

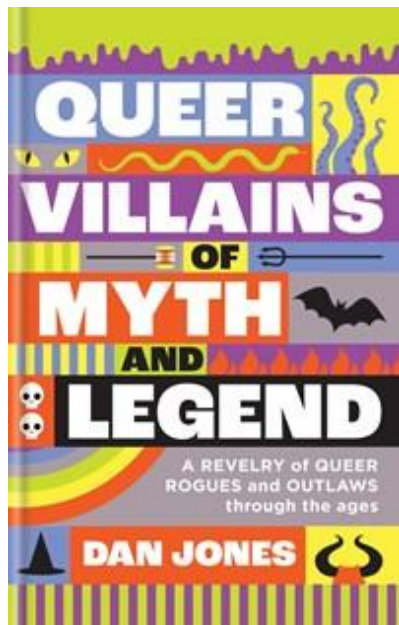


OCTOPUS
BOOKS USA

OCTOPUS BOOKS USA

SUMMER 2024

ASTER • CASSELL • GAIA • GODSFIELD
HAMLYN • ILEX • KYLE • MITCHELL BEAZLEY
MONORAY • PYRAMID • RADAR
SHORT BOOKS • SUMMERSDALE



Queer Villains of Myth and Legend

A Revelry of Queer Rogues and Outlaws through the Ages

Dan Jones

Key Selling Points

- **VICTORY FOR VILLAINS:** There has been a reclaiming of the 'villain narrative' in popular culture, and many are drawn to celebrate characters that live outside of the 'rules'. This book is a celebration of those complex and underestimated characters.
- **MYTHOLOGY:** Books featuring mythological characters are hugely popular. Such as *Song of Achilles* by Madeleine Miller, *Circe* by Madeleine Miller, *The Silence of the Girls* by Pat Barker and *Ariadne* by Jennifer Saint.
- **TikTok POPULARITY:** Queer mythology has had a surge of popularity thanks to TikTok.
- **LGBTQ+ HISTORY MONTH:** The book will publish in time for LGBTQ+ history month in the UK.
- **BEST SELLING AUTHOR:** Dan Jones has written across a range of genres, from fashion and grooming to folk-horror and queer culture in his witty and upbeat style.

Summary

The wicked companion book to *Queer Heroes of Myth and Legend*. Featuring 50 profiles and select B&W illustrated portraits, *Queer Villains of Myth & Legend* is a celebration of those delightfully villainous queer mystical beings.

Every good hero needs a villain! Explore the hidden world of magnetic and mysterious villains, often cast aside and misunderstood in tales of mythology and folklore. Through the pages of *Queer Villains of Myth and Legend*, discover a diverse community of fascinating characters, ranging from seductive and cunning to powerful and awe-inspiring.

Experience the dark allure of Circe and Medusa through to David Bowie's Jareth in *Labyrinth* and delve into their complex and multifaceted personalities and motivations. Take a deep dive into the intersection of queerness and villainy, re-examine some of our favorite characters, and discover why so many 'bad' characters are queer-coded.

From ancient mythology to contemporary pop culture, *Queer Villains of Myth and Legend* celebrates the fascinating stories of these often-overlooked characters. Join Dan Jones on a journey of discovery, as he explores the hidden depths of queer villainy and sheds light on the queer identities of these compelling figures. It's a powerful celebration of queerness through the ages in all its legendary complexity.

Contributor Bio

Dan Jones is a best-selling British author currently living in New York. A onetime magazine editor, Dan has written across a range of genres, from fashion and grooming to folk-horror and queer culture.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Radar

9781804191354

1804191353

Pub Date: 5/7/2024

On Sale Date: 5/7/2024

\$19.99/\$24.99 Can.

Hardcover

240 Pages

Carton Qty: 20

Print Run: 8K

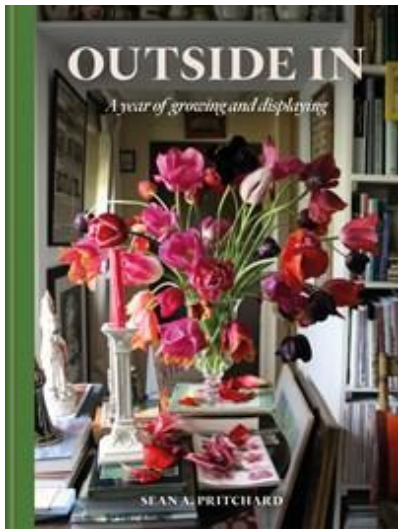
Biography & Autobiography

/ LGBTQ+

BIO031000

8.8 in H | 5.6 in W | 0.8 lb Wt

Status: **ACTIVE**



Mitchell Beazley
 9781784728854
 1784728853
 Pub Date: 5/7/2024
 On Sale Date: 5/7/2024
 \$39.99/\$43.99 Can.
 Hardcover

224 Pages
 Carton Qty: 12
 Print Run: 8K
 Gardening / Ornamental Plants
 GAR017000

10.6 in H | 8.4 in W | 2.6 lb Wt
 Status: **ACTIVE**

Outside In

A year of growing and displaying

Sean A. Pritchard

Key Selling Points

- Sean has more than 100,000 followers on Instagram (29% of which are in the US), with famous followers including Christina Hendricks, Richard E Grant, Alexandra Shulman, John Derian, Hamish Bowles, Lulu Guinness, and Ben Pentreath.
- Key comp titles include *The Flower Yard* (7k copies) and *A Year Full of Flowers* (8k).
- Divided by season with additional chapters on vessels, scent, color, texture and how to plan for the gardening year.
- Named in the Wall Street Journal as a gift that can "Say More Than Flowers Ever Could".

Summary

Discover how to plan your garden so you can display flowers and foliage in your home every month of the year, in this beautifully illustrated guide from popular Instagram and RHS Hampton Court Garden Festival gardener Sean A Pritchard.

"Armed with flower-whisperer Sean A. Pritchard's new book... bedeck [your] home with backyard-blooms year-round—or just luxuriate in the pretty pictures" -Wall Street Journal

"Inventive, considered, and thoughtful design." *House & Garden*

In this, his first book, garden designer Sean Pritchard shows you how to plan a garden so that every month of the year there's something to bring indoors and display in an engaging way and Divided by season with additional chapters on vessels, scent, color, texture and how to plan for the gardening year.

From the cheery joy of early spring daffodils to the velvety richness of late-summer dahlias, the deep glow of golden autumn leaves to the optimism of late-winter catkins, Sean explains how to grow, harvest, and arrange an abundance of nature's treasure - whatever size your plot or your level of horticultural experience.

Contributor Bio

Sean A Pritchard has a garden design studio based in London and Somerset. Sean came to his career in garden design with a background in fine art and having previously worked in media - including for Time Inc. where he managed the brand and consumer strategy for magazines including *Country Life*. Before setting up his design practice, Sean graduated with Distinction from the Garden Design School in Bristol.

In his garden design career, Sean has designed two show gardens for Macmillan Cancer Support, including the Macmillan Legacy Garden at the prestigious RHS Hampton Court Palace Garden Festival in 2022.

He divides his time between London and Somerset - where he lives in a 300-year-old farm labourer's cottage on the Mendip Hills, overlooking the Somerset Levels. He applies much of his garden design philosophy to the decoration of the cottage.

Sean has a large following on social media, where he showcases a mix of the best seasonal flowers and planting, together with his home interior in Somerset.
 @sean_anthony_pritchard

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations





Mitchell Beazley
 9781784729431
 1784729434
 Pub Date: 5/7/2024
 On Sale Date: 5/7/2024
 \$49.99/\$62.99 Can.
 Hardcover

600 Pages
 Carton Qty: 5
 Print Run: 12K
 Antiques & Collectibles / Books
 ANT005000

10.7 in H | 7.9 in W | 4.4 lb Wt
 Status: **ACTIVE**

Miller's Antiques Handbook & Price Guide 2024-2025

Judith Miller

Key Selling Points

- The only full-color, fully illustrated antiques price guide in the world
- All images new in every edition
- Features more than 8,000 antiques
- The essential guide for anyone buying online, at auction or in an antiques store

Summary

If you want to know the value of your antiques - or find out how the antiques market is faring - the world's bestselling antiques price guide is the place to look.

Miller's Antiques Handbook & Price Guide remains the essential and trusted guide to the antiques market. It has earned the reputation of being the book no dealer, collector or auctioneer should be without. Compiled by the late Judith Miller, world-renowned antiques expert and co-founder of the book, the guide features more than 8,000 antiques.

Comprehensive sections cover Ceramics, Asian Antiques, Furniture, Glass, Silver and Metalwares, Jewellery and *objets de vertu*, Clocks and Watches, Books, Textiles, Toys, Decorative Arts and Modern Classics. Special features explain why one piece is worth more than another, show how to value an item and teach you to be your own valuer. Biographies of designers and factories give the background information you need to help date and value objects, while special 'Judith Picks' sections give fascinating background and valuation details for particularly interesting or unusual objects.

Contributor Bio

Judith Miller was one of the world's leading antiques experts. She first began collecting in the 1960s while a student at Edinburgh University, and continued to extend and reinforce her knowledge of antiques through international research. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and went on to write more than 100 books which are held in high regard by collectors and dealers.

Judith appeared regularly on TV and radio. She was an expert on the BBC's *Antiques Roadshow* and co-hosted the popular BBC series *The House Detectives*, ITV's *Antiques Trail*, and Discovery's *It's Your Bid*. She appeared on *The Martha Stewart Show* and CNN. Judith lectured extensively, including at the V&A in London and the Smithsonian in Washington, and contributed to numerous newspapers and magazines, including the *Financial Times*, the *Daily Telegraph*, *BBC Homes & Antiques* and *House & Garden*.

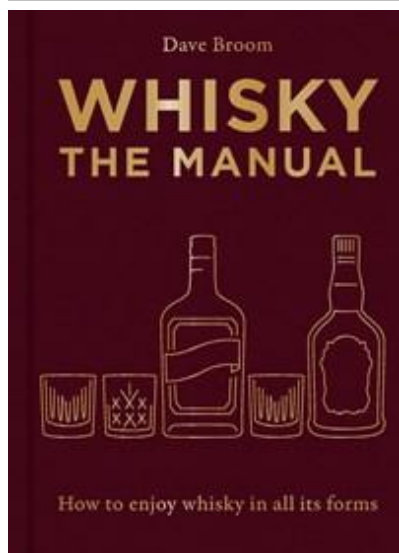
Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations







Whisky: The Manual

How to enjoy whisky in all its forms

Dave Broom

Key Selling Points

- Whisky is not just for old men anymore, and this book is aimed at the fastest-growing sector of the market: the 20- and 30-somethings adopting whisky for the first time
- Demystifies whisky for newcomers, with lots of information on different types of whisky and ways to enjoy it
- Dave Broom has a strong track record as a trusted authority around the world
- The online alcohol marketplace in the US has grown its gross merchandise value by 3.5x during the pandemic, with spirits making up 40.8% of sales - and whiskey being a leader (2021, *Forbes*)

Summary

Most whisky books tell you how to become an expert. This book tells you how to drink it.

This highly accessible and enjoyable guide is full of practical and fascinating information about how to enjoy whisky. All whisky styles are covered, including (just whisper it) blends. Along the way a good few myths are exploded, including the idea that whisky has to be taken neat.

In 'What to Drink', Dave Broom explores flavor camps - how to understand a style of whisky and - moves on to provide extensive tasting notes of the major brands, demonstrating whisky's extraordinary diversity.

In 'How to Drink', he sets out how to enjoy whisky in myriad ways - using water and mixers, from soda to green tea; and in cocktails, from the Manhattan to the Rusty Nail. He even looks at pairing whisky and food.

In this spirited, entertaining, and no-nonsense guide, world-renowned expert Dave Broom dispels the mysteries of whisky and unlocks a whole host of exciting possibilities for this magical drink.

Contributor Bio

Dave Broom has written 13 books, including *The World Atlas of Whisky*, now in its second edition. He has won many awards, including two Glenfiddich prizes and, in 2013, he won the prestigious IWSC Communicator of the Year Award. In 2015, he won The Spirited Award for Best Cocktail & Spirits writer, and, in 2018, *The Way of Whisky* won an Andre Simon prize. In 2020 he was awarded Best Drinks Writer at the Fortnum & Mason awards.

He has been a contributing editor to *Whisky Magazine*, scotchwhisky.com and *Malt Advocate*. In 2020 he started his own website thewhiskymanual.uk. He has made two films, *Cuba In A Bottle* and *The Amber Light*. The latter, an examination on whisky and Scottish culture, won Best Programme at the 2020 Fortnum & Mason awards.

Over his three-plus decades in the field, Dave has built up a considerable international following with regular training/educational visits to North America, Japan, France, Holland, Scandinavia, Germany, and Africa. He is actively involved in whisky education and also acts as a consultant to major distillers on tasting techniques as well as training professionals and the public. Dave has also worked with Suntory in developing a language of tasting that communicates Japanese concepts to English speaking audiences.

Marketing Plans

Mitchell Beazley
9781784729479
1784729477
Pub Date: 5/21/2024
On Sale Date: 5/21/2024
\$22.99/\$28.99 Can.
Hardcover

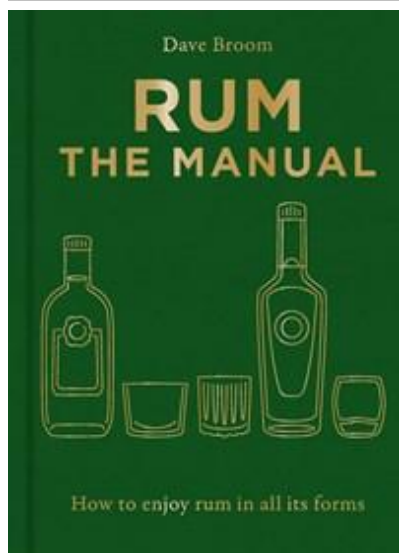
224 Pages
Carton Qty: 20
Print Run: 8K
Cooking / Beverages
CKB130000

8.6 in H | 6.2 in W | 1.3 lb Wt
Status: **ACTIVE**

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations





Mitchell Beazley
9781784729462
1784729469
Pub Date: 5/21/2024
On Sale Date: 5/21/2024
\$22.99/\$28.99 Can.
Hardcover

224 Pages
Carton Qty: 20
Print Run: 6K
Cooking / Beverages
CKB130000

8.6 in H | 6.2 in W | 1.3 lb Wt
Status: **ACTIVE**

Rum The Manual

How to enjoy rum in all its forms

Dave Broom

Key Selling Points

- Author Dave Broom has twice won a Glenfiddich Award for Drinks Book of the Year and for Drinks Writer of the Year.
- Dave Broom has a strong track record as a trusted authority on spirits the world over.

Summary

Discover how to enjoy rum in ways you never thought possible.

This is a book about how to drink rum of all kinds. It's about classic rums and new-generation rums, about rum agricole and about premium aged rums, about rums from all over the world. It's about rum enjoyed with cola and ginger beer. About the best rum for a classic daiquiri. About rum cocktails that ooze style and personality. Above all, it's about enjoying your rum in all kinds of ways.

The days of rum being seen as a minor spirit are over. The category has been reborn in recent years with developments such as the rise of premium aged rums and spiced rums. The range of rums available has widened dramatically, with tiki bars in every major city globally. Add in cachaça - Brazil's native cane spirit - and you have a hugely popular distillate. So there's no surprise that the premium rum market is growing at an astonishing rate - from 23 percent per annum in the US to 74 percent per annum in France, for example.

The mission of this book is to help drinkers appreciate this complex spirit, find the style they like and discover how this versatile spirit can best be enjoyed. It will help you to understand your rum - how it's produced (whether from molasses, cane syrup or cane juice) and whether it's dry, sweet, fresh or oaky. More than 100 different rums are featured and analysed, from rich, sweet mellow Guyana rums to the vegetal peppery rums of Martinique or Guadeloupe and contemporary spiced rums. Dave Broom provides a description and graded tasting notes for each brand, allowing you to create the perfect mix every time. Finally, a selection of classic and contemporary cocktails shows just how wonderfully versatile this spirit is.

Contributor Bio

Dave Broom is an award-winning author specialising in spirits. He has been writing about drinks for more than 25 years and has twice won a Glenfiddich Award for Drinks Book of the Year and for Drinks Writer of the Year. In 2013 he won the prestigious IWSC Communicator of the Year award and in 2105 Best Cocktail & Spirits Writer at Tales of the Cocktail. Dave is editor-in-chief of *Whisky Magazine: Japan*, consultant editor to *Whisky Magazine* (UK, USA, France, Spain) and a lead columnist on *Whisky Advocate* (USA). He also contributes to a raft of national and international magazines and is actively involved in spirits education and training globally.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

HOW TO USE THIS DRINK



GENERAL TASTE

THE DRINK

HOW TO USE THIS DRINK

RECIPE

INGREDIENTS

PREPARATION

NOTE

HOW TO USE THIS DRINK

HOW TO DRINK RUM



GENERAL TASTE

THE DRINK

HOW TO DRINK RUM

RECIPE

INGREDIENTS

PREPARATION

NOTE

HOW TO USE THIS DRINK

HAVANA CLUB SELECCIÓN DE MAESTROS 40% ABV



GENERAL TASTE

THE DRINK

HOW TO DRINK RUM

RECIPE

INGREDIENTS

PREPARATION

NOTE

HOW TO USE THIS DRINK

PUMPERO ANIVERSARIO RESERVA EXCLUSIVA 40% ABV



GENERAL TASTE

THE DRINK

HOW TO DRINK RUM

RECIPE

INGREDIENTS

PREPARATION

NOTE

HOW TO USE THIS DRINK

HOW TO DRINK PINEAPPLE

PINA COLADA



GENERAL TASTE

THE DRINK

HOW TO DRINK RUM

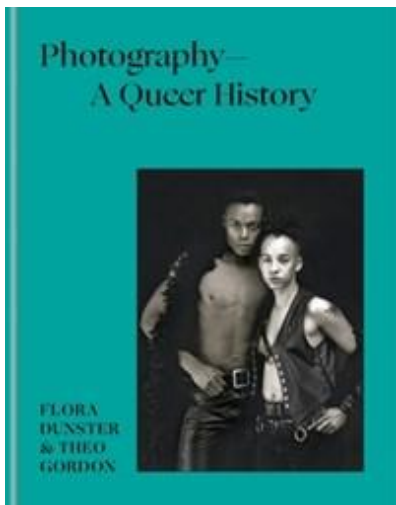
RECIPE

INGREDIENTS

PREPARATION

NOTE

HOW TO USE THIS DRINK



Photography – A Queer History

Flora Dunster, Theo Gordon

Key Selling Points

- Flora Dunster and Theo Gordon are highly respected experts within this field. Flora is an Associate Lecturer at Central Saint Martins; her research has featured in the Journal of American Studies and The Art of Feminism. Theo is a Leverhulme Early Career Fellow at the University of York, with his work featured in the Oxford Art Journal and Art History.
- Features the work of 84 of the most influential queer photographers.
- Spans different historical and national contexts

Summary

From Robert Mapplethorpe to Deborah Bright, this is the essential guide to queer photography.

Photography - A Queer History examines how photography has been used by artists to capture, create and expand the category 'Queer'. It bookmarks different thematic concerns central to queer photography, forging unexpected connections to showcase the diverse ways the medium has been used to fashion queer identities and communities.

How has photography advanced fights against LGBTQ+ discrimination? How have artists used photography to develop a queer aesthetic? How has the production and circulation of photography served to satisfy the queer desire for images, and created transnational solidarities?

Photography - A Queer History includes the work of 84 artists. It spans different historical and national contexts, and through a mix of thematic essays and artist-centred texts brings young photographers into conversation with canonical images.

- Artists include:
 - Wolfgang Tillmans
 - Roxy Lee
 - Linden
 - Archivo de la Memoria Trans
 - Alvin Baltrop
 - Leonard Fink
 - Nan Goldin
 - Hal Fischer
 - Tessa Boffin
 - Juliana Huxtable
 - Rotimi Fani-Kayode
 - Claude Cahun & MarceI Moore
 - Christopher Udemezue
 - Sarah Pucill
 - Duane Michals
 - Mumtaz Karimjee
 - Alice Austen
 - Mohamad Abdouni
 - Tammy Rae Carland
 - Dean Sameshima
 - Rosy Martin
 - Yuki Kihara
 - Sunil Gupta
 - Mahmoud Khaled
 - Kiss & Tell Collective

Ilex Press
 9781781578698
 1781578699
 Pub Date: 5/7/2024
 On Sale Date: 5/7/2024
 \$49.99/\$54.99 Can.
 Hardcover

256 Pages
 Carton Qty: 5
 Print Run: 5K
 Photography / History
 PHO010000

11.8 in H | 9.3 in W | 3.5 lb Wt
 Status: **ACTIVE**

- Ajamu
- Del LaGrace Volcano
- Evergon
- Leon Mostovy
- Bob Mitzer
- Robert Mapplethorpe
- Jill Posener
- Liliana Zeic
- Kia LaBeija
- Phyllis Christopher
- Libuse Jarcovjakova
- Kearra Amaya Gopee
- Richard Sawdon Smith
- Laurence Rasti
- Cassils
- Ma Liuming
- Michel Journiac
- Tseng Kwong Chi
- Jurgen Klauke
- Paul Mpagi Sepuya
- Zackary Drucker
- JEB (Joan E. Biren)
- Bernice Abbott
- Zanele Muholi
- Charan Singh
- Emily Andersen
- Fabian Guerrero
- Eric Gyamfi
- JJ Levine
- Peter Hujar
- Ruth Bernhard
- Sabelo Mlangeni
- Daniel Jack Lyons
- Asa Johannesson
- Slava Mogutin
- Evan Benally Atwood
- David Benjamin Sherry
- Deborah Bright
- Young Sun Han
- John Dugdale
- Tee Corinne
- Lola Flash
- Mark Morrisroe
- Kali Spitzer
- Joy Epsiella
- Laura Aguilar
- Mickalene Thomas
- Lin Zhipeng
- Catherine Opie
- Jimmy DeSana
- Pierre Molinier
- Martine Gutierrez
- Yve Lomax

Contributor Bio

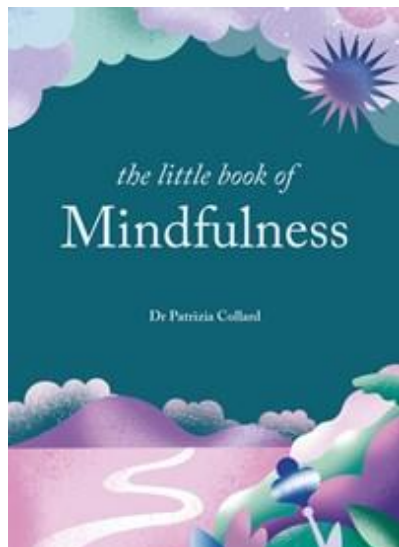
Flora Dunster and Theo Gordon are highly respected experts within this field. Flora is an Associate Lecturer at Central Saint Martins; her research has featured in the *Journal of American Studies* and *The Art of Feminism*. Theo is a Leverhulme Early Career Fellow at the University of York, with his work featured in the *Oxford Art Journal* and *Art History*.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations





The Little Book of Mindfulness

Dr. Patrizia Collard

Key Selling Points

- Beautifully illustrated, these little books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- Mindfulness is a popular subject. *The Little Book of Mindfulness* includes 40 easy to do practices and inspirations to build into your daily routine.
- Practical and pocket-sized format, *The Little Book* is a series of spiritual and personal development titles, each focusing on different aspects of healing and empowerment.

Summary

This beautifully illustrated book features mindfulness exercises and meditations to find daily calmness and clarity

Mindfulness is being aware of or bringing attention to the present, deliberately and without judging the experience. By reconnecting with these simple moments in life, by truly living moment by moment, it is possible to rediscover a sense of peace and enjoyment. We may, at least sometimes, feel once again truly enchanted with life.

Featuring beautiful illustrations and 5- and 10-minute practices, this little book will help you reconnect with life and experience more self-compassion. You will find that practicing mindfulness helps you:

- Experience increased levels of calm and relaxation
- Gain self-confidence and self-acceptance
- Enjoy higher levels of energy
- Practice more self-compassion and compassion for others

Whether this book is for yourself or perhaps someone you know, the knowledge within is timeless and geared specifically towards helping you rediscover a sense of calm and relaxation - resulting in a more positive self overall.

Contributor Bio

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioural Therapy for Dummies*, *Awakening the Compassionate Mind*, and *The Little Book of Mindfulness*.

Dr Collard's wide range of approaches and methodologies include mindfulness-based cognitive behavioral therapy, rational emotive behavior therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation and self-hypnosis.

Entermindfulness.com
Instagram.com/patriziacollard
Twitter.com/entermindfulness

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

Godsfield
9781856755405
1856755401
Pub Date: 5/7/2024
On Sale Date: 5/7/2024
\$10.99/\$13.99 Can.
Hardcover

96 Pages
Carton Qty: 60
Print Run: 10K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

6 in H | 4.4 in W | 0.4 lb Wt
Status: **ACTIVE**



Chapter 7: Everyday Mindfulness

When we have genuine self-awareness, we can see our true qualities, see the gifts we've been given and then experience the joy of sharing them with others.

When we generate self-awareness and become more self-aware, we can see our true qualities, see the gifts we've been given and then experience the joy of sharing them with others.



10 Steps to Mindfulness

1. Find a quiet place to sit or stand.
2. Close your eyes or look down.
3. Take a few deep breaths.
4. Notice the sensations in your body.
5. Notice the sounds around you.
6. Notice the thoughts in your mind.
7. Notice the feelings in your heart.
8. Notice the energy in your body.
9. Notice the love in your heart.
10. Notice the joy in your heart.

When you are ready to get up, take a few deep breaths and then get up.

10 Steps to Mindfulness

1. Find a quiet place to sit or stand.
2. Close your eyes or look down.
3. Take a few deep breaths.
4. Notice the sensations in your body.
5. Notice the sounds around you.
6. Notice the thoughts in your mind.
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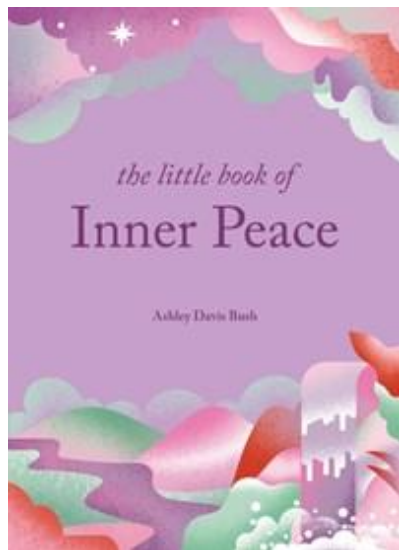


Learning During a Lunch Hour

When you are ready to get up, take a few deep breaths and then get up.



When you are ready to get up, take a few deep breaths and then get up.



Godsfield
9781856755351
1856755355
Pub Date: 5/7/2024
On Sale Date: 5/7/2024
\$10.99/\$13.99 Can.
Hardcover

96 Pages
Carton Qty: 60
Print Run: 8K
Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

6.1 in H | 4.5 in W | 0.4 lb Wt
Status: **ACTIVE**

The Little Book of Inner Peace

Ashley Davis Bush

Key Selling Points

- Beautifully illustrated, these little books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- Practical and pocket-sized format, *The Little Book* is a series of spiritual and personal development titles, each focusing on different aspects of healing and empowerment.
- A fully illustrated guide to finding inner peace each day, with simple practices for less angst and more calm.

Summary

This beautifully illustrated book features simple exercises to help you enjoy a more relaxed life by focusing on being present

A calm mind comes from knowing how you handle your emotions.

At its fullest expression, deep inner peace is a response to life - a compassionate, rooted awareness - that is independent of external circumstances. Like the ocean depths, inner peace is expansive and stable. With practice, you can learn to quickly leave the choppy, wild waves at the surface and dive into the calm deep. You can learn to fill your days with the unflappable experience of peace.

With beautiful illustrations, and easy exercises, this pocket-sized guide is the perfect book to help you quiet your mind and foster awareness. Inner peace can help you:

- Reduce your experience of anxiety, anger, and resentment.
- Experience deeper degrees of contentment and calm
- Have an awareness that peace is available in the present moment
- Experience life with more flow and less resistance
- Express more spontaneous gratitude

Contributor Bio

Ashley Davis Bush, LICSW is a psychotherapist with 30 years of experience in the mental health field. She is a freelance writer and the author of eight self-help books. She is also a grief counsellor and an expert in stress management, self-care and self-compassion skills. She lives in New Hampshire, USA with her husband, also a psychotherapist. They have five grown children.

ashleydavisbush.com
Twitter.com/AshleyDavisBush

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations



The Slimming Foodie Easy Meals Every Day

Healthy Dinners for the Whole Family

Pip Payne

Key Selling Points

- The newest book from the *Sunday Times* bestselling author of *The Slimming Foodie* combined sales of 3,908 copies
- Pip Payne has over 350k followers across Facebook, Instagram and Twitter, and *The Slimming Foodie* blog has received over 5.5 million visits
- *The Slimming Foodie in Minutes* series has combined sales of over 3.5k

Summary

100+ RECIPES FOR EVERY DAY OF THE WEEK FROM THE BESTSELLING SLIMMING FOODIE

"Pip Payne is on a mission to help us eat well, without feeling we're on a diet." - *BEST*

Get dinner on the table every night with these easy, healthy and family-friendly meals. With over 100 low-calorie recipes, *The Slimming Foodie's* newest cookbook shows us how to get maximum flavor with minimum fuss.

The Slimming Foodie is an expert on simple, slimming recipes, showing us clever swaps and everyday ingredients to get fabulous and flavorful results. In *The Slimming Foodie Every Day*, you'll find slimming recipes to fill all your cravings without breaking the bank, whether it's for superfood salads, comfort foods or indulgent fakeaways.

Featuring days-of-the-week dividers from Monday through Sunday, *The Slimming Foodie Every Day* will give you endless recipe inspiration.

CONTENTS INCLUDE:

Chapter 1: Meat-Free Monday

Balsamic onion & feta frittata, Sweet potato & mozzarella 'sausage' rolls, Quinoa, pomegranate, walnut & feta salad

Chapter 2: Trays-Out Tuesday

Miso maple-glazed salmon, Teriyaki chicken traybake, Oven-baked black bean & corn loaded quesadillas

Chapter 3: Whip-It-Up Wednesday

Sausage & mushroom ragu, Tandoori chicken burgers, Philly cheesesteak-style orzo

Chapter 4: Thrifty Thursday

Simple one-pot red lentil dal, Crunchy Vietnamese-style chicken salad, Courgette pesto pasta

Chapter 5: Feasting Friday

Spiced lamb & aubergine rice with minty yogurt, Sweet & sour pork, Beef & black bean burgers with hot corn salsa

Chapter 6: Sumptuous Saturday

Everything seasoned dough balls, Mac'n'cheese 'Lasagne', Harissa coconut braised chicken

Chapter 7: Staples Sunday

Pot-roasted beef with red wine gravy, Eat-up Sunday curry, Ultimate Bolognese sauce

Chapter 8: Something Sweet

Rustic 'profiteroles' with caramelized biscuit topping, Blueberry scones, School-style chocolate cracknel

Chapter 9: Lucky Dip

Spinach, lime & jalapeño dip, Couscous with a crunch, Salt & vinegar roast potatoes

Contributor Bio

Pip Payne is the creator of the award-winning blog *The Slimming Foodie*. Keeping a



Hamlyn
9781783255658
178325565X
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$26.99/\$33.99 Can.
Hardcover

240 Pages
Carton Qty: 14
Print Run: 4K
Health & Fitness / Diet & Nutrition
HEA019000

9.8 in H | 7.6 in W | 1 in T | 2.1 lb Wt

Status: **ACTIVE**

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. In her books, Pip shows readers how to prepare great tasting meals that are cooked from scratch, while cutting down on fat and sugar and following science-led nutrition advice.

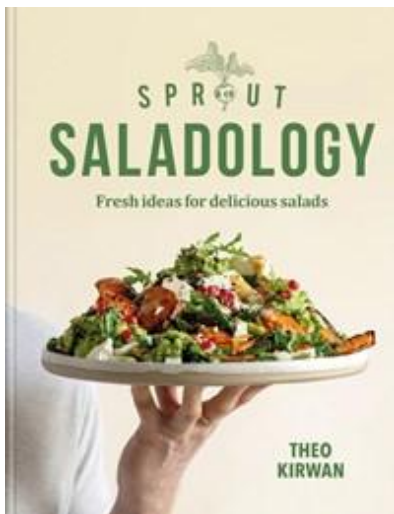
<https://www.theslimmingfoodie.com/>
[Instagram.com/the_slimming_foodie](https://www.instagram.com/the_slimming_foodie)
[Twitter.com/slimmingfoodie](https://twitter.com/slimmingfoodie)

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations





Mitchell Beazley
 9781784729158
 1784729159
 Pub Date: 6/4/2024
 On Sale Date: 6/4/2024
 \$26.99/\$33.99 Can.
 Hardcover

208 Pages
 Carton Qty: 16
 Print Run: 5K
 Cooking / Courses & Dishes
 CKB073000

9.8 in H | 7.7 in W | 0.9 in T | 1.8 lb Wt

Status: **ACTIVE**

Sprout & Co Saladology

Fresh Ideas for Delicious Salads

Theo Kirwan

Key Selling Points

- Sprout are a rapidly growing food brand and have opened 6 stores since 2015.
- Sprout have clocked up 117k followers on TikTok and 29k followers on Instagram.
- Organic food popularity is continuing to grow, and the Irish organic sector is among the fastest growing the world.
- Sprout are advocates of a field-to-fork ethos and many of their ingredients are grown on their organic farm in Co. Kildare.

Summary

More than 100 flavour-packed recipes from exciting Dublin-based food brand Sprout & Co

"Ottolenghi-style food... as good as it gets. Very tasty food that just happens to be healthy." *The Irish Times*

The first cookbook from the acclaimed Dublin-based food brand, the *Sprout & Co Salad Cookbook* includes more than 100 flavor-packed recipes. Co-founders Theo and Jack Kirwan are devoted to celebrating the most delicious things in life, all within a 'farm to fork' context.

Ranging from show-stopping sides to satisfying noodle dishes, the *Sprout & Co Salad Cookbook* shows us how much more there is to salads. With an extra chapter on dressings, toppings and pickles, this cookbook will teach you how to pack your meals full of flavor while ensuring your body gets the nutrients and healthy ingredients it needs.

Recipes include:

- Endive taco with mustard, walnut & gouda salsa
- Pickled Zucchini, pistachio zaatar & ricotta
- Ratatouille con tomate
- Gochujang chicken salad
- Harissa sweet potato & green yoghurt
- Chorizo & halloumi honey with braised fennel
- Salt & pepper prawn salad

Contributor Bio

Theo Kirwan and his brother Jack are the co-founders of Sprout & Co. With 6 restaurants in and around Dublin, Sprout is the leading brand in Ireland for local, seasonal and flavorful food. In 2019 the brothers started their own organic farm in Co. Kildare, cutting their supply chain from farm to restaurant to just 24 hours. Theo, a former actor and graduate of the Ballymaloe cookery school, has led Sprout & Co's online presence with his recipe videos, gaining a loyal following of 170k people who get just as excited about food as he does.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

AFTERMATH: WHIPPED WALNUT & BLUE CHEESE WITH FRENCH BREADING

1. In a large bowl, combine the walnuts, blue cheese, and heavy cream. Whisk until smooth. Season with salt and pepper.

2. In a separate bowl, whisk the egg whites until stiff peaks form. Gently fold the walnut mixture into the egg whites.

3. Dip the breaded chicken into the mixture and fry until golden brown.

4. Serve with a side of fresh vegetables.



TOMATO & TUNA - A FRESH ON CORN

1. Preheat the oven to 400°F. Wash and slice the tomatoes. Place them in a bowl with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a separate bowl, mix the tuna with a little olive oil and lemon juice.

3. Combine the roasted tomatoes and tuna in a large bowl. Add fresh corn, onions, and herbs.

4. Serve with a slice of crusty bread.



SMOKY CHARRED BEE PEPER & TUNA

1. Preheat the grill to medium-high heat. Season the beef with salt and pepper. Grill for 4-5 minutes on each side.

2. In a bowl, mix the tuna with a little olive oil and lemon juice.

3. Combine the charred beef and tuna in a large bowl. Add fresh vegetables and a drizzle of dressing.

4. Serve with a side of rice.



OLIVE ROASTED CILANTRO WITH TOMORROW PEPPER ON PEPPER & LEMON LIME SALSA

1. Preheat the oven to 400°F. Wash and slice the olives. Place them in a bowl with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a separate bowl, mix the cilantro with a little olive oil and lemon juice.

3. Combine the roasted olives and cilantro in a large bowl. Add fresh vegetables and a drizzle of dressing.

4. Serve with a slice of crusty bread.



SOFT BURENOME WITH TARTY TOMATO SAUCE & CROUST GARLIC

1. Preheat the oven to 400°F. Wash and slice the tomatoes. Place them in a bowl with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a separate bowl, mix the soft burenome with a little olive oil and lemon juice.

3. Combine the roasted tomatoes and soft burenome in a large bowl. Add fresh vegetables and a drizzle of dressing.

4. Serve with a slice of crusty bread.



CHART PESTO WITH TANGY TOMATO & PICKLES

1. In a large bowl, combine the chart pesto, tomatoes, and pickles. Whisk until smooth.

2. Season with salt and pepper.

3. Serve with a slice of crusty bread.



VIETNAMESE-STYLE PORK MEATBALLS WITH RICE NOODLES & JEROME GREAT DRIZZLING

1. In a large bowl, combine the pork, rice, and other ingredients. Whisk until smooth.

2. Form the mixture into meatballs and fry until golden brown.

3. In a separate bowl, mix the rice noodles with a little olive oil and lemon juice.

4. Combine the meatballs and rice noodles in a large bowl. Add fresh vegetables and a drizzle of dressing.

5. Serve with a slice of crusty bread.



THE SHIPPED CHICKEN

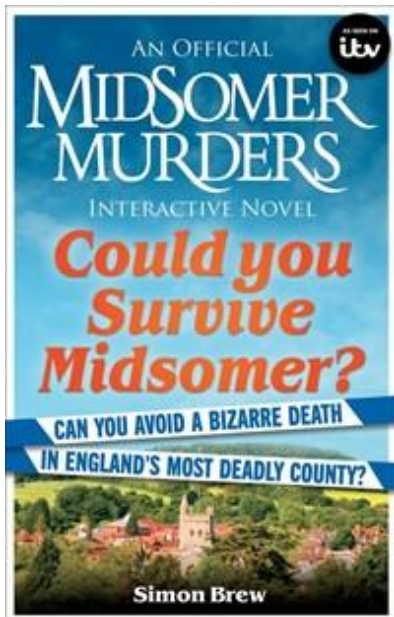
1. Preheat the oven to 400°F. Wash and slice the chicken. Place it in a bowl with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a separate bowl, mix the chicken with a little olive oil and lemon juice.

3. Combine the roasted chicken and other ingredients in a large bowl. Add fresh vegetables and a drizzle of dressing.

4. Serve with a slice of crusty bread.





Cassell
9781788404952
1788404955
Pub Date: 8/13/2024
On Sale Date: 8/13/2024
\$12.99/\$16.50 Can.
Paperback

304 Pages
Carton Qty: 48
Print Run: 10K
Performing Arts / Television
PER010090
7.8 in H | 4.9 in W | 0.6 lb Wt
Status: **FORTHCOMING**

Could You Survive Midsomer?

Can you avoid a bizarre death in England's most dangerous county?

Simon Brew

Key Selling Points

- Household name: Over 21 years, residents of this quintessentially English county have hosted a series of homicides, which have been at the centre of over 122 episodes. *Midsomer Murders* is a TV national treasure
- International fanbase: *Midsomer Murders* has sold in over 220 territories and the show airs on AMC Networks' British programming-focused streamer Acorn TV
- Puzzle popularity: *Could You Survive Midsomer?* sees the return of the engaging pick-your-own adventure format to challenge the reader to solve a crime or succumb to the county's suspiciously high death rate
- Over the years, *Midsomer* has been on some of the biggest SVOD services including Netflix, Amazon Prime, Britbox, and now Acorn TV, as well as continuing to air on 'traditional' television on local PBS stations. It's also big in Free AVOD – it has its own channel on Pluto TV, as well as being on Tubi (owned by Fox), Roku Channel, Crackle in the US. All3 is launching a *Midsomer Murders* channel on Roku devices from mid November 2021
- 30 different endings

Summary

An official Midsomer Murders Interactive novel

I would recommend this to any fans of Midsomer Murders, but also to anyone who considers themselves an armchair detective like myself. - *On The Shelf Reviews*

All is not well in the beautiful county of Midsomer. On the eve of its first Villages In Bloom competition, a man lies dead, smelling of damson jam. Who could have done it?

Well, that's where you come in. Step into the shoes of Midsomer CID's newest recruit, choose your own path and decide which way the story goes.

Will you get to the bottom of the mystery? Will you bring the perpetrator to justice? And perhaps most importantly of all, could you avoid an untimely, and possibly bizarre, death... will YOU survive Midsomer? Your task is to make the right choices, solve the case and - most tricky of all - stay alive!... Good luck.

An official Midsomer Murders Interactive novel **set in ITV's most celebrated and murderous county.**

Contributor Bio

Simon Brew is the former editor and founder of Den of Geek - the popular culture news and reviews website. He is the author of three books including *Movie Geek*, *TV Geek* and *The Secret Life of the Movies*. Simon is also the founder of the magazine and podcast *Film Stories*. He lives in Birmingham, UK... not far from where *Midsomer* is filmed.

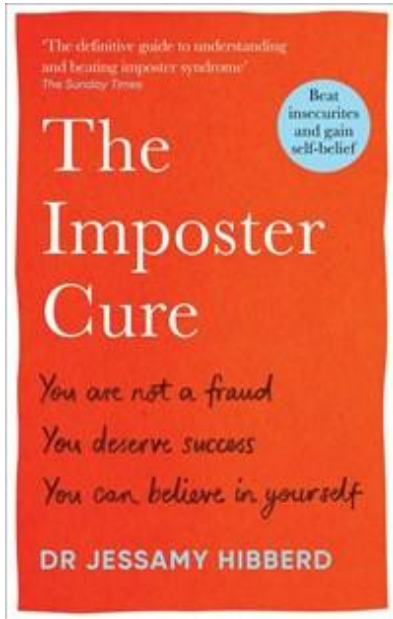
Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



In this first-ever Midsomer interactive novel, step into the shoes of Midsomer CID's new detective and decide which way the story goes. Staying vigilant in a county with such a reputation is no easy feat, but it could just be what you need to crack this curious case and stay alive!



Aster
 9781783256273
 1783256273
 Pub Date: 7/2/2024
 On Sale Date: 7/2/2024
 \$12.99/\$16.50 Can.
 Paperback

 304 Pages
 Carton Qty: 64
 Print Run: 6K
 Self-Help / Motivational &
 Inspirational
 SEL021000
 7.8 in H | 5 in W | 0.5 lb Wt
 Status: **ACTIVE**

The Imposter Cure

Beat insecurities and gain self-belief

Dr. Jessamy Hibberd

Key Selling Points

- Up to 70% of people experience Imposter Syndrome.
- A book for men and women who are ambitious and open to self-improvement.
- The book is broad in appeal and written in an accessible way for people who want to improve their reaction to self-doubt at work or home so they can fully enjoy their lives again.
- Positive, solution-based advice for turning Imposter Syndrome on its head.

Summary

A solution-based self-help book that explores the psychological impact of imposter syndrome.

A newly updated edition for 2024

"You've definitely heard of it, you've almost certainly felt it and it's actively stopping you from being your best self. In a new book on imposter syndrome Dr Jessamy Hibberd provides a definitive guide to understanding and tackling the psychological mind trap." - *The Sunday Times*

"Dr Jessamy teaches you the tools to break free from those self-sabotaging thought patterns that are holding you back from your own success." - Hazel Wallace, *The Food Medic*

"If you suffer from imposter syndrome, this is definitely a must-read!" - Goodreads reviewer

"I have suffered with imposter syndrome my entire life [...] In the few days I have been reading this book I have done an almost complete 180." - Goodreads reviewer

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments. *The Imposter Cure* explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do. Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.

Contributor Bio

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip) is a highly respected chartered clinical psychologist, author and commentator. She has 14 years' experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring.

Marketing Plans

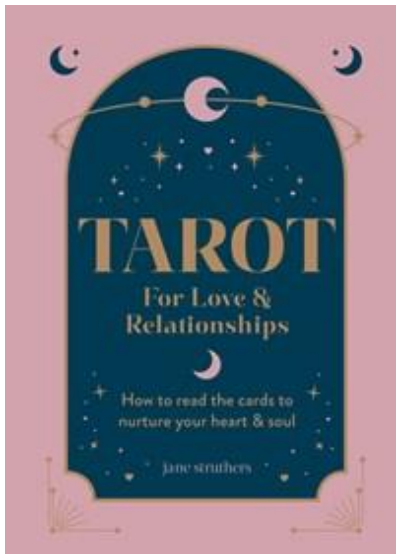
- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets, fears and insecurities felt by millions of men and women. Dr. Jessamy Hubbard provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self belief and learn to see themselves as others do.

Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must read for anyone who has struggled with their achievements.



Kyle Books
 9781804192030
 1804192031
 Pub Date: 6/4/2024
 On Sale Date: 6/4/2024
 \$16.99/\$17.99 Can.
 Hardcover

176 Pages
 Carton Qty: 28
 Print Run: 8K
 Body, Mind & Spirit / Divination
 OCC024000
 8.6 in H | 6.2 in W | 1.1 lb Wt
 Status: **ACTIVE**

Tarot for Love & Relationships

How to read the cards to nurture your heart & soul

Jane Struthers

Key Selling Points

- Love-related questions are probably the most commonly asked question of the tarot card readings - this beautifully designed book provides invaluable advice.
- Tarot remains a popular interest, with 21.3 million posts against #Tarot on Instagram alone and 55 billion views on TikTok. In a climate where people are increasingly looking for ways to be mindful and to reflect on their lives, spiritual practices such as the tarot are becoming increasingly popular especially in matters of the heart.
- The perfect gift for readers of the spirituality genre, and will also make for a great self-purchase or impulse buy for those wanting to find out more about tarot and love.

Summary

Tarot is a visionary tool that can be used to better understand love and relationships, and help ignite the most fulfilling path.

Relationships are fundamental to our quality of life and we strive to understand them and make them better. The tarot persuades us to look deeply and more carefully at every aspect of both our love and our work relationships.

In both our love lives and work relationships, tarot readings can instil a sense of deeper understanding and more careful consideration. Whether you feel let down by your best friend, stuck in a stagnant relationship, or sensing friction at work the Tarot can be a powerful tool for making decisions.

From the triumphs to the heartbreaks, it can help us to assess current situations or future events with extraordinary accuracy, and its 78 cards allow it to cover a huge variety of possibilities. *Tarot for Love & Relationships* includes sample readings using both classic spreads and new arrangements, and illustrated with the classic Rider Waite deck, this is a complete guide to navigating relationships with the Tarot.

Contributor Bio

Jane Struthers is an astrologer, tarot reader, healer and writer. She is the astrologer for *Bella*, one of Britain's bestselling women's magazines. She has appeared on many television and radio programs and is the author of a number of books, including *The Palmistry Bible* and *Fortunes in a Teacup*.

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations





ACE OF WANDS

The Ace of Wands is the first card in the suit of Wands. It is a red card with a white background. The card features a single wand with a flame at the tip, set against a background of a sun and a crescent moon. The card is surrounded by a decorative border.

KING OF WANDS

The King of Wands is the tenth card in the suit of Wands. It is a red card with a white background. The card features a king wearing a red and white robe, holding a wand in his right hand. The card is surrounded by a decorative border.

ACE OF KNIGHTS

The Ace of Knights is the first card in the suit of Knights. It is a red card with a white background. The card features a single knight on a horse, set against a background of a sun and a crescent moon. The card is surrounded by a decorative border.



Hamlyn
 9780600638292
 0600638294
 Pub Date: 7/23/2024
 On Sale Date: 7/23/2024
 \$14.99/\$18.99 Can.
 Paperback

96 Pages
 Carton Qty: 40
 Print Run: 5K
 Family & Relationships / Life Stages
 FAM025000
 9.3 in H | 7.5 in W | 0.8 lb Wt
 Status: **ACTIVE**

Baby Massage

Proven Techniques to calm your baby and assist development

Peter Walker

Key Selling Points

- This is a reissue of the previous 2019 edition, which has sold over 1,700 copies
- 'Baby massage' is a fast-growing trending topic with over 392.5 million views on TikTok
- Baby massage taps into the 'gentle parenting' trend, which has over 4.3 billion views on TikTok
- 'Baby massage' expert-led parenting courses are in great demand: the International Association of Infant Massage have trained over 13,000 baby massage instructors in the UK alone, and its curriculum is taught in over 70 countries
- The several health and wellbeing benefits of baby massage are a consistently popular topic on various parenting blogs, including *Johnsons Baby*, *Healthline* and *Pampers*. Baby massage has also been linked to improving babies' sleep patterns - another staple topic in the parenting market

Summary

Give your baby the best start in life with this expert-led guide to baby massage, featuring massage techniques and relaxation methods

Learn how to soothe your baby with this essential guide to baby massage

Touch is the newborn baby's first form of communication and a crucial part of their development. Regular massages are proven to have a number of physiological benefits. You will find that massaging your baby will help:

- relax your infant when stressed
- relieve wind and constipation
- improve muscular coordination and flexibility
- facilitate longer and deeper sleeps

This book is designed to help you perfect this essential parenting skill. Written by the international baby massage specialist, Peter Walker, this comprehensive guide demonstrates vital new massage techniques and sequences for young babies.

Featuring easy-to-follow, step-by-step photographic instructions, this book will guide you through baby massage and relaxation methods and help strengthen your bond with your little one.

Contributor Bio

Peter Walker is the world's foremost authority on baby massage. A trained physical therapist, he offers a certificated teacher training course in baby massage directed at midwives, health visitors, neonatal nurses as well as parents. He has written a number of books on the subject.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

Father & baby

Research shows that babies who are held by their fathers are more secure and confident. Fathers who hold their babies are more likely to be involved in their care and to be more sensitive to their needs.

HOW TO HOLD YOUR BABY

1. Support the head and neck.
2. Support the back and bottom.
3. Support the feet.

Tummy time

Tummy time is a key part of your baby's development. It helps strengthen your baby's neck, shoulder, and arm muscles, and encourages them to lift their head and crawl.

HOW TO DO TUMMY TIME

1. Start with your baby on their stomach, supported by your hands.
2. Gradually increase the time as your baby becomes more comfortable.
3. Use toys to encourage your baby to look up and reach for them.

BABY MASSAGE STROKES

Baby massage is a wonderful way to bond with your baby and help them relax. It can also help with digestion and reduce fussiness.

HOW TO DO BABY MASSAGE

1. Use gentle, circular strokes on the tummy.
2. Use long, sweeping strokes on the arms and legs.
3. Use gentle strokes on the back.

Head and neck

Head and neck exercises help strengthen your baby's neck muscles and improve their range of motion. This is important for their ability to hold their head up and look around.

HOW TO DO HEAD AND NECK EXERCISES

1. Gently turn your baby's head from side to side.
2. Gently pull one ear towards the shoulder.
3. Gently pull the other ear towards the shoulder.

CRANIOSACRAL TECHNIQUE

Craniosacral technique is a gentle form of massage that focuses on the skull and spine. It can help release tension and improve the flow of cerebrospinal fluid.

HOW TO DO CRANIOSACRAL TECHNIQUE

1. Use your fingers to gently touch the skull.
2. Use your hands to gently touch the spine.
3. Use your hands to gently touch the sacrum.

Sitting supported

Sitting supported is a key milestone for your baby. It helps them develop the strength and balance needed to sit up on their own.

HOW TO DO SITTING SUPPORTED

1. Use your hands to support your baby's back and bottom.
2. Use a chair or stool to support your baby's back.
3. Use a ring or cushion to support your baby's back.

ENCOURAGING MOBILITY

Encouraging mobility is a key part of your baby's development. It helps them learn to walk and explore their world.

HOW TO ENCOURAGE MOBILITY

1. Use toys to encourage your baby to crawl.
2. Use a walker to support your baby's weight.
3. Use a stroller to support your baby's weight.

REINTRODUCING MAMMAE

Reintroducing mammae is a key part of your baby's development. It helps them learn to walk and explore their world.

HOW TO REINTRODUCE MAMMAE

1. Use your hands to gently touch the mammae.
2. Use your hands to gently touch the mammae.
3. Use your hands to gently touch the mammae.

Colorful patterns

Colorful patterns are a key part of your baby's development. They help them learn to recognize colors and shapes.

HOW TO USE COLORFUL PATTERNS

1. Use colorful blocks to encourage your baby to play.
2. Use colorful toys to encourage your baby to play.
3. Use colorful books to encourage your baby to play.



Monoray
9781800961982
1800961987
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$19.99/\$24.99 Can.
Paperback

352 Pages
Carton Qty: 28
Print Run: 4K
True Crime / White Collar Crime
TRU005000

9.1 in H | 6 in W | 1.2 in T | 1 lb
Wt
Status: **FORTHCOMING**

Terrible Humans

The World's most corrupt super-villains – and the fight to bring them down

Patrick Alley

Key Selling Points

- **EXCELLENT CREDIBILITY:** Patrick Alley is hugely respected as one of three co-founders of Global Witness, a leading organization routing out corruption and environmental and human rights abuses around the world. George Soros wrote a foreword for *Very Bad People* and it received brilliant endorsements from Misha Glenny, David Farr, Edward Zwick and Isabella Tree, as well as excellent reviews from *The Big Issue* and the *Irish Times*.
- **A GLOBAL STORY:** *Terrible Humans* is truly international in scope, picking out a small number of people from across the world, from Slovakia to the Congo, Russia, Vietnam, Brazil, Ukraine, Australia and Saudi Arabia. *Terrible Humans* shows that the network of corruption, kleptocracy and big-time criminality is completely global and interconnected.
- **CURRENT AFFAIRS ANGLES:** *Terrible Humans* includes a chapter on the background of the Wagner group, the Russian paramilitary group, and on a French energy company fuelling Russia's fighter jets and consequently getting tied up in a legal case about their complicity in war crimes. Both are very timely given the ongoing war in Ukraine. There is also a chapter on Gautam Adani, the world's third richest man and close friend of India's President Narendra Modi, who will be looking to secure his third term in Spring 2024.

Summary

From the author of *Very Bad People*, another thrilling exploration of the world's worst warlords, grifters and kleptocrats - and the brilliant investigators taking them down

A small number of people, motivated by an insatiable greed for power and wealth, and backed by a pinstripe army of enablers (and sometimes real armies too), have driven the world to the brink of destruction. They are the super-villains of corruption and war, some with a power greater than nation state and the capacity to derail the world order. Propping up their opulent lifestyles is a mess of crime, violence and deception on a monumental scale. But there is a fightback: small but fearless groups of brilliant undercover sleuths closing in on them, one step at a time.

In *Terrible Humans*, Patrick Alley, co-founder of Global Witness and the author of *Very Bad People*, introduces us to some of the world's worst warlords, grifters and kleptocrats who can be found everywhere from presidential palaces to the board rooms of some of the world's best known companies. Pitted against them, the book also follows the people unravelling the deals, tracking the money and going undercover at great risk. From the oligarch charged with ordering the killing of an investigative journalist to the mercenary army seizing the natural resources of an entire African country, this is a whirlwind tour of the dark underbelly of the world's super powerful and wickedly wealthy, and the daring investigators dragging them into the light.

Contributor Bio

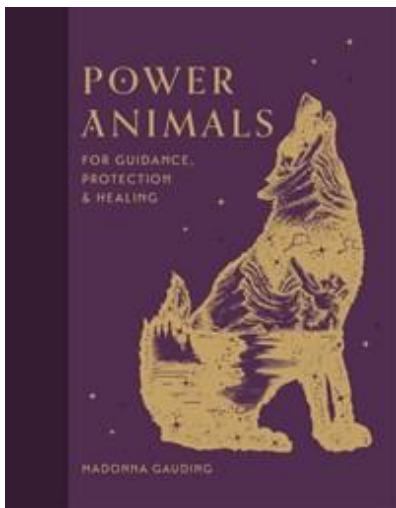
Patrick Alley is one of the three founders of Global Witness. Founded in 1993, Global Witness has become one of the world's leading investigative organisations dedicated to routing out corruption & environmental and human rights abuses around the world, with Patrick taking part in over 50 field investigations in South East Asia, Africa, Latin America and Europe. Taking the findings to governments, lawmakers and into the boardrooms of multinational companies, Patrick and his colleagues have challenged the assumption that you can't change things. Alongside his two co-founders, Patrick received the 2014 Skoll Award for Social Entrepreneurship. Global Witness were nominated for the 2003 Nobel Peace Prize for their work exposing the murderous trade in Blood Diamonds.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations





Godsfield
9781841815688
1841815683
Pub Date: 8/6/2024
On Sale Date: 8/6/2024
\$16.99/\$21.50 Can.
Hardcover

160 Pages
Carton Qty: 44
Print Run: 5K
Body, Mind & Spirit / Angels &
Spirit Guides
OCC032000

7.2 in H | 5.5 in W | 0.7 lb Wt
Status: **FORTHCOMING**

Power Animals

For Guidance, Protection and Healing

Madonna Gauding

Key Selling Points

- The spiritual aesthetic in general is remaining popular across retailers with series such as the Welbeck *The Little Book Of*, the Hardie Grant *Seeing Stars* Zodiac books and Quercus/Greenfinsh *Oracle* titles.
- Beautifully designed in a modern, graphic style, Power Animals books provide invaluable advice on how to create the best conditions for a healthier, happier, more fulfilled life.
- A great gift book written by well-respected expert Madonna Gauding
- According to 2022 YouGovAmerica survey, 33% of adults under 30 are looking to indigenous wisdom for answers to our modern ills.

Summary

Step-by-step instructions for animal meditations, guidance on interpreting animal signs and messages and guides on how to work with animal dreams and visions.

If you have never heard of spirit animals or power animals, you have come to the right place.

In Native American, Aboriginal and other shamanic cultures, animals have long been recognized as possessing important strengths and powers.

This beautifully illustrated book will teach you how to discover which animal guide has the most to offer you, and provides practical exercises for working with your spirit animal's healing powers and wisdom. Featuring exercises and step-by-step instructions to help you access the power of animals as guides and healers. This guide includes a comprehensive directory explaining the symbolism and significance of 75 animals of land, sea and sky as well as mystical creatures.

As you begin the journey of discovering you own power animal, you will be reminded that you inhabit a vast, interconnected universe. This profound realization is one of the best antidotes to depression and alienation. By working with power animals, through meditation, visualization and direct contact, you will be able to ask your power animal for advice, guidance, protection and healing.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

The Human sexual connection



Why have a relationship with a partner even?

It is a common misconception that sex is only for procreation. In fact, it is a complex and multifaceted activity that can serve many purposes. For many people, sex is a way to express love, affection, and intimacy. It can be a source of pleasure and a way to relieve stress. In some cases, sex is a way to explore one's identity and desires. For others, it is a way to connect with a partner and build a strong relationship. Sex can also be a way to explore one's body and discover what feels good. It is important to remember that sex is a personal choice and should be practiced safely and consensually.

Why have a relationship with a partner even?

There are many reasons why people choose to have a relationship with a partner. Some people want to share their lives with someone, while others want to have a child. Some people want to explore their sexuality, while others want to experience the physical pleasure of sex. Relationships can provide a sense of support, companionship, and love. They can also be a source of joy and fulfillment. However, it is important to remember that relationships are not always easy and can require a lot of communication and compromise. It is important to find a partner who is compatible with you and who you can trust.

Why have a relationship with a partner even?

Relationships can be a source of strength and support. They can help you navigate life's challenges and provide a sense of belonging. Relationships can also be a source of joy and happiness. They can be a place where you can be your true self and where you can experience love and affection. Relationships can be a source of inspiration and motivation. They can help you achieve your goals and dreams. Relationships can be a source of comfort and security. They can be a place where you can find solace and support. Relationships can be a source of love and affection. They can be a place where you can experience the joys of life and where you can find meaning and purpose.

History of the tarot

The tarot is a deck of 78 cards used for divination. It is believed to have originated in Italy in the 15th century. The cards are divided into 22 Major Arcana and 56 Minor Arcana. The Major Arcana represent the 22 letters of the Hebrew alphabet and the 22 paths of the Kabbalah. The Minor Arcana represent the 56 paths of the Kabbalah. The tarot is used to gain insight into the future and to understand the present. It is a powerful tool for self-discovery and personal growth.



Signs of the Western Zodiac

Sign	Symbol	Element	Quality
Aries	♈	Fire	Cardinal
Taurus	♉	Earth	Fixed
Gemini	♊	Air	Cardinal
Cancer	♋	Water	Fixed
Leo	♌	Fire	Fixed
Virgo	♍	Earth	Cardinal
Libra	♎	Air	Fixed
Scorpio	♏	Water	Fixed
Sagittarius	♐	Fire	Cardinal
Capricorn	♑	Earth	Fixed
Aquarius	♒	Air	Fixed
Pisces	♓	Water	Cardinal

How to work with tarot and astrology


Tarot and astrology are powerful tools for self-discovery and personal growth. They can help you understand your strengths and weaknesses, your potential, and your path in life. To work with tarot and astrology, it is important to have a clear intention and to be open to the messages that are being sent to you. It is also important to practice regularly and to keep a journal of your readings. Tarot and astrology can be used in many ways, including for daily readings, for specific questions, and for long-term guidance. They can be a source of inspiration and motivation, and they can help you achieve your goals and dreams.

How to work with tarot and astrology

There are many ways to work with tarot and astrology. Some people use tarot cards and astrology charts, while others use intuition and visualization. It is important to find a method that works for you and to practice it regularly. Tarot and astrology can be a source of strength and support, and they can help you navigate life's challenges. They can be a source of joy and happiness, and they can help you find meaning and purpose in your life. Tarot and astrology can be a source of love and affection, and they can help you build a strong relationship with a partner. They can be a source of comfort and security, and they can help you find solace and support in your life. Tarot and astrology can be a source of inspiration and motivation, and they can help you achieve your goals and dreams.

Keywords

Keywords are words or phrases that are used to describe a concept or a topic. They are used in many ways, including for search engines, for social media, and for marketing. Keywords can be used to attract attention and to generate interest. They can be used to describe a product or a service, and they can be used to describe a person or a company. Keywords can be used to describe a problem or a solution, and they can be used to describe a goal or an objective. Keywords can be used to describe a feeling or an emotion, and they can be used to describe a state of mind or a way of thinking. Keywords can be used to describe a trend or a movement, and they can be used to describe a change or a transformation. Keywords can be used to describe a story or a narrative, and they can be used to describe a character or a plot. Keywords can be used to describe a theme or a message, and they can be used to describe a value or a belief. Keywords can be used to describe a style or a genre, and they can be used to describe a mood or a tone. Keywords can be used to describe a style or a genre, and they can be used to describe a mood or a tone. Keywords can be used to describe a style or a genre, and they can be used to describe a mood or a tone.





Pyramid
9780753735534
0753735539
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$14.99/\$18.99 Can.
Cards

64 Pages
Carton Qty: 36
Print Run: 6K
Games & Activities / Card Games
GAM002000

3.9 in H | 5.5 in W | 1.2 in T | 0.5
lb Wt
Status: **FORTHCOMING**

Who Am I? Movies

Guess the Greatest Actors From the Big Screen

Pyramid

Key Selling Points

- This is a great birthday or Christmas gift as it can be played during most group situations - dinner parties, game nights, holiday/travel, family gatherings etc
- Each subject is in line with pop-culture subjects, which is a highly popular genre with the rise of the digital age.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- This is a pretty package that will be a fantastic gift or self-purchase, highly inclusive and is an enjoyable and easy game to play.

Summary

A hilarious and informative charade game about the movies.

Are you a self-proclaimed movie buff? Do you know your Jaws from your Jurassic Park?

Who Am I? is a fun way to get the party started and share hilarious yet informative moments with this charades game, that needs only 2 players and 60 seconds to get everyone animated.

Simply grab a card with the name facing your opponent, whilst the other player(s) holds onto the booklet of information on all the profiles in the game. You then begin to guess who you are by asking questions - to which the other players can only answer yes or no to.

This flexible card game can be played with just 2 players and is great for adding fun to any event, from couples' night to that big party with friends and family - it can even be played remotely via video call.

The set include 50 game cards, with a booklet containing all the profile information, with instructions as well.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

Mean Girls

Rating: PG-13 Genre: Comedy Director: Mark Waters Producer: Lorre Michaels Release Date: Theaters: 3,018 April 2004 Box Office: \$84.1M
Rat. Score: 10/27m

Lindsay Lohan stars as Cady Heron, a 10-year-old homeschooled girl who not only makes the mistake of falling for Aaron Samuels (Jonathan Bennett), the ex-boyfriend of queen-bee Regina George (Rachel McAdams), but also unintentionally joins The Plastics, led by Regina herself. Join Cady as she learns that high school life can and will be really tough.

Charade:

[trying to avoid plans with Regina]

Karen: I can't go out.

[faux coughs softly]

Karen: I'm sick.

Regina: Boo, you whore!



Jaws

Rating: PG Genre: Mystery & Thriller, Horror Director: Steven Spielberg Producer: David Brown, Richard D. Zanuck Release Date: Theaters: 3,018 June 1975 Box Office: \$272.3M Rat. Score: 81/97m

When a killer shark unleashes chaos on a beach community off Cape Cod, it's up to a local sheriff, a marine biologist, and an old seafarer to hunt the beast down.

Over 67 million people in the U.S. went to see this film when it was initially released in 1975, making it the first summer "blockbuster."

Compelling, well-crafted storytelling and a judicious sense of terror ensure Steven Spielberg's *Jaws* has remained a benchmark in the art of delivering modern blockbuster thrills.



Sandra Bullock

Real name: Sandra Annette Bullock Height: 3'7" Eye color: Dark Brown Nationality: American First film: "Hangmen", 1987 DOB: 28 July 1964 Star sign: Leo

Sandra Annette Bullock is an American actress and producer. She has received numerous awards and nominations, including an Academy Award and a Golden Globe Award. She was the world's highest-paid actress in 2010 and 2014. In 2010, she was named one of Time's 100 most influential people in the world.

Dubbed as "America's sweetheart" Sandra Bullock rose to fame with roles as the quintessential yet modern-day version of the girl-next-door: smart, capable, witty; one who triumphs in the face of impossible scenarios.



Denzel Washington

Real name: Denzell Hayes Washington, Jr. Height: 6'3" Eye color: Dark Brown Nationality: American First film: "A Soldier's Story", 1984 DOB: 28 December 1954 Star sign: Capricorn

Denzel Hayes Washington Jr. is an American actor, producer and director. In a career spanning over four decades, Washington has received numerous accolades, including a Tony Award, two Academy Awards, three Golden Globe Awards and two Silver Bears. He is the first African-American actor to receive two Academy Awards.

Tom Hanks said working with Washington on *Philadelphia* (1993) was like "going to film school". Hanks said he learned more about acting by watching Denzel than from anyone else.





Pyramid
9780753735541
0753735547
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$14.99/\$18.99 Can.
Cards

64 Pages
Carton Qty: 36
Print Run: 6K
Games & Activities / Card Games
GAM002000
3.9 in H | 5.5 in W | 1.2 in T | 0.5
lb Wt
Status: **FORTHCOMING**

Who Am I? Pop

Guess the Greatest Musicians From the Pop Hall of Fame

Pyramid

Key Selling Points

- This is a great birthday or Christmas gift as it can be played during most group situations - dinner parties, game nights, holiday/travel, family gatherings etc
- Each subject is in line with pop-culture subjects, which is a highly popular genre with the rise of the digital age.
- Decks and games are growing in popularity as people look for ways to connect and have fun through shared activities.
- This is a pretty package that will be a fantastic gift or self-purchase, highly inclusive and is an enjoyable and easy game to play.

Summary

A hilarious and informative pop-music charade game.

Do you know your popstars from your rockstars?

Who am I? is a fun way to get the party started and share hilarious yet informative moments with this charades game, that needs only 2 players and 60 seconds to get everyone animated.

Simply grab a card with the name facing your opponent, whilst the other player(s) holds onto the booklet of information on all the profiles in the game. You then begin to guess who you are by asking questions - to which the other players can only answer yes or no to.

This flexible card game can be played with just 2 players and is great for adding fun to any event, from couples' night to that big party with friends and family - it can even be played remotely via video call.

The set include 50 game cards, with a booklet containing all the profile information, with instructions as well.

Contributor Bio

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

Marketing Plans

- Social Media Campaign
- National Media Outreach
- Trade and Library Advertising

Illustrations

Elton John

Real name: Sir Elton Hercules John. **Height:** 5'9". **Eye colour:** Hazel
Nationality: British. **First single:** "Your Song" released in 1970. **DOB:** 25
March 1947. **Star Sign:** Aries

A multiple Grammy-winning legend and flamboyant superstar, Elton is the most enduringly successful singer/songwriter of his generation, and was awarded the CBE (Commander of the Order of the British Empire) in 1996.

In 1991, he was the winner of the Brit Award for British Male Solo Artist. In 1995, he was the winner of the Brit Award for Outstanding Contribution. Having previously won the award in 1986, he became the first person to win the award twice as a solo artist, a record which still stands in 2008.



Michael Jackson

Real name: Michael Joseph Jackson. **Height:** 5'9". **Eye colour:** Dark
Brown. **Nationality:** American. **First single:** "Got to Be There" released
in 1971. **DOB:** 29 August 1958. **Star Sign:** Virgo

Michael Jackson wasn't nearly the biggest pop star of his era, shaping the sound and style of the 1970s and '80s. He was one of the defining stars of the 20th century, a musician who changed the contours of American culture.

Jackson produced a pioneering masterpiece like "Billie Jean." This single provided Thriller with its 1982 breakthrough, thanks in part to its groundbreaking music video, which became the first clip from a Black artist to enjoy steady rotation on the fledgling MTV.



Lady Gaga

Real name: Stefani Joanne Angelina Germanotta. **Height:** 5'7". **Eye
colour:** Brown. **Nationality:** American. **First single:** "Just Dance"
released in 2008. **DOB:** 28 March 1985. **Star Sign:** Aries

Academy Award, Golden Globe & Grammy-winner Lady Gaga is a one-of-a-kind artist and performer. She has amassed over 35M global album sales & 32B streams, making her one of the best-selling musicians of all time.

Her fifth studio album "Joanne" (Oct 2016) debuted at #1 on the Billboard Top 200, marking her 4th consecutive #1 album - the first female to do so in the 2010s.

In 2015, Gaga starred in the 5th installment of the FX drama, "American Horror Story: Hotel." The role earned her a 2016 Golden Globe award for Best Actress in a Mini-Series.



Lizzo

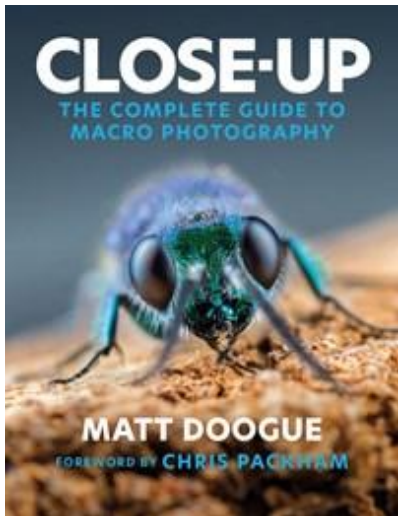
Real name: Melissa Viviane Jefferson. **Height:** 5'9". **Eye colour:**
Brown. **Nationality:** American. **First single:** "Boyz n the Hoodz & Cookies"
released in 2013. **DOB:** 27 April 1981. **Star Sign:** Taurus

3x Grammy award-winning superstar, Lizzo has become a household name with over 5 billion global streams and a platinum selling debut album to date.

"Truth Hurts" became the longest running #1 by a solo female rap artist in history after spending 7 weeks atop the charts.

In addition to her 3 Grammy Awards, she has also won a Billboard Music Award, a BET Award & a Soul Train Music Awards.





Ilex Press
 9781781579244
 1781579245
 Pub Date: 9/17/2024
 On Sale Date: 9/17/2024
 \$34.99/\$43.99 Can.
 Paperback

208 Pages
 Carton Qty: 2
 Print Run: 4K
 Photography / Techniques
 PHO018000

9.6 in H | 7.4 in W | 0.6 in T | 1.5 lb Wt
 Status: **FORTHCOMING**

Close-Up

The Complete Guide to Macro Photography

Matt Doogue

Key Selling Points

- **Trending Topic:** Macro is one of the fastest-growing genres in photography .
- **Author Credentials:** Written by a leading professional in the field.
- **Key Features:** The most comprehensive guide to macro photography, including information on essential gear, best camera settings, the shooting environment, advanced techniques, editing and more.

Summary

The complete guide to macro-photography by a top professional in the field. Learn how to capture awe-inspiring close-up shots and unlock the beauty of the miniature world with this comprehensive guide

“Brilliant... Complete... Concise... Matt's innovative and imaginative approach makes celebrities and heroes out of the everyday, the downtrodden and the overlooked.” Chris Packham.

Macro is one of the fastest-growing genres in photography, and with this comprehensive and easy-to-follow guide, macro expert Matt Doogue invites you to discover a whole new world of creative image-making.

- Go from complete novice to confident macro shooter
- Learn from a top professional sharing tips & tricks for success
- Discover an exciting new genre of photographic practice
- Connect with nature and develop a deeper understanding of wildlife
- Master key techniques for pro-level macro photography results
- Experience a more mindful approach to taking photos

From understanding the optimal lens, to the shooting environment, advanced techniques and post-processing, unlock the beauty of the miniature world with this detailed guide.

Contributor Bio

Matt Doogue is a conservationist, outreach teacher, mental health public speaker and macro photographer. With over a decade of experience, Matt uses varied techniques, including advanced focus stacking to achieve his photographs. Matt has collaborated with BBC Earth, *National Geographic*, Canon and the top UK photography magazines.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations







Creating nature on over photographs

Photography is a powerful tool for capturing the beauty of the natural world. Whether you're a professional or a hobbyist, there are several key techniques to help you create stunning nature photographs. First, focus on composition. The rule of thirds is a good starting point, but don't be afraid to experiment with other techniques. Next, pay attention to lighting. Natural light is often the best, but understanding how to use it can make a big difference. Finally, be patient. Nature photography often requires waiting for the perfect moment to capture.

The secrets of close-up photography

Close-up photography allows you to see the intricate details of the natural world. To achieve sharp, detailed shots, you need to use a macro lens or a lens with a close-focusing capability. A tripod is also essential to keep your camera steady, especially when using a small aperture for a large depth of field. Additionally, understanding the behavior of your subject is crucial. For example, knowing when a butterfly is most active can help you capture it in action.




Photography with a smartphone

Smartphones have revolutionized photography, making it accessible to everyone. To get the most out of your smartphone camera, use the grid lines to help with composition. Tap the screen to focus on your subject and lock exposure. Many smartphones also offer manual controls, allowing you to adjust settings like ISO and shutter speed. Finally, take advantage of the built-in editing tools to enhance your photos.

Composition and lighting

Composition and lighting are the two most important elements of a good photograph. Composition involves arranging the elements in your frame to create a visually appealing image. The rule of thirds is a common guideline, but other techniques like the golden ratio can also be used. Lighting is equally important, as it can dramatically affect the mood and clarity of your photo. Natural light is often the best, but understanding how to use artificial light can be a game-changer.



Getting started - Best kit

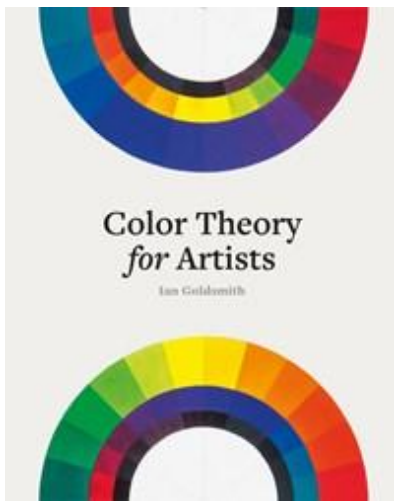
If you're just starting out in photography, it's important to choose the right equipment. A DSLR or mirrorless camera is a good choice for beginners, as they offer a wide range of features and controls. A kit lens is a great starting point, but you may want to invest in a prime lens for better image quality. A tripod is also essential for stability, especially in low light. Don't forget about accessories like a camera bag, extra batteries, and a memory card.




Smartphones

Smartphones are a convenient and powerful tool for photography. To get the most out of your smartphone camera, use the grid lines to help with composition. Tap the screen to focus on your subject and lock exposure. Many smartphones also offer manual controls, allowing you to adjust settings like ISO and shutter speed. Finally, take advantage of the built-in editing tools to enhance your photos.



Color Theory for Artists

Everything you need to know about working with colour

Ian Goldsmith

Key Selling Points

- With detailed section dedicated to all aspects of color theory, this is the book no practising artist can be without
- Following on from successful Ilex color books, including *The Colour Bible* and *Tate: Colour, A Visual History*

Summary

A thoroughly practical guide to using color no artist can be without.

Full of beautiful, intricate hand-painted color wheels and practical advice on using and mixing colour, this book is a must-have for any artist working with pigment and paint. Starting from the basics of color and working up to the complexities of tonality, harmony, opacity and pigment, artist Ian Goldsmith explores and explains all the key elements of color and what it can do. A comprehensive paint index at the back of the book provides an indispensable reference guide for choosing and purchasing materials that no practising artist should be without.

Including:

- Primaries, secondaries and tertiaries
- Harmony
- Tonality
- Colour temperature

Contributor Bio

Ian Goldsmith is a British portrait artist. He is the founder of the Contemporary British Portrait Painters group, described as 'a new artists collective redefining portraiture in 2020' by *Artists & Illustrators* magazine. He began investigating colour theory and mixing in his work several years ago, and posts his trove of hand-painted colour wheels and sheets to his enthusiastic following on Instagram.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Ilex Press
 9781781579145
 1781579148
 Pub Date: 11/26/2024
 On Sale Date: 11/26/2024
 \$26.99/\$33.99 Can.
 Hardcover Paper over boards

176 Pages
 Print Run: 4K
 Art / Color Theory
 ART007000

8 in H | 6.5 in W

Status: **FORTHCOMING**

COLOR TEMPERATURE

The human eye perceives color in a way that is not linear. The color spectrum is divided into three main regions: warm, neutral, and cool. Warm colors (red, orange, yellow) are associated with higher temperatures, while cool colors (blue, green, cyan) are associated with lower temperatures. This relationship is used in lighting design to create specific atmospheres and moods.





Ilex Press
 9781781579206
 1781579202
 Pub Date: 6/25/2024
 On Sale Date: 6/25/2024
 \$19.99/\$24.99 Can.
 Paperback

144 Pages
 Carton Qty: 26
 Print Run: 5K
 Art / Techniques
 ART010000

9.7 in H | 7.5 in W | 1.1 lb Wt
 Status: **ACTIVE**

The Mindful Magic of Flower Drawing

A step-by-step guide to drawing & doodling flowers

Chloe Wilson

Key Selling Points

- Chloe has an engaged and growing fanbase of 86,000 Instagram followers.
- Floral drawing is a popular trend, with 157k post under the #floraldrawing hashtag on Instagram.

Summary

The ultimate, accessible guide to drawing and doodling flowers and botanicals.

Mindful, achievable and satisfying, this book gives readers a unique way to interact with the natural world around them, whether that's drawing cut flowers in a vase or wild flowers in their front garden.

Start at the beginning of the book and get a back-to-basics guide to line drawing, then move on to accessible step-by-step tutorials for stunning projects such as bouquets, patterns, wreaths and other floral motifs. Artist and educator Chloe Wilson breaks down each flower into easy repeatable elements, and gives plenty of tips on overcoming the fear of the blank page. She also provides plenty of tips on choosing the right materials, finding inspiration and developing your own style, along with ideas for using your drawings to create personalized stationery and artwork to go on your walls, so you can immediately enjoy the benefits of your new hobby in your home.

Includes 25 accessible step-by-step exercises in floral drawing, plus extra tips and ideas for making the most of your art.

Contributor Bio

Chloe Wilson is an artist based in Nottinghamshire, UK. She taught herself to draw flowers as a way to unplug and relax whilst recovering from major surgery and through pandemic lockdowns. She shares her work with her engaged following of 86,000 via her Instagram page @magicofflorals and teaches educational content online to help others discover the calming magic of putting pen to paper.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



Peony

Introduction

Peonies are a popular choice for gardeners and florists alike. They are known for their large, ruffled petals and long, fragrant blooms. In this section, we will explore the various parts of a peony flower and how to draw them accurately.

Materials:

- Black ink
- White paper
- Compass
- Ruler
- Eraser

Steps:

1. Start by drawing the center of the flower, which is a cluster of stamens and a central pistil.
2. Draw the inner petals, which are smaller and more delicate than the outer ones.
3. Draw the outer petals, which are larger and more ruffled.
4. Add shading to the petals to give them a three-dimensional appearance.
5. Draw the leaves and stems of the peony.

Why draw?

Drawing a peony is a great way to practice your drawing skills and learn about the anatomy of a flower. It is also a fun and relaxing activity that can be done at any time and in any place.

Why florals?

Florals are a popular style of drawing that can be used for a variety of purposes, from decorative art to scientific illustration. They are a great way to express your creativity and share your love of nature.

Leaf chain

Introduction

A leaf chain is a decorative element made of a series of leaves connected together. It is a popular choice for home decor and gift-giving. In this section, we will explore how to draw a leaf chain and how to use it in your designs.

Materials:

- Black ink
- White paper
- Compass
- Ruler
- Eraser

Steps:

1. Start by drawing a single leaf, which is a simple oval shape with a pointed tip and a small stem.
2. Draw a second leaf, which is slightly larger and more rounded than the first.
3. Draw a third leaf, which is even larger and more rounded.
4. Connect the leaves together by drawing a line between the stem of one leaf and the base of the next.
5. Add shading to the leaves to give them a three-dimensional appearance.

Why draw?

Drawing a leaf chain is a great way to practice your drawing skills and learn about the anatomy of a leaf. It is also a fun and relaxing activity that can be done at any time and in any place.

Why florals?

Florals are a popular style of drawing that can be used for a variety of purposes, from decorative art to scientific illustration. They are a great way to express your creativity and share your love of nature.

An Introduction to Mindful Drawing

Why draw?

Drawing is a powerful tool for self-expression and mindfulness. It allows you to focus on the present moment and connect with your inner self. In this section, we will explore the benefits of drawing and how to use it as a mindful practice.

Why florals?

Florals are a popular style of drawing that can be used for a variety of purposes, from decorative art to scientific illustration. They are a great way to express your creativity and share your love of nature.

Personalized stationery

Introduction

Personalized stationery is a great way to add a personal touch to your correspondence. It allows you to express your creativity and share your love of nature. In this section, we will explore how to create personalized stationery and how to use it in your designs.

Materials:

- Black ink
- White paper
- Compass
- Ruler
- Eraser

Steps:

1. Start by drawing a floral design, which is a simple arrangement of flowers and leaves.
2. Draw a card, which is a simple rectangular shape with a pointed top.
3. Add the floral design to the card.
4. Add a message to the card.

Why draw?

Drawing personalized stationery is a great way to practice your drawing skills and learn about the anatomy of a flower. It is also a fun and relaxing activity that can be done at any time and in any place.

Why florals?

Florals are a popular style of drawing that can be used for a variety of purposes, from decorative art to scientific illustration. They are a great way to express your creativity and share your love of nature.



Ilex Press
9781781579381
1781579385
Pub Date: 9/17/2024
On Sale Date: 9/17/2024
\$26.99/\$33.99 Can.
Paperback

208 Pages
Carton Qty: 22
Print Run: 5K
Photography / Subjects & Themes
PHO016000

8.6 in H | 6.2 in W | 1.4 lb Wt
Status: **FORTHCOMING**

Beyond the Selfie

The Art of Self Portraiture in the Digital Age

Rosie Hardy

Key Selling Points

- Author Rosie Hardy has the third-most followed Flickr account after The White House and NASA.
- Her Instagram following is over 180k, with her self-portraits generating exceptional engagement.
- Her online followers have urged her to do a book.
- Self-imaging has a massive appeal for younger photographers as it allows the ultimate narrative control.
- *The Photography Storytelling Workshop* by Finn Beales has sold over 4.2k copies

Summary

From online sensation Rosie Hardy, this is the ultimate guide to photographic self-expression. Drawing on both her unique skills and lived experience, Rosie delivers a masterclass in self-portraiture, giving the reader the knowledge base and inspiration to tell their own stories, control their image and go far beyond the standard 'selfie'.

Do you want to elevate your portraits beyond the tired old selfie?

From Instagram sensation Rosie Hardy, this is the ultimate guide to photographic self-expression. Drawing on both her unique skills and lived experience, Rosie delivers a masterclass in self-portraiture, giving the reader the knowledge base and inspiration to tell their own stories, control their image and go far beyond the standard 'selfie'.

Learn how to upgrade your photography skills and express yourself in meaningful and captivating ways with this invaluable guide. Ideal for both beginners and professionals, discover essential tips and advice on shooting, editing and personal confidence.

Rosie lays out all the ingredients necessary for creating captivating self portraiture, presenting a recipe book for those hungry for self expression.

Contributor Bio

At the age of 20, Rosie Hardy held the third most followed Flickr account world-wide, behind NASA and The White House. She now showcases her work on Instagram, where she boasts almost 200k followers. Since her teenage years, Hardy has used the medium of self portraiture to document the chapters of her life - from school life and break-ups, to developing alopecia, and eventually her journey through grief after the loss of her boyfriend in 2016.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations



THE PUMPKIN
 The pumpkin is a symbol of autumn and harvest. It is a fruit that grows on a vine and is used in many different ways. In this article, we will explore the history and uses of the pumpkin.

THE HISTORY OF THE PUMPKIN

The pumpkin is a member of the Cucurbitaceae family. It is native to North America and has been cultivated for thousands of years. The word "pumpkin" is derived from the Latin word "pumpia", which means "pump".

THE USES OF THE PUMPKIN

Pumpkins are used in many different ways. They can be eaten as a vegetable, used in soups and stews, or made into pumpkin pie. They are also used in many different crafts and decorations.



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A BIRD'S EYE VIEW OF THE WORLD

The world is a vast and beautiful place. From the top of a mountain to the depths of the ocean, there is so much to see and experience. In this article, we will explore the world from a bird's eye view.

THE HISTORY OF THE BIRD'S EYE VIEW

The bird's eye view is a perspective that is often used in photography and film. It is a view that is taken from a high angle, looking down at the subject. This perspective can be used to create a sense of scale and grandeur.

THE USES OF THE BIRD'S EYE VIEW

The bird's eye view is used in many different ways. It can be used to show the layout of a city, the shape of a landscape, or the movement of a crowd. It is a powerful tool for visual storytelling.

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The Plant Parent Guide

Create a beautiful, plant-filled home

Beth Chapman

Key Selling Points

- 60% of the global population live in major cities. For this demographic, bringing plants into the home is an important way to connect with nature and elevate their environment.
- Houseplants boast a number of practical benefits: they are calming and air-purifying, providing a route to stress relief, self-care, creativity and productivity.
- Houseplant sales surged by 2016 and 2019 - and the pandemic took the trend stratospheric
- 7 in 10 millennials call themselves a plant parent (2020 survey).
- 66% of American households own at least one houseplant (Statista).

Summary

From leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* reveals the incredible world of tropical houseplants, and teaches you to select, style and care for them in the best way to suit your space.

Did you know we spend an average of 90% of our time indoors? With the air-purifying, mind-calming, stress-relieving and productivity-boosting power of houseplants well established, it is time to transform your home with plants.

Created by leading houseplant brand Leaf Envy, *The Plant Parent Guide to Styling Your Home* is here to reveal the incredible world of tropical houseplants, but also teach you to select, style and care for them in the best way to suit your space.

Upgrade your home with perfectly placed greenery by following the bespoke styling guides for every room, from shaded bedrooms to steamy bathrooms. Whether you're looking for the perfect Zoom backdrop or an oasis of calm in a busy kitchen, there are plenty of tips and tricks for choosing the best plants to suit your light, upkeep and styling requirements.

Easy-to-follow care guides make becoming a plant parent pro simple, with advice for every season to ensure your plants flourish year-round. For houseplant newbies there are recommendations for the species hardest to kill, while for the already green-fingered there are ideas for more unusual plants to introduce, and instructions for mastering the art of propagation. With *The Plant Parent Guide*, any home can become a beautiful and thriving plant-filled space.

Contributor Bio

Founded by Beth Chapman, Leaf Envy began as a series of pop-ups on a canal boat along Regents Canal but has now grown to be the destination for budding plant enthusiasts across the UK, helping people style their home with plants. Leaf Envy offers a carefully curated selection of high quality and unusual plants, bespoke pots, botanical accessories and expert advice for contemporary, modern homes.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

Kyle Books
9781804191873
1804191876
Pub Date: 5/14/2024
On Sale Date: 5/14/2024
\$29.99/\$37.50 Can.
Hardcover

192 Pages
Carton Qty: 16
Print Run: 8K
Reference / Personal & Practical
Guides
REF015000
10.1 in H | 7.8 in W | 1.9 lb Wt
Status: **ACTIVE**

Spring Care Tips



Spring is the best time to repot your plants. As temperatures rise, they start growing again and need more space and nutrients. Here are some tips to help you get started:

- 1. Check for root rot: Before repotting, check the roots for any signs of rot. If you see any, trim them off.
- 2. Choose the right soil: Use a high-quality potting soil that is well-draining and contains some organic matter.
- 3. Water wisely: Don't overwater your plants. Wait until the top inch of soil is dry before watering again.
- 4. Fertilize: Give your plants a balanced fertilizer to help them grow.
- 5. Prune: Trim any dead or damaged leaves to encourage new growth.

Plant Styling by Room



Living Room: A large, leafy plant in a dark pot is the centerpiece, surrounded by smaller plants on a side table.

Bedroom: A small, trailing plant in a white pot sits on a bedside table next to a lamp.

Bathroom: A small, succulent plant in a white pot is placed on a shelf above the toilet.

Kitchen: A small, trailing plant in a white pot is placed on a windowsill.

Office: A small, trailing plant in a white pot is placed on a desk.

Entryway: A small, trailing plant in a white pot is placed on a console table.

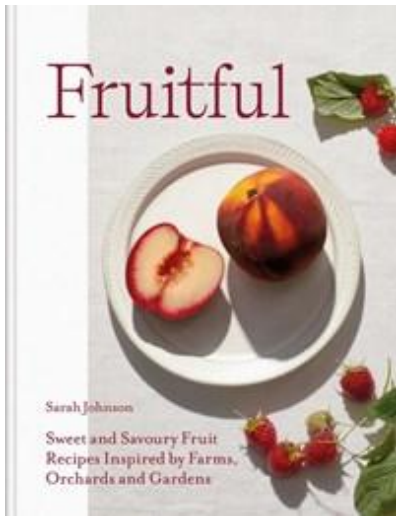
Kitchen



The kitchen is a great place to add some greenery. Here are some ideas for kitchen plants:

- 1. Herbs: Basil, parsley, and cilantro are easy to grow and can be used in your cooking.
- 2. Succulents: Small, trailing succulents are perfect for windowsills.
- 3. Air purifiers: Plants like spider plants and peace lilies can help improve the air quality in your kitchen.





Fruitful

Sweet and Savoury Fruit Recipes Inspired by Farms, Orchards and Gardens

Sarah Johnson

Key Selling Points

- The World Health Organisation advises that we eat a minimum of 400g of fruit and veg every day.
- Fruit in your dessert is a wonderful way of eating seasonally and sustainably.
- Eating local, seasonal food is better for the planet, for your health and to reconnect people with the land.
- An increasing number of people are turning to farmer's markets, produce box schemes and their own back yards to find better fruit and veg and feel more in touch with what they eat.
- Sarah has an impressive network of international connections, from leading chefs Alice Waters, Skye Gyngell, Darina Allen, Jeremy Lee, Florence Knight and Rory Allen, to institutions such as The Rome Sustainable Food Project, Ballymaloe in Ireland, Noble Rot in Soho, Heckfield Place in Hampshire, Zuni Cafe in San Francisco CA, King Restaurant in New York and Fred's in Sydney.
- Features interviews with fruit farmers and growers in the USA, Australia and Europe.

Summary

A classic and comprehensive cookbook revealing how to source, cook and enjoy fruit throughout the year in both sweet and savoury recipes.

This is a celebration of fruit, and all the glorious variety it can bring to our plates. From crisp apples to buttery pears, sticky peaches to plump berries, and zingy lemons to tart cherries.

An introduction covers the key techniques for cooking with fruit, such as roasting, poaching and puréeing. Over 80 recipes follow in chapters on citrus, berries, stone fruit, orchard and vine fruits, pome fruits, shrubs and stalks. From Polenta and Blackberry Muffins and Apricot Muscat Tart, to Pear and Farro Salad, Pan-Fried Duck Breast with Blackcurrant and Mackerel with Gooseberry Compote and Yoghurt, discover the joy and versatility of cooking with fruit. Plus plenty of jams, sorbets and ice creams.

Interspersed between the recipes are flavor charts and pairing suggestions for every fruit, alongside four interviews with fruit growers and farmers around the world.

Trained by Alice Waters at Chez Panisse, San Francisco, and now Head of Pastry Development at Spring in London and luxury hotel Heckfield Place in Hampshire, Sarah Johnson's recipes are modern, fresh and full of flavor. Her close relationship with the farmers and producers that supply the restaurants has given her a wealth of knowledge on the best fruits to buy and cook, and fantastic tips and tricks to get the most from your produce.

Contributor Bio

Sarah Johnson is an Anglo-American pastry chef who trained under Alice Waters at Chez Panisse in San Francisco and currently splits her time between Spring Restaurant, London, and the much-feted Heckfield Place in Hampshire as Head of Pastry Development. Fruit and farms are central to Sarah's food philosophy and she meets regularly with growers to source the finest fruit for delicious, accessible recipes.

Marketing Plans

- Social media campaign
- National media outreach

Kyle Books
9781804191033
1804191035
Pub Date: 5/28/2024
On Sale Date: 5/28/2024
\$34.99/\$43.99 Can.
Hardcover

256 Pages
Carton Qty: 12
Print Run: 6K
Cooking / Specific Ingredients
CKB035000

9.8 in H | 7.8 in W | 1.2 in T | 2.3 lb Wt

Status: **ACTIVE**

Illustrations

Autumn Good Taste



Autumn is a time of harvest and celebration. The season is filled with a variety of fresh produce, including pumpkins, gourds, and squash. These ingredients are perfect for creating delicious and healthy meals. In this section, we explore a variety of recipes that showcase the best of autumn's bounty. From hearty soups to comforting casseroles, there's something for everyone. The recipes are easy to follow and use simple ingredients, making them perfect for busy weeknights or special occasions. Enjoy the flavors of the season and make the most of the harvest.

STONE FRUIT



Stone fruits are a delicious and nutritious addition to any diet. They are packed with vitamins, minerals, and antioxidants. In this section, we explore a variety of recipes that showcase the best of stone fruit's flavor. From simple fruit salads to more complex desserts, there's something for everyone. The recipes are easy to follow and use simple ingredients, making them perfect for busy weeknights or special occasions. Enjoy the flavors of the season and make the most of the harvest.

CHEERY BAKING

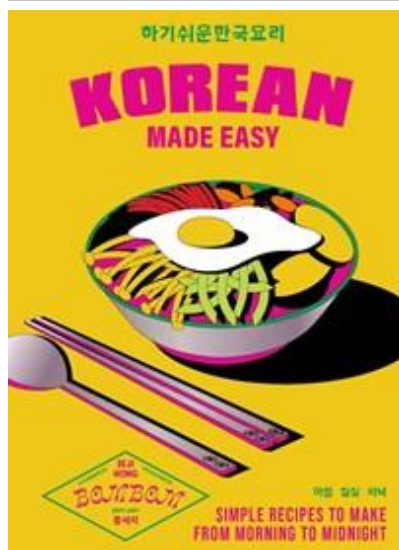


Cheery baking is a delightful way to enjoy the season. It's a time to indulge in warm, comforting treats that are perfect for any occasion. In this section, we explore a variety of recipes that showcase the best of cheery baking. From simple scones to more complex cakes, there's something for everyone. The recipes are easy to follow and use simple ingredients, making them perfect for busy weeknights or special occasions. Enjoy the flavors of the season and make the most of the harvest.

Goat's Cheese Sauté with Spring Herb Salad and Roasted Chervil



Goat's cheese is a versatile and delicious ingredient. It's perfect for creating a variety of dishes, from simple sautés to more complex salads. In this section, we explore a variety of recipes that showcase the best of goat's cheese's flavor. From simple sautés to more complex salads, there's something for everyone. The recipes are easy to follow and use simple ingredients, making them perfect for busy weeknights or special occasions. Enjoy the flavors of the season and make the most of the harvest.



Kyle Books
9781804191804
1804191809
Pub Date: 6/11/2024
On Sale Date: 6/11/2024
\$26.99/\$33.99 Can.
Hardcover

176 Pages
Carton Qty: 20
Print Run: 6K
Cooking / Regional & Cultural
CKB123000

9.3 in H | 6.8 in W | 1.4 lb Wt
Status: **ACTIVE**

Korean Made Easy

Simple Recipes to Make from Morning to Midnight

Seji Song

Key Selling Points

- South Korea's cultural exports have never been so popular, after *Parasite*, *Squid Game*, *Crying in H Mart*, interest in Korean food is also growing.
- According to analytics company Spoonshot, interest in Korean cuisine spiked nearly 90% in the 12 months leading up to January 2022.
- Bombom sauces are stocked in Whole Foods (with a full window display in the Kensington branch over summer 2022), Souf Chef and Selfridges, among other shops around London and Bristol.
- According to data from The Food Institute, interest in Korean cuisine spiked nearly 90% in the 12 months leading up to January 2022 and the upward trajectory of Korean restaurant concepts is expected to continue in the foreseeable future

Summary

An easy guide to Korean cooking, by mix and matching seven essential ingredients, along with some easy-to-find additions.

Korean ingredients such as kimchi, gochujang and sesame oil are ubiquitous in kitchens worldwide and continuing to grow in popularity. But Korean food has a reputation of being longwinded and full of difficult-to-source ingredients.

Korean Made Easy dispels this myth, and shows how only seven basic store-cupboard essentials are required to recreate the flavors that make up the cuisine: Gochujang, Doenjang, Ganjang (soy sauce), Rice, Sesame oil, Fish sauce, Gochugaru, which, along with just a few additional ingredients that can be found in supermarkets, make up all the dishes in the book. Seji also highlights ingredient swaps throughout.

Chapters include Kimchi, Small dishes/banchan, Rice & noodles, Soups & stews, Noodles & rice, Korean BBQ, Seoul-style street food, Korean tapas & twists, Seji's sauce remix and Sweet & Soju. Approximately 80 recipes will include classics such as Bibimbap, Japchae and Beef Bulgogi, more contemporary dishes such as Gochujang Sausage Spaghetti, 3 ways to update your Ramyeon (Korean packet noodles) and 3 ways to make Korean Fried Chicken, as well as delicious soju-based cocktails, which include a Watermelon Soju Punch.

Contributor Bio

Seji Hong is Bombom's founder, chief creator and menu developer. She hosted supper clubs in Wimbledon in 2019 before launching Bombom sauces in November 2021. Born in Seoul, Seji grew up in a modern Seoul family that loved cooking and eating together. Dishes and memories such as Seji's grandmother's traditional food cooked with seasonal ingredients following the lunar calendar and her mum's modern fusion Seoul food inspired Seji to develop a unique menu, incorporating three generations of Korean cooking, that also suit a western palate. Bombom sauces have scooped two stars in the highly regarded Guild of Fine Foods Great Taste Awards 2022 and have also featured in publications such as *Vogue UK*, *BBC Good Food Magazine* and *Korean Air* in-flight magazine.

Marketing Plans

- Social media campaign
- National media outreach
- Trade and Library Advertising

Illustrations

韓國의 7대 7대 7대

THE CLASSIC KOREAN TABLE

As Korea's most loved combination of flavors, traditional and contemporary, the difference is the ratio. From the spicy, tangy, umami, and sweet, a combination of what you crave that are served alongside the main course and every bowl of rice, in the heart of the table is a mix of seasonal ingredients and seasonings. The ingredients are chosen with care and attention to detail, and the table is set with the same care and attention to detail.

Before the other two to mention in an effort to be traditional and keep the essence of the Korean table, the rice is the heart of the table. It is the most important part of the meal, and it is served with a side of kimchi, a traditional Korean fermented vegetable dish. The rice is served with a side of kimchi, a traditional Korean fermented vegetable dish. The rice is served with a side of kimchi, a traditional Korean fermented vegetable dish.

SPICY CLASSIC KOREAN BEEF SALAD

YIELD: 4 SERVINGS

1 lb beef, sliced into thin strips
1/2 cup soy sauce
1/2 cup sesame oil
1/2 cup brown sugar
1/2 cup rice vinegar
1/2 cup chili oil
1/2 cup garlic
1/2 cup ginger
1/2 cup onion
1/2 cup carrot
1/2 cup cucumber
1/2 cup bell pepper
1/2 cup mushroom
1/2 cup bean sprout
1/2 cup seaweed
1/2 cup kimchi
1/2 cup chili powder
1/2 cup black pepper
1/2 cup salt
1/2 cup sugar
1/2 cup vinegar
1/2 cup oil
1/2 cup water



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1/2 cup vinegar
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Summersdale
9781837992720
183799272X
Pub Date: 5/7/2024
On Sale Date: 5/7/2024
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 60
Print Run: 6K
Family & Relationships / Parenting
FAM020000
5.5 in H | 4.1 in W | 0.5 lb Wt
Status: **ACTIVE**

Best Dad Ever

The Perfect Thank You Gift for Your Incredible Dad

Summersdale Publishers

Key Selling Points

- Whether it's for Christmas, for Father's Day, for his birthday or just because, this little book is the perfect small gift for your dad to show him how much he's appreciated.
- A similar Summersdale title, *Dad in a Million* (ISBN: 9781786857637), has sold over 7,900 copies.
- Other Summersdale titles include:
 - *For the Best Dad Ever* (ISBN: 9781800078376)
 - *Dad Jokes* (ISBN: 9781786852281)
 - *The Dad Annual* (ISBN: 9781787832985)

Summary

Celebrate your one-of-a-kind dad with *Best Dad Ever*. This heartfelt collection of quotes and wisdom is the perfect gift to express gratitude and cherish the joys of fatherhood.

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

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

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

This book is for the dads who:

- can mend anything, even broken hearts
- tell the most groan-worthy gags
- will always love you, no matter what

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

Contributor Bio

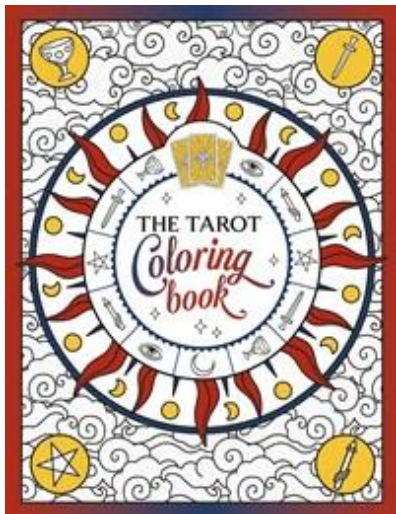
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





The Tarot Coloring Book

A Mystical Journey of Color and Creativity

Summersdale Publishers

Key Selling Points

- This is an accessible introduction to the art of Tarot reading and includes an overview of each card's meanings and interpretations.
- Filled with myriad designs that you can bring to life with color.
- Adult coloring books have taken the world by storm in recent years and their popularity is showing no sign of slowing down.
- A similar Summersdale title, *The Little Book of Tarot* (ISBN: 9781786857989), has sold over 12,000 copies.
- Other similar Summersdale titles include: *The Magick Coloring Book* (ISBN: 9781800074040) and *Manifest Your Destiny Coloring Book* (ISBN: 9781800079243).

Summary

Unlock your creativity and explore the enchanting world of Tarot with *The Tarot Coloring Book*. Discover meaning, symbolism, and hidden insights while creating your own vibrant masterpieces.

Create your very own colorful collection of masterpieces and delve into the mystical realms of the sacred art of Tarot with these mesmerizing images

Step into the spiritual world of Tarot and seek insight into your past, present and future while awakening your creativity with these striking illustrations.

Within this bewitching coloring book you will find Tarot-themed images alongside essential details about the meanings of the cards, and how to interpret their symbolism and understand your Tarot readings.

Inside you'll find:

- Images that are great for developing fine motor skills, improving focus, reducing stress and relieving anxiety
- A short history of Tarot and how and why it has been used as a tool for divination for centuries
- Easy-to-follow information of the major and the minor arcana cards
- Encouraging quotes to keep you motivated

Go on a voyage of self-discovery and see what the cards are ready to reveal to you.

Contributor Bio

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

Marketing Plans

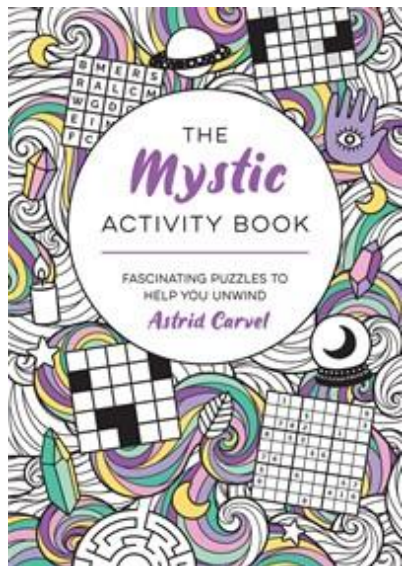
- National media outreach
- Trade and Library Advertising

Illustrations

Summersdale
9781837993406
1837993408
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$11.99/\$12.99 Can.
Paperback

96 Pages
Carton Qty: 24
Print Run: 12K
Games & Activities / Coloring
Books
GAM019000
11.1 in H | 8.6 in W | 0.9 lb Wt
Status: **ACTIVE**





Summersdale
9781800076853
1800076851
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$11.99/\$12.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 6K
Games & Activities / Activity
Books
GAM020000

8.3 in H | 5.9 in W | 0.7 lb Wt
Status: **ACTIVE**

The Mystic Activity Book

Fascinating Puzzles to Help You Unwind

Astrid Carvel

Key Selling Points

- Studies have shown that regularly completing crosswords or word-based games can have therapeutic benefits and improve brain function. Featuring number, word, logic and image puzzles of varying difficulty, this is the perfect puzzle book for anyone to enjoy.
- The classic puzzle activities in this book are inspired by increasingly popular mystic themes, including witchcraft, tarot, mystical creatures, spells and astrology.
- Similar Summersdale titles include *The Magick Colouring Book* (ISBN: 9781800074040).

Summary

Embark on a spellbinding journey through the mystical realm with *The Mystic Activity Book*. Puzzles, activities, and enchanting affirmations await, stimulating your mind and awakening your creativity.

Discover the wonders of the paranormal with this collection of spellbinding puzzles and brain-training activities, here to focus your mind and inspire creativity

Immerse yourself in all things mystical with this assortment of pleasing puzzles and calming conundrums, guaranteed to bewitch and enchant you.

From white witchcraft and secret symbols to rituals and runes, the enigmas in these pages will take you on an expedition through the mystical world. Featuring a huge range of puzzles, games and activities for you to enjoy, this treasury of brain-training teasers will help you engage your mind and find peace in your day.

Inside you will find:

- A varied selection of puzzles, including crosswords, word searches, word ladders, anagrams, sudokus, spot-the-differences, acrostics and more
- Mindful activities to help you relax, such as coloring pages and mazes
- A selection of enchanting affirmations to awaken your imagination and inspire creativity

Stimulate your mind and unlock the secrets of the magic world as you embark on this spellbinding journey.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Spot the difference

Can you spot the differences between the two pictures?

Acrostics

Read the clues carefully, use the letters opposite, fill in each of the words below.

1. What is a large body of water?
 2. A collection of drawings or pictures.
 3. A book or books that you have read.
 4. A large water animal.
 5. The middle part of the body.

Word ladder

Change one letter at a time to form the word **WIND** in 5 steps.

Pairs

Match up the related pictures. The first pair has been done for you.

Anagrams

Rearrange these letters to make the objects.

L A T T E R C A S E _____
 T A P E _____
 W H I T E _____
 W O O L _____
 S U T T E R W O O L _____

Maze

Put the sign post in order the middle of the maze of the maze.

Counting conundrum

1. 3 + 3 = 30
 2. 3 + 3 = 30
 3. 3 + 3 = 3
 4. 3 + 3 = 3

Missing link

Put the missing objects in order from smallest to largest.

1. 100g	2. 10kg
3. 1000g	4. 1000kg
5. 100g	6. 100kg

Sudoku

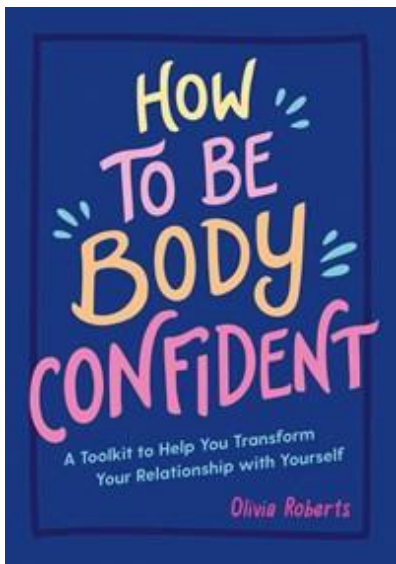
Complete the following 4x4 grid with the digits 1-4 so that every row, column and square contains all the numbers in order.

1	2	3	4
2	3	4	1
3	4	1	2
4	1	2	3

Hidden word

Can you find the six words hidden in the grid?

W	A	H	H
H	O	O	C
H	E	O	O



Summersdale
 9781837990276
 1837990271
 Pub Date: 6/4/2024
 On Sale Date: 6/4/2024
 \$16.99/\$18.99 Can.
 Paperback

160 Pages
 Carton Qty: 40
 Print Run: 5K
 Health & Fitness / Women's
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 Status: **ACTIVE**

How to Be Body Confident

A Toolkit to Help You Transform Your Relationship with Yourself

Olivia Roberts

Key Selling Points

- This beautiful journal contains actionable tips on boosting body confidence and learning to fully accept yourself.
- Other similar Summersdale titles include *How to Fall in Love With Yourself* (ISBN: 9781787839342), *She Believed She Could So She Did* (ISBN: 9781787835610) and *You Are Enough* (ISBN: 9781800070028).

Summary

Embrace self-love and body acceptance with *How to be Body Confident*. This guided journal empowers you to celebrate your uniqueness, let go of body shame, and cultivate a positive, loving relationship with yourself.

A guided journal for learning to fully love and accept yourself as you are

There are so many things to celebrate about your body. Just think of everything it's got you through - the happy times and the challenges - and all the wonderful things it enables you to do each day. Sometimes, it's important to be reminded that your body is uniquely yours, and that's what makes it so special.

This beautiful guided journal is here to help you shed body shame for good, so that you can feel confident in yourself every day. By engaging with the tips and activities inside, you'll learn how to see your body in a different light, quit negative self-talk and start speaking to yourself with love and kindness.

By encouraging you to wholly embrace yourself, this empowering guide promotes changing your attitude rather than changing your body. So whatever your shape or size, this book reassures you that all bodies are good bodies, and yours is perfect as it is.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



What affects your leafy confidence?

It's not just your genes that determine your leafy confidence. Your environment, your diet, your stress levels, and your social support all play a role in how you feel about your body. Here are some factors that can affect your leafy confidence:

Body image: How you feel about your body can affect your leafy confidence. If you have a negative body image, you may be more likely to engage in unhealthy behaviors like dieting or exercise. This can lead to a cycle of negative body image and unhealthy behaviors that can further damage your leafy confidence.

Stress: Stress can affect your leafy confidence in a number of ways. It can lead to changes in your eating habits, such as overeating or binge eating. It can also lead to changes in your exercise routine, such as skipping workouts or exercising less frequently. Stress can also lead to changes in your body image, such as feeling more self-conscious or less confident about your appearance.

Social support: Having a strong support system can help you feel more confident about your body. Friends and family who encourage you to eat healthily and exercise can be a great source of motivation and encouragement. Support groups can also be helpful, as they provide a safe space to share your experiences and get advice from others who are going through similar challenges.

Media: The media can have a significant impact on your leafy confidence. Unrealistic beauty standards and the promotion of dieting and exercise as the only ways to achieve a "perfect" body can lead to negative body image and low self-esteem. It's important to be critical of the media and to focus on realistic and healthy goals.

Genetics: While you can't change your genes, understanding your genetic predisposition can help you make better choices. Some people are more prone to certain eating disorders or body image issues, so it's important to be aware of these risks and to seek help if you're struggling.

Things that can positively affect your body image

There are many things you can do to improve your body image and feel more confident about your body. Here are some positive factors that can affect your body image:

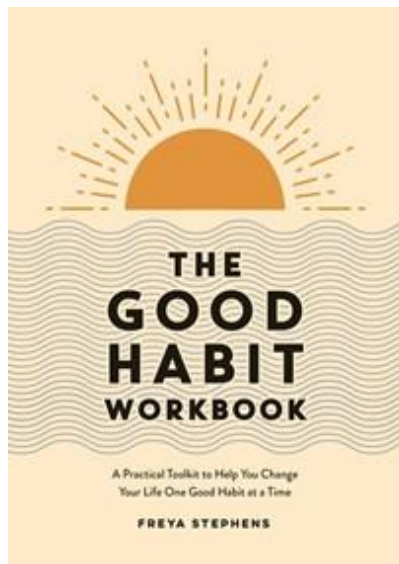
Body positivity: Embracing all body types and celebrating the unique qualities of each body can help you feel more confident about your own. Body positivity is about loving your body as it is, regardless of its size, shape, or appearance. It's about focusing on the things your body can do for you and appreciating its strength and resilience.

Self-care: Taking care of your body and mind can help you feel more confident about your appearance. This includes eating a healthy diet, exercising regularly, getting enough sleep, and practicing self-care activities like meditation, journaling, or taking a bath. Self-care is about listening to your body's needs and taking time to care for yourself.

Support groups: Joining a support group can provide you with a safe space to share your experiences and get advice from others who are going through similar challenges. Support groups can be a great source of encouragement and motivation, and they can help you feel less alone in your journey.

Professional help: If you're struggling with body image issues, it's important to seek professional help. A therapist or counselor can help you explore the underlying causes of your body image issues and provide you with strategies to improve your self-esteem and confidence. A dietitian can also be helpful if you're struggling with eating disorders or unhealthy eating habits.

Realistic goals: Setting realistic and achievable goals can help you feel more confident about your body. Instead of focusing on unrealistic beauty standards, focus on goals that are meaningful to you, such as eating a healthy diet, exercising regularly, or feeling more confident about your appearance. Celebrate your progress and be patient with yourself.



Summersdale
9781837990283
183799028X
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$16.99/\$18.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 5K
Health & Fitness / Mental Health
HEA055000
8.3 in H | 5.9 in W | 0.7 lb Wt
Status: **ACTIVE**

The Good Habit Workbook

A Practical Toolkit to Help You Change Your Life One Good Habit at a Time

Freya Stephens

Key Selling Points

- This practical workbook contains actionable advice and guided exercises to help readers to make positive changes in their life by breaking away from bad habits and creating new, healthy ones.
- Habits - and how they are broken and created - is key topic in the self-help sphere, as good habits are a foundation of positive mental wellbeing.
- This book will appeal to fans of popular titles such as *Atomic Habits* by James Clear and *The Power of Habit* by Charles Duhigg.

Summary

Transform your life and embrace positive change with *The Good Habit Workbook*. This practical guide, rooted in CBT techniques, offers actionable advice and exercises to help you break free from negative habits and cultivate a healthy, fulfilling lifestyle.

Break away from bad habits and build healthy ones with this step-by-step workbook, which will help you make positive changes in your life

Habits are the building blocks of our days, and they have a huge impact on how we live - they affect what we do, how we feel and the paths in life that we choose to take.

The Good Habit Workbook contains practical advice, effective tips and guided exercises based on trusted cognitive behavioural therapy (CBT) techniques. It will help you to break free from negative cycles that aren't serving you and replace them with positive, productive habits for long-term health and happiness.

Use the workbook either on its own or alongside therapy to help you develop positive habits.

Inside the book, you will find:

- Clear, actionable advice on making positive lifestyle changes to support and improve your mental well-being
- A calm, supportive approach which invites you to work through the book at your own pace
- A hands-on attitude to breaking away from negative habits Exercises grounded in research-supported CBT techniques

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

PART 1 WHAT ARE HABITS?

Habits are automatic behaviors that we repeat over and over again. They are the result of repeated actions that have become ingrained in our brains. Habits are the building blocks of our lives, and they can be either good or bad.

Habits are formed through a process called habit formation. This process involves repeating an action over and over again until it becomes automatic. The more we repeat an action, the more ingrained it becomes in our brains.

Habits are important because they can help us achieve our goals and live a more successful life. By developing good habits, we can improve our health, productivity, and overall well-being.

DAILY HABITS LOOK LIKE...

Habits are automatic behaviors that we repeat over and over again. They are the result of repeated actions that have become ingrained in our brains.

- Brushing your teeth
- Waking up every day
- Drinking water
- Going to work
- Feeding your pet
- Checking the weather
- Waking up every day
- Drinking water
- Feeding your pet
- Checking the weather

WHY DO WE DEVELOP HABITS?

Habits are formed through a process called habit formation. This process involves repeating an action over and over again until it becomes automatic.

Habits are important because they can help us achieve our goals and live a more successful life. By developing good habits, we can improve our health, productivity, and overall well-being.

WHAT MAKES A HABIT "GOOD" OR "BAD"?

Habits are automatic behaviors that we repeat over and over again. They are the result of repeated actions that have become ingrained in our brains.

Habits are important because they can help us achieve our goals and live a more successful life. By developing good habits, we can improve our health, productivity, and overall well-being.

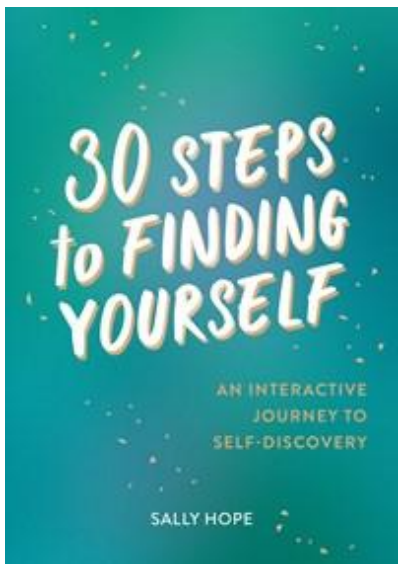
Habits are formed through a process called habit formation. This process involves repeating an action over and over again until it becomes automatic.

HOW DO HABITS FORM?

Habits are automatic behaviors that we repeat over and over again. They are the result of repeated actions that have become ingrained in our brains.

Habits are important because they can help us achieve our goals and live a more successful life. By developing good habits, we can improve our health, productivity, and overall well-being.

Habits are formed through a process called habit formation. This process involves repeating an action over and over again until it becomes automatic.



30 Steps to Finding Yourself

An Interactive Journey to Self-Discovery

Sally Hope

Key Selling Points

- This hands-on journal contains actionable advice, guided CBT-based exercises and thought-provoking journal prompts to help women on their journey of self-discovery.
- Sally Hope is a recovery coach specializing in supporting women who have experienced domestic abuse. She uses her personal experience alongside her professional knowledge and her gentle, down-to-earth humor to empower women to live lives full of joy and hope.
- In a post-Me-Too era, many women are realizing that their voices and experiences matter, and that there is nothing wrong with putting themselves first. This book provides readers with the tools to do so.

Summary

Uncover your true self and ignite personal growth with *30 Steps to Finding Yourself*. This empowering journal offers CBT-based activities, reflection prompts, and actionable advice for women on a journey of self-discovery. Build your self-esteem, grow your confidence and rediscover your sense of self with this empowering and practical 30-step journal for women

"Who am I?"

The more confidently you are able to answer this question, the higher your levels of happiness, self-esteem and personal growth tend to be. However, in a world that still socializes women to build their lives around other people, many of us don't have an answer.

This 30-step journal will take you on a unique and personal journey to discover who you are and who you want to be. Within these pages you'll find:

- A structured approach to self-discovery that builds from step 1 to step 30
- Interactive and creative CBT-based activities to nurture your relationship with yourself
- Thought-provoking journalling prompts to deepen your self-awareness and allow for reflection
- Guidance on how to let go of worries, doubts and other self-limiting beliefs
- Actionable advice to help you consciously shape yourself into the person you choose to be

This journal will be your guide to understanding and empowering the most important person in your life: you.

Contributor Bio

Sally Hope is a recovery coach with a specialism in supporting women who have experienced domestic abuse. Sally uses her personal experience of trauma recovery alongside her professional knowledge and her gentle, down-to-earth humour to empower women to live lives full of joy and hope. She is passionate about humanity, personal growth, faith, spirituality, laughter, campervanning with her children and Lego.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Summersdale
9781837991457
1837991456
Pub Date: 8/27/2024
On Sale Date: 8/27/2024
\$16.99/\$18.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 5K
Health & Fitness / Women's
Health
HEA024000

8.3 in H | 5.9 in W | 0.7 lb Wt
Status: **ACTIVE**

STEP 1 Who Cares?

TO DO

Read the text and answer the questions. Write your answers in the spaces provided.

1. What is the main purpose of the text?

2. Why is it important to know who cares about your health?

3. List three ways to stay healthy.

4. How can you tell if you are healthy?

5. What are some signs of a healthy person?

6. How can you tell if you are not healthy?

7. What are some signs of an unhealthy person?

8. How can you tell if you are not healthy?

9. What are some signs of an unhealthy person?

10. How can you tell if you are not healthy?

11. What are some signs of an unhealthy person?

12. How can you tell if you are not healthy?

13. What are some signs of an unhealthy person?

14. How can you tell if you are not healthy?

15. What are some signs of an unhealthy person?

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TO THINK ABOUT

1. How do you think you can stay healthy? Write your answers in the spaces provided.

2. How do you think you can tell if you are healthy? Write your answers in the spaces provided.

3. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

4. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

5. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

6. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

7. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

8. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

9. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

10. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

11. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

12. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

13. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

14. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

15. How do you think you can tell if you are not healthy? Write your answers in the spaces provided.

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STEP 2 What Makes Me, Me?

TO DO

Read the text and answer the questions. Write your answers in the spaces provided.

1. What is the main purpose of the text?

2. Why is it important to know what makes you, you?

3. List three ways to stay healthy.

4. How can you tell if you are healthy?

5. What are some signs of a healthy person?

6. How can you tell if you are not healthy?

7. What are some signs of an unhealthy person?

8. How can you tell if you are not healthy?

9. What are some signs of an unhealthy person?

10. How can you tell if you are not healthy?

11. What are some signs of an unhealthy person?

12. How can you tell if you are not healthy?

13. What are some signs of an unhealthy person?

14. How can you tell if you are not healthy?

15. What are some signs of an unhealthy person?

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Your Snowflake Journey

TO DO

Read the text and answer the questions. Write your answers in the spaces provided.

1. What is the main purpose of the text?

2. Why is it important to know your snowflake journey?

3. List three ways to stay healthy.

4. How can you tell if you are healthy?

5. What are some signs of a healthy person?

6. How can you tell if you are not healthy?

7. What are some signs of an unhealthy person?

8. How can you tell if you are not healthy?

9. What are some signs of an unhealthy person?

10. How can you tell if you are not healthy?

11. What are some signs of an unhealthy person?

12. How can you tell if you are not healthy?

13. What are some signs of an unhealthy person?

14. How can you tell if you are not healthy?

15. What are some signs of an unhealthy person?

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Summersdale
9781800077058
180007705X
Pub Date: 7/2/2024
On Sale Date: 7/2/2024
\$11.99/\$12.99 Can.
Hardcover

128 Pages
Carton Qty: 64
Print Run: 5K
Reference / Personal & Practical
Guides
REF015000
6.4 in H | 4.8 in W | 0.5 lb Wt
Status: **ACTIVE**

The A-Z of Wellbeing

How to Feel Good Every Day

Anna Barnes

Key Selling Points

- Understanding how to improve our physical and mental well-being continues to be a vital topic in the self-help space. Includes beautiful watercolor illustrations throughout.
- Similar Summersdale titles include: *The Secret to Happiness* (ISBN: 9781787839847).

Summary

Discover the keys to living a happier life in *The A-Z of Wellbeing*. From attitude to balance and connection, this charming guide offers simple tips, affirmations, and activities to nourish your mind, body, and spirit.

Dive into this beautiful ABC of tips to discover the art of living well every day

A is for attitude.
B is for balance.
C is for connection.

The things that add up to a happier life don't have to be complicated. Whether you choose to dance and sing, give yoga a go or tap into the power of quietude and kindness, this charming A-Z guide will help you find your perfect path towards a greater sense of well-being.

Within these pages, you will find:

- An A-Z of simple tips to help you boost your well-being
- A raft of calming affirmations and wise words to inspire you
- Activity ideas and fill-in sections to start you on your journey
- Inspiration for bringing more happiness into every day

With ideas to nourish your mind, body and spirit, let this little book help you work your way to a wonderful sense of well-being.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Make one new dish every week

To reduce the health burden on your body, it's best to eat a healthy diet. One way to do this is to try new recipes every week. In fact, some studies show that people who eat a variety of foods are more likely to be healthy.

It can be fun to try new recipes and to see how they taste. You can find recipes online or in cookbooks. You can also ask a friend or family member for help. The key is to try something new every week. You can also try to make a dish that you've never made before. This can be a fun challenge and a way to learn new cooking techniques.

So, try to make one new dish every week. You can find recipes online or in cookbooks. You can also ask a friend or family member for help. The key is to try something new every week. You can also try to make a dish that you've never made before. This can be a fun challenge and a way to learn new cooking techniques.

1. _____

2. _____

3. _____

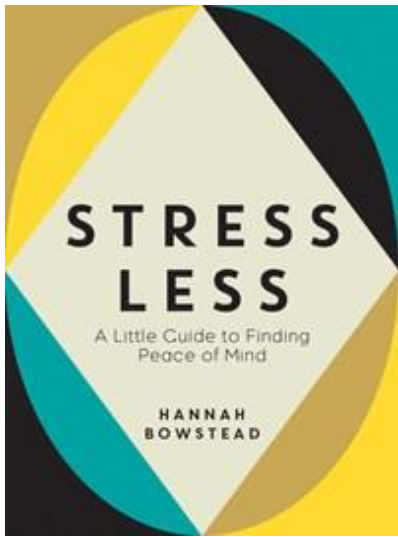
4. _____

5. _____

The best cure for the body is a quiet mind.

Working in the garden gives me something beyond the enjoyment of the moment. It gives me a profound feeling of inner peace.

— Ruth Sussman



Summersdale
9781837990818
1837990816
Pub Date: 8/13/2024
On Sale Date: 8/13/2024
\$10.99/\$11.99 Can.
Hardcover

160 Pages
Carton Qty: 60
Print Run: 4K
Self-Help / Self-Management
SEL024000
5.3 in H | 4 in W | 0.5 lb Wt
Status: **FORTHCOMING**

Stress Less

A Little Guide to Finding Peace of Mind

Hannah Bowstead

Key Selling Points

- This stunning book of affirmations and tips offers a creative and convenient way to practice self-care.
- A lovely gift for a friend or loved one to help alleviate their daily stresses.
- Similar Summersdale titles include:
 - *365 Days of Mindful Meditations* (ISBN: 9781800071018)
 - *Positivity for Every Day* (ISBN: 9781787836518)

Summary

Experience peace amidst the chaos with *Stress Less*. This beautiful book offers practical tips, soothing affirmations, and calming techniques to regain control and find serenity in your daily life.

With practical tips and soothing affirmations, enjoy a sense of peace wherever the day takes you with the calming influence of this beautiful book

As our lives become increasingly busy, it may feel like stress is controlling you, rather than the other way around. *Stress Less* will help you to take back control and tackle your worries head-on by introducing lasting and positive changes in the form of simple calming techniques and handy tips to ease your everyday stresses.

Guiding you to create a trouble-free mindset, inside this book you will find:

- How to practice mindfulness to ground yourself
- Ways to introduce self-care and regular "me" time
- Fun ways to spend time in nature in order to experience its calming influence
- Actionable tips to wind down before bed to ensure a good, restful night's sleep

Stress Less also includes powerful affirmations and mantras that can motivate and inspire you. Pause to find calm in the everyday with this handy guide.

Contributor Bio

Hannah Bowstead works in publishing and enjoys writing about culture, crafting and navigating the pitfalls of modern life. She grew up in Essex but now lives in Surbiton with her boyfriend. She fills her spare time singing, reading and sewing her own (often totally impractical) clothes.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





You Are So Awesome

Uplifting Quotes and Affirmations to Celebrate How Amazing You Are

Summersdale Publishers

Key Selling Points

- The latest addition to a stylish series of colorful pick-me-up gift books.
- A previous title in the series, *You Are Amazing* (ISBN: 9781786859808), has sold over 7,900 copies.
- Similar Summersdale titles include: *You're The Best* (ISBN: 9781800077027); *Think Positive, Stay Positive* (ISBN: 9781800077010); *Believe and Achieve* (ISBN: 9781800073920).

Summary

Celebrate your uniqueness and embrace your awesomeness with *You Are So Awesome*. This pocket-sized book of inspirational quotes and empowering affirmations will uplift your spirits and remind you of your incredible worth.

Be proud of who you are with the help of these inspirational quotes and empowering affirmations

If you're feeling down or need some encouragement, this pocket-sized book of positive quotes and powerful affirmations will help show you how great you are. These inspiring words are here to remind you that there is no one quite like you, and your uniqueness is what makes you amazing.

Filled with sage insights from ancient philosophers and sound advice from modern superstars, *You Are So Awesome* is packed with a wealth of wise words to lift your spirits. Open this uplifting collection of quotes and statements on any page and find mood-boosting words to get you through your day, such as:

- You are worthy of a wonderful life
- Be yourself and it can't go wrong
- You have the power to change your story
- Embrace your flaws and turn them into your strengths

Feel empowered to take charge of your life with this beautiful book and celebrate how incredible and awesome you are.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Summersdale
9781837993536
183799353X
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$10.99/\$13.99 Can.
Hardcover

160 Pages
Carton Qty: 60
Print Run: 5K
Reference / Quotations
REF019000

5.4 in H | 4 in W
Status: **FORTHCOMING**



Own your
energy

You have
the power
to change
your story

BE
YOURSELF
AND IT
CAN'T GO
WRONG

You are
worthy of a
wonderful
life

You are what
you believe
yourself to be.

Paulo Coelho

You get one
life. Who cares
what everyone
else thinks?

Kelly Clarkson

You are beautiful,
and you can
do anything.

Lizzo

We may encounter
many defeats
but we must not
be defeated.

Mary Angelina

OFFICIALLY RETIRED



QUOTES AND
QUIPS TO CELEBRATE
YOUR FREEDOM



Summersdale
9781837992126
1837992126
Pub Date: 7/2/2024
On Sale Date: 7/2/2024
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 60
Print Run: 6K
Humor / Form
HUM015000
5.4 in H | 4.1 in W | 0.5 lb Wt
Status: **ACTIVE**

Officially Retired

Hilarious Quips and Quotes for the Newly Retired

Ted Heybridge

Key Selling Points

- This book will appeal to those who enjoyed *Retirement for Beginners* (ISBN: 9781849537513), which has sold more than 3,300 copies.
- With hilarious quotes and quips, this makes the perfect gift for new retirees or anyone thinking about retiring.
- Similar Summersdale titles include *The Little Book of Retirement* (ISBN: 9781849538510) and *The Retirement Handbook* (ISBN: 9781787836983).

Summary

Cheers to retirement! Embrace the joy and laughter of your newfound freedom with *Officially Retired*. This hilarious collection of quotes and quips is the perfect companion for anyone navigating the adventures of post-nine-to-five life.

Celebrate surviving the nine to five with this hilarious collection of quotes, quips and statements

Congratulations, you've retired! It's time to celebrate your freedom. Whether you have grand plans to travel the world or want to move into the slow lane, you can now enjoy trading in the work grind for doing whatever you want to do.

Make the most of all your new free time with *Officially Retired*, a funny book of quotes, quips and statements on the joys and tribulations of retirement. In this delightful little book, you will find witty observations on all aspects of retirement, including:

- Embracing sleeping in and banishing the alarm clock
- The challenges of keeping up with technology
- The fleeing hair follicles
- Being the only person happy on a Monday

Perfect for anyone who wants to find humor in their golden years, or as a gift for someone about to escape the rat race, this little book is here to provide laughter and fun during your seven-day weekends. It's time to put your feet up, relax and enjoy this side-splitting little book.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

THERE'S
ONE THING
I ALWAYS
WANTED TO
DO BEFORE
I QUIT...
RETIRE!

Groucho Marx

A RETIRED HUSBAND
IS OFTEN A WIFE'S
FULL-TIME JOB.

Ella Harris

THE MORE
THINGS YOU DO,
THE MORE YOU
CAN DO.

Lucille Ball

FIND YOUR
COMFORT ZONE

For many, retirement is the
time to start living life on the
edge - of a sofa or chair.

YOU MAY NOW
LEAVE AT HOME
DOUBTS AND
FEARS BUT NOT
YOUR TEETH

KEEP
MOVING.
IT'S HARD
FOR OLD
AGE TO HIT
A MOVING
TARGET.

Jean Rivers



You know what's
great about work?
Nothing!

WHAT DO
GARDENERS
DO WHEN
THEY RETIRE?

Bob Mankiewicz



Summersdale
 9781837993567
 1837993564
 Pub Date: 8/20/2024
 On Sale Date: 8/20/2024
 \$10.99/\$13.99 Can.
 Hardcover

160 Pages
 Carton Qty: 60
 Print Run: 6K
 Humor
 HUM000000

5.4 in H | 4 in W
 Status: **FORTHCOMING**

You're Not Old, You're Vintage

Joyful Quotes for the Young At Heart

Summersdale Publishers

Key Selling Points

- This joyful collection of quotes about our latter years celebrates the lighter side of ageing and would make the perfect retirement or milestone birthday gift.
- A refreshed edition of *You're Not Old, You're Vintage* (ISBN: 9781849535335), which has sold over 4,000 copies.
- The 2021 American Community Survey estimated that over 55 million Americans were aged over 65.
- Similar Summersdale titles include *The Little Instruction Book for Retirement* (ISBN: 9781787835726); *The Retirement Handbook* (ISBN: 9781787836983); *Officially Retired* (ISBN: 9781837992126).

Summary

This spirited collection of quotes and musings celebrates the joy and wisdom that come with our later years. Laugh, embrace, and love the ride of life!

Just like a valuable antique, your smooth finish may have become a little lined and your legs may creak from time to time. But don't worry: even if you no longer have all your original parts and nobody can find your instruction manual, it's great to be vintage!

Whether you're a silver surfer or a golden oldie, you've still got what it takes (it just takes a little longer than it used to). Yes, there's the memory loss, wrinkles and the receding hairline but you're worldly-wise and have a lifetime of anecdotes to show for it all. And besides, we'll all be old-timers one day - but today it's your turn!

Full of senior sagacity and elderly erudition, this spirited and joyful collection of quotes and musings about our latter years celebrates the lighter side of ageing. Encouraging you to laugh, embrace and love the ride, this book will show you that it really is the life in your years that counts.

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Youth has no age.

PARLO PICASSO

I'M NOT SURE THAT
OLD AGE ISN'T THE
BEST PART OF LIFE.

C. S. LEWIS

THERE'S NO SUCH
THING AS AGING.
BUT MATURING AND
KNOWLEDGE, IT'S
BEAUTIFUL, I CALL
THAT BEAUTY.

CÉLINE DION



With mirth and
laughter let old
wrinkles come.

WILLIAM SHAKESPEARE



Summersdale
 9781837991297
 1837991294
 Pub Date: 7/2/2024
 On Sale Date: 7/2/2024
 \$13.99/\$15.99 Can.
 Hardcover

160 Pages
 Carton Qty: 56
 Print Run: 5K
 Health & Fitness / Herbal
 Medications
 HEA011000

6.2 in H | 4.7 in W | 0.5 lb Wt
 Status: **ACTIVE**

Herbal Magic

A Beginner's Guide to the Magical Power of Plants

Lydia Levine

Key Selling Points

- Combining the popular topics of herbalism and witchcraft, this book is a beginner's guide to the magical power of plants. It includes plant profiles that detail the purported magical properties of the herb, as well as a guide for where to forage, grow or buy it, finished off with an example craft, spell or ritual.
- Herbalism and witchcraft have become massive trends on social media platforms such as TikTok and Instagram. For example, #herbalmagick has 12.5 million views on TikTok, #foraging has 1.2 billion views on TikTok and #witchesofinstagram has 9.5 million posts on Instagram.
- Esoteric subjects are seeing a rise in popularity. Summersdale's *The Little Book of Spells* (ISBN: 9781786857996) has sold over 11,400 copies.
- Similar Summersdale titles *The Little Book for Modern Witches* (ISBN: 9781800079298) and *The Little Book of Witchcraft* (ISBN: 9781800074071).

Summary

Enter the enchanting world of plants and discover the captivating power they hold. Unlock the secrets of ancient wisdom and explore the transformative energies of nature in this captivating guide.

Step into the enchanting world of herbal recipes, remedies and rituals with this spellbinding guide to the magical power of plants

Including a variety of crafts, spells and rituals, this treasury of herb profiles is the perfect introduction to harnessing the infinite natural energies at your disposal. Complete with spells for every day and occasion - from cleansing and healing to divination and prosperity - within these pages you will also discover:

- The ancient relationship between herbalism and witchcraft
- The benefits of inviting herbal magic into your life, including reflection, self-care and self-discovery
- How to incorporate herbs into your practice to enhance your spell experience
- How to forage or grow herbs like the apothecaries and herbalists of the past

Conjure your inner power and enrich your life with a little herbal magic. Whether you are drawn to blends and brews or elixirs and potions, the unique natural powers of these bewitching ingredients are ready and waiting for you.

Contributor Bio

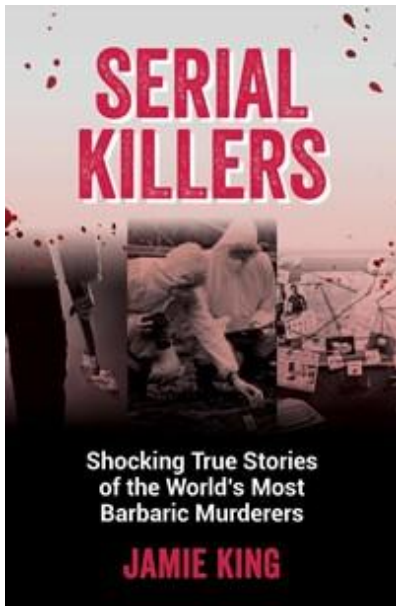
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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Summersdale
9781837991228
1837991227
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$13.99/\$15.99 Can.
Paperback

320 Pages
Carton Qty: 48
Print Run: 4K
True Crime / Abductions,
Kidnappings & Missing Persons
TRU006000

7.9 in H | 5.2 in W | 0.6 lb Wt
Status: **ACTIVE**

Serial Killers

Shocking True Stories of the World's Most Barbaric Murderers

Jamie King

Key Selling Points

- The appetite for true crime has increased exponentially over the last few years, with numerous podcasts, TV channels and series with record-breaking viewing figures now dedicated to the genre - with a particular fascination for serial killers.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 1,900 copies.
- Other similar Summersdale titles include *True Crime Stories* (ISBN: 9781837990078).

Summary

Explore the chilling world of serial killers in this gripping true crime compendium. Uncover the shocking stories and delve into the twisted minds behind some of history's most infamous murderers.

A gripping compendium of some of the world's most infamous and shocking mass murderers, such as John Wayne Gacy, the Boston Strangler, David Berkowitz and Ed Gein, as well as some lesser-known figures

Who was the Zodiac Killer?

What drove Jeffrey Dahmer to dismember his 17 victims?

How many women really fell prey to Ted Bundy?

Maybe it's because our animal instincts draw us to dangerous situations; maybe it's because reading about predators allows us to learn about their behaviors in a safe setting. Whatever the reason, serial killers and their crimes have fascinated us for centuries.

This true crime compendium not only relates the disturbing events that transpired but also delves into the psychology of the perpetrators. The stories within are shocking and often difficult to comprehend, but with this deep dive into the world of the macabre, readers may gain a greater understanding of the motivations and thought processes of these murderers. This book is a must-read for anyone interested in the psychology of crime and the human mind.

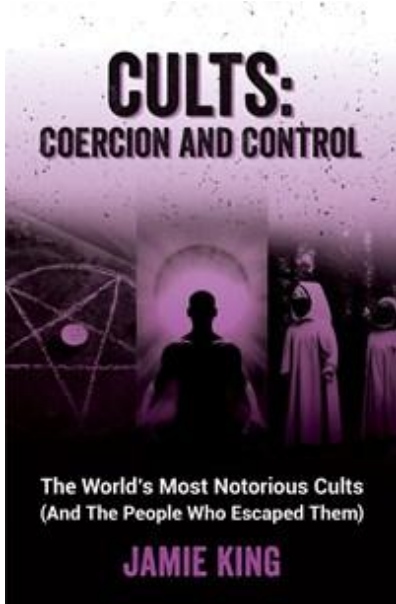
Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale
9781837992805
1837992800
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$13.99/\$15.99 Can.
Paperback

320 Pages
Carton Qty: 44
Print Run: 5K
Religion / Cults
REL020000
7.8 in H | 5.1 in W | 0.6 lb Wt
Status: **FORTHCOMING**

Cults: Coercion and Control

The World's Most Notorious Cults (And the People Who Escaped Them)

Jamie King

Key Selling Points

- The popularity of the true crime genre continues to grow, with numerous books, podcasts, documentaries, films and TV series dedicated to these stories. Consumers present a particular fascination for cults, cult leaders and cult crimes.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 1,900 copies.

Summary

Delve into the dark world of cults this gripping true crime compendium, that exposes the chilling realities of notorious cults, exploring their origins, beliefs, and the unimaginable horrors they inflict.

Belief system or brainwashing? Captivated or captive? Community or cult? Uncover stories of the world's most infamous cults in this true crime compendium...

Building spacecrafts to transport humans to a new plane of existence, kidnapping children to create a master race that would survive the apocalypse, murdering innocent people to secure a place in the afterlife... these only scratch the surface of the strange, sinister and shocking world of cults.

Throughout history, cult groups have formed across the globe, promising followers freedom, family and fortune. In reality, religious, destructive and doomsday cults capture, coerce and control people. From mass murders to child marriages, polygamy to life insurance policies, blackmail to sex bait, discover the cruelty and curiosities of cults in this illuminating anthology.

Filled with stories of the world's most notorious cults, this book details their origins, beliefs, leaders, followers and victims, and uncovers the unthinkable horrors hidden by these "utopia" societies.

Whether you're new to the subject or looking to expand on your knowledge, discover the truth behind the world's killer and criminal cults in this gripping compendium.

Contributor Bio

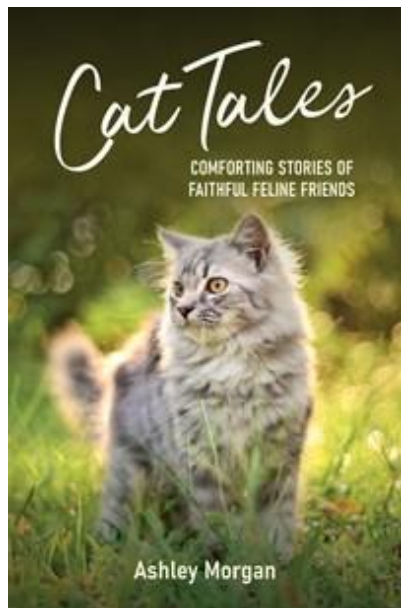
Jamie King has been fascinated by famous mysteries ever since discovering the *Abbey Road* album cover conspiracy theory as a child. He works as a freelance writer and editor, and lives in Wimbledon, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Summersdale
 9781837992829
 1837992827
 Pub Date: 7/30/2024
 On Sale Date: 7/30/2024
 \$11.99/\$12.99 Can.
 Paperback

208 Pages
 Carton Qty: 68
 Print Run: 4K
 Pets / Cats
 PET003000

7.8 in H | 5.1 in W | 0.4 lb Wt
 Status: **ACTIVE**

Cat Tales

Comforting Stories of Faithful Feline Friends

Ashley Morgan

Key Selling Points

- This book celebrates the special relationships we form with our cats and the huge impact they have on our lives.
- The US is a nation of cat lovers, with over 58 million cats kept as pets (and plenty of people who love cats but don't own one themselves).
- Similar Summersdale titles include:
- *Super Cats* (ISBN: 9781800076884)
- *My Rescue Pet Rescued Me* (ISBN: 9781787839861)

Summary

Discover the profound impact of feline companionship in *Cat Tales*. This heart-warming collection of true stories celebrates the extraordinary connections between cats and humans, reminding us of the joy, comfort, and lessons they bring to our lives.

This collection of uplifting stories shares true accounts of some extra-special cats and reminds us that even the smallest creatures can have the biggest impact on our lives

Cats are more than just pets - they are family. This heart-warming book is filled with tales of the incredible bonds we form with cats, and inspiring examples of how these furry friends have brought joy and love into so many lives.

From rescuing their owners from loneliness to being a source of comfort during tough times, the cats featured in these stories have proven that they are so much more than just cute and cuddly companions. Each tale serves as a reminder of the powerful connection we share with these fluffy animals and the lessons they teach us about healing, hope, and happiness.

Whether you're a cat owner or you simply appreciate the magic of these adorable creatures, this book is sure to warm your heart and remind you of the power of their love and companionship.

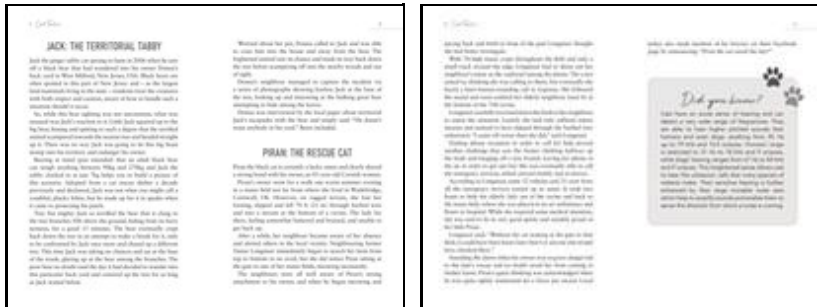
Contributor Bio

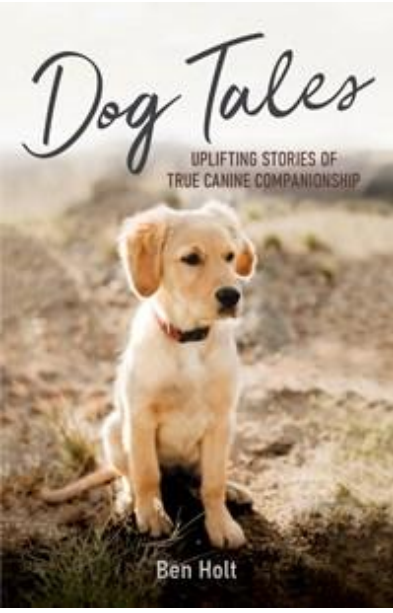
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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





Dog Tales

Uplifting Stories of True Canine Companionship

Ben Holt

Key Selling Points

- This book celebrates the special relationships we form with our dogs and the huge impact they have on our lives.
- There are 76 million dogs kept as pets in the US alone, not to mention service dogs or working dogs who help save lives every day.
- Similar Summersdale titles include *Wonder Dogs* (ISBN: 9781800071803) and *My Rescue Pet Rescued Me* (ISBN: 9781787839861).

Summary

Experience the unconditional love and incredible stories of remarkable dogs in *Dog Tales*. This heartwarming collection celebrates the uplifting impact and unwavering bond between dogs and humans, leaving you inspired and filled with joy.

This collection of heart-warming stories shares true accounts of some extra-special pups and celebrates the many ways dogs uplift and enrich our lives every day

Dive into these pages to meet some of the most incredible dogs and puppies who have touched the lives of their owners in unforgettable ways. From loyal service dogs who have helped their owners through some of life's toughest challenges, to playful puppies who bring joy to every moment, the furry friends featured in this heart-warming collection of stories will leave you feeling uplifted and inspired.

Whether you're a dog lover or simply need a dose of positivity, the stories inside are sure to raise your spirits. Filled with tales of courage, love and loyalty, this book is here to remind you of the unbreakable bond between dogs and humans. So settle in with your furry friend and get ready to be inspired by the stories of these amazing pups!

Contributor Bio

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Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

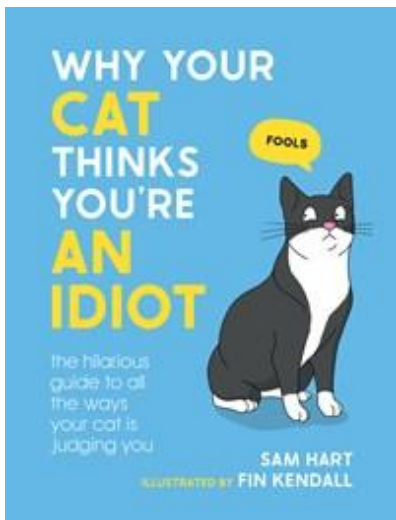


Summersdale
 9781837992843
 1837992843
 Pub Date: 7/2/2024
 On Sale Date: 7/2/2024
 \$11.99/\$12.99 Can.
 Paperback

208 Pages
 Carton Qty: 68
 Print Run: 5K
 Pets / Dogs
 PET004000

7.9 in H | 5.2 in W | 0.4 lb Wt
 Status: **ACTIVE**





Why Your Cat Thinks You're an Idiot

The Hilarious Guide to All the Ways Your Cat is Judging You

Sam Hart

Key Selling Points

- A perfect gift for one of the eight million cat owners in the UK.
- Similar Summersdale titles include:
- *Cat Yoga* (ISBN: 9781787832466)
- *The Cat Owner's Survival Guide* (ISBN: 9781800074019)

Summary

Unveil the comical truth with *Why Your Cat Thinks You're an Idiot*. This hilarious gift book sheds light on the amusing reasons behind your feline's judgmental behavior and showcases their undeniable superiority.

This frank and hilarious illustrated gift book is the perfect guide to why your cat thinks you are an idiot

You dote on your fluffy feline, but it may feel like the relationship is a little one-sided at times. Whether it's the judgemental stares or the cold shoulders, sometimes your cat doesn't seem to have the same enthusiasm for you as you do for them. If you're wondering why they treat you this way, allow this book to explain; your cat thinks you're a fool!

Filled with witty original illustrations, this book offers many reasons why your pampered puss thinks you're ridiculous and why they're in charge. From following you into the bathroom to knocking things off shelves, gain insight into the mind of your moggy and allow them to explain why they act the way they do.

Perfect for any cat lovers, or long-suffering owners, this book reveals the truth: your cat just thinks you are an idiot.

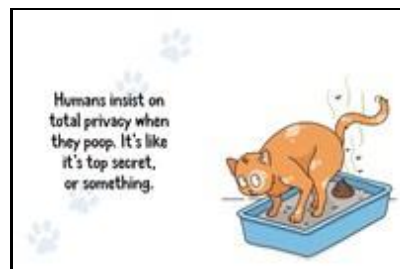
Contributor Bio

Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue centre based in Buckinghamshire.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale
9781800079304
1800079303
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$10.99/\$11.99 Can.
Hardcover

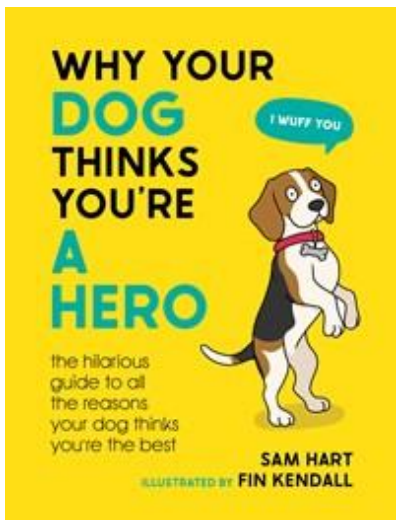
96 Pages
Carton Qty: 40
Print Run: 5K
Pets / Cats
PET003000
6.3 in H | 4.8 in W | 0.4 lb Wt
Status: **FORTHCOMING**

Why do they feel
the need to label
all their items?
What's wrong
with "spray it,
don't say it"?



They get so
excited when
their parcel
arrives, only
to throw away
the best part!





Why Your Dog Thinks You're a Hero

The Hilarious Guide to All the Reasons Your Dog Thinks You're the Best

Sam Hart

Key Selling Points

- A charming book of hilarious illustrations, this book is a perfect gift for dog owners everywhere.
- Similar Summersdale titles include:
- *The Dog Owner's Survival Guide* (ISBN: 9781800074002)
- *Dog Mindfulness* (ISBN: 9781787832459)

Summary

Unleash laughter and love with *Why Your Dog Thinks You're a Hero*. This witty and heartfelt gift book reveals the delightful reasons behind your dog's adoration and showcases the bond you share.

This hilarious and heartfelt gift book is the perfect guide to the many reasons why your dog thinks you are a hero

Owning a dog is to have a four-legged best friend who worships your every move. Each time you walk through the door, you become the center of their universe, and their love for you is only matched by their love of chowing down on sausages and chasing cats. As their amazing owner, you know what it takes to care for them, but allow this book to show how much it means to your furry friend.

Filled with witty original illustrations, this book explains the curious reasons behind all your dog's goofy looks and behaviors. Discover what your dog is saying through their barks and tail wags, and why they think you're the best.

Whether you're leaving enough room for them on the sofa, taking them for walkies or always bringing them treats, you really are the hero in their big puppy-dog eyes.

Contributor Bio

Sam Hart studies meditation and mindfulness in tandem with a demanding job at an animal rescue centre based in Buckinghamshire.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale
9781800079311
1800079311
Pub Date: 8/20/2024
On Sale Date: 8/20/2024
\$10.99/\$11.99 Can.
Hardcover

96 Pages
Carton Qty: 40
Print Run: 5K
Comics & Graphic Novels
/ Humorous
CGN014000

6.2 in H | 4.7 in W
Status: **FORTHCOMING**

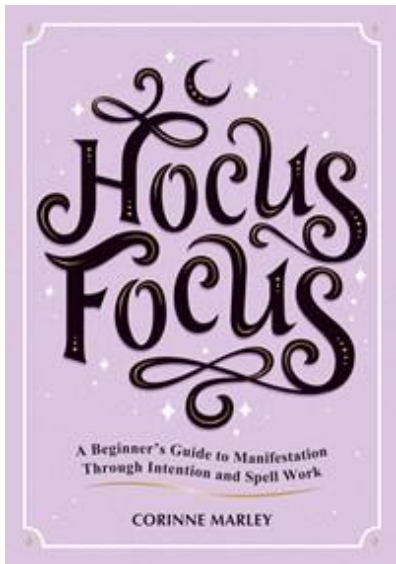


They keep
ordering presents
so I get to see
my best friend
every morning!



There's always
room for us
on their lap!





Summersdale
9781837991884
183799188X
Pub Date: 6/4/2024
On Sale Date: 6/4/2024
\$14.99/\$16.99 Can.
Paperback

160 Pages
Carton Qty: 40
Print Run: 5K
Body, Mind & Spirit / Magick
Studies
OCC028000

8.3 in H | 5.9 in W | 0.7 lb Wt
Status: **ACTIVE**

Hocus Focus

A Beginner's Guide to Manifestation Through Intention and Spell Work

Corinne Marley

Key Selling Points

- A beginner's guide to spells and the power of intention, this book combines modern witchcraft and manifestation, topics which are growing in popularity, visibility and influence. Including journal elements for the reader to record their spell experience, it is an accessible introduction to the magic within each of us.
- Similar Summersdale titles include:
- *The Little Book of Witchcraft* (ISBN: 9781800074071) *The Little Book of Spells* (ISBN: 9781786857996) and *The Little Book for Modern Witches* (ISBN: 9781800079298).

Summary

Unlock the mystical realm with *Hocus Focus*. This modern guide to spell-work and manifestation empowers you to harness universal energies, transform your life, and manifest your deepest desires.

Conjure the magic within you with this modern guide to the ancient art of spell-work and manifestation - all you need is a little hocus focus

Including a variety of spells for every place and occasion - and tips and tricks on how to cast them - this enchanting book is the perfect introduction to invoking the universal energies at your disposal. Complete with fill-in sections to chronicle your experiences, these pages will teach you how to:

- Enrich your life with the power of intention
- Use spells for healing, reflection, self-care and self-discovery
- Harness the energy of the new moon to call in your deepest desires
- Connect with the wisdom of the natural world, familiars and spirit guides

This collection of rituals will guide you to a path of infinite possibilities, help you develop your unique gifts and abilities, and set you well on your way to creating the life you have always wanted.

Contributor Bio

Corinne Marley has had a lifelong connection to nature and the energy and healing power it carries. She is a writer, reiki practitioner, and tarot and oracle card reader. She is a creative entrepreneur and has displayed her artwork and photography in shows and galleries for over 15 years. Corinne holds a Bachelor of Applied Science Honours Degree and is an Education Assistant. She lives on Vancouver Island on the west coast of Canada with her husband and their two daughters. Visit her on Instagram @corinne_marley_

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Introduction

Wax is the heart of a candle. It is the fuel that allows the flame to burn. The quality of the wax determines the quality of the candle. There are many different types of wax, each with its own unique properties. Some are harder than others, some are softer, and some are more expensive than others. The most common type of wax used in candles is paraffin wax. It is a white, waxy solid that is derived from petroleum. It is easy to work with and has a long history of use in candle-making.

Another common type of wax is beeswax. It is a natural wax produced by bees. It is a yellowish, waxy solid that is harder than paraffin wax. It has a distinct honey-like scent and is often used in scented candles. Soy wax is another popular choice. It is made from soybean oil and is a white, waxy solid. It is known for its clean burn and is often used in eco-friendly candles.

When choosing a wax for your candle, it is important to consider the intended use of the candle. If you are making a candle for a specific purpose, such as a scented candle or a votive candle, you may want to choose a wax that is best suited for that purpose. For example, if you are making a scented candle, you may want to choose a wax that is known for its ability to hold fragrance well.



Chapter One Tell Me More Where to Start?

Who can I spell for? This is a question that many candle makers ask themselves. The answer is simple: anyone! There are no restrictions on who can use candles. Candles are a versatile and popular way to add light and fragrance to any space. Whether you are looking for a romantic candle for a date, a scented candle for your home, or a votive candle for a religious ceremony, there is a candle for everyone.



Call To The Sun

When you light a candle, you are calling to the sun. The sun is the source of all life on Earth, and it is the source of all energy. Without the sun, there would be no life on Earth. The sun is a giant ball of fire that is constantly burning. It is the source of all light and heat on Earth. The sun is the source of all life on Earth. Without the sun, there would be no life on Earth.

Light candles
 Blessings to you and yours
 And let us call them yours
 When you do call us
 We'll be there

Light candles
 Blessings to you and yours
 And let us call them yours
 When you do call us
 We'll be there



Candle Colour Guide

There is a lot of information out there about candle colors. Some people believe that certain colors have specific meanings. For example, red is said to represent passion and love, while blue is said to represent calmness and peace. While these beliefs are popular, they are not always based on fact. The color of a candle is often chosen for aesthetic reasons or to match a theme.

Red: Represents passion, love, and energy. It is often used in romantic candles.

Blue: Represents calmness, peace, and tranquility. It is often used in candles for relaxation.

White: Represents purity, innocence, and new beginnings. It is often used in wedding candles.

Yellow: Represents happiness, joy, and optimism. It is often used in candles for good luck.

Green: Represents nature, growth, and renewal. It is often used in candles for health and vitality.

Purple: Represents spirituality, wisdom, and mystery. It is often used in candles for meditation.


Orange: Represents enthusiasm, creativity, and confidence. It is often used in candles for motivation.

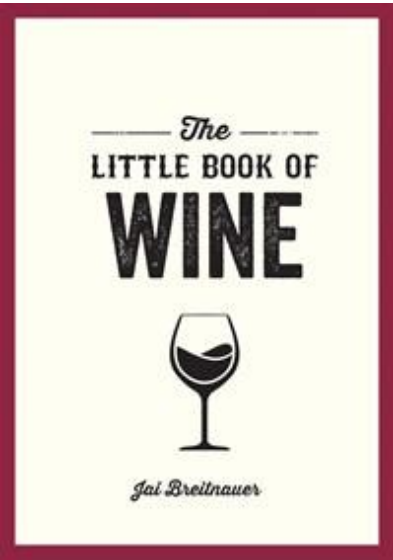
Pink: Represents love, romance, and femininity. It is often used in candles for love and affection.

Black: Represents mystery, power, and elegance. It is often used in candles for protection.

Gold: Represents wealth, luxury, and success. It is often used in candles for good fortune.

Silver: Represents elegance, refinement, and sophistication. It is often used in candles for special occasions.





The Little Book of Wine

A Pocket Guide to the Wonderful World of Wine Tasting, History, Culture, Trivia and More

Jai Breitnauer

Key Selling Points

- This friendly and accessible little gift book is perfect for newcomers and experts alike - with fascinating facts on how wine is produced, flavor profiles and top tips for tasting and pairing your drinks.
- In 2021 in the US the total wine consumption amounted to 1.1 billion gallons.

Summary

Raise your glass to the captivating world of wine with *The Little Book of Wine*. Unveiling its secrets, history, and trivia, this pocket guide is a delightful gift for wine enthusiasts of all levels.

Whether you're a qualified quaffer or an aspiring aficionado, raise a glass to the wonders of wine with this vintage blend of culture, history and trivia

Pinot, Chardonnay, Merlot, Riesling... There are so many delicious varieties of wine to delight both the nose and palate - and no other beverage has ever created such excitement and emotion over its vast history. It's also a subject whose complexities can be baffling and mysterious to the uninitiated. Luckily, this small but full-bodied pocket guide is here to unveil all the secrets of this most marvellous drink.

Packed with a wealth of information on the world of wine, this miscellany is the perfect gift for any wine fan, from the seasoned expert to the casual drinker. Whether you favor red or white, dry or sweet, sparkling or still, indulge your inner sommelier and celebrate the gift of the grape with *The Little Book of Wine*.

Contributor Bio

Jai Breitnauer is a writer originally from London. She has a WSET level 2 and previously worked in the wine and spirits industry in New Zealand. As well as working a regular wine columnist for *MindFood* magazine, and digital editor of NZ drinks title *TOAST*, Jai has also contributed to a distillery guide. She currently lives in Bristol, UK, with Noah, her architect husband, two teenagers, and Jimbo the rescue dog. When not drinking wine, Jai loves a cup of coffee enjoyed with a good book.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Summersdale
 9781800079984
 1800079982
 Pub Date: 8/20/2024
 On Sale Date: 8/20/2024
 \$9.99/\$10.99 Can.
 Paperback

128 Pages
 Carton Qty: 102
 Print Run: 5K
 Cooking / Beverages
 CKB126000

5.8 in H | 4.2 in W | 0.3 lb Wt
 Status: **FORTHCOMING**



DID YOU KNOW?

The World's oldest known grape-growing vine is a 12,000-year-old vine discovered in the Taurus mountains in the Middle East. The first wine was made from wild grapes and it was made about 10,000 years ago. It was made from about 10 to 15 kg of grapes and was made in a wooden vat and was drunk in a wooden bowl.

The top ten wine grapes and their regions

1. Cabernet Sauvignon - Bordeaux, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America, South Africa, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
2. Merlot - Bordeaux, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
3. Pinot Noir - Burgundy, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
4. Chardonnay - Burgundy, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
5. Sauvignon Blanc - Bordeaux, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
6. Riesling - Germany, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
7. Shiraz - Australia, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
8. Pinot Grigio - Italy, France, Germany, Spain, Australia, New Zealand, South America
9. Malbec - Argentina, France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America
10. Syrah - France, Italy, USA, Chile, Argentina, South Africa, Spain, Australia, New Zealand, South America

Wine tastings: Amegnon with Pinot Noir

Amegnon is a wine made from the Pinot Noir grape, which is a red wine grape variety.

INGREDIENTS

- 1 cup Pinot Noir
- 1 cup Amegnon
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Wine tastings: Amegnon with Pinot Noir

Amegnon is a wine made from the Pinot Noir grape, which is a red wine grape variety.

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Wine tasting: Amegnon with Pinot Noir. Amegnon is a wine made from the Pinot Noir grape, which is a red wine grape variety. It is a light-colored wine with a high alcohol content. It is a light-colored wine with a high alcohol content. It is a light-colored wine with a high alcohol content.



Summersdale
 9781837990801
 1837990808
 Pub Date: 6/4/2024
 On Sale Date: 6/4/2024
 \$9.99/\$10.99 Can.
 Paperback

96 Pages
 Carton Qty: 120
 Print Run: 5K
 Family & Relationships / Love & Romance
 FAM029000

5.9 in H | 4.2 in W | 0.3 lb Wt
 Status: **ACTIVE**

The Little Book of Flirting

Tips and Tricks to Help You Master the Art of Love and Seduction

Sadie Cayman

Key Selling Points

- Newly updated version of *The Little Book of Flirting* (ISBN: 9781849539067)
- The increase in dating apps has brought a new lease of life to the world of flirting and dating.
- Offers inclusive dating advice to all, regardless of gender and sexual orientation.
- A playful gift for singletons who are looking for love, as well as couples who want keep that flirting flame alive.
- Other similar Summersdale titles include *The Little Book of Love* (ISBN: 9781800075184).

Summary

Unleash your inner flirt with *The Little Book of Flirting*. Packed with essential advice and playful inspiration, this pocket guide will boost your confidence and help you charm your way into exciting connections and memorable dates.

Packed with essential advice for everyone from flirting first-timers to anyone looking for some fresh dating inspiration

Whether you choose to treat your flirting talents as a delicate science or simply as a fun way to meet new people, this pocket guide will set you well on your way to charming the socks off anyone you set your sights on.

From chat-up lines and online-dating nopes to first-date ideas and etiquette, these pages will arm you with all the flirting know-how you could ever need, including:

- Tips and tricks to boost your self-confidence before a first date
- How to make a good first impression
- Where to meet like-minded people and how to get noticed
- Non-verbal ways to say "I fancy the pants off you!"
- Charming conversation openers

Delving into the exhilarating world of hook-ups, internet dating and real-life dates, this book is the perfect companion on your journey to becoming a world-class flirt.

Contributor Bio

Sadie Cayman is a freelance writer and pilates teacher living in County Durham. She believes in seizing the day, and is partial to a good mojito.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



On a Worksheet Give Thinking Tips

- **Enable confidence** in your field language and communication skills. Speak clearly and calmly, and don't show concern or panic. Remember, don't be with people. If the team happens that you get an idea for which thinking, or you don't think about that, could mean your group and might receive credit from the instructor, and the best that possible for you. And you can always change your name.
- **Find out what's holding you back** and address it. If you're feeling nervous about your appearance, perhaps wear the hair in your hair and get that hair done before that's under you last appearance, or so be the goal for a class of confidence and a healthy future. If you're nervous about interacting with your partner, meet with a - ask a class member how they did it there, or meet in conversation with a colleague you don't usually speak to. Practice makes perfect.

- **Get around thinking challenges.** If you're not naturally confident, always bring a paper with help, such as a notebook or a piece of paper, which you can refer to if you need it. You could be used if you talk to a friend or your partner, or if you're nervous (I'll see if I can do that without that up here tonight).
- **Remember someone you admire.** If you have that one person who you really like, think of someone, think about what they do that makes them an interesting person, how do they present themselves? What do they accomplish about themselves? Watch their appearance, appearance and how you get an interesting person.

Always They're people

Before you start getting out there, you should be a good idea to think out for the most possible without getting into other situations. There could be a lot of talk to do in the room, so you should be prepared to answer. Making sure they're ready and well-informed before you start to answer will help you and the instructor.

Sign that someone is single and approachable

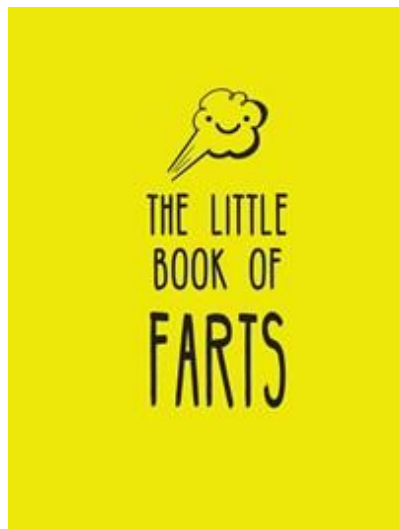
- ✓ If they are getting out there, or you're thinking they should, they can be looking like.
- ✓ If they have an opening, make sure it can be a comfortable one of thinking about that they can be a good one.
- ✓ If they think, just a partner for a while, or how much you think you could do that they could be interested.
- ✓ If a group of friends are meeting together, and one person has a question, but thinking more, they are likely to be looking to meet someone.

- ✓ If you're nervous, but you're a good person to be in the room, they could be the best - making themselves more approachable.

Signs that someone is interested in your discussion advances

- ✗ If someone is sitting with a group of friends, looking at you, or looking towards you, that's a sign that they're interested in what you're saying.
- ✗ If they're looking at you, or looking towards you, that's a sign that they're looking for someone to get their hair done, or to be interested.
- ✗ Looking towards, looking back and eye eye of looking you from one or two sides that they're interested.





The Little Book of Farts

Everything You Didn't Need to Know and More!

Summersdale Publishers

Key Selling Points

- Other similar titles include: *The Little Book of Foreign Swear Words* (ISBN: 9781787837690) and *52 Things to Do While You Poo: The Fart Edition* (ISBN: 9781786859969), *52 Things to Do While You Poo: The Turd Edition* (ISBN: 9781787832688).

Summary

Prepare to laugh and learn with *The Little Book of Farts*. From historical to musical, animal to mini farts, this amusing guide celebrates the diversity of flatulence and promises hilarious moments for all toilet-humored enthusiasts.

If you thought there was only one type of fart, get ready to be blown away!

This amusing and informative little book is set to entertain farters far and wide. Featuring all things flatulence, it's the perfect gift for toilet-humored-cheese-cutters!

Human beings are made unique by a selection of special and beautiful things: our fingerprints, our irises, our voices... and our farts.

Covering the many different types of farts, farty facts (did you know, a person farts around 15 times a day?), farting etiquette, top-trumping tips and bottom-burp analysis, this book is sure to make you laugh out loud and let one rip.

Get a whiff of what this book's got going on inside:

- Historical farts, such as *The Tomb of Toot-ankhamun*
- Musical farts, such as *Trumpet Chorus*
- Travel farts, such as *Turdulance*
- Animal Farts, such as *The Whale Song*
- Mini Farts, such as *Pocket Parp*

And more!

After reading this pocket-(parp)-sized book, you'll realize you didn't know the first thing about flatulence!

Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

Summersdale
9781837992782
1837992789
Pub Date: 7/2/2024
On Sale Date: 7/2/2024
\$9.99/\$10.99 Can.
Hardcover

160 Pages
Carton Qty: 60
Print Run: 5K
Humor / Form
HUM004000

6.4 in H | 4 in W | 0.3 lb Wt
Status: **ACTIVE**

FARTING ETIQUETTE

If you release a stinky gas into the world, you're not wrong. It's always fun to know the truth. With their cute little tails and playful demeanor, they can get away with anything.

DID YOU KNOW

In 2012, the Italian government introduced new legislation intended to prohibit passing of the air. Scientists recognized this as a fun on-breathing world and the issue went global, with "Italy's ban on farting" trending on the internet. The ban was later rescinded by the government.



HISTORICAL FARTS

There are farts for the ages that have been found from ancient civilizations. The ancient Egyptians used farting as a form of currency and later as a form of payment. The ancient Greeks used farting as a form of payment and later as a form of payment.

THE TOMB OF TOOT-ANKHAMUN

SMELLS RATING: 1/5

LOOKS RATING: 1/5

RECORDS RATING: 1/5

DETAILS: 1/5

When your farts are used to be in a tomb, the pharaohs themselves would have been proud of it.

DID YOU KNOW

The farts of people with a pheromone called propanol, which they use to call other members of their species. The pheromone is especially attractive to males of the species.

FARTING ETIQUETTE

For the farters of a particularly bad fart, you have to get creative. Arrange to shake your ass on the floor in the hope that it too will speak. If you know that it's approaching, and there's nothing you can do to stop it, try to make the sound with a happy coughing fit.



THE STINKY HOUDINI

SMELLS RATING: 1/5

LOOKS RATING: 1/5

RECORDS RATING: 1/5

DETAILS: 1/5

A mysterious release of odor has made you this a stinky fart. The secret to the success of the fart is to make the release so that a quick escape can be made before the other farts can be detected. Follow us for the stinky world but in a fun way that doesn't bring water to your nose. Thank you.