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Rick Stein's Long Weekends
Rick Stein

Cadiz, Palermo, Copenhagen and more... Rick Stein goes in search of good food in fabulous locations, and all of them just a quick hop, skip and a jump from the UK.

*Rick Stein's Long Weekends* will accompany the second half of the BBC One series, airing in Autumn 2016.

Rick Stein's passion for using good-quality local produce and his talent for creating delicious flavour combinations in his books and restaurants have won him a host of awards, accolades and fans. As well as presenting a number of television series, he has published many best-selling cookery books, including *French Odyssey, Coast to Coast, Far Eastern Odyssey, Rick Stein’s Spain* and *Rick Stein’s India*.

Rick has always believed in showcasing local seafood and farm produce in his four restaurants in Padstow, Cornwall, where he also has a seafood cookery school, food shops and a pub in the nearby village of St Merryn. In 2003 Rick was awarded an OBE for services to West Country tourism. He divides his time between Padstow, London and Australia, where he also has a seafood restaurant by the sea in Mollymook, NSW.

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Eat Well for Less
Jo Scarratt-Jones

80 recipes for healthy family meals from the hit BBC One series

Do you find it difficult to budget for your weekly shop? Are you tempted by impulse buys and special deals? Do you make the same meals week in, week out? *Eat Well for Less* shows you how to create more nutritious dishes for your family while spending less on your supermarket shop.

As well as 80 delicious recipes, you will find a meal-planning guide, help on freezing and storing food, a family budget planner and lots of ideas to get kids cooking. Learn how to use your leftovers, make savvy swaps and add more fruit and veg to your diet without spending extra time in the kitchen. With tasty food, sample shopping lists and practical tips from Gregg, Chris and the experts from the hit BBC show, this is your essential guide to eating well for less.
**Match of the Day Annual 2017**

*Various*

The MOTD annual returns, bursting with fun football trivia, games, puzzles, cartoons and more – all from the nation’s no.1 footy mag.

From the UK’s number 1 footy magazine, the very best footy annual is back!

Crammed full with fun football trivia, quizzes, games, puzzles, top 10s, cartoons and more, this is the only annual fans of the beautiful game will need.

Featuring Gary and all of the MOTD presenters, Paz and Ketch, and the planet’s top teams and players, *Match of the Day Annual 2017* is the best around – it will be on the top of your Christmas list!

*Various*

**Only Fools and Horses**

*The Peckham Archives*

*Rod Green*

An illustrated celebration of the wonderful world of Peckham.

The Trotter family have been pillars of the Peckham community for decades, so when a bin man found this folder of documents at the bottom of the refuse chute in Nelson Mandela Towers and saw that it had official council and even police documents in it, he thought it might be worth something. He passed it to his gaffer, who passed it to his gaffer, and it was then decided that this valuable overview of the area’s modern history seen through the experiences of a family whose connections stretch throughout the borough, should be published in the public interest...

Documents include the Trotters’ family tree, paperwork from Rodney’s school days, snapshots from family holidays, and even the first chapter draft of Rodney’s novel. The book will be illustrated with never-before-seen memorabilia and ephemera, from Raquel’s original dating agency form, from before she met Del, to a set of prompt cards Del created for Trigger: ‘DON'T let Roy Slater fit you up for stealing 3,000 Green Shield stamps ever again, even if you did get an electric blanket and a toaster when you came out of jail. DO try to remember that Dave is actually called Rodney.’

Rod Green, previously an editor with DC Thompson, Boxtree and Virgin Publishing, is now a freelance writer and editor. He lives in Ewell in Surrey with his wife and son.
Good Food: Soups & Sides
Triple-tested recipes
Sharon Brown

101 triple-tested recipes for soups and sides dishes, from light bites to meals-in-a-bowl.

Filling, comforting and endlessly adaptable, soups and side dishes can be the ideal solution to any mealt ime dilemma. Whether you’re looking for light summery lunches, wholesome dishes for the winter months or quick and easy weeknight dinners, 101 Soups and Sides can provide the inspiration you need. With ideas ranging from chilled seasonal soups and fresh salads for those long summer lunchtimes to hearty winter broths and hot sides to warm up a cold night, you’ll find recipes here to use all year round.

Each recipe is accompanied by a detailed nutritional breakdown and is triple-tested by the experts at Good Food, the UK’s best-selling cookery magazine, so you can cook with complete confidence. With colour photographs throughout, this compact cookbook lets you create stylish and satisfying dishes with ease.

Good Food: More Slow Cooker Favourites
Triple-tested recipes
Sarah Cook

A new collection of delicious Slow-Cooker recipes from the experts at Good Food.

A slow cooker allows you to create mouth-watering dishes that can be cooked overnight or while you’re at work so that you can enjoy your meal as soon as you enter the door. With only a short amount of preparation, using a slow-cooker removes the rush of the weeknight dinners or the stress of entertaining and leaves you with delicious casseroles, soups, curries and puddings that are ready when you want them.

Good Food: More Slow Cooker Favourites is packed with new recipes for all occasions, whether hearty family food, delicious dinner party dishes or tasty treats. Triple-tested by the experts at Good Food and including colour photography for each recipe, More Slow Cooker Favourites is guaranteed to provide you with both reliable and sensational recipes every time.

After graduating from Leiths School of Food and Wine in July 2006, Sarah joined the Good Food team as their cookery assistant. Spending much of her time in the kitchen, her tweaking and re-testing of new ideas helped ensure that every recipe had the perfect outcome for the readers. Now as cookery writer she regularly contributes her own features to the magazine, as well as working closely with many of Good Food’s celebrity chefs.
Doctor Who: The Official Cookbook
Joanna Farrow

40 wibbly-wobbly, timey-wimey recipes!

Whether you’re planning a party to watch the latest episode, need a showstopping cake that’s bigger on the inside, or want a taste of the TARDIS at teatime, this is the ultimate collection of dishes from across space and time.

Keep the munchies at bay with a fleet of Atraxi Snax, and serve an Ood Head Bread with your dinner. Create your very own Picnic at Asgard, or invite the Zygon Pie into your house. And say ‘Hello, Sweetie’ to a deadly-delicious Dalektable Army, a Peek-a-Boo Pandorica cake, or some simple jelly babies.

Each easy-to-follow recipe has step-by-step instructions to show how you can make meals, snacks, cakes and sweets that are truly out of this world.

Joanna Farrow is a food writer and stylist with a flair for imaginative recipes and decoration. She has worked as a freelance writer for several food magazines including BBC Good Food. Her previous books include Dress Your Cupcake, Peek-a-Boo Cakes, Ready Steady Cook for Kids, 30-minute Vegetarian and Good Fast Family Food.

The Scientific Secrets of Doctor Who
Simon Guerrier and Dr. Marek Kukula

The first official guide to the science of Doctor Who - an all-new adventure in space and time.

Doctor Who stories are many things: thrilling adventures, historical dramas, tales of love and war and jelly babies. They’re also science fiction – but how much of the science is actually real, and how much is really fiction?

The Scientific Secrets of Doctor Who is a mind-bending blend of story and science that will help you see Doctor Who in a whole new light, weaving together a series of all-new adventures, featuring every incarnation of the Doctor. With commentary that explores the possibilities of time travel, life on other planets, artificial intelligence, parallel universes and more, Simon Guerrier and Dr Marek Kukula show how Doctor Who uses science to inform its unique style of storytelling – and just how close it has often come to predicting future scientific discoveries.

This book is your chance to be the Doctor’s companion and explore what’s out there. It will make you laugh, and think, and see the world around you differently.

Because anything could be out there. And going out there is the only way to learn what it is.

Simon Guerrier (Author)
Simon Guerrier is co-author of Whographica and The Scientific Secrets of Doctor Who for BBC Books, and has written countless Doctor Who books, comics, audio plays and documentaries. In 2015, Simon was a guest on Front Row and The Infinite Monkey Cage on Radio 4, and with his brother Thomas, makes films and documentaries – most recently HG and the H-Bomb for Radio 3.
Whographica
An infographic guide to space and time
Steve O'Brien, Simon Guerrier and Ben Morris

‘There’s so much more to the world than the average eye is allowed to see… if you look hard, there are more wonders in this universe than you could ever have dreamed of’ – Vincent and the Doctor

JUST HOW TALL IS THE MASTER?
WHO WAS KILLED BY PSYCHIC SPIDER ELECTRICITY?
WHAT CAN’T A SONIC SCREWDRIVER DO?

More colourful than Tom Baker’s scarf, and more clever than Osgood, Whographica explores the rich and peculiar history of Doctor Who through infographics, charts, maps – and more! Follow the tangled threads of the Doctor’s family tree. Discover the secrets of Dalek evolution. Learn what the Doctor so desperately wants to know himself: where and when to find his home planet.

Captivating, intriguing, beautiful and strange, Whographica will show you so much more than the average eye is allowed to see. Because, if you look hard, there are more wonders in this universe than you could have ever dreamed of.

Steve O’Brien (Author)
Steve O’Brien is a film and TV journalist. In an 18-year career, he has written for SFX Magazine, Sci-Fi Now, Total Film and Empire and is a regular contributor to the official Doctor Who Magazine. Steve has also made many appearances on documentaries included on the Doctor Who DVD range and on BBC Four.

Simon Guerrier (Author)
Simon Guerrier is co-author of Whographica and The Scientific Secrets of Doctor Who for

Doctor Who: The Whoniverse
Justin Richards and George Mann

A sumptuously illustrated history of the fantastic species, fearsome wars and unbelievable worlds that make up Doctor Who’s universe through the ages.

The Whoniverse is a never-before-seen history of the Human Race – from the formation of Earth round the Racnoss eggs, and the creation of life by the destruction of the last Jagaroth spaceship, through to the eventual expansion of the sun and end of the world and beyond – to New Earth, and Utopia...

Along the way, The Whoniverse also explores the untold histories of other planets and other lifeforms as they have interacted with humanity. We examine the Daleks and Cybermen, the Time Lords and the Sontarans, the Ice Warriors, Silurians, Weeping Angels, and many many more... We visit Gallifrey and Skaro, Mondas and Telos, Mars and Sontar, to explore how their histories have coincided with the Time Lords, and with our own.

With full-colour illustrations, maps, charts and photography throughout, The Whoniverse is a dramatic retelling of the uprisings, wars and battles that formed Doctor Who’s universe, and an astonishing compendium of the races that live within it. It is the definitive, essential companion to this universe, and any other.

Justin Richards (Author)
A celebrated writer and Creative Consultant to the BBC Books range of Doctor Who books, Justin Richards lives and works in Warwick with his wife and two children. When he’s not writing, he can be found indulging his passion for inventing, reading and watching far too much television.

George Mann (Author)
George Mann is the author of the bestselling Doctor Who: Engines of War and Newbury & Hobbes steampunk mystery series, as well as numerous other novels,
Doctor Who and the Zarbi
Bill Strutton

The First Doctor is trapped on Vortis by the Zarbi, in a new facsimile edition of the long-out-of-print original 1960s edition.

The Zarbi, huge ant-like creatures with metallic bodies and pincer claws, are waiting for Tardis when it’s police-box shape materialises on the cold and craggy planet Vortis. They capture Doctor Who, Ian and Vicki and take them to their weird headquarters, a city of web-like organic matter.

But the Zarbi are not the only being in Vortis. Barbara has fallen into the hands of the butterfly-creatures with soft voices and iridescent wings, whose civilisation has been destroyed by the Zarbi. She learns that her captors are only the advance party of Menoptera in exile who plan to win back their planet by invasion from outer space. For the Zarbi “have brought the dark age to Vortis”.

In the final thrilling chapters, Doctor Who and the crew of tardis encounter the power which controls both the Zarbi and the living Web City. How can they defeat this strange bladder of dazzling light which draws in and absorbs all who come into its presence?

Born in South Australia in 1918, Bill Strutton worked as a clerk before joining the Australian army during World War 2. He served in the Middle East and later in Greece. Captured by the Germans in Crete, he spent several years as a prisoner of war. After the war, Strutton came to live in England where he pursued a career writing. He worked as a journalist as well as writing novels and television scripts. Strutton’s only script for Doctor Who was The Web Planet, commissioned in late 1964 and broadcast in 1965. He died on 23 November 2003, the day of Doctor Who’s 40th anniversary, aged 85 years.

Doctor Who and the Daleks
David Whitaker


A thick fog and a girl in distress are just the things that Ian Chesterton needs to escape from a life of dull routine. He has no idea that this is merely a prelude to an adventure quite beyond any normal conception of the word. Or that Barnes Common on a foggy autumn night is the last view of Earth he may ever have.

Both he and the girl he tries to help, Barbara Wright, are transported to a distant planet named Skaro by a mysterious old man known to them as the Doctor. With his grand-daughter Susan, the Doctor sets them down in a world all but destroyed by atomic warfare, the only survivors being a peace-loving and cultured people called the Thals and their bitter enemies the Daleks, horribly mutated both in body and mind.

Thrust into constant danger, his courage and determination tested almost beyond endurance, Ian is forced to struggle against alien creatures and superior enemies with no other weapons than surprise and ingenuity.

The rewards of victory are life for Ian and his new friends...but life where? Can the Doctor return him and Barbara to Earth again?

David Whitaker was the first Story Editor for Doctor Who, and was responsible for finding and commissioning writers, and it was Whitaker as much as anyone who defined the narrative shape of Doctor Who. He wrote for the Doctor Who annuals, novelised the first Dalek story and worked with Terry Nation on various Dalek-related material including the hugely successful comic strip The Daleks. David Whitaker died in 1980.

Terry Nation started as a comedy writer and performer, and was approached with an
Doctor Who and the Crusaders
David Whitaker


From unknown Space, the Tardis returns to Earth, but not to the world Ian and Barbara know. The little blue telephone box has wheeled sharply in the cosmos and cut back through the pattern of history to the struggle between Richard the Lionheart and Saladin, Crusader v. Saracen.

When Barbara is captured by the Saracens and later kidnapped by the monstrous El Akir, Ian appeals to Richard for help, but despite having achieved a splendid victory over Saladin at Arsuf the English King has his own troubles and cannot assist him. So Ian sets out to rescue Barbara alone while the Doctor becomes involved in court intrigues.

In a dramatic climax, Ian finds himself fighting for his life in the harsh, cruel world of the twelfth century, where only the cleverest and strongest survive.

Readers of Doctor Who’s adventure with the Daleks and Doctor Who and the Zarbi will find here all the excitement that made those books firm favourites with youngsters of all age groups.

David Whitaker was the first Story Editor for Doctor Who, and was responsible for finding and commissioning writers, and it was Whitaker as much as anyone who defined the narrative shape of Doctor Who. He wrote for the Doctor Who annuals, novelised the first Dalek story and worked with Terry Nation on various Dalek-related material including the hugely successful comic strip The Daleks. David Whitaker died in 1980.

Terry Nation started as a comedy writer and performer, and was approached with an offer to work on Doctor Who, providing the seven episodes of the first ever Dalek

Planet Earth II
Stephen Moss

On the 10th anniversary of the BBC’s genre-defining Planet Earth, this brilliant new book is an all-new look at our astonishing Planet Earth – from a completely new perspective.

10 years on from the first, groundbreaking, Planet Earth, we use the most incredible advances in technology and scientific discovery to bring you the most exciting and immersive picture of our world’s wildlife yet.

With over 250 breathtaking photographs and stills from the BBC Natural History Unit’s spectacular footage, this is an extraordinary new look at the complex life of some of the most amazing places on Planet Earth.

Each chapter reveals an environment – some never-before-seen, some astonishingly familiar – defined by a unique set of rules required for survival. From the most desolate desert to the depths of the jungle, from blistering heat and freezing cold to perpetual darkness and deadly UV, discover how a whole host of creatures have adapted to life in the most extreme conditions. And how they compete with one another to become the largest, the fastest, the most poisonous, or most devious - all in a bid to survive.

Planet Earth II includes the first in-depth look at the urban environment, and the surprising range of behaviours occurring right under our noses, as well as some previously untouched island worlds. Filmed with remarkable 5k and infra-red technology, these are the challenges, the confrontations, and the triumphs of some of the most extraordinary creatures in the natural world, told from their perspective.

This is our planet, as you have never seen it before.

Stephen Moss is a naturalist, broadcaster, television producer and author. In a
Animal Babies
Laura Barwick

Over mountains, deserts and seas - the bravest baby animals from the BBC's 3-part series.

Animal Babies collects over 120 incredible, heart-warming images of creatures in the wild. Accompanying a new BBC natural history series, it captures precious moments in the young lives of a host of animals, from wolf pups squabbling in the pack and elephant calves wobbling to their feet to baby turtles flipping their way to the sea and baby otters learning to swim. Fall in love with these extraordinary animals as they find their feet and master their environments.

Laura Barwick is a natural history picture researcher and all-round animal lover. Having studied zoology and photography, she now works with the BBC's Natural History Unit as well as editorial and advertising clients, and internationally released movies. She could watch that video of someone telling an orang-utan a joke all day.

The Test Match Special Quiz Book
Dan Waddell

Over 3,000 brand-new questions from every era of Test Match Special.

For over 50 years, Test Match Special has provided listeners with every Test cricket ball, batting average, and planety of views from the boundary, too. But how well do you know your cricket?

Pit your wits against Aggers, Tuffers, Boycs and Johnners – and try not to get caught out! Can you identify the most famous players from history, name that ground or reel off well-known (and lesser-known) stats and facts. And of course, what Test Match Special would be complete without the gaffes, giggles, cakes and celebrity guests who make up a day at the cricket?

With over 3,000 mind-bending puzzles about every aspect of the sport and beyond, this is the ultimate test of any cricket fan's true average.

Dan Waddell is a journalist, novelist and author. He covered two seasons of county cricket for the Daily Telegraph and his books include Who Do You Think You Are? and Field of Shadows: The Remarkable True Story of the English Cricket Tour of Nazi Germany, 1937. He captains Acton 2nd XI in the Middlesex County League where he tries and fails to pass on sage advice to young players.
The Shipping Forecast
A Miscellany
Nic Compton

A daily broadcast for insomniacs, daydreamers and seafarers

The rhythmic lullaby of ‘North Utsire, South Utsire’ has been lulling the nation’s insomniacs to sleep for over 90 years. It has inspired songs, poetry and imaginations across the globe – as well as providing a very real service for the nation’s seafarers who might fall prey to storms and gales. In 1995, a plan to move the late-night broadcast by just 12 minutes caused a national outcry and was ultimately scrapped.

Published with Radio 4 and the Met Office, The Shipping Forecast is the official miscellany for seafarers and armchair travellers alike. From the places themselves – how they got their names, what’s happened there through the ages – to the poems and parodies that it has inspired, this is a beautifully evocative tribute to one of Britain’s – and Radio 4’s – best-loved broadcasts.

Nic Compton is a writer, photographer and sailor who has spent his life around boats. Having worked as a journeyman shipwright, journalist and editor of Classic Boat, he now has 15 books about ships and seafaring to his name. He currently lives by the River Dart in Devon, from where he sails a Romilly 22 called Ramona. He still listens to the Shipping Forecast before he ventures out onto the sea.

Carols From King's
Alexandra Coghlan

A celebration of our favourite carols and Radio 4’s much loved annual broadcast

The exquisite sound of a lone chorister singing Once in Royal David’s City amid the candlelit chapel of King’s College, Cambridge, marks the start of the Christmas festivities for millions of people round the globe. Broadcast at 3pm on Christmas Eve, A Festival of Nine Lessons and Carols provides a precious moment of tranquillity amongst the bustle of the festive season.

Take a journey through the fascinating history of carols, from the very first – sung by the angels to the shepherds at Bethlehem – to anecdotes from contemporary King’s choristers. Learn how carols have evolved from pagan songs to become one of our nation’s most sacred treasures. Accompanied by lyrics and music and compiled in conjunction with Radio 4 and King’s College Chapel, Carols From King’s is the official companion for fans of Christmas and carols alike.

Alexandra Coghlan is a music journalist and critic. She has written for publications including the Spectator, New Statesman, the Independent, Gramophone and Opera magazines, and for ensembles including the BBC Proms, Salzburg Festival, The Academy of Ancient Music and The Sixteen. Alexandra was a choral scholar at Trinity College, Cambridge, and it was during her time there that she first discovered the beauty of King’s College Chapel and the unique sound of the King’s College Choir.
Good Cop, Bad War
Neil Woods

The fascinating true story of an undercover policeman who infiltrated some of Britain's biggest drug gangs

Neil Woods was the first and best of his kind – an undercover cop whose brief was to infiltrate Britain's most dangerous drug gangs, befriending the foot soldiers before taking on their gangster bosses.

Starting out in the early 90s and making the rules up as he went, Neil was at the forefront of police surveillance. He quickly earned a name as the most successful operative of his time and his expertise was called upon by drugs squads around the country to tackle an ever growing problem.

But after years on the streets, spending time with the vulnerable users at the bottom of the chain, Neil began to question the seemingly futile war he was risking both his life and sanity for. What if the real enemy wasn’t who he thought?

Good Cop, Bad War is an intense account of the true effects of the war on drugs and a gripping insight into the high pressure world of British undercover policing.

Neil Woods spent fourteen years (1993-2007) infiltrating drug gangs as an undercover policeman – befriending and gaining the trust of some of the most violent, unpredictable criminals in Britain. With the insight that can only come from having fought on its front lines, Neil came to see the true futility of the War on Drugs – that it demonises those who need help, and only empowers the very worst elements in society. Neil is the chairman of LEAP (Law Enforcement Against Prohibition), a pro-legalisation advocacy group formed exclusively of ex-law enforcement officials, and he also starred on Channel 4’s Drugs Live.

Lethal Force
My Life As the Met’s Most Controversial Marksman
Tony Long

A hard-hitting memoir of life as a frontline police marksman on Britain’s streets

Top shot Tony Long is the most prolific police marksman Britain has ever seen. For 25 years, he operated in the Met’s elite specialist firearms units and was at the forefront of SO19’s fight against armed crime.

Deployed on hundreds of dangerous operations, it was his duty to bring down terrorists, killers and hostage takers, sometimes with lethal force – and with only seconds to decide. Tony has been behind some of the UK’s most controversial police shootings, but it was the death of suspected armed robber and drug dealer Azelle Rodney that brought his career to a devastating end. Tried for murder, Tony saw his life crumble around him… simply for doing his job.

An intense read, Tony’s story raises serious issues about the responsibility that falls on the shoulders of those who risk their lives, and take the lives of others, in our name.

In a lengthy career spent as an instructor and operator within the Met’s elite specialist firearms units, Tony Long participated in hundreds of groundbreaking armed operations against the UK’s most hardened criminals, earning him many commendations and forcing him on several occasions to resort to lethal force. Labelled a ’serial killer’ by Scotland Yard bosses, in 2015, facing a potential murder conviction for the death of an armed drug dealer, he fought to maintain his dignity and clear his name. Tony retired from the force after 33 years and now works as a security consultant.
Bloom
navigating life and style
Estée Lalonde

*Bloom* is about discovering who you are and how you interpret that through the lifestyle choices you make.

’For me, the word “bloom” encapsulates the idea that anything is possible when you put your mind to it. It’s a word that hints at becoming who you are meant to be.’

What makes you happy? What makes you you? What defines your style?

In *Bloom*, Estée Lalonde shares the moments, people and things that have made her who she is today. She reveals her life lessons, and offers her tips for surviving life and finding you.

Celebrate your bloom story and what makes you unique.

Life * People * Work * Beauty * Fashion * Home * Travel * Food

Estée Lalonde is one of the stand-out voices of the digital generation. A beauty-and-lifestyle vlogger and social influencer, she has attracted a global audience of millions across her YouTube, Instagram, Facebook, Twitter and Snapchat platforms and is known for her friendly, honest and relatable personality.

Estée Lalonde won InStyle UK’s Best Beauty Reviewer Award in 2015 and has partnered up with a number of key global brands, from Burberry and The Body Shop to the United Nations for their Global Goals campaign.

From a small town in Canada, Estée has lived in the UK for nearly a decade with her partners.

Ctrl, Alt; Delete
How I Grew Up Online
Emma Gannon

A funny, poignant memoir of growing up online and surviving the perils of social media

Emma Gannon was born in 1989, the year the World Wide Web was conceived, so she’s literally grown up alongside the Internet. There’ve been late night chat room experiments, sexting from a Nokia and dubious webcam exchanges. And let’s not forget catfishing, MSN, digital friendships and #feminism. She was basically social networking way before it was a thing – and she’s even made a successful career from it.

*Ctrl Alt Delete* is Emma’s painfully funny and timely memoir, in which she aims to bring a little hope to anybody who has played out a significant part of their life online. Her confessions, revelations and honesty may even make you log off social media (at least for an hour).

Emma Gannon is an award-winning blogger, writer, podcaster and digital marketer.

She has written for numerous media outlets, including *The Sunday Times*, *Telegraph*, *Guardian*, *Stylist*, *Grazia*, *Independent*, *Thought Catalog*, *Daily Beast*, *Huffington Post*, *Hello Giggles* and *Time Out*. She is the former social media editor at *The Debrief* and British *GLAMOUR*.

She founded a popular culture blog in 2010, which can be found at emmagannon.co.uk, and was nominated for a *Cosmopolitan* Award in 2012 and won Highly Commended in the Young Person’s Recognition at the 2015 National Blog Awards. Her blog newsletter has been named a “must-follow” by *Harper’s Bazaar*, *The Debrief* and *Grazia*. 
The book of Hygge
The Danish art of living well
Louisa Thomsen Brits

The most beautiful guide to the Danish custom of hygge, the everyday life philosophy for better living.

Hygge is a feeling of belonging and warmth, a moment of comfort and contentment. This beautiful little book will help you to find hygge and embrace it every day. Make a pot of coffee, relax in your favourite chair and discover for yourself how life is better with hygge.

'Best [book] for the philosophy of hygge' You Magazine

'...a philosophy for mindful living' The Guardian

'Her book is a thing of beauty' Irish Examiner

Louisa Thomsen Brits is half Danish, half English, a writer and journalist. Born in Africa and brought up in the UK, Louisa spent every summer with family in Denmark, learning the language of hygge to establish a place of belonging wherever she has found herself.

For Louisa, hygge is a quality of presence and togetherness. It’s a daily practice, a way to affirm interconnectedness and enjoy wellbeing. She believes that hygge is an experience of contentment rather than a pursuit of happiness and is about being not having.

As a Dane, hygge is bred in her bones. As an Englishwoman she can comfortably

The Little Green Spoon
Deliciously healthy home-cooking to share and enjoy
Indy Power

Tasty and nutritious recipes from one of Ireland’s biggest health food bloggers.

'Ireland’s answer to Deliciously Ella... this girl is going to go far - and we’re not going to go hungry’ – Stellar Magazine

The Little Green Spoon includes over 100 gorgeous and healthy everyday recipes that don’t compromise on anything, least of all taste!

Indy Power aims to make mealtimes as simple as possible, and has marked every dish with vegan, paleo, gluten-free and dairy-free symbols so that you can easily identify the perfect food to suit the way you choose to eat. Her recipes will make you fall in love with healthy food that’s easy, accessible and perfect for sharing with family and friends.

Transforming how we view healthy food, Indy has created a stunning collection of nourishing dishes that taste just as amazing as they will make you feel.

While studying business at Trinity College, Dublin, Indy Power discovered that her true passion lay in the kitchen. She started her blog to share her love of food and went on to study Nutrition & Health Coaching. She combines these skills with her own personal philosophy: that the way we eat and the ingredients we choose to use transform the way we look and feel. Indy has a weekly food column in the Irish Independent.
The Avocado Cookbook
Heather Thomas

Over 50 mouth-watering recipes inspired by the world's favourite fruit!

Avocados. Delicious, versatile, and good for you!
This humble green fruit adds velvety texture and creamy nutty flavours to every dish, turning any meal into something really special.

From Mexican Brunch Burritos to Avocado and Prawn Sushi, Linguine with Avocado Pesto, Cheesy Avocado Frittata and even Avocado Eton Mess, this book has plenty of step-by-step recipes to suit all tastes!

Packed with Protein and vitamins - good nutrition has never been so neatly packaged.

Heather Thomas is a writer, editor and the author of several best-selling cookery, healthy eating, slimming and fitness books, including the New Vegetarian Cookbook and Quick & Easy Low Calorie Cookbook. She lives in London and Athens.

Easy Indian Super Meals for babies, toddlers and the family
new and updated edition
Zainab Jagot Ahmed

Encourage your baby to love their food with Zainab's delicious recipes flavoured with baby-safe, natural and tasty herbs and spices.

Zainab Jagot Ahmed is an exciting new voice in parenting offering a fresh perspective on weaning and how to encourage all children to love their food. Ahead of her brand new must-have cookbook for parents, The Flavour-led Weaning Cookbook (spring 2017), Ebury Press are excited to publish a revised and updated edition of her award-winning Easy Indian Super Meals.

Easy Indian Super Meals takes flavour-inspiration from Indian home-cooking, combining ingredients naturally full of goodness - 'Super Foods' - with ingredients naturally packed with flavour - 'Super Spices' - to create simple, super-delicious recipes suitable for children from 7 months old.

Adding toddler-friendly spices to your child’s meals is a fantastic way to encourage them to love their food. Oregano and mint, nutmeg, cinnamon, turmeric and ground cumin, for example, add delicious flavour fast and offer natural health benefits too.

Watch your child happily munch their way through Mint and Coriander Veggie Stew, Creamy Sweet Potato Dream or Saffron Date Kheer (creamy rice pudding), looking forward to every mealtime and each new food you share with them.

There is no added salt, sugar or chillies in sight as all recipes adhere to the UK Department of Health’s guidelines for weaning and beyond.

Zainab Jagot Ahmed is the UK’s flavour-led weaning expert and mum of one food-
**Chips with Everything**  
_one bag of oven chips = every mealtime covered – 60 delicious recipes_  
Denise Smart

This book celebrates wondrous versatility of the world’s favourite food with 60 chip-tastic recipes.

This book celebrates wondrous versatility of the world’s favourite food.

In need of an instant energy boost? Try Ultimate Chip Butty or Oven-baked Brunch. Your favourite takeaway is closed? Whip up Classic Chip Shop Curry Sauce or Beer and Onion Gravy in the comfort of your own kitchen. In need of a quick-and-easy snack, turn to Tuna Chip Melt or Loaded Cheese and Bacon Wedges.

Really love chips? Why not start off with Chip Pancakes with Crispy Bacon and Maple Syrup, opt for the Leek and Chip Soup for lunch (to keep it light) and enjoy a hearty Chip Carbonara or Easy Chip Moussaka for dinner. Finish off your carb-loading extravaganza with some surprisingly delicious Churros-style Chips with Chocolate Dipping Sauce.

Plus, if you are feeling energetic, there are foolproof recipes to oven-bake your own too, from French Fries to Wedges.

Denise Smart has created, cooked and styled food for every food genre from Thai finger food to Great British baking. Her recipes are tried and tested and easy to follow so that her food will always work first time for home cooks. She has written recipes for Waitrose, Tesco, Asda, Cadbury’s, Morrison’s and Marks and Spencer as well as for a range of famous food brands. She is the author of bestselling _Meal in a Mug_ and _Chips with Everything._

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**The Food Lover’s Handbook**  
Mark Price

Industry insider and food lover Mark Price has over 20 years of working in the food trade. In this book he discusses some of our favourite foods, and explains their history, usage and how to buy the very best available.

In this beautifully illustrated handbook, food expert Mark Price shines the spotlight on 40 of the most popular foods – from everyday items like tea, coffee and cheese, to luxury products like caviar and chocolate.

A timely and topical guide for foodies and everyday shoppers, this book dispels unhelpful food myths and provides fact-based, unbiased accounts of where food comes from, the morals behind different production methods, and why prices and taste vary. This book will equip readers and shoppers with the tools they need to be able to make informed decisions about what to buy and how much to spend.

Standing apart from subjective discussions about taste, and debates around health and nutrition, this book clearly and concisely explains why the cheapest to the most expensive foods cost what they do.

Peppered throughout with first-hand experience and anecdotes, Mark Price goes back to the origins of these items, their historical significance and perceived value in today’s society, and advice on the products you should ‘try before you die’!

Mark joined the John Lewis Partnership in 1982 as a graduate trainee and had numerous roles during his 34 years with the organisation. He spent 17 years on the board of Waitrose, becoming Managing Director in April 2007 and held this post until March 2016; he was also Deputy Chairman of the John Lewis Partnership from 2013. Mark was appointed Chairman of Business in the Community in January 2011, a post he held for four years, and was also appointed Chairman of The Prince’s Countryside Fund in 2010. Mark will publish a number of books during 2016 and beyond.
Cycling the Earth
A Life-changing Race Around the World
Sean Conway

A funny and inspiring account of one man’s solo cycle around the world

Sean Conway was stuck in a life dead end of his own making when he heard about a round the world cycling race. He was immediately inspired – but it was a huge undertaking and he’d hardly been on a bike in years. Could he really cycle all the way round the world, solo and unsupported?

Six months later, after completing a punishing training schedule and packing up everything he owned into boxes, Sean was in Greenwich Park on the start line of the adventure of a lifetime. Soon he was way ahead of schedule, averaging 180 miles per day, and on course to break the round the world cycling record. But then disaster struck, and Sean was forced to confront the possibility that he may not be able to complete the race...

In the course of his 16,000-mile journey, Sean travelled the famous pan-American highway across the Atacama Desert, outran tornados, relied on fellow travellers to ferry water across the Australian outback, and inadvertently joined a cycle club in Mumbai. He learnt things about himself he didn’t know and rediscovered a spirit of adventure that changed everything. This is a book about an amazing and sometimes incredibly difficult journey, but it’s also a book about never giving up when there’s an opportunity to follow your dreams.

In 2012 Sean Conway gave up his photography job to try to break the record for cycling around the world. His dream came to an abrupt end when he was hit by a truck and badly injured in Arkansas, USA. After two weeks of recovery he managed to get back on his bike and continue his journey. In 2013 he became the first person to swim the length of Britain. Sean has also cycled the length of Britain and in 2015 he ran it unsupported, making him the first person to complete a British ‘triathlon’. Sean

A Charm of Goldfinches and Other Collective Nouns
Matt Sewell

The 7th charming book from artist and ornithologist Matt Sewell

A charm of goldfinches, an ascension of larks, a school of dolphins, a cloud of bats, a murder of crows. All these and more are portrayed in this enchanting new book by much loved artist Matt Sewell, playing on the theme of collective nouns for animals.

Illustrated with Matt’s inimitable watercolours, and imbued with a love of his subjects that will resonate with people everywhere and of all ages, this book is a great gift for nature and art lovers.

Accompanying each illustration is a playful, quirky description of each groups’ personality that readers cannot help but smile at. Sewell’s unique witty take on the subject, and delicately vivid illustrations make for a lovely addition to his collection of pocketable books.

Artist and illustrator Matt Sewell has been described as the Banksy of the bird world. Matt works in a variety of media including T-shirts, posters, interiors, sculptures and walls. He has illustrated for the Guardian and Barbour, amongst many others; painted underpasses for the RSPB; and exhibited in London, Manchester, New York, Tokyo and Paris, as well as being an avid ornithologist and regular contributor to the Caught by The River website (he also designed their logo). He lives in Shrewsbury with his partner and two children.
Earl the Grump
If every dog has his day, then where the hell is mine?
Earl

Earl is the world’s grumpiest, most bad-tempered dog

Earl has a bone to pick. He doesn’t want you to love him.

All Earl wants is to be left in peace to eat, scratch and sleep.

But he now has to put up with being a global internet sensation.

Please just leave him alone and stop being so utterly stupid and annoying.

Toby and Sox
The heartwarming tale of a little boy with autism and a dog in a million
Vikkiy and Neil Turner

The heartwarming tale of a little boy with autism and a dog in a million

“I just feel better now Sox is here. Before, I felt like I wanted to die. I couldn’t even go to parties. Then Sox came along. It feels like our hearts are connected – I love him so much.” Toby

When Toby Turner was excluded from school for the third time for hitting and kicking his teachers, his family hit rock bottom. Toby, who has autism, felt so upset by his own aggression, he told his parents they would be better off without him.

Terrified, Toby’s mum gave up her job as a nursery nurse to teach him at home while they found a place for him in a special school. Eventually, the only way the family could get Toby out of the house was by giving him headphones, sunglasses and a cap to block out the world.

After a difficult few years, the family was thrown a lifeline by the charity Dogs for Good, which introduced Toby to Sox. The adorable three-year-old Labrador Golden Retriever was trained by the charity to help children with autism. Within two weeks, he had turned Toby’s life around. Together, as a family unit, and with Sox by their side, the Turners have learned to enjoy life again.

Vikky Turner (Author)
Vikky Turner worked as a nursery nurse at her local school until taking time off to help support her son, Toby, who has autism. She lives in Oxfordshire with her husband, Neil, who is an IT manager, and their children: Lauren, 18, Joe, 16, Toby, 11, and Ollie, 8. They also share their home with Sox the dog. Vikky now enjoys volunteering as a speaker for the charity Dogs for Good, sharing Toby and Sox’s story and the amazing work the charity does for others around the UK.
Miracle
Amanda Leask

The extraordinary dog that refused to die

Snatched from the streets of Thailand, loaded onto a truck with hundreds of other stolen dogs and destined for the restaurants of Hanoi, Miracle the dog shouldn’t be alive today.

But an incredible rescue led to a fateful meeting with Amanda Leask, a dog lover from Scotland. Devastated by Miracle’s plight and the hopelessness of his situation, she knew she had to do everything in her power to save him. But Amanda could never have imagined that in doing so she was really saving herself... Amanda’s six-year-old son Kyle, who was born with cerebral palsy and autism, built a deep and lasting connection with Miracle and their special bond has transformed not only Kyle’s life but that of the entire family.

Heartbreaking, inspirational and ultimately life-affirming, this incredible tale is proof that miracles really can happen...

Amanda Leask is a first-time author. She rescued Miracle the dog from Thailand in 2014 who then repaid the favour by creating a special bond with her six year old son Kyle, who was born with cerebral palsy and autism. Winners of the prestigious Friends for Life Award at Crufts 2015, Amanda lives with her husband Tobias, son Kyle and a menagerie of rescue and sled dogs near Inverness, Scotland.

Amber's Donkey
How a donkey and a little girl healed each other
Julian and Tracy Austwick

Amber’s Donkey is an inspirational story about overcoming adversity

'The first time Shocks saw Amber coming, he lowered his head so she could wrap her arms around his nose. It was as if they understood each other’s pain. Like two broken beings, helping each other.'

When Shocks the donkey was left for dead on a farm in Ireland, no one ever thought he would make a full recovery.

When Amber and her twin sister Hope were born 26 weeks premature, it was Amber who was separated from her family and rushed into theatre for an emergency tracheostomy. Her parents were given the devastating news that she had Cerebral Palsy and would be unlikely to walk or talk.

Then Amber met Shocks at the Donkey Sanctuary and their lives were changed for good.

This is their touching story of recovery through friendship.

Julian Austwick (Author)
Shocks is a ten-year-old rescue donkey who was saved from the brink of death by the Donkey Sanctuary. He now helps countless children with assisted needs and was awarded ‘Rescue Animal of the Year’ for his healing abilities.

Julian and Tracy Austwick live in Birmingham with their five-year-old twin daughters, Amber and Hope. Thanks to Shocks, Amber can now walk and talk – defying all of the doctors’ predictions. Thanks to Amber, Shocks has come out of his timid shell and blossomed into the most popular donkey at the sanctuary.
Reckless
Chrissie Hynde

A powerful and uncompromising memoir from one of rock’s most charismatic stars

By the time she was 14, Chrissie Hynde knew she had to get out of Akron, Ohio. Her perfect ‘50s American childhood upturned by a newly acquired taste for rock ‘n’ roll, motorbikes and the ‘get down boys’ seen at gigs in and around Cleveland – Mitch Ryder, the Jeff Beck Group, the Velvet Underground and David Bowie among the many.

Wrapped up in the Kent State University riots and getting dangerously involved in the local biker and drug scenes, she escaped - to Mexico, Canada, Paris and finally London where she caught the embryonic punk scene just in time not only to witness it first-hand, but more importantly to seize the opportunity to form her own band, the Pretenders.

Iggy Pop, the Sex Pistols, the Clash, Vivienne & Malcolm, Ray Davies ... on every page household names mingle with small town heroes as we shift from bedroom to biker HQ; from squat to practice room; from pub gig to Top Of The Pops – the long and crooked path to stardom, and for the Pretenders, ultimately, tragedy.

That Chrissie Hynde is alive to tell the tale is, by her own admission, something of a miracle. Throughout she is brutally honest, wryly humorous and always highly entertaining. She has written one of the most evocative and colourful music memoirs to be published in recent years.

CHRISSE HYNDE is a singer, songwriter, and guitarist, best known as the leader of the Pretenders. Hynde released nine studio albums as the Pretenders, beginning with 1980’s Pretenders, which Rolling Stone ranked in the top 15 best debut albums of all time. Most recently, she released the album Stockholm, under her own name, in 2014. She lives in London.

Sick On You
The Disastrous Story of The Hollywood Brats
Andrew Matheson

The real story of The Hollywood Brats and how punk should have begun

**MOJO MAGAZINE’S BOOK OF THE YEAR**

The Hollywood Brats are the greatest band you’ve never heard of.

Recording one near-perfect punk album in 1974, they were tragically ahead of their time.

With only a guitar, a tatty copy of the Melody Maker and his template for the perfect band, Andrew Matheson set out, in 1971, to make musical history. His band, The Hollywood Brats, were pre-punk prophets – uncompromising, ultra-thin, wild, untameable and outrageous. But thrown into the crazy world of the 1970s London music scene, the Brats ultimately fell foul of the crooks and heavies that ran it and an industry that just wasn’t ready for them.

Directly inspiring the London SS, the Clash, Malcolm McLaren and the Sex Pistols, The Hollywood Brats imploded too soon to share the glory. Punk’s answer to Withnail and I, Sick On You is a startling, funny and brilliantly entertaining period memoir about never quite achieving success, despite flying so close to greatness.

Andrew Matheson was a founding member of The Hollywood Brats, the band that never really was. When the group prematurely imploded, Andrew left the music industry in a huff to play football in North America. When he became exhausted by chasing a fat man called Eusebio around the pitch for 90 minutes, he rejoined the world of music with ‘Monterey Shoes’. He has since been writing music, producing, publishing magazine articles and recording more critically acclaimed music. Although now thrice removed from the louche lounge-wizard he once was he still has all his own
Carry Me Home
My Autobiography
Ben Cohen

The compelling and deeply personal autobiography of a rugby hero

Ben Cohen’s dad didn’t know anything about the sport his young son had taken up, but he was happy to drive him to practice, and was soon helping out at the club. When his business went bankrupt money was tight, but Ben’s hard working parents inspired their son to put his all into rugby.

Then, when Ben was 20, his father intervened in a fight in the nightclub where he worked. He was viciously beaten and one month later he died in hospital. Ben was doing an England press conference at the time, and it was down to coach Clive Woodward to deliver the devastating news. But the ordeal was far from over. The inquest lasted five months before the funeral could be held, and it was a year before the family were in court, facing Peter’s assailants.

Ben put all of the anger and pain from his father’s death into his rugby. Fast and powerful on the wing, he was soon the best in the world in his position and a cornerstone of the England team, culminating in the legendary World Cup win in Sydney in 2003. And yet he always felt like an outsider. Most people didn’t know that Ben is clinically deaf. His sixth sense for the game got him through on the pitch, but off it his poor hearing was often taken for arrogance.

This is an inspirational story of passion and pain; of the highs of achieving your goals, and the grief of losing something you can never get back.

Ben Cohen MBE is the second-highest try scorer in England Rugby history and was part of the 2003 World Cup-winning team in Sydney. He began his professional playing career at Northampton Saints, before joining French team Brive and later Sale. He retired in 2011 to set up The Ben Cohen StandUp Foundation to combat bullying and discrimination.

In Pursuit of the Truth
Clive Driscoll

A revealing memoir from one of the Met's most high-profile and successful detectives

Former Detective Chief Inspector Clive Driscoll is most famous for being the man who finally secured convictions for the murder of Stephen Lawrence, a case previously mired by claims of institutional racism and corruption. For Clive, it was the pinnacle of a 35-year career with the world’s most famous police force, the Metropolitan Police Service.

Clive’s prodigious rise through the ranks of the Met saw him front some of the most high-profile units at Scotland Yard. He was put in charge of their policy for sexual offences, domestic violence, child protection and the paedophile unit before heading up the Racial and Violent Crime Task Force tackling their backlist of cold cases.

From action-packed moments chasing down criminals to more tender occasions, like gaining the trust of a murder victim’s family, to making crucial legal history, and unearthing huge national scandals, In Pursuit of the Truth is the definitive account of modern day policing, its successes and failings included, seen through the eyes of a man who has dedicated his life to making a difference. This is a book that every part of society can learn from.

Born in Battersea in 1951, Clive Driscoll is a former Detective Chief Inspector for the Metropolitan Police who retired in May 2014 after an illustrious 35-year career. With a legacy of tackling ‘cold’ and unsolvable cases, Clive is most famous for securing convictions for the 1993 murder of Stephen Lawrence. Now working as a police consultant for his own company, 1 is 2 many Ltd., the money he receives helps to fund the three charities he supports: The Stephen Lawrence Charitable Trust, helping families who feel they have not received justice; True Honour, helping families who have been the victims of honour-based violence; and The Paracelsus Trust, helping
Why Not Me?
Mindy Kaling

A laugh-out-loud collection of essays from the star of The Mindy Project

Mindy Kaling has found herself at a turning point. So in Why Not Me?, she shares her ongoing journey to find fulfilment and adventure in her adult life, be it falling in love at work, seeking new friendships in unlikely places, or attempting to be the first person in history to lose weight without any behaviour modification whatsoever.

In "How to Look Spectacular", she reveals her tongue-in-cheek solutions for guaranteed on-camera beauty. "Player" tells the story of Mindy being seduced, then dumped, by a female friend in LA. And in "Soup Snakes," she spills some secrets on her relationship with ex-boyfriend and close friend B. J. Novak.

Mindy has put the anxieties, the glamour and the celebrations of her second coming-of-age into this book, to which anyone can relate. (And, if they can’t, they can skip to the parts where she talks about meeting Bradley Cooper.)

Mindy Kaling is the stage name of Vera Mindy Chokaling, an Indian-American actress, comedienne, writer and producer. Mindy shot to fame with her cross-dressing impersonation of Ben Affleck in a play she co-wrote, entitled Matt & Ben. Mindy then went on to write for the US version of The Office, before going on to portray Kelly Kapoor in the TV series. She has had cameos in The 40-Year-Old Virgin and recently appeared in The Five-Year Engagement with Jason Segel. She currently stars in, and is the creator of, The Mindy Project.

The Originals: The Secret History of the Birth of the SAS
In Their Own Words
Gordon Stevens

A military history exclusive - the most important book ever written about the SAS in the words of its founding members

We've been approached something like 25 times since the war. I kicked each out the window because they weren't going to make it with the integrity we require the story of the SAS to be told.' - Colonel Sir David Stirling, OBE, DSO, Founder of the SAS

Based on over 120 hours of uncovered video and audio tape, The Originals tells the story of the birth of the SAS in the words of its founding members for the first time. Even David Stirling, founder of the regiment, contributed to the project - most historians believe he died without giving a single interview.

It is also a very human story of a gang of misfits coming together to create a unit like no other: a maverick son of a Scottish laird; a boy who lied about his age to enlist; a policeman; a cheeky cockney; a Lincolnshire boxer; an Irish rugby international imprisoned for beating up his commanding officer; an Oxford rowing president and a quietly spoken man of God.

The Originals covers the regiment’s formation in 1941 to its supposed disbanding in 1945. With only two founding members alive today, it is not only an important document but a thrilling and moving read that will leave you reeling.

Gordon Stevens is an award-winning documentary maker and bestselling thriller writer. He is one of the few journalists invited to become a member of the Special Forces Club.
They Stole My Innocence
The shocking true story of a young girl abused in a Jersey care home
Madeleine Vibert with Toni Maguire

The shocking true story of a young girl abused in Haut de La Garenne, one of the most notorious care homes

Lying in the prison of my bed, his dark silhouette closes in, a pillow in his hands. My throat tightens in fear…’

At the tender age of five, Madeleine was living a daily nightmare. In a dark, grey building on Jersey, she was just another orphan, defenceless and alone. She was also an easy target.

Unbeknownst to the outside world, the care home manager was abusing her, using her like she was his toy. “Say nothing, no one will believe a nasty little kid like you,” he’d whisper. Terrified, Madeleine would keep quiet. And, worse still, the home was selling the children to men who would inflict on them the worst possible abuse. No one cared.

This is Madeleine’s heart-breaking story and her fight to survive.

Madeleine Vibert (Author)
Madeleine Vibert was taken into care when she was just a baby. She spent her early years in a crèche and her memories from that time are good ones. But that soon changed. At the tender age of five, Madeleine was transferred to Haut de La Garenne, the institution that made headlines just a few years ago. Madeleine was regularly abused under the home’s care. When she was finally able to escape, she overcame her demons and married the love of her life and had two children.

Keep Walking, This Doesn’t Concern You
The Internet’s Favourite Memes

A collection of funny, ugly, stupid - but always relevant - memes for every occasion

Struggling to explain what you mean? Can’t find the words to do you justice? Think a picture could say it better?

Keep Walking, This Doesn’t Concern You brings together some of the internet’s laugh-out-loud and ridiculously stupid memes to help you make sense...

#parenting, #relationships, #winning, #fails, #work, #drinking and #lols whatever the occasion, you’ll never have to worry about expressing yourself again.

#TheresaMemeforThat

ISBN : 9781785033513
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Paperback
B (Ebury)
336 pages
August 2016
The Beatles Book
Hunter Davies

The definitive compendium from the only authorised biographer of The Beatles.

THE BEATLES BOOK is the ultimate authority on the fab four.

Hunter Davies, the only ever authorised biographer of the group, brings together three eminent Beatles experts to compile an invaluable and essential guide. Divided into four sections – People, Songs, Places and Broadcast & Cinema – The Beatles Book covers every element of the band’s history and brings every influence that shaped the incredible Beatles phenomenon vividly to life. Hunter and his team have also rated entries to show how important, influential or meaningful that characteristic was in the history of their lives and creations.

Illustrated with material from Hunter’s remarkable private collection of personal artefacts and memorabilia, this compendium is an beautiful, insightful and entertaining treasure for any Beatles fan.

HUNTER DAVIES is the author of the only ever authorised biography of The Beatles, still in print in almost every country in the world. In 2012 he edited The Lennon Letters, published in 20 different foreign countries, and in 2014 The Beatles Lyrics. He wrote the first book about the Quarrymen. Plus forty other non-Beatly books, including novels, biographies, travel and children’s books. As a journalist, he has a column in The Sunday Times about money and in the New Statesman about football.

SPENCER LEIGH is the author of 25 books, most of them connected with The Beatles or popular music. He writes music obituaries for the Independent and for 25 years has had his own music programme on BBC Radio Merseyside.

KEITH BADMAN is an author, journalist and film and video archives researcher. He has written or contributed to ten books about popular music, including four on The Beatles.

Supermodel Tips
Runway secrets from the world’s top models
Carly Hobbs

Backstage tricks and tips for achieving ultimate style, beauty and health, that only the professionals know

‘Twist up your hair after you’ve washed it and let it dry like that. When you let it down, it will have a gorgeous natural wave’ Naomi Campbell

‘After applying your lipstick, blot your lips with your fingers and then pat the remaining colour on your cheeks for an instant glow’ Kate Moss

‘Use intensive masks on your tresses and have it trimmed regularly, I also take vitamin supplements to keep my hair healthy from the inside out’ Eva Herzigova

From Kate Moss to Gisele Bundchen, Cara Delevigne to Suki Waterhouse, this beautifully illustrated book is crammed with insider tips and ingenious tricks on all aspects of looking great, from the world’s legendary supermodels. Find out how these runway stars achieve perfect make-up precision, keep fit and prepare for those all-important events in this essential guide for all fashionistas.


Di Stéfano
Ian Hawkey

The definitive biography of the greatest footballer that ever lived

Better than Pele' - Diego Maradona

'One of the greatest footballers ever.' - Sir Alex Ferguson

Pele, Best and Maradona everyone has heard of, but to the true football cognoscenti Alfredo Di Stefano, the magician behind Real Madrid’s five European Cups in a row, is the greatest of them all.

Over 20 years, Di Stéfano was the guiding force behind three teams in three countries: at River Plate in his native Argentina; at Millonarios of Bogotá in Colombia; and then in 1953, after one of the most bitter transfer tug-of-wars in sporting history, Real Madrid. There he became football’s first global icon, nicknamed the striking ‘Blond Arrow’ for his powerful stamina, tactical versatility and precision goal scoring. He would lead Madrid as a team whose playing style others learnt from, whose stylishness was envied and whose widespread appreciation elsewhere help portray Franco’s otherwise isolated and right-wing Spain in a more flattering light.

By the time he retired, Di Stefano has changed Spain as a nation, culturally and politically, and his rebellious pioneering career set new benchmarks for his sport in the epoch of perhaps football’s greatest transformation. This is his complete story, including candid and exclusive interviews highlighting his journey from humble beginnings to emerging as one of the first global sport superstars that we so commonly see today.

IAN HAWKEY writes for The Sunday Times, for whom he was European Football Correspondent, based in Spain, until 2012.

Jurgen Klopp
Elmar Neveling

The definitive biography of Liverpool’s charismatic German manager

"It is the intensity of the football, of how the people live football in Liverpool, all the Liverpool fans around the world. It is not a normal club, it is a special club.” Jurgen Klopp

As innovative as Arsene Wenger and as crowd-pleasing as Jose Mourinho, Jurgen Klopp is the charismatic German manager who single-handedly overthrew the accepted order in German football, taking Borussia Dortmund from nowhere to back-to-back Bundesliga titles and the Champions League final. He had long been admired in the Premiership and was finally wooed by Liverpool in the belief he could bring back the glory days to the Kop.

Klopp is revered as a master tactician with his own unique playing philosophies like counter pressing and spatial geometry. He is loved by his players for his passion and man-management skills, and adored by the media and fans alike for his disarming wit and charm and exciting football on the pitch. Here is the definitive story of Jurgen Klopp - the normal one - and his footballing genius.

Elmar Neveling writes for DFB Bundesliga magazine, Spiegel online and newspaper Ruhr Nachrichten. He is the co-author of the football tactics book The Anatomy of the Modern Game, a graduate in business administration and is currently writing a doctoral thesis on sport economics.
Games for Bored Adults

The ultimate category-killing grown up games book for every occasion

From awkward hen and stags to boring car journeys, boozy dinner parties to Friday afternoons in the office, Games for Bored Adults is packed full of hilarious gaming inspiration to liven up any dull situation. Why not play human Buckaroo with a sleeping stranger, take on the After Eight challenge, or laugh in the face of pulled muscles in the ultimate ‘Cereal Killer’ game?

Challenge your friends, indulge your competitive streak and prove yourself the undisputed victor in a whole range of funny and imaginative games for every occasion.

The Good Pub Guide 2017
Fiona Stapley

The UK's best-loved pub guide

The 35th edition of this much-loved guide is as invaluable as ever. Organized county by county, its comprehensive yearly updates and countless reader recommendations ensure that only the very best pubs make the grade.

Here you will not only find classic country pubs, town centre inns, riverside retreats and historic havens, but also popular newcomers including gastro pubs and pubs specialising in malt whisky and craft beer.

Discover the top pubs in each country for beer, food and accommodation, and find out the winners of the coveted titles of Pub of the Year and Landlord of the Year. Packed with hidden gems, The Good Pub Guide provides a wealth of honest, entertaining, up-to-date and indispensable information.

Fiona Stapley has worked with Alisdair Aird on The Good Pub Guide for over 10 years. She previously worked with the Consumers’ Association.
A Race Too Far
Chris Eakin

Round the world, alone and without stopping - it was the ultimate sailing race that ended in tragedy.

The true story of the tragic round-the-world yacht race - now the subject of The Mercy, starring Colin Firth and Rachel Weisz

In 1968, the Sunday Times organised the Golden Globe race–an incredible test of endurance never before attempted–a round the world yacht race that must be completed single-handed and non-stop.

This remarkable challenge inspired those daring to enter–with or without sailing experience. A Race Too Far is the story of how the race unfolded, and how it became a tragedy for many involved.

Of the nine sailors who started the race, four realised the madness of the undertaking and pulled out within weeks. The remaining five each have their own remarkable story. Chay Blyth, fresh from rowing the Atlantic with John Ridgway, had no sailing experience but managed to sail round the Cape of Good Hope before retiring. Nigel Tetley sank while in the lead with 1,100 nautical miles to go, surviving but dying in tragic circumstances two years later. Donald Crowhurst began showing signs of mental illness and tried to fake a round the world voyage. His boat was discovered adrift in an apparent suicide, but his body was never found. Bernard Moitessier abandoned the race and carried on to Tahiti, where he settled and fathered a child despite having a wife and family in Paris. Robin Knox-Johnston was the only one to complete the race.

Chris Eakin recreates the drama of the epic race, talking to all those touched by the Golden Globe: the survivors, the widows and the children of those who died. It is a book that both evokes the primary wonder of the adventure itself and reflects on what it has come to mean to both those involved and the rest of us in the forty years.

The Nature of Beauty
Organic Skincare, Botanical Beauty Rituals and Clean Cosmetics
Imelda Burke

Choosing natural beauty doesn’t mean ditching hi-tech products in favour of homemade potions. It means being conscious about what you’re buying: what are you putting on your skin, what does it do and where does it come from?

This honest, expert book will teach you how to recognise what your skin needs and how to buy the best products for you. It offers both time-honoured and modern techniques, tips and guidance for all ages, and showcases the powerful ingredients and brands that you need to know about.

Imelda Burke is a leading expert in modern natural beauty and highly respected all over the globe as one of its earliest champions. The biggest natural beauty brands from around the world began their retail life at her shop. Content Beauty, in Marylebone, London, has a loyal, international following since opening its doors nearly 10 years ago.

Imelda writes The Green Edit for The Telegraph and travels all over the world as a spokesperson for the natural beauty movement.
The Funny Christmas Stocking Filler Book

Make it through the most 'wonderful' time of time of the year with this hilarious Christmas compendium

Say stuffing balls to Christmas and survive the festive season with The Funny Christmas Stocking Filler Book

Guaranteed to entertain and amuse, this book contains everything you need to get you from the turkey to the Queen’s speech! It’s the perfect distraction from rubbish Christmas telly and tipsy relatives, and could even help you dodge the washing up.

The Funny Christmas Stocking Filler Book is packed full of hilarious games, dubious jokes and fun Christmas facts. Involve your sleeping relatives in a game of human buckaroo, play sprout golf or the Christmas movie charade game, or entertain the family with amazing Christmas trivia.

For best results, consume with alcohol!

Wild and Precious Life
A Mother’s Promise to Honour Her Daughter’s Memory
Deborah Ziegler

The heart-breaking story of Brittany Maynard, a young woman who fought for the right to die, as told by her mother

On 6 October 2014, a video of Brittany Maynard was posted to YouTube. The first words she utters, “The thoughts that go through your mind when you find out you have so little time is everything you need to say to everyone that you love.”

Wearing a simple black sweater, face rounded and puffy from the prescribed steroids to alleviate the pain, Brittany explains why she has chosen to end her life by her own hand, rather than waiting for the brain tumour to rob her of everything that defines who she is.

Less than a month later, Brittany died in her bed surrounded by close family and friends, having taken the lethal drugs provided to her by the State of Ohio in accordance with their ‘Death with Dignity’ laws.

Wild and Precious Life is Brittany’s incredibly moving and heart-breaking true story as told by her mother, who travelled with her on the painful journey towards accepting and embracing mortality. Interspersed and paralleled with memories from Brittany’s childhood, this book examines and highlights the complex relationships between mother and daughter, life and death, and holding on or letting go.

Deborah Ziegler was born in Albuquerque, New Mexico on 18 July 1956. Her mother was a British immigrant and her father was a child of the Oklahoma dust bowl. One of four children, she received her BA in Secondary education. Deborah went on to enjoy teaching for 15 years in both of her majors, English and Science. She received her MA in Science Education in California, where she currently lives with her husband, Gary, and two cavipoos named Bogie and Bacall. Deborah started a successful woman-
VERMILION
Sex, Likes and Social Media
Talking to our teens in the digital age
Deana Puccio and Allison Havey

A parent's guide to talking about sex, relationships and safety in the digital age

Today's teenagers are the first generation to go through adolescence online. The internet, social media and free online pornography have dramatically altered how young people interact with each other and learn about sex, yet parents have been offered little information about the new dating landscape. This book aims to fill that gap.

Through their professional work with young people, their parents and teachers - and their experiences with their own children - authors Deana Puccio and Allison Havey know what makes today's teenagers tick. In this book, they share their experience and show you how to have positive, meaningful conversations with your teenage children around sex, social media, pornography, body image, consent and safety.

Deana Puccio (Author)
Deana Puccio is a former Senior Assistant District Attorney, working in the sex crimes unit in Brooklyn, New York. Now based in London, she co-founded The RAP Project in 2012. She regularly appears as an expert commentator in the media.

Allison Havey (Author)
Allison Havey is a journalist and television producer. Originally from New York, she now lives in London. Allison has worked for NBC News, Associated Press, ABC News and Fox Business News. She has two teenagers of her own and co-founded The RAP Project in 2012.

Step Up
Confidence, success and your stellar career in 10 minutes a day
Phanella Mayall Fine and Alice Olins

With inspirational stories from outstanding women in business, 'kick-up-the-bum career advice', and 10 minute a day career workouts, this is the must-have book for women who want to take charge of their career success.

Perhaps you aspire to hold the top job? Or is it that you want to start your own business but struggle to make your voice heard in a sector dominated by men? Maybe the problem is that you are trudging slowly up the career ladder and want to learn how to ascend more quickly? And how do you actually do it all, without compromising your female values or abandoning your family? And where do you find the time?

Step Up is the ultimate career self-help book for women. It blends kick-up-the-bum advice with 10-minute a day career workouts to help you build career success fast. Perhaps it's networking? Or, maybe it's learning how to utilise the influence of others? Read, rehearse and watch your career take off!

Phanella Mayall Fine (Author)
Phanella is an executive coach and development consultant, with a Masters in Organisational Behaviour (Career Management and Counselling). A Full Member of the Association for Coaching, she now coaches and trains professionals across Europe for clients including top law firms and investment banks. She is particularly passionate about helping her female clients achieve their career goals and her corporate work focuses on women’s leadership and advancement, self-presentation, maternity and return to work. She lives in London with her husband and three children.

Alice Olins (Author)
Alice has worked at or written for nearly all of the country's broadsheets and women's glossies. She spent a decade at The Times as its Senior Fashion Writer, where she
**Hustle**
The power to charge your life with money, meaning and momentum  
**Patrick Vlaskovits, Jonas Koffler and Neil Patel**

*Hustle* is the guide to escaping a world where the dreary 9-5 cycle leaves you frustrated and uninspired, and discovering how to control your own destiny.

*Hustle* is a step-by-step guide to breaking out of the monotony of the 9-5 lifestyle and making your dreams a reality. It lays out the tools you need to realise the work you enjoy and gain the confidence and motivation to be in charge of your own adventures. In a world where loyalty doesn’t translate into success learn how to get ahead and discover a more imaginative way of living. *Hustle* is split into three parts: ‘The Heart’, which teaches you how to follow your own dreams rather than others; ‘The Head’ covers how to get started and how to prepare for the mistakes that can come with risk; finally, ‘The Habits’ demonstrates how to spot opportunities and create your own luck. *Hustle* explains how realigning these parts will bring more momentum, money and meaning to your life.

Neil Patel, Patrick Vlaskovits and Jonas Koffler know all too well that not all of us are born extra ordinary, and how in fact, for the majority of people hustling is not second nature. Each of the authors has figured out how to secure a more imaginative way of living through work that defines, but also reflects and rewards their strengths and talents.

**Patrick Vlaskovits (Author)**
Originally from Hungary, Patrick moved to north California with his parents aged 6. Today, he is the author of the New York Times bestseller *The Lean Entrepreneur* and founder of Superpowered, Inc. Patrick now lives in Austin, Texas, with his family.

**Jonas Koffler (Author)**
Jonas owns the award-winning boutique storytelling firm, Koffler Pictures, which helps

**Screw Work Break Free**
How to launch your own money-making idea in 30 days  
**John Williams**

Want to break free from the daily grind but not sure where to start? Whether you want to start a business, write a bestselling book, create an app or launch an event, discover how to get up and running in 30 days without quitting your job or risking your savings.

Let John Williams teach you how to get up and running with a money-making idea you love in just 30 days - even if you haven't yet found your killer concept. Drawing on the latest methods of famous creatives and billion-dollar startups you’ll discover
* 3 steps to find a money-making idea to run with
* The instant procrastination fix
* 11 ways to make money out of any idea
* How to make your idea go viral
* Secrets you can use from multi-million dollar launches
Case studies and stories will keep you motivated and simple confidence hacks will help you get yourself out there. You’ll get access to the Break Free Toolkit online, connect with other readers on social media, and launch your idea in as little as 20 minutes a day. Welcome to the idea age!

John Williams started his career as a developer on pioneering special effects software and broadcast automation. He became Digital Media CTO at a European startup incubator before moving to head up a small media technology consultancy team at Deloitte. John left to consult independently to broadcasters around the world before finally founding The Ideas Lab and writing his first bestselling book *Screw Work Let’s Play.*
Parallel Thinking
Edward de Bono

From ‘One of the world’s greatest thinkers’ (TLS) comes Parallel Thinking - an invaluable insight into the word of creativity.

Western thinking is failing because it was not designed to deal with change

In this provocative masterpiece of creative thinking, Edward de Bono argues for a game-changing new way to think. For thousands of years we have followed the thinking system designed by the Greek philosophers Socrates, Plato and Aristotle, based on analysis and argument. But if we are to flourish in today’s rapidly changing world we need to free our minds of these ‘boxes’ and embrace a more flexible and nimble model.

Parallel Thinking is an invaluable insight into the word of creativity; de Bono unveils unique methods of brainstorming and explains preconceived ideas of what creativity involves and is. This book is not about philosophy; it is about the practical (and parallel) thinking required to get things done in an ever-changing world.

Edward de Bono studied at Christ Church, Oxford (as a Rhodes Scholar). He also holds a PhD from Cambridge and an MD from the University of Malta. He has held appointments at the universities of Oxford, London, Cambridge and Harvard.

In 1967 de Bono invented the now commonly used term 'lateral thinking' and, for many thousands, indeed millions, of people worldwide, his name has since become a symbol of creativity and new thinking. He has written numerous books, which have been translated into 34 languages, and his advice is sought by Nobel laureates and world leaders alike.

www.debono.com

Take Control of your IBS
The complete guide to reversing your symptoms
Professor Peter Whorwell

The most up-to-date, practical and realistic guide on IBS written by the UK’s leading expert.

One in five adults suffer from IBS, yet IBS still baffles the medical profession as there are no definitive tests for it – it’s often the diagnosis given in the absence of any positive tests. As such, it encompasses a huge variety of gastrointestinal disorders and many suffers fail to get the treatment they need.

Take Control of Your IBS brings together over thirty years of research at the busiest IBS clinic in the country and will serve to both educate the reader and provide proven treatment solutions, including more alternative approaches such as hypnotherapy. After reading this book, the reader will be equipped with a multi-faceted treatment strategy – the hallmark of Professor Whorwell’s highly successful approach – and ready to engage beneficially with doctors.

Professor Whorwell is a World leading gastrointestinal expert. He has been undertaking research into IBS and other functional gastrointestinal disorders for over thirty years. His unit receives referrals from all over the UK and even abroad and he continues to personally see over 400 new patients a year and reviews a further 1000 patients annually.
Questions Children Ask and How to Answer Them
Dr Miriam Stoppard

An essential, down-to-earth guide from the one of the UK's bestselling parenting authors.

Where did I come from? What happens when you die? What's divorce? From the moment children can formulate questions they begin to bombard their parents with "Why?" "What?" "Where" and "How?" Naturally curious they often catch us off guard leaving us unsure of how to answer their questions with an appropriate response. Fully revised and updated for the digital age, this new edition of Dr Miriam Stoppard’s essential parenting manual provides age-appropriate answers to a huge range of challenging questions. Drawing from extensive research in child development and specifically on what children can handle at each age, Stoppard offers parents a foundation on which they can build their own answers as their child’s understanding expands.

Miriam Stoppard is a doctor, businesswoman and writer. In 1998 she was elected a Fellow of the Royal College of Physicians. In addition to two Honorary Doctorates of Science, she has an Honorary Doctorate of Law. She has written over eighty books on family health, women’s health, nutrition, sex and health for older people. She writes a daily page for The Mirror and in 2008 received the prestigious Stonewall Journalist of the Year award. In 2010 she received an OBE for her services to healthcare and charity.

The One-Week Baby Sleep Solution
Sensitive, simple plans for good sleep habits in the first year
Gina Ford

Your one-week programme to contented little sleepers

Gina Ford has helped thousands of families resolve challenges over the years and in this life-saving new book, she offers exhausted parents clear, step-by-step solutions to resolving a whole range of sleep issues. Whether it's feeding to sleep, rocking to sleep, night-waking, co-sleeping, dummy attachment - whatever the problem - Gina knows how to fix it. You'll find out how to set day and night routines that will resolve the specific issue and in just one week peace and calm will be restored!

Gina Ford's Contented Little Baby Book became a runaway bestseller when it was first published in 1999. She continues to be the number one bestselling author of childcare books in the UK. Her advice and methods have been a godsend to tired, stressed parents throughout the world and have helped a generation of children go to bed on time and sleep calmly through the night. She runs a hugely popular website: www.contentedbaby.com
Back to Life
How to unlock your pathway to recovery (when back pain persists)
David Rogers

The revolutionary way to defeat persistent back pain and get your life back on track.
No drugs, no surgery and no more anxiety.

Back pain is very hard (often impossible) to diagnose and to specify, hence heavy painkillers are thrown at people. But the only way to beat the pain is to understand it. Based on cutting-edge research into back pain and the psychology of pain itself, David Rogers and Grahame Brown have set up the Functional Restoration Service at the Royal Orthopaedic Hospital in Birmingham – the UK’s leading centre for back pain. Here they have developed the pioneering BIOPSYCHOSOCIAL approach:

BIO – How your body processes pain; what physical triggers you have and why; where your body holds pain
PSYCHO – where your pain is coming from; what exactly your pain is; the power of your mind to deal with and stop pain
SOCIAL – all the environmental factors that will contribute to your back pain, and how, why and when to change them

Based on this revolutionary and already hugely successful approach, Back to Life offers a whole new way of dealing with back pain:
- Understand the psychology of pain
- Debunk the myths
- Find the source of your pain
- Manage your pain – including all the emotions and anxiety that go with it
- Master exercises and stretches
- Identify and solve the social factors
- Get lasting relief

Five-Day Course in Thinking
Edward de Bono

Being right is not always the answer.

First published in 1967, this remarkable title from one of history’s greatest minds remains a must-read in the world of creative thinking.

Based on the tenet that an error can lead to the right decision, de Bono guides the reader through a series of non-mathematical problems and puzzles, all designed to help us analyse our personal style of thinking, work out its strengths and weaknesses, and to consider the potential methods that we never use.

There are three courses, each five days long and each created to focus on a different style of thinking, featuring:

The Bottles Problem
The Blocks Problem
The L-Game
The End Game

A true life-changer, this book will have you thinking in ways that you never thought were possible.

Edward de Bono studied at Christ Church, Oxford (as a Rhodes Scholar). He also holds a PhD from Cambridge and an MD from the University of Malta. He has held appointments at the universities of Oxford, London, Cambridge and Harvard.

In 1967 de Bono invented the now commonly used term ‘lateral thinking’ and, for many thousands, indeed millions, of people worldwide, his name has since become a symbol of creativity and new thinking. He has written numerous books, which have been translated into 34 languages, and his advice is sought by Nobel laureates and
The Power of When
Learn the Best Time to do Everything
Dr. Michael Breus

Learn the best time to do everything - from drink your coffee to take a run, ask for a raise, eat lunch, make a deal, have sex or go to bed - according to your body's chronotype.

The latest research shows that there is a right time for all of us to do everything, from drinking a cocktail to getting a flu shot. The catch? That 'right time' varies from person to person. Fortunately, as Dr Michael Breus proves in *The Power of When*, learning to work with your body clock to achieve maximum health and productivity is easy, exciting and fun. When we stop focusing on the 'how' and 'what' of our lives and start focusing on the 'when', we reveal our body's natural schedule and unlock our hidden potential.

In *The Power of When*, Dr Breus presents a groundbreaking new programme based on the most cutting-edge research for how to get back in sync with your body's natural rhythm. Filled with fascinating facts, true-life success stories, fun personality quizzes and easy to follow guidelines, *The Power of When* will teach you how to understand your own body clock, but the body clocks of everyone around you. After you've taken Dr Breus's comprehensive chronotype (body clock) quiz (are you a bear, a lion, a dolphin, or a wolf?) you'll learn to schedule your day for peak productivity and well-being.

Whether you are interested in the nitty gritty of body clock research or just want to follow the big-picture plan and learn how to be your best, *The Power of When* promises to help you achieve your goals.

Michael J. Breus, Ph.D., is a Clinical Psychologist and both a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine. With a specialty in Sleep Disorders, Dr. Breus is one of only 163

The Tickle Fingers Toddler Cookbook
Hands-on fun in the kitchen for 1 to 45
Annabel Woolmer

*The Tickle Fingers Toddler Cookbook* is a fun, hands-on cookery book that makes it as easy as possible for parents, grandparents and carers to have fun cooking with a toddler aged 1 to 4 years old.

Everything in *Tickle Fingers* is completely toddler appropriate with minimal need for adult intervention – no hobs, no sharp knives, and no raw food – and has been carefully selected to emphasise all the activities toddlers love to do: squishing, sorting, mixing and pouring.

With 60 step-by-step recipes for all the family to enjoy, special sections on allergies and fussy eating, and lots of ideas on how to tackle common challenges, *The Tickle Fingers Toddler Cookbook* is full of simple yet delicious food that every toddler will be proud to (almost) make on their own.

Annabel Woolmer is a mum of 2 who stumbled on cooking as a way of entertaining her 13 month old one rainy afternoon. Ever since then, she has cooked regularly with both her children and many more toddlers in playgroups, workshops and events. Frustrated by the lack or inappropriateness of resources for 1 to 4 year olds, Annabel decided to write her own book, focusing on hands-on fun and independent exploration of real food for toddlers.
Unaccustomed as I am...
The Wedding Speech Made Easy
Michael Parker

A charming, whip-smart and thoroughly modern book on how to give a wedding speech to end all wedding speeches.

All wedding types will be catered for: big, small, religious, second marriage, atheist, straight, same-sex, church, field...

All speakers will be addressed: bride, groom, father, mother, best woman and literally everyone in between...

All eventualities will be planned for: mic failures, drunk guests, missing brides, smashed glasses, weeping FOBs, forgotten words...

All of which will be delightfully and wittily illustrated, with a mix of little-known wedding facts and a whole host of inspirational (or not) quotations.

Michael Parker has worked for over twenty years at Saatchi & Saatchi and is one of the UK’s most experienced pitch coaches, having taken part in over 1000 pitches. As well as this, Michael has competed as a hurdler in two Olympics, so he knows what it takes to perform under pressure. He now brings this experience to coaching, ranging from the one-to-one interviews to major public speeches: www.pitchcoach.co.uk

The Happiness Purpose
Edward de Bono

Just as burning is the proper function of fire, so happiness is the proper function of our existence

First published in 1977, in this extraordinarily prescient book Edward de Bono sets out his method for achieving the ultimate 21st century goal: work-life balance.

Defined in terms of *life-space* and *self-space*, de Bono invites the reader to look at their life and measure the gap between these spaces – the smaller the gap, the greater our chances at happiness; but if the life-space is vastly bigger than the self-space, our coping ability is compromised and anxiety is likely.

For anyone concerned with happiness and life-fulfilment this book is essential reading, and is perhaps more resonant with readers now than ever before.

Edward de Bono studied at Christ Church, Oxford (as a Rhodes Scholar). He also holds a PhD from Cambridge and an MD from the University of Malta. He has held appointments at the universities of Oxford, London, Cambridge and Harvard.

In 1967 de Bono invented the now commonly used term 'lateral thinking' and, for many thousands, indeed millions, of people worldwide, his name has since become a symbol of creativity and new thinking. He has written numerous books, which have been translated into 34 languages, and his advice is sought by Nobel laureates and world leaders alike.

www.debono.com
Best Baby Names for 2017
Over 8,000 names and 100 inspiration lists
Siobhan Thomas

A modern baby names guide for 2017 with all the latest naming trends

Choosing a name for your baby has never been easier with this ultimate baby-naming guide.

With all the information on the latest naming trends, this comprehensive and easy-to-use guide is full of inspirational names. Including:

- A-Z directories of over 8,000 names and their meanings
- Over 100 inspirational lists
- Naming trends for 2017
- Tips for choosing the perfect name for your baby

Including modern names and variants, plus classics that have stood the test of time, this naming guide has everything you need for finding the perfect name for your new arrival.

Siobhan Thomas is a copywriter and senior editor for the UK’s largest baby names website, babynames.co.uk. She oversees the thousands of articles, new name suggestions and discussions in the site’s popular community forums. As well as being interested in the history and meaning of names, Siobhan is particularly drawn to how names follow trends, different people’s associations with names and how divisive the subject can be!

The IVF Diet
The plan to support IVF treatment and help couples conceive
Zita West

The definitive week-by-week diet and lifestyle plan to support IVF treatment and help you become pregnant.

More and more couples are turning to IVF each year to help them conceive, and yet there are still many questions to be answered. "What makes IVF successful?" and "What else can we do to support our treatment?" are two of the most important queries couples can have, and here, Zita West offers solutions.

Nutrition and lifestyle advice, psychological and emotional support and a positive mindset all play an important part in helping couples conceive, and can even make the difference between a successful and unsuccessful outcome. This book not only advises how to prepare for IVF, but why it’s so important, and the step-by-step diet and lifestyle plan is a clear way to support your treatment.

Zita West has been involved in fertility and pregnancy for over 25 years, as a midwife, a nutritional advisor, an acupuncturist and as an author and consultant. Over that time thousands of couples have come to her for advice on how to get into optimum shape for all the vital stages of childbirth.

Zita is acknowledged as one of Europe’s leading experts on how each of us can improve our prospects at each key stage of the reproductive process through natural means or, if necessary, through medical intervention. www.zitawest.com
Guy Martin: Worms to Catch
Lone Ranger
Guy Martin

More death-defying, adrenalin-fuelled, high-speed adventures from everyone’s favourite truck mechanic from Grimsby. Spot on.

’I was never going to sleep in and take it easy, there were worms to catch.’

In August 2015 Guy Martin crashed out of the lead of an Ulster Grand Prix superbike race held on the world’s fastest racetrack. He had invasive surgery to bolt his broken spine and hand back together, and within days he decided he needed some time away from road racing. But he wasn’t about to take it easy ...

In his brand new book, discover how Britain’s favourite daredevil fills his time when road racing is taken out of the equation.

He set about breaking records on the world’s biggest Wall of Death, cycling 2,745 miles across the length of the United States (while sleeping rough), attempting to be the fastest person ever on two wheels and travelling to Latvia to investigate his family’s roots.

There’s some thrilling racing too, including wild Harley choppers on dirt and turbo-charged Transit vans through the Nevada desert. And there’s the day job to get back to in North Lincolnshire – the truck yard and the butty van.

Except for one summer spent sleeping inside a truck in a concrete yard in Northern Ireland, Guy Martin has lived within 20 miles of the Grimsby hospital he was born in, on the 4th November 1981. But that hasn’t stopped the professional truck mechanic from winning multiple international road races, plus scoring fifteen Isle of Man TT podiums. Nor has it prevented him from becoming a regular face on prime-time Channel 4, presenting critically acclaimed documentaries and travelogues, as well as

Strange Fascination
David Bowie: The Definitive Story
David Buckley

The most complete account of David Bowie and his impact on pop culture ever written.

The Sunday Times bestseller.

David Bowie was arguably the most influential artist of his time, reinventing himself again and again, transforming music, style and art for over five decades.

David Buckley’s unique approach to unravelling the Bowie enigma, via interviews with many of the singer’s closest associates, biography and academic analysis, makes this unrivalled biography a classic for Bowie fans old and new. With exclusive photographic material, this revised edition of Strange Fascination captures exclusive details about the tours, the making of the albums, the arguments, the split-ups, the music and, most importantly, the man himself. From his self-titled first record, through to the critically-acclaimed Blackstar released just two days before his death, Strange Fascination is the most complete account of David Bowie and his impact on pop culture ever written.

Born in Liverpool in 1965, David Buckley has written eight books, including two on David Bowie: The Complete Guide To The Music Of David Bowie (Omnibus Press, 1996) and Strange Fascination - David Bowie: the Definitive Story (Virgin Books). Strange Fascination has sold in excess of 50,000 copies worldwide. The Guardian called David ‘the best of [Bowie’s] umpteen biographers.’ Other works are the official biography of the Stranglers, No Mercy (Hodder and Stoughton), a biography of R.E.M., Fiction - an Alternative Biography (Virgin Books), The Thrill of It All - the Story of Bryan Ferry and Roxy Music (Andre Deutsch), Elton: the Biography (Andre Deutsch) and Kraftwerk: Publikation (Omnibus Press).
Magical Jungle
An Inky Expedition & Colouring Book
Johanna Basford


From the international bestselling creator of Lost Ocean comes a beautiful new colouring book that takes you on a wondrous expedition through the jungle.

Follow ink evangelist and queen of adult colouring, Johanna Basford down an inky trail through Magical Jungle and discover a forgotten world of flora and fauna just waiting to be coloured in. Through intricate pen and ink illustrations, colour-inners of all ages are invited to explore an exotic rainforest teeming with creatures large and small. Encounter speckled tree frogs and dainty hummingbirds, prowling tigers and playful monkeys. Let your imagination run wild in the leafy treetop canopy or find yourself drawn to the delicate world of sensational blossoms and tropical plants below. There are ancient relics to be found along the way, each one leading toward the mystical treasure hidden at the heart of the magical jungle. Only the bravest, most inquisitive colourers will discover what lies hidden at the end of this inky quest.

For Magical Jungle Johanna has picked a crisp ivory paper that accentuates and compliments your chosen colour palette. The smooth, untextured pages allows for beautiful blending or gradient techniques with coloured pencils, or are perfect for pens, allowing the nib to glide evenly over the surface without feathering.

Johanna Basford is the ink evangelist and creator of Magical Jungle, Lost Ocean, Enchanted Forest and Secret Garden. Johanna’s intricate, hand-drawn illustrations are loved by her many fans; to date she has sold over 20 million colouring books worldwide. Visit her online at johannabasford.com or follow @johannabasford.

Johanna's Christmas
A Festive Colouring Book
Johanna Basford

The perfect Christmas present for colouring fans, full of festive and winter themed illustrations by the multi-million-copy-selling worldwide phenomenon, Johanna Basford, creator of the global bestsellers, Lost Ocean, Enchanted Forest and Secret Garden.

37 collectable, perforated pull-out art prints, ideal for framing or giving as festive greetings. The perfect Christmas present for colouring fans from Johanna Basford.

Delicate tangles of holly and ivy, bauble-laden Christmas trees and mountains of exquisitely wrapped gifts are all waiting to be brought to life in this new collection of pull-out prints. From flurries of delicate snowflakes to deliciously decorated gingerbread houses and reindeer-led sleighs, Johanna’s Christmas is a celebration of this wonderful holiday season that invites you to pick up your pens and pencils to colour, complete or embellish each of the festive artworks.

Hidden in this book are a flock of elusive little robins – can you spot them all?

For this fun and festive colouring book Johanna has picked a crisp ivory paper that accentuates and compliments your chosen colour palette. The smooth, untextured pages allows for beautiful blending or gradient techniques with coloured pencils, or are perfect for pens, allowing the nib to glide evenly over the surface without feathering.

Johanna Basford is the ink evangelist and creator of Magical Jungle, Lost Ocean, Enchanted Forest and Secret Garden. Johanna’s intricate, hand-drawn illustrations are loved by her many fans; to date she has sold over 20 million colouring books worldwide. Visit her online at johannabasford.com or follow @johannabasford.
**Cut It Out!**
30 Papercut Designs to Cut Out and Keep
Poppy Chancellor

*A fun, creative and interactive beginner’s guide to the art of paper cutting.*

Featuring 30 highly original and stylish designs by cutting edge illustrator and renowned paper cut artist Poppy Chancellor, transform a blank sheet of paper into a stunning work of art.

Forget complicated step-by-step instructions, no need for lots of expensive equipment, all you need is a sharp scalpel, craft mat, Poppy’s imaginative designs and a bit of creativity, and you can make cards, masks, invitations, partyware and presents for birthdays, hen dos, weddings, Halloween and Christmas.

Complete with a beautiful paper cut cover and stunning photography.

‘Exquisite paper cut designs’ *Vogue*
‘There’s a buzz about Poppy Chancellor’ *Elle*

Poppy Chancellor is a London based illustrator and papercut artist. She works to commission creating bespoke artworks for individuals as well as international brands, magazines and large-scale events. Poppy regularly hosts workshops at museums and festivals, including the Royal Academy, the V&A and Latitude. She also exhibits her work. Poppy lives with her fella in Herne Hill, south London. Visit poppyspapercuts.com or follow @poppyspapercuts on Instagram.

**Make It Now!**
Creative Inspiration and the Art of Getting Things Done
Anthony Burrill

*A life-affirming guide to fresh-thinking, creative problem-solving and the art of getting things done by the internationally renowned graphic artist, Anthony Burrill.*

Full of inspiration, practical ideas and expert advice, this fun and uplifting book will get you thinking differently, give you the confidence to engage your creativity and get things done. Featured alongside the best-loved prints as well as new work from renowned graphic artist Anthony Burrill.

Graphic artist, print-maker and designer Anthony Burrill is known for his persuasive, up-beat style of communication. Words and language are an important part of Burrill’s output and he has developed a distinctive voice that is sought after not only by collectors of his posters and prints but also by clients including Google, Hermés, the British Council, London Underground and the Design Museum. Burrill is perhaps best known for his typographic, text-based compositions, including the now-famous ‘Work Hard & Be Nice to People’, which has become a mantra for the design community and beyond.

Burrill was born in Littleborough, Lancashire. After studying Graphic Design at Leeds Polytechnic he completed an MA in Graphic Design at the Royal College of Art, London. He now lives and works on the Isle of Oxney, Kent.
**Wildflower**
*Drew Barrymore*

Award-winning actress Drew Barrymore shares funny, insightful, and profound stories from her past and present told from the place of happiness she’s achieved today.

'We all have stories to tell. These are mine.' Drew Barrymore

Born into Hollywood royalty, Drew Barrymore is one of the biggest stars of her generation. Despite an unconventional childhood, she has built a life and career of her own that millions of fans admire.

*Wildflower* is a portrait of Drew’s life in stories as she looks back on the adventures, challenges and incredible experiences she’s had. It will inspire, delight and show the true meaning of family, happiness and love.

Drew Barrymore starred in *E.T.* at the age of 6 and has gone on to win critical acclaim and the hearts of fans for years in such movies as *The Wedding Singer*, *Ever After*, and *Charlie’s Angels*, just to name a few.

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**Daisy’s Gift**
*The remarkable cancer-detecting dog who saved my life*
*Claire Guest*

Meet the dogs who are revolutionising the medical world, changing perceptions and saving lives.

Claire Guest was walking her dogs when Daisy, a fox red Labrador, nudged her breast insistently and stared up into her face with her big brown eyes. Sensing something was wrong, Claire visited her GP and soon found out she had a very deep – and difficult to diagnose – form of breast cancer. Daisy had saved her life, simply by smelling her cancer.

With her scientific background and deep love of dogs, Claire intuited that Daisy and her canine pals could save many more lives, and set up the charity Medical Detection Dogs. Though faced with many challenges, Claire and her dogs have proven to be a remarkable asset to cancer detection, and have changed the lives of many seriously ill people and their families.

This is the story of how our relationship with dogs can unleash life-saving talents, changing not only the medical world, but our own lives too.

Claire Guest has been involved in the training of dogs for tasks involving scent for over twenty years.

She is currently Chief Executive and Director of Operations for the charity Medical Detection Dogs, an organisation that trains dogs to identify human disease by odour. They are currently working on a number of pioneering research projects involving canine olfaction, including the training of dogs to detect cancer, blood sugar changes and Addison’s disease.

In 2011, she was awarded an Honorary Doctor of Science in recognition of an
Thinking Machines
The inside story of Artificial Intelligence and our race to build the future
Luke Dormehl

Tech billionaires, reclusive scientists, dancing vacuum cleaners, voices beyond the grave – how a dream from the 1950s became our modern, super-networked world.

2016 marks the 60-year anniversary of the phrase ‘Artificial Intelligence’ and in this fascinating book, Luke Dormehl charts the weird and wonderful journey of one of mankind’s greatest projects, the creation of Thinking Machines.

This is a story of how what it means to be human in the face of accelerating machine intelligence. It’s about trying to make computers that are smarter than we are, and what happens when it goes wrong. About what creativity means when all knowledge is data that can be stored on microchips. Or about what happens when machines can learn from their mistakes much faster than humans can. And above all, it’s about the dazzling future around the corner, how our lives might just change forever, and whether you and I aren’t just thinking machines of a sort as well.


The Cheat Code
The Secret tweaks, hacks and tips to get noticed and get ahead
Brian Wong

Discover the tiny tweaks you can make to achieve big results

Have you ever noticed that there are certain people who seem to move up just a bit faster than everyone else? Those rare people who are always a bit ahead of the curve, get noticed a bit more, and achieve their goals a bit more quickly than the rest of us? And have you ever noticed how much this small edge makes a massive difference to the trajectory of their careers?

24-year-old entrepreneur Brian Wong is one of these people, having graduated from college by age 18, having raised $24 million in venture capital to start his own company before he turned 25, and having grown that company into a global mobile advertising giant in just 4 years. His secret? The Cheat Code.

Wong believes that most people -- even creative people -- have a tendency to follow a script; to do things the way others do them simply because that way works. But therein lies the secret at the heart of the Cheat Code:

Anyone can easily shortcut his or her way to success, simply by going slightly off script; by doing things just a little differently from everyone else.

Here, Wong unlocks the power of the Cheat Code through 71 bite-sized and virtually effortless short-cuts you can use to get a leg up on the competition, get noticed, and accelerate your success. For example:

Cheat #7: Don’t Ask – Announce
Cheat #16: Know Your Superpower!
Cheat #32: Make Boldness Your Genius
Cheat #47: Know Who’s the Boss
Let’s Make Lots of Money
Secrets of a Rich, Fat, Gay, Lucky Bastard
Tom Watkins

A candid and deliciously outrageous autobiography of one of the great music-biz personalities of our time.

Tom Watkins is the famously entertaining pop Svengali with killer commercial instincts and prodigious talent for design who propelled the Pet Shop Boys, Bros and East 17, among others, to global stardom. His fingerprints are all over 80s and 90s pop, and he’s decided the time has come for a tell-all autobiography.

Funny, unstoppable and outspoken, a razor sharp, and greatly respected businessman, marketing visionary, designer and art collector, Tom takes us through his extraordinary and colourful life into the inner-circle of 80s pop-culture.

From his humble boyhood in post-war South-East London, to his teenage misdeeds and the birth of Rock and Roll; his days as a design student under the tutelage of Terence Conran and Rodney Fitch, to the excesses of the 80s and 90s where he became one of the original boy band innovators – the driving force behind the pop icons plastered on the walls of teenage girls’ bedrooms.

Expect a gripping, gossipy, meticulously researched memoir of the coke-fuelled 80s, layered on top of an insightful and intelligent journey through a recent but very different age, from the singular perspective of a man who played a huge role in defining the era.

Music mogul, design visionary, businessman, cultural commentator and art collector Tom Watkins was born in post-war Blackheath, South-East London. He started his career working for Terence Conran and Rodney Fitch before taking his passion for design into music. His influence can been seen all over 80s pop-culture, on the album sleeves of Wham, Grace Jones, Art of Noise and Frankie Goes to Hollywood among

Danger Mouse: Declassified
Sir Arthur Stuyvesant Quinn-Flossy IV (Bart.)

Drawing directly from sensitive files just released to the National Archive, this explosive book reveals Danger Mouse’s most secret operations.

Crumbs! Danger Mouse’s most sensitive, scintillating and secret operations have been revealed for the first time in this top-secret dossier. Kept under lock and key at MI5 (or is it MI6? One of the Mouse Intelligence agencies, anyway...) for over 35 years, finally discover how DM saves London, the world and, most importantly, Penfold in fantastically absurd adventures.

Be shocked and surprised, amazed and astounded by stories including the audacious theft of a chunk of ozone; the planned sabotage of the Royal wedding; and a sinister attempt by Jeremy Beagle to take over the airwaves.

Cor blimey!
Happiness
25 Ways to Live Joyfully through Art
Christophe Andre

A beautiful, illustrated work teaching us to live happily in the moment

From the bestselling author of Mindfulness: 25 Ways to Live in the Moment through Art, comes a new, beautifully illustrated guide to happiness. Drawing upon paintings as a means of inspiration and solace, André teaches us what it means to be happy and how to recognise joy in our lives.

From the birth of happiness in youth, to the return of happiness after a period of pain and solitude, André takes us on a journey to uncover the pathway to leading a happy and fulfilled life.

Christophe André is a psychiatrist, one of the main French specialists in the psychology of emotions and feelings. He is the author of many successful books, including Imperfect, Free and Happy (2006 Psychologies Magazine Prize), The Soul’s States and Don’t Forget to Be Happy. His book Mindfulness has become the Nº 1 introduction to meditation in France.

How To Walk
Thich Nhat Hanh

One of five pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

How to Walk is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

Focussing on mindful walking, Nhat Hanh explains how this technique can diminish depression, recapture wonder and help us to express sincere gratitude.

Thich Nhat Hanh is a Vietnamese Buddhist Zen Master, poet, scholar and peace activist. During the Vietnam War his work for peace and reconciliation moved Martin Luther King to nominate him for the Nobel Peace Prize in 1967. He founded the Van Hanh Buddhist University in Saigon and the School of Youth for Social Service. He was exiled as a result of his work for peace but continued his activism, rescuing boat people and helping to resettle Vietnamese refugees. He has written more than 100 books, which have sold millions of copies around the world. He now lives in France where he founded a Buddhist community and meditation centre.
How to Sit
Thich Nhat Hanh

One of five pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

How to Sit is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

How to Sit provides explicit, simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve an awakened, relaxed state of clarity to cultivate concentration and compassion.

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How To Love
Thich Nhat Hanh

One of five pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

How to Love is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. Nhat Hanh brings his signature clarity, compassion and humour to the thorny question of how to love and distils one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; and deep listening and loving speech are key ways of showing our love.

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How to Relax
Thich Nhat Hanh

One of five pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

How to Relax is part of a new series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

This book guides us in achieving deep relaxation, controlling stress, and renewing mental clarity. With sections on healing, relief from non-stop thinking, transforming unpleasant sounds, solitude, and more, How to Relax will help you achieve the benefits of relaxation no matter where you are.

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How to Eat
Thich Nhat Hanh

One of five pocket-sized, essential guides to life from Zen Master and mindfulness expert, Thich Nhat Hanh

How to Eat is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practise.

How to Eat explains what it means to eat as a meditative practice and that the results of mindful eating are both global and personal. Eating a meal can help develop compassion and understanding, reminding practitioners that there are things they can do to help nourish people who are hungry and lonely. It can however also encourages moderation and will aid readers to achieve an optimum health and body weight.

Thich Nhat Hanh is a Vietnamese Buddhist Zen Master, poet, scholar and peace activist. During the Vietnam War his work for peace and reconciliation moved Martin Luther King to nominate him for the Nobel Peace Prize in 1967. He founded the Van Hanh Buddhist University in Saigon and the School of Youth for Social Service. He was exiled as a result of his work for peace but continued his activism, rescuing boat people and helping to resettle Vietnamese refugees. He has written more than 100 books, which have sold millions of copies around the world. He now lives in France where he founded a Buddhist community and meditation centre.
A Simple Path
The bestselling classic on how to help others and find peace
Mother Teresa

The unique spiritual and practical guide, published in paperback for the first time, for M Teresa’s canonization

In A Simple Path, Saint Teresa, senior members of the Missionaries of Charity and volunteers at their homes around the world offer their advice and long experience of how we can practise a fuller love for each other, help those less fortunate than ourselves and find peace in doing so. They discuss such fundamental issues as happiness, fear, compassion, the family and death - all themes of direct relevance to those seeking the deeper meaning of life today.

This inspiring work is a unique spiritual guide, for Catholics and non-Catholics alike: full of wisdom and hope, from the one person who gave the greatest example of love in action in our time.

Born in 1910 in Albania, Mother Teresa started her own order, the Missionaries of Charity, in 1950 in Calcutta. During her lifetime she won many awards, including the Nobel Peace Prize, and founded hundreds of homes throughout the world. She died in 1999 and will be canonised in September 2016.

The Deeper Wound
Deepak Chopra

The bestselling author of How To Know God reflects on fear and the meaning of death in these troubled times.

Following the terrorist attack in New York on September 11, Deepak Chopra addresses the feelings it caused in all of us: fear, the meaning of death and how to find your "higher self" under catastrophic circumstances. The sort of questions he asks are: is there a deep wound at the heart of humanity? Will revenge salve this wound or aggravate it? He also comments "if you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world."

Although this book has grown out of a tragedy that has affected us all, its spiritual message is also of general application in situations where one might be feeling extremely vulnerable, frighteningly angry, deeply sad and trying to make sense of a terrible situation.

Deepak Chopra is the author of more than fifty books translated into over thirty-five languages, including numerous New York Times bestsellers in both fiction and nonfiction.

**Super Genes**  
The hidden key to total well-being  
Deepak Chopra & Rudolph E. Tanzi

A bold new understanding of genetics that combines cutting-edge science with spiritual wisdom, offering a key to health and happiness.

"You are not simply the sum output of your genome," write Deepak Chopra and Rudy Tanzi, Director of the Genetics and Aging Research Unit at Massachusetts General Hospital. "You are the user and inventor of your genome."

For years it was accepted knowledge that genes were fixed components of our bodies, and that we as individuals were incapable of altering our genetic make-up. Yet groundbreaking research suggests that changes in lifestyle and diet can greatly influence our genetic predispositions to disease and certain physical and psychological behaviours. Moreover, the adoption of ancient Vedic practices such as yoga and meditation can create genetic mutations that allow us to lead longer and healthier lives.

*Super Genes* includes meditation and breathing practical exercises, as well as information on how to manage risk factors for disease. Combining scientific research with insights from ancient traditions, Chopra and Tanzi show how we need not be at the mercy of our genetic inheritance. Instead, they argue, we have the power to rewire our super genes for health and happiness.

**Deepak Chopra (Author)**  
Dr Deepak Chopra is a pioneer of integrative medicine and the author of many books, which have been translated into 43 languages. Many have been *New York Times* bestsellers. Trained as an endocrinologist in India and the United States, he lectures and conducts seminars and workshops all over the world.  
www.deepakchopra.com
WHallen
Terence
The Man Who Invented Design
Stephen Bayley and Roger Mavity

Design visionary and inventor of modern middle-class lifestyle. This is the definitive biography of Terence Conran.

A complex and contradictory man, design apostle Terence Conran's influence is everywhere in modern Britain. This is the story of an authentic creative genius: an often unhappy man who always made Britain a more cheerful place.

This extraordinary book, beautiful to look at and compelling to read, offers privileged insights, never before published, from Terence's many collaborators, several friends and numerous enemies. Frank, amused, indiscreet, sharp, rude, respectful and knowing, it tells Terence's story as it evolved from before the humble chicken brick to Bibendum's sophisticated poulet de Bresse, via personal successes and corporate calamities, culminating in that peculiar temple to the religion he invented: The Design Museum.

Only his many wives know Terence better than Stephen Bayley and Roger Mavity.

Stephen Bayley (Author)
Nearly forty years ago, Terence Conran plucked Stephen from the obscurity of provincial academe to do his good works. The result was The Boilerhouse Project promoting design at London's V&A museum, which became the most successful gallery of the eighties, and The Design Museum that followed it. Since then, Stephen has become one of the world's outstanding commentators on design and popular culture. Intelligence Made Visible, the book he wrote with Terence, has been translated into fourteen languages. Terence came to Stephen's wedding and complained about the food. Over the years they have often fallen-out, but always fall back in.

Roger Mavity (Author)

The Private Lives of the Saints
Power, Passion and Politics in Anglo-Saxon England
Janina Ramirez

Skulduggery, power struggles and politics. A fascinating re-examination of Anglo-Saxon England told through the secret lives of the saints.

Skulduggery, power struggles and politics, The Private Lives of the Saints offers an original and fascinating re-examination of life in Anglo-Saxon England. Taking them from their heavenly status to the human level, Oxford art historian and BBC presenter Dr Janina Ramirez explores the real lives of over a dozen seminal saints.

This landmark book provides a unique and captivating lens through which to explore the rich history of the Dark Ages.

Dr Janina Ramirez is an Oxford lecturer, BBC broadcaster, researcher and author. Janina is the course director for the Undergraduate Certificate and Diploma in History of Art at the University of Oxford. She presents her ideas widely at conferences, public speaking and outreach events, and publishes her research in journals and magazines. She has presented and written over six BBC history documentaries and series, is a regular guest on the new BBC Four series 'Quizeum' and is currently working on a number of projects including a three-part series for Radio 4. She lives in Oxfordshire with her young family.
24 Hours at Agincourt
Michael Jones

A definitive account of the iconic battle, uniquely structured over 24 hours of a single shocking day - a day that changed history

Agincourt was an astonishing clash of arms, a pivotal moment in the Hundred Years War and the history of warfare in general.

King Henry V's exhausted troops were preparing for certain defeat as they faced a far larger French army. What was to take place in the following 24 hours, it seemed only the miraculous intervention of God could explain.

Interlacing eyewitness accounts, background chronicle and documentary sources with a new interpretation of the battle’s onset, acclaimed military historian Michael Jones takes the reader into the heart of this extraordinary feat of arms.

Michael Jones was awarded a PhD in history by Bristol University and subsequently taught at the University of Glasgow and Winchester College. He is a fellow of the Royal Historical Society and member of the British Commission for Military History and works now as a writer, media consultant and presenter. Amongst his historical titles he has written on the battles of Bosworth, Stalingrad and Leningrad and co-authored The King's Grave: The Search for Richard III. He was a consultant on Channel 4’s Battle of Agincourt and The History Channel’s Warriors.

WH Allen

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352 pages
August 2016
**Nina is Not OK**  
*Shappi Khorsandi*

*A dark, funny, coming of age novel from one of the UK’s leading comedians*

Nina does not have a drinking problem. She likes a drink, sure. But what 17-year-old doesn’t?

Nina’s mum isn’t so sure. But she’s busy with her new husband and five year old Katie. And Nina’s almost an adult after all.

And if Nina sometimes wakes up with little memory of what happened the night before, then her friends are all too happy to fill in the blanks. Nina’s drunken exploits are the stuff of college legend.

But then one dark Sunday morning, even her friends can’t help piece together Saturday night. All Nina feels is a deep sense of shame, that something very bad has happened to her...

*A dark, funny - sometimes shocking - coming of age novel from one of the UK’s leading comedians. NINA IS NOT O.K. will appeal to fans of Caitlin Moran and Lena Dunham.*

Shappi Khorsandi is one of the country’s finest comedians, having launched herself back in 2006 with her sell out Edinburgh show, *Asylum Speaker.*

Shappi’s career has taken her to all corners of the globe, she has appeared on countless TV & Radio shows including; *Live At The Apollo, 8 Out Of 10 Cats, Have I Got News For You, QI, The Graham Norton Show* and *Friday Night with Jonathan Ross.* She is the author of the bestselling childhood memoir, *A Beginner’s Guide To Acting English* which tells the story of how her family were forced to flee Iran and gain asylum in the UK.

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**The Accidental Mother**  
*Rowan Coleman*

*A fun and warm-hearted novel about rising to the challenge of motherhood, from the Sunday Times bestselling author of the Richard and Judy pick The Memory Book*

Perfect for fans of Jojo Moyes, Marian Keyes and Sophie Kinsella, this is a funny, warm-hearted novel from the author of *The Memory Book*, which was featured in the Richard & Judy book club 2014

’I immediately read The Memory Book and it’s WONDERFUL ... I’m so happy because she’s written other books and its so lovely to find a writer you love who has a backlist’ Marian Keyes

Sophie Mills has worked her Manolo Blahniks off to reach the near-top of her profession. And she’s very happy with her priorities in life - her job, her neurotic cat Artemis and her passion for shoes. After all, relationships only get in the way. And as for children? She hasn’t even begun to think about them yet. Until one day an unexpected visitor brings news of a strange inheritance and Sophie is suddenly, out of the blue, in sole charge of two children under the age of six. But motherhood can’t be all that hard, can it?

Within twenty-four hours, her make-up is smeared all over the bathroom, Artemis has taken up residence on top of her wardrobe, and Sophie is in despair. And all her unconventional mother can suggest is *Dr Roberts' Complete Dog Training and Care Manual.*

Determined to rise to the challenge, Sophie soon realises that she’ll need more than a business plan to cope with all this...

Rowan Coleman lives with her husband, and five children in a very full house in Hertfordshire. She juggles writing novels with raising her family which includes a very
The Accidental Family
Rowan Coleman

A wonderfully warm and witty novel about starting again, from the Sunday Times bestselling author of the Richard and Judy pick The Memory Book

Perfect for fans of Jojo Moyes, Marian Keyes and Sophie Kinsella, this is a funny, warm-hearted novel from the author of The Memory Book, which was featured in the Richard & Judy book club 2014

'I immediately read The Memory Book and it's WONDERFUL ... I'm so happy because she's written other books and its so lovely to find a writer you love who has a backlist'
Marian Keyes

Six months ago, city girl Sophie Mills gave up everything to move to Cornwall. All to be with the man she thinks she loves, and his two daughters who she knows she loves.

But adjusting to life as a semi-permanent mother in the countryside isn't quite as easy as Sophie imagined it would be. Designer shoes aren't nearly so readily available - not that she ever has any occasion to wear them - and her best pair of vintage Manolo's have already found their way into the girls' dressing-up box.

Sometimes Sophie doesn't recognise herself; which most of the time makes her happy but every now and then scares her to death.

The hardest thing of all is making that final commitment to actually move in with Louis and the girls - she's been the longest paying guest of the Avalon B&B, St Ives in the history of the establishment. And as she tries to adapt to country life, her newly adopted family and discovering more about Louis's past, she begins to wonder if she's got what it takes to make it all work...

Rowan Coleman lives with her husband, and five children in a very full house in Hertfordshire. She juggles writing novels with raising her family which includes a very

Someone Else's Child
Helen Klein Ross

An emotional roller coaster of a book about the three sides of a baby kidnapping: the desperate family, the childless woman who will do anything for a child and the little girl herself...

Some people will go to any lengths to have a baby...

Lucy Wakefield wants a child more than anything. So when she finds a seemingly abandoned baby in a store, she sees it as a sign. She doesn't mean for it to go as far it does.

Little does she realise the heartbroken family she leaves in her wake, nor the impact her reckless decision will have on the daughter she raises as her own.

Mia Wakefield has always known she was adopted but now she is about to discover the devastating secret of her birth - and the lengths her mother went to...

Helen spent decades in the ad trenches as a copywriter before venturing out of the conference room into a room of her own, to make books. For more information, check http://www.helenkleinross.com
Charlie the Kitten Who Saved A Life
The Kitten Who Saved a Life
Sheila Norton

Heartfelt, moving and inspiring, the heartwarming sequel to Oliver the Cat Who Saved Christmas

Heartwarming and lovable, Charlie will worm his way into your heart. Perfect for fans of A Streetcat Named Bob and Alfie the Doorstep Cat.

But what could I do? I was just a little cat and nobody ever listened to me. I made a promise to myself that I’d do everything I possibly could to save her, whatever the danger to me, and no matter how many lives I lost in the process...

Charlie the kitten would do anything for his human. Just having recovered from a debilitating illness, eleven-year-old Caroline isn’t feeling her best, and the arrival of a new baby only makes her feel even more left out.

So when Caroline decides to run away, Charlie follows, vowing to protect her at all costs. But, for such a little kitten, it’s a big and scary world outside the comfort of the cottage – how far will he go to save his greatest friend?

Sheila Norton lives near Chelmsford in Essex with her husband, and worked for most of her life as a medical secretary, before retiring early to concentrate on her writing. Sheila is the award-winning writer of numerous women’s fiction novels and over 100 short stories, published in women’s magazines.

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She has three married daughters, six little grandchildren, and over the years has enjoyed the companionship of three cats and two dogs. She derived lots of inspiration for Oliver The Cat Who Saved Christmas from remembering the pleasure and fun of sharing life with her own cats. Sheila is convinced cats can understand Human and that we really ought to learn to speak Cat!

Oliver The Cat Who Saved Christmas
Sheila Norton

Heartfelt, moving and inspiring, a Christmas book perfect for fans of Alfie the Doorstep Cat

A friend who brings light at the darkest of times...

Oliver the cat is a timid little thing, and rarely ventures from his home in the Foresters’ Arms.

Then his life changes dramatically when a fire breaks out in the pub kitchen and he is left homeless and afraid. But, with the kindness of the humans around him, he soon learns to trust again. And, in his own special way, he helps to heal those around him.

However, it isn’t until he meets a little girl in desperate need of a friend that he realises this village needs a Christmas miracle...

A warm and uplifting novel, this is the tale of a little cat with a big heart. Perfect for fans of A Streetcat Named Bob and Alfie the Doorstep Cat.

Sheila Norton lives near Chelmsford in Essex with her husband, and worked for most of her life as a medical secretary, before retiring early to concentrate on her writing. Sheila is the award-winning writer of numerous women’s fiction novels and over 100 short stories, published in women’s magazines.

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A Cornish Girl
Gloria Cook

A Cornish saga, perfect for fans of *Poldark*, *Val Wood* and *Dilly Court*

*In the Cornish mining village of Meryen, a secret never stays a secret for very long...*

No one knows this more than Tara Nankervis. Beautiful, yet pained, she is forced to share a devastating secret with her much older and destructive husband Joshua.

Out of options, she plans to leave once and for all, taking her daughter Rosa Grace with her. But will she have the courage to leave everything behind, or is home truly where the heart is?

Gloria Cook is the author of well-loved Cornish novels, including the Pengarron and Harvey family and Meryen sagas. She is Cornish born and bred, and lives in Truro.

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A Sister's Duty
June Francis

The gritty, pageturning saga, perfect for fans of *Maureen Lee*

*She will do what it takes, for the sake of the children...*

Rosie Kilshaw is only fifteen when her mother Violet is killed in a tragic accident, but as the oldest of her siblings, she vows to keep her family together, no matter what the sacrifice.

But as distant family members begin to resurface into their lives, Rosie quickly realizes that there is a lot more to parenting than she first thought. And when her estranged aunt Amelia decides to take them in, she will have a difficult choice to make...

June Francis's previous sagas include *Friends and Lovers*, *Going Home to Liverpool*, *Kitty and Her Boys* and *Somebody's Girl*. She had her first novel published at forty and is married with three sons. She lives in Liverpool.

*www.junefrancis.com*
War Orphans
Lizzie Lane

A warm and uplifting saga about a little girl and a puppy’s friendship during the blitz

If at all possible, send or take your household animals into the country in advance of an emergency. If you cannot place them in the care of neighbours, it really is kindest to have them destroyed.”

Joanna Ryan’s father has gone off to war, leaving her in the care of her step-mother, a woman more concerned with having a good time than being any sort of parent to her.

But then she finds a puppy, left for dead, and Joanna’s becomes determined to save him, sharing her meagre rations with him. But, in a time of war, pets are only seen as an unnecessary burden and she is forced to hide her new friend, Harry from her step-mother and the authorities. With bombs falling over Bristol and with the prospect of evacuation on the horizon can they keep stay together and keep each other safe?

Lizzie Lane was born and brought up in one of the toughest areas of Bristol, the eldest of three siblings who were all born before her parents got round to marrying. Her mother, who had endured both the depression and war years, was a natural born story teller, and it’s from her telling of actual experiences of the tumultuous first half of the twentieth century, that Lizzie gets her inspiration.

Lizzie put both cities and rat race behind her in 2012 and moved onto a boat, preferring to lead the simple life where she can write and watch the sun go down without interruption.

The Other Sister
Rowan Coleman

A heart-warming and moving novel for any woman who has ever felt like she has lost herself, from the Sunday Times bestselling author of the Richard and Judy pick The Memory Book

Perfect for fans of Jojo Moyes, Dorothy Koomson and Liane Moriarty, this is an uplifting and heartfelt novel from the author of The Memory Book, which was featured in the Richard & Judy book club 2014

‘I immediately read The Memory Book and it’s WONDERFUL ... I’m so happy because she’s written other books and its so lovely to find a writer you love who has a backlist’ Marian Keyes

Every family has its secrets...
Willow and Holly are identical twins, as close as two sisters can be. But while Holly has gone through life being the ‘good twin’, Willow has always been the less than perfect one. Holly is happily married, Willow is divorced and almost twice her twin’s size. And while she puts on a brave face to the world, Willow knows she’s been hiding her unhappiness for far too long.
So when the past catches up with her, Willow realises it’s finally time for her to face her fears, and – with her sister’s help – finally deal with the secrets of their childhood before it’s too late.

Rowan Coleman lives with her husband, and five children in a very full house in Hertfordshire. She juggles writing novels with raising her family which includes a very lively set of toddler twins whose main hobby is going in the opposite directions. When she gets the chance, Rowan enjoys sleeping, sitting and loves watching films; she is also attempting to learn how to bake.

Rowan would like to live every day as if she were starring in a musical, although her
An Orphan's Secret
Maggie Hope

A family saga from the bestselling author of A Daughter's Gift and The Servant Girl

Life is a long, tough struggle for Meg Maddison...

Growing up caring for her brothers after the death of their mother, it is only her indomitable spirit that gets her through the hard times. And when she marries and starts a family of her own, it seems as if the hardships are over.

But the return of a darkly menacing figure from her past threatens to destroy all she has fought for...

Maggie Hope was born and raised in County Durham. She worked as a nurse for many years, before giving up her career to raise her family.
Infernal
Mark de Jager

A daring new fantasy thriller of dark magic, revenge, with an anti-hero like no other.

A daring new voice in fantasy, with an anti-hero like no other

Stratus wakes alone, with no memory of his past. All he knows is his name and that he is not human. Possessing immense strength, powerful sorcery and an insatiable hunger, he sets out across a landscape torn apart by a war, as a dark magic drives the world to the brink of destruction.

Disoriented and pursued relentlessly by enemies, he will have to learn what he truly is, or risk bringing the world into ruin...

Mark de Jager was born and grew up in South Africa and now lives in London and works in the banking sector. He is a much loved and highly respected member of the science fiction and fantasy community, a regular at conventions and is married to author Liz de Jager.

Follow him on Twitter: @Gergaroth

Woman on the Edge of Time
Marge Piercy

The classic feminist dystopian novel - reissued on its 40th Anniversary with a new introduction by the author

Hailed as a classic of speculative science fiction, Marge Piercy’s landmark novel is a transformative vision of two futures. Harrowing and prescient, Woman on the Edge of Time will speak to a new generation on whom these choices weigh more heavily than ever before.

After being unjustly committed to a mental institution, Connie Ramos is contacted by an envoy from the year 2137, who shows her a utopian future of sexual and racial equality and environmental harmony.

But Connie also bears witness to another potential outcome: a dystopian society of grotesque exploitation. One will become our world. And Connie herself may strike the decisive blow...

The classic feminist science fiction novel – reissued on its 40th anniversary with a new introduction by the author. Harrowing and prescient – and often compared to The Handmaid’s Tale – Woman on the Edge of Time will speak to a new generation of readers.

Marge Piercy is the author of seventeen novels including the classic Woman on the Edge of Time; nineteen volumes of poetry; four non-fiction books as well as her critically acclaimed memoir. Born in Detroit, educated at the University of Michigan, and the recipient of four honorary doctorates, she has been a key player in many of the major progressive political battles of our time, including the anti-Vietnam war and the women’s movement, and more recently an active participant in the resistance to the war in Iraq.
Find Me
Laura van den Berg

A literary dystopian debut novel for fans of Kazuo Ishiguro and Margaret Atwood

Things I will never forget: my name, my made-up birthday...The dark of the Hospital at night. My mother’s face, when she was young.

Things other people will forget: where they come from, how old they are, the faces of the people they love. The right words for bowl and sunshine...What is a beginning and what is an end.

Joy spends her days working the graveyard shift at a store outside Boston and nursing an addiction to cough syrup, an attempt to suppress her troubled past. But when a sickness that begins with silver blisters and memory loss and ends with death sweeps the country, Joy, for the first time in her life, seems to have an advantage: she is immune.

Laura van den Berg’s critically acclaimed debut novel is at once a hauntingly beautiful portrayal of a dystopian future and a powerful exploration of loneliness.

Laura van den Berg was raised in Florida. Her first collection of short stories, What the World Will Look Like When All the Water Leaves Us, was a Barnes & Noble Discover Great New Writers selection and a finalist for the Frank O'Connor International Short Story Award. Her second collection of stories, The Isle of Youth, received the Rosenthal Family Foundation Award for Fiction from the American Academy of Arts and Letters. Find Me is her first novel. She lives in the Boston area.

The Devil's Evidence
Simon Kurt Unsworth

A dark, electrifying, detective story set in Hell.

A stunning new thriller from the critically acclaimed author of The Devil’s Detective.

When a violent outbreak of fires plunges his city into chaos, Thomas Fool, commander of Hell’s Information Men, finds himself outsmarted by a shadowy new department called the Evidence. Sent away to Heaven on a diplomatic mission he discovers murder has come to paradise, yet no one is willing to admit it. As tensions mount on both sides of the afterlife, can Fool solve the ultimate paradox?

Simon Unsworth was born in Manchester and has achieved great success in the art of short story writing, having been published widely and nominated for both the World Fantasy Award and Edge Hill Short Story Collection prize.
He, She and It
Marge Piercy

The classic literary feminist novel about artificial intelligence

In the middle of the twenty-first century, life as we know it has changed for all time. Shira Shipman’s marriage has broken up, and her young son has been taken from her by the corporation that runs her zone, so she has returned to Tikva, the Jewish town where she grew up. There, she is welcomed by Malkah, the brilliant grandmother who raised her, and meets an extraordinary man who is not a man at all, but a unique cyborg implanted with intelligence, emotions - and the ability to kill...

From the critically acclaimed author of Woman on the Edge of Time, comes another stunning novel of morality and courage. A Pygmalion tale for the modern age, this classic feminist speculative novel won the Arthur C Clarke Award.

Marge Piercy is the author of seventeen novels including the classic Woman on the Edge of Time; nineteen volumes of poetry; four non-fiction books as well as her critically acclaimed memoir. Born in Detroit, educated at the University of Michigan, and the recipient of four honorary doctorates, she has been a key player in many of the major progressive political battles of our time, including the anti-Vietnam war and the women’s movement, and more recently an active participant in the resistance to the war in Iraq.

Praised as one of the few American writers who are accomplished poets as well as novelists — Piercy is one of the country’s bestselling poets — she is also the master of many genres: historical novels, science fiction (for which she won the Arthur C. Clarke Award for Best Science Fiction in the United Kingdom), novels of social comment and contemporary entertainments. She has taught, lectured, and performed her work at well over 400 universities around the world.

Good Food: Ultimate Slow Cooker Recipes

150 of Good Food’s very best slow cooker recipes.

Slow cooker recipes are an essential for any home cook - time saving, low cost and reliably delicious. The Good Food kitchen has produced hundreds of brilliant recipes over the years, and this collection gathers 150 of the very best.

Slow cookers allow anyone to create mouth-watering dishes that can be cooked overnight or while you’re at work so that you can enjoy your meal as soon as you enter the door. From family favourites like curries, chillis, soups and puddings, through to fresh ideas for stews, fish and tasty vegetarian meals, Good Food Ultimate Slow Cooker Recipes has something for everyone.

All recipes are short and simple with easy-to-follow steps, and all are accompanied by a full-colour photograph of the finished dish.

Sara Buenfeld is a food writer and journalist. She has written and edited many Good Food titles, including the Eat Well: 14 Day Healthy Eating Diet, and works freelance for several food publications.