Happy Cooking
Easy uplifting meals and comforting treats
Candice Brown

Sunday Times columnist, pub-landlord and Loose Women favourite Candice Brown shares the essential recipes that see her through life as she lives with anxiety and depression.

'Amazing recipes that spread joy.' - Giovanna Fletcher

'The perfect combination of delicious recipes and mindful food. A must-read and a must-eat!' - Frankie Bridge

'A magical reminder of how wonderful food can be.' - Tom Kerridge

Feel-good food for grey and busy days

The kitchen has always been my happy place - it's the only place I feel completely at ease. Cooking has got me through some proper tough times! It also helps me slow down, take a breath and take stock.

These recipes are all dishes that make me smile - they give me joy and I want to share that joy with you. From my go-to Chicken Nuggets and Brown Butter Macaroni Cheese to my Cinnamon Pastry Twists, you'll find all my everyday favs here.

I've included quick meals for those days when you just can't think about what to cook, and my 'therapy' recipes that are good for distracting a worried mind - at least for a while.

Take care of yourself.
Love,
Candice x

Candice Brown is the winner of The Great British Bake Off 2016, a cookbook author, Sunday Times columnist, and pub landlady.

Born in North London, Candice grew up in the pubs that her parents ran - and that she famously immortalized in gingerbread for her most talked about showstopper - always chipping in when needed, be it pulling pints or mopping floors.

Since her GBBO victory, Candice has taken on numerous new challenges including live food festival demonstrations, TV appearances, virtual cookalongs, and supporting charities that are close to her heart.

In December 2018 Candice, together with her brother Ben, took the keys to The Greenman Pub in Eversholt.

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Re-educated
How I changed my job, my home, my husband and my hair
Lucy Kellaway

A wise and witty memoir of starting again in later life, following acclaimed journalist Lucy Kellaway as she changes jobs, homes, relationships and hair colours in her fifties.

'I am immersed in a new world that feels a long way from my old one. Though I've not been re-invented, what has happened is just as radical and a lot more interesting: I am being re-educated.'

Lucy Kellaway had a comfortable life. For years she had the same prestigious job, the same husband, and the same home. To the casual observer, she was both happy and successful. But one day, Lucy began to realise that the life she had built for herself no longer suited her. Was it too late to start again?

The answer was no - so she proceeded to tear down both marriage and career, and went back to school. Retraining as a teacher, Lucy discovers there is a world of new possibilities awaiting her - and learns that you can teach an old dog new tricks (providing they are willing to un-learn a few old ones along the way).

A witty and moving story of one woman's pursuit of a new life, Re-educated is a celebration of education's power to transform our lives at any age, and an essential companion for anyone facing the joy - and pain - of starting again.

Lucy Kellaway is an English writer and teacher. For over twenty years, she was an observer of the peculiarities of corporate culture in her column for the Financial Times, before retraining as a teacher. She is a co-founder of the educational charity Now Teach and lives in London.
Wisdom Of Insecurity
A Message for an Age of Anxiety
Alan W Watts

Pioneering Zen scholar Alan Watts explores the human quest for psychological security

'A revelatory classic' Maria Popova

'A spiritual polymath, the first and possibly greatest' Deepak Chopra

What we have forgotten is that thoughts and words are conventions, and that it is fatal to take conventions too seriously

Too often we fall into the trap of anticipating the future while lamenting the past and in the midst of this negative loop we forget how to live in the now. In this iconic and prescient text, pioneering Zen scholar Alan Watts shows us how, in an age of unprecedented anxiety, we must embrace the present in order to live a fulfilling life.

Alan Watts was a British philosopher, writer and speaker who was best known for his expertise in Eastern philosophies including Zen Buddhism and Taoism. He wrote over 25 books and numerous articles on subjects such as personal identity, the true nature of reality, higher consciousness, the meaning of life, concepts and images of God and the non-material pursuit of happiness.
The Way of Zen
Alan Watts

A definitive introduction to Zen Buddhism from pioneering Zen scholar Alan Watts

'The perfect guide for a course correction in life' Deepak Chopra

Zen is a liberation from time ... if we open our eyes and see clearly it becomes obvious that there is no other time than this instant

An insightful exploration into the origins and history of Zen Buddhism from pioneering Zen scholar Alan Watts. With a rare combination of freshness and lucidity, Watts explores the principles of Zen and how it can revolutionize our daily life.

Alan Watts was a British philosopher, writer and speaker who was best known for his expertise in Eastern philosophies including Zen Buddhism and Taoism. He wrote over 25 books and numerous articles on subjects such as personal identity, the true nature of reality, higher consciousness, the meaning of life, concepts and images of God and the non-material pursuit of happiness.
All to Play For
How sport can reboot our future
Matt Rogan with Kerry Potter

How the power of sports can unite and heal our fractured society.

A timely, engaging and thought-provoking read from an ideal guide to explore what the future may hold.'
Dan Roan, Sports Editor, BBC News

'Matt shows with great insight and wisdom how (sport) can form the foundations for future discovery, development and ultimately, happiness.'
Ben Ryan, Olympic Gold Medal-Winning Rugby Coach and Author
Sevens Heaven, Daily Telegraph Sports Book of the Year 2019

Sport can save us.

After a fractious decade following the 2012 Olympics, sport - one of our few remaining collective rituals - is entering its golden age. An increasingly powerful force for good, it is undergoing a dramatic transformation that will positively impact our lives, on and off the pitch.

From the collective shared experience of a nationwide event and the individual benefits gained from lacing up your trainers and getting out there to the political power of a footballer's Twitter account, All to Play For is a roadmap for the way that sports can unite us in the worst of times. Illuminated by interviews with a diverse range of sports insiders, including fitness guru Joe Wicks, gold medalist Greg Searle, the mind behind the viral 'This Girl Can' campaign, Tanya Joseph, and running obsessed rockstar Johnny Marr, All to Play For dives into the past, present and future of the industry to show how sport will lead us out of the darkness and guide us in a post-pandemic world.

Covering the rise of the athlete activist, the necessity of grassroots organisations, the secret recipe for making sport an effective tool for change and ten bold predictions on how it will guide us in the future, this is an examined look at why sport has the power to heal a divided world.

Matt Rogan (Author)
Matt Rogan is a well-known and respected sports business leader and the co-founder of Two Circles, the fastest growing sports agency in the UK. Over the last decade Two Circles have worked with five of the six biggest sports events in the world, as well as British household names including the Premier League and several Premier League clubs, the England and Wales Cricket Board, Wimbledon Tennis, England Rugby and a host of others. He is also a non-executive director of the English Institute of Sport, delivering technology and sport science to Britain's Olympic and Paralympic teams.

Matt writes, teaches and also presents a podcast series for sports industry-leading media company SportsPro as well as several international Business Schools. He has been published by Harvard Business Review, and is an accomplished speaker and media commentator, featuring on BBC News, BBC Sport, MTV and CNN among many more. Matt's previous book, written with his father Martin Rogan, Britain & The Olympic Games: Past, Present, Legacy was published by Matador in 2010.
More Than a Woman
Caitlin Moran

The follow-up to the international bestseller and multi-award-winning How To Be a Woman, with Caitlin exploring the lives of older women in her inimitable style.

A decade ago, Caitlin Moran thought she had it all figured out. Her instant bestseller How to Be a Woman was a game-changing take on feminism, the patriarchy, and the general 'hoo-ha' of becoming a woman. Back then, she firmly believed ‘the difficult bit’ was over, and her forties were going to be a doddle.

If only she had known: when middle age arrives, a whole new bunch of tough questions need answering. Why isn’t there such a thing as a ‘Mum Bod’? How did sex get boring? What are men really thinking? Where did all that stuff in the kitchen drawers come from? Can feminists have Botox? Why has wine turned against you? How can you tell the difference between a Teenage Micro-Breakdown, and The Real Thing? Has feminism gone too far? And, as always, WHO’S LOOKING AFTER THE CHILDREN?

Now with ageing parents, teenage daughters, a bigger bum and a To-Do list without end, Caitlin Moran is back with More Than A Woman: a guide to growing older, a manifesto for change, and a celebration of all those middle-aged women who keep the world turning.

Caitlin Moran is the eldest of eight children, home-educated on a council estate in Wolverhampton, believing that if she were very good and worked very hard, she might one day evolve into Bill Murray.

She published a children’s novel, The Chronicles of Narmo, at the age of 16, and became a columnist at The Times at 18. She has gone on to be named Columnist of the Year six times. At one point, she was also Interviewer and Critic of the Year - which is good going for someone who still regularly mistypes ‘the’ as ‘hte’. Her multi-award-winning bestseller How to Be a Woman has been published in 28 countries, and won the British Book Awards’ Book of the Year 2011. Her two volumes of collected journalism, Moranthology and Moranifesto, were Sunday Times bestsellers, and her novel, How to Build a Girl, debuted at Number One, and is currently being adapted as a movie. She co-wrote two series of the Rose d’Or-winning Channel 4 sitcom Raised by Wolves with her sister, Caroline.

Caitlin lives on Twitter with her husband and two children, where she spends her time tweeting either about civil rights issues, or that picture of Bruce Springsteen when he was 23, and has his top off. She would like to be remembered as ‘a very sexual humanitarian’.

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The Powerful and the Damned
Private Diaries in Turbulent Times
Lionel Barber

A revealing, intimate diary from the editor of the FT, the most important business newspaper in the world - encounters with global leaders, billionaire CEOs and everyone who's anyone

'Extraordinary' TONY BLAIR
'Riveting' - PHILIPPE SANDS
'Brutal, brilliant and scurrilously funny' - MISHA GLENNY

The real scoop isn't on the front page

'As FT editor, I was a privileged interlocutor to people in power around the world, each offering unique insights into high-level decision-making and political calculation, often in moments of crisis. These diaries offer snapshots of leadership in an age of upheaval...'

Lionel Barber was Editor of the Financial Times for the tech boom, the global financial crisis, the rise of China, Brexit, and mainstream media's fight for survival in the age of fake news.

In this unparalleled, no-holds-barred diary of life behind the headlines, he reveals the private meetings and exchanges with political leaders on the eve of referendums, the conversations with billionaire bankers facing economic meltdown, exchanges with Silicon Valley tech gurus and pleas from foreign emissaries desperate for inside knowledge, all against the backdrop of a wildly shifting media landscape.

The result is a fascinating - and at times scathing - portrait of power in our modern age; who has it, what it takes and what drives the men and women with the world at their feet. Featuring close encounters with Trump, Cameron, Blair, Putin, Merkel and Mohammed Bin Salman and many more, this is a rare portrait of the people who continue to shape our world and who quite literally, make the news.

Barber was the Editor of the Financial Times from 2005 until January 2020, widely credited with transforming the FT from a newspaper publisher into a multi-channel global news organisation. During his editorship the FT passed the milestone of 1m paying readers, winning many international awards and accolades for its journalism. The FT was named newspaper/news provider of the year in Britain's press awards in 2008, 2017 and 2019. Other prestigious awards include winning submissions to the Loeb and Overseas Press Club in the US and the Society of Publishers in Asia (SOPA) for editorial excellence. As editor, he interviewed many of the world's leaders in business and politics, including: Barack Obama and Donald Trump, Angela Merkel, Premiers Wen Jiabao and Li Keqiang of China, President of Iran Hassan Rouhani and Presidents Zuma and Ramaphosa of South Africa.
A Different Kind of Happy
A family in patchwork can be perfect
Rachaele Hambleton

Warm-hearted, funny, emotional and relatable women’s fiction about blended families and modern parenting from Sunday Times Bestselling author and Part-Time Working Mummy blogger.

Happiness comes in all shapes and sizes.

Jo said goodbye to peace and quiet when she got pregnant at 19, but now she has a chance to hit refresh. A partner she loves, five amazing kids and a house by the sea. But life is never simple and there is more than a little emotional baggage coming along for the ride.

Starting with that tw*t of an ex-husband who doesn’t pull his weight. Then there’s the untrained puppy, the work/life balance, a custody battle for the children and all the everyday ups and downs and chaos of being a patchwork family.

Surrounded by family dramas and mums who seem to have all their sh*t together, Jo must find a way to make friends and make it work in this new town.

Barbecues on the beach and dog walks open up new conversations, but as Jo gets to know everyone better, the picture perfect families might be in need of more help than she first thought...

When normal is not an option, surprises can lead to a different kind of happy family.

Rachaele Hambleton, aka Part-Time Working Mummy, is a Sunday Times bestselling author and one of the most popular parenting personalities. She is a full-time mum to three daughters and one baby boy, step-mum to two boys and is married to her ‘bird-boy’ Josh. Her successful blog documents the highs and lows of life as a family of eight ... with a dog and some chickens thrown in for good measure. As well as blogging and bringing up six tiny humans, Rachaele fights hard for awareness and is an ambassador for Kidscape and a Patron of Trevi, Plymouth.

facebook/PartTimeWorkingMummy
Instagram: @PTWMUMMY
Twitter: @PTWMUMMY
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

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.

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Letters to Change the World
From Pankhurst to Orwell
Edited by Travis Elborough

A powerful collection of some of the most politically and socially inspiring letters that have changed the world and the way we see it

'We know through painful experience that freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed' Martin Luther King

In an era where our liberties are often under threat, Letters to Change the World sends reminders from history that standing up for - and voicing - our personal and political beliefs is not merely a human right but our duty, if we want to make change happen.

Featuring Emmeline Pankhurst rallying her suffragettes, George Orwell's warning against totalitarianism, Nelson Mandela's consoling his children from prison, Time's Up condemning abuses of power, and much more, this collection will inspire you to stand up and speak up - now, for what really matters.

'Remarkable, timely ... At a time of political uncertainty, the collection demonstrates the importance of speaking truth to power'
Guardian

Travis Elborough (External Editor)
Travis Elborough, described as 'one of Britain's finest pop culture historians' by the Guardian, has been a freelance writer, author, broadcaster and cultural commentator for nearly two decades. His books include The Bus We Loved, London Bridge in America, and A Walk in the Park. Our History of the 20th Century: As Told in Diaries, Journals and Letters was published in 2017.

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The Rodchenkov Affair
How I Brought Down Russia’s Secret Doping Empire – Winner of the William Hill Sports Book of the Year 2020
Grigory Rodchenkov

The explosive story of the scientist who ran the biggest doping programme in history. As seen in the Netflix Oscar-winner Icarus

Winner of the William Hill Sports Book of the Year, 2020 - the inside story of the Russian doping programme by the man behind it all

One of the Financial Times's 'Fifty people who shaped the decade'

'The biggest sports scandal the world has ever seen'

In 2015, Russia's Anti-Doping Centre was suspended by the World Anti-Doping Agency (WADA) following revelations of an elaborate state-sponsored doping programme at the 2014 Sochi Winter Olympics. Involving a nearly undetectable steroid delivery system known as 'Duchesse cocktail', tampering and switching of urine samples, and a complex state-sanctioned cover-up, the programme was masterminded by Grigory Rodchenkov.

The Rodchenkov Affair tells the full, unadulterated story that was first glimpsed in Bryan Fogel's award-winning documentary and still continues to captivate and shock the world. Charting the author's childhood growing up under the Iron Curtain, his first encounter with doping as a 22-year-old student athlete at Moscow State University, and his subsequent career working for the Soviet Olympic Committee, this breathtakingly candid journey reveals a rigged system of flawed individuals, brazen deceit and impossible moral choices.

Dr Grigory Rodchenkov is the former director of Russia's national anti-doping laboratory, which was suspended by the World Anti-Doping Agency (WADA) in 2015 for facilitating Russia's elaborate state-sponsored doping program. He helped develop and distribute banned performance enhancing substances for thousands of Russian sports stars from 2005 to 2015. He made headlines in 2016 as a whistleblower, exposing the extensive nature of Russia's doping program, leading to Russia's 2016 & 2018 Olympics bans. Rodchenkov is currently in witness protection in the US.
Let It Go
Breathe Yourself Calm
Rebecca Dennis

A breathing guide for everyone. Down-to-earth, powerful support that tackles stress, anxiety, and more from the UK's leading breathwork coach. A Happy Place publication, championed by Fearne Cotton.

Breathe out your worries and breathe in calm.
This friendly support is an essential handbook to help tackle stress, anxiety, and to make everyday living easier for everyone.

Breathwork is an ancient practice backed up by modern science. It is not just for the spiritually enlightened! It is a simple but powerful way for everyone to boost their health and happiness.

Rebecca Dennis is the UK's leading breath coach, who has helped hundreds of people for over a decade to overcome all kinds of common issues simply using breathing exercises.

Dive into bite-size sections with easy, immediately impactful methods to help you with: anxiety and stress, grief, to find happiness and positivity, confidence, focus at work, energy, deeper sleep, stronger immunity and to slow ageing, find resilience and recovering (from illness), as well as family-friendly exercises to help both children and parents.

Rebecca Dennis is the UK's leading breathwork coach with over 20 years experience practicing holistic and alternative therapies. She is the founder of www.breathingtree.co.uk.

Specialising in using breathwork to treat specific issues and ailments, Rebecca believes that conscious breathwork is the ultimate key to our health and well-being.

Rebecca has collaborated with Google, BBC, Stylist Magazine, Sweaty Betty, and more.
The Perimenopause Solution
Take control of your hormones before they take
control of you
Emma Bardwell and Dr Shahzadi Harper

The first major UK book to focus on the perimenopause and offer a
solution to millions, written by two experts in women’s health

You are not going mad - it’s your hormones!

The perimenopause (the time leading up to the menopause) is often
misunderstood. For some women, it lasts a few months; for others it
consumes the best part of a decade. This transitional period can be a
time of emotional turmoil, shifting priorities and physical changes:
from hot flushes, insomnia, low mood and anxiety, to itchy skin,
thinning hair, weight gain and loss of libido . . . to name just a few!
Millions of women in their thirties and forties go through this without
even realising they are perimenopausal. It’s time they take back
control.

In The Perimenopause Solution, Dr Shahzadi Harper, a medical doctor
specialising in women’s health and Emma Bardwell, a registered
nutritionist, provide a blueprint to help women find a new balance in
this important phase of their lives, so they can be prepared, not
scared. Akin to getting two expert consultations in one, this holistic
and accessible guide combines practical, no-nonsense information on
the physical and mental changes to expect, with powerful advice on
managing symptoms and easy recipes, as what you eat during the
perimenopause can dramatically affect your experience of it.

Expert-led and forward-thinking in its approach, The Perimenopause
Solution will not just help you survive the journey towards the
menopause - it will let you thrive.

Emma Bardwell (Author)
Emma Bardwell is a registered nutritionist and health writer who runs
nutrition clinics alongside Dr Harper. In a world of conflicting nutrition
messages and sensationalist headlines, she believes in a no-
nonsense, evidence-based approach. She has also delivered talks on
nutrition to businesses including Sweaty Betty, Accenture, Positive
Pause, and Transition Zone.

Shahzadi Harper (Author)
Dr Shahzadi Harper is a GP and has now dedicated herself to
women’s hormonal well-being at The Harper Clinic in London. Dr
Harper believes in managing the symptoms of the perimenopause
from an early stage and is committed to optimising women’s health
and empowering them to make informed choices.
Get Divorced, Be Happy
How becoming single turns out to be your happily ever after
Helen Thorn

From the hugely popular Scummy Mummies comedian Helen Thorn, this hilarious and empowering book on surviving break-ups and thriving as a single person comes at a time when there are more separations and divorces than ever.

Why is it that we only celebrate the beginning of a relationship when often it's the end of one that turns out to be "happily ever after"? Where are the separation parties? The stack of "Congratulations! You're Got Rid of That Arsehole!" cards?!

Ending a long term relationship isn't a sign you've failed, that you're unloved, or that everyone should approach you with their head tilted in sympathy - so, stop doing that, please! Starting a new life as a solo act is exciting, freeing and can be one of the best decisions you will ever make. It's time we all re-looked at what it means to be single and celebrate the happiness of starting a new life, alone.

Join comedian Helen Thorn, as she takes you through the first year of single life and beyond. Helen shares her own hilarious journey from the initial shock of separation, the "messy months" hanging out in her PJs through to the highs of rediscovering sex, tiny pants, rock-solid female friendships and the glorious joy of just being alone.

With the help of relationship experts and an army of women "who know", this book is full of tips and VERY honest confessions that will demystify and debunk the sad old clichés of single life. Helen and her team of badass women will show you that going it alone isn't the end, it is just the beginning, and you will come out the other side, stronger, happier and goddamn sassier than ever before.

Helen Thorn is an award-winning comedian, podcaster and author. She is widely known for her honest and hilarious take on parenthood, being single in her 40s and body positivity. She is a regular on BBC Radio 5 Live and has featured several times on Woman's Hour. Together with Ellie Gibson she is the co-host of one of the most popular parenting podcasts in the UK - Scummy Mummies - and has performed to packed out theatres around the UK.
How To Live When A Loved One Dies
Thich Nhat Hanh

Healing meditations to process loss and grief by beloved Zen master Thich Nhat Hanh.

A comforting book that will offer relief to anyone moving through intense grief and loss, Zen Master Thich Nhat Hanh shares accessible, healing words of wisdom to transform our suffering.

In the immediate aftermath of a loss, sometimes it is all we can do to keep breathing. With his signature clarity and compassion, Thich Nhat Hanh will guide you through the storm of emotions surrounding the death of a loved one.

*How To Live When A Loved One Dies* offers powerful practices such as mindful breathing that will help you reconcile with death and loss, feel connected to your loved one long after they have gone and transform your grief into healing and joy.

Born in Hue, Vietnam, Thich Nhat Hanh is 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 is 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. He lives at the Tu Hieu Temple in Vietnam where he was first ordained when he was sixteen years old.

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Music: The Business (8th edition)
(8th edition)
Ann Harrison

The music industry bible, the essential guide to the law and the deals.

This essential and highly acclaimed guide, now updated and revised in its eighth edition, explains the business of the British music industry.

Drawing on her extensive experience as a media lawyer, Ann Harrison offers a unique, expert opinion on the deals, the contracts and the business as a whole. She examines in detail the changing face of the music industry and provides absorbing and up-to-date case studies.

Whether you're a recording artist, songwriter, music business manager, industry executive, publisher, journalist, media student, accountant or lawyer, this practical and comprehensive guide is indispensable reading.

Fully revised and updated. Includes:
- The current types of record and publishing deals, and what you can expect to see in the contracts
- A guide to making a record, manufacture, distribution, branding, marketing, merchandising, sponsorship, band arrangements and touring
- Information on music streaming, digital downloads and piracy
- The most up-to-date insights on how the COVID-19 crisis has affected marketing
- An in-depth look at copyright law and related rights
- Case studies illustrating key developments and legal jargon explained.

Ann Harrison runs her own successful legal consultancy. Former head of the music group at a leading media and entertainment law firm, she specialises in copyright and contract law for artists, producers, managers and publishers. annharrison.co.uk

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400 Pages
Jane’s Patisserie
Deliciously customisable cakes, bakes and treats
Jane Dunn

100 delicious bakes, cakes, and sweet treats from Jane’s Patisserie, the Instagram and Facebook sensation. For fans of One Tin Bakes (17k), Three-Ingredient Baking (15k), and Baking with Kim-Joy (12k)

'This will be the most-loved baking book in your stash!' - Zoë Sugg

Life is what you bake it - so bake is sweet!

Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane.

Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane’s Patisserie is easy baking for everyone.

Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker.

Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

Jane started her blog, Jane's Patisserie, in 2014 after training at Ashburton Chefs Academy. Her blog was voted the number one baking blog of 2020 by Vuello, and her recipes have been featured in Cosmopolitan and Baking Heaven Magazine.

Find her at Janespatisserie.com on Instagram, Facebook, YouTube, and Twitter @janepatisserie
The Doctor Will See You Now
The highs and lows of my life as an NHS GP
Dr Amir Khan

A behind the scenes account of the highs and lows of life as a GP, from star of Channel 5’s GPs Behind Closed Doors, for fans of professional confessions like Tales of a Midwife, Blood Sweat and Tea and Your Life in My Hands

Sunday Times Bestseller updated with a new chapter on Amir’s experiences during the coronavirus pandemic and being on the frontlines of the historic vaccination effort.

60 hours a week
240 patients
10 minutes to make a diagnosis

Welcome to the surgery.

Charting his 15 years working as a GP, from rookie to becoming a partner in one of the UK’s busiest surgeries, Dr Amir Khan’s stories are as much about community and care as they are about blood tests and bodily fluids.

Along the way, he introduces us to the patients that have taught him about love, loss and family - from the regulars to the rarities - giving him the most unbelievable highs and crushing lows, and often in just 10 minutes. There is the unsuspecting pregnant woman about to give birth at the surgery; the man offering to drop his trousers and take a urine sample there and then; the family who needs support through bereavement, the vulnerable child who will need continuing care for a long-term health condition; and, of course, the onset of COVID-19 that tested the surgery at every twist and turn. But, it’s all in a day’s work for Amir.

The Doctor Will See You Now is a powerful story of hope, love and compassion, but it’s also a rare insider account of what really goes on behind those surgery doors.

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Dr Amir Khan is a full-time GP living in the UK. He is a GP Trainer, an Honorary Senior Lecturer at both Bradford and Leeds University, as well as being on the advisory board for the School of Pharmacy and Practice Managers Association.

He has appeared on shows such as GPs Behind Closed Doors, How to Lose a stone for Summer and Why Can’t I Sleep? Amir has also been a regular on Lorraine, and numerous other news outlets, providing advice and insight on the coronavirus.

Amir is an ambassador for the National Wildlife Trust, combining his credentials as a GP with encouraging schools and councils to reserve land to learn from.

His hobbies include, keeping fit, running, conservation, gardening and keeping on the right side of his mother!
Why We Swim
Bonnie Tsui

A fascinating exploration into the human relationship to swimming and our innate connection to water.

'A jewel of a book, a paean to the wonders of water and our place within it' James Nestor, bestselling author of Breath

'Glorious' The New York Times

Take a dive into the deep and discover what it is about water that seduces us, heals us and brings us together.

Join writer and swimming Bonnie Tsui as she explores the unique skill of swimming from the five angles of survival, wellbeing, community, competition and flow. Propelled by stories of polar swim champions, a Baghdad swim club, Olympian athletes and modern-day samurai swimmers, Why We Swim takes us around the globe in a remarkable, all-encompassing account of the world of swimming. This is a joyous meditation on our innate connection to water and a true celebration of the wonders of swimming.

Bonnie Tsui lives, swims, and surfs in the Bay Area of San Francisco. A longtime contributor to The New York Times and California Sunday Magazine, she has been the recipient of the Jane Rainie Opel Young Alumna Award from Harvard University, the Lowell Thomas Gold Award, and a National Press Foundation Fellowship.

August 2021
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£9.99
B (Ebury) : Paperback
288 Pages
Power Play
Elon Musk, Tesla, and the Bet of the Century
Tim Higgins

The fast-paced business story of Tesla: Elon Musk's battle to build the mass-market electric car to change the world

Inside the outrageous, come-from-behind story of Elon Musk and Tesla's bid to build the world's greatest car and the race to drive the future.

Elon Musk is among the most controversial titans of Silicon Valley. To some he's a genius and a visionary and to others he's a mercurial huckster. Billions of dollars have been gained and lost on his tweets and his personal exploits are the stuff of tabloids. But for all his outrageous talk of mind-uploading and space travel, his most audacious vision is the one closest to the ground: the electric car.

When Tesla was founded in the 2000s, electric cars were novelties, trotted out and thrown on the scrap heap by carmakers for more than a century. But where most onlookers saw only failure, a small band of Silicon Valley engineers and entrepreneurs saw potential and they pitted themselves against the biggest, fiercest business rivals in the world, setting out to make a car that was quicker, sexier, smoother, cleaner than the competition.

Tesla would undergo a truly hellish fifteen years, beset by rivals, pressured by investors, hobbled by whistleblowers, buoyed by its loyal supporters. Musk himself would often prove Tesla's worst enemy--his antics repeatedly taking the company he had funded himself to the brink of collapse. Was he an underdog, an antihero, a conman, or some combination of the three?

Wall Street Journal tech and auto reporter Tim Higgins had a front-row seat for the drama: the pileups, wrestling for control, meltdowns, and the unlikeliest outcome of all, success. A story of power, recklessness, struggle, and triumph, Power Play is an exhilarating look at how a team of eccentrics and innovators beat the odds... and changed the future.

TIM HIGGINS is an automotive and technology reporter for The Wall Street Journal. He appears regularly as a contributor on CNBC, his writing has won several awards from the Society for Advancing Business Editing and Writing, and he is a five-time finalist for the Livingston Awards.

August 2021
ISBN: 9780753554371
£20.00
Royal Octavo : Hardback
400 Pages pages
Match of the Day: Footy Facts and Stats
Match of the Day Magazine

The ultimate guide to the wonderful - and sometimes wacky - world of football trivia from the Match of the Day team

Who's scored the most goals in the history of football? (and, no, it's not Pele)

Who is the dirtiest player in Champions League history?

What do Harry Kane and North Korea have in common?

And which creature is the most common Premier League mascot?

The Match of the Day magazine Footy Facts & Stats book is bursting with thousands - literally thousands - of brilliant facts and amazing stats from the world of football.

It contains everything you need to know about the game's biggest legends, the most iconic moments and the greatest tournaments.

Get ready for a trivia overload from the Premier League, Champions League, Football League, the biggest and best leagues from around the world, the WSL, the FA Cup, World Cup, European Championships and much, much more.

Discover all the fantastic facts about your biggest heroes, the biggest clubs and the biggest icons ever to have played the beautiful game.

Dive into the amazing world of football's incredible record-breakers - we're talking big money transfers, net-busting strikers and red-card collecting hardmen.

Oh, and learn how to say 'football' in every language!

This, from the Match of the Day magazine team, is the ultimate guide to the wonderful - and sometimes wacky - world of football trivia!
Life: A User’s Manual
Life Advice from the Great Philosophers to Get You Through
Julian Baggini and Antonia Macaro

A therapeutic guide of how to live, using the teachings from philosophers throughout history on the problems that affect us every day.

How should I live?
What is my purpose?
Can I find happiness?

Ever felt as though life would be simpler if it came with an instruction manual? There are no easy answers to the big questions. And life does not follow a straight path from A to B.

Since the beginning of time, people have asked questions about how they should live and, from Ancient Greece to Japan, philosophers have attempted to solve these questions for us. The timeless wisdom that they offer can help us to find our own path. In this insightful, engaging book, renowned existential psychotherapist and philosophical counsellor Antonia Macaro and bestselling philosopher Julian Baggini cover topics such as bereavement, luck, free will and relationships, and guide us through what the greatest thinkers to ever walk the earth have to say on these subjects, from the Stoics to Sartre.

Discover advice from the world’s greatest thinkers on questions like:
Is there a right way to grieve?
What is free will?
How can we learn from past mistakes?
Do we make our own luck?

Julian Baggini (Author)
Julian Baggini’s books include A Short History of Truth, How the World Thinks, Freedom Regained, The Ego Trick, What’s It All About?: Philosophy and the Meaning of Life and the best-selling The Pig That Wants To Be Eaten. He has written for numerous newspapers and magazines, as well as for the think tanks The Institute of Public Policy Research, Demos and Counterpoint. He was the co-founder of The Philosophers' Magazine.

Antonia Macaro (Author)
Antonia Macaro is an existential psychotherapist, author of More than Happiness: Buddhist and Stoic Wisdom for a Sceptical Age, Reason, Virtue and Psychotherapy and co-author of The Shrink and the Sage. She has many years’ clinical experience in the field of addictive behaviours. Antonia has a degree in Oriental Studies and an MA in Philosophy, and was part of the UK’s philosophical counselling movement from its early days.
Siobhan Thomas is a copywriter and senior editor for the UK’s largest baby names website, babynames.co.uk. She oversees the thousands of articles, new name suggestions and discussions in the site’s popular community forums. As well as being interested in the history and meaning of names, Siobhan is particularly drawn to how names follow trends, different people’s associations with names and how divisive the subject can be!
You Are Powerful
The Secret to Everyday Manifestation (Now Age series)
Rebecca Rabin

A distilled guide to manifestation from entrepreneur and Instagram positivity coach, Becki Rabin (40k followers). For fans of Good Vibes, Good Life (140k) and You Are A Badass (65k)

Embrace your power.

The philosophy of manifestation can sometimes feel out of reach, but at its core are ten simple principles that will bring life-changing results to how you live, work, and thrive.

With this short expert guide from Becki Rabin - empowerment coach, business mentor and founder of GETLIT inc - you will learn the basic principles of manifestation, how to banish 'self-sabotaging Susan', and the everyday exercises that will help you rise to your full potential.

Discover the secret to self-empowerment and make your dreams reality.

Becki Rabin is a business mentor, empowerment coach and founder of GETLIT inc - a personal development platform and wellness hub. Becki is a trailblazer in the self-development arena and is on a mission to help women own their power and access their full potential. With 10 years' experience in the wellness industry, she has worked 1000s of individuals, and brands, through mentoring, coaching and consultancy. Becki is dedicated to helping women make their dreams reality.

Find her online: @beckirabin & getlitinc.co.uk

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192 Pages pages
What Would The Rock Do?

Be inspired by the life philosophy of Dwayne 'The Rock' Johnson, with his wisest motivational quotes. For fans of Pocket Bowie Wisdom (4k TCM), What Would Arnie Do? (10k Seeview), and Pocket Dolly Wisdom (3k TCM)

'Can you smell what The Rock is cooking?!

He has yet to encounter an obstacle he couldn't overcome. He's the WWE legend as eight-time champion, he's outlasted being buried up to his neck in a desert (The Scorpion King), battled the giant Tamatoa (Moana), ruthless mercenaries (Jumanji), and murderous racers (the Fast and Furious series) all thanks to his motivation and drive.

Do you want to learn how to do the same? Then get inspired with this uplifting collection of quotes from the man himself on success, wrestling, fitness, family and more.

What else can we say, except, you're welcome?!
Deep Cover
How I infiltrated Britain’s most dangerous gangsters
Shay Doyle

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 solider 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...
Evil Geniuses
The Unmaking of America – A Recent History
Kurt Andersen

A deep dive into how big business took over American politics, from the critically acclaimed author of Fantasyland

How an elite cabal rewrote the American dream for their gain – and left the rest of world behind.

Evil Geniuses is the secret history of how, over the last half century, from even before Ronald Reagan through Donald Trump, America has sharply swerved away from its dream of progress for the many to a system of unfettered profit and self-interest for the few.

As the social liberation of the 1960s finally ended in the chaos of Vietnam and Watergate, a cabal of rich industrialists, business chiefs, wide-eyed libertarians and right-wing economic radicals were waiting, determined to claw back everything they saw as rightfully theirs.

Largely out of sight, they rapidly built and funded a new empire of think tanks and academic institutions and professional organisations, lobbying and political groups, using them to transform politics, media, finance, the legal system and US laws to reinvent and control the political economy. A throwback to the robber barons of a century earlier, they sold the remade system to the people as a nostalgic return to traditional American values. Within a decade, America’s flourishing forward-thinking vision was incarcerated by the unchecked financial accumulation and political power of the super-rich.

Now, the moneymen are running the show.

In this hugely entertaining and deeply researched cultural and economic exposé, New York Times bestselling author Kurt Andersen maps the rich history of intricate networks, unlikely connections and dark truths which are controlling a nation, revealing how on earth America got to where it is now – and what it might do to win its progressive future back.

New York Times bestselling author Kurt Andersen is host and co-creator of Studio 360, the Peabody Award-winning public radio show and podcast. He co-founded Spy magazine, served as editor-in-chief of New York Magazine, and was a cultural columnist and critic for Time and the New Yorker and contributes to Vanity Fair and the New York Times. Read more about him at his website: http://www.kurtandersen.com/
**Burn After Writing (Teen)**

**Rhiannon Shove**

The teen-friendly version of the hit, international million-copy-selling book!

**New Colour Edition.** Contains even more fun and fascinating questions all on your favourite subject: you!

*Burn After Writing* is an interactive journal that invites you to face life's big questions: Who are you now? How did you get here? Where are you going?

Some questions are fun, some are deep and some are just plain random. Approach them with courage and creativity. There are no wrong answers. You can take it deadly seriously, or just have fun with it, or both. It's up to you. This is the practice session for the big interview exclusive you will doubtless face when the world finally discovers how amazing you actually are.

This book will be a unique picture of you as you are right now as you will never be again.

**Rhiannon Shove** lives in the UK, *Burn After Writing* was created as a labour of love while she was a teenager. She hopes readers have as much fun engaging with it as she had in creating it.
**Surrounded by Bad Bosses and Lazy Employees**

or, How to Deal with Idiots at Work

**Thomas Erikson**

Surrounded by idiots at work? Fed up with a bad boss or lazy colleagues? Thomas Erikson, author of the runaway international bestseller *Surrounded by Idiots*, will help you handle them and get things done, the right way.

Why is good leadership so rare? Everyone has to manage up to some extent but frankly some bosses are worse than others. If you're being driven crazy by a micro-manager, frequently drown under your boss's unreasonable expectations or struggle with being handed out responsibilities but no authority international behavioural expert Thomas Erikson is here to help.

Drawing on the simple four-colour system that made *Surrounded by Idiots* a global bestseller, Erikson shows how understanding your boss's behavioural tendencies as well as your own will lead to a more harmonious and productive workplace. He also sets out what characterises an exemplary leader type and how you can adapt your behaviour to model it. Because there are two sides to every coin, Erikson also looks at employees themselves and why some colleagues frequently underachieve and what you can do to change this.

Written with Erikson's signature humour and warmth, *Surrounded by Bad Bosses (and Lazy Employees)* will help you deal with the most hopeless managers and employees you can imagine - and keep you entertained along the way.

**Thomas Erikson** is a Swedish behavioural expert, active lecturer and bestselling author. For the last 18 years he has been travelling all over Europe delivering lectures and seminars in Swedish and English to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, Volvo and KIA Motors. *Surrounded by Idiots (Omgiven Av Idioter)* has been a Swedish runaway bestseller in since it was first published in 2014. It has sold over 2.5 million copies worldwide, of which nearly 1 million copies have been sold in Sweden alone, and it has been translated into 42 languages. For more information about the author and his work visit thomaserikson.com.
The Gift
A survivor’s journey to freedom
Edith Eger

Reflections on hope, healing and finding freedom by celebrated therapist, Holocaust survivor and author of the award-winning international bestseller The Choice

'An incredible human being with an extraordinary story to share' Dr Rangan Chatterjee

'A beautiful, life-changing manifesto' Brené Brown

'I will be forever changed by Dr Eger's story' Oprah

'Her story is a testament to our true human potential. She's a gift' Nicole LePera

Each moment in Auschwitz was hell on earth. It was also my best classroom. Subjected to loss, torture, starvation and the constant threat of death, I discovered tools for survival and freedom that I continue to use every day.

In her darkest moments, Edith Eger discovered that the most damaging prison was the one in her mind. Drawing on her incredible story and experience as a celebrated therapist, she shares valuable life lessons to heal and inspire so that we too can break free from whatever’s holding us back.

A native of Hungary, Edith Eger was a teenager in 1944 when she and her family were sent to Auschwitz during the Second World War. Despite overwhelming odds, Edith survived the Holocaust and moved with her husband to the United States. Having worked in a factory whilst raising her young family, she went on to graduate with a PhD from the University of Texas and became an eminent psychologist. Today, she maintains a busy clinical practice and lectures around the world.
Lost Skills and Crafts Handbook
Alan Titchmarsh

From bestselling author and TV presenter Alan Titchmarsh, a practical guide to the lost heritage of rural Britain, its landscapes and wildlife, its rich traditions, customs and crafts.

In this inspirational and practical guide to country life, passionate and hugely knowledgeable countryman Alan Titchmarsh explores the heritage of rural Britain, its landscapes and wildlife, its traditions, customs and crafts. The Lost Skills and Crafts Handbook will help you rediscover your love of the countryside, including:

- a checklist of British butterflies and where to find them
- how to keep chickens, ducks, goats and sheep
- how to make soap, candles and your own herbal remedies
- how to track animals and forage for food
- essential knot tying
- how to build a campfire without matches
- how to create a kitchen garden
- the origins of country superstitions

And much more. With beautiful line art illustrations throughout, this compendium of the British countryside and its delights will be an essential read for any nature lover in your life.

Alan Titchmarsh is the author of over 40 books about gardening, including How to be a Gardener Book 1: Back to Basics, the fastest-selling of all time in the genre; natural history titles including British Isles: A Natural History and The Nature of Britain; three bestselling autobiographies and a number of bestselling novels. 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. Alan has appeared on radio and television both as a gardening expert and as an interviewer and presenter, and is the current presenter of Love Your Garden and Grow Your Own At Home on ITV.

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ISBN: 9781785947018
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288 Pages pages
The Man Who Mistook His Job for His Life
How to Thrive at Work by Leaving Your Emotional Baggage Behind
Naomi Shragai

Therapy for our working lives, showing how we can thrive at work by leaving our past at home - or, The Book You Wish Your Boss Had Read (and your colleagues will be glad you did too)

You probably don't realise this, but every working day you replay and re-enact conflicts, dynamics and relationships from your past. Whether it's confusing an authority figure with a parent; avoiding conflict because of past squabbles with siblings; or suffering from imposter syndrome because of the way your family responded to success, when it comes to work we are all trapped in our own upbringing and the patterns of behaviour we learned while growing up.

Many of us spend eighteen formative years or more living with family and building our personality; but most of us also spend fifty years - or 90,000 hours - in the workplace. With the pull of the familial so strong, we unconsciously re-enact our personal past in our professional present - even when it holds us back.

Through intimate stories, fascinating insights and provocative questions that tackle the issues that cause us most problems - from imposter syndrome and fear of conflict to perfectionism and anxiety - business psychotherapist Naomi Shragai will transform how you think about yourself and your working life.

Based on thirty years of expertise and practice, Shragai will show you that what is holding you back is within your gift to change - and the first step is to realise how you, like the rest of the people you work with, habitually confuse your professional present with your personal past.

Naomi Shragai graduated from the University of Southern California and completed her training as a systemic psychotherapist at the Tavistock Clinic, London. She has more than 30 years’ experience as a psychotherapist and family therapist in private practice, as well as working in the NHS and private hospitals. She now specialises in helping businesses and individuals resolve psychological obstacles that cause work-related problems. As a freelance journalist she has written for The Times, The Guardian and since 2008 has been a regular contributor to the Financial Times, where she writes predominately about the psychological aspects of working life. Her appearances on BBC Radio 4 include Four Thought (2012), Letter from America by Alistair Cooke, the 1970s (2014) and The Bottom Line (2019) business programme discussing conflicts at work. Her television appearances include Good Morning Britain on ITV. In a previous career, she was a stand-up comic, working on the London comedy circuit as well as making radio and television appearances. She lives in north-west London. This is her first book.
The Essential Terrance Dicks Volume 1
Terrance Dicks

A two-volume celebration of a consummate storyteller, collecting ten of Terrance Dicks's best novels, as chosen by fans.

"I think if you can get a kid reading for pleasure, not because it's work, but actually reading for pleasure, it's a great step forward. It can start with me, you know, start with Dicks and work its way up to Dickens - as long as you get them reading." - Terrance Dicks

For over 50 years, Terrance Dicks was the secret beating heart(s) of Doctor Who - from joining production of The Invasion in 1968 to his final short story in 2019. As the undisputed master of Doctor Who fiction, Terrance wrote 64 Target novels from his first commission in 1973 to his last, published in 1990. He helped introduce an entire generation to the pleasures of reading and writing, and his fans include Neil Gaiman, Sarah Waters, Mark Gatiss, Alastair Reynolds, Russell T Davies, Steven Moffat, Frank-Cottrell Boyce, and Robert Webb, among many others.

This special two-volume collection, published on the anniversary of Terrance's death, features the very best of his Doctor Who novels as chosen by fans - from his first book, The Auton Invasion, to his masterwork, the 20th anniversary celebration story The Five Doctors, voted all-time favourite.

With forewords by Frank Cottrell-Boyce and Robert Webb, The Essential Terrance Dicks is a masterclass in contemporary fiction, by a writer of unlimited imagination.

Volume One contains, complete and unabridged:
DOCTOR WHO AND THE DALEK INVASION OF EARTH
DOCTOR WHO AND THE ABOMINABLE SNOWMEN
DOCTOR WHO AND THE WHEEL IN SPACE
DOCTOR WHO AND THE AUTON INVASION
DOCTOR WHO AND THE DAY OF THE DALEKS

Terrance Dicks became Script Editor of Doctor Who in 1968, co-writing Patrick Troughton’s classic final serial, The War Games, and editing the show throughout the entire Jon Pertwee era to 1974. He wrote many iconic episodes and serials for the show after, including Tom Baker’s first episode as the Fourth Doctor, Robot; Horror at Fang Rock in 1977; State of Decay in 1980; and the 20th anniversary special, The Five Doctors in 1983. Terrance novelised over sixty of the original Doctor Who stories for Target books, including classics like Doctor Who and the Abominable Snowmen and Doctor Who and the Auton Invasion, inspiring a generation of children to become readers and writers. He died in August 2019, only weeks before the publication of his final Doctor Who short story, ‘Save Yourself’, in The Target Storybook.
The Way Out
The Revolutionary, Scientifically Proven Approach to Heal Chronic Pain
Alan Gordon and Alon Ziv

The revolutionary, scientifically-proven solution to end chronic pain, for the 1.2 billion sufferers worldwide.

Rewire your brain, end your pain.

From back pain to migraines, arthritis and sciatica, over 1.2 billion people worldwide suffer from regular or chronic pain, 28 million in the UK alone. It’s a global epidemic that regularly resists treatment and can totally derail people’s lives. But it doesn’t have to be this way.

This is the revolutionary message from psychotherapist Alan Gordon who, frustrated by the lack of effective treatment for his own debilitating pain, developed a highly successful approach to eliminating symptoms without surgery or medication, offering a viable and drug-free alternative to existing – and often addictive – methods.

Based on the premise that pain starts in the brain not the body, Gordon’s Pain Reprocessing Therapy (PRT) enables you to rewire your neural circuits and turn off ‘stuck’ pain signals. In a ground-breaking study, PRT helped 98% of patients reduce their pain levels and 66% were completely cured. What’s more, these dramatic changes held up over time.

In The Way Out, Gordon provides an easy-to-follow guide to ending your pain with PRT. Drawing on cutting-edge research along with his own experiences as a chronic pain sufferer, he will help you:

- Understand how the brain can unintentionally 'learn' chronic pain
- Turn off pain signals that have become 'stuck' - these are false alarms
- Use revolutionary techniques to break the cycle of fear that causes chronic pain
- Develop long-term strategies for living pain-free

Game-changing, practical and full of real-life stories from Gordon’s clinical practice, this book will change the way you think about pain forever - and give you a way out of your pain today.

Alan Gordon (Author)
Alan Gordon is the founder and director of the Pain Psychology Center in California, a leading treatment facility for chronic pain sufferers that sees over 1,500 patients from around the world every year. Debilitated by chronic pain throughout his body for several years and frustrated by the lack of effective treatment, Gordon developed the ground-breaking Pain Reprocessing Therapy (PRT) – a highly effective system of psychological techniques that rewire the brain’s neural circuits to turn off “stuck” pain signals. He is an adjunct assistant professor at the University of Southern California.

Alon Ziv (Author)
Alon Ziv has a degree in neuroscience and was awarded the Certificate of Distinction in Teaching in Biology from UCLA.
The Essential Terrance Dicks Volume 2
Terrance Dicks

The cosmos without the Doctor scarcely bears thinking about...

"I think if you can get a kid reading for pleasure, not because it's work, but actually reading for pleasure, it's a great step forward. It can start with me, you know, start with Dicks and work its way up to Dickens - as long as you get them reading." - Terrance Dicks

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Volume Two contains, complete and unabridged:
DOCTOR WHO AND THE GENESIS OF THE DALEKS
DOCTOR WHO AND THE PYRAMIDS OF MARS
DOCTOR WHO AND THE TALONS OF WENG-CHIANG
DOCTOR WHO AND THE HORROR OF FANG ROCK
DOCTOR WHO AND THE FIVE DOCTORS

Terrance Dicks became Script Editor of Doctor Who in 1968, co-writing Patrick Troughton's classic final serial, The War Games, and editing the show throughout the entire Jon Pertwee era to 1974. He wrote many iconic episodes and serials for the show after, including Tom Baker's first episode as the Fourth Doctor, Robot; Horror at Fang Rock in 1977; State of Decay in 1980; and the 20th anniversary special, The Five Doctors in 1983. Terrance novelised over sixty of the original Doctor Who stories for Target books, including classics like Doctor Who and the Abominable Snowmen and Doctor Who and the Auton Invasion, inspiring a generation of children to become readers and writers. He died in August 2019, only weeks before the publication of his final Doctor Who short story, 'Save Yourself', in The Target Storybook.
Present Moment, Wonderful Moment
Thich Nhat Hanh

Mindful verses for daily living by the beloved Zen master Thich Nhat Hanh

'Thich Nhat Hanh's work has proven to be the antidote to our modern pain and sorrows' Ocean Vuong

Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.

Beloved Zen Master Thich Nhat Hanh offers 79 meditations to help you through your daily routines in a peaceful and mindful way. This beautifully illustrated book shares a simple verse with an enlightening commentary that will give you the space and heart to live each day in a connected and calm way.

'The monk who taught the world mindfulness' Time

Thich Nhat Hanh, a Vietnamese poet, bestselling author and peace activist, has been a Buddhist monk for over 40 years. He was chairman of the Vietnamese Buddhist Peace delegation during the Vietnam War and was nominated by Dr Martin Luther King for the Nobel Peace Prize. In 1966 he visited the US and Europe on a peace mission and was unable to return to his native land. Today he heads Plum Village, a meditation community in south-western France, where he teaches, writes, gardens and aids refugees worldwide. Websites include: www.interbeing.org.uk and www.plumvillage.org

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112 Pages pages
1
That Moment When
Life Stories from Way Back Then
Mo Gilligan

Mo Gilligan, BAFTA-winning breakout comedy star of a generation, reveals the inspirational, life-changing and hilarious moments that made him.

Come on my journey. Look at where man's come from. I was working in retail in 2017.

You might know Mo as the critically acclaimed stand-up comedian, BAFTA-winning presenter, Masked Singer judge and social media mega star. But do you know the moments that really made him? Opening up on the turning points, the good times, the challenges and the lessons learned, this is Mo as you've never seen him before.

Journeying through childhood memories in South London, Mo reminisces about school days and old-school raving, and takes us behind the scenes of his first comedy gigs, the creation of the original Geezer, selling out national tours and becoming one of TV's most in-demand stars. Share the moment that Mo decided he wanted to be a comedian, the moment he went viral, the moment he realised he was famous (and how to deal with it), the moment his Netflix special dropped, the moment he won his BAFTA and the moments he still has to come.

In among the laugh-out-loud observations, life lessons and candid storytelling, there lies the bigger influences in Mo's life - the unsung heroes of the Black British comedy scene, the power of community and the feel-good legacy he wants to create.

'The Funniest Man in Britain' The Times

With his high-energy style and everyday observations, BAFTA-winning Mo Gilligan is one of the UK's fastest rising comedians with an online reach running into multiple millions. His debut Netflix Original Stand Up Special Momentum was globally released in 190 countries to huge critical and audience acclaim. He hosts award-winning The Lateish Show on Channel 4 and his world tour There's Mo to Life kicks off in Autumn 2021.

Instagram: @mothecomedian
Twitter: @MoTheComedian
Facebook: MoGilliganComedy
TikTok: @MoGilligan

September 2021
ISBN: 9781529109207
£20.00
Royal Octavo : Hardback
320 Pages
World-renowned food writer Claudia Roden revisits Mediterranean cookery 30 years on with new simple, vibrant dishes. A treasure for fans of *Ottolenghi SIMPLE* (312k TCM) and *Persiana* (200k TCM).

Travel the med from the comfort of your kitchen.

Claudia Roden is credited with revolutionising Western attitudes to Middle Eastern and Mediterranean food. Over thirty years on from her first Mediterranean cookbook, Claudia shares the sun-soaked simplicity of the Mediterranean with new recipes for effortless, everyday cooking.

This is how Claudia cooks for friends and family - always putting flavour first, beautiful ingredients, fuss-free cooking, relaxed eating.

From Provence to Petra, Madrid to Morocco, explore the many and varied flavours of the Mediterranean as Claudia shares a life’s worth of travelling and stories along with the food she cooks now.

Claudia Roden was born and brought up in Cairo, but was educated in Paris and in London, where she has lived for many years. Widely admired as both a great cook and a fine writer, she has written classic works on Middle Eastern food and Mediterranean cookery, including the award-winning *The Book of Jewish Food*, and, most recently, *The Food of Italy*.
How to Live Your Best Life
Transform your mindset and manifest real success
Maria Hatzistefanis

Bestselling author and highly successful founder of the Rodial skincare empire offers practical advice on how to turn away from material things, reset your priorities and be a master of your own inner happiness.

It's time to reset, adjust and take the power back.

Having spent over 20 years building her hugely successful beauty empire, Maria Hatzistefanis managed to achieve all her childhood dreams and goals. She has attended exclusive parties, walked on glamorous red carpets and visited beautiful cities. Whilst this life of glamour and success is exhilarating, Maria is shocked to find that the happiness it brings is fleeting. This leads her to realise that her life needs a new focus.

In this easy to follow guide Maria asks the fundamental question 'what is happiness?'. Analysing her own experiences, failures and fortunes, Maria provides clear, concise and intuitive strategies to help you tackle your own challenges. From aligning your thoughts and actions to detaching your success from achievements, Maria shares her practical secrets to mastering your mindset.

How to Live Your Best Life will equip you with the tools you need to be in control of your own destiny. Brimming with good sense, great advice and clear tips Maria guides you on your journey to happiness and ultimately success.

London-based beauty entrepreneur, Maria Hatzistefanis started her career as a beauty writer before moving to New York where she received an MBA from Columbia Business School. She founded her ground-breaking skincare group, Rodial, in 1999 by identifying a niche for treatments targeted to specific skin concerns, with evocative tongue-in-cheek names such as Snake Serum and Dragon’s Blood. Maria now runs two brands – Rodial and Nip + Fab – with products selling through 20,000 doors across 35 countries worldwide. Today, the cutting-edge products are available in the most prestigious stores around the world, with support and praise from high profile names in the fashion and beauty industries.
30 Animals That Made Us Smarter
Patrick Aryee

Accompanying a new series of the hit BBC podcast, a fascinating exploration of how the animal world has inspired human progress via new inventions and solutions that impact our daily lives.

Did you know that mosquitoes' mouthparts are helping to develop pain-free surgical needles? Who'd have thought that the humble mussel could inspire so many useful things, from plywood production to a 'glue' that cements the crowns on teeth and saves unborn babies in the womb? How about the fact that studying the tiny kingfisher solved engineering problems with Japan's ultra-high-speed bullet train, or that the humpback whale's flipper helped design the most efficient blades for wind power turbines? For many years, humans have been using the natural world as inspiration for everything from fashion to architecture, and medicine to transport, and it may come as a surprise to learn how many inventions have been motivated by animal design and behaviour.

Dive into the depths with us as author Patrick Aryee reveals even more astonishing stories about animals' exceptional powers and the unique contributions they've made to the quality of our everyday lives. Beautiful hand-drawn illustrations accompany his revelations and bring the natural world to life.

As a biologist and self-confessed thrill seeker, Patrick has always had a fascination with how things work. Since 2012, Patrick has been a documentary filmmaker and wildlife tv presenter across a number of programmes for major broadcasters, including the BBC and Sky. His ambition is to inspire and surprise us, his audience, as he takes us on a journey around the globe from the very comfort of our homes. Through his stories and animal encounters many of us have witnessed the raw power of fearsome predators like big cats, uncovered reality-defying super senses of night-time hunters, and plunged the deep blue to swim alongside the mysterious creatures that call our oceans home. As the presenter of the hugely successful podcast, 30 Animals That Made Us Smarter, Patrick now brings his words as a compelling orator, to the written form, in this his first book.
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

The secret to world class leadership? Unity, not uniformity.

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

Gone are the days when good leadership was about hiring in your image or who could shout the loudest. Having spoken to the world's finest thinkers across all areas of business and sport - including Rio Ferdinand, Tracy Neville, Jason Fox, Dave Lewis and Sir Clive Woodward - the authors discovered that just one simple principle unites all kinds of world-class performance. Recruiting for difference and forging togetherness is the fastest way to achieve growth, on and off the sportsfield.

Packed with personal stories, hard-won lessons and impactful strategies, this new fundamental framework will help anyone become a world class leader.

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

He spent 16 years as the CEO of BBH in Singapore and then London, helping some of the world's biggest businesses and brands to grow, including Audi, Barclays, British Airways and Tesco. Ben founded The Growth House at the start of 2018 and now works with senior teams at companies such as Virgin Media, Costa and LinkedIn. 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 power England to victory at the Rugby World Cup in 2003.

Since retiring from rugby, Will has become one of the UK's leading broadcasters and commentators on the game. He has penned a weekly column for the Saturday Telegraph for 16 years and been at the heart of Sky's award winning rugby output.

Will is Chief Customer Officer in the UK for Afiniti, an artificial intelligence organisation. Will also coaches club rugby at Maidenhead RFC and continues to chase any shaped ball anyone will throw.
UnPresidented
Politics, pandemics and the race that Trumped all others
Jon Sopel

Join BBC North America Editor, Jon Sopel, as he takes you behind the scenes on an election year like no other...

Fear and loathing on the 2020 campaign trail...

'26 February, White House Briefing Room
The coronavirus feels like it is changing everything. Suddenly it's not just a public health emergency; it has the potential to upend this whole election...'

In UnPresidented: Politics, pandemics and the race that Trumped all others, BBC North America Editor Jon Sopel presents a diary of an election like we've never quite seen before.

Experience life as a reporter on the campaign trail, as the election heats up and a global pandemic slowly sweeps in. As American lives are lost at a devastating rate, the presidential race becomes a battle for the very soul of the nation - challenging not just the Trump presidency, but the very institutions of American democracy itself. In this highly personal account of reporting on America in 2020, Jon Sopel takes you behind the scenes of a White House in crisis and an election in turmoil, expertly laying bare the real story of the presidential campaign in a panoramic account of an election and a year like no other.

Jon Sopel has been the BBC's North America Editor since 2014. He has covered the 2016 and 2020 elections and Trump's White House at first hand, reporting for the BBC across TV, radio and online. He also presents the highly successful Americast podcast with Emily Maitlis and Anthony Zurcher. As a member of the White House Press Corps, he has accompanied both President Obama and President Trump on Air Force One and interviewed President Obama at the White House. He has travelled extensively across the US and recently rode a Harley Davidson down the West Coast (that wasn't for work though).

He lives in Washington and London. He is the author of If Only They Didn't Speak English: Notes from Trump's America and A Year at the Circus: Inside Trump's White House.
Misfits
A Personal Manifesto
Michaela Coel


A powerful manifesto on how speaking your truth and owning your differences can transform your life.

In this sensational agenda-setting début, Michaela Coel, BAFTA-winning actor and writer of breakout series *I May Destroy You* and *Chewing Gum*, makes a compelling case for radical honesty.

Drawing on her unflinching Edinburgh Festival MacTaggart lecture, *Misfits* recounts deeply personal anecdotes from Coel’s life and work to argue for greater transparency. With insight and wit, it lays bare her journey to reclaiming her creativity and power, inviting readers to reflect on theirs.

Advocating for 'misfits' everywhere, this timely, necessary book is a rousing and bold case against fitting in.

Michaela Coel is the creator of the hit TV shows, *Chewing Gum* and *I May Destroy You*. She is a BAFTA, Royal Television Society, Broadcasting Press Guild and NAACP prize-winning actor, screenwriter and director. In 2020, she was included in *Time* magazine’s 100 Most Influential People and British *Vogue*’s 2020 Most Influential Women lists. *Misfits* is her first book.

September 2021
ISBN: 9781529148251
£9.99
A format 178x110mm : Hardback
128 Pages pages
Lovely Jubbly: A Celebration of 40 Years of Only Fools and Horses
Jim Sullivan

Celebrate the 40th anniversary of Only Fools and Horses, as Jim Sullivan (writer and son of show creator John Sullivan) takes you behind the scenes of each and every episode, in this fully illustrated definitive history of the iconic BBC show.

Long Live Hookey Street ...

Ménage et trois! It's been 40 years since John Sullivan’s Only Fools and Horses first graced our tv screens. This book - a visual guide to each and every episode - is packed full of rare and never-before-seen photographs charting the creation and evolution of the nation’s favourite comedy series. Featuring interviews with cast and crew, and more than a word or two from Del, Rodders and the rest of the Peckham faithful, Lovely Jubbly, this is the ultimate nostalgic trip down Hooky Street.

Cushty!

September 2021
ISBN: 9781785947537
£20.00
Crown Quarto : Hardback
288 Pages
Ainsley’s Good Mood Food
100 easy, comforting meals (including all the recipes from the major ITV series)
Ainsley Harriott

A new cookbook of cosy food. For fans of Mary Berry’s Simple Comforts (119k TCM) and Ainsley’s Mediterranean Cookbook (4k TCM) and Ainsley’s Caribbean Kitchen (15.9k).

Warm your cockles with some good, hearty grub!

Including all the recipes from his new TV series on ITV, Ainsley cooks the best kind of comfort food: All feel-good flavours and favourite ingredients cooked with Ainsley flair.

Recipes include: Breakfast hash with 'nduja, Spiced roast parsnip and coconut soup, Butternut squash, blue cheese and walnut pastries, The best fish finger sandwich, Cider-battered fish and crispy chips with minted mushy peas, Fabulous fish pie, Chicken tarragon kievs, Beef and ale pie, Baked lamb orzo, Sausage and butterbean bake, Spicy tofu and peanut udon noodles, Tikka paneer with coriander chutney, Mac n cheese with chard and leeks, Pineapple upside-down cake with rum and lime, Carrot cake with pistachio and rosemary, Ginger rhubarb and baked custard. Yum!

Ainsley Harriott is nothing short of a cookery legend; a pioneer in quick and easy home cooking, he has hosted some of the UK's most popular culinary series. His love of food and people, together with his natural curiosity and accessible recipes, make him a much-loved British TV personality. Recent popular ITV shows include Ainsley’s Caribbean Kitchen, Ainsley Mediterranean Cookbook, Ainsley’s Food We Love and now Ainsley’s Good Mood Food.

September 2021
ISBN: 9781529148312
£20.00
246x189 : Hardback
224 Pages
The Gardeners’ World Almanac
A month-by-month guide to your garden year
Various

Your definitive month-by-month guide to gardening throughout the year with advice from the experts at Gardeners’ World magazine.

The team at Gardeners’ World magazine bring you the ultimate guide to your gardening year, from planning and planting to troubleshooting tips and gardening discovery. Organised by month, this book includes lists, timetables, step-by-step guidance and expert advice for year-round gardening, as well as an informative guide on what to plant when and projects for every season, complemented by beautiful hand-drawn illustrations and top tips from your favourite gardening personalities. The Gardeners’ World Almanac will help you make your garden look its very best throughout the year.

Content to include:
- Star plants by month throughout the year
- Task-based content around the garden, sowing, harvesting, etc
- Creative container gardening and indoor growing
- Wild-life friendly gardening
- Weather watching
- Problem solving and troubleshooting pests and problems

September 2021
ISBN: 9781785947520
£16.99
Demy Octavo : Hardback
320 Pages
Pam Ayres on Animals
Pam Ayres

A beautiful collection from beloved poet Pam Ayres, compiling her best verse dedicated to her love of animals, including brand new poems and illustrations

'Oh WHY must you bark at the postman?
Why must you batter my ears?
I know it seems rum
But the postman has come
Every morning for TWENTY-FIVE YEARS.'

Bringing to life the charming characters and voices of all creatures great and small through her poetry for decades, this is the definitive collection of Pam Ayres' poetry dedicated to her love of animals, with brand new introductions, poems and illustrations.

From delightful tales of our British wildlife in 'I'm a Starling Me Darling' and the difficulties of keeping farm animals in 'Fleeced', to her hilarious observations of our pets in 'Ode to a Jack Russell' and poignant reflections on the end of their lives in 'Tippy Tappy Feet', Ayres on Animals is a celebration of animals everywhere.

Pam Ayres has been a writer, broadcaster, and entertainer for over 40 years. She is the author of several best-selling poetry books, including The Works, Surgically Enhanced, You Made Me Late Again!, and The Last Hedgehog. Pam’s autobiography, The Necessary Aptitude, was a best seller 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.

September 2021
ISBN: 9781529104967
£16.99
220 x 160 mm : Hardback
224 Pages pages
RS 2021
Recipes, Memories and Stories from a Food Lover's Kitchen
Rick Stein

From bestselling cook and food writer Rick Stein, a stunning collection of all-time favourite recipes and essays that celebrate the rhythms and rituals of home cooking

Home is more than a place. It's a feeling.
Rick Stein has spent his life travelling the world in search of cooking perfection - from France and Italy to Australia and the far east - and inspiring millions of food lovers with the results. In Rick Stein At Home, he takes stock of his remarkable life and takes us into the rhythms and rituals of his home cooking. In his first book to celebrate his all-time favourite home-cooked meals, Rick shares over 100 very special recipes - from family classics that evoke childhood memories to newer dishes that have marked more recent personal milestones - along with unforgettable stories that celebrate his favourite ingredients, food memories, family cooking moments and more. Sharing the dishes he most loves to cook for family and friends throughout the year, Rick takes you inside his home kitchen unlike he's done in any previous book.

Rick Stein's passion for using good-quality local produce and his talent for creating delicious recipes in his books and restaurants have won him a host of awards, accolades and fans. As well as presenting a number of television series, he has published many best-selling cookery books, including French Odyssey, Coast to Coast, Far Eastern Odyssey, Rick Stein's Long Weekends and Rick Stein's India.

Rick has always believed in showcasing local seafood and farm produce in his four restaurants in Padstow, Cornwall, where he also has a cookery school, food shops and a pub in the nearby village of St Merryn. In 2018 Rick was awarded an CBE for services to the economy. He divides his time between Padstow, London and Australia, where he also has two seafood restaurants by the sea in Mollymook, and Port Stephens NSW.
Behind the Sequins
My Life
Shirley Ballas

The sensational autobiography from the Queen of Latin Ballroom and Strictly head judge, Shirley Ballas.

Leave it all on the floor...

Queen of Latin Ballroom, Shirley Ballas has a spectacular dance career spanning over 40 years – she has Cha-Cha'd her way across the world's dance floors to become a multi-award-winning ballroom champion and one of the most renowned dancers in the world. In 1996, Shirley retired from competitive dancing to become a highly-acclaimed coach and now holds the enviable position of Head Judge on BBC One's prime time show Strictly Come Dancing.

In Behind the Sequins, she leads us through her dramatic and determined life, from growing up in a rough estate on the Wirral and leaving home at 14 years old, to conquering the high-octane world of ballroom and coping with betrayal, bullying, two broken marriages and a personal tragedy that left Shirley and her family devastated.

Speaking from the heart, Shirley leaves her dancing shoes at the door to tell you the story of a fiery, strong-willed grafter who could make the brat pack blush.

Shirley Ballas is one of the most renowned dancers in the world. A former British Open to the World Champion, and European, German, UK, USA and International Latin American Champion, her list of accolades is vast and extraordinary.

Born and raised in Wallasey, by the age of 21 Shirley had won nearly every major title she competed in. She is still the youngest ever female to reach the British Open to the World Dance Championship finals and the only woman to win it with two male partners. Shirley continued to compete at the highest level after giving birth to her only son - musician, Broadway star and entertainer, Mark Ballas - in 1985.

In 1996, Shirley retired from competitive dancing, becoming the highly acclaimed teacher and coach she is today, as well as being the head judge on BBC One's Strictly Come Dancing.
Match of the Day Annual 2022
(Annuals 2022)

From the nation's no.1 footy mag - The MOTD annual returns, bursting with fun football trivia, games, puzzles, cartoons and much, much more...

GOAAAAAAAAAL!!!

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

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 2022 is the best around - it will be on the top of your Christmas list!

September 2021
ISBN: 9781785946783
£7.99
297x210 : Hardback
96 Pages
AI 2041
Ten Visions for Our Future
Kai-Fu Lee and Chen Qiufan

New York Times bestselling non-fiction author joins forces with a celebrated science-fiction novelist to blend imaginative storytelling and scientific forecasting to ask how artificial intelligence will change our world over the next 20 years.

In this ground-breaking blend of imaginative storytelling and scientific forecasting, a pioneering AI expert and a leading writer of speculative fiction join forces to answer an imperative question: How will artificial intelligence change our world within twenty years?

AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand new forms of communication and entertainment. In liberating us from routine work, however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up—both to AI’s radiant pathways and its existential perils for life as we know it.

In this provocative, utterly original work of "scientific fiction," Kai-Fu Lee, the former president of Google China and bestselling author of AI Superpowers, joins forces with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten gripping short stories, set twenty years in the future, they introduce readers to an array of eye-opening 2041 settings:

In San Francisco, a new industry, "job reallocation," arises to serve displaced workers
In Tokyo, a music fan is swept up in an immersive form of celebrity worship
In Mumbai, a teenage girl rebels when AI gets in the way of romance
In Seoul, virtual teachers offer orphaned twins new ways to learn and connect
In Munich, a rogue quantum computer scientist's revenge plot imperils the world

By gazing toward a not-so-distant horizon, AI 2041 offers urgent insights into our collective future-while reminding readers that, ultimately, humankind remains the author of its destiny.

Kai-Fu Lee (Author)
Kai-Fu Lee is the CEO of Sinovation Ventures and New York Times bestselling author of AI Superpowers. Lee was formerly the president of Google China and a senior executive at Microsoft, SGI, and Apple. Co-chair of the Artificial Intelligence Council at the World Economic Forum, he has a bachelor's degree from Columbia and a PhD from Carnegie Mellon. Lee's numerous honors include being named to the Time 100 and Wired 25 Icons lists.

Chen Qiufan (Author)
Chen Qiufan (aka Stanley Chan) is an award-winning author, translator, creative producer, and curator. He is the president of the World Chinese Science Fiction Association. His works include Waste Tide, Future Diseases, and The Algorithm for Life. The founder of Thema Mundi, a content development studio, he lives in Beijing and Shanghai.
Everything You Need to Know About Whisky
(But are too afraid to ask)
Nick Morgan and The Whisky Exchange

Understand the what, how, who and when of whisky and its fascinating history.

Demystify the world of whisky.

Whisky experts Nick Morgan and The Whisky Exchange open the lid on the whisky industry, revealing what makes one of the world's simplest spirits just so popular. *Everything You Need to Know About Whisky* will answer all of your burning questions; from what makes the perfect scotch and how to drink it like a pro to an exploration of distilleries around the world and their fascinating (often scandalous) histories.

This indispensable guide is filled with insider tips on finding your new favourite bottle and brewing up the very best whisky based cocktails - essential reading for all whisky fans, novices and experts alike.

**Nick Morgan (Author)**
Nicholas Morgan was Head of Whisky Outreach at Diageo, tasked with reinvigorating heritage blends. He is the winner of an Outstanding Achievement in Scotch Whisky Award. His work has earned him a place on the Queen Elizabeth Scholarship Trustee board, further supporting excellence in British Craftsmanship. Nicholas was made the forty-eighth inductee into the Whisky Hall of Fame in March 2018. He lives in London.

**The Whisky Exchange (Author)**
The Whisky Exchange is a family business founded by Sukhinder and Rajbir Singh in 1999, and has since grown to be the internet's number one specialist retailer of whisky and other spirits. They have won a string of industry awards, including Independent Spirits Retailer of the Year and Whisky Magazine's Online Retailer of the Year.

**September 2021**
ISBN: 9781529108750
£20.00
220 x 160 mm : Hardback
256 Pages
The Fertility Book
Your definitive guide to achieving a healthy pregnancy
Professor Adam Balen with Grace Dugdale

This comprehensive book will a gap in the market for an up-to-date and entirely evidence-based fertility book by a leading UK expert.

The book you can trust to help you achieve a healthy pregnancy.

Whether you are trying for a baby now or preparing for a family in future, The Fertility Book is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy.

Leading NHS consultant and fertility expert Adam Balen dispels the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and lifestyle factors at play. He takes an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you.

Professor Adam Balen has decades of experience helping couples on their journey to conception and beyond. Now in this, his first book for a general readership, he explains everything you need to know to understand your own fertility.

Adam Balen (Author)
Professor Adam Balen leads one of the largest teaching hospital fertility units in the UK, is currently Chair of the British Fertility Society and is internationally renowned, with roles for the WHO and the European fertility society (ESHRE). He runs both NHS and private fertility clinics so he understands the issues that arise from both sides and he works closely with fertility patient support organisations across the UK. He has been featured on Radio 4 on Inside Health, Woman's Hour and You and Yours. He was also the consultant director on BBC1's Fertility and Me (October 2019).

Grace Dugdale (Author)
Dr Grace Dugdale is a reproductive biologist and professional writer who has spent many years researching biological function in sex and fertility. She sits on the All Party Parliamentary Group for Sexual and Reproductive Health and has worked with the British Fertility Society on a fertility education programme.
Wintering
The power of rest and retreat in difficult times
Katherine May

A beautiful gift edition of this poignant memoir on surviving the difficult times in life.

THE NEW YORK TIMES BESTSELLER

Signed Gift Edition

'Every bit as beautiful and healing as the season itself' Elizabeth Gilbert

'A gentle exploration of the dark season of life and the light of spring that eventually follows' Raynor Winn, bestselling author of The Salt Path and The Wild Silence

Wintering is a poignant and comforting meditation on the fallow periods of life, times when we must retreat to care for and repair ourselves. Katherine May thoughtfully shows us how to come through these times with the wisdom of knowing that, like the seasons, our winters and summers are the ebb and flow of life.

'A peaceful rebuff to life in fast-forward' Guardian

'Absolutely beautiful' Cheryl Strayed, author of Wild

Katherine May is a writer of both fiction and non-fiction. Her most recent works include The Electricity of Every Living Thing and The Whitstable High Tide Swimming Club. She lives by the sea in Whitstable and enjoys sea swimming and long walks. She lives and breathes everything the natural world has to offer and is compelled by how the wild and extreme landscapes can benefit our mental and emotional wellbeing.

September 2021
ISBN: 9781846047237
£16.99
Demy Octavo: Hardback
288 Pages
Paddy McGuinness surprises everyone, including himself, with his story of young Patrick, the tearaway teen from Bolton who ended up on prime-time TV.

Get the kettle on, the biscuits out, and settle in for a belting read.

*Comic Relief, Top Gear, Catchpoint* and *M & S Christmas ads* have one big thing in common: TV's man of the moment Paddy McGuinness.

How did that happen? Let Paddy take you back to a terrace in 1970s' Bolton, where his girl power story starts. All the significant role models in his life have been women, and the first was his mother. He grew up alone with beloved matriarch Patricia, who worked two jobs to keep food on the table, and Paddy inherited his no-nonsense work ethic from her. As a young man, he was gainfully employed in multiple jobs around Bolton, while simultaneously starring alongside Peter Kay in hit TV shows. Showbiz wasn't proper graft.

He did eventually hand in his notice as a life guard at Horwich Leisure Centre, but he remains resolutely true to his Bolton roots.

Paddy has the profile of a TV entertainer and the paid-up following of a stand-up comedian, with a core of authenticity akin to his hero and fellow Boltonian Fred Dibnah, topped with a sprinkle of Peter Kay stardust. Add a true story of grit, graft and cheeky luck told with impeccable comic timing, and you've got the showbiz memoir of the year.

*September 2021*
ISBN: 9781529109351
£20.00
Royal Octavo : Hardback
320 Pages
This is Ottolenghi, unplugged. The Ottolenghi Test Kitchen team takes you on a journey through your kitchen cupboards, creating inspired recipes using humble ingredients.

Relaxed, flexible home cooking from Yotam Ottolenghi and his superteam.

Whether they’re conjuring up new recipes or cooking for themselves at home, the Ottolenghi Test Kitchen team do what we all do: they raid their kitchens. But then, they turn whatever they find into approachable creations with an 'Ottolenghi' twist.

This instinct is in perfect sync with recent times, when we've all been standing in front of our kitchen shelves, our cupboards and our fridges, wondering what to cook with what we've got; how to put a can of chickpeas or a bag of frozen peas to good use, instead of taking an extra trip to the shops.

For the first time, the team welcome us into their creative space. These dishes pack all the punch and edge we expect from Ottolenghi, but offer more flexibility to make them our own, using what we've got to hand. There's the ultimate guide to creamy dreamy hummus, a one-pan route to confit tandoori chickpeas and a tomato salad that rules them all.

This book is all about feeding ourselves and our families with less stress and less fuss, but with all the 'wow' of an Ottolenghi meal. It's a notebook to scribble on and add to, to take its ethos and absolutely make it your own.

This is how to cook, the OTK way.

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 commitment to the 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 and sunshine. Yotam lives in London with his family www.ottolenghi.co.uk @Ottolenghi

Noor Murad (Author)

Noor Murad is a Bahraini-born chef whose international work experience eventually brought her to the Ottolenghi family in 2016. She has since developed recipes for the books Falastin and Ottolenghi FLAVOUR, as well as for Ottolenghi’s Masterclass series and other online Ottolenghi publications. Her Bahraini roots have a strong influence on her cooking, with Arabic, Persian and Indian flavours making a prominent appearance in her recipes. @noorishbynoor

Ottolenghi Test Kitchen (Author)

The Ottolenghi Test Kitchen (OTK) under a North London railway arch is a treasure trove of food talent and creativity, where a team of brilliant individuals thrive as Yotam’s co-creators and colleagues. There’s Noor Murad, crowned the queen of Middle Eastern feasts; Verena Lochmuller, the human search engine to every baking question; Tara Wigley, the in-house word wizard; and Gitai Fisher, the man who keeps everyone in check while making sure they stay...
The Kitchen Cabinet
A Year of Recipes, Flavours, Facts & Stories for Food Lovers
Annie Gray, Foreword by Jay Rayner

A lively tour of the British year in food, celebrating regional recipes, places, festivals and ingredients, from the team at BBC Radio 4’s The Kitchen Cabinet.

Fill your year with flavour.

The official The Kitchen Cabinet compendium is here at last, with over 100 hours of dinner table talk distilled into this handy almanac, a year in the life of our kitchens to aid you in yours.

Open up to find food tips and tricks, stories, recipes, anecdotes and seasonal fun, all held together with our trademark titbits of history, science and often rather lively debate. Join us as we travel across the country, ready to respond to all your culinary conundrums - as well as sharing lots of things you never even thought to ask.

Annie Gray (Author)
Dr Annie Gray is a historian, cook, broadcaster and writer specialising in the history of food and dining in Britain from around 1600 to the present day. She is the resident food historian of BBC Radio 4’s The Kitchen Cabinet and is the author of three further books including The Greedy Queen: Eating with Victoria.

September 2021
ISBN: 9781785947162
£16.99
Demy Octavo : Hardback
320 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.

Life is a chronic condition. We all know, intellectually, that our time on earth is limited. But what would we change if we knew it viscerally?

Hailed by Glennon Doyle as 'the Christian Joan Didion', Kate Bowler was thirty-five when she was diagnosed with stage IV colon cancer. Before she got sick, she'd accepted the modern idea that life was an endless horizon of possibilities, a series of choices which if made correctly, would lead to a rewarding existence. But now she has to ask one of the most fundamental questions of all: How do we create meaning in our lives as we race against the clock?

In No Cure for Being Human, Kate looks at the ways she has tried to wring purpose from her remaining time. She explores both the comically absurd and the profound, from attempting to remove bestsellers by hollow self-help gurus from the hospital gift shop while still attached to a drip, to crawling into bed with a four-year-old dragon after his birthday party, as mere minutes transform into a transcendent moment, hovering outside of time. Kate discovers how to live bravely and make sense of it all, even when she's told it could come to an end at any moment.

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

Kate Bowler is an associate professor of the history of Christianity in North America at Duke Divinity School. She completed her undergraduate degree at Macalester College, received a master's of religion from Yale Divinity School, and a PhD at Duke University. She is the author of Blessed: A History of the American Prosperity Gospel, the New York Times bestselling memoir Everything Happens for a Reason (and other lies I've loved), and The Preacher's Wife: The Precarious Power of Evangelical Women Celebrities.

Surrounded by Setbacks
Or, How to Succeed When Everything's Gone Bad
Thomas Erikson

How to handle everything (and everyone) around you when the sh*t hits the fan, from the multi-million international bestselling author of Surrounded by Idiots.

How to handle everything (and everyone) around you when all hell breaks loose, from the international bestselling author of Surrounded by Idiots.

Not everything goes the way we want it to - the world or people around us sometimes just spin out of control. Just consider the Covid pandemic for starters. Or how about that mad neighbour you have living next-door to you? Or when work seems to be going down the toilet when the competition keep outsmarting you? So how do you handle everything life throws your way when you'd really prefer to tell everyone to get stuffed?

Thomas Erikson will help you turn adversity into success with the help of the behavioural model made famous in Surrounded by Idiots. Starting by reminding us that life is as it is, Erikson helps you see that it is in fact useless to try to control everything happening around you. Instead of protesting when life throws you curveballs, focus instead on how to handle them. Just as you keep the weeds away from the garden to provide space and amazing flowers, you need to find an approach to adversity that works for you and will give you the chance to turn everything into success. Surrounded by Setbacks will help you pinpoint the approach that works for you and will entertain and empower you in equal measure.

Thomas Erikson is a Swedish behavioural expert, active lecturer and bestselling author. For the last 18 years he has been travelling all over Europe delivering lectures and seminars in Swedish and English to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, Volvo and KIA Motors. Surrounded by Idiots (Omgiven Av Idioter) has been a Swedish runaway bestseller in since it was first published in 2014. It has sold over 2.5 million copies worldwide, of which nearly 1 million copies have been sold in Sweden alone, and it has been translated into 42 languages. For more information about the author and his work visit thomaserikson.com.

October 2021
ISBN: 9781785043666
£9.99
B (Ebury) : Paperback
320 Pages
Drag Race UK
TBC

_Ru Britannia!_ Your ultimate companion to the UK series of the global phenomenon that is _RuPaul’s Drag Race._

_RuPaul’s Drag Race UK_ returns to our screens for season three with an all new cast ready to slay the runway.

Discover the secrets of the Werk Room and get all the gossip backstage in exclusive interviews with the Queens and judges. Re-live the most iconic moments of Season 1 and 2 with special features from fan favourite Queens from the first two series.

With special features, play-along games, secrets and trivia, this is your perfect companion to the Drag Race_ extravaganza! Remember kids, reading is fundamental!

Image coming soon

October 2021
ISBN: 9781785946417
£14.99
220 x 160 mm : Hardback
128 Pages
Zen and the Art of Saving the Planet
Thich Nhat Hanh

Beloved spiritual leader offers his guidance on using our mind for change and the right kind of action to save the planet and ourselves.

'The monk who taught the world mindfulness' Time

In this masterful work, one of the most revered spiritual leaders in the world today shares his wisdom on how to be the change we want to see in the world.

In these troubling times we all yearn for a better world. But many of us feel powerless and uncertain what we can do. Thich Nhat Hanh (Thay) is blazingly clear: there's one thing that we have the power to change-and which can make all the difference: our mind. How we see and think about things determines all the choices we make, the everyday actions we take (or avoid), how we relate to those we love (or oppose), and how we react in a crisis or when things don't go our way.

Filled with powerful examples of engaged action he himself has undertaken, inspiring Buddhist parables, and accessible daily meditations, this powerful spiritual guide offers us a path forward, opening us to the possibilities of change and how we can contribute to the collective awakening and environmental revolution our fractured world so desperately needs.

Born in Hue, Vietnam, Thich Nhat Hanh is 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 is 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. He lives at the Tu Hieu Temple in Vietnam where he was first ordained when he was sixteen years old.

October 2021
ISBN: 9781846046544
£16.99
Royal Octavo : Hardback
208 Pages pages
The Child Code
The Science Behind Your Child's True Nature and How to Nurture It
Dr Danielle Dick

The first book to combine genetics and child psychology with practical parenting by a professor of psychology and human and molecular genetics.

For the first time, The Child Code brings genetics out of the lab and onto the parent’s lap, offering a smarter and much more effective way of parenting.

Danielle Dick - a chaired professor of psychology and human and molecular genetics - makes the case with evidence that’s clear and compelling: under normal conditions, the biggest factor influencing your child’s outcome is, quite simply, the child - his or her unique genetic signature present at birth.

Genetic predispositions shape temperament, the propensity toward impulsivity, self-regulation, sociability, fear, anxiety, addiction, and happiness. This book will give you the tools to understand your child from day 1- to crack the 'code' on what makes your child tick-and to tailor your parenting approach accordingly.

By understanding the degree to which your child’s behaviour is written into their genetic code, and the environment in which it’s expressed, you will learn what will and what won't work in helping your child become their best selves, with a lot less stress all around: you can't change your child but you can be a better parent.

Dr Danielle Dick is a mother, teacher, and scientist. She is Commonwealth Professor of Psychology and Human & Molecular Genetics at Virginia Commonwealth University. Her research focuses on how genetic predispositions interact with environmental factors throughout human development to contribute to differences in behavioral outcomes.

October 2021
ISBN: 9781785043475
£14.99
Demy Octavo : Trade Paperback
256 Pages pages
Decision Time
How to make the choices your life depends on
Laurence Alison and Neil Shortland

Two world-renowned experts bring a new approach to decision-making so you'll never question your choices again.

Seize life's opportunities: think less, do more!

When faced with a life-changing decision do you find that all too often your choice is hasty and you come to regret it? Or perhaps you avoid making choices at all costs from fear that you'll make the wrong one?

Laurence Alison and Neil Shortland have spent their careers studying some of the hardest choices that people have to make in some of the most high-pressured environments. Decision Time takes the decision-making techniques used in war rooms and war zones to create a step-by-step guide for decision-making in everyday life.

This is a book for anyone who wants to improve the way they handle life's big choices and how to better deal with the fear and uncertainty that goes along with them. Whether that's deciding to take a new job, start a new career later in life, end a relationship, move across the world or declaring your undying love for your best friend.

Laurence Alison (Author)
Laurence Alison is the author of Rapport, professor of psychology at the University of Liverpool and head of the Centre for Critical Incident Decision Making. He has an international reputation and is widely published in relation to his work on decision-making in high-stake environments, interviewing and interrogation, as well as prioritisation and detection of sex offenders.

Neil Shortland (Author)
Dr Neil Shortland is a world expert on military decision making. He's worked with The Ministry of Defence (MoD), the United States Department for Defence and National Institute for Justice. He has also served as an international expert on security and expert witness on Supreme Court cases involving decision making.

October 2021
ISBN: 9781785043611
£14.99
Demy Octavo : Trade Paperback
272 Pages
The Modern Gentleman’s Handbook
Gentlemen are not born, they are made
Charles Tyrwhitt

An informative, tongue-in-cheek guide for men on modern style and social etiquette from a true authority in fashion.

The ultimate guide to style and social success for the modern gentleman.

Ever wondered how to decode the infamous smart casual dress code? How many shirts a man really needs? How to master the art of small talk? Or even which cocktail recipes every man simply must have in his repertoire of bar skills? The Modern Gentleman’s Handbook will have all the answers the modern man requires to put his best foot forward for all occasions, from the office, to weddings and sporting events and even long weekends away.

This essential collection of do's and don'ts, from the fundamentals to the obscure and eccentric, will ready any man to conquer all of life's daily challenges and opportunities with finesse and good spirit.

Effortlessly elevate your style and reputation with this vital handbook.

October 2021
ISBN: 9781529108842
£12.99
Demy Octavo : Hardback
224 Pages
Honestly
My Story
Sheridan Smith

BAFTA and Olivier Award-winning TV and West End star, top-ten recording artist and sell-out live performer, Sheridan Smith OBE brings real-life warmth and charisma to every role she plays, but it's courage, grit and graft that underpins her life story.

A northern soul speaks from the heart

Sheridan Smith is Britain's most captivating actress.

Multiple awards and accolades across a career spanning two decades include a BAFTA for her title role in TV drama Mrs Biggs in 2013, and two Olivier awards as a West End performer, the first in 2011 for Legally Blonde and the second the following year for Flare Path.

While audiences cheered, critics raved, ratings soared and theatres sold out, for Sheridan, however, all this success and attention brought feelings of imposter syndrome, struggles with her mental health and panic attacks. As she fought to cope, every vulnerability was scrutinised in the weeklies and the tabloids, adding impossible pressure to an already difficult time.

But she faced her demons down, sought help and fought hard for recovery.

Now happy and settled with her partner and their son Billy, she is ready to share her journey: from growing up in Lincolnshire and those early talent competitions, her rise to fame on screen and stage, and her life off it. Packed with showbiz adventure, funny and warm, but dark times and heartbreak too. This is the real Sheridan Smith, the incredible woman behind that prodigious talent.

Hailed as 'the greatest theatre star of her generation' by the Evening Standard and with over two decades of experience in the television, film and theatre industry, Sheridan Smith OBE has earned her title as Britain's most captivating actress.

TV credits include era-defining classics such as The Royle Family, Two Pints of Lager and a Packet of Crisps and Gavin and Stacey. Other memorable roles in Mrs Biggs, The C Word, Cilla, Moorside and Cleaning Up have made for ground-breaking drama. Alongside TV, celebrated, sell-out West End runs in Little Shop of Horrors, Legally Blonde, Flare Path, Funny Girl and Joseph demonstrate her extraordinary versatility.

Sheridan has won a BAFTA, an NTA, a Critics' Circle Theatre Award, two Olivier Awards and two What's On Stage Awards.

She has also released two albums, both top twenty.

Sheridan lives in Essex with her partner Jamie Horn and their son Billy. This is her first book.
39 Ways to Save the Planet
Tom Heap

Accompanying a landmark Radio 4 series in partnership with the Royal Geographic Society, a fascinating exploration of the work being done round the world - right now - to help stop climate change.

We got ourselves into this. Here's how we can get ourselves out.

We know the problem: the amount of biodiversity loss, the scale of waste and pollution, the amount of greenhouse gas we pump into the air... it's unsustainable. We have to do something.

And we are resourceful, adaptable and smart. We have already devised many ways to reduce climate change - some now proven, others encouraging and craving uptake. Each one is a solution to get behind.

In 39 Ways to Save the Planet, Tom Heap reveals some of the real-world solutions to climate change that are happening around the world, right now. From tiny rice seeds and fossil fuel free steel to grazing elk and carbon-capturing seagrass meadows, each chapter reveals the energy and optimism in those tackling the fundamental problem of our age.

Accompanying a major BBC Radio 4 series in collaboration with the Royal Geographic Society, 39 Ways to Save the Planet is a fascinating exploration of our attempt to build a better future, one solution at a time. A roadmap to global action on climate change, it will encourage you to add your own solutions to the list.

October 2021
ISBN: 9781785946974
£12.99
Large Crown Octavo (TPS 198 x 126) : Hardback
256 Pages pages
Hill House Living
The art of creating a joyful life
Paula Sutton

Instagram 'cottagecore' queen’s guide to bringing the joy and quiet of country life into your home wherever you are.

A happy home is everything.

No one knows this better than stylist and blogger Paula Sutton, known to most as @hillhousevintage. Like many people, Paula gave years of her life to the busy nature of city living until she traded catwalks for dog walks and couture for manure after leaving her fashion magazine life a decade ago.

Beautifully illustrated with hundreds of photographs and drawings, this book gives you a full glimpse into her new life at Hill House as it looks today. Inspired by Paula's love of all things vintage, and filled with simple, stylish and thrifty tips and tricks for every area of the house, it will bring the best of country life into your home, wherever you are.

In a world that often moves too fast, Hill House Living is an invitation to take a moment to style, make or cook something nice for its own sake - and yours. Slow down, cosy up and join the quest to making each day more intentionally joyful.

Paula Sutton is a stylist, writer and creator of popular blog and Instagram, Hill House Vintage. A born and bred south Londoner, having trained as a Town & Country Planner, she worked at ELLE as Bookings Editor and Elite models as Head of Press. Hill House Living is her first book.

October 2021
ISBN: 9781529109658
£22.00
246x189 : Hardback
256 Pages
The Squash and Pumpkin Cookbook
Gourd-geous recipes to celebrate these versatile vegetables
Heather Thomas

Over 50 delicious recipes using your favourite autumnal fruits; squashes and pumpkins

Wholesome and healthy recipes that are totally #squashgoals!

Squashes and pumpkins are the versatile vegetables that not only pack a flavour punch, but are also oh so good for you. Not only are they low calorie, but they're also jam packed full of vitamins A, C and E and a jackpot of minerals, from iron and zinc to magnesium and potassium.

These super ingredients are so versatile that you can bake, roast, fry, grill, barbecue and stuff them. From spicy chutneys and hearty soups and curries, to light refreshing salads and delightful bakes, this cookbook will carry you through the colder months with nutritious, homely and comforting recipes to suit every taste.

Heather Thomas is a health and cookery writer and editor. She is the author of The Avocado Cookbook (Ebury, 2016) and The Chickpea Cookbook (Ebury, 2017), The Sweet Potato Cookbook (Ebury 2017), The Hot Sauce Cookbook (Ebury 2018), The Aubergine Cookbook (Ebury 2018), The Tofu Cookbook (Ebury 2019).

Heather has worked with many top chefs, nutritionists and women’s health organisations and charities, and has contributed to health and food magazines in the UK and the United States. She practises what she preaches and eats a very healthy diet and stays slim and fit.

October 2021
ISBN: 9781529148046
£9.99
190 x 170 mm : Hardback
112 Pages pages
**Match of the Day: Our Ultimate Top 10 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.

In football, an opinion is never just an opinion...

**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. He also hosts BT Sport's coverage of the UEFA Champions League. Follow Gary on Twitter @GaryLineker and on Instagram.
30 Days of Creativity: Draw, Colour and Discover Your Creative Self
Johanna Basford

Internationally bestselling colouring book artist Johanna Basford helps us find our creative spark with her calming new book of thirty doodles, colouring pages and simple how-to draw challenges.

Find your artistic spark with the internationally bestselling colouring book artist Johanna Basford.

Everyone is creative, sometimes we just need a little nudge to get us started.

In her new book, Johanna Basford offers simple art therapy with small, creative exercises for you to do each day to kick-start your creativity. Complete the tasks in order or hop around and find a page that brings you joy - the important thing is to keep going!

There are doodle pages to complete, simple step-by-step drawings to try and pages to colour - whatever your mood, this book has something fun and calming for you to do.

For those of us that struggle to make time for self care, the simple prompt to pick up your book each day will soon become a creative habit that allows a little calm into your life. All the artwork is inspired by things to bring comfort and joy, from calming lavender fields to scrumptious ice cream cones and flourishing pot plants.

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 2021
ISBN: 9781529148299
£12.99
250 x 210mm : Trade Paperback
80 Pages pages
Alan Titchmarsh's Fill My Stocking
Alan Titchmarsh

*Fill My Stocking* is a collection of Christmas stories, anecdotes, poems and sketches from 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 is the author of over 40 books about gardening, including *How to be a Gardener Book 1: Back to Basics*, the fastest-selling of all time in the genre; natural history titles including *British Isles: A Natural History* and *The Nature of Britain*; three bestselling autobiographies and a number of bestselling novels. 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. Alan has appeared on radio and television both as a gardening expert and as an interviewer and presenter, and is the current presenter of *Love Your Garden* and *Grow Your Own At Home* on ITV.

October 2021
ISBN: 9781785947568
£12.99
Large Crown Octavo (TPS 198 x 126) : Hardback
192 Pages
All Puns Blazing
The Best British Knockout Jokes
Geoff Rowe and Friends of the Leicester Comedy Festival

A new classic collection of wordplay wizardry in the style of All New Dad Jokes to make you laugh and groan in equal measure, fronted by the team behind the No.1 trending #UKPunDay.

'What did one cloud say to another cloud moving to lower altitudes? You'll be mist.' Samantha Baines

'There's a place for meditation and relaxation that you can only talk about in 140 characters. It's a yoga retweet.' Colin Leggo

'Been asked to perform at a nudist camp next weekend. Can't do it, got something on.' El Baldiniho

'I've just got Edwin Starr's Greatest Hits. Guess how much? Absolutely nothing.' Julian Lee

'I can control a kayak brilliantly, canoe?' Adele Cliff

'I saw a sports car being driven by a scantily clad sheep. It was a lamb bikini.'

'How do you turn a duck into a soul singer? You cook it in the oven until it's Bill Withers'

Jam-packed with jokes to make you laugh and groan in equal measure, ALL PUNS BLAZING provides wordplay wizardry and amusement for any occasion. Arranged by theme (such as food, transport, family, sports, Christmas etc.) comedians who have entered The UK Pun Championships do their worst!

Geoff Rowe is the Founding Director of Leicester Comedy Festival and the creator of the UK Pun Championships.

#UKPunDay has become a phenomenon in recent years, making 78 million impressions on Twitter in 2019 and trending at No.1 in 2020. It ties in with the Pun Championships where comedians battle it out for the best puns to whoops and cheers (and groans) from the crowd.

November 2021
ISBN: 9781529109313
£9.99
Demy Octavo : Hardback
272 Pages
Rebel Homemaker
Food, Family, Life
Drew Barrymore

Drew Barrymore has always done things in her own rebellious way - including how she cooks, lives and finds happiness at home. Drew shares recipes, stories and personal photos that show how you too can live a healthy, delicious and joyful life.

Find happiness at home with Drew.

In her first lifestyle book, she'll take you inside her kitchen and her life, featuring thirty-six amazing recipes, from Yuzu Eggs to Brie and Apple Sandwiches to Harissa Spaghetti, which she developed along with chef Pilar Valdes, a personal friend and a regular guest on Drew's CBS talk show.

The book will also feature beautiful photos taken by Drew herself, spotlighting the very personal connection she has to food, wellness, and mental health. She'll also share personal essays and stories about female friendship, single parenting, the importance of self-care and alone time, and how to slow down and share the joy of family and food, both during special occasions and as part of everyday life.

Drew Barrymore starred in E.T. at the age of six and has gone on to win critical acclaim and the hearts of fans for years in movies such as The Wedding Singer, Ever After, Charlie's Angels and Grey Gardens, to name a few. She is the cofounder of Flower Films, Flower Beauty, Flower Home and the upcoming kitchen brand Beautiful.
The Pictorial Key To The Tarot
An Illustrated Guide
A E Waite

The illustrated guide to the world’s most popular tarot deck.

An illustrated guide to the world famous Original Rider Waite Tarot - the most popular deck in the world.

Unlock the secrets of the tarot with renowned scholar of the occult, A E Waite. Featuring the original card artwork by Pamela Colman Smith, The Pictorial Key to the Tarot is an insightful card-by-card analysis of the 78-card Rider Waite Tarot deck featuring both regular and reverse meanings. This illuminating book is the ultimate guide to mastering the art of tarot.

Arthur Edward Waite was the designer and co-creator of the now famous Rider Waite Tarot deck.

An American-born British poet and scholarly mystic, his strong interest in all esoteric matters - divination, magic, Kabbalism, alchemy and Freemasonry - led to him penning a number of books. These include the Key to the Tarot, The Book of Ceremonial Magic and A New Encyclopedia of Freemasonry.
Fierce Love
A Bold Path to a Better Life and a Better World
Reverend Jacqui Lewis

A passionate call for radical change through courage, community and fierce love, from a leading faith leader.

‘Fierce Love teaches us that with spiritual faith we can transcend the darkest moments and come through stronger. Each story in the book is a message of resilience and hope’ Gabby Bernstein, bestselling author of The Universe Has Your Back

In an age of cynicism and uncivil public rhetoric, where the vulnerable are denied basic human rights and lies masquerade as alternative facts we need radical change. In Fierce Love, the highly respected faith leader Reverend Jacqui Lewis shares her rallying call to action that offers a path to healing our souls and our world together. Sharing nine essential daily practices, this is a healing antidote to our divisive culture that will teach how to revitalize your soul and transform the world at large.

Combining edifying and inspiring lessons, evocative storytelling and inspired spiritual guidance, Fierce Love will equip you with the tools to seek transformational change from within and spread that change among family, friends, communities and the wider world, like ripples on a pond.

Reverend Jacqueline J. Lewis, PhD is a senior minister of Middle Collegiate Church in New York City. She has been featured in such publications as the Washington Post, The New York Times, Ebony and Essence and she has appeared on networks that include CBS, CNN, NBC, and ABC. In 2015, Reverend Lewis created the MSNBC.com show Just Faith, in which she led important conversations about culture and current events through the lens of progressive faith and spirituality. She co-founded The Middle Project, a leadership training institute for progressive faith leaders and social justice activists.

November 2021
ISBN: 9781846047084
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Demy Octavo : Hardback
288 Pages
Get Untamed
The Journal (How to Quit Pleasing and Start Living)
Glennon Doyle

This stunning hardcover journal is a bold, interactive guide to discovering and creating the truest, most beautiful lives, families and world we can imagine, based on the #1 Sunday Times and New York Times bestseller Untamed.

"We must stop asking people for directions to places they’ve never been. Every life is an unprecedented experiment. We are all pioneers. I created Get Untamed: The Journal as an interactive experience in charting our own way - so we can let burn that which is not true and beautiful enough and get started building what is." - Glennon Doyle

With Untamed, Glennon Doyle -writer, activist, and "patron saint of female empowerment" (People) - ignited a movement. Untamed has been described as "a wake-up call" (Tracee Ellis Ross), "an anthem for women today" (Kristen Bell), and a book that "will shake your brain and make your soul scream" (Adele). Glennon now offers a new way of journaling, one that reveals how we can stop striving to meet others' expectations-because when we finally learn that satisfying the world is impossible, we quit pleasing and start living. Whether or not you have read Untamed, this journal leads you to rediscover, and begin to trust, your own inner-voice.

Full of thought-provoking exercises, beloved quotations from Untamed, compelling illustrations, playful and meditative coloring pages, and an original introduction, in Get Untamed: The Journal, Glennon guides us through the process of examining the aspects of our lives that can make us feel caged. This revolutionary method for uprooting culturally-constructed ideas shows us how to discover for ourselves what we want to keep and what we'll let burn so that we can build lives by design instead of default.

A one-of-a-kind journal experience, Get Untamed proves Glennon's philosophy that "imagination is not where we go to escape reality, but where we go to remember it."

Glennon Doyle is the author of the #1 New York Times bestseller Love Warrior, an Oprah’s Book Club selection, as well as the New York Times bestseller Carry On, Warrior. An activist, speaker and thought leader, she is also the founder and president of Together Rising, an all-women led nonprofit organisation that has revolutionized grassroots philanthropy, raising over US$20 million for women, families and children in crisis, with a most frequent donation of just US$25. Glennon was named among OWN Network’s SuperSoul 100 inaugural group as one of 100 'awakened leaders who are using their voices and talent to elevate humanity.' She lives in Florida with her wife and three children.

November 2021
ISBN: 9781785043949
£12.99
203 x 153 mm : Hardback
224 Pages
Energize!
Go from Dragging Ass to Kicking It in 30 Days
Dr Michael Breus and Stacey Griffith

Renowned sleep expert Dr Michael Breus teams up with SoulCycle founding instructor Stacey Griffith to present a revolutionary, science-based programme to give you the energy you need to achieve your dreams.

Timing + Movement = Energy. Master the simple formula that will transform your life.

Tired of being tired? Too exhausted to get anything done? If this sounds familiar, you are in the right place - things are about to change.

Most people don't realise that the main reason we are exhausted is that we are living out of sync with our biology. In *Energize!*, renowned sleep expert Dr Michael Breus teams up with SoulCycle founding instructor Stacey Griffith to present a revolutionary, science-based plan that will give you the energy you need to succeed and optimise your health. Using core principles from chronobiology and biology, they outline an easy-to-follow, personalised programme based on your body type that will give you incredible energy, promote happiness and fight off fatigue for good.

With fascinating science, quizzes to help you identify your own chronotype (Lion, Wolf, Bear, or Dolphin) and body type (Fast, Medium, or Slow Metabolism), and easily implemented advice, *Energize!* will have you feeling happier and more energetic in no time.

Dr. Michael Breus (Author)
Michael J. Breus, Ph.D., is a Clinical Psychologist and both a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine. With a specialty in Sleep Disorders, Dr. Breus is one of only 163 psychologists in the world with his credentials and distinction. Dr Breus pens a monthly column in WebMD magazine, 'Sleep Matters' and writes regularly for WebMD, The Huffington Post and Psychology Today. He is also the author of *The Sleep Doctor's Diet Plan* and *Beauty Sleep*.

Stacey Griffith (Author)
Stacey Griffith is the founding Senior Master Instructor at SoulCycle, the author of *Two Turns from Zero*, and a co-host of the popular podcast "The Way" with Sara Wragge.

December 2021
ISBN: 9781785043659
£14.99
Demy Octavo : Trade Paperback
288 Pages
Everyday Trauma
Transform Your Brain’s Response to Stress, Anxiety and Painful Memories
Tracey Shors

The simple 8-week, science-based method to overcome trauma from distinguished Rutgers University neuroscientist professor Tracey Shors

Heal your brain and escape the trauma trap

Everyday Traumas offers a simple 8-week, science-based method to overcome trauma from distinguished Rutgers University neuroscientist professor Tracey Shors.

Contrary to long-held belief, trauma and PTSD are not just caused by exposure to a single extreme event, such as war, terrorism, major injury or violent assault. The cumulative effect of everyday stressors, such as a difficult childhood, bereavement, bullying, childbirth, redundancy, long-term caregiving, divorce and poverty, can all have an equally significant impact on our physical and mental well-being and manifest themselves as trauma.

Tracey Shors’s simple yet effective three-step method is designed to help you process any kind of personal trauma – extreme or ostensibly more minor – and reverse the symptoms of PTSD. The beauty of her method lies in its simplicity and she is confident it will help anyone who puts in the time over eight weeks (one hour, twice a week).

In scientific studies, participants who followed her method reported reduced nagging thoughts about the past and demonstrated lower levels of anxiety and depression. Her approach which is based on thirty years of her studying how stress and trauma affect the brain, combines meditation, walking and aerobic exercise or, as she puts it, you need to Sit, Stand and Sweat.

Everyday Traumas is an important book that offers a simple solution to a global mental health crisis.

Dr Tracey Shors is a Distinguished Professor in the Department of Psychology and Center for Collaborative Neuroscience at Rutgers University, where a primary goal of her research is to translate neuroscientific laboratory findings into practical interventions to help people recover from anxiety, depression, chronic stress, trauma and PTSD, especially PTSD related to sexual violence.

She has spent over 30 years studying how stress and trauma affect the brain, as well as the thoughts and memories it generates. Her research has been published in some of the most prestigious journals, including Nature, Science, Journal of Neuroscience, Royal Academy of Sciences, and Scientific American. For more information visit www.maptrainmybrain.com.
Knee Deep in Life
Wife, Mother, Realist... and why we’re already enough
Laura Belbin

A filthy, honest book about motherhood, mental health and acceptance, from social media sensation Laura Belbin, for fans of Part-time Working Mummy, The Unmumsy Mum and Why Mummy Drinks (with a hint of Megan Crabbe’s Body Positive Power).

SUNDAY TIMES BESTSELLER

'I just howled. Bloomin' love you' Giovanna Fletcher

'You’re hilarious. Thank you for making me laugh every day' Mrs Hinch

When does Mary Effing Poppins arrive?

Laura Belbin survived hitting her thirties (oh, to be wrinkle-free again), anxiety (just), motherhood (two adorable little shits) and the new body that went with it (a left tit that sags slightly more than the right, anyone?). In Knee Deep in Life she gives a fearless and filthy account of her transformation from no-responsibilities woman to being in demand 24/7, the heartaches and humiliations, and most importantly, her (definitely-pushed-to-the-limits-but-totally-indestructible) marriage to Steve, the man who helped her to hold it together when post-natal depression kicked in.

Full of heart and wit - not to mention swearing that would make a sailor blush - this is the beast of a book Laura intends on riding into the hands of those people who doubt themselves every single day: the ones who have struggled to accept the way they look; the mums-to-be about to find themselves taking their first step towards parenthood; and the women bossing it like badasses every single day but never getting the credit they deserve. You are more than enough.

Laura Belbin (aka Knee Deep In Life) is a wife, mother, daughter, sister, friend, auntie – and the woman you avoid eye contact with in the playground. She is also the woman behind the blog Knee Deep in Life. Completely unfiltered and totally laid bare, she shares images of herself emulating out-of-this-world picture-perfect photographs sourced off Google (you know the type: Kim K in a sexy cut-out dress with a champagne bottle resting on her perfectly round bum) but totally imperfectly. Her online community is made up of like-minded people who want to laugh and celebrate their lumps, bumps and imperfections. Across her social channels she has over 1 million followers.
The Weleda Guide to Natural Wellbeing
How to activate your wellness from within
Weleda

Natural beauty, health and general wellbeing advice from world renowned sustainable beauty company.

A holistic and complete guide to natural care of earth, skin, self and health.

Health and beauty begin from within. To celebrate their 100 year anniversary, iconic health and beauty brand Weleda open their doors to reveal over a century of health and beauty wisdom to teach you everything you need to know about holistic, natural wellness.

Covering skin, health and self care, this manual is bursting with insights, tips and recipes for a complete mind body approach to wellbeing. Guided by the experts at Weleda, The Weleda Guide to Natural Wellbeing will not only educate you on the natural powers and uses of certain herbs and flowers, debunk health and beauty jargon around sustainability and encourage you to embrace effective self-care rituals, it will also speak to the power of uniting yourself with the natural world and seasons to offer practical solutions to everyday health and skin dilemmas.

This book carefully explores wellbeing from the earth upwards, guiding you towards a routine that will activate your wellness from within and care for the planet at the same time.
ADDITIONAL INFORMATION

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