



Non Fiction Rights Guide

Hardman & Swainson
Literary Agency

AUTUMN 2020

CONTACT DETAILS

HARDMAN & SWAINSON LLP

S86, New Wing, Somerset House, Strand, London WC2R 1LA
Tel: +44 (0)20 3701 7449 www.hardmanswainson.com

Thérèse Coen: therese@hardmanswainson.com +44 7960 576 980

CO-AGENTS

JAPAN

Japan Uni Agency: Miko Yamanouchi
miko.yamanouchi@japanuni.com

KOREA

Eric Yang Agency: Jackie Yang
jackieyang@eyagency.co.kr

TURKEY

Anatolialit Agency: Cansu Canseven
cansu@anatolialit.com

CHINA, VIETNAM, TAIWAN & THAILAND

Grayhawk Agency: Gray Tan
grayhawk@grayhawk-agency.com

RUSSIA

Van Lear Agency: Julia Demchenko
julia.demchenko@vanlearagency.com

HUNGARY

Katai I Bolza: Mészáros Orsolya
orsi@kataibolza.hu

BULGARIA

Anthea Agency: Katalina Sabeva
katalina@antheaights.com

INDONESIA

Maxima Creative Agency: Santo Manurung
santo.maxima@gmail.com

Cover image is from the UK edition of *The World Before Us* by Tom Higham (Viking, 2021)

TITLE LIST

Popular Science & History

Every Breath You Take by Mark Broomfield - Page 4

The World Before Us by Tom Higham - Page 5

The Jungle Book by Patrick Roberts - Page 6

Infection by John Tregoning - Page 7

This Mortal Coil by Andrew Doig - Page 8

Piccadilly Madmen by Alice Luxton - Page 9

Mother Tongue by Jenni Nuttall - Page 10

Cultural Studies & Popular Psychology

Trans by Helen Joyce - Page 11

Material Girls by Kathleen Stock - Page 12

Exposed by Elaine Kasket - Page 13

Lifestyle

Love to Sleep by Even & Gemma Squires - Page 14

Letters on Motherhood by Giovanna Fletcher - Page 15

Kokoro by Beth Kempton - Page 16

We are in this Together by Beth Kempton - Page 17

Little Stories of Your Life by Laura Pashby - Page 18

Hypnobirthing by Siobhan Miller - Page 19

Finding My Right Mind by Vanessa Potter - Page 20

True Crime

The Jigsaw Murders by Jeremy Craddock - Page 21

Memoir & Biography

How to Glitter a Turd by Kris Hallenga - Page 22

Unlost by Gail Muller - Page 23

The Year of Overthinking by Catherine Simpson - Page 24

The Shadowy Third by Julia Parry - Page 25

The Girl from Nowhere by Eliska Tanzer - Page 26

Those Who Can by Ryan Wilson - Page 27

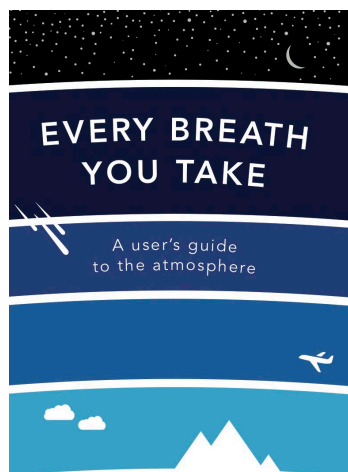
Staunch by Eleanor Wood - Page 28

MARK BROOMFIELD

Every Breath You Take

A User's Guide to the Atmosphere

You breathe in and out every few seconds, whether you like it or not. But what's in the air that you breathe? This new book will tell you everything you need to know.



UK Publisher: Duckworth Press
US Publisher: Pegasus Books
 Publication: July 2019
 Editor: Abbie Headon
 Agent: Joanna Swainson
 Material: Finished copies (p. 320)

Rights Sold
 Spanish - RBA Libros

Every Breath You Take starts with the air on a remote planet, four hundred million million kilometres away, and comes closer and closer to home. We visit the weird atmospheres in our solar system, and zoom in to find out how life-changing our atmosphere is for our world, our cities, streets, homes and our own bodies.

From the price of your house to butterflies and bogs, from public relations nightmares to headline news, from holes in the ozone layer to disappearing gases, from the French Revolution to the future of the planet, from sniffing to sneezing via seven million mysterious deaths each year, *The Atmosphere: A Breather's Guide* mixes personal stories, current science and Mark's own experiences to give you the low down on what's up high.

The future of the air that we breathe has never been more important. Air pollution is headline news around the world, as we finally get to grips with how bad pollution is for us. Yet the amount of pollution in the air you breathe weighs about as much as a paper clip spread through the Albert Hall. How can such a tiny amount of stuff have such a dramatic effect? Will our grandchildren still have an atmosphere worth breathing? Why are pollution levels so much higher in the industrial cities of India and China – and what are the prospects for improvement? How do we measure air pollution and what on earth is an odour panel? Should you buy, hold on to, or avoid a diesel car? And who can be trusted to give you the truth about what's in the atmosphere? Read this book to find out.

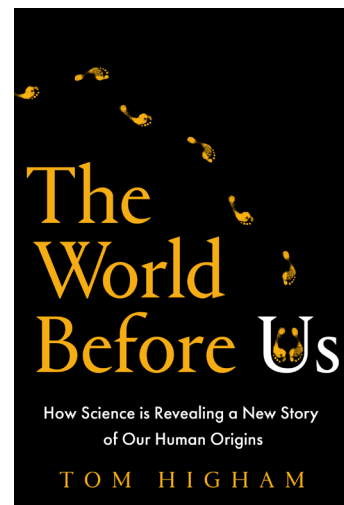
Mark Broomfield is a professional environmental consultant specialising in air pollution and air quality management. He has a BA in chemistry from the University of Cambridge, and a PhD in atmospheric chemistry, and has worked as an air quality specialist consultant since 1992, mainly within the consultancy sector and also as an industry specialist at ICI.

TOM HIGHAM

The World Before Us

How Science is Revealing a New Story of our Human Origins

The category-killer book on the period some 40,000 years ago when not just us, but a number of human sub-species roamed the world.



UK Publisher: Viking Press
 Publication: Spring 2021
 Editor: Daniel Crewe
 Agent: Joanna Swainson
 Material: Unedited Manuscript

40,000 years ago, we were not the only species of humans in the world. There were at least four others that we know of, and three of these have only become known to us in the last twenty years. These included the Neanderthals, our close cousins, who occupied Europe and the Near East and parts of Eurasia, and the enigmatic 'Hobbits', *Homo floresiensis* from the island of Flores, discovered in 2003. In April 2019, *Homo luzonensis* was added to the list, a hominin found in the Philippines, and even more diminutive than the Hobbits at less than four feet high. Finally, another addition to our human family – the focus of this book – was discovered in 2010 and only exists in physical form at the site of Denisova Cave in Siberia. The book will also explore whether a fifth species, *Homo erectus*, might also have survived into this period.

40,000 years ago, the world was a veritable 'Middle Earth'. The human family was 'we' rather than just 'us'.

The World Before Us will take us on the extraordinary journey that scientists have undertaken to make these discoveries, with the focus on Denisovans identified from tiny fragments of bone and teeth from a cave in Siberia. It delves into the cutting edge science, research and techniques that have transformed our understanding of the human story and gives us a fascinating insight into what it's like to be a leading scientist at the forefront of these world-changing discoveries.

This is the story of us, told for the first time, with its full cast of characters.

Tom Higham is Professor of Archaeological Science at the Research Laboratory for Archaeology and the History of Art, at the University of Oxford. He is Director of the Oxford Radiocarbon Accelerator Unit and for the last fifteen years he has undertaken major research programmes into the period known as the Middle to Upper Palaeolithic transition. He is a member of the team working at Denisova cave and has worked to build the chronological sequence that dates the deep layers in the site. He has held a prestigious ERC Advanced Investigator Award to fund research into dating the movement of anatomically modern humans into Eurasia.

PATRICK ROBERTS

Jungle

How Tropical Forests Shaped the World - and Us

The story of Life on Earth, including our species, told through some of the oldest, but most threatened, environments on the face of the planet.



UK Publisher: Viking Press
Publication: Spring 2022
Editor: Daniel Crewe
Agent: Joanna Swainson
Material: Proposal & Sample

Rights Sold
German - DTV
Czech - Leda
French - Fayard
Dutch - Nieuw Amsterdam

For most of us, tropical forests are things we watch or read about from the comfort of our living rooms. Almost unanimously, these 'jungle' landscapes are painted as pristine and primordial prior to 21st century capitalist greed. It is easy for us to imagine tropical forests as fascinating backdrops to exciting tales of exploration, places to get 'Lost' in, or far flung conservation battlefields that are ultimately 'not our problem'.

This book turns these stereotypes on their heads to show that tropical forests have always been intimately connected to the key cast members of Life on Earth, from the first plants, dinosaurs, and earliest mammals to humankind and its diverse societies.

Jungle will take us on a behind-the-scenes tour of the cutting-edge scientific discoveries that have recast tropical forests as crucial to the history of our planet and our species. It shows us how these 'jungles' have acted as nurseries for our earliest ancestors, shaped *Homo sapiens* as it evolved and expanded Out of Africa, and housed some of the largest pre-industrial cities in the world. Today our everyday decisions in supermarkets and car showrooms impact tropical forests many miles away that, themselves, have the power to change our precipitation, temperature, and the air that we breathe.

Jungle provides a fascinating, first-hand insight into the science that is reinvigorating our appreciation of these environments as dynamic players in all of our pasts, presents, and futures.

Patrick Roberts is a Research Group Leader and Principal Investigator at the Max Planck Institute for the Science of Human History, Jena, Germany. For most of the last decade he has led major research programmes that explore past human occupation and alteration of tropical forests. Patrick is a member of a number of international teams working in tropical environments around the world. He currently holds a prestigious ERC Award that aims to discover how pre-colonial and colonial land-use in the tropics initiated changes in the atmosphere, precipitation amounts, soil erosion, and temperatures on local, continental, and even global scales that have left a legacy we live with to this day.

JOHN TREGONING

Infection:

Pathogens and How We Fight Them

A timely look at all types of infection and how they are treated by a leading researcher in infectious diseases.



UK Publisher: Oneworld Publications
Publication: Early 2022
Editor: Sam Carter
Agent: Caroline Hardman
Material: Proposal & Sample

Rights Sold
Japanese - Bunkyoisha

Nature wants you dead. Not just you, but your children and unborn children and everyone you have ever met. It wants you to cough and sneeze and poop yourself into an early grave. It wants your blood vessels to burst and pustules to explode all over your body. And until relatively recently, it was really good at doing this. In 1900, the average life expectancy of a human was 31 years. We should already be dead.

But thanks to the advancement of scientific understanding, better hygiene and the miracle of modern medicine, we are not. This is thanks to the experts, the women and men of science who have explored, tested and invented new approaches to control infectious disease. We should celebrate these heroes: Robert Koch, Maurice Hilleman, Louis Pasteur, Lady Mary Wortley Montagu, John Snow, Alexander Fleming, Dorothy Hodgkin, Alice Ball, Françoise Barré-Sinoussi and Tu Youyou without whom we would probably still be holding a posy to our noses and taking purgatives.

This book will explore how human ingenuity has led to amazing breakthroughs in controlling, preventing and treating infectious disease. It will explain how the approaches work, where they came from, and why if given the choice, you should use them.

John S. Tregoning MA, PhD is reader in respiratory infections at Imperial College London. His research focuses on how virus and bacteria infect our lungs. He has published over 60 academic papers, collectively cited over 3,500 times. He is also well-established writer on academic careers, regularly writing commissioned articles for *Times Higher Education* and has also published in *Nature and Science*. A recent article was viewed over 90,000 times and was in the top 150 most discussed articles of the year. Dr Tregoning remains at the forefront of infectious diseases research and is based at Imperial College London where he runs a research group. He has presented his work at the Pint of Science festival as well as being invited to speak at conferences and universities both in the UK and overseas. Amongst other outlets, he has been interviewed by the *BBC*, *Bloomberg* and *The Sunday Telegraph*.

ANDREW DOIG

This Mortal Coil: The History and Future of Death

An exploration of how we died in the past, the reasons we die now and how our causes of death are about to profoundly change. For fans of Sapiens and Guns, Germs and Steel.



UK Publisher: Bloomsbury Publishing
 UK Editor: Alexis Kirschbaum
 Publication: Spring 2022
 Agent: Caroline Hardman
 Material: Proposal & Sample

Rights Sold
 Russian - Azbooka Atticus
 Korean - ROK Media
 Simplified Chinese - CITIC
 Japanese - Soshisa

This Mortal Coil is a comprehensive study of how the ways we live affect the ways we die. It explains why we died in the past, the reasons we die now and how causes of death are about to profoundly change.

Dementia, heart failure and cancer are now the leading causes of death in industrialised nations, where life expectancy in most of these countries is currently above 80. In contrast, 100 years ago life expectancy was about 50 and people died mainly from infectious diseases. Why are heart attacks, Alzheimer's and cancer so prevalent now, and will they remain the leading causes of death? The total human population has never been higher, yet in most countries (with some notable exceptions), no one starves to death. Why not? *This Mortal Coil* will answer these questions and many more, as well as introducing many heroes, who fought against conventional understanding and conservatism to change the world for the better.

Rapid recent advances in DNA sequencing are revolutionising our understanding of human genetics, and the evolution and spread of disease-causing organisms. *This Mortal Coil* looks to the future, explaining how new medical advances are set to cure many present-day causes of death. These imminent advances indicate that we are on the threshold of increasing life expectancy in the developed world to 100. Now is the healthiest time ever to be alive.

This amazing story of human endeavour and progress is told with humour and verve. It is a story of great achievement, ingenuity and hope.

Andrew J. Doig is Professor of Biochemistry at the University of Manchester. He studied Natural Science and Chemistry at the University of Cambridge, and Biochemistry at Stanford University Medical School. He became a lecturer in Manchester in 1994, where he has been ever since. His research is on computational biology, neuroscience, dementia, developmental biology and proteins. He has a major interest in Alzheimer's Disease, Parkinson's Disease and diabetes. He has over 100 publications, collectively cited over 6000 times.

ALICE LOXTON

Piccadilly Madmen: Crazy Creatives of Georgian Britain

A comic romp through the work and times of Georgian print makers, a tour through the bustling backstreets of Piccadilly, and a manifesto to return these creatives to a status of 'national treasure'.



UK Publisher: Future submission
 Agent: Caroline Hardman
 Material: Proposal & Sample

Led by the printmakers James Gillray, Thomas Rowlandson and Isaac Cruikshank, *Piccadilly Madmen* addresses an entire network of print sellers, printmakers, publishers, booksellers and customers who were the living, breathing heart of this fluid group - some were loners, most were introspective depressives, all drank heavily, many died from alcohol poisoning.

Yet from these dimly lit taverns, drenched in alcohol, coffee and the stench of Georgian London, the YBAs of the turn of the century produced some of the most wacky, impactful creative output Britain has ever seen.

Combining scathing wit, prolific daring and absurdism worthy of Dali, the prints created victims and audiences from anyone. They could change the world with an image. The sole reason we think of Napoleon as a short man (he was of average height), was the prints of James Gillray. According to Napoleon, a Gillray print was more effective than a dozen British generals.

With their pulse on the national mood, they also captured and articulated British humour, which has set the precedent for how we laugh today. A direct line can be drawn through Gilbert and Sullivan Operettas, The Two Ronnies, Spitting Image and Private Eye. And the idea of John Bull, the symbol of Britain which we see in Churchill and Boris Johnson, was cultivated and certified in the printshop windows of Old Bond Street.

We are still the children of these crazy creatives.

Alice Loxton is a 24-year-old historian and presenter with a passion for communicating the past in a creative and wacky way. She works as an Audio Editor and Presenter for Dan Snow's *History Hit*, where she writes, edits and produces Dan Snow's *History Hit* podcast, and presents documentaries for the *History Hit* TV channel.

JENNI NUTTALL

Mother Tongue:

A Surprising History of Women's Words

With vim and verve, Mother Tongue discovers the first millennium of English words for women's bodies and experiences.



UK Publisher: Future submission
Agent: Caroline Hardman
Material: Proposal & Sample

Comparing our sometimes lacklustre contemporary terms to the vivid vocabulary of the past, *Mother Tongue* covers the first thousand years of English words describing female bodies, menstruation, women's sexuality, the consequences of male violence, childbirth and caring, women's paid and unpaid work, and what it is to be a girl and an older woman, as well as early English's first attempts to articulate what this thing we now call gender might be. It showcases the eloquence of long-lost words and voices, expressiveness which can inspire and empower us to give louder voice to our own experiences and feelings, as well as some surprisingly progressive thinking which challenges our assumptions about the past and, in some cases, puts our twenty-first-century society to shame.

This year's heated debates about words and phrases like womxn, menstruators and people with a cervix have revealed just how much women's words matter both to women themselves and to society as a whole. *Mother Tongue* is inspired both by the energy of these arguments and by more personal conversations with the author's nearly teenage daughter.

Mother Tongue would take its place within the increasingly popular genre of books on feminism. It will be very recognisable as a new feminist take on an older genre, in this case, books on the history of the English language and on etymology and interestingly curious old words, which have usually overlooked the rich and provocative history of women's words. It will also very much appeal to women readers fascinated by the history of Anglo-Saxon, medieval and Tudor Britain.

Dr Jennifer Nuttall is an academic who's been teaching and researching medieval literature at the University of Oxford for the last twenty years, and who has had a lot of practice at making old words interesting. She has a DPhil from Oxford and completed the University of East Anglia's MA in Creative Writing. She is the author of a readers' guide to Geoffrey Chaucer's *Troilus and Criseyde* with Cambridge University Press and she is contributing a chapter on 'Literary Language' for the Fifteenth Century volume of the Oxford History of Poetry in English, edited by Julia Boffey and A S G Edwards. This year she's written for *Aeon* and *History Today* on another of her language interests, the history of gibberish. She blogs about her research at <http://www.stylisticienne.com/> and can be found on Twitter @stylisticienne.

HELEN JOYCE

TRANS

How Gender Identity Conquered the World

An investigation into one of the most urgent yet misunderstood social issues of the moment – gender-identity ideology – and the astonishing inroads it has made across the Western world.



UK Publisher: Oneworld
UK Editor: Cecilia Stein
Publication: Summer 2021
Agent: Caroline Hardman
Material: Proposal & Sample

Rights Sold
Russian - Individuum Press

Just ten years ago almost no one held the belief that we are all born with a "gender identity" that is more significant than our biological sex. Yet in 2020, law, politics, school and university curriculums, and even medicine, are all being reshaped around the principle of "gender self-identification": the claim that what makes you a man or woman (or even neither) is not objective biological facts but your own declaration of subjective feelings. The influence of gender-identity ideology on policy has happened with little public awareness of its true extent and almost no public support.

Until recently, hardly any children or young people thought they were really members of the opposite sex. Since then, the numbers have exploded. Gender dysphoria can be understood at least partly as an iatrogenic condition – one created by treatment. Among the victims of the latest fashionable mass diagnosis are the children being put on transition pathways that lead to sterility; gay people who are being accused of bigotry for their sex-based preferences; and the largest group of marginalised and oppressed people there has ever been – females.

This book explores the origins of gender-identity ideology – from male psychology and sexual desire to lobbyists, the pharmaceutical industry, post-modern feminism and gender studies, and social-justice activism – and the consequences for us all. *TRANS* will appeal to fans of books as diverse as *The Madness of Crowds*, *Invisible Women* and *Galileo's Middle Finger*.

Helen Joyce is executive editor at *The Economist*. She has written long reads about subjects as diverse as the future of universities, doctor-assisted dying, protecting the Brazilian rainforest, the impact of pornography on teenagers and the transformative consequences of mobile technology for banking. Since becoming interested in gender-identity issues, she has written a number of articles and editorials on the topic for *The Economist* and other outlets. Helen has around 24,000 followers on social media, including most of the relevant thinkers and campaigners – "gender-critical" feminists in academia and activism; philosophers and public-policy experts; politicians and think-tankers; sports scientists and athletes (including Sharron Davies and Martina Navratilova); groups of parents, clinicians and therapists; detransitioners; and even J.K. Rowling. Helen has spoken about gender-related issues at several feminist conferences and on BBC Radio 4's *Woman's Hour*.

KATHLEEN STOCK

Material Girls: Why Reality Matters for Feminism

A timely critique of the recently culturally influential theory that we each have something called a 'gender identity', and that this identity is more socially and morally significant than our actual biological sex.



UK Publisher: Fleet
UK Editor: Ursula Doyle
Publication: Spring 2021
Agent: Caroline Hardman
Material: Proposal & Sample

The book makes a clear and humane feminist case for our collectively retaining the ability to name material reality about sex in a range of important contexts.

In the past decade, progressive organisations and many academics have made a concerted effort to reorder public language and concepts about trans people, gender, sex, womanhood, and manhood, and to present a new way of thinking about them – what Stock terms the ‘new paradigm of gender identity.’ Within this paradigm, gender identity is an innate feeling and cannot be directly perceived by others; it can only be reported by the owner or expressed through their behaviour. Indeed in order to accommodate the needs of trans people the paradigm would have us suppress talk of biological sex wherever possible. In institutions and organisations, any services and resources formerly organised around single-sex needs should now be reorganised around gender identity, including changing rooms, bathrooms, sports teams, prizes, shortlists, schools and colleges.

In *Material Girls* Stock explores the philosophical roots of and various harms caused by this new paradigm. Contributing to the canon of feminist thought, she makes an impassioned case for an alternative route, which would not conflict with the interest of women and seeks to promote the interests of all.

Kathleen Stock is a Professor of Philosophy at the University of Sussex. She has written extensively on the nature of pretence, imagination, and fiction, for academic audiences. She is the author of *Only Imagine: Fiction, Interpretation and Imagination* (Oxford University Press, 2017) and she has written several academic articles on the nature of sexual objectification from a feminist perspective. Spurred into action by the UK public consultation on gender law reform, she has written extensively for the general public on sex, gender, and women's interests for *The Economist*, *The Conversation*, *Quillette*, *Standpoint*, and *The Article*. Kathleen has been interviewed in *The Daily Telegraph*, *Times Higher Education*, the German magazine *Cicero*, and the Danish daily newspaper *Berlingske*; and reported or discussed in the *Guardian*, *Times*, *Sunday Times*, *Daily Mail*, *The Spectator*, and *The New York Times*.

ELAINE KASKET

Exposed Your Life in Data

Exposed employs a unique device to help readers understand the depth and breadth of the issue of data, to relate it to their own lives, and to be inspired into action.



UK Publisher: Elliot & Thompson
Agent: Caroline Hardman
Publication Date: March 2022
Editor: Sarah Rigby
Material: Proposal

Rights Sold
Complex Chinese - Owl Books

Option Publishers
Romania - Corint
Korean - ROK Media
Simplified Chinese - United Sky

Exposed traces the growth and development of the data self, a self that is now born before we emerge from the womb and that may continue to exist in the world well beyond our deaths. From cradle to grave and beyond, *Exposed* clearly identifies and vividly illustrates the challenges that our information economy poses to our privacy and our psychological health at every phase of our lives. As the book moves through each phase of the lifespan, it examines the less-spoken-about features of the information economy, and their consequences.

The issues are examined chronologically, in the order they arise in our lives: Sharenting, and the the surveillance and profiling of children (the consumers of the future) by schools, parents, and even summer camps. Snooping and hacking within intimate relationships starts happening as soon as we start falling in love. Starting a home means making decisions about the Internet of Things. Privacy of our health data and genealogical privacy becomes more salient as we age, and our data selves have a long digital afterlife. *Exposed* blends biographical anecdotes, current events, expert insights and the author's own authoritative voice to bring each issue home to the reader.

Exposed is an accessible take on Shoshana Zuboff's *The Age of Surveillance Capitalism*.

Psychologist and social media expert **Dr Elaine Kasket** is the author and audiobook narrator of *All the Ghosts in the Machine: The Digital Afterlife of Your Personal Data* (Robinson/Little Brown, 2019). Elaine is American born and UK based and lives in East London with her family. She devotes the majority of her time to writing, media appearances, keynote speaking and academic work. She writes from an eccentric Georgian-era Soho club, a hipster creative co-working space next to a rubbish tip in East London, and an 18th Century writer's retreat in Devon. Elaine also practices as a HCPC-Registered Counselling Psychologist and is well known in her field, having authored *How to Become a Counselling Psychologist* (Routledge Psychology Press, 2017) and co-edited *The Handbook of Counselling Psychology*, 4th ed. (Sage, 2016).

EVE & GEMMA SQUIRES

Love to Sleep

More than just another sleep book! Love to Sleep will help parent AND child sleep better, happier and longer.



UK Publisher: Orion Books
Agent: Hannah Ferguson
Publication Date: July 2021
Editor: Sam Eades
Material: January 2021

Love to Sleep will be a unique sleep book, different from existing books in two ways. Firstly, this book acknowledges the crucial role parents play in building good (and bad) sleep habits in their child. Secondly, the authors, Gemma and Eve, are also the only sleep consultants that offer advice on how parents can sleep, addressing the effects of sleep deprivation on our physical and mental health.

Gemma and Eve will share their own experience of sleep deprivation - Eve crashed her car from exhaustion which led to her starting the business. Using anecdotes, case studies and accessible science it will cover the science of sleep, why sleep is important, how to create the right sleep environment, the different rhythms of night and day sleep, the nap-gap dynamic, the role the parent plays in their child's sleep, and how to restore parents' sleep alongside their child's.

The book will also include a troubleshooting section, set out in the form of an A-Z.

The UK's most trusted voice in paediatric sleep are going to revolutionise sleep for parents and children the world over!

Eve and Gemma Squires are the founders of CALM & BRIGHT sleep support, which encourages and empowers parents to enable their children with solid sleep. Put off by harsher sleep training methods, and worn out by the brutality of doing nothing, Eve developed her own way to quickly and lovingly enable sleep. Within three days, Eve's ten-month-old baby was happily sleeping 12 solid hours a night. Eve subsequently volunteered for five years locally, helping other parents to find their own sleep solutions. In 2014, no longer able to satisfy local demand, paediatric nurse Gem joined forces with her sister and they began working remotely together, helping families as far reaching as in Hawaii, New York, Kenya, Borneo and Singapore in the first year. Together with their team, Eve & Gem have since helped thousands of families step into the connected family life that solid sleep brings. As a result of their swift results and compassionate approach, they are fast becoming the UK's most trusted voice in paediatric sleep.

GIOVANNA FLETCHER

Letters on Motherhood

A beautiful collection of personal letters from the No.1 bestselling author and podcast host of Happy Mum Happy Baby.



UK Publisher: Michael Joseph
Publication date: February 2020
Editor: Charlotte Hardman
Agent: Hannah Ferguson
Material: Finished Copies (pp. 336)

Option Publishers

Romanian – Humanitas
Russian – Eksmo
Simplified Chinese – CITIC
Spanish – Ediciones Omega

No. 2 Sunday Times Bestseller

Letters on Motherhood is a collection of heartfelt and deeply personal letters written by Giovanna to her three young sons Buzz, Buddy and Max, husband, Tom, and the family and friends who have inspired and supported her to become the mother that she is today.

In this beautiful book she shares the funny and moving personal tales of her own family life whilst also talking about the deeper universal truths of parenting - coping with mum guilt, finding a work/family life balance, positive body image, rediscovering a sense of identity, and a parent's hopes, fears and expectations for their child's future.

Honest, heartwarming and hilarious, her own experiences of motherhood and the lessons she has learned along the way will resonate with parents everywhere.

Giovanna Fletcher is an actress and freelance journalist, and is married to Tom Fletcher from McFly. She grew up in Essex with her Italian dad Mario, mum Kim, big sister Giorgia and little brother Mario, and spent most of her childhood talking to herself (it seems no one wanted to listen) or reading books. Giovanna is a firm believer in the power of magpies and positive energy.

BETH KEMPTON

Kokoro

Japanese Wisdom for a Life Well Lived

An original and timely guide to slowing down and reconnecting with ourselves, inspired by Japanese culture, wisdom and traditions.



UK Publisher: Piatkus
Publication date: Summer 2021
Editor: Jillian Young
Agent: Caroline Hardman
Material: Proposal

Rights Sold
Dutch - Bruna
Spanish - Planeta
Russian - Exmo

Option Publishers

Portuguese (Brazil) - Verus
Bulgarian - Skyprint
Complex Chinese - China Times
Croatian - Planetopija
Czech - Jota

Finnish - Basam Books
French - Marabout
Hungarian - Libri
Hebrew - Steimatzky
Indonesian - PT Gramedia
Italian - Corbaccio

Slovenian - Učila
Spanish - Planeta
Thai - Mono Move
Turkish - Pena
Vietnamese - Thai Ha

Korean - Will Books
Portuguese (Portugal) - 2020
Simplified Chinese - CITIC
Serbian - Evro Books

Beth Kempton is a mother, writer and entrepreneur committed to helping women achieve their full potential. She has worked with UN agencies, global brands, charities and individuals all across the world and has an MA in Japanese. Her company, Do What You Love, helps people find personal, professional and financial freedom.

This book is an invitation to cultivate stillness and contentment in an ever-changing, uncertain world. Drawing on a thousand years of Japanese literature, culture and philosophical ideas to explore the true nature of time and what it means to be human, *Kokoro* – which mysteriously translates as ‘heart-mind’ – is a meditation on living well.

Join Japanologist Beth Kempton on this life-changing pilgrimage far beyond the tourist trail, to uncover the soul of the country, its people and its deeply buried wisdom. Along the way you'll discover a revolutionary way of looking at life and the world that will transform your approach to living. You will learn how to cultivate presence, awareness, calm and joy so that you can move beyond regret and fear to make the most of every day.

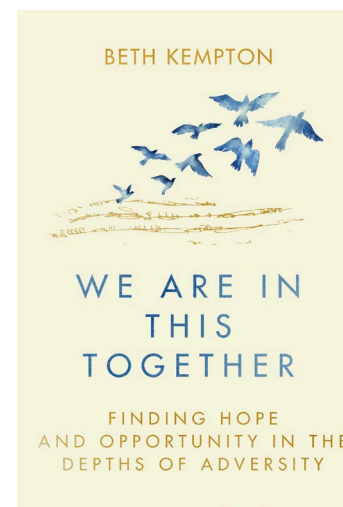
Distilling insight from a rich variety of sources, from centuries-old poetry and ancient Zen texts to martial arts teaching and contemporary philosophy, alongside the real-life stories of modern day pioneers, *Kokoro* offers a gentle and inspiring take on what it truly means to be happy and leads you to the heart of what really matters, so you can live each day with wonder and ease. And then, when the time comes to look back on it all, you will know that yours was a life well-lived.

BETH KEMPTON

We are in this Together

Finding Hope and Opportunity in the Depths of Adversity

A practical and inspiring compass for navigating these turbulent times, which will help people take care of themselves and their families, stay calm, prioritise, and lay the groundwork for renewal.



UK Publisher: Piatkus/ Little, Brown
US Option: Scribner
Publication date: Spring 2021
Editor: Jillian Young
Agent: Caroline Hardman
Material: Final PDF

Rights Sold
Bulgarian - Skyprint
Dutch - Bruna
Italian - Corbaccio

We are living through unprecedented circumstances. This global pandemic is disrupting life as we know it, in ways we could never have imagined.

We Are In This Together is a practical and inspiring compass for navigating these turbulent times, moving from resistance to resilience, to take care of yourself and your family in the chaos. It will help you stay calm, figure out what to prioritise, simplify your life and lay the groundwork for renewal. Ultimately, it will inspire an awakening to the hope and potential that this situation offers us all.

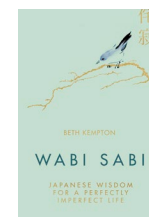
It has been apparent for many years that humanity needs to slow down, and this may be our opportunity. This book explores ways to embrace slower living and become more self-reliant, while recognising the interconnectedness of everyone and everything.

With perspectives from across the globe and a host of journal prompts to help you capture your own experience of this time, this book will be a comfort, and a gentle reminder of all we have to be grateful for.

It is an invitation to pause, breathe, and simply do the best we can in the situation we are in. In doing so, we can open up space for reflection, rejuvenation, and hope, as we embrace the present and re-imagine how we want to live.

We are in this together. We will get through this together.

And maybe, just maybe, the world will be a better place on the other side.



LAURA PASHBY

Little Stories of Your Life

A contemporary take on The Artist's Way, this book will show readers how to search out the truth and beauty in their everyday.



UK Publisher: Quadrille (WEL)
Publication: Autumn 2021
Editor: Sarah Thickett
Agent: Caroline Hardman
Material: Proposal and Sample

Little Stories of Your Life is about gathering precious fragments that make up a life and holding those fragments to the light, looking for the stories within. As human beings our natural inclination is to search for meaning in our lives. This meaning is contained by the details of our own particular experiences and perspectives: the little stories that make up our lives. Through seeking out and sharing these little stories, we create a patchwork of tiny tales that tells something of our own unique life story and reveals a little of who we are. This book will teach readers to capture precious moments of their everyday, and to communicate these moments in order to connect with others. The smallest story can be incredibly powerful, particularly if it's recorded with heart or shared with honesty.

Combining the wellbeing benefits of mindfulness, creativity, gratitude and daily photography, *Little Stories* will encourage readers to search out the truth and beauty in their everyday, to open up their field of vision and see the world with fresh eyes, whilst capturing precious memories. It will consist of beautiful writing that resonates with the reader, research and expert perspectives, personal stories, advice and mindful creative exercises. *Little Stories* is about slowing down and paying attention, developing the capacity to be delighted and astonished by quotidian moments, and giving readers the confidence to tell and record stories of their life, however little those stories might be. This book will also enable readers to share their view of the world authentically through Instagram and other popular social media platforms, and to build genuine connections with others who do the same.

Laura Pashby is a writer and a photographer. She tells stories using words and photographs on her blog, to her 68k+ Instagram following, for brands, and in magazines. She is also a qualified teacher with an MA in Literature and she teaches storytelling E-courses. She spent three years as the deputy editor of *91 Magazine* - an independent magazine that covers all aspects of creative living. She hosts a bi-monthly Twitter chat called #theyearinbooks and has previously led fireside book club sessions at Sisterhood Camp creative retreats. Across social media, but particularly on Instagram, she has an established and engaged following with an interest in her atmospheric imagery and soulful storytelling.

SIOBHAN MILLER

Hypnobirthing

Practical ways to Make Your Birth Better

A book to equip women with practical tools they can use in pregnancy, birth and life.



UK Publisher: Piatkus
Publication date: April 2019
Editor: Zoe Bohm
Agent: Hannah Ferguson
Material: Finished Copies (pp.272)

Rights Sold
Spanish - Zenith/ Planeta
Portuguese (Portugal) - 2020
Italian - Odoja

Expert hypnobirthing coach Siobhan Miller has made it her mission to show women everywhere that birth can be better. And not just better -- it can be an amazing, empowering experience.

Hypnobirthing is an invaluable technique for EVERY woman with a baby inside her uterus and for EVERY type of birth -- from a natural water birth through to an unplanned caesarean.

So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing teaches you how your body works on a muscular and hormonal level when in labour, and how to work with your body to make birth more efficient and comfortable. Being relaxed is the key, so you will learn how to quickly and easily access a state of deep relaxation using a combination of breathing techniques, visualisations, guided relaxation exercises, light touch massage, positive affirmations and various other techniques.

Hypnobirthing will change your mindset towards birth, so that you'll be able to navigate your birth - and any twists and turns - with confidence, armed with practical tools that ensure you feel calm and in control throughout.

No matter where you sit on the 'anxious-to-excited' spectrum at the moment, by the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth, because it's truly the most awesome thing you'll ever get to do in your life.

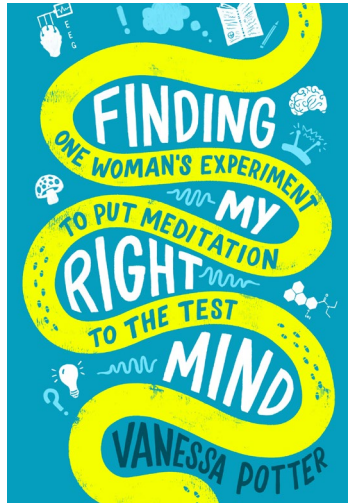
Siobhan Miller is a mum to three boys and founder of The Positive Birth Company and a big believer in the importance of a positive birth experience. Siobhan graduated with a first class honours degree (in English Literature and Drama) along with an 18 month old baby in 2008. She subsequently worked in digital marketing and publishing for a number of years before embarking on a Psychology Masters in 2013 and training to become a hypnobirthing teacher. Earlier this year she launched the world's first hypnobirthing digital pack, her hypnobirthing course in digital form, as well as producing a series of free YouTube videos, in a bid to make hypnobirthing accessible to more women, and men. So far she has sold over 10,000 digital packs around the world and her videos have been viewed over 50,000 times. www.thepositivebirthcompany.co.uk

VANESSA POTTER

Finding My Right Mind

One Woman's Experiment to put Meditation to the Test

Bringing science into her sitting room, a frazzled working parent sets out to discover whether training her mind really can transform her life.



UK Publisher: Trigger Press
 Publication: February 2021
 Editor: Jo Lal
 Agent: Caroline Hardman
 Material: November 2020

When Vanessa Potter woke up one day to find herself blind and paralysed, she was stunned to discover that it was meditating, not drugs, that saved her mind. Convinced she had more to learn, she embarked on her own consciousness road-trip, exploring the major schools of meditation, along with hypnotherapy and psychedelics.

In order to objectively record her journey, Cambridge neuroscientists measured her brain activity, with their observations and results featured within the book. Offering a detailed snapshot of each practice, Vanessa provides an unusually voyeuristic glimpse into how powerful meditating can be. After 300 hours of sitting still, the scientists and Vanessa reveal whether meditation lived up to the hype and provided the key to contentment.

Funny and wry, this is a unique take on citizen science, delving beneath the surface of meditation to reveal the fascinating world of the mind and the possibilities within.

Books on meditation normally teach us how to meditate - not about what happens when we try.

Before becoming a self-experimenting science communicator, **Vanessa Potter** spent 16 years as an award-winning broadcast producer working within the London advertising industry. In October 2012 she was struck down by a severe illness called Neuromyelitis Optica Spectrum Disorder. Following her recovery, she collaborated with neuroscientists at Cambridge University, to design an interactive immersive exhibition, based on her therapeutic use of meditation, and gave a TEDx talk about her experiences in Ghent in 2016. She documented her illness and recovery in her memoir, *Patient H69: The Story of My Second Sight*, which was published by Bloomsbury Sigma in 2017 and won *The Times* best memoir of 2017. She's the recipient of an Inspiring Woman award, and has written pieces for *Mosaic Science*, *The Telegraph* and *Marie-Claire*.

JEREMY CRADDOCK

The Jigsaw Murders

The True Story of the Ruxton Killings and the Birth of Modern Forensics

10 Rillington Place meets Silent Witness, set in the Agatha Christie era and written with the verve and suspense of a crime thriller.



UK Publisher: The History Press
 Publication: Spring 2021
 Editor: Mark Beynon
 Agent: Joanna Swainson
 Material: November 2020

TV Rights to TOD Productions

In September 1935, Dr Buck Ruxton strangled his wife Isabella, in their Lancashire home while their three children slept in their beds close by. When the nanny, Mary Rogerson, disturbed him in the act, he killed her too.

To hide his crimes, he dismembered and chopped up the bodies, removing any distinguishing features, before he disposed of them in a number of bags in a ravine on the Scottish borders. When first discovered, it was unclear how many bodies the police were even dealing with. The world's media went into a frenzy over the so-called 'Jigsaw Murders'.

It took the genius of Professors Sydney Smith and John Glaister and their ground-breaking forensic techniques to piece together the identities of the bodies. And when the finger of suspicion finally pointed at Buck Ruxton, he acquired the services of the most famous lawyer in the land, Norman Birkett QC who, against all the odds, had successfully defended the accused of the Brighton Trunk Murder case the previous year. Would he succeed this time?

In *The Jigsaw Murders*, author and journalist Jeremy Craddock tells the whole story of these gruesome killings for the first time. He brings to life the main characters, from the enigmatic and charismatic Ruxton himself, to Isabella Ruxton and Mary Rogerson - until now only seen as anonymous victims of a cruel crime - to the police officers, lawyers and scientists involved in the investigation and trial in this landmark case which led to the birth of modern forensics.

Jeremy Craddock was a newspaper and magazine journalist in the north west of England for 23 years. As a crime reporter, he covered the courts of Cumbria and Lancashire for many years. The biggest crime story he reported on was the Lady in the Lake murder case of the 1990s, when the body of Carol Park was discovered in Coniston Water 21 years after she went missing. Today he lectures in multimedia journalism at Manchester Metropolitan University. He is part of a thriving writing community within MMU's Writing School. He frequently gives public talks about his work and contributes to a media law podcast, Bang To Rights. He is on Twitter at @JezCraddock. Jeremy is married with two children and lives in Cheshire.

KRIS HALLENGA

How to Glitter a Turd

When something as horrific as cancer comes knocking at your door, you might just ask it in for tea and a chat to find out why it came in the first place. This book will give people the tools to deal with the ugly things in life.



UK Publisher: Unbound
Agent: Hannah Ferguson
Publication Date: Summer 2021
Editor: Katy Guest

At 22, Kris was living in the shadows of her happy and successful twin sister, and trying to break free from a dysfunctional relationship.

In short, she was totally normal.

When she discovered a lump in her breast and was subsequently told that it was not only cancer, but also incurable, life took on a completely new meaning. Kris was diagnosed at an age when life wasn't something to be grateful for, but a goddamn right. Your twenties are supposed to be the years when you become who you're meant to be.

Little did she know it was cancer that would lead her to a life she had never considered: a Happy One.

This will shine a new perspective on survival. Kris has survived the unsurvivable for 11 years and she is slowly discovering why. Her insights can help ordinary people, with everyday life problems, learn from a normal girl with an extraordinary story. In writing this book, she wants to take away the very conditioned fear that the word 'cancer' instills in us.

Kris Hallenga is half German, half British and lives in Cornwall with her cat, Lady Marmalade. She started a national charity called CoppaFeel!, educating young people about signs and symptoms of breast cancer shortly after her diagnosis. CoppaFeel! is run by 16 fierce females from their Bermondsey office in London. They are a well known organisation that is helping people stand the best possible chance of surviving cancer. Kris works part time for CoppaFeel! from Cornwall. She stepped away as CEO 3 years ago to pursue a life less cancer orientated and because she believes charities shouldn't be run by their founders forever. She now pursues speaking engagements, runs a coffee truck business with her twin and breathes in fresh sea air every day.

GAIL MULLER

Unlost

The Only Way Out is Thru

Wild meets The Salt Path in this memoir recounting Gail's fight against a debilitating condition by hiking the Appalachian Trail southbound.



UK Publisher: On Submission
Agent: Hannah Ferguson
Material: Proposal

Gail Muller is an adventurer. She says she was 'born wonky' and in her early teens was told that she'd be wheelchair bound by the age of forty. She's lived with debilitating physical pain (and the mental illness that comes with that) but has always fought fiercely against it.

Her illness took her to the brink of despair, but a seemingly serendipitous diagnosis and years of surgery that followed meant that she grew stronger. At the age of forty, and not in a wheelchair, she decided to take on the ultimate challenge, The Appalachian Trail southbound, to push her body and soul further. She picked the longest footpath in the world to break herself back down to her core again but this time in order to put the pieces back together where they truly belonged. She didn't want a repaired body, she wanted a healed one.

This is a fascinating story from the wilderness coming from a single, happy, childfree 40-something woman who is doing extraordinary things. She's just finished walking the South West Coast Path, because she's always off walking and camping somewhere! She's welcomed a huge following of people keen to virtually accompany her on her journeys (WIFI permitting!) and this book will be her story, of her trek on The Appalachian Trail mapped out along with the breaking down of her demons and the hopeful piecing back together.

UNLOST is a story about one woman's journey to the brink of her physical limits in order to repair a lifetime's worth of chronic pain.

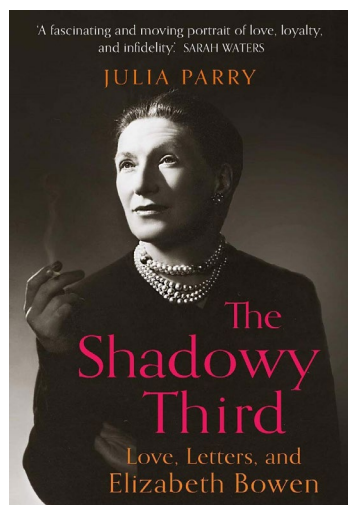
Gail Muller is an adventurer. She hasn't always been able to adventure, but it's forever been in her blood. She has always worked. Yachting, film, journalism and mostly education. Gail knows that she is not able to live a regular life, and she is embracing this understanding of herself; adventuring, hiking, writing and inspiring others to do the same. As long as you have optimism and hope about what lies around the next corner, then you can't go far wrong.

JULIA PARRY

The Shadowy Third:

Love, Letters, and Elizabeth Bowen

The fascinating story of a literary triangle with Elizabeth Bowen at its epicentre, written by the granddaughter of one of the protagonists, Humphry House.



UK Publisher: Duckworth Press
 Editor: Matt Casbourne
 Publication: February 2021
 Agent: Caroline Hardman
 Material: Edited manuscript

The Shadowy Third tells the story of a literary love triangle, in which the 1930s novelist, Elizabeth Bowen, is a pivotal player.

The other two characters are the scholars Humphry and Madeline House, the author's grandparents. Part literary biography, part family memoir, part social history, the book deals with the initial affair between Bowen and Humphry House and its unexpected consequences – in the work of Elizabeth Bowen, in the lives of the protagonists, and in successive generations of Julia Parry's family. Using unpublished correspondence, Julia set out to discover the truth of the affair; this episode that casts a shadow across her family's past.

The Shadowy Third has already received glowing endorsements from the novelists Sarah Waters and Alan Hollinghurst (included in the proposal), and Bowen's novels (reissued as Vintage Classics in the UK and by Knopf in the US) continue to receive critical and scholarly interest here and Stateside.

Julia Parry was brought up in West Africa, educated at St Andrews and Oxford, she now divides her time between London and Madrid. She teaches English literature and has worked as a writer and a photographer for *The Guardian* and the *Times Educational Supplement* amongst other publications.

CATHERINE SIMPSON

The Year of Overthinking:

Adventures in a Female Body

A memoir examining the impact of cancer and how, in the author's case, it unleashed a tsunami of unresolved events.



UK Publisher: On submission
 Agent: Joanna Swainson
 Material: Proposal

As Catherine says: "My breast cancer diagnosis made me face up to my own mortality, and the disintegration of my sense of self. It also brought up memories of other bodily events – the most traumatic of which I realised were (wholly or partly) because I live in a female body: sexual abuse, unwanted pregnancy, abortion, street harassment, body shaming, pregnancy, childbirth, breast feeding, post-natal depression, early menopause, dieting, hair loss and ageing.

Cancer patients are expected to be brave, grateful, and relentlessly positive, to either recover and never mention it again, or die. But many people live through and beyond cancer and are fundamentally changed, not only in how they want to live now, but in how they look at their own past. This book is an attempt to uncover what is hidden."

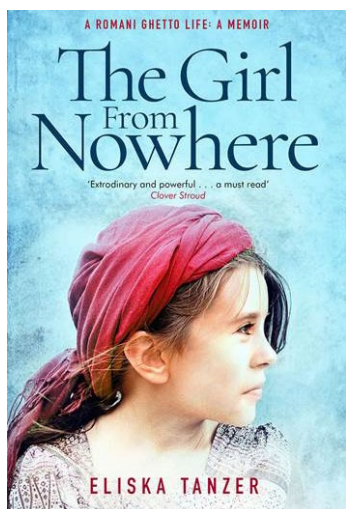
Perhaps comparable titles are Emily Pine's *Notes to Self* and Sinead Gleeson's *Constellations*, which look at living in particular women's bodies at particular times. These are different, but give a feel for what Catherine was aiming for.

Catherine Simpson is the author of *When I had a Little Sister*, published by 4th Estate in 2019, and the novel *True Story*, published by Sandstone Press in 2015. She lives in Edinburgh, where she is very active on the literary scene, participating in the book festival there and other literary festivals across the UK, and she is an engaging and passionate advocate of her books.

ELISKA TANZER

The Girl From Nowhere

Powerful and inspirational memoir of a young woman born in a Gypsy ghetto in Eastern Slovakia. Comparison titles are Educated by Tara Westover and Shame by Jasvinder Sanghera.



UK Publisher: Mirror Books
Publication date: February 2020
Editor: Ajda Vucicevic
Agent: Joanna Swainson
Material: Finished Copies (pp. 352)

Rights Sold
Canada - HarperCollins
Slovakian - Albatros

Eliška was born in the 1990s into an isolated, poverty-stricken Gypsy ghetto in Eastern Slovakia. Her mother was just thirteen when she gave birth and already heavily involved in the family business of prostitution. Her father, ironically, is a Nazi-sympathiser from Germany.

At thirteen, Eliška was trafficked to the UK. In between working many jobs, some more savoury than others, Eliška secured the education she'd been promised. Just as things were looking up - she had just been offered a place to study Creative Writing at university - the unthinkable happened: she was brutally gang-raped and left for dead. How could this have happened in England, the place she had come to escape this kind of danger?

After a period of depression, Eliška picked herself up. She completed her degree and came to write her powerful memoir, giving us incredible insight into a world few of us will ever know, and touching on many timely issues from racial discrimination, to sexual violence, to how the cultures into which we are born define us (or not).

Eliška is keen to point out that she never wants to use her culture as an excuse for anything that's happened in her life - she owns her flaws and mistakes as well as her successes.

Eliška Tanzer has been published in two anthologies: *Wicked Young Writers Anthology* 2015, with an early draft of the first chapter of her memoir, and *Electric Reads Young Writers* 2015 with a different (fiction) project entitled Courtesan Cartel. She has written a number of articles for online publications such as *Sister-Hood.org* and has also been published in the annual *Gal-Dem* print magazine.

RYAN WILSON

Those Who Can

A Teacher's Story

This is a tribute to the extraordinary and largely unsung work done by teachers of the country every single day.



UK Publisher: Chatto & Windus
Publication: Autumn 2021
Editor: Charlotte Humphery
Agent: Caroline Hardman
Material: Unedited Manuscript

Rights Sold
Russian - Exmo

As a child Ryan pleaded for a full size blackboard and chalk for his eighth birthday; this memoir is an attempt to trace how that wide-eyed eight year old metamorphosed into a teacher who felt he had to give up his career in education. It celebrates the joy of teaching, the characters inhabiting the classrooms, and the unbridled satisfaction of lessons that genuinely made a difference. But it also shines a light on the challenges: the obsession with data and exam results, the pressure of lesson observations and the tyranny of inspections.

It's also a deeply personal story, covering the tragic deaths of two of his closest colleagues and Ryan's struggle to come out as gay. Wrestling to reconcile his sexuality with a religious upbringing, Ryan finds himself in the position of learning from the children he teaches about how to be comfortable in his own skin.

There have been a few teaching memoirs over the years, just as there were doctor memoirs prior to Adam Kay's groundbreaking memoir and the surge in popularity of the 'professional confessional'. But most have focused on the comedy of teaching and are based very much in the classroom, without a wider lens. Ryan's memoir is different in tone, structure and scope, broadening the discussion to wider contemporary issues facing education and young people, including knife crime and indoctrination into terrorist groups, and with more humility and pathos alongside the humour.

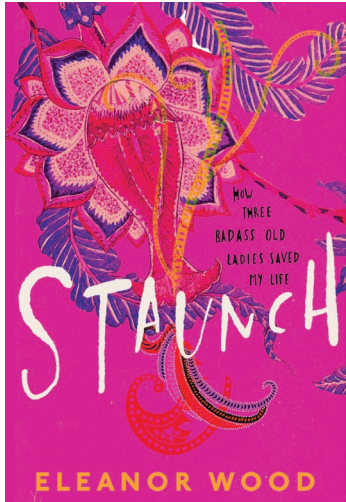
Ryan Wilson currently works as a producer and reporter on BBC Radio 2's *The Jeremy Vine Show*. He has written about education for *The Guardian* and *The Times Educational Supplement*, including taking on the mantle of *The Guardian's Secret Teacher*. In addition to print media contacts, he has many in the broadcast media including at BBC local radio, Good Morning Britain, BBC Breakfast, talkRADIO, Radio 4, LBC, ITV regional news, Channel 5 News, *The Evening Standard* and of course at Radio 2. He is in contact with Adam Kay, whose appearance on the *Jeremy Vine Show* inspired Ryan to write his memoir.

ELEANOR WOOD

Staunch

How Three Badass Old Ladies Saved My Life

What are you supposed to do when you're getting too old to be the cool girl any more, but life hasn't settled down the way you assumed it would? The life of an ageing rock chick/hipster/manic pixie dream girl is a tough one.



UK Publisher: HarperCollins HQ
 Editor: Rachel Kenny
 Publication: March 2020
 Agent: Caroline Hardman
 Material: Finished Copies (pp. 252)

Eleanor is in her late thirties, drinking cocktails on a beach in India, trying to ‘find herself’ like the typical middle-class crisis cliché – with three badass old ladies. How did she end up here?

Could it have been her family falling apart? Was it breaking up with her boyfriend of twelve years, blowing up her whole fucking universe? Maybe it was a string of bad decisions that followed, including dating a violent narcissist who in the end, ghosted her?

Or, was it simply, all three – a battle with depression that headed into a steep descent to rock-bottom.

But Eleanor soon discovers a way out, when she visits Goa – a world away from her problems. As she embarks on journey of healing, her octogenarian nan and two great-aunts revisit their years growing up in an India under Empire. Learning the importance of history, family and legacy, she finds that enlightenment can come in the face of true adversity.

As her nan points out: life doesn’t always work out the way you expect it to. You adjust. You get on with it. You get STAUNCH.

Eleanor Wood is the author of YA novels *Becoming Betty* and *My Secret Rockstar Boyfriend* (Macmillan Children’s Books). Her work has been published in various magazines and on websites, most recently *Elle* magazine. Her erstwhile lo-fi fanzine, *Shocking Blues and Mean Reds*, won praise from the *Independent*, *Lauren Laverne*, and *Marmalade* magazine, among others. She lives in Brighton, blogs about music (among other things), has a Leonard Cohen tattoo and would like to get a cat, but isn’t sure she can handle the commitment.

Hardman & Swainson
 Literary Agency