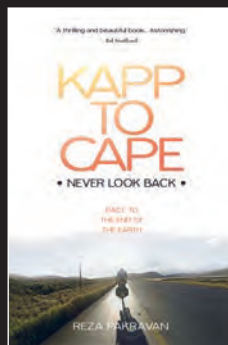
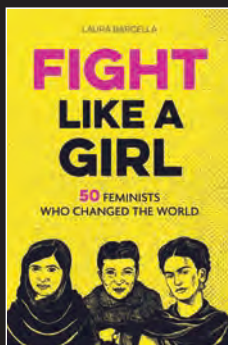
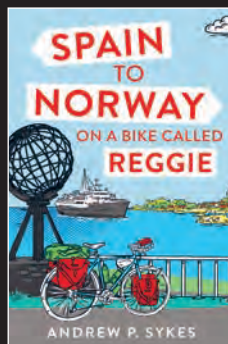
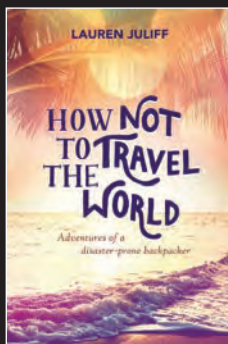
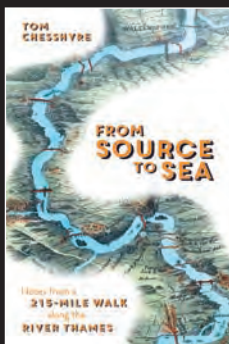
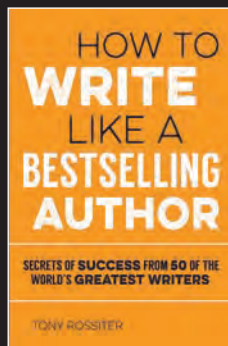
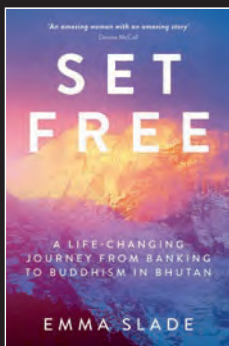
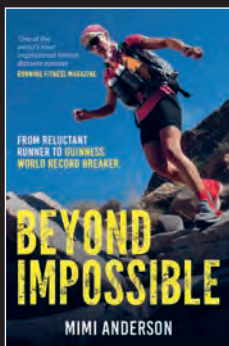




January to June
2018



Vie	2
General Interest	11
Travel	17
Gift & Humour	19
Stocklist	74

Welcome to Summersdale!

This season's books are as varied and wide-ranging as ever, and we have something to entertain and inspire for all occasions.

Whether you're celebrating Valentine's, Mother's or Father's Day, weddings or birthdays, we've got it covered, from our *Don't Panic* series for those milestone birthdays to *Prosecco Is Always the Answer* – for whenever you need to let your hair down.

Sports aficionados will love our *Little Bit of Sporting Wit* series and *52 Things to Do While You Poo: The Sports Edition*. If it's humour you're after, laugh along with our bestselling *How to Survive* series, or to gen up on some serious facts check out *Life Skills: Stuff You Ought to Know* or *The Little Book of Going Green*.

Our Vie imprint includes some fabulous new titles, from *The Happy Gut Guide to 5-Minute Parenting Fixes*. Prominent parenting author Tanith Carey guides us through *The Friendship Maze*, and our new *Child's Guide to...* parent-led reading series focuses on self-esteem with *You're a Star*, and overcoming anxiety with *Don't Worry, Be Happy*.

For those who love the great outdoors, we have two excellent new running books: Leanne Davies and Lucy Waterlow's *Run Mummy Run* and Helen Croydon's *This Girl Ran*, alongside miscellanies *Walk and Ride*. Gardeners of all ages are in for a treat with *Trugs, Dibbers, Trowels and Twine* and *Gardening Hacks*. And if it's the ocean you prefer, revel in our beautiful photographic lifestyle books *The Sea* and *Eat Surf Live*.

We'd like to extend our gratitude to our reps and agents, the press and trade, and all the writers, artists and talented people who contribute to Summersdale's success.

The Summersdale Team

Pregnancy Made Simple

An Illustrated Guide from Conception to Birth

Claire Plimmer

ISBN: 978 1 78685 226 7

£9.99

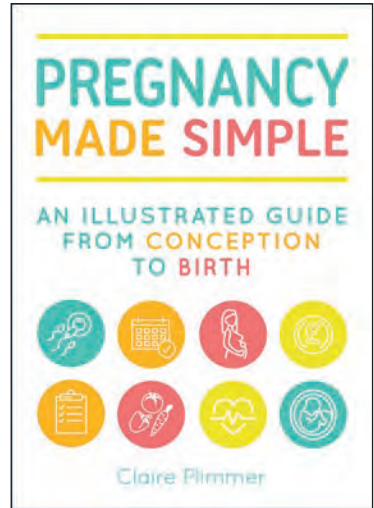
175x125mm

192pp

Paperback

January 2018

Rights and Sales Territories: World



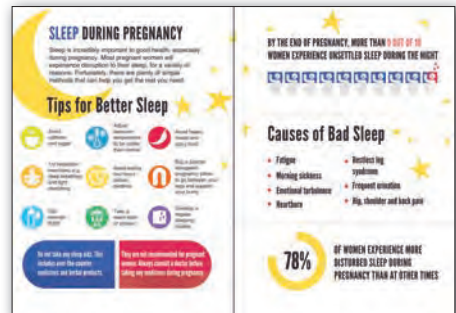
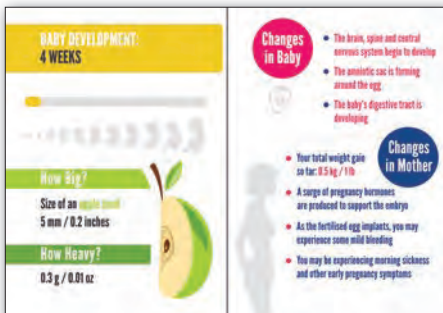
Pregnancy is exciting for new parents-to-be

Your life is about to change forever, yet the amount of information out there can be overwhelming. But fear not: this pictorial guide, packed with accessible and stylish illustrations, will give you all the essential facts.

Claire Plimmer has worked in the publishing industry for over 25 years, helping authors to realise their own publishing dreams. She's the mother of two children.

Key Selling Point:

- Presents parents-to-be with important and interesting facts about pregnancy in an easily digestible, visually appealing form.



The Little Book of Health

Simple Steps to a Longer, Healthier, Happier Life

Dr Michael Spira

ISBN: 978 1 78685 234 2

£8.99

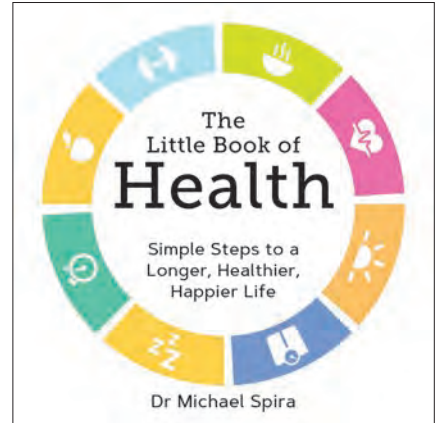
140x140mm

176pp

Paperback

January 2018

Rights and Sales Territories: World



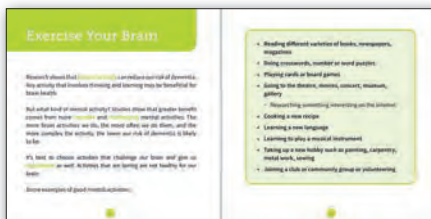
How highly do you value your health?

Good health is the cornerstone of a long and enjoyable life. And the good news is you can easily increase your chances of staying healthy for longer by following some simple steps. Drawing on decades of medical practice, Dr Michael Spira brings together dozens of easy-to-follow tips in this clear and concise handbook.

Dr Michael Spira qualified at London's St Bartholomew's Hospital and for many years was lead GP in a large NHS general practice. Besides his many books and articles, he has regularly featured as a guest on national TV and radio.

Key Selling Points:

- Among its many insights, you'll discover: Simple health checks you can do yourself; Whether you really should do 10,000 steps each day, How to reduce your risk of heart disease and stroke.
- Presents evidence-based health advice in an accessible format.



The Happy Gut Guide

Know More, Live Well, Feel Great

Wendy Green

ISBN: 978 1 78685 245 8

£8.99

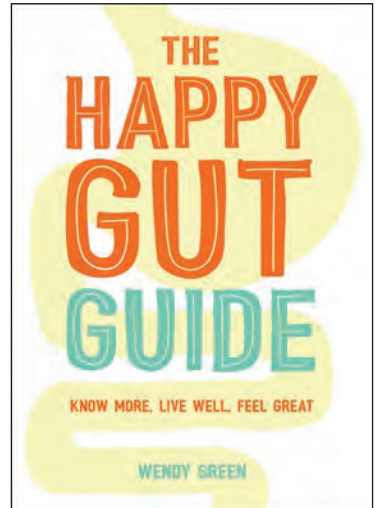
175x125mm

176pp

Paperback

February 2018

Rights and Sales Territories: World



Your gut plays a vital role in your health and happiness. Not only does it contain over 100 million nerves, but it also hosts over 100 trillion bacteria that influence your immune system, weight, mood and general well-being. This book offers easy-to-follow, practical advice on how to have a happy gut and enjoy good health from the inside out.

Wendy Green is a health project coordinator and health promoter in County Durham. She's the author of a number of books including *IBS: A Self-Help Guide to Feeling Better*.

Key Selling Point:

- The gut is a hot topic at the moment as the general public become more aware of how the gut is central to one's overall health and well-being.



5-Minute Parenting Fixes

Tips and Advice for the Everyday Challenges of Raising Children

Liat Hughes Joshi

ISBN: 978 1 78685 247 2

£9.99

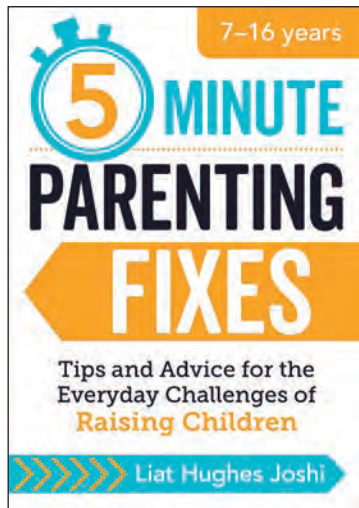
210x148mm

192pp

Paperback

February 2018

Rights and Sales Territories: World

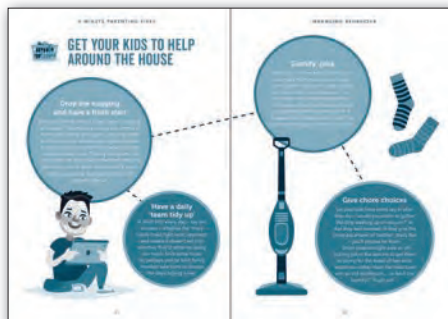
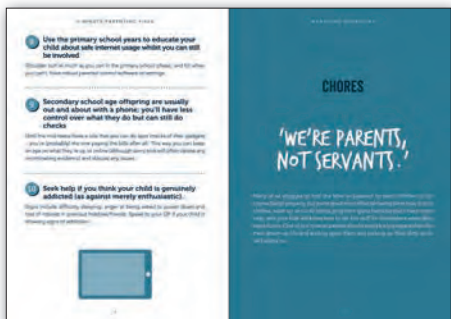


This book is for time-poor parents who need reliable, tried and tested advice, from how to resolve online bullying to getting your child to do their homework. These no-nonsense solutions, each designed to be read in less than 5 minutes, will help boost your confidence when making important parenting decisions.

Liat Hughes Joshi writes about parenting and lifestyle issues in *The Daily Telegraph*, *The Sunday Times* and *The Guardian*. She also writes for AOL UK's parentdish.co.uk and makes regular appearances on TV and radio.

Key Selling Point:

- Sections include: mental health, managing behaviour, school issues, growing up, adolescence, internet safety, friendships and family relationships.





Books for Life



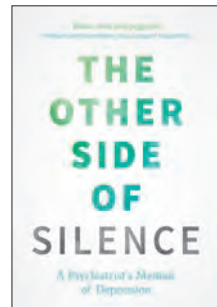
978 1 84953 685 1
£7.99



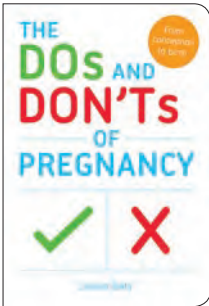
978 1 84953 671 4
£10.99



978 1 84953 812 1
£9.99



978 1 84953 754 4
£9.99



978 1 84953 762 9
£7.99



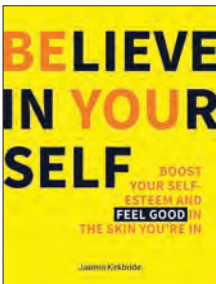
978 1 84953 972 2
£8.99



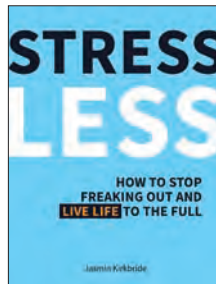
978 1 84953 977 7
£9.99



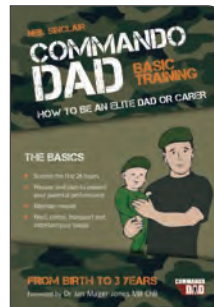
978 1 84953 672 1
£10.99



978 1 84953 949 4
£8.99



978 1 84953 905 0
£8.99



978 1 84953 261 7
£10.99



978 1 84953 884 8
£9.99

CHILDREN'S MENTAL HEALTH & WELL-BEING SERIES

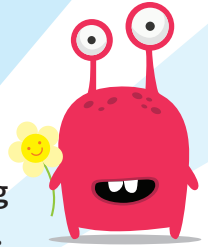
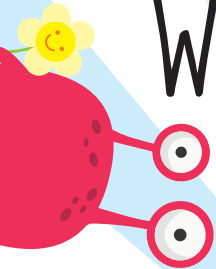
This new series addresses the broad area of children's mental health which is rapidly becoming one of the hottest topics on the parenting agenda.

Statistics make compelling reading: Rates of depression and anxiety among children and teenagers have increased by 70% in the past 25 years.

50% of mental health problems are established by age 14. 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

Aimed at both children and their parents, our books are accessible and practical guides for parents to steer their children through some of the most keenly experienced problems facing the next generation.

Combining proven cognitive-behavioural therapy methods used by child psychologists with simple activities for 7–11 year olds, these books provide practical tools to help parents to help children overcome a range of specific issues.

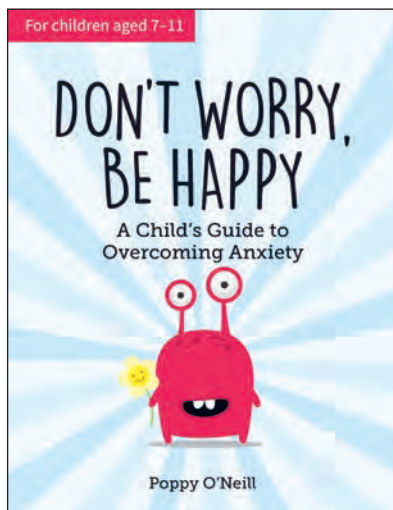


Children's Mental Health & Well-being Series

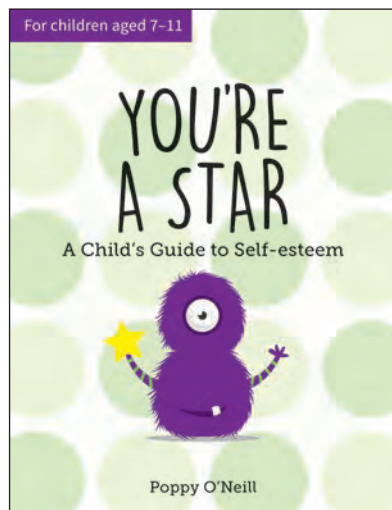
Poppy O'Neill

£10.99 • 205x158mm • 144pp • Paperback • March 2018

Rights and Sales Territories: World



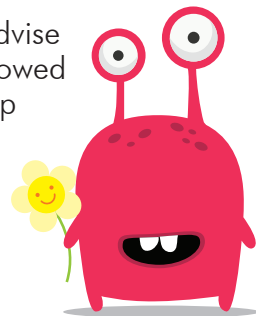
ISBN: 978 1 78685 236 6



ISBN: 978 1 78685 235 9

These practical guides for children aged 7–11 combine proven cognitive-behavioural therapy methods and fun and engaging activities, which are interspersed with useful tips, inspirational statements and practical information for parents, to help your child overcome anxiety and grow their self-esteem.

Each book includes an introduction for parents to advise them on how to approach the topic in question, followed by fun activities for children to complete that will help identify and tackle the cause of their anxiety or low self-esteem.





INTRODUCING LITTLE MONSTER

PART ONE:
WHAT IS SELF-ESTEEM?

Hello, I'm Little Monster and I'm here to guide you through this book. There are loads of activities and games to play, as well as some great ideas to read about. So, let's get started.

How do you feel about yourself?

This is probably a question you've never really thought about, but sometimes it helps to make time to do this. You may have heard people, especially grown-ups, talk about something called 'self-esteem'. Self-esteem is not something you can see or touch, but you can feel it and it's very powerful.

So what is it? Self-esteem is the way you feel about yourself. Your self-esteem can be high or low, depending on how you feel. If you feel good about yourself and you are confident in your abilities, that's high self-esteem. If you feel bad about yourself and don't feel confident in your abilities, that's low self-esteem. Everyone feels bad about themselves sometimes, but when you do, it's important to think about solving the problem of why you are feeling bad and then moving on from it so you can feel happy again. Sometimes this is easier said than done, but this book will help you discover the ways to stay feeling good and show you how to develop ways to cope with things that get you down. Let's have a look at what high and low self-esteem feels like...

ACTIVITY: ALL ABOUT ME

Let's begin by finding out a bit more about you and your likes and dislikes. Fill in the spaces in the boxes below.

My name... Three words that describe me...

My career when I grow up... I'm really good at...

My family... What I like to do for fun...

ACTIVITY: WHAT MAKES ME GREAT!

You're special and unique, and this activity invites you to give yourself a high-five for being so awesome. In each of the bubbles below, write down or draw something that you're good at or enjoy about being you.

SIGNS OF HIGH AND LOW SELF-ESTEEM

SIGNS OF HIGH AND LOW SELF-ESTEEM

But having low self-esteem feels like this:

Having high self-esteem feels like this:

- Looking forward to a good future
- Feeling energetic and hopeful
- Joining in with others
- Being happy
- Accepting that you will make mistakes and you can learn from them
- Feeling that you're a good person
- Respecting others' differences and your own
- Believing in yourself
- Looking for ways to do well
- Encouraging others

Having low self-esteem feels like this:

- Feeling unhappy
- Feeling hopeless about the future
- Feeling tired most of the time
- Putting yourself down even when someone is giving you a compliment
- Feeling that you are not as good as others in some way
- Having no confidence in yourself
- Feeling miserable
- Laughing about and not doing anything
- Looking on the worst side of everything
- Having no respect for yourself

The Friendship Maze

How to Help Your Child Navigate Their Way to Positive and Happy Friendships

Tanith Carey

ISBN: 978 1 78685 495 7

£10.99

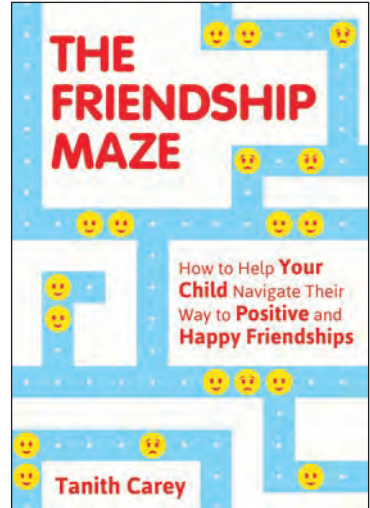
210x148mm

288pp

Paperback

May 2018

Rights and Sales Territories: World



Friendship issues top the list of parents' concerns. Unkind or exclusive behaviour appears to be starting sooner than ever – even at nursery. Tanith Carey analyses the increasingly complex shifting social pressures changing the face of childhood and offers solutions for building your child's social skills for a happier, more carefree childhood.

Tanith Carey writes books which offer a lucid analysis of the most pressing challenges facing today's parents, including *Taming the Tiger Parent: How to Put Your Child's Well-Being First in a Competitive World*, which examined the impact of competitive parenting on children and parents and was described as 'a critique to re-orientate parenting' by Steve Biddulph and 'insightful and shrewd' by Sir Anthony Seldon.

Key Selling Points:

- Tanith is one of UK media's leading commentators on girls' well-being. Her other titles on girls include *Girls Uninterrupted: Steps for Building Stronger Girls in a Challenging World* and its predecessor, *Where Has My Little Girl Gone?*.
- This book will be an invaluable toolkit for parents and teachers.

Run Mummy Run

Inspiring Women to Be Fit, Healthy and Happy

Leanne Davies and Lucy Waterlow

ISBN: 978 1 78685 237 3

£9.99

198x129mm

320pp

Paperback

January 2018

Rights and Sales Territories: World



If you are a mum who wants to run, there's nothing stopping you!

Gathering the very best of the advice and tips from the Run Mummy Run® network, Leanne and co-writer Lucy have created this comprehensive beginner's guide from starting out with a couch-to-5k plan to building up the confidence to race. Not just your average practical go-to, this book is filled with real-life stories from all types of women to remind mums that running can be fun and can be done, even on top of a jam-packed schedule.

Leanne Davies is the founder and creator of Run Mummy Run®, the award-winning online running network for women. With a passion for running and empowering women, she has brought together tens of thousands in her inspirational community.

Lucy Waterlow is a freelance journalist who has contributed to numerous titles including *The Sunday Telegraph*, *Daily Mail* and *OK!* magazine.

Key Selling Points:

- Run Mummy Run®'s Facebook page is exclusively for women, has over 40,000 members, has won gold three times at The Running Awards in the online community category, and has been invited to become partners with Cancer Research UK's Race For Life series and Sport England's This Girl Can campaign.
- Summersdale's other running titles include *Your Pace or Mine* (ISBN: 9781849538275), *Beyond Impossible* (ISBN: 9781786850546), *Keep on Running* (ISBN: 9781849532365) and *In the Running* (ISBN: 9781849538862).

This Girl Ran

Tales of a Party Girl Turned Triathlete

Helen Croydon

ISBN: 978 1 78685 217 5

£9.99

198x129mm

320pp

Paperback

February 2018

Rights and Sales Territories: World



When Helen's friends all started settling down and having kids, she was determined to fill her weekends with something other than cocktails. So she threw herself into the world of endurance sport. From glamorous party girl to marathon runner, ocean swimmer and even, perhaps, a Team GB triathlete, this is Helen's inspiring and hilarious story.

Helen Croydon is a freelance journalist, producer and media trainer commentator. She's the author of *Sugar Daddy Diaries* and *Screw the Fairytale*, and has written for *The Times*, *Sunday Times*, *Telegraph*, *Guardian*, *Daily Mail* and *Metro*. She also writes about health, fitness and outdoor adventure. In 2016 she competed for Team GB in the age-group World Championship triathlon.

Key Selling Points:

- This is the first book to tell the story of a glamorous city-dwelling party girl turned adventurous endurance sportswoman. Also includes tips on training science and insight into the human drive for adventure.
- Helen's activities take in some of the UK's most stunning and iconic races, including: X Runner, Night Rider, Dambuster Triathlon, Tour of the Peaks, Tour of Wessex, Hampton Court Swim, Isle of Wight Fell Race, Windsor Half Marathon, Hackney Half Marathon, London Triathlon, Cholmondeley Triathlon, Hever Castle Triathlon, Spetses Marathon and many league cross-country races including the English National Championships.

Walk

Tales, Trivia and Rambling Routes for Hikers for Hikers

David Bathurst

ISBN: 978 1 78685 259 5

£9.99

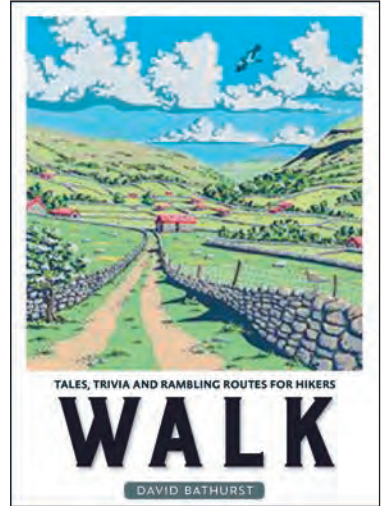
185x135mm

192pp

Hardback

March 2018

Rights and Sales Territories: World

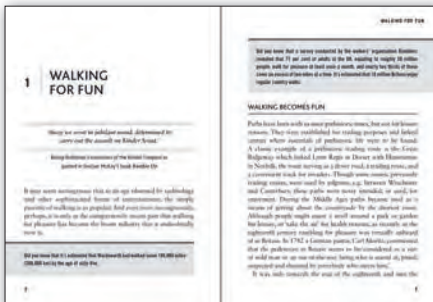


Whether you prefer a leisurely ramble through woods, a meandering city stroll, a blustery seaside promenade or a vigorous mountain hike, you'll be enthralled by the stories, excerpts of classic writing, trivia and practical tips in this book – perfect for anyone who loves the freedom of lacing up their hiking boots and heading for the hills.

David Bathurst has walked all the complete National Trails of Great Britain as well as the Coast to Coast Walk, the entire south coast of England, the highest points of all the English counties and the peaks of England, Wales and Scotland.

Key Selling Point:

- Figures released by the Department for Transport in 2016 state that 54 per cent of UK adults walk for recreation at least once a month.



The Sea

A Celebration of Shorelines, Beaches and Oceans

Isobel Carlson

ISBN: 978 1 78685 265 6

£10.99

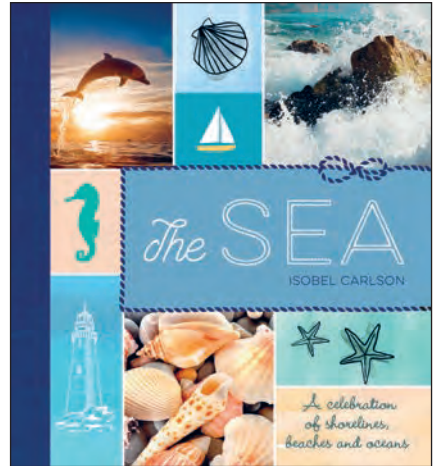
196x176mm

144pp

Hardback

April 2018

Rights and Sales Territories: World



This book celebrates oceans, coasts and shorelines the world over. Bringing together incredible stories and legends of the sea, delicious recipes and activities inspired by the coast, and fascinating trivia on everything from marine exploration to the turning tides, it will captivate anyone who is enthralled by the wonder of the sea.

Key Selling Points:

- Coastal regions around the world have significantly higher levels of tourism than landlocked regions, which demonstrates the global appeal and popularity of the sea.
- Beautifully designed with full-colour photographs.



Life Skills

Stuff You Should Really Know

Julia Laflin

ISBN: 978 1 78685 283 0

£7.99

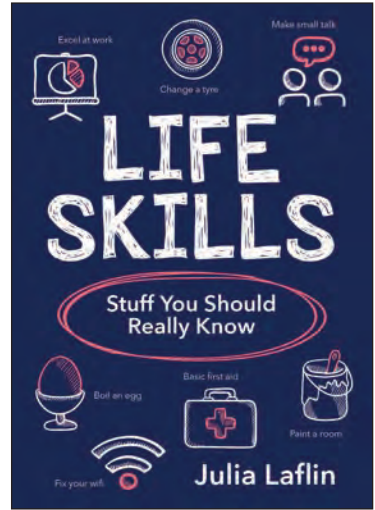
175x125mm

192pp

Paperback

May 2018

Rights and Sales Territories: World

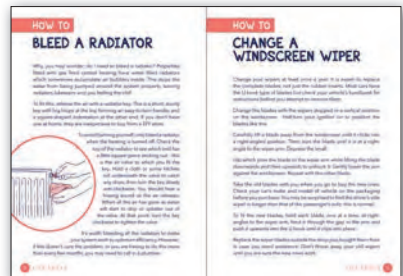
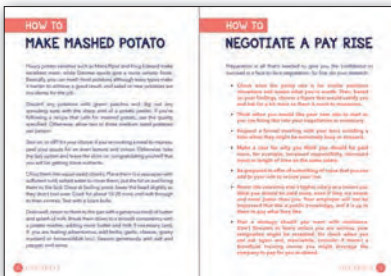


Full of useful advice and practical skills that everyone should know, this book will provide you with the essential knowledge you need to tackle life's everyday challenges. From how to boil an egg to speaking in public, this handy guide will arm you with all the skills you need to navigate life in the real world like a pro.

Julia Laflin works in the creative development and marketing of multimedia content for museums, art galleries, sports venues and attractions, plus healthcare apps. She's on Twitter: [@Julia_Laflin](#).

Key Selling Points:

- This is a concise and approachable book on simple life skills for anybody of any age.
- Will appeal to anybody who enjoyed *Life Hacks* (ISBN: 9781849536448) which has sold over 28,000 copies.



Eat Surf Live

The Cornwall Travel Book

Vera Bachernegg and
Katharina Maria Zimmermann

ISBN: 978 1 78685 262 5

£12.99

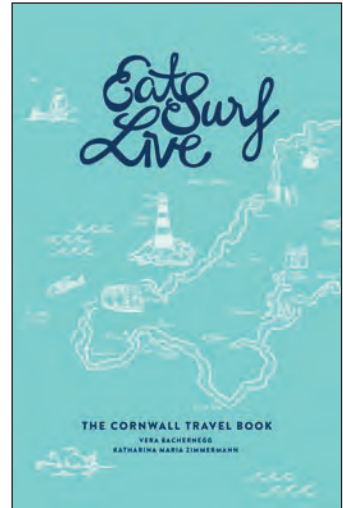
179x129mm

276pp

Paperback

May 2018

Rights and Sales Territories: World English excluding
Germany



Eat Surf Live showcases the best of Cornwall. Part travel guide, part photo journal, part recipe book, and brimming with tips for a successful stay in Cornwall, this is your perfect guide to one of the most magical corners on earth. Travel with the authors as they taste their way through this foodie Mecca and visit the stunning sights.

Katharina Maria Zimmermann is a journalist, photographer and seasoned traveller. She and **Vera Bachernegg** document their worldwide adventures on their blog 'Eat Write Live'.

Key Selling Point:

- Cornwall is voted one of Britain's top tourist destinations, attracting around 4.3 million staying visitors and 14.7 million day visitors yearly.



From Source to Sea

Notes from a 215-Mile Walk Along the River Thames

Tom Chesshyre

ISBN: 978 1 78685 286 1

£9.99

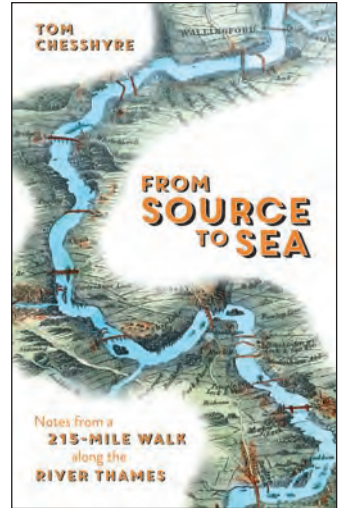
198x129mm

320pp

Paperback

June 2018

Rights and Sales Territories: World



Over the years, authors, artists and amblers aplenty have felt the pull of the Thames, and now travel writer Tom Chesshyre is following in their footsteps.

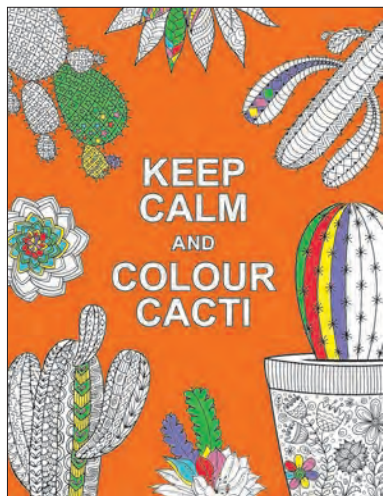
He's walking the length of the river from the Cotswolds to the North Sea – a winding journey of over two hundred miles. Join him for an illuminating stroll past meadows, churches and palaces, country estates and council estates, factories and dockyards. Setting forth in the summer of Brexit, and meeting a host of interesting characters along the way, Chesshyre explores the living present and remarkable past of England's longest and most iconic river.

Tom Chesshyre's passion for adventure has taken him all around the world, including up and down his fair share of rivers. A travel writer for *The Times*, he's visited over 90 countries.

Key Selling Points:

- The first modern narrative of walking the entire length of the Thames. Will appeal to walkers of the Thames Path, one of Britain's most popular National Trails, as well as history and nature lovers.
- Within two months of publication, the hardback edition had reached #20 in Amazon books' 'Walking' category.

Keep Calm and Colour Cacti



ISBN: 978 1 90986 529 7

£4.99

205x158mm

96pp

Paperback

August 2017

Rights and Sales Territories: World

Bring chilled-out Latin American vibes and vibrant colour into your life with this collection of colouring patterns inspired by the prickly plant.



Life's a Beach



ISBN: 978 1 78685 352 3

£6.99

136x101mm

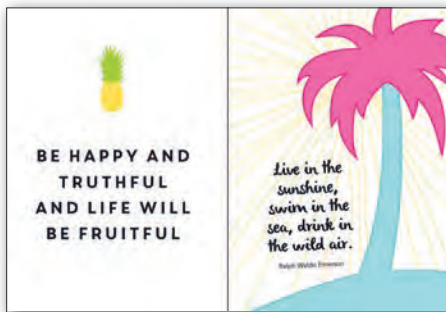
160pp

Hardback

July 2017

Rights and Sales Territories: World

Release your inner 'glamingo' and celebrate the sun all year round with this sizzling book filled with quotes and statements to remind you why life's a big, beautiful, bountiful beach.



The Little Book of Lagom

How to Balance Your Life the Swedish Way

Jonny Jackson and Elias Larsen

ISBN: 978 1 78685 222 9

£9.99

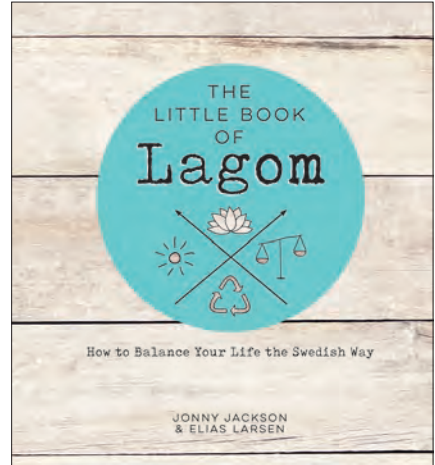
196x176mm

144pp

Hardback

August 2017

Rights and Sales Territories: World

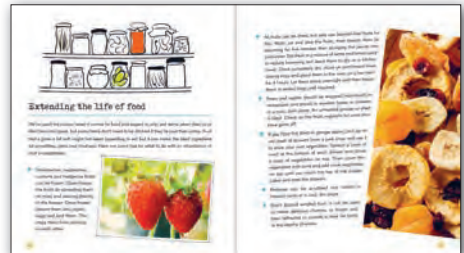


Lagom (pronounced *lah-gom*) is a Swedish word that means ‘not too much and not too little, but just the right amount’. It’s about achieving a happy and healthy balance in all aspects of your life, setting realistic goals and living within your means. *The Little Book of Lagom* includes:

- Lagom at home
- A balanced diet and good health
- Achieving a healthy work/life balance
- Balancing your needs with the wider world

Key Selling Point:

- *Lagom* is set to eclipse the runaway success of *Hygge*, with a Live LAGOM promotion in IKEA stores and online to teach people ‘how to make sustainable living easier, more affordable and attractive’.



#WeRateDogs

The Most Hilarious and Adorable Pups You've Ever Seen

Matt Nelson

ISBN: 978 1 78685 348 6

£9.99

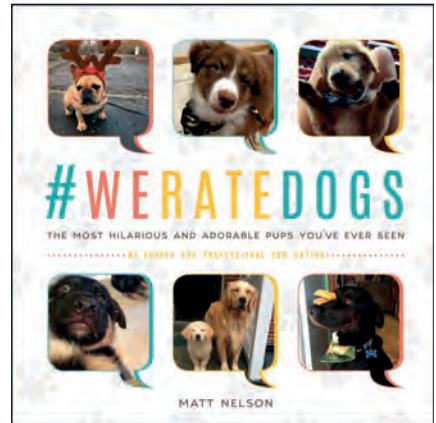
163x163mm

192pp

Hardback

September 2017

Rights and Sales Territories: Commonwealth exc. Aus, NZ & Canada



Based on the social media sensation, **#WeRateDogs** features the most heroic puppers and entertaining pooches the world has ever seen. It will take you on a journey through the science of dog rating and its unwavering rules. They are certainly not arbitrary and this book is definitely not just about how cute dogs are.

Matt Nelson is a student. His success with **WeRateDogs™** has gained him a huge following across social media, and has been documented in BuzzFeed, People magazine, Huffington Post, the *Daily Mail* and many more.

Key Selling Points:

- **WeRateDogs** asks people to send in photos of their dogs, then tweets selected photos with a numerical rating and a humorous comment.
- **WeRateDogs** (@dog_rates) has more than 3.1 million followers on Twitter, 202k on Instagram and 189k on Facebook.



Mr & Mrs

ISBN: 978 1 78685 510 7

£6.99

136x101mm

160pp

Hardback

October 2017

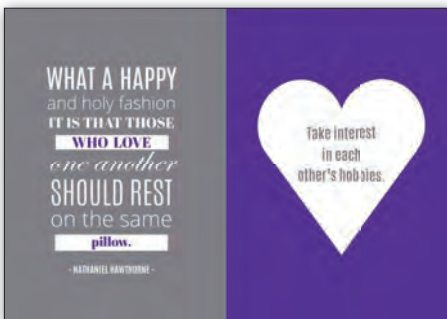
Rights and Sales Territories: World



This gorgeous keepsake, filled with uplifting quotes, inspiring words and classic love poems on the beauty of marriage and the exciting future that lies ahead, is perfect for you now that you are newly-weds.

Key Selling Points:

- A new pocket edition of this successful keepsake.
- The perfect gift for any newly-wed.
- Has a pearlescent cover to give it that extra special feel.
- Other wedding related titles include *Top Tips for Brides* (ISBN: 9781849535359) and *Top Tips for Grooms* (ISBN: 9781849535366) which have sold over 53,000 copies.



The Little Book of Drinking Games

The Weirdest, Most Fun and Best-Loved Party Games from Around the World

Quentin Parker

ISBN: 978 1 78685 299 1

£6.99

148x105mm

128pp

Paperback

September 2017

Rights and Sales Territories: World



Liven up the party with this heady collection of drinking games! Choose from brain-boggling classics such as Fuzzy Duck and Twenty-One or dizzying games of pure chance like TV Drinking and Vodka Roulette – whichever you play, you're guaranteed to be gleeful and giggly by the end!

Key Selling Points:

- The perfect gift for students, 18th birthdays or anyone who enjoys a good drinking game.
- An updated version of *The Little Book of Drinking Games* (ISBN: 9781849535861), which has sold over 127,000 copies.



Girl Power

Kick-Ass Quotes from
Awesome Women



ISBN: 978 1 78685 351 6

£6.99

115x148mm

128pp

Paperback

October 2017

Rights and Sales Territories: World

The Spice Girls knew it way back in the day, and we still know it: girls rock. Who run the world? Rebel girls, that's who.

With quotes from Oprah, Malala Yousafzai, Beyoncé, Tina Fey, Michelle Obama, Caitlin Moran and many more, this book lets the world hear us roar.



F*ck This

Words, Quotes and Obscenities
to Help You Vent Your Rage

Sam Dixon



ISBN: 978 1 78685 221 2

£6.99

136x101mm

160pp

Hardback

October 2017

Rights and Sales Territories: World

It seems that everything has gone to sh*t. It's time to indulge in some swear therapy. Rage against the world with this collection of cynical quotations.



Llama-Rama

Hilarious Llama and Alpaca Memes, Images and Jokes

Ewen Ramshorn

ISBN: 978 1 78685 349 3

£7.99

158x120mm

96pp

Hardback

October 2017

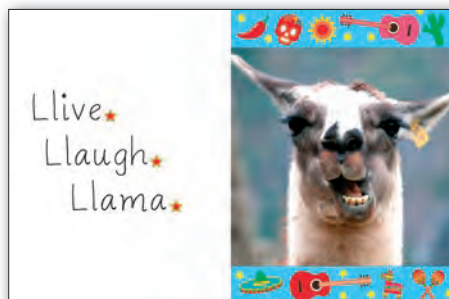
Rights and Sales Territories: World



Llamas: handsome, hirsute, hilarious! This photographic and illustrated collection of llamas and alpacas will have you spitting with laughter. Get ready to llive, llaugh, llama!

Key Selling Points:

- Llama and alpaca design themes are immensely popular, seen in retailers from Paperchase to ASOS and Urban Outfitters.
- On-trend meme-like humour, with similar content to sites such as BuzzFeed and BoredPanda.com
- Summersdale's animal humour range successfully anticipates and reacts to the top animal trends, with past hits including *Dog* and *Cat Selfies* (ISBNs: 9781849536455 and 9781849536462), which have sold 84,000 copies.



Five-a-Day to Keep You Joyful

Daily Inspiration for a Healthy,
Happy Mind

Rachel & Andrew Sainsbury

ISBN: 978 1 78685 225 0

£6.99

136x101mm

160pp

Hardback

January 2018

Rights and Sales Territories: World



Everyone knows it's good to eat five portions of fruit and vegetables a day to keep your body in tip-top condition, but what about a five-a-day for your mind? With wise words on the topics of mindfulness, friendship, appreciation, kindness and happiness for a daily dose of joy, this is an inspirational little book that could have a BIG impact on your day.

Rachel and Andrew Sainsbury share a love for open-water swimming, yoga and meditation, and the fresh air and good living in the Lake District.

Key Selling Point:

- A new angle on the traditional self-help or uplifting-quotes book, asking readers to take their daily 'five-a-day' in quick and simple quotes, tips and facts that can dramatically improve the reader's emotional well-being.



Just Be You

Positive Quotes and Affirmations
for Self-Care

ISBN: 978 1 78685 233 5

£6.99

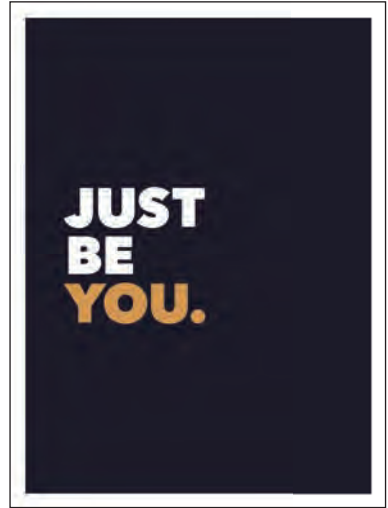
136x101mm

160pp

Hardback

January 2018

Rights and Sales Territories: World



'You are magnificent beyond measure, perfect in your imperfections, and wonderfully made.'
Abiola Abrams

Having a wobbly day, week or year? This little book of uplifting quotations and powerful affirmations will help you to realise you are the best person you could possibly be – you!

Key Selling Point:

- Is in line with Summersdale's excellent range of uplifting quote books, with *You Are So Awesome* (ISBN: 9781849539586) selling over 40,000 copies since its publication in July 2016.



You'll Do

Cheeky Ways to Say How You Really Feel

ISBN: 978 1 78685 231 1

£6.99

136x101mm

160pp

Hardback

January 2018

Rights and Sales Territories: World

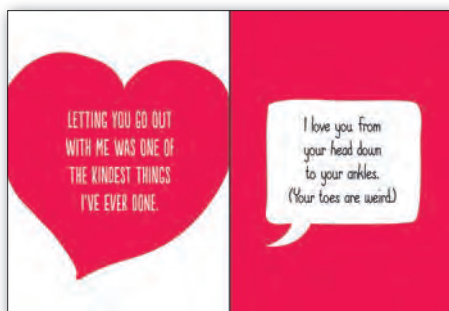
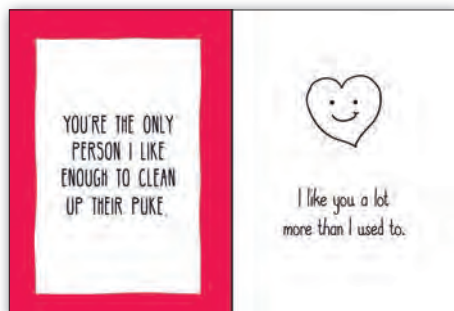


I like you a lot more than I thought I would.

Telling somebody what they mean to you can be tricky. So avoid all those soppy clichés – and any potential awkwardness – by giving that special someone this sassy little book, full of tongue-in-cheek quips and endearingly honest declarations of grudging appreciation.

Key Selling Points:

- Aimed at millennials, who will appreciate the tongue-in-cheek humour and fresh, gender-neutral design.
- The perfect gift for those who would prefer an alternative to traditional romantic gestures.



I Love You

Romantic Quotes for
Valentine's Day



ISBN: 978 1 78685 227 4

£6.99

136x101mm

160pp

Hardback

January 2018

Rights and Sales Territories: World

Brimming with romantic quotes and heartfelt statements, this is the perfect small gift for Valentine's Day.

Love is Love

Romantic Quotes for Every Lover



ISBN: 978 1 78685 230 4

£6.99

136x101mm

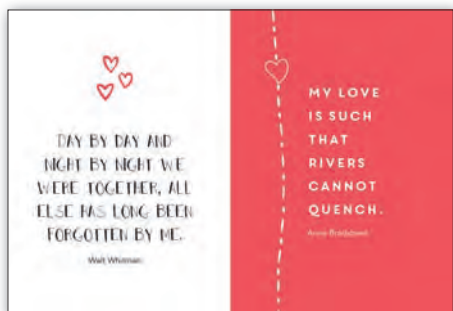
160pp

Hardback

January 2018

Rights and Sales Territories: World

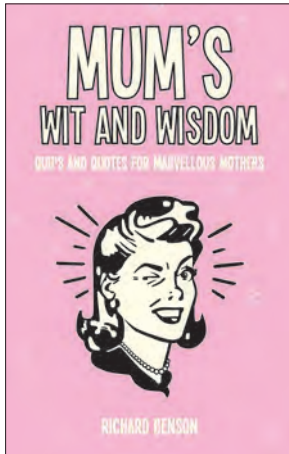
This celebration of every kind of love is full of heart-melting quotes and romantic statements to make you realise love is love is love is love!



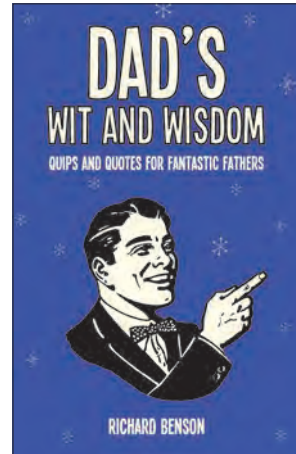
Wit and Wisdom... series

£9.99 • 182x116mm • 208pp • Hardback • January 2018 •

Rights and Sales Territories: World



ISBN: 978 1 78685 060 7



ISBN: 978 1 78685 061 4

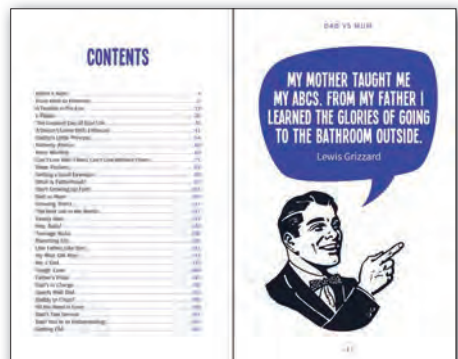
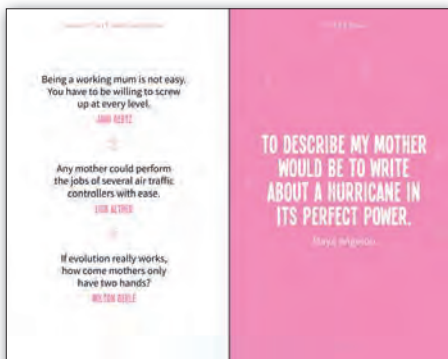
'There is only one pretty child in the world, and every mother has it.'

Chinese proverb

When the little angels are driving you crazy, these wonderful quips and quotes will help to remind you that being a mother is one of the best jobs in the world.

'You can learn many things from children. How much patience you have, for instance.' Franklin P. Jones

When your precious offspring have hijacked the car and there's a hole in your wallet the size of the Grand Canyon, kick back and relax with this hilarious book, crammed full of quips and quotes.



Mum

For All That You Are to Me



ISBN: 978 1 78685 229 8

£6.99

136x101mm

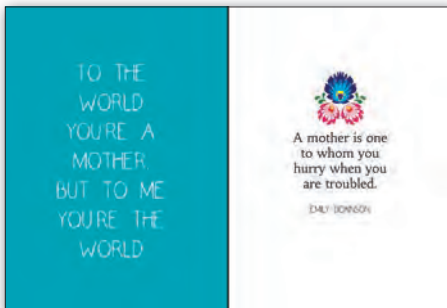
160pp

Hardback

January 2018

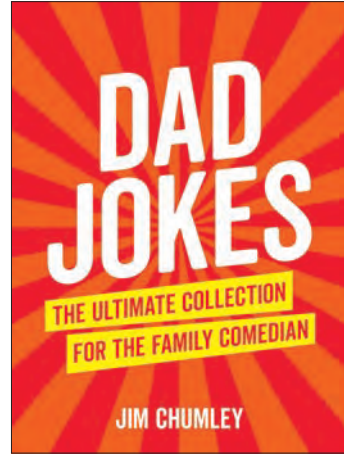
Rights and Sales Territories: World

Filled with heart-warming quotes and thoughtful statements, this book is the perfect way to celebrate the best mum ever!



Dad Jokes

The Ultimate Collection for the Family Comedian



ISBN: 978 1 78685 228 1

£5.99

136x101mm

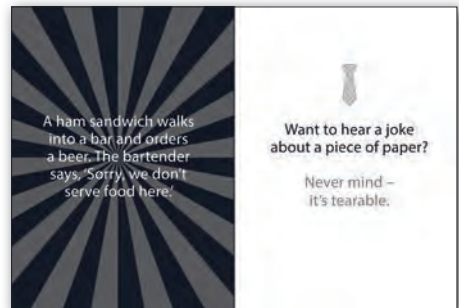
160pp

Hardback

January 2018

Rights and Sales Territories: World

Celebrate the sense of humour that's so bad it's great with this ultimate collection of dad jokes. From cheesy one-liners to puns so terrible that they should probably be illegal.



The Unicorn Cookbook

Magical Recipes for Lovers of the Mythical Creature

Alix Carey

ISBN: 978 1 78685 300 4

£10.99

196x176mm

128pp

Hardback

January 2018

Rights and Sales Territories: World



From the magical explosion cake to happiness pancakes, *The Unicorn Cookbook* is packed with recipes perfect for parties and times when all you want to do is spread some joy and release your inner unicorn.

Alix Carey is a baking enthusiast and the author behind food blog and Instagram account *My Kitchen Drawer*. Follow her on Instagram and Twitter [@mykitchendrawer](#).

Key Selling Points:

- Colourful, bespoke photographs combined with original recipes ensure this collection is in tune with the current unicorn trend.
- *Keep Calm and Colour Unicorns* (ISBN: 9781909865259) has sold over 100,000 copies and *Unicorns: Believe in Magic* has sold 20,000 copies (ISBN: 9781849539562).



The Unicorn Guide to Life

Magical Methods for Looking Good and Feeling Great

Eunice Horne

ISBN: 978 1 78685 239 7

£7.99

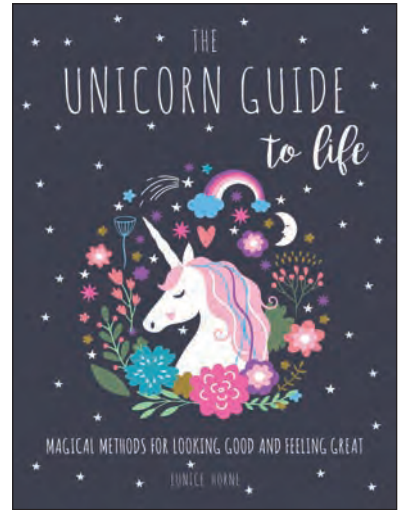
158x120mm

96pp

Hardback

February 2018

Rights and Sales Territories: World



You don't have to be magic to harness the power of the unicorn. Bring some sparkle into your life with this guide to work, rest and play – the unicorn way!

Key Selling Points:

- Unicorns are hugely popular. There are around 5 million Instagram posts dedicated to them.
- Contains useful self-care advice; harnessing the unicorn trend and using it to help those who may not consider themselves likely to purchase a self-help book.



Inspiration for Every Day

365 Ideas to Spark Creativity

Lizzie Cornwall

ISBN: 978 1 78685 232 8

£9.99

146x116mm

160pp

Hardback

February 2018

Rights and Sales Territories: World



Creativity. Productivity. Joy.

Just one tiny flicker can spark inspiration that fuels you all day. Let these moving words, smart tips and beautiful images stimulate your mind, tap into the well of your imagination, and move you to be inspired every day.

Key Selling Points:

- Beautifully designed, with photographs and typographical pages.
- *Mindfulness for Every Day* (ISBN: 9781849538152) and *Mindfulness for Mums* (ISBN: 9781849538176) in the same series have sold over 14,000 copies.



Gadgets Away

100 Great Games to Play

Fiona Jennison

ISBN: 978 1 78685 244 1

£9.99

198x129mm

224pp

Paperback

February 2018

Rights and Sales Territories: World

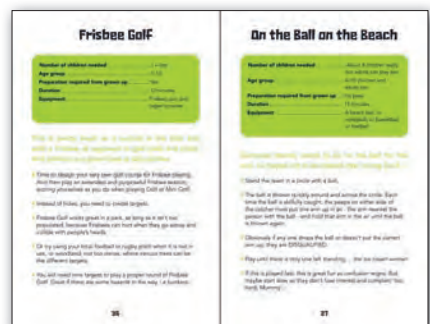
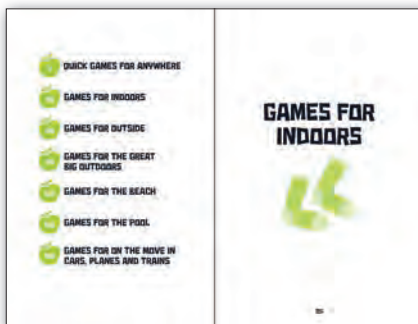


Technology has become the too-easy way to entertain ourselves and our children. This easy-to-use, imaginative book has everything. From five-minute time fillers to large-scale party games, there's plenty of fun here to keep your family laughing: sporty games and playground classics; activities for indoors, gardens, parks and beaches; memory and travel games, brain-teasers and magic tricks.

Fiona Jennison has enjoyed a 20-year career in television, working for various channels including the BBC, Channel 4, ITV and Sky.

Key Selling Point:

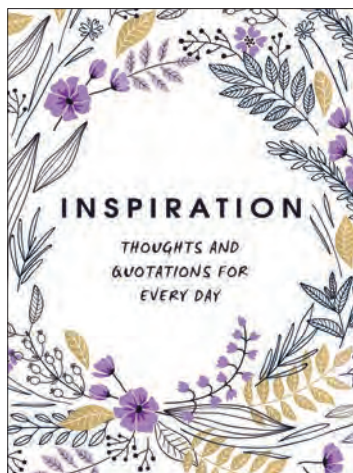
- This sanity-saving collection of ideas and inspiration will help parents who are looking for alternative ways to entertain their children and encourage them to put down their gadgets.



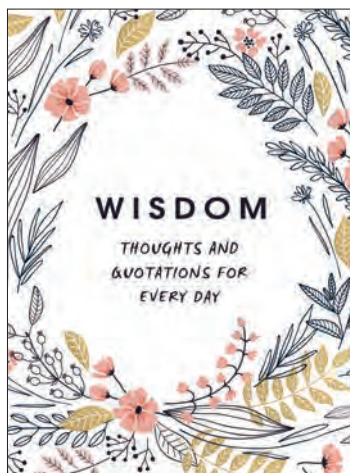
Thoughts and Quotations... series

£6.99 • 136x101mm • 96pp • Hardback • February 2018

Rights and Sales Territories: World



ISBN: 978 1 78685 240 3

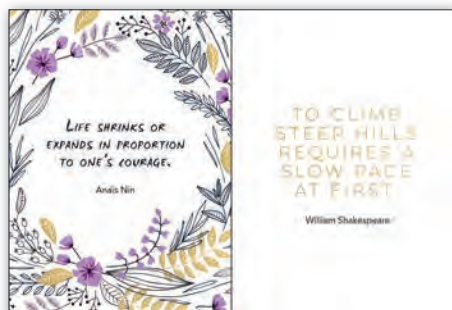


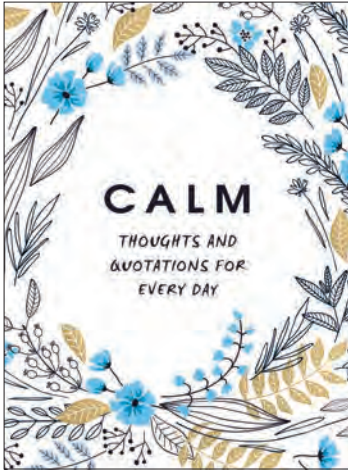
ISBN: 978 1 78685 241 0

'The future belongs to those who believe in the beauty of their dreams.'
Eleanor Roosevelt

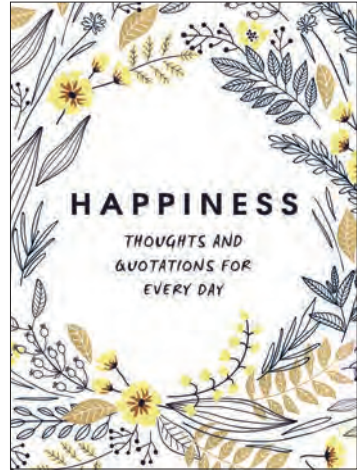
'As soon as you trust yourself, you will know how to live.'
Johann Wolfgang von Goethe

Immerse yourself in the words of the world's best writers, leaders and thinkers with these beautiful books of motivational words and quotes. Inspire your heart, free your mind, and bask in the glow of positive thinking.





ISBN: 978 1 78685 242 7



ISBN: 978 1 78685 243 4

'Calmness of mind is one of the beautiful jewels of wisdom.'

James Allen

'Those who bring sunshine into the lives of others cannot keep it from themselves.'

J. M. Barrie

Key Selling Point:

- A new edition of these popular gift books, which have sold over 41,000 copies, with an elegant and modern redesign for 2018.



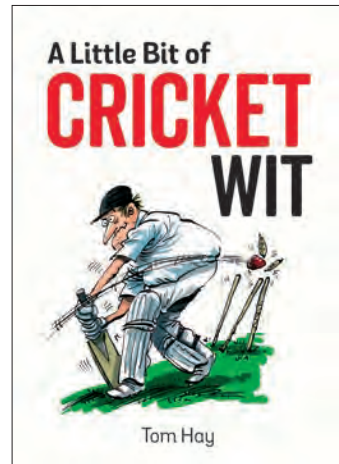
A Little Bit of... Wit series

£5.99 • 154x111mm • 128pp • Hardback • February 2018

Rights and Sales Territories: World



ISBN: 978 1 78685 250 2



ISBN: 978 1 78685 251 9

Laugh yourself off the fairway with the very best quips and quotes for the golf-obsessed.

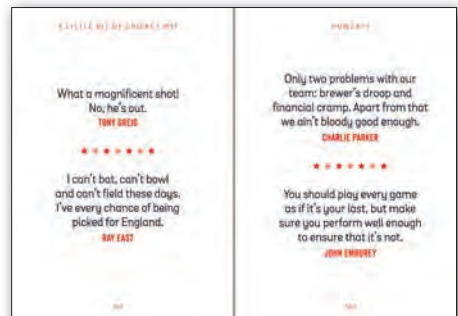
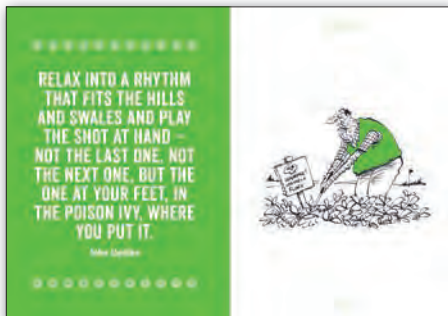
Key Selling Point:

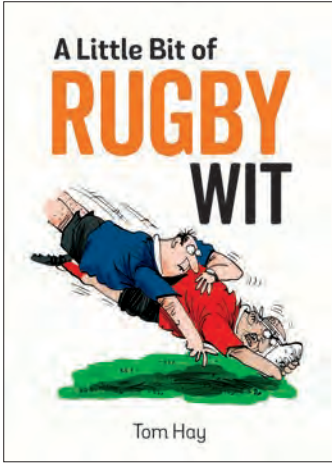
- A revamp of the series *A Little Bit of... Wit* which has sold in excess of 52,000 copies.

Bowl yourself over with the very best quips and quotes for lovers of the gentleman's game.

Key Selling Point:

- The number of fans of the sport is constantly growing – in 2016 the ICC World Twenty20 final was watched by a record 2.45 million people in the UK.





ISBN: 978 1 78685 248 9

Scrum-down and get stuck into this mini-collection of rugby humour – the very best quips and quotes for lovers of the odd-shaped ball.

Key Selling Point:

- Rugby is the second-most popular sport in the world (according to multiple surveys), with 120 million people worldwide watching the Rugby World Cup in 2015.

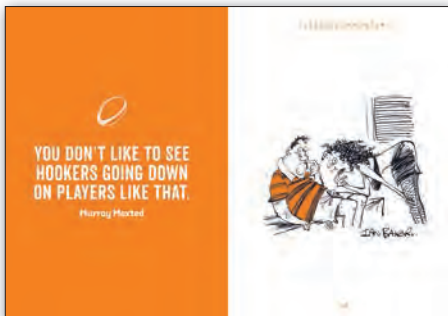


ISBN: 978 1 78685 249 6

Treat your mates to a hearty half-time chuckle with this mini-collection of football humour – the very best quips and quotes for lovers of the beautiful game.

Key Selling Point:

- Football is the most popular sport in the world (according to multiple surveys), with over 4 billion followers.



You're a Star

Quotes and Statements to Make You Shine

ISBN: 978 1 78685 202 1

£6.99

136x101mm

160pp

Hardback

February 2018

Rights and Sales Territories: World



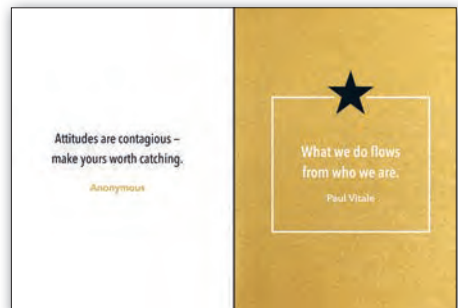
'Nothing can dim the light that shines from within.'

Maya Angelou

Some people shine especially bright in our lives. Say thank you to them with this sparkling constellation of uplifting quotes and grateful statements. With choice words from celebrities and sages past and present, tell someone what they deserve to know – *you're a star!*

Key Selling Points:

- A perfect gift to say thank you or to just to show your appreciation for someone special.
- Will appeal to those who enjoyed *You Are So Awesome* (ISBN: 9781849539586) and *You Are Amazing* (ISBN: 9781849539753), which have sold nearly 45,000 copies.



Student Hacks

Tips and Tricks to Make Uni Life Easier

Dan Marshall

ISBN: 978 1 78685 246 5

£9.99

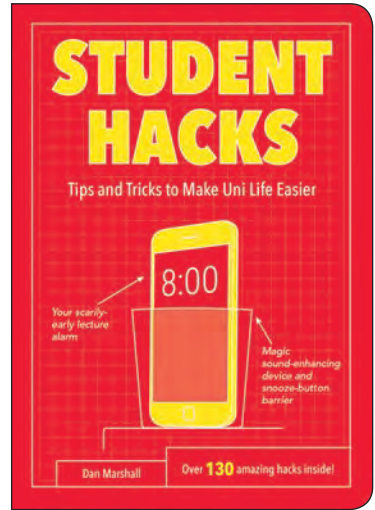
175x125mm

192pp

Paperback

February 2018

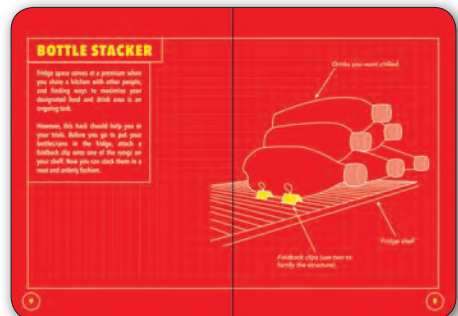
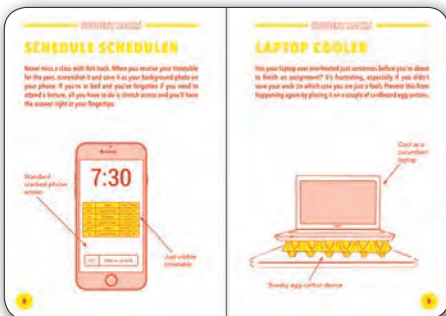
Rights and Sales Territories: World



This fully illustrated manual solves your everyday dilemmas, from ways to make your student loan stretch further to revision hacks and much, much more.

Key Selling Points:

- Contains ingenious tricks, solutions and hacks – from seriously helpful money-management tips and practical study tricks to frivolous party hacks and fun shortcuts to everyday student dilemmas.
- Other books in the series include *Life Hacks* (ISBN: 9781849536448), which has sold in excess of 25,000 copies and has been translated into 13 foreign languages.
- Part of the successful *Hacks* series, which has sold over 45,000 copies.



Gardening Hacks

Handy Hints To Make Gardening Easier

Dan Marshall

ISBN: 978 1 78685 258 8

£9.99

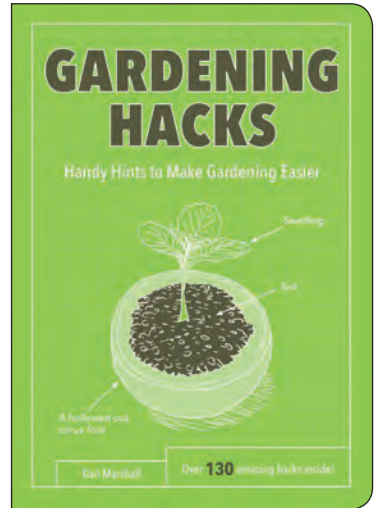
175x125mm

192pp

Paperback

March 2018

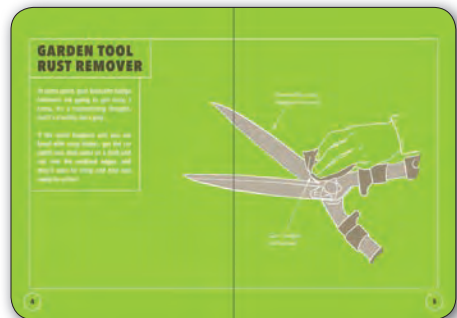
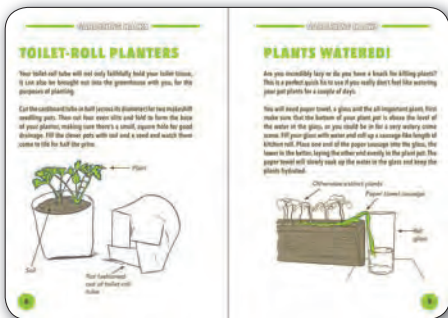
Rights and Sales Territories: World



Dozens of gardening dilemmas are solved with this trusty guide filled with ingenious gardening hacks. Whether you're a regular Best In Show winner looking for some time-saving tips or you've just planted your first seedlings and you want to learn more, *Gardening Hacks* is your fully illustrated manual to blossoming as a gardener.

Key Selling Points:

- There is a flourishing gardening market in the UK, with adults spending around £1.5 billion on plants alone yearly.
- Contents includes: Planting/propagating/transplanting hacks, Plant health, Wildlife gardens, Vegetable patch hacks, Garden decoration ideas, Wildflowers, Weeding hacks, Tool storage/maintenance, Pests and Lawn hacks.



Travel Hacks

Tips and Tricks for Happier Trips

Dan Marshall

ISBN: 978 1 78685 271 7

£9.99

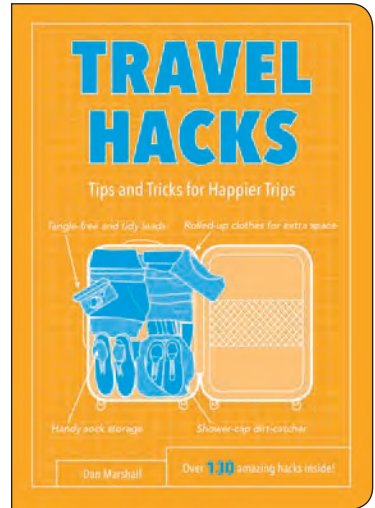
175x125mm

192pp

Paperback

April 2018

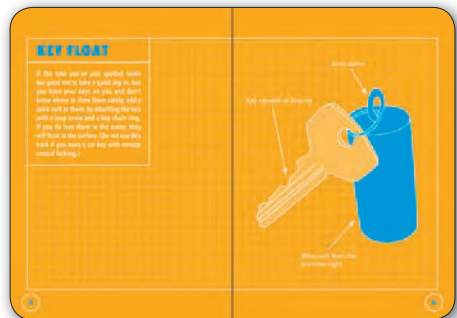
Rights and Sales Territories: World



Travel Hacks is your handy guide to making your holidays that little bit easier, whether you are jetting off for a week or a year. This fully illustrated manual covers everything from maximising space in your suitcase to building your own gas stove, and much, much more.

Key Selling Points:

- This book covers all different types of holiday (camping, beach, city breaks, etc.) and deals with planning and preparation, getting there and around, and making every minute count.
- In the UK, each person goes on an average of three holidays per annum, while an average of 1.1 billion people around the world travel abroad every year.



She Believed She Could So She Did

Inspirational Quotes for Women

ISBN: 978 1 78685 488 9

£6.99

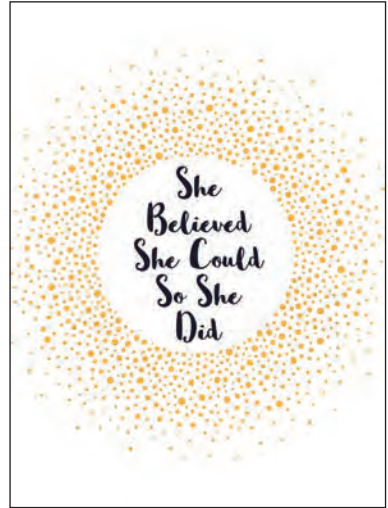
136x101mm

160pp

Hardback

March 2018

Rights and Sales Territories: World



'Above all, be the heroine of your life.'

Nora Ephron

Inside every girl is a diamond core of strength that helps them achieve anything they put their mind to. Tap into your magic with this beautiful collection of inspirational quotations and life-affirming statements.

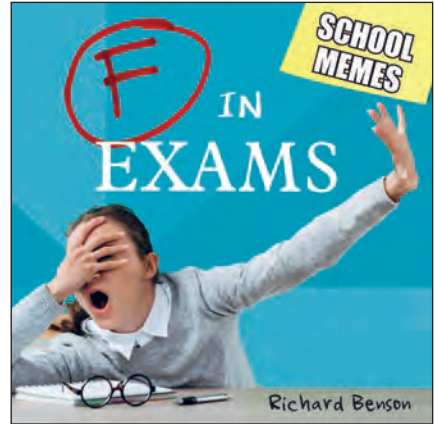
Key Selling Points:

- The phrase 'She Believed She Could So She Did' is rapidly rising in popularity and has already heavily featured on many sites, including Etsy and Amazon.
- Taps into the current trend for female empowerment without specifically linking to feminism, appealing to the section of the female market that believes in strong women but doesn't align with a feminist credo.



F in Exams: School Memes

Richard Benson



ISBN: 978 1 78685 255 7

£7.99

146x146mm

96pp

Hardback

March 2018

Rights and Sales Territories: World

Let the procrastination commence!

For all the times you're on the brink of a collegiate catastrophe, grab this collection of the internet's funniest classroom memes and laugh away your worries.

Key Selling Points:

- On the internet, the word 'meme' is searched for more often than the word 'Jesus', which was the most popular word to look up until 2011.
- On Instagram, over 22 million posts include the hashtag #meme.
- Will appeal to fans of *Grumpy Cat: A Grumpy Book for Grumpy Days*, *Awkward Family Holiday Photos* and *I Can Has Cheezburger?*.
- A new direction for the best-selling *F in Exams* collection. Previous sales of the series are 1.2 million.



The Little Book of Coffee

A Collection of Quotes, Statements and Recipes for Coffee Lovers



ISBN: 978 1 78685 261 8

£6.99

136x101mm

160pp

Hardback

March 2018

Rights and Sales Territories: World

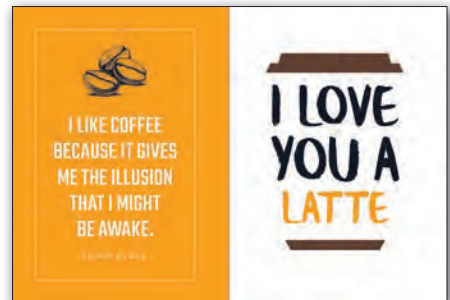
'What goes best with coffee? Another cup.'

Henry Rollins

There are more ways to enjoy your java than there are coffee beans on the tree, so whether you like your coffee topped with artisanal foam or black as the night sky there's something for everyone! Bringing together the finest blend of recipes, clever statements and quips from connoisseurs the world over, this book celebrates the majestic coffee bean.

Key Selling Point:

- This book will appeal to coffee lovers of all ages and genders, and its modern design and small format make it the perfect stocking-filler gift for any coffee fan.



Trugs, Dibbers, Trowels and Twine

Gardening Tips, Words of Wisdom and Inspiration on the Simplest of Pleasures

Isobel Carlson

ISBN: 978 1 78685 257 1

£9.99

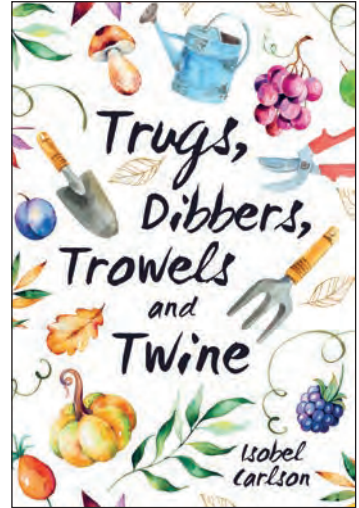
204x135mm

208pp

Hardback

March 2018

Rights and Sales Territories: World

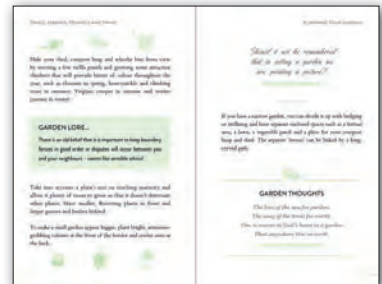


'The love of gardening is a seed once sown that never dies.' Gertrude Jekyll

Follow the garden path to horticultural heaven with this compendium of blossoming inspiration and tips for making your garden grow. Learn about banning bugs and slugs and attracting beneficial creatures, recycling your old household items for gardening solutions – and why you should always keep a leek in your attic.

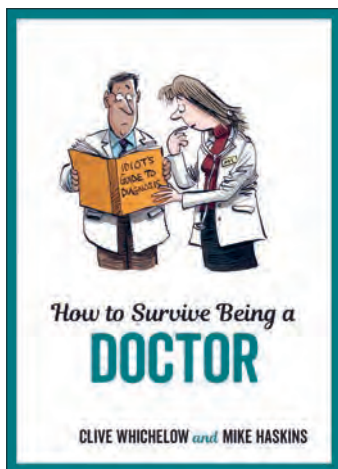
Key Selling Points:

- Previous editions of this title have sold over 12,000 copies.
- This practical and charming book is suitable for both the novice and expert gardener.
- 27 million British people partake in gardening, with the garden retail market worth £5 billion.



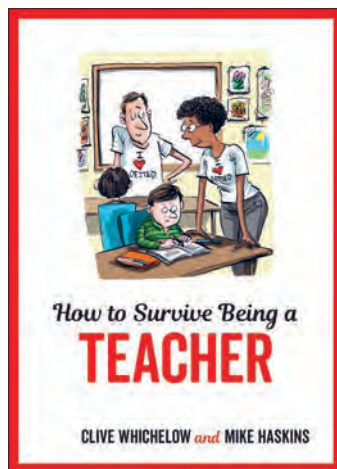
How to Survive... series

£6.99 • 154x111mm • 96pp • Hardback • Rights and Sales Territories: World



ISBN: 978 1 78685 252 6

March 2018

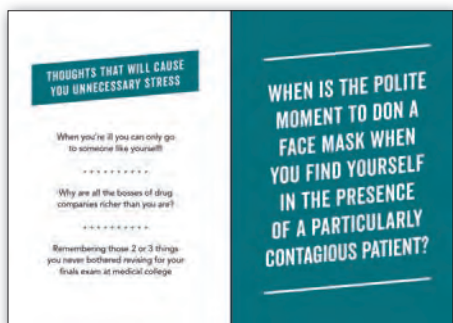


ISBN: 978 1 78685 253 3

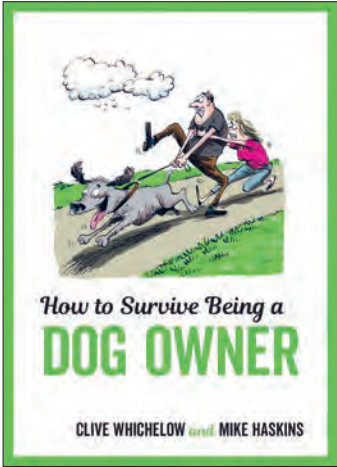
March 2018

Doctors have one of the most rewarding jobs in the world. But if you're going to be faced with the horrors of the human body you're going to need survival skills.

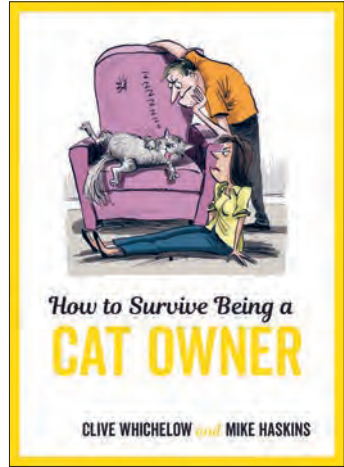
A new term begins and you can't wait for it to end. If only the holidays were longer... or school didn't exist. To get through it, you're going to need survival skills.



These mischievous little books will see you through your years as a doctor, teacher, dog or cat owner with tongue-in-cheek and witty advice.



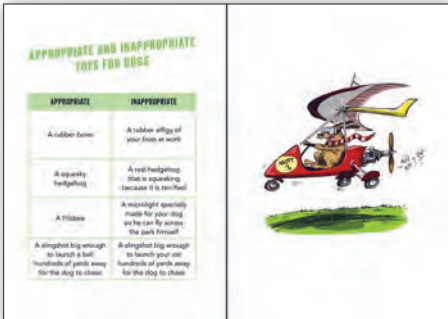
ISBN: 978 1 78685 263 2
April 2018



ISBN: 978 1 78685 264 9
April 2018

You won't find a more loveable friend than you will in your dog. But if you're going to cope with its boundless energy you're going to need survival skills.

Cats are furry, purry and loveable. They also happen to be utterly untrainable; if you're going to make it as a cat owner, you're going to need survival skills.



Clive Whichelow & Mike Haskins have written for *Smack the Pony*, *Dead Ringers* and *Spitting Image* as well as for *The Mail on Sunday*, the *Daily Express*, and the *Daily Mirror*.

You Rock

Quotes and Statements to Uplift
and Encourage

ISBN: 978 1 78685 256 4

£6.99

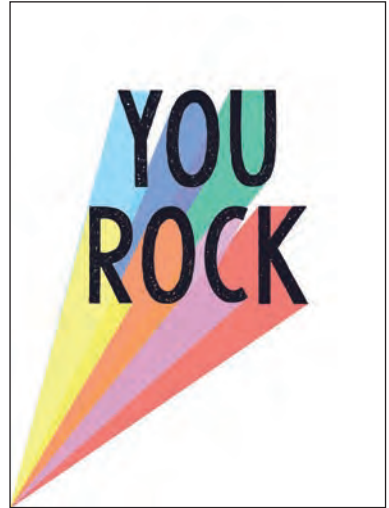
136x101mm

160pp

Hardback

March 2018

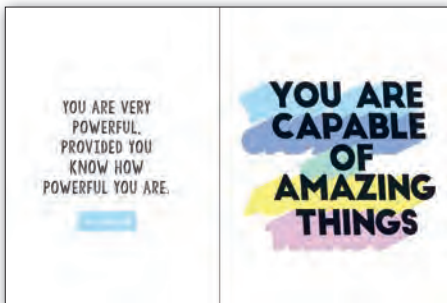
Rights and Sales Territories: World



Everyone needs a boost once in a while and this bright little book, bursting with inspiring quotes and uplifting statements, is the perfect pick-me-up. It's the ideal gift to let your favourite person know to keep doing what they're doing and be who they are, 'cause they rock!

Key Selling Points:

- Perfect as a stocking-filler gift for friends and family, or for someone who's starting a new chapter in their lives such as a new job or a gap year.
- This book will appeal to all those who enjoyed *You Are So Awesome* (ISBN: 9781849539586) and *Never Lose Your Sparkle* (ISBN: 9781849539579), which, combined, have sold over 53,000 copies.



F*ck Vouchers

The Sweary Way to Say What You Really Think

ISBN: 978 1 78685 254 0

£6.99

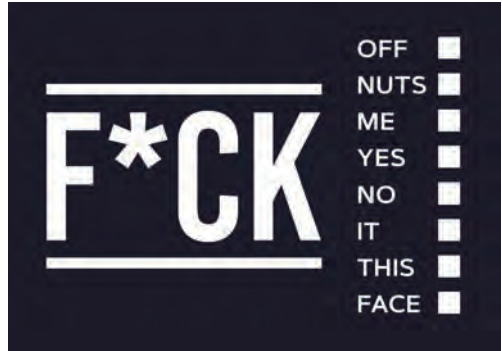
105x148mm

64pp

Paperback

March 2018

Rights and Sales Territories: World

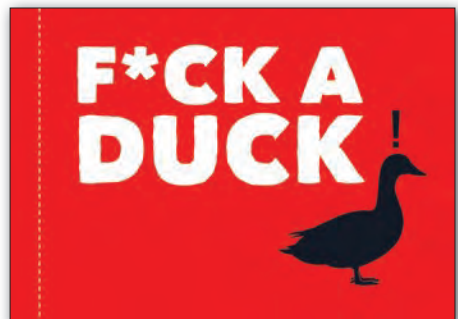


*Nothing says it quite like f*ck.*

Tired of beating around the bush? Not one for subtlety? Tell people what you really think with these vulgar and versatile vouchers. Suitable for congratulation, commiseration, exasperation and everything in between. F*ck yes!

Key Selling Points:

- Contains 32 stylish, detachable vouchers, which can double as postcards.
- Builds on the success of Summersdale's *Love Vouchers* (ISBN: 9781849534956) and *Sex Vouchers* (ISBN: 9781849534949), which have sold nearly 27,000 copies combined.
- An ideal gift for friends and relatives with a penchant for profanity.



I Shit You Not

Weird and Wonderful Facts from
Around the World

Hugh Jassburn

ISBN: 978 1 78685 267 0

£6.99

146x146mm

112pp

Hardback

April 2018

Rights and Sales Territories: World



What a weird and wonderful world we live in. Countries banning letters of the alphabet, the accidental teabag, and have you ever wondered how many horsepower a horse actually has? Well, you'll be amazed and amused by the revelations and illustrations inside this book of fascinating facts – I shit you not.

Hugh Jassburn has been pooing since 1974. He is not a fan of cheap toilet paper, and strongly believes the flap should always be at the front of the roll.

Key Selling Point:

- From the author of the hugely successful *52 Things to Do While You Poo* (ISBN: 9781849537970), which has sold in excess of 217,000 copies and reached number 28 on Amazon's bestseller list.



52 Things to Do While You Poo

The Sports Edition

Hugh Jassburn



ISBN: 978 1 78685 268 7

£6.99

146x146mm

112pp

Hardback

April 2018

Rights and Sales Territories: World

Any true fan knows that the porcelain umpire's chair is an ideal place to put your sporting knowledge to the test. This compendium of fun activities and quiz questions will have you spotting the difference at Wembley, finding a lost helmet at Lord's, and going for gold in Olympic omniscience.

Key Selling Points:

- Also in this series: *52 Things to Learn on the Loo* (ISBN: 9781849537841), *52 Things to Log on the Bog* (ISBN: 9781849539272) and *52 PooDokus To Do While You Poo* (ISBN: 9781849537674).
- Stylishly designed and illustrated with original graphic artwork.



Words From the Garden

A Collection of Beautiful Poetry, Prose and Quotations

Isobel Carlson

ISBN: 978 1 78685 489 6

£7.99

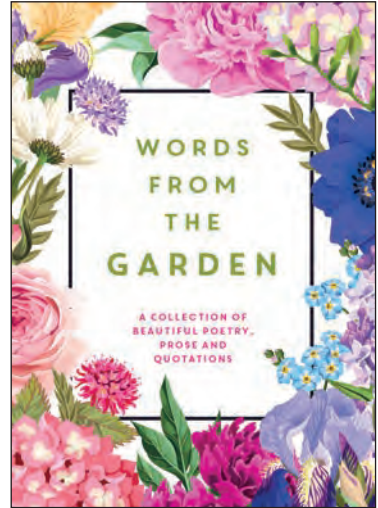
154x111mm

160pp

Hardback

April 2018

Rights and Sales Territories: World



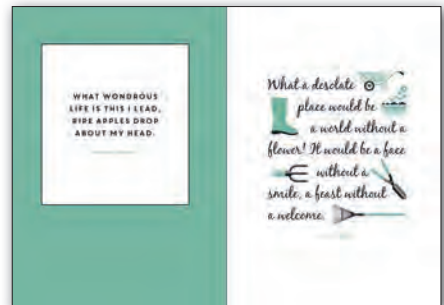
'The soul cannot thrive in the absence of a garden.'

Thomas Moore

This beautiful collection of poetry and prose through the seasons rhapsodises on the spectacle of colour and everything green and flourishing in the garden. The perfect book for a moment's reflection, whether you are cooped up on a rainy day in your potting shed or admiring the fruits of your labour on a sunny evening from the pergola.

Key Selling Points:

- Previous editions of this title have sold over 10,000 copies.
- 27 million British people partake in gardening, with a garden retail market worth £5 billion.



Kama Sutra

A Groovy Book of Sex Positions

Sadie Cayman

ISBN: 978 1 78685 273 1

£5.99

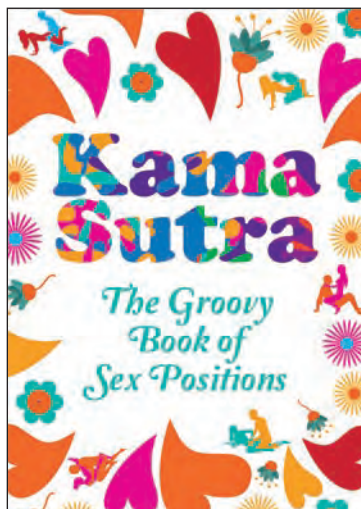
148x105mm

128pp

Paperback

April 2018

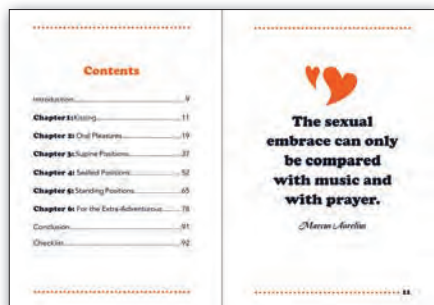
Rights and Sales Territories: World



Fill your love life with good vibes with this collection of mind-blowing sex positions inspired by the classic Indian book of erotica. With positions ranging from slow and sensual to frisky and fun, this book features all the classics as well as far-out new techniques to try. Let's get it on!

Key Selling Points:

- An update of the successful Summersdale book *The Little Book of Kama Sutra* (ISBN: 9781849537780), which has sold over 12,000 copies.
- Designed with on-trend seventies' styling.



Always and Forever

Romantic Quotes about Love, Weddings and Marriage

ISBN: 978 1 78685 272 4

£6.99

136x101mm

160pp

Hardback

April 2018

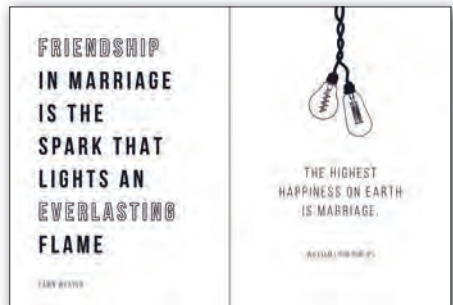
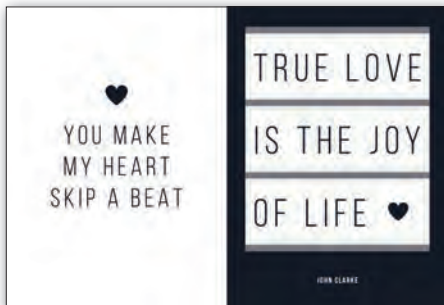
Rights and Sales Territories: World



This precious little book of quotes is studded with gems of wisdom about love, marriage and what it means to find your perfect someone.

Key Selling Points:

- Summersdale's other titles include *Mr & Mrs* (ISBN: 9781786855107), *Mr & Mrs Vouchers* (ISBN: 9781849539951) and *Keep Calm for Brides* (ISBN: 9781849532419).
- The UK wedding industry is worth over £10 billion a year.



Top Tips for Weddings

A Beginner's Guide to Planning Your Dream Wedding

Vicky Edwards

ISBN: 978 1 78685 492 6

£6.99

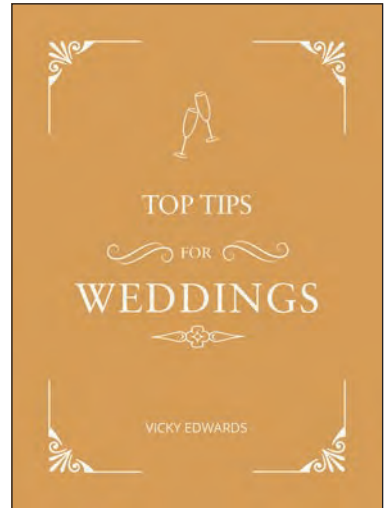
136x101mm

160pp

Hardback

April 2018

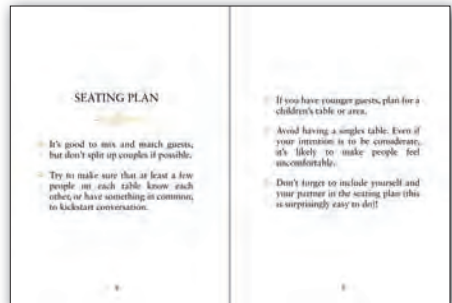
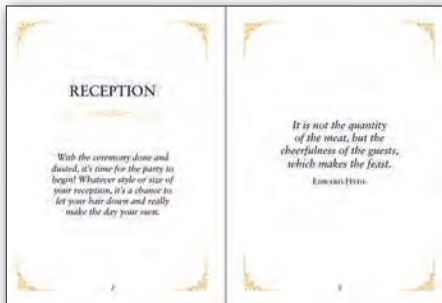
Rights and Sales Territories: World



There's a lot to think about between the moment you say 'Yes!' and the moment you say 'I do'. With advice on everything from picking the ideal venue to creative ideas for your wedding cake, this little book is the perfect companion to planning the wedding of your dreams.

Key Selling Points:

- This book is a comprehensive guide to planning a wedding without being information-heavy, and fills a gap in the market for an accessible small-format book of this nature.
- This book is similar in tone to *Top Tips for Brides* (ISBN: 9781849535359) and *Top Tips for Grooms* (ISBN: 9781849535366), which have collectively sold over 53,000 copies.



The Little Book of Going Green

Ways to Make the World a Better Place

Harriet Dyer

ISBN: 978 1 78685 491 9

£6.99

148x105mm

96pp

Paperback

April 2018

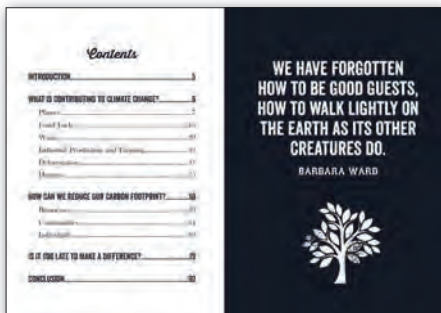
Rights and Sales Territories: World



The Little Book of Going Green aims to shed light on the ways we are harming the environment, from pollution and deforestation to industrial production and farming methods. Filled with facts, theories and tips on how we can do our bit for the planet, this is your one-stop guide to making every aspect of your life earth-friendly.

Key Selling Point:

- Environmental issues have been a constant feature of world news and the subject is currently gaining interest due to significant international affairs such as the Great Barrier Reef being on the brink of irreversible damage and global leader Donald Trump's claim that global warming is a made-up concept.



The Little Book of Yoga

Illustrated Poses to Strengthen Your Body,
De-Stress and Improve Your Health

Eleanor Hall

ISBN: 978 1 78685 280 9

£6.99

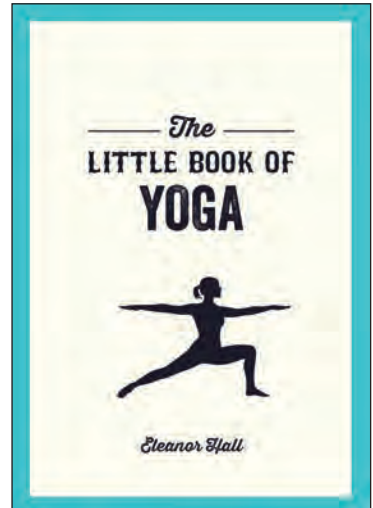
148x105mm

128pp

Paperback

May 2018

Rights and Sales Territories: World

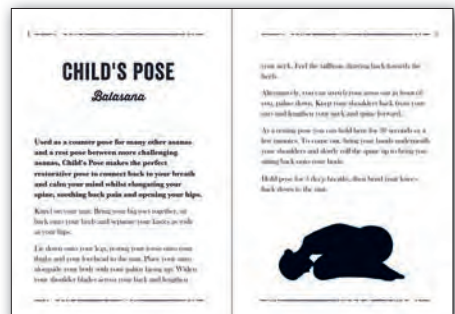


There are plenty of reasons to try yoga – strengthen your body, soothe your soul, reduce stress and many more! This easy-to-digest guide has plenty of tips to help you get started and is packed with a variety of poses that target a range of abilities and different muscle groups. Be inspired!

Eleanor Hall first started practising yoga in her twenties when looking for something to improve her stress- and anxiety-related health issues. www.nuyo.co.uk.

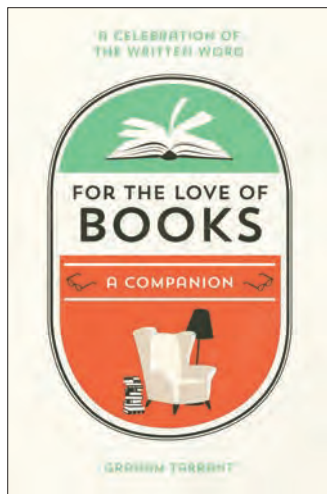
Key Selling Point:

- The clearly illustrated poses make this suitable for beginners or for people wanting to practise in the comfort of their own home.



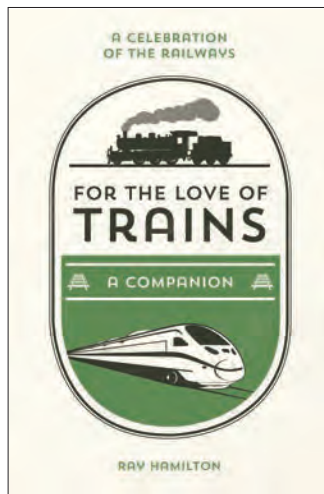
For the Love of... series

£9.99 • 204x135mm • 240pp • Hardback • Rights and Sales Territories: World



ISBN: 978 1 78685 270 0

April 2018



ISBN: 978 1 78685 269 4

May 2018

From banned books to feuding authors, from literary felons to rejected masterpieces, from tips for aspiring writers to stand-out book lists, this treasure trove of compelling facts, riveting anecdotes and extraordinary characters is every book-lover's dream: a book about books and the people who write them. Read all about it!

Graham Tarrant is the author of more than 30 books, on subjects ranging from cinema to cricket.

Key Selling Point:

- Surveys show that we are still a nation of book lovers.

More than just a means of transport, trains connect communities, evoke memories and promise adventures galore. This fact-packed miscellany tracks their development from the earliest locomotives to today's superfast trains, stopping off along the way to explore great railway journeys, iconic stations and memorable depictions in the arts.

Ray Hamilton is a freelance writer and editor, whose lifelong passions are travel, languages and history.

Key Selling Point:

- Railways remain a perennial source of interest, debate and nostalgia.

Middle-Class Hardships

The Struggle Is Real

Sadie Cayman

ISBN: 978 1 78685 281 6

£7.99

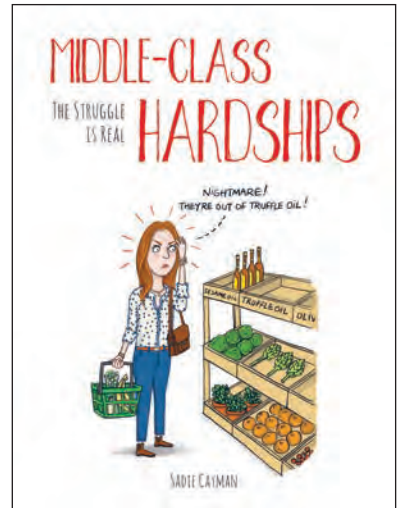
158x120mm

128pp

Hardback

May 2018

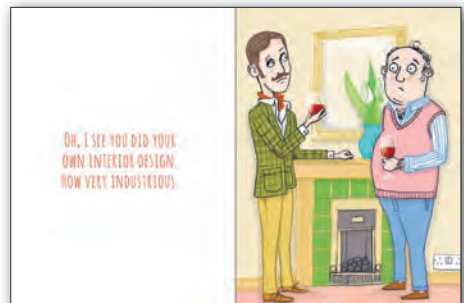
Rights and Sales Territories: World



Have you ever had to buy cava because the shop's out of Champagne? Ever been short of a withering yet well-bred put-down? And how does one charm a fine filly or dashing stallion? This illustrated book showcases these and other first-world problems, inventive insults and brazen chat-up lines that might find you wincing in self-recognition.

Key Selling Point:

- The popularity of poking fun at the middle class is clearly seen in the success of titles such as *Middle-Class Problems* and *Very British Problems*.



What the Fuzz?!

The Adventures of Fuzzberta and Friends

Monica Wu

ISBN: 978 1 78685 266 3

£7.99

146x146mm

96pp

Hardback

April 2018

Rights and Sales Territories: World

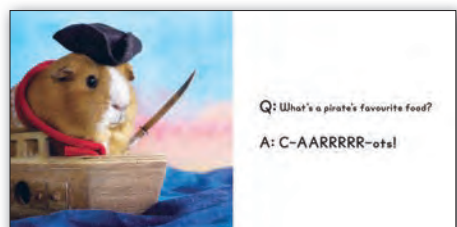


Fluffballs Fuzzberta and Friends have collected their all-time favourite and exclusive photos, from film and fashion to behind-the-scenes material of what they get up to in their spare time, in one book for all non-fuzzy beings to enjoy!

Monica Wu is the creator of the successful Fuzzberta and Friends brand and merchandise. She is a photographer and graphic designer and lives in California, USA, with her adorable family of guinea pigs.

Key Selling Points:

- The Fuzzberta and Friends Instagram account [@fuzzberta](#) has 177,000 followers. The guinea pigs are also present on Facebook ([fuzzberta](#)) and Twitter ([@fuzzberta](#)), and they have their own website, [www.fuzzberta.com](#).
- Fuzzberta and Friends have featured in the *Mirror*, *The Telegraph* and the *New York Post*, as well as on BuzzFeed, Mashable and Bored Panda.



You're Not Old, You're Just Not That Young

The Funny Thing About Getting Older

Harvey Little

ISBN: 978 1 78685 055 3

£9.99

182x116mm

224pp

Hardback

May 2018

Rights and Sales Territories: World



'You don't get older, you get better.'

Shirley Bassey

You might not be a spring chicken any more, but that doesn't mean you shouldn't keep on strutting your stuff! This collection of witty quotations, light-hearted yarns and cheerful jokes will help you stay young at heart, and see the funny side of getting older with a smile on your face.

Key Selling Point:

- Will appeal to fans of *Old Git Wit* (ISBN: 9781849534611), *Old is the New Young* (ISBN: 9781849531658) and the *Older, Wiser, Sexier* series, which have sold over 395,000 copies in total.



Why Don't You Get Off Your Phone and Learn Something New Instead?

Fun, Quirky and Interesting Alternatives to Browsing Your Phone

Kate Freeman

ISBN: 978 1 78685 282 3

£7.99

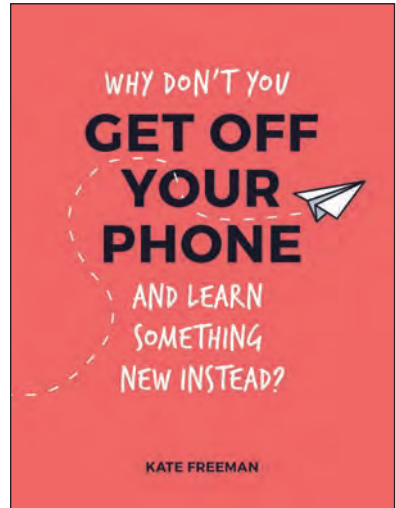
175x125mm

160pp

Paperback

May 2018

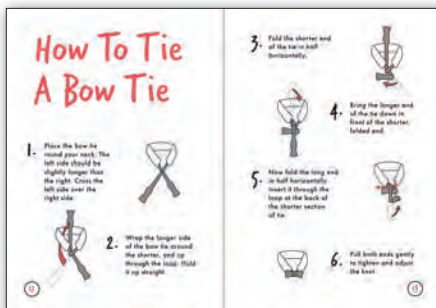
Rights and Sales Territories: World



Whether you want to fill five minutes or spend an entire afternoon, this handy guide is bursting with trivia, facts and suggestions of things to do instead of being on your phone, from the useful, to the fun, to the downright bizarre. Become the most interesting person you know: put down your phone, pick up this book and learn something new!

Key Selling Points:

- A 2017 survey found that, on average, we spend over four hours on our phones every day.
- Similar Summersdale titles include *How To Unplug* (ISBN: 9781849538565) and *How to Unplug Your Child* (ISBN: 9781849537193), which have collectively sold over 13,000 copies.



From Ace to Ze

The Little Book of LGBT+ Terms

Harriet Dyer

ISBN: 978 1 78685 284 7

£6.99

148x105mm

160pp

Paperback

May 2018

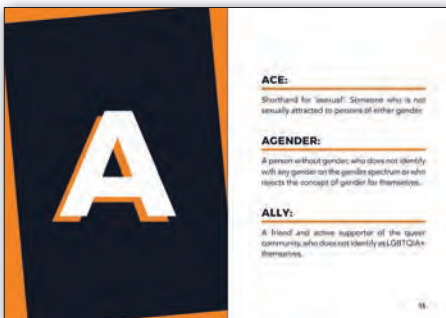
Rights and Sales Territories: World



This easy-to-use dictionary introduces some of the most essential terminology surrounding gender, sexuality and LGBTQIA+ identity. If you have questions about yourself or about the terminology, or even if you're simply interested in learning more, this essential guide will help you navigate the world with knowledge and kindness.

Key Selling Point:

- No other book collects current LGBT+ terminology in one place, making it an essential resource for questioning teens, adults, teachers and parents.



Prosecco Is Always the Answer

The Perfect Gift for Wine Lovers

ISBN: 978 1 78685 496 4

£6.99

136x101mm

160pp

Hardback

May 2018

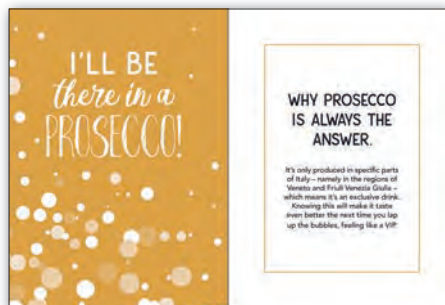
Rights and Sales Territories: World



For years, Prosecco has been waiting in the wings for the right time to make its sparkling appearance – and now it's taking the world by storm and putting the fizz into all social occasions! This book, packed with recipes, facts, trivia and tips on hosting the perfect sparkling-wine soiree, will make you even more potty about Prosecco than you already are!

Key Selling Points:

- Prosecco has been gaining popularity since the early 2000s.
- One in every five bottles of Prosecco is bought by a Brit.



Rosé All Day

Recipes, Quotes and Statements for
Rosé Lovers

ISBN: 978 1 78685 497 1

£6.99

136x101mm

160pp

Hardback

June 2018

Rights and Sales Territories: World



Whether you're at a picnic or a barbecue, enjoying a cosy night in or a big night out, with a glass of rosé in hand everything is just peachy. Bringing together the finest blend of recipes, clever quips, trivia and statements from aficionados the world over, this little book raises a glass to the rising star of the wine world: Rosé.

Key Selling Points:

- Rosé is particularly popular with the target market, 18–30 year-olds, and features frequently on social media, both in images and hashtags.
- Rosé wine is one of the latest food trends. As of July 2017, sales have increased 16 per cent year-on-year at Majestic, and Sainsbury's has increased its stock by 15 per cent to keep up with demand.



Don't Panic... series

£5.99 • 136x101mm • 160pp • Hardback • June 2018

Rights and Sales Territories: World



ISBN: 978 1 78685 292 2



ISBN: 978 1 78685 293 9

'Everything I know I learned after I was thirty.' Georges Clemenceau

B-day is here! But don't spend it stressing about the precious time that's gone by – embrace the fact that you are a fully-fledged, responsible adult (well, sort of) with this collection of witty and wise quotes.

'Age is strictly a case of mind over matter; if you don't mind, it doesn't matter.' Mark Twain

Life begins at 40! Welcome the fact that you are becoming wiser every day (well, probably) with this collection of humorous and uplifting quotes.



- A new edition of the *Keep Calm You're Only...* series, which has sold over 320,000 copies.



ISBN: 978 1 78685 294 6



ISBN: 978 1 78685 295 3

'Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine.'

Joan Collins

Enjoy your birthday – be proud of the fact that you have made it to half a century with this collection of witty and wise quotes.

'I have everything I had 20 years ago, only it's all a little bit lower.'

Gypsy Rose Lee

Don't spend your birthday stressing about the precious time that's gone by – embrace the fact that you are growing more and more graceful with age (well, sort of) with this collection of humorous and uplifting quotes.



Unusual Ways to Die

History's Weirdest Deaths

James Proud

ISBN: 978 1 78685 290 8

£7.99

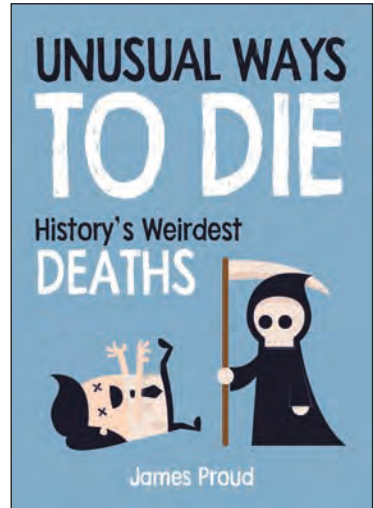
175x128mm

128pp

Hardback

June 2018

Rights and Sales Territories: World

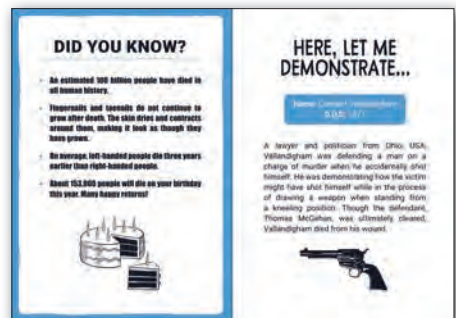
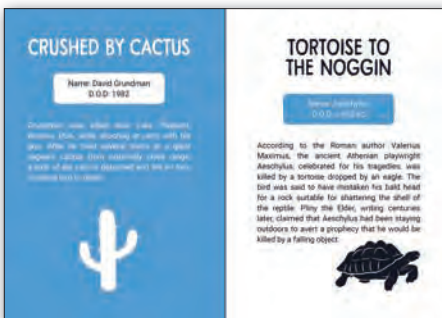


Over the ages, death has come in some very unpredictable forms. This irreverent little book gathers together some of the most peculiar and outrageous ways that people across the globe have met their untimely ends. Whether shocking or silly, these true stories are proof at least that the grim reaper has a strange sense of humour.

James Proud spent several years as a writer and researcher for Ripley's *Believe It or Not*. He specialises in writing about the weird and wonderful.

Key Selling Points:

- Covers not just foolishly accidental deaths but also bizarre, random and unexpected downfalls.
- A great gift idea for those who enjoy historical trivia and black humour.



How Old?! series

£7.99 • 158x120mm • 192pp • Hardback • June 2018

Rights and Sales Territories: World



ISBN: 978 1 78685 493 3



ISBN: 978 1 78685 494 0

'Age is a question of mind over matter. If you don't mind, it doesn't matter!'

Mark Twain

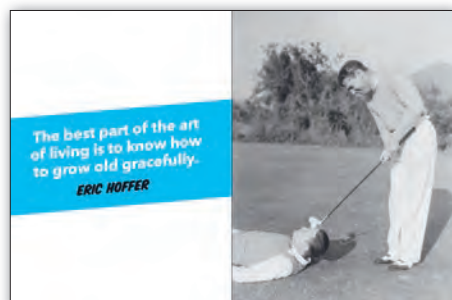
'No matter what happens, I'm loud, noisy, earthy and ready for much more living.'

Elizabeth Taylor

Combining vintage photographs with witty topical captions and quotes, this little book is the perfect way to celebrate becoming Officially Old.

Key Selling Points:

- Will appeal to fans of *Old Git Wit* (ISBN: 9781849534611), *Old is the New Young* (ISBN: 9781849531658) and the *Older, Wiser, Sexier* series, which have sold over 395,000 copies in total.



Everything You Think You Know is Wrong

Exposing the Truth Behind Common Myths and Misconceptions

Richard Benson

ISBN: 978 1 78685 289 2

£8.99

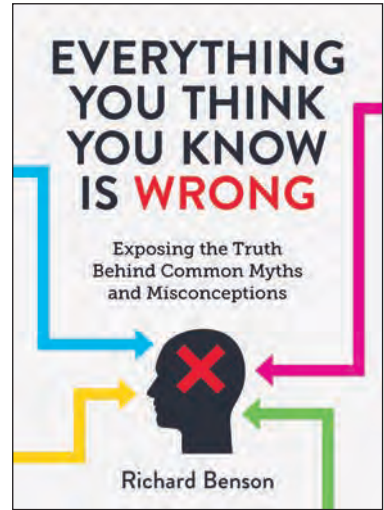
175x128mm

96pp

Hardback

June 2018

Rights and Sales Territories: World

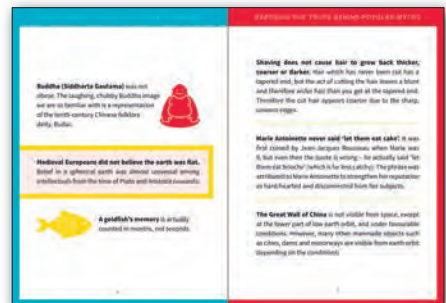


Do you believe that goldfish have a 3-second memory span?

If so, you've been lied to. But this book will set the record straight, so next time someone claims that Napoleon was short, or that shaving causes hair to grow back thicker, you can tell them smugly that everything they think they know is wrong.

Key Selling Point:

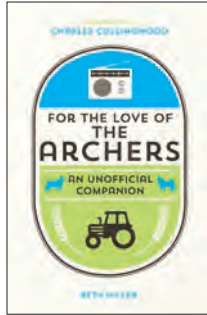
- In the last few years, articles about popular misconceptions have appeared on BuzzFeed, WhatCulture, IFLscience, InformationIsBeautiful and in the *Daily Mail* and the *Independent*.



Staff Picks



978 1 84953 985 2
£9.99



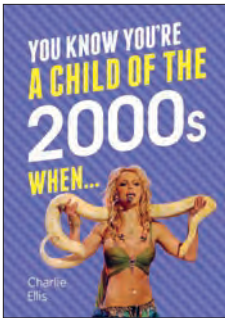
978 1 84953 773 5
£9.99



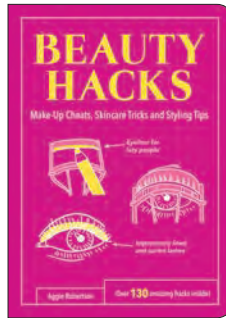
978 1 78685 195 6
£7.99



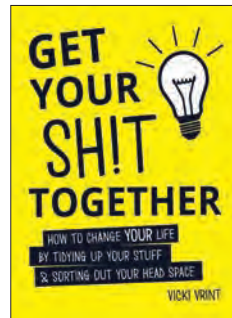
978 1 84953827 5
£9.99



978 1 78685 077 5
£6.99



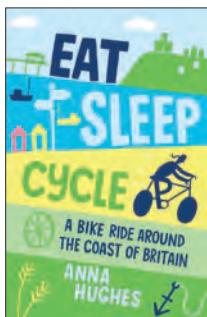
978 1 84953 574 8
£9.99



978 1 84953 794 0
£7.99



978 1 84953 826 8
£9.99



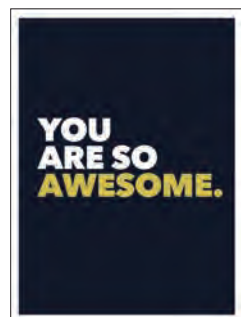
978 1 84953 687 5
£8.99



978 1 78685 033 1
£9.99



978 1 84953 795 7
£9.99



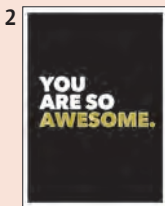
978 1 84953 958 6
£6.99

GIFT & HUMOUR

Top Titles 2017



978 1 84953 497 0



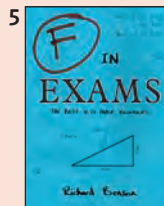
978 1 84953 958 6



978 1 84953 586 1



978 1 84953 784 1



978 1 84024 700 8

TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
#WeRateDogs: The Most Adorable and Hilarious Pups You've Ever Seen	Matt Nelson	978 1 78685 348 6	£9.99	Hb	
18 and Proud of It		978 1 84953 690 5	£5.99	Hb	
21 and Proud of It		978 1 84953 691 2	£5.99	Hb	
30 and Proud of It		978 1 84953 692 9	£5.99	Hb	
40 and Proud of It		978 1 84953 562 5	£5.99	Hb	
50 and Proud of It		978 1 84953 563 2	£5.99	Hb	
52 PooDokus to Do While You Poo	Hugh Jassburn	978 1 84953 767 4	£6.99	Hb	
52 Things to Do While You Poo	Hugh Jassburn	978 1 84953 497 0	£6.99	Hb	
52 Things to Do While You Poo: The Colouring Book	Hugh Jassburn	978 1 84953 934 0	£6.99	Pb	
52 Things to Do While You Poo: The Sports Edition	Hugh Jassburn	978 1 78685 268 7	£6.99	Hb	
52 Things to Learn on the Loo	Hugh Jassburn	978 1 84953 784 1	£6.99	Hb	
52 Things to Log on the Bog: All That You Are, Logged and Listed	Hugh Jassburn	978 1 84953 927 2	£6.99	Hb	
65 and Proud of It		978 1 84953 693 6	£5.99	Hb	
80 and Proud of It		978 1 84953 566 3	£5.99	Hb	
365 Days of Calm	Yvette Jane	978 1 84953 640 0	£5.99	Hb	
365 Days of Friendship	Lizzie Cornwall	978 1 84953 660 8	£5.99	Hb	
365 Days of Happiness		978 1 84953 204 4	£5.99	Hb	
365 Days of Inspiration	Lizzie Cornwall	978 1 84953 331 7	£5.99	Hb	
365 Days of Laughter	Lizzie Cornwall	978 1 84953 545 8	£5.99	Hb	
365 Days of Mindfulness	Yvette Jane	978 1 84953 329 4	£5.99	Hb	
365 Days of Motoring: An Everyday Journey Through its History, Facts and Trivia	Nigel Freestone	978 1 84953 654 7	£9.99	Hb	
365 Days of Prayer	Victoria Lorenzato	978 1 84953 656 1	£5.99	Hb	
365 Days of Wisdom	Yvette Jane	978 1 84953 544 1	£5.99	Hb	
365 Days of Yoga	Sarah Richardson	978 1 84953 666 0	£5.99	Hb	
Adult Charades: Naughty Ideas for Your Favourite Party Game	Sadie Cayman	978 1 84953 943 2	£5.99	Pb	
All You Need Is Love		978 1 84953 130 6	£4.99	Hb	
All You Need Is Love	Lizzie Cornwall	978 1 84953 970 8	£5.99	Hb	
Always Look on the Bright Side		978 1 78685 023 2	£5.99	Hb	
Always Look on the Bright Side of Life		978 1 84953 527 4	£5.99	Hb	
Always and Forever		978 1 78685 272 4	£6.99	Hb	
Animal Selfies	Charlie Ellis	978 1 84953 766 7	£6.99	Hb	
Animals That Saw You Naked	Charlie Ellis	978 1 84953 768 1	£6.99	Hb	
The Art of Hygge: How to Bring Danish Cosiness Into Your Life	Jonny Jackson and Elias Larsen	978 1 84953 955 5	£9.99	Hb	
The Art of Tattoo	Lola Mars	978 1 84953 922 7	£9.99	Hb	
The Art of Teaching: Shortcuts for Outstanding Teachers	The Times Educational Miscreant	978 1 84953 359 1	£9.99	Pb	
The Baby Shower Planning Guide	Verity Davidson	978 1 84953 748 3	£6.99	Pb	
Baby Tips for Dads	Simon Brett	978 1 84953 283 9	£5.99	Hb	
Baby Tips for Dads	Simon Brett	978 1 78685 045 4	£6.99	Hb	
Baby Tips for Grandparents	Simon Brett	978 1 78685 046 1	£6.99	Hb	
Baby Tips for Mums	Simon Brett	978 1 84953 282 2	£4.99	Hb	

Baby Tips for Mums	Simon Brett	978 1 78685 044 7	£6.99	Hb
The Backpacker's Survival Guide: Everything You Need to Know	Tamsin King	978 1 84953 984 5	£6.99	Pb
Bad News: Hilarious Typos, Marvellous Misprints and Epic Headline Fails	Richard Benson	978 1 84953 929 6	£7.99	Pb
Bake Yourself Happy: Cheering Food for the Soul	Emma Hart	978 1 84953 678 3	£7.99	Hb
Bake for Britain		978 1 84953 267 9	£4.99	Hb
Baking Hacks: Tips and Tricks for Foolproof Baking	Aggie Robertson	978 1 78685 216 8	£9.99	Pb
The Battle of Britain: A Miscellany	Norman Ferguson	978 1 84953 742 1	£9.99	Hb
Be Strong		978 1 78685 030 0	£6.99	Hb
Beauty Hacks: Make-Up Cheats, Skincare Tricks and Styling Tips	Aggie Robertson	978 1 84953 574 8	£9.99	Pb
Believe and Achieve: The World's Most Motivational Quotes	Chris Naylor	978 1 84953 983 8	£7.99	Hb
Believe in Yourself: You Are Amazing	José Toots	978 1 84953 717 9	£5.99	Hb
Best Bitch		978 1 84953 912 8	£6.99	Hb
Best Dad Ever	Tim Fenton	978 1 84953 857 2	£5.99	Hb
Best Mum Ever	Tim Fenton	978 1 84953 810 7	£5.99	Hb
The Best of Fred Basset	Alex Graham	978 1 84953 809 1	£14.99	Hb
Bestie		978 1 78685 201 4	£6.99	Hb
Bike Porn: Volume 1	Chris Naylor	978 1 84953 481 9	£14.99	Hb
Bike Porn: Mountain Bikes	Chris Naylor	978 1 84953 743 8	£14.99	Hb
Birds: A Portrait in Pictures and Words	Charlotte Fraser	978 1 84953 675 2	£12.99	Hb
Black Cab Wisdom: Knowledge from the Back Seat	Mark Solomon	978 1 84953 126 9	£6.99	Hb
Blackboard Blunders: Spelling Slip-ups and Homework Howlers	Richard Benson	978 1 84024 712 1	£5.99	Pb
Bonkers Britain: What Drives You Nuts about Modern Life	Will Jackson	978 1 78685 070 6	£9.99	Hb
The Book of Love: Quotes, Statements and Ideas for Starry-eyed Romantics	Lizzie Cornwall	978 1 84953 643 1	£5.99	Pb
The Book of Mindfulness: Quotes, Statements and Ideas for Peaceful and Positive Living	Lizzie Cornwall	978 1 84953 655 4	£5.99	Pb
The Brexit Cookbook: British Food for British People	Nigel Sewage, James Harris & Marc Blakewill	978 1 78685 215 1	£7.99	Pb
Brit Wit: The Perfect Riposte for Every Social Occasion	Susie Jones	978 1 84953 665 3	£9.99	Hb
Bullshit!: Amazing Lies and Unbelievable Truths from Around the Globe	Michael Getz	978 1 84953 653 0	£5.99	Hb
The Bumper Book of Jokes: The Ultimate Compendium of Gags, Wisecracks and Howlers for Every Occasion	Harry Hilton	978 1 78685 210 6	£8.99	Pb
The Bumper Book of Sporting Wit	Richard Benson	978 1 84953 917 3	£9.99	Hb
CIAs Most Wanted Dogs	Mark Leigh	978 1 84953 295 2	£6.99	Hb
Calm		978 1 84953 382 9	£5.99	Hb
Calm: Thoughts and Quotations for Every Day		978 1 78685 242 7	£6.99	Hb
Camper Love	Jamie Tinney	978 1 84953 592 2	£12.99	Hb
Carpe Diem: Make the Most of Life		978 1 84953 485 7	£5.99	Hb
Carpe Diem: Seize the Day		978 1 78685 039 3	£6.99	Hb
Cat Selfies	Charlie Ellis	978 1 84953 646 2	£6.99	Hb
Cat Therapy: Feline First Aid to Lift the Spirits	Charlie Ellis	978 1 84953 951 7	£6.99	Hb
Cat Wit: Quips and Quotes for the Feline-Obsessed	Kate May	978 1 84953 647 9	£9.99	Hb
The Cat	Ella Earle	978 1 84953 142 9	£6.99	Hb
Cats: A Portrait in Pictures and Words	Charlotte Fraser	978 1 84953 491 8	£12.99	Hb
Cats: A Miscellany	Anna-Maria Espösäter	978 1 84953 735 3	£9.99	Hb
Cartography: The Weird and Wonderful World of Infographics	Stephen Wildish	978 1 84953 919 7	£9.99	Hb
A Chichester Miscellany	Phil Hewitt	978 1 84953 379 9	£9.99	Hb
Cinema: From the Silent Screen to the Hollywood Blockbuster	Graham Tarrant	978 1 84953 720 9	£9.99	Hb
Classic Love Poems	Max Morris	978 1 84953 515 1	£9.99	Hb
Classic Love Poems	Max Morris	978 1 84953 968 5	£9.99	Hb
Coast: A Portrait in Pictures and Words	Charlotte Fraser	978 1 84953 708 7	£12.99	Hb
Come Rain or Shine: A Weather Miscellany	Storm Dunlop	978 1 84953 718 6	£9.99	Hb
Congratulations You're 30		978 1 84953 901 2	£5.99	Hb
Congratulations You're 40		978 1 84953 902 9	£5.99	Hb
Congratulations You're 50		978 1 84953 903 6	£5.99	Hb
Congratulations You're 60		978 1 84953 904 3	£5.99	Hb
Congratulations You're a Dad	Kate Freeman	978 1 84953 747 6	£5.99	Hb
Congratulations You're a Mum	Kate Freeman	978 1 84953 746 9	£5.99	Hb

Congratulations on Your Retirement	Ted Heybridge	978 1 84953 624 0	£5.99	Hb
A Countryside Miscellany	Isobel Carlson	978 1 84953 568 7	£9.99	Hb
Creatures with Cocks	Monty Savage and Oscar Tritt	978 1 84953 933 3	£6.99	Hb
Cricket: Let's Get Quizzical	Gwion Prydderch	978 1 84953 613 4	£7.99	Hb
The Cricket Lover's Companion	Richard Benson	978 1 84953 174 0	£9.99	Hb
Cricket's Funniest Jokes	Jim Chumley	978 1 84953 512 0	£5.99	Hb
Dad - You're the Best	Dan Marshall	978 1 78685 018 8	£5.99	Hb
Dad Jokes: The Ultimate Collection for the Family Comedian	Jim Chumley	978 1 78685 228 1	£5.99	Hb
Dad's Wit and Wisdom: Quips and Quotes for Fantastic Fathers	Richard Benson	978 1 78685 061 4	£9.99	Hb
Date Night Cookbook	Rebecca Warbis	978 1 84953 871 8	£9.99	Hb
The Deranged Book For Old Timers	Marcus Waring	978 1 84024 691 9	£9.99	Hb
Dig For Victory		978 1 84953 276 1	£4.99	Hb
The Dog Lover's Companion	Milly Brown	978 1 84953 159 7	£9.99	Hb
The Dog Lover's Digest	Vicky Barks	978 1 84953 425 3	£9.99	Hb
Dog Selfies	Charlie Ellis	978 1 84953 645 5	£6.99	Hb
Dog Therapy: Canine First Aid to Lift the Spirits	Charlie Ellis	978 1 84953 952 4	£6.99	Hb
Dog Wit: Quips and Quotes For the Canine - Obsessed	Kate May	978 1 84953 648 6	£9.99	Hb
Doggebox: What Dogs Really Think About Television	Charlie Ellis	978 1 84953 994 4	£6.99	Hb
Doggy Style: The Cutest, Funniest and Silliest Haute-Couture Hounds	Milly Brown	978 1 84953 786 5	£6.99	Hb
Dogs: A Portrait in Pictures and Words	Charlotte Fraser	978 1 84953 454 3	£12.99	Hb
Dogs: A Miscellany	Vicky Edwards	978 1 84953 736 0	£9.99	Hb
Don't Panic, You're Only 30!: Quips and Quotes on Getting Older		978 1 78685 292 2	£5.99	Hb
Don't Panic, You're Only 40!: Quips and Quotes on Getting Older		978 1 78685 293 9	£5.99	Hb
Don't Panic, You're Only 50!: Quips and Quotes on Getting Older		978 1 78685 294 6	£5.99	Hb
Don't Panic, You're Only 60!: Quips and Quotes on Getting Older		978 1 78685 295 3	£5.99	Hb
Don't Worry, Be Happy		978 1 84953 688 2	£5.99	Hb
Don't Worry, Be Happy		978 1 78685 025 6	£5.99	Hb
Don't Let the B*stards Get You Down	Sam Dixon	978 1 84953 576 2	£5.99	Hb
Dreamopedia: An A to Z of Dreams and What They Mean	Lizzie Cornwall	978 1 84953 853 4	£7.99	Pb
Drink: A Tippler's Miscellany	Jane Peyton	978 1 84953 755 1	£9.99	Hb
Driving Test Tips	Andrew Adams	978 1 84953 538 0	£5.99	Hb
Essential Foreign Insults	Emma Burgess	978 1 84953 275 4	£3.99	Pb
Essential Foreign Swear Words	Emma Burgess	978 1 84953 274 7	£3.99	Pb
Every Cloud Has a Silver Lining		978 1 84953 205 1	£5.99	Hb
Every Cloud Has a Silver Lining	Sophie Golding	978 1 84953 908 1	£5.99	Hb
Everything You Think You Know is Wrong: Exposing the Truth Behind Common Myths and Misconceptions	Richard Benson	978 1 78685 289 2	£8.99	Hb
Excuses, Excuses: I am unable to come in to the office today...	Lisa Swerling and Ralph Lazar	978 1 84953 369 0	£6.99	Hb
F in English	Richard Benson	978 1 84953 324 9	£3.99	Pb
F in Exams: The Best Test Paper Blunders	Richard Benson	978 1 84024 700 8	£6.99	Pb
F in Exams: The Big Book of Test Paper Blunders	Richard Benson	978 1 84953 924 1	£9.99	Hb
F in Exams: Even More of the Best Test Paper Blunders	Richard Benson	978 1 78685 208 3	£6.99	Pb
F in Exams: School Memes	Richard Benson	978 1 78685 255 7	£7.99	Hb
F in Exams Joke Book: The Best (and Worst) Jokes and Test Paper Blunders	Richard Benson	978 1 84953 775 9	£5.99	Pb
F in Exams Journal		978 1 84953 650 9	£7.99	Hb
F in History	Richard Benson	978 1 84953 326 3	£3.99	Pb
F in Retakes: Even More Test Paper Blunders	Richard Benson	978 1 84953 313 3	£5.99	Pb
F in School: Blunders, Backchat and Bad Excuses	Richard Benson	978 1 84953 506 9	£5.99	Pb
F in Spelling: The Funniest Test Paper Blunders	Richard Benson	978 1 84953 649 3	£5.99	Pb
F**k This Shit	Sam Dixon	978 1 84953 504 5	£4.99	Hb
F*ck This: Words, Quotes and Obscenities to Help You Vent Your Rage	Sam Dixon	978 1 78685 221 2	£6.99	Hb
F*ck Vouchers: The Sweary Way to Say What You Really Think		978 1 78685 254 0	£6.99	Pb
Fartopedia: Everything You Didn't Need to Know - and More!	Martin Fleming	978 1 84953 740 7	£6.99	Pb
A Feast of West Sussex	Rosemary Moon	978 1 84953 443 7	£9.99	Hb
Fight Fear, Find Freedom	José Toots	978 1 84953 829 9	£5.99	Hb
Find Calm	Anna Barnes	978 1 84953 986 9	£7.99	Hb
The First World War: A Miscellany	Norman Ferguson	978 1 84953 452 9	£9.99	Hb

Five-a-Day to Keep You Joyful	Rachel and Andrew Sainsbury	978 1 78685 225 0	£6.99	Hb
Fixie For Life: Urban Fixed-Gear Style and Culture	Chris Naylor	978 1 84953 636 3	£14.99	Hb
The Football Pocket Puzzle Book	Neil Somerville	978 1 84953 750 6	£5.99	Pb
For a Brilliant Brother		978 1 84953 339 3	£4.99	Hb
For My Best Friend Forever	Purple Ronnie	978 1 84953 878 7	£5.99	Hb
For My Lovely Mum	Purple Ronnie	978 1 84953 876 3	£5.99	Hb
For My One True Love	Purple Ronnie	978 1 84953 877 0	£5.99	Hb
For Your Brilliant Birthday	Purple Ronnie	978 1 84953 879 4	£5.99	Hb
For a Fabulous Wife		978 1 84953 290 7	£4.99	Hb
For a Smashing Sister		978 1 84953 340 9	£4.99	Hb
For a Super Dad		978 1 84953 397 3	£4.99	Hb
For a Wonderful Husband		978 1 84953 291 4	£4.99	Hb
For the Best Dad Ever	Tim Fenton	978 1 78685 017 1	£9.99	Hb
For the Best Dad in the World		978 1 84953 567 0	£5.99	Hb
For the Best Daughter in the World		978 1 84953 669 1	£5.99	Hb
For the Best Grandparent in the World		978 1 84953 674 5	£5.99	Hb
For the Best Mum Ever	Isobel Carlson	978 1 84953 980 7	£9.99	Hb
For the Best Mum in the World		978 1 84953 526 7	£5.99	Hb
For the Best Sister in the World		978 1 84953 668 4	£5.99	Hb
For the Best Teacher in the World		978 1 84953 619 6	£5.99	Hb
For the Love of Books: A Celebration of the Written Word	Graham Tarrant	978 1 78685 270 0	£9.99	Hb
For the Love of Cats	Kate May	978 1 78685 031 7	£9.99	Hb
For the Love of Classical Music: A Companion	Caroline High	978 1 84953 732 2	£9.99	Hb
For the Love of Cricket: A Companion	Graham Tarrant	978 1 78685 026 3	£9.99	Hb
For the Love of Dogs	Kate May	978 1 78685 032 4	£9.99	Hb
For the Love of Football: A Companion	Johnny Morgan	978 1 78685 009 6	£9.99	Hb
For the Love of London: A Companion	Julian Beecroft	978 1 78685 001 0	£9.99	Hb
For the Love of Radio 4: An Unofficial Companion	Caroline Hodgson	978 1 84953 642 4	£9.99	Hb
For the Love of Rugby: A Companion	Steven Gauge	978 1 84953 999 9	£9.99	Hb
For the Love of Running: A Companion	Paul Owen	978 1 78685 015 7	£9.99	Hb
For the Love of Shakespeare: A Companion	Beth Miller	978 1 84953 925 8	£9.99	Hb
For the Love of The Archers: An Unofficial Companion	Beth Miller, Charles Collingwood	978 1 84953 773 5	£9.99	Hb
For the Love of the Royal Family: A Companion	Roger Bryan	978 1 84953 926 5	£9.99	Hb
For the Love of Trains: A Celebration of the Railways	Ray Hamilton	978 1 78685 269 4	£9.99	Hb
Fortune Favours the Bold	José Toots	978 1 84953 888 6	£5.99	Hb
Foul-Mouthed Pets	Mike Lepine and Mark Leigh	978 1 84953 277 8	£5.99	Hb
Fred Basset Yearbook 2018	Alex Graham	978 1 78685 075 1	£8.99	Pb
From Ace to Ze: The Little Book of LGBT+ Terms	Harriet Dyer	978 1 78685 284 7	£6.99	Pb
Gadgets Away: 100 Great Games To Play	Fiona Jennison	978 1 78685 244 1	£9.99	Pb
Gadgets, Games and Gizmos: 122 Inventions that Changed the World	Jean-Marie Donat	978 1 78685 071 3	£14.99	Hb
Games For All the Family	Harry Hilton	978 1 84953 471 0	£7.99	Hb
Gap Year Adventures: An Essential Pocket Guide to Making It Count	Tamsin King	978 1 84953 954 8	£5.99	Pb
The Garden Pocket Puzzle Book	David Squire	978 1 84953 682 0	£7.99	Hb
Garden Wisdom	Felicity Hart	978 1 84953 386 7	£5.99	Hb
A Gardener's Miscellany	Isobel Carlson	978 1 84953 260 0	£9.99	Hb
The Gardener's Year	Pippa Greenwood	978 1 84953 658 5	£9.99	Hb
Gardening Hacks: Handy Hints To Make Gardening Easier	Dan Marshall	978 1 78685 258 8	£9.99	Pb
Gardening Wit: Quips and Quotes for the Green-Fingered	Jane Brook	978 1 84953 664 6	£9.99	Hb
Get Started: Creative Ways to Motivate Yourself	Emma Hill	978 1 84953 973 9	£7.99	Pb
The Gift of Happiness	Yvette Jane	978 1 84953 606 6	£5.99	Hb
The Gift of Healing	Yvette Jane	978 1 84953 607 3	£5.99	Hb
The Gift of Mindfulness	Yvette Jane	978 1 84953 605 9	£5.99	Hb
Gift to Self		978 1 78685 002 7	£6.99	Pb
Gin and Bear It		978 1 78685 200 7	£6.99	Hb
Girl Power: Kick-Ass Quotes from Awesome Women		978 1 78685 351 6	£6.99	Pb
Glad to Be Grey	Clive Whichelow	978 1 84953 453 6	£5.99	Hb

Golfing Wit: Quips and Quotes for the Golf-Obsessed	Aubrey Malone	978 1 84953 662 2	£9.99	Hb
Grammar: Know Your Shit or Know You're Shit	Joanne Adams	978 1 84953 757 5	£8.99	Hb
Grandad's Wit and Wisdom: Quips and Quotes for Glorious Grandpas	Richard Benson	978 1 78685 062 1	£9.99	Hb
Grandma's Wit and Wisdom: Quips and Quotes for the Greatest Grannies	Richard Benson	978 1 78685 063 8	£9.99	Hb
Grandparenting for Beginners	Clive Whichelow	978 1 84953 753 7	£6.99	Hb
Great British Cars: Classic Models from the 1950s to the 1970s	Stephen Barnett	978 1 84953 928 9	£12.99	Hb
Happiness: Thoughts and Quotations for Every Day		978 1 78685 243 4	£6.99	Hb
Hen Party Planning Guide	Verity Davidson	978 1 84953 892 3	£5.99	Pb
Hints on Health from the Victorians	Constance Moore	978 1 84953 244 0	£3.99	Hb
Home Hacks: Handy Hints to Make Life Easier	Dan Marshall	978 1 84953 915 9	£9.99	Pb
How Old?! (for men): Quips and Quotes for Those Growing Older, Not Necessarily Wiser		978 1 78685 493 3	£7.99	Hb
How Old?! (for women): Quips and Quotes for Those Growing Older, Not Necessarily Wiser		978 1 78685 494 0	£7.99	Hb
How to Survive 40	Haskins and Whichelow	978 1 84953 935 7	£5.99	Hb
How to Survive 50	Haskins and Whichelow	978 1 84953 936 4	£5.99	Hb
How to Survive 60	Haskins and Whichelow	978 1 84953 937 1	£5.99	Hb
How to Survive Being a Cat Owner	Haskins and Whichelow	978 1 78685 264 9	£6.99	Hb
How to Survive Being a Doctor	Haskins and Whichelow	978 1 78685 252 6	£6.99	Hb
How to Survive Being a Dog Owner	Haskins and Whichelow	978 1 78685 263 2	£6.99	Hb
How to Survive Being a Teacher	Haskins and Whichelow	978 1 78685 253 3	£6.99	Hb
How to Survive Parenthood	Haskins and Whichelow	978 1 84953 137 5	£4.99	Hb
How to Survive Retirement	Haskins and Whichelow	978 1 84953 138 2	£5.99	Hb
How to Survive Retirement	Haskins and Whichelow	978 1 78685 049 2	£6.99	Hb
How to Survive University: An Essential Pocket Guide	Tamsin King	978 1 84953 890 9	£5.99	Pb
How to Survive University	Haskins and Whichelow	978 1 78685 048 5	£6.99	Hb
Hugs: A Photographic Celebration of the Cutest Animal Couples	Ella Earle	978 1 84953 680 6	£5.99	Hb
Hunks in Trunks	Alex Knight	978 1 84953 498 7	£7.99	Pb
I Love You (square)	Lisa Swerling and Ralph Lazar	978 1 84953 514 4	£5.99	Hb
I Love You (Esmé series)		978 1 84953 570 0	£5.99	Hb
I Love You (chick)	Ella Earle	978 1 84953 801 5	£5.99	Hb
I Love You	Isobel Carlson	978 1 84953 971 5	£7.99	Hb
I Love You: Romantic Quotes for Valentine's Day		978 1 78685 227 4	£6.99	Hb
I Love You Dad	Ella Earle	978 1 84953 858 9	£5.99	Hb
I Love You Mum (Pug)	Ella Earle	978 1 84953 681 3	£5.99	Hb
I Love You Mum	Isobel Carlson	978 1 84953 978 4	£5.99	Hb
I Love You to the Moon and Back		978 1 84953 525 0	£5.99	Hb
I Love You to the Moon and Back (square)		978 1 84953 918 0	£6.99	Hb
I Shit You Not: Weird and Wonderful Facts from Around the World	Hugh Jassburn	978 1 78685 267 0	£6.99	Hb
If Our Love Were a Book...: This Is How It Would Look	Lisa Swerling and Ralph Lazar	978 1 84953 337 9	£5.99	Hb
Inked: The World's Most Impressive, Unique and Innovative Tattoos	Lola Mars	978 1 84953 725 4	£9.99	Hb
Inspiration		978 1 84953 385 0	£5.99	Hb
Inspiration: Thoughts and Quotations for Every Day		978 1 78685 240 3	£6.99	Hb
Inspiration and Motivation for Artists	Maya Goldsworthy	978 1 84953 707 0	£6.99	Pb
Inspiration and Motivation for Musicians	Tamsin King	978 1 84953 706 3	£6.99	Pb
Inspiration and Motivation for Runners	Ali Clarke	978 1 84953 705 6	£6.99	Pb
Inspiration and Motivation for Writers	Chloe Henderson	978 1 84953 704 9	£6.99	Pb
Inspiration for Artists	Emily Darcy	978 1 78685 056 0	£6.99	Hb
Inspiration for Cooks	Emily Darcy	978 1 84953 633 2	£4.99	Hb
Inspiration for Every Day	Lizzie Cornwall	978 1 78685 232 8	£9.99	Hb
Inspiration for Gardeners	Emily Darcy	978 1 84953 634 9	£4.99	Hb
Inspiration for Musicians	Emily Darcy	978 1 78685 058 4	£6.99	Hb
Inspiration for Writers	Emily Darcy	978 1 78685 057 7	£6.99	Hb
Inspiration for Writers	Emily Darcy	978 1 84953 214 3	£4.99	Hb
Ireland: The Land of a Hundred Thousand Welcomes	Clare Gallagher	978 1 84953 520 5	£5.99	Hb
Ireland: Let's Get Quizzical	Gwion Prydderch	978 1 84953 595 3	£7.99	Hb
It's Always Beer O'Clock		978 1 78685 008 9	£5.99	Hb

It's Always Wine O'Clock		978 1 78685 007 2	£5.99	Hb
Jack Shit: The Ultimate in Toilet Humour	Trevor de Silva and Steve Allen	978 1 84953 171 9	£6.99	Hb
Jack Shit: Number Two	Trevor de Silva and Steve Allen	978 1 84953 774 2	£6.99	Hb
Jane Austen: A Treasury	Constance Moore	978 1 84953 358 4	£8.99	Hb
Janet and John: Here We Go	Mabel O'Donnell	978 1 84024 613 1	£5.99	Hb
Janet and John: Off to Play	Mabel O'Donnell	978 1 84024 615 5	£5.99	Hb
Jokes For Girls	Mandy Morgan	978 1 84953 473 4	£7.99	Hb
The Joy of Camping	Phoebe Smith	978 1 84953 698 1	£9.99	Hb
The Joy of Cricket	Graham Tarrant	978 1 84953 599 1	£9.99	Hb
The Joy of Cycling	Ray Hamilton	978 1 84953 457 4	£9.99	Hb
The Joy of Football	Johnny Morgan	978 1 84953 600 4	£9.99	Hb
The Joy of Gardening	Vanessa Berridge	978 1 84953 552 6	£9.99	Hb
The Joy of Golf	Ray Hamilton	978 1 84953 598 4	£9.99	Hb
The Joy of Retirement	Ted Heybridge	978 1 84953 661 5	£9.99	Hb
The Joy of Running	Paul Owen	978 1 84953 458 1	£9.99	Hb
The Joy of Walking	David Bathurst	978 1 84953 553 3	£9.99	Hb
Just Be You		978 1 78685 233 5	£6.99	Hb
Kama Sutra: A Groovy Book of Sex Positions	Sadie Cayman	978 1 78685 273 1	£5.99	Pb
Keep Calm and Drink Up		978 1 84953 102 3	£5.99	Hb
Keep Calm and Poo On		978 1 84953 738 4	£5.99	Hb
Keep Calm and Pray		978 1 84953 435 2	£4.99	Hb
Keep Calm and Run On		978 1 84953 739 1	£5.99	Hb
Keep Calm for Brides		978 1 84953 241 9	£5.99	Hb
Keep Calm for Dads		978 1 84953 254 9	£5.99	Hb
Keep Calm for Hens		978 1 84953 602 8	£5.99	Hb
Keep Calm for Mums		978 1 84953 253 2	£5.99	Hb
Keep Calm for Stags		978 1 84953 603 5	£5.99	Hb
Keep Calm Sure It'll Be Grand		978 1 84953 302 7	£5.99	Hb
Keep Calm You're Having a Baby		978 1 84953 604 2	£5.99	Hb
Keep Calm You're Only 18		978 1 84953 360 7	£5.99	Hb
Keep Calm You're Only 21		978 1 84953 361 4	£4.99	Hb
Keep Calm You're Only 30		978 1 84953 221 1	£5.99	Hb
Keep Calm You're Only 40		978 1 84953 222 8	£5.99	Hb
Keep Calm You're Only 50		978 1 84953 223 5	£5.99	Hb
Keep Calm You're Only 60		978 1 84953 224 2	£5.99	Hb
Keep Calm You're Only 70		978 1 84953 228 0	£5.99	Hb
Keep Calm You're Only 80		978 1 84953 362 1	£5.99	Hb
Kitchen Wit: Quips and Quotes for Cooks and Food Lovers	Jane Brook	978 1 84953 663 9	£9.99	Hb
Knit the City: A Whodunnknit Set in London	Deadly Knitshade	978 1 84953 179 5	£9.99	Hb
Knowledge: Stuff You Ought to Know	Ray Hamilton	978 1 84953 889 3	£7.99	Hb
LOL		978 1 84953 486 4	£4.99	Hb
The Ladies' Guide to True Politeness and Perfect Manners	Eliza Leslie	978 1 84953 828 2	£9.99	Hb
Le Tour de France: The Greatest Race in Cycling History	Ray Hamilton	978 1 84953 507 6	£9.99	Hb
Let's Eat Grandma: Everything You Need to Know About Grammar	Joanne Adams	978 1 78685 011 9	£9.99	Hb
Let's Not Age, Let's Just Marinate	Bev Williams	978 1 84953 209 9	£5.99	Hb
Life Hacks: Handy Tips to Make Life Easier	Dan Marshall	978 1 84953 644 8	£9.99	Pb
Life Hacks for Dads: Handy Hints to Make Life Easier	Dan Marshall	978 1 84953 805 3	£9.99	Pb
Life Hacks for Parents: Handy Hints To Make Life Easier	Dan Marshall	978 1 78685 000 3	£9.99	Pb
Life Is a Journey, Not a Destination		978 1 84953 821 3	£5.99	Hb
Life's Little Instruction Book: Wise Words for Modern Times		978 1 78685 036 2	£6.99	Hb
Life's a Beach		978 1 78685 352 3	£6.99	Hb
Life's a B*tch and Then You Die	Sam Dixon	978 1 84953 577 9	£5.99	Hb
Literary Wit and Wisdom: Quips and Quotes to Suit All Manner of Occasions	Richard Benson	978 1 84953 840 4	£9.99	Hb
A Little Bit of Cricket Wit: Quips and Quotes for the Cricket-Obsessed	Tom Hay	978 1 78685 251 9	£5.99	Hb
A Little Bit of Football Wit: Quips and Quotes for the Football Fanatic	Tom Hay	978 1 78685 249 6	£5.99	Hb
A Little Bit of Golfing Wit: Quips and Quotes for the Golf-Obsessed	Tom Hay	978 1 78685 250 2	£5.99	Hb

A Little Bit of Rugby Wit: Quips and Quotes for the Rugby Obsessed	Tom Hay	978 1 78685 248 9	£5.99	Hb
The Little Book of Affirmations	Gilly Pickup	978 1 84953 863 3	£5.99	Hb
The Little Book of Astrology	Marion Williamson	978 1 84953 974 6	£8.99	Hb
The Little Book of Beards	Rufus Cavendish	978 1 84953 623 3	£5.99	Pb
The Little Book of Bums	Sadie Cayman	978 1 84953 907 4	£5.99	Pb
The Little Book of Chat-Up Lines	Jake Harris	978 1 84953 772 8	£5.99	Pb
The Little Book of Chat-up Lines	Jake Harris	978 1 84024 179 2	£3.50	Pb
The Little Book of Cheese Jokes	Jake Harris	978 1 84953 859 6	£5.99	Pb
The Little Book of Cockney Rhyming Slang	Sid Finch	978 1 84953 760 5	£5.99	Pb
The Little Book of Cocktails	Rufus Cavendish	978 1 84953 585 4	£5.99	Pb
The Little Book of Coffee: A Collection of Quotes, Statements and Recipes for Coffee Lovers		978 1 78685 261 8	£6.99	Hb
The Little Book of Comfort	Lucy Lane	978 1 84953 793 3	£5.99	Hb
The Little Book of Dirty Jokes	Sid Finch	978 1 84953 785 8	£5.99	Pb
The Little Book of Drinking Games	Quentin Parker	978 1 84953 586 1	£5.99	Pb
The Little Book of Drinking Games	Quentin Parker	978 1 78685 299 1	£6.99	Pb
The Little Book of Etiquette	Rufus Cavendish	978 1 84953 652 3	£5.99	Pb
The Little Book of Feminism	Harriet Dyer	978 1 84953 844 2	£5.99	Pb
The Little Book of Flirting	Sadie Cayman	978 1 84953 906 7	£5.99	Pb
The Little Book of Foreign Swear Words	Sid Finch	978 1 84953 771 1	£5.99	Pb
The Little Book of Friendship	Lucy Lane	978 1 84953 862 6	£5.99	Hb
The Little Book of Going Green	Harriet Dyer	978 1 78685 491 9	£6.99	Pb
The Little Book of Grandparenting	Freddie Green	978 1 84953 852 7	£5.99	Hb
The Little Book of Hangovers	Quentin Parker	978 1 84953 731 5	£5.99	Pb
The Little Book of Happiness	Lucy Lane	978 1 84953 790 2	£5.99	Hb
The Little Book of Hygge	Elias Larsen and Jonny Jackson	978 1 78685 207 6	£6.99	Hb
The Little Book of Inspiration	Lucy Lane	978 1 84953 843 5	£5.99	Hb
The Little Book of Irish Jokes	Cormac O'Brien	978 1 84953 953 1	£5.99	Pb
The Little Book of Kama Sutra	Sadie Cayman	978 1 84953 778 0	£5.99	Pb
The Little Book of Lagom: How to Balance Your Life the Swedish Way	Jonny Jackson and Elias Larsen	978 1 78685 222 9	£9.99	Hb
The Little Book of Meditations	Gilly Pickup	978 1 84953 864 0	£5.99	Hb
The Little Book of Naughty Games	Sadie Cayman	978 1 84953 641 7	£5.99	Pb
The Little Book of Positivity	Lucy Lane	978 1 84953 788 9	£5.99	Hb
The Little Book of Resilience	Lucy Lane	978 1 84953 830 5	£5.99	Hb
The Little Book of Retirement	Freddie Green	978 1 84953 851 0	£5.99	Hb
The Little Book of Rude Words	Sid Finch	978 1 84953 845 9	£5.99	Pb
The Little Book of Scottish Jokes	Greig Findlay	978 1 78685 213 7	£5.99	Pb
The Little Book of Senior Moments	Freddie Green	978 1 84953 789 6	£5.99	Hb
The Little Book of Spirituality: Guidance for a Better Life	Gilly Pickup	978 1 84953 713 1	£5.99	Hb
The Little Book of Veganism	Elanor Clarke	978 1 84953 759 9	£5.99	Pb
The Little Book of Witchcraft	Astrid Carvel	978 1 78685 033 1	£9.99	Hb
The Little Book of Yoga	Eleanor Hall	978 1 78685 280 9	£6.99	Pb
The Little Instruction Book for Babies	Kate Freeman	978 1 84953 630 1	£5.99	Pb
The Little Instruction Book for Grandparents	Kate Freeman	978 1 84953 631 8	£5.99	Pb
Live, Laugh, Love		978 1 84953 528 1	£5.99	Hb
Live, Laugh, Love		978 1 78685 027 0	£6.99	Hb
Llama-Rama	Ewen Ramshorn	978 1 78685 349 3	£7.99	Hb
Love Is All You Need		978 1 84953 870 1	£5.99	Hb
Love Poems	Max Morris	978 1 84953 804 6	£5.99	Hb
Love Vouchers		978 1 84953 495 6	£6.99	Pb
Love is Love		978 1 78685 230 4	£6.99	Hb
Love is a Sausage Dog	Charlie Ellis	978 1 84953 987 6	£7.99	Hb
M25: A Circular Tour of the London Orbital	Ray Hamilton	978 1 84953 769 8	£9.99	Hb
Man Facts: Fascinating Things Every Bloke Should Know	Dan Bridges	978 1 84953 985 2	£9.99	Hb
Man Hacks: Handy Hints to Make Life Easier	Dan Marshall	978 1 78685 192 5	£9.99	Pb
Marriage for Beginners	Clive Whichelow	978 1 84953 798 8	£6.99	Hb
Me Without You: ... Is Like Sky Without Blue	Lisa Swerling and Ralph Lazar	978 1 84953 792 6	£6.99	Hb

The Meaning of Shit: A Scatalogicon		978 1 84953 502 1	£5.99	Hb
Middle-Class Hardships: The Struggle Is Real	Sadie Cayman and Danny Cameron	978 1 78685 281 6	£7.99	Hb
The Military Puzzle Book	Neil Somerville	978 1 84953 638 7	£9.99	Hb
Military Quotations: Stirring Words of War and Peace	Ray Hamilton	978 1 84953 327 0	£9.99	Hb
Mind the Gap: A London Underground Miscellany	Emily Kearns	978 1 84953 357 7	£9.99	Hb
Mindfulness for Cats	Sam Hart	978 1 84953 780 3	£7.99	Hb
Mindfulness for Dogs	Sam Hart	978 1 84953 781 0	£7.99	Hb
Mindfulness for Every Day	Yvette Jane	978 1 84953 815 2	£8.99	Hb
Mindfulness for Mums	Yvette Jane	978 1 84953 817 6	£8.99	Hb
Mindfulness in Your Pocket	Daisy Roth	978 1 84953 620 2	£5.99	Hb
Mogglebox: What Cats Really Think About Television	Charlie Ellis	978 1 84953 993 7	£6.99	Hb
Moments of Mindfulness	Esme Fielding	978 1 84953 406 2	£6.99	Hb
The More I See of Men, the More I Love My Cat	Daisy Hay	978 1 84953 403 1	£5.99	Hb
The More I See of Men, the More I Love My Dog	Olivia Edward	978 1 84953 404 8	£5.99	Hb
Motoring Wit: Quips and Quotes for the Auto-Obsessed	Aubrey Malone	978 1 84024 703 9	£9.99	Hb
Mr & Mrs		978 1 78685 510 7	£6.99	Hb
Mr and Mrs Vouchers		978 1 84953 995 1	£6.99	Pb
Mum: For All That You Are to Me		978 1 78685 229 8	£6.99	Hb
Mum's Wit and Wisdom: Quips and Quotes for Marvellous Mothers	Richard Benson	978 1 78685 060 7	£9.99	Hb
Music Festivals: An Essential Pocket Guide to Surviving in Style	Tamsin King	978 1 84953 701 8	£5.99	Pb
Musical Wit: Quips and Quotes for Music Lovers	Vicky Edwards	978 1 84953 677 6	£9.99	Hb
Naughty Dares	Sadie Cayman	978 1 84953 944 9	£5.99	Pb
Naughty Games for Grown-ups	Jenny Thomson	978 1 84024 432 8	£4.99	Hb
Never Give Up		978 1 78685 041 6	£6.99	Hb
Never Lose Your Sparkle		978 1 84953 957 9	£6.99	Hb
Never Stop Dreaming		978 1 78685 024 9	£5.99	Hb
New York in Quotations	Michael Getz	978 1 84953 992 0	£5.99	Hb
Now Panic and Freak Out		978 1 84953 103 0	£4.99	Hb
OMG		978 1 84953 487 1	£4.99	Hb
Odes for Grandparents	Clive Whichelow	978 1 84953 848 0	£7.99	Hb
Odes for Oldies	Clive Whichelow	978 1 84953 847 3	£7.99	Hb
Office Dares	Sadie Cayman	978 1 84953 946 3	£5.99	Pb
Office Genius: An Innovative Approach to Office Life	James Andrews	978 1 84953 483 3	£9.99	Pb
Old Enough to Know Better, Young Enough Not to Care	Sarah Boddy	978 1 84953 554 0	£6.99	Hb
Old Git Wit: Quips and Quotes for the Young at Heart	Richard Benson	978 1 84953 461 1	£9.99	Hb
Old Git Wit and Wisdom: Quips and Quotes for the Young at Heart	Richard Benson	978 1 78685 059 1	£9.99	Hb
Old Is the New Young		978 1 84953 165 8	£5.99	Hb
Old Is the New Young		978 1 84953 820 6	£5.99	Hb
Older, Wiser, Sexier (Men)	Bev Williams	978 1 84953 938 8	£6.99	Hb
Older, Wiser, Sexier (Women)	Bev Williams	978 1 84953 939 5	£6.99	Hb
On Your Birthday		978 1 84953 484 0	£4.99	Hb
On Your Retirement		978 1 84953 421 5	£4.99	Hb
On Your Wedding Day		978 1 84953 423 9	£4.99	Hb
Owl Wisdom	Zoe Bell	978 1 84953 722 3	£5.99	Hb
Parenting for Beginners	Clive Whichelow	978 1 84953 836 7	£6.99	Hb
The Pocket Gardener	Felicity Hart	978 1 84953 802 2	£6.99	Hb
The Pocket Naturalist	Felicity Hart	978 1 84953 803 9	£9.99	Hb
Poetry First Aid Kit: Poems For Everyday Dilemmas, Decisions and Emergencies	Abbie Headon	978 1 84953 465 9	£9.99	Hb
Political Wit: Quips and Quotes from the Back Benches and Beyond	Steven Gauge	978 1 84953 676 9	£9.99	Hb
Prayer First Aid Kit: Prayers for Everyday Dilemmas, Decisions and Emergencies	Victoria Lorenzato	978 1 84953 734 6	£8.99	Hb
Project Happiness: 273 Little Tips and Big Ideas for Finding Joy	Sophie Golding	978 1 84953 972 2	£8.99	Hb
Proper Animal Names: What They Should Really Be Called	Spike Hudson	978 1 78685 205 2	£7.99	Hb
Prosecco Is Always the Answer: The Perfect Gift for Wine Lovers		978 1 78685 496 4	£6.99	Hb
Puds: Easy Dessert Recipes for Every Occasion	Alex Ray	978 1 84953 814 5	£5.99	Pb
Quotable Cats	Milly Brown	978 1 84953 617 2	£5.99	Hb
Quotable Churchill	Max Morris	978 1 84953 583 0	£5.99	Hb

Quotable Dickens	Max Morris	978 1 84953 258 7	£5.99	Hb
Quotable Dogs	Milly Brown	978 1 84953 618 9	£5.99	Hb
Quotable Shakespeare	Max Morris	978 1 84953 584 7	£5.99	Hb
Retirement for Beginners	Clive Whichelow	978 1 84953 751 3	£6.99	Hb
Rosé All Day		978 1 78685 497 1	£6.99	Hb
Rude Food: Risqué Recipes for Saucy Suppers	Sam Cox	978 1 84953 931 9	£7.99	Pb
Rugby Wit: Quips and Quotes for the Rugby Obsessed	Richard Benson	978 1 84953 460 4	£9.99	Hb
Running: An Inspiration	Ali Clarke	978 1 84953 615 8	£14.99	Hb
Save Water, Drink Wine		978 1 84953 269 3	£5.99	Hb
Scottish Wit: Quips and Quotes	Tom Hay	978 1 84953 306 5	£5.99	Hb
Scottish and Proud of It	Greig Findlay	978 1 84953 523 6	£5.99	Hb
The Seaside Year: A Month-by-Month Guide to Making the Most of the Coast	Isobel Carlson	978 1 84953 697 4	£9.99	Hb
The Second World War: A Miscellany	Norman Ferguson	978 1 84953 550 2	£9.99	Hb
Seize the Day: Live in the Moment	Sophie Golding	978 1 84953 909 8	£5.99	Hb
Sex: 369 Facts to Blow You Away	Sadie Cayman	978 1 78685 020 1	£5.99	Pb
Sex Tips for Husbands and Wives from 1894 (small pink)	Ruth Smythers	978 1 84024 702 2	£3.50	Hb
Sex Tips for Husbands and Wives from 1894	Ruth Smythers	978 1 84953 976 0	£4.99	Hb
Sex Vouchers		978 1 84953 494 9	£6.99	Pb
She Believed She Could So She Did: Inspirational Quotes for Women		978 1 78685 488 9	£6.99	Hb
Shit Happens Get Over It		978 1 78685 021 8	£5.99	Hb
Shit Happens So Get Over It		978 1 84953 132 0	£5.99	Hb
A Short History of Britain in Infographics	Ray Hamilton	978 1 78685 029 4	£9.99	Hb
Snapcat: The cats who love to snap (and chat)	Rosie Ryder	978 1 78685 195 6	£7.99	Hb
So You're 40: A Handbook for the Newly Middle-aged	Haskins and Whichelow	978 1 84953 437 6	£5.99	Hb
So You're 50!: The Age You Never Thought You'd Reach	Haskins and Whichelow	978 1 84953 438 3	£5.99	Hb
So You're 60!: A Handbook for the Newly Confused (2006)	Haskins and Whichelow	978 1 84024 564 6	£4.99	Hb
So You're 60!: A Handbook for the Newly Confused	Haskins and Whichelow	978 1 84953 439 0	£5.99	Hb
So You're 65!: A Handbook for the Newly Creaky	Haskins and Whichelow	978 1 84953 726 1	£5.99	Hb
So You're 70! (2006)	Haskins and Whichelow	978 1 84024 646 9	£5.99	Hb
So You're 70!	Haskins and Whichelow	978 1 84953 440 6	£5.99	Hb
So You're 80! (2006)	Haskins and Whichelow	978 1 84953 021 7	£4.99	Hb
So You're 80!	Haskins and Whichelow	978 1 84953 441 3	£5.99	Hb
So You're a Grandparent!	Haskins and Whichelow	978 1 78685 047 8	£6.99	Hb
Soup: Easy Recipes for Every Occasion	Alex Ray	978 1 84953 813 8	£5.99	Pb
Sporting Greats: The Wit and Wisdom of Top-Class Legends	Richard Benson	978 1 84953 861 9	£5.99	Hb
The Sports Puzzle Book	Neil Somerville	978 1 84953 549 6	£9.99	Hb
Stag Do Planning Guide	Dan Bridges	978 1 78685 010 2	£6.99	Pb
Strictly for Cats: The Hottest Cat-Dancing Competition in Town!	Felix Foxtrot	978 1 84953 776 6	£7.99	Hb
Student Dares	Sadie Cayman	978 1 84953 945 6	£5.99	Pb
Student Hacks: Tips and Tricks to Make Uni Life Easier	Dan Marshall	978 1 78685 246 5	£9.99	Pb
Suddenly Senior: The Funny Thing About Getting Older	Tom Hay	978 1 84953 920 3	£9.99	Hb
Tea: A Miscellany Steeped with Trivia, History and Recipes	Emily Kearns	978 1 84953 679 0	£9.99	Hb
Teacup Pigs	Richard Austin	978 1 84953 540 3	£6.99	Hb
Think Positive, Stay Positive		978 1 78685 035 5	£6.99	Hb
This Book Will Make You Feel Less Sh*t		978 1 78685 218 2	£6.99	Hb
Tinder Nopes: The Best of the Worst Online Dating Fails	Holly Dalton	978 1 78685 211 3	£7.99	Pb
Tips for Husbands and Wives from 1894	Ruth Smythers	978 1 84953 195 5	£4.99	Hb
Top Tips For Brides: From planning and invites to dresses and shoes, the complete wedding guide	Verity Davidson	978 1 84953 535 9	£5.99	Hb
Top Tips For Grooms: From invites and speeches to the best man and the stag night, the complete wedding guide	James Harrison	978 1 84953 536 6	£5.99	Hb
Top Tips for Weddings: A Beginner's Guide to Planning Your Dream Wedding	Vicky Edwards	978 1 78685 492 6	£6.99	Hb
Trains: A Miscellany	Ray Hamilton	978 1 84953 709 4	£9.99	Hb
Travel Hacks: Tips and Tricks for Happier Trips	Dan Marshall	978 1 78685 271 7	£9.99	Pb
Triathlon: Swim, Bike, Run – An Inspiration	Ali Clarke	978 1 84953 616 5	£14.99	Hb
Trugs, Dibbers, Trowels and Twine: Gardening Tips, Words of Wisdom and Inspiration on the Simplest of Pleasures	Isobel Carlson	978 1 78685 257 1	£9.99	Pb
Underground, Overground: A London Transport Miscellany	Emily Kearns	978 1 84953 752 0	£9.99	Hb

The Unicorn Cookbook	Alix Carey	978 1 78685 300 4	£10.99	Hb
The Unicorn Guide to Life: Magical Methods for Looking Good and Feeling Great	Eunice Horne	978 1 78685 239 7	£7.99	Hb
Unicorns: Believe in Magic		978 1 84953 956 2	£7.99	Hb
Unusual Ways to Die: History's Weirdest Deaths	James Proud	978 1 78685 290 8	£7.99	Hb
Very British Wit: Quips and Quotes to Suit All Manner of Occasions	Richard Benson	978 1 84953 777 3	£9.99	Hb
Vulgar Victorians: The Bad Behaviour of a Saucy Society	Belinda Hayward	978 1 84953 791 9	£7.99	Hb
WTF		978 1 84953 488 8	£4.99	Hb
The Walker's Friend: A Miscellany of Wit and Wisdom	Jude Palmer	978 1 84953 052 1	£9.99	Hb
The Walker's Year: A Month-by-Month Guide for Hikers and Ramblers	David Bathurst	978 1 84953 696 7	£9.99	Hb
We Can Do It!: Words from Awesome Women		978 1 84953 961 6	£6.99	Hb
Weird Shit: True Stories to Shock, Stun, Astound and Amaze	Mark Leigh	978 1 84953 541 0	£9.99	Hb
Welsh and Proud of It	Cerys Jones	978 1 84953 524 3	£5.99	Hb
What Is Your Cat Really Thinking?	Sophie Johnson and Danny Cameron	978 1 84953 948 7	£6.99	Hb
What Is Your Dog Really Thinking?	Sophie Johnson and Danny Cameron	978 1 84953 916 6	£6.99	Hb
What the Fuzz?: The Adventures of Fuzzberta and Friends	Monica Wu	978 1 78685 266 3	£7.99	Hb
When Life Gets You Down, Keep Dancing	José Toots	978 1 84953 835 0	£5.99	Hb
When Meerkats Turn Bad	Kitty Litter	978 1 84953 231 0	£6.99	Hb
Why Don't You Get Off Your Phone and Learn Something New Instead?: Fun, Quirky and Interesting Alternatives to Browsing Your Phone	Kate Freeman	978 1 78685 282 3	£7.99	Pb
The Wild Side: A Cartoon Collection of Footballing Animals	Steve English	978 1 84953 979 1	£9.99	Hb
Wine: The Essential Guide to Tasting, History, Culture and More	Caro Feely	978 1 84953 749 0	£9.99	Hb
Wisdom		978 1 84953 383 6	£5.99	Hb
Wisdom: Thoughts and Quotations for Every Day		978 1 78685 241 0	£6.99	Hb
The Wit and Wisdom of Jane Austen	Max Morris	978 1 84953 832 9	£9.99	Hb
The Wit and Wisdom of William Shakespeare	Max Morris	978 1 84953 855 8	£9.99	Hb
Women in Their Own Words: Quotations to Empower and Inspire	Rebecca Foster	978 1 84953 854 1	£6.99	Hb
Words From the Garden: A Collection of Beautiful Poetry, Prose and Quotations	Isobel Carlson	978 1 78685 489 6	£7.99	Hb
The World Is Your Oyster		978 1 84953 689 9	£5.99	Hb
The World's Craziest Adult Games	Quentin Parker	978 1 78685 076 8	£9.99	Hb
The World's Craziest Drinking Games	Quentin Parker	978 1 84953 947 0	£9.99	Hb
World's Cutest Animals	Josie Ripley	978 1 84953 304 1	£6.99	Hb
World's Deadliest Animals	Matt Roper	978 1 84953 303 4	£6.99	Hb
The World's Funniest Football Jokes	Jim Chumley	978 1 78685 209 0	£6.99	Pb
World's Weirdest Animals	Matt Roper	978 1 78685 212 0	£7.99	Hb
You Are My Sunshine: (You Brighten My Day)		978 1 84953 407 9	£4.99	Hb
You Are My Sunshine	Sophie Golding	978 1 84953 834 3	£5.99	Hb
You Are So Awesome		978 1 84953 958 6	£6.99	Hb
You Got This		978 1 78685 040 9	£6.99	Hb
You Know You're Getting Old When...	Ben Fraser	978 1 78685 028 7	£6.99	Hb
You Know You're Having a Midlife Crisis When...	Haskins and Whichelow	978 1 78685 019 5	£6.99	Hb
You Know You're Having a Senior Moment When...	Ben Fraser	978 1 84953 073 6	£4.99	Hb
You Know You're a Cat Lover When...	Ben Fraser	978 1 84953 981 4	£5.99	Hb
You Know You're a Child of the 1960s When...	Charlie Ellis	978 1 84953 893 0	£6.99	Hb
You Know You're a Child of the 1970s When...	Charlie Ellis	978 1 84953 894 7	£6.99	Hb
You Know You're a Child of the 1980s When...	Charlie Ellis	978 1 84953 895 4	£6.99	Hb
You Know You're a Child of the 1990s When...	Charlie Ellis	978 1 84953 896 1	£6.99	Hb
You Know You're a Child of the 2000s When...	Charlie Ellis	978 1 78685 077 5	£6.99	Hb
You Know You're a Dog Lover When...	Ben Fraser	978 1 84953 982 1	£5.99	Hb
You Know You're a Football Fanatic When...	Ben Fraser	978 1 78685 067 6	£6.99	Hb
You Know You're a Gardening Fanatic When...	Ben Fraser	978 1 78685 069 0	£6.99	Hb
You Know You're a Rugby Fanatic When...	Steven Gauge	978 1 78685 068 3	£6.99	Hb
You Make Me Proud		978 1 78685 053 9	£5.99	Hb
You May Be 40 But You've Still Got It		978 1 84953 347 8	£4.99	Hb
You May Be 50 But You've Still Got It		978 1 84953 348 5	£4.99	Hb

You May Be 60 But You've Still Got It		978 1 84953 349 2	£4.99	Hb
You Rock		978 1 78685 256 4	£6.99	Hb
You'll Do		978 1 78685 231 1	£6.99	Hb
You're a Star		978 1 78685 202 1	£6.99	Hb
You're Never Too Old To...	Lizzie Cornwall	978 1 78685 003 4	£5.99	Hb
You're Not Old, You're Just Not That Young: The Funny Thing About Getting Older	Harvey Little	978 1 78685 055 3	£9.99	Hb
You're Not Old, You're Vintage		978 1 84953 533 5	£5.99	Hb
You're Not Old, You're Vintage		978 1 78685 012 6	£5.99	Hb
You're the Spring in My Step		978 1 84953 517 5	£5.99	Hb

TRAVEL WRITING & GUIDES

Top Titles 2017



TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
52 Favourite West Sussex Walks	Richard Williamson	978 1 84953 233 4	£9.99	Hb	
A la Mod: My So-Called Tranquil Family Life in Rural France	Ian Moore	978 1 84953 399 7	£9.99	Pb	
Adventureman: Anyone Can Be a Superhero	Jamie McDonald	978 1 84953 969 2	£9.99	Pb	
African Brew Ha Ha: A Motorcycle Quest from Lancashire to Cape Town	Alan Whelan	978 1 84953 044 6	£8.99	Pb	
Alone in Antarctica	Felicity Aston	978 1 84953 432 1	£9.99	Pb	
Are We Nearly There Yet?: A Family's 8,000-Mile Car Journey Around Britain	Ben Hatch	978 1 84953 155 9	£9.99	Pb	
The Backpacker	John Harris	978 1 84024 771 8	£9.99	Pb	
The Big Walks of the North	David Bathurst	978 1 84953 023 1	£8.99	Pb	
The Big Walks of the South	David Bathurst	978 1 84953 024 8	£8.99	Pb	
Bodie on the Road: Driving the Pacific Coast Highway with My Rescue Dog	Belinda Jones	978 1 78685 074 4	£9.99	Pb	
Bottoms up in Belgium: Seeking the High Points of the Low Lands	Alec Le Sueur	978 1 84953 247 1	£9.99	Pb	
C'est Modnifique!: Adventures of an English Grump in Rural France	Ian Moore	978 1 84953 621 9	£8.99	Pb	
Call of the White: Taking the World to the South Pole	Felicity Aston	978 1 84953 134 4	£9.99	Pb	
Canoeing the Congo: The First Source-to-Sea Descent of the Congo River	Phil Harwood	978 1 84953 400 0	£9.99	Pb	
A Chorus of Cockerels: Walking on the Wild Side in Mallorca	Anna Nicholas	978 1 84953 837 4	£9.99	Pb	
Circle Line: Around London in a Small Boat	Steffan Meyrick Hughes	978 1 84953 293 8	£8.99	Pb	
Dawdling by the Danube: With Journeys in Bavaria and Poland	Edward Enfield	978 1 84024 637 7	£8.99	Pb	
A Dip in the Ocean: Rowing Solo Across the Indian	Sarah Outen	978 1 84953 127 6	£9.99	Pb	
Eat Surf Live: The Cornwall Travel Book	Vera Bachernegg and Katharina Maria Zimmermann	978 1 78685 262 5	£12.99	Pb	
Eat, Sleep, Cycle: A Bike Ride Around the Coast of Britain	Anna Hughes	978 1 84953 687 5	£8.99	Pb	
Extreme Sleeps: Adventures of a Wild Camper	Phoebe Smith	978 1 84953 393 5	£9.99	Pb	
Falling in Honey: Life and Love on a Greek Island	Jennifer Barclay	978 1 84953 271 6	£9.99	Pb	
Fragrant Heart: A Tale of Love, Life and Food in South-East Asia	Miranda Emmerson	978 1 84953 558 8	£8.99	Pb	
The Friendship Highway: Two Journeys in Tibet	Charlie Carroll	978 1 84953 590 8	£9.99	Pb	
From Source to Sea: Notes from a 215-Mile Walk Along the River Thames	Tom Cheshyre	978 1 84953 921 0	£16.99	Hb	
From Source to Sea: Notes from a 215-Mile Walk Along the River Thames	Tom Cheshyre	978 1 78685 286 1	£9.99	Pb	
From the Camargue to the Alps: A Walk Across France in Hannibal's Footsteps	Bernard Levin	978 1 84024 742 8	£8.99	Pb	
Glass Half Full: The Ups and Downs of Vineyard Life in France	Caro Feely	978 1 84953 991 3	£9.99	Pb	

Good Vibrations: Coast to Coast by Harley	Tom Cunliffe	978 1 84953 212 9	£9.99	Pb
Grape Expectations: A Family's Vineyard Adventure in France	Caro Feely	978 1 84953 257 0	£9.99	Pb
Greece on my Wheels	Edward Enfield	978 1 84953 168 9	£9.99	Pb
Grey Skies, Green Waves: A Surfer's Journey Around the UK and Ireland	Tom Anderson	978 1 84953 041 5	£9.99	Pb
The Gringo Trail: A Darkly Comic Road Trip through South America	Mark Mann	978 1 84953 608 0	£9.99	Pb
Head Over Heels in France: Falling in Love in the Lot	Samantha Brick	978 1 84953 392 8	£8.99	Pb
A Horse in the Bathroom: How an Old Stable Became Our Dream Village Home	Derek J. Taylor	978 1 84953 240 2	£8.99	Pb
The Hotel on the Roof of the World: Five Years in Tibet	Alec Le Sueur	978 1 84953 343 0	£8.99	Pb
How Not to Travel the World: Adventures of a Disaster-Prone Backpacker	Lauren Juliff	978 1 84953 727 8	£9.99	Pb
It's on the Meter: One Taxi, Three Mates and 43,000 Miles of Misadventures around the World	Paul Archer and Johnno Ellison	978 1 84953 825 1	£9.99	Pb
Jungle: A Harrowing True Story of Adventure, Danger and Survival	Yossi Ghinsberg	978 1 84953 882 4	£9.99	Pb
Kapp to Cape: Never Look Back: Race to the End of the Earth	Reza Pakravan, Charlie Carroll	978 1 84953 967 8	£14.99	Pb
L'Amour Actually: Falling in Love in the Heart of France	Melanie Jones	978 1 84953 419 2	£8.99	Pb
A Lizard in My Luggage: Mayfair to Mallorca in One Easy Move	Anna Nicholas	978 1 84024 565 3	£9.99	Pb
The Lonely Sea and the Sky	Sir Francis Chichester	978 1 84953 201 3	£10.99	Pb
Lunch in Paris: A Delicious Love Story, with Recipes	Elizabeth Bard	978 1 84953 154 2	£9.99	Pb
Miss-adventures: A Tale of Ignoring Life Advice While Backpacking Around South America	Amy Baker	978 1 84953 996 8	£9.99	Pb
Mission Mongolia: Two Men, One Van, No Turning Back	David Treanor	978 1 84953 059 0	£9.99	Pb
Mud, Sweat and Gears: Cycling from Land's End to John O'Groats (Via the Pub)	Ellie Bennett	978 1 84953 220 4	£9.99	Pb
Narrowboat Dreams: A Journey North by England's Waterways	Steve Haywood	978 1 84024 670 4	£8.99	Pb
Narrowboat Nomads: Living the Dream on the English Waterways	Steve Haywood	978 1 84953 728 5	£9.99	Pb
An Octopus in My Ouzo: Loving Life on a Greek Island	Jennifer Barclay	978 1 84953 860 2	£8.99	Pb
On the Road... with Kids: One Family's Life-Changing Gap Year	John Ahern	978 1 84953 800 8	£8.99	Pb
One Mallorcan Summer (previously published as Manana Manana)	Peter Kerr	978 1 78685 043 0	£9.99	Pb
One Man and a Narrowboat: Slowing Down Time on England's Waterways	Steve Haywood	978 1 84024 736 7	£9.99	Pb
One Steppe Beyond: Across Russia in a VW Camper	Thom Wheeler	978 1 84953 156 6	£8.99	Pb
Picnic in Provence: A Tale of Love in France, with Recipes	Elizabeth Bard	978 1 84953 700 1	£9.99	Pb
Pier Review: A Road Trip in Search of the Great British Seaside	Jon Bounds and Danny Smith	978 1 84953 811 4	£8.99	Pb
The Ribbons are for Fearlessness: A Journey	Catrina Davies	978 1 84953 447 5	£8.99	Pb
Riding the Magic Carpet: A Surfer's Odyssey in Search of the Perfect Wave	Tom Anderson	978 1 84024 502 8	£9.99	Pb
The Road Headed West: A Cycling Adventure Through North America	Leon McCarron	978 1 84953 635 6	£9.99	Pb
Saving Our Skins: Building a Vineyard Dream in France	Caro Feely	978 1 84953 609 7	£9.99	Pb
Set Free: A Life-Changing Journey from Banking to Buddhism in Bhutan	Emma Slade	978 1 84953 960 9	£9.99	Pb
A Short Ride in the Jungle: The Ho Chi Minh Trail by Motorcycle	Antonia Bolingbroke-Kent	978 1 84953 543 4	£9.99	Pb
Snowball Oranges: One Mallorcan Winter	Peter Kerr	978 1 78685 042 3	£9.99	Pb
Spain to Norway on a Bike Called Reggie	Andrew P. Sykes	978 1 84953 990 6	£9.99	Pb
Surf Mama: One Woman's Search for Love, Happiness and the Perfect Wave	Wilma Johnson	978 1 84953 591 5	£8.99	Pb
Tales from the Fast Trains: Around Europe at 186mph	Tom Chesshyre	978 1 84953 151 1	£8.99	Pb
The Teardrop Island: Following Victorian Footsteps Across Sri Lanka	Cherry Briggs	978 1 84953 414 7	£9.99	Pb
Ten Trees and a Truffle Dog: Sniffing Out the Perfect Plot in Provence	Jamie Ivey	978 1 84953 238 9	£8.99	Pb
Ticket to Ride: Around the World on 49 Unusual Train Journeys	Tom Chesshyre	978 1 84953 826 8	£9.99	Pb
To Hull and Back: On Holiday in Unsung Britain	Tom Chesshyre	978 1 84953 060 6	£8.99	Pb
Too Narrow to Swing a Cat: Going Nowhere in Particular on the English Waterways	Steve Haywood	978 1 84953 065 1	£9.99	Pb
A Tour of Mont Blanc: And other circuitous adventures in Italy, France and Switzerland	David Le Vay	978 1 84953 519 9	£9.99	Pb
The Trial of Maximo Bonga: The Story of the Strangest Guesthouse in South East Asia	John Harris	978 1 84953 723 0	£8.99	Pb
Twitchhiker: How One Man Travelled the World by Twitter	Paul Smith	978 1 84953 074 3	£8.99	Pb
Walking the County High Points of England	David Bathurst	978 1 84953 239 6	£8.99	Pb
The Way a River Went: Following the Volga Through the Heart of Russia	Thom Wheeler	978 1 84953 744 5	£9.99	Pb
Wild Nights: Camping Britain's Extremes	Phoebe Smith	978 1 84953 699 8	£9.99	Pb
A Year in the Schisse: Getting to Know the Germans	Roger Boyes	978 1 84024 648 3	£9.99	Pb

GENERAL INTEREST

Top Titles 2017



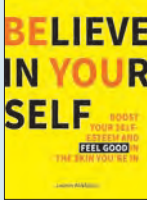
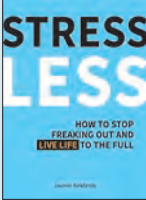



TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
A* in Exams: Tips and Advice for Exam Success	Ross Dickinson	978 1 84953 716 2	£7.99	Pb	
Animal Heroes: True Stories of Extraordinary Creatures	Ben Holt	978 1 84953 207 5	£7.99	Pb	
Animal Heroes: True Stories of Extraordinary Creatures	Ben Holt	978 1 78685 005 8	£8.99	Pb	
An Apple a Day: A Memoir of Love and Recovery from Anorexia	Emma Woolf	978 1 84953 249 5	£9.99	Pb	
The Battle of Britain: A Miscellany	Norman Ferguson	978 1 84953 742 1	£9.99	Hb	
Beyond Impossible: From Reluctant Runner to Guinness World Record Breaker	Mimi Anderson	978 1 78685 054 6	£9.99	Pb	
British Stuff: Life in Britain Through 101 Everyday Objects	Geoff Hall and Kamila Kasperowicz	978 1 84953 368 3	£14.99	Pb	
British Stuff: 101 Objects That Make Britain Great (2016)	Geoff Hall and Kamila Kasperowicz	978 1 84953 849 7	£9.99	Hb	
Commando Dad: Basic Training: How to be an Elite Dad or Carer. From Birth to Three Years	Neil Sinclair	978 1 84953 261 7	£10.99	Pb	
Conspiracy Theories: A Guide to the World's Most Intriguing Mysteries	Jamie King	978 1 84953 729 2	£8.99	Pb	
Fight Like a Girl: 50 Feminists Who Changed the World	Laura Barcella	978 1 78685 204 5	£12.99	Pb	
The First World War: A Miscellany	Norman Ferguson	978 1 84953 452 9	£9.99	Hb	
For the Love of Books: A Celebration of the Written Word	Graham Tarrant	978 1 78685 270 0	£9.99	Hb	
For the Love of Ireland: A Celebration of All Things Irish	Bairbre Meade	978 1 78685 051 5	£9.99	Hb	
For the Love of London: A Companion	Julian Beecroft	978 1 78685 001 0	£9.99	Hb	
For the Love of Scotland: A Celebration of All Things Scottish	Norman Ferguson	978 1 78685 052 2	£9.99	Hb	
For the Love of Trains: A Celebration of the Railways	Ray Hamilton	978 1 78685 269 4	£9.99	Hb	
For the Love of the Air Force: A Celebration of the British Armed Forces	Norman Ferguson	978 1 78685 065 2	£9.99	Hb	
For the Love of the Army: A Celebration of the British Armed Forces	Ray Hamilton	978 1 78685 066 9	£9.99	Hb	
For the Love of the Navy: A Celebration of the British Armed Forces	Ray Hamilton	978 1 78685 064 5	£9.99	Hb	
Get Your Shit Together: How to Change Your Life by Tidying up Your Stuff and Sorting out Your Head Space	Vicki Vrint	978 1 84953 794 0	£7.99	Hb	
How to Get Top Grades in Your Exams: Tips and Advice for Achieving Success	Ross Dickinson	978 1 78685 004 1	£7.99	Pb	
How to Write Like a Bestselling Author: Secrets of Success from 50 of the World's Greatest Writers	Tony Rossiter	978 1 78685 038 6	£12.99	Pb	
How to be a Writer: Secrets from the Inside	Stewart Ferris	978 1 84953 345 4	£9.99	Pb	
In the Running: Stories of Extraordinary Runners from Around the World	Phil Hewitt	978 1 84953 886 2	£9.99	Pb	
Keep on Running: The Highs and Lows of a Marathon Addict	Phil Hewitt	978 1 84953 236 5	£9.99	Pb	
Le Tour de France: The Greatest Race in Cycling History	Ray Hamilton	978 1 84953 507 6	£9.99	Hb	
Letting Go: How to Heal Your Hurt, Love Your Body and Transform Your Life	Emma Woolf	978 1 84953 610 3	£8.99	Pb	
Life Skills: Stuff You Should Really Know	Julia Laffin	978 1 78685 283 0	£7.99	Pb	
M25: A Circular Tour of the London Orbital	Ray Hamilton	978 1 84953 769 8	£9.99	Hb	
Masking Evil: When Good Men and Women Turn Criminal	Carol Anne Davis	978 1 84953 883 1	£8.99	Pb	
Military Quotations: Stirring Words of War and Peace	Ray Hamilton	978 1 84953 327 0	£9.99	Hb	
Mind the Gap: A London Underground Miscellany	Emily Kearns	978 1 84953 357 7	£9.99	Hb	
The Ministry of Thin: How the Pursuit of Perfection Got Out of Control	Emma Woolf	978 1 84953 412 3	£8.99	Pb	
Mob Daughter: The Mafia, Sammy 'The Bull' Gravano and Me!	Karen Gravano	978 1 84953 356 0	£9.99	Pb	
My Rescue Dog Rescued Me: Amazing True Stories of Adopted Canine Heroes	Sharon Ward Keeble	978 1 84953 950 0	£8.99	Pb	
Oscar: The Bionic Cat: A Heart-Warming Tale of Feline Bravery	Kate Allan	978 1 84953 380 5	£8.99	Pb	
Pedal Power: Inspirational Stories from the World of Cycling	Anna Hughes	978 1 78685 006 5	£9.99	Pb	

Positively Primal: Finding Health and Happiness in a Hectic World	Emma Woolf	978 1 84953 839 8	£9.99	Pb
The Reason I Run: How Two Men Transformed Tragedy into the Greatest Race of Their Lives	Chris Spriggs	978 1 84953 724 7	£8.99	Pb
Ride: A Fact-Packed Tour Through the World of Cycling	Ray Hamilton	978 1 78685 260 1	£9.99	Hb
Run Mummy Run: Inspiring Women to Be Fit, Healthy and Happy	Leanne Davies and Lucy Waterlow	978 1 78685 237 3	£9.99	Pb
School of Booze: An Insider's Guide to Libations, Tipples and Brews	Jane Peyton	978 1 84953 475 8	£9.99	Hb
The Sea: A Celebration of Shorelines, Beaches and Oceans	Isobel Carlson	978 1 78685 265 6	£10.99	Hb
The Second World War: A Miscellany	Norman Ferguson	978 1 84953 550 2	£9.99	Hb
Sports Scandals: True Stories of Cheating, Corruption and Greed	Norman Ferguson	978 1 84953 911 1	£8.99	Pb
Student Grub: Easy Recipes For Tasty, Healthy Food	Alastair Williams	978 1 84953 413 0	£7.99	Pb
Super Cats: True Tales of Extraordinary Felines	Ashley Morgan	978 1 84953 998 2	£8.99	Pb
Tales from the Tail End: Adventures of a Vet in Practice	Emma Milne	978 1 84953 213 6	£8.99	Pb
This Girl Ran: Tales of a Party Girl Turned Triathlete	Helen Croydon	978 1 78685 217 5	£9.99	Pb
Torture: Persuasion at its Most Gruesome	Geoffrey Abbott	978 1 84953 880 0	£9.99	Pb
Tricurious: Surviving the Deep End, Getting into Gear and Racing to Triathlon Success	Laura Fountain and Katie King	978 1 84953 714 8	£8.99	Pb
Trugs, Dibbers, Trowels and Twine: Gardening Tips, Words of Wisdom and Inspiration on the Simplest of Pleasures	Isobel Carlson	978 1 78685 257 1	£9.99	Hb
Twenty Wagging Tales: Our Year of Rehoming Orphaned Dogs	Barrie Hawkins	978 1 84024 755 8	£8.99	Pb
Underground, Overground: A London Transport Miscellany	Emily Kearns	978 1 84953 752 0	£9.99	Hb
Urban Legends: Bizarre Tales You Won't Believe	James Proud	978 1 84953 914 2	£8.99	Pb
Violence in the Skies: A History of Aircraft Hijacking and Bombing	Philip Baum	978 1 84953 838 1	£9.99	Pb
Walk: Tales, Trivia and Rambling Routes for Hikers	David Bathurst	978 1 78685 259 5	£9.99	Hb
Weird Shit: True Stories to Shock, Stun, Astound and Amaze	Mark Leigh	978 1 84953 541 0	£9.99	Hb
Wonder Dogs: True Stories of Canine Courage	Ben Holt	978 1 84953 997 5	£8.99	Pb
World's Most Dangerous Jobs	Paula Reid	978 1 84953 292 1	£9.99	Hb
The World's Toughest Races: From the Most Extreme to the Downright Weird	Ali Clarke	978 1 84953 730 8	£8.99	Pb
Your Pace or Mine?: What Running Taught Me About Life, Laughter and Coming Last	Lisa Jackson	978 1 84953 827 5	£9.99	Pb

VIE

Top Titles 2017

1		2		3		4		5	
	978 1 84953 261 7		978 1 84953 897 8		978 1 84953 949 4		978 1 84953 910 4		978 1 84953 795 7

TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
5-Minute Parenting Fixes: Tips and Advice for the Everyday Challenges of Raising Children	Liat Hughes Joshi	978 1 78685 247 2	£9.99	Pb	
7 Secrets of Raising Girls Every Parent Must Know: From Birth to 18 Onwards	Judy Reith, Justine Roberts	978 1 84953 671 4	£10.99	Pb	
50 Things You Can Do Today to Improve Your Self-Esteem	Wendy Green	978 1 84953 405 5	£6.99	Pb	
50 Things You Can Do Today to Increase Your Fertility	Sally Lewis	978 1 84953 119 1	£6.99	Pb	
50 Things You Can Do Today to Manage the Menopause	Wendy Green	978 1 84024 720 6	£7.99	Pb	
50 Things You Can Do to Manage Arthritis	Wendy Green	978 1 84953 054 5	£6.99	Pb	
50 Things You Can Do to Manage Hay Fever	Wendy Green	978 1 84953 017 0	£5.99	Pb	
50 Tips to Build Your Confidence	Anna Barnes	978 1 84953 508 3	£5.99	Hb	
50 Tips to Build Your Self-Esteem	Anna Barnes	978 1 84953 509 0	£5.99	Hb	
50 Tips to Help you Feel Better about Yourself	Anna Barnes	978 1 84953 579 3	£5.99	Hb	
50 Tips to Help you Through the Menopause	Anna Barnes	978 1 84953 578 6	£5.99	Hb	

Anxiety: A Self-Help Guide to Feeling Better	Wendy Green	978 1 84953 822 0	£8.99	Pb
An Apple a Day: A Memoir of Love and Recovery from Anorexia	Emma Woolf	978 1 84953 249 5	£9.99	Pb
Arthritis: A Self-Help Guide to Feeling Better	Wendy Green	978 1 84953 806 0	£8.99	Pb
The Baby Sleep Guide: Practical Advice to Establish Good Sleep Habits	Stephanie Modell	978 1 84953 685 1	£7.99	Pb
Believe in Yourself: Boost Your Self-Esteem and Feel Good in the Skin You're In	Jasmin Kirkbride	978 1 84953 949 4	£8.99	Hb
Boost: Supercharge Your Confidence	Jasmin Kirkbride	978 1 84953 977 7	£9.99	Pb
Bushcraft - A Family Guide: Fun and Adventure in the Great Outdoors	John Boe and Owen Senior	978 1 84953 741 4	£9.99	Pb
Commando Dad: Basic Training: How to be an Elite Dad or Carer. From Birth to Three Years	Neil Sinclair	978 1 84953 261 7	£10.99	Pb
Commando Dad: Mission Adventure: Get Active with Your Kids	Neil Sinclair	978 1 84953 884 8	£9.99	Pb
Don't Panic: How to Calm Your Anxiety and Stay Chilled When Life Gets Stressful	Jasmin Kirkbride	978 1 78685 203 8	£9.99	Hb
Don't Worry, Be Happy: A Child's Guide to Overcoming Anxiety	Poppy O'Neill	978 1 78685 236 6	£10.99	Pb
The Dos and Don'ts of Pregnancy: From Conception to Birth	Louise Baty	978 1 84953 762 9	£7.99	Pb
The Friendship Maze: How to Help Your Child Navigate Their Way to Positive and Happy Friendships	Tanith Carey	978 1 78685 495 7	£10.99	Pb
The Girl with Nine Wigs: A Memoir	Sophie van der Stap	978 1 84953 868 8	£8.99	Pb
The Happy Gut Guide: Know More, Live Well, Feel Great	Wendy Green	978 1 78685 245 8	£8.99	Pb
How to Be Calm	Anna Barnes	978 1 84953 797 1	£9.99	Pb
How to Be Confident	Anna Barnes	978 1 84953 795 7	£8.99	Pb
How to Be Happy	Anna Barnes	978 1 84953 898 5	£9.99	Pb
How to Be Mindful	Anna Barnes	978 1 84953 897 8	£9.99	Pb
How to Unplug: Get Off Your Gadgets and Start Enjoying Real Life	Ross Dickinson	978 1 84953 856 5	£6.99	Pb
IBS: A Self-Help Guide to Feeling Better	Wendy Green	978 1 84953 807 7	£8.99	Pb
It's Twins! Now What?: Tips, Advice and Real-life Experience to Help You from Pregnancy through to Your Babies' First Year	Jessica Bornford	978 1 84953 812 1	£10.99	Pb
The Little Book of Health: Simple Steps to a Longer, Healthier, Happier Life	Michael Spira	978 1 78685 234 2	£8.99	Pb
Live Better: A Book of Spiritual Guidance	Sophie Golding	978 1 84953 988 3	£9.99	Hb
Menopause: A Self-Help Guide to Feeling Better	Wendy Green	978 1 84953 823 7	£8.99	Pb
Migraines: A Self-Help Guide to Feeling Better	Wendy Green	978 1 84953 808 4	£8.99	Pb
My Mini Midwife: Everything You Need to Know about Pregnancy and Birth	Denyse Kirkby	978 1 84953 516 8	£8.99	Pb
New Old-Fashioned Parenting: A Guide to Help You Find the Balance Between Traditional and Modern Parenting	Liat Hughes Joshi	978 1 84953 672 1	£10.99	Pb
The Other Side of Silence: A Psychiatrist's Memoir of Depression	Linda Gask	978 1 84953 754 4	£9.99	Pb
Pocket Commando Dad: Advice for New Recruits to Fatherhood: From Birth to 12 months	Neil Sinclair	978 1 84953 555 7	£7.99	Pb
Pregnancy: An Infographic Guide	Claire Plimmer	978 1 84953 824 4	£8.99	Pb
Pregnancy Made Simple: An Illustrated Guide from Conception to Birth	Claire Plimmer	978 1 78685 226 7	£9.99	Pb
Run Yourself Fit: Simple Steps to a Healthier You	Christina Macdonald	978 1 84953 799 5	£6.99	Pb
Stress Less: How to Stop Freaking Out and Live Life to the Full	Jasmin Kirkbride	978 1 84953 910 4	£8.99	Hb
Understanding and Dealing with Depression	Keith Souter	978 1 84953 391 1	£8.99	Pb
Understanding and Dealing with Heart Disease	Keith Souter	978 1 84953 557 1	£8.99	Pb
Understanding and Dealing with Stroke	Keith Souter	978 1 84953 390 4	£8.99	Pb
You Are Amazing	Alexa Kaye	978 1 84953 975 3	£6.99	Hb
You're a Star: A Child's Guide to Self-Esteem	Poppy O'Neill	978 1 78685 235 9	£10.99	Pb
Your Guide to Understanding and Dealing with Dementia: What You Need to Know	Keith Souter	978 1 84953 770 4	£8.99	Pb
Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know	Keith Souter	978 1 84953 542 7	£8.99	Pb

COLOURING BOOKS & JOURNALS

Top Titles 2017



TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
365 Days of Colouring: Creative Calm for Every Day of the Year	Lizzie Cornwall	978 1 90986 523 5	£6.99	Pb	
Arty... And Proud of It		978 1 90986 501 3	£7.99	Hb	
Bookish... And Proud of It		978 1 90986 502 0	£7.99	Hb	
Dreamer... And Proud of It		978 1 90986 503 7	£7.99	Hb	
Geeky... And Proud of It		978 1 90986 504 4	£7.99	Hb	
Genius... And Proud of It		978 1 90986 505 1	£7.99	Hb	
Good Shit, Bad Shit: A Journal for Life's Little Ups and Downs	Dan Marshall	978 1 90986 507 5	£7.99	Pb	
Hipster... And Proud of It		978 1 90986 506 8	£7.99	Hb	
Keep Calm and Colour Cacti: Creative Calm for Cactus Lovers		978 1 90986 529 7	£4.99	Pb	
Keep Calm and Colour Cats: Creative Calm for Cat Lovers		978 1 90986 519 8	£4.99	Pb	
Keep Calm and Colour Dogs		978 1 90986 527 3	£4.99	Pb	
Keep Calm and Colour Mermaids		978 1 90986 526 6	£4.99	Pb	
Keep Calm and Colour On		978 1 90986 512 9	£5.99*	Pb	
Keep Calm and Colour Tropicana		978 1 90986 528 0	£4.99	Pb	
Keep Calm and Colour Unicorns		978 1 90986 525 9	£4.99	Pb	
Keep Calm and Colour for Mums		978 1 90986 513 6	£5.99*	Pb	
Keep Calm and Colour on the Go		978 1 90986 521 1	£4.99	Pb	
Keep Calm and Colour with Love		978 1 90986 514 3	£5.99*	Pb	
Map My Heart: My Love Life in Doodles	Dominic Evans	978 1 90986 500 6	£9.99	Pb	
Map My Style: My Fashion Life in Doodles	Dominic Evans	978 1 90986 509 9	£9.99	Pb	
Memory Stick	Polly Smart	978 1 90986 508 2	£8.99	Pb	
Pocket Keep Calm and Colour On		978 1 90986 517 4	£5.99*	Pb	
Pocket Keep Calm and Colour for Mums		978 1 90986 516 7	£5.99*	Pb	
Shit Happens Get Over It Notebook		978 1 90986 510 5	£4.99	Pb	

* includes VAT

DISPLAY UNITS

TITLE	ISBN	PRICE	MEASUREMENTS (mm)
Counterpack with Header (empty, holds 5 x 2 titles)	978 1 84953 872 5	£0.00	220 W x 140 D x 210 H
Purple Ronnie Counterpack (filled with 20 units)	978 1 84953 702 5	£119.80	220 W x 180 D x 300 H
Summersdale Display Spinner	978 1 84953 394 2	£POA	290 W x 290 D x 990 H



Purple Ronnie Counterpack (£119.80)
978 1 84953 702 5



Counterpack with Header (empty)
978 1 84953 872 5



Summersdale Display Spinner
978 1 84953 394 2

