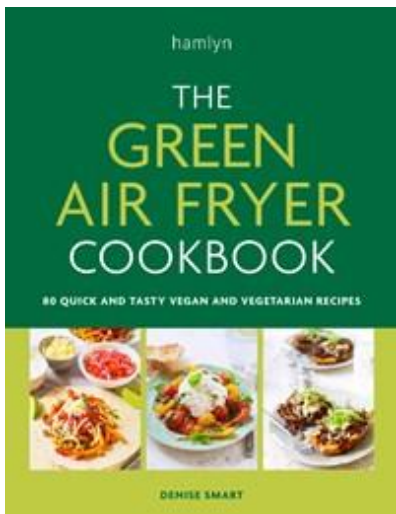


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OCTOPUS

BOOKS USA

**WINTER 2024**



## The Green Air Fryer Cookbook

80 quick and tasty vegan and vegetarian recipes

Denise Smart

### Key Selling Points

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

### Summary

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

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

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

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

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

### Contributor Bio

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

### Marketing Plans

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

### Illustrations



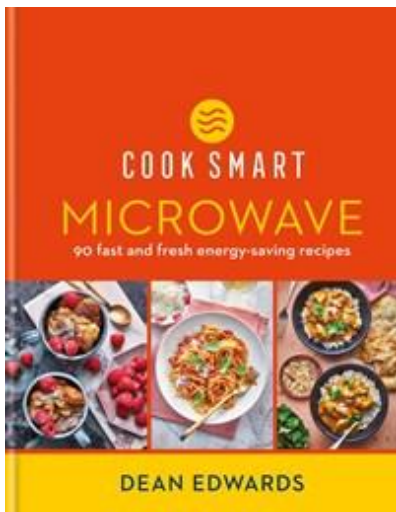
Hamlyn  
9780600638278  
0600638278  
Pub Date: 1/9/2024  
On Sale Date: 1/9/2024  
\$19.99/\$21.99 Can.  
Paperback

192 Pages  
Carton Qty: 22  
Print Run: 6K  
Cooking / Methods  
CKB081000

9.6 in H | 7.4 in W | 0.6 in T | 1.4 lb Wt

Status: **ACTIVE**





## Cook Smart: Microwave

### 90 fast and fresh energy-saving recipes

Dean Edwards

#### Key Selling Points

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

#### Summary

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

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

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

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

#### Contributor Bio

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

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

#### Marketing Plans

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

#### Illustrations



Hamlyn  
 9780600638001  
 0600638006  
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 On Sale Date: 1/16/2024  
 \$24.99/\$31.99 Can.  
 Hardcover

192 Pages  
 Carton Qty: 16  
 Print Run: 6K  
 Cooking / Methods  
 CKB057000

10.1 in H | 7.9 in W | 1.8 lb Wt  
 Status: **ACTIVE**



### Beefing up your and your child's food

Beefing up your and your child's food means adding more protein and healthy fats to your diet. This is important for your child's growth and development. Protein is essential for building muscle and repairing tissues. Healthy fats are important for brain health and energy. You can add protein to your diet by eating more meat, fish, eggs, and dairy. You can add healthy fats to your diet by eating more avocados, nuts, and seeds. It's also important to eat a variety of foods to get all the nutrients your body needs.

© 2018

### High-protein eggs

High-protein eggs are a great source of protein and healthy fats. They are also easy to cook and eat. You can eat high-protein eggs in many ways, including hard-boiled, scrambled, and fried. You can also use high-protein eggs in recipes like omelets and frittatas. High-protein eggs are a good choice for anyone looking to increase their protein intake.

© 2018





## Pressure Cooking Every Day

80 modern recipes for stovetop pressure cooking

Denise Smart

### Key Selling Points

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

### Summary

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

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

Six reasons to use a stovetop pressure cooker:

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

### Contributor Bio

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

### Marketing Plans

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

### Illustrations



Hamlyn  
9780600638179  
0600638170  
Pub Date: 2/6/2024  
On Sale Date: 2/6/2024  
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Paperback

128 Pages  
Carton Qty: 30  
Print Run: 5K  
Cooking / Methods  
CKB129000

9.6 in H | 7.4 in W | 0.5 in T | 0.9 lb Wt

Status: **ACTIVE**



**HERBED TABBOULEH WITH POMEGRANATE SEEDS**

**Ingredients:**  
 1 cup bulgur wheat  
 1/2 cup fresh parsley, finely chopped  
 1/2 cup fresh mint, finely chopped  
 1/2 cup fresh dill, finely chopped  
 1/2 cup fresh cilantro, finely chopped  
 1/2 cup fresh lemon juice  
 1/2 cup fresh olive oil  
 1/2 cup fresh pomegranate seeds  
 1/2 cup fresh feta cheese, crumbled  
 1/2 cup fresh chickpeas, drained and rinsed

**Instructions:**  
 1. Cook the bulgur wheat according to the package instructions.  
 2. In a large bowl, combine the cooked bulgur wheat, parsley, mint, dill, and cilantro.  
 3. Add the fresh lemon juice, olive oil, pomegranate seeds, feta cheese, and chickpeas.  
 4. Toss everything together and serve.



**CHOCOLATE ORANGE MOUSSE CAKE**

**Ingredients:**  
 1/2 cup cocoa powder  
 1/2 cup orange juice  
 1/2 cup orange zest  
 1/2 cup fresh cream  
 1/2 cup fresh orange juice  
 1/2 cup fresh orange zest  
 1/2 cup fresh cream  
 1/2 cup fresh orange juice  
 1/2 cup fresh orange zest

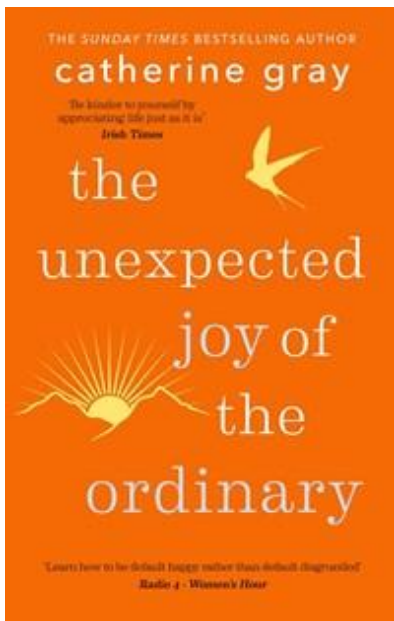
**Instructions:**  
 1. Preheat the oven to 350°F.  
 2. In a large bowl, combine the cocoa powder, orange juice, and orange zest.  
 3. In a separate bowl, combine the fresh cream, orange juice, and orange zest.  
 4. Fold the cream mixture into the cocoa mixture.  
 5. Bake for 30 minutes.

**VANILLA-POACHED PEARS WITH WARM FUDGE SAUCE**

**Ingredients:**  
 2 pears  
 1/2 cup fresh cream  
 1/2 cup fresh orange juice  
 1/2 cup fresh orange zest  
 1/2 cup fresh cream  
 1/2 cup fresh orange juice  
 1/2 cup fresh orange zest

**Instructions:**  
 1. Preheat the oven to 350°F.  
 2. In a large bowl, combine the fresh cream, orange juice, and orange zest.  
 3. Add the pears and simmer for 10 minutes.  
 4. In a separate bowl, combine the fresh cream, orange juice, and orange zest.  
 5. Cook for 10 minutes.





## The Unexpected Joy of the Ordinary

Catherine Gray

### Key Selling Points

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

### Summary

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

From the London Sunday Times Bestselling Author

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

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

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

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

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

### Contributor Bio

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

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

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

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



Aster  
9781783256044  
1783256044  
Pub Date: 3/12/2024  
On Sale Date: 3/12/2024  
\$12.99/\$16.50 Can.  
Paperback

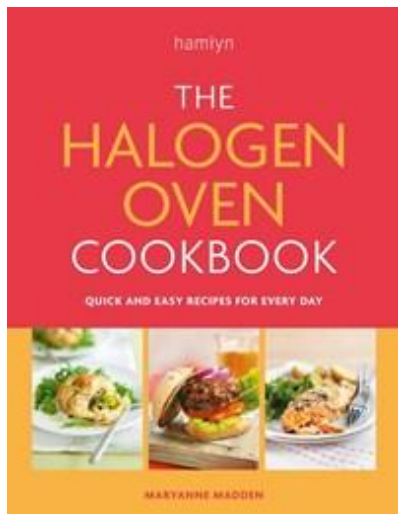
288 Pages  
Carton Qty: 56  
Print Run: 5K  
Biography & Autobiography  
BIO000000  
Series: The Unexpected Joy Of  
7.7 in H | 4.9 in W | 1 in T | 0.5 lb  
Wt  
Status: **ACTIVE**



## Marketing Plans

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



Hamlyn  
9780600638186  
0600638189  
Pub Date: 2/6/2024  
On Sale Date: 2/6/2024  
\$19.99/\$21.99 Can.  
Paperback

192 Pages  
Carton Qty: 22  
Print Run: 4K  
Cooking / Methods  
CKB023000

9.6 in H | 7.4 in W | 0.6 in T | 1.4 lb Wt

Status: **ACTIVE**

## The Halogen Oven Cookbook

Quick and easy recipes for every day

Maryanne Madden

### Key Selling Points

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

### Summary

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

### SAVE ON COSTS WITH 200 HALOGEN OVEN RECIPES

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

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

#### CONTENTS:

##### Meat

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

##### Seafood

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

##### Vegetarian

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

##### Pizza & Pasta

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

##### On the Side

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

##### Breads & Baking

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

##### Desserts & Puddings

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

### Contributor Bio

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

### Marketing Plans

- Social media campaign
- National media outreach

## Illustrations

**chili pepper burgers**



**apple & cider pork-roasted pork**



Two recipe cards side-by-side. The left card features a chili pepper burger with a chili sauce and cheese. The right card features a pork roast with apples and cider.



**eggplant & mozzarella stacks**



A recipe card for eggplant and mozzarella stacks, showing a stack of eggplant slices with mozzarella and sauce. The card includes a list of ingredients and a numbered list of steps.

**fah kebabs with garlic butter**



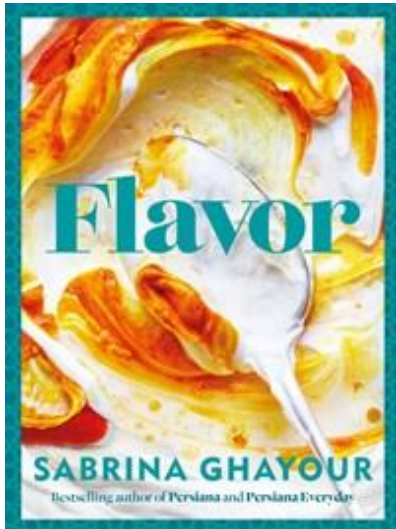
A recipe card for fah kebabs with garlic butter, showing a bowl of kebabs with tomatoes and onions. The card includes a list of ingredients and a numbered list of steps.



**sour cherry cupcakes**



A recipe card for sour cherry cupcakes, showing several cupcakes with white frosting and red cherries. The card includes a list of ingredients and a numbered list of steps.



Aster  
9781783255955  
1783255951  
Pub Date: 3/5/2024  
On Sale Date: 3/5/2024  
\$34.99/\$38.99 Can.  
Hardcover

240 Pages  
Carton Qty: 12  
Print Run: 10K  
Cooking / Regional & Cultural  
CKB093000

10 in H | 7.8 in W | 2.5 lb Wt  
Status: **ACTIVE**

## Flavor

**Bestselling author of Persiana and Persiana Everyday**

Sabrina Ghayour

### Key Selling Points

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

### Summary

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

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

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

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

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

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

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

#### **Recipes include:**

Zaatar onion, tomato & Eggplant tartines with labneh

Chicken shawarma salad

Herb koftas with warm yoghurt, mint & pul biber

Ras el Hanout and orange lamb cutlet platter

Mama ghanoush

Pan-fried salmon with barbary butter

Nut butter noodles

Lime, coconut & cardamom loaf cake

Tea, cranberry, orange & macadamia shortbreads

### Contributor Bio

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

SabrinaGhayour.com

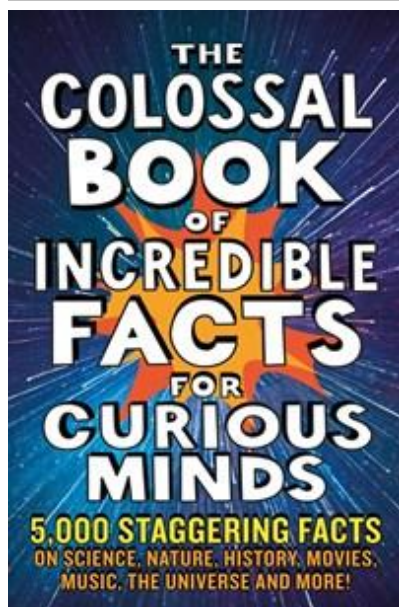
Instagram.com/SabrinaGhayour

Twitter.com/SabrinaGhayour

### Marketing Plans

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





Cassell  
9781788404693  
1788404696  
Pub Date: 3/5/2024  
On Sale Date: 3/5/2024  
\$19.99/\$21.99 Can.  
Paperback  
  
464 Pages  
Carton Qty: 20  
Print Run: 12K  
Reference / Trivia  
REF023000  
  
9.2 in H | 6 in W | 1.3 lb Wt  
Status:**ACTIVE**

## The Colossal Book of Incredible Facts for Curious Minds

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

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

### Key Selling Points

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

### Summary

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

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

Penguins can't taste fish.

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

Houseflies buzz in the key of F.

'hippopotomonstrosesquippedaliophobia' is the fear of long words.

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

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

### Contributor Bio

#### Chas Newkey-Burde (author)

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

#### Ken Okona-Mensah (Author)

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

#### Nigel Henbest (Author)

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

#### Sarah Tomley (Author)

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

**Simon Brew (Author)**

Simon Brew is the founder of Den of Geek, and the editor and presenter of the *Film Stories* magazine and podcast. He is the author of three books including *Movie Geek*, *TV Geek* and *The Secret Life of the Movies* Published by Cassell.

**Tom Parfitt (Author)**

Tom Parfitt works as a storyliner and researcher for a popular British television series and is the author of the successful *50 Years of Emmerdale* book.

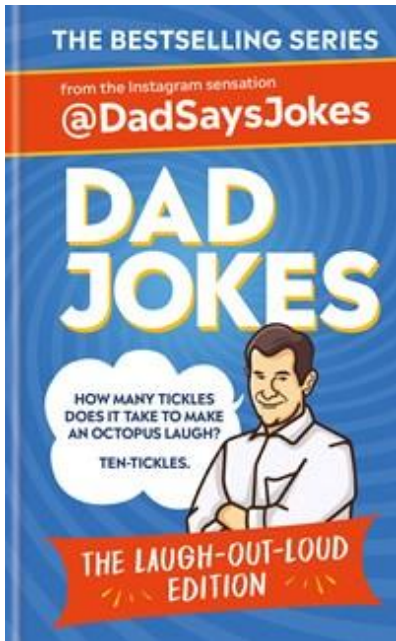
**Trevor Davies (Author)**

Trevor Davies is the editor of some of the bestselling pet titles in the UK and the author of some of the least.

**Marketing Plans**

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



Hamlyn  
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 1783255463  
 Pub Date: 3/5/2024  
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 Hardcover

272 Pages  
 Carton Qty: 40  
 Print Run: 15K  
 Humor / Topic  
 HUM012000

7.3 in H | 4.6 in W | 0.5 lb Wt  
 Status: **ACTIVE**

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

The new collection from The Sunday Times bestsellers

@dadsaysjokes

### Key Selling Points

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

### Summary

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

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

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

### Contributor Bio

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

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

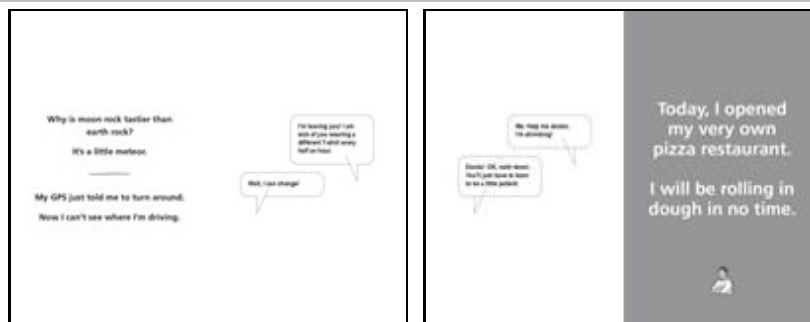
[Twitter.com/DadSaysJokes](https://twitter.com/DadSaysJokes)

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

### Marketing Plans

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

### Illustrations





What do you call a fish wearing a tie?  
Sofisticated.

I like to imagine that the guy who  
invented the umbrella was going  
to call it the "inella".  
But he hesitated.

Why is nostalgia like grammar?  
We find the present tense and the  
past perfect.

I got a new pair of gloves today,  
but they're both "lefts".  
On the one hand, it's great, but on  
the other, it's just not right.

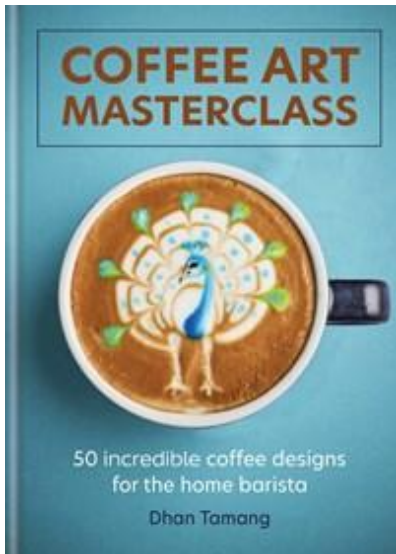
What did 50 Cent  
do when he  
got hungry?

58.



I didn't realize the reopening of the  
Lego store was going to be so popular.  
People were queuing up  
for blocks.

What do you call an apology written  
in dots and dashes?  
Remove code.



Cassell  
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1788404645  
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On Sale Date: 3/19/2024  
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Hardcover

128 Pages  
Carton Qty: 32  
Print Run: 10K  
Cooking / Beverages  
CKB019000

8.7 in H | 6.2 in W | 0.9 lb Wt  
Status: **ACTIVE**

## Coffee Art Masterclass

50 incredible coffee designs for the home barista

Dhan Tamang

### Key Selling Points

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

### Summary

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

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

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

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

### Contributor Bio

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

### Marketing Plans

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

### Illustrations



# EARTH

**THE EARTH IS A SPHERICAL BODY WITH A LIQUID IRON CORE, A MANTLE, AND A CRUST. IT IS SURROUNDED BY A THIN LAYER OF AIR AND A THICKER LAYER OF WATER. THE EARTH IS THE ONLY KNOWN PLANET TO HAVE LIFE.**



**THE EARTH IS THE ONLY KNOWN PLANET TO HAVE LIFE.**

# CHERRY TREE

**CHERRY TREES ARE DECIDUOUS TREES THAT BELONG TO THE PRUNACEAE FAMILY. THEY ARE KNOWN FOR THEIR PINK AND RED BLOSSOMS IN EARLY SPRING. THE FRUIT IS A SWEET, JUICY CHERRY.**



**CHERRY TREES ARE DECIDUOUS TREES THAT BELONG TO THE PRUNACEAE FAMILY.**



Pyramid  
9780753734605  
0753734605  
Pub Date: 3/5/2024  
On Sale Date: 3/5/2024  
\$12.99/\$14.99 Can.  
Hardcover

128 Pages  
Carton Qty: 48  
Print Run: 5K  
Self-Help / Meditations  
SEL019000

7.1 in H | 5.4 in W | 0.6 lb Wt  
Status: **ACTIVE**

## Minute Meditations

Quick Practices for 5, 10 or 20 Minutes

Madonna Gauding

### Key Selling Points

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

### Summary

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

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

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

With *Minute Meditations* it can be.

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

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

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

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

### Contributor Bio

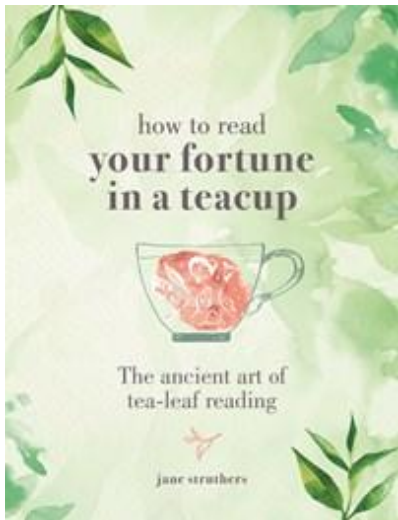
Madonna Gauding has been a student of Buddhism for over 12 years and is a practitioner of martial arts. She is the author of *The Meditation Bible*, *World Mandalas*, *Six Keys to Buddhist Living* and *Working with Meditation*.

### Marketing Plans

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

### Illustrations





Godsfield  
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 0753735490  
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 \$12.99/\$16.50 Can.  
 Hardcover

144 Pages  
 Carton Qty: 48  
 Print Run: 5K  
 Body, Mind & Spirit / Divination  
 OCC008000

7.1 in H | 5.5 in W | 0.7 lb Wt  
 Status: **ACTIVE**

## How to Read Your Fortune in a Teacup

The ancient art of tea-leaf reading

Jane Struthers

### Key Selling Points

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

### Summary

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

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

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

### Contributor Bio

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

### Marketing Plans

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

### Illustrations



**Geometrische Formen**

**Rechteck**  
 Ein Viereck mit vier rechten Winkeln und gegenüberliegenden Seiten, die gleich lang sind.

**Quadrat**  
 Ein Viereck mit vier rechten Winkeln und vier gleich langen Seiten.

**Dreieck**  
 Ein Viereck mit drei Seiten und drei Winkeln.

**Kreis**  
 Eine ebene geschlossene Kurve, die alle Punkte in gleichem Abstand zum Zentrum hat.

**Parabel**  
 Eine ebene geschlossene Kurve, die symmetrisch zu einer Geraden ist.

**Stacheln**  
 Ein Sternförmiges Viereck mit vier Spitzen und vier Vertiefungen.

**Winkel**  
 Ein Teil einer Ebene, der durch zwei Halbgeraden gebildet wird, die von einem gemeinsamen Punkt ausgehen.

**Linie**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Punkt**  
 Ein einzelner Punkt in der Ebene.

**Gerade**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Kurve**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Fläche**  
 Ein Teil der Ebene, der durch eine geschlossene Kurve begrenzt ist.

**Winkel**  
 Ein Teil einer Ebene, der durch zwei Halbgeraden gebildet wird, die von einem gemeinsamen Punkt ausgehen.

**Linie**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Punkt**  
 Ein einzelner Punkt in der Ebene.

**Gerade**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Kurve**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Fläche**  
 Ein Teil der Ebene, der durch eine geschlossene Kurve begrenzt ist.

**Geometrische Formen II**

**Rechteck**  
 Ein Viereck mit vier rechten Winkeln und gegenüberliegenden Seiten, die gleich lang sind.

**Quadrat**  
 Ein Viereck mit vier rechten Winkeln und vier gleich langen Seiten.

**Dreieck**  
 Ein Viereck mit drei Seiten und drei Winkeln.

**Kreis**  
 Eine ebene geschlossene Kurve, die alle Punkte in gleichem Abstand zum Zentrum hat.

**Parabel**  
 Eine ebene geschlossene Kurve, die symmetrisch zu einer Geraden ist.

**Stacheln**  
 Ein Sternförmiges Viereck mit vier Spitzen und vier Vertiefungen.

**Winkel**  
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**Kurve**  
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**Fläche**  
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**Winkel**  
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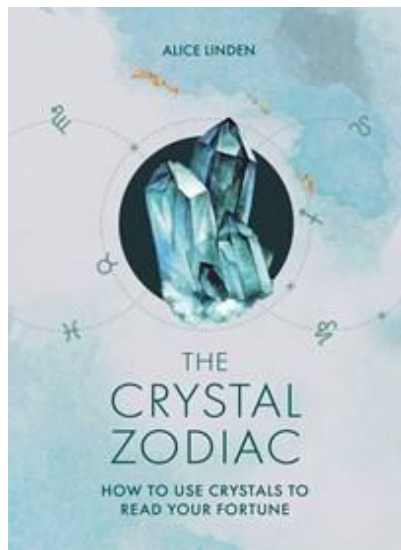
**Punkt**  
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**Gerade**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Kurve**  
 Eine unendliche Reihe von Punkten, die in beide Richtungen verläuft.

**Fläche**  
 Ein Teil der Ebene, der durch eine geschlossene Kurve begrenzt ist.





# The Crystal Zodiac

How to use Crystals to Read your Fortune

Alice Linden

## Key Selling Points

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

## Summary

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

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

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

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

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

## Contributor Bio

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

## Marketing Plans

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

## Illustrations



Godsfield  
 9780753735503  
 0753735504  
 Pub Date: 3/5/2024  
 On Sale Date: 3/5/2024  
 \$10.99/\$13.99 Can.  
 Hardcover

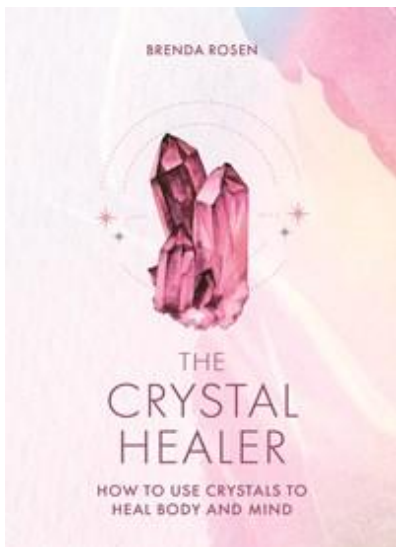
96 Pages  
 Carton Qty: 72  
 Print Run: 6K  
 Body, Mind & Spirit / Crystals  
 OCC004000

6 in H | 4.6 in W | 0.4 lb Wt  
 Status: **ACTIVE**









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 0753735482  
 Pub Date: 3/5/2024  
 On Sale Date: 3/5/2024  
 \$10.99/\$13.99 Can.  
 Hardcover

96 Pages  
 Carton Qty: 72  
 Print Run: 6K  
 Body, Mind & Spirit / Crystals  
 OCC004000

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

## The Crystal Healer

How to Use Crystals to Heal Body and Mind

Brenda Rosen

### Key Selling Points

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

### Summary

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

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

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

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

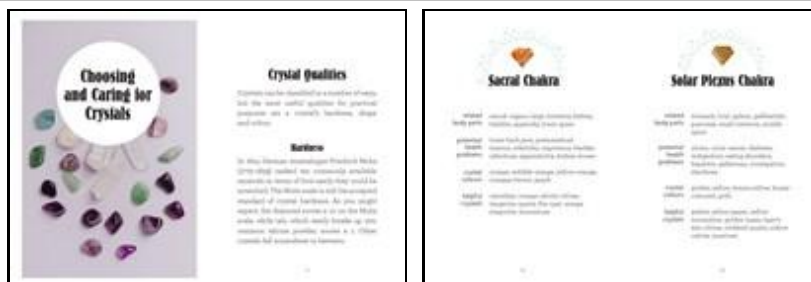
### Contributor Bio

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

### Marketing Plans

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

### Illustrations



### Hand Exercises

The hand exercises you get with a treatment table are generally aimed to a degree of relief. Though exercise through various positions can be helpful, a really effective way to relieve your symptoms and make your work sustainable is to ensure you do not do the wrong thing, including getting plenty of rest and sleeping for the best when you're tired.

### Reduce visual strain

Working when tired with a poor posture can strain the neck, with and cause symptoms of a strain. In the long run, this can lead to a more serious condition.

1. When a job involves a lot of sitting or standing, it's important to take breaks every 15-20 minutes. This is especially true if you're sitting or standing for long periods of time.
2. Stretching is an important part of any exercise routine. This is especially true if you're sitting or standing for long periods of time.
3. If you are working a job that is very physically demanding, it's important to take breaks every 15-20 minutes. This is especially true if you're sitting or standing for long periods of time.

### Get Sleep

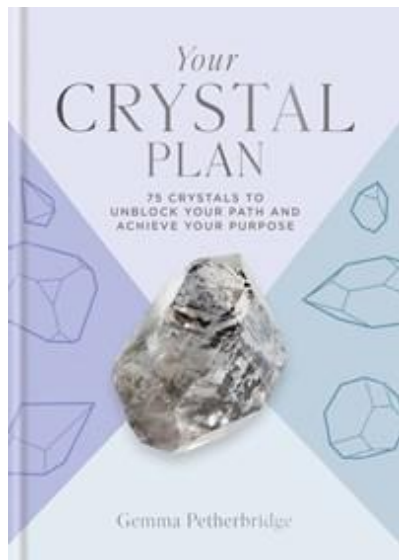
The best sleep is when you're able to get a good night's sleep. This is especially true if you're sitting or standing for long periods of time. It's important to take breaks every 15-20 minutes. This is especially true if you're sitting or standing for long periods of time.

exercise should also be done with the same frequency and intensity as the other exercises. This is especially true if you're sitting or standing for long periods of time.

### Balance Your Chair

Though you may not be able to see your chair, it's important to make sure you're sitting on a chair that's balanced. This is especially true if you're sitting or standing for long periods of time. It's important to take breaks every 15-20 minutes. This is especially true if you're sitting or standing for long periods of time.





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1841815608  
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Hardcover

208 Pages  
Carton Qty: 24  
Print Run: 7K  
Body, Mind & Spirit / Crystals  
OCC004000

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

## Your Crystal Plan

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

Gemma Petherbridge

### Key Selling Points

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

### Summary

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

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

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

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

### Contributor Bio

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

Consciencecrystals.com  
Instagram.com/consciencecrystals

### Marketing Plans

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

# Illustrations

### How to Use This Book

Crystal healing is a powerful tool for personal growth and transformation. This book is designed to help you understand the basics of crystal healing and how to use crystals effectively. The book is divided into several sections, each focusing on a different aspect of crystal healing. The first section, "How to Use This Book," provides an overview of the book's structure and offers tips on how to get the most out of it. The second section, "Why work with crystals?" explains the benefits of working with crystals and how they can be used to enhance your life. The third section, "What is a purpose?" discusses the importance of setting a clear intention when working with crystals. The fourth section, "How to use crystals," provides detailed instructions on how to use crystals in various ways, including meditation, energy work, and daily life. The fifth section, "Choosing Your Crystal," offers guidance on how to select the right crystal for your needs. The sixth section, "Amethyst: Spiritual Blocks," provides a detailed look at the properties and uses of amethyst. The final section, "Techniques," offers a variety of techniques for working with crystals, including meditation, energy work, and daily life.

### Why work with crystals?

Crystals are natural energy sources that can be used to enhance your life. They can help you to focus your thoughts, increase your energy, and improve your overall well-being. Crystals can also be used to heal physical and emotional ailments. Working with crystals is a powerful tool for personal growth and transformation.

### What is a purpose?

Setting a clear intention is essential when working with crystals. Your intention should be specific and focused on a particular goal or outcome. Your intention should be written down and read aloud to the crystals. Your intention should be repeated regularly to keep it in your mind.

### How to use crystals

There are many ways to use crystals, including meditation, energy work, and daily life. Crystals can be used to enhance your meditation practice, to increase your energy, and to improve your overall well-being. Crystals can also be used to heal physical and emotional ailments. Working with crystals is a powerful tool for personal growth and transformation.



### Choosing Your Crystal

Choosing the right crystal for your needs is a crucial step in crystal healing. There are many different types of crystals, each with its own unique properties and uses. This section provides a guide to help you choose the right crystal for your needs. The guide is divided into several sections, each focusing on a different aspect of crystal healing. The first section, "Choosing Your Crystal," provides an overview of the book's structure and offers tips on how to get the most out of it. The second section, "Why work with crystals?" explains the benefits of working with crystals and how they can be used to enhance your life. The third section, "What is a purpose?" discusses the importance of setting a clear intention when working with crystals. The fourth section, "How to use crystals," provides detailed instructions on how to use crystals in various ways, including meditation, energy work, and daily life. The fifth section, "Choosing Your Crystal," offers guidance on how to select the right crystal for your needs. The sixth section, "Amethyst: Spiritual Blocks," provides a detailed look at the properties and uses of amethyst. The final section, "Techniques," offers a variety of techniques for working with crystals, including meditation, energy work, and daily life.

### AMETHISTE

#### Spiritual Blocks

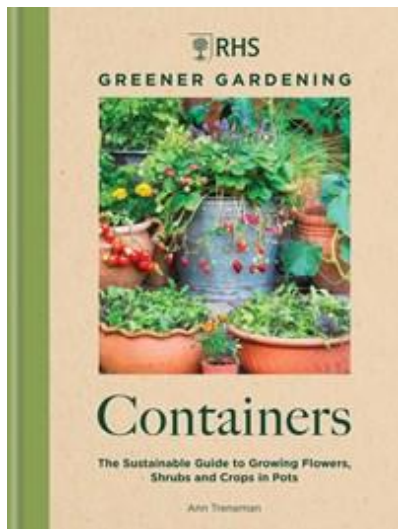
Amethyst is a powerful crystal that can help you to overcome spiritual blocks. It is a natural energy source that can be used to enhance your life. Amethyst can help you to focus your thoughts, increase your energy, and improve your overall well-being. Amethyst can also be used to heal physical and emotional ailments. Working with amethyst is a powerful tool for personal growth and transformation.

#### TECHNIQUES

There are many techniques for working with crystals, including meditation, energy work, and daily life. Crystals can be used to enhance your meditation practice, to increase your energy, and to improve your overall well-being. Crystals can also be used to heal physical and emotional ailments. Working with crystals is a powerful tool for personal growth and transformation.



<b>Properties:</b> Amethyst is a purple quartz crystal. It is a natural energy source that can be used to enhance your life. Amethyst can help you to focus your thoughts, increase your energy, and improve your overall well-being. Amethyst can also be used to heal physical and emotional ailments. Working with amethyst is a powerful tool for personal growth and transformation.
<b>Uses:</b> Amethyst can be used to enhance your meditation practice, to increase your energy, and to improve your overall well-being. Amethyst can also be used to heal physical and emotional ailments. Working with amethyst is a powerful tool for personal growth and transformation.
<b>Benefits:</b> Amethyst can help you to focus your thoughts, increase your energy, and improve your overall well-being. Amethyst can also be used to heal physical and emotional ailments. Working with amethyst is a powerful tool for personal growth and transformation.



Mitchell Beazley  
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1784729310  
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Print Run: 5K  
Gardening / Container  
GAR001000

9.1 in H | 6.8 in W | 0.8 in T | 1.3  
lb Wt  
Status: **ACTIVE**

## RHS Greener Gardening: Containers

The sustainable guide to growing flowers, shrubs and crops in pots

Ann Treneman, Royal Horticultural Society

### Key Selling Points

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

### Summary

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

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

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

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

Sections include

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

### Contributor Bio

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

### Marketing Plans

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

### Illustrations

### Choosing where to site a container garden

There are a number of factors to consider when choosing where to site a container garden. The most important is the amount of light the plants will receive. Most plants need at least 6 hours of direct sunlight per day. Other factors to consider are the amount of wind, the amount of rain, and the temperature of the site.

**Light:** Most plants need at least 6 hours of direct sunlight per day. If you have a shaded area, you may want to choose plants that are shade-tolerant.

**Wind:** Wind can dry out plants and damage their leaves. If you have a windy area, you may want to choose plants that are wind-tolerant or use windbreaks.

**Rain:** Too much rain can waterlog plants and cause them to rot. If you have a rainy area, you may want to choose plants that are drought-tolerant or use drainage holes in your containers.

**Temperature:** The temperature of the site can affect the growth of your plants. If you have a hot area, you may want to choose plants that are heat-tolerant. If you have a cool area, you may want to choose plants that are cold-tolerant.



**Watering:** Most plants need to be watered regularly. The amount of water needed will depend on the type of plant and the weather. A good rule of thumb is to water when the top inch of soil is dry.

**Fertilizing:** Most plants need to be fertilized regularly. The type of fertilizer used will depend on the type of plant. A general-purpose fertilizer is usually a good choice.

**Pruning:** Pruning is important for many plants. It helps to keep the plants healthy and encourages new growth. Pruning should be done at the end of the growing season.

**Support:** Some plants need support to grow upright. This can be provided by stakes, cages, or trellises.





### Plants to Grow: Tree Profiles

There are many different types of trees, each with its own unique characteristics. Some trees are tall and thin, while others are short and bushy. Some trees have large leaves, while others have small leaves. Some trees are evergreen, while others are deciduous.

**Maple:** The maple tree is a popular choice for many people. It has large, heart-shaped leaves and colorful autumn foliage. There are many different varieties of maples, including the red maple, the sugar maple, and the Norway maple.

**Oak:** The oak tree is another popular choice. It has a long history and is known for its strength and durability. There are many different varieties of oaks, including the white oak, the red oak, and the live oak.

**Pine:** The pine tree is a popular choice for many people. It has a long history and is known for its evergreen foliage. There are many different varieties of pines, including the white pine, the red pine, and the Scotch pine.




**Juniper:** The juniper tree is a popular choice for many people. It has a long history and is known for its evergreen foliage. There are many different varieties of junipers, including the horizontal juniper, the upright juniper, and the creeping juniper.

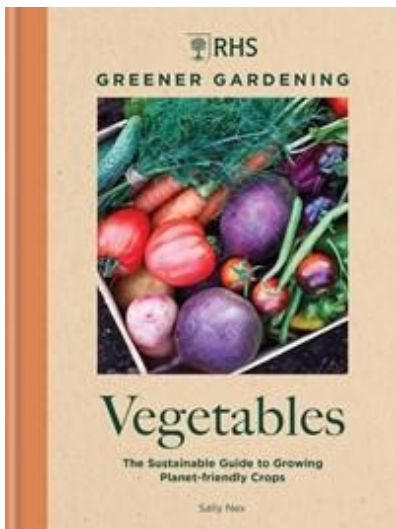
**Yew:** The yew tree is a popular choice for many people. It has a long history and is known for its evergreen foliage. There are many different varieties of yews, including the common yew, the European yew, and the Japanese yew.

**Cypress:** The cypress tree is a popular choice for many people. It has a long history and is known for its evergreen foliage. There are many different varieties of cypresses, including the Italian cypress, the Mediterranean cypress, and the Japanese cypress.

**Boxwood:** The boxwood tree is a popular choice for many people. It has a long history and is known for its evergreen foliage. There are many different varieties of boxwoods, including the English boxwood, the American boxwood, and the Japanese boxwood.







Mitchell Beazley  
 9781784729301  
 1784729302  
 Pub Date: 4/9/2024  
 On Sale Date: 4/9/2024  
 \$22.99/\$24.99 Can.  
 Hardcover

176 Pages  
 Carton Qty: 22  
 Print Run: 5K  
 Gardening / Vegetables  
 GAR025000

9.1 in H | 6.8 in W | 0.8 in T | 1.3 lb Wt  
 Status: **ACTIVE**

## RHS Greener Gardening: Vegetables

### The sustainable guide to growing planet-friendly crops

Sally Nex, Royal Horticultural Society

#### Key Selling Points

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

#### Summary

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

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

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

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

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

#### Contributor Bio

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

#### Marketing Plans

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

#### Illustrations







**Summary**

Tomatoes are a fruit, but they are often used as a vegetable. They are a member of the nightshade family and are native to South America. They are a good source of vitamins and minerals, and they are also a good source of lycopene, a powerful antioxidant. Tomatoes are also a good source of fiber and potassium.

**THE TOMATO PLANT LIFE**

**1. SEEDS**  
Tomato seeds are small and round. They are usually found in the fleshy part of the fruit. They are usually green or yellow in color.

**2. SEEDLINGS**  
Tomato seedlings are small and green. They have two leaves and a stem. They are usually found in a seedling tray.

**3. PLANTS**  
Tomato plants are green and bushy. They have many leaves and small flowers. They are usually found in a garden or a greenhouse.

**4. FRUIT**  
Tomato fruit is red and round. It is usually found on the vine. It is a good source of vitamins and minerals.



**Chickling & Dwarf Beans**

Chickling and Dwarf Beans are two types of beans that are popular in Indian cuisine. They are both members of the legume family and are known for their high protein content. Chickling beans are also known as black chickpeas, and Dwarf Beans are also known as black beans.

**Characteristics**

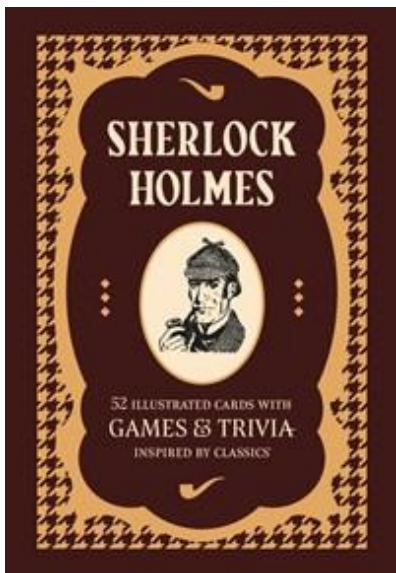
Chickling beans are small and round. They are usually black in color. Dwarf Beans are also small and round, but they are usually green in color. Both types of beans are high in protein and fiber.

**Uses**

Chickling beans are often used in Indian curries and soups. Dwarf Beans are often used in Indian curries and soups. Both types of beans are also used in salads and as a side dish.

**Health Benefits**

Chickling beans and Dwarf Beans are both high in protein and fiber. They are also a good source of iron and potassium. Eating these beans can help to improve your overall health and reduce your risk of heart disease.



Pyramid  
 9780753735510  
 0753735512  
 Pub Date: 4/2/2024  
 On Sale Date: 4/2/2024  
 \$9.99/\$10.99 Can.  
 Cards

52 Pages  
 Carton Qty: 60  
 Print Run: 6K  
 Games & Activities / Trivia  
 GAM012000  
 5.2 in H | 4.3 in W | 0.4 lb Wt  
 Status: **ACTIVE**

## Sherlock Holmes

52 illustrated cards with games and trivia inspired by classics

Pyramid

### Key Selling Points

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

### Summary

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

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

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

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

### Contributor Bio

**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

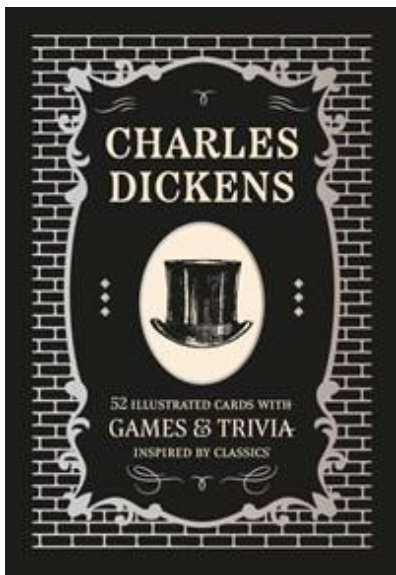




Where did Sherlock and  
Watson first meet?  
Baker Street  
Big Ben  
St Bartholomew's Hospital



What treasure does Sherlock  
find in 'The Hound of the  
Baskin's?'  
The story of Evelyn  
Queen Victoria's diary  
The coronation of King Charles I



Pyramid  
 9780753735527  
 0753735520  
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 \$9.99/\$10.99 Can.  
 Cards

52 Pages  
 Carton Qty: 60  
 Print Run: 6K  
 Games & Activities / Trivia  
 GAM012000

5.2 in H | 3.6 in W | 0.4 lb Wt  
 Status: **ACTIVE**

## Charles Dickens

52 illustrated cards with games and trivia inspired by classics

Pyramid

### Key Selling Points

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

### Summary

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

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

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

### Contributor Bio

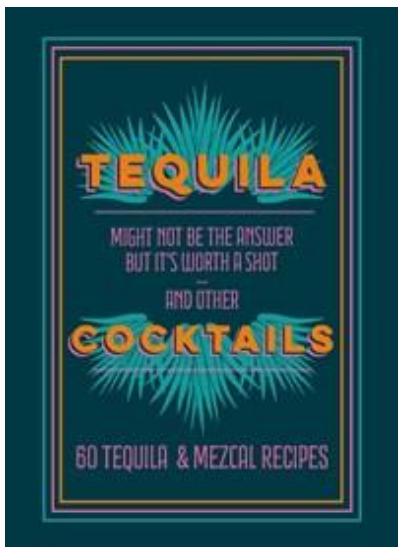
Pyramid publishes books on a wide range of popular subjects including cookery, reference, mind body spirit and gift. Beyond its new books, Pyramid is known for its titles drawn from the extensive Octopus archive and its custom publishing expertise.

### Marketing Plans

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

### Illustrations





Hamlyn  
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178472937X  
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96 Pages  
Carton Qty: 60  
Print Run: 8K  
Cooking / Beverages  
CKB130000

6 in H | 4.3 in W | 0.6 in T | 0.4 lb  
Wt

Status: **ACTIVE**

## Tequila Cocktails

### 60 Tequila & Mezcal Recipes

Pyramid

#### Key Selling Points

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

#### Summary

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

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

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

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

So, get your cocktail shaker ready.

#### Contributor Bio

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

#### Marketing Plans

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

#### Illustrations

## BAJA SOUR

1 1/2 oz tequila  
1 oz lime juice  
1/2 oz agave nectar  
1/2 oz orange juice  
1/2 oz egg white  
1 dash salt  
1 dash lime juice

For this tequila cocktail, shake with the tequila, agave nectar, lime juice, orange juice, and egg white and strain into a glass.  
Decorate with lime slices and an orange peel garnish.

I'LL BRING THE  
BAD DECISIONS  
YOU BRING  
THE TEQUILA,  
I'LL BRING THE  
BAD DECISIONS  
YOU BRING  
THE TEQUILA

ONE  
TEQUILA,  
TWO  
TEQUILA,  
THREE  
TEQUILA,  
FLOOR

## COBALT MARGARITA

1 1/2 oz tequila  
1 oz lime juice  
1/2 oz agave nectar  
1/2 oz orange juice  
1/2 oz egg white  
1 dash salt  
1 dash lime juice

For this tequila cocktail, shake with the tequila, lime juice, orange juice, and egg white and strain into a glass.  
Decorate with a lime peel garnish.

## VIVA MARIA

1 1/2 oz tequila  
1 oz lime juice  
1/2 oz agave nectar  
1/2 oz orange juice  
1/2 oz egg white  
1 dash salt  
1 dash lime juice

For this tequila cocktail, shake with the tequila, lime juice, orange juice, and egg white and strain into a glass.  
Decorate with lime slices and an orange peel garnish.

## MARGARITA

1 1/2 oz tequila  
1 oz lime juice  
1/2 oz agave nectar  
1/2 oz orange juice  
1/2 oz egg white  
1 dash salt  
1 dash lime juice

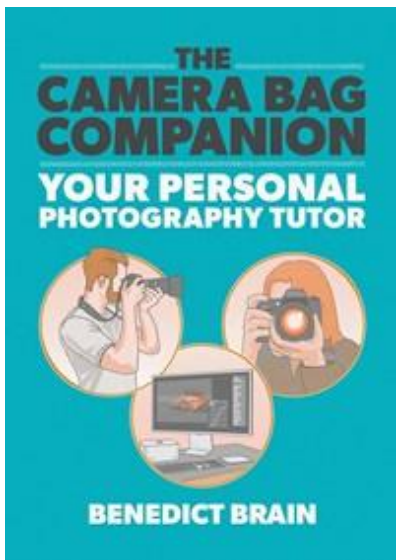
For this tequila cocktail, shake with the tequila, lime juice, orange juice, and egg white and strain into a glass.  
Decorate with lime slices and an orange peel garnish.

WHEN  
LIFE  
GIVES  
YOU  
LEMONS,  
GRAB  
SALT &  
TEQUILA!

## BORDER CROSSING

1 1/2 oz tequila  
1 oz lime juice  
1/2 oz agave nectar  
1/2 oz orange juice  
1/2 oz egg white  
1 dash salt  
1 dash lime juice

For this tequila cocktail, shake with the tequila, lime juice, orange juice, and egg white and strain into a glass.  
Decorate with lime slices and an orange peel garnish.



Ilex Press  
9781781579299  
1781579296  
Pub Date: 4/16/2024  
On Sale Date: 4/16/2024  
\$26.99/\$29.99 Can.  
Paperback

192 Pages  
Carton Qty: 36  
Print Run: 4K  
Photography / Techniques  
PHO007000

8.3 in H | 6 in W | 0.9 lb Wt  
Status: **ACTIVE**

## The Camera Bag Companion

Your Personal Photography Tutor

Benedict Brain

### Key Selling Points

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

### Summary

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

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

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

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

### Contributor Bio

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

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

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

### Marketing Plans

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

### Illustrations



**Contents**

Introduction	10
Composition	18
NDR explained	26
Light	34
Color	42
Depth of field	50
ISO	58
Shutter speed	66
Aperture	74
White balance	82
RAW	90
Post-processing	98
Prints	106
Index	114

**Index**

**illex**

**Introduction**


It isn't making the best of the situation and waiting for the next opportunity to take the next step in your photographic journey. Engaging yourself through the language of photography can be a wonderful thing.



**illex**

**Composition**

Composition is the arrangement of elements in a photograph. It is the way in which the photographer uses the elements of the scene to create a balanced and visually appealing image. Composition is a key element of photography and can make a significant difference in the impact of a photograph.



**illex**

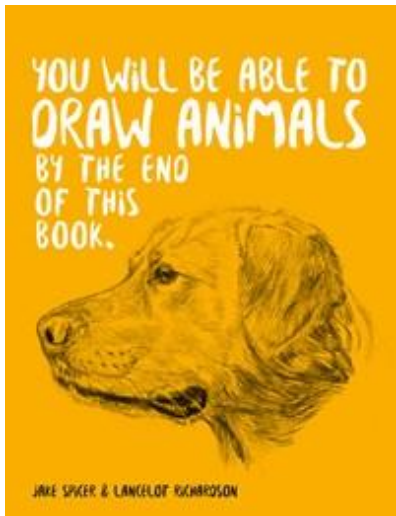
**NDR explained**

NDR (Neutral Density) is a type of filter used in photography to reduce the amount of light entering the camera lens. It is used to allow for longer shutter speeds in bright light, which can be useful for creating motion blur in water or clouds. NDR filters are available in a range of strengths, from 2 stops to 10 stops or more.



**illex**





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160 Pages  
 Carton Qty: 2  
 Print Run: 6K  
 Art / Techniques  
 ART010000

9.7 in H | 7.4 in W | 1.3 lb Wt  
 Status: **FORTHCOMING**

## You Will Be Able to Draw Animals by the End of this Book

Jake Spicer

### Key Selling Points

- This is the latest in the bestselling 'You Will Be Able to Series' (500,000 copies sold to date worldwide, and 33,000 in the US).
- Jake Spicer has extensive experience in teaching drawing, working as a drawing tutor, and is the author of several bestselling Ilex titles including *You Will Be Able to Draw By the End of this Book* (15,933 copies sold).
- The swiss-style lay-flat binding makes this a distinctive, highly practical package.

### Summary

**From the bestselling author of *You Will Be Able to Draw* comes the complete beginner's guide to drawing wild and domestic animals**

No subject has had more enduring appeal for artists than animals. And yet creating convincing animal sketches can be daunting, and leave you wondering, where do I start?

Let go of your fear and unlock drawing skills that you never believed you could have with this expertly guided sketchbook. *You Will be Able to Draw Animals by the End of This Book* will not only teach you the fundamental steps required for you to be able to sketch animals, but also allows you the space to practise on the page, with pages laying flat to allow you to draw comfortably. Start with the essentials, such as basic markmaking and tone, and move on to the key elements of anatomy, texture and expression that will take your drawings from good to great.

So pick up a pencil and discover the joy of drawing animals!

### Contributor Bio

Jake Spicer is a passionate advocate of drawing as a tool for social change, communication & investigation and promotes wider visual literacy through his works as an artist, author & tutor. He lives in North Wales and works as head tutor of the independent drawing school Draw Brighton, Co-Director of the Drawing Circus and as a visiting tutor at galleries & institutions across the UK, including the National Portrait Gallery, Camden Arts Centre, V&A and Brighton University.

[www.jakespicerart.co.uk](http://www.jakespicerart.co.uk)

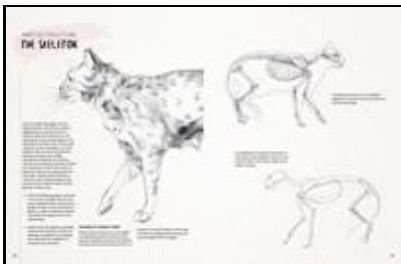
@jakespicerart

### Marketing Plans

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

### Illustrations





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

With an introduction by Dr Neil Williams



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



Kyle Books  
9781804190722  
1804190721  
Pub Date: 2/6/2024  
On Sale Date: 2/6/2024  
\$29.99/\$32.99 Can.  
Hardcover

192 Pages  
Carton Qty: 16  
Print Run: 5K  
Cooking / Health & Healing  
CKB026000

9.9 in H | 7.7 in W | 0.8 in T | 1.8  
lb Wt  
Status: **ACTIVE**

## Eat to Your Heart's Content

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

Sat Bains

### Key Selling Points

According to the CDC:

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

### Summary

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

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

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

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

### Contributor Bio

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

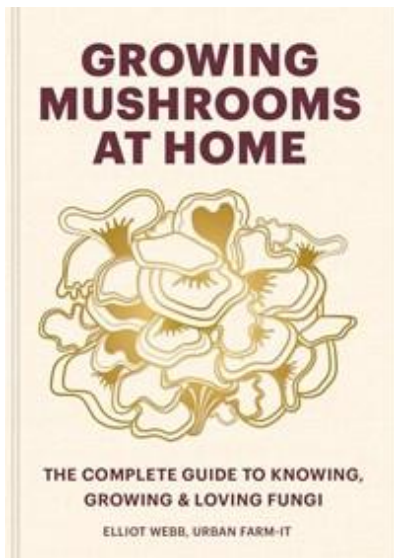
<https://www.restaurantsatbains.com/>  
Instagram - 131k followers @satbains1

### Marketing Plans

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

### Illustrations





Kyle Books  
9781804191958  
1804191957  
Pub Date: 4/30/2024  
On Sale Date: 4/30/2024  
\$22.99/\$28.99 Can.  
Hardcover

192 Pages  
Carton Qty: 24  
Print Run: 6K  
Nature / Fungi & Mushrooms  
NAT022000

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

## Growing Mushrooms at Home

The Complete Guide to Knowing, Growing and Loving Fungi

Elliot Webb

### Key Selling Points

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

### Summary

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

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

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

### Contributor Bio

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

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

### Marketing Plans

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

### Illustrations

## Introduction

There is nothing so simple as growing mushrooms. You can grow them in your kitchen, on a windowsill, or in a pot on your balcony. They are easy to grow and can be harvested in just a few weeks. They are also very healthy and delicious. There are many different types of mushrooms, but the most common are button mushrooms, oyster mushrooms, and shiitake mushrooms. Each type has its own unique flavor and texture. Growing mushrooms is a great way to add variety to your diet and to support local agriculture. It is also a fun and rewarding hobby for people of all ages. If you are interested in growing mushrooms, there are many resources available online and in print. You can find books, articles, and videos that will help you get started. You can also join a mushroom growing club or community. These groups can provide you with valuable advice and support. Growing mushrooms is a simple and enjoyable activity that can help you improve your health and your life. So why not give it a try today?



**When Can You Harvest?**  
Mushrooms are ready to harvest when the caps are fully expanded and the gills are beginning to turn up. This usually takes about 7-10 days from the time you start growing them. It is important to harvest them at the right time, as they will be more flavorful and tender when they are just starting to mature. Once you have harvested your mushrooms, you should store them in a paper bag in the refrigerator. They will keep for about 1-2 weeks. If you are growing mushrooms indoors, you may want to consider using a grow bag or a mushroom growing kit. These products can make it easier to get started and can help you avoid common problems like mold and contamination. Growing mushrooms is a simple and enjoyable activity that can help you improve your health and your life. So why not give it a try today?

## Choosing a Substrate

The substrate is the material that the mushrooms grow on. It provides them with the nutrients they need to grow. There are many different types of substrates, but the most common are straw, wood chips, and sawdust. Each type has its own unique characteristics and is suitable for different types of mushrooms. For example, straw is a good substrate for oyster mushrooms, while wood chips are better for shiitake mushrooms. Sawdust is often used for growing button mushrooms. When choosing a substrate, you should consider the type of mushroom you are growing, the amount of space you have available, and the cost of the substrate. You should also make sure that the substrate is clean and free of contaminants. If you are growing mushrooms indoors, you may want to consider using a grow bag or a mushroom growing kit. These products can make it easier to get started and can help you avoid common problems like mold and contamination. Growing mushrooms is a simple and enjoyable activity that can help you improve your health and your life. So why not give it a try today?



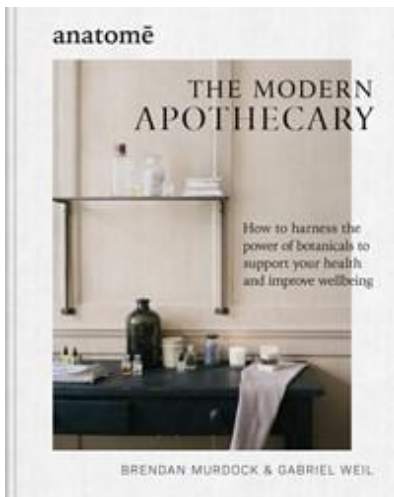
## Oyster Mushrooms

Oyster mushrooms are a popular type of mushroom that are easy to grow. They have a unique, fan-like shape and a soft, tender texture. They are also very healthy and delicious. There are many different varieties of oyster mushrooms, but the most common are the white and the pink. Both varieties are easy to grow and can be harvested in just a few weeks. Growing oyster mushrooms is a simple and enjoyable activity that can help you improve your health and your life. So why not give it a try today?



**Why Grow Oyster Mushrooms?**  
Oyster mushrooms are a popular type of mushroom that are easy to grow. They have a unique, fan-like shape and a soft, tender texture. They are also very healthy and delicious. There are many different varieties of oyster mushrooms, but the most common are the white and the pink. Both varieties are easy to grow and can be harvested in just a few weeks. Growing oyster mushrooms is a simple and enjoyable activity that can help you improve your health and your life. So why not give it a try today?





Kyle Books  
 9781804191408  
 180419140X  
 Pub Date: 4/9/2024  
 On Sale Date: 4/9/2024  
 \$34.99/\$38.99 Can.  
 Hardcover  
 224 Pages  
 Carton Qty: 12  
 Print Run: 6K  
 Health & Fitness / Alternative  
 Therapies  
 HEA032000  
 10.3 in H | 8.8 in W | 2.3 lb Wt  
 Status: **ACTIVE**

## The Modern Apothecary

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

Brendan Murdock, Gabriel Weil

### Key Selling Points

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

### Summary

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

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

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

### Contributor Bio

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

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

www.anatome.com @anatomelondon, 15.5k followers

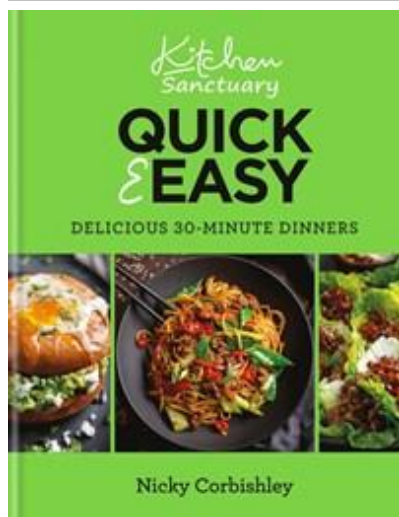
### Marketing Plans

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

# Illustrations







Kyle Books  
9781804191002  
1804191000  
Pub Date: 4/2/2024  
On Sale Date: 4/2/2024  
\$26.99/\$29.99 Can.  
Hardcover

208 Pages  
Carton Qty: 16  
Print Run: 6K  
Cooking / Methods  
CKB070000

10 in H | 7.8 in W | 1.9 lb Wt  
Status: **ACTIVE**

## Kitchen Sanctuary Quick & Easy

**Delicious 30-minute Dinners**

Nicky Corbishley

### Key Selling Points

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

### Summary

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

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

Chapters include:

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

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

### Contributor Bio

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

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

part of his childhood in Singapore, and mum, who taught her how to make a roast dinner at the age of 11. She started Kitchen Sanctuary as a way to keep a diary of her favorite recipes, and it quickly grew in popularity, with readers loving the straightforward, easy-to-follow recipes, eye-catching photography and professional recipe videos.

Instagram: @kitchensanctuary

## Marketing Plans

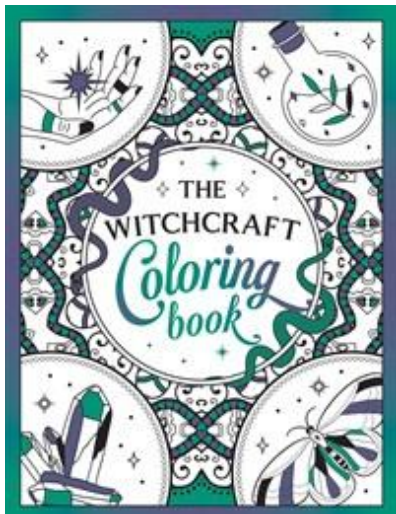
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- Social media campaign
- National media outreach
- Trade and Library Advertising

## Illustrations

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# The Witchcraft Coloring Book

## A Magickal Journey of Color and Creativity

Summersdale Publishers

### Key Selling Points

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

### Summary

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

Conjure creativity and magick with the colorful world of witchcraft

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

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

Inside, you'll color:

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

And lots more!

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations



Summersdale  
9781837992294  
1837992290  
Pub Date: 4/30/2024  
On Sale Date: 4/30/2024  
\$11.99/\$12.99 Can.  
Paperback

96 Pages  
Carton Qty: 24  
Print Run: 20K  
Body, Mind & Spirit / Witchcraft  
OCC026000

11.1 in H | 8.5 in W | 0.9 lb Wt  
Status: **ACTIVE**





Summersdale  
9781837990306  
1837990301  
Pub Date: 1/30/2024  
On Sale Date: 1/30/2024  
\$9.99/\$10.99 Can.  
Hardcover

160 Pages  
Carton Qty: 60  
Print Run: 15K  
Family & Relationships / Parenting  
FAM032000

5.4 in H | 4.6 in W | 0.5 lb Wt  
Status: **ACTIVE**

## I Love Mom

The Perfect Gift to Give to Your Mom

Summersdale Publishers

### Key Selling Points

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

### Summary

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

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

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

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

This is for the moms who:

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

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

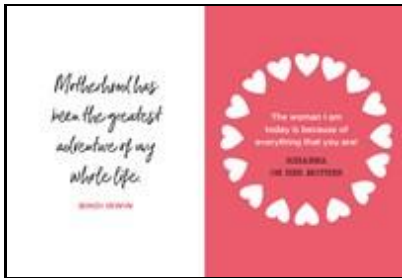
### Contributor Bio

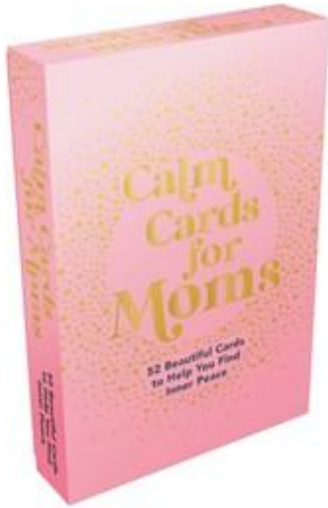
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations





## Calm Cards for Moms

52 Beautiful Cards to Help You Find Inner Peace

Summersdale Publishers

### Key Selling Points

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

### Summary

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

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

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

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

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

### Contributor Bio

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### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations



Summersdale  
9781837990269  
1837990263  
Pub Date: 1/9/2024  
On Sale Date: 1/9/2024  
\$16.99/\$18.99 Can.  
Cards

16 Pages  
Carton Qty: 20  
Print Run: 6K  
Family & Relationships / Parenting  
FAM032000  
6.7 in H | 4.5 in W | 0.9 lb Wt  
Status: **ACTIVE**





# Wedding Tips for Brides

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

Verity Davidson

## Key Selling Points

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

## Summary

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

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

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

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

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

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

## Contributor Bio

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

## Marketing Plans

- National media outreach
- Trade and Library Advertising

## Illustrations



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

160 Pages  
 Carton Qty: 60  
 Print Run: 6K  
 Family & Relationships / Love & Romance  
 FAM029000

5.4 in H | 4.1 in W | 0.5 lb Wt  
 Status: **ACTIVE**



## The night before

With a week of preparation, it's time to start thinking about the night before. It's a time to relax, to enjoy the company of your loved ones, and to get ready for the next day. It's a time to look back on the past week and to think about the future. It's a time to enjoy the little things in life and to realize that they were the big things.

## Respecting your venue

Respecting your wedding venue, the site you've chosen, is a key part of making your wedding day special. It's a time to look back on the past week and to think about the future. It's a time to enjoy the little things in life and to realize that they were the big things.

It's OK to have  
fun on your  
wedding day,  
but get those  
happy memories  
with you.

Enjoy the little things in life...  
For one day you'll look back and realize they were the big things.

— LISA M. HARRIS



# Wedding Tips for Grooms

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

James Harrison

## Key Selling Points

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

## Summary

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

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

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

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

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

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

## Contributor Bio

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

## Marketing Plans

- National media outreach
- Trade and Library Advertising

## Illustrations



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

160 Pages  
Carton Qty: 60  
Print Run: 6K  
Family & Relationships / Love & Romance  
FAM029000  
5.4 in H | 4.1 in W | 0.4 lb Wt  
Status: **ACTIVE**

## Don't forget

Spent a lifetime or so going through your wedding checklist, so all the more you need to remember for the next day. Make sure you have a plan for the following things on board:

- Have full wedding-day meals, including what the caterers will serve at the event, given with what and by whom, on a \$50, a \$100, or a \$150 plate and there
- Invitations (and their envelopes, too)

- Businesses to be being delivered the following day or not just getting it at the venue?
- How much is the catering cost?
- Indications of your date, a party with this date and what to expect?
- The wedding day
- Gifts and other personal items (flowers, etc.)
- Dates and an official plan to use
- Any other items, e.g. any alternative clothing, including shoes, wedding jewelry, and gifts for the guests (from gifts, etc.)

## The night before

It's the night before the wedding. You're going to spend the night before the wedding in a hotel or a friend's house. Make sure you have a plan for the night before the wedding. The night before the wedding is a busy time. Make sure you have a plan for the night before the wedding.

## Respecting your venue

Wedding day is a busy day. You're going to spend the night before the wedding in a hotel or a friend's house. Make sure you have a plan for the night before the wedding. The night before the wedding is a busy time. Make sure you have a plan for the night before the wedding.



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

160 Pages  
Carton Qty: 40  
Print Run: 6K  
Gardening / Techniques  
GAR022000

7.8 in H | 5.9 in W | 0.9 lb Wt  
Status: **ACTIVE**

## Feel-Good Gardening

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

Claire Stares

### Key Selling Points

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

### Summary

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

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

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

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

Inside you will discover:

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

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations





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

128 Pages  
Carton Qty: 72  
Print Run: 6K  
Reference / Personal & Practical  
Guides  
REF015000  
6.2 in H | 4.4 in W | 0.4 lb Wt  
Status: **ACTIVE**

## My Tiny Window Garden

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

Felicity Hart

### Key Selling Points

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

### Summary

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

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

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

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

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

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

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

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations

## THE WONDER OF WINDOWSILLS

Windowsills are the perfect place to grow your favorite plants. They are easy to maintain and can be used to grow a variety of plants. Here are some tips for growing plants on windowsills.

## TRY BUT NOT TOY

Windowsills are a common place to grow your favorite plants. They are easy to maintain and can be used to grow a variety of plants. Here are some tips for growing plants on windowsills.

## CLEMATIS

Clematis is a climbing plant that can be trained to grow over a trellis or other support structure.

There are many different varieties of clematis, each with its own unique characteristics. Some are hardy and can be grown outdoors, while others are more delicate and should be grown indoors.



## ASK ME ABOUT MY GARDEN



GARDENING IS HOW I RELAX. IT'S ANOTHER FORM OF CREATING AND PLAYING WITH COLORS.

— JILL REED



## SUCCULENT SPHERE

- One 10-inch (25.4 cm) diameter sphere
- One 10-inch (25.4 cm) diameter sphere
- One 10-inch (25.4 cm) diameter sphere
- One 10-inch (25.4 cm) diameter sphere
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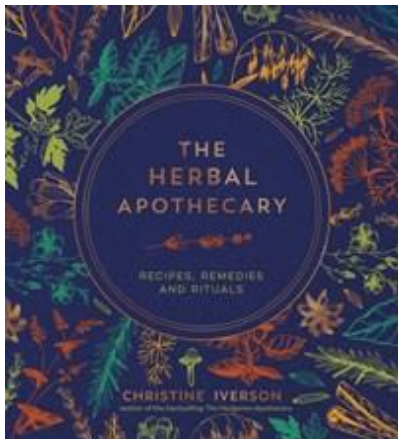
## Method

Step 1: Prepare the soil and the base layer. Add a layer of soil to the bottom of the sphere. Then add a layer of perlite or other drainage material. Finally, add a layer of soil on top.

Step 2: Add the succulent plants. Place the succulent plants in the soil, making sure they are spaced evenly. Water the plants and let them settle in.

Step 3: Display the sphere. Place the sphere in a well-lit area. Water the plants as needed. The sphere can be used as a decorative centerpiece or as a gift.





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Medications  
HEA011000

7.8 in H | 7 in W | 1.2 lb Wt  
Status: **ACTIVE**

## The Herbal Apothecary

Recipes, Remedies and Rituals

Christine Iverson

### Key Selling Points

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

### Summary

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

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

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

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

Inside you will find:

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

The fascinating folklore and history of these majestic aromatic plants

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations



### BLACK PEPPER



**Black pepper** (*Piper nigrum*) is a flowering plant in the family Piperaceae. The fruit is a small, round, black, spherical drupe that is dried to produce the black peppercorn. It is one of the most widely used spices in the world, particularly in Indian, Chinese, and European cuisines. The plant is a climbing vine that can reach up to 10 meters in height. It is native to the Western Ghats of India, where it has been cultivated for over 5,000 years. The plant is known for its strong, pungent flavor, which is due to the presence of piperine, a natural alkaloid. Black pepper is also used in traditional medicine for its anti-inflammatory and antioxidant properties. It is often used to treat digestive issues, such as indigestion and constipation, and is also used to relieve pain and inflammation. The plant is a member of the genus *Piper*, which includes other species such as *Piper longum* (long pepper) and *Piper hirsutum* (pepper tree).

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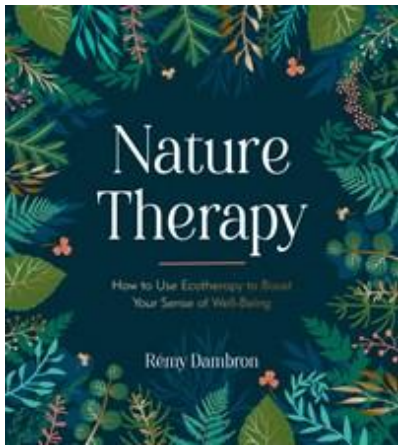
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## Nature Therapy

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

Rémy Dambron

#### Key Selling Points

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

#### Summary

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

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

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

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

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

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

#### Contributor Bio

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

#### Marketing Plans

- National media outreach
- Trade and Library Advertising

#### Illustrations





### Urban birds

Urban birds are those that live in cities and towns. They are often found in parks, gardens, and other green spaces. Urban birds are often more tolerant of human presence than their rural counterparts. They are also often more adaptable to different environments. Urban birds are often more colorful and have more varied diets. They are also often more vocal and have more complex social structures. Urban birds are often more resilient to environmental changes and are often more likely to survive in urban environments. Urban birds are often more likely to be seen in urban environments and are often more likely to be seen in urban environments.

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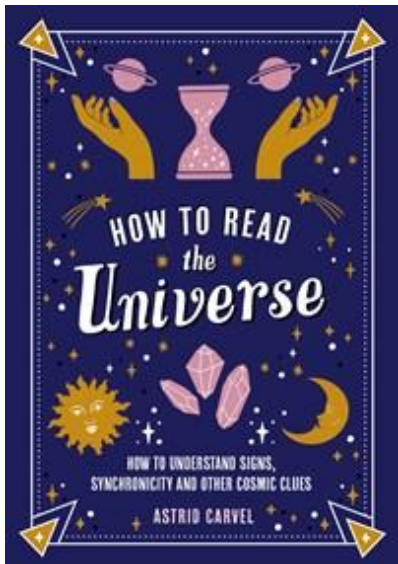
### Gardening and the power of seeds

Gardening is a wonderful way to connect with nature and to enjoy the fruits of your labor. It is a great way to spend your free time and to improve your health. Gardening is a great way to spend your free time and to improve your health. Gardening is a great way to spend your free time and to improve your health. Gardening is a great way to spend your free time and to improve your health.

- 1. Choose a sunny location for your garden.
- 2. Prepare the soil by adding compost or fertilizer.
- 3. Plant your seeds in rows or beds.
- 4. Water your seeds regularly.
- 5. Weed your garden regularly.
- 6. Harvest your crops when they are ripe.



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## How to Read the Universe

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

Astrid Carvel

#### Key Selling Points

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

#### Summary

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

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

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

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

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

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

#### Contributor Bio

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

#### Marketing Plans

- National media outreach
- Trade and Library Advertising

#### Illustrations







# Positivity for Every Day Journal

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

Summersdale Publishers

## Key Selling Points

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

## Summary

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

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

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

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

Inside you will find:

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

Your positivity journey starts here.

## Contributor Bio

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

## Marketing Plans

- National media outreach
- Trade and Library Advertising

## Illustrations



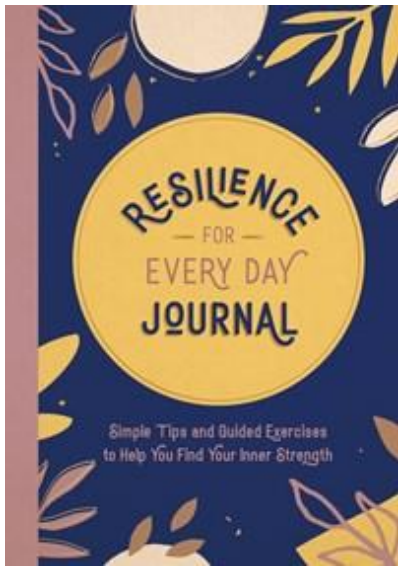
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Print Run: 6K  
Body, Mind & Spirit  
OCC000000

8.3 in H | 5.8 in W  
Status: **ACTIVE**







# Resilience for Every Day Journal

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

Summersdale Publishers

## Key Selling Points

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

## Summary

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

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

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

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

Inside you'll find:

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

## Contributor Bio

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

## Marketing Plans

- National media outreach
- Trade and Library Advertising

## Illustrations



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 Status: **ACTIVE**





# The Dream Journal

Track Your Dreams and Work Out What They Mean

Anna Barnes

## Key Selling Points

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

## Summary

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

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

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

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

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

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

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

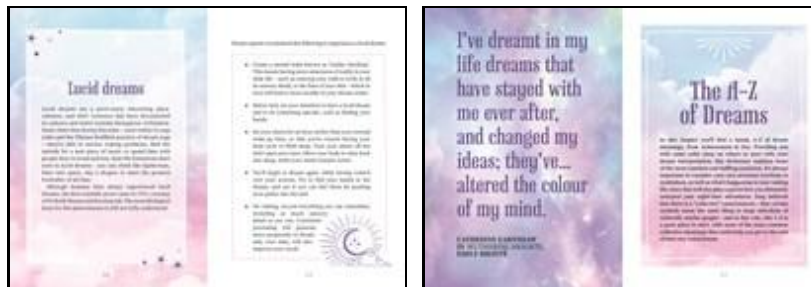
## Contributor Bio

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

## Marketing Plans

- National media outreach
- Trade and Library Advertising

## Illustrations



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 Body, Mind & Spirit / Dreams  
 OCC006000

8.4 in H | 6.4 in W | 0.7 lb Wt  
 Status: **ACTIVE**



**RECOMMENDATION**

I am pleased to recommend you for admission to your chosen university. The degree of endorsement is the greatest possible and is by no means excessive.

**REASON**

I am pleased to recommend you for admission to your chosen university because of your excellent academic record, your high level of achievement in your studies, and your demonstrated leadership skills. Your strong character and commitment to your studies and to your community are also commendable.

**RECOMMENDATION**

I am pleased to recommend you for admission to your chosen university because of your excellent academic record, your high level of achievement in your studies, and your demonstrated leadership skills. Your strong character and commitment to your studies and to your community are also commendable.

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**My dreams**

John

**What is your dream?**

Business     Law  
 Health     Education

**What is your dream job?**

Teacher     Doctor  
 Engineer     Scientist

**What is your dream school?**

Harvard     Stanford  
 MIT     Berkeley

**What is your dream city?**

New York     Los Angeles  
 San Francisco     Chicago

**What is your dream career?**

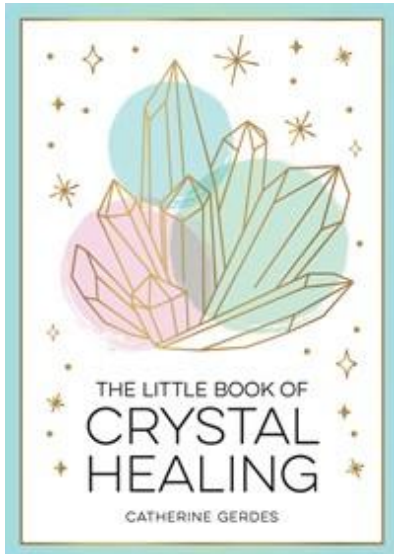
Entrepreneur     Executive  
 Researcher     Analyst

**What is your dream lifestyle?**

Traveler     Homebody  
 Adventurer     Explorer

**What is your dream future?**

Wealthy     Successful  
 Happy     Content



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

## The Little Book of Crystal Healing

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

Catherine Gerdes

#### Key Selling Points

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

#### Summary

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

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

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

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

Inside this book you will find:

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

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

#### Contributor Bio

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

#### Marketing Plans

- National media outreach
- Trade and Library Advertising

#### Illustrations

## INTRODUCTION

Crystals have a distinct internal order and have long been accepted for their beauty. They are valued highly and often have high a monetary and scientific value. The thousands of uses that have been given for their physical and optical healing properties, to those from whom self-healing is desired for the relief of all diseases, indicate that their uses have been and are being given in accordance to an inherent or spiritual nature. Much research has been done to determine the uses of these gemstones and minerals where our knowledge will result in part of a new and exciting field.

Crystals, like the human and the animal, have a natural healing power. All natural crystals, stones and herbs, used by the human body are used in responding

## HOW TO SELECT YOUR CRYSTALS

There is an invisible law in these crystals that, in their crystalline form, is in an order that is not broken. They are made of atoms and molecules that are arranged in a regular pattern. It is in this regularity that the crystals have their power. The way to use the crystals and to bring the law to your favor is to use them in a way that is in accordance with the natural law.

The natural healing power within the body is something that has been a natural order and given to us in the beginning. It is a natural order that is in accordance with the natural law. It is a natural order that is in accordance with the natural law. It is a natural order that is in accordance with the natural law.

If you have a specific intention for using the crystals, the light use by your words.

## HOW TO CLEANSE YOUR CRYSTALS

There are several ways of cleansing crystals. The most common is to use water. This is done by holding the crystals in your hands and visualizing the water as you hold it over them. This is done for several days. This is done for several days. This is done for several days.

Other methods of cleansing crystals include using salt, sage, and other natural substances. These are done in a similar manner to the water method. These are done in a similar manner to the water method. These are done in a similar manner to the water method.

It is important to remember that crystals are natural substances and should be treated with respect. They are not to be used in a way that is in accordance with the natural law.

## AGATE

Agate is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries.

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## AMETHYST

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## AQUAMARINE

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## AMBER

Amber is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries. It is a natural stone that has been used for centuries.

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## EMERALD

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## OPAL

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# The Little Book of Shit

A Celebration of Everybody's Favorite Expletive

Summersdale Publishers

## Key Selling Points

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

## Summary

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

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

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

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

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

Some of the shits this book gives:

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

There's enough shit for everyone!

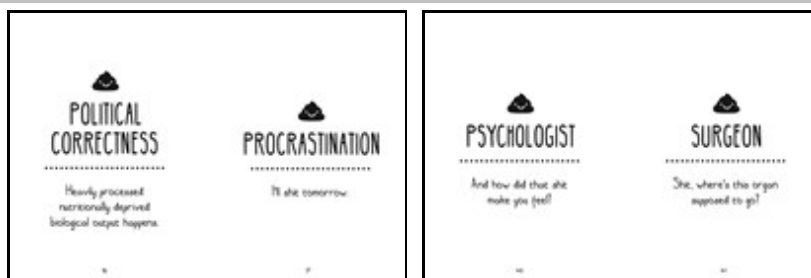
## Contributor Bio

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  
9781837992317  
1837992312  
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\$9.99/\$10.99 Can.  
Hardcover

160 Pages  
Carton Qty: 60  
Print Run: 7K  
Humor / Form  
HUM016000  
5.4 in H | 4 in W | 0.3 lb Wt  
Status: **ACTIVE**



IT HELPDESK

Have you tried  
restoring your site?

10



MANAGEMENT

She's hard!

11



LIONEL RICHIE

Shining on the ceiling

12

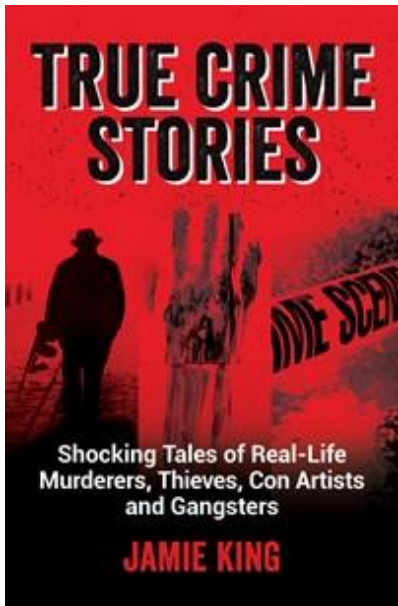


MR T

I play the site.

13





Summersdale  
9781837990078  
1837990077  
Pub Date: 4/30/2024  
On Sale Date: 4/30/2024  
\$11.99/\$12.99 Can.  
Paperback

320 Pages  
Carton Qty: 48  
Print Run: 6K  
True Crime / Abductions,  
Kidnappings & Missing Persons  
TRU006000

7.8 in H | 5.1 in W | 0.6 lb Wt  
Status: **ACTIVE**

## True Crime Stories

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

Jamie King

### Key Selling Points

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

### Summary

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

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

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

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

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

### Contributor Bio

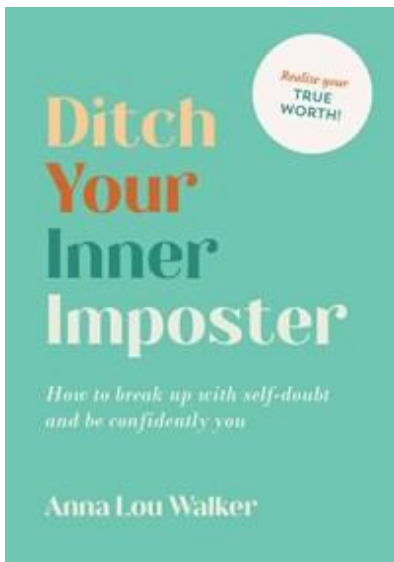
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Jamie King has been fascinated by famous mysteries ever since discovering the Abbey Road album cover as a child. He works as a freelance writer and editor, and lives in Wimbledon.

### Marketing Plans

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- National media outreach
- Trade and Library Advertising



Summersdale  
9781800076440  
1800076444  
Pub Date: 4/2/2024  
On Sale Date: 4/2/2024  
\$14.99/\$16.99 Can.  
Paperback  
  
160 Pages  
Carton Qty: 40  
Print Run: 6K  
Self-Help / Motivational &  
Inspirational  
SEL021000  
  
8.3 in H | 5.9 in W | 0.6 lb Wt  
Status: **ACTIVE**

## Ditch Your Inner Imposter

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

Anna Lou Walker

### Key Selling Points

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

### Summary

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

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

Do you constantly doubt your abilities?

Do you often feel like you don't belong?

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

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

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

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

Empowering affirmations to keep negative thinking at bay

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations









## You Make Me Proud

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

Summersdale Publishers

### Key Selling Points

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

### Summary

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

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

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

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

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

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

What you do makes a difference

### Contributor Bio

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

160 Pages  
Carton Qty: 60  
Print Run: 6K  
Reference / Quotations  
REF019000

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

A good head  
and a good  
heart are always  
a formidable  
combination.

Nelson Mandela

Never stop  
being who  
you are

You are beautiful,  
embrace it;  
you are intelligent,  
embrace it;  
you are powerful,  
embrace it.

Michelle Coad

**WE NEED  
TO LIVE  
THE BEST  
THAT'S  
IN US.**

Angela Bassett

**CHASE  
YOUR  
GOALS**

**When the day  
has ended, dare  
to feel as you've  
done your best.**

Steve Maraboli

It's a myth that  
you can't have it  
all. You can have  
it all - just maybe  
not all at the  
same time.

Eva Longoria

You are  
stronger than  
you know



Summersdale  
9781800071575  
1800071574  
Pub Date: 1/30/2024  
On Sale Date: 1/30/2024  
\$10.99/\$11.99 Can.  
Hardcover

160 Pages  
Carton Qty: 60  
Print Run: 6K  
Reference / Quotations  
REF019000  
5.4 in H | 4 in W | 0.5 lb Wt  
Status: **ACTIVE**

## You're Doing Great

### Uplifting Quotes to Empower and Inspire

Summersdale Publishers

#### Key Selling Points

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

#### Summary

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

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

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

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

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

#### Contributor Bio

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.

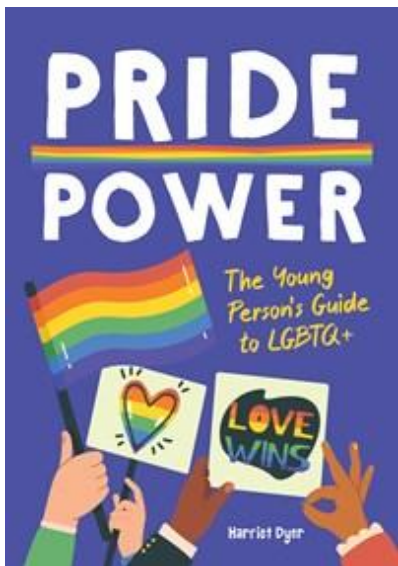
#### Marketing Plans

- National media outreach
- Trade and Library Advertising

#### Illustrations







## Pride Power

The Young Person's Guide to LGBTQIA+

Harriet Dyer

### Key Selling Points

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

### Summary

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

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

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

Inside you will:

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

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

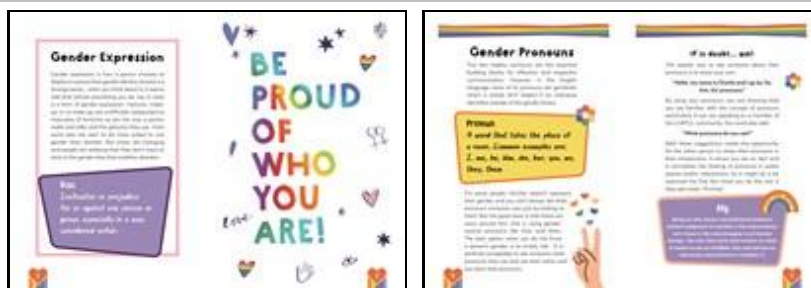
### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations

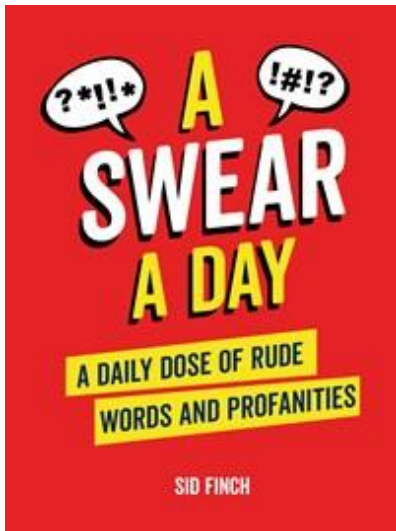


Summersdale  
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1837990115  
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On Sale Date: 4/2/2024  
\$14.99/\$16.99 Can.  
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144 Pages  
Carton Qty: 40  
Print Run: 6K  
Ages 11 And Up, Grades 6 to 17  
Juvenile Nonfiction / LGBTQ+  
JNF053080

8.3 in H | 5.9 in W | 0.6 lb Wt  
Status: **ACTIVE**





## A Swear A Day

**A Daily Dose of Rude Words and Profanities**

Sid Finch

### Key Selling Points

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

### Summary

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

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

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

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

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

### Contributor Bio

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

### Marketing Plans

- National media outreach
- Trade and Library Advertising

### Illustrations



Summersdale  
 9781837990122  
 1837990123  
 Pub Date: 3/5/2024  
 On Sale Date: 3/5/2024  
 \$9.99/\$10.99 Can.  
 Hardcover  
 160 Pages  
 Carton Qty: 60  
 Print Run: 6K  
 Humor / Form  
 HUM015000  
 5.5 in H | 4.1 in W | 0.4 lb Wt  
 Status: **ACTIVE**



**JESUS MARY AND JOSEPH**

misery. Used to express major disappointment or profound frustration, more than just saying "damn!"

**TO HELL WITH THIS**

misery. Used to convey a sense of hopelessness or resignation from a situation that you have decided you are now done with.

**HOLY FRICKLES**

misery. Fricks is Spanish for "damn." Similar to saying "holy cow!" or "holy smokes!"

**BY THE BEARD OF ISHUS**  
misery. Expression of surprise, to be impressed by something or someone.

**COME HELL OR HIGH WATER**  
misery. Whichever difficulty you meet, you will succeed in accomplishing the task at hand. Similar to saying "no matter what!"

**TO LOSE YOUR SHIT**

misery. Describes a situation of anger that gets you out of your element. When you become completely distraught. To lose one's composure.

**Example:**

"Even that fool got angry by a rational man. He stomped the refrigerator. Had been reading it was the company for months. He died from an allergic reaction and nobody expect him off the position."

**SHIT**

SHIT. USED AS A STRONG COLLOQUIAL OR INFORMAL IN REVEREND. "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!" "SHIT!"

**SHITTY**

A SHITTY PERSON.

**SHITTY**

SHIT. DESCRIBING A PERSON, PLACE, OR THING THAT IS "SHITTING SHIT."