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GENERAL NON-FICTION

QUEERING THE PITCH: THE EVOLUTION OF GAY ROCK 'N' ROLL AND HOW IT CHANGED THE WORLD by Martin Aston

Popular culture | 384pp | 16pp colour and b&w picture section | Constable | February 2017 | Korea: | Japan: EAJ

The very first history of gay popular music

Popular music's gay DNA is inarguable, from Elvis in eye shadow and Little Richard's 'Tutti Frutti' to The Velvet Underground's subversive rock'n'roll and Bowie's ambisexual alien Ziggy Stardust; from disco diva Sylvester and Frankie Says 'Relax' to Frankie Knuckles; from Boy George to Morrissey's 'fourth sex'; from k.d. lang's female Elvis to Kurt Cobain in a dress, from Noughties lesbian icon Beth Ditto to Lady Gaga's 'Born This Way' manifesto. Just as much, post-war music wouldn't be the same without its equally adventurous gay movers and shakers, for example managers such as The Beatles' Brian Epstein. This story will reveal which songs have been coded messages about sexuality, and which proudly declared the truth, including examples of heterosexual songwriters and singers who chose to address same-sex issues, from Rod Stewart's 'The Killing of Georgie' – the first UK number one with a gay theme – to Suede's 'Animal Nitrates'. The narrative will unfold against a backdrop of historic social and political shifts, as LGBT rights pushed for visibility and equality, from the closet of the Fifties to the struggle and setbacks of the Sixties, the liberation of the Seventies, the mainstream invasion and AIDS crisis of the Eighties, the advances of the Nineties and the more immersed scene of the Noughties. These artists have indeed changed the world as we know it. *Queering the Pitch* is a story for a wide audience, not just the LGBT community but a broad spectrum of music lovers who are fascinated by these characters, events, stories and songs. It is also a very timely tale, given the prominence of same-sex issues such as marriage equality, alongside the retrogressive steps in places such as Russia and parts of Africa, where songs encapsulating the gay/lesbian experience mirror those of the Sixties, signifying how the journey from illegality and bigotry to freedom is still far from over.

Martin Aston is the author of the acclaimed *Facing the Other Way: The Story Of 4AD*, published in 2013 by HarperCollins. Compiled from 120 new interviews, it was voted a Book of the Year by NME, *Times Literary Supplement*, *Spin*, the *Daily Telegraph* and Rough Trade Shops.

US rights

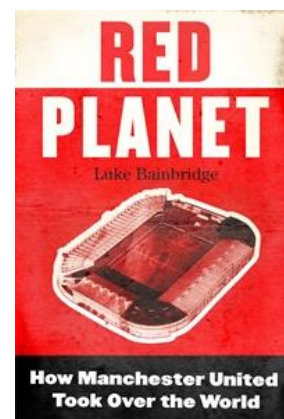
Backbeat Books

RED PLANET by Luke Bainbridge

Sport | 320pp | 16pp colour picture section | Constable | September 2016 | Korea: EYA | Japan: EAJ

A unique insight in to the global cult of Manchester United, and the myths, romance, hypocrisy, dreams, fears, money, debt, celebrity, egos, bitterness, and betrayal behind the world's biggest club

The story of Manchester United's rise to glory is one of the greatest sporting stories ever told. It's a story that has attracted romantic dreamers, idealists and purists from all corners of the Red Planet to invest their own hopes and dreams in this greatest of football clubs. But there is another great story to be told about Manchester United. The remarkable story of how this club became the most valuable sports brand in the world. It's the story of how a football club from the north of England came to dominate the world and see it as a Red Planet. The story of a club that faced bankruptcy several times in its history until it was rescued by charitable benefactors – and once, bizarrely, by a dog – but is now owned by a man who has never stepped inside Old Trafford yet bleeds millions out of the club every year. The club whose accountant was once refused money at the bank when he went to withdraw the players' weekly wages, but now pays million to its top players. It is also a story that on a human level is infused with romance and tragedy, ecstasy and bitterness, brotherhood and betrayal. A story about the battle for the soul of a football club. A battle some will fight to the death; whatever it takes to keep the red flag flying high. A battle that some, conversely, think has already been lost.



Luke Bainbridge was a founding editor of the award winning *Observer Music Monthly* and ghost-writer of Shaun Ryder's 2011 autobiography, the *Sunday Times* bestseller *Twisting My Melon*. He has been a music journalist since his late teens, becoming editor of Manchester's 'City Life' (the first magazine to cover Oasis) in his early 20s.

*** THE MICE WHO SING FOR SEX by Liana Bird and Dr Jack Lewis**

Popular science | 288pp | Line drawings | Sphere | October 2016

Answers to all the scientific questions you never knew you should have asked

Liana Bird and Dr Jack Lewis, the presenters of popular podcast *Geek Chic's Weird Science*, tackle the strange and surreal phenomena from the depths of the oceans to the limits far flung universe; the dark corners of your laundry basket to the forgotten compartments of your fridge. Packed with unusual facts and stories of the absurd each of the fascinating insights is told with the *Geek Chic* team's inimitable humour and wit. An hilarious exploration all things bizarre from the world of science, *THE MICE WHO SING FOR SEX* takes on weighty issues including heavy metal loving sharks, life-threatening skinny jeans, our impending jellyfish apocalypse and of course, the singing mice of the title.

*** MORE THAN LIFE AND DEATH by Nicholas Blincoe**

Religion and politics | 256pp | 16pp colour picture section | Constable | May 2017

The history of the Israel-Palestine conflict told through football

This is a history that begins with Jews and Arabs playing together in leagues organised first by the church and then by the British Army. Almost as soon as it begins, it's marked by splits as football begins to be used as a political tool. This is a vibrant and often shocking story filled with the driven and ferocious people who were inspired by nationalism as much as a love of football. There are many sacrifices, as brilliant teams are scattered by wars, side-lined through boycotts, and stories of players arrested, expelled, driven to hunger strikes, and beaten or shot. It is a story not simply of Jewish-Arab rivalry, but also deep and often violent animosities within both communities. And it asks: is it hopelessly romantic to think of football as a fourth field, beyond farmlands, graveyards and battlefields? Or will it always be just another space to be fought over and polluted?

Nicholas Blincoe lived in in Bethlehem for over twenty years. He is a best-selling, award-winning novelist, playwright and screenwriter. His six novels include *Manchester Slingback*, recipient of the CWA Silver Dagger, and his films include the short documentary, *Human Shield*, winner of the Columbine Award at the Moondance film Festival, and the drama feature *8 Minutes Idle*, recipient of the UK iFeatures Award. He is also the producer of two feature length documentaries on the Israel - Palestine conflict, *Jeremy Hardy vs the Israeli Army* and *Open Bethlehem*.

FUNK IS ITS OWN REWARD by Lloyd Bradley

Music | 480pp | 16pp colour picture section | Constable | October 2017 | Korea: | Japan: EAJ

The story of Funk is spectacular, silly, sexy, militant, profligate, pioneering, disciplined, improvisational, imaginative and never ever boring. A bit like the music itself

Second to Jazz, Funk is black America's most significant and recognizable cultural invention. It remains hugely popular in the UK and Europe, Australia and Japan. Like Jamaica's reggae it put a people's freedom of expression squarely into popular culture. Like reggae it accelerated an internally driven cultural modernization. Like reggae it is inseparable from the environment and socio-political situations it from which came. And like reggae, Funk deserves to be explored, contextualized and celebrated in its own big book. *FUNK IS ITS OWN REWARD* will be *Bass Culture* for black music of the 1970s, telling its stories, its triumphs and excesses as an adventure in music and attitude. Like *Easy Riders*, *Raging Bulls*, it will be an intimate portrait of a moment in time that changed things forever.

Lloyd Bradley is the author of *Sounds Like London: 100 Years of Black Music in the Capital*, which was published last year to wide acclaim. It was a Radio 4 Book of the Week and a Financial Times, NME and Daily Telegraph Music Book of the Year. *Bass Culture* publishers: French (Editions Allia); German (Hannibal); Italy (Shake Edizioni); Japan (Shinko); Spain (Machado); US (Grove Atlantic).

CHRIST'S SAMURAI: THE TRUE STORY OF THE SHIMABARA REBELLION by Jonathan Clements

History | 288pp | Robinson | April 2016

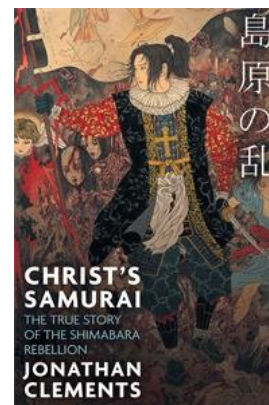
The true story of the seventeenth-century Shimabara rebellion in Japan and its brutal suppression

The Shimbara Rebellion is well documented in Japanese sources but largely unexamined by popular historians. It pits samurai traditionalists against peasant revolutionaries who believed in a Kingdom of Heaven, led by a child whom they believed to be the new messiah. CHRIST'S SAMURAI is the story of the awful cataclysm that led to tens of thousands of Japanese being killed in an attempt to purge the Christian religion from Japan. It ends with the story of the Hidden Christians, who are also the subject of *Silence*.

Jonathan Clements is the author of many books on East Asian history, including biographies of Empress Wu, Admiral Togo, the statesman Prince Saionji and Coxinga, the Japanese-born 'pirate king'. The story should find a wider audience as it proceeds the events of Scorsese's forthcoming film *Silence*, starring Liam Neeson and Andrew Garfield, due for release in 2016.

Polish rights

Rafael Halina



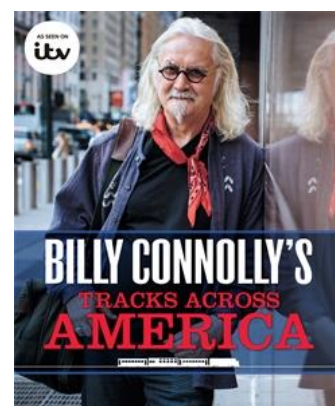
BILLY CONNOLLY'S TRACKS ACROSS AMERICA by Billy Connolly

TV Tie-in | 288pp | Integrated colour pictures | Sphere | March 2016

Billy Connolly heads off on another epic American adventure - an 8,000 mile rail journey through 28 states to the four corners of the country

In 2011, we published BILLY CONNOLLY'S ROUTE 66 - the story of the legendary Scottish comedian's journey along the most famous road in America. The book (which tied-in to an ITV series), performed really well - clearly, armchair travelling with Billy Connolly as your guide is an appealing prospect to many readers. In the years that have passed since the previous book, Billy has had more than his share of challenges - in 2013 he was diagnosed with prostate cancer (he's now been given the all-clear); on the same day he was diagnosed with the early stages of Parkinson's disease. But being a determined 72 year-old, Billy won't stop the illness (which has already robbed him of the ability to play his beloved banjo) put him off one more exploration of the country he knows and loves so well.

Billy Connolly is a world-renowned, award-winning comedian, musician, presenter, author and actor. The ITV series is being produced by 7 Wonder. Option publishers: Czech (Bodyart Press).

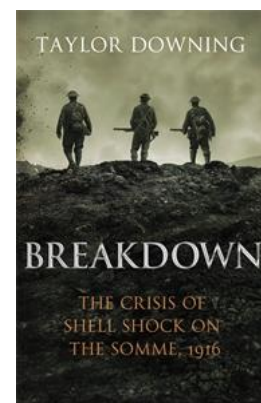


BREAKDOWN: SHELL SHOCK ON THE SOMME by Taylor Downing

History | 416pp | 8pp b&w picture section | Little, Brown | April 2016

One hundred years on from the Battle of the Somme, BREAKDOWN tells the unusual and little-known story of shell shock in one of the bloodiest battles ever fought by the British army

By the beginning of August 1916, nearly 200,000 British soldiers had already been killed or wounded during the first month of fighting along the Somme. The chief of staff of the 4th Army called all his divisional commanders together to 'comment on recent operations'. The high command of the British Army was starting to panic. An increasingly large number of men seemed to have lost the will to fight. Entire battalions had to be withdrawn from the Front. Much of this was down to what was loosely described as 'shell shock', what today would be called battle trauma. The commanders who came together in early August came up with a range of explanations as to what was going wrong. But they were united in one thing. Strict discipline had to be maintained. A hard line had to be taken. Officers and doctors who were soft on 'shell shock' were themselves to be discouraged and to be dealt with severely. Commanders had to take a stand to prevent shell shock, as one general put it, from 'becoming contagious'. BREAKDOWN tells the story of some of these instances when men refused to fight. Option publishers: Dutch (BBNC).



A BODY OF BECKETT by Lisa Dwan

Theatre | 224pp | Virago | January 2017 | Korea: KCC | Japan:

A book about Samuel Beckett and the unique demands his plays make on actors, by the actor who performed three of his most challenging plays, *Not I*, *Footfalls* and *Rockaby*, at the Royal Court and Southbank Centre.

*** 10 THINGS WE'VE LEARNED ABOUT SPACE by Rhodri Evans**

Popular Science | 288pp | b&w line drawings | Robinson | May 2017

An illustrated guide to the developments in Space knowledge

The new book from popular science writer, Rhodri Evans, examines what we have learnt about space in recent decades. From Mars missions to chasing comets, the ISS to Pluto - everything is covered. Evans co-wrote *TEN PHYSICISTS* with Brian Clegg, which was published in 2015. The title looked at the intriguing lives and key works of the ten physicists who most profoundly transformed our understanding of the physical world in which we live. Option publishers: Italian (Newton Compton), Korean (Greenknowledge), US (Running Press).

HOW TO CATCH BIG PIKE by Paul Gustafson

Fishing | 336pp | Diagrams and colour pictures | Robinson | June 2016

An inspirational and illustrated guide to catching specimen pike in rivers, lochs and lakes from an author who has caught more than his fair share

This is a new, updated version and the third edition of a book originally published in 1997 (*HOW TO CATCH BIGGER PIKE*) and most notably contains recent and hitherto unpublished developments in the science of how pike sense their prey. It includes the latest developments in tackle and lures; new chapters - including one on pike fishing in Ireland; and covers every known method of catching pike in the UK, Ireland, Europe and America. Paintings and drawings by the late, world renowned, fish artist John Searle join photos on specimens, tackle and waters to make this the book on pike fishing - second to none as the world's leading fish historian, Fred Buller OBE, writes in his foreword. Fred Buller also contributes a new chapter on locating world record pike.

HOW TO CATCH BIG PIKE

All the insight and technique you need to
catch bigger pike, whatever the location

PAUL GUSTAFSON



In thirty-five years of pike fishing, author Paul Gustafson has landed close to one hundred pike of 20lb and over, from fishing in Britain and across Europe. He is angling consultant for fishing tackle giants Abu Garcia and previously the American firm Berkely. He is the author and producer of two successful videos on pike fishing. An occasional columnist for four major angling magazines, Gustafson appears regularly on Sky TV. He is joined by contributing angling writers and pike fishermen Fred Buller, Al Rawlings, Pete Climo, Gord Burton, Mick Willis, Bob Church, and by photographer Greg Meenahan.

*** FAST TIMES AND EXCELLENT ADVENTURES by James King**

Film | 352pp | Constable | August 2017

FAST TIMES & EXCELLENT ADVENTURES is an inside look at how the movie world got to that position... and what it did with the power. It's the story of a genre that's more than just the easy nostalgia it threatens to have become. It's a snapshot of an era - mid-Seventies through early Nineties - and the passionate directors, visionary producers and hungry teenage megastars that filled it.

James King is a film critic who presents *The Movie Show* on ITV2 and also appears regularly on ITV London Tonight on Friday evenings and on Sky News as the channel's film critic. After obtaining his BA at Warwick, King went on to obtain a Post Graduate Diploma in Broadcast Journalism from University College Falmouth and a MA in Film & Television studies from the University Of Westminster.

THE ALIENS ARE COMING! by Ben Miller

Science | 304pp | Sphere | February 2016 | Korea: Duran Kim | Japan: EAJ

Discover the fascinating and cutting-edge science behind the greatest question of all: is there life beyond Earth? The brand-new book from bestselling science writer and comedian Ben Miller

We, the people of Earth, are closer than ever to making contact with Aliens. But what are we going to say when they pick up the phone? That may seem like a fanciful question, but thanks to recent advances in science it is becoming a pressing one. We now know that bacteria made an appearance very soon after the Earth formed, implying that living things are common in the Galaxy. The new Kepler Space Telescope has shown us that there are many Earth-like planets orbiting the stars around us, giving that life many potential places to evolve and grow. And our technology is rapidly improving to the point where – if alien civilisations exist – we will be able to detect them, and maybe even have a chat. In this book Ben Miller charts his attempt to become the Earth's very own 'Alien Ambassador', attached to the UN, with a clear vision of how to manage alien affairs. He tours Russia, China, and the US to see the latest space programs and learn as much as he can about the history of alien communication, from the devastation of the Plains Indians at the hands of the Frontiersmen, to the latest advances in the Search For Extra-Terrestrial Intelligence or *SETI*.



Ben Miller is the author of *IT'S NOT ROCKET SCIENCE* (Sphere 2012). He is an actor, comedian and approximately one half of Armstrong & Miller. He's presented a BBC Horizon documentary on temperature and a Radio 4 series about the history of particle physics, and wrote a regular science column in The Times. Option publishers: Bulgarian (Art Eternal), Chinese simplified (Beijing Zito Books), Chinese complex (Commonwealth Publishing Co.), Polish (Carta Blanca), Spanish (Alianza), Turkish (NTV Yayinlari).

German rights

Penguin Verlag

US rights

The Experiment

IN MY OWN TIME by Jane Miller

Autobiography | 320pp | Virago | June 2016

An illuminating collection of monthly columns written over the years by Jane Miller for an American magazine

For the past four years Jane Miller, author of *CRAZY AGE: THOUGHTS ON BEING OLD*, has been writing a column for an American magazine called *In These Times*. Her beautifully observed pieces about life, politics and Britain open a window to her American readers of a world very different from their own. Miller lives in London, and has never met anyone connected to the magazine; all the time she has been contributing pieces, she and her editor at *In These Times* have kept up a lively email correspondence, and – having explored the Chicago street in which they work on Google Street View – she imagines her editor and his young assistants bicycling efficiently along the wide road, braced for a day's fact-checking, assembling the magazine and then 'putting it to bed'. *IN MY OWN TIME* is a celebration of the new connections possible in the modern world, and a collection of small windows on these last four years, at home and abroad. Through her emails across the Atlantic – warm and thoughtful, witty and sharp – Miller gives us an *84 Charing Cross Road* for the twenty-first century.



Jane Miller first worked in publishing, then as an English teacher and finally at the London University Institute of Education. She retired as Professor Emeritus in 1998. Option publishers: German (Hoffmann und Campe), Hebrew (Keter), Swedish (Ordfront).

*** THE MAMMOTH FOOTBALL QUIZ BOOK**

Trivia and sport | 336pp | Robinson | November 2016

A very substantial football quiz book, covering both international football and the Premiership

A bumper, 336-page Mammoth Football Quiz Book including questions on both the World Cup and the Premiership. The Premier League has been going for over twenty years – and before it the football league already had over a century of history. Here is an opportunity to test your knowledge of those last twenty years – and we may throw in a few history questions for granddad to answer. Pages of quizzes of varying difficulty and subject matter covering the games that mattered, the personalities, the controversies, the goals and the glory. World Cup questions, rather than being, as originally proposed, focused on England's achievements and failures should be truly international. As well as attracting players from all over the world, the Premiership is followed by millions of fans in just about every country in the world.

Nick Holt has over twenty books in print. He is the author, with Guy Lloyd of *Football: The Beautiful Game*, which has sold over 100,000 copies across all editions, including Dutch, Italian, French and Portuguese. More recently he wrote *THE MAMMOTH BOOK OF THE WORLD CUP* covering every World Cup from 1930 to 2014. He has written numerous quiz books including *Quiz Master*, for Harper Collins, which has sold over 35,000 copies, and *THE MAMMOTH QUIZ BOOK*.

THE MAMMOTH BOOK OF LOGICAL BRAIN GAMES: A puzzle a day for a year – Hanjie, Futoshiki, Slitherlink and many more by Dr Gareth Moore

Puzzles and quizzes | 528pp | Robinson | February 2016 | Korea: EYA | Japan: TMA

A book of puzzles for everyone, with rules as easy as Sudoku – or simpler!

The ultimate compilation of line- and loop-drawing logical puzzle mazes, covering a wide range of types. It has everything from twists on the classic maze through to variants on the multimillion-download app 'Flow Free' (also known as 'Number Link'), and a range of Japanese-influenced puzzles such as Slitherlink, Hanjie and Futoshiki. Fun and addictive, these labyrinthine puzzles offer a fantastic mental workout. Each one is presented in a range of sizes, difficulties and with variations in the solving rules, making this the definitive collection of logical puzzle mazes.

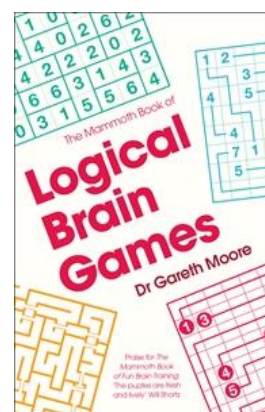
Dr Gareth Moore is the author of over 30 brain-training and puzzle books, including *THE MAMMOTH BOOK OF FUN BRAIN TRAINING*, *THE MAMMOTH BOOK OF NEW SUDOKU* and *THE MAMMOTH BOOK OF BRAIN GAMES*. He gained his PhD at the University of Cambridge in the field of machine intelligence.

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*** THE MINDFULNESS PUZZLE BOOK by Dr Gareth Moore**

Puzzles and quizzes | 192pp | Robinson | August 2016 | Japan: TMA

A collection of restful puzzles and brain-training activities, designed to relieve stress and inspire creativity

Puzzle-solving is a favourite relaxation technique for many, and this book features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to carry on with your daily life. Puzzles include a wide selection of standard puzzle types, avoiding the stress of the new, but without the boredom of over-repetition. The book also includes adult versions of relaxing kids' activities, such as dot-to-dots, mazes and even colouring and spot-the-difference puzzles.

A LITTLE BOOK OF LATIN FOR GARDENERS by Peter Parker

Gardening | 176pp | Little, Brown | October 2017

Few people these days would regard not knowing Latin as any sort of deprivation. Latin does, however, still live and have one very particular function, used by millions of people with no Classical education at all. It remains the *lingua franca* of the international gardening community. The internationally recognized binomial system, which names plants by both genus and species, was introduced by the Swedish botanist Carl Linnaeus his *Species plantarum* of 1753, and it has largely stuck. This helps us differentiate between different species within a genus, between the English holly, *Ilex aquifolium*, and the Japanese holly, *Ilex crenata*. More than that, this system often gives us identifying characteristics: *aquifolium* meaning that it has hooked (*aqui*, from the Latin *aquila* = eagle, referring to the bird's hooked beak) leaves (*folium*, the Latin for leaf); *crenata* meaning that the leaves are scalloped (from the Latin *crena* = notch). A LITTLE BOOK OF LATIN includes chapters about the history of the naming of plants as well as particular aspects of that naming, such as Colour, Smell, Taste, Touch, Geographical Origin, Flower-shape and Leaf-shape. Peter Parker is widely acclaimed biographer of Isherwood and Harry Patch.

*** THE REAL ME by Vicky Pattison**

Fitness | 224pp | Sphere | July 2016

A brand-new, fully illustrated peek into the wonderful world of Vicky Pattison, including recipes, exercise plans and all Vicky's top fashion and beauty tips

Vicky Pattison knows that achieving your goals takes hard work, determination, a sense of humour... and a killer outfit. Now, for the first time, the reigning Queen of the Jungle will share all her insider secrets: how to dress for success, how to eat right and keep healthy on the go and how to stay true to yourself when the going gets tough. But Vicky wouldn't be Vicky if she didn't also know how to let her hair down. With top tips on recreating her signature glamorous style and wicked advice on curing both a broken heart and a hangover, *The Real Me* is essential, entertaining reading for women who aren't afraid to want it all. *THE REAL ME* will be a beautiful full-colour guide to all things Vicky Pattison, packed with gorgeous original photography and including step-by-step make-up tutorials and style tips, bespoke exercise plans, Pattison's own healthy recipes, inspirational advice, hilarious stories and - of course - plenty of trademark Vicky Pattison one-liners.

Vicky Pattison's autobiography, *Nothing but the Truth*, was a Number One *Sunday Times* bestseller in hardback and remained in the Top Ten for seven weeks. Pattison's first novel, *All that Glitters*, received rave reviews from her fans who fell in love with the witty one-liners and snappy comebacks Pattison is renowned for. She also has her own clothing range, jewellery collection and weekly column in *New* magazine. She is one of the original *Geordie Shore* cast and appeared in nine series of the hit MTV show, and is now the star of her own MTV show, *Judge Geordie*. In 2015, Pattison won the nation's hearts and was crowned Queen of the Jungle in *I'm a Celebrity* . . . *Get Me Out of Here*.

*** TAUT LINES by Cameron Pierce**

Fishing | 336pp | Robinson | August 2016

A wonderful anthology of true fishing stories

Since the earliest writings of civilization, people have been writing about fish and the pursuit of them. *Taut Lines* is a book of the present with regular forays into the past, reflecting not on where we're going, but where we've come from. As all anglers know, the fish themselves are only half of fishing. Finding peace, spirituality, or a sense of belonging in nature; the meditative tranquillity that settles into the mind and body as you cast into the waters for hours on end; the companionship or, alternately, the solitude: these are some of the things that hook anglers as much as the fish. They are all explored in this book.

Cameron Pierce is the Wonderland Book Award-winning author of fifteen books, including the critically acclaimed collections *The Incoming Tide* and *Our Love Will Go the Way of the Salmon*. In 2015, he was the Mellon writer-in-residence at Rhodes University in Grahamstown, South Africa. His work has appeared in *Gray's Sporting Journal*, *Flyfishing & Tying Journal*, *The Barcelona Review*, Vol. I *Brooklyn*, *The Big Click* and many other publications.



*** I WAS THE SHADOW OF THE WAXWING by Alex Preston and illustrations**

by Neil Gower

Wildlife | 192pp | Fully illustrated | Corsair | May 2017

Encounters with birds in poetry and prose

When Alex Preston was fifteen, he stopped being a birdwatcher. Adolescence and the scorn of his peers made him put away his binoculars, leave behind the hides and the nature reserves and the quiet companionship of his fellow birders. His love of birds didn't disappear though. Rather, it went underground, and he began birdwatching in the books that he read, creating his own personal anthology of nature writing that brought the birds of his childhood back to brilliant life. Looking for moments "when heart and bird are one," Preston weaves the very best writing about birds into a personal and eccentric narrative that is as much about the joy of reading and writing as it is about the thrill of wild life. Moving from the "high requiem" of Keats's nightingale to the crow-strewn sky at the end of Alan Garner's *The Weirdstone of Brisingamen*, from Ted Hughes's brooding 'Hawk in the Rain' to the giddy anthropomorphism of *Jonathan Livingstone Seagull*, this is a book that will make you look at birds, at the world, in a newer, richer light. Beautifully illustrated and illuminated by the celebrated artist Neil Gower, *I WAS THE SHADOW OF THE WAXWING* is a book to love and to hold, to return to again and again, to marvel at the way that authors across the centuries have captured the endless grace and variety of birds.



METROPOLIS by Mike Rapport

History | 352pp | 16pp b&w picture section | Abacus | January 2017 | Korea: Duran Kim | Japan: EAJ

A brilliant historical narrative of London, Paris and New York in the Age of Revolution, just as they were transforming into the great global cities we know them to be today

London, Paris and New York in the eighteenth century, as today, were places where political authority, commerce and money, art and intellectual life intersected. They straddled an Atlantic world where ships powered by nothing more than wind, currents and human muscle criss-crossed the sea, carrying with them goods, ideas and above all people: men and women, bewigged aristocrats and lawyers, articulate, rough-handed craftworkers, quill-wielding bluestockings and doughty fishwives. But the cities were also home to dangerous criminals, corrupt politicians – and slaves. *METROPOLIS* explores the stormy debate about the nature of cities in the eighteenth and nineteenth centuries: were they places of enlightenment, sparkling wells of progress and civilisation, or were they dens of vice, degeneracy and disorder? Against a backdrop of accelerating urban expansion and revolution in both Europe and North America, writers, artists, moralists, magistrates, reformers and revolutionaries expended ink, paint, breath and, sometimes, blood in their struggle to understand, control and master the city.

Mike Rapport was born in New York, educated in Dorset and the universities of Edinburgh and Bristol. He is currently a Reader in Modern European History at the University of Glasgow. Option publishers: Danish (Rosenkilde), German (Theiss), Italian (Giuseppe Laterza).

US rights

Basic Books

APPETITE FOR DESTRUCTION by Paul Rees

Music | 448pp | 16pp colour picture section | Constable | March 2017

From Fleetwood Mac to Guns N' Roses - California's Last Great Decade of Decadence

APPETITE FOR DESTRUCTION tells the story of Sunset Strip through its most glorious years and the musical explosion it detonated. The third classic age of Californian rock was shameless, outrageous, hedonistic and entirely celebratory. Just as Brian Wilson of the Beach Boys created the sense of Los Angeles as a sun-dappled surfers' paradise, so key acts such as Van Halen, Motley Crue and Guns N' Roses packaged up and sold the sense of Sunset Strip being impossibly glamorous and aspirational: a cartoon fun-fair bathed in hot sun, shaded by palm trees and where one could cavort with bleached-blond beauties around kidney-shaped swimming pools. They also conveyed the suggestion of the Strip being a place humming with decadence and danger – the sniff of cocaine and the promise of exotic thrills when the sun set and the Strip was basked in neon. These acts were irrevocably associated with the West Hollywood artery: in tandem with a look, they also gave Sunset Strip an instantly identifiable sound.

Paul Rees has been a professional music journalist and writer since 1991, and has edited both *Kerrang!* and *Q*. He has written two previous books: *Robert Plant: A Life*, (published in the UK and US by HarperCollins), and *The Three Degrees: the Men Who Changed Football Forever*, the story of three trailblazing black footballers in 1970s Britain, published by Constable in 2014.

*** THE IMPOSSIBLE ZOO by Leo Ruickbie**

Folklore and myths | 480pp | Integrated b&w illustrations | Robinson | September 2016

An encyclopedia of fabulous beasts, mythical monsters and cryptozoological mysteries

From mermaids to sea serpents, unicorns to griffins and Bigfoot to the Loch Ness Monster, our world has always been full of fabulous beasts, fantastical creatures and mysterious monsters. THE IMPOSSIBLE ZOO holds their secrets. From the Abominable Snowman to the Japanese Zuiyo-Maru Monster, it casts its net wide to include monsters from legend, folklore and travellers' tales across all cultures throughout history to create a truly fantastic encyclopedia. Drawing on the latest research in mythology, folklore and cryptozoology, this book will be at home on the Christmas list, just as much as it will on the curriculum of 'monster studies'. Leo Ruickbie has been investigating, writing about and sometimes experiencing the darker side of life - from haunted houses to Black Masses - for most of his professional career. What began as a philosophical discussion on re-enchantment (MA with distinction, Lancaster University) led to his being awarded a PhD from King's College, London, for his research into contemporary witchcraft and magic. In recognition of his studies he is also an Associate of King's College and the winner of the first Tinniswood Prize.



*** WE WANT MORE THAN THIS by Andrew Simms**

Society | 320pp | Little, Brown | May 2017 | Korea: Duran Kim | Japan:

Why don't we aim for the best society we can, no matter how far-fetched it might currently seem?

Imagine, two hundred years ago, saying you wanted to live in a country where all children could go to school and not work in factories, where slavery was abolished, women had the vote, where there was a health service for everyone and you got the weekend off. They would have called you crazy. It has been said by great modern minds that it is easier to envision the end of the world than it is the end of the current economic system. But what if we've been overlooking the saplings of a better system already growing up around us? In the four hundredth anniversary of Thomas More's Utopia, Andrew Simms examines the evidence of the best that the world has had to offer society so far, and imagines a place in which these better ways have become the norm.

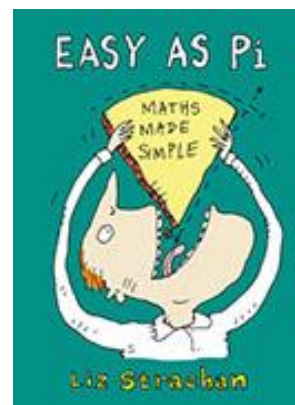
Andrew Simms is a Fellow of NEF (the New Economics Foundation) and a board member of Greenpeace UK, trained at the London School of Economics and was described by New Scientist magazine as, 'a master at joined-up progressive thinking.' Simms is the author of several books including the bestselling TESCOPLY and CANCEL THE APOCALYPSE. Option publishers: Bertrand (Portugal), Kniha Zlin (Czech Republic).

EASY AS PI: MATHS WITHOUT FEAR by Liz Strachan

Popular Mathematics | 256pp | Constable | September 2016 | Korea: EYA | Japan: TMA

Maths without fear. Quirily illustrated by Steven Appleby, a small-format hardback, giving brief, readily understandable and amusing accounts of discrete mathematical topics

If you're brilliant at everything else, but lack confidence when it comes to maths, join Liz Strachan, a maths teacher with many, many years of experience, on this magical tour through the seeming mysteries of numbers, algebra and geometry. In the same inimitable, entertaining way she did in her previous bestselling books, A SLICE OF PI and NUMBERS ARE FOREVER, Liz will take readers from number-phobics to mathematical know-it-alls in no time at all. Peppered with absolutely terrible maths jokes and quirily illustrated by Steven Appleby, this light-hearted but informative book will appeal to anyone with an enquiring mind.



Liz Strachan taught mathematics for thirty-six years in her home town of Montrose, Scotland. She has had over a hundred articles and short stories published and won a scholarship from the Scottish Association of Writers in 2008.

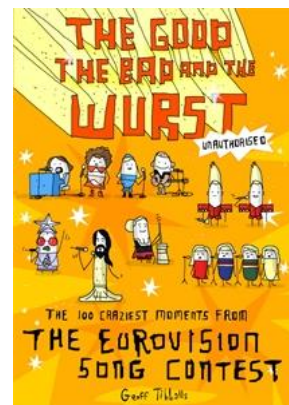
THE GOOD, THE BAD AND THE WURST by Geoff Tibballs

Humour | 224pp | Robinson | April 2016 | Korea: | Japan:

Sixty extraordinary years of Eurovision, from Celine Dion to Dustin the Turkey, from Abba to Conchita Wurst - the drag acts, the bad acts and all the nul points heroes

For sixty years the Eurovision Song Contest has existed in a parallel universe where a song about the construction of a hydro-electric power station is considered cutting-edge pop, where half a dozen warbling Russian grannies are considered Saturday night entertainment, where a tune repeating the word 'la' 138 times is considered a winner, and where Australia is considered part of Europe. Eurovision beguiles and bemuses 200 million viewers globally each year. This book captures some of that magic in a suitably light-hearted fashion.

Geoff Tibballs has worked as a journalist and press officer, but is now a full-time writer and editor. He lists his hobbies as sport, eating, drinking, and avoiding housework, and lives in Nottingham with his wife and daughters. He is the author of a number of bestselling books, including THE MAMMOTH BOOK OF JOKES and CRAZY SH*T OLD PEOPLE SAY.



THE WORLD'S 100 WEIRDEST MUSEUMS by Geoff Tibballs

Museums & history | 224pp | Robinson | October 2016 | Korea: | Japan: EAJ

Encompasses such delights as The Museum of Witchcraft in Cornwall, The Museum of Bad Art in Massachusetts and the French Fry Museum in Bruges

When we think of the world's great museums, we tend to think of the Louvre, the Guggenheim or the Victoria and Albert. We do not immediately think of the Dog Collar Museum, the Kansas Barbed Wire Museum, the Museum of Broken Relationships or Barney Smith's Toilet Seat Art Museum. Yet scattered across the globe are museums dedicated to every conceivable subject, from bananas to Bigfoot, lawnmowers to leprechauns, teapots to tapeworms, mustard to moist towelettes, and pencils to penises. This book lists the world's 100 weirdest museums in order of quirkiness, encompassing such delights as The Museum of Witchcraft in Cornwall, a museum in Kentucky that houses 800 ventriloquists' dolls, the Museum of Bad Art in Massachusetts, the Paris Sewer Museum, the French Fry Museum in Bruges, the Museum of Contraception and Abortion in Vienna and the Salt and Pepper Shaker Museum in Tennessee. Each entry includes the address, contact and admission details, so the next time you are in Berlin there is no excuse for missing out on a visit to the Currywurst Museum, the world's leading museum dedicated to sausages in hot ketchup.

*** 100 PLANTS THAT WON'T DIE IN YOUR GARDEN by Geoff Tibballs**

Gardening | 208pp | Robinson | March 2017

A serious gardening book offering useful advice to amateur gardeners, particularly those who are cost-conscious, in a friendly, light-hearted way

This book cuts through the horticultural sales pitches by listing one-hundred plants which, for little care beyond the essential watering at planting time, can reliably be expected to thrive in just about any garden. These plants are all but indestructible – pests give them a wide berth, they will prosper in any reasonable garden soil and will withstand anything that the UK climate throws at them. Divided into sections for shrubs, conifers, climbers, perennials, grasses, annuals, alpine and bulbs and with each entry having a Value For Money (VFM) rating out of ten, this easy-to-use guide will prove invaluable not only for the new gardener but also for old hands who are fed up with wasting time and money on plants that all too rapidly lose the will to live. With these suggestions, you can be assured of year-round colour and interest in your garden for the minimum of effort.

*** TEN THINGS VIDEO GAMES CAN TEACH US by Jordan Erica Webber and Daniel Griliopolis**

Popular philosophy | 288pp | Robinson | August 2017

An introduction to some basic but important philosophical ideas through the lens of video games

Philosophical discussion often uses thought experiments (like Schrödinger's Cat) to consider ideas that we can't test in real life because of practical or ethical limitations and media like books, films, and games can make these thought experiments far more accessible to a non-academic audience – the interactive nature of games makes them the most effective format, ideal social scientific petri dishes, in other words. Each chapter will focus on one philosophical topic and one popular video game with references to others, with quotes from game developers and philosophers integrated into the text.

Dan Griliopoulos is a freelance writer and photographer specialising in video games. His work has been published in media including *The New Statesman*, the *Mail on Sunday* and the *Guardian*, as well as many gaming publications. He has a degree in Politics, Philosophy and Economics from the University of Oxford and lifelong love of classical philosophy. Jordan Erica Webber is a freelance writer who specialises in video games, with work published in newspapers like the *Guardian*, magazines like *PC Gamer*, and popular gaming blogs like *Kotaku UK*. She has a first-class degree in Philosophy with Psychology from the University of Warwick.

*** TEN WOMEN WHO CHANGED SCIENCE FOREVER by Catherine Whitlock and Rhodri Evans**

Science | 288pp | Robinson | February 2017

A focus on ten women scientists, many of them under-acknowledged who have had significant impacts in various fields

Rhodri Evans, who co-authored *TEN PHYSICISTS WHO TRANSFORMED REALITY* with Brian Clegg, has worked with Catherine Whitlock to compile the following list of ten key women scientists, which forms the core of the book. Whitlock specialises in life sciences so complements Evans's background in physics and astrophysics. The list includes a good mix of nationalities and such a book would be timely given the recent #distractinglysexy controversy, an issue likely to continue to resurface in various ways for another century or so. All of these women have, in their various ways, overcome many obstacles to achieve what they have done, obstacles that men did not have to face, a point that will be made in the book, though not overdone. The women in the book are: Henrietta Leavitt, Cecilia Payne-Gaposchkin, Lise Meitner, Chien-Shiung Wu, Marie Curie, Dorothy Crowfoot Hodgkin, Virginia Apgar, Gertrude Elion, Rita Levi-Montalcini and Hilde Mangold.

BUSINESS & MANAGEMENT

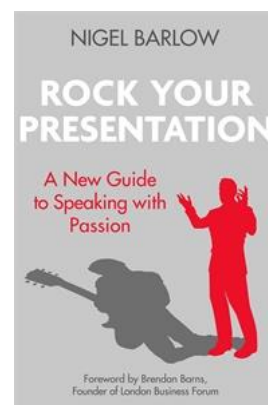
ROCK YOUR PRESENTATION: A NEW GUIDE TO SPEAKING WITH PASSION by Nigel Barlow

Business | 256pp | Piatkus | April 2016 | Korea: EYA | Japan: EAJ

A public speaking guide to help you deliver better, more interesting pitches and presentations and awaken the rock star inside

Nearly all of us have to pitch or present our ideas, whether in a formal setting to a hundred jaded sales people, in a lecture theatre or classroom, putting over our thoughts to a team of four colleagues, or even selling a concept one-on-one to our boss. In all these situations we can choose between delivering a message that sounds like muzak, or one that wakes the listener up. In short, a presentation that 'rocks up' the content. Most presentations and pitches could benefit from being 'rocked up' – becoming more dynamic and memorable, in way that arouse the passion of the audience. By applying the ideas in ROCK IT UP the reader will be able to deliver much better, livelier and emotionally engaging talks which leave their audience with the kind of high you get from being in a crowd at a great concert.

Nigel Barlow has made a successful living for several decades giving thousands of speeches to many of the world's most famous companies: Apple, Danone, GSK, Microsoft, Hewlett Packard and Vodafone are typical clients. He was a founding director of the Tom Peters company in Europe, and currently runs his own company. Until recently he was also an Associate Fellow at Oxford University's Saïd Business School.



*** THE MILLION DOLLAR BLOG by Natasha Courtenay Smith**

Business | 288pp | Piatkus | September 2016

A step by step guide to making money and creating a career from your blog

Blogging has become the 'it' career of the modern world, but it's actually never been tougher to be a real standout success in the digital storytelling landscape. Blogging today requires creativity, strategy, confidence, determination, consistency, great ideas and determination. The best bloggers think big and are as strategic and persistent as big brands and global organisations. THE MILLION DOLLAR BLOG will be the first book to look at the blogging industry as it matures for 2016 and beyond. With tips from the authors of the world's most respected and financially successful blogs on fashion, music, film and lifestyle, as well as from leading content marketing agencies, THE MILLION DOLLAR BLOG will offer expert advice on starting and growing a blog and turning it into a business.

Natasha Courtenay-Smith is a highly-regarded media entrepreneur, digital strategist and publicist to celebrities, bloggers and high profile individuals. Her clients include Jeremy Vine, Cerys Matthews, Citizen Khan star Adil Ray, The Zita West fertility clinic, Instagram star Lizzie King, Dr Jane McCartney and The Good Life Experience festival.

*** MANAGEMENT STARTS WITH YOU by Alan Hester**

Business and Management | 192pp | Robinson | March 2017 | Korea: EYA | Japan: TMA

This book is for the newly promoted manager, or those already in management who are questioning their performance in the role and looking for guidance and insight

The book assumes that most of us do not naturally understand how to behave as managers but are able to learn and deliver if the right frame of mind is adopted. The key is to learn how to manage oneself, including learning how to identify the effects of fear on one's own behaviour.

Alan Hester is in front of the target market on almost a daily basis through his talks and seminars delivered via Alan Hester Associates Ltd. AHA's management training is accredited by the Institute of Leadership and Management (ILM) and the Business and Technology Education Council (BTEC).

SIMPLIFY by Richard Koch and Greg Lockwood

Business | 336pp | Piatkus | April 2016 | Korea: KCC | Japan: EAJ

The author of THE 80-20 MANAGER teaches how ordinary individuals can use the principle of simplifying to create new businesses

For the past forty years Richard Koch has wanted to uncover the simple, elemental, elegant and parsimonious principles that are needed to create great new businesses. To qualify, a principle must be so overwhelmingly powerful that anyone can reliably use it towards extraordinary results. Is there any principle that can tell you how to do that consistently and with a high chance of success? Working with venture capitalist Greg Lockwood, his co-author on SUPERCONNECT, and supported by research from the elite firm of OC&C Strategy Consultants, Koch has the answer. The principle Koch and Lockwood have discovered behind extraordinarily successful businesses is simplifying.

Some simplify on price - take Ryanair's budget flights which still take you from A to B, but so cheaply that nearly everyone can afford them, multiplying the size of their market - and some simplify on proposition, such as Apple's decision to cut down on the number of their product lines and focus on perfecting only a few devices. With case studies of famous companies in all different industries from finance to fast food, the authors show how anyone can analyse their business's potential to become a simplifier, and which route they should take to maximise the impact.

Richard Koch is the bestselling author of THE 80/20 MANAGER. He is also a highly successful entrepreneur and investor, whose ventures have included Filofax, Plymouth Gin, Belgo and Betfair. He was formerly a partner of Bain & Company and co-founder of LEK Consulting. Option publishers: Chinese complex (CommonWealth Magazine), Chinese simplified (Beijing Huazhang Graphics and Information Co.), Czech (Management Press), German (Campus), Hebrew (Opus), Japanese (Hankyu Communications), Latvian (Jumava), Portuguese Brazil (Objetiva), Portuguese (Vogia & Companhia), Romanian (Act Si Politon), Russian (Eksmo), Spanish (Prisa), Swedish (Kontentan), Vietnamese (Thai Ha Books).

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From the author of *The 80/20 Manager*

RICHARD KOCH
& GREG LOCKWOOD



How the Best Businesses
in the World Succeed – And How
You Can Too

HISTORY

*** THE CURIOUS HISTORY OF DATING by Nichi Hodgson**

Humour and history | Robinson | 288pp | January 2017

From Jane Austen to Tinder

A book for anyone who's ever dated or been wooed, successfully or otherwise – the young and lovestruck, the single and lovelorn, the older, the simply curious. This brief, light-hearted, but nevertheless informative history of dating covers pretty much everything from the rules of Regency courtship, including the advent of personal ads, to swiping right. Let this book take you from the not-so-prudish Victorians, through the sexual freedom of the flappers to the playful chatrooms of the 90s and, finally, into the age of Grindr and Tinder as you explore the curious history of courtship. Nichi Hodgson is a thirty-something London journalist, broadcaster and author. Her first book, *Bound to You*, detailed her time as a professional dominatrix and personal submissive and she is the director of the Ethical Porn Partnership, the perfect person then for a no-holds-barred exploration of dating.

*** THE KING'S LONDON by Don Jordan and Michael Walsh**

History | 416pp | Little, Brown | August 2017

THE KING'S LONDON is about the birth of a more modern London through the people who made an impact on the City during the reign of Charles II (including Charles himself). In Don and Mike's words, 'Through them all we see a city appear that resonates with us today in so many ways - in architecture, theatre, trade, sexuality, economics, the cult of the individual, science and so on.'

Don Jordan and Michael Walsh have each won awards for investigative journalism. Don Jordan has twice won a Blue Ribbon Award at the New York Film and Television Festival and Michael Walsh has won a Royal Television Society Award. Together they have written four books, including *White Cargo*, acclaimed by Nobel Laureate Toni Morrison as an 'extraordinary book'. Option publishers: US (Pegasus).

*** THE VICEROY by Christopher Lee**

World history | 448pp | b&w and colour pictures | Constable | June 2017

Tells the little-known story of the British aristocracy sent to govern India during the reigns of five British monarchs

THE VICEROY is the story drawn from the viceroys' own papers, the diaries and notes of their vicereines, the India Office, the royal archives and notes of the people who were governed. More than that, it is also the story of how the modern British identity was established. THE VICEROY will show that British history from the Hundred Year War onwards is a misconception, or more kindly a British view, of how the British were seen and, until the nineteenth century, the British did not have an identity readily recognised throughout the world. By the end of Victoria's reign a quarter of the world saluted the authority of Britain's identity as a 'superpower' – to be white and British, even at the lowest social level, was enough to command and to be white, British and aristocratic was enough to rule – and it took until the second half of the twentieth century for even the Americans to question that authority. Christopher Lee argues that it was specifically the British identity in India, the plumed viceroy and his vicereine, that were the guardians of that image, particularly post-Mutiny.

Christopher Lee is a leading historian and academic. He is author of many previous titles, most notably *THIS SCEPTRED ISLE* (also a BBC Radio 4 history) which has sold over 100,000 copies across all editions.

*** THE SERIAL KILLER FILES by Paul Simpson**

True crime | 352pp | Robinson | May 2017

A selection of the most interesting cases of serial killers

Serial killers have been around since Chinese prince Liu Penglai in the second century BC, if not before, but interest in them really took off with Jack the Ripper in the 1880s and has remained high with cases such as Ted Bundy, the Green River Killer and BTK (Bind, Torture, Kill) in the 1970s and 80s. THE SERIAL KILLER FILES will examine a selection of the most interesting cases, and in doing so attempt to dispel some of the myths around the subject: serial killers are not all dysfunctional loners; they are not all motivated by sex; they don't all travel widely; they're not all white males; they don't all keep killing until they get caught or die.

Paul Simpson has written on a wide variety of topics, with his recent books including an acclaimed overview of conspiracy theories, a history of spying since the Second World War, an anthology of prison breaks, and examinations of the careers of J. R. R. Tolkien, C. S. Lewis, and Stephen King as well as the world of L. Frank Baum's Oz. He has been a conductor and musical director for over thirty years and runs three choirs near to his home in a small village north of Brighton, England.

*** THE WORST JOURNEY by Jon Lewis-Stempel**

History | 288pp | Robinson | May 2017

Life and death aboard the Royal Navy's Arctic convoys, 1941-5

This book is focused on the experiences of the sailors who made 'the worst journey in the world' aboard the Royal Navy's Arctic Convoys. Drawing extensively on letters, diaries and reports, many previously unpublished, and new interviews with survivors, this will be an intimate portrayal of protracted struggle against not just a determined enemy, but extreme weather conditions.

John Lewis-Stempel is the author of the acclaimed Six Weeks: The Short and Gallant Life of the British Officer in the First World War, which merited four stars from Andrew Roberts in the Daily Mail and was described as 'the most moving book on the Great War I have ever read' in the Literary Review. He was also the winner of the 2015 Thwaites Wainwright Award for nature writing for his book Meadowland. John's father served with the Fleet Air Arm on the Arctic convoys.

THE RIVIERA SET by Mary Lovell

History | 400pp | 16pp colour picture section | Little, Brown | November 2016 | Korea: | Japan: TMA

"You never knew who you were going to meet at the Chateau de l'Horizon, but you woke in the morning knowing that you would meet someone interesting that day" – Debo Devonshire

In 1932, the American former actress, society hostess and successful businesswoman, Maxine Elliot, bought a piece of land on the sea between Cannes and Juan-les-Pin for a villa. This villa on the French Riviera was called the Chateau de l'Horizon, and it would provide a secluded backdrop during the next three decades for an indulgent and glamorous lifestyle which is arguably unsurpassed. During Maxine's own lifetime, and subsequently during the life of the Prince Aly Khan, the chateau welcomed guests as diverse as Winston Churchill, the Duke of Windsor, Wallis Simpson, Anthony Eden, Rita Hayworth, Noel Coward, Greta Garbo, Fred Astaire, Charlie Chaplin, Judy Garland, Grace Kelly, Princess Diana and Nancy Mitford. The chateau became the headquarters to which world leaders and the rich and famous naturally gravitated in an almost ruthless search for pleasure and amusement.

Mary Lovell, bestselling author of THE MITFORD GIRLS (Abacus 2002) has a wonderful eye for character and anecdote and is one of the pre-eminent social historians of the 1940s and 1950s. In THE RIVIERA SET she uses the extraordinary Chateau to paint a picture of those who lived and partied there. It is a book chock full of stories of glamour and excess and re-creates a time and place now long-forgotten – as well as bringing fresh life to characters both familiar and unfamiliar.



THE NEW BOOK OF SNOBS by D.J. Taylor

History | 288pp | Integrated b&w line drawings | Constable | October 2016

Thackeray's biographer updates *The Book of Snobs* (1848) for the twenty-first century. Waspish, acute and very funny

Short of calling someone a racist or a paedophile, one of the worst charges you can lay at anybody's door in the early twenty-first century is to suggest that they happen to be a snob. Many a high-profile public career has in recent years altogether foundered on the imputation of snobbishness. But what constitutes snobbishness? Who are the snobs and where are they to be found? Are you a snob? Am I? What are the distinguishing marks? The first great analyst of snobbery, to whom all modern investigators are permanently indebted, was the Victorian novelist William Makepeace Thackeray, whose trail-blazing *The Book of Snobs* (1848), originally published serially in *Punch*, is widely regarded as the seed-bed from which grew *Vanity Fair*. This new work updates Thackeray's original work for the twenty-first century.

D.J. Taylor was born in 1960, went to Norwich School and St John's College, Oxford, and is the author of two acclaimed biographies, *Thackeray* (1999), and *Orwell: The Life*, which won the Whitbread Biography Prize in 2003. He has written eleven novels, the most recent being *The Windsor Faction* (2013), joint winner of the Sidewise Award for Alternate History, *Derby Day* (2011), long-listed for the Man Booker Prize, *At the Chime of a City Clock* (2010), *Ask Alice* (2009) and *Kept: A Victorian Mystery* (2006).

*** SUGAR by James Walvin**

History | 288pp | Robinson | July 2017

The world corrupted, from slavery to obesity

A new history of sugar that makes the point that today's obesity epidemic – if that's what it is – is a problem that has evolved from a complexity of historical forces stretching back two centuries to a time when sugar was vital to the burgeoning European domestic and colonial economies. We can only fully understand this modern problem by coming to terms with its genesis and history by considering the historical relationship between society and sweetness over a long historical span.

James Walvin's first book, with Michael Craton, was a detailed study of a sugar plantation: *A Jamaican Plantation, Worthy Park, 1670–1970* (Toronto, 1970). He became a Fellow of the Royal Society of Literature in 2006, and in 2008 he was awarded an O.B.E. for services to scholarship.

*** NORSE MYTHS AND LEGENDS by Martyn Whittock and Hannah Whittock**

Ancient religion | 288pp | Robinson | October 2017

A concise collection of Norse myths and legends, which could be read for the sake of the stories alone, but with accompanying commentary to explain what is going on and its significance.

Martyn Whittock is Head of Humanities and History at Kingdown School, Warminster. Hannah Whittock has an MPhil from Cambridge in Anglo-Saxon, Norse and Celtic studies.

MEMOIRS/ BIOGRAPHY

*** MEMOIR by Marcia Barrett**

Memoirs | 320pp | 2x 8pp colour and b&w picture sections | Constable | May 2017

A memoir from the singer of Boney M

Coming to London aged thirteen from desperate poverty in Jamaica; pregnant at fifteen after being abused by a family friend; fifteen years later singing in Boney M, one of the biggest international groups of the late-1970s; a messy group split and millions in unpaid royalties during the 1980s; then a 1990s solo career interrupted by six bouts of cancer – ovarian, breast, lymph node (twice), spine and oesophagus – and having to learn to walk again. Yet throughout Marcia Barrett has remained totally cheerful, relentlessly optimistic and a shining inspiration, looking on every obstacle as a mere inconvenience rather than anything insurmountable. Now, she is ready to tell her fantastic story, which is much more than just a pop star autobiography. Marcia Barrett's memoir is a charming, candid, laugh-out-loud story of survival, triumph, indomitable spirit and total upfullness, often driven by sheer force of will. It is also that very rare thing in publishing, a feel good story for black women that has real significance among the African Caribbean population – there are very few middle-aged black women (a keen book-buying demographic) who didn't, as youngsters, have hairbraiding copied from Marcia Barrett. But of course it has a mainstream audience too: the battles against cancer are relevant to all women, as is her much of her early personal life and balancing looking after her mother and son with life on the road in Boney M.

*** DON'T YOU LEAVE ME HERE: MY LIFE by Wilko Johnson**

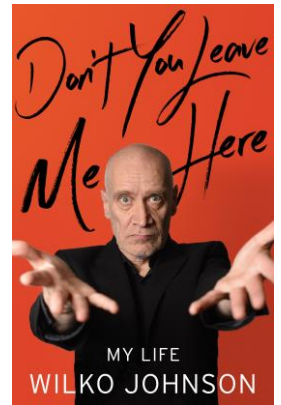
Autobiography | 256pp | Little, Brown | May 2016 | Korea: | Japan: TMA

The autobiography of the singer, guitarist and actor

In 2013, Dr Feelgood founder, Blockheads member and musical legend Wilko Johnson was diagnosed with terminal cancer. With ten months to live, he decided to accept his imminent death and went on the road. His calm, philosophical response made him even more beloved and admired. And then the strangest thing happened: he didn't die. DON'T YOU LEAVE ME HERE is the story of his life in music, his life with cancer, and his life now – in the future he never thought he would see.

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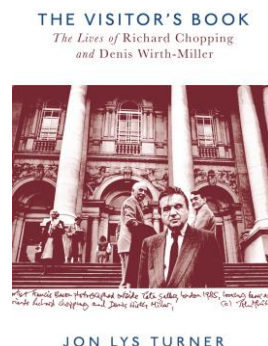
THE VISITORS' BOOK: THE LIFE AND TIMES OF DICKY AND DENIS by Jon Lys-Turner with Digby Warde-Aldam

Biography | 352pp | 2x 8pp colour and b&w picture sections | Constable | June 2016

With an extraordinary supporting cast including Lucien Freud and Francis Bacon, this is the untold story of two of the most fascinating figures to emerge from the turbulent world of post-war British art

The artists Dicky Chopping and Denis Wirth-Miller were, from their first meeting in 1937 to the former's death in 2008, the Zelig's of the British art world. Though they stubbornly guarded their privacy, they hoarded correspondence, diaries and artwork. Taken as a whole, this archive represents nothing short of a missing link in twentieth-century art history. As a cohabiting gay couple in 1930s London, Dicky and Denis were anomalies in a strictly conformist society. They were a long-term couple who resented the decriminalisation of homosexuality. They were dependent on each other but staggeringly promiscuous. They were pacifists who beat each other senseless with alarming regularity. The story of their life together is as interesting as that of any of their more famous friends.

John Lys-Turner first met Dicky Chopping in 1981, shortly after beginning his Masters degree at the Royal College of Art. They developed a close friendship that would last until the latter's death in 2008. Digby Warde-Aldam is a freelance writer based in London. He covers many different subjects for publications including Apollo magazine and the Spectator, but has a particular interest in the history of Soho and twentieth century British art.



MISSING DATES (working title) by Shena Mackay

Memoir | 288pp | Integrated b&w pictures | Virago | June 2017

A memoir from the Booker-shortlisted author

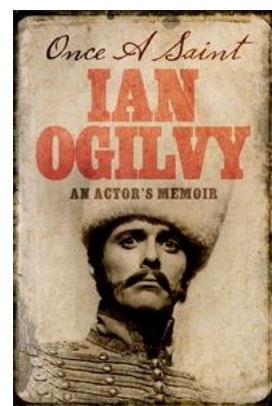
Shena Mackay was born in Edinburgh in 1944 on D-Day. Her family moved around a great deal eventually landing in Blackheath where Mackay spent one unhappy year at school before announcing at age sixteen that she was going to quit. She won a £25 prize in a Daily Mirror poetry competition - "Windscattered little bones of birds/ Lie on this fallow field" - and began to see herself as thoroughly committed to the writing life. Her first book, the two novellas *Dust Falls on Eugene Schlumburger* and *Toddler on the Run* were written when she was a teenager and published when she was twenty. After school she found a job in an antique shop in Chancery Lane run by Frank Marcus, author of the play *The Killing of Sister George*. It was Marcus who encouraged her writing and introduced her to her first publisher, Andre Deutsch. And it was the art critic David Sylvester whose family owned the shop who introduced her to the artistic and bohemian life of 1960s Soho where she met among others, Frank Auerbach, Lucien Freud and Francis Bacon. She withdrew from that scene in the 1970s to raise her children and remerged in the 80s to write more novels and stories which attracted admirers such as Iris Murdoch and Julie Burchill. *THE ORCHARD ON FIRE* was shortlisted for the Booker Prize in 1996 and collections of stories and two more novels followed. She has written ten novels and five collections of short stories. She now lives in Southampton where she is writing her memoir for Virago.

ONCE A SAINT by Ian Ogilvy

Memoir | 320pp | 16pp colour and b&w picture section | Constable | May 2016

The amusing and tremendously endearing memoir of 1970s TV star Ian Ogilvy

According to the *Daily Mail* Ian was 'the undisputed star of 1970s TV as the dashing Simon Templar in *Return Of The Saint*' but he's not known just for his work on TV. There's been a multitude of films such as *Witchfinder General* (1968), *No Sex Please: We're British* (1973) and *Death Becomes Her* (1993) to complement his work on over sixty TV shows. *Once a Saint* is an amusing and unvarnished story: a tremendously endearing tale from a working actor. He's not a 'nation's favourite' but he tells a good story and there's a resilient interest in *The Saint* and *Witchfinder General*. He also deals with his corpsing dreadfully (and thereby ending his stage career) in a way that opens your heart to him.



*** READING ALLOWED by Chris Paling**

Memoirs | 256pp | Constable | February 2017

True stories and extraordinary tales from a local library

Chris works as a librarian in a small-town library in the south of England. This is the story of the library, its staff, and the fascinating group of people who use the library on a regular basis. Some of the characters' stories are tragic, some are amusing, some are genuinely surreal, but together they will paint a bigger picture of the world we live in today, and of a library's hugely important place within it. Yes, of course, people come in to borrow books, but the library is also the equivalent of the village pump. It's one of the few places left where anyone, regardless of age or income or background, can wander in and find somebody to listen to their concerns, to share the time of day.

Chris Paling has published seven novels with Cape/Vintage through Dan Franklin and two with Portobello. He also writes for the weekend papers and is a regular contributor to the *Sunday Telegraph Travel* section, and he has recently embarked on playwriting.

*** PORTLAND PLACE: THE SECRET LIFE OF A BBC SECRETARY by Sarah Shaw**

Memoirs | 304pp | Constable | June 2016

A humorous and charming perspective of life at the BBC and for a woman in the seventies

Portland Place is the diary of Sarah Shaw for the year of 1971, which she recently uncovered whilst clearing out her loft. Working as a secretary for the BBC at the time, Sarah's diary describes the life of a suburban girl who certainly wasn't 'swinging' but who was, ironically, not only working on a cutting edge BBC survey on sex education but also in the throes of an unlikely affair with middle-aged, working-class, Irish lift attendant, Frank. Sarah talks humorously and frankly about what it was like to be a young, working woman at the time as well as life at the BBC during the 1970s and the difficulties of navigating her first romance. She is funny and self-effacing with a self-knowledge that only few attain. Her innocence and naivety are hugely charming and the diary forms a valuable snapshot of a time not so far away that is now lost to us.



*** LOVE LIKE SALT by Helen Stevenson**

Autobiography | 304pp | Virago | March 2016

A beautifully written portrait of motherhood, and of Stevenson's experiences of being a mother to a sick child

LOVE LIKE SALT is a beautifully written portrait of motherhood, and of Helen's experiences of being a mother to a sick child – her daughter has Cystic Fibrosis, for which there is no cure. But there are more universal themes here, too – it is about creating joy from the hand you've been dealt; of the importance of art, music and community. The book is also about being the in-between generation, caring for both a parent and children at the same time. And it's about living out your dream – in this case, packing everything up and taking a chance on a better life in rural France. And what happens when that dream turns sour. Helen Stevenson's previous book, *Instructions for Visitors*, was published by Doubleday and she is also a translator whose translations have mostly been published by Serpent's Tale.



THE WORD DETECTIVE: A LIFE IN WORDS FROM SERENDIPITY TO SELFIE by John

Simpson

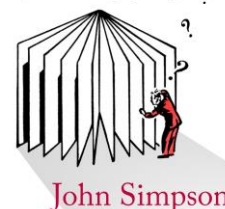
Memoir | 240pp | Little, Brown | October 2016 | Korea: | Japan: EAJ

John Simpson tells a story of words, cultures, the Oxford English Dictionary, and his own life

Language is always changing. No one knows where it is going but the best way to future-cast is to look at the past. John Simpson animates for us a tradition of researching and editing, showing us both the technical lexicography needed to understand a word, and the careful poetry needed to construct its definition. He challenges both the idea that dictionaries are definitive, and the notion that language is falling apart. With a sense of humour, an ability to laugh at bureaucracy, and an inclination to question the status quo, John Simpson gives life to the colourful characters at the OED and to the English language itself. He splices his stories with entertaining and erudite diversions into the history and origin of words such as 'kangaroo', 'hot-dog', 'pommie', 'bicycle', not ignoring those swearwords often classed as 'anglo-saxon'! The book will speak to anyone who uses a dictionary, 'word people', history lovers, students and parents. John Simpson is an Emeritus Fellow of Kellogg College, and served as the Chief Editor of the OED for ten years, prior to which he served as the Co-Editor for eight years.

The Word Detective

A Life in Words:
from Serendipity to Selfie

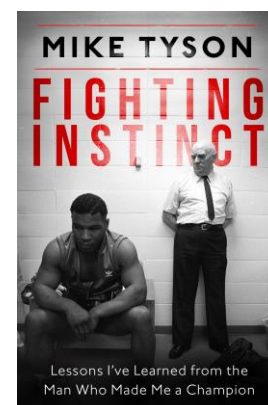


FIGHTING INSTINCT by Mike Tyson with Larry Sloman

Memoir | 304pp | Sphere | September 2016 | Korea: | Japan: EAJ

The story of the relationship between the most devastating heavyweight boxer in history and the mentor who made him

While Mike Tyson led a Dickensian life of ups and downs, the key to his unprecedented success in the ring and in overcoming the demons that success laid in his path was his relationship with Cus D'Amato. When the well-past-his-prime boxing trainer and 13 year old felon met, Cus saw his one last shot at glory and redemption via the young thug. FIGHTING INSTINCT is the epic story of that five year relationship as well as a guide to the lessons Cus imparted that enabled Mike to become the most devastating heavyweight in boxing history and, later, to achieve sobriety and intimacy with another person. Mike Tyson is a former undisputed heavyweight champion of the world and holds the record as the youngest boxer to win the WBC, WBA and IBF heavyweight titles at 20 years, 4 months and 22 days old. Tyson won his first 19 professional bouts by knockout, with 12 of them occurring in the first round. He won the WBC title in 1986 after defeating Trevor Berbick by a TKO in the second round. In 1987, Tyson added the WBA and IBF titles after defeating James Smith and Tony Tucker. He was the first heavyweight boxer to simultaneously hold the WBA, WBC and IBF titles, and the only heavyweight to individually unify them. His memoir UNDISPUTED TRUTH (HarperSport 2013) has sold in Germany (Hannibal), Brazil (Saraiva), Denmark (Turbulez), Italy (Piemme), France (Editions les Arenes), Hungary (Cartaphilus), Japan (Kaede Shoten), Poland (Sine Qua Non), Finland (WSOY), Holland (Xander Uitgevers), Russia (Eksmo), Czech Republic, Slovakia and China (Simplified Chinese).



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*** A FAST RIDE OUT OF HERE by Pete Way**

Autobiography | 320pp | 16pp colour and b&w picture section | Constable | August 2016

By turns hilarious, heart-rending, self-lacerating, brutally honest and entirely compulsive, this book is a monument to rock'n'roll debauchery on an unparalleled scale

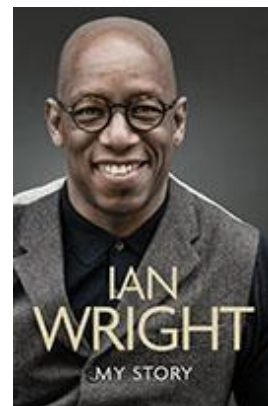
There are rock memoirs and then there is this one. Waysted tells a story that is so shocking, so outrageous, so packed with excess and leading to such uproar and tragic consequences as to be almost beyond compare. Put simply, in terms of jaw-dropping incident, self-destruction and all-round craziness, Pete Way's rock'n'roll life makes even Keith Richards's appear routine and Ozzy Osbourne seem positively mild-mannered in comparison. Not for nothing did Nikki Sixx, bassist with LA shock-rockers Motley Crue and who 'died' for eight minutes following a heroin overdose in 1988, consider that he was a disciple of and apprenticed to Way. During a forty-year career as founding member and bassist of the venerated British hard rock band UFO, and which has also included a stint in his hell-raising buddy Ozzy's band, Pete Way has both scaled giddy heights and plunged to unfathomable lows. A heroin addict for more than ten years, he blew millions on drugs and booze and left behind him a trail of chaos and carnage. The human cost of this runs to six marriages, four divorces, a pair of estranged daughters and two dead ex-wives. Latterly, Way has fought cancer, but has survived it all and is now ready to tell his extraordinary tale.

MY STORY by Ian Wright

Autobiography | 320pp | 2x 8pp colour picture sections | Constable | September 2016

The former England and Arsenal striker tells all

Ian Wright, Arsenal legend, England striker and TV pundit extraordinaire, is one of the most interesting and relevant figures in modern football. His journey from a South London council estate to national treasure is everybody's dream. From Sunday morning football directly to Crystal Palace; from 'boring, boring Arsenal' to inside the Wenger Revolution; from Saturday afternoons on the pitch to Saturday evenings on primetime television; from a week in prison to inspiring youth offenders, Ian will reveal all about his extraordinary life and career. Ian will also frankly discuss how retirement affects footballers, why George Graham deserves a statue, social media, the Premiership vs the First Division, why music matters, breaking Arsenal's goal-scoring record, racism, the unadulterated joy of playing alongside Dennis Bergkamp and, of course, what he thinks about Tottenham. Not a standard footballer's autobiography, MY STORY is a thoughtful and gripping insight into a Highbury Hero and one of the greatest sports stars of recent years.

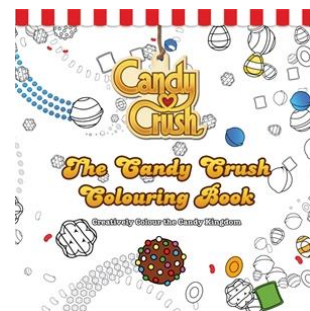


THE CANDY CRUSH COLOURING BOOK from Candy Crush

Art & games | 96pp | Sphere | October 2015 | Korea: EYA | Japan: Japan Uni

The publication that's destined to take the adult colouring market to a new level

Candy Crush Saga™ already provides brilliant bitesize entertainment experiences to millions of players worldwide. Now Candy Crush Saga fans have their own opportunity to bring the Candy Kingdom to life by indulging in this year's most mindful of pursuits, colouring. Featuring intricate landscapes and beautiful patterns, this new adventure into Candy Kingdom features the beloved characters of Candy Kingdom, Tiffi and Mr. Toffee - plus the super sweet Candies.



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THE OFFICIAL CANDY CRUSH TOP TIPS GUIDE from Candy Crush

Games | 112pp | Sphere | October 2015 | Korea: EYA | Japan: Japan Uni

The first official book from the team behind the world's most popular social gaming brand, offering a guide to the game, and specific tips to help fans crack its trickiest levels

For anyone that has jumped for joy after clearing that tricky level, battled the bothersome Chocolate, or did a happy-dance when they created a Colour Bomb; this is the guide for you. From the team behind one of the most successful casual gaming brands of its time, Candy Crush Saga™, this comprehensive guide offers readers an in-depth insight into the Candy Kingdom and Dreamworld, including mastering the mechanics of the game, plus exclusive tips and strategies for clearing the most challenging of levels. It's Delicious!



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*** CANDY CRUSH COOKS! from Candy Crush**

Cookery/Games | 112pp | Sphere | October 2016

A mouthwatering collection of bakes inspired by the Candy Crush Kingdom

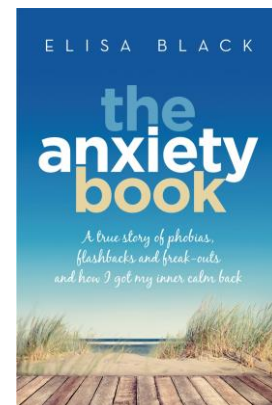
Have you ever wondered how delicious life would be if you were able to create cakes and treats as full of the fun and colour your favourite snackable game, Candy Crush? Well, wonder no more, as the Candy Crush team has put together a fully illustrated collection of the top forty recipes that'll enable you to cook everything from candy inspired cookies to your very own Colour Bomb bakes. Perfect for parties, and an ideal gift for the Candy Crush fan in your life, CANDY CRUSH COOKS! is the bite-sized book your bakery can't live without!

*** THE ANXIETY BOOK by Elisa Black**

Self-Help | 336pp | Hachette Australia | May 2016

One-in-ten people suffer from an anxiety-related condition. Elisa Black is one of them, and her story could make life better for those millions of other people just like her

Since journalist Elisa Black wrote an article about her lifelong struggle with anxiety in March 2015, it has been read by hundreds of thousands of people. Clearly, what Black had to say found a readership far bigger than she could have expected. There is far more to Black's story, though, than one article can cover. In this book, weaving memoir with science, Black uses the stages of her own life to relate to stages in everyone's lives and the types of anxiety that may be experienced during each phase. She includes the latest in research and other scientific information about anxiety, its causes and treatment. Black's story will inspire fellow anxiety sufferers to believe that there is a way to manage their condition and live more freely. From her own experience she also offers hope that anxiety does not have to dominate a life, or even dent it - it can be managed and conquered.



*** WHERE AM I GOING AND CAN I HAVE A MAP? by Jonathan Black**

Self-help | 192pp | Robinson | March 2017

How to make a career plan, get started, and keep going

This book will help you feel more empowered about your career. You can read it from beginning to end, or dive into specific sections for immediate advice on, for example, writing your CV. There are three sections. *Stepping Back*: The bigger issues that frame the whole area of your career and jobs; looking down on your career map from 10,000 feet. *Practicalities*: CVs, applications, interviews and all the other details on your map. *Along the Way*: How to cope with the hurdles and challenges that you might encounter while you're travelling along your route. It includes an extensive set of real examples to bring it all alive, and is grounded with helpful statistics and sociological research.

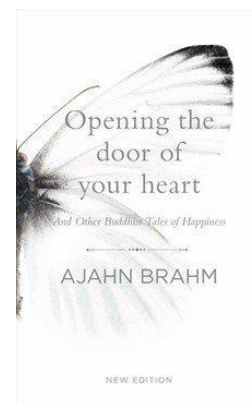
Jonathan Black has been Director of the Careers Service at the University of Oxford for the last eight years. Before that, he's had a number of different jobs including: management consultant, professional publisher, co-founder of a start-up company, finance director, aerospace engineer, computer salesman, and strategy director. He has worked in the UK, Europe and the USA, in small businesses and large corporations, private and public sector.

*** OPENING THE DOOR TO YOUR HEART by Ajahn Brahm**

Mind, Body, Spirit | 240pp | Hachette Australia | September 2015

The internationally best-selling stories from Buddhist teachings that will help readers to understand various situations in life, told in a contemporary style that is warm, light and often funny

Born and educated in the West but trained in the Thai forest tradition, Ajahn Brahm has gathered many poignant, funny and profound stories in his nearly thirty years as a Buddhist monk. In this collection there are many true-to-life tales which are used to launch into a deeper exposition of mindfulness, wisdom, love and compassion. Ajahn Brahm also relates wise words from his renowned teacher, Ajahn Chah. In each story the raw edge of truth is evident. These modern tales of hope, forgiveness, freedom from fear and overcoming pain cleverly relate the timeless wisdom of the Buddha's teachings and the path to true happiness in a warm and accessible way.



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*** SEEING MYSELF: THE SCIENCE OF OUT OF BODY EXPERIENCES by Susan J. Blackmore**

Popular psychology | 288pp | Integrated b&w illustrations | Robinson | September 2017

A new title exploring the science behind out-of-body/tunnel experiences from astral projection to near death experiences

From a renowned psychologist in the field of consciousness, this book highlights cutting edge neuroscience findings. This is a fully revised and updated edition of a classic book (*Beyond the body*, 1982). It is not, though, a hard-nosed rejection of spirituality, as the author is a Zen practitioner and is very concerned with the nature of consciousness.

Susan J. Blackmore is a distinguished and influential psychologist, known for her books exploring consciousness, memetics, evolution and spirituality. Her first book, *Beyond the Body*, was hailed as a classic and forms the basis of this new edition. *The Meme Machine* (1999) has been translated into 16 other languages, and her widely used textbook *Consciousness* is now in preparation for a third edition and led to a bestselling trade version in Oxford's Very Short Introduction series. She has authored over sixty academic articles and nearly a hundred book contributions as well as many book reviews and popular articles.

UNCOUPLING by Sara Davison

Self-Help | 288pp | Piatkus | September 2016 | Korea: EYA | Japan:

Sara Davison is considered this country's premier divorce coach and UNCOUPLING is her unique companion to the challenging process of separation and divorce

Current wisdom is that a divorce coach is the person you call at the same time as you instruct a lawyer: you need someone impartial at your elbow, to see you through the emotional and practical implications of serious relationship break-up, and someone who can help see you through, which in some cases may be even more important than the elusive goal of getting even. Davison helps her clients make sure that justice is done for themselves, let alone whatever their legal advisors instruct in relation to third parties. Divorce and break-up is a fact of life for many of us today: it's as though it has ceased to be a guilty secret and accepted as a process that must be worked through, but for which we still lack constructive tools. This is the book that can become as constant a reference point as Allen Carr's *Easy Way to Stop Smoking* – an evergreen Highway Code, if you like, for managing the difficult process of separation but coming out intact, and one which applies a mindful approach to one of life's most stressful experiences. The book combines Davison's extensive training in life coaching techniques and success in cutting edge work with those who are themselves 'uncoupling', as well as her own personal experience. Davison's website is <http://saradavison.com> where you can read more about her work and get a sense of her dynamic and professional personality.

FROM A DARK PLACE by Tony Husband

Psychology/Humour | 80pp | Robinson | February 2017

A new illustrated title from the acclaimed cartoonist Tony Husband, looking at the father-son relationship during his son's battle with heroin addiction

Tony Husband has been a full-time cartoonist since 1984. His cartoons have appeared in many newspapers, magazines, books and websites, and in several TV and theatrical productions. They include *Private Eye*, *The Times*, *Punch*, *Playboy*, *The Sunday Express*, *The Spectator* and *The Sun*. He has won more than 15 major awards, including the Pont Award for depicting the British way of life. *Yobs*, which he draws for *Private Eye*, is one of the best-known comic-strips in Britain. In the 1980s, he co-devised and edited *Oink!*, a popular children's comic, and its TV spin-off, *Round The Bend*, for Hat Trick Productions. For the theatre, he co-wrote a play and accompanying book, *Save The Human*, with David Wood. He and the poet Ian McMillan tour the UK regularly with their show *A Cartoon History Of Here*, an evening of live, improvised poetry and cartoons. Option publishers: Germany (Droemer).

*** GET YOUR LIFE BACK by Fiona Kennedy and David Pearson**

Self-help | 288pp | Robinson | March 2017

A self-help book for people who struggle to control their behaviour and manage their emotions

Those who find their lives derailed by unsuccessful attempts to feel better will benefit greatly from this book. It can be used by members of the general public who want to live a more meaningful life and not be slaves to unhelpful urges, avoidance and repetitive behaviour. People in mental health treatment programmes (including those in DBT, ACT and CBT treatment) will also find it complements their work. The book helps readers to identify what is really important to them in their lives. Then to identify the ways in which they behave, which interfere with reaching their goals and following valued directions. It shows how to understand one's own behaviour with compassion, without judgement, and how to both accept and change unhelpful or damaging ways of acting. Personal stories are used to illustrate the ways that being out of control of our own behaviour causes problems and how 'willpower' and avoidance are often not the answer. These stories also bring to life the kinds of experiences people have as they set out to change their lives for the better, including struggles and setbacks.

THE UPSIDE OF DOWNTIME by Dr Sandi Mann

Popular psychology | 336pp | Integrated pictures | Robinson | March 2016 | Korea: Duran Kim | Japan: EAJ

A fascinating popular psychology title looking at the increase of boredom in a technology-driven society where attention spans are shrinking, and arguing for embracing downtime

Despite the ever-increasing ways in which to entertain ourselves today, we appear to be more bored at school, at work and at play than ever before. In the tradition of successful titles such as *Quiet*, *Willpower* and *Blink*, this thought-provoking book challenges the way we view and interact with the world around us. THE UPSIDE OF DOWNTIME explores the evidence for the boredom epidemic that is sweeping society in a world that constantly craves stimulation. It unleashes the power and value of boredom in enhancing creativity, thoughtfulness, reflection and problem-solving ability in business, education and parenting and argues for embracing, not fearing, ennui.

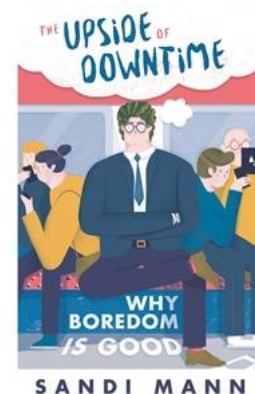
Dr Sandi Mann is a Senior Psychology Lecturer at the University of Central Lancashire. She has researched extensively into boredom and written and presented her findings in a range of academic outlets.

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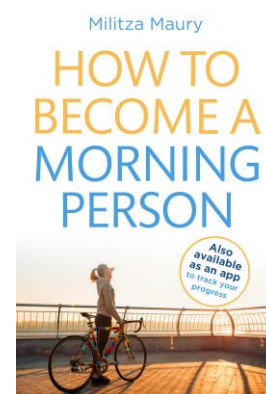
*** HOW TO BECOME A MORNING PERSON by Militza Maury**

Popular psychology | 208pp | Piatkus | March 2017 | Korea: Duran Kim | Japan: Uni

The inspirational guide to taking charge of your time by creating a routine you can't wait to wake up to

In January 2015, Militza Maury, the editor of a healthy-living website, decided to launch a free 28-day email course called 'How to Become a Morning Person'. More than 25,000 people from all around the world signed up to learn practical techniques, healthy habits and smart goal-setting that allowed them to make the most of their time in the morning. HOW TO BECOME A MORNING PERSON the book will bring the best lessons from the course to form a complete guide for anyone who is feeling overwhelmed, starved for time and stuck in bad patterns. From creating bedtime routines and sleeping, eating and exercising better, to setting goals and finding your motivation, the book has transformative power.

Militza Maury is the editor and founder of an eco-lifestyle website, Little Green Dot (littlegreendot.com). It helps busy urban people live a more happy, healthy and green life. To date, it has reached more than a million people from cities all over the world. HOW TO BECOME A MORNING PERSON is her first book.



*** PEACEFUL by Tiddy Rowan**

Self-help | 192pp | Piatkus | November 2016

A beautiful gift book filled with inspiring stories and insights on how to achieve greater peace in life

Modern life can often feel hectic, stressful and anxiety-inducing. Now more than ever it is harder to escape the sense of chaos in the world. Tiddy Rowan's timeless book is designed to help us find a sense of inner peace and greater harmony with the people we live near, our environment and the world. Peaceful is an anthology of musings, insights and stories on peace and how we attain it in life, drawing from the wisdom of philosophers, religious leaders, secular thinkers, writers, poets and artists. This beautifully designed gift book will inspire, soothe and uplift the soul. Tiddy Rowan practised meditation for the first time in 1971 and has been a student ever since. She has a lifelong interest in mind development and the ancient wisdom of teachers such as Lao Tzu, Buddha and Thich Nhat Hanh. She is the author of *The Little Book of Mindfulness*, *The Little Book of Quiet* and *Colour Yourself Calm*.

*** START WITH YOUR SOCK DRAWER by Vicky Silverthorn**

Self-help | 288pp | Integrated b&w illustrations | Sphere | September 2016

A practical, achievable guide to living a less cluttered life

The world's gone tidying-up mad. We're all desperate to declutter our homes, in the hope that somehow that will help us declutter our minds. But while we'd all love to live in a constant state of zen minimalism, how practical is it really to throw away half of your belongings and clear your entire home in one go? (Including that terrifying cupboard under the stairs that you're scared to look in.) Surely there's a less daunting way to get control of the chaos? Vicky Silverthorn is a professional organiser and declutterer, and her tried-and-tested method involves tackling small, achievable tasks one at a time, building up towards the really big and overwhelming jobs. She understands how people really live, and offers practical and realistic tips on organising your home, minimising the mess and holding on to the keepsakes you cherish. *START WITH YOUR SOCK Drawer* provides the organisational answers to everyone who wants tidying to change their lives but is still waiting for the magic to happen.

Vicky Silverthorn started her business *You Need a Vicky* in 2010. After ten years working as a PA for names such as Lily Allen, she wanted to concentrate on the area of professional organisation and decluttering. Vicky is inundated with requests to help people get their homes back on track, helping in any capacity to create simplistic and practically organised home environments.

SUPERHERO THERAPY by Janina Scarlet, illustrated by Dean Trippe

Self-help | 96pp | Robinson | December 2016 | Korea: Duran Kim | Japan: TMA

Using Acceptance and Commitment Therapy to become your own superhero

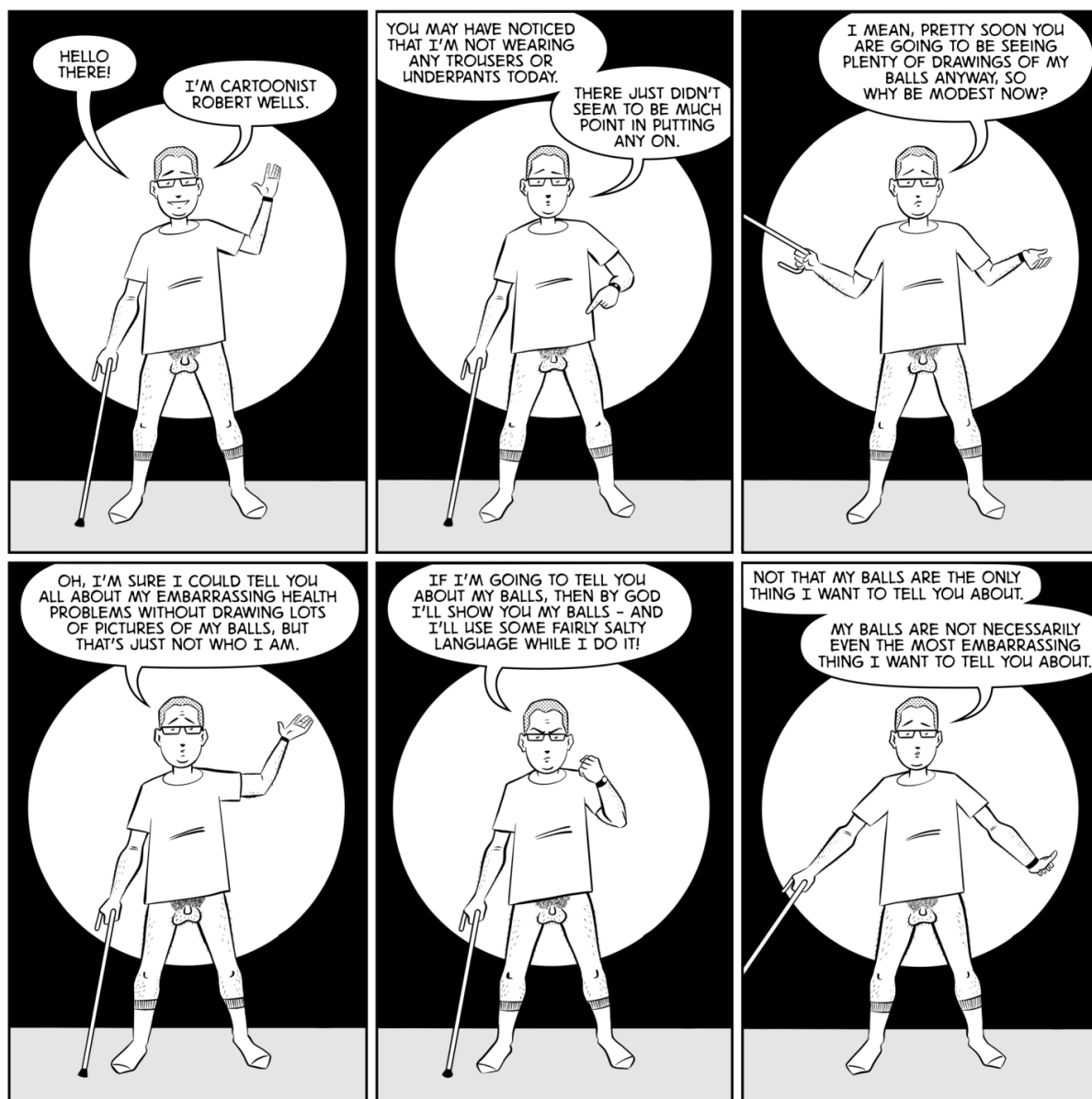
A dynamic new illustrated introduction to Acceptance and Commitment Therapy (ACT) using relatable examples drawn from the world of comics, sci-fi and fantasy. Written by Dr Janina Scarlet, a clinical psychologist based in the USA who is the leading advocate of superhero therapy, a new technique that helps people to recover from common psychological and emotional problems such as anxiety, depression and trauma by showing how their concerns are mirrored in the stories of extraordinary superheroes from fiction. Illustrated by talented comic book artist Dean Trippe, this book tells the tale of a group of fantastical cadets enlisted at the Superhero Training Academy (inspired both by fictional characters and real-life people who have benefited from this therapy), learning to overcome their troubles using the techniques of ACT. This will appeal to readers with a geeky side to their nature, or anyone just seeking to find their inner superhero. Dr. Janina Scarlet is a Licensed Clinical Psychologist at the Center for Stress and Anxiety Management and a scientist at Alliant International University. She is experienced in using ACT to treat anxiety, depression, and trauma. In addition, she has contributed chapters to *Posttraumatic Stress Disorder*, *The Sage Encyclopedia of Research and Design*, *Star Wars Psychology*, *The Walking Dead Psychology* and *Game of Thrones Psychology*. Dr. Scarlet is a proud geek and has presented at WonderCon and the San Diego Comic Con.



BACK, SACK & CRACK (& BRAIN) by Robert Wells

Popular psychology | 192pp | Robinson | February 2017

A graphic memoir by a professional comic book artist about his chronic ill health and associated psychological problems



*** STRESS CONTROL by Jim White**

Psychology | 208pp | Robinson | March 2017

An authoritative CBT and wellbeing book for common mental health problems

A book for those who want to control the five most common mental health problems: anxiety, depression, panic, insomnia and low self-esteem and confidence. These conditions are described using the low-stigma term 'stress' and sufferers will learn straight-forward, self-help CBT skills for managing each of these problems and reducing stress. This approach is combined with positive psychology and mindfulness to help build wellbeing.

Jim White is an internationally-recognised expert in CBT and common mental health problems. He devised the large-class Stress Control approach over twenty years ago, which is now available globally. White has published over forty articles in peer-reviewed journals and has written two influential books on stress management, *Stress Pac* and *Treating Anxiety and Stress*. White now works as Director of Stress Control Ltd but worked for over thirty years as a Consultant Clinical Psychologist with the NHS.

OVERCOMING SERIES

The Overcoming Series is a perennially popular series of psychology books. All use CBT (Cognitive Behavioural Therapy) techniques to treat long-standing and disabling conditions. Titles in the series are always in print, and constantly revised and updated. Fifteen of them have been adopted by the Books on Prescription programme - the UK Department of Health's list of books for doctors, nurses, medical and psychiatric practitioners to recommend to their patients, and indeed for such practitioners to develop their own knowledge. All titles are written by prominent professional experts in their fields. Below is a selection of forthcoming new and revised titles:

*** OVERCOMING CHRONIC FATIGUE (2nd edition) by Mary Burgess and Trudie Chalder**

Psychology | 240pp | Integrated b&w illustrations | Robinson | October 2018

Chronic fatigue syndrome (CFS) is a debilitating illness, characterized by severe exhaustion and flu-like symptoms, which affects almost three per cent of people in the UK and for which conventional medicine currently has no cure. This valuable self-help guide offers sufferers a better understanding of CFS as well as strategies on breaking the vicious circle of fatigue. The result is a proven reduction in symptoms and disability in up to two-thirds of CFS sufferers.

Dr Mary Burgess and Professor Trudie Chalder are both CBT psychotherapists at the Chronic Fatigue Syndrome Research and Treatment Unit, Guy's, King's and St Thomas' School of Medicine, London. They have successfully treated many people with Chronic Fatigue Syndrome.

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OVERCOMING SOCIAL ANXIETY AND SHYNESS (2nd edition) by Gillian Butler

Psychology | 256pp | Robinson | October 2016

Everyone sometimes feels foolish, embarrassed, judged or criticised, but this becomes a problem when it undermines their confidence and prevents them doing what they want to do. This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others. Explains the many forms and causes of social anxiety. Contains a complete self-help program and work sheets. Is based on clinically proven techniques of cognitive therapy.

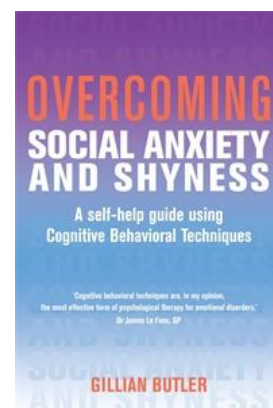
Gillian Butler is a consultant clinical psychologist and Fellow of the British Psychological Society, who practises in the Oxfordshire Mental Healthcare Trust.

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Yang Chih books

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*** OVERCOMING RELATIONSHIP PROBLEMS (2nd edition) by Michael Crowe and Kevin Wylie**

Psychology | 240pp | Robinson | August 2017

Everyday problems such as financial pressures, sexual and emotional problems, fidelity issues or the complications of second marriages can put unbearable pressure on relationships and family life. In this highly effective self-help guide, internationally respected couples therapist Dr Michael Crowe and Kevin Wylie use proven therapeutic strategies derived from family therapy to help you to overcome your relationship problems.

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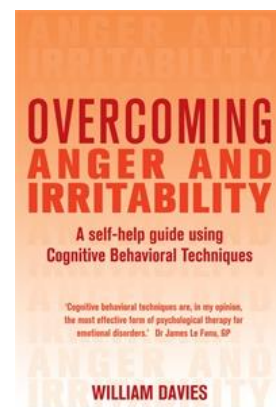
OVERCOMING ANGER AND IRRITABILITY (2nd edition) by William Davies

Psychology | 304pp | Robinson | October 2016

This is a self-help manual for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper. It speaks to those who often find themselves saying and doing things they later regret. It will help the reader understand why such behaviour occurs and what can be done to prevent it. Like all the Overcoming guides it takes a positive approach for which the long-term goal in this case is lasting 'good temper' and also looks at how best to handle situations which would tax even the most good-natured person!

Dr William Davies is a practicing chartered clinical psychologist, and Academic Director of APT, The Association of Psychological Therapies.

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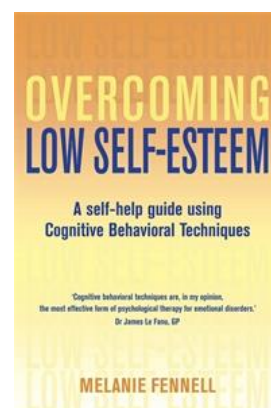
OVERCOMING LOW SELF-ESTEEM (2nd edition) by Melanie Fennell

Self-help | 352pp | Robinson | October 2016

Melanie Fennell's Overcoming Low Self-Esteem is a classic of self-help literature, winning acclaim for its practical and user-friendly approach and now recommended on the National Health Service's self-help scheme known as Books on Prescription. This book will aid readers to understand their condition and with this knowledge enable them to break out of the vicious circle of negative self-image, learn the art of self-acceptance and alter their lives for the better. Explains the nature of low self-esteem and self-destructive thinking. Contains a complete self-help programme and monitoring sheets. Is based on clinically proven techniques of cognitive therapy.

Dr Melanie Fennell is the Director of an advanced cognitive therapy course, a collaboration between the Oxford Cognitive Therapy Centre and Oxford University.

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*** OVERCOMING SEXUAL PROBLEMS (2nd edition) by Vicki Ford**

Psychology | 240pp | Robinson | August 2017

Experienced sex therapist Vicki Ford provides a guide to understanding sexual problems including impotence and loss of sexual desire, premature ejaculation and lack of orgasm. The links between mind and body are explained, and how they tend to go wrong. She sets out simple and effective techniques based on CBT that can restore confidence and bring about a mutually satisfying sex life for both partners. Vicki Ford is a Counsellor and Psychosexual Therapist.

OVERCOMING PARANOID AND SUSPICIOUS THOUGHTS (2nd edition) by Daniel Freeman, Jason Freeman and Philippa Garety

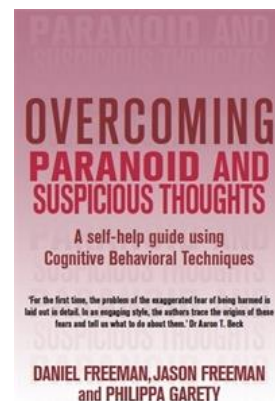
Psychology | 336pp | Robinson | October 2016

Do you often suspect the worst of others? Mild to moderate paranoia, or mistrust of other people, is on the increase, and although it may feel justifiable at the time, unfounded suspicions of this kind can make life a misery. Research says between 20 and 30 per cent of people in the UK frequently have suspicious or paranoid thoughts. This is the first self-help guide to coping with what can be a debilitating condition. Dr Freeman is a Senior Lecturer in Clinical Psychology at King's College, London, and an Honorary Consultant Clinical Psychologist in the South London and Maudsley NHS trust.

Jason Freeman is an experienced writer and has spent twelve years working as an editor in academic publishing. Professor Garety is Professor of Clinical Psychology at King's College, London, and Head of Psychology in the South London and Maudsley NHS trust. She is an internationally renowned researcher based at the Institute of Psychiatry, London, as well as a practising clinical psychologist.

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OVERCOMING TRAUMATIC STRESS (2nd edition) by Claudia Herbert and Ann Wetmore

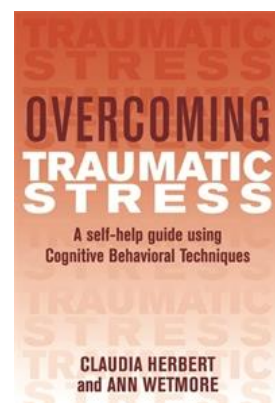
Psychology | 288pp | Robinson | January 2017

Terrible events are very hard to deal with. Those who go through a catastrophic life experience often feel permanently changed by the impact of what has happened. They become numb and shut off from those around them, or grief or guilt may constantly weigh them down. Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid, unpleasant dreams. Traumatic stress responses, including Post-Traumatic Stress Disorder are psychological conditions that result from a person's coping mechanisms having been completely overwhelmed by a terrible experience. These 'flashbacks' may be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress. To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light. This book demonstrates, with practical advice and tested exercises, how to find new, effective ways of coping with, and finally overcoming traumatic stress.

Claudia Herbert is Director of the Oxford Development Centre Ltd and the Oxford Stress and Trauma Centre. Ann Wetmore is a registered psychologist practising in Canada.

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OVERCOMING PANIC (2nd edition) by Vijaya Manicavasagar and Derrick Silove

Self-help | 224pp | Robinson | May 2017

Do you sometimes feel overwhelmed by feelings of panic that seem to come from nowhere and yet feel terribly real? Do you avoid certain situations because you think you'll experience a panic attack? If so, this indispensable self-help guide offers step-by-step CBT techniques to help you with this disabling condition. This fully revised and updated new edition explains the many forms and causes of panic and contains a complete self-help program and monitoring sheets for sufferers and their supporters. The book is currently recommended on the National Health Service's self-help scheme known as Books on Prescription.

The authors, Vijaya Manicavasagar and Professor Derrick Silove, are experienced clinical psychiatrists based in New South Wales in Australia.

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*** OVERCOMING ALCOHOL ABUSE (2nd edition) by Marcantonio Spada**

Psychology | 240pp | Robinson | January 2017

For anyone who feels alcohol is beginning to rule their lives, this is an indispensable guide, combining the expertise of psychologists and those working in the medical profession

This is a new edition of an Overcoming title previously titled OVERCOMING PROBLEM DRINKING. Up to a quarter of the UK population is currently believed to misuse alcohol. This self-help book is aimed specifically at problem drinking and uses an approach based on real clinical practice, first to recognize alcohol misuse and then to show the drinker how to turn the tables and regain control of alcohol consumption.

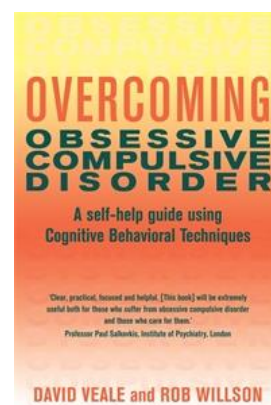
Marcantonio Spada is a chartered psychologist and an accredited cognitive behaviour therapy practitioner with the British Association for Behavioural and Cognitive Psychotherapies. He is Head of the Division of Psychology at London South Bank University. Professor Spada's main research focus is on identifying metacognitive factors involved in the development and maintenance of addictive and psychological distress in health conditions.



OVERCOMING OBSESSIVE-COMPULSIVE DISORDER (2nd edition) by David Veale and Rob Willson

Psychology | 352pp | Robinson | January 2017

Are you plagued by a recurring thought or idea that just won't go away? Perhaps you feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy (CBT) has been clinically proven to significantly reduce symptoms of OCD. This fully revised new edition of a bestselling title guides you through how to reduce the distress caused by disturbing thoughts, images and urges and will help you to gradually overcome your compulsions. The book is currently recommended on the National Health Service's self-help scheme known as Books on Prescription.



Dr David Veale is a Consultant Psychiatrist in CBT at the South London and Maudsley NHS Foundation Trust and The Priory Hospital North London. Rob Willson is a CBT therapist in private practice and tutor at Goldsmiths College, University of London.

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Basic Books

*** STOP SMOKING NOW (2nd edition) by David Marks**

Psychology | 240pp | Robinson | May 2017

A new edition of an Overcoming title previously titled OVERCOMING YOUR SMOKING HABIT

Taking into account technological advances since the book first published, such as the advent of e-cigs and vaping, this new edition recommends a scientifically-evaluated CBT-based method that teaches you to give up smoking within a week, and then helps you manage your lifestyle following that point to avoid a relapse or weight gain.

David Marks founded and edits the *Journal of Health Psychology* and *Health Psychology Open*, an open access journal. He has taught at the University of Otago, New Zealand, and was Head of the School of Psychology at Middlesex University before working at City University London until his retirement. Involved in studying the effectiveness of cognitive behavioural therapy for quitting smoking for over fifteen years, he has conducted clinical trials, published journal articles and developed the Quit for Life Programme, which has the highest quit-smoking rates on record.

*** HELPING YOUR CHILD WITH FEARS AND WORRIES (2nd edition) by Cathy Cresswell and Lucy Willetts**

Parenting & psychology | 240pp | Robinson | November 2017

A new edition of an Overcoming title previously titled OVERCOMING YOUR CHILD'S FEARS AND WORRIES

Fears and worries are very common among children but if left unchecked can cause more serious problems such as school avoidance, difficulties in making friends and long-term problems with anxiety and depression. Written by two of the foremost experts on childhood anxiety, this extremely useful guide enables understanding of the causes of worries, and gives practical strategies to support a child in overcoming them.

Professor Cathy Cresswell is a Research Professor based in the School of Psychology and Clinical Language Sciences at the University of Reading. She is also an Honorary Consultant Clinical Psychologist and Joint Director of the University of Reading Anxiety and Depression in Young people (AnDY) clinical research unit. Dr Lucy Willetts is a Chartered Clinical Psychologist and Accredited CBT Therapist. She is also a Visiting Fellow at the University of Reading. She worked for 20 years in CAMHS in Berkshire, most recently as Clinical Lead for a specialist anxiety and depression service within the local NHS.

*** HELPING YOUR CHILD WITH A FRIENDSHIP PROBLEMS AND BULLYING by Sandra Dunsmuir, Jessica**

Dewey and Susan Birch

Parenting & psychology | 240pp | Robinson | November 2017

A guide for parents to help their children through these difficult problems

This title addresses a range of challenges frequently encountered by children and their parents as part of school life; summarising key concepts, research findings and practice implications in an accessible way and providing informed advice for parents about how they can support their children when they encounter difficulties during their primary school education.

Sandra Dunsmuir, Jessica Dewey and Susan Birch are all educational psychologists based at University College London (UCL) with considerable experience of teaching courses on CBT for Children and Young People, and working in local authorities with children, families and teachers in school and community settings.

*** HELPING YOUR CHILD WITH SLEEP PROBLEMS by Michael Gradisar and Rachel Hiller**

Parenting & psychology | 240pp | Robinson | December 2017

A step-by-step guide for how to work with children to establish better sleep patterns and achieve a better night's sleep

Estimates suggest that up to fifty percent of school-aged children suffer from a sleep problem, which can have a significant impact on their emotional health and even education and may act as a gateway for the development of future mental health problems in adolescence. This book addresses the lack of information available for parents and uses cognitive and behavioural therapy techniques to childhood sleep problems.

Michael Gradisar is a clinical psychologist and Director of the Child & Adolescent Sleep Clinic at Flinders University, Australia, where hundreds of school-aged children (and their parents) have sought strategies to sleep better through the night. Gradisar has published over sixty scientific papers in the field of sleep, including clinical trials on cognitive behavioural treatments for childhood sleep problems. Rachel Hiller is a clinical psychologist and researcher in Developmental Psychopathology at the University of Bath, UK. She has researched, worked clinically, and taught on childhood sleep problems, in both Australia and the UK.

*** HELPING YOUR CHILD WITH LOSS, CHANGE AND TRAUMA by David Trickey**

Parenting & psychology | 240pp | Robinson | November 2017

A self-help book for parents of children who have been traumatised by the inevitable but overwhelming effects of loss and change around them

This book helps parents and carers to understand the impact that events can have on children to prepare children for anticipated events; and to increase their resilience to avoid future problems with PTSD. Informed by research evidence, and an effective psychological model for intervening after traumatic events, this is an accessible and practical guide for parents.

Dr David Trickey is a Consultant Clinical Psychologist specialising in helping traumatised and bereaved children and young people. He works at the Anna Freud Centre in London and at Cambridge Clinical Psychology Services.

PARENTING

GROWING UP HAPPY: TEN PROVEN WAYS TO INCREASE YOUR CHILDREN'S HAPPINESS AND WELLBEING

by Alexia Barrable and Jenifer Barnett

Parenting | 224pp | Robinson | August 2016 | Korea: EntersKorea | Japan: EAJ

A guide for parents to help them increase their children's happiness and wellbeing

This book offers to parents, grandparents, and teachers ideas for fun activities that can boost happiness and well-being and can be easily incorporated into daily routines. Each of the ten chapter covers one theme and includes an enjoyable, easy-to-read summary of current scientific research in the area; how the author successfully applied this research in her classroom (and what didn't work!); and multiple suggestions for ways parents can apply these happiness techniques in their daily life, with activities appropriate for different ages of child. Alexia Barrable is an experienced primary school teacher with a passion for applying scientific research in her classroom. She taught in private schools in London and in Athens, Greece, where she now lives. She is also mum to two young boys. Inspired by the ever-growing field of positive psychology she enlisted the help of friend and neuroscientist Dr Jenny Barnett to write this book. Dr Jenny Barnett is a psychologist and neuroscientist trained at Oxford, Cambridge and Harvard universities. She is particularly interested in the practical applications of cognitive science to practical problems. The two have been friends since meeting at school twenty years ago, but this is their first collaborative writing project.

*** THE GENTLE DISCIPLINE BOOK by Sarah Ockwell-Smith**

Parenting | 288pp | Piatkus | March 2017 | Korea: EntersKorea | Japan:

How to raise cooperative, polite and helpful children

THE GENTLE DISCIPLINE BOOK is an indispensable guide for parents looking for a more gentle and effective way to shape their child's behaviour. Discipline is a vital part of child rearing, but many misunderstand its true meaning and attempt to discipline their child by punishing or rewarding them. Both are ineffective methods that potentially damage the child. THE GENTLE DISCIPLINE BOOK helps parents to analyse common so called 'discipline' techniques and to understand why they are ineffective. It enables parents to understand why their child acts in the way that they do, how they can get their child to listen to them, and how to get them to behave in more appropriate ways both now and in the future. The book covers a range of ages and the principles contained in the book will work with toddlers, 'tweens' and teenagers equally well. THE GENTLE DISCIPLINE BOOK will help parents to adopt a style of managing their child's behaviour that will see them through many years to come.

Sarah Ockwell-Smith has a degree in psychology and a background in pharmaceutical research. She works as an antenatal teacher, doula and is the founder of Babycalm, www.babycalm.co.uk. Her previous titles are: BABYCALM, TODDLERCALM and THE GENTLE PARENTING BOOK. Option publishers: Russian (AST), US (Skyhorse).

*** HOW TO RAISE A FEMINIST by Allison Powell and Victoria Ralfs**

Feminism/Parenting | 192pp | Robinson | February 2017

A parenting guide for the twenty-first century

A parenting guide for the 21st Century, this is an edgy, engaging, go-to guide for parents who want to bring up their children - of both sexes - to be bold, adventurous, and risk-taking but also to be decent, courteous, and respectful members of the community. For 'feminist' we can read confident, appropriately assertive and thoughtfully challenging. This book is a vigorous reflection on some of the hard-earned lessons in equality of the twentieth century, and a how-to parenting guide for the 21st Century. It looks at how to safeguard children without clipping their wings, so that they become confident but respectful members of the community.

Allison Vale has authored and co-authored more than a dozen published titles, including popular history, and she has written historical features for The Independent. She is a theatre reviewer, educational consultant and trainer specialising in the inclusion of children with SEN in mainstream schools. Victoria Ralfs is recognised nationally as a leader in the field of Sexuality and Relationships Education training for teachers and other professionals, specialising in the provision of an SRE curriculum to learning disabled students. She has written and trained extensively in the field.

*** WHY MOTHERS MATTER by Naomi Stadlen**

Parenting | 288pp | Piatkus | May 2017

The follow-up to WHAT MOTHERS DO and HOW MOTHERS LOVE

In this new book, Naomi Stadlen addresses current political and social issues surrounding motherhood such as the widespread and usually covert social prejudice against mothers; whether being a mother is only a matter of menial tasks or whether it counts as intelligent work; whether mothering is detrimental to a woman's mental health; whether mothers damage their children when they have outburst of anger; whether a mother can call herself a feminist; how women develop their potential as mothers and finally some personal views now that she is a grandmother.

Naomi Stadlen has unique experience of listening to mothers. For over twenty years, she has run a weekly discussion group - Mothers Talking - which meets at the Active Birth Centre in London. She is a qualified psychotherapist and also a mother and grandmother. Option publishers: South Korean (Iljinsa), Spanish (Urano), Romanian (Litera).

*** THE BACON JAM COOKBOOK by James Brundle and Chris O'Connor**

Cookery | 160pp | Full colour throughout | Robinson | November 2016

The new cookbook from the owners of Eat 17

Eat 17 is a small, independently-owned and much-loved group of eateries and convenience stores based in east London. It was started by James Brundle and Chris O'Connor, two brothers in their early twenties, who, with only £5,000, transformed a run-down off-license in Walthamstow into a multi-million-pound retail revolution and world-class brand. Eat 17's two shops are London fixtures, and the brothers recently took out a lease on a third site. Eat 17 has also recently started selling to a supermarket chain in Hong Kong and on mainland China. THE BACON JAM COOKBOOK, as well as providing many recipes from Eat 17 and their suppliers, also describes what the brothers have achieved and how. It is also, incidentally, a paean to bacon - (just about) everyone's favourite foodstuff.



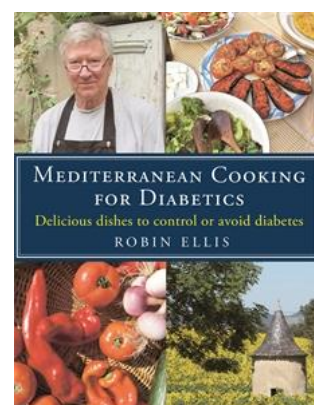
*** MEDITERRANEAN COOKING FOR DIABETICS: Delicious dishes to control or avoid diabetes by Robin Ellis**

Cookery/Health | 224pp | Robinson | March 2016

This is a food lover's guide to eating well with diabetes. The recipes are delicious and suitable for the entire family and for entertaining friends. There is no sacrifice of taste or quality

This book is a second, fully revised edition of Robin Ellis's hugely successful Delicious Dishes for Diabetics. Based on Mediterranean cuisine - one of the healthiest in the world - British actor, Robin Ellis shares his lifetime collection of healthy and simple recipes especially selected and adapted for people wishing to control or prevent Type 2 diabetes. Diagnosed with Type 2 diabetes himself, Robin explains the strategic changes he made - in what he eats and how he prepares his food - that allowed him to bring his glucose levels down sufficiently to avoid taking medication for six years. This fully illustrated book contains photographs, not only of the recipes but of beautiful, rural south-western France, where Robin lives and leads sell-out cooking workshops focused on simple, delicious and healthy Mediterranean cuisine, making the most of all the fresh local ingredients available.

Robin Ellis is best known for his role as Captain Ross Poldark in the original BBC classic series. He then returned to play a cameo in the recent smash hit adaptation of Poldark. Apart from his career as an actor Robin has always been a passionate cook. He learned to cook from his mother, who suffered from Type 1 diabetes. Following a diagnosis of Type 2 diabetes himself in 1999 he researched the best way of eating for his condition. He settled on a low-carb Mediterranean diet and, together with daily walks, he has managed to control his condition successfully ever since.

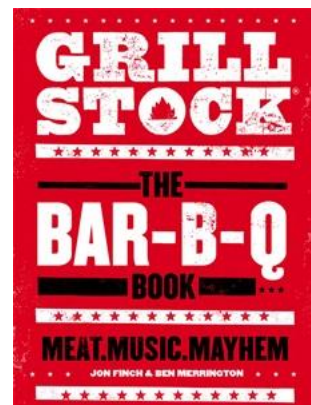


*** GRILLSTOCK: THE BAR-B-Q BOOK by Jon Finch and Ben Merrington**

Cookery | 224pp | Sphere | April 2016

From the creators of Grillstock comes the ultimate in barbecue cooking

If you've eaten in our Smokehouses, hung out at our Festivals, or just flicked through our website, you know that at Grillstock we are passionate about what we do. We live and breathe the meat and fire. And we want to share that passion in as many ways as possible. Enter GRILLSTOCK: THE BAR-B-Q BOOK. Stacked with more than 100 recipes - including Grillstock secrets that are just too damn special to keep to ourselves - the book includes favourites from the Smokehouse menus, feasts that make us weep with meaty pleasure, and succulent offerings from some truly awesome Competition guys. There's even a whole hog. This is Grillstock at home. Prepare to be King of the Grill in your own back yard. When Jon Finch and Ben Merrington met they discovered a shared passion for barbecue, music and festivals. They staged their first Grillstock festival in 2010 and now run in Bristol, Manchester and London. In 2012 they opened their first Grillshack smokehouse restaurant, and now have restaurants across the UK.

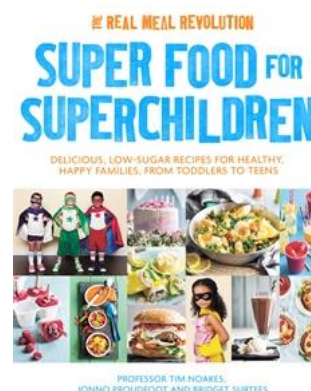


*** SUPER FOOD FOR SUPERCHILDREN by Professor Tim Noakes, Jonno Proudfoot and Bridget Surtees**

Cookery/Health | 360pp | Robinson | June 2016

For pregnancy, weaning and toddlers to teens

What's the best nutrition for your baby, child or teen? How can you give your family the best shot at a healthy future? These are fundamental questions for anyone with a family, and yet much of the common wisdom and even official dietary advice on children's nutrition is still contested, unproven or simply wrong. In many cases it's actively detrimental to long-term health. Following the phenomenal, record-breaking success of THE REAL MEAL REVOLUTION, Tim Noakes and the Real Meal team have now set out to rethink the way we feed our children. The result, RAISING SUPERHEROES, is not a Banting cookbook, and it doesn't offer no-carb eating for kids, but it does challenge many ingrained dietary beliefs, and in advocating a low-sugar, low-refined carb, real food lifestyle for children - supported by a critical interrogation of the science behind the children's food industry - it maintains THE REAL MEAL REVOLUTION's position at the forefront of the sea-change in global eating. Option publishers: German (Sudwest), Dutch (Atlas Contact).



*** THE OLIVE OIL DIET by Judy Ridgway and Simon Pool**

Diets | 256pp | Robinson | August 2016

Enrich your diet with olive oil and live a longer, healthier life

THE OLIVE OIL DIET describes a diet for life. It is a way of living which has been shown to help people not only to achieve and maintain a healthy weight but also to protect them against chronic heart disease, strokes and much more. It includes over one-hundred recipes.

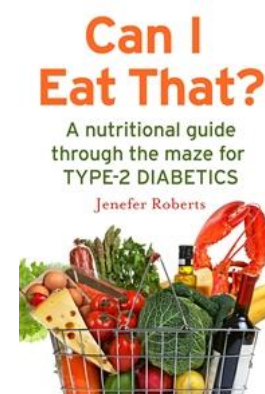
Judy Ridgway is a food and wine writer with more than sixty books to her name.

*** CAN I EAT THAT? by Jenefer Roberts**

Cookery | 224pp | Robinson | May 2016

A nutritional guide through the dietary maze for type 2 diabetics

This book answers the question: 'Can I eat that?' asked by all those newly-diagnosed with Type 2 diabetes, who are faced with the bewildering restrictions and conflicting dietary guidance that is currently offered them. It explains the nutritional factors behind the disease, and the nutritional factors in foods that are tolerated; and brings these factors together in advice on the choice - and the cooking - of beneficial and tasty foods. The book contains over 100 various recipes. The book is written by the wife of a Type 2 diabetic who grew frustrated at not being able to answer her husband's questions: 'Can I eat that?' and 'Why can't I eat that?'. Unable to find clear, accessible and consistent advice on what foods she could cook for her husband, she therefore set out to research the issue for herself.



*** PASTA by Carmela Sereno**

Cookery | 224pp | Robinson | May 2017

This cook book will show you how to pair the perfect sauce with your pasta

There are 643 different kinds of pasta in Italy, with regions specialising in their own unique signature shapes, each designed to hold the area's sauces in the best way possible. Pasta types therefore developed in response to each region's local produce – for example orecchiette with turnip tops in Puglia; cannelloni with mortadella from Bologna; bucatini with anchovies and capers from Naples. Carmela Sophia Sereno is a mother of four and is of Italian origin. A former estate agent and health practitioner, Carmela plucked up the courage to make her passion for food her career and launched her own cookery school. Her business, Carmela's Kitchen, has grown from strength to strength over the last few years and, what started out as a radio slot and teaching from her family kitchen, has blossomed into a growing business offering large scale demonstrations and events, radio shows, individual private tuition and consultancy.

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