



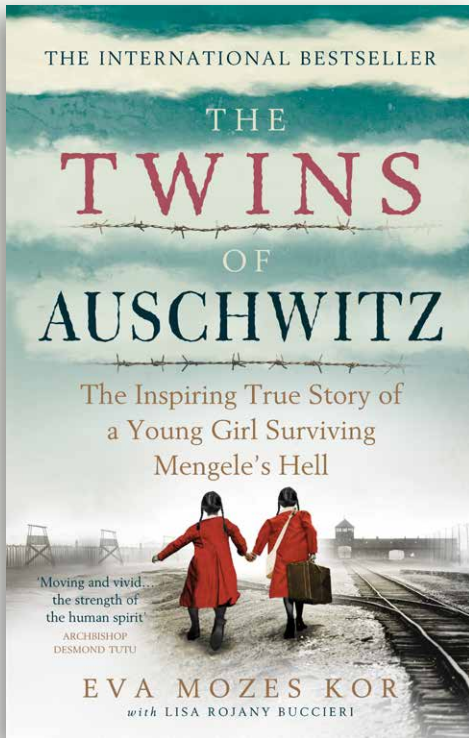
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OCTOPUS  
BOOKS USA

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SUMMER 2021

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# THE INTERNATIONAL BESTSELLER



## The Twins of Auschwitz

The inspiring true story of a young girl surviving Mengele's hell

*The Nazis spared their lives because they were twins.*

In the summer of 1944, Eva Mozes Kor and her family arrived at Auschwitz.

Within thirty minutes, they were separated. Her parents and two older sisters were taken to the gas chambers, while Eva and her twin, Miriam, were herded into the care of the man who became known as the Angel of Death: Dr. Josef Mengele. They were 10 years old.

While twins at Auschwitz were granted the 'privileges' of keeping their own clothes and hair, they were also subjected to Mengele's sadistic medical experiments. They were forced to fight daily for their own survival and many died as a result of the experiments, or from the disease and hunger rife in the concentration camp.

In a narrative told simply, with emotion and astonishing restraint, *The Twins of Auschwitz* shares the inspirational story of a child's endurance and survival in the face of truly extraordinary evil.

Also included is an epilogue on Eva's incredible recovery and her remarkable decision to publicly forgive the Nazis. Through her museum and her lectures, she dedicated her life to giving testimony on the Holocaust, providing a message of hope for people who have suffered, and worked toward goals of forgiveness, peace, and the elimination of hatred and prejudice in the world.

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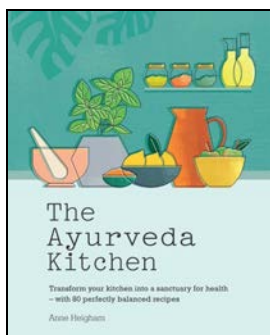
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## The Ayurveda Kitchen

Transform your kitchen into a sanctuary for health ? with 80 perfectly balanced recipes

Anne Heigham

### Summary

**An Ayurvedic guide to transforming your kitchen into a sanctuary for health**

*"Let food be your first medicine and the kitchen your first pharmacy."* - **Taittiriya Upanishad**

Kitchens come in all shapes and sizes. By using the principles of Ayurveda, which is one of the fastest growing health practices, and a little vision, you can turn any space into a wellness kitchen that nourishes body, mind and soul.

Just imagine fresh, vibrant herbs growing, seeds sprouting and pickles fermenting, clean organised cupboards with delicious aromatic spice mixes, clear worktops ready for preparing fresh vegetables that aren't left to languish at the bottom of the fridge in plastic wrap. At the change of each season, we can take a few hours to clean out and prepare for the next season (a 'kitchen sadhana'). *The Ayurveda Kitchen* engages the senses, heals the body and clears the mind.

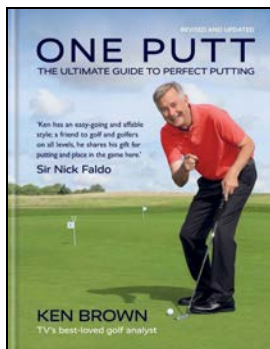
Learn how to use your kitchen as a natural pharmacy to improve your health and prevent imbalances with key Ayurvedic ingredients, 80 perfectly balanced vegetarian recipes and simple home remedies. Breathing and mindfulness/energy ...

### Contributor Bio

**Anne Heigham** has a Masters in Ayurveda and is a qualified Kundalini and Children's Yoga teacher. She is one of the few advanced Amnanda and Moksha practitioners in the UK (specialist Ayurvedic therapies). For the past 11 years she has been treating clients and teaching yoga, during which time she also ran a hotel where she offered specialist Ayurveda retreats. She is married and has two children and her recipes have been developed with the whole family in mind. Her modern approach has been incredibly popular with her clients and she is constantly being asked for a recipe book.

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Cooking / Health & Healing  
CKB039000  
9.5 in H | 7.6 in W



## One Putt

The ultimate guide to perfect putting

Ken Brown

### Summary

**Achieve perfect putting with golf's best-loved analyst and commentator**

*"As well as being a great tool for instruction, it's also a fascinating insight into one of the world's best putters."* **Tommy Fleetwood**

**REVISED AND UPDATED!**

Climb the ladder to achieve one-putts by choosing the right putter, achieving an immaculate set up, reading the greens, acquiring touch and feel and honing your skills through drills with *One Putt*.

This book also includes some stunning photography from Getty's No.1 golf photographer as well as many shots of today's leading Pros shot especially for the book.

With one of TV's best-loved golf analysts, Ken Brown's own analysis and stories from a wealth of experience, this heavily illustrated, easy-to-follow book will make honing this golfing skill easy and entertaining.

Hamlyn  
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Sports & Recreation /  
Coaching  
SPO061000

9.8 in H | 7.7 in W | 0.7 in T  
| 1.7 lb Wt



## Burnt Out

The exhausted person's six-step guide to thriving in a fast-paced world

Selina Barker

### Summary

**How to recover from and prevent burn out, the feeling of being exhausted and not being able to cope due to workplace stress**

People everywhere are burning out: from CEOs to nurses, to doctors, teachers, entrepreneurs, journalists, social workers, academics, creatives... even yoga teachers.

Technology was supposed to make life easier, free us up, take things off our plates and instead we are feeling more exhausted, more under pressure and more stressed out than ever before. People all over the world are lying awake at night wired from exhaustion, fearful of the looming to-do list that awaits them in the morning and wondering how the hell they are going to keep this up before they lose the plot altogether.

Life doesn't have to be this way.

This book is a no-nonsense, practical guide to thriving in a fast-paced modern world, for the burnt out, bone tired and brain frazzled. It's a toolkit that will help you learn what ingredients you need in order to thrive and how to weave those ingredients into your day-to-day, no matter how busy life gets.

Whether you are a classic overachiever, over giver...

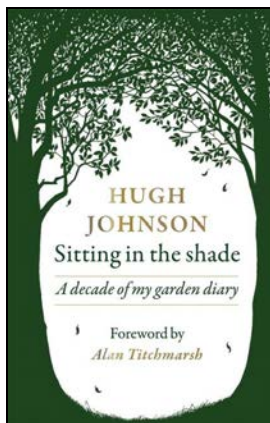
### Contributor Bio

**Selina Barker** is a career change and life design coach. In 2008 she co-founded Careershifters.org which she ran for 3 years, before starting her own career coaching consultancy working with high-performing clients including Google, Apple and UN Women, as well as TED Talk speakers, music artists and leaders in the UK music industry. She has led over 3,000 people through her online courses on career change and starting your own business, and has featured in six best-selling books on career design. She is co-founder of Project Love and co-hosts their podcast that has received over 300,000 listens. Their signature online course has been

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Self-Help /  
Self-Management  
SEL024000

8.3 in H | 5.9 in W



## Sitting in the Shade

A decade of my garden diary

Hugh Johnson, Alan Titchmarsh

### Summary

**A charming, eclectic, beautifully written diary, focusing on gardening and the natural world**

**Foreword by Alan Titchmarsh**

For many years Hugh Johnson has written a garden diary (initially as the editorial column of the *RHS Journal* and, since 2008, as a blog). Free to turn his attention to whatever is happening in the natural world at that time, or simply something that piques his interest, his subjects are as diverse as London's trees, the first crocus of spring, the joys of a greenhouse and what cyanide has to do with a robin's choice of berries. Month by month, Hugh's beautiful, evocative writing is filled with an eclectic mixture of topical, whimsical and humorous anecdotes that will delight not only gardeners but anyone with an interest in nature in all its manifestations.

### Contributor Bio

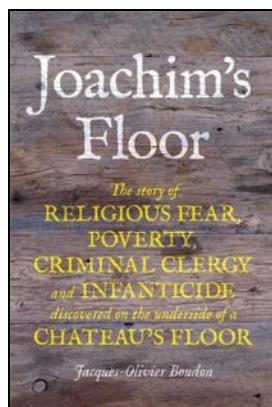
**Hugh Johnson** is one of the world's pre-eminent writers on wine as well as an award-winning gardening writer. His previous gardening books include *Trees*, first published in 1973, *The Principles of Gardening* and *Hugh Johnson in the Garden*. Hugh started writing Trad's Diary as the editorial column of the *RHS Journal* when it was remodelled and relaunched as *The Garden* in 1975. He has been writing the diary ever since, since 2008 as a blog ([www.tradsdiary.com](http://www.tradsdiary.com)).

Mitchell Beazley  
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Gardening  
GAR000000

8.7 in H | 5.4 in W





## Joachim's Floor

**The story of religious fear, poverty, criminal clergy and infanticide discovered on the underside of a chateau's floor**

Jacques-Olivier Boudon

### Summary

**The incredible diary of a 19th-century village carpenter rediscovered on the floorboards of an Alpine chateau**

In 2000 the new owners of an Alpine chateau decided to renovate the parquet floor of its upper stories. On the underside of the planks, long messages were found that were written in 1880 that revealed the village life, fears and thoughts of the man who originally laid the floor - Joachim Martin, who kept this secret diary, written with the knowledge that his words would be discovered by a carpenter in the future.

The planks were given to Jacques-Olivier Boudon, a former Professor of History at the Sorbonne, Paris. Entrusted with this unknown documentary material of life in 19th-century France, Olivier-Boudon casts a biographical magnifying glass on the identity of this unknown carpenter, his life story, and the message he was trying to transmit, at a time of religious and political upheaval.

From stories on agriculture and village life, to salacious tales of infanticide, extramarital relations and suspicions of paedophilia, Joachim's Floor is a compelling and detailed insight, r...

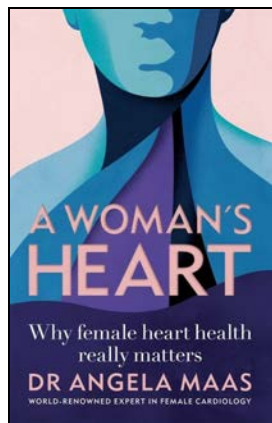
### Contributor Bio

**Jacques-Olivier Boudon** is an alumnus of the École Normale Supérieure with a PhD in History. Since September 2003 he has been a professor at the Sorbonne in Paris, conducting research on the history of the French Revolution and the First French Empire, along with contemporary religious history. Since 2012, he has been on the consulting committee for History for Le Figaro. He has written, or contributed to, around 18 books, largely academic titles. In April 2017, he was one of a group of researchers and university professors who endorsed Macron as presidential candidate.

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History / Europe  
HIS013000

9.4 in H | 6.1 in W



## A Woman's Heart

**Why female heart health really matters**

Professor Angela Maas

### Summary

**An all-access guide to female heart health from an internationally acknowledged expert in women's cardiology.**

#### DID YOU KNOW...

...women are **50% more likely to be misdiagnosed** following a heart attack?  
...**two-thirds of clinical research** into heart disease focuses on men?

Coronary heart disease remains the single biggest killer of women worldwide, yet it is still not seen as a woman's problem. Every day the female heart patient is measured by male standards, which leads to confusion, unclear diagnosis and often the wrong treatment.

In fact, women are incomparable to men down to each body cell, which has consequences for both health and disease. When it comes to medical science, cardiology is the most prominent example in which gender matters.

In *A Woman's Heart*, Dr Maas explores how the female heart works and provides practical advice for women, including:

- The biology of the female heart - how it works and ages differently to a male's
- The effects of female-specific issues, such as menopause
- Heart attacks in women
- Lifestyle tips to prevent heart disease

This vital book is the result of deca...

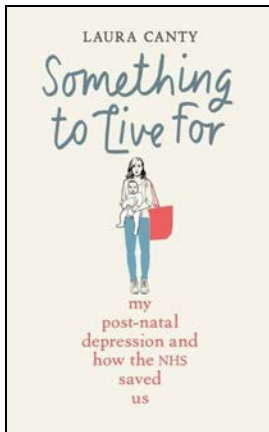
### Contributor Bio

**Dr Angela Maas**. MD. PhD. is an internationally acknowledged and awarded expert in women's cardiology.

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HEA039080

7.7 in H | 5 in W | 0.8 in T |  
0.4 lb Wt



## Something to Live For

**My Postnatal Depression and How the NHS Saved Us**

Laura Canty

### Summary

**The real-life story of a young mum with postpartum depression - and how a small, specialist NHS hospital is saving women's lives**

Laura Canty is a new mum.

She has her beautiful baby boy, Arthur, and a wonderful husband. She has new mum friends on the local WhatsApp group, and everyone in her life is supportive and happy for her. But Laura doesn't see it this way.

In the weeks since her baby was born, like 1 in 5 women, Laura has developed Postpartum Depression. In fact, she has decided that the only way out of her current situation is for her to kill herself, or her baby...

Laura Canty has written a moving and refreshingly honest memoir, full of truth and hope, to finally lift the lid on Postpartum Depression, revealing not only the little discussed realities of the illness -but also how an incredible NHS Mother and Baby Unit literally saved her and Arthur's lives.

### Contributor Bio

**Laura Canty** was diagnosed with acute postpartum depression and was admitted to the Barberrry National Centre for Mental Illness mother and baby unit in August 2018. She and her baby Arthur lived there for 10 weeks.

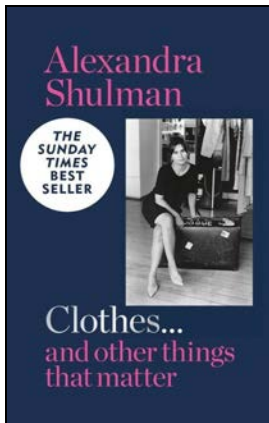
As a result of her gratitude for the treatment she received, Laura now volunteers as an Expert by Experience for the NHS. She also sits on the Perinatal Mental Health Network Group for Gloucestershire, regularly speaking at training sessions and events, and mentors women before their potential admission to a Mother and Baby Unit.

Laura is passionate when it comes to spreading the word about Postpartum Depression which is still a taboo

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Biography & Autobiography  
/ Personal Memoirs  
BIO026000

8.7 in H | 5.4 in W



## Clothes... and other things that matter

**A beguiling and revealing memoir from the former Editor of British Vogue**

Alexandra Shulman

### Summary

**Part memoir, part fashion history, part social commentary, Alexandra Shulman explores the meaning of clothes and how we wear them**

**'Clothes... and other things that matter is a book not only about clothes but about the way we live our lives. From childhood onwards, the way we dress is a result of our personal history. In a mix of memoir, fashion history and social observation I am writing about the person our clothes allows us to be and sometimes the person they turn us into.'** - Alexandra Shulman

In *Clothes... and other things that matter*, Alexandra Shulman delves into her own life to look at the emotions, ambitions, expectations and meanings behind the way we dress.

In 40 essays covering everything from the bra to the bikini, the trench coat to sneakers, the slip dress to the suit, she explores their meaning in women's lives and how our wardrobes intersect with the larger world - the career ladder, motherhood, romance, sexual identity, ambition, failure, body image and celebrity.

By turns funny, refreshingly self-deprecating and often very moving, this startlingly honest memoir from the ...

### Contributor Bio

**Alexandra Shulman** is a writer and commentator. She was British *Vogue's* Editor-in-Chief from 1992 to 2017 and was awarded the CBE in the 2018 New Year's Honours list. She is currently a columnist for the *Mail on Sunday*, a contributor to a variety of newspapers and magazines and a Vice President of the London Library. She has written two novels, *Can We Still Be Friends* (2012) and *The Parrots* (2015) and *Inside Vogue: The Diary of My 100th Year* (2016)

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/ Personal Memoirs  
BIO026000

8.4 in H | 5.5 in W | 1.4 in T  
| 1.1 lb Wt



## Beauty Food

**85 recipes for health & beauty from within**

Maria Ahlgren

### Summary

**85 recipes to leave your skin and hair glowing**

Nourish your hair and skin with recipes to bring out the very best in you, inside and out.

Enjoy healthy recipes for breakfast, filling main meals, juices, smoothies and even delicious desserts and decadent cocktails - all carefully chosen to bring you the perfect blend of natural superfoods that boost beauty from the inside.

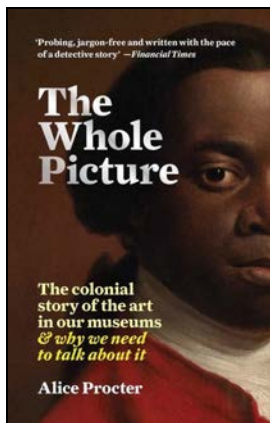
*Beauty Food* also includes a Beautypedia, telling you which ingredients contain just the right oils, minerals, vitamins and acids to help with common beauty ailments.

### Contributor Bio

**Maria Ahlgren** is a Swedish healthy and beauty editor, who has previously written for publications such as Elle. She worked as a beauty, health and fashion journalist in Tokyo for several years, where she first became aware of the concept of beauty food.

Mitchell Beazley  
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Cooking / Health & Healing  
CKB039000



## The Whole Picture

**The colonial story of the art in our museums & why we need to talk about it**

Alice Procter

### Summary

**If you think art history has to be pale, male and stale - think again.**

Should museums be made to give back their marbles? Is it even possible to 'decolonise' our galleries? Must Rhodes fall?

From the stolen Wakandan art in *Black Panther*, to Emmanuel Macron's recent commitment to art restitution, and Beyoncé and Jay Z's provocative music video filmed in the Louvre, the question of decolonising our relationship with the art around us is quickly gaining traction. People are waking up to the seedy history of the world's art collections, and are starting to ask difficult questions about what the future of museums should look like.

In *The Whole Picture*, art historian and Uncomfortable Art Tour guide Alice Procter provides a manual for deconstructing everything you thought you knew about art, and fills in the blanks with the stories that have been left out of the art history canon for centuries.

The book is divided into four chronological sections, named after four different kinds of art space:

**The Palace**

**The Classroom**

**The Memorial**

**The Playground**

Each section tackles the fascinating and often shocki...

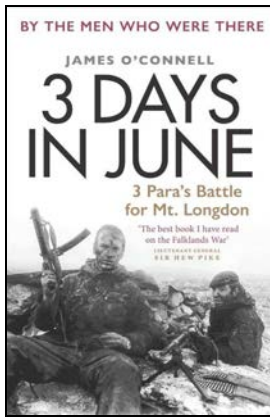
### Contributor Bio

**Alice Procter** is an historian of material culture based at UCL. She has six years of tourguiding experience at heritage sites and galleries, and curates exhibitions, organises events, makes podcasts and writes things

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POL045000

7.8 in H | 5.1 in W



## 3 Days in June

### 3 Para's Battle for Mt. Longdon

James O'Connell, Hew Pike

#### Summary

#### An extraordinary 360-degree account of the bloodiest Falklands battle

A unique and unprecedented masterpiece of immersive military publishing, *Three Days In June* is an incredible real-life account of modern warfare.

Recreating 3 Para's bloody Falklands battle for Mount Longdon from the multiple angles of each rifle company and medical team, James O'Connell - who fought there and was seriously injured himself - has written a gut-wrenching 360-degree classic.

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History / Military  
HIS027000  
9.4 in H | 6.1 in W

When 3 Para began their assault under cover of darkness on Mount Longdon in June 1982, nobody knew what to expect. The three platoons of B Company each approached the mountain silently, treading carefully through a series of defensive minefields. But following an explosion, the fighting quickly escalated with shocking speed and severity, resulting in some of the bloodiest close hand fighting, injuries, and shocking loss of life experienced by British troops since World War II.

Frustrated by highly inaccurate books written about the battle, James O'Connell decided to set the record straight. What he did next was extraordinary. He revis...

#### Contributor Bio

**James O'Connell**, born in Merseyside, where he still lives, enlisted in the Parachute Regiment in 1979.

In April 1982, after a posting in Cold War Germany and a tour of Northern Ireland, the call came to take part in the British Task Force to re-capture the Falklands. During the attack on Mount Longdon, James was shot in the face. A bullet passed through his nose, destroying his right eye, cheekbone and front teeth. Though he survived, five years of reconstructive surgery followed, and James left the army in 1985 as a result of his injuries.



## Love It Or Leave It

### How to Be Happy at Work

Samantha Clarke

#### Summary

#### The straight-talking guide to becoming happier at work and getting that elusive work-life balance from popular happiness coach

**"Love It Or Leave It is a relatable, juicy and inspiring read. I particularly enjoyed the practical reflection exercises for self-insight. This is a great resource to help you carve a career you love compatible with a life you love. It's a fantastic resource." - Suzy Reading**

Say goodbye to the dread of Monday morning. In *Love It Or Leave It*, expert 'work happiness' coach Samantha Clarke will help you figure out ways to find that work-life balance and be happier and more fulfilled at work.

If you are struggling to find motivation, or questioning changes to your job, this inspiring guide is full of vital tips and tools that will help you:

**LOVE IT** - find ways to get more out of the job you have, improve your working relationships and boost your sense of wellbeing and worth.

OR

**LEAVE IT** - work out the skills you have to offer and identify the steps you need to take, whether that's looking for a new job, starting a portfolio career or testing a new business idea.

*Love It...*

#### Contributor Bio

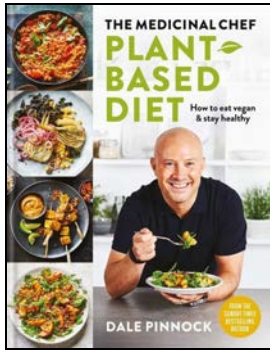
**Samantha Clarke** is a happiness consultant. lecturer at The School of Life and founder of the Growth &

Endeavour  
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Careers  
BUS012000

9.1 in H | 5.9 in W | 0.9 in T  
| 0.8 lb Wt





## The Medicinal Chef

### A Plant-based Diet

Dale Pinnock

#### Summary

**Over 80 delicious vegan recipes plus helpful meal plans, plus advice for how to eat a healthy, balanced vegan diet**

From qualified nutritionist, Dale Pinnock, comes *The Medicinal Chef: A Plant-based Diet*, a cookbook that will transform your thinking and your diet to ensure that you are eating nutritious dishes that will improve your health.

Hamlyn  
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Cooking  
CKB000000  
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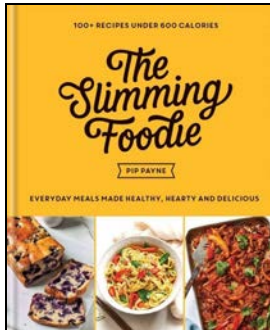
Starting with the science behind a plant-based diet, Dale takes a look at the health benefits as well as rectifying the pitfalls that so many of us suffer when eating vegan, arming you with the knowledge to eat well. This nutritional information can then be practiced through the 80 simple, quick and delicious recipes that will promote good health, alongside a balanced meal plan that the whole family will be able to follow.

#### Contributor Bio

Award-winning and highly qualified Medicinal Chef **Dale Pinnock** is the pre-eminent voice in eating for good health. A vocal, passionate and down-to-earth expert on the beneficial effects food can have on our health, Dale's enthusiasm and delicious recipes have proved irresistible during his many TV and radio appearances.

Dale is the bestselling author of *The Medicinal Chef: Eat your Way to Better Health* and the Guild of Food Writers award-winning *Eat Your Way to Better Health*, *The Medicinal Chef: Healthy Every Day* and *The Power of Three*; a ground-breaking series of books to target specific ailments - diabetes, depression, heart disease and digestion. Dale also the resident chef and nutritionist on ITV's *Eat, Shop, Save*, series 2 of which is coming out this Summer.

Dale is a global bestselling author and an award winning and qualified nutritionist and chef. He is a regular hit at Expo West.



## The Slimming Foodie

### Every Day Meals Made Healthy, Hearty and Delicious: 100+ Recipes Under 600 Calories

Pip Payne

#### Summary

**100 tasty slimming recipes to enjoy, not endure**

**Based on the award-winning blog, *The Slimming Foodie* is all about delicious, hearty home-cooked meals that can work for anyone who is on a slimming journey.**

The Slimming Foodie philosophy is simple. First and foremost, the recipes have to taste great! But also important is that they use fresh, healthy ingredients that are easily available and can be prepared by anyone.

This is food that people want to eat day-to-day, that are nourishing, budget conscious and approachable without being too time consuming. Ingredients that make the dishes higher in calories have been cut out, reduced or swapped without forgoing flavor.

When trying to slim down, you often feel the need to cook a separate meal for yourself than the rest of your household. However, making healthy choices shouldn't stop you from sharing a delicious meal with your loved ones. Each of these 100 family-friendly recipes can be enjoyed by anyone as part of a healthy diet, including children.

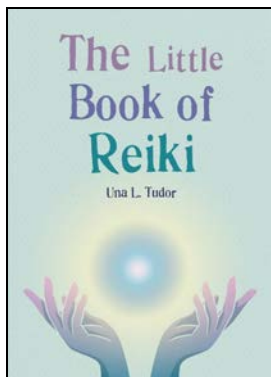
With a few simple adjustments, you can make all of your favorite meals more balanced without lo...

#### Contributor Bio

**Pip Payne** is behind the award-winning blog *The Slimming Foodie*. Keeping a love of food at the fore, Pip's approach is about bringing back convenient home cooking by making healthy recipes that are accessible to a new wave of home cooks. Creating great tasting meals that are cooked from scratch and cut down on fat and sugar while following science-led nutrition advice.

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\$24.99 USD/\$27.99 CAD  
Hardcover

224 Pages  
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Print Run: 10K  
Cooking / Health & Healing  
CKB026000  
9.5 in H | 7.6 in W



## The Little Book of Reiki

GAIA Books Ltd.

### Summary

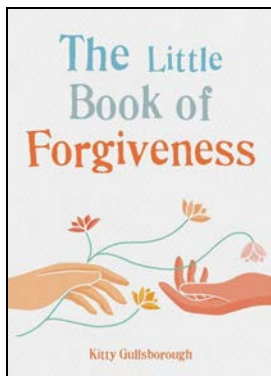
**A beautifully designed introduction to the ancient practice of Reiki**

Meaning "universal life force energy" in Japanese, Reiki is a system of natural healing that dates back thousands of years. It is based on the principle that the practitioner channels energy into the recipient in order to activate the body's natural healing processes, thus restoring physical and emotional wellbeing.

This little book is the perfect introduction to Reiki - with all the essential information about its history and healing benefits, well as simple exercises to help introduce this ancient wisdom into your daily life.

Gaia  
9781856754446  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$9.99 USD/\$10.99 CAD  
Flexibound

96 Pages  
Carton Qty: 0  
Print Run: 10K  
Body, Mind & Spirit  
OCC000000  
5.8 in H | 4.1 in W



## The Little Book of Forgiveness

GAIA Books Ltd.

### Summary

**Bring the art and power of forgiveness into your life with this Little Book**

Anger is toxic to our mental and physical health; it increases stress levels, anxiety and the risk for illnesses such as heart disease. But we can choose to release this anger and toxic energy by harnessing the spiritual powers of forgiveness.

True forgiveness is not about the feelings of others, it is actually about you. It's about freeing yourself from whatever has hurt you, and not letting it weigh you down anymore. Forgiveness is a joyous gift that anyone can use and empirical research has shown that when we are better at forgiveness, we experience lower levels of depression and anxiety. With the simple practices contained within this Little Book, you can bring more inner peace to your life.

*The Little Book of Forgiveness* is a beautifully illustrated guide filled with strategies and guidance on the art and power of forgiveness, using tools such as mindfulness, meditation, gratitude, creativity, relaxation and compassion to help you find true harmony with the world.

Gaia  
9781856754422  
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Flexibound

96 Pages  
Carton Qty: 0  
Print Run: 20K  
Body, Mind & Spirit  
OCC000000  
5.8 in H | 4.1 in W



## Book Club Journal

Sanne Vliegenthart

### Summary

***Book Club Journal* is a handy way to plan your reading material, organize your thoughts and think of discussion points**

Thinking of starting a book group? Or running out of ideas for your existing one? Curated by the popular book vlogger, Sanne Vliegenthart of Books & Quills, this beautifully produced guided journal includes themed reading lists, space to record your thoughts and wise advice to help your book group run happily and smoothly.

This guided journal has more than 200 book suggestions across a wide range of genres, organized into themed lists including Classics Rewritten, Powerful Short Books for Busy Readers, Imagining the Future, Escape to Nature and Feel-good Reads. There are 50 templates to record your impressions of each book you read, as well as space to note down interesting points raised by other members of your book group.

*Book Club Journal* also includes advice to help you manage the meeting, from navigating group dynamics to hosting your book group digitally, plus tips on making time for reading when you're busy and - if all else fails - how to participate even if you ...

### Contributor Bio

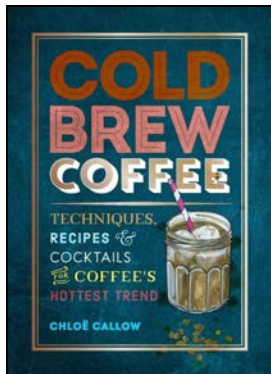
**Sanne Vliegenthart** is a book blogger, experienced digital content producer and social media consultant, who specializes in books, sustainable lifestyle, culture and travel.

Having previously worked in publishing, she now freelances for clients including Greenpeace, Walker Books, Bloomsbury Publishing, Penguin Random House, the British Council and DK Eyewitness.

Sanne has been reviewing books online since 2008 and has been a member of many book groups, both online and in person. Find her on Twitter, Instagram and Youtube @booksandquills

Mitchell Beazley  
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256 Pages  
Carton Qty: 0  
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Self-Help / Journaling  
SEL045000  
8.5 in H | 6 in W



## Cold Brew Coffee

**Techniques, Recipes & Cocktails for Coffee's Hottest Trend**

Chloë Callow

### Summary

**Everything you need to know to explore the cold brew trend at home - from techniques and tips for making your own, to delicious cocktails and recipes**

Cold brew is taking the coffee world by storm, with its sweeter, mellower taste and potential health benefits. Brewed by leaving coffee grounds to steep in cold water for hours, it offers a completely new take on coffee - and once you try it, there's no going back.

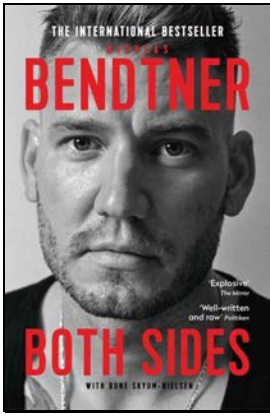
This handy guide will give you all the knowledge you need to get on top of the trend, with illustrated step-by-step techniques for making your own cold brew at home, plus expert advice to help you get the best results from your drink. Also featuring 35 delicious recipes for creating cocktails and desserts with your cold brew coffee, from Espresso Martini and Cold Brew Negroni to Coffee Chocolate Tart, this is a must-have for brewing beginners and small-batch artisans alike.

### Contributor Bio

**Chloë Callow** is editor of *Caffeine* magazine and is thoroughly steeped in the world of coffee. She works as an expert in water filtration for the coffee industry, and has written articles and reviews for a range of coffee and cocktail magazines and apps. She has also worked with the UK chapter of the Specialty Coffee Association of Europe.

Mitchell Beazley  
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352 Pages  
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Biography & Autobiography  
/ Sports  
BIO016000

## Both Sides

**The International Bestseller**

Nicklas Bendtner, Rune Skyum-Nielsen

### Summary

**Utterly compelling and brutally honest self-portrait of a troubled Premier League star**

**"Bendtner is wired differently from the rest of us." -*The Guardian***

**"Explosive." - *The Mirror***

Known as 'Lord Bendtner' to his fans and haters alike, Nicklas Bendtner has been lauded for his football skills at super clubs like Arsenal and Juventus. But his career was haunted by his rocky behavior and tendency to self-sabotage.

Very much a fable of the modern game, Bendtner talks with disarming honesty about the darker side of football and his own difficult fall from grace; about what it's like to have so much promise that you lose touch with reality altogether.

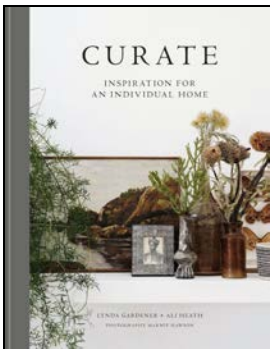
It's about growing up in a working class neighbourhood and what happens when you give a troubled, overconfident teen millions to spend. It's about fighting to reach the top in the worlds' toughest league but having no respect for hierarchy.

It's about friendship, rivalry, and the constant quest for an adrenaline kick. It's about money - having too much of it - and an industry that has lost sight of what really matters.

A modern footballing fable, ...

### Contributor Bio

**Nicklas Bendtner** is a Danish footballer who has played for clubs including Arsenal, Birmingham City, Sunderland. Juventus. Nottingham Forest and Rosenborg. Bendtner was a member of Denmark's 2010 FIFA



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Architecture / Interior Design  
ARC007000

11.3 in H | 8.6 in W

## Curate

**Inspiration for an Individual Home**

Lynda Gardener, Ali Heath

### Summary

**An inspirational guide to home decorating with the perennially popular elements of a neutral palette, natural ingredients and a carefully curated mix of vintage and modern pieces - from influential stylist and decorator, Lynda Gardener**

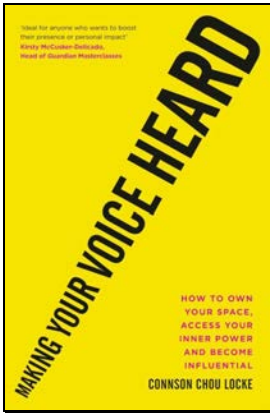
Doyenne of the unique and decorative, interiors stylist and hotelier Lynda Gardener is always on the hunt for new finds to enhance her homes and decorating projects. For her, individual collections add soul to space - and her self-taught ability to curate and display these personal treasures has created a trademark style that is loved internationally.

*Curate*, the highly anticipated book by Lynda Gardner and Ali Heath, explores the seven elements that Lynda uses to bring rooms to life and sees them combined in ten truly inspirational homes - most designed by Lynda herself but some by other creatives who inspire her. Whether a converted warehouse, simple loft, bijoux apartment, one-room studio, new-build barn, country estate, historic cottage, island hideaway, beach shack or rural retreat, these special places reveal the art of curating a home with origina...

### Contributor Bio

**Lynda Gardener** is an Australian-based interior stylist. She has been credited internationally as the founder of one of the first global lifestyle stores, Empire, which she started in her 20s in Melbourne, and ran successfully for over two decades. Simultaneously, for the past 30 years she has slowly built a portfolio of individual boutique hotel rental properties, that have become synonymous with her eclectic style, collector's eye and desire for the unique. Lynda also consults on design and interior styling projects, for both commercial and residential clients, in Australia and abroad. Her work is regularly featured in high-profile international press, including *Country Style*, *Elle Decoration*, *Homes & Gardens*, *Livingetc*, *Modern Rustic*, *Vogue Living* and *VT Women*. Her work has also featured in books including Diane Keaton's *The House that Pinterest Built* and Grace Bonney's *Design Sponge at Home*.





## Making Your Voice Heard

How to own your space, access your inner power and become influential

DR. Connson Chou Locke

### Summary

**A fresh take on how to influence others regardless of your gender or background**

**Why are some people more influential than others? What is it that makes people sit up and take notice?**

*Making Your Voice Heard* is a fresh take on how to successfully influence others, regardless of your gender or background.

Drawing on the latest research in social psychology, Dr Connson Chou Locke will look at why we are prone to miscommunicate and how to overcome these barriers. This practical guide, based on her popular *Guardian* Masterclass, will help you hone your personal style, and enhance your presence and influence with ease.

Discover:

- \*The latest insights on influencing people who have more power than you
- \*Gender in the workplace: how to sidestep unconscious bias
- \*Energy and body cues: what does your body communicate about you?
- \*Tips on how to make an impact and be seen as a leader
- \*How to make a strong first impression
- \*Practical exercises to help you communicate with confidence

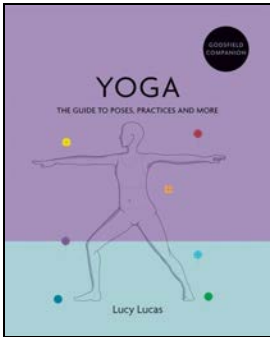
### Contributor Bio

**Connson Chou Locke** is Professorial Lecturer in Management at the London School of Economics and Political Science where she teaches leadership, organizational behavior, and negotiation. Connson Locke holds a PhD and MSc in Business Administration, with a specialty in organizational behavior, from the University of California at Berkeley and a BA in Sociology from Harvard University. Her highly popular *Guardian* Masterclass

Endeavour  
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Business & Economics /  
Negotiating  
BUS047000

9.2 in H | 6 in W



## Godsfield Companion: Yoga

The Definitive Guide

Lucy Lucas

### Summary

*The Godsfield Companions* are all-new guides to conscious living that will set a new standard in wellness publishing. Fresh, contemporary and authoritative, each book - written by a specialist in their field - provides the growing wellness audience with essential background, revealing insights, valuable context and useful instruction to enable them to understand and expand their personal practice every day.

The first in the series ***Yoga: The Definitive Guide*** is a comprehensive anthology of yoga, its history, philosophy and how to incorporate the practice into your everyday.

Sections include:

- **Part 1: What is Yoga?** - Including Ashtanga, Vinyasa, hot yoga, Hatha/Iyengar and yin/restorative yoga
- **Part 2: History of Yoga** - The ancients to the future
- **Part 3: Philosophy** - Including awareness, aversion, discipline, discernment and letting be
- **Part 4: How Yoga Works** - From movement (including anatomy, dynamic poses, yin poses and restorative poses); to breath (including prana, the physical body and the nervous system; to energy (including chakras, pranayama and meditation)
- **Part 5: How to live with your...**

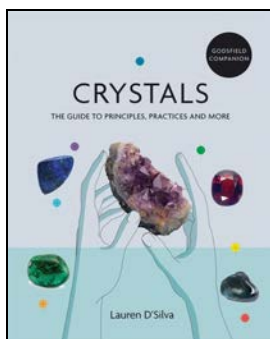
### Contributor Bio

**Lucy Lucas** is a mindfulness and yoga teacher who began her practice after spending 15 years in finance and consultancy. She trained in Bali, first taught yoga in Ibiza and now has a practice based in the UK, where she teaches classes and leads retreats.

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Body, Mind & Spirit  
OCC000000

7.9 in H | 6.3 in W



## Godsfield Companion: Crystals

### The Definitive Guide

Lauren D'Silva

#### Summary

**An all-encompassing guide to crystals in the indispensable new Mind, Body, Spirit series from the creators of the bestselling Godsfield Bibles**

*The Godsfield Companions* are an all-new series of guides to conscious living that will set a new standard in wellness publishing. Fresh, contemporary and authoritative, each book - written by a specialist in their field - provides the growing wellness audience with essential background, revealing insights, valuable context and useful instruction to enable them to understand and expand their personal practice every day.

This Companion is a comprehensive anthology of crystals: their history, their powers and how to incorporate them into your day-to-day life.

#### Sections include:

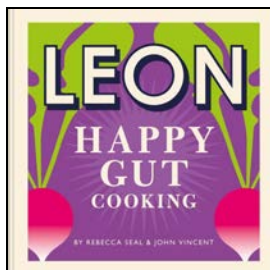
- Part 1: About Crystals - what they are and how they have been used from ancient times through to modern day
- Part 2: Energy Safety - grounding and centring with crystals
- Part 3: Tuning into Crystals - how to choose which crystals are right for you
- Part 4: Caring for Your Crystals - a guide to the different ways you can cleanse your crystals
- Part 5: Crystals and Your Energy - how to use...

#### Contributor Bio

**Lauren D'Silva** is the Chair of the Affiliation of Crystal Healing Organisations (ACHO) and founder of Touchstones School of Crystal Therapy. Lauren is an experienced healer and fully qualified teacher with 25 years of teaching experience. She runs ACHO-accredited crystal therapy training courses for all levels of interest, from foundation level through to advanced courses. Novices and qualified crystal therapists alike travel from all over the world to attend the Touchstones School.

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Body, Mind & Spirit /  
Crystals  
OCC004000  
7.9 in H | 6.3 in W



## Happy Leons: Leon Happy Guts

### Recipes to help you live better

Rebecca Seal, John Vincent

#### Summary

**LEON, the home of healthy fast food, brings you more than 100 simple, colorful, delicious new recipes to recharge your gut and transform your health**

LEON was founded on the principle of nourishing the soul with food that nourishes the body - making us happy as a result.

In the latest book in the bestselling LEON Happy series, the LEON team have created more than 100 recipes on eating for a happy, healthy gut. It is not about eating a restrictive diet or depriving yourself of delicious food, but about incorporating gut-friendly ingredients into your daily diet with recipes loaded with natural probiotics, prebiotics and polyphenols.

In addition to recipes, *LEON Happy Gut Cooking* offers the latest advice on improving your gut health, including why we should all use extra-virgin olive oil with abandon and that wine and cheese might actually be good for you.

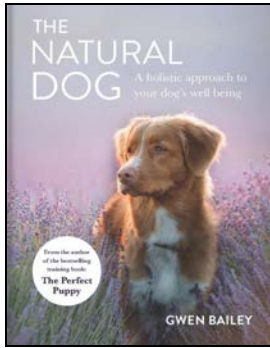
#### Contributor Bio

**Rebecca Seal** has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan* and *LEON Happy Curries* with John Vincent. She is one of the food and drink experts on Channel 4's *Sunday Brunch*. She lives in London with her husband and two small daughters.

**John Vincent** is co-founder of LEON, which now has 70 restaurants (including in Amsterdam, Utrecht, Oslo and Washington, DC). He wrote *LEON Naturally Fast Food* with Henry Dimbleby, *LEON Family & Friends* with Kay Plunkett-Hogge, *LEON Happy Salads* and *LEON Fast & Free* with Jane Baxter and *LEON Happy Soups*, *LEON Happy One-dot Cookina*. *LEON Fast Veaan* and *LEON Happy Curries* with Rebecca Seal. He thinks that

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Cooking / Methods  
CKB070000  
8.1 in H | 8 in W



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Hardcover

224 Pages  
Carton Qty: 0  
Print Run: 5K  
Pets / Dogs  
PET004000  
9.5 in H | 7.6 in W

## The Natural Dog

The wellness bible for your best friend

Gwen Bailey

### Summary

**Want to learn what your pet naturally needs?**

**This is the wellness bible for dog owners everywhere.**

Gwen Bailey's bestselling dog guides have helped hundreds of thousands of owners throughout the world. Now, in this brand new book, you can learn how to give your dog everything it needs to achieve a happy and healthy life by focusing on three vital considerations:

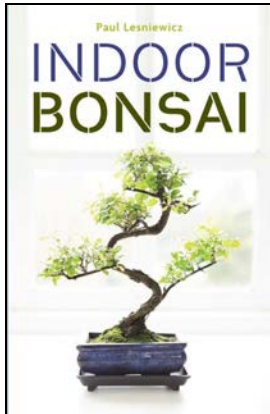
- Physical health: Sticks, exercise games, vaccination and more
- Dietary health: Hydration, diet, dental health, recipes and feeding
- Mental health: Stimulation, socialization and canine interaction, addressing aggressive behavior and introducing other pets

From understanding your dog's physiognomy and analysing the perfect diet, to keeping your dog naturally alert, spirited and happy throughout its life, *The Naturally Healthy Hound* offers a holistic approach to changing your dog's lifestyle to get the most out of life.

### Contributor Bio

**Gwen Bailey** is the author of the UK's biggest-selling training book: *The Perfect Puppy*, which has sold more than 470,000 copies worldwide and helped countless owners understand and school their puppies.

Early in her career Gwen worked for a leading UK national animal welfare charity, and pioneered the use of canine behaviour knowledge in the rehoming of unwanted animals. She was also the first person to be appointed by a national animal welfare charity as a full-time Animal Behaviourist.



Cassell  
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208 Pages  
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Gardening / Techniques  
GAR022000

## Indoor Bonsai

Paul Lesniewicz

### Summary

**The definitive guide to the art of growing bonsai for indoors**

**"Excellent guide...with specifics on individual plants." - *The New York Times***

A bonsai is a miniature tree. Grown in a shallow dish, it resembles larger trees in all respects except size, and lives to an equally old age.

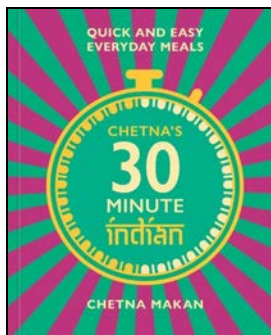
The conventional bonsai requires a site in the open air where the plant is exposed to the sun, wind and rain in order to develop and remain healthy. In this book, however, Paul Lesniewicz looks at those species that can successfully be kept indoors all year round. He explores a vast variety of bonsai trees, including mini versions, which are only 3-6 inches tall, for those who are really lacking in space.

*Indoor Bonsai* includes sections such as choosing a plant or growing it from seed, planting, general care, pests and diseases, shaping, wiring and pruning, and many other aspects, all explained in simple and straightforward terms. Advice is accompanied by step-by-step illustrations and spectacular colour photography throughout, to help you choose and care for your bonsai tree.

Paul's guidance is not a one-size-fi...

### Contributor Bio

**Paul Lesniewicz** is President of the German Bonsai Club. For many years he has been actively involved in the art of Chinese and Japanese bonsai culture, and he founded the first bonsai centre in the German-speaking world. He is one of the very few Europeans to be recognised as an expert in the traditional homes of bonsai - Japan and China.



## Chetna's 30 Minute Indian

### Delicious Easy Meals for Fast Feasting

Chetna Makan

#### Summary

**80 brilliant, flavor-packed Indian recipes to make in 30 minutes or less**

Chetna Makan's bestselling cookbooks combine her creative flavor twists with a love of simple Indian home cooking. Taking inspiration from the eclectic tastes of Indian cuisine, these tempting recipes can all be on the table and ready to eat in less than 30 minutes.

Featuring fabulous salads, traditional fast snacks, imaginative toppings for toasts, delicious dals, comforting veggie, fish and meat curries, all-in-one rice dishes, surprising raitas and dips as well as indulgent desserts, there are speedy options for every occasion.

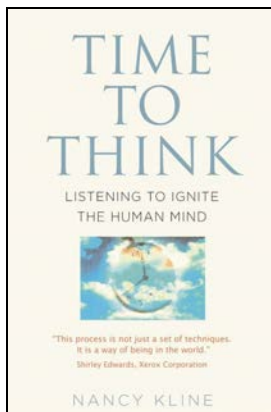
With useful meal plans included, dishes can be enjoyed on their own or paired together and cooked quickly for an easy feast to enjoy with friends. No complicated methods, just delicious, vibrant and varied food that the whole family can enjoy every single night of the week and in little to no time at all.

#### Contributor Bio

**Chetna Makan** was born in Jabalpur, an ancient city in central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003. Chetna reached the semi-final of The Great British Bake Off in 2014, and her first book, *The Cardamom Trail*, is a celebration of baking with Indian flavors. She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food. Her other books, also published by Mitchell Beazley, include *Chai, Chaat & Chutney*, *Chetna's Healthy Indian*, and *Chetna's Healthy Indian Vegetarian*.

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CKB044000  
9.5 in H | 7.6 in W



## Time to Think

### Listening to Ignite the Human Mind

Nancy Kline

#### Summary

**Over the past 15 years Nancy Kline has identified 10 behaviors that form a system called a Thinking Environment, a model of human interaction that dramatically improves the way people think, and thus the way they work and live**

The power of effective listening is recognized as the essential tool of good management. In this book, Kline describes how we can achieve this, and presents a step-by-step guide that can be used in any situation. Whether you want to have more productive meetings, solve business problems or build stronger relationships, this book offers you a new world of possibilities.

#### Contributor Bio

**Nancy Kline** created and pioneered the development of The Thinking Environment and is Founder and President of Time To Think. A published author and public speaker, she also teaches Time To Think courses, leads the Time To Think Faculty and delivers keynote presentations around the world.

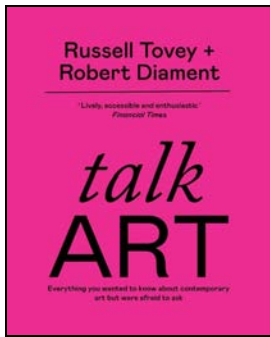
Time To Think began in 1984 and grew out of Nancy's consulting and teaching work near Washington, DC, where she had served as a Founding Director of The Thornton Friends School for twelve years and as Director of The Leadership Institute for six years. She is a Fellow of Ashridge Management College, UK, and the International Listening Association's Listener of the Year 2010.

Nancy was born and raised in New Mexico and lives in England with her husband.

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Self-Help  
SEL000000





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224 Pages  
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Print Run: 15K  
Art  
ART000000  
9.3 in H | 7.5 in W

## Talk Art

**Everything you wanted to know about contemporary art but were afraid to ask**

Robert Diament, Russell Tovey

### Summary

**A joyful and straightforward introduction to contemporary art from the creators of hit podcast Talk Art - actor and collector Russell Tovey and gallerist Robert Diament**

**"All we wanted to do was make art accessible, non-academic, non-elitist, gossipy and fun" - Russell Tovey, quoted in the *New York Times***

Engaging, informative and open to everyone, Talk Art established itself as the must-listen cultural podcast in both the UK and the US, and it has now garnered 1.5 million downloads. With infectious enthusiasm, Russell and Robert have opened the doors to the art world and have welcomed people of all ages and backgrounds into the conversation.

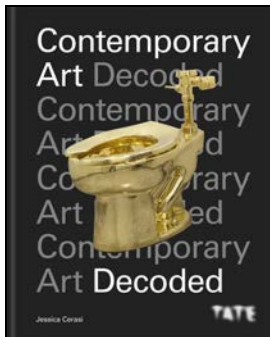
*Talk Art*, the book, is a beautiful and accessible celebration of contemporary art, and a guidebook to navigating and engaging with the art world. Informal and jargon-free, this book proves that art really is for everyone. With a wealth of imagery (some never-before-seen in print) and an informative and engaging narrative, *Talk Art* will become the must-have book that art lovers return to again and again.

The book features highlights from interviews wit...

### Contributor Bio

**Russell Tovey** is an actor best-known for appearing in *The History Boys*, *Gavin & Stacey*, *Years and Years*, *Being Human*, *The Good Liar* and HBO's *Looking*. He is also a passionate art collector, with around 300 pieces.

**Robert Diament** is Director of the Carl Freedman Gallery and Counter Editions (a company that produces prints and multiples by leading contemporary artists such as Tracey Emin, David Shrigley and Martin Creed). He has a masters in Art History. Before working in art, he was part of electro pop band Temposhark.



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Art / History  
ART015110  
10.2 in H | 8 in W

## Tate Contemporary Art Decoded

Jessica Cersai

### Summary

**Learn how to understand and interpret contemporary art, and transform your next trip to an art gallery**

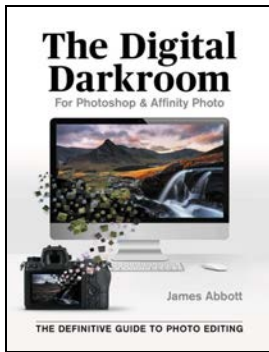
How can you tell if that fire extinguisher on the wall is an installation piece or a safety requirement? How can a Banksy increase in value even as it gets put through a shredder? And couldn't a five-year-old have done all of this, anyway?

*Contemporary Art Decoded* takes ten key questions about contemporary art and uses them to dissect and explain the contemporary art world. Cerasi digs deep into the ideas and concepts behind the art, but avoids unnecessary jargon. This book is guaranteed to make your next trip to a gallery a more rewarding experience.

- What is contemporary art?
- Where did it come from?
- How can I tell if it's art?
- Where do you draw the line?
- Does it matter who makes it?
- Does it have to mean something?
- Can anything be art?
- Has it all been done before?
- Does it have to be so serious?
- What's next?

### Contributor Bio

**Jessica Cerasi** is Assistant Curator of the 2019 Venice Biennale, and Curator of Information and Research at



Ilex Press  
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Print Run: 5K  
Computers / Digital Media  
COM087030  
10.2 in H | 7.9 in W

## The Digital Darkroom

### The Definitive Guide to Photo Editing

James Abbott

#### Summary

##### The definitive guide to photo editing using Photoshop and Affinity

Post-production can make the difference between a good image and a great image, not to mention it's an essential process if you shoot in RAW to enjoy the most flexibility and control possible. This book will outline everything you need to know to gain a better understanding of how to apply darkroom style effects to your images using Adobe Photoshop and Affinity Photo.

Through detailed background knowledge designed to make you familiar with the software and to build your confidence, you'll learn a wide range of skills and techniques through step-by-step case studies that will make learning an active experience. Not only will this be a valuable reference resource, it will also be your very own personal tutor giving you everything you need to edit your images like a pro.

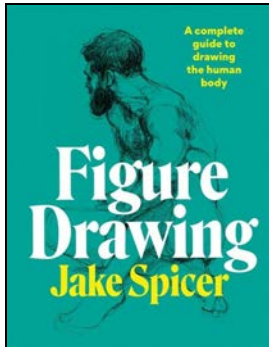
- Learn the essentials with a complete guide to every tool, filter and effect for both Adobe Photoshop and Affinity Photo

- Get the most out of your RAW files with detailed instructions on processing your digital image

- Master basic, intermediate, and advanc...

#### Contributor Bio

**James Abbott** is an award-winning landscape photographer and photography journalist working with the UK's top photography magazines and websites (including *Amateur Photographer*, *Digital Camera World*, and *Tech Radar*). He specializes in shooting and editing tutorials, to provide readers with the most practical and in-depth information possible. When he's not taking pictures, or writing about photography, James also teaches one-to-one workshops covering both camera and editing skills.



## Figure Drawing

### A complete guide to drawing the human body

Jake Spicer

#### Summary

##### Understand the human body and transform your art with bestselling author Jake Spicer

Informative and instructive, this book will equip artists of all levels with the ability to make clear perceptions of the human body and translate them onto the page. *Figure Drawing* begins with basic principles and builds progressively, after showing you how to develop and expand your sketching practice, how to observe and see differently, and how to create a language of marks to enable you to bring this vision to paper.

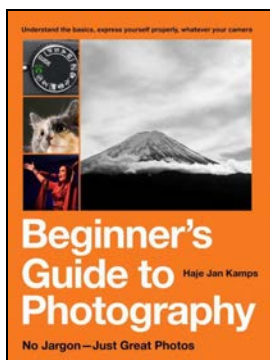
As you travel through the book, you'll discover how a deeper understanding of the human body and its anatomy can transform your work. By the end you'll feel confident that everything you see, experience and understand about the body can be transformed into personal, focused and responsive figure drawings.

#### Contributor Bio

**Jake Spicer** is an artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and National Portrait Gallery.

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Art / Subjects & Themes  
ART050010  
10.2 in H | 7.9 in W



## Beginner's Guide to Photography

### No Jargon - Just Great Photos

Haje Jan Kamps

#### Summary

**Forget about confusing jargon and technicalities: just take great photos, whatever your camera**

Photography is a big part of our lives, and we all take photos all the time. By understanding just a few basics of how your camera - or your phone - works, you'll find yourself able to take more exciting, stand-out photos.

Within a few pages you'll be able to speak with confidence to photographers about exposure settings, decide what lighting or lenses will lift a scene, or what tactics you can use to make your subject look more interesting.

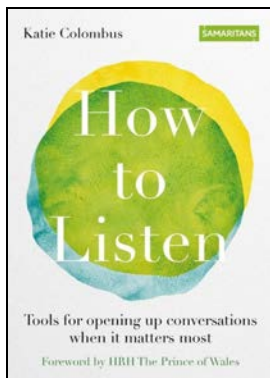
The book also covers the basics of managing, editing & sharing your collection of digital images so you're not at the mercy of the software that was bundled with your phone.

#### Contributor Bio

**Haje Jan Kamps** set up his first photo website at the age of 16 and is now one of the world's best-read photography bloggers; his Photocritic Photo School ([photocritic.org](http://photocritic.org)) has taught tens of thousands of photographers how to fall in love with photography. Shooting with any camera he can, including his smartphone, he has built a successful freelance career, and written books for serious professionals and hobbyists alike, including bestseller *The Rules of Photography & When To Break Them*. You can find him on @Dipsoclect on Instagram. When he's not writing or taking photos, Haje runs the virtual events platform Konf.co.

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COM087030



## Samaritans: How to Listen

### Tools for opening up conversations when it matters most

Katie Columbus, HRH The Prince of Wales

#### Summary

**A practical and valuable guide to how to become a better listener in every area of your life**

Samaritans have always been there in times of trouble, but we don't only need good listeners when we're in a time of crisis - we need them when we're struggling to make a decision, dealing with a difficult situation, or simply having a bad week. Samaritans believe that every one of us can be a better listener in our everyday life, strengthening relationships and offering support to those around us.

In this friendly and approachable book, readers will discover:

- How to open up a conversation with someone who might be struggling
- How to listen fully
- How to empathise and reflect rather than problem solve
- How to use gentle encouragement to help others share their stories
- The power of listening without judgement

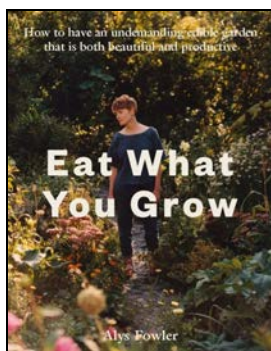
With helpful tips from real Samaritans, and advice on how these techniques can be adapted for different situations, this important book can help to make each of us a better partner, friend, parent and colleague.

#### Contributor Bio

**Samaritans** was founded in 1953 by vicar Chad Varah, who wanted to offer a listening service to anyone who was struggling and contemplating suicide. The charity also works with schools, local communities, prisons and hospitals to provide emotional support to those who need it. They work closely with researchers and campaigners to continually raise awareness and improve mental health services.

Kyle Books  
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192 Pages  
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Psychology / Mental Health  
PSY036000  
8.3 in H | 5.8 in W | 0.7 in T  
| 0.8 lb Wt



## Eat What You Grow

**How to have an undemanding edible garden that is both beautiful and productive**

Alys Fowler

### Summary

**Create an edible garden brimming with wildlife that provides you with food every day of the year**

Imagine a garden that is as beautiful as it is productive, that gives you fresh, wholesome, chemical-free food with flavors that go beyond anything shops can offer.

In *Eat What You Grow*, Alys shows you how to create a rich, biodiverse garden that feeds not only you, but supports a wide range of pollinators, bees and butterflies, as well as other wildlife. From perennial vegetables that come back year after year, to easy-to-grow delights, she has selected plants that hold their own in both the garden and on the plate. And tells you how to raise these plants, guiding you through the process of feeding your soil, saving seed and taking cuttings to increase your supplies.

The book covers every size garden with tips on what can grow in containers (for smaller gardens) as well as harvesting throughout the year.

She also teaches you simple and effective design tools that will ensure your garden looks striking and wild, brings joy to your world and feeds you day after day.

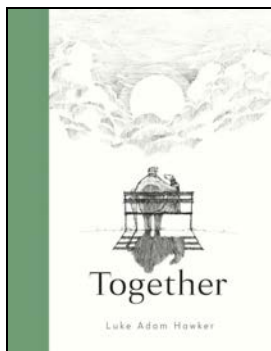
### Contributor Bio

Alys Fowler is a gardener, writer and presenter. She writes a weekly column on gardening for the *Guardian Weekend* magazine. She has contributed to *Gardens Illustrated*, *The Observer Food Monthly*, *The National Geographic* and *Country Living*. Alys trained at Royal Horticultural Society, Wisley, The New York Botanical Gardens and The Royal Botanic Gardens Kew. She has written seven books including *The Thrifty Gardener*, *The Edible Garden*, *The Thrifty Forager*, *Abundance*, *Hidden Nature* and *A Modern Herbal*. She has presented on BBC's *Gardeners' World*, *The Great British Garden Revival*, *Our Food*, and her own six-part series *The Edible Garden*. She has keen interest in agriculture and food politics and is setting up an urban farm in Birmingham. UK. She is fascinated by urban nature and how we make space for it and was a creative

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Print Run: 6K  
Gardening / Vegetables  
GAR025000

7.4 in H | 9.7 in W



## Together

Luke Adam Hawker

### Summary

**A gentle and philosophical look at what we can learn from difficult times, paired with beautiful illustrations**

Used to drawing out on location, the lockdown of 2020 suddenly limited artist Luke Hawker's day to day work. Like many of us he spent months at home, and, unable to go out and about found himself inspired to depict the day to day effects of the extraordinary challenges unfolding across the world.

*Together* takes a gentle and philosophical look at the events of 2020. Using the metaphor of a monumental storm, we follow a man and his dog through the uncertainty and change that it brings to their lives. Through their eyes we see the difficulties of being apart, the rollercoaster of emotions that we have all shared, and the realisation that by pulling together we can move forward with new perspective, hope, and an appreciation of what matters most in life.

Drawing on themes of empathy, kindness, and appreciating nature and the people around us, *Together* is a beautiful book that we can all relate to.

### Contributor Bio

**Luke Adam Hawker** worked as an architectural designer before becoming a full time artist 5 years ago. He lives just outside of London with his girlfriend, and dog Robin. He has a hugely engaged Instagram following of 240K; 70K of which are in the US. Luke ships his prints and originals to buyers all over the world. Luke has been commissioned by brands such as Soho House hotel Group, Annabel's Club, and Event Bright, and has an artwork hanging in the Parliamentary Art collection in London.

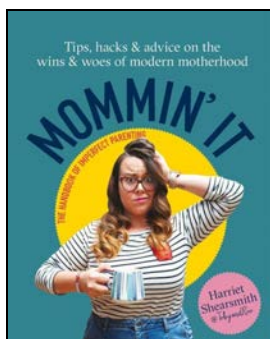
Instagram: @Lukeadamhawker

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Art / Techniques  
ART010000

9.9 in H | 7.6 in W





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Hardcover

224 Pages  
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Print Run: 6K  
Family & Relationships /  
Parenting  
FAM032000

## Mommin' It

**Tips, Hacks & Advice on the Wins and Woes of Modern Motherhood**

Harriet Shearsmith

### Summary

**Tips, hacks and advice on the wins and woes of modern motherhood**

Packed with parenting hacks such as how to travel as a family without losing your mind and how to get your kids to eat anything, this is a refreshing handbook for making a busy life easier.

With chapters on Food, Home, Travel, Body & Beauty, and Life, award-winning parenting blogger Harriet Shearsmith (@tobyandroo) covers all aspects of what makes a family tick and offers down-to-earth practical advice and survival tips to help your home function more smoothly.

With busy parents in mind, *Mommin' It* is full of time-saving tricks and bite-size chunks of information-try Harriet's speedy ideas to help you get stylish in five minutes flat, use the fail-safe meal plans to figure out what to cook on a wet Wednesday, and create age-appropriate chores to instil independence in your child.

*Mommin' It* is a chat with a friend over coffee-a celebration of imperfect motherhood.

### Contributor Bio

Based in Yorkshire, **Harriet Shearsmith** runs her Toby and Roo blog from home. She has appeared several times on British TV and is increasing her TV and radio exposure this year. An in-demand parenting influencer, Harriet has collaborated with Tesco, Disney and Johnson & Johnson.

Instagram: @tobyandroo



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Hardcover

304 Pages  
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Print Run: 6K  
Family & Relationships /  
Death, Grief, Bereavement  
FAM014000

8.7 in H | 5.4 in W

## One Thousand Days and One Cup of Tea

**A Clinical Psychologist's Experience of Grief**

Vanessa Moore

### Summary

**A heartbreaking grief memoir, *One Thousand Days and One Cup of Tea* uncovers the process of healing from a personal and psychological view, written by a bereaved clinical psychologist**

Vanessa's husband Paul died suddenly and tragically on their regular Sunday morning swim. This is a raw narrative of how she found a way to move forward for her teenage children, their dilapidated home and the patients who all need her. Beautifully written and honestly relayed, the book dives into the aftermath of death, the painful reminders, the heartwarming moments and how to endure the pain of loss.

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

### Contributor Bio

**Vanessa Moore** is a clinical psychologist. During her long career in the NHS she has worked therapeutically with children, adults, couples, families and groups within hospitals and other community settings. She has trained psychologists and other diverse health professionals, and has researched a wide range of clinical questions and published her findings in academic journals. She has supervised the careers of many young psychologists and managed the daily life of a large clinical psychology service. She lives in Winchester, UK.



## Resourceful Living

Revamp your home with key pieces, vintage finds and creative repurposing

Lisa Dawson

### Summary

**Revamping and restyling your home on a budget and without waste**

It's often thought that restyling your space comes with a hefty price tag and unavoidable waste. But in *Resourceful Living*, award-winning interiors blogger Lisa Dawson shows how with a little creativity, you can revamp your home with existing pieces, vintage finds and key purchases.

The clever ideas in this beautiful book cover the most important ways we use our homes, from eating to sleeping, living and working. Starting with The Basics, Lisa shares tricks for steering clear of interiors 'fast fashion', re-purposing favorite furniture and making the most of what you have. In Styling Your Home, she offers simple solutions for re-imagining each room, from gallery walls to home bars, repainted furniture to retro accessories.

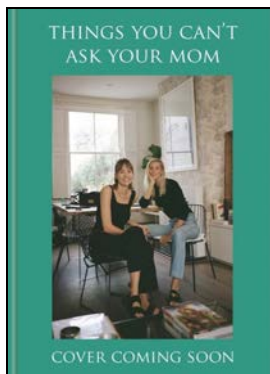
Including her top ten key vintage buys and a guide to thrifting, as well Lisa's inspiring advice about the fun of creative sourcing as a more sustainable way to keep your home feeling fresh.

### Contributor Bio

**Lisa Dawson** (@\_lisa\_dawson\_) is an award-winning interiors writer and blogger. Her 150k+ Instagram followers love her inspirational advice and weekly blogs on revamped vintage and sustainable interiors. She runs popular styling workshops and collaborates regularly with brands such as John Lewis, Loaf Home, Gröhe and Santander for tailored workshops. She writes a monthly column called Home Truths for *Real Homes* magazine and lives in York, UK.

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Print Run: 8K  
Architecture / Interior Design  
ARC007000  
9.5 in H | 7.6 in W



## Things You Can't Ask Yer Mom

Lindsey Holland, Lizzy Hadfield

### Summary

**Heartbreak, grief, falling in love, falling out of love, friendships, disastrous sex anecdotes - this book is filled with everything you don't want to ask your mom**

From the duo behind the chart-topping podcast Things You Can't Ask Yer Mum, this book is a deep-dive into the ups and downs of life. Lizzy and Lindsey share the twists and turns of their own experiences in their usual hilariously honest style, offering reassurance for all the questions you just might not be able to ask your Mom.

The book embodies what Lindsey and Lizzy have had through their friendship; the ability to honestly pass on their own experiences in life in order to help the other. With never-before-heard anecdotes and bite-sized chunks of content to return to, this valuable book will be a friend to you - one that shares reassuring stories of losing virginity using a blueberry-flavored condom, losing friends and losing inhibitions. It's a book for anyone, at any stage of life.

### Contributor Bio

**Lindsey and Lizzy** have been friends for the last seven years after meeting at London Fashion Week and it's been soulmate central between them ever since. London-based fashion influencer and brand consultant Lizzy is behind the hugely popular blog Shot from the Street, with a 400k Instagram following and a Youtube channel which boasts an excess of 16 million views. Lindsey, a physiotherapist within the NHS, has an incredible eye for an outfit and documents her daily sartorial choices on her Instagram feed, blog and Youtube channel, as well as her passion for travel, interiors and beauty. Together they created the number one podcast Things You Can't Ask Yer Mum in 2019, reaching #1 in their first week. Instagram: @shotfromthestreet and @ropesofholland

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Health & Fitness / Women's Health  
HEA024000



## Rhapsody in Green

**A novelist, an obsession, a laughably small excuse for a vegetable garden**

Charlotte Mendelson

### Summary

**A unique celebration of gardening written by an award-winning novelist**

Despite the fact that she has only six square metres of grubby urban soil and a few pots, Charlotte Mendelson has a secret life. She is an extreme gardener, an obsessive, an addict. And like all addicts, she wants to spread the joy.

Beginning with *Late Winter*, Charlotte takes the reader through her gardening year, via *Wasting Money Wisely* (the lure of the seed packet), *Thirty-Three Alternatives to Lettuce* (the greatest salads don't need bacon or croutons), *Tree Envy* (dreams of owning a plum tree), and *Fantasy* (gardening is an unfulfilled fantasy, never disappointing and always a source of perfect, fruitful happiness).

Inspiration for city-dwellers and the many people with small spaces to garden.

**'An extremely entertaining and inspiring story of one woman's passionate transformation of a small, irregular shaped urban garden into a bountiful source of food.' - *Woman & Home***

**'A gardening book like no other, this is the author's "love letter" to her garden.' - *Garden News***

### Contributor Bio

**Charlotte Mendelson's** first novel, *Love in Idleness*, was published in 2001. Her second, *Daughters of Jerusalem* (2003) won the John Llewellyn Rhys Prize and the Somerset Maugham Award. Her third, *When We Were Bad* (2007), was shortlisted for the Orange Broadband Prize for Fiction. *Almost English* (2013), her fourth, was long-listed for the Man Booker Prize.

Charlotte is a columnist for *The New Yorker*, where she writes about all things gardening in *Onward* and

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Gardening / Essays &  
Narratives  
GAR002000

7.8 in H | 5 in W



## One Dish Fish

**60 Quick & Simple Recipes to Cook in the Oven**

Lola Milne

### Summary

**60 fuss-free, one-dish fish recipes to cook in the oven**

Fish and seafood can be wonderfully quick to prepare and cook, but as ingredients they strike fear into the hearts of many - even those who otherwise feel confident in the kitchen.

All of the recipes in *One Dish Fish* are cooked in the oven in one dish or roasting pan. Geared towards speed and convenience, they are organized into chapters divided by time frame - 20 minutes, 30 minutes and 45 minutes - with most being ready in half an hour. From Slow-roasted salmon with citrus, harissa and capers to Anchovy, garlic, chilli and broccoli pasta, Lola's dishes are perfect for fish lovers of all cooking abilities.

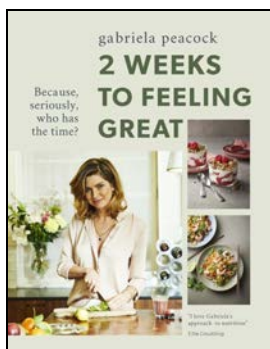
### Contributor Bio

**Lola Milne's** eyes were opened to the world of cookbooks, food photography and styling when she did work experience with Jamie Oliver and his food team. After school, she went to Glasgow School of Art and studied Fine Art Photography, though food continued to weave through her work there. After graduating she decided to return to the world of food styling and started working in the kitchens of cafes and bakeries while doing work experience with food stylists. She then progressed to assisting full time and then to being a stylist herself, expanding along the way into recipe testing and then writing. Lola's first book, *Take One Can*, was published in 2020 by Kyle Books.

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Cooking / Specific  
Ingredients  
CKB076000

9.3 in H | 6.6 in W



## 2 Weeks to Feeling Great

**Because, seriously, who has the time?**

Gabriela Peacock

### Summary

**An accessible guide to health and nutrition to encourage shifts in diet and lifestyle to a healthier, happier you**

*2 Weeks to Feeling Great* is nutritionist Gabriela Peacock's comprehensive guide to health and wellbeing aimed at busy people who may not have the time - or inclination - to commit to strict rules that are not compatible with real life and focuses on what is achievable. It includes two detailed 14-day programs on intermittent fasting, scientifically proven to be the most effective method of safely reaching a healthy weight. The book focuses on the 4:3 and 16:8 two-week plans - the two most effective and clinically researched weight-loss methods. It also includes quick and easy recipes to support the weight-loss plans.

Covering everything from improving sleep to rebalancing hormones and increasing energy, the easy-to-remember tips and recommendations require minimal effort but deliver significant results. Gabriela also looks at other lifestyle factors, in addition to diet, that affect health - from household and beauty products to reducing the use of plastics. The bottom line...

### Contributor Bio

**Gabriela Peacock**, who was born in the Czech Republic, has built her practice as a nutritionist around a realistic approach to the demands of modern life. Having worked as a model, she then spent nine years studying two degrees, the first in Naturopathic Nutrition, before going on to graduate from the University of Westminster with BSc (Hons) in Health Science - Nutritional Therapy. Gabriela specialises in intermittent fasting weight management plans and in 2016, launched her range of supplement programs, based on her extensive experience in the role supplements play in supporting restful sleep, increased energy, healthy immune function, weight loss and general physical, as well as mental, wellbeing.

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Health & Fitness / Diet & Nutrition  
HEA019000  
9.9 in H | 7.6 in W



## Knitting from Fair Isle

**15 contemporary designs inspired by tradition**

Mati Ventrillon

### Summary

**Modern interpretations of Fair Isle knits, including fishermen's sweaters, scarves and gloves, as well as the traditional long hats known as keps**

Mati Ventrillon's inspiration comes from the technique of creating patterns with multiple colors that was first used by the women of Fair Isle, one of the Shetland Islands, more than two centuries ago.

Her designs, which have been featured on the Chanel catwalk, are inspired by tradition but use her own modern interpretation of color and pattern arrangement. The book includes fisherman jumpers with high, crew and slash necks, a poncho, neck warmer, cowl and long scarf, fingerless gloves and hand and wrist warmers, as well as the traditional fisherman's hats known as keps.

The patterns demonstrate how to experiment with color and play with backgrounds. They are accompanied by expert tips on yarns and finishing. The book also features stories of the women who spent their lives knitting masterpieces, despite harsh living conditions and inclement weather. Inspirational photography provides a window into life on this most remote of Scottish islands...

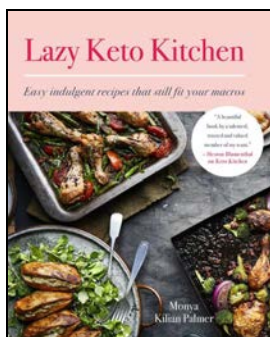
### Contributor Bio

**Mati Ventrillon** was born in Venezuela to a French father and a Venezuelan mother. She trained as an architect and lived in London until 2007, when she moved to Fair Isle. Although she had no experience of knitting, she joined the Fair Isle Crafts co-operative and by the time this dissolved in 2011, she had grown to love the knits so much that she decided to launch her own business.

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Crafts & Hobbies / Needlework  
CRA004000





## Lazy Keto Kitchen

### Easy indulgent recipes that still fit your macros

Monya Killian Palmer

#### Summary

**Easy, indulgent meals that will help you lose weight and boost energy, from the author of *Keto Kitchen***

Following a ketogenic diet can often be very restrictive, with firm guidelines and banned food being the norm. But what if you want to enjoy all the weight-loss, energy-boosting benefits of a keto lifestyle without being so strict on yourself?

In *Lazy Keto Kitchen*, keto devotee Monya Kilian Palmer shows you how you can feel the rewards of a low-carb, high-fat diet while eating a broader range of food than that allowed by the 'Keto Police'. Packed with indulgent recipes including Fried Mozzarella Balls, Sausage and Cauliflower Bake and Salted Caramel Lollies, *Lazy Keto Kitchen* proves that diet food does not need to be dull food.

Still full of essential nutrients and low on carbs, these recipes from the bestselling author of *Keto Kitchen* will help you to feel great while cutting fewer foods you love out of your life.

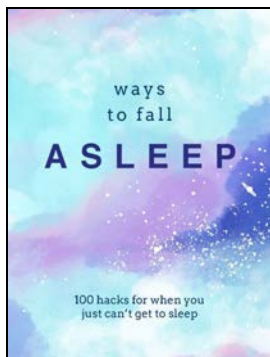
#### Contributor Bio

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

Kyle Books  
9780857839626  
Pub Date: 8/3/21  
On Sale Date: 8/3/21  
\$19.99 USD/\$21.99 CAD  
Paperback

144 Pages  
Carton Qty: 0  
Print Run: 8K  
Cooking / Methods  
CKB070000

9.3 in H | 7.5 in W



## Ways to Fall Asleep

### 100 Hacks for When You Just Can't Get to Sleep

Pyramid

#### Summary

**A collection of tips, tricks and activities for when you just can't get to sleep**

In this handy little book you'll find a whole range of tips, tricks and relaxing activities to help you switch off and unwind. From dot-to-dots and coloring in to meditations and yoga poses, you'll find all you need to wind down at the end of a stressful day and relax in preparation for a restful night's sleep.

Keep this book by your bedside as the ultimate aid for nodding off in no time.

#### Contributor Bio

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

Pyramid  
9780753734032  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

128 Pages  
Carton Qty: 0  
Print Run: 5K  
Health & Fitness / Sleep &  
Sleep Disorders  
HEA043000

7.1 in H | 5.3 in W



## People Are Awesome

Everyday acts of kindness that will restore your faith in humanity

Emma Hill

### Summary

**A collection of 100 stories of kindness, proving just how awesome people can be**

One person being awesome is all it takes to change the world.

*People Are Awesome* brings you an array of inspiring stories of good deeds, from everyday acts of gentle compassion to heroic deeds of altruism that will restore your faith in humanity. In a world that can all too often feel entrenched in doom and gloom, these heart-warming stories will teach, inspire, restore hope, and, most importantly, serve as a simple reminder to be awesome to each other.

In a time where people often experience high stress and anxiety levels, readers are craving good-news stories in order to lift their spirits. This is especially true during a time when news stories tend to focus on the bad over the good.

With internet trolls, cancel culture and general nastiness on social media, there has been a call for the need to be kind to one another. This book helps to inspire readers to be kind in their everyday lives.

Pyramid  
9780753734476  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

96 Pages  
Carton Qty: 0  
Print Run: 5K  
Self-Help / Motivational &  
Inspirational  
SEL021000

7.1 in H | 5.4 in W | 0.5 in T  
| 0.5 lb Wt



## Classy, Sassy, and a Bit Bad Assy

Empowering Quotes for Strong Women

Pyramid

### Summary

**A pocket-sized book of empowering quotes and affirmations to help you live your sassiest, classiest, most badass life**

Even the most powerful boss babes need a little pick-me-up now and then. *Classy, Sassy, and a Bit Bad Assy* is there to shout "you go girl!" and remind you that you are brave, strong, and not to be messed with.

Packing an oversized punch in a pocket-sized package, this little book provides pep talks to help you slay your way, no matter what the haters say. Rekindle your fierce spirit with this empowering collection of inspiring quotes and life-affirming statements, and live your best life every day.

### Contributor Bio

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

Pyramid  
9780753734568  
Pub Date: 7/6/21  
On Sale Date: 7/6/21  
\$8.99 USD/\$9.99 CAD  
Hardcover

96 Pages  
Carton Qty: 0  
Print Run: 15K  
Self-Help / Affirmations  
SEL004000

5.8 in H | 4.1 in W



## May You Be Well

### Everyday Good Vibes for the Spiritual

Cheryl Rickman

#### Summary

**Meditations, affirmations, prayers and blessings for non-believers, believers in something or someone, and believers in everything or nothing**

Most of us pray when things get tough.  
Most of us don't have a religion, or a god.  
We just pray.

We pray that our friends are safe, we pray that our earth will heal, we pray for help. We're asking our inner selves, a higher being, the cosmic or the divine to guide us.

*May You Be Well* conveys well-wishes without any suggestion of imposing a specific religious view, making it a great way for people to express care for others regardless of their religious background.

Just everyday good vibes for health and happiness and hope.

#### Contributor Bio

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

Pyramid  
9780753734575  
Pub Date: 7/6/21  
On Sale Date: 7/6/21  
\$8.99 USD/\$9.99 CAD  
Hardcover

96 Pages  
Carton Qty: 0  
Print Run: 5K  
Religion / Prayerbooks  
REL052000

5.8 in H | 4.1 in W



## For the World's Best Dad

### The Perfect Gift to Give to Your Father

Summersdale

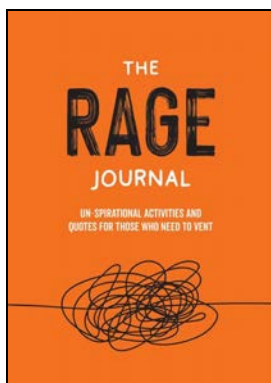
#### Summary

**A perfectly proportioned and stylish book that could be an extension of a gift card on Father's Day**

Dads deserve a major shout-out for everything that makes them great. This little book, filled with top-quality quotes and standout statements, will let your dad know just how much you love him. It's the perfect keepsake to remind him that he really is the world's best dad.

Summersdale  
9781787836563  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

160 Pages  
Carton Qty: 0  
Print Run: 15K  
Reference / Quotations  
REF019000



## The Rage Journal

**Un-spirational Activities and Quotes for Those Who Need to Vent**

Summersdale

### Summary

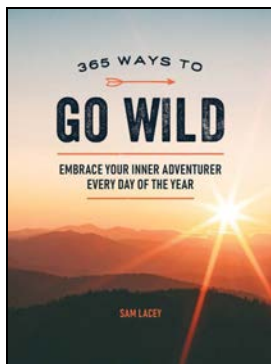
This guided journal is full of cathartic prompts, angry quotes and sarcastic statements to help the reader release their everyday frustrations - the perfect gift for anyone who just needs a place to vent!

**You can't be zen all the time.**

When life drives you up the wall, sometimes the only thing to do is have a good old rant. This journal is for those moments when deep breathing and picturing your happy place just isn't going to cut it. If you need to vent, grab your pen and unleash all your frustrations, irritations and everyday rages into these pages - and revel in just saying AARGGHHH!

Summersdale  
9781787836754  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$13.99 USD/\$15.99 CAD  
Paperback

160 Pages  
Carton Qty: 0  
Print Run: 5K  
Reference / Quotations  
REF019000



## 365 Ways to Go Wild

**Embrace Your Inner Adventurer Every Day of the Year**

Sam Lacey

### Summary

**An exciting guide to ideas and activities you can do outdoors all year round. For every budget and all types of adventurer  
Dream. Explore. Discover.**

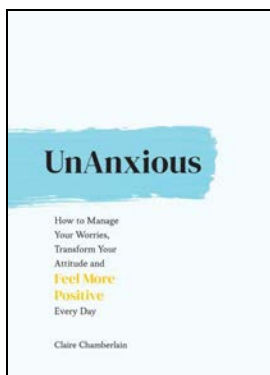
Take a leaf out of nature's book and unleash your wild side with this essential guide. Packed with hundreds of exciting outdoor ideas and activities, from reading animal tracks to making your own campfire, this little book will guarantee lots of fun and adventure all year round.

### Contributor Bio

**Sam Lacey** has been an editor, proofreader and writer for more than 20 years. Her hobbies include exploring the great outdoors with her family, and running.

Summersdale  
9781787836785  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

160 Pages  
Carton Qty: 0  
Print Run: 5K  
Sports & Recreation /  
Outdoor Skills  
SPO030000



## UnAnxious

**How to Manage Your Worries, Transform Your Attitude and Feel More Positive Every Day**

Claire Chamberlain

### Summary

**A self-care guide for anxiety sufferers. It is sensitive, accessible and helps the reader recognize anxious behaviors and improve self-esteem**

#### Don't let anxiety define who you are

In a world where we are constantly comparing our looks, our lifestyles, our jobs and our relationships with others, it can be easy to let worries get the better of us. The truth is, whether you're sociable or solitary, extroverted or introverted, anxiety will affect us all at some point in our lives.

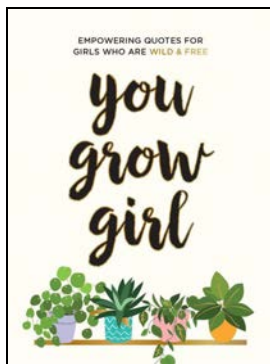
This pocket-sized guide will help you recognize and understand the way you feel, and offers practical advice for looking after your mental and physical well-being. From challenging the way you think to making positive lifestyle changes, this book is your starting point for a more carefree, content and confident you.

### Contributor Bio

**Claire Chamberlain** is a freelance writer, specializing in health, fitness and well-being. She lives in London, UK with her husband, two children and rescue cat, Oscar.

Summersdale  
9781787836723  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$11.99 USD/\$12.99 CAD  
Hardcover

160 Pages  
Carton Qty: 0  
Print Run: 10K  
Self-Help  
SEL000000



## You Grow Girl

**Empowering Quotes and Statements for Girls Who Are Wild and Free**

Summersdale

### Summary

**This stylish, plant-themed book is filled with empowering quotes and statements to inspire women to believe in their inner strength and pursue their goals**

#### Oh, how she blossoms

Good things happen when you live life in full bloom. This little book of empowering quotes and statements is here to inspire you to stand tall and flourish as your best and most radiant self.

Summersdale  
9781787836778  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

Carton Qty: 0  
Print Run: 6K  
Reference / Quotations  
REF019000





## The Magic Art of Fortune Telling

### 52 Oracle Cards

Elsie Wild

#### Summary

**A beautiful collection of cards with simple instructions on developing your psychic abilities**

We would all love to see what the future holds, and with the help of these exquisite gift cards you will discover ways to harness your psychic abilities. Learn about different kinds of fortune telling and its fascinating history as well as techniques for applying these skills to your life.

- Learn about your character by studying your palm
- Dowse with a pendulum to seek answers to your most pressing questions
- Decipher the symbols in a crystal ball to guide you to success
- Explore your past, present and future by reading tea leaves

Let this deck of beautifully illustrated cards be your companion as you learn the skills of the clairvoyant and take control of your destiny.

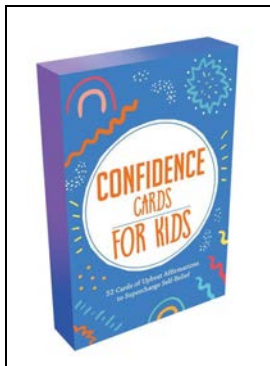
#### Contributor Bio

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

Summersdale  
9781787836471  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$16.99 USD/\$18.99 CAD  
Cards

52 Pages  
Carton Qty: 5  
Print Run: 6K  
Reference / Personal &  
Practical Guides  
REF015000

6.5 in H | 5.3 in W | 1.6 in T  
| 0.8 lb Wt



## Confidence Cards for Kids

### 52 Empowering Cards to Supercharge Your Child's Self-belief

Summersdale

#### Summary

**Every child should know just how awesome they are**

This deck of 52 cards is a powerful and positive tool to help your child's confidence bloom! With kind statements and mood-boosting mantras that can be displayed anywhere, this collection of bright and inspiring pick-me-ups will empower young people to feel ready for anything!

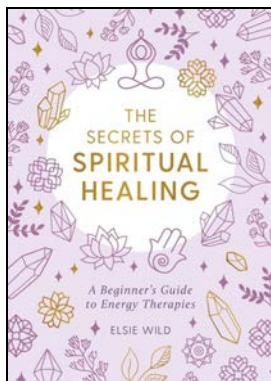
16.5 x 11 cm, 52 cards, plus card stand.

For children between 5-11 years old.

**Remind your kid how awesome they are with this collection of colourful and empowering cards to display anywhere in your home!**

Summersdale  
9781787836716  
Pub Date: 5/4/21  
On Sale Date: 5/4/21  
\$16.99 USD/\$18.99 CAD  
Cards

Carton Qty: 0  
Print Run: 6K  
Juvenile Nonfiction / Games  
& Activities  
JNF021020



## The Secrets of Spiritual Healing

**A Beginner's Guide to Energy Therapies**

Elsie Wild

### Summary

**A stylish, accessible introduction to spiritual healing methods, filled with fascinating facts and step-by-step guidance to begin your own practice**

Would you like to learn how spiritual energies influence your life?

Are you interested in natural healing methods to boost your emotional and physical well-being?

Do you wish you could feel more in tune with the world around you?

Discover how to embrace natural and vibrational energies with this beginner's guide to spiritual healing. Exploring the fascinating history behind holistic healing techniques, and providing practical advice for trying them yourself, this book will teach you how to achieve true balance in your life.

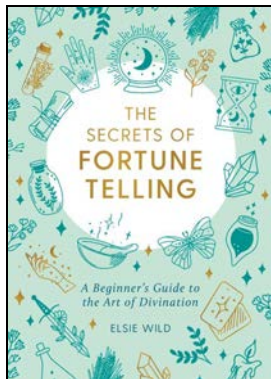
- Develop an understanding of energies in the universe
- Explore natural healing methods
- Cultivate your own spiritual practice

### Contributor Bio

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

Summersdale  
9781787836839  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$10.99 USD/\$11.99 CAD  
Paperback

128 Pages  
Carton Qty: 0  
Print Run: 7K  
Body, Mind & Spirit  
OCC000000



## The Secrets of Fortune Telling

**A Beginner's Guide to the Art of Divination**

Elsie Wild

### Summary

**A stylish, accessible introduction to fortune telling techniques, filled with fascinating facts and step-by-step guidance to begin your own practice**

Would you like to be able to interpret the signs the universe is sending you?

Do you want to know what's in store for you and your loved ones?

Are you interested in the deeper meaning behind everyday events?

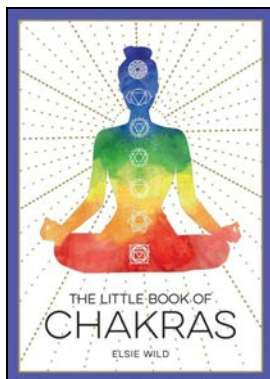
Discover the methods for divining your future with this beginner's guide to fortune telling. Exploring the fascinating history behind divination techniques, and providing practical advice for trying them yourself, this book will teach you how to decipher the signs in the world around you. As you learn about the hidden meanings in your life, you will unlock the secrets of your destiny.

### Contributor Bio

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

Summersdale  
9781787836846  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$10.99 USD/\$11.99 CAD  
Paperback

128 Pages  
Carton Qty: 0  
Print Run: 5K  
Body, Mind & Spirit  
OCC000000



## The Little Book of Chakras

**An Introduction to Ancient Wisdom and Spiritual Healing**

Elsie Wild

### Summary

**A colorful and inviting introduction to an alternative and holistic approach to health and well-being**

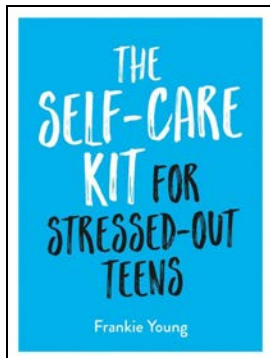
Chakras are your body's spiritual centers of vibrant, healing energy. This beginner's guide explains the seven major chakras, how to awaken them and how to channel their energy for optimum health and well-being. Exploring the mental and physical aspects of each chakra, the chapters reveal how diet, yoga and meditation can bring balance and harmony to your daily life. To complete this holistic treatment, the sections on crystals and essential oils show further ways of boosting vitality and cleansing mind, body and spirit.

### Contributor Bio

**Elsie Wild** is a writer and witchy woman haunting her home state. Elsie has practised divination for ten years and has written horoscopes and guides about her craft for a variety of online publications. Based in New York, she is happy to promote the book if required.

Summersdale  
9781787836853  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$10.99 USD/\$11.99 CAD  
Paperback

128 Pages  
Carton Qty: 0  
Print Run: 7K  
Body, Mind & Spirit  
OCC00000



## The Self-Care Kit for Stressed-Out Teens

**Helpful Habits and Calming Advice to Help You Stay Positive**

Summersdale

### Summary

**A friendly and approachable guide to teen self-care. Bursting with tips and advice to ease stress and help you live your best life**

**Being a teenager means learning how to deal with exams, new experiences and body changes. Are you prepared? No**

Teenage life stretches you in more ways than you could imagine, but it is also an exciting time in which you start to consider your future, new relationships and big questions about your identity and beliefs. Sometimes this heady mix might feel like a bit too much to handle, and that's where introducing self-care into your daily life can help.

Far from being about drinking kale smoothies and taking bubble baths, self-care provides you with the tools to sustain your mental and physical health so you can be your best self.

Find out how to:

- Stay positive and focused through exam season
- Feel better equipped to cope with everyday stress
- Love the skin you're in
- Be an ally to yourself and those around you

Age range: 12-17

Summersdale  
9781787836884  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$10.99 USD/\$11.99 CAD  
Hardcover

128 Pages  
Carton Qty: 0  
Print Run: 6K  
Young Adult Nonfiction /  
Social Topics  
YAN051100



## Dream, Believe, Achieve

Inspiring Quotes and Empowering Affirmations for Success, Growth and Happiness

Summersdale

### Summary

**An empowering and eye-catching collection of quotes and mottos for those who've got a goal and won't quit**

*If you can dream it, you can do it*

Like seeds becoming mighty trees, your motivation and inspiration need to be nurtured. The right words at the right time can make a world of difference. This collection of incisive quotes and uplifting affirmations will be your cheerleader and companion on the road to success. Whatever your goal, from your career to your creativity, this book is here to give you the courage to conquer.

Summersdale

9781787836891

Pub Date: 6/1/21

On Sale Date: 6/1/21

\$9.99 USD/\$10.99 CAD

Hardcover

160 Pages

Carton Qty: 0

Print Run: 5K

Self-Help / Motivational &

Inspirational

SEL021000



## The Planet-Friendly Cookbook

Karen Edwards

### Summary

**This beautiful gift book sets out in a clear and simple way what makes certain foods more or less environmentally friendly, in terms of water, land and energy use as well as other considerations. Contains 30 recipes and lots of helpful stats and advice for working out which foods are sustainable depending on where you live and your lifestyle**

**We all have the power to make a difference**

We know our planet's resources are stretched to the limits. We know that without significant changes to our diets and shopping habits, nature will continue to suffer. But sometimes it feels like we're bombarded with mixed messages, and it can be hard to work out which foods are truly eco-friendly. This book sets out the facts in a clear and straightforward way, helping you to make informed choices about environmentally conscious ways to shop, the products to avoid, the best foods to buy, and sustainable ways to prepare them.

With over 30 delicious recipes that you, and the earth, will love, *The Planet-Friendly Cookbook* contains all the tips and advice you need to start making small changes that have big imp...

### Contributor Bio

**Karen Edwards** is a writer from London, who specializes in travel and lifestyle. She has written extensively on sustainable living, ethical tourism and emotional well-being for national and international publications including *Hello*, *Metro*, *Daily Mirror*, *Sunday Times*, *Grazia* and *In the Moment*. Karen inherited her love for the planet from her parents, Shirley and Ramraj. She currently lives between London and South Australia with her marine biologist fiancé, Brad.

Summersdale

9781787836914

Pub Date: 6/1/21

On Sale Date: 6/1/21

\$11.99 USD/\$12.99 CAD

Hardcover

128 Pages

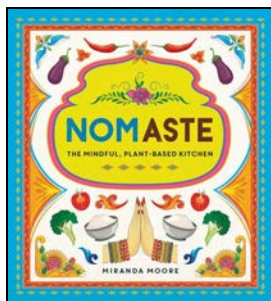
Carton Qty: 0

Print Run: 6K

Nature / Environmental

Conservation & Protection

NAT011000



## Nom-aste

### The Mindful, Plant-based Kitchen

Miranda Moore

#### Summary

**Combining the popularity of mindfulness and spirituality, this beautifully illustrated lifestyle book celebrates mindful cooking and mindful eating. With tips on bringing the principles of mindfulness and yoga into your kitchen and 60 plant-based recipes.**

**Namaste:** a respectful greeting frequently used at the end of a yoga session; "I bow to the divine in you"

**Nom-aste:** a respectful prayer of thanks for nutritious and just plain delicious food

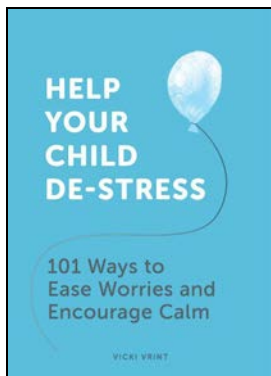
Looking after our well-being and eating tasty, nourishing food go hand in hand. This beautifully illustrated book celebrates mindful cooking and eating, teaching you how to bring the principles of yoga and mindfulness into your kitchen. From ahimsa (non-violence) and Ayurveda (food as medicine) to the art of making your own bread, you'll learn how to give your body what it really needs in order to flourish, and how to nurture a healthy, positive attitude toward food. The 60 wholesome, plant-based recipes inside will add vitality to your daily life and leave you filled with good food and gratitude

#### Contributor Bio

**Miranda Moore** writes non-fiction, fiction and poetry and works as an editorial consultant in the Scottish Borders. A former journalist, she is trained in forest school and bushcraft and loves wild places, photography and beautiful food.

Summersdale  
9781787838192  
Pub Date: 6/1/21  
On Sale Date: 6/1/21  
\$16.99 USD/\$18.99 CAD  
Hardcover

160 Pages  
Carton Qty: 0  
Print Run: 6K  
Body, Mind & Spirit  
OCC00000



## Help Your Child De-Stress

### 101 Ways to Ease Worries and Encourage Calm

Vicki Vrint

#### Summary

**This approachable guide for parents and carers of worried children includes bite-sized tips and practical advice on how to approach, navigate and ease signs of stress in your child**

72 per cent of children show behaviors linked to stress

Small amounts of stress are normal, but it can be difficult to know how best to support a child when they feel overwhelmed with worry. This practical guide offers strategies to help alleviate the physical symptoms and emotional signs of stress. By adopting simple tips, lifestyle changes and mood-boosting activities, you can help your child overcome challenging situations and live a happy and more carefree life.

- Identify the source/s of your child's stress
- Tackle challenging moments together
- Establish positive daily habits and routines
- Develop skills for communicating emotions
- Know when to seek support

Summersdale  
9781787836730  
Pub Date: 7/6/21  
On Sale Date: 7/6/21  
\$13.99 USD/\$15.99 CAD  
Paperback

128 Pages  
Carton Qty: 0  
Print Run: 6K  
Family & Relationships /  
Parenting  
FAM034000

#### Contributor Bio

**Vicki Vrint** is a freelance writer whose work has featured in *The Guardian*, *Natural Health Magazine* and *Spirit and Destiny*. She focuses on self-help titles and believes that the key to happiness is to slow down and simplify our lives - a philosophy that lies at the heart of all her books. She lives in Chichester, UK with her





## Be Strong

**Positive Quotes and Uplifting Statements to Boost Your Mood**

Summersdale

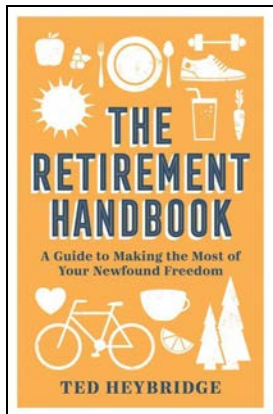
### Summary

**Filled with uplifting quotes and statements, this pocket-sized book is the perfect gift for anyone who needs a morale boost**

This little book is here to send you some love. Packed with quotes to inspire you and statements full of compassion, this ink-and-paper hug will help you keep your chin up, your chest out and to *Be Strong*.

Summersdale  
9781787838437  
Pub Date: 7/6/21  
On Sale Date: 7/6/21  
\$9.99 USD/\$10.99 CAD  
Hardcover

160 Pages  
Carton Qty: 0  
Print Run: 6K  
Reference / Quotations  
REF019000



## The Retirement Handbook

**A Guide to Making the Most of Your Newfound Freedom**

Ted Heybridge

### Summary

**A book of practical advice and inspiration for the newly retired**

***This is just the beginning...***

Retirement is a fresh chapter, another adventure and permission to try something new. It's also a great time to take care of your health, your money and your everyday happiness. This is the essential guide to your new life of opportunity, relaxation and enjoyment, whether you're in need of inspiration for holidays and hobbies or advice on staying active, mentally sharp and emotionally fulfilled. Practical, insightful and enlivening, these ideas are perfect for any newcomer to full-time freedom.

Summersdale  
9781787836983  
Pub Date: 7/6/21  
On Sale Date: 7/6/21  
\$13.99 USD/\$15.99 CAD  
Hardcover

192 Pages  
Carton Qty: 0  
Print Run: 5K  
Self-Help  
SEL000000



## The Little Book for Plant Parents

Simple Tips to Help You Grow Your Own Urban Jungle

Felicity Hart

### Summary

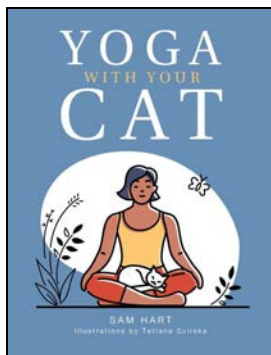
**All you need is love. And a plant.**

Whether you're a plant lover looking for seeds of inspiration, or a beginner hoping to cultivate your very own urban jungle, this little book is bursting with tips and ideas to help you hone your green fingers and become a true plant parent.

This on-trend book includes bite-sized tips on plant care, quick plant profiles, inspiring quotes and quirky statements, all brought together with beautiful photographs and illustrations - the perfect small gift for any plant lover.

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## Yoga With Your Cat

Purr-fect Poses for You and Your Feline Friend

Sam Hart

### Summary

**The delightful illustrations in this book combined with simple yoga pose instructions give a charming and witty insight into what happens when cats and yoga mix**

Cats are natural-born yogis - they know this - and when you're practising your poses, be it "cobra", "pigeon" or even "crow", you'd better be ready for your kitty to upstage you. With charming illustrations and easy-to-follow yoga poses, this delightful guide will help you perfect the "cat stretch" and maybe even impress your flexible feline friend.

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