Friday Comes
Football revolution in the Middle East and the road to the Qatar World Cup
James Montague

A fully revised and updated edition of James Montague's cult account of football in the Middle East, from the Arab Spring to the Qatar World Cup, described by the New York Times as one of the top ten football books of all time.

'Passionate and moving and provides further evidence of the universality of football' Jonathan Wilson, FourFourTwo

The definitive story of the Middle East's unstoppable rise to football superpower, and the road to the Qatar World Cup

When James Montague first began covering football in the Middle East two decades ago, people asked him what future there could possibly be for the beautiful game in one of the most volatile regions in the world. In the years that followed, it would become one of the biggest stories in global sport, from the from revolutionary ultras of the Arab Spring and the takeover of some of the world's biggest clubs by the Emirati super rich, to Qatar's controversial journey towards hosting the 2022 World Cup finals.

The only Western journalist covering the story on the ground from the very beginning, James Montague tells the definitive tale of the region's rise to ultimate power player in the global game in a fully revised and updated edition. Travelling to every country in the Middle East and meeting fans, players, workers and campaigners, he paints an unforgettable picture of football in a controversial, vibrant and surprising new world.

James Montague is an award-winning author and journalist from Chelmsford, Essex. He writes for the New York Times, the Bleacher Report, World Soccer, and Delayed Gratification and has reported from over 80 different countries and unrecognised territories. He is the author of three highly-praised football books: When Friday Comes: Football, War and Revolution in the Middle East, Thirty One Nil: On the Road With Football's Outsiders and The Billionaires Club: The Unstoppable Rise of Football's Super-Rich Owners. @JamesPiotr

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416 pages
**Women Who Run With The Wolves**

**Contacting the Power of the Wild Woman**

**Clarissa Pinkola Estes**

*A beautiful gift edition celebrating the 30th anniversary of the cult feminist classic*

*A beautiful collectable gift edition celebrating the 30 year anniversary of the ultimate cult feminist classic*

Within every woman, there lies a powerful force of energy, creativity and self-knowing: their wild woman. For centuries, she has been repressed by a male-orientated value system that trivialises her emotions. Until now.

With a combination of time-honoured stories, myths, fairy tales and casework, this is the feminist book loved by over 2 million women, that will set you on a beautiful path to unleashing your inner wild.

'Everyone should read this book' Maya Angelou

'Estés points to storytelling, our ancient narratives, as a way for women to reconnect to the Wild Woman all women have within themselves, but have lost' Emma Watson

Clarissa Pinkola Estes, Ph.D., is an award-winning poet, senior Jungian psychoanalyst, and a cantadora (keeper of the old stories of the Latina tradition). Dr Estes founded and directs human rights educational organisation, La Sociedad de Guadalupe, which broadcasts, via audio, throughout the world. She uses the power of metaphor and the art of storytelling to guide listeners through unfamiliar doors of perception and observation: we return with more of ourselves.

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560 pages
Match of the Day: Top 10 of Everything

Our Ultimate Football Debates

Gary Lineker, Alan Shearer and Micah Richards

Accompanying a new 30-episode series of the hit BBC Sounds podcast, a brilliant collection of 180 banter-filled Top 10 lists from the quick-witted Match of the Day trio of Gary Lineker, Alan Shearer, and Micah Richards.

Football isn't life or death - it's much more serious than that...

Which players will the fans never forget? Who are the Premier League's best buys? Who were the best link ups in history?

In Match of the Day Top 10 of Everything, Gary Lineker, Alan Shearer and Micah Richards bring all of the charm, wit and punditry of their hit BBC Sounds podcast onto the page, arguing the toss over their favourite strikers, Premier League managers, shock transfers, cult heroes, hard men, FA Cup Finals, and much, much more. The question is...will you agree with their picks?

Gary Lineker (Author)
Gary Lineker OBE is a broadcaster and a former professional footballer. He holds England’s record for goals in FIFA World Cup finals, with 10 scored. He has presented the flagship BBC football programme Match of the Day since the late 1990s. Follow Gary on Twitter @GaryLineker and on Instagram.

Alan Shearer (Author)
Alan Shearer CBE grew up in Newcastle, leaving home as a teenager to pursue a career in professional football with his first team, Southampton. He went on to reach football stardom, winning the Premier League with Blackburn in 1995, breaking the world transfer record by signing to Newcastle United in 1996 and achieving international success as the Captain of England. Alan also holds the record for most goals scored in Premier League history.

Micah Richards (Author)
Micah Richards is a former professional footballer and a football pundit who played as both a right back and centre back. He was a Premier League title winner with Manchester City and played for Aston Villa, as well as Fiorentina in Italy’s Serie A.

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352 pages
How to Stand Up to a Dictator
By the Winner of the Nobel Peace Prize 2021
Maria Ressa

Inspirational 2021 Nobel Peace Prize WINNER Maria Ressa's personal frontline manifesto in the war against authoritarism's sinister uses of big tech

WINNER OF THE NOBEL PEACE PRIZE 2021

What will you sacrifice for the truth?

Maria Ressa has spent decades speaking truth to power. But her work tracking disinformation networks seeded by her own government, spreading lies to its own citizens laced with anger and hate, has landed her in trouble with the most powerful man in the country: President Duterte.

Now, hounded by the state, she has multiple arrest warrants against her name, and a potential 100+ years behind bars to prepare for - while she stands trial for speaking the truth.

*How to Stand Up to a Dictator* is the story of how democracy dies by a thousand cuts, and how an invisible atom bomb has exploded online that is killing our freedoms. It maps a network of disinformation - a heinous web of cause and effect - that has netted the globe: from Duterte's drug wars, to America's Capitol Hill, to Britain's Brexit, to Russian and Chinese cyber-warfare, to Facebook and Silicon Valley, to our own clicks and our own votes.

Told from the frontline of the digital war, this is Maria Ressa's urgent cry for us to wake up and hold the line, before it is too late.

Praise for Maria Ressa:
Winner of the UNESCO Press Freedom Award 2021
'A personal hero of mine ... she's an important warning for the rest of us'
*Hillary Clinton*

'Maria Ressa is 5ft 2in, but she stands taller than most in her pursuit of the truth'
*Amal Clooney*

'Maria is a key voice ... she is so incredible in so many ways'
*Carole Cadwalladr*
Slenderman
Online Obsession, Mental Illness, and the Violent Crime of Two Midwestern Girls
Kathleen Hale

A devastating and gripping account of an internet meme, two twelve-year-old girls and a brutal stabbing that would destroy families, a small town and the myth of childhood innocence

The 2014 Slenderman stabbings in the Milwaukee suburb of Waukesha, Wisconsin, shocked the local community and the world. The violence of Morgan Geyser and Anissa Weiser, two twelve-year-old girls who attempted to stab their classmate to death, was extreme, but what seemed even more frightening was that they had done so under the influence of an internet meme, the so-called 'Slenderman'.

Slenderman tells the full story for the first time, in deeply researched detail. Morgan and Anissa were brought together by their shared love of geeky television shows, and their discovery of the Creepypasta website’s scary stories could so easily have come to nothing. But Morgan was suffering with early onset schizophrenia. She believed that she had been seeing Slenderman for many years, and that the only way to stop him killing her family was to bring him a sacrifice. Her victim, Payton 'Bella' Leutner, miraculously survived the attack but was left deeply traumatised, while Morgan and Anissa were immediately remanded into jail, and the severity of their crime meant that they would be tried as adults.

Slenderman is both a page-turning true crime classic and a compelling search for justice.

Kathleen Hale is a Harvard graduate. She has written for the Guardian, Hazlitt and Vice, and is a writer and producer for Outer Banks on Netflix. She was born in Wisconsin and lives in Los Angeles.
The Sun, the Sea and the Stars
Ancient wisdom as a healing journey
Iulia Bochis

Hit Instagram artist @iuliastration (560k followers) weaves a beautiful tale of personal growth and healing based around striking affirmations, mantras and quotes that draw upon ancient wisdom, from Rumi to Lao Tzu. For fans of Florence Given, The Slumflower and Rupi Kaur.

In this modern tale for the ages, hit Instagram illustrator @iuliastration takes us a on a healing journey.

Following the story of a traveller as they move from darkness to light through the rhythm of the seasons, this is a deeply relatable quest for inner peace told through hundreds of calming and original illustrations.

Using ancient wisdom and philosophical quotes from around the world - from Rumi to Emily Dickinson - to anchor her striking visual storytelling, Iulia Bochis weaves a timeless story of personal growth and self-love.

Iulia Bochis is a Romanian illustrator based in Switzerland and the creator of the Instagram page @iuliastration, which has more than 560,000 fans.
**World Class**  
How to Lead, Learn and Grow like a Champion  
Ben Fennell and Will Greenwood

What elite sport can teach us about high performance leadership, from World Cup winner Will Greenwood, and leading executive Ben Fennell

**What gives the world's best leaders the edge?**

Will Greenwood is best known for being an integral part of the 2003 Rugby World Cup-winning team. Ben Fennell has spent over 16 years helping the world's biggest businesses and brands grow. Together, they have established that world-class performance - in both business and sport - requires a fresh approach, and a new set of behaviours.

Having spoken to inspirational leaders across all areas of business and sport, including Michael Johnson, Tanni Grey-Thompson, Rio Ferdinand, Dame Carolyn McCall, Dave Lewis and Sir Clive Woodward, the authors have identified the key characteristics of world-class performance. These guiding principles of celebrating difference, forging togetherness and accelerating growth constitute a new framework for modern leadership.

**Packed with insightful personal stories, and often painfully learnt lessons, Will and Ben offer a new playbook for world-class leadership, learning and growth.**

**Ben Fennell (Author)**  
Ben read politics at Durham University and then studied as a postgraduate at Oxford, where he won a rugby blue.

He spent 16 years as the CEO of BBH in Singapore and then London, helping businesses like Unilever, Diageo, British Airways and Tesco to grow. Ben founded The Growth House at the start of 2018 and now works with senior teams at companies all over the world such as Virgin Media, Costa, LinkedIn and AstraZeneca. Ben is passionate about helping leaders, teams and businesses to grow.

**Will Greenwood (Author)**  
After reading Economics at Durham University, Will worked in the City before becoming a professional rugby player. He is the third highest try scorer in English rugby history, and helped
How to be a Politician
2000 Years of Good (and Bad) Advice
Vince Cable

The ultimate book of political advice, conjuring the warp, weft, ebbs, flows, highs and lows of a political life, in the words of those who said it best - curated and introduced by Sir Vince Cable.

'Always forgive your enemies - but never forget their names.' JFK

'What do you want to be a sailor for? There are greater storms in politics than you will ever find at sea. Piracy, broadsides, blood on the decks. You will find them all in politics.' David Lloyd George

'Unchallenged master of the self-inflicted wound.' Nicholas Soames on Boris Johnson, apropos his switch to campaigning for Brexit

Structured to follow the arc of a life in politics - from childhood aspirations and first attempts at getting elected, to navigating the back benches, ascending the greasy pole, dealing with detractors, facing crises, and finally escaping - this unique collection weaves together the Wittiest, wisest and most acerbic political quotations from the last 2,000 years. Punctuated throughout by candid insights from Sir Vince Cable, How to Be a Politician is a timeless and entertaining education in the dark arts of politics.

Vince Cable is the former Liberal Democrat leader 2017-2019 and was Secretary of State for Business, Innovation, and Skills 2010-2015. Some of his achievements include launching the world’s first ever Green Investment Bank to support that supports young people through apprenticeships and the promotion of socially responsible capitalism. He is currently a visiting professor at the London School of Economics.
No Rules Rules
Netflix and the Culture of Reinvention
Reed Hastings and Erin Meyer

How do you build the most dynamic, disruptive business on earth? This is the Netflix founder's radical blueprint.

Hard work is irrelevant. Be radically honest. Adequate performance gets a generous severance. And never, ever try to please your boss.

These are some of the ground rules if you work at Netflix. They are part of a unique cultural experiment that explains how the company has transformed itself at lightning speed from a DVD mail order service into a streaming superpower – with 125 million fervent subscribers and a market capitalisation bigger than Disney.

Finally Reed Hastings, Netflix Chairman and CEO, is sharing the secrets that have revolutionised the entertainment and tech industries. With INSEAD business school professor Erin Meyer, he will explore his leadership philosophy – which begins by rejecting the accepted beliefs under which most companies operate – and how it plays out in practice at Netflix.

From unlimited holidays to abolishing financial approvals, Netflix offers a fundamentally different way to run any organization, one far more in tune with a fast-paced world. For anyone interested in creativity, productivity and innovation, the Netflix culture is something close to a holy grail. This book will make it, and its creator, fully accessible for the first time.

Reed Hastings (Author)
Reed Hastings is an entrepreneur who has revolutionised entertainment since co-founding Netflix in 1997, serving as its chairman and CEO since 1999. His first company, Pure Software, was launched in 1991 and acquired just before Netflix was launched. Reed served on the California State Board of Education from 2000 to 2004 and is an active educational philanthropist. He has sat on the board of several educational organisations including Dreambox Learning, KIPP and Pahara. He received a BA from Bowdoin College in 1983 and an MSCS in artificial intelligence from Stanford University in 1988. Between Bowdoin and Stanford, Reed served in the Peace Corps as a volunteer teacher in Southern Africa.

Erin Meyer (Author)
Who Are You Calling Vermin?
Pam Ayres

Pam Ayres has been a writer, broadcaster and entertainer for over 40 years. She is the author of several bestselling poetry books, including The Works, Surgically Enhanced, You Made Me Late Again! and The Last Hedgehog. Pam’s autobiography, The Necessary Aptitude, was a bestseller when it was published in 2011.

On radio she is a regular on Just A Minute, has made six series of her own Ayres On The Air and has appeared twice on the legendary Desert Island Discs.

Pam performs her solo stage show throughout the UK and lives in the Cotswolds, where she is an enthusiastic gardener for wildlife.
The Russia Conundrum
How the West Fell For Putin’s Power Gambit – and How to Fix It
Mikhail Khodorkovsky (with Martin Sixsmith)

An urgent analysis of the battle between Russia and the West, by former Kremlin insider and now vocal Putin critic Mikhail Khodorkovsky.

‘I’m a fairly calm fellow; I don’t usually get het up about things. But I was, let’s say, concerned when I tuned into the Moscow Echo radio station and heard that the Kremlin had put a price on my head. The announcement didn’t quite say ‘dead or alive’. But it came close...’ Mikhail Khodorkovsky, March 2021

Mikhail Khodorkovsky has seen behind the mask of Vladimir Putin. Once an oil tycoon and the richest man in Russia, Khodorkovsky spoke out against the corruption of Putin’s regime - and was punished by the Kremlin, stripped of his entire wealth and jailed for over ten years.

Now freed, working as a pro-democracy campaigner in enforced exile, Khodorkovsky brings us the insider’s battle to save his country’s soul. Offering an urgent analysis of what has gone wrong with Putin, The Russia Conundrum maps the country’s rise and fall against Khodorkovsky’s own journey, from Soviet youth to international oil executive, powerful insider to political dissident, and now a high-profile voice seeking to reconcile East and West.

With unparalleled insight, written with Sunday Times bestselling author Martin Sixsmith, The Russia Conundrum exposes the desires and damning truths of Putin’s Russia, and provides an answer to the West on how it must challenge the Kremlin - in order to pave the way for a better future.

Mikhail Khodorkovsky (Author)
In the early 2000s, Mikhail Khodorkovsky was one of the wealthiest men in Russia, the head of the giant Yukos oil company, ranked 16th on Forbes list of world billionaires. But his pro-democracy, anti-corruption views led to a clash with President Vladimir Putin, who had him arrested in 2003. Convicted on politically motivated fraud charges, Khodorkovsky spent ten years in Putin’s prison camps, recognised by Amnesty International as a prisoner of conscience. Since his release in December 2013, Mikhail Khodorkovsky has lived in...
Moro Easy
Sam & Sam Clark

From the multi-award-winning and bestselling authors comes a brand-new book to celebrate 25 years of delicious Moorish cuisine. For fans of Moro: The Cookbook (135k TCM), Persiana (205k TCM) and Ottolenghi SIMPLE (335k TCM).

"A rare and very special cookbook" - Nigel Slater on Moro: The Cookbook

Moro is the trailblazing and highly acclaimed home of bold, flavour-centered cooking using few ingredients, perfectly combined.

Sam and Sam Clark introduced us to the cuisine of North Africa and Southern Spain, the land of the Moors, of fresh ingredients and fragrant spices. They are the talents behind hits such as Cod Baked with Tahini Sauce, Pork Cooked in Milk and Slow Roasted Shoulder of Lamb Stuffed with Saffron Rice.

In this stunning brand-new book, they offer exceptional new recipes but pared back and more achievable than ever before.

With simple and speedy dishes such as Courgette, Lemon and Manchego Salad, Spiced Potato Cake with Egg, Asparagus and Jamon and Seabass with Migas, Lemon Zest and Garlic, as well as one-pot Spring Greens with Crispy Chorizo and Brown Rice and Potato Pilaf.

This is relaxed home cooking with outstanding quality, on the table in minutes with the laidback, no-fuss attitude of the countries that inspire it.

Sam and Sam Clark are the successful husband-and-wife team behind Moro.

Having spent their honeymoon exploring the flavours of Spain and Morocco, they opened Moro in Clerkenwell, London, in 1997. Since then the restaurant has enjoyed unequalled reviews and accolades, and the Clarks have opened Morito, an intimate tapas bar, with branches in Clerkenwell and Hackney.

They live in Highbury, North London and have three children.
The Myth of Normal
Trauma, Illness & Healing in a Toxic Culture
Dr Gabor Maté, with Daniel Maté

A book that changes everything – from the legendary Dr Gabor Maté

We tend to believe that normality equals health. Yet what is the norm in the Western world?

Mental illness is on an unstoppable rise. Some 45% of Europeans suffer high blood pressure, and nearly 70% of Americans take at least one prescription drug. Illness and trauma are defining how we live.

In his new masterpiece, renowned physician, addiction expert and author Gabor Maté dissects the underlying causes of this malaise - physical and emotional, and connects the dots between our personal suffering and the pressures of modern-day living. Over four decades of clinical experience, Dr Maté has found that the common definition of 'normal' is false: virtually all disease is actually a natural reflection of life in an abnormal culture, as we grow further and further apart from our true selves. But he also shows us the pathway to reconnection and healing.

Filled with stories of people in the grip of illness or in the triumphant wake of recovery, this life-affirming book shows how true health is possible - if we are willing to embrace authenticity above social expectations. The Myth of Normal is Gabor Maté’s most ambitious, compassionate and urgent book yet.

Gabor Maté (Author)
Gabor Maté is a retired physician, bestselling author and renowned speaker, highly sought after for his expertise on addiction, trauma, stress and childhood development. He has written four bestselling books published in nearly thirty languages, including the award-winning In the Realm of Hungry Ghosts: Close Encounters with Addiction. He has been awarded the Order of Canada (his country’s equivalent of the MBE) and the Civic Merit Award from his hometown, Vancouver, for his ground-breaking medical work and writing.

Daniel Maté (Author)
Daniel Maté is a musical theatre lyricist and composer whose work has been honoured with the Edward Kleban Prize, a
Bring Me The Head Of The Taskmaster

101 next-level tasks (and clues) that will lead one ordinary person to some extraordinary Taskmaster treasure

Alex Horne

The Taskmaster's Assistant and creator of the hit Channel 4 series, Alex Horne, presents the ultimate Taskmaster treasure hunt, with 101 brand new, next level tasks for you to try.

Fastest wins. Your adventure starts now...

This is a race.

It is not a race against the clock, because that would be a far easier race. Clocks can be fast, but clocks never win races. It's nearly always humans, sometimes horses, and occasionally dogs.
This is a race against your fellow Taskmaster players.

You are competing against everyone else who is reading this book. All you've got to do is find The Taskmaster's Head first. This is a race with many twists and turns, that requires very little running, much sideways thinking and quite a lot of patience.

Thankfully, there will be a shedload of tasks along the way to distract you. There are tasks to do on your own, tasks to do with your family and friends, and tasks for bigger groups too. Some of these distractions may slow you down, but some may help you get where you need to go. As always, enjoy them, do your best, make good choices.

So get going. Take on the tasks. All the information you need is in the book...

Alex Horne,
Taskmaster's Assistant

Alex Horne
noun
1. comedian, writer, gambler, taskmaster, podcaster, birdwatcher, potential neologist and father.
Match of the Day Annual 2023
(Annuals 2023)
Various

From the UK's number 1 football magazine, the very best footy annual is back!

WHAT A SAVE!!!

Crammed full with fun football trivia, quizzes, games, puzzles, top 10s, cartoons and more, this is the only annual fans of the beautiful game will need.

Featuring Gary and all of the MOTD presenters, Paz, Ketch, and the planet's top teams and players, Match of the Day Annual 2023 is the best around - it will be on the top of your Christmas list!

September 2022
9781785946806
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£7.99 : Hardback
96 pages
Gardener’s World: How I Garden
Easy ideas & inspiration for making beautiful gardens anywhere
Adam Frost

In his first official Gardeners’ World book, presenter Adam Frost shows you how to make the most of any garden.

In this practical and personal book, Gardeners’ World presenter Adam Frost takes you through his process for getting the most out of a garden space whatever its size, whether it's a window box, a terrace with a few pots or a bigger space with dedicated veg plots and borders.

Enjoying your garden is about more than just what you grow; it’s also about why you grow it. As well as spending time outdoors, the meaning of a garden lies in what you bring inside, from vegetables and herbs to make a family meal to flowers and seedheads to decorate the house. Adam explores how his own garden has allowed him to enjoy the simple pleasures in life and create precious memories - whether it’s coming down in the morning and seeing that single flower in a vase or teaching your kids how to make the runner bean chutney that reminds you of your nan. Adam’s inspiring book will guide you through all you need to make your garden thrive, and to use it to develop your own traditions and meaningful moments.

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

September 2022
9781785947582
Crown Quarto
£22.00 : Hardback
288 pages
A History of Britain in Just a Minute
Gyles Brandreth

To celebrate one of Radio 4’s longest running comedy panel shows, Gyles Brandreth’s witty guide to British history, from Stonehenge and Boudicca to Peppa Pig and the London Olympics, in delightful 60-second instalments.

The story of us - without hesitation, repetition or deviation.

What does Rumpelstiltskin have to do with the princes in the tower? What is so special about the year 1776? How many Harry Potters does it take to screw in a lightbulb?

Join national treasure and Just a Minute regular Gyles Brandreth on a hilariously addictive romp through British history. This isn’t just another history book - there’s a catch! From Stonehenge and Boudicca to Peppa Pig and the London Olympics, each topic is written in 60-second installments, without hesitation, repetition, or deviation.

A History of Britain in Just a Minute celebrates key moments, people and places from our past: kings and queens, heroes and villains, triumphs and disasters, inventions and events, battles and bonnets, art, science, literature, entertainment, sport, gossip, and more. Some entries are uninterrupted minutes, while others feature challenges for repetition and even, er...hesitation. You’ll even find other Just a Minute panellists occasionally stepping in to regale us with their witty takes on history.

You’ve never heard the story of Britain told quite like this. You’ll enjoy every uproarious minute of it.

Gyles Brandreth is a writer, performer, former MP and Government Whip, now Chancellor of the University of Chester and probably best known these days as a reporter on BBC1’s The One Show and as a regular on Radio 4’s Just a Minute. On TV he has featured on Have I Got News For You, QI, Room 101, Countdown, and This is Your Life. As a journalist he writes for the Telegraph and Daily Mail and is a columnist for The Oldie. The founder of the National Scrabble Championships, his books about words and language include four best-sellers, The Joy of Lex, Word Play, Have You Eaten Grandma? and Dancing by the Light of the Moon.

September 2022
9781785947599
Demy Octavo
£16.99 : Hardback
384 pages
Ottolenghi Test Kitchen: Extra Good Things
Noor Murad and Yotam Ottolenghi

Bring an Ottolenghi twist to every mealtime with the new book in the bestselling Ottolenghi Test Kitchen series.

Ottolenghify every meal.

Flexible, flavour-packed dishes that all lend a little something 'extra' to your next meal.

It's harissa butter on a roasted mushroom, then tossed with steamed veg or stuffed into a baked potato. It's tamarind dressing on turmeric fried eggs, then drizzled over a steak the next day. Rounded off with a chapter on the 'one basics' of desserts for you to perfect and then adapt with your favourite flavour combinations, such as a basic mousse transformed into coffee mousse with tahini fudge.

This is cooking it forward, Ottolenghi style, filling your cupboards with adaptable homemade ingredients to add some oomph to every mealtime.

Praise for Ottolenghi Test Kitchen Shelf Love:

'I absolutely love this book!' - Nigella Lawson

'You could cook out of this for years and never eat a dull meal.'
- Diana Henry, Telegraph

'In this guide to making the most of what you have, it's inspiration that shines, rather than fancy ingredients.' - Observer Books of the Year

Yotam Ottolenghi (Author)
Yotam Ottolenghi is the restaurateur and chef-patron of the four London-based Ottolenghi delis, as well as the NOPI and ROVI restaurants. He is the author of eight bestselling and multi-award-winning cookery books. Yotam has been a weekly columnist for the Saturday Guardian for over thirteen years and is a regular contributor to the New York Times. His championing of vegetables, as well as ingredients once seen as 'exotic', has led to what some call 'The Ottolenghi effect'. This is shorthand for the creation of a meal which is full of colour, flavour, bounty...
The Heinz Tomato Ketchup Book

Heinz

The perfect gift for every red sauce fanatic!

Packed with fascinating Ketchup facts, archive adverts and artwork, famous fans and 30 delicious recipes, the official Heinz Ketchup Book celebrates one of the nations' favourite sauces and store-cupboard icons - if not The Favourite!

Featuring 30 brand new recipes showcasing fun and innovative ways to cook with Heinz Tomato Ketchup. Taking inspiration from ketchup's iconic history there is something for every fan to enjoy, from quick ketchup chicken, sticky ribs and sloppy Joes which kids, teenagers and their friends will adore to modern healthy katsu curry and paella for the whole family to enjoy. Especially when they all discover the secret ingredient!

Beautifully designed and illustrated with specially commissioned recipe photography along with fascinating artwork and vintage adverts from the Heinz archive, including the history of the famous bottles, info-graphics, fun facts & stats and ketchup's most famous fans, this is the perfect, irresistible gift for red sauce devotees of all ages.

September 2022
9781529148725
190 x 140 mm
£9.99 : Hardback
96 pages
The Heinz Baked Beans Book
Heinz

The perfect gift for every beanz fanatic!

Whether served on toast, a baked potato, or as part of a delicious morning fry up, Beanz are one of the nation's favourite ingredients. But there's far more to Beanz than meets the eye. Perfect for Beanz lovers of all ages, this delightful collection of recipes is packed with delicious twists on family favourites featuring the ultimate store cupboard superhero.

The Heinz Baked Beanz Book has buckets of recipes to choose from, featuring brilliant breakfasts, scrumptious sandwiches and midweek meal marvels. And with plenty of veggie and vegan options, you can cook up a Beanz feast for all the family. With 30 delicious new recipes for brunches, lunches, and quick dinners as well as superb side dishes and weekend suppers, include marvellous morning options such as Full English Fritatta or Spanish-style Baked Eggs; for lunch why not try the warming Smoked Cheddar Melt or dive into a Beanz-in-a-hole Sandwich; get spicy with a Beanz Curry or Chipotle Chicken Casserole; up your spud game with Boston Beanz Jackets and delight the kids (and the grown-up kids!) by making the famous and until now sadly missed Beanz pizza.

Beautifully designed and illustrated with specially commissioned photography, fascinating memorabilia, vintage adverts from the Heinz archive, fun beanz facts and famous fans. This the perfect, irresistible gift for every beanz fan you know.

September 2022
9781529148701
190 x 140 mm
£9.99 : Hardback
96 pages
How to Feed Your Toddler
Everything you need to know to raise happy, independent little eaters
Charlotte Stirling-Reed

From the bestselling author of How to Wean Your Baby, this follow-on book provides solutions to the trickiest stage of child nutrition - toddlerhood.

This book is full of easy-to-digest advice, inspiration and reassurance on bringing up healthy little foodies - exactly what parents need to navigate the tricky toddler years!' - Joe Wicks

'I know I can always trust Charlotte for delicious recipes and the best advice; she fills me with calm and confidence.' - Rochelle Humes

From the Sunday Times bestselling author, Charlotte Stirling-Reed

For many parents, toddlerhood is where they can get derailed on the feeding journey, finding that their child, who happily ate colourful, creative, home-cooked meals, suddenly refuses anything but fish fingers!

Expert nutritionist Charlotte Stirling-Reed is here to help. Following on from her bestselling How to Wean Your Baby, this book will inform and empower you with everything you need to know to navigate this tricky time.

Starting at 12 months, and taking you right through to pre-school age, How to Feed Your Toddler brings together Charlotte's trademark approach of evidence-based advice, nurturing support and practical problem-solving to give you the confidence to help your toddler develop a positive relationship with food.

With 50 delicious, healthy and super-easy recipes, to expose your little one to a variety of flavours and textures, and designed so the whole family can enjoy them together, this is your essential guide to avoiding the fussy eating trap and bringing up adventurous little eaters who love a wide variety of food.

'Charlotte's warm words, inspiring meals, and solid experience are the perfect recipe for supporting parents as they nurture their children's relationship with food.' - Anna Mathur

September 2022
9781785044052
220 x 160 mm
£16.99 : Hardback
224 pages
Calling the Shots
My Autobiography
Sue Barker

On her thirtieth and final year hosting Wimbledon for the BBC, tennis and broadcasting legend Sue Barker tells her own story for the first time in this inspiring and personal memoir

Rewind to 1971, and Sue Barker’s coach is sending his 15-year-old tennis protégé to a junior championship in France, alone, with a one-way ticket, telling her she’d have to win the money to pay for her return fare. Sue hides in the grounds of the hosting tennis club overnight, to avoid paying for a hotel. The next day, she walks onto court and smashes it. Five years later, and she’s Britain’s No 1.

The same combination of grit, grace and talent took her to the top of live Sports TV.

And now, after four decades on camera encouraging other legends to tell their stories, she is telling her own.

Going all in for her once-only autobiography, Sue takes us inside the showbizzy world of 70s and early 80s tennis, dating the stars, hitting the headlines. She reveals the battles she fought for hard-won success in two careers, gives us a ringside seat on the nation’s biggest sporting dramas, and a fascinating insider’s understanding of competitors under pressure.

This is the remarkable life story of a former tennis champion, an award-winning broadcaster who has brought sporting history into our living rooms for decades, of a trail-blazing woman who has always called the shots.

Sue Barker CBE is an award-winning broadcaster and former professional tennis player. During her tennis career she won fifteen WTA singles titles, including one Grand Slam - the French Open in 1976, aged 20. At her career height she was Britain’s No 1 player, with a world ranking of No 3.

As a broadcaster, in 2001 she became the first woman to win the Royal Television Society’s best sports presenter award. She led the BBC coverage of the Olympics for over a decade, including London 2012. She anchored SPOTY for 18 years, was
Lighter
Let Go of the Past, Connect with the Present, and Expand The Future
Yung Pueblo

An enlightening meditation on the power of personal healing from the Dharma of Instagram, with over 1 million followers, Diego Perez aka Yung Pueblo.

In our fractured world we face many challenges but in these hard times, we have a rare opportunity to look within, let go of our personal burdens and come together in deep healing.

A radically compassionate plan for turning inward and lifting the heaviness that prevents us from healing ourselves and the world, from Yung Pueblo, the New York Times bestselling author of Clarity & Connection.

Yung Pueblo’s path to deep healing began only after years of drug abuse had taken a toll on his body and soul. Searching for a way forward, he found that by honestly examining and addressing the anxieties and fears that he had been running away from, he no longer felt like a stranger inside of his heart and mind. And once he dedicated himself to meditation and trusting his intuition, he started to finally feel mentally lighter, with more love emerging from within. This was not an easy journey, and it’s one that he is still on, but it showed him that real healing is possible.

In Lighter, Yung Pueblo demonstrates how we can all move forward in our healing, from learning self-compassion to letting go to becoming emotionally mature. As the heaviness falls away, our minds will finally stop feeling overburdened with tension and we’ll be able to reconnect with the present. And the world around us will hopefully become more inviting in crisp and newly vibrant ways. But these are just the first steps.

As we grow stronger and take on more knowledge, it’s our responsibility—and also part of the healing journey—to take actions to support the health and harmony of all people. The final section of Lighter shows how we can and must contribute to building a
Thought for the Day
50 years of fascinating thoughts & reflections from the world’s religious thinkers
Christine Morgan

Inspiring and thought-provoking reflections that capture the events of the past 50 years, from national radio institution, BBC Radio 4’s Thought for the Day.

'A daily taste of eternity in the midst of time' - Rabbi Lord Jonathan Sacks

BBC Radio 4 staple Thought for the Day has been running for 50 years, aiming to capture the mood of the country and speak to it in a way that reaches people of all faiths and none.

Take a tour of half a century of daily reflections from some of our most prominent and insightful thinkers, including Pope Benedict XVI, Desmond Tutu and Mona Siddiqui. Covering our changing attitudes to sexuality, science, politics, national life, international relations and more, Thought for the Day charts the constant evolution of British society from its uniquely timeless perspective.

Christine Morgan began work on Thought for the Day in 1987 and took over as Editor in 2008 and continued to be responsible for the slot when she later became Head of Religion & Ethics in 2010. In all she worked on it for 33 years, until leaving the BBC in 2021.
House of Games
Question Smash: 102 New, Classic and Fiendishly Difficult Rounds
Alan Connor

Accompanying the new series of the hit BBC 1 show House of Games returns with a new collection of entertaining, brain-busting questions

Do you know which Cluedo character was killed off in 2016? How about which band has a species of shrimp named after it? Reckon you could guess the name of a song from lyrics where the words have been replaced with synonyms?

Then fingers on buzzers, because House of Games is back and it's better than ever!

Packed with 102 new, classic and fiendishly difficult rounds from the hit BBC show's question writers, House of Games: Question Smash is the ultimate collection of brainteasers, puzzles and trivia. Pit your wits against friends and family with favourites like Highbrow Lowbrow, Rhyme Time and Don't State the Obvious, as well as brand new games from the brilliant minds behind the show.

So limber up your frontal lobes, brush up on your trivia and get ready to return to the House of Games.

Alan Connor is the author of Two Girls, One on Each Knee: The Puzzling, Playful World of the Crossword ("witty, charming, encyclopaedic and highly readable" - Spectator) and The Joy of Quiz ("An absolute delight" - Mail on Sunday). He has made quizzes for various TV shows and newspapers and written comedy including BBC Film's The Rack Pack, A Young Doctor's Notebook (Jon Hamm and Daniel Radcliffe) and Have I Got News For You.

October 2022
9781785946721
216x153
£14.99 : Hardback
400 pages
The World According to Wonder
Fenton Bailey and Randy Barbato

A riotous tale of pop culture, backstage drama and showbiz gossip from the co-producer of RuPaul’s Drag Race and award-winning director Fenton Bailey

World of Wonder is the iconic Hollywood-based production company behind RuPaul's Drag Race as well as other balls-y originals including The Eyes of Tammy Faye, Party Monster, Inside Deep Throat and Monica in Black and White.

The production company, founded in 1991 by Fenton Bailey and Randy Barbato, has been making must-see television for three decades, giving a voice to marginalised communities and society’s oddballs, all while entertaining audiences with its signature anarchic sense of humour.

Written by co-founder and Emmy award-winning filmmaker Fenton Bailey, this book tracks World of Wonder’s triumphs and struggles, from the pair’s humble beginnings as aspiring pop stars in ‘80s New York to managing ‘Supermodel of the World’ RuPaul.

Packed full of insider gossip featuring a star-studded litany of LGBTQ+ icons such as James St James, Pete Burns, Cher and Britney, this book reveals how Fenton and Randy helped to pioneer the revolutionary genre of reality TV and find success in an ever-changing media landscape. A must-read for Drag Race die-hards as well as fans of pop culture and reality TV.
Rooms of Wonder
Step Inside this Magical Colouring Book
Johanna Basford

A stunning new colouring book to enchant readers of all ages, from million copy bestseller Johanna Basford

From bestselling author Johanna Basford, a stunning new colouring book that invites artists to explore the great indoors

Through her bestselling colouring books and distinctive illustrations, Johanna Basford's beautiful forests, ocean depths, and hidden magical kingdoms have enchanted millions of people around the world. In this newest work, Basford takes her audience indoors, inviting them to explore the wonders of the worlds within.

Hidden within every illustration in Rooms of Wonder is a secret key and a locked door. Find the key, unlock the door and continue to the next room. Discover a busy craft studio, a wizard's workshop, a mouth-watering ice cream parlour and an opulent banquet hall. With hidden treasures, curious spaces and a few enchanted interiors, all you need to do is unlock the first door and begin your magical journey.

Johanna Basford is the ink evangelist and creator of Secret Garden, Enchanted Forest, Lost Ocean, Magical Jungle, Johanna's Christmas, Ivy and the Inky Butterfly, World of Flowers and Worlds of Wonder. Johanna's intricate, hand-drawn illustrations are loved by her many fans; to date she has sold over 21 million colouring books worldwide. Visit her online at johannabasford.com or follow @johannabasford.

October 2022
9781529148305
250x250
£14.99 : Trade Paperback
80 pages
No Cure for Being Human
(and Other Truths I Need to Hear)
Kate Bowler

The visceral and insightful personal story of a Divinity Professor coming to terms with what life really means, as she approaches its close.

***A SUNDAY TIMES AND INDEPENDENT BOOK OF THE YEAR AND INSTANT NEW YORK TIMES BESTSELLER***

The bestselling author of Everything Happens for a Reason (And Other Lies I've Loved) asks, how do you move forward with a life you didn't choose?

Hailed by Glennon Doyle as 'the Christian Joan Didion', Kate Bowler used to accept the modern idea that life is an endless horizon of possibilities, a series of choices which if made correctly, would lead us to a place just out of our reach. A beach body by summer. A trip to Disneyland around the corner. A promotion on the horizon. But then at thirty-five she was diagnosed with stage IV colon cancer, and now she has to ask one of the most fundamental questions of all: How do we create meaning in our lives when the life we hoped for is put on hold indefinitely?

In No Cure for Being Human, Kate searches for a way forward as she mines the wisdom (and absurdity) of our modern 'best life now' advice industry, which offers us exhausting positivity, trying to convince us that we can out-eat, out-learn and out-perform our humanness. With dry wit and unflinching honesty she grapples with her cancer diagnosis, her ambition and her faith and searches for some kind of peace with her limitations in a culture that says that anything is possible.

Frank and funny, dark and wise, Kate's irreverent, hard-won observations in No Cure For Being Human chart a bold path towards learning new ways to live.

Kate Bowler is the NYT bestselling author of Everything Happens for a Reason and her TED talk on the topic has over 9 million views to date. She hosts the popular podcast 'Everything Happens' and has previously appeared on NPR, Today, New York Times, Washington Post and Time.

Kate is an Associate Professor of the History of Christianity in North America at Duke Divinity School. She lives in Durham,
Quit
The Power of Knowing When to Walk Away
Annie Duke

US bestselling author, cognitive psychologist and former professional poker player on the power of knowing when and how to cut your losses, for fans of THINK AGAIN, SWITCH and THE SUBTLE ART OF NOT GIVING A F*CK

Learn when to grit, and when to quit

We are often told that the secret to success is hard work, determination, and hours of practice. But in a fast-changing world, what if the really crucial skill is knowing when to stick at something and when to change track and walk away?

Quit makes the under-appreciated case for quitting and also shows you how to get really good at it. Drawing on stories from elite athletes to Everest climbers, comedians to musicians, Annie Duke (who left a successful poker career) explains why learning to quit well is often crucial to success. She provides clear strategies for working out when to cut your losses from a business product that isn't working, a relationship turned toxic, or a career that won't take you where you want to go.

You'll learn how to spot the blocks to good quitting behaviour - escalation commitment, desire for certainty and the status quo bias -- and also how to use tools like quitting contracts, flexible goal-setting and premortems to help you quit cleanly and confidently.

Whether you’re facing a make-or-break business decision, a life-altering personal choice or simply wanting to take more control of your life, Quit provides a toolkit for change to help you make the best next move.

Annie Duke is an author, corporate speaker, and consultant in the decision-making space. As a former professional poker player, she won more than $4 million in tournament poker before retiring from the game in 2012. Prior to becoming a professional player, she was awarded a National Science Foundation Fellowship to study Cognitive Psychology at the University of Pennsylvania. Duke is the co-founder of the Alliance for Decision Education, a non-profit whose mission is to improve lives by empowering students through decision skills education. She is also a member of the National Board of After-School All-Stars and the Board of Directors of the Franklin...
Fake History
101 Things that Never Happened
Jo Teeuwisse

A funny, revealing, myth-busting guide to all the history you thought happened but never actually did, from historical expert Jo Teeuwisse, better known online as The Fake History Hunter.

Fake news about the past is fake history.

Did Hugo Boss design the Nazi uniforms?
Did Vikings have horns on their helmets?
Did Napoleon shoot the nose off the Sphinx?

*Spoiler Alert* The answer to all those questions is no.

Jo Teeuwisse, better known as The Fake History Hunter, is on a one-woman mission to hunt down fake history and reclaim the truth for the rest of us.

From the famous quote 'Let them eat cake' mistakenly attributed to Marie Antoinette to the apocryphal horns that adorned Viking helmets - fake history continues to shape the story we tell about who we are and how we got here. Yet every day false claims about the past are made in the news, in magazines and especially on social media.

In this funny and illuminating book, Jo Teeuwisse debunks 101 myths so you can correct your friends and family and arm yourself with the tools to spot and debunk fake history wherever you encounter it.

Jo Hedwig Teeuwisse, better known as The Fake History Hunter, is a widely recognised historian for her work on social media debunking historical 'facts'. For over 20 years, Jo has studied, taught and researched history and is an expert in daily life in Medieval Europe and Crime history. She has worked as a historical consultant teaching in museums, working on documentaries and carrying out research for films.
Visual Thinking
The Hidden Gift of People Who Think in Pictures, Patterns and Abstractions
Temple Grandin

How to thrive as a visual thinker in a verbal world by celebrated author, academic and autism-rights activist Temple Grandin

‘Grandin has helped us understand autism not just as a phenomenon, but as a different and coherent mode of existence that otherwise confounds us’ The New York Times

Do you think in pictures, patterns or words?

In a world engineered for the verbal thinker, those of us with a visual brain can often be overlooked and underestimated. In this landmark book, bestselling author of The Autistic Brain Temple Grandin takes us inside the world of visual thinking to transform our understanding of the different ways our brains are wired.

With her genius for demystifying science, Grandin draws on cutting-edge research and her personal experience as a visual thinker to reveal how modern structures such as education, health and media are biased towards the dominant verbal thinkers and in turn under serve those of us who see the world differently. Grandin proposes a ground-breaking new approach to everything from educating, parenting and employing to ensure all kinds of minds are recognized and celebrated. Visual Thinking is a perspective shifting book that will open your mind to the value of a life in picture.

Temple Grandin is one of the world’s most accomplished and well known adults with autism. She has a PhD in animal science from the University of Illinois and is a professor at Colorado State University. She is the author of six books, including bestsellers Thinking in Pictures and The Autistic Brain. Dr. Grandin lectures to parents and teachers throughout the U.S. on her experiences with autism, and her work has been covered in the New York Times, People, National Public Radio, and 20/20. She was also honored in Time Magazine's 2010 "The 100 Most Influential People in the World." The HBO movie based on her life, starring Claire Danes, received seven Emmy Awards.

Image coming soon

October 2022
9781846046872
Demy Octavo
£14.99 : Trade Paperback
288 pages
How to be an Ex-Footballer
Peter Crouch

The only thing more ridiculous than a professional footballer is an ex-professional footballer... the eagerly awaited new book from the bestselling phenomenon

The funniest man in British sport - Metro

Peter Crouch is a comedy genius - Daily Mail

Often recruited before they've worn long trousers, today's footballers become superstars earning huge amounts without ever learning much about the world beyond the training ground. Coddled by their support teams, everything is done for them. They live their lives in the glaring media spotlight, yet only really develop one life skill - how to kick a ball better. Then inevitably, when age catches up with them or injury strikes, these man-children are thrown out into the real world, utterly defenceless apart from their multi-million-pound bank accounts.

So what do these Peter Pans, whose careers end just as most people's are getting going, do with the rest of their lives? Crouch speaks from his own experience and discusses with fellow former professionals too - just how do you safely release a near 7-foot striker back into the wild?

Peter goes in search of the answer to what his second career might be and encounters stories far more bizarre than anything you'll find on the pitch. From asking Stevie G about the pleasure and pain of management, to Neil Ruddock's tips on not going to seed. From those staying in the sport - the diehard veterans, coaches, managers, owners and of course the legion of pundits, to those moving on to pastures new - entrepreneurs, men of the cloth, eco warriors, artists, private detectives, ride pimps, wannabe politicians and budding actors, to the many who lose their way in addiction, crime and NFTs.

When the final whistle blows, it's still all to play for.

Peter Crouch was a professional footballer for over 20 years. He has 42 England caps, scored over 100 Premier League goals and holds the record for the most headed goals in Premier League history. He's now a bestselling author, award-winning podcast host and champion of grassroots football.
Frozen Planet II
Mark Brownlow and Elizabeth White

Accompanying the landmark BBC series narrated by David Attenborough, an unforgettable exploration of our most fragile worlds of beauty and brutality

Find a world of wonder beneath the ice.

One quarter of our planet is frozen, locked in ice and blanketed with snow. These are the last true wildernesses - so hostile to man that they have barely been explored, so challenging for survival that only a heroic cast of animals can live here. And it's a world that is disappearing before our very eyes.

Frozen Planet II celebrates the surprisingly diverse worlds of ice, from the ocean of the Arctic to the snowy boreal forests and plains of the north, from the high-altitude peaks and plateaus of our mountains to the ice-locked desert of Antarctica. Using groundbreaking new technologies, the book tells previously undiscovered stories, from chameleons giving birth on the frosty slopes of Mount Kenya to endangered Amur leopards in the Russian forest and orcas hunting harp seals on ice floes in the Antarctic. Behind-the-scenes insights explore the unique challenges of filming in these frozen worlds, where camera crew and wildlife alike brave the extreme conditions.

This is the fastest-changing part of our planet, and Frozen Planet II is our chance to experience it as we never will again.

Mark Brownlow (Author)
Mark Brownlow is the series producer of Frozen Planet II. He was a producer on the BBC’s landmark series Blue Planet II and Planet Earth and has produced many natural history documentaries for the BBC, including Hidden Kingdoms and Ocean Giants.

Elizabeth White (Author)
Elizabeth White is the series producer of Frozen Planet II. She was a producer on the BBC’s landmark series Blue Planet II and the first Frozen Planet series and has worked on many natural history documentaries for the BBC, including The Great British Year and The Coral Gardener.
Venice Gardens
Monty Don & Derry Moore

Based on his BBC series, Monty Don and award-winning photographer Derry Moore take readers on a stunning visual journey through the gardens of Venice and the Veneto.

Join Monty Don, Britain's pre-eminent gardener, and acclaimed photographer Derry Moore on their historic journey through the most stunning gardens of Venice and the Veneto.

Few world cities hold the romance and historical sweep of Venice. Thousands visit every year - and a mixture of crowds and climate leave it vulnerable, so much so it is often said to be in danger of sinking - but away from the usual tourist haunts around St. Mark’s square are exceptional hidden treasures, some 500 gardens, many of them with fascinating stories.

Starting in the heart of the city and working their way out to the Veneto, Monty and Derry celebrate the beauty of these places and tell their unique stories: from a beautiful nunnery garden with a history of exotic animals and a kitchen garden of the historic Foundation to the Madonna church to the estates of famous Venetian families, like the spectacular Giusti Renaissance garden.

With stunning full colour photography throughout, Venice Gardens will give readers new insight into one of the world’s most beloved cities - you won’t see Venice the same way again.

Monty Don (Author)
Monty Don O.B.E. is the UK’s leading garden writer and broadcaster. He has been lead presenter of Gardeners’ World since 2003 and since 2011 the programme has come from his own garden, Longmeadow, in Herefordshire. His previous books include The Complete Gardener, the Sunday Times bestsellers Nigel and My Garden World, The Jewel Garden with Sarah Don, and Japanese Gardens with Derry Moore, which was shortlisted for the Edward Stanford Travel Writing Awards.
British Woodland
Discover the Secret World of Our Trees
Ray Mears

Take a walk in the forest with this immersive guide to our life-giving trees: discover which wood to use for fire, or make tools, which trees point the way, provide food, medicine and shelter, and learn how they protect our world.

Nobody sees and understands woodland better than Ray Mears.

With deep natural history knowledge and practical woodcraft skills, gained over a lifetime of travels to remote regions learning skills from the world’s last remaining indigenous peoples, Ray Mears offers a different way to experience and value our wooded landscapes.

Ray challenges the old concepts. Woodland doesn't need to be fenced off. He looks to our ancestors, and shows how man's hand in shaping woodland is critical to what it is. We are not separate from nature. We just need to be sure that our interactions have a positive impact.

So, with the emphasis on interaction, the book is structured by uses. For example, we learn in Fire that sycamore and clematis are among the best for burning, pine and oak help us navigate, hawthorn and beach have Edible Leaves, while we should look for blackthorn to pick Edible Flowers. Make Rope from willow, Utensils and Tools from hazel and discover how our ancestors made Weapons from yew and wych elm.

With Ray as our guide, encouraging this aboriginal sense of connection to individual trees, our appreciation of these landscapes will change. We'll learn how to live inclusively in nature, for our own wellbeing and enjoyment, and for the future of our planet.

TV presenter, instructor and bestselling author Ray Mears has become recognised throughout the world as an authority on the subject of bushcraft and survival. TV series including Ray Mears' Bushcraft, Ray Mears' World of Survival, Extreme Survival and Ray Mears goes Walkabout have made him a household name over the past two decades, but he has spent his life learning these skills, and founded Woodlore, The School of Wilderness Bushcraft, over 35 years ago. This is his fourteenth book. He lives in Sussex with his wife and stepson.
Motsi Mabuse

The spectacular autobiography from *Strictly* Judge and world-class dancer, Motsi Mabuse

From competing in tournaments round the world to being crowned Latin dance champion, becoming a beloved Judge on *Strictly Come Dancing* and starting her own dance school, Motsi Mabuse has never let anything hold her back from fulfilling her dreams.

In *Finding My Own Rhythm*, Motsi opens up about the determination, hard work and resilience it took to get to where she is today from the moment she fell in love with the glitterball world as a young child watching a dance tournament whilst on holiday. She takes us back to growing up in apartheid South Africa where she experienced exclusion and discrimination, raising money to compete in cut-throat international competitions and the huge leap of faith she took giving up her law degree, moving to Germany to be with her dance partner and throwing everything in to becoming the best dancer she could be.

Motsi leads us in to the dazzling, rhinestone-studded world of dance, through the ups and down, romances and heartbreaks, the long hours and the triumphs that made it all worth it, all while staying true to herself and moving to the beat of her own rhythm.

Motsi Mabuse is a world-class professional dancer and has been bringing fun and sparkle to the *Strictly Come Dancing* ballroom as a Judge since 2019. Hailing from South Africa, Motsi fell in love with dancing at a young age, specialising in Ballroom and Latin, and was soon competing in tournaments. She studied Law at university, until she decided to dedicate her life to dance and moved to Germany. She won the South African Latin American title eight times and in 2007 she joined German TV show *Let’s Dance* as a professional and then as a Judge since 2011. In 2013 she became the German Latin dance champion with her now-husband Evenji Voznyuk, with whom she shares a daughter. They live in Germany, where Motsi has fulfilled her lifelong dream of opening her own dance school.
Official Strictly Come Dancing
Annual 2023
Alison Maloney

The official Strictly Come Dancing Annual takes you behind the scenes of the most glamorous show on TV.

Dust off your dancing shoes, Strictly is back!

Featuring exclusive interviews with the celebs and pro dancers, fun quizzes to test your ballroom knowledge and behind-the-scenes features to give you a glimpse into the glitz and glamour, this is your perfect partner for all things Strictly. Learn the history of the dances with choreographer Jason Gilkison, find out the secrets of the Strictly live tour and get the lowdown on your favourite dancers in Pro and Tell.

A multi-faceted and versatile writer, Alison Maloney is the author of several books, including The Mums' Book, Woman's Hour: Words from Wise, Witty and Wonderful Women, The World of Mr Selfridge and The Official Strictly Come Dancing Annual.
Working Girls

Trixie and Katya's Guide to Professional Womanhood

Trixie Mattel and Katya Zamolodchikova

The Sunday Times bestselling global comedy phenomenon (5 million Instagram following) are back, with a much needed companion guide to help us succeed in the world of work

Trixie Mattel and Katya Zamolodchikova took the world by storm with their Guide to Modern Womanhood, a book of expert advice on beauty, homemaking and relationships. Now, they're tackling an even bigger challenge: finding success in the modern workplace.

In Working Girls, Trixie and Katya dole out both savvy and satirical advice for every stage of working life, from choosing a career path to sailing into a blissful retirement, in step-by-step guides, quizzes, the world's most bizarre aptitude test and more. Trapped in one of the Nine Circles of Retail Hell? Agonising over how to get that raise? Suspicious that your colleague doesn't really hope that their email 'finds you well'? Trixie and Katya have got you covered.

They also share personal stories from their own remarkable careers and their philosophies on everything from office attire to getting fired with dignity, all alongside hilarious, gorgeous photographs.

Witty, beautiful and packed with wisdom, Working Girls is the ultimate guide for the working woman.

Trixie Mattel (Author)

Trixie Mattel is a comedian, musician, cosmetic entrepreneur, bestselling author, DJ and all-around thin woman. She is incredibly thin with bombshell curves in all the right places. She loves her partner David and tolerates all others.

Katya Zamolodchikova (Author)

Katya Zamolodchikova is a woman in her early forties looking to fall in love in the next three to five weeks. She lives in Los Angeles with her ex-husband Glen and her four beautiful daughters. This is her second book.
Heart Magick
Wiccan rituals for self-love and self-care
Harmony Nice

The world’s most popular millennial witch takes you on a journey to find your authentic self, connect with the earth and discover how create beauty in every day.

'Magick, spell casting, or daily rituals, just like meditation, require focus, they require you to be centred, grounded, and fully involved in your practice'

Harmony Nice is at the heart of a growing community of modern-day witches who practise natural magick to improve their own lives and the world around them. Throughout this book, she takes you on a healing journey offering advice on how to make positive change and expand your awareness through daily practices, magic, and rituals.

From harnessing the protective powers of nature to regaining your self-worth and spiritual strength, Harmony teaches us how to embrace the Wiccan practices of ritual, meditation and tradition to live a beautiful life.

Harmony Nice is a YouTube and Instagram star at the heart of a growing community of modern day witches. She became interested in Witchcraft and Wicca at the age of 14 after discovering that her great-grandmother, Hilda, was a witch. Three years later she started her Youtube channel to communicate with other practitioners, educate newcomers and generate discussion about wicca, magick and spirituality. Her first book Wicca published in 2018. She lives in Norfolk.
Wine Uncorked
My guide to the world of wine
Fred Sirieix

Fred Sirieix demystifies the world of wine, cuts through the pompous old rules, and equips you with the knowledge you need to make your own confident, informed choices

How to select wine for its taste, not its packaging or its price.

Knowing the difference between all those bottles on the supermarket shelves will double the pleasure you get from a glass of wine and, with Fred Sirieix as your guide, you'll discover how to get the flavour you want.

In Wine Uncorked, Fred decants a career's worth of expertise in his own friendly and accessible style, revealing how everything from price point to percentage impacts what ends up in your glass, how to decipher a label and which glass to use. He'll then take us on a tour of the regions, showing us how the landscape and climate work their magic on the wine produced around the world, highlighting key producers and notable vintages to suit all budgets along the way.

Illustrated throughout with handy infographics, regional maps and annotated wine labels, this is the book for anybody who has ever said, 'I wish I knew more about wine.'

Fred Sirieix is a maître d' and beloved TV personality with a passion for all things food and wine. He trained at a Michelin-starred restaurant in France, before moving to the UK where he has worked at London’s most celebrated restaurants and was the general manager at Galvin at Windows for fourteen years. He is the maître d' on Channel 4's First Dates and has fronted a number of food-themed programmes including The Art of Service, My Million Pound Menu, as well as alongside Gordon Ramsay and Gino D'Acampo in Gordon, Gino and Fred: Road Trip. Fred is the official wine ambassador for Marks and Spencer, where his mission is to demystify wine as something everyone can understand and appreciate without elitist rules.
Ideaflow
Why Creative Businesses Win
Jeremy Utley and Perry Klebahn, foreword by David Kelly

Stanford professors reveal how leaders can dramatically boost the creative output of their organizations. Essential reading for all leaders and managers seeking to drive innovation, and readers of bestselling books such as CREATIVITY INC, SPRINT, DESIGNING YOUR LIFE and CREATIVE CONFIDENCE

'A game-changer' | 'A must-read' | 'Simple yet powerful'

The single best way to have a great idea is to produce lots of ideas.

The number of new ideas your organization can produce is a metric for its ability to generate novel solutions to any given problem. **This ideaflow is the most crucial business metric that you've never considered.** Every business problem is an idea problem. How well you can solve those problems is how well you and your business can perform, navigate uncertainty, and develop innovations.

Drawing from their decades of teaching Silicon Valley entrepreneurs and Fortune 500 executives at the world famous Stanford d.school and leading innovative companies like Patagonia, Klebahn and Utley offer a battle-tested framework to exponentially boost your ideaflow. You'll learn how to:

-- Establish a brief daily creativity practice
-- Develop thousands of great ideas on demand
-- Run cheap, fast tests to determine which ideas will work
-- Persuade your team and organization on the importance of centering ideaflow

Are you ready to supercharge your organization's creativity?

Jeremy Utley (Author)
Jeremy Utley is the Director of Executive Education at Stanford d.school and an Adjunct Professor at Stanford’s School of Engineering.

Perry Klebahn (Author)
Perry Klebahn is a co-founding member of Stanford’s d.school
The Definitive Desert Island Discs
80 Years of Castaways
Ian Gittins

To celebrate the 80th anniversary of Desert Island Discs, dive into the most moving, entertaining and inspiring stories, from eight decades of the most iconic show on radio.

Eight tracks. Endless stories.

Allow yourself to be cast away in eight glorious decades of the most iconic show on radio. To mark this momentous occasion, *The Definitive Desert Island Discs* focuses on 80 of the most powerful and unforgettable interviews, revisiting every era of Desert Island Disc’s storied history.

Reflecting on how times have changed, the book will feature brand new material as castaways are interviewed about their experiences - did the conversation go how they expected? Would Sir Patrick Stewart still take his beloved billiards table (and a shed to keep it in, of course)? And does Hilary Devey stick by her endless supply of Cointreau?

Get lost in lists of the weirdest and most wonderful luxury items, most popular tracks and books throughout the years, and more. Introduced by Lauren Laverne, *The Definitive Desert Island Discs* is a must-have gem, celebrating an incredible institution that has captured the hearts of a nation for 80 years.

Ian Gittins is a music writer for the *Guardian* who has also written for *Melody Maker, Q, Time Out, MTV, Daily Telegraph* and *New York Times* and has penned biographies of Björk and Talking Heads. He is also the co-author with Nikki Sixx of *Mötley Crüe's The New York Times* bestseller *The Heroin Diaries: A Year In The Life Of A Shattered Rock Star* and the co-writer with David Essex of the *Sunday Times* number one bestseller *Over The Moon*.
The Giggling Squid Cookbook
Tantalising Thai Dishes to Enjoy Together
Giggling Squid

Thai Food with personality

The Giggling Squid Cookbook is a celebration of Thai food from the much loved restaurants famous for their Thai tapas and beautifully designed bold vibrant interiors. Learn the secrets of their classic and sharing dishes and cook them at home for family and friends and entertain a crowd with a delicious spread of tasty Thai delights.

Thai tapas starters star signature dishes Golden Money Bags, Sweet Jicama Salad, Candy Pork with Pineapple and Grilled Squid with Garlic. Classic dishes with new twists include all their favourite fish, meat, curry, noodle and rice dishes. Plus exciting chapters inspired by the latest exciting addition to the restaurant menu - breakfasts and light meals and a special drinks section with spicy teas and zingy cocktails and mocktails. There are vegetarian and vegan recipes throughout and delightfully sticky deserts with sweet, fruity Thai flavours.

Recipes are introduced by Pranee who opened the first Giggling Squid with her husband Andy in their small fishermen’s cottage in Brighton 20 year ago. She was determined to bring real Thai mealtime buzz to the UK and Giggling Squid now has 45 restaurants nationwide with 5 new openings for 2022 plus delivery only outlets too.
Alan Titchmarsh's Fill My Stocking

Alan Titchmarsh

A beautiful new edition of the classic collection of Christmas stories, anecdotes, poems and sketches from national treasure Alan Titchmarsh.

A great raconteur and entertainer, Alan Titchmarsh gets together every Christmas with family and friends to celebrate the season and performs much-loved anecdotes, stories, poems and sketches - old and new.

Fill My Stocking combines these well-known favourites with his own self-penned festive pieces, each beautifully illustrated with his own watercolour vignettes.

Collected together for the first time, this is the perfect stocking filler for his legions of fans.

Alan Titchmarsh has presented numerous television programmes including the hugely popular How To Be A Gardener and British Isles: A Natural History. He is also a best-selling writer and novelist.

Alan Titchmarsh MBE is an English gardener, broadcaster and author of over 40 books, many of which have been bestsellers. He has twice been named Gardening Writer of the Year and for four successive years was voted Television Personality of the Year by the Garden Writers' Guild.
The Sky at Night: The Art of Stargazing
My Essential Guide to Navigating the Night Sky
Maggie Aderin-Pocock

An insider's guide to stargazing that brings alive the night sky, from the BBC’s ‘face of space’ and popular The Sky at Night presenter Dr Maggie Aderin-Pocock.

Many of us gaze up into space and marvel at the Milky Way, but do you know what you’re really looking at?

The Art of Stargazing is the ultimate insider’s guide to the night sky in which award-winning space scientist and The Sky at Night presenter Dr Maggie Aderin-Pocock shares her expertise and unique insights into the marvellous world of stars. Take a tour of the 88 constellations and explore the science, history, culture and romanticism behind these celestial bodies.

In this must-have handbook for budding stargazers - and anyone looking for a little more wonder in their lives - Maggie will help you to identify stars and teach you the basics of naked-eye observation, offering fascinating facts plus advice on kit, ‘dark sky’ locations and much more. Also included are an easy-to-read sky map and beautiful illustrations to accompany each constellation. With Maggie by your side, the night sky will truly come alive.

Dr Maggie Aderin-Pocock is a scientist and broadcaster referred to as the BBC’s ‘face of space’. Maggie is a pioneering figure in promoting science to the public and runs her own company engaging children and adults all over the world with the wonders of space science. Overcoming Dyslexia to study at Imperial College, she obtained her degree in Physics and a PhD in Mechanical Engineering. She has worked as a space scientist for many years on projects such as the James Webb Space telescope. While doing this she has toured the UK speaking to inner-city schools inspiring the next generation of physicists. In 2006 she was one of six ‘Women of Outstanding Achievement’ winners with GetSET Women and in 2009 she was awarded a Member of the British Empire for her services to science and education. As well as fronting The Sky at Night, Maggie has appeared in numerous programmes including Stargazing Live and Doctor Who Confidential. She is also an Honorary Research Associate at UCL’s Department of Physics
The Book of Compassion
The Dalai Lama and Kailash Satyarthi

In the style of the international bestseller The Book of Joy, two Nobel Peace Prize laureates reveal their vision for a compassionate world.

'I believe that at every level of society - familial, tribal, national and international, the key to a happier and more successful world is the growth of compassion’ The Dalai Lama

TWO NOBEL PEACE PRIZE LAUREATES. ONE SHARED GOAL.

His Holiness the Dalai Lama and celebrated children’s rights activist Kailash Satyarthi discuss how to cultivate compassion and why honest concern for others is the key factor in improving our day-to-day lives.

At the heart of our world's most pressing problems from inequalities to injustice to climate change, lies simple human behaviour, and our ability to choose - whether to act, or not, towards the greater good. When you are warm-hearted, there is no room for anger, jealousy or insecurity. These two globally renowned spiritual and moral leaders reveal their vision for a globalized compassion that promotes freedom, joy and inner peace.

The source of a happy life and a better world is within us. Together we can make a difference.

The Dalai Lama (Author)
The Dalai Lama is the spiritual leader of Tibet. From 1959, Tenzin Gyatso, the Fourteenth Dalai Lama, has lived in exile in Dharamsala, in the north of India, since the invasion of Tibet by China. He was awarded the Nobel Peace Prize in 1989.

www.dalailama.com

Kailash Satyarthi (Author)
Kailash Satyarthi is a global campaigner for children’s rights. He won the Nobel Peace Prize jointly with Malala Yousafzai in 2014. He and the grassroot movement founded by him, Bachpan Bachao Andolan (Save the Childhood Movement), have liberated more than 84,000 children from slavery. His 2018 award-winning film in partnership with YouTube 'The Price of Free' has been viewed over 7 million times. Satyarthi regularly speaks all over the world and has addressed the United Nations' General Assembly, International Labour
The origins story of the SAS is a myth. This is the **real** story of how the world’s preeminent Special Forces came into existence.

*Speed, Aggression, Surprise* is a fly-on-the-wall, character-driven story of how, from the wreckage of Dunkirk, emerged the idea of guerrilla Commando units who could inflict devastating ‘mosquito stings’ on larger, and better-armed opponents.

It’s a story of how the shock of defeat propelled an unlikely group of renegades into the frontline of the war. An adventure that reaches back from the trenches of the Western Front to high piracy in the deserts of North Africa to the final assault on Germany. It’s a story that comes together in the corridors of headquarters, on long nights at the long bar in Shepherd’s Hotel in Cairo, and on the deadliest battlefields in history, around a cast of insubordinate mavericks who didn’t fit into the tight military hierarchy.

Jumping between dramatic accounts from the field and back-channel power negotiations, and pulling in a cast of characters that includes Evelyn Waugh, Ernest Hemingway and Randolph Churchill, as well as a lot of alcohol, amphetamines and grenades, this is the real story of the SAS as you have never seen it before.

Tom Petch served for eight years in the British Army, as a tank commander, adjutant, aide de camp and a Troop Commander of 22 SAS. His military experience gives him a unique perspective on recently declassified archives, operation reports, accounts and interviews of the original SAS and their commanders. He is now an award-winning film director and producer whose debut film, *The Patrol*, won the Raindance Film Festival. He is also the great-grandson of Samuel Shepheard, who founded Shepherd’s Hotel in Cairo where the SAS was born.
Bundt
120 recipes for every occasion, from everyday bakes to fabulous celebration cakes
Melanie Johnson

The only Bundt cook book you'll ever need

The Ultimate Bundt Cook Book

120 fabulous recipes for Bundt cakes, ice cream Bundts, breads and bun Bundts for elevenses, deserts, afternoon tea, birthday and every celebration. Elevate humble sandwich cakes into show-stopping Bundts to wow your friends and family. Cut slices to reveal swirls, hearts and even a surprise Easter bunny.

Made using a wide range of strikingly beautiful traditional and new pans designed by bakeware specialists Nordicware, Bundt cakes both taste and look spectacular and whether for afternoon tea or a festive celebration, they are the perfect centrepiece for any table.

Chapters include everyday Bundts, fruit Bundts, a whole section on chocolate Bundts, Bundts with 'star' quality, swirl Bundts, jelly and ice cream Bundts, as well as breads, bun Bundts and cro-nuts and a spectacular special celebration chapter with children's birthday, Valentine's day, Easter, Mother's Day, Halloween and Christmas Bundts. There truly is a Bundt for everyone from kitchen novices to baking pros.

Tantalise and indulge your tastebuds with classic recipes, new flavours and top techniques that are nothing short of baking wizardry.

Recipes include Cookies 'n' cream Bundt, Victoria 'Bundtwich', Salted Miso Caramel Bundt, Blueberry cheesecake buns, Bundtnuts with passion fruit glaze, Strawberry trifle Bundt and Babka Bundts and the show-stopping chocolate, rose and pistachio with chocolate ganache, Valentine's Bundt with a heart in every slice and the stunning Christmas Tree Bundt.
**Bigger Than Us**
The power of finding meaning in a messy world

_Fearne Cotton_

_Sunday Times bestselling author Fearne Cotton explores how what we believe can positively change how we live, for fans of Happy (278k), Vex King and Gabrielle Bernstein._

**THE BRAND NEW SUNDAY TIMES BESTSELLER**

*Calm anxiety through connection. Find happiness through purpose. Feel comfort in the universal. Think bigger to unlock you.*

Writing this book has changed my life.

I sought the insight and advice of wise minds to explore what they can teach us to achieve happiness, connection and hope.

With their help, I peeled back layers of anxiety and self-limiting beliefs to find contentment and deeper meaning.

From intuition and energy to manifesting, ritual, prayer and signs, I have explored positive ideas and simple exercises that are available to every single one of us.

This is for anyone seeking a path through our confusing lives and offers inspiration for tapping into the strength and comfort around us and releasing the blocks and insecurities that hold us back.

Fearne

_Fearne Cotton_ is one of the UK’s most in-demand TV and radio presenters, appearing regularly on Radio 2, Children in Need and BBC Music Awards. As a busy mum of two young children, Fearne knows the time pressures on parents and kids. She's passionate about involving children and families from all backgrounds in activities that can improve their health, mental well-being and promote a lifelong love of reading, and believes that being healthy needn't be expensive, time-consuming or difficult!

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