

LONDON BOOK FAIR 2017

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NON FICTION RIGHTS
GUIDE

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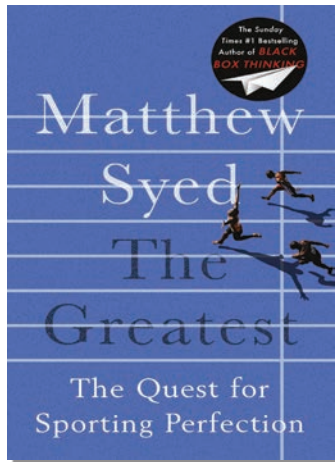
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GENERAL NON-FICTION





23rd FEBRUARY, 2017

Hardback, 304 pages



THE GREATEST: THE QUEST FOR SPORTING PERFECTION

MATTHEW SYED

Matthew Syed, the Sunday Times No.1 bestselling author of *Black Box Thinking*, returns with a collection of award-winning writing on the science and psychology of sport.

What can Roger Federer teach us about the secret of longevity?

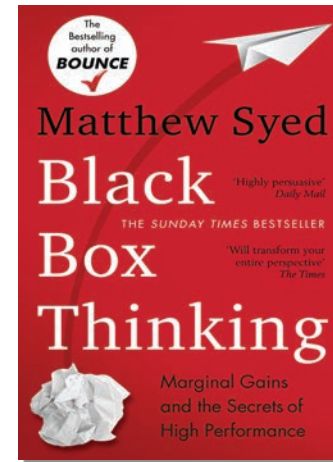
What do the All Blacks have in common with improvised jazz musicians?

What can cognitive neuroscientists tell us about what happens to the brains of sportspeople when they perform?

And why did Johan Cruyff believe that beauty was more important than winning?

Matthew Syed, the 'Sports Journalist of the Year 2016', answers these questions and more in a fascinating, wide-ranging and provocative book about the mental game of sport.

How do we become the best that we can be, as individuals, teams and as organisations? Sport, with its innate sense of drama, its competitive edge, its psychological pressures, its sense of morality and its illusive quest for perfection, provides the answers.



7th APRIL, 2016

Paperback, 352 pages



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Korean (RH Korea Co., Ltd);
Romanian (SC PUBLICA COM SRL); Danish (TURBINE forlaget) and Thai (WeLearn)

BLACK BOX THINKING: MARGINAL GAINS AND THE SECRETS OF HIGH PERFORMANCE

MATTHEW SYED

Columnist for The Times and bestselling author of *Bounce: The Myth of Talent and the Power of Practice* Matthew Syed argues that the key to success is a positive attitude to failure.

The Sunday Times No.1 Bestseller

From the Bestselling Author of *Bounce*

What links the Mercedes Formula One team with Google?

What links Team Sky and the aviation industry?

What connects James Dyson and David Beckham?

They are all Black Box Thinkers.

Black Box Thinking is a new approach to high performance, a means of finding an edge in a complex and fast-changing world. It is not just about sport, but has powerful implications for business and politics, as well as for parents and students. In other words, all of us.

Drawing on a dizzying array of case studies and real-world examples, together with cutting-edge research on marginal gains, creativity and grit, Matthew Syed tells the inside story of how success really happens - and how we cannot grow unless we are prepared to learn from our mistakes.

Matthew Syed is a leading columnist and feature writer for The Times and twice winner of the 'Sports Journalist of the Year' at the British Press Awards. He makes authored features for the BBC current affairs programme *Newsnight* and regularly appears on CNN International and World Service TV. After graduating from Oxford University with a prize-winning First in Politics, Philosophy and Economics,

Matthew Syed's first book *Bounce* was shortlisted for the William Hill Sports Book of the Year and became a UK bestseller. Matthew's second book *Black Box Thinking* was a Sunday Times number one bestseller.



26th JANUARY, 2017

Hardback, 208 pages

RIGHTS SOLD IN: Russia (Azbooka);

OPTION PUBLISHERS: Portugal (Bertrand); China (China Renmin); Japan (Flimart-Sha); Arabic (Jarir); Marathi (Mehta); Turkey (Pegasus); Brazil (Rocco); Thai (We Learn); Korea (Wisdom House Publishing) and US (Penguin)



IDEAS ARE YOUR ONLY CURRENCY

ROD JUDKINS

Acclaimed artist and business consultant Rod Judkins reveals how to inspire great ideas, and how to future-proof yourself in the knowledge economy.

FUTURE-PROOFING FOR THINKERS.

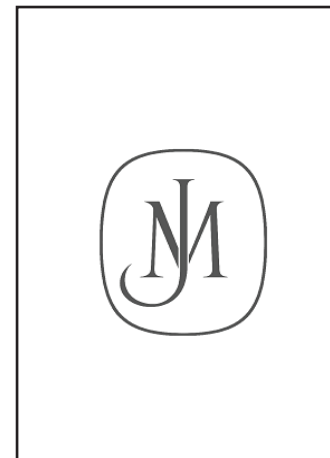
'What skills and abilities will a student need to prosper in five, ten, or fifteen years' time?'

In a world of change, where skills become out of date quickly, it is ideas that last.

We all need to be prepared for a world that is fluid, global and interdisciplinary. Distinctions between specialties will blur and overlap. Change is happening at electrifying speed. In this vortex there are no maps.

Featuring 100 interactive chapters to inspire groundbreaking new ideas, this is perfect for fans of Keri Smith's *Wreck this Journal*, Paul Arden's *It's Not How Good You Are* and Rolf Dobelli's global bestseller *The Art of Thinking Clearly*.

Rod Judkins is an accomplished lecturer at Central St Martin's, one of the world's pre-eminent art schools. Judkins has lectured on the subject of creativity at universities and to businesses around the world. He blogs at Psychology Today, and also acts as a consultant to numerous private companies.



1st JUNE 2017

Hardback, 336 pages

RIGHTS SOLD IN: Italian (Mondadori); Portuguese - Brazil (Planeta); Romanian (Editura Trei)

IN PURSUIT OF MEMORY THE FIGHT AGAINST ALZHEIMER'S

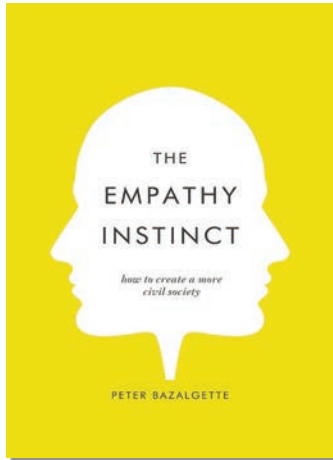
DR JOSEPH JEBELLI

A human history of Alzheimer's, the science behind it and the race to find a cure.

In Pursuit of Memory is a fascinating and comprehensive portrait of this cruel and pervasive disease: the stories of the heroic scientists who have been working to bring it to public attention and eradicate it since its discovery a little over 100 years ago, the cutting-edge science behind it, and the families and patients living with it all over the world.

When Joseph Jebelli was twelve, his beloved grandfather began to act very strangely. Before long, he didn't recognise the rest of the family any more. Dr Jebelli has dedicated his career to understanding the disease that affects millions worldwide - 850,000 people in the UK alone. Based upon years of meticulous research, *In Pursuit of Memory* balances the stories of sufferers and their families with his compelling insider's account of this terrible disease and the scientists who are trying to find a cure against the clock.

Dr Jebelli is a 30-year-old British neuroscientist with a burgeoning media profile who began working on Alzheimer's—specifically, using the body's immune system to halt its progress—while doing his PhD in neurobiology at UCL. He has written for the Guardian and the Wellcome Trust. This is his first book.



26th JANUARY, 2017

Hardback, 304 pages



THE EMPATHY INSTINCT:HOW TO CREATE A MORE CIVIL SOCIETY

PETER BAZALGETTE

How the art and science of compassion can build a better society

Empathy is the power of understanding others, imaginatively entering into their feelings. It is a fundamental human attribute, without which mutually co-operative societies cannot function. In a revolutionary development, we now know who has it, who lacks it and why. Via the MRI scanner we are mapping the human brain. This is a new frontier that reveals a host of beneficial ideas for childcare, teens challenged by the internet, the justice system, decent healthcare, tackling racism and resolving conflicts.

In this wide-ranging and accessible book full of entertaining stories that are underlined by the latest scientific research, Peter Bazalgette also mounts a passionate defence of arts and popular culture as a means of bridging the empathy gap.

As the world's population expands, consuming the planet's finite resources, as people haunted by poverty and war are on the move and as digital communications infinitely complicate our social interactions, we find our patience and our sympathy constantly challenged. Here is the antidote.

Culminating in a passionate manifesto on empathy, *The Empathy Instinct* is what makes us human and what can make us better humans.

Sir [Peter Bazalgette](#) was Chair of Arts Council England from 2013-2017. He also chaired the UK Holocaust Memorial Foundation. He was educated at Dulwich College and read Law at Fitzwilliam College, Cambridge but escaped the law to spend most of his career working in television. He devised some of the biggest entertainment shows in recent TV history, such as *Ready Steady Cook* and *Changing Rooms*, and brought *Big Brother* to the UK. He now chairs ITV. His previous books include *Billion Dollar Game* and *The Food Revolution* (co-authored). In 2011 he was knighted for services to broadcasting.

NEW SCIENTIST

Since 1956, [New Scientist](#) has established a world-beating reputation for exploring and uncovering the latest developments and discoveries in science and technology, placing them in context and exploring what they mean for the future. Each week through a variety of different channels, including print, online, social media and more, New Scientist reaches over 5 million highly engaged readers around the world.



HOW TO BE HUMAN: CONSCIOUSNESS, LANGUAGE AND 48 MORE THINGS THAT MAKE YOU YOU

Everything you need to know about being human: an eye-opening, illustrated handbook about being human.

What is it that makes us human? Is it language, imagination, morality, or is it that we cook and wear shoes? Or perhaps we are less human than we think (Neanderthal and Denisovan genes can be found within all of us!).

Once again, New Scientist have all of the fascinating and unexpected answers, and - just as they did for the universe in *The Origin of (almost) Everything* - in *How to be Human* they take us on a tour around the human body and brain, taking in everything from evolution to email, from the Stone Age to Spotify.

How do languages change the way our brains are wired? What can evolutionary theory tell us about who we are attracted to? How does your voice give away clues about your political views, your sexual allure and even your salary? Why is gossip the human version of a gorilla picking fleas from its mate? And how can you live to 100?

From the body to language, through emotions and possessions, to the most tricky questions about life and death, New Scientist's witty essays sit alongside enlightening illustrations that range from how your brain creates the illusion of 'self' to the allure of body odour.

21st SEPTEMBER 2017

Hardback, 320 pages



22nd SEPTEMBER 2016

Hardback, 336 pages

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US RIGHTS: Nicholas Brealey Books



NEW SCIENTIST: THE ORIGIN OF (ALMOST) EVERYTHING

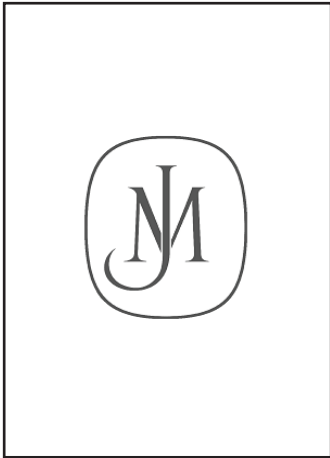
DOES ANYTHING EAT WASPS meets INFORMATION IS BEAUTIFUL: A full-colour infographic journey through life, the universe and everything.

Introduction by Professor Stephen Hawking.

From what actually happened in the Big Bang to the accidental discovery of post-it notes, science is packed with surprising discoveries. Did you know, for instance, that if you were to get too close to a black hole it would suck you up like a noodle (it's called spaghettification) or why your keyboard is laid out in QWERTY (it's not to make it easier to type).

And now they and the *New York Times*' brilliant graphics editor Jennifer Daniel want to take you on a whistlestop journey from the start of our universe (through the history of stars, galaxies, meteorites, the Moon and dark energy) to our planet (through oceans and weather to oil) and life (through dinosaurs to emotions and sex) to civilization (from cities to alcohol and cooking), knowledge (from alphabets to alchemy) ending up with technology (computers to rocket science).

Witty essays explore the concepts alongside enlightening infographics that zoom from how many people have ever lived to showing you how a left-wing brain differs from a right-wing one.



5th OCTOBER 2017

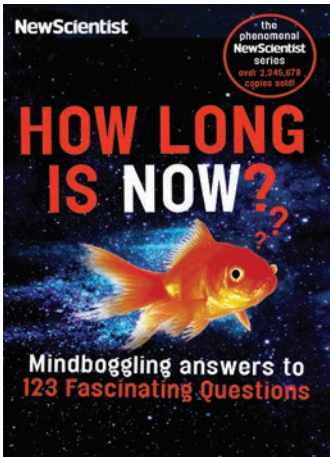
Paperback, 256 pages

OUT OF THIS WORLD: A BRIEF HISTORY OF EVERYTHING THAT NEVER HAPPENED

The latest Christmas book from the million-selling New Scientist series.

It could have all been so different. Join New Scientist (and Astronomer Royal Martin Rees) for an eye-opening journey through a series of alternative realities and forbidden experiments

Imagine the dinosaurs had survived or the Russians had got to the moon first. What would Earth be like without us or chickens (two very different scenarios)? How about if the world stopped spinning? What would happen if we all turned vegetarian (not the happy story you might think)? How could we see the future or learn how to talk to animals?



20th OCTOBER 2016

Hardback, 336 pages

US RIGHTS: Nicholas Brealey Books



NEW SCIENTIST: HOW LONG IS NOW? FASCINATING ANSWERS TO 191 MIND- BOGGLING QUESTIONS

The New Scientist's brilliant million-selling Christmas book comes of age, exploring everything from the science of bubbles to whether cats are better than dogs

Ten years ago *Does Anything Eat Wasps* stormed the charts, selling over 450,000 copies and became a global phenomenon. *The New Scientist* titles have continued to be an annual fixture ever since -- the thinking person's Christmas present of choice -- and have now been translated into over 30 languages. They still sell at least 40,000 copies every year but it's time for a revamp.

How Long is Now will combine the light-hearted silliness of the early books with the more grown-up approach of the more recent books, but now with an extra dash of cool humour.



5th NOVEMBER 2016

Hardback

RIGHTS SOLD IN: Korean (Interpark Int) and Chinese-Simp (The Commercial Press)



CHANCE THE SCIENCE AND SECRETS OF LUCK, RANDOMNESS AND PROBABILITY

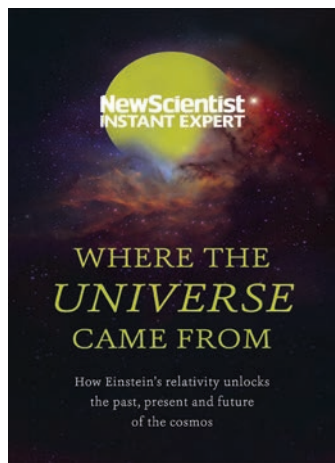
The New Scientist's sharpest minds provide fascinating insights into luck, randomness, risk and probability.

For you to be here today reading this requires a mind-boggling series of lucky breaks, starting with the Big Bang and ending in your own conception.

So it's not surprising that we persist in thinking that we're in with a chance, whether we're playing the lottery or working out the likelihood of extra-terrestrial life.

From the secrets of coincidence to placing the perfect bet, the science of random number generation to the surprisingly haphazard decisions of criminal juries, it explores these and many other tantalising questions.

New Scientist Instant Expert books are definitive and accessible entry points to the most important subjects in science; subjects that challenge, attract debate, invite controversy and engage the most enquiring minds. Designed for curious readers who want to know how things work and why, the Instant Expert series explores the topics that really matter and their impact on individuals, society, and the planet, translating the scientific complexities around us into language that's open to everyone, and putting new ideas and discoveries into perspective and context.



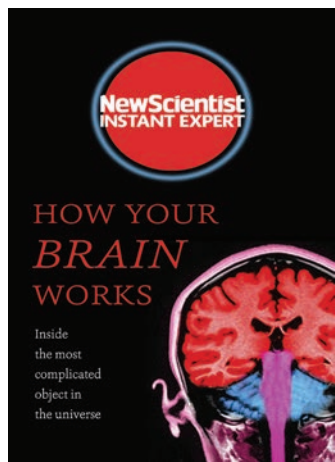
9th MARCH 2017

Paperback, 224 pages

WHERE THE UNIVERSE CAME FROM: HOW EINSTEIN'S RELATIVITY UNLOCKS THE PAST, PRESENT AND FUTURE OF THE COSMOS

A little over a century ago, a young Albert Einstein presented his general theory of relativity to the world and utterly transformed our understanding of the universe.

In *Where The Universe Came From* leading cosmologists and New Scientist explain that we still have plenty of unfinished business with the cosmos. How does the dark universe shape our cosmic destiny? What is really happening near black holes? Are we any closer to discovering the ripples in space-time predicted by Einstein? Why is relativity not the final answer?



9th MARCH 2017

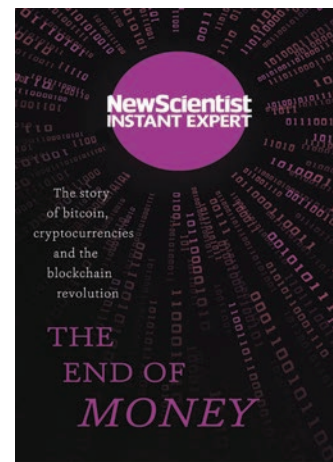
Paperback, 240 pages

HOW YOUR BRAIN WORKS: INSIDE THE MOST COMPLICATED OBJECT IN THE KNOWN UNIVERSE

In *How Your Brain Works* leading neuroscientists and New Scientist introduce the evolution and anatomy of the brain viewed through traits such as: memory, emotions, sleep, sensing and perception.

Today, many such suspicions are certainties. We understand the structures of the brain, minor and major, and their roles in making us who we are. We can record electrical signals from individual brain cells or networks of them. Imaging technology lets us see both snapshots of the brain and also videos of it in action. We can follow connections within the brain and watch them reform after an injury.

How Your Brain Works explores what's going on inside your head, and what makes you, you. It looks at techniques for controlling the brain using electric and magnetic fields, as well as investigating the latest technologies that allow you to control the outside world using your mind alone.



20th APRIL 2017

Paperback, 224 pages

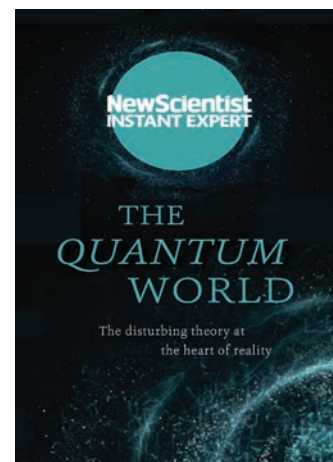


THE END OF MONEY: THE STORY OF BITCOIN, CRYPTOCURRENCIES AND THE BLOCKCHAIN REVOLUTION

The End of Money is an essential introduction to cryptocurrencies and the blockchain revolution. Hailed as the greatest advancement since the invention of the internet, the blockchain is moving away from being the backbone for a digital currency and making inroads into other core concepts of society.

Murder for hire. Drug trafficking. Embezzlement. Money laundering. Market manipulation. Governments overthrown. These might sound like plot lines of a conspiracy thriller, but they are true stories from the short history of "cryptocurrencies". Originally conceived by computer hackers and cryptographers, these digital currencies, represent a completely new sort of financial transaction - one that doesn't need banks.

Yet it's the technology that underpins these cryptocurrencies that has financiers, lawmakers and governments sitting up and taking notice. Hailed as the greatest advancement since the invention of the internet, the blockchain is moving away from being the backbone for a digital currency and making inroads into other core concepts of society: identity, ownership and even the rule of law.



20th APRIL 2017

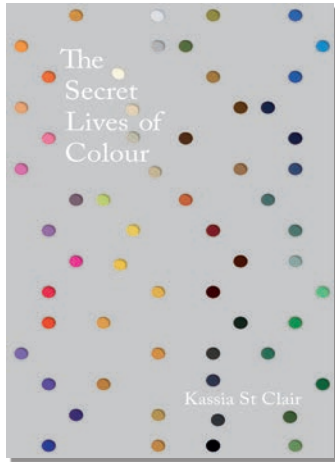
Paperback, 224 pages



THE QUANTUM WORLD: THE DISTURBING THEORY AT THE HEART OF REALITY

In *The Quantum World* leading physicists and New Scientist take you on a journey through quantum theory, its mind-bending properties and the technologies transforming our world.

Quantum theory is our very best description of the microscopic world of atoms and their constituents. It has given us lasers, computers and nuclear reactors, and even tells us how the sun shines and why the ground beneath our feet is solid. But the quantum world defies our sensibilities - it is a place where objects can be in two places at once, influence each other at opposite sides of the cosmos and nothing is as it seems until you measure it. Why is the quantum world so strange? Where does it begin and end? And what does this mean for the bedrock of reality?



20th OCTOBER 2016

Hardback, 320 pages

RIGHTS SOLD IN: Romanian (Baroque Books); Spanish (Ediciones Urano); Russian (Eksmo); German (Hoffmann and Campe); Chinese - complex (Motif Press); Dutch (Meulenhoff-Boekerij) and US (Tarcher Perigree)



THE WEAVERS: A CULTURAL HISTORY OF HUMANITY IN TWELVE FABRICS

Kassia St Clair

4th OCTOBER 2018

THE SECRET LIVES OF COLOUR

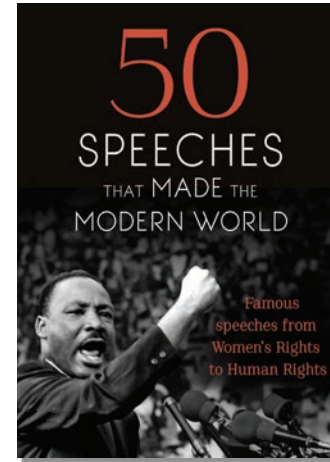
KASSIA ST CLAIR

The unforgettable history of colours and the vivid stories behind them in a beautiful multi-coloured volume.

Our world is technicolour, but behind each shade lie so many fascinating stories. Why do waitresses get better tips if they wear red; did the ancient Greeks see the sea as 'wine-dark' or Welsh not have a word for blue? What colour is named after a 16th-century Archduke's wife's undergarments (which she swore not to wash till her husband came home from war: unfortunately it took 3 years)? And which colour protected people from the plague?

The Secret Lives of Colour explores the cultural significance and history of every hue. Everything from fashion to sweets, politics to art, and Machiavelli to motor racing, is explored in 60 short witty essays.

Kassia St Clair writes for *The Economist* and *Elle Decoration* and this is her first book.



6th OCTOBER 2016

Hardback, 256 pages

RIGHTS SOLD IN: Korean (Humanist Publishing Group) and Portuguese Brazilian (L&PM Editores)



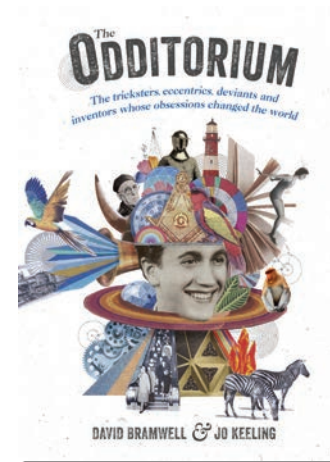
THE 50 SPEECHES THAT MADE THE MODERN WORLD

CHAMBERS (ED.)

Over 50 memorable and meaningful speeches

Comprehensive, chronological coverage of speeches from the 20th and 21st centuries, taken from all corners of the globe, it covers speeches by Lenin, Ghandi, David Ben-Gurion, Albert Einstein, Fidel Castro, Nikita Khrushchev, Ernesto 'Che' Guevara, Martin Luther King, Malcolm X, Nelson Mandela, Benazir Bhutto, Osama Bin Laden and Aung San Suu Kyi, right up to the most compelling oratory surrounding the 2016 US Presidential elections.

Andrew Burnet is an Edinburgh based journalist and freelance writer and editor. He has compiled and edited two editions of *The Chambers Book of Great Speeches*.



6th OCTOBER 2016

Hardback, 256 pages



THE ODDITORIUM

DAVID BRAMWELL AND JO KEELING

A fascinating, quirky and beautifully illustrated gift book from the creators of the award winning *Ernest Journal*.

The Odditorium is a playful re-telling of history, told not through the lens of its victors, but through the fascinating stories of a wealth of individuals who, while lesser-known, are no less remarkable. Throughout its pages you'll learn about the antics and adventures of tricksters, eccentrics, deviants and inventors.

David Bramwell is the creator of the bestselling *Cheeky Guides* and author of travel memoir *The No9 Bus to Utopia*, which has since evolved into an award-winning one man show, Radio 3 documentary and TEDx talk. Jo Keeling is the editor and publisher of *Ernest Journal*, an awardwinning digital and printed magazine for the curious and adventurous.



18th MAY 2017

Trade Paperback, 240 pages

THE DOG GUARDIAN

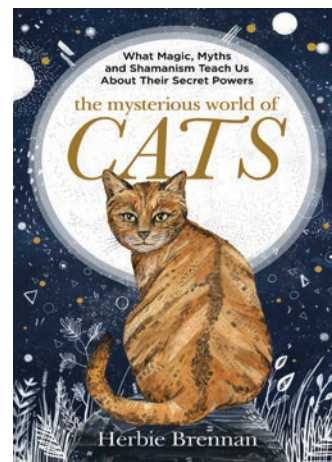
NIGEL REED

Struggling to solve your dog's behavioural problems? Looking to achieve the perfect relationship with your dog? *The Dog Guardian* is here to help.

Traditional methods to overcome a dog's undesirable behaviour typically involve tiring out, distracting, controlling or bribing, without identifying the root cause of the problem. Leading dog behaviourist Nigel Reed knows that these methods don't work. Through his many years of experience Nigel has found that there are 4 fundamental components for a happy and well-behaved dog: a deep understanding of your dog's needs, language, emotional state, and being an effective leader. This revolutionary book explains the philosophy and gives you practical, step-by-step advice. This new and vital information will empower you to address any of your dog's undesirable behaviours, no matter its age, breed or history. It will ensure your dog trusts your decisions and follows you of its own free will.

The Dog Guardian has already helped hundreds of dogs and their owners address problem behaviours including fussy eaters, dogs that bark at the door, dog-on-dog aggression, dogs that jump up at visitors and dogs that pull on the lead.

Nigel Reed is a dog behaviourist with more than 15 years' experience working with dogs and their owners. He has helped thousands of dogs become happy, well-behaved companions. He lives in London with his family and his dog Rex.



24th AUGUST 2017

Hardback, 240 pages



THE MYSTERIOUS WORLD OF CATS: THE ULTIMATE GIFT FOR PEOPLE WHO ARE BONKERS ABOUT THEIR CAT

HERBIE BRENNAN

The perfect book for cat lovers everywhere.

'In ancient times cats were worshipped as gods; they have not forgotten this.' Terry Pratchett

Herbie Brennan writes a delightful short but definitive guide to cat lore, weaving together myth, magic, anecdote, fascinating, amusing factoids and even scientific research - from the Egyptian cat goddess Bastet to Macavity the Mystery Cat.

Here at last is the book that proves to you that everything you suspected about your cat's uncanny powers of intuition, hypnosis, mind-reading, bi-location and levitation are in fact all true!

A professional writer whose work has appeared in more than fifty countries, Herbie Brennan is enjoyed by children and adults alike - sales of his books already exceed 10 million copies.

LIONS LAWS

IAN MCGEECHAN

Reflections on life as a Lion by the 'Ultimate Lion'

In 2017 the British and Irish Lions face one of the toughest tours in history - taking on the All Blacks in New Zealand, where they have only won one of their last 12 Tests.

In this unique and fascinating book Sir Ian McGeechan uses his own coaching notes to provide insight and background into what it means to be a Lion, and how the most successful Lions teams in history were built.

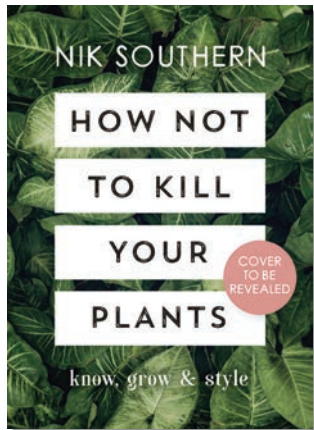
He will also delve into his rich collection of anecdotes to bring alive the characters involved, and it will undoubtedly be a book that even Warren Gatland will want to read.

Sir Ian McGeechan has won 32 caps for his country, and 8 for the Lions - he was a core element of Willie John McBride's all-conquering 1974 Lions tour in South Africa. Turning his hand to coaching, he skipped the club game and took over his national team. Against all odds, they prized the Grand-Slam from England in 1990.



15th JUNE 2017

Hardback, 352 pages



15th JUNE 2017

Hardback, 336 pages



HOW NOT TO KILL YOUR PLANTS:

KNOW, GROW & STYLE

NIK SOUTHERN

The ultimate how-to guide to greening up your home.

How Not To Kill Your Plants is a modern and accessible growers bible that will help you see plants in a different way.

Whether you're green fingered or not this book will enable you to understand a plant's needs in order to know where to place and how to style them, but most importantly how to care for them. Bathrooms can become fern filled rainforests while sitting rooms are your own Amazonian jungle. Open your eyes to growing and styling possibilities in every room with the ultimate resource for greening up your gaff.

After impulsively quitting her job in the city, [Nik Southern](#) founded Grace & Thorn, tens of thousands of Instagram followers, and hundreds of sold out DIY planting and styling courses later Grace & Thorn has gathered a cult following amongst customers and brands alike.



1st JUNE 2017

Hardback, 288 pages



THE REASSEMBLER

JAMES MAY

From the humble garden lawnmower to the ear-splitting electric guitar, [James May](#) returns with a typically wacky account of what makes these great machines work, one piece at a time.

When we look around our homes, sheds and garages we see an array of objects that spring to life with the click of a button or twist of a knob, and, most of the time, do exactly what we want them to. But how on earth do these objects work? What exactly happens when you pull the lever on a petrol lawnmower? How many individual pieces are involved in getting a spinning blade to spin fast enough to mow your lawn?

If you really want to understand what something is then you have to understand how it works, and James May, presenter of *The Grand Tour*, is the man to help you find out. In this terrifically zany book, James tells us how to assemble our most beloved objects from scratch and see what it takes to actually get these things to work.

[James May](#) is a writer, broadcaster and co-host of *The Grand Tour* on Amazon Prime. He has presented series for the BBC, ITV, Channel 4 and Sky. His previous books include *James May's Man Lab*, *Car Fever* and *How to Land an A330 Airbus*.

COLOURING AND CRAFTS



14th JULY 2016

Hardback, 96 pages

BON VOYAGE!

A COLOURING BOOK FOR LOVERS OF ALL THINGS FRENCH

LIZZIE MARY CULLEN

Go beyond colouring in and immerse yourself in an artistic exploration as you discover the je ne sais quoi in all things French.

Trace your pencil through iconic urban spaces, elegant art nouveau patterns, peaceful landscapes and elaborate stained glass rosettes as part of an immersive journey through France and French life. Gild, decorate and bring to life exquisite details, both historic and modern, including hand-made lace, intricate royal gardens, classical architecture, scrumptious patisserie windows and stylish Parisian shops.

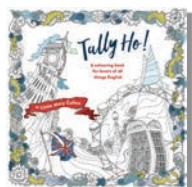
Lizzie Mary Cullen is a multi award-winning artist and illustrator based in London. Her work has been featured on BBC, Huffington Post, The Independent and Glamour.



BUENA VISTA: A COLOURING BOOK FOR LOVERS OF ALL THINGS SPANISH

18th September 2016

Hardback, 96 pages



TALLY HO!: AN ADULT COLOURING BOOK FOR LOVERS OF ALL THINGS BRITISH

9th February 2017

Paperback, 96 pages

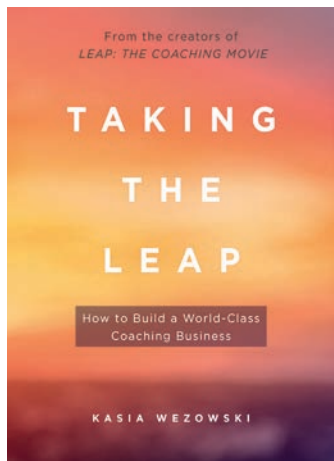


DÀJÍ DÀLÌ: A COLOURING BOOK FOR LOVERS OF ALL THINGS CHINESE

10th August 2017

Paperback, 96 pages

BUSINESS AND COACHING



5th OCTOBER 2017

Trade Paperback, 256 pages

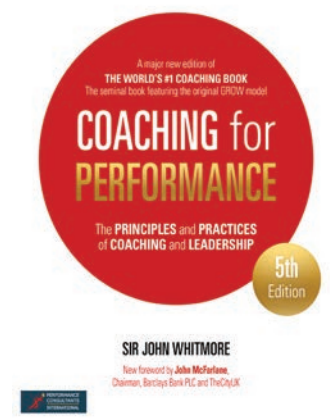
TAKING THE LEAP: HOW TO BUILD A WORLD-CLASS COACHING BUSINESS

KASIA WEZOWSKI

The world's leading coaches share their secrets and core strategies for building a lucrative coaching business while helping clients achieve their dreams.

Make your mark as a coach and grow your business by learning from the best, highest-level coaches in the world who are willing to share their secrets and core strategies. Relevant and practical with strategies specific to current and aspiring coaches, Taking the Leap provides advice from well-known coaches including: Jack Canfield, Marshall Goldsmith, Cherie Carter-Scott and Mark Thompson, who have each built lucrative coaching businesses while doing what they love, helping people.

Kasia Wezowski is the creator and co-producer of LEAP, the first documentary about the coaching profession. She is the founder of the Center for Body Language, the creator of the Emotional Management Method and Micro Expressions Training Videos (METV). She has appeared in international media, including CBS, Fox, Forbes, at and TEDx. in the full feature documentary "Destressed", and at Harvard University. Kasia has completed 3 university Master degrees at the same time: Psychology, Sociology and Law. She is passionate about organizational dynamics, radical effectiveness without effort, intuitive creativity and human behavior. Combined with her passion for extreme traveling, immersing herself in exotic cultures, she believes that successful people normally do what others do infrequently.



7th SEPTEMBER 2017

Paperback, 240 pages

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COACHING FOR PERFORMANCE UPDATED 25TH ANNIVERSARY EDITION

JOHN WHITMORE

This major new edition is designed to stay ahead of the profession with practical visuals and new material developed by the leading international performance consultants.

The seminal book featuring the original GROW model

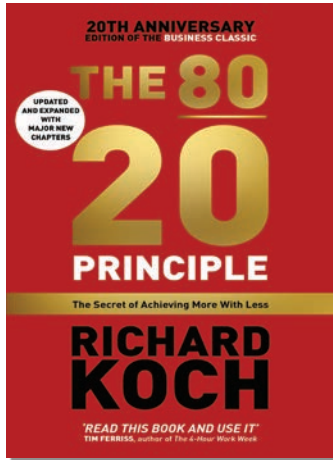
Coaching for Performance is the institution of the coaching profession. This landmark text has now undergone the largest revision yet in its history to bring it fully up to date for today's professionals. With a focus on coaching as a way of being rather than a temporary process, this new edition explains how coaching can have a profound effect on the culture of an organisation. No longer an activity conducted in isolation by a select few managers, coaching impacts the growth of the whole company as well as the personal growth of the individual.

This new edition includes a Foreword by John McFarlane, Chairman of Barclays and TheCityUK. New chapters on culture change demonstrate how to build a high performance culture in any type of organisation and measure the results. Extensive illustrative material has been added; the visuals are those used in coaching training programmes by Performance Consultants International, one of the pioneering global firms in coaching, leadership development and performance improvement. Terminology has been revised throughout to align with that used by the International Coach Federation and a new full glossary of terms serves to make this the definitive book on the topic.

The influential GROW model (Goals, Reality, Options, Will) featured in the book is supported by new international studies and examples which are included throughout, ensuring that this edition will stay at the forefront of professional coaching and leadership development.

John Whitmore is Executive Chairman of Performance Consultants. He is a pre-eminent thinker in leadership and organisational change and works globally with leading multinational corporations to establish coaching management cultures and leadership programmes.





6th APRIL 2017

Trade Paperback, 432 pages

RIGHTS SOLD IN: Czech (Management Press); Chinese - complex (Locus); Chinese - simplified (Citic); German (Campus Verlag); Hungarian (Trivium); Italian (Franco Angeli); Japanese (Hanku); Japanese, cartoon (CC Media); Mongolian (Suun Suvd); Portuguese (Gutenberg); Romanian (Meteor Press); Serbian (Carobna); Slovak (Eastone Books); Spanish (Paidós); Swedish (Liber); Turkish (Dogan Egmont); Ukrainian (Krajina Miry); US (Nicholas Brealey Books)

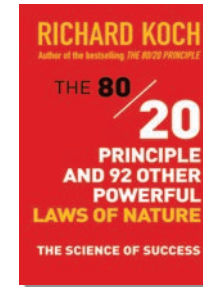


THE 80/20 PRINCIPLE: THE SECRET OF ACHIEVING MORE WITH LESS UPDATED 20TH ANNIVERSARY EDITION RICHARD KOCH

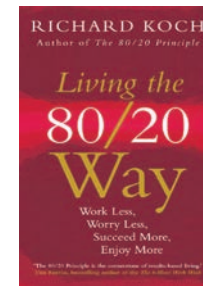
The 20th anniversary expanded edition of the classic book that will revolutionise both your work-life and your home-life, including brand new chapters

In the 20 years since its first publication, *The 80/20 Principle* has become a business classic and a global bestseller. In this new edition Richard Koch outlines a fresh understanding of the true power of the principle. And it is powerful: the 80/20 principle - the counter-intuitive yet prevalent fact that 80% of results flow from 20% of causes - is the one true principle of highly effective people and organisations and has stood the test of time. Many thousands of people throughout the world have found the principle useful at work, in their careers and in their personal lives. Koch outlines how with the 80/20 Principle we can achieve much more with much less effort, time and resources simply by concentrating on the all-important 20% thus controlling events instead of being controlled by them, and with several times the results.

Richard Koch is a highly successful author, investor and entrepreneur, having made large returns from businesses as diverse as hotels, restaurants, personal organisers and consulting. A former partner at consulting firm Bain & Co, and co-founder of The LEK Partnership, the fastest growing and most profitable 'strategy boutique' of the 1980s, Richard now lives the 80/20 way between Gibraltar, Spain, Portugal and South Africa.



2nd JAN 2014



20th JAN 2014

Richard Koch is a former management consultant, entrepreneur, and writer of several books on how to apply the Pareto principle (80/20 rule) in all walks of life. Richard has also used his concepts to make a fortune from several private equity investments made personally. Richard's investments have included Filofax, Plymouth Gin, the Great Little Trading Company and Betfair.

THE 80/20 PRINCIPLE AND 92 OTHER POWERFUL LAWS OF NATURE THE SCIENCE OF SUCCESS

In this follow-up to his best-selling *The 80/20 Principle*, the power law that helped hundreds of thousands achieve more by doing less, Richard Koch puts science to work, applying ninety-two other natural laws to promote the "science of success" within the ever-changing world of business.

RIGHTS SOLD IN: Bulgarian (Locus); Chinese - simplified (Pub House of Electronic Industry); Russia (Exmo); Spanish (Patria); Vietnamese (TRE); US (Nicholas Brealey Books)

LIVING THE 80/20 WAY

Acclaimed entrepreneur and author Richard Koch changed the face of the business world with *The 80/20 Principle*. In *Living the 80/20 Way*, a self-help bestseller, he returns to show how working and worrying less can transform our personal lives.

RIGHTS SOLD IN: Portuguese (Gutenberg); Russian (Exmo); US (Nicholas Brealey Books)





DISRUPT!: 100 LESSONS IN BUSINESS INNOVATION

JAMES BIDWELL

A cutting edge book on innovation and disruption for entrepreneurs, innovators, designers, marketers and fans of creative business and technology

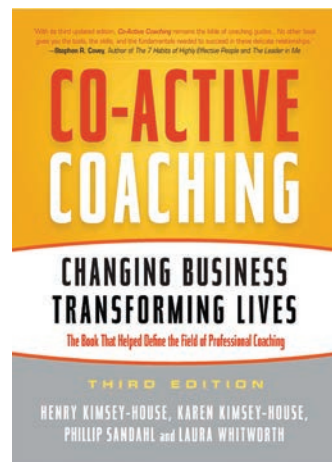
Compiled by Springwise, the global innovation discovery engine, *Disrupt!* explains and highlights the best, most disruptive and most useful innovation ideas of the 21st Century, and shows which themes underpin their success and which ideas can best be used to drive creativity in your workplace, office or industry.

This attractively designed book draws on their vast archive and the expertise of their editorial team to create a practical, themed overview of contemporary innovation with simple, implementable strategies for bringing more creativity to your business or idea and more disruption to your industry. It is an indispensable handbook to modern innovation.

James Bidwell is CEO of Springwise, operating at the heart of the global start-up, enterprise and innovation communities. Prior to Springwise, James worked for 20 years in businesses where change and innovation were mission critical. Notably, he served as Marketing Director, Selfridges during the turnaround, CEO Visit London in the lead up to the Olympics and CEO Anthropologie, Europe spearheading the launch. James has also played pivotal roles at Disneyland Paris, eToys and Sega as well as leading the turnarounds at Cass Art and EasyArt.

12th OCTOBER 2017

Hardback 320 pages



Paperback

CO-ACTIVE COACHING



LAURA WHITWORTH, KAREN KIMSEY-HOUSE, HENRY KIMSEY-HOUSE, & PHILLIP SANDAHL

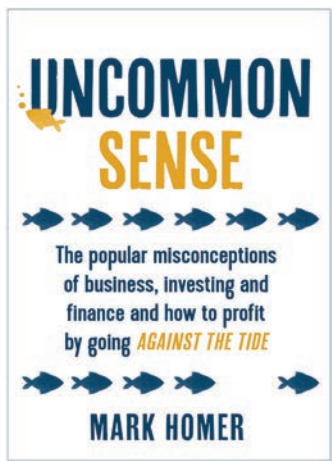
The essential read for any aspiring franchise owner.

The durable and flexible 'Co-Active Coaching model' has stood the test of time as a transformative communication process that co-workers and team mates, direct reports and managers, teachers and students can use to build strong, collaborative relationships.

Co-Active Coaching has been updated to include the latest terminology and a wide-ranging set of fresh coaching examples drawn from the authors' first-hand experience

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12th JANUARY 2017
Trade Paperback, 192 pages

RIGHTS SOLD IN: Turkey (The Kitap)



UNCOMMON SENSE: THE POPULAR MISCONCEPTIONS OF BUSINESS, INVESTING AND FINANCE AND HOW TO PROFIT BY GOING

AGAINST THE TIDE

MARK HOMER

Want to invest in your business, in assets, shares or property? Making money by investing is never simple but there are rules - just not the same rules you've been told about. This book debunks common misconceptions about growing your bank balance, maps out strategies for success, and clears a path to a profitable future.

Uncommon Sense guides you to unique, little-known and commonly misunderstood strategies that generate lasting revenue and sustained results by going against the tide.

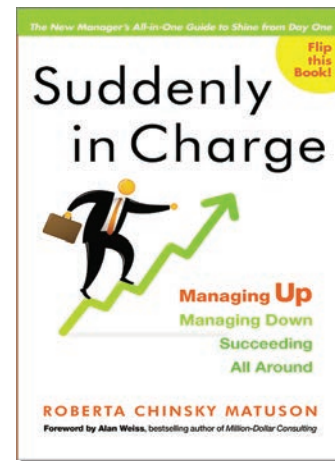
In this book you'll discover:

- How to assess real value, understand the hidden motives of the media and see through hype.
- Real business investing models such as hybridizing and super-specialisation which will enable you to invest securely and profitably.
- Understand the popular misconceptions, schemes, traps and truths which part you from your money - and learn how to defend yourself against them and secure lasting wealth.

Essential reading for investors, innovators and entrepreneurs, Uncommon Sense provides a balanced, insightful and inspiring toolkit for making smart decisions in investing and business.

Mark Homer has bought over 350 properties for himself, his business partner Rob Moore, his family & his investors since 2003. He is a systems and spreadsheet geek and has developed a complex, secret algorithm that takes all human error out of buying residential, commercial and multi-let property.

He has commented and been referenced in almost all major publications including BBC Radio, The Independent, the FT, The Wall Street Journal, as well as co-authoring the UK'S 4 Best Selling Property Books.



21st SEPTEMBER 2017

Trade Paperback 264 pages

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SUDDENLY IN CHARGE: MANAGING UP, MANAGING DOWN, SUCCEEDING ALL AROUND

ROBERTA CHINSKY MATUSON

The New Manager's All-In-One Guide to Shine From Day One

As companies reorganize and reengineer, people are finding themselves tossed into management every day with little to no training or preparation. Literally two books in one, Suddenly in Charge provides all of the tools necessary to be successful at managing up and down the line of any organization. In addition to updates to all chapters, this revised and updated edition features 7 new chapters (3 chapters will be deleted) aligned to modern approaches to management. New topics include: executive presence, working with a coach or mentor, employee retention, creating purpose, the multi-generational workforce and more.

Roberta Matuson, is the CEO and Founder of Matuson Consulting; a management consulting firm that has been helping organizations achieve dramatic growth and market leadership, through the maximization of talent, since 1997. Matuson, known globally as The Talent Maximizer® is a thought leader with expertise in helping leaders achieve dramatic improvements in employee engagement, retention, productivity and profitability. She is also an expert on leveraging intergenerational workforce differences into opportunities. Her clients include Fortune 500 organizations as well as emerging companies.

14th SEPTEMBER 2017

Trade Paperback 288 pages

SELF MADE: THE DEFINITIVE GUIDE TO BUSINESS START-UP SUCCESS

BIANCA MILLER AND BYRON COLE

Written by The Apprentice Finalist Bianca Miller and entrepreneur Byron Cole, this book is an inspiring, wide-ranging handbook for entrepreneurs which combines practical tips and advice with energetic advice on personal branding and thriving in business.

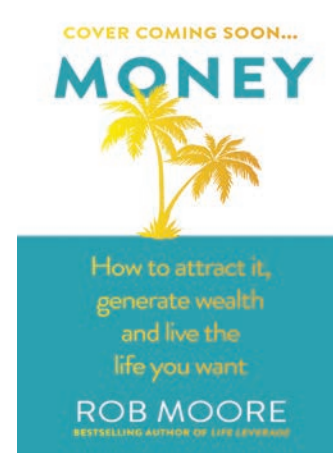
This authoritative, focused guide by two of the UK's brightest young entrepreneurs - The Apprentice runner-up, Bianca Miller and serial entrepreneur, Byron Cole - is a comprehensive toolkit for anyone who wants to make a success of running their own business. Featuring interviews with well known entrepreneurs, entertainers and industry experts (such as Alesha Dixon, Jason Vale, Jamal Edwards and Claude Littner), the book covers every tier of the business development process, from start-up to exit, offering practical, implementable and global advice on the start up process.

De-coding the jargon that is prevalent in business circles today, this book provides straightforward advice on converting an innovative business concept into a commercially viable proposition. It will help you to avoid the costly common mistakes of many who have gone before you, and create a sustainable enterprise that will flourish.

Read Self Made and run your own business without fear of failure.

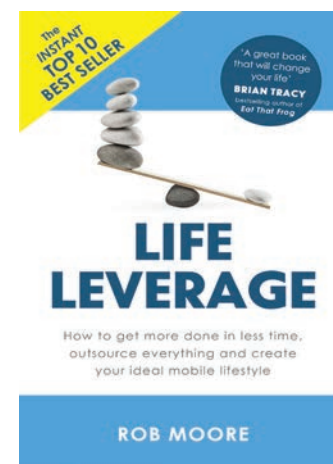
Bianca Miller is an award-winning entrepreneur, workshop facilitator and public speaker. In 2014, Bianca was the runner-up on The Apprentice, the BBC television series. Bianca is the founder of the BE group and her hosiery brand, Bianca Miller London. She is an in-demand public speaker and was awarded a Power Profile by Linked in 2016.

Byron Cole is an award-winning serial entrepreneur, public speaker, investor, philanthropist and mentor to entrepreneurs and students. He runs the BLC Group, an umbrella company that look after his many business interests.



1st JUNE 2017

Trade Paperback 224 pages



2nd JUNE 2016

Paperback 288 pages

RIGHTS SOLD IN: Chinese - complex (Business Weekly Publications); Chinese - simp (China Renmin University Press); Korean (Dasan Books)

MONEY: HOW TO ATTRACT IT, GENERATE WEALTH AND LIVE THE LIFE YOU WANT

ROB MOORE

This remarkable book will show you how to better understand money, make more of it, and live the life you deserve.

Do you want to get to the stage - soon - where you are truly financially independent, able to use your money in the way you'd like, and be completely confident in your ability to take care of yourself and your family?

So how can you win with money? How can you create independent wealth and hold on to it? This inspiring book by self-made multi-millionaire Rob Moore explains the rules of the game, shares simple tricks for managing money better, details how to create a plan for an ambitious future, and shows you the very best way to become a millionaire - to think and behave like one!

LIFE LEVERAGE:

How to Get More Done in Less Time, Outsource Everything & Create Your Ideal Mobile Lifestyle

Life Leverage means taking control of your life, easily balancing your work and free time, making the most money with the minimum time input & wastage, and living a happier and more successful life.

Using Rob Moore's remarkable Life Leverage model, you'll quickly banish & outsource all your confusion, frustration and stress & live your ideal, globally mobile life, doing more of what you love on your own terms.

Rob Moore is a self made property investor, businessman, entrepreneur, best-selling author, world record holder, speaker, pilot & proud dad, who co-owns 7 companies in property, lettings & finance.

Rob has partnered with many of the biggest business and household names, featured in prime time TV shows for Living as a business mentor, on Channel 4, the BBC, The Independent and The Business Channel, as well as mentoring success-hungry people who want to achieve more money & recognition in business & life.



16th MAY 2017

Hardback 288 pages



LEADING WITH VISION THE LEADER'S BLUEPRINT FOR CREATING A COMPELLING VISION AND ENGAGING THE WORKFORCE

BONNIE HAGEMANN, SIMON VETTER
AND JOHN MEKETA

A practical roadmap for leaders to connect with employees on an emotional level and captivate today's workforce by inspiring them with a shared vision.

Leading with Vision is a practical approach for current and aspiring leaders to make a crucial cultural shift and connect with employees on an emotional rather than a cognitive level. It features interviews, stories and examples from leading executives, present and future, from well-known companies including: Bumble Bee, Siemens, Alibaba, Jimbo Supermarkets, Patagonia and more. T

he authors will show you how to captivate today's workforce, abolish the daily grind and create an environment where employees take the stairs two at a time on their way to work.

Bonnie Hagemann is the CEO of Executive Development Associates, a boutique consulting firm specialising in top-of-the-range executive development. She is called on as a subject matter expert for the media, including Forbes, Fast Company, The Wall Street Journal and CNN.

Simon Vetter is the CEO of Stand Out International. Originally from Switzerland, he is a behavioural change expert, working with senior executives and leaders to create lasting transformation and has over 20 years of experience in leadership development, executive coaching and management training.

John Maketa is a nationally respected thought leader and pioneer in innovative leadership. He is the Vice President of Corporate Development for Performance Assessment Network (PAN) where he leads initiatives designed to develop skills for next generation leaders..



18th MAY 2017

Hardback 288 pages



LEADERSHIP MATERIAL HOW PERSONAL EXPERIENCE SHAPES EXECUTIVE PRESENCE

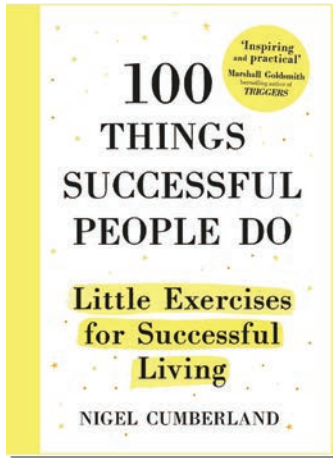
DIANA JONES

Become a better leader by accessing the source of your professional influence.

Viewing them as 'touchy feely', intangible and invisible, most leaders separate their personal lives from their professional lives. Diana Jones, an executive coach for 30-years, argues that this is unwise. In fact, the 'soft side' of leadership - empathy, compassion, and authentic communication derived from personal experience - is both powerful and essential to enhancing executive presence, influencing others and achieving results.

Through compelling stories and examples taken directly from Jones's coaching sessions with experienced leaders, readers will learn how to make enduring behavioural changes that will produce better business results and create alignment among disparate groups using empathy and leadership language.

Diana Jones brings over 30 years of experience in coaching and leadership development, working with CEOs, managers and teams as they manage change and strive to achieve exceptional business results.



11th AUGUST 2016

Hardback, 224 pages

RIGHTS SOLD IN: Vietnamese (Da Thru); Arabic (All-Prints Distributors and Publishers); Slovakian (Eastone Group); Russian (Mann, Ivanov and Ferber Publishers); Romanian (Niculescu Publishing House); Bulgarian (Obsidian Publishing House) and Spanish (Profit Editorial S.L.)



100 THINGS SUCCESSFUL PEOPLE DO

HABITS, MINDSETS AND ACTIVITIES FOR CREATING YOUR OWN SUCCESS STORY

NIGEL CUMBERLAND

A guidebook to achieving success in any aspect of your life.

100 Things Successful People Do is packed with 100 great ideas for working smart and living well. Each idea is presented over two pages with the first side explaining the idea and how it can benefit you and the second side featuring exercises and practical activities for you to work on to help you start applying the ideas straight away.

Mixing simple instructions with activities to get you started, whether you are looking to succeed in your family life, at work, in sports, at school or in retirement, you will find, mindsets, habits and techniques here that will help you get the results you want.

Nigel Cumberland is a coach who helps people optimise and enhance their effectiveness. He has coached and trained execs at various organisations including at the World Bank Group, Standard Chartered Bank, Google, Bureau Veritas, the Dubai Government, Kaercher, the UAE's Al-Futtaim Group and Saudi Airlines.

50 CLASSICS SERIES



4th MAY 2017

Paperback, 336 pages

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US RIGHTS: Nicholas Brealey Books

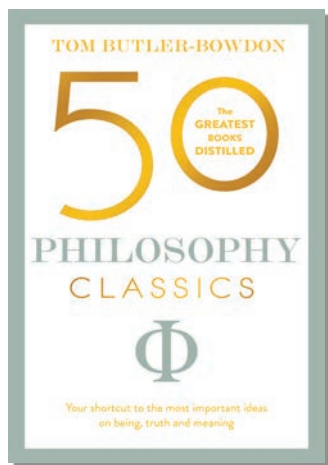
50 POLITICS CLASSICS

TOM BUTLER-BOWDON



The greatest politics books distilled. Part of the relaunch of the bestselling 50 Classics series.

From Abraham Lincoln to Nelson Mandela, and from Aristotle to George Orwell, 50 POLITICS CLASSICS distills the essence of the books, pamphlets, and speeches of the major leaders and great thinkers that drive real-world change. Spanning 2,500 years, left and right, thinkers and doers, Tom Butler-Bowdon's new book covers activists, war strategists, visionary leaders, economists, philosophers of freedom, feminists, conservatives and environmentalists, right up to contemporary classics such as *The Spirit Level* and *No Logo*. Whether you consider yourself to be conservative, liberal, socialist, or Marxist, this book gives you greater understanding of the key ideas that matter in our politically charged times.



4th MAY 2017

Paperback, 336 pages

RIGHTS SOLD IN: Chinese - simplified (Citic); Arabic (Dar Al Hywar); Japanese (Discover 21); Korean (Next Wave); Russian (Exmo); Spanish (Sirrio) and Turkish (Pegasus)

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50 PHILOSOPHY CLASSICS

TOM BUTLER-BOWDON

The greatest philosophy books distilled, in the relaunch of the bestselling 50 Classics series

For over 2000 years, philosophy has been our best guide to the experience of being human, and the true nature of reality.

From Aristotle, Plato, Epicurus, Confucius, Cicero and Heraclitus in ancient times to 17th century rationalists Descartes, Leibniz and Spinoza, from 20th-century greats Jean-Paul Sartre, Jean Baudrillard and Simone de Beauvoir to contemporary thinkers Michael Sandel, Peter Singer and Slavoj Zizek, *50 Philosophy Classics* explores key writings that have shaped the discipline and had an impact on the real world.

Philosophy can no longer be confined to academia, and *50 Philosophy Classics* shows how powerful it can be as a tool for opening our minds and helping us think. Whether you are fascinated or daunted by the big questions of how to think, how to be, how to act and how to see, this is the perfect introduction to some of humanity's greatest minds and their landmark books.



5th APRIL 2018

Trade Paperback, 320 pages

50 BUSINESS CLASSICS

TOM BUTLER-BOWDON



From Peter Drucker to Laszlo Bock, from *The Five Dysfunctions of a Team* to *Creativity Inc.*, here are the 50 most important titles on organizational and personal success. Brand new title in the bestselling series.

50 Business Classics presents the key ideas from classic texts such as *My Years with General Motors* and Michael Gerber's *The E-Myth Revisited* to contemporary business ideas such as the rise of the tech giants like Google, Apple and Amazon. It contains revealing biographies of luminaries like Steve Jobs and Katherine Graham as well as lesser-known stories including creation of publishing giant Penguin and Chinese behemoth Alibaba. Here you'll find the texts and ideas that matter in: Entrepreneurship, Leadership, Management, Strategy, Business History, Personal Development, Technology and Innovation.

Summarising the smartest thinking for today's professional success this book will provide inspiration and insights for entrepreneurs, executives and students of business and management alike.



4th MAY 2017

Trade Paperback, 320 pages

50 ECONOMICS CLASSICS

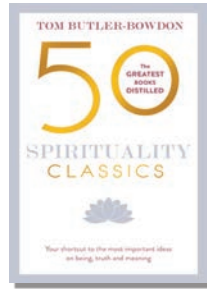
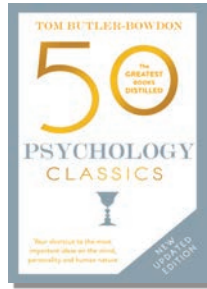
TOM BUTLER-BOWDON

The greatest Economics books distilled in the latest volume of the bestselling 50 Classics series.

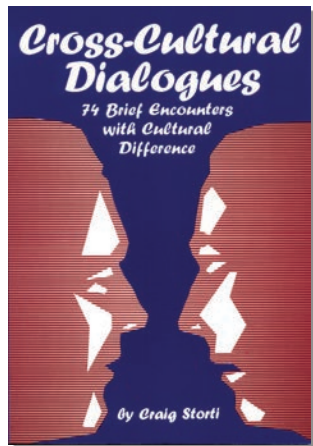
Economics drives the modern world and shapes our lives, but few of us feel we have time to engage with the breadth of ideas in the subject. *50 Economics Classics* is the smart person's guide to two centuries of discussion of finance, capitalism and the global economy. From Adam Smith's *Wealth of Nations* to Thomas Piketty's bestseller *Capital in the Twenty-First Century*, here are the great reads, seminal ideas and famous texts clarified and illuminated for all.

Other titles in the series:

50 Self-Help Classics - 50 Psychology Classics - 50 Spritual Classics



CROSS CULTURE COMMUNICATION



23rd MARCH 2017

Trade Paperback, 152 pages

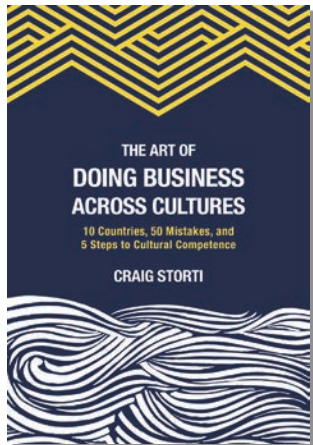
CROSS CULTURAL DIALOGUES

74 BRIEF ENCOUNTERS WITH CULTURAL DIFFERENCE

CRAIG STORTI

A collection of brief conversation between an American and someone from another country and culture.

Cross-Cultural Dialogues is a collection of brief conversation (4-8 lines) between an American and someone from another country and culture. Short as each dialogue is, it has buried within it at least one, and usually several breaches of cultural norms which the reader is challenged to figure out. And a challenge it is: the exchanges are so brief and innocuous that even the wariest among us are sandbagged by the dialogue's hidden subtleties.



23rd MARCH 2017

Trade Paperback, 256 pages

THE ART OF DOING BUSINESS ACROSS CULTURES:

10 COUNTRIES, 50 MISTAKES, AND 5 STEPS TO CULTURAL COMPETENCE

CRAIG STORTI

A tour of the most common cultural differences Americans/No. Europeans encounter when doing business in ten of the world's key markets.

he Art of Doing Business Across Cultures presents five brief (8-10 lines), unsuccessful conversational exchanges between Americans and their business colleagues in 10 different locations-the Arab Middle East, Brazil, China, England, France, Germany, India, Japan, Mexico, and Russia.

Craig Storti is founder and co-director of Communicating Across Cultures, a Washington, D.C.-based intercultural communication training and consulting firm. With work appearing in the Washington Post, Los Angeles Times, and Chicago Tribune, he is the author of six books.



21st MARCH 2017

Trade Paperback, 256 pages

THE CULTURE SOLUTION:

HANDS-ON TOOLS AND TECHNIQUES FOR INTERNATIONAL MANAGERS

DEIRDRE MENDEZ

The Business persons toolkit to get from zero to global

In today's global business reality, the ability to work across cultures is key to teamwork and productivity.

The Culture Solution is the book to provide businesspeople a step-by-step system to manage and recognize for themselves the cultural factors that affect international relationships and global partnerships.

Deirdre B. Mendez, PhD is an intercultural consultant, trainer, and educator who has helped U.S. companies and their international partners identify and resolve culturally based conflict for nearly three decades.



HISTORY & POLITICS



13th JULY 2017

Hardback, 384 pages



THE TRAITORS

JOSH IRELAND

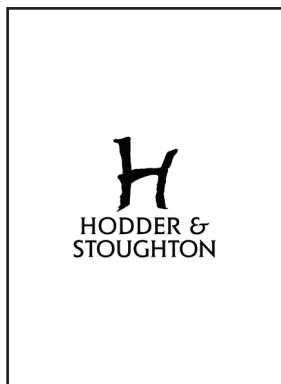
An enthralling look at British treachery in the Second World War by a superb young narrative historian

The Traitors is a bold and imaginative work that tells of British treachery during the Second World War through the prism of the lives of five men: the chaotic, tragic John Amery; the idealistic but hate-filled William Joyce; the cynical, murderous con man Harold Cole; the gifted but irreparably flawed Oswald Mosley; and Thomas Cooper, who swapped the streets of Hammersmith for the death squads of Warsaw.

Told with verve and attention to detail it recounts what they actually did - Cole's shabby acts of collaboration with the Gestapo, or William Joyce's ascent to the position of perhaps the most hated single figure of the war - and also the uneasy position they occupied in the British public's imagination.

The Traitors also provides an alternative history of Britain during the 1940s; one that shines a light on those uncomfortable elements of our past we have chosen to ignore. And in its treatment of the seductions of extremism, it has resonance with contemporary events.

[Josh Ireland](#) lives in London. *The Traitors* is his first book.



Hardback, 416 pages

PARAS

MAX ARTHUR

Tough, ruthless, highly adaptable and efficient, the Airborne Forces has established itself as one of the finest fighting forces in the world. Max Arthur has compiled, from over 150 interviews, a fascinating history of the Airborne Forces and The Parachute Regiment, including all their major operations.

This unique chronicle is told entirely in the words of the men who fought in those operations, and of those involved closely with them. In all, Max Arthur spent over two years interviewing members of the Airborne Forces and established an extraordinary rapport with them. The result is a compelling testament of outstanding courage, endurance and defiance.

Max Arthur was born in Sussex and served with the RAF. He is a distinguished military historian and the author of many bestsellers including *Forgotten Voices of the Great War* and *Men of the Red Beret*. He has also presented two television documentaries based on his books: *The Brits Who Fought For Spain* for the History Channel and *Dambusters*. Arthur was recognised in the 2013 New Year Honours with an OBE for his services to military history.



18th MAY 2017

Hardback, 416 pages



2020: WORLD OF WAR

PAUL CORNISH AND KINGSLEY DONALDSON

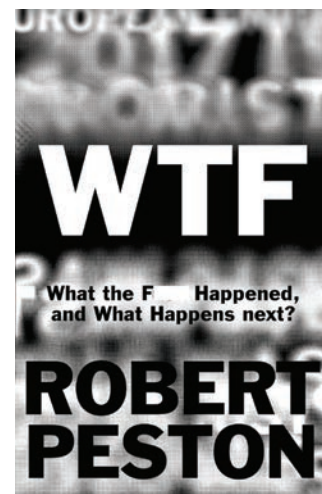
A terrifying and utterly convincing 20/20 vision of the year 2025.

From cyber security to weapons technology, from economics to robotics, from geopolitics to undercover operations, *2020: World of War* will offer us a compelling account of the utmost fascination, seriousness, readability and relevance for today's audience.

2020: World of War conveys an image of global strategic uncertainty – even chaos – and warns against both complacency and preparedness on the part of political and military leaders and decision-makers.

Kingsley Donaldson retired from the British Army in April 2015 after a career spanning more than 20 years Regular and Reserve service. During that time he has had extensive operational experience across the Middle East and Europe.

Paul Cornish is currently Research Group Director for Defence, Security and Infrastructure at the RAND Corporation's office in Cambridge, UK. He served in the British Army and the Foreign and Commonwealth Office.



15th OCTOBER 2017

Hardback, 240 pages

RIGHTS SOLD IN PREVIOUS
TITLE: Chinese - Simp (Beijing
Zhengqing Culture and Art)

WTF

ROBERT PESTON

A candid, no-nonsense assessment of the significant events which shaped the world in 2016. From the demise of the 'experts' to the rise of demagoguery, Peston explains what happened and what it might mean for the future of politics.

This is a book that will make sense of the significant events which shaped 2016. It has never been a scarier time and never has there been more uncertainty in every arena of public life. Robert Peston will go through it all, explaining the populist tide and working out the answers to the questions everyone is asking around their breakfast tables. He will explain what happened, how it happened and where we might be going.

Robert Peston is Political Editor for ITV News. Until the end of 2015 he was the BBC's Economics Editor; and from 2006 to 2013, he was BBC Business Editor. Peston has won more than 30 awards for his journalism. Peston has published three critically acclaimed books, *How Do We Fix This Mess?*, *The Economic Price of Having It All*, and *the Route to Lasting Prosperity, Who Runs Britain?*





19th OCTOBER 2017

Hardback, 304 pages

SAFE

CHRIS RYAN

How to keep you and yours safe from the perils of the modern world

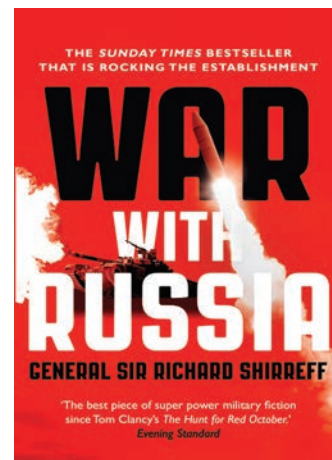
In today's increasingly hostile climate people are anxious about how to keep themselves safe. Chris Ryan is an expert in dangerous situations and here he tells you how to keep yourself and your family safe from the perils of modern urban life. He leads you through a variety of situations including what to do if:

- You are walking down the street and think you are being followed
- You find yourself confronted by a threatening group of people or a gang
- You find yourself caught in the middle of a riot
- You hear gunfire or explosions in a crowded place (eg shopping centre)
- You hear on the radio that Russia has launched nuclear missiles that will land in the centre of London in two hours.

Former SAS corporal and the only man to escape death or capture during the Bravo Two Zero operation in the 1991 Gulf War, [Chris Ryan](#) turned to writing thrillers to tell the stories the Official Secrets Act stops him putting in his non-fiction. His novels have gone on to inspire the Sky One series Strike Back.

Born near Newcastle in 1961, Chris Ryan joined the SAS in 1984. During his ten years there he was involved in overt and covert operations and was also sniper team commander of the anti-terrorist team. During the Gulf War, Chris Ryan was the only member of an eight-man unit to escape from Iraq, where three colleagues were killed and four captured. It was the longest escape and evasion in the history of the SAS. For this he was awarded the Military Medal.

He wrote about his experiences in the bestseller *The One That Got Away*, which was adapted for screen, and since then has written three other works of non-fiction, fourteen bestselling novels and a series of childrens' books.



6th OCTOBER 2016

Paperback. 448 pages

RIGHTS SOLD IN: Hungarian (Athenaeum 2000); Polish (Dom Wydawniczy); Bulgarian (Enthusiast, an Imprint of Alto Communication); Ukrainian (Krajina Mriy); Lithuanian (Leidykla BRIEDIS); Swedish (Svenskt Militärhistoriskt Bibliotek); Estonian (Tanapaev Publishers) and Latvian (The Jumava Publishing House)



WAR WITH RUSSIA:

GENERAL SIR RICHARD SHIRREFF

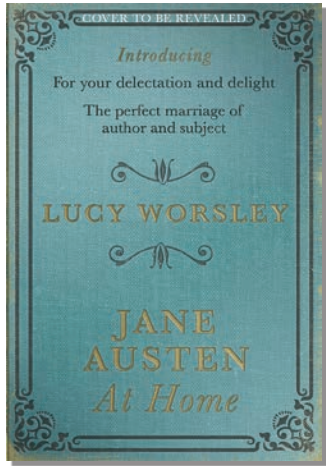
A menacing account of the threat posed by Russia.

'You fail to read this book at your peril' - Admiral James G Stavridis, US Navy, former Supreme Allied Commander Europe.

Closely modelled on his NATO experience of war gaming future conflicts, *War With Russia* is a chilling account of where we are heading if we fail to recognise the threat posed by the Russian president.

Written by the recently retired Deputy Supreme Allied Commander Europe and endorsed by senior military figures, this book shows how war with Russia could erupt with the bloodiest and most appalling consequences if the necessary steps are not taken urgently.

Born in Kenya in 1955 where he spent his early years, [Richard Shirreff](#) commissioned into the British Army as a cavalry officer after reading history at Oxford. In his 37 years of service he commanded soldiers on operations from the most junior to the most senior levels. He saw combat as a tank commander in the First Gulf War, experienced many of the complexities of Northern Ireland during his three tours there and learned first-hand the challenges of bringing peace to the Balkans in both Kosovo and Bosnia. He returned to Iraq as a multinational commander in 2006-7.



18th MAY 2017

Hardback, 352 pages

RIGHTS SOLD IN: Spanish (Ediciones Urano); Russian (Sindbad) and US (St Martin's Press)



JANE AUSTEN AT HOME

LUCY WORSLEY

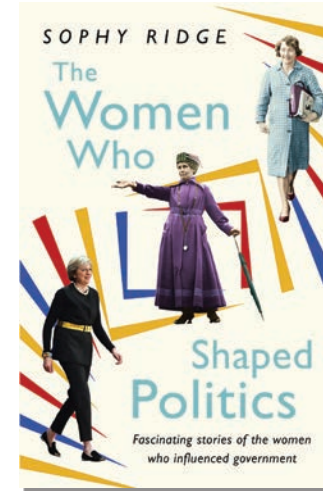
Historian Lucy Worsley visits Jane Austen at home, exploring the author's life through the places which meant the most to her.

On the 200th anniversary of Jane Austen's death, historian Lucy Worsley leads us into the world in which our best-loved novelist lived.

This new telling of the story of Jane's life shows us how and why she lived as she did, examining the rooms, spaces and possessions which mattered to her, and the way in which home is used in her novels to mean both a place of pleasure and a prison. It wasn't all country houses and ballrooms, in fact her life was often a painful struggle.

Jane famously lived a 'life without incident', but with new research and insights Lucy Worsley reveals a passionate woman who fought for her freedom. A woman who far from being a lonely spinster in fact had at least five marriage prospects, but who in the end refused to settle for anything less than Mr Darcy.

Lucy Worsley is an historian, author, curator and television presenter. Lucy read Ancient and Modern History at New College, Oxford and worked for English Heritage before becoming Chief Curator of Historic Royal Palaces, based at Hampton Court. Her bestselling books include *A Very British Murder: The Curious Story of how Crime was Turned into Art*, *If Walls Could Talk: An Intimate History of the Home*, *Courtiers: the Secret History of the Georgian Court* and *Cavalier: The Story of a 17th century Playboy*.



23rd MARCH 2017

Hardback, 320 pages



THE WOMEN WHO SHAPED POLITICS: FASCINATING STORIES OF THE WOMEN WHO INFLUENCED

GOVERNMENT

SOPHY RIDGE

From royalty to suffragettes and from campaigners to contemporary rebels, Sky News Political Correspondent Sophy Ridge explains the ways that women have changed the face of politics.

Sophy Ridge, who spends every day in Westminster as political correspondent for Sky News, has uncovered the extraordinary stories of the women who have shaped British politics, providing gripping insight into historical and contemporary stories which will fascinate not just those interested in politics but those who want to know more about women's vital role in democracy.

From royalty to writers and from class warriors to suffragettes, Sophy tells the story of those who put their lives on the line for equal rights, and those who were the first to set foot inside the chambers of power, bringing together stories that you may think you know, and stories that have recently discovered.

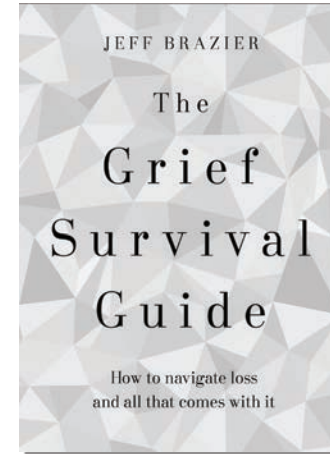
Looking at the different ways that women have shaped government allows her to draw parallels across history and uncover fascinating women you want to know more about.

Sophy Ridge is the Sky News Senior Political Correspondent. After reading English Literature at St Edmund Hall, Oxford, Sophy became a trainee at the News of the World. She then moved to Sky News where she covers a broad range of political stories.

MIND, BODY AND SPIRIT

HEALTH

SELF HELP



29th JUNE 2017

Hardback, 224 pages

H
HODDER &
STOUGHTON

THE GRIEF SURVIVAL GUIDE: HOW TO NAVIGATE LOSS AND ALL THAT COMES WITH IT

JEFF BRAZIER

A practical guide to navigating grief and everything that comes with loss.

Jeff Brazier has experienced bereavement in many forms: In his childhood, helping his two boys through the devastating death of their mother, Jade Goody, witnessing the anguish of his own mum when she lost both of her parents, and hearing the stories of his coaching clients who are coming to terms with loss.

No one can be an expert on grief, but within this book Jeff provides support and guidance from someone who has been there. Accessible and hands-on *The Grief Survival Guide* offers practical advice on everything from preparing for the eventuality of death, managing grief, how best to support family and friends, and moving forward. There is no 'one size fits all' approach so instead Jeff teaches us that the best we can do is understand, cope and survive.

[Jeff Brazier](#) is a qualified life coach and ambassador for the children's bereavement charity Grief Encounter. He is a TV Presenter and a regular part of the ITV This Morning team. This is his first book.



BETA: QUIET GIRLS CAN RUN THE WORLD

REBECCA HOLMAN

Embrace your inner Beta and get ahead - on your own terms.

What does success look like? 5AM conference calls and late nights in the office? Winning every argument in the office and always getting your own way? What does a successful woman look like? The shoulder-pad wearing Alpha? The dogmatist who rules with an iron fist?

The reality is far more nuanced. Yet women are still reduced to Alpha boss, or the Beta secretary or assistant but when 47% of the workforce are reduced to two unhelpful stereotypes, how can you embrace your inner Beta and be a success on your own terms?

It's an important question because the world is changing, fast. Successful companies need people who can lead with emotional intelligence, be flexible to new ideas and adapt their plans when required, leaving their ego at the door. The Beta woman's time is now.

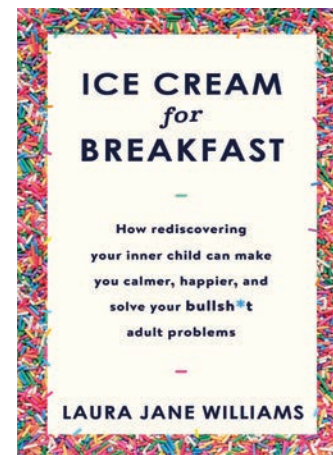
Beta celebrates the collaborators, the pragmatists, and the people who believe that being nice works and getting your own way isn't always the most important thing. It explores the unsung workforce of Beta women who are being great bosses, great leaders and are still living their own lives: having relationships, making time for friends, having families.

Fully researched and rich with interviews, anecdotes and case studies, *Beta* will be a smart and entertaining read that really explores the role of women in the workplace today.

Rebecca Holman is currently the editor of TheDebrief.co.uk, the award-winning digital brand for millennial women, sister publication to *Grazia*. Until recently, Rebecca wrote a weekly column about sex, dating and single life for *Telegraph Wonder Women*. She has featured as a guest on TV and radio, recently appearing on the *Victoria Derbyshire Show* and *Women's Hour* to discuss issues such as female friendships and social media.

24th AUGUST 2017

Hardback, 240 pages



20th APRIL 2017

Hardback, 224 pages

RIGHTS SOLD IN: France
(Editions Marabout)

H
HODDER &
STOUGHTON

ICE CREAM FOR BREAKFAST: CHILD-LIKE SOLUTIONS TO BULLSH*T ADULT PROBLEMS

LAURA JANE WILLIAMS

The life-changing guide that every grown-up needs to remind themselves of the freedom and joy that comes with rediscovering your inner child.

Discover the surprising art of reconnecting with your inner child in order to make your adult life that little bit simpler.

> You can own your own home and want to build a blanket fort on a bad day. Hell! On a good day, too.

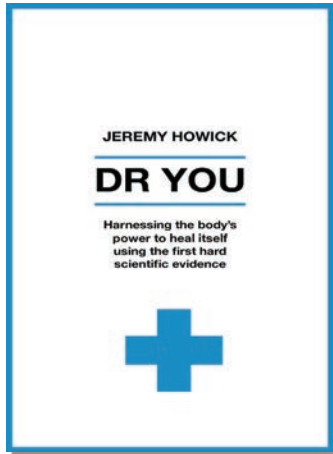
> Give yourself permission to seek praise, ask for help, and have something soft snuggled against your face because you're sad.

> You can pay your bills on time and still exclaim out loud when something is really f*cking cool, run a business and wear cat-covered thermals under your suit.

> You can take time to play, just because.

Full of spirit and un-self-conscious enthusiasm, *Ice Cream for Breakfast: Child-Like Solutions to Bullsh*t Adult Problems* is the permission slip all too-grown-up-for-their-own-good-but-secretly-scared-of-adulthood adults need to locate their inner-child nestled deep within, so that we might all relax enough to laugh harder, wonder more, and marvel at magic on the daily.

Laura Jane Williams is *Marie Claire* magazine's #BREAKFREE from fear ambassador, and the writer behind 'messily human' blog Superlatively Rude. Her work has been featured everywhere from the *Guardian* to *Grazia* to *RED* magazine. She is the co-founder of IRL Panel, London's discussion and networking event for people with a lot to say.



19th OCTOBER 2017

Hardback, 240 pages



DOCTOR YOU: REVEALING THE SCIENCE OF SELF-HEALING

JEREMY HOWICK

Examining the over use of modern medicine and how your body can heal itself.

Twenty per cent of Americans, half of the elderly British, and two thirds of older Canadians take at least five prescription drugs per day - their lives a non-stop ritual of pill popping and trying to manage side effects. One

in ten people in developed countries take antidepressants. Millions of boys who can't sit still in school are prescribed methamphetamines. Modern medicine has been overused.

Skyrocketing global healthcare costs render this overuse of medicine increasingly unaffordable. The wonders of modern medicine have also obscured the body's ability to heal itself. Your body produces its own drugs that can treat pain as well as drugs, cure some joint problems as well as a surgeon, and treat most mild depression as well as a psychologist. We've all heard of endorphins, but did you know 'endorphin' literally means 'morphine made by your body'?

Besides the body's self-healing abilities, latest evidence clearly show that states of mind affect our health. Relaxing, positive thinking, and comfortable social environments can all improve our health as much as blockbuster drugs.

Written using the latest, high quality, conventional evidence Doctor You arms you with knowledge that will empower you to make the right choices about what drugs to take, what drugs to give your children, and when you should let your body do its thing.

An Oxford researcher with over 60 publications and a classic textbook, [Jeremy Howick](#) is well qualified to write *Doctor You*. A world-renowned placebo researcher and his work has been featured in *The Times* and *The Washington Post*, as well as on *Sky News*, and the *BBC*.



1st JUNE 2017

Trade Paperback, 224 pages



THE VERTUE METHOD: THE 28-DAY RESET PLAN TO LIFT, LENGTHEN AND NOURISH YOUR BODY AND MIND

A holistic approach to health and fitness by much-sought-after yoga teacher and PT Shona Vertue.

Welcome to *The Vertue Method*!

Let Shona guide you on her holistic methods to achieve a lean body, strong mind and a booty that resembles a peach emoji.

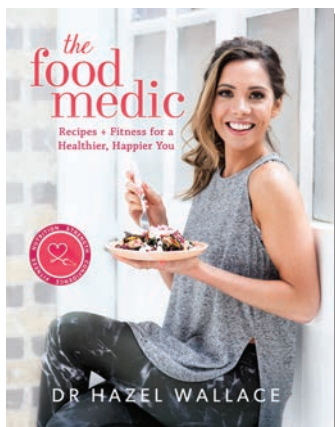
This 28-day reset plan is grounded by three key pillars: LIFT, LENGTHEN, NOURISH. By practising Shona's unique workouts focused on weight lifting, resistance training and primal movements, you'll lose fat, become stronger and define your shape with each session. You'll learn how to lengthen and stretch your body, improve your posture, increase flexibility and sculpt a beautiful, athletic physique to be proud of.

Through meditation and breath awareness techniques, you will discover how to nourish your body and mind, ease anxiety and improve sleep. The book also includes a chapter on the importance of the food we consume and the nutrients we require for specific goals, body types and activity levels, with a complete 28-day food plan and recipes to nourish and support you through your journey.

This personalised health and wellness plan will help you regain balance, and kiss goodbye to restrictive diets through a sustainable approach to strength and skill-based goals. After 28-days, this lifestyle will become second nature - enhancing your mind, body and soul for the long-term.

Shona believes that health and happiness go hand in hand; *The Vertue Method* can empower you to love your body from the inside out, be motivated by what it can achieve and be rewarded not only by a better physical appearance, but by a lighter, happier quality of life.

In 2016 [Shona Vertue](#) brought her unique variety of expertise fully together when she started to teach the Vertue Method. Shona's fusion of yoga, weighted resistance training and meditation promises to uplift your soul and your butt. Shona is now an ambassador for New Balance and teaches the Vertue Method in their flagship store in London.



4th MAY 2016

Hardback, 256 pages

RIGHTS SOLD IN: French
(Marabout)



THE FOOD MEDIC

HAZEL WALLACE

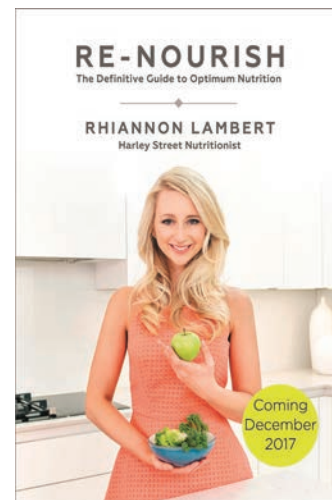
Dr Hazel Wallace shows you how to achieve a healthy body and a happy mind

We all feel our best when we are free of illness, full of energy and at a healthy weight. In *The Food Medic*, Dr Hazel Wallace will show you how to maximise your health through nutrition and exercise, and teach you, step-by-step, healthy eating habits for life.

Before she began her 'clean' lifestyle, Hazel was a young girl who enjoyed food and cooking until, when she was just 14 years old, her father died suddenly. After this life-changing event, she struggled with depression and, consumed by grief, was unable to eat. Her weight plummeted drastically and, refusing to be hospitalized, Hazel decided to learn what her body needed to heal itself.

With a 14-day eating plan, comprising nutritional advice and an exercise component, guidance on what to eat to keep medical conditions such as depression, IBS, migraines and insomnia at bay, as well as delicious recipes, inspirational photos, a fitness programme and the author's compelling story, this is the total package.

Dr Hazel Wallace is the girl behind *The Food Medic*, a blog she set up in 2013 as a platform to show people that eating healthy and staying fit can be enjoyable, uncomplicated and easy to incorporate into an everyday busy lifestyle.



28th DECEMBER 2017

Trade Paperback, 224 pages



RE-NOURISH: THE DEFINITIVE GUIDE TO OPTIMUM NUTRITION

SUZANNE LOCKHART

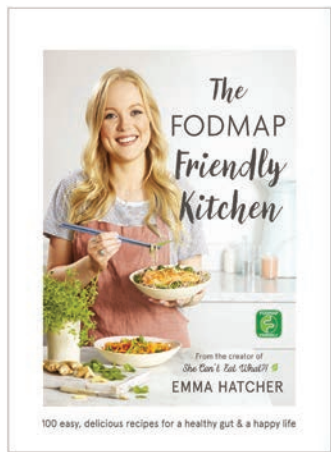
An experts guide to re-nourishing your mind and body through optimum nutrition by London's leading Harley Street Nutritionist.

Leading Harley Street Nutritionist Rhiannon Lambert, is of the firm belief that getting back to basics and keeping nutrition simple is the easiest way to maintain a healthy lifestyle. In *Re-Nourish* she will empower you to embrace a new healthy way of living through the food you enjoy and the life you lead, encouraging everything in moderation to regain a sense of balance.

Supported by a 7-day reset plan and 60 simple nutritious recipes to guide you through your day, Rhiannon will help you find your own unique, sustainable route to optimum nutrition, without unnecessary restriction or elimination of food groups. With an evidence-based understanding of what nutrition really means to your mind and body, *Re-Nourish* is the must-have resource to transform your relationship with food and expertly guide you on how to eat like a Nutritionist.

This full colour book will include supportive resources such as 50 top tips, FAQs, weight management hacks, checklists, balanced food diary examples, and portion guidelines.

Rhiannon Lambert BSc MSc ANutr is a Registered Nutritionist with the Association for Nutrition (AFN). From a private health clinic in London's Harley Street, her qualified approach to nutrition and total dedication to her clients' needs has seen Rhiannon work with some of the world's most influential people.



12th JANUARY 2017

Hardback, 240 pages

RIGHTS SOLD IN: Dutch Offer



THE FODMAP FRIENDLY KITCHEN COOKBOOK:

100 EASY, DELICIOUS, RECIPES FOR A HEALTHY GUT AND A HAPPY LIFE

EMMA HATCHER

FODMAP is the only diet recommended by the NHS to treat IBS and its associated symptoms. Emma Hatcher, creator of the blog *She Can't Eat What?!*, brings you 100 beautiful, healthy and delicious low FODMAP recipes.

Chosen by the *Telegraph* and the *Evening Standard* as one of the best healthy eating books of 2017.

Emma's book, based on her hugely popular food and lifestyle blog *She Can't Eat What?!* will take the frustration out of living with IBS, Crohn's disease, coeliac's disease, food intolerances and many other digestive disorders. It is for anyone who suffers from bloating, tummy pains, digestive issues or feelings of heaviness and discomfort, and for anyone who wants to feel healthy and happy after eating.

Backed by the official FODMAP Friendly team and with more than 100 quick, easy and modern recipes, diet information and personal stories for those that have run out of answers and feel 'they can't eat anything', Emma shows you how to create delicious meals and look after your gut in today's stress-filled, modern lifestyle.

Emma Hatcher is an unashamed health foodie who has suffered from a sensitive gut for as long as she can remember. After years of horrible symptoms and endless frustration she came across the Low FODMAP Diet and has never looked back. Determined to share her story and help others in the same position, she set up her hugely popular food and lifestyle blog (www.shecanteatwhat.com).



28th DECEMBER 2017

Trade Paperback, 288 pages



MAD DIET: EASY STEPS TO LOSE WEIGHT AND CURE DEPRESSION

SUZANNE LOCKHART

Science reveals the truth about how our food is making us mad and fat.

Are you depressed or struggling to lose weight? You are not alone. 1 in 4 people are taking antidepressants and two thirds of us are obese or overweight. Something is clearly very wrong. *Mad Diet* lifts the lid on what is really going on with our food and provides an easy guide to restoring your mind and waistline.

Mad Diet provides a fresh new approach to healthy eating, in a market full of 'gurus' who don't have the scientific knowledge to back up their claims, Suzanne Lockheart provides an accessible, scientific and empowering approach to healthy eating.

By detailing how harmful processed foods are, and showing you how to eat better for your body and your mind, *Mad Diet* enables you to change your outlook on food with positive outcomes for your mental health. As Suzanne says: 'We really are what we eat. If we change what we eat we can change ourselves. And if we do that we might just change the world!'

Suzanne Lockhart is Vice President of a multi-national food science organisation. In a career spanning over 20 years working with government agencies, global food manufacturers, farming groups and grocery retailers, she has insider knowledge of the politics and production of our food.

TWO
ROADS

19th APRIL 2018

Hardback, 288 pages

THE ANXIETY SURVIVAL GUIDE: HOW TO SURVIVE THE END OF THE WORLD (WHEN IT'S IN YOUR OWN HEAD)

AARON GILLIES

There are plenty of books out there on how to survive a zombie apocalypse, all-out nuclear war, or Armageddon. But what happens when it feels like the world is ending every single time you wake up? That's what having anxiety is like – and *The Anxiety Survival Guide* is here to help. Or at least make you feel like you're not so alone.

From helping readers identify the enemy, to safeguarding the vulnerable areas of their lives, Aaron Gillies will examine the impact of anxiety, and give readers some tools to fight back – whether with medication, therapy, CBT, coping techniques, or simply with a dark sense of humour.

Aaron Gillies aka @TechnicallyRon on twitter, is a comedy writer and twitter superstar. He has been featured in and written for *The Poke*, *Buzzfeed*, *the Telegraph*, *the Guardian*, *the Huffington Post*, *Hoot Comedy* and many more.

SAFFRON BARKER VS REAL LIFE: MY (ALMOST NEVER) PERFECTLY FILTERED LIFE

SAFFRON BARKER

Meet Saffron Barker, she's 16 and is a rising star of the YouTube world.

At just 16 years old the Brighton dweller is tipped as the next big female YouTuber! Saffron's main channel subscribers have grown from 475k in October 2016 to nearly 750k as 1 type - a staggering 60% growth in just 4 months. Her second vlog channel has 448k subscribers, and she's followed by 215k people on twitter and 455k on Instagram.

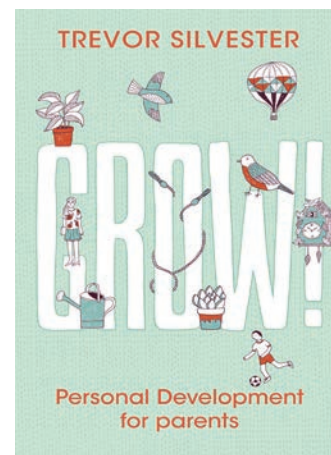
Saffron is refreshingly original, funny and relatable – she produces videos with a comedic and 'real' edge that engage with fellow teenage girls – and her book (which I'm billing as *Is It Just Me?* for the YT generation) will reflect all of these qualities. Some of her most successful content has focussed on the idea of expectation vs reality and how life online doesn't always reflect what's really going on in teenage life.



18th MAY 2017

Trade Paperback, 256 pages

H
HODDER &
STOUGHTON



23rd MARCH 2017

Trade Paperback, 352 pages

CROWN
CORONET

GROW!: SEVEN THINGS I WANT OUR KIDS TO KNOW

TREVOR SILVESTER

Why do our brains create our problems?

A distillation of what Trevor has picked up from 20 years experience as a therapist. Why do our brains create our problems and what can we do to change that? Where our issues come from, why we're not stuck with them, how to help your children avoid the mistakes that so many of us make growing up, and how to take control of your choices to make your life how you want it to be - not in a monetary sense, but to be 'free to choose.'

Grow! describes strategies for avoiding living in a state of protection and keeping us in a state of growth wherever possible.

Trevor Silvester is a Cognitive Hypnotherapist and couples coach of over twenty years experience. To find out more visit <http://www.questinstitute.co.uk/>.

GROWING PAINS: STORIES FROM LIFE AND THERAPY

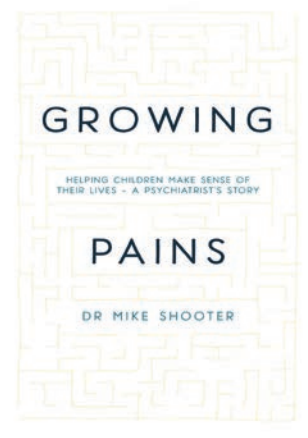
DR MIKE SHOOTER

Child psychiatrist Dr Mike Shooter sheds light on the painful issues and universal experience of growing up, through the stories of his patients and their families.

It all begins in childhood. Doctor and psychiatrist Mike Shooter has spent over thirty years listening to patients, especially children and adolescents in crisis, helping them to find their stories and begin to make sense of their lives. Their stories are at the heart of this book. Occasionally strange and troubling, they are also inspirational, funny and illuminating.

They open a door to the experience and problems of growing up as never before, sharing the process of children and families as, through therapy, they confront everything from loss or illness to destructive, even violent, behaviour. Compelling and compassionate, this is a book to make us wiser and braver, and help children's stories find happier endings.

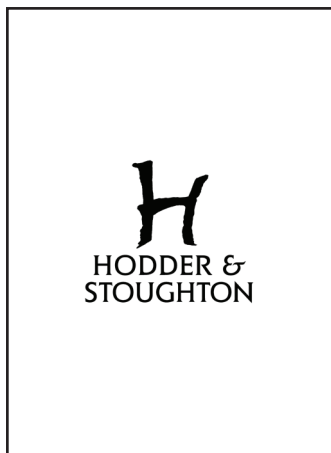
Dr Mike Shooter CBE is a former President of the Royal College of Psychiatrists. He is now an honorary fellow of six Royal Colleges. He is currently President of The British Association for Counselling.



29th JUNE 2017

Hardback, 288 pages

H
HODDER &
STOUGHTON



2017

Hardback, 320 pages

PARENTING THE SH*T OUT OF LIFE

MOTHER AND PAPA PUKKA

Mother Pukka and Papa Pukka have a huge and growing online presence (65k and 12.8k followers respectively) through which they describe their adventures in parenthood, from the very funny to the hard hitting, all communicated in a relatable, non preachy way. Both former journalists, they are fantastically well connected and central to the ever-growing online community of parents, including Coronet's own Katie Kirby and also Clemmie Hooper and *The Unmumsy Mum*.

Mother Pukka, aka [Anna Whitehouse](#), is a brilliant force and determined to call out the sometimes impossible challenges of modern parenting and find alternative ways to live, work and parent. The book will be a funny, reassuring, straight talking, enlightening and sometimes moving expose of and guide to modern parenthood and all the joy, mess and head aching exhaustion that comes with having children - and a life. It will be written by both Mother and Papa giving a unique insight into the differing perspectives of what it is to be a parent today.



23rd FEBRUARY 2017

Hardback, 320 pages



HAPPY MUM, HAPPY BABY

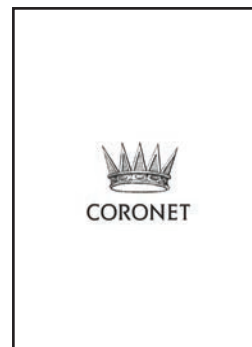
GIOVANNA FLETCHER

A positive and uplifting book about what it is to be a mother and all things mum and baby.

Since Giovanna and her husband Tom Fletcher have had their sons Buzz and Buddy, they have been sharing glimpses of their family life. With an infectious positive outlook and happy take on all things mum-related, Giovanna has developed a following of fellow parents and mums-to-be.

This is not a book about how to have the perfect family experience - Gi would be the first to admit she is winging it just as much as the rest of us - instead it is an honest, upbeat and incredibly personal account of her own experience of having a family. In *Happy Mum, Happy Baby* Giovanna shares her own journey through parenthood and in doing so, she looks at what it is to be a mother today, encourages you to be confident in yourself as a parent and celebrates how putting a focus on being a happy and confident mum can really make for a happy baby.

Essex born [Giovanna Fletcher](#) is an actress, blogger, vlogger and presenter. She is married to Tom Fletcher from McFly/McBusted and is mum to their two boys Buzz and Buddy.



19th OCTOBER 2017

Hardback, 320 pages

GET FIT GET HAPPY

HARRY JUDD

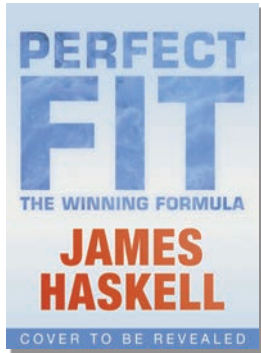
A fun and inspiring fitness book that uses music and dance as well as the author's own personal experiences to encourage you to use exercise to feel better.

Unlike other fitness guides, *Get Fit, Get Happy* focuses not on transforming the way you look but on the way you feel. Fitness fan, Harry Judd, suffers from Obsessive Compulsive Disorder and is accustomed to bouts of crippling anxiety. The one thing that always helps him feel happier and more in control is exercise. He wants to lead a revolution and help others introduce exercise into their lives to help them feel better and be happier too.

Using fields he is known and loved for - music and dance - he makes fitness feel accessible and fun. Rather than setting unattainable targets that set people up to fail, Harry starts with an achievable aim of getting people to work out for just one hour a week (Harry's Happy Hour) which can be broken down into even shorter bursts and allows people to build up their fitness over time.

Using soundtracks and themed workouts for mood (the Stressbuster, the Energiser and the Anger Release), this book is for the people who find the gym intimidating, who are time-poor and who need a helping hand to get started. *Get Fit, Get Happy* helps shine a light on the benefits of exercise - yes it makes you look better, but most importantly it also makes you feel better, sleep better and eat better. Based on personal experience Harry knows that exercise reduces stress and offers an escape.

[Harry Judd](#) is a member of the hugely successful bands McFly and McBusted. His bands have notched up 7 number one singles, 19 top ten singles, 2 number one albums and a top ten bestselling book. He is a former *Strictly Come Dancing* champion. He is also a keen sportsman and fitness fanatic. He has run several marathons, starred alongside sporting giants Mike Tindall and Shane Williams to support Rugby Aid for military veterans and taken part in charity cricket events around the world.



PERFECT FIT: THE WINNING FORMULA JAMES HASKELL

James Haskell's no-nonsense guide to fitness and nutrition.

In his guide to fitness and nutrition international rugby star James Haskell leads you seamlessly through every step of your journey towards a new body.

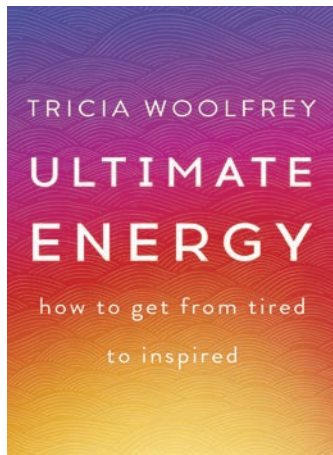
This book is accessible to those who have yet to begin their fitness journey as well as those that already train regularly - providing new programmes and nutritional advice to help build a new physique.

James's ambition is to dispel the fog - to provide clarity, understanding and to motivate as well as inspire people to start to train properly and effectively.

James Haskell is an internationally renowned athlete and professional rugby player. It is James's elite athleticism and commanding physique that has seen him become one of the most recognisable sportsmen of his generation.

18th MAY 2017

Trade Paperback, 256 pages



ULTIMATE ENERGY: HOW TO GET FROM TIRED TO INSPIRED TRICIA WOOLFREY

The Little Book of Energy is full of instant and long-term energy boosts that are practical and easy to implement..

Power up your day with instant and long-term energy boosts. When your energy's low it can feel like wading through treacle with brain fog, but good energy is yours for the taking if you follow the simple strategies in this book.

Learn how to treat your body like a bank account making more deposits than withdrawals, and discover how finding your enthusiasm can be enough to increase your vitality. By the end you will be able to deal with all of life's challenges more easily and, better still, enjoy the good times more fully. What's not to love?

Tricia Woolfrey is an integrative coach and therapist - incorporating psychology, lifestyle and physiology into her work with individuals and teams.

29th DECEMBER 2016

Trade Paperback, 256 pages

RIGHTS SOLD IN: GERMAN
(Droemer Knaur)



8th SEPTEMBER 2016

Trade Paperback, 144 pages

RIGHTS SOLD IN: Spanish
(Penguin Random House
Grupo Editorial)

RIGHTS SOLD IN THE
BOOK OF MINDFUL ORIGAMI:
Italian (Armenia); Korean
(Cypress Books); Polish
(Czarna Owca); Dutch
(Luitingh-Sijthoff Publishers);
Spanish (Penguin Random
House Grupo Editorial);
German (S.Fischer Verlag)
and US (Quercus US)

THE MAGIC OF MINDFUL ORIGAMI: DECLUTTER YOUR MIND AND FOLD YOUR WAY TO HAPPINESS



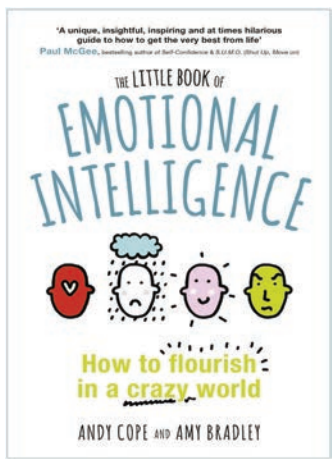
SAMUEL TSANG

16 brand new origami models from the author of *The Book of Mindful Origami*, with more tear-out pages to keep folding your way to happiness

In the sequel to *The Book of Mindful Origami*, Samuel Tsang shares 16 brand new models to encourage meditation, dispel negativity, and encourage the magic of mindfulness into your daily routine. By folding paper and producing beautiful models, we start to unfold our minds and begin our journey to mindfulness.

The Magic of Mindful Origami will take your folding to the next level and help you exercise your mind, restore calm, and bring you back into the present.

Samuel Tsang is a London-based origami teacher. He has folded origami since a child and has been teaching professionally since 2003. Sam has worked with over 100 companies including some of the world's top internet and luxury good brands.



25th AUGUST 2016

Hardback, 192 pages

RIGHTS SOLD IN: Vietnamese
(First News) and Spanish
(Ediciones B Mexico)



THE LITTLE BOOK OF EMOTIONAL INTELLIGENCE: HOW TO FLOURISH IN A CRAZY WORLD

ANDY COPE AND AMY BRADLEY

You shine brightest when you're being your best self. *The Little Book of Emotional Intelligence* will show you how to unpick limiting beliefs, recalibrate your thinking, tilt at happiness and flip the script of your life for the better.

The Little Book of Emotional Intelligence is an immediate, outcome-focused primer on the important topic of EQ, which provides practical, no-nonsense life advice and takes a sideways look at a world which is overwhelming at times.

Funny, colourful and profound, this book is a gripping manual for the human mind, enabling you to understand and control your emotions, communicate better and live a happier, more balanced life.

[Andy Cope](#) has written several best-selling personal development books, including 'The Art of Being Brilliant', and is also a best-selling children's author. His 'Spy Dog' series has enjoyed huge global success.

[Amy Bradley](#) has worked with Andy on several books, including *How To Be A Brilliant Teenager*.



23rd NOVEMBER 2017

Trade Paperback, 256 pages

UNDERSTAND EMOTIONAL SENSITIVITY: HOW TO MANAGE INTENSE EMOTIONS AS A HIGHLY SENSITIVE PERSON

IMI LO

Learn why you sometimes feel over stimulated and highly sensitive and develop strategies for thriving an intense world.

Do people sometimes describe you as emotionally intense or oversensitive? Do you often feel overwhelmed or anxious in the fact of a world which is loud, fast-moving and sometimes uncaring?

Understand Emotional Sensitivity will give you in-depth information about emotional intensity and its overlapping traits, as well as practical advice to help with daily struggles. Written in a friendly and compassionate tone, it has much to reveal about who you are, why you feel the way you do, and how you can be more resilient and reach your full potential. Easy to read, accessible and jargon-free, it will answer questions raised by many emotionally intense individuals:

Is there something wrong with me?

How does this trait explain my life experiences so far?

What can I do right now to better my life and to fulfil my potential?

Where can I find others like me?

[Imi Lo](#) is an award- winning mental health professional with extensive and international experience. She started her career as a mental health Social Worker, and later qualified as a Clinical Psychotherapist, Art Therapist, Suicide Specialist Counsellor, and a Mindfulness Meditation Teacher. She is an awardee of the Australian Government's International Endeavour Awards for academic and clinical excellence, and has worked in the NHS and non- statutory mental health setting for more than 7 years. Currently, alongside her job as an NHS Clinical Specialist, she run a practise in London - the Centre for Emotional Intensity.

THE SELF ESTEEM WORKBOOK



JUDY BARTKOWIAK

A practical workbook for raising your self esteem, using practical, goal-oriented exercises and workbook features to embed improved self confidence in your daily life.

People of all ages and all walks of life suffer to a greater or lesser extent from low self esteem, even those who appear to radiate confidence. This book will enable you to understand why you have low self-esteem and will address the issues around it by getting to the roots of your self-esteem, setting the goals you want to achieve through enhanced self-esteem and taking practical steps to improve. You will learn how to turn criticism into positive feedback, how to improve your relationships at home and work, how to stay positive and how to communicate clearly and with confidence.

Judy Bartkowiak's training courses and coaching practice have helped thousands of people to apply the skills of NLP in their everyday lives. She is a qualified NLP Trainer, NLP Master Practitioner, NLP Sports Practitioner, NLP Business Practitioner and NLP Children's Practitioner. 5th OCTOBER 2017, Paperback, 256 pages

THE NLP WORKBOOK



JUDY BARTKOWIAK

Do you want to use the power of NLP to supercharge every aspect of your life? Do you want to understand how to create instant rapport with anyone? Do you want to be able to effectively emulate the skills of the people you respect the most?

This Teach Yourself Workbook doesn't just tell you how to use NLP. It accompanies you every step of the way, with diagnostic tools, goal-setting charts, practical exercises, and many more features ideal for people who want a more active style of learning. The book starts by helping you identify your own preferred styles of learning and communication. It then helps you set specific goals to improve on; as you progress through the book, you will be able to keep checking your progress against these goals. Specially created exercises, using the tools and techniques of NLP, will help you boost your skills and communication so that you can reach your potential in any situation.

Judy Bartkowiak's training courses and coaching practice have helped thousands of people to apply the skills of NLP in their everyday lives. She is a qualified NLP Trainer, NLP Master Practitioner, NLP Sports Practitioner, NLP Business Practitioner and NLP Children's Practitioner.

14th DECEMBER 2017, Paperback, 256 pages

THE CBT WORKBOOK



STEPHANIE FITZGERALD

This best selling, practical and transformational workbook shows you how to use Cognitive Behavioural Therapy every day, with tools, exercises and write-in sections. Use this book to plan for a happier you and make it happen.

Do you want to free yourself from depression, anxiety and low moods and embrace a happier way of life? This new Teach Yourself Workbook doesn't just tell you how to use CBT to improve your life.

It accompanies you every step of the way, with diagnostic tools, goal-setting charts, practical exercises, and many more features ideal for people who want a more active style of learning. The book helps you set specific goals to improve on; as you progress, you will be able to keep checking your progress against these goals.

Specially created exercises will help you boost your skills and communication so that you can reach your potential in any situation.

Stephanie Fitzgerald is a Clinical Psychologist and accredited CBT therapist who specialises in the treatment of anxiety disorders, particularly obsessive-compulsive disorder (OCD).

7th SEPTEMBER 2017, Paperback, 288 pages

CBT GOOD HABIT JOURNAL



CHRISTINE WILDING AND GILL HASSON

This bright, fascinating journal combines fun exercises, step-by-step CBT techniques and opportunities for mindful reflection, to help you transform your mentality, acquire positive life habits and become happier in the process.

Journaling is a wonderful way to clarify your thoughts and feelings and get to know yourself better. It can help to reduce stress, solve problems more effectively, resolve disagreements with others and gain perspective. Most importantly, it is a great way to develop good habits through incremental learning and self-discovery.

Christine Wilding's books on CBT have sold over 50,000 copies. She holds a postgraduate diploma in CBT from the University of London, is an accredited member of the British Association of Counselling, is a member of the steering committee set up to develop guidelines for the treatment of depression within the NHS, and is in-demand as a leader of CBT-based training courses.

26th OCTOBER 2017, Trade Paperback, 288 pages



YOGA FOR PREGNANCY AND BIRTH: TEACH YOURSELF

UMA DINSMORE-TULLI

A TOOLKIT FOR IMPROVING YOUR LIFE WITH CBT.

Uma Dinsmore-Tuli is the key expert in the world of yoga for pregnancy; this new and extremely practical edition of her classic book is essential reading for parents keen to enjoy the benefits of yoga throughout pregnancy and during the birthing experience.

Yoga is an awareness of the link between breath, mind and body. The connection benefits the physical, emotional, mental and spiritual wellbeing at all stages of life, but very noticeably during pregnancy.

Yoga for Pregnancy and Birth offers you and your birth partner an effective, uniquely holistic technique which will help you maximise your health and wellbeing throughout pregnancy and beyond. It shows how to use yoga to give you a deeper insight into the process of pregnancy and create a yoga and breathing program which works uniquely for you and your baby.

Learn a full range of adapted yoga postures intended to provide comfort, build stability and support the changes in your body. Breathing exercises will promote calm, boost vitality and help control labour pains, while yogic pelvic floor practices promote healthy tone and flexibility. And downloadable audio helps you set the pace of your breathing.

Your pregnancy is a remarkable journey; learn how to use yoga to increase your comfort and control, and develop the skills to approach your labour with confidence.

[Uma Dinsmore-Tuli](#) is a yoga therapist, writer, lecturer and trainer who has been practising yoga since she was four years old and teaching it since 1994. She has twelve years of experience in teaching yoga to pregnant women, creating resources about yoga for mothers, training pregnancy yoga teachers and establishing programmes for pregnancy yoga in two major London hospitals.

13th JULY 2017

Paperback, 256 pages



BABY MASSAGE AND YOGA: TEACH YOURSELF

ANITA EPPLER AND PAULINE CARPENTER

INTRODUCING A FUN, SAFE, RELAXING AND THERAPEUTIC WAY OF INTERACTING WITH YOUR BABY.

Anita Eppler and Pauline Carpenter are experts in yoga and baby massage; this new, extremely practical, edition of their classic book is essential reading for parents keen to enjoy massage and yoga with a young child and experience its many benefits.

Baby Massage and Yoga shows you how to get in touch with your baby using the technique of gentle massage and yoga exercises. It offers practical information demonstrating which tools, techniques and insights you'll need to best expose both yourself and your child to the many physical and emotional benefits of massage - including when the best times are, which oils to use and how to set the environment.

It connects massage and yoga with story-telling, music and rhyme to increase mental and physical development, giving step-by-step guides simple massage routines for every part of the body. You'll learn simple yoga routines which you can try safely and effectively with your baby. Parents of children with special needs are shown simple, therapeutic exercises and plenty of practical and useful advice.

Discover the healing power of touch with this authoritative, helpful and expertly written guide.

[Anita Eppler](#) and [Pauline Carpenter](#) are the directors of Touch-Learn, which trains infant massage teachers. They are both qualified baby massage tutors and are closely involved with the Guild of Child and Infant Massage.

13th JULY 2017

Paperback, 256 pages



7th SEPTEMBER 2017

Trade Paperback, 224 pages

THE TRUTH ABOUT CONFIDENCE: DISCOVER HOW IMPROVED SELF- CONFIDENCE CAN TRANSFORM YOUR LIFE, AND UNDERSTAND WHY TOO MUCH CAN BE A BAD THING

DR ROBYEUNG

Self Belief is vitally important, but when we are overconfident we miss important signals, misjudge situations and leave ourselves open to criticism from others. This profound book shows through simple practical advice and cutting edge research how to be confident without falling into the trap of arrogance.

Often the only thing separating successful people from the crowd is the beliefs that they have running around inside their heads and their innate self-confidence. But this book isn't about promoting unrealistic positive thinking - it's a book that helps you understand the complex psychology of our beliefs, our assumptions, opinions, values, attitudes, judgements, biases and delusions.

Some of us overestimate ourselves and are overconfident or even unwittingly arrogant and unable to see our flaws. Others amongst us underestimate ourselves and are unaware of our full potential. The reality is the most of us overestimate ourselves in some respects and underestimate ourselves in others.

This book will open your eyes, doing away with unhelpful beliefs and instilling new, more helpful beliefs about yourself and the world. Follow the practical advice within the book and you will make better decisions and be able to take action in order to fulfil your true potential.

Dr Rob Yeung is a chartered psychologist and author of over a dozen books including the bestseller *Confidence* (for Pearson's Prentice Hall imprint) and two books for Capstone; *How To Win* and *How To Stand Out*.



19th APRIL 2018

Hardback, 240 pages



A NEW SCIENCE OF HEAVEN: HOW A PLASMA WORLD OF THE SPIRIT CAN BE DEMONSTRATED BY MODERN SCIENCE

ROBERT TEMPLE

It is now possible to explain clearly and precisely what 'the Other World' is like and why.

New knowledge from the most recent advances in a little-known area of science matches many of the accounts surviving down the ages from mystics, meditators, people who have survived near-death experiences, inspired sages and shamans, and experiences from dreams and trance states.

Scientific progress is now sufficiently advanced to enable a world of the spirit to be described and explained in a rigorous fashion for the first time. The advances made in the physics of complex plasmas in recent years provides a mathematical and physical basis to describe the soul, or spirit.

These advances make it possible to understand ghosts, for complex plasmas can pass through walls and emerge the same on the other side. (Indeed, they can pass through each other and survive intact as well.)

Professor Robert Temple is the author of a dozen challenging and provocative books, commencing with the international best-seller, *The Sirius Mystery*.

THE SCIENCE OF PRAYER: HOW HARD SCIENCE VALIDATES AND IMPROVES PRAYER AND OTHER SPIRITUAL PRACTICES

RUPERT SHELDRAKE

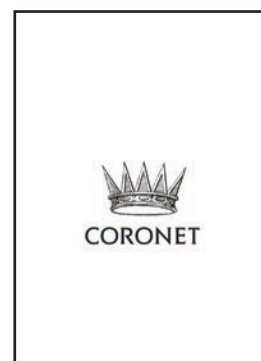
By the author of *The Science Delusion* a detailed account of how science can authenticate spirituality

Rupert Sheldrake, author of the bestselling *Science Delusion* and Richard Dawkins's nemesis is a prominent biologist and the most prominent scientist to argue that science supports rather than undermines religious belief.

He has written this book to show that science can not only justify and authenticate religious belief, it can also help improve it.

The spiritual practises he examines include prayer, mediation, ritual, communing with nature, pilgrimage, psychedelics, gratitude - and sport!

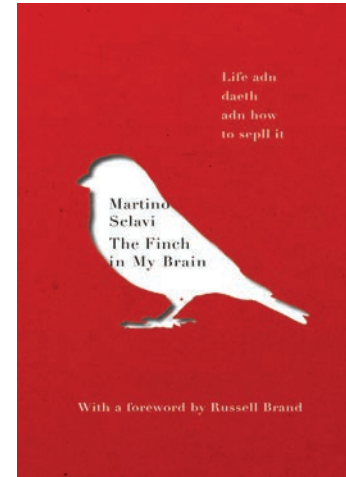
Dr Rupert Sheldrake is a biologist and author of more than eighty technical papers and ten books, including *A New Science of Life*. He is currently a Fellow of the Institute of Noetic Sciences in California, and a Visiting Professor at the Graduate Institute in Connecticut. He is married, has two sons and lives in London.



7th SEPTEMBER 2017

Hardback, 240 pages

MEMOIR



15th JUNE 2017

Hardback, 288 pages

H
HODDER &
STOUGHTON

THE FINCH IN MY BRAIN

MARTINO SCLAVI

Diagnosed with fatal brain cancer, the treatment that follows renders the writer of this extraordinary memoir unable to recognise words. This is the inspiring story he can no longer read. With a foreword by Russell Brand.

This is the story of a successful, Italian born London based, film writer who is suddenly, wholly unexpectedly diagnosed with stage four brain cancer. The prognosis is bad, a 98% likelihood he'll be dead within 18 months. He undergoes two operations including one in which he must remain awake throughout. Part of his brain is removed, the part that enables us to recognise written words - to read. As someone who relies on words for their livelihood, their very identity, this presents impossible questions as to what happens next.

Defying all predictions, Martino is still very much alive, five years on, and is writing and being read to by his monotone computer programme he calls Alex.. His marriage suffered, his relationship with his now 8 year old son -whom he will never read bedtime stories to again - must be reconfigured and he is made to question all that his previous life gave him, along with his habits, dreams and beliefs.

As Sclavi faces the reality of the narrative he's been presented by doctors, he shows us that with determination, it is possible to change that narrative, and in doing so inspires and empowers us all to believe that it is possible to change the narratives of our lives.

Born in Rome, Italy, [Martino Sclavi](#) grew up in the US. He moved to the UK where he completed his Masters at Cambridge University. In 2000 Sclavi set up his first production company with a brilliant drug addict comedian - Russell Brand. Sclavi speaks and writes in English, Italian and German.



1st JUNE 2017
Hardback, 256 pages

THE GENDER GAMES: THE PROBLEM WITH MEN AND WOMEN, FROM SOMEONE WHO HAS BEEN BOTH

JUNO DAWSON

Why we are all being messed up by gender, and what we can do about it?

What makes a woman a woman? Is it her biology? Is it a rite of passage? Is it society? Is it all a performance? As she transitions from male to female, and her body gets in line with her mind, Juno Dawson explores feminism and femininity in science, society, the media and culture. Part memoir, party diary of her transition, Juno's wry, humorous take on her life and the world is funny, fresh and unflinching.

Featuring input and insight on gender and feminism from well-known gender, feminist and trans activists, *The Gender Games* is a fresh, commercial new look at a topic that is finally in the mainstream.

[Juno Dawson](#) is the multi award-winning author of dark teen thrillers, written under the name James Dawson. Her first non-fiction book, *Being A Boy* tackled puberty, sex and relationships in a frank and funny fashion, and a follow-up for young LGBT people, *This Book is Gay* came out in 2014. Juno is a regular contributor to *Attitude Magazine*, *GT* and the *Guardian* and has contributed to news items concerning sexuality, identity, literature and education on *BBC Women's Hour*, *Front Row*, *This Morning* and *Newsnight*. In 2015, Juno announced her transition to become a woman, having previously lived as James Dawson. She writes full time and lives in Brighton.



15th FEBRUARY 2018
Hardback, 288 pages

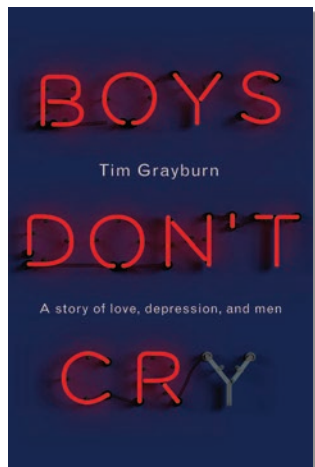
A NORMAL FAMILY: MY SON, AUTISM AND ME HENRY NORMAL

The Reason I Jump from the parents' perspective.

Johnny is eighteen. He likes music, art and going to the beach. He is also severely autistic - he will never get a job, never have a girlfriend, never leave home. And over the last eighteen years this is what his father, TV producer and comedy writer Henry Normal has been trying to come to terms with.

This is a book for anyone whose life has been touched by autism - a collection of snapshots in the life of a boy, now a young man, and his father, who feels like he's trying to communicate with someone from another planet. It's about the hope, the despair, and the messy, honest, sometimes hilarious day-to-day world of autism, and it will be the go-to book for anyone faced with a daunting diagnosis, as well as a wonderful, warm book about the unconditional, unconventional love between a father and a son.

[Henry Normal](#) is an English comedian, television producer, poet and writer. He is Managing Director of Baby Cow Productions Ltd, which he set up with Steve Coogan.



4th MAY 2017

Hardback, 320 pages

H
HODDER &
STOUGHTON

BOYS DON'T CRY: A STORY OF LOVE, DEPRESSION AND MEN

TIM GRAYBURN

A brave and life affirming book about love, clinical depression and men.

Suicide is the single biggest killer of men aged 20-45 in the UK. Depression and undiagnosed mental illness are huge contributors to these deaths as they're often more difficult to diagnose in men. And those men don't tend to talk about the typical symptoms or visit their doctor.

Meet Tim.

For nearly a decade he kept his depression secret, it made him feel so weak and shameful he thought it would destroy his whole life if anyone found out.

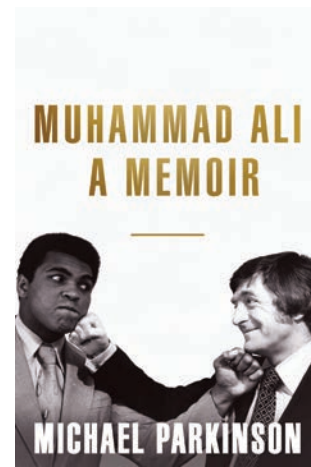
And Tim is not alone.

After finally opening up he realised that mental illness was affecting many men around the globe - and he knew that wasn't ok.

A brutally honest, wickedly warming and heart-breaking tale about what it really takes to be a 'real man', written by one who decided that he wanted to change the world by no longer being silent.

This is Tim's story, but it could be yours too.

[Tim Grayburn](#) is a man. He's a dad, a brother and a son too. After working in advertising for ten years he quit the rat race to perform around the world in the award-winning show *Fake it 'Til You Make It*. This is his first book.



24th NOVEMBER 2017

Hardback, 240 pages

H
HODDER &
STOUGHTON

MUHAMMAD ALI: A MEMOIR

MICHAEL PARKINSON

[Michael Parkinson](#) discusses the life of Muhammed Ali.

Sir Michael Parkinson interviewed Muhammad Ali four times and in this memoir you are given a ringside seat for all of the interviews.

Muhammad Ali was God's Gift to the interviewer. Funny, articulate, outspoken with a fascinating life story, unparalleled talent and controversial views. These 4 interviews charted Ali's life, revealing significant phases at different times, charting the rise and fall of this kaleidoscope of a man.

In *Muhammad Ali: A Memoir* Sir Michael Parkinson will bring his award-winning journalistic talents to bear on this extraordinary man. The book will mix personal recollections of the times they met with selected transcripts of the famous and, in the case of the 1974 meeting, infamous interviews all brought together and contextualised by a sober and honest assessment of the life and times of a figure that, it is certain, we will never see the like of again.

Muhammad Ali: A Memoir is a fresh, revealing and personal account of the life of the most important and enduring cultural figures of our age.

[Michael Parkinson](#) was born in Cudworth, near Barnsley. He began his career as a journalist, but later moved to television where he worked for Granada on current affairs programmes before joining the BBC 24 hours team. His chat show Parkinson ran for 11 years, from 1971 until 1982 and he has interviewed almost everybody who was anybody.

FOOD AND DRINK



21st SEPTEMBER 2017

Hardback, 288 pages

RIGHTS SOLD IN PREVIOUS
TITLES: Bulgarian (Hermes
Publishing House); Slovene
(Mladinska knjiga Založba);
Hungarian (Alexandra);
French (Hachette Livre);
Russian (Azbooka-Atticus);
Estonian (Best Life Publishing);
Romanian (Curtea Veche);
German (Munchner
Verlagsgruppe); Portuguese
(Porto Editora); Spanish
(Random House Mondadori);
Finnish (Readme.fi Oy); Italian
(Sperling & Kupfer); Dutch
(Uitgeverij Unieboek); US
(Grand Central Publishing)


HODDER &
STOUGHTON

GORDON RAMSAY ULTIMATE FIT FOOD: MOUTH-WATERING RECIPES TO FUEL YOU FOR LIFE GORDON RAMSAY

The definitive cookbook for eating well to achieve optimum health and fitness, by one of the world's finest chefs and fitness fanatic, Gordon Ramsay.

The dream combination - a Michelin-starred superchef who is also a committed athlete. Gordon knows how important it is to eat well, whether you're training for a triathlon or just leading a busy active life. And just because it's healthy food you don't have to compromise on taste and flavour. This will be the ultimate collection of recipes that you'll enjoy cooking and eating and will leave you in great shape whatever your fitness goals.

Internationally renowned, multi-Michelin starred chef [Gordon Ramsay](#) has opened a string of successful restaurants across the globe, from the UK and France to Singapore and Hong Kong, to the United States. Gordon has also become a star of the small screen both in the UK and internationally, with shows such as *Kitchen Nightmares*, *Hell's Kitchen*, *Hotel Hell* and *MasterChef US*.



20th APRIL 2017

Hardback, 224 pages



MATILDA AND THE RAMSAY BUNCH: TILLY'S KITCHEN TAKEOVER

TILLY RAMSAY

A cookery and lifestyle book for tweens and teens offering a glimpse into Tilly Ramsay's busy life in and out of the kitchen, released alongside the third series of CBBC's Matilda & The Ramsay Bunch.

Inspired by the third series of hit CBBC cookery show Matilda & The Ramsay Bunch and the family's adventures around California, comes the first cookbook from Tilly Ramsay, including 60 simple, delicious recipes to make for family and friends - plus tips and tricks from Tilly's superstar chef dad, Gordon.

Start your day the Tilly way, with a nourishing Smoothie Bowl, followed by some Vitamin Packed Power Balls for a late morning pick-me-up. Cool down mid-afternoon with a Fro-Yo Cooler, followed by some Lean Machine Chicken and Super Light Raspberry Macaroons. Impress all your friends with a Green Goodness Picnic or throw a fun-filled Ramsay-style Feast of Pulled Pork and Smokey American Beans, with Surprise Rainbow Cake and Hollywood Raspberry Fizz for dessert!

The book will encourage Tilly's fans, tweens & teens to start cooking and have some fun with easy-to-follow recipes, that can be enjoyed by all.

Chapters will include: Brunch; Sleep-over Feasts; Cook Your Own Dinner; Health Kick; Big Bakes.



7th SEPTEMBER 2017

Hardback, 256 pages



KIRSTIE'S REAL KITCHEN: SIMPLE RECIPES FOR MODERN FAMILIES

KIRSTIE ALLSOPP

A modern family cookbook from the Queen of home-making, Kirstie Allsopp.

As someone who didn't learn to cook at her mother's apron strings, Kirstie has had to learn as she's gone along. Luckily she's been blessed with great advice from the cooks, bakers and chefs she's worked with and recipes inherited from friends and families over the years.

In Kirstie's Real Kitchen she brings together her favourite recipes - the ones she relies on to feed her family, and whoever else happens to be around. From weekday suppers and entertaining a crowd, to dealing with fussy eaters and outdoor eating (essential for families with lots of boys), the book is full of the recipes that are at the centre of Kirstie's family life. Whether it's a quick supper that has to be expanded to cater for last minute arrivals, a breakfast fry-up to lure a recalcitrant teenager out of bed, or a school gate bake to impress the most competitive mum, Kirstie's instinctive warmth and style shows how to make something special out of the everyday.

Kirstie Allsopp has starred in Channel 4's *Kirstie's Vintage Home*, *Kirstie's Handmade Britain*, and *Kirstie's Homemade Home* and is the co-presenter, with Phil Spencer, of *Location, Location, Location* and *Relocation, Relocation*. She got her first job with interior decorator Nikki Haslam, worked for *Country Living* magazine before setting up a property buying business with a friend. Kirstie lives in Devon and West London with her partner Ben Anderson and their two sons and two stepsons.



A SIMPLE TABLE

CHI-SAN WAN AND NATALI STAJCIC

The first cookbook by founders of London-based healthy drinks company The Pressery is full of nourishing, natural recipes and rituals for a healthier body and mind

Grounded in the belief that 'less is more', *A Simple Table* is about a shared love for a natural, balanced and sustainable way of living, good food and drink, and the simple measures we can take to have a healthier body and mind.

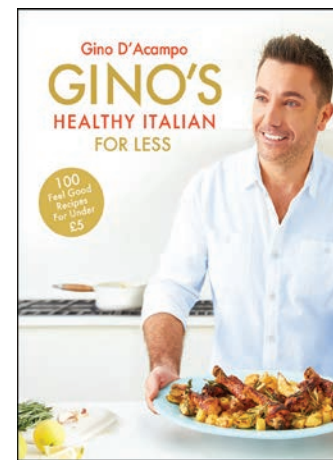
Chi and Natali's easy recipes are brimming with beautiful flavours, full of fresh, whole foods that provide energy for the challenges of modern life. Gently guiding you towards ingredients that nourish your body, nothing is 'forbidden'; rather their focus is on uncomplicated food and on helping you to make simple, nutritionally-engaged switches to your store cupboard, so that you can eat healthy, natural food and live well.

In addition to the recipes, the book offers rituals that instil calm within a busy daily routine; from natural beauty and tips for sleeping, to gentle movement, meditation and daily gratitude. Amid the pressures and demands of modern life, *A Simple Table* will encourage us to stay grounded. Feed your body and soul with this stunning book and support and sustain the way you live and eat now.

Chi San-Wan and Natali Stajcic founded The Pressery in 2014 after becoming disenchanted by the lack of natural non-dairy products available on the market, so they began making their own fresh almond milk at home, soon finding stockists and fans across London and beyond. After a record-breaking crowdfunding campaign, they launched their long-life almond milk in 2016, which is distributed across the UK.

23rd MARCH 2017

Hardback, 240 pages



18th MAY 2017

Hardback, 256 pages



5th OCTOBER 2017

Hardback, 224 pages



GINO'S HEALTHY ITALIAN FOR LESS: 100 FEELGOOD FAMILY RECIPES FOR UNDER £5

GINO D'ACAMPO

Who better to deliver an Italian budget cookbook than the nation's favourite Italian Chef? He'll provide us with inexpensive, delicious and authentic Italian recipes in his classic easy-to-follow style.

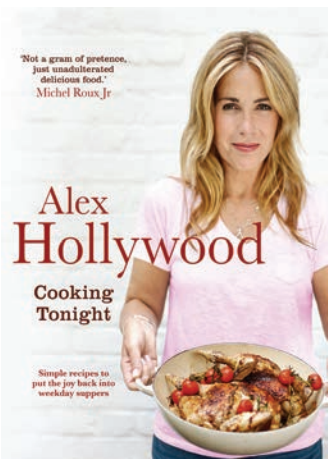
Gino will teach us how to cook like a true Italian, but this time on a budget! Full of money-saving tips and tricks, to create delicious, healthy Italian meals at home - brimming with fresh ingredients with the same big flavours, in his simple signature style. Learn how to shop smart and store food, make the most of your fridge / freezer, and fill your kitchen cupboards with fail-safe Italian basics. Bring down the cost of your weekly shop and start eating better than ever with *Gino's Healthy Italian for Less*.

GINO'S COASTAL ITALY: DISCOVER THE RECIPES THE REAL ITALIANS EAT

The TV tie-in cookbook to accompany Gino's new ITV series: *Gino's Coastal Italy*.

Everyone's favourite Italian chef takes us on a journey of discovery, as he sails along the coast of Italy to explore delicious, local food by the sea. Off the beaten track and into the markets, kitchens and restaurants where the very best authentic, seasonal Italian ingredients can be found, this book is a collection of recipes that will delight all lovers of Italian food.

Gino was born in Napoli in the south of Italy into a large family. After training at the Luigi de Medici Catering College, Gino came to London at 19 and worked at The Orchard Restaurant in Hampstead and then at the Cambio restaurant in Surrey. Gino is the author of several best-selling books including *Fantastico!*, *Gino's Pasta*, *Italian Home Baking*, *Gino's Italian Escape* - which accompanies the TV series exploring Italian food and the sites of Italy. He opened his first My Pasta Bar in Fleet Street with two more following soon after in Leadenhall Market and Bishopsgate.



9th MARCH 2017

Hardback, 256 pages

H
HODDER &
STOUGHTON

ALEX HOLLYWOOD: COOKING TONIGHT ALEX HOLLYWOOD

Recipes to put the oomph back into weekday suppers.

An exciting new cookery book for anyone whose heart sinks at the question: 'What shall we have for dinner tonight?'

Mealtimes should be a time when we sit together, even for a short while, to unwind and relax, and enjoy a good meal. This stress-free cookbook will give you new ideas to put the oomph back into your cooking and pleasure into your eating.

Alex Hollywood is passionate about food and firmly believes that cooking and eating should be about one thing: enjoyment, not worrying about presentation and whether your roux is made to Michelin-star standards. Having grown up in Kent, Alex's cooking has been shaped by her Norwegian great-grandmother, her French godmother, her father's love of Spain, and her time living in Cyprus.

TRAVEL / ADVENTURE



7th SEPTEMBER 2017

Hardback 320 pages

RIGHTS SOLD IN: US (Nicholas Brealey)

WHERE THE WILD WINDS ARE: WALKING EUROPE'S INVISIBLE PATHWAYS

NICK HUNT

The story of following the wind from the fells of Cumbria to the Alps, the Rhone to the Adriatic coast, to explore how these unseen powers affect the countries and cultures of Europe.

Where the Wild Winds Are is Nick Hunt's story of following the wind from the fells of Cumbria to the Alps, the Rhone to the Adriatic coast, to explore how these unseen powers affect the countries and cultures of Europe, and to map a new type of journey across the continent. From the author of the Dolman Prize-shortlisted *Walking the Woods and the Water*.

Nick Hunt is a freelance journalist and fiction writer, specializing in climate change, language loss, biocultural diversity, politics and travel. His articles have appeared in publications including *The Economist*, the *Guardian*, *New Internationalist*, *Resurgence*, *Search*, *Geographical*, *World Conservation*. In 2011/12 he spent 8 months walking across Europe in the footsteps of Patrick Leigh Fermor.

PRAISE FOR WALKING THE WOODS AND THE WATER

With *Walking the Woods and the Water*, Mr. Hunt has created an illuminating addition to what the travel writer Robert Macfarlane calls 'the literature of the leg'. The shepherds and the fishermen are long gone, but Mr. Hunt controls his nostalgia and avoids mimicking Leigh Fermor's flamboyant style. Still, his inspiration rubs off, like the skin on Mr. Hunt's feet. - **Wall Street Journal**

This moving and profoundly honest book sometimes brings a sense of unlimited freedom, sometimes joy, sometimes an extraordinary, dream-like dislocation: always accompanied by a dazzling sharpness of hearing and vision. I see now how that youthful walk informed so much of Paddy's style. Before setting out Hunt was going to write to Paddy. The letter was never written, and by the time he set off, Paddy was dead. How touched and fascinated he would have been to read this book. - **Artemis Cooper, author of Patrick Leigh Fermor: An Adventure and co-editor The Broken Road**

With *Walking the Woods and the Water*, Mr. Hunt has created an illuminating addition to what the travel writer Robert Macfarlane calls 'the literature of the leg'. The shepherds and the fishermen are long gone, but Mr. Hunt controls his nostalgia and avoids mimicking Leigh Fermor's flamboyant style. Still, his inspiration rubs off, like the skin on Mr. Hunt's feet. - **Wall Street Journal**



13th JULY 2017

Hardback 304 pages

H
HODDER &
STOUGHTON

SAVAGE MOUNTAIN

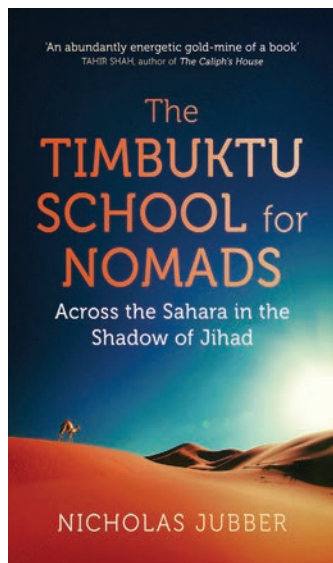
BONITA NORRIS

One woman's journey to conquering the world's toughest and most dangerous summit. Gripping and inspiring, this is a story of determination, passion and overcoming fear.

Bonita had been an anxious teenage girl with an eating disorder before being seduced by mountaineering at university. In July 2016 she will embark on an expedition to climb K2, the world's most dangerous mountain. The second highest peak on the planet K2 has one of the highest fatality rates of all mountains - more than eighty people have died attempting it. It's said to be particularly cursed for women: two exceptional female British mountaineers have reached the top but were killed on the descent over twenty years ago. No other woman has attempted it since.

Savage Mountain is the story of Bonita Norris' attempt. But much more than that it's about relationships under intense emotional pressure, asking why anyone would risk their life in pursuit of adventure.

Everything Bonita has learnt from climbing is here: all the highs and lows, the sacrifices, family pressures, the grueling training and then the climb itself - the risks, the suffering and pushing herself to her physical, emotional and mental limits.



6th JULY 2017

Paperback, 336 pages

RIGHTS SOLD IN: German
(Mairdumont)

US RIGHTS: Nicholas Brealey
Books



THE TIMBUKTU SCHOOL FOR NOMADS

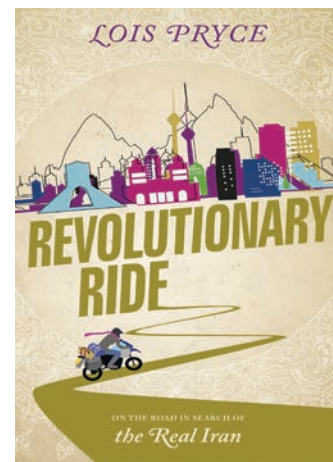
NICK JUBBER

An epic modern-day quest across the Sahara and a unique insight into the nomadic communities that surround the legendary city, by award-winning travel writer Nicholas Jubber.

The Sahara: a dream-like, far away landscape of Lawrence of Arabia and Wilfred Thesiger; The English Patient and Star Wars, and home to nomadic communities whose ways of life stretch back millennia. Today it's a teeth-janglingly dangerous destination, where the threat of jihadists lurks just over the horizon. Following in the footsteps of 16th century traveller Leo Africanus, Nicholas Jubber went on a turbulent adventure to the forgotten places of North Africa and the legendary Timbuktu.

Once the seat of African civilization and home to the richest man who ever lived, this mythic city is now scarred by terrorist occupation and is so remote its own inhabitants hail you with the greeting, 'Welcome to the middle of nowhere'.

Nicholas Jubbe moved to Jerusalem after graduating from Oxford University. He'd been working two weeks when the intifada broke out and he started planning to travel the Middle East and East Africa. He has written two previous books, *The Prester Quest* (winner of the Dolman Prize) and *Drinking Arak Off an Ayatollah's Beard* (shortlisted for the Dolman Prize). He has written for the Guardian, Observer, and the Globe and Mail.



12th JANUARY 2017

Trade Paperback

RIGHTS SOLD IN: German
(Mairdumont)

US RIGHTS: Nicholas Brealey
Books



REVOLUTIONARY RIDE: ON THE ROAD IN SEARCH OF THE REAL IRAN

LOIS PRYCE

Adventurer Lois Pryce ignores all warnings and embarks on a 3,000- mile journey across Iran, lifting the veil on a misunderstood country

In 2011, at the height of tension between the British and Iranian governments, travel writer Lois Pryce found a note left on her motorcycle outside the Iranian Embassy in London:

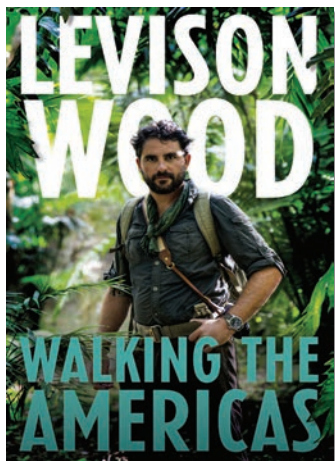
... I wish that you will visit Iran so you will see for yourself about my country. WE ARE NOT TERRORISTS!!! Please come to my city, Shiraz. It is very famous as the friendliest city in Iran, it is the city of poetry and gardens and wine!!!

Your Persian friend, Habib

Intrigued, Lois decides to ignore the official warnings against travel (and the warnings of her friends and family) and sets off alone on a 3,000 mile ride from Tabriz to Shiraz, to try to uncover the heart of this most complex and incongruous country. Along the way, she meets carpet sellers and drug addicts, war veterans and housewives, doctors and teachers - people living ordinary lives under the rule of an extraordinarily strict Islamic government.

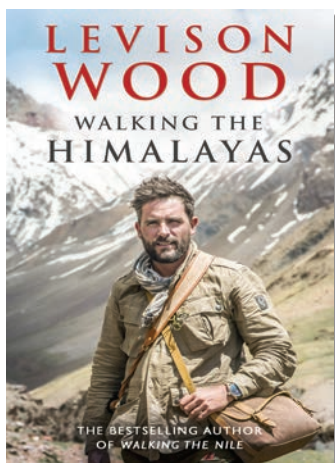
Revolutionary Ride is the story of a people and a country. Religious and hedonistic, practical and poetic, modern and rooted in tradition - and with a wild sense of humour and appreciation of beauty despite the comparative lack of freedom - this is real contemporary Iran.

Lois Pryce is a journalist and speaker and has written for the *Telegraph*, *Independent*, *New York Times*, *CNN* and the *Guardian* and is a contributing editor for *Overland Journal*. She was named by the *Telegraph* as one of the 10 Great Female Travellers and is the author of two other bestselling books about her adventures by motorcycle.



23rd FEBRUARY 2017

Hardback, 288 pages



5th JANUARY 2017

Paperback, 304 pages

RIGHTS SOLD IN: US (Little, Brown) and Romanian (Editura Polirum)

H
HODDER &
STOUGHTON

WALKING THE AMERICAS

LEVISON WOOD

From the bestselling author of *Walking the Himalayas* and *Walking the Nile*, explorer Levison Wood begins his next challenging adventure - walking 1700 miles along the spine of the Americas from Mexico to Colombia.

Levison Wood begins his biggest challenge yet. Beginning in the north-eastern tip of Mexico, Levison will walk the entire length of Central America, through eight countries before attempting to cross the treacherous Darien Gap into Colombia and South America.

Walking the Americas will see Levison return to Mexico, where he lived for three months, and Belize - where he trained as a soldier with the British Army - before stepping into a part of the world he's never visited before and some of the most diverse, beautiful and unpredictable regions on earth.

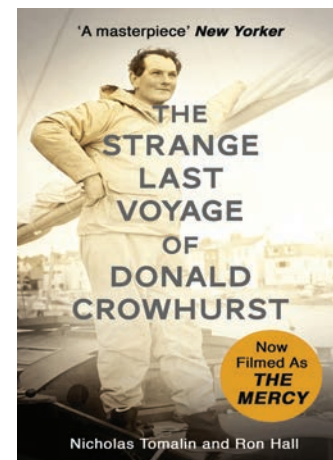
WALKING THE HIMALAYAS

LEVISON WOOD

From the bestselling author of *Walking the Nile*, explorer Levison Wood begins his next challenging adventure - walking the length of the Himalayas.

Levison Wood's most challenging expedition yet begins along the Silk Road route of Afghanistan and travels through five countries. Following in the footsteps of the great explorers, Levison walks the entire length of the Himalayas in an adventure of survival and endurance. Packed with action and emotion, more than anything *Walking the Himalayas* is a story of personal adventure and striving beyond the limits of convention.

Levison Wood is a full time explorer and writer. Having spent ten years in the British Army and led expeditions on five continents, he is more than qualified to attempt this feat.



29th DECEMBER 2016

Papreback, 320 pages

RIGHTS SOLD IN: Italian (Gruppo Ugo Mursia Editore); German (Piper Verlag GmbH); Chinese - Simp (China SITIC); Chinese - Complex (Chi Ming Publishing); Korean (KL Publishing) and Dutch (Uitgeverij Hollandia)

US RIGHTS: Quercus US

H
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STOUGHTON

THE STRANGE LAST VOYAGE OF DONALD CROWHURST

NICHOLAS TOMALIN AND RON HALL

The classic bestseller, the great sailing adventure story of Donald Crowhurst. Now a major motion picture.

In 1968, Donald Crowhurst was trying to market a nautical navigation device he had developed, and saw the Sunday Times Golden Globe round the world sailing race as the perfect opportunity to showcase his product. Few people knew that he wasn't an experienced deep-water sailor. His progress was so slow that he decided to short-cut the journey, while falsifying his location through radio messages from his supposed course.

Everyone following the race thought that he was winning, and a hero's welcome awaited him at home in Britain. But on 10 July 1968, eight months after he set off, his wife was told that his boat had been discovered drifting in mid-Atlantic. Crowhurst was missing, assumed drowned, and there was much speculation that this was one of the great mysteries of the sea.

In this masterpiece of investigative journalism, Nicholas Tomalin and Ron Hall reconstruct one of the greatest hoaxes of our time. From in-depth interviews with Crowhurst's family and friends and telling excerpts from his logbooks, Tomalin and Hall develop a tale of tragic self-delusion and public deception, a haunting portrait of a complex, deeply troubled man and his journey into the heart of darkness.

Nicholas Tomalin studied English literature at Trinity Hall, Cambridge. He was a featured columnist for the *Daily Express*, the *Sunday Times*, and the *Evening Standard*, before becoming literary editor of the *New Statesman*.

Ron Hall was co-founder of the *Sunday Times*' investigative unit 'Insight', where he was editor from 1964-66, and became managing editor of the *Sunday Times* in 1969. He died aged 79 in 2014.

NATURE



6th APRIL 2017

Hardback, 240 pages

H
HODDER &
STOUGHTON

HIDDEN NATURE

A VOYAGE OF DISCOVERY

ALYS FOWLER

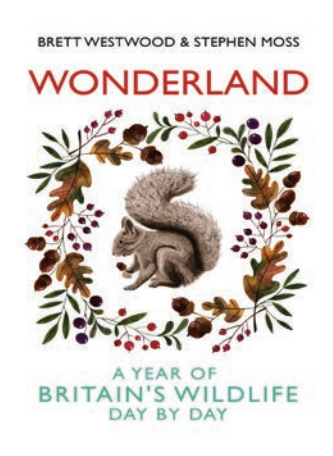
A beautifully written exploration of life and urban nature.

Leaving her garden to the mercy of the slugs, award-winning writer Alys Fowler set out in an inflatable kayak to explore Birmingham's canal network, full of little-used waterways where huge pike skulk and kingfishers dart.

Her book is about noticing the wild everywhere and what it means to see beauty where you least expect it. What happens when someone who has learned to observe her external world in such detail decides to examine her internal world with the same care?

Beautifully written, honest and very moving, Hidden Nature is also the story of Alys Fowler's emotional journey: above all, this book is about losing and finding, exploring familiar places and discovering unknown horizons.

[Alys Fowler](#) is an award winning journalist and passionate gardener. She is the author of several books and writes a weekly column on gardening for *Guardian Weekend* magazine.



6th APRIL 2017

Hardback, 496 pages

RIGHTS SOLD IN PREVIOUS
TITLES: Chinese - Simp (Yilin
Press) and Chinese - Complex
(Walkers Cultural Enterprise)



WONDERLAND: A YEAR OF BRITAIN'S WILDLIFE, DAY BY DAY

BRETT WESTWOOD, STEPHEN MOSS

A life-affirming nature diary -- with something amazing to see and experience on every day of the year -- from award-winning authors and Springwatch experts Brett Westwood and Stephen Moss.

Distilling two lifetimes' knowledge, insight and enthusiasm, naturalists Brett Westwood and Stephen Moss take you through the year, day by day, sharing the delights that you can experience in Britain's skies, seas, rivers, fields, forests and back gardens. From winter encounters with the curious black redstart, which chooses to spend its winters on our freezing, rocky coasts, and the first appearance of the snowdrop's tiny green shoots poking up through stone-hard soil, the first sign that winter might be reaching an end; through spring with its rush of migrant birds and the emergence from her chrysalis of the fragile orange-tip butterfly; into the sounds and smells summer with its abundance of flowers and insects, and when at night you might encounter summer's 'earthly stars', the glow-worm, or that most bizarre and bewitching of moths, the ghost moth. *Wonderland* is a book for anyone who wants to experience the world and to observe how it changes throughout the year.

Brett Westwood is an award-winning producer, presenter and naturalist. He presented the radio series of Natural Histories. His other acclaimed radio series range from Tweet of the Day (winner of Best Radio Series 2014) to Brett Westwood's Diaries. He is also a consultant for Springwatch and Autumnwatch.

Stephen Moss is a TV producer and best-selling author whose books include Wild Hares and Hummingbirds and The Bumper Book of Nature. The book of Tweet of the Day (which he co-wrote with Brett) won the Thomson Reuters Prize 2014. His TV credits include *Birds Britannia*, *Britain's Big Wildlife Revival* and *Springwatch*.

This is their third book together.

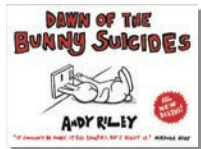
HUMOUR

H
HODDER &
STOUGHTON

19th OCTOBER 2017

Hardback, 96 pages

RIGHTS SOLD IN PREVIOUS
TITLES: Slovak (Albatros);
Bulgarian (Art Line Studios);
Spanish + Catalan (Artisendo
Grupo Editorial); Swedish
(Bacor); German (Eichborn
Verlag); Russian (Etalan);
French (Hugo and Compagnie)
Korean (Keorum Publishing);
Italian (Mondadori); Japanese
(Neotoric); Portuguese
(Publicacoes Europa-America);
Chinese - Simp (Thinkingdom)
and Dutch (Uitgeverij Bezige Bij)



PUPPY V KITTEN

ANDY RILEY

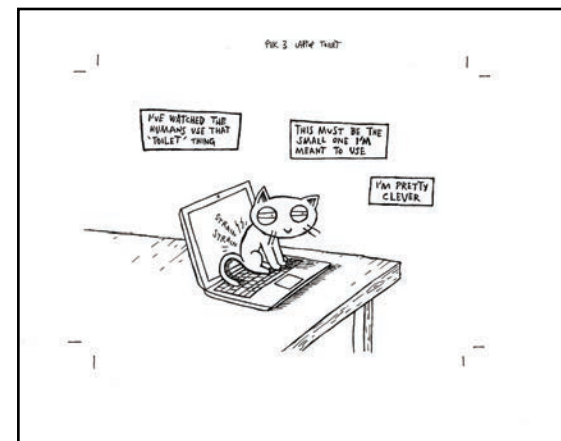
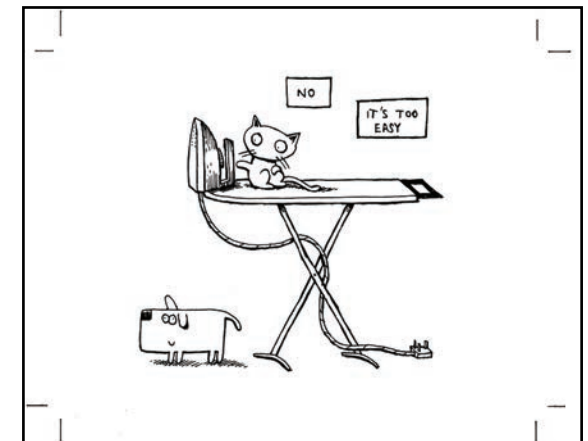
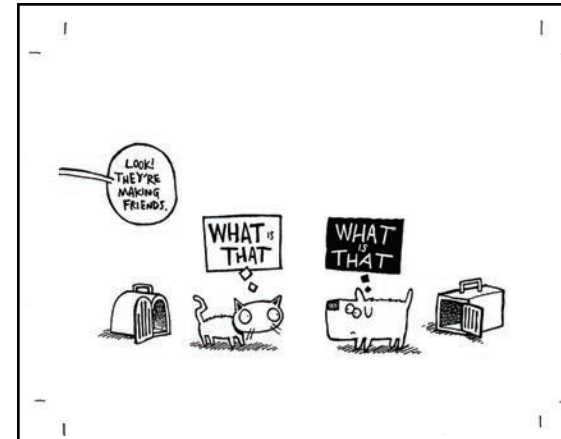
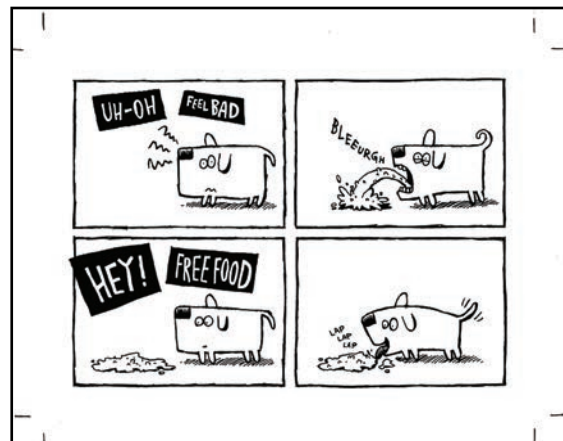
The creator of the bestselling *Bunny Suicides* returns to his animal roots with *Puppy V Kitten* where two cute creatures come to grips with the world, and each other, in their own respective kittenish and puppyish ways.

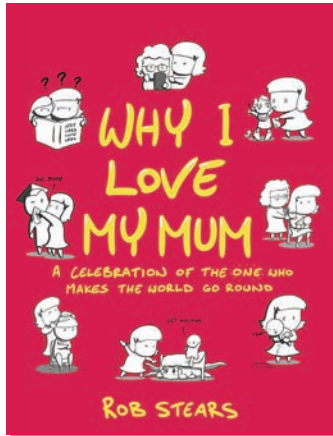
Puppy V Kitten is the illustrated story of two adorable little creatures, plonked into the world knowing absolutely nothing.

As expected the kitten tries to use its intelligence to figure it out the situation. The puppy, a much stupider creature, discovers its world by charging around doing what comes naturally too.

Living together under one roof they clash a lot, as the kitten outsmarts the puppy and they encounter one another and humans for the first time.

Andy Riley is the author/artist of: *The Bunny Suicides*, *Return of the Bunny Suicides*, *Great Lies to Tell Small Kids*, *Loads More Lies to Tell Small Kids*, *The Bumper Book of Bunny Suicides*, *D.I.Y. Dentistry (and Other Alarming Inventions)*. His weekly cartoon script, *Roasted*, runs in the *Observer Magazine* and is compiled as a Hodder & Stoughton hardback. His scriptwriting includes *Black Books*, *Little Britain*, *Smack The Pony*, *Big Train*, *The Armando Iannucci Shows*, *Hyperdrive*, *So Graham Norton* and *Radio 4's The 99p Challenge*, and the Bafta award-winning animation *Robbie the Reindeer*.





2nd MARCH 2017

Hardback, 144 pages



WHY I LOVE MY MUM: A CELEBRATION OF THE ONE WHO MAKES THE WORLD GO ROUND

ROB STEARS

A book of illustrations with universal appeal about the love between a kid and their mother - funny, touching, celebratory.

Why I Love My Mum celebrates the ageless, timeless bond between a child and their mother, in a neatly sized illustrated hardback that makes the perfect gift. Through all kinds of familiar scenarios, illustrator Rob Stears brings his unique style to bear on the subject - wickedly funny yet always tender - as he takes us through the child/mother relationship, via the generations. From first teeth to scaring away the bogeyman, through coming-of-age moments in life and on to the new appreciation parenthood brings for our own mothers, this is a book that is guaranteed to bring a smile to your face, making even the most challenging moments of parenthood feel just a little bit less daunting - and a lot funnier.

Rob Stears is an illustrator living in Dublin with his wife and son. He started doodling at an early age and has yet to stop. *Why I Love My Mum* is his first book.

HURRAH FOR GIN

A book for perfectly imperfect parents



KATIE KIRBY

6th OCTOBER 2016

Hardback, 320 pages

RIGHTS SOLD IN: Chinese - Simp (Beijing Zito Books); German (Goldmann Verlag); Italian (Mondadori), Russian (Eksmo) and Korean (Sallim)



CORONET

HURRAH FOR GIN: A BOOK FOR PERFECTLY IMPERFECT PARENTS

KATIE KIRBY

Illustrated by hilarious stick men cartoons, *Hurrah for Gin*, based on the popular blog and Facebook account, is a book for imperfectly perfect parents about the funny stuff they don't tell you in parenting guides.

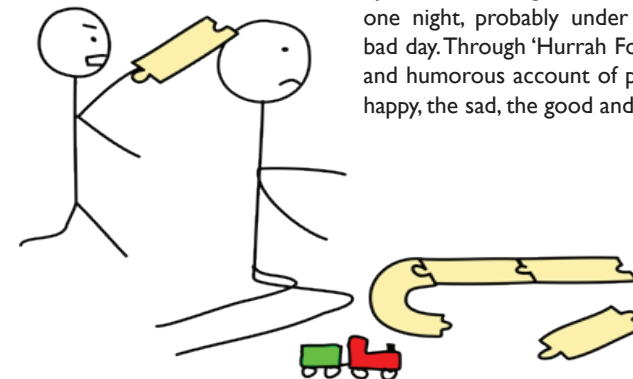
This book is not a how-to-guide. It won't tell you how to get your baby to sleep, how to deal with toddler tantrums, how to be a good parent, a cool parent or even a renegade parent. It is a book about parenting that contains absolutely no useful advice whatsoever.

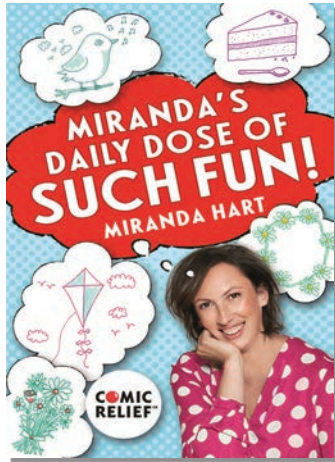
Instead it shares beautifully honest anecdotes and illustrations from the parenting frontline that demonstrate it is perfectly possible to love your children with the whole of your heart whilst finding them incredibly irritating at the same time.

From pregnancy to starting school, *Hurrah For Gin* takes you through the exciting, frustrating, infuriating and wonderful whirlwind of parenthood, offering solidarity and a friendly hug after a tough day.

Best served with gin.

Katie Kirby lives with her husband and two young sons by the sea in Brighton. She started blogging on a whim one night, probably under the influence of gin after a bad day. Through 'Hurrah For Gin' she tries to give a real and humorous account of parenting young children - the happy, the sad, the good and the bad.





9th MARCH 2017

Paperback, 208 pages

H
HODDER &
STOUGHTON



MIRANDA'S DAILY DOSE OF SUCH FUN!:

365 JOY-FILLED TASKS TO MAKE YOUR LIFE MORE ENGAGING, FUN, CARING AND JOLLY

MIRANDA HART

There are tiny gestures that can make a huge difference to you and others around you. So, I say; every day try to do something jolly that you can look back on with a smile, be grateful for, knowing it has brought kindness to others at the same time.

I have made the ideas in this book as universal and free or cheap as possible but of course sometimes you may need to make them work for you if your circumstances don't allow them. And if there are any songs or talks or people you don't know who I am referring to, then get thee to YouTube, they will all be on there.

If there was ever a reason to have some childish fun and break an adults monotony. I hope some of my ideas do this for you, that you have SUCH FUN doing them and reap the rewards to a calmer and happier life.

[Miranda Hart](#) made her mark appearing in shows including *Smack the Pony*, *Absolutely Fabulous* and *Not Going Out*. But when her sitcom *Miranda* burst on to our screens in 2009, her popularity rocketed. Miranda has since been crowned the Queen of Comedy at the British Comedy Awards and won Best new TV comedy, as well as winning best actress in 2010 and 2011. She has also won three RTS comedy awards and has been nominated for four BAFTAs. Her book *Is It Just Me?* was the number one best-selling memoir of 2012 and to date it has sold over one million copies. Her stand up show - *My, What I Call, Live Show* - was a sell-out in 2013.

LANGUAGES



SEPTEMBER 2016

224 -256 pages

US RIGHTS: Quercus US



LANGUAGE HACKING FRENCH, GERMAN, ITALIAN, SPANISH

BENNY LEWIS

The new book by bestselling author of *Is it Just Me?*

Benny Lewis is one of the best language learners in the world – and the most famous.

In 2003, Irish native Benny Lewis spoke only one language: English. After university, he moved to Spain and was soon frustrated that he could not speak Spanish after six months of trying. So he decided to abandon traditional learning approaches, and everything changed. Today Benny is known as The Irish Polyglot and speaks over 10 languages—all self-taught—seven at a fluent level, including Mandarin Chinese, Arabic, French, German, Spanish, Italian, Portuguese, and Hungarian.

He uses his languages to travel the world and explore other cultures, living out of his backpack. He won National Geographic Traveller of the Year in 2013. He has given TedX Talks. And he speaks about the importance of languages and how to learn languages to people across the globe, including corporations such as Trivago, and universities.

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CONTATTI 2



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GERMAN

WILLKOMMEN!

- For adult beginners learning for general interest, for work, travel, or for an exam
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- Coursebook text design revised
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- Section on hotel comparisons updated
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WILLKOMMEN 2!



- Willkommen 2 is aimed at intermediate level learners and builds on the skills learnt in Willkommen!
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LIVING LANGUAGES

French, German, Italian, Spanish



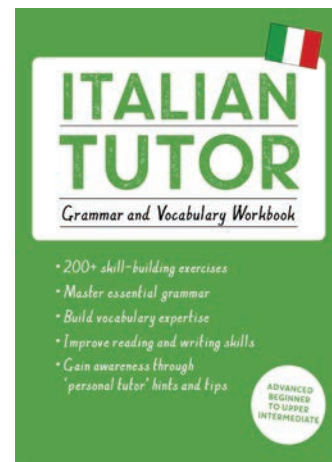
The complete course for learning to communicate with confidence and independence.

This new edition includes an up-to-date culture and vocabulary guide, allowing you to broaden your knowledge of contemporary language and customs. The material covers a variety of everyday topics in a simple, concise manner. There are plenty of examples and explanations to illustrate how the language works and to build confidence. Each unit, designed to build systematically on what you have already learned, contains:

- clear grammar explanations
- vocabulary lists
- reading material consisting of a story, dialogue or letter
- questions for speaking practice
- exercises

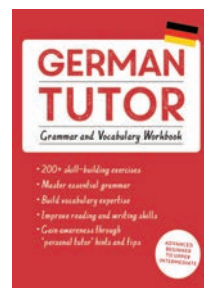
There are also revision units to help you practise what you are learning. At the back of the book, an exercise key enables you to check your answers while grammar and vocabulary sections provide a useful reference.

The accompanying CD will help you with listening and speaking. In addition to a full pronunciation section, it contains reading passages and dialogues from the course book, followed by comprehension questions in German, together with model answers.



7th APRIL 2016

Paperback, 224 pages



US RIGHTS: Quercus US

ITALIAN TUTOR

MARIA GUARNIERI AND FEDERICA STURANI

Improve your Italian with this contemporary interactive workbook, featuring 200 activities across a range of grammar and vocabulary points with clear goals, embedded exercises and effective learning features.

Do you want to communicate easily and freely in Italian? By studying and practising Italian grammar you'll understand how the language really works and be able to speak Italian with clarity and ease.

This Italian workbook offers a range of clear and effective learning features:

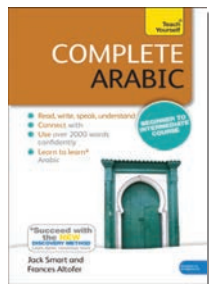
- Maps from A2 to B1 of the Common European Framework of Reference (CEFR) for languages
- 200 activities across a range of grammar and vocabulary points
- Unique visual verb tenses timeline and infographics for extra context
- Personal tutor hints and tips - help you to understand language rules and culture
- Learn to learn section offers tips and advice on how to be a good language learner

Maria Guarnieri teaches at the University of Leicester. Federica Sturani teaches in the School of Languages, Cultures and Area Studies at the University of Liverpool. They are both experienced in teaching Italian to students of all language backgrounds and at all levels from beginner to advanced. They have been collaborating on Italian teaching and publishing projects for many years.

Other titles in the series:

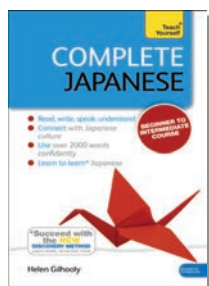
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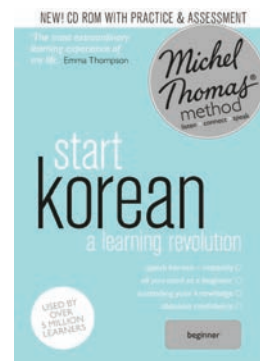
Book/CD, 400 pages



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MICHEL THOMAS

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SEPTEMBER 2015

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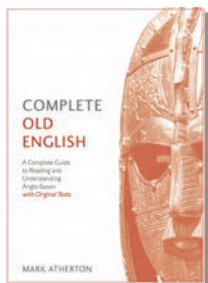
- Guaranteed success. Speak and understand perfectly

- Incredible progress. Get what you want, fast

- Absolute confidence. Unleash your natural learning style without trying

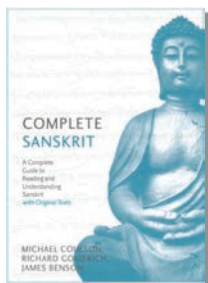


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Series aimed at first and second-year undergraduates, A-Level students, especially those facing exams or end of year assessments.

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MEL THOMPSON

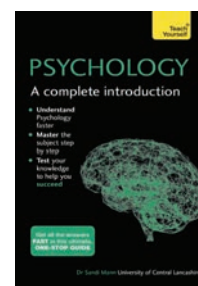
Philosophy For Life is the definitive introduction to the history of Western thought, covering all of the main thinkers and branches of philosophy, and providing a toolkit for using philosophy in your daily life.

As you read, you will develop your own critical and creative thinking, exploring the key ideas in Western Philosophy and the arguments that continue to shape our world. You will discover what philosophy is really about, learn to be a sceptic, meet Plato and Aristotle, explore the concept of mind, question free will, use philosophy to be happy, find out about Marx and materialism, see how philosophy relates to everything from comics to coffee in, and ask whether god exists.

Philosophy is a life-tool, a set of skills for engaging with any subject, and in Philosophy For Life, you will discover a body of wisdom and a way to develop your own critical and creative thinking.

Mel Thompson is a freelance writer, specialising in philosophy, religion and ethics. He has written many books including six in the Teach Yourself series. He has also been an assistant examiner on the Oxford, Cambridge and RSA examination boards.

5th OCTOBER 2017

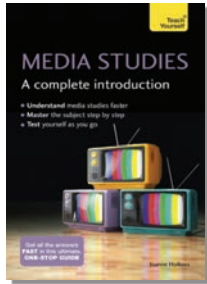


2nd JUNE 2016

PSYCHOLOGY

SANDI MANN

Chapters include key topics in psychology research; cognitive issues, individual differences, mental health and psychological disorders/abnormal psychology and the treatment of such; the nervous system; and sleep. Dr Sandi Mann is Senior Lecturer in Psychology at the University of Central Lancashire. She has authored or co-authored more than ten psychology books as well as numerous papers and articles.

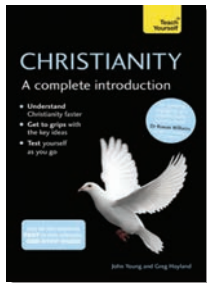


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Chapters include essential coverage of the history, organization and production of the media industries, and regulation of the media. [Joanne Hollows](#) has designed and taught courses in media studies in UK universities for over twenty years. She also has extensive experience as a programme leader, subject leader and external examiner for Media Studies.

10th MARCH 2016

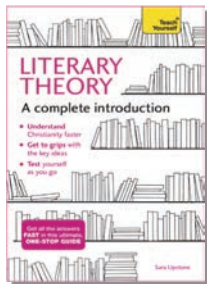


14th JULY 2016

CHRISTIANITY

JOHN YOUNG AND GREG HOYLAND

Starting with the central figure, Jesus Christ, it covers belief and practice, the Church and society, historical turning points and the inheritance of art, architecture and holy music, as well as the influence of modern theological figures. [John Young](#) is Canon Emeritus of York Minster, a member of General Synod, and author of more than 30 books.



6th APRIL 2017

LITERARY THEORY

SARA UPSTONE

Each chapter covers such core areas as Marxism, Modernism, Postmodernism, Structuralism and Poststructuralism, this introduction brings in recent developments such as Eco and Ethical Criticism and Humanisms. [Sara Upstone](#) is Principal Lecturer in English Literature at Kingston University. She specializes in contemporary postcolonial, British and American literature. She is the author or editor of three books on culture and theory) and has been teaching in this area for over ten years.

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From service in Royal Naval nuclear submarines to management consultancy, *Alan Finn's* career began in engineering and is now in B2B marketing for industry, helping organisations to grow.



10th MARCH 2016
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PATRICK FORSYTH

The ability to maintain confidence is crucial to anyone who wants to advance their career. This book quickly teaches you the insider secrets you need to know to in order to gain outstanding confidence. *Patrick Forsyth* runs Touchstone Training and Consultancy, and has many years of experience as a consultant and trainer.

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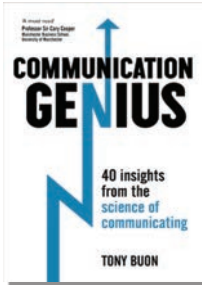
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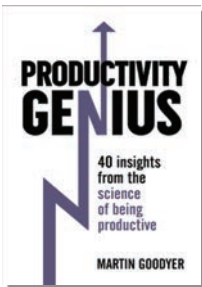




COMMUNICATION GENIUS

ATONY BUON

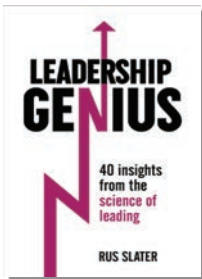
With chapters on body language, emotional intelligence, neuro-linguistic programming (NLP), presentations, mimicry, groupthink and the latest neuroscience, *Communication Genius* explodes some myths and gives you the best that science has to offer on communication. [Tony Buon](#) holds graduate and post-graduate degrees in psychology, behavioural sciences, and workplace Education. [Pub 5th NOV 15](#)



PRODUCTIVITY GENIUS

MARTIN GOODYER

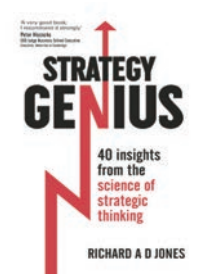
There is a raft of myth and hearsay around productivity as well as thousands of books, most of which disagree with each other. *Productivity Genius* presents a new and different approach. It cuts through the noise to bring you proven research from around the world that you can use to reach your goals at work. [Martin Goodyer](#) is a highly respected coach who lectures to large business audiences around the world. [5th NOV](#)



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RUS SLATER

In business, conventional wisdom often says one thing while research says another. *Leadership Genius* cuts through the noise to bring you proven research and techniques for applying it that will simply make you a better leader. [Rus Slater](#) delivers leadership training for many of the world's leading organisations including Toyota, BP, Hyundai, Aston Martin, BT, Mott McDonald, Invensys and Hilton. [10th SEPT](#)



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RICHARD A D JONES

'Strategy is one of those topics that many people talk about without having much idea what they mean. Richard Jones is one of the exceptions. A very good book; I recommend it strongly' Peter Hiscocks, CEO Judge Business School Executive Education, University of Cambridge [Richard A D Jones](#) is a strategic and change management consultant and entrepreneur in the field of telecoms and technology. [8th OCT](#)

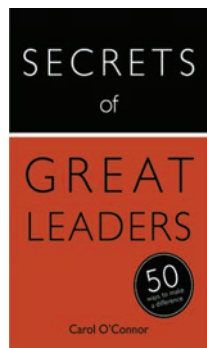
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5th NOVEMBER 2015

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DR CAROL O'CONNOR

Whether you want to motivate your team, master public speaking or establish guiding principles and set priorities, this book provides the tools and techniques you need to be a great leader. With nuggets of wisdom gathered over years of experience, for every type of leadership situation, it gives you everything you need to know. Put the simple strategies together and you have a recipe for professional success, a formula that will unlock your leadership potential.



27th AUGUST 2015

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MARK FORSTER

What do productive people know that the rest of us don't? Do they have a secret recipe for success? *The Secrets of Productive People* reveals the 50 things you need to know to get things done. Each chapter outlines one of the 50 ideas and gives three strategies for putting it into practice. Some ideas will surprise you, all will inspire you. [Mark Forster](#) has previously written three bestselling books on productivity and has worked for major companies and as a life coach.



5th MAY 2016

SECRETS OF GREAT SALESPEOPLE

JEREMY RAYMOND

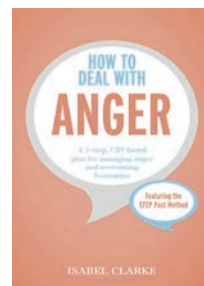
The Secrets of Great Salespeople reveals the 50 things you need to know to in order to sell. Each chapter outlines one of the 50 ideas and gives three strategies for putting it into practice. Some ideas will surprise you, all will inspire you. Put these simple strategies together and you have a recipe for sales success, a formula that will unlock your selling potential. [Jeremy Raymond](#) is an executive coach and business development expert. He has taught selling in places like IBM, Sainsbury's, AT Kearney, Fujitsu.

Other titles in the series:

Confident Communicators - NLP Masters, -Happy People
Happy Relationships - Influential People - Resilient People

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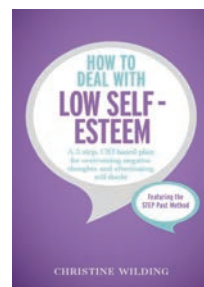
HOW TO DEAL WITH SERIES



HOW TO DEAL WITH ANGER

ISABEL CLARKE

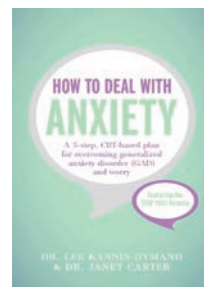
Everyone feels angry from time to time, and anger is a natural and normal way to respond to the things in life which frustrate us. Managing these feelings is important as apart from making us difficult to live with, anger has negative effects on our blood pressure and makes us more susceptible to heart attacks, depression, anxiety and general wellbeing. [Isabel Clarke](#) is a consultant clinical psychologist, working in acute mental health in the NHS. 10th MARCH



HOW TO DEAL WITH SELF ESTEEM

CHRISTINE WILDING

Everyone can identify with feelings of uncertainty. To worry about our status in the world and to fear that we are not living up to our potential is a common concern. But when our self-esteem becomes low our our estimation of ourselves becomes over-critical, it is all too common to let negative feelings become a burden. [Christine Wilding](#) holds a postgraduate diploma in CBT from the University of London.



HOW TO DEAL WITH ANXIETY

LEE KANNIS-DYMAND & JANET D CARTER

Anxiety gets called GAD when the worry is repetitive, becomes associated with a variety of emotional and physical symptoms, and begins to impact upon our ability to enjoy life. If these problems sound familiar to you, this book will provide you with practical help to deal with and overcome the problem. [Dr Lee Kannis](#) is a clinical psychologist who lectures in the clinical psychology program at the University of the Sunshine Coast. 5th NOV



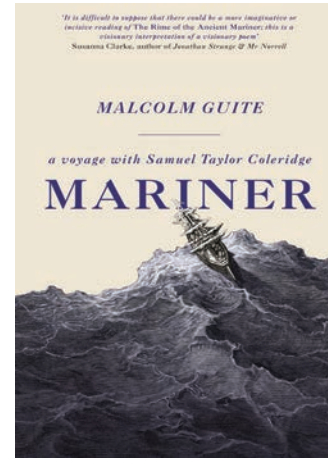
HOW TO DEAL WITH OCD

ELIZABETH FORRESTER

OCD symptoms can range from mild to severe, and can really impact upon our mental health and ability to enjoy life. Recovery from OCD is possible, however. [Dr Elizabeth Forrester](#) is an independent Consultant Clinical Psychologist. 10th SEPT

RIGHTS SOLD IN SERIES: Dutch (Kosmos); Italian (Vallardi); Portuguese (Bertrand)

FAITH



9th FEBRUARY 2017

Hardback, 480 pages

H
HODDER &
STOUGHTON

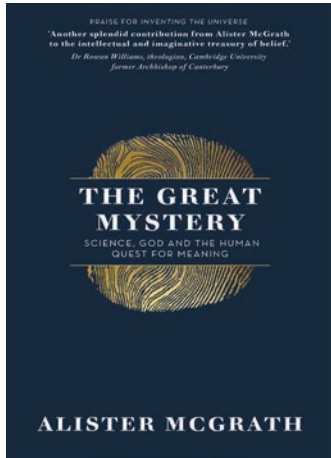
MARINER: A VOYAGE WITH SAMUEL TAYLOR COLERIDGE

MALCOLM GUITE

An authoritative and accessible new life of Coleridge told through his most famous poem, 'The Rime of the Ancient Mariner'.

Though the 'Mariner' was written in 1797 when Coleridge was only twenty-five, it was an astonishingly prescient poem. As Coleridge himself came to realise much later, this tale - of a journey that starts in high hopes and good spirits, but leads to a profound encounter with human fallibility, darkness, alienation, loneliness and dread, before coming home to a renewal of faith and vocation - was to be the shape of his own life. In this rich new biography, academic, priest and poet Malcolm Guite draws out how with an uncanny clarity, image after image and event after event in the poem became emblems of what Coleridge was later to suffer and discover.

Malcolm Guite, a poet, theologian, and song-writer, is the Chaplain of Girton College, Cambridge where he also teaches for the Divinity Faculty. He lectures widely in England and North America on theology and literature. He has published poetry, theology, and literary criticism, and worked as a librettist.



4th MAY 2017

Hardback, 256 pages

RIGHTS SOLD IN PREVIOUS TITLE; *INVENTING THE UNIVERSE*: Russian (AST); Italian (Bollati Bolinghieri); Portuguese (Companhia Editora); Spanish (Espasa); Korean (The Blessed People) and US (Palgrave Macmillan)

H
HODDER &
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THE GREAT MYSTERY

ALISTER MCGRATH

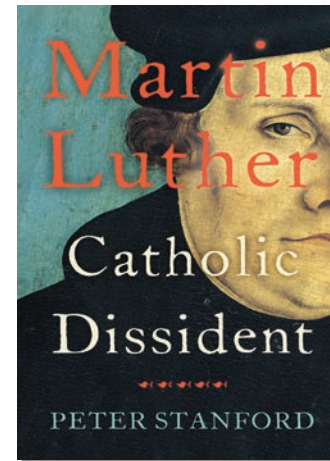
An exploration of human identity from both scientific and religious perspectives, from bestselling author and Andreas Idreos Professor of Science & Religion at Oxford University, Alister McGrath.

There is currently huge interest in the question of human nature and identity, and what the human future might look like. Who are we? Why are we here? What is our future? Are we alone? And what can religion bring, alongside biology and anthropology, to these important and exciting questions?

The Great Mystery focuses on this fascinating field of study. Alister McGrath, bestselling author and Andreas Idreos Professor of Science and Religion at Oxford University, explores the question of human nature from both scientific and religious perspectives, and weaves together the results to open up and explore some of the deepest and most important questions about who we are, why we matter, and what our future might be.

A follow-up to his critically acclaimed *Inventing the Universe*, in *The Great Mystery* Alister McGrath once again brings together science with religion to yield an enriched vision of reality, along with rigorous and thoroughly up-to-date scholarship and intellectual accessibility.

Alister McGrath is the Andreas Idreos Professor of Science and Religion at Oxford University, and Fellow of Harris Manchester College, Oxford. After initial academic work in the natural sciences, Alister turned to the study of theology and intellectual history, while also engaging in broader cultural debates about the rationality and relevance of the Christian faith. He is the author of many academic and theological works, as well as the bestselling *The Dawkins Delusion* and his acclaimed *C. S. Lewis - A Life*.



16th MARCH 2017

Hardback, 448 pages

RIGHTS SOLD IN PREVIOUS TITLE; *JUDAS*: Polish (Jagiellonian University Press); French (Librairie Artheme Fayard); Korean (Miraebook Publishing); Russian (Eksmo); Dutch (Uitgeverij De Bezige Bij) and US (Counterpoint Press)

H
HODDER &
STOUGHTON

MARTIN LUTHER: CATHOLIC DISSIDENT

PETER STANFORD

A new appraisal of theological firebrand Martin Luther, on the 500th anniversary of the religious revolution he triggered - the Protestant Reformation.

The 31st of October 2017 marks the 500th anniversary of Martin Luther pinning his 95 'Theses' - or reform proposals - to the door of his local university church in Wittenberg. Most scholars now agree that the details of this eye-catching gesture are more legend than hammer and nails, but what is certainly true is that on this day (probably in a letter to his local Archbishop in Mainz), the Augustinian Friar and theologian issued an outspokenly blunt challenge to his own Catholic Church to reform itself from within - especially over the sale of 'indulgences' - which ultimately precipitated a huge religious and political upheaval right across Europe and divided mainstream Christianity ever after.

A new, popular biography from journalist Peter Stanford, looking at Martin Luther from within his Catholic context, examining his actual aims for Catholicism as well as his enduring legacy - and where he might fit within the church today.

Peter Stanford's previous investigations into the history, theology, enduring appeal and cultural significance of religious ideas include: *Judas: The Troubling History of the Renegade Apostle*; *The Devil - A Biography*; *Heaven - A Traveller's Guide to the Undiscovered Country*; and *The She-Pope*, an investigation of the Pope Joan legend. His other books include biographies of Bronwen Astor, Lord Longford and the Poet Laureate, C Day-Lewis, plus the polemical *Catholics and Sex* that became an award-winning Channel 4 series in 1992. He is a senior features writer at the Daily and Sunday Telegraph titles, and contributes to the Independent, the Observer, the Daily Mail and the Catholic weekly, the Tablet, where he is a columnist. He has presented programmes on BBC 1, Channel 4 and Channel 5, as well as BBC Radios 2 and 4 and the BBC World Service.



20th APRIL 2017

Hardback, 256 pages



BLACK SHEEP AND PRODIGALS: AN ANTIDOTE TO BLACK AND WHITE RELIGION

DAVE TOMLINSON

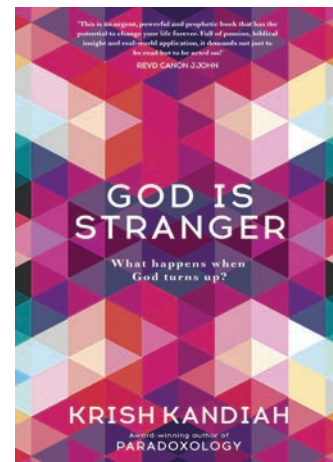
A guide to faith for doubters, sceptics and baffled believers - from the bestselling author of *How to be a bad Christian*

Black Sheep & Prodigals is aimed primarily at people who are on the edges or outside of mainstream religion - those who reject, question, or have little interest in the tenets of traditional faith.

It sets out to present a more contemporary and more humane approach to faith, drawing on honest doubt, common sense and spiritual experience.

Using no religious jargon, chapter by chapter, it opens up fresh discussion about the meaning of faith in today's world, inviting readers to arrive at their own conclusions.

[Dave Tomlinson](#) was a house church leader for many years and is now an Anglican priest. Unable to accept the narrow restrictions of his tradition, he founded the legendary Holy Joe's, a church in a pub in Clapham for disaffected church drop-outs. He is now Vicar of St Luke's, Holloway, a thriving parish church in north London. He is the author of the seminal *The Post-Evangelical*, *I Shall Not Want and Re-enchanting Christianity*, and most recently *How to Be a Bad Christian* and *The Bad Christian's Manifesto*.



13th APRIL 2017

Trade Paperback, 352 pages



GOD IS STRANGER: WHAT HAPPENS WHEN GOD TURNS UP? KRISH KANDIAH

Taking a fresh look at Bible passages he thought he knew, Krish Kandiah was struck by the fact that when God turns up, he never seems to do what people expect - and started to wonder what this might mean for the ways we expect to encounter God today.

This God seems like a stranger. The one certainty seems to be that he is not like us. Wrestling with these Bible stories, Krish uncovers the truth of a God whose very unpredictability, his challenging strangeness, is the strongest indication of his real presence.

'This is an urgent, powerful and prophetic book that has the potential to change your life forever. Full of passion, biblical insight and real-world application, it demands not just to be read but to be acted on!' *Revd Canon J. John*

[Krish Kandiah](#) is Founder and Director of the adoption and fostering charity Home for God, Chair of the Theological Advisory Panel for Tearfund and a member of the Spring Harvest leadership team.

HOME JO SWINNEY



15th JUNE 2017

Trade Paperback, 256 pages



[Jo Swinney's](#) exploration of the idea of home is a heartfelt blend of personal memoir and deep pondering on this important question that will help us all in the quest to find somewhere we belong.

Where is Home?

This question troubles many of us. We may live far from where we grew up, away from those we love or in a culture not our own. But we all need somewhere to belong, to find a sense of home in this world.

Is home where you come from - where you live now - where the people you love are - or what?

Interweaving a frank and poignant retelling of her own story with theological and psychological insights, Jo's original and authentic exploration of home in all its many and varied forms is a heartfelt call to find our home in the things that are truly of most value.

[Jo Swinney](#) is an author and speaker, the editor of *Preach* magazine, and a regular contributor to the website *Christian Today*.



5th DECEMBER 2019

Hardback, 224 pages

PRAYERS

FRANK SKINNER

Eavesdrop on Frank speaking to the biggest audience of his life - God.

This is a book of prayers, but not like one you've come across before. This is Frank Skinner at his funniest and most vulnerable - talking to God. It's an invitation to experience his faith from the inside: listen in on everyday moments and difficult questions, the poignant and the hilarious, the profound rubbing up alongside the subversive. This is what prayer is - direct from the mouth of one (very funny) man.

Frank Skinner's live career began in 1987 when he spent £400 of his last £435 booking a room at the Edinburgh Festival Fringe. Four years later in 1991 he returned to the city and beat fellow nominees Jack Dee and Eddie Izzard to take home comedy's most prestigious prize, The Perrier Award. He last toured the UK in 2014 with the extended, critically acclaimed Frank Skinner: Man in a Suit which included a sold-out return to the Edinburgh Festival Fringe. He presents on television and radio, has created three television programmes and is the author of three books; his first autobiography, Frank Skinner, was the top selling autobiography of 2002.

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