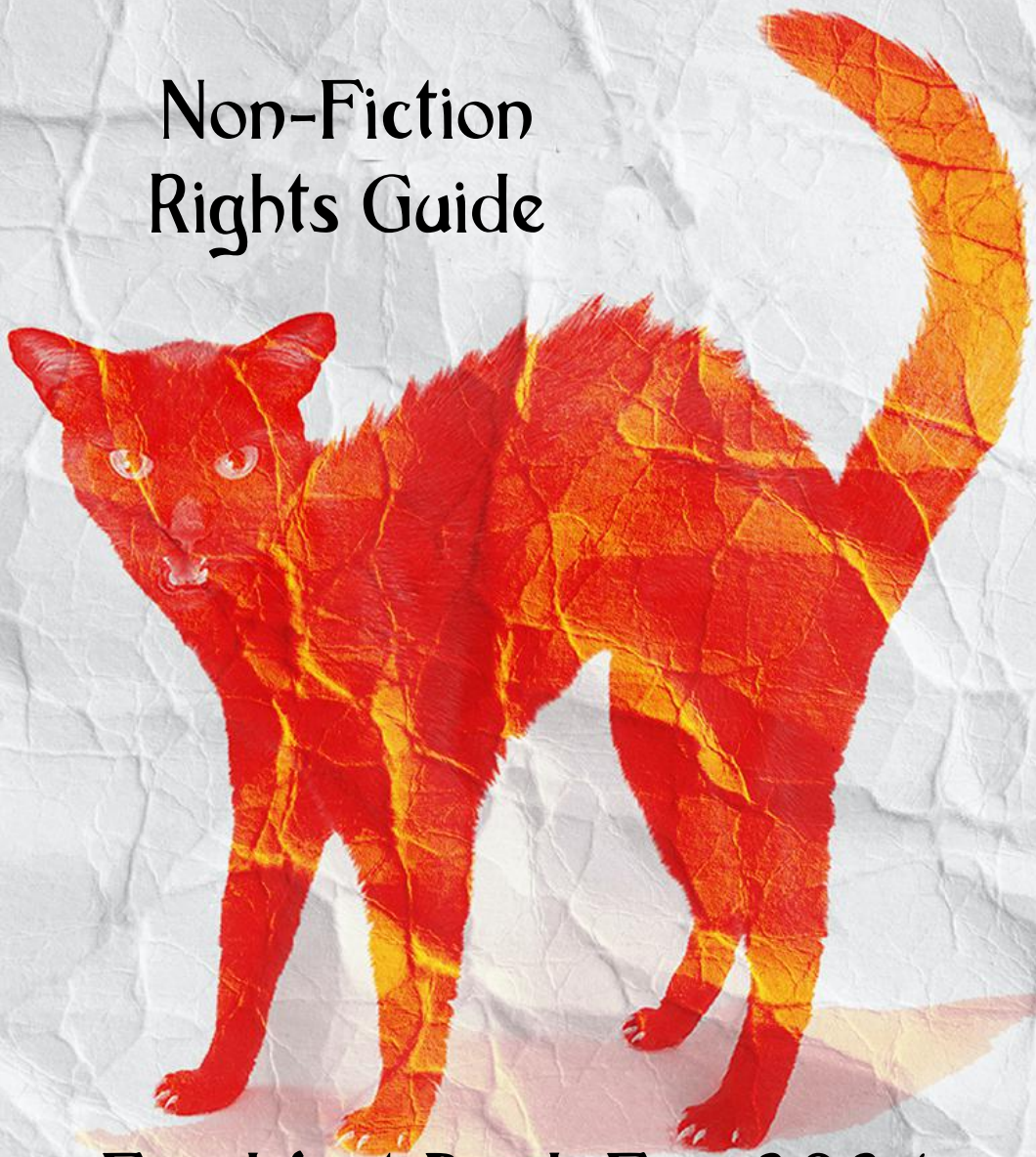


# Hardman & Swainson

Non-Fiction  
Rights Guide



Frankfurt Book Fair 2024

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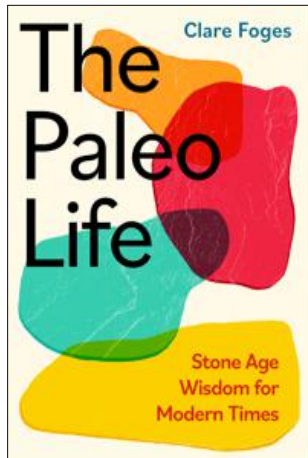
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[katalina@antheights.com](mailto:katalina@antheights.com)

# THE PALEO LIFE

Stone Age Wisdom for Modern Times

by Clare Foges



**A smart, practical guide to living a more balanced life, which explores how we lived in the stone age and draws on contemporary hunter-gatherer wisdom.**

*The Paleo Life* is about the mismatch between our stone age brains and our modern lifestyles.

It steps outside ‘The Matrix’ of modern beliefs, habits and trends to tell the truth about what is serving us, and what is doing us harm.

Most importantly, *The Paleo Life* is a practical handbook which draws on hunter gatherer wisdom

to help readers feel more balanced, more contented, and more human.

The hugely popular *The Paleo Diet* recognises that our guts weren’t made to digest Big Macs and microwave meals. To make our bodies healthier, it rewinds the clock to more digestible foods: plants and simple proteins. *The Paleo Life* applies the same principle to our minds, adapting our lifestyle so that it is kinder to our ancient brains.



**Clare Foges** is a journalist, columnist and radio presenter. Between 2015-22 she was a senior columnist on *The Times*, writing a weekly column on politics and current affairs in a newspaper which reaches a readership of around 850,000 people. She regularly writes for *The Daily Mail* and *Mail Online* and has presented numerous shows on talk radio station LBC.

**UK Publisher:** Piatkus / L, B  
Editor: Jillian Young

**Agent:** Joanna Swainson  
**Publication:** June 2024  
Material: Final PDF

**Rights sold:**  
French - Editions First  
Italian - Newton Compton  
Russian - Azbooka-Atticus  
Turkish - Kuraldisi

# THE CALM AND HAPPY HOME

## The Magic of Modern Feng Shui

by Kimberley Gallagher

**A guide to working with your home to unlock its power and magic.**

The Calm and Happy Home will help turn your home into the most supportive, calm and peaceful space that you can imagine. To create a home that will help you flourish and thrive. This book will guide you and show you how to work with your home to help unlock its power and magic. Kimberley is committed to sharing the secret of the ancient magical practice of Feng Shui in a modern way that everyone can use.

She often refers to Feng Shui as the missing piece of the manifestation puzzle. You may be doing everything in your power to assist your wealth, career, relationships, fertility, health, self-worth or mental health but nothing seems to be going right. Kimberly typically finds this is due to the energy in people's homes. This book will give you all the tips and tools needed to enable you to unblock stagnant energy in your home, absorb and diffuse bad energy and instead create the most beautiful and positive home and energy flow to support you and your family.



**Kimberley Gallagher** is a trained feng shui consultant. She set up her company The Feng Shui Flow to help explain this beautiful art in a way that everybody can understand and use in their own spaces. She is the feng shui expert on ITV's *This Morning* and works with individuals and businesses worldwide to bring peace, calm and abundance to their lives. She produces and hosts *The Feng Shui Flow Podcast*, and has created a growing community on social media.

**UK Publisher:** Watkins

Editor: Fiona Robertson

**Agent:** Hannah Ferguson

**Publication:** November 2025

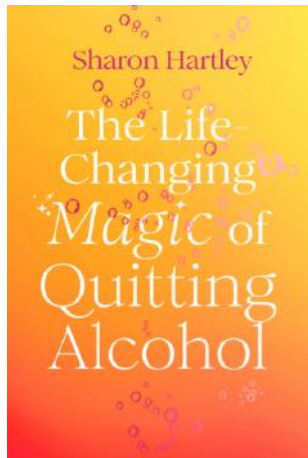
Material: MS due February 2025



# THE LIFE-CHANGING MAGIC OF QUITTING ALCOHOL

## Stop Drinking and Start Living!

by Sharon Hartley



**The inspirational self-help guide to giving up alcohol, by BBC presenter Sharon Hartley.**

After years and years of drinking too much, too fast and too often, Sharon Hartley jumped off the hangover hamster wheel of hell. She stopped drinking, and started living in ways she didn't think possible.

In *The Life-Changing Magic of Quitting Alcohol*, Sharon inspires you to do the same. She asks you to commit to 100 days alcohol free - a tipping point where the true life-changing magic happens as the clouds begin to lift, and the dial starts to shift.

As you embark on your 100 days, Sharon shows you how to navigate social situations, banish triggers, and find the will to set out on a life-changing path of exciting self-discovery.

Funny, full of warmth and brilliantly down to earth, this is the book you need to take that leap and banish the booze once and for all.



**Sharon Hartley** is co-host on the popular alcohol-free podcast *Over The Influence*. She has helped create an alcohol-free community with subscribed members worldwide. They offer connection, friendship, support, encouragement and inspiration and access masterclasses, OTI Outdoor Adventures and events. She is presenter of the popular daytime show on BBC Radio Lancashire and has been alcohol-free for the past five years.

**UK Publisher:** Aurum

Editor: Nira Begum

**Agent:** Hannah Ferguson

**Publication:** January 2025

Material: Final PDF

# RESET

## Rethinking your digital world for a happier life

by Elaine Kasket



Join psychotherapist **Dr Elaine Kasket** as she takes us on a journey to rethink technology - and tune into what really matters.

- \* Do your screentime reports make you wonder what you're missing out on in 'real' life?
- \* Have you ever phubbed your partner on a date night?
- \* Will your kids forgive your sharenting when they are old enough to understand digital consent?
- \* Do you want to love a more balanced, present life?

In a digital world full of distraction and noise, it can be so easy to lose sight of the relationships and people that really matter. Yet as this transformative book shows, it is entirely possible at every stage of our lives to make positive choices about who we connect with and how we share our world with the people we know, love and trust.

Armed with Elaine's insights, you won't just think differently about technology. You'll feel happier and more empowered along the way.



Psychologist and social media expert **Dr Elaine Kasket** is the author of *All the Ghosts in the Machine: The Digital Afterlife of Your Personal Data* (Robinson/Little Brown, 2019). Elaine devotes the majority of her time to writing, media appearances, keynote speaking and academic work. 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).

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**Agent:** Caroline Hardman  
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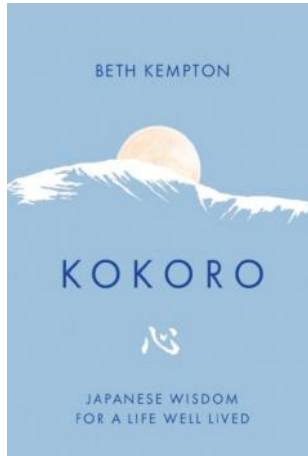
**Rights sold:**  
 Complex Chinese - Owl  
 Russia - Individuum

**Option Publisher:**  
 Romania - Corint

# KOKORO

## Japanese Wisdom for a Life Well Lived

by Beth Kempton



***kokoro* [n.] intelligent heart, feeling mind**

One year. Two devastating losses. Three sacred Japanese mountains. A major life transition, a heart full of grief and a revelation that changes everything.

Join Japanologist Beth Kempton on a pilgrimage through rural Japan in search of answers to some of life's biggest questions: *How do we find calm in the chaos and beauty in the darkness? How do we let go of the past and stop worrying about the future? What can an awareness of impermanence teach us about living well?*

Together you will journey to the deep north of Japan, hike ancient forests, watch the moon rise over mountains of myth and encounter a host of wise teachers along the way - Noh actors, chefs, taxi drivers, coffee shop owners, poets, philosophers and the spirits that inhabit the land. You will contemplate the true nature of time at one of the world's strictest Zen temples and nothing will be quite the same again.

This book is an invitation to cultivate stillness and contentment in an ever-changing, uncertain world. It all begins with the *kokoro*, a profound Japanese term which represents the intelligent heart, the feeling mind and the embodied spirit of every human being.

To explore the *kokoro* is to explore the very essence of what it means to be human in this tough yet devastatingly beautiful world. When you learn to live guided by the light in your *kokoro*, everything changes, and anything is possible.



**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. Beth is on twitter @DoWhatYouLoveXx

**UK Publisher:** Piatkus / L,B

**US Publisher:** Storey/ Hachette

Editor: Jillian Young

**Agent:** Caroline Hardman

**Publication:** April 2024

Material: Final PDF

**Option Publishers:**

Brazilian Portuguese - Verus

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Arabic - Jarir

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Complex Chinese - China Times

Czech - Jota

Dutch - Bruna

German- Suhrkamp/ Insel

Hebrew - Tchelet Books

Spanish and Catalan - Planeta

Russian - Exmo

Portuguese - Presenca

Thai - Biblio

Turkish - Destek

# ANXIOUS AND HAIRY

## The Evolution and Culture of Human Hair

by Judy Wearing

Body hair: we are covered in it. And yet, most of us are grossly unsatisfied with it. We have too much or too little; it's the wrong colour or the wrong shape. We spray it with deodorant and run sharp blades across our jugulars to get rid of it. Collectively, we spend billions of dollars trying to control it. We're fascinated, disgusted, and amused, and we don't know why.

In *Anxious and Hairy*, we're taken on a journey into human nature through a study of hair, making the case for its entanglement in virtually every aspect of human experience and sociality. Wearing introduces hair as a portal into the ways that biology and culture intersect, and fleshes out how our animality deeply influences our daily lives.

Fans of *Your Inner Fish* by Neil Shubin, and the work of Mary Roach, will delight in this exploration of our complex relationship with our follicles, why our fuzzy bits are so important, and why this aspect of our physicality might cause us so much anxiety. Through science, history, and popular culture, the book will show how the presence - and absence - of body hair defines who we are as a species, as members of society, and as sexual beings.



**Judy Wearing** holds a PhD in Evolutionary Biology from Oxford University, as well as a second PhD in the social sciences. She has worked as a writer and editor for decades, largely in the educational sector. She's the author of *Edison's Concrete Piano* (ECW Press, 2009), which was optioned for film, and featured on TV and radio, as well as over twenty children's science and social studies books for the library market.

**UK Publisher:** Icon

**North American publisher:** House of Anansi

**Editor:** Connor Stait

**Agent:** Caroline Hardman

**Publication:** Fall 2026

**Material:** 2025



# BAD INFLUENCE

## Is Social Media Making Us Sick?

by Deb Cohen

**Do influencer-led mental health campaigns cause more harm than good? Are influencer-recommended health hacks actually making us sick?**

Celebrities and movie stars and even well-meaning micro-influencers with only a few thousand followers are making names for themselves as wellness and science gurus. But health professionals are now starting to ask what this burgeoning industry is doing to our health. Social media provides a new challenge to consumers as it is just too big to police well. It leaves determining what is and what isn't true- and potentially big health decisions- to users.

From fertility to the menopause; mental health and neurodiversity; nutrition and weight loss; to cancer and other chronic illnesses, social media is influencing our health in different ways. Influencer marketing is big business, and the industry globally is now estimated to be worth £17 billion.

What has received less attention, perhaps, is that the highly regulated drug and medical device industry has cottoned on to the potential too. Companies in this space exert their influence in lots of different ways- some overt and some more subtle.

And it's not just the celebs that are involved- serious scientific players are making a name for themselves in this space promoting all sorts of biometric measuring devices.

This obsession with staying well is leading to new emerging illnesses, unnecessarily turning ourselves into patients.

In *Bad Influence* Deb Cohen will take an evidence-based, investigative look at the effects of influencers on our health. This book will aim to provide a "users guide" to social media to help the public interpret what they see and how they know who to trust. This book will encourage people to question the information they're being fed by influencers and ask: "Why should I believe you"?



**Deb Cohen** is an award-winning print, radio and TV journalist. Medically qualified, and with a string of fearless and award-winning investigations to her name, she is widely recognised for evidence and insight into complex subjects for mass-market audience.

Deb was the Science Editor of ITV, and before that the UK and Health Correspondent for BBC Newsnight. She has specialised in complex investigations since establishing the investigations unit at *The BMJ*. Her acclaimed investigations for BBC Panorama, Channel 4 Dispatches, ITV Tonight and BBC's File on Four have brought about changes in medicine, healthcare and policy, and have recast discussion on troubled issues. Deb has also written longform for different audiences including the BBC, ITV, *The Telegraph*, *Unherd* and other general and specialist audiences.

**UK Publisher:** Oneworld

**Editor:** Cecilia Stein

**Agent:** Caroline Hardman

Publication: 2025

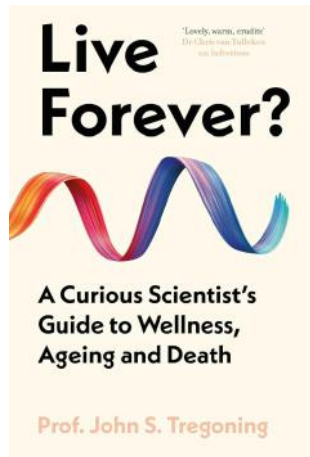
Delivery: Autumn 2024

Material: Proposal & sample

# LIVE FOREVER?

## A Curious Scientist's Guide to Wellness, Ageing and Death?

by Prof John S. Tregoning



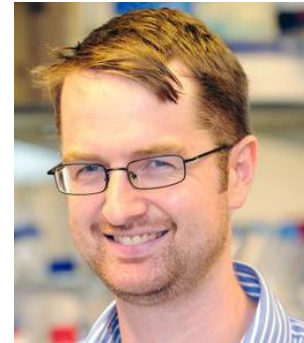
**An entertaining and good-humoured journey through the most common causes of death in the developed world.**

Nature still wants you dead. Not just you, but your children and everyone you have ever met and everyone they 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. With the naivety of youth, we assume this is someone else's problem and we will in fact live forever.

Sadly, Nature does eventually win. And in spite of the vast steps forward in the prevention and

treatment of infectious disease, which have basically doubled the average life expectancy from 40 to 80 years in the last century, we do have to die of something. There comes a point where each of us must seriously contemplate our own mortality. For the author, it was on the 1st of December 2022, just after he pulled out his first grey chest hair. Entering his 'late 40s' he turned to pondering how he might die and if there was anything that could be done about it.

Research scientist, Prof John Tregoning takes us on an entertaining and good-humoured journey through the most common causes of death in the developed world and, using himself as the guinea pig, investigates what we can do to delay the grim reaper's inevitable visit.



**Prof 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 and remains at the forefront of infectious diseases research based at Imperial College London where he runs a research group. Amongst other outlets, he has been interviewed by the *BBC*, *Bloomberg* and *The Sunday Telegraph*.

**UK Publisher:** Oneworld  
**Editor:** Sam Carter  
**Agent:** Caroline Hardman  
**Publication:** Spring 2025  
**Material:** Due spring 2024

**Rights sold:**  
 German - riva/Münchner  
 Verlagsgruppe

**Option Publisher:**  
 Japanese - Bunkyo-sha

# My Mother is a Sonnet

by Julia Parry

While in intensive care after a massive stroke, Julia Parry's mother was able to recite poetry before she could say her daughter's name. This extraordinary occurrence serves as the starting point for *My Mother is a Sonnet*, a memoir of familial love, memory, and the power of literature. That poetry seemed to bring Helen back from the dead poses the question at the heart of the book – can poetry save your life?

*My Mother is a Sonnet* has, like the brain itself, four key components: family history, literary biography, popular science, and poetry. The story begins with the initial, shocking impact of eighty-four-year-old Helen's stroke on Julia and her family (principally her father and younger sister) as they struggle to adapt to the new shape of Helen's mind and life. Discharged from hospital into a house she does not even recognise as hers, Helen retains, however, one thing that is solid, reliable, and restorative – her store of memorised verse.

The importance of poetry, both to Helen's life and her recovery from stroke, is central to the book. We chart her life, identity, and history through the poetry she knows by heart, with each chapter focusing on a particular loved poem. The biographical and literary context of each poet and their work are explained, as well as their crucial role in the shaping of Helen's character. In all these moments, Julia – an English teacher and lover of literature herself – is at her mother's side, so that the words of the poems bring them even closer together, emotionally, rhythmically, and neurologically.

*My Mother is a Sonnet* aims to appeal to readers interested in popular science and neurology, as well as literature. The book investigates the workings of the brain, both the specific impacts of stroke such as *aphasia* and *anosognosia*, and the various types of memory. More specifically, it explores how poetry – its rhythm, rhyme and form – can remain when other cognitive functions are lost; how it is engraved on your mind as well as your heart. Readers are given a detailed insight into the complexities of care for someone in Helen's condition, as well as the associated ethical and medical dilemmas.

The final element of the book is the most personal. In the immediate aftermath of her mother's stroke, Julia began, much to her own surprise, to write poetry. She reached for that most intense of forms – the sonnet – trying, as poet Don Paterson so memorably puts it, 'to make a logic out of pain'. A sequence of more than thirty sonnets offers an intimate glimpse of Julia's feelings at this time. There is rage, humour, love, and loss. Here she faces one of the biggest issues in the book: how to cope with the inevitable loss of one's parents.



**Julia Parry** was brought up in West Africa, educated at St Andrews, and has spent many years teaching English literature in classrooms around the world. Her critically acclaimed first book, *The Shadowy Third: Love, Letters, and Elizabeth Bowen*, was published by Duckworth in 2021. The work, which explores the affair between her grandfather, Humphry House, and the Irish writer, Elizabeth Bowen, was awarded the RSL Christopher Bland Prize in 2022.

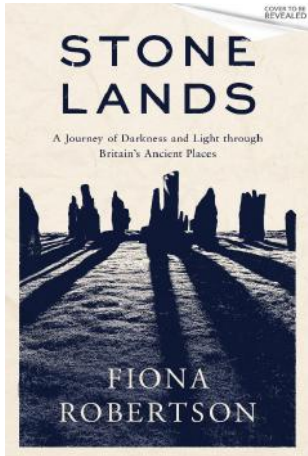
**UK Publisher:** On submission

**Agent:** Caroline Hardman

# STONE LANDS

## Looking for Megaliths, Magic and Solace

by Fiona Robertson



**How interacting with ancient sites can enrich our lives and offer inspiration in dark times.**

*Stone Lands* combines folklore, history and archaeology with insights from a range of interesting stones enthusiasts, from Morris dancers, dowsers and pagans to artists, musicians and walkers to archivists and archaeologists. Describing her decades-long personal quest to explore the standing stones of Britain, it emphasises the wellbeing benefits that visiting ancient sites can bring, offering a way of connecting with nature, the past and ancient ways of being. Threaded through the book is the story of Fiona's experiences of

megalith hunting with her husband, Stephen, who she lost to cancer. While this story of loss and grief provides a narrative arc, this is a book that is very much about finding joy and embracing life whatever troubles we face. Fiona celebrates the empowering nature of megalith hunting, a hobby that, in her opinion, offers a profound way of interacting with our collective past and individual fates. Most of all she makes the point that tramping through fields in search of standing stones is just a huge amount of FUN.

There is a revival of megalith enthusiasm at the moment, which Fiona positions within the growth of movements such as Right to Roam, which promotes access to the countryside for all, and the work of artists such as Ben Edge, who sees visiting standing stones as a political act, enabling people of all backgrounds to find a common community in the pre-colonial deep past.



**Fiona Robertson** is Publisher of Watkins and Nourish where she commissions books about ancient wisdom, folklore, herbalism, witchcraft and the occult etc. She has a deep interest in history of all sorts with a BA in Modern History from The Queen's College, Oxford, and an MA in South Asian Studies from SOAS. She is a long-standing megalith enthusiast and you can find her as @stone\_lands on Instagram and X.

**UK Publisher:** Robinson / L,B  
Editor: Emma Smith, Tamsin Little

**Agent:** Joanna Swainson

**Publication:** June 2025

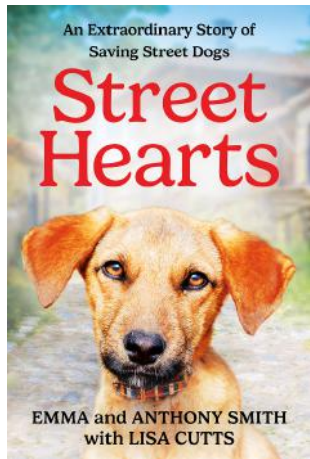
**Material:** Edited ms due October 2024

**Rights sold:**  
German - Aufbau (pre-empt)



# STREET HEARTS

## An Extraordinary Story of Saving Street Dogs by Anthony & Emma Smith, with Lisa Cutts



**A heartwarming tale of dogs and their saviours.**

Amidst the cobblestone villages and towns of rural Bulgaria, a dedicated team of unsung heroes led by Emma and Anthony Smith works tirelessly to change the destiny of street dogs. These animals are abandoned and neglected, and sometimes in danger, until Street Hearts BG step in to provide them with a second chance.

In this heartwarming and inspiring tale, we meet the remarkable dogs they rescue and learn how an army of volunteers goes about it. Each with their

own unique story of resilience and yearning for affection, a cast of characters including Topsy, Big Lad, Mr Wiggles and Roshy the Wonder Dog will steal your heart and challenge your preconceptions about what it means to love and be loved.

**UK Publisher:** HarperNorth

**Editor:** Jon de Peyer

**Agent:** Joanna Swainson

**Publication:** August 2024

**Material:** Final PDF



**Emma and Anthony Smith** are from Yorkshire. Anthony grew up in a farming family and for the past 25 years has worked as a commercial diver. He has lived in Bulgaria on and off since 2004. Emma worked as a response officer at North Yorkshire police and prior to that was a Sister on the Medical Admissions Unit at Leeds General Infirmary.

In June 2013 they moved to their new home in Bulgaria and started their career-break dream. They soon became shocked and saddened with the amount of street dogs in

Bulgaria, their suffering and poor treatment, and decided they had to do something to help improve the worsening situation. Anthony and Emma converted their wood stores into kennels and their beautiful garden became a dog haven! Along with the help of Katie Lamb, who became Patron of Street Hearts BG in 2017, they have successfully re-homed over 1400 dogs.



**Lisa Cutts** retired after twenty-five years with Kent police. She spent most of that time investigating murders for a living and the last ten years of her service, writing crime fiction alongside her full-time job. *Never Forget*, her debut, was long listed for the Waverton Good Read Award 2013 and the winner of the Killer Nashville Silver Falchion Award 2014 for Best Thriller. Nine crime fiction books later, a number of happy events led her to crossing paths with *Street Hearts BG*, a street dog rescue charity based

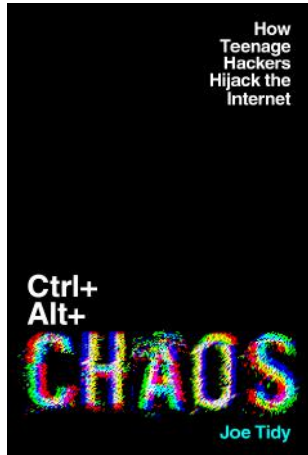
in Bulgaria. Emma and Anthony Smith, the charity's founders, asked her to write the story of how they accidentally established their own shelter and rehomed over 1400 dogs. *Street Hearts* was the result of the best research trip ever undertaken.

Lisa lives in the country of Kent with her husband and Bulgarian rescue dog, Chuckling Custard.

# CTRL+ALT+CHAOS

## How Teenage Hackers Rule the Internet

by Joe Tidy



**A true crime narrative looking at the life and crimes of arguably the most hated hacker in history - Julius Kivimaki - aka The Untouchable Hacker God - and those of the biggest teen hacker gangs of the last ten years.**

Kivimaki's unprecedented story is intertwined with the worst period in history for teenagers causing mayhem with their mouse and keyboard. What is it about teenage boys that makes them easily swayed into a life of cybercrime and how are they able, time and time again, to fool the smartest minds in cyber? Kivimaki was finally captured in 2023 in Paris after being on the run from a Europol arrest

warrant. He is currently on trial in Finland for stealing the therapy notes and patient database of Finland's largest psychotherapy company and bribing 32,000 people, before leaking their sensitive notes online.

His journey from a nuisance hacker to one of the most wanted cyber criminals in the world provides the main narrative arc, but Kivimaki's story is inextricably linked with other notorious hacker gangs. With exclusive interviews with the hackers and the police and cyber security experts trying to stop them, this book will tell the full story of how and why the now infamous hacking groups LulzSec, HTP, UG Nazi and Lizard Squad created such havoc in the 2010s. Joe will reveal clear through-lines from one group to the next with each gang being more brazen, aggressive and even violent than the last.

Ctrl+Alt+Chaos will cover Joe's unique perspective of these events, revealing behind the scenes details of how he came face to face with some of these cyber criminals in his reporting for BBC News and Sky News. He'll compare overlapping motives and conclude with a look at what can be done to stop the cycle from continuing.



**Joe Tidy** is the BBC's first ever Cyber Correspondent and the foremost voice in the corporation on cybercrime and hacking. Over the past six years he has covered all major cyber-attacks for BBC TV, Radio, social media and website. He has made documentaries about cyber security travelling to the US, Russia, Saudi Arabia, Argentina, Germany and Ukraine to track down stories and characters. Joe's most high-profile news feature and documentary saw him travel to Russia in November 2021 in search of the world's most wanted cyber criminal. This hunt was read by 1m

people, viewed across social media more than 2.4m times and translated into 30 different languages across the BBC network. His top six BBC News documentaries have garnered more than 7 million views including 2.2m for The Teenage Millionaire Hacker and 1.4m for The Russian Hackers. Before joining the BBC, he was a correspondent at Sky News where he regularly reported on technology and began his decade-long obsession with cybercrime after reporting on the infamous 2014 Christmas day Lizard Squad attack.

**UK Publisher:** Elliott & Thompson

Editor: Katie Bond

**Agent:** Caroline Hardman

Material: September 2024

Publication: June 2025

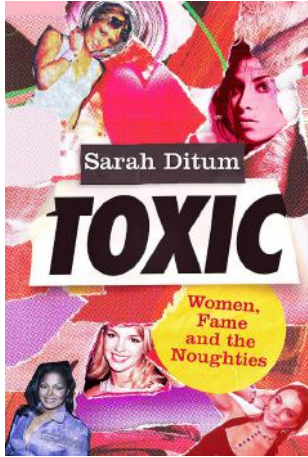
**Rights sold:**

Finnish - Bazar (pre-empt)

# TOXIC

## Women, Fame and the Tabloid 2000s

by Sarah Ditum



**A vivid and fascinating exploration of the complex and often destructive relationship between the media and female celebrities during the 2000s and its enduring effect.**

Britney, Paris, Lindsay, Aaliyah, Janet, Amy, Kim, Chyna, Jen. Nine iconic women whose fame in the early internet years of the century came at a price. In *Toxic: Women, Fame and The Noughties*, journalist Sarah Ditum describes how each of the women changed 'celebrity' forever, despite often falling victim to it, during what we now view as one of the most hostile eras in which to be female.

Through Paris' ambivalent relationship with her blogger namesake Perez Hilton; to Britney's paternalistic governors; Jen's attempts to control her career and image; and Janet's betrayal at the Superbowl, these celebrities of The Noughties were presented with the riches of early social media and market opportunity, as long as they abided by the new rules of engagement. Some of these high-profile women were hypersexualised and 'upskirted' by the press; some were shamed by their advertising sponsors; others were contracted by shady management companies and industry figures such as Harvey Weinstein and R Kelly. Together they illuminate the culture of the early twenty-first century. *Toxic: Women, Fame and The Noughties* is a wild ride through the millennial years.



**Sarah Ditum** is a journalist with the *Sunday Times*, where she writes high-minded stuff about low culture subjects like celebrities, bodies and sex. She's also a regular contributor to *UnHerd* and writes a monthly column for *The Critic* about pop music.

**UK Publisher:** Fleet / L,B

UK Editor: Zoë Hood

**US Publisher:** Abrams

US Editor: Sarah Robbins

**Agent:** Caroline Hardman

**PB Publication:** October 2024

Material: Final PDF

**Rights Sold:**

Brazilian Portuguese - Bestseller

'A bracing feminist appraisal of the pre-#MeToo Noughties...'

**The Bookseller Editor's Choice**

'It's a Molotov cocktail hurled at the feet of celebrity culture'

**Helen Lewis, author of *Difficult Women: A History of Feminism in 11 Fights***

'A necessary and incisive feminist reckoning with the noughties. Insightful, exhilarating - and horrifying. What were we thinking?'

**Caroline Criado-Perez, author of *Invisible Women***



# (UN)KIND

## How 'Be Kind' Entrenches Sexism

by Victoria Smith



**A brilliantly witty and insightful analysis of how kindness culture is used against women.**

Using the #JustBeKind trend of the 2020s as a starting point, (Un)kind explores how traditional beliefs about women's 'kind' nature have been repackaged for an age that remains dependent - socially, politically, economically - on female self-sacrifice while finding the concept outdated and essentialist.

Looking at the various guises under which kindness culture is sold to women and girls - from play to self-help, social justice activism to empowerment -

it argues that the pressure on women and girls has not decreased, but instead been incorporated into the 'work' of feminism. (Un)kind also proposes that this phenomenon ultimately distorts relations between humans, harming not just those coerced into performing 'kindness work' but the supposed recipients of their services. Kindness culture supports the backlash against feminism while claiming to represent feminism's - and women's - true nature. It is, at heart, unkind.

**UK Publisher:** Fleet / Little, Brown

**Editor:** Clare Smith

**Agent:** Caroline Hardman

**Publication:** February 2025

**Material:** MS

**Option Publishers:**

Simplified Chinese - Beijing Green

Beans (pre-empt)

Swedish - Bonniers

Russian - Azbooka - Atticus



**Victoria Smith** is a regular contributor to the *Critic*, writing on women's issues, parenting and mental health. Her work has also appeared in the *New Statesman*, the *Independent* and *Unherd*. Her newsletter, The OK Karen, looks at midlife women's experiences of feminism, and she tweets @glosswitch. She holds a PhD in German literature, with a particular interest in Romanticism and dark fairy tales. She lives in Cheltenham with her family.

### *Praise for Hags*

**SHORTLISTED for the NERO BOOK AWARDS 2023**

'My polemic of the year . . . a book that could not be more necessary (a sword and a shield) in the current climate'

**Rachel Cooke, *Observer***

'The greatest joy of *Hags* is its lively erudition . . . This eloquent, clever and devastating book describes the last remaining acceptable prejudice, one that is now even posited as progress: the loathing of older women'

**Janice Turner, *The Times***

'Deftly illustrates how ageist misogyny remains an acceptable prejudice and, in laying out the ignominies visited upon middle-aged women, feels justifiably livid'

***The Guardian***

'A brilliantly witty, engaging and insightful book; a righteous polemic which examines and questions why so much hatred is directed towards middle-aged women - and, crucially, what this means for women today . . . a punchy, thought-provoking and thoroughly enjoyable read'

***The Scotsman***

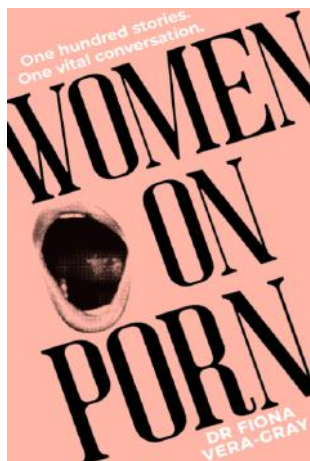




# WOMEN ON PORN

One Hundred Stories. One Vital Conversation

by Dr. Fiona Vera-Gray



**One of the most thorough accounts of women's experiences of sex and sexuality today written by one of the UK's leading academic authorities on pornography, feminism, and sexual violence.**

At a time where women are more vocal than ever about our lives, there's an elephant in the room when it comes to porn. Most women aren't talking to each other about what they do and don't do with it, and no one is asking the questions we all have about how it might be affecting us. Pornhub claims at least a third of their current user base are women, and a study from the British Board of

Film Classification found a difference of just 18% between the use of young boys and young girls. In a world where porn sites get more visitors each month than Netflix, Amazon, and Twitter combined, what we need is a 'me too' moment for porn.

Combining popular culture, research and thinking from the past thirty years, with real-life accounts taken from one hundred women aged from 18–70, *Women on Porn* answers the call for an accessible, informed, evidence-based exploration of what pornography means for women (and to us all). *Women on Porn* claims that we've been thinking about women and porn all wrong. We are used to dividing women into those who watch porn and love it, and those who don't and are scared of it, jealous of it, or hate it. Women who are in it are either empowered or exploited and it either helps or harms those who use it, with no space in between. But given the ubiquity of men's use and porn's place in popular culture, these simple stories no longer fit. It's time to have the conversation we need to have about the real extent of porn's impact.



**Dr. Fiona Vera-Gray** is one of the UK's leading feminist academics working on sexual violence and she has a decade's experience in the frontline anti-violence against women movement. Currently a Reader at the Child and Woman Abuse Studies Unit at London Metropolitan University, Fiona was formerly at Durham University and has been a regular media commentator on pornography, sexual violence, sexual harassment, and rape prevention.

**UK Publisher:** Transworld

Editor: Kate Fox

**Agent:** Caroline Hardman

**Publication:** Feb 2024

Material: Final PDF

**Rights Sold:**

Spanish - Península/ Pleneta

'The strength of this book is its neutrality. Vera-Gray is here to listen, not to lecture... [Porn] is an inescapable part of the environment we all share and should be talked about honestly, not wished away. This book is an important start'

*The Sunday Times*

'This is a sensitively written and generous piece of work. Vera-Gray's lack of judgement shines from her prose and from her approach to her interview subjects, allowing women no longer to be simply the passive product in the conversation around porn'

*The New Statesman*

'Taking on the darker side of women's lives, *Women on Porn* by Dr Fiona Vera-Gray... which features 100 interviews with women aged 18 to 70... celebrates women's sexuality but also unflinchingly reveals the truth of how women are perceived - and used - in society by men'

*The Stylist's pick of the best non-fiction for 2024*

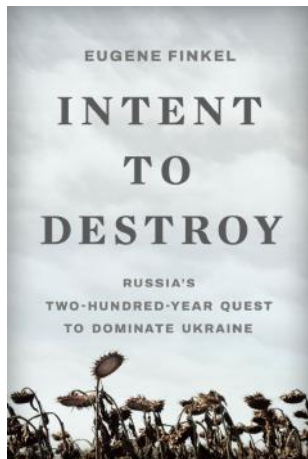
# INTENT TO DESTROY

## Russia's Two-Hundred-Year Quest to Dominate Ukraine by Eugene Finkel



**A history of Russian violence against Ukraine and neighbouring nations, from a Ukrainian-born award-winning scholar of genocide, political violence, and Eastern Europe.**

The war in Ukraine is the most important event in Europe since the collapse of the Soviet Union. It is also arguably the key global geopolitical development since 9/11. The explicit goal of Russia's invasion is to dismantle the US-dominated post-Cold War global order and resurrect the Kremlin's control of Eurasia. It has killed tens of thousands, displaced millions, revived the threat of a nuclear war between Russia and the West and might unleash a global famine. The violence has and will continue to shape European and global politics for decades to come.



This book zooms in on the intersection of the most important geopolitical event in recent decades and the most odious type of violence. The book will demonstrate that Russian violence against Ukrainian civilians is not an unintended collateral damage of warfare but a deliberate, large scale campaign of mass murder.

Since the 19<sup>th</sup> century dominating Ukraine and denying Ukrainians independent identity has been the cornerstone of Russia/Soviet policy. Finkel presents this history of genocidal violence, how it unfolded and was experienced by its victims. This violence is a direct continuation of the Kremlin's playbook of dealing with domestic and foreign opposition.



**Eugene Finkel** was born in Ukraine and is an expert on Ukraine and political violence. He is associate professor of international affairs at the Johns Hopkins University, School of Advanced International Studies. He is a scholar of political violence, war and genocide, mostly in Eastern Europe and Israel/Palestine. He was the first Western expert to argue that Russian violence against civilians in Ukraine meets the definition of genocide.

**UK Publisher:** John Murray / Hodder

Editor: Joe Zigmond

**US Publisher:** Basic Books

Editor: Brian Distelberg

**Agent:** Caroline Hardman

**Publication:** Autumn 2024

Material: Edited manuscript

**Rights sold:**

Dutch - Ambo Anthos

‘A powerful indictment of Russia’s centuries-long obsession with eliminating the Ukrainian identity, language and people.’

**Yaroslav Trofimov, Chief Foreign-Affairs Correspondent, *The Wall Street Journal***

‘Russia’s attack on Ukraine in 2022 surprised many of us. But it shouldn’t have. Eugene Finkel’s masterful account of centuries of Russian designs on Ukraine spells out why Moscow won’t leave Kyiv alone and what defenders of Ukraine should do about it. A must read account of the most important foreign policy question of our age.’

**Ben Ansell, author of *Why Politics Fails***

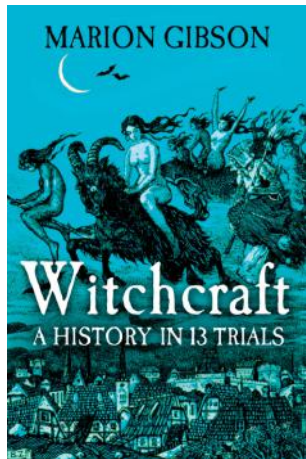
‘Eugene Finkel, who correctly called Russia’s war against Ukraine ‘genocidal,’ makes the case here with erudition and verve. Those who want Russian perspectives on the war will find the relevant ones here.’

**Timothy Snyder, *New York Times*-bestselling author of *On Tyranny***

# WITCHCRAFT

## A History in 13 Trials

by Marion Gibson



**A lively and immersive global history of witchcraft which shows its evolution from the Middle Ages to the present day and shines a light on the stories of the victims.**

Witch hunts and their subsequent trials have occurred throughout history, across all continents, right up to the present day. But witchcraft and attitudes towards it and its practitioners has changed according to place and time and the interests and politics of the day. This book will use thirteen significant trials to explore the history of witchcraft and witch hunts. As well as investigating some of the most famous trials from the Middle Ages to the 18th century, such as Salem, it will take us in new and surprising directions. It will show us how witchcraft was decriminalised in the 18th century, only to be reimagined by the 1780s Romantic radicals. We will learn how it evolved from being seen as a threat to Christianity to being seen as gendered persecution, and how trials against chieftains in Africa stoked anger against colonial rule.

Significantly, the book will tell the stories of the victims – those women whose stories have too often been overshadowed. While this will be a history of witchcraft, the subject cannot be consigned to the history books. Hundreds of

people, mostly women, are tried and killed as witches every year in Africa and witches are still on trial across the world.



**Marion Gibson** is Professor of Renaissance and Magical Literatures at the University of Exeter, UK. She's been researching witches for thirty years and is the author of six academic books on witches in history in literature. Marion is regularly interviewed on radio, TV and for podcasts, especially at Halloween. Marion has worked on original documents from witch trials across Britain, America and Europe.

**UK Publisher:** Simon & Schuster  
**UK Editor:** Fran Jessop  
**US Publisher:** Scribner  
**US Editor:** Sally Howe

**Agent:** Joanna Swainson  
**Publication:** June 2023 (UK)  
 January 2024 (US)  
**Material:** Final PDF

**Rights sold:**  
 Brazilian Portuguese - Pensamento  
 Dutch - Ambo Anthos (pre-empt)  
 Estonian - Varrak  
 German - Aufbau (at auction)  
 Polish - Otwarte  
 Russian - Azbooka-Atticus  
 Spanish - Siruela (at auction)  
 Turkish - Orenda

'An empathetic survey of witch trials spanning seven centuries and three continents... this vividly drawn and often surprising account succeeds in its aim to provide an expansive vision of the witch trial that extends far beyond Salem.'

*Publisher's Weekly*

'Gibson is a sensitive and empathetic guide...'  
**Jessie Childs, *The Times***

'Marion Gibson's recent book, "Witchcraft: A History in Thirteen Trials", explores the ever-changing definition, both literal and metaphorical, over the course of seven centuries, and ends up shedding light, too, on the commonalities shared by the accusers.'

*The Washington Post*



# THE VOLUNTEERS

A memoir of conservation, companionship & community

by Carol Donaldson



**A memoir about the woods and wildlife, community and companionship which makes the case for working outdoors in nature and giving something back. For readers of Raynor Winn.**

Carol has been made redundant from her job and is newly single after the end of a fourteen-year relationship. Lonely and living in a damp, freezing flat, she takes a job running a volunteer group who head out into the countryside each week to carry out practical conservation management tasks.

Despite this shaky start, she slowly wins the respect of the group. A community begins to form that will become vital to its members and ‘volunteer’ day soon becomes the highlight of Carol’s week. The volunteers range in age from their early twenties until well into their seventies. Some of the young people have had run-ins with the law or are struggling with mental health problems; some of the older people need companionship and a sense of purpose. They join the group because they want to do something positive, to keep fit and busy and make friends, but along the way they find that the group helps them put life into perspective and provides an alternative support system. The simple recipe of working outdoors as a team gives people confidence, improves their physical and mental well-being and helps some move on with their lives. Eventually it helps Carol move on with hers, too.



**Carol Donaldson** is a nature writer and conservationist. Originally from Essex, she left at 19 to live in a trailer tent and build houses for Native Americans in Canada. She returned to England to study creative writing at Derby University and Countryside Management at Birkbeck College. Carol has worked for many of Britain’s best wildlife charities and currently runs her own environmental consultancy, where she spends her days wading down rivers looking for water voles and rugby tackling barn owls. As a writer, she has written for *Wanderlust*, *BBC Wildlife Magazine* and *The Telegraph*. She was *BBC Wildlife Magazine*’s Travel Writer of the Year in 2011. At 19, Carol’s ambitions were to live in a cabin by the lake, own a horse and publish a book. She has now done all three.

**UK Publisher:** Summersdale  
**Editor:** Debbie Chapman  
**Agent:** Joanna Swainson

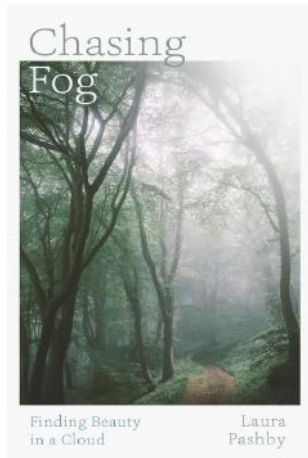
**Publication:** August 2024  
**Material:** Final PDF



# CHASING FOG

## Finding Beauty in a Cloud

by Laura Pashby



**A book about unappreciated beauty, and the story of a search for something liminal and disappearing- fog.**

‘I must go in; the fog is rising’

Liminal, elusive and ultimately disappearing- far from just being a meteorological condition, fog is a state of mind; a plot device; a shortcut to a dank and spooky setting. As with these words from Emily Dickinson, her final written words before her death, it can signify a shift of mood or a transformation.

*Chasing Fog* is a captivating meditation on fog and mist. Laura Pashby hunts for fog, walks and swims in it, explores its role in literature, mythology and history and also its environmental significance. There has been a 50 per cent drop in ‘fog events’ in the past fifty years, fog is drifting away without us noticing and the ecological impact could be calamitous.

As she journeys to the foggiest places she can find, Pashby immerses herself in Dartmouth’s dangerous fog, searches for the Scottish haar, experiences Venice’s magical mist, tells us the myths behind the River Severn’s fog and the shipwrecks it hides. It’s about how we see the world and ourselves, and how a simple cloud of water droplets can make everything- including us- feel different.



**Laura Pashby** is a writer and a photographer. She tells stories using words and photographs on her blog, to her Instagram audience, for brands, and in magazines. She is also a qualified teacher with an MA in Literature and she teaches storytelling E-courses. Laura spent three years as the deputy editor of *91 Magazine* – an independent magazine that covers all aspects of creative living. Across social media, but particularly on Instagram, she has an established and engaged following with an interest in her atmospheric imagery and soulful

storytelling. Laura tweets @circleofpines.

**UK Publisher:** Simon & Schuster

Editor: Fran Jessop

**Agent:** Caroline Hardman

**Publication:** August 2024

Material: Final PDF

‘A lovely meander through foggy landscapes and their meanings.’

**Katherine May**

‘Laura Pashby approaches that most mysterious and misunderstood weather with a photographer’s eye and a writer’s curiosity: this clear-sighted and loving ode to fog is a beautiful adventure.’

**Alice Vincent, author of *Why Women Grow***

‘...this quirky book, illustrated with her atmospheric black and white photographs makes the case for getting out and appreciating the magic of a foggy day’

**Mail on Sunday**

‘Ms Pashby provides, as it were, a clear guide to our past foggy thinking, be it pixies leading travellers astray on a blanketed Dartmoor or the Romantics’ belief that the weather condition was a manifestation of sublimity... [a] bravo to brume’

**Country Life**

# EVERYTHING UNDER THE SUN

## The Complete Guide to Pink Floyd

by Mike Cormack



**A high-level, fully sourced and footnoted analysis of the music of Pink Floyd. Destined to be the 'go to' book for any Pink Floyd fan.**

Pink Floyd formed in London in 1965, signed with EMI in 1967 and recorded their first album, *The Piper at the Gates of Dawn* which was released to immediate acclaim in the same year. Since then the band has released 15 studio albums and sold over 250 million records. Their eighth album *Dark Side of the Moon* is the highest-selling British album in the world (and fourth overall), at over 40 million copies. Founder members Roger Waters and Nick Mason still (separately) tour the world. Indeed,

they hardly need an introduction: their profile remains very high, with millions of fans around the world.

*Everything Under the Sun* will be a high-level, fully sourced and footnoted analysis of the music of Pink Floyd and the first serious survey of the group's work and achievements. While there is a plethora of books about Pink Floyd and by Pink Floyd former members, none are truly comprehensive or do what this book seeks to do. Rather than bald introductions to the songs, anecdotes, and potted histories this book will be the definitive book. In addition to a song-by-song analysis, it will include band interviews, a full chronology and gig guide, and a full bootleg guide. It will be the go-to book for any Pink Floyd fan.



**Mike Cormack** is a long-time professional writer who has reviewed books for *The Spectator*, *The Times Literary Supplement*, *Literary Review* and the *South China Morning Post*, written ad copy for a Big 6 agency, and been managing editor of a magazine for expats in Beijing. He is a life-long Pink Floyd fan and has written numerous articles about them for UK media.

**UK Publisher:** The History Press  
**Editor:** Mark Beynon  
**Agent:** Joanna Swainson  
**Publication:** September 2024

**Material:** Final PDF

**Rights sold:**  
 Russian - Exmo