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BOOKS USA

**OCTOPUS BOOKS USA
WINTER 2025**

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

FRONT COVER IMAGE © ROSANNA TASKER
FROM *SELF-CARE FOR WINTER* PUBLISHED BY ASTER



Aster
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192 Pages
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Self-Help / Emotions
SEL042000

8.3 in H | 6 in W
Status: **FORTHCOMING**

Self-Care for Winter

Seven steps to thriving in the colder months

Suzy Reading

Key Selling Points

- Suzy Reading is a long-time author and staple of the Aster list. She has published eight books, including the best selling Self-Care Revolution.
- This is a uniquely illustrated practical guide on the subject from an authoritative figure.
- **USP Author's profile:** Suzy is a self-care expert but also shares insights from her own perspective as someone coming to live in the UK from Australia. Learning to thrive in winter has been a personal learning journey for Suzy - and she can help others!
- **Differentiation in the market:** many books on winter focus on surviving winter but this book is about thriving, that is, getting to a place where winter is enjoyed and life can flourish!

Summary

A 7-step guide to winter: how to not only survive the winter months but to thrive in them

Are you feeling it too? The genuine urge to bunker in, a growing need for rest, a deep desire to seek comfort? As the days become shorter and the cold descends, hibernation mode sets in. While seasonal change is a normal part of the natural world, many of us expect to have the same levels of energy all year round. The result is that our incessant drive to grow and out-perform can often leave us feeling frustrated and disheartened with our lower levels of energy and reduced productivity.

But what if there was a better way to approach the winter season?

Self-care expert Suzy Reading has devised 7 steps to not only survive the winter months but to thrive in them. By embracing the lessons from the natural world - from regulating light activity to warming body movements - you will learn how to alter your daily rhythms so that you can embrace winter. Through honoring lower energy levels and listening to what your body needs in the colder months, this can be an opportunity to rekindle joy and find fulfilment in every season of life.

the 7 steps expanded upon throughout the book are below:

1. Harness Light & Colour
2. Make a Healthy Movement Habit
3. Embrace Nature
4. Savour Comforting Rituals
5. Develop a Compassionate Pace: Sleep & Rest
6. Make Meaningful Connections
7. Practise Reflection

Approaching winter doesn't have to be full of dread - so snuggle in and learn the key to thriving in the colder months.

Contributor Bio

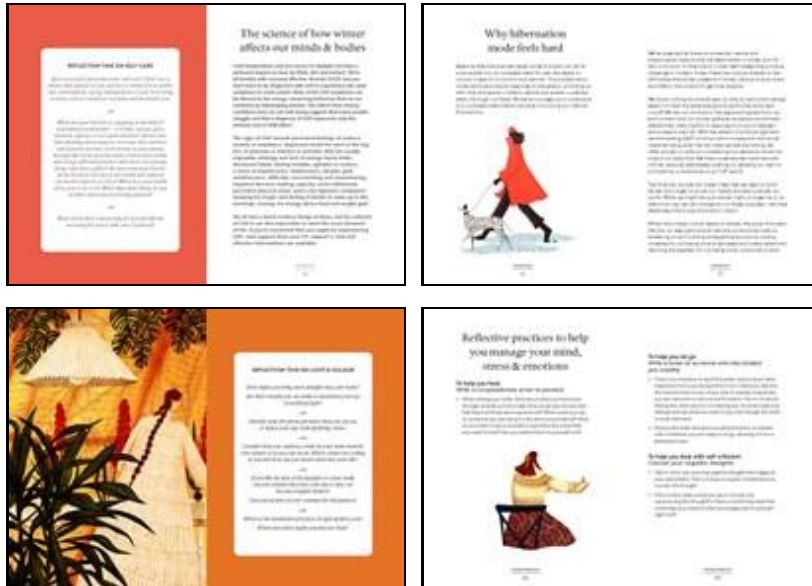
Suzy Reading is a mother of two, an author, Chartered Psychologist, yoga teacher and coach. Suzy has over two decades of experience in the health and wellbeing industry, with qualifications in personal training from Australia and yoga teacher training accreditation from The Life Centre in London. She draws these modalities together with psychology to help people build sustainable healthy lifestyle habits and is one of the top UK experts on self-care. Suzy is the Psychology Expert for wellbeing brand Neom Organics and is a founding member of the 'Nourish' app. She figure skated her way

through her childhood, growing up on the Northern Beaches of Sydney, and now makes her home in the hills of Hertfordshire, UK. She is also the author of *The Little Book of Self-Care*, *The Self-Care Revolution*, *Stand Tall Like A Mountain*, *Self-care for Tough Times*, *This Book Will (Help) Make You Happy*, *And Breathe* and *Sit to Get Fit*. Her self-care card deck *The Little Box of Self-Care* is available now.

Marketing Plans

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

Illustrations





Hamlyn
9780600638841
0600638847
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\$22.99/\$28.99 Can.
Paperback

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Cooking / Courses & Dishes
CKB010000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

The Cortisol Fix Recipe Book

Reduce stress and bring your body back into balance with over 100 nourishing recipes

Angela Dowden

Key Selling Points

- Cortisol is a highly trending topic online. On TikTok, the hashtags #cortisollevels and #howtoreducecortisol have over 140 million combined views, while Google has reported a 400% spike in searches for 'how to fix cortisol levels' in a year (*Elle Magazine*, 2023)
- This book will be first to market as an authoritative cortisol cookbook, getting ahead of this emerging and fast-growing trend
- There is a strong connection between cortisol levels and stress levels, and stress levels are increasing drastically with all age groups. Following the Covid-19 pandemic, cortisol measured in hair during the COVID-19 pandemic increased by 22-27% among healthcare workers experiencing burnout (*Science Direct*, 2022)
- Lowering cortisol levels can have several health benefits, such as reducing inflammation and improving immunity (*Zoe*, 2023)

Summary

Over 100 stress-free recipes to help you manage your cortisol levels and balance your hormones

Reduce stress, manage your hormones and become happier and healthier with *The Cortisol Fix Recipe Book*

Cortisol is our "stress hormone" produced in the adrenal glands as a response to a perceived danger or threat. It helps our bodies reduce inflammation, regulate our sleep cycles, control our blood sugar and blood pressure levels and manage how we process carbohydrates, fats, and proteins.

While cortisol plays a vital role for us, chronic or prolonged stress can cause cortisol levels to rise too high, leading to weight gain, high blood pressure, poor mental health and several other physical health conditions over time.

This cookbook will show you how simple, fresh and nourishing whole foods can help you balance your hormone levels. Nutritionist Angela Dowden RNutr provides weekly meal plans and expert nutritional and lifestyle advice related to diet, sleep and mental health to help you develop healthy habits. With *The Cortisol Fix Recipe Book* you can prevent chronic stress and enjoy meals that help you feel your best.

Contributor Bio

Angela Dowden RNutr is a UK Registered Nutritionist and freelance health writer/author with over 20 years' expertise writing for national newspapers and magazines including several years as a columnist at both *WOMAN* and *Woman's Own*. Her nutrition philosophy is that one size doesn't fit all, and that a healthy diet should be fad-free and tasty.

Marketing Plans

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

Illustrations



SQUASH, KALE & MIXED BEAN SOUP

Ingredients:
1 large butternut squash, peeled and cubed
1 onion, finely chopped
2 garlic cloves, crushed
1 red pepper, finely chopped
1 bunch kale, finely chopped
1 tin (400g) mixed beans
1 tin (400g) vegetable stock
1 tin (400g) tomato paste
1 bay leaf
Salt and pepper

Method:
1. Heat a large pot over a medium heat. Add the oil and onion. Cook for 5 minutes until softened.
2. Add the garlic, red pepper and squash. Cook for 10 minutes until the squash is starting to soften.
3. Add the kale, beans, stock, tomato paste and bay leaf. Bring to a boil, then reduce the heat and simmer for 30 minutes until the squash is soft.
4. Remove the bay leaf and season with salt and pepper. Serve with a slice of bread.



CLAM & TOMATO SPAGHETTI

Ingredients:
1 tin (400g) spaghetti
1 tin (400g) tomato sauce
1 tin (400g) clam juice
1 tin (400g) clams
1 onion, finely chopped
2 garlic cloves, crushed
1 bunch cherry tomatoes
1 bunch fresh herbs (parsley, basil)
Salt and pepper

Method:
1. Cook the spaghetti in a large pot of salted water for 10 minutes until al dente.
2. Heat a large pot over a medium heat. Add the oil and onion. Cook for 5 minutes until softened.
3. Add the garlic and tomatoes. Cook for 10 minutes until the tomatoes are soft.
4. Add the clam juice, clams, tomato sauce and spaghetti. Bring to a boil, then reduce the heat and simmer for 10 minutes until the spaghetti is coated in the sauce.
5. Garnish with fresh herbs and serve with a glass of white wine.



POT-ROASTED TUNA WITH LENTILS

Ingredients:
1 tin (400g) lentils
1 tin (400g) vegetable stock
1 tin (400g) tomato paste
1 onion, finely chopped
2 garlic cloves, crushed
1 bunch fresh herbs (parsley, basil)
1 tin (400g) tuna
Salt and pepper

Method:
1. Heat a large pot over a medium heat. Add the oil and onion. Cook for 5 minutes until softened.
2. Add the garlic, tomatoes, lentils, stock and tomato paste. Bring to a boil, then reduce the heat and simmer for 30 minutes until the lentils are soft.
3. Remove the pot from the heat and season with salt and pepper.
4. Preheat the oven to 200°C. Place the tuna on a baking tray and roast for 10 minutes until golden brown.
5. Serve the soup with a piece of roasted tuna and fresh herbs.



BANANA MUFFINS

Ingredients:
1 tin (400g) self-raising flour
1 tin (400g) brown sugar
1 tin (400g) vegetable oil
1 tin (400g) banana
1 tin (400g) egg whites
1 tin (400g) baking powder
Salt and pepper

Method:
1. Preheat the oven to 180°C.
2. In a large bowl, mix the flour, sugar, oil, banana, egg whites and baking powder.
3. Grease a muffin tin with butter and fill with the mixture.
4. Bake for 15 minutes until golden brown.
5. Remove from the oven and let cool on a wire rack. Serve with a slice of butter.



Godsfield
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1841816051
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Hardcover

128 Pages
Carton Qty: 10
Print Run: 6K
Self-Help / Sexual Instruction
SEL034000

6.9 in H | 5.2 in W
Status: **FORTHCOMING**

SEX

Everything Everyone Needs to Know about Pleasure and Play

Ali Paul

Key Selling Points

- Beautifully illustrated, this empowering gift books are for people of all sexual identities and experience levels
- The perfect gift or self-purchase - for those who want to improve their sex lives, build their confidence and anyone exploring their sexual identity
- Sits comfortably amongst retailers that predominantly sell sex products, this little book is an aesthetically led impulse-purchase and/or gift

Summary

This illustrated guide to sex tips features practical advice, simple exercises and explosive prompts to help you build your confidence between the sheets, and heighten passion and sexual enjoyment for that post-coital glow

DARE TO PUSH BOUNDARIES AND INJECT YOUR SEX LIFE WITH A NEW SENSE OF ADVENTURE

Are you ready to explore your sexuality and have the most fun you've ever had in bed? Do you long to discover ways of pleasing yourself and your partner that will dissolve all inhibitions? Sometimes the furious pace of living in the 21st century, and inauthentic and skewed representations of what sex is, and what sexy is, makes it difficult to remember that sex is about play.

Masturbation, foreplay, outercourse and penetrative sex are all forms of sex and sex is play - it's the delicious exploration of bodies - entire bodies, not just the genitals - and opens the door to total body sensation and arousal.

This book is aimed at everyone regardless of gender, sexuality or how you identify yourself and whatever kind of play you're engaging in be it solo, with a partner or in a group.

Featuring beautiful illustrations, clear explanations, practical exercises and tantalizing prompts, this is the perfect guide to finding your spark that is sure to lead to full-blown carnal bliss. You will find that sex tips helps you:

- Pleasure yourself, a partner, or partners
- Gain self-confidence and boost your libido
- Rediscover your own sensuality and sense of fun
- Explore new ideas, kinks and fantasies

Contributor Bio

Godsfield Press publishes inspirational and authoritative mind body spirit titles covering areas such as spirituality and religion, personal growth and alternative health. It's best known for the internationally acclaimed Bible series, which has sold more than 6.5 million copies worldwide.

Marketing Plans

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

Illustrations



Cassell
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1788405498
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Hardcover

304 Pages
Carton Qty: 10
Print Run: 4K
Performing Arts / Film
PER004040

9.3 in H | 6 in W
Status: **FORTHCOMING**

Hollywood Blackout

The battle for recognition in a white Hollywood

Ben Arogundade

Key Selling Points

- **COMPARATIVE TITLES: BLACK HISTORY:** *The Whole Picture* by Alice Proctor is the closest comp and did well in a few markets, selling 4,000 copies in the US, 2,000 copies in Australia and 1,250 copies in the UK. Chinese and Spanish rights were also sold
- **OSCAR AWARDS DIVERSITY NEWS:** The Academy announced in September 2020 a set of rules to encourage diversity would take effect with the upcoming Oscars ceremony in March 2024. This book aims to exploit and set the agenda for this change
- **AUTHOR CREDENTIALS:** Ben's previous title, *Black Beauty*, was picked up by the BBC and made into a three-part documentary. He was a finalist in Australia's Calibre Essay Prize and a winner at the Indie Book Awards in 2019
- A single 8-page plate section of roughly 16 photos will be included

Summary

A Hollywood history told from the perspective of those that fought for diversity, inclusion and acknowledgement

Are the Oscars (still) so white? Is it even possible to decolonize the film industry? Why is Hollywood's race problem everyone's problem?

Ignoring the systemic racial inequalities in film is losing the industry \$10 billion a year. Yet, parity, diversity, and inclusion are fundamental issues that the Oscar Awards are only just beginning to address.

In this book, award-winning writer, broadcaster, model, and fashion designer, Ben Arogundade, provides a manual for deconstructing everything you thought you knew about Hollywood - documenting the stories and struggles of black artists within the movie industry that have so far been left out of the canon.

The chapters are structured chronologically around different Oscar winners, from Hattie McDaniel to Halle Berry. Each section is rich with exhaustive research from critics, activists, and academics, as well as interviews with stars and those within the film industry, to demonstrate sociological and historical influences on black artists, highlight positive progress, and make you realize that certain attitudes still remain.

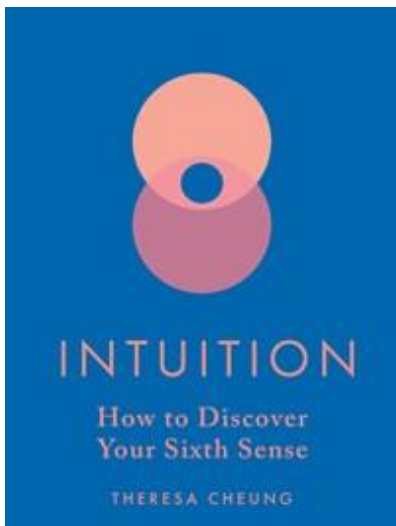
Hollywood Blackout is a much-needed provocation to look more critically at the accepted narratives within film, and examine how the industry both reflects and influences societal views on race.

Contributor Bio

Ben Arogundade is an author, fashion designer, model, voice actor, and broadcaster. His articles have been published by *The Times*, *Telegraph*, *Guardian*, *Evening Standard*, *Elle*, and *Marie Claire*, and he has provided the voice for the first audiobook of Darwin's *On the Origin of Species* and George Orwell's essays for Penguin. He was a finalist in Australia's Calibre Essay Prize and the winner of the general non-fiction award at the Indie Book Awards in 2019. His previous title, *Black Beauty*, was made into a three-part BBC documentary.

Marketing Plans

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



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9781841816128
1841816124
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Hardcover

176 Pages
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Print Run: 4K
Body, Mind & Spirit / Channeling &
Mediumship
OCC003000

6.9 in H | 5.2 in W
Status: **FORTHCOMING**

Intuition

How to Discover Your Sixth Sense

Theresa Cheung

Key Selling Points

- Features practical exercises and rituals to help you get in touch your intuition and access its powers, this book will help you gain an understanding of both past and future lives
- Theresa Cheung has written many books in the area of psychic development and personal growth. They include *The Element Encyclopedia of the Psychic World*, *The Element Encyclopedia of 20,000 Dreams* and *Get Lucky! Make Your Own Opportunities*

Summary

Psychic development expert Theresa Cheung explains how it is possible to develop the deepest levels of your mind to achieve greater self-realization and personal growth

Take your first step into a world of endless potential

Have you ever had dreams that later seemed to come true? Or had a hunch that something would happen and then it did? Do you ever just *know* what someone else is thinking?

What we call 'intuition' is - as well as being a mental faculty - also a super-sense, the cumulative power of all the senses: sight, hearing, taste, touch and smell. As we all possess intuition, we are therefore all able to unify our senses, giving us the power to find meaning in our lives, realize our potential and achieve personal fulfilment.

This book will teach you how to strengthen your sixth sense, finding natural ways to tap into your wellspring of intuitive wisdom through:

- Relaxation
- Dream analysis
- Meditation
- Clairvoyance
- Self-hypnosis
- Remote viewing
- Mandala work
- Intuitive consciousness-raising
- Psychometry
- Telekinesis
- Telepathy
- Aura reading
- Scrying and many others

Contributor Bio

Theresa Cheung is an experienced author in the area of psychic development and personal growth. She is the author of *The Element Encyclopedia of 20,000 Dreams*, *The Element Encyclopedia of the Psychic World* and *Get Lucky! Make Your Own Opportunities*.

Marketing Plans

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

Illustrations



That is your sixth sense


- 1. The first sense is the sense of sight.
- 2. The second sense is the sense of hearing.
- 3. The third sense is the sense of touch.
- 4. The fourth sense is the sense of taste.
- 5. The fifth sense is the sense of smell.
- 6. The sixth sense is the sense of intuition.

INTRODUCTION TO YOUR SILENT POWER

By the age of five, you have already used your sixth sense. It is the sense that allows you to know when you are being watched, when you are being followed, when you are being judged, when you are being loved, when you are being hated, when you are being ignored, when you are being forgotten.

That is not the truth

The first sense is the sense of sight. The second sense is the sense of hearing. The third sense is the sense of touch. The fourth sense is the sense of taste. The fifth sense is the sense of smell. The sixth sense is the sense of intuition.



The sixth sense is the sense of intuition. It is the sense that allows you to know when you are being watched, when you are being followed, when you are being judged, when you are being loved, when you are being hated, when you are being ignored, when you are being forgotten.



WHAT IS YOUR SIXTH SENSE?

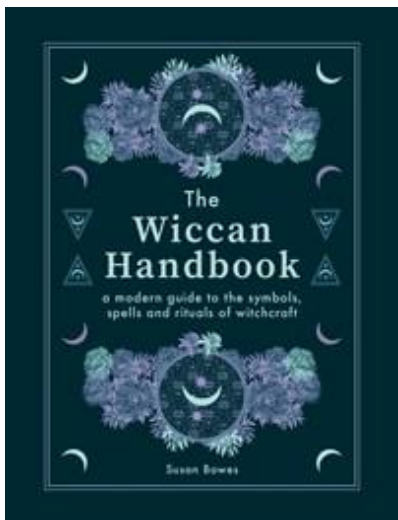
If you have ever had a feeling of something being right or wrong, or if you have ever had a feeling of being watched, or if you have ever had a feeling of being followed, or if you have ever had a feeling of being judged, or if you have ever had a feeling of being loved, or if you have ever had a feeling of being hated, or if you have ever had a feeling of being ignored, or if you have ever had a feeling of being forgotten, then you have used your sixth sense.

The world beyond the senses

AWAKENING TO YOUR PSYCHIC ABILITY

The world beyond the senses is the world of the mind. It is the world of the imagination, the world of the dreams, the world of the thoughts, the world of the feelings, the world of the intuitions, the world of the spirits, the world of the angels, the world of the devils, the world of the demons, the world of the gods, the world of the goddesses, the world of the spirits, the world of the angels, the world of the devils, the world of the demons, the world of the gods, the world of the goddesses.

The world beyond the senses is the world of the mind. It is the world of the imagination, the world of the dreams, the world of the thoughts, the world of the feelings, the world of the intuitions, the world of the spirits, the world of the angels, the world of the devils, the world of the demons, the world of the gods, the world of the goddesses.



Pyramid
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Body, Mind & Spirit / Magick
Studies
OCC028000
6.9 in H | 5.2 in W
Status: **FORTHCOMING**

The Wiccan Handbook

A Modern Guide to the Symbols, Spells and Rituals of Witchcraft

Susan Bowes

Key Selling Points

- Wicca and witchcraft still proves popular in the current market. *The Wiccan Handbook* combines traditional practices and modern-day living for a title that is relevant and accessible for readers
- This title is beautifully designed and similar in aesthetic to existing bestselling titles in the market
- This title is in a pretty and gift-y format, making it the perfect gift for fans of the genre or an impulse buy for those who are drawn to its aesthetic

Summary

A practical guide to discovering the ancient wisdom of wicca and witchcraft, for a deeper connection to our inner selves and the natural world

Hidden within all of us is a special set of powers. Learning the tools of wicca and witchcraft unlocks those powers and opens the door on to a new world.

This essential handbook is filled with everything you need to know in order to live in harmony with yourself and the natural world. It features detailed information on the most important elements of a modern-day wiccan way of life, including how to celebrate all the sabbats of the year, casting a sacred circle, writing and casting spells, essential everyday tools, and interpreting and understanding the four elements and their correspondences.

You will also find advice on using the healing properties of herbs, trees, crystals, colors, numbers and astrological energies to empower and enhance your work.

The Wiccan Handbook is an indispensable guide to embracing wicca and witchcraft in our modern world, bringing more magic, meaning and significance to your everyday life.

Contents

Introduction

Part 1: The Story of Witchcraft

The Early Times

Modern Witchcraft

Part 2: Getting Started

The Tools of the Trade

Part 3: Practicing Witchcraft

Magical Charms and Symbols

The Witch's Calendar

Casting a Sacred Circle

The Witch's Way to Draw in Love

Creating Abundance

Creating Miracles

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

Illustrations

Introduction

When you think of candles, you probably think of a simple, white, pillar candle. But candles come in many shapes, sizes, and colors. Some are scented, some are unscented, and some are made from natural materials like beeswax or soy. Candles have been used for centuries for light, warmth, and decoration.



Introduction

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The History of Beeswax

Beeswax is a natural substance produced by honey bees. It is used to build the honeycomb, which is a structure of hexagonal cells. Beeswax is also used in many other products, including candles, soaps, and cosmetics.



The History of Beeswax

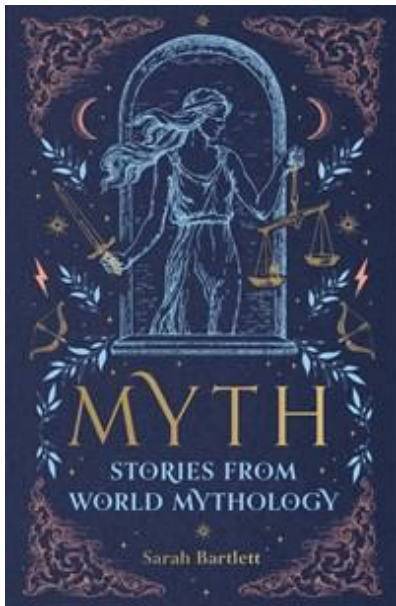
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Part II

Caring for Your Candles

The best way to care for your candles is to trim the wick. This helps the candle burn evenly and prevents the flame from getting too large. You should also avoid placing candles in drafty areas, as this can cause the flame to flicker and the candle to burn unevenly.



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Social Science / Folklore &
Mythology
SOC011000
7.8 in H | 5 in W
Status: **FORTHCOMING**

Myth

Stories from World Mythology

Sarah Bartlett

Key Selling Points

- Written by an expert author; featuring a wide range of cultures, including Greco-Roman, Egyptian, Celtic, Asian, African, Australian Aboriginal and Native American
- Includes a guide to key gods and goddesses as well as major myths
- This guide offers readers an engaging and accessible introduction to the major world mythologies, exploring their origins, foundational stories and key mythological figures
- Books based on mythology, especially Greek myths, have risen in popularity over the last decade with a boost of mythology retellings in recent years. Mythology-inspired books are at the top of bestseller lists and often dominate on TikTok

Summary

Discover the world's greatest myths and legends - from Greek mythology to Oceanic mythology - in this comprehensive guide

Humans have always told stories, and myths have been used for millennia as a means of storytelling. A good tale can deliver an important message, an understanding of deeper emotional conflicts, or perhaps act as a light piece of entertainment. Myths have always been a useful lens through which to see reality, as well as granting explanations for the unexplainable.

Myth provides detailed information on a wide range of myths and legends throughout history and across the globe. Ancient myths of Egypt, Rome, Greece, Scandinavia and the Celtic world are explored alongside the legends of Native Americans, Australian Aborigines, Aztecs and Incas, Africa and Asia. From Aphrodite to King Arthur and the Epic of Gilgamesh to Mayan death gods, here you will find a guide to the specific traditions as well as an exploration of common themes in myths worldwide including creation, love, quests and the underworld.

This is an indispensable guide for any mythology enthusiasts.

Contributor Bio

Sarah Bartlett (D.Psych Astrol) is the author of international best-selling books including *The Tarot Bible*, *The Little Book of Practical Magic*, *The Witch's Spellbook* and *National Geographic's Guide to Supernatural Places*. Contributing astrologer to media such as *Cosmopolitan*, *She*, *Spirit & Destiny*, *the London Evening Standard* and BBC Radio 2, Sarah practices tarot, natural magic, astrology and other esoteric arts.

Marketing Plans

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

Illustrations

MYTHOLOGY AND THE ARTS

Mythology is a creative expression of the human imagination and the desire to understand the world. It has been a part of all cultures, for in myth the human mind seeks to explain the world. It is a language of symbols, a way of looking at the world that is both poetic and profound. Through the myths we see the values and beliefs of a culture and the way they have shaped the world we live in.

In the modern world, mythology has become a source of inspiration for artists and writers. The stories of gods and heroes have been reimagined in novels, plays, and films. Mythology is not just a relic of the past; it is a living tradition that continues to shape our lives.

ENDING NOTES

Mythology is a complex and fascinating subject. It is a window into the human mind and the way we have tried to understand the world. From the ancient myths of Greece and Rome to the modern myths of science fiction and popular culture, mythology has always been a part of us. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.

CROSSING CONTINENTS

There are many ways to cross continents. Some are by air, some by sea, and some by land. Each mode of travel has its own challenges and rewards. Air travel is the fastest, but it can be expensive and crowded. Sea travel is slower, but it offers a different perspective on the world. Land travel is the most adventurous, but it can be the most rewarding.

In the past, crossing continents was a long and arduous journey. It took weeks or even months to travel from one continent to another. Today, it can be done in a matter of hours. But the experience of crossing continents is still a unique one. It is a chance to see the world from a different perspective and to experience the cultures and landscapes of different continents.

As the world becomes more global, crossing continents is becoming easier and more common. But it is still a special experience. It is a chance to see the world from a different perspective and to experience the cultures and landscapes of different continents. It is a testament to the power of the human imagination and the desire to explore the world.

MYTH, SYMBOLS AND YOU

What is myth? It is a story that is passed down from generation to generation. It is a story that is often filled with symbols and metaphors. Myth is a way of looking at the world that is both poetic and profound. It is a language of symbols, a way of looking at the world that is both poetic and profound.

Myth is a part of our lives. It is a way of looking at the world that is both poetic and profound. It is a language of symbols, a way of looking at the world that is both poetic and profound. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.



THE CLASSICAL WORLD

The classical world is a time of great achievement in art, literature, and philosophy. It is a time when the foundations of Western civilization were laid. The classical world is a source of inspiration for artists and writers today. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.

MYTHOLOGY AND BACKGROUND

Mythology is a complex and fascinating subject. It is a window into the human mind and the way we have tried to understand the world. From the ancient myths of Greece and Rome to the modern myths of science fiction and popular culture, mythology has always been a part of us. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.

In the modern world, mythology has become a source of inspiration for artists and writers. The stories of gods and heroes have been reimagined in novels, plays, and films. Mythology is not just a relic of the past; it is a living tradition that continues to shape our lives.

As the world becomes more global, crossing continents is becoming easier and more common. But it is still a special experience. It is a chance to see the world from a different perspective and to experience the cultures and landscapes of different continents. It is a testament to the power of the human imagination and the desire to explore the world.

Myth is a part of our lives. It is a way of looking at the world that is both poetic and profound. It is a language of symbols, a way of looking at the world that is both poetic and profound. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.

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THE AMERICAS

The mythical stories of the Americas are a rich and diverse collection of tales. They are a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable. The myths of the Americas are a source of inspiration for artists and writers today. It is a testament to the power of the human imagination and the desire to create meaning in a world that is often chaotic and unpredictable.

There are many ways to cross continents. Some are by air, some by sea, and some by land. Each mode of travel has its own challenges and rewards. Air travel is the fastest, but it can be expensive and crowded. Sea travel is slower, but it offers a different perspective on the world. Land travel is the most adventurous, but it can be the most rewarding.

In the past, crossing continents was a long and arduous journey. It took weeks or even months to travel from one continent to another. Today, it can be done in a matter of hours. But the experience of crossing continents is still a unique one. It is a chance to see the world from a different perspective and to experience the cultures and landscapes of different continents.

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Kyle Books
9781804192900
1804192902
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On Sale Date: 3/18/2025
\$19.99/\$24.99 Can.
Hardcover

176 Pages
Carton Qty: 10
Print Run: 5K
Cooking / Courses & Dishes
CKB102000

8.3 in H | 6 in W
Status: **FORTHCOMING**

Secret Sauces

Over 65 Fresh & Flavorful Sauces with Recipe Pairings

Vanessa Seder

Key Selling Points

- Sauces inspire a cult-like following, as shown with the rise of Sriracha, kimchi, tonkotsu, or Kewpie mayo
- Includes 8 'Mother sauces'
- Perfect for people pressed for time, who need 'quick fixes' to enliven the same-old weeknight main dishes. As well as cooks looking for healthier, fresher, and more vegetarian alternatives to traditional sauces
- Beautifully illustrated and photographed throughout, *Secret Sauces* features 8 'mother' sauces, with 65 variants, and over 50 recipe pairings

Summary

Elevate everyday dishes with minimum effort. *Secret Sauces* is a collection of 65 modern sauces with recipe pairing, as well as marinades, dressings, dips, gravies, salsas, and curries

A great sauce has the ability to transform even the humblest ingredients, to elevate the everyday to the sublime. But a great sauce does not have to be complicated. Gone are the days when sauce meant mainly a concoction based on butter, flour, and reduced stock. Celebrate a new generation of sauces that are simple to whip up and rely on fresh and healthy ingredients such as nuts, yogurt, and vegetables.

Sauces of Inspiration gives you an arsenal of "mother" sauces that fit today's kitchen and are infinitely adaptable. Each one can be made in advance and then customized to enliven different meals throughout the week. With every sauce comes a recipe for a full finished dish that's an ideal showcase, followed by many ideas for other uses. Roasted Sweet Potato Wedges come alive drizzled with **Bengali Spiced Yogurt**. Seared Red Snapper rises to a new level with **Grilled Pineapple and Chipotle Salsa**. **Coconut Lemongrass Cream** finishes off Fruit Kebabs.

Aimed at the home cook, *Sauces of Inspiration* removes the intimidation of traditional sauces and makes sauces approachable for everyone. Inspired by cuisines from around the world, these sauces bring a new level of excitement to any meal. Plus, they deliver maximum flavor with a minimum of effort.

Contributor Bio

Vanessa Seder has more than a decade of experience developing recipes for magazines such as *Ladies Home Journal*, *Real Simple*, *Martha Stewart*, *Health*, and *Cooking Light*. A graduate of the Institute of Culinary Education in New York, Vanessa has also worked as a personal chef and as a food stylist. She is a regular culinary instructor at the Stonewall Kitchen in York, Maine.

Marketing Plans

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

Illustrations



3

Herby

The Herby Pasta is a light and fresh pasta dish that is perfect for a summer meal. It features a creamy sauce made with ricotta cheese and a blend of fresh herbs including basil, dill, and parsley. The pasta is served with a side of roasted vegetables and a drizzle of olive oil.

Ingredients:

- 1 lb. pasta
- 1/2 cup ricotta cheese
- 1/4 cup olive oil
- 1/2 cup fresh basil
- 1/2 cup fresh dill
- 1/2 cup fresh parsley
- 1/2 cup grated parmesan cheese
- 1/2 cup cherry tomatoes
- 1/2 cup zucchini
- 1/2 cup bell peppers

Instructions:

1. Cook the pasta according to the package instructions.
2. In a large bowl, combine the ricotta cheese, olive oil, and fresh herbs.
3. Add the cooked pasta to the bowl and toss to coat.
4. Add the parmesan cheese and vegetables to the bowl and toss again.
5. Drizzle with olive oil and serve.

Recipe by: [Name]

The Mother Vinaigrette

This vinaigrette is a classic French dressing that is perfect for a variety of salads. It is made with a combination of olive oil, vinegar, and a blend of fresh herbs including dill, parsley, and basil. The dressing is served with a side of fresh vegetables and a drizzle of olive oil.

Ingredients:

- 1/2 cup olive oil
- 1/4 cup vinegar
- 1/2 cup fresh dill
- 1/2 cup fresh parsley
- 1/2 cup fresh basil
- 1/2 cup grated parmesan cheese
- 1/2 cup cherry tomatoes
- 1/2 cup zucchini
- 1/2 cup bell peppers

Instructions:

1. In a large bowl, combine the olive oil, vinegar, and fresh herbs.
2. Add the parmesan cheese and vegetables to the bowl and toss to coat.
3. Drizzle with olive oil and serve.

Recipe by: [Name]

How to Up

Ingredients:

- 1/2 cup olive oil
- 1/4 cup vinegar
- 1/2 cup fresh dill
- 1/2 cup fresh parsley
- 1/2 cup fresh basil
- 1/2 cup grated parmesan cheese
- 1/2 cup cherry tomatoes
- 1/2 cup zucchini
- 1/2 cup bell peppers

Instructions:

1. In a large bowl, combine the olive oil, vinegar, and fresh herbs.
2. Add the parmesan cheese and vegetables to the bowl and toss to coat.
3. Drizzle with olive oil and serve.

Recipe by: [Name]

HERBY MILK PEPPER AND ONION SOUP

This soup is a classic comfort food that is perfect for a cold day. It is made with a combination of milk, pepper, and onion. The soup is served with a side of fresh vegetables and a drizzle of olive oil.

Ingredients:

- 1/2 cup milk
- 1/4 cup pepper
- 1/2 cup onion
- 1/2 cup butter
- 1/2 cup flour
- 1/2 cup chicken stock
- 1/2 cup carrots
- 1/2 cup celery
- 1/2 cup bell peppers

Instructions:

1. In a large pot, melt the butter and sauté the onion and pepper.
2. Add the flour and stir to combine.
3. Add the chicken stock and milk to the pot and stir.
4. Add the carrots, celery, and bell peppers to the pot and cook until tender.
5. Drizzle with olive oil and serve.

Recipe by: [Name]

QUICK AND EASY BUTTER

This butter is a simple and delicious recipe that is perfect for a variety of dishes. It is made with a combination of butter and a blend of fresh herbs including dill, parsley, and basil. The butter is served with a side of fresh vegetables and a drizzle of olive oil.

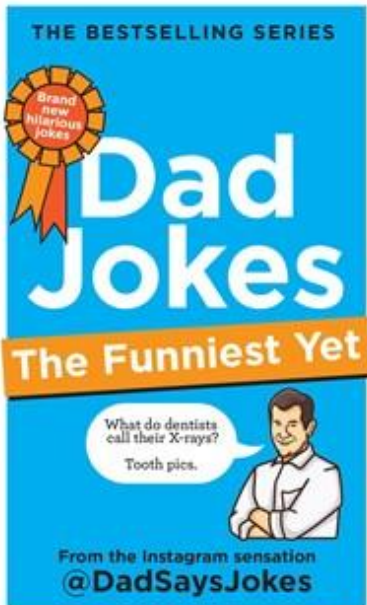
Ingredients:

- 1/2 cup butter
- 1/4 cup fresh dill
- 1/4 cup fresh parsley
- 1/4 cup fresh basil
- 1/4 cup grated parmesan cheese
- 1/4 cup cherry tomatoes
- 1/4 cup zucchini
- 1/4 cup bell peppers

Instructions:

1. In a large bowl, combine the butter, fresh herbs, and parmesan cheese.
2. Add the vegetables to the bowl and toss to coat.
3. Drizzle with olive oil and serve.

Recipe by: [Name]



Dad Jokes: The Funniest Yet

The new collection from The Sunday Times bestseller

@dadsaysjokes

Key Selling Points

- The perfect gift for dads, be it for Christmas, birthdays or Father's Day
- @dadsaysjokes have 8m followers across Instagram, Twitter and Facebook
- The *Dad Jokes* series has sold over 120k copies since publication

Summary

A new collection of fantastically funny jokes from the Instagram sensation @DadSaysJokes

THE PERFECT FATHER'S DAY GIFT

The must-have joke collection from the *Sunday Times* bestsellers @DadSaysJokes

Q: How can you tell a pig is hot?

A: It's bacon.

The iconic Instagram page @DadSaysJokes returns with a fresh batch of dad jokes to share with your nearest and dearest. Packed with jokes so bad that they're good, *Dad Jokes: The Funniest Yet* is the perfect gift for every occasion.

@DadSaysJokes is a community-run Dad jokes network on Instagram, Facebook and Twitter, with more than 8 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 40 million followers. This is his seventh book.

Contributor Bio

Dad Says Jokes is a community-run social brand with 8 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.

Marketing Plans

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

Illustrations



Hamlyn
9781783255481
178325548X
Pub Date: 3/4/2025
On Sale Date: 3/4/2025
\$12.99/\$16.50 Can.
Hardcover

272 Pages
Carton Qty: 10
Print Run: 15K
Humor / Form
HUM004000

7 in H | 4.3 in W
Status: **FORTHCOMING**

This year, I'll be fulfilling my dream
of opening my own independent
shoe store.

I'll be the sole proprietor.

Should I kill the makers of avocados
to put a different toy inside? I have like
50 wooden balls already.

Just boarded an airplane and got
mistaken for the pilot.

Guess I'm just gonna wing it.

Never throw false teeth at your vehicle.
You might denture car.

What do you call
a potato wearing
glasses?

A spec-tater!



How many wizards does it take to
change a light bulb?

Depends on what you want to change
it into.

Why did the candle quit his job?
He was burned out.



Hamlyn
 9780600638797
 0600638790
 Pub Date: 4/29/2025
 On Sale Date: 4/29/2025
 \$10.99/\$13.99 Can.
 Hardcover

96 Pages
 Carton Qty: 10
 Print Run: 5K
 Family & Relationships / Parenting
 FAM020000

5.8 in H | 4.3 in W
 Status: **FORTHCOMING**

Things To Do Now That You're A Dad

David Baird, Robyn Neild

Key Selling Points

- Must-have gift book for Father's Day. The perfect gift for first-time dads or if you're trying to find new ways to create life-changing experiences with your children.
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore with your kids
- Beautifully packaged, Things to do now that you're a Dad is a fantastic gift or self-purchase, inclusive of all ages of parents

Summary

Filled with fun, inspirational and inventive things to do as you embark on the role of a lifetime, now that you're a Dad

You're going to be a dad!

Suddenly, after all the waiting - juggling excitement, fear, pride and trepidation - the big word arrives. It is possibly the biggest news you'll ever receive. Most of us drop our chins to our chests and think, *What do I do now?*

The truth is that there are so many things you can do now that you are a dad! This little book is packed with fun, creative and practical *Things to do now that you're a Dad*, whether you're a first-time Dad or you're trying to find new ways to create life-changing experiences with your children, this is the book for you.

Contributor Bio

David Baird (Author)

David Baird is a prolific author who has written books on a wide range of subjects. His ten titles in the successful 1000 Paths series have been translated into multiple languages and have sold over six million copies worldwide. His recent books for Spruce include 1000 Great Movie Moments, Movie Monsters and Things to do Now That You're a Dad. He is also a musician, composer and theatre director.

Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

Marketing Plans

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

Illustrations



PLAY WITH YOUR CHILDREN. FATHERS OFTEN ENJOY ACTIVE AND TUMBLE PLAY AND CHILDREN CAN LEARN A LOT FROM THIS SORT OF PLAY WITH THEIR FATHERS. THEY LEARN THAT YOU CAN BE STRONG AND HAVE FUN WHILE STILL BEING GENTLE, ALWAYS STOPPING BEFORE THINGS GET OUT OF HAND.

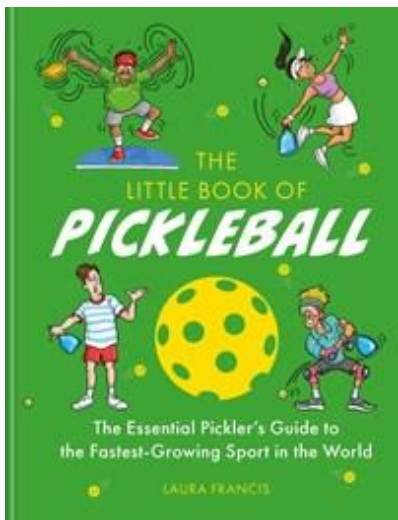
Bedtime is a great opportunity to begin introducing off-theme ideas, such as Peter Pan, into your child's life. Get the story here...

POLITENESS SHOULD BEGIN AT HOME - THE WAY WE ARE WITH OUR CHILDREN WILL INFLUENCE THE WAY THEY ARE TOWARDS OTHERS AS THEY GROW UP.

AN AWFULLY BIG ADVENTURE

Encourage your children to explore the world and find out about new things to do and try.

VISIT A NEW COUNTRY, HAVING CHILDREN IS A GREAT EXCUSE TO TRAVEL - IT IS EDUCATIONAL AND MIND EXPANDING. OF COURSE, YOU CAN REVISIT COUNTRIES YOU'VE ALREADY SEEN, BUT WHY NOT DISCOVER ONES THAT ARE NEW TO YOU AND YOUR CHILD?



Cassell
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1788405218
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On Sale Date: 3/11/2025
\$16.99/\$21.50 Can.
Hardcover

160 Pages
Carton Qty: 10
Print Run: 8K
Humor / Topic
HUM013000

6.9 in H | 5.2 in W
Status: **FORTHCOMING**

The Little Book of Pickleball

The Essential Pickler's Guide to the Fastest-growing Sport in the World

Laura Francis

Key Selling Points

COMPARATIVE TITLES: *The Art of Pickleball: Techniques and Strategies For Everyone* has sold over 10,000 copies. *Pickleball Fundamentals* has sold nearly 9,000 copies and *Pickleball Is Life: the Complete Guide to Feeding Your Obsession* has sold over 11, 211 copies.

GLOBAL APPEAL: Pickleball has been the fastest-growing sport in the U.S for three years, with 4.8 million players nationwide. Internationally, pickleball is also played in India, Canada, Spain and Australia.

TRENDING: In 2022, "pickleball" was named one of the hottest trends in the USA. Hundreds of media outlets covered stories about the sport, including Bloomberg, ESPN, Vanity Fair, Forbes, Allure Magazine, The Boston Globe, The Economist, among others.

Summary

The perfect gift for the pickleballer in your life. Hilarious, fun and fact-filled, this guide shines a light on a highly addictive sport.

Pickleball is coming to a court near you, and you won't be able to resist its many charms!

The perfect gift for the pickleballer in your life, this hilarious, fun and fact-filled shines a light on a highly addictive sport.

The game itself is a delightful offspring of tennis, ping pong, and badminton, and it can be as easy or as hard as you want. It's strategic, complete with its own entertaining jargon and rulebook, and if it's good enough for the Clooneys and Kardashians, what are you waiting for?

In this book, you'll learn how to serve, slam, and shuffle your way to glory (while dodging flying paddles), and unlock the mysteries of the game. From the fundamental basics, to pro-pickling domination, it includes:

- * A glossary of all the vital vernacular, from a 'dink' to a 'flabjack'.
- * Expert tips on how to deal with tears and tantrums on court.
- * The many faces of pickleball - which pickleball personality are you?
- * The dark arts of pickling - don't just play better, play meaner!
- * Solutions for the post-match hangover.
- * And so much more!

If you're ready to smash pickleballs and shatter your friends' expectations, grab this sidesplitting guide and let the victories roll in.

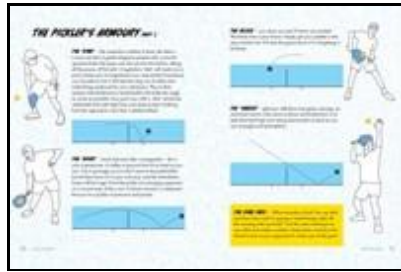
Contributor Bio

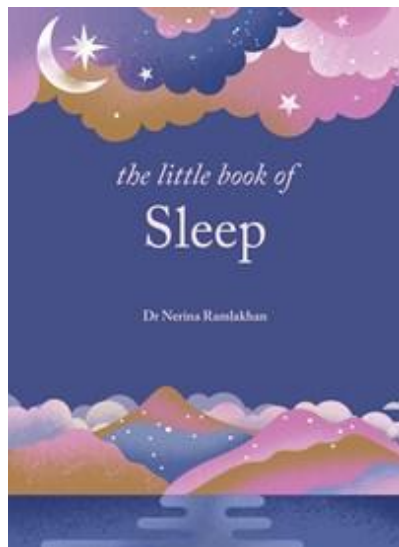
Sarah Ford is a publisher, writer, and lover of all things bright and beautiful. She lives in the Cotswolds but works in London. When she's not working she can often be found chasing a small child, a cat, and several chickens around her garden.

Marketing Plans

- Social media campaign
- National media outreach

Illustrations





Godsfield
9781841815961
1841815969
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On Sale Date: 4/1/2025
\$10.99/\$13.99 Can.
Hardcover

96 Pages
Carton Qty: 10
Print Run: 8K
Health & Fitness / Sleep
HEA043000

5.8 in H | 4.3 in W
Status: **FORTHCOMING**

The Little Book of Sleep

The Art of Natural Sleep

Dr. Nerina Ramlakhan

Key Selling Points

- long-term poor sleepers are seven times more likely to feel helpless, five times more likely to feel alone and twice as likely to have relationship problems as good ones
- About 30% of adults have symptoms of insomnia, with 10% having insomnia that impacts their daily activities. Sleep apnea impacts 9%–38% of the general population
- This book follows on from the incredible success of Patrizia Collard's *The Little Book of Mindfulness* (May 2024, 4k sold)

Summary

This beautifully illustrated book features simple exercises and prompts to help achieve deep, natural, clean sleep from leading sleep expert, Dr Nerina Ramlakhan

What does it mean to get a good night's sleep?

It's not just about quantity. It's about getting the right type and quality of sleep. To sleep deeply we need to live deeply. This means that we need to reconnect with ourselves and our inner stillness. It's not surprising that in the Western world practices such as yoga and mindfulness have become popular as more people seek inner peace and grounding to counterbalance the frenetic pace of life.

The kind of sleep where we wake up feeling refreshed, filled with vitality and looking forward to the day ahead will not only heal us but also heal those around us.

Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 24/7, technology-driven world, introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our heads and back into our bodies.

Featuring beautiful illustrations and simple exercises, this is the perfect little book to help you:

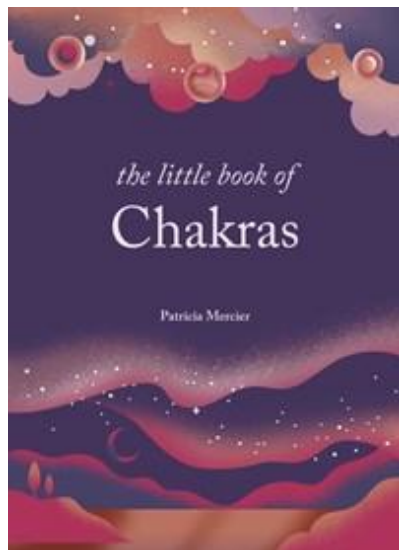
- Wake up with energy and vitality
- Fully engage in your relationships with courage and open-heartedness
- Strengthen your immune system
- Feel creative and focused
- Live life with meaning, passion and inspiration

Contributor Bio

Dr Nerina Ramlakhan has been a professional physiologist and sleep therapist for 25 years. She works with a number of corporate clients, runs sleep and wellness programs at Nightingale Hospital in London, and is also the sleep advisor to the Silentnight bed company. She is author of *Tired But Wired* (Souvenir Press, 2010) and *Fast Asleep, Wide Awake* (Harper Thorsons, 2016) and her work has been featured in newspapers and magazines including the *Telegraph*, *The Times*, *the Guardian*, *New Scientist*, *Healthy Living* and *Psychologies*. She has also appeared on numerous national TV and radio programs. Nerina is a mother, climber, marathon runner, meditator and compulsive bookworm. She lives in London.

Marketing Plans

- Social media campaign



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Hardcover

96 Pages
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Print Run: 8K
Medical / Holistic Medicine
MED040000

5.8 in H | 4.3 in W
Status: **FORTHCOMING**

The Little Book of Chakras

Balance your subtle energy for health, vitality, and harmony

Patricia Mercier

Key Selling Points

- Unique gift potential as there are very few chakra books in gift format
- There is international interest in previous works of Patricia Mercier

Summary

This beautifully illustrated book features simple exercises and prompts to awaken your chakras to improve your physical health, balance energies and resolve physical, emotional and spiritual issues

The chakras are vibrant energy wheels or centers of spiritual power, located within the subtle body, through which our life energy flows.

Traditionally, there are seven principal chakras - the Base Chakra, the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow Chakra, and the Crown Chakra - with a number of minor chakras also being mentioned in sacred texts. With detailed descriptions of the chakras and their associations and easy-to-follow exercises and activities, you will learn how to work with each of these powerful energy centers to enhance all aspects of your life.

By bridging traditional practice and cutting-edge research, this book shows that you do not have to practice super difficult yoga asanas (postures) or lengthy meditations in order to increase your vital pranic energy, your life-force.

Featuring beautiful illustrations and simple exercises, this is the perfect little book to help you:

- Heighten your consciousness
- Improve your health and wellness
- Clear clutter from your mind and home
- Tune into what the natural world and your body are telling you

Contributor Bio

Patricia Mercier trained as a yoga teacher many years ago with specific emphasis on making yoga accessible to the Western mind, creating a bridge to traditional teachings. She is a fellow of Hygeia College of Colour, a qualified holistic healer using various energy techniques and has written extensively on these subjects. She is author of *The Chakra Bible*, *The Chakra Experience*, *Chakras* and four books about Mayan teachings from Central America. She has been upon a visionary path since initiations with esoteric teachers and shamans.

Marketing Plans

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

Illustrations



The Little Book of Tarot

Unlock the ancient mysteries of the cards

Elena Alden

Key Selling Points

- The internationally bestselling Little Book series explores key wellness ideas and disciplines in an accessible way for general readers. Each book offers simple tools, exercises and advice on how to build a happier, healthier and more fulfilled life
- Tarot and spell-casting are both popular trends in spiritual practice - *The Little Book of Tarot* teaches you how to use your tarot cards for your personal growth
- The renaissance of the modern tarot movement doesn't seem to be dwindling. Young tarot enthusiasts and truth seekers are looking to the ancient art as a tool for self-care and empowerment

Summary

This beautifully illustrated book will help you to harness the ancient mysteries of tarot, spark your imagination, seek your inner wisdom and discover your true spiritual power

For hundreds of years, tarot cards have been used for predicting the future, and a way to cast light on life's big questions and inevitable challenges.

Tarot reading is a fascinating and enjoyable way to explore your life's journey, whoever you are and whatever you're dealing with. All you need is curiosity and a willingness to tell the truth. What if I told you that our lives are made up of a set number of stories or patterns? At its simplest, the Tarot depicts 78 of these stories. Each story card holds a secret lesson or teaching, and deciphering each card's secret is what reading the Tarot is all about.

With beautiful illustrations, instructions on how to use your cards and what they mean, this pocket-sized book is the perfect gift for Tarot enthusiasts and truth seekers.

Chapters include:

How to Use Your Cards
The Major Arcana
The Minor Arcana
Card Spreads and Stories
Tarot in Everyday Life

Contributor Bio

Elena is a law of attraction practitioner and an avid pupil of ancient and modern spiritual practices; she has a strong affinity for Tarot cards and crystal work. Elena uses approaches such as energy healing, meditation, and more, to help others find a way to inner peace and heal. She lives in Sussex, UK.

Marketing Plans

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

Illustrations

Godsfield
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184181587X
Pub Date: 4/8/2025
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Hardcover

96 Pages
Carton Qty: 90
Print Run: 8K
Body, Mind & Spirit / Divination
OCC024000
Series: The Little Book Series
6 in H | 4.3 in W | 0.6 in T | 0.4 lb
Wt
Status: **FORTHCOMING**

The Hanged Man

The Hanged Man is a card that has been used for centuries to represent a person who has been executed. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.

Magically, each time you read this card, you are...
 ...representing a hanged man. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.

12: The Hanged Man

Magically, each time you read this card, you are...
 ...representing a hanged man. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.



13: Death

Magically, each time you read this card, you are...
 ...representing a hanged man. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.



The Minor Arcana

The Minor Arcana are the 56 cards of the tarot deck that are divided into four suits: Wands, Cups, Swords, and Pentacles. Each suit contains 14 cards, including seven numbered cards and seven court cards.

Magically, each time you read this card, you are...
 ...representing a hanged man. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.

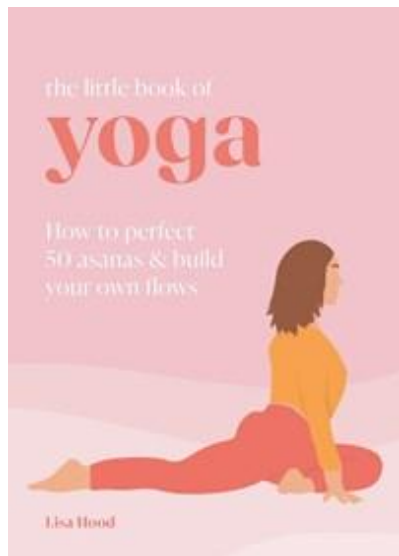
The Hanged Man

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Magically, each time you read this card, you are...
 ...representing a hanged man. It is a card that is often used to represent a person who has been executed for a crime. It is a card that is often used to represent a person who has been executed for a crime.



The Little Book of Yoga

How to Perfect 50 Asanas and Build Your Own Flows

Lisa Hood

Key Selling Points

- Yoga continues to be a popular way of improving physical and mental wellbeing year after year
- This book provides an easy entry point into starting yoga with just a pose or two at a time or creating customised flows work the whole body
- Going beyond the poses, the *Little Book of Yoga* helps provide guidance on moving between the poses, building a flow and incorporating breathing exercises and meditative mantras to create a mindful and restorative moment in your day
- Can be used as a reference tool for practitioners or as a starter book for anyone wanting to begin yoga

Summary

A practical illustrated book full of yoga poses to strengthen your body, focus your mind and center yourself

Yoga is a restorative, mindful and gentle practice that can strengthen your body while helping you center yourself in the moment.

Use yoga to relax, improve your flexibility, focus your mind and connect with your spiritual side just by gently easing your body into poses that boost your physical and mental wellbeing. With 50 poses to choose from and guidance on how to select the poses that suit your needs and how to move between them smoothly, the *Little Book of Yoga* teaches you how to wake up feeling energized, calm an anxious mind, sleep better and feel inspired.

Whether you want to include a pose or two in your morning routine or want to combine the poses into a custom flow that's uniquely yours, the *Little Book of Yoga* will help you find the poses you need to stretch your body and support your spirit.

Ideal for everyone from total beginners to more experienced yogis, this beautifully illustrated book includes everything you'll need to live a more balanced, grounded life. Begin today and reap the benefits for the rest of your life!

Chapters include:

- Warm-up
- Warrior
- Standing Balance
- Seated
- Backbend
- Closing
- Transition

Contributor Bio

Lisa Hood has been working with bodies for over 16 years. She trained and performed as a professional dancer and has been teaching yoga for 5 years.

For the last 5 years she has found herself being more and more drawn to other methods of mindfulness. Watching the moon, and understanding its energy and having the freedom to be bold enough to manifest with conviction, has given her the opportunity to make decisive exciting decisions in her life and she brings these gifts from Mama Earth into her teaching.



Godsfield
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1841815934
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\$11.99/\$14.99 Can.
Hardcover

128 Pages
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Health & Fitness / Yoga
HEA025000

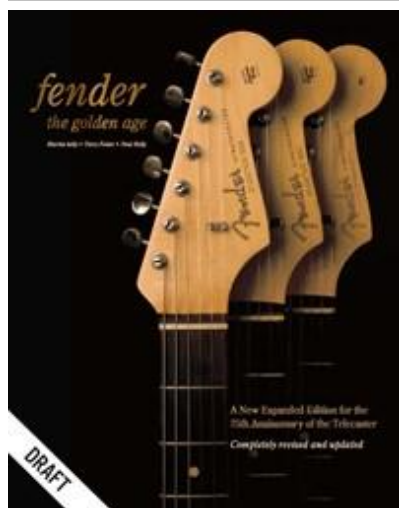
5.8 in H | 4.3 in W
Status: **FORTHCOMING**

Marketing Plans

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

Illustrations





Fender: The Golden Age

1946-1970

Martin Kelly, Paul Kelly, Terry Foster

Key Selling Points

- PREVIOUS EDITIONS: previous editions have combined sales of over 30k
- TRENDING TOPIC: The market for electric guitars in the US is booming and expected to reach \$506 million by 2026
- DEDICATED FANBASE: The official fan page for Fender guitars has over 18,000 members
- COMPARATIVE TITLE: Marr's Guitars has sold 6,000 copies

Summary

A STUNNING NEW AND COMPLETELY REVISED EDITION OF THE FENDER BIBLE FOR 2025

Collects together more rare Fender guitars than have ever been seen before, an iconic American brand whose value to collectors keeps on rising.

Leo Fender's guitars have arguably had the greatest influence on modern music than any other make of guitar. Over 250 guitars in every model, style and finish are lovingly photographed and detailed, from the greatest to the rarest - Strats, Teles and the infamous Marauder. Includes hundreds of never-before-seen images from recently unearthed archives and specially commissioned shoots around the world.

Working with a worldwide network of collectors each model has been photographed specially for the book and alongside these exceptionally rare guitars are reproductions of Fender ephemera - the largest collection anyone will have ever seen. Tracing the history and influence of the company, in an easy-to-read format, with a level of detail no other book can rival. These vintage guitars are among the most loved and collectible instruments in the world.

Contributor Bio

Martin Kelly (Author)

Martin Kelly is the joint MD of highly acclaimed British independent record label Heavenly Recordings home of the Magic Numbers, Doves and Cherry Ghost.

Paul Kelly (Author)

Paul Kelly is an award winning film maker (director of *Finisterre* and *This Is Tomorrow*) and designer. He took all of the photographs for this book. He lives in London.

Terry Foster (Author)

Terry Foster is one of the world's leading authorities and collectors of Fender guitars. He lives in America.

Marketing Plans

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

Illustrations

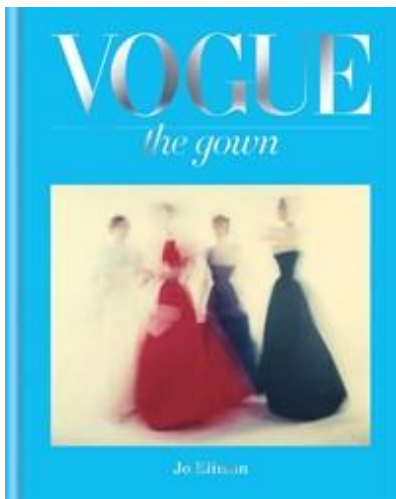
Cassell
9781788404389
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\$45.00/\$50.00 Can.
Hardcover

320 Pages
Carton Qty: 10
Print Run: 10K
Music / Genres & Styles
MUS049000

10 in H | 7.9 in W
Status: **FORTHCOMING**







Vogue: The Gown

Jo Ellison

Key Selling Points

- The previous edition of *Vogue: The Gown* has sold more than 21,000 copies worldwide
- Contains some of the best fashion photography available including historical shots from *Vogue's* peerless archive of a million fashion images
- *Vogue* is an internationally prestigious, enduring luxury brand with a circulation of more than 200,000 in the UK

Summary

A collection of over 300 images from *Vogue's* archive of photography, curated by former *Vogue* features editor Jo Ellison

Illustrated with fabulous images from *Vogue's* archive, *Vogue: The Gown* is the ultimate book for fashion lovers.

In *Vogue: The Gown*, Jo Ellison has gathered more than 300 images and grouped them into five thematic chapters: **Classical, Fantasy, Drama, Decorative** and **Modern**.

The book provides an evocative celebration of almost a century of fashion history, showcasing the work of photographers including **Tim Walker, Nick Knight, David Bailey, Herb Ritts, Norman Parkinson, Corinne Day, Cecil Beaton** and **Horst**.

Something about a gown's intrinsic construction, unashamed opulence and sheer feminine romance ignites in us the promise of fairy-tale adventure and unparalleled glamour. The magical gowns featured here give full reign to those fantasies, be they the sublime yet simple classical creations of Madame Grés, the heavenly bodies sculpted by Azzedine Alaïa, the lean, seductive lines of a Deco-inspired silhouette or huge tulle poufs fit for a princess.

Now available with a luxurious cloth cover, this is essential reading for fashionistas everywhere.

Contributor Bio

Jo Ellison was the features director of *Vogue* between 2005 and 2014. A former history graduate, she worked extensively in the *Vogue* archive and has written numerous features about the magazine's illustrious relationships with photographers past and present, from Cecil Beaton to David Bailey and Juergen Teller. She is now Deputy editor, The Financial Times Weekend & HTSI editor.

Marketing Plans

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

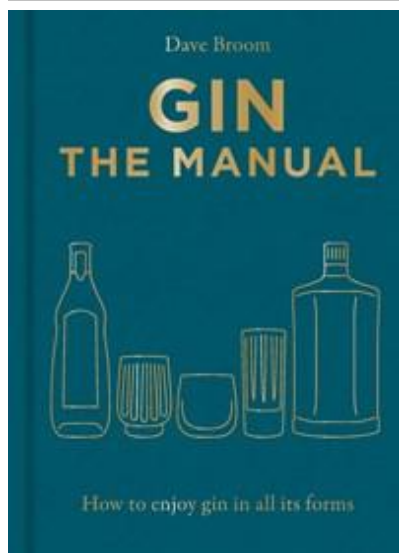
Illustrations



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 1840917644
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 304 Pages
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 Print Run: 15K
 Design / Textile & Costume
 DES013000

 10 in H | 8 in W
 Status: **FORTHCOMING**



Mitchell Beazley
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1784729752
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On Sale Date: 4/8/2025
\$22.99/\$28.99 Can.
Hardcover

224 Pages
Carton Qty: 10
Print Run: 8K
Cooking / Beverages
CKB006000

8.3 in H | 6 in W
Status: **FORTHCOMING**

Gin The Manual

How to enjoy gin in all its forms

Dave Broom

Key Selling Points

- Profiles of 120 gins, including 80 new, each one tested and scored
- Each gin is categorized according to author Dave Broom's ingenious flavor camp system
- Dave has twice won a Glenfiddich Award for Drinks Book of the Year and for Drinks Writer of the Year
- Previous editions of this title have combined sales of over 17,000

Summary

Nominated for Tales of the Cocktails Spirited Awards 2021

Updated with more than 80 new gins. This is a book about how to drink gin of all kinds.

It's about classic gins and new-generation gins, about gins from all over the world. It's about gin enjoyed with tonic and Sicilian lemonade. About the perfect martini gin and the best gin for a negroni. It's about juniper-heavy and delicate aromatic gins. About gin cocktails that ooze style and personality. Above all it's about enjoying your gin in ways you never thought possible.

With more gin brands available than ever before, it is the time to set out what makes gin special, what its flavours are and how to get the most out of the brands you buy.

For this new edition, Dave has revised more than half of the entries to include the best gins available today.

Praise for the first edition of *Gin: The Manual*:

'You could not write a more sophisticated book or pack more detail onto each page...it is rocket science impressive'- *Huffington Post*

Contributor Bio

Award-winning author and whisky expert **Dave Broom** has been writing about whisky for 25 years as a journalist and author. He has written eight books, two of which (*Drink!* and *Rum*) won the Glenfiddich Award for Drinks Book of the Year. He has also won the Glenfiddich Award for Drinks Writer of the Year twice and recently won the extremely prestigious IWSC Communicator of the Year Award. In 2015 *Tales of the Cocktail* presented Dave with the Best Cocktail & Spirits award, soon to be followed by the Golden Spirit Award in 2016.

Over his two decades in the field, Dave has built up a considerable international following with regular training/educational visits to France, Holland, Germany, the USA and Japan. His remit has covered consumer features as well as business reports. He is also actively involved in whisky education, acting as a consultant to major distillers on tasting techniques as well as teaching professionals and the public. He was also one of the developers of Diageo's generic whisky tasting tool, the Flavor Map.

Marketing Plans

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

Illustrations



Mitchell Beazley
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178472968X
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Hardcover

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Print Run: 6K
Gardening / House Plants &
Indoor
GAR010000
9 in H | 6.7 in W
Status: **FORTHCOMING**

How to Make Your Houseplants Love You

A plant parent's guide to making your collection thrive

Joe Bagley

Key Selling Points

- Discusses 50 plant species and how to best care for them
- **TRENDING TOPIC:** Sales of house plants are booming as a result of urbanization, interior design trends and millennials' desire to have something to nurture and care for
- **GIFTABLE PACKAGE:** A stylish, well-designed book with beautiful photography and illustrations - the perfect gift for any plant lover
- **STRONG SOCIAL MEDIA PRESENCE:** Author Joe Bagley has more than 50,000 Instagram followers and 5,000 daily visitors to his website, and has appeared on BBC Gardeners' World and BBC Breakfast

Summary

Beautifully packaged with stunning illustrations and photographs, this is the perfect gift for the plant lover in your life

Covering 50 plant species, this is the complete guide to caring for your houseplants, from plant expert Joe Bagley (@ukhouseplants).

Unlock the secrets to thriving house plants with this comprehensive guide. Organized into six chapters based on your plants' needs, this question-and-answer guide serves as an indispensable companion for emerging and experienced plant enthusiasts alike.

How to Make Your House Plants Love You not only provides concise and expert solutions to these questions but also offers practical tips, personalized advice, and stunning photography and illustrations to inspire readers on their journey to becoming successful plant parents.

Joe Bagley delivers information in an unadorned, easy to follow manner, including nuggets of plant-specific natural history, plants' behavioral quirks and curveball tips. This book will provide a new, distinctive experience for the reader as they journey through each question-and-answer scenario to become a house plant expert. Whether you're seeking to revive an inherited specimen or to create a lush indoor oasis, this book is your ultimate guide to leading a leafier life.

Contributor Bio

Born and raised in Leicestershire, **Joe Bagley's** unique perspective on indoor horticulture started at the young age of 13, when his grandmother gave him his first few house plants that kickstarted his now very large collection. Joe's journey into the world of writing began as a personal passion, and he has written more than 300 articles on all things to do with indoor horticulture. His unique ability to deliver information on hundreds of house plants through a standardized structure has earned him over 5,000 daily visitors to his website, *ukhouseplants.com*. Joe has worked with the RHS and has been a BBC Gardeners' World Live Expert at their yearly flower show. As a debut author, Joe Bagley brings a fresh and insightful voice to the house plant scene, aiming to educate and entertain readers with a collective love of all things house plant.

Marketing Plans

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

Illustrations

How do I make my bare windowsill burst with foliage?

1. **Choose the right plants**

2. **Use a variety of heights and colors**

3. **Group plants in odd numbers**

4. **Use different pot styles**



How do I make my bare windowsill burst with foliage?

1. **Choose the right plants**

2. **Use a variety of heights and colors**

3. **Group plants in odd numbers**

4. **Use different pot styles**



How Do I Create a Vined Wall Feature?

1. **Choose the right plants**

2. **Use a variety of heights and colors**

3. **Group plants in odd numbers**

4. **Use different pot styles**



How Do I Create a Vined Wall Feature?

1. **Choose the right plants**

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How Do I Create a Vined Wall Feature?

1. **Choose the right plants**

2. **Use a variety of heights and colors**

3. **Group plants in odd numbers**

4. **Use different pot styles**



Which plants are best to give or keep as a living heirloom?

1. **Choose the right plants**

2. **Use a variety of heights and colors**

3. **Group plants in odd numbers**

4. **Use different pot styles**





LEON Big Flavours Cookbook

Salty • Sour • Spicy • Sweet

Rebecca Seal

Key Selling Points

- If you love lunches which pack a punch and suppers with attitude, then this collection of more than 100 flavorful dishes from LEON is the one for you
- BESTSELLING COOKBOOKS: LEON-branded cookbooks have sold more than 1.3 million copies worldwide
- POPULAR TOPIC: LEON Happy Curries, full of similarly flavor-packed recipes, has 55k copies in print

Summary

Pack a punch with this collection of delicious recipes from the beloved brand LEON

If you love lunches which pack a punch and suppers with attitude, then this collection of more than 100 flavorful dishes from LEON is the one for you. From fiery coconut noodles to miso-spiked aubergine, caramel pork to yuzu blondies, this book is all about turning flavors up to their max - be they deliciously salty, sweet, sour or spicy.

Recipes include:

- Sweetcorn and jalapeño breakfast fritters with avocado and salsa
- LEON's Coconut Makhani
- Pasta alla limone
- Chicken and coconut curried noodles
- Blackened trout tacos with aji verde
- Potato bread with garlic and anchovy herbed butter
- Miso apple tarte tatin with vanilla mascarpone

Contributor Bio

Rebecca Seal has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian*, *Red* and *The Sunday Times*. Her cookbooks include *Istanbul: Recipes from the heart of Turkey* and *Lisbon: Recipes from the heart of Portugal* and *LEON Big Salads*, as well as co-authoring *LEON Happy Soups*, *LEON Happy One-pot Cooking*, *LEON Fast Vegan*, *LEON Happy Curries*, *LEON Happy Fast Food* and *LEON Happy Guts* with John Vincent and *LEON Happy One-pot Vegetarian* with Chantal Symons. Her first non-food book, called *SOLO: How to Work Alone (And Not Lose Your Mind)*, was published in 2020. She lives in London with her husband and two small daughters.

Marketing Plans

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

Illustrations



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Hardcover

224 Pages
Carton Qty: 10
Print Run: 5K
Cooking / Comfort Food
CKB127000

9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Olive's Roasted Cauliflower, Beetroot & Tahini Salad

Prep time: 15 minutes | Cook time: 25 minutes | Serves: 2

Ingredients:
1 head cauliflower, cut into florets
2 beetroots, scrubbed and cut into 1cm cubes
1/2 cup tahini
1/4 cup olive oil
1/2 cup lemon juice
1/2 cup balsamic vinegar
1/2 cup maple syrup
1/2 cup salt
1/2 cup black pepper
1/2 cup red onion, finely chopped
1/2 cup pomegranate seeds
1/2 cup walnuts, roughly chopped

Instructions:
1. Preheat the oven to 200°C. Toss the cauliflower and beetroots in a large bowl with 2 tablespoons of olive oil and salt and pepper. Spread them out on a baking tray and roast for 25 minutes until tender and slightly charred.
2. In a separate bowl, whisk together the tahini, 2 tablespoons of olive oil, lemon juice, balsamic vinegar, maple syrup, and salt and pepper to form a dressing.
3. In a large bowl, combine the roasted cauliflower and beetroots with the dressing, red onion, pomegranate seeds, and walnuts. Toss well and serve.



Pasta al limone

Prep time: 10 minutes | Cook time: 10 minutes | Serves: 2

Ingredients:
200g spaghetti
1/2 cup olive oil
1/2 cup lemon juice
1/2 cup salt
1/2 cup black pepper
1/2 cup red onion, finely chopped
1/2 cup pomegranate seeds
1/2 cup walnuts, roughly chopped

Instructions:
1. Cook the spaghetti in a large pot of salted water for 10 minutes until al dente.
2. In a large bowl, combine the spaghetti with 2 tablespoons of olive oil, lemon juice, salt, and pepper. Toss well.
3. In a separate bowl, combine the red onion, pomegranate seeds, and walnuts. Toss with the spaghetti and serve.



Makhani Squash Curry

Prep time: 15 minutes | Cook time: 30 minutes | Serves: 2

Ingredients:
1/2 cup olive oil
1/2 cup salt
1/2 cup black pepper
1/2 cup red onion, finely chopped
1/2 cup pomegranate seeds
1/2 cup walnuts, roughly chopped

Instructions:
1. Preheat the oven to 200°C. Toss the cauliflower and beetroots in a large bowl with 2 tablespoons of olive oil and salt and pepper. Spread them out on a baking tray and roast for 25 minutes until tender and slightly charred.
2. In a separate bowl, whisk together the tahini, 2 tablespoons of olive oil, lemon juice, balsamic vinegar, maple syrup, and salt and pepper to form a dressing.
3. In a large bowl, combine the roasted cauliflower and beetroots with the dressing, red onion, pomegranate seeds, and walnuts. Toss well and serve.



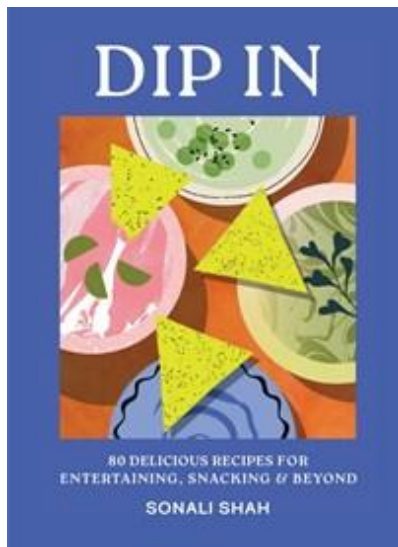
Loaded Fries

Prep time: 15 minutes | Cook time: 15 minutes | Serves: 2

Ingredients:
1/2 cup olive oil
1/2 cup salt
1/2 cup black pepper
1/2 cup red onion, finely chopped
1/2 cup pomegranate seeds
1/2 cup walnuts, roughly chopped

Instructions:
1. Preheat the oven to 200°C. Toss the cauliflower and beetroots in a large bowl with 2 tablespoons of olive oil and salt and pepper. Spread them out on a baking tray and roast for 25 minutes until tender and slightly charred.
2. In a separate bowl, whisk together the tahini, 2 tablespoons of olive oil, lemon juice, balsamic vinegar, maple syrup, and salt and pepper to form a dressing.
3. In a large bowl, combine the roasted cauliflower and beetroots with the dressing, red onion, pomegranate seeds, and walnuts. Toss well and serve.





Hamlyn
9781804192726
1804192724
Pub Date: 4/8/2025
On Sale Date: 4/8/2025
\$19.99/\$24.99 Can.
Hardcover

176 Pages
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Print Run: 5K
Cooking / Courses & Dishes
CKB102000

8.3 in H | 6 in W
Status: **FORTHCOMING**

Dip In

80 Delicious Recipes for Entertaining, Snacking & Beyond

Sonali Shah

Key Selling Points

- **GLOBAL APPEAL:** Dips are a globally recognized food/trend, especially big in the US, so this should translate to a worldwide audience
- **PERENNIAL SUBJECT:** Whether it's for winter grazing tables, spring picnics, summer barbecues, or autumn dinner parties, dips make great additions to any menu, at any time of the year
- **VERSATILE:** No longer just confined to side dishes, dips also work great as snacks, lunches, light dinners, and even dessert! They are an easy way to revamp leftovers for lunch, or make quick, flavorsome additions to lackluster meals. For younger people, the concept of dinner is also much looser than ever, with the #girdinner hashtag gaining more than 2.6 billion views on TikTok
- **SOCIAL MEDIA:** #diprecipe has 12.1K post on Instagram and 41.1M views on TikTok
- **EASY ENTERTAINING:** Dips are the perfect food for entertaining as they're easy to scale up to feed a crowd, impressive with very little effort, and often quick to put together. Guests are always impressed by a homemade dip, however humble the ingredients
- **ZEITGEIST HITTING:** Small plates and dinner parties are both strong subject areas which the concept of dips feeds into
- **NEW TAKE ON AN OLD FAVORITE:** For foodies, dips are no longer an afterthought or a lazy option but are able to take center stage

Summary

A fun, giftable cookbook that showcases the versatility of dips with options for every occasion and mood, including snacking, entertaining, 'picky bits' picnics and much more

Need an easy contribution for a potluck/picnic? Dip it. Stunning small plates to feed friends when entertaining? Dip it. Or even a quick, delicious snack to tide you over until dinner? Dip it. Dip it good.

There is no mood that can't be improved by dips, and this book shows the versatility of this amazing dish. Often using affordable ingredients and store-cupboard staples, dips are a great way to use up things you already have at home, such as beets languishing at the bottom of the fridge or the sumac hidden at the back of your spice rack that you bought once for a tagine and never used again. They're also the simplest way to jazz up food and provide an extra flavor boost to lackluster meals.

The 80 recipes are divided into six chapters that include Dips in a Dash (made in 15 mins), Dips for Grazing (sides and snacks), Dips for Dinner, Dips for Feasting, Dips to Impress (showstoppers that require a bit more effort) and Dips for Dessert.

With creative takes on the dish and lighter options for side snacking to more substantial recipes for full feasting - and everything in between - whatever the occasion, go on... *Dip In*.

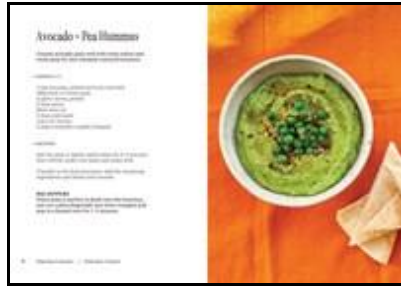
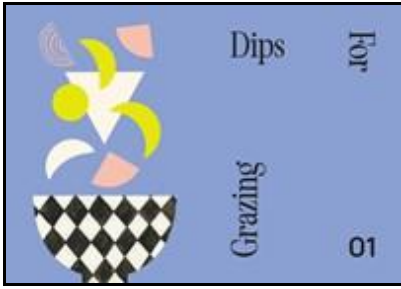
Contributor Bio

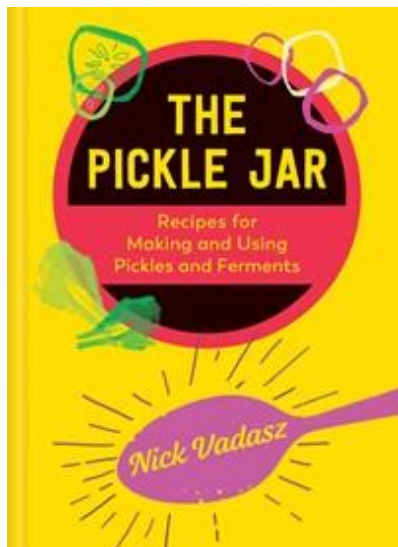
Sonali is a trained chef, food stylist and recipe writer with over 8 years' experience in the industry. She fell into this world as a career change, having previously studied for a degree in politics & economics, and has since had a variety of freelance 'food jobs', including cooking for Hollywood actors on film sets, as a private chef and developing recipes for various food brands and publications. She styles for various magazines & cookbooks, social media video campaigns as well as for film and TV dramas. Her heritage and love of travel deeply influences and inspires the way she cooks and eats.

Marketing Plans

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

Illustrations





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Cooking / Methods
CKB015000

9.6 in H | 6.5 in W
Status: **FORTHCOMING**

The Pickle Jar

Recipes for Making and Using Pickles and Ferments

Nick Vadasz

Key Selling Points

- **LINK TO GUT HEALTH:** Fermented foods are increasingly recognized as vital for a healthy gut and consumers are seeking them out
- **FERMENTED FOODS GROWING POPULARITY:** In 2019 Forbes reported the popularity of fermented foods had increased by 149%, and the trend also has a substantial audience on TikTok and Instagram
- **HEALTHIER CONDIMENT OPTION:** According to research conducted by Vadasz, nearly 75% of Gen Z-ers enjoy condiments with every meal, and over 50% preferred healthier condiments to those considered to be full of sugar, preservatives or hydrogenated fats
- **HUNGARIAN AUTHOR:** Nick Vadasz is the son of Hungarian refugees, and was inspired to create Vadasz due to the presence of fermented vegetables in Hungarian cuisine
- **MAKE AND USE FERMENTS:** The book will cover how to make your own pickles and ferments, but also recipes you can use them in, so it will appeal to anyone looking for ways to use their shop-bought products as well as make their own

Summary

A cookbook from the UK's leading pickles brand, showing you how to make your own pickles and ferments at home, and how to cook with them in flavor-packed and gut-loving recipes

With 70 recipes, *The Pickle Jar* has everything you need to discover the joy and health benefits of pickling and fermenting at home!

The positive link between great gut health and eating fermented foods is now well established. Making your own at home is the perfect way to incorporate ferments into your diet - they're easy to create, require minimal equipment, contain no chemicals or preservatives and taste fantastic!

Vadasz teaches you how simple it is to get pickling, and provides delicious, healthy recipes using your creations.

The first half of the book covers how to make your own fermented and pickled products at home - including kimchi, sauerkraut and pickles. These key base recipes combine with tips and ideas for getting inventive with your own fermented creations. The second half features recipes incorporating your creations, ranging from Kimchi Glazed Aubergine to Orange, Fennel and Super Beet Salad, and from Kimchi French Toast to a Dill Pickle Martini.

Whether you want to create your own ferments from scratch or find ways to save the kimchi languishing in your fridge, *The Pickle Jar* offers endless ways to incorporate fermented foods to upgrade your flavors and boost your gut health.

Contributor Bio

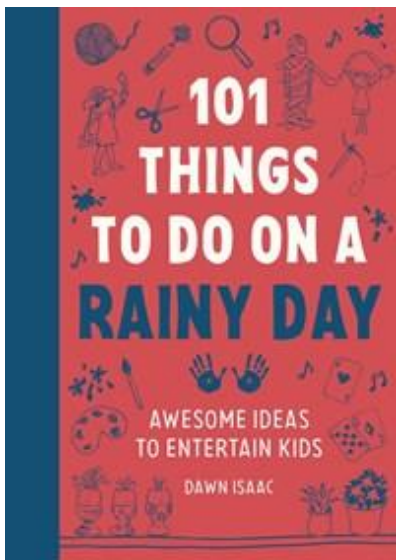
Nick Vadasz is known as The Picklesman. Inspired by his Hungarian heritage, he founded Vadasz in 2011 in a shipping container in Hackney, East London. He began selling his range of both fermented and vinegar brined pickles, sauerkraut and kimchi at markets across London. Vadasz soon became the first UK based producer of pickles & ferments, and is now stocked by restaurants and retailers including Wholefoods Market, LEON, Shake Shack, Waitrose, M&S, Coop, Sainsbury's, Ocado and more. Vadasz have 16.6k followers on Instagram.

Marketing Plans

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

Illustrations





Kyle Books
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1804192953
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On Sale Date: 4/8/2025
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Flexibound

224 Pages
Carton Qty: 10
Print Run: 6K
Ages 5 to 10
Games & Activities / Activity
Books
GAM020000
8.3 in H | 6 in W
Status: **FORTHCOMING**

101 Things to do on a Rainy Day

Awesome Ideas to Entertain Kids

Dawn Isaac

Key Selling Points

- Perfect for children from the age of 5 to 12
- Packed with screen-free games, projects, crafts and experiments for kids to enjoy inside the house
- Dawn Isaac's 101 Things for Kids To Do series, published September 2023, have sold over 3.5k copies
- Dawn's playful ideas and irreverent style hold great appeal for youngsters and will help get them interested in trying out new activities

Summary

101 activities to inspire and excite when you're stuck inside, with everything from simple and creative things to distract kids for ten minutes to crafts and experiments that will keep them entertained all day long

"I'm bored" must be the most frightening words in a child's vocabulary, and how to keep kids entertained is something that keeps many of us awake at night. *101 Things for Kids to do on a Rainy Day* is a brilliant collection of creative (and occasionally crazy) games, activities and projects to do when you're stuck indoors - without having to go anywhere near a TV or computer screen!

Why not grow a windowsill herb garden, make your own jigsaw, or learn to play the glasses? Get crafty with decoupage and salt dough, or play detective by dusting for fingerprints. Exciting makes include terrariums and kaleidoscopes, whilst wacky games cover everything from **Balloon Stomp** to **Sticky Note Scramble**. All 101 ideas only require materials that you'll already have around the house. With a wealth of ingenious and fun suggestions to keep you amused, you might not even notice that the rain has stopped.

The activities are written with children aged 5+ years in mind but it's your call as to how much help, support and age-appropriate supervision they might need ... make whatever adjustments are necessary.

Contributor Bio

Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for *the Guardian*, *the Telegraph*, *Good Housekeeping* and *The Garden*, and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of *101 Things For Kids To Do Outside*, and *101 Brilliant Things for Kids to do With Science*, also published by Kyle Books.

Marketing Plans

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

Illustrations

8 BLOW A BUBBLE SNAKE



YOU WILL NEED:
 Bubble solution
 Bubble wand
 A long, narrow strip of paper (like a paper towel roll)

IF YOU HAVEN'T LOST YOUR MATHS SKILLS YET:
 Measure the length of the paper strip and divide it by 10. This will give you the length of each bubble snake. You can then use this to measure the length of the paper strip and see how many bubble snakes you can make.

THE CHALLENGE:
 Blow a bubble snake that is as long as you can. How many bubble snakes can you blow? Can you blow a bubble snake that is longer than the paper strip?

12 LAUNCH A ROCKET



YOU WILL NEED:
 A plastic bottle
 A balloon
 A string
 A straw
 A pin

IF YOU HAVEN'T LOST YOUR MATHS SKILLS YET:
 Measure the length of the string and divide it by 10. This will give you the length of each section of string. You can then use this to measure the length of the string and see how many sections you can make.

THE CHALLENGE:
 Launch a rocket that is as high as you can. How many rockets can you launch? Can you launch a rocket that is higher than the string?

TIP:
 Make sure the string is taut and the balloon is inflated before launching the rocket.

10 PLAY SKIPPING GAMES



YOU WILL NEED:
 A skipping rope

IF YOU HAVEN'T LOST YOUR MATHS SKILLS YET:
 Measure the length of the skipping rope and divide it by 10. This will give you the length of each section of rope. You can then use this to measure the length of the rope and see how many sections you can make.

THE CHALLENGE:
 Play a skipping game that is as long as you can. How many skipping games can you play? Can you play a skipping game that is longer than the rope?

GROUP SKIPPING

IF YOU HAVEN'T LOST YOUR MATHS SKILLS YET:
 Measure the length of the skipping rope and divide it by 10. This will give you the length of each section of rope. You can then use this to measure the length of the rope and see how many sections you can make.

THE CHALLENGE:
 Play a group skipping game that is as long as you can. How many group skipping games can you play? Can you play a group skipping game that is longer than the rope?

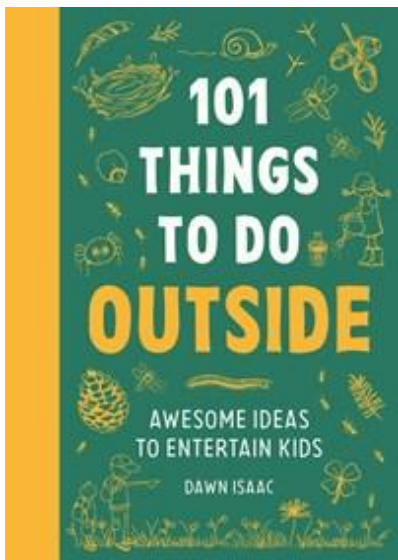
TIP:
 Make sure the rope is taut and the children are jumping in a circle.

7 BOOBY TRAP A BOTTLE

YOU WILL NEED:
 A bottle
 A string
 A pin

IF YOU HAVEN'T LOST YOUR MATHS SKILLS YET:
 Measure the length of the string and divide it by 10. This will give you the length of each section of string. You can then use this to measure the length of the string and see how many sections you can make.

THE CHALLENGE:
 Trap a bottle that is as high as you can. How many bottles can you trap? Can you trap a bottle that is higher than the string?



101 Things To Do Outside

Awesome Ideas to Entertain Kids

Dawn Isaac

Key Selling Points

- Packed with screen-free games, projects, crafts and experiments for kids to enjoy outdoors
- Dawn Isaac's 101 Things for Kids To Do series, published September 2023, have sold over 3.5k copies
- Dawn's playful ideas and irreverent style hold great appeal for youngsters and will help get them interested in trying out new activities

Summary

101 activities to inspire and excite when you're out and about, there's everything from simple and creative things to distract kids for ten minutes to crafts and experiments that will keep them entertained all day

"I'm bored" must be the most frightening words in a child's vocabulary, and how to keep kids entertained is something that keeps many of us awake at night. *101 Things for Kids to do Outside* is packed with games, projects, crafts, experiments and gardening inspiration that will have your child racing out to try something new.

The huge selection of ideas covers all four seasons and ranges from quick 10-minute activities to a full day of fun. From party games and treasure hunts to simple gardening projects, each idea is simple to follow and illustrated with diagrams, so you can't go wrong! Activities include **Building a Human Sundial, Creating an Outdoor Collage, Setting up a Wormery** and **Planting a Potato Tower**.

This hands-on guide will help your child get the most from being outdoors, and you don't need a big garden - a local park or small area will suffice. All 101 ideas are sure to get the kids away from the computer and provide hours of entertainment for the entire family.

The activities are written with children aged 5+ years in mind but it's your call as to how much help, support and age-appropriate supervision they might need ... make whatever adjustments are necessary.

Contributor Bio

Dawn Isaac is an award-winning garden designer, blogger and the mother of three children. Dawn writes on garden design for *the Guardian*, *the Telegraph*, *Good Housekeeping* and *The Garden*, and has run Family Garden Design courses in association with Mumsnet Academy. She is the author of *101 Things for Kids to do on a Rainy Day* and *101 Brilliant Things for Kids to do With Science*, also published by Kyle Books.

Marketing Plans

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

Illustrations

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Flexibound

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Carton Qty: 10
Print Run: 6K
Ages 5 to 10
Games & Activities / Activity
Books
GAM020000

8.3 in H | 6 in W
Status: **FORTHCOMING**



7 GROW A POTATO TOWER



YOU WILL NEED:
 1 potato
 1 liter of water
 1 liter of soil
 1 liter of compost
 1 liter of perlite
 1 liter of vermiculite
 1 liter of peat moss
 1 liter of sand
 1 liter of perlite
 1 liter of vermiculite
 1 liter of peat moss
 1 liter of sand

TIP:
 If you are growing potatoes in a tower, you should water them every day. This is because the soil in the tower dries out very quickly.

A SCAVENGER LIST



WARNING!
 Do not touch any of the items on this list. Some of them may be dangerous to your health.

8 HOLD A SCAVENGER HUNT

YOU WILL NEED:
 1 list of items to find
 1 map of the area to search
 1 clipboard
 1 pencil
 1 pen
 1 ruler
 1 compass
 1 protractor
 1 pair of scissors
 1 pair of pliers
 1 pair of tweezers
 1 pair of forceps
 1 pair of tongs
 1 pair of gloves
 1 pair of shoes
 1 pair of pants
 1 pair of shirt
 1 pair of socks
 1 pair of underwear
 1 pair of pajamas
 1 pair of slippers
 1 pair of flip-flops
 1 pair of sandals
 1 pair of boots
 1 pair of shoes
 1 pair of pants
 1 pair of shirt
 1 pair of socks
 1 pair of underwear
 1 pair of pajamas
 1 pair of slippers
 1 pair of flip-flops
 1 pair of sandals
 1 pair of boots

9 BUILD A MINI ROCKERY

YOU WILL NEED:
 1 liter of water
 1 liter of soil
 1 liter of compost
 1 liter of perlite
 1 liter of vermiculite
 1 liter of peat moss
 1 liter of sand

TIP:
 If you are building a mini rockery, you should water it every day. This is because the soil in the rockery dries out very quickly.

11 PLANT A MOBILE HERB GARDEN

YOU WILL NEED:
 1 liter of water
 1 liter of soil
 1 liter of compost
 1 liter of perlite
 1 liter of vermiculite
 1 liter of peat moss
 1 liter of sand



13 MAKE NATURE RUBBINGS

YOU WILL NEED:
 1 sheet of paper
 1 pencil
 1 pen
 1 ruler
 1 compass
 1 protractor
 1 pair of scissors
 1 pair of pliers
 1 pair of tweezers
 1 pair of forceps
 1 pair of tongs
 1 pair of gloves
 1 pair of shoes
 1 pair of pants
 1 pair of shirt
 1 pair of socks
 1 pair of underwear
 1 pair of pajamas
 1 pair of slippers
 1 pair of flip-flops
 1 pair of sandals
 1 pair of boots

TIP:
 If you are making nature rubbings, you should use a pencil. This is because a pencil will pick up the texture of the surface more easily than a pen.

13 BUILD A BIRD HIDE



YOU WILL NEED:
 1 liter of water
 1 liter of soil
 1 liter of compost
 1 liter of perlite
 1 liter of vermiculite
 1 liter of peat moss
 1 liter of sand

TIP:
 If you are building a bird hide, you should use natural materials. This is because birds are more likely to hide in natural materials.



THINGS TO DO NOW THAT YOU'RE A MOM



Hamlyn
9780600638810
0600638812
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Hardcover

96 Pages
Carton Qty: 10
Print Run: 6K
Family & Relationships / Parenting
FAM032000

5.8 in H | 4.3 in W
Status: **FORTHCOMING**

Things To Do Now That You're A Mom

Elfrea Lockley

Key Selling Points

- Must-have gift book for Mother's Day. The perfect gift for first-time mothers or if you're trying to find new ways to create life-changing experiences with your children
- Fun and cheerful gift book that is filled with uplifting and practical ideas to explore with your kids
- Beautifully packaged, *Things to do now that you're a Mom* is a fantastic gift or self-purchase, inclusive of all ages of parents

Summary

Filled with fun, inspirational and inventive things to do as you embark on the role of a lifetime, now that you're a Mom

Motherhood is messy and beautiful, and comforting and humbling.

Congratulations, you are stepping into a wonderful adventure called motherhood. It is an experience of a lifetime. Motherhood will open doors to myriad new and unfamiliar experiences and activities, as well as offering you the opportunity to reacquaint yourself with your own childhood and your relationship with your mother. It is a ride full of excitement and joy, but like any road travelled, things can get a bit bumpy, and from time to time there will be obstacles to negotiate.

This little book is packed with fun, creative and practical *Things to do now that you're a Mom*, whether you're a first-time Mom or you're trying to find new ways to create life-changing experiences with your children, this is the book for you.

Contributor Bio

Elfrea Lockley (Author)

Elfréa spent seven years writing and performing with community theatre groups and leading Theatre in Education projects. After a period of teaching creative writing in a women's refuge she went on to become an English teacher and is now a full time freelance writer. She has written for a range of print and web based publications including specialist Education magazines and has edited an award winning website. Elfréa also writes for radio and screen and has just completed a feature film script. She brings a unique perspective to writing about children, having worked with toddlers, mothers and teens in all environments: from the classroom, to circus fields, festivals, protest camps and an eclectic range of venues across the UK and Europe.

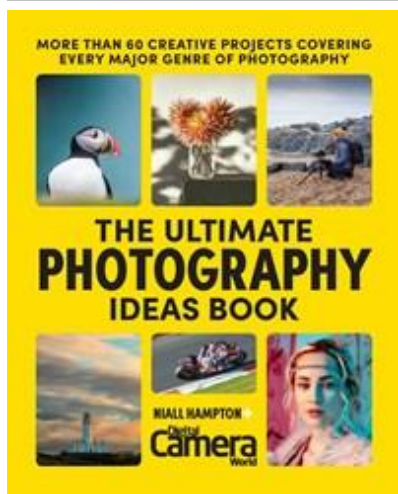
Robyn Neild (Illustrator)

Robyn Neild is a freelance illustrator. She has worked with fashion designers such as Vivienne Westwood and Patrick Cox, and has contributed artwork to numerous magazines ranging from Vogue and Elle, to Harpers & Queen.

Marketing Plans

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

Illustrations



The Ultimate Photography Ideas Book

More than 60 creative projects covering every major genre of photography

Niall Hampton, Digital Camera World

Key Selling Points

- **HOBBYIST MARKET:** With 60 accessible photography projects, this book is aimed firmly at the popular hobbyist market, backed by the Digital Camera brand authority.

Summary

FIND NEW WAYS TO SHOOT AND LEARN KEY SKILLS WITH OVER 60 PHOTOGRAPHY PROJECTS FROM EVERY GENRE OF PHOTOGRAPHY

Elevate your craft and unleash your creativity with the *Ultimate Photography Ideas Book*. Requiring simple and minimal kit, this no-nonsense guide is packed with over 60 captivating challenges across every major genre of photography:

LANDSCAPES: Try out new techniques for stunning images of the great outdoors.

PORTRAITS: Get creative with different ways of shooting people and animals.

WILDLIFE & MACRO: Embrace nature both close-up and from a distance.

STILL LIFE & CREATIVE: Have fun with inspiring table-top projects.

ACTION: Master all the technical skills for capturing subjects on the go.

DOCUMENTARY & STREET: Find new ways of looking at your environment.

BASIC KIT: Shoot every project on standard kit, or learn how to make what you need!

EASY ADVICE: Step-by-step guides and difficulty ratings for every project inside.

In partnership with the UK's best-selling photography magazine, this book offers limitless ideas and concise guidance for you to transform ordinary moments into extraordinary works of art.

Turn your passion for photography into professional looking images with *The Ultimate Photography Ideas Book*.

Contributor Bio

The content for this book comes from **DIGITAL CAMERA WORLD** which is the world's fastest-growing photography website, covering every aspect of image-making, from DSLR and mirrorless cameras to cinema cameras, instant cameras, camera phones, drones, webcams, image editing, video post-production and printing. Created by the expert writers and photographers behind the world's best-selling photography magazines - including *Digital Camera Magazine*, *PhotoPlus: The Canon Magazine*, *N-Photo*, *Digital Photographer*, *Australian Camera*, *ProPhoto*, *Practical Photoshop* and *Photography Week* - Digital Camera World is for image-makers of all skill and experience levels.

Niall Hampton is the editor of *Digital Camera Magazine*, and has been shooting on interchangeable-lens cameras for over 20 years, and on various point-and-shoot models for years before that. Working alongside professional photographers for many years as a journalist gave Niall the curiosity to also start working behind the lens. These days, his favored shooting subjects include wildlife, travel, street photography and studio still life.

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Paperback

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Photography / Techniques
PHO020000

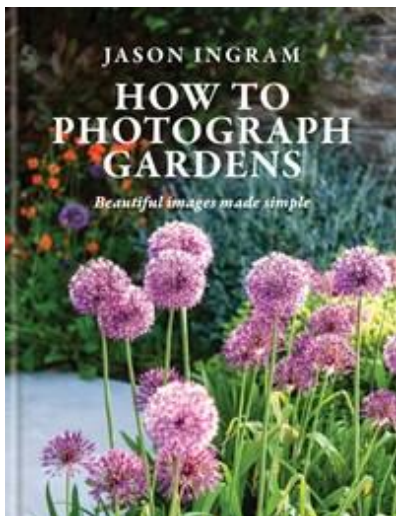
9.3 in H | 7.5 in W
Status: **FORTHCOMING**

Marketing Plans

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

Illustrations





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Hardcover

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Print Run: 4K
Photography / Subjects & Themes
PHO013000

9.8 in H | 7.5 in W
Status: **FORTHCOMING**

How to Photograph Gardens

Beautiful Images Made Simple

Jason Ingram

Key Selling Points

- **GAP IN THE MARKET:** About 55% of U.S. households have a garden; this translates to about 71.5 million hardening households and 185.9 million people. The United States is one of the top three gardening countries, making this the perfect book to show off that fact
- **EXPERT AUTHOR:** Jason Ingram is an esteemed name in the world of garden photography. He has won 'Garden Photographer of the Year' by The Garden Media Guild six times, and he receives regular commissions from HM The King Charles III to photograph his private estate at Highgrove

Summary

Learn how to take spectacular photographs of every type of garden with this definitive guide. Written by award-winning professional Jason Ingram, whose work has been regularly commissioned by HM The King Charles III

Whether you want to create professional images of your own garden, snap Instagram-worthy shots with your iPhone, or learn the best ways to showcase your landscaping business or hobby, this book has it all.

Using techniques developed through 25 years of professional success, award-winning photographer Jason Ingram will teach you how to understand light, stabilize photos and skillfully edit images that truly showcase the essence of any garden.

ESSENTIAL GEAR AND EQUIPMENT: Gain an overview of the best camera, lenses and accessories to pack in your bag.

MASTERING LIGHT: Explore the methods for manipulating natural light, from beginner to advanced.

COMPOSITION TIPS AND TRICKS: Combine styling hacks and camera skills for sensational compositions.

iPHONE PHOTOGRAPHY: Dive into on-the-go, accessible tips for taking the best shots with your iPhone.

ACCESSING PUBLIC GARDENS: Learn how to gain permission to the most magical garden's for photography.

POST-PROCESSING AND EDITING: Be introduced to photo editing software that enhance your favorite shots.

With clear, concise, and comprehensive instructions suitable for every skill level, this book will guide you through every stage of creating extraordinary garden photographs.

Contributor Bio

Jason Ingram is an award-winning garden photographer based in Bristol. He travels widely photographing gardens, plants and people for the UK's leading magazines, and has provided photography for numerous best-selling gardening books by top garden designers. He has been awarded 'Garden Photographer of the Year' by The Garden Media Guild six times, and 'Features Photographer of the Year' twice. For his personal work, Jason has been photographing the landscape and coastline of Britain for over 25 years, and in 2008, he was awarded 'Landscape Photographer of the Year' for the 'Living the View' category. Jason lectures on his work and teaches in-person garden photography courses. His work is held in numerous private collections, and he receives

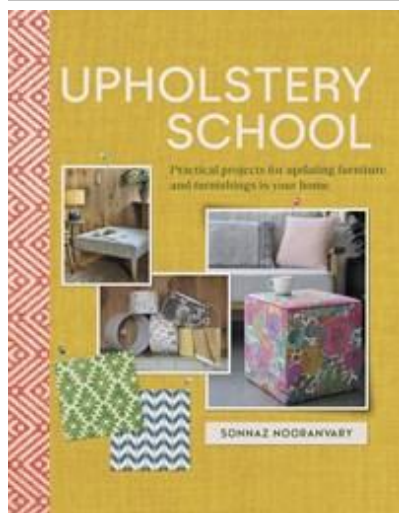
regular commissions from HM The King Charles III to photograph his private estate at Highgrove, as well as Piet Oudolf 's garden at Hauser & Wirth gallery in Somerset.

Marketing Plans

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

Illustrations





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180419168X
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Hardcover

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Print Run: 4K
Crafts & Hobbies / Upcycling &
Repurposing
CRA063000

9.8 in H | 7.5 in W
Status: **FORTHCOMING**

Upholstery School

Practical Projects for Updating Furniture and Furnishings in Your Home

Sonnaz Nooranvary

Key Selling Points

- Sonnaz Nooranvary is best known for being the resident upholstery expert on the incredibly popular BBC/Netflix show, 'The Repair Shop'
- As an antidote to wasteful, throwaway, consumerist culture, The Repair Shop has tapped into the interest in reusing and upcycling beloved items, and with the show receiving 12.4 times the demand of the average show in the United States, this is a popular subject
- Upcycling has never been so relevant/necessary and is being embraced by fashion brands, with the trend also translating to interiors (www.theweek.co.uk/951732/furniture-flipping-next-big-trend-home-sustainability). This is something that will only become more popular with the cost of living crisis meaning that consumers are more likely to turn to DIY home updates, rather than buying new
- The workforce of Upholsterers in 2021 was 22,744 people, with 21.1% woman, and 78.9% men
- In 2015, it was reported that the upholstery segment reached approximately 916 million U.S. dollars and was projected to increase to more than one billion dollars by 2020

Summary

A practical step-by-step beginner's guide to upholstery, from fabrics to fixings, by one of the experts from *The Repair Shop*

A resident of fan-favorite 'The Repair Shop', available on BBC, Amazon and previously Netflix, Sonnaz is acutely aware of today's throwaway culture.

However, there's a counter movement growing that urges us to 'make do and mend'. Reusing and upcycling has never been more popular, relevant or necessary, as people are becoming more aware of the grave implications of fast fashion/furniture on landfills and the environment - and with the cost-of-living crisis tightening everyone's purse strings, people are even more likely to turn to DIY methods to refresh their homes and furniture.

Upholstery is one of the most accessible ways to refresh your home and in Upholstery School, *The Repair Shop's* resident upholsterer Sonnaz Nooranvary will show readers exactly how to refresh their furnishings, with clear step-by-step instructions and photography, using her years of expertise and characteristic tasteful style that has cemented her as a fan favorite.

A resident of fan-favorite 'The Repair Shop', available on BBC, Amazon and previously Netflix, Sonnaz will first outline all the basic techniques involved, from the tools and materials required, to explaining various fabrics and fixings and the difference between modern vs traditional.

The 20 step-by-step projects laid out by chapter, with most including at least one other variation, so there are plenty of options to suit every taste. Chapters include:

1. Drop-in seat
2. Scatter cushion
3. 'Fabulising' and elevating your curtains
4. Plumping up cushions
5. Voile double-pinch-pleat curtains
6. Dining chair

7. Carver chair
8. Outdoor furniture
9. Box seat cushion
10. Bedroom chair
11. Mid-century modern chair
12. Padded leg rest/table

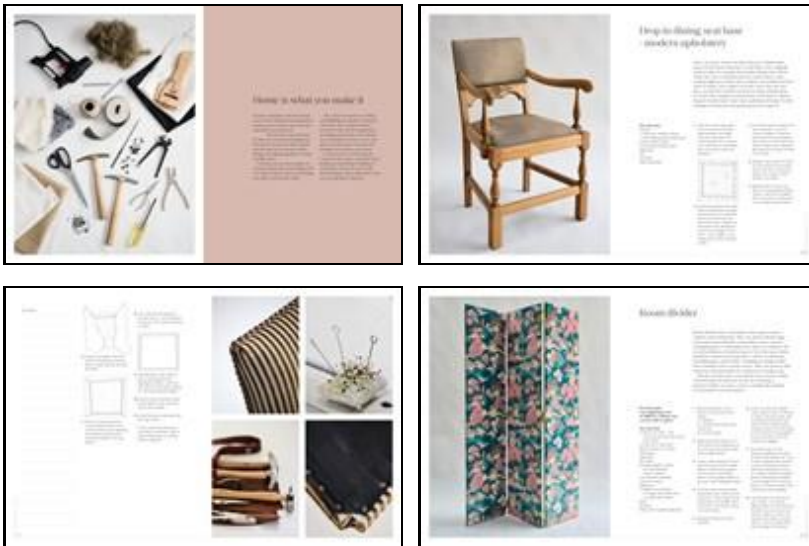
Contributor Bio

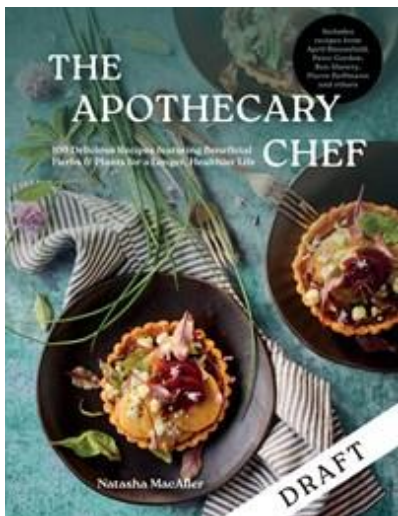
Sonnaz Nooranvary is a British-Iranian upholsterer based in Dorset, and best known for being the resident upholstery expert on The Repair Shop. Starting her upholstery career at 17 years old as the first female apprentice at Sunseeker Yachts, Sonnaz developed her eye for detail and exacting craftsmanship standards. Her brand 'House of Sonnaz' launched in 2022. @sonnaz_ 30k

Marketing Plans

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

Illustrations





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 Cooking / Comfort Food
 CKB127000

9.8 in H | 7.5 in W
 Status: **FORTHCOMING**

The Apothecary Chef

100 Delicious Recipes featuring Beneficial Herbs & Plants for a Longer, Healthier Life

Natasha MacAller

Key Selling Points

- **INTERNATIONAL CHEFS:** Natasha has worked with chefs from across the globe, including from Australia and New Zealand (Peter Gordon, Ben Shewry, Christine Manfield), the UK and Europe (Pierre Koffman, Skye Gyngell, Sarah Johnson, Olia Hercules, Cyrus Todiwala, Sami Tamimi, Michael Kempf, Mette Helbaek), the USA (April Boomfield, Linda Shiue, John La Puma, Nancy Silverton, Elizabeth Falkner, Bakery by the Yard, Sean Sherman 'The Sioux Chef') and Peru (Palmiro Campo Grey)
- **PREVIOUS CO-EDITIONS:** Natasha's previous book *Spice Health Heroes* was translated into Spanish, German and Italian, and *The Vanilla Table* was originally published in New Zealand
- **NATURAL INGREDIENTS ON TREND:** There is growing interest in foraged ingredients, the healthy and healing properties of herbs and eating wholefoods to avoid ultra-processed food
- **ESTEEMED AUTHOR:** Natasha is well-connected across the food industry, and is based across Los Angeles, London and Auckland
- **COMPREHENSIVE.** With 100 food and drink, sweet and savory recipes, this is the ultimate guide to cooking with herbs and medicinal plants for health and wellbeing

Summary

A celebration of cooking with beneficial herbs and plants, featuring 80 specially photographed recipes, including more than 20 from award-winning international chefs, and a directory of 50 edible plants for health, wellbeing and longevity. Each recipe includes several 'hero' ingredients with their own health benefits

Whether harvested in far-away fields, gathered at the local farmers market, pulled from a garden bed or plucked from the kitchen windowsill, herbs and plants have the ability to elevate and enhance our food and health. The Apothecary Chef is a celebration of the fragrance and flavor they impart, and a guide to incorporating them into your cooking and kitchen garden.

Natasha MacAller has collaborated with a team of international award-winning chefs, from April Bloomfield and The Sioux Chef in the USA, to David Leibovitz in Paris and Pierre Koffmann in London, to gather and create recipes, each with several hero ingredients that nourish, sustain and delight.

Chapters include Good for the Gut, Everyday Joy, A Sense of Calm, Immunity Boosters, Longevity & resilience and Breath & Balance. From starters, salads and soups to mains, pestos, chutneys and desserts, recipes include Spring Pea, Petal and Pea Shoot Salad, Slow-Cooked Peppercorn Lamb Shank and Spiced Nectarines. Each chapter includes delicious, nature-inspired dishes for optimum wellbeing.

Alongside the recipes is a directory of 50 herbs and plants, each one illustrated, that explores the myths, truths and medicinal benefits of each plant. Natasha shares tips and ideas for growing them yourself, in whatever space you have available. There are also features on shopping seasonally, harvesting and storing local edibles, plus where to purchase hard-to-find ingredients. The book is completed with a recipe index, a herbs and plants index and details of the chef contributors.

Contributing chefs include Pierre Koffman, Skye Gyngell, The Sioux Chef, Olia Hercules, April Bloomfield, Peter Gordon, and more.

Contributor Bio

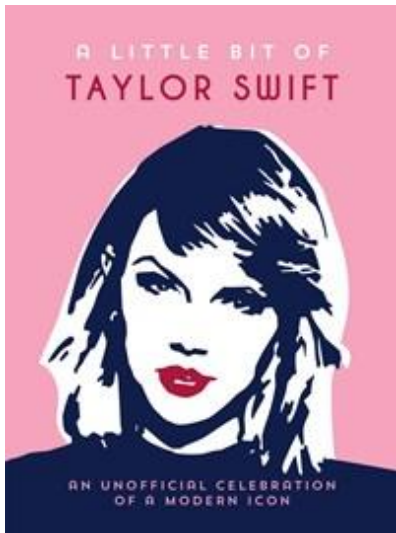
Natasha MacAller is a former professional ballerina who brings the same diligence and precision to the kitchen as she did to dancing. Author of two internationally recognized cookbooks *Vanilla Table* and *Spice Health Heroes*, Natasha is now turning her thoughts to herbs and foraged ingredients. She divides her time between Los Angeles, Auckland and London consulting with chefs, restaurants, farmers markets and culinary events on menu and recipe development, as well as teaching cooking classes to curious home cooks and up and coming chefs.

Marketing Plans

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

Illustrations





Summersdale
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1837995907
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Music / Genres & Styles
MUS010000

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

A Little Bit of Taylor Swift

An Unofficial Celebration of a Modern Icon

Summersdale Publishers

Key Selling Points

- Filled with quotes, facts and trivia, this uplifting and inspiring book is a celebration of Time's Person of the Year 2023
- The multi-award-winning artist Taylor Swift has taken the world by storm, making a global cultural impact. The record-breaking Eras tour is the highest-grossing of all time, and #TaylorSwift has attracted over 200 billion views on TikTok
- *A Little Bit of Taylor Swift* would make the perfect gift for any Swiftie, or anyone who needs a little more Taylor in their life

Summary

Dive into the enchanting world of Taylor Swift with this captivating celebration, filled with inspiring quotes, fascinating facts, and behind-the-scenes trivia for every dedicated fan

Bringing together inspiring quotes, superfan-level facts and a treasure trove of trivia, this little book is your backstage pass to the enchanting world of Taylor Swift

Whether it's the relatable lyrics, the cathartic bridges or the songwriting genius behind it all, there's just something about Taylor's music that has captivated a global fandom. No matter what era you're in, her resilience, determination and unique talent for storytelling will encourage you to stand tall, speak now and define your own reputation.

Exploring her extraordinary journey from a small-town girl to one of the most successful and empowered artists of the twenty-first century, *A Little Bit of Taylor Swift* features:

- a powerful dose of fearless words from the woman herself
- insights into her personal life and illustrious career
- trivia to test even the most avid addict

This heartfelt homage to Taylor, her fans and our enduring love story will make the perfect gift for any Swiftie.

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

OTHER WOMEN WHO ARE KILLING IT SHOULD MOTIVATE YOU, THRILL YOU, CHALLENGE YOU AND INSPIRE YOU.

NO MATTER WHAT HAPPENS IN LIFE, BE GOOD TO PEOPLE, BEING GOOD TO PEOPLE IS A WONDERFUL LEGACY TO LEAVE BEHIND.

TAYLOR SWIFT

Just be yourself, there is no one better.

TAYLOR SWIFT

According to the *Forbes* list 2015, what is the estimated net worth of Taylor Swift, Olivia Rodrigo?

a) \$10 million
 b) \$60 million
 c) \$80 million

Taylor needs her hair long when she goes to play live and loved how to play just those guitar chords. What was it called?

a) "F16"
 b) "Lucky Star"
 c) "The Midway"

From a series of online *Publize* games for a water canal for Aqueduct, Taylor's pin-dropping wardrobe plays a starring role in her second bookend *Blue Tour*. But just how many costume changes are there during the performance?

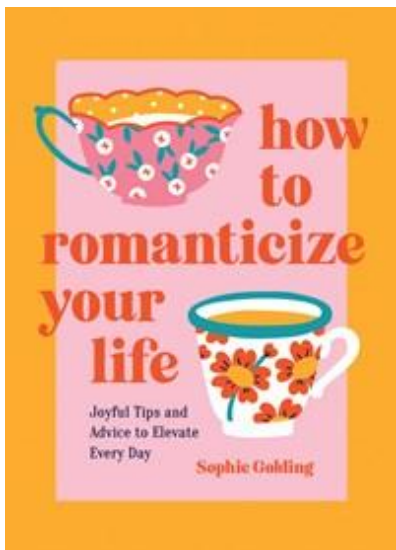
a) 10
 b) 15
 c) 20

DO YOU KNOW...

Taylor has been had a lot named after her in 2015, the government of Rhode Island proposed a luxury tax on any second home in the state that was valued at over \$1 million dollars. Inspired by Taylor's \$11.7 million purchase of her former Rhode Island beach house "High Watch", the change was nicknamed the "Taylor Swift tax".

DO YOU KNOW...

Taylor's CD *Speak Now* contains hidden messages. Across her first four albums, the seemingly random introductory letters actually spell words of phrases, ranging from normal subjects to more cryptic ones. What just got being on Taylor's album are not being. Taylor did the opposite in her album *1989* using cryptic letters as a code.



Summersdale
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Print Run: 6K
Body, Mind & Spirit
OCC000000

6.1 in H | 4.4 in W
Status: **FORTHCOMING**

How to Romanticize Your Life

Joyful Tips and Advice to Elevate Every Day

Sophie Golding

Key Selling Points

- "Romanticizing your life", meaning to appreciate life's simple pleasures and spice up your daily routine, has become a huge online trend
- Videos with #romanticizeyourlife have been viewed more than 525 million times on TikTok
- This book is filled with simple tips and ideas to help the reader enhance their daily life and boost their gratitude
- A similar Summersdale title, The Little Frog's Guide to Self-Care (ISBN: 9781837991013), has sold over 44,000 copies

Summary

Elevate your daily experiences and find enchantment in the ordinary with this delightful guide to infusing your life with romance and joy

Make everyday moments delightfully dazzling and appreciate simple pleasures with this uplifting guide to romanticizing your life

Sometimes the most magical things in life are the simplest: a good book, the soft pitter-patter of rain, the feel of grass beneath bare feet. If we could fill our lives with these small pleasures and find ways to make even the most mundane activities feel special and exciting, just think how lovely our worlds could be.

Learn how to elevate your everyday with this stunning guide to finding joy in everything you do. "Romanticizing your life" doesn't mean living a flashy lifestyle or spending like a superstar; it simply means taking small steps to make even the most ordinary day feel extraordinary.

This book is filled with fun and easy ideas to add sparkle to your daily routine, including:

- Wearing your most fabulous outfit to make a normal day seem like a special occasion
- Jazzing up your favourite morning beverage to start your day with a touch of luxury
- Curating a mood-boosting playlist to dance to while preparing dinner

And much more! With the help of this book, you'll soon be on the path to a life that's filled with gratitude, self-kindness, and simple, magical moments.

Contributor Bio

Sophie Golding is a writer and artist living in West Sussex. She enjoys meditation, sea swimming and the great outdoors.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

THE POWER OF FINDING BEAUTY IN THE HUMBLEST THINGS MAKES HOME HAPPY AND LIFE LOVELY.

LINDA BENT SCOTT



Set the mood

You don't need to go out to find the love you don't want need to be in constant company. Simply creating a romantic atmosphere at home for yourself can make ordinary moments feel special. It might not be the most exciting night and you might have nothing special to celebrate, but take the time to set a cozy mood, a warm light in the shadows, and an open heart. You'll find the love you need in the most unexpected places. You'll find it when you're alone, and you'll find it when you're with someone else.

Whistle while you work

There are moments in life when a good song can make you feel like a champion. It's the moments when you're working hard and you're feeling like you're not getting anywhere. It's the moments when you're feeling like you're not getting anywhere. It's the moments when you're feeling like you're not getting anywhere. It's the moments when you're feeling like you're not getting anywhere.



The world is full of magic things, patiently waiting for our senses to grow sharper.

W. B. YEATS

Plant love

There's something about the way a plant grows that makes you feel like you're part of something bigger. It's the way a plant grows that makes you feel like you're part of something bigger. It's the way a plant grows that makes you feel like you're part of something bigger. It's the way a plant grows that makes you feel like you're part of something bigger.



When in doubt, take a bath.

W. B. YEATS

Soak it up



When you're in a bad mood, a hot bath can be a real mood lifter. It's the way a hot bath can be a real mood lifter. It's the way a hot bath can be a real mood lifter. It's the way a hot bath can be a real mood lifter. It's the way a hot bath can be a real mood lifter.



Summersdale
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1837996067
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Paperback

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Games & Activities / Coloring
Books
GAM019000

11 in H | 8 in W
Status: **FORTHCOMING**

The Romantasy Coloring Book

A Fantastical Journey of Colour and Creativity

Summersdale Publishers

Key Selling Points

- Romantasy has become one of the fastest-growing genres in recent years, with sales increasing by 42 percent from 2022 to 2023. The books of popular authors like Sarah J. Maas and Rebecca Yarros have become international bestsellers.
- This book is in the same series as *The Magick Coloring Book* (ISBN: 9781800074040), which has sold over 14,000 copies.
- Another title in the same series is: *The Witchcraft Coloring Book* (ISBN: 9781837992294, April 2024, 11.5k sold)

Summary

Immerse yourself in a world where romance meets fantasy as you embark on a colorful journey of creativity and enchantment

Create your very own collection of artistic masterpieces by delving into an enchanting realm where romance and fantasy collide

Step into the world of romantasy and bring this stunning collection of images to life with color. Unleash your passion for romance and fantasy as you embark on your own artistic adventure.

As you color, you'll also read quotes to set your heart ablaze from the greatest and most loved romantasy novels. Whether you're a fan of an enemies-to-lovers story or a complicated love triangle, there's something for all romantasy readers in this exhilarating journey of creativity and color.

Inside, you'll color:

- Intricate illustrations of romantasy iconography
- Gorgeous scenes of love and romance
- Beautiful patterns that evoke the genre

And much more! So, take your coloring weapon in hand and wield it like the great swordfighters of old. Your adventure begins 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.

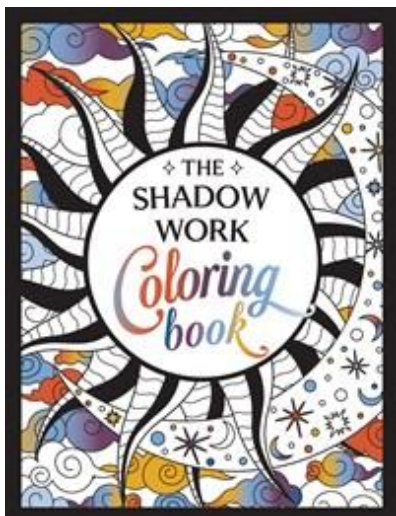
Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations







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1837995397
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Games & Activities / Coloring
Books
GAM019000

11 in H | 8.5 in W
Status: **FORTHCOMING**

The Shadow Work Coloring Book

A Creative Journey of Healing, Self-Awareness and Growth

Summersdale Publishers

Key Selling Points

- Shadow work is an increasingly popular mental health practice inspired by Jungian analysis.
- Filled with beautiful illustrations and wallpaper spreads to color in, plus quotes, statements, affirmations and entries on shadow work.
- Other similar Summersdale titles include: *The Witchcraft Coloring Book* (ISBN: 9781837992294); *The Tarot Coloring Book* (ISBN: 9781837993406); *The Magick Coloring Book* (ISBN: 9781800074040).

Summary

Explore the depths of your psyche and embrace personal growth with this captivating coloring book, guiding you through shadow work exercises and creative expression to illuminate the hidden facets of your being and foster healing and self-awareness

Embrace your shadow self on this spiritual journey of self-discovery

We all have a "dark" side: hidden aspects of our personalities that influence our emotions, thoughts and behaviors. Through shadow work, you can explore your unconscious mind, heal your past trauma and reveal your authentic self.

This collection of striking illustrations and insightful exercises will help you integrate with your shadow self, using creativity and color to transcend the darkness.

Discover calming affirmations, engaging activities, inspiring quotes and enlightening statements as you embark on your personal growth journey. Based on Carl Jung's psychological concept of the halves of your personality, the shadow work exercises within will empower you to own your darkness. As you fill in the intricate patterns and beautiful designs, you'll be guided to reflect on repressed feelings, nurture positive thoughts and unite all sides of yourself.

Step into the light and celebrate your shadow; this coloring book invites you to live life to the fullest.

Inside, you'll discover:

- Meditation practices
- Restorative activities
- Motivational tips
- Visualization techniques

And lots more!

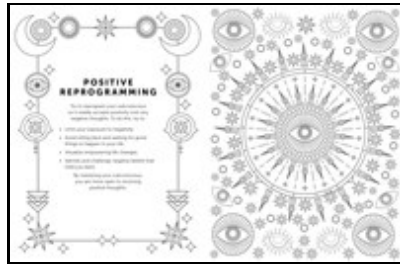
Contributor Bio

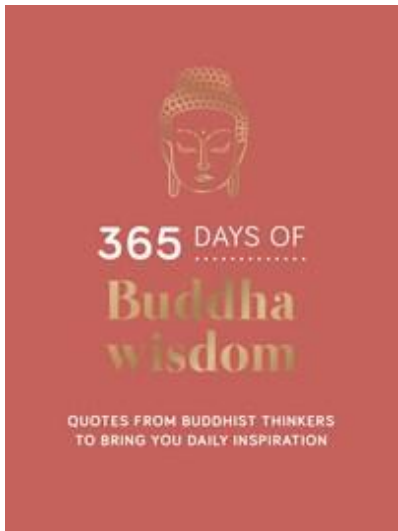
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





365 Days of Buddha Wisdom

Quotes from Buddhist Thinkers to Bring You Daily Inspiration

Summersdale Publishers

Key Selling Points

- Buddhism is the world's fourth-largest religion and continues to inspire many people across the world (whether religious or not) to live more mindful, peaceful lives
- A similar title, *365 Days of Yoga* (ISBN: 9781787836419), has sold over 2,000 copies
- Other titles in this series include *365 Days of Calm* (ISBN: 9781800074439, over 1k sold), *365 Days of Mindful Meditations* (ISBN: 9781800071018, over 2k sold) and *365 Days of Positivity* (ISBN: 9781800071025, over 2k sold)

Summary

Embark on a year-long journey of enlightenment with this compact treasury of daily inspiration, featuring profound quotes from revered Buddhist thinkers to infuse your every day with wisdom and tranquility

Discover daily peace and wisdom with this pocket-sized collection of quotes from Buddhist teachers, writers and philosophers

For many people around the world, the Buddha remains a timeless symbol of compassion, humility and mindfulness. His journey - which saw him leave his life as a prince to begin a spiritual quest for enlightenment - has inspired many to seek inner peace for themselves. Whether Buddhist or not, there is so much the ancient philosophy of Buddhism can teach us about living a more mindful existence.

With the help of this little book, you can start each day with a dose of Buddhist wisdom. Inside you will find 365 quotes from some of the greatest Buddhist thinkers of all time, including Thích Nhất Hạnh, Pema Chödrön, Alan Watts and, of course, the Buddha himself.

The insights contained within will enhance your daily life by teaching you to cherish the present moment, live in harmony with nature, and treat all living things with love and kindness. So, what are you waiting for? Dive in and begin your own spiritual 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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 Print Run: 6K
 Religion / Buddhism
 REL007010
 5.5 in H | 4 in W
 Status: **FORTHCOMING**



100 DAYS OF WISDOMS WISDOMS

100 DAYS OF WISDOMS

People can only be truly be helping others as they themselves give them a chance to help too.

100 DAYS OF WISDOMS

Remember to not worry too much of it. Your living goal is not to be the most long-term happiness & health.

100 DAYS OF WISDOMS

Through happiness and smiling the things we see around us being better and will be more, even when we are not too.

100 DAYS OF WISDOMS

Be naturally and peace there is not one, one and the same, the power is the only thing that can do.

100 DAYS OF WISDOMS

Strength is Happiness.
Strength is built slowly.

100 DAYS OF WISDOMS



100 DAYS OF WISDOMS WISDOMS

100 DAYS OF WISDOMS

One should not be afraid of such - greatness, a balance of life, bringing a living mind - that will long-lasting happiness.

100 DAYS OF WISDOMS

Happy when we can still remember what we are, without anything, without anything, without anything, can we be go of anything, please.

100 DAYS OF WISDOMS

Balance ourselves here across the entire world.

100 DAYS OF WISDOMS





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Hardcover

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Print Run: 6K
Self-Help / Affirmations
SEL004000

5.4 in H | 4 in W | 0.4 lb Wt
Status: **FORTHCOMING**

365 Days of Healing

Daily Guidance for Finding Inner Peace

Quinn Clark

Key Selling Points

- A collection of 365 entries, including actionable tips and inspiring quotes to help readers to understand past pain and trauma and begin the process of healing
- Trauma is a burgeoning topic in the mental health and self-help space and affects nearly all of us. Although it can sound daunting, the term can cover many distressing events - from negative childhood experiences to the ordeal of living through a pandemic
- Similar Summersdale titles include: *365 Days of Calm* (ISBN: 9781800074439); *365 Days of Inspiration* (ISBN: 9781800074446); *365 Days of Mindful Meditations* (ISBN: 9781800071018); *365 Days of Positivity* (ISBN: 978180007102)

Summary

Embark on a transformative journey towards inner peace and self-discovery with this indispensable daily companion, offering a year's worth of practical tips and uplifting quotes to guide you through healing and empowerment

Find a sense of peace 365 days of the year with this little book of simple tips and encouraging quotes

When you are ready to take the first step to understand your past pain, this book will support you on your healing journey, helping you to find your way back to yourself, come to terms with the past and look to the future with hope and positivity.

Discover practical guidance for a variety of self-care practices and learn how to incorporate these into your daily routine. Within these pages you will uncover:

- Ideas to restore your mental, emotional and physical well-being
- Simple breathing exercises and grounding rituals to help reduce stress and anxiety
- How to find joy in the everyday to lift your spirits
- Insightful quotes to help you connect with your inner strength

With *365 Days of Healing*, you will feel empowered to change your story, recover from past traumas and take charge of your life all year round.

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 for Every Day

52 Beautiful Cards and Booklet to Unlock Daily Peace

Summersdale Publishers

Key Selling Points

- This 52-card deck and 8-page booklet provides daily comfort through soothing statements and calming practices, the perfect gift for anyone seeking pockets of peace in the day-to-day
- *Calm for Every Day* cards are based on Summersdale's *Calm for Every Day* (ISBN: 9781800071827), which has sold over 2,000 copies
- Other similar Summersdale titles include: *Positivity for Every Day* (ISBN: 9781837993260); *Calm Cards for Moms* (ISBN: 9781837990269); *The Little Box of Calm* (ISBN: 9781787836594)

Summary

Experience daily tranquility and inner peace with this exquisite card deck and accompanying booklet, offering 52 comforting quotes and soothing practices to help you navigate life's stresses with ease and grace

Discover daily calm with the comforting quotes and peaceful practices found in this beautiful card deck and booklet, designed to alleviate stress and soothe your mind

We could all do with a little extra calm in our lives. Faced with the demands of the day-to-day, sometimes you need to take a breath and turn to a reassuring quote or mindfulness practice to help you find your inner peace.

Supported by the statements, tips and advice on these bespoke cards, you can receive your daily dose of calm. Find comfort in the words of well-being gurus, practise simple exercises to still your mind and discover rituals for relaxation contained within this beautiful card pack.

This pack contains a set of 52 beautifully designed cards, each with an inspiring quote on one side and a guided practice on the reverse, and an 8-page booklet.

Whether you're confronted with feelings of anxiety or dealing with daily stressors, these cards will be on hand, in pocket, or over on the countertop to help you uncover your calm every 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
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1837993084
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Cards

8 Pages
Carton Qty: 10
Print Run: 6K
Self-Help / Affirmations
SEL004000

3.5 in H | 2.5 in W
Status: **FORTHCOMING**



I Love You Mom

A Beautiful Gift to Give to Your Mom

Summersdale Publishers

Key Selling Points

- The perfect Mother's Day present or year-round gift to show your mom just how much you care
- A similar Summersdale title, *Mom in a Million* (ISBN: 9781786857552), has sold over 7,000 copies
- Similar Summersdale titles include: *For the World's Best Mom* (ISBN: 9781787836396); *For the Best Mom Ever* (ISBN: 9781800076303)

Summary

Express your love and gratitude to your extraordinary mom with this touching keepsake, filled with heartfelt affirmations and cherished quotes, making it the perfect gift to celebrate her remarkable presence in your life

Show your amazing mom just how much she means to you with this beautiful keepsake

Brimming with heartfelt affirmations, as well as delightful quotes from great thinkers and modern superstars alike, this little book will make the perfect gift to remind your mom that there is no one quite like her.

These pages offer a curated collection of wise words that will brighten her day and let her know just how much you care, including:

- Your hug feels like home, so home is wherever you are
- I can share anything with you and you always have the answer
- You were my first friend, you're my best friend and you're my forever friend
- Every day you inspire me to be the best version of myself
- Mom, you're the best because you're mine

Whether it's for Mother's Day, Christmas, her birthday or just because, there is no better way to tell her, "I love you, Mom".

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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 Hardcover

96 Pages
 Carton Qty: 10
 Print Run: 6K
 Family & Relationships / Parenting
 FAM032000

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



My mother was
a master juggler.
If you ask her,
she'll say she
was a wreck.

Dorothy Allison Parker

Every day
you inspire
me to be the
best version
of myself

My mother and I
are more than best
friends; we are
partners in crime.

BARBARA LOOSE

I love her for being
brave and for having
such an important
voice in my life.

ALANNAH
WINTER BROWN



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1837993262
Pub Date: 1/14/2025
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\$11.99/\$14.99 Can.
Cards

8 Pages
Carton Qty: 10
Print Run: 5K
Self-Help / Affirmations
SEL004000

3.5 in H | 2.5 in W
Status: **FORTHCOMING**

Positivity for Every Day

52 Beautiful Cards and Booklet to Fill You With Joy

Summersdale Publishers

Key Selling Points

- This box provides daily positivity through uplifting statements and joyful tips, the perfect gift for anyone wanting to look more on the bright side of life.
- *Positivity for Every Day* cards are based on Summersdale's *Positivity for Every Day* (ISBN: 9781787836518), which has sold over 4,000 copies.
- This box includes a deck of 52 cards and an 8-page mini booklet which serves as a brief user's guide, with advice on how to best use the box and tips on incorporating positivity into every day.
- Other similar Summersdale titles include: *The Little Box of Positivity* (ISBN: 9781787833340); *Calm Cards for Moms* (ISBN: 9781837990269); *The Little Box of Calm* (ISBN: 9781787836594).

Summary

Elevate your spirits and cultivate a brighter outlook on life with this enchanting card deck, brimming with uplifting quotes and joyful activities to inspire positivity and fill your days with boundless joy

Discover your daily dose of positivity with the uplifting quotes and joyful tips found in this beautiful card deck

There is so much in life to be joyful about - sometimes you just need a little help to see it. If you can take the time each day to reflect on a comforting quote or practise an uplifting activity, you'll be amazed at the new heights your happiness can reach.

Become a happier you with the heart-warming tips, advice and kind words of *Positivity for Every Day*. By practising the joyous daily rituals and simple exercises inside this box, you'll learn how to make positivity a regular habit, so that you can look on the bright side all year long.

Alongside the 52 beautifully designed cards, you will also find a pocket-sized booklet on how to use them. So, whether you're looking for the silver lining in the clouds or just want your glass to be half full, these cards will be on hand, in pocket or sitting on your bedside table ready to fill you with joy every day.

Contributor Bio

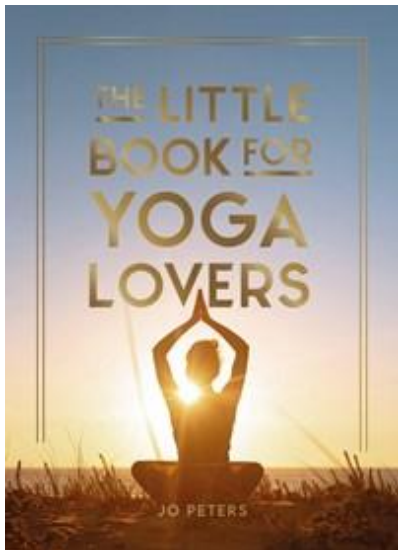
Founded in 1990, Summersdale is a vibrant publisher that puts its heart and soul into creating exceptional books. They swiftly respond to emerging technology and trends, provide entertaining, informative and innovative content in the genres of travel writing, general non-fiction, health and well-being,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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations





The Little Book for Yoga Lovers

Tips and Tricks to Elevate Your Yoga Practice

Jo Peters

Key Selling Points

- Yoga continues to be a popular wellness practice and is practised by 300 million people across the globe
- Similar Summersdale titles include: *365 Days of Yoga* (ISBN: 9781787836419); *The Little Book of Pilates* (ISBN: 9781800076952); *The Little Book for Plant Parents* (ISBN: 9781787836877)

Summary

Indulge in the serene practice of yoga with this comprehensive guide, offering expert tips and tricks to enhance your experience and find inner peace amidst the chaos of modern life

Take some time out from hectic modern life, reconnect with your body and embrace the calming power of yoga

Yoga is a holistic activity that enriches the mind, body and soul, and there's never a better time to start reaping its benefits than right now. Whether you're an advanced yogi or you're getting ready to learn your first asanas, this beautiful book is brimming with all the tips and inspiration you need to enlighten your mind and inspire your practice.

Inside you will discover:

- The different types of yoga and how each one can work for you
- The key yoga poses, from beginner to advanced, with explanations of how to do them and their benefits
- Mindfulness, meditation and breathwork practices
- Guidance on balancing the body's energies, including chakras, mudras and bandhas
- Ideas for retreats, healthy recipes and ways to elevate your practice

The best part about yoga is you can do it anytime, anywhere. So, roll out your mat, take a deep breath and find your way back to yourself.

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



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 Health & Fitness / Yoga
 HEA025000

6.1 in H | 4.5 in W | 0.5 lb Wt
 Status: **FORTHCOMING**





Here and now is
where yoga begins.

© 2018 Yoga.com

LINES OF YOGA

Yoga.com's Yoga Lines series offers yoga to those searching for a practice that fits in their busy lives. Each class is designed to be a 30-minute, 20-minute, or 10-minute practice.

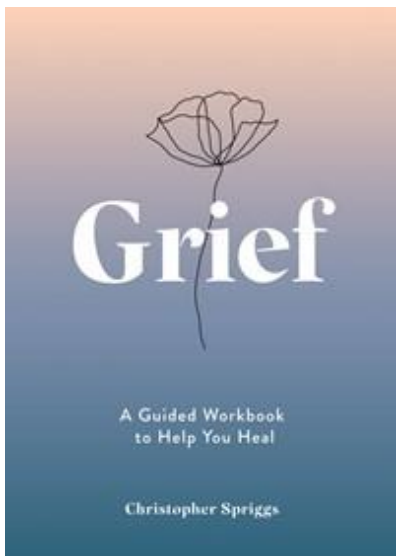
- 1. **YOGA** - Designed for all ages and abilities with the goal of creating a healthy, sustainable, and enjoyable practice.
- 2. **HEALTHY** - More physical. Focuses on the physical and mental benefits of yoga.
- 3. **STYLISH** - Focuses on the look and feel of yoga. Perfect for those who love the aesthetics of the practice and want to look and feel like a yogi.
- 4. **RESTORATIVE** - Restoring, rejuvenating. Not too intense for those who are recovering from an injury or illness.
- 5. **DEEP** - Restoring, rejuvenating. Not too intense for those who are recovering from an injury or illness.
- 6. **STRETCHING** - Without a lot of yoga. Perfect for those who want to stretch and improve their flexibility without a full yoga practice.
- 7. **YOGA** - The art of living mindfully.
- 8. **STRETCHING** - The key to long-term health through all the other lines.



YOGA STYLE: NATIA

Natia is a yoga style that focuses on the physical and mental benefits of yoga. It is a gentle, restorative practice that is perfect for those who are recovering from an injury or illness. The practice is designed to be a 30-minute, 20-minute, or 10-minute practice.

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Family & Relationships / Death,
Grief, Bereavement
FAM014000

8 in H | 6 in W
Status: **FORTHCOMING**

Grief

A Guided Workbook to Help You Heal

Christopher Spriggs

Key Selling Points

- A workbook filled with tips, advice and guided activities to help the reader find their own way through grief
- The advice within will be helpful to people experiencing grief for many different reasons, giving the book broad appeal
- Similar Summersdale titles include: *Life is Tough, But So Are You* (ISBN: 9781800071551); *Resilience for Every Day* (ISBN: 9781787836532); *Things to Do When You're Feeling Blue* (ISBN: 9781800071582)

Summary

Navigate the journey of grief with compassionate guidance and healing activities tailored to support you through every stage of your personal healing process

With simple advice and guided activities, this workbook is a comforting companion to support you through your healing journey after experiencing loss

Grief is the natural response to loss, and it's something that affects everyone at some point in their lives. It can manifest itself in many ways - sadness, panic, confusion, anger - and it's often completely unpredictable. If you're experiencing grief, you may feel isolated and alone, but this guided workbook is here to support you through each step of this personal journey.

Filled with activities for exploring your emotions and coming to terms with your grief, this book will help you begin the gradual healing process. Inside you will find:

- An overview of what grief is and how you might experience it
- Tips to help you cope with the immediate feelings of grief
- Journal activities to help you understand how your loss has impacted your life
- Ideas and advice for coping with grief in the long term

Grief may never fully go away, and the path to healing might not be a straightforward one, but the guidance in these pages will help you work through it at your own pace to rediscover a sense of meaning and joy in this new life.

Contributor Bio

Christopher Spriggs runs Heads Up Now Ltd., a coaching and consultancy company working with schools across the UK to help people flourish. In 2004, Christopher founded Lifespace Trust, an award-winning young people's mental health charity. His first book, *The Reason I Run: How Two Men Transformed Tragedy Into The Greatest Race Of Their Lives* told the true story of pushing his terminally ill uncle around a marathon in an NHS wheelchair. Christopher has now run over 40 marathons, raising money for Macmillan Cancer Support & MND Association.

Marketing Plans

- National media outreach
- Trade and Library Advertising


Illustrations



Introduction

There is a lot of talk about grief, but not much about how to live with it. This book is about how to live with grief, not just how to get through it. It's about how to find meaning and purpose in a world that has lost a loved one. It's about how to find a way to live that is not just a way to survive, but a way to thrive. It's about how to find a way to live that is not just a way to survive, but a way to thrive.

1



CHAPTER ONE

Your Grief and You

There is a lot of talk about grief, but not much about how to live with it. This book is about how to live with grief, not just how to get through it. It's about how to find meaning and purpose in a world that has lost a loved one. It's about how to find a way to live that is not just a way to survive, but a way to thrive. It's about how to find a way to live that is not just a way to survive, but a way to thrive.

2

Setting your intention

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3

What is grief?

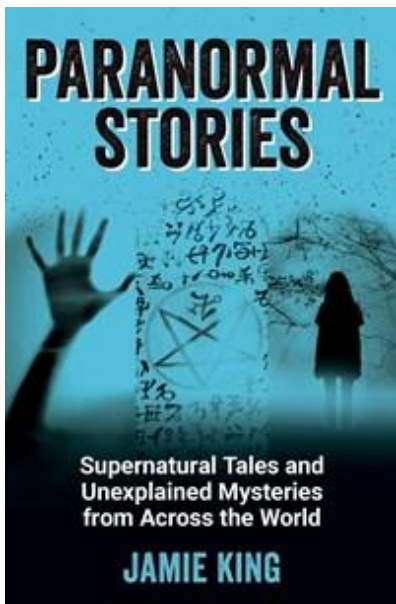
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4



People talk about grief as emotions, but it's not empty. It's full. Heavy. Not an absence to fill.

PLUM MATHIAS



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Body, Mind & Spirit / Supernatural
(incl. Ghosts)
OCC023000

8 in H | 5 in W
Status: **FORTHCOMING**

Paranormal Stories

Supernatural Tales and Unexplained Mysteries from Across the World

Jamie King

Key Selling Points

- Filled with ghoulish ghost stories, supernatural tales and unexplained mysteries, this book will send chills down the reader's spine.
- A Summersdale title with a similar style and approach, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 3,000 copies.
- Other similar Summersdale titles include *This Book Will Make You Sh*t Yourself* (ISBN: 9781787832572).

Summary

Embark on a spine-tingling journey through the unknown with this chilling collection of supernatural tales and unexplained mysteries from around the globe, igniting your curiosity and daring you to explore the paranormal

Step into the unknown

Tales of the paranormal have seduced us and spooked us for centuries, passed around from person to person and frequently retold and reimagined in books, films and TV. Whether they're based on real events or they're simply urban legends which have taken on a life of their own, the strange happenings, unexplained events and unsolved mysteries in this book will take you on a frightening journey to the outer limits of plausibility, and dare you to believe the unbelievable.

Ranging from the mysterious to the macabre, the stories in this book span a broad range of supernatural subjects including ghosts, spirits and the undead, witchcraft and occultism, extraterrestrial life, mythical creatures, and much more.

Whether you're a believer or a sceptic, a paranormal junkie or an interested observer, let these stories spark your imagination, capture your curiosity and perhaps even send a shiver down your spine.

Contributor Bio

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, London, England.

Marketing Plans

- National media outreach
- Trade and Library Advertising



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 Health & Fitness / Mental Health
 HEA055000
 8 in H | 6 in W
 Status: **FORTHCOMING**

How to Ease Your Anxiety

Embrace Calm and Say Goodbye to Worries for Good

Sophie Golding

Key Selling Points

- Contains short, practical tips to help the reader ease their anxiety and find calm.
- Other Summersdale titles on the topic include *UnAnxious* (ISBN: 9781787836723) and *365 Days of Positivity* (ISBN: 9781800071025)

Summary

Transform your life by embracing serenity and banishing anxiety with this empowering guide filled with practical strategies to quiet your mind and unlock a world of peace and possibility

Calm your mind, ease your worries and quieten your thoughts with this stunning guide to living an anxiety-free life

Life is full of beautiful, joyous experiences just waiting to be had. But when you struggle with anxiety, your brain can come up with all sorts of reasons not to do the things you love. By learning to ease anxious thinking and restore a sense of calm, you can start to live the life of your dreams in peace and serenity.

Through simple tips and kind advice, this book will show you how to tune out negative thinking and find mental tranquillity. Over the course of its chapters, you will learn to:

- Identify and avoid anxious thought patterns
- Treat your mind with kindness and embrace positive thinking
- Take good care of your mind, body and soul
- Adopt healthy coping strategies for a calmer future

By learning to overcome the mental obstacles anxiety throws your way, you can discover the many positives life has in store for you. So dive into these pages and give yourself the gift of a calmer mind.

Contributor Bio

Sophie Golding is a writer and artist living in West Sussex. She enjoys meditation, sea swimming and the great outdoors.

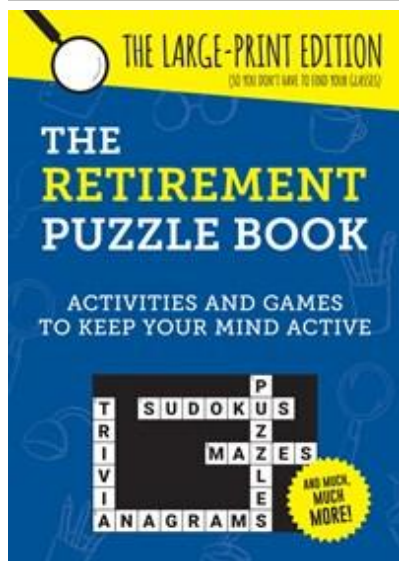
Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations







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Games & Activities / Activity
Books
GAM020000
10 in H | 7 in W
Status: **FORTHCOMING**

The Retirement Puzzle Book

Activities and Games to Keep Your Mind Active

Summersdale Publishers

Key Selling Points

- Features over 150 activities, games and puzzles to keep you occupied for hours on end
- Perfect for a retirement or birthday present. The large print is not only practical, but also adds an element of humour to the overall light-heartedness of this book
- Similar Summersdale titles include *The Senior Moments Puzzle Book* (ISBN: 9781787835597)

Summary

Stay mentally agile and engaged during retirement with this diverse collection of puzzles and games, designed to keep your mind sharp and your days filled with fun and stimulation

This collection of verbal and visual challenges will help you stay sharp and stimulated as you embark on a new chapter in life

Retirement is incredibly rich with possibilities - it's just a question of how to fill all that free time. Well, now that you've earned many an hour of peaceful freedom, how about a puzzle or two to prove you're still as clever as you always were?

From quick-fire trivia questions to more leisurely crosswords and sudoku, whether you're a recent retiree, approaching the big day or have been enjoying your freedom for years, there's plenty in these pages to keep you busy and set your mind purring.

Inside you will find a rich variety of puzzles for all tastes, including these:

- Find a whole new set of hobbies within a raft of word searches
- Spot the differences between various comical scenarios you might find yourself in
- Shuffle a bunch of anagrams to locate some objects that could come in handy
- Tackle the pictorial problems posed by a variety of rebus puzzles.

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



YOU
DO
YOU

You Do You

Quotes to Uplift, Empower and Inspire

Summersdale Publishers

Key Selling Points

- This little gift book is jam-packed with empowering quotes and affirmations, reminding you to always be yourself
- A previous title in the series, *You Are Amazing* (ISBN: 9781786859808), has sold over 9,500 copies
- A perfect present to celebrate someone's wonderful individuality
- Similar Summersdale titles include: *You Are So Awesome* (ISBN: 9781837993536); *Think Positive, Stay Positive* (ISBN: 9781800077010); *You're the Best* (ISBN: 9781800077027)

Summary

Celebrate your uniqueness and embrace your individuality with this empowering collection of quotes, reminding you to shine brightly as the incredible, irreplaceable person you are

No one is better at being you than you... and there's only one you in the universe

Here's to the often-imitated, never bettered, wonderfully unique you! These inspirational quotes and uplifting mantras will remind you that you don't need to follow the crowd - follow your heart and keep on being your amazing, individual self.

Filled with memorable quotes from a variety of bright and brilliant figures, this book will help you change your mindset and set your life on a new pathway towards self-love, self-confidence and high self-esteem. You can use the wise words within to:

- Redefine what it is you want out of life
- Recognize your integral worth
- Reimagine your place in the world
- Remind yourself that you are special

You deserve to love yourself for who you are! So, what are you waiting for? Spend your days being happy, confident and true to yourself with this exciting and empowering book.


Contributor Bio

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

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



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Self-Help / Affirmations
SEL004000

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

Sometimes
courage is the
quiet voice at the
end of the day
saying, "I will try
again tomorrow".

Mary Anne Radmacher

Once you figure
out who you are
and what you love
about yourself,
it all kind of
falls into place.

Jennifer Aniston

Believe in
yourself

THE WAY
YOU CARRY
YOURSELF IS
INFLUENCED
BY THE WAY
YOU FEEL
INSIDE.

Marilyn Monroe

Be yourself... it really
doesn't matter what
other people think.

Taylor Schilling

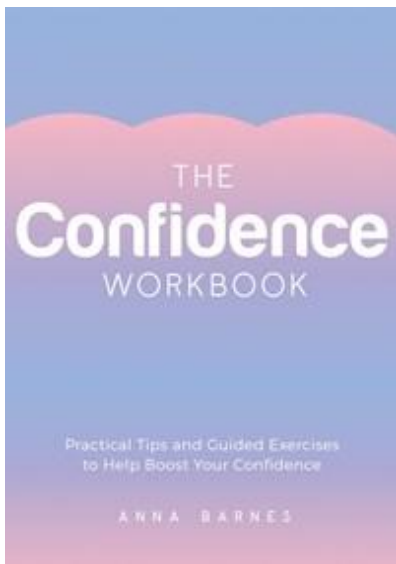
I AM
STRONG,
CONFIDENT
AND
POWERFUL

To succeed in
life, you need
three things:
a wishbone, a
backbone and
a funny bone.

Rabe McElwee

My mission
in life is not
merely to survive,
but to thrive;
and to do so with
some passion,
some compassion,
some humour and
some style.

Maria Angellina



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 SEL023000

8 in H | 6 in W
 Status: **FORTHCOMING**

The Confidence Workbook

Practical Tips and Guided Exercises to Help Boost Your Confidence

Anna Barnes

Key Selling Points

- A practical and easy-to-follow workbook offering tips, advice and guided exercises to help readers boost their confidence levels.
- Contains exercise, diet, lifestyle and general well-being advice.
- Similar Summersdale titles include:
 - *The Confidence Workbook* (ISBN: 9781800077157)
 - *365 Ways to Be Confident* (ISBN: 9781786859778)
 - *Believe in Yourself* (ISBN: 9781786859600)

Summary

Unlock your full potential and tackle life's challenges head-on with this practical workbook, guiding you through transformative exercises to boost your confidence and embrace every opportunity with self-assurance

Feel more self-assured with this step-by-step workbook to help you overcome uncertainty and approach every situation with confidence

Life can be challenging, and it's normal to feel unsure of yourself sometimes. But when low self-confidence becomes a regular occurrence and you start avoiding certain situations because of it, it's time to find a strategy to start believing in yourself.

The Confidence Workbook contains practical tips, thoughtful advice and guided exercises to help you overcome self-doubt. Based on trusted mindfulness techniques, this workbook will fill you with the assurance you need to become your own cheerleader and focus on the things you really like about the person in the mirror.

Inside this book, you will find:

- A friendly and supportive approach, allowing you to calmly complete the exercises at your own pace
- Actionable advice for boosting your self-confidence and acting more assertively
- Tips on how to practise mindfulness and self-care
- Exercises grounded in research-supported cognitive behavioural therapy techniques

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



Talk about your feelings

It's important to talk about your feelings with someone you trust. This could be a friend, family member or teacher. Talking about your feelings can help you feel better and more in control. It can also help you understand your feelings better and find ways to deal with them. Remember, it's okay to ask for help and support.



Talking tips

1. Choose a safe place to talk. This could be your bedroom, a quiet room at school, or a park. Make sure you have privacy and time to talk.
2. Think about what you want to say before you start. Write down your thoughts and feelings. This can help you organize your thoughts and make it easier to talk about them.
3. Listen to what the other person says. Try to understand their feelings and thoughts. Don't interrupt them. It's important to show that you are listening and trying to understand.

Do you have any questions? Ask your teacher or a friend for help.

Write yourself confident

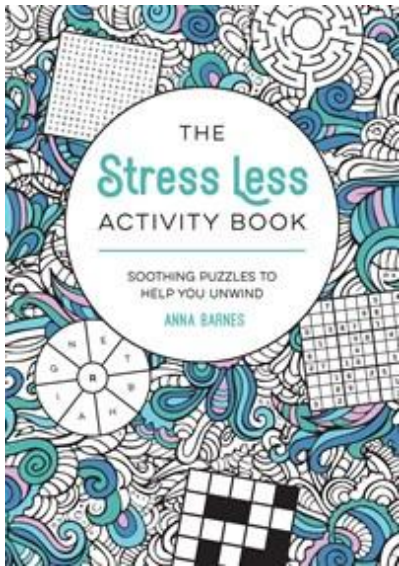
It's important to write about your feelings. This can help you understand your feelings better and find ways to deal with them. Writing can also help you express your thoughts and feelings in a safe and private way. Remember, it's okay to ask for help and support.

Write your name:

Write your feelings:

Write your name:

Write your feelings:



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Games & Activities / Puzzles
GAM007000

8 in H | 6 in W
Status: **FORTHCOMING**

The Stress Less Activity Book

Soothing Puzzles to Help You Unwind

Anna Barnes

Key Selling Points

- Packed with calming puzzles such as word searches, sudoku, crosswords, anagrams, word wheels and much more!
- Contains beautiful coloring pages, breathing exercises and mantras to help the reader decompress and to reduce feelings of stress
- Similar Summersdale titles include: *Stress Less* (ISBN: 9781837990818); *My Stress Tracker* (ISBN: 9781787835337)

Summary

Indulge in relaxation with this delightful activity book, featuring a variety of calming puzzles and exercises meticulously designed to melt away stress and bring tranquility to your mind and soul

Alleviate your worries with this calming activity book, designed to soothe your mind, help you unwind and make you stress less

We could all do with a little less stress in our lives, and this comforting collection of activities, coloring pages, mantras and breathing exercises can help you achieve exactly that!

Coloring and puzzle-solving are two of the best paths to relaxation. This book will guide you through therapeutic activities and light-hearted games designed to shift your focus and reclaim your calm.

Discover dot-to-dots, sudoku, crosswords, mazes and much more, each providing the perfect break from your day-to-day stresses. Whether you prefer climbing down word ladders, spotting the difference, searching for words or coupling up pairs, this soothing puzzle and coloring book has over 100 activities designed to help you decompress.

If you're craving a moment of peace, a distraction from your daily worries and the satisfaction of solving a challenge, turn to *The Stress Less Activity Book* to ease anxiety and help you unwind.

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



WORD SEARCH

PHOENIX

ALUMNI? JUNIORS
 BRIDGE LAUNCH
 COLLEGE BETHLEHEM
 RELATIONS BIRTHDAY
 LOVE

DOT-TO-DOT

Use the dots to form the missing shape!

TRACKWORD

Find the hidden words of four or more letters in your card by starting from one square in the grid and moving diagonally, without going through any other squares again. Can you find the other three word shapes in the square?

B	F	C
W	F	IN
B	B	B

ANAGRAMS

Rearrange these letters to reveal things you might see in a classroom:

W O R L D _____
 H U M A N S _____
 A C C O U N T _____

SUDOKU

Complete the following grid by filling in the empty boxes with the missing numbers. Each number can only appear once in a row, column or box.

	1	4
5		3
6	7	8



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 Health & Fitness / Women's
 Health
 HEA024000

6 in H | 4.5 in W
 Status: **FORTHCOMING**

Strong Woman Era

How to Embrace Your Strength and Elevate Your Life

Saffron Hooton

Key Selling Points

- In this new age of female fitness, women are embracing strength training as a means of supporting their mental and physical health
- The percentage of women lifting weights continues to rise, with research showing 41 per cent practise strength training, 54 per cent have gym memberships and 76 per cent of fitness class attendees are female
- Similar Summersdale titles include: *The Little Book for Yoga Lovers* (ISBN: 9781837994106); *The Little Book of Pilates* (ISBN: 9781800076952)

Summary

Embrace your power and unlock your full potential with this empowering guide to strength training, designed to fuel your mind, body, and spirit on the journey to achieving your boldest aspirations

Empower your mind, strengthen your body and build your best life with this girl-power guide to strength training

This is your *Strong Woman Era*, a new phase of growth, fulfilment and success. It's time to invest in practices that make you feel mentally and physically strong - because you are! Through strength training, you can connect with your power and realize just how much you can achieve. That's where this guide comes in.

Filled with practical tips, energizing affirmations and motivational quotes, this wellness and weightlifting companion will support you on your journey to becoming the strongest you.

Inside you'll discover the benefits of strength training, how you can personalize your approach and all the ways exercise can nourish your mind and body.

This bold little book will accompany you on your training journey, from starting out to seeing progress and committing to your routine. With a selection of staple strength-building exercises and daily wellness rituals, you can achieve your short- and long-term fitness goals.

It's the dawn of a new era; time for women to build, lift and thrive.

Contributor Bio

Saffron Hooton is a writer, editor and fitness influencer from West Sussex. She has been strength training for six years, practises pole fitness and dance, and is a qualified Level 2 Exercise-to-Music instructor. As a sponsored Women's Best athlete, Saffron creates health and wellness content for her 15k followers on Instagram, @saff_fit. She's contributed articles to online magazines and fitness blogs and edited well-being books.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

THE KEY TO DISCOVERING YOUR STRENGTH

When we get started on a weight training program, it's often difficult to know how much weight to use. The key to discovering your strength is to start with a weight that is challenging but manageable.

It's not about how much weight you lift or how many reps you do. It's about how you feel during the workout. If you're struggling, the weight is too heavy. If you're breezing through it, the weight is too light.

Strength training is a journey, not a destination. It's about finding a weight that challenges you and allows you to grow.

Remember, the goal is to build strength and muscle over time. Don't be afraid to start with a weight that feels like a challenge. You'll be surprised at how much you can achieve.

The benefits of strength training are numerous. It can help you lose weight, improve your metabolism, and increase your bone density. It's a great way to take control of your health and well-being.

Strength training is a journey, not a destination. It's about finding a weight that challenges you and allows you to grow.

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THE PERKS INCENTIVE

When it comes to your health, there are many ways to stay motivated. One of the best ways is to focus on the benefits of strength training.

Strength training can help you lose weight, improve your metabolism, and increase your bone density. It's a great way to take control of your health and well-being.

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Affirmations

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SHAKING UP SPACE

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STIFF-LEG DEADLIFT

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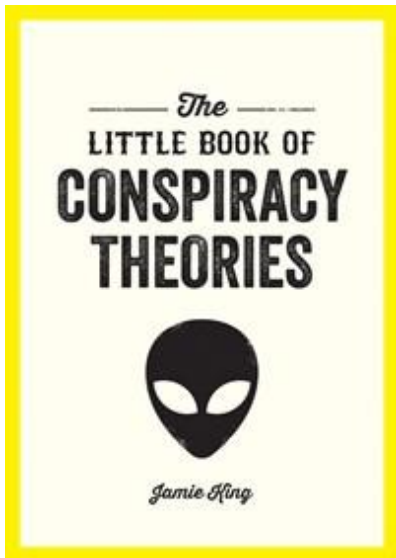
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The world needs strong women.

AMY TENNEY



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Social Science / Conspiracy
Theories
SOC058000

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

The Little Book of Conspiracy Theories

A Pocket Guide to the World's Greatest Mysteries

Jamie King

Key Selling Points

- For those who believe in conspiracy theories and those who are just fascinated by the psychology behind it alike, this introductory guide is a compelling insight into the most shocking, intriguing and unbelievable conspiracy theories throughout history
- A previous Summersdale title, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 3,000 copies
- Joins *The Little Book of Cults* (ISBN: 9781837993581) in a new series of accessible, small-format books which provide a highlights tour of the topic in bite-size entries

Summary

Dive into the captivating realm of conspiracy theories with this intriguing pocket guide, unveiling the mysteries behind some of the world's most shocking and controversial events, from Area 51 to the moon landings, and beyond

From contrails and Covid-19 to Area 51, 9/11 and the moon landings, explore the shocking world of conspiracy theories in this pocket guide

The curious world of conspiracy theories is unbelievable and scarily believable in equal measure - perhaps that's why it fascinates us so much. Some claim that a shadowy organization is secretly controlling us; others believe that famous events were orchestrated by our governments; some people even say that aliens are out there...

Whatever the truth, *The Little Book of Conspiracy Theories* is an insight into this shocking and mysterious world. Discover how popular theories originated and took root, what they claim, and how "the truth" has been covered up. Uncover scandalous facts about some of the most notorious conspiracy theories, such as:

- The clues that led people to believe that the moon landings were a hoax
- Who was really behind the JFK assassination
- How the goings on at Area 51 have been covered up for decades
- Whether Elvis really is dead...

Explore the hidden world of conspiracies with this introductory guide, perfect for people brand new to the topic or for those wanting to develop their knowledge.

Contributor Bio

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, London, UK.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations

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PHYSICAL AND ENVIRONMENTAL CONSPIRACIES	
CONSTITUTIONAL AND LEGISLATIVE CONSPIRACIES	
SCIENCE AND TECHNOLOGY CONSPIRACIES	
INTERNATIONAL CONSPIRACIES	
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THE NASA MOON LANDING HOAX

WHO
 AUTHOR AND ILLUSTRATOR

WHEN
 2009

WHERE
 The National Book Award
 Landing on the Moon Hoax

How it began	The foundations of a lie
How it began	The foundations of a lie

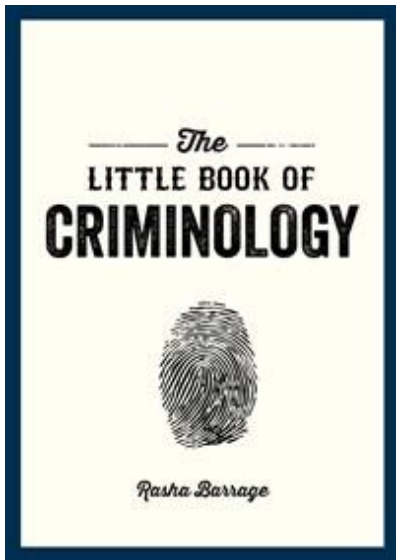
The clues	But wait a minute...
The clues	But wait a minute...

But wait a minute...

The evidence that has been amassed by the theories is circumstantial. But what about the hundreds of moon rocks that have been returned to scientists around the world and confirmed to be of extraterrestrial origin? What might have been required to bring them back to the Moon? How to explain the presence of the great salt lakes on Mars and Venus? How to explain the fact that the Apollo program has nearly six dozen - astronauts, pilots, technicians, engineers, technicians and other thousands - to have been such a whopping great success? If they really did succeed in going to the Moon, it would be surprising. Why then, do the conspiracy theories both continue, apart to this day.

POLITICAL AND GOVERNMENTAL CONSPIRACIES

What has been said so far in this book has been intended to be a neutral, objective and balanced account of the evidence. It is not intended to be a polemic or a manifesto. It is not intended to be a call to arms. It is not intended to be a call to action. It is not intended to be a call to arms. It is not intended to be a call to action. It is not intended to be a call to arms. It is not intended to be a call to action.



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SOC004000

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The Little Book of Criminology

A Pocket Guide to the Study of Crime and Criminal Minds

Rasha Barrage

Key Selling Points

- A new addition to the accessible *The Little Book of...* series, this is the perfect introduction and overview of important criminologists and their key theories
- This pocket guide is ideal for both those new to the subject as well as those who want to brush up their knowledge

Summary

Unveil the secrets of the criminal mind and explore the fascinating world of criminology with this concise and insightful pocket guide, perfect for understanding the complexities of crime and its impact on society

Have you always wanted to know what makes an ordinary person commit a crime? Explore the dark side of human nature with this illuminating beginner's guide to criminology.

There are few subjects more compelling or divisive than criminology. Whether crime dominates the headlines or just the subject of your latest boxset, our animal instincts have always drawn us to darkness and danger.

This pocket-sized introduction includes accessible primers on the key criminological thinkers, themes and theories, including:

- How disciplines such as economics, psychology and sociology have informed criminological study and our understanding of crime
- Why some individuals are more or less likely to engage in criminal behaviour
- The biggest issues facing contemporary society, such as cybercrime, gendered crime and hate crime

From understanding criminal motivation to how crime is policed and prevented, there has never been a more important moment to grasp how crime affects our lives today and how it might tomorrow.

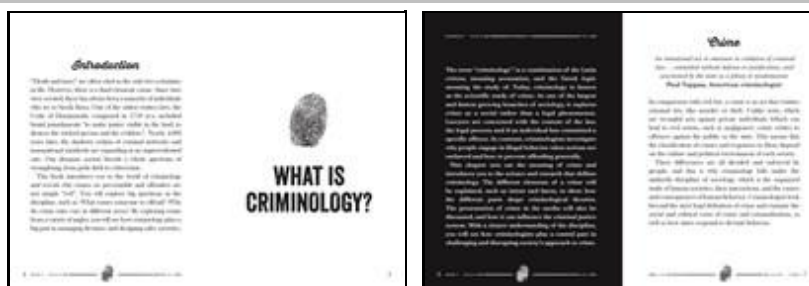
Contributor Bio

Rasha Barrage was born in Iraq and grew up in Merseyside in the north-west of England. After studying law at Oxford University and completing a master's at the University of Toronto, she worked for the United Nations Development Programme before going on to train and work as a lawyer for eight years. She lives in London with her husband and three young children.

Marketing Plans

- National media outreach
- Trade and Library Advertising

Illustrations



Deviance

Deviance is usually seen based on what is right or wrong. But people have to come from within. There is nothing inherent in "deviance". But the fact that we are going to judge someone's behavior as deviant is a social and cultural phenomenon. It is not inherent in the act itself. **Deviant Behavior** is a behavior that is not approved by the society. **Deviant Behavior** is a behavior that is not approved by the society. **Deviant Behavior** is a behavior that is not approved by the society.

NOTE

Deviant behavior is a behavior that is not approved by the society. It is a behavior that is not approved by the society. It is a behavior that is not approved by the society.

Meaning crime

Crime and deviance can be considered as a range of behavior.

Official crime statistics - The crime and deviance statistics are based on the public. They are based on the public. They are based on the public.

Private and deviant with the public - Private and deviant with the public. Private and deviant with the public. Private and deviant with the public.

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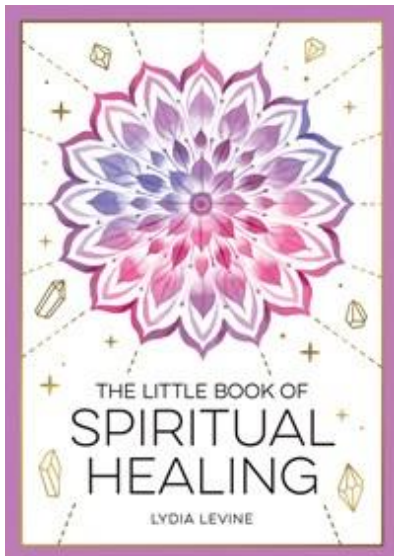
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Body, Mind & Spirit / Healing
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6 in H | 4 in W
Status: **FORTHCOMING**

The Little Book of Spiritual Healing

A Beginner's Guide to Natural Healing Practices

Lydia Levine

Key Selling Points

- A new addition to the accessible *The Little Book of...* series, this is the perfect introduction to understanding natural energy therapies
- A refreshed edition of *The Secrets of Spiritual Healing* (ISBN: 9781787836839), which has sold over 2,600 copies
- Similar Summersdale titles include: *The Little Book of Chakras* (ISBN: 9781787836853); *The Little Book of Reiki* (ISBN: 9781800076846)

Summary

Discover the path to holistic wellness and spiritual harmony with this essential beginner's guide, offering a treasure trove of natural healing practices to revitalize your mind, body, and soul, and unlock your true potential for inner balance and vitality

Restore and rejuvenate your mind, body and soul with this modern introduction to the ancient wisdom of energy therapies

Whether you seek better emotional and physical well-being, improved connection to the world around you, or just inspiration for your own unique spiritual practice, this little book will be the perfect companion on your quest to find true balance in your life.

Discover practical guidance on a variety of holistic healing methods and learn how to incorporate these techniques into your daily routine. Within these pages, you will uncover:

- The deep and fascinating history of spiritual healing across time and cultures
- How to listen to your body's needs and understand which practice will best suit you
- How to use these methods to balance your natural energies and find your highest purpose in life

From ayurveda and acupuncture to crystals and chakra healing, this treasury of information holds everything you need to know in order to embark on your own personal journey to health and harmony.

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

WELLNESS IS THE COMPLETE INTEGRATION OF BODY, MIND, AND SPIRIT. EVERYTHING WE DO, THINK, FEEL, AND BELIEVE HAS AN EFFECT ON OUR STATE OF WELL-BEING.

DR. ANTHONY

INTRODUCTION

There are a lot of buzzwords surrounding the subject of holistic well-being. You will find a magazine from the United States, something about alternative medicine, or the latest wellness trend, or perhaps even a class on the topic that should be an eye-opening experience. The buzz is often loud, but the message is often unclear. The one word that has been a trend is "holistic."

Holistic living, also known as whole living, is a method of living that is not just about the mind, but also about the body and the spirit. It is a way of living that is not just about the mind, but also about the body and the spirit. It is a way of living that is not just about the mind, but also about the body and the spirit.

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CHAPTER ONE: EXPLORING YOUR ENERGY

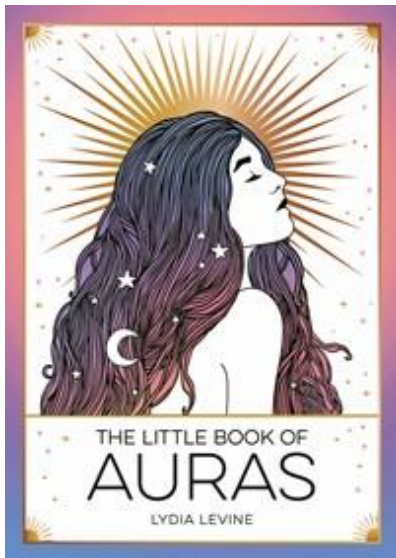
Everyone often has feelings or emotions that are not in line with the way they feel. It is a way of living that is not just about the mind, but also about the body and the spirit. It is a way of living that is not just about the mind, but also about the body and the spirit.

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Body, Mind & Spirit / Mindfulness
& Meditation
OCC010000

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

The Little Book of Auras

The Pocket Guide to the Energy of the Universe

Lydia Levine

Key Selling Points

- Perfect for anyone interested in spiritual healing and cosmic energy, this book will guide readers on how to interpret the colors and patterns of auras, leading to a deeper understanding of the people and the world around them
- Another title in the series, *The Little Book of Spells* (ISBN: 9781786857996), has sold over 12,000 copies
- Similar Summersdale titles include: *The Little Book of Chakras* (ISBN: 9781787836853); *The Little Book of the Zodiac* (ISBN: 9781786855466)

Summary

Unlock the secrets of the universe's energy and delve into the captivating world of auras with this illuminating pocket guide, offering practical insights and empowering techniques to enhance your spiritual connection and inner radiance

Tap into the energy of the universe and connect with your inner glow with this captivating guide to auras

Everyone emits an ethereal energy called an aura, a radiant force that reflects their emotional, mental and spiritual self. By harnessing this colorful energy, you can gain profound insights into the personalities and emotions of the people around you and deepen your spiritual connection. Delve into the mystical world of these auras and discover their role in the interconnected web of the universe with *The Little Book of Auras*.

Inside you will find:

- Practical guidance on how to recognize and cleanse auras, not just in yourself but also in others.
- A mesmerizing tour of the colors of auras, which will help you unravel their significance and learn how to interpret them.
- An exploration into how auras influence your relationships, offering advice on how to harmonize your aura with your loved ones.

With tips on meditation, energy work and other holistic practices that can help you maintain a healthy and vibrant aura, this is a perfect introduction to using your energy to enrich your daily life. Fine-tune your intuition, feel empowered and enjoy this colorful journey of self-discovery.

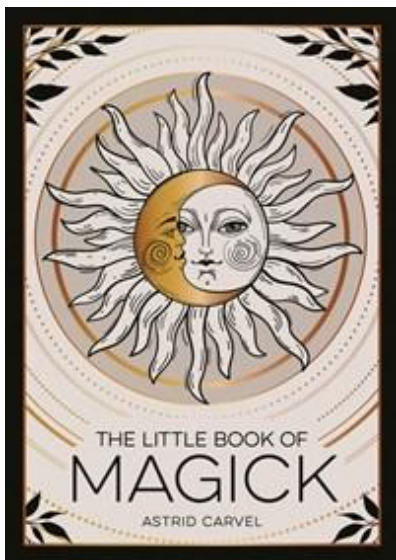
Contributor Bio

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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Body, Mind & Spirit / Magick
Studies
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6 in H | 4 in W
Status: **FORTHCOMING**

The Little Book of Magick

An Introduction to Spells, Witchcraft and the Occult

Astrid Carvel

Key Selling Points

- This pocket-sized book is the perfect introduction to magick, tapping into the recent surge of interest in esoteric subjects and the increase in the number of white witches
- A similar Summersdale title, *The Little Book of Witchcraft* (ISBN: 9781800074071), has sold over 2,000 copies
- Similar Summersdale titles include: *The Little Book of Spells* (ISBN: 9781786857996); *The Magick Coloring Book* (ISBN: 9781800074040).

Summary

Embark on a transformative journey into the world of magick with this enchanting beginner's handbook, guiding you through essential spells, rituals, and occult practices to unlock your inner power and embrace your destiny as a modern witch

Uncover the world of magick with this bewitching beginner's guide for modern spell-casters

Magick is an essential tool for spiritual growth, helping you to fulfil your ultimate destiny.

From the magickal items you'll need to the rituals you can practise, this little book is an enchanting introduction to the occult. Learn about the beliefs, traditions and origins of magick as you embark on your journey to becoming a modern witch.

Prepare yourself for a mystical journey of discovery with the help of this pocket guide. Inside, you will read about the foundations of magick, the essential spells and the variety of ways you can approach your craft, and learn to harness your power through practices such as palmistry, tarot and astrology.

In this book you will discover:

- All the tools you need to get started
- The influence of the natural world, including the moon phases
- The difference between black and white magick
- The important signs and symbols and their interpretations
- The magickal deities and festivities you can celebrate
- How to unlock your inner magick and transform your life!

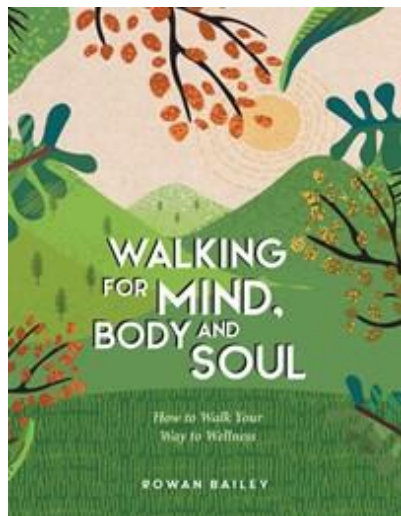
Contributor Bio

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



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7.5 in H | 6 in W
Status: **FORTHCOMING**

Walking for Mind, Body and Soul

How to Walk Your Way to Wellness

Rowan Bailey

Key Selling Points

- Since the pandemic, people are increasingly spending time in the great outdoors and walking has continued to gain popularity. It has been hailed as a therapeutic treatment to vastly improve mental and physical well-being
- This book delves into the physical, mental and spiritual benefits of walking. Few exercises are as accessible or enjoyable, making it one of the best types of exercise
- Includes charming photos and illustrations throughout, making it a beautiful gift for yourself or others
- Follows the successful title *Gardening for Mind, Body and Soul* (ISBN: 9781800071629), which has sold over 3,000 copies.
- Other similar Summersdale titles include *Nature Therapy* (ISBN: 9781837991488).

Summary

Embark on a transformative journey of well-being and self-discovery through the simple yet profound act of walking, guiding you to reconnect with nature and foster a profound sense of calmness with every step

Embark on a journey of well-being and self-discovery through the simple yet transformative act of walking

Our fast-paced world and technology-driven day-to-day lives have led us to lose touch with our once deep connection to nature. Fear not. This book unveils the extraordinary power of walking, helping you to reconnect with the outside world and transform this everyday exercise into a soul-enriching practice.

Guiding you through the physical, spiritual and sensory benefits of walking, these pages will help you reap the therapeutic wonders of putting one foot in front of the other, empowering you to harness the present moment and foster a profound sense of tranquillity. Bursting with practical tips, insightful information and inspirational ideas, this book is your companion to crafting a life of balance and bliss with every step.

This uplifting guide will help you:

- Explore the physical benefits of walking for vitality
- Discover the sensory wonders that unfold with each step
- Unlock the secrets of walking as a tool for mental and spiritual stillness

Immerse yourself in the beauty of the journey and let *Walking for Mind, Body and Soul* illuminate the path to a healthier, more mindful and enriched existence.

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



You're
a Star

You're a Star

Quotes and Statements to Make You Shine

Summersdale Publishers

Key Selling Points

- A perfect gift to say thank you or just to show your appreciation for someone special
- Beautifully designed in a compact, accessible format
- A previous title in the series, *You Are Amazing* (ISBN: 9781786859808), has sold over 9,500 copies
- Will appeal to those who enjoyed *Bestie* (ISBN: 9781837993994) and *I Believe in You* (ISBN: 9781800076983)

Summary

Illuminate someone's day with heartfelt appreciation using this radiant collection of quotes and affirmations, designed to celebrate the brilliance of those who brighten our lives

Say thank you to the person who shines especially bright in your life with this stellar collection of heart-warming quotes and affirmations

Some people have a special place in our lives. They make us smile, they make us laugh, they brighten up our days - and maybe they share their own light during the times we don't have as much to give ourselves.

These people make the world a better place and their radiance deserves to be celebrated, so thank them with this sparkling constellation of quotes and affirmations. Including choice wisdom from great thinkers and famous figures past and present, this book offers:

- Words of warmth, gratitude and heartfelt appreciation
- Encouragement to choose your own path in life
- Reminders that everyone is unique and deserves to be loved for who they are
- Inspirational quotes on how to live life as fully as possible

Use this book to spread love and joy to others. You can make someone else's day shine, simply by telling them: "You're a star!"


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: **FORTHCOMING**

I'm lucky
I met
someone
like you.

**NOTHING
CAN DIM THE
LIGHT THAT
SHINES FROM
WITHIN.**

Maya Angelou

Be happy. It's one
way of being wise.

Colleen

Don't waste your
energy trying to
change opinions...
do your thing,
and don't care
if they like it.

Tina Fey

Trust yourself.
You know more
than you think
you do.

Benjamin Spock

Life's an
adventure.
Live it!

In my moments
of doubt I've told
myself firmly:
if not me, who?
if not now, when?

Ernie Watson

No one can
make you feel
inferior without
your consent.

Thomas Roosevelt



Yeehaw!

A Rootin'-Tootin' Round-up of Country Positivity

Summersdale Publishers

Key Selling Points

- Cowboy core is becoming an increasingly popular aesthetic with country music also seeing a surge
- Country and cowboy-related products dominate gift retailers and are the latest trend for homeware, clothing and birthday cards
- Similar Summersdale products include: *I Love You So Mush* (ISBN: 9781837994472); *A Little Bit of Taylor Swift* (ISBN: 9781837995905); *You Grow Girl* (ISBN: 9781787836778).

Summary

Saddle up and ride into a world of country positivity with this rootin'-tootin' roundup of inspirational quotes and cowboy wisdom that'll have you hollering "Yeehaw!"

Howdy partner! Give yourself a boot-scootin' boost with this little book of country positivity

There's plenty of joy, inspiration and wisdom to be found in the land of country and western. Whether from country music legends like Dolly Parton and Johnny Cash, historical figures of the Wild West, iconic gunslingers from Western movies or American cowboys, their advice will have you kicking up your heels and hollering "Yeehaw!"

Country's all about attitude and heart, and this compilation contains all the life lessons you need to lead every day with positivity. Filled with quotes, sayings and cowboy slang, this playful book promises that with every turn of the page you'll be having a honky-tonk time!

Inside you will find:

- Advice on love, life and loss from country music legends, popular country artists and the next generation of country singers
- Wild West wisdom to help you live life the country way
- Memorable sayings to make you smile
- Cowboy slang for life's feel-good moments

Put on your cowboy boots, saddle up and get ready to ride off into the sunset with this essential country compilation.

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

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*Every day is a new day,
and you'll never be
able to find happiness
if you don't move on.*

CAROL UNDERWOOD



LIFE IS GETTING UP
ONE MORE TIME
THAN YOU'VE BEEN
KNOCKED DOWN.

John Wayne




IF YOU CLIMB
IN THE SADDLE,
BE READY
FOR THE RIDE.

Big bug


As important person

*There's an
authenticity in just
being who you are.*

LIVE GOOD



BE
FEARLESS
AND
FREE



Speak your
mind, but ride
a Fast Horse.

THAT'S BY DESIGN

Break up

To take a bold attitude