



OCTOPUS

# New Titles 2018

*With complete backlist*

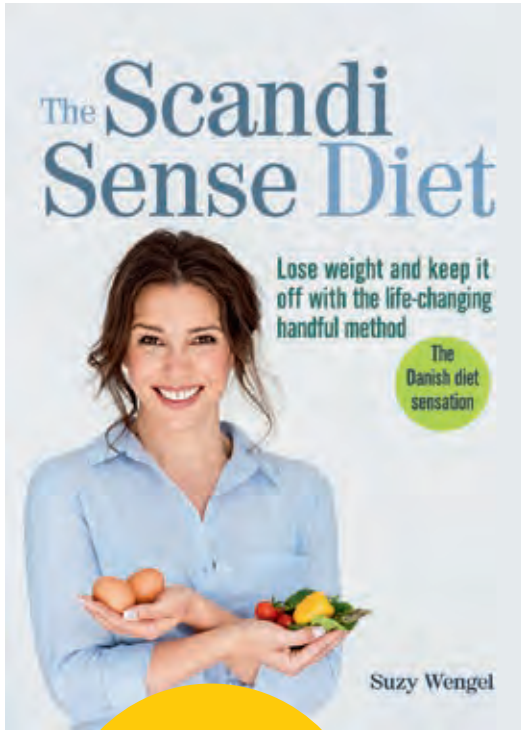
July - December



# The Scandi Sense Diet

**Lose weight and keep it off with the life-changing handful method**

*Suzy Wengel*



**THE ORIGINAL BOOK HAS SOLD MORE THAN 135,000 COPIES IN DENMARK AND HAS BEEN TRANSLATED INTO 9 LANGUAGES**

**Hailed as ‘the simplest diet in the world’, the revolutionary handful method from Denmark will help you lose weight without calorie counting, exercise or faddish ingredients.**

Lose weight and keep it off with the grassroots diet sensation that has taken Scandinavia by storm, the revolutionary handful method that is hailed as ‘the simplest diet in the world’.

The Scandi Sense Diet is the intuitive way of eating that helps you to cut calories without counting them, and adapts to your life rather than dictating it. Based on the principle of four handfuls of food per meal – proteins, carbohydrates and two of vegetables, plus a spoonful of fat – and you decide the ingredients. No calorie-counting, no hard-to-source ingredients and no exercise – unless you want to.

The Scandi Sense Diet is not just about looking good – although it does work wonders on the physique. It takes a scientific approach that ensures good health across the board, including regulating blood sugar and cholesterol.

Suzy Wengel’s 9-day plan is irresistibly simple, and has proven results that can be seen in the book’s case studies. Put an end to yo-yo dieting and enjoy three satisfying meals each day, easily planned with your own two hands.

**SUZY WENDEL LOST 88 POUNDS (6.3 STONE) USING THE SCANDI SENSE DIET**



**Suzy Wengel** is a nutritional advisor, lecturer, scientific researcher and director of the biotech company RiboTask. Suzy developed Sense to overcome her own weight gain, and it enabled her to lose 88lbs in 9 months in 2011 – and keep it off. She has since helped hundreds of clients to achieve their own goals by following the diet. She has written *The Scandi Sense Diet* so that you can see the benefits for yourself at home. Suzy lives in Denmark with her husband Jesper and their five children.



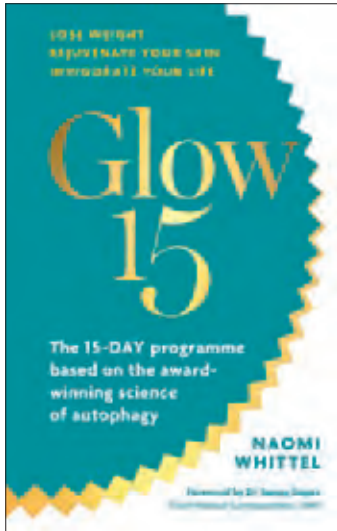
**Specification**

- March 2018
- Mitchell Beazley
- £16.99 flexiback
- 9781784725006
- 256 pages
- 240 x 170mm
- 40,000 words
- 144 photographs and 6 illustrations
- Rights available: World English language

# Glow15

**A science-based plan to lose weight, rejuvenate your skin & invigorate your life**

*Naomi Whittel*



**An exciting new approach for skincare, wellness & aging based on the science of autophagy.**

In addition to natural wear and tear that our bodies experience, environmental toxins accumulate in our cells, accelerating the signs of aging. Autophagy is the cellular process that removes these toxins and repairs the damage left behind.

On Glow15, you start each day with an autophagy-activating ketogenic tea and a light, full-fat breakfast, followed by intermittent fasting and protein cycling. You eat foods that activate autophagy – like dairy, red wine, grains and

a blueberry smoothie.

It can be that simple to see dramatic results in just 15 days – fast weight loss and glowing, radiant skin. You don't count calories. You don't give up entire food groups. And you don't obsess about the gym. You do, however, get Naomi Whittel's advice for sleep, travel, stress reduction and productivity, as well as delicious and nutritious recipes for eating the Glow15 way – everything that this 42-year-old CEO and mother of four young children does to look and feel amazing.

## Specification

May 2018
Aster
£8.99 PB
9781912023639
304 pages
198 x 126 mm
75,000 words
Rights not available

NAOMI HAS BEEN FEATURED ON DR OZ AND GOOD MORNING AMERICA, AND IN THE NEW YORK TIMES, VOGUE AND MORE

# The G Plan Diet: Illustrated edition

**The revolutionary diet for gut-healthy weight loss**

*Amanda Hamilton & Hannah Ebelthite*



**The revolutionary diet that helps you lose weight by improving gut health - as seen on ITV's *Save Money: Good Health*.**

*'The beauty of the G Plan is that it's about abundance... You'll be surprised how quickly positive affects appear!'*

**Top Sante**

*'G Plan the diet that really works'*  
**Irish Sunday Independent**

Losing weight never felt so good.

Do you want to lose weight easily and healthily? Do you want to improve your gut health? Do

you want to increase your energy and vitality at the same time?

The latest research in nutrition suggests that if you want to lose weight for good, you need a healthy gut with a diversity of good bacteria. Beginning with a digestive 'rest' and including the 10 best gut healthy foods, the 21 day plan will help you say goodbye to bloating and discomfort, lose even stubborn weight and look forward to increased energy, clear skin and improved mood. Over 40 recipes are included that are quick and easy to prepare, and success stories are featured throughout. *The G Plan Diet* is weight loss+.

## Specification

May 2018
Aster
£12.99 PB
9781912023752
160 pages
235 x 190 mm
40,000 words
80 colour photographs
Rights available: World

# The Midlife Kitchen

## Health-boosting recipes for midlife & beyond

Mimi Spencer & Sam Rice

THE  
SUNDAY TIMES  
BESTSELLER,  
NOW IN  
PAPERBACK



**Future-proof your life through your forties, fifties and beyond with these delicious, fuss-free recipes that restore, rejuvenate and revive.**

Are you at a point in your life where health is becoming more of a priority? Midlife is a glorious opportunity to wrestle back control of your eating in the interests of health, happiness and a long life. Busy lives require simple, sustaining recipes that incorporate health-giving ingredients without too much fanfare or fuss.

This is what *The Midlife Kitchen* is all about: eating gorgeous

ingredients in the most delicious combinations to give yourself the best possible odds for a healthy future. Mimi Spencer and Sam Rice have created more than 150 recipes to restore, rejuvenate and revive. With these recipes, you can future-proof your life through your forties, fifties and well beyond.

Each recipe features their colour-coded star anise system, which highlights the specific health benefits of the dish.

### Specification

February 2018
Mitchell Beazley
£16.99 PB
9781784724771
304 pages
246 x 189mm
50,000 words
150 colour illustrations
Rights sold: Ger, Nor, Fra, Spa, Hol

'NO FADS.  
NO GIMMICKS.  
JUST DELICIOUS,  
HEALTH-  
BOOSTING FOOD'  
- DAILY MAIL

# Beauty Food

## 85 recipes for health & beauty from within

Maria Ahlgren



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

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

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

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

### Specification

June 2018
Mitchell Beazley
£14.99 HB
9781784724832
160 pages
240 x 170mm
35,000 words
85 photographs
Rights available: World English language



# Simple Spice

**120 easy Indian recipes with just 10 spices**

*Cyrus Todiwala*



**Innovative Indian food made easy – just 10 spices are used throughout the book.**

Cyrus Todiwala is known for combining flavours, spices and ingredients in ways no other Indian chef has ever done before. He loves mixing Western dishes with Indian flavourings to create recipes that make innovative and delicious use of spices.

Offering an entirely fresh look at spices, Cyrus takes just 10 of his favourites and bases 120 recipes around them. Using his special spice box and a selection of fresh ingredients, he conjures up an

astonishing range of dishes that will spice up any mealtime, such as Prawn & Crab Masala Omelette, Venison Kebabs, Garlic & Red Chilli Chicken, Hot Smoked Salmon Tikka and Saffron & Cardamom Crème Brûlée.

**Cyrus Todiwala** OBE, DL, runs three successful restaurants in London, has written a number of cookery books and in 2013 co-presented *The Incredible Spice Men* on BBC TV. He also makes frequent appearances on BBC *Saturday Kitchen* and in other media.

## Specification

March 2018
Mitchell Beazley
£15.00 PB
9781784724818
240 pages
246 x 189mm
56,000 words
75 photographs
Rights available: World

# Distilled

**From absinthe & brandy to gin & whisky, the world's finest artisan spirits unearthed, explained & enjoyed**

*Joel Harrison & Neil Ridley*



**A guide to exploring the burgeoning world of craft spirits.**

Today's world of spirits is experiencing an explosive increase in craft distillers and pioneers of new distillates. It's about men and women tearing up rule books and creating new spirits with extraordinary personality and passion.

This book uncovers the best spirits the world has to offer. These are not necessarily the best-known examples on the planet – though if they are good, they have a place here – but the best crafted and most interesting. Spirit by spirit

Joel Harrison and Neil Ridley explain what you need to know to appreciate a spirit – its ingredients, its classic forms, the choices a distiller makes in creating it – and offer their picks to 'Drink Before You Expire' – the world's best examples of their type, from gin and rum to shochu and tequila. There are plenty of suggestions for how to drink too, with innovative and classic cocktails and their insider tips on getting the best out of your spirits.

## Specification

May 2018
Mitchell Beazley
£12.99 PB
9781784724467
224 pages
210 x 149mm
50,000 words
100 colour photographs
Rights sold: Ger, Kor, Chi, Swe, Spa, Cze, Slo

**FORTNUM & MASON FOOD & DRINK AWARDS DRINK BOOK OF THE YEAR 2015**

# Gin Cocktails / Prosecco Cocktails

## Classic & contemporary cocktails

GIN SALES IN THE UK HAVE DOUBLED IN VALUE OVER THE LAST SIX YEARS.



**Two delightfully presented cocktail recipe collections featuring all things Gin and all things Prosecco.**

There's nothing quite like a chilled glass of prosecco on a hot day. Or on a cold day. But then there's nothing like a gin and tonic either. Or a Prosecco Royale. Or a Negroni. Or a Dry Martini. Here you'll find two collections of easy-to-follow classic and contemporary cocktail recipes that celebrate Prosecco, or gin, but undoubtedly all things 'cocktail'.

Whatever your (or your friend's, or your second cousin's) preferred tittle, you'll be sure to find

something bubbly, or sweet, or dangerously dry, in one, or, both of these charming gift books.

Including a brief introduction on cocktails and a handy section of tips and techniques on how to craft the perfect drink, recipes are then split into the following chapters:

- ❖ Light & Floral
- ❖ Vibrant & Zesty
- ❖ Intense & Sultry
- ❖ Sharers and Punches
- ❖ Classics

### Specification

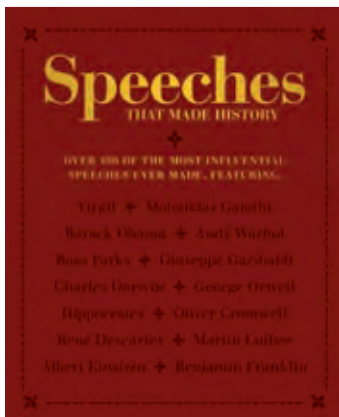
June 2018  
Hamlyn  
£10.00 HB  
Gin Cocktails: 9780753733103  
Prosecco Cocktails: 9780753733097  
128 pages  
210 x 149 mm  
10,000 words  
20-30 colour photographs & illustrations  
Rights available: World



PROSECCO OUTSOLD CHAMPAGNE BY TEN TO ONE AT THE END OF 2017!

# Speeches that Made History

## Over 100 of the most influential speeches ever made



**A collection of speeches, anecdotes and quotes from some of history's poignant moments, and the people who made them.**

For many thousands of years, people have used oratory to influence others, but what exactly makes a good speech? Is it the choice of words, the feelings they express or the lasting effect that the speech has had on the course of history?

Covering broad topics such as ancient history, love, science and philosophy, these speeches have all inspired people to act or think differently – sometimes for the

better, at other times with the most devastating results.

From Newton's equation for the Universal Law of Gravity, to Barack Obama's Presidential acceptance speech, all have chronicled our history...

### Specification

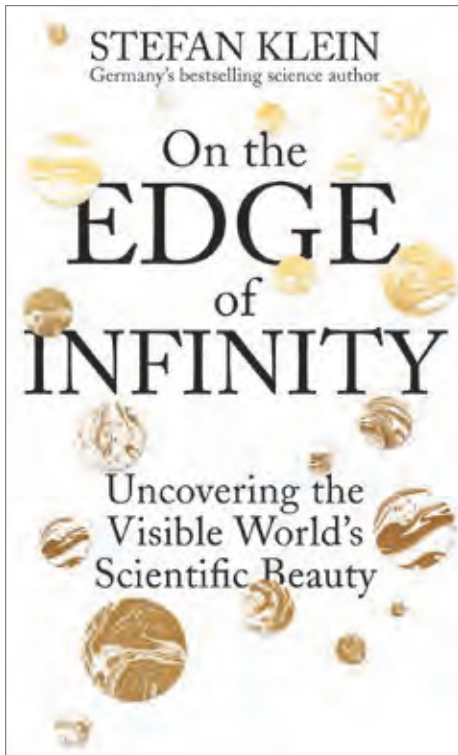
June 2018  
Casell  
£15.00 Flexiback  
9780753732939  
192 pages  
210 x 170 mm  
45,000 words  
Rights available: World

FEATURING: PLATO, OLIVER CROMWELL, GEORGE W. BUSH, ANDY WARHOL, VIRGIL, KARL MARX, ROSA PARKS, ALBERT EINSTEIN, AND MANY MORE!

# On the Edge of Infinity

## Uncovering the Visible World's Scientific Beauty

Stefan Klein



WRITTEN BY  
STEFAN KLEIN,  
BEST-SELLING AND  
AWARD-WINNING  
SCIENCE AUTHOR  
IN HIS NATIVE  
GERMANY

Germany's best-selling science author takes everyday objects and events and weaves them into the sublime fabric of the universe in this highly accessible and beautifully written smart-thinking book.

- ❖ How a rose blossom can demonstrate that nothing and nobody exists on their own.
- ❖ How a hurricane can reveal the world's unpredictability.
- ❖ How the exploits of burglars in New York and London can demonstrate how everything can be in two places at once.
- ❖ How a DIY accident can prompt debate on whether the void can exist.
- ❖ How a greying beard might demonstrate the irreversibility of time.

This book transforms a simple everyday thing such as a rose blossom, or a day of stormy weather, into a key to understanding the most complex ideas and theories in 21st century physics. Through clever use of analogy, Klein renders the complexities and intricacies of physics accessible to a reader with no previous knowledge of the subject. In doing so, he demonstrates that scientific progress is as much, if not more, about the unanswered questions, the dark corners, as it is about what we have discovered; our knowledge constitutes merely 'an island in an ocean of ignorance'.

A thought-provoking and original way in to the most intriguing scientific theories and ideas, designed to be accessible to anyone who has ever been curious about the workings of our universe.



**Stefan Klein** studied physics and analytical philosophy in Munich, Grenoble and Freiburg, and conducted research in the field of theoretical biophysics. He turned to writing because he 'wanted to inspire people with a reality that is more exciting than any crime novel'. His book *The Science of Happiness* (2002) topped all the German bestseller lists. His most recent bestseller, *Träume: Eine Reise in unsere innere Wirklichkeit*, received the prestigious Deutsche Lesepreis 2016.

»[twitter](#)  
@StefanK Klein

Photo by  
Andreas Labes

### Specification

June 2018

Cassell

£12.99 HB

9781788400602

240 pages

190 x 115 mm

40,000 words

5 images

Rights available:  
UK &  
Commonwealth,  
excluding Canada

VICTORIA HARRISON WAS NOMINATED AS THE BEST INTERIOR DESIGN CRAFT BLOGGER IN BOTH 2015 AND 2016 BY AMARA

# Happy by Design

How to create a home that boosts your health & happiness

Victoria Harrison



**A collection of simple, practical ideas for homes large and small.**

*Happy by Design* teaches us how we can actively improve our health and wellbeing through the way we design our living spaces. From the paint colour that's been named the happiest, to the science of getting a good night's sleep, *Happy by Design* offers bite-sized and affordable design ideas that are accessible to all, from a young renter in an urban apartment to a busy family in their own home.

By quizzing experts from NASA scientists to colour gurus, Victoria Harrison has devised a Happy

Home Programme to help everyone transform their living spaces and put wellbeing at the heart of their homes. With fun and easy ideas for each room in the home, the programme is easy to follow and packed with tips and inspiration to help everyone live the happiest life possible.

**Victoria Harrison** is the UK Editor of *Houzz* and an interiors columnist for the *Metro* newspaper. She has worked as a writer and stylist on leading interior design titles such as *Ideal Home*, *House Beautiful*, *The English Home* and *Real Homes*.

## Specification

June 2018
Aster
£12.99 HB
9781912023561
160 pages
200 x 165 mm
33,000 words
165 colour photographs & illustrations
Rights available: World

# The Power of Yes

Positive and practical advice to help you live life to the full

Abbie Headon



**How one magical word can change your life.**

Unleash the power of “yes” and discover all the amazing things it can do for you.

So often we are afraid of failure, of disappointment, of being vulnerable, that we settle for “no”. The practical tips and inspirational advice within these pages will help you embrace positivity and find a new sense of freedom in each area of your life, from your career, to your relationships, to your dreams and ambitions.

- ❖ ‘Yes Labs’ offer can-do, concrete ideas that brings ‘yes’ into every part of your life.
- ❖ Learn how to ‘Tune Out the Critics’ – internal and external.
- ❖ Find inspirational stories of yes.
- ❖ ‘Yes But’ shows us how to make our yeses work for us.

**Abbie Headon** is the author of *Poetry First Aid Kit* and *Literary First Aid Kit*. She lives in Southsea, UK, where she can often be seen strolling by the seaside with a book (or two!) in her hand.

## Specification

June 2018
Ilex Press
£9.99 PB
9781781576007
160 pages
210 x 149 mm
13,300 words
Rights available

BRIMMING WITH PRACTICAL ADVICE TO INSPIRE A CAN-DO ATTITUDE.



# When Harry Met Meghan

## A Royal Wedding Dress-Up Doll Book

Dan Evans



The ultimate Royal Wedding souvenir book to celebrate THE media event of 2018.

When Britain's most lovable prince met America's most beautiful legal-drama actress, a fairytale came to life.

Re-enact this captivating love story in the comfort of your own home with these handy royal paper dolls.

- ❖ Say "yes" to the dress as Meghan tries on stylish wedding gowns.
- ❖ Enjoy a royal Christmas as the couple kick back in an elf suit and a reindeer onesie.
- ❖ Relive that intimate marriage

proposal, accessorised with a Union-Jack apron and a roast chicken.

- ❖ Join the prince at his imaginary Las Vegas Bachelor Party complete with speedos, cocktails and an inflatable unicorn.
- ❖ Help America's finest Hollywood export into her incognito anti-paparazzi outfit (hat, sunglasses, handbag as shield).

**Dan Evans** lives in North London and has been drawing since he could hold a pencil. He mostly draws robots, wrestlers and football players. This is his first royal commission.

### Specification

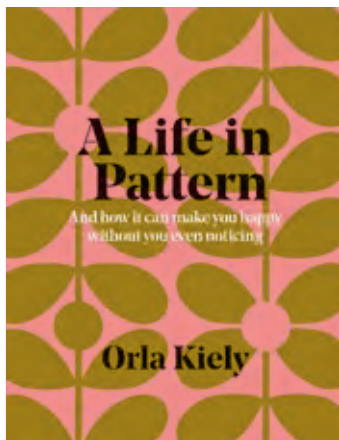
March 2018
Ilex Press
£7.99 PB
9781781576397
32 pages
208 x 280mm
850 words
80 illustrations
Rights available

PUBLISHED TO COINCIDE WITH ORLA KIELY: A LIFE IN PATTERN, AN EXHIBITION AT THE FASHION AND TEXTILE MUSEUM, LONDON, 25 MAY-23 SEPTEMBER 2018

# A Life in Pattern

## And how it can make you happy without you even noticing

Orla Kiely



A beautifully illustrated exploration of Orla Kiely's design evolution, published to coincide with a major exhibition **Orla Kiely: A Life in Pattern at The Fashion and Textile Museum.**

Orla Kiely has opened her archives to explore a life dedicated to print. From her earliest and most iconic pattern, Stem, to the evolution of her print design encompassing the worlds of fashion, homewares and beyond, Orla shares the full range of patterns and designs that she has produced since establishing her brand in 1995.

This is a celebration of Orla's entire body of work – of colour, of print and of a handbag loved by women all over the world.

Foreword written by Leith Clark, founder of *The Violet Book* and previously *Lula* magazine.

**Orla Kiely** is the visionary and founder of a global brand. An expert on print and colour, she has created a world that is renowned for its individual voice and unique perspective on both fashion and homeware. Her work is presented at London Fashion Week, and extends into luggage, stationery, gardening and homeware.

### Specification

May 2018
Conran
£25.00 PB
9781840917802
304 pages
280 x 216mm
c.5,000 words
320 photographs and illustrations
Rights available: World

# Bullet Grid Journals



## Organize your life with the bullet journaling phenomenon.

Most of us need lists, and different forms of trackers and calendars to keep on top things. A bullet journal brings together all these sources into a single personalized system.

### How does it work?

You simply use bullet points and short notes to list appointment details, tasks and important information.

### How will it change my life?

If you're sick of piles of half-used notebooks, lists on the pinboard, sticky notes on your computer and electronic diaries, this unique journal will bring together everything in one place for a happier, calmer life.

### What do I need?

You only need a pen or pencil to get started. Use colours, stickers, stamps and washi tape to personalize your pages.

### Includes:

- ❖ Full instructions on how to bullet journal
- ❖ Dot-gridded, numbered pages for journaling
- ❖ A handy pocket to store receipts, tickets and business cards
- ❖ Elastic closure

GROWING  
TREND - ALMOST  
**1.2 MILLION**  
#BULLETJOURNAL  
INSTAGRAM  
POSTS

**THREE**  
JOURNALS TO  
CHOOSE FROM  
WITH STYLISH  
PATTERNED  
PACKAGING

## Specification

June 2018  
Ilex Press  
£10.00 HB  
9781781576168  
144 pages  
210 x 149mm  
1450 words  
Rights available:  
Word

## Specification

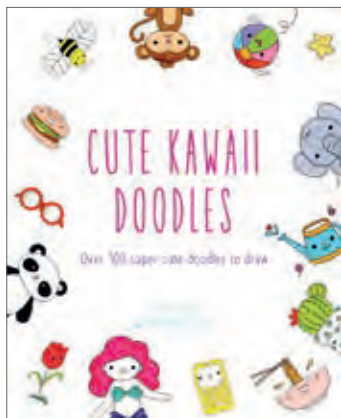
June 2018  
Ilex Press  
£10.00 HB  
9781781575987  
144 pages  
210 x 149mm  
1450 words  
Rights available:  
Word

## Specification

June 2018  
Ilex Press  
£10.00 HB  
9781781576151  
144 pages  
210 x 149mm  
1450 words  
Rights available:  
Word

# Cute Kawaii Doodles

*Sarah Alberto*



**Learn how to draw 100 super-cute doodles.**

Bursting with ideas for illustrators and those who have never sketched before, this inspirational book will teach you how to draw more than 100 adorable doodles and super-cute characters in just a few easy steps. Starting with a simple shape such as a circle or a square, Sarah Alberto – aka Doodles by Sarah – shows you how to transform these into a quirky plant, a cute doughnut, a characterful face, a dainty cloud, and much, much more.

Annotated with quick tips and tricks to explain the process, the visual steps will show you how to

create a whole host of charming characters.

**Sarah Alberto** is the artist behind the YouTube channel 'Doodles by Sarah'. A big geek at heart, she started making videos in 2015 as a creative outlet.

## Specification

June 2018
Ilex Press
£9.99 PB
9781781576335
240 pages
165 x 134mm
3,000 words
600 images
Rights available: World English language

**SARAH ALBERTO  
OVER 300K  
SUBSCRIBERS ON HER  
YOUTUBE CHANNEL,  
DOODLES BY SARAH AND  
32.5K FOLLOWERS  
ON INSTAGRAM @  
SARAZOREL.**

# What Would Unicorn Do?

**Magical Rules for a Happy Life**

*Sarah Ford, illustrated by Anita Mangan*



**A little book of invaluable Unicorn life lessons.**

Unicorn took the world by storm with his sweet nature, sunny outlook and positive attitude in the best-selling feel-good book *Be a Unicorn*. Now he is back with this little book of life lessons.

Looking for some guidance on how to live a happy, sparkling life? Or just wondering which path to trot along? Look no further than Unicorn, the best (and probably only) four-legged, one-horned happiness guru.

With enlightenment on every page, let Unicorn teach you how to

hopscotch over all of life's trials to a place where the grass definitely grows greener.

**Sarah Ford** is a writer and publisher with a love of cocktails, coffee and animals... mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn.

**Anita Mangan** is a graphic designer and illustrator living, working and breathing in London. She has made a career out of being silly and has recently developed cloven hoofs.

## Specification

June 2018
Spruce
£5.99 Flexiback
9781846015663
96 pages
147 x 105mm
1,000 words
Over 40 unicorn illustrations
Rights available: World

**BE A  
UNICORN HAS  
SOLD OVER  
92,000 COPIES  
WORLDWIDE**

# The Ritz London

## The cookbook

John Williams, MBE



### Recipes from the legendary London hotel.

*The Ritz London: The cookbook* features over 100 delicious recipes, such as Roast scallops bergamot & avocado, Saddle of lamb Belle Époque and Grand Marnier soufflé, and is divided into the four seasons: spring, summer, autumn and winter.

The recipes reflect the glorious opulence and celebratory ambience of The Ritz; with seasonal dishes of fish, shellfish, meat, poultry and game, plus spectacular desserts along with dishes for breakfast, tea time – and cocktail hour. There are recipes that are simple and others for the more ambitious cook, plus helpful tips to guide you at home.



### John Williams

has overseen The Ritz restaurant since 2004. He is a humble man who, as a teenage chef, came from England's north-east to London, propelled by an ambition to cook for 'very special people'. That dream has long been realised: John's food is relished by royalty and savoured by presidents and prime ministers. His career includes 17 years in the kitchens of Claridge's. John has received numerous honours during his time at The Ritz, including a Michelin star (in 2016), an MBE and a Chevalier de l'Ordre du Merite Agricole (the first British chef to receive such an honour).

»twitter  
@theritzlondon  
@jwilliamschef

### Praise for The Ritz London

*'The dining room has long attracted old-world grandees and now enjoys a new stream of gastronomes eager to try Williams' "Menu Surprise" for the first time ... Extraordinary standards.'* – **British GQ**

*'[John Williams'] distinctive classical British dishes match their beautiful surrounding.'* – **Telegraph**

*'John's remarkable career is an example to anyone who wants to become the very best in the culinary world.'* – **Andrew Oxley, Head of Hotel & Hospitality Services at The AA**

THE RITZ RESTAURANT WAS HAILED BY THE SUNDAY TIMES AS ONE OF THE TOP 100 RESTAURANTS IN THE UK IN 2017

A LONDON INSTITUTION SINCE 1906



### Specification

September 2018

Mitchell Beazley

£30.00 HB

9781784724962

240 pages

300 x 215 mm

60,000 words

More than 100 colour photographs & illustrations

Rights available: World



# Leon Happy One-pot Cooking

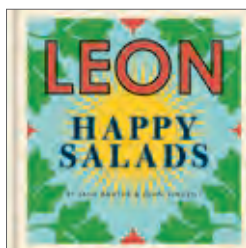
Rebecca Seal & John Vincent



LEON HAPPY  
SALADS  
HAS SOLD MORE  
THAN **60,000**  
COPIES

'LEON IS THE  
FUTURE'  
- GILES COREN,  
THE TIMES

## Previously from Leon



Award-winning restaurant Leon brings you more than 100 easy recipes that can be made using only one pot.

Leon, the home of naturally fast food, has created a collection of more than 100 fuss-free, full-of-flavour recipes for main course dishes that you can create with only one cooking pot, pan or baking tray.

Whether you are looking for a simple mid-week supper, a quick weekend lunch or something posh (but easy) to serve to friends, this book has the answer. From one-pan pastas to warming tagines, fragrant tray-baked fish and veg to Asian-inspired stir-fries, *Leon Happy One-pot Cooking* is all about the food and not the washing up.

Includes recipes that are Naturally Fast, Fresh & Easy, Cosy & Warm, Posh, Low & Slow and Simple Suppers.



## Rebecca Seal

writes 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*, *Lisbon: Recipes from the heart of Portugal* and *Leon: Happy Soups* with John Vincent. She is one of the food and drink experts on Channel 4's *Sunday Brunch*.

## John Vincent

is co-founder of Leon, which now has more than 45 restaurants. He wrote *Leon Naturally Fast Food* with Henry Dimbleby, *Leon Family & Friends* with Kay Plunkett-Hogge, *Leon Happy Salads* and *Leon Fast & Free* with Jane Baxter and *Leon Happy Soups* with Rebecca Seal.

»twitter  
@leonrestaurants

## Specification

October 2018  
Conran  
£15.99 HB  
9781840917727  
224 pages  
200 x 200mm  
35,000 words  
c. 100 photographs  
Rights sold: Hol

# Cook Slow

90 simple, chilled-out, stress-free recipes for slow cookers & conventional ovens

Dean Edwards



**Cook Slow** features 90 delicious slow cooker recipes, all with conventional oven options, which will make you fall back in love with food again.

*'There is a time and a place for all types of cooking, but it was the process of slow cooking that really got my creative juices flowing and reinvigorated my passion for food. Since the day I started to cook, it wasn't just the end result that I loved, it was the process. The chopping, stirring, simmering and tasting along the way, makes the experience...I believe that cooking food slowly is the ideal method for transforming basic ingredients into something very special.'* - Dean Edwards

Dean's fresh approach allows you to fit the enjoyment of planning, preparing and creating a meal into a busy life. Enjoy family favourites such as Three cheese mac with chorizo crumb, Sticky cherry cola baby-back ribs and Slow cooker vegetable lasagne or try something new with Breakfast shakshuka, Pork belly bahn mi or Smoky ox cheek chilli nachos.



### Dean Edwards

After coming second in BBC's *Masterchef Goes Large* in 2006, Dean Edwards sought to change his life radically by leaving his career as a digger driver to pursue his love of cooking and food. Dean's likeable persona and family-friendly cooking style made him a firm favourite on ITV's *Lorraine*, but he originally made his ITV debut on *This Morning* in September 2009, where he featured in a weekly cookery slot, creating dishes for the ITV audience.

»twitter  
@deanedwardschef

»instagram  
@deanedwardschef

DEAN'S LIKEABLE PERSONA AND FAMILY-FRIENDLY COOKING STYLE HAVE MADE HIM A FIRM FAVOURITE ON ITV'S *LORRAINE*

A PERFECT INTRODUCTION FOR THOSE NEW TO SLOW COOKING AND FOR SLOW COOKER OWNERS LOOKING FOR A NEW TWIST



### Specification

September 2018

Hamlyn

£14.99 PB

9781784724306

224 pages

235 x 190 mm

45,000 words

70 colour photographs & illustrations

Rights available: World

# The Higgidy Cookbook

**100 recipes for pies and more**

*Camilla Stephens*



THE  
ORIGINAL  
EDITION OF THIS  
BOOK SOLD MORE  
THAN 17K  
COPIES VIA  
TCM

**Delicious, satisfying recipes from award-winning brand Higgidy.**

Higgidy is known for its scrumptious pies and tarts. In this updated edition of their debut cookbook, co-founder and chief pie maker Camilla Stephens ventures beyond pastry with new recipes for healthy and delicious frittatas and more. Also included of course are mouth-watering Higgidy classics such as Chicken Pot Pie, the Best Quiche Lorraine and Salted Pecan Fudge Pie.

From chapters on Simple Suppers and Quirky Quiches to Party Pies and Sweet Treats, all your cooking needs are covered, so you can enjoy a Simple Fish Pie for an after-work supper, Lemony Asparagus & Ricotta Tart for a summer picnic, Little Hot Dog Rolls and Mini Chorizo and Chilli Tartlets for a party and a Chocolate Snowflake Tart as a wintry treat.

With Camilla's expert guidance on foolproof pastry techniques added in, this is a wonderful source of heartwarming recipes for family and friends.

HIGGIDY'S  
RETAIL SALES  
HAVE ALMOST  
DOUBLED OVER THE  
LAST 4 YEARS FROM  
£18M TO  
£32M



## Camilla Stephens

trained at Leiths School of Food & Wine. She worked for several years as a food writer and editor before becoming head of development for Starbucks, expanding their food range. She co-founded Higgidy in 2003, following her philosophy of nourishing home cooking and shared mealtimes. In Camilla's own words: 'Food brings colour to our lives – it nourishes, comforts and sustains. But above all, it brings people together'.

»twitter  
@higgidy



## Specification

October 2018  
Mitchell Beazley  
£20.00 HB  
9781784724931  
224 pages  
235 x 190mm  
40,000 words  
150 photographs  
and illustrations  
Rights available:  
World



# Eat Shop Save

**Recipes & mealplanners to help you EAT healthier, SHOP smarter and SAVE serious money at the same time**

*Dale Pinnock*



**Eat Shop Save your way to happiness, weight loss, quality family time and more money.**

Television tie-in Eat Shop Save contains over 80 recipes to restore sanity to the challenges of family cooking.

Focusing on the time-poor in particular, these delicious meals will put a smile on the fussiest of eaters and entice families with chapters such as: Simple After Work Suppers, Favourites with a Facelift and Something Sweet (but good for you).

Food is just the beginning. Using smart shopping and meal planning as a basis, you'll find tips to get organised, save money and free up precious time.

- ❖ Weekly meal planners in each chapter help you save money
- ❖ Make your own quicker, healthier 'takeaways'
- ❖ Hide vegetables for fussy eaters
- ❖ Become a smart shopper
- ❖ Upcycle leftover ingredients
- ❖ Give classic dishes a facelift



**Dale Pinnock**

is the bestselling author of *The Medicinal Chef: Eat your Way to Better Health*, the Guild of Food Writers award-winning *The Medicinal Chef: Healthy Every Day*, *The Power of Three*, and a ground-breaking series of books to target specific ailments - diabetes, depression, heart disease and digestion. Dale's books have been translated in to 13 languages and have sold 300k copies around the world.

»twitter  
@dale\_pinnock

DALE'S BOOKS HAVE BEEN TRANSLATED IN TO 13 LANGUAGES AND HAVE SOLD 300K COPIES AROUND THE WORLD

SERIES ONE TOOK THE NATION BY STORM, GATHRING 3 MILLION VIEWERS AND A 15.5% SHARE



## Specification

July 2018
Mitchell Beazley
£14.99 PB
9781784725341
208 pages
246 x 189 mm
40,000 words
More than 80 colour photographs
Rights available: World



# Louise Parker: The Ultimate 6-Week Programme

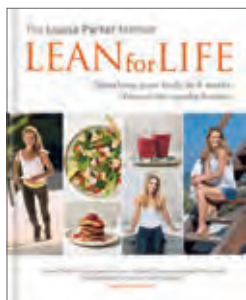
Six weeks to red carpet-ready



'LOUISE IS THE ONLY ONE OUT THERE I TRUST' - EMMA THOMPSON

OVER 120K COPIES SOLD

Previously from Louise Parker



**Live like an A-Lister and pamper yourself thin with this guided weight loss plan from the *Sunday Time* bestselling author.**

With over 70 delicious recipes, positive coaching tips, practical exercise routines and meal planners, Louise Parker's Ultimate 6-Week Programme will kickstart your healthy lifestyle. Whether you're getting married, training for something, planning a beach holiday or simply want to make a positive change, Louise will help you achieve stellar results. Most importantly, she'll mentor you through every step – training you to change your habits for the long-term and protect the results for life.

Every day you'll be inspired by Louise's 4-pillar programme: Eat Beautifully, Live Well, Think Successfully and Work Out Intelligently. You'll be guided through a specific programme to help trigger weight loss, keep it up and, most importantly, maintain the results. Daily goals are clearly laid out on the page ensuring you get the correct balance and making life as easy as possible.

As the weeks go on Louise will also provide tips on how to prepare mentally, get organised, plan efficiently and de-stress – as well as giving you A-List beauty and style tips. She'll encourage you to keep an inspiration scrapbook and a progress journal.

You'll drop dress sizes and get fit without looking haggard or feeling sluggish on your big day. The most important thing is that you enjoy it!

## Praise for The Louise Parker Method

*'Louise Parker, AKA the figure magician, has worked her magic on actors, athletes, pop stars, politicians and princesses and believes absolutely anyone can have a sensational body.'* – **Glamour**

*'Louise Parker is one of the very few weight-loss experts worth the title. A genius method, an unbelievable client list and years of experience.'* – **Good Housekeeping**

*'Quite simply the most intelligent weight-loss programme out there.'* – **Independent**

## Louise Parker

has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs and celebrities too A-list to name, as well as figures from high society and royal family members from around the world. To date, over 11,000 people in more than 28 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the ever-increasing demand for The Louise Parker Method. They live in London with their 3 daughters.

### >twitter

@figuremagician

### >instagram

@figuremagician

## Specification

December 2018

Mitchell Beazley

£20.00 HB

9781784725372

224 pages

235 x 190 mm

40,000 words

More than 100 colour photographs & illustrations

Rights available: World

# The Art & Science of Foodpairing

10,000 flavour matches that will transform the way you eat

Peter Coucquyt, Bernard Lahousse & Johan Langenbick



Foodpairing is a method for identifying which foods go well together, based on groundbreaking scientific research that combines neurogastronomy (how the brain perceives flavour) with the analysis of aroma profiles derived from the chemical components of food.

This exciting new book explains why the food combinations we know and love work so well together (strawberries + chocolate, for example) and opens up a whole new world of delicious pairings (strawberries + parmesan, say) that will transform the way we eat. With ten times more pairings than any other book on flavour, plus the science behind flavours explained, Foodpairing will become the go-to reference for flavour and an instant classic for anyone interested in how to eat well.

*'We build tools to create culinary happiness'*  
– **Foodpairing.com**

*'There is a world of exciting flavour combinations out there and when they work it's incredibly exciting.'*  
– **Heston Blumenthal**



## The Foodpairing Company

is a creative food-tech agency that works with chefs, bartenders, cookery schools, pastry chefs, product developers and other culinary creatives to provide new possible food combinations based on the intrinsic properties of different foods. The team analyses foods under laboratory conditions to identify which flavour components they have in common, and operates one of the world's largest ingredient and flavour databases.

**Peter Coucquyt** is a chef and co-founder of Foodpairing™. **Bernard Lahousse** is a bio-engineer and co-founder of Foodpairing™. **Johan Langenbick** is an entrepreneur and co-founder of Foodpairing™.

»twitter  
@foodpairing

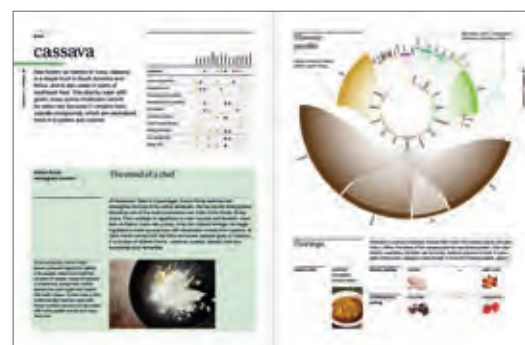
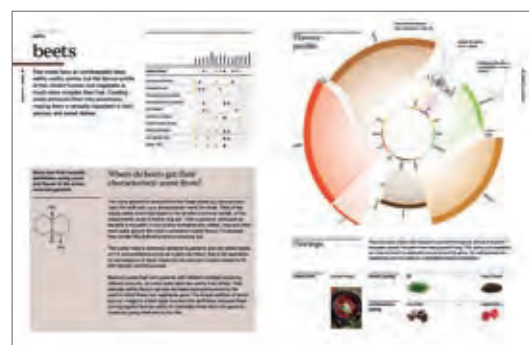
»instagram  
@foodpairing

## Specification

November 2018  
Mitchell Beazley  
£30.00 HB  
9781784722906  
384 pages  
246 x 189 mm  
90,000 words  
More than 100 colour photographs & illustrations  
Rights available: World

MORE FLAVOUR MATCHES THAT ANY OTHER BOOK

FOODPAIRING IS ONE OF THE WORLD'S LARGEST FLAVOUR DATABASES



# Gizzi's Season's Eatings

Feasts & Celebrations from Halloween to Happy New Year

Gizzi Erskine

GIZZI HAS BEEN NAMED ONE OF THE LONDON EVENING STANDARD'S 1000 MOST INFLUENTIAL PEOPLE SIX TIMES



## Recipes & inspiration for the ultimate holiday celebration.

No one loves a get-together more than Gizzi, so in her latest book she shows you how to create delicious, crowd-pleasing fare for every occasion. Christmas dinner with all the trimmings, a New Year's brunch or a frightful feast for Halloween: whatever the occasion, you will find something special to share with the ones you love. Recipes include Boxing Day turkey mole enchiladas, Bonfire night sausage casserole, Thanksgiving clambake and Dense chocolate Christmas cake. After 7 years as a professional body

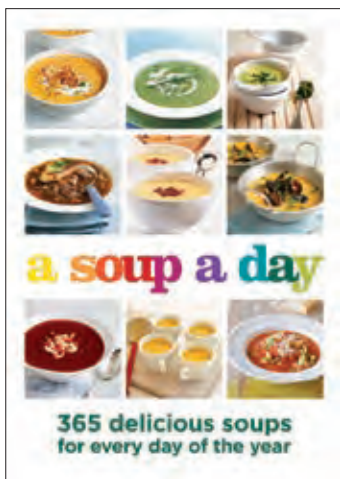
piercer in Camden, **Gizzi Erskine** decided to pursue her life-long dream of being a chef, training at the prestigious Leith's School of Food and Wine. She graduated the top of her year and went on to win a placement at *BBC Good Food* magazine, establishing herself as an award-winning food writer and stylist. A career in TV started with the popular C4 primetime show, *Cook Yourself Thin*, and she has since appeared on dozens of shows from *Iron Chef* to Sky's *Ones to Watch* and Jamie Oliver's Food Tube network. Her previous books include the bestselling *Gizzi's Healthy Appetite*.

## Specification

September 2018  
Mitchell Beazley  
£14.99 PB  
9781784724948  
240 pages  
246 x 189 mm  
56,500 words  
More than 250 colour photographs & illustrations  
Rights available: World

# A Soup a Day

365 delicious soups for every day of the year



## The ultimate collection of soups for every day of the year.

We are all being encouraged to eat more vegetables, current guidelines say 5 pieces of fruit and vegetables a day, but nutritionists would rather it was nearer 7, yet the reality is that many people don't even eat 2 pieces! Soup is an easy way to up our consumption of vegetables without it feeling worthy.

Featuring 365 recipes with easy-to-follow instructions, *A Soup a Day* is packed with delicious soups for each day of the year, including Chilled Gazpacho,

Chestnut Soup with Truffle Oil and Mediterranean Garlic Soup. Be it a hot summer's day or a wintry afternoon, you will discover a soup to fit any occasion.

THE JUICE CLEANSE HAS TAKEN ON A NEW SPIN, WITH SOUPS BEING A HEALTHY AND HEARTIER DETOX OPTION

## Specification

September 2018  
Hamlyn  
£8.99 PB  
9780600635406  
224 pages  
210 x 149 mm  
50,000 words  
More than 80 colour photographs  
Rights available: World



# The Healthiest Ingredients An Aster series

## The Matcha Cookbook



**The health benefits and uses of matcha, with delicious recipes, both culinary and beauty.**

From a simple matcha latte, to ice cream, infused salt, smoothie bowls, tea loaves and homemade beauty recipes, this book explores the history, health benefits and 50 delicious recipes using this super healthy ingredient. As an ingredient, matcha is growing in

popularity with health foodies and wellness seekers, with over 2.7 million posts on Instagram.

Research shows that matcha can reduce the risk of cancer, improve heart health, aid recovery from exercise and help prevent ageing; the traditional matcha tea alone contains the nutritional equivalent of 10 cups of regular green tea, with 137 times more antioxidants, acting as the body's defence agents.

### Specification

August 2018  
Aster  
£10.00 HB  
9781912023554  
128 pages  
210 x 149 mm  
12,000 words  
Over 50 colour photographs  
Rights available: World

## The Cacao Cookbook



**The health benefits and uses of cacao, with delicious recipes, both culinary and beauty.**

Cacao was once considered by ancient Mayan and Aztec civilisations as a food of the gods. In modern day it is undeniably one of the nature's healthiest ingredients; this Amazonian superfood is full of potent antioxidants (40 times more than blueberries), vitamins and minerals.

Research shows that raw cacao contains anti-inflammatory and heart protective antioxidants which can help reduce the risk of strokes, prevent premature ageing, balance hormones, improve digestion and combat fatigue.

From the sweet to the savoury, *The Cacao Cookbook* is packed with nutritious cacao recipes including breakfast smoothies, raw brownies, snack bars, steak, ice cream and homemade beauty products.

### Specification

October 2018  
Aster  
£10.00 HB  
9781912023769  
128 pages  
210 x 149 mm  
12,000 words  
Over 50 colour photographs  
Rights available: World

## The Seaweed Cookbook



**The health benefits and uses of seaweed, with delicious recipes, both culinary and beauty.**

While seaweed remains a core culinary ingredient in Asia, these traditions are enjoying a resurgence across the world, from California to Cornwall, Norway, Sweden and Denmark.

Seaweed is one of nature's healthiest foods. Rich in vitamin B12, it is particularly

good for vegans as this vitamin is usually found in animal sources. It also contains iodine, which helps promote a healthy metabolism.

A little seaweed goes a long way and so it is perfect as a seasoning. It can be used to flavour both sweet and savoury, from broths, salads and stews to scones, shortbread, chocolate and granola. And because it is so good for our skin, there will also be homemade beauty recipes.

### Specification

December 2018  
Aster  
£10.00 HB  
9781912023790  
128 pages  
210 x 149 mm  
12,000 words  
Over 50 colour photographs  
Rights available: World

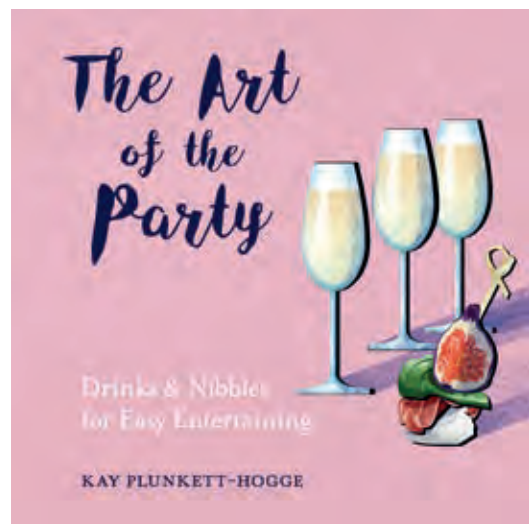


# The Art of the Party

## Drinks & Nibbles for Easy Entertaining

Kay Plunkett-Hogge

FROM THE  
AUTHOR OF THE  
MUCH-LOVED  
MAKE MINE A  
**MARTINI**



Fuss-free food and drink recipes suitable for relaxed entertaining.

Kay Plunkett-Hogge demonstrates that entertaining need not be stressful with more than 90 deliciously simple recipes for cocktails and finger food that can easily be scaled up and made in advance. Kay draws on her own party-planning experience to help you be the perfect host, with handy tips on everything from guest list to painless clean-up.

Features favourite recipes from three of Kay's previous books, including the award-winning *Make Mine A Martini*, as well as new creations such as Mini Cornbreads with Bacon, Chilli and Cheese, Smoked Mackerel Paté and Scandinavian Glögg.

*'Kay can cook – but she can shake a damn fine cocktail too.'* – **Heston Blumenthal**

*'Kay Plunkett-Hogge is a great cook, and the best – and funniest – drinking partner a girl could want. Always fun, always feisty – she is a tonic.'* – **Diana Henry**



### Kay Plunkett-Hogge

is a well-respected food and drink writer with a wide culinary repertoire and an in-depth knowledge of the drinks industry. Kay's acclaimed cocktail book, *Make Mine a Martini*, was chosen by the *Financial Times* as one of the best food and drink books of the year. Kay has written for *FT Weekend*, the *Daily Telegraph* and *Olive* and currently writes a regular column for *delicious*. She lives in London with her husband, two cats and a dog.

»twitter  
@kplunkethogge

Previously from  
Kay Plunkett-Hogge



### Specification

July 2018

Mitchell Beazley

£12.99 HB

9781784724634

176 pages

200 x 200mm

26,000 words

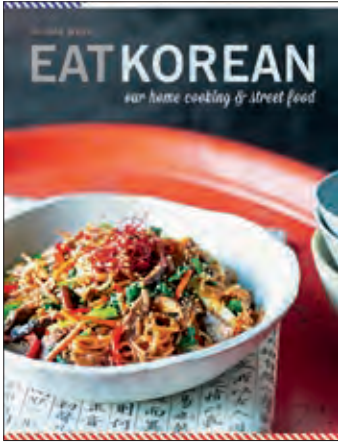
More than 100  
photographs and  
illustrations

Rights available:  
World

# Eat Korean

## Our home cooking & street food

*Da-Hae West*



**Discover the delights of modern Korean cuisine.**

There's a great buzz around Korean food right now, and it's no surprise given the robust, addictive flavours of the cuisine. With more than 100 recipes, this book offers a great introduction, making Korean cooking easy for any cook.

From Korean store-cupboard essentials and classics such as *kimchi*, *japchae* (stir-fried Royal noodles), *bibimbap* (Korean mixed rice) and *mandu* (dumplings), through to modern Korean recipes including the irresistible Bulgogi Burger, sticky spare ribs and the

ultimate Korean Fried Chicken, this book is packed with inventive, delicious recipes that will open your eyes to how great modern Korean food is.

**Da-Hae West** was born in Busan, South Korea, but raised in England from the age of three. Her mother continued to cook Korean food in England, often using ingenious substitutions, so Da-Hae enjoyed Korean breakfasts, lunches and dinners every day. With her husband, Gareth West, she started the street food company Busan BBQ in 2013.

FROM THE  
FOUNDER OF  
STREET FOOD  
COMPANY  
BUSAN BBQ

### Specification

July 2018  
Mitchell Beazley  
£15.00 PB  
9781784724795  
240 pages  
246 x 189mm  
50,000 words  
More than 120  
colour photographs  
Rights sold: Fra, Hol

# The Hungry Student Vegan Cookbook

## More than 150 delicious and nutritious vegan recipes



**The ultimate guide to cooking delicious and nutritious vegan food while at university, with over 150 recipes to try out.**

With all the essays and exams, not to mention the enormous pressure of having to go out partying four nights on the trot, staying healthy and well-fed has never been more important, and *The Hungry Student Vegan Cookbook* will make sure you eat all the essential nutrients to get you through from freshers' week to graduation, all while following a vegan diet.

Alongside the recipes are helpful hints and tips for getting

the most out of a tiny student budget, creating gourmet feasts out of what you can find in your storecupboard, and advice on what kind of equipment you might need to take to uni (read: steal from the kitchen at home).

Whether you're a committed vegan looking to branch out with some new recipe ideas, or you're just getting started on the road to veganism and want to learn the ropes of vegan cooking, this is the perfect book to add to your student bookshelf.

THE  
HUNGRY  
STUDENT SERIES  
HAS SOLD OVER  
50K COPIES IN  
THE UK

### Specification

July 2018  
Spruce  
£8.99 Flexiback  
9781846015496  
224 pages  
210x149  
45,000 words  
Over 100 colour  
photographs  
Rights available:  
World

# Jim Beam Bourbon Cookbook

Over 70 recipes & cocktails to make with bourbon

Jim Beam



All over the world, bourbon is more popular than ever before – now it's time to bring it into the kitchen...

The *Jim Beam Bourbon Cookbook* contains more than 70 delicious, easy-to-make recipes using the world's no.1 bourbon to bring a whiskey-flavoured twist to your favourite meals and drinks.

Enjoy Bourbon Baby Back Ribs and the ultimate Kentucky Quarter Pounder Burger, or try Bourbon Chocolate Truffles and a creamy New York Cheesecake – all infused with the classic taste of Jim Beam® bourbon. With recipes to feed a crowd, for the barbecue or for everyday eating, there's a Jim Beam recipe for every occasion.

Also featuring a chapter looking at the 200-year history of Jim Beam – from the distilling process to the story of how Jacob Beam sold his first barrel of whiskey in 1795 – this is the perfect book for the bourbon fan.



## Jim Beam

is the no.1 bourbon in the world. It is an American institution, first distilled over 200 years ago and passed down through seven generations of the same family. Today, Jim Beam is known and respected across the world.

»twitter  
@JimBeam

UK SALES  
OF BOURBON  
TOPPED  
**£1BN**  
LAST YEAR

JIM BEAM  
IS THE NO.1  
BOURBON IN THE  
WORLD, SOLD IN  
MORE THAN 120  
COUNTRIES



## Specification

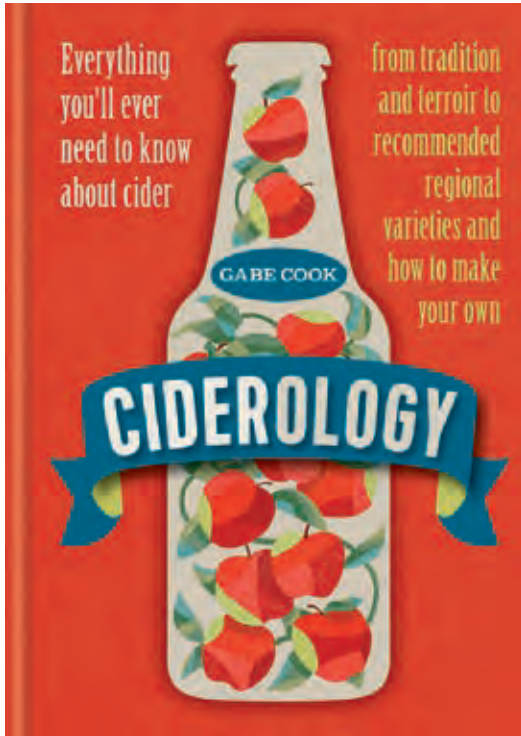
September 2018  
Mitchell Beazley  
£15.00 HB  
9781784723309  
192 pages  
200 x 200mm  
27,000 words  
75 photographs  
Rights available:  
World



# Ciderology

## Everything you'll ever need to know about cider

Gabe Cook



CRAFT CIDER IS FOLLOWING WHERE CRAFT BEER AND GIN REVOLUTION HAVE GONE BEFORE, WITH 13% OF UK ADULTS DRINKING CIDER AT LEAST ONCE A MONTH.

Everything you ever needed to know about cider, from the history of the drink and the traditions surrounding it, to recommended regional varieties and the best terroirs, from the leading UK expert on cider, Gabe Cook.

### What is Ciderology?

- ❖ Ciderology is understanding the way cider-making has evolved over the centuries, and also which craft cider presses are now making the most interesting ciders to look for at the pub.
- ❖ It's about learning how terroir and climate affect the quality of cider, and also what dishes you can incorporate your favourite beverage into when cooking.
- ❖ It's about wassailing, community and tradition, and also about the innovative and exciting new presses springing up around the world.

In *Ciderology*, Gabe Cook, aka 'The Ciderologist', shares his passion for all things cider, with an essential history of the drink and production processes, and a round-the-world tour of the most important and exciting cider presses in operation. Inside, you'll find delicious recipes incorporating cider, tasting notes for varieties that you can try yourself, and plenty of anecdotes and stories.

A real treat for the inveterate cider-lover and cider newbie alike, *Ciderology* has all you'll ever need to know about this increasingly popular drink.



### Gabe Cook

is a renowned cider expert who has dedicated himself to spreading the love of cider far and wide, in the UK and abroad. He has worked both for some of the biggest cider-makers around, including Westons and Heineken, and also for award-winning indie New Zealand craft cider producer, Peckhams. Gabe now acts as the Communications Officer of the National Association of Cider Makers, and runs the blog and cider consultancy, The Ciderologist. He regularly appears on C4's Sunday Brunch, he has presented a bottle of cider to the Queen, and in 2017 he was the Head Judge at the World Cider Awards. *Ciderology* will be his first book.



### Specification

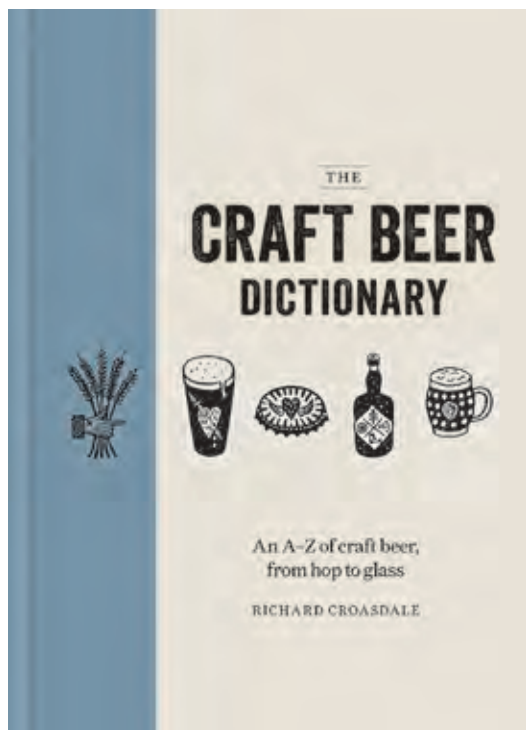
- September 2018
- Spruce
- £14.99 HB
- 9781846015656
- 224 pages
- 210 x 149
- 40,000 words
- 180 images
- Rights available: World



# The Craft Beer Dictionary

An A-Z of craft beer, from hop to glass

Richard Croasdale



GLOBAL  
CRAFT BEER  
SALES ARE  
PREDICTED TO  
RISE **20%**  
IN THE COMING  
YEARS

FOLLOWING  
THE TATTOO  
DICTIONARY, THE  
COFFEE DICTIONARY  
AND THE GIN  
DICTIONARY - MORE  
THAN **27,000**  
COPIES SOLD

An A-Z compendium of everything you need to know about craft beer, from history, ingredients and brewing methods to the latest scientific techniques and tasting notes.

Get to grips with the craft beer revolution with this stylish and in-depth guide to the many complex terms and techniques, equipment and varieties that go into creating the perfect beer. Hundreds of entries cover every aspect of the craft beer world, from ingredients, brewing and storing through to tasting notes for the many different styles of beer available today.

Written by award-winning beer expert Richard Croasdale and with stunning illustrations throughout, *The Craft Beer Dictionary* is an essential guide for the craft beer drinker.



**Richard Croasdale**

is an award-winning journalist, editor-in-chief of *Ferment* craft beer magazine, and an all-round lover of anything cold and hoppy. A member of the Guild of Beer Writers, Richard has travelled the world in search of the best beers and brewers, experiencing the diversity of approaches and cultures that make craft beer so exciting. He lives in Edinburgh, Scotland, and can usually be found evangelising in the city's many excellent beer and whisky bars.

»twitter  
@croasdalio



## Specification

August 2018  
Mitchell Beazley  
£15.00 HB  
9781784723880  
256 pages  
210 x 149mm  
35,000 words  
c. 100 illustrations  
Rights available:  
World

# Hugh Johnson's Pocket Wine Book 2019

Hugh Johnson



'A THOROUGH GUIDE TO JUST ABOUT EVERYTHING WORTH DRINKING' - THE TIMES

**The brand new edition of the unrivalled and bestselling *Hugh Johnson's Pocket Wine Book*.**

*Hugh Johnson's Pocket Wine Book* is the essential reference book for everyone who buys wine – in shops, restaurants or on the internet. Now in its 42nd year of publication, it has no rival as the comprehensive, up-to-the-minute annual guide.

Hugh Johnson provides clear succinct facts and commentary on the wines, growers and wine regions of the whole world. He reveals which vintages to buy, which to drink and which to cellar, which growers to look for and why. *Hugh Johnson's Pocket Wine Book* gives clear information on grape varieties, local specialities and how to match food with wines that will bring out the best in both. This new edition also contains a special supplement on Organic, Natural and Biodynamic Wines.

MORE THAN 12 MILLION COPIES SOLD



**Hugh Johnson** is the world's pre-eminent writer on wine. First published in 1977, his *Pocket Wine Book* sells hundreds of thousands of copies a year. His winning formula of insight, critical appraisal of the world of wine, plus valuable recommendations and news has been often-imitated but never bettered. During the past four decades he has written landmark books on the subject, including his classic *The World Atlas of Wine*, co-authored with Jancis Robinson, his *Wine Companion*, first published in 2003, *The Story of Wine* and *Hugh Johnson and Wine*. In his spare time he writes about gardening from his home in London.

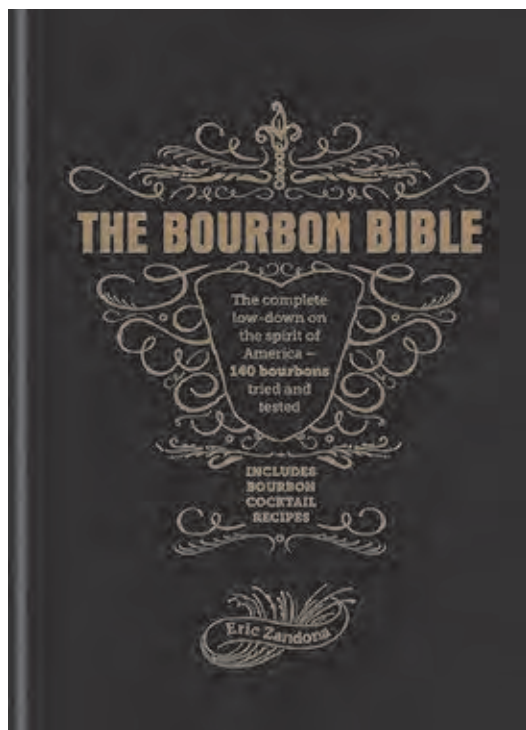
»twitter @littlestjames

**Specification**

- September 2018
- Mitchell Beazley
- £12.99 HB
- 9781784724825
- 336 pages
- 190 x 89mm
- 150,000 words
- 10 photographs
- Rights sold: Ger

# The Bourbon Bible

Eric Zandona



Featuring bourbon biographies, cocktail recipes and flavour profiles, *The Bourbon Bible* is the essential guide to this stylish spirit.

Bourbon is booming, and this guide will teach you all you need to know about this most fashionable of spirits. Eric Zandona – spirits specialist at the American Distilling Institute – explores 140 of the finest bourbons in the world, from big-name classics to tiny craft distilleries, with flavour profiles and recommendations for the best way to drink each one.

Also featuring recipes for 20 classic bourbon cocktails, as well as chapters on the history of bourbon, how the drink is made and the key things you need to understand when buying a bottle, *The Bourbon Bible* is the ultimate guide to the ultimate drink.

## Eric Zandona

Based in San Francisco, Eric Zandona is Director of Spirits Information at the American Distilling Institute, and a writer for *Distiller Magazine*. He also runs the website [EZdrinking.com](http://EZdrinking.com) and is an author/editor for the ADI's publishing arm, White Mule Press.

»twitter  
@EZdrinking

BRITONS  
DRINK MORE  
THAN 1 MILLION  
LITRES OF  
BOURBON EACH  
MONTH

UK SALES OF  
BOURBON TOPPED  
£1BN LAST YEAR,  
MAKING IT AS  
POPULAR  
AS GIN



## Specification

August 2018  
Mitchell Beazley  
£15.00 HB  
9781784724573  
224 pages  
210 x 149mm  
35,000 words  
c. 200 images  
Rights available:  
World



# Whiskey America

## The Essential Guide to the U.S. Distilling Revolution

Dominic Roskrow

THE AMERICAN  
WHISKEY  
INDUSTRY SAW  
7.8% GROWTH  
IN 2016



The low-down on the explosion of new whiskeys and distillers in the US, including key whiskeys, tasting notes, profiles of the best distillers and what to drink where.

What can we expect from the best whiskey producers in America today? *Whiskey America* showcases some of the most exciting new styles of whiskey and why they are so special.

With fascinating interviews with some of the leading characters in the recent distilling revolution, this absorbing book relates the stories of how successful lawyers, doctors and city slickers made the life-changing decision to turn their backs on conventional careers to pursue the 'good life' of making spirits in the most far-flung outreaches of America. And thank goodness they did, because this new generation of distillers not only customized conventional whiskey styles but also invented new ones never seen before. *Whiskey America* investigates how best to enjoy the new whiskeys – in cocktails, with food, mixed or straight – and looks forward to where these exciting American spirits are going next.

### Dominic Roskrow

is the former editor of *Whisky Magazine*, *The Spirits Business* and *Whiskeria*. He has written eight books on whisky including *The World's Best Whiskies* and *1001 Whiskies You Must Taste Before You Die*, and has contributed to several more, including every edition of *The Whisky Yearbook*. He has had work published in newspapers and magazines across the world. He has been made a Kentucky Colonel and a Keeper of The Quaich for his contributions to bourbon and Scotch whisky respectively, and he was named the 2015 Fortnum & Mason Drinks Writer of the Year.

»twitter  
@WhiskyTasting

WRITTEN  
BY THE 2015  
FORTNUM & MASON  
DRINKS WRITER  
OF THE YEAR

AS  
OF 2016,  
THERE ARE MORE  
THAN 1,000 CRAFT  
DISTILLERIES  
IN THE UNITED  
STATES



### Specification

October 2018  
Mitchell Beazley  
£25.00 HB  
9781784724351  
288 pages  
242 x 199mm  
60,000 words  
500 photographs  
Rights available:  
World



# Shaken

## Drinking with James Bond and Ian Fleming, the official cocktail book

*Ian Fleming*



RECIPES  
BY SWIFT,  
WHICH WAS VOTED  
'BEST NEW BAR' AT  
THE *TIME OUT*  
LONDON BAR  
AWARDS 2017

Explore Bond creator Ian Fleming's writings on the pleasures of drinking and sample 50 delicious cocktail recipes inspired by his work – developed by award-winning bar Swift.

Just as fast cars, exotic locations and opulent casinos are synonymous with the world of Ian Fleming's James Bond, so too are cocktails. From the very first Bond novel, *Casino Royale*, in which Bond christens The Vesper, to the immortal lines, 'shaken and not stirred', which first appeared in print in *Diamonds Are Forever*, cocktails are at the glamorous heart of every Bond story. Whether it's the favoured Martini, which is served in almost every book, or a refreshing Negroni or Daiquiri, strong, carefully crafted drinks are a consistent feature of the Bond novels, and they have become a symbol of the James Bond lifestyle, to which many fans aspire.

In this authorized James Bond cocktail book you will discover extracts from Ian Fleming's writing, with cocktail recipes to match. There are 10 classic drinks from the pages of the novels, plus 40 brand-new ones inspired by the people, places and plots of the original stories, created by the mixologists at one of London's favourite bars, Swift.

### Ian Fleming

was born in London in 1908. His first novel, *Casino Royale*, was published in 1953 and was an instant success. Fleming went on to write thirteen other Bond books. The series has sold more than 100 million copies and been translated into more than 20 languages. He died in 1964.

### Swift

In 2016 Edmund Weil (who is related to Ian Fleming) and his wife Rosie Stimpson teamed up with bar industry legends Bobby Hiddleston and Mia Johansson to open the well-respected Bar Swift in Soho.

»twitter  
@barswift



### Specification

September 2018

Mitchell Beazley

£15.00 HB

9781784724641

224 pages

210 x 149mm

40,000 words

55 photographs and 15 illustrations

Rights available:  
World

# The Cocktail Bible

**An A-Z of two hundred classic and contemporary cocktail recipes, with anecdotes for the curious and techniques for the adventurous**



**The perfect go-to guide for anyone in search of creating the traditional or newly-fashioned cocktail.**

From the rich flavour of an ABC Cocktail, through to the complicated but delicious mix of a Zombie, each cocktail is introduced with notes on its contents, origin or even the best season to drink it in.

Muddled amongst the entries are miscellany pieces on spirits, cocktail-making tips and world-famous bartenders, celebrating the history and craftsmanship of the trade.

✦ Edited by an expert bartender and consultant of the cocktail industry, with an extensive introduction featuring topics such as correct glassware and garnishing, you'll be delighted with recipes – and so much more – as you sip your way through this stylish cocktail alphabet.

## Specification

July 2018
Cassell
£10.00 Flexiback
9780753733066
256 pages
192 x 128 mm
50,000 words
Rights available: World

**CASED IN A BOTTLE-GREEN LEATHERETTE COVER, WITH A GOLD-FOILED TITLE, THIS IS A STYLISH ADDITION FIT FOREVERY BOOKSHELF.**

# The Little Cocktail Box



**A fabulous cocktail collection, beautifully packaged.**

The perfect gift for cocktail lovers and would-be mixologists is this set of four mini paperback books – *Little Book of Gin Cocktails*, *Little Book of Tequila Cocktails*, *Little Book of Rum Cocktails* and *Little Book of Vodka Cocktails* – beautifully packaged together in a slipcase.

From favourites like the Moscow Mule, Cosmopolitan and Margarita to exotic concoctions, such as the fruity Caribbean Cruise and Kahlua-based South of the Border, there are 200

recipes to try. Each book also contains essential bartending tips and fascinating anecdotes about the cocktails and how they got their names.

## Specification

October 2018
Spruce
£10.00
Boxset of four paperback books
9781846015748
384 pages
147 x 105mm
20,000 words
150 colour photographs
Rights available: World

**THE PERFECT GIFT FOR THE PARTY SEASON.**

# The Spirits Collection

Dave Broom



THESE BOOKS HAVE SOLD MORE THAN 150,000 COPIES WORLDWIDE

**Three accessible guides by award-winning spirits writer Dave Broom, brought together in an attractive box set at a great price.**

The range of fantastic spirits available around the world has never been better. You can enjoy a Mediterranean-style gin from Spain, a rum agricole from Martinique and a malt whisky from Japan. But how do you navigate through the wealth of options? And how do you know the best mixers to drink with each, or the most delicious cocktails to make?

Award-winning spirits author Dave Broom has done all the research for you. In these three manuals – on gin, rum and whisky respectively – he includes for each spirit more than 100 outstanding examples for you to try. And he has also tested each spirit many ways – with tonic, coconut water, cola and so on – and scored the results. Delicious classic and contemporary cocktail recipes round things off.

**Dave Broom** is an award-winning author specialising in spirits. He has been writing about drinks for more than 25 years and has won multiple awards for his work.

## Specification

October 2018
Mitchell Beazley
£30.00 HB
9781784724597
672 pages
210 x 149mm + slipcase
150,000 words
450 photographs
Rights available: World

'YOU COULD NOT WRITE A MORE SOPHISTICATED BOOK OR PACK MORE DETAIL ONTO EACH PAGE... IT IS ROCKET SCIENCE IMPRESSIVE.' – THE HUFFINGTON POST

# Experimental Cocktail Club

London. Paris. New York. Ibiza

*Romée de Goriainoff, Olivier Bon, Pierre-Charles Cros & Xavier Padovani*



**Over 85 recipes for extraordinary cocktails from the award-winning, internationally renowned Experimental Cocktail Club.**

Treat your taste buds to this collection of very special cocktail recipes that take inspiration from classic American and French cocktails – served with the unmistakable Experimental Cocktail Club flair and style. Recipes include Stockholm Syndrome (Ketel 1 vodka infused with cumin & dill, Linie aquavit, lemon juice, simple syrup, pink Himalayan salt and

Peychauds bitters) and Tete de Mule (or 'Kind of Stubborn', a salty cocktail containing Don Fulano Blanco, orange juice, tomato juice, agave syrup and topped with ginger beer) – as well as their take on classic cocktails such as Negroni, Margarita, Moscow Mule and Strawberry Daiquiri.

## Specification

August 2018
Mitchell Beazley
£12.99 HB
9781784724023
192 pages
209 x 161 mm
20,000 words
More than 150 colour photographs & illustrations
Rights sold: Fra

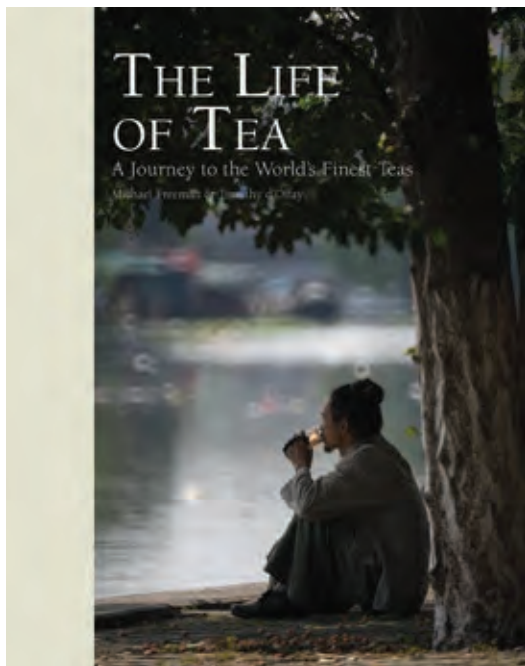
IN 2012, BOTH ECC PARIS AND ECC LONDON WERE FEATURED IN THE LIST OF TOP 10 BARS IN EUROPE AT THE COCKTAILS & SPIRITS AWARDS

EXPERIMENTAL COCKTAIL CLUB HAS VENUES IN LONDON, PARIS AND IBIZA SERVING 350,000 CUSTOMERS PER YEAR

# The Life of Tea

## A Journey to the World's Finest Teas

Michael Freeman and Timothy d'Offay



Documentary photographer Michael Freeman and tea expert Timothy d'Offay explore the *terroir*, taste and culture of the world's favourite drink.

This journey to the world's finest teas, captured in extraordinary photography, brings alive the aroma, taste and texture of this drink in all its many nuances, and will give connoisseurs and casual readers alike a much deeper understanding of how great tea is created.

Includes sections on botany, cultivation, processing methods and the impact tea has had, and continues to have, on culture. *The Life of Tea* also follows Michael and Timothy's travels in China, Japan, India and Sri Lanka, featuring the producers of some of the world's finest teas and the characteristics that make these teas so sought after.

This book is the ultimate guide for tea enthusiasts, following the journey from plantation to pot.



### Michael Freeman

is a professional photographer and bestselling author. Working for clients that include all the world's major magazines, Freeman has established himself as one of the world's leading reportage photographers has been consolidated. His books have sold over 4 million copies worldwide.

### Timothy d'Offay

Over 20 years ago while living in Kyoto, Timothy d'Offay became fascinated by tea culture. Using Japan as a base, he started to explore the tea traditions of other countries and began importing tea in the late 1990s. In 2000 he co-founded East Teas with Alex Fraser. Timothy is the owner and founder of Postcard Teas.

### Specification

August 2018  
 Mitchell Beazley  
 £30.00 HB  
 9781784723927  
 256 pages  
 292 x 229mm  
 30,000 words  
 150 photographs  
 Rights available:  
 World

STUNNING  
 IMAGES  
 BY BESTSELLING  
 PHOTOGRAPHER  
 AND AUTHOR  
 MICHAEL  
 FREEMAN





# The World Atlas of Coffee

From beans to brewing – coffees explored, explained and enjoyed

James Hoffman

DETAILED  
MAPS LOCATE  
KEY GROWING  
AREAS AND CHART  
CRUCIAL TRENDS  
WORLDWIDE



THE FIRST  
EDITION OF *THE  
WORLD ATLAS OF  
COFFEE* HAS SOLD  
MORE THAN  
**150,000**  
COPIES

This ultimate guide to coffee contains comprehensive details on the beans and brews of more than 35 countries.

Coffee has never been better, or more interesting, than it is today. Coffee producers have access to more varieties and techniques than ever before and we, as consumers, can share in that expertise to make sure the coffee we drink is the best we can find. Where coffee comes from, how it was harvested, the roasting process and the water used to make the brew are just a few of the factors that influence the taste of what we drink. Champion barista and coffee roaster James Hoffmann examines these key factors, looking at varieties of coffee, the influence of *terroir*, how it is harvested and processed, the roasting methods used, through to the way in which the beans are brewed.

Country by country – from Bolivia to Zambia – he then identifies key characteristics and the methods that determine the quality of that country's output. Along the way we learn about everything from the development of the espresso machine, to why strength guides on supermarket coffee are really not good news. This is the first book to chart the coffee production of more than 35 countries, encompassing knowledge never previously published outside the coffee industry. For everyone who wants to understand more about coffee and its wonderful nuances and possibilities, this is the book to have.



**James Hoffmann**

is the managing director of Square Mile Coffee Roasters, a multi-award-winning coffee roasting company based in East London. He is also the World Barista Champion 2007, having won the UK Barista competition in both 2006 and 2007. He writes a popular blog, [www.jimseven.com](http://www.jimseven.com), about coffee and the coffee business.

»twitter  
@squaremile



## Specification

October 2018  
Mitchell Beazley  
£20.00 HB  
9781784724290  
272 pages  
252 x 193mm  
50,000 words  
c.200 colour images  
and maps  
Rights available:  
World

# Skin Food

Skin & hair care recipes from nature

Sophie Thompson

SISTER & CO HAVE OVER 15,000 INSTAGRAM FOLLOWERS



## 70 natural skincare recipes for face, hair and body.

When it comes to our skin, nature knows how to soothe, smooth, hydrate, refresh, tone and feed us. It probably won't come as any surprise that rose is not only soothing to the skin, but in traditional Chinese medicine it is soothing to our whole being. Seaweeds are packed with antioxidants that are good both to eat and to turn back the clock with our skin. Manuka honey gives hair softness while coffee is an incredible exfoliator (it really wakes up your skin).

Sister & Co teaches that you don't need to spend a fortune on expensive beauty products to feed your skin. All you need is a few ingredients that are available in your local supermarket and the alchemy can begin! *Skin Food* features 70 nourishing recipes which show you how to make luxurious skincare products from scratch, so you can fill those beautiful glass pots sitting in your bathroom with incredible scrubs, butters and salts. Make your own home into a spa, ease away the stress of the day, and bring yourself back to nature one scoop at a time.

Recipes include:

- ✦ Oatmeal, Honey & Chamomile Tea Facial Polish
- ✦ Grape & Almond Detox Face Mask
- ✦ Potato & Green Tea Revitalizing Eye Mask
- ✦ Brown Sugar & Vanilla Lip Scrub
- ✦ Olive Oil, Lemon & Sea Salt Foot Scrub
- ✦ Milk & Honey End-of-day Foot Soak



### Sophie Thompson

Sophie, the founder of Sister & Co, gave up her career as a lawyer after travelling to India and being given raw coconut oil there to clear up her skin. On returning home she couldn't find the same grade of coconut oil so decided to source it herself, launching her first product in 2014. Now the range features incredible sounding products including almond milk bath soak with black cardamom and raw coconut lip tonic with lemon myrtle and wild mint.

»twitter  
@SisterandCo

»instagram  
@sisterandcoskinfood

'CONSUMERS ARE EMBRACING HEALTHY, HOLISTIC LIVING, AND OUR RESEARCH SHOWS THAT THESE LIFESTYLE CHANGES ARE DRIVING THE FACIAL SKINCARE AND ANTI-AGING MARKET' - MINTEL

SISTER & CO. ARE STOCKED IN OLIVER BONAS, SPACE NK, ANTHROPOLOGIE AND SEVERAL OTHER DEPARTMENT STORES /INDEPENDENTS

### Specification

September 2018  
Aster  
£12.99 PB  
9781912023479  
144 pages  
235 x 190 mm  
25,000 words  
50 colour photographs  
Rights sold: Ger

# Dept. Store for the Mind

Dept. Store for the Mind is the exciting new creative venture by Sophie Howarth, co-founder of the School of Life. Each book offers stories and ideas about creating daily habits that are kind to the mind, whether through our connection with nature, our creativity or everyday tasks, or simply knowing and feeling more accepting of ourselves.

## Pet Therapy



### How fur, scales & feathers can make life worth living.

Discover the joys of unconditional and how the best lessons can come from a pet.

Ever since Marley & Me stole the people's hearts, animal related books have consistently populated bestseller lists. *Pet Therapy* is filled with stories of humans and animals being together. A wordless listener, something to care for, a way to get outside and yet much more.

What healthy habits can we learn from our fluffy, scaly and, let's face it, stinky, friends?

Chapters include:

- ❖ Miaow Miaow Begins with a C
- ❖ Fishing: Confessions of a Secret Meditator
- ❖ Janice is a Horse
- ❖ Rabbit, Rabbit...Gone

### Specification

October 2018
Aster
£12.99 HB
9781912023660
160 pages
210 x 149
30,000 words
50 colour illustrations
Rights available: World

SCIENTIFIC STUDIES HAVE PROVEN THAT PETS CAN BOLSTER OUR PHYSICAL AND MENTAL HEALTH

'THINK OF DEPT. STORE FOR THE MIND AS A TREASURE TROVE FOR THE MIND' - HUFFINGTON POST

## As You Are



### How self-acceptance might be the greatest change that you make

*As You Are* is shameless celebration of our uniqueness. Finding and fixing our inner problems often isn't inviting. There is another way to be a happier lighter being. Flip the focus on to finding out what energises you, makes you tick and puts you in that place where you feel "I was born to here". Hear stories and discover habits that

tempt you towards playing to your personal strengths every day.

Chapters include:

- ❖ As You Are
- ❖ Character Strengths
- ❖ Thinking Tricks
- ❖ Laughter Lines
- ❖ Fuel
- ❖ My Way
- ❖ It's Me
- ❖ As They Are

### Specification

October 2018
Aster
£12.99 HB
9781912023677
160 pages
210 x 149
30,000 words
50 colour illustrations
Rights available: World



THE BOOK IS BASED ON GROUNDBREAKING RESEARCH IN POSITIVE PSYCHOLOGY – THE SCIENCE OF HAPPINESS

# Write Yourself Happy

## The art of positive journalling

Megan C Hayes PhD



### The research confirms it: writing heals.

Psychologists tell us that writing helps us cope with and recover from depression, anxiety, job loss and even heartbreak. Exciting new research shows that we can flourish further by actively choosing to write about positive emotions.

Journalling is a hot trend – for personal expression, creativity, self-actualisation and goal-setting. Megan C Hayes shows us how, using positive journalling, we can journal more consciously, writing in a way that engages and promotes our most supportive

and life-affirming emotions.

This practical, journal-style workbook demonstrates how to put eight of the most commonly experienced positive emotions – joy, gratitude, serenity, interest, hope, pride, awe and love – to work, helping us not simply to feel better, but to live better.

Based on groundbreaking research in positive psychology, and backed up by extensive scientific studies, the book includes practical exercises and case studies to inspire readers to shift their focus, use different words, see the world in a subtly different way – and discover how things go *right* when we *write*.

### Specification

August 2018
Gaia
£12.99 PB with flaps
9781856753821
224 pages
210 x 149 mm
35,000 words
80 colour illustrations
Rights available: World

# Stop Staring at Screens

## A Digital Detox for the Whole Family

Tanya Goodin



### Screens aren't going anywhere, so begin your family digital detox today for a happier home.

Technology was designed to make our lives easier, and yet it's one of the biggest drivers of family rifts and stress. Making healthy and realistic decisions about when and where you really need technology can be tricky but is essential for restoring harmony in your home. *Stop Staring at Screens* has the answers you need to manage this.

- ❖ Find sanity-saving solutions and practical tips
- ❖ Follow diagnostic quizzes

- ❖ Identify key triggers
- ❖ Address common issues
- ❖ Learn what works best for you and your family.

**Tanya Goodin** is an award-winning digital entrepreneur, a digital detox specialist and founder of Time To Log Off. She is also the author of *OFF. Your Digital Detox for a Better Life*.

### Specification

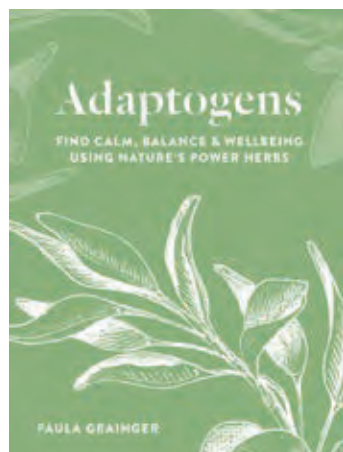
September 2018
Ilex Press
£9.99 PB
9781781575765
144 pages
210 x 149 mm
21,000 words
60 images
Rights available: World

TECHNOLOGY IS ONE OF THE BIGGEST CAUSES OF STRESS IN THE HOME

# Adaptogens

Find calm, balance & wellbeing using nature's power herbs

Paula Grainger



**Find out how to use adaptogenic herbs and ingredients to regulate and balance the body's response to stress.**

Increasing numbers of people are suffering from stress, anxiety and fatigue caused by lack of sleep, digital overload and our 24/7 lifestyle. In *Adaptogens*, Medical Herbalist Paula Grainger provides an answer to this modern-day affliction by introducing us to the group of powerful herbal ingredients known as adaptogens.

Adaptogens – such as Ashwagandha, Maca, Korean ginseng, Turmeric, Reishi

mushrooms, Liquorice, Rosemary and Rhodiola – have been scientifically proven to lower levels of the stress hormone cortisol and prevent adrenal imbalances that can lead to adrenal fatigue and 'burn-out'.

Delve into the history and science of these miraculous plants and learn how to maximize wellness using the most easy-to-source adaptogens, incorporating them into your life via 25 delicious smoothies, energy bites and desserts, invigorating teas, tonics and lattes, and wonderful beauty elixirs.

## Specification

September 2018

Gaia

£10.00 PB with flaps

9781856753852

160 pages

174 x 131 mm

25,000 words

30 illustrations

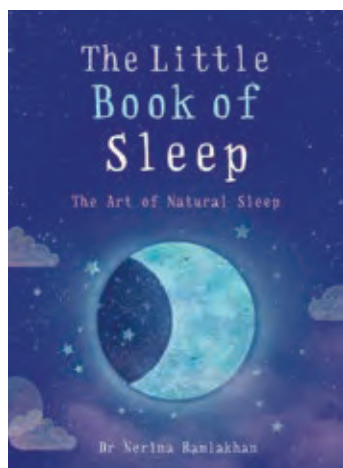
Rights available: World

SALES OF THE ADAPTOGEN ASHWAGANDHA GREW BY MORE THAN 57% IN 2016 TO ARRIVE AT A TOTAL MARKET VALUE OF \$9.5 MILLION

# The Little Book of Sleep

The art of natural sleep

Dr. Nerina Ramlakhan



**A fully illustrated guide to achieving deep, natural, clean sleep from leading sleep expert, Dr Nerina Ramlakhan.**

*The Little Book of Sleep* is a beautifully colour-illustrated guide to achieving deep, natural, clean sleep. Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 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 head and back into our body.

By using a unique combination of Eastern and Western practices,

including yoga, ayurveda and body-awareness techniques, and introducing us to her 10 Steps to Great Sleep, Dr Nerina guides the reader on their personal journey back to sleep.

❖ Dr Nerina Ramlakhan is a physiologist, sleep and stress management expert who helps everyone from stressed-out mums to Premiership footballers and MPs improve the quality of their sleep and energy levels. Nerina's work has been featured in *The Times*, the *Independent*, the *Sunday Express*, the *Guardian*, *New Scientist* and many more.

## Specification

September 2018

Gaia

£6.99 Flexiback

9781856753838

96 pages

147 x 105 mm

10,000 words

40 colour illustrations

Rights available: World

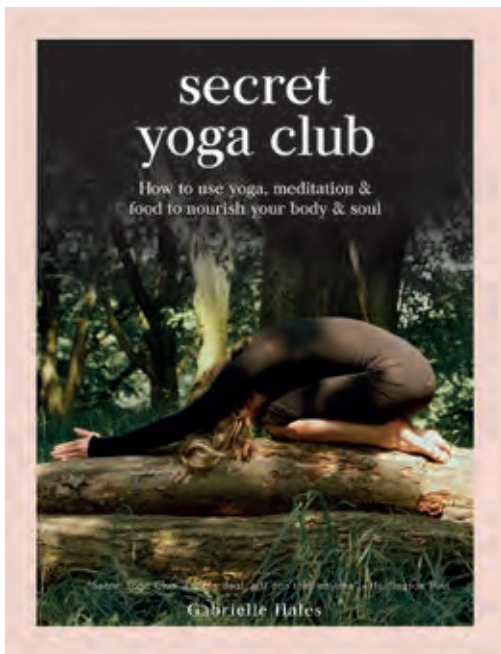
6 MILLION PEOPLE IN BRITAIN (10% OF THE POPULATION) SUFFER FROM INSOMNIA

BRITONS ARE NOW SPENDING A STAGGERING £790 MILLION A YEAR ON YOGA CLASSES

# Secret Yoga Club

How to use yoga, meditation & food to nourish your body & soul

Gabrielle Hales



## An introduction and immersion into the origins and the modern-day practice of yoga.

Yoga is an intimate, alchemical process in which you discover your own physical and emotional landscape. Yoga is how you sing yourself back to life. It's in the moments that you witness the sublime wisdom of the body.

In *Secret Yoga Club* Gabrielle Hales introduces you the yoga practices and rituals that she has found useful and inspiration over the years of hosting diverse events and retreats. Chapters include:

- ❖ Origins of yoga
- ❖ Movement and the body
- ❖ Breath
- ❖ Meditation
- ❖ Yoga practices
- ❖ Rituals and recipes for the yoga soul

Delve into world of Secret Yoga Club, learn about the origins of yoga and discover freedom and boundaries within yourself and your body through movement, breath and meditation.



**Gabrielle Hales**

It took a stint at a corporate global PR agency to realise that no, office life was not for Gabrielle Hales. One ticket to India later, she found herself teaching yoga and eager to share all the amazing things she'd learnt upon her return. Beginning with classes in her own living room, the word spread and the Secret Yoga Club events became so popular that she sought out more exciting venues, bringing an extra element by working with up-and-coming chefs to expand them into yoga supper clubs. Now? Gabrielle's pushing Secret Yoga Club to the next level, aiming to inspire people to experience practices that improve happiness and well-being.

» **instagram**  
@secretyogaclub

### Specification

October 2018
Aster
£20.00 HB
9781912023653
224 ages
246 x 189 mm
40,000 words
100 colour photographs
Rights available: World

## Praise for Secret Yoga Club

*'This globe-trotting group promotes a mindfulness practice that continues off the mat and into the sonic realm'*  
- **Vogue USA**

*'Secret Yoga Club is a big deal, just don't tell anyone'*  
- **Huffington Post**

*'A wonderful experience'*  
- **Financial Times**

*'The Yoga Guru'*  
- **Vogue UK**

CLIENTS INCLUDE FREE PEOPLE, NIKE, PUKKA TEA, STYLIST, ROYAL ACADEMY OF ARTS, ACE HOTEL AND SOHO FARMHOUSE





# Why Social Media is Ruining Your Life

Katherine Ormerod



KATHERINE HAS  
ALMOST **40,000**  
FOLLOWERS ON INSTAGRAM  
AND LAST YEAR LAUNCHED  
HER OWN WEBSITE,  
WORKWORKWORK.CO, AN  
ANTI-PERFECTIONISM  
PLATFORM.

**Do you ever obsess about your body? Do you sometimes lie awake at night, spinning about the state of your career? Does it seem like everyone is living a life that's better than yours? Well, it's time to stop scrolling your life away.**

*Why Social Media is Ruining Your Life* tackles head on the bona fide pressure cooker of social comparison and unreachable levels of perfection that social media has created in our modern world. Because, let's face it, social media is not only redefining what it means to be a human in the 21st century, but it is also changing what it means to be YOU.

In her first book, Katherine Ormerod argues that we're all sitting on a dangerous, ticking time-bomb that will explode if we don't begin to take action. She uncovers how our social media addictions have broken our political systems, re-wired our behavioural patterns, destroyed our confidence and shattered our attention spans. She also discloses the truth of the constructed realities behind the uploads —and explains why we all have to stop coveting our neighbour's posts.

In the book, she covers several key areas of modern womanhood— identity, body image, relationships, career and finances, motherhood, health and sexuality — and looks at exactly how social media has impacted, penetrated and destroyed each.

Ultimately, *Why Social Media is Ruining your Life* will provide you with the knowledge, tools and weaponry to combat the most consuming, addictive digital force of our age.

## Katherine Ormerod

has worked as a journalist for over a decade, starting her career at Sunday Times Style and ending at Glamour where she was Fashion Features Editor at Large. Katherine set up her own fashion social media consultancy in 2014. A social media influencer in her own right, she has nearly 40k Instagram followers, and is a regular panellist on shows including Good Morning Britain, Sky News, Women's Hour and ABC News Radio. In January 2017, she launched workworkwork.co, an anti-perfectionism platform.

»instagram  
@katherine\_ormerod

## Specification

September 2018  
Cassell  
£12.99 HB  
9781788400626  
160 pages  
B-format (198 x 126 mm)  
100,000 words  
Rights available;  
World

# Thinking on My Feet

## The small joy of putting one foot in front of the other

Kate Humble



THERE IS MASSIVE  
NEW FOCUS ON WALKING  
FOLLOWING THE RECENT  
ANNOUNCEMENT OF A NEW  
GOVERNMENT STUDY THAT  
SHOWS 41% OF ADULTS WALK  
LESS THAN 10 MINUTES  
BRISKLY PER MONTH

KATE HUMBLE  
HAS LARGE MEDIA  
PROFILE WITH 93.3K  
FOLLOWERS ON  
TWITTER AND 6,140  
FOLLOWERS ON  
FACEBOOK

### The life-changing magic of the simple act of walking.

*I've discovered that going for a daily walk has become as essential to me feeling good for the rest of the day as that first cup of tea. But I would argue that all I am doing is responding to a natural need we all have. Humans have always been migrants, the physiological urge to be nomadic is deep-rooted in all of us and perhaps because of that our brains are stimulated by walking. I solve all sorts of problems, formulate ideas, work things out to that gentle rhythm of self-propelled movement.* – **Kate Humble**

*Thinking on My Feet* is an inspiring journal of Kate's walking year. As Kate charts her feelings and impressions throughout, capturing the perspectives that only a journey on foot allows, you'll be inspired to introduce more time for this activity into your own life.

Also featured are Kate's walks with others who have discovered the magical, soothing effect of putting one foot in front of the other – the artist who walks to find inspiration for his next painting; the man who takes people battling with addiction to climb mountains; the woman who walked every footpath in Wales (3,700 miles) when she discovered she had cancer.

This book will inspire you to change your perspective by applying walking to your daily endeavours.

### Kate Humble

started her television career as a researcher, later presenting programmes such as *Top Gear*, *Tomorrow's World*, *Animal Park*, *Springwatch* and *Autumnwatch*. Most recently Kate has presented the BBC's *Back to the Land*, *Curious Creatures* and *Extreme Wives*. When she's not travelling the world filming, she enjoys waking in the countryside near her home in Wales.

» [twitter](#)  
@katehumble

» [instagram](#)  
@kmhumble

### Specification

October 2018

Aster

£20.00 HB

9781912023646

304 pages

234 x 153 mm

80,000 words

Rights available:  
World

# My Pregnancy Journal



## A beautifully packaged, interactive journal to help plan and record your pregnancy.

Celebrate the ups and downs of your pregnancy with this interactive journal, which invites you to record in detail this most extraordinary period of your life. With annotated prompts for you to fill in for each week of your pregnancy, storage wallets and sealable envelopes for keeping precious mementos, and photo spaces for you to capture the changing shape of your body, this journal will be a life-long keepsake of all your special memories.

Each chapter offers guidance on what to expect, notes on your baby's development during each trimester, and reminders on what you need to be planning, thinking about and preparing for.

**Alison Macknochie** is the author of *Emma's Diary*, the Royal College of General Practitioners' award-winning pregnancy guide, as well as *The Practical Encyclopedia of Pregnancy & Babycare*, *Your Baby's First Year*, and *New Guide to Babycare*. Alison is also an editor for several parenting magazines and a member of the Medical Journalists' Association and the Guild of Health Writers.

## Specification

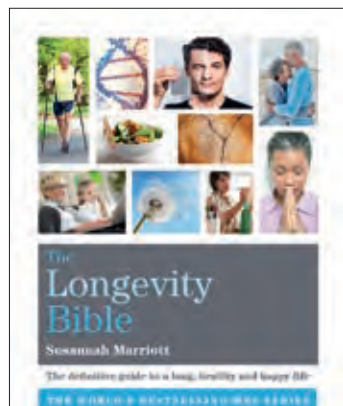
August 2018
Spruce
£14.00 HB plus wire
9781846015649
94 pages
238 x 190mm
2,000 words
100 illustrations
Rights available: World

# The Longevity Bible

## The definitive guide to a long, healthy and happy life

Susannah Marriott

THE WORLD'S  
BESTSELLING  
MBS SERIES



## A fully illustrated guide to living a longer life from the bestselling MBS series.

The desire for a long, healthy and happy life is a universal one, yet society has a deep fear of ageing. *The Longevity Bible* offers an all-encompassing, holistic look at how the body ages – and what we can all do to age better.

Discover:

- ❖ How the ageing process works – and what you can do to enjoy a better quality of life as you grow older
- ❖ What history, biology, Eastern philosophy, Western science and

the findings of top medical experts and researchers can teach us about maintaining optimal health as we move through our lives

- ❖ The important role that sleep, moderation, diet, a sense of purpose, connection, love and curiosity have in helping us to live well and live happily
- ❖ That a longer life blessed with health and happiness is within reach!

**Susannah Marriott** is a freelance writer who specialises in issues of parenting, complementary health and folklore. She is an established author with 19 illustrated books to her name.

## Specification

August 2018
Godsfield Press
£14.99 PB
9781841814759
400 pages
167x 140 mm
60,000 words
250 colour photographs
Rights available: World



# The Witchcraft Handbook

**Unleash Your Magical Powers to Create the Life You Want**

*Midia Star*



**A collection of over 50 charms, spells, brews and potions to empower and engage the modern witch.**

Embrace your inner witch. This handbook features tried and tested spells designed especially for the modern witch. Packed with charms, potions and witchy wisdom, use this magical lifestyle guide to enhance every aspect of your life.

From the effects of the moon to the use of candles to enhance spells, this is a basic step-by-step guide to magic that can protect your home, fulfill your dreams,

boost your love life, banish ill chance and secure your future.

Isn't it time you unleashed the power of magic?

**Midia Star** is a journalist and freelance writer. She has studied and practised witchcraft, paganism and tarot since she was 12-years-old. Her philosophy is to live a magical life.

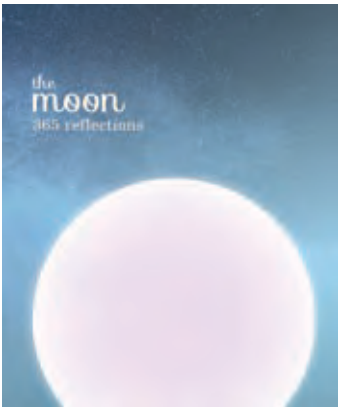
### Specification

September 2018
Ilex Press
£12.99 HB
9781781576229
144 pages
210 x 149 mm
25,000 words
70 images
Rights available

INSTAGRAM TAGS  
HAVE RISEN FROM  
2 MILLION TO  
**4.5 MILLION**  
IN ONE YEAR  
(FROM OCTOBER 2016  
TO TODAY).

# The Moon

**365 reflections**



**A collection of proverbs, ancient and modern wisdom, facts, meditations and poems to celebrate the Moon.**

For many thousands of years, the night-time illumination and natural satellite of our world – the Moon – has pervaded cultures by fascinating philosophers, rousing poets and prompting scientists, all to declare their musings.

In this enchanting selection of 365 quotes from art, literature, history and science, you will be able to read the reflections and conclusions of such people of whom the Moon has inspired.

From former President John F. Kennedy's goal of sending a man to the Moon to 'measure the best of our energies and skills', to playwright and poet William Shakespeare's personification of the Moon, that 'she changes constantly', each reading will charm, enlighten or cause your own notions of this 'Luna'.

### Specification

August 2018
Spruce
£10.00 PB
9780753733110
256 pages
167 x 140mm
20,000 words
Colour-illustrated throughout
Rights available: World

# #Squad Goals

## The Friendship Book

Ella Kasperowicz



**Gift book about friendship from a hugely talented illustrator.**

Everybody has their own squad, a group of friends who you can rely on. The sassy one, the brainiac, the hot mess, the dizzy one, the party animal, the compulsive messenger, the surrogate mom. *#Squad Goals* celebrates all the facets of friendship, with burning issues for you to debate such as: 'Which cocktail would you be?' and 'Who is the most likely to live to 100 or spend a night in jail?'

Illustrated throughout by talented artist Ella Kasperowicz, this book will make perfect gift for birthdays, hen nights and graduation.

Chapters include:

- ❖ Meet the squad – friend archetypes, the friend most likely to...
- ❖ In squad we trust – what holds friendships together, group chat...
- ❖ Squad adventures – bachelorette party, hobbies, vacations, city breaks, party time...
- ❖ Inspirational squads – Mean Girls, Power Rangers, Harry Potter...



**Ella Kasperowicz**

received her illustration licence from Falmouth University in 2017 and loves playing with pens, words and ideas. She is also one third of 'Spud' collaborative, a trio in a long distance illustration making work together about food and travel.



### Specification

September 2018

Ilex Press

£8.99 HB

9781781576359

96 pages

147 x 105mm

3,000 words

100 images

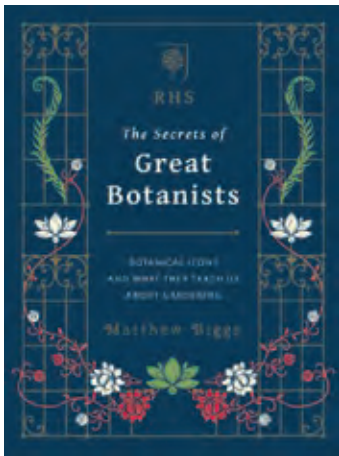
Rights available:  
World

# RHS The Secrets of Great Botanists

## Botanical icons and what they teach us about gardening

Matthew Biggs

FROM THE  
CREATORS OF *RHS  
BOTANY FOR  
GARDENERS*, WHICH  
HAS SOLD MORE THAN  
**30,000**  
COPIES



**An informative and beautifully presented guide to 35 botanists, plant collectors and gardening pioneers of past and present.**

Through the work of great botanists, we have built our understanding of plants and how to care for them. *RHS The Secrets of Great Botanists* profiles 35 of these remarkable individuals, exploring their discoveries and legacy, and revealing the lessons that can be drawn from their work.

As relevant today as it was thousands of years ago, this guide will provide botanical inspiration and practical guidance for

gardeners of all levels, and is a stunning addition to every gardener's bookshelf, containing botanical watercolours, beautiful photographs and commissioned illustrations.

**Matthew Biggs** trained at The Royal Botanic Gardens, Kew, has presented numerous television programmes, notably Channel 4's *Garden Club*, and is a regular panellist on BBC Radio 4's *Gardeners' Question Time*. He has written several books, including the recent *RHS Lessons from Great Gardeners* (also Mitchell Beazley).

### Specification

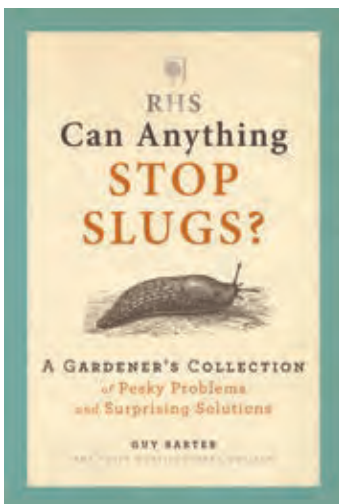
October 2018
Mitchell Beazley
£15.99 HB
9781784724979
224 pages
230 x 170mm
60,000 words
150 colour photographs and illustrations
Rights available: World English Language (excluding US, Canada and ANZ)

INCLUDES  
BOTANICAL  
ILLUSTRATIONS  
FROM THE RHS  
LIBRARY

# RHS Can Anything Stop Slugs?

## A Gardener's Collection of Pesky Problems and Surprising Solutions

Guy Barter



**A horticultural expert provides informative, entertaining answers to the questions asked by every gardener.**

*RHS Can Anything Stop Slugs* assists with all of the most common problems encountered in a garden – as well as some slightly more unusual ones. The RHS's Chief Horticultural Advisor, Guy Barter, provides expert advice, responding to the questions posed by thousands of gardeners every year.

As the cause of a problem is not always apparent, the main symptom is used as the starting point in each section, enabling you to troubleshoot

all of your garden problems. This is not a dull reference book full of lists – it is an easy-to-read and amusing look at how we battle with nature in our gardens, showing you how to either come out top or to surrender with dignity.

**Guy Barter** is the Chief Horticultural Advisor of the Royal Horticultural Society and runs the RHS Members' Advisory Service, which provides answers to an enormous range of questions and supplies evidence-based advice for thousands of gardeners. He is author of *RHS How Do Worms Work*.

### Specification

October 2018
Mitchell Beazley
£14.99 HB
9781784724788
224 pages
210 x 140mm
50,000 words
200 photographs and illustrations
Rights available: World English Language (excluding US, Canada and ANZ)

THE RHS  
HAS 485,000  
MEMBERS



# Shelfie

## Clutter-clearing ideas for stylish shelf art

Martha Roberts



THE ONLY  
BOOK ON THE  
POPULAR  
PHENOMENON

#SHELFIE  
IS ONE OF  
INSTAGRAM'S  
FASTEST GROWING  
HASHTAGS WITH AN  
INCREASE OF A QUARTER  
OF A MILLION IN  
THE PAST  
6 MONTHS

Award-winning journalist, colour blogger and shelfie fanatic Martha Roberts shows you how to source, sort and arrange your belongings into stylish shelfies for home and workspace.

A decorating trend and social media phenomenon, 'the shelfie' originally emerged in response to the clutter-clearing movement. What started as a label for beautiful bookshelves is now applied to artfully stylish arrangements of collectables, flowers, photos, crafting ephemera, perfume bottles – and of course books. And shelfies don't just appear on shelves, but also on desks, worktops and fireplaces.

De-cluttering, and then curating our favourite possessions stylishly, is a great way to bring personality into the home and workspace. In the first book on the shelfie, Martha Roberts shows you how to source, sort and arrange your belongings for every room in the house. Photography by Nick Pope, who took the photographs for *At Home with Plants*, also published by Mitchell Beazley.

*'While most of us are just beginning to get to grips with the selfie, the 'shelfie' movement has been gaining digital ground. The self-obsessed are becoming the 'shelf-obsessed.'*  
– Talib Choudry, the *Telegraph*



### Martha Roberts

Martha Roberts is an award-winning journalist who has written for *YOU* magazine, the *Daily Mail*, the *Guardian*, *Glamour* and *Sunday Express*. She is a columnist at *Psychologies* magazine where she has written about evidence-based ways of achieving happiness and now writes about colour and how it makes us think and act. Her blog [thecolourfile.com](http://thecolourfile.com) was shortlisted for the Amara Interior Blog Awards 2017 in the Best Colour Inspiration Category (sponsored by Farrow & Ball). She takes on private commissions for bespoke shelf art.

»twitter  
@ martharoberts01

»instagram  
@ the\_colour\_file

### Specification

July 2018  
Mitchell Beazley  
£12.99 HB  
9781784725273  
144 pages  
200 x 165mm  
20,000 words  
c.120 photographs,  
1 artwork  
Rights available:  
World



# The Fashion Chronicles

The style stories of history's best dressed

Amber Butchart



A  
REGULAR  
SPEAKER ON  
WOMAN'S HOUR,  
AMBER IS VERY  
MUCH THE BBC'S  
GO-TO FASHION  
HISTORIAN

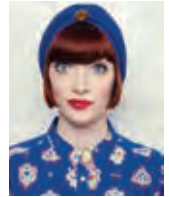
## The true story of style, told through history's fashion pioneers.

From BBC Radio 4 and BBC4 television presenter Amber Butchart, *The Fashion Chronicles* is an exploration of the most fascinating style stories throughout history.

The history of fashion is a story of style and power, grace and propaganda. From Eve and her fig leaf, via Joan of Arc, Louis XIV and Lord Byron, right up to the modern figures of Amelia Earhart, Frida Kahlo, Malcolm X and Beyoncé, Butchart examines the best-dressed people the world has ever seen, telling the story of their individual style and unlocking the secrets behind it.

Some have influenced the fashion of today, while some have used their clothing to change the world. But all have a sartorial story to tell, and *The Fashion Chronicles* is here to tell it.

FROM THE  
PRESENTER  
OF BBC4 TV  
HISTORICAL  
FASHION SERIES  
*A STITCH  
IN TIME*



### Amber Butchart

is a fashion historian and BBC television and radio presenter. She is an associate lecturer at London College of Fashion, a former research fellow at the University of the Arts London, and hosts a series of regular talks at the V&A Museum. Amber's work has led to her being featured on numerous radio and television programmes on the BBC, Sky Arts and Channel 4, as well as in a huge number of publications, including *Vogue*, *Grazia*, *Glamour*, the *Guardian* and *The Times*. She is the author of three previous books, *The Fashion of Film*, *Nautical Chic* and *Amber Jane Butchart's Fashion Miscellany*.

»twitter  
@AmberButchart



### Specification

September 2018  
Mitchell Beazley  
£20.00 HB  
9781784723811  
288 pages  
210 x 149mm  
40,000 words  
100 photographs  
Rights available:  
World

# Vogue: The Shoe

Harriet Quick, with foreword by Alexandra Shulman

VOGUE IS AN  
INTERNATIONALLY  
PRESTIGIOUS,  
LUXURY BRAND WITH  
A CIRCULATION OF  
MORE THAN **211,000**  
IN THE UK



Previously from *Vogue*  
and Conran Octopus



The third book in the sumptuous *Vogue* portfolio series, now available at the more pocket-friendly price of £30.

A glorious celebration of the shoe as an object of obsession, status and desire.

In *Vogue: The Shoe*, Harriet Quick has curated more than 300 fabulous images from a century of British *Vogue*, featuring remarkable styles that range from the humble clog to exquisite hand-embroidered haute couture stilettos via fetishistic cuissardes and outrageous statement heels.

Contains some of the best fashion photography available, including shots from *Vogue*'s peerless archive of fashion images by the likes of Hoyningen-Huene, Irving Penn, Corinne Day, Norman Parkinson, Arthur Elgort and Nick Knight.

Reissued with a luxurious real cloth cover, this is essential reading for fashionistas everywhere.

*'Take it from Cinderella: fairy tales are all about shoes in the end. Vogue, the source of many a fashion fairy tale, unites 100 years' worth of exquisite footwear in a new book, Vogue: The Shoe, featuring more than 300 images by Irving Penn, Nick Knight, Corinne Day and many others. Because beautiful shoes are every outfit's happy ending.'*

– **The Telegraph**



## Harriet Quick

is an award-winning journalist, editor and author. She is a Contributing Editor to British *Vogue* and former Editor of *Frank* magazine (1998–2000).

Harriet has worked in the fashion and design arena for 20 years. She won the prestigious *Vogue* Writing Talent Award and the *Guardian*/Jackie Moore Award and now contributes to a wealth of global titles. Harriet is the author of *Catwalking: A History of the Fashion Model* (Hamlyn 1996) and *Richard Prince* (Sadie Coles Gallery 2003). Photo credit: Andrew Woffinden

»twitter  
@Fashioncanary



## Specification

September 2018

Conran

£30.00 HB

9781840917758

304 pages

253 x 201mm

22,000 words

300 photographs

Rights sold: Ger



# Forgotten Women: The Artists

Zing Tsjeng



Draft cover

‘TO SAY  
THIS SERIES IS  
“EMPOWERING” DOESN’T  
DO IT JUSTICE. BUY A COPY  
FOR YOUR DAUGHTERS,  
SISTERS, MUMS... JUST MAKE  
SURE YOU BUY A COPY FOR  
YOUR SONS, BROTHERS,  
DADS... TOO’  
INDY100

An alternative guide to art history through the lives of extraordinarily forward-thinking and talented female artists that history forgot.

The *Forgotten Women* series will uncover the lost histories of the influential women who have refused over hundreds of years to accept the hand they’ve been dealt and, as a result, have formed, shaped and changed the course of our futures.

*The Artists* brings together the stories of extraordinary woman artists who made huge yet unacknowledged contributions in the history of art

- ❖ Camille Claudel, the extraordinarily talented sculptor who was always unfairly overshadowed by her lover, Rodin
- ❖ Baroness Elsa von Freytag-Loringhoven, who has been claimed as the true originator of Marcel Duchamp’s Fountain
- ❖ Ana Mendieta, the Cuban refugee who approached violence against women through her performance art before her own untimely death
- ❖ Marlow Moss, the ground-breaking Constructivist artist whose ‘double line’ paintings preceded and influenced those of Piet Mondrian
- ❖ Timarete, the ancient Greek painter who was lauded both by Pliny the Elder and Boccaccio

This is art history as you’ve never seen it before – an alternative guide that demonstrates the broad range of artistic movements that always included, and were actually often pioneered by, female artists who have since been erased from the art history canon.



**Zing Tsjeng** is the UK editor of VICE.com’s female-oriented channel BROADLY. The channel focuses on women’s issues and interests and has been hailed as ‘the slickest feminist platform around’. Zing has also become a spokesperson for millennial women, debating at *Telegraph* Women events, twice appearing on Late Night Woman’s Hour and writing for *Dazed*, the *Guardian* and BROADLY.

»twitter  
@MissZing

## Specification

September 2018

Cassell

£15.00 HB

9781788400176

224 pages

210 x 149mm

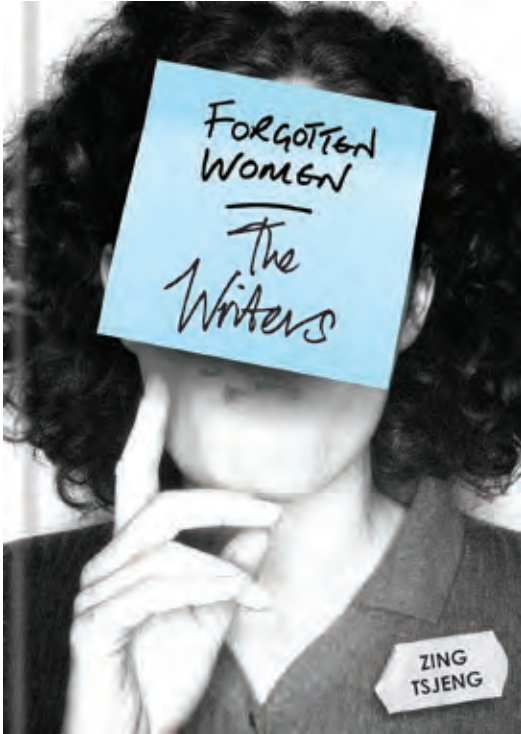
50,000 words

Over 100 colour illustrations

Rights available:  
World

# Forgotten Women: The Writers

Zing Tsjeng



*Draft cover*

**A call-to-arms which squarely places pioneering, innovative female writers back into our libraries.**

The *Forgotten Women* series will uncover the lost histories of the influential women who have refused over hundreds of years to accept the hand they've been dealt and, as a result, have formed, shaped and changed the course of our futures.

*The Writers* celebrates unsung genius female writers from throughout history and across the world.

- ✦ The Girl Stunt Reporters, who went undercover to write exposés on the ills of 1890s America
- ✦ Aemilia Lanyer, the contemporary of Shakespeare whose polemical re-writing of *Paradise Lost* is regarded as one of the earliest feminist works of literature
- ✦ Sarojini Naidu, the freedom fighter and 'Nightingale of India' whose poetry echoed her political desire for Indian independence
- ✦ Murasaki Shikibu, the 10th century Japanese writer who was the world's first ever novelist
- ✦ Marie de Gournay, the sixteenth-century French editor and writer without whom Montaigne might not have completed his masterwork *Essais*

Including writers from across a wide spectrum of disciplines including poets, journalists, novelists, essayists and diarists, this is an alternative gynocentric history of literature that will surprise, empower, and leave you binge-reading your way through these rebellious women's works.



**Zing Tsjeng**

is the UK editor of VICE.com's female-oriented channel BROADLY. The channel focuses on women's issues and interests and has been hailed as 'the slickest feminist platform around'. Zing has also become a spokesperson for millennial women, debating at *Telegraph* Women events, twice appearing on *Late Night Woman's Hour* and writing for *Dazed*, the *Guardian* and BROADLY.

»twitter  
@MissZing



## Specification

September 2018

Cassell

£15.00 HB

9781788400183

224 pages

210 x 149mm

50,000 words

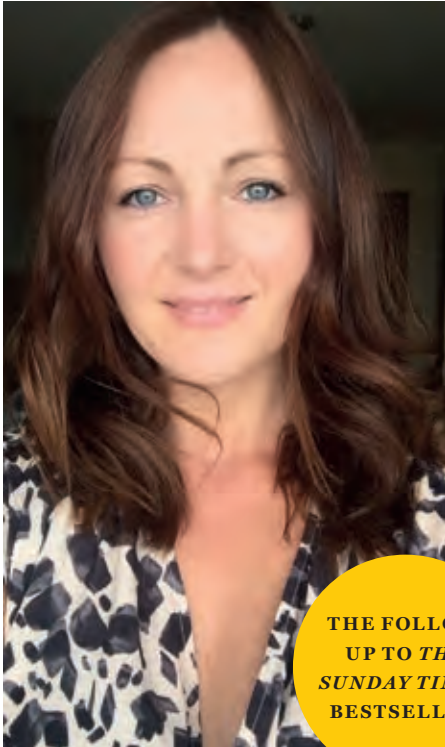
Over 100 colour illustrations

Rights available:  
World

# The Unexpected Joy of Being Single

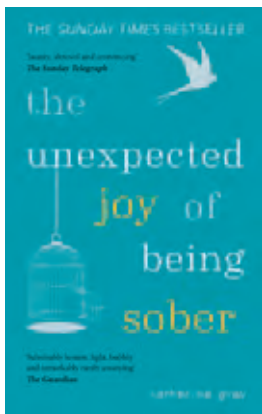
**Life as a singleton is better than you think**

Catherine Gray



THE FOLLOW UP TO THE SUNDAY TIMES BESTSELLER

Previously from Catherine Gray...



**Single in your late twenties, or hold the phone, in your thirties or beyond? Oh hi! You're in the right place.**

Over a third of us are now single. With the single camp growing at ten times the rate of the actual population, it is now the norm to be single well into our thirties – the average marriage age for women is 35 and 37 for men. But nobody seems to have told society, romcom-makers, songwriters, marriage-hungry mothers, 'tick-tock' uncles, our mates, or us that.

Cue: single anxiety. Love addiction. Spending hours scrolling through dating apps. Being inconsolable when he / she doesn't text. Humming 'Here Comes the Bride' when they do.

Catherine Gray went through all of this. And then some. She took a whole year off dating to get her love-hooked head straight.

How do we chill our boots about our single status? Detach from 'all the good ones are gone!' panic? And de-programme from urgent, red, heart-shaped societal pressure to find your 'other half'? We know intellectually that single is far preferable to panic-settling, yet we forget that almost constantly. Why? Psychologists and neuroscientists tell us? Let's start the reverse-brainwash and locate our happily-single sanity, for good. Are you in?

\*Spoiler: you're already a whole person.

**Praise for The Unexpected Joy of Being Sober**

*'Truthful, modern and real'* – **Stylist**

*'Brave, witty and brilliantly written'*

– **Marie Claire**

*'Not remotely preachy'*

– **The Times**

*'Jaunty, shrewd and convincing'*

– **Sunday Telegraph**

*'Admirably honest, light, bubbly and remarkably rarely annoying.'*

– **Alice O'Keeffe, Guardian**

**Catherine Gray**

is an award-winning writer and editor. She has worked on staff for magazines such as *Cosmopolitan*, *GLAMOUR* and *The Sun's Fabulous* supplement and written as a freelancer for publications like *Stylist*, *Marie Claire*, *YOU*, *Women's Health*, *Grazia*, *The Guardian*, *Shortlist*, *BBC Earth*, *Emerald Street*, *Heat* and *The Daily Mail*.

» **twitter**

@cathgraywrites

» **instagram**

@cathgraywrites

**Specification**

December 2017

Aster

£8.99 PB

9781912023813

272 pages

198 x 126mm

85,000 words

Rights available:

UK, Commonwealth & USA



# She Did It Anyway

## A Midult Manifesto for Imperfect Women

Annabel Rivkin & Emilie McMeekan



THE MIDULT'S  
TELEGRAPH COLUMN  
HAS A READERSHIP OF  
1.5 MILLION

The first book from the creators of the popular blog and *Telegraph* column, the Midult: 'A place where we can connect, unlock some joy, deal with the worry and unlock the shame that mid-life can bring... a wry look at real life, real wisdom and real information framed in fun.'

Feel that middle-age is a label that doesn't fit? Welcome to Midulthood, a generation-defining tribe where we are not our mothers. 'Midulthood is a mood. A movement. A place where Midult women matter. Where anxiety becomes if not fun then funny. Can't face having sex with your husband? Worried you're going to lose your house? Deranged about fertility? Feel like you're employed by your life? Come on in... the water's lovely.'

*She Did It Anyway* offers a wry, funny guide for women of 35–55 who don't feel middle-aged, with chapters covering topics such as Dating (It's Not Me, It's You), Sex (What Could Possibly Go Wrong?), Joy (I am Flawsome), Work (Know Your Worth, then Add VAT), Friendship (Wishbone, Backbone, Funnybone) and Self-image (Does This Straitjacket Make Me Look Fat?). Topics are explored through essays, listicles ('Thoughts We Have at 6am, 8 Little Life Enhancers (we are not going to do)) and quotes ('I just want to lie in a pile of warm laundry and eat bread' and 'The best cure for a hangover is being under the age of 25').

After reading this book, Midults will no longer feel like civilization's ignored middle child, but happier, stronger and better prepared. Remember: Life is tough. So are you.

'THE BEST CURE  
FOR A HANGOVER  
IS BEING UNDER  
THE AGE OF 25'

**Annabel Rivkin**  
and **Emilie McMeekan**

are co-founders of The Midult; a generation-defining tribe for grown-up women. With a combined journalistic experience of over 30 years they are currently columnists for the *Saturday Telegraph Magazine* and Annabel also writes a column for the *Evening Standard*. They are leading the charge on a re-branding of what it means to be a grown-up woman.

»twitter  
@AnnabelRivkin  
@emiliemcmeekan

### Specification

September 2018  
9781788400671  
£16.99 HB  
256 pages  
234 x 153mm  
80,000 words  
15 illustrations  
Rights available:  
English language for  
UK, Commonwealth  
and Europe

# Back to Amy

An intimate portrait of the real Amy Winehouse

Charles Moriarty



**Breathtaking photographs of Amy Winehouse on the cusp of fame, including many never-before-seen images.**

Rare, open and honest, this collection of around 150 photographs by Charles Moriarty shows Amy Winehouse as you've never seen her before, alongside text from those who knew her well, including her mother, manager and music collaborators.

Consisting of two shoots spread across London and New York in the lead-up to the release of her debut album *Frank*, these beautiful images capture a sense of fun,

mischief and style, giving an early glimpse of a star in the making.

With a foreword by Asif Kapadia, Academy Award-winning director of the documentary *Amy*, and containing contributions from people close to Amy during her career, this book is a celebration of the enduring spirit of a truly special artist.

Originally from Dublin, **Charles Moriarty** is a London-based photographer. He has worked with Amy Winehouse, Damon Albarn, *Vice* magazine, the Tate, Diesel and many more.

### Specification

October 2018  
Cassell  
£20.00 HB  
9781788400596  
224 pages  
246 x 189mm  
20,000 words  
150 photographs  
Rights available:  
World

CONTAINS  
MORE THAN 50  
PREVIOUSLY  
UNSEEN  
PHOTOGRAPHS  
OF AMY

AMY  
WINEHOUSE'S  
ALBUM *BACK TO BLACK*  
TOPPED CHARTS IN 15  
COUNTRIES, AND WON  
A GRAMMY FOR  
BEST ALBUM

# Michael Jackson: All the Songs

The story behind every song, every video, every dance move

Richard Lecocq and Francois Allard



**The complete, definitive study of Michael Jackson's artistic legacy.**

This is the only book that tells the story behind every single song that the King of Pop ever released – from his formative years with the Jackson Five to his incredible and much-loved output as a solo artist. Over 200 songs, videos and revolutionary dance moves are analysed, uncovering the fascinating stories around their creation and allowing fans the chance to truly understand the artistry behind them.

Written by two Michael Jackson experts – the creators of the MJ Data Bank and MJ Stranger websites and editor-in-chief of Michael Jackson magazine, *Invincible* – this is the definitive book for Michael Jackson fans.

THIS SERIES  
HAS SOLD MORE  
THAN 100,000  
COPIES IN THE US  
ALONE

### Specification

October 2018  
Cassell  
£45.00 HB  
9781788400572  
592 pages  
270 x 210mm  
300,000 words  
c.500 photographs  
Rights available:  
World English  
Language

MICHAEL  
JACKSON HAS  
SOLD 750 MILLION  
ALBUMS  
WORLDWIDE

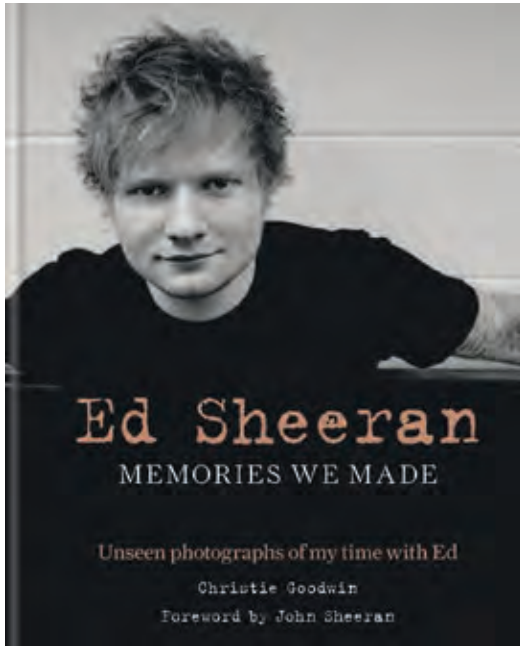
2019  
WILL MARK  
THE 10TH  
ANNIVERSARY  
OF HIS DEATH

# Ed Sheeran: Memories We Made

## Unseen photographs of my time with Ed

Christie Goodwin

ED SHEERAN  
WILL UNDERTAKE  
A WORLD TOUR IN  
2018, PLAYING 68  
DATES IN 14  
COUNTRIES



CONTAINS  
NEVER-  
BEFORE-SEEN  
PHOTOGRAPHY OF  
ED SHEERAN -  
INCLUDING RARE  
EARLY SHOTS

An incredible collection of photographs of Ed Sheeran, from early, pre-fame gigs to sell-out arena tours – including never-before-seen images.

This unique collection of intimate photographs charts Ed Sheeran's meteoric rise from struggling musician to global megastar.

Taken by Ed's long-time photographer Christie Goodwin and with a foreword and additional captions by Ed's father, John Sheeran, *Ed Sheeran: Memories We Made* contains many unseen images along with personal anecdotes from Christie of time spent together with her friend – taking us on a journey from the early days of an unknown Ed gigging in London to tiny crowds, to backstage on a sell-out US tour and performing his songs to a rapt audience of thousands.

Relaxed, open and honest, this collection of photographs is a chance to truly see the man behind the music – a rare look at the personal face of a world-famous artist.

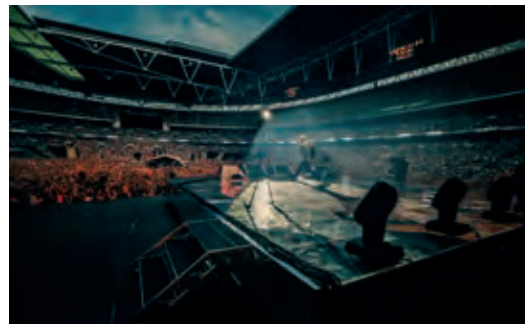
ED SHEERAN'S  
MOST RECENT  
ALBUM WENT TO  
NO.1 IN  
14 COUNTRIES



### Christie Goodwin

is a photographer with a career that spans over thirty years. Today, she is a highly sought-after photographer of top musicians, and has worked with artists including Ed Sheeran, Taylor Swift, Paul McCartney, Katy Perry and many more.

»twitter  
@ChristieGoodwin



### Specification

September 2018  
Casell  
£18.99 HB  
9781788400664  
224 pages  
235 x 190mm  
20,000 words  
150 photographs  
Rights available:  
World

# Uncovered

## Revolutionary Magazine Covers by the Mavericks Who Made Them

Ian Birch



Discover the inside story behind the creative process and the disruptive consequences of ground-breaking magazine covers.

They made you look. They made you think. They made you care. *Uncovered* is an oral history of the stories behind the most innovative and controversial magazine covers of all time, as told by the people who created them.

Featuring interviews with industry legends such as David Bailey and Nick Logan as well as the editors, designers, photographers and art directors of *Vogue*, *Rolling Stone*, *The Face*, *NME*, *Time Out*, *i-D*, *The New York Times Magazine*, *Vice*, *Esquire*, *Playboy* and many more, this is a unique social document covering some of the most memorable media images ever seen.

Author Ian Birch has worked in magazines in both the UK and USA since the 1970s, and has used a career's worth of contacts to create this once-in-a-lifetime collection of the creative powerhouses of the magazine industry.



**Ian Birch** is former Editorial Director of Hearst UK and Emap. He began his magazine career in the late 1970s and has run magazines including *Esquire*, *Harper's Bazaar* and *Company*, and helped to launch *Red*, *Closer*, *Grazia* and *Heat*.

VINTAGE  
MAGAZINE COVERS  
ARE PERENNIALY  
POPULAR AND  
COLLECTIONS SUCH AS  
*POSTCARDS FROM VOGUE*  
HAVE STRONG SALES  
RECORDS

COLLECTS  
TOGETHER IMAGES  
OF THE MOST  
ICONIC MAGAZINE  
COVERS



### Specification

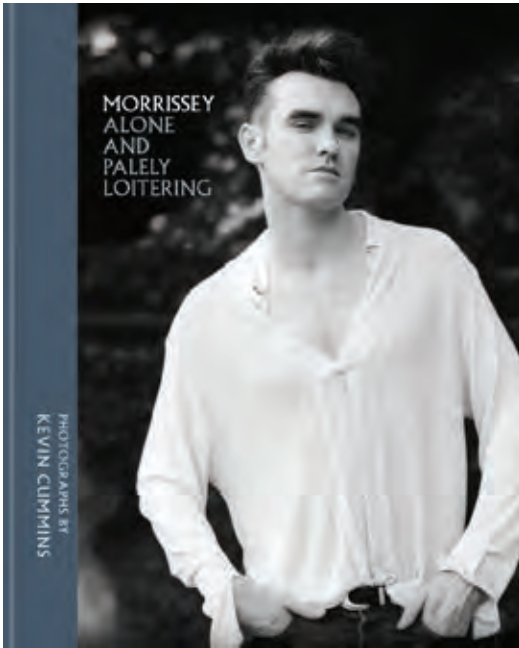
October 2018  
Cassell  
£30.00 HB  
9781844039043  
256 pages  
253 x 201mm  
40,000 words  
More than 100 full colour images  
Rights available: World



# Morrissey: Alone and Palely Loitering

A collection of photography by Kevin Cummins

Kevin Cummins



KEVIN CUMMINS HAS TAKEN SOME OF THE MOST ICONIC, BELOVED PHOTOGRAPHS OF MORRISSEY THROUGHOUT HIS CAREER

**A photographic portrait of Morrissey at his peak, with many previously unpublished images.**

This is Morrissey as you've never seen him before. Featuring many previously unpublished photographs, *Morrissey: Alone and Palely Loitering* is a portrait of Morrissey at his creative peak. Journey through hundreds of Kevin Cummins' renowned, era-defining images, taken over a ten-year period in the 1980s and 1990s when Morrissey was creating some of his best-loved work. Frantic on-stage images sit alongside formal portraits and off the cuff, behind the scenes photographs to create a complete picture of Morrissey's world.

Covering locations all over the globe and accompanied by recollections from the author on his photography, his time with Morrissey and the artistic process of collaborating with him, this intimate, creative and surprising collection is a document of an artist at the height of his powers.

Also featuring portraits of die-hard fans with tattoos inspired by Morrissey, this is the perfect portrait of a unique musician and the devotion he inspires.

FEATURES MANY NEVER-SEEN BEFORE-SEEN IMAGES



**Kevin Cummins**

Chief photographer at the *NME* for more than ten years, Manchester-born Kevin Cummins has an international reputation as one of the world's leading photographers and is famed for his iconic portraits of musicians including Joy Division, David Bowie, Nick Cave, Mick Jagger, Patti Smith and Oasis. Kevin captured some of the best-known images in modern music history – his work has decorated bedroom walls the world over.

>>twitter  
@KCMANC



## Specification

September 2018

Cassell

£30.00 HB

9781788400237

256 pages

263 x 194mm

20,000 words

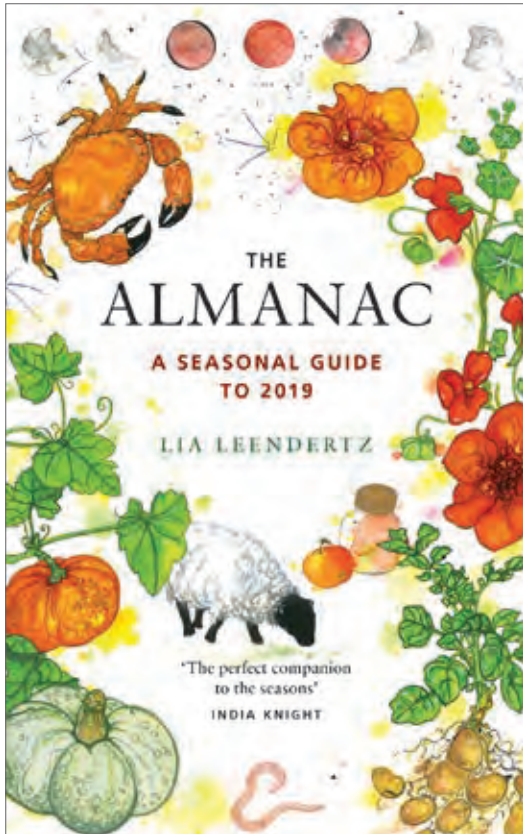
More than 150 photographs

Rights available: World

# The Almanac

## A Seasonal Guide to 2019

Lia Leendertz



THE  
ALMANAC 2018  
IS AN AMAZON  
NUMBER ONE  
BESTSELLER

AS FEATURED  
ON CERY'S  
MATTHEWS'  
BBC RADIO 6  
MUSIC SHOW

The next edition of award-winning gardener and food writer Lia Leendertz's brilliant and timely reinvention of the almanac.

*The Almanac* revives the tradition of the rural almanac for a new audience. Its aim is to give you the tools and inspiration you need to celebrate, mark and appreciate each month of the year in your own particular way.

Like a traditional almanac, it provides practical information that gives access to the outdoors and the seasons, perfect for expeditions, meteor-spotting nights, beach holidays and every day. There are also essays on each month's unique nature, folklore and stories, seasonal recipes and ID charts relevant to the month. Have go at identifying trees by their bare buds in January; enjoy a broad bean, pea shoot & pecorino salad in June; discover the story of gourmet garlics and how to plant them in October.

You will find yourself referring to the almanac all year long, revisiting it again and again, and looking forward to the next edition as the year draws to a close.

### Praise for *The Almanac 2018*:

*'The perfect companion to the seasons'*

– **India Knight**

*'A richly layered book of events, celebrations and everyday information that together create a beautiful, fascinating resource... In the single month I've had my hands on it, the book has quietly "worked".'*

– **Telegraph**

*'Beautifully written, this pocket-sized guide is a labour of love and will remind you to appreciate little moments throughout the year.'*

– **Gardens Illustrated**

*'Elegant... an ideal stocking filler.'*

– **English Garden**

*'It's a very happy book, and it's got a gorgeous cover'*

– **Chris Evans, BBC Radio 2**



### Lia Leendertz

writes a weekly column for the *Telegraph*, a monthly column for *The Garden* magazine and a long-running series on growing and eating seasonally for *Simple Things* magazine. She also contributes frequently to the *Guardian* and *Gardens Illustrated*. She is the author of several gardening books and the cookbook *Petal, Leaf, Seed: Cooking with the garden's treasures*.

#### »twitter

@lialeendertz

#### »instagram

@lia\_leendertz

#### »website

www.lialeendertz.com

### Specification

October 2018

Mitchell Beazley

£10.00 HB

9781784725150

272 pages

178 x 111 mm

40,000 words

120 illustrations

Rights available:  
UK &

Commonwealth

# Best of Today

60 years of broadcasting conversations, contradictions and controversies to the nation

With forewords by Mishal Husain and Nick Robinson



***Best of Today* will mark the 60-year anniversary of broadcasting the most popular radio programme to the nation.**

This compendium will celebrate the programme's world-class journalism which has scrutinized the headlines, held those in power to account and enlightened their audience with stories that have shaped and changed our society.

The book will be broken down into thematic chapters, covering the 60 most pivotal events broadcast on the programme over the last 60 years:

- ✦ Rebellion, Revolution & Protest
- ✦ Political Landscape
- ✦ War and Conflict
- ✦ Social Change
- ✦ The Arts and Culture
- ✦ The Natural World, Climate and Space
- ✦ Science, Technology and Engineering

With forewords by presenters Mishal Husain and Nick Robinson on the task of presenting Radio 4's flagship radio show, and an introduction from the editor of the programme, Sarah Sands, on the art of programming the show, this book offers behind-the-scenes insight into the show that millions of people wake up to every morning.

*Today* is much more than a radio programme, it's a perennial British staple and this book will chronicle the absorbing story of an extraordinary and ever-popular institution.



***Today*** is BBC Radio 4's long-running early morning news and current affairs programme. *Today* has been voted the most influential news programme in Britain in setting the political agenda, and in February 2017 recorded its highest ever audience figures, reaching 7.45 million weekly listeners (up from 7.1m last quarter and 7.03m last year). In an era of fake news, echo chambers and significant shifts in global politics, the role of Radio 4's *Today* programme as the most trusted guide to the world and news around us is more important than ever.

» [twitter](#)  
@BBCr4today

## Specification

October 2018
Cassell
£25 HB
9781788400374
320 pages
234 x 153 mm
120,000 words
With a colour insert
Rights available: World

# How To Ride A Bike

## From starting out to peak performance

*Sir Chris Hoy*



SIR CHRIS HOY IS TEAM GB'S MOST SUCCESSFUL OLYMPIAN, WITH A RECORD LIST OF ACHIEVEMENTS, INCLUDING SIX GOLD MEDALS AND 11 WORLD CHAMPIONSHIPS.

### Go from good to great with advice from Britain's greatest Olympian, Sir Chris Hoy.

An invaluable manual for cyclists of all ages, experience and ability, which will help them achieve peak performance. Full of practical advice, this book includes information on:

- ❖ Strength conditioning to improve your performance
- ❖ Targeted training plans to focus on strengthening weaker areas
- ❖ Bike care
- ❖ Riding different terrains and environments
- ❖ Road cycling skills and safety

The book will also help you discover your 'key performance limiters', which fall into four groups:

- ❖ Stamina – how far you can ride without tiring
- ❖ Hard steady state riding – how hard you can ride over 20 minutes
- ❖ Capacity – how hard you can ride over 5 minutes
- ❖ Speed – how fast you can sprint

This book acts as a training toolbox with which you can structure bespoke sessions to improve these four facets of performance. There's also advice on diet, weight loss and the psychology of cycling, and plenty of stories and anecdotes from Sir Chris Hoy's Olympic track career.

Full of helpful and inspiring advice for those getting on a bike for the first time in a while, along with plenty of tips and tricks for seasoned cyclists looking to take it up a notch, this is a book for beginners and pros alike.



### Sir Chris Hoy MBE

is Great Britain's most successful Olympic athlete of all time, with six gold medals and one silver. Chris was voted 2008 BBC Sports Personality of the Year, and he was also awarded a Knighthood in the 2009 New Year Honours list. Chris retired from competitive cycling in 2013 and his achievements throughout his career make him Team GB's most successful Olympian, the first Briton since 1908 to win three gold medals in a single Olympic Games, and one of the most successful Olympic cyclists of all time.

### Specification

September 2018  
Hamlyn  
£18.99 PB  
9780600635215  
224 pages  
246 x 189mm  
50,000 words  
200 images  
Rights available;  
World



# En Cyclo Pedia

Everything you need to know about cycling, from the essential to the obscure

Johan Tell



A  
BEAUTIFUL  
PACKAGE,  
PERFECT FOR AN  
UPMARKET, STYLE-  
CONSCIOUS  
AUDIENCE

## An A-Z guide to the language of cycling.

In *En Cyclo Pedia* Johan Tell – award-winning Swedish writer and cycling obsessive – uncovers the very soul of cycling, exploring and explaining the many and varied stories that form the basis of cycling culture.

Beautifully illustrated and arranged alphabetically with hundreds of entries ranging from Tour de France stages to illegal ‘Alley Cat’ races, as well as cult heroes and must-know cycling slang, Tell’s book provides an insight into this complex world that only a cycling junkie can.

From a pilgrimage to the Bianchi factory in Milan to scouring the streets of New York for the origins of the fixie, via the bicycle cafés of Barcelona and the cobblestones of Flanders, *En Cyclo Pedia* is a complete A to Z guide to the unique, indescribable character of global bike culture – a road map of the idiosyncrasies of cycling.

SINCE 2001,  
THE NUMBER OF  
CYCLISTS IN NEW YORK  
HAS TRIPLED, AND HAS  
DOUBLED IN  
LONDON



### Johan Tell

is a freelance writer and former editor of the travel magazine *Vagabond*. He has written several award-winning books and has also helped other adventurous travellers to tell their stories. Tell is a lecturer, mainly in the environmental field, and, above all, a cycling enthusiast.

### Specification

September 2018

Mitchell Beazley

£15.00 PB

9781784724955

224 pages

240 x 170mm

69,000 words

c.60 illustrations

Rights available:  
World English  
Language

# The Science of Supercars

## The Technology that Powers the Greatest Cars in the World

Martin Roach, Neil Waterman and John Morrison



FEATURING  
EXCLUSIVE  
CONTRIBUTIONS  
FROM THE GREATEST  
NAMES IN CAR  
DESIGN HISTORY

Explore the technology that drives the supercar, with contributions from the biggest names in the industry.

This is the definitive story of the science behind the cars of our dreams, featuring inside information from the major players of the supercar world – including design legend Adrian Newey, McLaren F1 creator Gordon Murray, supercar mavericks Horacio Pagani and Christian von Koenigsegg, as well as contributions from manufacturers such as Lamborghini, Porsche, Bugatti and McLaren.

What powers the greatest cars in the world? How did we get from the crude mechanics of yesteryear to the high-tech, computer aided designs we see today? Which cars broke the mould?

Featuring bespoke technical drawings from F1 championship-winning engineer Neil Waterman, *The Science of Supercars* traces the evolution of the supercar through the technology that drives it. Enlightening and informative, it is an essential read for petrolheads and design fanatics alike.

INTRODUCTION  
BY F1 DRIVER  
DAVID  
COULTHARD

### Martin Roach

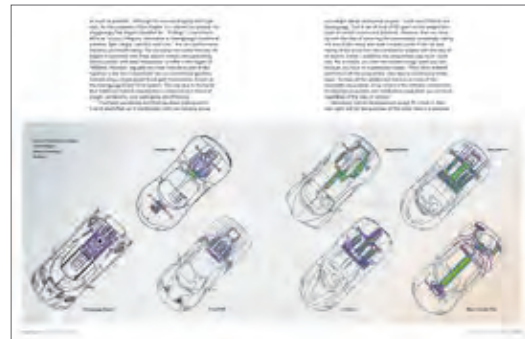
is a best-selling author who has written a number of books on supercars, including *The Supercar Book for Boys* and *Bugatti Veyron: Quest for Perfection*. He has worked with F1 legends Nigel Mansell and David Coulthard.

### Neil Waterman

has spent 35 years working in the highest levels of motorsport, and was a senior member of the Red Bull Racing team that dominated Formula 1 and won four consecutive World Driver's and Constructor's Championships.

### John Morrison

is a former racing driver with more than 50 years' experience of racing, including winning the Daytona 24 and competing in Le Mans 24-Hour race.



### Specification

September 2018

Mitchell Beazley

£20.00 HB

9781784723637

224 pages

246 x 189mm

40,000 words

c.175 photographs and illustrations

Rights available: World

# The Official Guidebook to the Rules of Golf

The R&A



## The only complete and official guide to the updated Rules of golf, from the R&A.

Following seven years of consultations, the governing bodies of the Rules of golf are about to implement the most comprehensive Rules changes seen in the game for 37 years.

In a bid to make the Rules more accessible and straightforward The R&A and USGA have reworded every Rule and made alterations that will affect the way every golfer in the world plays the game – some 60 million people.

The Rules will be reduced from 34 to 24 and some of the changes will create ripples throughout the world of sport. They include:

- ✦ Reduction of 'ball moved' penalties.
- ✦ Relaxed putting green rules.
- ✦ Relaxed bunker rules.
- ✦ A bigger reliance on a player's 'reasonable judgment'.
- ✦ Reduced search times.
- ✦ The abandonment of the 'furthest from the hole plays first' etiquette in favour of 'ready golf'.
- ✦ Relaxed procedure for dropping the ball.

This is the book that every serious golfer will need.

## Specification

November 2018
Hamlyn
£20 HB
9780600635703
592 pages
165 x 220mm
70,000 words
50 illustrations
Rights available: English language

# You Are The Ref

## 500 sporting conundrums to solve

Paul Trevillion & Keith Hackett



## A new compendium of the cult classic *Guardian* cartoon.

Challenge your knowledge of the beautiful game with 300 new refereeing dilemmas from the legendary team behind the *Guardian's* You are the Ref strip. From mid-game bust-ups, and unexpected intrusions onto the pitch, to bitter disputes about penalties, Keith Hackett's tricky scenarios will give even the keenest wannabe referee a run for their money, while Paul Trevillion's unmistakable artwork illustrates every situation. Stop shouting at the ref on the TV and start working

out what you'd do in these perplexing, unpredictable and often downright confounding footballing conundrums.

**Paul Trevillion** is a world-famous sports artist who is best known for his *Roy of the Rovers* and *You are the Ref* cartoon strips. His work has appeared in almost every national newspaper in Britain and he has met and drawn most of sport's biggest names.

**Keith Hackett** is one of the most trusted referees in footballing history, and is counted as one of the top 100 referees of all time by the International Federation of Football History and Statistics.

## Specification

October 2018
Cassell
£10.00 PB
9781788400756
176 pages
142 x 194mm
15,000 words
300 illustrations
Rights available: World

DEN OF GEEK  
HAS OVER 7  
MILLION VIEWERS  
WORLDWIDE ALONG  
WITH 87.7K  
FOLLOWERS ON  
TWITTER

# TV Geek

## The Den of Geek guide to the greatest series

*Simon Brew, with Ryan Lambie and Louisa Mellor*



A comprehensive compendium of cult website Den of Geek's most popular articles combined with new material to create the ultimate alternative TV guide.

Get sucked in to the world of box-sets, binge-watching and addictive TV trivia with this comprehensive guide to the small screen. Includes articles on:

- ❖ *Oz*, and the HBO revolution.
- ❖ How the live action *Star Wars* TV show fell apart.
- ❖ The fascinating hidden details of *Game of Thrones*.
- ❖ Prescience, sci fi, and reflecting reality in *Black Mirror*.

- ❖ *The Walking Dead*, and the power of fandom.
- ❖ Top 10 genuinely terrifying episodes of TV shows.
- ❖ Spotting the references in Marvel TV shows.

**Den of Geek** is the leading alternative culture website with over 7 million viewers across the globe. Fans worldwide use the site to learn the latest gossip from the sets of the biggest shows in production and to enjoy Den's quirky insight into the history of TV & film. **Simon Brew** is the founder and editor of Den of Geek.

### Specification

October 2018  
Cassell  
£15.99 PB  
9781788400732  
240 pages  
217 x 165mm  
70,000 words  
200 illustrations  
Rights available:  
World

MOVIE GEEK  
SOLD HAS  
SOLD ALMOST  
15,000  
COPIES

# Border Control Entrance Exam

## Are you British enough for post-Brexit Britain?

*Michael Powell*



Pit your wits against the true arbiters of Britishness – the border control agency...

When it comes to being British, it's less about whether you can name all of Henry VIII's wives, and more about how long you can spend in a packed lift without making eye contact. Who cares if you can tell the difference between an hereditary peer and a life peer – what you really need to know is how long you can dunk a digestive in your tea before one half of it falls in. With the *Border Control Entrance Exam*, put your knowledge of the British psyche to

- the test, with challenges such as:
- ❖ Find Basingstoke and other key cultural centres on a map
  - ❖ Spot the breaches of supermarket etiquette
  - ❖ Get through a family Christmas dinner without mentioning Brexit
  - ❖ Rate the celebrities in order of National Treasuredom
  - ❖ Decode the frankly baffling idiosyncrasies of cricket
  - ❖ Allocate an MP's expenses to different leisure pursuits
  - ❖ Tie the perfect Windsor Knot
  - ❖ Work out if a pint at the airport is still acceptable before a 7am flight
  - ❖ Identify the correct shade of a cup of a tea on a colour wheel

### Specification

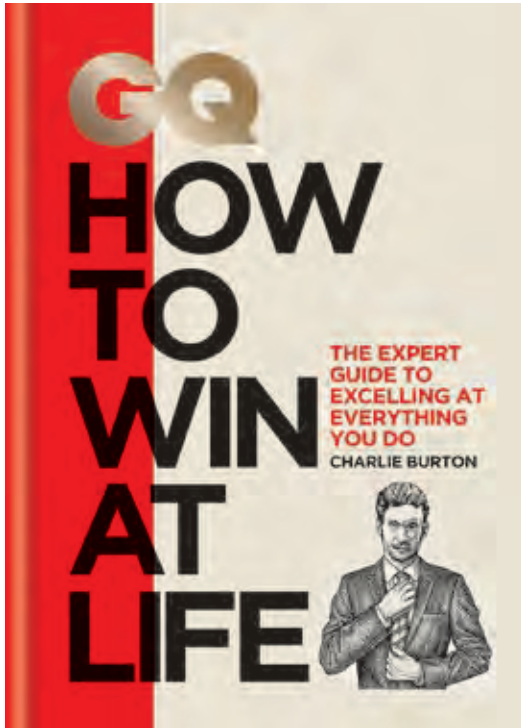
October 2018  
Hamlyn  
£10.00 HB  
9780600635734  
128 pages  
180 x 120mm  
25,000 words  
100 illustrations  
Rights available:  
World



# GQ How to Win at Life

The expert guide to excelling at everything you do

Charlie Burton



A foolproof guide to being the very best at whatever life throws at you.

From the magazine synonymous with looking sharp and living smart comes the definitive handbook of skills for the modern man. Based on interviews with the world's foremost authorities, and wisdom from GQ's editors, step-by-step guides show you how to win at fashion, sport, food and drink, work, romance, travel and the unexpected...

You will learn how to:

- ✦ Neutralize a crisis using Alastair Campbell's rules
- ✦ Mix a dirty martini like the world's best bartender
- ✦ Execute a bicycle 'track stand' like Chris Froome
- ✦ Pack a suit for travel without it creasing
- ✦ Get quality sleep on a night flight
- ✦ Perform mind-blowing magic like Dynamo
- ✦ Dance without looking like your dad
- ✦ Survive a kidnapping like Andy McNab
- ... and much more



**Charlie Burton**

is a journalist based in London. As Senior Commissioning Editor of GQ he writes everything from celebrity profiles to political opinion. In 2015, he started the magazine's monthly how-to column, 'Bring Your "A" Game', which inspired this book. Photo credit: Simon Webb

## GQ

For 30 years, GQ has been the premier magazine for men. The winner of 66 major awards, it brings the very best of men's lifestyle and fashion to millions around the world each month.

## »twitter

@CharlieBurton  
@BritishGQ

2018 MARKS  
GQ'S 30<sup>TH</sup>  
ANNIVERSARY

THE FIRST  
GUIDE TO LIFE  
FROM ICONIC  
MEN'S MAGAZINE,  
GQ



## Specification

September 2018  
Mitchell Beazley  
£14.99 HB  
9781784724580  
224 pages  
210 x 149mm  
25,000 words  
c. 300 illustrations  
Rights available:  
World

# Tech Classics

## The ultimate compendium of retro computers & consoles

Peter Leigh



**YouTube's most successful purveyor of computer and gaming nostalgia brings those stories to print.**

This book celebrates the most exciting period in the history of technology - the arrival of the home computer and home gaming console. For a time, an exciting and ever-changing array of different companies fought for supremacy, leaving a lasting legacy of great gameplay and surreal design that we'll never experience again.

Not just old computers, this book features screenshots of historic games that will bring nostalgic joy to the heart of anyone who grew up in the 80s or early 90s, alongside stunning studio photography of the computers that imprinted themselves on a generation's minds and some insights into the stories behind them.



### Peter Leigh

With well over 100,000 followers on YouTube as 'The Nostalgia Nerd', Peter Leigh is well known to his loyal fans for his in-depth videos about the software, hardware, games, toys, programs and magazines of the 70s, 80s and 90s. He has no shame admitting his addition to retro tech (indeed it would be hard to hide).

»twitter  
@nostalnerd

**PETER LEIGH  
HAS OVER  
100,000  
FOLLOWERS ON  
YOUTUBE AS  
'THE NOSTALGIA  
NERD'**

**A  
HIGH-  
QUALITY  
PRODUCT FOR THE  
PROVEN AND  
GROWING GEEK-  
NOSTALGIA  
MARKET**



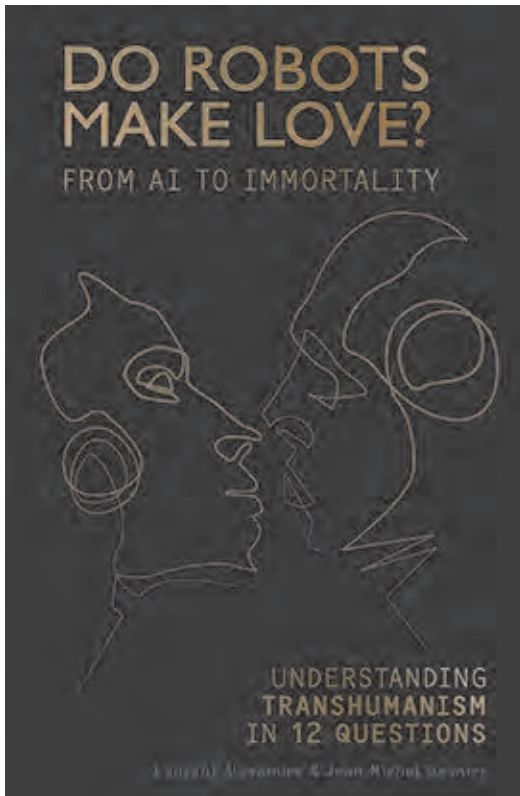
### Specification

**November 2018**  
**Ilex Press**  
**£15.00 HB**  
**9781781575703**  
**224 pages**  
**210 x 149mm**  
**32,000 words**  
**400 images**  
**Rights available:  
World**

# Do Robots Make Love?

## From AI to Immortality – Understanding Transhumanism in 12 Questions

Laurent Alexandre & Jean-Michel Besnier



Through 12 thought-provoking questions, a philosopher and a scientist explore the real-world ramifications of transhumanism – the tech movement that seeks to improve the human condition through science.

- ✦ Should we enhance the human condition with technology?
- ✦ Does anyone really want to live for a thousand years?
- ✦ Could AI end up destroying mankind?

Discover the incredible potential of mankind's near future as a doctor and a philosopher debate the big questions surrounding the incredible potential of transhumanism. This movement – that seeks to improve the human condition through science – has fast become one of the most controversial the scientific community have ever faced. As scientists in California make great strides in using advanced technology to enhance human intellect and physiology, the ethical and moral questions surrounding its possibilities have never been more pressing. Should we change the way we reproduce? Could we enhance the human body with technology to the point where we are all technically cyborgs? Is it possible to make love to a robot?

Doctor and entrepreneur Laurent Alexandre and tech-philosopher Jean Michel Besnier go head to head on the big questions in an entertaining and thought-provoking debate on the fundamental principles of transhumanism.



**Laurent Alexandre** is a French urological surgeon, author, entrepreneur and expert on transhumanism who has written for the *Huffington Post* and *Le Monde*.

**Jean-Michel Besnier** is an emeritus professor of Philosophy at the Sorbonne in Paris specialising in the impact of science and technology on human society.

» **twitter**  
@dr\_l\_alexandre

### Specification

July 2018  
 Cassell  
 £10.00 HB  
 9781788400701  
 144 pages  
 B-format (198 x 126mm)  
 25,000 words  
 Rights available:  
 World English  
 language

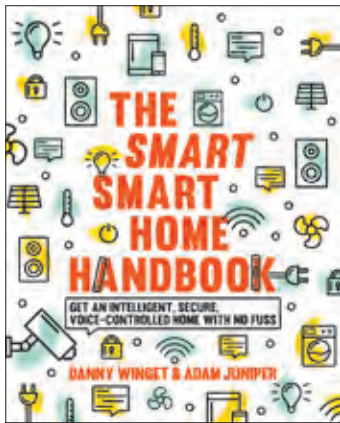


# The Smart Smart Home Handbook

## Control Your Home With Your Voice

Adam Juniper

ALL TECH  
HAS BEEN  
TRIED AND  
TESTED BY THE  
AUTHOR



**Learn how to improve your day-to-day life with smart technology.**

*The Smart Smart Home Handbook* is a book designed to save its readers time and money, while still opening the possibilities of smart tech.

Read about experiences of families who have installed tech you might be considering.

Learn about exciting possibilities you may not have thought of, such as lighting that matches the TV screen to create a movie effect and find out how to create programs and sequences to make this happen.

This book also addresses the digital security concerns which retailers prefer to minimise, and shows you the best ways to ensure that you get all the advantages of smart home tech, with no risk from hackers.

**Adam Juniper** has had a longstanding interest in consumer technology, having written his first gadget review for a magazine before he was old enough to drive. He's written and edited dozens of books, especially on photography, drones and now the arrival of the smart digital assistant.

### Specification

November 2018  
Ilex Press  
£14.99 PB  
9781781575802  
160 pages  
235 x 190mm  
25,000 words  
300 images  
Rights available:  
World

# The Complete Guide to VR

## Create, Play, Share and Capture

Jonathan Tustain

JONATHAN  
TUSTAIN  
FOUNDED  
EUROPE'S LARGEST  
VR DEVELOPER,  
MEETUP



**Enter the 360-degree world of VR and get to grips with this exciting new technology, with this complete guide.**

*The Complete Guide to VR* will help you get to grips with this exciting new technology from first principles, so you know what's out there, and what you want.

Discover all there is to know about home VR systems, whether they're computer-based or even work using your mobile phone. This book will introduce you to a whole spectrum of VR possibilities including VR games, creating your own VR films and

even exploring the world using the technology.

**Jonathan Tustain** has been fascinated with virtual reality all his life and has worked in the industry since 2012. Founding Europe's largest VR developer, Meetup, he is well known in VR circles, writing for roadtovr.com, founding mobile VR company Proteus (Freefly VR), acts as a consultant for companies wishing to enter the VR space and speaks at VR events.

### Specification

July 2018  
Ilex Press  
£16.99 PB  
9781781575390  
160 pages  
255 x 235mm  
40,000 words  
300 images  
Rights available:  
World

# Primate Change

How the world we made is remaking *us*

Vybarr Cregan-Reid



PRIMATE  
CHANGE HAS BEEN  
SELECTED FOR  
A 3-PART SERIES  
ON BBC WORLD  
SERVICE

*Primate Change* offers up a wide-ranging, polemical look at how and why the human body has changed, how the way we live now is altering us inside and out, and what we can do to turn back the clock.

If you think you're you, think again.

In the last two hundred years, humans have made such a tremendous impact on the world that our geological epoch is about to be declared the 'Anthropocene', or the Age of Man. But while we have been busy changing the shape of the world, the ways of living that we have been fashioning have, as if under the cover of darkness, been changing our bodies and altering the expression of our DNA, too.

Your DNA evolved expecting a different environment from the one we have made in the last two hundred years.

Your body expected to be tasked with different work, your teeth and jaws expected different food.

Your feet expected to be used and your glutes were never meant to be downgraded to a portable carry cushion.

Your hands expected variety, your eyes expected to see distance and daylight and when they didn't find it, they tried to adapt, and they all changed.

This is the road from climate change to primate change.



**Vybarr Cregan-Reid**

is an author and academic. He is Reader in English & Environmental Humanities in the School of English at the University of Kent. His most recent book is *Footnotes: How Running Makes us Human*, which reviewers called 'delightful', 'impassioned and energetic', and 'a blazing achievement'. He has written for the BBC, the *Guardian*, the *Independent*, the *Big Issue*, the *Telegraph*, the *Mail* and the *Washington Post*, and he has appeared on Radio 4 and Sky News.

»twitter  
@vybarr

## Specification

September 2018

Cassell

£16.99 HB

9781788400220

320 pages

234 x 153mm

110,000 words

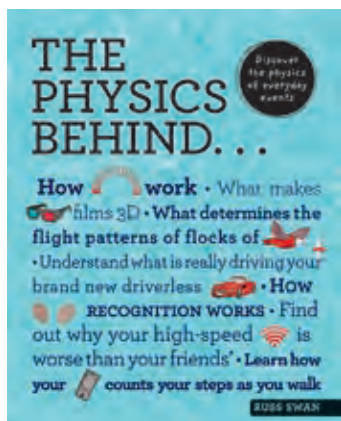
Approx. 20  
illustrations and  
diagrams

Rights available:  
World

# The Physics Behind

Discover the physics of everyday events

Russ Swan



Peer into the matrix with *The Physics Behind...* and uncover the extraordinary science behind everyday life.

From the Cloud to static, and from waterproof clothing to driverless cars, there's a whole world of fascinating science underlying our everyday objects, actions and interactions.

Discover more about the science that makes your world go round, including everyday technology, objects in the home, amazing physics in nature, incredible engineering and the science behind things you would never

have thought of before such as sunburn, wifi and a bag of sugar. Packed with beautiful and characterful artwork, *The Physics Behind...* is perfect for anyone who has ever been curious about the science of life.

Explores the physics behind:

- ❖ Touchscreen technology
- ❖ Weather
- ❖ Electric guitars
- ❖ Facial recognition
- ❖ Spider silk

**Russ Swan** is a freelance journalist and editor, specialising in writing about science, engineering and technology.

## Specification

September 2018  
 Cassell  
 £14.99 PB  
 9781844039746  
 192 pages  
 235 x 190mm  
 50,000 words  
 180 colour illustrations  
 Rights available:  
 World

# Meet Your Bacteria

Introducing the hidden communities that live in your gut & other organs

Nicola Temple & Catherine Whitlock, with a foreword by Glenn Gibson



Your body is home to trillions of microorganisms: living things too small to see without a microscope.

*Meet Your Bacteria* introduces you to all of your tiny tenants, and reveals the fascinating inner workings of your body, and the importance of these usually helpful (but sometimes harmful) microbes. Highly accessible, this book:

- ❖ Explores the different bacteria that live on and in various parts of your body (not just in the gut)
- ❖ Explains what they do, and why some are 'good' and some 'bad'.
- ❖ Offers practical advice for

promoting the good and inhibiting the bad bacteria

- ❖ Examines the latest thinking on good and bad dirt, and the links between bacteria and disease

**Catherine Whitlock** is a science writer with a BSc in Biological Sciences and a PhD in Immunology. **Nicola Temple** worked as a conservation biologist before becoming a full-time science writer. **Glenn Gibson** is Professor of Food Microbiology at the University of Reading and researches gut microbiology.

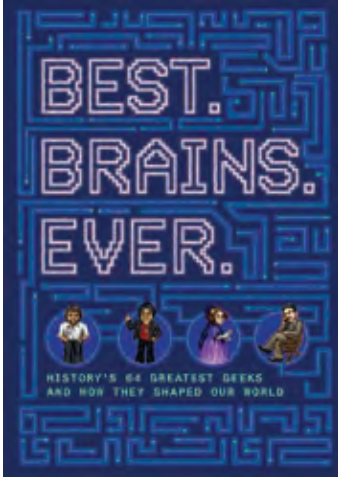
## Specification

August 2018  
 Cassell  
 £14.99 PB  
 9781844039739  
 192 pages  
 235 x 190mm  
 40,000 words  
 150 images  
 Rights available:  
 World

# Best. Brains. Ever

## History's 64 greatest geeks, and how they shaped our world

Chas Newkey-Burden



### Best. Geeky. Gift. Ever.

This book celebrates 64 geeks who have played a significant part in tech history, and, by extension, revolutionised the world. From greats like Archimedes and Galileo, through Ada Lovelace, Tesla and Turing, to more recent geniuses like Steve Wozniak.

Each is presented not only with a thorough bio and examples of their achievements that affect our lives today, but is rendered in the coolest way known to geek-culture: custom-drawn pixel art.

**Chas Newkey-Burden** is the author of a number of books including *Great Email Disasters* and a series of official titles for Arsenal FC, such as *The Arsenal Yearbook* and successive editions of *The Official Arsenal Annual*.

TAPS INTO A  
HUGE MARKET  
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FOLLOWING THE  
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BANG THEORY*

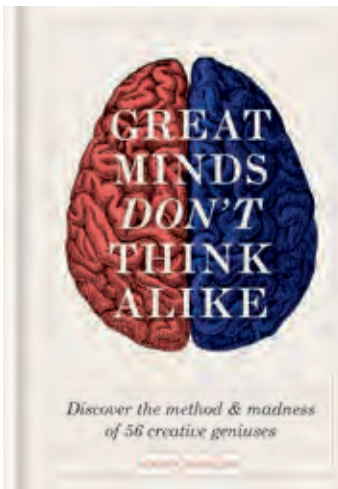
### Specification

November 2018  
Ilex Press  
£12.99 HB  
9781781575727  
144 pages  
210 x 149mm  
25,000 words  
64 illustrations  
Rights available:  
World

# Great Minds Don't Think Alike

## Discover the method and madness of 56 creative geniuses

Emily Gosling



### Uncover the method and madness behind the greatest minds in history.

*Great Minds Don't Think Alike* surveys some of the most brilliant minds of the past and present. Discover the methods and rituals they used to forge a constructive, creative pathway, from the downright peculiar to the reassuringly pedestrian.

Learn the importance of daily routines with Sylvia Plath, embrace randomness with David Bowie and transcend tragedy with Frida Kahlo.

With 56 tried and tested creative

techniques from inspired, and inspiring, minds - among them, architects, musicians, playwrights, painters and philosophers - enjoy an illustrated compendium of ingenious insights to kickstart your own creative process.

**Emily Gosling** is a freelance editor and writer based in London. She has contributed to *Vice*, *Huffington Post*, *AnOther* magazine and was previously deputy editor at *It's Nice That*.

### Specification

September 2018  
Ilex Press  
£12.99 PB  
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128 pages  
210 x 149mm  
25,000 words  
56 infographics  
Rights available:  
World

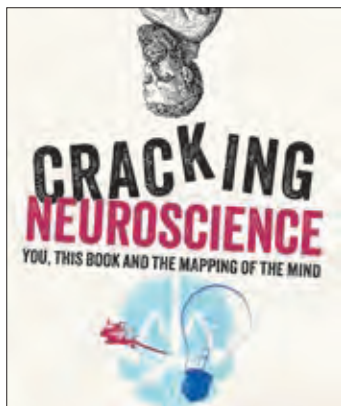
UNEARTH  
THE CREATIVE  
PROCESSES AND  
DAILY RITUALS OF  
CELEBRITIES  
THROUGHOUT  
HISTORY



# Cracking Neuroscience

**You, this book and the mapping of the mind**

*Jon Turney*



**Know your own mind with *Cracking Neuroscience*, and get a crash-course in the latest scientific knowledge of the workings of the brain.**

For so long, the brain was the great unknown of human biology; an evolved complex of cells, chemicals and electricity, which eluded even the understanding of its own grey matter. Now, in this comprehensive guide, the most complicated concepts from across the field of neuroscience – such as memory, addiction and mind mapping – are broken down into easily understandable bite-sized pieces,

to give everyone the chance to understand their own brain.

Includes sections on:

- ❖ The anatomy of the brain
- ❖ Neurons, synapses and axons – the building blocks of the brain
- ❖ Differences in male and female development

**Jon Turney** is a science writer, editor and reviewer with over 30 years' experience. He has lectured in universities across the UK, including UCL and Imperial, and created as well as taught several science communication courses. He is the author of numerous science books and lives in Bristol.

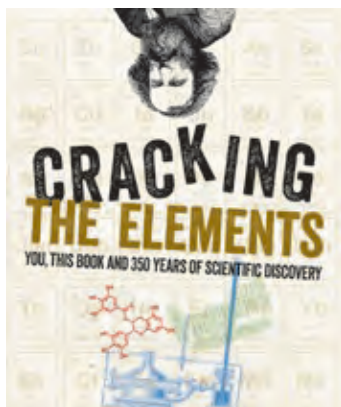
## Specification

September 2018
Cassell
£14.99 HB
9781844039524
320 pages
167 x 140mm
55,000 words
300 illustrations
Rights sold: Fra

# Cracking the Elements

**You, this book and 350 years of scientific discovery**

*Rebecca Mileham*



**Get back to basics with *Cracking the Elements*, and learn all about the building blocks of life as we know it.**

Spanning the discovery of the very first elements all the way up to the naming of the most recent elements in 2016, this book makes every daunting scientific concept understandable and memorable, and provides you with the tools to understand everything you need to know about the fundamental materials that make up our world. Includes sections on:

- ❖ Mendeleev and the creation of the periodic table

- ❖ Atomic physics
- ❖ Patterns and trends within the periodic table
- ❖ Stories of the scientists who often risked life and limb in their pursuit of new elements
- ❖ The naming of new elements

**Rebecca Mileham** is a writer who specialises in science and technology. She has helped write the text for exhibitions across the UK, including several at the Science Museum and the Natural History Museum and is a regular contributor to *Engineering and Technology Magazine*.

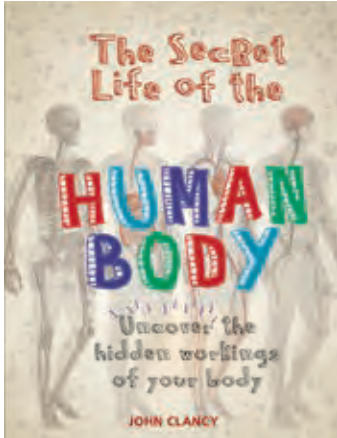
## Specification

September 2018
Cassell
£14.99 HB
9781844039517
320 pages
167 x 140mm
55,000 words
300 illustrations
Rights sold: Chi

# The Secret Life of the Human Body

## Uncover the hidden workings of your body

John Clancy



Get to know just how intricate and fascinating your body really is with *The Secret Life of the Human Body*.

Most of us take our body for granted and are never aware of its amazing capabilities. This book looks at how the seven octillion atoms that make up the human body are grouped into organs, tissues, nerves, fibres, fluids and more in such a way that the entire system runs smoothly without us ever knowing about it. It explains the hidden world of hormones and enzymes, the battleground of your immune system, the senses and much more. It also reveals the

astounding secrets of the human body, from the 15 'other senses' we have beyond the known five, to the reason we have eyes capable of seeing the Andromeda galaxy 2.5 million light years away.

**John Clancy** has over 35 years working with the human body as a Senior Lecturer in the Faculty of Medicine and Health Sciences at the University of East Anglia. He has written seven books, several chapters and over 60 articles on the human body in health and illness.

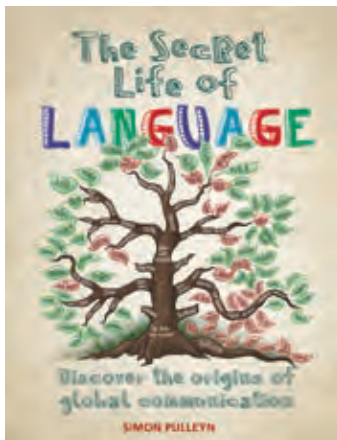
### Specification

August 2018
Cassell
£12.99 PB
9781844039784
192 pages
246 x 189mm
55,000 words
200 artworks and photographs
Rights available: World

# The Secret Life of Language

## Discover the origins of global communication

Simon Pulleyn



Discover the fascinating history of human language around the world, and learn about all the hidden processes underlying your everyday communication.

This book looks at how language has evolved around the globe from ancestral proto-languages to our recognisable modern tongues. It demonstrates how language has been shaped by social and cultural influences, and even explains how our anatomy affects the articulation, and therefore evolution, of words. Discover the surprising stories behind the origin of the written word, the

difficulties of decipherment and the challenge of inventing from scratch languages such as Dothraki.

Combining expert analysis with accessible narrative and fun illustrations, *The Secret Life of Language* makes even the complex topics of philology, morphology and phonology easy to understand.

**Simon Pulleyn** read Latin and Ancient Greek at Oxford, where he later taught Classics for almost a decade. In 2017 he completed a large book on Homer's *Odyssey* for Oxford University Press.

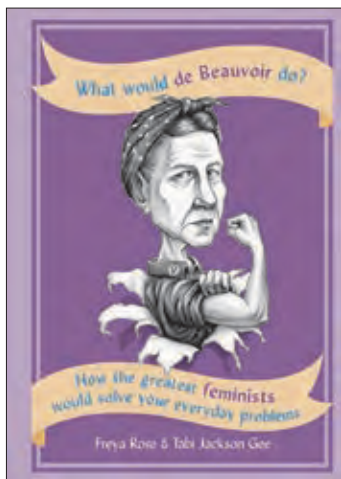
### Specification

August 2018
Cassell
£12.99 PB
9781788400244
192 pages
246 x 189mm
55,000 words
200 artworks and photographs
Rights available: World

# What Would de Beauvoir Do?

## How the greatest feminists would solve your everyday problems

Freya Rose & Tabi Jackson Gee



Explore the theories and concepts of the greatest feminists of all time, and get an answer to all of your everyday problems.

Have you ever wondered what Andrea Dworkin would have to say about your Brazilian wax? Or what Mary Wollstonecraft would think about the 'fairytale' weddings you're constantly being invited to? Ever thought about what advice Naomi Wolf would give you on your Tinder profile?

Using 40 everyday questions and problems as springboards for exploring the theories and concepts of the greatest feminist

theorists of all time, *What Would de Beauvoir Do?* tackles all the important issues in your life through a feminist lens.

From bell hooks to Betty Friedan, Hélène Cixous to Sara Ahmed, let the most influential feminists in history answer all your everyday questions, and in doing so shed light on even the most complex feminist theories.

**Freya Rose** is an author, editor and counsellor living in Suffolk. **Tabi Jackson Gee** is a freelance writer who writes regularly for the *Telegraph* and *The Sunday Times Style*.

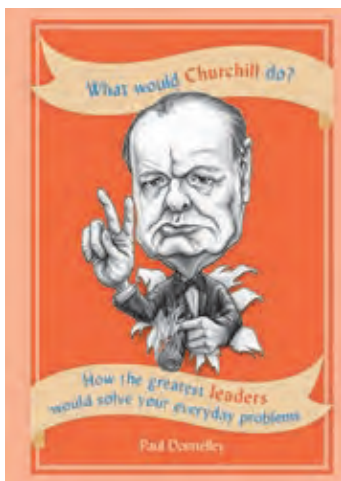
### Specification

September 2018  
Cassell  
£12.99 PB  
9781788400305  
192 pages  
210 x 149mm  
54,000 words  
90 illustrations  
Rights available:  
World

# What Would Churchill Do?

## How the greatest leaders would solve your everyday problems

Paul Donnelley



Have you ever wondered what career advice Napoleon would give you? Or if Catherine de' Medici could help you decide what to have for dinner?

Using 40 everyday questions and problems as springboards for exploring the lives and methodology of the great leaders of history, *What Would Churchill Do?* will surprise and enlighten you in equal measure. It includes financial advice from Lorenzo de' Medici and Eleanor of Aquitaine's tips on raising children; Louis XIV can advise you on home improvements and Otto von

Bismarck can help you assert yourself more at work.

With quirky illustrations and intriguing and original takes on the biggest (and smallest) everyday questions, *What Would Churchill Do?* will help you understand what made the greatest leaders great and entertain you with fascinating historical and biographical detail.

**Paul Donnelley** is a writer and journalist based in the UK. He is the author of more than 26 books, along with numerous articles for the *Telegraph*, the *Mail*, *The Times* and *OK*, among others.

### Specification

September 2018  
Cassell  
£12.99 PB  
9781788400299  
192 pages  
210 x 149mm  
54,000 words  
90 illustrations  
Rights available:  
World

# Politics Hacks

100 clever ways to help you understand and remember the most important theories

Julian Flanders



**A brand new way to understand and remember 100 of the most important concepts in the history of political thought.**

Understanding the history and significance of today's political climate can be confusing and daunting. *Politics Hacks* is here to give you quick definitions and background on 100 key political theories from the last 1,000 years

Each idea is broken down into three stages:

- 1/ The helicopter view, which gives you an introduction to the idea.
- 2/ The shortcut, which gives you the core elements of the theory.

3/ The hack, which is a one-liner designed to stick in your memory and give you an instant grasp of the concept.

Whether you quickly want to get to grips with neo-Marxism, understand the principles of expansionist nationalism, or know the history of the Wahhabi movement, this book is the perfect way to speedy enlightenment.

**Julian Flanders** has spent a lifetime involved with books: reading, proof reading, editing and writing them. His specialist areas include history, philosophy and politics. This is his fourth book.

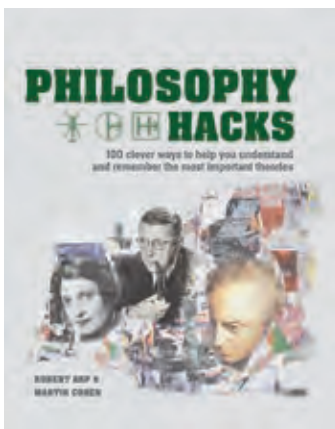
## Specification

October 2018
Cassell
£14.99 PB
9781788400404
208 pages
225 x 177mm
35,000 words
100 images
Rights available: World

# Philosophy Hacks

100 clever ways to help you understand and remember the most important theories

Robert Arp & Martin Cohen



**100 clever hacks to make even the most complex philosophical theories easy to understand.**

Each idea is broken down into three stages:

- 1/ The helicopter view, which gives you an introduction to the idea.
- 2/ The shortcut, which gives you the core elements of the theory.
- 3/ The hack, which is a one-liner designed to stick in your memory and give you an instant grasp of the concept.

From Kant's categorical imperative to Derrida's deconstruction, there are 100 concepts explained, ranging from empiricism through to logical

positivism. The perfect introduction to philosophy, this is a great new way to learn about the most important philosophical ideas and concepts in a way that makes them easy to recall even months after reading the book.

**Robert Arp** is a philosopher and author of numerous books on the subject. He is also the editor of *1001 Ideas that Changed the Way We Think*.

**Martin Cohen** is an established author specializing in popular books on philosophy and politics, and also the editor of *The Philosopher*, the long-standing philosophical journal founded in 1923.

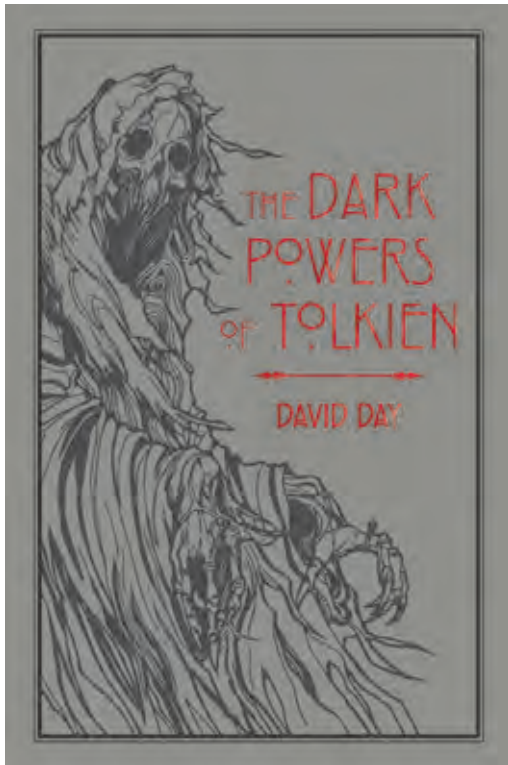
## Specification

October 2018
Cassell
£14.99 PB
9781788400398
208 pages
225 x 177mm
35,000 words
100 images
Rights available: World



# The Dark Powers of Tolkien

David Day



**An in-depth and illustrated guide to the terrible and awesome lives of Tolkien's dark powers.**

J.R.R. Tolkien's *The Lord of the Rings* and *The Hobbit* hold some of the greatest tales of good versus evil ever told. His remarkable fictional world, Middle-earth, has staged war and rebellion, celebration and loss, causing its men, women and fantastical creatures to strive for the triumph of good, and for others – whether by inheritance or by choice – to propel forward the power of the forces of darkness and evil.

From Sauron's transformation into the Dark Lord, to a Barrow-wight's hypnotic powers over its "prey", each have their place in Middle-earth's vast history, created against a backdrop of Tolkien's fascination with and influence from other mythological and ancient sources.

In his latest book of this series, best-selling author and Tolkien expert David Day examines the complexities surrounding Tolkien's portrayal of good and evil, analysing the influences, history and meaning behind Middle-earth's darker forces, from the creation of the world of Arda until the end of the War of the Ring.

*This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.*



### Author bio

Canadian born David Day has published more than twenty books in over twenty languages in the fields of poetry, ecology, natural history, fantasy, mythology and a number of award-winning children's books. His fascination with complex mythologies led him to the works of J.R.R. Tolkien, selling over 65,000 books in the UK alone.

### »twitter

@DavidDayBooks

## Previously from David Day:



OVER  
**400,000**  
COPIES OF THIS  
SERIES HAVE SOLD  
WORLDWIDE!

AMAZON STUDIOS  
HAVE ANNOUNCED  
THEY ARE MAKING  
A BRAND NEW  
MULTI-SERIES  
LORD OF THE RINGS  
SHOW FOR TV

### Specification

November 2018

Cassell

£10.00 Flexiback

9780753733073

256 pages

192 x 128 mm

40,000 words

100+ illustrations  
and map designs

Rights available:  
World

# Assassin's Creed Graphics

Guillaume Delalande & Bunka

ASSASSIN'S  
CREED IS ONE OF  
THE WORLD'S MOST  
SUCCESSFUL COMPUTER  
GAME FRANCHISES,  
WITH TENS OF  
**MILLIONS**  
OF FANS



## Explore Assassin's Creed through infographics.

There is something for everyone in Assassin's Creed: thrilling adventures, epic moments in history, philosophies, science fiction, and, of course, hand-to-hand combat. It's no wonder the franchise is so popular across the globe and includes games, books, comics, a film starring Michael Fassbender and a range of merchandise.

*Assassin's Creed Graphics* gives you the keys to understanding the many features of this vast universe.

Each page contains unique infographics and illustrations to take you on a visual journey.

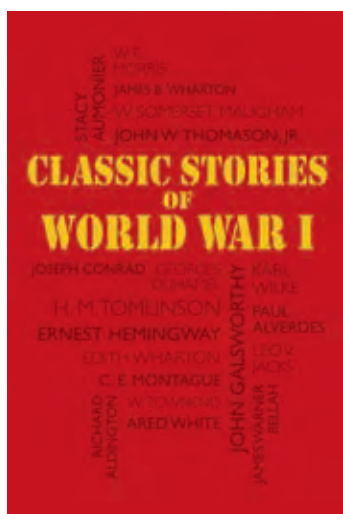
- ❖ Which Assassin has achieved the highest Leap of Faith?
- ❖ Do you know the complete Desmond Miles genealogy?
- ❖ What are the main models of secret blades?
- ❖ Do you know everything there is to know about the fragments of Eden?

Learn all of this and more as you unlock the secrets of Assassin's Creed with this beautiful book.

## Specification

September 2018
Ilex Press
£12.99 HB
9781781576304
96 pages
210 x 149mm
15,500 words
400 images
Rights available: World

# Classic Stories of World War I



## A compilation of popular fiction and non-fiction excerpts detailing the heroic and harrowing experiences of the First World War.

Published to mark the 100<sup>th</sup> anniversary of the end of The Great War, *Classic Stories of World War I* brings together the works of world-class authors who lived through the conflict and then shared their experiences through riveting accounts and moving narratives.

In Ernest Hemingway's, *In Another Country*, readers get a glimpse of the story of a group of soldiers in Milan, of which the protagonist seeks aid in hospital for a debilitating war wound, and in

Somerset Maugham's *The Traitor*, his experience as a member of the British Intelligence during World War One is alluded to and explored.

From the home front to the western front, in the trenches and behind enemy lines, on land or at sea, this collection of --- is a unique insight into the "war to end war."

## Specification

October 2018
Cassell
£10.00 Flexiback
9780753733080
256 pages
192 x 128 mm
130,000 words
Rights available: World

SINCE TAKING ON THE GILES BRAND, HAMLYN HAS SOLD ALMOST 250,000 COPIES THROUGH THE TCM IN THE UK ALONE.

# Giles: The Collection 2019

*Carl Giles*



**The latest offering from the Giles cartoon archive.**

Fans of Giles will be thrilled to receive the latest annual treat from the archives of the celebrated cartoonist, whose work won him huge admiration and accolades including being voted the best cartoonist of the 20th century.

The 2019 collection takes a wry look at how Giles observed the most seismic and superficial events of his time. From January to December throughout the years, the common threads of life then and now are scrupulously interrogated under his pen.

Treating perennial occupations such as Christmas parties, royal weddings and petrol prices with the same rigour as space travel, nuclear anxieties and perpetual debates about the EU, Giles investigates the weighty and the whimsical in equal measure.

Brilliantly witty and full of irreverent fun, this compilation is the ideal addition to your Giles collection.

**Carl Giles** was born in London in 1916. Best known for his *Daily Express* 'family', his cartoons had enormous popular appeal and in 1959 he was awarded an OBE.

## Specification

September 2018  
Hamlyn  
£8.99 PB  
9780600634751  
160 pages  
210 x 280mm  
1,000 words  
150 black and white illustrations  
Rights available:  
World English  
Language

# Top 10 of Everything 2019

*Paul Terry*

OVER TWO MILLION SERIES SALES WORLDWIDE



**Fully updated for 2019, the Top 10 series is back with hundreds more fascinating lists, facts and stats.**

Ever wondered in which country you would find the tallest roller-coaster in the world? Or wanted to know the terrifying size of the biggest shark known to man? Ever wondered which astronaut has spent the most time in space in total? This is the book for you.

*Top 10 of Everything 2019* is divided into genres including Animal Kingdom, Sport, Forces of Nature, Video Games and Mechanical Creations, and

includes lists, charts and tables to break down the details of each amazing fact.

Packed full of photographs, charts, graphs and incredible information, this is the perfect book for anyone with a curious mind and an insatiable appetite for facts, stats and trivia.

**Paul Terry** is a non-fiction author who has worked with leading kids' brands including LEGO®, Disney, The Simpsons, Futurama, and Star Wars. He co-authored the official *LOST Encyclopedia* and *Fringe: September's Notebook* for Bad Robot.

## Specification

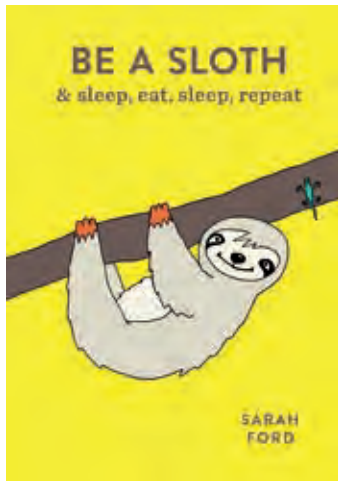
September 2018  
Hamlyn  
£14.99 HB  
9780600635482  
304 pages  
235 x 190mm  
75,000 words  
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World

# Be a Sloth

**& sleep, eat, sleep, repeat**

*Sarah Ford, with illustrations by Anita Mangan*

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**The ultimate guide to living life in the slow lane.**

Follow Sloth on the path to a chilled out life, from understanding the importance of 'me time', to truly mastering the art of the afternoon nap, with expert advice from the animal that practically invented the 'slow movement'.

Sloth saves his energy for the things he really wants to do. He takes joy in the little things and never worries about the big things – he knows that everything gets done sooner or later and you might as well enjoy the ride. He is kind to his environment, but just as

importantly, he is kind to himself.

A fun little gift book full of cute, hilarious and inspirational sloth mantras.

**Sarah Ford** is a writer and publisher with a love of cocktails, coffee and animals... mythical or otherwise. She lives in the Cotswolds, but works in London, travelling back and forth on a unicorn.

**Anita Mangan** is a graphic designer and illustrator living, working and breathing in London. She has made a career out of being silly and has recently developed cloven hoofs.

## Specification

June 2018
Spruce
£5.99 Flexiback
9781846015786
96 pages
147x105mm
1,000 words
Over 40 sloth illustrations
Rights available: World

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*Gabrielle Mander, illustrated by Sophie Joyce*



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Sunny days and heady nights await you in retirement, not just for two weeks each year, but forever! You have been looking forward to this and have an endless list of things to do, but only once you have sorted out your other half and got him out from under your feet.

*101 Things to do with a Retired Man* is designed to inspire and tease your retiree into having the time of his life and to fill his days

(and yours) with sometimes silly, sometimes useful, but always interesting things to do, which do not include lying on the sofa, watching daytime television, tidying the garden to within an inch of its life or stacking and restacking the dishwasher in the most efficient fashion, as apparently only a man can.

**Gabrielle Mander** is the author of more than twelve internationally published titles reflecting the popular cultural zeitgeist of our times. She is based in the UK.

## Specification

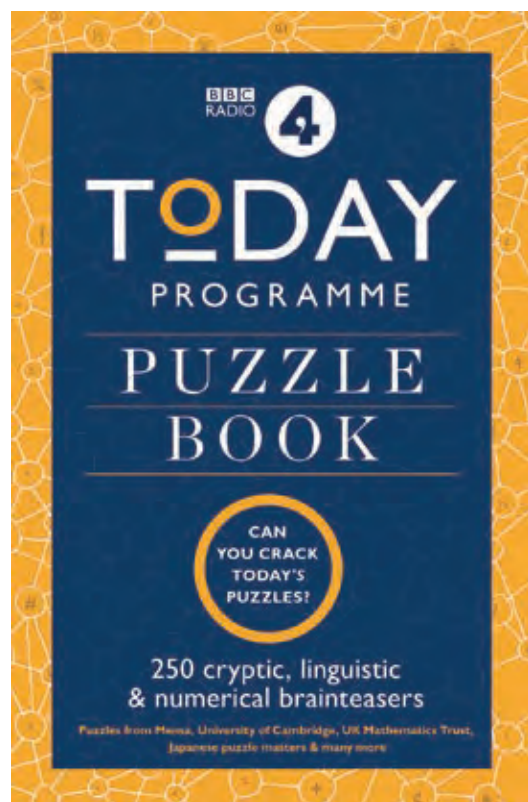
August 2018
Spruce
£7.99 PB
9781846015564
128 pages
210 x 149
30,000 words
50 illustrations
Rights available: World



# Today Programme Puzzle Book

## Can YOU crack Today's puzzles?

*BBC Radio 4's Today Programme*



**TODAY IS RADIO  
4'S MOST POPULAR  
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A WEEK.**

**Put your deciphering skills and mental agility to the test with 250 cryptic, numerical and linguistic brainteasers from Britain's best-loved radio programme, as set by the world's ultimate puzzle masters.**

❖ Which is the only letter of the alphabet not to appear in the name of any US state?

### Can YOU solve the Puzzle for Today?

Tackle the conundrums that have been frustrating and confounding the nation on Radio 4's *Today* programme. The *Today Programme Puzzle Book* challenges you with over 250 tricky brainteasers designed by the greatest puzzles masters around the world.

The book includes: Celebrity Riddles, Christmas Crackers, Common Sense Conundrums, Flags, Capitals & Nations Puzzles and Fiendish Numerical Problems. Challenge your grey matter and hone your reasoning and logic skills with the brainteasers that manage to get the nation's synapses firing every morning.

With a foreword from Sarah Sands, the editor of the *Today* programme, and introductions from the BBC's science editor.

Featuring Puzzles from Mensa, University of Cambridge, UK Mathematics Trust, Japanese puzzle masters & many more.



*Today* is BBC Radio 4's long-running early morning news and current affairs programme. *Today* has been voted the most influential news programme in Britain in setting the political agenda, and in February 2017 recorded its highest ever audience figures, reaching 7.45 million weekly listeners (from 7.1m last quarter and 7.03m last year). In an era of fake news, echo chambers and significant shifts in global politics, the role of Radio 4's *Today* programme as the most trusted guide to the world and news around us is more important than ever.

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### Specification

September 2018

Cassell

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9781788400589

288 pages

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50,000 words

Rights available:  
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ANSWER : 9

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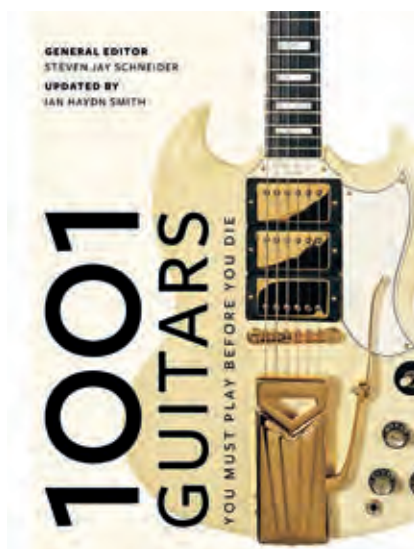
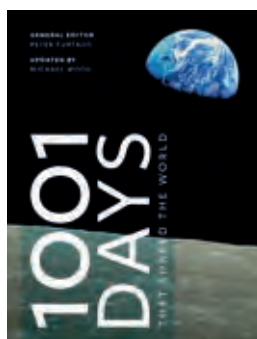




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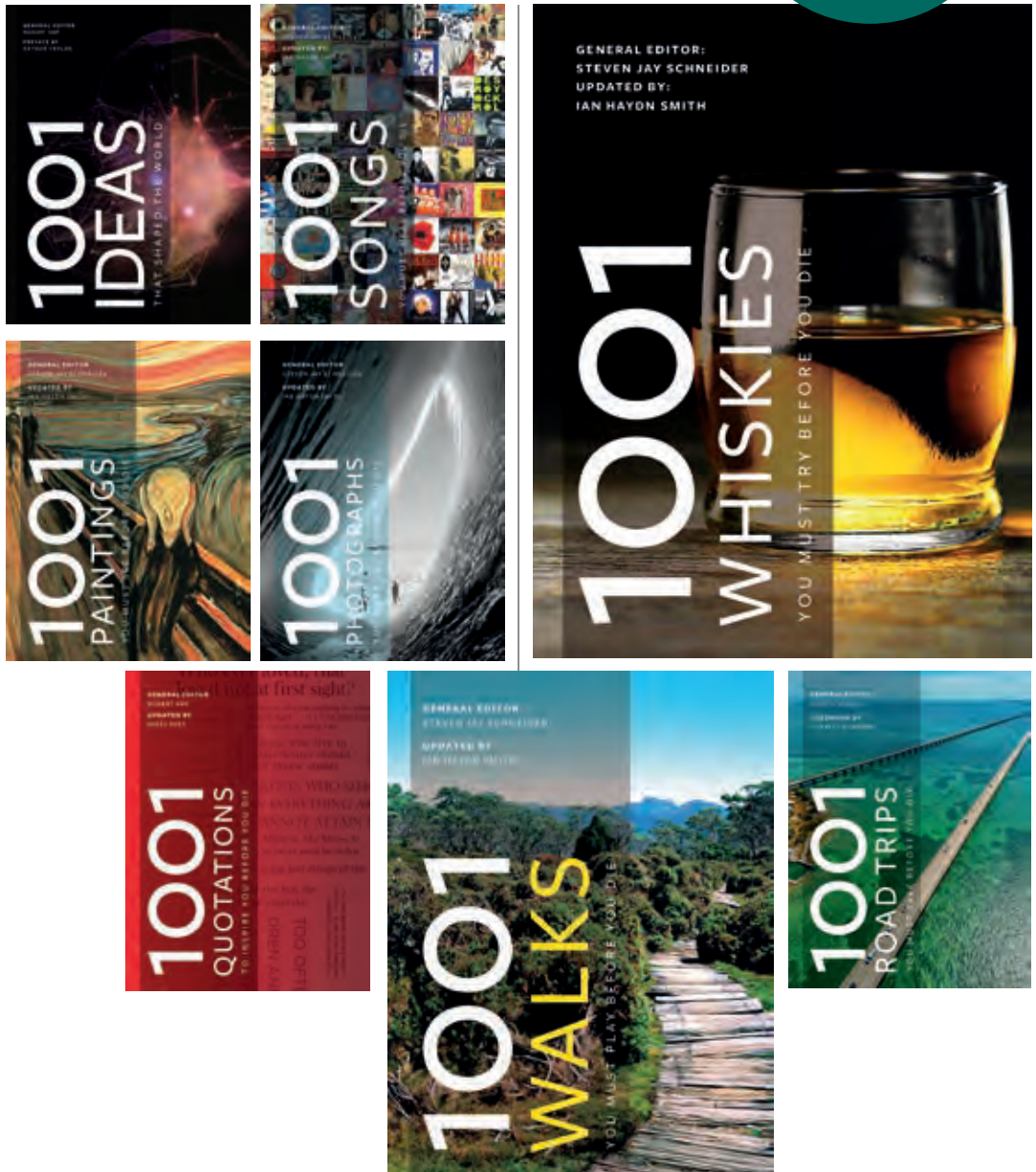
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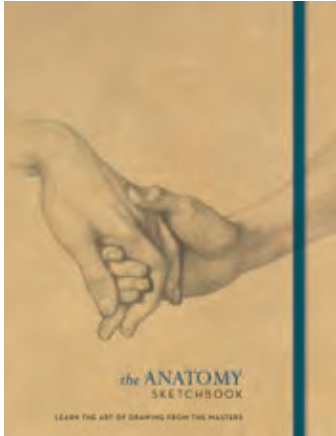
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Master proportion, tone, texture and form with this inspirational sketchbook.

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It also has plenty of space for the artist to practise and Swiss binding so that the book can be laid flat for comfortable work.

## Specification

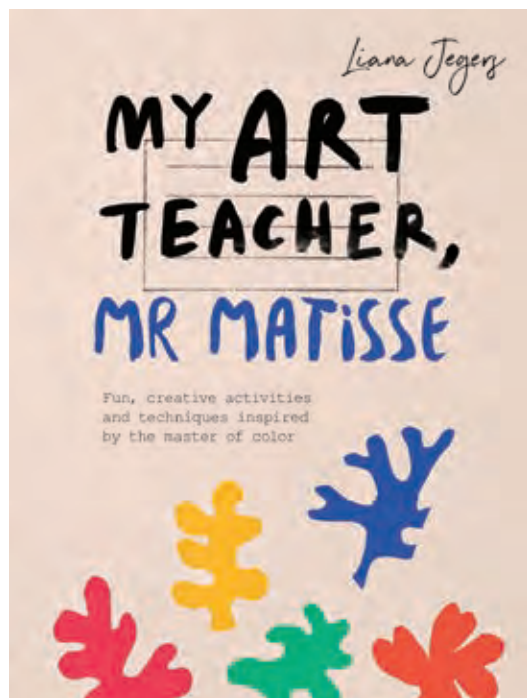
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Fun, creative activities inspired by the master of colour

Liana Jegers



**Pick up a pen and begin an artistic voyage of discovery like no other.**

Henri Matisse is considered one of the greatest artists of the twentieth century with a unique vision that continues to inspire artists to this day. Guided by Matisse's innovative methods and wise words, this colourful book sets you a variety of tasks to complete on the page, and describes several techniques for you to attempt any way you please.

*My Art Teacher, Mr Matisse* is the first in a delightful new series of master-led activity books where you will also discover the wisdom and expertise of Mr Picasso.

THIS BOOK  
MAKES MATISSE'S  
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ACCESSIBLE TO  
ARTISTS OF ALL  
ABILITIES AND  
AGES



**Liana Jegers**

is a writer and illustrator based in Chicago. She has written various pieces for small publications and contributes a column to *The Smudge*, a small monthly newspaper which she co-founded and edits. In addition to her personal practice, she regularly illustrates for various magazines, books and websites.



## Specification

September 2018

Ilex Press

£12.99 PB

9781781575482

128 pages

280 x 210mm

6000 words

130 images

Rights available:  
World



# Drawing Titles from Jake Spicer

## You Will be Able to Draw Faces by the End of this Book

*Jake Spicer*



**Pick up a pencil and discover the joy of drawing the people you love.**

This book is for anybody who wants to become confident in drawing faces – whether you are a complete novice or a more experienced artist. From basic facial structures to finer details, the book teaches you the fundamentals of portraiture, and also allows you space to practise on the page.

Learn how to:

- ✦ Understand anatomy and form
- ✦ Use light and shade
- ✦ Sketch in profile and front on
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- ✦ Capture likeness and expression

The book lays flat to allow you to draw comfortably and has an elastic band to keep your drawings safe. It is also small and compact enough to fit inside your bag and each exercise has an estimated completion time, so it doesn't matter where you are, you'll always be able to find time and inspiration to practise.

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

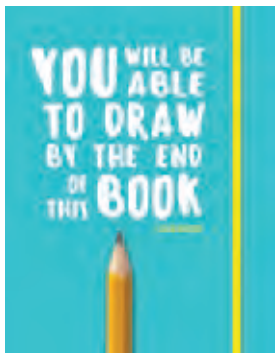
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### Specification

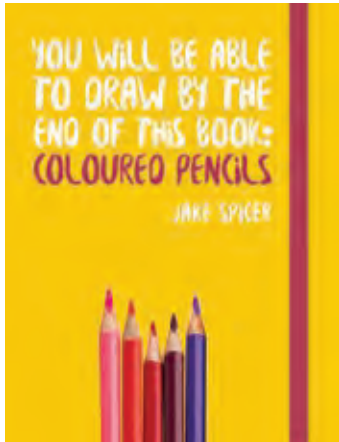
July 2018  
Ilex Press  
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160 pages  
246 x 189mm  
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### Previously in this series:



# You Will be Able to Draw by the End of this Book: Coloured Pencils

Jake Spicer



**Discover the endless possibilities of coloured pencils in this interactive book.**

*You Will be Able to Draw by the End of this Book: Coloured Pencils* is a combined tutorial and sketchbook that teaches you how to draw in colour, and allows you the space to practise on the page through guided exercises in mark-making and drawing.

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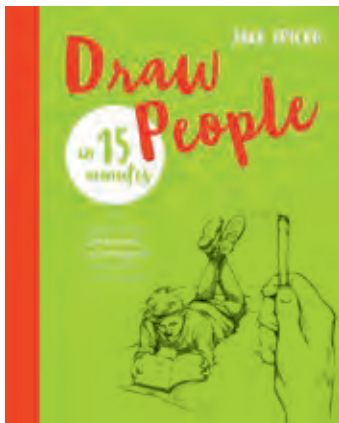
## Specification

October 2018
Ilex Press
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# Draw People in 15 Minutes

**The super-fast drawing technique anyone can learn**

Jake Spicer



**Full of tutorials developed from real life-drawing lessons.**

Best-selling author and art tutor Jake Spicer here gives you all the skills you need to sketch a convincing figure in just 15 minutes.

*Draw People in 15 Minutes* is a syllabus of carefully crafted tutorials where every aspect of the figure drawing process is examined including:

- ❖ How to put together a basic sketch of a person
- ❖ Developing your drawings and taking them further

- ❖ Materials and set-up
- ❖ Mark-making
- ❖ Spatial relationships
- ❖ How clothes hang on a body
- ❖ Guerilla sketching in public places such as cafes, trains and buses.

This book will be especially useful for those unable to find the time to make it to a regular life drawing class as it can be used anywhere and at any time.

## Specification

August 2018
Ilex Press
£9.99 PB
9781781576250
128 pages
255 x 177mm
20,500 words
300 images
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# Disney Frozen Crochet

## 12 projects featuring characters from Disney's Frozen

Kati Galusz



Bring the wonder of Disney's smash hit Frozen home with **Disney Frozen Crochet**.

This too-cute kit includes a full-color book with instructions and step-by-step photos showing how to stitch 12 adorable crochet characters from the movie, plus enough materials to make Elsa and Anna. Whether you want a crochet Kristoff or a stuffed Sven, this kit will help you create characters that will melt your heart!

Projects include:

1. Elsa
2. Anna
3. Kristoff
4. Sven
5. Olaf

And many more!

**Kati Gálusz** combined her love of amigurumi and her need for creativity with her three main interests: animals, great books, and movies. She is the author of *Marvel Universe Crochet*.

**FROZEN IS THE HIGHEST GROSSING ANIMATED FILM OF THE CENTURY**

**FROZEN 2 IS SCHEDULED TO HIT CINEMAS IN 2019**



### Specification

September 2018
Ilex Press
£19.99
9781781576342
76 pages
254 x 233 x 65mm
Word Count 15,000
130 images

# Star Wars Felties

## Make 10 amazing Star Wars characters with felt

*Aimee Ray*



**This Star Wars Felt kit comes with everything you need to create your favourite Star Wars characters.**

The kit includes an illustrated instruction book with easy-to-follow steps for 10 projects (as well as techniques for basic embroidery stitches), die-cut templates and all the materials you need to make adorable felt versions of Luke Skywalker, Princess Leia Organa, Han Solo, Wicket the Ewok, Yoda, Chewbacca, Darth Vader, C-3PO, R2-D2, and Boba Fett.

Inside you'll find:

- ✦ 48-page instruction book
- ✦ Die-cut templates for 10 projects
- ✦ 11 sheets of felt
- ✦ Embroidery needle
- ✦ 9 colours of embroidery floss
- ✦ Stuffing

### **Aimee Ray**

has been an artist all her life, she loves all types of art and crafts and is always trying something new. She lives in Northwest Arkansas with her husband and two children.

**FOLLOWING  
THE SUCCESS OF  
STAR WARS CROCHET  
& STAR WARS EVEN  
MORE CROCHET**



### **Specification**

September 2018
Ilex Press
£19.99
9781781576328
48 pages
254 x 233 x 65mm
Word Count 4,000
50 images



HATTIE IS ONE OF THE LEADING PRACTITIONERS IN THE WORLD

# Say It With Paper

## Fun papercraft projects to cut, fold and create

*Hattie Newman*



**Discover paper's true potential with this book full of exciting ideas.**

Unlock a new realm of possibilities with paper and discover new paper arts, such as pop ups, papercuts and 3-D shapes. Learn how paper can be used to communicate ideas, how it can be photographed and lit to great effect and even how it can be animated. Develop skills in construction, tessellation, model making and scene creating, while also working with scale and moving parts. Paper has never been more fun and intriguing.

Projects include:

- ❖ Animal masks
- ❖ 3-D pig
- ❖ Lanterns
- ❖ Geometric mobile
- ❖ Paper food
- ❖ Pop-up greetings cards
- ❖ Paper theatre

And many more!

**Hattie Newman** has earned an international reputation for her inimitable creations in the field of set design and papercraft. Her creations can be found in various advertisements, animations, physical spaces and books.

### Specification

August 2018  
Ilex Press  
£12.99 PB  
9781781575314  
128 pages  
253 x 201mm  
16600 words  
200 images  
Rights available:  
World

# Spot-the-Difference Architecture

## 40 Brain-Bending Photographic Puzzles



**Visit your favourite buildings from around the world and discover something new with 40 spot-the-difference puzzles.**

Enjoy stunning shots of the world's favourite buildings in this phenomenal spot-the-difference photographic collection. Each of the 40 challenging puzzles will boost your observation skills while the fun, fact-filled captions will take you on your own architectural guided tour.

Travel the globe, from Venice to Beijing, from London to New York. Marvel at the magnitude

of the Taj Mahal and be wowed by many more architectural treasures.

A NOVEL AND EXCITING WAY TO LEARN ABOUT ARCHITECTURE FROM AROUND THE WORLD

### Specification

August 2018  
Ilex Press  
£9.99 PB  
9781781575451  
96 pages  
5200 words  
248 x 248mm  
124 images  
Rights available:  
World

# Desk Wars

Make secret weapons from stationery with 30 models to build yourself

John Austin



## Build a secret aegent arsenal out of office stationery.

What better way to conceal your clandestine activities than to miniaturize your secret agent arsenal? From a mini-catapult in a breath-mint tin to milk-jug cap blow-dart wristwatches, learn how to achieve clandestine ends practically and inexpensively with 30 different spy weapons and surveillance tools to build yourself.

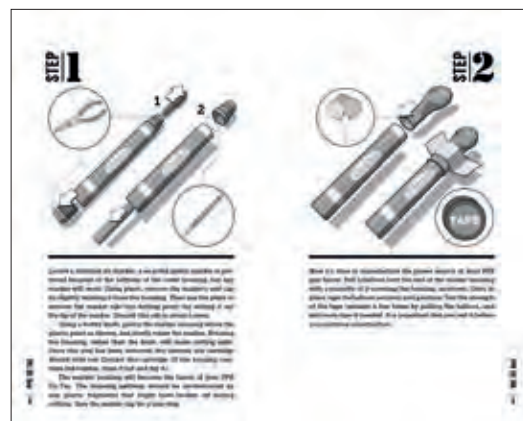
Fully illustrated step-by-step instructions make construction simple, while easy-to-follow safety tips help ensure you avoid injuries.

Projects include a paper throwing star, a toothpaste periscope, a bowler hat launcher and a pen blowgun.



**John Austin** worked as a senior toy designer in the Boy's Research and Development Department at Hasbro Toys and has worked on popular brands like; Transformers, Star Wars, Iron Man, Spiderman, Jurassic Park, Tonka and GI. Skilled in 3D computer modelling, and illustration, he brings many of these talents to the creation of his book projects. He has also personally pitched projects to Warner Brothers and Cartoon Network.

BOOK 2 IN THE  
MINI WEAPONS  
SERIES WHICH HAS  
SOLD OVER **200,000**  
COPIES IN THE  
UNITED STATES



### Specification

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9781781576328  
240 pages  
216 x 135mm  
20,000 words  
200 black and white images  
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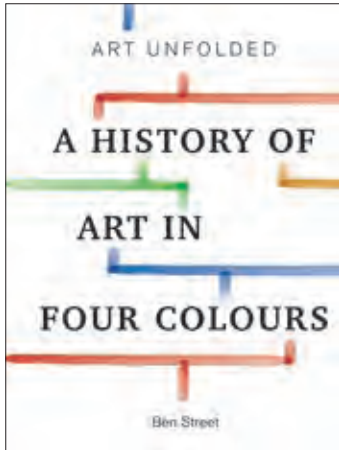
A  
COLOURFUL  
AND NOVEL  
INTRODUCTION  
TO THE HISTORY  
OF ART

STUNNING  
PACKAGE  
WITH 4  
CONCERTINAS

# Art Unfolded

## A History of Art in Four Colours

*Ben Street*



Trace the history of art through 48 paintings and four colours, woven together to form a fascinating tale.

Divine blue  
Sensual red  
Deathly green  
Glistening gold

These four colours tell the history of art in a way that few other details can. From the pigments that hold them - sometimes wildly expensive, like Ultramarine, or dangerously toxic, like Emerald Green - to the varied and changing meanings applied to

them, these colours grant us access to fascinating stories, both of individual works of art and the world in which they were created.

**Ben Street** is an art historian, lecturer and writer based in London. He lectures for many museums and institutions and runs his own art trips abroad.

### Specification

August 2018  
Ilex Press  
£10.00 PB  
9781781575628  
128 pages  
174x131mm  
12,000 words  
48 images  
Rights available:  
World

DR ALEXANDRA  
LOSKE COMPLETED  
HER PHD ON COLOUR  
THEORY IN HISTORIC  
INTERIORS, MAKING  
HER AN EXPERT IN  
THIS FIELD

# Palette

## The Exploration of Colour from Newton to Pantone

*Dr Alexandra Loske*



Discover the fascinating stories of how colour was recorded, explored and understood throughout history.

With an extraordinary collection of original colour material that includes charts, wheels, artists' palettes, swatches and schemes, this is the brilliant story of the exploration of colour from 1600 to the present day.

The featured artworks represent centuries of significant scientific discoveries and artistic exploration. Opening with the work of Newton, this stunning display of shades, tints and tones is

an authoritative treatment relevant to anyone working in the arts, or those trying to recreate original colour schemes in their homes, products or design.

### Alexandra Loske

is an art historian, curator and editor with a particular interest in late eighteenth and early nineteenth century European art and architecture. She was born and grew up in Germany, came to England in 1997 and has been working at the University of Sussex since 1999.

### Specification

September 2018  
Ilex Press  
£25.00 PB  
9781781575123  
240 pages  
280 x 230mm  
57,600 words  
200 images  
Rights available:  
World

# Moon

## Art, Science, Culture

*Alexandra Loske and Robert Massey*



### The ultimate visual history of the moon

This beautiful visual history of the moon explores humanity's endless fascination with its closest cosmic neighbour.

From humankind's first lunar recordings through to present-day myths and new exploration efforts, this original and diverting account intertwines artistic, religious and political interpretations with critical scientific study and observation.

Trace the history of the moon and its many faces in this extensively illustrated and illuminating volume.

### Alexandra Loske PhD

is an art historian and editor, and curator of MOON, a 2019 exhibition at Brighton Pavilion.

### Robert Massey PhD

is an astronomer and Deputy Executive Director at the Royal Astronomical Society.

RELEASED  
TO MARK THE **50TH**  
ANNIVERSARY OF  
NEIL ARMSTRONG'S  
'ONE SMALL STEP'



### Specification

October 2018

Ilex Press

£20.00 HB

9781781575710

240 pages

235 x 190mm

30,000 words

120 images

Rights available:  
World





# Why You Like This Photo

The science of perception, and how we understand photographs

Brian Dilg



Combining science and photography, Brian Dilg explores *Why You Like This* (or any) *Photo*.

Scientists are starting to unravel more and more about how the mind has developed over human history, revealing some surprising truths about how the mind works. Did you know, for example, that the landscape photos people think of as most beautiful are closely correlated with exactly the kind of lush fertile landscape early humans sought out?

Featuring interviews with numerous great photographers

combined with concepts from exciting areas of science and psychology, *Why You Like This Photo* holds the inspiring and practical keys to capturing the images that you, and everyone, will love.

**Brian Dilg** is a photographer, filmmaker, writer, and educator. Founding chair of the Photography department of New York Film Academy, he has also served as a spokesperson for Canon, for whom he created a series of photography tutorials.

## Specification

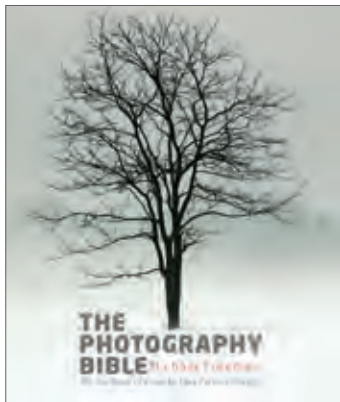
August 2018  
Ilex Press  
£12.99 HB  
9781781573747  
160 pages  
200 x 160mm  
30,000 words  
200 images  
Rights available:  
World



# The Photography Bible

All you need to know to take perfect photos

Edited by Michael Freeman



Covering all of the essentials, this book is all you need to master photography.

Created by expert professional photographer Michael Freeman, this convenient book is divided into the four essential areas for photographers to understand; the exposure, light & lighting, composition and editing. It's quick and easy to refer to in the field, by the computer

In a handy take-anywhere format, this book packs in a lot of value for anyone interested in photography, and without skimping on quality. You'll find

how to get great portraits, perfect landscapes and take outstanding artistic compositions; important information whatever camera you choose.

**Michael Freeman** was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of the pictures he came back with, he embarked on a full-time photographic career.

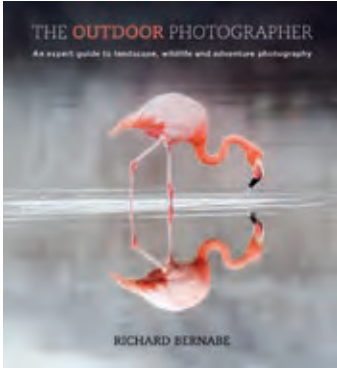
## Specification

October 2019  
Ilex Press  
£14.99 PB  
9781781576236  
352 pages  
167 x 140mm  
70,000 words  
Images (TBC)  
Rights available:  
World

# The Outdoor Photographer

## An expert guide to wildlife photography

Richard Bernabe



**Learn how to take stunning wildlife photography and become a successful outdoor photographer.**

There is nothing quite so satisfying as capturing a stunning wildlife photograph; a good one will reflect practice, patience, careful equipment choice and dedication. Those challenges are perhaps why so many enthusiast photographers aspire to perfect their images in this area; to get their work recognised by the photographic community as well as record their experiences.

This book reveals world-class

images with every turn. More than that, though, it takes a practical approach. It comprehensively introduces natural-history and wildlife photography techniques alongside truly useful tips about what gear you'll need (and what you can avoid) in your pursuit of perfection. It is illustrated by the author's professional work; his clients include National Geographic & Time amongst others.

**Richard Bernabe** is an internationally-renowned nature, wildlife, and travel photographer from the United States.

RICHARD HAS MORE THAN ONE MILLION FOLLOWERS ON SOCIAL MEDIA

RICHARD WAS NAMED ONE OF THE 'TOP 30 INFLUENTIAL PHOTOGRAPHERS ON THE WEB' BY HUFFINGTON POST

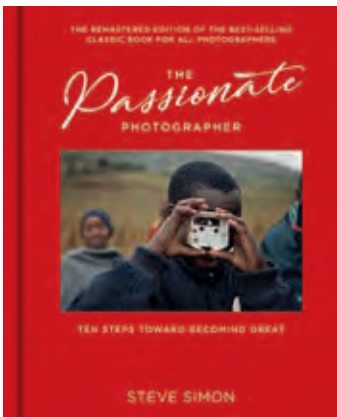
### Specification

September 2018  
Ilex Press  
£25.00 PB  
9781781575123  
240 pages  
255 x 235mm  
40,000 words  
400 images  
Rights available:  
World

# The Passionate Photographer

## Ten Steps Towards Becoming Great: the Remastered Edition of the Bestselling Classic Work for All Photographers

Steve Simon



**The remastered edition of the best-selling classic book for all photographers.**

This book will help you think about your photography and find a visual voice. It follows a clear structure which will make it useful for any reader, fully illustrated with Simon's own inspiring photography and, alongside some work from the historical greats.

Simon's understanding of photography makes for a book filled with tips you can immediately fold into your own shooting, quickly establishing

your own vision, learning what to concentrate on in a shot, and pushing you beyond your comfort zone.

Multiple award-winning photographer **Steve Simon** started documenting his life in his home of Montreal, Canada, at age 12, and didn't stop there. He has photographed on assignment in more than 40 countries and his work has been published in *the New York Times Magazine*, *Mother Jones*, *Colors*, *Life*, *Time*, *Le Monde*, *Harpers*, *Macleans*, *Walrus* and many others.

STEVE SIMON IS A NIKON BRAND AMBASSADOR AND HAS WON MULTIPLE AWARDS FOR HIS PHOTOGRAPHY

### Specification

October 2018  
Ilex Press  
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9781781576366  
256 pages  
280 x 230mm  
65,000 words  
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Founded in 1834, Philip's is today one of the world's best-known map, atlas and reference book publishers, with long-established market leaders such as the classic *Philip's Modern School Atlas*, now in its 98th edition, *Philip's Month-by-Month Stargazing*, *Philip's Planisphere*, plus the highly acclaimed *Philip's Navigator Britain* and *Philip's Multiscale Europe* road atlases.



## 2019 Stargazing Month-by-Month Guide to the Night Sky

Heather Couper & Nigel Henbest

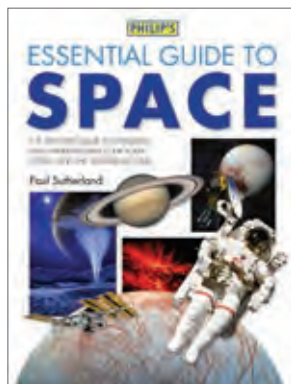
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Paul Sutherland

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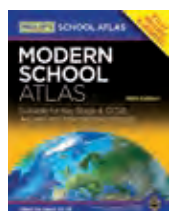
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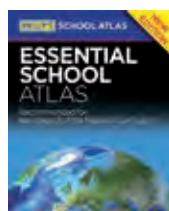
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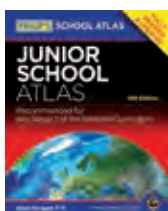
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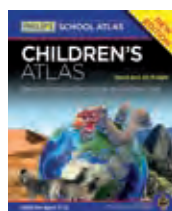
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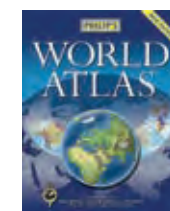
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