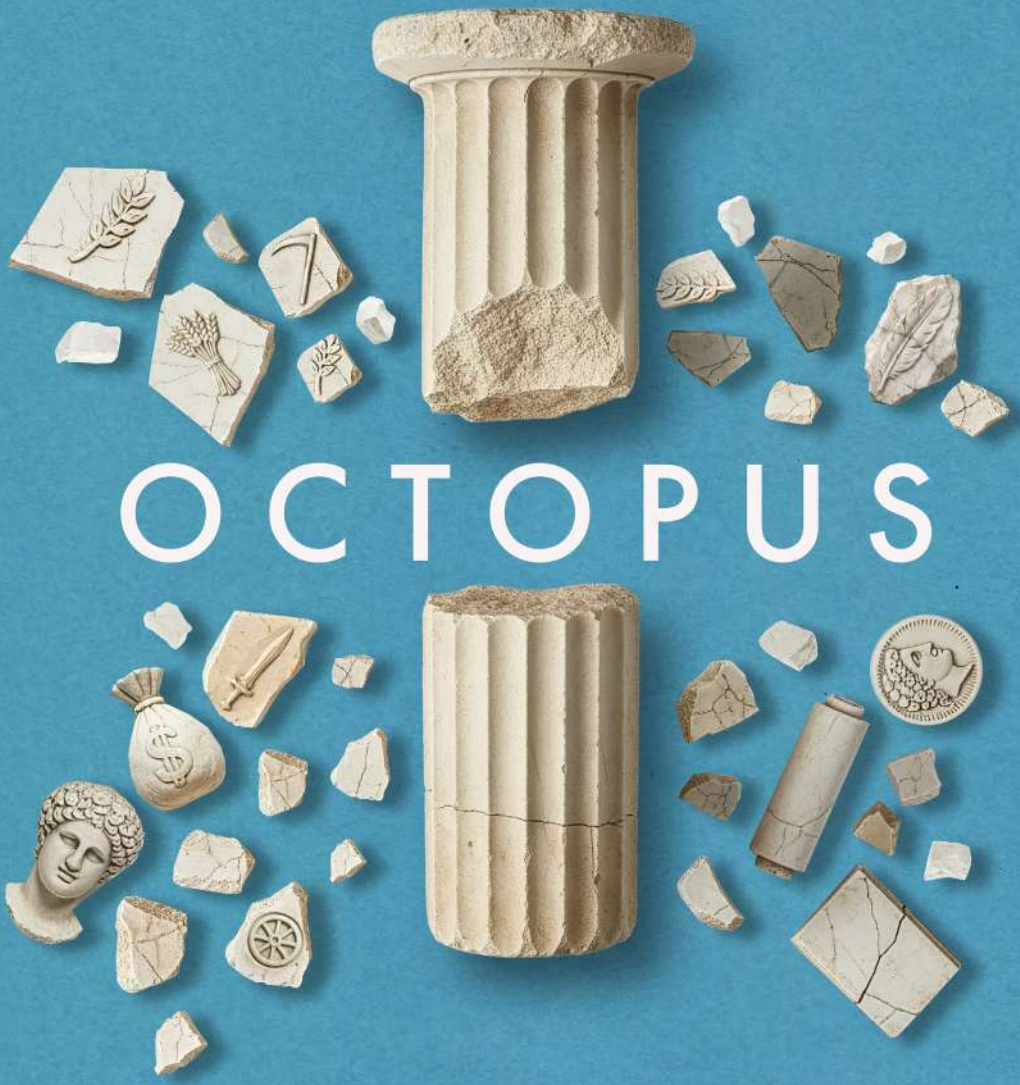
SPRING 2026



OCTOPUS

MONO RIGHTS GUIDE

CONTENTS

Practical, MBS & Lifestyle	4
Family & Relationships	12
History	14
Memoir & Biography	18
Nature	22
Business & Economics	24
Gift & Humour	25
Non-Fiction Corelist	28
Fiction	32
Our partner agents	**34**
Contacts	**35**

Short Books
February 2027
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The Book for Women Who Do It All

Jenny Rogers

9 in 10 women experience ill mental health from poor life-work balance.

This book is for working women who feel dissatisfied with life, and who want to reinvent themselves to lead successful and fulfilling lives, in their personal life and at work.

Our changing and challenging times have left many of us, and especially women, feeling burnt out, chronically worried and uncertain. At the same time, it's difficult to overstate just how much attitudes towards emotional wellbeing have changed in the last five years.

As more and more of us struggle about how to exist in this unstable environment, question arise such as: How do you behave if you have a leadership role, given the unattractive role models we see currently in the US and elsewhere? What do you do as a mother when your children tell you they learnt at school that there will be a world war?

The change is that women want a life that has meaning and purpose and there's more willingness to call out prejudice and predatory behaviour. Yet many of the same old problems persist. All of this is a case for stressing the importance of emotional connection, creativity and open-mindedness: attitudes and behaviours that will be at the heart of this timely book from pioneer coach, Jenny Rogers.

ABOUT THE AUTHOR

Jenny Rogers was an early entrant to the world of coaching, beginning when she ran the BBC's management development department after a career in teaching, television production and publishing. She left the BBC to start her own coaching company and has been a coach ever since, specializing in the world of senior executives. She has now been a coach for more than three decades. As well as working with her own coaching clients, she trains and supervises other coaches.

PRACTICAL, MBS & LIFESTYLE

The Age Rebellion

Plan Your Future and Thrive

Lyndsey Simpson

We have added 30 healthy years to life expectancy in the last century alone.

Whether you're approaching retirement, navigating a career change, or simply wondering how to live a meaningful life in your later years, this book provides both the insight and the practical tools you need to thrive. It's not just about planning - it's about creating a life that defies expectations and maximizes the incredible potential of your most experienced years. This book will empower you to reclaim control, make a new plan, and rewrite the rules of what's possible.

The Age Rebellion is an inspiring, action-oriented approach to breaking free from outdated narratives about growing older, and through a refreshing blend of personal insight and practical advice shows how you can live a life of continued growth, productivity, and impact, no matter what your age.

Written by entrepreneur, public speaker, and corporate consultant Lyndsey Simpson, this book is for anyone approaching mid or later life, who feels unsure about what the future holds for their life and work and is looking for inspiration. Lyndsey invites the reader to challenge outdated myths about what it means to retire - the retirement rainbow, as she calls it - and question society's expectations of us as we reach this pivotal point in our lives. By teaching us how to plan for a future that we're excited about, rather than fearful of, readers will feel confident in boldly stepping into a new, empowered chapter of their lives.

Ready to join the Age Rebellion? Let's rewrite the narrative of what it means to grow older, together.

ABOUT THE AUTHOR

Lyndsey Simpson, CEO of 55/Redefined, is a driving force and powerful voice on one of the most urgent and under-debated topics of our time: widespread ageism in the workplace and an unrealistic expectation of retirement by the individual.

Lyndsey works with Warner Brothers Discovery, Veolia, Mastercard, Informa Markets, AXA, Cap Gemini, AMS, LinkedIn, Schneider Electric and Diageo. Along with good relationships with Daiichi and other non-UK companies like Siemens Energy Benelux and Bank of America and lots of associations in the US such as the Global Coalition on Aging, AARP, Stanford Longevity Centre, Longevity Forum, NYC Partnership Fund, Primetime VC, HRO Today.

In 2024, she was shortlisted for the Veuve Clicquot Bold Future Award and she is a regular speaker and business commentator for the BBC, Sky, the *Times* and the *FT*.

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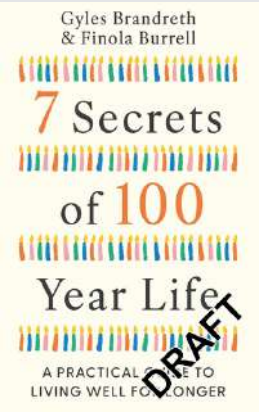

Short Books
October 2026
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192pp
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The 7 Secrets of a 100-Year Life

A Practical Guide to Living Well for Longer

Gyles Brandreth and Finola Burrell

Our chances of living to 100 are better than ever before, but what we can we do to give ourselves the best possible odds of living well for longer? With so much advice out there, it's difficult to know what really works.

In this engaging and practical guide, Gyles Brandreth, with his physiotherapist Finola Burrell, set out on a voyage of discovery to find the secrets for a long and healthy life.

Packed with tips, quizzes and stories from centenarians, Gyles and Finola bust the myths around ageing well and help you discover:

- the exercises worth making time for
- whether ice baths really are good for you
- how being positive can add years to your life
- strategies to help you sleep

It's not about perfection, it's about finding simple sustainable habits that you can fit into your daily life that help boost your brain power, keep your body moving and embrace the world around you.

ABOUT THE AUTHOR

Gyles Brandreth is a writer, broadcaster, former MP and Government Whip, now Chancellor of the University of Chester and best known as a regular on ITV's *This Morning* and Radio 4's *Just A Minute*. On stage he has appeared as Malvolio, Lady Bracknell and in his own musical revue in London's West End. On TV he has featured in *Have I Got News For You*, *QI*, *Would I Lie to You?*, *Pointless*, *Countdown* and *Celebrity Gogglebox*. His novels include seven Victorian murder mysteries featuring Oscar Wilde as his detective and he has published two acclaimed volumes of diaries, an autobiography, *Odd Boy Out*, and two best-selling royal biographies. His podcasts include *Something Rhymes With Purple*, all about words and language, which he presents with Susie Dent, and *Rosebud*, in which he talks to famous people about their early memories. He is married to writer and publisher Michele Brown and has three children, six grandchildren and a cat called Nala.

Finola Burrell is a physiotherapist with over 14 years' experience. Since graduating from King's College London, she's completed postgraduate training in areas such as pain psychology (CBT, mindfulness, ACT), women's health (incontinence and pelvic floor), and Pilates (ante and postnatal), among others. Her career has spanned private practice and sports, including working with rugby clubs, providing physiotherapy at the London 2012 Paralympics, and treating a wide range of athletes — from runners to judo practitioners. She's worked with clients of all ages, from 7 to 97 years old, providing them with exercise programmes and self-care strategies to relieve symptoms, prevent recurrence and to improve their health and fitness.

As well as co-writing a series of ebooks called *Strength Through Yoga with Hannah Barrett*, Finola has contributed advice to several media outlets such as *The Telegraph*, *the Daily Mail*, *Women's Health*, and various yoga magazines and online health websites. She lives in Lausanne, Switzerland with her partner and son.

PRACTICAL, MBS & LIFESTYLE

Not Just Painful Periods

Endometriosis, Fibroids and Menstrual Health

Dr Liz Murray

For generations, women's health concerns have been dismissed, minimised, or misunderstood. But heavy, painful periods are not normal, and suffering in silence should not be an option. In this groundbreaking and compassionate guide, Dr Liz Murray blends medical expertise with her own experience of living with endometriosis and chronic illness, to give readers the clarity, language, and confidence to finally be heard.

Drawing on the latest research into endometriosis, fibroids, adenomyosis and PCOS, Dr Murray explains what's really happening inside your body and how these conditions can affect women in very different ways. She offers practical tools for self-advocacy, demystifies diagnosis, and lays out treatment paths that empower rather than overwhelm.

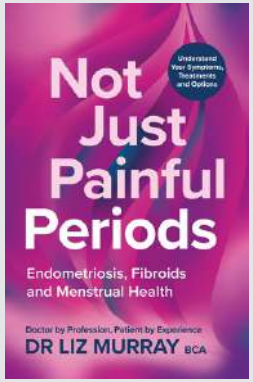
Inside, you'll learn how to:

- Spot the early signs your body wants you to notice
- Recognise the crucial role of hormones and your immune system play in your health
- Navigate the path to diagnosis
- Understand your options for treatments
- Deal with issues affecting your fertility, menopause, and relationships

All women deserve to feel supported and empowered in their own bodies. *Not Just Painful Periods* is more than book - it's a revolution in women's health, delivered with warmth, wisdom, and unshakeable hope.

ABOUT THE AUTHOR

Dr Liz Murray is a doctor, activist and artist. After working on the frontline during the Covid-19 pandemic, her 15-year battle with chronic health forced her to step back from her clinical role as a doctor, but she utilised her experience as both a patient and doctor to become the founder of the charity Mortal + Strong to provide education and support for people affected by life-changing and incurable health conditions. Dr Liz is a fierce and passionate health advocate and has recently been awarded a British Citizen's Award (People's Honours) for services to health (BCAh) and is also an ambassador for the Patient Information Forum (PIF).



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Just One Thing Volume 2

40 Daily Habits for Better Health

If you were going to do Just One Thing to transform your health, what would it be?

Based on the popular BBC podcast presented by Dr Michael Mosley, the team behind *Just One Thing* bring you a second volume of 40 brand new simple tips that could change your life.
Easy to implement, road tested by Dr Michael Mosley for the BBC Radio4 podcast of the same name, and backed by science, each chapter brings to life these new, quick, easy and often unexpected hacks. which can improve your health through simple diet, fitness, and lifestyle changes. This book will inspire you try them for yourself and feel the fantastic benefits.

For example, did you know that:

- volunteering can lower your cholesterol
- playing a musical instrument can improve your immune system and your memory
- walking backwards could reduce your back pain?

There is something here for everyone, many and varied, before long you'll find that one small thing that could really make a difference to how you feel.

Also available

Rights sold for *Just One Thing*:
Arabic (Jarir Bookstore)
Brazilian Portuguese (Alaúde)
Dutch (Meulenhoff Boekerij)
Estonian (Pegasus)
Hebrew (Kinneret Zmora-Bitan Dvir)
Hungarian (Libri)
Polish (JK Wydawnictwo)
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Slovene (AKTIVNI MEDIJI)
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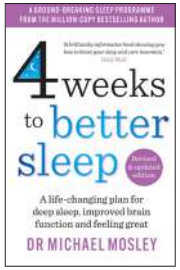

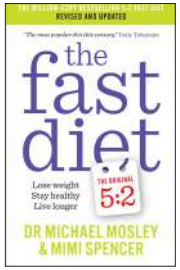

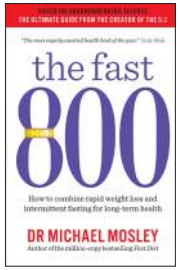

PRACTICAL, MBS & LIFESTYLE

Brain Boost

Eating Well For Mental Wellness

Dr Jack Mosley

This is a comprehensive, science-backed approach to eating for mental wellness. An insightful and practical guide, showing that changing what we eat and incorporating a few good habits can not only keep our bodies in great shape, but feed our brains too. Reduce stress, boost mood, improve memory, and reduce risk of developing dementia later in life. Dr Mosley shares his top tips for incorporating these 'good mood foods' into your diet, from nutrient rich veggies and fruits, to mood boosting proteins and healthy fats.

ABOUT THE AUTHOR

Dr Jack Mosley is the son of Michael Mosley, pioneer of the hugely popular 5:2 diet and the *Fast 800* books and program **www.thefast800.com**. Jack studied medicine at Newcastle University and received a Distinction in his Masters of Research in diabetes with Professor Roy Taylor, whose remarkable work proved the transformative effect of weight loss and diet on type 2 diabetes, leading many hundreds of thousand putting their diabetes into remission. Jack worked as a doctor in emergency medicine in the UK and Australia and now works as a GP registrar.

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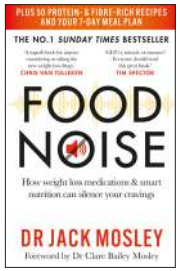

Rights sold for *Food Noise*:
Czech (Grada)
Spanish (Urano)
Swedish (Bonnier Fakta)

Cassell
July 2026
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Trevor Davies
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Translation

Just Good Dogs

The illustrated guide I needed when I got a dog

James Middleton

In *Just Good Dogs*, James Middleton offers a more responsive, considered way of living with dogs - one rooted in trust, curiosity, and everyday companionship. Blending practical advice with emotional intelligence, this book isn't about quick fixes or perfect obedience. It's about learning to communicate clearly, care wisely, and grow together.

Inside, you'll find:

- Tools for consistent, intuitive communication
- A fresh approach to recall, lead work, and building real confidence
- Seasonal wellbeing tips - from spring daffodils to winter salt
- Practical health guidance and real-world first aid
- Insights on food, behaviour, ageing, grief, and change

Whether you're starting fresh or walking alongside an old friend, this book offers a flexible, humane approach that respects the individuality of every dog - and the people who love them. With original illustrations by Fiona Dunphy, this is a definitive companion for the trickier moments, a reminder on the lighter ones, and something to pass on when someone new brings a dog home.

ABOUT THE AUTHOR

James Middleton is an entrepreneur and dog lover. He has six dogs: four Cocker Spaniels and two Golden Retrievers. The founder of James & Ella, a happiness and wellbeing company for dogs, James is a proud ambassador for the Pets As Therapy charity, and volunteer for The Guide Dogs for the Blind Association and Dogs Trust.

Also available

Rights sold for *Meet Ella*:
German (Goldmann)
US (Pegasus)
Czech (Kazda)

***Sunday Times* and *New York Times* Bestseller**

PRACTICAL, MBS & LIFESTYLE

Female Coded

Why Women Are Overlooked More Than Men and How To Make Your Voice Heard

Dr Alice Ashcroft

Have you ever noticed how men and women speak differently at work? At the pub? Around your dinner table? Did you know that women get interrupted 2.8 times more than men? Have you noticed how women are taken less seriously than men - even when making the same point?

Since a young age, Dr Alice has consistently questioned why people behave in certain ways and why certain people seem to be listened to over others. Later diagnosed with autism, her frustration led her to dive deep into the research to find answers; soon , she quickly became a leading expert in understanding the hidden dynamics of how men and women communicate differently - and at what cost.

Female Coded uncovers the shocking way women are using language to their disadvantage. From apologising in emails to underselling their expertise, women are using female-coded language that sets them back from their male peers. Until we address the way gendered language shapes our interactions, we will continue to see these imbalances play out in every aspect of our lives.

For the first time, this book examines how language biases emerge in everyday life, and provides frameworks and actionable steps so you can leverage your voice. Armed with strategies to overcome these linguistic traps, you will transform both professional and personal conversations, leading you to stand firm and confident in your communication, so you can eliminate second-guessing and make your voice heard.

Including interviews from pioneering women, this book is the essential next read for fans of *Invisible Women* and *The Authority Gap*.

ABOUT THE AUTHOR

Dr Alice Ashcroft is a researcher and consultant who analyses the impact of identity and gendered language in software design and team meetings. Alice has been published in peer-reviewed journals and her PhD, *"Design, Innovation and Software: The Impact of Gender and Language"* focused on how gender affects communication and teamwork in software design and innovation workshops. Their work highlights the need for more inclusive practices that give everyone a voice, helping to improve creativity and collaboration in the design process.

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How To Stay Together

Sheela Mackintosh-Stewart

Discover 12 simple, practical, effective (and some fun!) science-based daily habits, that you can easily weave into your daily routine to strengthen your bond with your partner. Because often, small adjustments in your daily interactions are all it takes to save your relationship.

Did you know that a 6-second hug before leaving for work can reinforce affection? Or that partner workouts, like planking, build physical and emotional bonds? If not, then this book is for you!

Relationships don't come with a user manual, and most of us are generally winging it and making it up as we go along. Add in busy schedules, constant distractions and the alarming rise of divorce stats, it's no wonder love gets lost in the chaos.

This no-nonsense guide helps you understand why love goes wrong, know the red flags to watch for, build loving habits to show you care, and explains why such things matter. Sheela shares her 12 simple, science-backed daily love habits to help you get relationship smarter and to keep divorce lawyer at bay.

ABOUT THE AUTHOR

Sheela Mackintosh-Stewart is no ordinary divorce lawyer, but one with a twist -she's also a Relationship Coach. An ex-barrister, relationship expert, and founder of iFamiliesUK, a unique divorce and relationship consultancy, she champions not only amicable divorces but also family health and wellbeing. With over 30 years of legal expertise and handling more than 400 cases, Sheela has had a front-row seat to divorce. Her clients call her the "Divorce Whisperer" because she focuses on helping them divorce smarter-with less conflict and more success. Sheela is often featured in the *Daily Mail* for her easy to implement tips on how to divorce-proof your marriage.

SENd Help!

George Lewis

Have you ever felt like you're the only parent at the playground with a child that just doesn't fit in? You brace yourself for a meltdown or an embarrassing moment whenever they attend a friends party? That whatever you do you can't get other people to understand how they are feeling?

In his new book, comedian, dad and author of *Don't Panic* George Lewis, shares with us his practical and joyful advice on parenting SEN kids. George has three neurodivergent kids himself and has distilled all his lived experience into the pages of *SENd Help!*, in the hopes he can help other SEN parents out there feel reassured, empowered and heard.

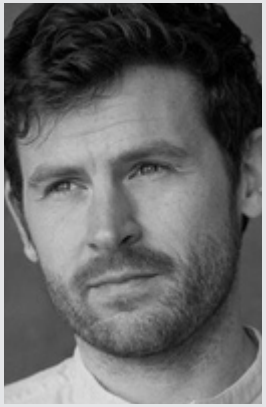
With his signature humour George teaches us to embrace the unexpected, stride through the unpredictability and most importantly acknowledge how much richer our lives are because of them.

SENd help! is the honest and comforting companion you need to navigate parenting SEN Children with tips, shared challenges, and the space to laugh about this life we've unexpectedly found ourselves living.

ABOUT THE AUTHOR

George Lewis is a dad, stand-up comedian, actor and writer from Stockport who has achieved remarkable success on social media for his hilarious and instantly relatable sketches. Described as 'the funniest dad on Instagram' with over half a million followers and over 300 million views on Instagram alone.

In recent years, George was the winner of *Celebrity Mastermind* (specialist subject: Oasis), hosted *Top Gear Extra Gear*, and appeared as a regular on ITV2's *The Stand Up Sketch Show*. George has also written for some of the biggest shows on TV and radio, including *8 Out of 10 Cats*, *Have I Got News for You*, *Hypothetical* & BBC Radio 4.



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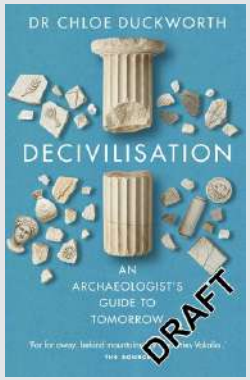

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Decivilisation

An Archaeologist's Guide to Tomorrow

Dr Chloë N. Duckworth

Do we need to look back at civilisations in the past to prepare for our future?

A bold, thought-provoking journey into the deep human past - asking urgent questions about the modern world and our place within it. What does it mean to live in bodies shaped by millions of years of evolution for small-group survival, close connection with nature, and nomadic life - yet find ourselves trapped in sprawling cities, bound by office hours, and dependent on global trade to meet our basic needs?

In this eye-opening book, archaeologist and broadcaster Dr Chloë Duckworth examines the foundations of civilisation through the lens of ancient history. Drawing on rich archaeological case studies, *Decivilisation* challenges the assumptions we make about farming, urbanism, money, literacy, religion, social divisions, and more. With clarity, wit, and deep expertise, Duckworth reveals why handbags mattered more than the wheel, how Bronze Age bling laid the groundwork for modern science, and why the story of civilisation is not one of steady progress - but of trade-offs, losses, and complex gains.

Equal parts history, anthropology, and survival guide, *Decivilisation* invites readers to see the world as archaeologists do: full of meaning, shaped by choices, and ripe for rethinking. If society as we know it fell apart tomorrow, what knowledge would actually help us survive - and what might we finally let go? You'll never look at civilisation - or yourself - the same way again...

ABOUT THE AUTHOR

Dr Chloë Duckworth is a distinguished archaeologist, author, and presenter renowned for her expertise in ancient technology and experimental archaeology. Her groundbreaking research spans Roman recycling, Sahara Desert innovations, and the origins of glassmaking, blending academic rigor with a passion for bringing history to life. A respected columnist for *British Archaeology* and sought-after public speaker, Chloë has captivated audiences at major festivals and scientific events.

The Department With No Name

The Untold History of the Secret British Misinformation Unit that Subverted Elections, Incited Murder and Span Out of Control

Paul Lashmar, James Oliver, Nicholas Gilby

This is the complete, shocking and revealing story of the IRD, an anonymous unit within the British Foreign Office that over three decades worked closely with MI6, MI5 and the CIA to disrupt 'the Queen's enemies', initially abroad, but then later at home. It is a story that involves a multitude of players, including well-known names such as George Orwell, Stephen Spender, Guy Burgess, Denis Healy, Woodrow Wyatt, Bertram Russell, Frederick Forsyth, Jonathan Aitken and Ricky Tomlinson.

Gradually, over decades the department moved to the right of politics and assumed a much more aggressive self-appointed agenda, out of the control of politicians. Targeting dictatorships and democracies alike, the IRD manipulated international events, subverted elections and even incited murder.

Focussing on characters and personalities as well as jaw-dropping stories of how the Department spun out of control, the authors have gone beyond the decaying paper of the official records in the National Archives to seek out traces of the lives of the secretive IRD personnel at the centre of the story. They have interview key actors, family, and lovers, and draw upon a unique record of over 50 years of investigation in which they themselves have played key roles in exposing the Department's activities, leading to its closure in the 1980s.

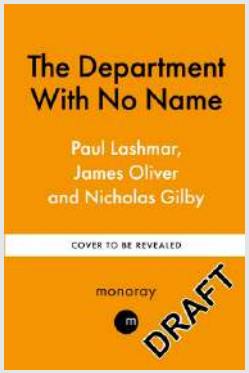
This is a unique and highly compelling expose of Britain's secret propaganda war and the top-secret dirty tricks unit at its heart. A good idea that went wrong - and eventually completely lost its moral compass.

ABOUT THE AUTHORS

James Oliver is an award-winning investigative journalist, television producer and director for BBC *Panorama*. He led investigations for the BBC including the Panama Papers, the Paradise Papers and FIFA.

Dr Paul Lashmar is an Associate Professor in Journalism at City, University of London. He has been an investigative journalist on the staff of *The Observer*, Granada TV's *World in Action* current affairs series and *The Independent*. He has written or co-authored seven books.

Nicholas Gilby is the author of one of the leading works on arms trade corruption, *Deception in High Places: A History of Bribery in Britain's Arms Trade* (Pluto, 2014). His research has also featured in films made by BBC's *Newsnight* and Al Jazeera.



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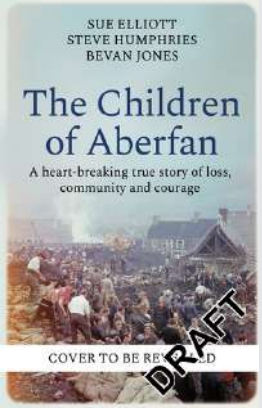

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272pp
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The Children of Aberfan

A heart-breaking true story of loss, community and courage

Sue Elliott, Bevan Jones, Steve Humphries

The story of a tragedy never forgotten, and a community who came together to mourn a generation of children.

In October 1966, a small Welsh mining village was hit by disaster. Heavy rain had been pounding the village for days and over time filled a tip containing coal waste, situated high above the village. Within minutes, the coal tip had slid down the mountain, engulfing a farm, several houses and a school, and ultimately killing 28 adults and 116 children. It was a man-made disaster, the likes of which had not seen before, and which attracted the attention of the world's media. Aberfan would become synonymous with tragedy as the small, close-knit village mourned the loss of an entire generation of children.

In *The Children of Aberfan* those who were actually there - rescuers, parents, teachers, neighbours and children - tell the full story of the tragic event. Moving and simply told, in the voices of the people on the ground, it is a story about a grieving community, about a disaster long foretold but ignored by those in power; and about the heroism and dignity of those who were left behind.

ABOUT THE AUTHORS

Sue Elliott is a writer of social and oral history and has published five books in collaboration with Steve Humphries and Testimony Films.

Steve Humphries established Testimony Films in 1992 and is recognised as a pioneering producer of oral history documentaries. His award-winning films have been shown on all main UK channels and across the English-speaking world

Bevan Jones grew up close to the south Wales valleys and has worked as a writer, editor and academic, latterly for US universities in London.

Abducted: The Scandal of the Missing Children of Ukraine

Olesya Khromeychuk

Russia began stealing children from Ukraine in 2014. Today at least 20,000 children have been taken and most of them will never return.

Olesya Khromeychuk, tells the interweaving stories of these helpless, innocent children who were mercilessly taken from Ukraine and put into strangers homes and camps in Russia. Russian forces have gone to great lengths to steal these children seeking them out from care homes, battlegrounds beside their dead parents and even directly from their loving family homes by coercion.

Once in Russia, their Ukrainian identities are stripped from them and they are forced to comply to the Russian regime. Children have escaped, been rescued and found by parents prepared to go to extreme efforts to reunite with their children, however this is not the case for the majority who suffer at the hands of the Russian forces.

This is one of the most shocking stories of the last decade and in this remarkable blend of interviews, first person accounts and an emotive narrative, Oleysa gives the Ukrainian children and families affected by this terrible crime a voice.

ABOUT THE AUTHOR

Dr Olesya Khromeychuk (@OKhromeychuk) is a historian and writer. She has taught the history of East-Central Europe at Cambridge, UCL, UEA and King's College London and is currently the Director of the Ukrainian Institute London. She has written for the *New York Review of Books*, *Der Spiegel*, *the Los Angeles Review of Books*, *openDemocracy* and *Metro*.

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The Sound of Trouble

Peter Curran

A *Paddy Clarke-Clarke Ha Ha Ha* set in the North of Ireland.

Peter Curran grew up in Belfast, Northern Ireland as the only boy of six siblings with an often absent father. His coming of age story, set during the turmoil and chaos of The Troubles in the 1970s and 80s is a rich and beautiful memoir of a young lad trying to understand the world he lives in.

The Sound of Trouble tells the story of Peter's childhood living in an unstable home against the tense background. Peter vividly depicts the changes in the place he called home as it was surrounded by army helicopter presence, shootings, rioting and bombings. How he avoided gangs by creeping to school at 6am and developed ways to walk, talk and sound like a Protestant. The devastation he experienced when his close school friend was shot and what happened when he was asked to join the IRA.

The narrative takes the reader through his formative years from eight until 18. It is written evocatively, insightfully and in the moment, with wit and warmth against the backdrop of a period that is increasingly of fascination to readers.

ABOUT THE AUTHOR

Peter Curran is a writer, presenter, performer, producer and radio broadcaster from Northern Ireland. He is known for his appearances on *Personal Passions*, *When Art When Pop* and *Edinburgh Nights* on BBC 2 and he regularly features on Radio 3 and Radio 4. He has a popular BBC Sounds podcast called *BUNK BED*, which he co-hosts with Patrick Marber. The show is now in its 11th season and in the past, they have had guests such as Kathy Burke and Cate Blanchett. His authored TV and radio programmes on Ireland include BBC 2's *Slack Sabbath* and the critically acclaimed *Collecting the Troubles at The Ulster Museum* for Radio 4.

Finding Gold

Vincent Thurkettle

This is the story of long-time civil servant Vincent Thurkettle, who, at the peak of his career, decided to abandon an excellent job and pension to follow a dream - to go hunting for gold.

Vincent Thurkettle's story is a gripping and colourful adventure, a physical and spiritual journey among amazing people in unlikely places. A story to amuse, entertain and inspire all of those who have a dream and just need a nudge and the courage to get started.

Finding Gold captures both the practical aspects of gold and treasure hunting, and, perhaps more importantly, it describes the attitude and psychology needed to really grip life, to truly seize the day and enjoy every moment. Finding the metal itself is actually only a small part of the story - it's mostly about feeling alive again, vibrant, with new friendships and purpose. And finally, finding the 'treasure' of fulfilment and happiness.

An aspirational, inspirational guide for would-be adventurers everywhere.

ABOUT THE AUTHOR

Vincent Thurkettle, born in Somerset and raised in Wales, is a lifelong outdoorsman. After serving as a reconnaissance officer in the reserve forces, he pursued woodland management with the UK Forestry Commission before leaving in 2005 to embrace a freer life. His passion for natural gold led him to become British gold panning champion multiple times and world champion in 2007. As President of the World Goldpanning Association, he began diving for shipwreck treasure and discovered Britain's largest gold nugget. Vincent now lives in a self-designed cottage in rural Norfolk.

Short Books
June 2026
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Jo Morrell
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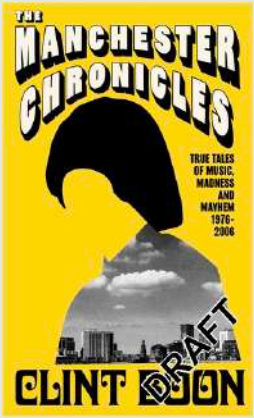

Monoray
August 2026
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Jake Lingwood
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416pp
Rights available
Translation

The Manchester Chronicles

True Tales of Music, Madness and Mayhem 1976 - 2006

Clint Boon

The Manchester Chronicles is an exhilarating and highly personal folk-telling of the Manchester music scene, as seen through the eyes and ears (and hair) of one of the city's favourite sons, Clint Boon from the iconic Inspiral Carpets. From early days of punk in the mid-1970s through the crucible of the 1980s indie and psychedelic scenes, the explosion of Madchester, Rave and then Brit Pop in the 1990s, this is an intimately told adventure of an extraordinary musical renaissance.

A born storyteller, Clint Boon pieces together a collage of often hilarious stories to give us a unique take on the city's coming of age alongside his own. At art school, rehearsal studios and sweaty gigs, we meet the movers and shakers of Manchester, often well before they were famous, as they came together to forge their identities and put the city on the map.

Be it a near-fatal car crash, or suffering the ignominy of being on *Top of The Pops* one week and signing on the dole the next - while your former roadie, Noel, makes pop history - Clint entertainingly captures the mayhem of music, success and the city's extraordinary musical family.

Encountering bands like Buzzcocks, Joy Division, The Fall, New Order, the Smiths, James, the Stone Roses, the Happy Mondays, Elbow, Inspiral Carpets and Oasis, raconteur Clint tells the Manchester legend not as an exhaustive history, but as what it felt like to be there at the time, taking the trip of a lifetime.

ABOUT THE AUTHOR

Clint Boon is a musician and DJ based in Stockport. He first came to fame as keyboard player for the Inspiral Carpets, responsible for their defining organ sound. The band, who reformed in 2023 to much excitement, are seen as one of the definitive 'Madchester' groups producing a stack of highly acclaimed and chart-topping hit singles and albums.

From 2004-2023, Clint became a permanent fixture on well-known radio stations of Manchester and has become one of the country's most sought after club DJs. As a key and much-loved figure in Manchester's music scene over three decades, Clint is a passionate advocate for the city and its ever-evolving music scene.

Killing Maradona

How cocaine, the Camora, cartels and crime corrupted football's greatest talent

David Arrowsmith

Drugs, cartels, mafia, addiction, the FBI, and coercion - this is the untold story behind the tragic decline of football's most gifted and controversial legend.

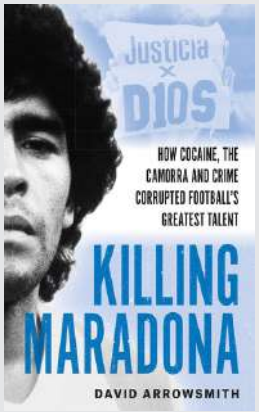
Maradona was football's ultimate genius - a magician on the pitch whose talent rivalled only Pelé. But off the field, the boy from the barrios of Buenos Aires became entangled in a dark web of criminal influence and personal demons. From the Cali Cartel's attempts to lure him into the drug trade, to the Camorra's grip on his life in Naples; from clashes with the Italian government to Pablo Escobar's sinister hospitality, Maradona's life was a battleground far beyond football.

Battling addiction, betrayal, and exploitation, Maradona's story is one of genius corrupted - a man caught between adulation and self-destruction, whose medical neglect and FBI scrutiny culminated in a tragic end. Marking the 40th anniversary of Argentina's legendary 1986 World Cup victory, *Killing Maradona* is a searing investigation into the forces that destroyed football's first 'Golden Boy.'

ABOUT THE AUTHOR

David Arrowsmith was the Director of Development at leading UK factual TV producer Zig Zag Productions. He has worked in television for over 20 years - developing unscripted ideas and acting as Executive Producer on key projects for companies such as October Films, DSP, Channel 5, Granada Television, and the BBC. He is passionate about history, and just some of his key commissions include *1966: Who Stole the World Cup?*, *Britain's Bloodiest Dynasty*, *8 Days That Made Rome*, and *Adolf & Eva: Love & War*. He was also involved in the development of the award-winning, Nobel Peace Prize-nominated documentary *Sri Lanka's Killing Fields*.

David was born and raised in London but is proudly half-Colombian. In fact, he is the great-grandson of a former president and directly descended from four more. He has played football for over 35 years and has no plans to stop just yet.



Cassell
May 2026
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304pp
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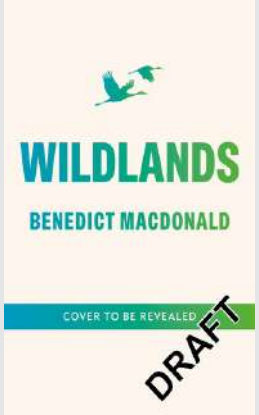
Translation
Rights sold
Croatian (Petrine)



Gaia
February 2027
Editor
Jessica Minocha
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352pp
Rights available
US

Wildlands

Restoring Life on Earth

Benedict MacDonald

FROM THE WINNER OF THE WAINWRIGHT PRIZE FOR WRITING ON CONSERVATION

FROM THE WINNER OF THE RICHARD JEFFERIES SOCIETY

This book reveals what nature can truly look like on our planet, in its most chaotic, unbridled forms. It takes you to wildernesses so improbable, so ancient, that you could scarcely invent them, and reveals what happens when ecosystems are allowed to function - and remarkable animals left alone to shape them.

It will take you deep into the world's most raucous places; grasslands where cheetahs and hyenas still battle under starlight; waters, where rivers run solid with salmon, and jungles where shrews make friends with plants. It reveals places untouched, as yet, by man, in biomes that predate our existence by millions of years.

Join naturalist Benedict MacDonald on a journey deep into places that remind us of what nature can be, how rich our planet once was, and how humans - at their best - can restore the great abundance of the world.

ABOUT THE AUTHOR

Benedict Macdonald is a writer, television producer and conservationist, whose first book, *Rebirding: Restoring Britain's Wildlife*, was the winner of the inaugural Wainwright Prize for Global Conservation and the Richard Jefferies Prize. Ben is a lifelong naturalist who perfected his storytelling skills during an award-winning career as a wildlife filmmaker. He has worked as a field director on such Emmy- and BAFTA-award winning series as *David Attenborough's Our Planet* (Netflix) & *The Hunt* (BBC1). In 2021, following the success of *Rebirding* and his growing influence in the UK conservation movement, he moved full time into professional nature restoration. He now works as Head of Nature Restoration for Real Wild Estates, where he manages thousands of acres back to wilderness as one of Britain's few professional rewilders.

Bob the Robin

A Love Letter to British Garden Birds

Tony Putman

Following the loss of Bob at the end of the first book, Tony feels the grief of his friend and reflects on what happens to those who remain after a loved one is gone. As tony continues to work the garden, he discovers a new robin that he suspects is related to Bob - Bobbin. With Bobbin well established in the garden's territory, Tony observes the quirks of this new relationship.

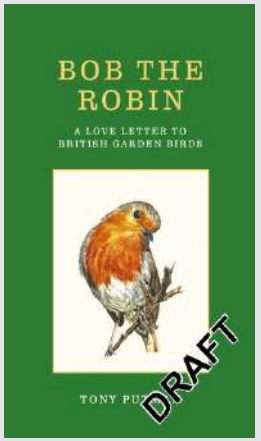
Bobbin pairs up with Bobette and Tony observes the two of them, just as Bob and Betty worked together during the mating season a few years back. But when Bobbin disappears, Tony fears the worst. Bobette now has fledglings to care for and so Tony does what he can to help out the fiercely protective mother.

But while he cares for Bobette, Tony notices other visitors in the garden too; he is regularly visited by blackbirds, long-tailed tits, and more. Through the changing seasons, he delights in these new friends and provides insights on how he makes the garden attractive to his regular companions.

Both heartwarming and reflective, this new book from Tony celebrates the quintessential British garden, and the garden birds that call it home.

ABOUT THE AUTHOR

Tony Putman is a gardener and passionate wildlife photographer who has captivated the world with his enchanting relationship with a Robin and a Fox. Developing a friendship with both that demonstrates beautifully the extraordinary capacity for a connection between wildlife and humans, he has been captured on film by the BBC in compelling footage that has drawn comments from admirers all over the world. His story and his work has catapulted Tony to the attention of BBC *Springwatch*, Fox News USA and Belgian, Dutch and German television channels.



Gaia
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Editor
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256pp
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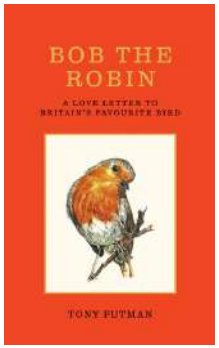
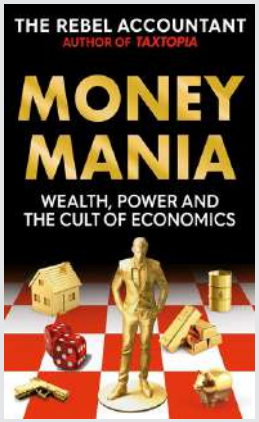


Rights sold for *Bob the Robin*:
Dutch (Buijten en Schipperheijn)



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Japanese (Hayakawa Shobo)

Moneymania

Wealth, Power and the Truth About the Cult of Economics

The Rebel Accountant

In his new book, the anonymous author of *TAXTOPIA* takes us behind the scenes of his career as an Economist. *Moneymania* is an illuminating and often hilarious exposé of the dubious world of the people whose job is to tell us that the world of money can be predicted with almost scientific accuracy - when the truth is that it fails again and again. And that from the Greeks onwards, Economics has long been driven by vested interests, reckless predictions and at times a staggering lack of common sense.

With our rogue financial savant as our guide, *Moneymania* reveals why you've never heard of the third most famous man in America; why your mortgage costs more because of an off the cuff remark made in New Zealand in the 1980s; and that the Age of Austerity may have been due to a simple spreadsheet error. We find out why the average Brit is richer than the average American; how your salary has very little to do with your intelligence or skill; and that if America had followed Iceland's example they would have put 32,000 bankers in prison.

Answering seemingly simple questions such as 'where does money come from?', 'is finance high?' and 'is anything in Economics true?', The Rebel Accountant strips away the complexities and gives us the lowdown on why everything you thought about the world of Economics is not only wrong, but is has been responsible for some of the greatest fails of all time.

This is *Moneymania*.

ABOUT THE AUTHOR

THE REBEL ACCOUNTANT is a chartered tax advisor who has worked widely behind the scenes in London and Australia, everywhere from major accountancy firms to tiny start-ups. He chose his career because he loves to be creative.

Little Red Riding Hood Blows Her Trust Fund...

And Other Fairytales for Privileged Children

Daniel Foxx

Once upon a time, in a land far away (in fact, in an entirely different tax bracket), there lived some perfectly privileged children...

In *Little Red Riding Hood Blows Her Trust Fund and Other Fairytales for Privileged Children*, author and comedian Daniel Foxx reworks classic fairytales to suit only the most comfortable of tots. Meet: Rapunzel, whose stay in a boutique tower-concept hotel is just the ticket. Aspiring gourmand Jack, who sensibly exchanges his cow for a handful of 100% organic legumes. The two ugly stepsisters, Porchetta and Frankette, whose deep-plane facelifts yield excellent results. And The Three Little Pigs, whose property portfolio is - quite frankly - booming.

Wickedly funny and razor-sharp, Daniel Foxx's enchanted stories make for perfect fireside reading this Autumn - just be sure the household staff don't pinch it for themselves!

PRAISE FOR *BEDTIME STORIES FOR PRIVILEGED CHILDREN*:

'If Succession was turned into a series of Ladybird books'
THE TIMES

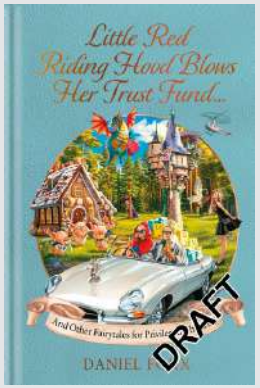
'A terribly funny book from an absolutely disgraceful person'
JOE LYCETT

'Daniel's writing is hilarious, although it makes me worry about how I'm bringing my children up'
JOSH WIDDICOMBE

'Finally! Some stories to shut those little brats up who disturb me at brunch!'
TOM ALLEN

ABOUT THE AUTHOR

Daniel Foxx is an award-winning comedian and writer from London. His easy-going delivery and sharp jokes have quickly established him as one of the most exciting new acts on the UK comedy circuit, whilst his videos have earned him a huge following online. Daniel has performed on BBC One and BBC Three and provided tour support for Josh Widdicombe and Sofie Hagen, garnering a host of accolades including a Writers' Guild Award nomination, Winner of the Brighton Fringe Award for Excellence and Finalist in the Chortle Student Comedy Awards. He also writes plays, screenplays and musical theatre, and his most recent project *'Unfortunate: The Untold Story of Ursula the Sea Witch'* was one of Underbelly Festival's 2022 Headline Shows.



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Mala Sanghera-Warren
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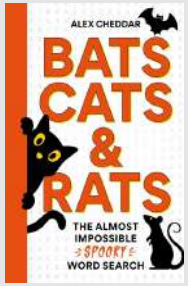
Translation



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July 2026
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208pp
Rights available
Translation

Bats, Cats and Rats

An Almost Impossible Spooky Wordsearch

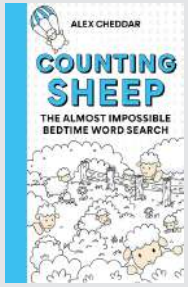
Alex Cheddar

A devilishly difficult word search adventure guaranteed to drive you bonkers this Halloween!

Can you find 10 sneaky cats hidden in the grid? How about 30 clever rats lurking in plain sight? Or 70 mysterious bats fluttering through the letters? Each page challenges you with a different critter - and the number to spot grows as you go.

Think you have sharp eyes? Think again. You'll be squinting, second-guessing, and questioning your life choices as you navigate through grid after grid of letter chaos.

Cats, Bats, and Rats is a 200-page fiendish journey where these spooky words can appear horizontally, vertically, or diagonally, forwards or backwards. No hints, no bite-sized puzzles, no answer key - just pure, unfiltered word search madness.



Cassell
July 2026
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Trevor Davies
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224pp
Rights available
Translation

Counting Sheep

The Almost Impossible Bedtime Wordsearch

Alex Cheddar

Counting Sheep is a brand new wordsearch book taking a playful twist on the classic "counting sheep" ritual. Instead of lulling you to sleep, you'll be wide awake hunting down thousands of sneaky sheep scattered across 200 puzzles - hidden behind trees, disguised as clouds, and causing mischief throughout every bucolic scene...

Each puzzle pairs a charming illustration with a tricky word search on the facing page. The cozy countryside backdrop stays the same, but those clever sheep keep changing places, making every search a fresh challenge.

Think this will help you drift off? Think again. It's perfect for anyone who loves a bit of bedtime mischief, a healthy dose of frustration, and a good old-fashioned puzzle marathon. Ideal for sheep lovers, night owls, and puzzle fanatics alike.

Where's My ELF

The Almost Impossible Christmas Wordsearch

Alex Cheddar

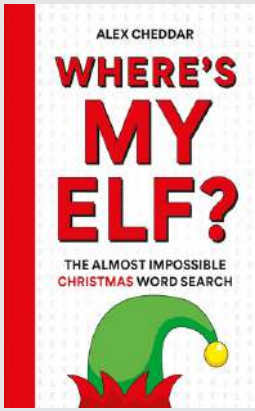
128,000 letters.

Just one word to find.

Can you find the 'ELF'?

Are you ready for a holiday challenge that will jingle your nerves? *Where's My ELF?* is the Christmas word search book designed to sleigh your sanity. Across 200 pages of chaotic grids, the elusive word 'ELF' is hidden just once. Yes, once. Somewhere in this festive avalanche of letters, a single sneaky elf is waiting to be found.

Where's My ELF? follows the same rules as a regular word search: the word can appear horizontally, vertically, or diagonally - forwards or backwards. But what makes this different? No warm-up puzzles. No hints. No answer key. Just pure, unfiltered festive frustration.



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September 2026
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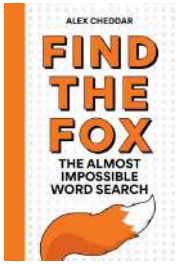
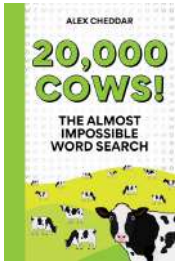


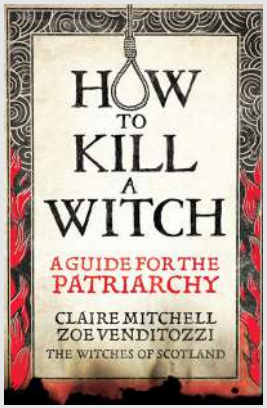


Rights sold for *20,000 Cows!*:
Polish (Otwarte)

Alex Cheddar

ABOUT THE AUTHOR

Are you looking for a normal book? Turn back now, because **Alex Cheddar** is seriously unhinged. His creations blend the stale world of puzzles with the surreal. Think Picasso. Think Dali. Now forget them because Alex is not a painter. But don't let that dissuade you, because his creations will create a vivid picture in your mind. A picture of hatred for the person sadistic enough to devise these devilish puzzles.



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May 2025
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Arabic (Diwan)
Turkish (Ithaki)
US (Sourcebooks)

How to Kill a Witch

A Guide for The Patriarchy

2025 Goodreads Choice Awards Winner

Claire Mitchell and Zoe Venditozzi

THE *SUNDAY TIMES* BESTSELLER

'Two of Scotland's most vivid storytellers.'
THE TIMES

'Fascinating, angering'
THE MAIL ON SUNDAY

As a woman, if you lived in Scotland in the 1500s, there was a very good chance that you, or someone you knew, would be tried as a witch. Witch hunts ripped through the country for over 150 years, with at least 4,000 accused, and with many women's fates sealed by a grizzly execution of strangulation, followed by burning.

Inspired to correct this historic injustice, campaigners and writers Claire Mitchell, KC, and Zoe Venditozzi, have delved deeply into just why the trials exploded in Scotland to such a degree. In order to understand why it happened, they have broken down the entire horrifying process, step-by-step, from identification of individuals, to their accusation, 'pricking', torture, confessions, execution and beyond. With characteristically sharp wit and a sense of outrage, they attempt to inhabit the minds of the persecutors, often men, revealing the inner workings of exactly why the Patriarchy went to such extraordinary lengths to silence women, and how this legally sanctioned victimisation proliferated in Scotland and around the world.

With testimony from a small army of experts, pen portraits of the women accused, trial transcripts, witness accounts and the documents that set the legal grounds for the hunts, *How to Kill A Witch* builds to form a rich patchwork of tragic stories, helping us comprehend the underlying reasons for this terrible injustice, and raises the serious question - could it ever happen again?

ABOUT THE AUTHORS

Leading human rights lawyer **Claire Mitchell**, KC, and writer, **Zoe Venditozzi** formed the Witches Of Scotland campaign with the aim of shining a light on the historic injustice of the Witch Trials. As a result, on International Women's Day, 2022, the First Minister of Scotland, at issued a formal state apology - the first time in 300 years there had been any formal recognition of those who were most wrongly accused. Through their tireless campaigning, regular public appearances, and highly entertaining podcast, also called *The Witches Of Scotland*, this pair of 'quarrelsome dames' are currently working to build a lasting memorial to the murdered women, and campaign to draw attention to the continued persecution of women as witches around the world today.

In 2022, Claire and Zoe were made Doctors of Laws by the University of Dundee in 2022 in recognition of their work. Claire lives in Montrose and Edinburgh and Zoe lives in Fife.

The Power of Moving On

How To Let Go and Live The Life You Want

John Purkiss

THE HIGHLY ANTICIPATED FOLLOW UP TO *THE POWER OF LETTING GO*

Thousands of people have benefited from *The Power of Letting Go*. We learnt to drop things that were holding us back, and to heal from past hurt. Now, John's new book sets out the crucial next steps to achieve a meaningful life. Discover *The Power of Moving On*...

What do I want, why don't I have it, and how can I make it happen?

This practical book will take you on a deeper journey to discover what you truly want in life. Whether it's a romantic relationship, financial freedom or better health, you can find the clear answers to achieve your goals. In this book, John shares the key: in order to manifest our desires in every area of our lives, we need to turn inwards and work on ourselves.

Using proven techniques, you will learn how to identify your true desires, remove false beliefs, and turn these desires into reality. With these simple steps your desires will manifest much more easily - often in ways you never imagined.

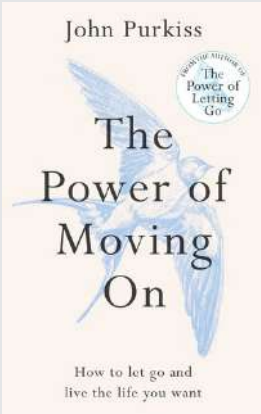
The Power of Moving On will help you discover a vital truth: when your inner world changes, your outer world is transformed.

ABOUT THE AUTHOR

John Purkiss studied economics at Cambridge University and has an MBA (Master of Business Administration) from INSEAD. He began his career in banking and management consultancy, in London and Chicago, and worked in sales and marketing in the UK and Continental Europe. John then learned to meditate, which made his intuition much stronger and enabled him to move into executive search. He recruits senior executives and board members, and also invests in high-growth technology companies. He has lived and worked in France, Belgium and the USA, and speaks French, German and Spanish.

Also available

Rights sold for *The Power of Letting Go*:
Arabic (Jarir Bookstore)
Chinese Simplified (Dook Media)
French (Guy Tredaniel)
Hindi (PRH India)
Portuguese (Clube do Autor)
Spanish (Planeta)
Vietnamese (Nha Nam)
Ukrainian (Yakaboo)



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Dr Jessamy Hibberd

ABOUT THE AUTHOR

Dr Jessamy Hibberd (BSc, MSc, DClinPsy, PgDip, PgCert) is a highly respected chartered clinical psychologist, author and commentator. She gained her Doctorate in Clinical Psychology at Royal Holloway, University of London, and completed her accreditation in CBT at the world-renowned Institute of Psychology, Kings College. Jessamy also completed her training in schema therapy, and most recently completed a post-graduate certificate at The Tavistock and Portman in Child, adolescent and family mental wellbeing. She is registered with the Health Professions Council and is a member of the British Psychological Society (BPS) and the British Association for Behavioural and Cognitive Psychotherapies (BABCP). Dr Jessamy has over 15 years experience working in mental health (within the NHS and in her own practice) and is passionate about psychology and the benefits it can bring.

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The Overthinking Cure

How to free your mind and focus on what really matters

Do you get caught up in anxious thoughts? Do you play over your mistakes and failures in your mind? Do you lie awake at night because you can't stop thinking about what happened earlier that day?

If so, you're suffering from overthinking.

But you are not alone.

Thinking about your life is a normal part of being human; it's often helpful to analyze a situation or revisit a problem in your mind, but if you find yourself constantly dwelling on your thoughts - with no sign of resolution - then it becomes a problem.

Overthinking is the problem that disguises itself as the solution.

In this life-changing book, trusted psychologist Dr Jessamy Hibberd shows how to break free from overthinking. Through expert advice, and real-life examples from her clinic, you will become more aware of your overthinking habits - and learn why we get stuck in unhelpful thinking patterns. Dr Jessamy offers personalized prompts and practical tips to identify your doom spirals to help you to find healthier coping strategies that redirect your analytical thinking.

The cure is simple: break the cycle of overthinking.

In this book, you will learn how to:

- Notice your thoughts
- Choose your response
- Challenge your thinking
- Accept the reality of how life is
- Face your fears

The Overthinking Cure is the essential guide to break free from overthinking - so you can life a better life and focus on what really matters.

NON-FICTION CORELIST

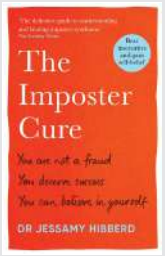
The Imposter Cure

Beat insecurities and gain self-belief

A newly updated edition for 2024

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do. Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.



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How to Overcome Trauma and Find Yourself Again

Seven Steps to Grow from Pain

So many of us experience trauma throughout our lives. Left unaddressed, it can have a long-term impact on our physical, mental and emotional health, restricting our personal growth and leaving us feeling empty and unwell. Using a combination of psychology, neuroscience and her own experiences as a chartered psychologist treating people with trauma, Dr Hibberd unpacks a tough subject and opens up the space for self-healing. This book centres on the concept of 'post-traumatic growth', a term used to describe the remarkable way that painful experiences can lead to a valuable reassessment of life and a newfound discovery of meaning. Through her revolutionary, seven-step programme, readers will learn how to process past events and move forward with a deeper level of self-awareness, a greater sense of purpose, and a renewed self-acceptance.

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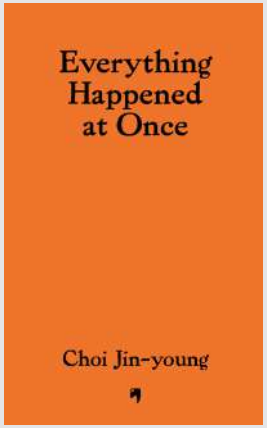

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Everything Happened at Once

The new novel from the author of *Hunger*

Choi Jin-young

'An instant cult classic. You have to read it'
HARPER'S BAZAAR

What is the date today? Here, time doesn't pass in days. I wouldn't be surprised if spring slid straight into summer, if I looked at a clear lake and saw an old woman in my reflection.

A mutant virus has swept half of the world's population overnight. The known world has collapsed. The new world is a lawless place where children's livers are believed to provide immunity.

In one apartment block, an unlikely pack break out of quarantine in a stolen lorry and brave an achingly empty world once teeming with colour. The desolate reaches of Eurasia are signposted with fellow defectors and found family.

A wandering travel agent.

A mixed-race divorcee embracing her sacred desire.

A deaf girl traversing the frozen continent barefoot.

How do you find a way forward in a world turned upside down? A novel about our will to live and love until the very end, *Everything Happened at Once* charts the intimate landscapes of humans making liferafts out of the small miracles of the everyday.

ABOUT THE AUTHOR

Choi Jin-young began writing over twenty years ago out of defiance. She went on to become one of the country's most-decorated novelists, having amassed a number of prestigious prizes including the Yi Sang Literary Award.

Her record-breaking cult classic, *Hunger*, has sold 400,000 copies across nine translations.

Please Form Pairs

Squid Game meets *Mean Girls*

Now with 150,000 copies sold

Chiren Kina

THE #1 JAPANESE BESTSELLER ABOUT KEEPING UP AND STAYING (BARELY) ALIVE IN A GIRL-EAT-GIRL TOKYO

The very kawaii and very unhinged survival drama you never knew you needed...

Mishin Mizushima isn't nearly kawaii enough by Tokyo standards. Her emotionally stunted mum isn't a fan either, ditching her in their micro-apartment with a note scribbled on My Little Pony stationery.

Her case is one of millions in the megacity's cutthroat girls' schools, where towering alpha females move and think as a single, terrifyingly beautiful organism with double-eyelid surgery. The betas blend into the furniture. The rest grovel for scraps at the bottom of the sparkly food chain.

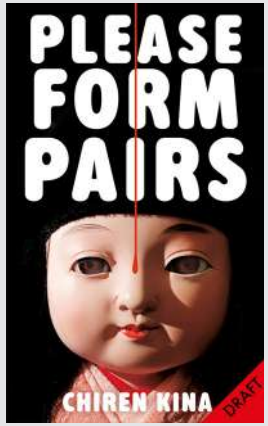
In one classroom, a battle erupts between the barbies when a substitute teacher flaunts the natural order by asking each girl to pair up with someone new. In the words of Hello Kitty, "you can never have too many friends" - and everyone knows the best way to make friends is to play a game...

Squid Game meets *Mean Girls* in this very kawaii and very unhinged survival drama where every girl must play by three rules: keep up, be liked, and stay (barely) alive in a girl-eat-girl world.

ABOUT THE AUTHOR

Chiren Kina is 38. She started writing in school after being rejected by her crush 16 times and winning the Excellence Medal at the R-18 Literature Prize for *Women by Women*.

Her novel, *Please Form Pairs*, has been reprinted 20 times with over 150,000 copies sold across Japan. It is being adapted into a feature film.



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